

V BIEG NIEPODLEGŁOŚCI 2018 IV Memoriał Piotra Schmidla

WYNIKI ZAWODÓW

Organizator: Miasto Jelenia Góra i Grabek Promotion Sp. z o.o.

Termin: 10.11.2018

Miejsce: JELENIA GÓRA

Dystans: 10 km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-------------------------|--------|-------------------------------|------------------|----------|---|---------|--------------------|--------|-----------|-----|----------|
| 10 km - K60 [2] | | | | | | | | | | | |
| 1 | 359 | SZMEL Ewa | PIECHOWICE | | POL | 58 | K60/1 | (K)46 | 00:54:00 | 1 | 05.24 |
| 2 | 52 | DOBROWOLSKA Bożena | JELENIA GÓRA | | POL SPORTOWI EMERYCI | 52 | K60/2 | (K)107 | 01:05:55 | 1 | 06.35 |
| 10 km - K55 [5] | | | | | | | | | | | |
| 1 | 281 | PIWOWARCZUK Jolanta | MILKÓW | | POL BIEGAM BO LUBIĘ | 61 | K55/1 | (K)48 | 00:54:40 | 1 | 05.28 |
| 2 | 180 | KUIK Małgorzata | JELENIA GÓRA | | POL | 63 | K55/2 | (K)80 | 00:58:42 | 1 | 05.52 |
| 3 | 95 | GREGORCZUK Helena | JELENIA GÓRA | | POL | 59 | K55/3 | (K)93 | 01:01:21 | 1 | 06.08 |
| 4 | 156 | KORZENIOWSKA Elżbieta | JELENIA GÓRA | | POL | 63 | K55/4 | (K)99 | 01:03:29 | 1 | 06.20 |
| 5 | 106 | HANDZLIK Irena | PROBOSZCZÓW | | POL BRAK | 59 | K55/5 | (K)110 | 01:09:43 | 1 | 06.58 |
| 10 km - K50 [9] | | | | | | | | | | | |
| 1 | 76 | FRYSIAK Barbara | WIELUŃ | | POL | 66 | K50/1 | (K)27 | 00:49:34 | 1 | 04.57 |
| 2 | 389 | WALOSZCZYK Basia | SZCZECIN | | POL POWER GIRLS | 66 | K50/2 | (K)32 | 00:50:49 | 1 | 05.04 |
| 3 | 406 | WOŹNIAK Dorota | WROCLAW | | POL WOŹNIAK TEAM WROCLAW | 68 | K50/3 | (K)35 | 00:51:56 | 1 | 05.11 |
| 4 | 149 | KĘSY-KOWALSKA Hanna | SZCZAWNO-ZDRÓJ | | POL SZCZAWNORUN | 67 | K50/4 | (K)37 | 00:52:09 | 1 | 05.12 |
| 5 | 250 | NATKANIEC Grażyna | BOLKÓW | | POL LZS LIPA | 68 | K50/5 | (K)50 | 00:54:57 | 1 | 05.29 |
| 6 | 146 | KASPRZYK Katarzyna | JELENIA GÓRA | | POL - | 66 | K50/6 | (K)58 | 00:55:56 | 1 | 05.35 |
| 7 | 77 | GABRYSIAK Iwona | JEDLINA ZDRÓJ | | POL DYNAMIT | 68 | K50/7 | (K)65 | 00:56:56 | 1 | 05.41 |
| 8 | 362 | SZYDŁOWSKA Beata | BOLKÓW | | POL | 68 | K50/8 | (K)72 | 00:57:20 | 1 | 05.44 |
| 9 | 71 | FIERKOWICZ Teresa | ŚWIERADÓW-ZDRÓJ | | POL ŻABKA KWISIA | 65 | K50/9 | (K)88 | 01:00:48 | 1 | 06.04 |
| 10 km - K45 [11] | | | | | | | | | | | |
| 1 | 202 | ŁUKASIEWICZ Ewa | ZŁOTORYJA | | POL OLAWS ZŁOTORYJA | 70 | K45/1 | (K)6 | 00:43:32 | 1 | 04.21 |
| 2 | 85 | GIBALSKA Marzena | OBORNIKI ŚLĄSKIE | | POL OBORYGENI | 73 | K45/2 | (K)21 | 00:48:57 | 1 | 04.53 |
| 3 | 17 | BIELA Iwona | RYBNICA | | POL TEAM NESSI | 69 | K45/3 | (K)25 | 00:49:27 | 1 | 04.56 |
| 4 | 235 | MĘDOŃ Anna | JELENIA GÓRA | | POL TS REGLE SZKLARSKA PORĘBA/VEGE RUNNERS | 71 | K45/4 | (K)29 | 00:50:31 | 1 | 05.03 |
| 5 | 323 | SKRĘTEK Monika | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 72 | K45/5 | (K)51 | 00:54:58 | 1 | 05.29 |
| 6 | 120 | HYRLIK Katarzyna | ŚWIEBODZICE | | POL POKONAJ GRANICE-GRUPA BIEGOWA ŚWIEBODZICE | 73 | K45/6 | (K)66 | 00:57:04 | 1 | 05.42 |
| 7 | 243 | MOKRZYCKA Sylwia | BOLKÓW | | POL | 71 | K45/7 | (K)71 | 00:57:16 | 1 | 05.43 |
| 8 | 227 | MARKOWSKA Lilianna | JELENIA GÓRA - | | POL IPA | 70 | K45/8 | (K)74 | 00:57:25 | 1 | 05.44 |
| 9 | 79 | GAJEWSKA Izabela | GLIWICE | | POL 4TH SECTION | 70 | K45/9 | (K)78 | 00:58:38 | 1 | 05.51 |
| 10 | 140 | KALINOWSKA Małgorzata | LEGNICA | | POL LEGNICKA GRUPA GŁUCHYCH | 71 | K45/10 | (K)87 | 01:00:36 | 1 | 06.03 |
| 11 | 311 | SAWCZAK KOWALSKA Anna | GRYFÓW ŚLĄSKI | | POL GRYFÓW ŚLĄSKI | 71 | K45/11 | (K)104 | 01:05:14 | 1 | 06.31 |
| 10 km - K40 [21] | | | | | | | | | | | |
| 1 | 170 | KRAJEWSKA-WIŚNIAK Teresa | WOJCIESZÓW | | POL KARKONOSZ RUNNING TEAM | 76 | K40/1 | (K)1 | 00:40:44 | 1 | 04.04 |
| 2 | 147 | KASSOLIK-BARCZYŃSKA Katarzyna | JEŻÓW SUDECKI | | POL | 78 | K40/2 | (K)7 | 00:44:12 | 1 | 04.25 |
| 3 | 605 | WYSZOWSKA Agnieszka | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 75 | K40/3 | (K)8 | 00:44:39 | 1 | 04.27 |
| 4 | 608 | BADACZ Joanna | PIECHOWICE | | POL SMS SZKLARSKA PORĘBA | 75 | K40/4 | (K)10 | 00:46:13 | 1 | 04.37 |
| 5 | 1 | ADAMSKA Joanna | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 78 | K40/5 | (K)15 | 00:47:13 | 1 | 04.43 |
| 6 | 284 | POLAK Justyna | MARCISZÓW | | POL | 78 | K40/6 | (K)31 | 00:50:40 | 1 | 05.04 |
| 7 | 239 | MITRO Katarzyna | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 78 | K40/7 | (K)38 | 00:52:10 | 1 | 05.13 |
| 8 | 148 | KASZEWSKA Agnieszka | JELENIA GÓRA | | POL DRÄXLMAIER | 77 | K40/8 | (K)39 | 00:52:20 | 1 | 05.14 |
| 9 | 15 | BEZDEL Anna | BOLKÓW | | POL BOLKÓW TEAM | 74 | K40/9 | (K)43 | 00:53:15 | 1 | 05.19 |
| 10 | 261 | OPALACZ Edyta | JELENIA GÓRA | | POL URZĄD MIASTA JELENIA GÓRA | 74 | K40/10 | (K)47 | 00:54:27 | 1 | 05.26 |
| 11 | 409 | WRONKOWSKA Agnieszka | JELENIA GÓRA | | POL | 76 | K40/11 | (K)57 | 00:55:49 | 1 | 05.34 |
| 12 | 205 | MACHOWCZYK Agnieszka | WAŁBRZYCH | | POL | 74 | K40/12 | (K)59 | 00:56:06 | 1 | 05.36 |

| 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] |
|-----------------|-----------|-------------------------|---------------------|-------------|-------------------------|------------|-----------------------|--------|--------------|-----|----------|
| 13 | 349 | SZAŁKOWSKA Agnieszka | LUBAŃ | | POL EDI TEAM ZGORZELEC | 76 | K40/13 | (K)60 | 00:56:13 | 1 | 05.37 |
| 14 | 340 | STASZEWSKA Anita | JELENIA GÓRA | | POL | 75 | K40/14 | (K)79 | 00:58:40 | 1 | 05.52 |
| 15 | 352 | SZCZĘDOR Mariola | JELENIA GÓRA | | POL | 78 | K40/15 | (K)81 | 00:59:31 | 1 | 05.57 |
| 16 | 39 | CIRKO Joanna | SZKLARSKA PORĘBA | | POL | 78 | K40/16 | (K)82 | 00:59:32 | 1 | 05.57 |
| 17 | 20 | BIENIEK-WILK Anna | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 78 | K40/17 | (K)85 | 00:59:44 | 1 | 05.58 |
| 18 | 144 | KASPRZAK Agnieszka | JANOWICE WIELKIE | | POL | 77 | K40/18 | (K)101 | 01:04:32 | 1 | 06.27 |
| 19 | 31 | BURDA Agnieszka | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 74 | K40/19 | (K)102 | 01:04:45 | 1 | 06.28 |
| 20 | 55 | DRABIK Małgorzata | ŚWIERZAWA | | POL | 77 | K40/20 | (K)105 | 01:05:27 | 1 | 06.32 |
| 21 | 418 | ZIEMKOWSKA Monika | ŻARÓW | | POL ŻARÓW BIEGA | 75 | K40/21 | (K)108 | 01:06:07 | 1 | 06.36 |

10 km - K35 [22]

| | | | | | | | | | | | |
|----|-----|-----------------------------|------------------|--|----------------------------------|----|--------|--------|----------|---|-------|
| 1 | 135 | JUDKA Monika | JELENIA GÓRA | | POL BIEGÓWKI. EU | 81 | K35/1 | (K)4 | 00:42:16 | 1 | 04.13 |
| 2 | 57 | DUL Magdalena | JELENIA GÓRA | | POL FAMILY TEAM | 82 | K35/2 | (K)9 | 00:44:59 | 1 | 04.29 |
| 3 | 373 | TOLWIŃSKA-TRZECIAK Gabriela | JELENIA GÓRA | | POL KARKONOSZ RUNNING TEAM | 83 | K35/3 | (K)12 | 00:46:19 | 1 | 04.37 |
| 4 | 97 | GROCHOWSKA Anna | JELENIA GÓRA | | POL | 82 | K35/4 | (K)19 | 00:48:06 | 1 | 04.48 |
| 5 | 186 | KUROWSKA Marlena | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 83 | K35/5 | (K)22 | 00:48:58 | 1 | 04.53 |
| 6 | 391 | WĘGRZYŃSKA NOWAK Anna | JELENIA GÓRA | | POL | 81 | K35/6 | (K)24 | 00:49:10 | 1 | 04.55 |
| 7 | 110 | HEFFERNAN Anna | TULLYLEASE | | IRL KOWARY BIEGAJĄ | 81 | K35/7 | (K)26 | 00:49:31 | 1 | 04.57 |
| 8 | 210 | MAJER Maja | SZKLARSKA PORĘBA | | POL BIEGAMDLAZDROWIA.PL | 80 | K35/8 | (K)28 | 00:49:55 | 1 | 04.59 |
| 9 | 193 | LIGĘZA Joanna | JELENIA GÓRA | | POL | 80 | K35/9 | (K)34 | 00:51:26 | 1 | 05.08 |
| 10 | 374 | TRAWIŃSKA Barbara | KAMIENNA GÓRA | | POL KS SZORTY | 80 | K35/10 | (K)44 | 00:53:30 | 1 | 05.21 |
| 11 | 69 | FARION Marzena | STRZEGOM | | POL THE FARIONS | 81 | K35/11 | (K)45 | 00:53:59 | 1 | 05.23 |
| 12 | 209 | MACOWSKA Monika | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 83 | K35/12 | (K)56 | 00:55:48 | 1 | 05.34 |
| 13 | 192 | LEŚNIAK Iwona | JELENIA GÓRA | | POL ZABIEGANI.COM.PL | 80 | K35/13 | (K)67 | 00:57:09 | 1 | 05.42 |
| 14 | 121 | IGNATIUK Marta | JELENIA GÓRA | | POL URZĄD MIASTA JELENIA GÓRA | 81 | K35/14 | (K)68 | 00:57:14 | 1 | 05.43 |
| 15 | 132 | JEREMENKO Urszula | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 83 | K35/15 | (K)69 | 00:57:15 | 1 | 05.43 |
| 16 | 230 | MARZEC Katarzyna | GRYFÓW ŚLĄSKI | | POL KLINICYSTA.PL | 80 | K35/16 | (K)70 | 00:57:15 | 1 | 05.43 |
| 17 | 414 | ZDANOWSKA Marta | JELENIA GÓRA | | POL DRÄXLMAIER | 81 | K35/17 | (K)83 | 00:59:35 | 1 | 05.57 |
| 18 | 244 | MOROZ Agnieszka | ŚWIERADÓW-ZDRÓJ | | POL | 81 | K35/18 | (K)92 | 01:01:19 | 1 | 06.07 |
| 19 | 392 | WIECZOREK Marta | BOGATYNIA | | POL ROZBIEGANE WIECZORKI | 82 | K35/19 | (K)94 | 01:01:24 | 1 | 06.08 |
| 20 | 11 | BANUCHA Marta | JANOWIE WIELKIE | | POL JANOWICE WIELKIE | 81 | K35/20 | (K)103 | 01:04:50 | 1 | 06.29 |
| 21 | 400 | WOJCIECHOWSKA Kalina | KRAKÓW | | POL CZERNIAWSKA HUSARIA PIESZA | 81 | K35/21 | (K)109 | 01:08:05 | 1 | 06.48 |
| 22 | 65 | DŻAMALIS Dorota | GRYFÓW ŚLĄSKI | | POL ZABIEGANA GRYFOLANDIA | 79 | K35/22 | (K)111 | 01:12:11 | 1 | 07.13 |

10 km - K30 [22]

| | | | | | | | | | | | |
|----|-----|-----------------------------|-----------------|--|--------------------------------|----|--------|--------|----------|---|-------|
| 1 | 82 | GARDECKA Edyta | WAŁBRZYCH | | POL | 86 | K30/1 | (K)3 | 00:42:07 | 1 | 04.12 |
| 2 | 83 | GARDECKA Sylwia | WAŁBRZYCH | | POL | 86 | K30/2 | (K)5 | 00:42:24 | 1 | 04.14 |
| 3 | 304 | RUTKOWSKA Ula | ŚWIERADÓW-ZDRÓJ | | POL | 84 | K30/3 | (K)11 | 00:46:16 | 1 | 04.37 |
| 4 | 601 | WALCZYKIEWICZ Marta | KALISZ | | POL KTW KALISZ | 87 | K30/4 | (K)13 | 00:47:05 | 1 | 04.42 |
| 5 | 214 | MAŁECKA Joanna | JELENIA GÓRA | | POL ZABIEGANI.COM.PL | 88 | K30/5 | (K)14 | 00:47:09 | 1 | 04.42 |
| 6 | 255 | OBLICKA Anita | JELENIA GÓRA | | POL | 86 | K30/6 | (K)17 | 00:47:28 | 1 | 04.44 |
| 7 | 173 | KRYSIŃSKA-DANILISZYN Monika | ŚWIERZAWA | | POL BARANY | 88 | K30/7 | (K)30 | 00:50:37 | 1 | 05.03 |
| 8 | 276 | PERZYŃSKA Karolina | LWÓWEK ŚLĄSKI | | POL ZORKA JELONKI RUNNING TEAM | 87 | K30/8 | (K)33 | 00:51:23 | 1 | 05.08 |
| 9 | 94 | GRABARA Dorota | GRYFÓW ŚLĄSKI | | POL UZDROWISKO ŚWIERADÓW | 87 | K30/9 | (K)40 | 00:52:26 | 1 | 05.14 |
| 10 | 388 | WALCZAK Paulina | BOGATYNIA | | POL | 86 | K30/10 | (K)52 | 00:55:02 | 1 | 05.30 |
| 11 | 316 | SIEKIERSKA Justyna | JELENIA GÓRA | | POL | 87 | K30/11 | (K)53 | 00:55:23 | 1 | 05.32 |
| 12 | 5 | ANIŚKIEWICZ Agata | LEŚNA | | POL MATNER RUNNING TEAM | 84 | K30/12 | (K)54 | 00:55:26 | 1 | 05.32 |
| 13 | 273 | PECIAK Kaja | ŁOMNICA | | POL - | 88 | K30/13 | (K)55 | 00:55:43 | 1 | 05.34 |
| 14 | 337 | STAŃCZYK Magda | JELENIA GÓRA | | POL | 86 | K30/14 | (K)64 | 00:56:37 | 1 | 05.39 |
| 15 | 99 | GRZEGORSKA Karolina | JELENIA GÓRA | | POL | 85 | K30/15 | (K)76 | 00:57:57 | 1 | 05.47 |
| 16 | 117 | HRYNIEWICKA Katarzyna | JELENIA GÓRA | | POL | 87 | K30/16 | (K)77 | 00:58:35 | 1 | 05.51 |
| 17 | 404 | WOLNA Marta | JELENIA GÓRA | | POL SZYBKIE SZCZAU | 85 | K30/17 | (K)84 | 00:59:41 | 1 | 05.58 |
| 18 | 381 | TWAROWSKA Gabriela | WAŁBRZYCH | | POL | 86 | K30/18 | (K)91 | 01:01:15 | 1 | 06.07 |
| 19 | 9 | BAJDA Justyna | STARA KAMIENICA | | POL IGB | 86 | K30/19 | (K)95 | 01:01:58 | 1 | 06.11 |
| 20 | 208 | MACIEJEWSKA Dorota | JEŻÓW SUDECKI | | POL | 85 | K30/20 | (K)96 | 01:02:01 | 1 | 06.12 |
| 21 | 397 | WIŚNIEWSKA Kamila | JELENIA GÓRA | | POL | 86 | K30/21 | (K)98 | 01:03:10 | 1 | 06.19 |
| 22 | 223 | MARCINIAK Urszula | JELENIA GÓRA | | POL - | 88 | K30/22 | (K)106 | 01:05:33 | 1 | 06.33 |

10 km - K25 [8]

| | | | | | | | | | | | |
|---|-----|-------------------|--------|--|---------------------|----|-------|------|----------|---|-------|
| 1 | 396 | WIKTOROWSKA Łucja | KRAKÓW | | POL #PASJAJESTWAŻNA | 93 | K25/1 | (K)2 | 00:40:48 | 1 | 04.04 |
|---|-----|-------------------|--------|--|---------------------|----|-------|------|----------|---|-------|

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|-------------------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|-----|----------|
| 2 | 14 | BASZCZUK Monika | JELENIA GÓRA | | POL | 90 | K25/2 | (K)23 | 00:49:01 | 1 | 04.54 |
| 3 | 423 | ŻYLIŃSKA Natalia | JANOWICE WIELKIE | | POL | 90 | K25/3 | (K)42 | 00:53:05 | 1 | 05.18 |
| 4 | 318 | SITEK Anna | LIPA | | POL LZS LIPA | 89 | K25/4 | (K)49 | 00:54:53 | 1 | 05.29 |
| 5 | 152 | KNAGA Kamila | JELENIA GÓRA | | POL | 91 | K25/5 | (K)75 | 00:57:38 | 1 | 05.45 |
| 6 | 363 | SZYNAL Edyta | LWÓWEK ŚLĄSKI | | POL | 93 | K25/6 | (K)90 | 01:01:10 | 1 | 06.07 |
| 7 | 128 | JAGUSZEWSKA Agnieszka | KARPACZ | | POL | 89 | K25/7 | (K)97 | 01:03:05 | 1 | 06.18 |
| 8 | 22 | BOLEJKO Aleksandra | JELENIA GÓRA | | POL | 91 | K25/8 | (K)100 | 01:03:36 | 1 | 06.21 |
| 10 km - K18 [8] | | | | | | | | | | | |
| 1 | 190 | LATUSZ Izabela | JELENIA GÓRA | | POL | 95 | K18/1 | (K)18 | 00:47:36 | 1 | 04.45 |
| 2 | 160 | KOTOWSKA Klaudia | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 94 | K18/2 | (K)20 | 00:48:36 | 1 | 04.51 |
| 3 | 169 | KOZŁOWSKA Maja | JELENIA GÓRA | | POL - | 97 | K18/3 | (K)36 | 00:51:58 | 1 | 05.11 |
| 4 | 376 | TRZEPIZUR Nicola | JELENIA GÓRA | | POL WYBIERZ | 96 | K18/4 | (K)41 | 00:52:26 | 1 | 05.14 |
| 5 | 290 | PRZYGODA Karina | KARPACZ | | POL | 94 | K18/5 | (K)73 | 00:57:21 | 1 | 05.44 |
| 6 | 8 | BAILEA Kerr | LINCOLN | | USA - | 96 | K18/6 | (K)86 | 01:00:04 | 1 | 06.00 |
| 7 | 360 | SZUTKOWSKA Anna | JELENIA GÓRA | | POL | 00 | K18/7 | (K)89 | 01:01:10 | 1 | 06.07 |
| 10 km - KM [4] | | | | | | | | | | | |
| 1 | 299 | ROMAN Martyna | JELENIA GÓRA | | POL | 03 | KM/1 | (K)16 | 00:47:15 | 1 | 04.43 |
| 2 | 125 | JAMROZIAK Julia | JELENIA GÓRA | | POL - | 05 | KM/2 | (K)61 | 00:56:27 | 1 | 05.38 |
| 3 | 126 | JAMROZIAK Justyna | DZIWISZÓW | | POL - | 07 | KM/3 | (K)62 | 00:56:27 | 1 | 05.38 |
| 4 | 44 | ĆWIAKAŁA Julia | JELENIA GÓRA | | POL | 02 | KM/4 | (K)63 | 00:56:36 | 1 | 05.39 |
| 10 km - M70 [1] | | | | | | | | | | | |
| 1 | 288 | PROMIRSKI Julian | JELENIA GÓRA | | POL KARKONOSKI WETERAN | 47 | M70/1 | (M)245 | 00:53:56 | 1 | 05.23 |
| 10 km - M65 [8] | | | | | | | | | | | |
| 1 | 3 | AMBROSIEWICZ Henryk | JELENIA GÓRA | | POL KBLEW2000 | 49 | M65/1 | (M)121 | 00:46:28 | 1 | 04.38 |
| 2 | 371 | TOCKI Dariusz | OLSZYNA | | POL OLSZYNA BIEGA | 52 | M65/2 | (M)133 | 00:47:01 | 1 | 04.42 |
| 3 | 58 | DUL Wiesław | JELENIA GÓRA | | POL FAMILY TEAM | 52 | M65/3 | (M)184 | 00:50:04 | 1 | 05.00 |
| 4 | 153 | KOGUT Zbigniew | JELENIA GÓRA | | POL | 52 | M65/4 | (M)242 | 00:53:40 | 1 | 05.22 |
| 5 | 92 | GÓRNICKI Mirosław | JELENIA GÓRA | | POL LZS 'PROFI' JELENIA GÓRA | 49 | M65/5 | (M)246 | 00:53:58 | 1 | 05.23 |
| 6 | 191 | LENKIEWICZ Michał | JAWOR | | POL JKB JAWORZANIE JAWOR | 53 | M65/6 | (M)255 | 00:54:46 | 1 | 05.28 |
| 7 | 13 | BARTKOWSKI Ryszard | KOWARY | | POL | 49 | M65/7 | (M)275 | 00:56:55 | 1 | 05.41 |
| 8 | 113 | HOLYŚ Józef | KROBICA | | POL | 49 | M65/8 | (M)309 | 01:15:43 | 1 | 07.34 |
| 10 km - M60 [9] | | | | | | | | | | | |
| 1 | 599 | KWIATKOWSKI Mariusz | JELENIA GÓRA | | POL | 58 | M60/1 | (M)44 | 00:41:23 | 1 | 04.08 |
| 2 | 96 | GREGORCZUK Leszek | JELENIA GÓRA | | POL | 57 | M60/2 | (M)95 | 00:44:59 | 1 | 04.29 |
| 3 | 277 | PIETROW Tadeusz | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 55 | M60/3 | (M)130 | 00:46:59 | 1 | 04.41 |
| 4 | 66 | ELSTER Tomasz | JELENIA GÓRA | | POL | 56 | M60/4 | (M)162 | 00:48:43 | 1 | 04.52 |
| 5 | 417 | ZIELIŃSKI Sławomir | JELENIA GÓRA | | POL | 57 | M60/5 | (M)204 | 00:51:08 | 1 | 05.06 |
| 6 | 136 | JUGO Sławomir | JELENIA GÓRA | | POL STOWARZYSZENIE KLUB SPORTOWY PŁAWNIA | 57 | M60/6 | (M)222 | 00:51:49 | 1 | 05.10 |
| 7 | 53 | DOBROWOLSKI Robert | JELENIA GÓRA | | POL SPORTOWI EMERYCI | 57 | M60/7 | (M)226 | 00:51:59 | 1 | 05.11 |
| 8 | 367 | ŚWIERK Stanisław | JANOWICE WIELKIE | | POL NATURALNIE JANOWICE | 56 | M60/8 | (M)254 | 00:54:45 | 1 | 05.28 |
| 9 | 257 | OLEKSY Zdzisław | KAMIENNA GÓRA | | POL BIEGAM BO LUBIĘ | 55 | M60/9 | (M)288 | 00:59:19 | 1 | 05.55 |
| 10 km - M55 [22] | | | | | | | | | | | |
| 1 | 596 | ARENDT Bogdan | OLESZNA PODGÓRSKA | | POL | 61 | M55/1 | (M)29 | 00:40:01 | 1 | 04.00 |
| 2 | 218 | MANTHAJ Jarosław | JELENIA GÓRA | | POL PRIVATE | 60 | M55/2 | (M)62 | 00:42:43 | 1 | 04.16 |
| 3 | 282 | PLEŚNIARSKI Zbigniew | KARPACZ | | POL KLUB SPORTOWY GRAŃ W KARPACZU | 59 | M55/3 | (M)78 | 00:44:03 | 1 | 04.24 |
| 4 | 319 | SIWKA Mariusz | JELENIA GÓRA | | POL BRAK | 59 | M55/4 | (M)91 | 00:44:43 | 1 | 04.28 |
| 5 | 419 | ZIMOCZ Zdzisław | WROCŁAW | | POL | 63 | M55/5 | (M)94 | 00:44:53 | 1 | 04.29 |
| 6 | 122 | IZWORSKI Stanisław | LWÓWEK ŚLĄSKI | | POL KS URAN OKRZESZYN | 61 | M55/6 | (M)96 | 00:45:00 | 1 | 04.30 |
| 7 | 177 | KUCHNIA Krzysztof | RYBNICA | | POL TS REGLE SZKLARSKA PORĘBA | 61 | M55/7 | (M)108 | 00:45:47 | 1 | 04.34 |
| 8 | 164 | KOWALSKI Aleksander | SZCZAWNÓ-ZDROJ | | POL BRAK | 63 | M55/8 | (M)138 | 00:47:24 | 1 | 04.44 |
| 9 | 175 | KUBIAK Dariusz | LEGNICA | | POL LEGNICA | 61 | M55/9 | (M)139 | 00:47:25 | 1 | 04.44 |
| 10 | 591 | MAGIERECKI Krzysztof | MIRSK | | POL NADLEŚNICTWO ŚWIERADÓW | 61 | M55/10 | (M)174 | 00:49:21 | 1 | 04.56 |
| 11 | 420 | ZMITROWICZ Andrzej | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 63 | M55/11 | (M)176 | 00:49:40 | 1 | 04.58 |
| 12 | 217 | MANDAT Janek | OLEŚNICA | | POL KB LUPUS OLEŚNICA | 59 | M55/12 | (M)200 | 00:50:56 | 1 | 05.05 |
| 13 | 107 | HANDZLIK Kazimierz | PROBOSZCZÓW | | POL BIEG PO ZDROWIE | 60 | M55/13 | (M)210 | 00:51:16 | 1 | 05.07 |

| 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 | 10 | BANAŚ Dariusz | WIELUŃ | | POL | 62 | M55/14 | (M)219 | 00:51:38 | 1 | 05.09 |
| 15 | 104 | HALINIAK Arkadiusz | KAMIENNA GÓRA | | POL KS SZORTY | 61 | M55/15 | (M)237 | 00:53:28 | 1 | 05.20 |
| 16 | 300 | ROSTKOWSKI Piotr | JELENIA GÓRA | | POL LZS 'PROFI' JELENIA GÓRA | 59 | M55/16 | (M)244 | 00:53:53 | 1 | 05.23 |
| 17 | 361 | SZUTKOWSKI Piotr | JELENIA GÓRA | | POL BAY BLOOR RADIO | 63 | M55/17 | (M)253 | 00:54:41 | 1 | 05.28 |
| 18 | 310 | SALA Mieczysław | JELENIA GÓRA | | POL ORANGE POLSKA | 61 | M55/18 | (M)266 | 00:55:56 | 1 | 05.35 |
| 19 | 45 | ĆWIAKAŁA Wojciech | JELENIA GÓRA | | POL | 63 | M55/19 | (M)273 | 00:56:37 | 1 | 05.39 |
| 20 | 48 | DOBEK Piotr | JELENIA GÓRA | | POL | 63 | M55/20 | (M)299 | 01:02:28 | 1 | 06.14 |
| 21 | 127 | STEFANIAK Jan | JELENIA GÓRA | | POL | 60 | M55/21 | (M)303 | 01:03:30 | 1 | 06.21 |
| 22 | 609 | STUDNIAREK Paweł | JEZOW SUDECKI | | POL JUST SWIM | 61 | M55/22 | (M)307 | 01:09:30 | 1 | 06.57 |

10 km - M50 [25]

| | | | | | | | | | | | |
|----|-----|------------------------|------------------|--|--------------------------|----|--------|--------|----------|---|-------|
| 1 | 75 | FRYSIAK Artur | WIELUŃ | | POL - | 65 | M50/1 | (M)56 | 00:42:25 | 1 | 04.14 |
| 2 | 322 | SKOWRON Mieczysław | JELENIA GÓRA | | POL MIETEK-RETROSKI | 64 | M50/2 | (M)67 | 00:43:32 | 1 | 04.21 |
| 3 | 41 | CZAPLICKI Janusz | JELENIA GÓRA | | POL DRÄXLMAIER | 66 | M50/3 | (M)72 | 00:43:50 | 1 | 04.23 |
| 4 | 328 | SOCZOMSKI Mirosław | ZGORZELEC | | POL EDI TEAM ZGORZELEC | 65 | M50/4 | (M)89 | 00:44:40 | 1 | 04.28 |
| 5 | 198 | VALÍČEK Ludvík | PRAHA | | CZE | 68 | M50/5 | (M)90 | 00:44:40 | 1 | 04.28 |
| 6 | 267 | OZIMKOWSKI Mirosław | KOWARY | | POL KOWARY BIEGAJĄ | 67 | M50/6 | (M)92 | 00:44:44 | 1 | 04.28 |
| 7 | 332 | STABROWSKI-HUZAR Marek | MILKOWICE | | POL | 65 | M50/7 | (M)123 | 00:46:37 | 1 | 04.39 |
| 8 | 236 | MICHNO Krzysztof | RZESZÓW | | POL - | 65 | M50/8 | (M)150 | 00:47:54 | 1 | 04.47 |
| 9 | 370 | TKACZYK Artur | ŚWIERADÓW ZDRÓJ | | POL UZDROWISKO ŚWIERADÓW | 67 | M50/9 | (M)154 | 00:48:27 | 1 | 04.50 |
| 10 | 386 | URBANSKI Marek | DZIWISZÓW | | POL WAŁ DZIWISZÓW | 68 | M50/10 | (M)170 | 00:48:54 | 1 | 04.53 |
| 11 | 405 | WOŁOSZYN Mariusz | JELENIA GÓRA | | POL | 67 | M50/11 | (M)180 | 00:49:53 | 1 | 04.59 |
| 12 | 407 | WOŹNIAK Piotr | WROCLAW | | POL | 64 | M50/12 | (M)187 | 00:50:15 | 1 | 05.01 |
| 13 | 80 | GAJEWSKI Jacek | GLIWICE | | POL 4TH SECTION | 68 | M50/13 | (M)199 | 00:50:54 | 1 | 05.05 |
| 14 | 116 | HRAMYKA Aliaksander | JELENIA GÓRA | | POL BRAK | 68 | M50/14 | (M)208 | 00:51:13 | 1 | 05.07 |
| 15 | 78 | GABRYSIAK Janusz | JEDLINA ZDRÓJ | | POL DYNAMIT | 68 | M50/15 | (M)211 | 00:51:19 | 1 | 05.07 |
| 16 | 384 | URBAN Jerzy | STARA KAMIENICA | | POL IPA | 68 | M50/16 | (M)214 | 00:51:27 | 1 | 05.08 |
| 17 | 251 | NIWIŃSKI Rajmund | BOGUSZÓW - GORCE | | POL NIEZRZESZONY | 67 | M50/17 | (M)230 | 00:52:42 | 1 | 05.16 |
| 18 | 154 | KOKOSZKA Jarosław | ŁOMNICA | | POL | 65 | M50/18 | (M)232 | 00:52:45 | 1 | 05.16 |
| 19 | 289 | PRUSAKOWSKI Grzegorz | JELENIA GÓRA | | POL | 68 | M50/19 | (M)258 | 00:55:25 | 1 | 05.32 |
| 20 | 293 | RAPCZUK Tomasz | CHOCIANÓW | | POL | 64 | M50/20 | (M)264 | 00:55:49 | 1 | 05.34 |
| 21 | 225 | MARGLARCZYK Jacek | KOWARY | | POL | 65 | M50/21 | (M)267 | 00:56:02 | 1 | 05.36 |
| 22 | 73 | FLORCZUK Wiesław | BRZEG | | POL K2 | 64 | M50/22 | (M)272 | 00:56:19 | 1 | 05.37 |
| 23 | 228 | MARKOWSKI Zbigniew | JELENIA GÓRA | | POL IPA | 68 | M50/23 | (M)280 | 00:57:23 | 1 | 05.44 |
| 24 | 54 | DOMAGAŁA Andrzej | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 68 | M50/24 | (M)291 | 00:59:45 | 1 | 05.58 |
| 25 | 295 | REIZER Wojciech | JELENIA GÓRA | | POL | 65 | M50/25 | (M)292 | 00:59:46 | 1 | 05.58 |

10 km - M45 [53]

| | | | | | | | | | | | |
|----|-----|----------------------|------------------|--|--------------------------------|----|--------|-------|----------|---|-------|
| 1 | 302 | RUDNIK Tomasz | ZGORZELEC | | POL EDI TEAM ZGORZELEC | 73 | M45/1 | (M)13 | 00:37:46 | 1 | 03.46 |
| 2 | 179 | KUDRA Dariusz | DLUTÓW | | POL | 73 | M45/2 | (M)20 | 00:38:42 | 1 | 03.51 |
| 3 | 161 | KOTOWSKI Grzegorz | LUBAŃ | | POL | 70 | M45/3 | (M)24 | 00:39:34 | 1 | 03.57 |
| 4 | 74 | FRYDLEWICZ Zbigniew | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 72 | M45/4 | (M)25 | 00:39:47 | 1 | 03.58 |
| 5 | 118 | HUTNIK Tomasz | JELENIA GÓRA | | POL CHOJNIK CIEPLICE | 72 | M45/5 | (M)27 | 00:39:54 | 1 | 03.58 |
| 6 | 329 | SOPRYCH Marek | JELENIA GÓRA | | POL | 71 | M45/6 | (M)30 | 00:40:04 | 1 | 04.00 |
| 7 | 369 | TERTEL Tomasz | OLSZYNA | | POL OLSZYNA BIEGA | 72 | M45/7 | (M)33 | 00:40:18 | 1 | 04.01 |
| 8 | 264 | OSKULSKI Robert | KOWARY | | POL SMS KOWARY, KOWARY BIEGAJĄ | 73 | M45/8 | (M)35 | 00:40:34 | 1 | 04.02 |
| 9 | 399 | WNEK Marek | JELENIA GÓRA | | POL SJO PREMIUM | 71 | M45/9 | (M)38 | 00:40:40 | 1 | 04.03 |
| 10 | 421 | ŻMIJAN Artur | BOLKÓW | | POL SUDECKIE WYCIECZKI BIEGOWE | 71 | M45/10 | (M)45 | 00:41:28 | 1 | 04.08 |
| 11 | 306 | RZECZKOWSKI Zbigniew | WOLIMIERZ | | POL | 73 | M45/11 | (M)48 | 00:41:30 | 1 | 04.09 |
| 12 | 268 | PASZKOWSKI Andrzej | OLSZYNA | | POL OLSZYNA BIEGA | 70 | M45/12 | (M)52 | 00:42:02 | 1 | 04.12 |
| 13 | 342 | STEFANOWSKI Marcin | ŻARÓW | | POL ŻARÓW BIEGA | 72 | M45/13 | (M)53 | 00:42:06 | 1 | 04.12 |
| 14 | 387 | URUSKI Krzysztof | JELENIA GÓRA | | POL | 71 | M45/14 | (M)55 | 00:42:22 | 1 | 04.14 |
| 15 | 86 | GIBALSKI Tomasz | ROŚCISŁAWICE | | POL OBORYGENI | 69 | M45/15 | (M)60 | 00:42:39 | 1 | 04.15 |
| 16 | 12 | BARANOWSKI Mirosław | KATOWICE | | POL | 69 | M45/16 | (M)69 | 00:43:35 | 1 | 04.21 |
| 17 | 247 | MYDŁOWSKI Tomasz | JANOWICE WIELKIE | | POL NATURALNIE JANOWICE | 73 | M45/17 | (M)70 | 00:43:39 | 1 | 04.21 |
| 18 | 64 | DZIOPA Adam | ŚWIERZAWA | | POL URZĄD MIASTA JELENIA GÓRA | 73 | M45/18 | (M)75 | 00:43:59 | 1 | 04.23 |
| 19 | 283 | POLAK Grzegorz | JEŻÓW SUDECKI | | POL | 71 | M45/19 | (M)82 | 00:44:15 | 1 | 04.25 |
| 20 | 184 | KURCZEWSKI Piotr | OLSZYNA | | POL OLSZYNA BIEGA | 73 | M45/20 | (M)85 | 00:44:27 | 1 | 04.26 |
| 21 | 100 | GUTOWSKI Dariusz | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 69 | M45/21 | (M)87 | 00:44:38 | 1 | 04.27 |

| 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] |
|-----------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|--------|--------------|-----|----------|
| 22 | 59 | DUMYCZ Tomasz | PODGÓRKI | | POL URZĄD MIASTA JELENIA GÓRA | 70 | M45/22 | (M)114 | 00:46:01 | 1 | 04.36 |
| 23 | 233 | MEDYŃSKI Sławek | LUBAŃ | | POL ZABIEGANI Z LEŚNEJ | 71 | M45/23 | (M)118 | 00:46:15 | 1 | 04.37 |
| 24 | 593 | MALUNG Jarosław | OLSZYNA | | POL NADLEŚNICTWO ŚWIERADÓW | 71 | M45/24 | (M)127 | 00:46:49 | 1 | 04.40 |
| 25 | 379 | TURLIŃSKI Marek | WAŁBRZYCH | | POL | 72 | M45/25 | (M)143 | 00:47:35 | 1 | 04.45 |
| 26 | 346 | SUCHENIA Daniel | WAŁBRZYCH | | POL | 71 | M45/26 | (M)148 | 00:47:49 | 1 | 04.46 |
| 27 | 21 | BISKUPSKI Arkadiusz | LUBAŃ | | POL - | 73 | M45/27 | (M)149 | 00:47:50 | 1 | 04.47 |
| 28 | 123 | JACKIEWICZ Andrzej | CHOCIANÓW | | POL OGRODZISKO | 70 | M45/28 | (M)153 | 00:48:20 | 1 | 04.50 |
| 29 | 199 | ŁOBOS Mariusz | WAŁBRZYCH | | POL | 70 | M45/29 | (M)159 | 00:48:36 | 1 | 04.51 |
| 30 | 89 | GŁOGOWSKI Wojciech | JELENIA GÓRA | | POL - | 72 | M45/30 | (M)165 | 00:48:49 | 1 | 04.52 |
| 31 | 23 | BORKOWSKI Bogdan | LEŚNA | | POL ZABIEGANI Z LEŚNEJ | 71 | M45/31 | (M)166 | 00:48:50 | 1 | 04.53 |
| 32 | 260 | OPACKI Dariusz | ŚCIEGNY | | POL OPACJUSZ TEAM | 70 | M45/32 | (M)167 | 00:48:52 | 1 | 04.53 |
| 33 | 185 | KURNYTA Stanisław | WITKÓW ŚL. | | POL TEMMPO WAŁBRZYCH | 69 | M45/33 | (M)185 | 00:50:04 | 1 | 05.00 |
| 34 | 68 | FARION Marcin | STRZEGOM | | POL THE FARIONS | 72 | M45/34 | (M)189 | 00:50:30 | 1 | 05.03 |
| 35 | 312 | SAWICKI Grzegorz | ZARĘBA | | POL EDI TEAM ZGORZELEC | 71 | M45/35 | (M)194 | 00:50:42 | 1 | 05.04 |
| 36 | 333 | STALMASIŃSKI Remigiusz | JELENIA GÓRA | | POL TEAM VERTICAL | 72 | M45/36 | (M)195 | 00:50:43 | 1 | 05.04 |
| 37 | 298 | ROMAN Jacek | JELENIA GÓRA | | POL | 69 | M45/37 | (M)197 | 00:50:50 | 1 | 05.05 |
| 38 | 2 | ADAMSKI Robert | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 72 | M45/38 | (M)203 | 00:51:03 | 1 | 05.06 |
| 39 | 27 | BUDZIKOWSKI Grzegorz | JELENIA GÓRA | | POL | 71 | M45/39 | (M)205 | 00:51:09 | 1 | 05.06 |
| 40 | 29 | BUJAK Grzegorz | LEGNICA | | POL KMP LEGNICA | 73 | M45/40 | (M)213 | 00:51:25 | 1 | 05.08 |
| 41 | 143 | KAPUŚNIAK Robert | LUBAŃ | | POL BIEG PO ZDROWIE | 72 | M45/41 | (M)221 | 00:51:42 | 1 | 05.10 |
| 42 | 259 | ONYSZKIEWICZ Radosław | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 72 | M45/42 | (M)228 | 00:52:24 | 1 | 05.14 |
| 43 | 301 | RUDNIK Piotr | ZGORZELEC | | POL PGE KWB TURÓW | 71 | M45/43 | (M)234 | 00:53:03 | 1 | 05.18 |
| 44 | 266 | OWCZAREK Artur | PIECHOWICE | | POL - | 70 | M45/44 | (M)243 | 00:53:46 | 1 | 05.22 |
| 45 | 166 | KOWALSKI Grzegorz | STRZEGOM | | POL BRAK | 73 | M45/45 | (M)256 | 00:54:56 | 1 | 05.29 |
| 46 | 206 | MACHOWCZYK Krystian | WAŁBRZYCH | | POL | 71 | M45/46 | (M)269 | 00:56:04 | 1 | 05.36 |
| 47 | 119 | HYRLIK Damian | ŚWIEBODZICE | | POL POKONAJ GRANICE-GRUPA BIEGOWA ŚWIEBODZICE | 71 | M45/47 | (M)276 | 00:57:05 | 1 | 05.42 |
| 48 | 105 | HALKA Jan | WROCLAW | | POL JACHU | 72 | M45/48 | (M)281 | 00:57:48 | 1 | 05.46 |
| 49 | 614 | KŁYZYŃSKI Rafał | PIECHOWICE | | POL | 72 | M45/49 | (M)285 | 00:58:50 | 1 | 05.53 |
| 50 | 380 | TUSZKIEWICZ Mariusz | ŁĘKNICA | | POL | 71 | M45/50 | (M)286 | 00:58:56 | 1 | 05.53 |
| 51 | 134 | JÓZWICKI Robert | WROCLAW | | POL DOBRY POMYSŁ | 70 | M45/51 | (M)287 | 00:58:57 | 1 | 05.53 |
| 52 | 308 | SABINARZ Tomasz | JELENIA GÓRA | | POL | 73 | M45/52 | (M)294 | 01:01:01 | 1 | 06.06 |
| 53 | 336 | STAŃCZYK Jerzy | JELENIA GÓRA | | POL | 71 | M45/53 | (M)301 | 01:03:04 | 1 | 06.18 |

10 km - M40 [64]

| | | | | | | | | | | | |
|----|-----|---------------------|------------------|--|--------------------------------|----|--------|--------|----------|---|-------|
| 1 | 611 | ŁADYSZ Jerzy | JELENIA GÓRA | | POL URZĄD MIASTA JELENIA GÓRA | 77 | M40/1 | (M)7 | 00:36:32 | 1 | 03.39 |
| 2 | 246 | MUCHACZOW Jacek | JELENIA GÓRA | | POL DRÄXLMAIER | 77 | M40/2 | (M)11 | 00:37:35 | 1 | 03.45 |
| 3 | 600 | WASYLUK Krzysztof | IŁOWA | | POL ŻOŁNIERZE WYKŁĘCI | 78 | M40/3 | (M)12 | 00:37:37 | 1 | 03.45 |
| 4 | 410 | WYROBA Piotr | BOGATYNIA | | POL MKS SZERSZEŃ BOGATYNIA | 77 | M40/4 | (M)14 | 00:37:46 | 1 | 03.46 |
| 5 | 422 | ŻYLIŃSKI Piotr | JELENIA GÓRA | | POL | 77 | M40/5 | (M)15 | 00:37:51 | 1 | 03.46 |
| 6 | 339 | STAROŃ Norbert | ZGORZELEC | | POL EDI TEAM ZGORZELEC | 77 | M40/6 | (M)22 | 00:38:58 | 1 | 03.53 |
| 7 | 606 | BEREŻNICKI Piotr | JELENIA GÓRA | | POL INTERFERIE-OPTYK-OKULAR.PL | 78 | M40/7 | (M)37 | 00:40:40 | 1 | 04.03 |
| 8 | 158 | KOSSOWSKI Tomasz | LUBAŃ | | POL OLSZYNA BIEGA | 78 | M40/8 | (M)46 | 00:41:29 | 1 | 04.08 |
| 9 | 269 | PAUL Marek | JELENIA GÓRA | | POL BRAK | 76 | M40/9 | (M)49 | 00:41:46 | 1 | 04.10 |
| 10 | 341 | STASZEWSKI Paweł | JELENIA GÓRA | | POL | 77 | M40/10 | (M)51 | 00:41:54 | 1 | 04.11 |
| 11 | 365 | ŚCIGAŁA Waldemar | JELENIA GÓRA | | POL | 74 | M40/11 | (M)65 | 00:43:19 | 1 | 04.19 |
| 12 | 385 | URBANIAK Jan | WROCLAW | | POL - | 76 | M40/12 | (M)79 | 00:44:11 | 1 | 04.25 |
| 13 | 28 | BUGAJNY Paweł | BOGATYNIA | | POL TWARDZIELE TEAM BOGATYNIA | 78 | M40/13 | (M)84 | 00:44:25 | 1 | 04.26 |
| 14 | 248 | MYSLEK Tomasz | PRZESIEKA | | POL UESYFLORESY | 78 | M40/14 | (M)88 | 00:44:39 | 1 | 04.27 |
| 15 | 178 | KUCZ Tomasz | JELENIA GÓRA | | POL | 74 | M40/15 | (M)93 | 00:44:46 | 1 | 04.28 |
| 16 | 398 | WITWICKI Mariusz | ŁAZISKA | | POL ŁAZISKA BIEGAJĄ | 78 | M40/16 | (M)101 | 00:45:18 | 1 | 04.31 |
| 17 | 213 | MALINOWSKI Ernest | JEŻÓW SUDECKI | | POL AMBER | 77 | M40/17 | (M)103 | 00:45:21 | 1 | 04.32 |
| 18 | 411 | ZABIEGŁO Maciej | JELENIA GÓRA | | POL | 74 | M40/18 | (M)104 | 00:45:28 | 1 | 04.32 |
| 19 | 265 | OSTAPIUK Bartłomiej | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 75 | M40/19 | (M)112 | 00:45:51 | 1 | 04.35 |
| 20 | 238 | MILEK Maciej | JELENIA GÓRA | | POL | 78 | M40/20 | (M)113 | 00:45:55 | 1 | 04.35 |
| 21 | 187 | KUŹMIŃSKI Krzysztof | PIEŃSK | | POL | 75 | M40/21 | (M)115 | 00:46:02 | 1 | 04.36 |
| 22 | 38 | CIRKO Grzegorz | SZKLARSKA PORĘBA | | POL | 75 | M40/22 | (M)116 | 00:46:12 | 1 | 04.37 |
| 23 | 196 | LIPNICKI Marcin | JELENIA GÓRA | | POL | 78 | M40/23 | (M)117 | 00:46:15 | 1 | 04.37 |

| 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] |
|----------------------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|----------|--------------|-------|----------|
| 24 | 321 | SKOWRON Marek | JELENIA GÓRA | POL | | 76 | M40/24 | (M)120 | 00:46:20 | 1 | 04.38 |
| 25 | 592 | GAWROŃSKI Krzysztof | RUSZÓW | POL | NADLEŚNICTWO ŚWIERADÓW | 74 | M40/25 | (M)126 | 00:46:45 | 1 | 04.40 |
| 26 | 220 | MARAS Sławomir | JELENIA GÓRA | POL | ZORKA JELOŃKI RUNNING TEAM | 74 | M40/26 | (M)131 | 00:47:00 | 1 | 04.42 |
| 27 | 24 | DUDAJEK Radosław | ŚWIDNICA | POL | | 78 | M40/27 | (M)134 | 00:47:03 | 1 | 04.42 |
| 28 | 598 | KOJRO Waldemar | PIECHOWICE | POL | JELENIA PLAST MTB TEAM | 75 | M40/28 | (M)137 | 00:47:16 | 1 | 04.43 |
| 29 | 413 | ZAPORA Robert | PIECHOWICE | POL | BIEGAMDLAZDROWIA.PL | 76 | M40/29 | (M)141 | 00:47:31 | 1 | 04.45 |
| 30 | 7 | BADKO Dariusz | PIECHOWICE | POL | | 74 | M40/30 | (M)142 | 00:47:31 | 1 | 04.45 |
| 31 | 331 | SROKA Marcin | WĘGLINIEC | POL | | 78 | M40/31 | (M)145 | 00:47:43 | 1 | 04.46 |
| 32 | 353 | SZCZOCZARZ Piotr | MIRSK | POL | KS RĘBISZÓW | 77 | M40/32 | (M)147 | 00:47:48 | 1 | 04.46 |
| 33 | 271 | MUĆKA Paweł | JELENIA GÓRA | POL | | 77 | M40/33 | (M)152 | 00:48:18 | 1 | 04.49 |
| 34 | 56 | DUDA Daniel | ZŁOTORYJA | POL | | 77 | M40/34 | (M)156 | 00:48:30 | 1 | 04.51 |
| 35 | 145 | KASPRZAK Tomasz | JANOWICE WIELKIE | POL | | 77 | M40/35 | (M)161 | 00:48:42 | 1 | 04.52 |
| 36 | 358 | SZLUFIK Marek | JELENIA GÓRA | POL | INTERFERIE OPTYK-OKULAR JELENIA GÓRA75 | M40/36 | (M)164 | 00:48:49 | 1 | 04.52 | |
| 37 | 249 | NAJDUK Piotr | JELENIA GÓRA | POL | ZORKA JELOŃKI RUNNING TEAM | 77 | M40/37 | (M)168 | 00:48:52 | 1 | 04.53 |
| 38 | 343 | STEFANŹYK Jacek | STARA KAMIENICA | POL | OSP RYBNICA | 76 | M40/38 | (M)171 | 00:49:17 | 1 | 04.55 |
| 39 | 26 | BUDZIEWSKI Przemysław | KOLUSZKI | POL | PIETRZYK RUNNING TEAM | 75 | M40/39 | (M)177 | 00:49:45 | 1 | 04.58 |
| 40 | 603 | TETERYCZ Dariusz | LUBAWKA | POL | | 75 | M40/40 | (M)178 | 00:49:48 | 1 | 04.58 |
| 41 | 350 | SZAWŁOWSKI Łukasz | LWÓWEK ŚLĄSKI | POL | | 77 | M40/41 | (M)186 | 00:50:14 | 1 | 05.01 |
| 42 | 338 | STAROŃ Daniel | MARCISZÓW | POL | PASTEWNIKRUN | 77 | M40/42 | (M)190 | 00:50:30 | 1 | 05.03 |
| 43 | 171 | KRAWIEC Wojciech | STANISZÓW | POL | EZIT WYDZIAŁ EKONOMII, ZARZĄDZANIA I | 77 | M40/43 | (M)193 | 00:50:39 | 1 | 05.03 |
| TURYSTYKI W JELENIEJ GÓRZE | | | | | | | | | | | |
| 44 | 109 | HEC Marcin | ZŁOTORYJA | POL | OLAWS ZŁOTORYJA | 78 | M40/44 | (M)196 | 00:50:50 | 1 | 05.05 |
| 45 | 286 | POPLAWSKI Rafał | JELENIA GÓRA | POL | BIEGAMDLAZDROWIA.PL | 75 | M40/45 | (M)201 | 00:50:59 | 1 | 05.05 |
| 46 | 101 | GWARDIAK Krystian | ŁOMNICA | POL | | 77 | M40/46 | (M)202 | 00:51:03 | 1 | 05.06 |
| 47 | 72 | FILIPIAK Sebastian | LIPA | POL | LZS LIPA | 78 | M40/47 | (M)227 | 00:52:01 | 1 | 05.12 |
| 48 | 60 | DURAJ Daniel | MYSLAKOWICE | POL | | 74 | M40/48 | (M)231 | 00:52:44 | 1 | 05.16 |
| 49 | 102 | HACUŚ Tomasz | WROCLAW | POL | | 75 | M40/49 | (M)233 | 00:52:47 | 1 | 05.16 |
| 50 | 610 | LEWASZKIEWICZ Remigiusz | JELENIA GÓRA | POL | UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA | 77 | M40/50 | (M)238 | 00:53:29 | 1 | 05.20 |
| PGU | | | | | | | | | | | |
| 51 | 375 | TRAWIŃSKI Krzysztof | KAMIENNA GÓRA | POL | KS SZORTY | 76 | M40/51 | (M)239 | 00:53:30 | 1 | 05.21 |
| 52 | 262 | OPALACZ Mariusz | JELENIA GÓRA | POL | URZĄD MIASTA JELENIA GÓRA | 74 | M40/52 | (M)240 | 00:53:31 | 1 | 05.21 |
| 53 | 401 | WOJCIECHOWSKI Michał | KRAKÓW | POL | CZERNIAWSKA HUSARIA PIESZA | 77 | M40/53 | (M)241 | 00:53:39 | 1 | 05.21 |
| 54 | 168 | KOZIOLKIEWICZ Paweł | JELENIA GÓRA | POL | | 77 | M40/54 | (M)248 | 00:53:59 | 1 | 05.23 |
| 55 | 315 | SĘKIEWICZ Andrzej | SOSNÓWKA | POL | AMBER | 77 | M40/55 | (M)263 | 00:55:48 | 1 | 05.34 |
| 56 | 403 | WOJNACKI Marek | JELENIA GÓRA | POL | | 78 | M40/56 | (M)270 | 00:56:05 | 1 | 05.36 |
| 57 | 155 | KONDRAS Marcin | JEŻÓW SUDECKI | POL | - | 78 | M40/57 | (M)271 | 00:56:16 | 1 | 05.37 |
| 58 | 351 | SZCZĘDOR Jacek | JELENIA GÓRA | POL | | 76 | M40/58 | (M)277 | 00:57:08 | 1 | 05.42 |
| 59 | 133 | JEŻ Remigiusz | JELENIA GÓRA | POL | | 74 | M40/59 | (M)278 | 00:57:14 | 1 | 05.43 |
| 60 | 612 | BROWARNY Bartosz | JELENIA GÓRA | POL | ZABIEGANI | 74 | M40/60 | (M)282 | 00:57:57 | 1 | 05.47 |
| 61 | 30 | BULCEWICZ Wojciech | JELENIA GÓRA | POL | BEAT YESTERDAY | 75 | M40/61 | (M)283 | 00:58:14 | 1 | 05.49 |
| 62 | 188 | KWIECIŃ Przemysław | JELENIA GÓRA | POL | CZERNIAWSKA HUSARIA PIESZA | 78 | M40/62 | (M)293 | 01:00:09 | 1 | 06.00 |
| 63 | 393 | WIECZOREK Norbert | BOGATYNIA | POL | ROZBIEGANE WIECZORKI | 76 | M40/63 | (M)298 | 01:02:12 | 1 | 06.13 |
| 64 | 285 | POLESZKO Michał | KOMARNO | POL | | 76 | M40/64 | (M)304 | 01:03:51 | 1 | 06.23 |
| 10 km - M35 [55] | | | | | | | | | | | |
| 1 | 61 | DYMITROCA Adam | RADOMICE | POL | ZSE-T RAKOWICE WIELKIE, POWIAT LWÓWECKI | 80 | M35/1 | (M)3 | 00:33:44 | 1 | 03.22 |
| 2 | 613 | KULESZA Jakub | JELENIA GÓRA | POL | URZĄD MIASTA JELENIA GÓRA | 80 | M35/2 | (M)8 | 00:37:03 | 1 | 03.42 |
| 3 | 67 | FARGANUS Robert | LEŚNA | POL | ZABIEGANI Z LEŚNEJ | 80 | M35/3 | (M)9 | 00:37:16 | 1 | 03.43 |
| 4 | 394 | WIECZORKIEWICZ Sergiusz | JEŻÓW SUDECKI | POL | | 82 | M35/4 | (M)10 | 00:37:31 | 1 | 03.45 |
| 5 | 279 | DUBIEL Piotr | JELENIA GÓRA | POL | WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI | 79 | M35/5 | (M)17 | 00:38:25 | 1 | 03.50 |
| 6 | 25 | BUBLIS Grzegorz | WROCLAW | POL | KAMIENNOGÓRSKA GRUPA BIEGOWA | 83 | M35/6 | (M)18 | 00:38:35 | 1 | 03.51 |
| 7 | 415 | ZGŁOBICKI Jacek | KAMIENNA GÓRA | POL | KAMIENNOGÓRSKA GRUPA BIEGOWA | 83 | M35/7 | (M)21 | 00:38:57 | 1 | 03.53 |
| 8 | 167 | KOZAK Mariusz | BOLESŁAWIEC | POL | CTS | 83 | M35/8 | (M)23 | 00:39:19 | 1 | 03.55 |
| 9 | 241 | MOJEK Michał | KARPACZ | POL | | 80 | M35/9 | (M)26 | 00:39:49 | 1 | 03.58 |
| 10 | 347 | SULEJ Kamil | KARPACZ | POL | KARPACZ SPORT | 83 | M35/10 | (M)31 | 00:40:12 | 1 | 04.00 |
| 11 | 253 | NOWAK Krzysztof | JELENIA GÓRA | POL | | 80 | M35/11 | (M)34 | 00:40:27 | 1 | 04.01 |
| 12 | 296 | REMISIEWICZ Łukasz | WARSZAWA | POL | BYDGOSZCZ TRIATHLON TEAM | 82 | M35/12 | (M)39 | 00:40:49 | 1 | 04.04 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | pkt | [min/km] |
|--------------|--------|------------------------|------------------|----------|----------------------------------|---------|--------------------|--------|-----------|-----|----------|
| 13 | 43 | CZERWIŃSKI Paweł | WROCLAW | | POL KLINICYSTA.PL | 81 | M35/13 | (M)40 | 00:40:52 | 1 | 04.04 |
| 14 | 275 | PERUN Sławomir | BOLKÓW | | POL | 82 | M35/14 | (M)43 | 00:41:17 | 1 | 04.07 |
| 15 | 157 | KOSAL Maciej | JELENIA GÓRA | | POL | 81 | M35/15 | (M)54 | 00:42:17 | 1 | 04.13 |
| 16 | 256 | OBLICKI Gniewomir | JELENIA GÓRA | | POL | 83 | M35/16 | (M)64 | 00:43:11 | 1 | 04.19 |
| 17 | 150 | KLICH Krzysztof | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 81 | M35/17 | (M)73 | 00:43:53 | 1 | 04.23 |
| 18 | 252 | NOWAK Bartosz | JELENIA GÓRA | | POL | 79 | M35/18 | (M)77 | 00:44:02 | 1 | 04.24 |
| 19 | 111 | HOLÓWKA Tomasz | ZŁOTORYJA | | POL OLAWS ZŁOTORYJA | 81 | M35/19 | (M)86 | 00:44:31 | 1 | 04.27 |
| 20 | 334 | STANISZEWSKI Paweł | PRAGUE | | CZE | 79 | M35/20 | (M)99 | 00:45:12 | 1 | 04.31 |
| 21 | 270 | KORECKI Paweł | JELENIA GÓRA | | POL | 81 | M35/21 | (M)105 | 00:45:30 | 1 | 04.33 |
| 22 | 211 | MALEWICZ Grzegorz | LUBAŃ | | POL | 82 | M35/22 | (M)106 | 00:45:36 | 1 | 04.33 |
| 23 | 194 | LIGEŻA Karol | KOWARY | | POL VERGE SPORT | 83 | M35/23 | (M)109 | 00:45:48 | 1 | 04.34 |
| 24 | 181 | KUKIELKA Sławek | JELENIA GÓRA | | POL DRÄXLMAIER | 79 | M35/24 | (M)111 | 00:45:51 | 1 | 04.35 |
| 25 | 197 | LORENC Marcin | PIECHOWICE | | POL | 80 | M35/25 | (M)119 | 00:46:16 | 1 | 04.37 |
| 26 | 325 | SŁOWIŃSKI Damian | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 82 | M35/26 | (M)122 | 00:46:35 | 1 | 04.39 |
| 27 | 174 | KSIĘŻAREK Łukasz | JELENIA GÓRA | | POL | 81 | M35/27 | (M)124 | 00:46:39 | 1 | 04.39 |
| 28 | 165 | KOWALSKI Daniel | KOŚCIELEC | | POL | 82 | M35/28 | (M)128 | 00:46:51 | 1 | 04.41 |
| 29 | 131 | JANKOWSKI Rafał | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 83 | M35/29 | (M)129 | 00:46:51 | 1 | 04.41 |
| 30 | 182 | KULKA Jacek | JELENIA GÓRA | | POL QUEST TEAM | 82 | M35/30 | (M)136 | 00:47:12 | 1 | 04.43 |
| 31 | 234 | MEREDYK Sławomir | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 81 | M35/31 | (M)155 | 00:48:30 | 1 | 04.51 |
| 32 | 36 | CICHON Tomasz | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 83 | M35/32 | (M)157 | 00:48:32 | 1 | 04.51 |
| 33 | 63 | DZIKOWSKI Piotr | JELENIA GÓRA | | POL | 81 | M35/33 | (M)160 | 00:48:40 | 1 | 04.52 |
| 34 | 137 | JURANEK Daniel | LEŚNA | | POL ZABIEGANI Z LEŚNEJ | 80 | M35/34 | (M)169 | 00:48:53 | 1 | 04.53 |
| 35 | 50 | DOBOSZ Sławomir | STARA KAMIENICA | | POL OSP RYBNICA | 80 | M35/35 | (M)172 | 00:49:18 | 1 | 04.55 |
| 36 | 108 | HANUSZ Michał | JELENIA GÓRA | | POL DRÄXLMAIER | 79 | M35/36 | (M)175 | 00:49:33 | 1 | 04.57 |
| 37 | 408 | WOŹNIAK Rafał | JELENIA GÓRA | | POL - | 81 | M35/37 | (M)179 | 00:49:52 | 1 | 04.59 |
| 38 | 37 | CICHOSZ Michał | LUBOMIERZ | | POL KLINICYSTA.PL | 82 | M35/38 | (M)188 | 00:50:19 | 1 | 05.01 |
| 39 | 62 | DZIEWULAK Daniel | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 83 | M35/39 | (M)191 | 00:50:33 | 1 | 05.03 |
| 40 | 46 | DANILISZYN Grzegorz | ŚWIERZAWA | | POL BARANY | 81 | M35/40 | (M)192 | 00:50:37 | 1 | 05.03 |
| 41 | 195 | LINKIEWICZ Grzegorz | SZKLARSKA PORĘBA | | POL BIEGAMDLAZDROWIA.PL | 79 | M35/41 | (M)209 | 00:51:13 | 1 | 05.07 |
| 42 | 368 | TELEGA Adam | JELENIA GÓRA | | POL - | 80 | M35/42 | (M)212 | 00:51:23 | 1 | 05.08 |
| 43 | 103 | HADAŚ Dawid | JELENIA GÓRA | | POL BIEGAM BO LUBIĘ | 83 | M35/43 | (M)218 | 00:51:38 | 1 | 05.09 |
| 44 | 372 | TOKARSKI Michał | WROCLAW | | POL DOBRY POMYSŁ | 82 | M35/44 | (M)220 | 00:51:39 | 1 | 05.09 |
| 45 | 326 | SMALARZ Damian | MYSLAKOWICE | | POL - | 83 | M35/45 | (M)224 | 00:51:50 | 1 | 05.11 |
| 46 | 348 | SYMONOWICZ Michał | JELENIA GÓRA | | POL JELENIAGORAZDRONA.PL | 82 | M35/46 | (M)235 | 00:53:12 | 1 | 05.19 |
| 47 | 4 | ANDRZEJEWSKI Łukasz | JELENIA GÓRA | | POL DRÄXLMAIER | 83 | M35/47 | (M)236 | 00:53:12 | 1 | 05.19 |
| 48 | 291 | RADECKI Adam | STRZEGOM | | POL | 81 | M35/48 | (M)247 | 00:53:58 | 1 | 05.23 |
| 49 | 245 | MOSKAL Kamil | LUBOMIERZ | | POL | 83 | M35/49 | (M)260 | 00:55:33 | 1 | 05.33 |
| 50 | 114 | HOLYŚ Paweł | PODGÓRZYN | | POL | 82 | M35/50 | (M)262 | 00:55:46 | 1 | 05.34 |
| 51 | 356 | SZLACHETKA Przemysław | MILKÓW | | POL | 82 | M35/51 | (M)274 | 00:56:50 | 1 | 05.41 |
| 52 | 221 | WOLNY Marcin | JELENIA GÓRA | | POL SZYBKI SZCZAU | 79 | M35/52 | (M)290 | 00:59:43 | 1 | 05.58 |
| 53 | 402 | WOJCIECHOWSKI Wojciech | JELENIA GÓRA | | POL BRAK | 81 | M35/53 | (M)295 | 01:01:17 | 1 | 06.07 |
| 54 | 204 | ŁYCZEK Edward | KOWARY | | POL | 83 | M35/54 | (M)300 | 01:02:29 | 1 | 06.14 |
| 55 | 278 | PIETRYKOWSKI Piotr | LUBAŃ | | POL SPARTA LUBAŃ | 79 | M35/55 | (M)308 | 01:12:24 | 1 | 07.14 |

10 km - M30 [34]

| | | | | | | | | | | | |
|----|-----|----------------------|---------------|--|-------------------------------|----|--------|--------|----------|---|-------|
| 1 | 139 | KALASZCZYŃSKI Łukasz | PŁOCK | | POL CREATIVE POLSKA | 84 | M30/1 | (M)2 | 00:33:27 | 1 | 03.20 |
| 2 | 229 | SZWAŁKO Kamil | MIRSK | | POL | 85 | M30/2 | (M)19 | 00:38:38 | 1 | 03.51 |
| 3 | 84 | GĘDZIUS Adrian | JELENIA GÓRA | | POL | 87 | M30/3 | (M)28 | 00:39:55 | 1 | 03.59 |
| 4 | 345 | STRUGAŁA Damian | ZAWIDÓW | | POL TWARDZIELE TEAM BOGATYNIA | 88 | M30/4 | (M)47 | 00:41:29 | 1 | 04.08 |
| 5 | 324 | SŁOMSKI Michał | JELENIA GÓRA | | POL BIEGAMDLAZDROWIA.PL | 85 | M30/5 | (M)59 | 00:42:34 | 1 | 04.15 |
| 6 | 272 | PAWLACZYK Konrad | JELENIA GÓRA | | POL #BBKTS | 85 | M30/6 | (M)74 | 00:43:56 | 1 | 04.23 |
| 7 | 382 | TYLKA Tomasz | LEŚNA | | POL ZABIEGANI Z LEŚNEJ | 84 | M30/7 | (M)76 | 00:43:59 | 1 | 04.23 |
| 8 | 203 | GOLEBIEWSKI Łukasz | GŁOGÓW | | POL ŁUKASZ GŁOGÓW | 86 | M30/8 | (M)80 | 00:44:11 | 1 | 04.25 |
| 9 | 207 | MACIEJEWSKI Daniel | JEŻÓW SUDECKI | | POL | 85 | M30/9 | (M)83 | 00:44:17 | 1 | 04.25 |
| 10 | 112 | HOLYSZEWSKI Damian | PROBOSZCZÓW | | POL | 88 | M30/10 | (M)97 | 00:45:01 | 1 | 04.30 |
| 11 | 355 | SZEWCUWIANIEC Jacek | JELENIA GÓRA | | POL | 84 | M30/11 | (M)100 | 00:45:16 | 1 | 04.31 |
| 12 | 595 | LIEGIER Paweł | LEŚNA | | POL NADLEŚNICTWO ŚWIERADÓW | 88 | M30/12 | (M)102 | 00:45:19 | 1 | 04.31 |
| 13 | 51 | DOBRAŚ Tomasz | POGWIZDÓW | | POL LZS LIPA | 87 | M30/13 | (M)107 | 00:45:45 | 1 | 04.34 |

| 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 | 263 | ORŁOWSKI Bartosz | PIELGRZYMKĄ | POL | | 87 | M30/14 | (M)110 | 00:45:49 | 1 | 04.34 |
| 15 | 297 | ROKOSZ Robert | BOLESŁAWIEC | POL | #BPKTS | 85 | M30/15 | (M)125 | 00:46:40 | 1 | 04.40 |
| 16 | 344 | STĘPIEŃ Krzysztof | JELENIA GÓRA | POL | QUEST TEAM | 87 | M30/16 | (M)146 | 00:47:44 | 1 | 04.46 |
| 17 | 237 | MIKLAZEWSKI Arkadiusz | KARPACZ | POL | | 86 | M30/17 | (M)151 | 00:48:06 | 1 | 04.48 |
| 18 | 138 | KACZMAREK Rafał | JELENIA GÓRA | POL | | 87 | M30/18 | (M)163 | 00:48:47 | 1 | 04.52 |
| 19 | 19 | BIELAWSKI Łukasz | JELENIA GÓRA | POL | DRÄXLMAIER | 86 | M30/19 | (M)173 | 00:49:21 | 1 | 04.56 |
| 20 | 274 | PEŁKA Grzegorz | BOLKÓW | POL | LZS LIPA | 85 | M30/20 | (M)182 | 00:49:55 | 1 | 04.59 |
| 21 | 90 | GOLUBIŃSKI Przemysław | JELENIA GÓRA | POL | VERGE SPORT | 84 | M30/21 | (M)207 | 00:51:12 | 1 | 05.07 |
| 22 | 317 | SIKORSKI Łukasz | JELENIA GÓRA | POL | URZĄD MIASTA JELENIA GÓRA | 87 | M30/22 | (M)215 | 00:51:29 | 1 | 05.08 |
| 23 | 115 | HOLYŚ Piotr | JELENIA GÓRA | POL | ARESzt ŚLEDZCY W JELENIEJ GÓRZE | 85 | M30/23 | (M)216 | 00:51:29 | 1 | 05.08 |
| 24 | 280 | PISTL Jacek | WROCLAW | POL | | 84 | M30/24 | (M)225 | 00:51:56 | 1 | 05.11 |
| 25 | 88 | GLADYSZ Michał | JAWOR | POL | KUŹNIA SPORT TEAM | 85 | M30/25 | (M)249 | 00:53:59 | 1 | 05.23 |
| 26 | 47 | DĄBROWSKI Marek | LEGNICA | POL | | 87 | M30/26 | (M)250 | 00:54:03 | 1 | 05.24 |
| 27 | 130 | JANISZEWSKI Krzysztof | JELENIA GÓRA | POL | | 84 | M30/27 | (M)251 | 00:54:30 | 1 | 05.27 |
| 28 | 583 | NAWOJCZYK Krzysztof | CHMIELEŃ | POL | | 85 | M30/28 | (M)259 | 00:55:28 | 1 | 05.32 |
| 29 | 294 | RĄCZKOWIAK Mateusz | WROCLAW | POL | USZŁO POWIETRZE Z DĘTKI | 85 | M30/29 | (M)261 | 00:55:35 | 1 | 05.33 |
| 30 | 383 | UMÓW Piotr | LEGNICA | POL | | 84 | M30/30 | (M)279 | 00:57:21 | 1 | 05.44 |
| 31 | 258 | OLSZEWSKI Ryszard | JELENIA GÓRA | POL | | 87 | M30/31 | (M)284 | 00:58:40 | 1 | 05.52 |
| 32 | 16 | BIEGARCZYK Kamil | BOGATYNIA | POL | | 88 | M30/32 | (M)297 | 01:02:11 | 1 | 06.13 |
| 33 | 215 | MAŁECKI Tadeusz | JELENIA GÓRA | POL | | 84 | M30/33 | (M)305 | 01:05:35 | 1 | 06.33 |
| 34 | 222 | MARCINIAK Krzysztof | JELENIA GÓRA | POL | - | 87 | M30/34 | (M)306 | 01:06:45 | 1 | 06.40 |

10 km - M25 [22]

| | | | | | | | | | | | |
|----|-----|---------------------|---------------------|-----|----------------------------|----|--------|--------|----------|---|-------|
| 1 | 183 | KUR Michał | JELENIA GÓRA | POL | | 90 | M25/1 | (M)4 | 00:34:05 | 1 | 03.24 |
| 2 | 309 | SADOWSKI Paweł | JANOWICE WIELKIE | POL | DRÄXLMAIER | 90 | M25/2 | (M)5 | 00:35:35 | 1 | 03.33 |
| 3 | 162 | KOTOWSKI Patryk | LUBAŃ | POL | | 93 | M25/3 | (M)16 | 00:38:21 | 1 | 03.50 |
| 4 | 395 | WIĘCKOWSKI Daniel | ZAWIDÓW | POL | | 89 | M25/4 | (M)32 | 00:40:16 | 1 | 04.01 |
| 5 | 33 | CHEBA Adrian | PIECHOWICE | POL | MKS KARKONOSZE SMS KARPACZ | 93 | M25/5 | (M)42 | 00:40:59 | 1 | 04.05 |
| 6 | 34 | CHUDECKI Przemysław | JELENIA GÓRA | POL | ZORKA JELONKI RUNNING TEAM | 93 | M25/6 | (M)58 | 00:42:32 | 1 | 04.15 |
| 7 | 200 | ŁOKIETEK Adam | PIEŃSK | POL | | 93 | M25/7 | (M)63 | 00:42:51 | 1 | 04.17 |
| 8 | 18 | BIELAWSKI Jakub | JELENIA GÓRA | POL | DRÄXLMAIER | 89 | M25/8 | (M)68 | 00:43:32 | 1 | 04.21 |
| 9 | 307 | RZEŃNIK Przemysław | BOGATYNIA | POL | EDI TEAM ZGORZELEC | 93 | M25/9 | (M)98 | 00:45:06 | 1 | 04.30 |
| 10 | 142 | KAPRAL Łukasz | NOWA WIEŚ GRODZISKA | POL | BIEGAM BO LUBIĘ | 91 | M25/10 | (M)132 | 00:47:01 | 1 | 04.42 |
| 11 | 216 | MAŁOSZEK Kacper | JELENIA GÓRA | POL | | 93 | M25/11 | (M)135 | 00:47:03 | 1 | 04.42 |
| 12 | 594 | KRUCHELSKI Jakub | ŚWIERADÓ-ZDRÓJ | POL | NADLEŚNICTWO ŚWIERADÓW | 89 | M25/12 | (M)144 | 00:47:43 | 1 | 04.46 |
| 13 | 416 | ZIELIŃSKI Artur | JELENIA GÓRA | POL | | 91 | M25/13 | (M)181 | 00:49:54 | 1 | 04.59 |
| 14 | 327 | SMOLIŃSKI Kamil | JELENIA GÓRA | POL | VERGE SPORT | 92 | M25/14 | (M)206 | 00:51:11 | 1 | 05.07 |
| 15 | 87 | GLASER Kamil | PIECHOWICE | POL | | 89 | M25/15 | (M)217 | 00:51:38 | 1 | 05.09 |
| 16 | 98 | GRZEGOLEC Adam | CZERNICA | POL | NEW ORDER | 93 | M25/16 | (M)223 | 00:51:50 | 1 | 05.11 |
| 17 | 93 | GÓROWSKI Grzegorz | WALBRZYCH | POL | BRĄK | 89 | M25/17 | (M)229 | 00:52:36 | 1 | 05.15 |
| 18 | 201 | TKACZYK Rafał | ŚWIERADÓW-ZDRÓJ | POL | UZDROWISKO ŚWIERADÓW | 93 | M25/18 | (M)252 | 00:54:33 | 1 | 05.27 |
| 19 | 366 | ŚLEMP Michał | JELENIA GÓRA | POL | ORANGE POLSKA | 89 | M25/19 | (M)257 | 00:55:03 | 1 | 05.30 |
| 20 | 129 | JANIŚLAWSKI Maciej | JELENIA GÓRA | POL | | 91 | M25/20 | (M)265 | 00:55:55 | 1 | 05.35 |
| 21 | 226 | MARGLARCZYK Marcin | KOWARY | POL | | 92 | M25/21 | (M)268 | 00:56:02 | 1 | 05.36 |
| 22 | 163 | KOWALCZYK Dawid | PODGÓRZYN | POL | FAT & FURIOUS | 89 | M25/22 | (M)302 | 01:03:07 | 1 | 06.18 |

10 km - M18 [15]

| | | | | | | | | | | | |
|----|-----|--------------------|--------------|-----|------------------------|----|--------|--------|----------|---|-------|
| 1 | 377 | TSCHIRCH Krzysztof | JELENIA GÓRA | POL | KARKONOSZ RUNNING TEAM | 99 | M18/1 | (M)1 | 00:33:23 | 1 | 03.20 |
| 2 | 254 | NOWAK Maciej | JELENIA GÓRA | POL | MKS PAULINIUM | 96 | M18/2 | (M)6 | 00:36:26 | 1 | 03.38 |
| 3 | 224 | MARCISZEWSKI Dawid | BOGATYNIA | POL | | 95 | M18/3 | (M)36 | 00:40:38 | 1 | 04.03 |
| 4 | 587 | SAMULSKI Tristian | JELENIA GÓRA | POL | - | 00 | M18/4 | (M)41 | 00:40:52 | 1 | 04.05 |
| 5 | 354 | SZELIGA Bartłomiej | RACIBOROWICE | POL | MKS PAULINIUM | 96 | M18/5 | (M)50 | 00:41:49 | 1 | 04.10 |
| 6 | 287 | PROKOPOWICZ Piotr | WALBRZYCH | POL | | 96 | M18/6 | (M)57 | 00:42:31 | 1 | 04.15 |
| 7 | 305 | RYDZEWSKI Mateusz | LEŚNA | POL | ZABIEGANI Z LEŚNEJ | 00 | M18/7 | (M)61 | 00:42:39 | 1 | 04.15 |
| 8 | 292 | RAPALSKI Łukasz | JELENIA GÓRA | POL | | 94 | M18/8 | (M)66 | 00:43:21 | 1 | 04.20 |
| 9 | 91 | GOZDEK Mateusz | JELENIA GÓRA | POL | - | 94 | M18/9 | (M)71 | 00:43:43 | 1 | 04.22 |
| 10 | 189 | LATUSZ Dawid | JELENIA GÓRA | POL | | 00 | M18/10 | (M)81 | 00:44:13 | 1 | 04.25 |
| 11 | 232 | KONDOŁ Mateusz | LUBAWKA | POL | | 98 | M18/11 | (M)140 | 00:47:30 | 1 | 04.45 |
| 12 | 330 | SOPRYCH Michał | JELENIA GÓRA | POL | | 99 | M18/12 | (M)158 | 00:48:35 | 1 | 04.51 |

| 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] |
|------------------------|-----------|------------------------------|---------------------|-------------|--|------------|-----------------------|--------|--------------|-----|----------|
| 13 | 412 | ZALISKO Rafał | OLSZYNA | | POL - | 95 | M18/13 | (M)183 | 00:50:00 | 1 | 05.00 |
| 14 | 176 | KUCHARSKI Łukasz | JEŻÓW SUDECKI | | POL | 98 | M18/14 | (M)198 | 00:50:51 | 1 | 05.05 |
| 15 | 607 | GROMYKO Adrian | JELENIA GÓRA | | POL ENERVIT TEAM | 97 | M18/15 | (M)289 | 00:59:39 | 1 | 05.57 |
| 10 km - MM [1] | | | | | | | | | | | |
| 1 | 586 | WIŚNIEWSKI Łukasz | JELENIA GÓRA | | POL URZĄD MIASTA JELENIA GÓRA | 01 | MM/1 | (M)296 | 01:01:30 | 1 | 06.09 |
| 5 km - K60 [3] | | | | | | | | | | | |
| 1 | 508 | MARÓŃ Renata | ŚWIERADÓW-ZDRÓJ | | POL UZDROWISKO ŚWIERADÓW | 57 | K60/1 | (K)70 | 00:34:07 | 1 | 06.49 |
| 2 | 451 | ELSTER Irena | JELENIA GÓRA | | POL | 53 | K60/2 | (K)81 | 00:37:30 | 1 | 07.30 |
| 3 | 549 | SCHMIDEL Maria | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 42 PGU | | K60/3 | (K)88 | 00:42:54 | 1 | 08.34 |
| 5 km - K55 [1] | | | | | | | | | | | |
| 1 | 483 | KANIECKA Alicja | JELENIA GÓRA | | POL SKIPPERS | 61 | K55/1 | (K)80 | 00:37:14 | 1 | 07.26 |
| 5 km - K50 [9] | | | | | | | | | | | |
| 1 | 555 | STABROWSKA HUZAR Teresa | MILKOWICE | | POL | 66 | K50/1 | (K)32 | 00:28:48 | 1 | 05.45 |
| 2 | 429 | BAK Małgorzata | KAMIENNA GÓRA | | POL | 67 | K50/2 | (K)35 | 00:29:03 | 1 | 05.48 |
| 3 | 547 | SALAMON Joanna | KAMIENNA GÓRA | | POL - | 67 | K50/3 | (K)37 | 00:29:15 | 1 | 05.51 |
| 4 | 563 | TKACZYK Anna | ŚWIERADÓW-ZDRÓJ | | POL UZDROWISKO ŚWIERADÓW | 67 | K50/4 | (K)49 | 00:30:50 | 1 | 06.10 |
| 5 | 540 | RAPCZUK Halina | CHOCIANÓW | | POL | 64 | K50/5 | (K)51 | 00:30:57 | 1 | 06.11 |
| 6 | 461 | GROCHAŁA Ewa | SZCZAWNÓ ZDRÓJ | | POL SZCZAWNORUN | 67 | K50/6 | (K)67 | 00:33:27 | 1 | 06.41 |
| 7 | 465 | HARASIM Jolanta | ŚWIERADÓW-ZDRÓJ | | POL UZDROWISKO ŚWIERADÓW | 66 | K50/7 | (K)83 | 00:37:53 | 1 | 07.34 |
| 8 | 581 | ZAWADZKA Iwona | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 64 PGU | | K50/8 | (K)90 | 00:45:08 | 1 | 09.01 |
| 9 | 565 | TRZECIAK Joanna | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 65 PGU | | K50/9 | (K)95 | 00:51:35 | 1 | 10.19 |
| 5 km - K45 [6] | | | | | | | | | | | |
| 1 | 515 | MIGUT Ula | OLSZYNA | | POL OLSZYNA BIEGA | 73 | K45/1 | (K)15 | 00:26:34 | 1 | 05.18 |
| 2 | 554 | SOBOLEWSKA Marta | JELENIA GÓRA | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 73 | K45/2 | (K)43 | 00:30:00 | 1 | 06.00 |
| 3 | 548 | SCHMIDEL Jolanta | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 72 PGU | | K45/3 | (K)89 | 00:45:05 | 1 | 09.01 |
| 4 | 557 | STĘPIEŃ-KUCHNIA Anna monika | RYBNICA | | POL TS REGLE SZKLARSKA PORĘBA | 71 | K45/4 | (K)92 | 00:48:24 | 1 | 09.40 |
| 5 | 472 | INDYK Renata | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 73 PGU | | K45/5 | (K)94 | 00:48:31 | 1 | 09.42 |
| 6 | 616 | OLKOWSKA Agnieszka | WARSZAWA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 71 PGU | | K45/6 | (K)96 | 00:51:39 | 1 | 10.19 |
| 5 km - K40 [23] | | | | | | | | | | | |
| 1 | 435 | CHODOR Anna | LEGNICA | | POL | 78 | K40/1 | (K)10 | 00:25:46 | 1 | 05.06 |
| 2 | 512 | MICHAŁEK Małgorzata | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 75 PGU | | K40/2 | (K)13 | 00:26:18 | 1 | 05.15 |
| 3 | 574 | WICIAK Monika | ZGORZELEC | | POL EDI TEAM ZGORZELEC | 78 | K40/3 | (K)16 | 00:26:42 | 1 | 05.20 |
| 4 | 479 | JEDZINIAK Ewelina | PIECHOWICE | | POL UKS KROKUS PIECHOWICE | 76 | K40/4 | (K)20 | 00:27:04 | 1 | 05.24 |
| 5 | 460 | GOŁOWSKA Monika | ŚWIDNICA | | POL | 74 | K40/5 | (K)21 | 00:27:12 | 1 | 05.26 |
| 6 | 567 | URBAŃCZYK Wioletta | ŚWIERADÓW-ZDRÓJ | | POL UZDROWISKO ŚWIERADÓW | 74 | K40/6 | (K)22 | 00:27:25 | 1 | 05.29 |
| 7 | 443 | DŁUSKA Katarzyna | WOJCIESZÓW | | POL DOBROBUD | 76 | K40/7 | (K)28 | 00:28:00 | 1 | 05.36 |
| 8 | 433 | BURY-NAUMOWICZ Agata | JELENIA GÓRA | | POL | 78 | K40/8 | (K)29 | 00:28:14 | 1 | 05.38 |
| 9 | 504 | ŁYCZKOWSKA Marta | BOLKÓW | | POL | 78 | K40/9 | (K)30 | 00:28:31 | 1 | 05.42 |
| 10 | 490 | KOSIOROWSKA Urszula | JELENIA GÓRA | | POL | 75 | K40/10 | (K)34 | 00:28:58 | 1 | 05.47 |
| 11 | 440 | CZYŻ Monika | KAMIENNA GÓRA | | POL KS SZORTY | 75 | K40/11 | (K)36 | 00:29:05 | 1 | 05.49 |
| 12 | 450 | DZIEDZIC-OLSAK Zuzanna | KAMIENNA GÓRA | | POL KS SZORTY | 77 | K40/12 | (K)39 | 00:29:33 | 1 | 05.54 |
| 13 | 528 | PAWLAK-WARZYBOK Monika | JELENIA GÓRA | | POL | 75 | K40/13 | (K)40 | 00:29:42 | 1 | 05.56 |
| 14 | 502 | ŁUCZYK Beata | ŚWIERADÓW-ZDRÓJ | | POL UZDROWISKO ŚWIERADÓW | 75 | K40/14 | (K)42 | 00:29:58 | 1 | 05.59 |
| 15 | 509 | ZAWODNIK Anonimowy | | | POL | | K40/15 | (K)47 | 00:30:46 | 1 | 06.09 |
| 16 | 517 | MUCHACZOW Agata | JELENIA GÓRA | | POL | 78 | K40/16 | (K)48 | 00:30:46 | 1 | 06.09 |
| 17 | 500 | KUŹMIŃSKA Anna | PIEŃSK | | POL | 75 | K40/17 | (K)53 | 00:31:19 | 1 | 06.15 |
| 18 | 579 | ZAPORA Patrycja | PIECHOWICE | | POL | 77 | K40/18 | (K)61 | 00:32:41 | 1 | 06.32 |
| 19 | 486 | KNYCHAŁA - ANDRZEJEWSKA Anna | KOWARY | | POL | 78 | K40/19 | (K)62 | 00:32:52 | 1 | 06.34 |

| 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 | 464 | HAŁKA Małgorzata | WROCLAW | | POL JACHU | 74 | K40/20 | (K)82 | 00:37:33 | 1 | 07.30 |
| 21 | 539 | RAKOWSKA Agnieszka | LEGNICA | | POL LEGNICKA GRUPA GLUCHYCH | 75 | K40/21 | (K)84 | 00:37:58 | 1 | 07.35 |
| 22 | 496 | KUKLIŃSKA Róża | KARPACZ | | POL KARPACZ-BIEGAM BO LUBIĘ | 76 | K40/22 | (K)85 | 00:39:14 | 1 | 07.50 |
| 23 | 498 | KULKA Agnieszka | JELENIA GÓRA | | POL QULKA TEAM | 77 | K40/23 | (K)86 | 00:39:33 | 1 | 07.54 |
| 5 km - K35 [27] | | | | | | | | | | | |
| 1 | 447 | DURKALEC Ewelina | BOLKÓW | | POL | 83 | K35/1 | (K)4 | 00:21:31 | 1 | 04.17 |
| 2 | 436 | CHOROSTKOWSKA Natalia | MODRZYCA | | POL NOWOSOLSKA GRUPA BIEGOWA | 80 | K35/2 | (K)5 | 00:22:22 | 1 | 04.27 |
| 3 | 466 | HARBUL-BALA Katarzyna | ŚWIERADÓW-ZDRÓJ | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 81 | K35/3 | (K)8 | 00:24:18 | 1 | 04.49 |
| 4 | 457 | GIERA-POLAK Agata | JEŻÓW SUDECKI | | POL BRAK | 79 | K35/4 | (K)11 | 00:25:51 | 1 | 05.08 |
| 5 | 364 | SZYWAŁA Katarzyna | BOLKÓW | | POL - | 81 | K35/5 | (K)12 | 00:26:18 | 1 | 05.14 |
| 6 | 468 | HELENIAK Aleksandra | JELENIA GÓRA | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 83 | K35/6 | (K)14 | 00:26:30 | 1 | 05.18 |
| 7 | 477 | JAROSZ Dominika | JELENIA GÓRA | | POL JAROSZKI | 81 | K35/7 | (K)25 | 00:27:56 | 1 | 05.35 |
| 8 | 602 | WALCZYKIEWICZ Daria | KALISZ | | POL SILOWNIA RELAX | 82 | K35/8 | (K)26 | 00:27:56 | 1 | 05.35 |
| 9 | 453 | FONFERKO Daria | STRZEGOM | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 82 | K35/9 | (K)27 | 00:27:58 | 1 | 05.35 |
| 10 | 584 | ZUBIEL-KOZŁOWSKA Patrycja | KOWARY | | POL | 83 | K35/10 | (K)38 | 00:29:24 | 1 | 05.52 |
| 11 | 492 | KOZŁOWSKA Monika | JELENIA GÓRA | | POL BRAK | 79 | K35/11 | (K)44 | 00:30:07 | 1 | 06.01 |
| 12 | 488 | KOPEREK Sylwia | RYBNICA | | POL BEAT YESTERDAY | 83 | K35/12 | (K)50 | 00:30:52 | 1 | 06.10 |
| 13 | 530 | PIERA Magdalena | TRZEBNICA | | POL | 81 | K35/13 | (K)54 | 00:31:22 | 1 | 06.16 |
| 14 | 424 | CHRYPLEWICZ Anita | WROCLAW | | POL WKURW_TEAM WROCLAW | 81 | K35/14 | (K)55 | 00:31:23 | 1 | 06.16 |
| 15 | 577 | ZABOROWSKA Anita | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 82 | K35/15 | (K)56 | 00:31:31 | 1 | 06.18 |
| 16 | 545 | RZIDKY Monika | JELENIA GÓRA | | POL | 80 | K35/16 | (K)59 | 00:31:44 | 1 | 06.20 |
| 17 | 575 | WIECZOREK Monika | BOLKÓW | | POL | 79 | K35/17 | (K)63 | 00:32:53 | 1 | 06.34 |
| 18 | 430 | BŁASZCZYK Anna | JELENIA GÓRA | | POL - | 81 | K35/18 | (K)64 | 00:33:00 | 1 | 06.36 |
| 19 | 445 | DROSZCZ Justyna | ZGORZELEC | | POL | 81 | K35/19 | (K)66 | 00:33:12 | 1 | 06.38 |
| 20 | 454 | FRANKOWSKA Ela | WROCLAW | | POL MATNER RUNNING TEAM | 82 | K35/20 | (K)69 | 00:34:02 | 1 | 06.48 |
| 21 | 573 | WAWRZYŃIAK Magdalena | WROCLAW | | POL | 79 | K35/21 | (K)71 | 00:34:35 | 1 | 06.55 |
| 22 | 475 | JAROS Olga | WOJCIESZYCE | | POL KINIA TEAM | 81 | K35/22 | (K)72 | 00:34:41 | 1 | 06.56 |
| 23 | 531 | PIETRAS Małgorzata | LEGNICA | | POL GNIEWOMIERSKA GRUPA GIMNASTYCZNA | 83 | K35/23 | (K)74 | 00:34:44 | 1 | 06.56 |
| 24 | 526 | PARZONKA Magdalena | SIEDŁĘCIN | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 79 | K35/24 | (K)75 | 00:35:33 | 1 | 07.06 |
| 25 | 576 | WIŚNIEWSKA Joanna | KOWARY | | POL KOWARY BIEGAJĄ | 80 | K35/25 | (K)76 | 00:35:47 | 1 | 07.09 |
| 26 | 523 | OSTROWSKA Aneta | JELENIA GÓRA | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 79 | K35/26 | (K)77 | 00:36:19 | 1 | 07.15 |
| 27 | 521 | OSMAN Justyna | RUJA | | POL LEGNICKA GRUPA GLUCHYCH | 81 | K35/27 | (K)91 | 00:47:01 | 1 | 09.24 |
| 5 km - K30 [12] | | | | | | | | | | | |
| 1 | 588 | LIPNICKA Marta | JELENIA GÓRA | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 86 | K30/1 | (K)3 | 00:21:18 | 1 | 04.13 |
| 2 | 527 | PAWLAK Anna | WROCLAW | | POL | 88 | K30/2 | (K)7 | 00:23:48 | 1 | 04.43 |
| 3 | 482 | JURAK Emilia | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 84 | K30/3 | (K)9 | 00:25:22 | 1 | 05.02 |
| 4 | 533 | PLITT Aleksandra | MIRSK | | POL UZDROWISKO ŚWIERADÓW | 85 | K30/4 | (K)18 | 00:26:57 | 1 | 05.23 |
| 5 | 516 | MŁYNEK Joanna | WAŁBRZYCH | | POL POMIDOROWA ALTERNATYWA | 85 | K30/5 | (K)45 | 00:30:17 | 1 | 06.03 |
| 6 | 538 | PRZYBYSZ Monika | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 86 | K30/6 | (K)46 | 00:30:20 | 1 | 06.04 |
| 7 | 570 | WALICZEK Patrycja | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 86 PGU | 86 | K30/7 | (K)52 | 00:31:00 | 1 | 06.12 |
| 8 | 438 | CICHOCKA Joanna | CZERWONA WODA | | POL | 88 | K30/8 | (K)58 | 00:31:39 | 1 | 06.19 |
| 9 | 522 | OSTROWSKA-PASTUCH Elwira | GRYFOW SLASKI | | POL | 85 | K30/9 | (K)65 | 00:33:12 | 1 | 06.38 |
| 10 | 564 | TRZCIELIŃSKA-JAKUBIEC Elwira | JELENIA GORA | | POL EAMM | 84 | K30/10 | (K)68 | 00:34:00 | 1 | 06.48 |
| 11 | 446 | DUL Kinga | JELENIA GÓRA | | POL | 84 | K30/11 | (K)73 | 00:34:41 | 1 | 06.56 |
| 12 | 442 | DEREŃ Małgorzata | GRYFÓW ŚLĄSKI | | POL | 84 | K30/12 | (K)79 | 00:36:50 | 1 | 07.22 |
| 5 km - K25 [5] | | | | | | | | | | | |
| 1 | 448 | DURKALEC Jagoda | JELENIA GÓRA | | POL KARKONOSZ RUNNING TEAM | 92 | K25/1 | (K)6 | 00:22:56 | 1 | 04.34 |
| 2 | 478 | JAWORSKA Angelika | MIRSK | | POL UZDROWISKO ŚWIERADÓW | 93 | K25/2 | (K)19 | 00:26:58 | 1 | 05.23 |
| 3 | 495 | KUCHARCZYK Katarzyna | JELENIA GÓRA | | POL - | 89 | K25/3 | (K)31 | 00:28:38 | 1 | 05.43 |
| 4 | 459 | GNIEWEK Justyna | JELENIA GÓRA | | POL | 89 | K25/4 | (K)41 | 00:29:57 | 1 | 05.59 |
| 5 | 566 | TRZECIAK Katarzyna | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 91 | 91 | K25/5 | (K)97 | 00:51:41 | 1 | 10.20 |

| 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] |
|------------------------|--------|----------------------|---------------------|----------|---|---------|--------------------|-------|-----------|-----|----------|
| POL PGU | | | | | | | | | | | |
| 5 km - K18 [4] | | | | | | | | | | | |
| 1 | 378 | TUPAJ Patrycja | NOWA WIEŚ GRODZISKA | | POL BIEGAM BO LUBIĘ | 94 | K18/1 | (K)17 | 00:26:49 | 1 | 05.21 |
| 2 | 501 | LECH Barbara | OLEŚNICZKA | | POL | 95 | K18/2 | (K)33 | 00:28:56 | 1 | 05.47 |
| 3 | 532 | PIĘTKA Natalia | JANOWICE WIELKIE | | POL | 94 | K18/3 | (K)57 | 00:31:38 | 1 | 06.19 |
| 4 | 585 | ŻAK Daria | SZKLARSKA PORĘBA | | POL DRÄXLMAIER | 97 | K18/4 | (K)60 | 00:32:04 | 1 | 06.24 |
| 5 km - KM [7] | | | | | | | | | | | |
| 1 | 604 | WYSZOWSKA Anna | WAŁBRZYCH | | POL KARKONOSZ RUNNING TEAM | 01 | KM/1 | (K)1 | 00:19:25 | 1 | 03.52 |
| 2 | 437 | CHOROSTKOWSKA Zofia | MODRZYCA | | POL NOWOSOLSKA GRUPA BIEGOWA | 04 | KM/2 | (K)2 | 00:20:53 | 1 | 04.09 |
| 3 | 462 | GRZANKA Maja | JELENIA GÓRA | | POL | 05 | KM/3 | (K)23 | 00:27:52 | 1 | 05.34 |
| 4 | 476 | JAROSZ Daria | JELENIA GÓRA | | POL JAROSZKI | 10 | KM/4 | (K)24 | 00:27:55 | 1 | 05.35 |
| 5 | 441 | DEREŃ Julia | GRYFÓW ŚLĄSKI | | POL | 02 | KM/5 | (K)78 | 00:36:50 | 1 | 07.22 |
| 6 | 499 | KULKA Nela | JELENIA GÓRA | | POL QULKA TEAM | 07 | KM/6 | (K)87 | 00:39:34 | 1 | 07.54 |
| 7 | 469 | INDYK Aleksandra | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 04 | 04 | KM/7 | (K)93 | 00:48:28 | 1 | 09.41 |
| PGU | | | | | | | | | | | |
| 5 km - M65 [1] | | | | | | | | | | | |
| 1 | 559 | SZPARGAŁA Lech | JELENIA GÓRA | | POL BRAK | 53 | M65/1 | (M)48 | 00:28:02 | 1 | 05.36 |
| 5 km - M60 [6] | | | | | | | | | | | |
| 1 | 551 | SITEK Tadeusz | MARCISZÓW | | POL | 56 | M60/1 | (M)4 | 00:18:41 | 1 | 03.43 |
| 2 | 582 | DUL Zbigniew | JELENIA GÓRA | | POL TEAM VERTICAL | 57 | M60/2 | (M)9 | 00:20:34 | 1 | 04.06 |
| 3 | 543 | RÓŻNICKI Wiesław | JELENIA GÓRA | | POL | 57 | M60/3 | (M)18 | 00:22:54 | 1 | 04.33 |
| 4 | 455 | GARDECKI Wiesław | WAŁBRZYCH | | POL | 58 | M60/4 | (M)40 | 00:26:24 | 1 | 05.16 |
| 5 | 506 | MAŁEK Piotr | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 55 | 55 | M60/5 | (M)49 | 00:28:07 | 1 | 05.37 |
| PGU | | | | | | | | | | | |
| 6 | 505 | MACHAJEK Krzysztof | POLKOWICE | | POL STOWARZYSZENIE TRANSPLANTACJI SERCA | 54 | M60/6 | (M)68 | 00:48:26 | 1 | 09.41 |
| KOŁO ZABRZE | | | | | | | | | | | |
| 5 km - M55 [1] | | | | | | | | | | | |
| 1 | 484 | KANIECKI Leszek | JELENIA GÓRA | | POL SKIPPERS | 59 | M55/1 | (M)66 | 00:37:18 | 1 | 07.27 |
| 5 km - M50 [1] | | | | | | | | | | | |
| 1 | 514 | MIGUT Jerzy | OLSZYNA | | POL OLSZYNA BIEGA | 66 | M50/1 | (M)39 | 00:26:24 | 1 | 05.15 |
| 5 km - M45 [5] | | | | | | | | | | | |
| 1 | 426 | BARAN-DOJS Piotr | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 71 | 71 | M45/1 | (M)27 | 00:24:49 | 1 | 04.56 |
| PGU | | | | | | | | | | | |
| 2 | 463 | GRZANKA Mirosław | JELENIA GÓRA | | POL | 72 | M45/2 | (M)50 | 00:28:08 | 1 | 05.37 |
| 3 | 489 | KOSIOROWSKI Adam | JELENIA GÓRA | | POL | 73 | M45/3 | (M)52 | 00:28:57 | 1 | 05.47 |
| 4 | 558 | SUPIERZ Leszek | KOWARY | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 69 | M45/4 | (M)65 | 00:37:12 | 1 | 07.26 |
| PGU | | | | | | | | | | | |
| 5 | 425 | BANAŚ Robert | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 73 | 73 | M45/5 | (M)69 | 01:02:36 | 1 | 12.31 |
| 5 km - M40 [10] | | | | | | | | | | | |
| 1 | 491 | KOŚCIELNIAK Urban | SĘDZISŁAW | | POL BRAK | 74 | M40/1 | (M)6 | 00:19:39 | 1 | 03.54 |
| 2 | 427 | BARCZYŃSKI Artur | JEŻÓW SUDECKI | | POL | 78 | M40/2 | (M)7 | 00:19:46 | 1 | 03.56 |
| 3 | 580 | ZAWADA Marek | LWÓWEK ŚLĄSKI | | POL KP PSP LWÓWEK ŚLĄSKI | 74 | M40/3 | (M)16 | 00:22:33 | 1 | 04.28 |
| 4 | 544 | RYDZEWSKI Andrzej | LEŚNA | | POL ZABIEGANI Z LEŚNEJ | 76 | M40/4 | (M)28 | 00:24:51 | 1 | 04.56 |
| 5 | 597 | MUCZYŃSKI Zbigniew | ZACHELMIE | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA 77 | 77 | M40/5 | (M)29 | 00:24:54 | 1 | 04.57 |
| PGU | | | | | | | | | | | |
| 6 | 240 | MŁYNARCZYK Jacek | 55-095 | | POL | 78 | M40/6 | (M)34 | 00:25:55 | 1 | 05.09 |
| 7 | 568 | WALCZAK Paweł | JELENIA GÓRA | | POL AESCULAP | 77 | M40/7 | (M)37 | 00:26:18 | 1 | 05.13 |
| 8 | 439 | CZYŻ Mariusz | KAMIENNA GÓRA | | POL KS SZORTY | 76 | M40/8 | (M)55 | 00:29:37 | 1 | 05.55 |
| 9 | 537 | PRZYBYSZ Grzegorz | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 76 | M40/9 | (M)58 | 00:30:18 | 1 | 06.03 |
| 10 | 497 | KUKLIŃSKI Tomasz | KARPACZ | | POL KARPACZ-BIEGAM BO LUBIĘ | 76 | M40/10 | (M)67 | 00:38:57 | 1 | 07.47 |
| 5 km - M35 [10] | | | | | | | | | | | |
| 1 | 519 | OLEKSIUK Leszek | ZGORZELEC | | POL EDI TEAM ZGORZELEC | 82 | M35/1 | (M)2 | 00:18:35 | 1 | 03.42 |
| 2 | 542 | RODAK Zbigniew | STRZEGOM | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 83 | M35/2 | (M)12 | 00:21:18 | 1 | 04.14 |
| 3 | 474 | JANKOWSKI Krzysztof | JELENIA GÓRA | | POL | 82 | M35/3 | (M)25 | 00:23:49 | 1 | 04.44 |

| 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] |
|-----------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|-------|--------------|-----|----------|
| 4 | 431 | BRYNIARSKI Bartosz | JELENIA GÓRA | | POL BIGSYSTEM CREW | 79 | M35/4 | (M)36 | 00:26:15 | 1 | 05.15 |
| 5 | 513 | MIEDZIŃSKI Piotr | JELENIA GÓRA | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 83 | M35/5 | (M)42 | 00:26:44 | 1 | 05.20 |
| 6 | 520 | ÓLDYŃSKI Benedykt | JELENIA GÓRA | | POL | 79 | M35/6 | (M)44 | 00:27:24 | 1 | 05.28 |
| 7 | 535 | PRZESTALSKI Kornel | WROCLAW | | POL | 80 | M35/7 | (M)46 | 00:27:44 | 1 | 05.32 |
| 8 | 493 | KOZŁOWSKI Wojciech | KOWARY | | POL | 79 | M35/8 | (M)53 | 00:29:10 | 1 | 05.50 |
| 9 | 534 | PLUTA Marcin | PODGÓRZYN | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 83 | M35/9 | (M)54 | 00:29:11 | 1 | 05.50 |
| 10 | 589 | POLACZEK Bartosz | PRZESIEKA | | POL KARKONOSKA AGENCJA ROZWOJU REGIONALNEGO | 83 | M35/10 | (M)64 | 00:36:19 | 1 | 07.15 |

5 km - M30 [12]

| | | | | | | | | | | | |
|----|-----|----------------------|-----------------|--|---|----|--------|-------|----------|---|-------|
| 1 | 524 | OSYDA Artur | JELENIA GÓRA | | POL URZĄD MIASTA JELENIA GÓRA | 85 | M30/1 | (M)1 | 00:18:12 | 1 | 03.37 |
| 2 | 485 | KISIEL Jakub | ZŁOTORYJA | | POL OLAWS ZŁOTORYJA | 88 | M30/2 | (M)3 | 00:18:38 | 1 | 03.42 |
| 3 | 452 | FONFERKO Bartek | STRZEGOM | | POL | 88 | M30/3 | (M)19 | 00:22:57 | 1 | 04.34 |
| 4 | 487 | KODZIS Piotr | WLEŃ | | POL | 88 | M30/4 | (M)20 | 00:23:22 | 1 | 04.39 |
| 5 | 569 | WALICZEK Mateusz | JELENIA GÓRA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA PGU | 86 | M30/5 | (M)21 | 00:23:30 | 1 | 04.40 |
| 6 | 590 | KRÓLIKOWSKI Tomasz | ŚWIERADÓW ZDRÓJ | | POL NADLEŚNICTWO ŚWIERADÓW | 88 | M30/6 | (M)22 | 00:23:41 | 1 | 04.41 |
| 7 | 510 | MATKOWSKI Krzysztof | LWÓWEK ŚLAŃSKI | | POL | 84 | M30/7 | (M)33 | 00:25:52 | 1 | 05.07 |
| 8 | 578 | ZAJĄC Bartosz | JELENIA GÓRA | | POL | 88 | M30/8 | (M)38 | 00:26:22 | 1 | 05.16 |
| 9 | 434 | CHALIMONIUK Maciej | WAŁBRZYCH | | POL | 85 | M30/9 | (M)51 | 00:28:28 | 1 | 05.41 |
| 10 | 473 | JAKUBIEC Marcin | JELENIA GÓRA | | POL EAMM | 84 | M30/10 | (M)61 | 00:34:15 | 1 | 06.51 |
| 11 | 572 | WAWRZYŃIAK Krzysztof | JUTROSIN | | POL | 84 | M30/11 | (M)62 | 00:34:17 | 1 | 06.51 |
| 12 | 456 | GAWRON Sebastian | LEGNICKIE POLE | | POL GNIEWOMIERSKA GRUPA GIMNASTYCZNA | 86 | M30/12 | (M)63 | 00:34:45 | 1 | 06.57 |

5 km - M25 [6]

| | | | | | | | | | | | |
|---|-----|--------------------|---------------|--|-------------------------------|----|-------|-------|----------|---|-------|
| 1 | 511 | MATYJA Tadeusz | JELENIA GÓRA | | POL | 93 | M25/1 | (M)8 | 00:20:16 | 1 | 04.03 |
| 2 | 529 | PAWLUK Grzegorz | WROCLAW | | POL | 90 | M25/2 | (M)17 | 00:22:34 | 1 | 04.28 |
| 3 | 536 | PRZESTALSKI Marian | WROCLAW | | POL AC POLANKA | 89 | M25/3 | (M)24 | 00:23:49 | 1 | 04.42 |
| 4 | 494 | KRYLA Michał | JELENIA GÓRA | | POL URZĄD MIASTA JELENIA GÓRA | 90 | M25/4 | (M)26 | 00:24:42 | 1 | 04.55 |
| 5 | 449 | DYTKO Dariusz | OPOLE | | POL | 91 | M25/5 | (M)31 | 00:25:02 | 1 | 04.58 |
| 6 | 556 | STEFAŃSKI Kamil | CZERWONA WODA | | POL | 91 | M25/6 | (M)59 | 00:31:55 | 1 | 06.23 |

5 km - M18 [3]

| | | | | | | | | | | | |
|---|-----|-------------------|----------|--|---|----|-------|-------|----------|---|-------|
| 1 | 553 | SKÓRSKI Arkadiusz | ZAWIDÓW | | POL GEN CZEMPIONA | 95 | M18/1 | (M)5 | 00:19:22 | 1 | 03.51 |
| 2 | 467 | HAWRA Michał | WROCLAW | | POL GEN CZEMPIONA | 95 | M18/2 | (M)15 | 00:21:57 | 1 | 04.22 |
| 3 | 615 | OLKOWSKI Jędrzej | WARSZAWA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA PGU | 00 | M18/3 | (M)45 | 00:27:30 | 1 | 05.30 |

5 km - MM [14]

| | | | | | | | | | | | |
|----|-----|--------------------|---------------|--|---|----|-------|-------|----------|---|-------|
| 1 | 546 | SAJDAK Hubert | LUBAWKA | | POL MUKN POD STRÓŻĄ | 02 | MM/1 | (M)10 | 00:20:49 | 1 | 04.09 |
| 2 | 481 | JEDZINIAK Szymon | PIECHOWICE | | POL UKS KROKUS PIECHOWICE | 04 | MM/2 | (M)11 | 00:20:53 | 1 | 04.09 |
| 3 | 541 | RESPONDEK Kamil | OGORZELEC | | POL HYPE TEAM | 03 | MM/3 | (M)13 | 00:21:31 | 1 | 04.17 |
| 4 | 552 | SKÓRSKI Adam | ZAWIDÓW | | POL ZSZIL GÓRNIK ZGORZELEC | 01 | MM/4 | (M)14 | 00:21:43 | 1 | 04.19 |
| 5 | 480 | JEDZINIAK Jakub | PIECHOWICE | | POL UKS KROKUS PIECHOWICE | 07 | MM/5 | (M)23 | 00:23:44 | 1 | 04.43 |
| 6 | 428 | BARCZYŃSKI Oliwier | JEŻÓW SUDECKI | | POL | 06 | MM/6 | (M)30 | 00:24:55 | 1 | 04.57 |
| 7 | 518 | NAUMOWICZ Dawid | JELENIA GÓRA | | POL | 09 | MM/7 | (M)32 | 00:25:07 | 1 | 05.00 |
| 8 | 458 | GŁODZIK Michał | MIRKÓW | | POL | 07 | MM/8 | (M)35 | 00:25:56 | 1 | 05.09 |
| 9 | 432 | BRYNIARSKI Leon | JELENIA GÓRA | | POL WYPRAWY LEONA | 12 | MM/9 | (M)41 | 00:26:24 | 1 | 05.14 |
| 10 | 470 | INDYK Aleksander | JELENIA GÓRA | | POL | 09 | MM/10 | (M)43 | 00:26:48 | 1 | 05.21 |
| 11 | 444 | DŁUSKI Szymon | WOJCIESZÓW | | POL DOBROBUD | 08 | MM/11 | (M)47 | 00:27:50 | 1 | 05.34 |
| 12 | 571 | WARZYBOK Karol | JELENIA GÓRA | | POL | 06 | MM/12 | (M)56 | 00:29:43 | 1 | 05.56 |
| 13 | 471 | INDYK Mikołaj | JELENIA GÓRA | | POL WYPRAWY LEONA | 11 | MM/13 | (M)57 | 00:30:15 | 1 | 06.03 |
| 14 | 617 | OLKOWSKI Jerzy | WARSZAWA | | POL UZDROWISKO CIEPLICE SP. Z O.O. - GRUPA PGU | 06 | MM/14 | (M)60 | 00:32:47 | 1 | 06.33 |