# Bieg o Puchar J.M. Rektora Politechniki Wrocławskiej „5 Rektora 2016”

## WYNIKI ZAWODÓW

**Organizator:** Akademicki Klub Sportowy Politechniki Wrocławskiej, Studium Wychowania Fizycznego i Sportu Politechniki Wrocławskiej

**Termin:** 15.11.2016

**Miejsce:** Wrocław

**Dystans:** 5 km

Politechnika Wrocławska

### Bieg 5 km - M20 [0]

| 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] |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 86 | **GRZEŚKÓW Wojciech** | ŚWIDNICA | POL | GLKS ŚWIDNICA | 97 | M20/1 | (M)1 | **00:14:37** | 02.55 |
| 2 | 3 | **FRĄSZCZAK Patryk** | KROTOSZYN | POL | WOSIEK TEAM /AKS PWR | 95 | M20/2 | (M)2 | **00:14:41** | 02.56 |
| 3 | 175 | **SAWICKI Maciej** | WROCŁAW | POL | | 92 | M20/3 | (M)3 | **00:14:46** | 02.57 |
| 4 | 1 | **FEDORCZAK Michał** | NOWA SÓL | POL | AKS PWR | 95 | M20/4 | (M)4 | **00:14:56** | 02.59 |
| 5 | 237 | **MARKOWICZ Łukasz** | WROCŁAW | POL | KU AZS UWR/ WOSIEK TEAM | 94 | M20/5 | (M)5 | **00:16:10** | 03.14 |
| 6 | 19 | **BOROWIECKI Jędrzej** | ZIELONA GÓRA | POL | UP WROCŁAW / BIEGOSTACJA.PL | 92 | M20/6 | (M)6 | **00:16:18** | 03.15 |
| 7 | 216 | **GLENSK Arkadiusz** | DANIEC | POL | CYKLOFAN OPOLE | 95 | M20/7 | (M)7 | **00:16:24** | 03.16 |
| 8 | 103 | **BLIAKHARCHUK Dmytro** | RIVNE | UKR | BAJER | 97 | M20/8 | (M)8 | **00:16:28** | 03.17 |
| 9 | 185 | **KOTAS Marek** | RYBNIK | POL | ÓSEMKA PWR / KOTASPORT | 97 | M20/9 | (M)9 | **00:16:28** | 03.17 |
| 10 | 15 | **KARWACKI Maciej** | KAMIENNA GÓRA | POL | AKS PWR | 95 | M20/10 | (M)10 | **00:16:31** | 03.18 |
| 11 | 62 | **LEŚNIEWSKI Konrad** | POSTOMINO | POL | KB BRYZA POSTOMINO | 94 | M20/11 | (M)11 | **00:16:32** | 03.18 |
| 12 | 60 | **BIAŁEK Paweł** | ŚWIEBODZICE | POL | W10 | 92 | M20/12 | (M)12 | **00:16:44** | 03.20 |
| 13 | 190 | **STASIK Marek** | KIEŁCZÓW | POL | | 97 | M20/13 | (M)13 | **00:16:53** | 03.22 |
| 14 | 157 | **ZIĘTEK Bartłomiej** | CHAJEW | POL | AKS PWR | 96 | M20/14 | (M)14 | **00:17:02** | 03.24 |
| 15 | 269 | **NIEKOWAL Jan** | WROCŁAW | POL | W8 | 95 | M20/15 | (M)16 | **00:17:25** | 03.28 |
| 16 | 289 | **CHEBA Ariel** | BOJANOWO | POL | NIGHT RUNNERS WROCŁAW | 91 | M20/16 | (M)19 | **00:17:35** | 03.30 |
| 17 | 227 | **ZYGMUNT Kamil** | WROCŁAW | POL | ÓSEMKA PWR | 96 | M20/17 | (M)20 | **00:17:35** | 03.31 |
| 18 | 71 | **MAZUR Adam** | WOJNOWICE | POL | W10 | 95 | M20/18 | (M)21 | **00:17:41** | 03.31 |
| 19 | 32 | **ŻURAW Wiktor** | SOKOLNIKI | POL | POLITECHNIKA WROCŁAWSKA/W11 | 97 | M20/19 | (M)22 | **00:17:46** | 03.33 |
| 20 | 6 | **LASEK Konrad** | WROCŁAW | POL | W10 | 97 | M20/20 | (M)23 | **00:17:48** | 03.33 |
| 21 | 44 | **ODWROT Łukasz** | SULECHÓW | POL | | 95 | M20/21 | (M)24 | **00:17:51** | 03.33 |
| 22 | 272 | **SZYMCZAK Eryk** | ŚWIERCZYNA | POL | W10 | 95 | M20/22 | (M)25 | **00:17:55** | 03.34 |
| 23 | 236 | **ŁOJKO Michał esteban** | DRZONKÓW | POL | RAJTAROWIANKA DRZONKÓW | 87 | M20/23 | (M)28 | **00:18:21** | 03.40 |
| 24 | 11 | **KALININ Jarosław** | WROCŁAW | POL | W11 | 96 | M20/24 | (M)29 | **00:18:23** | 03.40 |
| 25 | 147 | **KOSIERADZKI Łukasz** | ŚWIERADÓW-ZDRÓJ | POL | | 96 | M20/25 | (M)30 | **00:18:23** | 03.38 |
| 26 | 244 | **MAZIAKOWSKI Adam** | OPOLE | POL | MAZIAKOWSKI RUNNING TEAM | 95 | M20/26 | (M)31 | **00:18:27** | 03.41 |
| 27 | 122 | **ZAWROTNIAK Arkadiusz** | LWÓWEK ŚLĄSKI | POL | HUSARIA RACE TEAM | 93 | M20/27 | (M)32 | **00:18:27** | 03.41 |
| 28 | 125 | **MAZUR Jakub** | ŁAZISKA | POL | | 93 | M20/28 | (M)33 | **00:18:27** | 03.40 |
| 29 | 287 | **PABISIAK Jakub** | GOLENIÓW | POL | | 93 | M20/29 | (M)34 | **00:18:28** | 03.41 |
| 30 | 96 | **SKRABANIA Andrzej** | WROCŁAW | POL | | 94 | M20/30 | (M)35 | **00:18:29** | 03.40 |
| 31 | 179 | **BARSKI Bartosz** | LUBIN | POL | W6 | 94 | M20/31 | (M)36 | **00:18:39** | 03.43 |
| 32 | 38 | **ROKITA Krzysztof** | WROCŁAW | POL | ÓSEMKA PWR | 92 | M20/32 | (M)37 | **00:18:41** | 03.43 |
| 33 | 105 | **ANDRUSZKIEWICZ Krystian** | OSTRÓW WIELKOPOLSKI | POL | | 97 | M20/33 | (M)38 | **00:18:49** | 03.45 |
| 34 | 14 | **ŻAK Andrzej** | WROCŁAW | POL | SWFIS/W-10 | 90 | M20/34 | (M)39 | **00:18:52** | 03.46 |
| 35 | 140 | **BRZOZOWSKI Kamil** | RAWICZ | POL | CANALETTA TEAM | 94 | M20/35 | (M)40 | **00:18:57** | 03.47 |
| 36 | 255 | **NOWICKI Piotr** | KORZEŃSKO | POL | CANALETTA TEAM | 94 | M20/36 | (M)41 | **00:18:58** | 03.47 |
| 37 | 256 | **NIEMCZYNOWSKI Konrad** | RAWICZ | POL | CANALETTA TEAM | 94 | M20/37 | (M)43 | **00:18:58** | 03.47 |
| 38 | 193 | **STEMPIŃSKI Maciej** | WROCŁAW | POL | | 95 | M20/38 | (M)46 | **00:19:09** | 03.49 |
| 39 | 133 | **KAMIEŃSKI Filip** | LWÓWEK ŚLĄSKI | POL | W10 | 95 | M20/39 | (M)47 | **00:19:10** | 03.50 |
| 40 | 17 | **STANKIEWICZ Paweł** | WROCŁAW | POL | WCSS | 90 | M20/40 | (M)49 | **00:19:16** | 03.51 |
| 41 | 84 | **MALISZEWSKI Łukasz** | GORZĘDÓW | POL | POLONIA GORZĘDÓW | 92 | M20/41 | (M)50 | **00:19:20** | 03.52 |
| 42 | 177 | **IWANIAK Ignacy** | WROCŁAW | POL | | 98 | M20/42 | (M)51 | **00:19:38** | 03.55 |
| 43 | 16 | **MUSIAŁ Rafał** | RADOMSKO | POL | IMPULS WROCŁAW | 94 | M20/43 | (M)52 | **00:19:39** | 03.55 |
| 44 | 277 | **ALLAF Adam** | WROCŁAW | POL | ALLAFY | 92 | M20/44 | (M)53 | **00:19:40** | 03.56 |
| 45 | 113 | **CALDERON Silva** | WROCŁAW | CHI | | 90 | M20/45 | (M)54 | **00:19:41** | 03.56 |
| 46 | 252 | **WIERZYK Adam** | ŚWIDNICA | POL | | 96 | M20/46 | (M)55 | **00:19:45** | 03.57 |
| 47 | 263 | **NOSZCZYK Tomasz** | NOWA RUDA | POL | | 94 | M20/47 | (M)59 | **00:19:50** | 03.58 |

| 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] |
|---|---|---|---|---|---|---|---|---|---|---|
| 48 | 134 | **JAKUBIEC Krystian** | WROCŁAW | POL | | 96 | M20/48 | (M)60 | **00:19:52** | 03.58 |
| 49 | 230 | **WIKTOREK Adrian** | WROCŁAW | POL | ÓSEMKA PWR | 95 | M20/49 | (M)61 | **00:19:52** | 03.58 |
| 50 | 127 | **KULIGOWSKI Patryk** | WROCŁAW | POL | | 92 | M20/50 | (M)62 | **00:19:53** | 03.58 |
| 51 | 205 | **FIJOŁEK Sergiusz** | WROCŁAW | POL | | 97 | M20/51 | (M)63 | **00:19:54** | 03.58 |
| 52 | 155 | **JOCHEMCZAK Radosław** | DWORSZOWICE | POL | W10 | 94 | M20/52 | (M)64 | **00:19:59** | 03.59 |
| 53 | 201 | **OKOŃSKI Wojciech** | WARTA | POL | - | 96 | M20/53 | (M)65 | **00:19:59** | 03.59 |
| 54 | 151 | **ZELENT Denis** | GŁUCHOŁAZY | POL | ALO PWR | 99 | M20/54 | (M)68 | **00:20:05** | 04.01 |
| 55 | 68 | **KURZYP Wojciech** | ZĄBKOWICE ŚLĄSKIE | POL | AIR W10 | 95 | M20/55 | (M)69 | **00:20:05** | 04.01 |
| 56 | 5 | **GRAD Adrian** | OSTRÓW WIELKOPOLSKI | POL | | 93 | M20/56 | (M)70 | **00:20:08** | 04.01 |
| 57 | 34 | **ŁENTEK Bartłomiej** | BARLINEK | POL | | 96 | M20/57 | (M)71 | **00:20:09** | 04.01 |
| 58 | 296 | **BOJKO Dominik** | WROCŁAW | POL | W11 | 91 | M20/58 | (M)73 | **00:20:19** | 04.03 |
| 59 | 30 | **TUKAJ Krzysztof** | WROCŁAW | POL | | 94 | M20/59 | (M)75 | **00:20:23** | 04.04 |
| 60 | 167 | **PALAK Mateusz** | | POL | | 94 | M20/60 | (M)76 | **00:20:24** | 04.04 |
| 61 | 260 | **MATEJKO Paweł** | WROCŁAW | POL | | 93 | M20/61 | (M)77 | **00:20:26** | 04.05 |
| 62 | 43 | **URZĘDOWSKI Wojciech** | CIEPŁOWODY | POL | ÓSEMKA PWR | 95 | M20/62 | (M)78 | **00:20:27** | 04.05 |
| 63 | 58 | **CIRKO Sebastian** | LUBIN | POL | | 96 | M20/63 | (M)80 | **00:20:36** | 04.07 |
| 64 | 231 | **SZYMA Piotr** | WROCLAW | POL | W11 | 96 | M20/64 | (M)81 | **00:20:37** | 04.07 |
| 65 | 52 | **KOŁODZIEJ Jurand** | WROCŁAW | POL | SAMORZĄD STUDENCKI | 94 | M20/65 | (M)82 | **00:20:37** | 04.07 |
| 66 | 206 | **KALEMBA Łukasz** | ZDZIECHOWICE | POL | LKS PROSNA ZDZIECHOWICE | 96 | M20/66 | (M)83 | **00:20:41** | 04.08 |
| 67 | 104 | **CHABIERSKI Kamil** | KALISZ | POL | AIR W10 | 95 | M20/67 | (M)84 | **00:20:41** | 04.08 |
| 68 | 169 | **OGONOWSKI Filip** | WROCŁAW | POL | SAMORZĄD STUDENCKI | 93 | M20/68 | (M)86 | **00:20:42** | 04.08 |
| 69 | 51 | **SIEWIERA Patryk** | WROCŁAW | POL | | 93 | M20/69 | (M)87 | **00:20:43** | 04.08 |
| 70 | 257 | **WOJTALA Marcel** | JAWOR | POL | W5 | 96 | M20/70 | (M)88 | **00:20:44** | 04.08 |
| 71 | 107 | **KUPKA Bazyl** | NOWA RUDA | POL | W10 | 95 | M20/71 | (M)89 | **00:20:44** | 04.08 |
| 72 | 85 | **WLOCZYK Paweł** | OLESNO | POL | | 97 | M20/72 | (M)90 | **00:20:44** | 04.08 |
| 73 | 83 | **OSTROWSKI Mikołaj** | WROCŁAW | POL | AIR W10 | 95 | M20/73 | (M)94 | **00:21:02** | 04.12 |
| 74 | 82 | **RDZANEK Rafał** | WYDZIAŁ CHEMICZNY | POL | WYDZIAŁ CHEMICZNY | 95 | M20/74 | (M)95 | **00:21:02** | 04.12 |
| 75 | 76 | **ZIAJKA Michał** | WROCŁAW | POL | W5 | 94 | M20/75 | (M)97 | **00:21:07** | 04.13 |
| 76 | 150 | **PAUL Wojciech** | WROCŁAW | POL | | 93 | M20/76 | (M)100 | **00:21:14** | 04.14 |
| 77 | 198 | **MAKOWSKI Mariusz** | KALISZ | POL | WYDZIAŁ CHEMICZNY | 95 | M20/77 | (M)101 | **00:21:19** | 04.15 |
| 78 | 195 | **MAKIELAK Mariusz** | WIERZCHLAS | POL | | 95 | M20/78 | (M)102 | **00:21:21** | 04.16 |
| 79 | 164 | **GANCARCZYK Wiktor** | JORDANÓW ŚLĄSKI | POL | | 98 | M20/79 | (M)103 | **00:21:37** | 04.19 |
| 80 | 28 | **SMOLIŃSKI Mateusz** | WROCŁAW | POL | | 96 | M20/80 | (M)105 | **00:21:41** | 04.20 |
| 81 | 81 | **KMAK Adam** | NOWY SĄCZ | POL | AIR W10 | 95 | M20/81 | (M)106 | **00:21:47** | 04.21 |
| 82 | 233 | **STUDNICKI Piotr** | ŚWIDNICA | POL | | 95 | M20/82 | (M)107 | **00:21:49** | 04.21 |
| 83 | 4 | **GOWIN Grzegorz** | ŁODYGOWICE | POL | | 93 | M20/83 | (M)108 | **00:21:50** | 04.22 |
| 84 | 120 | **CZARNY Grzegorz** | WROCŁAW | POL | | 94 | M20/84 | (M)110 | **00:22:00** | 04.24 |
| 85 | 135 | **GŁĄBA Marcin** | WROCŁAW | POL | | 95 | M20/85 | (M)111 | **00:22:02** | 04.24 |
| 86 | 56 | **PARUŻYŃSKI Mateusz** | WROCŁAW | POL | | 94 | M20/86 | (M)112 | **00:22:06** | 04.25 |
| 87 | 8 | **SZWAJKA Marek** | WROCŁAW | POL | | 97 | M20/87 | (M)113 | **00:22:07** | 04.25 |
| 88 | 248 | **LUDWIG Piotr** | WOŁÓW | POL | W5 | 93 | M20/88 | (M)114 | **00:22:09** | 04.25 |
| 89 | 182 | **MRUGAŁA Miłosz** | CHOJĘCIN-PARCELE | POL | | 94 | M20/89 | (M)115 | **00:22:09** | 04.25 |
| 90 | 271 | **BORDAKIEWICZ Kamil** | ZIELONA GÓRA | POL | | 97 | M20/90 | (M)116 | **00:22:17** | 04.27 |
| 91 | 33 | **TARNOWSKI Piotr** | WROCŁAW | POL | | 96 | M20/91 | (M)117 | **00:22:20** | 04.28 |
| 92 | 116 | **WRÓBEL Szymon** | WROCŁAW | POL | | 94 | M20/92 | (M)118 | **00:22:23** | 04.28 |
| 93 | 106 | **SKOKUŃ Bartosz** | WROCŁAW | POL | W10 | 94 | M20/93 | (M)119 | **00:22:23** | 04.28 |
| 94 | 130 | **SŁOWIK Radosław** | WŁOSZCZOWA | POL | R.K.S. CHUWDU | 97 | M20/94 | (M)120 | **00:22:24** | 04.28 |
| 95 | 74 | **DULNIK Kamil** | WĘGRÓW | POL | W10 | 91 | M20/95 | (M)121 | **00:22:25** | 04.29 |
| 96 | 139 | **CIEŚLAK Krystian** | SŁUPSK | POL | #TEAMW10 | 92 | M20/96 | (M)123 | **00:22:37** | 04.31 |
| 97 | 292 | **SZYMASZEK Przemysław** | STRASZĘCIN | POL | AIR W10 | 95 | M20/97 | (M)125 | **00:22:39** | 04.31 |
| 98 | 235 | **MACNIAK Michał** | WROCŁAW | POL | - | 94 | M20/98 | (M)126 | **00:22:43** | 04.32 |
| 99 | 108 | **CZUPAK Adrian** | WROCŁAW | POL | PWR W10 | 97 | M20/99 | (M)127 | **00:22:44** | 04.32 |
| 100 | 160 | **PYKA Jakub** | KŁODZKO | POL | | 98 | M20/100 | (M)128 | **00:22:46** | 04.33 |
| 101 | 247 | **WAWRZYNIAK Cezary** | WROCŁAW | POL | W10 | 92 | M20/101 | (M)129 | **00:22:57** | 04.35 |
| 102 | 18 | **KLIMAS Aleksander** | PIOTRKÓW | POL | | 94 | M20/102 | (M)131 | **00:23:06** | 04.37 |
| 103 | 165 | **STANCLIK Karol** | WROCŁAW | POL | | 99 | M20/103 | (M)133 | **00:23:08** | 04.37 |
| 104 | 261 | **NOSZCZYK Paweł** | NOWA RUDA | POL | WBLIW | 89 | M20/104 | (M)134 | **00:23:10** | 04.38 |
| 105 | 78 | **MARECKI Krystian** | ŻARKI | POL | W10 | 95 | M20/105 | (M)139 | **00:23:35** | 04.43 |

| 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] |
|---|---|---|---|---|---|---|---|---|---|---|
| 106 | 73 | **KRÓL Maciej** | RDZAWA | POL | W10 | 95 | M20/106 | (M)140 | **00:23:35** | 04.43 |
| 107 | 75 | **PIORUN Maciej** | LEGNICA | POL | AIR W10 | 95 | M20/107 | (M)141 | **00:23:36** | 04.43 |
| 108 | 67 | **MIERZEJEWSKI Dariusz** | WROCŁAW | POL | AIR W10 | 95 | M20/108 | (M)142 | **00:23:40** | 04.44 |
| 109 | 79 | **KOWALCZYK Łukasz** | WROCŁAW | POL | AIR W10 | 95 | M20/109 | (M)143 | **00:23:48** | 04.45 |
| 110 | 300 | **PIASKOWSKI Michał** | JAWOR | POL | W5 | 96 | M20/110 | (M)144 | **00:23:52** | 04.46 |
| 111 | 88 | **OLEJNIK Kamil** | KALISZ | POL | TEAM SOLO | 94 | M20/111 | (M)145 | **00:23:54** | 04.46 |
| 112 | 31 | **PAWŁOWSKI Jakub** | WROCŁAW | POL | | 96 | M20/112 | (M)146 | **00:23:56** | 04.47 |
| 113 | 217 | **MRZYGŁÓD Dominik** | WROCŁAW | POL | W10 | 93 | M20/113 | (M)147 | **00:24:02** | 04.48 |
| 114 | 49 | **GREBER Karol** | WROCŁAW | POL | | 93 | M20/114 | (M)148 | **00:24:08** | 04.49 |
| 115 | 87 | **MIOTK Michał** | WROCŁAW | POL | W10 | 95 | M20/115 | (M)149 | **00:24:09** | 04.49 |
| 116 | 145 | **TURCZYK Krzysztof** | WROCŁAW | POL | | 95 | M20/116 | (M)151 | **00:24:13** | 04.50 |
| 117 | 202 | **WĄTROBA Marcin** | KACZYCE | POL | | 96 | M20/117 | (M)152 | **00:24:14** | 04.50 |
| 118 | 291 | **KOWALSKI Michał** | ŚCINAWA | POL | - | 94 | M20/118 | (M)153 | **00:24:17** | 04.51 |
| 119 | 29 | **MIETELSKI Paweł** | WROCŁAW | POL | | 94 | M20/119 | (M)154 | **00:24:17** | 04.51 |
| 120 | 95 | **MAŁYSIAK Kamil** | WROCŁAW | POL | | 89 | M20/120 | (M)155 | **00:24:25** | 04.53 |
| 121 | 278 | **WOLNIAK Robert** | POLSKIE OLĘDRY | POL | | 94 | M20/121 | (M)158 | **00:24:40** | 04.56 |
| 122 | 61 | **WIŚNIOWSKI Paweł** | WROCŁAW | POL | | 93 | M20/122 | (M)159 | **00:25:01** | 05.00 |
| 123 | 66 | **ZAŁĘCKI Marcin** | WROCŁAW | POL | | 95 | M20/123 | (M)161 | **00:25:19** | 05.03 |
| 124 | 10 | **SAPKOWSKI Przemek** | GRYFINO | POL | W10 | 97 | M20/124 | (M)162 | **00:25:31** | 05.06 |
| 125 | 69 | **SADOWSKI Ferdynand** | WROCŁAW | POL | W10 | 94 | M20/125 | (M)163 | **00:26:11** | 05.14 |
| 126 | 274 | **SOKOŁOWSKI Bartłomiej** | NOWA SÓL | POL | W8 | 96 | M20/126 | (M)165 | **00:26:22** | 05.16 |
| 127 | 238 | **ANASIAK Tomasz** | WROCŁAW | POL | W10 | 93 | M20/127 | (M)166 | **00:26:24** | 05.16 |
| 128 | 215 | **RUCZYŃSKI Bartosz** | WROCŁAW | POL | | 95 | M20/128 | (M)169 | **00:27:02** | 05.24 |
| 129 | 152 | **KLASA Radosław** | WROCŁAW | POL | ALO PWR | 99 | M20/129 | (M)170 | **00:27:11** | 05.26 |
| 130 | 166 | **KOBIAŁKA Karol** | WROCŁAW | POL | | 98 | M20/130 | (M)171 | **00:27:25** | 05.29 |
| 131 | 172 | **PISZCZEK Michał** | WROCŁAW | POL | | 97 | M20/131 | (M)173 | **00:27:39** | 05.31 |
| 132 | 40 | **CHALASIEWICZ Kamil** | WROCŁAW | POL | W10 | 97 | M20/132 | (M)175 | **00:28:19** | 05.39 |
| 133 | 138 | **GRABOWSKI Kamil** | WROCŁAW | POL | | 91 | M20/133 | (M)176 | **00:28:35** | 05.43 |
| 134 | 48 | **ŁUCZAK Jakub** | MALANÓW | POL | | 93 | M20/134 | (M)177 | **00:28:36** | 05.43 |
| 135 | 70 | **MIŻDAL Daniel** | NOWOGRODZIEC | POL | | 94 | M20/135 | (M)178 | **00:28:52** | 05.46 |
| 136 | 270 | **MOLENDA Adrian** | WROCŁAW | POL | | 95 | M20/136 | (M)179 | **00:28:52** | 05.46 |
| 137 | 181 | **DOBROWOLSKI Tomasz** | WROCŁAW | POL | | 98 | M20/137 | (M)180 | **00:29:07** | 05.49 |
| 138 | 275 | **OSTROWSKI Karol** | WROCŁAW | POL | FUNDACJA WROACTIV | 93 | M20/138 | (M)182 | **00:31:06** | 06.13 |
| | | **Bieg 5 km - M30 [0]** | | | | | | | | |
| 1 | 90 | **NOWAK Konrad** | ŚWIDNICA | POL | | 86 | M30/1 | (M)15 | **00:17:07** | 03.25 |
| 2 | 276 | **BUJAK Hubert** | WYSTĘPY | POL | | 80 | M30/2 | (M)45 | **00:19:04** | 03.48 |
| 3 | 266 | **CIESIELSKI Maciej** | WROCŁAW | POL | CIESIU TEAM | 81 | M30/3 | (M)56 | **00:19:47** | 03.57 |
| 4 | 280 | **KINAL Grzegorz** | WROCŁAW | POL | | 81 | M30/4 | (M)79 | **00:20:28** | 04.05 |
| 5 | 89 | **NOSZCZYK Patryk** | WAŁBRZYCH | POL | WCSS | 86 | M30/5 | (M)92 | **00:20:49** | 04.09 |
| 6 | 196 | **BUKOWSKI Michał** | OLEŚNICA | POL | | 82 | M30/6 | (M)99 | **00:21:11** | 04.14 |
| 7 | 226 | **PAWLIK Michał** | WROCŁAW | POL | CRK CREW | 84 | M30/7 | (M)109 | **00:21:51** | 04.22 |
| 8 | 220 | **KRUCZKIEWICZ Mateusz** | WROCŁAW | POL | KRUKI | 79 | M30/8 | (M)136 | **00:23:12** | 04.38 |
| 9 | 180 | **NAWIRSKI Kamil** | WROCŁAW | POL | FUNDACJA ROZWOJU PWR | 86 | M30/9 | (M)150 | **00:24:11** | 04.50 |
| 10 | 225 | **CZECHOWSKI Paweł** | WROCŁAW | POL | | 79 | M30/10 | (M)156 | **00:24:34** | 04.54 |
| 11 | 22 | **JAGODZIŃSKI Walter** | WROCŁAW | POL | KARSTEN OBARSKI FUNCLUB | 83 | M30/11 | (M)160 | **00:25:14** | 05.02 |
| 12 | 142 | **BROCZEK Tomasz** | WROCŁAW | POL | | 80 | M30/12 | (M)172 | **00:27:33** | 05.30 |
| | | **Bieg 5 km - M40 [0]** | | | | | | | | |
| 1 | 207 | **MARTOWSKI Maciej** | WROCŁAW | POL | EUROPA UBEZPIECZENIA | 76 | M40/1 | (M)18 | **00:17:32** | 03.30 |
| 2 | 223 | **OLEJNICZAK Jarosław** | WROCŁAW | POL | UNIWERSYTET EKONOMICZNY/WKB PIAST WROCŁAW | 73 | M40/2 | (M)26 | **00:17:57** | 03.34 |
| 3 | 253 | **KOZUBAL Janusz** | WROCŁAW | POL | WBLIW | 72 | M40/3 | (M)27 | **00:18:12** | 03.37 |
| 4 | 146 | **BLACHOWSKI Jan** | WROCŁAW | POL | | 74 | M40/4 | (M)42 | **00:18:58** | 03.46 |
| 5 | 200 | **GALANT Sławomir** | WROCŁAW | POL | - | 75 | M40/5 | (M)48 | **00:19:10** | 03.50 |
| 6 | 148 | **GRZEMPOWSKI Piotr** | WROCŁAW | POL | | 74 | M40/6 | (M)58 | **00:19:50** | 03.58 |
| 7 | 203 | **WACEK Marek** | | POL | | 68 | M40/7 | (M)66 | **00:19:59** | 03.59 |
| 8 | 186 | **SYPEREK Marcin** | WROCŁAW | POL | PRO RUN WROCŁAW | 74 | M40/8 | (M)67 | **00:20:02** | 04.00 |
| 9 | 297 | **SZYMAŃSKI Rafał** | IDZIKOWICE | POL | RWT WROCŁAW | 74 | M40/9 | (M)74 | **00:20:22** | 04.04 |

| 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 | 124 | **KARP Dariusz** | BIAŁY KOŚCIÓŁ | POL | KARP SPORT TEAM | 73 | M40/10 | (M)93 | **00:20:56** | 04.11 |
| 11 | 232 | **BIEŃKOWSKI Piotr** | KIEŁCZÓW | POL | | 70 | M40/11 | (M)96 | **00:21:05** | 04.13 |
| 12 | 243 | **SIEPRAWSKI Ryszard** | | POL | RWT WROCŁAW | 72 | M40/12 | (M)98 | **00:21:08** | 04.13 |
| 13 | 197 | **KOWALEWSKI Dariusz** | BYKÓW | POL | | 68 | M40/13 | (M)104 | **00:21:38** | 04.19 |
| 14 | 102 | **SIENKIEWICZ Arkadiusz** | WROCŁAW | POL | | 74 | M40/14 | (M)122 | **00:22:37** | 04.31 |
| 15 | 298 | **STRZELCZYK Grzegorz** | | POL | RWT WROCŁAW | 70 | M40/15 | (M)132 | **00:23:07** | 04.37 |
| 16 | 239 | **ŻAK Bartłomiej** | WROCŁAW | POL | POLITECHNIKA WROCŁAWSKA/W11 | 74 | M40/16 | (M)137 | **00:23:13** | 04.38 |
| 17 | 173 | **STERTNALSKI Michał** | WROCŁAW | POL | WKB PIAST WROCLAW | 76 | M40/17 | (M)174 | **00:27:55** | 05.35 |
| 18 | 222 | **OSÓBKA Jakub** | WROCŁAW | POL | AKS POLITECHNIKI WROCŁAWSKIEJ | 68 | M40/18 | (M)183 | **00:32:22** | 06.28 |
| | | **Bieg 5 km - M50 [0]** | | | | | | | | |
| 1 | 35 | **KASPRZAK Ireneusz** | WROCŁAW | POL | | 62 | M50/1 | (M)17 | **00:17:29** | 03.29 |
| 2 | 242 | **JURECKI Zygfryd** | WROCŁAW | POL | SKY TOWER RUNNERS | 65 | M50/2 | (M)57 | **00:19:50** | 03.58 |
| 3 | 168 | **HOŁDYŃSKI Mirosław** | KĄTY WROCŁAWSKIE | POL | RWT WROCŁAW | 61 | M50/3 | (M)85 | **00:20:41** | 04.08 |
| 4 | 295 | **KRYSIAK Dariusz** | WROCŁAW | POL | UNIWERSYTET EKONOMICZNY WE WROCŁAWIU | 60 | M50/4 | (M)124 | **00:22:39** | 04.31 |
| 5 | 290 | **MIERNICKI Mariusz** | DZIERŻONIÓW | POL | | 59 | M50/5 | (M)130 | **00:23:04** | 04.36 |
| 6 | 221 | **WOJDYŁA Mieczysław** | WROCŁAW | POL | TRADYCJA I JAKOŚC WROCŁAW | 64 | M50/6 | (M)168 | **00:26:45** | 05.21 |
| | | **Bieg 5 km - M60 [0]** | | | | | | | | |
| 1 | 279 | **ADAMSKI Wojciech** | WROCŁAW | POL | 21K.PL | 50 | M60/1 | (M)91 | **00:20:44** | 04.08 |
| 2 | 265 | **KAWOŃ Andrzej** | NAMYSŁÓW | POL | | 54 | M60/2 | (M)135 | **00:23:12** | 04.38 |
| 3 | 109 | **GONERA Kazimierz** | MIŁOSZYCE | POL | CSWIICH | 55 | M60/3 | (M)138 | **00:23:26** | 04.41 |
| 4 | 97 | **MITUŚ Antoni** | KIEŁCZÓW | POL | | 52 | M60/4 | (M)164 | **00:26:20** | 05.16 |
| | | **Bieg 5 km - M70 [0]** | | | | | | | | |
| 1 | 171 | **GRACZYKOWSKI Rafał** | CESARZOWICE | POL | | 30 | M70/1 | (M)72 | **00:20:10** | 04.02 |
| 2 | 153 | **WANAT Wacław** | WROCŁAW | POL | SKY TOWER RUNNERS | 46 | M70/2 | (M)157 | **00:24:35** | 04.55 |
| 3 | 143 | **MICHALSKI Artur** | WROCŁAW | POL | | 24 | M70/3 | (M)167 | **00:26:34** | 05.18 |
| | | **Bieg 5 km - K20 [0]** | | | | | | | | |
| 1 | 112 | **ZIELEŃ Małgorzata** | WROCŁAW | POL | PWR, MKS PARASOL WROCŁAW | 96 | K20/1 | (K)1 | **00:17:15** | 03.26 |
| 2 | 12 | **ROMANOWSKA Justyna** | KĄTY WROCŁAWSKIE | POL | WOSIEK TEAM/ PWR | 93 | K20/2 | (K)2 | **00:18:08** | 03.37 |
| 3 | 254 | **ADAMSKA Joanna** | WROCŁAW | POL | MKS MOS WROCŁAW | 97 | K20/3 | (K)3 | **00:18:58** | 03.47 |
| 4 | 199 | **OSMOLAK Agnieszka** | WROCŁAW | POL | PRO RUN WROCŁAW | 88 | K20/4 | (K)4 | **00:19:05** | 03.48 |
| 5 | 219 | **CZEKURŁAN Joanna** | WROCŁAW | POL | NIEZRZESZONY | 93 | K20/5 | (K)5 | **00:19:28** | 03.53 |
| 6 | 156 | **PĘCZAR Aneta** | WROCŁAW | POL | | 94 | K20/6 | (K)6 | **00:19:44** | 03.56 |
| 7 | 93 | **MINORCZYK Karina** | SKOKOWA | POL | ATHLETICS TEAM PRUSICE/W02 | 97 | K20/7 | (K)8 | **00:20:23** | 04.04 |
| 8 | 174 | **WOJCIECHOWSKA Gabriela** | WROCŁAW | POL | AKS PWR | 89 | K20/8 | (K)9 | **00:20:59** | 04.11 |
| 9 | 7 | **GRAD Daria** | OSTRÓW WIELKOPOLSKI | POL | | 97 | K20/9 | (K)10 | **00:21:04** | 04.12 |
| 10 | 63 | **GRĘBOWIEC Bogna** | STALOWA WOLA | POL | | 97 | K20/10 | (K)11 | **00:21:25** | 04.17 |
| 11 | 13 | **NIEMIEC Aneta** | MANIOWY | POL | ÓSEMKA PWR | 90 | K20/11 | (K)12 | **00:21:31** | 04.18 |
| 12 | 24 | **LASKOWSKA Marta** | OBORNIKI ŚLĄSKIE | POL | | 93 | K20/12 | (K)13 | **00:21:37** | 04.19 |
| 13 | 39 | **SOSNOWSKA Iga** | LEGNICA | POL | POLITECHNIKA WROCŁAWSKA | 95 | K20/13 | (K)15 | **00:21:52** | 04.22 |
| 14 | 208 | **LERCH Ewa** | JASTRZĘBIE - ZDRÓJ | POL | RUNTEAM PAWŁOWICE | 95 | K20/14 | (K)17 | **00:22:18** | 04.27 |
| 15 | 115 | **SZCZERBAK Paulina** | BIAŁYSTOK | POL | | 94 | K20/15 | (K)18 | **00:22:24** | 04.28 |
| 16 | 149 | **CIEŚLIK Aneta** | WROCŁAW | POL | KLUB W10 | 92 | K20/16 | (K)19 | **00:22:25** | 04.29 |
| 17 | 268 | **KUCZYŃSKA Gabriela** | JAWORZYNA ŚLĄSKA | POL | | 96 | K20/17 | (K)20 | **00:22:29** | 04.29 |
| 18 | 188 | **KRUPNICKA Karolina** | LUBIĄŻ | POL | AIR W10 | 97 | K20/18 | (K)22 | **00:22:39** | 04.31 |
| 19 | 46 | **PAUL Joanna** | WROCŁAW | POL | | 94 | K20/19 | (K)24 | **00:23:12** | 04.38 |
| 20 | 37 | **PAKUŁA Maja** | WROCŁAW | POL | TRINITY ŁÓDŹ | 97 | K20/20 | (K)25 | **00:23:24** | 04.40 |
| 21 | 36 | **NOWACKA Anna** | RACIBÓRZ | POL | | 97 | K20/21 | (K)26 | **00:23:25** | 04.41 |
| 22 | 187 | **BIHUN Karolina** | WROCŁAW | POL | | 95 | K20/22 | (K)27 | **00:23:42** | 04.44 |
| 23 | 65 | **BUJAR Julia** | WROCŁAW | POL | W10 | 95 | K20/23 | (K)28 | **00:23:49** | 04.45 |
| 24 | 55 | **TOKAREK Beata** | WROCŁAW | POL | W3 | 94 | K20/24 | (K)29 | **00:24:00** | 04.48 |
| 25 | 129 | **KOTOWSKA Klaudia** | JELENIA GÓRA | POL | | 94 | K20/25 | (K)30 | **00:24:04** | 04.48 |
| 26 | 2 | **ŚLUSARCZYK Marzena** | WROCŁAW | POL | WROCLAW MATATHON TEAM | 92 | K20/26 | (K)31 | **00:24:14** | 04.50 |
| 27 | 20 | **PASZKIEWICZ Anna** | LUBIN | POL | KS BURZA BYSTRZYCA | 94 | K20/27 | (K)32 | **00:24:17** | 04.51 |
| 28 | 228 | **PUZIO Paulina** | ZĄBKOWICE ŚLĄSKIE | POL | PWR | 93 | K20/28 | (K)33 | **00:24:18** | 04.51 |
| 29 | 47 | **DZIEDZIC Katarzyna** | WROCŁAW | POL | | 93 | K20/29 | (K)34 | **00:24:20** | 04.52 |

| 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] |
|---|---|---|---|---|---|---|---|---|---|---|
| 30 | 111 | **BIELECKA Agnieszka** | WROCŁAW | POL | | 93 | K20/30 | (K)35 | **00:24:28** | 04.53 |
| 31 | 131 | **ORCZYK Agata** | WROCŁAW | POL | W10 | 94 | K20/31 | (K)36 | **00:24:45** | 04.57 |
| 32 | 101 | **ŻUREK Magdalena** | WROCŁAW | POL | W10 | 96 | K20/32 | (K)37 | **00:24:46** | 04.57 |
| 33 | 92 | **KOWALSKA Agnieszka** | WROCŁAW | POL | | 94 | K20/33 | (K)38 | **00:24:58** | 04.59 |
| 34 | 80 | **KASZA Izabela** | WROCŁAW | POL | UKS REFLEX RYBNIK | 94 | K20/34 | (K)39 | **00:25:03** | 05.00 |
| 35 | 25 | **KASPERKIEWICZ Agata** | KĘPNO | POL | | 94 | K20/35 | (K)40 | **00:25:17** | 05.03 |
| 36 | 126 | **DZIĘCIELSKA Bogumiła** | GŁUSZYNA | POL | | 94 | K20/36 | (K)41 | **00:25:26** | 05.05 |
| 37 | 50 | **ZWOLAN Natalia** | ZAMOŚĆ | POL | W10 | 95 | K20/37 | (K)42 | **00:25:28** | 05.05 |
| 38 | 23 | **POTURAJ Honorata** | WROCŁAW | POL | W10 | 97 | K20/38 | (K)43 | **00:25:31** | 05.06 |
| 39 | 45 | **LIS Aleksandra** | SNOWIDZA | POL | | 96 | K20/39 | (K)44 | **00:25:32** | 05.06 |
| 40 | 158 | **SZYDŁO Izabela** | WROCŁAW | POL | | 98 | K20/40 | (K)45 | **00:25:46** | 05.09 |
| 41 | 259 | **MAZIARZ Aleksandra** | LEGNICA | POL | | 96 | K20/41 | (K)46 | **00:25:50** | 05.10 |
| 42 | 136 | **KOWOL Daria** | WROCŁAW | POL | W10 | 93 | K20/42 | (K)47 | **00:26:08** | 05.13 |
| 43 | 241 | **BAJON Aleksandra** | SŁUBICE | POL | PWR | 93 | K20/43 | (K)48 | **00:26:21** | 05.16 |
| 44 | 163 | **WŁODARCZYK Katarzyna** | WROCŁAW | POL | | 89 | K20/44 | (K)49 | **00:26:22** | 05.16 |
| 45 | 27 | **MATUSZCZAK Magdalena** | GŁOGÓW | POL | | 93 | K20/45 | (K)51 | **00:26:44** | 05.20 |
| 46 | 26 | **TUREK Anna** | JELCZ-LASKOWICE | POL | | 93 | K20/46 | (K)52 | **00:26:44** | 05.20 |
| 47 | 57 | **WALICKA Anna** | DĄBROWA GM. | POL | | 96 | K20/47 | (K)53 | **00:26:50** | 05.22 |
| 48 | 293 | **KOWALEWSKA Anna** | WOŁÓW | POL | | 96 | K20/48 | (K)55 | **00:27:13** | 05.26 |
| 49 | 204 | **KUPCZYK Emilia** | WROCŁAW | POL | | 94 | K20/49 | (K)57 | **00:27:38** | 05.31 |
| 50 | 59 | **KOZŁOWSKA Aleksandra** | KĘDZIERZYN KOŹLE | POL | | 96 | K20/50 | (K)59 | **00:27:54** | 05.34 |
| 51 | 42 | **KRAWCZYK Ewa** | OSTRÓW WIELKOPOLSKI | POL | ÓSEMKA PWR | 96 | K20/51 | (K)61 | **00:28:00** | 05.36 |
| 52 | 91 | **WARYWODA Karolina** | WROCŁAW | POL | ÓSEMKA PWR | 95 | K20/52 | (K)62 | **00:28:01** | 05.36 |
| 53 | 283 | **RZĄSOWSKA Agnieszka** | WROCŁAW | POL | | 93 | K20/53 | (K)63 | **00:28:25** | 05.41 |
| 54 | 21 | **DOWNAR-ZAPOLSKA Laura** | WROCŁAW | POL | W6 | 93 | K20/54 | (K)64 | **00:28:25** | 05.41 |
| 55 | 123 | **SMOLINA Irina** | WROCŁAW | POL | | 87 | K20/55 | (K)65 | **00:28:26** | 05.41 |
| 56 | 41 | **DUDEK Katarzyna** | BIELANY WROCŁAWSKIE | POL | ÓSEMKA PWR | 94 | K20/56 | (K)66 | **00:28:36** | 05.43 |
| 57 | 110 | **MAKAJEW Paulina** | WAŁBRZYCH | POL | | 92 | K20/57 | (K)67 | **00:28:53** | 05.46 |
| 58 | 72 | **WYTRYCH Agnieszka** | WŁOSZCZOWA | POL | | 95 | K20/58 | (K)68 | **00:29:29** | 05.53 |
| 59 | 99 | **WALCZYK Angelika** | BOBROWNIKI | POL | | 95 | K20/59 | (K)69 | **00:29:56** | 05.59 |
| 60 | 159 | **MŁYNARCZYK Magdalena** | WROCŁAW | POL | | 88 | K20/60 | (K)70 | **00:30:23** | 06.04 |
| 61 | 264 | **PAWLAK Aleksandra** | WROCŁAW | POL | | 89 | K20/61 | (K)71 | **00:30:48** | 06.09 |
| 62 | 161 | **SZCZEPANIAK Aleksandra** | WROCŁAW | POL | | 94 | K20/62 | (K)72 | **00:32:20** | 06.28 |
| 63 | 162 | **WALLA Julia** | WROCŁAW | POL | | 94 | K20/63 | (K)73 | **00:32:22** | 06.28 |
| | | **Bieg 5 km - K30 [0]** | | | | | | | | |
| 1 | 299 | **JONKO Magdalena** | WROCŁAW | POL | | 85 | K30/1 | (K)7 | **00:20:19** | 04.03 |
| 2 | 183 | **DOMAGAŁA Grażyna** | WROCŁAW | POL | PWR | 86 | K30/2 | (K)14 | **00:21:47** | 04.21 |
| 3 | 64 | **LEWANDOWSKA Anita** | WROCŁAW | POL | AKADEMICKI KLUB SPORTOWY PWR | 85 | K30/3 | (K)16 | **00:22:12** | 04.26 |
| 4 | 210 | **MARTOWSKA Barbara** | WROCŁAW | POL | | 78 | K30/4 | (K)21 | **00:22:30** | 04.30 |
| 5 | 118 | **HELMAN Joanna** | WROCŁAW | POL | | 86 | K30/5 | (K)54 | **00:27:06** | 05.25 |
| 6 | 100 | **TOMSIA Katarzyna** | WROCŁAW | POL | | 83 | K30/6 | (K)56 | **00:27:33** | 05.30 |
| 7 | 273 | **CHAŃKO Katarzyna** | WROCŁAW | POL | WCSS | 84 | K30/7 | (K)58 | **00:27:53** | 05.34 |
| 8 | 282 | **KINAL Magdalena** | WROCŁAW | POL | | 86 | K30/8 | (K)60 | **00:27:56** | 05.35 |
| | | **Bieg 5 km - K40 [0]** | | | | | | | | |
| 1 | 94 | **MITUŚ Olga** | KIEŁCZÓW | POL | | 69 | K40/1 | (K)50 | **00:26:23** | 05.16 |
| | | **Bieg 5 km - K60 [0]** | | | | | | | | |
| 1 | 114 | **KOSZYKOWSKA Elżbieta** | OBORNIKI ŚLĄSKIE | POL | | 53 | K60/1 | (K)23 | **00:22:58** | 04.35 |