

Sky Tower Run 2019

WYNIKI ZAWODÓW

Organizator: Stowarzyszenie Pro-Run Wrocław

Termin: 26.05.2019

Miejsce: WROCLAW

Dystans: 49 pięter



| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|-------------------------|--------|------------------------|---------------------|----------|--|---------|------------------------|-----------|----------|
| OPEN - M20 [239] | | | | | | | | | |
| 1 | 2 | RUSZAŁA Paweł | KĄTY OPOLSKIE | | POL STOWARZYSZENIE SPORTOWE FENIKS PRZ92 ELEKTROWNI OPOLE, KU AZS POLITECHNIKA OPOLSKA | M20/1 | (M)2 | 00:05:26 | *** |
| 2 | 29 | LEŚNIAK Kamil | TORUŃ | | POL SALCO GARMIN TEAM | 93 | M20/2 (M)5 | 00:05:45 | *** |
| 3 | 661 | WRZESZCZ Mariusz | OLBRACHTOWICE | | POL TMTEAM/VACO | 91 | M20/3 (M)6 | 00:05:54 | *** |
| 4 | 17 | KOSZYKOWSKI Daniel | CESARZOWICE | | POL | 91 | M20/4 (M)7 | 00:05:55 | *** |
| 5 | 31 | GOLENIIEWSKI Mateusz | TORUŃ | | POL KAMIL LEŚNIAK FANPAGE TEAM / DZIĘKI BENEK | 92 | M20/5 (M)11 | 00:06:20 | *** |
| 6 | 406 | GIL Michał | LUBOŃ | | POL LUBOŃSKI KLUB BIEGACZA | 97 | M20/6 (M)14 | 00:06:31 | *** |
| 7 | 139 | TARNOWSKI Adrian | WROCLAW, | | POL PRO-RUN WROCLAW | 94 | M20/7 (M)16 | 00:06:31 | *** |
| 8 | 26 | KJOWSKI Dominik | MILCZA | | POL KB KROŚCIENKO WYŻNE | 01 | M20/8 (M)17 | 00:06:37 | *** |
| 9 | 14 | MALICKI Michał | WROCLAW | | POL | 93 | M20/9 (M)18 | 00:06:38 | *** |
| 10 | 15 | BROJ Marcel | ŻLINICE | | POL BROJ TEAM ŻLINICE | 00 | M20/10 (M)22 | 00:06:43 | *** |
| 11 | 272 | STĄPOR Łukasz | WITKÓW | | POL | 92 | M20/11 (M)26 | 00:06:45 | *** |
| 12 | 35 | KOWALCZYK Dawid | KRASOCIN | | POL | 91 | M20/12 (M)28 | 00:06:48 | *** |
| 13 | 6 | DWORNIK Dominik | RADŁÓW | | POL ZESPÓŁ SZKÓŁ TECHNICZNYCH OSTRÓW WIELKOPOLSKI | 00 | M20/13 (M)30 | 00:06:55 | *** |
| 14 | 659 | MARKOWIAK Arkadiusz | JANOWICE WIELKIE | | POL | 92 | M20/14 (M)36 | 00:06:58 | *** |
| 15 | 923 | MIŚ Piotr | NAMYSŁÓW | | POL | 90 | M20/15 (M)40 | 00:07:04 | *** |
| 16 | 129 | ROSIŃSKI Patryk | RADZYŃ CHELMIŃSKI | | POL | 98 | M20/16 (M)41 | 00:07:05 | *** |
| 17 | 21 | JACIÓW Paweł | PRZEMYŚL | | POL | 91 | M20/17 (M)49 | 00:07:11 | *** |
| 18 | 613 | CHALAŚTRA Łukasz | RACIBÓRZ | | POL ROWEROWA PARKA | 95 | M20/18 (M)51 | 00:07:11 | *** |
| 19 | 1008 | ŻURAW Wiktor | SOKOLNIKI | | POL | 97 | M20/19 (M)54 | 00:07:14 | *** |
| 20 | 149 | LISOWSKI Piotr | WAŁBRZYCH | | POL HARE KRISHNA TEAM | 92 | M20/20 (M)58 | 00:07:19 | *** |
| 21 | 221 | WIERZBICKI Hubert | PASIKUROWICE | | POL CROSSFIT DOGFIELD WROCLAW | 92 | M20/21 (M)59 | 00:07:20 | *** |
| 22 | 958 | KARCZMIT Daniel | NYSA | | POL | 90 | M20/22 (M)67 | 00:07:24 | *** |
| 23 | 1011 | POWIERZA Mikołaj | OSTROW WIELKOPOLSKI | | POL | 01 | M20/23 (M)68 | 00:07:25 | *** |
| 24 | 955 | WALCZAK Adrian | GRODKÓW | | POL DZISIAJ MAM URODZINY | 95 | M20/24 (M)69 | 00:07:25 | *** |
| 25 | 1014 | SZAMBELAN Paweł | WROCLAW | | POL | 95 | M20/25 (M)76 | 00:07:32 | *** |
| 26 | 974 | SZKOŁA Dariusz | MILIN | | POL KORFF TEAM | 93 | M20/26 (M)80 | 00:07:37 | *** |
| 27 | 37 | SZCZEKUTOWICZ Adrian | WARSZAWA | | POL | 91 | M20/27 (M)81 | 00:07:37 | *** |
| 28 | 729 | STARCZEWSKI Dorian | CZĘSTOCHOWA | | POL | 93 | M20/28 (M)84 | 00:07:40 | *** |
| 29 | 668 | ZAWODNIK Anonimowy | | | POL | | M20/29 (M)85 | 00:07:41 | *** |
| 30 | 90 | ROSIŃSKI Jakub | WROCLAW | | POL | 95 | M20/30 (M)88 | 00:07:43 | *** |
| 31 | 284 | LEŚNIEWSKI Majkel | RAWICZ | | POL | 91 | M20/31 (M)90 | 00:07:43 | *** |
| 32 | 971 | PAWIŁOJCĘ Jakub | ŚWIEBODZICE | | POL FITNESSROAD ŚWIEBODZICE | 91 | M20/32 (M)92 | 00:07:45 | *** |
| 33 | 1025 | KŁOSE Piotr | WROCLAW | | POL | 90 | M20/33 (M)94 | 00:07:47 | *** |
| 34 | 455 | SZARSKI Jacek | WROCLAW | | POL | 95 | M20/34 (M)95 | 00:07:48 | *** |
| 35 | 448 | SZKLARZ Michał | WIERZBNA | | POL WIERZBIANKA WIERZBNA | 97 | M20/35 (M)98 | 00:07:50 | *** |
| 36 | 264 | BURAS Krzysztof | WROCLAW | | POL WYBIERZ | 91 | M20/36 (M)99 | 00:07:51 | *** |
| 37 | 141 | GAŚSIOROWSKI Krzysztof | WROCLAW | | POL OIRP WROCLAW / MAŁAPANEW OZIMEK | 90 | M20/37 (M)102 | 00:07:53 | *** |
| 38 | 418 | ŚWIĄTEK Wojciech | WROCLAW | | POL ĆWICZYMY POD WODĄ | 95 | M20/38 (M)103 | 00:07:54 | *** |
| 39 | 1018 | CZUBOCHA Tomasz | WROCLAW | | POL GOPHERS | 95 | M20/39 (M)104 | 00:07:55 | *** |
| 40 | 41 | CIEPLY Maciej | WROCLAW | | POL GOSTYŃ EASY TRAIL | 90 | M20/40 (M)110 | 00:07:57 | *** |
| 41 | 1023 | KOMUŃSKI Jacek | WROCLAW | | POL | 92 | M20/41 (M)114 | 00:07:58 | *** |
| 42 | 886 | BRUŹDZIAK Jakub | MIĘDZYRZECZ | | POL 17 WIELKOPOLSKA BRYGADA ZMECHANIZOWANA | 96 | M20/42 (M)118 | 00:08:00 | *** |

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|-----------------|-----------|-------------------------|---------------------|-------------|---------------------------------|------------|-----------------------|--------|--------------|----------|
| 43 | 474 | KULINA Maciej | WROCLAW | | POL NIGHT RUNNERS WROCLAW | 93 | M20/43 | (M)123 | 00:08:03 | *** |
| 44 | 916 | MARCINOWSKI Norbert | BIELAWA | | POL BIELAWSKA AKADEMIA BIEGANIA | 90 | M20/44 | (M)125 | 00:08:04 | *** |
| 45 | 217 | JANUSZ Aleksander | SOKOLEC | | POL SOKOLEC FANS & BENIO | 92 | M20/45 | (M)126 | 00:08:05 | *** |
| 46 | 981 | ZIMNIAK Mateusz | WROCLAW | | POL | 95 | M20/46 | (M)127 | 00:08:05 | *** |
| 47 | 208 | GĘBARSKI Krzysztof | STARE KOTKOWICE | | POL AMATOR | 90 | M20/47 | (M)128 | 00:08:05 | *** |
| 48 | 124 | SOBCZAK Bartłomiej | WROCLAW | | POL | 95 | M20/48 | (M)133 | 00:08:07 | *** |
| 49 | 941 | ŻARNOTAL Artur | ŻAGAŃ | | POL BBL ŻAGAŃ | 92 | M20/49 | (M)134 | 00:08:07 | *** |
| 50 | 791 | JANUSZEWICZ Dawid | BIELAWA | | POL BIELAWSKA AKADEMIA BIEGANIA | 98 | M20/50 | (M)141 | 00:08:11 | *** |
| 51 | 943 | HOFFGUNST Kacper | SZAMOTUŁY | | POL | 98 | M20/51 | (M)142 | 00:08:12 | *** |
| 52 | 606 | PEJS Karol | WROCLAW | | POL | 91 | M20/52 | (M)143 | 00:08:12 | *** |
| 53 | 351 | BOGOBOWICZ Dominik | CZĘSTOCHOWA | | POL | 95 | M20/53 | (M)144 | 00:08:12 | *** |
| 54 | 231 | BABIK Krzysztof | ŻRÓDŁA | | POL | 94 | M20/54 | (M)146 | 00:08:13 | *** |
| 55 | 904 | PRZYBYLSKI Robert | KALISZ | | POL | 95 | M20/55 | (M)150 | 00:08:15 | *** |
| 56 | 969 | MISZTAL Kamil | WROCLAW | | POL | 97 | M20/56 | (M)152 | 00:08:16 | *** |
| 57 | 972 | KURIATA Mateusz | ŚWIEBODZICE | | POL | 91 | M20/57 | (M)154 | 00:08:17 | *** |
| 58 | 230 | RAJCZAKOWSKI Łukasz | ŻRÓDŁA | | POL | 92 | M20/58 | (M)156 | 00:08:22 | *** |
| 59 | 183 | PAŁASZ Dawid | ŚLAWA | | POL BRAK | 96 | M20/59 | (M)157 | 00:08:23 | *** |
| 60 | 54 | PARADOWSKI Kamil | ZGORZELEC | | POL | 94 | M20/60 | (M)160 | 00:08:25 | *** |
| 61 | 782 | SZUWALSKI Damodar | WYSOGRÓD | | POL | 01 | M20/61 | (M)161 | 00:08:26 | *** |
| 62 | 317 | ŚWIĘCICKI Karol | KIELCE | | POL AWL | 98 | M20/62 | (M)167 | 00:08:28 | *** |
| 63 | 731 | WÓJCİK Krzysztof | WROCLAW | | POL WÓJCİK TEAM | 94 | M20/63 | (M)168 | 00:08:29 | *** |
| 64 | 367 | WALKOWIAK Jakub | ZIELONA GÓRA | | POL VEGE RUNNERS | 97 | M20/64 | (M)169 | 00:08:29 | *** |
| 65 | 60 | WAJDZIK Rafał | WROCLAW | | POL VOLVO POLSKA | 90 | M20/65 | (M)173 | 00:08:30 | *** |
| 66 | 420 | LIPIŃSKI Rafał | WROCLAW | | POL ĆWICZYMY POD WODĄ | 90 | M20/66 | (M)179 | 00:08:33 | *** |
| 67 | 1009 | PIELAK Damian | DYNÓW | | POL | 97 | M20/67 | (M)180 | 00:08:33 | *** |
| 68 | 616 | FABISIAK Krzysztof | KROTOSZYN | | POL KP PSP RAWICZ | 95 | M20/68 | (M)183 | 00:08:34 | *** |
| 69 | 852 | OZIMEK Mateusz | WAŁBRZYCH | | POL AKADEMIA RUCHU WAŁBRZYCH | 91 | M20/69 | (M)185 | 00:08:35 | *** |
| 70 | 447 | CZYSZCZOŃ Marcin | WROCLAW | | POL RKS CHUWDU | 90 | M20/70 | (M)188 | 00:08:36 | *** |
| 71 | 63 | KUBICA Michał | WROCLAW | | POL SPINKA TEAM WROCLAW | 95 | M20/71 | (M)191 | 00:08:38 | *** |
| 72 | 788 | BINCZAROWSKI Kamil | ZGORZELEC | | POL | 97 | M20/72 | (M)192 | 00:08:38 | *** |
| 73 | 809 | HUDEČEK Martin | LIBEREC | | SVK CHAOTIX LIBEREC | 93 | M20/73 | (M)194 | 00:08:39 | *** |
| 74 | 790 | SOKOŁOWSKI Kamil | ZGORZELEC | | POL MKS OSA ZGORZELEC | 99 | M20/74 | (M)195 | 00:08:39 | *** |
| 75 | 389 | KARAŚ Michał | BIELAWA | | POL PICKSAAS | 96 | M20/75 | (M)198 | 00:08:41 | *** |
| 76 | 422 | CWALIŃSKI Norbert | PISZ | | POL IZBA 31 | 95 | M20/76 | (M)202 | 00:08:42 | *** |
| 77 | 151 | KWAŚNIEWSKI Remigiusz | BOLESŁAWIEC | | POL HARE KRISHNA TEAM | 90 | M20/77 | (M)206 | 00:08:42 | *** |
| 78 | 946 | KALYTA Mateusz | PRÓSZKÓW | | POL | 90 | M20/78 | (M)209 | 00:08:43 | *** |
| 79 | 903 | WAŁPUSKI Damian | WARSZAWA | | POL | 91 | M20/79 | (M)216 | 00:08:46 | *** |
| 80 | 22 | WIERZYK Adam | ŚWIDNICA | | POL | 96 | M20/80 | (M)218 | 00:08:47 | *** |
| 81 | 964 | KULA Dawid | WIERZCHOWO | | POL | 93 | M20/81 | (M)219 | 00:08:47 | *** |
| 82 | 652 | JALMUŻNA Marcin | ROKICINY | | POL | 95 | M20/82 | (M)222 | 00:08:48 | *** |
| 83 | 434 | SZTENC Grzegorz | WROCLAW | | POL | 92 | M20/83 | (M)223 | 00:08:48 | *** |
| 84 | 419 | ORŁOWSKI Mateusz | WROCLAW | | POL ĆWICZYMY POD WODĄ | 99 | M20/84 | (M)225 | 00:08:50 | *** |
| 85 | 289 | MATUSZEWSKI Błażej | OSTRÓW WIELKOPOLSKI | | POL OSP OSTRÓW WIELKOPOLSKI | 91 | M20/85 | (M)242 | 00:08:57 | *** |
| 86 | 394 | ZIELIŃSKI Artur | JELEŃ GÓRA | | POL | 91 | M20/86 | (M)243 | 00:08:57 | *** |
| 87 | 833 | MAZUR Krzysztof | CZĘSTOCHOWA | | POL | 92 | M20/87 | (M)244 | 00:08:57 | *** |
| 88 | 222 | CHYBIŃSKI Oskar | KLESZCZÓW | | POL | 93 | M20/88 | (M)248 | 00:09:00 | *** |
| 89 | 48 | SAJDUDA Adam | WROCLAW | | POL POKAŻE CI ŚWIAT | 93 | M20/89 | (M)250 | 00:09:01 | *** |
| 90 | 191 | KOŁBUC Rafał | WROCLAW | | POL | 91 | M20/90 | (M)254 | 00:09:02 | *** |
| 91 | 840 | WITLICKI Kacper | KROSNO ODRZAŃSKIE | | POL | 94 | M20/91 | (M)256 | 00:09:03 | *** |
| 92 | 721 | LEGAWIEC Filip | LEGNICA | | POL | 94 | M20/92 | (M)259 | 00:09:05 | *** |
| 93 | 198 | KADŁUBOWSKI Michał | BRZEG | | POL AUTOGAZEXPERT RUNNERS TEAM | 99 | M20/93 | (M)261 | 00:09:05 | *** |
| 94 | 97 | KUKLEWSKI Maciej | WROCLAW | | POL | 92 | M20/94 | (M)262 | 00:09:07 | *** |
| 95 | 140 | SZYMAŃSKI Szymon | ZAWADY | | POL | 98 | M20/95 | (M)264 | 00:09:07 | *** |
| 96 | 145 | KRYSTKOWIAK Mateusz | LESZNO | | POL | 93 | M20/96 | (M)266 | 00:09:09 | *** |
| 97 | 212 | BURYŁO Krzysztof | OBORNIKI ŚLĄSKIE | | POL OBORYGENI | 92 | M20/97 | (M)269 | 00:09:11 | *** |
| 98 | 475 | KĄŻMIERCZAK Mikołaj | LESZNO | | POL | 95 | M20/98 | (M)272 | 00:09:12 | *** |
| 99 | 677 | ZIARKOWSKI Damian | CZĘSTOCHOWA | | POL | 91 | M20/99 | (M)281 | 00:09:14 | *** |
| 100 | 715 | JURKOWSKI Witold | GŁOGÓW | | POL | 94 | M20/100 | (M)282 | 00:09:14 | *** |

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|-----------------|-----------|-------------------------|---------------------|-------------|--------------------------------|------------|-----------------------|--------|--------------|----------|
| 101 | 832 | MAZUR Mateusz | CZĘSTOCHOWA | | POL | 99 | M20/101 | (M)285 | 00:09:15 | *** |
| 102 | 759 | PRZYBÓŚ Bartłomiej | WROCLAW | | POL BRAK | 94 | M20/102 | (M)287 | 00:09:16 | *** |
| 103 | 716 | HLEBKO Albin | LEGNICA | | POL | 02 | M20/103 | (M)290 | 00:09:17 | *** |
| 104 | 930 | CHMIELEWSKI Paweł | ŻARY | | POL GRABIK CITY | 96 | M20/104 | (M)295 | 00:09:20 | *** |
| 105 | 275 | BIERNAT Mateusz | OPOLE | | POL KREMÓWKA WADOWICE | 94 | M20/105 | (M)298 | 00:09:22 | *** |
| 106 | 682 | KACZMAREK Dawid | LEGNICA | | POL NO MAN'S SKY TOWER | 94 | M20/106 | (M)299 | 00:09:22 | *** |
| 107 | 356 | AMANOWICZ Dawid | TRZEBNICA | | POL LZS ZRYW KOMOROWO | 96 | M20/107 | (M)301 | 00:09:24 | *** |
| 108 | 237 | WEISER Dawid | BRZEG | | POL AUTOGAZEXPERT RUNNERS TEAM | 96 | M20/108 | (M)302 | 00:09:24 | *** |
| 109 | 150 | KOZŁOWSKI Rafał | GŁOGÓW | | POL | 95 | M20/109 | (M)305 | 00:09:24 | *** |
| 110 | 967 | SOKOŁOWSKI Nikodem | JAWOR | | POL OPERATORZY PĘDU | 95 | M20/110 | (M)308 | 00:09:25 | *** |
| 111 | 807 | PANACHEDA Michał | BOGATYNIA | | POL GÓRNE ŁUŻYCE--BOGATYNIA | 92 | M20/111 | (M)313 | 00:09:27 | *** |
| 112 | 802 | SOBÓL Adrian | WAŁBRZYCH | | POL | 90 | M20/112 | (M)314 | 00:09:28 | *** |
| 113 | 1015 | OKOŃSKI Wojciech | WARTA | | POL | 96 | M20/113 | (M)315 | 00:09:28 | *** |
| 114 | 492 | PAWLAK Krzysztof | WIELUŃ | | POL | 91 | M20/114 | (M)318 | 00:09:29 | *** |
| 115 | 792 | STUDNIAREK Kamil | RADOMSKO | | POL | 96 | M20/115 | (M)321 | 00:09:29 | *** |
| 116 | 250 | GUMUŁA Jan | SŁAWKÓW | | POL SŁAWKÓW TEAM | 97 | M20/116 | (M)322 | 00:09:29 | *** |
| 117 | 496 | ZELECH Marcin | BRODŁA | | POL OSP POWIAT CHRZANOWSKI | 93 | M20/117 | (M)323 | 00:09:29 | *** |
| 118 | 866 | SANKIEWICZ Mariusz | OLEŚNICA | | POL CAŁA OLEŚNICA BIEGA | 92 | M20/118 | (M)324 | 00:09:30 | *** |
| 119 | 717 | MACHNICKI Mateusz | MAŁOMICE | | POL | 96 | M20/119 | (M)328 | 00:09:31 | *** |
| 120 | 853 | PIEKARZ Maciej | WAŁBRZYCH | | POL AKADEMIA RUCHU WAŁBRZYCH | 91 | M20/120 | (M)329 | 00:09:32 | *** |
| 121 | 907 | BALCERZAK Michał | WROCLAW | | POL | 94 | M20/121 | (M)330 | 00:09:33 | *** |
| 122 | 436 | CZAJKOWSKI Marek | KĘDZIERZYN-KOŹLE | | POL | 90 | M20/122 | (M)333 | 00:09:34 | *** |
| 123 | 32 | LABUSGA Tobiasz | CHRÓŚCINA OPOLSKA | | POL OSP CHRÓŚCINA | 97 | M20/123 | (M)334 | 00:09:34 | *** |
| 124 | 226 | SINKOWSKI Mateusz | PRZYLESIE | | POL | 91 | M20/124 | (M)335 | 00:09:35 | *** |
| 125 | 595 | KORGOL Tomasz | WROCLAW | | POL | 91 | M20/125 | (M)338 | 00:09:36 | *** |
| 126 | 940 | BOGACZ Bartosz | OSTRZESZÓW | | POL SKĄD BIERZESZ BIAŁKO TEAM | 93 | M20/126 | (M)339 | 00:09:36 | *** |
| 127 | 209 | POSPIECH Kacper | PĘPOWO | | POL | 99 | M20/127 | (M)342 | 00:09:38 | *** |
| 128 | 538 | CIEŚLA Szymon | PARZYMICHY | | POL SKABE | 99 | M20/128 | (M)347 | 00:09:39 | *** |
| 129 | 200 | PIWOWAR Paweł | KŁODZKO | | POL | 97 | M20/129 | (M)349 | 00:09:39 | *** |
| 130 | 884 | SZKUDLAREK Jakub | GOŁKOWICE | | POL | 93 | M20/130 | (M)351 | 00:09:40 | *** |
| 131 | 493 | ZELECH Paweł | ALWERNIA | | POL OSP POWIAT CHRZANOWSKI | 96 | M20/131 | (M)352 | 00:09:41 | *** |
| 132 | 929 | ANTONIK Bartosz | WROCLAW | | POL | 90 | M20/132 | (M)364 | 00:09:47 | *** |
| 133 | 521 | GONERA Michał | ŚRODA ŚLĄSKA | | POL | 93 | M20/133 | (M)371 | 00:09:49 | *** |
| 134 | 432 | SKOCZYŁAS Adrian | JAWOR | | POL | 90 | M20/134 | (M)374 | 00:09:52 | *** |
| 135 | 430 | ŻWAK Michał | PUŃCÓW | | POL MKS-R 'CENTRUM' DZIĘGIELÓW | 96 | M20/135 | (M)377 | 00:09:52 | *** |
| 136 | 681 | PASTERNAK Adam | ŻUKOWICE | | POL | 91 | M20/136 | (M)380 | 00:09:54 | *** |
| 137 | 253 | RZEPECKI Remigiusz | WROCLAW | | POL | 94 | M20/137 | (M)381 | 00:09:54 | *** |
| 138 | 895 | FIJOLEK Sergiusz | TRZEBNICA | | POL | 97 | M20/138 | (M)384 | 00:09:55 | *** |
| 139 | 473 | JANKOWSKI Jarek | SADKÓW | | POL | 97 | M20/139 | (M)385 | 00:09:56 | *** |
| 140 | 655 | MAZUREK Mikołaj | WROCLAW | | POL CAPGEMINI | 96 | M20/140 | (M)386 | 00:09:56 | *** |
| 141 | 643 | RAZMUS Damian | WĘGLINIEC | | POL KP PSP ZGORZELEC | 92 | M20/141 | (M)387 | 00:09:56 | *** |
| 142 | 906 | STACH Mariusz | OLEŚNICA | | POL | 92 | M20/142 | (M)388 | 00:09:56 | *** |
| 143 | 355 | GRUCA Krystian | TRZEBNICA | | POL LZS ZRYW KOMOROWO | 99 | M20/143 | (M)389 | 00:09:57 | *** |
| 144 | 274 | TRYKUTKO Dmytro | KIJÓW | | UKR KREMÓWKA WADOWICE | 94 | M20/144 | (M)390 | 00:09:58 | *** |
| 145 | 670 | RUTKOWSKI Mikołaj | WROCLAW | | POL | 92 | M20/145 | (M)392 | 00:10:01 | *** |
| 146 | 536 | KUC Kuba | GIĘTKOWIZNA | | POL SKABE | 01 | M20/146 | (M)393 | 00:10:01 | *** |
| 147 | 227 | LEWIŃSKI Marcin | PRZYLESIE | | POL | 95 | M20/147 | (M)397 | 00:10:02 | *** |
| 148 | 657 | MAŚLUCH Karol | WROCLAW | | POL JANUSZ&JANUSZ COMPANY | 97 | M20/148 | (M)403 | 00:10:05 | *** |
| 149 | 34 | ĆWIAN Oliwer | WROCLAW | | POL | 93 | M20/149 | (M)406 | 00:10:06 | *** |
| 150 | 826 | SZCZEPANIK Paweł | WROCLAW | | POL ZBLĄKANI KAJAKARZE | 90 | M20/150 | (M)409 | 00:10:07 | *** |
| 151 | 978 | PAJOR Filip | BRASZOWICE | | POL JRG DZIERŻONIÓW | 94 | M20/151 | (M)412 | 00:10:08 | *** |
| 152 | 188 | PODSKARBI Witold | WROCLAW | | POL ROŻO RUNNING DIVISION | 93 | M20/152 | (M)415 | 00:10:11 | *** |
| 153 | 710 | PRUS Michał | LEGNICA | | POL | 02 | M20/153 | (M)417 | 00:10:12 | *** |
| 154 | 870 | WOJCIECHOWSKI Rafał | WROCLAW | | POL KRÓLOWIE | 93 | M20/154 | (M)419 | 00:10:12 | *** |
| 155 | 485 | GRACZYK Kamil | MIŃSK MAZOWIECKI | | POL | 98 | M20/155 | (M)420 | 00:10:12 | *** |
| 156 | 874 | LEKOSZ Hubert | STARY SIELEC | | POL STARY SIELEC TEAM | 94 | M20/156 | (M)424 | 00:10:14 | *** |
| 157 | 314 | KLONOWSKI Mikołaj | GOSTYŃ | | POL KP PSP GOSTYŃ | 90 | M20/157 | (M)429 | 00:10:16 | *** |
| 158 | 192 | ROŻEK Mateusz | OSTRÓW WIELKOPOLSKI | | POL ROŻO RUNNING DIVISION | 93 | M20/158 | (M)432 | 00:10:17 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-------------------------------|------------|-----------------------|--------|--------------|----------|
| 159 | 435 | ZIELIŃSKI Bartłomiej | ŻARY | | POL KLUB BIEGACZY JYSK | 96 | M20/159 | (M)433 | 00:10:18 | *** |
| 160 | 309 | MISZTELA Piotr | WROCLAW | | POL | 91 | M20/160 | (M)434 | 00:10:18 | *** |
| 161 | 882 | DUDA Alan | WROCLAW | | POL | 93 | M20/161 | (M)440 | 00:10:21 | *** |
| 162 | 676 | MOJSK Aron | WROCLAW | | POL | 90 | M20/162 | (M)441 | 00:10:22 | *** |
| 163 | 774 | NIEZGODA Michał | KRAPKOWICE--OTMĘT | | POL | 92 | M20/163 | (M)447 | 00:10:24 | *** |
| 164 | 451 | GLĄBICKI Dawid | BELCHATÓW | | POL | 96 | M20/164 | (M)448 | 00:10:24 | *** |
| 165 | 1027 | MAJEWSKI Daniel | WAŁBRZYCH | | POL STYRANI | 91 | M20/165 | (M)453 | 00:10:26 | *** |
| 166 | 986 | MAKOWSKI Jacek | NYSA | | POL GO! RUNNING TEAM | 91 | M20/166 | (M)459 | 00:10:33 | *** |
| 167 | 663 | KALUZIŃSKI Bartosz | WROCLAW | | POL PFLERGEHLDEN POLSKA | 93 | M20/167 | (M)460 | 00:10:34 | *** |
| 168 | 167 | ZAWODNIK Anonimowy | | | POL KREMÓWKA WADOWICE | | M20/168 | (M)466 | 00:10:38 | *** |
| 169 | 612 | BARZYK Jakub | WARSZAWA | | POL WEBSTEP | 90 | M20/169 | (M)467 | 00:10:39 | *** |
| 170 | 737 | ZAWODNIK Anonimowy | | | POL KREMÓWKA WADOWICE | | M20/170 | (M)468 | 00:10:39 | *** |
| 171 | 308 | KOPACZ Michał | WROCLAW | | POL PERŁA TEAM | 90 | M20/171 | (M)470 | 00:10:40 | *** |
| 172 | 142 | KOŁODZIEJ Sławomir | CZUDEK | | POL STREFA REKLAMY RZESZÓW | 90 | M20/172 | (M)471 | 00:10:41 | *** |
| 173 | 573 | FRACZEK Kamil | KRAKOW | | POL | 91 | M20/173 | (M)472 | 00:10:41 | *** |
| 174 | 130 | MAJCHRZAK Michał | WIELUŃ | | POL WCIAŻ JESZCZE GRUBY | 92 | M20/174 | (M)474 | 00:10:43 | *** |
| 175 | 714 | MUCHA Jakub | GŁOGÓW | | POL | 94 | M20/175 | (M)475 | 00:10:48 | *** |
| 176 | 307 | BRYLCZAK Krzysztof | STARY GOSTYŃ | | POL | 91 | M20/176 | (M)476 | 00:10:49 | *** |
| 177 | 691 | DUDA Przemysław | ŁĄCKO | | POL OSP ŁĄCKO 2 | 98 | M20/177 | (M)478 | 00:10:52 | *** |
| 178 | 417 | WÓJTOWICZ Arkadiusz | WROCLAW | | POL ĆWICZYMY POD WODĄ | 94 | M20/178 | (M)479 | 00:10:52 | *** |
| 179 | 936 | BANACHOWICZ Łukasz | WROCLAW | | POL | 92 | M20/179 | (M)481 | 00:10:54 | *** |
| 180 | 846 | BARTKOWIAK Norbert | ŚRODA WIELKOPOLSKA | | POL ŚRODA WIELKOPOLSKA | 95 | M20/180 | (M)491 | 00:11:02 | *** |
| 181 | 363 | MIECZKOWSKI Tomasz | DZIERŻONIÓW | | POL BIELAWA SNAKES | 90 | M20/181 | (M)493 | 00:11:06 | *** |
| 182 | 579 | STAROSTA Marek | WROCLAW | | POL OBORYGENI | 90 | M20/182 | (M)498 | 00:11:08 | *** |
| 183 | 976 | MUCHA Piotr | KALWARIA | | POL OSP KALWARIA ZEBRZYDOWSKA | 94 | M20/183 | (M)499 | 00:11:08 | *** |
| 184 | 675 | JANUSZKIEWICZ Oskar | KUNICE | | POL NO MAN'S SKY TOWER | 95 | M20/184 | (M)500 | 00:11:08 | *** |
| 185 | 857 | MOSKA Tadeusz | WROCLAW | | POL | 98 | M20/185 | (M)505 | 00:11:15 | *** |
| 186 | 71 | JANICKI Damian | WROCLAW | | POL | 91 | M20/186 | (M)509 | 00:11:17 | *** |
| 187 | 855 | WĘGŁOWSKI Tomasz | LUBOMIN | | POL | 90 | M20/187 | (M)513 | 00:11:19 | *** |
| 188 | 437 | FJAŁKOWSKI Karol | KĘDZIERZYN-KOŹLE | | POL | 90 | M20/188 | (M)515 | 00:11:23 | *** |
| 189 | 1050 | SAMBORSKI Jarosław | BIALYSTOK | | POL PACO | 91 | M20/189 | (M)516 | 00:11:24 | *** |
| 190 | 223 | CERANKA Krystian | GOSTYŃ | | POL | 91 | M20/190 | (M)519 | 00:11:27 | *** |
| 191 | 630 | SADOWSKI Piotr | JANOWICE WIELKIE | | POL | 92 | M20/191 | (M)527 | 00:11:44 | *** |
| 192 | 311 | WASILAK Grzegorz | LUBLIN | | POL | 98 | M20/192 | (M)528 | 00:11:46 | *** |
| 193 | 53 | ORŁOWSKI Dariusz | BESTWINA | | POL OSP BESTWINA | 91 | M20/193 | (M)530 | 00:11:47 | *** |
| 194 | 825 | LEKKI Bartek | LEZAJSK | | POL OSP GIEDLAROWA | 97 | M20/194 | (M)534 | 00:11:52 | *** |
| 195 | 72 | CIASKOWSKI Marcin | STRZELIN | | POL | 91 | M20/195 | (M)541 | 00:11:55 | *** |
| 196 | 194 | PORTASIAK Filip | KAMIEŃ | | POL ROŻO RUNNING DIVISION | 93 | M20/196 | (M)545 | 00:11:57 | *** |
| 197 | 689 | PULIT Patryk | ŁACKO | | POL OSP ŁACKO | 97 | M20/197 | (M)549 | 00:12:01 | *** |
| 198 | 421 | ŚMIAROWSKI Michał | PRZYTYŁY | | POL IZBA 31 | 92 | M20/198 | (M)550 | 00:12:02 | *** |
| 199 | 754 | KOPROWSKI Szymon | OLAWA | | POL WILDECKITEAM | 96 | M20/199 | (M)556 | 00:12:06 | *** |
| 200 | 758 | JAROMIN Grzegorz | BIALYSTOK | | POL ALFA BOYS | 90 | M20/200 | (M)560 | 00:12:15 | *** |
| 201 | 423 | JASZCZOŁT Sylwester | CIECHANOWIEC | | POL ALFA BOYS | 91 | M20/201 | (M)565 | 00:12:17 | *** |
| 202 | 997 | BARAN Mateusz | WROCLAW | | POL | 97 | M20/202 | (M)566 | 00:12:20 | *** |
| 203 | 979 | DZIECHCIOWSKI Oskar | DZIERŻONIÓW | | POL | 93 | M20/203 | (M)569 | 00:12:23 | *** |
| 204 | 812 | LAŃCZAK Robert | WROCLAW | | POL CARREFOUR BOREK | 92 | M20/204 | (M)571 | 00:12:25 | *** |
| 205 | 535 | KUC Wojciech | GIĘTKOWIZNA | | POL SKABE | 90 | M20/205 | (M)573 | 00:12:30 | *** |
| 206 | 219 | MAŁEK Krzysztof | WROCLAW | | POL OSP MIĘKINIA | 94 | M20/206 | (M)576 | 00:12:41 | *** |
| 207 | 196 | ŁUCZAK Tomasz | WROCLAW | | POL ROŻO RUNNING DIVISION | 91 | M20/207 | (M)577 | 00:12:44 | *** |
| 208 | 732 | STARCZEWSKI Adrian | CZĘSTOCHOWA | | POL | 97 | M20/208 | (M)579 | 00:12:47 | *** |
| 209 | 446 | KWIATKOWSKI Maciej | WROCLAW | | POL RKS CHUWDU | 90 | M20/209 | (M)581 | 00:12:49 | *** |
| 210 | 611 | NAWROCKI Michał | TOPOLA MAŁA | | POL OSP OSTRÓW WIELKOPOLSKI | 92 | M20/210 | (M)585 | 00:12:52 | *** |
| 211 | 390 | FLORKIEWICZ Piotr | WROCLAW | | POL | 95 | M20/211 | (M)590 | 00:12:58 | *** |
| 212 | 789 | GWOREK Maciej | WROCLAW | | POL | 97 | M20/212 | (M)596 | 00:13:07 | *** |
| 213 | 199 | JURECZKA Dawid | WROCLAW | | POL | 91 | M20/213 | (M)598 | 00:13:12 | *** |
| 214 | 550 | SOCHA Damian | KARPACZ | | POL KM PSP JELENIA GÓRA | 90 | M20/214 | (M)607 | 00:13:53 | *** |
| 215 | 552 | PROSZOWSKI Bartosz | KRZESZÓW | | POL KM PSP JELENIA GÓRA | 94 | M20/215 | (M)610 | 00:14:03 | *** |
| 216 | 424 | SUSZEK Bartosz | BIALYSTOK | | POL ALFA BOYS | 91 | M20/216 | (M)611 | 00:14:04 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|----------|
| 217 | 637 | MUSKAŁA Marcin | KLESZCZÓW | | POL SGSP | 97 | M20/217 | (M)612 | 00:14:04 | *** |
| 218 | 834 | ŻÓŁTAŃSKI Sebastian | MARCINKOWICE | | POL AMATOR XD | 90 | M20/218 | (M)617 | 00:14:18 | *** |
| 219 | 290 | TRZCIELIŃSKI Jan | OSTRÓW WIELKOPOLSKI | | POL OSP OSTRÓW WIELKOPOLSKI/KS MARATON OSTRÓW WLKP | 99 | M20/219 | (M)618 | 00:14:19 | *** |
| 220 | 540 | SOBERA Bartłomiej | GIĘTKOWIZNA | | POL SKABE | 95 | M20/220 | (M)620 | 00:14:22 | *** |
| 221 | 556 | MICHALIK Dominik | KRZESZÓW | | POL AMATOR | 00 | M20/221 | (M)621 | 00:14:24 | *** |
| 222 | 401 | STEFANOWICZ Łukasz | BIELAWA | | POL OSP BIELAWA | 90 | M20/222 | (M)622 | 00:14:25 | *** |
| 223 | 459 | SKRZYPCZAK Jakub | POZNAŃ | | POL HICRON | 92 | M20/223 | (M)623 | 00:14:25 | *** |
| 224 | 170 | WINTER Wojciech | WROCLAW | | POL | 90 | M20/224 | (M)624 | 00:14:29 | *** |
| 225 | 950 | BAK Krzysztof | WIERZCHOWICE | | POL OSP WIERZCHOWICE | 97 | M20/225 | (M)625 | 00:14:39 | *** |
| 226 | 847 | PHONG Nguyen | WROCLAW | | VIE | 94 | M20/226 | (M)628 | 00:15:00 | *** |
| 227 | 502 | GRACZYK Patryk | MOGILNO | | POL | 90 | M20/227 | (M)632 | 00:15:23 | *** |
| 228 | 995 | TUREK Jakub | NYSA | | POL GO! RUNNING TEAM | 95 | M20/228 | (M)633 | 00:15:28 | *** |
| 229 | 864 | FILAK Kacper | PAJĘCZNO | | POL | 99 | M20/229 | (M)635 | 00:15:41 | *** |
| 230 | 532 | ŚPIK Mateusz | WROCLAW | | POL | 97 | M20/230 | (M)637 | 00:16:04 | *** |
| 231 | 403 | DRIEMEL Paweł | BIELAWA | | POL OSP BIELAWA | 96 | M20/231 | (M)638 | 00:16:11 | *** |
| 232 | 983 | WOŹNICA Michał | KALWARIA | | POL OSP KALWARIA ZEBRZYDOWSKA | 01 | M20/232 | (M)639 | 00:16:40 | *** |
| 233 | 773 | KICIŃSKI Wojciech | KRUSZWICA | | POL OSP RUSINOWO | 01 | M20/233 | (M)640 | 00:17:00 | *** |
| 234 | 348 | ĆWIKŁA Denis | STARE BUDKOWICE | | POL OSP STARE BUDKOWICE | 96 | M20/234 | (M)643 | 00:17:37 | *** |
| 235 | 863 | DĄBROWSKI Andrzej | WROCLAW | | POL | 94 | M20/235 | (M)644 | 00:17:46 | *** |
| 236 | 557 | SOBOCIŃSKI Daniel | KRZESZÓW | | POL OSP KRZESZÓW | 96 | M20/236 | (M)645 | 00:18:54 | *** |
| 237 | 468 | WAŚNIK Jarosław | OBORNIKI ŚLĄSKIE | | POL OSP BIEGA | 95 | M20/237 | (M)646 | 00:19:11 | *** |
| 238 | 602 | MUSZYŃSKI Adam | OSTRÓW WIELKOPOLSKI | | POL OSP OSTRÓW WIELKOPOLSKI | 99 | M20/238 | (M)650 | 00:21:36 | *** |
| 239 | 700 | CYBULSKI Adrian | SKOMACK WIELKI | | POL ALFA BOYS | 91 | M20/239 | (M)654 | 00:24:00 | *** |

OPEN - M30 [249]

| | | | | | | | | | | |
|----|------|-----------------------|------------------|--|--|----|--------|-------|----------|-----|
| 1 | 1 | ŁOBODZIŃSKI Piotr | ŁOMŻA | | POL OCRA POLAND | 85 | M30/1 | (M)1 | 00:04:58 | *** |
| 2 | 23 | MARUNOWSKI Mateusz | JAWORZNO | | POL KM PSP JAWORZNO | 88 | M30/2 | (M)3 | 00:05:32 | *** |
| 3 | 28 | SADZIK Robert | BARDO | | POL NEOPROFIL | 87 | M30/3 | (M)4 | 00:05:40 | *** |
| 4 | 19 | ZAKOWICZ Paweł | WARSZAWA | | POL PIECHOTA PO SCHODACH | 87 | M30/4 | (M)8 | 00:06:10 | *** |
| 5 | 18 | JAKIEŁA Michał | KRAKÓW | | POL 4F RUNNING TEAM | 89 | M30/5 | (M)9 | 00:06:15 | *** |
| 6 | 1029 | WALASZCZYK Mirosław | OLEŚNICA | | POL | 83 | M30/6 | (M)12 | 00:06:23 | *** |
| 7 | 25 | GAŃKO Bartłomiej | WROCLAW | | POL | 81 | M30/7 | (M)13 | 00:06:31 | *** |
| 8 | 16 | MARCINISZYN Grzegorz | WARSZAWA | | POL ADIDAS RUNNERS WARSAW | 86 | M30/8 | (M)19 | 00:06:38 | *** |
| 9 | 39 | ŚWIST Jakub | WROCLAW | | POL ABRISS TEAM | 86 | M30/9 | (M)20 | 00:06:41 | *** |
| 10 | 30 | HAZAN Rafał | WARSZAWA | | POL_Z_POWYŁAMYWANymi_NOGAMI_PO_SHODACH CH | 89 | M30/10 | (M)23 | 00:06:43 | *** |
| 11 | 1037 | WALAS Maciej | WROCLAW | | POL | 86 | M30/11 | (M)25 | 00:06:43 | *** |
| 12 | 33 | ZATORSKI Witold | WROCANKA | | POL KB KROŚCIENKO WYŻNE | 83 | M30/12 | (M)27 | 00:06:48 | *** |
| 13 | 664 | WOJCZUK Kornel | WROCLAW | | POL PFLEGEHELDEN POLSKA | 84 | M30/13 | (M)29 | 00:06:50 | *** |
| 14 | 174 | KACZOR Grzegorz | ZGORZELEC | | POL EDI TEAM ZGORZELEC | 88 | M30/14 | (M)31 | 00:06:55 | *** |
| 15 | 441 | GROCHOWSKI Tomasz | WROCLAW | | POL | 81 | M30/15 | (M)32 | 00:06:55 | *** |
| 16 | 313 | LEWICKI Piotr | SZCZECIN | | POL HQ MNC NE | 81 | M30/16 | (M)33 | 00:06:56 | *** |
| 17 | 1021 | BEDNARSKI Adrian | WROCLAW | | POL PIECHOTA PO SCHODACH | 89 | M30/17 | (M)35 | 00:06:57 | *** |
| 18 | 8 | OSETEK Paweł | PSZÓW | | POL RADLINIOKI W BIEGU | 88 | M30/18 | (M)37 | 00:07:01 | *** |
| 19 | 256 | DZIERŻANOWSKI Konrad | WROCLAW | | POL | 86 | M30/19 | (M)38 | 00:07:02 | *** |
| 20 | 159 | WRÓBEL Rafał | ZĄBKI | | POL | 87 | M30/20 | (M)42 | 00:07:05 | *** |
| 21 | 770 | JANUS Bogusław | WROCLAW | | POL | 82 | M30/21 | (M)45 | 00:07:06 | *** |
| 22 | 962 | JANKOWSKI Łukasz | KATOWICE | | POL TRAINING- CONNECTING PEOPLE | 86 | M30/22 | (M)47 | 00:07:08 | *** |
| 23 | 559 | KASPERCZYK Andrzej | PIECHOWICE | | POL KM PSP JELENIA GÓRA | 85 | M30/23 | (M)48 | 00:07:09 | *** |
| 24 | 20 | KLUBA Rafał | WAŁBRZYCH | | POL AKTYWNY WAŁBRZYCH | 88 | M30/24 | (M)52 | 00:07:11 | *** |
| 25 | 211 | MONZO CAMPOS David | WROCLAW | | POL | 89 | M30/25 | (M)53 | 00:07:14 | *** |
| 26 | 49 | CHODOROWSKI Krzysztof | WROCLAW | | POL PRZEDWOJEWSKI MOUNTAIN TEAM | 85 | M30/26 | (M)55 | 00:07:15 | *** |
| 27 | 360 | SKRZYSZOWSKI Janusz | GORZYCZKI | | POL | 88 | M30/27 | (M)57 | 00:07:19 | *** |
| 28 | 454 | CHAJA Radosław | OBORNIKI ŚLĄSKIE | | POL | 86 | M30/28 | (M)60 | 00:07:20 | *** |
| 29 | 175 | NOWAK Mariusz | WROCLAW | | POL | 81 | M30/29 | (M)61 | 00:07:22 | *** |
| 30 | 201 | MAZIARZ Damian | WARSZAWA | | POL NAPRZÓD MŁOCINY | 84 | M30/30 | (M)62 | 00:07:22 | *** |
| 31 | 267 | BURLIDIS Elefterios | ŚWIDNICA | | POL | 81 | M30/31 | (M)63 | 00:07:23 | *** |
| 32 | 131 | BUBLIS Grzegorz | WROCLAW | | POL | 83 | M30/32 | (M)64 | 00:07:23 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|----------|
| 33 | 147 | PIERZCHALSKI Sebastian | RADOMSKO | | POL KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO | 87 | M30/33 | (M)72 | 00:07:28 | *** |
| 34 | 257 | MUSIELAK Piotr | WROCLAW | | POL | 83 | M30/34 | (M)73 | 00:07:29 | *** |
| 35 | 456 | ZAWODNIK Anonimowy | | | POL | | M30/35 | (M)82 | 00:07:39 | *** |
| 36 | 126 | MAROSZEK Szymon | RYBNIK | | POL | 82 | M30/36 | (M)83 | 00:07:39 | *** |
| 37 | 470 | MAZIJ Maciej | GOŁĘDZINÓW | | POL LC CORP | 83 | M30/37 | (M)86 | 00:07:42 | *** |
| 38 | 578 | MINOROWICZ Paweł | SZCZECIN | | POL SZCZECIN | 88 | M30/38 | (M)89 | 00:07:43 | *** |
| 39 | 329 | PONIATOWSKI Rafał | ZACHOWICE | | POL E+R TEAM | 89 | M30/39 | (M)91 | 00:07:44 | *** |
| 40 | 839 | FILIPCZAK Arkadiusz | PIOTRKÓW | | POL AMATOR | 81 | M30/40 | (M)93 | 00:07:47 | *** |
| 41 | 750 | IWAN Krzysztof | BIAŁA PODLASKA | | POL | 81 | M30/41 | (M)96 | 00:07:48 | *** |
| 42 | 662 | KOŁODZIEJ Adam | OSTRÓW WIELKOPOLSKI | | POL KS MARATON OSTRÓW WLKP./KP PSP OSTRÓW WIELKOPOLSKI | 85 | M30/42 | (M)100 | 00:07:51 | *** |
| 43 | 881 | GAJOS Michał | ŚLĘZA | | POL MMCAR | 85 | M30/43 | (M)105 | 00:07:55 | *** |
| 44 | 778 | KOZIÓŁ Stefan | JAWORZYNA ŚLĄSKA | | POL | 85 | M30/44 | (M)108 | 00:07:56 | *** |
| 45 | 1051 | WCISŁO Grzegorz | KAMIENIEC | | POL PRO-RUN WROCLAW | 82 | M30/45 | (M)109 | 00:07:56 | *** |
| 46 | 879 | HOFFMANN Krystian | BIELANY WROCLAWSKIE | | POL FITSTYLE TEAM | 88 | M30/46 | (M)111 | 00:07:57 | *** |
| 47 | 947 | JANICKI Wojciech | PRÓSZKÓW | | POL | 88 | M30/47 | (M)113 | 00:07:58 | *** |
| 48 | 913 | PŁONOWSKI Maciej | OLSZTYN | | POL | 89 | M30/48 | (M)115 | 00:07:58 | *** |
| 49 | 911 | GALECKI Robert | KIELCZÓW | | POL | 87 | M30/49 | (M)116 | 00:07:59 | *** |
| 50 | 645 | ŁACH Łukasz | WOJNAROWICE | | POL PRĘDKIE STOPY ŻÓŁWIA | 88 | M30/50 | (M)117 | 00:07:59 | *** |
| 51 | 830 | DZIESZUK Damian | OLEŚNICA | | POL | 84 | M30/51 | (M)120 | 00:08:00 | *** |
| 52 | 138 | ŁAPTUCH Grzegorz | BOGATYNIA | | POL TWARDZIELE TEAM BOGATYNIA | 87 | M30/52 | (M)121 | 00:08:01 | *** |
| 53 | 783 | TOMASIEWICZ Tomasz | WROCLAW | | POL SKLEP AXEL 2 | 83 | M30/53 | (M)132 | 00:08:07 | *** |
| 54 | 734 | KURCZYNA Andrzej | BIELAWA | | POL | 83 | M30/54 | (M)136 | 00:08:09 | *** |
| 55 | 342 | SZCZEŚNIAK Michał | WROCLAW | | POL PŁONAĆE PODESZWY | 87 | M30/55 | (M)137 | 00:08:09 | *** |
| 56 | 510 | OSOWSKI Robert | WAŁBRZYCH | | POL NAS NIE DOGONIAŁ | 83 | M30/56 | (M)138 | 00:08:10 | *** |
| 57 | 817 | WOŹNIAK Konrad | WROCLAW | | POL | 84 | M30/57 | (M)139 | 00:08:11 | *** |
| 58 | 68 | KUBICA Paweł | SIECHNICE | | POL ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | 85 | M30/58 | (M)140 | 00:08:11 | *** |
| 59 | 232 | CUKROWSKI Marcin | WROCLAW | | POL BALLUFF RUNNING TEAM | 83 | M30/59 | (M)145 | 00:08:13 | *** |
| 60 | 648 | ZGŁOBICKI Jacek | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 83 | M30/60 | (M)147 | 00:08:13 | *** |
| 61 | 798 | GADEK Sławomir | JERZMANOWA | | POL [POTRZEBNY PRZYPIŚ] | 89 | M30/61 | (M)148 | 00:08:14 | *** |
| 62 | 95 | GOŁĄB Marcin | ŚWIDNICA | | POL | 81 | M30/62 | (M)149 | 00:08:14 | *** |
| 63 | 927 | ILSKI Michał | SIEDLIKÓW | | POL | 87 | M30/63 | (M)151 | 00:08:15 | *** |
| 64 | 251 | GUMUŁA Robert | ŚLAWKÓW | | POL ŚLAWKÓW TEAM | 88 | M30/64 | (M)155 | 00:08:21 | *** |
| 65 | 165 | GOLDYN Sebastian | OSTRZESZÓW | | POL AKTYWNY OSTRZESZÓW | 89 | M30/65 | (M)158 | 00:08:23 | *** |
| 66 | 954 | SKRZYŃSKI Janusz | RYBNIK | | POL RYBNICKA GRUPA BIEGOWA-PĘDZIMY RAZEM | 81 | M30/66 | (M)159 | 00:08:23 | *** |
| 67 | 259 | SIKORA Arkadiusz | OCHABY MAŁE | | POL PSY | 89 | M30/67 | (M)162 | 00:08:26 | *** |
| 68 | 856 | KURCEWICZ Paweł | WROCLAW | | POL | 87 | M30/68 | (M)170 | 00:08:29 | *** |
| 69 | 368 | MARUSZAK Rafał | SKARBIMIERZ OSIEDLE | | POL | 80 | M30/69 | (M)172 | 00:08:30 | *** |
| 70 | 236 | KWACZ Paweł | WYSOKA | | POL BALLUFF RUNNING TEAM | 83 | M30/70 | (M)178 | 00:08:33 | *** |
| 71 | 169 | KRÓLIKOWSKI Piotr | WROCLAW | | POL BERGSON TEAM RUN | 80 | M30/71 | (M)182 | 00:08:34 | *** |
| 72 | 108 | ROŚLICKI Jarosław | OZOROWICE | | POL UBEZPIECZENIA DLA AKTYWNYCH | 80 | M30/72 | (M)184 | 00:08:35 | *** |
| 73 | 875 | DĄBROWSKI Janusz | WROCLAW | | POL DONT WORRY, BE HAPPY! | 85 | M30/73 | (M)186 | 00:08:36 | *** |
| 74 | 799 | MARKOWSKI Krzysztof | WROCLAW | | POL [POTRZEBNY PRZYPIŚ] | 89 | M30/74 | (M)187 | 00:08:36 | *** |
| 75 | 61 | BEZWIERZCHNY Łukasz | GOSTYŃ | | POL PSP GOSTYŃ | 85 | M30/75 | (M)189 | 00:08:36 | *** |
| 76 | 1010 | WÓJCİK Paweł | WIELUŃ | | POL WIELUŃ BIEGA | 83 | M30/76 | (M)190 | 00:08:37 | *** |
| 77 | 933 | ORŁOWSKI Bartosz | PIELGRZYMKI | | POL | 87 | M30/77 | (M)193 | 00:08:38 | *** |
| 78 | 823 | URBANOWICZ Andrzej | WROCLAW | | POL GRUPA RW.SP. Z O.O. | 83 | M30/78 | (M)196 | 00:08:40 | *** |
| 79 | 391 | JARZEMBSKI Michał | WROCLAW | | POL | 85 | M30/79 | (M)199 | 00:08:41 | *** |
| 80 | 543 | POLOCH Michał | LESZNO | | POL | 88 | M30/80 | (M)201 | 00:08:41 | *** |
| 81 | 756 | CHACZKO Robert | WROCLAW | | POL | 84 | M30/81 | (M)203 | 00:08:42 | *** |
| 82 | 398 | BULUK Grzegorz | NAMYSŁÓW | | POL | 81 | M30/82 | (M)204 | 00:08:42 | *** |
| 83 | 462 | CITKO Maciej | OPOLE | | POL BIEG OPOLSKI | 86 | M30/83 | (M)207 | 00:08:42 | *** |
| 84 | 748 | OKREGLICKI Tomasz | WROCLAW | | POL SZCZECIN | 80 | M30/84 | (M)208 | 00:08:43 | *** |
| 85 | 36 | NAWROCKI Krzysztof | KĘPNO | | POL | 88 | M30/85 | (M)211 | 00:08:43 | *** |
| 86 | 100 | ZIOBER Piotr | WROCLAW | | POL WROCLAW | 80 | M30/86 | (M)212 | 00:08:44 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---------------------------------|------------|-----------------------|--------|--------------|----------|
| 87 | 607 | KURNYTA Michał | CZARNY BÓR | | POL WESTERN GORCE SUPERSONICS | 89 | M30/87 | (M)214 | 00:08:45 | *** |
| 88 | 374 | MIELCZAREK Adrian | WROCLAW | | POL JW 2748 | 89 | M30/88 | (M)217 | 00:08:46 | *** |
| 89 | 937 | PITON Paweł | ZĄBKOWICE ŚLĄSKIE | | POL ABYDOMETY | 86 | M30/89 | (M)220 | 00:08:47 | *** |
| 90 | 310 | MUCHA Łukasz | WROCLAW | | POL | 88 | M30/90 | (M)221 | 00:08:48 | *** |
| 91 | 180 | WIELICZKO Andrzej | ŚWIDNICA | | POL | 86 | M30/91 | (M)224 | 00:08:48 | *** |
| 92 | 747 | KOZAK Jarek | WROCLAW | | POL | 81 | M30/92 | (M)226 | 00:08:50 | *** |
| 93 | 154 | ZAKRAWACZ Łukasz | SOBÓTKA | | POL | 82 | M30/93 | (M)228 | 00:08:51 | *** |
| 94 | 445 | LEGER Jonathan | NOWE MIASTO NAD | | POL | 83 | M30/94 | (M)230 | 00:08:52 | *** |
| 95 | 1041 | STYLA Kamil alexander | KRAKOW | | POL LOS PILOTOS | 87 | M30/95 | (M)233 | 00:08:54 | *** |
| 96 | 320 | GILEWSKI Damian | OPOLE | | POL | 84 | M30/96 | (M)234 | 00:08:54 | *** |
| 97 | 270 | JUNYSZEK Marcin | WROCLAW | | POL | 85 | M30/97 | (M)236 | 00:08:55 | *** |
| 98 | 909 | JANKOWSKI Waldemar | ŻERKÓW | | POL BLIŹNIACY | 89 | M30/98 | (M)237 | 00:08:56 | *** |
| 99 | 229 | SZULERECKI Mariusz | WROCLAW | | POL HYPERACTIVE | 81 | M30/99 | (M)238 | 00:08:56 | *** |
| 100 | 956 | MACHOWSKI Marcin | GLIWICE | | POL | 85 | M30/100 | (M)239 | 00:08:56 | *** |
| 101 | 786 | ROMANOWSKI Paweł | WROCLAW | | POL CROSSFIT PSIE POLE | 89 | M30/101 | (M)252 | 00:09:02 | *** |
| 102 | 325 | ŻUREK Tomasz | WROCLAW | | POL | 83 | M30/102 | (M)255 | 00:09:03 | *** |
| 103 | 885 | HARASIUŁ Jakub | ZAMOŚĆ | | POL HETMAN ZAMOŚĆ | 87 | M30/103 | (M)257 | 00:09:03 | *** |
| 104 | 766 | MATILLEK Miłosz | MIĘDZYBÓRZ | | POL MIĘDZYBORSKA GRUPA BIEGOWA | 89 | M30/104 | (M)260 | 00:09:05 | *** |
| 105 | 861 | RYLING Grzegorz | WROCLAW | | POL | 86 | M30/105 | (M)263 | 00:09:07 | *** |
| 106 | 328 | TELEGUJ Michał | OPOLE | | POL TEZA BHP OPOLE | 83 | M30/106 | (M)265 | 00:09:09 | *** |
| 107 | 89 | WOŁOSZCZUK Tomek | BRZEG | | POL BIEGAM BO LUBIE BRZEG | 80 | M30/107 | (M)267 | 00:09:09 | *** |
| 108 | 263 | WAŃNICKI Dawid | WROCLAW | | POL | 89 | M30/108 | (M)270 | 00:09:11 | *** |
| 109 | 952 | ĆWIEKA Damian | LUBAŃ | | POL WALECZNI NIEZNISZCZALNI | 85 | M30/109 | (M)271 | 00:09:11 | *** |
| 110 | 121 | MAGOŚ Łukasz | STANOWICE | | POL | 85 | M30/110 | (M)274 | 00:09:12 | *** |
| 111 | 78 | LECHOWSKI Bartłomiej | WROCLAW | | POL WKURW_TEAM | 82 | M30/111 | (M)275 | 00:09:12 | *** |
| 112 | 599 | MANDZIEJ Łukasz | WYSOKA | | POL PRZESIAKNIĘTY DŹWIĘKIEM | 86 | M30/112 | (M)276 | 00:09:12 | *** |
| 113 | 444 | ZIELIŃSKI Michał | WROCLAW | | POL | 85 | M30/113 | (M)277 | 00:09:13 | *** |
| 114 | 280 | MAĆKOWIAK Arkadiusz | WROCLAW | | POL | 80 | M30/114 | (M)278 | 00:09:14 | *** |
| 115 | 707 | BŁASZCZAK Łukasz | DZIERŻONIÓW | | POL | 82 | M30/115 | (M)279 | 00:09:14 | *** |
| 116 | 797 | KRZOS Damian | STRZEGOM | | POL | 89 | M30/116 | (M)280 | 00:09:14 | *** |
| 117 | 220 | KISIECKI Marcin | WROCLAW | | POL GRAFSTAR | 81 | M30/117 | (M)284 | 00:09:15 | *** |
| 118 | 796 | FIEDKIEWICZ Kamil | WROCLAW | | POL | 83 | M30/118 | (M)286 | 00:09:15 | *** |
| 119 | 43 | SKWAREK Grzegorz | WROCLAW | | POL ABRISS TEAM | 83 | M30/119 | (M)291 | 00:09:19 | *** |
| 120 | 443 | WOLNY Piotr | RAWICZ | | POL WOŹNIAK TEAM | 86 | M30/120 | (M)292 | 00:09:19 | *** |
| 121 | 924 | MIELNIK Krzysztof | NAMYŚLÓW | | POL DIEHL CONTROLS RUNNING TEAM | 87 | M30/121 | (M)293 | 00:09:20 | *** |
| 122 | 523 | CIESZKOWSKI Amir | WROCLAW | | POL | 88 | M30/122 | (M)294 | 00:09:20 | *** |
| 123 | 347 | LANGERT Sławomir | PRUDNIK | | POL DZIKUSY Z POGRANICZA | 83 | M30/123 | (M)297 | 00:09:21 | *** |
| 124 | 988 | MISIAK Paweł | NYSA | | POL GO! RUNNING TEAM | 80 | M30/124 | (M)303 | 00:09:24 | *** |
| 125 | 854 | WANCZURA Tomek | WAŁBRZYCH | | POL AKADEMIA RUCHU WAŁBRZYCH | 87 | M30/125 | (M)307 | 00:09:25 | *** |
| 126 | 164 | MAJ Marcin | WROCLAW | | POL | 83 | M30/126 | (M)311 | 00:09:27 | *** |
| 127 | 551 | WANIELISTA Adam | JELEŃ GÓRA | | POL KM PSP JELEŃ GÓRA | 87 | M30/127 | (M)312 | 00:09:27 | *** |
| 128 | 640 | KONOPKA Łukasz | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 86 | M30/128 | (M)317 | 00:09:28 | *** |
| 129 | 609 | PAPIER Dawid | WROCLAW | | POL | 89 | M30/129 | (M)319 | 00:09:29 | *** |
| 130 | 66 | SZAFRANIEC Damian | NADOLICE WIELKIE | | POL | 88 | M30/130 | (M)331 | 00:09:33 | *** |
| 131 | 133 | SZYMAŃSKI Marek | WROCLAW | | POL | 82 | M30/131 | (M)337 | 00:09:35 | *** |
| 132 | 772 | OKRASA Tomasz | OLEŚNICA | | POL | 82 | M30/132 | (M)345 | 00:09:39 | *** |
| 133 | 87 | ŁOPUSIEWICZ Janusz | WROCLAW | | POL IRRACJONALNIE MASZERUJĄCY | 84 | M30/133 | (M)348 | 00:09:39 | *** |
| 134 | 339 | CHROMICZ Krzysztof | SMOLEC | | POL OGRY KSIĘCIUNIA | 85 | M30/134 | (M)350 | 00:09:40 | *** |
| 135 | 393 | LESIK Łukasz | WROCLAW | | POL 3M RUNNING TEAM | 81 | M30/135 | (M)354 | 00:09:43 | *** |
| 136 | 883 | KULPA Dawid | KAMIENNA GÓRA | | POL | 87 | M30/136 | (M)355 | 00:09:44 | *** |
| 137 | 600 | BILSKI Przemysław | OSTRÓW WIELKOPOLSKI | | POL KS MARATON OSTRÓW WLKP. | 85 | M30/137 | (M)357 | 00:09:45 | *** |
| 138 | 991 | JABŁOŃSKI Mariusz | NYSA | | POL GO! RUNNING TEAM | 82 | M30/138 | (M)358 | 00:09:45 | *** |
| 139 | 537 | SOBERA Krzysztof | PARZYMICHE | | POL SKABE | 84 | M30/139 | (M)359 | 00:09:45 | *** |
| 140 | 706 | GĘBICKI Marcin | WROCLAW | | POL | 83 | M30/140 | (M)360 | 00:09:46 | *** |
| 141 | 476 | KOAINDA Krzysztof | WROCLAW | | POL CAPGEMINI | 81 | M30/141 | (M)361 | 00:09:46 | *** |
| 142 | 187 | GAJDOWSKI Przemysław | WROCLAW | | POL | 85 | M30/142 | (M)362 | 00:09:46 | *** |
| 143 | 713 | TULEJ Wiktor | WROCLAW | | POL | 88 | M30/143 | (M)368 | 00:09:48 | *** |
| 144 | 844 | BIENIAS Łukasz | DZIERŻONIÓW | | POL | 84 | M30/144 | (M)370 | 00:09:49 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------------|------------|-----------------------|--------|--------------|----------|
| 145 | 359 | ZDOBYLAK Lucjan | POLKOWICE | | POL KGHM ZG RUN | 81 | M30/145 | (M)372 | 00:09:49 | *** |
| 146 | 1044 | KUBISZYN Paweł | WALBRZYCH | | POL POMIDOROWA ALTERNATYWA | 88 | M30/146 | (M)373 | 00:09:50 | *** |
| 147 | 718 | SZAFRAN Piotr | DZIERŻONIÓW | | POL DRUŻYNA KITKU | 85 | M30/147 | (M)375 | 00:09:52 | *** |
| 148 | 86 | ŚLUSARSKI Wojciech | WROCLAW | | POL | 81 | M30/148 | (M)376 | 00:09:52 | *** |
| 149 | 598 | KOCIK Mateusz | WROCLAW | | POL PRZESIAKNIĘTY DŹWIĘKIEM | 86 | M30/149 | (M)378 | 00:09:53 | *** |
| 150 | 762 | KONOWALEK Bartłomiej | ŁĘCZNA | | POL ŁĘCZNA BIEGA/OSP ŁĘCZNA | 88 | M30/150 | (M)379 | 00:09:53 | *** |
| 151 | 876 | BARAN Grzegorz | WROCLAW | | POL DONT WORRY, BE HAPPY! | 85 | M30/151 | (M)382 | 00:09:55 | *** |
| 152 | 945 | PODHAJNY Piotr | CHOJNÓW | | POL ROZBIEGANI CHOJNÓW | 81 | M30/152 | (M)383 | 00:09:55 | *** |
| 153 | 838 | UMÓW Piotr | LEGNICA | | POL | 84 | M30/153 | (M)391 | 00:09:59 | *** |
| 154 | 507 | LISTWAN Jacek | GRODKÓW | | POL | 89 | M30/154 | (M)395 | 00:10:02 | *** |
| 155 | 541 | BIERNACZYK Marek | KRZEMIENIEWO | | POL | 85 | M30/155 | (M)396 | 00:10:02 | *** |
| 156 | 944 | OPYDO Adrian | KOTOWICE | | POL GMINA SIECHNICE | 88 | M30/156 | (M)398 | 00:10:03 | *** |
| 157 | 326 | JANKOWIAK Łukasz | POZNAŃ | | POL | 89 | M30/157 | (M)399 | 00:10:03 | *** |
| 158 | 408 | KRAKOWSKI Maciej | BRZEG DOLNY | | POL FITSTYLE TEAM | 88 | M30/158 | (M)400 | 00:10:03 | *** |
| 159 | 431 | CHALIMONIUK Maciej | WALBRZYCH | | POL | 85 | M30/159 | (M)401 | 00:10:04 | *** |
| 160 | 288 | JARMUNDOWICZ Michał | RYBNIK | | POL PĘDZĄCE ŻÓŁWIE IMI | 80 | M30/160 | (M)402 | 00:10:05 | *** |
| 161 | 322 | ZOELLNER Jacek | WROCLAW | | POL ZOELLNER | 82 | M30/161 | (M)404 | 00:10:05 | *** |
| 162 | 568 | JAWORSKI Radosław | WYSOKA | | POL CSWIICH | 85 | M30/162 | (M)405 | 00:10:06 | *** |
| 163 | 241 | TARASIEWICZ Daniel | WROCLAW | | POL BLUE SKY RUNNERS | 86 | M30/163 | (M)408 | 00:10:07 | *** |
| 164 | 739 | ZAREBA Jacek | WROCLAW | | POL SERNIK BIEGA | 84 | M30/164 | (M)411 | 00:10:08 | *** |
| 165 | 726 | SKRZYPCZAK Łukasz | KRZYKÓW | | POL CAPGEMINI | 81 | M30/165 | (M)413 | 00:10:08 | *** |
| 166 | 136 | CHWASTYK Piotr | PIOTROWICE | | POL | 89 | M30/166 | (M)414 | 00:10:09 | *** |
| 167 | 949 | KOTOWSKI Marcin | WROCLAW | | POL | 87 | M30/167 | (M)418 | 00:10:12 | *** |
| 168 | 195 | ORDZIEJEWSKI Dominik | KALISZ | | POL | 83 | M30/168 | (M)421 | 00:10:13 | *** |
| 169 | 260 | POLAK Łukasz | OBORNIKI ŚLĄSKIE | | POL OBORYGENI | 81 | M30/169 | (M)423 | 00:10:14 | *** |
| 170 | 811 | NIERZEWSKI Michał | WROCLAW | | POL CARREFOUR BOREK | 80 | M30/170 | (M)426 | 00:10:14 | *** |
| 171 | 1045 | WALKIEWICZ Łukasz | WROCLAW | | POL WROCLAW | 83 | M30/171 | (M)427 | 00:10:15 | *** |
| 172 | 294 | WĘGLARZ Sławomir | WROCLAW | | POL | 81 | M30/172 | (M)428 | 00:10:16 | *** |
| 173 | 1030 | SOBALSKI Maciej | GOSTYŃ | | POL NETBOX BIEGA | 84 | M30/173 | (M)430 | 00:10:16 | *** |
| 174 | 439 | GALIŃSKI Kamil | KRĘPICE | | POL KB SOBÓTKA | 86 | M30/174 | (M)435 | 00:10:19 | *** |
| 175 | 337 | FLEJSIEROWICZ Andrzej | KLUCZBORK | | POL | 81 | M30/175 | (M)436 | 00:10:19 | *** |
| 176 | 369 | GIEROŃ Konrad | WROCLAW | | POL | 87 | M30/176 | (M)438 | 00:10:21 | *** |
| 177 | 240 | MIKULSKI Christian | WROCLAW | | POL BLUE SKY RUNNERS | 82 | M30/177 | (M)446 | 00:10:23 | *** |
| 178 | 733 | JANKOWSKI Krzysztof | JELENIA GÓRA | | POL | 82 | M30/178 | (M)455 | 00:10:28 | *** |
| 179 | 571 | KOZAKIEWICZ Rafał | KRAKÓW | | POL | 84 | M30/179 | (M)457 | 00:10:30 | *** |
| 180 | 312 | KOHSEK Tomasz | SIECHNICE | | POL | 80 | M30/180 | (M)458 | 00:10:31 | *** |
| 181 | 519 | MACIEJCZYK Robert | WROCLAW | | POL | 83 | M30/181 | (M)461 | 00:10:34 | *** |
| 182 | 176 | GOERIG Michał | KOSZALIN | | POL HUSARIA RACE TEAM | 81 | M30/182 | (M)462 | 00:10:34 | *** |
| 183 | 344 | DUBAS Bartosz | POZNAŃ | | POL | 87 | M30/183 | (M)463 | 00:10:34 | *** |
| 184 | 242 | ROURE Benjamin | WROCLAW | | POL BLUE SKY RUNNERS | 86 | M30/184 | (M)465 | 00:10:35 | *** |
| 185 | 961 | STASZCZYK Maciek | WROCLAW | | POL | 88 | M30/185 | (M)473 | 00:10:41 | *** |
| 186 | 787 | MAGOTT Dariusz | WIELUŃ | | POL GRUBY KOTLET | 83 | M30/186 | (M)483 | 00:10:57 | *** |
| 187 | 247 | BANASIK Krzysztof | WROCLAW | | POL | 87 | M30/187 | (M)484 | 00:10:57 | *** |
| 188 | 384 | SPYCHAJ Łukasz dzida | ŚWIDNICA | | POL | 84 | M30/188 | (M)485 | 00:10:58 | *** |
| 189 | 925 | KUCZYŃSKI Adam | WROCLAW | | POL VIKING | 86 | M30/189 | (M)487 | 00:11:00 | *** |
| 190 | 299 | GAWĘCKI Maciej | WROCLAW | | POL BO NIE WYPADA BNW | 85 | M30/190 | (M)488 | 00:11:01 | *** |
| 191 | 64 | DYJA Janusz | WROCLAW | | POL VOLVO POLSKA | 84 | M30/191 | (M)489 | 00:11:02 | *** |
| 192 | 805 | ORAGVELIDZE Giorgi | BATUMI | | GEO GÓRNE ŁUŻYCE--BOGATYNIA | 84 | M30/192 | (M)492 | 00:11:03 | *** |
| 193 | 587 | KAZIMIERUK Przemysław | LEGNICKIE POLE | | POL FITNESS PIEKARY LEGNICA | 86 | M30/193 | (M)501 | 00:11:09 | *** |
| 194 | 324 | JAWOREK Marcin | WROCLAW | | POL | 86 | M30/194 | (M)502 | 00:11:14 | *** |
| 195 | 283 | ŻYŁA Marek | KAMIENNA GÓRA | | POL | 86 | M30/195 | (M)503 | 00:11:14 | *** |
| 196 | 865 | BURDA Andrzej | RACIBÓRZ | | POL EKO-OKNA RUNNERS | 89 | M30/196 | (M)506 | 00:11:16 | *** |
| 197 | 449 | BUGAJ Jacek | WROCLAW | | POL RKS CHUWDU | 89 | M30/197 | (M)507 | 00:11:16 | *** |
| 198 | 530 | ŚPIK Krzysztof | WROCLAW | | POL BOOTCAMPWROCLAW | 88 | M30/198 | (M)512 | 00:11:18 | *** |
| 199 | 93 | ZAWODNIK Anonimowy | | | POL | | M30/199 | (M)514 | 00:11:20 | *** |
| 200 | 642 | MARCZAK Przemysław | MILICZ | | POL RUNNING TEAM MILICZ | 81 | M30/200 | (M)517 | 00:11:26 | *** |
| 201 | 785 | ROMANOWSKI Marcin | POLKOWICE | | POL | 86 | M30/201 | (M)518 | 00:11:26 | *** |
| 202 | 685 | PRZEOREK Michał | PIESZYCE | | POL | 85 | M30/202 | (M)520 | 00:11:32 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | M | Sex | Czas Time | [min/km] |
|--------------|--------|------------------------|---------------------|----------|-------------------------------------|---------|--------------------|-----|-----|-----------|----------|
| 203 | 824 | STACHÓW Paweł | WROCLAW | | POL CARREFOUR BOREK | 84 | M30/203 | (M) | 523 | 00:11:40 | *** |
| 204 | 584 | KORZAK Piotr | BRZEG DOLNY | | POL FITNESSACJA | 83 | M30/204 | (M) | 524 | 00:11:40 | *** |
| 205 | 52 | KLICH Piotr | OLKUSZ | | POL | 83 | M30/205 | (M) | 529 | 00:11:47 | *** |
| 206 | 132 | PROSKURA Dariusz | WAŁBRZYCH | | POL | 82 | M30/206 | (M) | 532 | 00:11:50 | *** |
| 207 | 590 | CITAK Sławomir | GOGOLIN | | POL GARAGEGYM KRAPKOWICE | 80 | M30/207 | (M) | 536 | 00:11:52 | *** |
| 208 | 810 | NAZARKIEWICZ Kamil | WROCLAW | | POL CARREFOUR BOREK | 82 | M30/208 | (M) | 540 | 00:11:54 | *** |
| 209 | 316 | KĘPSKI Grzegorz | SKWIERZYNA | | POL | 84 | M30/209 | (M) | 544 | 00:11:57 | *** |
| 210 | 931 | KLAJNA Maciej | WROCLAW | | POL | 88 | M30/210 | (M) | 546 | 00:11:58 | *** |
| 211 | 928 | SZYMCZAK Paweł | WROCLAW | | POL VIKING | 82 | M30/211 | (M) | 548 | 00:12:00 | *** |
| 212 | 767 | KOCIELIŃSKI Adam | WROCLAW | | POL GRUPA RW SP. Z O.O. | 83 | M30/212 | (M) | 552 | 00:12:05 | *** |
| 213 | 705 | BORZECKI Piotr | WROCLAW | | POL | 82 | M30/213 | (M) | 554 | 00:12:06 | *** |
| 214 | 297 | ŁĄCZYK Waldemar | WROCLAW | | POL BO NIE WYPADA | 83 | M30/214 | (M) | 555 | 00:12:06 | *** |
| 215 | 800 | LISZKA Grzegorz | CZERWIONKA-LESZCZYN | | POL NIUEDACZNICY | 88 | M30/215 | (M) | 558 | 00:12:09 | *** |
| 216 | 722 | KOWALSKI Bartłomiej | ŚWIDNICA | | POL | 86 | M30/216 | (M) | 561 | 00:12:16 | *** |
| 217 | 469 | TOBIS Andrzej | WROCLAW | | POL | 87 | M30/217 | (M) | 562 | 00:12:16 | *** |
| 218 | 258 | MOŻEJKO Krzysztof | WROCLAW | | POL STREFA-DOBREJ-FORMY.COM | 86 | M30/218 | (M) | 563 | 00:12:16 | *** |
| 219 | 298 | SZYMANOWSKI Paweł | OSTRÓW WIELKOPOLSKI | | POL OSP OSTRÓW WIELKOPOLSKI | 88 | M30/219 | (M) | 564 | 00:12:17 | *** |
| 220 | 764 | ROSIŃSKI Marcin | OLEŚNICA | | POL WESOŁY BUS WYPOŻYCZALNIA | 85 | M30/220 | (M) | 567 | 00:12:21 | *** |
| 221 | 386 | KALINOWSKI Kamil | BORÓW | | POL | 83 | M30/221 | (M) | 568 | 00:12:22 | *** |
| 222 | 1020 | PIECZKA Adam | BRZEG | | POL 10. OPOLSKA BRYGADA LOGISTYCZNA | 85 | M30/222 | (M) | 570 | 00:12:24 | *** |
| 223 | 472 | KADŁUBEK Aleksander | TARNOWSKIE GÓRY | | POL OSP REPTY ŚLĄSKIE | 80 | M30/223 | (M) | 572 | 00:12:28 | *** |
| 224 | 357 | KĘSY Mateusz | POZNAN | | POL | 89 | M30/224 | (M) | 575 | 00:12:38 | *** |
| 225 | 591 | BUDZIŃSKI Rafał | KRAPKOWICE | | POL GARAGEGYM KRAPKOWICE | 85 | M30/225 | (M) | 583 | 00:12:52 | *** |
| 226 | 548 | KŁĘBCZYK Grzegorz | KRZESZÓW | | POL OSP KRZESZÓW | 89 | M30/226 | (M) | 584 | 00:12:52 | *** |
| 227 | 216 | KLEPACKI Maciej | PĘPOWO | | POL KP PSP GOSTYŃ | 81 | M30/227 | (M) | 586 | 00:12:54 | *** |
| 228 | 380 | HARYNEK Robert | KRAPKOWICE | | POL BOSSFIRE TEAM | 84 | M30/228 | (M) | 587 | 00:12:55 | *** |
| 229 | 1040 | HISZTIN Marcin | WROCLAW | | POL | 83 | M30/229 | (M) | 588 | 00:12:56 | *** |
| 230 | 992 | BAĆAL Sylwester | NYSA | | POL GO! RUNNING TEAM | 88 | M30/230 | (M) | 589 | 00:12:57 | *** |
| 231 | 934 | MRÓZEK Michał | WROCLAW | | POL | 87 | M30/231 | (M) | 592 | 00:12:59 | *** |
| 232 | 868 | WOJTYŁO Piotr | WROCLAW | | POL KRÓLOWIE | 84 | M30/232 | (M) | 593 | 00:13:02 | *** |
| 233 | 172 | KARCZ Krzysztof | WROCLAW | | POL | 84 | M30/233 | (M) | 594 | 00:13:05 | *** |
| 234 | 951 | ANDRZEJEWSKI Krzysztof | DŁOŃ | | POL | 86 | M30/234 | (M) | 595 | 00:13:05 | *** |
| 235 | 665 | FIL Łukasz | WROCLAW | | POL PFLEGEHELDEN POLSKA | 81 | M30/235 | (M) | 599 | 00:13:14 | *** |
| 236 | 171 | BAJON Łukasz | STRZEGOM | | POL | 89 | M30/236 | (M) | 600 | 00:13:22 | *** |
| 237 | 898 | SIATKOWSKI Sebastian | WROCLAW | | POL SANDAŁY JUDASZA | 87 | M30/237 | (M) | 604 | 00:13:38 | *** |
| 238 | 708 | KRZEMIŃSKI Paweł | WROCLAW | | POL | 82 | M30/238 | (M) | 605 | 00:13:41 | *** |
| 239 | 214 | NOWACKI Dawid | GOSTYN | | POL PSP GOSTYŃ | 82 | M30/239 | (M) | 606 | 00:13:50 | *** |
| 240 | 905 | ZAWISZA Krzysztof | ÓLAWA | | POL BRAK | 86 | M30/240 | (M) | 609 | 00:14:02 | *** |
| 241 | 84 | OLEK Michał | BESTWINA | | POL OSP BESTWINA | 81 | M30/241 | (M) | 613 | 00:14:05 | *** |
| 242 | 752 | PETRUCHEK Valentyn | WROCLAW | | POL RUN, BABY, RUN | 81 | M30/242 | (M) | 615 | 00:14:08 | *** |
| 243 | 589 | WŁODARCZYK Jarosław | LUBIN | | POL | 82 | M30/243 | (M) | 616 | 00:14:15 | *** |
| 244 | 822 | WÓJCİK Wojciech | WROCLAW | | POL GRUPA RW SP. Z O.O. | 82 | M30/244 | (M) | 619 | 00:14:20 | *** |
| 245 | 376 | NIR-SKIBSKI Bartłomiej | NIETOPEREK | | POL KP PSP MIĘDZYRZECZ | 83 | M30/245 | (M) | 627 | 00:14:45 | *** |
| 246 | 215 | NYCZKA Marcin | POGORZELA | | POL KP PSP GOSTYŃ | 89 | M30/246 | (M) | 636 | 00:15:57 | *** |
| 247 | 185 | KOSTECKI Paweł | POTĘGOWO | | POL OSP POTĘGOWO | 86 | M30/247 | (M) | 647 | 00:19:58 | *** |
| 248 | 466 | TOMCZAK Krzysztof | NOWE MIASTO NAD | | POL | 84 | M30/248 | (M) | 648 | 00:20:49 | *** |
| 249 | 1007 | BOCZAR Waldemar | WROCLAW | | POL | 84 | M30/249 | (M) | 649 | 00:21:18 | *** |

OPEN - M40 [113]

| | | | | | | | | | | | |
|---|------|-------------------------|-----------|--|--------------------------------|----|-------|-----|----|----------|-----|
| 1 | 704 | PENC Ondřej | MEZIMĚSTÍ | | CZE OWLS, WOODS, GRAVES | 77 | M40/1 | (M) | 10 | 00:06:15 | *** |
| 2 | 427 | WRÓBEL Tomasz | CISOWNICA | | POL MKS-R 'CENTRUM' DZIĘGIELÓW | 73 | M40/2 | (M) | 15 | 00:06:31 | *** |
| 3 | 1042 | CIECHANOWSKI Bartłomiej | MILICZ | | POL RUNNING TEAM MILICZ | 76 | M40/3 | (M) | 21 | 00:06:42 | *** |
| 4 | 24 | MOCZEK Tomasz | GŁOGÓW | | POL CROSS STRACENCÓW TEAM | 78 | M40/4 | (M) | 24 | 00:06:43 | *** |
| 5 | 723 | BŁASEK Radosław | KĘPNO | | POL KS LENIWIEC | 79 | M40/5 | (M) | 44 | 00:07:06 | *** |
| 6 | 1047 | MRÓZ Mariusz | WROCLAW | | POL ZAKOCHAJ SIĘ W BIEGANIU | 74 | M40/6 | (M) | 46 | 00:07:08 | *** |
| 7 | 549 | PLYWACZ Wojciech | LILLE | | FRA MTB LILLE FR | 74 | M40/7 | (M) | 56 | 00:07:18 | *** |
| 8 | 960 | KLAPENDA Mariusz | ŁĘCZYCA | | POL MARIO TEAM | 74 | M40/8 | (M) | 70 | 00:07:26 | *** |
| 9 | 547 | PORADA Stanisław | PROSZKÓW | | POL AKB ESEMAS | 71 | M40/9 | (M) | 71 | 00:07:27 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|----------|
| 10 | 781 | WILKOWIECKI Sławomir | TWARDOGÓRA | | POL DEG-PLAST | 76 | M40/10 | (M)74 | 00:07:30 | *** |
| 11 | 428 | ŁUPIEŻOWIEC Piotr | CISOWNICA | | POL MKS-R 'CENTRUM' DZIĘGIELÓW | 77 | M40/11 | (M)75 | 00:07:31 | *** |
| 12 | 617 | PIECHOTA Jarosław | ŁÓDŹ | | POL PIECHOTA PO SCHODACH | 74 | M40/12 | (M)77 | 00:07:33 | *** |
| 13 | 957 | PAWELCZYK Józef | RYBNIK | | POL RYBNICKA GRUPA BIEGOWA-PĘDZIMY RAZEM | 76 | M40/13 | (M)87 | 00:07:42 | *** |
| 14 | 413 | MYDŁOWSKI Tomasz | JANOWICE WIELKIE | | POL NATURALNIE JANOWICE | 73 | M40/14 | (M)97 | 00:07:50 | *** |
| 15 | 867 | AKUTKO Sebastian | WROCLAW | | POL | 77 | M40/15 | (M)101 | 00:07:51 | *** |
| 16 | 62 | WOREK Dawid | OTMUCHÓW | | POL OTM.B | 78 | M40/16 | (M)106 | 00:07:56 | *** |
| 17 | 588 | PTAK Marcin | DOMASZCZYN | | POL | 75 | M40/17 | (M)107 | 00:07:56 | *** |
| 18 | 698 | MIDURA Wojciech | SZALEJÓW GÓRNY | | POL STD SZALEJÓW GÓRNY | 76 | M40/18 | (M)119 | 00:08:00 | *** |
| 19 | 112 | STARON Tomasz | WROCLAW | | POL ALIEN | 76 | M40/19 | (M)130 | 00:08:06 | *** |
| 20 | 893 | KUBINKA Paweł | JUTROSIN | | POL | 75 | M40/20 | (M)131 | 00:08:07 | *** |
| 21 | 872 | HEBDA Andrzej | LUBIN | | POL ÓSEMKA | 75 | M40/21 | (M)153 | 00:08:17 | *** |
| 22 | 529 | NOWAK Maciej | KROBIA | | POL KP PSP RAWICZ | 75 | M40/22 | (M)165 | 00:08:26 | *** |
| 23 | 794 | KOZAK Bartosz | DLUGOLEKA | | POL | 78 | M40/23 | (M)171 | 00:08:30 | *** |
| 24 | 565 | OBERC Robert | KUNICE | | POL SNOWSPORT.PL | 73 | M40/24 | (M)174 | 00:08:31 | *** |
| 25 | 262 | KUTRZEBA Michał | WROCLAW | | POL | 77 | M40/25 | (M)175 | 00:08:31 | *** |
| 26 | 921 | KIEDOWSKI Artur | WROCLAW | | POL PRO-RUN WROCLAW | 75 | M40/26 | (M)181 | 00:08:34 | *** |
| 27 | 276 | LUDAS Michał | WROCLAW | | POL | 75 | M40/27 | (M)197 | 00:08:41 | *** |
| 28 | 1038 | OLEARNIK Wojciech | WROCLAW | | POL | 78 | M40/28 | (M)200 | 00:08:41 | *** |
| 29 | 728 | WAWRZYNIAK Hubert | WROCLAW | | POL SEKJA WODNA | 71 | M40/29 | (M)205 | 00:08:42 | *** |
| 30 | 592 | WAWROWSKI Jarosław | ZABRZE | | POL | 72 | M40/30 | (M)210 | 00:08:43 | *** |
| 31 | 845 | CHUDZIŃSKI Tomasz | ŚREM | | POL | 71 | M40/31 | (M)213 | 00:08:44 | *** |
| 32 | 144 | NIEDOSTATKIEWICZ Maciej | GDYNIA | | POL MORSKA BAZA SZKOLENIOWA MEHELINKI | 70 | M40/32 | (M)215 | 00:08:46 | *** |
| 33 | 680 | KISIEL Maciej | DZIERŻONIÓW | | POL AKTYWNY WAŁBRZYCH | 77 | M40/33 | (M)227 | 00:08:51 | *** |
| 34 | 379 | PÓLGRABIA Dawid | WROCLAW | | POL | 78 | M40/34 | (M)229 | 00:08:51 | *** |
| 35 | 504 | RASZKA Krzysztof | MILICZ | | POL RUNNING TEAM MILICZ | 75 | M40/35 | (M)231 | 00:08:54 | *** |
| 36 | 970 | POWIERZA Arkadiusz | SOBÓTKA | | POL SALOS - OSTRÓW WIELKOPOLSKI | 72 | M40/36 | (M)232 | 00:08:54 | *** |
| 37 | 795 | KOLAKOWSKI Arkadiusz | WROCLAW | | POL WROCLAW | 76 | M40/37 | (M)235 | 00:08:55 | *** |
| 38 | 1043 | SZAWRO Michał | WARSZAWA | | POL | 70 | M40/38 | (M)240 | 00:08:56 | *** |
| 39 | 70 | PAJĄK Tomasz | OTMUCHÓW | | POL OTM.B | 76 | M40/39 | (M)241 | 00:08:57 | *** |
| 40 | 75 | BUKAŁA Janusz | OTMUCHÓW | | POL ŚLĘZAKTEAM, OTM.B | 75 | M40/40 | (M)245 | 00:08:58 | *** |
| 41 | 117 | LEWANDOWSKI Wojtek | TOKARY 29C | | POL | 75 | M40/41 | (M)247 | 00:09:00 | *** |
| 42 | 184 | KADŁUBOWSKI Piotr | BRZEG | | POL KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM | 77 | M40/42 | (M)249 | 00:09:00 | *** |
| 43 | 82 | WIĘCZKOWSKI Wojciech | WARSZAWA | | POL MUAY RUNNING TEAM | 74 | M40/43 | (M)251 | 00:09:02 | *** |
| 44 | 115 | KUMASZKA Dawid | WROCLAW | | POL ALIEN | 72 | M40/44 | (M)253 | 00:09:02 | *** |
| 45 | 281 | PRZYBYSZ Grzegorz | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 76 | M40/45 | (M)258 | 00:09:04 | *** |
| 46 | 679 | ADAMIAK Michał | OSTRÓW WLKP. | | POL | 74 | M40/46 | (M)289 | 00:09:17 | *** |
| 47 | 382 | GAŚIOREK Krzysztof | WROCLAW | | POL | 73 | M40/47 | (M)304 | 00:09:24 | *** |
| 48 | 377 | GÓRNY Robert | OZIMEK | | POL | 76 | M40/48 | (M)306 | 00:09:25 | *** |
| 49 | 162 | KACZMAREK Radosław | LESZNO | | POL | 78 | M40/49 | (M)309 | 00:09:25 | *** |
| 50 | 122 | SZYMYŚLIK Jacek | LESZNO | | POL | 77 | M40/50 | (M)325 | 00:09:30 | *** |
| 51 | 286 | SAMOLAK Maciek | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 78 | M40/51 | (M)327 | 00:09:31 | *** |
| 52 | 203 | ZYZAŃSKI Andrzej | WROCLAW | | POL FOUR RUNNERS GROUP | 75 | M40/52 | (M)332 | 00:09:34 | *** |
| 53 | 362 | LĘGA Wiesław | ŚWIDNICA | | POL BRAK TEAM/ KS TĘCZA | 72 | M40/53 | (M)336 | 00:09:35 | *** |
| 54 | 819 | KRAS Klaudiusz | BOGATYNIA | | POL GÓRNE ŁUŻYCE--BOGATYNIA | 79 | M40/54 | (M)340 | 00:09:36 | *** |
| 55 | 479 | TOKARZ Robert | TARNÓW | | POL | 72 | M40/55 | (M)343 | 00:09:38 | *** |
| 56 | 566 | WNĘK Piotr | WROCLAW | | POL | 77 | M40/56 | (M)344 | 00:09:38 | *** |
| 57 | 65 | KORNAŚ Marcin | BRASZOWICE | | POL ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | 78 | M40/57 | (M)346 | 00:09:39 | *** |
| 58 | 388 | HALAREWICZ Rafał | WROCLAW | | POL DGFP | 74 | M40/58 | (M)353 | 00:09:41 | *** |
| 59 | 688 | SZAŁAJKO Damian | WROCLAW | | POL | 74 | M40/59 | (M)356 | 00:09:45 | *** |
| 60 | 686 | ŁUBKOWSKI Marcin | BIELAWA | | POL BIELAWSKA AKADEMIA BIEGANIA | 75 | M40/60 | (M)365 | 00:09:47 | *** |
| 61 | 104 | BIELUŃSKI Sebastian | WROCLAW | | POL | 77 | M40/61 | (M)367 | 00:09:47 | *** |
| 62 | 148 | SZYLIŃSKI Marek | BOGATYNIA | | POL TWARDZIELE TEAM BOGATYNIA | 75 | M40/62 | (M)369 | 00:09:48 | *** |
| 63 | 158 | BAJSTOK Paweł | CZEMPIŃ | | POL KOŚCIAŃSKIE TOWARZYSTWO PŁYWACKIE | 74 | M40/63 | (M)394 | 00:10:01 | *** |
| 64 | 207 | ROSZCZAK Paweł | WROCLAW | | POL | 76 | M40/64 | (M)407 | 00:10:06 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------------|------------|-----------------------|--------|--------------|----------|
| 65 | 585 | KAMIŃSKI Łukasz | WROCLAW | | POL | 73 | M40/65 | (M)410 | 00:10:08 | *** |
| 66 | 1026 | ZNAMIROWSKI Krzysztof | WROCLAW | | POL RADIO WROCLAW | 72 | M40/66 | (M)416 | 00:10:11 | *** |
| 67 | 577 | KRYSTEK Marcin | PARZYMICHECHY | | POL SKABE | 76 | M40/67 | (M)422 | 00:10:13 | *** |
| 68 | 67 | ZYCHOWICZ Paweł | OTMUCHÓW | | POL OTM.B | 79 | M40/68 | (M)431 | 00:10:17 | *** |
| 69 | 205 | CIPORA Maciej | WROCLAW | | POL FOUR RUNNERS GROUP | 70 | M40/69 | (M)437 | 00:10:20 | *** |
| 70 | 153 | CZERNACHOWSKI Marek | TARNOWSKIE GÓRY | | POL VEOLIA POLUDNIE | 70 | M40/70 | (M)439 | 00:10:21 | *** |
| 71 | 5282 | NAZARY Piotr | WROCLAW | | POL OBORYGENI | 77 | M40/71 | (M)445 | 00:10:23 | *** |
| 72 | 973 | RESPONDEK Dariusz | WROCLAW | | POL | 74 | M40/72 | (M)449 | 00:10:25 | *** |
| 73 | 387 | ŻEROMSKI Marcin | WAŁBRZYCH | | POL BIEGAM BO LUBIĘ | 75 | M40/73 | (M)450 | 00:10:25 | *** |
| 74 | 113 | ZAWODNIK Anonimowy | | | POL | | M40/74 | (M)451 | 00:10:26 | *** |
| 75 | 415 | SIENKIEWICZ Arkadiusz | WROCLAW | | POL ZAKOCHAJ SIĘ W BIEGANIU | 74 | M40/75 | (M)452 | 00:10:26 | *** |
| 76 | 96 | DEPTAŁA Adrian | SMOLEC | | POL | 78 | M40/76 | (M)454 | 00:10:27 | *** |
| 77 | 254 | FEDORCHUK Oleksandr | CHARKIV | | UKR | 78 | M40/77 | (M)477 | 00:10:51 | *** |
| 78 | 73 | TOKARZ Ireneusz | OTMUCHÓW | | POL OTM.B | 75 | M40/78 | (M)480 | 00:10:52 | *** |
| 79 | 922 | MICHALUK-GÓRAL Łukasz | WROCLAW | | POL | 77 | M40/79 | (M)486 | 00:10:59 | *** |
| 80 | 558 | ANDRYCHOWICZ Radosław | ŻYRARDÓW | | POL | 73 | M40/80 | (M)490 | 00:11:02 | *** |
| 81 | 889 | KOZIÓLKIEWICZ Paweł | JELENIA GÓRA | | POL | 77 | M40/81 | (M)495 | 00:11:06 | *** |
| 82 | 829 | POKORNY Tomasz | WROCLAW | | POL MACOPHARMA | 72 | M40/82 | (M)496 | 00:11:06 | *** |
| 83 | 243 | GOVI Christian | WROCLAW | | POL BLUE SKY RUNNERS | 71 | M40/83 | (M)504 | 00:11:14 | *** |
| 84 | 101 | HAŁKA Jan | WROCLAW | | POL JACHU | 72 | M40/84 | (M)508 | 00:11:16 | *** |
| 85 | 410 | TOŚKO Tadeusz | SZCZECINEK | | POL HUSARIA RACE TEAM | 77 | M40/85 | (M)510 | 00:11:18 | *** |
| 86 | 667 | JÓZEFIAK Paweł | MYSŁAKÓW | | POL JEZUS TEAM | 79 | M40/86 | (M)511 | 00:11:18 | *** |
| 87 | 38 | WIATR Sławek | LUBLINIEC | | POL POGROM WICHRA TEAM | 73 | M40/87 | (M)522 | 00:11:40 | *** |
| 88 | 396 | BALKOWSKI Janusz | WROCLAW | | POL PROM | 75 | M40/88 | (M)525 | 00:11:43 | *** |
| 89 | 695 | PRAVDIUK Denys | WROCLAW | | POL | 79 | M40/89 | (M)526 | 00:11:43 | *** |
| 90 | 635 | MARCINEK Rafał | WROCLAW | | POL | 72 | M40/90 | (M)531 | 00:11:49 | *** |
| 91 | 702 | KOŁODZIEJ Grzegorz | ŁĄCKO | | POL OSP ŁĄCKO 3 | 79 | M40/91 | (M)535 | 00:11:52 | *** |
| 92 | 135 | KALAMARZ Krzysztof | WAWRZEŃCZYCE | | POL | 74 | M40/92 | (M)538 | 00:11:53 | *** |
| 93 | 506 | WALEŃSKI Sławomir | MILICZ | | POL RUNNING TEAM MILICZ | 73 | M40/93 | (M)539 | 00:11:54 | *** |
| 94 | 51 | WILK Marek | OLEŚNICA | | POL POGROM WICHRA TEAM | 75 | M40/94 | (M)543 | 00:11:56 | *** |
| 95 | 402 | ŻMIJAN Artur | BOLKÓW | | POL OSP SADY DOLNE | 71 | M40/95 | (M)547 | 00:11:59 | *** |
| 96 | 425 | SKOBERLA Robert | WROCLAW | | POL KM PSP WROCLAW | 76 | M40/96 | (M)551 | 00:12:02 | *** |
| 97 | 50 | KOKOWICZ Jacek | GAJKÓW | | POL | 74 | M40/97 | (M)557 | 00:12:07 | *** |
| 98 | 1039 | DZIEKAŃSKI Marcin | BĘDZIN | | POL | 77 | M40/98 | (M)574 | 00:12:35 | *** |
| 99 | 546 | WAJS Krzysztof | POLICE | | POL AZOTY POLICE | 79 | M40/99 | (M)578 | 00:12:45 | *** |
| 100 | 125 | BUTOR Arkadiusz | MAŁKINIA GÓRNA | | POL OSTRÓW BIEGA | 76 | M40/100 | (M)582 | 00:12:51 | *** |
| 101 | 330 | KLECZ Sławomir | WROCLAW | | POL GUGU&LORD | 71 | M40/101 | (M)591 | 00:12:58 | *** |
| 102 | 692 | PŁOCIGA Marcin | ZGORZELEC | | POL MIESZKANAWYBUCHOWA | 76 | M40/102 | (M)601 | 00:13:23 | *** |
| 103 | 375 | WASILEWSKI Dariusz | MIĘDZYRZECZ | | POL KP PSP MIĘDZYRZECZ | 79 | M40/103 | (M)603 | 00:13:37 | *** |
| 104 | 806 | STASZCZUK Sławomir | PORAJÓW | | POL GÓRNE ŁUŻYCE--BOGATYNIA | 77 | M40/104 | (M)608 | 00:13:57 | *** |
| 105 | 110 | STECZKIEWICZ Mariusz | POZNAŃ | | POL ZRG WSP 1156 POZNAŃ | 79 | M40/105 | (M)614 | 00:14:07 | *** |
| 106 | 842 | OLCZYK Tomasz | WROCLAW | | POL | 75 | M40/106 | (M)626 | 00:14:43 | *** |
| 107 | 545 | OSTASZEWSKI Marcin | SZCZECIN | | POL AZOTY POLICE | 77 | M40/107 | (M)629 | 00:15:04 | *** |
| 108 | 871 | LASOTA Rafał | WROCLAW | | POL KRÓLOWIE | 79 | M40/108 | (M)630 | 00:15:08 | *** |
| 109 | 452 | KRAKOWIAK Tomasz | WROCLAW | | POL FUNDACJA MIEJ GEST | 74 | M40/109 | (M)631 | 00:15:22 | *** |
| 110 | 849 | JASZCZOŁT Piotr | WROCLAW | | POL WYBIERZ | 79 | M40/110 | (M)634 | 00:15:38 | *** |
| 111 | 366 | KOWALCZYK Sławomir | SKARBIMIERZ | | POL OSP ŁUKOWICE BRZESKIE | 71 | M40/111 | (M)642 | 00:17:34 | *** |
| 112 | 524 | SUJKA Jacek | WROCLAW | | POL | 76 | M40/112 | (M)653 | 00:23:05 | *** |
| 113 | 218 | KASPERKOWIAK Sebastian | GOSTYŃ | | POL KP PSP GOSTYŃ | 73 | M40/113 | (M)655 | 00:24:38 | *** |

OPEN - M50 [36]

| | | | | | | | | | | |
|---|-----|-----------------|------------------|--|---|----|-------|-------|----------|-----|
| 1 | 352 | MIKETA Janusz | KAMIENSKIE MLYNY | | POL | 69 | M50/1 | (M)34 | 00:06:56 | *** |
| 2 | 464 | RYDZ Andrzej | JAWOR | | POL KB TKKF JAWOR | 65 | M50/2 | (M)39 | 00:07:03 | *** |
| 3 | 816 | GAWROŃSKI Artur | KAMIENNA GÓRA | | POL OLDBOYS | 64 | M50/3 | (M)43 | 00:07:05 | *** |
| 4 | 346 | KUPIŃSKI Cezary | WROCLAW | | POL MKS SIECHNICE/SKLEP BIEGACZA RUNNING68 TEAM | | M50/4 | (M)50 | 00:07:11 | *** |
| 5 | 914 | JAZ Zygmunt | WROCLAW | | POL | 61 | M50/5 | (M)66 | 00:07:24 | *** |
| 6 | 920 | ZAJĄC Grzegorz | WAŁBRZYCH | | POL | 69 | M50/6 | (M)79 | 00:07:36 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---------------------------------|------------|-----------------------|--------|--------------|----------|
| 7 | 163 | CZECHOLIŃSKI Paweł | PONIEC | | POL STREFASPORTU.PL MW INVEST | 69 | M50/7 | (M)112 | 00:07:57 | *** |
| 8 | 1004 | GŁĄBSKI Marek | ŁÓDŹ | | POL NOCNE MARKI | 65 | M50/8 | (M)122 | 00:08:01 | *** |
| 9 | 433 | SZTENC Dariusz | WROCLAW | | POL | 62 | M50/9 | (M)124 | 00:08:04 | *** |
| 10 | 745 | BUDKA Mirosław | WAŁBRZYCH | | POL | 68 | M50/10 | (M)129 | 00:08:05 | *** |
| 11 | 128 | CZECHOLIŃSKI Piotr | LESZNO | | POL LESZNO LIMITS RUNNERS | 68 | M50/11 | (M)135 | 00:08:08 | *** |
| 12 | 910 | JACKIEWICZ Arkadiusz | GŁOGÓW | | POL | 66 | M50/12 | (M)164 | 00:08:26 | *** |
| 13 | 915 | TROCHA Roman | DZIERŻONIÓW | | POL BIELAWSKA AKADEMIA BIEGANIA | 63 | M50/13 | (M)166 | 00:08:27 | *** |
| 14 | 567 | RAJCHEL Janusz | LEGNICA | | POL | 63 | M50/14 | (M)246 | 00:08:58 | *** |
| 15 | 761 | KOWALEWSKI Dariusz | BYKÓW | | POL | 68 | M50/15 | (M)268 | 00:09:10 | *** |
| 16 | 235 | SIDORUK Dariusz | ŚWIDNICA | | POL | 67 | M50/16 | (M)316 | 00:09:28 | *** |
| 17 | 1002 | WAWRZYŃIAK Bogusław | GORZYCE WIELKIE | | POL SPORT-STYL | 65 | M50/17 | (M)320 | 00:09:29 | *** |
| 18 | 626 | PYPEĆ Dariusz | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 69 | M50/18 | (M)326 | 00:09:31 | *** |
| 19 | 673 | GIL Czesław | KIETRZ | | POL EKO-OKNA RUNNERS | 60 | M50/19 | (M)341 | 00:09:37 | *** |
| 20 | 152 | MICHAŁSKI Józef | BYSTRZYCA KŁODZKA | | POL AKTYWNA BYSTRZYCA KŁODZKA | 65 | M50/20 | (M)363 | 00:09:46 | *** |
| 21 | 74 | PIETRZYK Janusz | GOSTYŃ | | POL NIGHT RUNNERS GOSTYŃ | 66 | M50/21 | (M)366 | 00:09:47 | *** |
| 22 | 918 | KUCAB Andrzej | LUBIN | | POL | 66 | M50/22 | (M)442 | 00:10:22 | *** |
| 23 | 119 | NIEĆ Zbigniew | GOCZAŁKOWICE-ZDRÓJ | | POL | 62 | M50/23 | (M)443 | 00:10:22 | *** |
| 24 | 638 | DZIEDZIC Piotr | MILICZ | | POL RUNNING TEAM MILICZ | 68 | M50/24 | (M)456 | 00:10:29 | *** |
| 25 | 266 | ANTONISZYN Dariusz | SZCZYTKOWICE | | POL SZCZYTKOWICE W BIEGU | 67 | M50/25 | (M)469 | 00:10:39 | *** |
| 26 | 114 | LEŚNIK Wojciech | WROCLAW | | POL | 63 | M50/26 | (M)482 | 00:10:55 | *** |
| 27 | 1028 | OLIWA Zbigniew | WROCLAW | | POL | 67 | M50/27 | (M)494 | 00:11:06 | *** |
| 28 | 392 | BALA Adam | SZCZAWNO-ZDRÓJ | | POL PREDATORS WAŁBRZYCH | 68 | M50/28 | (M)521 | 00:11:33 | *** |
| 29 | 285 | JANKOWIAK Janusz | RAWICZ | | POL | 61 | M50/29 | (M)533 | 00:11:51 | *** |
| 30 | 703 | PIOTROWSKI Marek | LEGNICA | | POL JANO SPORT TEAM LEGNICA | 62 | M50/30 | (M)537 | 00:11:53 | *** |
| 31 | 137 | KNOP Zbigniew | LESZNO | | POL LESZNO LIMITS RUNNERS | 64 | M50/31 | (M)542 | 00:11:55 | *** |
| 32 | 808 | PANACHEDA Leszek | BOGATYNIA | | POL GÓRNE ŁUŻYCE--BOGATYNIA | 62 | M50/32 | (M)553 | 00:12:05 | *** |
| 33 | 1012 | TATROCKI Krzysztof | SOBÓTKA | | POL KB SOBÓTKA | 69 | M50/33 | (M)580 | 00:12:48 | *** |
| 34 | 91 | ŚLEDZIKOWSKI Bogdan | WROCLAW | | POL | 63 | M50/34 | (M)597 | 00:13:09 | *** |
| 35 | 512 | PASIEKA Juliusz | MILICZ | | POL RUNNING TEAM MILICZ | 68 | M50/35 | (M)602 | 00:13:37 | *** |
| 36 | 1048 | ZAWODNIK Anonimowy | | | POL | | M50/36 | (M)641 | 00:17:20 | *** |

OPEN - M60 [15]

| | | | | | | | | | | |
|----|------|----------------------|---------------------|--|---------------------------------|----|--------|--------|----------|-----|
| 1 | 463 | ULFIK Jerzy | ZABRZE | | POL DŁUGOBIEGACZE | 59 | M60/1 | (M)65 | 00:07:23 | *** |
| 2 | 319 | PARCHANOWICZ Mariusz | STRZEGOM | | POL BEZ GRANIC | 59 | M60/2 | (M)78 | 00:07:35 | *** |
| 3 | 245 | GŁUSZKO Krzysztof | GÓRA | | POL MIRA TEAM | 58 | M60/3 | (M)163 | 00:08:26 | *** |
| 4 | 372 | MARUSZAK Henryk | SKARBIMIERZ OSIEDLE | | POL AGRO-AS TEAM | 55 | M60/4 | (M)176 | 00:08:32 | *** |
| 5 | 919 | GIL Stanisław | DZIERŻONIÓW | | POL BIELAWSKA AKADEMIA BIEGANIA | 56 | M60/5 | (M)177 | 00:08:32 | *** |
| 6 | 917 | GIL Zygmunt | WROCLAW | | POL | 57 | M60/6 | (M)273 | 00:09:12 | *** |
| 7 | 749 | KACZMAREK Marek | WROCLAW | | POL | 55 | M60/7 | (M)283 | 00:09:14 | *** |
| 8 | 902 | KORCZYŃSKI Stanisław | KOLUSZKI | | POL PIECHOTA PO SCHODACH | 53 | M60/8 | (M)288 | 00:09:17 | *** |
| 9 | 841 | STAREGO Adam | BOLESŁAWIEC | | POL KLUB BIEGACZA BOLESŁAWIEC | 58 | M60/9 | (M)300 | 00:09:23 | *** |
| 10 | 395 | ZIELIŃSKI Sławomir | JELEŃ GÓRA | | POL | 57 | M60/10 | (M)310 | 00:09:26 | *** |
| 11 | 1005 | ŁABUZ Marek | WROCLAW | | POL WKB PIAST WROCLAW | 56 | M60/11 | (M)444 | 00:10:23 | *** |
| 12 | 265 | WESOŁOWSKI Stanisław | URAZ | | POL WKB PIAST WROCLAW | 54 | M60/12 | (M)497 | 00:11:07 | *** |
| 13 | 776 | FORTOŃSKI Henryk | WAŁBRZYCH | | POL GÓRNIK TOYOTA WAŁBRZYCH | 57 | M60/13 | (M)559 | 00:12:11 | *** |
| 14 | 654 | MAZUR Tadeusz | WROCLAW | | POL | 56 | M60/14 | (M)651 | 00:21:42 | *** |
| 15 | 891 | WIERZEJSKI Henryk | WROCLAW | | POL AMATOR | 54 | M60/15 | (M)652 | 00:22:20 | *** |

OPEN - M70 [3]

| | | | | | | | | | | |
|---|-----|---------------------|---------------|--|---------------------------|----|-------|--------|----------|-----|
| 1 | 975 | SZCZEŚNIAK Andrzej | WROCLAW | | POL WOMP WROCLAW | 49 | M70/1 | (M)296 | 00:09:20 | *** |
| 2 | 341 | KOŚCIAK Edward | KAMIENNA GÓRA | | POL AMATOR | 38 | M70/2 | (M)425 | 00:10:14 | *** |
| 3 | 333 | SZYMANIEWICZ Edward | GŁOGÓW | | POL CROSS STRACENCÓW TEAM | 49 | M70/3 | (M)464 | 00:10:35 | *** |

OPEN - K20 [85]

| | | | | | | | | | | |
|---|------|---------------------|------------|--|------------------|----|-------|-------|----------|-----|
| 1 | 10 | KOZIELSKA Magdalena | SZAFLARY | | POL DYNAFIT TEAM | 91 | K20/1 | (K)3 | 00:06:47 | *** |
| 2 | 7 | PĘCZAR Aneta | ŚWIDNICA | | POL | 94 | K20/2 | (K)7 | 00:08:03 | *** |
| 3 | 123 | MIĘSOWICZ Mariola | WROCLAW | | POL PUSTY_BIDON | 92 | K20/3 | (K)16 | 00:09:06 | *** |
| 4 | 980 | ŁĘCKA Justyna | WARSZAWA | | POL | 97 | K20/4 | (K)18 | 00:09:09 | *** |
| 5 | 1003 | ZALEWSKA Anna | PRUSZOWICE | | POL | 01 | K20/5 | (K)19 | 00:09:09 | *** |
| 6 | 965 | LANG Monika | OPOLE | | POL AWL | 94 | K20/6 | (K)20 | 00:09:10 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--------------------------------|------------|-----------------------|--------|--------------|----------|
| 7 | 684 | ROZENBAJGIER Jula | KRUSZYN | | POL | 97 | K20/7 | (K)25 | 00:09:32 | *** |
| 8 | 498 | KŁONOWSKA Justyna | WROCLAW | | POL AMATOR | 92 | K20/8 | (K)29 | 00:09:38 | *** |
| 9 | 851 | GÓRECKA Patrycja | SWARZĘDZ | | POL | 98 | K20/9 | (K)30 | 00:09:41 | *** |
| 10 | 730 | WÓJCİK Paulina | WROCLAW | | POL WÓJCİK TEAM | 94 | K20/10 | (K)32 | 00:09:43 | *** |
| 11 | 1006 | ROŹDŻYŃSKA Patrycja | POZNAŃ | | POL | 96 | K20/11 | (K)34 | 00:09:44 | *** |
| 12 | 520 | BEDNARCZYK Magdalena | STRZEGOM | | POL STRZEGOMSKA DWUNASTKA | 91 | K20/12 | (K)35 | 00:09:45 | *** |
| 13 | 255 | MACIEJASZ Kinga | OŚWIĘCIM | | POL | 93 | K20/13 | (K)40 | 00:09:57 | *** |
| 14 | 887 | CIEPŁA Monika | SOBÓTKA | | POL | 92 | K20/14 | (K)43 | 00:10:06 | *** |
| 15 | 653 | GRZYB Patrycja | WYSZKÓW | | POL | 95 | K20/15 | (K)46 | 00:10:15 | *** |
| 16 | 340 | RADOMSKA Katarzyna | WROCLAW | | POL OGRY KSIĘCIUNIA | 91 | K20/16 | (K)48 | 00:10:21 | *** |
| 17 | 335 | BRZOSTOWIECKA Angelika | WROCLAW | | POL | 97 | K20/17 | (K)52 | 00:10:29 | *** |
| 18 | 471 | CICHA Katarzyna | BORÓW | | POL DRUŻYNA KATA | 90 | K20/18 | (K)55 | 00:10:37 | *** |
| 19 | 349 | JALTUSZYK Ewelina | WARSZAWA | | POL | 93 | K20/19 | (K)57 | 00:10:43 | *** |
| 20 | 482 | MROCKOWSKA Katarzyna | PIOTRKÓW | | POL | 99 | K20/20 | (K)58 | 00:10:45 | *** |
| 21 | 576 | HALĄGOWSKA Agnieszka | OSÓWIEC | | POL SPORTY WALKI RAWICZ | 90 | K20/21 | (K)61 | 00:10:47 | *** |
| 22 | 942 | SKRZYPNIAK Anna | OSTRÓW WIELKOPOLSKI | | POL | 94 | K20/22 | (K)62 | 00:10:50 | *** |
| 23 | 127 | RUSKOWIAK Anna | SPYTKÓWKI | | POL UKS JUNIOR NIETAŹKOWO | 92 | K20/23 | (K)69 | 00:11:02 | *** |
| 24 | 736 | KUNICKA Gabriela | ŁÓDŹ | | POL ONLY YOU | 98 | K20/24 | (K)74 | 00:11:16 | *** |
| 25 | 1024 | KOMUŃSKA Klaudia | WROCLAW | | POL | 92 | K20/25 | (K)75 | 00:11:17 | *** |
| 26 | 594 | MALINOWSKA Aleksandra | JELENIA GÓRA | | POL ROWEROWA PARKA | 96 | K20/26 | (K)77 | 00:11:21 | *** |
| 27 | 173 | DOMARADZKA Agata | WROCLAW | | POL | 90 | K20/27 | (K)79 | 00:11:22 | *** |
| 28 | 331 | DŁUŻEŃ Ewa | WROCLAW | | POL E+R TEAM | 94 | K20/28 | (K)80 | 00:11:25 | *** |
| 29 | 859 | STANKIEWICZ Alicja | WROCLAW | | POL | 94 | K20/29 | (K)83 | 00:11:31 | *** |
| 30 | 890 | ZAJFERT Angelika | BRZEG DOLNY | | POL | 93 | K20/30 | (K)84 | 00:11:32 | *** |
| 31 | 303 | DUDZIK Edyta | WARSZAWA | | POL | 92 | K20/31 | (K)94 | 00:11:47 | *** |
| 32 | 560 | DOWNAR-ZAPOLSKA Laura | WROCLAW | | POL MOM & DAUGHTER RUN | 93 | K20/32 | (K)95 | 00:11:48 | *** |
| 33 | 481 | SUCHARSKA Klaudia | BOROW | | POL DRUŻYNA KATA | 01 | K20/33 | (K)97 | 00:11:49 | *** |
| 34 | 57 | ROKITNICKA Jessica | BRZEG | | POL | 92 | K20/34 | (K)101 | 00:11:57 | *** |
| 35 | 1013 | IBRON Dominika | WROCLAW | | POL | 97 | K20/35 | (K)104 | 00:12:01 | *** |
| 36 | 959 | KOLEK Karolina | KRAKÓW | | POL | 94 | K20/36 | (K)106 | 00:12:03 | *** |
| 37 | 1034 | BIELSKA Alina | WROCLAW | | POL STYRANI | 95 | K20/37 | (K)107 | 00:12:04 | *** |
| 38 | 570 | SOCZEK Ewa | KRAKOW | | POL | 91 | K20/38 | (K)113 | 00:12:10 | *** |
| 39 | 5220 | DURDA Patrycja | WROCLAW | | POL | 98 | K20/39 | (K)115 | 00:12:13 | *** |
| 40 | 1022 | KOSTRZEWA Katarzyna | WROCLAW | | POL KOSTKA | 93 | K20/40 | (K)120 | 00:12:21 | *** |
| 41 | 400 | ZAWODNIK Anonimowy | | | POL | | K20/41 | (K)128 | 00:12:30 | *** |
| 42 | 302 | ANTOŃCZYK Elżbieta | WROCLAW | | POL | 92 | K20/42 | (K)129 | 00:12:31 | *** |
| 43 | 542 | WIĘCKOWSKA Agata | LESZNO | | POL | 92 | K20/43 | (K)130 | 00:12:33 | *** |
| 44 | 827 | RADOMSKA Katarzyna | SZCZECINEK | | POL | 91 | K20/44 | (K)136 | 00:12:42 | *** |
| 45 | 656 | CIURA Alicja | SIEDLEC | | POL CAPGEMINI | 95 | K20/45 | (K)138 | 00:12:45 | *** |
| 46 | 775 | TOPOLSKA Mariola | WROCLAW | | POL SP NR 30 WROCLAW | 90 | K20/46 | (K)141 | 00:12:51 | *** |
| 47 | 888 | LEŚNIEWSKA Marta | WROCLAW | | POL | 90 | K20/47 | (K)142 | 00:12:52 | *** |
| 48 | 877 | KOŃSKA Miriam | WROCLAW | | POL | 93 | K20/48 | (K)145 | 00:12:54 | *** |
| 49 | 878 | KOŃSKA Justyna | WROCLAW | | POL | 98 | K20/49 | (K)148 | 00:12:59 | *** |
| 50 | 1046 | ANTONOWICZ Paula | WROCLAW | | POL | 90 | K20/50 | (K)150 | 00:13:05 | *** |
| 51 | 801 | CZERNIAK Martyna | WAŁBRZYCH | | POL | 94 | K20/51 | (K)151 | 00:13:11 | *** |
| 52 | 531 | ŚPIK Katarzyna | WROCLAW | | POL | 96 | K20/52 | (K)152 | 00:13:11 | *** |
| 53 | 544 | BROCKA Julia | GÓRA | | POL | 00 | K20/53 | (K)153 | 00:13:13 | *** |
| 54 | 596 | KASPRZYK Natalia | SADKÓW | | POL | 04 | K20/54 | (K)156 | 00:13:17 | *** |
| 55 | 527 | ORZESZEK Karolina | BORÓW | | POL DRUŻYNA KATA | 93 | K20/55 | (K)158 | 00:13:21 | *** |
| 56 | 1032 | ROSE Julia | ZGORZELEC | | POL DONT WORRY, BE HAPPY! | 94 | K20/56 | (K)159 | 00:13:22 | *** |
| 57 | 438 | CZAJKOWSKA Agnieszka | KĘDZIERZYN-KOŹLE | | POL | 90 | K20/57 | (K)163 | 00:13:36 | *** |
| 58 | 197 | SIWIECKA Natalia | POLANÓW | | POL | 96 | K20/58 | (K)164 | 00:13:41 | *** |
| 59 | 539 | NIWIŃSKA Natalia | WROCLAW | | POL DRUŻYNA KATA | 98 | K20/59 | (K)166 | 00:13:47 | *** |
| 60 | 753 | JANIK Daria | WIERUSZÓW | | POL | 97 | K20/60 | (K)172 | 00:13:53 | *** |
| 61 | 412 | WRÓBLEWSKA Roksana | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 97 | K20/61 | (K)173 | 00:13:54 | *** |
| 62 | 987 | KULIG Anna | NYSA | | POL GO! RUNNING TEAM | 94 | K20/62 | (K)180 | 00:14:20 | *** |
| 63 | 225 | BIAŁCZAK Emilia | WROCLAW | | POL FRESENIUS MEDICAL CARE SSC | 93 | K20/63 | (K)188 | 00:14:57 | *** |
| 64 | 518 | MRÓZ Aleksandra | BORÓW | | POL DRUŻYNA KATA | 95 | K20/64 | (K)191 | 00:15:00 | *** |













| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------------|------------|-----------------------|--------|--------------|----------|
| 65 | 85 | DĘBIEWSKA Paulina | BLONIE | | POL | 00 | K20/65 | (K)195 | 00:15:08 | *** |
| 66 | 719 | LEŚNIARA Joanna | BIELAWA | | POL DRUŻYNA KITKU | 93 | K20/66 | (K)196 | 00:15:09 | *** |
| 67 | 848 | BUI Thao | WROCLAW | | VIE | 93 | K20/67 | (K)197 | 00:15:17 | *** |
| 68 | 186 | WICHLACZ Marzena | WROCLAW | | POL | 90 | K20/68 | (K)201 | 00:15:25 | *** |
| 69 | 899 | CZERWIŃSKA Karolina | KALWARIA | | POL | 94 | K20/69 | (K)202 | 00:15:26 | *** |
| 70 | 460 | STYBURSKA Izabella | POZNAŃ | | POL WPIERDALACZE | 91 | K20/70 | (K)205 | 00:15:33 | *** |
| 71 | 963 | HYŻY Weronika | GORZYCE WIELKIE | | POL ZESPÓŁ SZKÓŁ USŁUGOWYCH | 00 | K20/71 | (K)208 | 00:15:43 | *** |
| 72 | 503 | KALUSKA Sylwia | WARSZAWA | | POL | 90 | K20/72 | (K)209 | 00:15:44 | *** |
| 73 | 501 | KOZŁOWSKA Natalia | BORÓW | | POL DRUŻYNA KATA | 90 | K20/73 | (K)210 | 00:15:47 | *** |
| 74 | 990 | MALEC Klaudia | NYSA | | POL GO! RUNNING TEAM | 93 | K20/74 | (K)211 | 00:15:56 | *** |
| 75 | 720 | SMOLEŃ Anna | DZIERŻONIÓW | | POL DRUŻYNA KITKU | 93 | K20/75 | (K)215 | 00:16:22 | *** |
| 76 | 740 | HOREŻGA Dorota | BRZEG | | POL | 90 | K20/76 | (K)217 | 00:16:45 | *** |
| 77 | 497 | BRZÓSKA Katarzyna | CHRZANÓW | | POL OSP POWIAT CHRZANOWSKI | 97 | K20/77 | (K)224 | 00:17:40 | *** |
| 78 | 604 | PRZYSTAŚ Aleksandra | WROCLAW | | POL ADMINISTRATYWIŚCI | 99 | K20/78 | (K)225 | 00:17:40 | *** |
| 79 | 1001 | WÓJCIK Kinga | BRONIKÓW | | POL OSP DZIAŁOSZYN | 93 | K20/79 | (K)227 | 00:18:12 | *** |
| 80 | 450 | PIZOŃ Magdalena | OBORA | | POL | 95 | K20/80 | (K)231 | 00:19:27 | *** |
| 81 | 935 | DĄBEK Wiktoria | LEZAJSK | | POL OSP GIEDLAROWA | 00 | K20/81 | (K)233 | 00:20:01 | *** |
| 82 | 315 | MYSZYWODA Monika | JELCZ-LASKOWICE | | POL | 90 | K20/82 | (K)234 | 00:20:11 | *** |
| 83 | 480 | KUBICA Agata | TARNOWSKIE GÓRY | | POL | 91 | K20/83 | (K)236 | 00:20:32 | *** |
| 84 | 483 | KRAL Aleksandra | EDINBURGH | | GBR DRUŻYNA KATA | 93 | K20/84 | (K)241 | 00:23:38 | *** |
| 85 | 490 | MAZGAJ Sylwia | MIRÓW | | POL OSP POWIAT CHRZANOWSKI | 97 | K20/85 | (K)242 | 00:25:16 | *** |

OPEN - K30 [92]

| | | | | | | | | | | |
|----|------|--------------------------|------------------|--|--|----|--------|-------|----------|-----|
| 1 | 3 | FICNER Anna | ZŁOTORYJA | | POL OLAWS ZŁOTORYJA/MKS SIECHNICE | 85 | K30/1 | (K)1 | 00:06:15 | *** |
| 2 | 4 | WICHA Iwona | GÓRA KALWARIA | | POL PUKS MŁODE ORŁY / LLKS PREFBET SNIADOWO ŁOMZA | 87 | K30/2 | (K)2 | 00:06:35 | *** |
| 3 | 13 | PISKOROWSKA Danuta | WROCLAW | | POL TEAM LUKS ŻÓRAWINA WROCLAW | 80 | K30/3 | (K)4 | 00:07:29 | *** |
| 4 | 5 | HOJA Joanna | WAŁBRZYCH | | POL ALPIN SPORT HOKA ONE ONE TEAM | 88 | K30/4 | (K)6 | 00:08:02 | *** |
| 5 | 9 | GRADUS Ilona | WARSZAWA | | POL | 85 | K30/5 | (K)9 | 00:08:08 | *** |
| 6 | 601 | LANGE Kinga | BRANDSHAGEN | | GER | 82 | K30/6 | (K)11 | 00:08:50 | *** |
| 7 | 996 | CZYKIEL Kamila | NYSA | | POL GO! RUNNING TEAM | 83 | K30/7 | (K)12 | 00:08:53 | *** |
| 8 | 83 | BIALOBŁOCKA Alicja | WROCLAW | | POL | 84 | K30/8 | (K)13 | 00:08:53 | *** |
| 9 | 755 | BUKACKA Irena | 3/24 | | POL | 89 | K30/9 | (K)14 | 00:08:57 | *** |
| 10 | 625 | FLOREK Katarzyna | WROCLAW | | POL | 88 | K30/10 | (K)15 | 00:09:01 | *** |
| 11 | 771 | SROKA Małgorzata | WĘGRZCE WIELKIE | | POL | 81 | K30/11 | (K)21 | 00:09:11 | *** |
| 12 | 370 | STRZAŁKOWSKA Urszula | OPOLE | | POL BBL OPOLE | 86 | K30/12 | (K)24 | 00:09:31 | *** |
| 13 | 581 | WASIŁEK Basia | WOŁÓW | | POL FITNESSACJA | 81 | K30/13 | (K)27 | 00:09:36 | *** |
| 14 | 837 | SUKNIEWICZ Marzena | DZIERŻONIÓW | | POL | 87 | K30/14 | (K)28 | 00:09:37 | *** |
| 15 | 1033 | LORANC Agnieszka | PIETRZYKOWICE K. | | POL | 84 | K30/15 | (K)31 | 00:09:42 | *** |
| 16 | 287 | MASNY-JARMUNDOWICZ Marta | RYBNIK | | POL PĘDZĄCE ŻÓŁWIE IMI | 80 | K30/16 | (K)33 | 00:09:44 | *** |
| 17 | 457 | CISEK Żaneta | BRZEG | | POL | 87 | K30/17 | (K)36 | 00:09:47 | *** |
| 18 | 160 | WRÓBEL Kasia | ŁÓDŹ | | POL | 85 | K30/18 | (K)38 | 00:09:52 | *** |
| 19 | 948 | TREPKA Marlena | PRZECZA-RASKI | | POL | 89 | K30/19 | (K)39 | 00:09:56 | *** |
| 20 | 42 | GŁOS Lucyna | MIRKÓW ŁOZINA | | POL | 82 | K30/20 | (K)42 | 00:10:04 | *** |
| 21 | 486 | MOŻEJKO Ines | WROCLAW | | POL STREFA-DOBREJ-FORMY.COM | 87 | K30/21 | (K)44 | 00:10:08 | *** |
| 22 | 583 | KORZAK Ewa | BRZEG DOLNY | | POL FITNESSACJA | 83 | K30/22 | (K)45 | 00:10:14 | *** |
| 23 | 742 | TUZINKIEWICZ Jadwiga | BRZEG | | POL EX TEAM | 85 | K30/23 | (K)47 | 00:10:21 | *** |
| 24 | 651 | KOŁACZEK Sylwia | WROCLAW | | POL | 80 | K30/24 | (K)49 | 00:10:22 | *** |
| 25 | 818 | BARWICKA Sonia | RUDA ŚLĄSKA | | POL | 85 | K30/25 | (K)53 | 00:10:33 | *** |
| 26 | 862 | SKROK Anna | WROCLAW | | POL | 84 | K30/26 | (K)54 | 00:10:35 | *** |
| 27 | 332 | DĄBROWSKA Sandra | WROCLAW | | POL BIEGAM BEZ POWODU | 85 | K30/27 | (K)56 | 00:10:40 | *** |
| 28 | 1000 | JABLČZYŃSKA Joanna | | | POL | 85 | K30/28 | (K)63 | 00:10:50 | *** |
| 29 | 709 | GĘBICKA Paulina | WROCLAW | | POL | 86 | K30/29 | (K)65 | 00:10:56 | *** |
| 30 | 77 | NOWAK Katarzyna | TUŁOWICE | | POL | 83 | K30/30 | (K)70 | 00:11:08 | *** |
| 31 | 228 | PTAK Anita | WROCLAW | | POL ROŻO RUNNING DIVISION | 85 | K30/31 | (K)71 | 00:11:09 | *** |
| 32 | 757 | PIEPRZYK Agata | WROCLAW | | POL MACOPHARMA | 85 | K30/32 | (K)72 | 00:11:09 | *** |
| 33 | 836 | KUŹMICZ Olga | UŚCIMÓW | | POL JAGA LATA/ OSP MAŚLUCHY | 85 | K30/33 | (K)73 | 00:11:16 | *** |
| 34 | 623 | ŻAK Marika | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 83 | K30/34 | (K)78 | 00:11:22 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|--------------------------------|---------------------|-------------|----------------------------------|------------|-----------------------|--------|--------------|----------|
| 35 | 161 | WRÓBEL Ilona | ZĄBKI | | POL | 86 | K30/35 | (K)81 | 00:11:26 | *** |
| 36 | 683 | ZIENKIEWICZ Agata | WROCLAW | | POL | 87 | K30/36 | (K)85 | 00:11:33 | *** |
| 37 | 1049 | REGUŁA Marta | NYSA | | POL GO! RUNNING TEAM | 82 | K30/37 | (K)89 | 00:11:36 | *** |
| 38 | 88 | KALIŃSKA Monika | WROCLAW | | POL | 86 | K30/38 | (K)90 | 00:11:44 | *** |
| 39 | 694 | ŻUKROWSKA Kornelia | WROCLAW | | POL | 88 | K30/39 | (K)92 | 00:11:46 | *** |
| 40 | 784 | PEREK-ROMANOWSKA Martyna | POLKOWICE | | POL | 88 | K30/40 | (K)96 | 00:11:48 | *** |
| 41 | 1031 | SOBALSKA Katarzyna | GOSTYŃ | | POL NETBOX BIEGA | 84 | K30/41 | (K)98 | 00:11:52 | *** |
| 42 | 687 | LAMCH Emilia | CHRZANÓW | | POL | 85 | K30/42 | (K)99 | 00:11:52 | *** |
| 43 | 109 | KULAK Paulina | WROCLAW | | POL | 86 | K30/43 | (K)102 | 00:11:59 | *** |
| 44 | 111 | KIELT Ewelina | PROCHOWICE | | POL KB KROKUS KWIATKOWICE | 81 | K30/44 | (K)105 | 00:12:03 | *** |
| 45 | 563 | KUROWSKA Marlena | KAMIENNA GÓRA | | POL KAMIENNOGÓRSKA GRUPA BIEGOWA | 83 | K30/45 | (K)109 | 00:12:08 | *** |
| 46 | 814 | WIELICZKO Dagmara | WROCLAW | | POL CARREFOUR BOREK | 86 | K30/46 | (K)110 | 00:12:09 | *** |
| 47 | 580 | BAZAK Marta | BRZEG DOLNY | | POL FITNESSACJA | 88 | K30/47 | (K)116 | 00:12:14 | *** |
| 48 | 385 | SPYCHAJ Małgorzata | ŚWIDNICA | | POL | 86 | K30/48 | (K)118 | 00:12:16 | *** |
| 49 | 166 | ROMEK Katarzyna | ŚWIDNICA | | POL #BBKTS | 84 | K30/49 | (K)119 | 00:12:19 | *** |
| 50 | 334 | KLECZ Agnieszka | ŁANY | | POL GUGU&LORD | 85 | K30/50 | (K)122 | 00:12:22 | *** |
| 51 | 711 | POZNAŃ Dorota | BRZEG | | POL | 80 | K30/51 | (K)123 | 00:12:26 | *** |
| 52 | 248 | JUSZCZAK Katarzyna | WROCLAW | | POL WROCLAW | 85 | K30/52 | (K)124 | 00:12:28 | *** |
| 53 | 1019 | MIECZNIKIEWICZ Karolina | ŚWIDNICA | | POL | 80 | K30/53 | (K)126 | 00:12:29 | *** |
| 54 | 938 | KMIECIK Małgorzata | WAŁBRZYCH | | POL AKADEMIA RUCHU WAŁBRZYCH | 81 | K30/54 | (K)131 | 00:12:33 | *** |
| 55 | 338 | SOBKÓW Justyna | MIEROSZÓW | | POL | 89 | K30/55 | (K)132 | 00:12:36 | *** |
| 56 | 738 | ŚWICA Magdalena | WROCLAW | | POL | 89 | K30/56 | (K)137 | 00:12:44 | *** |
| 57 | 193 | FEDOROWICZ Jowita | BRZEG | | POL KOTWICA BRZEG | 84 | K30/57 | (K)139 | 00:12:46 | *** |
| 58 | 190 | TOMALAK Anna | OSTRÓW WIELKOPOLSKI | | POL | 85 | K30/58 | (K)140 | 00:12:51 | *** |
| 59 | 628 | KRAWCZYK Magdalena b. | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 87 | K30/59 | (K)143 | 00:12:53 | *** |
| 60 | 835 | SOBIERALSKA Magdalena | WROCLAW | | POL | 88 | K30/60 | (K)144 | 00:12:54 | *** |
| 61 | 932 | MAGRYTA Anna | MARKI | | POL PKO BANK POLSKI SA | 84 | K30/61 | (K)146 | 00:12:54 | *** |
| 62 | 1035 | CZUCZWARA Kamila | WROCLAW | | POL | 88 | K30/62 | (K)160 | 00:13:23 | *** |
| 63 | 514 | ILJASZCZUK Barbara | BORÓW | | POL DRUŻYNA KATA | 89 | K30/63 | (K)161 | 00:13:27 | *** |
| 64 | 261 | RUSZLEWICZ Marta | WROCLAW | | POL | 83 | K30/64 | (K)162 | 00:13:27 | *** |
| 65 | 458 | OWSIAŃSKA Anna | POBIEDZISKA | | POL KRÓLOWE BALU | 88 | K30/65 | (K)165 | 00:13:44 | *** |
| 66 | 633 | WILCZYŃSKA Magdalena | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 81 | K30/66 | (K)167 | 00:13:48 | *** |
| 67 | 291 | GABRYELSKA Ełżbieta | WROCLAW | | POL | 81 | K30/67 | (K)170 | 00:13:49 | *** |
| 68 | 282 | PRZYBYSZ Monika | WAŁBRZYCH | | POL PREDATORS WAŁBRZYCH | 86 | K30/68 | (K)175 | 00:14:00 | *** |
| 69 | 813 | WIJATKOWSKA Marzena | WROCLAW | | POL CARREFOUR BOREK | 86 | K30/69 | (K)176 | 00:14:09 | *** |
| 70 | 47 | KOZAK Joanna | STRZELIN | | POL | 89 | K30/70 | (K)182 | 00:14:27 | *** |
| 71 | 321 | ZAWIŚLAK Ewelina | OPOLE | | POL | 86 | K30/71 | (K)183 | 00:14:34 | *** |
| 72 | 105 | WĘGRZYN Martina | WROCLAW | | POL WKURW_TEAM | 89 | K30/72 | (K)184 | 00:14:40 | *** |
| 73 | 505 | ORZESZEK-KAMIŃSKA Anna | BORÓW | | POL DRUŻYNA KATA | 85 | K30/73 | (K)186 | 00:14:51 | *** |
| 74 | 361 | SKOCZYŁAS-SZYMAŃSKA Małgorzata | ŚWIEBODZICE | | POL | 81 | K30/74 | (K)187 | 00:14:51 | *** |
| 75 | 189 | UCHEREK Anna | WROCLAW | | POL | 88 | K30/75 | (K)192 | 00:15:02 | *** |
| 76 | 831 | CAŁY Alicja | WROCLAW | | POL | 87 | K30/76 | (K)193 | 00:15:08 | *** |
| 77 | 383 | GILEWSKA Małgorzata | OPOLE | | POL | 87 | K30/77 | (K)198 | 00:15:18 | *** |
| 78 | 55 | PIJARCZYK Marta | ZĄBKI | | POL ENERGETEL.PL | 88 | K30/78 | (K)203 | 00:15:31 | *** |
| 79 | 618 | WITKOWSKA Dominika | LODZ | | POL PIECHOTA PO SCHODACH | 82 | K30/79 | (K)206 | 00:15:36 | *** |
| 80 | 644 | LESZCZEWSKA Bernadetta | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 80 | K30/80 | (K)212 | 00:16:10 | *** |
| 81 | 487 | SKIBIŃSKA Małgorzata | WROCLAW | | POL | 84 | K30/81 | (K)213 | 00:16:13 | *** |
| 82 | 495 | KUPIDŁO Joanna | BYTOM | | POL OSP REPTY ŚLĄSKIE | 83 | K30/82 | (K)216 | 00:16:27 | *** |
| 83 | 860 | SAKOWICZ Magdalena | WROCLAW | | POL KRUCZKI | 89 | K30/83 | (K)220 | 00:17:09 | *** |
| 84 | 820 | SONDEJ Edyta | WROCLAW | | POL CARREFOUR BOREK | 81 | K30/84 | (K)223 | 00:17:23 | *** |
| 85 | 815 | STACHÓW Monika | WROCLAW | | POL CARREFOUR BOREK | 82 | K30/85 | (K)228 | 00:18:16 | *** |
| 86 | 491 | PROCHAL-KUCHCIŃSKA Izabella | CHRZANÓW | | POL OSP POWIAT CHRZANOWSKI | 82 | K30/86 | (K)229 | 00:18:23 | *** |
| 87 | 727 | MAĆKOWIAK Paulina | OBORNIKI ŚLĄSKIE | | POL OSP BIEGA | 87 | K30/87 | (K)230 | 00:18:45 | *** |
| 88 | 690 | SOSNOWA Barbara | WROCLAW | | POL | 81 | K30/88 | (K)232 | 00:19:43 | *** |
| 89 | 94 | BŁASZCZYK Róża | WROCLAW | | POL NIGHT RUNNERS WROCLAW | 87 | K30/89 | (K)237 | 00:20:35 | *** |
| 90 | 488 | SOBOCIŃSKA Anna | POZNAŃ | | POL | 81 | K30/90 | (K)238 | 00:21:29 | *** |
| 91 | 381 | MIELNIK Joanna | OPOLE | | POL | 80 | K30/91 | (K)240 | 00:23:00 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|------------------------|-----------|-------------------------------|---------------------|-------------|------------------------------------|------------|-----------------------|--------|--------------|----------|
| 92 | 525 | MARC Alicja | SMOLEC | | POL BRAK | 84 | K30/92 | (K)243 | 00:28:07 | *** |
| OPEN - K40 [54] | | | | | | | | | | |
| 1 | 489 | KUZIEL Elwira | WROCLAW | | POL | 75 | K40/1 | (K)5 | 00:07:49 | *** |
| 2 | 69 | BEDNARZ Małgorzata | OTMUCHÓW | | POL OTM.B | 75 | K40/2 | (K)8 | 00:08:04 | *** |
| 3 | 12 | STEFANIAK Justyna | OLEŚNICA | | POL KB LUPUS OLEŚNICA | 76 | K40/3 | (K)10 | 00:08:32 | *** |
| 4 | 597 | KOSIELIŃSKA Małgorzata | WROCLAW | | POL | 76 | K40/4 | (K)17 | 00:09:07 | *** |
| 5 | 678 | DUBIEL Agnieszka | WROCLAW | | POL | 79 | K40/5 | (K)23 | 00:09:26 | *** |
| 6 | 371 | GNOT Katarzyna | OPOLE | | POL | 74 | K40/6 | (K)26 | 00:09:35 | *** |
| 7 | 769 | MOSKAL Izabella | POZNAŃ | | POL DRUŻYNA SZPIKU | 73 | K40/7 | (K)37 | 00:09:47 | *** |
| 8 | 850 | MOLIŃSKA Marlena | WROCLAW | | POL | 72 | K40/8 | (K)41 | 00:10:03 | *** |
| 9 | 206 | CIPORA Katarzyna | WROCLAW | | POL FOUR RUNNERS GROUP | 73 | K40/9 | (K)51 | 00:10:26 | *** |
| 10 | 511 | KUTYŁO Marlena | WAŁBRZYCH | | POL NAS NIE DOGONIAŁ | 74 | K40/10 | (K)59 | 00:10:46 | *** |
| 11 | 508 | MUSIELAK Wioleta | MILICZ | | POL RUNNING TEAM MILICZ | 74 | K40/11 | (K)60 | 00:10:47 | *** |
| 12 | 843 | MARCZAK-GRADALSKA Anna | MIRKÓW | | POL | 78 | K40/12 | (K)66 | 00:10:57 | *** |
| 13 | 103 | BAKOWSKA-TOMASZ Beata | WROCLAW | | POL | 76 | K40/13 | (K)67 | 00:10:57 | *** |
| 14 | 751 | KOZAK Ewa | DLUGOLEKA | | POL | 79 | K40/14 | (K)76 | 00:11:21 | *** |
| 15 | 1052 | SYGULA Katarzyna | JAWORZNO | | POL KB MCKIS JAWORZNO | 73 | K40/15 | (K)82 | 00:11:29 | *** |
| 16 | 998 | BELA Beata | WROCLAW | | POL | 70 | K40/16 | (K)86 | 00:11:33 | *** |
| 17 | 234 | DZIEKAŃSKA Marta | BĘDZIN | | POL W POGONI ZA DUCHEM | 76 | K40/17 | (K)87 | 00:11:35 | *** |
| 18 | 741 | SADOWSKA Agnieszka | WROCLAW | | POL AGA&KAJ | 79 | K40/18 | (K)88 | 00:11:35 | *** |
| 19 | 513 | KOSTECKA Ewa | BOREK STRZELIŃSKI | | POL DRUŻYNA KATA | 70 | K40/19 | (K)91 | 00:11:46 | *** |
| 20 | 619 | DEMBIŃSKA Beata | ŁÓDŹ | | POL PIECHOTA PO SCHODACH | 75 | K40/20 | (K)93 | 00:11:47 | *** |
| 21 | 494 | WITKOWSKA Małgorzata | BORÓW | | POL DRUŻYNA KATA | 76 | K40/21 | (K)100 | 00:11:57 | *** |
| 22 | 353 | JANICKA Danusia | MIŁORADZICE | | POL WATAHA GRUPA TRENINGOWA | 78 | K40/22 | (K)103 | 00:11:59 | *** |
| 23 | 515 | MÓL Sylwia | MILICZ | | POL RUNNING TEAM MILICZ | 72 | K40/23 | (K)111 | 00:12:09 | *** |
| 24 | 744 | DŹUMAŁO Anna | ŻŁOBIZNA | | POL | 78 | K40/24 | (K)112 | 00:12:10 | *** |
| 25 | 793 | STUDNIAREK Agnieszka | RADOMSKO | | POL | 75 | K40/25 | (K)114 | 00:12:10 | *** |
| 26 | 499 | GRZEŚKOWIAK Janina | BOREK STRZELIŃSKI | | POL DRUŻYNA KATA | 71 | K40/26 | (K)121 | 00:12:21 | *** |
| 27 | 500 | LACH Magdalena | BORÓW | | POL DRUŻYNA KATA | 77 | K40/27 | (K)125 | 00:12:28 | *** |
| 28 | 743 | KANIA Magda | JEŁOWA | | POL | 76 | K40/28 | (K)133 | 00:12:38 | *** |
| 29 | 629 | OTOK Sylwia | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 78 | K40/29 | (K)134 | 00:12:39 | *** |
| 30 | 803 | KARLAK Małgorzata | ŚREM | | POL | 74 | K40/30 | (K)135 | 00:12:39 | *** |
| 31 | 561 | DOWNAR-ZAPOLSKA Rita | WROCLAW | | POL MOM & DAUGHTER RUN | 73 | K40/31 | (K)147 | 00:12:54 | *** |
| 32 | 238 | BAMBAGIONI Elena | WROCLAW | | POL BLUE SKY RUNNERS | 75 | K40/32 | (K)149 | 00:13:03 | *** |
| 33 | 204 | ROSZCZAK Aneta | WROCLAW | | POL | 73 | K40/33 | (K)154 | 00:13:13 | *** |
| 34 | 586 | MALARSKA Jolanta | BRZEG DOLNY | | POL FITNESSACJA | 70 | K40/34 | (K)155 | 00:13:14 | *** |
| 35 | 304 | TOMALIK Katarzyna | PRUSICE | | POL | 74 | K40/35 | (K)157 | 00:13:18 | *** |
| 36 | 939 | MAZUR Marzena | MIŁOSZYCE | | POL KB HARCOWNIK JELCZ - LASKOWICE | 75 | K40/36 | (K)168 | 00:13:49 | *** |
| 37 | 279 | ZIELEZIŃSKA Ewa | WROCLAW | | POL | 78 | K40/37 | (K)169 | 00:13:49 | *** |
| 38 | 534 | FLORKO Jolanta | BOREK STRZELIŃSKI | | POL DRUŻYNA KATA | 75 | K40/38 | (K)171 | 00:13:50 | *** |
| 39 | 477 | KWIT Aneta | SIECHNICE | | POL WYBIERZ | 76 | K40/39 | (K)174 | 00:13:56 | *** |
| 40 | 306 | WŁODARCZYK Katarzyna | WROCLAW | | POL | 79 | K40/40 | (K)177 | 00:14:15 | *** |
| 41 | 79 | FEDYK Agnieszka | WROCLAW | | POL | 70 | K40/41 | (K)178 | 00:14:19 | *** |
| 42 | 526 | CHRZAN Anna | BORÓW | | POL DRUŻYNA KATA | 78 | K40/42 | (K)179 | 00:14:19 | *** |
| 43 | 627 | MICHALSKA Barbara | WAŁBRZYCH | | POL KAT CROSS WAŁBRZYCH | 71 | K40/43 | (K)181 | 00:14:21 | *** |
| 44 | 746 | ŁACH Agnieszka | WARSZAWA | | POL | 72 | K40/44 | (K)185 | 00:14:43 | *** |
| 45 | 666 | FEDORENKO Hanna | WROCLAW | | POL PFLEGEHELDEN POLSKA | 76 | K40/45 | (K)194 | 00:15:08 | *** |
| 46 | 693 | TUL Małgorzata | GNIECHOWICE | | POL DRUŻYNA SZPIKU | 70 | K40/46 | (K)199 | 00:15:20 | *** |
| 47 | 610 | WOJCIECHOWSKA Monika | WROCLAW | | POL | 79 | K40/47 | (K)200 | 00:15:25 | *** |
| 48 | 1036 | GAŚIOREK Anna | ŚWIĘTA KATARZYNA | | POL | 73 | K40/48 | (K)204 | 00:15:31 | *** |
| 49 | 102 | HAŁKA Małgorzata | WROCLAW | | POL JACHU | 74 | K40/49 | (K)214 | 00:16:22 | *** |
| 50 | 407 | KOCZUR-MIEDZIEJKO Magdalena | OPOLE | | POL MIEDZIEJKO TEAM | 76 | K40/50 | (K)218 | 00:16:48 | *** |
| 51 | 224 | BARTNIK-URBAŃSKA Agnieszka | WROCLAW | | POL | 75 | K40/51 | (K)219 | 00:16:58 | *** |
| 52 | 273 | FRĄCKOWIAK-CZECHOLIŃSKA Aneta | PONIEC | | POL | 72 | K40/52 | (K)221 | 00:17:11 | *** |
| 53 | 80 | ZAJĄC Małgorzata | WROCLAW | | POL | 70 | K40/53 | (K)222 | 00:17:17 | *** |
| 54 | 697 | CHAN-GABRYELSKA Beata | WROCLAW | | POL | 70 | K40/54 | (K)235 | 00:20:17 | *** |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|------------------------|-----------|-------------------------|---------------------|---|---|------------|-----------------------|--------|--------------|----------|
| OPEN - K50 [12] | | | | | | | | | | |
| 1 | 897 | PODKOWSKA Beata | WROCLAW |  | POL WKB PIAST WROCLAW | 65 | K50/1 | (K)22 | 00:09:11 | *** |
| 2 | 318 | PARCHANOWICZ Bożena | STRZEGOM |  | POL BEZ GRANIC | 67 | K50/2 | (K)50 | 00:10:23 | *** |
| 3 | 953 | DIESSNER Cornelia | GÖRLITZ |  | GER LAUFGRUPPE LANDESKRONE GÖRLITZ E.V. | 59 | K50/3 | (K)64 | 00:10:52 | *** |
| 4 | 116 | ZAWODNIK Anonimowy | |  | POL | | K50/4 | (K)68 | 00:10:59 | *** |
| 5 | 636 | MUCHA Alina | MIROSLAWICE |  | POL KORFF TEAM | 68 | K50/5 | (K)108 | 00:12:06 | *** |
| 6 | 354 | MIKETA Małgorzata | WARSZAWA |  | POL | 69 | K50/6 | (K)117 | 00:12:14 | *** |
| 7 | 233 | CZARNECKA Wiesława | WROCLAW |  | POL TRENUJZNA MI, PL | 68 | K50/7 | (K)127 | 00:12:30 | *** |
| 8 | 478 | ŚWIĘCICKA Renata | BORÓW |  | POL DRUŻYNA KATA | 68 | K50/8 | (K)189 | 00:14:57 | *** |
| 9 | 168 | MARTYNIAK Bożena | ZGORZELEC |  | POL | 54 | K50/9 | (K)190 | 00:14:57 | *** |
| 10 | 985 | SMOLEŃ-GAJDA Violeta | OSTRÓW WLKP |  | POL BRAK | 69 | K50/10 | (K)207 | 00:15:40 | *** |
| 11 | 821 | DEMKOWICZ Edyta | WROCLAW |  | POL GRUPA RW SP. Z O.O. | 66 | K50/11 | (K)226 | 00:18:00 | *** |
| 12 | 696 | STARGECKA Ludmiła | WROCLAW |  | POL STARGECCYCITY | 54 | K50/12 | (K)239 | 00:21:36 | *** |