

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|-----------------|
| 1 | PRZEDWOJEWSKI Bartłomiej | 7530 | TEAM SALOMON | Senior I M - 20 | 1 | 00:48:51 | 01:25:50.50 | | 4:05 | 14.7 (100%) |
| 2 | BEDNAREK Adrian | 7248 | ADRIANBEDNAREK.PL | Senior II M - 30 | 1 | 00:53:08 | 01:30:15.05 | +00:04:24 (4.9%) | 4:17 | 14 (95.2%) |
| 3 | ŻOCHOWSKI Daniel | 7355 | ŻÓRAWSKI TEAM / SBRT WARSZAWA | Senior I M - 20 | 2 | 00:53:34 | 01:32:08.30 | +00:06:17 (6.8%) | 4:23 | 13.7 (93.2%) |
| 4 | KLIMCZAK Mikołaj | 7057 | PRZEDWOJEWSKI MOUNTAIN TEAM | Senior I M - 20 | 3 | 00:53:29 | 01:33:34.55 | +00:07:44 (8.3%) | 4:27 | 13.5 (91.8%) |
| 5 | NORBERT Michał | 7174 | KB SOBÓTKA | Senior II M - 30 | 2 | 00:54:33 | 01:36:37.35 | +00:10:46 (11.2%) | 4:36 | 13 (88.4%) |
| 6 | KRASULAK Daniel | 7515 | TRENUJZNAMI.PL | Senior II M - 30 | 3 | 00:57:14 | 01:40:36.60 | +00:14:46 (14.7%) | 4:47 | 12.5 (85.0%) |
| 7 | GREGORCZYK Łukasz | 7546 | | Senior II M - 30 | 4 | 01:00:31 | 01:43:46.80 | +00:17:56 (17.3%) | 4:56 | 12.1 (82.3%) |
| 8 | KWARTA Maciej | 7521 | 1BPANC WARSZAWA | Senior II M - 30 | 5 | 01:00:59 | 01:44:28.05 | +00:18:37 (17.8%) | 4:58 | 12.1 (82.3%) |
| 9 | DAWIDZIUK Maciej | 7537 | OLAWS ZŁOTORYJA | Masters M - 40 | 1 | 01:03:37 | 01:47:43.60 | +00:21:53 (20.3%) | 5:07 | 11.7 (79.6%) |
| 10 | KOWALSKI Konrad | 7076 | TRENUJZNAMI.PL | Senior II M - 30 | 6 | 01:01:59 | 01:48:46.35 | +00:22:55 (21.1%) | 5:10 | 11.6 (78.9%) |
| 11 | TABER Konrad | 7420 | STO-NOGI MILANÓWEK | Senior I M - 20 | 4 | 01:05:08 | 01:51:44.35 | +00:25:53 (23.2%) | 5:19 | 11.3 (76.9%) |
| 12 | KOS Adrian | 7525 | | Senior I M - 20 | 5 | 01:02:42 | 01:51:45.65 | +00:25:55 (23.2%) | 5:19 | 11.3 (76.9%) |
| 13 | CHODOROWSKI Krzysztof | 7168 | PRZEDWOJEWSKI MOUNTAIN TEAM | Senior II M - 30 | 7 | 01:08:02 | 01:53:05.95 | +00:27:15 (24.1%) | 5:23 | 11.1 (75.5%) |
| 14 | KORZENIEWSKI Michał | 7549 | | Senior II M - 30 | 8 | 01:06:53 | 01:53:24.40 | +00:27:33 (24.3%) | 5:24 | 11.1 (75.5%) |
| 15 | NOWACKI Mateusz | 7187 | MOJAMIGRENA.COM | Senior II M - 30 | 9 | 01:05:05 | 01:53:29.40 | +00:27:38 (24.4%) | 5:24 | 11.1 (75.5%) |
| 16 | MAZEK Emilia | 7352 | SBRT WARSZAWA | Senior I K - 20 | 1 | 01:08:18 | 01:54:44.05 | +00:28:53 (25.2%) | 5:27 | 11 (74.8%) |

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|-----|-------------------------------|-------------|--|------------------|------|--------------|-----------------------|----------------------|-----------------|-----------------|
| 17 | BAZUŁKA Aleksandra | 7529 | BUFF TEAM POLAND | Senior I K - 20 | 2 | 01:08:26 | 01:55:46.55 | +00:29:56 (25.9%) | 5:30 | 10.9 (74.1%) |
| 18 | CYRAN Piotr | 7387 | | Senior II M - 30 | 10 | 01:08:19 | 01:55:57.80 | +00:30:07 (26.0%) | 5:31 | 10.9 (74.1%) |
| 19 | WIŚNIEWSKI Krzysztof | 7550 | | Senior II M - 30 | 11 | 01:07:21 | 01:55:58.60 | +00:30:08 (26.0%) | 5:31 | 10.9 (74.1%) |
| 20 | OWCZAREK Maciej | 7388 | BIEGAJ POD OKIEM TRENERA - RAFAŁA KRZESZEWSKIEGO | Senior II M - 30 | 12 | 01:08:58 | 01:56:23.10 | +00:30:32 (26.2%) | 5:32 | 10.8 (73.5%) |
| 21 | BORAWSKI Juliusz | 7404 | VEGE RUNNERS | Senior II M - 30 | 13 | 01:07:56 | 01:57:00.15 | +00:31:09 (26.6%) | 5:34 | 10.8 (73.5%) |
| 22 | ŚRODA Michał | 7468 | TMTEAM | Senior II M - 30 | 14 | 01:09:50 | 01:58:00.25 | +00:32:09 (27.3%) | 5:37 | 10.7 (72.8%) |
| 23 | STRZELCZAK Robert | 7463 | BBL OPOLE | Masters M - 40 | 2 | 01:09:14 | 01:58:50.20 | +00:32:59 (27.8%) | 5:39 | 10.6 (72.1%) |
| 24 | KOWALIK Andrzej | 7544 | SALMING RUNNING POLSKA | Masters M - 40 | 3 | 01:08:29 | 01:58:58.45 | +00:33:07 (27.8%) | 5:39 | 10.6 (72.1%) |
| 25 | BEDNAREK Bartek | 7360 | | Senior II M - 30 | 15 | 01:10:00 | 01:59:31.70 | +00:33:41 (28.2%) | 5:41 | 10.5 (71.4%) |
| 26 | KUBISZTAL Wojciech | 7363 | KB PIONIER SZCZECIN | Senior II M - 30 | 16 | 01:11:35 | 01:59:59.10 | +00:34:08 (28.5%) | 5:42 | 10.5 (71.4%) |
| 27 | DOMINIAK Michał | 7454 | | Senior II M - 30 | 17 | 01:11:14 | 02:00:17.90 | +00:34:27 (28.6%) | 5:43 | 10.5 (71.4%) |
| 28 | WOJTKOWIAK Stefan | 7130 | PIĄTKOWO NA BIEGOWO | Masters M - 40 | 4 | 01:13:17 | 02:00:44.30 | +00:34:53 (28.9%) | 5:45 | 10.4 (70.7%) |
| 29 | KUTYBA Mariusz | 7195 | WOLNE ŚLIMAKI | Masters M - 40 | 5 | 01:13:40 | 02:00:57.90 | +00:35:07 (29.0%) | 5:45 | 10.4 (70.7%) |
| 30 | KWIATKOWSKI Przemysław | 7176 | | Senior II M - 30 | 18 | 01:12:42 | 02:01:17.25 | +00:35:26 (29.2%) | 5:46 | 10.4 (70.7%) |
| 31 | MINORCZYK Karina | 7016 | 140MINUT.PL | Senior I K - 20 | 3 | 01:14:37 | 02:04:45.90 | +00:38:55 (31.2%) | 5:56 | 10.1 (68.7%) |
| 32 | OWCZAREK Szymon | 7113 | | Senior II M - 30 | 19 | 01:14:09 | 02:04:45.95 | +00:38:55 (31.2%) | 5:56 | 10.1 (68.7%) |
| 33 | HORNE Thomas | 7545 | VEGE RUNNERS | Weteran I M - 50 | 1 | 01:11:48 | 02:04:51.55 | +00:39:01 (31.2%) | 5:56 | 10.1 (68.7%) |
| 34 | SZULTK Magdalena | 7491 | ULTRA ALPACAS TEAM | Senior II K - 30 | 1 | 01:13:20 | 02:05:04.10 | +00:39:13 (31.4%) | 5:57 | 10.1 (68.7%) |
| 35 | PAPIÓR Jolanta | 7526 | WATAHA/ MKS PARASOL WROCŁAW | Senior I K - 20 | 4 | 01:13:42 | 02:06:02.75 | +00:40:12 (31.9%) | 6:00 | 10 (68.0%) |
| 36 | ŁUKASIEWICZ Ewa | 7538 | OLAWS ZŁOTORYJA | Weteran K - 50 | 1 | 01:15:58 | 02:06:29.65 | +00:40:39 (32.1%) | 6:01 | 10 (68.0%) |
| 37 | RĄCKI Dariusz | 7292 | RONAL POLSKA RUN | Weteran I M - 50 | 2 | 01:13:20 | 02:06:29.90 | +00:40:39 (32.1%) | 6:01 | 10 (68.0%) |
| 38 | HARKIEWICZ Piotr | 7102 | ODDYCHAJSWOBODNIE.PL | Senior II M - 30 | 20 | 01:16:05 | 02:07:03.60 | +00:41:13 (32.4%) | 6:03 | 9.9 (67.3%) |
| 39 | ŁĄTKA Piotr | 7099 | | Senior II M - 30 | 21 | 01:15:17 | 02:07:13.25 | +00:41:22 (32.5%) | 6:03 | 9.9 (67.3%) |

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|-----|---------------------------|-------------|---|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 40 | HUCAŁ Tomasz | 7243 | | Masters M - 40 | 6 | 01:18:11 | 02:07:31.20 | +00:41:40 (32.7%) | 6:04 | 9.9 (67.3%) |
| 41 | BURMISTRZ Bartosz | 7359 | TARNOWO PODGÓRNE BIEGA | Senior II M - 30 | 22 | 01:15:17 | 02:07:54.55 | +00:42:04 (32.9%) | 6:05 | 9.9 (67.3%) |
| 42 | FORTUNA Marcin | 7409 | ŚWISZCZĄCY ŁAŃCUCH | Senior II M - 30 | 23 | 01:15:25 | 02:07:55.85 | +00:42:05 (32.9%) | 6:05 | 9.8 (66.7%) |
| 43 | DEMKOWSKI Marcin | 7392 | | Senior II M - 30 | 24 | 01:15:42 | 02:08:00.65 | +00:42:10 (32.9%) | 6:05 | 9.8 (66.7%) |
| 44 | KRZYSZTOFIK Piotr | 7133 | CROSSFIT ETERNIA | Masters M - 40 | 7 | 01:16:29 | 02:08:55.25 | +00:43:04 (33.4%) | 6:08 | 9.8 (66.7%) |
| 45 | ZĄBEK Łukasz | 7279 | 140MINUT.PL | Masters M - 40 | 8 | 01:15:32 | 02:08:56.10 | +00:43:05 (33.4%) | 6:08 | 9.8 (66.7%) |
| 46 | ZAJACZKOWSKA Anna | 7440 | ARKADIUSZ GARDZIELEWSKI RUNNING TEAM | Senior I K - 20 | 5 | 01:19:27 | 02:09:17.95 | +00:43:27 (33.6%) | 6:09 | 9.7 (66.0%) |
| 47 | NOWICKI Mateusz | 7095 | | Senior I M - 20 | 6 | 01:18:14 | 02:09:48.20 | +00:43:57 (33.9%) | 6:10 | 9.7 (66.0%) |
| 48 | KURZYŃSKI Piotr | 7198 | TEAM BEROTU | Masters M - 40 | 9 | 01:16:45 | 02:10:29.00 | +00:44:38 (34.2%) | 6:12 | 9.7 (66.0%) |
| 49 | KOŁECKA Patrycja | 7153 | BLUE SKY TRAVEL | Masters K - 40 | 1 | 01:18:04 | 02:10:34.30 | +00:44:43 (34.3%) | 6:13 | 9.7 (66.0%) |
| 50 | ROGSCH Damian | 7302 | RADZYMIN RUN TEAM | Senior II M - 30 | 25 | 01:15:40 | 02:10:47.45 | +00:44:56 (34.4%) | 6:13 | 9.6 (65.3%) |
| 51 | BANASZAK Tomasz | 7357 | KD7W | Senior II M - 30 | 26 | 01:15:08 | 02:10:48.70 | +00:44:58 (34.4%) | 6:13 | 9.6 (65.3%) |
| 52 | ZIELIŃSKA Weronika | 7380 | 12TRI.PL / ASICS FRONTRUNNER POLAND | Senior II K - 30 | 2 | 01:16:42 | 02:11:03.05 | +00:45:12 (34.5%) | 6:14 | 9.6 (65.3%) |
| 53 | MÓLL Mateusz | 7011 | | Senior I M - 20 | 7 | 01:11:45 | 02:11:12.15 | +00:45:21 (34.6%) | 6:14 | 9.6 (65.3%) |
| 54 | CHAMALA Krzysztof | 7330 | WEEGREE | Senior II M - 30 | 27 | 01:20:19 | 02:11:14.20 | +00:45:23 (34.6%) | 6:14 | 9.6 (65.3%) |
| 55 | WALIGÓRA Mateusz | 7503 | EY RUNFORFUN | Senior II M - 30 | 28 | 01:16:20 | 02:11:28.20 | +00:45:37 (34.7%) | 6:15 | 9.6 (65.3%) |
| 56 | CICHOŃ Piotr | 7496 | BIELAWSKA AKADEMIA BIEGANIA | Masters M - 40 | 10 | 01:20:35 | 02:11:37.05 | +00:45:46 (34.8%) | 6:16 | 9.6 (65.3%) |
| 57 | PUCHALSKI Maciej | 7237 | ODDYCHAJSWOBODNIE.PL / NARAMOWICE BIEGAJĄ | Senior II M - 30 | 29 | 01:19:36 | 02:12:06.50 | +00:46:16 (35.0%) | 6:17 | 9.5 (64.6%) |
| 58 | GROLEWSKI Karol | 7408 | ISKRA TEAM | Masters M - 40 | 11 | 01:18:20 | 02:12:30.60 | +00:46:40 (35.2%) | 6:18 | 9.5 (64.6%) |
| 59 | PRZYSIWEK Patryk | 7105 | | Senior II M - 30 | 30 | 01:16:55 | 02:12:33.15 | +00:46:42 (35.2%) | 6:18 | 9.5 (64.6%) |
| 60 | DENYSIUK Marek | 7134 | WATAHA | Masters M - 40 | 12 | 01:17:00 | 02:13:11.00 | +00:47:20 (35.5%) | 6:20 | 9.5 (64.6%) |
| 61 | OLEJNIK Marta | 7427 | ARKADIUSZ GARDZIELEWSKI RUNNING TEAM | Senior I K - 20 | 6 | 01:20:20 | 02:14:04.55 | +00:48:14 (36.0%) | 6:23 | 9.4 (63.9%) |
| 62 | PIECHOWIAK Marek | 7354 | | Senior II M - 30 | 31 | 01:24:34 | 02:14:52.30 | +00:49:01 (36.4%) | 6:25 | 9.3 (63.3%) |

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|-----|-----------------------------|-------------|--------------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 63 | MOKRZYŃSKI Marcin | 7548 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | Senior II M - 30 | 32 | 01:17:29 | 02:15:29.45 | +00:49:38 (36.6%) | 6:27 | 9.3 (63.3%) |
| 64 | ŚCISŁO Przemysław | 7436 | | Masters M - 40 | 13 | 01:23:55 | 02:15:33.35 | +00:49:42 (36.7%) | 6:27 | 9.3 (63.3%) |
| 65 | SALWA Emil | 7536 | | Senior II M - 30 | 33 | 01:18:31 | 02:16:09.45 | +00:50:18 (37.0%) | 6:29 | 9.3 (63.3%) |
| 66 | BUKAŁA Marcin | 7365 | VEGE RUNNERS | Senior I M - 20 | 8 | 01:22:55 | 02:16:31.30 | +00:50:40 (37.1%) | 6:30 | 9.2 (62.6%) |
| 67 | PIOTROWICZ Kamila | 7533 | | Senior I K - 20 | 7 | 01:18:38 | 02:16:44.00 | +00:50:53 (37.2%) | 6:30 | 9.2 (62.6%) |
| 68 | PODESZWA Marek | 7008 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | Weteran I M - 50 | 3 | 01:19:09 | 02:17:21.25 | +00:51:30 (37.5%) | 6:32 | 9.2 (62.6%) |
| 69 | KOBUSZEWSKI Artur | 7414 | SBRT WARSZAWA | Masters M - 40 | 14 | 01:26:15 | 02:17:46.10 | +00:51:55 (37.7%) | 6:33 | 9.1 (61.9%) |
| 70 | SOŁTYSIAK Robert | 7304 | | Senior II M - 30 | 34 | 01:24:19 | 02:17:55.80 | +00:52:05 (37.8%) | 6:34 | 9.1 (61.9%) |
| 71 | CISZEWSKI Roman | 7278 | | Masters M - 40 | 15 | 01:24:06 | 02:18:40.70 | +00:52:50 (38.1%) | 6:36 | 9.1 (61.9%) |
| 72 | KWIATKOWSKI Paweł | 7175 | | Senior II M - 30 | 35 | 01:24:29 | 02:18:41.25 | +00:52:50 (38.1%) | 6:36 | 9.1 (61.9%) |
| 73 | WYSZYŃSKI Roman | 7318 | | Senior II M - 30 | 36 | 01:20:30 | 02:18:44.45 | +00:52:53 (38.1%) | 6:36 | 9.1 (61.9%) |
| 74 | FILIPIAK Damian | 7524 | | Senior I M - 20 | 9 | 01:23:03 | 02:18:49.80 | +00:52:59 (38.2%) | 6:36 | 9.1 (61.9%) |
| 75 | ADAMCZYK-NOWAK Beata | 7228 | MIECHOWICKA GRUPA BIEGOWA | Masters K - 40 | 2 | 01:23:34 | 02:19:17.95 | +00:53:27 (38.4%) | 6:37 | 9 (61.2%) |
| 76 | KUCIA Szymon | 7469 | RECARO | Senior I M - 20 | 10 | 01:24:20 | 02:19:30.45 | +00:53:39 (38.5%) | 6:38 | 9 (61.2%) |
| 77 | STORTZ Piotr | 7343 | | Senior II M - 30 | 37 | 01:24:31 | 02:19:49.50 | +00:53:59 (38.6%) | 6:39 | 9 (61.2%) |
| 78 | LUBAŃSKI Mateusz | 7520 | | Senior I M - 20 | 11 | 01:24:42 | 02:19:55.65 | +00:54:05 (38.7%) | 6:39 | 9 (61.2%) |
| 79 | POJDA Grzegorz | 7072 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | Masters M - 40 | 16 | 01:22:08 | 02:20:12.95 | +00:54:22 (38.8%) | 6:40 | 9 (61.2%) |
| 80 | LEŚNIAK Karolina | 7425 | TMTEAM | Senior II K - 30 | 3 | 01:23:10 | 02:20:17.65 | +00:54:27 (38.8%) | 6:40 | 9 (61.2%) |
| 81 | GIBAS Rafał | 7519 | | Masters M - 40 | 17 | 01:21:08 | 02:20:32.90 | +00:54:42 (38.9%) | 6:41 | 9 (61.2%) |
| 82 | MAŃKOWSKI Tomasz | 7119 | | Senior I M - 20 | 12 | 01:23:13 | 02:20:55.00 | +00:55:04 (39.1%) | 6:42 | 8.9 (60.5%) |
| 83 | GAWCZYŃSKI Jakub | 7377 | TJ | Senior II M - 30 | 38 | 01:24:40 | 02:20:56.85 | +00:55:06 (39.1%) | 6:42 | 8.9 (60.5%) |
| 84 | BARWICKI Marcin | 7395 | | Masters M - 40 | 18 | 01:24:20 | 02:21:12.45 | +00:55:21 (39.2%) | 6:43 | 8.9 (60.5%) |
| 85 | MIŚ Piotr | 7058 | DIEHL RUNNING TEAM | Senior II M - 30 | 39 | 01:24:18 | 02:21:24.90 | +00:55:34 (39.3%) | 6:44 | 8.9 (60.5%) |

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|-----|---------------------------|-------------|--------------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 86 | PODLEŚ Robert | 7053 | COBI POLAND | Weteran I M - 50 | 4 | 01:25:58 | 02:21:37.75 | +00:55:47 (39.4%) | 6:44 | 8.9 (60.5%) |
| 87 | MIKA Tomasz | 7331 | | Senior I M - 20 | 13 | 01:26:10 | 02:21:52.30 | +00:56:01 (39.5%) | 6:45 | 8.9 (60.5%) |
| 88 | ŁOPATYŃSKI Irek | 7462 | REMA SPORTEAM | Masters M - 40 | 19 | 01:19:35 | 02:22:17.40 | +00:56:26 (39.7%) | 6:46 | 8.9 (60.5%) |
| 89 | KUBIK Jarosław | 7025 | | Senior II M - 30 | 40 | 01:22:16 | 02:22:19.70 | +00:56:29 (39.7%) | 6:46 | 8.9 (60.5%) |
| 90 | RZEWUSKI Jakub | 7419 | | Senior I M - 20 | 14 | 01:21:49 | 02:22:25.75 | +00:56:35 (39.7%) | 6:46 | 8.8 (59.9%) |
| 91 | NIKOLIN Przemysław | 7434 | | Masters M - 40 | 20 | 01:23:27 | 02:22:39.75 | +00:56:49 (39.8%) | 6:47 | 8.8 (59.9%) |
| 92 | KOTOWICZ Tomasz | 7479 | PRZEDWOJEWSKI MOUNTAIN TEAM | Masters M - 40 | 21 | 01:20:57 | 02:22:50.55 | +00:57:00 (39.9%) | 6:48 | 8.8 (59.9%) |
| 93 | KUTZMANN Magdalena | 7038 | WKB META LUBLINIEC | Masters K - 40 | 3 | 01:24:53 | 02:22:51.85 | +00:57:01 (39.9%) | 6:48 | 8.8 (59.9%) |
| 94 | BENETURSKI Adam | 7378 | TJ | Senior II M - 30 | 41 | 01:25:07 | 02:23:09.25 | +00:57:18 (40.0%) | 6:49 | 8.8 (59.9%) |
| 95 | WOSIEK Mateusz | 7379 | TJ | Senior II M - 30 | 42 | 01:24:55 | 02:23:13.60 | +00:57:23 (40.1%) | 6:49 | 8.8 (59.9%) |
| 96 | JÓZEFIAK Marek | 7455 | TJ | Senior II M - 30 | 43 | 01:25:06 | 02:23:34.45 | +00:57:43 (40.2%) | 6:50 | 8.8 (59.9%) |
| 97 | IWANIEK Przemysław | 7356 | | Senior II M - 30 | 44 | 01:25:17 | 02:23:38.75 | +00:57:48 (40.2%) | 6:50 | 8.8 (59.9%) |
| 98 | JAROSZUK Ania | 7103 | | Senior II K - 30 | 4 | 01:24:57 | 02:24:02.90 | +00:58:12 (40.4%) | 6:51 | 8.7 (59.2%) |
| 99 | ZGARDA Jacek | 7424 | TMTEAM | Masters M - 40 | 22 | 01:22:43 | 02:24:41.45 | +00:58:50 (40.7%) | 6:53 | 8.7 (59.2%) |
| 100 | HADAM Michał | 7476 | KB MANIAC POZNAN | Masters M - 40 | 23 | 01:27:42 | 02:25:12.90 | +00:59:22 (40.9%) | 6:54 | 8.7 (59.2%) |
| 101 | NIERADKA Anna | 7172 | | Senior II K - 30 | 5 | 01:26:23 | 02:25:14.25 | +00:59:23 (40.9%) | 6:54 | 8.7 (59.2%) |
| 102 | LITWIN Monika | 7270 | LITEWIN | Senior II K - 30 | 6 | 01:22:40 | 02:25:32.15 | +00:59:41 (41.0%) | 6:55 | 8.7 (59.2%) |
| 103 | SOŁTYSIAK Karol | 7368 | | Masters M - 40 | 24 | 01:27:21 | 02:25:38.50 | +00:59:48 (41.1%) | 6:56 | 8.7 (59.2%) |
| 104 | LECZKOWSKI Dariusz | 7182 | | Weteran I M - 50 | 5 | 01:28:33 | 02:26:12.70 | +01:00:22 (41.3%) | 6:57 | 8.6 (58.5%) |
| 105 | PARZYCH Katarzyna | 7012 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | Masters K - 40 | 4 | 01:28:19 | 02:26:20.95 | +01:00:30 (41.3%) | 6:58 | 8.6 (58.5%) |
| 106 | SAWICZ Piotrek | 7416 | | Senior II M - 30 | 45 | 01:26:27 | 02:26:36.45 | +01:00:45 (41.4%) | 6:58 | 8.6 (58.5%) |
| 107 | LEMIESZKA Marta | 7284 | FRACHT SPORT CLUB | Senior I K - 20 | 8 | 01:25:30 | 02:27:06.70 | +01:01:16 (41.6%) | 7:00 | 8.6 (58.5%) |
| 108 | MICHALEWSKI Paweł | 7107 | | Senior II M - 30 | 46 | 01:28:39 | 02:27:11.90 | +01:01:21 (41.7%) | 7:00 | 8.6 (58.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 109 | URBANIAK Daniel | 7044 | | Masters M - 40 | 25 | 01:32:14 | 02:27:17.85 | +01:01:27 (41.7%) | 7:00 | 8.6 (58.5%) |
| 110 | PŁAZA Radosław | 7415 | | Senior II M - 30 | 47 | 01:26:31 | 02:27:18.55 | +01:01:28 (41.7%) | 7:00 | 8.6 (58.5%) |
| 111 | MAKOWSKI Lukasz | 7504 | GRUPA PRO | Senior II M - 30 | 48 | 01:26:47 | 02:27:19.25 | +01:01:28 (41.7%) | 7:00 | 8.6 (58.5%) |
| 112 | JURASZEK Krzysztof | 7317 | | Senior I M - 20 | 15 | 01:28:14 | 02:27:48.90 | +01:01:58 (41.9%) | 7:02 | 8.5 (57.8%) |
| 113 | ANTKIEWICZ Kamil | 7325 | | Senior II M - 30 | 49 | 01:27:45 | 02:28:08.35 | +01:02:17 (42.1%) | 7:03 | 8.5 (57.8%) |
| 114 | MATUSZEWSKI Łukasz | 7531 | SBRT WARSZAWA | Senior II M - 30 | 50 | 01:31:34 | 02:29:05.55 | +01:03:15 (42.4%) | 7:05 | 8.5 (57.8%) |
| 115 | GROCHOT Edyta | 7100 | #ADAMCZERWIŃSKITEAM | Masters K - 40 | 5 | 01:29:07 | 02:29:11.40 | +01:03:20 (42.5%) | 7:06 | 8.4 (57.1%) |
| 116 | NOWAK Ireneusz | 7124 | | Masters M - 40 | 26 | 01:25:02 | 02:29:14.40 | +01:03:23 (42.5%) | 7:06 | 8.4 (57.1%) |
| 117 | ZDEBSKA Magdalena | 7101 | | Senior II K - 30 | 7 | 01:27:36 | 02:29:24.25 | +01:03:33 (42.5%) | 7:06 | 8.4 (57.1%) |
| 118 | ZIEWIEC Marcin | 7112 | | Senior II M - 30 | 51 | 01:28:36 | 02:29:25.55 | +01:03:35 (42.6%) | 7:06 | 8.4 (57.1%) |
| 119 | MUĆKA Paweł | 7282 | | Masters M - 40 | 27 | 01:28:34 | 02:29:26.30 | +01:03:35 (42.6%) | 7:06 | 8.4 (57.1%) |
| 120 | DĘBICKI Łukasz | 7422 | RCI WROCŁAW | Senior II M - 30 | 52 | 01:24:38 | 02:29:28.80 | +01:03:38 (42.6%) | 7:07 | 8.4 (57.1%) |
| 121 | RADOMSKI Grzegorz | 7373 | RUN MOKRE | Masters M - 40 | 28 | 01:27:42 | 02:29:47.40 | +01:03:56 (42.7%) | 7:07 | 8.4 (57.1%) |
| 122 | MIKOŁAJEWSKA Justyna | 7410 | | Senior II K - 30 | 8 | 01:29:12 | 02:29:59.05 | +01:04:08 (42.8%) | 7:08 | 8.4 (57.1%) |
| 123 | TELEON Piotr | 7087 | JACEKBIEGA RUNNING TEAM | Masters M - 40 | 29 | 01:27:29 | 02:30:11.80 | +01:04:21 (42.8%) | 7:09 | 8.4 (57.1%) |
| 124 | PŁÓCIENNIK Patrycja | 7413 | | Senior I K - 20 | 9 | 01:31:21 | 02:30:19.05 | +01:04:28 (42.9%) | 7:09 | 8.4 (57.1%) |
| 125 | CICHOCKI Dawid | 7293 | NIGHT RUNNERS PYSKOWICE | Senior II M - 30 | 53 | 01:32:47 | 02:30:30.20 | +01:04:39 (43.0%) | 7:10 | 8.4 (57.1%) |
| 126 | JAROSZEWSKI Arkadiusz | 7256 | ISKRA KSIĘGINICE | Senior II M - 30 | 54 | 01:28:43 | 02:30:34.35 | +01:04:43 (43.0%) | 7:10 | 8.4 (57.1%) |
| 127 | MARCINKIEWICZ Jerzy | 7335 | ŁEMKO TEAM | Weteran I M - 50 | 6 | 01:30:30 | 02:30:47.25 | +01:04:56 (43.1%) | 7:10 | 8.4 (57.1%) |
| 128 | LEWIŃSKI Filip | 7499 | OBORYGENI | Masters M - 40 | 30 | 01:29:11 | 02:31:00.85 | +01:05:10 (43.2%) | 7:11 | 8.3 (56.5%) |
| 129 | JAKRZEWSKI Mikołaj | 7042 | JARACZEWOBIEGA | Senior II M - 30 | 55 | 01:29:14 | 02:31:39.05 | +01:05:48 (43.4%) | 7:13 | 8.3 (56.5%) |
| 130 | ŚWIRAD Mirosław | 7197 | | Senior II M - 30 | 56 | 01:28:55 | 02:31:45.85 | +01:05:55 (43.4%) | 7:13 | 8.3 (56.5%) |
| 131 | WASILEWSKI Michał | 7494 | | Masters M - 40 | 31 | 01:33:36 | 02:32:11.80 | +01:06:21 (43.6%) | 7:14 | 8.3 (56.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 132 | GAŁĘZYKA Rafał | 7475 | ONE MAN TEAM | Masters M - 40 | 32 | 01:29:13 | 02:32:17.75 | +01:06:27 (43.6%) | 7:15 | 8.3 (56.5%) |
| 133 | DUDEK Marek | 7527 | LKS KRZYŻANOWICE | Senior II M - 30 | 57 | 01:28:09 | 02:32:51.50 | +01:07:01 (43.8%) | 7:16 | 8.2 (55.8%) |
| 134 | KRWAWNIK Maciej | 7438 | | Senior II M - 30 | 58 | 01:28:02 | 02:33:01.30 | +01:07:10 (43.9%) | 7:17 | 8.2 (55.8%) |
| 135 | KOWALEWSKI Dariusz | 7486 | DZIADZIA-RUN | Weteran I M - 50 | 7 | 01:28:09 | 02:33:17.70 | +01:07:27 (44.0%) | 7:17 | 8.2 (55.8%) |
| 136 | KOCIMSKA Katarzyna | 7466 | EUROVENT ATHLETICS | Masters K - 40 | 6 | 01:29:27 | 02:33:30.00 | +01:07:39 (44.1%) | 7:18 | 8.2 (55.8%) |
| 137 | ZDUNEK Mariusz | 7490 | ROXY | Senior II M - 30 | 59 | 01:30:31 | 02:33:33.10 | +01:07:42 (44.1%) | 7:18 | 8.2 (55.8%) |
| 138 | KĄDZIOŁKA Artur | 7001 | DOCHODZIMY W 2H ;-) | Senior II M - 30 | 60 | | 02:33:48.50 | +01:07:58 (44.2%) | 7:19 | 8.2 (55.8%) |
| 139 | HNATIUK Anna | 7221 | MATNER RUNNING TEAM | Senior II K - 30 | 9 | 01:33:57 | 02:33:57.30 | +01:08:06 (44.2%) | 7:19 | 8.2 (55.8%) |
| 140 | NOGANOWICZ Agata | 7346 | PRO-RUN WROCŁAW | Weteran K - 50 | 2 | 01:31:55 | 02:34:08.40 | +01:08:17 (44.3%) | 7:20 | 8.2 (55.8%) |
| 141 | SZYMANOWSKI Paweł | 7271 | | Senior II M - 30 | 61 | 01:32:55 | 02:34:17.15 | +01:08:26 (44.4%) | 7:20 | 8.2 (55.8%) |
| 142 | PIÓRKOWSKI Jarosław | 7122 | KOŁO BIEGA | Masters M - 40 | 33 | 01:30:31 | 02:34:27.00 | +01:08:36 (44.4%) | 7:21 | 8.2 (55.8%) |
| 143 | ŁUCZAK Maciej | 7552 | | Masters M - 40 | 34 | 01:29:38 | 02:34:40.95 | +01:08:50 (44.5%) | 7:21 | 8.1 (55.1%) |
| 144 | MAZAN Przemysław | 7069 | VEGE RUNNERS | Masters M - 40 | 35 | 01:30:22 | 02:34:44.15 | +01:08:53 (44.5%) | 7:22 | 8.1 (55.1%) |
| 145 | SADOWSKI Jakub | 7157 | | Senior I M - 20 | 16 | 01:33:51 | 02:35:53.90 | +01:10:03 (44.9%) | 7:25 | 8.1 (55.1%) |
| 146 | PANKOWSKI Owidiusz | 7326 | NKB CHYŻY NOWY TOMYŚL | Senior I M - 20 | 17 | 01:37:18 | 02:36:26.70 | +01:10:36 (45.1%) | 7:27 | 8.1 (55.1%) |
| 147 | GLAPA Patryk | 7429 | | Senior II M - 30 | 62 | 01:35:55 | 02:36:48.45 | +01:10:57 (45.3%) | 7:28 | 8 (54.4%) |
| 148 | KAWA Hubert | 7179 | NKB CHYŻY NOWY TOMYŚL | Senior II M - 30 | 63 | 01:37:06 | 02:36:48.75 | +01:10:58 (45.3%) | 7:28 | 8 (54.4%) |
| 149 | KUNKEL Mariusz | 7316 | SMARUJ NA TRENING TEAM | Masters M - 40 | 36 | 01:34:01 | 02:36:57.40 | +01:11:06 (45.3%) | 7:28 | 8 (54.4%) |
| 150 | GANDYRA Rafał | 7349 | | Senior II M - 30 | 64 | 01:30:54 | 02:37:06.75 | +01:11:16 (45.4%) | 7:28 | 8 (54.4%) |
| 151 | OBRZUD Katarzyna | 7460 | | Masters K - 40 | 7 | 01:32:12 | 02:37:37.20 | +01:11:46 (45.5%) | 7:30 | 8 (54.4%) |
| 152 | BERG Elwira | 7177 | | Senior II K - 30 | 10 | 01:31:16 | 02:37:56.90 | +01:12:06 (45.7%) | 7:31 | 8 (54.4%) |
| 153 | MOLTZAN-MAŁKOWSKA Liliana | 7511 | | Senior I K - 20 | 10 | 01:32:20 | 02:38:05.25 | +01:12:14 (45.7%) | 7:31 | 8 (54.4%) |
| 154 | MORAWSKI Wojciech | 7167 | | Senior II M - 30 | 65 | 01:32:40 | 02:38:06.95 | +01:12:16 (45.7%) | 7:31 | 8 (54.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|----------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 155 | BOSZKO Krzysztof | 7030 | | Senior II M - 30 | 66 | 01:32:06 | 02:38:14.95 | +01:12:24 (45.8%) | 7:32 | 8 (54.4%) |
| 156 | KOWALCZUK Anna | 7517 | | Masters K - 40 | 8 | 01:30:27 | 02:38:31.50 | +01:12:41 (45.8%) | 7:32 | 7.9 (53.7%) |
| 157 | ROGÓZ Elżbieta | 7286 | PRORUNNING PROMOTION | Masters K - 40 | 9 | 01:35:36 | 02:38:38.60 | +01:12:48 (45.9%) | 7:33 | 7.9 (53.7%) |
| 158 | UCHEREK Kazimierz | 7106 | | Weteran I M - 50 | 8 | 01:31:27 | 02:38:43.75 | +01:12:53 (45.9%) | 7:33 | 7.9 (53.7%) |
| 159 | GRONEK Magdalena | 7398 | BIEGAMDLAZDROWIA.PL | Masters K - 40 | 10 | 01:34:38 | 02:38:52.60 | +01:13:02 (46.0%) | 7:33 | 7.9 (53.7%) |
| 160 | ŚLIWKA Beata | 7180 | OLZA CIESZYN | Masters K - 40 | 11 | 01:31:27 | 02:38:55.60 | +01:13:05 (46.0%) | 7:34 | 7.9 (53.7%) |
| 161 | ŚRODA Maciej | 7403 | | Senior II M - 30 | 67 | 01:31:59 | 02:39:02.80 | +01:13:12 (46.0%) | 7:34 | 7.9 (53.7%) |
| 162 | WNUK Dominik | 7384 | ZAWIANI KOŁOBRZEG | Senior I M - 20 | 18 | 01:30:18 | 02:39:03.55 | +01:13:13 (46.0%) | 7:34 | 7.9 (53.7%) |
| 163 | SIP Mirosław | 7170 | | Weteran I M - 50 | 9 | 01:34:32 | 02:39:32.45 | +01:13:41 (46.2%) | 7:35 | 7.9 (53.7%) |
| 164 | SKULIMA Szymon | 7068 | | Senior I M - 20 | 19 | 01:30:08 | 02:39:43.60 | +01:13:53 (46.3%) | 7:36 | 7.9 (53.7%) |
| 165 | REDKIEWICZ Agnieszka | 7508 | PSYCHORUN | Senior II K - 30 | 11 | 01:33:15 | 02:39:47.10 | +01:13:56 (46.3%) | 7:36 | 7.9 (53.7%) |
| 166 | NOWOPOLSKI Leszek | 7394 | | Masters M - 40 | 37 | 01:32:28 | 02:40:07.40 | +01:14:16 (46.4%) | 7:37 | 7.9 (53.7%) |
| 167 | DENYSENKO Lech | 7539 | BOOT CAMP KATOWICE | Weteran II M - 60 | 1 | 01:34:31 | 02:40:11.15 | +01:14:20 (46.4%) | 7:37 | 7.9 (53.7%) |
| 168 | GUGA Paweł | 7471 | BIEGAM BO LUBIĘ | Senior II M - 30 | 68 | 01:32:01 | 02:40:46.90 | +01:14:56 (46.6%) | 7:39 | 7.8 (53.1%) |
| 169 | BOROWSKI Marcin | 7516 | | Masters M - 40 | 38 | 01:33:29 | 02:40:47.40 | +01:14:56 (46.6%) | 7:39 | 7.8 (53.1%) |
| 170 | SOWIŃSKA-JANECZEK Joanna | 7028 | KB MARATON TUREK | Senior II K - 30 | 12 | 01:36:58 | 02:41:07.10 | +01:15:16 (46.7%) | 7:40 | 7.8 (53.1%) |
| 171 | KUCIŃSKA Magdalena | 7019 | BASSET ROLLING TEAM | Senior II K - 30 | 13 | 01:33:41 | 02:41:20.05 | +01:15:29 (46.8%) | 7:40 | 7.8 (53.1%) |
| 172 | SUSKI Bartłomiej | 7173 | | Senior II M - 30 | 69 | 01:38:23 | 02:41:24.85 | +01:15:34 (46.8%) | 7:41 | 7.8 (53.1%) |
| 173 | PIETRZAK Marek | 7202 | | Masters M - 40 | 39 | 01:36:13 | 02:41:30.65 | +01:15:40 (46.9%) | 7:41 | 7.8 (53.1%) |
| 174 | HOREJDA Sara | 7114 | WATAHA- ŁĄCZY NAS BIEGANIE | Senior I K - 20 | 11 | 01:38:03 | 02:41:35.65 | +01:15:45 (46.9%) | 7:41 | 7.8 (53.1%) |
| 175 | FIGUŁA Sławomir | 7514 | | Senior II M - 30 | 70 | 01:32:25 | 02:41:40.20 | +01:15:49 (46.9%) | 7:41 | 7.8 (53.1%) |
| 176 | KINER ROMAŃCZUK Gosia | 7171 | | Senior II K - 30 | 14 | 01:34:20 | 02:41:43.20 | +01:15:52 (46.9%) | 7:42 | 7.8 (53.1%) |
| 177 | KĘDZIOR Grzegorz | 7467 | | Senior I M - 20 | 20 | 01:32:05 | 02:42:02.55 | +01:16:12 (47.0%) | 7:43 | 7.8 (53.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|---|-------------|-----------------------------|----------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 178 | WAWRZY尼亚K Krystian | 7324 | KB ODRA OPOLE | Senior II M - 30 | 71 | 01:30:55 | 02:42:08.35 | +01:16:17 (47.1%) | 7:43 | 7.8 (53.1%) |
| 179 | GAWCZYŃSKI Kacper | 7435 | | Senior I M - 20 | 21 | 01:39:46 | 02:42:09.90 | +01:16:19 (47.1%) | 7:43 | 7.8 (53.1%) |
| 180 | CHMIELEWSKA-KOZIOŁ Magdalena | 7165 | | Weteran K - 50 | 3 | 01:35:58 | 02:42:20.35 | +01:16:29 (47.1%) | 7:43 | 7.8 (53.1%) |
| 181 | BAL Tomasz | 7291 | | Senior II M - 30 | 72 | 01:33:55 | 02:42:28.80 | +01:16:38 (47.2%) | 7:44 | 7.8 (53.1%) |
| 182 | DORNIAC Natalia | 7081 | | Senior I K - 20 | 12 | 01:35:36 | 02:42:54.40 | +01:17:03 (47.3%) | 7:45 | 7.7 (52.4%) |
| 183 | FIĄCEK Adam | 7375 | HARTUJĘ CHARTA | Masters M - 40 | 40 | 01:32:02 | 02:42:58.55 | +01:17:08 (47.3%) | 7:45 | 7.7 (52.4%) |
| 184 | TOMASZEWSKA Ewa | 7505 | | Masters K - 40 | 12 | 01:38:48 | 02:43:03.95 | +01:17:13 (47.4%) | 7:45 | 7.7 (52.4%) |
| 185 | ZAMECKI Radosław | 7502 | | Senior II M - 30 | 73 | 01:32:13 | 02:43:15.65 | +01:17:25 (47.4%) | 7:46 | 7.7 (52.4%) |
| 186 | ANDRZEJCZAK Michał | 7348 | | Senior II M - 30 | 74 | 01:32:30 | 02:43:24.85 | +01:17:34 (47.5%) | 7:46 | 7.7 (52.4%) |
| 187 | STĘPIEŃ Patrycja | 7056 | | Senior I K - 20 | 13 | 01:41:12 | 02:43:33.75 | +01:17:43 (47.5%) | 7:47 | 7.7 (52.4%) |
| 188 | GAWCZYŃSKI Marcel | 7433 | | Senior II M - 30 | 75 | 01:39:36 | 02:43:36.50 | +01:17:46 (47.5%) | 7:47 | 7.7 (52.4%) |
| 189 | KRZESZEWSKA Dorota | 7240 | | Masters K - 40 | 13 | 01:35:21 | 02:43:46.10 | +01:17:55 (47.6%) | 7:47 | 7.7 (52.4%) |
| 190 | MAŁKOWSKI Piotr | 7155 | | Weteran II M - 60 | 2 | 01:38:22 | 02:43:59.10 | +01:18:08 (47.7%) | 7:48 | 7.7 (52.4%) |
| 191 | KUCHARCZYK Kamil | 7449 | TRI NOT TO DIE | Senior II M - 30 | 76 | 01:39:18 | 02:44:12.25 | +01:18:21 (47.7%) | 7:49 | 7.7 (52.4%) |
| 192 | KASZUBSKI Marek | 7126 | | Masters M - 40 | 41 | 01:40:30 | 02:44:20.25 | +01:18:29 (47.8%) | 7:49 | 7.7 (52.4%) |
| 193 | DUTKOWIAK Aleksandra | 7052 | PIĄTKOWO NA BIEGOWO | Senior II K - 30 | 15 | 01:39:46 | 02:44:40.90 | +01:18:50 (47.9%) | 7:50 | 7.7 (52.4%) |
| 194 | KOT Klaudia | 7186 | | Senior I K - 20 | 14 | 01:35:25 | 02:44:42.20 | +01:18:51 (47.9%) | 7:50 | 7.7 (52.4%) |
| 195 | SOBOLEWSKI Bartłomiej | 7457 | | Weteran II M - 60 | 3 | 01:35:41 | 02:45:01.10 | +01:19:10 (48.0%) | 7:51 | 7.6 (51.7%) |
| 196 | TRZCINOWICZ Maciej | 7366 | OPTOMI | Masters M - 40 | 42 | 01:31:11 | 02:45:01.60 | +01:19:11 (48.0%) | 7:51 | 7.6 (51.7%) |
| 197 | MICHALAK-KLIMCZAK Lucyna | 7143 | | Senior II K - 30 | 16 | 01:36:26 | 02:45:02.55 | +01:19:12 (48.0%) | 7:51 | 7.6 (51.7%) |
| 198 | ŁAGOWSKI Dariusz | 7500 | TKKF MPK POZNAŃ | Masters M - 40 | 43 | 01:38:08 | 02:45:49.90 | +01:19:59 (48.2%) | 7:53 | 7.6 (51.7%) |
| 199 | WETULA Zofia | 7547 | | Senior II K - 30 | 17 | 01:36:24 | 02:46:42.10 | +01:20:51 (48.5%) | 7:56 | 7.6 (51.7%) |
| 200 | URBAŃSKI Tomasz | 7219 | FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ | Senior II M - 30 | 77 | 01:38:15 | 02:46:45.75 | +01:20:55 (48.5%) | 7:56 | 7.6 (51.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--------------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 201 | DRZYMAŁA Marcin | 7131 | | Senior II M - 30 | 78 | 01:36:16 | 02:46:52.50 | +01:21:02 (48.6%) | 7:56 | 7.6 (51.7%) |
| 202 | ANDRZEJCZAK Łukasz | 7193 | NKB CHYŻY NOWY TOMYŚL | Senior II M - 30 | 79 | 01:39:45 | 02:47:01.00 | +01:21:10 (48.6%) | 7:57 | 7.5 (51.0%) |
| 203 | ANDRZEJCZAK Anna | 7192 | NKB CHYŻY NOWY TOMYŚL | Senior II K - 30 | 18 | 01:39:55 | 02:47:10.80 | +01:21:20 (48.7%) | 7:57 | 7.5 (51.0%) |
| 204 | DRÓZDŹ Arkadiusz | 7332 | | Senior II M - 30 | 80 | 01:39:29 | 02:47:15.15 | +01:21:24 (48.7%) | 7:57 | 7.5 (51.0%) |
| 205 | GLUSZKO Katarzyna | 7327 | MIRA TEAM | Senior II K - 30 | 19 | 01:37:35 | 02:47:38.80 | +01:21:48 (48.8%) | 7:59 | 7.5 (51.0%) |
| 206 | SOJKA Przemek | 7329 | ORANGE POLSKA | Masters M - 40 | 44 | 01:38:06 | 02:48:01.85 | +01:22:11 (48.9%) | 8:00 | 7.5 (51.0%) |
| 207 | PLINIEWICZ Joanna | 7362 | STRONSKA GRUPA ROWEROWA | Senior II K - 30 | 20 | 01:38:14 | 02:48:13.05 | +01:22:22 (49.0%) | 8:00 | 7.5 (51.0%) |
| 208 | PTASZYŃSKI Marcin | 7018 | | Senior I M - 20 | 22 | 01:38:19 | 02:48:18.85 | +01:22:28 (49.0%) | 8:00 | 7.5 (51.0%) |
| 209 | DOŁASIŃSKI Jarek | 7015 | | Senior II M - 30 | 81 | 01:34:34 | 02:48:22.25 | +01:22:31 (49.0%) | 8:01 | 7.5 (51.0%) |
| 210 | MATUSZCZYK Marek | 7250 | RYBNICKA GRUPA BIEGOWA | Masters M - 40 | 45 | 01:38:57 | 02:48:22.60 | +01:22:32 (49.0%) | 8:01 | 7.5 (51.0%) |
| 211 | SMUDA Ryszard | 7127 | | Weteran II M - 60 | 4 | 01:38:14 | 02:48:31.40 | +01:22:40 (49.1%) | 8:01 | 7.5 (51.0%) |
| 212 | IZDEBSKI Tomasz | 7488 | NBS | Masters M - 40 | 46 | 01:37:25 | 02:48:38.80 | +01:22:48 (49.1%) | 8:01 | 7.5 (51.0%) |
| 213 | PARZYCH Wojciech | 7005 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | Masters M - 40 | 47 | 01:39:16 | 02:48:41.75 | +01:22:51 (49.1%) | 8:01 | 7.5 (51.0%) |
| 214 | HELMAN Jaroslaw | 7452 | | Masters M - 40 | 48 | 01:36:09 | 02:48:47.55 | +01:22:57 (49.1%) | 8:02 | 7.5 (51.0%) |
| 215 | CHRZANOWSKA Olga | 7509 | PSYCHORUN | Senior II K - 30 | 21 | 01:41:31 | 02:49:24.00 | +01:23:33 (49.3%) | 8:04 | 7.4 (50.3%) |
| 216 | KOWALSKI Krzysztof | 7374 | STS BIEGATON | Masters M - 40 | 49 | 01:41:24 | 02:49:42.00 | +01:23:51 (49.4%) | 8:04 | 7.4 (50.3%) |
| 217 | BOGDAŁ Michał | 7166 | | Senior II M - 30 | 82 | 01:39:28 | 02:50:08.95 | +01:24:18 (49.5%) | 8:06 | 7.4 (50.3%) |
| 218 | MICHNO Krzysztof | 7333 | | Senior II M - 30 | 83 | 01:33:40 | 02:50:23.15 | +01:24:32 (49.6%) | 8:06 | 7.4 (50.3%) |
| 219 | SĄSIADK Sławomir | 7501 | ŚWIAT BIEGACZA FEHLAU RUN TEAM | Weteran I M - 50 | 10 | 01:44:16 | 02:50:26.60 | +01:24:36 (49.6%) | 8:07 | 7.4 (50.3%) |
| 220 | LENARTOWICZ Barbara | 7249 | | Weteran K - 50 | 4 | 01:44:46 | 02:50:39.50 | +01:24:49 (49.7%) | 8:07 | 7.4 (50.3%) |
| 221 | DURCZEWSKA Daria | 7439 | PRO-RUN WROCŁAW | Masters K - 40 | 14 | 01:44:47 | 02:50:44.95 | +01:24:54 (49.7%) | 8:07 | 7.4 (50.3%) |
| 222 | HANYŹ Mateusz | 7551 | | Masters M - 40 | 50 | 01:44:03 | 02:50:50.50 | +01:25:00 (49.8%) | 8:08 | 7.4 (50.3%) |
| 223 | MIKUŁA Grzegorz | 7361 | | Masters M - 40 | 51 | 01:40:35 | 02:51:11.85 | +01:25:21 (49.9%) | 8:09 | 7.4 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|------------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 224 | BUREK Bartosz | 7345 | JAKDOJADE | Senior II M - 30 | 84 | 01:39:02 | 02:51:28.40 | +01:25:37 (49.9%) | 8:09 | 7.3 (49.7%) |
| 225 | ROSOLSKI Paweł | 7301 | WSOWA | Masters M - 40 | 52 | 01:37:06 | 02:51:38.15 | +01:25:47 (50.0%) | 8:10 | 7.3 (49.7%) |
| 226 | KULINA Maciej | 7261 | | Senior I M - 20 | 23 | 01:52:25 | 02:51:54.15 | +01:26:03 (50.1%) | 8:11 | 7.3 (49.7%) |
| 227 | KONIECZNY Przemysław | 7458 | | Senior II M - 30 | 85 | 01:39:30 | 02:51:56.55 | +01:26:06 (50.1%) | 8:11 | 7.3 (49.7%) |
| 228 | MADEJ Weronika | 7421 | | Senior I K - 20 | 15 | 01:43:11 | 02:51:59.00 | +01:26:08 (50.1%) | 8:11 | 7.3 (49.7%) |
| 229 | MAJ Marek | 7393 | ŚLĘZAK TEAM | Masters M - 40 | 53 | 01:40:34 | 02:51:59.65 | +01:26:09 (50.1%) | 8:11 | 7.3 (49.7%) |
| 230 | MICHALAK Kamil | 7142 | | Senior II M - 30 | 86 | 01:36:16 | 02:52:02.20 | +01:26:11 (50.1%) | 8:11 | 7.3 (49.7%) |
| 231 | GĘBKA Małgorzata | 7451 | CRAZY RUNNERS | Senior II K - 30 | 22 | 01:44:13 | 02:52:08.25 | +01:26:17 (50.1%) | 8:11 | 7.3 (49.7%) |
| 232 | BRONIEWSKA Anna | 7247 | | Weteran K - 50 | 5 | 01:41:31 | 02:52:35.65 | +01:26:45 (50.3%) | 8:13 | 7.3 (49.7%) |
| 233 | KOPYŚCIAŃSKI Aleksander | 7111 | LEGNICKIE MORSY | Masters M - 40 | 54 | 01:42:14 | 02:52:47.10 | +01:26:56 (50.3%) | 8:13 | 7.3 (49.7%) |
| 234 | SZKUDLAREK Arkadiusz | 7437 | | Masters M - 40 | 55 | 01:38:55 | 02:52:48.55 | +01:26:58 (50.3%) | 8:13 | 7.3 (49.7%) |
| 235 | GIMZICKA Ewa | 7303 | | Masters K - 40 | 15 | 01:41:38 | 02:52:51.80 | +01:27:01 (50.3%) | 8:13 | 7.3 (49.7%) |
| 236 | BARTKIEWICZ Halina | 7009 | | Masters K - 40 | 16 | 01:45:19 | 02:52:52.00 | +01:27:01 (50.3%) | 8:13 | 7.3 (49.7%) |
| 237 | BAŃKOWSKI Igor | 7423 | | Weteran I M - 50 | 11 | 01:39:56 | 02:52:56.30 | +01:27:05 (50.4%) | 8:14 | 7.3 (49.7%) |
| 238 | LUBELCZYK Grzegorz | 7426 | SPELEOCLUB WROCŁAW | Masters M - 40 | 56 | 01:42:53 | 02:53:17.95 | +01:27:27 (50.5%) | 8:15 | 7.3 (49.7%) |
| 239 | WISZNIEWICZ Piotr | 7264 | BANA DZIEWIONA | Senior II M - 30 | 87 | 01:41:45 | 02:53:28.60 | +01:27:38 (50.5%) | 8:15 | 7.3 (49.7%) |
| 240 | MAŚLANKA Łukasz | 7097 | | Senior II M - 30 | 88 | 01:45:29 | 02:53:36.40 | +01:27:45 (50.6%) | 8:16 | 7.3 (49.7%) |
| 241 | WYBRANIEC Tomasz | 7272 | | Senior II M - 30 | 89 | 01:42:23 | 02:53:39.00 | +01:27:48 (50.6%) | 8:16 | 7.3 (49.7%) |
| 242 | BOGUSZ Marek | 7314 | WALKA KOSTRZYN | Weteran II M - 60 | 5 | 01:40:38 | 02:53:43.70 | +01:27:53 (50.6%) | 8:16 | 7.3 (49.7%) |
| 243 | WOJCIECHOWSKA Anna | 7050 | PIĄTKOWO NA BIEGOWO | Masters K - 40 | 17 | 01:47:50 | 02:53:48.40 | +01:27:57 (50.6%) | 8:16 | 7.2 (49.0%) |
| 244 | WESOŁOWSKA Kinga | 7406 | #55TEAM / ASICS FRONTRUNNER POLAND | Senior I K - 20 | 16 | 01:40:50 | 02:54:00.05 | +01:28:09 (50.7%) | 8:17 | 7.2 (49.0%) |
| 245 | SZWED Monika | 7239 | | Masters K - 40 | 18 | 01:44:40 | 02:54:04.55 | +01:28:14 (50.7%) | 8:17 | 7.2 (49.0%) |
| 246 | CZERNAK Agnieszka | 7207 | PIĄTKOWO NA BIEGOWO | Masters K - 40 | 19 | 01:48:10 | 02:54:15.35 | +01:28:24 (50.7%) | 8:17 | 7.2 (49.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 247 | RAJCZAK Łukasz | 7443 | | Senior II M - 30 | 90 | 01:41:36 | 02:54:20.35 | +01:28:29 (50.8%) | 8:18 | 7.2 (49.0%) |
| 248 | MICHALSKI Grzegorz | 7364 | | Masters M - 40 | 57 | 01:41:32 | 02:54:32.25 | +01:28:41 (50.8%) | 8:18 | 7.2 (49.0%) |
| 249 | ORŁOWSKI Robert | 7418 | BIEGNĘ DO MORDORU | Senior II M - 30 | 91 | 01:44:36 | 02:54:45.05 | +01:28:54 (50.9%) | 8:19 | 7.2 (49.0%) |
| 250 | SZCZEPANIAK Wiesław | 7480 | | Weteran II M - 60 | 6 | 01:42:07 | 02:54:57.00 | +01:29:06 (50.9%) | 8:19 | 7.2 (49.0%) |
| 251 | MIELOSZYK Wojtek | 7351 | | Senior II M - 30 | 92 | 01:48:32 | 02:55:09.20 | +01:29:18 (51.0%) | 8:20 | 7.2 (49.0%) |
| 252 | KOŚNY Damian | 7027 | GIT | Masters M - 40 | 58 | 01:39:58 | 02:55:10.50 | +01:29:20 (51.0%) | 8:20 | 7.2 (49.0%) |
| 253 | LECH Grzegorz | 7138 | KB ODRA OPOLE | Senior II M - 30 | 93 | 01:42:57 | 02:55:28.60 | +01:29:38 (51.1%) | 8:21 | 7.2 (49.0%) |
| 254 | KRUPIŃSKI Zbigniew | 7328 | KOŁO BIEGA | Senior II M - 30 | 94 | 01:49:49 | 02:55:37.35 | +01:29:46 (51.1%) | 8:21 | 7.2 (49.0%) |
| 255 | BARANOWSKI Szymon | 7194 | | Senior II M - 30 | 95 | 01:41:20 | 02:55:39.05 | +01:29:48 (51.1%) | 8:21 | 7.2 (49.0%) |
| 256 | ZINIEWICZ Małgorzata | 7495 | | Masters K - 40 | 20 | 01:44:35 | 02:55:39.80 | +01:29:49 (51.1%) | 8:21 | 7.2 (49.0%) |
| 257 | KOPKA Pawel | 7257 | | Senior II M - 30 | 96 | 01:39:28 | 02:55:45.95 | +01:29:55 (51.2%) | 8:22 | 7.2 (49.0%) |
| 258 | WOJCIECHOWSKI Maciej | 7145 | | Senior II M - 30 | 97 | 01:44:32 | 02:56:08.75 | +01:30:18 (51.3%) | 8:23 | 7.2 (49.0%) |
| 259 | ZATAJ Igor | 7144 | KB MANIAC /CHARTY CHARTOWO | Masters M - 40 | 59 | 01:42:49 | 02:56:16.60 | +01:30:26 (51.3%) | 8:23 | 7.1 (48.3%) |
| 260 | DUMIŃSKI Tomasz | 7289 | STRZEGOMSKA DWUNASTKA | Masters M - 40 | 60 | 01:39:41 | 02:56:36.50 | +01:30:46 (51.4%) | 8:24 | 7.1 (48.3%) |
| 261 | GUDZ Beata | 7522 | | Senior II K - 30 | 23 | 01:43:33 | 02:56:37.35 | +01:30:46 (51.4%) | 8:24 | 7.1 (48.3%) |
| 262 | HELLWING Wojciech | 7048 | POLSKIE TOWARZYSTWO ASTRONOMICZNE | Masters M - 40 | 61 | 01:43:46 | 02:56:48.25 | +01:30:57 (51.4%) | 8:25 | 7.1 (48.3%) |
| 263 | MENTONE Dario | 7445 | | Senior II M - 30 | 98 | 01:43:45 | 02:57:02.90 | +01:31:12 (51.5%) | 8:25 | 7.1 (48.3%) |
| 264 | VAKH Oksana | 7485 | | Senior I K - 20 | 17 | 01:39:24 | 02:57:38.85 | +01:31:48 (51.7%) | 8:27 | 7.1 (48.3%) |
| 265 | SAMBORSKI Daniel | 7397 | BIEGACZE W RADOMSKU / WIECZORNE BIEGANIE W OPOLU | Masters M - 40 | 62 | 01:46:36 | 02:57:39.30 | +01:31:48 (51.7%) | 8:27 | 7.1 (48.3%) |
| 266 | KACZMAREK Dorota | 7382 | RADZIKI | Senior II K - 30 | 24 | 01:48:25 | 02:57:40.55 | +01:31:50 (51.7%) | 8:27 | 7.1 (48.3%) |
| 267 | KACZMAREK Radosław | 7383 | RADZIKI | Weteran I M - 50 | 12 | 01:48:15 | 02:57:43.25 | +01:31:52 (51.7%) | 8:27 | 7.1 (48.3%) |
| 268 | SAMBORSKA Monika | 7396 | BIEGACZE W RADOMSKU | Senior II K - 30 | 25 | 01:46:45 | 02:57:48.55 | +01:31:58 (51.7%) | 8:28 | 7.1 (48.3%) |
| 269 | SZTACHELSKI Krzysztof | 7297 | SIWY TEAM | Masters M - 40 | 63 | 01:41:07 | 02:57:51.80 | +01:32:01 (51.7%) | 8:28 | 7.1 (48.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 270 | JAROCIŃSKI Michał | 7484 | JANUSZE PRZYGODY | Masters M - 40 | 64 | 01:45:33 | 02:57:54.00 | +01:32:03 (51.7%) | 8:28 | 7.1 (48.3%) |
| 271 | OKRASA Tomasz | 7481 | | Senior II M - 30 | 99 | 01:39:44 | 02:57:58.60 | +01:32:08 (51.8%) | 8:28 | 7.1 (48.3%) |
| 272 | MAJCHRZYCKI Sławomir | 7430 | TKKF MPK POZNAŃ | Senior II M - 30 | 100 | 01:47:19 | 02:57:58.65 | +01:32:08 (51.8%) | 8:28 | 7.1 (48.3%) |
| 273 | WOŹNIAK Mirosław | 7518 | TKKF MPK POZNAŃ | Weteran II M - 60 | 7 | 01:47:29 | 02:58:09.85 | +01:32:19 (51.8%) | 8:29 | 7.1 (48.3%) |
| 274 | SZCZERBA Kasia | 7214 | | Senior II K - 30 | 26 | 01:47:14 | 02:58:44.85 | +01:32:54 (52.0%) | 8:30 | 7 (47.6%) |
| 275 | KACZMAREK Maciej | 7220 | TEAM BEROTU | Senior II M - 30 | 101 | 01:51:13 | 02:58:46.90 | +01:32:56 (52.0%) | 8:30 | 7 (47.6%) |
| 276 | DUSZA Izabela | 7185 | AZS PW | Senior I K - 20 | 18 | 01:48:46 | 02:58:47.35 | +01:32:56 (52.0%) | 8:30 | 7 (47.6%) |
| 277 | KOWALSKI Łukasz | 7323 | KB ODRA OPOLE | Senior II M - 30 | 102 | 01:36:41 | 02:59:04.90 | +01:33:14 (52.1%) | 8:31 | 7 (47.6%) |
| 278 | KUTRZYK Przemysław | 7376 | | Masters M - 40 | 65 | 01:42:50 | 02:59:26.85 | +01:33:36 (52.2%) | 8:32 | 7 (47.6%) |
| 279 | STUDZIŃSKA Joanna | 7098 | | Senior II K - 30 | 27 | 01:45:09 | 02:59:27.30 | +01:33:36 (52.2%) | 8:32 | 7 (47.6%) |
| 280 | SKWIERCZYŃSKI Sylwester | 7260 | | Senior I M - 20 | 24 | 01:40:24 | 02:59:51.20 | +01:34:00 (52.3%) | 8:33 | 7 (47.6%) |
| 281 | HAGEL Julita | 7446 | | Senior II K - 30 | 28 | 01:42:35 | 03:00:04.70 | +01:34:14 (52.3%) | 8:34 | 7 (47.6%) |
| 282 | SZCZEPANOWSKI Andrzej | 7063 | ŚRUNDUNIA SZCZECIN | Masters M - 40 | 66 | 01:47:37 | 03:00:36.10 | +01:34:45 (52.5%) | 8:36 | 7 (47.6%) |
| 283 | JERSZ Bartosz | 7447 | | Masters M - 40 | 67 | 01:51:18 | 03:00:39.85 | +01:34:49 (52.5%) | 8:36 | 7 (47.6%) |
| 284 | APANASEWICZ Dominika | 7400 | | Masters K - 40 | 21 | 01:51:28 | 03:00:58.95 | +01:35:08 (52.6%) | 8:37 | 7 (47.6%) |
| 285 | KIEŁPIŃSKI Mikołaj | 7528 | FOREST GANG | Senior I M - 20 | 25 | 01:44:02 | 03:01:03.10 | +01:35:12 (52.6%) | 8:37 | 7 (47.6%) |
| 286 | BUŁAJ Bartosz | 7411 | | Senior II M - 30 | 103 | 01:51:32 | 03:01:23.70 | +01:35:33 (52.7%) | 8:38 | 6.9 (46.9%) |
| 287 | RYBICKI Przemysław | 7353 | SKLEP BIEGACZA | Masters M - 40 | 68 | 01:44:02 | 03:01:34.05 | +01:35:43 (52.7%) | 8:38 | 6.9 (46.9%) |
| 288 | STAŃCZYK Andrzej | 7162 | KS KOZIOŁEK KĘDZIERZYN-KOŹLE | Weteran I M - 50 | 13 | 01:47:20 | 03:01:36.75 | +01:35:46 (52.7%) | 8:38 | 6.9 (46.9%) |
| 289 | SZUCHTA Zuzanna | 7390 | ADIDAS RUNNERS WARSAW | Senior II K - 30 | 29 | 01:51:50 | 03:01:57.30 | +01:36:06 (52.8%) | 8:39 | 6.9 (46.9%) |
| 290 | RATAJ Robert | 7208 | PIĄTKOWO NA BIEGOWO - POZNAŃ | Masters M - 40 | 69 | 01:56:54 | 03:02:04.40 | +01:36:13 (52.9%) | 8:40 | 6.9 (46.9%) |
| 291 | SKRZĄTEK Anna | 7116 | | Masters K - 40 | 22 | 01:51:08 | 03:02:11.80 | +01:36:21 (52.9%) | 8:40 | 6.9 (46.9%) |
| 292 | FLISEK Jakub | 7031 | MNTW | Senior II M - 30 | 104 | 01:50:08 | 03:02:19.40 | +01:36:28 (52.9%) | 8:40 | 6.9 (46.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 293 | WIŚNIEWSKI Sławomir | 7498 | 1984 | Senior II M - 30 | 105 | 01:45:30 | 03:02:23.70 | +01:36:33 (52.9%) | 8:41 | 6.9 (46.9%) |
| 294 | PERKA Barbara | 7090 | ,ZAŁOGA GÓRSKA | Masters K - 40 | 23 | 01:46:30 | 03:02:50.45 | +01:36:59 (53.1%) | 8:42 | 6.9 (46.9%) |
| 295 | TKACZ-BRODACKA Natalia | 7222 | | Senior I K - 20 | 19 | 01:44:28 | 03:02:54.40 | +01:37:03 (53.1%) | 8:42 | 6.9 (46.9%) |
| 296 | SZCZYGIEŁ Zbigniew | 7246 | | Weteran I M - 50 | 14 | 01:52:07 | 03:03:17.85 | +01:37:27 (53.2%) | 8:43 | 6.9 (46.9%) |
| 297 | KRYSIAK Joachim | 7188 | | Weteran I M - 50 | 15 | 01:50:13 | 03:03:18.95 | +01:37:28 (53.2%) | 8:43 | 6.9 (46.9%) |
| 298 | KRYSIAK Artur | 7543 | | Senior II M - 30 | 106 | 01:50:18 | 03:03:24.40 | +01:37:33 (53.2%) | 8:44 | 6.9 (46.9%) |
| 299 | JAGUSIAK Piotr | 7281 | | Masters M - 40 | 70 | 01:52:22 | 03:03:32.85 | +01:37:42 (53.2%) | 8:44 | 6.9 (46.9%) |
| 300 | MICHAEL Monika | 7389 | ADIDAS RUNNERS WARSAW | Senior II K - 30 | 30 | 01:51:37 | 03:04:15.35 | +01:38:24 (53.4%) | 8:46 | 6.8 (46.3%) |
| 301 | JUREWICZ Agata | 7477 | VEGERUNNERS | Senior II K - 30 | 31 | 01:48:44 | 03:04:39.35 | +01:38:48 (53.5%) | 8:47 | 6.8 (46.3%) |
| 302 | KOZŁOWSKI Piotr | 7150 | KS HUSARIA SZCZECINEK | Masters M - 40 | 71 | 01:48:34 | 03:05:01.25 | +01:39:10 (53.6%) | 8:48 | 6.8 (46.3%) |
| 303 | KRÓL Karol | 7226 | | Masters M - 40 | 72 | 01:51:12 | 03:05:16.05 | +01:39:25 (53.7%) | 8:49 | 6.8 (46.3%) |
| 304 | GALEWSKI Mariusz | 7139 | | Weteran I M - 50 | 16 | 01:47:33 | 03:05:21.95 | +01:39:31 (53.7%) | 8:49 | 6.8 (46.3%) |
| 305 | JURASZ Aleksandra | 7201 | | Senior II K - 30 | 32 | 01:46:23 | 03:05:33.20 | +01:39:42 (53.7%) | 8:50 | 6.8 (46.3%) |
| 306 | NIERADKO Arkadiusz | 7115 | | Masters M - 40 | 73 | 01:52:21 | 03:05:44.30 | +01:39:53 (53.8%) | 8:50 | 6.8 (46.3%) |
| 307 | KAPELSKI Michał | 7152 | | Masters M - 40 | 74 | 01:49:19 | 03:06:10.80 | +01:40:20 (53.9%) | 8:51 | 6.8 (46.3%) |
| 308 | CHOŁUJ Małgorzata | 7320 | | Weteran K - 50 | 6 | 01:49:09 | 03:06:14.15 | +01:40:23 (53.9%) | 8:52 | 6.8 (46.3%) |
| 309 | RĘBECKA Violetta | 7041 | BIEGAMDLAZDROWIA.PL | Masters K - 40 | 24 | 01:52:57 | 03:06:19.15 | +01:40:28 (53.9%) | 8:52 | 6.8 (46.3%) |
| 310 | GONTARCZYK Dawid | 7047 | | Senior I M - 20 | 26 | 01:52:07 | 03:07:38.25 | +01:41:47 (54.3%) | 8:56 | 6.7 (45.6%) |
| 311 | CIEMNY Wojciech | 7077 | NIGHT RUNNERS PYSKOWICE | Masters M - 40 | 75 | 01:50:01 | 03:07:53.95 | +01:42:03 (54.3%) | 8:56 | 6.7 (45.6%) |
| 312 | SIENKIEWICZ Grzegorz | 7181 | NKB CHYŻY NOWY TOMYŚL | Senior II M - 30 | 107 | 01:45:13 | 03:08:12.95 | +01:42:22 (54.4%) | 8:57 | 6.7 (45.6%) |
| 313 | ZASŁAWSKI Lech | 7060 | | Senior II M - 30 | 108 | 01:54:14 | 03:08:20.65 | +01:42:30 (54.4%) | 8:58 | 6.7 (45.6%) |
| 314 | PAWLAK Gabriel | 7002 | | Masters M - 40 | 76 | 01:52:59 | 03:08:54.90 | +01:43:04 (54.6%) | 8:59 | 6.7 (45.6%) |
| 315 | BABICA Paulina | 7136 | KOBIETY BIEGAJĄ | Senior II K - 30 | 33 | 01:53:52 | 03:09:16.05 | +01:43:25 (54.6%) | 9:00 | 6.7 (45.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 316 | WOŹNIAK Jakub | 7273 | | Senior I M - 20 | 27 | 01:50:38 | 03:09:18.35 | +01:43:27 (54.7%) | 9:00 | 6.7 (45.6%) |
| 317 | SMURA Ewa | 7372 | | Senior II K - 30 | 34 | 01:54:04 | 03:09:29.45 | +01:43:38 (54.7%) | 9:01 | 6.6 (44.9%) |
| 318 | GRABOWSKI Adam | 7223 | | Masters M - 40 | 77 | 01:50:36 | 03:09:30.70 | +01:43:40 (54.7%) | 9:01 | 6.6 (44.9%) |
| 319 | HYRA Patryk | 7310 | | Senior I M - 20 | 28 | 01:43:41 | 03:09:53.45 | +01:44:02 (54.8%) | 9:02 | 6.6 (44.9%) |
| 320 | JAKUBOWSKI Rafał | 7065 | R-TEAM RYDZYNA | Masters M - 40 | 78 | 01:54:50 | 03:09:55.90 | +01:44:05 (54.8%) | 9:02 | 6.6 (44.9%) |
| 321 | PORADA Małgorzata | 7255 | | Masters K - 40 | 25 | 01:55:11 | 03:09:58.70 | +01:44:08 (54.8%) | 9:02 | 6.6 (44.9%) |
| 322 | BOJEK Beata | 7064 | R-TEAM RYDZYNA | Masters K - 40 | 26 | 01:55:00 | 03:10:06.70 | +01:44:16 (54.8%) | 9:03 | 6.6 (44.9%) |
| 323 | KOKOSZKIEWICZ Jarosław | 7497 | GRZYBIANY TEAM | Senior II M - 30 | 109 | 01:51:13 | 03:10:08.45 | +01:44:17 (54.9%) | 9:03 | 6.6 (44.9%) |
| 324 | KUBIACZYK Malwina | 7464 | NIGHT RUNNERS PYSKOWICE | Senior II K - 30 | 35 | 01:52:32 | 03:10:12.85 | +01:44:22 (54.9%) | 9:03 | 6.6 (44.9%) |
| 325 | TABACZYŃSKA Monika | 7071 | | Senior I K - 20 | 20 | 01:45:22 | 03:10:52.90 | +01:45:02 (55.0%) | 9:05 | 6.6 (44.9%) |
| 326 | LUBAŃSKA Alicja | 7109 | | Weteran K - 50 | 7 | 01:55:38 | 03:11:00.00 | +01:45:09 (55.1%) | 9:05 | 6.6 (44.9%) |
| 327 | HATAŁA Tomasz | 7054 | BARCA | Senior II M - 30 | 110 | 01:52:25 | 03:11:35.35 | +01:45:44 (55.2%) | 9:07 | 6.6 (44.9%) |
| 328 | KRÓL Katarzyna | 7227 | | Senior II K - 30 | 36 | 01:53:44 | 03:11:52.80 | +01:46:02 (55.3%) | 9:08 | 6.6 (44.9%) |
| 329 | WITKOWSKI Marek | 7032 | | Masters M - 40 | 79 | 01:58:44 | 03:11:58.60 | +01:46:08 (55.3%) | 9:08 | 6.6 (44.9%) |
| 330 | ANDRZEJCZAK Łukasz | 7347 | | Senior II M - 30 | 111 | 01:53:47 | 03:12:04.70 | +01:46:14 (55.3%) | 9:08 | 6.6 (44.9%) |
| 331 | GAJDA Mateusz | 7128 | SPRÓCHNIALI HERKULESI | Senior II M - 30 | 112 | 01:49:55 | 03:13:28.35 | +01:47:37 (55.6%) | 9:12 | 6.5 (44.2%) |
| 332 | MARONKA Agnieszka | 7350 | | Masters K - 40 | 27 | 01:53:18 | 03:13:55.65 | +01:48:05 (55.7%) | 9:14 | 6.5 (44.2%) |
| 333 | BARAŃSKI Rafał | 7456 | BIEGA BO MUSZĘ | Masters M - 40 | 80 | 01:53:36 | 03:14:06.20 | +01:48:15 (55.8%) | 9:14 | 6.5 (44.2%) |
| 334 | KOZŁOWSKA Renata | 7265 | LADY AEROBIK NYSA | Senior II K - 30 | 37 | 01:50:43 | 03:14:07.00 | +01:48:16 (55.8%) | 9:14 | 6.5 (44.2%) |
| 335 | WALKOWIAK Marek | 7244 | PECNA TEAM | Masters M - 40 | 81 | 01:52:57 | 03:14:12.80 | +01:48:22 (55.8%) | 9:14 | 6.5 (44.2%) |
| 336 | WYGLĄDAŁA Michał | 7033 | DRUŻYNA JEDNOROŻCA | Senior II M - 30 | 113 | 01:53:31 | 03:14:15.85 | +01:48:25 (55.8%) | 9:15 | 6.5 (44.2%) |
| 337 | CZUCHWICKI Marek | 7006 | | Masters M - 40 | 82 | 01:54:37 | 03:14:30.10 | +01:48:39 (55.9%) | 9:15 | 6.5 (44.2%) |
| 338 | PAPIERNIAK Anna | 7034 | | Senior II K - 30 | 38 | 01:53:52 | 03:14:35.90 | +01:48:45 (55.9%) | 9:16 | 6.5 (44.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|--------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 339 | NOWICKA-BŁASZCZYK Izabela | 7230 | | Masters K - 40 | 28 | 01:58:35 | 03:14:36.45 | +01:48:45 (55.9%) | 9:16 | 6.5 (44.2%) |
| 340 | FIKSA Katarzyna | 7231 | WOJART TEAM | Masters K - 40 | 29 | 01:58:36 | 03:14:44.65 | +01:48:54 (55.9%) | 9:16 | 6.5 (44.2%) |
| 341 | BŁASZCZYK Jacek | 7229 | | Masters M - 40 | 83 | 01:58:50 | 03:14:54.60 | +01:49:04 (56.0%) | 9:16 | 6.5 (44.2%) |
| 342 | MARCINKOWSKA Katarzyna | 7266 | LADY AEROBIK NYSA | Masters K - 40 | 30 | 01:53:20 | 03:15:13.40 | +01:49:22 (56.0%) | 9:17 | 6.5 (44.2%) |
| 343 | SKRZYPIŃSKA Agnieszka | 7315 | PSI PATROL | Senior II K - 30 | 39 | 01:57:44 | 03:15:15.15 | +01:49:24 (56.0%) | 9:17 | 6.5 (44.2%) |
| 344 | BOREK Mateusz | 7080 | | Senior I M - 20 | 29 | 01:55:17 | 03:15:34.35 | +01:49:43 (56.1%) | 9:18 | 6.4 (43.5%) |
| 345 | SOSZYŃSKA Małgorzata | 7542 | | Weteran K - 50 | 8 | 01:50:15 | 03:15:54.65 | +01:50:04 (56.2%) | 9:19 | 6.4 (43.5%) |
| 346 | HERMAN Barbara | 7209 | | Senior II K - 30 | 40 | 01:51:10 | 03:16:34.50 | +01:50:44 (56.3%) | 9:21 | 6.4 (43.5%) |
| 347 | MARCINKIEWICZ Agnieszka | 7534 | | Senior II K - 30 | 41 | 01:59:55 | 03:16:50.95 | +01:51:00 (56.4%) | 9:22 | 6.4 (43.5%) |
| 348 | JĘDRYCHOWSKI Przemysław | 7252 | | Masters M - 40 | 84 | 01:54:49 | 03:17:14.95 | +01:51:24 (56.5%) | 9:23 | 6.4 (43.5%) |
| 349 | KOPKA - JĘDRYCHOWSKA Monika | 7253 | | Masters K - 40 | 31 | 01:55:02 | 03:17:25.30 | +01:51:34 (56.5%) | 9:24 | 6.4 (43.5%) |
| 350 | SZCZEPAŃSKI Wojciech | 7412 | BIAŁYSTOK BIEGA TEAM | Senior II M - 30 | 114 | 02:01:35 | 03:17:37.25 | +01:51:46 (56.6%) | 9:24 | 6.4 (43.5%) |
| 351 | NOSZCZYŃSKI Kamil | 7453 | FUNDACJA BIAŁYSTOK BIEGA | Senior II M - 30 | 115 | 02:01:44 | 03:17:47.30 | +01:51:56 (56.6%) | 9:25 | 6.4 (43.5%) |
| 352 | GAJDECKI Tomek | 7224 | ACCENTURE | Masters M - 40 | 85 | 01:57:19 | 03:18:15.50 | +01:52:25 (56.7%) | 9:26 | 6.4 (43.5%) |
| 353 | GERMAN-GIENTKOWSKA Iwona | 7344 | | Masters K - 40 | 32 | 01:59:23 | 03:18:22.85 | +01:52:32 (56.7%) | 9:26 | 6.4 (43.5%) |
| 354 | GAJDECKA Adriana | 7225 | ORANGE | Masters K - 40 | 33 | 01:57:52 | 03:18:25.20 | +01:52:34 (56.7%) | 9:26 | 6.4 (43.5%) |
| 355 | CENDROWICZ Magdalena | 7512 | AMBASADRZYFB | Senior II K - 30 | 42 | 01:58:03 | 03:18:27.85 | +01:52:37 (56.7%) | 9:27 | 6.3 (42.9%) |
| 356 | WISZNIEWICZ Agnieszka | 7472 | | Senior II K - 30 | 43 | 01:57:24 | 03:18:42.60 | +01:52:52 (56.8%) | 9:27 | 6.3 (42.9%) |
| 357 | SIKORSKA Karolina | 7407 | | Senior II K - 30 | 44 | 01:58:49 | 03:19:05.05 | +01:53:14 (56.9%) | 9:28 | 6.3 (42.9%) |
| 358 | KOŃ Aleksandra | 7149 | | Masters K - 40 | 34 | 01:59:36 | 03:19:48.00 | +01:53:57 (57.0%) | 9:30 | 6.3 (42.9%) |
| 359 | STRZELCZYK Paulina | 7051 | NESSI | Senior II K - 30 | 45 | 02:03:58 | 03:20:03.60 | +01:54:13 (57.1%) | 9:31 | 6.3 (42.9%) |
| 360 | GIDASZEWSKA Jolanta | 7049 | NESSI | Masters K - 40 | 35 | 02:04:11 | 03:20:16.25 | +01:54:25 (57.1%) | 9:32 | 6.3 (42.9%) |
| 361 | NIEWCZAS Barbara | 7199 | | Senior II K - 30 | 46 | 01:56:22 | 03:20:28.40 | +01:54:37 (57.2%) | 9:32 | 6.3 (42.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|--------------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 362 | GRZELAKOWSKA Agata | 7037 | | Weteran K - 50 | 9 | 02:01:26 | 03:20:59.80 | +01:55:09 (57.3%) | 9:34 | 6.3 (42.9%) |
| 363 | JÓZEFczyk Justyna | 7010 | PIĄTKOWO NA BIEGOWO | Masters K - 40 | 36 | 02:02:14 | 03:21:04.50 | +01:55:14 (57.3%) | 9:34 | 6.3 (42.9%) |
| 364 | POKORNY Tomasz | 7191 | ZAKOCHAJ SIĘ W BIEGANIU | Masters M - 40 | 86 | 02:04:41 | 03:21:08.90 | +01:55:18 (57.3%) | 9:34 | 6.3 (42.9%) |
| 365 | BIENIASZ-KRZYWIEC Patryk | 7043 | | Senior I M - 20 | 30 | 01:56:42 | 03:21:30.00 | +01:55:39 (57.4%) | 9:35 | 6.3 (42.9%) |
| 366 | MAĆCZAK Katarzyna | 7337 | | Senior I K - 20 | 21 | 02:01:09 | 03:21:33.85 | +01:55:43 (57.4%) | 9:35 | 6.3 (42.9%) |
| 367 | HYLIŃSKA Hanna | 7045 | | Senior II K - 30 | 47 | 01:54:29 | 03:21:40.50 | +01:55:50 (57.4%) | 9:36 | 6.2 (42.2%) |
| 368 | STAŃCZUK Dorota | 7295 | SLOW JOGGING SIEDLCE | Weteran K - 50 | 10 | 02:00:11 | 03:21:45.30 | +01:55:54 (57.5%) | 9:36 | 6.2 (42.2%) |
| 369 | KRYSIAK Łukasz | 7023 | PIĄTKOWO NA BIEGOWO | Masters M - 40 | 87 | 02:02:03 | 03:22:16.70 | +01:56:26 (57.6%) | 9:37 | 6.2 (42.2%) |
| 370 | DUBIŃSKI Przemysław | 7132 | PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT | Masters M - 40 | 88 | 02:10:43 | 03:22:35.25 | +01:56:44 (57.6%) | 9:38 | 6.2 (42.2%) |
| 371 | KWIATKOWSKI Daniel | 7083 | PARKRUN GRUDZIĄDZ | Senior II M - 30 | 116 | 01:56:36 | 03:23:07.80 | +01:57:17 (57.7%) | 9:40 | 6.2 (42.2%) |
| 372 | KUCHCZYŃSKI Krzysztof | 7369 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | Senior II M - 30 | 117 | 02:09:41 | 03:23:17.15 | +01:57:26 (57.8%) | 9:40 | 6.2 (42.2%) |
| 373 | PROCHOŃ Krzysztof | 7540 | | Weteran I M - 50 | 17 | 01:54:02 | 03:23:17.80 | +01:57:27 (57.8%) | 9:40 | 6.2 (42.2%) |
| 374 | KOZIOŁ Joanna | 7158 | | Masters K - 40 | 37 | 02:03:32 | 03:23:51.40 | +01:58:00 (57.9%) | 9:42 | 6.2 (42.2%) |
| 375 | SZCZODRZYŃSKA Kasia | 7473 | | Masters K - 40 | 38 | 02:05:39 | 03:24:25.05 | +01:58:34 (58.0%) | 9:44 | 6.2 (42.2%) |
| 376 | GRZYB Beata | 7478 | KOBIETY BIEGAJĄ | Masters K - 40 | 39 | 02:05:52 | 03:24:37.35 | +01:58:46 (58.0%) | 9:44 | 6.2 (42.2%) |
| 377 | CHORZĘPA Wojciech | 7506 | | Senior II M - 30 | 118 | 01:59:23 | 03:25:16.80 | +01:59:26 (58.2%) | 9:46 | 6.1 (41.5%) |
| 378 | ŁAŻNIAK-PFAJFER Agata | 7306 | CARDIORUNNERS | Senior II K - 30 | 48 | 02:04:37 | 03:26:25.30 | +02:00:34 (58.4%) | 9:49 | 6.1 (41.5%) |
| 379 | SIKORA Agnieszka | 7269 | | Senior II K - 30 | 49 | 01:57:12 | 03:26:33.60 | +02:00:43 (58.4%) | 9:50 | 6.1 (41.5%) |
| 380 | RYPUŁA Grażyna | 7183 | ZEN RUNNING TEAM | Weteran II K - 60 | 1 | 01:58:55 | 03:27:05.80 | +02:01:15 (58.5%) | 9:51 | 6.1 (41.5%) |
| 381 | RAPACZ Danuta | 7205 | ANMAR | Weteran II K - 60 | 2 | 02:06:54 | 03:27:14.10 | +02:01:23 (58.6%) | 9:52 | 6.1 (41.5%) |
| 382 | MAGDA Natasza | 7091 | NIGHT RUNNERS PYSKOWICE | Masters K - 40 | 40 | 01:59:46 | 03:27:16.25 | +02:01:25 (58.6%) | 9:52 | 6.1 (41.5%) |
| 383 | RYPUŁA Zenon | 7218 | ZEN RUNING TEAM | Weteran II M - 60 | 8 | 01:58:43 | 03:27:27.60 | +02:01:37 (58.6%) | 9:52 | 6.1 (41.5%) |
| 384 | TCHÓRZEWSKA Monika | 7288 | | Senior II K - 30 | 50 | 02:06:21 | 03:27:29.80 | +02:01:39 (58.6%) | 9:52 | 6.1 (41.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-------------------------------|-------------------|------|--------------|--------------------|----------------------|-----------------|---------------|
| | | | | | | | netto 21km | Różn | | |
| 385 | WYPCHOŁ Piotr | 7340 | BIEGAJ Z TRENERAMI | Weteran I M - 50 | 18 | 02:04:37 | 03:27:37.30 | +02:01:46 (58.7%) | 9:53 | 6.1 (41.5%) |
| 386 | KODZIS Sylwia | 7200 | BIEGAM W GÓRACH BARDZKICH | Senior II K - 30 | 51 | 02:06:14 | 03:27:38.85 | +02:01:48 (58.7%) | 9:53 | 6.1 (41.5%) |
| 387 | TCHÓRZEWSKA-PIETRZYK Anna | 7287 | | Masters K - 40 | 41 | 02:06:34 | 03:27:39.80 | +02:01:49 (58.7%) | 9:53 | 6.1 (41.5%) |
| 388 | KOWALEWSKA Anna | 7125 | KOBIETY W BIEGU | Senior II K - 30 | 52 | 02:06:22 | 03:27:46.95 | +02:01:56 (58.7%) | 9:53 | 6.1 (41.5%) |
| 389 | KNOBLOCH Ewa | 7441 | | Masters K - 40 | 42 | 02:07:15 | 03:27:59.20 | +02:02:08 (58.7%) | 9:54 | 6.1 (41.5%) |
| 390 | PIETRZAK Sylwia | 7401 | 12TRI | Senior II K - 30 | 53 | 02:08:42 | 03:28:14.20 | +02:02:23 (58.8%) | 9:54 | 6.1 (41.5%) |
| 391 | KLAJA Agnieszka | 7017 | | Senior II K - 30 | 54 | 02:07:31 | 03:28:17.85 | +02:02:27 (58.8%) | 9:55 | 6 (40.8%) |
| 392 | WIZE-ZIELONKA Karolina | 7442 | | Masters K - 40 | 43 | 02:07:35 | 03:28:19.30 | +02:02:28 (58.8%) | 9:55 | 6 (40.8%) |
| 393 | CZERWONKA Zbigniew | 7513 | 1983 | Senior II M - 30 | 119 | 02:03:06 | 03:28:51.20 | +02:03:00 (58.9%) | 9:56 | 6 (40.8%) |
| 394 | MORAWSKA Anna | 7189 | | Weteran II K - 60 | 3 | 02:02:26 | 03:28:53.65 | +02:03:03 (58.9%) | 9:56 | 6 (40.8%) |
| 395 | PRZESTRZELSKA-HAAS Marta | 7004 | BACKPACKING OKAPI TEAM | Masters K - 40 | 44 | 02:05:39 | 03:28:57.30 | +02:03:06 (58.9%) | 9:57 | 6 (40.8%) |
| 396 | SZCZYGIEŁ Beata | 7245 | | Masters K - 40 | 45 | 02:04:30 | 03:29:04.35 | +02:03:13 (58.9%) | 9:57 | 6 (40.8%) |
| 397 | KAYSIEWICZ Joanna | 7381 | | Masters K - 40 | 46 | 02:05:53 | 03:29:35.40 | +02:03:44 (59.0%) | 9:58 | 6 (40.8%) |
| 398 | RAKOWSKI Damian | 7070 | | Senior I M - 20 | 31 | 01:51:07 | 03:30:01.05 | +02:04:10 (59.1%) | 10:00 | 6 (40.8%) |
| 399 | STACHURSKA Monika | 7046 | | Weteran K - 50 | 11 | 02:05:44 | 03:30:23.25 | +02:04:32 (59.2%) | 10:01 | 6 (40.8%) |
| 400 | JOŃCZYK Jerzy | 7211 | | Weteran I M - 50 | 19 | 01:50:51 | 03:30:28.65 | +02:04:38 (59.2%) | 10:01 | 6 (40.8%) |
| 401 | SIARKIEWICZ Jola | 7073 | BIEGAMDLAZDROWIA.PL | Weteran K - 50 | 12 | 02:01:43 | 03:30:36.45 | +02:04:45 (59.2%) | 10:01 | 6 (40.8%) |
| 402 | JASICKI Julian | 7156 | STROŃSKA GRUPA ROWEROWA | Weteran II M - 60 | 9 | 01:58:21 | 03:30:57.60 | +02:05:07 (59.3%) | 10:02 | 6 (40.8%) |
| 403 | KONCA Mariusz | 7215 | KB OŻARÓW MAZOWIECKI BIEGA | Masters M - 40 | 89 | 02:20:11 | 03:32:40.90 | +02:06:50 (59.6%) | 10:07 | 5.9 (40.1%) |
| 404 | NESTOROWICZ Monika | 7154 | KLUB BIEGACZA JURUND SZCZYTNO | Masters K - 40 | 47 | 02:09:06 | 03:32:57.45 | +02:07:06 (59.7%) | 10:08 | 5.9 (40.1%) |
| 405 | POWAŁA Janusz | 7311 | JIL | Weteran II M - 60 | 10 | 02:03:57 | 03:33:02.20 | +02:07:11 (59.7%) | 10:08 | 5.9 (40.1%) |
| 406 | RUDA Kamila | 7371 | KURACJUSZE | Senior II K - 30 | 55 | 01:53:21 | 03:34:16.10 | +02:08:25 (59.9%) | 10:12 | 5.9 (40.1%) |
| 407 | URBANIAK Alina | 7474 | KURACJUSZE | Senior II K - 30 | 56 | 01:53:30 | 03:34:32.50 | +02:08:42 (60.0%) | 10:12 | 5.9 (40.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 408 | STOMPEL Ewelina | 7151 | | Senior II K - 30 | 57 | 02:01:48 | 03:34:49.35 | +02:08:58 (60.0%) | 10:13 | 5.9 (40.1%) |
| 409 | SZCZEPKOWSKI Paweł | 7523 | ARTEQUIPMENT | Weteran II M - 60 | 11 | 02:05:45 | 03:34:52.90 | +02:09:02 (60.1%) | 10:13 | 5.9 (40.1%) |
| 410 | SOBIŃSKI Waldemar | 7062 | BIEGAMDLAZDROWIA.PL | Weteran I M - 50 | 20 | 02:03:26 | 03:34:54.85 | +02:09:04 (60.1%) | 10:14 | 5.9 (40.1%) |
| 411 | TRELA Mirosław | 7276 | DB LESZCZYNY | Weteran I M - 50 | 21 | 02:09:55 | 03:34:57.45 | +02:09:06 (60.1%) | 10:14 | 5.9 (40.1%) |
| 412 | TRELA Anieli | 7275 | DB LESZCZYNY | Masters K - 40 | 48 | 02:10:03 | 03:35:07.90 | +02:09:17 (60.1%) | 10:14 | 5.9 (40.1%) |
| 413 | SIENKIEWICZ Joanna | 7140 | ORGANIC RACE TEAM | Senior II K - 30 | 58 | 02:08:17 | 03:35:38.55 | +02:09:48 (60.2%) | 10:16 | 5.8 (39.5%) |
| 414 | GRESER Beata | 7141 | ORGANIC RACE TEAM | Masters K - 40 | 49 | 02:08:26 | 03:35:48.80 | +02:09:58 (60.2%) | 10:16 | 5.8 (39.5%) |
| 415 | SAWICKA Izabela | 7022 | PARKRUN | Senior II K - 30 | 59 | 02:16:38 | 03:36:08.45 | +02:10:17 (60.3%) | 10:17 | 5.8 (39.5%) |
| 416 | PACIA Beata | 7402 | | Senior II K - 30 | 60 | 02:06:36 | 03:36:44.45 | +02:10:53 (60.4%) | 10:19 | 5.8 (39.5%) |
| 417 | HETMAŃSKA Diana | 7078 | LOVELASY | Senior II K - 30 | 61 | 02:16:26 | 03:37:30.40 | +02:11:39 (60.5%) | 10:21 | 5.8 (39.5%) |
| 418 | PALUSIŃSKA Agnieszka | 7039 | LOVELASY | Masters K - 40 | 50 | 02:16:33 | 03:37:39.70 | +02:11:49 (60.6%) | 10:21 | 5.8 (39.5%) |
| 419 | SOBCZYK Marek | 7213 | KB OŻARÓW MAZOWIECKI BIEGA | Masters M - 40 | 90 | 02:20:19 | 03:38:09.35 | +02:12:18 (60.7%) | 10:23 | 5.8 (39.5%) |
| 420 | SZCZEPANIAK Sylwia | 7432 | | Senior II K - 30 | 62 | 02:05:33 | 03:38:32.00 | +02:12:41 (60.7%) | 10:24 | 5.8 (39.5%) |
| 421 | KONCA Beata | 7216 | KB OŻARÓW MAZOWIECKI BIEGA | Masters K - 40 | 51 | 02:18:39 | 03:38:40.00 | +02:12:49 (60.7%) | 10:24 | 5.8 (39.5%) |
| 422 | KORYBSKI Tomasz | 7431 | | Masters M - 40 | 91 | 02:14:56 | 03:38:47.55 | +02:12:57 (60.8%) | 10:25 | 5.8 (39.5%) |
| 423 | SARNOWSKI Maciej | 7040 | TKKF MPK POZNAŃ | Masters M - 40 | 92 | 02:05:31 | 03:38:54.75 | +02:13:04 (60.8%) | 10:25 | 5.8 (39.5%) |
| 424 | WILMOWSKI Marek | 7417 | | Weteran I M - 50 | 22 | 02:06:18 | 03:39:38.60 | +02:13:48 (60.9%) | 10:27 | 5.7 (38.8%) |
| 425 | JUSKOWIAK Mikołaj | 7217 | | Senior II M - 30 | 120 | 02:15:26 | 03:40:01.05 | +02:14:10 (61.0%) | 10:28 | 5.7 (38.8%) |
| 426 | DZIAŁAK Marian | 7169 | KB AKTYWNI KONIN | Weteran II M - 60 | 12 | 02:15:36 | 03:40:02.40 | +02:14:11 (61.0%) | 10:28 | 5.7 (38.8%) |
| 427 | CHRZANOWSKI Paweł | 7510 | | Senior II M - 30 | 121 | 02:09:21 | 03:40:43.40 | +02:14:52 (61.1%) | 10:30 | 5.7 (38.8%) |
| 428 | SZCZAPA Karol | 7399 | | Senior II M - 30 | 122 | 02:08:39 | 03:40:53.95 | +02:15:03 (61.1%) | 10:31 | 5.7 (38.8%) |
| 429 | SZCZYGIELSKA Patrycja | 7274 | | Senior II K - 30 | 63 | 02:16:22 | 03:41:02.55 | +02:15:12 (61.2%) | 10:31 | 5.7 (38.8%) |
| 430 | IMIŃSKI Cezary | 7206 | | Weteran I M - 50 | 23 | 02:03:57 | 03:41:16.10 | +02:15:25 (61.2%) | 10:32 | 5.7 (38.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 431 | KONIECZNY Piotr | 7251 | NKB CHYŻY NOWY TOMYŚL | Senior II M - 30 | 123 | 02:19:40 | 03:41:55.55 | +02:16:05 (61.3%) | 10:34 | 5.7 (38.8%) |
| 432 | KACZMAREK Monika | 7299 | PHOENIX CONTACT WIELKOPOLSKA | Masters K - 40 | 52 | 02:19:49 | 03:42:03.00 | +02:16:12 (61.3%) | 10:34 | 5.7 (38.8%) |
| 433 | DADAŚ Elżbieta | 7007 | BP RUNNING TEAM GLIWICE | Masters K - 40 | 53 | 02:19:25 | 03:42:04.30 | +02:16:13 (61.3%) | 10:34 | 5.7 (38.8%) |
| 434 | STASZEWSKA Aneta | 7305 | NIGHT RUNNERS PYSKOWICE | Masters K - 40 | 54 | 02:16:12 | 03:42:40.95 | +02:16:50 (61.5%) | 10:36 | 5.7 (38.8%) |
| 435 | SOBCZYK Ela | 7212 | KB OŻARÓW MAZOWIECKI BIEGA | Masters K - 40 | 55 | 02:20:29 | 03:43:26.05 | +02:17:35 (61.6%) | 10:38 | 5.6 (38.1%) |
| 436 | BARAŃSKA Małgorzata | 7277 | BOB OPOLE | Weteran K - 50 | 13 | 02:24:30 | 03:43:36.60 | +02:17:46 (61.6%) | 10:38 | 5.6 (38.1%) |
| 437 | PIJANKA Monika | 7121 | | Masters K - 40 | 56 | 02:24:43 | 03:43:45.65 | +02:17:55 (61.6%) | 10:39 | 5.6 (38.1%) |
| 438 | GADZINOWSKI Ignacy | 7298 | | Weteran II M - 60 | 13 | 02:14:47 | 03:44:54.25 | +02:19:03 (61.8%) | 10:42 | 5.6 (38.1%) |
| 439 | CHOJNOWSKA Barbara | 7026 | PUSIA TEAM | Masters K - 40 | 57 | 02:15:17 | 03:44:59.05 | +02:19:08 (61.8%) | 10:42 | 5.6 (38.1%) |
| 440 | CHOJNOWSKA Dominika | 7024 | PUSIA TEAM | Senior I K - 20 | 22 | 02:15:18 | 03:45:08.55 | +02:19:18 (61.9%) | 10:43 | 5.6 (38.1%) |
| 441 | NAMYŚLAK Radosław | 7482 | KOŁO BIEGA | Masters M - 40 | 93 | 02:10:29 | 03:46:00.45 | +02:20:09 (62.0%) | 10:45 | 5.6 (38.1%) |
| 442 | BLICHERT Anna | 7507 | 1986 | Senior II K - 30 | 64 | 02:18:50 | 03:46:04.85 | +02:20:14 (62.0%) | 10:45 | 5.6 (38.1%) |
| 443 | JANKOWSKA Magdalena | 7487 | KOŁO BIEGA | Senior II K - 30 | 65 | 02:13:36 | 03:46:08.05 | +02:20:17 (62.0%) | 10:46 | 5.6 (38.1%) |
| 444 | NAMYŚLAK Renata | 7483 | KOŁO BIEGA | Masters K - 40 | 58 | 02:13:47 | 03:46:17.70 | +02:20:27 (62.1%) | 10:46 | 5.6 (38.1%) |
| 445 | GAJ-JURCZYK Renata | 7465 | STAN UMYSŁU LEWIN BIEGA | Masters K - 40 | 59 | 02:10:31 | 03:49:11.75 | +02:23:21 (62.5%) | 10:54 | 5.5 (37.4%) |
| 446 | STOŁOWSKA Natalia | 7258 | | Masters K - 40 | 60 | 02:15:46 | 03:49:31.85 | +02:23:41 (62.6%) | 10:55 | 5.5 (37.4%) |
| 447 | NOWAK Jakub | 7405 | POMIOTY SZATANA | Senior II M - 30 | 124 | 01:58:44 | 03:50:02.05 | +02:24:11 (62.7%) | 10:57 | 5.5 (37.4%) |
| 448 | SMUG Ewelina | 7061 | | Senior II K - 30 | 66 | 02:16:05 | 03:50:27.00 | +02:24:36 (62.8%) | 10:58 | 5.5 (37.4%) |
| 449 | SZALSKA Elżbieta | 7532 | | Senior II K - 30 | 67 | 02:05:19 | 03:50:54.20 | +02:25:03 (62.8%) | 10:59 | 5.5 (37.4%) |
| 450 | SŁOMKA Karolina | 7159 | | Senior I K - 20 | 23 | 02:11:57 | 03:51:05.20 | +02:25:14 (62.9%) | 11:00 | 5.5 (37.4%) |
| 451 | RUTKOWSKI Konrad | 7535 | | Senior II M - 30 | 125 | 02:12:08 | 03:51:16.45 | +02:25:25 (62.9%) | 11:00 | 5.4 (36.7%) |
| 452 | PAKUŁA Beata | 7203 | | Masters K - 40 | 61 | 02:10:58 | 03:53:05.30 | +02:27:14 (63.2%) | 11:05 | 5.4 (36.7%) |
| 453 | JAGUSIAK Barbara | 7358 | | Weteran K - 50 | 14 | 02:21:07 | 03:54:31.80 | +02:28:41 (63.4%) | 11:10 | 5.4 (36.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-----------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 454 | SOSNOWSKA Barbara | 7108 | LACHO TEAM | Masters K - 40 | 62 | 02:23:46 | 03:54:41.05 | +02:28:50 (63.4%) | 11:10 | 5.4 (36.7%) |
| 455 | URBANIAK Agnieszka | 7123 | | Masters K - 40 | 63 | 02:19:29 | 03:55:32.90 | +02:29:42 (63.6%) | 11:13 | 5.3 (36.1%) |
| 456 | NIEDŹWIECKA Dorota | 7338 | SKIPARK-WYSOWA | Weteran K - 50 | 15 | 02:20:21 | 03:56:56.15 | +02:31:05 (63.8%) | 11:16 | 5.3 (36.1%) |
| 457 | ŁABOWICZ Magdalena | 7493 | | Masters K - 40 | 64 | | 03:58:23.00 | +02:32:32 (64.0%) | 11:21 | 5.3 (36.1%) |
| 458 | SIEWIERA Katarzyna | 7492 | | Masters K - 40 | 65 | 02:25:23 | 03:58:26.25 | +02:32:35 (64.0%) | 11:21 | 5.3 (36.1%) |
| 459 | PILAK Zbigniew | 7036 | | Weteran II M - 60 | 14 | 02:24:29 | 03:59:44.30 | +02:33:53 (64.2%) | 11:24 | 5.3 (36.1%) |
| 460 | NAGAŃSKA-PILAK Małgorzata | 7035 | | Weteran K - 50 | 16 | 02:24:28 | 03:59:54.90 | +02:34:04 (64.2%) | 11:25 | 5.3 (36.1%) |
| 461 | KOSTULSKA Olga | 7236 | WKURW_TEAM | Senior II K - 30 | 68 | 02:20:44 | 03:59:58.90 | +02:34:08 (64.2%) | 11:25 | 5.3 (36.1%) |
| 462 | BASZCZYŃSKA Barbara | 7386 | WKURW_TEAM | Weteran K - 50 | 17 | 02:26:55 | 04:00:08.65 | +02:34:18 (64.3%) | 11:26 | 5.2 (35.4%) |
| 463 | DOBROWOLSKI Robert | 7075 | SPORTOWI EMERYCI | Weteran II M - 60 | 15 | 02:29:34 | 04:00:43.75 | +02:34:53 (64.3%) | 11:27 | 5.2 (35.4%) |
| 464 | JEZIERSKA Karina | 7094 | | Masters K - 40 | 66 | 02:22:39 | 04:02:00.20 | +02:36:09 (64.5%) | 11:31 | 5.2 (35.4%) |
| 465 | FRANKOWSKA Ania | 7470 | MIECHOWICKA GRUPA BIEGOWA | Weteran K - 50 | 18 | 02:23:30 | 04:02:22.20 | +02:36:31 (64.6%) | 11:32 | 5.2 (35.4%) |
| 466 | MAZZARA Dominika | 7459 | PROGRESS | Senior II K - 30 | 69 | 02:42:51 | 04:04:20.80 | +02:38:30 (64.9%) | 11:38 | 5.2 (35.4%) |
| 467 | BEDNARCZYK Sylwia | 7003 | | Masters K - 40 | 67 | 02:37:37 | 04:04:32.05 | +02:38:41 (64.9%) | 11:38 | 5.2 (35.4%) |
| 468 | JARCZYŃSKA Adriana | 7450 | | Senior II K - 30 | 70 | 02:42:44 | 04:05:52.90 | +02:40:02 (65.1%) | 11:42 | 5.1 (34.7%) |
| 469 | KOSZYKA Weronika | 7082 | WYBIEGAĆ MARZENIA TEAM | Senior I K - 20 | 24 | 02:27:44 | 04:05:57.95 | +02:40:07 (65.1%) | 11:42 | 5.1 (34.7%) |
| 470 | WITKOWSKA Ania | 7029 | PARKRUN GORZÓW WIELKOPOLSKI | Senior II K - 30 | 71 | 02:28:39 | 04:07:37.45 | +02:41:46 (65.3%) | 11:47 | 5.1 (34.7%) |
| 471 | JUSZKO Aleksandra | 7259 | | Senior I K - 20 | 25 | 02:24:37 | 04:10:22.70 | +02:44:32 (65.7%) | 11:55 | 5 (34.0%) |
| 472 | JUSZKO Monika | 7235 | | Masters K - 40 | 68 | 02:24:47 | 04:10:39.70 | +02:44:49 (65.8%) | 11:56 | 5 (34.0%) |
| 473 | PODSIADŁY Robert | 7118 | CHATA BIEGACZA K34 | Weteran II M - 60 | 16 | 02:28:23 | 04:10:48.05 | +02:44:57 (65.8%) | 11:56 | 5 (34.0%) |
| 474 | DOBROWOLSKA Bożena | 7074 | SPORTOWI EMERYCI | Weteran II K - 60 | 4 | 02:29:45 | 04:10:50.05 | +02:44:59 (65.8%) | 11:56 | 5 (34.0%) |
| 475 | SZCZEPANIAK Sławomir | 7385 | KS LENIWIEC | Weteran I M - 50 | 24 | 02:18:23 | 04:10:57.05 | +02:45:06 (65.8%) | 11:57 | 5 (34.0%) |
| 476 | KRUCZEK Ewa | 7084 | KW OPOLE | Senior II K - 30 | 72 | 02:25:25 | 04:11:26.60 | +02:45:36 (65.9%) | 11:58 | 5 (34.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | B1 10.3km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|---|-------------------------------|-------------|----------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 477 | SCISŁOWSKA Anna | 7093 | | Senior II K - 30 | 73 | 02:29:14 | 04:11:38.15 | +02:45:47 (65.9%) | 11:58 | 5 (34.0%) |
| 478 | POLOWCZYK Dominika | 7092 | | Senior II K - 30 | 74 | 02:29:24 | 04:11:48.00 | +02:45:57 (65.9%) | 11:59 | 5 (34.0%) |
| 479 | KNOSOWSKI Sławomir | 7085 | HEKI TEAM | Masters M - 40 | 94 | 02:29:57 | 04:11:55.95 | +02:46:05 (65.9%) | 11:59 | 5 (34.0%) |
| 480 | KNOSOWSKA Sylwia | 7086 | HEKI TEAM | Masters K - 40 | 69 | 02:30:08 | 04:12:05.65 | +02:46:15 (65.9%) | 12:00 | 5 (34.0%) |
| 481 | ROGIŃSKA Katarzyna | 7014 | WKURW_TEAM | Weteran K - 50 | 19 | 02:28:22 | 04:13:52.75 | +02:48:02 (66.2%) | 12:05 | 5 (34.0%) |
| 482 | WÓJCIK Jacek | 7117 | | Masters M - 40 | 95 | 02:32:43 | 04:32:09.25 | +03:06:18 (68.5%) | 12:57 | 4.6 (31.3%) |
| 483 | KOWALSKI Andrzej | 7067 | | Senior I M - 20 | 32 | 02:35:55 | 04:35:10.15 | +03:09:19 (68.8%) | 13:06 | 4.6 (31.3%) |
| 484 | ORDON Dorota | 7059 | | Senior II K - 30 | 75 | 02:36:15 | 04:35:28.65 | +03:09:38 (68.8%) | 13:07 | 4.6 (31.3%) |
| 485 | KACZOROWSKA Anna | 7296 | SLOW JOGGING SIEDLCE | Weteran K - 50 | 20 | 02:47:02 | 04:45:05.85 | +03:19:15 (69.9%) | 13:34 | 4.4 (29.9%) |
| Przekroczony limit czasu: 05:00:00 | | | | | | | | | | |
| 486 | MRÓWCZYŃSKA PĘZIOŁ Ewa | 7541 | | Masters K - 40 | 70 | 02:54:06 | 05:08:40.00 | +03:42:49 (72.2%) | 14:41 | 4.1 (27.9%) |
| 487 | STASIAK Mateusz | 7448 | ITFF | Senior II M - 30 | 126 | 03:22:03 | 05:25:39.25 | +03:59:48 (73.6%) | 15:30 | 3.9 (26.5%) |
| | JANIEWICZ Jacek | 7161 | | Senior II M - 30 | | DNF | DNF | - | - | (0.0%) |

Znaleziono 488 wynik(ów)