

2. Nocna Dycha

WYNIKI ZAWODÓW

Organizator: LZS Klub Lekkoatletyczny Kotwica Brzeg

Termin: 22.04.2017

Miejsce: Brzeg

Dystans: 10km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-------------------------------|-----------|-------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|--------|--------------|-----|----------|
| Bieg 10 km - M16 [16] | | | | | | | | | | | |
| 1 | 1129 | JERZYK Dawid | KĘPNO | POL | KS LENIWIEC | 98 | M16/1 | (M)40 | 00:39:30 | 44 | 03.56 |
| 2 | 1102 | SYDOR Mateusz | ŻŁOBIZNA | POL | KOTWICA BRZEG | 99 | M16/2 | (M)80 | 00:41:29 | 85 | 04.08 |
| 3 | 553 | PASTUSZCZAK Patryk | BRZEG | POL | | 98 | M16/3 | (M)149 | 00:44:18 | 163 | 04.25 |
| 4 | 43 | SOBCZAK Kacper | BRZEG | POL | | 99 | M16/4 | (M)177 | 00:44:55 | 193 | 04.29 |
| 5 | 1143 | KOPCZYŃSKI Tomasz | BRZEG | POL | | 99 | M16/5 | (M)200 | 00:45:33 | 219 | 04.33 |
| 6 | 156 | WOJCIECHOWSKI Maciej | BRZEG | POL | 1 LO BRZEG | 98 | M16/6 | (M)205 | 00:45:37 | 225 | 04.33 |
| 7 | 615 | DEC Patryk | BIERUTÓW | POL | BIERUTOWSKA GRUPA BIEGOWA | 99 | M16/7 | (M)231 | 00:46:22 | 256 | 04.38 |
| 8 | 975 | KOLCZYK Paweł | OPOLE | POL | | 01 | M16/8 | (M)236 | 00:46:24 | 261 | 04.38 |
| 9 | 981 | TARACIŃSKI Krystian | DOBRZYŃ | POL | | 00 | M16/9 | (M)285 | 00:47:30 | 322 | 04.45 |
| 10 | 1025 | KADŁUBOWSKI Michał | BRZEG | POL | AUTOGAZEXPERT RUNNERS TEAM | 99 | M16/10 | (M)339 | 00:48:50 | 391 | 04.53 |
| 11 | 94 | KOWAL Kacper | OLAWA | POL | ULKS ZIEMIA OŁAWSKA | 00 | M16/11 | (M)382 | 00:49:56 | 447 | 04.59 |
| 12 | 974 | FIGAS Kamil | OLAWA | POL | MOTO-JELCZ OŁAWA | 98 | M16/12 | (M)404 | 00:50:24 | 476 | 05.02 |
| 13 | 542 | PRZYBYSZ Krzysztof | BRZEG | POL | | 98 | M16/13 | (M)457 | 00:51:52 | 543 | 05.11 |
| 14 | 1093 | BAŃKOWSKI Kajetan | BRZEG | POL | | 98 | M16/14 | (M)504 | 00:53:09 | 604 | 05.18 |
| 15 | 439 | SYNOWIEC Piotr | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 98 | M16/15 | (M)534 | 00:53:48 | 643 | 05.22 |
| 16 | 882 | WALASEK Marcel | WIĄZÓW | POL | KS ŚWITEŻ | 00 | M16/16 | (M)625 | 00:58:17 | 805 | 05.49 |
| Bieg 10 km - M20 [125] | | | | | | | | | | | |
| 1 | 1051 | KARBOWIAK Kamil | BRZEG | POL | KOTWICA BRZEG | 95 | M20/1 | (M)1 | 00:30:56 | 1 | 03.05 |
| 2 | 887 | ZAREMBA Mariusz | OPOLE | POL | EUROVENT ATHLETICS OPOLE | 88 | M20/2 | (M)2 | 00:33:11 | 2 | 03.19 |
| 3 | 373 | ROSKOSZ Bartosz | MIŁOSZYCE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 89 | M20/3 | (M)5 | 00:34:33 | 5 | 03.27 |
| 4 | 985 | JARECKI Damian | TRZEBNICA | POL | ATHLETICS TEAM PRUSICE | 93 | M20/4 | (M)6 | 00:34:36 | 6 | 03.27 |
| 5 | 920 | DANIELECKI Daniel | JELCZ-LASKOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 93 | M20/5 | (M)11 | 00:36:40 | 11 | 03.39 |
| 6 | 812 | KŁOS Wojciech | SKAŁĄGI | POL | | 90 | M20/6 | (M)27 | 00:38:34 | 30 | 03.51 |
| 7 | 571 | BUBULA Krystek | STRZELIN | POL | STRZELIŃSKI KLUB BIEGACZA 'GRANIT' | 93 | M20/7 | (M)28 | 00:38:38 | 31 | 03.49 |
| 8 | 130 | SZUKALSKI Bartłomiej | OLEŚNICA | POL | KB SZERSZEŃ OLEŚNICA | 91 | M20/8 | (M)37 | 00:39:16 | 41 | 03.54 |
| 9 | 503 | MARTYNA Tomasz | ŚCINAWA NYSKA | POL | BIEGAM BO LUBIĘ | 92 | M20/9 | (M)38 | 00:39:25 | 42 | 03.56 |
| 10 | 809 | NIKOLAJCZYK Łukasz | GOGOLIN | POL | | 88 | M20/10 | (M)44 | 00:39:40 | 48 | 03.58 |
| 11 | 1033 | GROMADZKI Mateusz | BRZEG | POL | | 92 | M20/11 | (M)49 | 00:39:49 | 53 | 03.58 |
| 12 | 307 | ONISK Grzegorz | BRZEG | POL | | 91 | M20/12 | (M)54 | 00:40:07 | 58 | 04.00 |
| 13 | 670 | PERKA Michał | PRÓSZKÓW | POL | WSOWL WROCLAW | 97 | M20/13 | (M)56 | 00:40:13 | 60 | 04.01 |
| 14 | 572 | FUKIET Mateusz | BRZEG | POL | KOTWICA BRZEG | 89 | M20/14 | (M)61 | 00:40:18 | 65 | 04.01 |
| 15 | 273 | GORZELANY Rafał | RYBNIK | POL | WSOWL WROCLAW | 90 | M20/15 | (M)63 | 00:40:25 | 67 | 04.02 |
| 16 | 721 | SANDALUK Łukasz | KLUCZBORK | POL | KLUCZBORSKA GRUPA BIEGOWA | 96 | M20/16 | (M)65 | 00:40:35 | 69 | 04.03 |
| 17 | 653 | BAK Dawid | WYDARTOWO | POL | 1 PUŁK SAPERÓW BRZEG | 91 | M20/17 | (M)67 | 00:40:48 | 72 | 04.04 |
| 18 | 705 | LADZIŃSKI Sebastian | OPOLE | POL | | 89 | M20/18 | (M)72 | 00:41:03 | 77 | 04.06 |
| 19 | 294 | WNEK Jarosław | KLUCZBORK | POL | KUPSOSE.PL | 88 | M20/19 | (M)75 | 00:41:19 | 80 | 04.07 |
| 20 | 79 | KUCIA Szymon | PAWLÓW | POL | VICTORIA DOBRZYŃ | 91 | M20/20 | (M)76 | 00:41:23 | 81 | 04.08 |
| 21 | 846 | KOWALCZYK Arkadiusz | BRZEG | POL | JW 3940 | 88 | M20/21 | (M)79 | 00:41:27 | 84 | 04.08 |
| 22 | 457 | SINKOWSKI Mateusz | PRZYLESIE | POL | | 91 | M20/22 | (M)85 | 00:41:39 | 90 | 04.09 |
| 23 | 132 | KWIATKOWSKI Przemysław | PISARZOWICE | POL | VICTORIA DOBRZYŃ | 89 | M20/23 | (M)89 | 00:41:47 | 94 | 04.10 |
| 24 | 956 | SKRZYPEK Marcin | WROCLAW | POL | ATHLETICS NYSA | 88 | M20/24 | (M)91 | 00:41:57 | 96 | 04.11 |
| 25 | 124 | PECYNA Maciej | KLUCZBORK | POL | KLUCZBORSKA GRUPA BIEGOWA | 94 | M20/25 | (M)95 | 00:42:03 | 100 | 04.12 |
| 26 | 52 | SZCZUREK Paweł | BRZEG | POL | AUTOGAZEXPERT RUNNERS TEAM | 91 | M20/26 | (M)107 | 00:42:39 | 113 | 04.15 |
| 27 | 1107 | MAZURKIEWICZ Dawid | KLUCZBORK | POL | | 90 | M20/27 | (M)114 | 00:42:56 | 120 | 04.17 |
| 28 | 231 | SOKOŁOWSKI Grzegorz | BRZEG | POL | POLARIS | 88 | M20/28 | (M)115 | 00:42:58 | 122 | 04.17 |
| 29 | 1145 | ZIĘBA Marcin | SKOROSZYCE | POL | | 93 | M20/29 | (M)116 | 00:43:00 | 123 | 04.18 |
| 30 | 763 | KUK Daniel | WROCLAW | POL | AIRCOM AUTOMOTIVE | 89 | M20/30 | (M)124 | 00:43:25 | 133 | 04.20 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|--------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|--------|--------------|-----|----------|
| 31 | 1105 | KOCHAN Adrian | ŁOZINA | POL | | 91 | M20/31 | (M)128 | 00:43:30 | 139 | 04.21 |
| 32 | 78 | TARNACKI Mateusz | JACZOWICE | POL | 1 PUŁK SAPERÓW BRZEG | 89 | M20/32 | (M)129 | 00:43:34 | 140 | 04.21 |
| 33 | 559 | SOBCZAK Kamil | OLAWA | POL | TERMY JAKUBA - OŁAWSKI PARK WODNY | 89 | M20/33 | (M)133 | 00:43:46 | 145 | 04.22 |
| 34 | 877 | BUGANIK Adrian | BRZEG | POL | 1 PUŁK SAPERÓW | 93 | M20/34 | (M)136 | 00:43:51 | 148 | 04.23 |
| 35 | 694 | PIKOS Denis | KOMPRACHCICE | POL | | 91 | M20/35 | (M)144 | 00:44:01 | 157 | 04.24 |
| 36 | 254 | SANKIEWICZ Mariusz | OLEŚNICA | POL | CAŁA OLEŚNICA BIEGA | 92 | M20/36 | (M)145 | 00:44:02 | 158 | 04.24 |
| 37 | 550 | BINEK Michał | BRZEG | POL | | 94 | M20/37 | (M)146 | 00:44:02 | 159 | 04.24 |
| 38 | 843 | GRUDZIEN Krzysztof | BYSTRZYCA KŁODZKA | POL | | 90 | M20/38 | (M)163 | 00:44:39 | 179 | 04.27 |
| 39 | 1035 | JASIŃSKI Miłosz | RYBNIK | POL | | 91 | M20/39 | (M)171 | 00:44:49 | 187 | 04.28 |
| 40 | 200 | SZYMLA Adam | MYŚLIBORZYCE | POL | | 94 | M20/40 | (M)183 | 00:45:09 | 200 | 04.30 |
| 41 | 491 | STANIK Jakub | STRZELIN | POL | 1 PUŁK SAPERÓW | 92 | M20/41 | (M)204 | 00:45:36 | 223 | 04.33 |
| 42 | 780 | MARAS Grzegorz | BRZEG | POL | | 88 | M20/42 | (M)217 | 00:45:56 | 238 | 04.35 |
| 43 | 1076 | KOŁODZIEJ Rafał | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 88 | M20/43 | (M)227 | 00:46:18 | 252 | 04.37 |
| 44 | 496 | KUMASZKA Michał | STRZELIN | POL | STRZELIŃSKI KLUB BIEGACZA GRANIT | 91 | M20/44 | (M)229 | 00:46:20 | 254 | 04.38 |
| 45 | 204 | ZIELIŃSKI Marcin | NIEMODLIN | POL | NIEMODLIN BIEGA | 90 | M20/45 | (M)242 | 00:46:30 | 268 | 04.39 |
| 46 | 278 | GALANTY Marek | OPOLE | POL | POLARIS | 92 | M20/46 | (M)244 | 00:46:31 | 271 | 04.39 |
| 47 | 644 | KOŁODZIEJ Marcin | PROŚLICE | POL | | 88 | M20/47 | (M)251 | 00:46:45 | 279 | 04.40 |
| 48 | 188 | PĘKAŁA Michał | KOBIÓR | POL | POLARIS | 90 | M20/48 | (M)255 | 00:46:49 | 284 | 04.40 |
| 49 | 490 | ŁUKASZYŃSKI Marek | OPOLE | POL | IZERSKA GRUPA BIEGOWA | 93 | M20/49 | (M)258 | 00:46:49 | 287 | 04.40 |
| 50 | 232 | SIKORSKI Marcin | OPOLE | POL | POLARIS | 90 | M20/50 | (M)273 | 00:47:13 | 306 | 04.43 |
| 51 | 656 | BEER Michał | KRAPKOWICE | POL | | 88 | M20/51 | (M)277 | 00:47:20 | 312 | 04.44 |
| 52 | 701 | BUJNICKI Tomasz | CZARNOWĄSY | POL | BLACK MUSTACHE RUNNERS TEAM | 88 | M20/52 | (M)283 | 00:47:29 | 319 | 04.44 |
| 53 | 108 | BIERNAT Michał | NYSA | POL | 1 PUŁK SAPERÓW BRZEG - EOD | 89 | M20/53 | (M)307 | 00:48:06 | 351 | 04.48 |
| 54 | 988 | POSPIESZYŃSKI Przemysław | OPOLE | POL | MUSTANGU MKNIJ RUNNING TEAM | 91 | M20/54 | (M)312 | 00:48:09 | 356 | 04.48 |
| 55 | 800 | KACZMARCZYK Przemysław | ROLANTOWICE | POL | WATAHA | 93 | M20/55 | (M)317 | 00:48:18 | 363 | 04.49 |
| 56 | 995 | ZAWIDZKI Łukasz | OSTRÓW WIELKOPOLSKI | POL | | 89 | M20/56 | (M)319 | 00:48:24 | 367 | 04.50 |
| 57 | 760 | KUCZKOWSKI Robert | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG - EOD | 90 | M20/57 | (M)328 | 00:48:36 | 377 | 04.51 |
| 58 | 270 | BALICKI Michał | LUBSZA | POL | | 89 | M20/58 | (M)333 | 00:48:43 | 385 | 04.52 |
| 59 | 739 | KOLONKO Bartłomiej | KŁODZKO | POL | 22KBPG | 89 | M20/59 | (M)340 | 00:48:51 | 393 | 04.53 |
| 60 | 600 | KOPIJ Hubert | BRZEG | POL | | 94 | M20/60 | (M)351 | 00:49:07 | 407 | 04.54 |
| 61 | 1068 | MIŚ Piotr | NAMYSŁÓW | POL | DIEHL RUNNING TEAM | 90 | M20/61 | (M)355 | 00:49:15 | 412 | 04.55 |
| 62 | 143 | BEDNARSKI Artur | BRZEG | POL | RONDO | 91 | M20/62 | (M)366 | 00:49:29 | 424 | 04.56 |
| 63 | 782 | MADEJSKI Jakub | SMOLEC | POL | ZESPÓŁ NIESPOKOJNYCH NÓG | 88 | M20/63 | (M)367 | 00:49:30 | 425 | 04.57 |
| 64 | 1086 | HAŁAS Jarosław | MAŁUJOWICE | POL | 1 PUŁK SAPERÓW BRZEG | 88 | M20/64 | (M)368 | 00:49:31 | 426 | 04.57 |
| 65 | 167 | KULPA Grzegorz | STAROSCIN | POL | 1 PUŁK SAPERÓW BRZEG | 88 | M20/65 | (M)370 | 00:49:38 | 430 | 04.57 |
| 66 | 858 | KRÓL Filip | SKARBIMIERZ-OSIEDLE | POL | ADIENT | 93 | M20/66 | (M)375 | 00:49:47 | 437 | 04.58 |
| 67 | 140 | TOMCZYK Dominik | BRZEG | POL | VICTORIA DOBRZYŃ | 97 | M20/67 | (M)379 | 00:49:49 | 441 | 04.58 |
| 68 | 395 | SZCZEPANIAK Mateusz | TWARDOGÓRA | POL | KP PSP OLEŚNICA | 91 | M20/68 | (M)383 | 00:49:57 | 448 | 04.59 |
| 69 | 919 | WALCZAK Adrian | GRODKÓW | POL | | 95 | M20/69 | (M)385 | 00:49:58 | 450 | 04.59 |
| 70 | 1054 | GRABIEC Łukasz | GLUCHOŁAZY | POL | 1 PUŁK SAPERÓW | 91 | M20/70 | (M)395 | 00:50:13 | 463 | 05.01 |
| 71 | 806 | DOMBEK Paweł | POZNOWICE | POL | | 93 | M20/71 | (M)400 | 00:50:18 | 469 | 05.01 |
| 72 | 562 | PATER Dawid | PIEKARY | POL | | 90 | M20/72 | (M)402 | 00:50:22 | 472 | 05.02 |
| 73 | 514 | HYLLA Mateusz | TARNÓW OPOLSKI | POL | | 88 | M20/73 | (M)405 | 00:50:37 | 479 | 05.03 |
| 74 | 266 | CHORAŻEWSKI Piotr | BORÓW | POL | STRZELIŃSKI KLUB BIEGACZA 'GRANIT' | 90 | M20/74 | (M)409 | 00:50:46 | 483 | 05.04 |
| 75 | 916 | GUŁA Paweł | SIECHNICE | POL | | 89 | M20/75 | (M)412 | 00:50:50 | 487 | 05.05 |
| 76 | 1031 | SAGAN Kamil | SKARBIMIERZ | POL | ADIENT | 93 | M20/76 | (M)414 | 00:50:52 | 489 | 05.05 |
| 77 | 269 | BOJCZUK Mateusz | TARNÓW OPOLSKI | POL | 10 BRYGADA LOGISTYCZNA OPOLE | 88 | M20/77 | (M)420 | 00:50:58 | 496 | 05.05 |
| 78 | 226 | TOKARZ Wojciech | BRZEG | POL | | 94 | M20/78 | (M)423 | 00:51:07 | 502 | 05.06 |
| 79 | 742 | KRZESAJ Łukasz | NAMYSŁÓW | POL | DIEHL RUNNING TEAM | 89 | M20/79 | (M)425 | 00:51:10 | 506 | 05.07 |
| 80 | 239 | WIERZBICKI Wojciech | MAKOSZYCE | POL | | 96 | M20/80 | (M)436 | 00:51:29 | 519 | 05.08 |
| 81 | 151 | TUREK Krzysztof | NAMYSŁÓW | POL | | 89 | M20/81 | (M)439 | 00:51:31 | 523 | 05.09 |
| 82 | 432 | IWASIECZKO Karol | MAŁUJOWICE | POL | | 89 | M20/82 | (M)441 | 00:51:35 | 525 | 05.09 |
| 83 | 33 | LIPIŃSKI Rafał | BRZEG | POL | | 90 | M20/83 | (M)442 | 00:51:37 | 526 | 05.09 |
| 84 | 504 | BULARZ Mateusz | OLAWA | POL | TERMY JAKUBA - OŁAWSKI PARK WODNY | 93 | M20/84 | (M)458 | 00:51:54 | 544 | 05.11 |
| 85 | 474 | ZAŁUGOWICZ Paweł | | POL | 1 PUŁK SAPERÓW | 93 | M20/85 | (M)471 | 00:52:11 | 558 | 05.13 |
| 86 | 1056 | CERANOWSKI Radosław | WROCLAW | POL | | 91 | M20/86 | (M)479 | 00:52:27 | 569 | 05.14 |
| 87 | 808 | CISIŃSKI Artur | SKARBIMIERZ | POL | ADIENT | 93 | M20/87 | (M)480 | 00:52:27 | 570 | 05.14 |
| 88 | 1084 | KOMANDER Daniel | GŁOGÓWEK | POL | | 97 | M20/88 | (M)491 | 00:52:53 | 585 | 05.17 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|----------------------------------|------------|-----------------------|--------|--------------|-----|----------|
| 89 | 1007 | KACZANOWSKI Miłosz | CZESKA WIEŚ | | POL | 88 | M20/89 | (M)516 | 00:53:22 | 622 | 05.20 |
| 90 | 1028 | LEWIŃSKI Marcin | SKARBIMIERZ | | POL ADIENT | 95 | M20/90 | (M)522 | 00:53:32 | 630 | 05.21 |
| 91 | 1041 | RZEPKOWSKI Michał | KĘDZIERZYN-KOŹLE | | POL | 91 | M20/91 | (M)528 | 00:53:41 | 637 | 05.22 |
| 92 | 242 | TRINCZEK Michał | GŁOGÓWEK | | POL BIEGAM BO LUBIE | 90 | M20/92 | (M)529 | 00:53:41 | 638 | 05.22 |
| 93 | 1119 | PYRKOWSKI Michał | BRZEG | | POL | 90 | M20/93 | (M)530 | 00:53:43 | 639 | 05.22 |
| 94 | 999 | LIS Konrad | BIELSKO-BIAŁA | | POL 10 BRYGADA LOGISTYCZNA OPOLE | 92 | M20/94 | (M)557 | 00:54:46 | 682 | 05.28 |
| 95 | 932 | NOWICKI Wojciech | BRZEG | | POL | 91 | M20/95 | (M)560 | 00:54:52 | 685 | 05.29 |
| 96 | 998 | SZPETANOWSKI Michał | PRUDNIK | | POL | 89 | M20/96 | (M)568 | 00:55:08 | 697 | 05.30 |
| 97 | 836 | CHŁOPECKI Jarosław | OPOLE | | POL IZERSKA GRUPA BIEGOWA | 91 | M20/97 | (M)571 | 00:55:16 | 702 | 05.31 |
| 98 | 728 | ZAJĄC Dawid | ŚWIDNICA | | POL | 89 | M20/98 | (M)574 | 00:55:19 | 706 | 05.31 |
| 99 | 428 | PORTAS Przemysław | WROCLAW | | POL 1 PUŁK SAPERÓW | 90 | M20/99 | (M)577 | 00:55:21 | 709 | 05.32 |
| 100 | 1079 | RIEWOLD Krzysztof | DOBRZEŃ WIELKI | | POL KRIART | 94 | M20/100 | (M)579 | 00:55:26 | 712 | 05.32 |
| 101 | 868 | GÓRAL Rafał | BRZEG | | POL | 90 | M20/101 | (M)590 | 00:55:55 | 733 | 05.35 |
| 102 | 74 | ORZYCKI Marcin | BRZEG | | POL | 91 | M20/102 | (M)591 | 00:56:01 | 735 | 05.36 |
| 103 | 829 | URBANIEC Paweł | OPOLE | | POL | 89 | M20/103 | (M)620 | 00:57:45 | 793 | 05.46 |
| 104 | 277 | WIERZBICKI Bartosz | BRZEG | | POL | 89 | M20/104 | (M)623 | 00:58:09 | 799 | 05.48 |
| 105 | 986 | DULNIK Kamil | MIRKÓW | | POL | 91 | M20/105 | (M)634 | 00:59:01 | 825 | 05.54 |
| 106 | 693 | MŁOTEK Jakub | WARSZAWA | | POL STOMILEX | 93 | M20/106 | (M)636 | 00:59:05 | 828 | 05.54 |
| 107 | 492 | ZUBRZYCKI Jakub | OLSZANKA | | POL | 96 | M20/107 | (M)646 | 00:59:54 | 849 | 05.59 |
| 108 | 543 | ZIARKOWSKI Max | OLAŁA | | POL CROSS CAMP OŁAWA | 89 | M20/108 | (M)649 | 01:00:21 | 859 | 06.02 |
| 109 | 802 | JANOSZEK Robert | ŁĄCZNIK | | POL | 88 | M20/109 | (M)651 | 01:00:28 | 863 | 06.02 |
| 110 | 509 | BOBIS Wojciech | OPOLE | | POL | 88 | M20/110 | (M)658 | 01:01:02 | 877 | 06.06 |
| 111 | 420 | TOMCZYK Wojciech | BRZEG | | POL | 89 | M20/111 | (M)666 | 01:01:33 | 890 | 06.09 |
| 112 | 903 | STRZĄBAŁA Daniel | DOMANIÓW | | POL | 88 | M20/112 | (M)674 | 01:02:12 | 906 | 06.13 |
| 113 | 668 | KAŹMIERCZAK Piotr | OSTRÓW WIELKOPOLSKI | | POL | 90 | M20/113 | (M)675 | 01:02:12 | 907 | 06.13 |
| 114 | 548 | KOPIJ Adam | BRZEG | | POL AMATORSKO | 91 | M20/114 | (M)678 | 01:02:28 | 915 | 06.14 |
| 115 | 1147 | JASENIUK Łukasz | NYSA | | POL | 88 | M20/115 | (M)682 | 01:03:08 | 926 | 06.18 |
| 116 | 629 | KUJAWA Wiktor | ŻABIA WOLA | | POL STOMILEX | 92 | M20/116 | (M)686 | 01:03:57 | 937 | 06.23 |
| 117 | 1032 | DROZD Mateusz | SKARBIMIERZ | | POL ADIENT | 96 | M20/117 | (M)692 | 01:04:37 | 949 | 06.27 |
| 118 | 250 | KASZUBA Kamil | OPOLE | | POL POLARIS | 92 | M20/118 | (M)698 | 01:05:20 | 960 | 06.32 |
| 119 | 513 | MAĆZKA Michał | OPOLE | | POL | 88 | M20/119 | (M)699 | 01:05:21 | 961 | 06.32 |
| 120 | 45 | KACZMARSKI Konrad | BRZEG | | POL 1 PUŁK SAPERÓW BRZEG | 88 | M20/120 | (M)701 | 01:05:43 | 965 | 06.34 |
| 121 | 251 | FEĆ Jakub | OPOLE | | POL POLARIS | 93 | M20/121 | (M)706 | 01:06:17 | 974 | 06.37 |
| 122 | 1013 | JUSZCZAK Radosław | SKARBIMIERZ | | POL ADIENT | 89 | M20/122 | (M)710 | 01:07:44 | 984 | 06.46 |
| 123 | 1078 | DOROSZKO Paweł | BRZEG | | POL | 91 | M20/123 | (M)714 | 01:09:21 | 993 | 06.56 |
| 124 | 917 | KOCHANSKI Wojciech | BRZEG | | POL | 96 | M20/124 | (M)716 | 01:09:49 | 996 | 06.58 |
| 125 | 465 | OLKOWSKI Jacek | PRUSZKÓW | | POL STOMILEX | 90 | M20/125 | (M)717 | 01:09:51 | 997 | 06.59 |

Bieg 10 km - M30 [297]

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|----|------|---------------------|-----------------|--|------------------------------------|----|--------|-------|----------|----|-------|
| 1 | 1136 | BLAHODIR Yurij | WINNICA | | UKR KLUB BIEGACZA RAWICZ | 81 | M30/1 | (M)3 | 00:33:35 | 3 | 03.21 |
| 2 | 64 | KARASOWSKI Łukasz | BRZEG | | POL 1 PUŁK SAPERÓW BRZEG | 83 | M30/2 | (M)7 | 00:35:05 | 7 | 03.30 |
| 3 | 363 | WODARCZYK Marcin | POCZOŁKÓW | | POL | 84 | M30/3 | (M)9 | 00:36:08 | 9 | 03.36 |
| 4 | 51 | ZALUBSKI Jacek | JELCZ-LASKOWICE | | POL KB HARCOWNIK JELCZ-LASKOWICE | 85 | M30/4 | (M)12 | 00:37:02 | 12 | 03.42 |
| 5 | 658 | ŻURAD Łukasz | WROCLAW | | POL LITWIN TRIATHLON TEAM | 86 | M30/5 | (M)14 | 00:37:18 | 14 | 03.43 |
| 6 | 358 | PAPIERSKI Kamil | OLEŚNICA | | POL KB SZERSZEŃ OLEŚNICA | 87 | M30/6 | (M)15 | 00:37:18 | 15 | 03.43 |
| 7 | 625 | TYMKÓW Łukasz | BRZEG | | POL RYDZ TEAM | 81 | M30/7 | (M)20 | 00:37:54 | 22 | 03.47 |
| 8 | 107 | BODZIOCH Grzegorz | NAMYSŁÓW | | POL 1 PUŁK SAPERÓW BRZEG | 82 | M30/8 | (M)21 | 00:38:03 | 23 | 03.48 |
| 9 | 72 | PRUCIAK Krzysztof | OLAŁA | | POL RUN-LOG.COM / WKURW_TEAM | 84 | M30/9 | (M)22 | 00:38:05 | 24 | 03.48 |
| 10 | 817 | MESSYASZ Krzysztof | GAĆ | | POL KPPSP OŁAWA | 81 | M30/10 | (M)23 | 00:38:14 | 26 | 03.48 |
| 11 | 1142 | PAWŁOWSKI Mariusz | JESZKOWICE | | POL | 79 | M30/11 | (M)24 | 00:38:15 | 27 | 03.49 |
| 12 | 274 | ŚMIGIEL Łukasz | PRĄDY | | POL | 82 | M30/12 | (M)25 | 00:38:26 | 28 | 03.50 |
| 13 | 698 | ZAWADZKI Paweł | WROCLAW | | POL BRACIA | 85 | M30/13 | (M)26 | 00:38:31 | 29 | 03.51 |
| 14 | 341 | BIAŁOWAŚ Paweł | OLAŁA | | POL | 81 | M30/14 | (M)29 | 00:38:45 | 32 | 03.52 |
| 15 | 128 | STOPA Rafał | BRZEG | | POL JW 2697 BRZEG | 79 | M30/15 | (M)30 | 00:38:45 | 33 | 03.52 |
| 16 | 47 | KARASOWSKI Mariusz | BRZEG | | POL 1 PUŁK SAPERÓW BRZEG | 87 | M30/16 | (M)33 | 00:38:57 | 37 | 03.53 |
| 17 | 677 | STELMASZEK Grzegorz | IWINY | | POL LITWIN TRIATHLON TEAM | 82 | M30/17 | (M)34 | 00:38:59 | 38 | 03.53 |
| 18 | 221 | BABINIEC Wojciech | BRZEG | | POL | 80 | M30/18 | (M)35 | 00:39:05 | 39 | 03.54 |
| 19 | 884 | SZWIEC Łukasz | WROCLAW | | POL KLASA WIOŚLARSKA XI LO WROCLAW | 82 | M30/19 | (M)39 | 00:39:29 | 43 | 03.56 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|--------|--------------|-----|----------|
| 20 | 813 | HORTECKI Damian | BIERUTÓW | POL | BIERUTOWSKA GRUPA BIEGOWA | 84 | M30/20 | (M)42 | 00:39:35 | 46 | 03.57 |
| 21 | 643 | PUDŁO Piotr | ŁUCZYNA | POL | KB SZERSZEN OLEŚNICA | 87 | M30/21 | (M)47 | 00:39:44 | 51 | 03.57 |
| 22 | 1008 | GAD Grzegorz | WROCLAW | POL | LITWIN TRIATHLON TEAM | 82 | M30/22 | (M)48 | 00:39:45 | 52 | 03.58 |
| 23 | 948 | BIAŁAS Tomasz | LEWIN BRZESKI | POL | LEWIN BIEGA | 81 | M30/23 | (M)50 | 00:39:52 | 54 | 03.59 |
| 24 | 12 | GORCZYCA Sławek | STRZELIN | POL | STRZELIŃSKI KLUB BIEGACZA 'GRANIT' | 83 | M30/24 | (M)52 | 00:40:02 | 56 | 04.00 |
| 25 | 316 | JASIŃSKI Paweł | BRZEG | POL | ECO TEAM | 81 | M30/25 | (M)53 | 00:40:05 | 57 | 04.00 |
| 26 | 443 | KUBICA Krzysztof | BRZEG | POL | KOTWICA BRZEG | 78 | M30/26 | (M)55 | 00:40:11 | 59 | 04.01 |
| 27 | 798 | KAMIŃSKI Jacek | RATOWICE | POL | TSUSHO TEAM | 80 | M30/27 | (M)58 | 00:40:17 | 62 | 04.01 |
| 28 | 862 | FLORKÓW Mariusz | PAWŁÓW | POL | KOTWICA BRZEG | 83 | M30/28 | (M)59 | 00:40:18 | 63 | 04.01 |
| 29 | 83 | JAKUBIK Wojciech | NAMYSŁÓW | POL | 1 PUŁK SAPERÓW BRZEG | 83 | M30/29 | (M)60 | 00:40:18 | 64 | 04.01 |
| 30 | 309 | KRAWCZYK Grzegorz | BRZEG | POL | BIURO URZĄDZANIA LASU | 85 | M30/30 | (M)62 | 00:40:21 | 66 | 04.02 |
| 31 | 2 | POŻAROWSKI Jacek | ZĄBKOWICE ŚLĄSKIE | POL | | 87 | M30/31 | (M)64 | 00:40:30 | 68 | 04.03 |
| 32 | 1091 | SALAMONOWICZ Przemysław | WROCLAW | POL | LITWIN TRIATHLON TEAM | 86 | M30/32 | (M)68 | 00:40:48 | 73 | 04.04 |
| 33 | 737 | ŻYMLA Sebastian | CHRZOWICE | POL | KAC RUNNING TEAM | 83 | M30/33 | (M)70 | 00:41:01 | 75 | 04.06 |
| 34 | 427 | KWIATKOWSKI Paweł | PISARZOWICE | POL | VICTORIA DOBRZYŃ | 85 | M30/34 | (M)71 | 00:41:03 | 76 | 04.06 |
| 35 | 598 | WŁOSEK Radosław | LEWIN BRZESKI | POL | AMATORSKO | 78 | M30/35 | (M)73 | 00:41:12 | 78 | 04.07 |
| 36 | 57 | SZCZEPANIAK Rafał | KARŁOWICE | POL | KP PSP BRZEG | 83 | M30/36 | (M)77 | 00:41:26 | 82 | 04.08 |
| 37 | 781 | KARGUL Michał | WROCLAW | POL | TRENUJZNA.MI.PL | 87 | M30/37 | (M)83 | 00:41:38 | 88 | 04.09 |
| 38 | 184 | GIENIECZKO Łukasz | STAROŚCIN | POL | STAROŚCIN | 83 | M30/38 | (M)86 | 00:41:39 | 91 | 04.09 |
| 39 | 749 | KOSMATY Michał | OPOLE | POL | EVENT HOSTEL OPOLE | 81 | M30/39 | (M)88 | 00:41:45 | 93 | 04.10 |
| 40 | 292 | HOFMAN Adam | BRZEG | POL | KOTWICA BRZEG | 86 | M30/40 | (M)90 | 00:41:50 | 95 | 04.11 |
| 41 | 638 | ŻURAD Kamil | BRZEG | POL | | 87 | M30/41 | (M)92 | 00:41:59 | 97 | 04.11 |
| 42 | 393 | DUDEK Mariusz | RUDA ŚLĄSKA | POL | NIGHT RUNNERS | 80 | M30/42 | (M)94 | 00:42:01 | 99 | 04.12 |
| 43 | 565 | LEWICKI Łukasz | JELCZ-LASKOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 79 | M30/43 | (M)96 | 00:42:09 | 102 | 04.12 |
| 44 | 922 | DACKÓW Marcin | LEWIN BRZESKI | POL | AMATORSKO | 86 | M30/44 | (M)98 | 00:42:13 | 104 | 04.13 |
| 45 | 683 | MICHALA Radosław | OPOLE CZARNOWĄSY | POL | KM PSP OPOLE JRG-2 | 87 | M30/45 | (M)100 | 00:42:16 | 106 | 04.13 |
| 46 | 349 | ŁUKASIK Marcin | OLAWA | POL | | 81 | M30/46 | (M)101 | 00:42:17 | 107 | 04.13 |
| 47 | 904 | STRUGALSKI Rafał | BRZEG | POL | | 81 | M30/47 | (M)102 | 00:42:20 | 108 | 04.14 |
| 48 | 646 | KRUK Tomasz | NYSA | POL | ATHLETICS NYSA | 82 | M30/48 | (M)104 | 00:42:30 | 110 | 04.15 |
| 49 | 442 | NICPOŃ Dominik | KRAPKOWICE | POL | | 80 | M30/49 | (M)105 | 00:42:34 | 111 | 04.15 |
| 50 | 168 | PŁONKA Szymon | GRODKÓW | POL | GZ LZS GRODKÓW | 78 | M30/50 | (M)108 | 00:42:43 | 114 | 04.16 |
| 51 | 987 | ALTEWĘGIER Jarosław | KRAKÓW | POL | | 78 | M30/51 | (M)110 | 00:42:52 | 116 | 04.17 |
| 52 | 835 | CHOMYŃ Piotr | NYSA | POL | ATHLETICS NYSA | 78 | M30/52 | (M)112 | 00:42:54 | 118 | 04.17 |
| 53 | 334 | DŁUGOKĘCKI David | WROCLAW | POL | PRO-RUN WROCLAW | 82 | M30/53 | (M)117 | 00:43:05 | 124 | 04.18 |
| 54 | 678 | ZIÓŁKOWSKI Maciej | OLAWA | POL | TEAM POLAND | 85 | M30/54 | (M)118 | 00:43:09 | 125 | 04.18 |
| 55 | 7 | WYCHOWANIEC Paweł | JELCZ-LASKOWICE | POL | | 84 | M30/55 | (M)121 | 00:43:20 | 129 | 04.20 |
| 56 | 248 | KADZIELEWSKI Jacek | KLUCZBORK | POL | KLUCZBORSKA GRUPA BIEGOWA | 87 | M30/56 | (M)123 | 00:43:25 | 132 | 04.20 |
| 57 | 203 | MARUSZAK Rafał | SKARBIMIERZ OSIEDLE | POL | ADIENT | 80 | M30/57 | (M)125 | 00:43:28 | 134 | 04.20 |
| 58 | 263 | RACZKOWSKI Wojciech | MAKOSZYCE | POL | POLARIS | 79 | M30/58 | (M)127 | 00:43:29 | 138 | 04.20 |
| 59 | 121 | KIŃCZYK Tomasz | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 80 | M30/59 | (M)134 | 00:43:47 | 146 | 04.22 |
| 60 | 455 | KAROLAK Rafał | PRUSZKÓW | POL | STOMILEX | 78 | M30/60 | (M)137 | 00:43:53 | 149 | 04.23 |
| 61 | 145 | NAREWSKI Tomasz | KĘDZIERZYN KOŹLE | POL | KS KOZIOLEK KĘDZIERZYN-KOŹLE | 79 | M30/61 | (M)140 | 00:43:58 | 153 | 04.23 |
| 62 | 605 | PIKOS Patryk | POLSKA NOWA WIEŚ | POL | | 87 | M30/62 | (M)142 | 00:44:00 | 155 | 04.24 |
| 63 | 103 | JABŁOŃSKI Mariusz | BRZEG | POL | | 82 | M30/63 | (M)147 | 00:44:14 | 161 | 04.25 |
| 64 | 973 | SOCHA Grzegorz | OLAWA | POL | | 79 | M30/64 | (M)148 | 00:44:16 | 162 | 04.25 |
| 65 | 209 | GOLAK Łukasz | POZNAŃ | POL | POLARIS | 83 | M30/65 | (M)152 | 00:44:20 | 167 | 04.26 |
| 66 | 611 | ROMAN Arkadiusz | BYSTRZYCA | POL | KB HARCOWNIK JELCZ-LASKOWICE | 83 | M30/66 | (M)153 | 00:44:23 | 169 | 04.26 |
| 67 | 905 | WCISŁO Tomasz | WROCLAW | POL | | 83 | M30/67 | (M)154 | 00:44:25 | 170 | 04.26 |
| 68 | 716 | SZKLARZEWICZ Michał | WROCLAW | POL | | 87 | M30/68 | (M)155 | 00:44:26 | 171 | 04.26 |
| 69 | 69 | KADŁUBOWSKI Przemysław | SKARBIMIERZ | POL | 1 PUŁK SAPERÓW BRZEG - EOD | 81 | M30/69 | (M)156 | 00:44:28 | 172 | 04.26 |
| 70 | 879 | HYTEL Paweł | OPOLE | POL | | 81 | M30/70 | (M)157 | 00:44:31 | 173 | 04.27 |
| 71 | 271 | NOWAK Paweł | KĘDZIERZYN-KOŹLE | POL | LAND ROWER WROCLAW | 86 | M30/71 | (M)160 | 00:44:33 | 176 | 04.27 |
| 72 | 23 | STECUŁA Paweł | BRZEG | POL | | 79 | M30/72 | (M)161 | 00:44:36 | 177 | 04.27 |
| 73 | 1083 | MATRAS Łukasz | NYSA | POL | TANIESUPLE.COM | 85 | M30/73 | (M)166 | 00:44:40 | 182 | 04.28 |
| 74 | 38 | JANKOWSKI Łukasz | OLSZANKA | POL | WKURW TEAM | 87 | M30/74 | (M)167 | 00:44:44 | 183 | 04.28 |
| 75 | 153 | CEGLARZ Grzegorz | PRUDNIK | POL | 1 PUŁK SAPERÓW BRZEG | 80 | M30/75 | (M)168 | 00:44:44 | 184 | 04.28 |
| 76 | 77 | SIUPIKA Krzysztof | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 82 | M30/76 | (M)170 | 00:44:48 | 186 | 04.28 |
| 77 | 997 | BIELSKI Piotr | OLEŚNICA | POL | ZAWSZE&WSZĘDZIE OLEŚNICA | 78 | M30/77 | (M)173 | 00:44:50 | 189 | 04.29 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|-----|----------|
| 78 | 525 | DUDA Jakub | WLEŃ | POL | ORIENTOP WROCLAW | 86 | M30/78 | (M)176 | 00:44:54 | 192 | 04.29 |
| 79 | 4 | WOŁOSZCZUK Tomek | BRZEG | POL | ADIENT | 80 | M30/79 | (M)178 | 00:44:58 | 194 | 04.29 |
| 80 | 578 | KOTELUK Paweł | TUŁOWICE | POL | TRT TUŁOWICE | 85 | M30/80 | (M)180 | 00:45:00 | 196 | 04.30 |
| 81 | 318 | ZATOŃ Adrian | CZESTOCHOWA | POL | | 80 | M30/81 | (M)186 | 00:45:17 | 204 | 04.31 |
| 82 | 375 | BERNAT Tomasz | SZCZYTNA | POL | BOBROWNIKI- SZCZYTNA | 79 | M30/82 | (M)189 | 00:45:18 | 207 | 04.31 |
| 83 | 225 | PRZYBYŁA Grzegorz | BRZEG | POL | ADIENT | 80 | M30/83 | (M)190 | 00:45:19 | 208 | 04.31 |
| 84 | 702 | CZABAN Kuba | BRZEG | POL | | 83 | M30/84 | (M)194 | 00:45:23 | 212 | 04.32 |
| 85 | 947 | LIPIŃSKI Maciej | OLAWA | POL | | 86 | M30/85 | (M)195 | 00:45:25 | 213 | 04.32 |
| 86 | 751 | SZYDŁOWSKI Robert | WROCLAW | POL | | 84 | M30/86 | (M)197 | 00:45:27 | 215 | 04.32 |
| 87 | 853 | MARCINIAK Janusz | BRZEG | POL | | 80 | M30/87 | (M)203 | 00:45:35 | 222 | 04.33 |
| 88 | 633 | LESZCZYŃSKI Paweł | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 79 | M30/88 | (M)207 | 00:45:42 | 228 | 04.34 |
| 89 | 551 | BARTOSIŃSKI Szymon | WOŁCZYN | POL | | 80 | M30/89 | (M)209 | 00:45:43 | 230 | 04.34 |
| 90 | 112 | SOCHANIK Rafał | BRZEG | POL | SSRTBRZEG | 78 | M30/90 | (M)210 | 00:45:44 | 231 | 04.34 |
| 91 | 343 | PEKALA Janusz | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 87 | M30/91 | (M)211 | 00:45:46 | 232 | 04.34 |
| 92 | 233 | KUBIAK Wojciech | SWARZĘDZ | POL | POLARIS | 85 | M30/92 | (M)212 | 00:45:47 | 233 | 04.34 |
| 93 | 635 | RUTKOWSKI Michał | NYSA | POL | NYSA BIEGA | 81 | M30/93 | (M)213 | 00:45:51 | 234 | 04.35 |
| 94 | 665 | WIELGUS Piotr | WROCLAW | POL | PTHW WROCLAW | 81 | M30/94 | (M)216 | 00:45:56 | 237 | 04.35 |
| 95 | 517 | GOSCINSKI Sławomir | DOBRZEN MALY | POL | I ZERSKA GRUPA BIEGOWA | 83 | M30/95 | (M)218 | 00:45:59 | 239 | 04.35 |
| 96 | 206 | CURZYTEK Piotr | BRZEG | POL | | 85 | M30/96 | (M)221 | 00:46:07 | 243 | 04.36 |
| 97 | 19 | BULUK Grzegorz | NAMYSŁÓW | POL | 10 WROCLAWSKI PUŁK DOWODZENIA | 81 | M30/97 | (M)222 | 00:46:07 | 244 | 04.36 |
| 98 | 181 | SZUMSKI Marcin | LUBSZA | POL | | 84 | M30/98 | (M)224 | 00:46:09 | 247 | 04.36 |
| 99 | 687 | MICHALAK Ildar | SKARBIMIERZ | POL | RIO GRAPPLING OLAWA | 79 | M30/99 | (M)225 | 00:46:11 | 248 | 04.37 |
| 100 | 346 | KOŁODZIEJ Grzegorz | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 87 | M30/100 | (M)226 | 00:46:16 | 249 | 04.37 |
| 101 | 1053 | LEWANDOWSKI Piotr | OLAWA | POL | | 86 | M30/101 | (M)228 | 00:46:19 | 253 | 04.37 |
| 102 | 826 | GOŁKA Piotr | WROCLAW | POL | I TY MOŻESZ ZOSTAĆ MARATOŃCZYKIEM 2013 | 79 | M30/102 | (M)232 | 00:46:22 | 257 | 04.38 |
| 103 | 155 | KASPERSKI Maciej | TUŁOWICE | POL | | 84 | M30/103 | (M)233 | 00:46:22 | 258 | 04.38 |
| 104 | 890 | JAWOREK Marcin | WROCLAW | POL | | 86 | M30/104 | (M)237 | 00:46:25 | 262 | 04.38 |
| 105 | 691 | FAJER Łukasz | GROBLICE | POL | BBL SIECHNICE | 82 | M30/105 | (M)238 | 00:46:26 | 264 | 04.38 |
| 106 | 365 | PACIOREK Marcin | WOJŚLAW | POL | | 82 | M30/106 | (M)240 | 00:46:28 | 266 | 04.38 |
| 107 | 1134 | LETKI Paweł | NAMYSŁÓW | POL | | 80 | M30/107 | (M)241 | 00:46:29 | 267 | 04.38 |
| 108 | 102 | DYCFELD Piotr | BRZEG | POL | | 83 | M30/108 | (M)243 | 00:46:31 | 269 | 04.39 |
| 109 | 152 | MASTALERZ Michał | OPOLE | POL | PARKRUN OPOLE | 83 | M30/109 | (M)245 | 00:46:35 | 272 | 04.39 |
| 110 | 8 | KORF Tomasz | BRZEG | POL | JEŹDZCY APOKALIPSY | 82 | M30/110 | (M)246 | 00:46:36 | 273 | 04.39 |
| 111 | 1128 | FILAR Filip | JELCZ LASKOWICE | POL | | 86 | M30/111 | (M)249 | 00:46:42 | 277 | 04.40 |
| 112 | 993 | LOKAJ Piotr | PRÓSZKÓW | POL | | 87 | M30/112 | (M)250 | 00:46:43 | 278 | 04.40 |
| 113 | 557 | ŁUCZKA Adam | NYSA | POL | | 79 | M30/113 | (M)253 | 00:46:46 | 281 | 04.40 |
| 114 | 966 | GILEWSKI Damian | OPOLE | POL | KM PSP OPOLE JRG-2 | 84 | M30/114 | (M)256 | 00:46:49 | 285 | 04.40 |
| 115 | 961 | BUKOWY Błażej | WROCLAW | POL | | 87 | M30/115 | (M)257 | 00:46:49 | 286 | 04.40 |
| 116 | 865 | TRUSZKIEWICZ Bartosz | OLAWA | POL | MONDELEZ | 78 | M30/116 | (M)260 | 00:46:53 | 290 | 04.41 |
| 117 | 98 | PSZENICZKA Mariusz | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 81 | M30/117 | (M)261 | 00:46:55 | 291 | 04.41 |
| 118 | 832 | ALFAWICKI Adrian | OLAWA | POL | | 83 | M30/118 | (M)263 | 00:46:56 | 293 | 04.41 |
| 119 | 1104 | ŻŁOBICKI Piotr | KIETRZ | POL | 1 PUŁK SAPERÓW BRZEG | 86 | M30/119 | (M)267 | 00:47:04 | 298 | 04.42 |
| 120 | 1114 | BERDYCHOWSKI Tomasz | BRZEG | POL | | 80 | M30/120 | (M)268 | 00:47:06 | 299 | 04.42 |
| 121 | 822 | ŚLIWA Krzysztof | CZĘSTOCHOWA | POL | ODLO EROWERY.PL | 81 | M30/121 | (M)271 | 00:47:12 | 303 | 04.43 |
| 122 | 116 | LASKOWSKI Leszek | GDAŃSK | POL | | 83 | M30/122 | (M)280 | 00:47:27 | 316 | 04.44 |
| 123 | 776 | GARNCZARCZYK Marcin | BRZEG | POL | KP PSP BRZEG | 80 | M30/123 | (M)282 | 00:47:28 | 318 | 04.44 |
| 124 | 1135 | GÓRSKI Maciej | GRODKÓW | POL | BE BETTER | 87 | M30/124 | (M)286 | 00:47:32 | 323 | 04.45 |
| 125 | 1071 | CEBULA Rafał | OPOLE | POL | | 81 | M30/125 | (M)289 | 00:47:39 | 327 | 04.45 |
| 126 | 700 | WOREK Dawid | OTMUCHÓW | POL | OTMUCHÓW | 78 | M30/126 | (M)290 | 00:47:39 | 328 | 04.45 |
| 127 | 821 | BIENIASZEWSKI Marcin | BRZEG | POL | KOTASPORT | 87 | M30/127 | (M)291 | 00:47:39 | 329 | 04.45 |
| 128 | 1005 | ZIELIŃSKI Adrian | BIAŁA NYSKA | POL | TURBO ŚLIMAKI | 79 | M30/128 | (M)294 | 00:47:40 | 332 | 04.46 |
| 129 | 764 | MARCZEWSKI Bartosz | BRZEG | POL | | 83 | M30/129 | (M)295 | 00:47:42 | 334 | 04.46 |
| 130 | 332 | BIDER Piotr | LUBSZA | POL | 10 BRYGADA LOGISTYCZNA OPOLE | 82 | M30/130 | (M)297 | 00:47:48 | 336 | 04.46 |
| 131 | 240 | GLIŃSKI Łukasz | BRZEG | POL | CSWICH WROCLAW | 82 | M30/131 | (M)298 | 00:47:50 | 337 | 04.47 |
| 132 | 214 | MICHAŁOWICZ Michał | BRZEG | POL | AMATORSKO | 83 | M30/132 | (M)302 | 00:47:56 | 345 | 04.47 |
| 133 | 293 | BOBERSKI Maciej | BRZEG | POL | | 81 | M30/133 | (M)303 | 00:48:00 | 346 | 04.48 |
| 134 | 176 | CZARNIK Tomasz | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 85 | M30/134 | (M)304 | 00:48:00 | 347 | 04.48 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|--------|--------------|-----|----------|
| 135 | 560 | GARBOWSKI Przemysław | WÓLCZYN | POL | | 86 | M30/135 | (M)305 | 00:48:03 | 349 | 04.48 |
| 136 | 790 | FIRLEJ Bartosz | WROCLAW | POL | | 86 | M30/136 | (M)306 | 00:48:05 | 350 | 04.48 |
| 137 | 433 | KOCHANOWSKI Mateusz | MALUJOWICE | POL | | 87 | M30/137 | (M)313 | 00:48:12 | 357 | 04.49 |
| 138 | 101 | WASIK Krzysztof | KLUCZBORK | POL | PKO | 83 | M30/138 | (M)314 | 00:48:14 | 359 | 04.49 |
| 139 | 530 | WŁODARCZYK Maciej | MIŁOSZYCE | POL | RUNMATORZY TMIP TEAM | 80 | M30/139 | (M)315 | 00:48:16 | 360 | 04.49 |
| 140 | 510 | SAMUL Przemysław | LUBIN | POL | | 85 | M30/140 | (M)318 | 00:48:22 | 366 | 04.50 |
| 141 | 1131 | STANEK Marek | NAMYSŁÓW | POL | | 82 | M30/141 | (M)321 | 00:48:27 | 369 | 04.50 |
| 142 | 618 | MARCZUK Radosław | ÓLAWA | POL | STAL-FOX BRIMARKO TEAM | 87 | M30/142 | (M)322 | 00:48:27 | 370 | 04.50 |
| 143 | 1069 | KWAŚNICKI Piotr | WÓLCZYN | POL | DIEHL RUNNING TEAM | 81 | M30/143 | (M)324 | 00:48:30 | 373 | 04.51 |
| 144 | 144 | MALINOWSKI Mariusz | STRZELIN | POL | STRZELIŃSKI KLUB BIEGACZA 'GRANIT' | 84 | M30/144 | (M)325 | 00:48:33 | 374 | 04.51 |
| 145 | 328 | MICHURSKI Piotr | BRZEG | POL | SYNTETYK MTB TIM | 81 | M30/145 | (M)332 | 00:48:42 | 382 | 04.52 |
| 146 | 435 | HAJDUGA Piotr | BRZEG | POL | KP PSP BRZEG | 86 | M30/146 | (M)334 | 00:48:46 | 386 | 04.52 |
| 147 | 814 | STEPUCH Włodzimierz | | POL | | 78 | M30/147 | (M)335 | 00:48:47 | 387 | 04.52 |
| 148 | 61 | BOGDANIK Paweł | BRZEG | POL | | 79 | M30/148 | (M)337 | 00:48:49 | 389 | 04.52 |
| 149 | 35 | KALIŃSKI Krzysztof | GRACZE | POL | | 81 | M30/149 | (M)342 | 00:48:53 | 395 | 04.53 |
| 150 | 3 | HRYŃCZUK Piotr | WROCLAW | POL | | 87 | M30/150 | (M)345 | 00:48:56 | 399 | 04.53 |
| 151 | 1034 | KAMPCZYK Damian | WROCLAW | POL | | 79 | M30/151 | (M)349 | 00:49:04 | 403 | 04.54 |
| 152 | 256 | KOŚCIUK Grzegorz | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 83 | M30/152 | (M)350 | 00:49:06 | 404 | 04.54 |
| 153 | 1015 | PIETROWICZ Maciej | SKARBIMIERZ | POL | ADIENT | 81 | M30/153 | (M)352 | 00:49:08 | 408 | 04.54 |
| 154 | 574 | HARYNEK Robert | KRAPKOWICE | POL | | 84 | M30/154 | (M)354 | 00:49:15 | 411 | 04.55 |
| 155 | 120 | BOCIĄGA Mariusz | OPOLE | POL | RAJSPOORT ACTIV | 83 | M30/155 | (M)360 | 00:49:21 | 418 | 04.56 |
| 156 | 472 | KALMARCZYK Piotr | OSTRÓW WIELKOPOLSKI | POL | | 78 | M30/156 | (M)361 | 00:49:22 | 419 | 04.56 |
| 157 | 109 | MAĆZKA Tomasz | BRZEG | POL | | 81 | M30/157 | (M)362 | 00:49:23 | 420 | 04.56 |
| 158 | 412 | CETNAROWSKI Kamil | WROCLAW | POL | | 79 | M30/158 | (M)364 | 00:49:26 | 422 | 04.56 |
| 159 | 556 | DOBROWOLSKI Adam | NAMYSŁÓW | POL | | 85 | M30/159 | (M)365 | 00:49:27 | 423 | 04.56 |
| 160 | 692 | SMUGA Daniel | BRZEG | POL | KOTWICA BRZEG | 82 | M30/160 | (M)371 | 00:49:39 | 432 | 04.57 |
| 161 | 450 | ŁUCZAK Marcin | NYSA | POL | | 86 | M30/161 | (M)372 | 00:49:42 | 433 | 04.58 |
| 162 | 507 | GRATKOWSKI Paweł | OPOLE | POL | | 83 | M30/162 | (M)374 | 00:49:47 | 436 | 04.58 |
| 163 | 584 | WOLAK Lech | WROCLAW | POL | | 84 | M30/163 | (M)376 | 00:49:48 | 438 | 04.58 |
| 164 | 413 | BURMIŃSKI Łukasz | NYSA | POL | ATHLETICS NYSA | 79 | M30/164 | (M)387 | 00:50:00 | 452 | 05.00 |
| 165 | 889 | RADOSZ Marcin | PRZYWORY | POL | EUROVENT ATHLETICS OPOLE | 80 | M30/165 | (M)388 | 00:50:00 | 453 | 05.00 |
| 166 | 540 | HERBA Maciej | JANIKÓW | POL | | 86 | M30/166 | (M)392 | 00:50:07 | 457 | 05.00 |
| 167 | 1124 | BURCZYK Klaudiusz | URBANOWICE | POL | FREE RUNNERS OPOLSKIE | 81 | M30/167 | (M)393 | 00:50:08 | 458 | 05.00 |
| 168 | 368 | SYGIT Grzegorz | STRZELNIKI | POL | | 81 | M30/168 | (M)394 | 00:50:12 | 461 | 05.01 |
| 169 | 1146 | MIKRUT Tadeusz | ŁĄKA PRUDNICKA | POL | | 84 | M30/169 | (M)396 | 00:50:14 | 464 | 05.01 |
| 170 | 982 | MALEC Piotr | URBANOWICE | POL | FREE RUNNERS - OPOLSKIE | 87 | M30/170 | (M)401 | 00:50:19 | 471 | 05.01 |
| 171 | 477 | BASOWSKI Paweł | NIEMODLIN | POL | NIEMODLIN BIEGA | 86 | M30/171 | (M)408 | 00:50:45 | 482 | 05.04 |
| 172 | 581 | SKARŻYŃSKI Wojciech | ÓLAWA | POL | CROSS CAMP ÓLAWA | 84 | M30/172 | (M)413 | 00:50:51 | 488 | 05.05 |
| 173 | 624 | TARACIŃSKI Mateusz | BYSTRZYCA | POL | BYSTRZYCA | 84 | M30/173 | (M)418 | 00:50:56 | 494 | 05.05 |
| 174 | 729 | LASEK Dariusz | WROCLAW | POL | WWW.DLABIEGACZA.COM.PL | 81 | M30/174 | (M)419 | 00:50:57 | 495 | 05.05 |
| 175 | 482 | GOLEK Henryk | BRZEG | POL | 1 PUŁK SAPERÓW | 79 | M30/175 | (M)426 | 00:51:12 | 507 | 05.07 |
| 176 | 452 | ADAMSKI Stanisław | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 87 | M30/176 | (M)428 | 00:51:14 | 509 | 05.07 |
| 177 | 1021 | CZARKOWSKI Daniel | GRODKÓW | POL | 55BREM | 82 | M30/177 | (M)429 | 00:51:18 | 510 | 05.07 |
| 178 | 842 | HAREZA Bogdan | | POL | 1 PUŁK SAPERÓW | 82 | M30/178 | (M)432 | 00:51:25 | 514 | 05.08 |
| 179 | 264 | BAUK Marcin | BRZEG | POL | POLICJA BRZEG | 80 | M30/179 | (M)438 | 00:51:29 | 521 | 05.08 |
| 180 | 1038 | GRABOWSKI Sebastian | PAKOŚLAWICE | POL | FORCA BRAVA NYSA | 80 | M30/180 | (M)440 | 00:51:33 | 524 | 05.09 |
| 181 | 610 | MAKSYMISZYN Marek | ÓLAWA | POL | ÓLAWSKA GRUPA BIEGOWA | 78 | M30/181 | (M)443 | 00:51:38 | 527 | 05.09 |
| 182 | 458 | SAMBORSKI Rafał | NAMYSŁÓW | POL | 1 PUŁK SAPERÓW BRZEG | 85 | M30/182 | (M)445 | 00:51:40 | 529 | 05.10 |
| 183 | 850 | KARWACKI Piotr | WROCLAW | POL | PLAN Ó | 86 | M30/183 | (M)446 | 00:51:42 | 530 | 05.10 |
| 184 | 623 | PIORO Paweł | NAMYSŁÓW | POL | KRASOWICE TEAM | 80 | M30/184 | (M)447 | 00:51:42 | 531 | 05.10 |
| 185 | 519 | FABISIAK Adam | BRZEG | POL | | 85 | M30/185 | (M)448 | 00:51:42 | 532 | 05.10 |
| 186 | 171 | GREDEYS Paweł | BRZEG | POL | RIO GRAPPLING ÓLAWA | 83 | M30/186 | (M)449 | 00:51:43 | 533 | 05.10 |
| 187 | 135 | WOŁOSZCZUK Radosław | BRZEG | POL | BRZESKIE RZEŹNIKI | 78 | M30/187 | (M)450 | 00:51:43 | 534 | 05.10 |
| 188 | 154 | SZCZECINA Adam | OPOLE | POL | 1 PUŁK SAPERÓW BRZEG | 84 | M30/188 | (M)451 | 00:51:45 | 535 | 05.10 |
| 189 | 175 | DROZD Tomasz | LIPKI | POL | 1 PUŁK SAPERÓW BRZEG - EOD | 79 | M30/189 | (M)452 | 00:51:45 | 536 | 05.10 |
| 190 | 929 | ŁUBOCKI Daniel | BRZEG | POL | | 84 | M30/190 | (M)454 | 00:51:48 | 539 | 05.10 |
| 191 | 84 | SZKUDLAREK Michał | BRZEG | POL | RUN-LOG.COM | 78 | M30/191 | (M)455 | 00:51:48 | 540 | 05.10 |
| 192 | 1018 | JABŁOŃSKI Sebastian | WROCLAW | POL | | 85 | M30/192 | (M)459 | 00:51:56 | 545 | 05.11 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|--------|--------------|-----|----------|
| 193 | 461 | SIWEK Dawid | ŚCINAWA NYSKA | POL | 10 BRYGADA LOGISTYCZNA OPOLE | 82 | M30/193 | (M)461 | 00:51:59 | 547 | 05.11 |
| 194 | 762 | RAGAN Wojciech | WROCLAW | POL | | 87 | M30/194 | (M)462 | 00:52:00 | 548 | 05.12 |
| 195 | 515 | KARDASZ Bartosz | TULOWICE | POL | 10 BLOG | 85 | M30/195 | (M)467 | 00:52:08 | 554 | 05.12 |
| 196 | 161 | WOŹNICZKA Michał | BRZEG | POL | | 87 | M30/196 | (M)468 | 00:52:09 | 555 | 05.12 |
| 197 | 632 | SAMUL Marcin | BRZEG | POL | | 82 | M30/197 | (M)470 | 00:52:11 | 557 | 05.13 |
| 198 | 512 | LELKO Adam | BRZEG | POL | LUXPOL BRZEG | 82 | M30/198 | (M)474 | 00:52:15 | 561 | 05.13 |
| 199 | 801 | FEDOROWICZ Marcin | BRZEG | POL | AUTOGAZEXPERT RUNNERS TEAM | 81 | M30/199 | (M)475 | 00:52:15 | 562 | 05.13 |
| 200 | 460 | KOLEŚNIK Piotr | BRZEG | POL | | 80 | M30/200 | (M)476 | 00:52:18 | 564 | 05.13 |
| 201 | 170 | WŁOSIŃSKI Krzysztof | SKARBIMIERZ OSIEDLE | POL | | 80 | M30/201 | (M)482 | 00:52:33 | 573 | 05.15 |
| 202 | 275 | KARDAS Marcin | OZIMEK | POL | POLARIS | 82 | M30/202 | (M)483 | 00:52:33 | 574 | 05.15 |
| 203 | 405 | STEPANIAK Maciej | GLUCHOLAZY | POL | GLUCHOLAZKI KLUB KARATE TRADYCYJNEGO | 79 | M30/203 | (M)486 | 00:52:37 | 578 | 05.15 |
| 204 | 262 | SOSZYŃSKI Tomasz | GOGOLIN | POL | POLARIS | 82 | M30/204 | (M)492 | 00:52:53 | 586 | 05.17 |
| 205 | 627 | TYMCZYSZYN Tomasz | BRZEG | POL | | 78 | M30/205 | (M)493 | 00:52:55 | 588 | 05.17 |
| 206 | 534 | SROCZYŃSKI Arkadiusz | WROCLAW | POL | | 78 | M30/206 | (M)494 | 00:52:56 | 589 | 05.17 |
| 207 | 126 | BARSCZ Mateusz | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 86 | M30/207 | (M)495 | 00:52:58 | 590 | 05.17 |
| 208 | 612 | KOWNACKI Marcin | NAMYSŁOW | POL | 1 PUŁK SAPERÓW BRZEG | 80 | M30/208 | (M)496 | 00:52:59 | 591 | 05.17 |
| 209 | 323 | KURAS Grzegorz | ZAWADY | POL | 1 PUŁK SAPERÓW BRZEG | 86 | M30/209 | (M)497 | 00:52:59 | 592 | 05.17 |
| 210 | 1092 | CZUCZWARA Bartosz | NAMYSŁÓW | POL | DIEHL RUNNING TEAM | 85 | M30/210 | (M)498 | 00:53:00 | 593 | 05.18 |
| 211 | 931 | ZURAKOWSKI Wojciech | PRUDNIK | POL | | 85 | M30/211 | (M)502 | 00:53:05 | 600 | 05.18 |
| 212 | 330 | MAKOWSKI Mariusz | KALISZ | POL | | 82 | M30/212 | (M)503 | 00:53:07 | 603 | 05.18 |
| 213 | 44 | ŚLABOŃ Paweł | BRZEG | POL | AMATORSKO | 83 | M30/213 | (M)505 | 00:53:10 | 605 | 05.19 |
| 214 | 114 | GROCHAŁA Radosław | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 85 | M30/214 | (M)506 | 00:53:10 | 606 | 05.19 |
| 215 | 1027 | KOZAK Rafał | ZĄBKOWICE ŚLĄSKIE | POL | CKB ZĄBKOWICE ŚLĄSKIE | 80 | M30/215 | (M)513 | 00:53:21 | 619 | 05.20 |
| 216 | 508 | KASTELIK Michał | BRZEG | POL | | 84 | M30/216 | (M)515 | 00:53:21 | 621 | 05.20 |
| 217 | 640 | JANISZEWSKI Lesław | WROCLAW | POL | TOR | 79 | M30/217 | (M)521 | 00:53:32 | 629 | 05.21 |
| 218 | 244 | KOBACKI Łukasz | BRZEG | POL | | 84 | M30/218 | (M)524 | 00:53:33 | 633 | 05.21 |
| 219 | 21 | PAJDO Szymon | LUBRZA | POL | | 87 | M30/219 | (M)526 | 00:53:39 | 635 | 05.21 |
| 220 | 481 | BUCZKO Michał | WROCLAW | POL | | 83 | M30/220 | (M)531 | 00:53:44 | 640 | 05.22 |
| 221 | 1040 | PIEKARSKI Piotr | WROCLAW | POL | EBOF TARGET TEAM | 87 | M30/221 | (M)532 | 00:53:44 | 641 | 05.22 |
| 222 | 730 | WŁODAREK Jacek | WROCLAW | POL | | 81 | M30/222 | (M)533 | 00:53:46 | 642 | 05.22 |
| 223 | 347 | KORNAŚ Marcin | BRASZOWICE | POL | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | 78 | M30/223 | (M)539 | 00:54:07 | 653 | 05.24 |
| 224 | 608 | SICIARZ Grzegorz | OLAWA | POL | SIMOLDES PLASTICOS POLSKA | 79 | M30/224 | (M)540 | 00:54:10 | 654 | 05.25 |
| 225 | 397 | PASTERNAK Tomasz | BRZEG | POL | | 84 | M30/225 | (M)541 | 00:54:13 | 657 | 05.25 |
| 226 | 354 | MARUWKA Paweł | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 78 | M30/226 | (M)549 | 00:54:31 | 669 | 05.27 |
| 227 | 810 | PONIATOWSKI Seweryn | WROCLAW | POL | ELEKTROTIM | 83 | M30/227 | (M)550 | 00:54:32 | 670 | 05.27 |
| 228 | 786 | SZAŁECKI Maciej | BRZEG | POL | | 84 | M30/228 | (M)552 | 00:54:34 | 676 | 05.27 |
| 229 | 438 | JAKUBOWSKI Waldemar | MIŁOSZYCE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 79 | M30/229 | (M)553 | 00:54:37 | 677 | 05.27 |
| 230 | 861 | KACZMAREK Łukasz | DZIERŻONIÓW | POL | | 81 | M30/230 | (M)554 | 00:54:39 | 678 | 05.27 |
| 231 | 1118 | TOMCZAK Mikołaj | KĘPNO | POL | | 83 | M30/231 | (M)555 | 00:54:41 | 679 | 05.28 |
| 232 | 741 | RÓG Maciek | BRZEG | POL | STAROSTWO POWIATOWE BRZEG | 82 | M30/232 | (M)556 | 00:54:44 | 680 | 05.28 |
| 233 | 897 | BODUCH Mariusz | ŚWIERCZÓW | POL | NKB ZRYW NAMYSŁÓW | 79 | M30/233 | (M)562 | 00:55:01 | 689 | 05.30 |
| 234 | 795 | DOBROWSKI Marek | BRZEG | POL | ADIENT | 81 | M30/234 | (M)564 | 00:55:03 | 691 | 05.30 |
| 235 | 1113 | SYKAŁA Marcin | KARŁOWICE | POL | | 79 | M30/235 | (M)566 | 00:55:05 | 694 | 05.30 |
| 236 | 1116 | KAWAŁKO Olgierd | BRZEG | POL | | 83 | M30/236 | (M)567 | 00:55:08 | 696 | 05.30 |
| 237 | 593 | WRÓBEL Andrzej | BRZEG | POL | | 85 | M30/237 | (M)569 | 00:55:09 | 699 | 05.30 |
| 238 | 620 | SIEMASZKO Sławomir | BRZEG | POL | | 83 | M30/238 | (M)570 | 00:55:14 | 700 | 05.31 |
| 239 | 163 | STEFANISZYN Marcin | BRZEG | POL | KOTWICA BRZEG | 86 | M30/239 | (M)572 | 00:55:17 | 703 | 05.31 |
| 240 | 1029 | DOMAGAŁA Łukasz | SIECHNICE | POL | | 83 | M30/240 | (M)573 | 00:55:19 | 705 | 05.31 |
| 241 | 577 | DRZEWIECKI Grzegorz | TULOWICE | POL | TRT TULOWICE | 83 | M30/241 | (M)576 | 00:55:21 | 708 | 05.32 |
| 242 | 707 | SCHWAN Rafał | CIECHOWICE | POL | | 79 | M30/242 | (M)581 | 00:55:31 | 714 | 05.33 |
| 243 | 546 | MURAWSKI Radosław | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 79 | M30/243 | (M)582 | 00:55:31 | 715 | 05.33 |
| 244 | 301 | SUDÓŁ Robert | BRZEG | POL | CSWIICH WROCLAW | 81 | M30/244 | (M)593 | 00:56:03 | 737 | 05.36 |
| 245 | 592 | KOZAK Sylwester | CZERWIEŃCZYCE | POL | 22KBPG | 79 | M30/245 | (M)596 | 00:56:25 | 753 | 05.38 |
| 246 | 58 | WILCZEK Arkadiusz | STARE SIOLKOWICE | POL | | 81 | M30/246 | (M)597 | 00:56:32 | 756 | 05.39 |
| 247 | 1101 | ROSA Krzysztof | NAMYSŁÓW | POL | DIEHL RUNNING TEAM | 79 | M30/247 | (M)601 | 00:56:34 | 762 | 05.39 |
| 248 | 712 | MACIEJEWSKI Michał | WROCLAW | POL | | 81 | M30/248 | (M)602 | 00:56:36 | 763 | 05.39 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|----------------------|------------|-----------------------|--------|--------------|------|----------|
| 249 | 601 | FURGAL Oliwer | NYSA | POL | | 85 | M30/249 | (M)604 | 00:56:37 | 765 | 05.39 |
| 250 | 75 | TRELINSKI Andrzej | NAMYSŁÓW | POL | | 82 | M30/250 | (M)605 | 00:56:39 | 766 | 05.39 |
| 251 | 699 | ZAWADZKI Dominik | DĘBINA | POL | BRACIA | 78 | M30/251 | (M)606 | 00:56:45 | 767 | 05.40 |
| 252 | 583 | ZYCHOWICZ Paweł | OTMUCHÓW | POL | OTMUCHÓW BIEGA :) | 79 | M30/252 | (M)607 | 00:56:45 | 768 | 05.40 |
| 253 | 596 | KIELAR Jarosław | SREBRNA GÓRA | POL | SGR SPECJALIZED | 85 | M30/253 | (M)608 | 00:56:46 | 769 | 05.40 |
| 254 | 159 | KOZŁOWSKI Paweł | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 81 | M30/254 | (M)609 | 00:56:47 | 770 | 05.40 |
| 255 | 18 | GAŚSIOROWSKI Łukasz | BRZEG | POL | | 84 | M30/255 | (M)610 | 00:56:51 | 772 | 05.41 |
| 256 | 925 | ZUBICKI Wojciech | OLSZANKA | POL | 1 PUŁK SAPERÓW BRZEG | 81 | M30/256 | (M)612 | 00:56:53 | 775 | 05.41 |
| 257 | 758 | KALKA Marcin | RAWICZ | POL | | 84 | M30/257 | (M)616 | 00:57:10 | 781 | 05.43 |
| 258 | 952 | MATCZAK Maciej | ODOLANÓW | POL | | 85 | M30/258 | (M)617 | 00:57:16 | 782 | 05.43 |
| 259 | 400 | ZAPADKA Tomasz | TUŁOWICE | POL | TRT TUŁOWICE | 85 | M30/259 | (M)626 | 00:58:21 | 808 | 05.50 |
| 260 | 466 | MICHULKA Paweł | NAKŁO | POL | | 86 | M30/260 | (M)628 | 00:58:28 | 810 | 05.50 |
| 261 | 454 | ZIELIŃSKI Krzysztof | BRZEG | POL | 1 PUŁK SAPERÓW | 84 | M30/261 | (M)630 | 00:58:29 | 813 | 05.50 |
| 262 | 757 | SZLUFIK Krystian | BRZEG | POL | 1 PUŁK SAPERÓW | 80 | M30/262 | (M)632 | 00:58:37 | 820 | 05.51 |
| 263 | 436 | PEŹIOL Waldemar | SKARBIMIERZ OSIEDLE | POL | KP PSP BRZEG | 78 | M30/263 | (M)633 | 00:58:53 | 821 | 05.53 |
| 264 | 818 | GOTKOWSKI Wojciech | WROCLAW | POL | | 79 | M30/264 | (M)637 | 00:59:06 | 830 | 05.54 |
| 265 | 326 | FRAŚCZAK Łukasz | OSTRÓW WIELKOPOLSKI | POL | | 81 | M30/265 | (M)643 | 00:59:41 | 843 | 05.58 |
| 266 | 1024 | LECH Mirosław | BRZEG | POL | | 86 | M30/266 | (M)645 | 00:59:48 | 847 | 05.58 |
| 267 | 329 | ROKICKI Marcin | NOWE SKALMIERZYCE | POL | | 81 | M30/267 | (M)647 | 00:59:58 | 850 | 05.59 |
| 268 | 989 | GAWRON Jarosław | BORÓW | POL | | 78 | M30/268 | (M)648 | 01:00:09 | 852 | 06.00 |
| 269 | 331 | BŁASZKIEWICZ Sebastian | BRZEG | POL | 1 PUŁK SAPERÓW | 80 | M30/269 | (M)653 | 01:00:37 | 868 | 06.03 |
| 270 | 157 | ZIEMIAŃSKI Szymon | GRODKÓW | POL | 1 PUŁK SAPERÓW BRZEG | 84 | M30/270 | (M)656 | 01:00:49 | 873 | 06.04 |
| 271 | 558 | GORTOWSKI Radosław | GRODKÓW | POL | | 79 | M30/271 | (M)659 | 01:01:06 | 878 | 06.06 |
| 272 | 924 | KARBOWSKI Krzysztof | BRZEG | POL | 1 PUŁK SAPERÓW | 79 | M30/272 | (M)661 | 01:01:16 | 880 | 06.07 |
| 273 | 302 | KLICHTA Kacper | BRZEG | POL | | 86 | M30/273 | (M)662 | 01:01:19 | 882 | 06.07 |
| 274 | 117 | ROMAN Michał | BRZEG | POL | KPP BRZEG | 79 | M30/274 | (M)663 | 01:01:25 | 884 | 06.08 |
| 275 | 55 | JACHNIEWICZ Dawid | BRZEG | POL | AMATORSKO | 86 | M30/275 | (M)671 | 01:01:55 | 899 | 06.11 |
| 276 | 467 | KEDZIERSKI Zbigniew | BRZEG | POL | MUNDUR | 78 | M30/276 | (M)673 | 01:02:04 | 905 | 06.12 |
| 277 | 387 | GRYGORCEWICZ Marcin | WROCLAW | POL | | 79 | M30/277 | (M)676 | 01:02:18 | 908 | 06.13 |
| 278 | 303 | MYCKO Michał | BRZEG | POL | | 82 | M30/278 | (M)677 | 01:02:25 | 914 | 06.14 |
| 279 | 874 | BRYCHCY Paweł | LEWIN BRZESKI | POL | | 82 | M30/279 | (M)679 | 01:02:43 | 918 | 06.16 |
| 280 | 719 | PIEPRZ Wojciech | TYNIEC MAŁY | POL | | 81 | M30/280 | (M)680 | 01:02:45 | 919 | 06.16 |
| 281 | 891 | BAGIŃSKI Wojciech | BRZEG | POL | | 86 | M30/281 | (M)681 | 01:03:02 | 923 | 06.18 |
| 282 | 60 | KRAWIEC Piotr | ŻŁOBIZNA | POL | POLARIS | 81 | M30/282 | (M)683 | 01:03:22 | 927 | 06.20 |
| 283 | 1132 | MAKIELA Piotr | NAMYSŁÓW | POL | | 78 | M30/283 | (M)687 | 01:04:00 | 938 | 06.24 |
| 284 | 967 | PŁOSKI Jacek | OLAWA | POL | | 83 | M30/284 | (M)688 | 01:04:01 | 939 | 06.24 |
| 285 | 238 | SITKOWSKI Krzysztof | OPOLE | POL | OSP ORW OPOLE | 79 | M30/285 | (M)689 | 01:04:06 | 941 | 06.24 |
| 286 | 689 | KACZMAREK Paweł | BRZEG | POL | | 84 | M30/286 | (M)690 | 01:04:22 | 943 | 06.26 |
| 287 | 1140 | WIKTORCZYK Mateusz | BRZEG | POL | | 82 | M30/287 | (M)691 | 01:04:22 | 944 | 06.26 |
| 288 | 923 | POSYNIAK Michał | ŻŁOBIZNA | POL | | 79 | M30/288 | (M)694 | 01:05:01 | 955 | 06.30 |
| 289 | 1011 | DYCFELD Bolek | JEŁOWA | POL | DRINK POWER | 82 | M30/289 | (M)697 | 01:05:15 | 959 | 06.31 |
| 290 | 771 | DULLAK Mariusz | WROCLAW | POL | MAMY-BIEGAMY | 81 | M30/290 | (M)712 | 01:08:42 | 990 | 06.52 |
| 291 | 775 | WISZNIOWSKI Sebastian | BRZEG | POL | | 86 | M30/291 | (M)713 | 01:09:21 | 992 | 06.56 |
| 292 | 177 | GIZA Wojciech | SIEMYSŁÓW | POL | 1 PUŁK SAPERÓW BRZEG | 86 | M30/292 | (M)715 | 01:09:49 | 995 | 06.58 |
| 293 | 180 | OLEKSY Krystian | DZIERŻONIÓW | POL | 1 PUŁK SAPERÓW BRZEG | 81 | M30/293 | (M)718 | 01:09:54 | 998 | 06.59 |
| 294 | 856 | KŁODA Marek | BRZEG | POL | | 82 | M30/294 | (M)720 | 01:11:44 | 1011 | 07.10 |
| 295 | 406 | KOŁODZIEJCZYK Tomasz | BRZEG | POL | 3M RUNNING TEAM | 78 | M30/295 | (M)722 | 01:12:36 | 1015 | 07.15 |
| 296 | 1012 | STRUZIK Wojciech | SKARBIMIERZ | POL | ADIENT | 82 | M30/296 | (M)723 | 01:13:07 | 1017 | 07.18 |

Bieg 10 km - M40 [210]

| | | | | | | | | | | | |
|---|------|--------------------|--------------|-----|------------------------------|----|-------|-------|----------|----|-------|
| 1 | 1098 | SOBCZYK Tomasz | WROCLAW | POL | TEAM- LUKS ŻÓRAWINA- WROCLAW | 77 | M40/1 | (M)4 | 00:33:41 | 4 | 03.22 |
| 2 | 113 | FIGURA Robert | ŚCINAWA MAŁA | POL | FIGURA TEAM | 77 | M40/2 | (M)8 | 00:35:28 | 8 | 03.32 |
| 3 | 66 | AMBROZIK Adam | BRZEG | POL | JW 2697 BRZEG | 75 | M40/3 | (M)10 | 00:36:21 | 10 | 03.37 |
| 4 | 401 | JAKOBSZE Wojciech | MARCINKOWICE | POL | | 74 | M40/4 | (M)13 | 00:37:15 | 13 | 03.43 |
| 5 | 372 | SKRZYŃKOWSKI Piotr | OPOLE | POL | | 77 | M40/5 | (M)16 | 00:37:20 | 16 | 03.43 |
| 6 | 90 | CZAPKA Norbert | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 71 | M40/6 | (M)18 | 00:37:35 | 19 | 03.45 |
| 7 | 522 | TOMKÓW Robert | NIEMODLIN | POL | FAST FOOT OPOLE | 72 | M40/7 | (M)19 | 00:37:36 | 20 | 03.45 |
| 8 | 165 | ŚLIWA Marek | NYSA | POL | ATHLETICS NYSA | 73 | M40/8 | (M)31 | 00:38:45 | 34 | 03.51 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|--------|--------------|-----|----------|
| 9 | 173 | PIOTROWSKI Marek | OLEŚNICA | POL | KB SZERSZEŃ OLEŚNICA | 75 | M40/9 | (M)36 | 00:39:16 | 40 | 03.54 |
| 10 | 193 | PELINSKI Andrzej | ŚWIDNICA | POL | | 69 | M40/10 | (M)43 | 00:39:36 | 47 | 03.57 |
| 11 | 313 | IWASZKOWSKI Andrzej | PRUDNIK | POL | | 72 | M40/11 | (M)45 | 00:39:41 | 49 | 03.57 |
| 12 | 894 | TEOFILSKI Daniel | WYSOKA | POL | LITWIN TRIATHLON TEAM | 77 | M40/12 | (M)46 | 00:39:42 | 50 | 03.58 |
| 13 | 990 | RADECKI Jakub | WROCLAW | POL | KUBUTEK RUNNING TEAM WROCLAW | 75 | M40/13 | (M)51 | 00:39:55 | 55 | 03.59 |
| 14 | 337 | FALKENBERG Ludwik | KRAPKOWICE | POL | OPOLEBIEGA | 76 | M40/14 | (M)57 | 00:40:15 | 61 | 04.01 |
| 15 | 778 | STRZELCZAK Robert | OPOLE | POL | KLUB 'BIEGAMBOLUBIE' OPOLE | 74 | M40/15 | (M)66 | 00:40:38 | 71 | 04.03 |
| 16 | 448 | CZYŻ Grzegorz | KRAPKOWICE | POL | CROSS KRAPKOWICE | 72 | M40/16 | (M)74 | 00:41:14 | 79 | 04.07 |
| 17 | 319 | HAŁAJDA Maciej | STRZELIN | POL | STRZELIŃSKI KLUB BIEGACZA GRANIT | 75 | M40/17 | (M)82 | 00:41:35 | 87 | 04.09 |
| 18 | 383 | ZYCH Rafał | MIKOLIN | POL | | 77 | M40/18 | (M)84 | 00:41:38 | 89 | 04.09 |
| 19 | 257 | ZIĘTERSKI Robert | KŁODZKO | POL | | 77 | M40/19 | (M)87 | 00:41:42 | 92 | 04.10 |
| 20 | 738 | SZEMET Jarosław | WROCLAW | POL | | 74 | M40/20 | (M)93 | 00:42:01 | 98 | 04.12 |
| 21 | 367 | SZARATA Tomasz | MIŁOSZYCE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 73 | M40/21 | (M)97 | 00:42:11 | 103 | 04.13 |
| 22 | 50 | SIERAŃSKI Paweł | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 75 | M40/22 | (M)99 | 00:42:13 | 105 | 04.13 |
| 23 | 750 | KOSMATY Mariusz | OPOLE | POL | EVENT HOSTEL OPOLE | 71 | M40/23 | (M)103 | 00:42:28 | 109 | 04.14 |
| 24 | 380 | OLEWICZ Piotr | STRZELCE OPOLSKIE | POL | OSIR STRZELCE OPOLSKIE | 70 | M40/24 | (M)106 | 00:42:36 | 112 | 04.15 |
| 25 | 933 | FIGAS Sebastian | WROCLAW | POL | LITWIN TRIATHLON TEAM | 76 | M40/25 | (M)109 | 00:42:44 | 115 | 04.16 |
| 26 | 708 | WRUK Remigiusz | OPOLE | POL | | 71 | M40/26 | (M)113 | 00:42:56 | 119 | 04.17 |
| 27 | 785 | TWARDOŃ Piotr | WROCLAW | POL | | 73 | M40/27 | (M)119 | 00:43:18 | 127 | 04.19 |
| 28 | 89 | KALMUK Marcin | JĘDRZYCHÓW | POL | 1 PUŁK SAPERÓW BRZEG - EOD | 76 | M40/28 | (M)120 | 00:43:20 | 128 | 04.20 |
| 29 | 219 | LENARD Błażej | BRZEG | POL | 1 PUŁK SAPERÓW | 71 | M40/29 | (M)122 | 00:43:20 | 130 | 04.20 |
| 30 | 459 | KUROWSKI Adam | WROCLAW | POL | LITWIN TRIATHLON TEAM | 74 | M40/30 | (M)126 | 00:43:28 | 135 | 04.20 |
| 31 | 682 | SZCZEPAŃSKI Adam | BRZEG | POL | KOTWICA BRZEG, 1 PUŁK SAPERÓW BRZEG | 74 | M40/31 | (M)131 | 00:43:43 | 143 | 04.22 |
| 32 | 614 | DEC Rafał | BIERUTÓW | POL | BIERUTOWSKA GRUPA BIEGOWA | 75 | M40/32 | (M)132 | 00:43:45 | 144 | 04.22 |
| 33 | 1110 | RECZUCH Tomasz | OLAWA | POL | | 76 | M40/33 | (M)135 | 00:43:51 | 147 | 04.23 |
| 34 | 344 | KRUK Tomasz | NYSA | POL | NYSA BIEGA | 75 | M40/34 | (M)138 | 00:43:54 | 151 | 04.23 |
| 35 | 189 | ŁUKASIK Dariusz | BIERUTÓW | POL | | 69 | M40/35 | (M)139 | 00:43:57 | 152 | 04.23 |
| 36 | 531 | BOGUCKI Jarosław | OLAWA | POL | SW | 72 | M40/36 | (M)141 | 00:44:00 | 154 | 04.24 |
| 37 | 88 | PIOTROWSKI Krzysztof | KRAPKOWICE | POL | CROSS KRAPKOWICE | 75 | M40/37 | (M)143 | 00:44:01 | 156 | 04.24 |
| 38 | 417 | HRYCAJ Marcin | OPOLE | POL | ODRA OPOLE | 77 | M40/38 | (M)151 | 00:44:18 | 165 | 04.25 |
| 39 | 429 | SYNOWIEC Adam | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 72 | M40/39 | (M)158 | 00:44:31 | 174 | 04.27 |
| 40 | 950 | CZAŚTKA Krzysztof | SWIDNICA | POL | KAJOTEAM | 74 | M40/40 | (M)159 | 00:44:32 | 175 | 04.27 |
| 41 | 1043 | HAŁADEWICZ Grzegorz | STANOWICE | POL | KARKONOSZ RUNNING TEAM SZKLARSKA POREBA | 76 | M40/41 | (M)162 | 00:44:37 | 178 | 04.27 |
| 42 | 870 | KARBOWSKI Jarosław | SYCÓW | POL | K.S. LENIWIEC | 77 | M40/42 | (M)164 | 00:44:39 | 180 | 04.27 |
| 43 | 10 | DAMM Zbigniew | BRZEG | POL | DAMMTEAMRUNNERS | 77 | M40/43 | (M)169 | 00:44:46 | 185 | 04.28 |
| 44 | 996 | CZARCIŃSKI Michał | WROCLAW | POL | | 74 | M40/44 | (M)174 | 00:44:53 | 190 | 04.29 |
| 45 | 647 | RAJCA Bartłomiej | WROCLAW | POL | SAMOTWÓR ONE-MAN TEAM | 75 | M40/45 | (M)175 | 00:44:53 | 191 | 04.29 |
| 46 | 740 | SEBZDA Dariusz | SIECHNICE | POL | | 70 | M40/46 | (M)179 | 00:44:59 | 195 | 04.29 |
| 47 | 561 | KLIMCZAK Marcin | WROCLAW | POL | TRIATHLON MIETKÓW TEAM | 75 | M40/47 | (M)181 | 00:45:02 | 197 | 04.30 |
| 48 | 744 | DĄBEK Mirosław | ZIĘBICE | POL | TYLKO AMATOR | 71 | M40/48 | (M)182 | 00:45:09 | 199 | 04.30 |
| 49 | 501 | OWCZAREK Marcin | LUBIN | POL | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 74 | M40/49 | (M)184 | 00:45:09 | 201 | 04.30 |
| 50 | 949 | ZAJĄC Sebastian | ŚWIDNICA | POL | | 76 | M40/50 | (M)185 | 00:45:13 | 203 | 04.31 |
| 51 | 886 | KĘDZIORA Tomasz | PRZYWORY | POL | EUROVENT ATHLETICS OPOLE | 72 | M40/51 | (M)187 | 00:45:17 | 205 | 04.31 |
| 52 | 1072 | FISCHER Paweł | WYSZANÓW | POL | LTT | 76 | M40/52 | (M)192 | 00:45:21 | 210 | 04.32 |
| 53 | 295 | WOŹNIAK Ryszard | BIERUTÓW | POL | BIERUTOWSKA GRUPA BIEGOWA | 68 | M40/53 | (M)193 | 00:45:22 | 211 | 04.32 |
| 54 | 1127 | GRZEMPA Sebastian | WROCLAW | POL | WYDZIAŁ Ż WROCLAW | 73 | M40/54 | (M)198 | 00:45:31 | 216 | 04.33 |
| 55 | 645 | KRZYŻAK Krzysztof | DĄBROWA GÓRNICZA | POL | W POGONI ZA DUCHEM | 74 | M40/55 | (M)199 | 00:45:31 | 217 | 04.33 |
| 56 | 183 | KĘŚMINOWICZ Krzysztof | BRZEG | POL | POLARIS | 73 | M40/56 | (M)201 | 00:45:34 | 220 | 04.33 |
| 57 | 718 | CHWASTYŃIAK Piotr | BRZEG | POL | | 74 | M40/57 | (M)202 | 00:45:35 | 221 | 04.33 |
| 58 | 351 | PRYMULA Krzysztof | BRZEG | POL | AMATORSKO | 70 | M40/58 | (M)206 | 00:45:41 | 226 | 04.34 |
| 59 | 573 | MASŁOWSKI Artur | BIELAWA | POL | MISJA NOWA NADZIEJA BIELAWA | 74 | M40/59 | (M)208 | 00:45:43 | 229 | 04.34 |
| 60 | 403 | PROKOPCZYK Jarosław | OPOLE | POL | PARKRUN OPOLE | 77 | M40/60 | (M)214 | 00:45:53 | 235 | 04.35 |
| 61 | 1022 | PYZIK Tomasz | BRZEG | POL | KOTWICA BRZEG | 74 | M40/61 | (M)215 | 00:45:54 | 236 | 04.35 |
| 62 | 591 | SZACH Andrzej | NIEMCZA | POL | 22KBPG | 75 | M40/62 | (M)219 | 00:45:59 | 240 | 04.35 |
| 63 | 529 | BUDZIŃSKI Krzysztof | OPOLE | POL | SCUBA DIVE | 68 | M40/63 | (M)220 | 00:46:03 | 242 | 04.36 |
| 64 | 784 | ŚWIST Mateusz | WINÓW | POL | | 75 | M40/64 | (M)223 | 00:46:08 | 245 | 04.36 |
| 65 | 654 | JUREK Tomasz | GLUCHOŁAZY | POL | BBL GLUCHOŁAZY | 70 | M40/65 | (M)230 | 00:46:20 | 255 | 04.38 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------------------|------------|-----------------------|--------|--------------|-----|----------|
| 66 | 706 | KRUCZEK Mirosław | LEWIN BRZESKI | POL | | 69 | M40/66 | (M)234 | 00:46:24 | 259 | 04.38 |
| 67 | 195 | DUDZIK Sławomir | BRZEG | POL | | 77 | M40/67 | (M)235 | 00:46:24 | 260 | 04.38 |
| 68 | 470 | GBUR Mirosław | BRZEG | POL | | 77 | M40/68 | (M)247 | 00:46:38 | 274 | 04.39 |
| 69 | 312 | NOWAKOWSKI Jacek | BRZEG | POL | KP PSP BRZEG | 71 | M40/69 | (M)248 | 00:46:40 | 275 | 04.40 |
| 70 | 979 | WALKÓW Bartłomiej | NIEMODLIN | POL | NIEMODLIN BIEGA | 76 | M40/70 | (M)254 | 00:46:46 | 282 | 04.40 |
| 71 | 93 | WOŹNIAK Rafał | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 76 | M40/71 | (M)259 | 00:46:50 | 289 | 04.41 |
| 72 | 727 | KLIŚ Daniel | DĄBROWA | POL | | 76 | M40/72 | (M)262 | 00:46:56 | 292 | 04.41 |
| 73 | 847 | CHARCHUT Krzysztof | NIEMODLIN | POL | | 72 | M40/73 | (M)265 | 00:46:58 | 296 | 04.41 |
| 74 | 662 | DZWONEK Ryszard | BRZEG | POL | KOTWICA BRZEG | 77 | M40/74 | (M)266 | 00:47:00 | 297 | 04.42 |
| 75 | 290 | PERKA Tomek | PRÓSZKÓW | POL | SPARTAN RACE TRAINING GROUP OPOLE | 69 | M40/75 | (M)270 | 00:47:11 | 302 | 04.43 |
| 76 | 306 | JONIEC Janusz | BRZEG | POL | SW | 69 | M40/76 | (M)274 | 00:47:14 | 308 | 04.43 |
| 77 | 445 | TELEŃCZUK Tomasz | WROCLAW | POL | | 75 | M40/77 | (M)275 | 00:47:18 | 309 | 04.43 |
| 78 | 765 | DOBROWOLSKI Łukasz | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 76 | M40/78 | (M)278 | 00:47:22 | 314 | 04.44 |
| 79 | 425 | JURCZYK Robert | LEWIN BRZESKI | POL | LEWIN BIEGA | 72 | M40/79 | (M)281 | 00:47:28 | 317 | 04.44 |
| 80 | 287 | TALAGA Michał | FOLWARK | POL | ZRAZIKI BIEGAJĄ | 77 | M40/80 | (M)287 | 00:47:32 | 324 | 04.45 |
| 81 | 1149 | LEMPACH Marek | WROCLAW | POL | | 75 | M40/81 | (M)288 | 00:47:38 | 326 | 04.45 |
| 82 | 212 | WÓJCIK Rafał | PAWLÓW | POL | | 73 | M40/82 | (M)293 | 00:47:40 | 331 | 04.46 |
| 83 | 811 | GALEWSKI Piotr | WROCLAW | POL | WROCLAW MARATON TEAM | 69 | M40/83 | (M)296 | 00:47:45 | 335 | 04.46 |
| 84 | 396 | CWENAR Marek | WROCLAW | POL | THE BEST FAMILY | 70 | M40/84 | (M)299 | 00:47:51 | 340 | 04.47 |
| 85 | 726 | KOBA Piotr | WROCLAW | POL | | 75 | M40/85 | (M)300 | 00:47:54 | 342 | 04.47 |
| 86 | 462 | GARBACZ Marek | OLAWA | POL | TULIP RUNNERS | 72 | M40/86 | (M)301 | 00:47:54 | 343 | 04.47 |
| 87 | 799 | BOBAK Piotr | NYSA | POL | URZĄD MIEJSKI W NYSIE | 75 | M40/87 | (M)309 | 00:48:07 | 353 | 04.48 |
| 88 | 497 | ZAGRODNIK Bogdan | JELCZ-LASKOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 75 | M40/88 | (M)310 | 00:48:07 | 354 | 04.48 |
| 89 | 422 | SPODNIIEWSKI Grzegorz | JACZKOWICE | POL | | 71 | M40/89 | (M)311 | 00:48:08 | 355 | 04.48 |
| 90 | 13 | ROŻEK Mirosław | OPOLE | POL | | 74 | M40/90 | (M)316 | 00:48:18 | 362 | 04.49 |
| 91 | 536 | KOPIJ Krzysztof | OLSZANKA | POL | | 76 | M40/91 | (M)320 | 00:48:24 | 368 | 04.50 |
| 92 | 696 | WAJDZIK Bogusław | PRUDNIK | POL | ATHLETICS NYSA | 76 | M40/92 | (M)323 | 00:48:29 | 371 | 04.50 |
| 93 | 141 | LATA Robert | LEWIN BRZESKI | POL | LEWIN BIEGA | 70 | M40/93 | (M)327 | 00:48:34 | 376 | 04.51 |
| 94 | 487 | ROGOWSKI Mariusz | MIKOWICE | POL | | 72 | M40/94 | (M)329 | 00:48:40 | 379 | 04.52 |
| 95 | 444 | JĘDRYCH Dariusz | WROCLAW | POL | PRO-RUN WROCLAW | 70 | M40/95 | (M)330 | 00:48:41 | 380 | 04.52 |
| 96 | 377 | SERWADCZAK Piotr | LUBSZA | POL | KP PSP BRZEG | 72 | M40/96 | (M)331 | 00:48:41 | 381 | 04.52 |
| 97 | 370 | FAFARA Marcin | WROCLAW | POL | ZAKOCHAJ SIĘ W BIEGANIU | 74 | M40/97 | (M)336 | 00:48:47 | 388 | 04.52 |
| 98 | 360 | MAZUR Marek | OLAWA | POL | | 70 | M40/98 | (M)338 | 00:48:49 | 390 | 04.52 |
| 99 | 579 | GODECKI Marek | DOBRZEŃ WIELKI | POL | LZS TOR DOBRZEŃ WIELKI | 77 | M40/99 | (M)343 | 00:48:54 | 396 | 04.53 |
| 100 | 87 | CHOLUBEK Dariusz | OLAWA | POL | OLAWSKA STREFA BIEGOWA | 74 | M40/100 | (M)346 | 00:48:58 | 400 | 04.53 |
| 101 | 28 | WYPYCH Radosław | OPOLE | POL | | 76 | M40/101 | (M)347 | 00:48:59 | 401 | 04.53 |
| 102 | 162 | GRACZKOWSKI Piotr | BRZEG | POL | | 72 | M40/102 | (M)348 | 00:49:00 | 402 | 04.54 |
| 103 | 761 | CHMIELEWSKI Paweł | NAMYSŁÓW | POL | | 77 | M40/103 | (M)356 | 00:49:17 | 413 | 04.55 |
| 104 | 773 | MOSZUMAŃSKI Patryk | WROCLAW | POL | WKB PIAST/TOR | 75 | M40/104 | (M)357 | 00:49:18 | 414 | 04.55 |
| 105 | 690 | BUDZIAK Piotr | GROBLICE | POL | CSWICH WROCLAW | 71 | M40/105 | (M)358 | 00:49:20 | 415 | 04.56 |
| 106 | 588 | SZYMCZYNA Marcin | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 75 | M40/106 | (M)359 | 00:49:20 | 416 | 04.56 |
| 107 | 1089 | JAŃCZYK Paweł | NAMYSŁÓW | POL | DIEHL RUNNING TEAM | 76 | M40/107 | (M)363 | 00:49:25 | 421 | 04.56 |
| 108 | 5 | PYKA Łukasz | OPOLE | POL | ORS | 77 | M40/108 | (M)369 | 00:49:33 | 427 | 04.57 |
| 109 | 590 | KADLUBOWSKI Piotr | BRZEG | POL | KOTWICA BRZEG | 77 | M40/109 | (M)373 | 00:49:45 | 435 | 04.58 |
| 110 | 603 | MICHALAK Mariusz | OLAWA | POL | | 73 | M40/110 | (M)377 | 00:49:48 | 439 | 04.58 |
| 111 | 794 | BEDNARZ Krzysztof | BRZEG | POL | KOTWICA BRZEG | 76 | M40/111 | (M)378 | 00:49:49 | 440 | 04.58 |
| 112 | 824 | PARTYKA Wojciech | JELCZ-LASKOWICE | POL | | 75 | M40/112 | (M)381 | 00:49:52 | 444 | 04.59 |
| 113 | 930 | NOWAK Adam | OSTRÓW WIELKOPOLSKI | POL | KS ICE MAT TEAM | 73 | M40/113 | (M)384 | 00:49:58 | 449 | 04.59 |
| 114 | 131 | LASZCZYŃSKI Robert | STRZELIN | POL | | 70 | M40/114 | (M)386 | 00:49:59 | 451 | 04.59 |
| 115 | 201 | RACZKOWSKI Albert | KĘDZIERZYN-KOZLE | POL | KS KOZIOLEK KĘDZIERZYN-KOZLE | 72 | M40/115 | (M)390 | 00:50:05 | 455 | 05.00 |
| 116 | 851 | LEWIŃSKI Maciej | CZASTARY | POL | GKS CZASTARY | 71 | M40/116 | (M)391 | 00:50:05 | 456 | 05.00 |
| 117 | 298 | DOMAGAŁA Krzysztof | JANKOWICE WIELKIE | POL | 1 PUŁK SAPERÓW BRZEG - EOD | 72 | M40/117 | (M)397 | 00:50:14 | 465 | 05.01 |
| 118 | 115 | SYGULSKI Sebastian | BRZEG | POL | CSWICH WROCLAW | 74 | M40/118 | (M)398 | 00:50:17 | 467 | 05.01 |
| 119 | 31 | WÓJCIK Henryk | BRZEG | POL | PTTK ACTIVE BRZEG | 70 | M40/119 | (M)399 | 00:50:17 | 468 | 05.01 |
| 120 | 820 | JARCZEWSKI Sebastian | KALISZ | POL | | 74 | M40/120 | (M)403 | 00:50:23 | 474 | 05.02 |
| 121 | 237 | GIL Łukasz | BRZEG | POL | | 77 | M40/121 | (M)406 | 00:50:41 | 480 | 05.04 |
| 122 | 907 | MARZEWSKI Rafał | WROCLAW | POL | WROCLAW MARATON TEAM | 73 | M40/122 | (M)407 | 00:50:45 | 481 | 05.04 |
| 123 | 398 | CHORKOWY Bartosz | OPOLE | POL | | 73 | M40/123 | (M)411 | 00:50:49 | 486 | 05.04 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|--------------|--------|----------------------|---------------------|----------|------------------------------|---------|--------------------|--------|-----------|-----|----------|
| 124 | 978 | ŁADOWSKI Krzysztof | OPOLE | POL | BADCHOLESTEROL.PL | 75 | M40/124 | (M)415 | 00:50:53 | 490 | 05.05 |
| 125 | 911 | KOZAKIEWICZ Rafał | NIEMODLIN | POL | | 77 | M40/125 | (M)416 | 00:50:53 | 491 | 05.05 |
| 126 | 685 | WOLSKI Michał | CHWAŁOWICE | POL | LENIWCE Z CHWAŁOWIC! | 75 | M40/126 | (M)422 | 00:51:02 | 498 | 05.06 |
| 127 | 379 | PASIEROWSKI Grzegorz | KĄTY OPOLSKIE | POL | OSCIK | 71 | M40/127 | (M)424 | 00:51:08 | 503 | 05.06 |
| 128 | 186 | BARAŃSKI Bogusław | BRZEG | POL | | 74 | M40/128 | (M)427 | 00:51:13 | 508 | 05.07 |
| 129 | 62 | KUŹNIAR Witold | NYSA | POL | ATHLETICS NYSA | 72 | M40/129 | (M)431 | 00:51:25 | 513 | 05.08 |
| 130 | 404 | BUKAŁA Janusz | OTMUCHÓW | POL | | 75 | M40/130 | (M)433 | 00:51:26 | 515 | 05.08 |
| 131 | 199 | GIET Adam | KĘDZIERZYN-KOŹLE | POL | PARKRUN KĘDZIERZYN-KOŹLE | 68 | M40/131 | (M)434 | 00:51:28 | 516 | 05.08 |
| 132 | 1049 | BARYSZ Rafał | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 72 | M40/132 | (M)435 | 00:51:28 | 517 | 05.08 |
| 133 | 54 | BORATYŃSKI Łukasz | GAĆ | POL | POPAPRANIEC GAĆ | 75 | M40/133 | (M)453 | 00:51:47 | 537 | 05.10 |
| 134 | 378 | BAJSAROWICZ Tomasz | JELCZ-LASKOWICE | POL | GT RAT | 77 | M40/134 | (M)456 | 00:51:51 | 542 | 05.11 |
| 135 | 506 | KARP Dariusz | BIAŁY KOŚCIÓŁ | POL | KARP SPORT | 73 | M40/135 | (M)460 | 00:51:57 | 546 | 05.11 |
| 136 | 945 | MORITZ Artur | SKARBIMIERZ | POL | ADIENT | 76 | M40/136 | (M)463 | 00:52:02 | 549 | 05.12 |
| 137 | 1122 | TOKARZ Ireneusz | OTMUCHÓW | POL | | 75 | M40/137 | (M)464 | 00:52:04 | 550 | 05.12 |
| 138 | 977 | PAŁAC Andrzej | OPOLE | POL | | 76 | M40/138 | (M)465 | 00:52:05 | 551 | 05.12 |
| 139 | 164 | GŁOGOWSKI Marek | BRZEG | POL | | 71 | M40/139 | (M)466 | 00:52:07 | 552 | 05.12 |
| 140 | 607 | DZIAŁO Paweł | GÓRA | POL | | 69 | M40/140 | (M)469 | 00:52:09 | 556 | 05.12 |
| 141 | 138 | OBIERZYŃSKI Jacek | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 73 | M40/141 | (M)473 | 00:52:15 | 560 | 05.13 |
| 142 | 1109 | RÓŻYCZKI Łukasz | OLAWA | POL | | 75 | M40/142 | (M)477 | 00:52:23 | 566 | 05.14 |
| 143 | 927 | ZALANOWSKI Tomasz | SKARBIMIERZ-OSIEDLE | POL | | 71 | M40/143 | (M)478 | 00:52:23 | 567 | 05.14 |
| 144 | 317 | WASZAK Andrzej | BRZEG | POL | | 74 | M40/144 | (M)481 | 00:52:31 | 571 | 05.15 |
| 145 | 308 | KOSIELSKI Maciej | SZCZECIN | POL | | 71 | M40/145 | (M)488 | 00:52:39 | 580 | 05.15 |
| 146 | 1059 | SIEMKO Piotr | WROCLAW | POL | | 69 | M40/146 | (M)489 | 00:52:47 | 581 | 05.16 |
| 147 | 449 | ŁOPATKA Przemysław | SKARBIMIERZ OSIEDLE | POL | | 77 | M40/147 | (M)490 | 00:52:51 | 583 | 05.17 |
| 148 | 746 | KADŁUBOWSKI Marek | RYBNIK | POL | AUTOGAZEXPERT RUNNERS TEAM | 74 | M40/148 | (M)499 | 00:53:01 | 594 | 05.18 |
| 149 | 1064 | DYRDA Tomasz | WROCLAW | POL | | 73 | M40/149 | (M)500 | 00:53:04 | 597 | 05.18 |
| 150 | 502 | SZYMCZAK Robert | BRZEG | POL | AMATORSKO | 72 | M40/150 | (M)501 | 00:53:05 | 598 | 05.18 |
| 151 | 1121 | WŁODARCZYK Rafał | SKARBIMIERZ | POL | | 77 | M40/151 | (M)509 | 00:53:16 | 611 | 05.19 |
| 152 | 127 | MUCHA Radek | ZIELEŃCICE | POL | 1 PUŁK SAPERÓW BRZEG - EOD | 77 | M40/152 | (M)510 | 00:53:16 | 614 | 05.19 |
| 153 | 527 | SZYMCZYSZYN Jerzy | OPOLE | POL | SCUBA DIVE | 68 | M40/153 | (M)511 | 00:53:17 | 616 | 05.19 |
| 154 | 202 | KONOPACKI Krzysztof | ZĄBKOWICE ŚLĄSKIE | POL | ABY DO METY | 77 | M40/154 | (M)512 | 00:53:19 | 617 | 05.19 |
| 155 | 731 | KŁYŻ Paweł | BRZEG | POL | | 76 | M40/155 | (M)518 | 00:53:27 | 625 | 05.20 |
| 156 | 1055 | MYLEK Piotr | OPOLE | POL | | 70 | M40/156 | (M)519 | 00:53:27 | 626 | 05.20 |
| 157 | 178 | SINKOWSKI Krzysztof | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 74 | M40/157 | (M)520 | 00:53:28 | 627 | 05.20 |
| 158 | 639 | BUCA Marek | WROCLAW | POL | | 72 | M40/158 | (M)523 | 00:53:33 | 631 | 05.21 |
| 159 | 885 | STARZOMSKI Roman | WROCLAW | POL | PRO-RUN WROCLAW | 72 | M40/159 | (M)535 | 00:53:52 | 644 | 05.23 |
| 160 | 898 | ŻAK Bartłomiej | WROCLAW | POL | | 74 | M40/160 | (M)537 | 00:54:04 | 648 | 05.24 |
| 161 | 41 | GEŚIOR Zbigniew | BYSTRZYCA | POL | | 70 | M40/161 | (M)538 | 00:54:07 | 652 | 05.24 |
| 162 | 149 | FERKALUK Paweł | OLAWA | POL | | 76 | M40/162 | (M)542 | 00:54:16 | 659 | 05.25 |
| 163 | 192 | SKRZYPCZAK Grzegorz | KĘDZIERZYN-KOŹLE | POL | KS KOZIOLEK KĘDZIERZYN-KOŹLE | 77 | M40/163 | (M)543 | 00:54:18 | 660 | 05.25 |
| 164 | 1061 | WASILEWSKI Paweł | WROCLAW | POL | WSOWL WROCLAW | 72 | M40/164 | (M)546 | 00:54:24 | 665 | 05.26 |
| 165 | 249 | KALUŻA Henryk | JANKOWICE WIELKIE | POL | GZ LZS GRODKÓW | 76 | M40/165 | (M)551 | 00:54:32 | 671 | 05.27 |
| 166 | 992 | WARPAS Daniel | OPOLE | POL | | 77 | M40/166 | (M)565 | 00:55:04 | 693 | 05.30 |
| 167 | 976 | ZUZEK Krzysztof | BRZEG | POL | | 77 | M40/167 | (M)575 | 00:55:19 | 707 | 05.31 |
| 168 | 970 | LUDWA Stanisław | GŁUCHOŁAZY | POL | NYSA BIEGA | 68 | M40/168 | (M)578 | 00:55:23 | 710 | 05.32 |
| 169 | 1023 | SAJDAK Piotr | BRZEG | POL | RATAJE | 71 | M40/169 | (M)580 | 00:55:27 | 713 | 05.32 |
| 170 | 528 | FRYDRYCH Jacek | OPOLE | POL | SCUBA DIVE | 68 | M40/170 | (M)584 | 00:55:35 | 721 | 05.33 |
| 171 | 828 | LEN Grzegorz | BRZEG | POL | LEDWO 10M | 74 | M40/171 | (M)585 | 00:55:37 | 722 | 05.33 |
| 172 | 1120 | BOSZKIEWICZ Dariusz | BRZEG | POL | | 68 | M40/172 | (M)586 | 00:55:49 | 725 | 05.34 |
| 173 | 1014 | GRAJEWSKI Lubomir | SKARBIMIERZ | POL | ADIENT | 70 | M40/173 | (M)587 | 00:55:52 | 729 | 05.35 |
| 174 | 172 | BEŚKA Rafał | KRAPKOWICE | POL | DRINK TEAM | 73 | M40/174 | (M)588 | 00:55:54 | 731 | 05.35 |
| 175 | 95 | CHOJNACKI Janusz | LUBSZA | POL | KP PSP BRZEG | 73 | M40/175 | (M)589 | 00:55:55 | 732 | 05.35 |
| 176 | 389 | MASZAK Remigiusz | OLAWA | POL | KWP WROCLAW | 76 | M40/176 | (M)594 | 00:56:08 | 742 | 05.36 |
| 177 | 666 | BRZOZOWSKI Marcin | WROCLAW | POL | CENTRUMFIZJO.PL | 76 | M40/177 | (M)595 | 00:56:18 | 748 | 05.37 |
| 178 | 348 | ANIŚKIEWICZ Paweł | BRZEG | POL | | 74 | M40/178 | (M)599 | 00:56:34 | 759 | 05.39 |
| 179 | 622 | NAUMOWICZ Rafał | BRZEG | POL | | 74 | M40/179 | (M)600 | 00:56:34 | 760 | 05.39 |
| 180 | 122 | NESTEROW Leszek | LEWIN BRZESKI | POL | 1 PUŁK SAPERÓW BRZEG | 77 | M40/180 | (M)613 | 00:56:56 | 777 | 05.41 |
| 181 | 876 | RADZEWICZ Rafał | TARNÓW OPOLSKI | POL | | 76 | M40/181 | (M)614 | 00:56:58 | 778 | 05.41 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|--------|--------------|------|----------|
| 182 | 150 | CZWARTOS Maciej | WIAŻÓW | POL | GULÓW | 73 | M40/182 | (M)615 | 00:57:04 | 779 | 05.42 |
| 183 | 1006 | STAWARZ Marcin | BRZEG | POL | | 77 | M40/183 | (M)618 | 00:57:28 | 786 | 05.44 |
| 184 | 1115 | JAROSŁAWSKI Mariusz | OLAWA | POL | TERMY JAKUBA - OŁAWSKI PARK WODNY | 72 | M40/184 | (M)619 | 00:57:32 | 789 | 05.45 |
| 185 | 81 | OLCZYK Dariusz | OPOLE | POL | PARKRUN OPOLE | 74 | M40/185 | (M)622 | 00:58:05 | 797 | 05.48 |
| 186 | 146 | MAZGA Marcin | OLAWA | POL | | 77 | M40/186 | (M)624 | 00:58:15 | 802 | 05.49 |
| 187 | 488 | ŻUKIEWICZ Piotr | LUBIN | POL | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 74 | M40/187 | (M)631 | 00:58:36 | 818 | 05.51 |
| 188 | 526 | SUMIŃSKI Tomasz | SIEMYSŁÓW | POL | | 73 | M40/188 | (M)635 | 00:59:02 | 826 | 05.54 |
| 189 | 456 | RUDYK Tomasz | OLAWA | POL | | 72 | M40/189 | (M)641 | 00:59:33 | 839 | 05.57 |
| 190 | 544 | ŚMIERTKA Grzegorz | BRZEG | POL | | 75 | M40/190 | (M)642 | 00:59:37 | 842 | 05.57 |
| 191 | 972 | BANYŚ Tomasz | BRZEG | POL | KOTWICA BRZEG | 73 | M40/191 | (M)650 | 01:00:24 | 862 | 06.02 |
| 192 | 733 | GAWRON Bartłomiej | POLSKA NOWA WIEŚ | POL | | 75 | M40/192 | (M)654 | 01:00:38 | 869 | 06.03 |
| 193 | 1097 | STRUMIŃSKI Jakub | DOBRZEŃ WIELKI | POL | TOR DOBRZEŃ WIELKI | 75 | M40/193 | (M)655 | 01:00:42 | 870 | 06.04 |
| 194 | 224 | SOROCZYŃSKI Wiesław | BRZEG | POL | | 75 | M40/194 | (M)657 | 01:00:54 | 875 | 06.05 |
| 195 | 385 | BORUŃ Tomasz | BYSTRZYCA | POL | RUNMATORZY TMIP TEAM | 75 | M40/195 | (M)664 | 01:01:30 | 886 | 06.09 |
| 196 | 954 | TOLŁOCZKO Arkadiusz | CHWAŁOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 77 | M40/196 | (M)665 | 01:01:31 | 888 | 06.09 |
| 197 | 1300 | MARCINEK Sławomir | BRZEG | POL | PARKINGI GÓRĄ | 74 | M40/197 | (M)672 | 01:02:02 | 903 | 06.12 |
| 198 | 734 | GROMAŁA Jarosław | NYSA | POL | | 74 | M40/198 | (M)693 | 01:04:40 | 950 | 06.28 |
| 199 | 1030 | GRZESIAK Adam | BRZEG | POL | ADIANT | 75 | M40/199 | (M)695 | 01:05:04 | 956 | 06.30 |
| 200 | 704 | GŁOWACKI Tomasz | SIECHNICE | POL | BBL SIECHNICE | 75 | M40/200 | (M)696 | 01:05:06 | 957 | 06.30 |
| 201 | 147 | ROSTKOWSKI Tomasz | BRZEG | POL | | 73 | M40/201 | (M)700 | 01:05:35 | 964 | 06.33 |
| 202 | 174 | BRZEZIŃSKI Andrzej | BRZEG | POL | BRZOZA SOBIE BIEGA | 74 | M40/202 | (M)703 | 01:05:47 | 967 | 06.34 |
| 203 | 198 | GÓRAL Robert | BRZEG | POL | | 71 | M40/203 | (M)704 | 01:05:49 | 968 | 06.34 |
| 204 | 909 | BUDAK Daniel | KIELCZÓW | POL | | 75 | M40/204 | (M)707 | 01:06:30 | 977 | 06.39 |
| 205 | 589 | KURASINSKI Krzysztof | WROCLAW | POL | PRO-RUN | 69 | M40/205 | (M)708 | 01:06:51 | 981 | 06.41 |
| 206 | 245 | LATA Piotr | GRACZE | POL | | 73 | M40/206 | (M)711 | 01:07:57 | 986 | 06.47 |
| 207 | 597 | KLAR Tomasz | OTMUCHÓW | POL | | 77 | M40/207 | (M)719 | 01:10:56 | 1006 | 07.05 |
| 208 | 789 | KAMIŃSKI Mariusz | MILICZ | POL | | 77 | M40/208 | (M)721 | 01:11:56 | 1013 | 07.11 |
| 209 | 1087 | SZPULAK Piotr | BRZEG | POL | | 73 | M40/209 | (M)724 | 01:14:15 | 1019 | 07.25 |
| 210 | 118 | NOWICKI Andrzej | WROCLAW | POL | ZJEDNOCZENI ZWYCIĘZAMY | 70 | M40/210 | (M)728 | 01:21:07 | 1024 | 08.06 |

Bieg 10 km - M50 [63]

| | | | | | | | | | | | |
|----|------|------------------------|----------------|-----|----------------------------------|----|--------|--------|----------|-----|-------|
| 1 | 1070 | KASPRZAK Ireneusz | WROCLAW | POL | KB VAMOS AMIGOS WROCLAW | 62 | M50/1 | (M)17 | 00:37:24 | 17 | 03.44 |
| 2 | 634 | SZEWczyk Arkadiusz | SMARDY GÓRNE | POL | | 62 | M50/2 | (M)32 | 00:38:53 | 36 | 03.52 |
| 3 | 1074 | LEŚNICKI Marek | STANOWICE | POL | KP PSP JAWOR | 67 | M50/3 | (M)41 | 00:39:32 | 45 | 03.57 |
| 4 | 324 | PILARSKI Dionizy | OLEŚNICA | POL | KB LUPUS OLEŚNICA | 61 | M50/4 | (M)69 | 00:40:55 | 74 | 04.05 |
| 5 | 937 | UCIECHOWSKI Piotr | OPOLE | POL | OZPR PKP OPOLE | 63 | M50/5 | (M)81 | 00:41:35 | 86 | 04.09 |
| 6 | 311 | KOPIJ Wiesław | BRZEG | POL | | 62 | M50/6 | (M)111 | 00:42:53 | 117 | 04.17 |
| 7 | 80 | MODRZEJEWSKI Kazimierz | NYSA | POL | ATHLETICS NYSA | 63 | M50/7 | (M)130 | 00:43:35 | 142 | 04.21 |
| 8 | 453 | CZEKAJ Paweł | DOBRZEN WIELKI | POL | SEKCJA BIEGOWA NBP OPOLE | 67 | M50/8 | (M)150 | 00:44:18 | 164 | 04.25 |
| 9 | 230 | PASTUCHA Marek | KRAPKOWICE | POL | CROSS KRAPKOWICE | 60 | M50/9 | (M)165 | 00:44:39 | 181 | 04.27 |
| 10 | 384 | KRZAN Grzegorz | NYSA | POL | GIANT POLSKA | 62 | M50/10 | (M)188 | 00:45:18 | 206 | 04.31 |
| 11 | 447 | HRYDCZUK Wiesław | WIAŻÓW | POL | STRZELIŃSKI KLUB BIEGACZA GRANIT | 64 | M50/11 | (M)191 | 00:45:21 | 209 | 04.32 |
| 12 | 752 | SZYDŁOWSKI Andrzej | WROCLAW | POL | | 59 | M50/12 | (M)196 | 00:45:26 | 214 | 04.32 |
| 13 | 381 | BASZOWIECKI Janusz | BRZEG | POL | | 67 | M50/13 | (M)239 | 00:46:27 | 265 | 04.38 |
| 14 | 516 | KARDASZ Bogdan | TUŁOWICE | POL | | 64 | M50/14 | (M)252 | 00:46:45 | 280 | 04.40 |
| 15 | 1016 | ŁUDZIŃSKI Mirosław | WROCLAW | POL | LITWIN TRIATHLON TEAM | 60 | M50/15 | (M)269 | 00:47:09 | 300 | 04.42 |
| 16 | 944 | MIROWSKI Zbigniew | NIEMODLIN | POL | | 61 | M50/16 | (M)276 | 00:47:19 | 311 | 04.43 |
| 17 | 423 | WATAŁA Krzysztof | WROCLAW | POL | WROCLAW MARATHON TEAM | 66 | M50/17 | (M)279 | 00:47:23 | 315 | 04.44 |
| 18 | 85 | WIERZBICKI Wiesław | BRZEG | POL | | 65 | M50/18 | (M)308 | 00:48:07 | 352 | 04.48 |
| 19 | 939 | UCIECHOWSKI Jan paweł | ŁĘDZINA | POL | LZS TARCHALANKA TARCHAŁY WIELKIE | 63 | M50/19 | (M)326 | 00:48:34 | 375 | 04.51 |
| 20 | 40 | PERONSKI Robert | BRZEG | POL | AMATORSKO | 67 | M50/20 | (M)341 | 00:48:51 | 394 | 04.53 |
| 21 | 280 | ŚWIERCZEK Zbigniew | BRZEG | POL | OPTIMA CARDIO | 64 | M50/21 | (M)344 | 00:48:56 | 398 | 04.53 |
| 22 | 410 | WLIZŁO Aleksander | WROCLAW | POL | CSWINZICHEM | 59 | M50/22 | (M)353 | 00:49:10 | 409 | 04.55 |
| 23 | 26 | RABENDA Janek | BRZEG | POL | MORSY BRZEG | 62 | M50/23 | (M)380 | 00:49:50 | 442 | 04.59 |
| 24 | 56 | SKWARCZYŃSKI Krzysztof | OLSZANKA | POL | AMATORSKO | 66 | M50/24 | (M)389 | 00:50:01 | 454 | 05.00 |
| 25 | 766 | NOWOJSKI Jacek | NAMYSŁÓW | POL | | 62 | M50/25 | (M)410 | 00:50:47 | 484 | 05.04 |
| 26 | 872 | MAŁAS Piotr | WROCLAW | POL | PRO-RUN WROCLAW | 66 | M50/26 | (M)417 | 00:50:54 | 492 | 05.05 |
| 27 | 777 | KUROWSKI Marek | BRZEG | POL | 1 PUŁK SAPERÓW BRZEG | 67 | M50/27 | (M)421 | 00:51:01 | 497 | 05.06 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|----------------------------------|------------|-----------------------|--------|--------------|------|----------|
| 28 | 969 | MENDEL Marek | BYCZYNA | | POL BYCZYŃSKI KLUB BIEGACZA | 65 | M50/28 | (M)430 | 00:51:18 | 511 | 05.07 |
| 29 | 650 | RADZIMOWSKI Artur | BRZEG | | POL | 62 | M50/29 | (M)437 | 00:51:29 | 520 | 05.08 |
| 30 | 100 | BOROWSKI Ryszard | BRZEG | | POL DRUZYNA SZPIKU BRZEG | 59 | M50/30 | (M)472 | 00:52:14 | 559 | 05.13 |
| 31 | 388 | KĄDZIELEWSKI Jan | KLUCZBORK | | POL | 59 | M50/31 | (M)484 | 00:52:36 | 575 | 05.15 |
| 32 | 941 | SOLEGA Krzysztof | WROCLAW | | POL | 60 | M50/32 | (M)485 | 00:52:37 | 577 | 05.15 |
| 33 | 305 | GOLAN Marek | BRZEG | | POL 1 PUŁK SAPERÓW | 65 | M50/33 | (M)487 | 00:52:38 | 579 | 05.15 |
| 34 | 1099 | WOJDAK Piotr | PIASTÓW | | POL STOMILEX | 65 | M50/34 | (M)507 | 00:53:14 | 609 | 05.19 |
| 35 | 104 | BUGANIK Zbigniew | BRZEG | | POL 1 PUŁK SAPERÓW BRZEG | 67 | M50/35 | (M)508 | 00:53:14 | 610 | 05.19 |
| 36 | 190 | TOPOROWSKI Wojciech | NOWY ŚWIAT | | POL GOOD ENERGY LAVYLITES | 60 | M50/36 | (M)514 | 00:53:21 | 620 | 05.20 |
| 37 | 243 | FLORCZUK Wiesław | BRZEG | | POL | 64 | M50/37 | (M)517 | 00:53:26 | 624 | 05.20 |
| 38 | 563 | BASZCZUJ Marek | MIŁOSZYCE | | POL KB HARCOWNIK JELCZ-LASKOWICE | 59 | M50/38 | (M)525 | 00:53:35 | 634 | 05.21 |
| 39 | 552 | DOROCIAK Marek | PĘPICE | | POL AMATORSKO | 64 | M50/39 | (M)527 | 00:53:39 | 636 | 05.21 |
| 40 | 96 | LESZCZYŃSKI Janusz | NIEMODLIN | | POL NIEMODLIN BIEGA | 58 | M50/40 | (M)536 | 00:54:02 | 647 | 05.24 |
| 41 | 371 | ROKICKI Marek | PACZKÓW | | POL | 65 | M50/41 | (M)547 | 00:54:28 | 666 | 05.26 |
| 42 | 857 | ONISK Andrzej | BRZEG | | POL | 67 | M50/42 | (M)548 | 00:54:29 | 667 | 05.26 |
| 43 | 616 | GAWŁOWSKI Andrzej | LUBLINIEC | | POL KLUB MORSÓW | 61 | M50/43 | (M)558 | 00:54:46 | 683 | 05.28 |
| 44 | 942 | KARASOWSKI Marek | BRZEG | | POL | 60 | M50/44 | (M)559 | 00:54:49 | 684 | 05.28 |
| 45 | 252 | FLORCZUK Mieczysław | BRZEG | | POL | 65 | M50/45 | (M)561 | 00:55:00 | 688 | 05.30 |
| 46 | 834 | BIEDA Robert | CZASTARY | | POL GKS CZASTARY | 64 | M50/46 | (M)583 | 00:55:32 | 716 | 05.33 |
| 47 | 520 | SNOWYDA Leszek | MILICZ | | POL | 61 | M50/47 | (M)592 | 00:56:02 | 736 | 05.36 |
| 48 | 1044 | FUDALI Kazimierz | BRZEG | | POL ADIENT | 67 | M50/48 | (M)603 | 00:56:37 | 764 | 05.39 |
| 49 | 1117 | PIONTKOWSKI Wiesław | BRZEG | | POL | 66 | M50/49 | (M)611 | 00:56:53 | 774 | 05.41 |
| 50 | 736 | KULCZYCKI Paweł | BRZEG | | POL | 67 | M50/50 | (M)621 | 00:57:55 | 795 | 05.47 |
| 51 | 86 | MAJEWSKI Zbigniew | BRZEG | | POL | 64 | M50/51 | (M)627 | 00:58:22 | 809 | 05.50 |
| 52 | 915 | BOCHYNEK Ryszard | GRODKÓW | | POL | 60 | M50/52 | (M)629 | 00:58:28 | 812 | 05.50 |
| 53 | 284 | PIECUCH Adam | BRZEG | | POL | 66 | M50/53 | (M)638 | 00:59:09 | 831 | 05.54 |
| 54 | 1000 | SIEK Michał | BRZEG | | POL | 63 | M50/54 | (M)639 | 00:59:18 | 834 | 05.55 |
| 55 | 1082 | ZIÓLKOWSKI Eugeniusz | BRZEG | | POL | 61 | M50/55 | (M)640 | 00:59:23 | 836 | 05.56 |
| 56 | 276 | PIWIŃSKI Wiesław | BRZEG | | POL AMATORSKO | 66 | M50/56 | (M)668 | 01:01:41 | 892 | 06.10 |
| 57 | 663 | MARSZAŁEK Bogusław | BRZEG | | POL | 60 | M50/57 | (M)669 | 01:01:42 | 894 | 06.10 |
| 58 | 648 | ANDRZEJCZAK Jarosław | BRZEG | | POL | 64 | M50/58 | (M)670 | 01:01:50 | 898 | 06.11 |
| 59 | 1017 | KWIATKOWSKI Robert | JELCZ LASKOWICE | | POL NOWY DWÓR | 67 | M50/59 | (M)684 | 01:03:36 | 930 | 06.21 |
| 60 | 369 | LEWANDOWSKI Maciej | LUBIN | | POL | 61 | M50/60 | (M)685 | 01:03:43 | 933 | 06.22 |
| 61 | 637 | BUDZIK Ryszard | BRZEG | | POL | 62 | M50/61 | (M)702 | 01:05:46 | 966 | 06.34 |
| 62 | 902 | GUŁA Jan | BIERZÓW | | POL | 64 | M50/62 | (M)709 | 01:07:41 | 983 | 06.46 |
| 63 | 24 | KALICIAK Andrzej | GORZÓW WIELKOPOLSKI | | POL | 65 | M50/63 | (M)726 | 01:15:31 | 1021 | 07.33 |

Bieg 10 km - M60 [15]

| | | | | | | | | | | | |
|----|------|-----------------------|---------------------|--|----------------------------------|----|--------|--------|----------|------|-------|
| 1 | 205 | MARUSZAK Henryk | SKARBIMIERZ OSIEDLE | | POL | 55 | M60/1 | (M)78 | 00:41:27 | 83 | 04.08 |
| 2 | 9 | MARCINKIEWICZ Tadeusz | WROCLAW | | POL EUROSERWIS | 53 | M60/2 | (M)172 | 00:44:50 | 188 | 04.29 |
| 3 | 959 | JASTRZĘBSKI Leszek | PRUDNIK | | POL | 54 | M60/3 | (M)264 | 00:46:58 | 295 | 04.41 |
| 4 | 322 | RAZIK Tadeusz | RAWICZ | | POL | 52 | M60/4 | (M)272 | 00:47:13 | 305 | 04.43 |
| 5 | 660 | BIALAS Stanisław | LEWIN BRZESKI | | POL LEWIN BIEGA | 56 | M60/5 | (M)284 | 00:47:30 | 321 | 04.45 |
| 6 | 576 | PRZECH Władysław | NADOLICE WIELKIE | | POL WKB PIAST WROCLAW | 56 | M60/6 | (M)444 | 00:51:40 | 528 | 05.10 |
| 7 | 839 | MUSUR Adam | OLEŚNICA | | POL KB LUPUS | 53 | M60/7 | (M)545 | 00:54:22 | 663 | 05.26 |
| 8 | 486 | KUDŁA Czesław | MIKOWICE | | POL | 51 | M60/8 | (M)598 | 00:56:33 | 758 | 05.39 |
| 9 | 1075 | DUDEK Alfred | OPOLE | | POL | 56 | M60/9 | (M)644 | 00:59:42 | 844 | 05.58 |
| 10 | 223 | STĘPIEŃ Waldek | WROCLAW | | POL | 54 | M60/10 | (M)652 | 01:00:35 | 865 | 06.03 |
| 11 | 285 | BEDNARCZYK Wiesław | BRZEG | | POL | 56 | M60/11 | (M)660 | 01:01:09 | 879 | 06.06 |
| 12 | 182 | DYCFELD Jerzy | MICHAŁOWICE | | POL | 53 | M60/12 | (M)667 | 01:01:40 | 891 | 06.10 |
| 13 | 686 | GRZEŚKOWIAK Andrzej | WROCLAW | | POL | 54 | M60/13 | (M)705 | 01:06:11 | 973 | 06.37 |
| 14 | 236 | WIERZEJSKI Henryk | WROCLAW | | POL | 54 | M60/14 | (M)725 | 01:14:28 | 1020 | 07.26 |
| 15 | 76 | KIPCZAK Wiktor | CHWAŁOWICE | | POL KB HARCOWNIK JELCZ-LASKOWICE | 49 | M60/15 | (M)727 | 01:19:28 | 1023 | 07.56 |

Bieg 10 km - M70 [2]

| | | | | | | | | | | | |
|---|-----|-------------------|-------------|--|-----------------------|----|-------|--------|----------|-----|-------|
| 1 | 569 | CHOJNACKI Ryszard | WROCLAW | | POL WKB PIAST WROCLAW | 47 | M70/1 | (M)292 | 00:47:40 | 330 | 04.46 |
| 2 | 288 | PUSZCZEWICZ Zenon | PISARZOWICE | | POL | 41 | M70/2 | (M)544 | 00:54:21 | 662 | 05.26 |

Bieg 10 km - K16 [8]

| | | | | | | | | | | | |
|---|------|-------------------|---------|--|-----|----|-------|-------|----------|-----|-------|
| 1 | 1133 | PALECZNA Weronika | BARANÓW | | POL | 98 | K16/1 | (K)40 | 00:47:50 | 338 | 04.47 |
|---|------|-------------------|---------|--|-----|----|-------|-------|----------|-----|-------|

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--------------------------------|------------|-----------------------|--------|--------------|------|----------|
| 2 | 943 | DĘBICKA Aneta | BRZEG | | POL | 99 | K16/2 | (K)54 | 00:48:54 | 397 | 04.53 |
| 3 | 1144 | JAKOSZYŃSKA Magdalena | NIEMIL | | POL ZORZA NIEMIL | 00 | K16/3 | (K)62 | 00:49:43 | 434 | 04.58 |
| 4 | 391 | SKRZYŃKOWSKA Gabriela | OPOLE | | POL | 00 | K16/4 | (K)71 | 00:50:23 | 473 | 05.02 |
| 5 | 253 | STANISŁAWSKA Natalia | KĘPNO | | POL | 98 | K16/5 | (K)97 | 00:53:04 | 596 | 05.18 |
| 6 | 42 | TECHMAŃSKA Karolina | BRZEG | | POL | 99 | K16/6 | (K)128 | 00:55:04 | 692 | 05.30 |
| 7 | 1106 | MALKIEWICZ Marta | WROCLAW | | POL LO V WROCLAW | 00 | K16/7 | (K)230 | 01:01:59 | 901 | 06.11 |
| 8 | 1020 | KADŁUBOWSKA Natalia | BRZEG | | POL AUTOGAZEXPERT RUNNERS TEAM | 01 | K16/8 | (K)282 | 01:10:00 | 1000 | 07.00 |

Bieg 10 km - K20 [80]

| | | | | | | | | | | | |
|----|------|----------------------------|------------------|--|----------------------------------|----|--------|--------|----------|-----|-------|
| 1 | 1123 | KILIARSKA Valentyna | NIKOLAEV | | UKR | 90 | K20/1 | (K)2 | 00:37:36 | 21 | 03.45 |
| 2 | 1137 | DIATLOVA Yulia | MENA | | UKR KLUB BIEGACZA RAWICZ | 90 | K20/2 | (K)3 | 00:38:13 | 25 | 03.49 |
| 3 | 659 | LITWIN Agata | WROCLAW | | POL LITWIN TRIATHLON TEAM | 92 | K20/3 | (K)5 | 00:40:36 | 70 | 04.03 |
| 4 | 1125 | KRZEMIŃSKA Mariola | KĘDZIERZYN KOŻŁE | | POL LITWIN TRIATHLON TEAM | 92 | K20/4 | (K)6 | 00:42:08 | 101 | 04.12 |
| 5 | 336 | GREGORCZYK Magdalena | OPOLE | | POL PACKMAN TEAM | 88 | K20/5 | (K)7 | 00:42:58 | 121 | 04.17 |
| 6 | 893 | WOLSKA Karina | WROCLAW | | POL LITWIN TRIATHLON TEAM | 89 | K20/6 | (K)9 | 00:43:24 | 131 | 04.20 |
| 7 | 626 | CIEŚLA Mariola | PAŃNÓW | | POL LUKS MGOKSIR KORFANTÓW | 90 | K20/7 | (K)10 | 00:43:28 | 136 | 04.20 |
| 8 | 148 | PIETROCZUK Sylwia | NYSA | | POL ATHLETICS NYSA | 91 | K20/8 | (K)12 | 00:43:35 | 141 | 04.21 |
| 9 | 797 | PAC Monika | BRZEG | | POL | 92 | K20/9 | (K)13 | 00:43:54 | 150 | 04.23 |
| 10 | 39 | OSTROWSKA Katarzyna | BRZEG | | POL MORSY BRZEG | 93 | K20/10 | (K)18 | 00:45:12 | 202 | 04.31 |
| 11 | 1095 | PAPIERSKA Paulina | OLEŚNICA | | POL KB SZERSZEŃ OLEŚNICA | 91 | K20/11 | (K)26 | 00:46:26 | 263 | 04.38 |
| 12 | 960 | GNIEWEK Marta | JELENIA GÓRA | | POL ABSOLUTNI AMATORZY | 88 | K20/12 | (K)29 | 00:46:48 | 283 | 04.40 |
| 13 | 617 | GAWRYLUK Helena | OLAWA | | POL | 91 | K20/13 | (K)31 | 00:46:58 | 294 | 04.41 |
| 14 | 48 | GŁĄB Daria | PRUDNIK | | POL | 91 | K20/14 | (K)38 | 00:47:35 | 325 | 04.45 |
| 15 | 951 | SMOLAREK Bogumiła | WROCLAW | | POL | 88 | K20/15 | (K)39 | 00:47:42 | 333 | 04.46 |
| 16 | 463 | BUGAJNY Magdalena | BRZEG | | POL 1 PUŁK SAPERÓW BRZEG | 89 | K20/16 | (K)42 | 00:47:52 | 341 | 04.47 |
| 17 | 260 | POLICINSKA Justyna | CZESTOCHOWA | | POL POLARIS | 90 | K20/17 | (K)44 | 00:48:02 | 348 | 04.48 |
| 18 | 1065 | JANTOS Aleksandra | KLUCZBORK | | POL KLUCZBORSKA GRUPA BIEGOWA | 90 | K20/18 | (K)46 | 00:48:17 | 361 | 04.49 |
| 19 | 983 | GRZEGORCZYN Agnieszka | OPOLE | | POL | 89 | K20/19 | (K)51 | 00:48:43 | 383 | 04.52 |
| 20 | 468 | FORTUNA Małgorzata | BAKÓW | | POL WKURW_TEAM | 90 | K20/20 | (K)52 | 00:48:43 | 384 | 04.52 |
| 21 | 339 | BINIEK Sabina | ROZMIERKA | | POL GMINA STRZELCE OPOLSKIE | 92 | K20/21 | (K)53 | 00:48:51 | 392 | 04.53 |
| 22 | 97 | WAWRZYŃIAK Magdalena | PRUDNIK | | POL 10 BRYGADA LOGISTYCZNA OPOLE | 89 | K20/22 | (K)58 | 00:49:21 | 417 | 04.56 |
| 23 | 265 | ROŹNIATOWSKA Małgorzata | BYSTRZYCA | | POL OLAWA24.PL | 90 | K20/23 | (K)64 | 00:49:54 | 445 | 04.59 |
| 24 | 541 | KURIATA Joanna | STARY GÓRNIK | | POL OLAWA24.PL | 88 | K20/24 | (K)73 | 00:50:29 | 477 | 05.02 |
| 25 | 1103 | FRAS Katarzyna | ŚWIERCZOW | | POL DIEHL RUNNIG TEAM | 94 | K20/25 | (K)77 | 00:51:06 | 499 | 05.06 |
| 26 | 415 | BAJCAR Ewelina | NYSA | | POL ATHLETICS NYSA | 94 | K20/26 | (K)78 | 00:51:07 | 500 | 05.06 |
| 27 | 641 | ŁABIAK Justyna | WROCLAW | | POL TOR | 91 | K20/27 | (K)79 | 00:51:07 | 501 | 05.06 |
| 28 | 1058 | ADASZYŃSKA- KŁOS Katarzyna | OPOLE | | POL | 90 | K20/28 | (K)86 | 00:51:49 | 541 | 05.10 |
| 29 | 357 | TYSZKOWSKA Katarzyna | GLUCHOLAZY | | POL ATHLETICS NYSA | 92 | K20/29 | (K)89 | 00:52:18 | 565 | 05.13 |
| 30 | 1057 | DZWONEK Monika | BRZEG | | POL | 90 | K20/30 | (K)93 | 00:52:50 | 582 | 05.17 |
| 31 | 179 | GRUSZECKA Agnieszka | BRZEG | | POL | 91 | K20/31 | (K)95 | 00:52:54 | 587 | 05.17 |
| 32 | 441 | TABOR Anna | HENRYKÓW | | POL | 90 | K20/32 | (K)108 | 00:53:31 | 628 | 05.21 |
| 33 | 283 | PIECUCH Maja | | | POL | 96 | K20/33 | (K)117 | 00:54:13 | 658 | 05.25 |
| 34 | 338 | WNEK Kasia | KLUCZBORK | | POL KLUCZBORSKA GRUPA BIEGOWA | 92 | K20/34 | (K)122 | 00:54:33 | 673 | 05.27 |
| 35 | 1073 | REJAK Joanna | BIERUTÓW | | POL BIERUTOWSKA GRUPA BIEGOWA | 95 | K20/35 | (K)127 | 00:55:00 | 687 | 05.30 |
| 36 | 49 | SZPAK Aleksandra | BRZEG | | POL | 92 | K20/36 | (K)129 | 00:55:05 | 695 | 05.30 |
| 37 | 815 | KORALEWSKA Maria | BRZEG | | POL | 94 | K20/37 | (K)130 | 00:55:09 | 698 | 05.30 |
| 38 | 837 | CHEBA Natalia | OPOLE | | POL IZERSKA GRUPA BIEGOWA | 89 | K20/38 | (K)132 | 00:55:17 | 704 | 05.31 |
| 39 | 823 | SZOSTAK Marta | ŚWIDNICA | | POL WROCLAW MARATHON TEAM | 88 | K20/39 | (K)135 | 00:55:33 | 718 | 05.33 |
| 40 | 1112 | SITAK Karolina | LUBSZA | | POL | 96 | K20/40 | (K)136 | 00:55:33 | 719 | 05.33 |
| 41 | 479 | BUKOWSKA Katarzyna | BRZEG | | POL | 88 | K20/41 | (K)139 | 00:55:49 | 724 | 05.34 |
| 42 | 830 | CHUDALLA Sylwia | ZŁOTNIKI | | POL | 88 | K20/42 | (K)145 | 00:56:05 | 738 | 05.36 |
| 43 | 673 | DEMSKA Izabela | BRZEG | | POL | 89 | K20/43 | (K)147 | 00:56:06 | 740 | 05.36 |
| 44 | 105 | WASIK Aleksandra | KLUCZBORK | | POL FAJA BAJA BUM | 90 | K20/44 | (K)156 | 00:56:21 | 751 | 05.38 |
| 45 | 15 | KACZMARSKA Marlena | KROSNO | | POL | 88 | K20/45 | (K)157 | 00:56:21 | 752 | 05.38 |
| 46 | 586 | JĘDRYSEK Małgorzata | KŁODZKO | | POL 22KBPG | 90 | K20/46 | (K)158 | 00:56:27 | 754 | 05.38 |
| 47 | 1039 | SZCZUREK Justyna | BRZEG | | POL | 91 | K20/47 | (K)160 | 00:56:32 | 757 | 05.39 |
| 48 | 125 | DREKSLER Aleksandra | KLUCZBORK | | POL KLUCZBORSKA GRUPA BIEGOWA | 90 | K20/48 | (K)166 | 00:57:19 | 783 | 05.43 |
| 49 | 788 | KALUŻNA Anna | WROCLAW | | POL | 90 | K20/49 | (K)168 | 00:57:23 | 785 | 05.44 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|--------------|--------|--------------------------|------------------|----------|--|---------|--------------------|--------|-----------|------|----------|
| 50 | 500 | BULARZ Paulina | OLAWA | POL | TERMY JAKUBA - OLAWSKI PARK WODNY | 93 | K20/50 | (K)171 | 00:57:33 | 790 | 05.45 |
| 51 | 282 | PIEUCH Tina | BRZEG | POL | | 90 | K20/51 | (K)172 | 00:57:36 | 791 | 05.45 |
| 52 | 314 | KUŻMA Ilona | STRUGA | POL | | 95 | K20/52 | (K)181 | 00:58:19 | 806 | 05.49 |
| 53 | 724 | KAWALEC Julia | ŚWIDNICA | POL | | 95 | K20/53 | (K)182 | 00:58:20 | 807 | 05.50 |
| 54 | 1037 | POZNAR Agata | KRUSZYŃ | POL | AKADEMICKI ZWIĄZEK SPORTOWY KLUB UCZELNIANY POLITECHNIKI OPOLSKIEJ | 90 | K20/54 | (K)184 | 00:58:29 | 814 | 05.50 |
| 55 | 394 | SZCZEPANIAK Katarzyna | TWARDOGÓRA | POL | OSP TWARDOGÓRA | 91 | K20/55 | (K)185 | 00:58:32 | 815 | 05.51 |
| 56 | 16 | BUDZIK Joanna | OLAWA | POL | | 90 | K20/56 | (K)189 | 00:58:59 | 822 | 05.53 |
| 57 | 984 | KOWOL Daria | OPOLE | POL | | 93 | K20/57 | (K)191 | 00:59:00 | 824 | 05.54 |
| 58 | 434 | PASŁAWSKA Kamila | BRZEG | POL | | 97 | K20/58 | (K)197 | 00:59:24 | 837 | 05.56 |
| 59 | 1085 | RYGIEL Iwona | PRUDNIK | POL | FREE RUNNERS - OPOLSKIE | 89 | K20/59 | (K)200 | 00:59:35 | 841 | 05.57 |
| 60 | 827 | BARTOSZEK Patrycja | STARE SIOLKOWICE | POL | | 93 | K20/60 | (K)212 | 01:00:23 | 861 | 06.02 |
| 61 | 875 | WALASEK Klaudia | WROCLAW | POL | OIRP WROCLAW | 89 | K20/61 | (K)213 | 01:00:29 | 864 | 06.02 |
| 62 | 386 | GRYGORCEWICZ. Małgorzata | WROCLAW | POL | | 88 | K20/62 | (K)235 | 01:02:19 | 911 | 06.13 |
| 63 | 845 | KUŻMA Justyna | STRUGA | POL | | 93 | K20/63 | (K)239 | 01:02:33 | 917 | 06.15 |
| 64 | 1077 | SOKÓŁ Joanna | LUBSZA | POL | CREATEWWW | 89 | K20/64 | (K)241 | 01:03:01 | 921 | 06.18 |
| 65 | 657 | STEFAŃSKA Dagna | BRZEG | POL | | 90 | K20/65 | (K)243 | 01:03:04 | 924 | 06.18 |
| 66 | 25 | SZCZERBA Aleksandra | BYSTRZYCA | POL | BYSTRZYCA | 90 | K20/66 | (K)245 | 01:03:29 | 928 | 06.20 |
| 67 | 825 | WIECZOREK Natalia | PIEKARY ŚLĄSKIE | POL | | 94 | K20/67 | (K)248 | 01:03:37 | 932 | 06.21 |
| 68 | 217 | ŻEBECKA Gabriela | BYSTRZYCA | POL | GAZELE | 94 | K20/68 | (K)254 | 01:04:23 | 945 | 06.26 |
| 69 | 272 | KASPEREK Natalia | WROCLAW | POL | | 96 | K20/69 | (K)255 | 01:04:24 | 946 | 06.26 |
| 70 | 281 | SIODMOK Joanna | OPOLE | POL | POLARIS | 88 | K20/70 | (K)263 | 01:05:23 | 962 | 06.32 |
| 71 | 220 | ŚLUSARCZYK Marzena | LIPKI WIELKIE | POL | WROCLAW MARATHON TEAM | 92 | K20/71 | (K)264 | 01:05:35 | 963 | 06.33 |
| 72 | 892 | FIEDUKIEWICZ Patrycja | ZAWIDÓW | POL | | 89 | K20/72 | (K)267 | 01:06:05 | 971 | 06.36 |
| 73 | 655 | SZEREMETA Jolanta | JACZKOWICE | POL | | 88 | K20/73 | (K)269 | 01:06:22 | 975 | 06.38 |
| 74 | 980 | SOBALA Marta | OLAWA | POL | | 89 | K20/74 | (K)271 | 01:06:42 | 978 | 06.40 |
| 75 | 511 | WAWRZONEK Michalina | BRZEZINY | POL | | 90 | K20/75 | (K)276 | 01:08:11 | 987 | 06.49 |
| 76 | 940 | HANYŻ Karolina | OLSZANKA | POL | | 94 | K20/76 | (K)280 | 01:09:47 | 994 | 06.58 |
| 77 | 1009 | KITA Aleksandra | LEWIN BRZESKI | POL | LEWIN BRZESKI | 88 | K20/77 | (K)288 | 01:11:04 | 1007 | 07.06 |
| 78 | 1001 | BAGIŃSKA Aleksandra | BRZEG | POL | | 89 | K20/78 | (K)294 | 01:12:59 | 1016 | 07.17 |
| 79 | 779 | GWÓZDŹ-MARAS Weronika | BRZEG | POL | | 95 | K20/79 | (K)296 | 01:17:26 | 1022 | 07.44 |

Bieg 10 km - K30 [122]

| | | | | | | | | | | | |
|----|------|-------------------------------|---------------------|-----|----------------------------------|----|--------|-------|----------|-----|-------|
| 1 | 1004 | ROSTKOWSKA Anna | SZKLARSKA PORĘBA | POL | KS SMS SZKLARSKA PORĘBA | 80 | K30/1 | (K)1 | 00:37:24 | 18 | 03.44 |
| 2 | 991 | WIĘCEK Anna | WROCLAW | POL | KUBUTEK RUNNING TEAM WROCLAW | 80 | K30/2 | (K)4 | 00:38:52 | 35 | 03.52 |
| 3 | 320 | BARYŁA Marzanna | STRZELIN | POL | STRZELIŃSKI KLUB BIEGACZA GRANIT | 82 | K30/3 | (K)8 | 00:43:16 | 126 | 04.19 |
| 4 | 554 | DROŹDZIK Magdalena | NYSA | POL | WKB META LUBLINIEC | 79 | K30/4 | (K)11 | 00:43:29 | 137 | 04.20 |
| 5 | 1080 | GRECHUTA Paulina | BRZEG | POL | | 86 | K30/5 | (K)14 | 00:44:14 | 160 | 04.25 |
| 6 | 234 | TELEGA Joanna | OPOLE | POL | POLARIS | 79 | K30/6 | (K)16 | 00:44:22 | 168 | 04.26 |
| 7 | 390 | SKRZYŃKOWSKA Joanna | OPOLE | POL | | 78 | K30/7 | (K)17 | 00:45:02 | 198 | 04.30 |
| 8 | 816 | STECZKOWSKA Anna | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 82 | K30/8 | (K)20 | 00:45:36 | 224 | 04.33 |
| 9 | 1138 | CZYŻEWSKA Agnieszka | CZĘSTOCHOWA | POL | KPP LUBLINIEC | 82 | K30/9 | (K)21 | 00:45:41 | 227 | 04.34 |
| 10 | 928 | PASTUSZAK Dorota | KRAKÓW | POL | | 87 | K30/10 | (K)23 | 00:46:08 | 246 | 04.36 |
| 11 | 1090 | ŁEBZUCH Marzena | NAMYSŁÓW | POL | DIEHL RUNNING TEAM | 83 | K30/11 | (K)24 | 00:46:18 | 250 | 04.37 |
| 12 | 210 | GOLAK Asia | POZNAŃ | POL | POLARIS | 81 | K30/12 | (K)25 | 00:46:18 | 251 | 04.37 |
| 13 | 493 | NIMSZ Kamila | JELCZ-LASKOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 81 | K30/13 | (K)28 | 00:46:40 | 276 | 04.40 |
| 14 | 196 | WESOŁOWSKA-GABRYEL Renata | BRZEG | POL | AMATORSKO | 85 | K30/14 | (K)30 | 00:46:50 | 288 | 04.41 |
| 15 | 123 | FIGURA Ewelina | WĘŻA | POL | | 81 | K30/15 | (K)32 | 00:47:10 | 301 | 04.43 |
| 16 | 971 | GUBERNAT Ewa | BIELANY WROCLAWSKIE | POL | MIASTO KOBIET | 80 | K30/16 | (K)33 | 00:47:12 | 304 | 04.43 |
| 17 | 580 | WILKOWSKA Iwona | KĘDZIERZYN-KOŹLE | POL | | 80 | K30/17 | (K)35 | 00:47:19 | 310 | 04.43 |
| 18 | 111 | ZALEWSKA Ela | ZĄBKOWICE ŚL. | POL | 1 PUŁK SAPERÓW BRZEG | 81 | K30/18 | (K)37 | 00:47:30 | 320 | 04.45 |
| 19 | 392 | DUDEK Agnieszka | RUDA ŚLĄSKA | POL | NIGHT RUNNERS | 82 | K30/19 | (K)41 | 00:47:51 | 339 | 04.47 |
| 20 | 753 | KACZMAREK Karolina | ŁĘG | POL | KB HARCOWNIK JELCZ-LASKOWICE | 82 | K30/20 | (K)49 | 00:48:30 | 372 | 04.51 |
| 21 | 289 | KOŚCIELNIAK Wioletta | PRUDNIK | POL | | 80 | K30/21 | (K)50 | 00:48:37 | 378 | 04.51 |
| 22 | 409 | WLIZŁO Izabela | WROCLAW | POL | DGRSZ | 80 | K30/22 | (K)56 | 00:49:07 | 406 | 04.54 |
| 23 | 575 | BANACHOWSKA Alicja | PISARZOWICE | POL | | 81 | K30/23 | (K)57 | 00:49:11 | 410 | 04.55 |
| 24 | 745 | MAJER Agata | KOMPRACHCICE | POL | BASSAU | 81 | K30/24 | (K)59 | 00:49:33 | 428 | 04.57 |
| 25 | 535 | STALA-KONDRAKIEWICZ Katarzyna | JELCZ-LASKOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 83 | K30/25 | (K)61 | 00:49:39 | 431 | 04.57 |
















| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-----------------|-----------|---------------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|--------|--------------|-----|----------|
| 26 | 871 | PAWLUK Anna | BRZEG | POL | KOTWICA BRZEG | 86 | K30/26 | (K)65 | 00:49:55 | 446 | 04.59 |
| 27 | 299 | DOMAGAŁA Katarzyna | JANKOWICE WIELKIE | POL | | 79 | K30/27 | (K)66 | 00:50:09 | 459 | 05.00 |
| 28 | 473 | TARNOGÓRSKA Justyna | ŻŁOBIZNA | POL | | 85 | K30/28 | (K)76 | 00:50:55 | 493 | 05.05 |
| 29 | 869 | SEMENIUK Marzena | KARŁOWICE | POL | BIEGAM BO LUBIE:) | 84 | K30/29 | (K)80 | 00:51:08 | 504 | 05.06 |
| 30 | 46 | KOLASZEWSKA Alicja | OTMUCHÓW | POL | ATHLETICS NYSA | 78 | K30/30 | (K)81 | 00:51:09 | 505 | 05.06 |
| 31 | 684 | WIERZBICKA Agata | WROCLAW | POL | | 85 | K30/31 | (K)84 | 00:51:31 | 522 | 05.09 |
| 32 | 191 | DROZD Magdalena | LIPKI | POL | AMATORSKO | 81 | K30/32 | (K)85 | 00:51:47 | 538 | 05.10 |
| 33 | 796 | NOWAK Gosia | RYCHTAL | POL | | 86 | K30/33 | (K)88 | 00:52:16 | 563 | 05.13 |
| 34 | 518 | SNOWYDA Beata | WROCLAW | POL | | 85 | K30/34 | (K)90 | 00:52:24 | 568 | 05.14 |
| 35 | 110 | SOCHANIK Agnieszka | BRZEG | POL | SSRTBRZEG | 78 | K30/35 | (K)92 | 00:52:37 | 576 | 05.15 |
| 36 | 791 | TYMKÓW Izabela | PRUDNIK | POL | RYDZ TEAM | 82 | K30/36 | (K)98 | 00:53:05 | 599 | 05.18 |
| 37 | 859 | KOTECKA Małgorzata | BRZEG | POL | KOTWICA BRZEG | 83 | K30/37 | (K)101 | 00:53:12 | 607 | 05.19 |
| 38 | 361 | PŁOTEK Ilona | OLAWA | POL | | 79 | K30/38 | (K)103 | 00:53:16 | 612 | 05.19 |
| 39 | 197 | MAJKA-CIEPŁY Małgorzata | OLAWA | POL | MAMY-BIEGAMY | 82 | K30/39 | (K)104 | 00:53:16 | 613 | 05.19 |
| 40 | 14 | DAMM Beata | BRZEG | POL | DAMMTEAMRUNNERS | 81 | K30/40 | (K)105 | 00:53:17 | 615 | 05.19 |
| 41 | 11 | CISEK Żaneta | BRZEG | POL | | 87 | K30/41 | (K)106 | 00:53:20 | 618 | 05.20 |
| 42 | 533 | KALINOWSKA-SROCYŃSKA Joanna | WROCLAW | POL | | 81 | K30/42 | (K)110 | 00:53:56 | 645 | 05.23 |
| 43 | 860 | KACZMAREK Katarzyna | DZIERŻONIÓW | POL | | 84 | K30/43 | (K)111 | 00:54:01 | 646 | 05.24 |
| 44 | 446 | WYGLĄDACZ Zuzanna | WROCLAW | POL | | 80 | K30/44 | (K)112 | 00:54:04 | 649 | 05.24 |
| 45 | 754 | KOSMATY Ewa | OPOLE | POL | | 86 | K30/45 | (K)113 | 00:54:07 | 650 | 05.24 |
| 46 | 376 | BERNAT Jolanta | SZCZYTNA | POL | BOBROWNIKI- SZCZYTNA | 79 | K30/46 | (K)114 | 00:54:07 | 651 | 05.24 |
| 47 | 169 | PŁONKA Joanna | GRODKÓW | POL | GZ LZS GRODKÓW | 80 | K30/47 | (K)115 | 00:54:11 | 655 | 05.25 |
| 48 | 838 | LUBCZYŃSKA Kamila | BRZEG | POL | KOTWICA BRZEG | 85 | K30/48 | (K)116 | 00:54:12 | 656 | 05.25 |
| 49 | 849 | PANCERZ Joanna | TARNÓW OPOLSKI | POL | | 79 | K30/49 | (K)119 | 00:54:23 | 664 | 05.26 |
| 50 | 353 | MARUWKA Magdalena | BRZEG | POL | 1 PULK SAPERÓW BRZEG | 81 | K30/50 | (K)120 | 00:54:29 | 668 | 05.26 |
| 51 | 451 | ŁUCZAK Karolina | NYSA | POL | | 85 | K30/51 | (K)123 | 00:54:34 | 674 | 05.27 |
| 52 | 883 | KOMARNICKA-BOBERSKA Karolina | BRZEG | POL | | 81 | K30/52 | (K)125 | 00:54:45 | 681 | 05.28 |
| 53 | 819 | BEDNAREK Anna | SYCÓW | POL | | 79 | K30/53 | (K)126 | 00:54:58 | 686 | 05.29 |
| 54 | 547 | MURAWSKA Kinga | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 80 | K30/54 | (K)137 | 00:55:34 | 720 | 05.33 |
| 55 | 333 | KORF Weronika | BRZEG | POL | JEŹDŹCY APOKALIPSY | 84 | K30/55 | (K)142 | 00:55:50 | 728 | 05.35 |
| 56 | 595 | ŚWIERK Sylwia | ZĄBKOWICE ŚLĄSKIE | POL | AMATOR SKI | 87 | K30/56 | (K)143 | 00:55:53 | 730 | 05.35 |
| 57 | 720 | TREMBUŁOWICZ Anna | OLAWA | POL | | 78 | K30/57 | (K)144 | 00:56:00 | 734 | 05.36 |
| 58 | 676 | WÓJCİK Katarzyna | OPOLE | POL | | 83 | K30/58 | (K)146 | 00:56:06 | 739 | 05.36 |
| 59 | 321 | BRODZIAK-MIKODA Agata | BRZEG | POL | | 87 | K30/59 | (K)148 | 00:56:06 | 741 | 05.36 |
| 60 | 664 | WTYKŁO Małgorzata | KĘDZIERZYN-KOŹLE | POL | KS KOZIOŁEK KĘDZIERZYN-KOŹLE | 80 | K30/60 | (K)151 | 00:56:13 | 745 | 05.37 |
| 61 | 667 | HOC-BRZOZOWSKA Aleksandra | WROCLAW | POL | CENTRUMFIZJO.PL | 80 | K30/61 | (K)152 | 00:56:15 | 746 | 05.37 |
| 62 | 767 | MALAMIS Karolina | WROCLAW | POL | | 85 | K30/62 | (K)155 | 00:56:19 | 750 | 05.37 |
| 63 | 521 | LIBOR Anna | OZIMEK | POL | | 80 | K30/63 | (K)159 | 00:56:31 | 755 | 05.39 |
| 64 | 475 | KIELAR Anna | SREBRNA GÓRA | POL | | 82 | K30/64 | (K)162 | 00:56:50 | 771 | 05.41 |
| 65 | 867 | NOWORYCKA Patrycja | BRZEG | POL | KOTWICA BRZEG | 83 | K30/65 | (K)165 | 00:57:09 | 780 | 05.42 |
| 66 | 723 | KIŃCZYK Małgorzata | OLAWA | POL | | 83 | K30/66 | (K)169 | 00:57:29 | 787 | 05.44 |
| 67 | 480 | SĘKOWSKA Anna | PRUDNIK | POL | FREE RUNNERS - OPOLSKIE | 87 | K30/67 | (K)170 | 00:57:30 | 788 | 05.45 |
| 68 | 227 | KOLASZYŃSKA Marta | BRZEG | POL | | 79 | K30/68 | (K)173 | 00:57:37 | 792 | 05.45 |
| 69 | 803 | LISOWSKA Izabela | CHRÓŚCICE | POL | | 86 | K30/69 | (K)174 | 00:57:53 | 794 | 05.47 |
| 70 | 483 | BURO Anna | BRZEG | POL | | 79 | K30/70 | (K)176 | 00:58:07 | 798 | 05.48 |
| 71 | 841 | DRABOWICZ-BURY Agnieszka | WROCLAW | POL | WROCLAW MARATHON TEAM | 84 | K30/71 | (K)178 | 00:58:13 | 801 | 05.49 |
| 72 | 587 | MAJEWSKA Anna | BRZEG | POL | | 87 | K30/72 | (K)179 | 00:58:16 | 803 | 05.49 |
| 73 | 844 | GNUTEK Anna | ZĄBKOWICE ŚL | POL | ABY DO METY | 82 | K30/73 | (K)180 | 00:58:17 | 804 | 05.49 |
| 74 | 722 | LEKTARSKA Małgorzata | WROCLAW | POL | | 78 | K30/74 | (K)186 | 00:58:34 | 816 | 05.51 |
| 75 | 489 | DOBROWOLSKA Małgorzata | LUBIN | POL | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 80 | K30/75 | (K)188 | 00:58:37 | 819 | 05.51 |
| 76 | 955 | SIÓDMIĄK Kinga | WROCLAW | POL | GO-GO ?! | 82 | K30/76 | (K)190 | 00:58:59 | 823 | 05.53 |
| 77 | 680 | BARTCZAK-LIPIŃSKA Katarzyna | BRZEG | POL | JEŹDŹCY APOKALIPSY | 82 | K30/77 | (K)192 | 00:59:04 | 827 | 05.54 |
| 78 | 958 | MARCINKOWSKA Magdalena | WROCLAW | POL | | 81 | K30/78 | (K)194 | 00:59:13 | 832 | 05.55 |
| 79 | 936 | KĄŻMIERCZAK Agata | SKARBIMIERZ OSIEDLE | POL | | 84 | K30/79 | (K)195 | 00:59:14 | 833 | 05.55 |
| 80 | 709 | JURIJKÓW Małgorzata | OLAWA | POL | BYSTRZYCA | 78 | K30/80 | (K)199 | 00:59:34 | 840 | 05.57 |
| 81 | 895 | DAMBERG Teresa | ZAKRZÓW TURAWSKI | POL | | 86 | K30/81 | (K)203 | 00:59:48 | 848 | 05.58 |

| 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 | pkt | [min/km] |
|--------------|--------|----------------------------|---------------------|----------|-----------------------------------|---------|--------------------|---------|-----------|------|----------|
| 82 | 34 | MORAWSKA-PIECHOWIAK Sylwia | OLESZYCE | POL | KLUB BIEGAJĄCYCH LEŚNIKÓW | 85 | K30/82 | (K)204 | 01:00:00 | 851 | 06.00 |
| 83 | 679 | GRĘBOWICZ Agnieszka | JANIKÓW | POL | TERMY JAKUBA - OŁAWSKI PARK WODNY | 86 | K30/83 | (K)207 | 01:00:12 | 855 | 06.01 |
| 84 | 218 | ZEREBECKA Ewa | BYSTRZYCA | POL | GAZELE | 80 | K30/84 | (K)211 | 01:00:21 | 860 | 06.02 |
| 85 | 342 | ŻYTECKA-BARTOSIK Adriana | OŁAWA | POL | TERMY JAKUBA - OŁAWSKI PARK WODNY | 81 | K30/85 | (K)216 | 01:00:46 | 871 | 06.04 |
| 86 | 748 | LUCHOWSKA Karolina | WROCLAW | POL | TOR | 83 | K30/86 | (K)219 | 01:00:56 | 876 | 06.05 |
| 87 | 866 | MAZUR Agnieszka | BIERZANY | POL | | 78 | K30/87 | (K)220 | 01:01:19 | 881 | 06.07 |
| 88 | 1036 | KOWALSKA Ewa | BRZEG | POL | AUTOGAZEXPERT RUNNERS TEAM | 79 | K30/88 | (K)221 | 01:01:24 | 883 | 06.08 |
| 89 | 968 | CHOMIAK Anna | JELCZ-LASKOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 78 | K30/89 | (K)222 | 01:01:28 | 885 | 06.08 |
| 90 | 681 | KĘDZIA Julita | SIECHNICE | POL | MAMY-BIEGAMY | 79 | K30/90 | (K)226 | 01:01:45 | 895 | 06.10 |
| 91 | 963 | KOWACKA-KUCZEK Anna | BRZEG | POL | | 81 | K30/91 | (K)231 | 01:02:01 | 902 | 06.12 |
| 92 | 725 | KARAMON Magdalena | OPOLE | POL | OPOLE BIEGA | 79 | K30/92 | (K)233 | 01:02:19 | 909 | 06.13 |
| 93 | 350 | DOROCIAK Aleksandra | LIPKI | POL | | 81 | K30/93 | (K)234 | 01:02:19 | 910 | 06.13 |
| 94 | 315 | URYGA Katarzyna | LIPKI | POL | AMATORSKO | 78 | K30/94 | (K)236 | 01:02:20 | 912 | 06.14 |
| 95 | 793 | FEDOROWICZ Jowita | BRZEG | POL | AUTOGAZEXPERT RUNNERS TEAM | 84 | K30/95 | (K)237 | 01:02:20 | 913 | 06.14 |
| 96 | 207 | RYBCZYŃSKA Katarzyna | ZĄBKOWICE ŚLĄSKIE | POL | ABY DO METY | 82 | K30/96 | (K)238 | 01:02:33 | 916 | 06.15 |
| 97 | 137 | BOREK Jadwiga | KĘDZIERZYN-KOŹLE | POL | KS KOZIOŁEK KĘDZIERZYN-KOŹLE | 79 | K30/97 | (K)242 | 01:03:01 | 922 | 06.18 |
| 98 | 476 | KADLUBOWSKA Justyna | BRZEG | POL | | 86 | K30/98 | (K)244 | 01:03:06 | 925 | 06.18 |
| 99 | 1 | ADAMCZYK KRAWIEC Aldona | ŻŁOBIZNA | POL | POLARIS | 81 | K30/99 | (K)246 | 01:03:33 | 929 | 06.21 |
| 100 | 918 | GOSK Urszula | OPOLE | POL | | 85 | K30/100 | (K)247 | 01:03:37 | 931 | 06.21 |
| 101 | 1048 | HOEISEL Magdalena | GRODKÓW | POL | | 82 | K30/101 | (K)249 | 01:03:43 | 934 | 06.22 |
| 102 | 1047 | NOWICKA Bianka | BRZEG | POL | | 87 | K30/102 | (K)250 | 01:03:44 | 935 | 06.22 |
| 103 | 1130 | MAKIE LA Justyna | NAMYSŁÓW | POL | | 80 | K30/103 | (K)252 | 01:04:02 | 940 | 06.24 |
| 104 | 414 | IWASIECZKKO Justyna | BRZEG | POL | | 86 | K30/104 | (K)256 | 01:04:30 | 947 | 06.27 |
| 105 | 411 | ŚCIEGLIŃSKA-SZTABA Marta | WROCLAW | POL | | 86 | K30/105 | (K)257 | 01:04:31 | 948 | 06.27 |
| 106 | 805 | RUTKOWSKA Agata | OŁAWA | POL | | 78 | K30/106 | (K)259 | 01:04:53 | 952 | 06.29 |
| 107 | 863 | ŁUKASIK Ada | OŁAWA | POL | | 86 | K30/107 | (K)261 | 01:05:00 | 954 | 06.30 |
| 108 | 703 | GŁOWACKA Monika | SIECHNICE | POL | BBL SIECHNICE | 78 | K30/108 | (K)262 | 01:05:07 | 958 | 06.30 |
| 109 | 352 | PARTYCZNA Ewa | PRUDNIK | POL | KP PSP PRUDNIK | 81 | K30/109 | (K)268 | 01:06:06 | 972 | 06.36 |
| 110 | 768 | GAGAT Martyna | WROCLAW | POL | | 85 | K30/110 | (K)270 | 01:06:24 | 976 | 06.38 |
| 111 | 735 | POZNAŃ Dorota | BRZEG | POL | | 80 | K30/111 | (K)273 | 01:06:45 | 980 | 06.40 |
| 112 | 259 | MICHAŁOWSKA Dobrawa | BRZEG | POL | | 79 | K30/112 | (K)274 | 01:07:14 | 982 | 06.43 |
| 113 | 613 | KARGOL Joanna | OLEŚNICA | POL | KB SZERSZEŃ OLEŚNICA | 79 | K30/113 | (K)277 | 01:08:27 | 988 | 06.50 |
| 114 | 20 | PISKORZ Katarzyna | WÓJCICE | POL | KACZA NOGA | 81 | K30/114 | (K)278 | 01:08:31 | 989 | 06.51 |
| 115 | 714 | SYGIT Małgorzata | STRZELNIKI | POL | | 87 | K30/115 | (K)284 | 01:10:11 | 1002 | 07.01 |
| 116 | 688 | AKONOM Aleksandra | SKARBIMIERZ OSIEDLE | POL | ILDAR MICHALAK | 81 | K30/116 | (K)286 | 01:10:50 | 1004 | 07.05 |
| 117 | 772 | DULLAK Agnieszka | WROCLAW | POL | MAMY-BIEGAMY | 82 | K30/117 | (K)287 | 01:10:55 | 1005 | 07.05 |
| 118 | 119 | ROMAN Sylwia | BRZEG | POL | | 80 | K30/118 | (K)290 | 01:11:38 | 1009 | 07.09 |
| 119 | 840 | PIĘCH Marzena | LUBSZA | POL | AMATORSKO | 81 | K30/119 | (K)291 | 01:11:42 | 1010 | 07.10 |
| 120 | 807 | JÓZEFczyk Katarzyna | LEWIN BRZESKI | POL | | 84 | K30/120 | (K)292 | 01:11:51 | 1012 | 07.11 |
| 121 | 469 | KASPERSKA Agata | TUŁOWICE | POL | | 85 | K30/121 | (K)295 | 01:13:17 | 1018 | 07.19 |
| 122 | 854 | CIEPIERSKA Joanna | LUTOMIERZ | POL | ABY DO METY | 83 | K30/122 | (K)297 | 01:31:07 | 1025 | 09.06 |





Bieg 10 km - K40 [67]

| | | | | | | | | | | | |
|----|------|-------------------------------------|---------------------|-----|---|----|--------|-------|----------|-----|-------|
| 1 | 852 | CZEKALSKA Mariola | BRZEG | POL | KOTWICA BRZEG | 68 | K40/1 | (K)15 | 00:44:20 | 166 | 04.26 |
| 2 | 1088 | JUSZCZAK-DERZYPOLSKA Elżbieta | LEWIN BRZESKI | POL | LEWIN BIEGA | 74 | K40/2 | (K)19 | 00:45:33 | 218 | 04.33 |
| 3 | 374 | BRYDA Dorota | BRZEG | POL | EURODENT ŁOSIÓW | 71 | K40/3 | (K)22 | 00:46:01 | 241 | 04.36 |
| 4 | 431 | MILER Barbara | NIEMODLIN | POL | NIEMODLIN BIEGA | 68 | K40/4 | (K)27 | 00:46:31 | 270 | 04.39 |
| 5 | 935 | SWIETEK-OZDOBA Sylwia | WROCLAW | POL | LITWIN TRIATHLON TEAM | 77 | K40/5 | (K)34 | 00:47:14 | 307 | 04.43 |
| 6 | 129 | KNOFEL-LASZCZYŃSKA Agata | STRZELIN | POL | STRZELIŃSKI KLUB BIEGACZA 'GRANIT' | 77 | K40/6 | (K)43 | 00:47:56 | 344 | 04.47 |
| 7 | 419 | MAZURKIEWICZ-WARCHAŁOWSKA Agnieszka | BRZEG | POL | | 75 | K40/7 | (K)47 | 00:48:19 | 364 | 04.49 |
| 8 | 63 | GOTFRIED Marta | SKARBIMIERZ OSIEDLE | POL | MORSY BRZEG | 71 | K40/8 | (K)48 | 00:48:20 | 365 | 04.50 |
| 9 | 1002 | WIETRZYŃSKA Agnieszka | BRZEG | POL | KOTWICA BRZEG | 73 | K40/9 | (K)55 | 00:49:07 | 405 | 04.54 |
| 10 | 743 | GNOT Katarzyna | OPOLE | POL | | 74 | K40/10 | (K)63 | 00:49:52 | 443 | 04.59 |
| 11 | 957 | SZAJCA Katarzyna | DOBRZEŃ WIELKI | POL | LZS TOR DOBRZEŃ WIELKI | 76 | K40/11 | (K)68 | 00:50:13 | 462 | 05.01 |
| 12 | 235 | GAJ-JURCZYK Renata | LEWIN BRZESKI | POL | LEWIN BIEGA | 73 | K40/12 | (K)69 | 00:50:15 | 466 | 05.01 |
| 13 | 1042 | HAŁADEWICZ Anna | STANOWICE | POL | KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA | 73 | K40/13 | (K)72 | 00:50:24 | 475 | 05.02 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|------------------------------|-----------|--------------------------------|---------------------|-------------|-----------------------------------|------------|-----------------------|--------|--------------|------|----------|
| 14 | 602 | PRYJDA-MIŁOSZ Małgorzata | OLAWA | POL | OLAWSKA GRUPA BIEGOWA | 77 | K40/14 | (K)82 | 00:51:22 | 512 | 05.08 |
| 15 | 37 | PAWLIK Agnieszka | NYSA | POL | NYSA BIEGA | 73 | K40/15 | (K)83 | 00:51:29 | 518 | 05.08 |
| 16 | 934 | KOŁODZIEJCZYK Agnieszka | WROCLAW | POL | | 75 | K40/16 | (K)87 | 00:52:07 | 553 | 05.12 |
| 17 | 953 | SZNAJDER Joanna | GLUCHOLAZY | POL | | 75 | K40/17 | (K)91 | 00:52:31 | 572 | 05.15 |
| 18 | 1060 | SIEMKO Jolanta | WROCLAW | POL | | 70 | K40/18 | (K)94 | 00:52:52 | 584 | 05.17 |
| 19 | 440 | MAZURKIEWICZ Barbara | OPOLE | POL | | 74 | K40/19 | (K)96 | 00:53:03 | 595 | 05.18 |
| 20 | 1063 | DYRDA Monika | WROCLAW | POL | | 74 | K40/20 | (K)99 | 00:53:07 | 601 | 05.18 |
| 21 | 68 | ROMAN Elżbieta | BRZEG | POL | | 75 | K40/21 | (K)100 | 00:53:07 | 602 | 05.18 |
| 22 | 1050 | STYRYLSKA Joanna | WROCLAW | POL | WROCLAW MARATHON TEAM | 70 | K40/22 | (K)102 | 00:53:13 | 608 | 05.19 |
| 23 | 1108 | RÓŻYCKA Joanna | OLAWA | POL | | 76 | K40/23 | (K)107 | 00:53:23 | 623 | 05.20 |
| 24 | 464 | KSIĘŻNIK Anna | OLAWA | POL | | 72 | K40/24 | (K)109 | 00:53:33 | 632 | 05.21 |
| 25 | 222 | SOROCZYŃSKA Gosia | BRZEG | POL | | 75 | K40/25 | (K)118 | 00:54:19 | 661 | 05.25 |
| 26 | 695 | DOBROŚ Magdalena | WIERUSZÓW | POL | | 77 | K40/26 | (K)121 | 00:54:33 | 672 | 05.27 |
| 27 | 564 | STANKIEWICZ Izabela | WROCLAW | POL | | 77 | K40/27 | (K)124 | 00:54:34 | 675 | 05.27 |
| 28 | 899 | WRÓBEL Agnieszka | WROCLAW | POL | | 76 | K40/28 | (K)131 | 00:55:15 | 701 | 05.31 |
| 29 | 65 | MAŁASIEWICZ Marta | JACZKOWICE | POL | | 71 | K40/29 | (K)134 | 00:55:33 | 717 | 05.33 |
| 30 | 67 | GAJEK Halina | PRUDNIK | POL | ATHLETICS NYSA | 74 | K40/30 | (K)138 | 00:55:41 | 723 | 05.34 |
| 31 | 213 | SOKOŁOWSKA Barbara | NAMYŚLÓW | POL | DIEHL RUNNING TEAM | 73 | K40/31 | (K)141 | 00:55:50 | 727 | 05.35 |
| 32 | 59 | POSYNIAK Anna | BRZEG | POL | MORSY BRZEG | 74 | K40/32 | (K)149 | 00:56:08 | 743 | 05.36 |
| 33 | 855 | KOLCZYK Anna | OPOLE | POL | | 74 | K40/33 | (K)150 | 00:56:12 | 744 | 05.37 |
| 34 | 965 | NAUMOWICZ Małgorzata | BRZEG | POL | KOTWICA BRZEG | 68 | K40/34 | (K)161 | 00:56:34 | 761 | 05.39 |
| 35 | 187 | BORKOWSKA Patrycja | BRZEG | POL | | 73 | K40/35 | (K)167 | 00:57:22 | 784 | 05.44 |
| 36 | 532 | KUTYLA Kamila | TUŁOWICE | POL | | 74 | K40/36 | (K)175 | 00:58:00 | 796 | 05.48 |
| 37 | 792 | TOKARSKA Mariola | JASTRZĘBIE | POL | ACTIVRUN NAMYSŁÓW | 76 | K40/37 | (K)177 | 00:58:12 | 800 | 05.49 |
| 38 | 17 | BAK Katarzyna | BRZEG | POL | | 76 | K40/38 | (K)183 | 00:58:28 | 811 | 05.50 |
| 39 | 291 | PERKA Barbara | PRÓSZKÓW | POL | SPARTAN RACE TRAINING GROUP OPOLE | 72 | K40/39 | (K)187 | 00:58:36 | 817 | 05.51 |
| 40 | 366 | GACZYŃSKA Katarzyna | PACZKÓW | POL | ATHLETICS NYSA | 69 | K40/40 | (K)196 | 00:59:22 | 835 | 05.56 |
| 41 | 228 | KLINKE-OSADNIK Aneta | ZĄBKOWICE ŚLĄSKIE | POL | ABY DO METY | 75 | K40/41 | (K)202 | 00:59:47 | 846 | 05.58 |
| 42 | 1141 | DOLIŃSKA Jolanta | ŚRODA ŚLĄSKA | POL | | 68 | K40/42 | (K)205 | 01:00:11 | 853 | 06.01 |
| 43 | 878 | TOMKÓW Ewa | NIEMODLIN | POL | | 72 | K40/43 | (K)206 | 01:00:11 | 854 | 06.01 |
| 44 | 484 | PISKORSKA Katarzyna | OLSZANKA | POL | | 74 | K40/44 | (K)208 | 01:00:16 | 856 | 06.01 |
| 45 | 787 | SZYMANOWSKA Anna | GLUCHOLAZY | POL | | 75 | K40/45 | (K)209 | 01:00:17 | 857 | 06.01 |
| 46 | 70 | KOWAL Iwona | BYSTRZYCA | POL | GAZELE | 77 | K40/46 | (K)210 | 01:00:20 | 858 | 06.02 |
| 47 | 732 | GRĘZEL-GAWRON Jolanta | POLSKA NOWA WIEŚ | POL | | 74 | K40/47 | (K)214 | 01:00:35 | 866 | 06.03 |
| 48 | 901 | WIELOPOLSKA Magdalena | BRZEG | POL | KOTWICA BRZEG | 77 | K40/48 | (K)218 | 01:00:52 | 874 | 06.05 |
| 49 | 594 | MICHALSKA Beata | MIKOLIN | POL | | 77 | K40/49 | (K)223 | 01:01:30 | 887 | 06.09 |
| 50 | 408 | ROLSKA Ilona | BRZEG | POL | | 75 | K40/50 | (K)224 | 01:01:32 | 889 | 06.09 |
| 51 | 804 | PERKOWSKA Wioletta | BRZEG | POL | | 76 | K40/51 | (K)225 | 01:01:42 | 893 | 06.10 |
| 52 | 73 | MAJ-ZALEWSKA Daria | SIECHNICE | POL | BBL SIECHNICE | 76 | K40/52 | (K)227 | 01:01:46 | 896 | 06.10 |
| 53 | 606 | DZIAŁO Beata | GÓRA | POL | | 69 | K40/53 | (K)228 | 01:01:50 | 897 | 06.11 |
| 54 | 241 | BULKOWSKA Elżbieta | OLEŚNICA | POL | KB SZERSZEŃ OLEŚNICA | 68 | K40/54 | (K)232 | 01:02:02 | 904 | 06.12 |
| 55 | 424 | PIWKO-CYGOŃ Agnieszka | NIEMODLIN | POL | | 73 | K40/55 | (K)240 | 01:02:54 | 920 | 06.17 |
| 56 | 30 | LUPA Beata | BRZEG | POL | AMATORSKO | 76 | K40/56 | (K)251 | 01:03:56 | 936 | 06.23 |
| 57 | 300 | GROMAŁA Magdalena | NYSA | POL | NYSA BIEGA | 74 | K40/57 | (K)253 | 01:04:19 | 942 | 06.25 |
| 58 | 1139 | CZOCHARA Marta | OPOLE | POL | | 75 | K40/58 | (K)258 | 01:04:50 | 951 | 06.29 |
| 59 | 402 | PŁATKOWSKA-PROKOPCZYK Laura | OPOLE | POL | PARKRUN OPOLE | 73 | K40/59 | (K)260 | 01:04:56 | 953 | 06.29 |
| 60 | 1003 | KRÓLIKOWSKA Lucyna | PISARZOWICE | POL | KOTWICA BRZEG | 68 | K40/60 | (K)265 | 01:06:00 | 969 | 06.36 |
| 61 | 672 | OLEWNICZAK Alicja | LUBSZA | POL | | 72 | K40/61 | (K)266 | 01:06:03 | 970 | 06.36 |
| 62 | 247 | LATA Monika | GRACZE | POL | | 75 | K40/62 | (K)275 | 01:07:44 | 985 | 06.46 |
| 63 | 437 | SYNOWIEC Małgorzata | ŻMIGRÓD | POL | KB SUKCES ŻMIGRÓD | 74 | K40/63 | (K)279 | 01:09:12 | 991 | 06.55 |
| 64 | 599 | WIECH Magdalena | SKARBIMIERZ-OSIEDLE | POL | | 77 | K40/64 | (K)283 | 01:10:09 | 1001 | 07.00 |
| 65 | 755 | ŁUŻYŃSKA Małgorzata | BRZEG | POL | | 71 | K40/65 | (K)285 | 01:10:28 | 1003 | 07.02 |
| 66 | 22 | BULKOWSKA Joanna | BRZEG | POL | | 73 | K40/66 | (K)289 | 01:11:31 | 1008 | 07.09 |
| 67 | 362 | OBIERZYŃSKA Katarzyna | BRZEG | POL | AMATORSKO | 75 | K40/67 | (K)293 | 01:12:09 | 1014 | 07.12 |
| Bieg 10 km - K50 [16] | | | | | | | | | | | |
| 1 | 549 | LEWANDOWSKA Ewa | KLUCZBORK | POL | KLUCZBORSKA GRUPA BIEGOWA | 65 | K50/1 | (K)60 | 00:49:36 | 429 | 04.57 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|--------------|--------|--------------------------|------------------|---|-----------------------|---------|--------------------|--------|-----------------|-----|----------|
| 2 | 229 | PASTUCHA Anna | KRAPKOWICE |  POL | CROSS KRAPKOWICE | 58 | K50/2 | (K)70 | 00:50:19 | 470 | 05.01 |
| 3 | 359 | WARZECHA Teresa | WILAMOWA |  POL | ATHLETICS NYSA | 62 | K50/3 | (K)74 | 00:50:35 | 478 | 05.03 |
| 4 | 258 | MIKULEC Małgorzata | LIPKI |  POL | | 67 | K50/4 | (K)75 | 00:50:49 | 485 | 05.04 |
| 5 | 651 | DĘBSKA Agnieszka | WROCLAW |  POL | WROCLAW MARATHON TEAM | 65 | K50/5 | (K)133 | 00:55:24 | 711 | 05.32 |
| 6 | 485 | SITAK Alicja | LUBSZA |  POL | | 62 | K50/6 | (K)140 | 00:55:50 | 726 | 05.35 |
| 7 | 747 | NACHAJEWSKA Krystyna | PEPICE |  POL | PTTK „ACTIVE” BRZEG | 60 | K50/7 | (K)153 | 00:56:16 | 747 | 05.37 |
| 8 | 631 | PILARZ-MALKIEWICZ Danuta | WROCLAW |  POL | WKB PIAST WROCLAW | 64 | K50/8 | (K)154 | 00:56:19 | 749 | 05.37 |
| 9 | 671 | PARTYKA Teresa | BRZEG |  POL | WESOLY BORSUK TEAM | 61 | K50/9 | (K)163 | 00:56:52 | 773 | 05.41 |
| 10 | 962 | PALUS Małgorzata | BRZEG |  POL | KL KOTWICA BRZEG | 67 | K50/10 | (K)164 | 00:56:55 | 776 | 05.41 |
| 11 | 1010 | PIECUCH Małgorzata | BRZEG |  POL | | 65 | K50/11 | (K)193 | 00:59:05 | 829 | 05.54 |
| 12 | 166 | SOSULSKA Janina | WLODARY |  POL | ATHLETICS NYSA | 65 | K50/12 | (K)215 | 01:00:36 | 867 | 06.03 |
| 13 | 900 | GULA Iwona | BIERZÓW |  POL | | 67 | K50/13 | (K)217 | 01:00:47 | 872 | 06.04 |
| 14 | 426 | WRĘCZYCKA Kazimiera | BRZEG |  POL | | 59 | K50/14 | (K)229 | 01:01:55 | 900 | 06.11 |
| 15 | 524 | GRZELAK Danuta | WROCLAW |  POL | | 67 | K50/15 | (K)272 | 01:06:45 | 979 | 06.40 |
| 16 | 158 | BASZCZYŃSKA Barbara | BRZEG |  POL | | 65 | K50/16 | (K)281 | 01:09:56 | 999 | 06.59 |

Bieg 10 km - K60 [4]

| | | | | | | | | | | | |
|---|-----|--------------------|------------------|---|------------------------------|----|-------|--------|-----------------|-----|-------|
| 1 | 255 | KOWALSKA Krystyna | WROCLAW |  POL | WKB PIAST WROCLAW | 56 | K60/1 | (K)45 | 00:48:13 | 358 | 04.49 |
| 2 | 279 | SROKA Janina | WROCLAW |  POL | | 55 | K60/2 | (K)67 | 00:50:10 | 460 | 05.01 |
| 3 | 53 | SIENIAWSKA Janina | KĘDZIERZYN-KOŹLE |  POL | KS KOZIOŁEK KĘDZIERZYN-KOŹLE | 55 | K60/3 | (K)198 | 00:59:25 | 838 | 05.56 |
| 4 | 99 | LESZCZYŃSKA Bożena | NIEMODLIN |  POL | NIEMODLIN BIEGA | 56 | K60/4 | (K)201 | 00:59:43 | 845 | 05.58 |