

Tropem Wilczym. WYNIKI ZAWODÓW

10 km

Organizator: Stowarzyszenie Pro-Run Wrocław

Termin: 26.02.2017

Miejsce: Wrocław

Dystans: 10 km

KOBIEТЫ (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|----------------------------|-----------|---------------------------------|---------------------|-------------|-----------------|------------|-----------------------|-------|--------------|----------|
| 10 km KATEGORIA:K50 | | | | | | | | | | |
| 1 | 456 | BLASZAK Renata | KRAKÓW | POL | | 65 | K50/1 | (K)77 | 01:05:58 | 06.35 |
| 2 | 419 | URBAŃSKA-KRAWCZYK Izabela | KAMIENIEC | POL | | 58 | K50/2 | (K)78 | 01:05:59 | 06.35 |
| 10 km KATEGORIA:K40 | | | | | | | | | | |
| 1 | 420 | PAWLIKOWSKA Anna | WROCLAW | POL | | 74 | K40/1 | (K)5 | 00:48:33 | 04.51 |
| 2 | 214 | RUDNICKA Agnieszka | KROTOSZYN | POL | | 74 | K40/2 | (K)10 | 00:50:26 | 05.02 |
| 3 | 579 | WRÓBLEWSKA-CWENAR Dorota | WROCLAW | POL | | 71 | K40/3 | (K)12 | 00:51:12 | 05.07 |
| 4 | 243 | ŁUKOWICZ Aneta | WROCLAW | POL | | 74 | K40/4 | (K)17 | 00:52:35 | 05.15 |
| 5 | 580 | ANTCZAK Riwana | WROCLAW | POL | | 68 | K40/5 | (K)20 | 00:53:06 | 05.18 |
| 6 | 536 | LUBAŃSKA Alicja | BUKOWICE | POL | | 68 | K40/6 | (K)21 | 00:53:23 | 05.20 |
| 7 | 328 | PTASZYŃSKA Joanna | WROCLAW | POL | | 68 | K40/7 | (K)23 | 00:54:18 | 05.25 |
| 8 | 557 | JASTRZĘBSKA Agnieszka | WROCLAW | POL | | 72 | K40/8 | (K)29 | 00:54:55 | 05.29 |
| 9 | 652 | SIKOŃ-WILCZYŃSKA Magdalena | WROCLAW | POL | | 75 | K40/9 | (K)30 | 00:55:19 | 05.31 |
| 10 | 499 | JASTRZĘBSKA Dorota | DLUGOLEKA | POL | | 74 | K40/10 | (K)31 | 00:55:25 | 05.32 |
| 11 | 467 | WRÓBEL Agnieszka | WROCLAW | POL | | 76 | K40/11 | (K)44 | 00:58:00 | 05.48 |
| 12 | 212 | TABISZ Marlena | WROCLAW | POL | | 75 | K40/12 | (K)47 | 00:58:42 | 05.52 |
| 13 | 323 | RYBA Magdalena | TRZEBNICA | POL | | 77 | K40/13 | (K)51 | 01:00:31 | 06.03 |
| 14 | 364 | HEBZDA Elżbieta | WROCLAW | POL | | 76 | K40/14 | (K)52 | 01:00:43 | 06.04 |
| 15 | 363 | SMOLANA-FRYCZ Anna | WROCLAW | POL | | 75 | K40/15 | (K)54 | 01:00:46 | 06.04 |
| 16 | 586 | SOBCZYK Ewa | WROCLAW | POL | | 74 | K40/16 | (K)59 | 01:01:55 | 06.11 |
| 17 | 649 | SOKÓŁ Katarzyna | DĘBNO | POL | | 72 | K40/17 | (K)60 | 01:02:03 | 06.12 |
| 18 | 258 | GRYSZPIŃSKA Alicja | WROCLAW | POL | | 72 | K40/18 | (K)64 | 01:02:24 | 06.14 |
| 19 | 272 | NOWAK Jolanta | WROCLAW | POL | | 69 | K40/19 | (K)66 | 01:02:39 | 06.15 |
| 20 | 576 | LISIEWICZ-KALETA Agata | WROCLAW | POL | | 72 | K40/20 | (K)67 | 01:03:04 | 06.18 |
| 21 | 378 | ŁAWNIK Małgorzata | STANOWICE | POL | | 71 | K40/21 | (K)87 | 01:10:26 | 07.02 |
| 22 | 558 | KORBA Iwona | BIELANY WROCLAWSKIE | POL | | 70 | K40/22 | (K)90 | 01:13:00 | 07.18 |
| 10 km KATEGORIA:K30 | | | | | | | | | | |
| 1 | 538 | ROMANÓW Marta | WROCLAW | POL | | 86 | K30/1 | (K)3 | 00:47:54 | 04.47 |
| 2 | 440 | PIATEK Magda | WROCLAW | POL | | 84 | K30/2 | (K)6 | 00:48:46 | 04.52 |
| 3 | 459 | HRYBKOWSKA Agnieszka | WROCLAW | POL | | 82 | K30/3 | (K)7 | 00:48:49 | 04.52 |
| 4 | 354 | KORYCIŃSKA Marta | NOWA RUDA | POL | | 85 | K30/4 | (K)14 | 00:51:18 | 05.07 |
| 5 | 556 | KEŚY Dominika | WROCLAW | POL | | 85 | K30/5 | (K)15 | 00:51:22 | 05.08 |
| 6 | 287 | LEWANDOWSKA Anita | WROCLAW | POL | | 85 | K30/6 | (K)18 | 00:52:41 | 05.16 |
| 7 | 294 | ZALUPSKA Ewa | MIROSLAWICE | POL | | 85 | K30/7 | (K)19 | 00:52:45 | 05.16 |
| 8 | 585 | MARTOWSKA Barbara | WROCLAW | POL | | 78 | K30/8 | (K)22 | 00:54:03 | 05.24 |
| 9 | 360 | NYCHOWSKA-SZCZEREPA Karolina | LEŚNA | POL | | 81 | K30/9 | (K)25 | 00:54:24 | 05.26 |
| 10 | 436 | BEDNAREK Anna | SYCÓW | POL | | 79 | K30/10 | (K)27 | 00:54:46 | 05.28 |
| 11 | 474 | NOSKO Ewa | WROCLAW | POL | | 87 | K30/11 | (K)32 | 00:55:34 | 05.33 |
| 12 | 229 | KORACH Patrycja | WROCLAW | POL | | 84 | K30/12 | (K)34 | 00:55:41 | 05.34 |
| 13 | 496 | PUDŁO Kamila | OBORNIKI ŚLĄSKIE | POL | | 83 | K30/13 | (K)36 | 00:56:06 | 05.36 |
| 14 | 361 | ZDEB Barbara | OPOLE | POL | | 85 | K30/14 | (K)37 | 00:56:13 | 05.37 |
| 15 | 416 | WIERZBICKA Agata | WROCLAW | POL | | 85 | K30/15 | (K)39 | 00:56:23 | 05.38 |
| 16 | 368 | SKOTNY Barbara | WROCLAW | POL | | 83 | K30/16 | (K)42 | 00:57:42 | 05.46 |
| 17 | 208 | ŚWIRSKA Anna | STRZELIN | POL | | 80 | K30/17 | (K)43 | 00:57:59 | 05.47 |
| 18 | 519 | WISNIEWSKA Magdalena | LEGNICA | POL | | 80 | K30/18 | (K)49 | 00:59:20 | 05.56 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (K) Sex | Czas Time | [min/km] |
|----------------------------|--------|-------------------------|---------------------|----------|--------------|---------|--------------------|---------|-----------|----------|
| 19 | 351 | OJEWSKA Elżbieta | WYKROTY | | POL | 79 | K30/19 | (K)55 | 01:00:57 | 06.05 |
| 20 | 670 | CHMIELEWSKA Iwona | WROCLAW | | POL | 80 | K30/20 | (K)56 | 01:01:09 | 06.06 |
| 21 | 551 | KULIK Joanna | WROCLAW | | POL | 84 | K30/21 | (K)57 | 01:01:09 | 06.06 |
| 22 | 332 | PASZEK Maja | WROCLAW | | POL | 80 | K30/22 | (K)58 | 01:01:42 | 06.10 |
| 23 | 282 | JĘDRZEJAK-CZAJA Izabela | OSTRÓW WIELKOPOLSKI | | POL | 83 | K30/23 | (K)71 | 01:04:40 | 06.28 |
| 24 | 561 | WOJTALIK Magdalena | WROCLAW | | POL | 83 | K30/24 | (K)73 | 01:05:02 | 06.30 |
| 25 | 559 | ORŁOWSKA Joanna | WROCLAW | | POL | 84 | K30/25 | (K)76 | 01:05:58 | 06.35 |
| 26 | 478 | KRAS Małgorzata | WROCLAW | | POL | 86 | K30/26 | (K)80 | 01:08:39 | 06.51 |
| 27 | 460 | CERBA Beata | OŁAWA | | POL | 79 | K30/27 | (K)81 | 01:08:40 | 06.52 |
| 28 | 305 | DOBIELSKA Katarzyna | WROCLAW | | POL | 82 | K30/28 | (K)88 | 01:10:29 | 07.02 |
| 10 km KATEGORIA:K20 | | | | | | | | | | |
| 1 | 480 | FIGARSKA Anna | ŚRODA ŚLĄSKA | | POL | 88 | K20/1 | (K)1 | 00:45:17 | 04.31 |
| 2 | 425 | DRAŻEWSKA Monika | | | POL | 90 | K20/2 | (K)4 | 00:47:59 | 04.47 |
| 3 | 630 | ŁUCZAK Justyna | WROCLAW | | POL | 96 | K20/3 | (K)8 | 00:49:04 | 04.54 |
| 4 | 373 | KULIGOWSKA Małgorzata | WROCLAW | | POL | 89 | K20/4 | (K)11 | 00:50:33 | 05.03 |
| 5 | 548 | PASIECZNA Anna | RAWICZ | | POL | 90 | K20/5 | (K)13 | 00:51:17 | 05.07 |
| 6 | 382 | KUBISIAK Marta | OSTRÓW WLKP | | POL | 92 | K20/6 | (K)16 | 00:51:56 | 05.11 |
| 7 | 502 | MALESZKA Weronika | CHELM | | POL | 90 | K20/7 | (K)26 | 00:54:40 | 05.28 |
| 8 | 491 | WAŹROBIOŃSKA Izabela | WROCLAW | | POL | 91 | K20/8 | (K)28 | 00:54:47 | 05.28 |
| 9 | 219 | BARANOWSKA Angelika | LWÓWEK ŚLĄSKI | | POL | 91 | K20/9 | (K)33 | 00:55:36 | 05.33 |
| 10 | 220 | NIEMIEC Aneta | WROCLAW | | POL | 90 | K20/10 | (K)35 | 00:55:58 | 05.35 |
| 11 | 383 | GAWEŁ Katarzyna | WROCLAW | | POL | 91 | K20/11 | (K)40 | 00:57:13 | 05.43 |
| 12 | 425 | GAJEK Aleksandra | WROCLAW | | POL | 94 | K20/12 | (K)41 | 00:57:18 | 05.43 |
| 13 | 625 | PTAK Paulina | CHOCIANÓW | | POL | 92 | K20/13 | (K)45 | 00:58:13 | 05.49 |
| 14 | 555 | PRZYBYŁ Angelika | WROCLAW | | POL | 88 | K20/14 | (K)46 | 00:58:21 | 05.50 |
| 15 | 340 | GIEINIBOR Katarzyna | BRZEZINA | | POL | 89 | K20/15 | (K)50 | 01:00:24 | 06.02 |
| 16 | 400 | GARBATY Anna | WROCLAW | | POL | 92 | K20/16 | (K)53 | 01:00:44 | 06.04 |
| 17 | 239 | BAKOWICZ Anna | RADOMSKO | | POL | 90 | K20/17 | (K)61 | 01:02:04 | 06.12 |
| 18 | 302 | LECH Kamila | WROCLAW | | POL | 97 | K20/18 | (K)62 | 01:02:19 | 06.13 |
| 19 | 632 | NOWICKA Kamila | BYDGOSZCZ | | POL | 94 | K20/19 | (K)63 | 01:02:22 | 06.14 |
| 20 | 509 | STARŻYK Agnieszka | WROCLAW | | POL | 95 | K20/20 | (K)65 | 01:02:27 | 06.14 |
| 21 | 629 | JANIK Anna | WROCLAW | | POL | 95 | K20/21 | (K)68 | 01:03:35 | 06.21 |
| 22 | 515 | PLÓCIENNIK Wiktoria | ZIELONA GÓRA | | POL | 93 | K20/22 | (K)69 | 01:04:33 | 06.27 |
| 23 | 563 | MYSZAK Alicja | WROCLAW | | POL | 92 | K20/23 | (K)72 | 01:05:02 | 06.30 |
| 24 | 547 | GAJEWSKA Aleksandra | WAWELNO | | POL | 89 | K20/24 | (K)74 | 01:05:10 | 06.31 |
| 25 | 275 | NAWROT Żaneta | GŁOGÓW | | POL | 88 | K20/25 | (K)75 | 01:05:48 | 06.34 |
| 26 | 410 | DRZEWIŃSKA Katarzyna | WROCLAW | | POL | 89 | K20/26 | (K)79 | 01:06:18 | 06.37 |
| 27 | 479 | SYKUŁA Ernestyna | SULĘCIN | | POL | 96 | K20/27 | (K)82 | 01:09:04 | 06.54 |
| 28 | 644 | BIERNACZYK Julia | OSTRÓW WIELKOPOLSKI | | POL | 97 | K20/28 | (K)83 | 01:09:05 | 06.54 |
| 29 | 645 | ŻROŁKA Beata | ŁOMNICA ZDROJ | | POL | 97 | K20/29 | (K)84 | 01:09:05 | 06.54 |
| 30 | 486 | GÓRAL Martyna | WROCLAW | | POL | 97 | K20/30 | (K)85 | 01:09:06 | 06.54 |
| 31 | 472 | WARZOCHA Emilia | KUNICE | | POL | 95 | K20/31 | (K)86 | 01:09:20 | 06.56 |
| 32 | 216 | ŚLUSARCZYK Marzena | LIPKI WIELKIE | | POL | 92 | K20/32 | (K)89 | 01:11:08 | 07.06 |
| 10 km KATEGORIA:M16 | | | | | | | | | | |
| 1 | 327 | LEWANDOWSKI Kuba | WROCLAW | | POL | 00 | M16/1 | (M)32 | 00:43:07 | 04.16 |
| 2 | 443 | SOBOLEWSKI Łukasz | WROCLAW | | POL | 00 | M16/2 | (M)63 | 00:45:39 | 04.33 |
| 3 | 570 | WOJAK Szymon | OPOLE | | POL | 98 | M16/3 | (M)78 | 00:46:20 | 04.38 |
| 4 | 655 | PIKTA Daniel | NOWA SOL | | POL | 99 | M16/4 | (M)252 | 00:55:15 | 05.31 |
| 5 | 322 | RYBA Adrian | TRZEBNICA | | POL | 98 | M16/5 | (M)323 | 01:10:18 | 07.01 |
| 10 km KATEGORIA:M70 | | | | | | | | | | |
| 1 | 318 | FILIPOWICZ Marian | WROCLAW | | POL | 45 | M70/1 | (M)287 | 00:59:54 | 05.59 |
| 10 km KATEGORIA:M60 | | | | | | | | | | |
| 1 | 500 | GIL Stanisław | | | POL | 56 | M60/1 | (M)59 | 00:45:25 | 04.32 |
| 2 | 295 | STANIEWSKI Eugeniusz | ZGORZELEC | | POL | 51 | M60/2 | (M)245 | 00:54:43 | 05.28 |
| 3 | 397 | CZEKAŃSKI Adam | BIELAWA | | POL | 55 | M60/3 | (M)293 | 01:00:33 | 06.03 |
| 4 | 414 | GRZEŚKOWIAK Andrzej | WROCLAW | | POL | 54 | M60/4 | (M)314 | 01:04:14 | 06.25 |
| 5 | 571 | GRABARCZYK Tadeusz | WROCLAW | | POL | 56 | M60/5 | (M)327 | 01:18:55 | 07.53 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | [min/km] |
|---------------------|--------|------------------------|---------------------|----------|--------------|---------|--------------------|---------|-----------|----------|
| 10 km KATEGORIA:M50 | | | | | | | | | | |
| 1 | 259 | ZALEŃSKI Lesław | WROCLAW | POL | | 59 | M50/1 | (M)55 | 00:44:56 | 04.29 |
| 2 | 442 | SZTENC Dariusz | WROCLAW | POL | | 62 | M50/2 | (M)74 | 00:46:06 | 04.36 |
| 3 | 274 | BŁOŃSKI Piotr | SMOLEC | POL | | 64 | M50/3 | (M)116 | 00:48:15 | 04.49 |
| 4 | 402 | HOLDYŃSKI Mirosław | KĄTY WROCLAWSKIE | POL | | 61 | M50/4 | (M)127 | 00:48:36 | 04.51 |
| 5 | 341 | WAŚIK Marek | WROCLAW | POL | | 60 | M50/5 | (M)132 | 00:48:53 | 04.53 |
| 6 | 221 | MORASZKA Krzysztof | WROCLAW | POL | | 67 | M50/6 | (M)136 | 00:49:03 | 04.54 |
| 7 | 264 | OCHNIO Krzysztof | KĘPNO | POL | | 66 | M50/7 | (M)224 | 00:53:31 | 05.21 |
| 8 | 266 | ZIELIŃSKI Dariusz | ŻARY | POL | | 67 | M50/8 | (M)234 | 00:54:00 | 05.24 |
| 9 | 503 | KRUSZYŃSKI Andrzej | BELCHATÓW | POL | | 59 | M50/9 | (M)274 | 00:57:33 | 05.45 |
| 10 | 539 | ADAMSKI Adam | BIERUTÓW | POL | | 61 | M50/10 | (M)279 | 00:58:33 | 05.51 |
| 11 | 635 | LIS Robert | MARCHWACZ | POL | | 59 | M50/11 | (M)289 | 01:00:12 | 06.01 |
| 12 | 452 | SOBOL Józef | WROCLAW | POL | | 59 | M50/12 | (M)296 | 01:00:58 | 06.05 |
| 13 | 256 | WOJDYŁA Mieczysław | WROCLAW | POL | | 64 | M50/13 | (M)300 | 01:01:23 | 06.08 |
| 10 km KATEGORIA:M40 | | | | | | | | | | |
| 1 | 296 | SOBCZYK Tomasz | WROCLAW | POL | | 77 | M40/1 | (M)1 | 00:35:46 | 03.34 |
| 2 | 375 | WAŚNIEWSKI Piotr | KRYNICZNO | POL | | 74 | M40/2 | (M)4 | 00:37:20 | 03.43 |
| 3 | 286 | KIELIN Grzegorz | POLKOWICE | POL | | 76 | M40/3 | (M)6 | 00:37:37 | 03.45 |
| 4 | 265 | KUPIŃSKI Cezary | WROCLAW | POL | | 68 | M40/4 | (M)8 | 00:38:04 | 03.48 |
| 5 | 532 | MACIASZEK Grzegorz | ZDUŃSKA WOLA | POL | | 70 | M40/5 | (M)14 | 00:39:27 | 03.56 |
| 6 | 584 | BŁAŻUTYCZ Paweł | CIESZKÓW | POL | | 74 | M40/6 | (M)17 | 00:40:34 | 04.03 |
| 7 | 587 | MARTOWSKI Maciej | WROCLAW | POL | | 76 | M40/7 | (M)19 | 00:40:43 | 04.04 |
| 8 | 299 | MICHAŁKIEWICZ Wojciech | WROCLAW | POL | | 68 | M40/8 | (M)24 | 00:42:04 | 04.11 |
| 9 | 298 | CZAJKA Robert | ZDUNY | POL | | 70 | M40/9 | (M)26 | 00:42:20 | 04.13 |
| 10 | 395 | ROSIECKI Marcin | BYKÓW | POL | | 77 | M40/10 | (M)30 | 00:42:38 | 04.14 |
| 11 | 393 | MICHALSKI Adam | SOBÓTKA | POL | | 70 | M40/11 | (M)31 | 00:42:56 | 04.16 |
| 12 | 349 | KUBINKA Paweł | JUTROSIN | POL | | 75 | M40/12 | (M)44 | 00:43:48 | 04.22 |
| 13 | 376 | POSACKI Zbigniew | LUBIAŻ | POL | | 77 | M40/13 | (M)51 | 00:44:32 | 04.27 |
| 14 | 582 | PODOLUK Marek | WROCLAW | POL | | 75 | M40/14 | (M)53 | 00:44:46 | 04.28 |
| 15 | 531 | BILSKI Marcin | WROCLAW | POL | | 76 | M40/15 | (M)57 | 00:45:01 | 04.30 |
| 16 | 210 | WOŹNIAK Rafał | BRZEG DOLNY | POL | | 76 | M40/16 | (M)62 | 00:45:29 | 04.32 |
| 17 | 449 | BORKOWSKI Maciej | MIŁOSZYCE | POL | | 75 | M40/17 | (M)67 | 00:45:47 | 04.34 |
| 18 | 453 | STACHURA Rafał | KOBIERZYCE-WYSOKA | POL | | 73 | M40/18 | (M)69 | 00:45:54 | 04.35 |
| 19 | 209 | BANACH Artur | POLKOWICE | POL | | 76 | M40/19 | (M)71 | 00:45:58 | 04.35 |
| 20 | 226 | BAROWICZ Zbigniew | WROCLAW | POL | | 73 | M40/20 | (M)75 | 00:46:11 | 04.37 |
| 21 | 628 | ZUB Arkadiusz | ROGÓW SOBÓCKI | POL | | 74 | M40/21 | (M)77 | 00:46:16 | 04.37 |
| 22 | 306 | WANDEL Piotr | WROCLAW | POL | | 73 | M40/22 | (M)79 | 00:46:28 | 04.38 |
| 23 | 291 | MARCINIAK Jarosław | | POL | | 76 | M40/23 | (M)80 | 00:46:28 | 04.38 |
| 24 | 293 | JACKOWIAK Jacek | | POL | | 77 | M40/24 | (M)81 | 00:46:34 | 04.39 |
| 25 | 260 | DWORSKI Mateusz | WROCLAW | POL | | 69 | M40/25 | (M)85 | 00:46:37 | 04.39 |
| 26 | 345 | KSYCKI Grzegorz | WROCLAW | POL | | 76 | M40/26 | (M)88 | 00:46:54 | 04.41 |
| 27 | 299 | STARŻYK Piotr | ŁĘKNICA | POL | | 69 | M40/27 | (M)93 | 00:47:05 | 04.42 |
| 28 | 213 | RUDNICKI Paweł | KROTOSZYN | POL | | 73 | M40/28 | (M)97 | 00:47:13 | 04.43 |
| 29 | 240 | TWARDOWSKI Krzysztof | WROCLAW | POL | | 69 | M40/29 | (M)111 | 00:47:59 | 04.47 |
| 30 | 450 | JĘDRZEJCZYK Adrian | WROCLAW | POL | | 77 | M40/30 | (M)128 | 00:48:38 | 04.51 |
| 31 | 415 | TELEŃCZUK Tomasz | WROCLAW | POL | | 75 | M40/31 | (M)137 | 00:49:07 | 04.54 |
| 32 | 504 | GALEWSKI Piotr | WROCLAW | POL | | 69 | M40/32 | (M)141 | 00:49:12 | 04.55 |
| 33 | 424 | SPODNIIEWSKI Grzegorz | JACZKOWICE | POL | | 71 | M40/33 | (M)148 | 00:49:40 | 04.58 |
| 34 | 578 | CWENAR Marek | WROCLAW | POL | | 70 | M40/34 | (M)149 | 00:49:40 | 04.58 |
| 35 | 513 | BIERNACKI Adrian | KIEŁCZÓW | POL | | 71 | M40/35 | (M)156 | 00:49:55 | 04.59 |
| 36 | 257 | ZAMIAR Adam | ZŁOTÓW | POL | | 75 | M40/36 | (M)160 | 00:50:08 | 05.00 |
| 37 | 592 | MATYJANKA Piotr | LUBIN | POL | | 77 | M40/37 | (M)161 | 00:50:10 | 05.01 |
| 38 | 309 | KALUŻA Tomasz | WROCLAW | POL | | 73 | M40/38 | (M)169 | 00:50:53 | 05.05 |
| 39 | 236 | KRZAK Zbigniew | TRZEBNICA | POL | | 75 | M40/39 | (M)175 | 00:51:35 | 05.09 |
| 40 | 560 | CHWALISZ Paweł | WROCLAW | POL | | 73 | M40/40 | (M)177 | 00:51:39 | 05.09 |
| 41 | 270 | ZASADA Michał | DOMASŁAW | POL | | 76 | M40/41 | (M)196 | 00:52:31 | 05.15 |
| 42 | 217 | IZYDORSKI Karol | OSTRÓW WIELKOPOLSKI | POL | | 75 | M40/42 | (M)201 | 00:52:42 | 05.16 |
| 43 | 211 | JANICKI Wojciech | WROCLAW | POL | | 70 | M40/43 | (M)203 | 00:52:46 | 05.16 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------|--------|-----------------------|------------------|----------|--------------|---------|--------------------|--------|-----------|----------|
| 44 | 296 | FALKIEWICZ Marek | WROCLAW | POL | | 71 | M40/44 | (M)206 | 00:52:53 | 05.17 |
| 45 | 228 | BZDUN Jacek | WROCLAW | POL | | 72 | M40/45 | (M)211 | 00:53:04 | 05.18 |
| 46 | 316 | PILITOWSKI Marcin | BOLESŁAWIEC | POL | | 75 | M40/46 | (M)220 | 00:53:24 | 05.20 |
| 47 | 498 | JASTRZĘBSKI Jerzy | DLUGOŁĘKA | POL | | 71 | M40/47 | (M)225 | 00:53:33 | 05.21 |
| 48 | 227 | MIAZGA Marcin | OLAWA | POL | | 77 | M40/48 | (M)232 | 00:53:45 | 05.22 |
| 49 | 330 | SIENKIEWICZ Arkadiusz | WROCLAW | POL | | 74 | M40/49 | (M)237 | 00:54:10 | 05.25 |
| 50 | 637 | ZIMOLĄG Marcin | WROCLAW | POL | | 76 | M40/50 | (M)253 | 00:55:19 | 05.31 |
| 51 | 263 | WÓJCIK Adrian | WROCLAW | POL | | 74 | M40/51 | (M)255 | 00:55:41 | 05.34 |
| 52 | 252 | MIKLUSZKA Bartosz | WROCLAW | POL | | 74 | M40/52 | (M)256 | 00:55:44 | 05.34 |
| 53 | 251 | ŁUKÓW Wojciech | WROCLAW | POL | | 74 | M40/53 | (M)261 | 00:56:15 | 05.37 |
| 54 | 428 | FILIPIAK Roman | WROCLAW | POL | | 72 | M40/54 | (M)280 | 00:58:36 | 05.51 |
| 55 | 399 | CZUCHWICKI Marek | WROCLAW | POL | | 76 | M40/55 | (M)288 | 00:59:59 | 05.59 |
| 56 | 396 | WOLF Adam | BIELAWA | POL | | 77 | M40/56 | (M)292 | 01:00:32 | 06.03 |
| 57 | 343 | ZAZULA Rafał | WIERZBICE | POL | | 74 | M40/57 | (M)294 | 01:00:56 | 06.05 |
| 58 | 651 | SOKÓŁ Mirosław | DĘBNO | POL | | 69 | M40/58 | (M)304 | 01:02:02 | 06.12 |
| 59 | 271 | STARZYK Andrzej | WROCLAW | POL | | 76 | M40/59 | (M)306 | 01:02:27 | 06.14 |
| 60 | 575 | KALETA Przemysław | WROCLAW | POL | | 72 | M40/60 | (M)310 | 01:03:05 | 06.18 |
| 61 | 434 | BANASIAK Adam | WROCLAW | POL | | 75 | M40/61 | (M)322 | 01:09:06 | 06.54 |
| 62 | 321 | RYBA Łukasz | TRZEBNICA | POL | | 77 | M40/62 | (M)324 | 01:10:24 | 07.02 |
| 63 | 370 | NOWICKI Andrzej | WROCLAW | POL | | 70 | M40/63 | (M)326 | 01:17:54 | 07.47 |

10 km KATEGORIA:M30

| | | | | | | | | | | |
|----|-----|-----------------------|---------------------|-----|--|----|--------|--------|----------|-------|
| 1 | 446 | PELC Paweł | WROCLAW | POL | | 78 | M30/1 | (M)2 | 00:35:55 | 03.35 |
| 2 | 294 | MAJEWSKI Piotr | LUBIN | POL | | 84 | M30/2 | (M)10 | 00:38:16 | 03.49 |
| 3 | 448 | JANIK Krzysztof | JASTRZĘBIE-ZDRÓJ | POL | | 82 | M30/3 | (M)13 | 00:39:11 | 03.54 |
| 4 | 403 | MIELCZAREK Dawid | | POL | | 82 | M30/4 | (M)15 | 00:39:48 | 03.58 |
| 5 | 451 | WALSKI Michał | WROCLAW | POL | | 83 | M30/5 | (M)20 | 00:40:55 | 04.05 |
| 6 | 521 | JANKOWSKI Tomek | CHELMIEC | POL | | 78 | M30/6 | (M)21 | 00:41:30 | 04.08 |
| 7 | 483 | FIGARSKI Sebastian | ŚRODA ŚLĄSKA | POL | | 85 | M30/7 | (M)23 | 00:41:39 | 04.09 |
| 8 | 392 | WYCHOWANIEC Paweł | JELCZ-LASKOWICE | POL | | 84 | M30/8 | (M)27 | 00:42:23 | 04.13 |
| 9 | 84 | SZWEDOWSKI Dominik | | POL | | 78 | M30/9 | (M)28 | 00:42:25 | 04.14 |
| 10 | 358 | OBAL Marcin | ZDUNY | POL | | 82 | M30/10 | (M)33 | 00:43:07 | 04.18 |
| 11 | 269 | HERVAS Oscar | MADRID | POL | | 83 | M30/11 | (M)34 | 00:43:10 | 04.17 |
| 12 | 529 | DYBCZYNSKI Kamil | KLEVE | GER | | 84 | M30/12 | (M)38 | 00:43:28 | 04.20 |
| 13 | 300 | ZIELONKA Leszek | WROCLAW | POL | | 84 | M30/13 | (M)39 | 00:43:28 | 04.20 |
| 14 | 335 | POSŁUSZNY Paweł | WROCLAW | POL | | 79 | M30/14 | (M)41 | 00:43:40 | 04.21 |
| 15 | 482 | STAROMLYŃSKI Marcin | KĄTY WROCLAWSKIE | POL | | 82 | M30/15 | (M)43 | 00:43:43 | 04.21 |
| 16 | 447 | MAJDAŃSKI Tomasz | LEŚNA | POL | | 79 | M30/16 | (M)45 | 00:43:50 | 04.22 |
| 17 | 493 | BARAŃSKI Paweł | WIECHLICE | POL | | 81 | M30/17 | (M)56 | 00:44:58 | 04.29 |
| 18 | 326 | HORODEJCZUK Wojciech | USTRYKI DOLNE | POL | | 86 | M30/18 | (M)60 | 00:45:27 | 04.32 |
| 19 | 541 | CHMIELEWSKI Kamil | WROCLAW | POL | | 83 | M30/19 | (M)66 | 00:45:46 | 04.34 |
| 20 | 377 | KEMPIŃSKI Artur | OSTRÓW WIELKOPOLSKI | POL | | 83 | M30/20 | (M)68 | 00:45:52 | 04.35 |
| 21 | 336 | PASTUSZKA Łukasz | LEGNICA | POL | | 82 | M30/21 | (M)76 | 00:46:13 | 04.37 |
| 22 | 303 | KIEROŃSKI Łukasz | ZDUNY | POL | | 80 | M30/22 | (M)83 | 00:46:36 | 04.39 |
| 23 | 320 | MALEWSKI Sławomir | LWÓWEK ŚLĄSKI | POL | | 82 | M30/23 | (M)87 | 00:46:54 | 04.41 |
| 24 | 516 | KALINOWSKI Adrian | WROCLAW | POL | | 86 | M30/24 | (M)89 | 00:46:56 | 04.41 |
| 25 | 506 | WRÓBEL Tomasz | WROCLAW | POL | | 83 | M30/25 | (M)90 | 00:47:00 | 04.42 |
| 26 | 544 | PIOTROWSKI Grzegorz | WAŁBRZYCH | POL | | 79 | M30/26 | (M)91 | 00:47:03 | 04.42 |
| 27 | 617 | MORAĞ Maciej | WROCLAW | POL | | 84 | M30/27 | (M)96 | 00:47:12 | 04.43 |
| 28 | 413 | AUGUSTYN Adam | STRZELIN | POL | | 80 | M30/28 | (M)99 | 00:47:15 | 04.43 |
| 29 | 261 | STASIAK Maciej | SYCÓW | POL | | 82 | M30/29 | (M)103 | 00:47:34 | 04.45 |
| 30 | 379 | DEPTAŁA Adrian | SMOLEC | POL | | 78 | M30/30 | (M)104 | 00:47:34 | 04.45 |
| 31 | 334 | CHODOROWSKI Krzysztof | WROCLAW | POL | | 85 | M30/31 | (M)105 | 00:47:35 | 04.45 |
| 32 | 337 | ZWIERZYŃSKI Rafał | ZIELONA GÓRA | POL | | 86 | M30/32 | (M)107 | 00:47:38 | 04.45 |
| 33 | 250 | LIPIŃSKI Łukasz | BRZEG DOLNY | POL | | 82 | M30/33 | (M)108 | 00:47:41 | 04.46 |
| 34 | 409 | TYŚ Radek | NOWA RUDA | POL | | 85 | M30/34 | (M)110 | 00:47:51 | 04.47 |
| 35 | 297 | PIWOWARSKI Kamil | WROCLAW | POL | | 84 | M30/35 | (M)115 | 00:48:11 | 04.49 |
| 36 | 426 | WÓJKOWSKI Kamil | | POL | | 80 | M30/36 | (M)117 | 00:48:16 | 04.49 |
| 37 | 311 | PARTYKA Marcin | JANUSZKOWICE | POL | | 80 | M30/37 | (M)118 | 00:48:17 | 04.49 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------|--------|------------------------|---------------------|----------|--------------|---------|--------------------|--------|-----------|----------|
| 38 | 572 | PAPRZYCKI Maciej | WROCLAW | POL | | 79 | M30/38 | (M)119 | 00:48:18 | 04.49 |
| 39 | 266 | RADNY Michał | WROCLAW | POL | | 78 | M30/39 | (M)120 | 00:48:20 | 04.50 |
| 40 | 528 | KRZEMIŃSKI Ryszard | WROCLAW | POL | | 82 | M30/40 | (M)121 | 00:48:21 | 04.50 |
| 41 | 222 | POLAK Łukasz | OBORNIKI ŚLĄSKIE | POL | | 81 | M30/41 | (M)123 | 00:48:24 | 04.50 |
| 42 | 255 | HAWRYLISZYN Jan | ŁOZINA | POL | | 83 | M30/42 | (M)124 | 00:48:25 | 04.50 |
| 43 | 232 | TRZECIAK Jacek | IWINY | POL | | 78 | M30/43 | (M)129 | 00:48:46 | 04.52 |
| 44 | 553 | ŚWIDERSKI Marcin | WROCLAW | POL | | 84 | M30/44 | (M)130 | 00:48:48 | 04.52 |
| 45 | 549 | OSMENDA Jakub | WROCLAW | POL | | 85 | M30/45 | (M)131 | 00:48:50 | 04.53 |
| 46 | 356 | OGÓREK Krzysztof | WROCLAW | POL | | 86 | M30/46 | (M)133 | 00:48:58 | 04.53 |
| 47 | 562 | ZALEWSKI Piotr | WROCLAW | POL | | 87 | M30/47 | (M)134 | 00:48:58 | 04.53 |
| 48 | 424 | UKRINIECKI Michał | | POL | | 80 | M30/48 | (M)138 | 00:49:09 | 04.54 |
| 49 | 347 | CHYŁA Marcin | LEGNICA | POL | | 80 | M30/49 | (M)143 | 00:49:31 | 04.57 |
| 50 | 426 | RADOSŁAW Kobos | SIECHNICE | POL | | 82 | M30/50 | (M)144 | 00:49:34 | 04.57 |
| 51 | 523 | ŚLABY Tomasz | CHELMIEC | POL | | 79 | M30/51 | (M)146 | 00:49:38 | 04.57 |
| 52 | 369 | DRYBLAK Marek | LUBACZÓW | POL | | 85 | M30/52 | (M)150 | 00:49:40 | 04.58 |
| 53 | 357 | ANTONISZYN Bogusław | WROCLAW | POL | | 87 | M30/53 | (M)151 | 00:49:41 | 04.58 |
| 54 | 444 | WITKOWSKI Michał | WROCLAW | POL | | 84 | M30/54 | (M)155 | 00:49:54 | 04.59 |
| 55 | 540 | KOZAK Bartosz | DŁUGOŁĘKA | POL | | 78 | M30/55 | (M)157 | 00:49:57 | 04.59 |
| 56 | 636 | SERWATKIEWICZ Grzegorz | TŁUMACZÓW | POL | | 83 | M30/56 | (M)159 | 00:50:06 | 05.00 |
| 57 | 380 | KOCIK Mateusz | WROCLAW | POL | | 86 | M30/57 | (M)162 | 00:50:14 | 05.01 |
| 58 | 514 | ORŁOWSKI Mariusz | OPOLE | POL | | 81 | M30/58 | (M)163 | 00:50:15 | 05.01 |
| 59 | 624 | MODZELEWSKI Łukasz | WROCLAW | POL | | 81 | M30/59 | (M)165 | 00:50:27 | 05.02 |
| 60 | 520 | STEFANIUK Przemysław | BRZEG DOLNY | POL | | 78 | M30/60 | (M)167 | 00:50:41 | 05.04 |
| 61 | 234 | KURKOWIAK Krzysztof | WROCLAW | POL | | 83 | M30/61 | (M)168 | 00:50:45 | 05.04 |
| 62 | 458 | SIEŃCZYK Marcin | WROCLAW | POL | | 78 | M30/62 | (M)172 | 00:51:17 | 05.07 |
| 63 | 454 | KOCHMAŃSKI Jakub | WROCLAW | POL | | 80 | M30/63 | (M)173 | 00:51:18 | 05.07 |
| 64 | 552 | PARTYKA Marek | LEGNICA | POL | | 86 | M30/64 | (M)174 | 00:51:25 | 05.08 |
| 65 | 289 | WRONSKI Marek | ŚRODA ŚLĄSKA | POL | | 78 | M30/65 | (M)176 | 00:51:38 | 05.09 |
| 66 | 535 | LISZEWSKI Damian | WROCLAW | POL | | 82 | M30/66 | (M)178 | 00:51:42 | 05.10 |
| 67 | 324 | KUCYPERA Wojciech | WROCLAW | POL | | 83 | M30/67 | (M)179 | 00:51:47 | 05.10 |
| 68 | 253 | HUCULAK Maciej | OPOLE | POL | | 85 | M30/68 | (M)180 | 00:51:56 | 05.11 |
| 69 | 423 | KIEREPKA Adam | LEGNICA | POL | | 85 | M30/69 | (M)183 | 00:52:05 | 05.12 |
| 70 | 508 | LIPIŃSKI Maciej | OŁAWA | POL | | 86 | M30/70 | (M)185 | 00:52:08 | 05.12 |
| 71 | 634 | GOŁDA Tomasz | WROCLAW | POL | | 80 | M30/71 | (M)188 | 00:52:15 | 05.13 |
| 72 | 359 | ALBERT Łukasz | OPOLE | POL | | 83 | M30/72 | (M)189 | 00:52:17 | 05.13 |
| 73 | 657 | BOGUNIA Kamil | WROCLAW | POL | | 81 | M30/73 | (M)190 | 00:52:18 | 05.13 |
| 74 | 312 | JAWOREK Marcin | WROCLAW | POL | | 86 | M30/74 | (M)193 | 00:52:25 | 05.14 |
| 75 | 465 | SZOT Marcin | WROCLAW | POL | | 86 | M30/75 | (M)194 | 00:52:27 | 05.14 |
| 76 | 627 | HAŁAS Maciej | PAKOSŁAW | POL | | 80 | M30/76 | (M)198 | 00:52:37 | 05.15 |
| 77 | 626 | JACKOWSKI Maciej | SOWY GM.PAKOSŁAW | POL | | 81 | M30/77 | (M)199 | 00:52:38 | 05.15 |
| 78 | 304 | PANKIEWICZ Kamil | MIROŚLAWICE | POL | | 85 | M30/78 | (M)202 | 00:52:45 | 05.16 |
| 79 | 293 | KOLANKO Remigiusz | WROCLAW | POL | | 84 | M30/79 | (M)204 | 00:52:48 | 05.16 |
| 80 | 283 | LUPA Filip | WROCLAW | POL | | 84 | M30/80 | (M)209 | 00:53:02 | 05.18 |
| 81 | 342 | DYCHAŁA Paweł | LUBIN | POL | | 82 | M30/81 | (M)212 | 00:53:08 | 05.18 |
| 82 | 581 | SAWAŁA Sławomir | LUBIN | POL | | 81 | M30/82 | (M)213 | 00:53:09 | 05.18 |
| 83 | 394 | KARBOWIAK Szymon | KROTOSZYN | POL | | 83 | M30/83 | (M)217 | 00:53:17 | 05.19 |
| 84 | 672 | NOSKO Jędrzej | WROCLAW | POL | | 85 | M30/84 | (M)218 | 00:53:17 | 05.19 |
| 85 | 418 | MARIANSKI Tomasz | BYKOW | POL | | 83 | M30/85 | (M)219 | 00:53:18 | 05.19 |
| 86 | 284 | SZTYMELSKI Zbigniew | WROCLAW | POL | | 84 | M30/86 | (M)223 | 00:53:30 | 05.21 |
| 87 | 653 | KARCZYŃSKI Marcin | OPOLE | POL | | 79 | M30/87 | (M)228 | 00:53:37 | 05.21 |
| 88 | 329 | SZABAT Daniel | WROCLAW | POL | | 79 | M30/88 | (M)233 | 00:53:51 | 05.23 |
| 89 | 353 | GLEBOCKI Grzegorz | WROCLAW | POL | | 84 | M30/89 | (M)236 | 00:54:07 | 05.24 |
| 90 | 277 | SUJAK Jakub | WROCLAW | POL | | 80 | M30/90 | (M)238 | 00:54:23 | 05.26 |
| 91 | 659 | FRYDZIŃSKI Łukasz | KIEŁCZÓW | POL | | 84 | M30/91 | (M)239 | 00:54:24 | 05.26 |
| 92 | 492 | HARAŚ Sebastian | WROCLAW | POL | | 78 | M30/92 | (M)241 | 00:54:33 | 05.27 |
| 93 | 325 | STEC Rafał | SMOLEC | POL | | 79 | M30/93 | (M)242 | 00:54:40 | 05.28 |
| 94 | 577 | GUBERNAT Mariusz | BIELANY WROCLAWSKIE | POL | | 81 | M30/94 | (M)246 | 00:54:44 | 05.28 |
| 95 | 583 | SUCH Łukasz | WROCLAW | POL | | 80 | M30/95 | (M)247 | 00:54:44 | 05.28 |
| 96 | 389 | KARGUL Tomasz | WROCLAW | POL | | 84 | M30/96 | (M)248 | 00:54:46 | 05.28 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|--------------------|--------|-----------|----------|
| 97 | 238 | BAJER Grzegorz | OLEŚNICA | POL | | 84 | M30/97 | (M)249 | 00:54:54 | 05.29 |
| 98 | 481 | STACHNIK Maciej | WROCLAW | POL | | 82 | M30/98 | (M)254 | 00:55:33 | 05.33 |
| 99 | 230 | MATUSIAK Mirosław | WROCLAW | POL | | 85 | M30/99 | (M)259 | 00:55:56 | 05.35 |
| 100 | 510 | GLAZ Karol | WROCLAW | POL | | 86 | M30/100 | (M)263 | 00:56:25 | 05.38 |
| 101 | 658 | BIELAWSKI Tomasz | WROCLAW | POL | | 79 | M30/101 | (M)264 | 00:56:27 | 05.38 |
| 102 | 308 | KOWALEWSKI Piotr | SZCZEPANÓW | POL | | 79 | M30/102 | (M)267 | 00:56:40 | 05.40 |
| 103 | 287 | ŚWIDER Tomasz | WROCLAW | POL | | 84 | M30/103 | (M)268 | 00:56:45 | 05.40 |
| 104 | 569 | PIEKARSKI Piotr | WROCLAW | POL | | 87 | M30/104 | (M)273 | 00:57:32 | 05.45 |
| 105 | 388 | WIŚNIEWSKI Paweł | WROCLAW | POL | | 85 | M30/105 | (M)275 | 00:57:53 | 05.47 |
| 106 | 218 | KRUCZKIEWICZ Mateusz | WROCLAW | POL | | 79 | M30/106 | (M)276 | 00:58:00 | 05.48 |
| 107 | 565 | KONCZALA Marek | WROCLAW | POL | | 85 | M30/107 | (M)278 | 00:58:24 | 05.50 |
| 108 | 317 | ROSA Krzysztof | NAMYŚLÓW | POL | | 79 | M30/108 | (M)281 | 00:58:42 | 05.52 |
| 109 | 348 | JARLACZYK Michał | WROCLAW | POL | | 82 | M30/109 | (M)282 | 00:58:48 | 05.52 |
| 110 | 381 | CETNAROWSKI Kamil | WROCLAW | POL | | 79 | M30/110 | (M)283 | 00:59:19 | 05.55 |
| 111 | 267 | ZIĘBA Wojciech | WROCLAW | POL | | 80 | M30/111 | (M)284 | 00:59:33 | 05.57 |
| 112 | 505 | HARYTONIUK Michał | KIELCZÓW | POL | | 87 | M30/112 | (M)285 | 00:59:37 | 05.57 |
| 113 | 365 | NOWAK Krzysztof | KRAPKOWICE | POL | | 80 | M30/113 | (M)295 | 01:00:56 | 06.05 |
| 114 | 224 | SZPAKOWSKI Paweł | BIALYSTOK | POL | | 86 | M30/114 | (M)299 | 01:01:21 | 06.08 |
| 115 | 310 | ŁUKASZ Gromanowski | ŻARY | POL | | 80 | M30/115 | (M)302 | 01:01:37 | 06.09 |
| 116 | 477 | KALKA Marcin | RAWICZ | POL | | 84 | M30/116 | (M)305 | 01:02:20 | 06.14 |
| 117 | 254 | NAJDA Krzysztof | WROCLAW | POL | | 82 | M30/117 | (M)307 | 01:02:38 | 06.15 |
| 118 | 248 | WERBANOW Adrian | WROCLAW | POL | | 86 | M30/118 | (M)316 | 01:04:26 | 06.26 |
| 119 | 281 | SZYDEŁKO Jarosław | WROCLAW | POL | | 79 | M30/119 | (M)317 | 01:04:29 | 06.26 |
| 120 | 276 | OLSZEWSKI Dariusz | WROCLAW | POL | | 83 | M30/120 | (M)319 | 01:05:51 | 06.35 |
| 121 | 489 | KUŻAJ Michał | WROCLAW | POL | | 83 | M30/121 | (M)320 | 01:05:54 | 06.35 |
| 122 | 223 | GAWĘCKI Maciej | WROCLAW | POL | | 85 | M30/122 | (M)325 | 01:16:09 | 07.36 |

10 km KATEGORIA:M20

| | | | | | | | | | | |
|----|-----|------------------------|----------------------|-----|--|----|--------|--------|----------|-------|
| 1 | 642 | SZCZERBAKOWICZ Kamil | BLEDZEW | POL | | 89 | M20/1 | (M)5 | 00:37:27 | 03.44 |
| 2 | 445 | SEDANO AGUILERA Ismael | MALAGA | ESP | | 92 | M20/2 | (M)7 | 00:38:02 | 03.48 |
| 3 | 367 | HARZOWSKI Mateusz | TWARDOGÓRA | POL | | 90 | M20/3 | (M)9 | 00:38:14 | 03.49 |
| 4 | 616 | WILKOWIECKI Robert | TWARDOGÓRA | POL | | 94 | M20/4 | (M)11 | 00:38:22 | 03.50 |
| 5 | 488 | BIGUS Paweł | GOŚCIESZOWICE | POL | | 92 | M20/5 | (M)12 | 00:38:24 | 03.50 |
| 6 | 473 | GARLIŃSKI Łukasz | WIELOWIEŚ | POL | | 96 | M20/6 | (M)16 | 00:40:15 | 04.01 |
| 7 | 260 | PIETRZAK Daniel | WROCLAW | POL | | 93 | M20/7 | (M)18 | 00:40:43 | 04.03 |
| 8 | 262 | SZKOŁA Dariusz | MILIN | POL | | 93 | M20/8 | (M)22 | 00:41:38 | 04.09 |
| 9 | 372 | CIEPLIK Dawid | RAWICZ | POL | | 90 | M20/9 | (M)25 | 00:42:15 | 04.11 |
| 10 | 254 | KĘDZIERSKI Jakub | CHOSZCZNO | POL | | 92 | M20/10 | (M)29 | 00:42:30 | 04.14 |
| 11 | 429 | KRAWCZYK Piotr | WROCLAW | POL | | 89 | M20/11 | (M)37 | 00:43:27 | 04.20 |
| 12 | 485 | GAŚSIOROWSKI Krzysztof | WROCLAW | POL | | 90 | M20/12 | (M)40 | 00:43:36 | 04.20 |
| 13 | 530 | BEJNAROWICZ Damian | LUDWIKOWICE KŁODZKIE | POL | | 89 | M20/13 | (M)42 | 00:43:42 | 04.20 |
| 14 | 631 | BRONISŁAWSKI Bruno | WROCLAW | POL | | 97 | M20/14 | (M)46 | 00:43:54 | 04.22 |
| 15 | 497 | GRUDNIEWSKI Patryk | JASTRZĘBIE-ZDRÓJ | POL | | 91 | M20/15 | (M)47 | 00:44:00 | 04.23 |
| 16 | 404 | ŻURKOWSKI Daniel | BABORÓW | POL | | 88 | M20/16 | (M)48 | 00:44:06 | 04.23 |
| 17 | 542 | STACHOWIAK Paweł | KOTLA | POL | | 89 | M20/17 | (M)52 | 00:44:36 | 04.27 |
| 18 | 244 | KOLASA Piotr | WROCLAW | POL | | 90 | M20/18 | (M)54 | 00:44:56 | 04.29 |
| 19 | 432 | NOWAK Mateusz | DĄBROWA GÓRNICZA | POL | | 89 | M20/19 | (M)58 | 00:45:14 | 04.31 |
| 20 | 567 | ANTERSKI Patryk | KAMIENNA GÓRA | POL | | 90 | M20/20 | (M)61 | 00:45:28 | 04.32 |
| 21 | 640 | SMAGACZ Jakub | RADOMYŚL WIELKI | POL | | 94 | M20/21 | (M)64 | 00:45:40 | 04.34 |
| 22 | 543 | CHLEBEK Tomasz | WROCLAW | POL | | 89 | M20/22 | (M)65 | 00:45:41 | 04.34 |
| 23 | 620 | MICHALSKI Krystian | WROCLAW | POL | | 91 | M20/23 | (M)70 | 00:45:56 | 04.35 |
| 24 | 654 | BANAŚ Michał | WROCLAW | POL | | 90 | M20/24 | (M)72 | 00:45:59 | 04.35 |
| 25 | 475 | HABER Michał | WROCLAW | POL | | 91 | M20/25 | (M)73 | 00:46:03 | 04.36 |
| 26 | 435 | SOWA Artur | WROCLAW | POL | | 94 | M20/26 | (M)82 | 00:46:36 | 04.39 |
| 27 | 468 | POTOCKI Artur | KRAKÓW | POL | | 96 | M20/27 | (M)86 | 00:46:50 | 04.41 |
| 28 | 500 | STULCZEWESKI Patryk | LUBAŃ | POL | | 93 | M20/28 | (M)92 | 00:47:03 | 04.42 |
| 29 | 618 | DUMANOWSKI Rafał | WROCLAW | POL | | 89 | M20/29 | (M)95 | 00:47:07 | 04.42 |
| 30 | 289 | RYBSKI Kamil | BRZEG DOLNY | POL | | 91 | M20/30 | (M)98 | 00:47:13 | 04.43 |
| 31 | 484 | ZACHCIAŁ Błażej | CHODZIEŻ | POL | | 90 | M20/31 | (M)100 | 00:47:17 | 04.43 |










KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------|--------|-----------------------|------------------|----------|--------------|---------|--------------------|--------|-----------|----------|
| 32 | 390 | WOJTCZAK Łukasz | WROCLAW | POL | | 89 | M20/32 | (M)101 | 00:47:25 | 04.44 |
| 33 | 246 | BABIK Krzysztof | ŻRÓDŁA | POL | | 94 | M20/33 | (M)102 | 00:47:31 | 04.45 |
| 34 | 403 | WÓJCIK Daniel | KAMIENNA GÓRA | POL | | 90 | M20/34 | (M)106 | 00:47:37 | 04.45 |
| 35 | 434 | WYSOCKI Patryk | WROCLAW | POL | | 93 | M20/35 | (M)109 | 00:47:50 | 04.47 |
| 36 | 439 | KRET Ernest | ZIELONA GÓRA | POL | | 92 | M20/36 | (M)112 | 00:47:59 | 04.47 |
| 37 | 518 | BIL Robert | SARBY | POL | | 88 | M20/37 | (M)113 | 00:48:02 | 04.48 |
| 38 | 462 | POPEK Bartosz | RZESZÓW | POL | | 93 | M20/38 | (M)114 | 00:48:10 | 04.49 |
| 39 | 215 | RYBCZYŃSKI Maciej | PSZENNO | POL | | 90 | M20/39 | (M)122 | 00:48:23 | 04.50 |
| 40 | 313 | HALKO Daniel | LUBIN | POL | | 90 | M20/40 | (M)125 | 00:48:26 | 04.50 |
| 41 | 295 | STARZYK Adam | WROCLAW | POL | | 90 | M20/41 | (M)126 | 00:48:33 | 04.51 |
| 42 | 470 | KOSZAŁKA Adam | KÓRNIK | POL | | 97 | M20/42 | (M)135 | 00:49:00 | 04.54 |
| 43 | 237 | HORDYNIAC Adam | WROCLAW | POL | | 88 | M20/43 | (M)139 | 00:49:09 | 04.54 |
| 44 | 638 | WACHNOWICZ Kamil | SKWIERZYNA | POL | | 95 | M20/44 | (M)142 | 00:49:29 | 04.56 |
| 45 | 417 | JAROSZ Paweł | WROCLAW | POL | | 89 | M20/45 | (M)145 | 00:49:37 | 04.57 |
| 46 | 231 | SANKIEWICZ Mariusz | OLEŚNICA | POL | | 92 | M20/46 | (M)147 | 00:49:39 | 04.57 |
| 47 | 463 | PERKA Michał | PRÓSZKÓW | POL | | 97 | M20/47 | (M)152 | 00:49:42 | 04.58 |
| 48 | 550 | TOBIS Michał | POLKOWICE | POL | | 88 | M20/48 | (M)153 | 00:49:47 | 04.58 |
| 49 | 333 | ŻABA Eryk | WROCLAW | POL | | 88 | M20/49 | (M)154 | 00:49:51 | 04.59 |
| 50 | 339 | POJMICZ Paweł | SULECHÓW | POL | | 92 | M20/50 | (M)158 | 00:50:00 | 05.00 |
| 51 | 401 | BAK Michał | KAMIENIEC | POL | | 88 | M20/51 | (M)166 | 00:50:28 | 05.02 |
| 52 | 650 | SOKÓŁ Wojciech | DĘBNO | POL | | 93 | M20/52 | (M)170 | 00:51:03 | 05.06 |
| 53 | 457 | RADZIMOWSKI Łukasz | RZECZNIÓW | POL | | 93 | M20/53 | (M)171 | 00:51:09 | 05.06 |
| 54 | 437 | KOWALEWSKI Błażej | WROCLAW | POL | | 88 | M20/54 | (M)181 | 00:52:00 | 05.12 |
| 55 | 455 | SZRAJBER Jakub | WROCLAW | POL | | 92 | M20/55 | (M)182 | 00:52:02 | 05.12 |
| 56 | 374 | KULIGOWSKI Patryk | WROCLAW | POL | | 92 | M20/56 | (M)184 | 00:52:06 | 05.12 |
| 57 | 641 | GIEDRYS Adam | CHODZIEŻ | POL | | 97 | M20/57 | (M)186 | 00:52:12 | 05.13 |
| 58 | 643 | SOPEL Łukasz | WROCLAW | POL | | 93 | M20/58 | (M)187 | 00:52:13 | 05.13 |
| 59 | 619 | POLANOWSKI Marcin | WROCLAW | POL | | 93 | M20/59 | (M)191 | 00:52:18 | 05.13 |
| 60 | 386 | DĄBROWSKI Krzysztof | WROCLAW | POL | | 93 | M20/60 | (M)192 | 00:52:19 | 05.13 |
| 61 | 438 | SWATOWSKI Dawid | WROCLAW | POL | | 88 | M20/61 | (M)195 | 00:52:31 | 05.15 |
| 62 | 490 | TOMAK Patryk | KALISZ | POL | | 91 | M20/62 | (M)197 | 00:52:35 | 05.15 |
| 63 | 278 | PLEŚNIARSKI Jakub | WROCLAW | POL | | 90 | M20/63 | (M)200 | 00:52:39 | 05.15 |
| 64 | 537 | SOBCZUK Kacper | PYSKOWICE | POL | | 91 | M20/64 | (M)205 | 00:52:49 | 05.16 |
| 65 | 487 | DERBOT Łukasz | LEGNICA | POL | | 91 | M20/65 | (M)207 | 00:52:53 | 05.17 |
| 66 | 433 | STARZAK Mateusz | ZAGRODNO | POL | | 91 | M20/66 | (M)208 | 00:52:54 | 05.17 |
| 67 | 609 | WASIELEWSKI Konrad | WROCLAW | POL | | 91 | M20/67 | (M)210 | 00:53:03 | 05.18 |
| 68 | 225 | KLUCZKIEWICZ Wojciech | GLUBCZYCE | POL | | 88 | M20/68 | (M)214 | 00:53:11 | 05.19 |
| 69 | 350 | AMANOWICZ Dawid | TRZEBNICA | POL | | 96 | M20/69 | (M)215 | 00:53:15 | 05.19 |
| 70 | 656 | BAGIŃSKI Patryk | BELCHATÓW | POL | | 94 | M20/70 | (M)216 | 00:53:16 | 05.19 |
| 71 | 371 | DAROCH Jarosław | WROCLAW | POL | | 89 | M20/71 | (M)221 | 00:53:26 | 05.20 |
| 72 | 527 | STOLARCZUK Rafał | CHOCIANÓW | POL | | 91 | M20/72 | (M)222 | 00:53:28 | 05.20 |
| 73 | 622 | BRYJKA Filip | WALBRZYCH | POL | | 89 | M20/73 | (M)226 | 00:53:33 | 05.21 |
| 74 | 352 | KOPACZ Michał | KĘDZIERZYN-KOŹLE | POL | | 90 | M20/74 | (M)227 | 00:53:35 | 05.21 |
| 75 | 431 | NADOLNY Adam | LESZNO | POL | | 94 | M20/75 | (M)229 | 00:53:38 | 05.21 |
| 76 | 412 | SMOLARSKI Mateusz | WROCLAW | POL | | 90 | M20/76 | (M)231 | 00:53:41 | 05.22 |
| 77 | 469 | ANTONIEWICZ Mateusz | OPOLE | POL | | 95 | M20/77 | (M)235 | 00:54:00 | 05.24 |
| 78 | 435 | SZWAJKA Marek | WROCLAW | POL | | 97 | M20/78 | (M)240 | 00:54:30 | 05.27 |
| 79 | 511 | KRUPIŃSKI Wojciech | KALISZ | POL | | 92 | M20/79 | (M)243 | 00:54:40 | 05.28 |
| 80 | 501 | MICHAŁSKI Karol | CHELM | POL | | 90 | M20/80 | (M)244 | 00:54:42 | 05.28 |
| 81 | 534 | CIUPIŃSKI Andrew | WROCLAW | POL | | 93 | M20/81 | (M)251 | 00:55:10 | 05.31 |
| 82 | 427 | HRYŃCZUK Adrian | WROCLAW | POL | | 88 | M20/82 | (M)257 | 00:55:48 | 05.34 |
| 83 | 290 | WITAŃSKI Patryk | WROCLAW | POL | | 97 | M20/83 | (M)258 | 00:55:49 | 05.34 |
| 84 | 249 | KOLKA Tomasz | WROCLAW | POL | | 90 | M20/84 | (M)260 | 00:56:13 | 05.37 |
| 85 | 554 | PORĘBSKI Tomasz | KAMIENNA GÓRA | POL | | 89 | M20/85 | (M)262 | 00:56:22 | 05.38 |
| 86 | 391 | PIAŚTKA Kamil | OSTRÓW OSIEDLE | POL | | 89 | M20/86 | (M)265 | 00:56:28 | 05.38 |
| 87 | 385 | GÓRA Damian | ŚCINAWA | POL | | 94 | M20/87 | (M)266 | 00:56:31 | 05.39 |
| 88 | 301 | KACZKOWSKI Karol | WROCLAW | POL | | 88 | M20/88 | (M)269 | 00:56:51 | 05.41 |
| 89 | 346 | CZUPRYNIAK Robert | ZIELENIEWO | POL | | 94 | M20/89 | (M)270 | 00:56:53 | 05.41 |
| 90 | 387 | JAWORSKI Kacper | GŁOGÓW | POL | | 94 | M20/90 | (M)271 | 00:57:08 | 05.42 |










































KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|----------------------------|--------|----------------------------------|---------------------|----------|--------------|---------|--------------------|--------|-----------|----------|
| 91 | 422 | MARECKI Dominik | JELCZ- LASKOWICE | POL | | 93 | M20/91 | (M)272 | 00:57:19 | 05.43 |
| 92 | 526 | TROJAN Marcin | WAŁBRZYCH | POL | | 91 | M20/92 | (M)277 | 00:58:09 | 05.48 |
| 93 | 476 | ZIMORSKI Grzegorz | WROCLAW | POL | | 92 | M20/93 | (M)286 | 00:59:43 | 05.58 |
| 94 | 338 | BIALUCH Bartłomiej | KIELCE | POL | | 95 | M20/94 | (M)290 | 01:00:22 | 06.02 |
| 95 | 646 | KOSOWSKI Jakub | WROCLAW | POL | | 96 | M20/95 | (M)291 | 01:00:23 | 06.02 |
| 96 | 430 | ZIELIŃSKI Bartłomiej | ŻARY | POL | | 96 | M20/96 | (M)297 | 01:00:59 | 06.05 |
| 97 | 366 | WUSATY Mateusz | WROCLAW | POL | | 90 | M20/97 | (M)298 | 01:01:20 | 06.08 |
| 98 | 398 | KACPEREK Kamil | WROCLAW | POL | | 91 | M20/98 | (M)301 | 01:01:32 | 06.09 |
| 99 | 621 | CHYRZYŃSKI Marcin | KĄTY WROCLAWSKIE | POL | | 92 | M20/99 | (M)308 | 01:02:43 | 06.16 |
| 100 | 406 | JÓZWIK Piotr | WROCLAW | POL | | 89 | M20/100 | (M)309 | 01:02:52 | 06.17 |
| 101 | 648 | WIERZBICKI Kamil | PASIKUROWICE | POL | | 92 | M20/101 | (M)312 | 01:03:34 | 06.21 |
| 102 | 647 | KOŚCIELNIAK Konrad | WROCLAW | POL | | 93 | M20/102 | (M)313 | 01:03:37 | 06.21 |
| 103 | 495 | PSZTYR Piotr | OSTRÓW WIELKOPOLSKI | POL | | 88 | M20/103 | (M)315 | 01:04:18 | 06.25 |
| 104 | 494 | LEWIŃSKI Adam | WROCLAW | POL | | 89 | M20/104 | (M)318 | 01:04:35 | 06.27 |
| 105 | 362 | GRYKA Marcin | WROCLAW | POL | | 90 | M20/105 | (M)321 | 01:06:37 | 06.39 |
| 10 km KATEGORIA:K80 | | | | | | | | | | |
| 1 | 275 | MANDZIARZ-KUŹMIŃSKI Magdalena | | POL | | 36 | K80/1 | (K)24 | 00:54:19 | 05.25 |
| 10 km KATEGORIA:K16 | | | | | | | | | | |
| 1 | 573 | HOJWA Aleksandra | SOKOLNIKI | POL | | 98 | K16/1 | (K)70 | 01:04:38 | 06.27 |
| 5 km KATEGORIA:K60 | | | | | | | | | | |
| 1 | 39 | STĘPIEŃ Bronisława | KOBIERZYCE | POL | | 57 | K60/1 | (K)59 | 00:32:15 | 06.27 |
| 2 | 589 | CHYBICKA Alicja | | POL | | 48 | K60/2 | (K)84 | 00:45:08 | 09.01 |
| 5 km KATEGORIA:K50 | | | | | | | | | | |
| 1 | 400 | SITAK Alicja | | POL | | 62 | K50/1 | (K)13 | 00:27:22 | 05.28 |
| 5 km KATEGORIA:K40 | | | | | | | | | | |
| 1 | 189 | MAĆKOWIAK Agnieszka | ZDUNY | POL | | 77 | K40/1 | (K)25 | 00:28:51 | 05.46 |
| 2 | 52 | SZKOLNA Jola | SZEWCE | POL | | 71 | K40/2 | (K)32 | 00:29:40 | 05.56 |
| 3 | 93 | KOSIK Agnieszka | WROCLAW | POL | | 74 | K40/3 | (K)33 | 00:29:46 | 05.57 |
| 4 | 46 | KALINOWSKA Jolanta | WROCLAW | POL | | 69 | K40/4 | (K)35 | 00:30:00 | 06.00 |
| 5 | 599 | LARISZ Sylwia | WROCLAW | POL | | 69 | K40/5 | (K)39 | 00:30:09 | 06.01 |
| 6 | 85 | CIESZKOWSKA-KUCHTA Magdalena | BRZEZINA | POL | | 72 | K40/6 | (K)40 | 00:30:14 | 06.02 |
| 7 | 206 | WNEK Agnieszka | ŻERNIKI WROCLAWSKIE | POL | | 75 | K40/7 | (K)62 | 00:32:39 | 06.31 |
| 8 | 30 | REGNER-MIKLUSZKA Anna | WROCLAW | POL | | 75 | K40/8 | (K)65 | 00:33:26 | 06.41 |
| 9 | 23 | TAMUL-PRZECHEWKA Joanna | WROCLAW | POL | | 74 | K40/9 | (K)66 | 00:33:30 | 06.42 |
| 10 | 127 | KOLANO Monika | WROCLAW | POL | | 76 | K40/10 | (K)80 | 00:37:26 | 07.29 |
| 5 km KATEGORIA:K30 | | | | | | | | | | |
| 1 | 5 | WIŚNIEWSKA Agnieszka | SIECHNICE | POL | | 87 | K30/1 | (K)2 | 00:22:29 | 04.29 |
| 2 | 436 | Łomnicka Barbara | | POL | | 79 | K30/2 | (K)4 | 00:23:04 | 04.36 |
| 3 | 407 | WOŹNICKA Małgorzata | BRZEG DOLNY | POL | | 83 | K30/3 | (K)7 | 00:26:13 | 05.14 |
| 4 | 605 | KARCZYŃSKA Justyna | OPOLE | POL | | 82 | K30/4 | (K)10 | 00:27:07 | 05.25 |
| 5 | 80 | MIKOŁAJCZYK Katarzyna | WROCLAW | POL | | 82 | K30/5 | (K)11 | 00:27:09 | 05.25 |
| 6 | 245 | PETRYSZYN Ula | JELCZ LASKOWICE | POL | | 80 | K30/6 | (K)12 | 00:27:10 | 05.26 |
| 7 | 441 | PTASIŃSKA Aleksandra | OSOLA | POL | | 87 | K30/7 | (K)18 | 00:27:50 | 05.34 |
| 8 | 65 | CIOLEK Kinga | WROCLAW | POL | | 87 | K30/8 | (K)21 | 00:28:22 | 05.40 |
| 9 | 138 | SZCZEPAŃSKA Paulina | WROCLAW | POL | | 85 | K30/9 | (K)23 | 00:28:28 | 05.41 |
| 10 | 79 | KLIMOWICZ Joanna | WROCLAW | POL | | 86 | K30/10 | (K)28 | 00:28:55 | 05.47 |
| 11 | 42 | LEŚNIAK Magdalena | OSTRÓW WIELKOPOLSKI | POL | | 81 | K30/11 | (K)30 | 00:29:09 | 05.49 |
| 12 | 174 | BARTNICKA Anna | WROCLAW | POL | | 78 | K30/12 | (K)31 | 00:29:30 | 05.54 |
| 13 | 590 | CIOLEK Katarzyna | GNIECHOWICE | POL | | 83 | K30/13 | (K)34 | 00:29:55 | 05.59 |
| 14 | 171 | CZARNIECKA Joanna | BRZEZINA | POL | | 81 | K30/14 | (K)37 | 00:30:02 | 06.00 |
| 15 | 178 | BAĆKO Agata | WROCLAW | POL | | 85 | K30/15 | (K)42 | 00:30:36 | 06.07 |
| 16 | 173 | DZIUBA Luiza | KROTOSZYN | POL | | 87 | K30/16 | (K)54 | 00:32:01 | 06.24 |
| 17 | 24 | MALESZKA Kinga | WROCLAW | POL | | 85 | K30/17 | (K)56 | 00:32:05 | 06.25 |
| 18 | 111 | BORKOWSKA Katarzyna | MIŁOSZYCE | POL | | 79 | K30/18 | (K)61 | 00:32:22 | 06.28 |
| 19 | 674 | GOSIEWSKA Kamila | | POL | | 83 | K30/19 | (K)64 | 00:33:14 | 06.38 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (K) Sex | Czas Time | [min/km] |
|--------------|--------|---------------------------|------------------|---|--------------|---------|--------------------|---------|-----------|----------|
| 20 | 158 | SZYJER Marta | ZDUŃSKA WOLA |  POL | | 87 | K30/20 | (K)68 | 00:33:57 | 06.47 |
| 21 | 54 | MARTYNOWSKA-PIETRZYK Anna | RADAŃNICE |  POL | | 79 | K30/21 | (K)71 | 00:35:13 | 07.02 |
| 22 | 202 | KOSTERA Magda | WROCLAW |  POL | | 84 | K30/22 | (K)74 | 00:35:38 | 07.07 |
| 23 | 53 | KRAWCZYK Justyna | WROCLAW |  POL | | 87 | K30/23 | (K)75 | 00:35:51 | 07.10 |
| 24 | 120 | JEZIORAŃSKA Jolanta | WROCLAW |  POL | | 87 | K30/24 | (K)79 | 00:36:59 | 07.23 |
| 25 | 676 | CHORZEPA Ewelina | |  POL | | 83 | K30/25 | (K)81 | 00:37:39 | 07.31 |
| 26 | 99 | HOLWEG Kinga | WROCLAW |  POL | | 81 | K30/26 | (K)82 | 00:37:44 | 07.32 |
| 27 | 28 | BLASZCZYK Róża | WROCLAW |  POL | | 87 | K30/27 | (K)83 | 00:41:44 | 08.20 |
| 28 | 12 | SABAT Katarzyna | WROCLAW |  POL | | 87 | K30/28 | (K)86 | 01:17:26 | 15.29 |





















































5 km KATEGORIA:K20

| | | | | | | | | | | |
|----|-----|-------------------------|------------------|---|--|----|--------|-------|----------|-------|
| 1 | 148 | ZIŁKOWSKA Julia | WARSZAWA |  POL | | 96 | K20/1 | (K)1 | 00:22:15 | 04.24 |
| 2 | 90 | SMOLNIK Daria | WIELUŃ |  POL | | 93 | K20/2 | (K)3 | 00:22:51 | 04.33 |
| 3 | 192 | ILSKA Joanna | WROCLAW |  POL | | 92 | K20/3 | (K)5 | 00:23:30 | 04.41 |
| 4 | 48 | GRUDZIEŃ Katarzyna | BIELAWA |  POL | | 88 | K20/4 | (K)6 | 00:25:00 | 04.59 |
| 5 | 150 | CHMURA Jadwiga | WROCLAW |  POL | | 93 | K20/5 | (K)8 | 00:26:36 | 05.19 |
| 6 | 37 | KONDRAT Patrycja | BIALYSTOK |  POL | | 92 | K20/6 | (K)14 | 00:27:30 | 05.30 |
| 7 | 602 | OLSZYŃSKA Natalia | ŻORAWINA |  POL | | 94 | K20/7 | (K)15 | 00:27:37 | 05.31 |
| 8 | 149 | TOMASIAK Katarzyna | LUBLIN |  POL | | 94 | K20/8 | (K)16 | 00:27:41 | 05.32 |
| 9 | 61 | MICHOŃ Justyna | KAMYK |  POL | | 90 | K20/9 | (K)17 | 00:27:44 | 05.32 |
| 10 | 8 | KORACH Basia | WROCLAW |  POL | | 91 | K20/10 | (K)19 | 00:28:10 | 05.38 |
| 11 | 162 | GÓRSKA Dorota | KOŁAKI KOŚCIELNE |  POL | | 91 | K20/11 | (K)20 | 00:28:17 | 05.39 |
| 12 | 64 | MARCHEWKA Dorota | WROCLAW |  POL | | 91 | K20/12 | (K)22 | 00:28:25 | 05.41 |
| 13 | 35 | ZIEMBA Daria | LAMKI |  POL | | 88 | K20/13 | (K)24 | 00:28:39 | 05.43 |
| 14 | 615 | WILGOSIEWICZ Aleksandra | JACZKOWICE |  POL | | 92 | K20/14 | (K)26 | 00:28:51 | 05.46 |
| 15 | 200 | PAŚ Aleksandra | GŁOGÓW |  POL | | 89 | K20/15 | (K)27 | 00:28:52 | 05.46 |
| 16 | 22 | UBYCH Małgorzata | WROCLAW |  POL | | 90 | K20/16 | (K)29 | 00:29:02 | 05.48 |
| 17 | 598 | JUZALSKA Natalia | LEGNICA |  POL | | 97 | K20/17 | (K)36 | 00:30:01 | 06.00 |
| 18 | 604 | MŁYNEK Kamila | ZAWIDÓW |  POL | | 88 | K20/18 | (K)38 | 00:30:06 | 06.01 |
| 19 | 116 | PADUCH Bogumiła | JERZMANOWA |  POL | | 95 | K20/19 | (K)41 | 00:30:30 | 06.06 |
| 20 | 76 | CHACHUJ Agnieszka anna | WROCLAW |  POL | | 91 | K20/20 | (K)43 | 00:30:41 | 06.08 |
| 21 | 84 | WOROCH Agata | MYŚLIBÓRZ |  POL | | 89 | K20/21 | (K)44 | 00:30:54 | 06.10 |
| 22 | 83 | BLAŻEJOWSKA Agata | WROCLAW |  POL | | 91 | K20/22 | (K)45 | 00:30:55 | 06.11 |
| 23 | 146 | IZABELA Spruch | WROCLAW |  POL | | 97 | K20/23 | (K)46 | 00:31:14 | 06.14 |
| 24 | 113 | AMBROZIK Joanna | BIELSKO-BIAŁA |  POL | | 92 | K20/24 | (K)47 | 00:31:26 | 06.17 |
| 25 | 66 | DWORACZYK Monika | WROCLAW |  POL | | 90 | K20/25 | (K)48 | 00:31:34 | 06.18 |
| 26 | 204 | KSIĄŻCZYK Jessica sara | OŁAWA |  POL | | 90 | K20/26 | (K)50 | 00:31:44 | 06.20 |
| 27 | 161 | KOWALSKA Adrianna | WROCLAW |  POL | | 92 | K20/27 | (K)51 | 00:31:45 | 06.21 |
| 28 | 190 | KRZYSZKIEWICZ Karolina | WROCLAW |  POL | | 96 | K20/28 | (K)52 | 00:31:50 | 06.22 |
| 29 | 2 | BINKIEWICZ Agnieszka | WROCLAW |  POL | | 90 | K20/29 | (K)53 | 00:31:56 | 06.23 |
| 30 | 100 | PYDYCH Katarzyna | WROCLAW |  POL | | 88 | K20/30 | (K)55 | 00:32:02 | 06.24 |
| 31 | 122 | URYGA Patrycja | KIELCZÓWEK |  POL | | 97 | K20/31 | (K)57 | 00:32:11 | 06.26 |
| 32 | 67 | LIGUS Aniela | JAWORZNO |  POL | | 93 | K20/32 | (K)58 | 00:32:14 | 06.26 |
| 33 | 128 | SKORACKA Anna | WROCLAW |  POL | | 92 | K20/33 | (K)60 | 00:32:21 | 06.28 |
| 34 | 165 | BUKOWSKA Dominika | BIELAWA |  POL | | 92 | K20/34 | (K)63 | 00:33:12 | 06.38 |
| 35 | 141 | SZUBERT Paulina | WROCLAW |  POL | | 89 | K20/35 | (K)67 | 00:33:31 | 06.42 |
| 36 | 13 | BABICKA Paulina | CHALUPKI |  POL | | 97 | K20/36 | (K)72 | 00:35:30 | 07.06 |
| 37 | 69 | MAJEWSKA Joanna | ŚWIDNICA |  POL | | 90 | K20/37 | (K)76 | 00:36:20 | 07.16 |
| 38 | 143 | KUCHARSKA Magdalena | WROCLAW |  POL | | 92 | K20/38 | (K)77 | 00:36:42 | 07.20 |
| 39 | 607 | MOCHALSKA Marta | WROCLAW |  POL | | 88 | K20/39 | (K)78 | 00:36:54 | 07.22 |
| 40 | 675 | WOLAŃSKA Iłona | |  POL | | 92 | K20/40 | (K)85 | 01:06:33 | 13.18 |
| 41 | 49 | ŁUCZKIEWICZ Kinga | OŁAWA |  POL | | 90 | K20/41 | (K)87 | 01:17:27 | 15.29 |

5 km KATEGORIA:M16

| | | | | | | | | | | |
|---|-----|----------------------|---------|---|--|----|-------|--------|----------|-------|
| 1 | 290 | GROSICKI Wit | LEGNICA |  POL | | 99 | M16/1 | (M)2 | 00:17:16 | 03.27 |
| 2 | 591 | KREŻEL Kuba | WROCLAW |  POL | | 01 | M16/2 | (M)7 | 00:19:15 | 03.50 |
| 3 | 7 | MISZKIEŁO Bartosz | WROCLAW |  POL | | 01 | M16/3 | (M)17 | 00:22:01 | 04.18 |
| 4 | 195 | GOGOLEWSKI Krzysztof | WROCLAW |  POL | | 99 | M16/4 | (M)44 | 00:25:08 | 04.58 |
| 5 | 223 | BARCZYK Michał | WROCLAW |  POL | | 00 | M16/5 | (M)130 | 00:33:04 | 06.36 |




























KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|---------------------------|--------|----------------------|---------------------|---|--------------|---------|--------------------|--------|-----------|----------|
| 5 km KATEGORIA:M70 | | | | | | | | | | |
| 1 | 139 | MIEDZIŃSKI Henryk | WROCLAW |  POL | | 41 | M70/1 | (M)96 | 00:28:26 | 05.41 |
| 5 km KATEGORIA:M60 | | | | | | | | | | |
| 1 | 27 | RAZIK Tadeusz | RAWICZ |  POL | | 52 | M60/1 | (M)21 | 00:22:48 | 04.33 |
| 2 | 172 | KUCZKOWSKI Stanisław | WROCLAW |  POL | | 52 | M60/2 | (M)76 | 00:27:20 | 05.28 |
| 3 | 11 | STĘPIEŃ Waldek | WROCLAW |  POL | | 54 | M60/3 | (M)115 | 00:30:35 | 06.07 |
| 5 km KATEGORIA:M50 | | | | | | | | | | |
| 1 | 123 | NOWAKOWSKI Wiesław | WROCLAW |  POL | | 64 | M50/1 | (M)18 | 00:22:02 | 04.23 |
| 2 | 191 | CHROBOT Krzysztof | WROCLAW |  POL | | 63 | M50/2 | (M)26 | 00:23:30 | 04.39 |
| 3 | 50 | WLIZŁO Aleksander | WROCLAW |  POL | | 59 | M50/3 | (M)29 | 00:24:10 | 04.47 |
| 4 | 115 | ZALEWSKI Michał | WROCLAW |  POL | | 60 | M50/4 | (M)67 | 00:26:40 | 05.20 |
| 5 | 314 | JAKUBOWSKI Andrzej | WROCLAW |  POL | | 59 | M50/5 | (M)107 | 00:29:27 | 05.53 |
| 6 | 38 | STĘPIEŃ Tomasz | KOBIERZYCE |  POL | | 60 | M50/6 | (M)108 | 00:29:27 | 05.53 |
| 5 km KATEGORIA:M40 | | | | | | | | | | |
| 1 | 163 | KOVALENKO Włodimir | MIŃSK |  BLR | | 73 | M40/1 | (M)8 | 00:19:43 | 03.56 |
| 2 | 20 | TALAGA Michał | FOLWARK |  POL | | 77 | M40/2 | (M)19 | 00:22:13 | 04.24 |
| 3 | 198 | SZYMAŃSKI Dariusz | WROCLAW |  POL | | 74 | M40/3 | (M)25 | 00:23:28 | 04.40 |
| 4 | 279 | JUSZCZAK Grzegorz | WROCLAW |  POL | | 73 | M40/4 | (M)30 | 00:24:14 | 04.45 |
| 5 | 125 | TRAWKA Mariusz | MIEJSKA GÓRKA |  POL | | 75 | M40/5 | (M)34 | 00:24:22 | 04.51 |
| 6 | 281 | DŁUŻNIEWSKI Tomasz | |  POL | | 76 | M40/6 | (M)46 | 00:25:13 | 05.02 |
| 7 | 298 | ZDUNY Zduny | |  POL | | 74 | M40/7 | (M)48 | 00:25:22 | 04.59 |
| 8 | 89 | BAJSAROWICZ Tomasz | JELCZ-LASKOWICE |  POL | | 77 | M40/8 | (M)51 | 00:25:32 | 05.06 |
| 9 | 297 | KOWALIK Mariusz | WROCLAW |  POL | | 74 | M40/9 | (M)54 | 00:25:43 | 05.08 |
| 10 | 117 | MORAWSKI Marcin | OBORNIKI ŚLĄSKIE |  POL | | 73 | M40/10 | (M)57 | 00:25:58 | 05.11 |
| 11 | 185 | LIMANÓWKA Paweł | KĄTY WROCLAWSKIE |  POL | | 75 | M40/11 | (M)60 | 00:26:06 | 05.13 |
| 12 | 9 | REGNER Wojciech | WROCLAW |  POL | | 77 | M40/12 | (M)62 | 00:26:21 | 05.16 |
| 13 | 6 | MISZKIEŁO Adrian | WROCLAW |  POL | | 73 | M40/13 | (M)70 | 00:26:42 | 05.20 |
| 14 | 433 | WRZOSEK Robert | |  POL | | 70 | M40/14 | (M)71 | 00:26:47 | 05.21 |
| 15 | 55 | BUREK Ryszard | WROCLAW |  POL | | 74 | M40/15 | (M)79 | 00:27:29 | 05.29 |
| 16 | 32 | WACHNIK Marek | WROCLAW |  POL | | 73 | M40/16 | (M)83 | 00:27:32 | 05.30 |
| 17 | 70 | OLECH Sławomir | LEGNICA |  POL | | 77 | M40/17 | (M)84 | 00:27:43 | 05.32 |
| 18 | 21 | RAWSKI Dariusz | BYTKÓW |  POL | | 75 | M40/18 | (M)90 | 00:28:05 | 05.37 |
| 19 | 135 | DZIKI Adam | KROSNO |  POL | | 70 | M40/19 | (M)91 | 00:28:07 | 05.37 |
| 20 | 188 | MAĆKOWIAK Bartosz | ZDUNY |  POL | | 76 | M40/20 | (M)100 | 00:28:49 | 05.45 |
| 21 | 43 | LEŚNIAK Grzegorz | OSTRÓW WIELKOPOLSKI |  POL | | 74 | M40/21 | (M)105 | 00:29:09 | 05.49 |
| 22 | 71 | TOMASZ Szkolny | SZEWCE |  POL | | 71 | M40/22 | (M)111 | 00:29:42 | 05.56 |
| 23 | 86 | KUCHTA Mariusz | BRZEZINA |  POL | | 70 | M40/23 | (M)114 | 00:30:13 | 06.02 |
| 24 | 68 | TWARDOWSKI Tomasz | WROCLAW |  POL | | 76 | M40/24 | (M)121 | 00:31:28 | 06.17 |
| 25 | 199 | SAJA Patryk | SZKLARY GÓRNE |  POL | | 77 | M40/25 | (M)122 | 00:31:33 | 06.18 |
| 26 | 19 | BARYLSKI Dariusz | WROCLAW |  POL | | 76 | M40/26 | (M)124 | 00:31:40 | 06.20 |
| 27 | 87 | LASEK Tomasz | OPOLE |  POL | | 74 | M40/27 | (M)126 | 00:31:55 | 06.23 |
| 28 | 59 | LEWANDOWSKI Piotr | WROCLAW |  POL | | 74 | M40/28 | (M)128 | 00:32:52 | 06.34 |
| 29 | 136 | JODŁOWSKI Krzysztof | MARCINKOWICE |  POL | | 70 | M40/29 | (M)135 | 00:34:46 | 06.57 |
| 30 | 47 | STASZAK Krzysztof | SIECHNICE |  POL | | 77 | M40/30 | (M)137 | 00:35:32 | 07.06 |
| 5 km KATEGORIA:M30 | | | | | | | | | | |
| 1 | 606 | DANIELKIEWICZ Tomasz | GŁOGÓW |  POL | | 86 | M30/1 | (M)5 | 00:17:55 | 03.35 |
| 2 | 177 | CHLEBOWICZ Marcin | WROCLAW |  POL | | 81 | M30/2 | (M)10 | 00:19:49 | 03.57 |
| 3 | 197 | DWORZYŃSKI Rafał | WROCLAW |  POL | | 84 | M30/3 | (M)11 | 00:20:46 | 04.08 |
| 4 | 101 | KARGUL Michał | WROCLAW |  POL | | 87 | M30/4 | (M)16 | 00:21:18 | 04.15 |
| 5 | 594 | KACZMAREK Paweł | BRZEG DOLNY |  POL | | 87 | M30/5 | (M)24 | 00:23:24 | 04.38 |
| 6 | 34 | OLECH Tomasz | SICHÓW |  POL | | 83 | M30/6 | (M)37 | 00:24:29 | 04.50 |
| 7 | 109 | GRACZYK Sebastian | WROCLAW |  POL | | 83 | M30/7 | (M)38 | 00:24:31 | 04.52 |
| 8 | 145 | MAGRYTA Robert | WROCLAW |  POL | | 79 | M30/8 | (M)39 | 00:24:52 | 04.58 |
| 9 | 404 | WARDECKI Tomasz | KOSTOMŁOTY |  POL | | 84 | M30/9 | (M)41 | 00:25:03 | 04.58 |
| 10 | 179 | KOSMATKA Marek | SKIERNIEWICE |  POL | | 82 | M30/10 | (M)43 | 00:25:07 | 05.01 |
| 11 | 114 | CHMURZYŃSKI Łukasz | WROCLAW |  POL | | 81 | M30/11 | (M)47 | 00:25:22 | 05.01 |
| 12 | 157 | PAŁUK Artur | TRZEBNICA |  POL | | 86 | M30/12 | (M)49 | 00:25:31 | 05.06 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------------|--------|----------------------|--------------------|----------|--------------|---------|--------------------|--------|-----------|----------|
| 13 | 72 | STĘPIEŃ Sławomir | KOBIERZYCE | POL | | 86 | M30/13 | (M)50 | 00:25:31 | 05.06 |
| 14 | 96 | OJAK Łukasz | KAMIENIEC | POL | | 79 | M30/14 | (M)63 | 00:26:30 | 05.18 |
| 15 | 3 | JURCZAK Marcin | WOŁÓW | POL | | 81 | M30/15 | (M)64 | 00:26:36 | 05.19 |
| 16 | 601 | LARISZ Konrad | WROCLAW | POL | | 87 | M30/16 | (M)65 | 00:26:38 | 05.19 |
| 17 | 154 | GONTARZ Norbert | WROCLAW | POL | | 80 | M30/17 | (M)68 | 00:26:41 | 05.20 |
| 18 | 134 | TOMASZ Wójtowicz | WROCLAW | POL | | 79 | M30/18 | (M)69 | 00:26:42 | 05.20 |
| 19 | 183 | GRABAS Michał | WROCLAW | POL | | 85 | M30/19 | (M)72 | 00:26:58 | 05.23 |
| 20 | 133 | DARIUSZ Gadomski | WROCLAW | POL | | 83 | M30/20 | (M)73 | 00:27:05 | 05.25 |
| 21 | 108 | FENCZYSZYN Szymon | WROCLAW | POL | | 80 | M30/21 | (M)74 | 00:27:09 | 05.25 |
| 22 | 285 | CZERMAK Marek | WROCLAW | POL | | 81 | M30/22 | (M)75 | 00:27:14 | 05.26 |
| 23 | 231 | KRÓWCZYŃSKI Grzegorz | | POL | | 83 | M30/23 | (M)77 | 00:27:21 | 05.28 |
| 24 | 170 | CZARNIECKI Robert | BRZEZINA | POL | | 79 | M30/24 | (M)81 | 00:27:30 | 05.30 |
| 25 | 81 | ADAMSKI Stanisław | BRZEG | POL | | 87 | M30/25 | (M)82 | 00:27:30 | 05.30 |
| 26 | 60 | MICHOŃ Konrad | CZĘSTOCHOWA | POL | | 86 | M30/26 | (M)85 | 00:27:45 | 05.33 |
| 27 | 124 | WÓJCIK Łukasz | CHRZAŚTAWA WIELKA | POL | | 85 | M30/27 | (M)86 | 00:27:47 | 05.33 |
| 28 | 31 | DRAĞ Jarosław | WROCLAW | POL | | 79 | M30/28 | (M)87 | 00:27:50 | 05.34 |
| 29 | 182 | ZALEWSKI Karol | WROCLAW | POL | | 87 | M30/29 | (M)88 | 00:27:53 | 05.34 |
| 30 | 180 | GALWA Krystian | WROCLAW | POL | | 84 | M30/30 | (M)92 | 00:28:16 | 05.39 |
| 31 | 167 | KRASOWSKI Marek | KIEŁCZÓW | POL | | 83 | M30/31 | (M)93 | 00:28:17 | 05.39 |
| 32 | 156 | HADRYŚ Grzegorz | LUBNICE | POL | | 80 | M30/32 | (M)94 | 00:28:25 | 05.41 |
| 33 | 97 | JERCZYŃSKI Jakub | KĘPNO | POL | | 82 | M30/33 | (M)106 | 00:29:22 | 05.52 |
| 34 | 272 | KOŃCZYŁO Wojciech | | POL | | 84 | M30/34 | (M)109 | 00:29:28 | 05.53 |
| 35 | 166 | BILSKI Damian | WROCLAW | POL | | 86 | M30/35 | (M)113 | 00:30:01 | 06.00 |
| 36 | 110 | ZIELIŃSKI Artur | WROCLAW | POL | | 80 | M30/36 | (M)117 | 00:30:56 | 06.11 |
| 37 | 1 | ŻÓLTOWSKI Tomasz | WROCLAW | POL | | 79 | M30/37 | (M)118 | 00:31:02 | 06.12 |
| 38 | 160 | SZCZEPURA Rafał | WROCLAW | POL | | 84 | M30/38 | (M)119 | 00:31:10 | 06.14 |
| 39 | 15 | BĘBAS Paweł | WROCLAW | POL | | 79 | M30/39 | (M)125 | 00:31:41 | 06.20 |
| 40 | 408 | ZAWADZKI Paweł | | POL | | 86 | M30/40 | (M)138 | 00:36:01 | 07.12 |
| 41 | 407 | DOLŻAŃSKI Łukasz | | POL | | 85 | M30/41 | (M)139 | 00:36:02 | 07.12 |
| 42 | 40 | UNGURIAN Michał | WROCLAW | POL | | 87 | M30/42 | (M)140 | 00:36:10 | 07.14 |
| 43 | 121 | KADZIEL Piotr | WROCLAW | POL | | 87 | M30/43 | (M)142 | 00:37:01 | 07.24 |
| 5 km KATEGORIA:M20 | | | | | | | | | | |
| 1 | 432 | MAŃKOWSKI Kamil | | POL | | 95 | M20/1 | (M)1 | 00:17:12 | 03.26 |
| 2 | 147 | TABER Konrad | BRWINÓW | POL | | 96 | M20/2 | (M)3 | 00:17:18 | 03.27 |
| 3 | 88 | BARDZIŃSKI Rafał | LEGNICA | POL | | 92 | M20/3 | (M)4 | 00:17:40 | 03.31 |
| 4 | 18 | SADOWSKI Andrzej | KOBIERZYCE | POL | | 94 | M20/4 | (M)6 | 00:18:17 | 03.39 |
| 5 | 193 | ZIEMBICKI Roman | WAŁBRZYCH | POL | | 89 | M20/5 | (M)9 | 00:19:48 | 03.57 |
| 6 | 36 | WESOŁOWSKI Grzegorz | WROCLAW | POL | | 88 | M20/6 | (M)12 | 00:20:52 | 04.10 |
| 7 | 77 | PACKI Michał | WIELUŃ | POL | | 91 | M20/7 | (M)13 | 00:20:58 | 04.10 |
| 8 | 74 | KOŁACZEK Hubert | | POL | | 95 | M20/8 | (M)14 | 00:21:10 | 04.14 |
| 9 | 175 | RYBICKI Aleksander | BRZEG DOLNY | POL | | 88 | M20/9 | (M)15 | 00:21:11 | 04.11 |
| 10 | 58 | KOTYLA Konrad | JAWORZNO | POL | | 91 | M20/10 | (M)20 | 00:22:39 | 04.29 |
| 11 | 112 | STEFANCZYK Robert | CZĘSTOCHOWA | POL | | 94 | M20/11 | (M)22 | 00:22:55 | 04.31 |
| 12 | 201 | SŁAWEK Konrad | LGOTA GÓRNA | POL | | 96 | M20/12 | (M)23 | 00:23:21 | 04.34 |
| 13 | 203 | GEORGES Jakub | BIEŃKOWICE | POL | | 96 | M20/13 | (M)27 | 00:23:41 | 04.39 |
| 14 | 107 | KENDZIA Łukasz | WROCLAW | POL | | 90 | M20/14 | (M)28 | 00:23:51 | 04.41 |
| 15 | 671 | SETLA Mateusz | WROCLAW | POL | | 91 | M20/15 | (M)31 | 00:24:17 | 04.48 |
| 16 | 164 | KOBIELA Michał | ŚWIDNICA | POL | | 93 | M20/16 | (M)32 | 00:24:17 | 04.48 |
| 17 | 106 | MISZTAŁ Michał | BRZEG | POL | | 88 | M20/17 | (M)33 | 00:24:18 | 04.47 |
| 18 | 184 | NOWICKI Mateusz | WROCLAW | POL | | 95 | M20/18 | (M)35 | 00:24:22 | 04.44 |
| 19 | 129 | DUDKO Michał | NYSA | POL | | 95 | M20/19 | (M)36 | 00:24:25 | 04.51 |
| 20 | 613 | TĘSIOROWSKI Bartosz | WROCLAW | POL | | 89 | M20/20 | (M)40 | 00:25:00 | 04.56 |
| 21 | 45 | KRUK Michał | WROCLAW | POL | | 88 | M20/21 | (M)42 | 00:25:05 | 04.59 |
| 22 | 187 | WAROWY Andrzej | WROCLAW | POL | | 89 | M20/22 | (M)45 | 00:25:13 | 05.02 |
| 23 | 596 | KALĘKA Patryk | ŻERNIKI WROCLAWSKI | POL | | 96 | M20/23 | (M)53 | 00:25:37 | 05.07 |
| 24 | 130 | ŚWIERCZEK Dominik | NYSA | POL | | 95 | M20/24 | (M)55 | 00:25:45 | 05.09 |
| 25 | 597 | GLUSZAK Paweł | WROCLAW | POL | | 97 | M20/25 | (M)56 | 00:25:47 | 05.09 |
| 26 | 603 | PODGÓRSKI Mikołaj | WROCLAW | POL | | 97 | M20/26 | (M)58 | 00:25:58 | 05.11 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|---------------------|---|--------------|---------|--------------------|--------|-----------|----------|
| 27 | 105 | BUNAK Jędrzej | WROCLAW |  | POL | 92 | M20/27 | (M)59 | 00:26:01 | 05.12 |
| 28 | 408 | TOMELA Maciej | TORUŃ |  | POL | 89 | M20/28 | (M)61 | 00:26:13 | 05.14 |
| 29 | 151 | SZPILA Daniel | WROCLAW |  | POL | 92 | M20/29 | (M)66 | 00:26:39 | 05.19 |
| 30 | 26 | DOKŁADAŃSKI Adam | GÓRA |  | POL | 90 | M20/30 | (M)78 | 00:27:27 | 05.29 |
| 31 | 186 | KOBUSIŃSKI Paweł | WROCLAW |  | POL | 91 | M20/31 | (M)80 | 00:27:29 | 05.29 |
| 32 | 95 | SULWIŃSKI Jarosław | SIECHNICE |  | POL | 89 | M20/32 | (M)89 | 00:27:55 | 05.35 |
| 33 | 181 | KWAŚNIAK Marcin | WROCLAW |  | POL | 90 | M20/33 | (M)95 | 00:28:26 | 05.41 |
| 34 | 205 | PROCHOWSKI Paweł | WROCLAW |  | POL | 90 | M20/34 | (M)97 | 00:28:39 | 05.43 |
| 35 | 63 | BAUER Bartłomiej | PĘGÓW |  | POL | 93 | M20/35 | (M)98 | 00:28:43 | 05.44 |
| 36 | 614 | KUŚ Miłosz | KAMIENNA GÓRA |  | POL | 92 | M20/36 | (M)99 | 00:28:48 | 05.45 |
| 37 | 144 | TRZECIAK Tomasz | ZARZECZE |  | POL | 94 | M20/37 | (M)101 | 00:28:53 | 05.46 |
| 38 | 168 | KARPIŃSKI Paweł | WROCLAW |  | POL | 93 | M20/38 | (M)102 | 00:29:01 | 05.48 |
| 39 | 137 | CYRŃ Paweł | KĘDZIERZYN-KOŹLE |  | POL | 92 | M20/39 | (M)103 | 00:29:05 | 05.49 |
| 40 | 142 | CYRŃ Patryk | KĘDZIERZYN-KOŹLE |  | POL | 89 | M20/40 | (M)104 | 00:29:07 | 05.49 |
| 41 | 406 | WIELGOSZ Patryk | WROCLAW |  | POL | 96 | M20/41 | (M)110 | 00:29:33 | 05.54 |
| 42 | 600 | STYŚ Krzysztof | BIAŁA PODLASKA |  | POL | 96 | M20/42 | (M)112 | 00:30:01 | 06.00 |
| 43 | 75 | CIEŚLA Krzysztof | WROCLAW |  | POL | 91 | M20/43 | (M)116 | 00:30:40 | 06.08 |
| 44 | 140 | BAJON Mateusz | SŁAWA |  | POL | 92 | M20/44 | (M)120 | 00:31:16 | 06.15 |
| 45 | 104 | KALISZEWSKI Norbert | WROCLAW |  | POL | 90 | M20/45 | (M)123 | 00:31:33 | 06.18 |
| 46 | 608 | BARTOSZ Zasieczny | WROCLAW |  | POL | 92 | M20/46 | (M)127 | 00:32:44 | 06.32 |
| 47 | 126 | SKALIK Patryk | WROCLAW |  | POL | 88 | M20/47 | (M)129 | 00:32:56 | 06.35 |
| 48 | 673 | ROZPĘDOWSKI Dominik | |  | POL | 90 | M20/48 | (M)131 | 00:33:13 | 06.38 |
| 49 | 91 | BOBER Jakub | BIELANY WROCLAWSKIE |  | POL | 89 | M20/49 | (M)132 | 00:33:31 | 06.42 |
| 50 | 131 | MICHALAK Mateusz | ŻARÓW |  | POL | 93 | M20/50 | (M)133 | 00:33:52 | 06.46 |
| 51 | 159 | CEGIEŁKA Damian | SOKOLNIKI |  | POL | 89 | M20/51 | (M)134 | 00:33:58 | 06.47 |
| 52 | 119 | LUBCZYK Marcin | BIERUTÓW |  | POL | 95 | M20/52 | (M)136 | 00:35:02 | 07.00 |
| 53 | 153 | CIEŚLIK Radosław | WROCLAW |  | POL | 88 | M20/53 | (M)141 | 00:36:37 | 07.19 |

5 km KATEGORIA:K16

| | | | | | | | | | | |
|---|-----|---------------------|------------------|---|-----|----|-------|-------|----------|-------|
| 1 | 152 | ŁABUDA Oliwia | KĘDZIERZYN-KOŹLE |  | POL | 98 | K16/1 | (K)9 | 00:27:05 | 05.25 |
| 2 | 25 | JANICKA Zuzanna | WROCLAW |  | POL | 98 | K16/2 | (K)49 | 00:31:40 | 06.20 |
| 3 | 276 | STARZYK Katarzyna | |  | POL | 04 | K16/3 | (K)69 | 00:34:38 | 06.55 |
| 4 | 14 | ROJKIEWICZ Weronika | MORZYSZÓW |  | POL | 98 | K16/4 | (K)73 | 00:35:30 | 07.06 |