

2. PZU Dziesiątka WROACTIV

WYNIKI ZAWODÓW




































Bieg 10km

Organizator: Fundacja WROACTIV

Termin: 15.03.2015

Miejsce: Wrocław

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 | [min/km] |
|--|-----------|---------------------------|---------------------|---|-----------------|------------|---------------------------|--------------|----------|
| Bieg 10km Kobiety KATEGORIA:K16 | | | | | | | | | |
| 1 | 1535 | JADAŚ Joanna | WROCLAW |  | POL | 98 | K16/1 (K)11 | 00:41:27 | 04.08 |
| 2 | 888 | MURAWSKA Milena | WROCLAW |  | POL | 96 | K16/2 (K)139 | 00:51:57 | 05.11 |
| 3 | 1702 | SŁOWIŃSKA Kamila | PRUSICE |  | POL | 96 | K16/3 (K)148 | 00:52:08 | 05.12 |
| 4 | 1951 | MAJEWSKA Ola | BRZEG |  | POL - | 97 | K16/4 (K)173 | 00:53:48 | 05.22 |
| 5 | 1153 | NOWACKA Julia | OLEŚNICA |  | POL | 97 | K16/5 (K)197 | 00:54:36 | 05.27 |
| 6 | 1415 | STANISŁAWSKA Natalia | KĘPNO |  | POL | 98 | K16/6 (K)287 | 00:58:24 | 05.50 |
| 7 | 1424 | LENART Natalia | KĘTRZYN |  | POL | 97 | K16/7 (K)381 | 01:02:48 | 06.16 |
| 8 | 1381 | REGĘNCZUK Natalia | WROCLAW |  | POL | 98 | K16/8 (K)442 | 01:16:44 | 07.40 |
| Bieg 10km Kobiety KATEGORIA:K60 | | | | | | | | | |
| 1 | 1367 | SROKA Janina | WROCLAW |  | POL | 55 | K60/1 (K)137 | 00:51:55 | 05.11 |
| 2 | 1016 | ŁABUZ Ewa | WROCLAW |  | POL | 55 | K60/2 (K)178 | 00:53:57 | 05.23 |
| 3 | 1109 | SOBCZAK Renata | OLEŚNICA ŚLĄSKA |  | POL | 53 | K60/3 (K)308 | 00:59:23 | 05.56 |
| 4 | 1089 | SRZEDNICKA Jolanta | WROCLAW |  | POL | 49 | K60/4 (K)359 | 01:01:34 | 06.09 |
| 5 | 1015 | NOWAK Teresa | ZIĘBICE |  | POL | 54 | K60/5 (K)362 | 01:01:40 | 06.10 |
| 6 | 1235 | ĆWIK - MASZCZYŃSKA Teresa | WROCLAW |  | POL | 51 | K60/6 (K)384 | 01:03:22 | 06.20 |
| 7 | 1476 | BIRUT Maria | STRZELIN |  | POL | 54 | K60/7 (K)427 | 01:08:42 | 06.52 |
| Bieg 10km Kobiety KATEGORIA:K50 | | | | | | | | | |
| 1 | 798 | PASTUCHA Anna | KRAPKOWICE |  | POL | 58 | K50/1 (K)80 | 00:49:10 | 04.55 |
| 2 | 695 | KITA Ewa | KĘDZIERZYN-KOŹLE |  | POL | 63 | K50/2 (K)115 | 00:50:55 | 05.05 |
| 3 | 1149 | PŁÓCIENNIK Renata | OSTRÓW WIELKOPOLSKI |  | POL | 63 | K50/3 (K)130 | 00:51:35 | 05.09 |
| 4 | 985 | ŚWIERK Krystyna | JANOWICE WIELKIE |  | POL | 57 | K50/4 (K)145 | 00:52:05 | 05.12 |
| 5 | 1000 | WALACIK Małgorzata | WIERUSZÓW |  | POL | 60 | K50/5 (K)183 | 00:54:09 | 05.24 |
| 6 | 733 | OSTROWSKA Jadwiga | KUNICE |  | POL | 62 | K50/6 (K)263 | 00:57:20 | 05.44 |
| 7 | 684 | GADZIŃSKA Krystyna | WROCLAW |  | POL | 64 | K50/7 (K)274 | 00:57:46 | 05.46 |
| 8 | 1213 | KUCZYK Jolanta | LEGNICA |  | POL | 62 | K50/8 (K)335 | 01:00:35 | 06.03 |
| 9 | 1666 | SITAK Alicja | LUBSZA |  | POL | 62 | K50/9 (K)347 | 01:01:07 | 06.06 |
| 10 | 1291 | STROJWAŚ Anna | WROCLAW |  | POL | 57 | K50/10 (K)392 | 01:03:56 | 06.23 |
| 11 | 1490 | BIJAK Dorota | WROCLAW |  | POL | 57 | K50/11 (K)394 | 01:04:14 | 06.25 |
| 12 | 1167 | ZAZULA Marlena | BOLESŁAWIEC |  | POL | 61 | K50/12 (K)407 | 01:05:18 | 06.31 |
| 13 | 1008 | DURAWA Ewa | ŻÓRAWINA |  | POL | 60 | K50/13 (K)422 | 01:06:57 | 06.41 |
| Bieg 10km Kobiety KATEGORIA:K40 | | | | | | | | | |
| 1 | 302 | PADUCH Ewa | JERZMANOWA |  | POL | 69 | K40/1 (K)18 | 00:43:41 | 04.22 |
| 2 | 260 | MRUGAŁA Monika | WĘGRY |  | POL | 74 | K40/2 (K)23 | 00:44:25 | 04.26 |
| 3 | 466 | HACZYK Natalia | OPOLE |  | POL | 73 | K40/3 (K)33 | 00:45:27 | 04.32 |
| 4 | 1484 | KUŚMIERSKA Magdalena | WROCLAW |  | POL | 73 | K40/4 (K)59 | 00:47:24 | 04.44 |
| 5 | 374 | FOJTAR Dorota | KRZEPTÓW |  | POL | 75 | K40/5 (K)62 | 00:47:41 | 04.46 |
| 6 | 624 | GOŁĘBIEWSKA Sylwia | ŚWIDNICA |  | POL | 75 | K40/6 (K)66 | 00:47:57 | 04.47 |
| 7 | 363 | SKRZYPCZAK Jola | LEGNICA |  | POL | 67 | K40/7 (K)68 | 00:48:03 | 04.48 |
| 8 | 1795 | KUBIAK Joanna | WILCZYCE |  | POL | 74 | K40/8 (K)71 | 00:48:28 | 04.50 |
| 9 | 616 | DŹUSAJEW Katarzyna | WROCLAW |  | POL | 71 | K40/9 (K)75 | 00:48:48 | 04.52 |
| 10 | 806 | KOCIOK Gabriela | STARE SIOLKOWICE |  | POL | 74 | K40/10 (K)76 | 00:48:50 | 04.53 |
| 11 | 606 | FEDYCZKOWSKA Justyna | STRZEGOM |  | POL | 72 | K40/11 (K)84 | 00:49:21 | 04.56 |
| 12 | 865 | PAWLIKOWSKA Anna | WROCLAW |  | POL | 74 | K40/12 (K)89 | 00:49:38 | 04.57 |
| 13 | 1199 | TOMASZEWSKA Monika | LEGNICA |  | POL | 75 | K40/13 (K)90 | 00:49:41 | 04.58 |
| 14 | 558 | MARCINKOWSKA Monika | NOWA RUDA |  | POL | 75 | K40/14 (K)94 | 00:49:57 | 04.59 |



























































| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------------------|----------------------|----------|-----------------------------------|---------|------------------------|-----------|----------|
| 15 | 1319 | KONOFAL Katarzyna | RYDUŁTOWY | POL | | 68 | K40/15 (K)95 | 00:49:57 | 04.59 |
| 16 | 1029 | CHORAŻYKIEWICZ Anna | POLKOWICE | POL | | 72 | K40/16 (K)102 | 00:50:22 | 05.02 |
| 17 | 1226 | ZIELIŃSKA Mirona | WROCLAW | POL | | 75 | K40/17 (K)106 | 00:50:29 | 05.02 |
| 18 | 739 | KALINKIEWICZ Marta | WROCLAW | POL | | 75 | K40/18 (K)109 | 00:50:31 | 05.03 |
| 19 | 951 | KŁĘKA Beata | BELCHATÓW | POL | | 74 | K40/19 (K)110 | 00:50:39 | 05.03 |
| 20 | 1316 | BIEGAŃSKA Malwina | RADWANICE | POL | | 72 | K40/20 (K)112 | 00:50:48 | 05.04 |
| 21 | 1187 | KALEMBKIEWICZ Marzena | WROCLAW | POL | | 74 | K40/21 (K)116 | 00:50:56 | 05.05 |
| 22 | 875 | ROSSEGER Magdalena | WROCLAW | POL | - | 67 | K40/22 (K)123 | 00:51:13 | 05.07 |
| 23 | 500 | CYTAWA Ilona | WROCLAW | POL | | 75 | K40/23 (K)124 | 00:51:15 | 05.07 |
| 24 | 1059 | BŁASZKIEWICZ Beata | WROCLAW | POL | | 69 | K40/24 (K)135 | 00:51:52 | 05.11 |
| 25 | 704 | WIŚNIEWSKA Ewa | ROGOŹNICA | POL | | 68 | K40/25 (K)136 | 00:51:54 | 05.11 |
| 26 | 768 | WOSZCZAK Jolanta | STRZELIN | POL | | 68 | K40/26 (K)150 | 00:52:11 | 05.13 |
| 27 | 1192 | HAWRON Agnieszka | WROCLAW | POL | | 72 | K40/27 (K)151 | 00:52:14 | 05.13 |
| 28 | 594 | LISS Magdalena | WROCLAW | POL | | 75 | K40/28 (K)153 | 00:52:22 | 05.14 |
| 29 | 715 | KOŚCIK Elżbieta | LEGNICA | POL | | 73 | K40/29 (K)154 | 00:52:22 | 05.14 |
| 30 | 1824 | LEND A Jolanta | TWARDOGÓRA | POL | | 70 | K40/30 (K)158 | 00:52:42 | 05.16 |
| 31 | 550 | PTASZYŃSKA Joanna | WROCLAW | POL | - | 68 | K40/31 (K)160 | 00:52:51 | 05.17 |
| 32 | 1501 | RADZISZEWSKA Monika | SIERADZ | POL | | 72 | K40/32 (K)166 | 00:52:57 | 05.17 |
| 33 | 1090 | FRANKOWSKA Elżbieta | WROCLAW | POL | | 70 | K40/33 (K)167 | 00:53:00 | 05.18 |
| 34 | 1722 | GOŚCIAŃSKA Magdalena | GŁOGÓW | POL | | 71 | K40/34 (K)187 | 00:54:20 | 05.26 |
| 35 | 1497 | JANOWICZ Anna | SZALEJÓW DOLNY | POL | | 68 | K40/35 (K)189 | 00:54:22 | 05.26 |
| 36 | 1217 | CHOLASZCZYŃSKA Barbara | SZEWCE | POL | | 72 | K40/36 (K)191 | 00:54:27 | 05.26 |
| 37 | 1051 | MARCINKIEWICZ Marta | WROCLAW | POL | | 69 | K40/37 (K)194 | 00:54:30 | 05.27 |
| 38 | 1123 | MAĆKOWIAK Monika | OSIECZNA | POL | | 75 | K40/38 (K)203 | 00:54:53 | 05.29 |
| 39 | 1771 | WIERZBICKA Marta | TRZEBNICA | POL | | 72 | K40/39 (K)207 | 00:55:02 | 05.30 |
| 40 | 1657 | CHALCIŃSKA Izabela | OSTRÓW WIELKOPOLSKI | POL | - | 75 | K40/40 (K)214 | 00:55:16 | 05.31 |
| 41 | 1523 | BURY Elżbieta | WROCLAW | POL | | 70 | K40/41 (K)220 | 00:55:39 | 05.33 |
| 42 | 1805 | JANISZEWSKA Monika | ŚWIDNICA | POL | | 74 | K40/42 (K)224 | 00:55:45 | 05.34 |
| 43 | 1154 | KOWALCZYK-KRÓL Bernadeta | OSTRÓW WIELKOPOLSKI | POL | | 71 | K40/43 (K)233 | 00:56:05 | 05.36 |
| 44 | 1352 | WÓJCIAK Iwona | KĄTY WROCLAWSKIE | POL | | 74 | K40/44 (K)234 | 00:56:05 | 05.36 |
| 45 | 1959 | WÓJTOWICZ Anna | LUBIN | POL | | 72 | K40/45 (K)240 | 00:56:29 | 05.38 |
| 46 | 873 | FRĄCKIEWICZ Alicja | WROCLAW | POL | | 75 | K40/46 (K)242 | 00:56:34 | 05.39 |
| 47 | 1281 | JÓZEFOWSKA Dagmara | WROCLAW | POL | | 71 | K40/47 (K)249 | 00:56:56 | 05.41 |
| 48 | 1409 | SOBUŚ Małgorzata | WROCLAW | POL | - | 73 | K40/48 (K)257 | 00:57:10 | 05.43 |
| 49 | 1321 | GAJOS Agnieszka | GRODKÓW | POL | | 75 | K40/49 (K)260 | 00:57:13 | 05.43 |
| 50 | 980 | NOGANOWICZ Agata | DOMASZCZYN | POL | | 70 | K40/50 (K)264 | 00:57:22 | 05.44 |
| 51 | 1734 | SZCZURASZEK Anna | WROCLAW | POL | | 71 | K40/51 (K)266 | 00:57:23 | 05.44 |
| 52 | 1220 | SALOMON Joanna | WROCLAW | POL | UNIWERSYTET MEDYCZNY WE WROCLAWIU | 74 | K40/52 (K)269 | 00:57:33 | 05.45 |
| 53 | 723 | BAZELA Monika | WROCLAW | POL | | 74 | K40/53 (K)271 | 00:57:36 | 05.45 |
| 54 | 1446 | WYSOCZAŃSKA Monika | WROCLAW | POL | | 74 | K40/54 (K)285 | 00:58:14 | 05.49 |
| 55 | 1348 | SIWIEC Katarzyna | WROCLAW | POL | | 71 | K40/55 (K)291 | 00:58:39 | 05.51 |
| 56 | 1136 | ANTOSZEWSKA Barbara | ZIELONA GÓRA | POL | | 73 | K40/56 (K)301 | 00:59:05 | 05.54 |
| 57 | 1238 | JANKOWSKA Romana | ŚWIDNICA | POL | | 66 | K40/57 (K)303 | 00:59:06 | 05.54 |
| 58 | 1011 | GRYSZPIŃSKA Alicja | WROCLAW | POL | - | 72 | K40/58 (K)310 | 00:59:37 | 05.57 |
| 59 | 1599 | BORZYMEK Małgorzata | BOLESŁAWIEC | POL | | 71 | K40/59 (K)314 | 00:59:48 | 05.58 |
| 60 | 1309 | PAWLIK Agnieszka | NYS A | POL | | 73 | K40/60 (K)322 | 00:59:59 | 05.59 |
| 61 | 988 | STĘPIEŃ Anna monika | RYBNICA | POL | | 71 | K40/61 (K)325 | 01:00:13 | 06.01 |
| 62 | 1161 | LISOWSKA Marzena | WROCLAW | POL | | 69 | K40/62 (K)333 | 01:00:31 | 06.03 |
| 63 | 1334 | BOGDAŃSKA Anna | WROCLAW | POL | | 74 | K40/63 (K)334 | 01:00:33 | 06.03 |
| 64 | 644 | PAĆKO Katarzyna | WROCLAW | POL | | 75 | K40/64 (K)336 | 01:00:37 | 06.03 |
| 65 | 1387 | NOWAK Jolanta | WROCLAW | POL | | 69 | K40/65 (K)338 | 01:00:45 | 06.04 |
| 66 | 1720 | KUROPATNICKA Marta | GŁOGÓW | POL | | 72 | K40/66 (K)358 | 01:01:32 | 06.09 |
| 67 | 1634 | HECHNER Agata | WROCLAW | POL | | 70 | K40/67 (K)369 | 01:01:51 | 06.11 |
| 68 | 1181 | KOWALEWSKA Katarzyna | KRZEPTÓW | POL | | 73 | K40/68 (K)370 | 01:01:59 | 06.11 |
| 69 | 1516 | KUZYNNIN Anna | PROSZKOWICE | POL | | 73 | K40/69 (K)387 | 01:03:25 | 06.20 |
| 70 | 1546 | KOŁODZIEJCZYK Dagmara | WROCLAW | POL | | 74 | K40/70 (K)388 | 01:03:28 | 06.20 |
| 71 | 1307 | CZYŻ Halina | KAMIENIEC ZĄBKOWICKI | POL | | 71 | K40/71 (K)396 | 01:04:22 | 06.26 |
| 72 | 1247 | CIELIŃSKA-MATUSZEWSKA Małgorzata | SZCZAWIN | POL | | 74 | K40/72 (K)400 | 01:04:29 | 06.26 |

| 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] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 73 | 1203 | SALAMON Anna | WROCLAW | POL | | 70 | K40/73 (K)405 | 01:04:54 | 06.29 |
| 74 | 1133 | RYBSKA Aneta | BRZEG DOLNY | POL | | 73 | K40/74 (K)406 | 01:05:10 | 06.31 |
| 75 | 1406 | FUDALA Anna | WROCLAW | POL | | 73 | K40/75 (K)408 | 01:05:19 | 06.31 |
| 76 | 1243 | KONOPKA Izabela | WROCLAW | POL | | 75 | K40/76 (K)410 | 01:05:40 | 06.34 |
| 77 | 1944 | HUDZIEL Ilona | WROCLAW | POL | | 66 | K40/77 (K)425 | 01:07:58 | 06.47 |
| 78 | 1792 | DOMAGAŁA Monika | WROCLAW | POL | | 73 | K40/78 (K)431 | 01:10:35 | 07.03 |
| 79 | 1162 | KOBYŁKA Aleksandra | KIELCZÓW | POL | | 75 | K40/79 (K)432 | 01:10:37 | 07.03 |
| 80 | 1333 | LISOWSKA Barbara | TURAWA | POL | | 70 | K40/80 (K)433 | 01:11:01 | 07.06 |
| 81 | 1119 | RADNA Maria | WOLSZTYN | POL | | 73 | K40/81 (K)441 | 01:13:59 | 07.23 |

Bieg 10km Kobiety KATEGORIA:K30

| | | | | | | | | | |
|--------|------|--------------------------|------------------|-----|------------------------|----|---------------|----------|-------|
| 1 | 19 | EJDYS-TOMASZEWSKA Sylwia | WROCLAW | POL | | 84 | K30/1 (K)3 | 00:34:42 | 03.28 |
| 2 | 18 | KUCHARSKA Ewa | PSZCZYNA | POL | | 81 | K30/2 (K)4 | 00:36:18 | 03.37 |
| 3 | 132 | SHCHENSNA- RADZIKOVSKA | ŚWIDNICA | | | 81 | K30/3 (K)6 | 00:39:17 | 03.55 |
| Halyna | | | | | | | | | |
| 4 | 395 | BISKUPSKA Magdalena | WROCLAW | POL | | 83 | K30/4 (K)7 | 00:40:00 | 04.00 |
| 5 | 205 | PISKOROWSKA Danuta | WROCLAW | POL | | 80 | K30/5 (K)8 | 00:40:03 | 04.00 |
| 6 | 164 | GRAD-RYBIŃSKA Agnieszka | ZIELONA GÓRA | POL | | 82 | K30/6 (K)9 | 00:40:08 | 04.00 |
| 7 | 89 | JANIK Paulina | JELENIA GÓRA | POL | UNIwersytet Wrocławski | 85 | K30/7 (K)13 | 00:42:32 | 04.15 |
| 8 | 1656 | LEŚNIAK Karolina | WROCLAW | POL | | 83 | K30/8 (K)19 | 00:43:52 | 04.23 |
| 9 | 182 | OWCZAREK Dagmara | JELENIA GÓRA | POL | | 79 | K30/9 (K)20 | 00:43:56 | 04.23 |
| 10 | 371 | PAWLUS Violetta | SIECHNICE | POL | | 78 | K30/10 (K)21 | 00:44:07 | 04.24 |
| 11 | 490 | SKRZYPEK Maria | WROCLAW | POL | | 85 | K30/11 (K)25 | 00:44:36 | 04.27 |
| 12 | 1746 | DUL Magdalena | JELENIA GÓRA | POL | | 82 | K30/12 (K)26 | 00:44:43 | 04.28 |
| 13 | 1435 | MARTAN Iwona | WROCLAW | POL | | 81 | K30/13 (K)27 | 00:44:49 | 04.28 |
| 14 | 276 | HOTAŁA Anna | WROCLAW | POL | | 82 | K30/14 (K)31 | 00:45:16 | 04.31 |
| 15 | 757 | POPIELA Magdalena | WROCLAW | POL | | 79 | K30/15 (K)38 | 00:45:56 | 04.35 |
| 16 | 650 | ŁAMPIKA Kinga | SMOLEC | POL | | 80 | K30/16 (K)39 | 00:45:57 | 04.35 |
| 17 | 482 | ŁOMNICKA Barbara | WROCLAW | POL | | 79 | K30/17 (K)41 | 00:46:02 | 04.36 |
| 18 | 203 | WOJTYŁO Olimpia | WROCLAW | POL | | 81 | K30/18 (K)42 | 00:46:09 | 04.36 |
| 19 | 651 | KRYM Katarzyna | SMOLEC | POL | | 77 | K30/19 (K)45 | 00:46:20 | 04.38 |
| 20 | 802 | WIKTORSKA Małgorzata | WROCLAW | POL | | 82 | K30/20 (K)46 | 00:46:21 | 04.38 |
| 21 | 366 | MASIEWICZ Magdalena | JELENIA GÓRA | POL | | 82 | K30/21 (K)49 | 00:46:48 | 04.40 |
| 22 | 665 | JEDNORÓG Joanna | DLUGOŁĘKA | POL | | 78 | K30/22 (K)51 | 00:46:53 | 04.41 |
| 23 | 398 | BŁOCHOWIAK Magdalena | MIEJSKA GORKA | POL | | 82 | K30/23 (K)52 | 00:46:54 | 04.41 |
| 24 | 679 | KOWALCZUK Alicja | BOLESŁAWIEC | POL | | 81 | K30/24 (K)56 | 00:47:11 | 04.43 |
| 25 | 409 | GRZEŚKOWIAK Anna | WAŁBRZYCH | POL | | 82 | K30/25 (K)58 | 00:47:21 | 04.44 |
| 26 | 1572 | ŚWIĘTEK-OZDOBA Sylwia | SIECHNICE | POL | | 77 | K30/26 (K)61 | 00:47:39 | 04.45 |
| 27 | 341 | BANASZEK Urszula | WROCLAW | POL | | 81 | K30/27 (K)63 | 00:47:43 | 04.46 |
| 28 | 703 | KACHNIARZ Magdalena | WROCLAW | POL | | 83 | K30/28 (K)65 | 00:47:47 | 04.46 |
| 29 | 784 | WÓJCİK Monika | KRAPKOWICE | POL | | 83 | K30/29 (K)69 | 00:48:15 | 04.49 |
| 30 | 626 | BOČKO Ewa | TRZEBNICA | POL | | 81 | K30/30 (K)70 | 00:48:17 | 04.49 |
| 31 | 510 | TRZASKACZ Dorota | TRZEBNICA | POL | | 80 | K30/31 (K)72 | 00:48:29 | 04.50 |
| 32 | 435 | KRAUZA Paulina | BORÓW | POL | | 85 | K30/32 (K)79 | 00:49:09 | 04.54 |
| 33 | 1004 | SZAŁACIŃSKA Marta | WROCLAW | POL | | 81 | K30/33 (K)82 | 00:49:11 | 04.55 |
| 34 | 983 | BARAN Ewa | WROCLAW | POL | | 78 | K30/34 (K)83 | 00:49:12 | 04.55 |
| 35 | 267 | NARKUN Ewa | IŁOWA | POL | | 83 | K30/35 (K)86 | 00:49:27 | 04.56 |
| 36 | 1438 | GRAZDAJ Ewelina | STRZELIN | POL | | 78 | K30/36 (K)87 | 00:49:35 | 04.57 |
| 37 | 825 | ADAMIK Małgorzata | ŚLĘZA/ WROCLAW | POL | | 82 | K30/37 (K)88 | 00:49:35 | 04.57 |
| 38 | 817 | KUCZKOWSKA Aneta | WROCLAW | POL | | 81 | K30/38 (K)91 | 00:49:42 | 04.58 |
| 39 | 520 | JENDRYSIK Kinga | TOSZEK | POL | | 83 | K30/39 (K)93 | 00:49:47 | 04.58 |
| 40 | 195 | TYLKOWSKA Małgorzata | OWIŃSKA | POL | | 85 | K30/40 (K)99 | 00:50:07 | 05.00 |
| 41 | 880 | FILARSKA Małgorzata | WROCLAW | POL | | 81 | K30/41 (K)100 | 00:50:15 | 05.01 |
| 42 | 1252 | SZŁĘZAK Magdalena | STARACHOWICE | POL | | 84 | K30/42 (K)101 | 00:50:21 | 05.02 |
| 43 | 871 | BARAN Ewa | SPALONA | POL | | 82 | K30/43 (K)104 | 00:50:24 | 05.02 |
| 44 | 1014 | GUMIŃSKA Ela | OZIMEK | POL | | 85 | K30/44 (K)107 | 00:50:30 | 05.03 |
| 45 | 1347 | KUCHARSKA Beata | OBORNIKI ŚLĄSKIE | POL | | 76 | K30/45 (K)108 | 00:50:31 | 05.03 |
| 46 | 1399 | KĘDZIORA Aleksandra | WROCLAW | POL | | 78 | K30/46 (K)113 | 00:50:49 | 05.04 |
| 47 | 1800 | KŁAK-WALCZAK Alicja | OŁAWA | POL | | 76 | K30/47 (K)114 | 00:50:53 | 05.05 |



























































| 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] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-------------------------|----------------|-------------------------------|------------------|-----------------|
| 48 | 1874 | PRZEŹDZIECKA Małgorzata | KIEŁCZÓWEK | POL | | 78 | K30/48 (K)117 | 00:50:58 | 05.05 |
| 49 | 507 | MOSORZEWSKA Anna | NOWA SÓL | POL | | 84 | K30/49 (K)119 | 00:51:06 | 05.06 |
| 50 | 1182 | CHALUPA Kamila | WROCLAW | POL | | 76 | K30/50 (K)121 | 00:51:10 | 05.07 |
| 51 | 1326 | SZPOCIŃSKA Sylwia | WROCLAW | POL | - | 84 | K30/51 (K)122 | 00:51:10 | 05.07 |
| 52 | 1651 | KRAWULSKA Anna | OSTRÓW WIELKOPOLSKI | POL | | 78 | K30/52 (K)125 | 00:51:17 | 05.07 |
| 53 | 1609 | OCHMAŃSKA Justyna | ZDUŃSKA WOLA | POL | | 76 | K30/53 (K)127 | 00:51:21 | 05.08 |
| 54 | 1250 | KNOFEL-LASZCZYŃSKA Agata | STRZELIN | POL | | 77 | K30/54 (K)128 | 00:51:22 | 05.08 |
| 55 | 1679 | CIOLKOWSKA Katarzyna | WROCLAW | POL | - | 81 | K30/55 (K)131 | 00:51:37 | 05.09 |
| 56 | 1863 | ISKROWICZ Aleksandra | BRZEG DOLNY | POL | - | 80 | K30/56 (K)134 | 00:51:47 | 05.10 |
| 57 | 1718 | GRAMZA Katarzyna | RAWICZ | POL | | 85 | K30/57 (K)138 | 00:51:57 | 05.11 |
| 58 | 809 | ROGOZIŃSKA Beata | WROCLAW | POL | | 80 | K30/58 (K)141 | 00:51:58 | 05.11 |
| 59 | 1076 | SLIWINSKA Paulina | TRZEBNICA | POL | | 78 | K30/59 (K)144 | 00:52:01 | 05.12 |
| 60 | 637 | KAJDANEK Katarzyna | WROCLAW | POL | UNIwersytet Wrocławski | 81 | K30/60 (K)147 | 00:52:08 | 05.12 |
| 61 | 1467 | SKAWIŃSKA Anna | WYSOKA | POL | | 79 | K30/61 (K)152 | 00:52:18 | 05.13 |
| 62 | 669 | FONFERKO Daria | STRZEGOM | POL | | 82 | K30/62 (K)155 | 00:52:24 | 05.14 |
| 63 | 1441 | KARKOSZ Aurelia | MIEJSKA GÓRKA | POL | | 85 | K30/63 (K)157 | 00:52:36 | 05.15 |
| 64 | 1700 | DĄBROWSKA Halina | ŚWIDNICA | POL | | 83 | K30/64 (K)161 | 00:52:52 | 05.17 |
| 65 | 1063 | INDULSKA-SAŁDACZ Edyta | WROCLAW | POL | | 82 | K30/65 (K)165 | 00:52:56 | 05.17 |
| 66 | 1870 | OPALIŃSKA Dorota | DZIERŻONIÓW | POL | - | 85 | K30/66 (K)170 | 00:53:38 | 05.21 |
| 67 | 1224 | MOLIŃSKA Monika | WOŁÓW | POL | | 80 | K30/67 (K)172 | 00:53:47 | 05.22 |
| 68 | 965 | JANKOWICZ Agnieszka | WAŁBRZYCH | POL | | 81 | K30/68 (K)175 | 00:53:49 | 05.22 |
| 69 | 1164 | KONIK Natalia | OPOLE | POL | | 84 | K30/69 (K)176 | 00:53:56 | 05.23 |
| 70 | 1315 | PAWLIK Ilona | WROCLAW | POL | | 85 | K30/70 (K)181 | 00:54:07 | 05.24 |
| 71 | 1960 | ŁACHUT Olga | WROCLAW | POL | | 78 | K30/71 (K)182 | 00:54:08 | 05.24 |
| 72 | 1037 | LEŚNIEWSKA Aleksandra | WROCLAW | POL | AWF Wrocław | 84 | K30/72 (K)186 | 00:54:18 | 05.25 |
| 73 | 1405 | KRASZEWSKA Marta | WROCLAW | POL | | 84 | K30/73 (K)190 | 00:54:26 | 05.26 |
| 74 | 1098 | ROMEJKO-MANDZIEJ Urszula | ŻAGAŃ | POL | | 83 | K30/74 (K)192 | 00:54:28 | 05.26 |
| 75 | 1018 | SZPYRNA Katarzyna | WROCLAW | POL | | 81 | K30/75 (K)196 | 00:54:31 | 05.27 |
| 76 | 459 | GORCZYCA Joanna | WROCLAW | POL | | 83 | K30/76 (K)201 | 00:54:49 | 05.28 |
| 77 | 1104 | GODAWA Katarzyna | SIECHNICE | POL | | 84 | K30/77 (K)202 | 00:54:49 | 05.28 |
| 78 | 1605 | DEREGOWSKA Asia | WROCLAW | POL | | 85 | K30/78 (K)204 | 00:54:56 | 05.29 |
| 79 | 1584 | MIERZWA Katarzyna | WROCLAW | POL | | 82 | K30/79 (K)205 | 00:54:58 | 05.29 |
| 80 | 1371 | NIEMIEC Katarzyna | WROCLAW | POL | POLITECHNIKA WROCLAWSKA | 83 | K30/80 (K)210 | 00:55:12 | 05.31 |
| 81 | 1080 | FICEK Katarzyna | WROCLAW | POL | | 85 | K30/81 (K)211 | 00:55:13 | 05.31 |
| 82 | 1828 | KULESZA Sylwia | ŁÓDŹ | POL | | 80 | K30/82 (K)212 | 00:55:13 | 05.31 |
| 83 | 1400 | BUCKA Joanna | WROCLAW | POL | | 84 | K30/83 (K)213 | 00:55:14 | 05.31 |
| 84 | 13 | BABICKA Małgorzata | WROCLAW | POL | | 76 | K30/84 (K)215 | 00:55:18 | 05.31 |
| 85 | 1305 | PAWLIK Dagmara | WROCLAW | POL | | 83 | K30/85 (K)217 | 00:55:23 | 05.32 |
| 86 | 896 | MARCIA Oliwia | WARSZAWA | POL | | 82 | K30/86 (K)218 | 00:55:33 | 05.33 |
| 87 | 1066 | BIERNACKA Alicja | KIEŁCZÓW | POL | | 77 | K30/87 (K)219 | 00:55:36 | 05.33 |
| 88 | 1264 | CEDZYŃSKA Bożena | WROCLAW | POL | | 79 | K30/88 (K)221 | 00:55:41 | 05.34 |
| 89 | 1024 | LISZEWSKA Marcelina | WROCLAW | POL | | 84 | K30/89 (K)226 | 00:55:52 | 05.35 |
| 90 | 1690 | TOKARSKA Mariola | JASTRZĘBIE | POL | | 76 | K30/90 (K)227 | 00:55:53 | 05.35 |
| 91 | 1288 | LEKTARSKA Małgorzata | WROCLAW | POL | | 78 | K30/91 (K)228 | 00:55:58 | 05.35 |
| 92 | 1176 | DRAĞIEWICZ Katarzyna | LEGNICA | POL | | 77 | K30/92 (K)232 | 00:56:05 | 05.36 |
| 93 | 1461 | PIETRZYKOWSKA Katarzyna | SIERADZ | POL | | 84 | K30/93 (K)235 | 00:56:07 | 05.36 |
| 94 | 1156 | ŻYNEL Edyta | WĘGRY | POL | | 79 | K30/94 (K)236 | 00:56:23 | 05.38 |
| 95 | 1118 | TOMASZEWSKA Agnieszka | ŻAGAŃ | POL | | 78 | K30/95 (K)239 | 00:56:27 | 05.38 |
| 96 | 1163 | DIDUCH Joanna | KLUCZBORK | POL | | 79 | K30/96 (K)241 | 00:56:30 | 05.39 |
| 97 | 1267 | PŁONKA Joanna | GRODKÓW | POL | | 80 | K30/97 (K)243 | 00:56:36 | 05.39 |
| 98 | 1369 | KRZEŚNIAK Marlena | BIELANY WROCLAWSKIE | POL | | 85 | K30/98 (K)246 | 00:56:51 | 05.41 |
| 99 | 1069 | RZAŚA Monika | LEGNICA | POL | | 82 | K30/99 (K)248 | 00:56:56 | 05.41 |
| 100 | 1197 | MARKIEWICZ Karolina | ŚWIDNICA | POL | | 79 | K30/100 (K)250 | 00:56:59 | 05.41 |
| 101 | 986 | PAWLAK Katarzyna | ŚWIDNICA | POL | | 76 | K30/101 (K)252 | 00:57:00 | 05.42 |
| 102 | 1460 | KOLECZKO Alicja | WROCLAW | POL | | 82 | K30/102 (K)253 | 00:57:01 | 05.42 |
| 103 | 1204 | HAŁUCHA Sabina | KRAKÓW | POL | | 83 | K30/103 (K)255 | 00:57:05 | 05.42 |
| 104 | 1559 | NICPOŃ Agata | KRAPKOWICE | POL | | 78 | K30/104 (K)256 | 00:57:06 | 05.42 |
| 105 | 1180 | REINHARD Karolina | WROCLAW | POL | - | 79 | K30/105 (K)259 | 00:57:13 | 05.43 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|---|---------------------|----------------|-------------------------------|------------------|-----------------|
| 106 | 1081 | LACH Anna | GRODKÓW |  | POL | 84 | K30/106 (K)267 | 00:57:31 | 05.45 |
| 107 | 1155 | PENKIEWICZ Katarzyna | BOLESŁAWIEC |  | POL | 80 | K30/107 (K)272 | 00:57:37 | 05.45 |
| 108 | 1346 | SZNAJDER Joanna | CIECHOCINEK |  | POL | 83 | K30/108 (K)276 | 00:57:49 | 05.46 |
| 109 | 1413 | TOMASZEWSKA Agnieszka | WROCLAW |  | POL | 76 | K30/109 (K)277 | 00:57:50 | 05.47 |
| 110 | 1738 | WERNIK Magdalena | ŁAGIEWNIKI |  | POL | 84 | K30/110 (K)278 | 00:57:52 | 05.47 |
| 111 | 1073 | KAWA Alicja | ŻAGAŃ |  | POL | 80 | K30/111 (K)281 | 00:57:57 | 05.47 |
| 112 | 1131 | JASZOWSKA Agnieszka | WROCLAW |  | POL | 80 | K30/112 (K)283 | 00:58:06 | 05.48 |
| 113 | 1240 | KOPCZYŃSKA Ada | WROCLAW |  | POL | 85 | K30/113 (K)288 | 00:58:30 | 05.51 |
| 114 | 1013 | KLIMOWICZ-BODYS Małgorzata | WROCLAW |  | POL | 76 | K30/114 (K)290 | 00:58:39 | 05.51 |
| 115 | 1787 | NALIKOWSKA Anna | GDAŃSK |  | POL | 80 | K30/115 (K)292 | 00:58:49 | 05.52 |
| 116 | 1207 | RYBIENIK Magdalena | WROCLAW |  | POL | 81 | K30/116 (K)299 | 00:59:01 | 05.54 |
| 117 | 1311 | CZYŻEWSKA Beata | ZIELONA GÓRA |  | POL | 83 | K30/117 (K)300 | 00:59:03 | 05.54 |
| 118 | 1803 | WIELGUS Izabela | WROCLAW |  | POL | 81 | K30/118 (K)302 | 00:59:06 | 05.54 |
| 119 | 1211 | NERKO Paulina | DOBRZYKOWICE |  | POL | 79 | K30/119 (K)304 | 00:59:07 | 05.54 |
| 120 | 1038 | MIERZEJEWSKA Patrycja | WROCLAW |  | POL | 84 | K30/120 (K)306 | 00:59:13 | 05.55 |
| 121 | 1875 | OSIŃSKA Aleksandra | WROCLAW |  | POL | 82 | K30/121 (K)307 | 00:59:20 | 05.56 |
| 122 | 1818 | ZENDWALEWICZ Ewa | MIŁOSZYCE |  | POL | 82 | K30/122 (K)309 | 00:59:26 | 05.56 |
| 123 | 1096 | MAZURCZAK Ewa | KIEŁCZÓWEK |  | POL | 77 | K30/123 (K)312 | 00:59:44 | 05.58 |
| 124 | 1498 | PYREK Marta | WROCLAW |  | POL | 82 | K30/124 (K)313 | 00:59:44 | 05.58 |
| 125 | 1189 | OGRODOWSKA Aneta | KĘDZIERZYN-KOŹLE |  | POL | 79 | K30/125 (K)315 | 00:59:48 | 05.58 |
| 126 | 1850 | LODHA Meha | WROCLAW |  | IND | 84 | K30/126 (K)318 | 00:59:49 | 05.58 |
| 127 | 1398 | BERUS Anna | WROCLAW |  | POL | 77 | K30/127 (K)319 | 00:59:50 | 05.59 |
| 128 | 1482 | JABŁOŃSKA Joanna | WROCLAW |  | POL | 80 | K30/128 (K)320 | 00:59:58 | 05.59 |
| 129 | 1916 | ALVARADO Jolanta | WROCLAW |  | POL | 78 | K30/129 (K)323 | 01:00:02 | 06.00 |
| 130 | 1032 | MICHALSKA Małgorzata | WROCLAW |  | POL | 84 | K30/130 (K)324 | 01:00:08 | 06.00 |
| 131 | 1411 | SZCZEPANIAK Agnieszka | WILCZYCE |  | POL | 76 | K30/131 (K)327 | 01:00:17 | 06.01 |
| 132 | 1344 | DOBROŚ Magdalena | WIERUSZÓW |  | POL | 77 | K30/132 (K)329 | 01:00:23 | 06.02 |
| 133 | 1465 | MIELCZAREK Wioletta | KĘPNO |  | POL | 81 | K30/133 (K)330 | 01:00:25 | 06.02 |
| 134 | 635 | NIEDZIELSKA Celina | WROCLAW |  | POL | 77 | K30/134 (K)332 | 01:00:26 | 06.02 |
| 135 | 1171 | SZARAPO Agnieszka | WROCLAW |  | POL | 81 | K30/135 (K)337 | 01:00:37 | 06.03 |
| 136 | 1790 | SITAK-KRÓWCZYŃSKA Kamila | LUBSZA |  | POL | 84 | K30/136 (K)343 | 01:01:02 | 06.06 |
| 137 | 1368 | PEWNIAK Ewa | WROCLAW |  | POL | 76 | K30/137 (K)350 | 01:01:17 | 06.07 |
| 138 | 1105 | SZAŃCA Monika | WROCLAW |  | POL | 79 | K30/138 (K)352 | 01:01:22 | 06.08 |
| 139 | 1053 | JANICKA Aneta | WROCLAW |  | POL | 76 | K30/139 (K)353 | 01:01:24 | 06.08 |
| 140 | 1396 | WÓJCİK Ewa | SOSNOWIEC |  | POL | 81 | K30/140 (K)354 | 01:01:24 | 06.08 |
| 141 | 1219 | BEDNAREK Anna | SYCÓW |  | POL | 79 | K30/141 (K)355 | 01:01:28 | 06.08 |
| 142 | 1218 | WRÓBEL Agnieszka | WROCLAW |  | POL | 76 | K30/142 (K)356 | 01:01:30 | 06.09 |
| 143 | 1357 | DĘBOWSKA Małgorzata | JORDANÓW ŚLĄSKI |  | POL | 81 | K30/143 (K)357 | 01:01:31 | 06.09 |
| 144 | 1445 | LEWANDOWSKA Joanna | RACIBOROWICE |  | POL | 80 | K30/144 (K)360 | 01:01:38 | 06.09 |
| 145 | 1520 | GABRYŚ Agnieszka | WROCLAW |  | POL | 85 | K30/145 (K)361 | 01:01:38 | 06.09 |
| 146 | 1227 | PRUDŁAK Olga | WROCLAW |  | POL | 82 | K30/146 (K)364 | 01:01:45 | 06.10 |
| 147 | 1208 | MARCINKOWSKA Magdalena | WROCLAW |  | POL | 81 | K30/147 (K)365 | 01:01:45 | 06.10 |
| 148 | 1726 | ŚWIĘCKA Anna | WROCLAW |  | POL | 83 | K30/148 (K)366 | 01:01:46 | 06.10 |
| 149 | 1845 | SIÓDMIAK Kinga | WROCLAW |  | POL | 82 | K30/149 (K)368 | 01:01:48 | 06.10 |
| 150 | 1576 | KOLBER Magdalena | DZIERŻONIÓW |  | POL | 85 | K30/150 (K)371 | 01:02:16 | 06.13 |
| 151 | 1083 | AKONOM Aleksandra | SKARBIMIERZ OSIEDLE |  | POL | 81 | K30/151 (K)375 | 01:02:27 | 06.14 |
| 152 | 1570 | WIKOREJCZYK Aleksandra | WROCLAW |  | POL | 84 | K30/152 (K)376 | 01:02:32 | 06.15 |
| 153 | 1471 | REINHARD Agata | WROCLAW |  | POL | 78 | K30/153 (K)379 | 01:02:40 | 06.16 |
| 154 | 1304 | SABAT Monika | WROCLAW |  | POL | 85 | K30/154 (K)380 | 01:02:41 | 06.16 |
| 155 | 1129 | KŁEPO Małgorzata | WROCLAW |  | POL | 82 | K30/155 (K)383 | 01:03:14 | 06.19 |
| 156 | 1062 | WILCZEWSKA Karolina | GDAŃSK |  | POL | 79 | K30/156 (K)386 | 01:03:25 | 06.20 |
| 157 | 1256 | ZIMERSKA Marta | WROCLAW |  | POL | 80 | K30/157 (K)390 | 01:03:34 | 06.21 |
| 158 | 1280 | SAMUSZONEK Anna | WROCLAW |  | POL | 82 | K30/158 (K)391 | 01:03:47 | 06.22 |
| 159 | 1110 | DZIAŁAKIEWICZ Joanna | WROCLAW |  | POL | 76 | K30/159 (K)393 | 01:03:57 | 06.23 |
| 160 | 1631 | CWYNAR-ZAJĄC Łucja | WROCLAW |  | POL | 85 | K30/160 (K)398 | 01:04:28 | 06.26 |
| 161 | 1358 | NUC Anna | WROCLAW |  | POL | 77 | K30/161 (K)402 | 01:04:33 | 06.27 |
| 162 | 1804 | HOŁDA Beata | WROCLAW |  | POL | 78 | K30/162 (K)403 | 01:04:47 | 06.28 |
| 163 | 1567 | ĆWIK Dorota | OBORNIKI ŚLĄSKIE |  | POL | 82 | K30/163 (K)404 | 01:04:51 | 06.29 |

| 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] |
|--------------|--------|-----------------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 164 | 1057 | JANIK Monika | WROCLAW | POL | | 78 | K30/164 (K)411 | 01:05:41 | 06.34 |
| 165 | 1046 | MANIAK Bogumiła | MIŁOSZYCE | POL | | 82 | K30/165 (K)412 | 01:05:47 | 06.34 |
| 166 | 1132 | STEFAN Kinga | MIEJSKA GORKA | POL | | 85 | K30/166 (K)415 | 01:06:18 | 06.37 |
| 167 | 1209 | BARTNICKA Anna | WROCLAW | POL | | 78 | K30/167 (K)417 | 01:06:25 | 06.38 |
| 168 | 1339 | KRAJEWSKA Magdalena | WROCLAW | POL | | 76 | K30/168 (K)419 | 01:06:27 | 06.38 |
| 169 | 1233 | ŚWIĄTKOWSKA Ewelina | WROCLAW | POL | | 79 | K30/169 (K)420 | 01:06:35 | 06.39 |
| 170 | 961 | SZALKOWSKA Dominika | MIEJSKA GÓRKA | POL | | 85 | K30/170 (K)421 | 01:06:49 | 06.40 |
| 171 | 1442 | BILOUS Marta | MIRKÓW | POL | | 79 | K30/171 (K)424 | 01:07:45 | 06.46 |
| 172 | 1325 | BIRUT Monika | STRZELIN | POL | | 83 | K30/172 (K)426 | 01:08:40 | 06.52 |
| 173 | 1882 | CZECHOWSKA Olga | WROCLAW | POL | | 80 | K30/173 (K)429 | 01:09:08 | 06.54 |
| 174 | 967 | TOMASZEWSKA Aleksandra | WROCLAW | POL | | 84 | K30/174 (K)430 | 01:09:09 | 06.54 |
| 175 | 1128 | RASZEWSKA Agata | WROCLAW | POL | | 79 | K30/175 (K)434 | 01:11:05 | 07.06 |
| 176 | 1039 | SIEDLECKA Joanna | OLEŚNICA | POL | | 79 | K30/176 (K)436 | 01:11:33 | 07.09 |
| 177 | 1299 | OLSZEWSKA-BRUSIŁO Agnieszka | WROCLAW | POL | | 84 | K30/177 (K)437 | 01:12:00 | 07.12 |
| 178 | 1487 | WOLSKA Ewelina | CHWAŁOWICE | POL | | 79 | K30/178 (K)438 | 01:12:05 | 07.12 |
| 179 | 1188 | GUTOWSKA Kamilla | WOŁÓW | POL | | 82 | K30/179 (K)440 | 01:13:19 | 07.19 |

Bieg 10km Kobiety KATEGORIA:K20

| | | | | | | | | | |
|----|------|----------------------|----------------|-----|-----------------------------------|----|--------------|----------|-------|
| 1 | 48 | NAPIERAJ Dominika | WROCLAW | POL | | 91 | K20/1 (K)1 | 00:33:51 | 03.23 |
| 2 | 7 | KIPLAGAT Sheila | KAPCHEROP | KEN | | 92 | K20/2 (K)2 | 00:34:24 | 03.26 |
| 3 | 35 | KACZMAREK Monika | ŁÓDŹ | POL | | 89 | K20/3 (K)5 | 00:36:51 | 03.41 |
| 4 | 317 | SAWICKA Justyna | WROCLAW | POL | - | 86 | K20/4 (K)10 | 00:41:09 | 04.06 |
| 5 | 187 | CHRUSZCZ Magdalena | WROCLAW | POL | | 88 | K20/5 (K)12 | 00:42:13 | 04.13 |
| 6 | 215 | BUDZEŃ Sandra | NYSA | POL | | 86 | K20/6 (K)14 | 00:42:47 | 04.16 |
| 7 | 391 | MYŚLICKA Natalia | BORZYGNIEW | POL | | 87 | K20/7 (K)15 | 00:43:04 | 04.18 |
| 8 | 278 | PUCHAŁA Marta | BRALIN | POL | UNIwersytet Medyczny we Wrocławiu | 93 | K20/8 (K)16 | 00:43:36 | 04.21 |
| 9 | 299 | PUCHAŁA Danuta | BRALIN | POL | | 95 | K20/9 (K)17 | 00:43:36 | 04.21 |
| 10 | 119 | OSZMALEK Agata | WRONKI | POL | | 86 | K20/10 (K)22 | 00:44:11 | 04.25 |
| 11 | 660 | BIHUN Natalia | KOBIERZYCE | POL | | 87 | K20/11 (K)24 | 00:44:29 | 04.26 |
| 12 | 1555 | PRZYBYLSKA Renata | WROCLAW | POL | - | 92 | K20/12 (K)28 | 00:44:53 | 04.29 |
| 13 | 338 | ROZUMKIEWICZ Sonia | ŚWIDNICA | POL | | 90 | K20/13 (K)29 | 00:45:02 | 04.30 |
| 14 | 297 | JELEŃ Klaudia | RZECZYCA | POL | - | 91 | K20/14 (K)30 | 00:45:07 | 04.30 |
| 15 | 413 | DANILEWICZ Agnieszka | OLAWA | POL | | 87 | K20/15 (K)32 | 00:45:16 | 04.31 |
| 16 | 604 | KUMÓR Magdalena | TRZEBNICA | POL | | 87 | K20/16 (K)34 | 00:45:28 | 04.32 |
| 17 | 226 | KAUCKA Alicja | BIELAWA | POL | | 88 | K20/17 (K)35 | 00:45:29 | 04.32 |
| 18 | 1817 | DZIESZKOWSKA Joanna | GLUCHÓW | POL | UNIwersytet Wrocławski | 90 | K20/18 (K)36 | 00:45:31 | 04.33 |
| 19 | 1328 | HAMERSKA Magdalena | BYDGOSZCZ | POL | | 87 | K20/19 (K)37 | 00:45:42 | 04.34 |
| 20 | 762 | KOCHMAN Katarzyna | WROCLAW | POL | | 86 | K20/20 (K)40 | 00:46:00 | 04.36 |
| 21 | 362 | SUCHECKA Małgorzata | NAMYSŁÓW | POL | | 86 | K20/21 (K)43 | 00:46:15 | 04.37 |
| 22 | 1716 | GAŁECKA Anna | LUBIN | POL | | 88 | K20/22 (K)44 | 00:46:20 | 04.38 |
| 23 | 212 | KUJAWIŃSKA Anna | JELEŃ GÓRA | POL | | 86 | K20/23 (K)47 | 00:46:26 | 04.38 |
| 24 | 1933 | MYTLEWSKA Hanna | WAŁBRZYCH | POL | | 90 | K20/24 (K)48 | 00:46:39 | 04.39 |
| 25 | 1867 | EPA Karolina | WARSZAWA | POL | - | 89 | K20/25 (K)50 | 00:46:50 | 04.41 |
| 26 | 1906 | HOLUBOWICZ Anita | WROCLAW | POL | | 93 | K20/26 (K)53 | 00:46:59 | 04.41 |
| 27 | 760 | GAŁECKA Agata | WROCLAW | POL | | 86 | K20/27 (K)54 | 00:47:09 | 04.42 |
| 28 | 710 | WALCZAK Paulina | ŚWIDNICA | POL | | 88 | K20/28 (K)55 | 00:47:10 | 04.43 |
| 29 | 908 | RZEŃNIK Agnieszka | WROCLAW | POL | | 87 | K20/29 (K)57 | 00:47:13 | 04.43 |
| 30 | 1271 | KASPRZYK Marta | WROCLAW | POL | | 89 | K20/30 (K)60 | 00:47:33 | 04.45 |
| 31 | 465 | SOBCZAK Karolina | WROCLAW | POL | | 87 | K20/31 (K)64 | 00:47:45 | 04.46 |
| 32 | 1837 | SOLYGA Anna | OSTRZESZÓW | POL | UNIwersytet Medyczny we Wrocławiu | 93 | K20/32 (K)67 | 00:48:00 | 04.48 |
| 33 | 852 | MARKOWSKA Karolina | WROCLAW | POL | | 88 | K20/33 (K)73 | 00:48:31 | 04.51 |
| 34 | 848 | DANEK Maria | 10BLOG OPOLE | POL | AWF WROCLAW | 89 | K20/34 (K)74 | 00:48:40 | 04.52 |
| 35 | 1721 | BRZAŃKA Katarzyna | WROCLAW | POL | | 91 | K20/35 (K)77 | 00:48:54 | 04.53 |
| 36 | 605 | GAWROŃSKA Karolina | WROCLAW | POL | | 89 | K20/36 (K)78 | 00:48:56 | 04.53 |
| 37 | 61 | SUSMANEK Joanna | WROCLAW | POL | | 88 | K20/37 (K)81 | 00:49:10 | 04.55 |
| 38 | 744 | SULECKA Małgorzata | WROCLAW | POL | | 87 | K20/38 (K)85 | 00:49:24 | 04.56 |
| 39 | 570 | ŻEROMSKA Kamila | BOGUSZÓW-GORCE | POL | | 88 | K20/39 (K)92 | 00:49:44 | 04.58 |
| 40 | 1031 | MACUDZIŃSKA Kamila | WROCLAW | POL | | 89 | K20/40 (K)96 | 00:49:59 | 04.59 |
| 41 | 973 | SKALSKA Agnieszka | WROCLAW | POL | | 86 | K20/41 (K)97 | 00:50:02 | 05.00 |

| 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] |
|--------------|--------|----------------------------|-------------------|---|--------------------------------------|---------|------------------------|-----------|----------|
| 42 | 931 | PALICHLB Nina | SOBÓTKA |  POL | UNIwersytet Ekonomiczny we Wrocławiu | 92 | K20/42 (K)98 | 00:50:05 | 05.00 |
| 43 | 674 | FOŁĘGA Justyna | POPIELÓW |  POL | | 87 | K20/43 (K)103 | 00:50:23 | 05.02 |
| 44 | 365 | SKORUPA Paulina | PIOTRKÓW |  POL | | 88 | K20/44 (K)105 | 00:50:26 | 05.02 |
| 45 | 1831 | RYLSKA Justyna | WROCLAW |  POL | | 87 | K20/45 (K)111 | 00:50:45 | 05.04 |
| 46 | 1272 | KOSZTYŁA-STEC Katarzyna | WROCLAW |  POL | | 87 | K20/46 (K)118 | 00:50:59 | 05.05 |
| 47 | 676 | SĘCZKOWSKA Justyna | NOWA SÓL |  POL | | 87 | K20/47 (K)120 | 00:51:07 | 05.06 |
| 48 | 1112 | SMOLAREK Bogumiła | WROCLAW |  POL | | 88 | K20/48 (K)126 | 00:51:21 | 05.08 |
| 49 | 1469 | RZEŹNIK Paulina | WIERUSZÓW |  POL | | 92 | K20/49 (K)129 | 00:51:27 | 05.08 |
| 50 | 1841 | PIEKALNA Malwina | WROCLAW |  POL | | 87 | K20/50 (K)132 | 00:51:42 | 05.10 |
| 51 | 801 | ULIKOWSKA Martyna | WROCLAW |  POL | POLITECHNIKA WROCLAWSKA | 91 | K20/51 (K)133 | 00:51:45 | 05.10 |
| 52 | 830 | ONISZCZUK Karolina | ŚWIDNICA |  POL | UNIwersytet Wrocławski | 93 | K20/52 (K)140 | 00:51:57 | 05.11 |
| 53 | 1881 | PATEREK Adriana | DZIERŻONIÓW |  POL | | 90 | K20/53 (K)142 | 00:51:59 | 05.11 |
| 54 | 913 | WYBIERAŁA Ada | MILICZ |  POL | | 86 | K20/54 (K)143 | 00:52:00 | 05.12 |
| 55 | 1223 | TRAWKA Barbara | WROCLAW |  POL | | 91 | K20/55 (K)146 | 00:52:05 | 05.12 |
| 56 | 1859 | SMOLIŃSKA Karolina | GŁOGÓW |  POL | | 89 | K20/56 (K)149 | 00:52:10 | 05.13 |
| 57 | 1676 | MIKLAS Judyta | MALCZYCE |  POL | | 90 | K20/57 (K)156 | 00:52:28 | 05.14 |
| 58 | 1231 | JANOŚ Karolina | TOPOLA MAŁA |  POL | | 91 | K20/58 (K)159 | 00:52:44 | 05.16 |
| 59 | 1607 | PŁOCIŃSKA Sandra | CHMIELÓW |  POL | | 89 | K20/59 (K)162 | 00:52:54 | 05.17 |
| 60 | 1143 | PIETRASZEWSKA Karolina | TRZEBNICA |  POL | | 92 | K20/60 (K)163 | 00:52:55 | 05.17 |
| 61 | 1450 | TRUBIŁOWICZ Joanna | WROCLAW |  POL | | 87 | K20/61 (K)164 | 00:52:56 | 05.17 |
| 62 | 1836 | SZALAŁZIŃSKA Małgorzata | ŚRODA ŚLĄSKA |  POL | | 89 | K20/62 (K)168 | 00:53:28 | 05.20 |
| 63 | 741 | BEKIESZCZUK Małgorzata | WROCLAW |  POL | | 91 | K20/63 (K)169 | 00:53:34 | 05.21 |
| 64 | 1230 | LUCIÓW Iwona | PILAWA GÓRNA |  POL | | 91 | K20/64 (K)171 | 00:53:43 | 05.22 |
| 65 | 1049 | DUDEK Aleksandra | GŁUCHOŁAZY |  POL | | 88 | K20/65 (K)174 | 00:53:48 | 05.22 |
| 66 | 1444 | PALACZ Anna | DOBKÓW |  POL | | 89 | K20/66 (K)177 | 00:53:57 | 05.23 |
| 67 | 1331 | KINAL Magdalena | WROCLAW |  POL | | 86 | K20/67 (K)179 | 00:53:59 | 05.23 |
| 68 | 1202 | ŚWIATŁOŃ Małgorzata | CHOJNÓW |  POL | | 89 | K20/68 (K)180 | 00:54:03 | 05.24 |
| 69 | 1733 | KLIMOWICZ Anna | WROCLAW |  POL | | 87 | K20/69 (K)184 | 00:54:14 | 05.25 |
| 70 | 752 | WIŚNIEWSKA Ewa | JELEŃ GÓRA |  POL | UNIwersytet Wrocławski | 91 | K20/70 (K)185 | 00:54:14 | 05.25 |
| 71 | 1466 | FORMANOWSKA Paulina | LEGNICA |  POL | | 88 | K20/71 (K)188 | 00:54:22 | 05.26 |
| 72 | 1502 | MAGAJ Kasia | SYCÓW |  POL | | 95 | K20/72 (K)193 | 00:54:30 | 05.27 |
| 73 | 1785 | KUROWSKA Joanna | WROCLAW |  POL | | 90 | K20/73 (K)195 | 00:54:31 | 05.27 |
| 74 | 1893 | PINKOWSKA Patrycja | WROCLAW |  POL | | 91 | K20/74 (K)198 | 00:54:37 | 05.27 |
| 75 | 992 | CHUTKO Aleksandra | WROCLAW |  POL | UNIwersytet Przyrodniczy | 91 | K20/75 (K)199 | 00:54:47 | 05.28 |
| 76 | 1261 | KULESZA-GULCZYŃSKA Barbara | POZNAŃ |  POL | - | 89 | K20/76 (K)200 | 00:54:48 | 05.28 |
| 77 | 1001 | WYSTĘPEK Daria | WROCLAW |  POL | | 86 | K20/77 (K)206 | 00:54:59 | 05.29 |
| 78 | 1439 | TRUBIŁOWICZ Ewelina | BYSTRZYCA KŁODZKA |  POL | | 87 | K20/78 (K)208 | 00:55:12 | 05.31 |
| 79 | 1246 | BARYŁA Michałina | WROCLAW |  POL | | 90 | K20/79 (K)209 | 00:55:12 | 05.31 |
| 80 | 1310 | KUSTRA Klaudia | NYSA |  POL | | 88 | K20/80 (K)216 | 00:55:20 | 05.32 |
| 81 | 1172 | RODAK Sylwia | LESZNO GÓRNE |  POL | POLITECHNIKA WROCLAWSKA | 91 | K20/81 (K)222 | 00:55:44 | 05.34 |
| 82 | 1115 | BOBROWSKA Edyta | WROCLAW |  POL | - | 95 | K20/82 (K)223 | 00:55:45 | 05.34 |
| 83 | 1719 | RUDA Kamila | BRZEZIA ŁĄKA |  POL | | 87 | K20/83 (K)225 | 00:55:52 | 05.35 |
| 84 | 1225 | KURIATA Paulina | SOBÓTKA |  POL | WSB WROCLAW | 91 | K20/84 (K)229 | 00:55:59 | 05.35 |
| 85 | 1833 | WIESZAŁA Lucyna | ZŁOTNIKI |  POL | | 90 | K20/85 (K)230 | 00:55:59 | 05.35 |
| 86 | 1318 | STUŁA Unisława | ŚWIDNICA |  POL | - | 87 | K20/86 (K)231 | 00:56:03 | 05.36 |
| 87 | 1937 | WOŹNIAK Agnieszka | WROCLAW |  POL | | 88 | K20/87 (K)237 | 00:56:23 | 05.38 |
| 88 | 1148 | KOWALSKA Agnieszka | WROCLAW |  POL | | 90 | K20/88 (K)238 | 00:56:26 | 05.38 |
| 89 | 1290 | ZAWER Kornelia | DOMANIÓW |  POL | - | 94 | K20/89 (K)244 | 00:56:48 | 05.40 |
| 90 | 869 | DZIĄG Milena | SKIERNIEWICE |  POL | | 91 | K20/90 (K)245 | 00:56:50 | 05.41 |
| 91 | 1356 | SAWZDARGO Małgorzata | WROCLAW |  POL | | 94 | K20/91 (K)247 | 00:56:55 | 05.41 |
| 92 | 1372 | NOCOŃ Marta | WROCLAW |  POL | | 86 | K20/92 (K)251 | 00:57:00 | 05.42 |
| 93 | 1222 | MŁODZIŃSKA Paula | WROCLAW |  POL | | 87 | K20/93 (K)254 | 00:57:03 | 05.42 |
| 94 | 1425 | GEMSKA Sandra | KĘTRZYN |  POL | | 90 | K20/94 (K)258 | 00:57:11 | 05.43 |
| 95 | 1196 | SZCZĘCH Justyna | WROCLAW |  POL | UNIwersytet Medyczny we Wrocławiu | 88 | K20/95 (K)261 | 00:57:14 | 05.43 |
| 96 | 1827 | FULAWKA Marta | WROCLAW |  POL | | 86 | K20/96 (K)262 | 00:57:15 | 05.43 |
| 97 | 1322 | SZUMSKA Anna | WROCLAW |  POL | | 92 | K20/97 (K)265 | 00:57:23 | 05.44 |
| 98 | 1151 | MICHALCZYK Asia | PRUDNIK |  POL | UNIwersytet Przyrodniczy | 88 | K20/98 (K)268 | 00:57:31 | 05.45 |
| 99 | 1055 | PIĘTAK Ewelina | WROCLAW |  POL | | 92 | K20/99 (K)270 | 00:57:35 | 05.45 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|--------------------------------------|----------------|-------------------------------|------------------|-----------------|
| 100 | 1088 | ZIEMBA Daria | LAMKI | POL | - | 88 | K20/100 (K)273 | 00:57:37 | 05.45 |
| 101 | 1537 | PAWLUK Anna | BRZEG | POL | | 86 | K20/101 (K)275 | 00:57:47 | 05.46 |
| 102 | 1573 | SALAMON Agnieszka | WROCLAW | POL | | 90 | K20/102 (K)279 | 00:57:56 | 05.47 |
| 103 | 1773 | HACHULSKA Anna | WROCLAW | POL | | 86 | K20/103 (K)280 | 00:57:56 | 05.47 |
| 104 | 1279 | WASIELEWSKA Joanna | WROCLAW | POL | | 93 | K20/104 (K)282 | 00:57:58 | 05.47 |
| 105 | 1003 | KOZŁOWSKA Ewa | WROCLAW | POL | | 86 | K20/105 (K)284 | 00:58:09 | 05.48 |
| 106 | 1237 | ZIENTARA Aneta | WRZEŚNIA | POL | | 90 | K20/106 (K)286 | 00:58:20 | 05.50 |
| 107 | 1436 | PIS Zyta | WROCLAW | POL | | 87 | K20/107 (K)289 | 00:58:32 | 05.51 |
| 108 | 1478 | SULARZ Anna | PRZEWÓZ | POL | | 91 | K20/108 (K)293 | 00:58:49 | 05.52 |
| 109 | 1918 | JAWORSKA Alicja | WROCLAW | POL | | 91 | K20/109 (K)294 | 00:58:51 | 05.53 |
| 110 | 1258 | MISIURA Katarzyna | WROCLAW | POL | | 89 | K20/110 (K)295 | 00:58:51 | 05.53 |
| 111 | 1191 | TERESZKIEWICZ Dorota | WROCLAW | POL | | 90 | K20/111 (K)296 | 00:58:55 | 05.53 |
| 112 | 1879 | NAPORA Ewa | KAMYK | POL | | 91 | K20/112 (K)297 | 00:58:58 | 05.53 |
| 113 | 1885 | KUĆKO Ewelina | WROCLAW | POL | | 90 | K20/113 (K)298 | 00:59:00 | 05.54 |
| 114 | 1711 | CZERWIEC Barbara | WROCLAW | POL | | 86 | K20/114 (K)305 | 00:59:07 | 05.54 |
| 115 | 1292 | NIWCZAS Paula | KLUKI | POL | | 86 | K20/115 (K)311 | 00:59:39 | 05.57 |
| 116 | 1186 | MLAK Lucyna | MILIKOWICE | POL | UNIwersytet Ekonomiczny we Wrocławiu | 92 | K20/116 (K)316 | 00:59:49 | 05.58 |
| 117 | 1964 | JANKOWSKA Karolina | KĘZIERZYN-KOZLE | POL | | 88 | K20/117 (K)317 | 00:59:49 | 05.58 |
| 118 | 1861 | RYŁO Alicja | WROCLAW | POL | | 86 | K20/118 (K)321 | 00:59:59 | 05.59 |
| 119 | 1093 | CIUPKA Magdalena | WROCLAW | POL | UNIwersytet Przyrodniczy | 94 | K20/119 (K)326 | 01:00:17 | 06.01 |
| 120 | 1924 | ŁADOŃSKA Agata | WROCLAW | POL | | 86 | K20/120 (K)328 | 01:00:19 | 06.01 |
| 121 | 1134 | MARCISZEWSKA Anna | WROCLAW | POL | | 87 | K20/121 (K)331 | 01:00:25 | 06.02 |
| 122 | 1215 | FABIAŃSKA Anna | WROCLAW | POL | | 86 | K20/122 (K)339 | 01:00:46 | 06.04 |
| 123 | 977 | SKUPIN Weronika | WROCLAW | POL | UNIwersytet Wrocławski | 92 | K20/123 (K)340 | 01:00:47 | 06.04 |
| 124 | 1130 | JUREK-BARANIECKA Barbara | LUTYNIA | POL | | 86 | K20/124 (K)341 | 01:00:53 | 06.05 |
| 125 | 1210 | PRZYGODZIŃSKA Edyta | MYSZKÓW | POL | | 91 | K20/125 (K)342 | 01:00:56 | 06.05 |
| 126 | 1563 | SULKA Małgorzata | PSZENNO | POL | | 88 | K20/126 (K)344 | 01:01:04 | 06.06 |
| 127 | 1329 | SOBOCIŃSKA Maria | ŚWIDNICA | POL | | 88 | K20/127 (K)345 | 01:01:05 | 06.06 |
| 128 | 1422 | KLEKA Agnieszka | WROCLAW | POL | | 88 | K20/128 (K)346 | 01:01:06 | 06.06 |
| 129 | 1421 | GRZYBOWSKA Anna | WROCLAW | POL | | 86 | K20/129 (K)348 | 01:01:11 | 06.07 |
| 130 | 1185 | WYKRĘTOWICZ Weronika | WROCLAW | POL | | 93 | K20/130 (K)349 | 01:01:15 | 06.07 |
| 131 | 1744 | GRABOWSKA Agnieszka | RACIAŻ | POL | | 88 | K20/131 (K)351 | 01:01:21 | 06.08 |
| 132 | 868 | STRUMIŁŁO Natalia | KLESZCZÓW | POL | - | 91 | K20/132 (K)363 | 01:01:42 | 06.10 |
| 133 | 1683 | BUBENKO Maria | JASŁO | POL | - | 88 | K20/133 (K)367 | 01:01:47 | 06.10 |
| 134 | 680 | KLIMOWICZ Joanna | WROCLAW | POL | | 86 | K20/134 (K)372 | 01:02:17 | 06.13 |
| 135 | 1050 | OLSZANOWSKA Aleksandra | WROCLAW | POL | | 86 | K20/135 (K)373 | 01:02:19 | 06.13 |
| 136 | 1216 | MARCINKOWSKA Anna | WROCLAW | POL | | 87 | K20/136 (K)374 | 01:02:19 | 06.13 |
| 137 | 1583 | SUCHODOLSKA Marta | NAMYSŁÓW | POL | | 88 | K20/137 (K)377 | 01:02:37 | 06.15 |
| 138 | 1337 | SADOWSKA Anna | CZĘSTOCHOWA | POL | | 86 | K20/138 (K)378 | 01:02:39 | 06.15 |
| 139 | 1410 | SZELEMEJ Joanna | WAŁBRZYCH | POL | - | 86 | K20/139 (K)382 | 01:03:08 | 06.18 |
| 140 | 964 | REMBISZ Justyna | WROCLAW | POL | | 92 | K20/140 (K)385 | 01:03:23 | 06.20 |
| 141 | 1688 | RASZTAR Monika | JASTRZĘBIE | POL | | 87 | K20/141 (K)389 | 01:03:29 | 06.20 |
| 142 | 1464 | PLESKACEWICZ Magdalena | LEGNICA | POL | | 88 | K20/142 (K)395 | 01:04:16 | 06.25 |
| 143 | 1239 | JOHAN Edyta | SZCZAWNO-ZDRÓJ | POL | - | 86 | K20/143 (K)397 | 01:04:27 | 06.26 |
| 144 | 1418 | KIDA Monika | WROCLAW | POL | | 86 | K20/144 (K)399 | 01:04:28 | 06.26 |
| 145 | 1701 | GAWDA Monika | WROCLAW | POL | - | 86 | K20/145 (K)401 | 01:04:30 | 06.27 |
| 146 | 1376 | ŻUREK Joanna | IWINY | POL | | 93 | K20/146 (K)409 | 01:05:27 | 06.32 |
| 147 | 1232 | WITTENBECK Patrycja | WROCLAW | POL | | 93 | K20/147 (K)413 | 01:05:48 | 06.34 |
| 148 | 1748 | BIENIASZEWSKA Marta | BRZEG | POL | | 88 | K20/148 (K)414 | 01:06:11 | 06.37 |
| 149 | 1342 | RURA Paulina | REJOWIEC FABRYCZNY | POL | | 88 | K20/149 (K)416 | 01:06:21 | 06.38 |
| 150 | 1042 | ZAWIŚLAK Ewelina | OPOLE | POL | | 86 | K20/150 (K)418 | 01:06:25 | 06.38 |
| 151 | 1205 | JONKISZ Aleksandra | WROCLAW | POL | | 87 | K20/151 (K)423 | 01:07:24 | 06.44 |
| 152 | 1428 | MALAK Joanna | LEGNICA | POL | | 87 | K20/152 (K)428 | 01:08:45 | 06.52 |
| 153 | 1419 | WRONKA Paulina | WROCLAW | POL | | 90 | K20/153 (K)435 | 01:11:11 | 07.07 |
| 154 | 1848 | ŁEPSKA Justyna | PSZENNO | POL | | 92 | K20/154 (K)439 | 01:12:50 | 07.17 |
| 155 | 989 | JANICKA Katarzyna | ŁOSIÓW | POL | | 91 | K20/155 (K)443 | 01:19:33 | 07.57 |
| 156 | 1020 | ŁOZIENKO Anna | MIŁOSZYCE | POL | - | 91 | K20/156 (K)444 | 01:19:56 | 07.59 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|

Bieg 10km Mężczyźni KATEGORIA:M16








| | | | | | | | | | |
|----|------|----------------------|----------------------|-----|------------------|----|----------------|----------|-------|
| 1 | 228 | DOBROWOLSKI Alan | BOGUSZÓW | POL | | 96 | M16/1 (M)26 | 00:34:34 | 03.27 |
| 2 | 480 | REGĘNCZUK Sebastian | WROCLAW | POL | AWF WROCLAW | 96 | M16/2 (M)92 | 00:38:12 | 03.49 |
| 3 | 218 | CZYŻ Marcin | KAMIENIEC ZĄBKOWICKI | POL | | 99 | M16/3 (M)216 | 00:40:47 | 04.04 |
| 4 | 1603 | WOJTKOWIAK Marcin | KROBIA | POL | ZSPIG W KROBI | 99 | M16/4 (M)220 | 00:40:53 | 04.05 |
| 5 | 107 | GANCARZ Piotr | OLAWA | POL | | 97 | M16/5 (M)226 | 00:40:58 | 04.05 |
| 6 | 121 | KRASIŃSKI Przemysław | WAŁBRZYCH | POL | | 97 | M16/6 (M)237 | 00:41:15 | 04.07 |
| 7 | 1894 | KOZA Kacper | BOLESŁAWICE | POL | 2 LO BOLESŁAWIEC | 97 | M16/7 (M)305 | 00:42:20 | 04.14 |
| 8 | 591 | SANDALUK Łukasz | KLUCZBORK | POL | | 96 | M16/8 (M)322 | 00:42:39 | 04.15 |
| 9 | 122 | GOLANOWSKI Dawid | KRASZEWICE | POL | | 96 | M16/9 (M)347 | 00:42:56 | 04.17 |
| 10 | 497 | JERZYK Dawid | KĘPNO | POL | | 98 | M16/10 (M)425 | 00:44:04 | 04.24 |
| 11 | 1526 | PATER Mateusz | NAMYSŁÓW | POL | | 96 | M16/11 (M)516 | 00:45:24 | 04.32 |
| 12 | 921 | ROSTEK Jan | WROCLAW | POL | | 96 | M16/12 (M)716 | 00:48:05 | 04.48 |
| 13 | 1301 | NAMLIK Konrad | ŚWIDNICA | POL | | 99 | M16/13 (M)914 | 00:51:09 | 05.06 |
| 14 | 1625 | RYBAK Jakub | SUCHY BÓR | POL | | 97 | M16/14 (M)1135 | 00:55:47 | 05.34 |

Bieg 10km Mężczyźni KATEGORIA:M70


















































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|---|------|--------------------|-------------|-----|--|----|---------------|----------|-------|
| 1 | 870 | JURASZ Zygmunt | ZGORZELEC | POL | | 45 | M70/1 (M)678 | 00:47:31 | 04.45 |
| 2 | 972 | GRABKA Stanisław | KRAKÓW | POL | | 43 | M70/2 (M)795 | 00:49:09 | 04.54 |
| 3 | 572 | PUSZCZEWICZ Zenon | PISARZOWICE | POL | | 41 | M70/3 (M)831 | 00:49:47 | 04.58 |
| 4 | 582 | KASZUBA Edward | WROCLAW | POL | | 44 | M70/4 (M)1000 | 00:52:46 | 05.16 |
| 5 | 1084 | ŚLEBODA Ryszard | WOŁÓW | POL | | 44 | M70/5 (M)1178 | 00:57:11 | 05.43 |
| 6 | 1581 | FILIPOWICZ Marian | WROCLAW | POL | | 45 | M70/6 (M)1198 | 00:57:54 | 05.47 |
| 7 | 1078 | LISOWSKI Czesław | DZIERŻONIÓW | POL | | 45 | M70/7 (M)1318 | 01:07:39 | 06.45 |
| 8 | 1391 | STADNICZUK Michał | MIKOWICE | POL | | 30 | M70/8 (M)1325 | 01:08:47 | 06.52 |
| 9 | 1623 | PRZYBYŁO Władysław | WROCLAW | POL | | 32 | M70/9 (M)1339 | 01:19:25 | 07.56 |

Bieg 10km Mężczyźni KATEGORIA:M60

| | | | | | | | | | |
|----|------|---------------------------|---------------------|-----|-------------------------|----|----------------|----------|-------|
| 1 | 181 | FERENC Janusz | LUDWIKOWICE | POL | | 54 | M60/1 (M)144 | 00:39:30 | 03.57 |
| 2 | 206 | RZEPCHYŃSKI Wiesław | RACIBÓRZ | POL | | 48 | M60/2 (M)192 | 00:40:17 | 04.01 |
| 3 | 321 | KACZMAREK Marek | WROCLAW | POL | | 55 | M60/3 (M)300 | 00:42:18 | 04.13 |
| 4 | 262 | KUMISZCZO Grzegorz | GŁOGÓW | POL | | 50 | M60/4 (M)542 | 00:45:46 | 04.34 |
| 5 | 419 | WESOŁOWSKI Stanisław | URAZ | POL | | 54 | M60/5 (M)552 | 00:45:53 | 04.35 |
| 6 | 1727 | ZIENKIEWICZ Kazimierz | MOKRY DWÓR | POL | | 51 | M60/6 (M)584 | 00:46:21 | 04.38 |
| 7 | 567 | TOM Andrzej | WROCLAW | POL | | 52 | M60/7 (M)667 | 00:47:21 | 04.44 |
| 8 | 821 | ZIELIŃSKI Jan | WROCLAW | POL | | 52 | M60/8 (M)669 | 00:47:24 | 04.44 |
| 9 | 1263 | CHOJNACKI Ryszard | WROCLAW | POL | | 47 | M60/9 (M)725 | 00:48:16 | 04.49 |
| 10 | 1798 | SAWICKI Leszek | WROCLAW | POL | | 53 | M60/10 (M)784 | 00:49:01 | 04.54 |
| 11 | 481 | KUDŁA Czesław | MIKOWICE | POL | | 51 | M60/11 (M)836 | 00:49:52 | 04.59 |
| 12 | 432 | ZAGAJA Janusz | POKÓJ | POL | | 55 | M60/12 (M)882 | 00:50:36 | 05.03 |
| 13 | 1574 | PROMIRSKI Julian | JELENIA GÓRA | POL | | 47 | M60/13 (M)887 | 00:50:40 | 05.04 |
| 14 | 531 | BORA Andrzej | WROCLAW | POL | | 48 | M60/14 (M)1022 | 00:53:05 | 05.18 |
| 15 | 1297 | KUCZKOWSKI Stanisław | WROCLAW | POL | | 52 | M60/15 (M)1038 | 00:53:19 | 05.19 |
| 16 | 1694 | KRET Marian | ZŁOTORYJA/ROKITNICA | POL | | 55 | M60/16 (M)1076 | 00:54:11 | 05.25 |
| 17 | 816 | LEWANDOWSKI Tadeusz | WROCLAW | POL | | 49 | M60/17 (M)1077 | 00:54:11 | 05.25 |
| 18 | 1504 | RUDNO-RUDZIŃSKI Krzysztof | WROCLAW | POL | POLITECHNIKA WROCLAWSKA | 49 | M60/18 (M)1103 | 00:54:58 | 05.29 |
| 19 | 1373 | KINAL Leszek | WROCLAW | POL | | 50 | M60/19 (M)1122 | 00:55:24 | 05.32 |
| 20 | 1780 | BUNDYRA Czesław | WROCLAW | POL | | 50 | M60/20 (M)1123 | 00:55:25 | 05.32 |
| 21 | 1147 | NADBRZEŻNY Jan | MALNIA | POL | | 46 | M60/21 (M)1124 | 00:55:30 | 05.33 |
| 22 | 1010 | PRZYBYLSKI Jan | ŻARÓW | POL | | 55 | M60/22 (M)1166 | 00:56:49 | 05.40 |
| 23 | 1717 | NOWAK Sylwester | WROCLAW | POL | | 55 | M60/23 (M)1168 | 00:56:55 | 05.41 |
| 24 | 1228 | ŻUKROWSKI Janusz | WROCLAW | POL | | 55 | M60/24 (M)1173 | 00:57:04 | 05.42 |
| 25 | 1963 | MAZUR Tadeusz | WROCLAW | POL | | 55 | M60/25 (M)1186 | 00:57:24 | 05.44 |
| 26 | 705 | KAWOŃ Andrzej | NAMYSŁÓW | POL | | 54 | M60/26 (M)1188 | 00:57:31 | 05.45 |
| 27 | 561 | SZYMAŃSKI Lesław | SZCZAWNÓ ZDRÓJ | POL | | 47 | M60/27 (M)1220 | 00:58:44 | 05.52 |
| 28 | 1324 | BIRUT Anatol | STRZELIN | POL | | 53 | M60/28 (M)1225 | 00:59:05 | 05.54 |
| 29 | 1114 | WACŁAWCZYK Maciej | NYSA JĘDRZYCHÓW | POL | | 55 | M60/29 (M)1230 | 00:59:11 | 05.55 |
| 30 | 1249 | MICHALAK Mieczysław | WROCLAW | POL | | 52 | M60/30 (M)1256 | 01:00:13 | 06.01 |
| 31 | 976 | FLORCZAK Zdzisław | WROCLAW | POL | | 52 | M60/31 (M)1257 | 01:00:14 | 06.01 |

| 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] |
|--------------|--------|-------------------------|------------------|---|--------------|---------|------------------------|-----------|----------|
| 32 | 1448 | RUTSKI Karol | WROCLAW |  POL | | 51 | M60/32 (M)1261 | 01:00:19 | 06.01 |
| 33 | 1244 | HOLYŚ Józef | KROBICA |  POL | | 49 | M60/33 (M)1267 | 01:00:36 | 06.03 |
| 34 | 1902 | DĄBROWSKI Stanisław | WAŁBRZYCH |  POL | | 46 | M60/34 (M)1273 | 01:01:12 | 06.07 |
| 35 | 1323 | WRÓBEL Roman | WROCLAW |  POL | | 46 | M60/35 (M)1283 | 01:01:33 | 06.09 |
| 36 | 1587 | WOJCIECHOWSKI Stanisław | LESZNO |  POL | | 52 | M60/36 (M)1326 | 01:08:50 | 06.53 |
| 37 | 714 | KURTYKA Andrzej | WROCLAW |  POL | | 53 | M60/37 (M)1329 | 01:10:58 | 07.05 |
| 38 | 991 | REPA Antoni | WROCLAW |  POL | | 49 | M60/38 (M)1343 | 01:28:50 | 08.53 |

Bieg 10km Mężczyźni KATEGORIA:M50

| | | | | | | | | | |
|----|------|-----------------------|-------------------|---|---------------------------------------|----|---------------|----------|-------|
| 1 | 28 | SWOBODA Marek | WAŁBRZYCH |  POL | | 64 | M50/1 (M)35 | 00:35:15 | 03.31 |
| 2 | 22 | PIECZUROWSKI Sławomir | WROCLAW |  POL | | 60 | M50/2 (M)43 | 00:35:53 | 03.35 |
| 3 | 20 | LEND A Wiesław | TWARDOGÓRA |  POL | | 62 | M50/3 (M)49 | 00:36:08 | 03.36 |
| 4 | 1926 | JANUSZ Ryszard | SZCZYTNA |  POL | | 64 | M50/4 (M)73 | 00:37:37 | 03.45 |
| 5 | 96 | CZERSKI Marian | WROCLAW |  POL | | 57 | M50/5 (M)83 | 00:37:56 | 03.47 |
| 6 | 1728 | SOBERA Jan | TWARDOGÓRA |  POL | | 63 | M50/6 (M)100 | 00:38:32 | 03.51 |
| 7 | 172 | GIDEL Witold | BRZEG DOLNY |  POL | | 62 | M50/7 (M)104 | 00:38:37 | 03.51 |
| 8 | 148 | ŁOZA Adam | WROCLAW |  POL | | 64 | M50/8 (M)120 | 00:38:58 | 03.53 |
| 9 | 170 | CIERZNIIEWSKI Dariusz | LEGNICA |  POL | | 65 | M50/9 (M)128 | 00:39:10 | 03.55 |
| 10 | 64 | NOWICKI Andrzej | BIELAWA |  POL | | 61 | M50/10 (M)132 | 00:39:14 | 03.55 |
| 11 | 167 | MLAK Kazimierz | MILIKOWICE |  POL | | 58 | M50/11 (M)134 | 00:39:17 | 03.55 |
| 12 | 1685 | DOBRAŚ Zdzisław | NOWA RUDA |  POL | | 62 | M50/12 (M)135 | 00:39:19 | 03.55 |
| 13 | 180 | PALIŃSKI Piotr | SZKLARSKA PORĘBA |  POL | | 65 | M50/13 (M)148 | 00:39:34 | 03.57 |
| 14 | 1858 | BASIŃSKI Leszek | CZERNICA |  POL | | 64 | M50/14 (M)156 | 00:39:41 | 03.58 |
| 15 | 59 | ZAGROBELNY Radosław | WROCLAW |  POL | | 64 | M50/15 (M)186 | 00:40:09 | 04.00 |
| 16 | 1521 | SOLTYŚ Jacek | RADWANICE |  POL | | 62 | M50/16 (M)187 | 00:40:10 | 04.01 |
| 17 | 1712 | JAWORSKI Stanisław | RUJA |  POL | | 62 | M50/17 (M)188 | 00:40:12 | 04.01 |
| 18 | 246 | KUŻMA Wiesław | WROCLAW |  POL | | 62 | M50/18 (M)189 | 00:40:13 | 04.01 |
| 19 | 222 | STAREGO Adam | BOLESŁAWIEC |  POL | | 58 | M50/19 (M)191 | 00:40:17 | 04.01 |
| 20 | 162 | GADZIŃSKI Marek | WROCLAW |  POL | | 62 | M50/20 (M)198 | 00:40:24 | 04.02 |
| 21 | 188 | WILK Czesław | WĘGRÓW |  POL | | 58 | M50/21 (M)229 | 00:41:03 | 04.06 |
| 22 | 308 | BIELAWSKI Jan | ŚCINAWA |  POL | | 64 | M50/22 (M)234 | 00:41:09 | 04.06 |
| 23 | 791 | CHRUSZCZ Jerzy marek | OPOLE |  POL | | 59 | M50/23 (M)256 | 00:41:43 | 04.10 |
| 24 | 78 | RYBA Jan | WROCLAW |  POL | | 62 | M50/24 (M)276 | 00:41:56 | 04.11 |
| 25 | 344 | KARYŚ Zbigniew | OBORA |  POL | | 65 | M50/25 (M)290 | 00:42:09 | 04.12 |
| 26 | 143 | MICHALSKI Ryszard | WROCLAW |  POL | AWF WROCLAW | 64 | M50/26 (M)317 | 00:42:34 | 04.15 |
| 27 | 456 | GIL Zygmunt | WROCLAW |  POL | UNIwersytet Przyrodniczy we Wrocławiu | 57 | M50/27 (M)336 | 00:42:48 | 04.16 |
| 28 | 454 | GULACZ Marek | WAŁBRZYCH |  POL | | 60 | M50/28 (M)359 | 00:43:06 | 04.18 |
| 29 | 273 | KULIŃSKI Bogdan | GŁOGÓW |  POL | | 59 | M50/29 (M)361 | 00:43:07 | 04.18 |
| 30 | 467 | KASPRZAK Tomasz | WROCLAW |  POL | | 63 | M50/30 (M)363 | 00:43:09 | 04.18 |
| 31 | 332 | KALISZ Dariusz | WAŁBRZYCH |  POL | | 64 | M50/31 (M)366 | 00:43:14 | 04.19 |
| 32 | 1028 | SZYŃAL Marek | WROCLAW |  POL | | 65 | M50/32 (M)372 | 00:43:20 | 04.20 |
| 33 | 1646 | SIWAK Piotr | RUDNA |  POL | | 61 | M50/33 (M)373 | 00:43:22 | 04.20 |
| 34 | 298 | STANKIEWICZ Antoni | SOBÓTKA |  POL | KB SOBÓTKA | 58 | M50/34 (M)374 | 00:43:22 | 04.20 |
| 35 | 151 | KUCHNIA Krzysztof | JELENIA GÓRA |  POL | | 61 | M50/35 (M)375 | 00:43:23 | 04.20 |
| 36 | 370 | ŁACIŃSKI Bogusław | BRZEG |  POL | | 61 | M50/36 (M)384 | 00:43:31 | 04.21 |
| 37 | 124 | KALUSKI Jarosław | STRZELCE OPOLSKIE |  POL | | 65 | M50/37 (M)402 | 00:43:44 | 04.22 |
| 38 | 493 | ŁOKIETKO Kazimierz | WABIENICE |  POL | | 62 | M50/38 (M)424 | 00:44:02 | 04.24 |
| 39 | 1517 | KŁOCZANIUK Marek | KĘPNO |  POL | | 61 | M50/39 (M)426 | 00:44:06 | 04.24 |
| 40 | 179 | KILAN Zbigniew | SZCZOKOCINY |  POL | | 57 | M50/40 (M)436 | 00:44:10 | 04.25 |
| 41 | 293 | PIOTRKOWSKI Jerzy | WROCLAW |  POL | - | 58 | M50/41 (M)449 | 00:44:22 | 04.26 |
| 42 | 504 | CZARNECKI Mirosław | WROCLAW |  POL | UNIwersytet Wrocławski | 58 | M50/42 (M)451 | 00:44:25 | 04.26 |
| 43 | 404 | MAREK Romuald | WROCLAW |  POL | | 59 | M50/43 (M)457 | 00:44:27 | 04.26 |
| 44 | 349 | LASZKIEWICZ Jacek | WOŁÓW |  POL | | 60 | M50/44 (M)466 | 00:44:36 | 04.27 |
| 45 | 1703 | WOJTCZAK Krzysztof | OLAWA |  POL | | 63 | M50/45 (M)477 | 00:44:46 | 04.28 |
| 46 | 337 | JAREMKIEWICZ Jan | LUBIN |  POL | | 57 | M50/46 (M)486 | 00:44:56 | 04.29 |
| 47 | 290 | WILIŃSKI Zbigniew | WROCLAW |  POL | | 63 | M50/47 (M)492 | 00:45:02 | 04.30 |
| 48 | 318 | ŁUKASIK Leszek | OLAWA |  POL | | 59 | M50/48 (M)495 | 00:45:04 | 04.30 |
| 49 | 1806 | JANIK Bogusław | MALERZOWICE |  POL | | 62 | M50/49 (M)498 | 00:45:08 | 04.30 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|---|---------|------------------------|-----------|----------|
| 50 | 1512 | ŁUDZIŃSKI Mirosław | WROCLAW | POL | | 60 | M50/50 (M)513 | 00:45:24 | 04.32 |
| 51 | 396 | WITKOWSKI Tadeusz | TARNÓW OPOLSKI | POL | | 56 | M50/51 (M)549 | 00:45:52 | 04.35 |
| 52 | 779 | HRYDCZUK Wiesław | WIAZÓW | POL | | 64 | M50/52 (M)551 | 00:45:53 | 04.35 |
| 53 | 392 | KOSIOL Andrzej | WROCLAW | POL | | 64 | M50/53 (M)570 | 00:46:12 | 04.37 |
| 54 | 351 | RYDECKI Paweł | BLACHOWNIA | POL | | 64 | M50/54 (M)573 | 00:46:14 | 04.37 |
| 55 | 1950 | HOLUB Grzegorz | ŚWIDNIK | POL | | 64 | M50/55 (M)577 | 00:46:15 | 04.37 |
| 56 | 698 | NOWAKOWSKI Wiesław | WROCLAW | POL | | 64 | M50/56 (M)588 | 00:46:23 | 04.38 |
| 57 | 451 | PANEK Roman | KOŹMIN WLKP | POL | | 59 | M50/57 (M)590 | 00:46:25 | 04.38 |
| 58 | 1552 | SMOLIŃSKI Paweł | WROCLAW | POL | | 64 | M50/58 (M)595 | 00:46:31 | 04.39 |
| 59 | 675 | JACH Paweł i maciek | WROCLAW | POL | | 64 | M50/59 (M)609 | 00:46:41 | 04.40 |
| 60 | 818 | KOZACZUK Krzysztof | JORDANÓW ŚLĄSKI | POL | | 58 | M50/60 (M)620 | 00:46:49 | 04.40 |
| 61 | 759 | SNOCHOWSKI Leszek | LGOTA WIELKA | POL | | 58 | M50/61 (M)621 | 00:46:49 | 04.40 |
| 62 | 503 | ULATOWSKI Ireneusz | BRZEG DOLNY | POL | | 63 | M50/62 (M)623 | 00:46:53 | 04.41 |
| 63 | 368 | HANECKI Leszek | WOŁÓW | POL | | 65 | M50/63 (M)624 | 00:46:53 | 04.41 |
| 64 | 358 | WAŚIK Marek | WROCLAW | POL | | 60 | M50/64 (M)635 | 00:47:00 | 04.42 |
| 65 | 949 | SZTUCKI Jarosław | WROCLAW | POL | | 60 | M50/65 (M)645 | 00:47:07 | 04.42 |
| 66 | 706 | BŁOCH Marek | GRODKÓW | POL | | 59 | M50/66 (M)646 | 00:47:08 | 04.42 |
| 67 | 403 | KOENIG Arnold | WROCLAW | POL | | 65 | M50/67 (M)657 | 00:47:15 | 04.43 |
| 68 | 4 | DOLIŃSKI Mirosław | WROCLAW | POL | WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH | 62 | M50/68 (M)661 | 00:47:18 | 04.43 |
| 69 | 790 | ZARZYCKI Janusz | WROCLAW | POL | | 60 | M50/69 (M)665 | 00:47:19 | 04.43 |
| 70 | 564 | ĆWIKOWSKI Rafał | WROCLAW | POL | | 65 | M50/70 (M)671 | 00:47:25 | 04.44 |
| 71 | 534 | WLIZŁO Aleksander | WROCLAW | POL | | 59 | M50/71 (M)683 | 00:47:36 | 04.45 |
| 72 | 636 | BRZEZIŃSKI Wojciech | ŚCINAWA | POL | | 62 | M50/72 (M)685 | 00:47:38 | 04.45 |
| 73 | 1453 | ALLAVENA Cyryl | WROCLAW | POL | | 65 | M50/73 (M)692 | 00:47:44 | 04.46 |
| 74 | 832 | BABSKI Tadeusz | JELCZ-LASKOWICE | POL | | 57 | M50/74 (M)702 | 00:47:56 | 04.47 |
| 75 | 769 | WOSZCZAK Zbigniew | STRZELIN | POL | | 64 | M50/75 (M)724 | 00:48:16 | 04.49 |
| 76 | 571 | OSTROPOLSKI Henryk | DZIERŻONIÓW | POL | | 57 | M50/76 (M)732 | 00:48:23 | 04.50 |
| 77 | 681 | PAPROTNY Andrzej | TRZEBNICA | POL | | 64 | M50/77 (M)736 | 00:48:27 | 04.50 |
| 78 | 514 | MARKOWSKI Artur | WROCLAW | POL | | 65 | M50/78 (M)742 | 00:48:31 | 04.51 |
| 79 | 1823 | WAŁEK Jarosław | JELCZ-LASKOWICE | POL | | 65 | M50/79 (M)745 | 00:48:34 | 04.51 |
| 80 | 439 | BAUER Andreas | WROCLAW | POL | | 64 | M50/80 (M)750 | 00:48:37 | 04.51 |
| 81 | 859 | KRASOŃ Mirosław | SOBÓTKA | POL | KB SOBÓTKA | 65 | M50/81 (M)773 | 00:48:57 | 04.53 |
| 82 | 819 | STRONCZAK Krzysztof | WROCLAW | POL | | 64 | M50/82 (M)816 | 00:49:34 | 04.57 |
| 83 | 845 | CEBULA Jan | KĘPNO | POL | | 58 | M50/83 (M)820 | 00:49:37 | 04.57 |
| 84 | 1017 | ŁABUZ Marek | WROCLAW | POL | | 56 | M50/84 (M)821 | 00:49:37 | 04.57 |
| 85 | 867 | SOBCZAK Andrzej | NOWA WIEŚ KAĆKA | POL | | 61 | M50/85 (M)822 | 00:49:38 | 04.57 |
| 86 | 702 | KOMÓR Wiesław | WROCLAW | POL | | 62 | M50/86 (M)835 | 00:49:51 | 04.59 |
| 87 | 252 | KUKULSKI Piotr | PABIANICE | POL | | 56 | M50/87 (M)839 | 00:49:53 | 04.59 |
| 88 | 915 | BALKIEWICZ Henryk | LEGNICA | POL | | 63 | M50/88 (M)841 | 00:49:56 | 04.59 |
| 89 | 1839 | BARAŃSKI Andrzej | WROCLAW | POL | | 60 | M50/89 (M)845 | 00:49:58 | 04.59 |
| 90 | 1545 | ZAWADZKI Krzysztof | LÜBECK | GER | | 56 | M50/90 (M)850 | 00:50:04 | 05.00 |
| 91 | 1160 | SZYDŁOWSKI Wiesław | ŻARÓW | POL | | 65 | M50/91 (M)892 | 00:50:46 | 05.04 |
| 92 | 615 | WOJTUKIEWICZ Jerzy | WROCLAW | POL | | 63 | M50/92 (M)897 | 00:50:53 | 05.05 |
| 93 | 1928 | SERAFIN Włodzimierz | LEGNICA | POL | | 60 | M50/93 (M)925 | 00:51:25 | 05.08 |
| 94 | 836 | FURTAK Krzysztof | LUBIN | POL | | 62 | M50/94 (M)928 | 00:51:28 | 05.08 |
| 95 | 540 | WIECZOREK Marian | WROCLAW | POL | DOZAMEL - SOLIDARNOŚĆ | 57 | M50/95 (M)932 | 00:51:30 | 05.09 |
| 96 | 1618 | HERBUT Jerzy | KLUCZBORK | POL | | 60 | M50/96 (M)943 | 00:51:47 | 05.10 |
| 97 | 984 | ŚWIERK Stanisław | JANOWICE WIELKIE | POL | | 56 | M50/97 (M)952 | 00:51:53 | 05.11 |
| 98 | 1009 | PERNAK Robert | KIELCZÓW | POL | | 64 | M50/98 (M)965 | 00:52:06 | 05.12 |
| 99 | 568 | MITROSZ Andrzej | WROCLAW | POL | | 56 | M50/99 (M)967 | 00:52:07 | 05.12 |
| 100 | 1946 | WIERZBICKI Wiesław | BRZEG | POL | | 65 | M50/100 (M)972 | 00:52:09 | 05.12 |
| 101 | 627 | KURILEC Krzysztof | WROCLAW | POL | | 64 | M50/101 (M)986 | 00:52:30 | 05.15 |
| 102 | 803 | BOROWSKI Ryszard | BRZEG | POL | | 59 | M50/102 (M)1017 | 00:53:02 | 05.18 |
| 103 | 1040 | ŁADOŃSKI Ryszard | WROCLAW | POL | | 57 | M50/103 (M)1041 | 00:53:24 | 05.20 |
| 104 | 574 | LIŚKIEWICZ Bogusław | WROCLAW | POL | | 63 | M50/104 (M)1044 | 00:53:29 | 05.20 |
| 105 | 557 | PYTEL Andrzej | WROCLAW | POL | DOZAMEL - SOLIDARNOSC | 62 | M50/105 (M)1051 | 00:53:39 | 05.21 |
| 106 | 1632 | POSŁUSZNY Marek | WROCLAW | POL | | 58 | M50/106 (M)1071 | 00:54:08 | 05.24 |
| 107 | 996 | SZAŁAJKO Jerzy | WROCLAW | POL | | 62 | M50/107 (M)1075 | 00:54:11 | 05.25 |

| 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] |
|--------------|--------|-----------------------|--------------------|----------|--------------|---------|------------------------|-----------|----------|
| 108 | 291 | MANDAT Janek | OLEŚNICA | POL | | 59 | M50/108 (M)1084 | 00:54:25 | 05.26 |
| 109 | 1274 | SIWIEC Bogusław | WROCLAW | POL | | 65 | M50/109 (M)1086 | 00:54:27 | 05.26 |
| 110 | 1904 | WASZKIEWICZ Władysław | BRZEZINA | POL | | 57 | M50/110 (M)1093 | 00:54:35 | 05.27 |
| 111 | 655 | SOBIŃSKI Waldemar | JELEŃ GÓRA | POL | | 61 | M50/111 (M)1102 | 00:54:53 | 05.29 |
| 112 | 1030 | RZEŃCZAK Marek | WROCLAW | POL | | 62 | M50/112 (M)1114 | 00:55:18 | 05.31 |
| 113 | 315 | CHROBOT Krzysztof | WROCLAW | POL | | 63 | M50/113 (M)1117 | 00:55:21 | 05.32 |
| 114 | 1058 | BEDNARCZYK Wiesław | BRZEG | POL | | 56 | M50/114 (M)1121 | 00:55:24 | 05.32 |
| 115 | 375 | PAWLAK Kazimierz | OSTRÓW WLKP. | POL | | 59 | M50/115 (M)1144 | 00:56:05 | 05.36 |
| 116 | 1403 | ROWIŃSKI Sławomir | KRAPKOWICE | POL | | 63 | M50/116 (M)1149 | 00:56:12 | 05.37 |
| 117 | 1548 | SKALSKI Stanisław | WROCLAW | POL | | 59 | M50/117 (M)1157 | 00:56:39 | 05.39 |
| 118 | 1617 | SPADLO Andrzej | WILKÓW K/NAMYSŁOWA | POL | | 60 | M50/118 (M)1182 | 00:57:16 | 05.43 |
| 119 | 1619 | ŻYGADŁO Kazimierz | KRZYWICZYNY | POL | | 58 | M50/119 (M)1183 | 00:57:21 | 05.44 |
| 120 | 1330 | GÓRECKI Zdzisław | KĘPNO | POL | | 62 | M50/120 (M)1191 | 00:57:42 | 05.46 |
| 121 | 920 | KACPERSKI Wojciech | SOBÓTKA | POL | | 57 | M50/121 (M)1196 | 00:57:53 | 05.47 |
| 122 | 1266 | MARCAK Bogusław | WROCLAW | POL | | 61 | M50/122 (M)1213 | 00:58:20 | 05.50 |
| 123 | 728 | KLAUS Krzysztof | WROCLAW | POL | | 60 | M50/123 (M)1218 | 00:58:40 | 05.52 |
| 124 | 1901 | MAKARSKI Bogdan | WROCLAW | POL | | 59 | M50/124 (M)1232 | 00:59:21 | 05.56 |
| 125 | 622 | MIERNICKI Mariusz | DZIERŻONIÓW | POL | | 59 | M50/125 (M)1234 | 00:59:24 | 05.56 |
| 126 | 1214 | KUCZYK Jarosław | LEGNICA | POL | | 58 | M50/126 (M)1265 | 01:00:33 | 06.03 |
| 127 | 1948 | MAJEWSKI Zbigniew | BRZEG | POL | | 64 | M50/127 (M)1269 | 01:00:51 | 06.05 |
| 128 | 1360 | ZBOROWSKI Ryszard | SZYDŁOWICE | POL | | 60 | M50/128 (M)1280 | 01:01:30 | 06.09 |
| 129 | 1949 | CHMIELEWSKI Janusz | BRZEG | POL | | 57 | M50/129 (M)1281 | 01:01:31 | 06.09 |
| 130 | 1423 | LENART Miłosz | KĘTRZYN | POL | | 65 | M50/130 (M)1297 | 01:02:47 | 06.16 |
| 131 | 1404 | SIKORSKI Mariusz | WROCLAW | POL | | 64 | M50/131 (M)1299 | 01:03:03 | 06.18 |
| 132 | 1144 | MADEŁA Mirosław | WROCLAW | POL | | 56 | M50/132 (M)1306 | 01:03:46 | 06.22 |
| 133 | 1473 | STARCZEWSKI Krzysztof | WROCLAW | POL | | 65 | M50/133 (M)1316 | 01:06:14 | 06.37 |
| 134 | 1067 | FRANEK Zbigniew | WROCLAW | POL | | 57 | M50/134 (M)1323 | 01:08:35 | 06.51 |
| 135 | 1107 | KOCHAŃSKI Igor | WROCLAW | POL | | 65 | M50/135 (M)1337 | 01:14:01 | 07.24 |
| 136 | 1085 | PRZYBYLSKI Zbigniew | STRZEGOM | POL | - | 60 | M50/136 (M)1342 | 01:26:37 | 08.39 |

Bieg 10km Mężczyźni KATEGORIA:M40



























































| | | | | | | | | | |
|----|------|---------------------|------------------|-----|---|----|---------------|----------|-------|
| 1 | 29 | GRONOSTAJ Grzegorz | WROCLAW | POL | | 74 | M40/1 (M)13 | 00:33:01 | 03.18 |
| 2 | 40 | BŁASZCZYK Jarosław | POZNAŃ | POL | | 72 | M40/2 (M)28 | 00:34:47 | 03.28 |
| 3 | 251 | BUSZEWSKI Beniamin | WROCLAW | POL | | 74 | M40/3 (M)32 | 00:35:00 | 03.29 |
| 4 | 199 | FEDOROWICZ Jacek | WROCLAW | POL | | 70 | M40/4 (M)36 | 00:35:17 | 03.31 |
| 5 | 36 | PIETRZAK Andrzej | PABIANICE | POL | | 75 | M40/5 (M)41 | 00:35:51 | 03.35 |
| 6 | 208 | PYRA Wiesław | PRASZKA | POL | | 72 | M40/6 (M)44 | 00:35:55 | 03.35 |
| 7 | 234 | CHODORSKI Piotr | WROCLAW | POL | | 73 | M40/7 (M)45 | 00:35:58 | 03.35 |
| 8 | 37 | JANKOWSKI Grzegorz | JACZÓW | POL | | 72 | M40/8 (M)53 | 00:36:15 | 03.37 |
| 9 | 93 | SOCHA Dariusz | GŁOGÓW | POL | | 72 | M40/9 (M)56 | 00:36:45 | 03.40 |
| 10 | 1781 | KOLDA Sebastian | JUGOWICE | POL | | 75 | M40/10 (M)57 | 00:36:45 | 03.40 |
| 11 | 101 | JANOWICZ Roman | SŁUPIA KAPITULNA | POL | | 70 | M40/11 (M)59 | 00:36:55 | 03.41 |
| 12 | 104 | GRABLEWSKI Grzegorz | WROCLAW | POL | | 75 | M40/12 (M)61 | 00:36:57 | 03.41 |
| 13 | 236 | URAMEK Grzegorz | OBORNIKI ŚLĄSKIE | POL | | 74 | M40/13 (M)62 | 00:36:58 | 03.41 |
| 14 | 108 | SZUREK Sławomir | RYDUŁTOWY | POL | | 71 | M40/14 (M)68 | 00:37:29 | 03.44 |
| 15 | 84 | KURIATA Robert | ZŁOTORYJA | POL | | 66 | M40/15 (M)76 | 00:37:48 | 03.46 |
| 16 | 100 | HACZYK Jarosław | OPOLE | POL | - | 68 | M40/16 (M)79 | 00:37:54 | 03.47 |
| 17 | 153 | RYMARSKI Arkadiusz | WROCLAW | POL | | 75 | M40/17 (M)81 | 00:37:54 | 03.47 |
| 18 | 163 | JANISZEWSKI Wiktor | MILICZ | POL | | 75 | M40/18 (M)86 | 00:38:05 | 03.48 |
| 19 | 71 | SZTURO Jan | PODGÓRZYN | POL | | 67 | M40/19 (M)91 | 00:38:11 | 03.49 |
| 20 | 244 | BŁAŻUTYCZ Paweł | CIESZKÓW | POL | | 73 | M40/20 (M)106 | 00:38:38 | 03.51 |
| 21 | 136 | WIŚNIEWSKI Sławomir | WROCLAW | POL | | 73 | M40/21 (M)110 | 00:38:47 | 03.52 |
| 22 | 1915 | SOKÓŁ Robert | WROCLAW | POL | | 73 | M40/22 (M)117 | 00:38:56 | 03.53 |
| 23 | 1691 | ZAJĄC Grzegorz | WAŁBRZYCH | POL | | 69 | M40/23 (M)131 | 00:39:13 | 03.55 |
| 24 | 1796 | KUBIAK Przemysław | WILCZYCE | POL | | 72 | M40/24 (M)139 | 00:39:25 | 03.56 |
| 25 | 197 | JARZĄBEK Grzegorz | POLKOWICE | POL | | 72 | M40/25 (M)140 | 00:39:25 | 03.56 |
| 26 | 57 | MICHAŁSKI Adam | SOBÓTKA | POL | | 70 | M40/26 (M)146 | 00:39:33 | 03.57 |
| 27 | 1736 | WENNE Artur | KRZEPTÓW | POL | | 72 | M40/27 (M)149 | 00:39:34 | 03.57 |
| 28 | 221 | BIENIAS Andrzej | WROCLAW | POL | | 71 | M40/28 (M)155 | 00:39:40 | 03.58 |

| 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] |
|--------------|--------|-----------------------|---------------------|----------|---|---------|------------------------|-----------|----------|
| 29 | 129 | FLORCZAK Krzysztof | OSTRÓW WIELKOPOLSKI | POL | | 72 | M40/29 (M)159 | 00:39:45 | 03.58 |
| 30 | 137 | FRANKOWSKI Damian | WROCLAW | POL | | 70 | M40/30 (M)161 | 00:39:49 | 03.58 |
| 31 | 125 | RADECKI Jakub | WROCLAW | POL | | 75 | M40/31 (M)166 | 00:39:52 | 03.59 |
| 32 | 102 | CHAMIELEC Bogusław | LUBIN | POL | | 67 | M40/32 (M)169 | 00:39:55 | 03.59 |
| 33 | 1864 | CHELMICKI Grzegorz | WARSZAWA | POL | | 73 | M40/33 (M)171 | 00:39:56 | 03.59 |
| 34 | 213 | ŁUKASZEWSKI Andrzej | WROCLAW | POL | UNIwersytet Wrocławski | 67 | M40/34 (M)175 | 00:39:57 | 03.59 |
| 35 | 116 | PIOTROWSKI Marek | OLEŚNICA | POL | | 75 | M40/35 (M)176 | 00:39:58 | 03.59 |
| 36 | 1941 | KUBIAK Maciej | OSTRÓW WIELKOPOLSKI | POL | | 73 | M40/36 (M)181 | 00:40:04 | 04.00 |
| 37 | 1586 | KURZEJA Adam | OSTRÓW WLKP. | POL | | 75 | M40/37 (M)184 | 00:40:08 | 04.00 |
| 38 | 120 | MOSUR Tomasz | WROCLAW | POL | | 70 | M40/38 (M)193 | 00:40:19 | 04.01 |
| 39 | 196 | FIEDOROW Szymon | MIRKÓW | POL | | 73 | M40/39 (M)200 | 00:40:26 | 04.02 |
| 40 | 159 | JESION Ireneusz | LUBIN | POL | | 69 | M40/40 (M)201 | 00:40:26 | 04.02 |
| 41 | 185 | RYGIEL Krzysztof | KAMIENIEC | POL | | 74 | M40/41 (M)210 | 00:40:40 | 04.04 |
| 42 | 138 | MAŁEK Krzysztof | WOŁÓW | POL | | 68 | M40/42 (M)213 | 00:40:42 | 04.04 |
| 43 | 191 | MACHOWSKI Krzysztof | JEDLINA ZDRÓJ | POL | | 72 | M40/43 (M)218 | 00:40:51 | 04.05 |
| 44 | 92 | SZPITER Tomasz | ZŁOTORYJA | POL | | 69 | M40/44 (M)222 | 00:40:54 | 04.05 |
| 45 | 141 | MROCKOWSKI Krystian | ZGORZELEC | POL | | 74 | M40/45 (M)225 | 00:40:57 | 04.05 |
| 46 | 428 | KASIURA Krzysztof | KRAPKOWICE | POL | | 72 | M40/46 (M)227 | 00:41:02 | 04.06 |
| 47 | 1671 | LATOSZEK Rafał | WARSZAWA | POL | | 73 | M40/47 (M)238 | 00:41:20 | 04.08 |
| 48 | 348 | SULIMA Grzegorz | STRZEGOM | POL | | 67 | M40/48 (M)241 | 00:41:24 | 04.08 |
| 49 | 427 | WŁODARCZYK Jarosław | WROCLAW | POL | WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH | 70 | M40/49 (M)245 | 00:41:30 | 04.09 |
| 50 | 152 | WOJTCZAK Krzysztof | WROCLAW | POL | | 72 | M40/50 (M)246 | 00:41:30 | 04.09 |
| 51 | 485 | KONIARZ Michał | BRZEG | POL | | 68 | M40/51 (M)248 | 00:41:30 | 04.09 |
| 52 | 1747 | BARAN Jarosław | WROCLAW | POL | | 74 | M40/52 (M)249 | 00:41:31 | 04.09 |
| 53 | 1680 | SABOK Bernard | WROCLAW | POL | | 74 | M40/53 (M)252 | 00:41:39 | 04.09 |
| 54 | 109 | CYGAN Piotr | BIELANY WROCLAWSKIE | POL | | 69 | M40/54 (M)253 | 00:41:39 | 04.09 |
| 55 | 484 | ODO Cezary | WROCLAW | POL | | 69 | M40/55 (M)258 | 00:41:43 | 04.10 |
| 56 | 1940 | MAZUR Waldemar | ŚRODA ŚLĄSKA | POL | | 73 | M40/56 (M)260 | 00:41:44 | 04.10 |
| 57 | 106 | PAŚ Tomasz | WROCLAW | POL | | 75 | M40/57 (M)264 | 00:41:47 | 04.10 |
| 58 | 327 | GRYGIER Andrzej | WROCLAW | POL | | 75 | M40/58 (M)265 | 00:41:50 | 04.11 |
| 59 | 115 | MOŻEJKO Zbigniew | WROCLAW | POL | | 69 | M40/59 (M)266 | 00:41:50 | 04.11 |
| 60 | 1047 | ANDRZEJAK Dariusz | WROCLAW | POL | | 67 | M40/60 (M)267 | 00:41:51 | 04.11 |
| 61 | 473 | KNAPIK Piotr | WROCLAW | POL | | 73 | M40/61 (M)272 | 00:41:54 | 04.11 |
| 62 | 342 | GOŁĘBIWSKI Jacek | ŚWIDNICA | POL | | 74 | M40/62 (M)280 | 00:41:58 | 04.11 |
| 63 | 95 | FOJTAR Zbigniew | WROCLAW | POL | | 72 | M40/63 (M)281 | 00:41:59 | 04.11 |
| 64 | 476 | KOŃCZAL Przemysław | WROCLAW | POL | | 74 | M40/64 (M)283 | 00:42:00 | 04.12 |
| 65 | 1745 | ROKITA Andrzej | ŚRODA ŚLĄSKA | POL | | 67 | M40/65 (M)284 | 00:42:00 | 04.12 |
| 66 | 210 | WAŚNIEWSKI Piotr | KRYNICZNO | POL | | 74 | M40/66 (M)286 | 00:42:01 | 04.12 |
| 67 | 211 | DUTKIEWICZ Mariusz | SZEWCE | POL | | 75 | M40/67 (M)287 | 00:42:02 | 04.12 |
| 68 | 201 | GRZAŁA Arkadiusz | OSTRÓW WIELKOPOLSKI | POL | | 70 | M40/68 (M)301 | 00:42:18 | 04.13 |
| 69 | 530 | GŁOWACKI Tomasz | SIECHNICE | POL | | 75 | M40/69 (M)302 | 00:42:19 | 04.13 |
| 70 | 438 | BUCHLA Marcin | WROCLAW | POL | | 74 | M40/70 (M)307 | 00:42:21 | 04.14 |
| 71 | 509 | MICHALIK Tomasz | WROCLAW | POL | | 74 | M40/71 (M)309 | 00:42:23 | 04.14 |
| 72 | 433 | TRYK Sebastian | WROCLAW | POL | | 71 | M40/72 (M)310 | 00:42:30 | 04.15 |
| 73 | 142 | ZIÓŁKOWSKI Przemysław | JUTROSIN | POL | | 68 | M40/73 (M)311 | 00:42:30 | 04.15 |
| 74 | 1866 | FAIGA Tomasz | OLEŚNICA | POL | | 74 | M40/74 (M)315 | 00:42:33 | 04.15 |
| 75 | 436 | JANISZEWSKI Arkadiusz | ŚRODA ŚLĄSKA | POL | | 71 | M40/75 (M)323 | 00:42:39 | 04.15 |
| 76 | 1596 | NIEZGÓDKA Tomasz | WROCLAW | POL | | 70 | M40/76 (M)326 | 00:42:42 | 04.16 |
| 77 | 437 | KOWNACKI Jacek | WROCLAW | POL | | 72 | M40/77 (M)328 | 00:42:45 | 04.16 |
| 78 | 1749 | WESOŁOWSKI Krzysztof | WROCLAW | POL | WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH | 68 | M40/78 (M)329 | 00:42:45 | 04.16 |
| 79 | 1525 | ŻEBRYK Krzysztof | MIRSK | POL | | 71 | M40/79 (M)331 | 00:42:45 | 04.16 |
| 80 | 130 | UGOREK Jarosław | MILICZ | POL | | 75 | M40/80 (M)335 | 00:42:47 | 04.16 |
| 81 | 112 | HOSZOWSKI Mariusz | WIERZBNA | POL | | 72 | M40/81 (M)346 | 00:42:55 | 04.17 |
| 82 | 313 | SALDACZ Maciej | WROCLAW | POL | | 73 | M40/82 (M)350 | 00:42:57 | 04.17 |
| 83 | 424 | MANIAK Dariusz | WROCLAW | POL | | 71 | M40/83 (M)354 | 00:42:58 | 04.17 |
| 84 | 434 | SZYPORTA Waldemar | NAMYSŁÓW | POL | | 72 | M40/84 (M)356 | 00:43:02 | 04.18 |
| 85 | 541 | WOLSKI Michał | CHWAŁOWICE | POL | | 75 | M40/85 (M)357 | 00:43:04 | 04.18 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|--------------------------------|----------------|-------------------------------|------------------|-----------------|
| 86 | 335 | FEDYCZKOWSKI Edward | STRZEGOM | POL | | 73 | M40/86 (M)360 | 00:43:07 | 04.18 |
| 87 | 397 | STADNICKI Robert | KOŻLICE | POL | | 71 | M40/87 (M)364 | 00:43:10 | 04.19 |
| 88 | 369 | KRZEWIŃSKI Bartłomiej | LESZNO | POL | | 74 | M40/88 (M)365 | 00:43:13 | 04.19 |
| 89 | 580 | SKIBICKI Krzysztof | OŚWIĘCIM | POL | | 70 | M40/89 (M)368 | 00:43:16 | 04.19 |
| 90 | 1557 | SUCHCICKI Krzysztof | WROCLAW | POL | | 74 | M40/90 (M)377 | 00:43:25 | 04.20 |
| 91 | 1945 | GRABKOWSKI Robert | ŻMIGRÓD | POL | | 69 | M40/91 (M)379 | 00:43:26 | 04.20 |
| 92 | 487 | CYTAWA Arkadiusz | WROCLAW | POL | | 71 | M40/92 (M)386 | 00:43:33 | 04.21 |
| 93 | 76 | MAKARCZYK Daniel | CHOBHENIA | POL | | 75 | M40/93 (M)389 | 00:43:39 | 04.21 |
| 94 | 334 | DRABINSKI Marek | OŁAWA | POL | | 75 | M40/94 (M)393 | 00:43:42 | 04.22 |
| 95 | 425 | SZMAGIEREWSKI Wojciech | WROCLAW | POL | | 68 | M40/95 (M)396 | 00:43:43 | 04.22 |
| 96 | 597 | DĘBICKI Wojciech | JUTROSIN | POL | | 68 | M40/96 (M)400 | 00:43:43 | 04.22 |
| 97 | 1492 | KLEPACZ Mirosław | KĘDZIERZYN-KOŹLE | POL | | 67 | M40/97 (M)403 | 00:43:44 | 04.22 |
| 98 | 1622 | PYZIK Jacek | MYSLAKOWICE | POL | | 70 | M40/98 (M)404 | 00:43:44 | 04.22 |
| 99 | 455 | BIEGAŃSKI Maciej | RADWANICE | POL | | 69 | M40/99 (M)406 | 00:43:44 | 04.22 |
| 100 | 303 | GRZYB Piotr | WOŁÓW | POL | | 73 | M40/100 (M)407 | 00:43:45 | 04.22 |
| 101 | 450 | STEFANIAK Mariusz | WROCLAW | POL | | 71 | M40/101 (M)408 | 00:43:47 | 04.22 |
| 102 | 1506 | ŁUKOWICZ Paweł | WROCLAW | POL | | 75 | M40/102 (M)412 | 00:43:54 | 04.23 |
| 103 | 1653 | MARCINKOWSKI Piotr | OSTRÓW WLKP | POL | | 72 | M40/103 (M)419 | 00:43:58 | 04.23 |
| 104 | 471 | SKRABA Michał | WROCLAW | POL | | 75 | M40/104 (M)440 | 00:44:14 | 04.25 |
| 105 | 272 | ZDZIARSKI Tomasz | WROCLAW | POL | | 73 | M40/105 (M)446 | 00:44:20 | 04.26 |
| 106 | 160 | GUDOWSKI Robert | JELENIA GÓRA | POL | | 74 | M40/106 (M)450 | 00:44:23 | 04.26 |
| 107 | 117 | BORUKAŁO Jarosław | KŁODZKO | POL | | 67 | M40/107 (M)452 | 00:44:25 | 04.26 |
| 108 | 94 | PIETRASZEK Robert | JELENIA GÓRA | POL | - | 73 | M40/108 (M)453 | 00:44:26 | 04.26 |
| 109 | 628 | WĘŻYK Grzegorz | LEGNICA | POL | | 68 | M40/109 (M)459 | 00:44:30 | 04.27 |
| 110 | 1732 | HOFMAŃSKI Tomasz | OSTRÓW WIELKOPOLSKI | POL | PWSZ KALISZ | 74 | M40/110 (M)464 | 00:44:35 | 04.27 |
| 111 | 1677 | JELEŃ Tomasz | ZGORZELEC | POL | | 75 | M40/111 (M)468 | 00:44:40 | 04.28 |
| 112 | 974 | BORKOWSKI Krzysztof | WROCLAW | POL | | 72 | M40/112 (M)478 | 00:44:48 | 04.28 |
| 113 | 1723 | JĘDRYCKOWSKI Michał | KROBIA | POL | | 75 | M40/113 (M)483 | 00:44:54 | 04.29 |
| 114 | 305 | KOSTERA Robert | WROCLAW | POL | - | 74 | M40/114 (M)485 | 00:44:55 | 04.29 |
| 115 | 70 | LEWANDOWSKI Dariusz | KĄTY WROCLAWSKIE | POL | | 68 | M40/115 (M)487 | 00:44:57 | 04.29 |
| 116 | 944 | MULARCZYK Krzysztof | OBORNIKI ŚLĄSKIE | POL | | 72 | M40/116 (M)489 | 00:45:00 | 04.30 |
| 117 | 325 | CYRANKOWSKI Andrzej | JAWOR | POL | | 75 | M40/117 (M)500 | 00:45:09 | 04.30 |
| 118 | 420 | ŚLEBODA Robert | WOŁÓW | POL | | 67 | M40/118 (M)501 | 00:45:09 | 04.30 |
| 119 | 263 | OLAŃSKI Krzysztof | WROCLAW | POL | | 73 | M40/119 (M)503 | 00:45:11 | 04.31 |
| 120 | 1571 | OZDOBA Krzysztof | SIECHNICE | POL | | 73 | M40/120 (M)512 | 00:45:24 | 04.32 |
| 121 | 307 | KURIATA Dariusz | WROCLAW | POL | - | 69 | M40/121 (M)514 | 00:45:24 | 04.32 |
| 122 | 1654 | NOWAK Rafał | ZDZIESZOWICE | POL | | 71 | M40/122 (M)527 | 00:45:35 | 04.33 |
| 123 | 382 | KWINTA Maciej | WROCLAW | POL | AKADEMIA MUZYCZNA WE WROCLAWIU | 72 | M40/123 (M)528 | 00:45:35 | 04.33 |
| 124 | 536 | KUPIŃSKI Cezary | WROCLAW | POL | | 68 | M40/124 (M)530 | 00:45:37 | 04.33 |
| 125 | 1772 | TYC Grzegorz | ZŁOTORYJA | POL | | 68 | M40/125 (M)536 | 00:45:40 | 04.34 |
| 126 | 288 | SZYMCZAK Wojciech | WROCLAW | POL | | 68 | M40/126 (M)538 | 00:45:43 | 04.34 |
| 127 | 355 | KOZIOL Bogusław | OLEŚNICA | POL | | 73 | M40/127 (M)539 | 00:45:44 | 04.34 |
| 128 | 633 | KOT Piotr | PIECHOWICE | POL | | 74 | M40/128 (M)540 | 00:45:44 | 04.34 |
| 129 | 771 | DOBOSZ Jacek | GOGOLIN | POL | - | 70 | M40/129 (M)541 | 00:45:45 | 04.34 |
| 130 | 583 | KOŁODZIEJ Andrzej | MILKOWICE | POL | | 70 | M40/130 (M)548 | 00:45:52 | 04.35 |
| 131 | 320 | DZIEDZIC Piotr | ZGORZELEC | POL | | 72 | M40/131 (M)555 | 00:45:55 | 04.35 |
| 132 | 792 | MOŹNY Paweł | WIAŻÓW | POL | | 73 | M40/132 (M)556 | 00:45:57 | 04.35 |
| 133 | 939 | WÓJCICKI Artur | ZGORZELEC | POL | | 73 | M40/133 (M)559 | 00:45:58 | 04.35 |
| 134 | 677 | KUCHAREWICZ Przemysław | SIECHNICE | POL | | 74 | M40/134 (M)562 | 00:46:01 | 04.36 |
| 135 | 894 | DĘBICKI Paweł | SZKARADOWO | POL | | 69 | M40/135 (M)564 | 00:46:05 | 04.36 |
| 136 | 922 | ROSTEK Roman | WROCLAW | POL | | 71 | M40/136 (M)566 | 00:46:06 | 04.36 |
| 137 | 381 | SIECZKA Witold | WILKÓW | POL | ZSR NAMYSŁÓW | 72 | M40/137 (M)575 | 00:46:14 | 04.37 |
| 138 | 1927 | CHOLEWIŃSKI Tomasz | KĘDZIERZYN-KOŹLE | POL | | 74 | M40/138 (M)579 | 00:46:17 | 04.37 |
| 139 | 1765 | NOLBERT Adam | WROCLAW | POL | | 70 | M40/139 (M)581 | 00:46:19 | 04.37 |
| 140 | 495 | HARMAZY Sebastian | WROCLAW | POL | | 74 | M40/140 (M)583 | 00:46:20 | 04.38 |
| 141 | 640 | PRUCHNICKI Mateusz | WROCLAW | POL | | 71 | M40/141 (M)586 | 00:46:22 | 04.38 |
| 142 | 610 | JACKOWICZ Rafał | SOBÓTKA | POL | | 75 | M40/142 (M)589 | 00:46:25 | 04.38 |
| 143 | 1801 | LIS Rafał | MOKRONOS DOLNY | POL | | 74 | M40/143 (M)593 | 00:46:29 | 04.38 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|------------------------|---------------------------------------|------------------|-----------------|
| 144 | 519 | KOŁODZIEJ Waldemar | GÓRKI | POL | | 71 M40/144 (M)599 | 00:46:33 | 04.39 |
| 145 | 513 | CHOLUBEK Dariusz | OLAWA | POL | | 74 M40/145 (M)602 | 00:46:36 | 04.39 |
| 146 | 773 | MARCINKIEWICZ Paweł | OPOLE | POL | UNIwersytet Opolski | 69 M40/146 (M)605 | 00:46:38 | 04.39 |
| 147 | 808 | PODWÓRNY Jan | WROCLAW | POL | | 71 M40/147 (M)607 | 00:46:40 | 04.40 |
| 148 | 833 | NAGLY Zenon | WROCLAW | POL | | 67 M40/148 (M)608 | 00:46:40 | 04.40 |
| 149 | 1639 | KRZYSIEK Radosław | GŁOGÓW | POL | | 70 M40/149 (M)610 | 00:46:42 | 04.40 |
| 150 | 322 | HETMAŃCZYK Ireneusz | OPOLE | POL | POLITECHNIKA OPOLSKA | 69 M40/150 (M)622 | 00:46:52 | 04.41 |
| 151 | 548 | ZIMON Adam | WROCLAW | POL | | 75 M40/151 (M)629 | 00:46:57 | 04.41 |
| 152 | 535 | WOŹNICA Roman | BIERZYCE | POL | | 71 M40/152 (M)636 | 00:47:00 | 04.42 |
| 153 | 883 | KUNECKI Norbert | RATOWICE | POL | | 75 M40/153 (M)642 | 00:47:06 | 04.42 |
| 154 | 1856 | KWIATKOWSKI Sławomir | KLUCZBORK | POL | | 69 M40/154 (M)643 | 00:47:07 | 04.42 |
| 155 | 657 | BROK Adam | JACZÓW | POL | | 67 M40/155 (M)647 | 00:47:08 | 04.42 |
| 156 | 966 | TATROCKI Krzysztof | SOBÓTKA | POL | | 69 M40/156 (M)652 | 00:47:13 | 04.43 |
| 157 | 442 | WARWAS Artur | WROCLAW | POL | | 66 M40/157 (M)654 | 00:47:13 | 04.43 |
| 158 | 600 | BARTKOWIAK Hubert | ŻMIGRÓD | POL | | 68 M40/158 (M)656 | 00:47:15 | 04.43 |
| 159 | 952 | TOFFEL Andrzej | GORZÓW WLKP | POL | | 72 M40/159 (M)660 | 00:47:17 | 04.43 |
| 160 | 955 | DUDEK Roman | DZIERŻONIÓW | POL | | 72 M40/160 (M)666 | 00:47:21 | 04.44 |
| 161 | 707 | OLEWICZ Andrzej | STRZELCE OPOLSKIE | POL | | 66 M40/161 (M)668 | 00:47:23 | 04.44 |
| 162 | 1942 | SKUŁA Krzysztof | ŚRODA ŚLĄSKA | POL | | 72 M40/162 (M)670 | 00:47:25 | 04.44 |
| 163 | 1593 | RAJCHELT Cezary | BIELANY WROCLAWSKIE | POL | | 66 M40/163 (M)674 | 00:47:28 | 04.44 |
| 164 | 1451 | ILNICKI Józef | PRUDNIK | POL | | 67 M40/164 (M)675 | 00:47:28 | 04.44 |
| 165 | 389 | MADEJ Dariusz | WROCLAW | POL | | 74 M40/165 (M)682 | 00:47:36 | 04.45 |
| 166 | 1857 | MATKOWSKI Jarosław | SWIDNICA | POL | | 66 M40/166 (M)687 | 00:47:41 | 04.46 |
| 167 | 453 | NIETREBA Dariusz | TRZEBNICA | POL | | 71 M40/167 (M)688 | 00:47:41 | 04.46 |
| 168 | 405 | ŻYGADŁO Tadeusz | WOŁÓW | POL | - | 73 M40/168 (M)690 | 00:47:41 | 04.46 |
| 169 | 805 | ZAGAŁA Piotr | ŚWIDNICA | POL | | 69 M40/169 (M)694 | 00:47:46 | 04.46 |
| 170 | 924 | SALAMON Artur | WROCLAW | POL | | 70 M40/170 (M)695 | 00:47:48 | 04.46 |
| 171 | 269 | MERMELA Paweł | POZNAŃ | POL | | 75 M40/171 (M)697 | 00:47:51 | 04.47 |
| 172 | 1896 | LUPA Mariusz | WROCLAW | POL | | 75 M40/172 (M)699 | 00:47:53 | 04.47 |
| 173 | 1647 | WYBIERAŁA Andrzej | RAWICZ | POL | - | 67 M40/173 (M)701 | 00:47:55 | 04.47 |
| 174 | 323 | KOWALEWSKI Robert | WROCLAW | POL | | 69 M40/174 (M)707 | 00:47:58 | 04.47 |
| 175 | 813 | GUNIA Waldemar | SIEDLEC | POL | | 75 M40/175 (M)708 | 00:47:58 | 04.47 |
| 176 | 339 | PÓLTORZYCKI Paweł | WROCLAW | POL | | 74 M40/176 (M)712 | 00:48:00 | 04.48 |
| 177 | 645 | BEDNARCZYK Bogusław | WROCLAW | POL | | 67 M40/177 (M)714 | 00:48:02 | 04.48 |
| 178 | 1457 | ŁOCAN Grzegorz | WROCLAW | POL | | 71 M40/178 (M)717 | 00:48:07 | 04.48 |
| 179 | 411 | MICHAŁOWSKI Piotr | WROCLAW | POL | | 74 M40/179 (M)718 | 00:48:09 | 04.48 |
| 180 | 345 | WÓJCIC Adrian | WROCLAW | POL | UNIwersytet Wrocławski | 74 M40/180 (M)719 | 00:48:11 | 04.49 |
| 181 | 528 | STEPOWICZ Marek | WROCLAW | POL | | 72 M40/181 (M)720 | 00:48:13 | 04.49 |
| 182 | 1070 | WYSOKIŃSKI Dariusz | WROCLAW | POL | | 70 M40/182 (M)722 | 00:48:15 | 04.49 |
| 183 | 399 | GAJOWY Artur | TRZEBNICA | POL | | 73 M40/183 (M)733 | 00:48:25 | 04.50 |
| 184 | 608 | TOPIŃSKI Waldemar | WROCLAW | POL | | 71 M40/184 (M)734 | 00:48:26 | 04.50 |
| 185 | 331 | PIELASZEK Piotr | WROCLAW | POL | | 66 M40/185 (M)737 | 00:48:29 | 04.50 |
| 186 | 1137 | WIECZOREK Jacek | WROCLAW | POL | | 72 M40/186 (M)740 | 00:48:29 | 04.50 |
| 187 | 1269 | WYTRYKOWSKI Grzegorz | ZIELONA GÓRA | POL | | 70 M40/187 (M)743 | 00:48:32 | 04.51 |
| 188 | 1670 | LISTWAN Dariusz | RUDNA | POL | | 74 M40/188 (M)747 | 00:48:36 | 04.51 |
| 189 | 1742 | SOLBIATI Davide | WROCLAW | POL | | 71 M40/189 (M)748 | 00:48:36 | 04.51 |
| 190 | 1568 | KOWANETZ Maciej | ZGORZELEC | POL | | 75 M40/190 (M)753 | 00:48:39 | 04.51 |
| 191 | 631 | LEMPACH Marek | WROCLAW | POL | | 75 M40/191 (M)757 | 00:48:47 | 04.52 |
| 192 | 1169 | KIZIŃSKI Rafał | WROCLAW | POL | | 73 M40/192 (M)767 | 00:48:54 | 04.53 |
| 193 | 1578 | CHALUPCZAK Cezary | WROCLAW | POL | | 69 M40/193 (M)770 | 00:48:55 | 04.53 |
| 194 | 618 | MICKIEWICZ Adam | GRACZE | POL | | 67 M40/194 (M)772 | 00:48:56 | 04.53 |
| 195 | 1731 | BEREZOWSKI Sławomir | KĘPA | POL | | 67 M40/195 (M)774 | 00:48:57 | 04.53 |
| 196 | 1620 | ANDREJÓW Mariusz | WROCLAW | POL | | 70 M40/196 (M)775 | 00:48:58 | 04.53 |
| 197 | 941 | SZARATA Tomasz | MIŁOSZYCE | POL | | 73 M40/197 (M)778 | 00:48:58 | 04.53 |
| 198 | 654 | PUCHALSKI Piotr | WROCLAW | POL | | 73 M40/198 (M)789 | 00:49:02 | 04.54 |
| 199 | 602 | BIERNACKI Adrian | KIELCZÓW | POL | | 71 M40/199 (M)790 | 00:49:03 | 04.54 |
| 200 | 529 | POTERA Piotr | MIŁOSZYCE | POL | | 70 M40/200 (M)792 | 00:49:05 | 04.54 |
| 201 | 1829 | BORECKI Daniel | BRZEZINA | POL | | 71 M40/201 (M)808 | 00:49:21 | 04.56 |

| 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] |
|--------------|--------|--------------------------|-----------------------|----------|--------------------------------------|---------|------------------------|-----------|----------|
| 202 | 731 | LUDWICZ Szymon | WROCLAW | POL | | 72 | M40/202 (M)812 | 00:49:30 | 04.57 |
| 203 | 849 | JANISZEWSKI Stanisław | ŚWIDNICA | POL | | 74 | M40/203 (M)814 | 00:49:32 | 04.57 |
| 204 | 1515 | KRAWCZYK Krzysztof | WROCLAW | POL | | 75 | M40/204 (M)819 | 00:49:36 | 04.57 |
| 205 | 518 | KACZOROWSKI Marcin | LEGNICA | POL | | 73 | M40/205 (M)828 | 00:49:45 | 04.58 |
| 206 | 750 | WATAŁA Krzysztof | WROCLAW | POL | | 66 | M40/206 (M)829 | 00:49:46 | 04.58 |
| 207 | 1251 | KOWALSKI Ireneusz | WROCLAW | POL | | 67 | M40/207 (M)830 | 00:49:47 | 04.58 |
| 208 | 623 | ZIELIŃSKI-WRONKA Dariusz | SWARZĘDZ | POL | | 70 | M40/208 (M)833 | 00:49:48 | 04.58 |
| 209 | 905 | WIŚNIEWSKI Radosław | LUBIN | POL | | 72 | M40/209 (M)847 | 00:50:01 | 05.00 |
| 210 | 565 | RESPONDEK Dariusz | WROCLAW | POL | | 74 | M40/210 (M)852 | 00:50:06 | 05.00 |
| 211 | 1429 | BASIŃSKI Krzysztof | OLAWA | POL | | 74 | M40/211 (M)853 | 00:50:06 | 05.00 |
| 212 | 1282 | ROSIAK Tomasz | KALISZ | POL | | 71 | M40/212 (M)855 | 00:50:07 | 05.00 |
| 213 | 796 | MRÓZ Adrian | GOGOLIN | POL | | 75 | M40/213 (M)857 | 00:50:11 | 05.01 |
| 214 | 333 | ROGOWSKI Mariusz | MIKOWICE | POL | | 72 | M40/214 (M)860 | 00:50:16 | 05.01 |
| 215 | 899 | ŻUK Zbigniew | WAŁBRZYCH | POL | | 68 | M40/215 (M)862 | 00:50:18 | 05.01 |
| 216 | 1146 | SZOSTAK Sławomir | WAŁBRZYCH | POL | - | 74 | M40/216 (M)868 | 00:50:23 | 05.02 |
| 217 | 1087 | KOWALEWSKI Grzegorz | KRZEPTÓW | POL | | 69 | M40/217 (M)875 | 00:50:29 | 05.02 |
| 218 | 639 | GOLEC Jarosław | ŚWIDNICA | POL | | 72 | M40/218 (M)879 | 00:50:33 | 05.03 |
| 219 | 477 | KOBYLAŃSKI Mirosław | OPOLE | POL | | 67 | M40/219 (M)880 | 00:50:33 | 05.03 |
| 220 | 1338 | MORASZKA Krzysztof | WROCLAW | POL | - | 67 | M40/220 (M)883 | 00:50:37 | 05.03 |
| 221 | 947 | KURÓŃ Marek | NOWA SÓL | POL | | 69 | M40/221 (M)885 | 00:50:38 | 05.03 |
| 222 | 770 | WRÓBEL Piotr | WROCLAW | POL | - | 75 | M40/222 (M)891 | 00:50:45 | 05.04 |
| 223 | 1045 | KALUŻA Tomasz | WROCLAW | POL | | 73 | M40/223 (M)905 | 00:51:01 | 05.06 |
| 224 | 948 | KASZYCKI Maciej | NOWA SÓL | POL | | 74 | M40/224 (M)907 | 00:51:04 | 05.06 |
| 225 | 781 | TABAKA Andrzej | WROCLAW | POL | | 72 | M40/225 (M)910 | 00:51:07 | 05.06 |
| 226 | 783 | ORŁOWSKI Wojciech | ŚWIDNICA | POL | | 75 | M40/226 (M)911 | 00:51:07 | 05.06 |
| 227 | 823 | NAMLIK Maciej | WAŁBRZYCH | POL | | 74 | M40/227 (M)912 | 00:51:09 | 05.06 |
| 228 | 1005 | ROMANOWSKI Roman | WROCLAW | POL | - | 71 | M40/228 (M)919 | 00:51:15 | 05.07 |
| 229 | 1126 | BIELAWSKI Robert | DOBROSZYCE | POL | | 71 | M40/229 (M)920 | 00:51:15 | 05.07 |
| 230 | 472 | NOWICKI Marek | DOBRYKOWICE | POL | | 71 | M40/230 (M)926 | 00:51:26 | 05.08 |
| 231 | 555 | MAŁAS Piotr | WROCLAW | POL | - | 66 | M40/231 (M)931 | 00:51:30 | 05.09 |
| 232 | 1184 | BABIJ Mariusz | LEGNICA | POL | | 75 | M40/232 (M)936 | 00:51:39 | 05.09 |
| 233 | 787 | KARCZYŃSKI Krzysztof | WROCLAW | POL | | 71 | M40/233 (M)937 | 00:51:40 | 05.10 |
| 234 | 1255 | ZAGÓRSKI Bolesław | WROCLAW | POL | | 73 | M40/234 (M)938 | 00:51:40 | 05.10 |
| 235 | 737 | PROKOPOWICZ Edward | DOBROSZYCE | POL | | 73 | M40/235 (M)939 | 00:51:40 | 05.10 |
| 236 | 1489 | DROZD Przemysław | OPOLE | POL | | 72 | M40/236 (M)940 | 00:51:42 | 05.10 |
| 237 | 1354 | WÓJCIAK Artur | KĄTY WROCLAWSKIE | POL | | 74 | M40/237 (M)941 | 00:51:44 | 05.10 |
| 238 | 1386 | OŻOGOWSKI Bogumił | GRACZE | POL | MONAR GRACZE | 68 | M40/238 (M)945 | 00:51:49 | 05.10 |
| 239 | 1761 | WOŁCZYK Grzegorz | ZIĘBICE | POL | | 73 | M40/239 (M)950 | 00:51:52 | 05.11 |
| 240 | 727 | BOROWIEC Robert | WROCLAW | POL | | 73 | M40/240 (M)954 | 00:51:53 | 05.11 |
| 241 | 546 | WOZIWODZKI Marcin | RAWICZ | POL | | 74 | M40/241 (M)959 | 00:51:57 | 05.11 |
| 242 | 874 | GRANICZNY Krzysztof | WROCLAW | POL | | 70 | M40/242 (M)962 | 00:52:01 | 05.12 |
| 243 | 862 | KULIBERDA Roman | STRZELIN | POL | | 72 | M40/243 (M)970 | 00:52:09 | 05.12 |
| 244 | 1121 | BUDZIAK Piotr | GROBLICE | POL | | 71 | M40/244 (M)974 | 00:52:17 | 05.13 |
| 245 | 1402 | NAGABA Grzegorz | KRAPKOWICE | POL | | 73 | M40/245 (M)975 | 00:52:21 | 05.14 |
| 246 | 1610 | WALEŃSKI Sławomir | MILICZ - ŚLAWOSZOWICE | POL | | 73 | M40/246 (M)979 | 00:52:23 | 05.14 |
| 247 | 533 | DRABIK Marcin | WROCLAW | POL | | 71 | M40/247 (M)983 | 00:52:27 | 05.14 |
| 248 | 1312 | KUCAB Andrzej | LUBIN | POL | | 66 | M40/248 (M)985 | 00:52:29 | 05.14 |
| 249 | 1757 | MAŁKIEWICZ Bartosz | OBORNIKI ŚLĄSKIE | POL | UNIwersytet Ekonomiczny we Wrocławiu | 75 | M40/249 (M)992 | 00:52:33 | 05.15 |
| 250 | 1601 | RYBAK Wojciech | SUCHY BÓR | POL | | 70 | M40/250 (M)993 | 00:52:33 | 05.15 |
| 251 | 1159 | ZATOŃSKI Tomasz | WROCLAW | POL | UNIwersytet Medyczny we Wrocławiu | 71 | M40/251 (M)994 | 00:52:36 | 05.15 |
| 252 | 502 | JEDYNAK Robert | ŚWIĘTA KATARZYNA | POL | | 66 | M40/252 (M)999 | 00:52:44 | 05.16 |
| 253 | 1313 | ANTCZAK Jacek | WROCLAW | POL | UNIwersytet Wrocławski | 69 | M40/253 (M)1002 | 00:52:47 | 05.16 |
| 254 | 906 | ALEKSANDROWICZ Krzysztof | CHRZAŚTAWA WIELKA | POL | UNIwersytet Medyczny we Wrocławiu | 76 | M40/254 (M)1003 | 00:52:47 | 05.16 |
| 255 | 847 | GOLDWASSER Zbigniew | SOBÓTKA | POL | | 66 | M40/255 (M)1004 | 00:52:47 | 05.16 |
| 256 | 879 | BOBA Jarosław | WROCLAW | POL | | 71 | M40/256 (M)1007 | 00:52:49 | 05.16 |
| 257 | 666 | APOSTOLUK Włodzimierz | WROCLAW | POL | | 70 | M40/257 (M)1010 | 00:52:50 | 05.17 |
| 258 | 613 | KICAŁA Sylwester | LUBIN | POL | | 74 | M40/258 (M)1015 | 00:53:00 | 05.18 |
| 259 | 751 | BUDZYŃSKI Arek | WIELUŃ | POL | | 66 | M40/259 (M)1020 | 00:53:04 | 05.18 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|---|---------------------|----------------|-------------------------------|------------------|-----------------|
| 260 | 1257 | WADAS Krzysztof | POLKOWICE |  | POL | 75 | M40/260 (M)1021 | 00:53:04 | 05.18 |
| 261 | 882 | IWAŃSKI Jacek | WROCLAW |  | POL | 66 | M40/261 (M)1027 | 00:53:08 | 05.18 |
| 262 | 713 | KOZICKI Krzysztof | OLAWA |  | POL | 69 | M40/262 (M)1029 | 00:53:11 | 05.19 |
| 263 | 563 | OCHOTA Marcin | JELEŃ GÓRA |  | POL | 75 | M40/263 (M)1032 | 00:53:12 | 05.19 |
| 264 | 911 | ŁUCZAK Tomasz | WROCLAW |  | POL | 71 | M40/264 (M)1034 | 00:53:14 | 05.19 |
| 265 | 1158 | TARCZYŃSKI Wiesław | PIASECZNO |  | POL | 70 | M40/265 (M)1036 | 00:53:16 | 05.19 |
| 266 | 970 | BARTODZIEJSKI Jacek | JAWORZYNA ŚLĄSKA |  | POL | 70 | M40/266 (M)1039 | 00:53:22 | 05.20 |
| 267 | 1658 | TYRAS Piotr | CZĘSTOCHOWA |  | POL | 69 | M40/267 (M)1049 | 00:53:32 | 05.21 |
| 268 | 1638 | RAK Marcin | WROCLAW |  | POL | 70 | M40/268 (M)1058 | 00:53:47 | 05.22 |
| 269 | 1101 | PURZYCKI Rafał | WROCLAW |  | POL | 75 | M40/269 (M)1061 | 00:53:49 | 05.22 |
| 270 | 1099 | SUCHENIA Daniel | WAŁBRZYCH |  | POL | 71 | M40/270 (M)1063 | 00:53:50 | 05.23 |
| 271 | 892 | PLAMIENIAK Maciej | WROCLAW |  | POL | 74 | M40/271 (M)1064 | 00:53:54 | 05.23 |
| 272 | 795 | POLEHOJKO Dariusz | WROCLAW |  | POL | 75 | M40/272 (M)1065 | 00:53:54 | 05.23 |
| 273 | 1847 | GALEWSKI Piotr | WROCLAW |  | POL | 69 | M40/273 (M)1073 | 00:54:10 | 05.25 |
| 274 | 1698 | SZAŁAJKO Jacek | WROCLAW |  | POL | 69 | M40/274 (M)1074 | 00:54:10 | 05.25 |
| 275 | 1936 | GICZEWSKI Paweł | WROCLAW |  | POL | 71 | M40/275 (M)1080 | 00:54:18 | 05.25 |
| 276 | 1056 | OSADNIK Ryszard | ZĄBKOWICE ŚLĄSKIE |  | POL | 72 | M40/276 (M)1087 | 00:54:30 | 05.27 |
| 277 | 589 | KRESAK Paweł | WROCLAW |  | POL | 73 | M40/277 (M)1098 | 00:54:47 | 05.28 |
| 278 | 725 | PULA Krystian | WROCLAW |  | POL | 73 | M40/278 (M)1099 | 00:54:49 | 05.28 |
| 279 | 1127 | BIELAWSKI Marcin | DOBROSZYCE |  | POL | 73 | M40/279 (M)1104 | 00:55:00 | 05.30 |
| 280 | 1791 | DOMAGAŁA Marcin | WROCLAW |  | POL | 72 | M40/280 (M)1111 | 00:55:15 | 05.31 |
| 281 | 746 | KOROLUK Sławomir | GDYNIA |  | POL | 71 | M40/281 (M)1112 | 00:55:17 | 05.31 |
| 282 | 1113 | SZCZEPANIAK Tomasz | WILCZYCE |  | POL | 74 | M40/282 (M)1115 | 00:55:19 | 05.31 |
| 283 | 1782 | LENORT Jarosław | GÓRA |  | POL | 70 | M40/283 (M)1116 | 00:55:20 | 05.32 |
| 284 | 585 | SZPILAREWICZ Mariusz | ZIĘBICE |  | POL | 75 | M40/284 (M)1119 | 00:55:23 | 05.32 |
| 285 | 1152 | HODUR Jacek | LIBIAŻ |  | POL | 73 | M40/285 (M)1120 | 00:55:24 | 05.32 |
| 286 | 1283 | KUBIAK Wojciech | TRZEBNICA |  | POL | 74 | M40/286 (M)1134 | 00:55:47 | 05.34 |
| 287 | 1234 | CZERWIECKI Mariusz | STRZEGOM |  | POL | 67 | M40/287 (M)1146 | 00:56:08 | 05.36 |
| 288 | 1755 | KEMBŁOWSKI Arkadiusz | OLEŚNICA |  | POL | 75 | M40/288 (M)1148 | 00:56:12 | 05.37 |
| 289 | 1522 | KRAKOWSKI Albert | WROCLAW |  | POL | 73 | M40/289 (M)1150 | 00:56:14 | 05.37 |
| 290 | 501 | SZYMCZYNA Marcin | OLAWA |  | POL | 75 | M40/290 (M)1152 | 00:56:23 | 05.38 |
| 291 | 1629 | PAWLAK Marek | WROCLAW |  | POL | 69 | M40/291 (M)1154 | 00:56:29 | 05.38 |
| 292 | 1353 | KUKUROWSKI Jarosław | SMOLEC |  | POL | 71 | M40/292 (M)1158 | 00:56:39 | 05.39 |
| 293 | 827 | KURENDA Norbert | BOLESŁAWIEC |  | POL | 75 | M40/293 (M)1163 | 00:56:46 | 05.40 |
| 294 | 1862 | ROMANEK Dariusz | WILCZYCE |  | POL | 71 | M40/294 (M)1165 | 00:56:48 | 05.40 |
| 295 | 1064 | ZARĘBA Daniel | WROCLAW |  | POL | 72 | M40/295 (M)1170 | 00:56:58 | 05.41 |
| 296 | 1178 | JAKUBIAK Ireneusz | WROCLAW |  | POL | 71 | M40/296 (M)1171 | 00:57:01 | 05.42 |
| 297 | 1714 | REJDA Arkadiusz | WROCLAW |  | POL | 72 | M40/297 (M)1174 | 00:57:06 | 05.42 |
| 298 | 1704 | MASŁO Andrzej | BYSTRZYCA |  | POL | 72 | M40/298 (M)1181 | 00:57:13 | 05.43 |
| 299 | 1043 | SREBRNY Mirosław | ROGOŹ |  | POL | 68 | M40/299 (M)1184 | 00:57:23 | 05.44 |
| 300 | 1308 | CZYŻ Stanisław | KAMIENIEC ZĄBKOWICKI |  | POL | 71 | M40/300 (M)1197 | 00:57:54 | 05.47 |
| 301 | 724 | KLIMONDA Tomasz | WROCLAW |  | POL | 75 | M40/301 (M)1200 | 00:57:57 | 05.47 |
| 302 | 1443 | WITKOWSKI Marek | OPOLE |  | POL | 74 | M40/302 (M)1201 | 00:57:58 | 05.47 |
| 303 | 1286 | KRAWCZYK Tomasz | STRZEGOM |  | POL | 70 | M40/303 (M)1204 | 00:58:02 | 05.48 |
| 304 | 590 | SZOCIK Sebastian | WROCLAW |  | POL | 74 | M40/304 (M)1206 | 00:58:04 | 05.48 |
| 305 | 1201 | SITARSKI Jacek | ŚWIDNICA |  | POL | 74 | M40/305 (M)1210 | 00:58:14 | 05.49 |
| 306 | 1551 | WILUSZ Henryk | DOBRZEŃ WIELKI |  | POL | 72 | M40/306 (M)1211 | 00:58:14 | 05.49 |
| 307 | 678 | KOPKA Wojciech | WROCLAW |  | POL | 75 | M40/307 (M)1217 | 00:58:35 | 05.51 |
| 308 | 1380 | REGIŃCZUK Piotr | WROCLAW |  | POL | 67 | M40/308 (M)1222 | 00:58:51 | 05.53 |
| 309 | 1135 | ANTOSZEWSKI Jacek | ZIELONA GÓRA |  | POL | 74 | M40/309 (M)1227 | 00:59:08 | 05.54 |
| 310 | 1375 | PTAK Rafał | WROCLAW |  | POL | 71 | M40/310 (M)1228 | 00:59:09 | 05.54 |
| 311 | 1597 | BORZYMEK Robert | BOLESŁAWIEC |  | POL | 68 | M40/311 (M)1242 | 00:59:48 | 05.58 |
| 312 | 1669 | CZOK Artur | WROCLAW |  | POL | 70 | M40/312 (M)1246 | 00:59:54 | 05.59 |
| 313 | 810 | PAWLIK Marek | NYSA |  | POL | 74 | M40/313 (M)1250 | 00:59:58 | 05.59 |
| 314 | 1600 | BARTNIK Robert | OLEŚNICA |  | POL | 72 | M40/314 (M)1252 | 01:00:07 | 06.00 |
| 315 | 1594 | WIATR Sławek | OLEŚNICA |  | POL | 73 | M40/315 (M)1253 | 01:00:07 | 06.00 |
| 316 | 1553 | KOŁODZIEJCZYK Wojciech | PSARY |  | POL | 75 | M40/316 (M)1255 | 01:00:12 | 06.01 |
| 317 | 1832 | PALUCH Wojciech | PEŁCZYN |  | POL | 74 | M40/317 (M)1260 | 01:00:19 | 06.01 |



























































| 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] |
|--------------|--------|-----------------------|------------------|----------|--|---------|------------------------|-----------|----------|
| 318 | 1100 | LIMANÓWKA Paweł | KĄTY WROCŁAWSKIE | POL | | 75 | M40/318 (M)1262 | 01:00:23 | 06.02 |
| 319 | 1048 | POŹNIAK Łukasz | WRÓBLOWICE | POL | | 75 | M40/319 (M)1263 | 01:00:32 | 06.03 |
| 320 | 982 | PUCEK Przemysław | SMOLEC | POL | | 72 | M40/320 (M)1264 | 01:00:32 | 06.03 |
| 321 | 1447 | KĘDZIERSKI Zbigniew | SOSNOWIEC | POL | | 68 | M40/321 (M)1279 | 01:01:25 | 06.08 |
| 322 | 1065 | SKOWRON Jerzy | WROCLAW | POL | | 72 | M40/322 (M)1282 | 01:01:32 | 06.09 |
| 323 | 1474 | BANASIAK Adam | WROCLAW | POL | | 75 | M40/323 (M)1287 | 01:01:46 | 06.10 |
| 324 | 997 | FILIPEK Piotr | JELCZ LASKOWICE | POL | | 72 | M40/324 (M)1289 | 01:01:51 | 06.11 |
| 325 | 1661 | BOROWIECKI Rafał | WROCLAW | POL | WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH | 75 | M40/325 (M)1290 | 01:01:52 | 06.11 |
| 326 | 1510 | WALTER Marcin | PASZOWICE | POL | | 66 | M40/326 (M)1298 | 01:02:50 | 06.17 |
| 327 | 1335 | BOGDAŃSKI Piotr | WROCLAW | POL | | 72 | M40/327 (M)1301 | 01:03:14 | 06.19 |
| 328 | 1665 | LATUSZEK Krzysztof | WROCLAW | POL | | 75 | M40/328 (M)1302 | 01:03:20 | 06.20 |
| 329 | 1033 | KALINKIEWICZ Robert | WROCLAW | POL | | 68 | M40/329 (M)1305 | 01:03:40 | 06.22 |
| 330 | 1111 | DZIAŁAKIEWICZ Paweł | WROCLAW | POL | | 74 | M40/330 (M)1308 | 01:03:57 | 06.23 |
| 331 | 1343 | CHORAŻEWSKI Krzysztof | GALÓW | POL | | 75 | M40/331 (M)1312 | 01:04:23 | 06.26 |
| 332 | 722 | BAZELA Krzysztof | WROCLAW | POL | | 73 | M40/332 (M)1313 | 01:04:34 | 06.27 |
| 333 | 1459 | NOWAK Piotr | PABIANICE | POL | | 70 | M40/333 (M)1319 | 01:07:48 | 06.46 |
| 334 | 1662 | KRYŚ Artur | WAŁBRZYCH | POL | | 69 | M40/334 (M)1320 | 01:08:11 | 06.49 |
| 335 | 1566 | KOZIŃSKI Jędrzej | WROCLAW | POL | | 73 | M40/335 (M)1322 | 01:08:26 | 06.50 |
| 336 | 1120 | HOLYŃSKI Grzegorz | WROCLAW | POL | | 66 | M40/336 (M)1327 | 01:09:57 | 06.59 |
| 337 | 1332 | LISOWSKI Jacek | TURAWA | POL | | 68 | M40/337 (M)1330 | 01:11:03 | 07.06 |
| 338 | 1385 | SOŃNICKI Jan | GRACZE | POL | MONAR GRACZE | 67 | M40/338 (M)1338 | 01:17:00 | 07.42 |

Bieg 10km Mężczyźni KATEGORIA:M30

| | | | | | | | | | |
|----|------|---------------------|-------------------|-----|-----------------------------------|----|---------------|----------|-------|
| 1 | 5 | KERN Artur | HRUBIESZÓW | POL | | 80 | M30/1 (M)2 | 00:30:59 | 03.05 |
| 2 | 1786 | SOBAS Jacek | KĘDZIERZYN-KOŹLE | POL | | 85 | M30/2 (M)5 | 00:32:12 | 03.13 |
| 3 | 51 | PUTYRA Adam | WYSOKA | POL | | 83 | M30/3 (M)7 | 00:32:34 | 03.15 |
| 4 | 55 | KONDRATOWICZ Łukasz | KAMIENNA GÓRA | POL | | 81 | M30/4 (M)12 | 00:32:59 | 03.17 |
| 5 | 1561 | SOBCZYK Tomasz | WROCLAW | POL | | 77 | M30/5 (M)14 | 00:33:17 | 03.19 |
| 6 | 38 | SAMOTIJ Dominik | WROCLAW | POL | UNIwersytet Medyczny we Wrocławiu | 82 | M30/6 (M)15 | 00:33:28 | 03.20 |
| 7 | 1494 | WITKOWSKI Marcin | KROTOSZYN | POL | | 85 | M30/7 (M)16 | 00:33:36 | 03.21 |
| 8 | 23 | PERDION Paweł | WROCLAW | POL | | 79 | M30/8 (M)22 | 00:34:08 | 03.24 |
| 9 | 50 | KADLUCZKA Jan | GŁOGÓWEK | POL | | 83 | M30/9 (M)24 | 00:34:10 | 03.25 |
| 10 | 1667 | ANTCZAK Robert | RACIBÓRZ | POL | | 81 | M30/10 (M)25 | 00:34:15 | 03.25 |
| 11 | 75 | GRODECKI Sebastian | CHOCIANÓW | POL | | 78 | M30/11 (M)29 | 00:34:53 | 03.29 |
| 12 | 31 | TYBUREK Rafał | OLAWA | POL | | 78 | M30/12 (M)30 | 00:34:55 | 03.29 |
| 13 | 1684 | KŁONOWSKI Tomasz | OLAWA | POL | | 77 | M30/13 (M)34 | 00:35:13 | 03.31 |
| 14 | 46 | KARASOWSKI Łukasz | BRZEG | POL | | 83 | M30/14 (M)40 | 00:35:45 | 03.34 |
| 15 | 207 | WUJAK Dominik | LUBIN | POL | | 83 | M30/15 (M)42 | 00:35:53 | 03.35 |
| 16 | 1652 | BOJCZUK Krzysztof | WROCLAW | POL | | 84 | M30/16 (M)46 | 00:35:59 | 03.35 |
| 17 | 1536 | OPALIŃSKI Arkadiusz | WROCLAW | POL | | 82 | M30/17 (M)47 | 00:36:07 | 03.36 |
| 18 | 139 | LATAŁA Szymon | ŚRODA ŚLĄSKA | POL | | 78 | M30/18 (M)51 | 00:36:13 | 03.37 |
| 19 | 27 | PELC Paweł | WROCLAW | POL | | 78 | M30/19 (M)54 | 00:36:23 | 03.38 |
| 20 | 232 | KOMOROWSKI Karol | TRZEBNICA | POL | | 82 | M30/20 (M)58 | 00:36:55 | 03.41 |
| 21 | 1812 | WAWRZYŃIAK Łukasz | WALIM | POL | | 85 | M30/21 (M)63 | 00:37:00 | 03.42 |
| 22 | 202 | KARKOSZKA Bartosz | OSTRZESZÓW | POL | | 80 | M30/22 (M)64 | 00:37:03 | 03.42 |
| 23 | 158 | GUŁAJ Artur | LEGNICA | POL | | 77 | M30/23 (M)66 | 00:37:16 | 03.43 |
| 24 | 33 | MUSIAŁ Artur | NAMYSŁÓW | POL | | 76 | M30/24 (M)67 | 00:37:21 | 03.44 |
| 25 | 1675 | KONONOWICZ Leszek | ŻMIGRÓD | POL | | 84 | M30/25 (M)72 | 00:37:34 | 03.45 |
| 26 | 24 | CIBIS Paweł | WROCLAW | POL | | 82 | M30/26 (M)74 | 00:37:38 | 03.45 |
| 27 | 118 | BUDNIK Łukasz | WROCLAW | POL | | 84 | M30/27 (M)77 | 00:37:49 | 03.46 |
| 28 | 200 | PISKORZ Łukasz | BOREK STRZELIŃSKI | POL | | 81 | M30/28 (M)84 | 00:37:56 | 03.47 |
| 29 | 204 | WOJTYŁO Michał | WROCLAW | POL | | 82 | M30/29 (M)85 | 00:37:57 | 03.47 |
| 30 | 1538 | BARANOWSKI Jacek | BOGUSZÓW-GORCE | POL | | 78 | M30/30 (M)89 | 00:38:08 | 03.48 |
| 31 | 198 | KAWOŃ Piotr | NAMYSŁÓW | POL | | 80 | M30/31 (M)95 | 00:38:20 | 03.50 |
| 32 | 80 | ZBOROWSKI Robert | OSTRZESZÓW | POL | | 77 | M30/32 (M)98 | 00:38:30 | 03.51 |
| 33 | 110 | MANIAK Adam | MIŁOSZYCE | POL | WSB WROCLAW | 79 | M30/33 (M)99 | 00:38:31 | 03.51 |
| 34 | 86 | PRZYTOCKI Janusz | KŁODZKO | POL | | 76 | M30/34 (M)101 | 00:38:32 | 03.51 |
| 35 | 475 | ŻEROMSKI Adrian | BOGUSZÓW-GORCE | POL | | 84 | M30/35 (M)105 | 00:38:38 | 03.51 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|
| 36 | 165 | KALEMBKIEWICZ Mirek | WROCLAW | POL | | 76 | M30/36 (M)107 | 00:38:39 | 03.51 |
| 37 | 149 | SOLIWODA Andrzej | POZNAŃ | POL | | 76 | M30/37 (M)111 | 00:38:48 | 03.52 |
| 38 | 1724 | BANASZEWSKI Wojciech | WROCLAW | POL | | 80 | M30/38 (M)112 | 00:38:48 | 03.52 |
| 39 | 134 | MICH Łukasz | WROCLAW | POL | | 85 | M30/39 (M)115 | 00:38:52 | 03.53 |
| 40 | 74 | KRZEMIŃSKI Piotr | WYSOKA | POL | | 81 | M30/40 (M)118 | 00:38:57 | 03.53 |
| 41 | 448 | WŁODARCZYK Krzysztof | JELCZ-LASKOWICE | POL | | 81 | M30/41 (M)119 | 00:38:58 | 03.53 |
| 42 | 1708 | PIECZYŃSKI Szymon | WYSOCKO MAŁE | POL | | 77 | M30/42 (M)121 | 00:39:00 | 03.54 |
| 43 | 146 | GIERASIMIUK Grzegorz | WARSZAWA | POL | | 84 | M30/43 (M)122 | 00:39:01 | 03.54 |
| 44 | 220 | DURMAJ Bartek | WROCLAW | POL | | 84 | M30/44 (M)123 | 00:39:04 | 03.54 |
| 45 | 66 | FRANCZAK Mariusz | KSIĘGINICE | POL | | 77 | M30/45 (M)124 | 00:39:05 | 03.54 |
| 46 | 214 | CZECH Paweł | PROCHOWICE | POL | | 80 | M30/46 (M)126 | 00:39:10 | 03.55 |
| 47 | 135 | LACH Sebastian | GRODKÓW | POL | | 76 | M30/47 (M)127 | 00:39:10 | 03.55 |
| 48 | 1642 | SIKORSKI Wojciech | SIECHNICE | POL | | 77 | M30/48 (M)129 | 00:39:12 | 03.55 |
| 49 | 229 | SZWAŁKO Kamil | MIRSK | POL | | 85 | M30/49 (M)130 | 00:39:12 | 03.55 |
| 50 | 1957 | KARCZYŃSKI Dariusz | OLEŚNICA | POL | | 76 | M30/50 (M)133 | 00:39:17 | 03.55 |
| 51 | 1822 | BODZIOCH Grzegorz | NAMYSŁÓW | POL | | 82 | M30/51 (M)142 | 00:39:29 | 03.56 |
| 52 | 1887 | PRYSTASZ Krzysztof | OLAWA | POL | | 78 | M30/52 (M)145 | 00:39:32 | 03.57 |
| 53 | 248 | KRUPA Adam | WROCLAW | POL | | 79 | M30/53 (M)151 | 00:39:35 | 03.57 |
| 54 | 254 | BORKOWSKI Maciej | WROCLAW | POL | | 81 | M30/54 (M)152 | 00:39:37 | 03.57 |
| 55 | 62 | ŁABUZ Sylwester | DZIERŻONIÓW | POL | | 85 | M30/55 (M)153 | 00:39:37 | 03.57 |
| 56 | 1737 | ŚWIĘCICKI Daniel | ŚWIDNICA | POL | | 79 | M30/56 (M)154 | 00:39:39 | 03.57 |
| 57 | 1871 | SZCZEPLEK Jan | WARSZAWA | POL | | 85 | M30/57 (M)157 | 00:39:42 | 03.58 |
| 58 | 1860 | GONCZAREK Bartosz | KAMIENIEC | POL | | 78 | M30/58 (M)160 | 00:39:46 | 03.58 |
| 59 | 1769 | GOMUŁKIEWICZ Filip | WROCLAW | POL | | 84 | M30/59 (M)163 | 00:39:49 | 03.58 |
| 60 | 261 | ARCISZEWSKI Marcin | WAŁBRZYCH | POL | | 79 | M30/60 (M)164 | 00:39:50 | 03.59 |
| 61 | 240 | KUNICKI Konrad | WROCLAW | POL | | 82 | M30/61 (M)168 | 00:39:55 | 03.59 |
| 62 | 277 | ZALUBSKI Jacek | JELCZ-LASKOWICE | POL | | 85 | M30/62 (M)170 | 00:39:55 | 03.59 |
| 63 | 216 | GRYBOŚ Piotr | KOSZĘCIN | POL | | 76 | M30/63 (M)172 | 00:39:57 | 03.59 |
| 64 | 169 | KRAWCZYK Łukasz | OSTRÓW WIELKOPOLSKI | POL | | 79 | M30/64 (M)174 | 00:39:57 | 03.59 |
| 65 | 1840 | ŚWIĘCICKI Piotr | ŚWIDNICA | POL | | 80 | M30/65 (M)179 | 00:40:01 | 04.00 |
| 66 | 67 | URBAN Jarosław | JAROCIN | POL | | 77 | M30/66 (M)182 | 00:40:04 | 04.00 |
| 67 | 1966 | WROŃSKI Tomasz | LUTYNIA | POL | | 79 | M30/67 (M)183 | 00:40:07 | 04.00 |
| 68 | 242 | GRAD Łukasz | LEGNICA | POL | | 83 | M30/68 (M)185 | 00:40:09 | 04.00 |
| 69 | 1262 | PODSADNY Marcin | OSTROŁĘKA | POL | | 84 | M30/69 (M)190 | 00:40:14 | 04.01 |
| 70 | 1705 | SUDOLSKI Emil | OLEŚNICA | POL | | 80 | M30/70 (M)194 | 00:40:20 | 04.02 |
| 71 | 1674 | GAJLUSZ Dawid | OLEŚNICA | POL | | 85 | M30/71 (M)195 | 00:40:21 | 04.02 |
| 72 | 68 | PALACZ Marcin | BRZEG | POL | | 77 | M30/72 (M)196 | 00:40:21 | 04.02 |
| 73 | 97 | PAWŁOWSKI Mariusz | JESZKOWICE | POL | | 79 | M30/73 (M)197 | 00:40:22 | 04.02 |
| 74 | 173 | DUDZIŃSKI Marcin | WAŁBRZYCH | POL | | 78 | M30/74 (M)202 | 00:40:26 | 04.02 |
| 75 | 239 | CIMICKI Jacek | WROCLAW | POL | | 82 | M30/75 (M)204 | 00:40:28 | 04.02 |
| 76 | 379 | STĘPIEŃ Marcin | WROCLAW | POL | | 82 | M30/76 (M)206 | 00:40:34 | 04.03 |
| 77 | 1898 | WÓJCIK Robert | WROCLAW | POL | | 84 | M30/77 (M)208 | 00:40:37 | 04.03 |
| 78 | 99 | MRUGAŁA Maciej | WROCLAW | POL | | 85 | M30/78 (M)209 | 00:40:38 | 04.03 |
| 79 | 174 | KARWICKI Tomasz | WROCLAW | POL | | 79 | M30/79 (M)211 | 00:40:40 | 04.04 |
| 80 | 58 | ZAWADZKI Krzysztof | BIELANY WROCLAWSKIE | POL | | 85 | M30/80 (M)212 | 00:40:41 | 04.04 |
| 81 | 243 | SADURSKI Dariusz | WROCLAW | POL | | 83 | M30/81 (M)214 | 00:40:43 | 04.04 |
| 82 | 444 | PIERZGA Rafał | LEGNICA | POL | | 80 | M30/82 (M)215 | 00:40:43 | 04.04 |
| 83 | 324 | ZDROWOWICZ Adam | BOLESŁAWIEC | POL | | 81 | M30/83 (M)217 | 00:40:50 | 04.05 |
| 84 | 83 | KUMISZCZO Artur | WSCHOWA | POL | | 78 | M30/84 (M)219 | 00:40:52 | 04.05 |
| 85 | 347 | KALUŻNY Sebastian | WROCLAW | POL | | 79 | M30/85 (M)221 | 00:40:53 | 04.05 |
| 86 | 268 | KULESZA Maciej | ŁÓDŹ | POL | | 77 | M30/86 (M)223 | 00:40:55 | 04.05 |
| 87 | 69 | POSŁUSZNY Paweł | WROCLAW | POL | AWF WROCLAW | 79 | M30/87 (M)224 | 00:40:56 | 04.05 |
| 88 | 918 | POPLAWSKI Tomasz | WROCLAW | POL | | 80 | M30/88 (M)228 | 00:41:02 | 04.06 |
| 89 | 414 | ACHTEL Paweł | MILICZ | POL | | 81 | M30/89 (M)230 | 00:41:04 | 04.06 |
| 90 | 177 | SKRZYPCZAK Tomasz | WROCLAW | POL | | 85 | M30/90 (M)231 | 00:41:08 | 04.06 |
| 91 | 936 | MARGOL Paweł | WROCLAW | POL | | 83 | M30/91 (M)232 | 00:41:09 | 04.06 |
| 92 | 161 | KULIŃSKI Maciej | WROCLAW | POL | | 85 | M30/92 (M)233 | 00:41:09 | 04.06 |
| 93 | 1595 | LATUS Łukasz | WYSOKA | POL | | 85 | M30/93 (M)235 | 00:41:13 | 04.07 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|-----------------------|---------------------|----------|-------------------------------|---------|------------------------|-----------|----------|
| 94 | 1889 | TRAWIŃSKI Robert | WROCLAW | | POL | 83 | M30/94 (M)236 | 00:41:14 | 04.07 |
| 95 | 224 | KAROLISZYN Damian | DOMASŁAW | | POL - | 83 | M30/95 (M)239 | 00:41:21 | 04.08 |
| 96 | 431 | DROBINA Marcin | JELCZ-LASKOWICE | | POL | 82 | M30/96 (M)240 | 00:41:22 | 04.08 |
| 97 | 1809 | GRZEGOREK Łukasz | WOJNOWICE | | POL | 79 | M30/97 (M)242 | 00:41:27 | 04.08 |
| 98 | 98 | KORZEŃ Artur | OLAWA | | POL | 76 | M30/98 (M)243 | 00:41:29 | 04.08 |
| 99 | 1891 | ŁUCZAK Jarosław | POLANICA ZDRÓJ | | POL | 76 | M30/99 (M)247 | 00:41:30 | 04.09 |
| 100 | 658 | BODZIUCH Grzegorz | WROCLAW | | POL | 79 | M30/100 (M)250 | 00:41:31 | 04.09 |
| 101 | 1527 | KANIA Tomasz | WROCLAW | | POL | 79 | M30/101 (M)254 | 00:41:41 | 04.10 |
| 102 | 492 | TOLŁOCZKO Arkadiusz | CHWAŁOWICE | | POL | 77 | M30/102 (M)255 | 00:41:41 | 04.10 |
| 103 | 1106 | GRZESIK Paweł | WALBRZYCH | | POL | 79 | M30/103 (M)257 | 00:41:43 | 04.10 |
| 104 | 237 | CHROBOT Mariusz | KRĘPICE | | POL | 79 | M30/104 (M)259 | 00:41:43 | 04.10 |
| 105 | 850 | ALMINAS Ramunas | WROCLAW | | LTU | 80 | M30/105 (M)261 | 00:41:45 | 04.10 |
| 106 | 241 | FIGAS Sebastian | SADKÓW | | POL | 76 | M30/106 (M)268 | 00:41:52 | 04.11 |
| 107 | 145 | KSYCKI Grzegorz | WROCLAW | | POL | 76 | M30/107 (M)269 | 00:41:53 | 04.11 |
| 108 | 421 | KAJDAK Dawid | DABROWA GÓRNICZA | | POL | 77 | M30/108 (M)270 | 00:41:53 | 04.11 |
| 109 | 1895 | MUNIAK Paweł | BOLESŁAWIEC | | POL | 78 | M30/109 (M)271 | 00:41:53 | 04.11 |
| 110 | 1865 | ŁANIEWSKI Krzysztof | WROCLAW | | POL | 82 | M30/110 (M)273 | 00:41:54 | 04.11 |
| 111 | 384 | WNUKOWSKI Marcin | TRZEBNICA | | POL | 79 | M30/111 (M)277 | 00:41:56 | 04.11 |
| 112 | 1779 | POCIEJOWSKI Fryderyk | WROCLAW | | POL | 82 | M30/112 (M)278 | 00:41:58 | 04.11 |
| 113 | 1706 | ZĄBKIEWICZ Grzegorz | CZĘSTOCHOWA | | POL | 83 | M30/113 (M)279 | 00:41:58 | 04.11 |
| 114 | 103 | PRUCIAK Krzysztof | PIEKARY ŚLĄSKIE | | POL - | 84 | M30/114 (M)282 | 00:41:59 | 04.11 |
| 115 | 350 | TUBICZ Paweł | WROCLAW | | POL | 79 | M30/115 (M)285 | 00:42:01 | 04.12 |
| 116 | 1873 | WIKTOROWICZ Tomasz | WROCLAW | | POL | 81 | M30/116 (M)288 | 00:42:03 | 04.12 |
| 117 | 1935 | NIEDŹWIEDŹ Tomasz | STRACHÓW | | POL | 80 | M30/117 (M)289 | 00:42:04 | 04.12 |
| 118 | 1821 | PIETRZAK Kamil | OPOLE | | POL | 85 | M30/118 (M)292 | 00:42:10 | 04.13 |
| 119 | 380 | BOBERSKI Piotr | WROCLAW | | POL | 84 | M30/119 (M)293 | 00:42:11 | 04.13 |
| 120 | 893 | KOWNACKI Marcin | NAMYSŁÓW | | POL | 80 | M30/120 (M)294 | 00:42:12 | 04.13 |
| 121 | 740 | KALISZCZAK Dawid | JAWOR | | POL | 77 | M30/121 (M)296 | 00:42:15 | 04.13 |
| 122 | 478 | PODESZWA Przemysław | WODZISŁAW ŚLĄSKI | | POL | 79 | M30/122 (M)297 | 00:42:16 | 04.13 |
| 123 | 294 | BIJAK Andrzej | PIETRZYKOWICE | | POL | 80 | M30/123 (M)299 | 00:42:17 | 04.13 |
| 124 | 1564 | OTROCKI Michał | BIELAWA | | POL DOLNOŚLĄSKA SZKOŁA WYŻSZA | 78 | M30/124 (M)303 | 00:42:19 | 04.13 |
| 125 | 309 | PIOTROWSKI Marek | WROCLAW | | POL | 84 | M30/125 (M)304 | 00:42:19 | 04.13 |
| 126 | 1886 | KONIECZNY Andrzej | WROCLAW | | POL | 77 | M30/126 (M)306 | 00:42:20 | 04.14 |
| 127 | 1922 | WÓJCIK Rafał | WROCLAW | | POL | 77 | M30/127 (M)318 | 00:42:35 | 04.15 |
| 128 | 1961 | GRADZIK Michał | WROCLAW | | POL | 85 | M30/128 (M)320 | 00:42:38 | 04.15 |
| 129 | 449 | STILLER Karol | KUSIĘTA | | POL | 84 | M30/129 (M)321 | 00:42:38 | 04.15 |
| 130 | 171 | KOWNACKI Kamil | NAMYSŁÓW | | POL | 82 | M30/130 (M)324 | 00:42:40 | 04.16 |
| 131 | 483 | KOWALCZYK Łukasz | BARDO | | POL | 82 | M30/131 (M)325 | 00:42:41 | 04.16 |
| 132 | 408 | TOMCZUK Krzysztof | WROCLAW | | POL | 82 | M30/132 (M)330 | 00:42:45 | 04.16 |
| 133 | 452 | WŁOCHAL Robert | WALBRZYCH | | POL | 83 | M30/133 (M)333 | 00:42:46 | 04.16 |
| 134 | 287 | PIRÓG Marek | BOLESŁAWIEC | | POL | 84 | M30/134 (M)334 | 00:42:47 | 04.16 |
| 135 | 326 | RADWAN Krzysztof | WROCLAW | | POL | 76 | M30/135 (M)337 | 00:42:48 | 04.16 |
| 136 | 1682 | KOZYRA Janusz | LEGNICA | | POL | 76 | M30/136 (M)339 | 00:42:50 | 04.17 |
| 137 | 1549 | WALCZAK Krzysztof | NOWA RUDA | | POL | 79 | M30/137 (M)340 | 00:42:51 | 04.17 |
| 138 | 1541 | STUKUS Damian | NOWA RUDA | | POL | 79 | M30/138 (M)341 | 00:42:51 | 04.17 |
| 139 | 1953 | BILIŃSKI Michał | OSTRÓW WIELKOPOLSKI | | POL | 84 | M30/139 (M)342 | 00:42:52 | 04.17 |
| 140 | 1565 | WNEK Artur | JANUSZKOWICE | | POL | 79 | M30/140 (M)343 | 00:42:52 | 04.17 |
| 141 | 87 | BRYLONEK Grzegorz | WROCLAW | | POL | 76 | M30/141 (M)348 | 00:42:56 | 04.17 |
| 142 | 486 | SKORZYCKI Emil | WROCLAW | | POL | 76 | M30/142 (M)349 | 00:42:57 | 04.17 |
| 143 | 464 | TATYS Łukasz | WROCLAW | | POL | 83 | M30/143 (M)351 | 00:42:57 | 04.17 |
| 144 | 257 | RADECKI Maciej | WROCLAW | | POL | 82 | M30/144 (M)352 | 00:42:58 | 04.17 |
| 145 | 1956 | BOROWIK Łukasz | OLEŚNICA | | POL | 82 | M30/145 (M)353 | 00:42:58 | 04.17 |
| 146 | 183 | OWCZAREK Marcin | JELEŃ GÓRA | | POL | 78 | M30/146 (M)355 | 00:42:59 | 04.17 |
| 147 | 1699 | DĄBROWSKI Piotr | ŚWIDNICA | | POL | 83 | M30/147 (M)367 | 00:43:15 | 04.19 |
| 148 | 443 | BILSKI Przemysław | OSTRÓW WIELKOPOLSKI | | POL | 85 | M30/148 (M)369 | 00:43:16 | 04.19 |
| 149 | 383 | LISIECKI Adrian | WROCLAW | | POL | 76 | M30/149 (M)370 | 00:43:16 | 04.19 |
| 150 | 286 | GRUSZCZYŃSKI Grzegorz | KAMIENŃ GÓROWSKI | | POL | 81 | M30/150 (M)371 | 00:43:19 | 04.19 |
| 151 | 1524 | BOJCZUK Dawid | KRAKOW | | POL | 76 | M30/151 (M)378 | 00:43:25 | 04.20 |



























































| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] | |
|---------------------|---------------|-----------------------------|-------------------------|---|---------------------|---------------------------------------|-------------------|-----------------|-------|
| 152 | 506 | KŁOS Tomasz | SIERADZ |  | POL | 85 M30/152 (M)380 | 00:43:26 | 04.20 | |
| 153 | 283 | KOZŁOWICZ Jarosław | SIECHNICE |  | POL | 79 M30/153 (M)381 | 00:43:27 | 04.20 | |
| 154 | 360 | CIELEŃ Jacek | NYSA |  | POL | 81 M30/154 (M)382 | 00:43:29 | 04.20 | |
| 155 | 319 | SZPINEK Marcin | NYSA |  | POL | 80 M30/155 (M)383 | 00:43:30 | 04.21 | |
| 156 | 400 | MEKITÓW Maciej | NAMYŚLÓW |  | POL | 83 M30/156 (M)385 | 00:43:32 | 04.21 | |
| 157 | 1672 | CIECHANOWSKI Bartłomiej | WROCLAW |  | POL | 76 M30/157 (M)387 | 00:43:36 | 04.21 | |
| 158 | 824 | BARRAS DELGADO Alejandro | WROCLAW |  | ESP | 80 M30/158 (M)390 | 00:43:39 | 04.21 | |
| 159 | 340 | KOZAKIEWICZ Zbigniew | BRZEG DOLNY |  | POL | 79 M30/159 (M)394 | 00:43:43 | 04.22 | |
| 160 | 840 | KLIMOWICZ Daniel | WROCLAW |  | POL | 77 M30/160 (M)395 | 00:43:43 | 04.22 | |
| 161 | 1877 | NATKANIEC Jakub | WROCLAW |  | POL | 79 M30/161 (M)398 | 00:43:43 | 04.22 | |
| 162 | 329 | SAMUSZONEK Jakub | WROCLAW |  | POL | 82 M30/162 (M)401 | 00:43:44 | 04.22 | |
| 163 | 275 | HOTAŁA Piotr | WROCLAW |  | POL | 79 M30/163 (M)405 | 00:43:44 | 04.22 | |
| 164 | 498 | WOLAŃSKI Jan | MARSZOWICE |  | POL | 80 M30/164 (M)410 | 00:43:51 | 04.23 | |
| 165 | 259 | JAROSZ Marcin | WROCLAW |  | POL | 80 M30/165 (M)411 | 00:43:52 | 04.23 | |
| 166 | 579 | GWARDZIK Piotr | WROCLAW |  | POL | 79 M30/166 (M)413 | 00:43:54 | 04.23 | |
| 167 | 155 | UGOREK Zbigniew | MILICZ |  | POL | 82 M30/167 (M)414 | 00:43:55 | 04.23 | |
| 168 | 820 | OLAWIŃSKI Karol | KOBIERZYCE |  | POL | 79 M30/168 (M)415 | 00:43:55 | 04.23 | |
| 169 | 274 | GAWRZOŁ Łukasz | POLKOWICE |  | POL | 81 M30/169 (M)416 | 00:43:55 | 04.23 | |
| 170 | 417 | BARANOWSKI Piotr | BIERUTÓW |  | POL | 81 M30/170 (M)418 | 00:43:57 | 04.23 | |
| 171 | 1611 | HORODNICZY Radosław | WROCLAW/ZLOTORYJA |  | POL - | 79 M30/171 (M)421 | 00:43:59 | 04.23 | |
| 172 | 1681 | MAŁEK Michał | WROCLAW |  | POL | 83 M30/172 (M)422 | 00:44:00 | 04.24 | |
| 173 | 1819 | BYTNIEWSKI Paweł | WROCLAW |  | POL - | 77 M30/173 (M)423 | 00:44:01 | 04.24 | |
| 174 | 105 | BUDNIK Wojciech | WROCLAW |  | POL | 84 M30/174 (M)427 | 00:44:06 | 04.24 | |
| 175 | 447 | WIJAS Marcin | STRZEGOM |  | POL | 85 M30/175 (M)428 | 00:44:06 | 04.24 | |
| 176 | 537 | ŻYNEL Paweł | WĘGRY |  | POL | 79 M30/176 (M)429 | 00:44:07 | 04.24 | |
| 177 | 544 | LEWALD Michał | OPOLE |  | POL | 79 M30/177 (M)430 | 00:44:08 | 04.24 | |
| 178 | 1529 | KOLKOWSKI Przemysław | WROCLAW |  | POL | 79 M30/178 (M)431 | 00:44:08 | 04.24 | |
| 179 | 461 | DERING Marcin | WROCLAW |  | POL | 82 M30/179 (M)433 | 00:44:09 | 04.24 | |
| 180 | 328 | KURTA Grzegorz | WROCLAW |  | POL | 81 M30/180 (M)434 | 00:44:10 | 04.25 | |
| 181 | 1678 | KWIATKOWSKI Paweł | PISARZOWICE |  | POL - | 85 M30/181 (M)435 | 00:44:10 | 04.25 | |
| 182 | 1876 | BARAN Krzysztof | KARPACZ |  | POL | 79 M30/182 (M)437 | 00:44:12 | 04.25 | |
| 183 | 460 | KINAL Grzegorz | WROCLAW |  | POL | 81 M30/183 (M)438 | 00:44:12 | 04.25 | |
| 184 | 671 | DYM Grzegorz | LUBIN |  | POL | 79 M30/184 (M)439 | 00:44:12 | 04.25 | |
| 185 | 1554 | KUCZYŃSKI Artur | BOLESŁAWIEC |  | POL | 79 M30/185 (M)441 | 00:44:14 | 04.25 | |
| 186 | 353 | OCHMAŃSKI Jarosław | ZDUŃSKA WOLA |  | POL | 77 M30/186 (M)442 | 00:44:15 | 04.25 | |
| 187 | 430 | OLENDER Grzegorz | WROCLAW |  | POL | 78 M30/187 (M)443 | 00:44:17 | 04.25 | |
| 188 | 1872 | OPALIŃSKI Jacek | DZIERŻONIÓW |  | POL | 84 M30/188 (M)444 | 00:44:18 | 04.25 | |
| 189 | 422 | WIŚNIEWSKI Łukasz | KĘPNO |  | POL | 82 M30/189 (M)445 | 00:44:19 | 04.25 | |
| 190 | 1569 | ZAJĄC Rafał | ŁÓDŹ |  | POL | 78 M30/190 (M)454 | 00:44:26 | 04.26 | |
| 191 | 842 | KALPOWICZ Tomasz | WROCLAW |  | POL | 76 M30/191 (M)456 | 00:44:27 | 04.26 | |
| 192 | 1890 | LORKOWSKI Paweł | WROCLAW |  | POL | POLITECHNIKA WROCLAWSKA | 83 M30/192 (M)458 | 00:44:27 | 04.26 |
| 193 | 1562 | ZINKIEWICZ Dobrosław | SZKLARSKA PORĘBA |  | POL | 76 M30/193 (M)461 | 00:44:33 | 04.27 | |
| 194 | 429 | PŁONKA Szymon | GRODKÓW |  | POL | 78 M30/194 (M)463 | 00:44:35 | 04.27 | |
| 195 | 489 | RUPIK Jakub | WROCLAW |  | POL | 85 M30/195 (M)465 | 00:44:36 | 04.27 | |
| 196 | 694 | GAŹDZIK Tomasz | WROCLAW |  | POL | 83 M30/196 (M)469 | 00:44:40 | 04.28 | |
| 197 | 289 | ŚRODA Michał | TRZEBNICA |  | POL | 85 M30/197 (M)470 | 00:44:40 | 04.28 | |
| 198 | 258 | ŻYDOWSKI Łukasz | OLAWA |  | POL | 80 M30/198 (M)471 | 00:44:41 | 04.28 | |
| 199 | 1614 | TOMOWIAK Rafał | LESZNO |  | POL | 84 M30/199 (M)472 | 00:44:41 | 04.28 | |
| 200 | 488 | MACHATA Jacek | WROCLAW |  | POL | 78 M30/200 (M)473 | 00:44:41 | 04.28 | |
| 201 | 914 | ROKOSZ Michał | WROCLAW |  | POL | 85 M30/201 (M)474 | 00:44:43 | 04.28 | |
| 202 | 858 | ROGACKI Piotr | OLEŚNICA |  | POL | 83 M30/202 (M)476 | 00:44:44 | 04.28 | |
| 203 | 1556 | MŁYNARCZYK Łukasz | WROCLAW |  | POL | 78 M30/203 (M)479 | 00:44:52 | 04.29 | |
| 204 | 765 | BROCZEK Tomasz | WROCLAW |  | POL | 80 M30/204 (M)480 | 00:44:52 | 04.29 | |
| 205 | 659 | GRZEGORCZYK Patryk | JELENIA GÓRA |  | POL | 83 M30/205 (M)482 | 00:44:53 | 04.29 | |
| 206 | 1911 | TROSKA Maciek | TWARDOGÓRA |  | POL | 85 M30/206 (M)488 | 00:44:58 | 04.29 | |
| 207 | 720 | BAUK Marcin | BRZEG |  | POL | 80 M30/207 (M)490 | 00:45:01 | 04.30 | |
| 208 | 532 | OGRODOWSKI Paweł | KĘDZIERZYN-KOŹLE |  | POL | 78 M30/208 (M)491 | 00:45:01 | 04.30 | |
| 209 | 462 | ZĄBEK Łukasz | WROCLAW |  | POL | 78 M30/209 (M)493 | 00:45:03 | 04.30 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 210 | 797 | PRAWELSKI Andrzej | ZGORZELEC/ŁAGÓW | POL | | 76 | M30/210 (M)494 | 00:45:03 | 04.30 |
| 211 | 280 | KŁYS Sebastian | SIERADZ | POL | | 76 | M30/211 (M)496 | 00:45:06 | 04.30 |
| 212 | 1582 | KOŁAKOWSKI Arkadiusz | KIELCZÓWEK | POL | | 76 | M30/212 (M)497 | 00:45:08 | 04.30 |
| 213 | 114 | ANDREJCZYN Paweł | RADWANICE | POL | | 83 | M30/213 (M)499 | 00:45:08 | 04.30 |
| 214 | 1514 | TEOFILSKI Daniel | WYSOKA | POL | | 77 | M30/214 (M)505 | 00:45:16 | 04.31 |
| 215 | 747 | BASZCZYSZYN Artur | KUDOWA ZDRÓJ | POL | | 85 | M30/215 (M)506 | 00:45:17 | 04.31 |
| 216 | 1350 | OBAL Marcin | ZDUNY | POL | | 82 | M30/216 (M)507 | 00:45:19 | 04.31 |
| 217 | 1910 | ABRAMEK Kamil | WROCLAW | POL | | 84 | M30/217 (M)509 | 00:45:20 | 04.32 |
| 218 | 812 | FURGOL Andrzej | KIELCZÓW | POL | | 79 | M30/218 (M)510 | 00:45:21 | 04.32 |
| 219 | 552 | ŚREDZIŃSKI Łukasz | WROCLAW | POL | | 79 | M30/219 (M)511 | 00:45:22 | 04.32 |
| 220 | 1585 | GORLOWSKI Emil | ŚWIDNICA | POL | | 79 | M30/220 (M)515 | 00:45:24 | 04.32 |
| 221 | 916 | ANCZAKOWSKI Patryk | WARSZAWA | POL | | 85 | M30/221 (M)517 | 00:45:24 | 04.32 |
| 222 | 699 | RAJZER Radosław | WROCLAW | POL | | 85 | M30/222 (M)520 | 00:45:30 | 04.33 |
| 223 | 2 | MAZUR Piotr | WROCLAW | POL | | 81 | M30/223 (M)521 | 00:45:30 | 04.33 |
| 224 | 1528 | DYRCZ Jacek | SWIDNICA | POL | | 84 | M30/224 (M)522 | 00:45:30 | 04.33 |
| 225 | 903 | DORUŻYŃSKI Paweł | BIELAWA | POL | | 85 | M30/225 (M)524 | 00:45:32 | 04.33 |
| 226 | 799 | SIKORSKI Rafał | BRZEG | POL | | 78 | M30/226 (M)525 | 00:45:33 | 04.33 |
| 227 | 1455 | PSIUCH Marcin | WROCLAW | POL | | 81 | M30/227 (M)529 | 00:45:36 | 04.33 |
| 228 | 940 | STRÓŻIK Krzysztof | DZIADOWA KŁODA | POL | | 79 | M30/228 (M)531 | 00:45:37 | 04.33 |
| 229 | 336 | ROŚLICKI Jarosław | WROCLAW | POL | | 80 | M30/229 (M)534 | 00:45:39 | 04.33 |
| 230 | 573 | ŁAZAREWICZ Paweł | JELEŃ GÓRA | POL | | 84 | M30/230 (M)535 | 00:45:39 | 04.33 |
| 231 | 271 | KRAWCZYK Zdzisław | WROCLAW | POL | | 84 | M30/231 (M)537 | 00:45:42 | 04.34 |
| 232 | 900 | RYSIUKIEWICZ Michał | WROCLAW | POL | | 84 | M30/232 (M)543 | 00:45:46 | 04.34 |
| 233 | 154 | BANIA Dawid | STRZEGOM | POL | | 85 | M30/233 (M)547 | 00:45:51 | 04.35 |
| 234 | 1019 | SULEK Łukasz | TRZEBNICA | POL | | 78 | M30/234 (M)553 | 00:45:55 | 04.35 |
| 235 | 599 | PYSIEWICZ Marcin | WYSOKA | POL | | 81 | M30/235 (M)554 | 00:45:55 | 04.35 |
| 236 | 296 | GUMIŃSKI Przemysław | OZIMEK | POL | | 81 | M30/236 (M)557 | 00:45:57 | 04.35 |
| 237 | 732 | KUTROWSKI Tomasz | WROCLAW | POL | | 82 | M30/237 (M)560 | 00:45:59 | 04.35 |
| 238 | 551 | DRZEWIECKI Łukasz | WYSOKA | POL | | 82 | M30/238 (M)561 | 00:46:00 | 04.36 |
| 239 | 901 | JÓZWIAK Damian | WROCLAW | POL | | 84 | M30/239 (M)563 | 00:46:01 | 04.36 |
| 240 | 253 | MAJEWSKI Zbigniew | KROBIA | POL | | 85 | M30/240 (M)568 | 00:46:10 | 04.37 |
| 241 | 1659 | KRAWULSKI Michał | OSTRÓW WIELKOPOLSKI | POL | | 78 | M30/241 (M)569 | 00:46:11 | 04.37 |
| 242 | 1834 | DUDZIAK Tomasz | SIERADZ | POL | | 80 | M30/242 (M)572 | 00:46:13 | 04.37 |
| 243 | 719 | GRUSZKA Marcin | KOBYLA GÓRA | POL | | 78 | M30/243 (M)574 | 00:46:14 | 04.37 |
| 244 | 838 | MICHALSKI Radosław | WROCLAW | POL | | 83 | M30/244 (M)576 | 00:46:15 | 04.37 |
| 245 | 1026 | MAĆKOWIAK Łukasz | WROCLAW | POL | | 84 | M30/245 (M)585 | 00:46:21 | 04.38 |
| 246 | 641 | WOJTANOWICZ Marcin | ZDUŃSKA WOLA | POL | | 76 | M30/246 (M)587 | 00:46:22 | 04.38 |
| 247 | 937 | CIESIELSKI Mariusz | WROCLAW | POL | | 84 | M30/247 (M)591 | 00:46:28 | 04.38 |
| 248 | 1892 | SOCZOMSKI Mariusz | WROCLAW | POL | | 81 | M30/248 (M)592 | 00:46:29 | 04.38 |
| 249 | 330 | WARNICKI Wojtek | WROCLAW | POL | | 82 | M30/249 (M)594 | 00:46:30 | 04.39 |
| 250 | 412 | GRUSZKA Robert | GALEWICE | POL | | 77 | M30/250 (M)596 | 00:46:31 | 04.39 |
| 251 | 587 | KUBIAK Marcin | WROCLAW | POL | | 76 | M30/251 (M)597 | 00:46:31 | 04.39 |
| 252 | 736 | JALOCHA Tomek | WYSOKA | POL | | 79 | M30/252 (M)598 | 00:46:32 | 04.39 |
| 253 | 63 | MATYSEK Dariusz | WROCLAW | POL | | 76 | M30/253 (M)600 | 00:46:34 | 04.39 |
| 254 | 804 | GALERT Adam | WROCLAW | POL | | 85 | M30/254 (M)606 | 00:46:40 | 04.40 |
| 255 | 255 | KACZMARSKI Rafał | WABIENICE | POL | | 78 | M30/255 (M)611 | 00:46:42 | 04.40 |
| 256 | 446 | RZATKIEWICZ Konrad | WROCLAW | POL | | 79 | M30/256 (M)612 | 00:46:43 | 04.40 |
| 257 | 954 | MARCHEWKA Bartosz | WROCLAW | POL | | 84 | M30/257 (M)613 | 00:46:43 | 04.40 |
| 258 | 614 | KUCHARSKI Michał | BARANÓW | POL | | 77 | M30/258 (M)614 | 00:46:44 | 04.40 |
| 259 | 525 | WÓJCIK Jerzy | UJÓW | POL | | 81 | M30/259 (M)616 | 00:46:47 | 04.40 |
| 260 | 1503 | MŁODOŻENIEC Mirosław | SOBÓTKA | POL | | 80 | M30/260 (M)619 | 00:46:49 | 04.40 |
| 261 | 1751 | SIEWRUK Wojciech | ZĄBKOWICE ŚLĄSKIE | POL | | 78 | M30/261 (M)627 | 00:46:55 | 04.41 |
| 262 | 1820 | BŁOCHOWIAK Tomasz | MIEJSKA GÓRKA | POL | | 80 | M30/262 (M)628 | 00:46:57 | 04.41 |
| 263 | 743 | CHOLASZCZYŃSKI Przemysław | SZEWCE | POL | | 76 | M30/263 (M)630 | 00:46:57 | 04.41 |
| 264 | 515 | STAŃCZYK Bartosz | WROCLAW | POL | | 82 | M30/264 (M)631 | 00:46:58 | 04.41 |
| 265 | 1707 | GAWRON Piotr | WROCLAW | POL | | 76 | M30/265 (M)633 | 00:46:59 | 04.41 |
| 266 | 835 | PAWLIK Michał | WROCLAW | POL | | 84 | M30/266 (M)634 | 00:46:59 | 04.41 |
| 267 | 463 | ŁOZIŃSKI Wojciech | ZŁOTORYJA | POL | | 77 | M30/267 (M)637 | 00:47:00 | 04.42 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------------------------|-------------------------------|------------------|-----------------|
| 268 | 193 | WIKTORSKI Mieszko | WROCLAW | | POL | 81 | M30/268 (M)640 | 00:47:04 | 04.42 |
| 269 | 782 | ŚWISTERSKI Dariusz | WROCLAW | | POL | 76 | M30/269 (M)644 | 00:47:07 | 04.42 |
| 270 | 265 | LASZCZYŃSKI Kamil | WROCLAW | | POL | 82 | M30/270 (M)648 | 00:47:09 | 04.42 |
| 271 | 696 | GRZYWACZEWSKI Piotr | WROCLAW | | POL | 81 | M30/271 (M)650 | 00:47:12 | 04.43 |
| 272 | 1799 | KOGUT Bartłomiej | OLAWA | | POL | 81 | M30/272 (M)651 | 00:47:12 | 04.43 |
| 273 | 891 | MAJEWSKI Rafał | OBORNIKI ŚLĄSKIE | | POL | 85 | M30/273 (M)662 | 00:47:18 | 04.43 |
| 274 | 1810 | LOMBARSKI Łukasz | KROŚNICE | | POL | 82 | M30/274 (M)663 | 00:47:18 | 04.43 |
| 275 | 527 | WYDRO Piotr | WROCLAW | | POL | 80 | M30/275 (M)664 | 00:47:18 | 04.43 |
| 276 | 1591 | SZKUDŁO Oskar | RADWANICE | | POL | 77 | M30/276 (M)672 | 00:47:26 | 04.44 |
| 277 | 748 | KARSZNIA Radosław | WROCLAW | | POL | 76 | M30/277 (M)673 | 00:47:27 | 04.44 |
| 278 | 1854 | FENCZYSZYN Szymon | WROCLAW | | POL | 80 | M30/278 (M)676 | 00:47:30 | 04.45 |
| 279 | 1743 | WÓJCIK Sławomir | WROCLAW | | POL | 76 | M30/279 (M)680 | 00:47:34 | 04.45 |
| 280 | 314 | SOBIERSKI Wojciech | WROCLAW | | POL | 78 | M30/280 (M)681 | 00:47:35 | 04.45 |
| 281 | 1788 | MORMUL Łukasz | NAMYSŁÓW | | POL | 80 | M30/281 (M)684 | 00:47:36 | 04.45 |
| 282 | 611 | KOSENDA Dominik | WROCLAW | | POL | 79 | M30/282 (M)686 | 00:47:39 | 04.45 |
| 283 | 742 | KULIŃSKI Krzysztof | SIECHNICE | | POL | 84 | M30/283 (M)689 | 00:47:41 | 04.46 |
| 284 | 878 | RZEŚA Łukasz | ŚWIDNICA | | POL | 85 | M30/284 (M)693 | 00:47:45 | 04.46 |
| 285 | 942 | BAK Bartosz | WROCLAW | | POL | 83 | M30/285 (M)696 | 00:47:51 | 04.47 |
| 286 | 569 | ROSZCZAK Paweł | WROCLAW | | POL | 76 | M30/286 (M)704 | 00:47:56 | 04.47 |
| 287 | 607 | ROSZUK Jakub | DYLAKI | | POL | 79 | M30/287 (M)706 | 00:47:58 | 04.47 |
| 288 | 653 | KUŚ Piotr | WROCLAW | | POL | 82 | M30/288 (M)709 | 00:47:59 | 04.47 |
| 289 | 373 | KĘDRA Dominik | WROCLAW | | POL | 81 | M30/289 (M)711 | 00:47:59 | 04.47 |
| 290 | 1938 | TROMAN Maciej | WROCLAW | | POL | 82 | M30/290 (M)713 | 00:48:00 | 04.48 |
| 291 | 1544 | SKUBISZEWSKI Adam | WROCLAW | | POL | 84 | M30/291 (M)721 | 00:48:15 | 04.49 |
| 292 | 1766 | KORZENIEWSKI Michał | WROCLAW | | POL | 82 | M30/292 (M)723 | 00:48:16 | 04.49 |
| 293 | 387 | PAWLIK Grzegorz | KROTOSZYN | | POL | 79 | M30/293 (M)726 | 00:48:16 | 04.49 |
| 294 | 1221 | JACYSZYN Jacek | NYSA | | POL | 80 | M30/294 (M)727 | 00:48:16 | 04.49 |
| 295 | 934 | STUDNICKI Paweł | WYSOKA | | POL | UNIWERSYTET MEDYCZNY WE WROCLAWI | 80 M30/295 (M)729 | 00:48:20 | 04.50 |
| 296 | 625 | BOČKO Krzysztof | TRZEBNICA | | POL | 81 | M30/296 (M)730 | 00:48:22 | 04.50 |
| 297 | 785 | LEWANDOWSKI Krzysztof | WROCLAW | | POL | 83 | M30/297 (M)731 | 00:48:23 | 04.50 |
| 298 | 1531 | BUCZKIEWICZ Marcin | BRZEG | | POL | 79 | M30/298 (M)735 | 00:48:27 | 04.50 |
| 299 | 609 | MOGILAN Arkadiusz | MILICZ | | POL | 84 | M30/299 (M)738 | 00:48:29 | 04.50 |
| 300 | 1816 | WINCZAKIEWICZ Piotr | ZAWIDÓW | | POL | 78 | M30/300 (M)741 | 00:48:31 | 04.51 |
| 301 | 410 | SKOWRON Daniel | DZIERŻONIÓW | | POL | 83 | M30/301 (M)744 | 00:48:33 | 04.51 |
| 302 | 402 | ŁABA Piotr | SIECHNICE | | POL | 85 | M30/302 (M)746 | 00:48:35 | 04.51 |
| 303 | 511 | KACKIEWICZ Sebastian | WROCLAW | | POL | 85 | M30/303 (M)751 | 00:48:38 | 04.51 |
| 304 | 1849 | PIEJKO Mariusz | WAŁBRZYCH | | POL | 77 | M30/304 (M)754 | 00:48:39 | 04.51 |
| 305 | 822 | ZIELIŃSKI Krzysztof | WROCLAW | | POL | 76 | M30/305 (M)755 | 00:48:45 | 04.52 |
| 306 | 909 | DLUGOLEŃCKI Konrad | ŚWIDNICA | | POL | 78 | M30/306 (M)758 | 00:48:48 | 04.52 |
| 307 | 902 | WIŚNIEWSKI Jakub | OBORNIKI ŚLĄSKIE | | POL | 78 | M30/307 (M)759 | 00:48:48 | 04.52 |
| 308 | 1784 | SKARŻYŃSKI Wojciech | OLAWA | | POL | 84 | M30/308 (M)760 | 00:48:48 | 04.52 |
| 309 | 1649 | GIEROŃ Michał | ZIELONA GÓRA | | POL | 82 | M30/309 (M)762 | 00:48:52 | 04.53 |
| 310 | 621 | KWARTNIK Piotr | JAWOR | | POL | 76 | M30/310 (M)764 | 00:48:52 | 04.53 |
| 311 | 1931 | KACZMAREK Radosław | LESZNO | | POL | 78 | M30/311 (M)765 | 00:48:53 | 04.53 |
| 312 | 763 | TALAGA Michał | OSTRÓW WLKP | | POL | 77 | M30/312 (M)766 | 00:48:54 | 04.53 |
| 313 | 1844 | STOLAREK Tomasz | GŁOGÓW | | POL | 81 | M30/313 (M)768 | 00:48:54 | 04.53 |
| 314 | 661 | OSUCHOWSKI Grzegorz | ZGORZELEC | | POL | 81 | M30/314 (M)769 | 00:48:54 | 04.53 |
| 315 | 1853 | STOKOWIEC Marcin | WARSZAWA | | POL | 76 | M30/315 (M)776 | 00:48:58 | 04.53 |
| 316 | 734 | SOBKOWIAK Krzysztof | OLEŚNICA | | POL | 76 | M30/316 (M)777 | 00:48:58 | 04.53 |
| 317 | 730 | STARZYK Andrzej | ŁĘKNICA | | POL | 76 | M30/317 (M)779 | 00:48:58 | 04.53 |
| 318 | 1060 | FRĄCZEK Piotr | TRZEBNICA | | POL | 82 | M30/318 (M)780 | 00:48:59 | 04.53 |
| 319 | 1306 | SZCZĘSNY Łukasz | WROCLAW | | POL | 82 | M30/319 (M)781 | 00:49:00 | 04.54 |
| 320 | 1930 | OLCZYK Artur | ZGORZELEC | | POL | 77 | M30/320 (M)782 | 00:49:00 | 04.54 |
| 321 | 1907 | BASZAK Tomasz | STRACHÓW | | POL | 78 | M30/321 (M)783 | 00:49:00 | 04.54 |
| 322 | 547 | ŁOZIŃSKI Tomasz | ZŁOTORYJA | | POL | 78 | M30/322 (M)786 | 00:49:01 | 04.54 |
| 323 | 1909 | KWAŚNIEWSKI Hubert | SOBÓTKA | | POL | 84 | M30/323 (M)787 | 00:49:02 | 04.54 |
| 324 | 1713 | KRYSIAK Krzysztof | WROCLAW | | POL | 77 | M30/324 (M)791 | 00:49:05 | 04.54 |
| 325 | 668 | DUTKIEWICZ Wojciech | JAWORZYNA ŚLĄSKA | | POL | 81 | M30/325 (M)793 | 00:49:08 | 04.54 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 326 | 1518 | CAŁKOŚNIŃSKI Łukasz | WROCLAW | POL | | 77 | M30/326 (M)794 | 00:49:08 | 04.54 |
| 327 | 910 | ZENKA Adam | ŚRODA ŚLĄSKA | POL | | 81 | M30/327 (M)796 | 00:49:09 | 04.54 |
| 328 | 1775 | GIERAK Mateusz | KĘPNO | POL | | 83 | M30/328 (M)798 | 00:49:09 | 04.54 |
| 329 | 1075 | GODLEWSKI Janusz | ZDUŃSKA WOLA | POL | | 80 | M30/329 (M)799 | 00:49:09 | 04.54 |
| 330 | 445 | AUGUSTYNIAK Grzegorz | GLUCHOŁAZY | POL | | 82 | M30/330 (M)800 | 00:49:10 | 04.55 |
| 331 | 1826 | HERNER Tomasz | TRZEBNICA | POL | | 76 | M30/331 (M)801 | 00:49:11 | 04.55 |
| 332 | 566 | OSMENDA Jakub | WROCLAW | POL | | 85 | M30/332 (M)802 | 00:49:13 | 04.55 |
| 333 | 856 | JĘDRZEJUK Marek | WROCLAW | POL | - | 85 | M30/333 (M)803 | 00:49:13 | 04.55 |
| 334 | 1739 | WERNIK Krzysztof | WIERZBICE | POL | | 83 | M30/334 (M)804 | 00:49:16 | 04.55 |
| 335 | 227 | SZABAT Dawid | CZĘSTOCHOWA | POL | | 85 | M30/335 (M)805 | 00:49:19 | 04.55 |
| 336 | 1558 | NICPOŃ Dominik | KRAPKOWICE | POL | | 80 | M30/336 (M)806 | 00:49:19 | 04.55 |
| 337 | 701 | STANISZEWSKI Daniel | BOLESŁAWIEC | POL | | 76 | M30/337 (M)807 | 00:49:19 | 04.55 |
| 338 | 843 | MECH Grzegorz | LUBIN | POL | | 82 | M30/338 (M)809 | 00:49:25 | 04.56 |
| 339 | 926 | DĄBROWSKI Sławomir | WROCLAW | POL | | 80 | M30/339 (M)810 | 00:49:28 | 04.56 |
| 340 | 898 | LEPKA Aleksander | WROCLAW | POL | | 82 | M30/340 (M)813 | 00:49:30 | 04.57 |
| 341 | 662 | BIAŁEK Marcin | WAŁBRZYCH | POL | | 77 | M30/341 (M)818 | 00:49:35 | 04.57 |
| 342 | 1534 | BŁAŚKIEWICZ Jarosław | WROCLAW | POL | | 82 | M30/342 (M)823 | 00:49:40 | 04.58 |
| 343 | 756 | TUROWSKI Krzysztof | WROCLAW | POL | | 77 | M30/343 (M)824 | 00:49:41 | 04.58 |
| 344 | 1417 | KOJRO Rafał | WROCLAW | POL | | 78 | M30/344 (M)825 | 00:49:41 | 04.58 |
| 345 | 356 | GOCYŁA Michał | WROCLAW | POL | | 80 | M30/345 (M)826 | 00:49:43 | 04.58 |
| 346 | 826 | KUŚ Michał | KĘDZIERZYN-KOŹLE | POL | | 78 | M30/346 (M)832 | 00:49:48 | 04.58 |
| 347 | 1374 | LUCZYS Filip | WROCLAW | POL | | 81 | M30/347 (M)834 | 00:49:49 | 04.58 |
| 348 | 1637 | HORODYSKI Marek | ŚWIERZAWA | POL | | 83 | M30/348 (M)837 | 00:49:52 | 04.59 |
| 349 | 538 | GRACZYK Sławomir | OLAWA | POL | | 77 | M30/349 (M)838 | 00:49:53 | 04.59 |
| 350 | 1002 | GÓRECKI Wojciech | WROCLAW | POL | AWF WROCLAW | 83 | M30/350 (M)840 | 00:49:55 | 04.59 |
| 351 | 1686 | DEPTAŁA Adrian | SMOLEC | POL | - | 78 | M30/351 (M)842 | 00:49:56 | 04.59 |
| 352 | 1284 | WIŚNIEWSKI Krystian | WROCLAW | POL | | 82 | M30/352 (M)843 | 00:49:56 | 04.59 |
| 353 | 1655 | MAJDAŃSKI Tomasz | LEŚNA | POL | | 79 | M30/353 (M)844 | 00:49:57 | 04.59 |
| 354 | 1365 | DĄBROWSKI Daniel | LUBIN | POL | | 77 | M30/354 (M)848 | 00:50:01 | 05.00 |
| 355 | 1434 | DĘBEK Piotrek | ŚWIDNICA | POL | | 77 | M30/355 (M)856 | 00:50:10 | 05.01 |
| 356 | 1433 | TĘCZA Rafał | ŚRODA ŚLĄSKA | POL | | 76 | M30/356 (M)859 | 00:50:16 | 05.01 |
| 357 | 851 | SMOLARA Krzysztof | WIŃSKO | POL | | 76 | M30/357 (M)861 | 00:50:17 | 05.01 |
| 358 | 524 | GAWROŃSKI Grzegorz | WROCLAW | POL | | 85 | M30/358 (M)863 | 00:50:19 | 05.01 |
| 359 | 499 | ŻYWICZKA Michał | WROCLAW | POL | | 85 | M30/359 (M)864 | 00:50:19 | 05.01 |
| 360 | 923 | SERWA Paweł | ŚWIDNICA | POL | | 77 | M30/360 (M)866 | 00:50:22 | 05.02 |
| 361 | 642 | SKONIECZNY Andrzej | WŁOCHY | POL | | 81 | M30/361 (M)867 | 00:50:22 | 05.02 |
| 362 | 962 | KULESA Krzysztof | WROCLAW | POL | | 83 | M30/362 (M)869 | 00:50:25 | 05.02 |
| 363 | 647 | SZABAT Daniel | WROCLAW | POL | | 79 | M30/363 (M)870 | 00:50:28 | 05.02 |
| 364 | 1580 | SMUGA Daniel | BRZEG | POL | | 82 | M30/364 (M)871 | 00:50:28 | 05.02 |
| 365 | 310 | RYSZKA Piotr | BRZESZCZE | POL | | 77 | M30/365 (M)872 | 00:50:29 | 05.02 |
| 366 | 1025 | KUGLARZ Ryszard | PRZECIESZYN | POL | | 77 | M30/366 (M)873 | 00:50:29 | 05.02 |
| 367 | 1336 | TERESZKIEWICZ Jakub | WROCLAW | POL | | 81 | M30/367 (M)874 | 00:50:29 | 05.02 |
| 368 | 682 | DIDUCH Grzegorz | KLUCZBORK | POL | | 82 | M30/368 (M)881 | 00:50:36 | 05.03 |
| 369 | 917 | DUBICKI Piotr | WROCLAW | POL | | 77 | M30/369 (M)884 | 00:50:37 | 05.03 |
| 370 | 1165 | GAJ Paweł | WROCLAW | POL | - | 85 | M30/370 (M)886 | 00:50:38 | 05.03 |
| 371 | 8 | NERKO Marek | DOBRYKOWICE | POL | | 79 | M30/371 (M)888 | 00:50:42 | 05.04 |
| 372 | 1397 | KĘDZIORA Jarosław | WROCLAW | POL | | 77 | M30/372 (M)889 | 00:50:42 | 05.04 |
| 373 | 712 | BURZEC Tomasz | WROCLAW | POL | | 79 | M30/373 (M)893 | 00:50:47 | 05.04 |
| 374 | 1663 | GÓRNICKI Łukasz | WROCLAW | POL | | 79 | M30/374 (M)894 | 00:50:49 | 05.04 |
| 375 | 1508 | STĘSZEWSKI Bogdan | LUBIESZÓW | POL | | 80 | M30/375 (M)895 | 00:50:50 | 05.05 |
| 376 | 526 | DRZEWIŃSKI Paweł | WROCLAW | POL | | 80 | M30/376 (M)899 | 00:50:55 | 05.05 |
| 377 | 1763 | IGNACIK Rafał | ZĄBKOWICE ŚL. | POL | | 78 | M30/377 (M)900 | 00:50:58 | 05.05 |
| 378 | 225 | SKWAREK Grzegorz | WROCLAW | POL | | 83 | M30/378 (M)901 | 00:50:58 | 05.05 |
| 379 | 1852 | WAWRZYŃSKI Grzegorz | BIELANY WROCLAWSKIE | POL | | 82 | M30/379 (M)903 | 00:51:00 | 05.06 |
| 380 | 1511 | DĄBROWSKI Jacek | WILCZYCE | POL | | 84 | M30/380 (M)906 | 00:51:03 | 05.06 |
| 381 | 1668 | KOZAK Tomasz | OSTRÓW WIELKOPOLSKI | POL | | 79 | M30/381 (M)909 | 00:51:07 | 05.06 |
| 382 | 716 | LENARCZYK Radosław | MILICZ | POL | | 80 | M30/382 (M)913 | 00:51:09 | 05.06 |
| 383 | 1943 | REWERSKI Ireneusz | MIRSK | POL | | 85 | M30/383 (M)915 | 00:51:10 | 05.07 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|---------------------------------------|---------|------------------------|-----------|----------|
| 384 | 1729 | FORTUNA Michał | MIKOŁÓW | POL | | 76 | M30/384 (M)918 | 00:51:14 | 05.07 |
| 385 | 581 | PIRUS Piotr | MŚCIWOJÓW | POL | | 76 | M30/385 (M)921 | 00:51:18 | 05.07 |
| 386 | 764 | BAKOWSKI Tomasz | OLAWA | POL | | 77 | M30/386 (M)922 | 00:51:18 | 05.07 |
| 387 | 1041 | KRZYSZKOWSKI Michał | PONIATOWICE | POL | | 78 | M30/387 (M)923 | 00:51:21 | 05.08 |
| 388 | 1432 | CHOLAŚT Patryk | WROCLAW | POL | | 78 | M30/388 (M)924 | 00:51:21 | 05.08 |
| 389 | 390 | LIBARTOWSKI Grzegorz | WROCLAW | POL | | 83 | M30/389 (M)927 | 00:51:27 | 05.08 |
| 390 | 1547 | PIĄTEK Łukasz | WROCLAW | POL | TBCSG | 84 | M30/390 (M)933 | 00:51:34 | 05.09 |
| 391 | 1550 | STEINBACH Piotr | DOBROSZYCE | POL | | 76 | M30/391 (M)934 | 00:51:35 | 05.09 |
| 392 | 1488 | MIKOŁAJCZAK Jacek | WROCLAW | POL | | 82 | M30/392 (M)944 | 00:51:49 | 05.10 |
| 393 | 990 | PERŁAKOWSKI Karol | KŁOBUCZYN | POL | | 84 | M30/393 (M)946 | 00:51:49 | 05.10 |
| 394 | 521 | WICHARY Cyprian | WROCLAW | POL | | 76 | M30/394 (M)947 | 00:51:50 | 05.11 |
| 395 | 1923 | KRUPSKI Arkadiusz | WROCLAW | POL | | 77 | M30/395 (M)949 | 00:51:51 | 05.11 |
| 396 | 578 | SZYNDLAREWICZ Paweł | WROCLAW | POL | | 82 | M30/396 (M)958 | 00:51:57 | 05.11 |
| 397 | 735 | PUKACZ Robert | TRZEBNICA | POL | | 78 | M30/397 (M)960 | 00:52:00 | 05.12 |
| 398 | 670 | MISIUREK Bartosz | WROCLAW | POL | POLITECHNIKA WROCLAWSKA | 83 | M30/398 (M)961 | 00:52:01 | 05.12 |
| 399 | 1868 | WALCZAK Maciej | WROCLAW | POL | | 79 | M30/399 (M)963 | 00:52:01 | 05.12 |
| 400 | 1370 | PRUSAK Piotr | WROCLAW | POL | | 83 | M30/400 (M)966 | 00:52:06 | 05.12 |
| 401 | 1608 | DZIAMSKI Marek | ZGORZELEC | POL | | 79 | M30/401 (M)969 | 00:52:08 | 05.12 |
| 402 | 593 | LISS Rafał | WROCLAW | POL | | 76 | M30/402 (M)977 | 00:52:22 | 05.14 |
| 403 | 1345 | LANG Wojciech | WROCLAW | POL | | 82 | M30/403 (M)978 | 00:52:22 | 05.14 |
| 404 | 619 | SZKUDLAREK Michał | BRZEG | POL | | 78 | M30/404 (M)981 | 00:52:24 | 05.14 |
| 405 | 1543 | KOCIK Marcin | WROCLAW | POL | | 77 | M30/405 (M)987 | 00:52:30 | 05.15 |
| 406 | 877 | BARWIŃSKI Jarosław | JELCZ- LASKOWICE | POL | | 77 | M30/406 (M)989 | 00:52:31 | 05.15 |
| 407 | 1500 | GRUSZCZYŃSKI Maciej | WROCLAW | POL | UNIwersytet przyrodniczy we WROCLAWIU | 79 | M30/407 (M)995 | 00:52:36 | 05.15 |
| 408 | 554 | SOKALSKI Krzysztof | WROCLAW | POL | | 80 | M30/408 (M)996 | 00:52:37 | 05.15 |
| 409 | 539 | WOCHNA Remigiusz | SADKÓW | POL | | 78 | M30/409 (M)997 | 00:52:38 | 05.15 |
| 410 | 745 | MELIŃSKI Marek | WROCLAW | POL | | 84 | M30/410 (M)998 | 00:52:38 | 05.15 |
| 411 | 1899 | ZIELIŃSKI Grzegorz | BRZEG DOLNY | POL | | 81 | M30/411 (M)1001 | 00:52:46 | 05.16 |
| 412 | 1122 | ZIĘBA Wojciech | WROCLAW | POL | - | 80 | M30/412 (M)1006 | 00:52:48 | 05.16 |
| 413 | 971 | SZCZERBA Marcin | WROCLAW | POL | | 78 | M30/413 (M)1008 | 00:52:49 | 05.16 |
| 414 | 688 | ZACHARIASZ Marcin | WROCLAW | POL | POLITECHNIKA WROCLAWSKA | 84 | M30/414 (M)1009 | 00:52:49 | 05.16 |
| 415 | 1588 | TOK Marcin | WROCLAW | POL | | 80 | M30/415 (M)1011 | 00:52:53 | 05.17 |
| 416 | 1145 | WOŹNIAK Sebastian | OLEŚNICA | POL | | 81 | M30/416 (M)1013 | 00:52:56 | 05.17 |
| 417 | 556 | TOMKOWICZ Rafał | WROCLAW | POL | | 78 | M30/417 (M)1014 | 00:52:59 | 05.17 |
| 418 | 1277 | RUTKOWSKI Mariusz | LEGNICA | POL | | 82 | M30/418 (M)1018 | 00:53:03 | 05.18 |
| 419 | 1355 | SUCHARSKI Tomasz | STRZELIN | POL | | 84 | M30/419 (M)1025 | 00:53:08 | 05.18 |
| 420 | 3 | GĘSTWA Wojciech | WROCLAW | POL | | 78 | M30/420 (M)1033 | 00:53:13 | 05.19 |
| 421 | 834 | NIEWIŃSKI Jarosław | WROCLAW | POL | | 82 | M30/421 (M)1037 | 00:53:17 | 05.19 |
| 422 | 1044 | KOBYŁKA Krzysztof | KIELCZÓW | POL | | 76 | M30/422 (M)1042 | 00:53:25 | 05.20 |
| 423 | 1939 | PAWLACZEK Wojciech | JELCZ- LASKOWICE | POL | | 77 | M30/423 (M)1045 | 00:53:30 | 05.21 |
| 424 | 837 | FRYZIEL Grzegorz | OLAWA | POL | | 80 | M30/424 (M)1046 | 00:53:30 | 05.21 |
| 425 | 1183 | PAWLICKI Marek | SZCZEPANÓW | POL | | 76 | M30/425 (M)1047 | 00:53:31 | 05.21 |
| 426 | 516 | CHOLUBEK Marek | OLAWA | POL | | 80 | M30/426 (M)1048 | 00:53:31 | 05.21 |
| 427 | 1965 | GAWRON Fryderyk | KŁODZKO | POL | UNIwersytet WROCLAWSKI | 85 | M30/427 (M)1050 | 00:53:32 | 05.21 |
| 428 | 1481 | STRUMIŃSKI Kamil | WROCLAW | POL | | 83 | M30/428 (M)1052 | 00:53:41 | 05.22 |
| 429 | 1768 | SŁUPEK Krzysztof | JELEŃ GÓRA | POL | | 82 | M30/429 (M)1059 | 00:53:47 | 05.22 |
| 430 | 1108 | PLEŚNAR Maciej | WROCLAW | POL | | 83 | M30/430 (M)1060 | 00:53:49 | 05.22 |
| 431 | 1758 | POPIWCZUK Ryszard | GŁOGÓW-JACZÓW | POL | UEK | 77 | M30/431 (M)1062 | 00:53:50 | 05.23 |
| 432 | 1177 | POLULICH Marcin | WROCLAW | POL | - | 82 | M30/432 (M)1066 | 00:53:55 | 05.23 |
| 433 | 673 | PIESZKO Patryk | JAROSZÓW | POL | | 77 | M30/433 (M)1067 | 00:54:00 | 05.24 |
| 434 | 815 | GLIED Krzysztof | DOBRZEŃ WIELKI | POL | | 76 | M30/434 (M)1068 | 00:54:02 | 05.24 |
| 435 | 522 | KRUCZKIEWICZ Mateusz | WROCLAW | POL | | 79 | M30/435 (M)1072 | 00:54:08 | 05.24 |
| 436 | 907 | SKROBEK Marcin | WROCLAW | POL | | 84 | M30/436 (M)1082 | 00:54:19 | 05.25 |
| 437 | 620 | KĘPSKI Grzegorz | SKWIERZYNA | POL | | 84 | M30/437 (M)1083 | 00:54:23 | 05.26 |
| 438 | 1278 | JASTRZĄBEK Paweł | WROCLAW | POL | | 78 | M30/438 (M)1085 | 00:54:26 | 05.26 |
| 439 | 1174 | SOLTYS Łukasz | WROCLAW | POL | | 85 | M30/439 (M)1089 | 00:54:31 | 05.27 |
| 440 | 935 | CIEMNY Kamil | WROCLAW | POL | | 82 | M30/440 (M)1090 | 00:54:34 | 05.27 |
| 441 | 1636 | POPIELIŃSKI Radosław | BOLESŁAWIEC | POL | | 76 | M30/441 (M)1092 | 00:54:35 | 05.27 |

| 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] |
|--------------|--------|-----------------------|------------------|---|--------------|---------|------------------------|-----------|----------|
| 442 | 1117 | GÓRECKI Bartosz | BOLESŁAWIEC |  POL | | 82 | M30/442 (M)1095 | 00:54:38 | 05.27 |
| 443 | 1470 | IZAK Piotr | WROCLAW |  POL | | 84 | M30/443 (M)1097 | 00:54:43 | 05.28 |
| 444 | 853 | TKACZ Filip | WROCLAW |  POL | | 83 | M30/444 (M)1101 | 00:54:51 | 05.29 |
| 445 | 1426 | BARTECKI Tomasz | WROCLAW |  POL | | 82 | M30/445 (M)1105 | 00:55:01 | 05.30 |
| 446 | 617 | KUBICKI Dominik | LESZNO |  POL | | 77 | M30/446 (M)1106 | 00:55:04 | 05.30 |
| 447 | 1641 | GAJEK Łukasz | MROZÓW |  POL | | 79 | M30/447 (M)1107 | 00:55:08 | 05.30 |
| 448 | 629 | ZIMNICKI Artur | WOŁÓW |  POL | | 77 | M30/448 (M)1109 | 00:55:11 | 05.31 |
| 449 | 1289 | PONICHTERA Mirosław | WROCLAW |  POL | | 81 | M30/449 (M)1118 | 00:55:23 | 05.32 |
| 450 | 1401 | SALAŁAN Michał | WROCLAW |  POL | | 81 | M30/450 (M)1125 | 00:55:31 | 05.33 |
| 451 | 994 | NAWROT Artur | WROCLAW |  POL | | 81 | M30/451 (M)1127 | 00:55:34 | 05.33 |
| 452 | 1635 | CZURYŁO Zbigniew | KIEŁCZÓW |  POL | | 81 | M30/452 (M)1128 | 00:55:37 | 05.33 |
| 453 | 1431 | MACIEJEWSKI Robert | WAŁBRZYCH |  POL | - | 81 | M30/453 (M)1130 | 00:55:39 | 05.33 |
| 454 | 1248 | RATAJCZYK Michał | WROCLAW |  POL | | 85 | M30/454 (M)1132 | 00:55:44 | 05.34 |
| 455 | 664 | ZAKRAWACZ Łukasz | SOBÓTKA |  POL | | 82 | M30/455 (M)1137 | 00:55:50 | 05.35 |
| 456 | 1633 | MATUSZEK Adam | WROCLAW |  POL | | 80 | M30/456 (M)1140 | 00:55:56 | 05.35 |
| 457 | 829 | KOWALSKI Piotr | WROCLAW |  POL | | 83 | M30/457 (M)1142 | 00:55:58 | 05.35 |
| 458 | 1303 | JANKOWSKI Tadeusz | WROCLAW |  POL | | 80 | M30/458 (M)1143 | 00:56:05 | 05.36 |
| 459 | 960 | JANISZEWSKI Lesław | WROCLAW |  POL | | 79 | M30/459 (M)1145 | 00:56:07 | 05.36 |
| 460 | 1091 | SITKOWSKI Konrad | DOBROSZYCE |  POL | | 84 | M30/460 (M)1153 | 00:56:24 | 05.38 |
| 461 | 1900 | CILINDŹ Bartosz | WROCLAW |  POL | | 80 | M30/461 (M)1159 | 00:56:42 | 05.40 |
| 462 | 968 | JĘDROSEK Adam | WYSOKA |  POL | | 77 | M30/462 (M)1160 | 00:56:45 | 05.40 |
| 463 | 1797 | WŁODARCZYK Łukasz | PRUSICE |  POL | | 79 | M30/463 (M)1161 | 00:56:45 | 05.40 |
| 464 | 1082 | KRAWCZYŻYŃ Bartłomiej | BYCHOWO |  POL | | 83 | M30/464 (M)1162 | 00:56:45 | 05.40 |
| 465 | 998 | WRÓBEL Krzysztof | WROCLAW |  POL | | 77 | M30/465 (M)1164 | 00:56:47 | 05.40 |
| 466 | 1116 | DANKO Jędrzej | WROCLAW |  POL | | 78 | M30/466 (M)1176 | 00:57:09 | 05.42 |
| 467 | 708 | KALUŻA Henryk | WIERZBNIK |  POL | | 76 | M30/467 (M)1179 | 00:57:12 | 05.43 |
| 468 | 1793 | FANG Po-kai | WROCLAW |  TPE | | 80 | M30/468 (M)1190 | 00:57:37 | 05.45 |
| 469 | 1590 | GLENSK Wojciech | TARNÓW OPOLSKI |  POL | | 84 | M30/469 (M)1192 | 00:57:42 | 05.46 |
| 470 | 1173 | CZUCHWICKI Marek | WROCLAW |  POL | - | 76 | M30/470 (M)1193 | 00:57:42 | 05.46 |
| 471 | 1673 | ŻYŁA Grzegorz | OLEŚNICA |  POL | | 76 | M30/471 (M)1195 | 00:57:47 | 05.46 |
| 472 | 1815 | TRENKNER Leszek | WROCLAW |  POL | | 79 | M30/472 (M)1202 | 00:57:59 | 05.47 |
| 473 | 1190 | CHOWAŃSKI Mateusz | ŻELAZNY MOST |  POL | | 83 | M30/473 (M)1203 | 00:58:01 | 05.48 |
| 474 | 959 | ŁUKASZEWICZ Paweł | JELENIA GÓRA |  POL | | 80 | M30/474 (M)1205 | 00:58:04 | 05.48 |
| 475 | 1362 | SZYMAŃSKI Maciej | WROCLAW |  POL | | 77 | M30/475 (M)1208 | 00:58:13 | 05.49 |
| 476 | 1480 | KLEKA Marcin | BELCHATÓW |  POL | | 77 | M30/476 (M)1209 | 00:58:13 | 05.49 |
| 477 | 1035 | BOBEL Artur | WROCLAW |  POL | | 83 | M30/477 (M)1212 | 00:58:17 | 05.49 |
| 478 | 612 | SZCZUPLAK Łukasz | DŁUGOŁĘKA |  POL | | 78 | M30/478 (M)1214 | 00:58:24 | 05.50 |
| 479 | 1955 | KOPECKI Arkadiusz | SMOLEC |  POL | | 85 | M30/479 (M)1215 | 00:58:28 | 05.50 |
| 480 | 969 | JANCAK Bartłomiej | WROCLAW |  POL | | 80 | M30/480 (M)1216 | 00:58:30 | 05.51 |
| 481 | 295 | OGORZELEC Mariusz | OPOLE |  POL | - | 76 | M30/481 (M)1219 | 00:58:41 | 05.52 |
| 482 | 1774 | KUTKIEWICZ Bartosz | SIECHNICE |  POL | | 82 | M30/482 (M)1223 | 00:59:00 | 05.54 |
| 483 | 1456 | GARCIA Jesus | WROCLAW |  POL | | 77 | M30/483 (M)1229 | 00:59:11 | 05.55 |
| 484 | 441 | FEDEROWICZ Grzegorz | WROCLAW |  POL | | 77 | M30/484 (M)1231 | 00:59:16 | 05.55 |
| 485 | 1034 | TOMASZEWSKI Paweł | WROCLAW |  POL | | 84 | M30/485 (M)1233 | 00:59:21 | 05.56 |
| 486 | 777 | BIŁOUS Marcin | MIRKÓW |  POL | | 77 | M30/486 (M)1235 | 00:59:34 | 05.57 |
| 487 | 861 | REINHARD Filip | WROCLAW |  POL | | 80 | M30/487 (M)1236 | 00:59:37 | 05.57 |
| 488 | 691 | KORZENIEWSKI Dominik | WROCLAW |  POL | SAPACZE TEAM | 80 | M30/488 (M)1237 | 00:59:38 | 05.57 |
| 489 | 766 | GROSS Lech | WROCLAW |  POL | | 82 | M30/489 (M)1238 | 00:59:39 | 05.57 |
| 490 | 1351 | BEDNARSKI Dominik | STASZÓW |  POL | | 81 | M30/490 (M)1240 | 00:59:44 | 05.58 |
| 491 | 1851 | SINGH Samar | WROCLAW |  IND | | 77 | M30/491 (M)1241 | 00:59:48 | 05.58 |
| 492 | 895 | BERUS Tomasz | WROCLAW |  POL | | 77 | M30/492 (M)1243 | 00:59:50 | 05.59 |
| 493 | 1468 | KLISZ Iwo | WROCLAW |  POL | | 83 | M30/493 (M)1244 | 00:59:52 | 05.59 |
| 494 | 1687 | KOPKA Paweł | WROCLAW |  POL | | 80 | M30/494 (M)1247 | 00:59:56 | 05.59 |
| 495 | 953 | JABŁOŃSKI Jacek | WROCLAW |  POL | | 76 | M30/495 (M)1248 | 00:59:57 | 05.59 |
| 496 | 993 | WOJTCZAK Marcin | OLEŚNICA |  POL | | 82 | M30/496 (M)1249 | 00:59:58 | 05.59 |
| 497 | 1496 | BZOWSKI Daniel | OLEŚNICA |  POL | | 82 | M30/497 (M)1251 | 01:00:03 | 06.00 |
| 498 | 1917 | KAWA Arkadiusz | CHODLEWKO |  POL | | 82 | M30/498 (M)1254 | 01:00:10 | 06.01 |
| 499 | 1430 | DĄBROWSKI Leszek | WROCLAW |  POL | | 83 | M30/499 (M)1258 | 01:00:16 | 06.01 |

| 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] |
|--------------|--------|----------------------|------------------|----------|-----------------------------|---------|------------------------|-----------|----------|
| 500 | 1022 | MICHALSKI Radosław | WROCLAW | | POL POLITECHNIKA WROCLAWSKA | 81 | M30/500 (M)1259 | 01:00:17 | 06.01 |
| 501 | 1462 | BIENKOWSKI Zbigniew | OLAWA | | POL | 76 | M30/501 (M)1266 | 01:00:36 | 06.03 |
| 502 | 1193 | MOCZULSKI Paweł | WARSZAWA | | POL | 85 | M30/502 (M)1268 | 01:00:48 | 06.04 |
| 503 | 1919 | LEŚNIEWSKI Michał | WROCLAW | | POL | 82 | M30/503 (M)1270 | 01:00:52 | 06.05 |
| 504 | 1361 | BILIŃSKI Tomasz | OLAWA | | POL | 76 | M30/504 (M)1271 | 01:01:00 | 06.06 |
| 505 | 1789 | KRÓWCZYŃSKI Grzegorz | LUBSZA | | POL | 83 | M30/505 (M)1272 | 01:01:03 | 06.06 |
| 506 | 1268 | CZERWIŃSKI Michał | WROCLAW | | POL | 78 | M30/506 (M)1275 | 01:01:18 | 06.07 |
| 507 | 1103 | CYWIŃSKI Bartłomiej | WROCLAW | | POL | 77 | M30/507 (M)1276 | 01:01:23 | 06.08 |
| 508 | 1814 | LADACZEK Michał | WROCLAW | | POL | 85 | M30/508 (M)1285 | 01:01:39 | 06.09 |
| 509 | 1725 | ŚWIĘCKI Bartłomiej | WROCLAW | | POL | 83 | M30/509 (M)1286 | 01:01:46 | 06.10 |
| 510 | 1260 | WALIGÓRA Piotr | NYSA | | POL | 84 | M30/510 (M)1288 | 01:01:48 | 06.10 |
| 511 | 1575 | KALKA Łukasz | TRZEBNICA | | POL | 83 | M30/511 (M)1291 | 01:02:00 | 06.12 |
| 512 | 864 | POZNAŃSKI Ireneusz | WROCLAW | | POL | 78 | M30/512 (M)1292 | 01:02:11 | 06.13 |
| 513 | 721 | BIERNACKI Marcin | ŻAGAŃ | | POL | 85 | M30/513 (M)1296 | 01:02:35 | 06.15 |
| 514 | 1449 | ZIMIERSKI Michał | WROCLAW | | POL | 82 | M30/514 (M)1303 | 01:03:36 | 06.21 |
| 515 | 1648 | GÓRSKI Bartłomiej | WROCLAW | | POL | 82 | M30/515 (M)1307 | 01:03:55 | 06.23 |
| 516 | 667 | GRZĄDZIEL Maciej | KRAKÓW | | POL | 81 | M30/516 (M)1309 | 01:04:04 | 06.24 |
| 517 | 890 | KOPEK Marcin | MARSZOWICE | | POL | 78 | M30/517 (M)1311 | 01:04:20 | 06.26 |
| 518 | 1298 | BRUSIŁO Tomasz | WROCLAW | | POL | 84 | M30/518 (M)1315 | 01:05:47 | 06.34 |
| 519 | 1440 | ZALAS Grzegorz | WITKÓW | | POL | 78 | M30/519 (M)1317 | 01:06:23 | 06.38 |
| 520 | 1036 | GAWEŃKI Maciej | WROCLAW | | POL | 85 | M30/520 (M)1321 | 01:08:20 | 06.50 |
| 521 | 1378 | POWAŻKA Łukasz | WROCLAW | | POL | 85 | M30/521 (M)1328 | 01:10:13 | 07.01 |
| 522 | 1142 | POPIEL Jan | WROCLAW | | POL | 78 | M30/522 (M)1331 | 01:11:07 | 07.06 |
| 523 | 575 | SIEDLECKI Damian | OLEŚNICA | | POL POLITECHNIKA WROCLAWSKA | 78 | M30/523 (M)1333 | 01:11:39 | 07.09 |
| 524 | 1086 | ŚWIĘTY Sławomir | ZAWIERCIE | | POL | 82 | M30/524 (M)1334 | 01:11:57 | 07.11 |
| 525 | 1454 | MIKITA Mieszko | WROCLAW | | POL | 83 | M30/525 (M)1336 | 01:13:49 | 07.22 |

Bieg 10km Mężczyźni KATEGORIA:M20

























| | | | | | | | | | |
|----|------|-------------------------|-------------------|--|----------------------------------|----|--------------|----------|-------|
| 1 | 6 | SEMENOWYCZ Bogdan | KIWSZOWATA | | UKR | 86 | M20/1 (M)1 | 00:30:26 | 03.02 |
| 2 | 1 | GARDZIELEWSKI Arkadiusz | WROCLAW | | POL | 86 | M20/2 (M)3 | 00:31:37 | 03.09 |
| 3 | 17 | MATNER Paweł | NYSA | | POL | 91 | M20/3 (M)4 | 00:32:06 | 03.12 |
| 4 | 26 | SZYMANIEWICZ Jakub | WRONKI | | POL POLITECHNIKA POZNAŃSKA | 90 | M20/4 (M)6 | 00:32:22 | 03.14 |
| 5 | 192 | WENDLAND Michał | WROCLAW | | POL - | 89 | M20/5 (M)8 | 00:32:43 | 03.16 |
| 6 | 44 | WOSTAL Aleksander | SZPROTAWA | | POL | 92 | M20/6 (M)9 | 00:32:44 | 03.16 |
| 7 | 52 | BUJAŁA Michał | JAWOR | | POL | 87 | M20/7 (M)10 | 00:32:46 | 03.16 |
| 8 | 47 | WITEK Andrzej | SZKLARSKA PORĘBA | | POL AWF WROCLAW | 92 | M20/8 (M)11 | 00:32:54 | 03.17 |
| 9 | 1615 | ŚWIĄTKOWSKI Tomasz | OSIELSKO | | POL | 86 | M20/9 (M)17 | 00:33:46 | 03.22 |
| 10 | 1932 | ŁAZARSKI Patryk | WAŁBRZYCH | | POL | 91 | M20/10 (M)18 | 00:33:49 | 03.22 |
| 11 | 39 | GÓRALCZYK Paweł | CHOCZANIAWADOWICE | | POL AZS AWF KRAKÓW | 87 | M20/11 (M)19 | 00:34:01 | 03.24 |
| 12 | 30 | ZALEWSKI Igor | WŁOCLAWEK | | POL | 93 | M20/12 (M)20 | 00:34:05 | 03.24 |
| 13 | 41 | SZYMAŃSKI Paweł | KATOWICE | | POL | 88 | M20/13 (M)21 | 00:34:06 | 03.24 |
| 14 | 21 | ROSKOSZ Bartosz | MIŁOSZYCE | | POL | 89 | M20/14 (M)23 | 00:34:09 | 03.24 |
| 15 | 1934 | ŚLĘZAK Piotr | WROCLAW | | POL | 89 | M20/15 (M)27 | 00:34:41 | 03.28 |
| 16 | 43 | GLINKA Szymon | MIEDARY | | POL | 92 | M20/16 (M)31 | 00:34:58 | 03.29 |
| 17 | 1598 | JOLIBSKI Jacek | JELENIA GÓRA | | POL | 91 | M20/17 (M)33 | 00:35:00 | 03.29 |
| 18 | 49 | KUŃCZAK Michał | ZGORZELEC | | POL | 89 | M20/18 (M)37 | 00:35:17 | 03.31 |
| 19 | 230 | KOBYŁKA Adam | RUSINÓW | | POL WOJSKOWA AKADEMIA TECHNICZNA | 94 | M20/19 (M)38 | 00:35:39 | 03.33 |
| 20 | 1808 | JANIK Krzysztof | MALERZOWICE | | POL | 90 | M20/20 (M)39 | 00:35:41 | 03.34 |
| 21 | 1493 | FRAŚCZAK Patryk | KROTOSZYN | | POL | 95 | M20/21 (M)48 | 00:36:08 | 03.36 |
| 22 | 42 | CHRZANOWSKI Patryk | BIELAWA | | POL | 89 | M20/22 (M)50 | 00:36:12 | 03.37 |
| 23 | 189 | SOCHA Artur | WAŁBRZYCH | | POL | 89 | M20/23 (M)52 | 00:36:14 | 03.37 |
| 24 | 1842 | RAJCA Michał | WROCLAW | | POL POLITECHNIKA WROCLAWSKA | 90 | M20/24 (M)55 | 00:36:26 | 03.38 |
| 25 | 1730 | SOBERA Łukasz | TWARDOGÓRA | | POL | 89 | M20/25 (M)60 | 00:36:55 | 03.41 |
| 26 | 1925 | MARCJANEK Łukasz | SZCZYTNA | | POL | 89 | M20/26 (M)65 | 00:37:05 | 03.42 |
| 27 | 1540 | ZIOBER Zbigniew | ŻMIGRÓD | | POL AWF WROCLAW | 92 | M20/27 (M)69 | 00:37:29 | 03.44 |
| 28 | 394 | SWAT Sylwester | PRZEŻMIEROWO | | POL | 93 | M20/28 (M)70 | 00:37:31 | 03.45 |
| 29 | 1962 | KARKOSZKA Marcin | MASANÓW | | POL | 90 | M20/29 (M)71 | 00:37:33 | 03.45 |
| 30 | 1735 | SADOWSKI Andrzej | WROCLAW | | POL | 94 | M20/30 (M)75 | 00:37:40 | 03.46 |
| 31 | 238 | KOTAS Paweł | RYBNIK | | POL POLITECHNIKA WROCLAWSKA | 88 | M20/31 (M)78 | 00:37:49 | 03.46 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--|--------------------------------|-----------|----------|
| 32 | 1952 | DYDUCH Damian | BARANÓW | POL | | 88 M20/32 (M)80 | 00:37:54 | 03.47 |
| 33 | 127 | DANIELKIEWICZ Tomasz | GŁOGÓW | POL | WYŻSZA SZKOŁA HUMANISTYCZNA WE WROCŁAWIU | 86 M20/33 (M)82 | 00:37:55 | 03.47 |
| 34 | 140 | WOŹNIAK Maciej | KROTOSZYN | POL | | 87 M20/34 (M)87 | 00:38:07 | 03.48 |
| 35 | 150 | LIS Szymon | WROCŁAW | POL | | 86 M20/35 (M)88 | 00:38:08 | 03.48 |
| 36 | 175 | KOŁODZIEJ Rafał | GÓRAŹDŹE | POL | | 89 M20/36 (M)90 | 00:38:10 | 03.49 |
| 37 | 250 | SKUDLARSKI Jakub | WROCŁAW | POL | | 91 M20/37 (M)93 | 00:38:15 | 03.49 |
| 38 | 79 | MARKOWICZ Łukasz | WROCŁAW | POL | | 94 M20/38 (M)94 | 00:38:15 | 03.49 |
| 39 | 190 | BOK Marcin | ŻĘDOWICE | POL | - | 94 M20/39 (M)96 | 00:38:25 | 03.50 |
| 40 | 780 | HRYDCZUK Łukasz | WIĄZÓW | POL | | 95 M20/40 (M)97 | 00:38:27 | 03.50 |
| 41 | 53 | LIPOWY Dawid | BUKÓWIEC GÓRNY | POL | | 91 M20/41 (M)102 | 00:38:34 | 03.51 |
| 42 | 91 | JANIK Bartosz | WROCŁAW | POL | | 88 M20/42 (M)103 | 00:38:36 | 03.51 |
| 43 | 88 | MAZIJ Piotr | CHOCIANÓW | POL | | 86 M20/43 (M)108 | 00:38:44 | 03.52 |
| 44 | 508 | PRZERWA Michał | ODOLANÓW | POL | | 87 M20/44 (M)109 | 00:38:46 | 03.52 |
| 45 | 176 | KARWACKI Maciej | KAMIENNA GÓRA | POL | POLITECHNIKA WROCŁAWSKA | 95 M20/45 (M)113 | 00:38:48 | 03.52 |
| 46 | 82 | SADZIK Robert | BARDO | POL | | 87 M20/46 (M)114 | 00:38:52 | 03.53 |
| 47 | 1947 | KRĘZEL Krzysztof | WISZNIA MAŁA | POL | | 91 M20/47 (M)116 | 00:38:53 | 03.53 |
| 48 | 123 | KONARSKI Piotr | KRASKÓW | POL | - | 89 M20/48 (M)125 | 00:39:06 | 03.54 |
| 49 | 496 | WENDERSKI Dawid | KROBIA | POL | | 86 M20/49 (M)136 | 00:39:21 | 03.56 |
| 50 | 1794 | WENDERSKI Wojciech | KROBIA | POL | | 88 M20/50 (M)137 | 00:39:21 | 03.56 |
| 51 | 247 | MALINOWSKI Sławomir | NOWA SÓL | POL | | 87 M20/51 (M)138 | 00:39:22 | 03.56 |
| 52 | 301 | MAZUR Adam | WOJNOWICE | POL | POLITECHNIKA WROCŁAWSKA | 95 M20/52 (M)141 | 00:39:26 | 03.56 |
| 53 | 231 | KOMOROWSKI Arkadiusz | UJEŹDZIEC MAŁY | POL | | 95 M20/53 (M)143 | 00:39:30 | 03.57 |
| 54 | 1640 | WICHERSKI Marcin | WARTA | POL | UNIwersytet Przyrodniczy We Wrocławiu | 93 M20/54 (M)147 | 00:39:33 | 03.57 |
| 55 | 217 | ROGAŁA Grzegorz | ODOLANÓW | POL | | 90 M20/55 (M)150 | 00:39:35 | 03.57 |
| 56 | 219 | GULACZ Michał | WAŁBRZYCH | POL | | 94 M20/56 (M)158 | 00:39:44 | 03.58 |
| 57 | 1825 | KOPCZYŃSKI Tomasz | JELCZ-LASKOWICE | POL | | 95 M20/57 (M)162 | 00:39:49 | 03.58 |
| 58 | 1759 | KWASNIEWSKI Mateusz | WROCŁAW | POL | | 87 M20/58 (M)165 | 00:39:50 | 03.59 |
| 59 | 60 | BURCHACKI Przemysław | SKOKOWA | POL | | 88 M20/59 (M)167 | 00:39:53 | 03.59 |
| 60 | 249 | MACIUSZEK Łukasz | MAŃKOWICE | POL | | 86 M20/60 (M)173 | 00:39:57 | 03.59 |
| 61 | 1627 | KALKOWSKI Przemysław | SŁAWNO | POL | | 89 M20/61 (M)177 | 00:39:59 | 03.59 |
| 62 | 999 | GIEMZA Michał | JAWOR | POL | | 89 M20/62 (M)178 | 00:39:59 | 03.59 |
| 63 | 85 | DZIAŁOCHA Jakub | ODOLANÓW | POL | | 91 M20/63 (M)180 | 00:40:01 | 04.00 |
| 64 | 233 | HABER Marcin | BARDO | POL | | 87 M20/64 (M)199 | 00:40:25 | 04.02 |
| 65 | 807 | MACIOS Rafał | ZIELONA GÓRA | POL | | 92 M20/65 (M)203 | 00:40:28 | 04.02 |
| 66 | 1579 | BUCHOWIECKI Mateusz | JELEŃ GÓRA | POL | | 86 M20/66 (M)205 | 00:40:32 | 04.03 |
| 67 | 1645 | BOROWIECKI Jędrzej | ZIELONA GÓRA | POL | | 92 M20/67 (M)207 | 00:40:36 | 04.03 |
| 68 | 266 | IDZIKOWSKI Maciej | WROCŁAW | POL | | 90 M20/68 (M)244 | 00:41:29 | 04.08 |
| 69 | 157 | SALA Damian | NOWA SÓL | POL | | 89 M20/69 (M)251 | 00:41:35 | 04.09 |
| 70 | 32 | DĄBROWSKI Dariusz | WROCŁAW | POL | MAX PROGRESS RUN TEAM | 86 M20/70 (M)262 | 00:41:45 | 04.10 |
| 71 | 54 | KOCISZEWSKI Paweł | KARCZEW | POL | | 88 M20/71 (M)263 | 00:41:46 | 04.10 |
| 72 | 156 | WNEK Jarosław | KLUCZBORK | POL | | 88 M20/72 (M)274 | 00:41:55 | 04.11 |
| 73 | 364 | DUDEK Mateusz | KLUCZBORK | POL | | 88 M20/73 (M)275 | 00:41:55 | 04.11 |
| 74 | 887 | GUJA Tobiasz | NOWA RUDA | POL | | 89 M20/74 (M)291 | 00:42:10 | 04.13 |
| 75 | 457 | SZCZYGIEL Mateusz | WROCŁAW | POL | | 88 M20/75 (M)295 | 00:42:12 | 04.13 |
| 76 | 1499 | KAPELA Sebastian | KIELCZÓW | POL | WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH | 86 M20/76 (M)298 | 00:42:16 | 04.13 |
| 77 | 256 | MARGIELA Mateusz | WAŁBRZYCH | POL | | 91 M20/77 (M)308 | 00:42:21 | 04.14 |
| 78 | 367 | KRÓL Łukasz | BOLESŁAWIEC | POL | | 88 M20/78 (M)312 | 00:42:31 | 04.15 |
| 79 | 418 | TYCZYŃSKI Przemysław | MIŁOSZYCE | POL | | 89 M20/79 (M)313 | 00:42:31 | 04.15 |
| 80 | 542 | GANDZIAROWSKI Marek | SOBÓTKA | POL | WSB WROCŁAW | 91 M20/80 (M)314 | 00:42:32 | 04.15 |
| 81 | 1754 | MICHALSKI Jakub | WROCŁAW | POL | | 94 M20/81 (M)316 | 00:42:34 | 04.15 |
| 82 | 543 | ZIMOCZ Paweł | SOBÓTKA | POL | | 91 M20/82 (M)319 | 00:42:36 | 04.15 |
| 83 | 209 | SZARANIEC Krzysztof | SOSNOWIEC | POL | | 87 M20/83 (M)327 | 00:42:44 | 04.16 |
| 84 | 223 | JARECKI Przemysław | MILICZ | POL | | 91 M20/84 (M)332 | 00:42:46 | 04.16 |
| 85 | 1695 | MISIEWICZ Mateusz | WAŁBRZYCH | POL | | 87 M20/85 (M)338 | 00:42:50 | 04.17 |
| 86 | 376 | KOLESIŃSKI Wojciech | BIELAWA | POL | | 88 M20/86 (M)344 | 00:42:52 | 04.17 |
| 87 | 186 | POWAŻNY Marek | STRZELIN | POL | | 89 M20/87 (M)345 | 00:42:54 | 04.17 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---|----------------|-------------------------------|------------------|-----------------|
| 88 | 1958 | STAWARZ Mateusz | GŁOGÓW | POL | | 93 | M20/88 (M)358 | 00:43:05 | 04.18 |
| 89 | 598 | DUDA Jakub | WLEŃ | POL | | 86 | M20/89 (M)362 | 00:43:08 | 04.18 |
| 90 | 316 | DZIAMSKI Radosław | NOWY TOMYŚL | POL | | 90 | M20/90 (M)376 | 00:43:24 | 04.20 |
| 91 | 113 | RURA Marcin | REJOWIEC FABRYCZNY | POL | | 90 | M20/91 (M)388 | 00:43:37 | 04.21 |
| 92 | 1697 | OSTRYSZ Szymon | RYCHTAL | POL | | 93 | M20/92 (M)391 | 00:43:39 | 04.21 |
| 93 | 388 | SZUBA Tomasz | KOWARY | POL | | 91 | M20/93 (M)392 | 00:43:42 | 04.22 |
| 94 | 697 | KARGUL Michał | WROCLAW | POL | | 87 | M20/94 (M)397 | 00:43:43 | 04.22 |
| 95 | 474 | JAKUBOWSKI Damian | ZIELONA GÓRA | POL | | 88 | M20/95 (M)399 | 00:43:43 | 04.22 |
| 96 | 306 | MISIEWICZ Sebastian | WROCLAW | POL | | 87 | M20/96 (M)409 | 00:43:49 | 04.22 |
| 97 | 401 | PIECZYŃSKI Łukasz | WROCLAW | POL | | 88 | M20/97 (M)417 | 00:43:55 | 04.23 |
| 98 | 304 | OLSZEWSKI Paweł | WROCLAW | POL | | 86 | M20/98 (M)420 | 00:43:59 | 04.23 |
| 99 | 393 | SALIŃSKI Dominik | RADOMSKO | POL | | 87 | M20/99 (M)432 | 00:44:09 | 04.24 |
| 100 | 1883 | KACPRZAK Michał | SUCHA PSINA | POL | | 90 | M20/100 (M)447 | 00:44:21 | 04.26 |
| 101 | 1505 | CZARNY Wojciech | LEGNICA | POL | | 89 | M20/101 (M)448 | 00:44:22 | 04.26 |
| 102 | 284 | WALACIK Adam | WIERUSZÓW | POL | | 94 | M20/102 (M)455 | 00:44:27 | 04.26 |
| 103 | 352 | BOBA Michał | WROCLAW | POL | | 88 | M20/103 (M)460 | 00:44:30 | 04.27 |
| 104 | 726 | BUBULA Krystian | STRZELIN | POL | | 93 | M20/104 (M)462 | 00:44:33 | 04.27 |
| 105 | 468 | BARCINSKI Krystian | WARSZAWA | POL | | 87 | M20/105 (M)467 | 00:44:36 | 04.27 |
| 106 | 1628 | MANUIŁ Rafał | MOJĘCICE | POL | | 87 | M20/106 (M)475 | 00:44:43 | 04.28 |
| 107 | 111 | CHORZĘPA Marcin | JELCZ-LASKOWICE | POL | | 87 | M20/107 (M)481 | 00:44:53 | 04.29 |
| 108 | 1519 | OPANASENKO Volodymyr | WROCLAW | POL | - | 86 | M20/108 (M)484 | 00:44:55 | 04.29 |
| 109 | 505 | ŁOJKO Michał esteban | DRZONKÓW | POL | WYŻSZA SZKOŁA FIZJOTERAPII WE WROCLAWIU | 87 | M20/109 (M)502 | 00:45:10 | 04.31 |
| 110 | 479 | KUCZAJ Marcin | WROCLAW | POL | | 86 | M20/110 (M)504 | 00:45:16 | 04.31 |
| 111 | 458 | TOMASZEK Dawid | JAROSZÓW | POL | | 86 | M20/111 (M)508 | 00:45:20 | 04.32 |
| 112 | 860 | CHYLAK Marcin | MAŁOMICE | POL | POLITECHNIKA WROCLAWSKA | 92 | M20/112 (M)518 | 00:45:26 | 04.32 |
| 113 | 386 | GAŚSIOROWSKI Krzysztof | WROCLAW | POL | | 90 | M20/113 (M)519 | 00:45:29 | 04.32 |
| 114 | 1802 | GALICKI Jakub | WROCLAW | POL | WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH | 92 | M20/114 (M)523 | 00:45:31 | 04.33 |
| 115 | 1760 | KACZOR Grzegorz | ZGORZELEC | POL | | 88 | M20/115 (M)526 | 00:45:35 | 04.33 |
| 116 | 144 | WOŹNIAK Mariusz | WROCLAW | POL | | 87 | M20/116 (M)532 | 00:45:38 | 04.33 |
| 117 | 1630 | CWYNAR Damian | WROCLAW | POL | | 95 | M20/117 (M)533 | 00:45:38 | 04.33 |
| 118 | 904 | SCHIELE Marcin | SŁAWNO | POL | | 88 | M20/118 (M)544 | 00:45:47 | 04.34 |
| 119 | 245 | KIEŻA Marek | WROCLAW | POL | | 88 | M20/119 (M)545 | 00:45:51 | 04.35 |
| 120 | 652 | FUDAŁEJ Rafał | WROCLAW | POL | | 86 | M20/120 (M)546 | 00:45:51 | 04.35 |
| 121 | 1830 | MURZICZ Wojciech | WROCLAW | POL | | 87 | M20/121 (M)550 | 00:45:52 | 04.35 |
| 122 | 1750 | GRYSZKIEWICZ Paweł | WROCLAW | POL | | 87 | M20/122 (M)558 | 00:45:58 | 04.35 |
| 123 | 1905 | SZMIDT Wojtek | LIGOTA PIĘKNA | POL | | 90 | M20/123 (M)565 | 00:46:06 | 04.36 |
| 124 | 929 | KRÓL Maciej | LEŚNA | POL | | 90 | M20/124 (M)567 | 00:46:07 | 04.36 |
| 125 | 1709 | BURZA Tomasz | WROCLAW | POL | | 88 | M20/125 (M)571 | 00:46:13 | 04.37 |
| 126 | 1908 | RYBICKI Aleksander | BRZEG DOLNY | POL | | 88 | M20/126 (M)578 | 00:46:16 | 04.37 |
| 127 | 758 | TILL Konrad | KROSNO ODRZAŃSKIE | POL | | 90 | M20/127 (M)580 | 00:46:19 | 04.37 |
| 128 | 928 | PLEWKA Paweł | JUTROSIN | POL | | 95 | M20/128 (M)582 | 00:46:20 | 04.38 |
| 129 | 1295 | WITECKI Aleksander | LUBIN | POL | | 88 | M20/129 (M)601 | 00:46:35 | 04.39 |
| 130 | 978 | KRUK Michał | WROCLAW | POL | | 88 | M20/130 (M)603 | 00:46:37 | 04.39 |
| 131 | 603 | KEMPA Krzysztof | TRZEBNICA | POL | | 87 | M20/131 (M)604 | 00:46:37 | 04.39 |
| 132 | 1592 | NOWAK Maciej | OLAWA | POL | AWF WROCLAW | 92 | M20/132 (M)615 | 00:46:47 | 04.40 |
| 133 | 776 | KRZESZOWSKI Piotr | PRZEWORNO | POL | | 86 | M20/133 (M)617 | 00:46:47 | 04.40 |
| 134 | 1195 | KARBOWIAK Jakub | WROCLAW | POL | | 86 | M20/134 (M)618 | 00:46:49 | 04.40 |
| 135 | 632 | MISIEWICZ Wojciech | WROCLAW | POL | | 90 | M20/135 (M)625 | 00:46:54 | 04.41 |
| 136 | 1753 | HÓLDOWSKI Maciej | OSTRÓW WIELKOPOLSKI | POL | | 88 | M20/136 (M)626 | 00:46:55 | 04.41 |
| 137 | 761 | NIEDZIELA Tomasz | ŚREM | POL | | 89 | M20/137 (M)632 | 00:46:59 | 04.41 |
| 138 | 72 | ROZUMKIEWICZ Paweł | NOWA RUDA | POL | | 87 | M20/138 (M)638 | 00:47:02 | 04.42 |
| 139 | 1389 | WAWSZCZAK Arkadiusz | GRACZE | POL | MONAR-GRACZE | 93 | M20/139 (M)639 | 00:47:03 | 04.42 |
| 140 | 1762 | HANSDORFER Grzegorz | WROCLAW | POL | | 86 | M20/140 (M)641 | 00:47:05 | 04.42 |
| 141 | 800 | MOC Sebastian | WROCLAW | POL | UNIwersytet Ekonomiczny we Wrocławiu | 93 | M20/141 (M)649 | 00:47:11 | 04.43 |
| 142 | 1689 | SZYMAŁA Mateusz | KONIECPOL | POL | - | 91 | M20/142 (M)653 | 00:47:13 | 04.43 |
| 143 | 595 | KALINOWSKI Przemysław | KAWĘCZYN | POL | | 90 | M20/143 (M)655 | 00:47:14 | 04.43 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|--|---------------------------------------|------------------|-----------------|
| 144 | 1245 | BANASZAK Mateusz | WROCLAW | POL | | 87 M20/144 (M)658 | 00:47:15 | 04.43 |
| 145 | 711 | ZABLOCKI Wojciech | ZARY | POL | | 89 M20/145 (M)659 | 00:47:16 | 04.43 |
| 146 | 794 | MODLIŃSKI Łukasz | WROCLAW | POL | POLITECHNIKA WROCLAWSKA | 90 M20/146 (M)677 | 00:47:30 | 04.45 |
| 147 | 1612 | ŁĘŻNIAK Aleksander | SOBÓTKA | POL | | 89 M20/147 (M)679 | 00:47:31 | 04.45 |
| 148 | 1777 | KUCA Artur | BIELANY WROCLAWSKIE | POL | | 90 M20/148 (M)691 | 00:47:43 | 04.46 |
| 149 | 946 | ANDRZEJCZYK Radosław | KĘTRZYN | POL | WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH | 90 M20/149 (M)698 | 00:47:51 | 04.47 |
| 150 | 778 | KWIATKOWSKI Przemysław | PISARZOWICE | POL | | 89 M20/150 (M)700 | 00:47:53 | 04.47 |
| 151 | 1740 | MISZCZYK Przemysław | NIECHLÓW | POL | POLITECHNIKA WROCLAWSKA | 92 M20/151 (M)703 | 00:47:56 | 04.47 |
| 152 | 755 | BIENIASZEWSKI Marcin | BRZEG | POL | | 87 M20/152 (M)705 | 00:47:56 | 04.47 |
| 153 | 517 | SZAROLETA Michał | OSTRÓW WIELKOPOLSKI | POL | POLITECHNIKA WROCLAWSKA | 92 M20/153 (M)710 | 00:47:59 | 04.47 |
| 154 | 562 | BEER Michał | KRAPKOWICE | POL | | 88 M20/154 (M)715 | 00:48:04 | 04.48 |
| 155 | 863 | JANKOWSKI Janusz | NYSA | POL | | 86 M20/155 (M)728 | 00:48:19 | 04.49 |
| 156 | 1407 | WOLSKI Mateusz | CHOCIANÓW | POL | | 86 M20/156 (M)739 | 00:48:29 | 04.50 |
| 157 | 1776 | BONDZIOR Bartosz | LEGNICA | POL | | 89 M20/157 (M)749 | 00:48:37 | 04.51 |
| 158 | 932 | KRAWCZYK Mariusz | WROCLAW | POL | | 87 M20/158 (M)752 | 00:48:39 | 04.51 |
| 159 | 1363 | TOMANEK Mateusz | ZĄBKOWICE ŚLĄSKIE | POL | | 87 M20/159 (M)756 | 00:48:46 | 04.52 |
| 160 | 786 | SMAGA Daniel | WROCLAW | POL | | 89 M20/160 (M)761 | 00:48:51 | 04.53 |
| 161 | 718 | WIECZOREK Maciej | OLEŚNICA | POL | | 88 M20/161 (M)763 | 00:48:52 | 04.53 |
| 162 | 772 | KLIMCZAK Paweł | WROCLAW | POL | | 88 M20/162 (M)771 | 00:48:55 | 04.53 |
| 163 | 956 | ROMANOWSKI Paweł | WROCLAW | POL | | 89 M20/163 (M)785 | 00:49:01 | 04.54 |
| 164 | 1533 | STASZEWSKI Bartłomiej | KALISZ | POL | | 89 M20/164 (M)788 | 00:49:02 | 04.54 |
| 165 | 372 | POŻAROWSKI Jacek | ZĄBKOWICE ŚLĄSKIE | POL | | 87 M20/165 (M)797 | 00:49:09 | 04.54 |
| 166 | 1884 | ŁOBEJKO Adam | WROCLAW | POL | | 91 M20/166 (M)811 | 00:49:29 | 04.56 |
| 167 | 945 | MOSKWA Marcin | WROCLAW | POL | | 89 M20/167 (M)815 | 00:49:32 | 04.57 |
| 168 | 630 | GABARA-PIĘTKA Piotr | WROCLAW | POL | | 87 M20/168 (M)817 | 00:49:35 | 04.57 |
| 169 | 930 | MIKUCKI Marcel | ŁOBEZ | POL | | 86 M20/169 (M)827 | 00:49:45 | 04.58 |
| 170 | 774 | SAJEWICZ Piotr | WROCLAW | POL | | 86 M20/170 (M)846 | 00:50:00 | 05.00 |
| 171 | 886 | MELNYK Sergii | WROCLAW | POL | | 90 M20/171 (M)849 | 00:50:04 | 05.00 |
| 172 | 1383 | TAJCHMAN Bogdan | WROCLAW | POL | | 91 M20/172 (M)851 | 00:50:04 | 05.00 |
| 173 | 491 | MATECKI Jacek | JELENIA GÓRA | POL | | 86 M20/173 (M)854 | 00:50:06 | 05.00 |
| 174 | 927 | MAJEWSKI Tomasz | PACZKÓW | POL | | 90 M20/174 (M)858 | 00:50:12 | 05.01 |
| 175 | 553 | WĘGIER Dariusz | WROCLAW | POL | - | 88 M20/175 (M)865 | 00:50:19 | 05.01 |
| 176 | 1509 | SZKODZIŃSKI Mateusz | GŁUSZYNA | POL | - | 95 M20/176 (M)876 | 00:50:31 | 05.03 |
| 177 | 872 | ŁASKI Michał | WROCLAW | POL | | 87 M20/177 (M)877 | 00:50:32 | 05.03 |
| 178 | 1643 | JAWOREK Marcin | WROCLAW | POL | WSB WROCLAW | 86 M20/178 (M)878 | 00:50:33 | 05.03 |
| 179 | 1542 | ŁOŚ Krzysztof | MAŁUSZÓW | POL | POLITECHNIKA WROCLAWSKA | 88 M20/179 (M)890 | 00:50:44 | 05.04 |
| 180 | 1317 | PIECHOTA Bartosz | WROCLAW | POL | | 87 M20/180 (M)896 | 00:50:51 | 05.05 |
| 181 | 663 | SKORUPSKI Szymon | STRZELIN/WROCLAW | POL | | 87 M20/181 (M)898 | 00:50:54 | 05.05 |
| 182 | 1302 | WROTEK Miłosz | GRACZE | POL | MONAR GRACZE | 95 M20/182 (M)902 | 00:50:59 | 05.05 |
| 183 | 1139 | TUSZNIO Krzysztof | WROCLAW | POL | | 87 M20/183 (M)904 | 00:51:00 | 05.06 |
| 184 | 1616 | ŁUGOWSKI Bartosz | WROCLAW | POL | | 89 M20/184 (M)908 | 00:51:05 | 05.06 |
| 185 | 1888 | MACUDZIŃSKI Tomasz | WROCLAW | POL | POLITECHNIKA WROCLAWSKA | 93 M20/185 (M)916 | 00:51:10 | 05.07 |
| 186 | 841 | KOCZWARA Wojtek | STALOWA WOLA | POL | | 90 M20/186 (M)917 | 00:51:11 | 05.07 |
| 187 | 925 | MICHNICKI Łukasz | WĘGORZEWO | POL | | 89 M20/187 (M)929 | 00:51:28 | 05.08 |
| 188 | 1560 | WIELOCHA Mateusz | OLEŚNICA | POL | | 86 M20/188 (M)930 | 00:51:29 | 05.08 |
| 189 | 685 | DYDACKI Marcin | TRZEBNICA | POL | | 89 M20/189 (M)935 | 00:51:35 | 05.09 |
| 190 | 1254 | WENCEL Dawid | GRODZISK | POL | | 93 M20/190 (M)942 | 00:51:47 | 05.10 |
| 191 | 4528 | SOCHA Przemysław | WROCLAW | POL | | 88 M20/191 (M)948 | 00:51:50 | 05.11 |
| 192 | 683 | SZCZEPANIK Paweł | BIELSKO-BIAŁA | POL | POLITECHNIKA WROCLAWSKA | 90 M20/192 (M)951 | 00:51:53 | 05.11 |
| 193 | 831 | MORAS Kacper | GRODKÓW | POL | - | 95 M20/193 (M)953 | 00:51:53 | 05.11 |
| 194 | 1624 | ŚMIGIELSKI Kamil | WROCLAW | POL | | 88 M20/194 (M)955 | 00:51:54 | 05.11 |
| 195 | 584 | WILCZYŃSKI Jacek | GROMADKA | POL | - | 89 M20/195 (M)956 | 00:51:57 | 05.11 |
| 196 | 586 | RUDNICKI Piotr | WROCLAW | POL | | 91 M20/196 (M)957 | 00:51:57 | 05.11 |
| 197 | 1382 | OZIĘBŁOWSKI Paweł | WROCLAW | POL | | 87 M20/197 (M)964 | 00:52:02 | 05.12 |
| 198 | 1604 | SZACHNIEWICZ Łukasz | PRUSICE | POL | | 87 M20/198 (M)968 | 00:52:07 | 05.12 |
| 199 | 1340 | KOZŁOWSKI Mieszko | WROCLAW | POL | | 87 M20/199 (M)971 | 00:52:09 | 05.12 |
| 200 | 1835 | SOBCZAK Dawid | WROCLAW | POL | | 89 M20/200 (M)973 | 00:52:10 | 05.13 |
| 201 | 1390 | KRUPNIK Krzysztof | GRACZE | POL | | 86 M20/201 (M)976 | 00:52:22 | 05.14 |

| 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] |
|--------------|--------|------------------------|----------------------|----------|-------------------------|---------|------------------------|-----------|----------|
| 202 | 689 | MAZIK Patryk | NAMYŚLÓW | POL | POLITECHNIKA WROCŁAWSKA | 91 | M20/202 (M)980 | 00:52:24 | 05.14 |
| 203 | 1054 | BARAN Mariusz | WROCŁAW | POL | | 88 | M20/203 (M)982 | 00:52:26 | 05.14 |
| 204 | 828 | KŁOS Przemysław | ŻÓRAWINA | POL | | 88 | M20/204 (M)984 | 00:52:29 | 05.14 |
| 205 | 1913 | LICHOCKI Zbigniew | WROCŁAW | POL | | 87 | M20/205 (M)988 | 00:52:31 | 05.15 |
| 206 | 1166 | GALEJA Tomasz | RUDA ŚLĄSKA | POL | | 86 | M20/206 (M)990 | 00:52:32 | 05.15 |
| 207 | 789 | GALERT Kamil | WROCŁAW | POL | | 87 | M20/207 (M)991 | 00:52:33 | 05.15 |
| 208 | 1741 | LENCKI Damian | OLEŚNICA | POL | | 87 | M20/208 (M)1005 | 00:52:47 | 05.16 |
| 209 | 1388 | KURIATA Piotr | GRACZE | POL | MONAR GRACZE | 89 | M20/209 (M)1012 | 00:52:56 | 05.17 |
| 210 | 1912 | ZIMNY Jarosław | WROCŁAW | POL | | 87 | M20/210 (M)1016 | 00:53:01 | 05.18 |
| 211 | 1364 | KUCZAJ Andrzej | WROCŁAW | POL | | 88 | M20/211 (M)1019 | 00:53:03 | 05.18 |
| 212 | 1710 | PARZONKA Maciek | KĘPNO | POL | | 92 | M20/212 (M)1023 | 00:53:06 | 05.18 |
| 213 | 814 | KOWALEWSKI Mateusz | WROCŁAW | POL | POLITECHNIKA WROCŁAWSKA | 92 | M20/213 (M)1024 | 00:53:06 | 05.18 |
| 214 | 1458 | STAROŃ Marek | POLKOWICE | POL | | 87 | M20/214 (M)1026 | 00:53:08 | 05.18 |
| 215 | 686 | CZAJKA Paweł | PLESZEW | POL | - | 90 | M20/215 (M)1028 | 00:53:09 | 05.18 |
| 216 | 1752 | LENCKI Grzegorz | KRZYŻOWICE | POL | | 87 | M20/216 (M)1030 | 00:53:11 | 05.19 |
| 217 | 1320 | GRYCAN Bartosz | CZECHOWICE-DZIEDZICE | POL | | 89 | M20/217 (M)1031 | 00:53:12 | 05.19 |
| 218 | 912 | SOBIŃSKI Paweł | JELEŃ GÓRA | POL | | 87 | M20/218 (M)1035 | 00:53:15 | 05.19 |
| 219 | 881 | KUCZAJ Michał | WROCŁAW | POL | | 90 | M20/219 (M)1040 | 00:53:23 | 05.20 |
| 220 | 1236 | JANKOWSKI Tomasz | ŚWIDNICA | POL | | 88 | M20/220 (M)1043 | 00:53:25 | 05.20 |
| 221 | 1179 | SĘDZIEŁOWSKI Marcin | LESZNO GÓRNE | POL | | 90 | M20/221 (M)1053 | 00:53:42 | 05.22 |
| 222 | 1846 | TANASIJCZUK Aleksander | WROŁAW | POL | | 87 | M20/222 (M)1054 | 00:53:43 | 05.22 |
| 223 | 1486 | KACZOR Szymon | PIOTRKÓW | POL | | 87 | M20/223 (M)1055 | 00:53:45 | 05.22 |
| 224 | 1141 | BOGUS Krzysztof | KAMIENIEC ZĄBKOWICKI | POL | | 90 | M20/224 (M)1056 | 00:53:46 | 05.22 |
| 225 | 839 | KONOFAL Filip | RYDUŁTOWY | POL | | 90 | M20/225 (M)1057 | 00:53:47 | 05.22 |
| 226 | 1483 | RYBKA Mateusz | ŁUKÓW | POL | | 89 | M20/226 (M)1069 | 00:54:04 | 05.24 |
| 227 | 1293 | WESOŁOWSKI Jakub | URAZ | POL | | 87 | M20/227 (M)1070 | 00:54:04 | 05.24 |
| 228 | 753 | KRYLA Michał | JELEŃ GÓRA | POL | WSB WROCŁAW | 90 | M20/228 (M)1078 | 00:54:15 | 05.25 |
| 229 | 1349 | ULC Karol | BELCHATÓW | POL | POLITECHNIKA WROCŁAWSKA | 93 | M20/229 (M)1079 | 00:54:18 | 05.25 |
| 230 | 1168 | SOBOLEWSKI Rafał | WROCŁAW | POL | | 86 | M20/230 (M)1081 | 00:54:19 | 05.25 |
| 231 | 1300 | PIETRASZEK Adam | BĘDKOWICE | POL | | 89 | M20/231 (M)1088 | 00:54:31 | 05.27 |
| 232 | 1920 | CENDRY Daniel | ŻARY | POL | | 90 | M20/232 (M)1091 | 00:54:34 | 05.27 |
| 233 | 1138 | SZCZEPANEK Michał | TRZEBNICA | POL | POLITECHNIKA WROCŁAWSKA | 92 | M20/233 (M)1094 | 00:54:35 | 05.27 |
| 234 | 846 | DŁUGOKĘCKI Jan | NAMYŚLÓW | POL | UNIwersytet Wrocłowski | 95 | M20/234 (M)1096 | 00:54:39 | 05.27 |
| 235 | 545 | WOJTYŁKO Kamil | WROCŁAW | POL | | 86 | M20/235 (M)1100 | 00:54:49 | 05.28 |
| 236 | 692 | KACPEREK Kamil | WROCŁAW | POL | | 91 | M20/236 (M)1108 | 00:55:09 | 05.30 |
| 237 | 1194 | TOMASZEWSKI Marek | WROCŁAW | POL | | 86 | M20/237 (M)1110 | 00:55:12 | 05.31 |
| 238 | 648 | IWANIEC Marcin | WROCŁAW | POL | POLITECHNIKA WROCŁAWSKA | 87 | M20/238 (M)1113 | 00:55:17 | 05.31 |
| 239 | 1903 | SZYSZKA Grzegorz | WROCŁAW | POL | | 90 | M20/239 (M)1126 | 00:55:32 | 05.33 |
| 240 | 672 | MIELCZAREK Paweł | WROCŁAW | POL | | 90 | M20/240 (M)1129 | 00:55:38 | 05.33 |
| 241 | 1756 | NIEMIEC Łukasz | WROCŁAW | POL | | 89 | M20/241 (M)1131 | 00:55:43 | 05.34 |
| 242 | 646 | NOWICKI Piotr | WROCŁAW | POL | | 91 | M20/242 (M)1133 | 00:55:44 | 05.34 |
| 243 | 1212 | MAJDA Paweł | WROCŁAW | POL | | 88 | M20/243 (M)1136 | 00:55:50 | 05.35 |
| 244 | 1507 | MIOZGA Grzegorz | WROCŁAW | POL | | 87 | M20/244 (M)1138 | 00:55:51 | 05.35 |
| 245 | 1175 | OSTRUSZKA Wojciech | WROCŁAW | POL | | 90 | M20/245 (M)1139 | 00:55:53 | 05.35 |
| 246 | 1650 | SZCZERBA Szymon | DOMASŁAW | POL | | 93 | M20/246 (M)1141 | 00:55:56 | 05.35 |
| 247 | 981 | SZPAKOWSKI Paweł | BIALYSTOK | POL | | 86 | M20/247 (M)1147 | 00:56:10 | 05.37 |
| 248 | 292 | SKRZYPIEC Grzegorz | WROCŁAW | POL | | 87 | M20/248 (M)1151 | 00:56:15 | 05.37 |
| 249 | 1427 | SKOWRONEK Marcin | GRACZE | POL | | 88 | M20/249 (M)1155 | 00:56:36 | 05.39 |
| 250 | 857 | KRUK Kacper | RADOM | POL | | 94 | M20/250 (M)1156 | 00:56:38 | 05.39 |
| 251 | 889 | ANTOSZEK Jeremi | GRACZE | POL | MONAR GRACZE | 92 | M20/251 (M)1167 | 00:56:52 | 05.41 |
| 252 | 995 | SALADRA Tomasz | PRUSICE | POL | | 86 | M20/252 (M)1169 | 00:56:56 | 05.41 |
| 253 | 1692 | STUZIŃSKI Remigiusz | LUBIN | POL | | 89 | M20/253 (M)1172 | 00:57:02 | 05.42 |
| 254 | 1485 | CHAJDUKIEWICZ Adam | NAMYŚLÓW | POL | | 86 | M20/254 (M)1175 | 00:57:07 | 05.42 |
| 255 | 919 | LENART Rafał | KĘTRZYN | POL | | 89 | M20/255 (M)1177 | 00:57:11 | 05.43 |
| 256 | 709 | STADNICKI Krystian | RUDNA | POL | POLITECHNIKA WROCŁAWSKA | 93 | M20/256 (M)1180 | 00:57:13 | 05.43 |
| 257 | 1813 | KURIATA Dariusz | SZCZEPANÓW | POL | | 88 | M20/257 (M)1185 | 00:57:23 | 05.44 |
| 258 | 1102 | RYBARCZYK Dawid | WROCŁAW | POL | | 87 | M20/258 (M)1187 | 00:57:24 | 05.44 |
| 259 | 1296 | WOŹNIAK Bartosz | OŻARÓW MAZOWIECKI | POL | UNIwersytet Wrocłowski | 91 | M20/259 (M)1189 | 00:57:34 | 05.45 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|--|-------------------------|---------------------------------------|------------------|-----------------|
| 260 | 844 | ŁECHTAŃSKI Krzysztof | KONIN |  POL | | 87 M20/260 (M)1194 | 00:57:44 | 05.46 |
| 261 | 1855 | ŻYGADŁO Paweł | WROCLAW |  POL | | 87 M20/261 (M)1199 | 00:57:56 | 05.47 |
| 262 | 943 | STASINA Bartosz | WROCLAW |  POL | | 88 M20/262 (M)1207 | 00:58:08 | 05.48 |
| 263 | 1477 | SALAMON Mateusz | ŻARY |  POL | POLITECHNIKA WROCLAWSKA | 91 M20/263 (M)1221 | 00:58:49 | 05.52 |
| 264 | 1878 | NIKONOWICZ Maciej | KOLNO |  POL | | 90 M20/264 (M)1224 | 00:59:02 | 05.54 |
| 265 | 1124 | TKACZYK Tomasz | WROCLAW |  POL | | 87 M20/265 (M)1226 | 00:59:07 | 05.54 |
| 266 | 1287 | POREBSKI Tomasz | KAMIENNA GÓRA |  POL | | 89 M20/266 (M)1239 | 00:59:42 | 05.58 |
| 267 | 1626 | RUTKOWSKI Dominik | MIRKÓW |  POL | | 87 M20/267 (M)1245 | 00:59:52 | 05.59 |
| 268 | 1664 | BOCIONEK Piotr | KLUCZBORK |  POL | | 94 M20/268 (M)1274 | 01:01:18 | 06.07 |
| 269 | 1693 | STUZIŃSKI Rafał | WROCLAW |  POL | | 86 M20/269 (M)1277 | 01:01:23 | 06.08 |
| 270 | 1157 | WERBANOW Adrian | WROCLAW |  POL | | 86 M20/270 (M)1278 | 01:01:24 | 06.08 |
| 271 | 1778 | SŁUJA Paweł | WROCLAW |  POL | | 93 M20/271 (M)1284 | 01:01:37 | 06.09 |
| 272 | 738 | KALKOWSKI Roman | WROCLAW |  POL | | 88 M20/272 (M)1293 | 01:02:20 | 06.14 |
| 273 | 1921 | BORKOWSKI Jacek | ZĄBKOWICE ŚLĄSKIE |  POL | | 87 M20/273 (M)1294 | 01:02:28 | 06.14 |
| 274 | 1602 | STRZĄBAŁA Daniel | DOMANIÓW |  POL | | 88 M20/274 (M)1295 | 01:02:31 | 06.15 |
| 275 | 1200 | ROSTKOWSKI Przemysław | WARSZAWA |  POL | | 89 M20/275 (M)1300 | 01:03:10 | 06.19 |
| 276 | 1660 | BIAŁEK Adam | KLUCZBORK |  POL | POLITECHNIKA WROCLAWSKA | 94 M20/276 (M)1304 | 01:03:38 | 06.21 |
| 277 | 1463 | SZUKAŁA Łukasz | JELENIA GÓRA |  POL | | 88 M20/277 (M)1310 | 01:04:04 | 06.24 |
| 278 | 866 | GAŚIOREK Marcin | WROCLAW |  POL | | 86 M20/278 (M)1314 | 01:05:20 | 06.32 |
| 279 | 1914 | JAKUBOWSKI Hubert | WROCLAW |  POL | | 87 M20/279 (M)1324 | 01:08:35 | 06.51 |
| 280 | 1420 | OGORZELEC Mateusz | POLKOWICE |  POL | | 88 M20/280 (M)1332 | 01:11:10 | 07.07 |
| 281 | 1897 | SZYMAŁA Marcin | RYBNIK |  POL | | 87 M20/281 (M)1335 | 01:12:54 | 07.17 |
| 282 | 1811 | ONYŚKO Dawid | GRACZE |  POL | | 87 M20/282 (M)1340 | 01:23:04 | 08.18 |
| 283 | 1929 | SKIBA Marcin | RZESZOTARY |  POL | | 91 M20/283 (M)1341 | 01:23:05 | 08.18 |