

IV Żarowskie Biegi Strefowe

WYNIKI ZAWODÓW

Bieg 5 km

Organizator: Gminne Centrum Kultury i Sportu w Żarowie

Termin: 22.09.2019

Miejsce: Żarów

Dystans: 5 km



Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Strata | [min/km] |
|--------------|--------|------------------------|------------------|----------|---------------------------------|-----------|--------------------|-----------|----------|----------|
| 1 | 451 | DEM CZYSZAK Mateusz | JAWORZYNA ŚLĄSKA | POL | / LLKS PREFBET ŚNIADOWO ŁOMŻA | 86 M30/1 | (M)1 | 00:15:33 | 00:00:00 | 03:06 |
| 2 | 309 | STEPANENKO Pavel | OSTRÓW | POL | | 90 M20/1 | (M)2 | 00:15:42 | 00:00:08 | 03:08 |
| 3 | 356 | JAGODZIŃSKI Bartłomiej | BOGUSZÓW-GORCE | POL | / BIEGAMY NA KOKSIE | 87 M30/2 | (M)3 | 00:16:44 | 00:01:10 | 03:20 |
| 4 | 385 | WOJSŁAW Bartłomiej | MARCINOWICE | POL | / GLKS MARCINOWICE | 84 M30/3 | (M)4 | 00:17:11 | 00:01:37 | 03:26 |
| 5 | 362 | KACZOR Jan | WAŁBRZYCH | POL | | 02 M20/2 | (M)5 | 00:17:15 | 00:01:41 | 03:26 |
| 6 | 321 | HNATIUK Michał | WAŁBRZYCH | POL | / NIGHT RUNNERS / RATE MY TRAIL | 89 M30/4 | (M)6 | 00:18:01 | 00:02:27 | 03:36 |
| 7 | 363 | SZCZEPANIK Dariusz | PSZENNO | POL | / ŚWIDNICKA GRUPA BIEGOWA | 78 M40/1 | (M)7 | 00:18:09 | 00:02:35 | 03:37 |
| 8 | 308 | SKOREIKO Yurii | TRZEBNICA | UKR | | 95 M20/3 | (M)8 | 00:18:23 | 00:02:49 | 03:40 |
| 9 | 441 | FICNER Anna | ZŁOTORYJA | POL | / OLAWS ZŁOTORYJAMKS SIECHNICE | 85 K30/1 | (K)1 | 00:18:47 | 00:03:13 | 03:45 |
| 10 | 310 | BOSHEHUK Alina | OSTRÓW | POL | | 99 K20/1 | (K)2 | 00:18:51 | 00:03:17 | 03:46 |
| 11 | 389 | ŚWIATOWY Radosław | ŚWIDNICA | POL | / HERMES ŚWIDNICA | 84 M30/5 | (M)9 | 00:18:55 | 00:03:21 | 03:46 |
| 12 | 322 | TRACZYŃSKI Daniel | ŚWIDNICA | POL | / BIEGOWA ŚWIDNICA | 91 M20/4 | (M)10 | 00:19:00 | 00:03:27 | 03:47 |
| 13 | 305 | KOTFICA Paulina | ŚWIEBODZICE | POL | / GVT BMC | 86 K30/2 | (K)3 | 00:19:05 | 00:03:31 | 03:48 |
| 14 | 365 | PANEK Radosław | KAMIENIEC | POL | / BIELAWSKA AKADEMIA BIEGANIA | 99 M20/5 | (M)11 | 00:19:15 | 00:03:41 | 03:50 |
| 15 | 335 | PATALON Marek | MARCINOWICE | POL | / GLKS MARCINOWICE | 67 M50/1 | (M)12 | 00:19:29 | 00:03:55 | 03:53 |
| 16 | 351 | ŁUCZAK Tomasz | WAŁBRZYCH | POL | / MAD RUNNERS WAŁBRZYCH | 84 M30/6 | (M)13 | 00:19:58 | 00:04:25 | 03:59 |
| 17 | 195 | WOJEWODA Chrystian | ŻARÓW | POL | | 84 M30/7 | (M)14 | 00:20:04 | 00:04:31 | 04:00 |
| 18 | 333 | ZIĘBA Bogdan | PSZENNO | POL | / BIEGOWA ŚWIDNICA | 68 M50/2 | (M)15 | 00:20:11 | 00:04:37 | 04:02 |
| 19 | 366 | BRĄŃKA Łukasz | POŻARZYSKO | POL | / ŻARÓW BIEGA | 82 M30/8 | (M)16 | 00:20:40 | 00:05:07 | 04:08 |
| 20 | 427 | MIKOŁAJCZYK Tomasz | ŚWIEBODZICE | POL | | 70 M40/2 | (M)17 | 00:20:44 | 00:05:10 | 04:08 |
| 21 | 344 | JĘŻEWSKI Arkadiusz | ŚWIDNICA | POL | / ŚWIDNICKA GRUPA BIEGOWA | 79 M40/3 | (M)18 | 00:20:59 | 00:05:26 | 04:11 |
| 22 | 448 | WAJDA Mariusz | ŚWIDNICA | POL | | 85 M30/9 | (M)19 | 00:21:12 | 00:05:38 | 04:13 |
| 23 | 186 | BARANOWSKI Krzysztof | ŚWIDNICA | POL | / CENTRUM 24 OPIEKA | 85 M30/10 | (M)20 | 00:21:15 | 00:05:41 | 04:14 |
| 24 | 347 | TARATUTA Patrycja | MARCINOWICE | POL | / GLKS ŚWIDNICA | 01 K20/2 | (K)4 | 00:21:16 | 00:05:42 | 04:14 |
| 25 | 315 | PĘCZAR Aneta | ŚWIDNICA | POL | | 94 K20/3 | (K)5 | 00:21:18 | 00:05:44 | 04:15 |
| 26 | 394 | SZMIGIELSKI Mateusz | GRODZISZCZE | POL | / DAICEL TEAM | 89 M30/11 | (M)21 | 00:21:27 | 00:05:53 | 04:17 |
| 27 | 368 | LATKO Daniel | ŚWIDNICA | POL | / ŚWIDNICKA GRUPA BIEGOWA | 68 M50/3 | (M)22 | 00:21:54 | 00:06:20 | 04:22 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Strata | [min/km] |
|--------------|--------|-----------------------|------------------|----------|---|-----------|--------------------|-----------|----------|----------|
| 28 | 318 | SALAPATEK Robert | LUTOMIA DOLNA | | POL / BIEGOWA ŚWIDNICA | 73 M40/4 | (M)23 | 00:21:56 | 00:06:22 | 04:22 |
| 29 | 307 | TOMIKOWSKI Tomasz | ŚWIDNICA | | POL / ŚWIDNICKA GRUPA BIEGOWA | 80 M30/12 | (M)24 | 00:21:56 | 00:06:22 | 04:22 |
| 30 | 418 | DRĄG Przemysław | ŻARÓW | | POL / ZIELONY ŻARÓW | 81 M30/13 | (M)25 | 00:22:01 | 00:06:27 | 04:24 |
| 31 | 436 | KOWALCZYK Tomasz | PIESZYCE | | POL / BIELAWSKA AKADEMIA BIEGANIA | 70 M40/5 | (M)26 | 00:22:17 | 00:06:43 | 04:26 |
| 32 | 403 | SZCZEPAŃSKI Adam | ŚWIEBODZICE | | POL | 91 M20/6 | (M)27 | 00:22:22 | 00:06:49 | 04:26 |
| 33 | 375 | MAŃCZAK Bartłomiej | ŚWIDNICA | | POL / ŚWIDNICKA GRUPA BIEGOWA | 79 M40/6 | (M)28 | 00:22:32 | 00:06:58 | 04:29 |
| 34 | 390 | FAFUŁA Damian | ŻARÓW | | POL | 95 M20/7 | (M)29 | 00:22:52 | 00:07:18 | 04:33 |
| 35 | 444 | MALIK Tomasz | ŻARÓW | | POL | 84 M30/14 | (M)30 | 00:23:00 | 00:07:26 | 04:34 |
| 36 | 411 | ZAWADA Mirosław | ŚWIEBODZICE | | POL / AMATOR | 68 M50/4 | (M)31 | 00:23:07 | 00:07:33 | 04:36 |
| 37 | 306 | SZAŁKOPLAS Bronisław | WROCŁAW | | POL | 58 M60/1 | (M)32 | 00:23:18 | 00:07:45 | 04:38 |
| 38 | 348 | SOLTYŚ Izabela | WAŁBRZYCH | | POL | 88 K30/3 | (K)6 | 00:23:21 | 00:07:47 | 04:39 |
| 39 | 401 | WOJTANOWSKI Piotr | JAWORZYNA ŚLĄSKA | | POL | 90 M20/8 | (M)33 | 00:23:25 | 00:07:51 | 04:39 |
| 40 | 412 | MINTA Marcin | ŚWIDNICA | | POL | 79 M40/7 | (M)34 | 00:23:25 | 00:07:51 | 04:39 |
| 41 | 353 | SUBE Wojciech | LUBOMIN | | POL | 64 M50/5 | (M)35 | 00:23:57 | 00:08:23 | 04:45 |
| 42 | 440 | DYBEŁ Stanisław | JAWORZYNA ŚLĄSKA | | POL | 87 M30/15 | (M)36 | 00:23:59 | 00:08:25 | 04:45 |
| 43 | 317 | ZARYCHTA Waldemar | ŚWIDNICA | | POL / ŚWIDNICKA GRUPA BIEGOWA | 64 M50/6 | (M)37 | 00:24:10 | 00:08:36 | 04:48 |
| 44 | 442 | MIEDZIŃSKA Katarzyna | ŚWIDNICA | | POL | 80 K30/4 | (K)7 | 00:24:21 | 00:08:47 | 04:51 |
| 45 | 331 | MILEWSKI Radosław | ŚWIDNICA | | POL | 71 M40/8 | (M)38 | 00:24:22 | 00:08:48 | 04:51 |
| 46 | 329 | ŚWIDERSKA Izabela | JEDLINA ZDRÓJ | | POL / KOBIETY W BIEGU | 76 K40/1 | (K)8 | 00:24:23 | 00:08:50 | 04:51 |
| 47 | 369 | DOMINIK Ewelina | WIERZBNA | | POL | 89 K30/5 | (K)9 | 00:24:26 | 00:08:53 | 04:52 |
| 48 | 434 | NOWOGRODZKI Łukasz | MARCINKOWICE | | POL / ELECTROLUX ŻARÓW | 77 M40/9 | (M)39 | 00:24:36 | 00:09:02 | 04:53 |
| 49 | 339 | MARCINOWSKI Eugeniusz | BIELAWA | | POL / BIELAWSKA AKADEMIA BIEGANIA | 56 M60/2 | (M)40 | 00:24:40 | 00:09:06 | 04:55 |
| 50 | 452 | DEMCHYSZAK Monika | JAWORZYNA ŚLĄSKA | | POL | 81 K30/6 | (K)10 | 00:24:44 | 00:09:10 | 04:56 |
| 51 | 409 | PAWLAK Katarzyna | ŚWIDNICA | | POL / ŻELAZNA ŚWIDNICA/BIEGOWA ŚWIDNICA | 76 K40/2 | (K)11 | 00:24:44 | 00:09:10 | 04:56 |
| 52 | 314 | BEREŚNIEWICZ Michał | ŚWIDNICA | | POL / BIEGOWA ŚWIDNICA | 81 M30/16 | (M)41 | 00:24:45 | 00:09:11 | 04:57 |
| 53 | 22 | KALUŻNY Alina | ŚWIDNICA | | POL | 80 K30/7 | (K)12 | 00:25:02 | 00:09:29 | 05:00 |
| 54 | 407 | KOTLIŃSKA Dagmara | WAŁBRZYCH | | POL / KAT CROSS WAŁBRZYCH | 83 K30/8 | (K)13 | 00:25:11 | 00:09:37 | 05:02 |
| 55 | 355 | GAWŁOWICZ Piotr | WAŁBRZYCH | | POL / BIEGAMY NA KOKSIE | 68 M50/7 | (M)42 | 00:25:16 | 00:09:42 | 05:03 |
| 56 | 345 | PASIKOWSKI Piotr | WAŁBRZYCH | | POL / WŚCIEKLE ALUMINIUM | 85 M30/17 | (M)43 | 00:25:27 | 00:09:53 | 05:05 |
| 57 | 450 | JEDLIŃSKA Katarzyna | ŚWIDNICA | | POL / DAICEL TEAM | 80 K30/9 | (K)14 | 00:25:35 | 00:10:01 | 05:07 |
| 58 | 397 | ZIĘBA Małgorzata | MARCISZÓW | | POL | 94 K20/4 | (K)15 | 00:25:35 | 00:10:01 | 05:07 |
| 59 | 400 | FLORCZAK Zdzisław | WROCŁAW | | POL / MATNER RUNNING TEAM/DICHO BIEGA | 52 M60/3 | (M)44 | 00:26:07 | 00:10:33 | 05:13 |
| 60 | 429 | KUCAB Andrzej | LUBIN | | POL | 66 M50/8 | (M)45 | 00:26:20 | 00:10:46 | 05:16 |
| 61 | 326 | DARASZ-MÓL Małgorzata | ŚWIDNICA | | POL | 77 K40/3 | (K)16 | 00:26:21 | 00:10:48 | 05:16 |
| 62 | 320 | NIEMCZYK Dorota | SLOTWINA | | POL | 79 K40/4 | (K)17 | 00:26:33 | 00:10:59 | 05:18 |
| 63 | 396 | WYSOWSKI Paweł | ŻARÓW | | POL / AMATOR | 80 M30/18 | (M)46 | 00:26:35 | 00:11:01 | 05:19 |
| 64 | 405 | ŚWIEBODA Karolina | ŚWIEBODZICE | | POL | 92 K20/5 | (K)18 | 00:26:36 | 00:11:02 | 05:19 |
| 65 | 336 | ROMEK Katarzyna | ŚWIDNICA | | POL | 84 K30/10 | (K)19 | 00:26:37 | 00:11:04 | 05:19 |

Klasyfikacja wg czasów netto (poza 50-cioma pierwszymi na mecie).

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|--------------|--------|---------------------------|------------------|----------|-----------------------------------|-----------|--------------------|-----------|----------|----------|
| 66 | 386 | SZCZEŚNIAK Andrzej | WROCLAW | | POL / WOMP WROCLAW | 49 M70/1 | (M)47 | 00:26:49 | 00:11:16 | 05:21 |
| 67 | 325 | KOROBLOWSKA Elżbieta | ŚWIDNICA | | POL / ŚWIDNICKA GRUPA BIEGOWA | 70 K40/5 | (K)20 | 00:27:07 | 00:11:33 | 05:25 |
| 68 | 349 | SOLTYS Krzysztof | WAŁBRZYCH | | POL / TEMMPO WAŁBRZYCH | 85 M30/19 | (M)48 | 00:27:13 | 00:11:39 | 05:26 |
| 69 | 340 | WACHNIK Marek | WROCLAW | | POL | 73 M40/10 | (M)49 | 00:27:26 | 00:11:53 | 05:29 |
| 70 | 433 | URBAŃSKI Tomasz | ŚWIDNICA | | POL / ELECTROLUX ŻARÓW | 88 M30/20 | (M)50 | 00:27:30 | 00:11:56 | 05:30 |
| 71 | 417 | GÓRSKA Katarzyna | PIESZYCE | | POL / BIELAWSKA AKADEMIA BIEGANIA | 75 K40/6 | (K)21 | 00:27:33 | 00:11:59 | 05:30 |
| 72 | 402 | WIŚNIEWSKA Maria | ŚWIDNICA | | POL | 78 K40/7 | (K)22 | 00:27:36 | 00:12:03 | 05:31 |
| 73 | 438 | KOROTKIEWICZ Marzena | ŻARÓW | | POL / DAICEL TEAM | 82 K30/11 | (K)23 | 00:27:41 | 00:12:07 | 05:32 |
| 74 | 443 | MALIK Marta | ŻARÓW | | POL | 85 K30/12 | (K)24 | 00:27:42 | 00:12:08 | 05:32 |
| 75 | 439 | BANASIEWICZ Maciej | WAŁBRZYCH | | POL / ELECTROLUX ŻARÓW | 83 M30/21 | (M)51 | 00:27:43 | 00:12:09 | 05:32 |
| 76 | 364 | PROCE Marta | JAWORZYNA ŚLĄSKA | | POL | 02 K20/6 | (K)25 | 00:27:46 | 00:12:12 | 05:33 |
| 77 | 60 | KIERCZAK Beata | ŚWIDNICA | | POL / ŚWIDNICKA GRUPA BIEGOWA | 74 K40/8 | (K)26 | 00:27:49 | 00:12:15 | 05:33 |
| 78 | 361 | ZWIERKO Anna | BOGUSZÓW-GORCE | | POL / BIEGAMY NA KOKSIE | 89 K30/13 | (K)27 | 00:27:51 | 00:12:17 | 05:34 |
| 79 | 398 | OBRAŃIAK Robert | WAŁBRZYCH | | POL | 68 M50/9 | (M)52 | 00:27:57 | 00:12:23 | 05:35 |
| 80 | 334 | KORCZYŃSKA Alicja | POGORZAŁA | | POL / BIEGOWA POGORZAŁA | 78 K40/9 | (K)28 | 00:28:04 | 00:12:30 | 05:36 |
| 81 | 445 | KSIEZKA Joanna | STRZEGOM | | POL / STRZEGOMSKA DWUNASTKA | 82 K30/14 | (K)29 | 00:28:28 | 00:12:54 | 05:41 |
| 82 | 302 | JANECZKO Bartłomiej | ŻARÓW | | POL / COLOROBIA RUNNING TEAM | 87 M30/22 | (M)53 | 00:28:32 | 00:12:58 | 05:42 |
| 83 | 392 | HATOMOTO Atsushi | WROCLAW | | POL / DAICEL TEAM | 67 M50/10 | (M)54 | 00:28:33 | 00:12:59 | 05:42 |
| 84 | 319 | GADZIŃSKA Joanna | ŚWIDNICA | | POL / ŚWIDNICKA GRUPA BIEGOWA | 61 K50/1 | (K)30 | 00:28:36 | 00:13:02 | 05:43 |
| 85 | 337 | POKÓJ Zbigniew | WAŁBRZYCH | | POL / MAŁY GRUBY ZWINY MIŚ | 75 M40/11 | (M)55 | 00:28:47 | 00:13:14 | 05:45 |
| 86 | 342 | WOWK Piotr | WAŁBRZYCH | | POL / BIEGAMY NA KOKSIE | 80 M30/23 | (M)56 | 00:28:48 | 00:13:14 | 05:45 |
| 87 | 338 | OŻÓG Dariusz | WAŁBRZYCH | | POL | 65 M50/11 | (M)57 | 00:28:50 | 00:13:16 | 05:46 |
| 88 | 446 | MARTYS Jakub | ŻARÓW | | POL / ELECTROLUX ŻARÓW | 93 M20/9 | (M)58 | 00:28:57 | 00:13:23 | 05:47 |
| 89 | 426 | MIKOŁAJCZYK Lidia | ŚWIEBODZICE | | POL | 73 K40/10 | (K)31 | 00:29:04 | 00:13:30 | 05:48 |
| 90 | 381 | BALA Adam | SZCZAWNO-ZDRÓJ | | POL / PREDATORS WAŁBRZYCH | 68 M50/12 | (M)59 | 00:29:06 | 00:13:33 | 05:49 |
| 91 | 428 | BARAŃSKA-PIETRZYK Barbara | ŚWIDNICA | | POL | 78 K40/11 | (K)32 | 00:29:23 | 00:13:49 | 05:52 |
| 92 | 341 | STAWIANY Piotr | WAŁBRZYCH | | POL / BIEGAMY NA KOKSIE | 70 M40/12 | (M)60 | 00:29:28 | 00:13:54 | 05:53 |
| 93 | 346 | STAWIANA Renata | WAŁBRZYCH | | POL / BIEGAMY NA KOKSIE | 71 K40/12 | (K)33 | 00:29:29 | 00:13:55 | 05:53 |
| 94 | 324 | DYBCIAK Sylwia | ŚWIDNICA | | POL | 76 K40/13 | (K)34 | 00:29:39 | 00:14:05 | 05:55 |
| 95 | 424 | ŁUCZAK Marcin | ŻARÓW | | POL | 77 M40/13 | (M)61 | 00:29:51 | 00:14:17 | 05:58 |
| 96 | 393 | TAKI Yasuto | WROCLAW | | POL / DAICEL TEAM | 74 M40/14 | (M)62 | 00:29:58 | 00:14:24 | 05:59 |
| 97 | 435 | CHOLEWA Magdalena | JAWORZYNA ŚLĄSKA | | POL / ELECTROLUX ŻARÓW | 86 K30/15 | (K)35 | 00:29:59 | 00:14:25 | 05:59 |
| 98 | 430 | FOGIEL Katarzyna | LEGNICA | | POL | 92 K20/7 | (K)36 | 00:29:59 | 00:14:25 | 05:59 |
| 99 | 432 | TOKARCZYK Izabela | ŚWIDNICA | | POL / ELECTROLUX ŻARÓW | 87 K30/16 | (K)37 | 00:30:08 | 00:14:34 | 06:01 |
| 100 | 414 | ROSSOLIŃSKA Roksana | ŚWIDNICA | | POL / DAICEL TEAM | 81 K30/17 | (K)38 | 00:30:13 | 00:14:39 | 06:02 |
| 101 | 406 | STAWOWA Marta | ŻARÓW | | POL / DAICEL TEAM | 81 K30/18 | (K)39 | 00:30:14 | 00:14:40 | 06:02 |
| 102 | 372 | OKUNIEWICZ Agnieszka | STRZEGOM | | POL / STRZEGOMSKA DWUNASTKA | 87 K30/19 | (K)40 | 00:30:39 | 00:15:06 | 06:07 |
| 103 | 358 | SIKORSKA Marcelina | BIELAWA | | POL / BIELAWSKA AKADEMIA BIEGANIA | 79 K40/14 | (K)41 | 00:30:50 | 00:15:16 | 06:10 |

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|--------------|--------|----------------------------|-------------------|----------|-----------------------------------|-----------|--------------------|-----------|----------|----------|
| 104 | 419 | KOSTRZEWSKI Robert | STARE BOGACZOWICE | | POL / PCO RUNNERS TEAM | 72 M40/15 | (M)63 | 00:30:56 | 00:15:22 | 06:11 |
| 105 | 384 | ŚWIĘCZKOWSKA Monika | ŚWIDNICA | | POL / TSUSHO TEAM | 88 K30/20 | (K)42 | 00:31:04 | 00:15:30 | 06:12 |
| 106 | 399 | CHUDZIAK Monika | ŻARÓW | | POL | 80 K30/21 | (K)43 | 00:31:32 | 00:15:58 | 06:18 |
| 107 | 312 | KIELT Agnieszka | ŻARÓW | | POL / KIELT TEAM | 82 K30/22 | (K)44 | 00:31:33 | 00:15:59 | 06:18 |
| 108 | 301 | MARTI Anna | ŻARÓW | | POL / COLOROBIA RUNNING TEAM | 76 K40/15 | (K)45 | 00:31:33 | 00:15:59 | 06:18 |
| 109 | 330 | WERNER Magdalena | ŚWIDNICA | | POL / AKTYWNA SZÓSTKA | 73 K40/16 | (K)46 | 00:31:49 | 00:16:15 | 06:21 |
| 110 | 420 | WILCZYŃSKA Paulina | STRZELCE | | POL | 84 K30/23 | (K)47 | 00:32:00 | 00:16:26 | 06:24 |
| 111 | 371 | GARBACZ Katarzyna | ŚWIDNICA | | POL | 79 K40/17 | (K)48 | 00:32:03 | 00:16:29 | 06:24 |
| 112 | 421 | WILCZYŃSKI Adam | STRZELCE | | POL | 76 M40/16 | (M)64 | 00:32:07 | 00:16:33 | 06:25 |
| 113 | 313 | ŻUREK Bartosz | ŻARÓW | | POL / KIELT TEAM | 94 M20/10 | (M)65 | 00:32:22 | 00:16:48 | 06:28 |
| 114 | 316 | NGUYEN Mateusz | KŁODZKO | | POL / KIELT TEAM | 94 M20/11 | (M)66 | 00:32:24 | 00:16:50 | 06:28 |
| 115 | 415 | MASŁYK Alicja | ŚWIDNICA | | POL | 84 K30/24 | (K)49 | 00:32:33 | 00:16:59 | 06:30 |
| 116 | 425 | SZCZYPIŃSKA Małgorzata | WITOSZÓW DOLNY | | POL / TSUSHO TEAM | 79 K40/18 | (K)50 | 00:33:13 | 00:17:39 | 06:38 |
| 117 | 352 | SUBE Joanna | LUBOMIN | | POL | 64 K50/2 | (K)51 | 00:33:15 | 00:17:41 | 06:39 |
| 118 | 367 | LATKO Joanna | ŚWIDNICA | | POL | 75 K40/19 | (K)52 | 00:33:24 | 00:17:50 | 06:40 |
| 119 | 408 | KURZAWA Magdalena | ŚWIDNICA | | POL / DAICEL TEAM | 82 K30/25 | (K)53 | 00:33:27 | 00:17:54 | 06:41 |
| 120 | 350 | MASŁYK Agata | ŚWIDNICA | | POL | 93 K20/8 | (K)54 | 00:33:38 | 00:18:04 | 06:43 |
| 121 | 378 | WILCZYŃSKA Magdalena | WAŁBRZYCH | | POL / KAT CROSS WAŁBRZYCH | 81 K30/26 | (K)55 | 00:33:42 | 00:18:08 | 06:44 |
| 122 | 422 | SZUMLAŃSKI Maciej | JAWORZYNA ŚLĄSKA | | POL / KREJZITIM WAŁBRZYCH | 72 M40/17 | (M)67 | 00:33:45 | 00:18:11 | 06:45 |
| 123 | 423 | GOLDYN Magdalena | JAWORZYNA ŚLĄSKA | | POL / KREJZITIM WAŁBRZYCH | 74 K40/20 | (K)56 | 00:33:48 | 00:18:14 | 06:45 |
| 124 | 449 | KOLENDA Grzegorz | ŻARÓW | | POL | 84 M30/24 | (M)68 | 00:34:21 | 00:18:47 | 06:52 |
| 125 | 437 | DYCZEK Sylwia | ŻARÓW | | POL / ELECTROLUX ŻARÓW | 78 K40/21 | (K)57 | 00:34:30 | 00:18:56 | 06:54 |
| 126 | 404 | CIARA Dominika | WAŁBRZYCH | | POL / DAICEL TEAM | 74 K40/22 | (K)58 | 00:35:45 | 00:20:11 | 07:09 |
| 127 | 311 | ADAMCZYK-FORYŚ Małgorzata | ŚWIEBODZICE | | POL / DAICEL TEAM | 80 K30/27 | (K)59 | 00:35:48 | 00:20:15 | 07:09 |
| 128 | 328 | CHLEWICKA Anna | BOGDANOW | | POL | 81 K30/28 | (K)60 | 00:35:59 | 00:20:25 | 07:11 |
| 129 | 343 | PANOŃKO Robert | WAŁBRZYCH | | POL / BIEGAMY NA KOKSIE | 76 M40/18 | (M)69 | 00:36:28 | 00:20:55 | 07:17 |
| 130 | 187 | PLUDOWSKI Sebastian | WROCLAW | | POL | 85 M30/25 | (M)70 | 00:37:10 | 00:21:37 | 07:26 |
| 131 | 188 | NOWICKA Anna | WROCLAW | | POL | 86 K30/29 | (K)61 | 00:37:11 | 00:21:37 | 07:26 |
| 132 | 413 | NIEDŹWIECKI Mariusz | ŚWIEBODZICE | | POL / POCZĄTKUJĄCY AMATOR | 71 M40/19 | (M)71 | 00:38:28 | 00:22:54 | 07:41 |
| 133 | 410 | JABŁOŃSKA-EKIERT Agnieszka | DZIERŻONIÓW | | POL | 81 K30/30 | (K)62 | 00:38:56 | 00:23:22 | 07:47 |
| 134 | 379 | KRAUS Przemysław | PIESZYCE | | POL / KCP TEAM | 79 M40/20 | (M)72 | 00:38:56 | 00:23:23 | 07:47 |
| 135 | 357 | SZNAJDER Agnieszka | BIELAWA | | POL / BIELAWSKA AKADEMIA BIEGANIA | 75 K40/23 | (K)63 | 00:39:28 | 00:23:54 | 07:53 |
| 136 | 359 | STYRCZ Małgorzata | BIELAWA | | POL / BIELAWSKA AKADEMIA BIEGANIA | 69 K50/3 | (K)64 | 00:39:30 | 00:23:56 | 07:54 |
| 137 | 360 | WIERZEJSKI Henryk | WROCLAW | | POL / AMATOR | 54 M60/4 | (M)73 | 00:45:56 | 00:30:22 | 09:11 |

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| Zgłoszonych: | 172 | Odebrało nr.: | 137 | Wystartowało: | 137 | Ukończyło: | 137 |
|--------------|-----|---------------|-----|---------------|-----|------------|-----|