



ŻWAWĘ WIERCHY - 34 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: PIENINY ULTRA-TRAIL®
Organizator: Fundacja Strefa Przygód
Data: 2023-04-22
Miejsce: Szczawnica
Dystans: 33.8 km

B4SPORT
 INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------|-----------|------|-------------------------|----------------|----------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | 14.7km | Premia1 26.8km | Premia2 27.3km | 33.3km | | | | | |
| 1 | MAREK Dariusz | 1001 | | M30 | 1 | 01:20:46 | 02:17:46 | 02:21:47 | 02:49:34 | 02:51:09.50 | 02:51:11.10 | | 5:03 | 11.8 (100%) |
| 2 | BIERNAWSKI Piotr | 1443 | RETIRED BASTARDS | M40 | 1 | 01:20:46 | 02:17:59 | 02:21:14 | 02:51:03 | 02:52:41.30 | 02:52:43.45 | +00:01:32 (0.9%) | 5:06 | 11.7 (99.2%) |
| 3 | KOREK Michał | 1426 | MARCINŚWIERCTEAM | M40 | 2 | 01:25:48 | 02:23:05 | 02:27:14 | 02:54:51 | 02:56:19.15 | 02:56:20.65 | +00:05:09 (2.9%) | 5:12 | 11.5 (97.5%) |
| 4 | HARRIS Douglas | 1196 | TRUDA BOYS 91 | M30 | 2 | 01:24:59 | 02:23:05 | 02:27:10 | 02:55:04 | 02:56:28.50 | 02:56:29.85 | +00:05:18 (3.0%) | 5:13 | 11.5 (97.5%) |
| 5 | JURA Rafał | 2161 | KMP KRAKÓW | M30 | 3 | 01:26:30 | 02:24:35 | 02:28:25 | 02:56:48 | 02:58:20.35 | 02:58:22.20 | +00:07:11 (4.0%) | 5:16 | 11.4 (96.6%) |
| 6 | FICOŃ Szymon | 1210 | SOPOTRAIL | M20 | 1 | 01:26:35 | 02:25:37 | 02:29:34 | 02:58:40 | 03:00:08.40 | 03:00:10.50 | +00:08:59 (5.0%) | 5:19 | 11.3 (95.8%) |
| 7 | DUDZIK Łukasz | 2538 | GÓRAL BIEGA | M30 | 4 | 01:28:55 | 02:29:22 | 02:33:14 | 03:00:53 | 03:02:21.95 | 03:02:24.80 | +00:11:13 (6.2%) | 5:23 | 11.1 (94.1%) |
| 8 | ORZEŁ Michał | 102 | | M40 | 3 | 01:28:20 | 02:28:58 | 02:32:40 | 03:02:00 | 03:03:36.60 | 03:03:43.30 | +00:12:32 (6.8%) | 5:25 | 11 (93.2%) |
| 9 | BOCZAR Bartłomiej | 1221 | | M20 | 2 | 01:28:50 | 02:29:31 | 02:33:24 | 03:03:04 | 03:04:40.40 | 03:04:44.10 | +00:13:33 (7.3%) | 5:27 | 11 (93.2%) |
| 10 | PORADA Kacper | 1457 | PODIUM | M20 | 3 | 01:25:03 | 02:29:10 | 02:33:11 | 03:06:48 | 03:08:12.00 | 03:08:13.80 | +00:17:02 (9.1%) | 5:34 | 10.8 (91.5%) |
| 11 | GRUND Marek | 1377 | MAFIA TEAM LUBLINIEC | M30 | 5 | 01:28:47 | 02:30:36 | 02:35:00 | 03:06:55 | 03:08:19.20 | 03:08:20.50 | +00:17:09 (9.1%) | 5:34 | 10.8 (91.5%) |
| 12 | FICOŃ Łukasz | 1211 | SOPOTRAIL | M20 | 4 | 01:28:24 | 02:32:12 | 02:36:40 | 03:09:07 | 03:10:38.85 | 03:10:41.25 | +00:19:30 (10.2%) | 5:38 | 10.6 (89.8%) |
| 13 | FLOREK Sebastian | 1341 | PRZEHYBA TRAIL | M30 | 6 | 01:29:37 | 02:34:49 | 02:39:24 | 03:10:35 | 03:12:20.60 | 03:12:23.50 | +00:21:12 (11.0%) | 5:41 | 10.5 (89.0%) |
| 14 | PIĄTEK Mateusz | 1158 | RMT TEAM | M30 | 7 | 01:33:49 | 02:37:23 | 02:41:54 | 03:12:20 | 03:13:55.95 | 03:13:58.45 | +00:22:47 (11.7%) | 5:44 | 10.5 (89.0%) |
| 15 | TOMASIAK Natalia | 1002 | SALOMON SUUNTO TEAM | K30 | 1 | 01:32:44 | 02:36:50 | 02:41:17 | 03:12:17 | 03:14:00.90 | 03:14:03.90 | +00:22:52 (11.8%) | 5:44 | 10.5 (89.0%) |
| 16 | DYBIŻBAŃSKI Wojciech | 1011 | T&D TEAM | M30 | 8 | 01:33:49 | 02:36:45 | 02:41:22 | 03:13:08 | 03:14:50.40 | 03:14:56.75 | +00:23:45 (12.2%) | 5:45 | 10.4 (88.1%) |
| 17 | SZAFRANEK Paweł | 1396 | STAŃCZAK TEAM | M30 | 9 | 01:32:38 | 02:36:38 | 02:41:24 | 03:14:28 | 03:16:25.40 | 03:16:30.10 | +00:25:19 (12.9%) | 5:48 | 10.3 (87.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 18 | PIĘKNIK Patryk | 1406 | TRAIL IS OUR WAY | M30 | 10 | 01:32:47 | 02:37:01 | 02:41:18 | 03:14:57 | 03:16:39.25 | 03:16:41.55 | +00:25:30 (13.0%) | 5:49 | 10.3 (87.3%) |
| 19 | WASIEWICZ Adam | 1104 | NIE MÓJ CYRK, MOJE MAŁPY | M40 | 4 | 01:32:45 | 02:40:03 | 02:44:50 | 03:17:04 | 03:18:38.70 | 03:18:50.25 | +00:27:39 (13.9%) | 5:52 | 10.2 (86.4%) |
| 20 | BARAN Piotr | 1373 | TRAIL IS OUR WAY | M40 | 5 | 01:33:49 | 02:41:54 | 02:46:48 | 03:17:20 | 03:18:58.10 | 03:19:00.20 | +00:27:49 (14.0%) | 5:53 | 10.2 (86.4%) |
| 21 | WYSOKIŃSKI Konrad | 1180 | MESMERIK RUNNERS / BARUNOWCE | M40 | 6 | 01:32:41 | 02:39:32 | 02:44:27 | 03:17:54 | 03:19:38.60 | 03:19:41.45 | +00:28:30 (14.3%) | 5:54 | 10.2 (86.4%) |
| 22 | HALSKA Ania | 1323 | ANNA HALSKA COACHING | K30 | 2 | | 02:42:54 | 02:47:22 | 03:18:24 | 03:20:03.85 | 03:20:07.30 | +00:28:56 (14.5%) | 5:55 | 10.1 (85.6%) |
| 23 | KOPCEWICZ Tomasz | 2537 | | M30 | 11 | 01:35:24 | 02:43:02 | 02:47:36 | 03:18:40 | 03:20:09.90 | 03:20:13.30 | +00:29:02 (14.5%) | 5:55 | 10.1 (85.6%) |
| 24 | WŁODARCZYK Jarosław | 1110 | TEAM DAREK KRUCZKOWSKI | M40 | 7 | 01:34:11 | 02:40:03 | 02:44:24 | 03:19:33 | 03:21:24.85 | 03:21:27.65 | +00:30:16 (15.0%) | 5:57 | 10.1 (85.6%) |
| 25 | SKOTNICZNY Michał | 1322 | | M30 | 12 | 01:34:17 | 02:42:02 | 02:46:51 | 03:19:44 | 03:21:23.50 | 03:21:31.50 | +00:30:20 (15.1%) | 5:57 | 10.1 (85.6%) |
| 26 | ZIECINA Mateusz | 1048 | | M30 | 13 | 01:33:54 | 02:41:36 | 02:46:49 | 03:21:09 | 03:22:44.50 | 03:22:49.05 | +00:31:37 (15.6%) | 5:59 | 10 (84.7%) |
| 27 | ŁASKI Tomasz | 1131 | PTASIERADIOBRZOZÓW | M30 | 14 | 01:34:06 | 02:41:40 | 02:46:29 | 03:21:54 | 03:23:49.75 | 03:23:54.10 | +00:32:43 (16.0%) | 6:01 | 10 (84.7%) |
| 28 | BEDNARCZYK Magdalena | 1236 | STRZEGOMSKA DWUNASTKA | K30 | 3 | 01:37:20 | 02:44:12 | 02:49:00 | 03:22:33 | 03:24:10.05 | 03:24:13.25 | +00:33:02 (16.2%) | 6:02 | 9.9 (83.9%) |
| 29 | SZEWC Jonasz | 1416 | MOCNA GRUPA CEZARA | M20 | 5 | 01:37:16 | 02:46:43 | 02:51:36 | 03:25:50 | 03:27:33.55 | 03:27:39.65 | +00:36:28 (17.6%) | 6:08 | 9.8 (83.1%) |
| 30 | ŁOZA Mateusz | 1450 | ZWIEDZANIE PRZEZ BIEGANIE | M30 | 15 | 01:33:55 | 02:44:09 | 02:49:05 | | 03:27:46.10 | 03:27:50.65 | +00:36:39 (17.6%) | 6:08 | 9.8 (83.1%) |
| 31 | HAJTO Dominik | 1385 | STAŃCZAK TEAM | M30 | 16 | 01:39:49 | 02:49:05 | 02:53:43 | 03:27:50 | 03:29:33.95 | 03:29:38.80 | +00:38:27 (18.3%) | 6:11 | 9.7 (82.2%) |
| 32 | WOJCIECHOWSKI Mateusz | 1117 | KTÓRĘDY NAD MORSKIE OKO? | M30 | 17 | 01:38:12 | 02:48:07 | 02:53:27 | 03:28:57 | 03:30:44.40 | 03:30:47.70 | +00:39:36 (18.8%) | 6:14 | 9.6 (81.4%) |
| 33 | ANDREYEUSKI Pavel | 1261 | ADIDAS RUNNERS WARSAW | M30 | 18 | 01:40:07 | 02:51:12 | 02:55:50 | 03:29:51 | 03:31:23.65 | 03:31:26.10 | +00:40:15 (19.0%) | 6:15 | 9.6 (81.4%) |
| 34 | TITTENBRUN Aleksander | 1326 | NIEZŁA KORBA | M30 | 19 | 01:46:27 | 02:54:23 | 02:59:00 | 03:30:11 | 03:31:47.30 | 03:31:52.90 | +00:40:41 (19.2%) | 6:15 | 9.6 (81.4%) |
| 35 | WOWER Bartłomiej | 1366 | CSC ADVENTURE ACADEMY | M40 | 8 | 01:45:17 | 02:54:51 | 02:59:35 | 03:32:23 | 03:34:13.90 | 03:34:17.20 | +00:43:06 (20.1%) | 6:20 | 9.5 (80.5%) |
| 36 | KURUC Maria | 1435 | STAJNIAK TEAM | K20 | 1 | 01:43:08 | 02:54:54 | 02:59:54 | 03:35:37 | 03:37:13.85 | 03:37:24.40 | +00:46:13 (21.3%) | 6:25 | 9.3 (78.8%) |
| 37 | WŁODARCZYK Michał | 1422 | EVERRUN | M40 | 9 | 01:41:51 | 02:54:16 | 02:59:24 | 03:35:35 | 03:37:14.85 | 03:37:24.45 | +00:46:13 (21.3%) | 6:25 | 9.3 (78.8%) |
| 38 | TESLUK Kuba | 1328 | | M30 | 20 | 01:27:07 | 02:45:58 | 02:51:26 | 03:35:41 | 03:37:31.00 | 03:37:32.85 | +00:46:21 (21.3%) | 6:26 | 9.3 (78.8%) |
| 39 | CYTAWA Adrian | 1130 | FIZJO - SPORT ŁĘCZNA 19 CHEŁMSKI BATALION ZMECHANIZOWANY | M30 | 21 | 01:39:05 | 02:53:49 | 02:58:31 | 03:35:46 | 03:37:30.20 | 03:37:36.75 | +00:46:25 (21.3%) | 6:26 | 9.3 (78.8%) |
| 40 | KOZA Janusz | 1397 | SOK Z GÓR | M40 | 10 | 01:42:54 | 02:55:28 | 03:00:26 | 03:35:54 | 03:37:39.40 | 03:37:48.85 | +00:46:37 (21.4%) | 6:26 | 9.3 (78.8%) |
| 41 | WRÓBLEWSKI Adrian | 1014 | ZGRUPKA PROMOBIL TEAM | M30 | 22 | 01:43:23 | 02:58:18 | 03:03:15 | 03:37:47 | 03:39:23.20 | 03:39:27.00 | +00:48:15 (22.0%) | 6:29 | 9.2 (78.0%) |
| 42 | JAKUBOWSKI Zbyszek | 1044 | | M40 | 11 | 01:43:16 | 02:56:23 | 03:01:09 | 03:37:47 | 03:39:43.00 | 03:39:50.40 | +00:48:39 (22.1%) | 6:30 | 9.2 (78.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-----------------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 43 | STAL Katarzyna | 1064 | KS STASZEWCY | K40 | 1 | 01:46:14 | 02:58:16 | 03:03:42 | 03:37:52 | 03:39:32.40 | 03:39:57.75 | +00:48:46 (22.2%) | 6:29 | 9.2 (78.0%) |
| 44 | SZLUFIK Bartłomiej | 1400 | DREAM TEAM WOKÓŁ ŁYSEJ GÓRY | M30 | 23 | 01:40:53 | 02:58:02 | 03:02:55 | 03:38:29 | 03:40:06.85 | 03:40:08.40 | +00:48:57 (22.2%) | 6:30 | 9.2 (78.0%) |
| 45 | RYBARCZYK Kamil | 1186 | MARMUROWE DZIKI | M30 | 24 | 01:43:29 | 03:01:12 | 03:06:08 | 03:40:21 | 03:41:54.20 | 03:42:07.05 | +00:50:55 (22.9%) | 6:33 | 9.1 (77.1%) |
| 46 | ŻURAWSKI Sławomir | 1005 | BARUNOWCE | M40 | 12 | 01:45:20 | 02:58:44 | 03:04:19 | 03:40:47 | 03:42:31.55 | 03:42:34.05 | +00:51:22 (23.1%) | 6:35 | 9.1 (77.1%) |
| 47 | BARTKOWIAK Michał | 1069 | TABATA&DRINKTEAM | M30 | 25 | 01:40:50 | 02:54:40 | 02:59:41 | 03:40:39 | 03:42:57.40 | 03:43:03.75 | +00:51:52 (23.3%) | 6:35 | 9.1 (77.1%) |
| 48 | WISNIEWSKI Krzysztof | 1415 | DREAM RUN | M40 | 13 | 01:40:49 | 02:57:35 | 03:03:54 | 03:41:51 | 03:43:28.30 | 03:43:34.50 | +00:52:23 (23.4%) | 6:36 | 9.1 (77.1%) |
| 49 | ZĄBEK Łukasz | 1388 | AW - SZYBCIEJ TEAM | M40 | 14 | 01:43:59 | 02:58:39 | 03:04:18 | 03:42:12 | 03:43:49.90 | 03:43:53.90 | +00:52:42 (23.5%) | 6:37 | 9.1 (77.1%) |
| 50 | ŁUCKA Artur | 1278 | | M30 | 26 | 01:45:08 | 03:02:30 | 03:07:16 | 03:42:11 | 03:43:46.95 | 03:43:57.30 | +00:52:46 (23.6%) | 6:37 | 9.1 (77.1%) |
| 51 | WILK Dawid | 1111 | RESHAPE RUNNERS | M30 | 27 | 01:39:54 | 03:01:34 | 03:07:24 | 03:42:41 | 03:44:22.35 | 03:44:24.05 | +00:53:12 (23.7%) | 6:38 | 9 (76.3%) |
| 52 | KLUZ Marcin | 1140 | PRO-RUN WROCŁAW | M30 | 28 | 01:45:35 | 03:01:50 | 03:07:15 | 03:42:40 | 03:44:15.85 | 03:44:32.00 | +00:53:20 (23.8%) | 6:38 | 9 (76.3%) |
| 53 | STAŃCZAK Szymon | 1325 | STAŃCZAK TEAM | M40 | 15 | 01:43:30 | 02:59:22 | 03:04:35 | 03:42:26 | 03:44:28.75 | 03:44:34.10 | +00:53:23 (23.8%) | 6:38 | 9 (76.3%) |
| 54 | KLAPPHOLZ Adriana | 1455 | BIEGIEM PRZEZ CHYBIE | K50 | 1 | 01:49:43 | 03:03:07 | 03:07:47 | 03:43:20 | 03:45:12.40 | 03:45:17.30 | +00:54:06 (24.0%) | 6:39 | 9 (76.3%) |
| 55 | PĘKALA Arkadiusz | 1276 | | M30 | 29 | 01:43:11 | 02:59:08 | 03:04:26 | 03:43:34 | 03:45:34.40 | 03:45:41.90 | +00:54:30 (24.2%) | 6:40 | 9 (76.3%) |
| 56 | DEJNECKA Martyna | 1336 | | K30 | 4 | 01:49:44 | 03:03:55 | 03:08:52 | 03:45:30 | 03:47:19.65 | 03:47:27.15 | +00:56:16 (24.7%) | 6:43 | 8.9 (75.4%) |
| 57 | RYSULA Konrad | 1332 | ROAD TO ULTRA | M20 | 6 | 01:41:30 | 03:00:52 | 03:06:29 | 03:46:45 | 03:48:24.30 | 03:48:26.50 | +00:57:15 (25.1%) | 6:45 | 8.9 (75.4%) |
| 58 | KRUPA Roman | 1335 | | M40 | 16 | 01:45:10 | 03:04:02 | 03:09:32 | 03:46:38 | 03:48:18.30 | 03:48:31.30 | +00:57:20 (25.1%) | 6:45 | 8.9 (75.4%) |
| 59 | SZARAPANOWSKI Marcin | 1142 | ULTRA DIABŁY TEAM LUBRZA | M40 | 17 | 01:47:00 | 03:04:01 | 03:09:23 | 03:46:36 | 03:48:23.00 | 03:48:36.85 | +00:57:25 (25.1%) | 6:45 | 8.9 (75.4%) |
| 60 | BRASSE Krystian | 1273 | | M30 | 30 | 01:48:04 | 03:03:42 | 03:08:57 | 03:46:41 | 03:48:30.15 | 03:48:41.50 | +00:57:30 (25.1%) | 6:45 | 8.9 (75.4%) |
| 61 | ZAJĄC Stefan | 1405 | | M30 | 31 | 01:42:11 | 02:59:47 | 03:05:16 | 03:47:20 | 03:49:08.65 | 03:49:12.15 | +00:58:01 (25.3%) | 6:46 | 8.9 (75.4%) |
| 62 | GOLA Daniel | 1263 | | M30 | 32 | 01:46:31 | 03:03:36 | 03:08:23 | 03:47:21 | 03:49:18.60 | 03:49:29.30 | +00:58:18 (25.4%) | 6:47 | 8.8 (74.6%) |
| 63 | BRZUSZKIEWICZ Michał | 1199 | DREAM RUN | M30 | 33 | 01:46:34 | 03:05:32 | 03:11:23 | 03:50:20 | 03:51:59.05 | 03:52:08.80 | +01:00:57 (26.3%) | 6:51 | 8.7 (73.7%) |
| 64 | GNIEWEK Justyna | 1394 | | K30 | 5 | 01:51:16 | 03:08:59 | 03:14:13 | 03:51:13 | 03:52:51.95 | 03:52:58.60 | +01:01:47 (26.5%) | 6:53 | 8.7 (73.7%) |
| 65 | WINTER Piotr | 1361 | NIGHT RUNNERS | M30 | 34 | 01:49:22 | 03:07:44 | 03:13:24 | 03:52:20 | 03:54:20.05 | 03:54:27.05 | +01:03:15 (27.0%) | 6:55 | 8.7 (73.7%) |
| 66 | WARECKI Radosław | 1217 | PRZEWORSKA GRUPA BIEGOWA | M40 | 18 | 01:45:36 | 03:03:37 | 03:09:47 | 03:52:36 | 03:54:25.40 | 03:54:43.10 | +01:03:32 (27.1%) | 6:56 | 8.7 (73.7%) |
| 67 | FRYSIAK Artur | 1183 | WIELUŃ ULTRA I NIE TYLKO | M50 | 1 | 01:46:52 | 03:06:40 | 03:12:12 | 03:52:51 | 03:54:40.45 | 03:54:49.15 | +01:03:38 (27.1%) | 6:56 | 8.6 (72.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto | | Czas brutto | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------------|-------------|--|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|------|-------------|--------------|------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | 33.8km | 33.8km | | | | | |
| 68 | BIENIAS Łukasz | 1309 | BLACKHATULTRA | M30 | 35 | 01:45:05 | 03:07:40 | 03:13:05 | 03:53:41 | 03:55:30.75 | 03:55:44.95 | +01:04:33 (27.4%) | 6:58 | 8.6 (72.9%) | | |
| 69 | KARCZ Grzegorz | 1350 | BĘDUSKA BRYGADA BIEGOWA | M40 | 19 | 01:50:25 | 03:11:58 | 03:17:32 | 03:54:33 | 03:56:10.20 | 03:56:15.20 | +01:05:04 (27.5%) | 6:59 | 8.6 (72.9%) | | |
| 70 | DZIKOWSKI Michał | 1181 | | M20 | 7 | 01:49:23 | 03:08:36 | 03:13:58 | 03:54:34 | 03:56:14.20 | 03:56:18.45 | +01:05:07 (27.6%) | 6:59 | 8.6 (72.9%) | | |
| 71 | GRODZKI Sebastian | 1161 | | M40 | 20 | 01:43:54 | 03:08:18 | 03:14:56 | 03:54:40 | 03:56:19.40 | 03:56:24.75 | +01:05:13 (27.6%) | 6:59 | 8.6 (72.9%) | | |
| 72 | STACHOŃ Radosław | 1291 | RUN 4 FUN | M30 | 36 | 01:47:12 | 03:08:26 | 03:14:32 | 03:55:24 | 03:57:23.05 | 03:57:31.35 | +01:06:20 (27.9%) | 7:01 | 8.5 (72.0%) | | |
| 73 | JACHYMSKI Krzysztof | 1414 | VEGE RUNNERS | M30 | 37 | 01:47:19 | 03:09:05 | 03:14:02 | 03:55:33 | 03:57:43.20 | 03:57:54.85 | +01:06:43 (28.0%) | 7:01 | 8.5 (72.0%) | | |
| 74 | MOSIOŁEK Monika | 1054 | NAPRZÓD MŁOCINYBIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ | K30 | 6 | 01:50:37 | 03:12:25 | 03:17:54 | 03:58:01 | 03:59:45.70 | 03:59:51.60 | +01:08:40 (28.6%) | 7:05 | 8.5 (72.0%) | | |
| 75 | BRZOZOWSKA Joanna | 1417 | TEAM ELITA Z NIZIN | K30 | 7 | 01:52:35 | 03:15:21 | 03:20:48 | 03:58:46 | 04:00:23.80 | 04:00:36.30 | +01:09:25 (28.9%) | 7:06 | 8.4 (71.2%) | | |
| 76 | CIECIOROWSKA Aleksandra | 1407 | OFF-ROAD RUNNERS | K20 | 2 | 01:51:13 | 03:12:41 | 03:18:12 | 03:59:05 | 04:00:54.30 | 04:00:57.20 | +01:09:46 (29.0%) | 7:07 | 8.4 (71.2%) | | |
| 77 | BŁASZCZAK Marek | 1099 | MOCNA GRUPA CEZARA | M30 | 38 | 01:50:40 | 03:12:15 | 03:17:31 | 03:59:47 | 04:01:34.10 | 04:01:44.35 | +01:10:33 (29.2%) | 7:08 | 8.4 (71.2%) | | |
| 78 | KNAPIK Przemysław | 1279 | HEINEKEN KRAKOW / TRIWISE | M40 | 21 | 01:50:42 | 03:13:09 | 03:19:30 | 04:00:10 | 04:02:09.00 | 04:02:12.45 | +01:11:01 (29.3%) | 7:09 | 8.4 (71.2%) | | |
| 79 | WOŹNIAK Sebastian | 1015 | INKA TEAM | M30 | 39 | 01:48:14 | 03:11:01 | 03:17:54 | 04:01:16 | 04:03:20.20 | 04:03:27.05 | +01:12:15 (29.7%) | 7:11 | 8.3 (70.3%) | | |
| 80 | REDKIEWICZ Agnieszka | 1427 | BLACK HAT TEAM | K40 | 2 | 01:54:18 | 03:17:28 | 03:22:49 | 04:01:27 | 04:03:29.25 | 04:03:46.45 | +01:12:35 (29.8%) | 7:12 | 8.3 (70.3%) | | |
| 81 | KOZŁOWSKI Jerzy | 1281 | | M30 | 40 | 01:53:40 | 03:16:07 | 03:22:35 | 04:02:26 | 04:04:09.10 | 04:04:15.95 | +01:13:04 (29.9%) | 7:13 | 8.3 (70.3%) | | |
| 82 | MARCINKOWSKA-CHOLEWA Katarzyna | 1433 | GÓRAL Z MAZUR RUNNING TEAM | K40 | 3 | 01:55:42 | | 03:22:26 | 04:02:53 | 04:04:43.00 | 04:04:48.90 | +01:13:37 (30.1%) | 7:14 | 8.3 (70.3%) | | |
| 83 | NIEMCZYK Dominik | 1019 | EUROCLEAR RUNNING TEAM | M30 | 41 | 01:58:20 | 03:20:03 | 03:25:59 | 04:04:37 | 04:06:11.05 | 04:06:19.40 | +01:15:08 (30.5%) | 7:17 | 8.2 (69.5%) | | |
| 84 | PROCHNO Piotr | 1269 | TRAIL IS OUR WAY | M30 | 42 | 01:51:50 | 03:17:26 | 03:23:12 | 04:04:03 | 04:06:15.05 | 04:06:33.35 | +01:15:22 (30.6%) | 7:17 | 8.2 (69.5%) | | |
| 85 | CIEŚLIŃSKA Karolina | 1132 | STG WARSZAWA | K30 | 8 | 01:54:54 | 03:17:33 | 03:23:13 | 04:04:33 | 04:06:24.90 | 04:06:36.80 | +01:15:25 (30.6%) | 7:17 | 8.2 (69.5%) | | |
| 86 | NOWIK Kamil | 1215 | ULTRA DIABŁY TEAM LUBRZA | M40 | 22 | 01:57:04 | 03:20:01 | 03:26:18 | 04:05:11 | 04:07:08.60 | 04:07:22.95 | +01:16:11 (30.8%) | 7:18 | 8.2 (69.5%) | | |
| 87 | GRUSZCZYŃSKI Stanisław | 1327 | | M30 | 43 | 01:54:55 | 03:19:54 | 03:24:58 | 04:05:38 | 04:07:22.40 | 04:07:44.40 | +01:16:33 (30.9%) | 7:19 | 8.2 (69.5%) | | |
| 88 | HAJDA Justyna | 1380 | MAFIA TEAM LUBLINIEC | K20 | 3 | 01:55:38 | 03:20:05 | 03:25:37 | 04:05:48 | 04:07:41.75 | 04:07:46.40 | +01:16:35 (30.9%) | 7:19 | 8.2 (69.5%) | | |
| 89 | GARLICKI Marek | 1173 | STG WARSZAWA | M30 | 44 | 01:54:06 | 03:19:34 | 03:25:44 | 04:06:06 | 04:07:52.35 | 04:07:52.35 | +01:16:41 (30.9%) | 7:20 | 8.2 (69.5%) | | |
| 90 | STĘSIK Tomasz | 1262 | WOLSZTYŃSKA AKADEMIA BIEGOWA | M30 | 45 | 01:59:26 | 03:19:52 | 03:25:46 | 04:05:54 | 04:08:10.65 | 04:08:26.70 | +01:17:15 (31.1%) | 7:20 | 8.2 (69.5%) | | |
| 91 | KUCIAK Bartosz | 1100 | | M30 | 46 | 01:56:02 | 03:22:52 | 03:28:23 | 04:07:09 | 04:08:57.50 | 04:08:57.50 | +01:17:46 (31.2%) | 7:21 | 8.1 (68.6%) | | |
| 92 | STANISŁAWSKI Michał | 1121 | UKS FREE SPORTS BIELSKO-BIAŁA | M30 | 47 | 01:58:19 | 03:20:47 | 03:26:21 | 04:07:28 | 04:08:56.25 | 04:09:06.50 | +01:17:55 (31.3%) | 7:21 | 8.1 (68.6%) | | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto | | Czas brutto | | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|----------------------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|------|--------------|------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | 33.8km | 33.8km | Różn | | | |
| 93 | ŚWIERK Przemek | 1209 | ULTRA DIABŁY TEAM | M40 | 23 | 01:57:03 | 03:20:01 | 03:26:16 | 04:07:20 | 04:09:26.70 | 04:09:41.95 | +01:18:30 (31.4%) | 7:22 | 8.1 (68.6%) | |
| 94 | SKOCZYLAS Karolina | 1034 | STAY INSANE SKOCZYLIWLASY | K30 | 9 | 01:59:01 | 03:23:07 | 03:29:50 | 04:08:51 | 04:10:42.50 | 04:10:45.70 | +01:19:34 (31.7%) | 7:25 | 8.1 (68.6%) | |
| 95 | RAKOCZY Krzysztof | 1225 | | M30 | 48 | 01:57:06 | 03:18:21 | 03:23:52 | 04:08:11 | 04:10:19.55 | 04:10:49.45 | +01:19:38 (31.8%) | 7:24 | 8.1 (68.6%) | |
| 96 | PIEKARCYK Grzegorz | 1030 | NOWOTARSKI KLUB KOLARSKI | M20 | 8 | 01:54:37 | 03:21:53 | 03:27:17 | 04:08:24 | 04:10:32.35 | 04:10:59.65 | +01:19:48 (31.8%) | 7:24 | 8.1 (68.6%) | |
| 97 | KRAJEWSKI Marcin | 1185 | | M30 | 49 | 01:59:51 | 03:24:29 | 03:30:17 | 04:09:44 | 04:11:34.30 | 04:11:39.35 | +01:20:28 (32.0%) | 7:26 | 8.1 (68.6%) | |
| 98 | BUŁAWKA Łukasz | 1313 | KW KRAKÓW | M30 | 50 | 01:50:51 | 03:19:27 | 03:26:02 | 04:09:30 | 04:11:27.65 | 04:11:51.60 | +01:20:40 (32.0%) | 7:26 | 8.1 (68.6%) | |
| 99 | GIŁOWSKI Kamil | 1122 | BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | M30 | 51 | 01:58:30 | 03:24:23 | 03:29:56 | 04:12:26 | 04:14:07.25 | 04:14:18.10 | +01:23:07 (32.7%) | 7:31 | 8 (67.8%) | |
| 100 | WOŹNIAK Jakub | 1425 | SPRINT GORZYCE | M20 | 9 | 01:57:27 | 03:24:21 | 03:29:22 | 04:11:53 | 04:14:11.50 | 04:14:27.65 | +01:23:16 (32.7%) | 7:31 | 8 (67.8%) | |
| 101 | TRZCINSKI Maciej | 1334 | | M40 | 24 | 02:01:05 | 03:29:10 | 03:35:08 | 04:14:40 | 04:16:42.50 | 04:16:49.80 | +01:25:38 (33.3%) | 7:35 | 7.9 (66.9%) | |
| 102 | MOTYKA Jakub | 1353 | THE HOE COMPANY | M30 | 52 | 02:00:17 | 03:25:30 | 03:31:34 | 04:14:52 | 04:16:41.45 | 04:17:18.10 | +01:26:07 (33.5%) | 7:35 | 7.9 (66.9%) | |
| 103 | MATUSZCZYK Paweł | 1249 | | M50 | 2 | 02:01:08 | 03:29:11 | 03:34:55 | 04:15:11 | 04:17:04.60 | 04:17:26.90 | +01:26:15 (33.5%) | 7:36 | 7.9 (66.9%) | |
| 104 | RACHWAŁSKA Oliwia | 1224 | | K30 | 10 | 02:03:54 | 03:30:52 | 03:36:29 | 04:15:27 | 04:17:19.05 | 04:17:48.95 | +01:26:37 (33.6%) | 7:36 | 7.9 (66.9%) | |
| 105 | GAJEWSKI Marek | 1439 | | M30 | 53 | 01:57:43 | 03:25:44 | 03:32:18 | 04:16:24 | 04:18:09.15 | 04:18:19.20 | +01:27:08 (33.7%) | 7:38 | 7.9 (66.9%) | |
| 106 | WOJTALA Bartłomiej | 1246 | UWAGA NA DZIADA | M40 | 25 | 02:07:04 | 03:31:39 | 03:37:49 | 04:17:44 | 04:19:27.05 | 04:19:48.70 | +01:28:37 (34.1%) | 7:40 | 7.8 (66.1%) | |
| 107 | TOKARCZYK Tomasz | 1097 | NONE | M30 | 54 | 01:58:11 | 03:29:35 | 03:35:36 | 04:17:29 | 04:19:14.95 | 04:19:48.95 | +01:28:37 (34.1%) | 7:40 | 7.8 (66.1%) | |
| 108 | FILAS Witold | 1058 | | M60 | 1 | 02:01:22 | 03:28:48 | 03:33:31 | 04:17:25 | 04:19:47.90 | 04:19:53.10 | +01:28:42 (34.1%) | 7:41 | 7.8 (66.1%) | |
| 109 | URBAN Iwona | 1379 | 42K PRO TEAM | K40 | 4 | 02:07:15 | 03:31:17 | 03:36:50 | 04:18:03 | 04:19:59.85 | 04:20:03.80 | +01:28:52 (34.2%) | 7:41 | 7.8 (66.1%) | |
| 110 | ŁAŻEŃSKI Łukasz | 1346 | | M30 | 55 | 01:59:09 | 03:28:39 | 03:34:41 | 04:18:06 | 04:20:14.85 | 04:20:19.10 | +01:29:08 (34.2%) | 7:41 | 7.8 (66.1%) | |
| 111 | HRAPKOWICZ Marek | 1441 | CZANIECKIE MAKARONY | M30 | 56 | 02:03:01 | 03:31:32 | 03:37:36 | 04:18:36 | 04:20:39.15 | 04:20:51.35 | +01:29:40 (34.4%) | 7:42 | 7.8 (66.1%) | |
| 112 | POTAPOWICZ Gabriela | 1235 | | K30 | 11 | 02:01:33 | 03:29:04 | 03:34:48 | 04:18:41 | 04:20:38.50 | 04:21:06.40 | +01:29:55 (34.4%) | 7:42 | 7.8 (66.1%) | |
| 113 | HARASIMOWICZ Aleksandra | 1256 | PRZEDWOJEWSKI TEAM | K30 | 12 | 02:01:22 | 03:31:04 | 03:37:08 | 04:20:02 | 04:21:57.60 | 04:22:03.40 | +01:30:52 (34.7%) | 7:45 | 7.7 (65.3%) | |
| 114 | ZBORUCKI Jan | 1071 | PRZEDWOJEWSKI TEAM | M40 | 26 | 02:00:55 | 03:31:02 | 03:37:06 | 04:20:02 | 04:21:58.20 | 04:22:03.80 | +01:30:52 (34.7%) | 7:45 | 7.7 (65.3%) | |
| 115 | PIĄTKIEWICZ Łukasz | 1193 | MARCINŚWIERCTEAM | M30 | 57 | 01:59:39 | 03:27:58 | 03:34:11 | 04:20:32 | 04:22:43.05 | 04:23:20.00 | +01:32:08 (35.0%) | 7:46 | 7.7 (65.3%) | |
| 116 | ALBRECHT Grzegorz | 1223 | | M40 | 27 | 01:58:53 | 03:29:25 | 03:35:15 | 04:21:40 | 04:23:42.75 | 04:23:51.85 | +01:32:40 (35.1%) | 7:48 | 7.7 (65.3%) | |
| 117 | DOŁĘGA-KOZIEROWSKI Jan | 1222 | | M30 | 58 | 01:59:05 | 03:29:39 | 03:35:18 | 04:21:40 | 04:23:43.10 | 04:23:52.00 | +01:32:40 (35.1%) | 7:48 | 7.7 (65.3%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 118 | PAWELCZYK Krzysztof | 1357 | SOBASTEAM | M40 | 28 | 01:58:15 | 03:32:01 | 03:37:50 | 04:23:31 | 04:25:22.00 | 04:25:39.25 | +01:34:28 (35.6%) | 7:51 | 7.6 (64.4%) |
| 119 | VAIČAITYTĖ Raimonda | 1358 | WILD SOULS | K30 | 13 | 02:08:56 | 03:35:24 | 03:40:54 | 04:23:52 | 04:25:30.20 | 04:25:45.75 | +01:34:34 (35.6%) | 7:51 | 7.6 (64.4%) |
| 120 | RYBKOWSKI Hubert | 1226 | KTÓRĘDYNADMORSKIEOKO | M40 | 29 | 02:03:43 | 03:31:38 | 03:37:25 | 04:23:20 | 04:25:31.15 | 04:25:45.80 | +01:34:34 (35.6%) | 7:51 | 7.6 (64.4%) |
| 121 | TWARDOWSKI Bartosz | 1354 | | M40 | 30 | 01:59:17 | 03:28:44 | 03:34:45 | 04:23:41 | 04:25:43.85 | 04:25:47.80 | +01:34:36 (35.6%) | 7:51 | 7.6 (64.4%) |
| 122 | WIECHETEK Artur | 1136 | STG WARSZAWA | M40 | 31 | 02:01:29 | 03:37:08 | 03:42:40 | 04:23:43 | 04:25:33.10 | 04:25:49.00 | +01:34:37 (35.6%) | 7:51 | 7.6 (64.4%) |
| 123 | NYCZ Sławomir | 1105 | | M30 | 59 | 02:02:16 | 03:31:25 | 03:37:54 | 04:23:43 | 04:25:44.25 | 04:25:52.90 | +01:34:41 (35.6%) | 7:51 | 7.6 (64.4%) |
| 124 | PRZYBYLSKI Paweł | 1203 | ANATOMIABIEGANIA | M30 | 60 | 02:06:23 | 03:36:41 | 03:42:44 | 04:24:16 | 04:25:54.00 | 04:26:10.60 | +01:34:59 (35.7%) | 7:52 | 7.6 (64.4%) |
| 125 | MAGDA Łukasz | 1403 | 3XL | M30 | 61 | 02:03:51 | 03:38:28 | 03:44:23 | 04:25:05 | 04:26:48.20 | 04:27:19.40 | +01:36:08 (36.0%) | 7:53 | 7.6 (64.4%) |
| 126 | KUBIK Tymoteusz | 1204 | | M30 | 62 | 02:06:47 | 03:36:43 | 03:42:50 | 04:25:21 | 04:27:10.95 | 04:27:28.00 | +01:36:16 (36.0%) | 7:54 | 7.6 (64.4%) |
| 127 | BAJAK Wojciech | 1125 | EKSTRAKLASA.ORG | M30 | 63 | 01:54:25 | 03:29:05 | 03:35:01 | 04:25:44 | 04:27:39.65 | 04:27:56.40 | +01:36:45 (36.1%) | 7:55 | 7.6 (64.4%) |
| 128 | ŻAK Barbara | 2164 | JURA TEAM | K40 | 5 | 02:00:35 | 03:33:19 | 03:39:38 | 04:25:46 | 04:28:00.55 | 04:28:07.00 | +01:36:55 (36.2%) | 7:55 | 7.6 (64.4%) |
| 129 | CIECKIEWICZ Tomasz | 1227 | | M30 | 64 | 02:04:19 | 03:36:25 | 03:42:35 | 04:25:57 | 04:27:56.80 | 04:28:13.60 | +01:37:02 (36.2%) | 7:55 | 7.6 (64.4%) |
| 130 | JĘDRASZEK Alicja | 1305 | TRAIL IS OUR WAY | K40 | 6 | 02:07:42 | 03:35:42 | 03:42:01 | 04:26:05 | 04:28:04.20 | 04:28:32.60 | +01:37:21 (36.3%) | 7:55 | 7.6 (64.4%) |
| 131 | KOZERA Katarzyna | 1023 | BUSHIDO | K30 | 14 | 02:02:59 | 03:32:28 | 03:38:50 | 04:26:27 | 04:28:36.05 | 04:28:41.50 | +01:37:30 (36.3%) | 7:56 | 7.6 (64.4%) |
| 132 | SIMKUS Aidas | 1300 | WILD SOULS | M30 | 65 | 02:03:15 | 03:32:24 | 03:38:20 | 04:26:31 | 04:28:36.40 | 04:29:13.95 | +01:38:02 (36.4%) | 7:56 | 7.6 (64.4%) |
| 133 | HENDEL Magda | 1413 | AZS AWF KRAKÓW MASTERS | K20 | 4 | 02:03:36 | 03:35:04 | 03:41:37 | 04:27:13 | 04:29:17.95 | 04:29:26.05 | +01:38:14 (36.5%) | 7:58 | 7.5 (63.6%) |
| 134 | ŻUREK Kazimierz | 1164 | | M30 | 66 | 01:58:30 | 03:32:52 | 03:40:56 | 04:27:22 | 04:29:19.75 | 04:29:29.35 | +01:38:18 (36.5%) | 7:58 | 7.5 (63.6%) |
| 135 | FRĄCKOWIAK Krzysztof | 1115 | PRO-RUN WROCŁAW | M40 | 32 | 02:00:05 | 03:30:27 | 03:36:43 | 04:30:02 | 04:32:12.90 | 04:32:30.30 | +01:41:19 (37.2%) | 8:03 | 7.5 (63.6%) |
| 136 | BOSS Oskar | 1448 | DREAM RUN | M20 | 10 | 02:00:14 | 03:35:42 | 03:41:44 | 04:30:05 | 04:32:20.65 | 04:32:31.65 | +01:41:20 (37.2%) | 8:03 | 7.4 (62.7%) |
| 137 | KANCERSKI Krzysztof | 1333 | | M60 | 2 | 02:01:58 | 03:37:21 | 03:44:40 | 04:30:24 | 04:32:33.60 | 04:32:57.40 | +01:41:46 (37.3%) | 8:03 | 7.4 (62.7%) |
| 138 | SZTYLKO Michał | 1112 | | M40 | 33 | 02:00:10 | 03:37:37 | 03:43:40 | 04:31:16 | 04:33:06.50 | 04:33:37.80 | +01:42:26 (37.4%) | 8:04 | 7.4 (62.7%) |
| 139 | KORZONEK Karol | 2534 | SPRINT GORZYCE | M30 | 67 | 01:57:24 | 03:33:38 | 03:40:52 | 04:31:19 | 04:33:44.25 | 04:34:03.30 | +01:42:52 (37.5%) | 8:05 | 7.4 (62.7%) |
| 140 | KOWALSKA Agnieszka | 1266 | | K20 | 5 | 02:04:58 | 03:38:44 | 03:45:14 | 04:31:43 | 04:33:53.45 | 04:34:06.35 | +01:42:55 (37.5%) | 8:06 | 7.4 (62.7%) |
| 141 | FORTAK Rafał | 1265 | | M30 | 68 | 01:58:13 | 03:38:39 | 03:44:55 | 04:31:29 | 04:33:45.55 | 04:34:08.55 | +01:42:57 (37.6%) | 8:05 | 7.4 (62.7%) |
| 142 | KIEDROWSKI Bartosz | 1059 | LUBIĘ KLOPSY | M30 | 69 | 02:03:57 | 03:37:52 | 03:44:01 | 04:32:56 | 04:35:00.55 | 04:35:07.50 | +01:43:56 (37.8%) | 8:08 | 7.4 (62.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---------------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 143 | ULIKOWSKA Martyna | 1043 | ZAŁOGA GÓRSKA | K30 | 15 | 02:10:01 | 03:43:37 | 03:49:49 | 04:33:40 | 04:36:06.95 | 04:36:19.80 | +01:45:08 (38.1%) | 8:10 | 7.3 (61.9%) |
| 144 | PIĘTA Łukasz | 1434 | INFINITY-GYM | M40 | 34 | 02:08:48 | 03:43:09 | 03:49:35 | 04:34:50 | 04:37:14.05 | 04:37:26.60 | +01:46:15 (38.3%) | 8:12 | 7.3 (61.9%) |
| 145 | DROSIO Klaudia | 2235 | KASZANKI | K30 | 16 | 02:11:23 | 03:44:36 | 03:51:13 | 04:35:47 | 04:37:51.75 | 04:38:05.30 | +01:46:54 (38.4%) | 8:13 | 7.3 (61.9%) |
| 146 | COFUR Rafal | 1165 | | M40 | 35 | 02:01:46 | 03:39:05 | 03:46:02 | 04:35:56 | 04:37:56.00 | 04:38:09.40 | +01:46:58 (38.5%) | 8:13 | 7.3 (61.9%) |
| 147 | DROZD Grzegorz | 1268 | | M30 | 70 | 02:06:20 | 03:37:48 | 03:43:46 | 04:35:40 | 04:37:51.00 | 04:38:19.10 | +01:47:08 (38.5%) | 8:13 | 7.3 (61.9%) |
| 148 | SURLAS Izabela | 1292 | PRZEDWOJEWSKI TEAM | K30 | 17 | 02:10:35 | 03:44:24 | 03:51:24 | 04:36:53 | 04:39:07.75 | 04:39:15.65 | +01:48:04 (38.7%) | 8:15 | 7.3 (61.9%) |
| 149 | LOSKA Tomasz | 2882 | #ZALINIAMETYTEAM | M30 | 71 | 02:10:44 | 03:46:31 | 03:52:38 | 04:37:29 | 04:39:16.55 | 04:39:34.60 | +01:48:23 (38.8%) | 8:15 | 7.3 (61.9%) |
| 150 | PÓLGĘSEK Bartosz | 1259 | HARPAGAN RUNNERS | M30 | 72 | 02:05:52 | 03:42:48 | 03:48:37 | 04:36:56 | 04:39:00.15 | 04:39:46.30 | +01:48:35 (38.8%) | 8:15 | 7.3 (61.9%) |
| 151 | SZCZECH Łukasz | 1147 | BRACIAKISQUAD | M30 | 73 | 02:09:10 | 03:45:27 | 03:51:32 | 04:37:52 | 04:39:46.70 | 04:40:30.45 | +01:49:19 (39.0%) | 8:16 | 7.2 (61.0%) |
| 152 | SIENKIEL Bartłomiej | 1157 | BEŁŻYCE I OKOLICE BIEGAJA | M30 | 74 | 02:10:21 | 03:45:24 | 03:51:29 | 04:38:20 | 04:40:04.80 | 04:40:52.15 | +01:49:41 (39.1%) | 8:17 | 7.2 (61.0%) |
| 153 | GRABOWSKI Bartłomiej | 166 | KL ZIEMIA KŁODZKA | M40 | 36 | 02:08:15 | 03:43:19 | 03:50:37 | 04:38:59 | 04:41:00.45 | 04:41:34.65 | +01:50:23 (39.2%) | 8:18 | 7.2 (61.0%) |
| 154 | HOŁUBIEC Paweł | 1188 | YULO RUN TEAM SIEDLCE | M40 | 37 | 02:06:36 | 03:43:33 | 03:48:45 | 04:39:25 | 04:41:35.40 | 04:41:49.20 | +01:50:38 (39.3%) | 8:19 | 7.2 (61.0%) |
| 155 | GRZELAK Anna | 1162 | MARMUROWE DZIKI | K30 | 18 | 02:11:08 | 03:46:37 | 03:53:02 | 04:39:41 | 04:41:40.10 | 04:41:57.15 | +01:50:46 (39.3%) | 8:20 | 7.2 (61.0%) |
| 156 | PARA Aleksandra | 1243 | PODIUM | K30 | 19 | 02:09:32 | 03:47:16 | 03:53:22 | 04:40:50 | 04:43:05.70 | 04:43:39.00 | +01:52:27 (39.6%) | 8:22 | 7.2 (61.0%) |
| 157 | NIEMASZ Aleksandra | 1395 | 100LEJKA | K30 | 20 | 02:11:28 | 03:48:21 | 03:54:33 | 04:41:21 | 04:43:32.10 | 04:44:02.75 | +01:52:51 (39.7%) | 8:23 | 7.2 (61.0%) |
| 158 | SIKORA Grzegorz | 2881 | MCBIEGACZE | M40 | 38 | 02:14:16 | 03:52:24 | 03:59:29 | 04:42:58 | 04:44:48.50 | 04:45:00.80 | +01:53:49 (39.9%) | 8:25 | 7.1 (60.2%) |
| 159 | CZYCZ Mateusz | 1174 | CARPATHIAN RUNNERS | M30 | 75 | 02:00:55 | 03:43:11 | 03:50:27 | 04:42:28 | 04:44:58.30 | 04:45:06.20 | +01:53:55 (40.0%) | 8:25 | 7.1 (60.2%) |
| 160 | PIĘTKA Marta | 1360 | | K40 | 7 | 02:04:53 | 03:44:50 | 03:51:49 | 04:43:07 | 04:45:24.50 | 04:45:30.15 | +01:54:19 (40.0%) | 8:26 | 7.1 (60.2%) |
| 161 | WIDŁAK Krzysztof | 1066 | BIEGAM BEZ KLUBU | M30 | 76 | 02:10:26 | 03:54:42 | 04:00:35 | 04:43:26 | 04:45:31.70 | 04:45:57.65 | +01:54:46 (40.1%) | 8:26 | 7.1 (60.2%) |
| 162 | ŚWIERC Barbara | 1330 | MARCINSWIERCTEAM | K30 | 21 | 02:10:46 | 03:49:12 | 03:56:15 | 04:44:00 | 04:46:14.85 | 04:46:27.65 | +01:55:16 (40.2%) | 8:28 | 7.1 (60.2%) |
| 163 | ŻŁOBIŃSKI Tomasz | 1423 | 42K PRO TEAM | M30 | 77 | | | | | 04:46:29.00 | 04:46:29.00 | +01:55:17 (40.2%) | 8:28 | 7.1 (60.2%) |
| 164 | DZIEDZIC Andrzej | 1342 | ROAD TO ULTRA | M30 | 78 | 01:45:48 | 03:48:42 | 03:54:46 | 04:43:14 | 04:46:26.65 | 04:46:32.85 | +01:55:21 (40.3%) | 8:28 | 7.1 (60.2%) |
| 165 | MICHALAK Jacek | 1352 | OVIME RUN | M40 | 39 | 02:08:27 | 03:47:49 | 03:54:26 | 04:44:04 | 04:46:16.25 | 04:46:34.45 | +01:55:23 (40.3%) | 8:28 | 7.1 (60.2%) |
| 166 | WASIEWICZ Jolanta | 2163 | | K30 | 22 | 02:09:29 | 03:48:43 | 03:55:34 | 04:44:24 | 04:46:22.35 | 04:46:35.90 | +01:55:24 (40.3%) | 8:28 | 7.1 (60.2%) |
| 167 | RZESZOTARSKI Tomasz | 1447 | KTÓRĘDYNADMORSKIEOKO | M30 | 79 | 02:11:52 | 03:47:04 | 03:53:32 | 04:44:17 | 04:46:22.45 | 04:46:36.80 | +01:55:25 (40.3%) | 8:28 | 7.1 (60.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|--|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 168 | GONCERZEWICZ Anna | 1421 | ASICS FRONTRUNNER/STARE BABICE BIEGAJA | K40 | 8 | 02:12:12 | 03:50:41 | 03:57:10 | 04:45:20 | 04:47:21.70 | 04:47:46.10 | +01:56:35 (40.5%) | 8:30 | 7.1 (60.2%) |
| 169 | PRĘGOWSKI Michał | 1139 | STARE BABICE BIEGAJA / VEGE RUNNERS | M40 | 40 | 02:12:11 | 03:50:38 | 03:57:07 | 04:45:19 | 04:47:20.75 | 04:47:46.20 | +01:56:35 (40.5%) | 8:30 | 7.1 (60.2%) |
| 170 | FLEJSZAR Marcin | 1039 | | M30 | 80 | 02:11:52 | 03:50:55 | 03:56:54 | 04:45:09 | 04:47:17.60 | 04:47:48.50 | +01:56:37 (40.5%) | 8:29 | 7.1 (60.2%) |
| 171 | KRÓLICKI Konrad | 1056 | STG WARSZAWA | M40 | 41 | 02:15:51 | 03:50:50 | 03:58:16 | 04:45:47 | 04:47:38.70 | 04:47:49.65 | +01:56:38 (40.5%) | 8:30 | 7.1 (60.2%) |
| 172 | CABAJ Paweł | 1013 | NATIONALE NEDERLANDEN RUNING TEAM | M40 | 42 | 02:10:40 | 03:54:28 | 04:00:45 | 04:45:38 | 04:47:42.40 | 04:47:52.80 | +01:56:41 (40.5%) | 8:30 | 7 (59.3%) |
| 173 | PIECHOWIAK Mateusz | 1006 | Z GÓRKI I POD GÓRKĘ | M30 | 81 | 02:02:47 | 03:43:49 | 03:50:29 | 04:45:37 | 04:47:50.85 | 04:47:54.15 | +01:56:43 (40.5%) | 8:30 | 7 (59.3%) |
| 174 | KONIECKIEWICZ Adam | 1149 | SLOW JOGGING SIEDLCE | M30 | 82 | 02:00:28 | 03:49:11 | 03:54:49 | 04:46:07 | 04:48:07.70 | 04:48:21.40 | +01:57:10 (40.6%) | 8:31 | 7 (59.3%) |
| 175 | GALEWSKI Adrian | 1233 | | M30 | 83 | 02:07:08 | 03:51:09 | 03:57:34 | 04:46:42 | 04:48:45.75 | 04:49:14.55 | +01:58:03 (40.8%) | 8:32 | 7 (59.3%) |
| 176 | LASOTA Arkadiusz | 1027 | | M50 | 3 | 02:09:36 | 03:55:58 | 04:01:45 | 04:47:06 | 04:49:08.30 | 04:49:27.60 | +01:58:16 (40.9%) | 8:33 | 7 (59.3%) |
| 177 | SALIŃSKI Bartosz | 1169 | AUGUSTEAM | M30 | 84 | 02:10:15 | 03:52:25 | 03:58:51 | 04:47:24 | 04:49:37.35 | 04:49:37.35 | +01:58:26 (40.9%) | 8:34 | 7 (59.3%) |
| 178 | PEC Arkadiusz | 1144 | NAPRZÓD MŁOCINY | M50 | 4 | 02:04:46 | 03:49:15 | 03:56:13 | 04:48:06 | 04:50:15.15 | 04:50:22.15 | +01:59:11 (41.0%) | 8:35 | 7 (59.3%) |
| 179 | BARANOWSKI Robert | 1410 | | M50 | 5 | 02:08:29 | 03:54:51 | 04:01:20 | 04:48:29 | 04:50:19.35 | 04:50:37.55 | +01:59:26 (41.1%) | 8:35 | 7 (59.3%) |
| 180 | KRAWIEC Dominik | 1245 | | M30 | 85 | 02:13:41 | 03:54:03 | 04:00:06 | 04:48:50 | 04:51:02.45 | 04:51:15.55 | +02:00:04 (41.2%) | 8:36 | 7 (59.3%) |
| 181 | SOŁTAN Jan | 1310 | | M40 | 43 | 02:05:29 | 03:53:29 | 03:59:47 | 04:49:11 | 04:51:15.55 | 04:51:31.40 | +02:00:20 (41.3%) | 8:37 | 7 (59.3%) |
| 182 | CIRILLO Saverio | 1411 | | M30 | 86 | 02:10:58 | 03:52:44 | 03:58:57 | 04:49:02 | 04:51:00.15 | 04:51:37.80 | +02:00:26 (41.3%) | 8:36 | 7 (59.3%) |
| 183 | LASZCZYK Anna | 1408 | | K30 | 23 | 02:08:25 | 03:53:12 | 03:59:28 | 04:49:17 | 04:51:16.45 | 04:51:47.35 | +02:00:36 (41.3%) | 8:37 | 7 (59.3%) |
| 184 | SEROCZYŃSKI Piotr | 1237 | | M30 | 87 | 02:05:50 | 03:48:23 | 03:54:41 | 04:48:47 | 04:51:10.90 | 04:51:50.90 | +02:00:39 (41.3%) | 8:36 | 7 (59.3%) |
| 185 | RATAJCZAK Łukasz | 1363 | NIGHT RUNNERS | M40 | 44 | 02:11:01 | 03:50:59 | 03:57:44 | 04:49:26 | 04:51:50.40 | 04:51:57.10 | +02:00:46 (41.4%) | 8:38 | 6.9 (58.5%) |
| 186 | KORDYSZEWSKI Marek | 1232 | MGR | M40 | 45 | 02:17:16 | 03:54:47 | 04:01:34 | 04:50:29 | 04:52:29.35 | 04:52:29.35 | +02:01:18 (41.5%) | 8:39 | 6.9 (58.5%) |
| 187 | MAŁKOWSKI Tomasz | 1166 | GRUPA BIEGOWA 65 | M50 | 6 | 02:01:29 | 03:44:40 | 03:51:40 | 04:49:45 | 04:52:12.55 | 04:52:31.55 | +02:01:20 (41.5%) | 8:38 | 6.9 (58.5%) |
| 188 | OSTROWSKI Rafał | 1248 | AKTYWNIE - UZALEŻNIAMY | M40 | 46 | 02:10:40 | 03:54:07 | 04:01:25 | 04:50:41 | 04:52:42.90 | 04:53:08.75 | +02:01:57 (41.6%) | 8:39 | 6.9 (58.5%) |
| 189 | ZWOLIŃSKI Łukasz | 1432 | | M40 | 47 | 02:04:03 | 03:45:40 | 03:52:41 | 04:50:42 | 04:53:18.10 | 04:53:26.90 | +02:02:15 (41.7%) | 8:40 | 6.9 (58.5%) |
| 190 | WICINSKA-REUS Dominika | 1391 | PGE OBRÓT RUN | K40 | 9 | 02:22:21 | 03:55:46 | 04:01:56 | 04:51:23 | 04:53:12.00 | 04:53:38.75 | +02:02:27 (41.7%) | 8:40 | 6.9 (58.5%) |
| 191 | MAKÓWKA Justyna | 2166 | | K30 | 24 | 02:19:27 | 03:58:56 | 04:05:43 | 04:51:23 | 04:53:28.40 | 04:53:49.45 | +02:02:38 (41.7%) | 8:40 | 6.9 (58.5%) |
| 192 | TYLIŃSKI Jacek | 1086 | SŁOŃCE JURY | M40 | 48 | 02:10:05 | 03:52:24 | 03:58:41 | 04:51:41 | 04:54:00.35 | 04:54:22.80 | +02:03:11 (41.8%) | 8:41 | 6.9 (58.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--|-----------|------|-------------------------|----------------|----------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | Premia1 26.8km | Premia2 27.3km | 33.3km | | | | | |
| 193 | MIZGAŁA Łukasz | 1084 | STOWARZYSZENIE SPORTOWE SŁOŃCA JURY | M30 | 88 | 02:10:05 | 03:52:26 | 03:58:43 | 04:51:50 | 04:54:00.60 | 04:54:23.20 | +02:03:12 (41.9%) | 8:41 | 6.9 (58.5%) |
| 194 | PRZESMYCKI Krzysztof | 1374 | | M30 | 89 | 02:10:59 | 03:55:25 | 04:02:42 | 04:51:35 | 04:54:09.50 | 04:54:48.60 | +02:03:37 (41.9%) | 8:42 | 6.9 (58.5%) |
| 195 | MITIS Marek | 1271 | | M30 | 90 | 02:23:08 | 04:03:01 | 04:08:45 | 04:52:39 | 04:54:42.10 | 04:54:53.80 | +02:03:42 (42.0%) | 8:43 | 6.9 (58.5%) |
| 196 | ROŚŁON Cezary | 2165 | | M30 | 91 | 02:08:31 | 03:57:38 | 04:04:34 | 04:52:22 | 04:54:35.05 | 04:55:17.50 | +02:04:06 (42.0%) | 8:42 | 6.9 (58.5%) |
| 197 | ORIOŁAS Edgaras | 1299 | | M30 | 92 | 02:16:08 | 04:00:30 | 04:06:27 | 04:53:00 | 04:55:08.55 | 04:55:24.00 | +02:04:12 (42.0%) | 8:43 | 6.9 (58.5%) |
| 198 | RZĘDZIAN Marcin | 1038 | | M30 | 93 | 02:10:56 | 03:54:55 | 04:01:26 | 04:52:38 | 04:55:01.90 | 04:55:28.30 | +02:04:17 (42.1%) | 8:43 | 6.9 (58.5%) |
| 199 | GINTER Grzegorz | 1401 | AZS COLLEGIUM MEDICUM UJ | M30 | 94 | 02:15:20 | 03:56:29 | 04:03:25 | 04:53:58 | 04:56:05.60 | 04:56:13.55 | +02:05:02 (42.2%) | 8:45 | 6.8 (57.6%) |
| 200 | PARZNIEWSKI Maciej | 1347 | TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA | M40 | 49 | 02:18:16 | 03:57:57 | 04:02:35 | 04:53:46 | 04:55:50.10 | 04:56:41.00 | +02:05:29 (42.3%) | 8:45 | 6.9 (58.5%) |
| 201 | DULIBAN Tomasz | 1148 | BIEGAJ Z URSUSEM | M30 | 95 | 01:56:55 | 04:00:42 | 04:06:38 | 04:54:23 | 04:56:27.95 | 04:57:11.30 | +02:06:00 (42.4%) | 8:46 | 6.8 (57.6%) |
| 202 | CZARNECKI Bartłomiej | 1304 | UWAGA NA DZIADA | M40 | 50 | 02:13:11 | 03:57:55 | 04:04:39 | 04:54:18 | 04:56:27.60 | 04:57:14.70 | +02:06:03 (42.4%) | 8:46 | 6.8 (57.6%) |
| 203 | TROJNAR Daniel | 1089 | | M30 | 96 | 02:10:45 | 03:54:04 | 04:00:40 | 04:55:03 | 04:57:27.70 | 04:57:45.45 | +02:06:34 (42.5%) | 8:48 | 6.8 (57.6%) |
| 204 | MARCINKOWSKA Martyna | 1436 | | K30 | 25 | 02:20:47 | 04:03:15 | 04:09:39 | 04:55:19 | 04:57:20.60 | 04:57:50.50 | +02:06:39 (42.5%) | 8:47 | 6.8 (57.6%) |
| 205 | PELCZAR Joanna | 1444 | TRAIL IS OUR WAY TEAM | K30 | 26 | 02:11:08 | 03:56:53 | 04:03:48 | 04:56:01 | 04:58:05.70 | 04:58:16.70 | +02:07:05 (42.6%) | 8:49 | 6.8 (57.6%) |
| 206 | RAC Tomasz | 1449 | | M40 | 51 | 02:19:51 | 04:03:55 | 04:10:05 | 04:56:30 | 04:58:31.95 | 04:58:35.90 | +02:07:24 (42.7%) | 8:49 | 6.8 (57.6%) |
| 207 | JELEŃ Tomasz | 1135 | TRIWISE TRIATHLON TEAM/AZS AWF KRAKÓW | M40 | 52 | 02:16:05 | 04:02:33 | 04:09:29 | 04:55:57 | 04:57:57.20 | 04:58:38.95 | +02:07:27 (42.7%) | 8:48 | 6.8 (57.6%) |
| 208 | PENCONEK Agata | 1020 | | K30 | 27 | 02:15:30 | 03:56:28 | 04:03:13 | 04:56:56 | 04:59:02.75 | 04:59:18.20 | +02:08:07 (42.8%) | 8:50 | 6.8 (57.6%) |
| 209 | ŁĄCZ Małgorzata | 1258 | . | K40 | 10 | 02:13:05 | 03:57:54 | 04:05:02 | 04:56:35 | 04:58:57.80 | 04:59:26.50 | +02:08:15 (42.8%) | 8:50 | 6.8 (57.6%) |
| 210 | BARANOWSKI Szymon | 1096 | | M30 | 97 | 02:10:46 | 03:55:26 | 04:03:09 | 04:57:12 | 04:59:11.05 | 04:59:31.25 | +02:08:20 (42.8%) | 8:51 | 6.8 (57.6%) |
| 211 | BAKIERA Kamil | 1022 | | M30 | 98 | 02:12:34 | 03:57:09 | 04:04:24 | 04:58:16 | 04:59:59.45 | 05:00:20.50 | +02:09:09 (43.0%) | 8:52 | 6.8 (57.6%) |
| 212 | MAZUR Tomasz | 1339 | FARTLEK GO | M30 | 99 | 02:02:36 | 04:01:20 | 04:08:01 | 04:58:40 | 05:00:06.90 | 05:00:26.85 | +02:09:15 (43.0%) | 8:52 | 6.8 (57.6%) |
| 213 | ŁĘKAWA Sebastian | 1362 | AW - SZYBCIEJ TEAM | M40 | 53 | 02:20:21 | 04:04:39 | 04:11:47 | 04:58:45 | 05:00:41.30 | 05:01:02.65 | +02:09:51 (43.1%) | 8:53 | 6.7 (56.8%) |
| 214 | MORAWIEC Krzysztof | 1451 | HUNTERS OCR TEAM | M40 | 54 | 02:00:27 | 03:44:02 | 03:50:38 | 04:58:03 | 05:00:48.80 | 05:01:24.05 | +02:10:12 (43.2%) | 8:53 | 6.7 (56.8%) |
| 215 | KSIĄŻKIEWICZ Jacek | 1108 | CITY TRAIL TEAM | M40 | 55 | 02:16:24 | 04:01:03 | 04:07:43 | 04:57:12 | 05:02:12.55 | 05:02:38.80 | +02:11:27 (43.4%) | 8:56 | 6.7 (56.8%) |
| 216 | DOBRUT Krzysztof | 1419 | MIG ŚLIMAKI | M30 | 100 | 02:14:55 | 04:00:46 | 04:07:46 | 05:01:05 | 05:03:20.15 | 05:03:45.00 | +02:12:33 (43.6%) | 8:58 | 6.7 (56.8%) |
| 217 | AVERIN Pavel | 1150 | | M30 | 101 | 01:58:27 | 04:00:42 | 04:06:38 | 05:01:19 | 05:03:15.20 | 05:03:58.25 | +02:12:47 (43.7%) | 8:58 | 6.7 (56.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--------------------------------|-----------|------|-------------------------|----------------|----------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | Premia1 26.8km | Premia2 27.3km | 33.3km | | | | | |
| 218 | CZAJKOWSKI Krzysztof | 1090 | NAPRZÓD MŁOCINY | M30 | 102 | 02:12:44 | 04:03:22 | 04:10:14 | 05:01:51 | 05:03:54.85 | 05:04:04.90 | +02:12:53 (43.7%) | 8:59 | 6.7 (56.8%) |
| 219 | PAUZAITE Juste | 1286 | WILD SOULS | K20 | 6 | 02:12:56 | 04:00:12 | 04:06:26 | 05:01:22 | 05:03:28.10 | 05:04:06.60 | +02:12:55 (43.7%) | 8:58 | 6.7 (56.8%) |
| 220 | SZCZEPANIAK Michał | 1124 | | M30 | 103 | 02:11:22 | 04:02:33 | 04:10:15 | 05:01:48 | 05:04:09.95 | 05:04:33.90 | +02:13:22 (43.8%) | 8:59 | 6.7 (56.8%) |
| 221 | KAŻMIERCZAK Krzysztof | 1431 | | M40 | 56 | 02:07:05 | 04:01:20 | 04:08:13 | 05:02:37 | 05:04:56.15 | 05:05:05.05 | +02:13:53 (43.9%) | 9:01 | 6.7 (56.8%) |
| 222 | WEGNER Patrycja | 1007 | | K30 | 28 | 02:17:58 | 04:01:51 | 04:09:30 | 05:04:02 | 05:06:00.65 | 05:06:11.60 | +02:15:00 (44.1%) | 9:03 | 6.6 (55.9%) |
| 223 | JASEK Zofia | 1091 | | K30 | 29 | 02:12:24 | 04:02:48 | 04:09:42 | 05:03:47 | 05:05:51.55 | 05:06:25.65 | +02:15:14 (44.1%) | 9:02 | 6.6 (55.9%) |
| 224 | KIBART Antoni | 1167 | | M20 | 11 | 02:10:44 | 04:07:59 | 04:14:04 | 05:03:24 | 05:05:58.00 | 05:07:08.90 | +02:15:57 (44.3%) | 9:03 | 6.6 (55.9%) |
| 225 | KIBART Robert | 1175 | | M50 | 7 | 02:10:44 | 04:07:59 | 04:14:36 | 05:03:48 | 05:05:57.90 | 05:07:09.20 | +02:15:58 (44.3%) | 9:03 | 6.6 (55.9%) |
| 226 | DOBOSZ Daniel | 1392 | AZYMUT | M40 | 57 | 02:11:14 | 04:08:32 | 04:15:31 | 05:05:33 | 05:07:54.95 | 05:08:00.40 | +02:16:49 (44.4%) | 9:06 | 6.6 (55.9%) |
| 227 | BARANYI Zsuzsi | 1306 | ZSUZS RUNNING TEAM | K30 | 30 | 02:27:15 | 04:12:14 | 04:18:52 | 05:06:54 | 05:08:58.15 | 05:09:13.40 | +02:18:02 (44.6%) | 9:08 | 6.6 (55.9%) |
| 228 | NOWAK Michał | 1047 | KLUB LENIWYCH BIEGACZY | M30 | 104 | 02:20:01 | 04:14:10 | 04:20:56 | 05:06:57 | 05:09:02.85 | 05:09:35.10 | +02:18:24 (44.7%) | 9:08 | 6.6 (55.9%) |
| 229 | RAMA Andrzej | 1338 | TATOKUPA | M40 | 58 | 02:27:02 | 04:12:41 | 04:19:08 | 05:06:51 | 05:09:17.05 | 05:09:52.15 | +02:18:41 (44.8%) | 9:09 | 6.6 (55.9%) |
| 230 | SKOCZEK Tomasz | 1359 | | M40 | 59 | 02:18:45 | 04:08:15 | 04:14:30 | 05:07:30 | 05:09:50.85 | 05:10:09.20 | +02:18:58 (44.8%) | 9:10 | 6.5 (55.1%) |
| 231 | KURAS Olga | 1200 | NUNEK SPITFIRE | K30 | 31 | 02:23:39 | 04:12:11 | 04:19:33 | 05:07:59 | 05:09:51.05 | 05:10:18.35 | +02:19:07 (44.8%) | 9:10 | 6.5 (55.1%) |
| 232 | KRAWCZYK-DANAK Marta | 1234 | | K40 | 11 | 02:20:20 | 04:07:14 | 04:15:13 | 05:08:02 | 05:10:06.45 | 05:10:23.65 | +02:19:12 (44.8%) | 9:10 | 6.5 (55.1%) |
| 233 | BACZUK Jakub | 1045 | | M30 | 105 | 02:15:39 | 03:58:41 | 04:05:34 | 05:08:07 | 05:10:25.55 | 05:10:43.65 | +02:19:32 (44.9%) | 9:11 | 6.5 (55.1%) |
| 234 | BOJUR Renata | 1298 | | K50 | 2 | 02:14:39 | 04:06:03 | 04:13:13 | 05:09:10 | 05:11:18.75 | 05:11:27.40 | +02:20:16 (45.0%) | 9:12 | 6.5 (55.1%) |
| 235 | GŁADYSZ Jadwiga | 1102 | ADRHA | K60 | 1 | 02:23:52 | 04:10:26 | 04:18:17 | 05:09:08 | 05:11:11.00 | 05:11:29.80 | +02:20:18 (45.0%) | 9:12 | 6.5 (55.1%) |
| 236 | ISKRZYCKI Andrzej | 1393 | | M40 | 60 | 02:17:35 | 04:11:26 | 04:17:56 | 05:09:38 | 05:11:46.05 | 05:11:56.60 | +02:20:45 (45.1%) | 9:13 | 6.5 (55.1%) |
| 237 | LUDWIAK Michał | 1337 | T-MOBILE SPORT TEAM | M30 | 106 | 02:27:00 | 04:12:35 | 04:19:02 | 05:09:25 | 05:11:36.65 | 05:12:12.40 | +02:21:01 (45.2%) | 9:13 | 6.5 (55.1%) |
| 238 | GRZYMALA Sebastian | 1134 | KB RTVEUROAGD/BIEGAJ Z DYMKIEM | M40 | 61 | 02:09:34 | 03:56:13 | 04:03:24 | 05:10:01 | 05:12:36.60 | 05:12:43.70 | +02:21:32 (45.3%) | 9:14 | 6.5 (55.1%) |
| 239 | KRAJCZYŃSKI Jakub | 1182 | PKO BANK POLSKI | M40 | 62 | 02:15:43 | 04:11:07 | 04:18:47 | 05:10:33 | 05:12:50.00 | 05:13:25.75 | +02:22:14 (45.4%) | 9:15 | 6.5 (55.1%) |
| 240 | KACPEROWSKI Marcin | 1242 | | M40 | 63 | 02:08:29 | 03:51:42 | 03:58:14 | 05:09:38 | 05:12:58.70 | 05:13:26.35 | +02:22:15 (45.4%) | 9:15 | 6.5 (55.1%) |
| 241 | WOJCIECHOWSKI Tadeusz | 1293 | LULINEK | M30 | 107 | 02:19:44 | 04:07:43 | 04:14:51 | 05:10:03 | 05:12:38.20 | 05:13:27.40 | +02:22:16 (45.4%) | 9:14 | 6.5 (55.1%) |
| 242 | ZACHWIEJA Katarzyna | 1368 | | K50 | 3 | 02:18:01 | 04:11:26 | 04:18:26 | 05:10:39 | 05:12:55.90 | 05:13:34.20 | +02:22:23 (45.4%) | 9:15 | 6.5 (55.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|----------------------------|-----------|------|-------------------------|----------------|----------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | Premia1 26.8km | Premia2 27.3km | 33.3km | 33.8km | 33.8km | | | |
| 243 | KORNEK Łukasz | 1272 | | M40 | 64 | 02:15:45 | 04:06:08 | 04:13:55 | 05:12:22 | 05:14:41.95 | 05:15:22.70 | +02:24:11 (45.7%) | 9:18 | 6.4 (54.2%) |
| 244 | WIĘSEK Natalia | 1329 | | K30 | 32 | 02:19:05 | 04:15:41 | 04:23:14 | 05:13:50 | 05:16:05.65 | 05:16:22.30 | +02:25:11 (45.9%) | 9:21 | 6.4 (54.2%) |
| 245 | BACZYŃSKI Robert | 1062 | | M40 | 65 | 02:19:31 | 04:08:46 | 04:15:51 | 05:13:06 | 05:15:42.95 | 05:16:23.65 | +02:25:12 (45.9%) | 9:20 | 6.4 (54.2%) |
| 246 | STARZYŃSKI Stefan | 1085 | PERFECT RUNNER LUBLIN | M50 | 8 | 02:22:10 | 04:13:41 | 04:20:22 | 05:14:22 | 05:16:41.70 | 05:17:07.55 | +02:25:56 (46.0%) | 9:22 | 6.4 (54.2%) |
| 247 | BRZESKA Agata | 1208 | ŁOMIANKOWSKA GRUPA BIEGOWA | K40 | 12 | 02:15:46 | 04:11:09 | 04:18:48 | 05:15:49 | 05:17:55.65 | 05:18:29.90 | +02:27:18 (46.3%) | 9:24 | 6.4 (54.2%) |
| 248 | KUNA Aleksandra | 1355 | | K30 | 33 | 02:16:51 | 04:24:34 | 04:31:16 | 05:16:38 | 05:18:39.30 | 05:19:01.25 | +02:27:50 (46.3%) | 9:25 | 6.4 (54.2%) |
| 249 | SWAT Damian | 1318 | | M20 | 12 | 02:16:53 | 04:24:35 | 04:31:16 | 05:16:38 | 05:18:39.45 | 05:19:01.60 | +02:27:50 (46.3%) | 9:25 | 6.4 (54.2%) |
| 250 | WÓJCICKI Marcin | 1446 | ŁĘCZNA BIEGA | M40 | 66 | 02:13:21 | 04:11:27 | 04:18:41 | 05:16:35 | 05:18:54.00 | 05:19:17.20 | +02:28:06 (46.4%) | 9:26 | 6.4 (54.2%) |
| 251 | WOJTUŃ Dawid | 1109 | | M30 | 108 | 02:16:37 | 04:13:43 | 04:18:42 | 05:17:06 | 05:18:45.95 | 05:19:30.05 | +02:28:18 (46.4%) | 9:25 | 6.4 (54.2%) |
| 252 | WÓJCIK Bernard | 1430 | TĘTNO PULSU | M30 | 109 | 02:20:04 | 04:12:07 | 04:19:11 | 05:16:48 | 05:19:09.90 | 05:19:30.20 | +02:28:19 (46.4%) | 9:26 | 6.4 (54.2%) |
| 253 | JELEŃ Bartłomiej | 1029 | PĘDZĄCY JELEŃ | M30 | 110 | 02:17:24 | 04:17:00 | 04:23:48 | 05:17:44 | 05:19:44.85 | 05:20:04.25 | +02:28:53 (46.5%) | 9:27 | 6.3 (53.4%) |
| 254 | GREŃ Krzysztof | 1257 | | M50 | 9 | 02:25:43 | 04:14:09 | 04:21:18 | 05:17:39 | 05:19:49.50 | 05:20:19.80 | +02:29:08 (46.6%) | 9:27 | 6.3 (53.4%) |
| 255 | GARCZYK Przemysław | 1077 | KB GALOPUJĄCE ŚLIMAKI | M30 | 111 | 02:15:05 | 04:06:18 | 04:14:49 | 05:17:40 | 05:20:16.80 | 05:20:26.60 | +02:29:15 (46.6%) | 9:28 | 6.3 (53.4%) |
| 256 | ZIMECKI Michał | 1156 | | M40 | 67 | 02:22:00 | 04:20:03 | 04:26:04 | 05:19:11 | 05:21:09.50 | 05:21:49.70 | +02:30:38 (46.8%) | 9:30 | 6.3 (53.4%) |
| 257 | NAMACZYŃSKI-KAPAŁA Brunon | 1239 | | M30 | 112 | 02:19:03 | 04:19:01 | 04:24:52 | 05:19:17 | 05:21:19.45 | 05:21:56.75 | +02:30:45 (46.8%) | 9:30 | 6.3 (53.4%) |
| 258 | CHMIELAK Agata | 1409 | | K30 | 34 | 02:19:47 | 04:22:51 | 04:30:06 | 05:19:56 | 05:21:44.35 | 05:22:14.05 | +02:31:02 (46.9%) | 9:31 | 6.3 (53.4%) |
| 259 | POCIĘGIEL Michał | 1282 | SKAWINA BIEGA | M40 | 68 | 02:20:44 | 04:16:22 | 04:21:46 | 05:19:43 | 05:21:44.55 | 05:22:32.60 | +02:31:21 (46.9%) | 9:31 | 6.3 (53.4%) |
| 260 | DĄBKOWSKI Tomasz | 1295 | AKTYWNI UZALEŻNIAMY | M40 | 69 | 02:20:09 | 04:15:58 | 04:22:56 | 05:20:58 | 05:23:02.75 | 05:23:29.70 | +02:32:18 (47.1%) | 9:33 | 6.3 (53.4%) |
| 261 | KARASEK Mariusz | 1083 | | M50 | 10 | 02:16:20 | 04:20:07 | 04:26:37 | 05:21:28 | 05:23:39.60 | 05:23:56.70 | +02:32:45 (47.2%) | 9:34 | 6.3 (53.4%) |
| 262 | ADAMCZYK Łukasz | 1251 | 3XL | M40 | 70 | 02:17:15 | 04:22:57 | 04:29:31 | 05:21:41 | 05:23:39.85 | 05:24:12.10 | +02:33:01 (47.2%) | 9:34 | 6.3 (53.4%) |
| 263 | ZIOMBKA Kuba | 1101 | WAWRZYNTTEAM | M40 | 71 | 02:18:48 | 04:16:59 | 04:25:28 | 05:21:51 | 05:24:10.35 | 05:24:25.35 | +02:33:14 (47.2%) | 9:35 | 6.3 (53.4%) |
| 264 | ZAWADA Damian | 1370 | | M30 | 113 | 02:24:48 | 04:20:06 | 04:27:40 | 05:25:04 | 05:27:03.60 | 05:27:36.90 | +02:36:25 (47.7%) | 9:40 | 6.2 (52.5%) |
| 265 | ZAJDEL Szczepan | 1106 | | M30 | 114 | 02:21:31 | 04:15:14 | 04:23:05 | 05:24:51 | 05:27:16.65 | 05:27:54.80 | +02:36:43 (47.8%) | 9:40 | 6.2 (52.5%) |
| 266 | BIEL Kinga | 1288 | | K30 | 35 | 02:23:57 | 04:20:22 | 04:27:56 | 05:25:10 | 05:27:32.35 | 05:27:56.00 | +02:36:44 (47.8%) | 9:41 | 6.2 (52.5%) |
| 267 | GODEK Tomasz | 1212 | | M50 | 11 | 02:24:23 | 04:28:25 | 04:35:47 | 05:26:11 | 05:28:04.30 | 05:28:18.15 | +02:37:07 (47.9%) | 9:42 | 6.2 (52.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|------------------------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 268 | CENTNAR Pawel | 1244 | SALOS KRAKÓW | M30 | 115 | 02:15:51 | 04:13:13 | 04:21:26 | 05:24:54 | 05:27:55.30 | 05:28:34.50 | +02:37:23 (47.9%) | 9:42 | 6.2 (52.5%) |
| 269 | CYBA Rafał | 1367 | RAFKI SNOW&ROCK | M20 | 13 | 02:18:22 | 04:19:46 | 04:25:29 | 05:26:00 | 05:28:22.60 | 05:28:42.55 | +02:37:31 (47.9%) | 9:42 | 6.2 (52.5%) |
| 270 | CYBA Piotr | 1163 | | M50 | 12 | 02:18:20 | 04:19:42 | 04:25:59 | 05:25:55 | 05:28:19.85 | 05:28:42.75 | +02:37:31 (47.9%) | 9:42 | 6.2 (52.5%) |
| 271 | PAŹDZIERNIK Michał | 299 | | M20 | 14 | 02:18:19 | 04:20:01 | 04:26:00 | 05:26:41 | 05:28:46.65 | 05:29:08.00 | +02:37:56 (48.0%) | 9:43 | 6.2 (52.5%) |
| 272 | ZASADNI Andrzej | 1088 | | M30 | 116 | 02:25:11 | 04:23:33 | 04:30:38 | 05:26:48 | 05:28:59.95 | 05:29:11.95 | +02:38:00 (48.0%) | 9:43 | 6.2 (52.5%) |
| 273 | MATYSIAK Jakub | 1141 | STG WARSZAWA | M30 | 117 | 02:24:31 | 04:21:32 | 04:28:05 | 05:26:42 | 05:29:10.00 | 05:29:26.15 | +02:38:15 (48.0%) | 9:44 | 6.2 (52.5%) |
| 274 | PĘCIAK Katarzyna | 2532 | | K30 | 36 | 02:29:58 | 04:26:05 | 04:33:07 | 05:26:51 | 05:29:21.45 | 05:29:49.55 | +02:38:38 (48.1%) | 9:44 | 6.2 (52.5%) |
| 275 | WRONA Kamila | 1343 | | K20 | 7 | 02:22:36 | 04:30:11 | 04:37:17 | 05:27:51 | 05:29:38.35 | 05:29:51.55 | +02:38:40 (48.1%) | 9:45 | 6.2 (52.5%) |
| 276 | WILARY Robert | 1371 | SZWAGRY TEAM | M50 | 13 | 02:13:33 | 04:18:13 | 04:25:50 | 05:27:42 | 05:29:53.60 | 05:30:22.00 | +02:39:10 (48.2%) | 9:45 | 6.1 (51.7%) |
| 277 | NAWROT Waldek | 1364 | J U V E R U N | M50 | 14 | 02:16:16 | 04:15:34 | 04:21:56 | 05:27:41 | 05:30:00.05 | 05:30:27.40 | +02:39:16 (48.2%) | 9:45 | 6.1 (51.7%) |
| 278 | GWÓŹDŹ Paweł | 1241 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | M20 | 15 | 02:19:14 | 04:21:00 | 04:28:46 | 05:28:27 | 05:30:42.60 | 05:30:50.25 | +02:39:39 (48.3%) | 9:47 | 6.1 (51.7%) |
| 279 | BARYCZA Bogumił | 1312 | | M40 | 72 | 02:21:28 | 04:27:36 | 04:33:56 | 05:29:04 | 05:31:35.40 | 05:32:14.95 | +02:41:03 (48.5%) | 9:48 | 6.1 (51.7%) |
| 280 | LESZCZYNSKI Bartłomiej | 1098 | LASY WAWERSKIE | M30 | 118 | 02:20:48 | 04:16:07 | 04:23:57 | 05:29:24 | 05:32:08.30 | 05:32:20.00 | +02:41:08 (48.5%) | 9:49 | 6.1 (51.7%) |
| 281 | URBASZEWSKI Sławomir | 1126 | BIEGAM BO LUBIE | M50 | 15 | 02:18:34 | 04:16:23 | 04:24:12 | 05:29:34 | 05:32:01.40 | 05:32:38.35 | +02:41:27 (48.5%) | 9:49 | 6.1 (51.7%) |
| 282 | WRÓBEL Grzegorz | 1073 | BYLE DO METY | M40 | 73 | 02:21:26 | 04:27:28 | 04:34:55 | 05:29:52 | 05:32:02.35 | 05:32:41.65 | +02:41:30 (48.5%) | 9:49 | 6.1 (51.7%) |
| 283 | KULA Damian | 1040 | SKPB KATOWICE | M30 | 119 | 02:20:01 | 04:17:16 | 04:26:07 | 05:29:55 | 05:32:10.45 | 05:32:42.50 | +02:41:31 (48.5%) | 9:49 | 6.1 (51.7%) |
| 284 | PAŁKA Łukasz | 1252 | 3XL | M40 | 74 | 02:29:54 | 04:31:45 | 04:39:33 | 05:30:53 | 05:32:53.20 | 05:33:27.90 | +02:42:16 (48.7%) | 9:50 | 6.1 (51.7%) |
| 285 | OTRĘBA-SZKLARCZYK Agnieszka | 1078 | FURBS | K30 | 37 | 02:27:34 | 04:23:49 | 04:31:29 | 05:31:21 | 05:33:26.80 | 05:33:59.85 | +02:42:48 (48.7%) | 9:51 | 6.1 (51.7%) |
| 286 | HOLIK Iwona | 1399 | GGB | K40 | 13 | 02:31:02 | 04:33:48 | 04:41:20 | 05:31:54 | 05:34:02.05 | 05:34:21.70 | +02:43:10 (48.8%) | 9:52 | 6.1 (51.7%) |
| 287 | MIKSA Sławomir | 1349 | | M50 | 16 | 02:23:50 | 04:29:12 | 04:38:02 | 05:31:41 | 05:33:40.65 | 05:34:35.85 | +02:43:24 (48.8%) | 9:52 | 6.1 (51.7%) |
| 288 | JAROSZ Krzysztof | 1254 | | M40 | 75 | 02:16:02 | 04:18:02 | 04:26:30 | 05:32:17 | 05:34:25.95 | 05:34:42.45 | +02:43:31 (48.9%) | 9:53 | 6.1 (51.7%) |
| 289 | GLINKA Agnieszka | 1302 | BRAVEHEARTS LEGIONOWO | K40 | 14 | 02:29:28 | 04:30:25 | 04:38:33 | 05:32:10 | 05:34:33.55 | 05:34:58.90 | +02:43:47 (48.9%) | 9:53 | 6.1 (51.7%) |
| 290 | SZUSZKIEWICZ Marzena | 1154 | | K50 | 4 | 02:29:27 | 04:30:25 | 04:38:33 | 05:32:09 | 05:34:34.30 | 05:34:59.15 | +02:43:48 (48.9%) | 9:53 | 6.1 (51.7%) |
| 291 | MICHALAK Ildar | 1033 | | M40 | 76 | 02:32:42 | 04:38:44 | 04:45:53 | 05:32:48 | 05:34:37.70 | 05:35:03.35 | +02:43:52 (48.9%) | 9:53 | 6.1 (51.7%) |
| 292 | JĘDRZEJCZYK Agnieszka | 1995 | | K50 | 5 | 02:28:36 | 04:32:11 | 04:39:32 | 05:33:42 | 05:35:54.75 | 05:36:21.50 | +02:45:10 (49.1%) | 9:56 | 6 (50.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|---|-------------|----------------------------|-----------|------|-------------------------------|----------|----------|----------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 293 | AUGUŚCIK Mariusz | 1456 | | M60 | 3 | 02:28:36 | 04:32:14 | 04:39:30 | 05:33:46 | 05:35:54.60 | 05:36:21.55 | +02:45:10 (49.1%) | 9:56 | 6 (50.8%) |
| 294 | ZAWADZKI Piotr | 1042 | | M30 | 120 | 02:25:28 | 04:27:14 | 04:35:00 | 05:34:03 | 05:36:23.25 | 05:36:37.90 | +02:45:26 (49.1%) | 9:57 | 6 (50.8%) |
| 295 | KUTYŁA Stanisław | 1344 | ORANGE POLSKA | M50 | 17 | 02:31:18 | 04:29:16 | 04:36:42 | 05:33:46 | 05:36:19.55 | 05:36:59.75 | +02:45:48 (49.2%) | 9:57 | 6 (50.8%) |
| 296 | KUTYŁA Agnieszka | 1345 | NIEPOŁOMICE BIEGAJĄ | K50 | 6 | 02:31:18 | 04:29:15 | 04:37:19 | 05:33:46 | 05:36:19.35 | 05:36:59.85 | +02:45:48 (49.2%) | 9:57 | 6 (50.8%) |
| 297 | BEDNAREK Remigiusz | 1160 | STG WARSZAWA | M30 | 121 | 02:11:23 | 04:09:31 | 04:21:22 | 05:34:41 | 05:37:07.25 | 05:37:18.50 | +02:46:07 (49.2%) | 9:58 | 6 (50.8%) |
| 298 | NAWROCKA Natalia | 1031 | | K30 | 38 | 02:31:17 | 04:27:36 | 04:35:18 | 05:34:33 | 05:37:26.95 | 05:37:54.20 | +02:46:43 (49.3%) | 9:58 | 6 (50.8%) |
| 299 | MICHALCZYK Anna | 1202 | NAPRZÓD MŁOCINY | K40 | 15 | 02:30:18 | 04:30:46 | 04:38:56 | 05:35:52 | 05:38:10.15 | 05:38:21.50 | +02:47:10 (49.4%) | 10:00 | 6 (50.8%) |
| 300 | BUJNOWSKA Eliza | 1250 | | K40 | 16 | 02:26:51 | 04:34:19 | 04:41:27 | 05:36:17 | 05:38:22.20 | 05:38:40.50 | +02:47:29 (49.5%) | 10:00 | 6 (50.8%) |
| 300 | GOLEBIOWSKI Michał | 1280 | TEAM ZABIEGANEDNI | M40 | 77 | 02:26:49 | 04:34:14 | 04:42:48 | 05:36:06 | 05:38:20.05 | 05:38:40.50 | +02:47:29 (49.5%) | 10:00 | 6 (50.8%) |
| 302 | ZIAJKO Zuza | 1340 | | K40 | 17 | 02:26:49 | 04:34:16 | 04:41:26 | 05:36:07 | 05:38:21.05 | 05:38:40.60 | +02:47:29 (49.5%) | 10:00 | 6 (50.8%) |
| 303 | KOZŁOWSKI Szymon | 1320 | | M40 | 78 | 02:18:23 | 04:32:11 | 04:38:39 | 05:36:29 | 05:38:47.10 | 05:38:55.80 | +02:47:44 (49.5%) | 10:01 | 6 (50.8%) |
| 304 | SZLACHCIC Tomasz | 1429 | TĘTNO PULSU | M30 | 122 | 02:27:46 | 04:28:20 | 04:36:30 | 05:36:16 | 05:38:35.05 | 05:38:58.55 | +02:47:47 (49.5%) | 10:01 | 6 (50.8%) |
| 305 | PODLEWSKI Wojciech | 1008 | KS SPORTIVA | M50 | 18 | 02:25:06 | 04:33:19 | 04:41:05 | 05:36:49 | 05:39:42.05 | 05:39:44.65 | +02:48:33 (49.6%) | 10:03 | 6 (50.8%) |
| 306 | SZCZOTKA Katarzyna | 1095 | | K20 | 8 | 02:28:06 | 04:24:46 | 04:34:13 | 05:36:53 | 05:39:27.75 | 05:39:48.65 | +02:48:37 (49.6%) | 10:02 | 6 (50.8%) |
| 307 | KOŁODZIEJCZYK Marta | 1003 | ŁĘCZNA BIEGA | K40 | 18 | 02:25:47 | 04:32:33 | 04:40:20 | 05:37:09 | 05:39:31.85 | 05:39:52.30 | +02:48:41 (49.6%) | 10:02 | 6 (50.8%) |
| 307 | WÓJCICKA Agnieszka | 1133 | ŁĘCZNA BIEGA | K40 | 18 | 02:25:46 | 04:32:33 | 04:39:25 | 05:37:09 | 05:39:31.85 | 05:39:52.30 | +02:48:41 (49.6%) | 10:02 | 6 (50.8%) |
| 309 | PASTUSZAK Ewa | 1424 | ŁĘCZNA BIEGA | K40 | 20 | 02:25:46 | 04:32:33 | 04:40:20 | 05:37:09 | 05:39:31.10 | 05:39:52.80 | +02:48:41 (49.6%) | 10:02 | 6 (50.8%) |
| 310 | ŻYLIŃSKA Urszula | 1207 | | K50 | 7 | 02:31:41 | 04:34:03 | 04:41:05 | 05:37:22 | 05:39:37.05 | 05:40:07.05 | +02:48:55 (49.7%) | 10:02 | 6 (50.8%) |
| 311 | KIFNER Hubert | 1178 | BIEGIEM PO WINO | M40 | 79 | 02:25:23 | 04:31:47 | 04:38:39 | 05:37:11 | 05:39:23.10 | 05:40:07.90 | +02:48:56 (49.7%) | 10:02 | 6 (50.8%) |
| 312 | RADŁOWSKA Mariola | 1012 | #PROSECCOTEAM | K30 | 39 | 02:32:40 | 04:38:40 | 04:46:25 | 05:38:10 | 05:40:23.60 | 05:40:49.90 | +02:49:38 (49.8%) | 10:04 | 6 (50.8%) |
| 313 | ADAMCZAK Hanna | 1171 | KB SUPERMARATOŃCZYK KALISZ | K30 | 40 | 02:32:41 | 04:38:45 | 04:46:43 | 05:38:10 | 05:40:23.95 | 05:40:50.20 | +02:49:39 (49.8%) | 10:04 | 6 (50.8%) |
| 314 | ADAMCZAK Damian | 1170 | X | M40 | 80 | 02:32:44 | 04:38:48 | 04:46:44 | 05:38:12 | 05:40:25.85 | 05:40:51.00 | +02:49:39 (49.8%) | 10:04 | 6 (50.8%) |
| 315 | KRYJAK Tomasz | 1194 | | M30 | 123 | 02:38:05 | 04:33:16 | 04:40:44 | 05:39:07 | 05:41:41.25 | 05:42:25.25 | +02:51:14 (50.0%) | 10:06 | 5.9 (50.0%) |
| 316 | SYPNIEWSKA- LEWANDOWSKA Aleksandra | 1107 | TRIDEA TEAM | K30 | 41 | 02:19:51 | 04:27:50 | 04:33:41 | 05:40:24 | 05:42:47.85 | 05:42:52.40 | +02:51:41 (50.1%) | 10:08 | 5.9 (50.0%) |
| 317 | BOCIAĞ Szymon | 1159 | | M40 | 81 | 02:19:52 | 04:27:54 | 04:33:43 | 05:40:24 | 05:42:46.65 | 05:42:52.45 | +02:51:41 (50.1%) | 10:08 | 5.9 (50.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------------|-----------|------|-------------------------|----------------|----------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | Premia1 26.8km | Premia2 27.3km | 33.3km | | | | | |
| 318 | ISKIERKO Michał | 1143 | TRIDEA | M30 | 124 | 02:19:53 | 04:27:56 | 04:33:45 | 05:40:26 | 05:42:50.65 | 05:42:55.50 | +02:51:44 (50.1%) | 10:08 | 5.9 (50.0%) |
| 319 | TOMASIAK Adam | 1192 | KB HARCOWNIK | M20 | 16 | 02:29:23 | 04:35:25 | 04:42:04 | 05:40:32 | 05:42:57.60 | 05:42:57.60 | +02:51:46 (50.1%) | 10:08 | 5.9 (50.0%) |
| 320 | STACHURSKI Paweł | 1050 | KRÓLOWIE ŻYCIA | M30 | 125 | 02:24:04 | 04:25:33 | 04:33:11 | 05:39:46 | 05:42:15.00 | 05:43:00.20 | +02:51:49 (50.1%) | 10:07 | 5.9 (50.0%) |
| 321 | FABISIAK Ewa | 1321 | ROZBIEGANY SULEJÓWEK | K50 | 8 | 02:32:23 | 04:32:48 | 04:40:32 | 05:41:58 | 05:44:41.25 | 05:44:59.25 | +02:53:48 (50.4%) | 10:11 | 5.9 (50.0%) |
| 322 | KACZOR Damian | 1218 | | M20 | 17 | 02:17:31 | 04:29:32 | 04:38:51 | 05:41:47 | 05:44:33.90 | 05:45:14.55 | +02:54:03 (50.4%) | 10:11 | 5.9 (50.0%) |
| 323 | ZAJĄC Aga | 1253 | 77CATS_ULTRA | K40 | 21 | 02:31:06 | 04:33:48 | 04:41:30 | 05:42:29 | 05:45:00.20 | 05:45:20.05 | +02:54:08 (50.4%) | 10:12 | 5.9 (50.0%) |
| 324 | STACHYRA Andrzej | 1081 | LSB | M50 | 19 | | | | 05:43:10 | 05:45:29.30 | 05:45:29.30 | +02:54:18 (50.5%) | 10:13 | 5.9 (50.0%) |
| 325 | STACHYRA Bartłomiej | 1082 | | M20 | 18 | | | | 05:43:10 | 05:45:29.60 | 05:45:29.60 | +02:54:18 (50.5%) | 10:13 | 5.9 (50.0%) |
| 326 | JONCZAK Radosław | 1046 | AKTYWNIIE UZALEŻNIAMY | M50 | 20 | 02:20:12 | 04:31:48 | 04:39:21 | 05:43:08 | 05:45:22.90 | 05:45:51.90 | +02:54:40 (50.5%) | 10:13 | 5.9 (50.0%) |
| 327 | SZCZEŚNIAK Agnieszka | 1420 | SB SOBOLE | K40 | 22 | 02:31:37 | 04:38:23 | 04:45:43 | 05:44:34 | 05:46:54.70 | 05:47:00.20 | +02:55:49 (50.7%) | 10:15 | 5.8 (49.2%) |
| 328 | SOBULSKI Karol | 1418 | SB SOBOLE | M40 | 82 | 02:31:35 | 04:38:53 | 04:45:41 | 05:44:30 | 05:46:54.10 | 05:47:00.30 | +02:55:49 (50.7%) | 10:15 | 5.8 (49.2%) |
| 329 | ZARĘBA Jarosław | 1187 | | M50 | 21 | 02:21:54 | 04:41:14 | 04:49:00 | 05:44:19 | 05:46:30.80 | 05:47:14.80 | +02:56:03 (50.7%) | 10:15 | 5.9 (50.0%) |
| 329 | WIERBŁOWICZ Dariusz | 1190 | | M50 | 21 | 02:21:49 | 04:41:14 | 04:48:59 | 05:44:17 | 05:46:31.90 | 05:47:14.80 | +02:56:03 (50.7%) | 10:15 | 5.9 (50.0%) |
| 331 | BACZA Agnieszka | 1128 | ŁĘCZNA BIEGA | K30 | 42 | 02:38:13 | 04:41:35 | 04:49:24 | 05:44:36 | 05:46:53.45 | 05:47:14.85 | +02:56:03 (50.7%) | 10:15 | 5.8 (49.2%) |
| 332 | NOWAK Kamil | 2536 | LYDENTI TEAM | M20 | 19 | 02:33:58 | 04:43:56 | 04:49:39 | 05:45:22 | 05:47:24.00 | 05:48:16.45 | +02:57:05 (50.8%) | 10:16 | 5.8 (49.2%) |
| 333 | SEROCZYNSKI Marek | 1240 | | M30 | 126 | 02:28:20 | 04:31:51 | 04:39:37 | 05:45:33 | 05:48:15.60 | 05:48:54.10 | +02:57:43 (50.9%) | 10:18 | 5.8 (49.2%) |
| 334 | GZULA Beata | 1094 | TEAM PARSZCZYŃSKICH | K50 | 9 | 02:37:52 | 04:46:33 | 04:52:41 | 05:47:00 | 05:49:02.95 | 05:49:17.65 | +02:58:06 (51.0%) | 10:19 | 5.8 (49.2%) |
| 335 | SZALEWICZ Ewa | 1184 | ŁOMIANKOWSKA GRUPA BIEGOWA | K40 | 23 | 02:36:20 | 04:43:56 | 04:52:12 | 05:46:49 | 05:49:03.90 | 05:49:37.90 | +02:58:26 (51.0%) | 10:19 | 5.8 (49.2%) |
| 336 | LARWA Paweł | 1079 | | M30 | 127 | 02:28:47 | 04:38:58 | 04:46:42 | 05:48:53 | 05:51:38.50 | 05:51:57.80 | +03:00:46 (51.4%) | 10:24 | 5.8 (49.2%) |
| 337 | ŻERKO Marcin | 1036 | | M40 | 83 | 02:37:25 | 04:46:45 | 04:53:33 | 05:49:55 | 05:52:16.55 | 05:53:03.30 | +03:01:52 (51.5%) | 10:25 | 5.8 (49.2%) |
| 338 | RADZIWANOWSKI Agata | 1402 | | K40 | 24 | 02:26:57 | 04:26:08 | 04:33:47 | 05:50:26 | 05:53:27.95 | 05:53:33.70 | +03:02:22 (51.6%) | 10:27 | 5.7 (48.3%) |
| 339 | CHOMA Grażyna | 1168 | PĘDZĄCELENIWCE | K40 | 25 | 02:31:49 | 04:44:22 | 04:51:58 | 05:50:41 | 05:53:05.30 | 05:53:41.15 | +03:02:30 (51.6%) | 10:26 | 5.7 (48.3%) |
| 340 | KSIĄŻEK Danuta | 1113 | | K40 | 26 | 02:46:32 | 04:54:49 | 05:00:42 | 05:51:50 | 05:54:14.65 | 05:54:50.25 | +03:03:39 (51.8%) | 10:28 | 5.7 (48.3%) |
| 340 | KSIĄŻEK Tomasz | 1114 | | M40 | 84 | 02:46:32 | 04:54:48 | 05:00:40 | 05:51:50 | 05:54:14.50 | 05:54:50.25 | +03:03:39 (51.8%) | 10:28 | 5.7 (48.3%) |
| 342 | KRÓL Przemysław | 1067 | FENOMEN | M40 | 85 | 02:39:11 | 04:42:41 | 04:50:55 | 05:53:01 | 05:55:25.30 | 05:56:05.80 | +03:04:54 (51.9%) | 10:30 | 5.7 (48.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-------------------------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 343 | MARONKA Agnieszka | 2369 | | K50 | 10 | 02:34:30 | 04:45:21 | 04:53:12 | 05:53:14 | 05:56:04.10 | 05:56:08.95 | +03:04:57 (51.9%) | 10:32 | 5.7 (48.3%) |
| 344 | BALCERZAK Krysia | 1277 | DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ | K40 | 27 | 02:37:12 | 04:45:07 | 04:52:36 | 05:53:54 | 05:56:02.65 | 05:56:14.95 | +03:05:03 (51.9%) | 10:32 | 5.7 (48.3%) |
| 345 | KADZIDŁOWSKA Aleksandra | 1290 | | K40 | 28 | 02:36:56 | 04:45:07 | 04:52:28 | 05:53:55 | 05:56:02.80 | 05:56:15.10 | +03:05:04 (51.9%) | 10:32 | 5.7 (48.3%) |
| 346 | TUREK Paweł | 1051 | PRIN-S | M50 | 23 | 02:37:04 | 04:45:43 | 04:53:52 | 05:52:55 | 05:55:51.20 | 05:56:30.60 | +03:05:19 (52.0%) | 10:31 | 5.7 (48.3%) |
| 347 | WYCECH Paweł | 1198 | | M30 | 128 | 02:37:04 | 04:45:43 | 04:53:48 | 05:52:59 | 05:55:51.15 | 05:56:30.95 | +03:05:19 (52.0%) | 10:31 | 5.7 (48.3%) |
| 348 | ZDUNEK Małgorzata | 1119 | #NOLIMITS | K40 | 29 | 02:36:33 | 04:44:10 | 04:53:21 | 05:55:54 | 05:58:29.25 | 05:59:01.65 | +03:07:50 (52.3%) | 10:36 | 5.7 (48.3%) |
| 349 | CIEŚLAK Aleksandra | 1189 | SKPG KRAKÓW | K20 | 9 | 02:40:20 | 04:49:24 | 04:55:55 | 05:56:04 | 05:58:41.10 | 05:59:17.45 | +03:08:06 (52.4%) | 10:36 | 5.7 (48.3%) |
| 350 | BREMER Helena | 1197 | | K30 | 43 | 02:40:19 | 04:49:34 | 04:57:24 | 05:56:11 | 05:58:41.85 | 05:59:17.75 | +03:08:06 (52.4%) | 10:36 | 5.7 (48.3%) |
| 351 | MILCZAREK Marta | 1129 | | K30 | 44 | 02:38:16 | 04:50:22 | 04:58:36 | 05:56:09 | 05:58:41.65 | 05:59:25.10 | +03:08:14 (52.4%) | 10:36 | 5.7 (48.3%) |
| 352 | ROCZNIK Grzegorz | 1219 | FIZJOAKTIVA/BBL KRAKÓW | M40 | 86 | 02:37:39 | 04:51:54 | 05:00:11 | 05:59:10 | 06:01:27.50 | 06:02:10.10 | +03:10:59 (52.7%) | 10:41 | 5.6 (47.5%) |
| 353 | SZYDŁOWSKA Agata | 1216 | 2ROWERY.COM.PL | K40 | 30 | 02:33:52 | 04:44:25 | 04:52:21 | 05:59:16 | 06:01:56.15 | 06:02:34.95 | +03:11:23 (52.8%) | 10:42 | 5.6 (47.5%) |
| 354 | PIATKOWSKI Michał | 1270 | CROSSFIT MOKOTÓW | M40 | 87 | 02:22:58 | 04:50:42 | 04:58:54 | 05:59:33 | 06:02:07.55 | 06:02:35.45 | +03:11:24 (52.8%) | 10:42 | 5.6 (47.5%) |
| 355 | ZAJĄC Anna | 1123 | | K40 | 31 | 02:31:09 | 04:53:20 | 05:01:51 | 05:59:35 | 06:02:09.85 | 06:02:36.80 | +03:11:25 (52.8%) | 10:42 | 5.6 (47.5%) |
| 356 | CIEPLIŃSKA Wioletta | 1025 | NAPRZÓD MŁOCINY | K50 | 11 | 02:36:22 | 04:53:35 | 05:00:23 | 06:00:37 | 06:03:01.90 | 06:03:32.20 | +03:12:21 (52.9%) | 10:44 | 5.6 (47.5%) |
| 357 | BIENIAS Joanna | 1103 | MIĘDZYRZECKIE GAZELE | K40 | 32 | 02:38:17 | 04:52:11 | 05:00:08 | 06:00:44 | 06:03:00.90 | 06:03:33.40 | +03:12:22 (52.9%) | 10:44 | 5.6 (47.5%) |
| 357 | SIKORSKA Izabela | 1021 | MIĘDZYRZECKIE GAZELE | K40 | 32 | 02:38:15 | 04:52:53 | 05:00:32 | 06:00:43 | 06:03:00.10 | 06:03:33.40 | +03:12:22 (52.9%) | 10:44 | 5.6 (47.5%) |
| 357 | GANDECKA Beata | 1072 | MIĘDZYRZECKIE GAZELE | K40 | 32 | 02:39:26 | 04:52:13 | 05:00:29 | 05:59:02 | 06:03:02.05 | 06:03:33.40 | +03:12:22 (52.9%) | 10:44 | 5.6 (47.5%) |
| 360 | GAŁKOWSKI Marcin | 1275 | LUMBERJACKS CROSS GARAGE | M30 | 129 | 02:39:09 | 04:51:52 | 04:59:27 | 06:02:27 | 06:04:39.80 | 06:04:56.70 | +03:13:45 (53.1%) | 10:47 | 5.6 (47.5%) |
| 361 | JASZEWSKI Tomasz | 2162 | | M40 | 88 | 02:34:32 | 04:49:21 | 04:56:35 | 06:01:50 | 06:04:32.10 | 06:05:08.75 | +03:13:57 (53.1%) | 10:47 | 5.6 (47.5%) |
| 362 | ZWIERSZCHOWSKA Katarzyna | 1398 | | K40 | 35 | 02:42:31 | 04:53:12 | 05:01:26 | 06:02:47 | 06:05:03.70 | 06:05:29.65 | +03:14:18 (53.2%) | 10:48 | 5.6 (47.5%) |
| 363 | LUBSZCZYK Adrian | 1348 | | M30 | 130 | 02:35:36 | 04:57:54 | 05:06:13 | 06:05:15 | 06:07:33.70 | 06:08:14.65 | +03:17:03 (53.5%) | 10:52 | 5.5 (46.6%) |
| 364 | KRZECZKOWSKI Roman | 1127 | BIEGOWA ŚWIDNICA/CUDO KOMBUCHA TEAM | M50 | 24 | 02:42:12 | 04:53:56 | 05:01:36 | 06:05:39 | 06:08:16.25 | 06:08:59.15 | +03:17:48 (53.6%) | 10:53 | 5.5 (46.6%) |
| 365 | STARZYŃSKA Marta | 1060 | PERFECT RUNNER LUBLIN | K50 | 12 | 02:41:03 | 05:00:14 | 05:08:05 | 06:07:22 | 06:09:39.15 | 06:10:08.05 | +03:18:56 (53.8%) | 10:56 | 5.5 (46.6%) |
| 366 | TOKARZ Jerzy | 1138 | BIEGAMBOLUBIĘ | M60 | 4 | 02:34:14 | 04:51:21 | 05:00:33 | 06:07:21 | 06:10:13.30 | 06:10:55.15 | +03:19:44 (53.8%) | 10:57 | 5.5 (46.6%) |
| 367 | SPRINGER Marta | 1314 | NIGHT RUNNERS | K30 | 45 | 02:54:22 | 05:02:26 | 05:11:13 | 06:09:03 | 06:11:33.10 | 06:12:02.60 | +03:20:51 (54.0%) | 10:59 | 5.5 (46.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|----------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 368 | FIREK Rafał | 1365 | BRAK | M40 | 89 | 01:51:18 | 05:17:16 | 05:23:37 | 06:12:54 | 06:14:52.15 | 06:14:55.60 | +03:23:44 (54.3%) | 11:05 | 5.4 (45.8%) |
| 369 | JASIŃSKI Jarosław | 1076 | SŁOŃCA JURY | M30 | 131 | 02:43:08 | 05:04:58 | 05:12:31 | 06:12:47 | 06:15:10.80 | 06:15:33.90 | +03:24:22 (54.4%) | 11:05 | 5.4 (45.8%) |
| 370 | SULIGA Wioletta | 1172 | AUGUSTEAM | K40 | 36 | 02:51:15 | 05:06:47 | 05:15:03 | 06:14:09 | 06:16:37.90 | 06:16:46.25 | +03:25:35 (54.6%) | 11:08 | 5.4 (45.8%) |
| 371 | JODKO Magda | 1301 | | K50 | 13 | 02:46:20 | 05:01:53 | 05:10:23 | 06:15:31 | 06:17:53.70 | 06:18:11.70 | +03:27:00 (54.7%) | 11:10 | 5.4 (45.8%) |
| 372 | ROGÓZ Michał | 1331 | TĘTNO PULSU | M30 | 132 | 02:27:46 | 04:48:36 | 04:56:05 | 06:15:40 | 06:18:22.40 | 06:18:46.20 | +03:27:35 (54.8%) | 11:11 | 5.4 (45.8%) |
| 373 | HETEL Beata | 1445 | | K30 | 46 | 02:50:07 | 05:05:54 | 05:14:12 | 06:16:49 | 06:19:22.10 | 06:19:54.35 | +03:28:43 (54.9%) | 11:13 | 5.3 (44.9%) |
| 374 | SKRZYPEK Robert | 1093 | BIEGNIJ Z PROSERVICE | M50 | 25 | 02:38:47 | 05:11:03 | 05:18:40 | 06:19:35 | 06:22:00.70 | 06:22:48.35 | +03:31:37 (55.3%) | 11:18 | 5.3 (44.9%) |
| 375 | ZUWAŁA Anna | 1009 | RAGNAR TEAM | K40 | 37 | 02:50:27 | 05:06:50 | 05:14:37 | 06:21:26 | 06:24:12.40 | 06:24:22.45 | +03:33:11 (55.5%) | 11:22 | 5.3 (44.9%) |
| 376 | ZUWAŁA Robert | 1004 | RAGNAR TEAM | M50 | 26 | 02:50:27 | 05:06:50 | 05:14:35 | 06:21:25 | 06:24:12.05 | 06:24:22.55 | +03:33:11 (55.5%) | 11:22 | 5.3 (44.9%) |
| 377 | SREBRO Przemysław | 1389 | SIETAR | M30 | 133 | 02:49:28 | 05:08:51 | 05:16:40 | 06:21:19 | 06:24:14.25 | 06:24:47.05 | +03:33:35 (55.5%) | 11:22 | 5.3 (44.9%) |
| 378 | POŁĘĆ Grzegorz | 1074 | | M60 | 5 | 02:55:03 | 05:12:55 | 05:21:01 | 06:21:33 | 06:24:40.70 | 06:25:14.00 | +03:34:02 (55.6%) | 11:22 | 5.3 (44.9%) |
| 379 | STUZIŃSKI Dawid | 1303 | | M30 | 134 | 02:34:57 | 04:47:01 | 04:55:07 | 06:22:25 | 06:25:18.20 | 06:25:38.95 | +03:34:27 (55.6%) | 11:23 | 5.3 (44.9%) |
| 380 | HAWLENA Marcin | 1075 | LUBIĘ BURPEES'Y | M50 | 27 | 02:41:01 | 05:03:32 | 05:10:34 | 06:23:46 | 06:26:26.05 | 06:26:35.60 | +03:35:24 (55.7%) | 11:25 | 5.2 (44.1%) |
| 381 | WIERTELORZ Paweł | 1195 | UNICORN BB | M40 | 90 | 02:40:59 | 05:03:24 | 05:10:37 | 06:23:11 | 06:26:26.95 | 06:26:35.75 | +03:35:24 (55.7%) | 11:25 | 5.2 (44.1%) |
| 382 | TARGOSZ Justyna | 1152 | UNICORN BB | K30 | 47 | 02:40:58 | 05:03:23 | 05:10:32 | 06:23:10 | 06:26:27.10 | 06:26:36.30 | +03:35:25 (55.7%) | 11:26 | 5.2 (44.1%) |
| 383 | MISIOROWSKI Marcin | 1052 | STARE WILKI | M40 | 91 | 02:41:51 | 05:10:19 | 05:17:17 | 06:25:17 | 06:27:38.90 | 06:28:24.85 | +03:37:13 (55.9%) | 11:28 | 5.2 (44.1%) |
| 384 | ŚLIWOWSKI Marcin | 1057 | STARE WILKI | M40 | 92 | 02:41:59 | 05:10:20 | 05:17:46 | 06:25:06 | 06:27:39.70 | 06:28:25.65 | +03:37:14 (55.9%) | 11:28 | 5.2 (44.1%) |
| 385 | BERNAT Sebastian | 1049 | STARE WILKI | M40 | 93 | 02:41:53 | 05:08:10 | 05:14:46 | 06:25:16 | 06:27:41.05 | 06:28:25.95 | +03:37:14 (55.9%) | 11:28 | 5.2 (44.1%) |
| 386 | JĘDRAS Łukasz | 1063 | | M40 | 94 | 02:46:20 | 05:19:55 | 05:28:18 | 06:27:47 | 06:30:16.60 | 06:30:41.40 | +03:39:30 (56.2%) | 11:32 | 5.2 (44.1%) |
| 387 | KAPAŁKA Krzysztof | 1068 | GROMNIK RUN TEAM | M60 | 6 | 02:36:10 | 05:03:26 | 05:13:00 | 06:28:00 | 06:31:37.65 | 06:32:10.95 | +03:40:59 (56.4%) | 11:35 | 5.2 (44.1%) |
| 388 | TOKARSKI Rafał | 1372 | | M40 | 95 | 02:52:33 | 05:11:41 | 05:20:21 | 06:30:08 | 06:32:58.80 | 06:33:19.85 | +03:42:08 (56.5%) | 11:37 | 5.2 (44.1%) |
| 389 | KUCHNO Tadeusz | 1384 | KW KRAKÓW | M50 | 28 | 02:46:32 | 05:17:18 | 05:25:14 | 06:32:08 | 06:34:45.65 | 06:35:09.75 | +03:43:58 (56.7%) | 11:40 | 5.1 (43.2%) |
| 390 | MALEC Basia | 1032 | SPARTA LUBLIN | K60 | 2 | 02:51:37 | 05:21:18 | 05:28:15 | 06:32:58 | 06:35:44.60 | 06:35:59.05 | +03:44:47 (56.8%) | 11:42 | 5.1 (43.2%) |
| 391 | WARDA Agnieszka | 1028 | SPARTA LUBLIN | K40 | 38 | 02:59:49 | 05:21:19 | 05:29:06 | 06:32:54 | 06:35:44.95 | 06:35:59.70 | +03:44:48 (56.8%) | 11:42 | 5.1 (43.2%) |
| 392 | FLORCZAK Zdzisław | 1369 | MOCNA GRUPA CEZARA | M70 | 1 | 03:02:38 | 05:30:13 | 05:37:30 | 06:37:16 | 06:39:48.05 | 06:40:29.60 | +03:49:18 (57.3%) | 11:49 | 5.1 (43.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na Przehybie | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|------------------------------|-----------|------|-------------------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 14.7km | 26.8km | 27.3km | 33.3km | | | | | |
| 393 | WOROSZYŁO Monika | 1229 | RYKOWISKO | K40 | 39 | 02:52:16 | 05:18:00 | 05:26:46 | 06:40:41 | 06:42:52.45 | 06:43:20.10 | +03:52:09 (57.6%) | 11:55 | 5 (42.4%) |
| 394 | BOCIĄGA Andrzej | 1316 | | M30 | 135 | 02:53:43 | 05:17:51 | 05:26:27 | 06:40:05 | 06:43:11.75 | 06:43:46.40 | +03:52:35 (57.6%) | 11:55 | 5 (42.4%) |
| 395 | SZYMBORSKI Piotr | 123 | KS AZS AWF KRAKÓW | M40 | 96 | 02:34:37 | 05:00:54 | 05:08:00 | 06:40:30 | 06:43:20.35 | 06:43:54.15 | +03:52:43 (57.6%) | 11:55 | 5 (42.4%) |
| 396 | KASTELIK Mariusz | 1205 | ZADYSZKA OŚWIĘCIM | M40 | 97 | 02:28:55 | 05:22:05 | 05:32:49 | 06:41:27 | 06:44:05.25 | 06:44:09.50 | +03:52:58 (57.6%) | 11:57 | 5 (42.4%) |
| 397 | KOSTRZEWA Wojciech | 2339 | ZADYSZKA OŚWIĘCIM/OSTR STAFF | M40 | 98 | 02:28:55 | 05:22:03 | 05:32:46 | 06:41:28 | 06:44:07.60 | 06:44:12.15 | +03:53:01 (57.6%) | 11:57 | 5 (42.4%) |
| 398 | WRÓBLEWSKI Borys | 1087 | | M30 | 136 | 02:37:23 | 05:19:25 | 05:28:55 | 06:41:32 | 06:44:12.10 | 06:44:27.95 | +03:53:16 (57.7%) | 11:57 | 5 (42.4%) |
| 399 | JANEK Piotr | 1308 | | M30 | 137 | 02:57:41 | 05:30:56 | 05:38:19 | 06:45:25 | 06:48:01.35 | 06:48:39.35 | +03:57:28 (58.1%) | 12:04 | 5 (42.4%) |
| 400 | WOJTKOWIAK Łukasz | 1146 | BIEGACZAMATOR | M40 | 99 | 02:57:32 | 05:30:57 | 05:38:18 | 06:45:20 | 06:48:17.50 | 06:48:56.10 | +03:57:45 (58.1%) | 12:04 | 5 (42.4%) |
| 401 | DOBRZYŃSKI Marek | 1024 | RUN FORREST | M40 | 100 | 02:52:07 | 05:19:14 | 05:28:42 | 06:46:35 | 06:49:48.20 | 06:50:10.45 | +03:58:59 (58.3%) | 12:07 | 4.9 (41.5%) |
| 402 | BIĄŁOKOS Anna | 1428 | | K40 | 40 | 03:09:52 | 05:28:25 | 05:38:02 | 06:47:06 | 06:49:39.55 | 06:50:16.70 | +03:59:05 (58.3%) | 12:07 | 5 (42.4%) |
| 403 | PERKOWSKI Tomasz | 1412 | EUROCASH | M40 | 101 | 03:09:51 | 05:28:23 | 05:36:09 | 06:46:56 | 06:49:39.30 | 06:50:16.75 | +03:59:05 (58.3%) | 12:07 | 5 (42.4%) |
| 404 | DOMINIAK-LESZCZYŃSKA Elżbieta | 1118 | LASY WAWERSKIE | K60 | 3 | 03:00:09 | 05:26:00 | 05:34:13 | 06:47:25 | 06:50:31.50 | 06:50:45.00 | +03:59:33 (58.3%) | 12:08 | 4.9 (41.5%) |
| 405 | DROSIO Katarzyna | 1037 | | K40 | 41 | 03:02:28 | 05:38:16 | 05:48:00 | 06:48:25 | 06:50:53.95 | 06:51:19.30 | +04:00:08 (58.4%) | 12:09 | 4.9 (41.5%) |
| 406 | KULAWIŃSKI Marek | 1274 | | M50 | 29 | 02:45:36 | 05:38:33 | 05:47:29 | 06:48:00 | 06:50:41.60 | 06:51:26.90 | +04:00:15 (58.4%) | 12:09 | 4.9 (41.5%) |
| 407 | ZYGMUNT Monika | 1191 | | K50 | 14 | 02:56:11 | 05:23:02 | 05:34:58 | 06:48:23 | 06:51:26.70 | 06:51:59.20 | +04:00:48 (58.4%) | 12:10 | 4.9 (41.5%) |
| 408 | RYMON-LIPIŃSKI Robert | 1153 | LUBIĘ CHRUŚCIKI | M30 | 138 | 02:50:08 | 05:25:48 | 05:34:44 | 06:50:04 | 06:52:36.10 | 06:53:20.50 | +04:02:09 (58.6%) | 12:12 | 4.9 (41.5%) |
| 409 | STACHANCZYK Wojciech | 1070 | MATNER RUNNING TEAM | M40 | 102 | 03:10:22 | 05:38:02 | 05:47:54 | 06:50:57 | 06:53:58.05 | 06:54:39.50 | +04:03:28 (58.7%) | 12:14 | 4.9 (41.5%) |
| 410 | HRONOWSKI Piotr | 1284 | KITOWCY | M20 | 20 | 02:55:09 | 05:36:37 | 05:44:41 | 06:53:38 | 06:56:05.90 | 06:56:24.20 | +04:05:13 (58.9%) | 12:18 | 4.9 (41.5%) |
| 411 | KRÓL Natalia | 1285 | KITOWCY | K20 | 10 | 02:55:09 | 05:36:35 | 05:44:38 | 06:53:37 | 06:56:05.40 | 06:56:24.30 | +04:05:13 (58.9%) | 12:18 | 4.9 (41.5%) |
| 412 | RÓŻAŃSKA Renata | 1017 | | K40 | 42 | 02:59:51 | 05:51:00 | 06:00:12 | 06:58:34 | 07:00:46.15 | 07:00:53.00 | +04:09:41 (59.3%) | 12:26 | 4.8 (40.7%) |
| 413 | FRAIS-LIGAJ Agnieszka | 1264 | NOLIMITS | K50 | 15 | 02:56:11 | 05:30:30 | 05:39:50 | 07:02:07 | 07:04:25.00 | 07:04:57.25 | +04:13:46 (59.7%) | 12:33 | 4.8 (40.7%) |
| 414 | GREC Klaudia | 1440 | HUSARIA RACE TEAM | K30 | 48 | 02:50:29 | 05:43:42 | 05:53:37 | 07:02:22 | 07:04:52.45 | 07:05:23.05 | +04:14:11 (59.8%) | 12:34 | 4.8 (40.7%) |
| 415 | KONCA Beata | 1351 | KB OŻARÓW MAZOWIECKI BIEGA | K40 | 43 | 03:04:14 | 05:48:14 | 05:58:46 | 07:07:09 | 07:09:44.05 | 07:10:16.75 | +04:19:05 (60.2%) | 12:42 | 4.7 (39.8%) |
| 416 | KAPAŁKA Bożena | 1041 | GROMNIK RUN TEAM | K50 | 16 | 03:10:39 | 05:49:06 | 05:58:05 | 07:21:04 | 07:24:09.45 | 07:24:43.80 | +04:33:32 (61.5%) | 13:08 | 4.6 (39.0%) |
| 417 | LEWANDOWSKA Monika | 1035 | | K40 | 44 | 03:00:17 | 05:51:03 | 06:00:12 | 07:24:39 | 07:27:12.95 | 07:27:20.25 | +04:36:09 (61.7%) | 13:13 | 4.5 (38.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Schronisko na | | | | Czas netto 33.8km | Czas brutto 33.8km | Różn | Tempo min/km | Tempo km/h |
|---|----------------------------|-------------|--|-----------|------|---------------------|-------------------|-------------------|----------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| | | | | | | Przehybie 14.7km | Premia1 26.8km | Premia2 27.3km | 33.3km | | | | | |
| 418 | SZWARC Anna | 1255 | | K40 | 45 | 03:00:17 | 05:51:15 | 06:00:11 | 07:24:37 | 07:27:12.90 | 07:27:20.50 | +04:36:09 (61.7%) | 13:13 | 4.5 (38.1%) |
| 419 | WALASEK Przemysław | 1381 | | M40 | 103 | 03:02:39 | 05:51:03 | 06:01:56 | 07:43:35 | 07:47:11.75 | 07:47:42.70 | +04:56:31 (63.4%) | 13:49 | 4.3 (36.4%) |
| 420 | BŁASZCZYK Magdalena | 1378 | KUŹNIA TRIATHLONU | K30 | 49 | 03:28:40 | 06:15:15 | 06:25:07 | 07:49:30 | 07:52:19.70 | 07:52:48.10 | +05:01:37 (63.8%) | 13:58 | 4.3 (36.4%) |
| 421 | BUROKAS Tomasz | 1382 | WILD SOULS | M30 | 139 | 02:37:21 | 06:48:02 | 06:56:05 | 07:56:41 | 07:59:14.05 | 07:59:52.45 | +05:08:41 (64.3%) | 14:10 | 4.2 (35.6%) |
| Przekroczony limit czasu: 08:00:00 | | | | | | | | | | | | | | |
| 422 | ZALESKA Aneta | 1179 | ŁOMIANKOWSKA GRUPA BIEGOWA | K40 | 46 | 02:49:51 | 07:36:48 | 07:45:29 | 08:50:02 | 08:52:29.65 | 08:53:04.35 | +06:01:53 (67.9%) | 15:45 | 3.8 (32.2%) |
| 423 | WIEDRO Małgorzata | 1356 | WKURW-TEAM/BIEGNĘ ,ŻEBY BARTEK MÓGL BIEGAĆ | K40 | 47 | 03:16:43 | 07:24:54 | 07:33:46 | 08:53:13 | 08:56:27.55 | 08:56:35.85 | +06:05:24 (68.1%) | 15:52 | 3.8 (32.2%) |
| 424 | SITKO Tomasz | 1376 | FUNDACJA RAKNROLL | M30 | 140 | 04:03:36 | 07:34:12 | 07:48:44 | | 09:27:10.95 | 09:28:02.05 | +06:36:50 (69.9%) | 16:46 | 3.6 (30.5%) |
| | WALKOSZ Mateusz | 1452 | #SOBASTEAM | M30 | | 01:36:30 DNF | DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | ŚLIWA Arkadiusz | 1297 | . | M30 | | 02:00:28 DNF | DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | WIECZOREK Ola | 1018 | | K30 | | 02:11:34 DNF | DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | NIZIOLEK Marek | 1404 | ZADYSZKA | M50 | | 02:27:15 DNF | DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | KOCIOŁEK Andrzej | 1151 | | M50 | | 02:29:10 DNF | DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 429 wynik(ów)