

XI STRZEGOMSKA DWUNASTKA - 15.06.2024
WYNIKI - 12KM
GENERAL

| Msc | Numer | Nazwa | Zespół/Miejscowość | Ur. | MscKtg | Ktg | 6km | Brutto | Netto | Km/h | Czas/km |
|-----|-------|------------------------|-----------------------|------|--------|-----|-------|--------|-------|--------|---------|
| 1 | 156 | KACZOR JAN | SALOMON TEAM, WAŁBRZ | 2002 | 1 | M18 | 21:11 | 42:10 | 42:08 | 17,089 | 3:30 |
| 2 | 7 | BARDZIŃSKI RAFAŁ | PASSION FIRST / JANO | 1992 | 1 | M30 | 21:10 | 42:57 | 42:55 | 16,777 | 3:34 |
| 3 | 2 | BRÝDL PAVEL | SALOMON CZ,TRUTNOV | 1980 | 1 | M40 | 21:31 | 44:20 | 44:18 | 16,253 | 3:41 |
| 4 | 136 | SADOWSKI ANDRZEJ | KOBIERZYCE | 1994 | 2 | M30 | 22:25 | 45:36 | 45:34 | 15,801 | 3:47 |
| 5 | 125 | SZKLARZ MICHAŁ | ŚWIDNICKA GRUPA BIEG | 1997 | 2 | M18 | 22:26 | 45:36 | 45:34 | 15,801 | 3:47 |
| 6 | 62 | JABLONSKI JACEK | DRUŻYNA DOBREJ ENERG | 1989 | 3 | M30 | 22:50 | 46:43 | 46:40 | 15,429 | 3:53 |
| 7 | 94 | ŚWIATOWY RADOSŁAW | BIEGOWA ŚWIDNICA,ŚWI | 1984 | 2 | M40 | 23:02 | 46:55 | 46:50 | 15,374 | 3:54 |
| 8 | 5 | JAGIELSKI JERZY | JKS SALAMANDRA, JAWOR | 1984 | 3 | M40 | 22:46 | 47:07 | 47:05 | 15,292 | 3:55 |
| 9 | 115 | PACEK TOMASZ | FIZJOBIEGACZE SZCZEC | 1990 | 4 | M30 | 23:17 | 47:12 | 47:09 | 15,270 | 3:55 |
| 10 | 40 | PARADOWSKI BARTOSZ | STRUGA | 1991 | 5 | M30 | 23:13 | 47:17 | 47:14 | 15,243 | 3:56 |
| 11 | 6 | ROMANOWICZ EMILIA | KARPACZ | 1990 | 1 | K30 | 23:57 | 48:57 | 48:55 | 14,719 | 4:04 |
| 12 | 43 | PAŁKIEWICZ WOJCIECH | BIEGOWA ŚWIDNICA,ŚWI | 1993 | 6 | M30 | 23:39 | 49:05 | 49:00 | 14,694 | 4:05 |
| 13 | 78 | KURIATA ROBERT | ZLB REN-BUT ZŁOTORYJ | 1966 | 1 | M50 | 23:59 | 49:18 | 49:15 | 14,619 | 4:06 |
| 14 | 74 | FRANCZAK SEBASTIAN | ŚWIEBODZICE | 1977 | 4 | M40 | 23:55 | 49:25 | 49:20 | 14,595 | 4:06 |
| 15 | 33 | BRYL KAROL | IRC KOWALE, WROCLAW | 1982 | 5 | M40 | 24:00 | 49:28 | 49:25 | 14,570 | 4:07 |
| 16 | 18 | KSIĘZKI MARIUSZ | STRZEGOMSKA DWUNASTK | 1979 | 6 | M40 | 23:50 | 49:46 | 49:41 | 14,492 | 4:08 |
| 17 | 28 | PATALON MAREK | GLKS MARCINOWICE ,MA | 1967 | 2 | M50 | 24:39 | 50:31 | 50:27 | 14,272 | 4:12 |
| 18 | 100 | LANDVOGT CHRISTOPH | VISSMANN, BAD KREUZN | 1980 | 7 | M40 | 25:01 | 50:51 | 50:45 | 14,187 | 4:13 |
| 19 | 81 | POKRZYWIŃSKI KRZYSZTOF | POLICE | 1962 | 1 | M60 | 24:53 | 50:52 | 50:49 | 14,169 | 4:14 |
| 20 | 131 | HORBACZEWSKI JAKUB | WROCLAW SEPOLNO, WROC | 1981 | 8 | M40 | 24:51 | 50:57 | 50:54 | 14,145 | 4:14 |
| 21 | 52 | FRANCZYK ROBERT | CIESZYN | 1974 | 3 | M50 | 24:56 | 51:03 | 50:56 | 14,136 | 4:14 |
| 22 | 76 | FIELEK PIOTR | WROCLAW | 1972 | 4 | M50 | 24:41 | 51:22 | 51:17 | 14,040 | 4:16 |
| 23 | 104 | BUDKA MIROSLAW | WAŁBRZYCH, WAŁBRZYCH | 1968 | 5 | M50 | 25:44 | 51:32 | 51:29 | 13,985 | 4:17 |
| 24 | 44 | CUPRYCH KRZYSZTOF | GARMIN WROCLAW, SIECH | 1987 | 7 | M30 | 25:58 | 51:41 | 51:36 | 13,953 | 4:18 |
| 25 | 101 | MAGIERA BARTŁOMIEJ | VISSMANN , LEGNICA | 1986 | 8 | M30 | 25:36 | 51:52 | 51:45 | 13,913 | 4:18 |
| 26 | 102 | NOWICKI JACEK | STRZEGOMSKA DWUNASTK | 1983 | 9 | M40 | 24:56 | 51:53 | 51:48 | 13,900 | 4:19 |
| 27 | 144 | SZTURO JAN | PODGÓRZYN | 1967 | 6 | M50 | 25:43 | 52:02 | 51:57 | 13,859 | 4:19 |
| 28 | 92 | RUDYK ADAM | WAŁBRZYCH | 1973 | 7 | M50 | 25:54 | 52:15 | 52:02 | 13,837 | 4:20 |
| 29 | 22 | ŚWIDERSKI PIOTR | JEDLIŃSKA WERWA, JEDL | 1976 | 10 | M40 | 25:22 | 52:39 | 52:30 | 13,714 | 4:22 |
| 30 | 4 | JAGIELSKA IZABELA | JKS SALAMANDRA , JAWO | 1990 | 2 | K30 | 26:17 | 53:48 | 53:44 | 13,399 | 4:28 |
| 31 | 67 | SKRZYPEK DANIEL | ŚWIDNICKA GRUPA BIEG | 1986 | 9 | M30 | 26:01 | 53:57 | 53:53 | 13,362 | 4:29 |

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|-----|-------|---------------------------|----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 32 | 59 | PUĆ PIOTR | VIESMANN TEAM,WAŁBR | 1973 | 8 | M50 | 26:21 | 54:07 | 53:56 | 13,350 | 4:29 |
| 33 | 25 | NOWACKA JOANNA | ASIA&KRZYŚ,WAŁBRZYCH | 1977 | 1 | K40 | 27:04 | 54:25 | 54:17 | 13,264 | 4:31 |
| 34 | 70 | BŁASZCZYK TOMASZ | BEZ KLUBA,GÓRA | 1979 | 11 | M40 | 26:34 | 54:36 | 54:27 | 13,223 | 4:32 |
| 35 | 109 | MUSIOŁ ZBIGNIEW | ZIELONA GÓRA | 1961 | 2 | M60 | 27:05 | 55:09 | 55:06 | 13,067 | 4:35 |
| 36 | 29 | WITKO-BŁASZCZYK SEBASTIAN | BECOMEONE,JAWORZYNA | 1981 | 12 | M40 | 27:27 | 55:33 | 55:24 | 12,996 | 4:37 |
| 37 | 145 | BORYSIUK JANUSZ | S12,WROCLAW | 1992 | 10 | M30 | 27:20 | 55:42 | 55:33 | 12,961 | 4:37 |
| 38 | 26 | NOWACKI KRZYSZTOF | ASIA&KRZYŚ,WAŁBRZYCH | 1987 | 11 | M30 | 27:25 | 55:50 | 55:41 | 12,930 | 4:38 |
| 39 | 12 | DOBROCHOWSKI MAREK | STRZEGOMSKA DWUNASTK | 1982 | 13 | M40 | 27:45 | 55:51 | 55:44 | 12,919 | 4:38 |
| 40 | 119 | HOŁUBEK MIROSLAW | IKONA BIEGA,HAŻLACH | 1978 | 14 | M40 | 27:32 | 56:04 | 55:57 | 12,869 | 4:39 |
| 41 | 68 | SZYMAŃSKA BRYGIDA | STRZEGOMSKA DWUNASTK | 1990 | 3 | K30 | 27:35 | 56:17 | 56:12 | 12,811 | 4:41 |
| 42 | 116 | PLEŚNIARSKI ZBIGNIEW | KLUB SPORTOWY GRAŃ W | 1959 | 3 | M60 | 27:39 | 56:28 | 56:24 | 12,766 | 4:42 |
| 43 | 17 | MARIANOWSKI MARCIN | SZLICHTYNGOWA | 1976 | 15 | M40 | 27:32 | 57:11 | 57:02 | 12,624 | 4:45 |
| 44 | 47 | OLSZEWSKI MARCIN | STRZEGOMSKA DWUNASTK | 1982 | 16 | M40 | 28:24 | 57:17 | 57:09 | 12,598 | 4:45 |
| 45 | 126 | KAPŁON MARCIN | SOBOTA | 1983 | 17 | M40 | 28:18 | 57:35 | 57:22 | 12,551 | 4:46 |
| 46 | 37 | RACHWAŁSKI TOMASZ | BATCAVE EXTREME SPOR | 1982 | 18 | M40 | 28:12 | 57:42 | 57:33 | 12,511 | 4:47 |
| 47 | 152 | MARCZAK MARIUSZ | ZIELONA GÓRA | 1958 | 4 | M60 | 28:00 | 57:44 | 57:40 | 12,486 | 4:48 |
| 48 | 48 | SOLTYS KRYSZTIAN | SOLTYS TEAM,KAMIENNA | 1989 | 12 | M30 | 27:38 | 57:59 | 57:50 | 12,450 | 4:49 |
| 49 | 97 | WÓJCIK DANIEL | KAMIENNA GÓRA | 1990 | 13 | M30 | 28:49 | 58:02 | 57:50 | 12,450 | 4:49 |
| 50 | 154 | ŚLĘK MAREK | PASIECZNA | 1973 | 9 | M50 | 28:45 | 58:13 | 57:58 | 12,421 | 4:49 |
| 51 | 19 | MNITOWSKI MACIEJ | STRZEGOM | 1993 | 14 | M30 | 28:23 | 58:15 | 57:57 | 12,425 | 4:49 |
| 52 | 24 | OLECHOWSKI FILIP | STRZEGOM | 2002 | 3 | M18 | 28:57 | 58:17 | 58:05 | 12,396 | 4:50 |
| 53 | 142 | MICHALCZYK MICHAŁ | SOBAS TEAM,ZIELONA G | 1978 | 19 | M40 | 28:24 | 58:19 | 58:13 | 12,368 | 4:51 |
| 54 | 55 | WITES DENIS | DRUŻYNA DOBREJ ENERG | 1991 | 15 | M30 | 27:58 | 58:43 | 58:36 | 12,287 | 4:53 |
| 55 | 42 | SALAMONOWICZ JAN | ZGORZELEC | 1965 | 10 | M50 | 29:01 | 59:09 | 59:02 | 12,196 | 4:55 |
| 56 | 89 | MAGUDA MARCIN | KAMIENNA GÓRA | 1977 | 20 | M40 | 28:35 | 59:26 | 59:21 | 12,131 | 4:56 |
| 57 | 148 | JUSZCZYK ANNA | BIEGOWA ŚWIDNICA,ŚWI | 1984 | 2 | K40 | 29:05 | 59:28 | 59:17 | 12,145 | 4:56 |
| 58 | 128 | MELINSKI WOJCIECH | ZIELONA GÓRA | 1954 | 1 | M70 | 28:51 | 59:30 | 59:26 | 12,114 | 4:57 |
| 59 | 66 | SKRZYPEK BOŻENA | ŚWIDNICKA GRUPA BIEG | 1987 | 4 | K30 | 28:42 | 59:41 | 59:37 | 12,077 | 4:58 |
| 60 | 82 | SZYDŁOWSKI DARIUSZ | WITOSZÓW DOLNY | 1978 | 21 | M40 | 30:19 | 1:00:26 | 1:00:02 | 11,993 | 5:00 |
| 61 | 106 | DMYTRIV ROMAN | BOLKÓW | 1993 | 16 | M30 | 30:09 | 1:00:29 | 1:00:15 | 11,950 | 5:01 |
| 62 | 132 | JAROS MARCIN | JELENIA GÓRA | 1985 | 17 | M30 | 29:20 | 1:00:30 | 1:00:24 | 11,921 | 5:02 |

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|-----|-------|-----------------------|----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 63 | 110 | OWSIANKA PAWEŁ | BRAK ,MARCISZÓW | 1979 | 22 | M40 | 29:43 | 1:00:39 | 1:00:21 | 11,930 | 5:01 |
| 64 | 86 | KRZESAJ ŁUKASZ | STRZEGOM | 1983 | 23 | M40 | 30:25 | 1:00:44 | 1:00:25 | 11,917 | 5:02 |
| 65 | 121 | KRUPNIK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1982 | 24 | M40 | 30:12 | 1:01:58 | 1:01:49 | 11,647 | 5:09 |
| 66 | 84 | ZIĘBA BOGDAN | BIEGOWA ŚWIDNICA ,PS | 1968 | 11 | M50 | 29:05 | 1:02:09 | 1:01:57 | 11,622 | 5:09 |
| 67 | 124 | SŁOMIAN KONRAD | PILAWA GÓRNA | 2001 | 4 | M18 | 29:37 | 1:02:25 | 1:02:15 | 11,566 | 5:11 |
| 68 | 61 | FARION MARCIN | THE FARIONS,STRZEGOM | 1972 | 12 | M50 | 31:32 | 1:03:10 | 1:02:53 | 11,450 | 5:14 |
| 69 | 103 | PIETRUSIEWICZ PIOTR | ŚWIEBODZICE | 1977 | 25 | M40 | 30:17 | 1:03:14 | 1:03:08 | 11,404 | 5:15 |
| 70 | 10 | PITNER ADRIAN | CHRUPEK TEAM,JAWOR | 1978 | 26 | M40 | 29:49 | 1:03:18 | 1:03:01 | 11,426 | 5:15 |
| 71 | 134 | ZAGAŁA PIOTR | WWW.MOJEMIASTO.SWIDN | 1969 | 13 | M50 | 30:35 | 1:03:37 | 1:03:26 | 11,350 | 5:17 |
| 72 | 64 | PRZYBOŚ MATEUSZ | STRZEGOMSKA DWUNASTK | 1997 | 5 | M18 | 30:39 | 1:03:37 | 1:03:29 | 11,342 | 5:17 |
| 73 | 38 | ROMAŃCZYK BEATA | STRZEGOMSKA DWUNASTK | 1979 | 3 | K40 | 31:37 | 1:04:01 | 1:03:54 | 11,268 | 5:19 |
| 74 | 117 | WIJAS MARCIN | TEMMPO WAŁBRZYCH,JAR | 1985 | 18 | M30 | 31:28 | 1:04:49 | 1:04:34 | 11,151 | 5:22 |
| 75 | 153 | ŁUKASZEWSKI KRZYSZTOF | WROCLAW | 1992 | 19 | M30 | 31:43 | 1:04:53 | 1:04:39 | 11,137 | 5:23 |
| 76 | 149 | CYBULSKA URSZULA | PREDATORS WAŁBRZYCH, | 1972 | 1 | K50 | 31:50 | 1:04:58 | 1:04:48 | 11,111 | 5:24 |
| 77 | 118 | FARION MARZENA | THE FARIONS,STRZEGOM | 1981 | 4 | K40 | 31:45 | 1:05:03 | 1:04:45 | 11,120 | 5:23 |
| 78 | 113 | NADYBAŁ FILIP | ROGOŹNICA | 2004 | 6 | M18 | 31:53 | 1:05:20 | 1:05:14 | 11,037 | 5:26 |
| 79 | 112 | NADYBAŁ DANIEL | ROGOŹNICA | 1978 | 27 | M40 | 31:52 | 1:05:20 | 1:05:14 | 11,037 | 5:26 |
| 80 | 130 | JAROS EWELINA | TS REGLE SZKLARSKA P | 1984 | 5 | K40 | 32:26 | 1:05:25 | 1:05:19 | 11,023 | 5:26 |
| 81 | 75 | JANKOWSKA ALEKSANDRA | ŚWIEBODZICE | 1993 | 5 | K30 | 31:14 | 1:05:29 | 1:05:21 | 11,018 | 5:26 |
| 82 | 30 | WOJTASIK ANDRZEJ | STRZEGOMSKA DWUNASTK | 1968 | 14 | M50 | 31:09 | 1:06:40 | 1:06:33 | 10,819 | 5:32 |
| 83 | 53 | GIERAT DAWID | STRZEGOM | 1991 | 20 | M30 | 33:19 | 1:06:51 | 1:06:35 | 10,814 | 5:32 |
| 84 | 36 | TABAKA MARTA | PREDATORS WAŁBRZYCH, | 1984 | 6 | K40 | 32:39 | 1:06:55 | 1:06:31 | 10,824 | 5:32 |
| 85 | 150 | DUDEK DARIUSZ | STRZEGOM | 1982 | 28 | M40 | 31:44 | 1:07:55 | 1:07:50 | 10,614 | 5:39 |
| 86 | 88 | KOŁODYŃSKI MACIEJ | STRZEGOM | 1974 | 15 | M50 | 32:35 | 1:08:33 | 1:08:16 | 10,547 | 5:41 |
| 87 | 141 | LEŚNICKI JACEK | KOLEDZY_STRZEGOM,STR | 2002 | 7 | M18 | 32:43 | 1:08:34 | 1:08:21 | 10,534 | 5:41 |
| 88 | 60 | ROMAŃCZYK DANIEL | COLGATE RUNNING TEAM | 1979 | 29 | M40 | 33:40 | 1:08:41 | 1:08:33 | 10,503 | 5:42 |
| 89 | 93 | SARGALSKI MAREK | TEMMPO WAŁBRZYCH,WAŁ | 1972 | 16 | M50 | 34:11 | 1:08:46 | 1:08:22 | 10,531 | 5:41 |
| 90 | 39 | KNOP DAWID | STRZEGOM | 1985 | 21 | M30 | 34:34 | 1:08:47 | 1:08:24 | 10,526 | 5:42 |
| 91 | 71 | MAGIERA MIROSLAW | VISSMANNTEAM,WAŁBRZ | 1963 | 5 | M60 | 32:38 | 1:09:30 | 1:09:18 | 10,390 | 5:46 |
| 92 | 49 | FABJAŃSKI AUGUSTYN | WROCLAW | 1957 | 6 | M60 | 33:55 | 1:09:51 | 1:09:39 | 10,337 | 5:48 |
| 93 | 133 | PARCHANOWICZ MARIUSZ | BEZ GRANIC ,STRZEGOM | 1959 | 7 | M60 | 34:17 | 1:10:02 | 1:09:53 | 10,303 | 5:49 |

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|-----|-------|----------------------|----------------------|------|--------|-----|-------|---------|---------|--------|---------|
| 94 | 155 | MOSÓR PAWEŁ | STRZEGOM | 2004 | 8 | M18 | 33:27 | 1:10:04 | 1:09:52 | 10,305 | 5:49 |
| 95 | 50 | KOAL GERD | NLLB COTTBUS,COTTBUS | 1952 | 2 | M70 | 34:24 | 1:10:18 | 1:10:11 | 10,259 | 5:50 |
| 96 | 58 | MAZUR MAREK | MŚCIWOJÓW | 1971 | 17 | M50 | 34:08 | 1:10:32 | 1:10:11 | 10,259 | 5:50 |
| 97 | 108 | MIKOŁAJCZYK LIDIA | ŚWIEBODZICE | 1973 | 2 | K50 | 33:01 | 1:10:44 | 1:10:36 | 10,198 | 5:53 |
| 98 | 122 | GRZYB ŁUKASZ | MALCZYCE | 1981 | 30 | M40 | 33:43 | 1:10:51 | 1:10:40 | 10,189 | 5:53 |
| 99 | 120 | KOWALCZYK MACIEJ | ŚWIEBODZICE | 1984 | 31 | M40 | 34:03 | 1:10:53 | 1:10:33 | 10,206 | 5:52 |
| 100 | 13 | BRYL STANISŁAW | STRZEGOMSKA DWUNASTK | 1958 | 8 | M60 | 34:21 | 1:10:55 | 1:10:46 | 10,174 | 5:53 |
| 101 | 46 | POTOCZNY ŁUKASZ | EUFORABIEGACZAPL,GÓ | 1983 | 32 | M40 | 35:14 | 1:10:58 | 1:10:38 | 10,193 | 5:53 |
| 102 | 143 | KASPRZAK ANITA | ANITABIEGA,ŚWIDNICA | 1968 | 3 | K50 | 34:16 | 1:11:02 | 1:10:53 | 10,158 | 5:54 |
| 103 | 135 | BARCZUK ARTUR | BOGUSZÓW-GORCE | 1994 | 22 | M30 | 33:08 | 1:11:05 | 1:10:49 | 10,167 | 5:54 |
| 104 | 111 | KRAUSE PIOTR | STRZEGOM | 1982 | 33 | M40 | 34:35 | 1:11:35 | 1:11:09 | 10,119 | 5:55 |
| 105 | 8 | SKOLAK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1974 | 18 | M50 | 32:49 | 1:11:36 | 1:11:25 | 10,082 | 5:57 |
| 106 | 1 | RAGAN ANETA | STRZEGOMSKA DWUNASTK | 1977 | 7 | K40 | 34:27 | 1:11:38 | 1:11:30 | 10,070 | 5:57 |
| 107 | 90 | MAJEWSKA WIOLA | STRZEGOMSKA DWUNASTK | 1973 | 4 | K50 | 34:27 | 1:11:38 | 1:11:30 | 10,070 | 5:57 |
| 108 | 77 | JASZOWSKI KRYSZTIAN | STRZEGOM | 1997 | 9 | M18 | 31:42 | 1:12:21 | 1:12:17 | 9,961 | 6:01 |
| 109 | 3 | KOPACZYŃSKA BEATA | SOBAS TEAM,ZIELONA G | 1971 | 5 | K50 | 34:56 | 1:12:37 | 1:12:33 | 9,924 | 6:02 |
| 110 | 35 | MARKULAK ZBYSZEK | CFZ ŻARY,ŻARY | 1973 | 19 | M50 | 34:10 | 1:12:46 | 1:12:31 | 9,929 | 6:02 |
| 111 | 129 | DĄBROWSKI JERZY | POLKOWICE | 1953 | 3 | M70 | 34:56 | 1:13:33 | 1:13:23 | 9,811 | 6:06 |
| 112 | 87 | FARMUS ANNA | ŚWIDNICA | 1983 | 8 | K40 | 35:43 | 1:13:40 | 1:13:21 | 9,816 | 6:06 |
| 113 | 85 | KASENDRA MARTA | STRZEGOM | 1985 | 6 | K30 | 35:43 | 1:13:40 | 1:13:21 | 9,816 | 6:06 |
| 114 | 123 | LEWANDROWSKI MARIUSZ | STOWARZYSZENIE NA PA | 1977 | 34 | M40 | 34:01 | 1:14:13 | 1:13:51 | 9,749 | 6:09 |
| 115 | 99 | KRZOS DAMIAN | ARYZTA TEAM,JAROSZÓW | 1989 | 23 | M30 | 32:47 | 1:14:32 | 1:14:12 | 9,704 | 6:11 |
| 116 | 139 | KARCZMARCZYK MARCIN | STOWARZYSZENIE TRZEŹ | 1987 | 24 | M30 | 34:05 | 1:14:38 | 1:14:17 | 9,693 | 6:11 |
| 117 | 79 | DOBROCHOWSKA ILONA | STRZEGOMSKA DWUNASTK | 1979 | 9 | K40 | 35:13 | 1:15:12 | 1:14:54 | 9,613 | 6:14 |
| 118 | 15 | KOŁODZIEJ ANDRZEJ | MILKOWICE | 1970 | 20 | M50 | 35:10 | 1:15:38 | 1:15:25 | 9,547 | 6:17 |
| 119 | 105 | DUDEK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1974 | 21 | M50 | 42:58 | 1:15:50 | 1:15:34 | 9,528 | 6:17 |
| 120 | 114 | NASTAWSKA BOGUMIŁA | WAŁBRZYCH | 1972 | 6 | K50 | 37:27 | 1:16:00 | 1:15:49 | 9,497 | 6:19 |
| 121 | 72 | FEDYCZKOWSKA JUSTYNA | STRZEGOMSKA DWUNASTK | 1972 | 7 | K50 | 34:56 | 1:16:26 | 1:16:09 | 9,455 | 6:20 |
| 122 | 95 | GAŚOWSKI PIOTR | FORREST GUMP TEAM,ŚW | 1974 | 22 | M50 | 34:06 | 1:17:01 | 1:16:49 | 9,373 | 6:24 |
| 123 | 65 | PLATEK KRZYSZTOF | JELCZ-LASKOWICE | 1977 | 35 | M40 | 38:07 | 1:17:21 | 1:17:11 | 9,328 | 6:25 |
| 124 | 138 | TRZCINKA MAREK | IWINY | 1975 | 36 | M40 | 38:11 | 1:17:47 | 1:17:35 | 9,280 | 6:27 |

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|-----|-------|-------------------------|----------------------|------|--------|-----|-------|---------|---------|-------|---------|
| 125 | 137 | TRZCINKA DOROTA | IWINY | 1986 | 7 | K30 | 37:57 | 1:17:48 | 1:17:36 | 9,278 | 6:28 |
| 126 | 151 | KACAŁA MARIUSZ | PREDATORS WAŁBRZYCH | 1968 | 23 | M50 | 36:16 | 1:17:50 | 1:17:40 | 9,270 | 6:28 |
| 127 | 63 | KUSTER ADAM | WAŁBRZYCH | 1977 | 37 | M40 | 37:06 | 1:17:51 | 1:17:28 | 9,294 | 6:27 |
| 128 | 34 | MARKULAK ELLA | CFZ ŻARY, ŻARY | 1976 | 10 | K40 | 36:29 | 1:18:13 | 1:17:59 | 9,233 | 6:29 |
| 129 | 107 | DZIEDZIAK MAGDALENA | CHEŁMSKO ŚLĄSKIE | 1998 | 1 | K18 | 37:33 | 1:18:24 | 1:18:07 | 9,217 | 6:30 |
| 130 | 127 | LEŚNICKI ADAM | KOLEDZY_STRZEGOM,STA | 2007 | 10 | M18 | 36:20 | 1:19:22 | 1:19:10 | 9,095 | 6:35 |
| 131 | 140 | KOWALSKI GRZEGORZ | STRZEGOM | 1973 | 24 | M50 | 37:38 | 1:20:38 | 1:20:18 | 8,966 | 6:41 |
| 132 | 80 | LIS MARIUSZ | GRUPA BIEGOWA BEZ GR | 1986 | 25 | M30 | 37:45 | 1:20:46 | 1:20:31 | 8,942 | 6:42 |
| 133 | 98 | KOŁODZIEJSKI MAREK | ARYZTA TEAM,GOCZAŁKÓ | 1985 | 26 | M30 | 36:18 | 1:22:05 | 1:21:55 | 8,789 | 6:49 |
| 134 | 32 | RUDNICKI PAWEŁ | STRZEGOMSKA DWUNASTK | 1977 | 38 | M40 | 37:21 | 1:22:44 | 1:22:22 | 8,741 | 6:51 |
| 135 | 23 | DOLIŃSKI TOMASZ | UMAWIANIE NA BIEGANI | 1964 | 9 | M60 | 41:10 | 1:24:47 | 1:24:33 | 8,516 | 7:02 |
| 136 | 56 | DOLIŃSKA ALEKSANDRA | UMAWIANIE NA BIEGANI | 2000 | 2 | K18 | 41:10 | 1:24:47 | 1:24:33 | 8,516 | 7:02 |
| 137 | 83 | TWARDYSKO JOANNA | MLKS RAKOWICE WIELKI | 1987 | 8 | K30 | 40:13 | 1:25:23 | 1:25:20 | 8,437 | 7:06 |
| 138 | 54 | KRÓLIKOWSKA DOROTA | STRZEGOM | 1993 | 9 | K30 | 44:07 | 1:28:40 | 1:28:26 | 8,142 | 7:22 |
| 139 | 20 | POZORSKI KRZYSZTOF | WAŁBRZYCH | 1964 | 10 | M60 | 43:21 | 1:28:59 | 1:28:35 | 8,128 | 7:22 |
| 140 | 69 | SZYMAŃSKA MARIA | STRZEGOM | 1959 | 1 | K60 | 45:31 | 1:33:47 | 1:33:38 | 7,690 | 7:48 |
| 141 | 41 | PIETRAS BARBARA - MARIA | STRZEGOMSKA DWUNASTK | 1951 | 1 | K70 | 46:55 | 1:39:02 | 1:38:44 | 7,292 | 8:13 |