

XVII OGÓLNOPOLSKI BIEG NIEPODLEGŁOŚCI "GÓRA 2010"

WYNIKI ZAWODÓW

OPEN

Organizator: Ośrodek Kultury Fizycznej w Górze

Termin: 11.11.2010

Miejsce: Góra

Dystans: 10 Km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|---------------|---------------|---------------|---------------|
| | | | | | | | | | | | 1 | 2 | 3 | 4 |
| 1 | 124 | SZAFIR WITALIJ | | 42195.KIEV.UA | LUTSK | 82 | M20/ 1 | | 00:30:58 | 00:30:57 | 00:08:11 / 4 | 00:16:07 / 2 | 00:23:33 / 1 | 00:30:50 / 1 |
| 2 | 81 | BŁAZIŃSKI MARCIN | | START DOBRODZIEŃ | OPOLE | 88 | M20/ 2 | | 00:31:06 | 00:31:04 | 00:08:11 / 6 | 00:16:08 / 3 | 00:23:36 / 2 | 00:30:58 / 2 |
| 3 | 121 | DYBOWSKI DZMITRY | | | GRODNO | 74 | M30/ 1 | | 00:31:44 | 00:31:43 | 00:08:11 / 3 | 00:16:07 / 1 | 00:23:50 / 3 | 00:31:36 / 3 |
| 4 | 126 | ZAGÓRNY MARCIN | | RADNICA SPORT TEAM | RADNICA | 88 | M20/ 3 | | 00:31:58 | 00:31:57 | 00:08:11 / 2 | 00:16:08 / 4 | 00:23:58 / 4 | 00:31:49 / 4 |
| 5 | 93 | NOWAK JAKUB | | LKS SANA KOŚCIAN | ŚMIGIEL | 92 | M20/ 4 | | 00:33:00 | 00:32:59 | 00:08:11 / 5 | 00:16:14 / 5 | 00:24:36 / 5 | 00:32:52 / 5 |
| 6 | 58 | WITKOWSKI MARCIN | | "MKS ""PARASOL"" WROCŁAW" | KROTOSZYN | 85 | M20/ 5 | | 00:33:47 | 00:33:45 | 00:08:11 / 1 | 00:16:22 / 6 | 00:24:58 / 6 | 00:33:38 / 6 |
| 7 | 92 | SZYMANOWSKI KRZYSZTOF | | LKS SANA KOŚCIAN | KOŚCIAN | 93 | M20/ 6 | | 00:34:29 | 00:34:27 | 00:08:12 / 7 | 00:16:43 / 7 | 00:25:28 / 7 | 00:34:20 / 7 |
| 8 | 48 | SCHOLTZ SZYMON | | KS REAL 64-STO | LESZNO | 92 | M20/ 7 | | 00:34:43 | 00:34:40 | 00:08:26 / 8 | 00:17:07 / 8 | 00:25:51 / 8 | 00:34:30 / 8 |
| 9 | 97 | ZIÓLKOWSKI SŁAWOMIR | | | RAWICZ | 70 | M40/ 1 | | 00:35:04 | 00:35:01 | 00:08:39 / 9 | 00:17:24 / 9 | 00:26:15 / 9 | 00:34:56 / 9 |
| 10 | 241 | WIERZBICKI KRZYSZTOF | | K.B. ŚWIEBODA | ŚWIEBODZIN | 84 | M20/ 8 | | 00:35:52 | 00:35:52 | 00:08:45 / 14 | 00:17:43 / 10 | 00:26:48 / 10 | 00:35:43 / 10 |
| 11 | 151 | GREMSKI MACIEJ | | CSGT | GŁOGÓW | 92 | M20/ 9 | | 00:36:09 | 00:36:06 | 00:08:49 / 17 | 00:17:56 / 14 | 00:27:06 / 12 | 00:35:59 / 11 |
| 12 | 240 | PIECHOWIAK BARTEK | | K.B. ŚWIEBODA | ŚWIEBODZIN | 93 | M20/ 10 | | 00:36:10 | 00:36:07 | 00:08:46 / 15 | 00:17:54 / 12 | 00:27:06 / 14 | 00:36:03 / 13 |
| 13 | 60 | DOMAGAŁA ROBERT | | K.S KROTOSZ | KROTOSZYN | 70 | M40/ 2 | | 00:36:11 | 00:36:08 | 00:08:50 / 18 | 00:17:54 / 13 | 00:27:06 / 13 | 00:36:03 / 12 |
| 14 | 105 | KARAMUCKI ROMAN | | NIEZRZESZONY | GŁOGÓW | 74 | M30/ 2 | | 00:36:20 | 00:36:18 | 00:08:41 / 10 | 00:17:44 / 11 | 00:26:57 / 11 | 00:36:10 / 14 |
| 15 | 95 | KARWATKA ANDRZEJ | | PEBEKA LUBIN | GŁOGÓW | 57 | M50/ 1 | | 00:36:24 | 00:36:22 | 00:08:44 / 13 | 00:18:01 / 18 | 00:27:22 / 17 | 00:36:14 / 15 |
| 16 | 91 | BOSY DANIEL | | LKS SANA KOŚCIAN | PONIN | 89 | M20/ 11 | | 00:36:39 | 00:36:37 | 00:08:48 / 16 | 00:18:00 / 15 | 00:27:22 / 18 | 00:36:31 / 16 |
| 17 | 120 | SALEVIAN OLGA | | | BELARUS | 83 | K20/ 1 | | 00:36:42 | 00:36:42 | 00:08:44 / 11 | 00:18:01 / 16 | 00:27:21 / 15 | 00:36:32 / 17 |
| 18 | 125 | BARWANOWA ILONA | | | SIMFERPOL | 72 | K30/ 1 | | 00:36:45 | 00:36:44 | 00:08:44 / 12 | 00:18:01 / 17 | 00:27:22 / 16 | 00:36:36 / 18 |
| 19 | 122 | KACZMAREK ZBIGNIEW | | LZS-4RUN-BROOKS | TRZEBNICA | 72 | M30/ 3 | | 00:37:17 | 00:37:15 | 00:08:59 / 21 | 00:18:16 / 19 | 00:27:41 / 19 | 00:37:08 / 19 |
| 20 | 174 | PLESNER MIECZYSLAW | | | WIŃSKO | 71 | M30/ 4 | | 00:37:37 | 00:37:35 | 00:09:12 / 25 | 00:18:45 / 24 | 00:28:13 / 21 | 00:37:29 / 20 |
| 21 | 175 | PLESNER RYSZARD | | ULKS PODLASIE WOŁÓW | WOŁÓW | 64 | M40/ 3 | | 00:37:42 | 00:37:42 | 00:09:11 / 24 | 00:18:44 / 22 | 00:28:13 / 20 | 00:37:31 / 21 |
| 22 | 74 | BARTKOWIAK DARIUSZ | | KS MARATON OSTRÓW WLKP. | OSTRÓW WLKP. | 65 | M40/ 4 | | 00:37:46 | 00:37:42 | 00:09:32 / 29 | 00:18:55 / 25 | 00:28:17 / 23 | 00:37:37 / 22 |
| 23 | 217 | MOSZAK SZYMON | | | NOWA SÓL | 84 | M20/ 12 | | 00:38:03 | 00:37:52 | 00:09:39 / 37 | 00:19:16 / 32 | 00:28:45 / 25 | 00:37:55 / 23 |
| 24 | 187 | HOŁUBOWICZ KRZYSZTOF | | LKS RAKOWICE WLK. | LWÓWEK ŚL. | 70 | M40/ 5 | | 00:38:06 | 00:38:06 | 00:09:07 / 23 | 00:18:44 / 23 | 00:28:28 / 24 | 00:37:57 / 24 |
| 25 | 101 | SOBCZAK HUBERT | | | RAWICZ | 87 | M20/ 13 | | 00:38:16 | 00:38:14 | 00:09:35 / 31 | 00:19:07 / 29 | 00:28:55 / 30 | 00:38:07 / 25 |
| 26 | 67 | KASPRZAK KRZYSZTOF | | KS KROTOSZ KROTOSZYN | KOBIERNO | 68 | M40/ 6 | | 00:38:20 | 00:38:17 | 00:08:51 / 19 | 00:18:25 / 20 | 00:28:15 / 22 | 00:38:09 / 26 |
| 27 | 127 | KOMOROWSKI KAROL | | | TRZEBNICA | 82 | M20/ 14 | | 00:38:26 | 00:38:22 | 00:09:36 / 33 | 00:19:17 / 34 | 00:28:56 / 32 | 00:38:18 / 27 |
| 28 | 98 | ULIASZ JACEK | | L.K.S.ISKRA JASZKOWA | BYSTRZYCA | 92 | M20/ 15 | | 00:38:29 | 00:38:25 | 00:09:35 / 30 | 00:19:08 / 30 | 00:28:54 / 29 | 00:38:19 / 28 |
| 29 | 73 | JANISZEWSKI WIKTOR | | KB ORZEŁ MILICZ | MILICZ | 75 | M30/ 5 | | 00:38:31 | 00:38:29 | 00:09:35 / 32 | 00:19:16 / 33 | 00:28:54 / 28 | 00:38:23 / 29 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|---|---------------|
| 30 | 62 | SIENKIEWICZ CZESŁAW | | KS KROTOSZ KROTOSZYN | KROTOSZYN | 58 M50/ | 2 | | 00:38:36 | 00:38:31 | 00:09:31 / 28 00:19:07 / 28 00:28:53 / 26 | 00:38:23 / 30 |
| 31 | 106 | OLEKSIUK LESZEK | | EDI TEAM | ZGORZELEC | 82 M20/ | 16 | | 00:38:47 | 00:38:47 | 00:09:30 / 27 00:19:07 / 27 00:28:54 / 27 | 00:38:37 / 31 |
| 32 | 164 | BARANOWSKI PIOTR | | BIEGANIE.PL | BIERUTÓW | 81 M20/ | 17 | | 00:38:59 | 00:38:56 | 00:09:44 / 40 00:19:34 / 37 00:29:29 / 36 | 00:38:49 / 32 |
| 33 | 89 | BEKACZ STANISŁAW | | | WIŃSKO | 63 M40/ | 7 | | 00:39:14 | 00:39:02 | 00:09:36 / 34 00:19:12 / 31 00:29:14 / 33 | 00:39:06 / 33 |
| 34 | 49 | BARSZOWSKI MICHAŁ | | | RYBNIK | 71 M30/ | 6 | | 00:39:20 | 00:39:17 | 00:09:06 / 22 00:19:05 / 26 00:29:17 / 34 | 00:39:11 / 34 |
| 35 | 232 | WOJNAROWICZ JANUSZ | | EDI TEAM ZGORZELEC | ZGORZELEC | 72 M30/ | 7 | | 00:39:23 | 00:39:20 | 00:09:43 / 38 00:19:33 / 35 00:29:29 / 35 | 00:39:15 / 35 |
| 36 | 229 | SOCZOMSKI MIROSŁAW | | EDI TEAM ZGORZELEC | STRZELIN | 65 M40/ | 8 | | 00:39:27 | 00:39:27 | 00:09:44 / 39 00:19:33 / 36 00:29:31 / 37 | 00:39:18 / 36 |
| 37 | 149 | SKRZYPCZAK ARTUR | | ASTRA NOWA SÓL | KONRADOWO 3 | 89 M20/ | 18 | | 00:39:37 | 00:39:35 | 00:09:36 / 35 00:19:35 / 38 00:29:48 / 38 | 00:39:28 / 37 |
| 38 | 54 | WACHOWIAK ADRIAN | | | WILKOWICE | 92 M20/ | 19 | | 00:39:47 | 00:39:47 | 00:08:51 / 20 00:18:33 / 21 00:28:55 / 31 | 00:39:37 / 38 |
| 39 | 206 | MAŁEK KRZYSZTOF | | | WOŁÓW | 68 M40/ | 9 | | 00:40:08 | 00:40:04 | 00:09:37 / 36 00:19:41 / 40 00:30:00 / 39 | 00:39:59 / 39 |
| 40 | 3 | KARKOCHA DANIEL | | | GÓRA | 92 M20/ | 20 | POWI/ 1 | 00:40:11 | 00:40:07 | 00:09:44 / 41 00:19:44 / 42 00:30:01 / 41 | 00:40:03 / 40 |
| 41 | 140 | SITER WITOLD | | KS MARATON OSTRÓW WLKP. | OSTRÓW WLKP. | 56 M50/ | 3 | | 00:40:18 | 00:40:11 | 00:10:01 / 50 00:20:02 / 45 00:30:15 / 44 | 00:40:09 / 41 |
| 42 | 7 | SITNIK BRONISŁAW | | | GÓRA | 70 M40/ | 10 | POWI/ 2 | 00:40:22 | 00:40:17 | 00:09:45 / 43 00:19:42 / 41 00:30:00 / 40 | 00:40:13 / 42 |
| 43 | 22 | KĘDZIERSKI TOMASZ | | | GÓRA | 74 M30/ | 8 | POWI/ 3 | 00:40:23 | 00:40:18 | 00:10:10 / 62 00:20:15 / 48 00:30:25 / 47 | 00:40:14 / 43 |
| 44 | 61 | GRZEMPOWSKI PIOTR | | KS KROTOSZ KROTOSZYN | KROTOSZYN | 88 M20/ | 21 | | 00:40:25 | 00:40:17 | 00:10:11 / 66 00:20:18 / 52 00:30:26 / 49 | 00:40:16 / 44 |
| 45 | 239 | WIERZBICKI REMIGIUSZ | | K.B. ŚWIEBODA | ŚWIEBODZIN | 60 M50/ | 4 | | 00:40:29 | 00:40:20 | 00:10:10 / 61 00:20:16 / 50 00:30:26 / 48 | 00:40:19 / 45 |
| 46 | 191 | JANIAK WITOLD | | LUKS ŻÓRAWINA | WROCLAW | 70 M40/ | 11 | | 00:40:31 | 00:40:28 | 00:09:53 / 45 00:19:59 / 43 00:30:12 / 42 | 00:40:23 / 46 |
| 47 | 4 | GŁUSZKO KRZYSZTOF | | MARATOŃCZYK GÓRA | GÓRA | 58 M50/ | 5 | POWI/ 4 | 00:40:33 | 00:40:31 | 00:09:45 / 42 00:19:59 / 44 00:30:25 / 45 | 00:40:24 / 47 |
| 48 | 165 | SOCHA DARIUSZ | | | GŁOGÓW | 72 M30/ | 9 | | 00:40:36 | 00:40:21 | 00:10:37 / 92 00:20:42 / 69 00:30:40 / 50 | 00:40:27 / 48 |
| 49 | 178 | KULIŃSKI BOGDAN | | HUTA MIEDZI GŁOGÓW | GŁOGÓW | 59 M50/ | 6 | | 00:40:51 | 00:40:49 | 00:09:26 / 26 00:19:40 / 39 00:30:14 / 43 | 00:40:41 / 49 |
| 50 | 245 | LECH RADOSŁAW | | KB ŚWIEBODA ŚWIEBODZIN | ŚWIEBODZIN | 76 M30/ | 10 | | 00:40:52 | 00:40:43 | 00:10:35 / 88 00:20:52 / 76 00:30:57 / 53 | 00:40:44 / 50 |
| 51 | 102 | WAŁKIEWICZ PAWEŁ | | MUKS SZOK BOJNOWO | BOJANOWO | 82 M20/ | 22 | | 00:40:57 | 00:40:56 | 00:10:02 / 52 00:20:19 / 53 00:30:41 / 51 | 00:40:48 / 51 |
| 52 | 171 | GĄSIOR DOMINIK | | FERDEX NOWA SÓL | NOWA SÓL | 74 M30/ | 11 | | 00:41:12 | 00:41:07 | 00:10:24 / 75 00:20:39 / 67 00:31:01 / 56 | 00:41:02 / 52 |
| 53 | 24 | KRZYSZCZUK TADEUSZ | | | GÓRA | 56 M50/ | 7 | POWI/ 5 | 00:41:17 | 00:41:03 | 00:10:11 / 64 00:20:16 / 51 00:30:44 / 52 | 00:41:09 / 54 |
| 54 | 23 | STRZYŻEWSKI MARCIN | | NIEZRZESZONY | GÓRA | 87 M20/ | 23 | POWI/ 6 | 00:41:18 | 00:41:13 | 00:10:10 / 63 00:20:15 / 49 00:30:25 / 46 | 00:41:07 / 53 |
| 55 | 112 | ZADOROŻNY ZDZISŁAW | | EDI TEAM ZGORZELEC | ZGORZELEC | 53 M50/ | 8 | | 00:41:21 | 00:41:09 | 00:10:21 / 73 00:20:38 / 63 00:31:02 / 57 | 00:41:11 / 55 |
| 56 | 258 | KOWALEWICZ BOGUSZ | | "UMKS ""ZRYW"" WOLSZTYN" | WOLSZTYN | 92 M20/ | 24 | | 00:41:24 | 00:41:24 | 00:09:48 / 44 00:20:24 / 56 00:31:10 / 65 | 00:41:17 / 57 |
| 57 | 183 | SZULC RYSZARD | | KB ORZEŁ MILICZ | MILICZ | 52 M50/ | 9 | | 00:41:26 | 00:41:20 | 00:10:21 / 72 00:20:38 / 66 00:31:02 / 59 | 00:41:16 / 56 |
| 58 | 141 | FRANKOWSKI ANDRZEJ | | IM2010 | OSTRÓW WLKP. | 63 M40/ | 12 | | 00:41:28 | 00:41:21 | 00:10:17 / 69 00:20:38 / 64 00:31:03 / 60 | 00:41:18 / 58 |
| 59 | 195 | MACHOŃ PIOTR | | KLUB OLIMPIJCZYKA CHOCIANÓW | CHOCIANÓW | 77 M30/ | 12 | | 00:41:29 | 00:41:16 | 00:10:34 / 87 00:20:48 / 74 00:31:15 / 66 | 00:41:20 / 59 |
| 60 | 200 | MAKARCZYK DANIEL | | ZG RUDNA | CHOBHENIA | 75 M30/ | 13 | | 00:41:34 | 00:41:23 | 00:10:09 / 60 00:20:21 / 55 00:30:59 / 54 | 00:41:24 / 60 |
| 61 | 238 | CICHOCKI TOMASZ | | K.B. ŚWIEBODA | ZIELONA GÓRA | 73 M30/ | 14 | | 00:41:38 | 00:41:33 | 00:10:23 / 74 00:20:43 / 72 00:31:08 / 64 | 00:41:28 / 61 |
| 62 | 119 | FITA ROMAN | | SWIAT MARATONCZYKA KOŻUCHOW | KOŻUCHÓW | 54 M50/ | 10 | | 00:41:40 | 00:41:36 | 00:10:05 / 55 00:20:31 / 59 00:31:02 / 58 | 00:41:30 / 62 |
| 63 | 55 | GRABKOWSKI ROBERT | | KPP GÓRA | ŻMIGRÓD | 69 M40/ | 13 | | 00:41:42 | 00:41:39 | 00:10:06 / 59 00:20:32 / 60 00:31:03 / 61 | 00:41:32 / 63 |
| 64 | 72 | BLACHOWSKI PIOTR | | | SZLICHTYNGOWA | 72 M30/ | 15 | | 00:41:48 | 00:41:44 | 00:09:54 / 47 00:20:27 / 57 00:31:08 / 63 | 00:41:38 / 64 |
| 65 | 155 | PERŁAKOWSKI TADEUSZ | | TKKF HUTNIK GŁOGÓW | KŁOBUCZYN | 56 M50/ | 11 | | 00:41:52 | 00:41:35 | 00:10:27 / 79 00:20:50 / 75 00:31:23 / 71 | 00:41:42 / 65 |
| 66 | 145 | MALINOWSKI SŁAWOMIR | | ASTRA NOWA SÓL | NOWA SÓL | 87 M20/ | 25 | | 00:41:52 | 00:41:50 | 00:09:53 / 46 00:20:28 / 58 00:31:16 / 68 | 00:41:44 / 66 |
| 67 | 16 | WOJCIESZONEK KRZYSZTOF | | OŻW WROCLAW | GÓRA->WROCLAW | 86 M20/ | 26 | POWI/ 7 | 00:41:52 | 00:41:40 | 00:09:56 / 48 00:20:13 / 46 00:31:06 / 62 | 00:41:44 / 68 |
| 68 | 68 | KOSTKA ANDRZEJ | | POLKOWICE | POLKOWICE | 66 M40/ | 14 | | 00:41:54 | 00:41:47 | 00:10:02 / 53 00:20:19 / 54 00:30:59 / 55 | 00:41:44 / 67 |
| 69 | 25 | KOWALEWSKI JAN | | "SKLEP ""U HELENKI""" | GÓRA | 50 M60/ | 1 | POWI/ 8 | 00:41:56 | 00:41:53 | 00:10:05 / 58 00:20:43 / 73 00:31:36 / 75 | 00:41:48 / 69 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|----------------|--|
| 70 | 262 | PYRKA SZYMON | | SPARTA NIETKOWICE | NIETKOWICE | 78 M30/ | 16 | | 00:42:07 | 00:41:22 | 00:10:42 / 99 | 00:20:56 / 78 00:31:28 / 72 00:41:56 / 70 |
| 71 | 230 | ADAMOWYCZ BOGUSŁAW | | | BOJADŁA | 63 M40/ | 15 | | 00:42:08 | 00:41:52 | 00:10:17 / 70 | 00:20:38 / 65 00:31:16 / 69 00:41:58 / 72 |
| 72 | 231 | KLUCOWICZ EDWARD | | BOJADŁA | BOJADŁA | 62 M40/ | 16 | | 00:42:09 | 00:41:53 | 00:10:16 / 68 | 00:20:37 / 62 00:31:15 / 67 00:41:58 / 71 |
| 73 | 163 | GARCZYŃSKI GRZEGORZ | | | LUBIN | 47 M60/ | 2 | | 00:42:11 | 00:42:01 | 00:10:28 / 81 | 00:21:05 / 82 00:31:45 / 78 00:42:01 / 73 |
| 74 | 116 | PROKOPCZYK MARCIN | | | GÓRA/RADOSŁAW | 77 M30/ | 17 | POWI/ 9 | 00:42:16 | 00:42:11 | 00:10:11 / 65 | 00:20:39 / 68 00:31:29 / 73 00:42:06 / 74 |
| 75 | 1 | KASPRZAK KRZYSZTOF | | | NARATÓW | 71 M30/ | 18 | POWI/ 10 | 00:42:21 | 00:42:16 | 00:10:05 / 56 | 00:20:33 / 61 00:31:23 / 70 00:42:11 / 75 |
| 76 | 86 | DOBRZYCKI ZIEMOWIT | | | LESZNO | 64 M40/ | 17 | | 00:42:31 | 00:42:27 | 00:10:26 / 77 | 00:21:03 / 80 00:31:46 / 80 00:42:22 / 76 |
| 77 | 57 | GRZYWNIAK PAWEŁ | | | WROCŁAW | 81 M20/ | 27 | | 00:42:34 | 00:42:22 | 00:10:44 / 103 | 00:21:25 / 91 00:32:09 / 87 00:42:25 / 77 |
| 78 | 170 | DYGUDAJ JERZY | | KB LEW LEGNICA | LEGNICA | 49 M60/ | 3 | | 00:42:42 | 00:42:41 | 00:10:05 / 57 | 00:20:43 / 71 00:31:36 / 74 00:42:32 / 78 |
| 79 | 214 | ELING ARTUR | | SUREM RAWICZ | RAWICZ | 71 M30/ | 19 | | 00:42:44 | 00:42:38 | 00:10:37 / 91 | 00:21:18 / 88 00:32:03 / 83 00:42:35 / 79 |
| 80 | 207 | OLBERT IRENEUSZ | | | BRZEG DOLNY | 70 M40/ | 18 | | 00:42:47 | 00:42:44 | 00:10:16 / 67 | 00:20:54 / 77 00:31:46 / 81 00:42:38 / 81 |
| 81 | 64 | WOJTASZEK MAREK | | KS KROTOSZ KROTOSZYN | KROTOSZYN | 80 M30/ | 20 | | 00:42:48 | 00:42:40 | 00:10:21 / 71 | 00:21:09 / 83 00:32:07 / 86 00:42:39 / 82 |
| 82 | 212 | GLINA KRZYSZTOF | | SUREM RAWICZ | RAWICZ | 70 M40/ | 19 | | 00:42:49 | 00:42:42 | 00:10:37 / 90 | 00:21:17 / 87 00:32:03 / 82 00:42:38 / 80 |
| 83 | 8 | RZYSKI JACEK | | MARATOŃCZYK GÓRA | GÓRA | 65 M40/ | 20 | POWI/ 11 | 00:43:00 | 00:42:45 | 00:10:40 / 94 | 00:21:15 / 86 00:32:03 / 84 00:42:50 / 83 |
| 84 | 90 | BIELAWSKI JAN | | WPEC LEGNICA | ŚCINAWA | 64 M40/ | 21 | | 00:43:08 | 00:42:55 | 00:10:27 / 80 | 00:21:05 / 81 00:31:45 / 79 00:42:57 / 84 |
| 85 | 108 | ZIOŁA TADEUSZ | | EDI TEAM ZGORZELEC | BOGATYNIA | 63 M40/ | 22 | | 00:43:10 | 00:43:01 | 00:10:27 / 78 | 00:21:13 / 85 00:32:15 / 88 00:43:02 / 86 |
| 86 | 154 | WAYDA ADAM | | TC CHROBRY KOMAK GŁOGÓW | GŁOGÓW | 58 M50/ | 12 | | 00:43:11 | 00:42:45 | 00:10:49 / 107 | 00:21:12 / 84 00:32:05 / 85 00:43:01 / 85 |
| 87 | 224 | KARBOWNIK MAGDALENA | | NIEZRZESZONA | POZNAN | 81 K20/ | 2 | | 00:43:19 | 00:43:17 | 00:10:43 / 102 | 00:21:39 / 96 00:32:33 / 91 00:43:10 / 87 |
| 88 | 209 | SIAGŁO STANISŁAW | | WKB PIAST WROCŁAW | WOŁÓW | 68 M40/ | 23 | | 00:43:20 | 00:43:15 | 00:11:08 / 116 | 00:21:54 / 101 00:32:42 / 94 00:43:11 / 88 |
| 89 | 146 | SZNAJDER MARCIN | | WKS ORŁY WAWRZUSIA NOWA SÓL | NOWA SÓL | 76 M30/ | 21 | | 00:43:25 | 00:43:25 | 00:10:02 / 51 | 00:20:43 / 70 00:31:42 / 77 00:43:13 / 89 |
| 90 | 136 | ANDRZEJEWSKI JACEK | | KOŚCIAN | KOŚCIAN | 66 M40/ | 24 | | 00:43:25 | 00:43:19 | 00:10:46 / 105 | 00:21:41 / 98 00:32:34 / 92 00:43:14 / 90 |
| 91 | 75 | BIAŁY ANDRZEJ | | KS MARATON OSTRÓW WLKP. | OSTRÓW WLKP | 61 M40/ | 25 | | 00:43:26 | 00:43:15 | 00:10:42 / 98 | 00:21:30 / 92 00:32:30 / 90 00:43:16 / 91 |
| 92 | 180 | KUBASZEWSKI HENRYK | | MPEC-LESZNO | LESZNO | 51 M50/ | 13 | | 00:43:27 | 00:43:25 | 00:10:37 / 89 | 00:21:21 / 90 00:32:28 / 89 00:43:17 / 92 |
| 93 | 203 | PLUKARSKI PATRYK | | | WROCŁAW | 82 M20/ | 28 | | 00:43:39 | 00:43:21 | 00:10:41 / 97 | 00:21:40 / 97 00:32:46 / 95 00:43:29 / 93 |
| 94 | 204 | GRZYB SŁAWOMIR | | | WROCŁAW | 81 M20/ | 29 | | 00:43:39 | 00:43:22 | 00:10:45 / 104 | 00:21:42 / 99 00:32:46 / 96 00:43:29 / 94 |
| 95 | 50 | BARSZOWSKI SEBASTIAN | | KS REAL 64-STO | LESZNO | 85 M20/ | 30 | | 00:43:42 | 00:43:40 | 00:10:56 / 109 | 00:22:18 / 107 00:33:18 / 102 00:43:32 / 95 |
| 96 | 138 | KAŻMIEROWSKI KRZYSZTOF | | | OSTRÓW WLKP. | 61 M40/ | 26 | | 00:43:59 | 00:43:48 | 00:10:43 / 101 | 00:21:31 / 93 00:32:34 / 93 00:43:48 / 96 |
| 97 | 21 | SKOCZYŁAS PRZEMYSŁAW | | | GÓRA | 93 M20/ | 31 | POWI/ 12 | 00:44:03 | 00:43:53 | 00:10:03 / 54 | 00:20:13 / 47 00:31:40 / 76 00:43:53 / 97 |
| 98 | 251 | JANICKI PRZEMEK | | IRG GOSTYŃ | GOSTYŃ | 80 M30/ | 22 | | 00:44:04 | 00:43:56 | 00:11:11 / 118 | 00:22:21 / 113 00:33:21 / 104 00:43:54 / 98 |
| 99 | 96 | ANTCZAK ARTUR | | | GŁOGÓW | 74 M30/ | 23 | | 00:44:05 | 00:43:52 | 00:10:29 / 82 | 00:21:19 / 89 00:32:59 / 100 00:43:56 / 99 |
| 100 | 244 | KRAŚNIEWSKI KRZYSZTOF | | NIEZRZESZONY | ŻMIGRÓD | 65 M40/ | 27 | | 00:44:09 | 00:44:03 | 00:10:32 / 85 | 00:21:45 / 100 00:33:02 / 101 00:43:59 / 100 |
| 101 | 99 | ZIÓŁKOWSKI PRZEMYSŁAW | | | JUTROSIN | 68 M40/ | 28 | | 00:44:10 | 00:44:07 | 00:10:33 / 86 | 00:21:35 / 94 00:32:50 / 99 00:44:00 / 101 |
| 102 | 234 | KMIEĆKOWIAK KRZYSZTOF | | LEGIA WARSZAWA | LESZNO | 84 M20/ | 32 | | 00:44:20 | 00:44:20 | 00:10:25 / 76 | 00:22:00 / 103 00:33:29 / 105 00:44:10 / 103 |
| 103 | 123 | BRZEZIŃSKI BOLESŁAW | | | CZERWIŻEŃSK | 44 M60/ | 4 | | 00:44:20 | 00:44:12 | 00:10:39 / 93 | 00:21:36 / 95 00:32:49 / 98 00:44:07 / 102 |
| 104 | 169 | URAM ADRIAN | | | MILICZ | 91 M20/ | 33 | | 00:44:37 | 00:44:31 | 00:10:42 / 100 | 00:22:09 / 105 00:33:38 / 108 00:44:26 / 104 |
| 105 | 152 | SANOCKI KRZYSZTOF | | CSGT | GŁOGÓW | 94 M20/ | 34 | | 00:44:37 | 00:44:34 | 00:09:56 / 49 | 00:21:01 / 79 00:32:48 / 97 00:44:28 / 105 |
| 106 | 188 | SZCZEPANIAK MACIEJ | | | WROCŁAW | 73 M30/ | 24 | | 00:44:43 | 00:44:28 | 00:11:17 / 122 | 00:22:31 / 116 00:33:36 / 107 00:44:32 / 106 |
| 107 | 133 | PUDLISZEWSKI JAKUB | | WWW.PUDLISZEWSKI.PL | KOŚCIAN | 85 M20/ | 35 | | 00:44:45 | 00:44:35 | 00:11:08 / 115 | 00:22:31 / 117 00:33:40 / 110 00:44:35 / 107 |
| 108 | 84 | ZIELONKA MARIAN | | KS. MARATON OSTRÓW WLKP. | OSTRÓW WLKP. | 55 M50/ | 14 | | 00:44:46 | 00:44:37 | 00:11:09 / 117 | 00:22:08 / 104 00:33:19 / 103 00:44:35 / 108 |
| 109 | 56 | ŚMIECHOWSKI KRZYSZTOF | | NIEZRZESZONY | RZESZÓW | 66 M40/ | 29 | | 00:44:49 | 00:44:34 | 00:11:12 / 119 | 00:22:19 / 108 00:33:36 / 106 00:44:40 / 109 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|--|----------------|
| 110 | 223 | DOBRZYŃSKI MICHAŁ | | | RYDZYNA | 84 M20/ | 36 | | 00:44:51 | 00:44:39 | 00:11:42 / 146 00:22:55 / 128 00:34:01 / 117 | 00:44:41 / 110 |
| 111 | 137 | KAZUBSKI PATRYK | | | LESZNO | 77 M30/ | 25 | | 00:44:54 | 00:44:43 | 00:11:40 / 144 00:23:12 / 135 00:34:08 / 119 | 00:44:46 / 111 |
| 112 | 177 | MATYLA BRONISŁAW | | DRUŻYNA SZPIKU | RYDZYNA | 65 M40/ | 30 | | 00:44:56 | 00:44:46 | 00:11:22 / 130 00:22:54 / 124 00:34:00 / 116 | 00:44:47 / 112 |
| 113 | 205 | DROZDOWSKI JACEK | | | WOŁÓW | 75 M30/ | 26 | | 00:44:59 | 00:44:55 | 00:11:00 / 112 00:22:21 / 115 00:33:52 / 113 | 00:44:52 / 114 |
| 114 | 94 | KARWATKA JOLANTA | | JW. 3284 | GŁOGÓW | 57 K50/ | 1 | | 00:45:02 | 00:44:58 | 00:10:59 / 110 00:22:20 / 110 00:33:39 / 109 | 00:44:50 / 113 |
| 115 | 157 | WIETECKI ŁUKASZ | | HUTA MIEDZI GŁOGÓW | NOWA SÓL | 80 M30/ | 27 | | 00:45:07 | 00:44:50 | 00:11:31 / 139 00:22:54 / 123 00:34:00 / 115 | 00:44:57 / 115 |
| 116 | 80 | ŚLEBODA ROBERT | | TKKF RAZEM WOŁÓW | WOŁÓW | 67 M40/ | 31 | | 00:45:16 | 00:45:06 | 00:11:02 / 113 00:22:21 / 114 00:33:43 / 111 | 00:45:06 / 116 |
| 117 | 249 | DOMARADZKI WOJCIECH | | COPERNICUS TEAM | POZNAŃ | 83 M20/ | 37 | | 00:45:21 | 00:45:08 | 00:11:19 / 124 00:22:52 / 122 00:34:05 / 118 | 00:45:10 / 117 |
| 118 | 147 | WAWRZYŃIAK LEON | | KS MARATON OSTRÓW WLKP. | OSTRÓW WLKP. | 46 M60/ | 5 | | 00:45:24 | 00:45:20 | 00:10:56 / 108 00:22:19 / 109 00:33:50 / 112 | 00:45:13 / 118 |
| 119 | 158 | PILARZ TOMASZ | | STREFFA FIGHT TEAM | LUBIN | 74 M30/ | 28 | | 00:45:26 | 00:45:08 | 00:11:44 / 149 00:23:14 / 136 00:34:31 / 127 | 00:45:16 / 119 |
| 120 | 2 | ANDRZEJEWSKI PIOTR | | | GÓRA | 87 M20/ | 38 | POWI/ 13 | 00:45:29 | 00:45:21 | 00:11:53 / 168 00:23:20 / 142 00:34:28 / 124 | 00:45:20 / 120 |
| 121 | 103 | ŁUGOWSKI IGOR | | | LUBIN | 73 M30/ | 29 | | 00:45:44 | 00:45:30 | 00:11:44 / 151 00:23:15 / 137 00:34:39 / 130 | 00:45:35 / 121 |
| 122 | 216 | ANDRZEJEWSKA KAMILA | | | DĄBCZE | 79 K30/ | 2 | | 00:45:47 | 00:45:45 | 00:10:59 / 111 00:22:20 / 112 00:33:57 / 114 | 00:45:36 / 122 |
| 123 | 117 | DOMINÓW ŁUKASZ | | LUBIŃSKIE CHARAKTERY | LUBIN | 79 M30/ | 30 | | 00:45:49 | 00:45:36 | 00:11:45 / 152 00:23:15 / 138 00:34:39 / 131 | 00:45:39 / 123 |
| 124 | 168 | JARECKI PRZEMYSŁAW | | | MILICZ | 91 M20/ | 39 | | 00:45:50 | 00:45:45 | 00:11:21 / 128 00:22:56 / 129 00:34:33 / 128 | 00:45:41 / 124 |
| 125 | 87 | PIETRAK ARTUR | | | GŁOGÓW | 87 M20/ | 40 | | 00:45:54 | 00:45:38 | 00:11:59 / 174 00:24:49 / 188 00:35:24 / 155 | 00:45:46 / 125 |
| 126 | 131 | SKRZYPCZAK MARIAN | | SEKCJA BIEGACZA | PRZYSIEKA | 59 M50/ | 15 | | 00:45:56 | 00:45:50 | 00:11:31 / 138 00:23:26 / 144 00:34:51 / 135 | 00:45:46 / 126 |
| 127 | 109 | SZCZEŚNIAK ANDRZEJ | | KS ARTEMIS WROCŁAW | WROCŁAW | 49 M60/ | 6 | | 00:45:57 | 00:45:54 | 00:11:07 / 114 00:22:42 / 118 00:34:26 / 122 | 00:45:48 / 127 |
| 128 | 139 | MATYSIAK JACEK | | KS MARATON OSTRÓW WLKP. | OSTRÓW WLKP. | 60 M50/ | 16 | | 00:46:03 | 00:45:53 | 00:11:20 / 127 00:22:52 / 121 00:34:31 / 126 | 00:45:52 / 128 |
| 129 | 176 | SZATKOWSKI MICHAŁ | | ULKS PODLASIE WOŁÓW | WOŁÓW | 81 M20/ | 41 | | 00:46:07 | 00:46:07 | 00:10:41 / 95 00:22:18 / 106 00:34:18 / 121 | 00:45:56 / 129 |
| 130 | 201 | MACHOWSKI EDWARD | | WKB PIAST WROCŁAW | WOŁÓW | 48 M60/ | 7 | | 00:46:11 | 00:46:06 | 00:11:28 / 136 00:22:55 / 125 00:34:27 / 123 | 00:46:01 / 130 |
| 131 | 15 | MISZCZYK PRZEMYSŁAW | | | GÓRA | 92 M20/ | 42 | POWI/ 14 | 00:46:15 | 00:46:04 | 00:10:31 / 84 00:22:55 / 127 00:35:15 / 142 | 00:46:06 / 131 |
| 132 | 53 | NOWACZYK TOMASZ | | | LESZNO | 82 M20/ | 43 | | 00:46:18 | 00:46:08 | 00:11:53 / 169 00:23:37 / 154 00:35:14 / 141 | 00:46:08 / 132 |
| 133 | 20 | GÓRSKI MICHAŁ | | | GÓRA | 93 M20/ | 44 | POWI/ 15 | 00:46:27 | 00:46:16 | 00:10:41 / 96 00:22:55 / 126 00:35:15 / 143 | 00:46:14 / 133 |
| 134 | 213 | GLINA SYLWIA | | SUREM RAWICZ | RAWICZ | 75 K30/ | 3 | | 00:46:31 | 00:46:25 | 00:11:35 / 142 00:23:38 / 157 00:35:18 / 150 | 00:46:19 / 134 |
| 135 | 162 | MAŁSKI PIOTR | | | LUBIN | 65 M40/ | 32 | | 00:46:34 | 00:46:15 | 00:11:44 / 150 00:23:16 / 139 00:34:57 / 137 | 00:46:21 / 135 |
| 136 | 107 | JURASZ ZYGMUNT | | | ZGORZELEC | 45 M60/ | 8 | | 00:46:35 | 00:46:25 | 00:11:25 / 135 00:22:59 / 130 00:34:46 / 132 | 00:46:22 / 136 |
| 137 | 130 | CHRUSTOWSKA ANGELINA | | SEKCJA BIEGACZA | ŚMIGIELL | 81 K20/ | 3 | | 00:46:36 | 00:46:29 | 00:11:52 / 165 00:23:38 / 156 00:35:17 / 149 | 00:46:27 / 138 |
| 138 | 237 | CICHOCKI ROBERT | | K.B. ŚWIEBODA | ŚWIEBODZIN | 70 M40/ | 33 | | 00:46:36 | 00:46:26 | 00:11:52 / 164 00:23:38 / 155 00:35:17 / 148 | 00:46:27 / 140 |
| 139 | 185 | KRAWCZYK MAŁGORZATA | | KB ORZEŁ MILICZ | MILICZ | 72 K30/ | 4 | | 00:46:37 | 00:46:32 | 00:11:21 / 129 00:23:00 / 131 00:34:47 / 134 | 00:46:26 / 137 |
| 140 | 173 | CZERWONKA RAFAŁ | | MPEC-LESZNO | LESZNO | 70 M40/ | 34 | | 00:46:38 | 00:46:35 | 00:10:48 / 106 00:22:20 / 111 00:34:11 / 120 | 00:46:27 / 139 |
| 141 | 246 | JĘSIEK ALEKSANDER | | MARATON LESZNO | LESZNO | 61 M40/ | 35 | | 00:46:40 | 00:46:28 | 00:11:50 / 160 00:23:26 / 145 00:35:05 / 138 | 00:46:30 / 141 |
| 142 | 77 | HYHS JAN | | | WYSOCKO | 92 M20/ | 45 | | 00:46:44 | 00:46:32 | 00:11:12 / 120 00:22:43 / 119 00:34:34 / 129 | 00:46:32 / 142 |
| 143 | 82 | IGNASIAK JAN | | IKS START ZDUŃSKA WOLA | SIERADZ | 56 M50/ | 17 | NIEP/ 1 | 00:46:47 | 00:46:33 | 00:11:51 / 162 00:23:30 / 150 00:35:19 / 153 | 00:46:38 / 144 |
| 144 | 150 | SALA DAMIAN | | ASTRA NOWA SÓL | NOWA SÓL | 89 M20/ | 46 | | 00:46:47 | 00:46:47 | 00:10:30 / 83 00:22:00 / 102 00:34:29 / 125 | 00:46:37 / 143 |
| 145 | 76 | MAREK ROMUALD | | KKAIT ODNOWA | WROCŁAW | 59 M50/ | 18 | | 00:46:54 | 00:46:46 | 00:11:53 / 167 00:23:32 / 152 00:35:09 / 139 | 00:46:44 / 145 |
| 146 | 9 | BRONOWICKI JAREK | | DRUŻYNA SZPIKU MARATOŃCZYK GÓRA | GÓRA | 76 M30/ | 31 | POWI/ 16 | 00:46:57 | 00:46:42 | 00:11:24 / 134 00:22:52 / 120 00:34:46 / 133 | 00:46:45 / 146 |
| 147 | 228 | KLIMKIEWICZ TOMASZ | | WOŻW POZNAŃ | LESZNO | 81 M20/ | 47 | | 00:46:59 | 00:46:47 | 00:11:49 / 158 00:23:31 / 151 00:35:16 / 145 | 00:46:49 / 147 |
| 148 | 189 | FALTYŃSKI PIOTR | | CENA RYZYKA | POLKOWICE | 64 M40/ | 36 | | 00:46:59 | 00:46:52 | 00:11:43 / 147 00:23:27 / 148 00:35:16 / 146 | 00:46:50 / 148 |
| 149 | 51 | BARSZOWSKA AGATA | | KS REAL 64-STO | LESZNO | 76 K30/ | 5 | | 00:47:02 | 00:46:58 | 00:11:24 / 133 00:23:06 / 132 00:34:54 / 136 | 00:46:50 / 149 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|---|--------------|
| 150 | 71 | PIEPZYK GRZEGORZ | | | RAWICZ | 72 M30/ | 32 | | 00:47:04 | 00:46:49 | 00:11:48 / 157 00:23:19 / 141 00:35:16 / 147 00:46:53 / 150 | |
| 151 | 153 | NAGŁY JAROSŁAW | | POLONIA 1912 LESZNO | LESZNO | 69 M40/ | 37 | | 00:47:08 | 00:47:06 | 00:11:43 / 148 00:23:24 / 143 00:35:15 / 144 00:46:58 / 151 | |
| 152 | 166 | JACKIEWICZ ARKADIUSZ | | | GŁOGÓW | 66 M40/ | 38 | | 00:47:09 | 00:46:56 | 00:11:51 / 161 00:23:27 / 147 00:35:18 / 151 00:47:00 / 152 | |
| 153 | 6 | DURBAŁO ANDRZEJ | | MARATOŃCZYK GÓRA | GÓRA | 67 M40/ | 39 | POWI/ 17 | 00:47:14 | 00:47:05 | 00:11:19 / 125 00:23:07 / 133 00:35:19 / 152 00:47:05 / 153 | |
| 154 | 63 | BASIŃSKI MARIUSZ | | KS KROTOSZ KROTOSZYN | KROTOSZYN | 61 M40/ | 40 | | 00:47:15 | 00:47:11 | 00:11:22 / 131 00:23:16 / 140 00:35:13 / 140 00:47:06 / 154 | |
| 155 | 250 | NOWACKI DAWID | | IRG GOSTYŃ | GOSTYŃ | 82 M20/ | 48 | | 00:47:18 | 00:47:11 | 00:11:18 / 123 00:23:10 / 134 00:35:19 / 154 00:47:09 / 155 | |
| 156 | 242 | KASPRZAK ARTUR | | | LESZNO | 70 M40/ | 41 | | 00:47:32 | 00:47:20 | 00:11:57 / 173 00:23:49 / 161 00:35:46 / 156 00:47:23 / 156 | |
| 157 | 263 | KOBUSIŃSKI FRYDERYK | | SPARTA NIETKOWICE | NIETKOWICE | 51 M50/ | 19 | | 00:47:35 | 00:46:50 | 00:12:15 / 185 00:24:10 / 171 00:35:46 / 157 00:47:25 / 157 | |
| 158 | 19 | UŚCIŁO MICHAŁ | | | GÓRA | 85 M20/ | 49 | POWI/ 18 | 00:47:41 | 00:47:28 | 00:12:29 / 195 00:24:20 / 178 00:36:09 / 163 00:47:30 / 158 | |
| 159 | 202 | SZCZEPANIAK MICHAŁ | | | KIETLÓW | 90 M20/ | 50 | POWI/ 19 | 00:48:08 | 00:47:50 | 00:12:00 / 176 00:24:12 / 173 00:36:18 / 164 00:47:59 / 159 | |
| 160 | 118 | MAZUREK GRZEGORZ | | LUBIŃSKIE CHARAKTERY | LUBIN | 80 M30/ | 33 | | 00:48:17 | 00:48:04 | 00:11:47 / 154 00:23:30 / 149 00:35:54 / 158 00:48:07 / 160 | |
| 161 | 59 | KAZIMIERCZAK ROMAN | | SZTAFETA ATEŃSKA KOŚCIAN | KOŚCIAN | 58 M50/ | 20 | | 00:48:17 | 00:48:11 | 00:12:01 / 178 00:24:14 / 174 00:36:28 / 171 00:48:09 / 161 | |
| 162 | 199 | PIECZYŃSKI WOJCIECH | | OSIECZNA | OSIECZNA | 59 M50/ | 21 | | 00:48:23 | 00:48:14 | 00:12:01 / 177 00:24:09 / 170 00:36:18 / 165 00:48:11 / 162 | |
| 163 | 10 | SZORC RAFAŁ | | WARRIORS | GÓRA | 85 M20/ | 51 | POWI/ 20 | 00:48:25 | 00:48:16 | 00:12:28 / 193 00:24:22 / 180 00:36:25 / 168 00:48:15 / 164 | |
| 164 | 11 | CISZEWSKI JAN | | WARRIORS | GÓRA | 82 M20/ | 52 | POWI/ 21 | 00:48:25 | 00:48:16 | 00:12:27 / 192 00:24:22 / 179 00:36:25 / 167 00:48:15 / 163 | |
| 165 | 236 | KARWACKI ROBERT | | | ZATONIE | 66 M40/ | 42 | | 00:48:29 | 00:48:19 | 00:11:45 / 153 00:23:39 / 158 00:36:01 / 160 00:48:16 / 165 | |
| 166 | 132 | KOLLER IRENEUSZ | | SEKCJA BIEGACZA | STARA PRZYSIEKA | 58 M50/ | 22 | | 00:48:31 | 00:48:24 | 00:11:53 / 170 00:24:07 / 167 00:36:28 / 170 00:48:20 / 166 | |
| 167 | 172 | URLICKI LECH | | | NOWA SÓL | 50 M60/ | 9 | | 00:48:32 | 00:48:22 | 00:11:53 / 166 00:23:50 / 162 00:36:04 / 161 00:48:22 / 167 | |
| 168 | 113 | KŁOSOWSKI SŁAWOMIR | | | GŁOGÓW | 70 M40/ | 43 | | 00:48:37 | 00:48:33 | 00:11:19 / 126 00:24:07 / 168 00:36:52 / 177 00:48:26 / 168 | |
| 169 | 243 | ULATOWSKI IRENEUSZ | | | BRZEG DOLNY | 63 M40/ | 44 | | 00:48:41 | 00:48:32 | 00:11:49 / 159 00:23:58 / 164 00:36:29 / 172 00:48:30 / 169 | |
| 170 | 190 | MIZERA AGNIESZKA | | | WROCŁAW | 69 K40/ | 1 | | 00:48:44 | 00:48:38 | 00:12:10 / 182 00:24:11 / 172 00:36:26 / 169 00:48:32 / 170 | |
| 171 | 114 | KONKOL RYSZARD | | SEKCJA BIEGACZA | CZACZ | 49 M60/ | 10 | | 00:48:48 | 00:48:42 | 00:11:30 / 137 00:23:34 / 153 00:35:59 / 159 00:48:36 / 171 | |
| 172 | 129 | FEDOROWICZ MARCIN | | | LUBIN | 79 M30/ | 34 | | 00:48:50 | 00:48:33 | 00:11:47 / 155 00:23:47 / 159 00:36:05 / 162 00:48:37 / 172 | |
| 173 | 208 | JAKUBIAK JERZY | | MPEC-LESZNO | RYDZYNA | 59 M50/ | 23 | | 00:48:55 | 00:48:44 | 00:11:41 / 145 00:23:48 / 160 00:36:24 / 166 00:48:43 / 173 | |
| 174 | 156 | KUCHARSKI HENRYK | | TKKF HUTNIK GŁOGÓW | GŁOGÓW | 52 M50/ | 24 | | 00:49:07 | 00:48:58 | 00:12:31 / 198 00:24:41 / 183 00:37:00 / 179 00:48:56 / 174 | |
| 175 | 226 | LEWICKI ANTONI | | NIEZRZESZONY | TRZEBNICA | 57 M50/ | 25 | | 00:49:10 | 00:49:05 | 00:11:55 / 172 00:24:08 / 169 00:36:35 / 173 00:49:01 / 175 | |
| 176 | 144 | URBAN MIECZYŚLAW | | | RAWICZ | 52 M50/ | 26 | | 00:49:25 | 00:49:18 | 00:11:24 / 132 00:23:27 / 146 00:36:35 / 174 00:49:13 / 176 | |
| 177 | 65 | TYCZYŃSKI PIOTR | | KS KROTOSZ KROTOSZYN | KOBIERNO | 65 M40/ | 45 | | 00:49:32 | 00:49:24 | 00:11:37 / 143 00:24:02 / 165 00:36:48 / 176 00:49:21 / 177 | |
| 178 | 194 | WOŹNICA ROMAN | | NIEZRZESZONY | BIERZYCE | 71 M30/ | 35 | | 00:49:45 | 00:49:31 | 00:12:10 / 181 00:24:45 / 184 00:37:26 / 184 00:49:37 / 179 | |
| 179 | 253 | KRYSIAK SŁAWOMIR | | | KOŹMIN WLKP. | 63 M40/ | 46 | | 00:49:46 | 00:49:32 | 00:12:26 / 190 00:24:46 / 185 00:37:25 / 183 00:49:35 / 178 | |
| 180 | 128 | ZIELIŃSKA KINGA | | | STARE | 73 K30/ | 6 | | 00:49:49 | 00:49:43 | 00:11:54 / 171 00:24:07 / 166 00:36:43 / 175 00:49:37 / 180 | |
| 181 | 167 | KORYCKI KRZYSZTOF | | | ZGIERZ | 77 M30/ | 36 | | 00:49:53 | 00:49:40 | 00:12:25 / 189 00:24:36 / 182 00:37:07 / 181 00:49:43 / 182 | |
| 182 | 198 | ŽUK JACEK | | DRUŻYNA SZPIKU | WĄSOSZ | 91 M20/ | 53 | POWI/ 22 | 00:49:53 | 00:49:46 | 00:11:51 / 163 00:24:16 / 176 00:36:56 / 178 00:49:43 / 181 | |
| 183 | 252 | BALCEREK TOMISŁAW | | DRUŻYNA SZPIKU | KOŹMIN WLKP. | 70 M40/ | 47 | | 00:50:01 | 00:49:46 | 00:12:43 / 204 00:25:17 / 196 00:37:49 / 190 00:49:51 / 183 | |
| 184 | 248 | PIETRUSZCZAK LECH | | WSPANIAŁY LECH | POZNAŃ | 80 M30/ | 37 | | 00:50:03 | 00:49:48 | 00:12:37 / 201 00:25:13 / 193 00:37:40 / 186 00:49:54 / 184 | |
| 185 | 110 | BORKOWSKI JACEK | | | ZĄBKOWICE | 87 M20/ | 54 | | 00:50:04 | 00:50:01 | 00:11:33 / 140 00:24:19 / 177 00:37:04 / 180 00:49:56 / 187 | |
| 186 | 256 | SKOCZYŁAS RADOSŁAW | | MARATOŃCZYK GÓRA | GÓRA | 90 M20/ | 55 | POWI/ 23 | 00:50:04 | 00:49:49 | 00:12:44 / 205 00:25:16 / 194 00:37:40 / 187 00:49:55 / 186 | |
| 187 | 257 | ŁUKOWSKI TOMASZ | | MARATOŃCZYK GÓRA | GÓRA | 90 M20/ | 56 | POWI/ 24 | 00:50:05 | 00:49:49 | 00:12:45 / 207 00:25:16 / 195 00:37:40 / 185 00:49:55 / 185 | |
| 188 | 47 | CHOMICZ-SZABŁOWSKA | | | KOWARY | 79 K30/ | 7 | | 00:50:13 | 00:49:54 | 00:12:06 / 180 00:24:29 / 181 00:37:08 / 182 00:50:02 / 188 | |

ANNA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|---|--------------|
| 189 | 66 | MAĆKOWIAK VALERY | | KS. KROTOSZ | KROTOSZYN | 54 M50/ | 27 | | 00:50:22 | 00:50:10 | 00:12:44 / 206 00:25:18 / 197 00:37:49 / 191 00:50:11 / 189 | |
| 190 | 235 | MALAK PIOTR | | | LESZNO | 83 M20/ | 57 | | 00:50:31 | 00:50:31 | 00:12:11 / 183 00:25:01 / 190 00:38:01 / 193 00:50:22 / 190 | |
| 191 | 88 | WANKIEWICZ GRZEGORZ | | | GŁOGÓW | 81 M20/ | 58 | | 00:50:40 | 00:50:24 | 00:11:59 / 175 00:24:49 / 187 00:37:47 / 189 00:50:33 / 192 | |
| 192 | 219 | MAJTCZAK ANDRZEJ | | MAXIMUS TEAM | PĘGÓW | 72 M30/ | 38 | | 00:50:41 | 00:50:27 | 00:12:50 / 209 00:25:30 / 201 00:38:14 / 196 00:50:32 / 191 | |
| 193 | 215 | BYKOWSKI BOGDAN | | NIEZRZESZONY | STARY KISIELIN | 49 M60/ | 11 | | 00:50:49 | 00:50:31 | 00:12:51 / 210 00:25:29 / 200 00:38:06 / 194 00:50:38 / 193 | |
| 194 | 255 | DZIECIELSKA KORNELIA | | MKS MOS WROCLAW | SUŁÓW WIELKI | 93 K20/ | 4 | POWI/25 | 00:50:53 | 00:50:35 | 00:12:05 / 179 00:24:48 / 186 00:38:12 / 195 00:50:43 / 194 | |
| 195 | 210 | CHŁODECKI PIOTR | | | WĘGRZYCE | 87 M20/ | 59 | | 00:51:01 | 00:50:47 | 00:13:11 / 215 00:26:24 / 214 00:39:20 / 208 00:50:50 / 195 | |
| 196 | 260 | MAZUR KRZYSZTOF | | MARATONYPOLSKIE.PL TEAM | SZCZAWNO-ZDRÓ | 64 M40/ | 48 | | 00:51:04 | 00:50:57 | 00:12:17 / 186 00:25:13 / 192 00:38:24 / 198 00:50:53 / 196 | |
| 197 | 259 | GRZESIAK WOJCIECH | | | WOŁÓW | 73 M30/ | 39 | | 00:51:11 | 00:51:00 | 00:12:23 / 188 00:25:13 / 191 00:38:15 / 197 00:51:01 / 197 | |
| 198 | 184 | NOWICKI ANDRZEJ | | | MILICZ | 63 M40/ | 49 | | 00:51:16 | 00:51:11 | 00:11:34 / 141 00:24:15 / 175 00:37:53 / 192 00:51:05 / 198 | |
| 199 | 14 | KOSOWSKI RYSZARD | | | GÓRA | 67 M40/ | 50 | POWI/26 | 00:51:34 | 00:51:31 | 00:11:16 / 121 00:23:55 / 163 00:37:45 / 188 00:51:25 / 199 | |
| 200 | 160 | TOKAREK REMIGIUSZ | | STREFFA FIGHT TEAM | LUBIN | 89 M20/ | 60 | | 00:51:44 | 00:51:25 | 00:13:53 / 227 00:26:53 / 216 00:39:48 / 215 00:51:28 / 200 | |
| 201 | 161 | STOKŁOSA KRZYSZTOF | | STREFFA FIGHT TEAM | LUBIN | 88 M20/ | 61 | | 00:51:49 | 00:51:29 | 00:13:53 / 229 00:26:53 / 217 00:39:48 / 214 00:51:39 / 201 | |
| 202 | 70 | BOHM BARTOSZ | | | RAWICZ | 81 M20/ | 62 | | 00:52:02 | 00:51:47 | 00:12:42 / 203 00:25:47 / 207 00:39:01 / 203 00:51:53 / 202 | |
| 203 | 69 | POL ROBERT | | | RAWICZ | 71 M30/ | 40 | | 00:52:03 | 00:51:47 | 00:12:42 / 202 00:25:47 / 206 00:39:00 / 201 00:51:54 / 203 | |
| 204 | 221 | BIELECKI JULIAN | | | RAWICZ | 75 M30/ | 41 | | 00:52:05 | 00:51:58 | 00:12:29 / 194 00:25:27 / 198 00:39:06 / 205 00:51:56 / 204 | |
| 205 | 218 | DOBROWOLSKA KATARZYNA | | | PĘGÓW | 68 K40/ | 2 | | 00:52:10 | 00:51:56 | 00:12:55 / 212 00:25:45 / 205 00:38:59 / 200 00:51:57 / 205 | |
| 206 | 233 | KOSTRZEWA JACEK | | | LESZNO | 79 M30/ | 42 | | 00:52:16 | 00:52:16 | 00:12:20 / 187 00:25:38 / 203 00:39:18 / 207 00:52:05 / 206 | |
| 207 | 148 | SIKORA MACIEJ | | | OSIECZNA | 73 M30/ | 43 | | 00:52:34 | 00:52:31 | 00:11:48 / 156 00:24:56 / 189 00:38:45 / 199 00:52:23 / 207 | |
| 208 | 247 | DOMARADZKA ANITA | | KRONO TEAM | POZNAŃ | 82 K20/ | 5 | | 00:52:46 | 00:52:30 | 00:12:56 / 213 00:26:01 / 211 00:39:32 / 210 00:52:34 / 208 | |
| 209 | 264 | MIKOŁAJCZYK ADAM | | | LESZNO | 87 M20/ | 63 | | 00:53:03 | 00:52:55 | 00:12:27 / 191 00:25:30 / 202 00:39:01 / 202 00:52:51 / 209 | |
| 210 | 222 | WOJTYSIAK PRZEMYSŁAW | | | RAWICZ | 78 M30/ | 44 | | 00:53:06 | 00:52:59 | 00:12:29 / 196 00:25:28 / 199 00:39:06 / 204 00:52:54 / 210 | |
| 211 | 85 | BOROWIEC KRZYSZTOF | | | DRZONKÓW | 69 M40/ | 51 | | 00:53:08 | 00:52:54 | 00:12:36 / 200 00:25:41 / 204 00:39:08 / 206 00:52:56 / 211 | |
| 212 | 12 | MAŚLANKA WALDEMAR | | | GÓRA | 77 M30/ | 45 | POWI/27 | 00:53:10 | 00:52:57 | 00:12:36 / 199 00:25:52 / 210 00:39:48 / 216 00:53:00 / 213 | |
| 213 | 104 | PIÓRKO PIOTR | | | LESZNO | 82 M20/ | 64 | | 00:53:12 | 00:53:01 | 00:12:47 / 208 00:25:52 / 209 00:39:28 / 209 00:52:59 / 212 | |
| 214 | 46 | SOSNOWSKI MARIUSZ | | | OLSZYNA | 73 M30/ | 46 | | 00:53:20 | 00:53:15 | 00:12:15 / 184 00:25:50 / 208 00:39:44 / 212 00:53:07 / 214 | |
| 215 | 52 | BŁOŃSKI MARIAN | | | ŻMIGRÓD | 49 M60/ | 12 | | 00:53:27 | 00:53:16 | 00:13:12 / 216 00:26:21 / 213 00:39:47 / 213 00:53:16 / 215 | |
| 216 | 17 | SKURIAT CEZARY | | | GÓRA | 82 M20/ | 65 | POWI/28 | 00:53:54 | 00:53:37 | 00:12:31 / 197 00:26:02 / 212 00:39:40 / 211 00:53:42 / 216 | |
| 217 | 134 | SZKUDLAREK MICHAŁ | | SEKCJA BIEGACZA | PRZYSIEKA | 33 M70/ | 1 | | 00:54:42 | 00:54:26 | 00:13:29 / 224 00:26:51 / 215 00:40:40 / 217 00:54:30 / 217 | |
| 218 | 261 | PLUSKOTA ANETA | | NIEZRZESZONA | LINIE | 84 K20/ | 6 | | 00:54:57 | 00:54:54 | 00:13:18 / 220 00:27:20 / 221 00:41:28 / 220 00:54:45 / 218 | |
| 219 | 159 | KĄLEK ROBERT | | STREFFA FIGHT TEAM | LUBIN | 78 M30/ | 47 | | 00:54:58 | 00:54:39 | 00:13:53 / 228 00:27:13 / 219 00:41:14 / 218 00:54:47 / 219 | |
| 220 | 78 | GLINCZEWSKI ZBIGNIEW | | "G.B. ""KUSY"" ODNOWA" | WROCLAW | 47 M60/ | 13 | | 00:55:33 | 00:55:24 | 00:13:25 / 223 00:27:21 / 222 00:41:30 / 221 00:55:21 / 220 | |
| 221 | 79 | ŚLEBODA RYSZARD | | ULKS PODLASIE WOŁÓW | WOŁÓW | 44 M60/ | 14 | | 00:56:00 | 00:55:49 | 00:13:13 / 217 00:27:12 / 218 00:41:35 / 222 00:55:50 / 221 | |
| 222 | 5 | ZIELONY WŁADYSŁAW | | | BIELCZ WIELKI | 61 M40/ | 52 | POWI/29 | 00:56:25 | 00:56:17 | 00:13:18 / 219 00:27:19 / 220 00:41:28 / 219 00:56:10 / 222 | |
| 223 | 227 | KOŁA BARBARA | | NIEZRZESZONY | TRZEBNICA | 74 K30/ | 8 | | 00:56:34 | 00:56:28 | 00:13:24 / 221 00:27:23 / 223 00:41:42 / 224 00:56:21 / 224 | |
| 224 | 225 | KRAKOWIAK BARBARA | | LZS TRZEBNICA | TRZEBNICA | 46 K50/ | 2 | | 00:56:34 | 00:56:28 | 00:13:24 / 222 00:27:23 / 224 00:41:41 / 223 00:56:21 / 223 | |
| 225 | 83 | DZIEDZIC KRZYSZTOF | | KN STAT | KALISZ | 50 M60/ | 15 | NIEP/2 | 00:56:36 | 00:56:21 | 00:13:56 / 230 00:27:52 / 226 00:41:59 / 225 00:56:24 / 225 | |
| 226 | 111 | WŁODARCZYK MICHAŁ | | KS ARTEMIS WROCLAW | WROCLAW | 49 M60/ | 16 | | 00:57:03 | 00:56:54 | 00:14:04 / 231 00:28:21 / 229 00:42:44 / 228 00:56:52 / 226 | |
| 227 | 115 | GRABARCZYK TADEUSZ | | KS ARTEMIS WROCLAW | WROCLAW | 56 M50/ | 28 | | 00:57:14 | 00:57:04 | 00:13:39 / 225 00:27:56 / 227 00:42:43 / 227 00:57:02 / 227 | |
| 228 | 211 | JAKUBIAK KAMIL | | | RYDZYNA | 89 M20/ | 66 | | 00:57:27 | 00:57:10 | 00:14:19 / 232 00:28:21 / 230 00:42:54 / 229 00:57:15 / 228 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-----------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|---|---------------------|
| 229 | 186 | WALEŃSKI SŁAWOMIR | | KB ORZEŁ MILICZ | MILICZ | 73 M30/ | 48 | | 00:58:02 | 00:57:59 | 00:12:54 / 211 00:27:37 / 225 00:42:37 / 226 00:57:51 / 229 | |
| 230 | 196 | MACHOŃ JUSTYNA | | KLUB OLIMPIJCZYKA CHOCIANÓW | CHOCIANÓW | 78 K30/ | 9 | | 00:58:50 | 00:58:36 | 00:14:27 / 233 00:28:59 / 232 00:44:14 / 231 00:58:37 / 230 | |
| 231 | 100 | BORAWSKA AGATA | | | GÓRA | 88 K20/ | 7 | POWI/30 | 00:59:06 | 00:59:02 | 00:13:13 / 218 00:28:12 / 228 00:43:36 / 230 00:58:56 / 231 | |
| 232 | 179 | GRZYB PIOTR | | PSP WOŁÓW | WOŁÓW | 73 M30/ | 49 | | 00:59:57 | 00:59:39 | 00:15:18 / 241 00:30:28 / 238 00:45:13 / 233 00:59:45 / 232 | |
| 233 | 193 | RADAJEWSKA ANNA | | | ROSTARZEWO | 86 K20/ | 8 | | 01:01:21 | 01:01:04 | 00:14:33 / 236 00:29:48 / 234 00:45:34 / 234 01:01:09 / 233 | |
| 234 | 18 | IWANICKA EMILIA | | | GÓRA | 82 K20/ | 9 | POWI/31 | 01:01:21 | 01:01:07 | 00:14:29 / 234 00:29:52 / 236 00:45:36 / 236 01:01:10 / 234 | |
| 235 | 192 | RADAJEWSKI ŁUKASZ | | | ROSTARZEWO | 81 M20/ | 67 | | 01:01:21 | 01:01:05 | 00:14:33 / 235 00:29:48 / 233 00:45:34 / 235 01:01:10 / 235 | |
| 236 | 182 | SZCZEPANIAK WOJCIECH | | KB ORZEŁ MILICZ | MILICZ | 46 M60/ | 17 | | 01:02:27 | 01:02:24 | 00:14:37 / 237 00:30:14 / 237 00:46:09 / 237 01:02:14 / 236 | |
| 237 | 220 | WOJTYSIAK ADAM | | | RAWICZ | 72 M30/ | 50 | | 01:02:30 | 01:02:22 | 00:13:00 / 214 00:28:47 / 231 00:44:56 / 232 01:02:15 / 237 | |
| 238 | 254 | KARWECKA EWA | | NIEZRZESZONY | WROCLAW | 78 K30/ | 10 | | 01:02:31 | 01:02:13 | 00:15:10 / 239 00:30:49 / 240 00:47:08 / 239 01:02:20 / 238 | |
| 239 | 197 | MACHOŃ MIRELA | | COSANOW.PL | CHOCIANÓW | 84 K20/ | 10 | | 01:03:19 | 01:03:06 | 00:14:56 / 238 00:30:42 / 239 00:46:50 / 238 01:03:08 / 239 | |
| 240 | 181 | GÓRSKA ANNA | | | GÓRA | 83 K20/ | 11 | POWI/32 | 01:03:26 | 01:03:09 | 00:15:11 / 240 00:30:49 / 241 00:47:08 / 240 01:03:14 / 240 | |
| 241 | 142 | SZKUTA MICHAŁ | | MARATONYPOLSKIE.PL TEAM | BOLEWICKO | 78 M30/ | 51 | | 01:03:35 | 01:03:19 | 00:15:22 / 243 00:31:04 / 242 00:47:09 / 241 01:03:23 / 242 | |
| 242 | 143 | ŁUCZAK ADRIANNA | | NIEZRZESZONA | NOWY TOMYŚL | 82 K20/ | 12 | | 01:03:35 | 01:03:19 | 00:15:22 / 242 00:31:04 / 243 00:47:09 / 242 01:03:23 / 241 | |
| 243 | 13 | KOSOWSKA ANNA | | | GÓRA | 92 K20/ | 13 | POWI/33 | 01:04:19 | 01:04:07 | 00:13:48 / 226 00:29:50 / 235 00:47:28 / 243 01:04:09 / 243 | |

265 Wilczyński Wiktor (Rolki) 00:39:18