

Półmaraton z flagą na Trójgarbie, Górską dycha na Trójgarbie

WYNIKI ZAWODÓW



Organizator: Biblioteka + Centrum Kultury w Czarnym Borze

Termin: 02.05.2019

Miejsce: Witków

Dystans: 22 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 | Netto | [min/km] |
|---|--------|-----------------------------|-------------------|----------|--|---------|--------------------|--------|-----------|----------|----------|
| Półmaraton górski ok. 22 km - K65 [1] | | | | | | | | | | | |
| 1 | 9 | SOBCZAK Renata | OLEŚNICA | | POL KB LUPUS OLEŚNICA | 53 | K65/1 | (K)16 | 02:40:00 | 02:39:50 | 07.08 |
| Półmaraton górski ok. 22 km - K60 [1] | | | | | | | | | | | |
| 1 | 50 | KUBIELEWICZ Zenobia | KAMIENNA GÓRA | | POL KAMIENNA GÓRA BIEGA | 58 | K60/1 | (K)19 | 03:03:51 | 03:03:32 | 08.11 |
| Półmaraton górski ok. 22 km - K50 [2] | | | | | | | | | | | |
| 1 | 132 | MAKOWIECKA ZIELIŃSKA Joanna | SZCZAWNO-ZDRÓJ | | POL DYNAMIT | 67 | K50/1 | (K)13 | 02:33:38 | 02:33:19 | 06.50 |
| 2 | 4 | BARCZAK Stanisława | WITKÓW | | POL SBINW TRÓJGARB STARE BOGACZOWICE | 67 | K50/2 | (K)15 | 02:35:47 | 02:35:30 | 06.56 |
| Półmaraton górski ok. 22 km - K45 [3] | | | | | | | | | | | |
| 1 | 83 | BUCZEK Gabriela | SWIERKI | | POL UKS LUDWIKOWICE | 73 | K45/1 | (K)7 | 02:20:00 | 02:19:54 | 06.14 |
| 2 | 141 | NIEKRASZ Justyna | ŚWIDNICA | | POL BIEGOWA ŚWIDNICA | 71 | K45/2 | (K)9 | 02:21:39 | 02:21:31 | 06.19 |
| 3 | 118 | WISNIEWSKA Ewa | WARSZAWA | | POL | 71 | K45/3 | (K)14 | 02:33:44 | 02:33:36 | 06.51 |
| Półmaraton górski ok. 22 km - K40 [8] | | | | | | | | | | | |
| 1 | 139 | MOCZULSKA Małgorzata | ŻARÓW | | POL KARKONOSZ RUNNING TEAM | 76 | K40/1 | (K)2 | 01:55:16 | 01:55:13 | 05.08 |
| 2 | 14 | PIEKARSKA Karina | ŚWIEBODZICE | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 75 | K40/2 | (K)5 | 02:09:07 | 02:08:57 | 05.45 |
| 3 | 22 | FURGAŁ Dorota | OLEŚNICA | | POL ELITERUNNERSCLUB.PL | 77 | K40/3 | (K)8 | 02:20:18 | 02:20:14 | 06.15 |
| 4 | 32 | WIERZBA-JURCZAK Anita | WROCLAW | | POL VEGE RUNNERS | 76 | K40/4 | (K)10 | 02:22:15 | 02:22:01 | 06.20 |
| 5 | 114 | JACKOWSKA Alicja | BYDGOSZCZ | | POL RUN&FUN | 75 | K40/5 | (K)11 | 02:24:05 | 02:23:53 | 06.25 |
| 6 | 89 | BOJEK Beata | RYDZYNA | | POL ACTIVE LIFESTYLE / R - TEAM | 76 | K40/6 | (K)12 | 02:25:54 | 02:25:41 | 06.30 |
| 7 | 125 | KOWZAN Marzena | WAŁBRZYCH | | POL AKTYWNY WAŁBRZYCH | 78 | K40/7 | (K)17 | 02:44:19 | 02:44:07 | 07.19 |
| 8 | 19 | GADACZ Katarzyna | STARE BOGACZOWICE | | POL KUHNTEAM | 79 | K40/8 | (K)18 | 02:55:29 | 02:55:13 | 07.49 |
| Półmaraton górski ok. 22 km - K30 [3] | | | | | | | | | | | |
| 1 | 135 | WOJCIECHOWSKA Maria | WARSZAWA | | POL JACEKBIEGA RUNNING TEAM | 88 | K30/1 | (K)3 | 02:05:03 | 02:04:46 | 05.34 |
| 2 | 128 | GARDECKA Sylwia | WAŁBRZYCH | | POL | 86 | K30/2 | (K)4 | 02:06:34 | 02:06:31 | 05.38 |
| 3 | 61 | BORKOWSKA Justyna | SĘDZISŁAW | | POL | 85 | K30/3 | (K)6 | 02:14:45 | 02:14:40 | 06.00 |
| Półmaraton górski ok. 22 km - K20 [1] | | | | | | | | | | | |
| 1 | 115 | DU CZMAL Dominika | RYCHTAL | | POL TEAM MOUNTAIN FUEL POLSKA/ SPARTA ULTRA TEAM | 96 | K20/1 | (K)1 | 01:49:22 | 01:49:18 | 04.52 |
| Półmaraton górski ok. 22 km - M65 [3] | | | | | | | | | | | |
| 1 | 105 | TWARÓG Zbigniew | STRZEGOM | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 52 | M65/1 | (M)48 | 02:05:10 | 02:05:03 | 05.34 |
| 2 | 52 | FURMAN Mirosław | OLEŚNICA | | POL KB LUPUS OLEŚNICA | 54 | M65/2 | (M)93 | 02:36:35 | 02:36:22 | 06.58 |
| 3 | 56 | DĄBROWSKI Jerzy | POLKOWICE | | POL DRUŻYNA SZPIKU KGHM | 53 | M65/3 | (M)99 | 02:48:19 | 02:48:05 | 07.30 |
| Półmaraton górski ok. 22 km - M60 [5] | | | | | | | | | | | |
| 1 | 23 | PLEŚNIARSKI Zbigniew | KARPACZ | | POL KLUB SPORTOWY GRAŃ W KARPACZU | 59 | M60/1 | (M)39 | 02:01:28 | 02:01:26 | 05.25 |
| 2 | 124 | ANACZKOWSKI Mirosław | SZTUM | | POL LKS ZANTYR | 56 | M60/2 | (M)64 | 02:13:44 | 02:13:32 | 05.57 |
| 3 | 108 | KOPACZ Mirosław | POZNAŃ | | POL | 55 | M60/3 | (M)70 | 02:18:50 | 02:18:41 | 06.11 |
| 4 | 51 | KUBIELEWICZ Andrzej | KAMIENNA GÓRA | | POL KAMIENNA GÓRA BIEGA | 56 | M60/4 | (M)91 | 02:34:17 | 02:34:01 | 06.52 |
| 5 | 25 | JASIAK Zbigniew | WAŁBRZYCH | | POL DĘBY WAŁBRZYCH | 58 | M60/5 | (M)100 | 02:50:11 | 02:50:09 | 07.35 |
| Półmaraton górski ok. 22 km - M55 [3] | | | | | | | | | | | |
| 1 | 70 | PODOLSKI Przemysław | ŚWIDNICA | | POL ŚWIDNICKA GRUPA BIEGOWA | 64 | M55/1 | (M)20 | 01:51:02 | 01:51:00 | 04.57 |
| 2 | 45 | IZWORSKI Stanisław | LUBAWKA | | POL KS URAN OKRZESZYN | 61 | M55/2 | (M)53 | 02:07:53 | 02:07:46 | 05.42 |
| 3 | 86 | ĆWIKŁOWSKI Marek | TRZEBNICA | | POL OBORYGENI | 60 | M55/3 | (M)101 | 02:56:39 | 02:56:31 | 07.52 |
| Półmaraton górski ok. 22 km - M50 [13] | | | | | | | | | | | |
| 1 | 138 | ŁUKASZEWSKI Andrzej | WROCLAW | | POL | 67 | M50/1 | (M)23 | 01:54:29 | 01:54:27 | 05.06 |
| 2 | 63 | ADAMIN Artur | WAŁBRZYCH | | POL | 68 | M50/2 | (M)29 | 01:56:09 | 01:56:05 | 05.10 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|-------------------|----------|---|---------|--------------------|---------|-----------|----------|----------|
| 3 | 69 | OLEJNICZAK Dariusz | POLKOWICE | | POL AKS WYBIEGANI POLKOWICE | 68 | M50/3 | (M)43 | 02:03:25 | 02:03:19 | 05.30 |
| 4 | 35 | SULIMA Grzegorz | STRZEGOM | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 67 | M50/4 | (M)49 | 02:05:28 | 02:05:22 | 05.35 |
| 5 | 12 | CZYCZERSKI Jacek | ROGOŹNICA | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 68 | M50/5 | (M)50 | 02:06:53 | 02:06:45 | 05.39 |
| 6 | 34 | WALUŚKIEWICZ Artur | WROCLAW | | POL BOANERGES | 67 | M50/6 | (M)51 | 02:06:53 | 02:06:48 | 05.39 |
| 7 | 27 | LECH Mirosław | NOWE BOGACZOWICE | | POL | 66 | M50/7 | (M)60 | 02:12:06 | 02:12:04 | 05.53 |
| 8 | 41 | MATWIEJCZUK Jacek | ŚWIEBODZICE | | POL TEMMPO WAŁBRZYCH | 69 | M50/8 | (M)61 | 02:12:54 | 02:12:43 | 05.55 |
| 9 | 109 | KOWALEWSKI Robert | WROCLAW | | POL | 69 | M50/9 | (M)69 | 02:17:22 | 02:17:14 | 06.07 |
| 10 | 73 | ZAGAŁA Piotr | ŚWIDNICA | | POL WWW.MOJEMIASTO.SWIDNICA.PL | 69 | M50/10 | (M)73 | 02:21:39 | 02:21:30 | 06.19 |
| 11 | 66 | JURCZAK Jacek | WROCLAW | | POL VEGE RUNNERS | 66 | M50/11 | (M)74 | 02:22:15 | 02:22:00 | 06.20 |
| 12 | 131 | ZIELIŃSKI Marek | SZCZAWNÓ ZDRÓJ | | POL | 68 | M50/12 | (M)90 | 02:33:38 | 02:33:18 | 06.50 |
| 13 | 6 | GAWEL Dariusz | STARE BOGACZOWICE | | POL KORBA KLUB GÓRSKIEJ TURYSTYKI ROWEROWEJ | 68 | M50/13 | (M)96 | 02:43:40 | 02:43:27 | 07.17 |

Półmaraton górski ok. 22 km - M45 [12]

| | | | | | | | | | | | |
|----|-----|-------------------|------------------|--|-----------------------------|----|--------|-------|----------|----------|-------|
| 1 | 82 | CZERWIŃSKI Rafał | SUCHY LAS | | POL SMASHING PĄPKINS | 73 | M45/1 | (M)11 | 01:44:30 | 01:44:27 | 04.39 |
| 2 | 95 | RAČKI Dariusz | WAŁBRZYCH | | POL RONAL POLSKA RUN | 70 | M45/2 | (M)21 | 01:51:36 | 01:51:33 | 04.58 |
| 3 | 77 | MAZUREK Artur | CZARNY BÓR | | POL GMINA LUDZI Z PASJĄ | 70 | M45/3 | (M)32 | 01:58:46 | 01:58:42 | 05.17 |
| 4 | 121 | NIEZGÓDKA Tomasz | WROCLAW | | POL FAKTORINGEKSPERT.PL | 70 | M45/4 | (M)34 | 02:00:08 | 02:00:05 | 05.21 |
| 5 | 24 | KIERSKI Adam | BIELAWA | | POL | 73 | M45/5 | (M)36 | 02:00:45 | 02:00:34 | 05.22 |
| 6 | 107 | KAPŁOWSKI Jerzy | WAŁBRZYCH | | POL | 74 | M45/6 | (M)37 | 02:01:05 | 02:00:48 | 05.23 |
| 7 | 65 | OLAŃSKI Krzysztof | WROCLAW | | POL | 73 | M45/7 | (M)45 | 02:04:21 | 02:04:14 | 05.32 |
| 8 | 53 | CYGAN Irek | ŚWIDNICA | | POL KB SKURCZ | 70 | M45/8 | (M)52 | 02:07:18 | 02:07:07 | 05.40 |
| 9 | 136 | SKUŁA Krzysztof | ŚRODA ŚLĄSKA | | POL | 72 | M45/9 | (M)63 | 02:13:12 | 02:12:54 | 05.56 |
| 10 | 58 | SZLUFCIK Zbigniew | BOGUSZÓW-GORCE | | POL GRUPA BIEGOWA DZIKOWIEC | 74 | M45/10 | (M)67 | 02:16:54 | 02:16:40 | 06.06 |
| 11 | 116 | SULIN Marek | GLIWICE | | POL SPARTANIE DZIECIOM | 73 | M45/11 | (M)71 | 02:19:15 | 02:19:06 | 06.12 |
| 12 | 29 | CHORAŻY Piotr | JANOWICE WIELKIE | | POL NATURALNIE JANOWICE | 71 | M45/12 | (M)87 | 02:32:24 | 02:32:08 | 06.47 |

Półmaraton górski ok. 22 km - M40 [22]

| | | | | | | | | | | | |
|----|-----|----------------------|------------------|--|------------------------------------|----|--------|-------|----------|----------|-------|
| 1 | 117 | JACHYM CZYK Norbert | JAWORZNO | | POL KB MCKIS JAWORZNO | 78 | M40/1 | (M)7 | 01:40:18 | 01:40:16 | 04.28 |
| 2 | 130 | PALUSZKIEWICZ Robert | LUBIN | | POL | 76 | M40/2 | (M)8 | 01:41:34 | 01:41:30 | 04.31 |
| 3 | 84 | GRABLEWSKI Grzegorz | WROCLAW | | POL MKS SIECHNICE | 75 | M40/3 | (M)10 | 01:42:36 | 01:42:34 | 04.34 |
| 4 | 79 | MARTOWSKI Maciej | WROCLAW | | POL EUROPA UBEZPIECZENIA | 76 | M40/4 | (M)19 | 01:50:48 | 01:50:46 | 04.56 |
| 5 | 3 | FILIP Daniel | CZARNY BÓR | | POL CZARNY BÓR GMINA LUDZI Z PASJĄ | 77 | M40/5 | (M)24 | 01:54:43 | 01:54:36 | 05.06 |
| 6 | 11 | WOŁCZEK Przemysław | STRZEGOM | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 79 | M40/6 | (M)27 | 01:55:25 | 01:55:19 | 05.08 |
| 7 | 67 | ARCISZEWSKI Marcin | WAŁBRZYCH | | POL SUDECKIE WYCIECZKI BIEGOWE | 79 | M40/7 | (M)28 | 01:55:35 | 01:55:32 | 05.09 |
| 8 | 20 | GRZESIK Paweł | WAŁBRZYCH | | POL SOR WAŁBRZYCH | 79 | M40/8 | (M)31 | 01:57:47 | 01:57:32 | 05.14 |
| 9 | 110 | KRAJEWSKI Krzysztof | BOGUSZÓW-GORCE | | POL GRUPA BIEGOWA DZIKOWIEC | 75 | M40/9 | (M)33 | 02:00:00 | 01:59:59 | 05.21 |
| 10 | 42 | WCIÓRKA Piotr | ŚWIDNICA | | POL REAKTYWACJA | 79 | M40/10 | (M)38 | 02:01:09 | 02:01:01 | 05.24 |
| 11 | 137 | MUČKA Paweł | JELEŃ GÓRA | | POL | 77 | M40/11 | (M)46 | 02:04:47 | 02:04:32 | 05.33 |
| 12 | 123 | WYSMOLIŃSKI Rafał | BIERNATKI | | POL | 77 | M40/12 | (M)55 | 02:08:49 | 02:08:29 | 05.44 |
| 13 | 17 | BŁASZKIEWICZ Tomasz | WAŁBRZYCH | | POL TEMMPO WAŁBRZYCH | 75 | M40/13 | (M)56 | 02:09:23 | 02:09:16 | 05.46 |
| 14 | 78 | KOŁODZIEJ Adrian | STRZEGOM | | POL GRUPA BIEGOWA 'BEZ GRANIC' | 76 | M40/14 | (M)58 | 02:10:50 | 02:10:39 | 05.49 |
| 15 | 28 | ŚWIERK Seweryn | JANOWICE WIELKIE | | POL NATURALNIE JANOWICE | 79 | M40/15 | (M)62 | 02:13:11 | 02:12:59 | 05.56 |
| 16 | 140 | SPUREK Piotr | WAŁBRZYCH | | POL NSK RUNS | 78 | M40/16 | (M)65 | 02:14:45 | 02:14:31 | 06.00 |
| 17 | 113 | JACKOWSKI Tomasz | BYDGOSZCZ | | POL RUN&FUN | 75 | M40/17 | (M)78 | 02:24:06 | 02:23:54 | 06.25 |
| 18 | 90 | JAKUBOWSKI Rafał | GOSTYŃ | | POL ACTIVE LIFESTYLE / R - TEAM | 78 | M40/18 | (M)80 | 02:25:53 | 02:25:39 | 06.30 |
| 19 | 133 | CHOCHOLSKI Remigiusz | STRZEGOM | | POL | 75 | M40/19 | (M)84 | 02:29:24 | 02:29:15 | 06.39 |
| 20 | 37 | CIMASZEWSKI Piotr | WAŁBRZYCH | | POL | 75 | M40/20 | (M)86 | 02:30:29 | 02:30:11 | 06.42 |
| 21 | 38 | ŁACHAN Patryk | WROCLAW | | POL WKURW_TEAM | 79 | M40/21 | (M)89 | 02:33:14 | 02:33:05 | 06.50 |
| 22 | 39 | FRANKOWSKI Jacek | ŚWIEBODZICE | | POL RONAL POLSKA RUN | 77 | M40/22 | (M)94 | 02:40:43 | 02:40:25 | 07.09 |

Półmaraton górski ok. 22 km - M30 [36]

| | | | | | | | | | | | |
|---|-----|---------------------|-------------|--|--------------------------------------|----|-------|-------|----------|----------|-------|
| 1 | 93 | GÓRAK Przemysław | SOBÓTKA | | POL KB SOBÓTKA | 80 | M30/1 | (M)2 | 01:33:55 | 01:33:54 | 04.11 |
| 2 | 175 | JAGIELLICZ Marcin | WAŁBRZYCH | | POL BZ TRAINING SYSTEM | 88 | M30/2 | (M)3 | 01:36:41 | 01:36:39 | 04.18 |
| 3 | 8 | WOJŚLAW Bartłomiej | MARCINOWICE | | POL GLKS MARCINOWICE | 84 | M30/3 | (M)4 | 01:38:13 | 01:38:12 | 04.23 |
| 4 | 92 | OSKWAREK Piotr | TRZEBUNIA | | POL ŁĄCZKA TEAM LEGNICA | 87 | M30/4 | (M)5 | 01:38:45 | 01:38:43 | 04.24 |
| 5 | 98 | KRAJEWSKI Grzegorz | LEGNICA | | POL 4K LEGNICA | 82 | M30/5 | (M)6 | 01:39:18 | 01:39:16 | 04.25 |
| 6 | 46 | NABORCZYK Sebastian | WAŁBRZYCH | | POL SBINW TRÓJGARB STARE BOGACZOWICE | 89 | M30/6 | (M)9 | 01:42:30 | 01:42:26 | 04.34 |
| 7 | 16 | ŁYCZKOWSKI Kamil | WAŁBRZYCH | | POL WINDIR | 89 | M30/7 | (M)13 | 01:46:19 | 01:46:17 | 04.44 |
| 8 | 74 | RAIS Michał | WAŁBRZYCH | | POL | 88 | M30/8 | (M)14 | 01:46:30 | 01:46:28 | 04.45 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|------------------------------------|---------|--------------------|---------|-----------|----------|----------|
| 9 | 111 | BIELAWNY Adam | WAŁBRZYCH | POL | | 84 | M30/9 | (M)15 | 01:48:03 | 01:47:55 | 04.49 |
| 10 | 81 | BAKIEWICZ Błażej | GDAŃSK | POL | SMASHING PĄPKINS | 82 | M30/10 | (M)16 | 01:48:46 | 01:48:43 | 04.51 |
| 11 | 49 | DZIESZUK Grzegorz | WAŁBRZYCH | POL | PODZAMCZE WAŁBRZYCH | 80 | M30/11 | (M)17 | 01:50:05 | 01:50:01 | 04.54 |
| 12 | 30 | HNATIUK Michał | WAŁBRZYCH | POL | | 89 | M30/12 | (M)22 | 01:53:44 | 01:53:42 | 05.04 |
| 13 | 18 | ŁUKAWSKI Krzysztof | ŚWIEBODZICE | POL | | 83 | M30/13 | (M)25 | 01:54:56 | 01:54:45 | 05.07 |
| 14 | 91 | WIERZBICKI Witold | WROCLAW | POL | PRO-RUN WROCLAW | 81 | M30/14 | (M)26 | 01:55:10 | 01:55:03 | 05.08 |
| 15 | 54 | MESJASZ Marek | LUBIN | POL | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 85 | M30/15 | (M)30 | 01:57:11 | 01:57:04 | 05.13 |
| 16 | 71 | WŁODARCZYK Krystian | WAŁBRZYCH | POL | GRUPA BIEGOWA TRISTONE WAŁBRZYCH | 85 | M30/16 | (M)35 | 02:00:22 | 02:00:05 | 05.21 |
| 17 | 101 | MIELCZARSKI Bartosz | WARSZAWA | POL | | 84 | M30/17 | (M)40 | 02:02:46 | 02:02:38 | 05.28 |
| 18 | 142 | JANUS Radosław | WROCLAW | POL | | 89 | M30/18 | (M)42 | 02:02:56 | 02:02:47 | 05.28 |
| 19 | 2 | LADENBERGER Mateusz | JACZKÓW | POL | WAWRZYTEAM | 83 | M30/19 | (M)44 | 02:04:12 | 02:04:04 | 05.32 |
| 20 | 122 | BOGUS Piotr | WARSZAWA | POL | JACEKBIEGA RUNNING TEAM | 83 | M30/20 | (M)47 | 02:04:58 | 02:04:43 | 05.34 |
| 21 | 96 | DZIEDZIŃSKI Łukasz | OBORNIKI ŚLĄSKIE | POL | | 83 | M30/21 | (M)54 | 02:08:07 | 02:08:00 | 05.42 |
| 22 | 31 | JAWORSKI Grzegorz | DZIERŻONIÓW | POL | | 82 | M30/22 | (M)57 | 02:10:07 | 02:09:55 | 05.48 |
| 23 | 68 | PLAZA Bartosz | WROCLAW | POL | PLAZA TEAM | 81 | M30/23 | (M)59 | 02:11:40 | 02:11:32 | 05.52 |
| 24 | 75 | KURNYTA Michał | CZARNY BÓR | POL | WESTERN GORCE SUPERSONICS | 89 | M30/24 | (M)66 | 02:15:54 | 02:15:51 | 06.03 |
| 25 | 36 | NIKIEL Remigiusz | GLUSZYCA | POL | | 85 | M30/25 | (M)75 | 02:23:04 | 02:22:55 | 06.22 |
| 26 | 126 | HOMENDA Przemysław | MARCINOWICE | POL | | 80 | M30/26 | (M)76 | 02:23:06 | 02:22:53 | 06.22 |
| 27 | 97 | RUBAJCZYK Paweł | WAŁBRZYCH | POL | | 84 | M30/27 | (M)77 | 02:23:43 | 02:23:25 | 06.24 |
| 28 | 15 | HRABIA Paweł | JEDLINA-ZDRÓJ | POL | TEMPO WAŁBRZYCH | 84 | M30/28 | (M)79 | 02:24:29 | 02:24:19 | 06.26 |
| 29 | 103 | JÓZWIK Piotr | WROCLAW | POL | | 89 | M30/29 | (M)81 | 02:26:10 | 02:25:52 | 06.30 |
| 30 | 102 | WAGON Piotr | SZCZAWNO-ZDRÓJ | POL | RONAL POLSKA RUN | 88 | M30/30 | (M)82 | 02:26:19 | 02:26:04 | 06.31 |
| 31 | 59 | KŁOPOCKI Tomek | KROTOSZYN | POL | BIEGNĘ DLA RODZINY | 84 | M30/31 | (M)85 | 02:30:09 | 02:29:55 | 06.41 |
| 32 | 87 | BOJEK Łukasz | RYDZYNA | POL | ACTIVE LIFESTYLE | 87 | M30/32 | (M)92 | 02:34:39 | 02:34:26 | 06.53 |
| 33 | 112 | WRONA Łukasz | BOLEŚCIN | POL | AKTYWNY WAŁBRZYCH | 81 | M30/33 | (M)97 | 02:44:19 | 02:44:07 | 07.19 |
| 34 | 134 | KOWALSKI Dobrosław | JEDLINA-ZDRÓJ | POL | RACING CLUB '90 | 81 | M30/34 | (M)98 | 02:47:15 | 02:47:05 | 07.27 |
| 35 | 40 | TOMCZYK Wojciech | BRZEG | POL | | 89 | M30/35 | (M)102 | 03:05:05 | 03:04:59 | 08.15 |

Półmaraton górski ok. 22 km - M20 [9]

| | | | | | | | | | | | |
|---|-----|--------------------|----------------|-----|-------------------------|----|-------|-------|----------|----------|-------|
| 1 | 33 | BRYŁKOWSKI Patryk | ŚWIDNICA | POL | | 95 | M20/1 | (M)1 | 01:31:37 | 01:31:36 | 04.05 |
| 2 | 10 | JURCZAK Tomasz | LUBAWKA | POL | BIEGAM BO LUBIĘ LUBAWKA | 95 | M20/2 | (M)12 | 01:46:05 | 01:46:03 | 04.44 |
| 3 | 57 | KALICKI Patryk | PROCHOWICE | POL | | 94 | M20/3 | (M)18 | 01:50:42 | 01:50:41 | 04.56 |
| 4 | 76 | TKACZYK Jakub | LUBIN | POL | | 92 | M20/4 | (M)41 | 02:02:49 | 02:02:44 | 05.28 |
| 5 | 236 | WĘGŁOWSKI Tomasz | LUBOMIN | POL | | 90 | M20/5 | (M)68 | 02:17:08 | 02:16:52 | 06.06 |
| 6 | 127 | DRAŻEWSKI Andrzej | BOGUSZÓW-GORCE | POL | | 96 | M20/6 | (M)72 | 02:20:08 | 02:20:02 | 06.15 |
| 7 | 119 | PAWLUCH Krzysztof | WROCLAW | POL | | 90 | M20/7 | (M)83 | 02:28:09 | 02:27:55 | 06.36 |
| 8 | 62 | ZIELIŃSKI Paweł | ŚWIDNICA | POL | | 93 | M20/8 | (M)88 | 02:33:12 | 02:33:00 | 06.49 |
| 9 | 1 | KASPEREK Sebastian | WAŁBRZYCH | POL | RONAL POLSKA RUN | 90 | M20/9 | (M)95 | 02:42:14 | 02:41:59 | 07.13 |

Górska Dycha 11 km - K65 [3]

| | | | | | | | | | | | |
|---|-----|---------------------|---------------|-----|---------------------|----|-------|-------|----------|----------|-------|
| 1 | 218 | STAGROWSKA Jadwiga | LEWIN BRZESKI | POL | LEWIN BIEGA | 54 | K65/1 | (K)42 | 01:30:14 | 01:29:59 | 07.53 |
| 2 | 227 | DOBROWOLSKA Bożena | JELENIA GÓRA | POL | SPORTOWI EMERYCI | 52 | K65/2 | (K)46 | 01:35:22 | 01:35:05 | 08.20 |
| 3 | 261 | NOWAKOWSKA Genowefa | JELENIA GÓRA | POL | BIEGAMDLAZDROWIA.PL | 52 | K65/3 | (K)51 | 01:53:33 | 01:53:15 | 09.56 |

Górska Dycha 11 km - K60 [3]

| | | | | | | | | | | | |
|---|-----|-----------------|------------------|-----|--|----|-------|-------|----------|----------|-------|
| 1 | 194 | ŚWIERK Krystyna | JANOWICE WIELKIE | POL | | 57 | K60/1 | (K)22 | 01:15:29 | 01:15:19 | 06.36 |
| 2 | 240 | STROJWAŚ Anna | WROCLAW | POL | | 57 | K60/2 | (K)40 | 01:29:51 | 01:29:40 | 07.52 |
| 3 | 249 | SZYLKIN Eulalia | WAŁBRZYCH | POL | | 59 | K60/3 | (K)45 | 01:30:49 | 01:30:37 | 07.56 |

Górska Dycha 11 km - K55 [1]

| | | | | | | | | | | | |
|---|-----|------------------|-----------|-----|---------------------|----|-------|-------|----------|----------|-------|
| 1 | 214 | SIARKIEWICZ Jola | PODGÓRZYN | POL | BIEGAMDLAZDROWIA.PL | 61 | K55/1 | (K)35 | 01:25:11 | 01:24:58 | 07.27 |
|---|-----|------------------|-----------|-----|---------------------|----|-------|-------|----------|----------|-------|

Górska Dycha 11 km - K50 [3]

| | | | | | | | | | | | |
|---|-----|----------------------------|---------------|-----|----------------------------|----|-------|-------|----------|----------|-------|
| 1 | 244 | DRAĞ Krystyna | WAŁBRZYCH | POL | SUDECKIE WYCIECZKI BIEGOWE | 66 | K50/1 | (K)19 | 01:14:15 | 01:14:06 | 06.30 |
| 2 | 269 | GABRYSIAK Iwona | JEDLINA-ZDRÓJ | POL | DYNAMIT | 68 | K50/2 | (K)30 | 01:22:47 | 01:22:36 | 07.14 |
| 3 | 285 | WROTKOWSKA-GADOWICZ Joanna | MIEROSZÓW | POL | DYNAMIT | 67 | K50/3 | (K)43 | 01:30:28 | 01:30:18 | 07.55 |

Górska Dycha 11 km - K45 [2]

| | | | | | | | | | | | |
|---|-----|---------------------|----------------|-----|---------------------|----|-------|-------|----------|----------|-------|
| 1 | 216 | MARKOWSKA Lilianna | JELENIA GÓRA - | POL | BIEGAMDLAZDROWIA.PL | 70 | K45/1 | (K)28 | 01:20:17 | 01:20:03 | 07.01 |
| 2 | 241 | PILARSKA Małgorzata | MIEROSZÓW | POL | BIEGAJ ZAPOBIEGAJ | 73 | K45/2 | (K)33 | 01:24:47 | 01:24:32 | 07.24 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|--------------------------------------|-----------|-----------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|-------|--------------|----------|----------|
| Górska Dycha 11 km - K40 [11] | | | | | | | | | | | |
| 1 | 243 | MITRO Katarzyna | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 78 | K40/1 | (K)6 | 01:05:46 | 01:05:35 | 05.45 |
| 2 | 233 | MARTOWSKA Barbara | WROCLAW | | POL | 78 | K40/2 | (K)11 | 01:09:02 | 01:08:56 | 06.02 |
| 3 | 235 | STOKŁOSA Katarzyna | STARE BOGACZOWICE | | POL | 78 | K40/3 | (K)15 | 01:11:09 | 01:10:52 | 06.12 |
| 4 | 21 | PIKUL Joanna | ŚWIEBODZICE | | POL | 79 | K40/4 | (K)16 | 01:12:08 | 01:11:57 | 06.18 |
| 5 | 195 | PRZYTUŁSKA Justyna | ŚWIDNICA | | POL | 79 | K40/5 | (K)18 | 01:14:04 | 01:13:50 | 06.28 |
| 6 | 268 | TCHOROWSKA Sylwia | NOWY JULIANÓW | | POL BIEGAJ ZAPOBIEGAJ | 77 | K40/6 | (K)25 | 01:16:42 | 01:16:26 | 06.42 |
| 7 | 282 | WCIOŹKA Monika | ŚWIDNICA | | POL BIEGOWA ŚWIDNICA | 79 | K40/7 | (K)27 | 01:17:14 | 01:16:57 | 06.45 |
| 8 | 271 | WYSMOLIŃSKA Karolina | BIERNATKI | | POL | 79 | K40/8 | (K)32 | 01:24:04 | 01:23:49 | 07.21 |
| 9 | 171 | SURGIENIEWICZ Alicja | GRZĘDY | | POL DZIKI WORKOUT CZARNY BÓR | 77 | K40/9 | (K)38 | 01:29:20 | 01:29:03 | 07.48 |
| 10 | 174 | FILIP Grażyna | CZARNY BÓR | | POL CZARNY BÓR GMINA LUDZI Z PASJĄ | 75 | K40/10 | (K)39 | 01:29:41 | 01:29:25 | 07.50 |
| 11 | 186 | KUTYCKA Małgorzata | WROCLAW | | POL CHOJRAK TEAM WROCLAW | 79 | K40/11 | (K)47 | 01:37:21 | 01:37:12 | 08.31 |
| Górska Dycha 11 km - K30 [21] | | | | | | | | | | | |
| 1 | 234 | FICNER Anna | ZŁOTORYJA | | POL OLAWS ZŁOTORYJA/MKS SIECHNICE | 85 | K30/1 | (K)1 | 00:52:40 | 00:52:37 | 04.36 |
| 2 | 239 | PETRYNA Jagoda | WROCLAW | | POL NOA | 88 | K30/2 | (K)3 | 00:59:41 | 00:59:39 | 05.14 |
| 3 | 289 | OPALIŃSKA-KLUSEK Małgorzata | OBORNIKI ŚLĄSKIE | | POL OBORYGENI | 81 | K30/3 | (K)5 | 01:05:34 | 01:05:30 | 05.44 |
| 4 | 237 | KOŁACZYŃSKA Karolina | WAŁBRZYCH | | POL | 82 | K30/4 | (K)7 | 01:07:06 | 01:06:52 | 05.51 |
| 5 | 220 | CIEŚLA Anna maria | JABLÓW | | POL | 86 | K30/5 | (K)8 | 01:07:39 | 01:07:29 | 05.55 |
| 6 | 264 | BIELAWNY Ewa | WAŁBRZYCH | | POL | 83 | K30/6 | (K)9 | 01:07:59 | 01:07:53 | 05.57 |
| 7 | 256 | NIEDZIAŁKOWSKA Lucyna | SĘDZISŁAW | | POL ARTEL | 88 | K30/7 | (K)12 | 01:10:15 | 01:10:09 | 06.09 |
| 8 | 259 | PASEK-ZARZYCKA Marta | OBORNIKI ŚLĄSKIE | | POL | 84 | K30/8 | (K)13 | 01:10:28 | 01:10:21 | 06.10 |
| 9 | 273 | KOSTECZKA Paulina | POZNAŃ | | POL DRUŻYNA BIEGĄCEGO ORIONA | 80 | K30/9 | (K)14 | 01:10:53 | 01:10:37 | 06.11 |
| 10 | 178 | BARTOSIK Sylwia | WAŁBRZYCH | | POL | 81 | K30/10 | (K)17 | 01:13:59 | 01:13:51 | 06.28 |
| 11 | 280 | ANACZKOWSKA Kamila | MALBORK | | POL | 88 | K30/11 | (K)20 | 01:14:58 | 01:14:42 | 06.33 |
| 12 | 180 | KUTYCKA-KUREK Elżbieta | WROCLAW | | POL CHOJRAK TEAM WROCLAW | 83 | K30/12 | (K)23 | 01:15:30 | 01:15:22 | 06.36 |
| 13 | 207 | OWSIANNIK Anna | LEGNICA | | POL | 82 | K30/13 | (K)26 | 01:17:07 | 01:16:54 | 06.44 |
| 14 | 221 | SOBKÓW Justyna | MIEROSZÓW | | POL | 89 | K30/14 | (K)29 | 01:21:09 | 01:21:05 | 07.06 |
| 15 | 202 | URBANIAK Julita | BORÓWNO | | POL DZIKI WORKOUT CZARNY BÓR | 80 | K30/15 | (K)31 | 01:23:13 | 01:22:56 | 07.16 |
| 16 | 253 | DZIEDZIŃSKA Natalia | OBORNIKI ŚLĄSKIE | | POL WOLNY BIEGACZ | 87 | K30/16 | (K)34 | 01:24:56 | 01:24:52 | 07.26 |
| 17 | 48 | BURZAK Justyna | GLIWICE | | POL | 85 | K30/17 | (K)36 | 01:26:53 | 01:26:41 | 07.36 |
| 18 | 246 | BUJALSKA Ilona | STARE BOGACZOWICE | | POL | 88 | K30/18 | (K)37 | 01:29:02 | 01:28:45 | 07.47 |
| 19 | 199 | DALECKA Ewelina | WAŁBRZYCH | | POL ALEX TEAM | 80 | K30/19 | (K)41 | 01:30:11 | 01:29:53 | 07.53 |
| 20 | 204 | KRZEMIŃSKA Ewa | DZIERŻONIÓW | | POL | 81 | K30/20 | (K)49 | 01:51:04 | 01:50:54 | 09.43 |
| 21 | 209 | CZARNECKA Dorota | STARE BOGACZOWICE | | POL | 88 | K30/21 | (K)50 | 01:51:15 | 01:51:13 | 09.45 |
| Górska Dycha 11 km - K20 [7] | | | | | | | | | | | |
| 1 | 198 | ROZUMKIEWICZ Sonia | ŚWIDNICA | | POL ŚWIDNICKA GRUPA BIEGOWA | 90 | K20/1 | (K)2 | 00:58:30 | 00:58:26 | 05.07 |
| 2 | 286 | CHUDZIKIEWICZ Karolina | WOJCIESZÓW | | POL M-T SPORT | 03 | K20/2 | (K)4 | 01:03:44 | 01:03:41 | 05.35 |
| 3 | 254 | KOTOWSKA Klaudia | JELENIA GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 94 | K20/3 | (K)10 | 01:08:18 | 01:08:12 | 05.59 |
| 4 | 26 | TABISZEWSKA Angelika | KĄTY WROCLAWSKIE | | POL | 90 | K20/4 | (K)21 | 01:15:06 | 01:15:00 | 06.34 |
| 5 | 208 | CZARNECKA Urszula | STARE BOGACZOWICE | | POL | 94 | K20/5 | (K)24 | 01:16:08 | 01:16:06 | 06.40 |
| 6 | 284 | GADOWICZ Agata | MIEROSZÓW | | POL | 91 | K20/6 | (K)44 | 01:30:28 | 01:30:17 | 07.55 |
| 7 | 279 | DERLACZ Klementyna | KRZESZÓW | | POL | 02 | K20/7 | (K)48 | 01:44:25 | 01:44:11 | 09.08 |
| Górska Dycha 11 km - M65 [2] | | | | | | | | | | | |
| 1 | 181 | AMBROSIEWICZ Henryk | JELENIA GÓRA | | POL KB LEW 2000 | 49 | M65/1 | (M)44 | 01:09:30 | 01:09:20 | 06.04 |
| 2 | 197 | PROMIRSKI Julian | JELENIA GÓRA | | POL KARKONOSKI WETERAN | 47 | M65/2 | (M)54 | 01:16:19 | 01:16:10 | 06.40 |
| Górska Dycha 11 km - M60 [6] | | | | | | | | | | | |
| 1 | 177 | SITEK Tadeusz | MARCISZÓW | | POL | 56 | M60/1 | (M)4 | 00:51:36 | 00:51:33 | 04.31 |
| 2 | 7 | OSTROPOLSKI Henryk | DZIERŻONIÓW | | POL BIELAWSKA AKADEMIA BIEGANIA | 57 | M60/2 | (M)34 | 01:05:19 | 01:05:13 | 05.43 |
| 3 | 192 | FABJAŃSKI Augustyn | WROCLAW | | POL AKTYWNI KLECINA71 | 57 | M60/3 | (M)39 | 01:06:36 | 01:06:29 | 05.49 |
| 4 | 188 | ŚWIERK Stanisław | JANOWICE WIELKIE | | POL NATURALNIE JANOWICE | 56 | M60/4 | (M)41 | 01:07:55 | 01:07:44 | 05.56 |
| 5 | 203 | PIOTRKOWSKI Jerzy | WROCLAW | | POL WRATISLAVIA 2019 | 58 | M60/5 | (M)52 | 01:15:00 | 01:14:41 | 06.33 |
| 6 | 226 | DOBROWOLSKI Robert | JELENIA GÓRA | | POL SPORTOWI EMERYCI | 57 | M60/6 | (M)56 | 01:17:45 | 01:17:29 | 06.47 |
| Górska Dycha 11 km - M55 [5] | | | | | | | | | | | |
| 1 | 283 | ZAGROBELNY Radosław | WROCLAW | | POL MONKO COFFEE | 64 | M55/1 | (M)16 | 00:57:27 | 00:57:21 | 05.01 |
| 2 | 229 | CYMERLIK Krzysztof | ŻORY | | POL UKS LUDWIKOWICE | 62 | M55/2 | (M)20 | 01:00:19 | 01:00:11 | 05.16 |
| 3 | 250 | KOWALSKI Aleksander | SZCZAWNO-ZDRÓJ | | POL | 63 | M55/3 | (M)27 | 01:02:49 | 01:02:42 | 05.30 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|------------------------------------|---------|--------------------|-------|-----------|----------|----------|
| 4 | 245 | KALISZ Dariusz | WAŁBRZYCH | | POL SUDECKIE WYCIECZKI BIEGOWE | 64 | M55/4 | (M)36 | 01:05:55 | 01:05:51 | 05.46 |
| 5 | 230 | OSTROWSKI Mieczysław | CZARNY BÓR | | POL CZARNY BÓR GMINA LUDZI Z PASJĄ | 64 | M55/5 | (M)58 | 01:22:11 | 01:21:59 | 07.11 |

Górska Dycha 11 km - M50 [6]

| | | | | | | | | | | | |
|---|-----|--------------------|---------------|--|-------------------------|----|-------|-------|----------|----------|-------|
| 1 | 182 | PATALON Marek | MARCINOWICE | | POL GLKS MARCINOWICE | 67 | M50/1 | (M)7 | 00:53:39 | 00:53:38 | 04.42 |
| 2 | 205 | PYPEĆ Dariusz | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 69 | M50/2 | (M)30 | 01:03:01 | 01:02:58 | 05.31 |
| 3 | 217 | GUTOWSKI Dariusz | JELEŃ GÓRA | | POL BIEGAMDLAZDROWIA.PL | 69 | M50/3 | (M)32 | 01:04:14 | 01:04:01 | 05.36 |
| 4 | 173 | KURNYTA Stanisław | WITKÓW ŚL. | | POL TEMPO WAŁBRZYCH | 69 | M50/4 | (M)42 | 01:08:20 | 01:08:12 | 05.59 |
| 5 | 215 | MARKOWSKI Zbigniew | JELEŃ GÓRA | | POL BIEGAMDLAZDROWIA.PL | 68 | M50/5 | (M)49 | 01:11:16 | 01:11:03 | 06.13 |
| 6 | 270 | GABRYSIAK Janusz | JEDLINA-ZDRÓJ | | POL DYNAMIT | 68 | M50/6 | (M)50 | 01:12:39 | 01:12:29 | 06.21 |

Górska Dycha 11 km - M45 [4]

| | | | | | | | | | | | |
|---|-----|-------------------|------------|--|-------------------------|----|-------|-------|----------|----------|-------|
| 1 | 231 | KUDRA Dariusz | DLUTÓW | | POL SZYBIE ŻÓLWIE | 73 | M45/1 | (M)6 | 00:52:25 | 00:52:25 | 04.35 |
| 2 | 257 | POREBA Waldemar | CZARNY BÓR | | POL GMINA LUDZI Z PASJĄ | 74 | M45/2 | (M)10 | 00:54:22 | 00:54:21 | 04.46 |
| 3 | 232 | KOŚCIELNIAK Urban | SĘDZISŁAW | | POL | 74 | M45/3 | (M)13 | 00:55:38 | 00:55:34 | 04.52 |
| 4 | 176 | LĘGA Wiesław | ŚWIDNICA | | POL BRAK TEAM/ KS TĘCZA | 72 | M45/4 | (M)40 | 01:07:23 | 01:07:15 | 05.53 |

Górska Dycha 11 km - M40 [13]

| | | | | | | | | | | | |
|----|-----|----------------------|----------------|--|---|----|--------|-------|----------|----------|-------|
| 1 | 274 | PANOWICZ Krzysztof | LEWKÓW | | POL KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI | 75 | M40/1 | (M)12 | 00:55:03 | 00:55:01 | 04.49 |
| 2 | 225 | OWSIANNIK Grzegorz | LEGNICA | | POL | 76 | M40/2 | (M)17 | 00:58:12 | 00:58:05 | 05.05 |
| 3 | 228 | BŁASZCZAK Mariusz | WAŁBRZYCH | | POL | 76 | M40/3 | (M)18 | 00:58:31 | 00:58:24 | 05.07 |
| 4 | 44 | ZAJĄC Sebastian | ŚWIDNICA | | POL BIEGOWA ŚWIDNICA | 76 | M40/4 | (M)21 | 01:00:28 | 01:00:16 | 05.17 |
| 5 | 281 | JAKUBOWSKI Sylwester | BOGUSZÓW-GORCE | | POL | 77 | M40/5 | (M)23 | 01:01:27 | 01:01:20 | 05.22 |
| 6 | 43 | KORDYLAK Ireneusz | WAŁBRZYCH | | POL POMIDOROWA ALTERNATYWA | 76 | M40/6 | (M)24 | 01:02:00 | 01:01:43 | 05.24 |
| 7 | 191 | SURGIENIEWICZ Marcin | GRZĘDY | | POL DZIKI WORKOUT CZARNY BÓR | 79 | M40/7 | (M)31 | 01:04:02 | 01:03:55 | 05.36 |
| 8 | 287 | SZABLEWSKI Adam | CZARNY BÓR | | POL | 79 | M40/8 | (M)35 | 01:05:31 | 01:05:15 | 05.43 |
| 9 | 224 | TCHOROWSKI Daniel | WAŁBRZYCH | | POL | 75 | M40/9 | (M)43 | 01:08:32 | 01:08:22 | 05.59 |
| 10 | 212 | SAMOLAK Maciek | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 78 | M40/10 | (M)45 | 01:10:28 | 01:10:11 | 06.09 |
| 11 | 172 | CIĄGŁO Grzegorz | BOGUSZÓW-GORCE | | POL GRUPA BIEGOWA DZIKOWIEC | 77 | M40/11 | (M)48 | 01:11:11 | 01:10:57 | 06.13 |
| 12 | 47 | LASKOWSKI Sebastian | GLIWICE | | POL KATA GURUMA GLIWICE | 78 | M40/12 | (M)59 | 01:26:54 | 01:26:42 | 07.36 |
| 13 | 187 | KUTYCKI Tomasz | WROCLAW | | POL CHOJRAK TEAM WROCLAW | 77 | M40/13 | (M)60 | 01:43:50 | 01:43:39 | 09.05 |

Górska Dycha 11 km - M30 [15]

| | | | | | | | | | | | |
|----|-----|----------------------|---------------|--|----------------------------------|----|--------|-------|----------|----------|-------|
| 1 | 200 | ZGŁOBICKI Jacek | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 83 | M30/1 | (M)9 | 00:53:55 | 00:53:45 | 04.42 |
| 2 | 210 | BARTOSIK Wojciech | WAŁBRZYCH | | POL | 84 | M30/2 | (M)15 | 00:57:16 | 00:57:13 | 05.01 |
| 3 | 201 | URBANIAK Marcin | BORÓWNO | | POL DZIKI WORKOUT CZARNY BÓR | 80 | M30/3 | (M)19 | 01:00:03 | 00:59:54 | 05.15 |
| 4 | 193 | WOŁOSZCZUK Tomek | BRZEG | | POL BIEGAM BO LUBIE BRZEG | 80 | M30/4 | (M)26 | 01:02:42 | 01:02:39 | 05.29 |
| 5 | 219 | BLACHNIK Damian | ŚWIDNICA | | POL | 82 | M30/5 | (M)28 | 01:02:52 | 01:02:41 | 05.29 |
| 6 | 213 | KONOPKA Łukasz | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 86 | M30/6 | (M)29 | 01:02:59 | 01:02:57 | 05.31 |
| 7 | 272 | KLARA Adam | WAŁBRZYCH | | POL | 89 | M30/7 | (M)33 | 01:05:15 | 01:05:00 | 05.42 |
| 8 | 179 | CHOJNACKI Paweł | WAŁBRZYCH | | POL | 81 | M30/8 | (M)37 | 01:06:09 | 01:05:57 | 05.47 |
| 9 | 223 | KACZMAREK Łukasz | GOSTKÓW | | POL | 81 | M30/9 | (M)38 | 01:06:16 | 01:06:00 | 05.47 |
| 10 | 265 | RZEPczyk Mikołaj | CZARNY BÓR | | POL N-KA WAŁBRZYCH | 86 | M30/10 | (M)46 | 01:10:36 | 01:10:22 | 06.10 |
| 11 | 267 | JAŚKIEWICZ Łukasz | WAŁBRZYCH | | POL | 84 | M30/11 | (M)47 | 01:10:43 | 01:10:27 | 06.10 |
| 12 | 266 | JAKUBIAK Przemysław | JAROCIN | | POL | 88 | M30/12 | (M)51 | 01:14:46 | 01:14:31 | 06.32 |
| 13 | 288 | WOJTANOWICZ Sławomir | | | POL DZIKI CZARNY BÓR | 84 | M30/13 | (M)53 | 01:15:24 | 01:15:06 | 06.35 |
| 14 | 238 | TRZEBSKI Grzegorz | ŻARÓW | | POL | 80 | M30/14 | (M)55 | 01:17:00 | 01:16:47 | 06.44 |
| 15 | 211 | FRĄSZCZAK Krzysztof | WAŁBRZYCH | | POL WKB PODZAMCZE ZAMEK KSIĄŻ | 81 | M30/15 | (M)57 | 01:21:16 | 01:21:01 | 07.06 |

Górska Dycha 11 km - M20 [9]

| | | | | | | | | | | | |
|---|-----|---------------------|---------------|--|--|----|-------|-------|----------|----------|-------|
| 1 | 242 | ZAJĄC Bartosz | STRUGA | | POL BZ TRAINING SYSTEM | 93 | M20/1 | (M)1 | 00:45:21 | 00:45:20 | 03.58 |
| 2 | 258 | KLIMCZAK Mikołaj | WROCLAW | | POL JUVENIA GŁUCHOŁAZY | 92 | M20/2 | (M)2 | 00:48:22 | 00:48:21 | 04.14 |
| 3 | 278 | JANIK Wojciech | BORÓWNO | | POL | 00 | M20/3 | (M)3 | 00:50:09 | 00:50:09 | 04.23 |
| 4 | 183 | STĄPOR Łukasz | WITKÓW | | POL | 92 | M20/4 | (M)5 | 00:52:03 | 00:52:01 | 04.33 |
| 5 | 262 | TRACZYŃSKI Daniel | ŚWIDNICA | | POL BIEGOWA ŚWIDNICA | 91 | M20/5 | (M)8 | 00:53:48 | 00:53:46 | 04.43 |
| 6 | 255 | CHUDECKI Przemysław | JELEŃ GÓRA | | POL ZORKA JELONKI RUNNING TEAM | 93 | M20/6 | (M)11 | 00:54:46 | 00:54:41 | 04.47 |
| 7 | 222 | MAZUREK Patryk | JEDLINA-ZDRÓJ | | POL AZS AWF KATOWICE / WYPOŻYCZALNIA PIAST | 94 | M20/7 | (M)14 | 00:56:43 | 00:56:42 | 04.58 |
| 8 | 260 | MARKOWSKI Paweł | JELEŃ GÓRA | | POL | 97 | M20/8 | (M)22 | 01:00:57 | 01:00:45 | 05.19 |
| 9 | 252 | LIPIŃSKI Rafał | BRZEG | | POL SHARK TEAM BRZEG | 90 | M20/9 | (M)25 | 01:02:32 | 01:02:28 | 05.28 |