

6. Bieg III Wieź, 10. Bieg Samorządowców

WYNIKI ZAWODÓW

Organizator: Prusickie Centrum Fitness w Prusicach

Termin: 25.06.2016

Miejsce: Prusice

Dystans: 10 km

| 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] |
|------------------------------|--------|------------------------------|---------------------|----------|-------------------------------------|---------|--------------------|-------|-----------|----------|
| Bieg 10 km - K60 [1] | | | | | | | | | | |
| 1 | 121 | KOSZYKOWSKA Elżbieta | OBORNIKI ŚLĄSKIE | POL | | 53 | K60/1 | (K)21 | 00:55:17 | 05.31 |
| Bieg 10 km - K50 [5] | | | | | | | | | | |
| 1 | 282 | MUSIELAK Krystyna | KSIAŻĘCA WIEŚ | POL | KB SUKCES ŻMIGRÓD | 64 | K50/1 | (K)20 | 00:54:45 | 05.28 |
| 2 | 339 | OSTROWSKA Jadwiga | KUNICE | POL | | 62 | K50/2 | (K)53 | 01:05:31 | 06.33 |
| 3 | 233 | SUTOR Małgorzata | LUBIN | POL | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 66 | K50/3 | (K)55 | 01:06:05 | 06.36 |
| 4 | 447 | FRYDECKA Elżbieta | ŻRÓDŁA | POL | | 62 | K50/4 | (K)63 | 01:09:18 | 06.55 |
| 5 | 438 | ORPEL Mariola | GOLINA | POL | ROZPĘDZENI WIATREM | 66 | K50/5 | (K)70 | 01:12:08 | 07.12 |
| Bieg 10 km - K40 [26] | | | | | | | | | | |
| 1 | 50 | LEND A Jolanta | TWARDOGÓRA | POL | MLKS ECHO TWARDOGÓRA | 70 | K40/1 | (K)6 | 00:45:25 | 04.32 |
| 2 | 471 | JANCZAK Angelika | LEGNICA | POL | | 73 | K40/2 | (K)8 | 00:46:05 | 04.36 |
| 3 | 358 | ŻARCZYŃSKA Agnieszka | MARCINKOWICE | POL | OLAWSKA GRUPA BIEGOWA | 73 | K40/3 | (K)13 | 00:52:29 | 05.14 |
| 4 | 143 | RUDNICKA Agnieszka | KROTOSZYN | POL | | 74 | K40/4 | (K)26 | 00:57:53 | 05.47 |
| 5 | 62 | POSŁUSZNA Anna | GŁOSKA | POL | | 74 | K40/5 | (K)28 | 00:58:20 | 05.50 |
| 6 | 508 | CYTAWA Ilona | WROCLAW | POL | STRAŻ POŻARNA | 75 | K40/6 | (K)30 | 00:58:35 | 05.51 |
| 7 | 293 | ZIELIŃSKA Mirona | WROCLAW | POL | SKY TOWER RUNNERS | 75 | K40/7 | (K)31 | 00:58:56 | 05.53 |
| 8 | 175 | HAZUBSKA Anna | TRZEBNICA | POL | ATHLETICS TEAM PRUSICE | 69 | K40/8 | (K)33 | 00:59:11 | 05.55 |
| 9 | 313 | ZAKASZEWSKA Alicja | GÓRA | POL | | 71 | K40/9 | (K)38 | 01:01:13 | 06.07 |
| 10 | 68 | ZIÓŁKOWSKA Longina | JUTROSIN | POL | | 74 | K40/10 | (K)41 | 01:01:33 | 06.09 |
| 11 | 334 | KOŚCIK Elżbieta | LEGNICA | POL | GMINA LEGNICA | 73 | K40/11 | (K)44 | 01:01:52 | 06.11 |
| 12 | 160 | KOWAL Danuta | WROCLAW | POL | KOWALOWIE | 68 | K40/12 | (K)48 | 01:02:59 | 06.17 |
| 13 | 83 | MITEK Dorota | ŻMIGRÓD | POL | POLSKIE | 71 | K40/13 | (K)51 | 01:04:02 | 06.24 |
| 14 | 393 | ŚWILAK Alina | PRUSICE | POL | BRAK | 76 | K40/14 | (K)57 | 01:06:31 | 06.39 |
| 15 | 128 | CUGIER Mariola | GOLINA | POL | | 70 | K40/15 | (K)61 | 01:08:08 | 06.48 |
| 16 | 287 | RYCHEL Mariola | SMOLEC | POL | | 69 | K40/16 | (K)64 | 01:09:36 | 06.57 |
| 17 | 86 | JAWORSKA Magdalena | TRZEBNICA | POL | | 73 | K40/17 | (K)68 | 01:11:04 | 07.06 |
| 18 | 330 | ŁAZECZKO Anna | WROCLAW | POL | | 70 | K40/18 | (K)69 | 01:11:08 | 07.06 |
| 19 | 289 | SYNOWIEC Małgorzata | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 74 | K40/19 | (K)71 | 01:12:12 | 07.13 |
| 20 | 505 | WALASZEK Agnieszka | OLESNICA | POL | KB LUPUS OLEŚNICA | 74 | K40/20 | (K)74 | 01:13:20 | 07.20 |
| 21 | 375 | FRANCZAK Edyta | KSIĘGINICE | POL | | 76 | K40/21 | (K)75 | 01:14:03 | 07.24 |
| 22 | 384 | PRZYBYŁ Jolanta | GOSTYŃ | POL | EASY RUNNERS | 74 | K40/22 | (K)81 | 01:14:53 | 07.29 |
| 23 | 105 | TRACZEWSKA Beata | RYDZYNA | POL | AMATORSKI KLUB BIEGOWY ZAKWASY TEAM | 88 | K40/23 | (K)86 | 01:16:29 | 07.38 |
| 24 | 256 | SZYMCZAK-STANIEK Regina | KOBYLIN | POL | | 73 | K40/24 | (K)87 | 01:16:29 | 07.38 |
| 25 | 455 | MALINOWSKA Małgorzata | OSTRÓW WIELKOPOLSKI | POL | | 72 | K40/25 | (K)92 | 01:33:22 | 09.20 |
| Bieg 10 km - K30 [36] | | | | | | | | | | |
| 1 | 481 | SHCHENSNA-RADZIKOWSKA Halyna | ŚWIDNICA | POL | KB SOBÓTKA | 81 | K30/1 | (K)3 | 00:43:03 | 04.18 |
| 2 | 298 | LACHOWSKA Monika | BOLESŁAWIEC | POL | KLUB BIEGACZA BOLESŁAWIEC | 80 | K30/2 | (K)7 | 00:45:26 | 04.32 |
| 3 | 347 | KOLARZYK Justyna | WROCLAW | POL | | 83 | K30/3 | (K)9 | 00:46:16 | 04.37 |
| 4 | 279 | JONKO Magdalena | WROCLAW | POL | | 85 | K30/4 | (K)12 | 00:51:47 | 05.10 |
| 5 | 195 | TRZASKACZ Dorota | TRZEBNICA | POL | DTR BIEGA | 80 | K30/5 | (K)14 | 00:53:51 | 05.23 |
| 6 | 475 | KURIATA Klaudia | SOBÓTKA | POL | KB SOBÓTKA | 82 | K30/6 | (K)15 | 00:53:57 | 05.23 |
| 7 | 498 | KONONOWICZ Justyna | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 85 | K30/7 | (K)16 | 00:54:03 | 05.24 |
| 8 | 489 | BAJON Milena | KORZEŃSKO | POL | ROZBIEGANY RAWICZ | 85 | K30/8 | (K)18 | 00:54:35 | 05.27 |
| 9 | 300 | ROMANÓW Marta | WROCLAW | POL | | 86 | K30/9 | (K)22 | 00:55:20 | 05.32 |
| 10 | 77 | JANKOWICZ Agnieszka | WAŁBRZYCH | POL | TEMPO WAŁBRZYCH | 81 | K30/10 | (K)23 | 00:56:58 | 05.41 |
| 11 | 369 | SŁOCKA Marta | MILICZ | POL | CHATKA PUCHATKA MILICZ | 82 | K30/11 | (K)25 | 00:57:41 | 05.46 |

| 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] |
|-----------------|-----------|-------------------------|---------------------|-------------|------------------------|------------|-----------------------|-------|--------------|----------|
| 12 | 3 | DOMAGAŁA Karolina | SOBÓTKA | POL | KB SOBÓTKA | 85 | K30/12 | (K)29 | 00:58:33 | 05.51 |
| 13 | 217 | ŚLIWINSKA Paulina | TRZEBNICA | POL | DTR BIEGA | 78 | K30/13 | (K)34 | 00:59:14 | 05.55 |
| 14 | 231 | PŁÓCINICZAK Natalia | LESZNO | POL | CROSSFIT LESZNO | 85 | K30/14 | (K)35 | 00:59:16 | 05.55 |
| 15 | 267 | NIEWDANA Katarzyna | PROCHOWICE | POL | KROKUS KWIATKOWICE | 79 | K30/15 | (K)37 | 01:00:53 | 06.05 |
| 16 | 491 | IDCZAK Agnieszka | LEGNICA | POL | ŁĄCZKA TEAM LEGNICA | 86 | K30/16 | (K)39 | 01:01:28 | 06.08 |
| 17 | 503 | KIELAN Monika | WROCLAW | POL | | 84 | K30/17 | (K)40 | 01:01:29 | 06.08 |
| 18 | 360 | BIERNAT Dorota | MILICZ | POL | CHATKA PUCHATKA MILICZ | 80 | K30/18 | (K)42 | 01:01:47 | 06.10 |
| 19 | 228 | KARKOSZ Aurelia | MIEJSKA GÓRKA | POL | | 85 | K30/19 | (K)46 | 01:02:34 | 06.15 |
| 20 | 388 | REDER Honorata | PRUSICE | POL | | 80 | K30/20 | (K)47 | 01:02:49 | 06.16 |
| 21 | 97 | MĄDRA Anna | ŻMIGRÓD | POL | | 79 | K30/21 | (K)49 | 01:03:28 | 06.20 |
| 22 | 333 | PIERZCHLEWICZ Maria | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 78 | K30/22 | (K)54 | 01:05:37 | 06.33 |
| 23 | 246 | BOCZNIOWICZ Joanna | PROCHOWICE | POL | KROKUS KWIATKOWICE | 79 | K30/23 | (K)56 | 01:06:30 | 06.39 |
| 24 | 461 | BAKOWSKA Ewa | SZCZEPANÓW | POL | 1973 | 77 | K30/24 | (K)59 | 01:07:32 | 06.45 |
| 25 | 351 | DYMAŁA Natalia | MIĘDZYBÓRZ | POL | NIGHT RUNNERS WROCLAW | 85 | K30/25 | (K)60 | 01:07:41 | 06.46 |
| 26 | 473 | SKORUPA Paulina | ŚCINAWA | POL | | 83 | K30/26 | (K)62 | 01:08:25 | 06.50 |
| 27 | 173 | CZARNECKA Justyna | PANIEWICE | POL | | 79 | K30/27 | (K)65 | 01:09:39 | 06.57 |
| 28 | 335 | PAROL-DUCHIŃSKA Anna | WROCLAW | POL | | 81 | K30/28 | (K)67 | 01:11:01 | 07.06 |
| 29 | 190 | SKOTAREK Magdalena | RAWICZ | POL | | 83 | K30/29 | (K)72 | 01:12:27 | 07.14 |
| 30 | 171 | STACIWO Justyna | WROCLAW | POL | | 83 | K30/30 | (K)76 | 01:14:07 | 07.24 |
| 31 | 268 | PIETRZAK Anna | WROCLAW | POL | | 77 | K30/31 | (K)77 | 01:14:20 | 07.26 |
| 32 | 253 | JĘDRZEJAK-GZAJA Izabela | OSTRÓW WIELKOPOLSKI | POL | | 83 | K30/32 | (K)78 | 01:14:26 | 07.26 |
| 33 | 271 | TOMALAK Anna | OSTRÓW WIELKOPOLSKI | POL | | 85 | K30/33 | (K)79 | 01:14:30 | 07.27 |
| 34 | 418 | SOKOŁOWSKA-SYGUŁA Ewa | BRZEG DOLNY | POL | | 79 | K30/34 | (K)89 | 01:16:32 | 07.39 |
| 35 | 65 | RADUCHA-FURMAN Ewelina | SZCZEPANÓW | POL | | 85 | K30/35 | (K)90 | 01:18:54 | 07.53 |

Bieg 10 km - K20 [24]

| | | | | | | | | | | |
|----|-----|-------------------------|------------------|-----|-------------------------------------|----|--------|-------|----------|-------|
| 1 | 513 | PTASHUK Katsiaryna | LESZNO | POL | ACHILLES LESZNO | 91 | K20/1 | (K)1 | 00:38:54 | 03.53 |
| 2 | 518 | KYTYTSIA Olena | MICOLAIV | UKR | | 94 | K20/2 | (K)2 | 00:40:07 | 04.00 |
| 3 | 495 | SZWARNOG Jolanta | WROCLAW | POL | WSOWL WROCLAW | 92 | K20/3 | (K)4 | 00:44:08 | 04.24 |
| 4 | 292 | TOMASZYK Milena | WONIEŚĆ | POL | SZYMANOWSKI TEAM | 91 | K20/4 | (K)5 | 00:44:52 | 04.29 |
| 5 | 183 | KOSARZYCKA Aneta | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 87 | K20/5 | (K)11 | 00:50:10 | 05.01 |
| 6 | 186 | KUMÓR Magdalena | TRZEBNICA | POL | ATHLETICS TEAM PRUSICE | 87 | K20/6 | (K)17 | 00:54:14 | 05.25 |
| 7 | 444 | PENIOWICZ Justyna | SUŁÓW | POL | | 87 | K20/7 | (K)19 | 00:54:45 | 05.28 |
| 8 | 314 | LASKOWSKA Marta | OBORNIKI ŚLĄSKIE | POL | | 93 | K20/8 | (K)24 | 00:57:32 | 05.45 |
| 9 | 352 | GAJDUK Ilona | WROCLAW | POL | | 91 | K20/9 | (K)32 | 00:58:59 | 05.53 |
| 10 | 251 | PETRYNA Jagoda | WROCLAW | POL | | 88 | K20/10 | (K)36 | 01:00:19 | 06.01 |
| 11 | 194 | SZYSZKA Sandra | PRUSICE | POL | ATHLETICS TEAM PRUSICE | 88 | K20/11 | (K)43 | 01:01:52 | 06.11 |
| 12 | 326 | KUSTRA Klaudia | NYSA | POL | | 88 | K20/12 | (K)45 | 01:01:58 | 06.11 |
| 13 | 344 | DYMAŁA Paulina | MIĘDZYBÓRZ | POL | | 87 | K20/13 | (K)50 | 01:03:52 | 06.23 |
| 14 | 55 | DOROS Joanna | TRZEBNICA | POL | | 95 | K20/14 | (K)52 | 01:04:30 | 06.27 |
| 15 | 249 | PRZYMUSZAŁA Anna | RAWICZ | POL | | 87 | K20/15 | (K)58 | 01:06:40 | 06.40 |
| 16 | 390 | SKOCZYŁAS Marta | SOBÓTKA | POL | | 90 | K20/16 | (K)66 | 01:09:46 | 06.58 |
| 17 | 139 | FRIEBE Kinga | GOLINA | POL | ROZPĘDZENI WIATREM | 90 | K20/17 | (K)73 | 01:12:51 | 07.17 |
| 18 | 264 | MAC Aleksandra | TRZEBNICA | POL | | 88 | K20/18 | (K)80 | 01:14:40 | 07.28 |
| 19 | 420 | SKRZYSZOWSKA Maja | ŻARY | POL | | 93 | K20/19 | (K)82 | 01:15:43 | 07.34 |
| 20 | 250 | WALSKA-PIERÓG Agnieszka | PROCHOWICE | POL | KROKUS KWIATKOWICE | 87 | K20/20 | (K)83 | 01:15:50 | 07.35 |
| 21 | 71 | JAGIEŁKA Patrycja | PRUSICE | POL | | 89 | K20/21 | (K)84 | 01:16:00 | 07.36 |
| 22 | 492 | KUNC Justyna | KOTOWICE | POL | - | 89 | K20/22 | (K)85 | 01:16:27 | 07.38 |
| 23 | 104 | TRACZEWSKA Aleksandra | KACZKOWO | POL | AMATORSKI KLUB BIEGOWY ZAKWASY TEAM | 93 | K20/23 | (K)88 | 01:16:30 | 07.39 |
| 24 | 229 | KASPEREK Natalia | GRODKÓW | POL | BE BETTER | 96 | K20/24 | (K)91 | 01:33:09 | 09.18 |

Bieg 10 km - K16 [2]

| | | | | | | | | | | |
|---|-----|----------------------|---------|-----|-------------------|----|-------|-------|----------|-------|
| 1 | 405 | ADAMSKA Joanna | WROCLAW | POL | MKS 'MOS' WROCLAW | 97 | K16/1 | (K)10 | 00:48:17 | 04.49 |
| 2 | 53 | STANISŁAWSKA Natalia | KĘPNO | POL | | 98 | K16/2 | (K)27 | 00:57:54 | 05.47 |

Bieg 10 km - M70 [7]

| | | | | | | | | | | |
|---|-----|-----------------|---------|-----|-------------------|----|-------|--------|----------|-------|
| 1 | 39 | ZAŁĘSKI Henryk | SOBÓTKA | POL | KB SOBÓTKA | 45 | M70/1 | (M)47 | 00:45:36 | 04.33 |
| 2 | 38 | KASZUBA Edward | WROCLAW | POL | WKB PIAST WROCLAW | 44 | M70/2 | (M)154 | 00:57:44 | 05.46 |
| 3 | 34 | DUBIJ Leon | WROCLAW | POL | WKB PIAST WROCLAW | 41 | M70/3 | (M)192 | 01:01:38 | 06.09 |
| 4 | 207 | ŚLEBODA Ryszard | WOLÓW | POL | WKB PIAST WROCLAW | 44 | M70/4 | (M)221 | 01:06:48 | 06.40 |

| 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 | 21 | BAŃKA Jan | CZĘSTOCHOWA | | POL | 46 | M70/5 | (M)251 | 01:17:01 | 07.42 |
| 6 | 203 | KRZESAK Jan | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 45 | M70/6 | (M)252 | 01:17:39 | 07.45 |

Bieg 10 km - M60 [18]

| | | | | | | | | | | |
|----|-----|-----------------------|----------------|--|-----------------------------------|----|--------|--------|----------|-------|
| 1 | 120 | GURGUL Ryszard | BOGUSZOW-GORCE | | POL DEBY-WALBRZYCH | 55 | M60/1 | (M)43 | 00:44:49 | 04.28 |
| 2 | 202 | HORNIK Zbigniew | KOZIEGŁOWY | | POL GMINA CZERWONAK ZOBACZ WIĘCEJ | 56 | M60/2 | (M)62 | 00:47:04 | 04.42 |
| 3 | 205 | REJEK Wiesław | KROBIA | | POL | 55 | M60/3 | (M)70 | 00:47:47 | 04.46 |
| 4 | 125 | WESOŁOWSKI Stanisław | URAZ | | POL WKB PIAST WROCŁAW | 54 | M60/4 | (M)80 | 00:48:58 | 04.53 |
| 5 | 80 | MARCINKIEWICZ Tadeusz | WROCŁAW | | POL EUROSERWIS | 53 | M60/5 | (M)84 | 00:49:20 | 04.56 |
| 6 | 403 | FOKSA Marek | OSTRZESZÓW | | POL BORKI MORAWA | 56 | M60/6 | (M)90 | 00:50:20 | 05.02 |
| 7 | 49 | MUSUR Adam | OLEŚNICA | | POL KB LUPUS | 53 | M60/7 | (M)145 | 00:57:05 | 05.42 |
| 8 | 10 | BEDNARCZYK Wiesław | BRZEG | | POL | 56 | M60/8 | (M)167 | 00:59:09 | 05.54 |
| 9 | 464 | KANIEWSKI Lesław | TRZEBNICA | | POL LZS TRZEBNICA | 53 | M60/9 | (M)193 | 01:01:48 | 06.10 |
| 10 | 452 | KUCZKOWSKI Stanisław | WROCŁAW | | POL WKB PIAST WROCŁAW | 52 | M60/10 | (M)200 | 01:03:54 | 06.23 |
| 11 | 422 | LEWANDOWSKI Tadeusz | WROCŁAW | | POL WKB PIAST WROCŁAW | 49 | M60/11 | (M)203 | 01:04:24 | 06.26 |
| 12 | 43 | RAZIK Tadeusz | RAWICZ | | POL | 52 | M60/12 | (M)211 | 01:05:35 | 06.33 |
| 13 | 119 | GONERA Kazimierz | MIŁOSZYCE | | POL CSWICH | 55 | M60/13 | (M)215 | 01:06:02 | 06.36 |
| 14 | 134 | BŁONSKI Marian | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 49 | M60/14 | (M)216 | 01:06:06 | 06.36 |
| 15 | 31 | KAWOŃ Andrzej | NAMYSŁÓW | | POL | 54 | M60/15 | (M)227 | 01:09:08 | 06.54 |
| 16 | 413 | STYK Edward | GDYNIA | | POL | 56 | M60/16 | (M)233 | 01:10:41 | 07.04 |
| 17 | 135 | BURKOWSKI Stanisław | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 47 | M60/17 | (M)255 | 01:18:39 | 07.51 |
| 18 | 208 | WIERZEJSKI Henryk | WROCŁAW | | POL | 54 | M60/18 | (M)261 | 01:33:09 | 09.18 |

Bieg 10 km - M50 [33]

| | | | | | | | | | | |
|----|-----|---------------------|------------------|--|----------------------------------|----|--------|--------|----------|-------|
| 1 | 51 | LEND A Wiesław | TWARDOGÓRA | | POL MLKS ECHO TWARDOGÓRA | 62 | M50/1 | (M)11 | 00:38:46 | 03.52 |
| 2 | 515 | SOBERA Jan | | | POL ECHO- TWARDOGÓRA | 63 | M50/2 | (M)27 | 00:41:28 | 04.08 |
| 3 | 259 | PLESNER Ryszard | WOŁÓW | | POL WOŁÓW BIEGA | 64 | M50/3 | (M)51 | 00:45:55 | 04.35 |
| 4 | 429 | KOSEK Dariusz | ŻMIGRÓD | | POL | 66 | M50/4 | (M)57 | 00:46:32 | 04.39 |
| 5 | 309 | KULIŃSKI Bogdan | GŁOGÓW | | POL DRUŻYNA SZPIKU KGHM | 59 | M50/5 | (M)67 | 00:47:31 | 04.45 |
| 6 | 172 | ŻUKOWSKI Marian | KWIATKOWICE | | POL KROKUS KWIATKOWICE | 62 | M50/6 | (M)75 | 00:48:18 | 04.49 |
| 7 | 155 | MALESZAK Cezariusz | JELCZ-LASKOWICE | | POL KB HARCOWNIK JELCZ-LASKOWICE | 62 | M50/7 | (M)81 | 00:49:00 | 04.54 |
| 8 | 483 | STYPUŁA Marian | ŚWIDNICA | | POL KB SOBÓTKA | 61 | M50/8 | (M)100 | 00:52:33 | 05.15 |
| 9 | 446 | FRYDECKI Sławomir | ŻRÓDŁA | | POL | 60 | M50/9 | (M)106 | 00:53:07 | 05.18 |
| 10 | 331 | ŁAZECZKO Marek | WROCŁAW | | POL | 66 | M50/10 | (M)108 | 00:53:13 | 05.19 |
| 11 | 329 | BALKIEWICZ Henryk | LEGNICA | | POL LEGNICA | 63 | M50/11 | (M)110 | 00:53:29 | 05.20 |
| 12 | 91 | PAPROTNY Andrzej | TRZEBNICA | | POL | 64 | M50/12 | (M)116 | 00:54:00 | 05.24 |
| 13 | 427 | FABJAŃSKI Augustyn | WROCŁAW | | POL K.S. 'KLECINIACY' | 57 | M50/13 | (M)139 | 00:56:09 | 05.36 |
| 14 | 85 | KUCAB Andrzej | LUBIN | | POL | 66 | M50/14 | (M)140 | 00:56:10 | 05.37 |
| 15 | 356 | SULEK Józef | TRZEBNICA | | POL LZS TRZEBNICA | 61 | M50/15 | (M)146 | 00:57:14 | 05.43 |
| 16 | 252 | ZAJĄC Leszek | WIJEWO | | POL | 57 | M50/16 | (M)149 | 00:57:23 | 05.44 |
| 17 | 52 | HOLDYŃSKI Mirosław | KĄTY WROCŁAWSKIE | | POL RWT WROCŁAW | 61 | M50/17 | (M)151 | 00:57:29 | 05.44 |
| 18 | 423 | ZAWADA Edward | UCIECHÓW | | POL | 65 | M50/18 | (M)156 | 00:58:04 | 05.48 |
| 19 | 101 | STRONCZAK Krzysztof | WROCŁAW | | POL TRENUJ Z NAMI | 64 | M50/19 | (M)162 | 00:58:44 | 05.52 |
| 20 | 30 | UCIEKŁAK Waldemar | CZĘSTOCHOWA | | POL UG MYKANÓW | 62 | M50/20 | (M)166 | 00:59:06 | 05.54 |
| 21 | 424 | BAJEWSKI Marek | TRZEBNICA | | POL DTR BIEGA | 66 | M50/21 | (M)172 | 00:59:54 | 05.59 |
| 22 | 477 | MIERNICKI Mariusz | DZIERŻONIÓW | | POL | 59 | M50/22 | (M)178 | 01:00:23 | 06.02 |
| 23 | 157 | SŁOBODZIAN Waldemar | NAMYSŁÓW | | POL | 65 | M50/23 | (M)191 | 01:01:36 | 06.09 |
| 24 | 224 | BANASIK Wiesław | ZDZIESZOWICE | | POL | 61 | M50/24 | (M)201 | 01:04:20 | 06.26 |
| 25 | 462 | NOWICKI Andrzej | MILICZ | | POL RUNNING TEAM MILICZ | 63 | M50/25 | (M)202 | 01:04:24 | 06.26 |
| 26 | 98 | PRZYBYŁAK Paweł | LESZNO | | POL ALMARK LESZNO | 63 | M50/26 | (M)224 | 01:07:07 | 06.42 |
| 27 | 90 | ORPEL Paweł | GOLINA | | POL ROZPĘDZENI WIATREM | 66 | M50/27 | (M)236 | 01:12:05 | 07.12 |
| 28 | 93 | PRUSICKI Marek | RACIBÓRZ | | POL BBL RACIBÓRZ | 62 | M50/28 | (M)239 | 01:12:16 | 07.13 |
| 29 | 146 | MANDAT Janek | OLEŚNICA | | POL KB LUPUS OLEŚNICA | 59 | M50/29 | (M)247 | 01:14:23 | 07.26 |
| 30 | 57 | SZAŁAJKO Jerzy | WROCŁAW | | POL DUCH GÓR | 62 | M50/30 | (M)248 | 01:15:07 | 07.30 |
| 31 | 54 | WOJDYŁA Mieczysław | WROCŁAW | | POL TRADYCJA & JAKOŚĆ | 64 | M50/31 | (M)253 | 01:18:00 | 07.48 |
| 32 | 506 | ŁOKIETKO Kazimierz | OLEŚNICA | | POL KB LUPUS OLEŚNICA | 62 | M50/32 | (M)262 | 01:33:32 | 09.21 |

Bieg 10 km - M40 [61]

| | | | | | | | | | | |
|---|-----|-------------------|------------|--|----------------------|----|-------|-------|----------|-------|
| 1 | 479 | PLESIŃSKI Mariusz | ŚWIĘTOSZÓW | | POL HKS AZYMUT MOCHY | 73 | M40/1 | (M)8 | 00:37:40 | 03.45 |
| 2 | 277 | JARECKI Ireneusz | TRZEBNICA | | POL LZS TRZEBNICA | 70 | M40/2 | (M)12 | 00:38:48 | 03.52 |

| 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] |
|-----------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|--------|--------------|----------|
| 3 | 136 | JANOWICZ Roman | SŁUPIA KAPITULNA | POL | | 70 | M40/3 | (M)16 | 00:39:23 | 03.56 |
| 4 | 178 | JANISZEWSKI Wiktor | MILICZ | POL | ATHLETICS TEAM PRUSICE | 75 | M40/4 | (M)20 | 00:40:13 | 04.01 |
| 5 | 363 | FRANKOWSKI Damian | WROCLAW | POL | WKB PIAST WROCLAW | 70 | M40/5 | (M)25 | 00:40:57 | 04.05 |
| 6 | 137 | LOTA Andrzej | LEGNICA | POL | KB LEW LEGNICA | 70 | M40/6 | (M)26 | 00:41:14 | 04.06 |
| 7 | 63 | POSŁUSZNY Mariusz | GŁOSKA | POL | | 72 | M40/7 | (M)37 | 00:44:10 | 04.23 |
| 8 | 24 | JANOWICZ Wojciech | RYDZYNA | POL | | 76 | M40/8 | (M)38 | 00:44:12 | 04.24 |
| 9 | 22 | PRYZYSTARZ Artur | OBORNIKI ŚLĄSKIE | POL | | 69 | M40/9 | (M)40 | 00:44:38 | 04.27 |
| 10 | 94 | TURKIEWICZ Dariusz | WROCLAW | POL | WROCLAW MARATHON TEAM | 72 | M40/10 | (M)49 | 00:45:46 | 04.34 |
| 11 | 397 | ROMANOWICZ Andrzej | MIŁOSŁAWICE | POL | | 67 | M40/11 | (M)53 | 00:46:02 | 04.36 |
| 12 | 235 | DĘBICKI Wojciech | JUTROSIN | POL | | 68 | M40/12 | (M)54 | 00:46:11 | 04.37 |
| 13 | 167 | LUPA Adam | NAMYSŁÓW | POL | NTT TRIADA NAMYSŁÓW | 71 | M40/13 | (M)55 | 00:46:14 | 04.37 |
| 14 | 5 | GOŁĘBIEWSKI Jacek | ŚWIDNICA | POL | KB SOBÓTKA | 74 | M40/14 | (M)60 | 00:46:56 | 04.41 |
| 15 | 66 | FURMAN Sławomir | SZCZEPANÓW | POL | | 76 | M40/15 | (M)66 | 00:47:30 | 04.45 |
| 16 | 79 | ZIÓŁKOWSKI Przemysław | JUTROSIN | POL | GB JUTROSIN - KOBYLIN I PRZYJACIELE | 68 | M40/16 | (M)73 | 00:47:57 | 04.47 |
| 17 | 272 | ADAMSKI Rafał | WROCLAW | POL | SKY TOWER RUNNERS | 68 | M40/17 | (M)74 | 00:48:17 | 04.49 |
| 18 | 176 | HAZUBSKI Andrzej | TRZEBNICA | POL | KAMILNOTEBOOK&SELLTECHSC ATHLETIC TEAM PRUSICE | 68 | M40/18 | (M)76 | 00:48:23 | 04.50 |
| 19 | 166 | KOWAL Artur | WROCLAW | POL | KOWALOWIE | 68 | M40/19 | (M)77 | 00:48:50 | 04.53 |
| 20 | 36 | KOŁODZIEJ Andrzej | MILKOWICE | POL | KB LEW LEGNICA | 70 | M40/20 | (M)82 | 00:49:02 | 04.54 |
| 21 | 493 | MULARCZYK Krzysztof | OBORNIKI ŚLĄSKIE | POL | TRENEROSOBISTYWROCLAW.PL | 72 | M40/21 | (M)83 | 00:49:04 | 04.54 |
| 22 | 385 | PRZYBYŁ Piotr | GOSTYŃ | POL | EASY RUNNERS | 72 | M40/22 | (M)89 | 00:50:05 | 05.00 |
| 23 | 40 | SZULC Grzegorz | ŻMIGRÓD | POL | | 76 | M40/23 | (M)91 | 00:50:27 | 05.02 |
| 24 | 102 | HERNER Tomasz | TRZEBNICA | POL | | 76 | M40/24 | (M)92 | 00:51:00 | 05.06 |
| 25 | 193 | SYPEREK Marcin | WROCLAW | POL | PRO-RUN WROCLAW | 74 | M40/25 | (M)102 | 00:52:37 | 05.15 |
| 26 | 507 | CYTAWA Arkadiusz | WROCLAW | POL | STRAŻ POŻARNA | 71 | M40/26 | (M)105 | 00:53:05 | 05.18 |
| 27 | 144 | RUDNICKI Paweł | KROTOSZYN | POL | | 73 | M40/27 | (M)109 | 00:53:27 | 05.20 |
| 28 | 414 | DEC Rafał | BIERUTÓW | POL | BIERUTOWSKA GRUPA BIEGOWA | 75 | M40/28 | (M)112 | 00:53:44 | 05.22 |
| 29 | 147 | NIETREBA Dariusz | TRZEBNICA | POL | | 71 | M40/29 | (M)114 | 00:53:54 | 05.23 |
| 30 | 288 | RYCHEL Radosław | SMOLEC | POL | | 71 | M40/30 | (M)120 | 00:54:08 | 05.24 |
| 31 | 312 | WIERZBICKI Adam | LUBIN | POL | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 75 | M40/31 | (M)127 | 00:54:33 | 05.27 |
| 32 | 307 | JANKOWSKI Piotr | GÓRA | POL | | 72 | M40/32 | (M)128 | 00:54:37 | 05.27 |
| 33 | 396 | WEJMAN Dariusz | MALIN | POL | MALINIAKI | 76 | M40/33 | (M)131 | 00:55:23 | 05.32 |
| 34 | 394 | TARNOWSKI Roman | WROCLAW | POL | MALINIAKI | 70 | M40/34 | (M)132 | 00:55:24 | 05.32 |
| 35 | 294 | ŚLEBODA Robert | WOŁÓW | POL | | 67 | M40/35 | (M)133 | 00:55:32 | 05.33 |
| 36 | 45 | RASZKA Krzysztof | MILICZ | POL | RUNNING TEAM MILICZ | 75 | M40/36 | (M)135 | 00:55:47 | 05.34 |
| 37 | 263 | FLEISCHER Leszek | OSTRÓW WIELKOPOLSKI | POL | KS ICE MAT TEAM OSTRÓW WLKP. | 75 | M40/37 | (M)141 | 00:56:30 | 05.39 |
| 38 | 328 | SMOLAK Andrzej | BRZEG DOLNY | POL | | 70 | M40/38 | (M)152 | 00:57:34 | 05.45 |
| 39 | 64 | WOŹNIAK Rafał | BRZEG DOLNY | POL | | 76 | M40/39 | (M)157 | 00:58:08 | 05.48 |
| 40 | 222 | DĘBICKI Paweł | SZKARADOWO | POL | | 69 | M40/40 | (M)159 | 00:58:30 | 05.51 |
| 41 | 88 | MIKA Damian | RACIBÓRZ | POL | BBL RACIBÓRZ | 69 | M40/41 | (M)173 | 01:00:00 | 06.00 |
| 42 | 247 | DRUKIER Arkadiusz | WROCLAW | POL | | 72 | M40/42 | (M)174 | 01:00:02 | 06.00 |
| 43 | 285 | PĘCZKOWSKI Paweł | TRZEBNICA | POL | | 76 | M40/43 | (M)177 | 01:00:22 | 06.02 |
| 44 | 236 | LISS Rafał | WROCLAW | POL | VELICANTE SPORT TEAM | 76 | M40/44 | (M)185 | 01:01:06 | 06.06 |
| 45 | 78 | POCZTA Dariusz | ZDUNY | POL | K.S.KROTOSZ KROTOSZYN | 73 | M40/45 | (M)186 | 01:01:07 | 06.06 |
| 46 | 239 | PURZYCKI Rafał | WROCLAW | POL | | 75 | M40/46 | (M)190 | 01:01:27 | 06.08 |
| 47 | 332 | PIERZCHLEWICZ Grzegorz | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 70 | M40/47 | (M)210 | 01:05:34 | 06.33 |
| 48 | 401 | HAŁAS Marek | WROCLAW | POL | PRO-RUN WROCLAW | 69 | M40/48 | (M)219 | 01:06:26 | 06.38 |
| 49 | 255 | STANIEK Mariusz | KOBYLIN | POL | | 72 | M40/49 | (M)231 | 01:10:22 | 07.02 |
| 50 | 58 | PUCEK Przemysław | SMOLEC | POL | WKB PIAST WROCLAW | 72 | M40/50 | (M)232 | 01:10:28 | 07.02 |
| 51 | 440 | BUCA Marek | WROCLAW | POL | | 72 | M40/51 | (M)234 | 01:11:02 | 07.06 |
| 52 | 192 | SYNOWIEC Adam | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 72 | M40/52 | (M)237 | 01:12:09 | 07.12 |
| 53 | 504 | IDZIK Karol | PRUSICE | POL | | 71 | M40/53 | (M)240 | 01:12:53 | 07.17 |
| 54 | 159 | TYLICKI Sławomir | JELCZ-LASKOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 74 | M40/54 | (M)242 | 01:13:36 | 07.21 |
| 55 | 476 | MICHALSKI Adam | SOBÓTKA | POL | KB SOBÓTKA | 70 | M40/55 | (M)244 | 01:14:12 | 07.25 |
| 56 | 269 | PIETRZAK Grzegorz | WROCLAW | POL | | 74 | M40/56 | (M)245 | 01:14:19 | 07.25 |
| 57 | 106 | TYCZYŃSKI Marek | RAWICZ | POL | MASLOWO BIEGA | 71 | M40/57 | (M)249 | 01:16:53 | 07.41 |
| 58 | 482 | STERNALSKI Michał | WROCLAW | POL | WKB PIAST WROCLAW | 76 | M40/58 | (M)256 | 01:25:25 | 08.32 |

| 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] |
|------------------------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|--------|--------------|----------|
| Bieg 10 km - M30 [89] | | | | | | | | | | |
| 1 | 516 | MYKOLA Lukhymchuuik | | | UKR AHILLES LESZNO | 85 | M30/1 | (M)1 | 00:34:41 | 03.10 |
| 2 | 517 | MUSIYAKO Iban | BORZNA | | UKR AHILLES LESZNO | 85 | M30/2 | (M)5 | 00:33:58 | 03.23 |
| 3 | 453 | SZEWczyk Marek | TRZEBNICA | | POL | 84 | M30/3 | (M)6 | 00:34:58 | 03.29 |
| 4 | 478 | PELC Paweł | WROCLAW | | POL LOMAG SOFTWARE | 78 | M30/4 | (M)9 | 00:37:51 | 03.47 |
| 5 | 525 | PISUCSKI Adam | ŻAGAŃ | | POL 10 BKPANC | 80 | M30/5 | (M)10 | 00:38:23 | 03.50 |
| 6 | 426 | DANIELKIEWICZ Tomasz | GŁOGÓW | | POL WKB PIAST WROCLAW | 86 | M30/6 | (M)15 | 00:39:10 | 03.55 |
| 7 | 486 | ŻABIŃSKI Grzegorz | TRZEBNICA | | POL LZS TRZEBNICA | 82 | M30/7 | (M)18 | 00:40:02 | 03.59 |
| 8 | 480 | PUCHAŁA Radosław | SOBÓTKA | | POL KB SOBÓTKA | 79 | M30/8 | (M)21 | 00:40:17 | 04.01 |
| 9 | 381 | KOMOROWSKI Karol | TRZEBNICA | | POL KB SUKCES ŻMIGRÓD | 82 | M30/9 | (M)22 | 00:40:34 | 04.03 |
| 10 | 225 | PIASTOWSKI Marek | PROCHOWICE | | POL KROKUS KWIATKOWICE | 85 | M30/10 | (M)23 | 00:40:43 | 04.03 |
| 11 | 521 | KONONOWICZ Leszek | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 84 | M30/11 | (M)24 | 00:40:48 | 04.04 |
| 12 | 148 | TABAKA Bartosz | WROCLAW | | POL KKS SZERSZENIE TRZEBNICA | 85 | M30/12 | (M)28 | 00:41:30 | 04.08 |
| 13 | 522 | SITNICKI Mariusz | ŻAGAŃ | | POL 10 BKPANC | 77 | M30/13 | (M)29 | 00:41:46 | 04.10 |
| 14 | 377 | FRANCZAK Mariusz | KSIĘGINICE | | POL DTR BIEGA | 77 | M30/14 | (M)30 | 00:41:47 | 04.10 |
| 15 | 254 | MALESZKA Wojciech | WROCLAW | | POL TEAM NABIEGOWKACH.PL | 80 | M30/15 | (M)33 | 00:42:37 | 04.15 |
| 16 | 114 | WAŁKIEWICZ Paweł | LESZNO | | POL | 82 | M30/16 | (M)39 | 00:44:31 | 04.26 |
| 17 | 308 | BŁASZCZYK Tomasz | GÓRA | | POL | 79 | M30/17 | (M)41 | 00:44:40 | 04.27 |
| 18 | 198 | ŻYŻA Piotr | SKOKOWA | | POL ATHLETICS TEAM PRUSICE | 77 | M30/18 | (M)45 | 00:44:56 | 04.29 |
| 19 | 4 | CABAJ Damian | ŚWIDNICA | | POL KB SOBÓTKA | 86 | M30/19 | (M)46 | 00:45:05 | 04.30 |
| 20 | 191 | SMEREKA Tomasz | MILICZ | | POL RUNNING TEAM MILICZ | 77 | M30/20 | (M)48 | 00:45:41 | 04.34 |
| 21 | 494 | NOWACKI Cezary | RYDZYNA | | POL RYDZYNA | 77 | M30/21 | (M)50 | 00:45:46 | 04.34 |
| 22 | 361 | CZECH Paweł | PROCHOWICE | | POL KROKUS KWIATKOWICE | 80 | M30/22 | (M)61 | 00:46:59 | 04.41 |
| 23 | 197 | ZDYMIERA Paweł | TRZEBNICA | | POL | 78 | M30/23 | (M)64 | 00:47:17 | 04.43 |
| 24 | 82 | GRZYWACZ Marcin | OLEŚNICA | | POL | 79 | M30/24 | (M)69 | 00:47:35 | 04.45 |
| 25 | 284 | PAWLICKI Rafał | PRUSICE | | POL | 77 | M30/25 | (M)71 | 00:47:47 | 04.46 |
| 26 | 468 | KNUTELSKI Mariusz | ZABRZE | | POL | 80 | M30/26 | (M)72 | 00:47:52 | 04.47 |
| 27 | 357 | WINIARCZYK Krzysztof | WOŁÓW | | POL | 82 | M30/27 | (M)78 | 00:48:54 | 04.53 |
| 28 | 187 | KURPIEL Tomasz | TRZEBNICA | | POL | 86 | M30/28 | (M)85 | 00:49:47 | 04.58 |
| 29 | 25 | HLIWA Adrian | SKOKOWA | | POL SKOKOWA | 86 | M30/29 | (M)86 | 00:49:51 | 04.59 |
| 30 | 433 | ALTEWĘGIER Jarosław | KRAKÓW | | POL TRENUJ Z NAMI | 78 | M30/30 | (M)87 | 00:50:02 | 05.00 |
| 31 | 436 | KONOPKA Sebastian | WROCLAW | | POL | 78 | M30/31 | (M)88 | 00:50:04 | 05.00 |
| 32 | 278 | JARZĘBOWICZ Mateusz | TRZEBNICA | | POL ATHLETICS TEAM PRUSICE | 82 | M30/32 | (M)93 | 00:51:10 | 05.07 |
| 33 | 336 | SUSZ Marian | SOBÓTKA | | POL SIŁA OGRA | 80 | M30/33 | (M)96 | 00:51:43 | 05.10 |
| 34 | 435 | JAKUBOWSKI Andrzej | ŻMIGRÓD | | POL - | 83 | M30/34 | (M)97 | 00:51:47 | 05.10 |
| 35 | 274 | DRZEWIECKI Piotr | OBORNIKI ŚLĄSKIE | | POL | 84 | M30/35 | (M)98 | 00:52:25 | 05.14 |
| 36 | 523 | PRYSTASZ Krzysztof | OLAWA | | POL KLEMME OLAWA | 78 | M30/36 | (M)101 | 00:52:33 | 05.15 |
| 37 | 265 | WOŁCZEK Przemysław | STRZEGOM | | POL STRZEGOMSKA DWUNASTKA | 79 | M30/37 | (M)103 | 00:52:45 | 05.16 |
| 38 | 430 | KWASZEWSKI Mariusz | PSZENNO | | POL KRAUSE RUNNING TEAM | 78 | M30/38 | (M)107 | 00:53:11 | 05.19 |
| 39 | 337 | FIL Łukasz | SADKÓW | | POL O CO BIEGA | 81 | M30/39 | (M)117 | 00:54:02 | 05.24 |
| 40 | 304 | KRZYSZKOWSKI Michał | PONIATOWICE | | POL | 78 | M30/40 | (M)122 | 00:54:23 | 05.26 |
| 41 | 174 | DŁUGOĘCKI David | WROCLAW | | POL PRO-RUN WROCLAW | 82 | M30/41 | (M)125 | 00:54:28 | 05.26 |
| 42 | 84 | SKOKOWSKI Maciej | RAWICZ | | POL | 78 | M30/42 | (M)126 | 00:54:31 | 05.27 |
| 43 | 524 | GOLINOWSKI Paweł | WROCLAW | | POL HKS AZYMUT | 79 | M30/43 | (M)129 | 00:54:57 | 05.29 |
| 44 | 286 | RATAJCZAK Dawid | WROCLAW | | POL | 86 | M30/44 | (M)130 | 00:55:13 | 05.31 |
| 45 | 170 | KACZMARSKI Rafał | WABIENICE | | POL KB LUPUS OLEŚNICA | 78 | M30/45 | (M)137 | 00:55:51 | 05.35 |
| 46 | 365 | KAROLEWSKI Maciej | ZDUNY | | POL DZIADY BOROWE | 83 | M30/46 | (M)147 | 00:57:18 | 05.43 |
| 47 | 232 | POPRAWA Dariusz | RYDZYNA | | POL BIEGAM BO LUBIĘ | 78 | M30/47 | (M)148 | 00:57:22 | 05.44 |
| 48 | 17 | FEDOROWICZ Dariusz | NIECHLÓW | | POL BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 85 | M30/48 | (M)150 | 00:57:26 | 05.44 |
| 49 | 408 | KIEROŃSKI Łukasz | ZDUNY | | POL - | 80 | M30/49 | (M)153 | 00:57:39 | 05.45 |
| 50 | 417 | SYGULA Leszek | BRZEG DOLNY | | POL | 78 | M30/50 | (M)155 | 00:57:52 | 05.47 |
| 51 | 196 | WOJTASZEK Artur | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 86 | M30/51 | (M)158 | 00:58:14 | 05.49 |
| 52 | 35 | TALAGA Michał | OSTRÓW WLKP | | POL ESDS RUNNERS | 77 | M30/52 | (M)161 | 00:58:43 | 05.52 |
| 53 | 75 | KARBOWNICZAK Tomasz | TRZEBNICA | | POL | 84 | M30/53 | (M)164 | 00:58:52 | 05.53 |
| 54 | 511 | JAROS Michał | WROCLAW | | POL | 81 | M30/54 | (M)165 | 00:59:02 | 05.54 |
| 55 | 67 | WARCZEWSKI Sebastian | RAWICZ | | POL | 78 | M30/55 | (M)170 | 00:59:27 | 05.56 |
| 56 | 164 | BANIK Andrzej | PODGÓRZYN | | POL WROCLAW MARATHON TEAM | 86 | M30/56 | (M)179 | 01:00:27 | 06.02 |

| 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] |
|-----------------|-----------|-------------------------|---------------------|-------------|---------------------------|------------|-----------------------|--------|--------------|----------|
| 57 | 406 | WERPULEWSKI Sylwester | ŻMIGRÓD | POL | | 79 | M30/57 | (M)180 | 01:00:45 | 06.04 |
| 58 | 400 | WITKOWSKI Wojciech | WROCLAW | POL | | 80 | M30/58 | (M)182 | 01:00:51 | 06.05 |
| 59 | 432 | ROSIŃSKI Marcin | OLEŚNICA | POL | VERVOMANIACY | 85 | M30/59 | (M)183 | 01:00:52 | 06.05 |
| 60 | 116 | KRUCZKIEWICZ Mateusz | WROCLAW | POL | KRUKI | 79 | M30/60 | (M)184 | 01:01:05 | 06.06 |
| 61 | 47 | GLINIANY Mateusz | RAWICZ | POL | | 85 | M30/61 | (M)188 | 01:01:17 | 06.07 |
| 62 | 46 | NAWROT Karol | RAWICZ | POL | | 82 | M30/62 | (M)189 | 01:01:18 | 06.07 |
| 63 | 380 | KAWA Arkadiusz | CHODLEWKO | POL | ATHLETICS TEAM PRUSICE | 82 | M30/63 | (M)196 | 01:02:45 | 06.16 |
| 64 | 41 | MAZUREK Tomasz | ŻMIGRÓD | POL | | 77 | M30/64 | (M)197 | 01:03:05 | 06.18 |
| 65 | 395 | URBAŃSKI Piotr | SULÓW | POL | | 77 | M30/65 | (M)199 | 01:03:33 | 06.21 |
| 66 | 113 | SKRZYPEK Adrian | RAWICZ | POL | MASLOWO BIEGA | 78 | M30/66 | (M)204 | 01:04:27 | 06.26 |
| 67 | 319 | KOWALSKI Marcin | OŁAWA | POL | | 82 | M30/67 | (M)206 | 01:04:45 | 06.28 |
| 68 | 321 | SZPONAR Bartłomiej | OŁAWA | POL | ŚLĄSK WROCLAW | 83 | M30/68 | (M)207 | 01:04:46 | 06.28 |
| 69 | 169 | NAWROT Artur | TRZEBNICA | POL | DTR BIEGA | 81 | M30/69 | (M)208 | 01:04:49 | 06.28 |
| 70 | 421 | BRUSACKI Maciej | OLEŚNICA | POL | - | 83 | M30/70 | (M)209 | 01:05:06 | 06.30 |
| 71 | 115 | GALKA Jacek | ŻMIGRÓD | POL | VEGERUNNERS | 79 | M30/71 | (M)212 | 01:05:53 | 06.35 |
| 72 | 391 | STACHURSKI Andrzej | SKOKOWA | POL | | 80 | M30/72 | (M)217 | 01:06:11 | 06.37 |
| 73 | 238 | MIGASIEWICZ Dominik | TRZEBNICA | POL | BIEGAM BO LUBIĘ | 83 | M30/73 | (M)218 | 01:06:11 | 06.37 |
| 74 | 230 | SPIGIEL Paweł | KOPASZYN | POL | | 84 | M30/74 | (M)220 | 01:06:29 | 06.38 |
| 75 | 110 | CZARNECKI Tomasz | PANOWICE | POL | | 77 | M30/75 | (M)225 | 01:07:15 | 06.43 |
| 76 | 472 | SKORUPA Jacek | ŚCINAWA | POL | | 79 | M30/76 | (M)226 | 01:08:30 | 06.51 |
| 77 | 389 | SALADRA Tomasz | PRUSICE | POL | ATHLETICS TEAM PRUSICE | 86 | M30/77 | (M)229 | 01:09:21 | 06.56 |
| 78 | 241 | ŻEGLIŃSKI Tomasz | OLEŚNICA | POL | ŻEGLIŃSCY | 83 | M30/78 | (M)230 | 01:09:28 | 06.56 |
| 79 | 161 | SZPAK Łukasz | WROCLAW | POL | | 81 | M30/79 | (M)235 | 01:12:03 | 07.12 |
| 80 | 188 | LARKOWSKI Bartosz | WROCLAW | POL | | 84 | M30/80 | (M)238 | 01:12:15 | 07.13 |
| 81 | 19 | GÓRECKI Bartosz | BOLESŁAWIEC | POL | KLUB BIEGACZA BOLESŁAWIEC | 82 | M30/81 | (M)243 | 01:14:03 | 07.24 |
| 82 | 310 | BIĘCZAK Łukasz | DABCZE | POL | | 79 | M30/82 | (M)246 | 01:14:22 | 07.26 |
| 83 | 163 | BANASIEWICZ Maciej | WAŁBRZYCH | POL | BRAK | 83 | M30/83 | (M)250 | 01:16:59 | 07.41 |
| 84 | 410 | BŁOCHOWIAK Tomasz | MIEJSKA GORKA | POL | ROZBIEGANY RAWICZ | 80 | M30/84 | (M)257 | 01:26:12 | 08.37 |
| 85 | 226 | WARCZEWSKI Tomasz | LESZNO | POL | | 80 | M30/85 | (M)260 | 01:33:05 | 09.18 |

Bieg 10 km - M20 [43]

| | | | | | | | | | | |
|----|-----|-----------------------|---------------------|-----|------------------------------|----|--------|--------|----------|-------|
| 1 | 519 | ONEKCIN Ogyxobcbknn | OSTRÓW WIELKOPOLSKI | POL | | 93 | M20/1 | (M)2 | 00:31:54 | 03.11 |
| 2 | 520 | ANTONIVK Wiaczeslaw | CHERNIMCI | UKR | ICE.MAT TEAM | 95 | M20/2 | (M)3 | 00:32:15 | 03.13 |
| 3 | 514 | APTEM Karbah | OSTRÓW WIELKOPOLSKI | POL | | 90 | M20/3 | (M)4 | 00:33:18 | 03.19 |
| 4 | 409 | WOSTAL Aleksander | SZPROTAWA | POL | | 92 | M20/4 | (M)7 | 00:35:56 | 03.35 |
| 5 | 262 | CHLEBOWSKI Marcin | JUTROSIN | POL | | 88 | M20/5 | (M)14 | 00:39:03 | 03.54 |
| 6 | 126 | BURCHACKI Przemysław | SKOKOWA | POL | ATHLETICS TEAM PRUSICE | 88 | M20/6 | (M)17 | 00:39:41 | 03.58 |
| 7 | 95 | BAŃSKI Sebastian | KAMIENNA GÓRA | POL | SUDECKIE WYCIECZKI BIEGOWE | 92 | M20/7 | (M)19 | 00:40:06 | 03.59 |
| 8 | 182 | KOMOROWSKI Arkadiusz | TRZEBNICA | POL | ATHLETICS TEAM PRUSICE | 95 | M20/8 | (M)31 | 00:42:20 | 04.13 |
| 9 | 184 | KOZŁOWICZ Tomasz | WIELKA LIPA | POL | ATHLETICS TEAM PRUSICE | 92 | M20/9 | (M)32 | 00:42:23 | 04.13 |
| 10 | 276 | JARECKI Damian | TRZEBNICA | POL | LZS TRZEBNICA | 93 | M20/10 | (M)35 | 00:43:44 | 04.22 |
| 11 | 340 | KACZOR Grzegorz | ZGORZELEC | POL | | 88 | M20/11 | (M)42 | 00:44:41 | 04.27 |
| 12 | 387 | PUDŁO Piotr | ŁUCZYNA | POL | AMATOR | 87 | M20/12 | (M)44 | 00:44:51 | 04.28 |
| 13 | 291 | SZYMANOWSKI Krzysztof | KOŚCIAN | POL | SZYMANOWSKI TEAM | 93 | M20/13 | (M)52 | 00:45:56 | 04.35 |
| 14 | 470 | OSKWAREK Piotr | TRZEBUNIA | POL | ŁĄCZKA TEAM LEGNICA | 87 | M20/14 | (M)58 | 00:46:36 | 04.39 |
| 15 | 341 | SIUDAK Michał | LEGNICA | POL | CZARNI ROKITKI GMINA CHOJNÓW | 89 | M20/15 | (M)59 | 00:46:52 | 04.41 |
| 16 | 243 | JARECKI Przemysław | MILICZ | POL | RUNNING TEAM MILICZ | 91 | M20/16 | (M)63 | 00:47:08 | 04.42 |
| 17 | 454 | KRÓL Łukasz | BOLESŁAWIEC | POL | KLUB BIEGACZA BOLESŁAWIEC | 88 | M20/17 | (M)68 | 00:47:34 | 04.45 |
| 18 | 412 | PLEWKA Paweł | JUTROSIN | POL | | 95 | M20/18 | (M)79 | 00:48:58 | 04.53 |
| 19 | 56 | STASIAK Mikołaj | RAWICZ | POL | | 90 | M20/19 | (M)94 | 00:51:15 | 05.07 |
| 20 | 428 | KALUŻA Jakub | RAWICZ | POL | | 96 | M20/20 | (M)95 | 00:51:31 | 05.09 |
| 21 | 177 | HAZUBSKI Łukasz | TRZEBNICA | POL | ATHLETICS TEAM PRUSICE | 96 | M20/21 | (M)104 | 00:52:58 | 05.17 |
| 22 | 324 | ADAMSKI Michał | SKWIERZYNA | POL | FOR RUN TEAM | 93 | M20/22 | (M)115 | 00:53:57 | 05.23 |
| 23 | 96 | KWAPIS Łukasz | RUJA | POL | KB LEW LEGNICA | 88 | M20/23 | (M)121 | 00:54:21 | 05.26 |
| 24 | 305 | WĘGLEWSKI Grzegorz | GODZIESZOWA | POL | | 91 | M20/24 | (M)123 | 00:54:25 | 05.26 |
| 25 | 133 | STAWICKI Paweł | WROCLAW | POL | | 90 | M20/25 | (M)134 | 00:55:46 | 05.34 |
| 26 | 154 | JAKUBOWSKI Karol | TRZEBNICA | POL | 2BZ | 89 | M20/26 | (M)136 | 00:55:51 | 05.35 |
| 27 | 437 | MATILLEK Miłosz | MIĘDZYBÓRZ | POL | VERVOMANIACY | 89 | M20/27 | (M)138 | 00:56:02 | 05.36 |

| 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] |
|--------------|--------|----------------------|------------------|----------|------------------------|---------|--------------------|---------|-----------|----------|
| 28 | 107 | JAKIMOWICZ Eligiusz | ZABÓR WIELKI | POL | | 91 | M20/28 | (M)144 | 00:57:04 | 05.42 |
| 29 | 484 | SZACHNIEWICZ Łukasz | PRUSICE | POL | | 87 | M20/29 | (M)163 | 00:58:50 | 05.53 |
| 30 | 350 | BURACZEWSKI Eryk | BARTOSZYCE | POL | | 94 | M20/30 | (M)169 | 00:59:17 | 05.55 |
| 31 | 181 | KEMPA Krzysztof | TRZEBNICA | POL | ATHLETICS TEAM PRUSICE | 87 | M20/31 | (M)171 | 00:59:33 | 05.57 |
| 32 | 366 | KŁOS Przemysław | ŻÓRAWINA | POL | NOKIA | 88 | M20/32 | (M)175 | 01:00:14 | 06.01 |
| 33 | 220 | OLEJNIK Piotr | WROCLAW | POL | | 91 | M20/33 | (M)176 | 01:00:20 | 06.02 |
| 34 | 451 | PEĆKIEWICZ Dawid | WROCLAW | POL | - | 87 | M20/34 | (M)181 | 01:00:48 | 06.04 |
| 35 | 156 | NOWAK Marcin | WROCLAW | POL | A MY SWOJE! | 95 | M20/35 | (M)198 | 01:03:17 | 06.19 |
| 36 | 72 | OLESZKO Dawid | PRUSICE | POL | | 89 | M20/36 | (M)213 | 01:05:55 | 06.35 |
| 37 | 509 | BĘBENEK Dominik | SKOKOWA | POL | | 95 | M20/37 | (M)222 | 01:06:49 | 06.40 |
| 38 | 500 | POŚLEDNIK Grzegorz | ŻMIGRÓD | POL | - | 95 | M20/38 | (M)223 | 01:06:55 | 06.41 |
| 39 | 8 | HNATÓW Marek | WROCLAW | POL | | 90 | M20/39 | (M)241 | 01:13:29 | 07.20 |
| 40 | 469 | WOLNY Michał | RAWICZ | POL | INTERBIT LESZNO TEAM | 92 | M20/40 | (M)254 | 01:18:02 | 07.48 |
| 41 | 213 | WIELGUS Sebastian | ROŚCISŁAWICE | POL | KS ROŚCISŁAWICE | 96 | M20/41 | (M)258 | 01:29:13 | 08.55 |
| 42 | 526 | SZWIEC Marek | PRUSICE | POL | | 93 | M20/42 | (M)259 | 01:32:52 | 09.17 |

Bieg 10 km - M16 [21]

| | | | | | | | | | | |
|----|-----|---------------------|------------------|-----|------------------------------------|----|--------|--------|----------|-------|
| 1 | 379 | KAPALA Sebastian | OSTOJE | POL | KADET RAWICZ | 99 | M16/1 | (M)13 | 00:38:54 | 03.53 |
| 2 | 211 | WIELGUS Arkadiusz | ROŚCISŁAWICE | POL | KS ROŚCISŁAWICE | 98 | M16/2 | (M)34 | 00:42:57 | 04.17 |
| 3 | 9 | JERZYK Dawid | KĘPNO | POL | K.S. LENIWIEC KĘPNO | 98 | M16/3 | (M)36 | 00:44:01 | 04.23 |
| 4 | 248 | OZIĘBAŁA Aleksander | OBORNIKI ŚLĄSKIE | POL | | 00 | M16/4 | (M)56 | 00:46:19 | 04.37 |
| 5 | 212 | WIELGUS Marcin | ROŚCISŁAWICE | POL | KS ROŚCISŁAWICE | 00 | M16/5 | (M)65 | 00:47:28 | 04.44 |
| 6 | 266 | MALEC Radosław | KAMIENNA GÓRA | POL | | 01 | M16/6 | (M)99 | 00:52:29 | 05.14 |
| 7 | 415 | DEC Patryk | BIERUTÓW | POL | BIERUTOWSKA GRUPA BIEGOWA | 99 | M16/7 | (M)111 | 00:53:43 | 05.22 |
| 8 | 392 | ŚNIEGULA Patryk | TRZEBNICA | POL | | 00 | M16/8 | (M)113 | 00:53:49 | 05.22 |
| 9 | 234 | SUTOR Radosław | LUBIN | POL | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 00 | M16/9 | (M)118 | 00:54:03 | 05.24 |
| 10 | 527 | SZULC Piotr | ŻMIGRÓD | POL | | 97 | M16/10 | (M)119 | 00:54:07 | 05.24 |
| 11 | 510 | BAK Kacper | PRUSICE | POL | | 00 | M16/11 | (M)124 | 00:54:28 | 05.26 |
| 12 | 502 | DRAPEJKOWSKI Michał | RAWICZ | POL | | 97 | M16/12 | (M)142 | 00:56:46 | 05.40 |
| 13 | 512 | BALA Aleksander | LEGNICA | POL | | 97 | M16/13 | (M)143 | 00:56:52 | 05.41 |
| 14 | 443 | OSTROWSKI Filip | BOJANOWO | POL | | 98 | M16/14 | (M)160 | 00:58:37 | 05.51 |
| 15 | 398 | ŚLIWIŃSKI Bartosz | TRZEBNICA | POL | DTR BIEGA | 99 | M16/15 | (M)168 | 00:59:12 | 05.55 |
| 16 | 223 | KĘDZIA Jakub | GOSTYŃ | POL | | 98 | M16/16 | (M)187 | 01:01:11 | 06.07 |
| 17 | 376 | FRANCZAK Jakub | KSIĘGINICE | POL | | 00 | M16/17 | (M)194 | 01:01:58 | 06.11 |
| 18 | 290 | SYNOWIEC Piotr | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 98 | M16/18 | (M)195 | 01:02:11 | 06.13 |
| 19 | 117 | SOKOŁOWSKI Jan | WILCZYN | POL | | 00 | M16/19 | (M)205 | 01:04:31 | 06.27 |
| 20 | 37 | KOŁODZIEJ Michał | MILKOWICE | POL | KB LEW LEGNICA | 98 | M16/20 | (M)214 | 01:06:02 | 06.36 |
| 21 | 240 | ŻEGLIŃSKI Piotr | OLEŚNICA | POL | ŻEGLIŃSCY | 98 | M16/21 | (M)228 | 01:09:20 | 06.56 |