

10. Bieg z Policją 10. Mistrzostwa Polski Policjantów na 10 km









































WYNIKI ZAWODÓW

Organizator: KPP w Górze, Fundacja Pomocy Szkole im. E. Machniewicza, POSiR w Górze, Ośrodek Kultury

Termin: 31.08.2019

Miejsce: Góra

Dystans: 10 km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|------------------------------|--------|-------------------------|------------------|---|---|---------|--------------------|-------|-----------|----------|----------|
| Bieg 10 km - K16 [1] | | | | | | | | | | | |
| 1 | 266 | ZIOBRONIEWICZ Adrianna | GÓRA |  POL | | 01 | K16/1 | (K)57 | 01:17:46 | 01:17:36 | 07.45 |
| Bieg 10 km - K20 [12] | | | | | | | | | | | |
| 1 | 376 | CHEMUTAI Joyline | ELDORET |  KEN | BENEDEK-TEAM | 95 | K20/1 | (K)1 | 00:33:39 | 00:33:39 | 03.21 |
| 2 | 374 | MBATHA Ruth nundu | ELDORET |  KEN | BENEDEK-TEAM | 94 | K20/2 | (K)2 | 00:35:50 | 00:35:49 | 03.34 |
| 3 | 82 | KAPERNA Monika | PIŁA |  POL | REPREZENTACJA KOMENDANTA GŁÓWNEGO POLICJI | 90 | K20/3 | (K)4 | 00:38:13 | 00:38:12 | 03.49 |
| 4 | 18 | BOSIAK Patrycja | LUBAŃ |  POL | KARKONOSZ RUNNING TEAM/ KMP WROCLAW | 93 | K20/4 | (K)6 | 00:42:24 | 00:42:23 | 04.14 |
| 5 | 215 | FIEBIG Natalia | LESZNO |  POL | WWW.FIEBIG.PL | 92 | K20/5 | (K)12 | 00:46:33 | 00:46:29 | 04.38 |
| 6 | 56 | GRZELCZAK Aleksandra | JUTROSIN |  POL | DABROWSKITEAM | 98 | K20/6 | (K)21 | 00:51:05 | 00:50:55 | 05.05 |
| 7 | 327 | FRASK Michalena | GÓRA |  POL | BRAK | 98 | K20/7 | (K)23 | 00:51:28 | 00:51:16 | 05.07 |
| 8 | 351 | KONIECZNA Karolina | GŁOGÓW |  POL | ZG RUN | 95 | K20/8 | (K)24 | 00:51:44 | 00:51:42 | 05.10 |
| 9 | 391 | ZIÓLKOWSKA Elżbieta | WOŁÓW |  POL | WOŁÓW BIEGA | 91 | K20/9 | (K)33 | 00:57:31 | 00:57:14 | 05.43 |
| 10 | 285 | SYMULEWICZ Natalia | GÓRA |  POL | OSI FOODWORKS TEAM | 92 | K20/10 | (K)39 | 01:00:30 | 01:00:24 | 06.02 |
| Bieg 10 km - K30 [27] | | | | | | | | | | | |
| 1 | 375 | OIGO Christine moraa | ELDORET |  KEN | BENEDEK-TEAM | 86 | K30/1 | (K)3 | 00:37:27 | 00:37:27 | 03.44 |
| 2 | 80 | FICNER Anna | ZŁOTORYJA |  POL | REPREZENTACJA KOMENDANTA GŁÓWNEGO POLICJI | 85 | K30/2 | (K)5 | 00:38:32 | 00:38:32 | 03.51 |
| 3 | 214 | CZERWIŃSKA Anna | ZMIGROD |  POL | -CZARNA BIEGA | 88 | K30/3 | (K)7 | 00:42:57 | 00:42:57 | 04.17 |
| 4 | 81 | WOJTULEWICZ Anna | BIALYSTOK |  POL | KOMENDA GŁÓWNA POLICJI | 87 | K30/4 | (K)10 | 00:45:44 | 00:45:43 | 04.34 |
| 5 | 265 | ZIELIŃSKA Martyna | LESZNO |  POL | KRAWCZYK TEAM | 88 | K30/5 | (K)13 | 00:46:37 | 00:46:35 | 04.39 |
| 6 | 55 | JAKUSZKO Marta | TERESPOL |  POL | KMP BIAŁA PODLASKA | 88 | K30/6 | (K)14 | 00:47:07 | 00:47:06 | 04.42 |
| 7 | 362 | GŁUSZKO-LABEŹ Katarzyna | GÓRA |  POL | MIRA TEAM | 87 | K30/7 | (K)16 | 00:48:56 | 00:48:50 | 04.53 |
| 8 | 260 | KAJDAS Małgorzata | SŁAWA |  POL | SŁAWA | 80 | K30/8 | (K)17 | 00:48:59 | 00:48:57 | 04.53 |
| 9 | 60 | SZPOCIŃSKA Sylwia | WROCLAW |  POL | GT RAT / KP WROCLAW - ŚRÓDMIEŚCIE | 84 | K30/9 | (K)18 | 00:49:35 | 00:49:25 | 04.56 |
| 10 | 64 | MAZANEK Natalia | LELÓW |  POL | KPP MYSZKÓW | 88 | K30/10 | (K)19 | 00:50:23 | 00:50:22 | 05.02 |
| 11 | 276 | OLEJNIK Agnieszka | WAŚOSZ |  POL | ENDORFINY WAŚOSZ | 84 | K30/11 | (K)22 | 00:51:18 | 00:51:03 | 05.06 |
| 12 | 387 | KIRKIEWICZ Lucyna | WAŚOSZ |  POL | ENDORFINY WAŚOSZ | 86 | K30/12 | (K)25 | 00:53:48 | 00:53:34 | 05.21 |
| 13 | 336 | LORENC Joanna | WAŚOSZ |  POL | ENDORFINY WAŚOSZ | 82 | K30/13 | (K)26 | 00:53:49 | 00:53:34 | 05.21 |
| 14 | 16 | PIECH Renata | DROGOSZOWICE |  POL | IPA WROCLAW | 85 | K30/14 | (K)27 | 00:53:57 | 00:53:55 | 05.23 |
| 15 | 268 | ZIOMBRA-UŚCIŁO Joanna | GÓRA |  POL | | 88 | K30/15 | (K)30 | 00:56:22 | 00:56:07 | 05.36 |
| 16 | 89 | ŻEGLEŃ Katarzyna | LUBRZA |  POL | KPP PRUDNIK | 81 | K30/16 | (K)35 | 00:58:20 | 00:58:09 | 05.48 |
| 17 | 224 | DZIEDZIC Magdalena | WROCLAW |  POL | | 83 | K30/17 | (K)37 | 00:58:47 | 00:58:33 | 05.51 |
| 18 | 315 | GARBOWSKA Ewelina | LUBIN |  POL | | 88 | K30/18 | (K)40 | 01:00:46 | 01:00:29 | 06.02 |
| 19 | 269 | KUR Barbara | GÓRA |  POL | | 84 | K30/19 | (K)41 | 01:00:46 | 01:00:30 | 06.03 |
| 20 | 331 | MIŚKO Justyna | GŁOGÓW |  POL | BRAK | 80 | K30/20 | (K)43 | 01:01:14 | 01:00:57 | 06.05 |
| 21 | 322 | KACZMAREK Anna | MILICZ |  POL | K2 POWER | 84 | K30/21 | (K)45 | 01:02:03 | 01:01:56 | 06.11 |
| 22 | 237 | GIEDA Elżbieta | BOJANOWO |  POL | MUKS SZOK BOJANOWO | 88 | K30/22 | (K)47 | 01:04:35 | 01:04:20 | 06.26 |
| 23 | 301 | WOJTYCZKA Kamila | KROŚNICE |  POL | | 82 | K30/23 | (K)50 | 01:08:06 | 01:07:59 | 06.47 |
| 24 | 388 | JANKOWIAK Sylwia | PAKOSLAW |  POL | | 86 | K30/24 | (K)51 | 01:10:32 | 01:10:28 | 07.02 |
| Bieg 10 km - K40 [18] | | | | | | | | | | | |
| 1 | 313 | KNAFLEWSKA Justyna | DĄBCZE |  POL | R-TEAM RYDZYNA | 79 | K40/1 | (K)8 | 00:44:14 | 00:44:12 | 04.25 |
| 2 | 330 | SADOWCZYK Żaneta | RAWICZ |  POL | GARDZIELEWSKI RUNNING TEAM | 74 | K40/2 | (K)9 | 00:44:28 | 00:44:26 | 04.26 |
| 3 | 23 | WOŹNIAK-CIEŚLAR Joanna | ŻARY |  POL | KMP WROCLAW | 75 | K40/3 | (K)11 | 00:46:14 | 00:46:12 | 04.37 |
| 4 | 30 | BOROWICZ Beata | OLAWA |  POL | KWP WROCLAW | 77 | K40/4 | (K)15 | 00:47:26 | 00:47:25 | 04.44 |
| 5 | 342 | OWSIANIK Sylwia | MILICZ |  POL | SSW TEAM KROŚNICE | 74 | K40/5 | (K)29 | 00:56:17 | 00:56:10 | 05.37 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---------------------------------|------------|-----------------------|-------|-----------------|----------|----------|
| 6 | 218 | PRZYDRÓŻNA Julita | WŁOSZAKOWICE | | POL 26,2 | 79 | K40/6 | (K)31 | 00:56:23 | 00:56:12 | 05.37 |
| 7 | 252 | SOBCZYK Monika | GŁOGÓW | | POL CROSS STRACENCÓW TEAM | 75 | K40/7 | (K)32 | 00:57:14 | 00:57:11 | 05.43 |
| 8 | 363 | NIEWDANA Katarzyna | PROCHOWICE | | POL KB KROKUS KWIATKOWICE | 79 | K40/8 | (K)34 | 00:57:42 | 00:57:31 | 05.45 |
| 9 | 201 | PILARSKA Wioletta | GÓRA | | POL JW 3444 | 79 | K40/9 | (K)36 | 00:58:22 | 00:58:06 | 05.48 |
| 10 | 206 | STACHOWIAK Agnieszka | POLKOWICE | | POL AKS WYBIEGANI POLKOWICE | 79 | K40/10 | (K)42 | 01:01:06 | 01:00:59 | 06.05 |
| 11 | 385 | MOSZKA Wioletta | LESZNO | | POL | 73 | K40/11 | (K)44 | 01:01:22 | 01:01:12 | 06.07 |
| 12 | 217 | DOMINIAK Edyta | PRZEMĘT | | POL BUCZ | 75 | K40/12 | (K)46 | 01:04:20 | 01:04:09 | 06.24 |
| 13 | 208 | BARANIUK Iwona | PIESZYCE | | POL BIELAWSKA AKADEMIA BIEGANIA | 74 | K40/13 | (K)52 | 01:11:50 | 01:11:34 | 07.09 |
| 14 | 390 | JANKOWSKA Małgorzata | WROCLAW | | POL | 72 | K40/14 | (K)53 | 01:12:13 | 01:11:57 | 07.11 |
| 15 | 49 | TUSZYŃSKA Ewa | WROCLAW | | POL BĘDZIE DOBRZE | 73 | K40/15 | (K)55 | 01:14:05 | 01:13:54 | 07.23 |
| 16 | 267 | ZIOBRONIEWICZ Agnieszka | GÓRA | | POL BRAK | 78 | K40/16 | (K)58 | 01:17:50 | 01:17:38 | 07.45 |

Bieg 10 km - K50 [4]

| | | | | | | | | | | | |
|---|-----|------------------------|----------|--|----------------------------|----|-------|-------|-----------------|----------|-------|
| 1 | 302 | SZYNER Mirosława | BUK | | POL BUKOWSKI KLUB BIEGACZA | 66 | K50/1 | (K)20 | 00:50:49 | 00:50:40 | 05.04 |
| 2 | 338 | LUBAŃSKA Alicja | BUKOWICE | | POL SSW TEAM KROŚNICE | 68 | K50/2 | (K)28 | 00:55:21 | 00:55:15 | 05.31 |
| 3 | 298 | PYPEĆ-NOWICKA Elżbieta | BOJANOWO | | POL MUKS SZOK BOJANOWO | 64 | K50/3 | (K)48 | 01:04:45 | 01:04:30 | 06.27 |
| 4 | 280 | GRZELAK Danuta | WROCLAW | | POL PSZCZÓLKOWSKI TEAM | 67 | K50/4 | (K)49 | 01:05:12 | 01:04:54 | 06.29 |

Bieg 10 km - K60 [3]

| | | | | | | | | | | | |
|---|-----|-------------------|----------|--|--------------------|----|-------|-------|-----------------|----------|-------|
| 1 | 243 | GAWRACZYŃSKA Anna | WARSZAWA | | POL WTL STEGNY | 54 | K60/1 | (K)38 | 01:00:25 | 01:00:21 | 06.02 |
| 2 | 211 | DUBIAŁ Halina | LESZNO | | POL BABCIE BIEGAJĄ | 55 | K60/2 | (K)54 | 01:13:00 | 01:12:41 | 07.16 |
| 3 | 210 | KRZYMIŃSKA Maria | LESZNO | | POL BABCIE BIEGAJĄ | 57 | K60/3 | (K)56 | 01:16:32 | 01:16:13 | 07.37 |

Bieg 10 km - M16 [2]

| | | | | | | | | | | | |
|---|-----|----------------------|---------|--|-----------------------|----|-------|--------|-----------------|----------|-------|
| 1 | 202 | CHRUSZCZEWSKI Kacper | WSCHOWA | | POL ENDORFINA WSCHOWA | 01 | M16/1 | (M)49 | 00:47:06 | 00:47:03 | 04.42 |
| 2 | 262 | KAMYCKI Kacper | POZNAŃ | | POL | 00 | M16/2 | (M)107 | 00:53:17 | 00:53:15 | 05.19 |

Bieg 10 km - M20 [20]

| | | | | | | | | | | | |
|----|-----|------------------------------|---------------|--|---|--------|--------|-----------------|-----------------|----------|-------|
| 1 | 377 | KIMAIYO Hillary kiptum maiyo | ELDORET | | KEN BENEDEK-TEAM | 94 | M20/1 | (M)1 | 00:31:20 | 00:31:20 | 03.08 |
| 2 | 378 | CHERUIYOT Labad | ELDORET | | KEN BENEDEK-TEAM | 92 | M20/2 | (M)2 | 00:31:23 | 00:31:23 | 03.08 |
| 3 | 393 | KARBOWIAK Kamil | BRZEG | | POL KOTWICA BRZEG | 95 | M20/3 | (M)3 | 00:32:04 | 00:32:04 | 03.12 |
| 4 | 63 | POLEĆ Damian | RUDA ŚLĄSKA | | POL KMP RUDA ŚLĄSKA | 97 | M20/4 | (M)6 | 00:34:24 | 00:34:24 | 03.26 |
| 5 | 90 | POLEĆ Arkadiusz | GDYNIA | | POL KMP GDYNIA | 90 | M20/5 | (M)7 | 00:34:44 | 00:34:44 | 03.28 |
| 6 | 74 | SMOLIŃSKI Kamil | SZUBIN | | POL WYŻSZA SZKOŁA POLICJI W SZCZYTNE | 96 | M20/6 | (M)15 | 00:39:30 | 00:39:30 | 03.57 |
| 7 | 40 | CEREMUGA Mateusz | ORZESZE | | POL OPP KATOWICE | 91 | M20/7 | (M)17 | 00:39:50 | 00:39:48 | 03.58 |
| 8 | 386 | RYBA Łukasz | KWIATKOWICE | | POL KB KROKUS KWIATKOWICE | 90 | M20/8 | (M)19 | 00:39:54 | 00:39:54 | 03.59 |
| 9 | 314 | GARBOWSKI Rafał | LUBIN | | POL KGHM ZG RUN | 90 | M20/9 | (M)38 | 00:45:39 | 00:45:35 | 04.33 |
| 10 | 290 | MACYNA Tomasz | GÓRA | | POL OSI FOODWORKS TEAM | 92 | M20/10 | (M)46 | 00:46:30 | 00:46:27 | 04.38 |
| 11 | 83 | STACHOWSKI Rafał | MIASTECZKO | | POL REPREZENTACJA KOMENDANTA GŁÓWNEG01 POLICJI | M20/11 | (M)86 | 00:50:42 | 00:50:43 | 05.04 | |
| 12 | 325 | KAZMIERCZAK Mikołaj | LESZNO | | POL #DAWIDGNIEZNO2K19 | 95 | M20/12 | (M)93 | 00:51:33 | 00:51:26 | 05.08 |
| 13 | 52 | GOLINA Daniel | MIEJSKA GORKA | | POL | 91 | M20/13 | (M)99 | 00:52:36 | 00:52:24 | 05.14 |
| 14 | 21 | WOLAŃSKI Dariusz | MOCHY | | POL PP PRZEMĘT/ KPP WOLSZTYN | 92 | M20/14 | (M)100 | 00:52:37 | 00:52:28 | 05.14 |
| 15 | 8 | BANAŚ Michał | WROCLAW | | POL IPA WROCLAW | 90 | M20/15 | (M)119 | 00:54:43 | 00:54:26 | 05.26 |
| 16 | 274 | GOLĄBEK Łukasz | WROCLAW | | POL #POBIEGNIJZAJEZUSEM | 93 | M20/16 | (M)125 | 00:56:00 | 00:55:45 | 05.34 |
| 17 | 289 | CHMIEL Paweł | GÓRA | | POL OSI FOODWORKS TEAM | 92 | M20/17 | (M)134 | 00:57:20 | 00:57:13 | 05.43 |
| 18 | 326 | ADAMCZYK Dawid | RADOSŁAW | | POL | 95 | M20/18 | (M)161 | 01:02:32 | 01:02:22 | 06.14 |
| 19 | 323 | MICHAŁEK Michał | LESZNO | | POL DRACHE LESZNO | 96 | M20/19 | (M)162 | 01:02:33 | 01:02:22 | 06.14 |

Bieg 10 km - M30 [56]

| | | | | | | | | | | | |
|---|-----|------------------|---------------------|--|---|-------|-------|-----------------|-----------------|----------|-------|
| 1 | 86 | BURGHARDT Jakub | CZARNA SĘDZISZOWSKA | | POL KOMENDA GŁÓWNA POLICJI | 81 | M30/1 | (M)4 | 00:33:16 | 00:33:16 | 03.19 |
| 2 | 79 | OŚLIZŁO Łukasz | KATOWICE | | POL REPREZENTACJA KOMENDANTA GŁÓWNEG09 POLICJI | M30/2 | (M)5 | 00:33:26 | 00:33:26 | 03.20 | |
| 3 | 366 | KLIKS Przemysław | POZNAŃ | | POL | 81 | M30/3 | (M)8 | 00:35:41 | 00:35:42 | 03.34 |
| 4 | 85 | BORZĘCKI Norbert | KOSZALIN | | POL REPREZENTACJA KOMENDANTA GŁÓWNEG00 POLICJI | M30/4 | (M)10 | 00:35:59 | 00:36:00 | 03.36 | |
| 5 | 27 | MARCJANEK Łukasz | SZCZYTNA | | POL KPP KLÓDZKO, KP POLANICA-ZDRÓJ | 89 | M30/5 | (M)11 | 00:36:38 | 00:36:39 | 03.39 |
| 6 | 84 | PRZYBYŁ Aron | CHOCZ | | POL REPREZENTACJA KOMENDANTA GŁÓWNEG04 POLICJI | M30/6 | (M)12 | 00:38:04 | 00:38:04 | 03.48 | |
| 7 | 332 | SOBERA Łukasz | TWARDOGÓRA | | POL | 89 | M30/7 | (M)16 | 00:39:46 | 00:39:47 | 03.58 |
| 8 | 381 | PIHIL Piotr | WSCHOWA | | POL ENDORFINA WSCHOWA | 80 | M30/8 | (M)18 | 00:39:52 | 00:39:52 | 03.59 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|--------|--------------|----------|----------|
| 9 | 372 | STRÓŻYŃSKI Marcin | CHOCIANÓW | | POL KB ZDYSZAAANI CHOCIANÓW | 83 | M30/9 | (M)21 | 00:41:43 | 00:41:41 | 04.10 |
| 10 | 365 | MAZIJ Piotr | CHOCIANÓW | | POL KLUB BIEGACZA 'ZDYSZAAANI' CHOCIANÓW | 86 | M30/10 | (M)26 | 00:43:15 | 00:43:13 | 04.19 |
| 11 | 93 | GRZEZIÓLKOWSKI Adam | LUBIN | | POL KRAV MAGA -BE SAFE LUBIN / LEGNICA | 84 | M30/11 | (M)27 | 00:43:27 | 00:43:19 | 04.19 |
| 12 | 319 | TAZBIR Mariusz | GŁOGÓW | | POL ZG RUN | 85 | M30/12 | (M)37 | 00:45:29 | 00:45:28 | 04.32 |
| 13 | 248 | POTOCZNY Łukasz | GÓRA | | POL EUFORIA BIEGACZA TEAM | 83 | M30/13 | (M)39 | 00:45:40 | 00:45:36 | 04.33 |
| 14 | 306 | JÓZEFIAK Mariusz | RAWICZ | | POL | 80 | M30/14 | (M)43 | 00:46:06 | 00:46:03 | 04.36 |
| 15 | 308 | JAKUSZKO Grzegorz | TERESPOL | | POL KB SZURACZ TERESPOL | 80 | M30/15 | (M)50 | 00:47:08 | 00:47:08 | 04.42 |
| 16 | 352 | WALSKI Krzysztof | PROCHOWICE | | POL KB KROKUS KWIATKOWICE | 84 | M30/16 | (M)54 | 00:47:17 | 00:47:11 | 04.43 |
| 17 | 259 | MIS Mateusz | ŚLAWA | | POL ŚLAWA | 82 | M30/17 | (M)56 | 00:47:24 | 00:47:21 | 04.44 |
| 18 | 73 | RACHUBA Damian | RUDA ŚLĄSKA | | POL KMP RUDA ŚLĄSKA | 88 | M30/18 | (M)60 | 00:47:46 | 00:47:43 | 04.46 |
| 19 | 275 | ĆWIAN Marcin | GÓRA | | POL OSI FOODWORKS TEAM | 82 | M30/19 | (M)69 | 00:48:48 | 00:48:42 | 04.52 |
| 20 | 240 | MISIAK Patryk | LESZNO | | POL | 80 | M30/20 | (M)74 | 00:49:28 | 00:49:18 | 04.55 |
| 21 | 346 | KAPUT Piotr | TRZEBNICA | | POL MISIO TEAM :) | 81 | M30/21 | (M)76 | 00:49:32 | 00:49:26 | 04.56 |
| 22 | 50 | MOGILAN Arkadiusz | MILICZ | | POL KB SUKCES ŻMIGRÓD | 84 | M30/22 | (M)77 | 00:49:46 | 00:49:34 | 04.57 |
| 23 | 311 | HEBEL Marcin | NIECHLÓW | | POL | 82 | M30/23 | (M)85 | 00:50:35 | 00:50:33 | 05.03 |
| 24 | 48 | ŁĘCKI Mariusz | SMOLEC | | POL | 87 | M30/24 | (M)89 | 00:51:09 | 00:51:01 | 05.06 |
| 25 | 343 | LENARTOWSKI Przemysław | RAWICZ | | POL WOŹNIAK TEAM | 85 | M30/25 | (M)91 | 00:51:20 | 00:51:17 | 05.07 |
| 26 | 335 | BODNAR Radosław | OLAWA | | POL | 80 | M30/26 | (M)92 | 00:51:28 | 00:51:19 | 05.07 |
| 27 | 17 | RECHEMCIUK Paweł | MODLNICA | | POL | 86 | M30/27 | (M)97 | 00:52:06 | 00:52:04 | 05.12 |
| 28 | 29 | BARANOWSKI Tomasz | NOWA SÓL | | POL | 81 | M30/28 | (M)104 | 00:53:00 | 00:52:47 | 05.16 |
| 29 | 354 | BRONIEWICZ Dariusz | WAŚOSZ | | POL ENDORFINY WAŚOSZ | 80 | M30/29 | (M)109 | 00:53:48 | 00:53:34 | 05.21 |
| 30 | 337 | LORENC Paweł | WAŚOSZ | | POL ENDORFINY WAŚOSZ | 83 | M30/30 | (M)110 | 00:53:49 | 00:53:34 | 05.21 |
| 31 | 37 | MIKULSKI Marcin | WROCLAW | | POL KMP WROCLAW | 85 | M30/31 | (M)111 | 00:53:54 | 00:53:31 | 05.21 |
| 32 | 45 | JANIK Bartosz | ZIELONA GÓRA | | POL KMP ZIELONA GÓRA | 88 | M30/32 | (M)113 | 00:54:05 | 00:53:50 | 05.23 |
| 33 | 350 | ZASOWSKI Ireneusz | ZIELONA GÓRA | | POL | 86 | M30/33 | (M)114 | 00:54:10 | 00:54:04 | 05.24 |
| 34 | 270 | FAKOWSKI Mateusz | WROCLAW | | POL 12 WBOT | 86 | M30/34 | (M)118 | 00:54:42 | 00:54:21 | 05.26 |
| 35 | 317 | SKOTNY Robert | TRZEBNICA | | POL DINO POLSKA TRZEBNICA | 80 | M30/35 | (M)122 | 00:54:57 | 00:54:50 | 05.29 |
| 36 | 36 | WOJTYCZKA Tomasz | KROŚNICE | | POL SSW TEAM KROŚNICE | 81 | M30/36 | (M)123 | 00:54:57 | 00:54:50 | 05.29 |
| 37 | 348 | CISZEWSKI Jan | GÓRA | | POL WARRIORS | 82 | M30/37 | (M)131 | 00:57:09 | 00:56:56 | 05.41 |
| 38 | 221 | FEDOROWICZ Dariusz | GÓRA | | POL | 85 | M30/38 | (M)135 | 00:57:29 | 00:57:17 | 05.43 |
| 39 | 296 | TWARDOWSKI Maciej | BOJANOWO | | POL | 84 | M30/39 | (M)136 | 00:57:35 | 00:57:28 | 05.44 |
| 40 | 4 | KŁAK Tomasz | GÓRA | | POL KPP GŁOGÓW | 85 | M30/40 | (M)140 | 00:58:23 | 00:58:10 | 05.49 |
| 41 | 94 | MAĆKOWIAK Marcin | WOŁÓW | | POL WOŁÓW BIEGA KPP WOŁÓW | 88 | M30/41 | (M)141 | 00:58:28 | 00:58:12 | 05.49 |
| 42 | 9 | LEŚNIAK Łukasz | ZŁOTORYJA | | POL RUNATTACK / OLAWS ZŁOTORYJA | 84 | M30/42 | (M)143 | 00:58:57 | 00:58:46 | 05.52 |
| 43 | 59 | LENC Marcin | LEGNICA | | POL KWP WROCLAW | 88 | M30/43 | (M)144 | 00:58:58 | 00:58:46 | 05.52 |
| 44 | 19 | POSTEK Marek | WROCLAW | | POL KMP WROCLAW | 88 | M30/44 | (M)147 | 00:59:21 | 00:58:55 | 05.53 |
| 45 | 71 | KUCZAJ Tomasz | LIGOTA PIĘKNA | | POL | 83 | M30/45 | (M)152 | 01:00:02 | 00:59:55 | 05.59 |
| 46 | 44 | NOGA Paweł | WROCLAW | | POL KMP WROCLAW | 88 | M30/46 | (M)154 | 01:00:24 | 01:00:04 | 06.00 |
| 47 | 358 | WIECHOWSKI Daniel | WROCLAW | | POL MUCHOBRONX | 80 | M30/47 | (M)158 | 01:01:35 | 01:01:22 | 06.08 |
| 48 | 31 | SIKORA Maciej | ZIELONA GÓRA | | POL | 83 | M30/48 | (M)165 | 01:05:37 | 01:05:23 | 06.32 |
| 49 | 286 | FELEDYN Paweł | ŁASZCZYN | | POL OSI FOODWORKS TEAM | 82 | M30/49 | (M)167 | 01:07:16 | 01:07:09 | 06.42 |
| 50 | 53 | RADLIŃSKI Jakub | WROCLAW | | POL KMP WROCLAW | 89 | M30/50 | (M)171 | 01:09:18 | 01:08:56 | 06.53 |
| 51 | 339 | TWARDOWSKI Dominik | RAWICZ | | POL MASŁOWO BIEGA | 82 | M30/51 | (M)172 | 01:10:15 | 01:10:05 | 07.00 |
| 52 | 91 | KOSAK Wojciech | WROCLAW | | POL | 89 | M30/52 | (M)177 | 01:12:55 | 01:12:35 | 07.15 |
| 53 | 356 | NOGA Kamil | WROCLAW | | POL OSTATNI BĘDĄ PIERWSZYMI | 86 | M30/53 | (M)179 | 01:13:50 | 01:13:29 | 07.20 |

Bieg 10 km - M40 [62]

| | | | | | | | | | | | |
|----|-----|----------------------|------------|--|---|----|--------|-------|----------|----------|-------|
| 1 | 78 | WOJCIECHOWSKI Maciej | SZCZYTNO | | POL REPREZENTACJA KOMENDANTA GŁÓWNEGO POLICJI | 04 | M40/1 | (M)9 | 00:35:47 | 00:35:47 | 03.34 |
| 2 | 76 | THIEL Adam | ŁĘBORK | | POL REPREZENTACJA KOMENDANTA GŁÓWNEGO POLICJI | 02 | M40/2 | (M)13 | 00:38:17 | 00:38:16 | 03.49 |
| 3 | 347 | WRÓBLEWSKI Sławomir | SOBIAŁKOWO | | POL SOMAPOL | 79 | M40/3 | (M)14 | 00:38:33 | 00:38:32 | 03.51 |
| 4 | 38 | JANISZEWSKI Wiktor | MILICZ | | POL KPP TRZEBNICA ATHLETICS TEAM PRUSICE | 75 | M40/4 | (M)20 | 00:41:28 | 00:41:27 | 04.08 |
| 5 | 257 | KAMYCKI Marcin | POZNAŃ | | POL | 74 | M40/5 | (M)22 | 00:42:21 | 00:42:20 | 04.14 |
| 6 | 13 | JANKOWSKI Paweł | WROCLAW | | POL IPA WROCLAW | 72 | M40/6 | (M)23 | 00:42:32 | 00:42:29 | 04.14 |
| 7 | 225 | BŁASZCZYK Tomasz | GÓRA | | POL BRAK | 79 | M40/7 | (M)25 | 00:43:04 | 00:43:00 | 04.18 |
| 8 | 2 | KASPRZAK Krzysztof | NARATÓW | | POL SPEED ŻÓŁWIK | 71 | M40/8 | (M)28 | 00:43:32 | 00:43:31 | 04.21 |
| 9 | 15 | CZECHOWSKI Paweł | WROCLAW | | POL REGION IPA WROCLAW | 79 | M40/9 | (M)31 | 00:44:14 | 00:44:11 | 04.25 |
| 10 | 361 | OBORSKI Adam | LUBIN | | POL KGHM ZG RUN | 76 | M40/10 | (M)32 | 00:44:23 | 00:44:21 | 04.26 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | Netto | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------------------|------------|-----------------------|------------|--------------|----------|----------|
| 11 | 229 | NOWIŃSKI Rafał | WSCHOWA | | POL ENDORFINA WSCHOWA | 74 | M40/11 | (M)33 | 00:44:25 | 00:44:22 | 04.26 |
| 12 | 312 | KNAFLEWSKI Krystian | DĄBCZE | | POL R-TEAM RYDZYNA | 78 | M40/12 | (M)34 | 00:44:31 | 00:44:29 | 04.26 |
| 13 | 304 | MARCINIAK Przemysław | PLESZEW | | POL TEAM PLESZEW | 76 | M40/13 | (M)40 | 00:45:45 | 00:45:40 | 04.34 |
| 14 | 373 | JANKOWIAK Dariusz | JUTROSIN | | POL | 72 | M40/14 | (M)42 | 00:45:55 | 00:45:51 | 04.35 |
| 15 | 310 | BOŃCZEK Michał | LESZNO | | POL LESZNO | 77 | M40/15 | (M)45 | 00:46:18 | 00:46:12 | 04.37 |
| 16 | 32 | ZAJĄC Krzysztof | JELCZ-LASKOWICE | | POL IPA WROCLAW | 78 | M40/16 | (M)47 | 00:46:31 | 00:46:16 | 04.37 |
| 17 | 51 | SŁOMSKI Jakub | WROCLAW | | POL ZST WROCLAW | 79 | M40/17 | (M)51 | 00:47:08 | 00:47:05 | 04.42 |
| 18 | 299 | BOBOWSKI Marek | MŚCIWOJÓW | | POL UNIA MŚCIWOJÓW / MUCHOBRONX | 75 | M40/18 | (M)57 | 00:47:37 | 00:47:35 | 04.45 |
| 19 | 394 | MAKARCZYK Daniel | CHOBHENIA | | POL KGHM POLSKA MIEDZ SA ZG RUDNA | 75 | M40/19 | (M)62 | 00:47:57 | 00:47:43 | 04.46 |
| 20 | 328 | RASZKA Krzysztof | MILICZ | | POL RUNNING TEAM MILICZ | 75 | M40/20 | (M)63 | 00:48:02 | 00:47:59 | 04.47 |
| 21 | 62 | KOŁODZIEJ Andrzej | MILKOWICE | | POL PRZEBIEGLI MILKOWICE | 70 | M40/21 | (M)65 | 00:48:09 | 00:47:59 | 04.47 |
| 22 | 282 | CYBULSKI Piotr | GÓRA | | POL | 79 | M40/22 | (M)66 | 00:48:11 | 00:48:01 | 04.48 |
| 23 | 384 | JANKOWSKI Piotr | GÓRA | | POL | 72 | M40/23 | (M)70 | 00:49:08 | 00:49:00 | 04.54 |
| 24 | 75 | BOSY Jacek | KOMPRACHCICE | | POL KWP OPOLE / FAST FOOT OPOLE | 79 | M40/24 | (M)72 | 00:49:27 | 00:49:24 | 04.56 |
| 25 | 283 | MOLICKI Daniel | KĘBŁOWO | | POL | 75 | M40/25 | (M)73 | 00:49:28 | 00:49:23 | 04.56 |
| 26 | 293 | KRASICKI Michał | RAWICZ | | POL | 77 | M40/26 | (M)75 | 00:49:30 | 00:49:26 | 04.56 |
| 27 | 39 | WOJCIECHOWSKI Mariusz | KOŚCIAN | | POL KPP KOŚCIAN | 74 | M40/27 | (M)79 | 00:50:13 | 00:50:01 | 05.00 |
| 28 | 341 | CHRAPLAK Karol | LESZNO | | POL NASZ DOM NASZ SWIAT | 76 | M40/28 | (M)80 | 00:50:16 | 00:50:05 | 05.00 |
| 29 | 227 | NOWAKOWSKI Marek | GÓRA | | POL | 75 | M40/29 | (M)81 | 00:50:19 | 00:50:18 | 05.01 |
| 30 | 370 | KRASZCZYŃSKI Paweł | LUBIN | | POL KB LEW LEGNICA | 79 | M40/30 | (M)82 | 00:50:24 | 00:50:15 | 05.01 |
| 31 | 235 | BARTOSIK Marek | GŁOGÓW | | POL KGHM ZG RUN | 71 | M40/31 | (M)84 | 00:50:31 | 00:50:28 | 05.02 |
| 32 | 205 | KUBIAK Marcin | WROCLAW | | POL STRAŻ MIEJSKA WROCLAW | 76 | M40/32 | (M)95 | 00:51:51 | 00:51:45 | 05.10 |
| 33 | 368 | NOHR Damian | KROŚNICE | | POL SSW TEAM KROŚNICE | 79 | M40/33 | (M)98 | 00:52:17 | 00:52:09 | 05.12 |
| 34 | 291 | PIETRZAK Jerzy | WROCLAW | | POL MUCHOBRONX | 70 | M40/34 | (M)101 | 00:52:40 | 00:52:25 | 05.14 |
| 35 | 72 | PIEŃŻNY Adam | MILICZ | | POL KB SUKCES ŻMIGRÓD | 75 | M40/35 | (M)102 | 00:52:44 | 00:52:32 | 05.15 |
| 36 | 47 | DRATWA Damian | KOŚCIAN | | POL | 75 | M40/36 | (M)116 | 00:54:23 | 00:54:09 | 05.24 |
| 37 | 246 | MIELCAREK Tomasz | GÓRA | | POL WWW.MASAZE-TOMEK.PL | 78 | M40/37 | (M)117 | 00:54:28 | 00:54:13 | 05.25 |
| 38 | 303 | OLESIŃSKI Wojciech | POLKOWICE | | POL | 72 | M40/38 | (M)120 | 00:54:50 | 00:54:41 | 05.28 |
| 39 | 41 | KAMIŃSKI Andrzej | WROCLAW | | POL IPA WROCLAW | 72 | M40/39 | (M)121 | 00:54:56 | 00:54:53 | 05.29 |
| 40 | 324 | WILK Marek | LUTYNIA | | POL | 79 | M40/40 | (M)124 | 00:55:50 | 00:55:46 | 05.34 |
| 41 | 316 | BRZEŃNIAKIEWICZ Tomasz | WROCLAW | | POL MUCHOBRONX | 71 | M40/41 | (M)126 | 00:56:05 | 00:55:51 | 05.35 |
| 42 | 20 | WALEŃSKI Sławomir | MILICZ | | POL RUNNING TEAM MILICZ | 73 | M40/42 | (M)127 | 00:56:11 | 00:56:04 | 05.36 |
| 43 | 369 | JANICKI Tomasz | RAWICZ | | POL | 72 | M40/43 | (M)129 | 00:56:49 | 00:56:37 | 05.39 |
| 44 | 334 | WIERZBICKI Adam | LUBIN | | POL MORSY LUBIN | 75 | M40/44 | (M)130 | 00:56:50 | 00:56:38 | 05.39 |
| 45 | 236 | GAJKOWSKI Andrzej | WIEWIERZ | | POL ENDORFINY WĄSOSZ | 73 | M40/45 | (M)137 | 00:57:53 | 00:57:40 | 05.46 |
| 46 | 255 | POSPIESZALSKI Bartosz | WROCLAW | | POL PRUDENTIAL | 73 | M40/46 | (M)138 | 00:58:06 | 00:57:55 | 05.47 |
| 47 | 219 | KUCZYŃSKI Rafał | LESZNO | | POL 26,2 | 71 | M40/47 | (M)139 | 00:58:18 | 00:58:08 | 05.48 |
| 48 | 364 | KOSMAŁA Sławomir | ZIELONA GÓRA | | POL PGNIG | 73 | M40/48 | (M)142 | 00:58:46 | 00:58:39 | 05.51 |
| 49 | 67 | KMIT Marcin | WROCLAW | | POL | 77 | M40/49 | (M)145 | 00:59:11 | 00:58:56 | 05.53 |
| 50 | 232 | KOWALSKI Michał | CZERWIEŃSK | | POL MICHNET - RONIN CZERWIEŃSK | 78 | M40/50 | (M)146 | 00:59:19 | 00:59:05 | 05.54 |
| 51 | 7 | OGORZELEC Mariusz | OPOLE | | POL KMP OPOLE | 76 | M40/51 | (M)149 | 00:59:35 | 00:59:16 | 05.55 |
| 52 | 12 | ŚCISŁOWSKI Tomasz | GŁOGÓW | | POL | 78 | M40/52 | (M)156 | 01:00:51 | 01:00:38 | 06.03 |
| 53 | 321 | KACZMAREK Adam | MILICZ | | POL K2 POWER | 77 | M40/53 | (M)159 | 01:02:03 | 01:01:55 | 06.11 |
| 54 | 58 | JANUSZEK Grzegorz | WROCLAW | | POL | 78 | M40/54 | (M)164 | 01:03:15 | 01:02:57 | 06.17 |
| 55 | 28 | SZMAJA Sebastian | KALISZ | | POL PKB KMP KALISZ | 79 | M40/55 | (M)169 | 01:07:46 | 01:07:36 | 06.45 |
| 56 | 249 | TYCZYŃSKI Marek | RAWICZ | | POL MASŁOWO BIEGA | 71 | M40/56 | (M)173 | 01:10:16 | 01:10:10 | 07.01 |
| 57 | 278 | SKRZYPEK Adrian | RAWICZ | | POL MASŁOWO BIEGA | 78 | M40/57 | (M)174 | 01:10:16 | 01:10:09 | 07.00 |
| 58 | 11 | BARANIUK Grzegorz | PIESZYCE | | POL BIELAWSKA AKADEMIA BIEGANIA | 74 | M40/58 | (M)176 | 01:11:50 | 01:11:31 | 07.09 |
| 59 | 25 | TYLICKI Sławomir | JELCZ-LASKOWICE | | POL KB HARCOWNIK JELCZ-LASKOWICE | 74 | M40/59 | (M)181 | 01:15:54 | 01:15:40 | 07.34 |
| 60 | 297 | TUSZYŃSKI Piotr | WROCLAW | | POL BĘDZIE DOBRZE | 74 | M40/60 | (M)182 | 01:22:36 | 01:22:25 | 08.14 |

Bieg 10 km - M50 [31]

| | | | | | | | | | | | |
|---|-----|-------------------|-------------|--|--------------------------|----|-------|-------|----------|----------|-------|
| 1 | 88 | STEFAŃSKI Andrzej | ELBLĄG | | POL MARATOŃCZYK - ELBLĄG | 62 | M50/1 | (M)24 | 00:42:40 | 00:42:38 | 04.15 |
| 2 | 1 | GRABKOWSKI Robert | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 69 | M50/2 | (M)29 | 00:43:39 | 00:43:35 | 04.21 |
| 3 | 333 | SOBERA Jan | TWARDOGÓRA | | POL MLKS ECHO TWARDOGÓRA | 63 | M50/3 | (M)30 | 00:43:57 | 00:43:55 | 04.23 |
| 4 | 216 | FIEBIG Stefan | PONIEC | | POL WWW.FIEBIG.PL | 68 | M50/4 | (M)35 | 00:44:57 | 00:44:54 | 04.29 |
| 5 | 70 | KOSIOL Andrzej | WROCLAW | | POL WKW WIADRUS | 64 | M50/5 | (M)36 | 00:45:11 | 00:45:11 | 04.31 |
| 6 | 244 | BRANIA Hieronim | LENARTOWICE | | POL TEAM PLESZEW | 68 | M50/6 | (M)41 | 00:45:45 | 00:45:41 | 04.34 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|----------------------------------|---------|--------------------|--------|-----------|----------|----------|
| 7 | 228 | BIELAWSKI Jan | ŚCINAWA | | POL START ŚCINAWA | 64 | M50/7 | (M)48 | 00:46:51 | 00:46:38 | 04.39 |
| 8 | 295 | ŻUKOWSKI Marian | KWIATKOWICE | | POL KB KROKUS KWIATKOWICE | 62 | M50/8 | (M)53 | 00:47:16 | 00:47:09 | 04.42 |
| 9 | 238 | SADOWSKI Marek | GÓRA | | POL MUKS SZOK BOJANOWO | 68 | M50/9 | (M)55 | 00:47:22 | 00:47:11 | 04.43 |
| 10 | 61 | ADAMSKI Rafał | WROCLAW | | POL PARKRUN WROCLAW | 68 | M50/10 | (M)58 | 00:47:43 | 00:47:40 | 04.46 |
| 11 | 212 | BEKACZ Stanisław | WIŃSKO | | POL START ŚCINAWA | 63 | M50/11 | (M)59 | 00:47:44 | 00:47:30 | 04.45 |
| 12 | 261 | ZAWADA Edward | UCIECHÓW | | POL | 65 | M50/12 | (M)64 | 00:48:04 | 00:47:58 | 04.47 |
| 13 | 226 | TWARDOWSKI Krzysztof | WROCLAW | | POL AMATOR | 69 | M50/13 | (M)67 | 00:48:14 | 00:48:10 | 04.49 |
| 14 | 355 | RÓŻANEK Stefan | LESZNO | | POL | 61 | M50/14 | (M)71 | 00:49:18 | 00:49:13 | 04.55 |
| 15 | 371 | UCIEKŁAK Waldemar | CZĘSTOCHOWA | | POL PSZCZÓLKOWSKI TEAM | 62 | M50/15 | (M)83 | 00:50:29 | 00:50:23 | 05.02 |
| 16 | 318 | MATYLA Bronisław | RYDZYNA | | POL R-TEAM RYDZYNA | 65 | M50/16 | (M)88 | 00:51:00 | 00:50:56 | 05.05 |
| 17 | 359 | DZIEDZIC Piotr | MILICZ | | POL RUNNING TEAM MILICZ | 68 | M50/17 | (M)96 | 00:51:54 | 00:51:48 | 05.10 |
| 18 | 57 | NOWICKI Andrzej | MILICZ | | POL RUNNING TEAM MILICZ | 63 | M50/18 | (M)105 | 00:53:08 | 00:53:01 | 05.18 |
| 19 | 42 | WANTUCH Andrzej | PRZEMKÓW | | POL RUN WALK RUN PRZEMKÓW | 62 | M50/19 | (M)112 | 00:54:01 | 00:53:49 | 05.22 |
| 20 | 345 | POPRAWA Przemysław | JAROCIN | | POL BIEGACZE JAROCIN | 67 | M50/20 | (M)115 | 00:54:13 | 00:54:06 | 05.24 |
| 21 | 367 | ADAMCZYK Robert | RADOSŁAW | | POL | 69 | M50/21 | (M)128 | 00:56:15 | 00:56:05 | 05.36 |
| 22 | 382 | POWAŁA Janusz | LUBIN | | POL JIL | 60 | M50/22 | (M)132 | 00:57:11 | 00:57:01 | 05.42 |
| 23 | 253 | DURBAJŁO Andrzej | GÓRA | | POL | 67 | M50/23 | (M)133 | 00:57:14 | 00:56:59 | 05.41 |
| 24 | 35 | ANCUTA Wojciech | POZNAŃ | | POL KP NOWE MIASTO P-Ń EMERYT | 67 | M50/24 | (M)148 | 00:59:22 | 00:59:02 | 05.54 |
| 25 | 230 | JĘDRO Jacek | ZIELONA GÓRA | | POL RONIN CZERWIEŃSK | 68 | M50/25 | (M)150 | 00:59:37 | 00:59:23 | 05.56 |
| 26 | 77 | GŁUSZEK Ryszard | KALINOWICE | | POL KWP OPOLE | 64 | M50/26 | (M)157 | 01:01:06 | 01:00:54 | 06.05 |
| 27 | 234 | KOLACKI Leszek | LESZNO | | POL | 60 | M50/27 | (M)160 | 01:02:31 | 01:02:25 | 06.14 |
| 28 | 92 | PLUTA Piotr | WROCLAW | | POL POLICJA IPA WROCLAW | 62 | M50/28 | (M)168 | 01:07:43 | 01:07:28 | 06.44 |
| 29 | 383 | JACKIEWICZ Arkadiusz | GŁOGÓW | | POL | 66 | M50/29 | (M)178 | 01:13:41 | 01:13:18 | 07.19 |
| 30 | 26 | MALESZAK Cezariusz | NOWA RUDA | | POL KB HARCOWNIK JELCZ-LASKOWICE | 62 | M50/30 | (M)180 | 01:15:53 | 01:15:38 | 07.33 |

Bieg 10 km - M60 [15]

| | | | | | | | | | | | |
|----|-----|-----------------------|-------------|--|---|----|--------|--------|----------|----------|-------|
| 1 | 360 | GŁUSZKO Krzysztof | GÓRA | | POL MIRA TEAM | 58 | M60/1 | (M)44 | 00:46:14 | 00:46:10 | 04.37 |
| 2 | 65 | KUBIAK Jerzy | GŁOGÓW | | POL E-TOWERS FAMABA GŁOGÓW | 59 | M60/2 | (M)52 | 00:47:12 | 00:47:04 | 04.42 |
| 3 | 223 | KULIŃSKI Bogdan | GŁOGÓW | | POL KGHM HM GŁOGÓW - DRUŻYNA SZPIKU | 59 | M60/3 | (M)61 | 00:47:53 | 00:47:50 | 04.47 |
| 4 | 344 | RAZIK Tadeusz | RAWICZ | | POL BRAK | 52 | M60/4 | (M)78 | 00:49:49 | 00:49:45 | 04.58 |
| 5 | 279 | BALA Witold | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 54 | M60/5 | (M)87 | 00:50:48 | 00:50:44 | 05.04 |
| 6 | 3 | IWANICKI Jerzy | GÓRA | | POL PADALEC KRUSZYNIC | 59 | M60/6 | (M)90 | 00:51:13 | 00:51:00 | 05.06 |
| 7 | 33 | MUSSUR Henryk | KROSNO | | POL MOSIR KROSNO | 52 | M60/7 | (M)94 | 00:51:45 | 00:51:35 | 05.09 |
| 8 | 287 | FABJAŃSKI Augustyn | WROCLAW | | POL AKTYWNI KLECINA | 57 | M60/8 | (M)103 | 00:52:46 | 00:52:39 | 05.15 |
| 9 | 10 | MARCINOWSKI Eugeniusz | BIELAWA | | POL LINCOLN ELECTRIC BESTER RUN TEAM BIELAWA | 56 | M60/9 | (M)106 | 00:53:12 | 00:53:04 | 05.18 |
| 10 | 222 | ZIELIŃSKI Krzysztof | GÓRA | | POL | 56 | M60/10 | (M)108 | 00:53:36 | 00:53:33 | 05.21 |
| 11 | 242 | CYBULSKI Bogdan | BOLESŁAWIEC | | POL | 58 | M60/11 | (M)153 | 01:00:17 | 01:00:02 | 06.00 |
| 12 | 389 | STANIEWSKI Eugeniusz | ZGORZELEC | | POL AMATOR | 51 | M60/12 | (M)155 | 01:00:41 | 01:00:27 | 06.02 |
| 13 | 281 | STĘPIEŃ Waldek | WROCLAW | | POL PSZCZÓLKOWSKI TEAM | 54 | M60/13 | (M)163 | 01:02:59 | 01:02:41 | 06.16 |
| 14 | 231 | MONCZYŃSKI Bogusław | KALISZ | | POL KTK CYKLISTA KALISZ | 53 | M60/14 | (M)166 | 01:07:04 | 01:06:53 | 06.41 |
| 15 | 294 | URBAN Mieczysław | RAWICZ | | POL | 52 | M60/15 | (M)175 | 01:10:39 | 01:10:19 | 07.01 |

Bieg 10 km - M70 [5]

| | | | | | | | | | | | |
|---|-----|----------------------|-------------|--|---------------------------|----|-------|--------|----------|----------|-------|
| 1 | 305 | DYGUDAJ Jerzy | KUNICE | | POL KB LEW LEGNICA | 49 | M70/1 | (M)68 | 00:48:18 | 00:48:17 | 04.49 |
| 2 | 247 | SZYMANKIEWICZ Edward | GŁOGÓW | | POL CROSS STRACENCÓW TEAM | 49 | M70/2 | (M)151 | 00:59:43 | 00:59:39 | 05.57 |
| 3 | 357 | KRZESAK Jan | ŻMIGRÓD | | POL KB SUKCES ŻMIGRÓD | 45 | M70/3 | (M)170 | 01:08:22 | 01:08:16 | 06.49 |
| 4 | 392 | BAŃKA Jan | CZĘSTOCHOWA | | POL NIEZRZESZONY | 46 | M70/4 | (M)183 | 01:32:50 | 01:32:31 | 09.15 |