

I ŻMIGRODZKI BIEG SMOKA

WYNIKI ZAWODÓW / RESULTS LIST

OPEN

Organizator: ZPK ŻMIGRÓD
Data: 12 czerwca 2010r
Miejsce/Spot: Żmigród
Distance: 10km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Total | [km/h] | Międzyczasy / Okrężenia | | | | Check points / Laps |
|-----------------|-----------|-------------------------|---------------------|-------------------------|------------|-----------------------|----------------|-----|----------------|--------|-------------------------|----------|----------|----------|---------------------|
| | | | | | | | | | | | 2km | 4km | 6km | 8km | |
| 1 | 97 | ŚLĘZAK PIOTR | OBORNIKI ŚLĄSKI | AZS AWF WROCLAW | 89 | M20/1 | (M)1 | | 00:34:27 | 17.40 | 00:06:36 | 00:13:35 | 00:20:38 | 00:27:38 | |
| 2 | 94 | DOBROCHOWSKI ERYK | LESZNO | MUKS SZOK BOJANOWO | 86 | M20/2 | (M)2 | | 00:34:37 | 17.33 | 00:06:50 | 00:13:46 | 00:20:39 | 00:27:38 | |
| 3 | 116 | JAROSZ BOGDAN | WROCLAW | | 67 | M40/1 | (M)3 | | 00:35:34 | 16.86 | 00:06:50 | 00:13:50 | 00:21:00 | 00:28:18 | |
| 4 | 17 | PUTYRA ADAM | WYSOKA | | 83 | M20/3 | (M)4 | | 00:35:44 | 16.78 | 00:06:53 | 00:14:06 | 00:21:22 | 00:28:43 | |
| 5 | 33 | SZAJDA TOMASZ | GNIEZNO | ALTOM | 79 | M30/1 | (M)5 | | 00:36:41 | 16.35 | 00:07:17 | 00:14:34 | 00:21:56 | 00:29:17 | |
| 6 | 6 | HAZUBSKI ANDRZEJ | TRZEBNICA | LZS TRZEBNICA | 68 | M40/2 | (M)6 | | 00:37:12 | 16.14 | 00:07:35 | 00:14:52 | 00:22:12 | 00:29:48 | |
| 7 | 23 | ZIÓLKOWSKI SŁAWOMIR | RAWICZ | | 70 | M40/3 | (M)7 | | 00:37:30 | 16.00 | 00:07:24 | 00:15:00 | 00:22:31 | 00:30:06 | |
| 8 | 95 | KUŻMA WIESŁAW | WROCLAW | WKB PIAST WROCLAW | 62 | M40/4 | (M)8 | | 00:38:29 | 15.59 | 00:07:34 | 00:15:10 | 00:22:53 | 00:30:46 | |
| 9 | 69 | LUDKIEWICZ MARIUSZ | WĘGLINIEC | DDI TEAM ZGORZELEC | 71 | M30/2 | (M)9 | | 00:38:36 | 15.53 | 00:07:03 | 00:14:48 | 00:22:45 | 00:30:43 | |
| 10 | 27 | KACZMAREK ZBIGNIEW | TRZEBNICA | LZS-DTR-TEAM TRZEBNICA | 72 | M30/3 | (M)10 | | 00:38:47 | 15.47 | 00:07:22 | 00:15:07 | 00:22:54 | 00:30:48 | |
| 11 | 30 | ŁĄCZYŃSKI PIOTR | GORLICE | | 78 | M30/4 | (M)11 | | 00:39:23 | 15.23 | 00:07:36 | 00:15:22 | 00:23:23 | 00:31:27 | |
| 12 | 115 | JAROSZ ELŻBIETA | WROCLAW | | 71 | K30/1 | (K)1 | | 00:39:40 | 15.12 | 00:07:36 | 00:15:23 | 00:23:24 | 00:31:29 | |
| 13 | 90 | PADALINSKAYA ANASTASYA | MIŃSK | DINAMO | 82 | K20/1 | (K)2 | | 00:39:46 | 15.08 | 00:07:36 | 00:15:23 | 00:23:25 | 00:31:29 | |
| 14 | 112 | JANISZEWSKI WIKTOR | MILICZ | KB ORZEŁ MILICZ | 75 | M30/5 | (M)12 | | 00:39:51 | 15.06 | 00:07:35 | 00:15:23 | 00:23:25 | 00:31:41 | |
| 15 | 85 | KURIATA ROBERT | ZLOTORYJA | | 66 | M40/5 | (M)13 | | 00:39:56 | 15.03 | 00:07:38 | 00:15:27 | 00:23:33 | 00:31:52 | |
| 16 | 25 | TOMCZAK HENRYK | WROCLAW | WKB PIAST WROCLAW | 62 | M40/6 | (M)14 | | 00:40:00 | 15.00 | 00:07:37 | 00:15:31 | 00:23:40 | 00:31:52 | |
| 17 | 113 | MEDKNYTSIA TETIANA | LESZNO | | 82 | K20/2 | (K)3 | | 00:40:04 | 14.96 | 00:07:36 | 00:15:23 | 00:23:25 | 00:31:42 | |
| 18 | 79 | OPALIŃSKI ARKADIUSZ | WROCLAW | LUKS ŻÓRAWINA | 82 | M20/4 | (M)15 | | 00:40:09 | 14.94 | 00:07:37 | 00:15:32 | 00:23:44 | 00:31:59 | |
| 19 | 9 | JARECKI IRENEUSZ | TRZEBNICA | LZS TRZEBNICA | 70 | M40/7 | (M)16 | | 00:40:10 | 14.94 | 00:08:01 | 00:16:11 | 00:24:14 | 00:32:20 | |
| 20 | 35 | PISKOROWSKA DANUTA | | LUKS ŻÓRAWINA | 80 | K30/2 | (K)4 | | 00:40:21 | 14.86 | 00:07:37 | 00:15:32 | 00:23:49 | 00:32:12 | |
| 21 | 71 | ŁOZA ADAM | WROCLAW | JUVENIA WROCLAW | 64 | M40/8 | (M)17 | | 00:40:34 | 14.79 | 00:07:49 | 00:15:54 | 00:24:10 | 00:32:24 | |
| 22 | 110 | ONUSZCZAK BOGDAN | LUBIN | | 81 | M20/5 | (M)18 | | 00:40:43 | 14.77 | 00:08:09 | 00:16:18 | 00:24:25 | 00:32:43 | |
| 23 | 118 | STANKIEWICZ ANTONI | SOBÓTKA | MARATONYPOLSKIE.PL TEAM | 58 | M50/1 | (M)19 | | 00:41:20 | 14.51 | 00:07:46 | 00:16:01 | 00:24:21 | 00:32:55 | |
| 24 | 87 | ZIELIŃSKI ARKADIUSZ | OSOLIN | WKB PIAST WROCLAW | 66 | M40/9 | (M)20 | | 00:41:24 | 14.52 | 00:08:25 | 00:16:52 | 00:25:17 | 00:33:34 | |
| 25 | 114 | KOMOROWSKI KAROL | UJEŹDZIEC MAŁY | | 82 | M20/6 | (M)21 | | 00:41:24 | 14.50 | 00:08:01 | 00:16:12 | 00:24:24 | 00:32:50 | |
| 26 | 24 | SOBCZAK HUBERT | RAWICZ | RAWICZ | 87 | M20/7 | (M)22 | | 00:41:38 | 14.42 | 00:08:17 | 00:16:41 | 00:25:03 | 00:33:33 | |
| 27 | 56 | WUJTAK DOMINIK | LUBIN | | 83 | M20/8 | (M)23 | | 00:41:42 | 14.38 | 00:07:57 | 00:16:07 | 00:24:32 | 00:33:17 | |
| 28 | 72 | PLESNER RYSZARD | WOŁÓW | ULKS PODLASIE WOŁÓW | 64 | M40/10 | (M)24 | | 00:41:54 | 14.31 | 00:08:01 | 00:16:36 | 00:25:21 | 00:33:45 | |
| 29 | 88 | TARCZYŃSKI GRZEGORZ | PĘGÓW | WKB PIAST WROCLAW | 74 | M30/6 | (M)25 | | 00:42:40 | 14.06 | 00:08:18 | 00:16:52 | 00:25:20 | 00:34:01 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Total | [km/h] | Międzyczasy / Okrężenia | | | Check points / Laps |
|-----------------|-----------|-------------------------|---------------------|--------------------------------|------------|-----------------------|----------------|----------|----------------|----------|-------------------------|----------|----------|---------------------|
| | | | | | | | | | | | 2km | 4km | 6km | 8km |
| 30 | 49 | SZOŁUCHA TADEUSZ | LEGNICA | KB LEW LEGNICA | 58 | M50/2 | (M)26 | 00:42:57 | 13.97 | 00:08:01 | 00:16:25 | 00:25:01 | 00:34:00 | |
| 31 | 58 | KĘDZIERSKI TOMASZ | GÓRA | MARATOŃCZYK GÓRA | 74 | M30/7 | (M)27 | 00:43:24 | 13.81 | 00:07:57 | 00:16:28 | 00:25:20 | 00:34:22 | |
| 32 | 8 | JARECKI DAMIAN | TRZEBNICA | LZS TRZEBNICA | 93 | M16/1 | (M)28 | 00:43:39 | 13.75 | 00:08:12 | 00:16:43 | 00:25:41 | 00:34:48 | |
| 33 | 100 | HAWRYLEWICZ PAWEŁ | WROCLAW | ARIMR | 77 | M30/8 | (M)29 | 00:43:44 | 13.73 | 00:08:05 | 00:16:27 | 00:25:16 | 00:34:32 | |
| 34 | 64 | KULIŃSKI BOGDAN | GŁOGÓW | HUTA MIEDZI GŁOGÓW | 59 | M50/3 | (M)30 | 00:43:44 | 13.72 | 00:07:57 | 00:16:25 | 00:25:22 | 00:34:40 | |
| 35 | 73 | PLESNER MIECZYSLAW | WIŃSKO | | 71 | M30/9 | (M)31 | 00:43:46 | 13.71 | 00:07:49 | 00:16:02 | 00:24:27 | 00:34:23 | |
| 36 | 63 | WOJTASZEK ARTUR | ŻMIGRÓD | | 86 | M20/9 | (M)32 | 00:44:08 | 13.59 | 00:07:45 | 00:16:40 | 00:26:21 | 00:35:48 | |
| 37 | 38 | PAWLACZEK MICHAŁ | TRZEBNICA | DTR TEAM | 69 | M40/11 | (M)33 | 00:44:13 | 13.57 | 00:08:06 | 00:16:50 | 00:26:00 | 00:35:17 | |
| 38 | 65 | ZAGROBELNY RADOSŁAW | WROCLAW | | 64 | M40/12 | (M)34 | 00:44:21 | 13.53 | 00:07:52 | 00:16:29 | 00:25:28 | 00:34:54 | |
| 39 | 77 | BOBNIS BARTOSZ | WROCLAW | TWARDE CHŁOPAKI W MIĘKKIM OBUW | 90 | M20/10 | (M)35 | 00:44:28 | 13.50 | 00:08:10 | 00:17:02 | 00:26:08 | 00:35:31 | |
| 40 | 16 | OLENIASZ MAREK | TRZEBNICA | LZS TRZEBNICA | 55 | M50/4 | (M)36 | 00:44:33 | 13.48 | 00:08:34 | 00:17:19 | 00:26:15 | 00:35:34 | |
| 41 | 36 | MOŻEJKO ZBIGNIEW | WROCLAW | | 69 | M40/13 | (M)37 | 00:44:33 | 13.47 | 00:08:28 | 00:17:13 | 00:26:16 | 00:35:24 | |
| 42 | 76 | KOPYT MARCIN | WROCLAW | TWARDE CHŁOPAKI W MIEKKIM OBUW | 90 | M20/11 | (M)38 | 00:44:40 | 13.44 | 00:08:14 | 00:17:23 | 00:26:49 | 00:36:10 | |
| 43 | 2 | KASPRZAK KRZYSZTOF | NARATÓW | | 71 | M30/10 | (M)39 | 00:44:46 | 13.41 | 00:08:06 | 00:16:51 | 00:26:07 | 00:35:38 | |
| 44 | 48 | SIEŁOWSKI MARCIN | OBORNIKI ŚLĄSKI | DTR TEAM | 78 | M30/11 | (M)40 | 00:44:48 | 13.40 | 00:08:18 | 00:17:09 | 00:26:32 | 00:35:55 | |
| 45 | 103 | JUREK JAKUB | LUBIN | MKS ZAGŁĘBIE LUBIN | 92 | M16/2 | (M)41 | 00:44:48 | 13.41 | 00:09:04 | 00:18:10 | 00:27:18 | 00:36:16 | |
| 46 | 7 | WOYCZYŃSKI DARIUSZ | WROCLAW | WKB PIAST WROCLAW | 68 | M40/14 | (M)42 | 00:44:52 | 13.39 | 00:09:14 | 00:18:24 | 00:27:19 | 00:36:17 | |
| 47 | 37 | KOWALCZYK RAFAŁ | WROCLAW | WKB PIAST WROCLAW | 78 | M30/12 | (M)43 | 00:44:52 | 13.39 | 00:09:14 | 00:18:23 | 00:27:18 | 00:36:15 | |
| 48 | 28 | ZIÓLKOWSKI PRZEMYSŁAW | JUTROSIN | | 68 | M40/15 | (M)44 | 00:44:58 | 13.35 | 00:08:42 | 00:17:46 | 00:26:49 | 00:35:59 | |
| 49 | 47 | SULEK JÓZEF | CZERWONAK | | 61 | M40/16 | (M)45 | 00:45:19 | 13.25 | 00:08:51 | 00:17:50 | 00:26:58 | 00:36:14 | |
| 50 | 11 | OLBERT IRENEUSZ | BRZEG DOLNY | | 70 | M40/17 | (M)46 | 00:45:30 | 13.19 | 00:08:01 | 00:16:37 | 00:26:05 | 00:35:49 | |
| 51 | 59 | BRONOWICKI JAREK | GÓRA | DRUŻYNA SZPIKU/ KS MARATOŃCZYK | 76 | M30/13 | (M)47 | 00:45:39 | 13.14 | 00:08:32 | 00:17:34 | 00:26:54 | 00:36:32 | |
| 52 | 1 | GRABKOWSKI ROBERT | ŻMIGRÓD | WKB PIAST WROCLAW | 69 | M40/18 | (M)48 | 00:45:40 | 13.14 | 00:07:59 | 00:16:55 | 00:26:24 | 00:36:06 | |
| 53 | 75 | WESOŁOWSKI STANISŁAW | URAZ | WKB PIAST WROCLAW | 54 | M50/5 | (M)49 | 00:45:47 | 13.12 | 00:08:55 | 00:18:07 | 00:27:31 | 00:36:48 | |
| 54 | 104 | KUBASZEWSKI HENRYK | LESZNO | MPEC -LESZNO | 51 | M50/6 | (M)50 | 00:45:50 | 13.10 | 00:08:47 | 00:18:01 | 00:27:29 | 00:36:49 | |
| 55 | 15 | MANDAT JAN | OLEŚNICA | KB LUPUS OLEŚNICA | 59 | M50/7 | (M)51 | 00:46:04 | 13.02 | 00:08:20 | 00:17:12 | 00:26:35 | 00:36:21 | |
| 56 | 50 | DYGUDAJ JERZY | LEGNICA | KB LEW LEGNICA | 49 | M60/1 | (M)52 | 00:46:16 | 12.96 | 00:08:25 | 00:17:29 | 00:26:57 | 00:36:38 | |
| 57 | 51 | LIPOWSKI ZDZISŁAW | LEGNICA | KB LEW LEGNICA | 46 | M60/2 | (M)53 | 00:46:23 | 12.94 | 00:08:43 | 00:18:03 | 00:27:30 | 00:36:57 | |
| 58 | 39 | WOJCIECHOWSKI MARCIN | TRZEBNICA | FORZA INTER | 81 | M20/12 | (M)54 | 00:46:30 | 12.91 | 00:09:10 | 00:18:38 | 00:28:09 | 00:37:43 | |
| 59 | 82 | ŚLEBODA ROBERT | WOŁÓW | TKKF RAZEM WOŁÓW | 67 | M40/19 | (M)55 | 00:46:33 | 12.90 | 00:08:29 | 00:17:50 | 00:27:31 | 00:37:27 | |
| 60 | 66 | BASIŃSKI PIOTR | WROCLAW | | 89 | M20/13 | (M)56 | 00:46:36 | 12.88 | 00:08:53 | 00:18:16 | 00:27:54 | 00:37:38 | |
| 61 | 67 | MORAWSKI LUKASZ | WROCLAW | | 88 | M20/14 | (M)57 | 00:46:37 | 12.88 | 00:08:58 | 00:18:12 | 00:27:47 | 00:37:31 | |
| 62 | 21 | SUDNIKOWICZ MICHAŁ | | | 84 | M20/15 | (M)58 | 00:47:04 | 12.77 | 00:09:25 | 00:18:39 | 00:27:57 | 00:37:36 | |
| 63 | 111 | ŻABIŃSKI GRZEGORZ | TRZEBNICA | LZS DTR TEAM | 82 | M20/16 | (M)59 | 00:47:11 | 12.72 | 00:08:06 | 00:16:37 | 00:26:25 | 00:36:59 | |
| 64 | 46 | KANIEWSKI LESLAW | TRZEBNICA | LZS TRZEBNICA | 53 | M50/8 | (M)60 | 00:47:16 | 12.70 | 00:08:44 | 00:18:00 | 00:27:35 | 00:37:24 | |
| 65 | 86 | KRASOWSKI TOMASZ | PRUSICE | | 66 | M40/20 | (M)61 | 00:47:25 | 12.65 | 00:09:11 | 00:18:40 | 00:28:12 | 00:38:09 | |
| 66 | 91 | JANIAK KRZYSZTOF | TRZEBNICA | LZS TRZEBNICA | 66 | M40/21 | (M)62 | 00:47:38 | 12.61 | 00:08:38 | 00:17:48 | 00:27:33 | 00:37:32 | |
| 67 | 80 | TOLŁOCZKO ARKADIUSZ | JELCZ-LASKOWICE | JELCZ-LASKOWICE | 77 | M30/14 | (M)63 | 00:47:49 | 12.55 | 00:09:12 | 00:18:27 | 00:27:55 | 00:37:59 | |
| 68 | 119 | MATYSEK DARIUSZ | WROCLAW | | 76 | M30/15 | (M)64 | 00:47:53 | 12.54 | 00:08:54 | 00:18:10 | 00:27:55 | 00:37:52 | |
| 69 | 98 | KĘDRA DOMINIK | WROCLAW | | 81 | M20/17 | (M)65 | 00:48:00 | 12.51 | 00:08:59 | 00:18:33 | 00:28:29 | 00:38:34 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Total | [km/h] | Międzyczasy / Okrążenia | | | Check points / Laps |
|-----------------|-----------|-------------------------|---------------------|-----------------------------------|------------|-----------------------|----------------|-----|----------------|--------|-------------------------|----------|----------|---------------------|
| | | | | | | | | | | | 2km | 4km | 6km | 8km |
| 70 | 70 | ZIOLA TADEUSZ | BOGATYNIA | EDI TEAM ZGORZELEC | 63 | M40/22 | (M) | 66 | 00:48:26 | 12.38 | 00:08:22 | 00:17:56 | 00:28:02 | 00:38:25 |
| 71 | 14 | KRAŚNIEWSKI KRZYSZTOF | ŻMIGRÓD | | 65 | M40/23 | (M) | 67 | 00:48:44 | 12.32 | 00:08:31 | 00:18:01 | 00:28:08 | 00:38:32 |
| 72 | 102 | ADAM JUREK | LUBIN | ELWAT LUBIN | 60 | M50/9 | (M) | 68 | 00:48:59 | 12.26 | 00:09:04 | 00:18:30 | 00:28:34 | 00:38:55 |
| 73 | 54 | KRYSIAK SŁAWOMIR | KOŹMIN WLKP. | AGK KOŹMIN WLKP. | 63 | M40/24 | (M) | 69 | 00:49:14 | 12.21 | 00:09:27 | 00:19:01 | 00:29:03 | 00:39:16 |
| 74 | 84 | ROLECZEK PIOTR | ZŁOTORYJA | OLAWS ZŁOTORYJA | 69 | M40/25 | (M) | 70 | 00:49:17 | 12.19 | 00:09:33 | 00:19:16 | 00:29:13 | 00:39:30 |
| 75 | 99 | MALEK MICHAŁ | WROCLAW | ARIMR | 83 | M20/18 | (M) | 71 | 00:49:29 | 12.13 | 00:08:21 | 00:17:43 | 00:27:52 | 00:38:33 |
| 76 | 31 | SZCZEŚNIAK ANDRZEJ | WROCLAW | KS ARTEMIS WROCLAW | 49 | M60/3 | (M) | 72 | 00:50:00 | 12.00 | 00:08:49 | 00:18:30 | 00:28:39 | 00:39:33 |
| 77 | 10 | BARTKOWIAK HUBERT | ŻMIGRÓD | WKB PIAST WROCLAW | 68 | M40/26 | (M) | 73 | 00:50:23 | 11.91 | 00:09:15 | 00:18:53 | 00:29:02 | 00:39:46 |
| 78 | 57 | DUDEK ADRIANA | WROCLAW | | 70 | K40/1 | (K) | 5 | 00:50:25 | 11.92 | 00:09:48 | 00:19:49 | 00:29:59 | 00:40:17 |
| 79 | 55 | BALCEREK TOMISŁAW | KOŹMIN WLKP. | AGK KOŹMIN WLKP. | 70 | M40/27 | (M) | 74 | 00:50:51 | 11.82 | 00:09:48 | 00:19:32 | 00:29:47 | 00:40:21 |
| 80 | 19 | SMOLIŃSKI ROBERT | ŚRODA ŚLĄSKA | | 92 | M16/3 | (M) | 75 | 00:51:02 | 11.78 | 00:10:24 | 00:20:55 | 00:31:12 | 00:41:16 |
| 81 | 52 | KĘDZIERSKI ZENON | STRZELCE OP. | OSIR STRZELCE OP | 51 | M50/10 | (M) | 76 | 00:51:23 | 11.69 | 00:09:47 | 00:19:46 | 00:30:04 | 00:40:40 |
| 82 | 13 | PIECHOCKI JANUSZ | BRZEG DOLNY | | 51 | M50/11 | (M) | 77 | 00:51:31 | 11.65 | 00:09:49 | 00:19:56 | 00:30:09 | 00:40:43 |
| 83 | 5 | HAZUBSKA ANNA | TRZEBNICA | LZS TRZEBNICA | 69 | K40/2 | (K) | 6 | 00:52:01 | 11.55 | 00:09:52 | 00:19:58 | 00:30:26 | 00:41:14 |
| 84 | 45 | NOWAK KRZYSZTOF | LUBIN | | 47 | M60/4 | (M) | 78 | 00:52:23 | 11.46 | 00:09:45 | 00:19:55 | 00:30:33 | 00:41:48 |
| 85 | 40 | PIOTROWSKI PRZEMYSŁAW | ŻMIGRÓD | | 78 | M30/16 | (M) | 79 | 00:52:31 | 11.43 | 00:09:15 | 00:19:15 | 00:30:05 | 00:41:55 |
| 86 | 12 | ULATOWSKI IRENEUSZ | BRZEG DOLNY | | 63 | M40/28 | (M) | 80 | 00:52:33 | 11.43 | 00:09:23 | 00:19:51 | 00:30:39 | 00:41:48 |
| 87 | 109 | MARIAN ZEGA | TORUŃ | POLSKA BIEGA | 64 | M40/29 | (M) | 81 | 00:52:35 | 11.42 | 00:09:33 | 00:19:53 | 00:30:33 | 00:41:55 |
| 88 | 32 | IWAŃSKI KRZYSZTOF | ŻMIGRÓD | | 80 | M30/17 | (M) | 82 | 00:53:22 | 11.24 | 00:08:34 | 00:18:55 | 00:30:01 | 00:41:30 |
| 89 | 101 | PARTYKA ARTUR | WROCLAW | | 63 | M40/30 | (M) | 83 | 00:53:36 | 11.21 | 00:09:50 | 00:20:06 | 00:31:09 | 00:42:32 |
| 90 | 42 | ROGUSKI GRZEGORZ | WROCLAW | HICOPY | 84 | M20/19 | (M) | 84 | 00:53:41 | 11.18 | 00:09:10 | 00:20:01 | 00:31:38 | 00:43:19 |
| 91 | 105 | JAKUBIAK JERZY | RYDZYNA | RYDZYNIAK RYDZYNA | 59 | M50/12 | (M) | 85 | 00:53:56 | 11.13 | 00:09:33 | 00:20:08 | 00:31:19 | 00:42:47 |
| 92 | 106 | BŁOŃSKI MARIAN | ŻMIGRÓD | | 49 | M60/5 | (M) | 86 | 00:54:16 | 11.07 | 00:10:14 | 00:20:58 | 00:32:00 | 00:43:08 |
| 93 | 29 | MAREK ROMUALD | WROCLAW | GB KUSY-ODNOWA | 59 | M50/13 | (M) | 87 | 00:54:54 | 10.94 | 00:10:24 | 00:21:08 | 00:32:14 | 00:43:38 |
| 94 | 83 | GIZIŃSKI STEFAN | WOŁÓW | WKB PIAST | 48 | M60/6 | (M) | 88 | 00:55:11 | 10.88 | 00:10:03 | 00:20:48 | 00:31:57 | 00:43:30 |
| 95 | 89 | LEWICKI ANTONI | TRZEBNICA | | 57 | M50/14 | (M) | 89 | 00:55:49 | 10.75 | 00:10:20 | 00:21:40 | 00:33:22 | 00:45:32 |
| 96 | 18 | PÓLTORZYCKI PAWEŁ | OBORNIKI ŚLĄSKI | | 74 | M30/18 | (M) | 90 | 00:55:54 | 10.74 | 00:10:00 | 00:20:46 | 00:32:23 | 00:44:21 |
| 97 | 92 | GRZESIAK WOJCIECH | WOŁÓW | | 73 | M30/19 | (M) | 91 | 00:56:22 | 10.65 | 00:10:28 | 00:22:06 | 00:33:40 | 00:45:15 |
| 98 | 81 | ŚLEBODA RYSZARD | WOŁÓW | ULKS PODLASIE WOŁÓW | 44 | M60/7 | (M) | 92 | 00:56:23 | 10.65 | 00:10:29 | 00:22:03 | 00:33:34 | 00:45:13 |
| 99 | 53 | MUSIELAK KRZYSTYNA | ŻMIGRÓD | LZS ŻMIGRÓD | 64 | K40/3 | (K) | 7 | 00:57:02 | 10.52 | 00:10:29 | 00:21:39 | 00:33:22 | 00:45:13 |
| 100 | 3 | GAŁKA JACEK | ŻMIGRÓD | VEGE RUNNERS | 79 | M30/20 | (M) | 93 | 00:57:36 | 10.43 | 00:10:12 | 00:20:59 | 00:32:25 | 00:44:54 |
| 101 | 120 | GORAJ PAWEŁ | WROCLAW | I TY MOŻESZ ZOSTAĆ MARATOŃCZYKIEM | 79 | M30/21 | (M) | 94 | 00:57:49 | 10.39 | 00:10:05 | 00:21:06 | 00:32:57 | 00:45:44 |
| 102 | 4 | MANOCH ARTUR | POZNAŃ | WIESMANN.PL | 74 | M30/22 | (M) | 95 | 00:58:33 | 10.26 | 00:10:44 | 00:22:14 | 00:34:13 | 00:46:36 |
| 103 | 60 | GWIAZDOWICZ DARIUSZ | POZNAŃ | | 66 | M40/31 | (M) | 96 | 00:59:52 | 10.02 | 00:09:17 | 00:20:28 | 00:33:12 | 00:46:40 |
| 104 | 44 | PTAK ALINA | POZNAŃ | | 77 | K30/3 | (K) | 8 | 01:01:13 | 9.82 | 00:10:42 | 00:22:26 | 00:34:35 | 00:47:34 |
| 105 | 43 | WOLNY MARCIN | CZERWONAK | | 79 | M30/23 | (M) | 97 | 01:01:13 | 9.81 | 00:10:42 | 00:22:26 | 00:34:46 | 00:47:38 |
| 106 | 26 | TOMCZAK WIESŁAWA | WROCLAW | WKB PIAST WROCLAW | 61 | K40/4 | (K) | 9 | 01:02:02 | 9.68 | 00:12:00 | 00:24:35 | 00:37:13 | 00:49:49 |
| 107 | 117 | SZAFRANIEC ANDRZEJ | ZAKRZEWO | | 57 | M50/15 | (M) | 98 | 01:02:26 | 9.62 | 00:11:16 | 00:22:29 | 00:34:38 | 00:47:46 |
| 108 | 78 | NOWAK ARKADIUSZ | WROCLAW | | 84 | M20/20 | (M) | 99 | 01:02:57 | 9.54 | 00:10:59 | 00:23:12 | 00:36:04 | 00:49:18 |
| 109 | 68 | WAJNOR NATALIA | POZNAŃ | PIKUSKI POZNAŃ | 91 | K16/1 | (K) | 10 | 01:07:28 | 8.90 | 00:12:56 | 00:25:43 | 00:39:05 | 00:53:25 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Total | [km/h] | Międzyczasy / Okrężenia | | | Check points / Laps |
|-----------------|-----------|-------------------------|---------------------|-------------------|------------|-----------------------|----------------|--------|----------------|--------|-------------------------|----------|----------|---------------------|
| | | | | | | | | | | | 2km | 4km | 6km | 8km |
| 110 | 108 | JÓŹWIAK JOANNA | LUBIN | | 81 | K20/3 | | (K)11 | 01:17:53 | 7.71 | 00:13:57 | 00:28:53 | 00:45:14 | 01:01:46 |
| 111 | 61 | POLOCZEK MAREK | WROCŁAW | WKB PIAST WROCŁAW | 55 | M50/16 | | (M)100 | 01:17:53 | 7.71 | 00:13:57 | 00:28:53 | 00:45:14 | 01:01:46 |
| 112 | 62 | POLOCZEK PRZEMYSŁAW | ŻMIGRÓD | | 83 | M20/21 | | (M)101 | 01:18:09 | 7.68 | 00:13:58 | 00:28:59 | 00:45:20 | 01:01:56 |
| 113 | 34 | STORY WIENCZYŚLAW | WROCŁAW | | 60 | M50/17 | | (M)102 | 01:23:51 | 7.16 | 00:15:03 | 00:31:52 | 00:49:16 | 01:06:32 |