

6 Nocny Bieg Policz się z Cukrzycą

Athletics Team Prusice, Gmina Prusice, GOKIS Prusice, PCF Prusice · niedziela, 29 stycznia 2023



Wyniki końcowe - 5 km · 4 stron

| Poz. | Numer | Nazwisko, imię | Klub | Płeć | Kat. wiek. | Poz. Kat. wiek. | Wynik | Różnica | Tempo | Czas netto |
|------|-------|--------------------|-----------------------------|------|------------|-----------------|-----------|------------|-------|-------------|
| 1 | 146 | WIELGUS ARKADIUSZ | ATHLETICS TEAM PRUSICE | M | M20 | Open 1° | 16:05.536 | - | 03:13 | 0:16:04.583 |
| 2 | 141 | RATAJCZAK MICHAŁ | | M | M30 | Open 2° | 16:21.739 | + 16.203 | 03:16 | 0:16:20.333 |
| 3 | 110 | TOMOWIAK RAFAŁ | SZYMANOWSKITEAM | M | M30 | Open 3° | 17:26.228 | + 1:20.692 | 03:29 | 0:17:26.228 |
| 4 | 138 | NAGLAK HUBERT | WATACHA | M | M20 | 1° | 17:28.147 | + 1:22.611 | 03:29 | 0:17:25.037 |
| 5 | 160 | FRANCZAK MARIUSZ | DTR BIEGA / MARIO TEAM | M | M40 | 1° | 17:56.874 | + 1:51.338 | 03:35 | 0:17:55.327 |
| 6 | 137 | WNUCZEK RAFAŁ | RAFALINHO RUNNIG TEAM | M | M30 | 1° | 18:09.468 | + 2:03.932 | 03:38 | 0:18:07.140 |
| 7 | 29 | PUCHAŁA RADOSŁAW | KB SOBÓTKA | M | M40 | 2° | 18:13.473 | + 2:07.937 | 03:38 | 0:18:09.701 |
| 8 | 113 | SKORUPA JACEK | EUFORIA BIEGACZA | M | M40 | 3° | 18:25.356 | + 2:19.820 | 03:41 | 0:18:22.006 |
| 9 | 157 | JĘDRYCHOWSKI PIOTR | KB SOBÓTKA | M | M40 | 4° | 18:33.905 | + 2:28.369 | 03:43 | 0:18:31.295 |
| 10 | 125 | JARECKI IRENEUSZ | ATHLETICS TEAM PRUSICE | M | M50 | 1° | 18:35.397 | + 2:29.861 | 03:43 | 0:18:33.756 |
| 11 | 16 | CZERW ANNA | ♀ DTR BIEGA / MARIO TEAM | K | K30 | Open 1° | 18:55.749 | + 2:50.213 | 03:47 | 0:18:54.796 |
| 12 | 122 | SIEKIRKA TOMASZ | | M | M30 | 2° | 19:06.145 | + 3:00.609 | 03:49 | 0:19:03.129 |
| 13 | 40 | FABRYKOWSKI ADRIAN | AKS BUKOWE | M | M30 | 3° | 19:13.344 | + 3:07.808 | 03:50 | 0:19:09.759 |
| 14 | 84 | MIERZWA MICHAŁ | | M | M30 | 4° | 19:13.941 | + 3:08.405 | 03:50 | 0:19:11.519 |
| 15 | 102 | CZERW KONRAD | DTR BIEGA / MARIO TEAM | M | M40 | 5° | 19:28.749 | + 3:23.213 | 03:53 | 0:19:24.383 |
| 16 | 57 | KLEMENS MICHAŁ | DTR BIEGA / MARIO TEAM | M | M40 | 6° | 19:29.047 | + 3:23.511 | 03:54 | 0:19:29.047 |
| 17 | 46 | KASPRZAK KRZYSZTOF | SPEED ŻÓŁWIK | M | M50 | 2° | 19:31.893 | + 3:26.357 | 03:54 | 0:19:29.174 |
| 18 | 126 | SZKLARZ MICHAŁ | ŚWIDNICKA GRUPA BIEGOWA | M | M20 | 2° | 19:34.524 | + 3:28.988 | 03:55 | 0:19:31.648 |
| 19 | 140 | KRASICKI MICHAŁ | RUNNIN-GYM | M | M40 | 7° | 19:43.258 | + 3:37.722 | 03:56 | 0:19:38.705 |
| 20 | 71 | HYS DAMIAN | DTR BIEGA / MARIO TEAM | M | M40 | 8° | 20:15.089 | + 4:09.553 | 04:03 | 0:20:11.145 |
| 21 | 41 | PESZKO RAFAŁ | DĄBROWSKI TEAM | M | M20 | 3° | 20:20.876 | + 4:15.340 | 04:04 | 0:20:16.323 |
| 22 | 3 | BURA KRYSZTOF | #BIEGAJLESZNO | M | M30 | 5° | 20:25.852 | + 4:20.316 | 04:05 | 0:20:22.867 |
| 23 | 111 | WIĘCKOWSKI TOMASZ | OBORYGENI | M | M50 | 3° | 20:32.260 | + 4:26.724 | 04:07 | 0:20:26.447 |
| 24 | 118 | SICIAK ŁUKASZ | ORLA KORZEŃSKO | M | M40 | 9° | 20:32.965 | + 4:27.429 | 04:07 | 0:20:28.553 |
| 25 | 10 | LEKOSZ HUBERT | STARY SIELEC TEAM | M | M20 | 4° | 20:48.990 | + 4:43.454 | 04:10 | 0:20:43.022 |
| 26 | 75 | WIECZOREK EWELINA | ♀ DTR BIEGA / MARIO TEAM | K | K30 | Open 2° | 21:04.367 | + 4:58.831 | 04:13 | 0:21:02.039 |
| 27 | 89 | POSŁUSZNY MARIUSZ | | M | M50 | 4° | 21:06.713 | + 5:01.177 | 04:13 | 0:21:00.745 |
| 28 | 130 | ZEMBATY MAREK | | M | M40 | 10° | 21:35.959 | + 5:30.423 | 04:19 | 0:21:30.724 |
| 29 | 61 | LISOWSKI BARTOSZ | | M | M30 | 6° | 21:44.681 | + 5:39.145 | 04:21 | 0:21:41.034 |
| 30 | 158 | KRÓL KAMIL | OŚ RACING TEAM | M | M30 | 7° | 21:46.615 | + 5:41.079 | 04:21 | 0:21:46.615 |
| 31 | 82 | PAWLICKI STANISŁAW | | M | M60 | 1° | 21:48.824 | + 5:43.288 | 04:22 | 0:21:46.527 |
| 32 | 9 | OPAŁKA TOMASZ | ATHLETICS TEAM PRUSICE | M | M50 | 5° | 22:01.917 | + 5:56.381 | 04:24 | 0:21:57.973 |
| 33 | 43 | HERNER TOMASZ | DTR BIEGA / MARIO TEAM | M | M40 | 11° | 22:06.320 | + 6:00.784 | 04:25 | 0:22:00.852 |
| 34 | 142 | ROZNIERSKA DAGMARA | ♀ KB SOBÓTKA | K | K30 | Open 3° | 22:07.505 | + 6:01.969 | 04:25 | 0:22:00.519 |
| 35 | 100 | PĘCZKOWSKA NATALIA | ♀ DTR BIEGA / MARIO TEAM | K | K30 | 1° | 22:19.086 | + 6:13.550 | 04:28 | 0:22:13.163 |
| 36 | 107 | KUCZYŃSKI ZBIGNIEW | KGHM ZG RUN | M | M+70 | 1° | 22:26.354 | + 6:20.818 | 04:29 | 0:22:23.932 |
| 37 | 159 | SALAMON DAGMARA | ♀ DTR BIEGA / MARIO TEAM | K | K30 | 2° | 22:28.670 | + 6:23.134 | 04:29 | 0:22:24.538 |
| 38 | 152 | ART PAWEŁ | | M | M40 | 12° | 22:37.243 | + 6:31.707 | 04:31 | 0:22:21.295 |
| 39 | 109 | CIEŚLAK MARIUSZ | KB VAMOS AMIGOS/IPA WROCŁAW | M | M50 | 6° | 22:40.027 | + 6:34.491 | 04:32 | 0:22:32.946 |
| 40 | 1 | PIZIEWICZ DOMINIK | | M | M40 | 13° | 22:57.612 | + 6:52.076 | 04:35 | 0:22:49.622 |

6 Nocny Bieg Policz się z Cukrzycą

Athletics Team Prusice, Gmina Prusice, GOKIS Prusice, PCF Prusice · niedziela, 29 stycznia 2023



Wyniki końcowe - 5 km · 4 stron

| Poz. | Numer | Nazwsko, imię | Klub | Płeć | Kat. wiek. | Poz. Kat. wiek. | Wynik | Różnica | Tempo | Czas netto |
|------|-------|------------------------|-------------------------------------|------|------------|-----------------|-----------|------------|-------|-------------|
| 41 | 56 | NUREK KRZYSZTOF | DTR BIEGA / MARIO TEAM | M | M20 | 5° | 22:58.304 | + 6:52.768 | 04:35 | 0:22:53.115 |
| 42 | 21 | NIEWIADOMSKI PAWEŁ | IPA WROCŁAW | M | M20 | 6° | 23:18.605 | + 7:13.069 | 04:40 | 0:23:11.524 |
| 43 | 45 | KAPUT PAWEŁ | DTR BIEGA / MARIO TEAM | M | M40 | 14° | 23:20.790 | + 7:15.254 | 04:40 | 0:23:12.065 |
| 44 | 39 | ROZNERSKI ŁUKASZ | KB SOBÓTKA | M | M30 | 8° | 23:22.932 | + 7:17.396 | 04:40 | 0:23:12.222 |
| 45 | 91 | PIASECKI ZYGMUNT | FC WOŁÓW | M | M40 | 15° | 23:24.969 | + 7:19.433 | 04:41 | 0:23:01.221 |
| 46 | 154 | KASPRZYK ŁUKASZ | MIAMI VICE | M | M40 | 16° | 23:26.158 | + 7:20.622 | 04:41 | 0:23:10.210 |
| 47 | 136 | GEISLER MIROSŁAW | MIAMI VICE | M | M40 | 17° | 23:26.767 | + 7:21.231 | 04:41 | 0:23:09.491 |
| 48 | 26 | CZAJA MAŁGORZATA | ♀ ATHLETICS TEAM PRUSICE | K | K40 | 1° | 23:29.232 | + 7:23.696 | 04:42 | 0:23:25.022 |
| 49 | 149 | WARDZIAK WOJCIECH | | M | M30 | 9° | 23:30.933 | + 7:25.397 | 04:42 | 0:23:22.302 |
| 50 | 70 | GOLEC GRZEGORZ | MŁYNARZE Z NADOLIC | M | M40 | 18° | 23:33.176 | + 7:27.640 | 04:43 | 0:23:18.731 |
| 51 | 145 | JEDRYCHOWSKI MACIEK | MIAMI VICE | M | M40 | 19° | 23:35.374 | + 7:29.838 | 04:43 | 0:23:17.099 |
| 52 | 64 | SKRZYPEK TOMASZ | DTR BIEGA / MARIO TEAM | M | M50 | 7° | 23:39.329 | + 7:33.793 | 04:44 | 0:23:32.954 |
| 53 | 8 | WRÓBEL WOJTEK | SZCZYTKOWICE W BIEGU | M | M40 | 20° | 23:45.129 | + 7:39.593 | 04:45 | 0:23:32.216 |
| 54 | 81 | PAWLICKI MICHAŁ | | M | M30 | 10° | 23:46.665 | + 7:41.129 | 04:45 | 0:23:32.846 |
| 55 | 6 | NAWROT TOMASZ | DTR BIEGA / MARIO TEAM | M | M40 | 21° | 23:47.775 | + 7:42.239 | 04:46 | 0:23:44.128 |
| 56 | 131 | ZIĘBACZEWSKI ARKADIUSZ | WIECZORNE BIEGANIE WE WROCŁAWIU | M | M40 | 22° | 23:48.322 | + 7:42.786 | 04:46 | 0:23:38.487 |
| 57 | 51 | CZAJA MACIEJ | ATHLETICS TEAM PRUSICE | M | M40 | 23° | 24:00.942 | + 7:55.406 | 04:48 | 0:23:49.155 |
| 58 | 27 | GALANT JAREK | STARY SIELEC TEAM | M | M30 | 11° | 24:09.774 | + 8:04.238 | 04:50 | 0:24:03.399 |
| 59 | 114 | MIERNIK PRZEMYSŁAW | CROSS FIRMUS | M | M30 | 12° | 24:10.322 | + 8:04.786 | 04:50 | 0:24:01.566 |
| 60 | 69 | BIELECKI GRZEGORZ | HAPPY SCHOOL | M | M40 | 24° | 24:14.617 | + 8:09.081 | 04:51 | 0:24:04.782 |
| 61 | 117 | PIJOREK MARCEL | AKS BUKOWE | M | M30 | 13° | 24:34.503 | + 8:28.967 | 04:55 | 0:24:22.575 |
| 62 | 68 | GŁOWACKI TOMASZ | MŁYNARZE Z NADOLIC | M | M40 | 25° | 24:36.894 | + 8:31.358 | 04:55 | 0:24:22.622 |
| 63 | 14 | OLEJNIK AGNIESZKA | ♀ ENDORFINY WAŚOSZ | K | K30 | 3° | 24:37.081 | + 8:31.545 | 04:55 | 0:24:30.864 |
| 64 | 48 | KIRCUŃ PAWEŁ | | M | M40 | 26° | 24:37.394 | + 8:31.858 | 04:55 | 0:24:28.184 |
| 65 | 128 | KOZIMOR KATARZYNA | ♀ | K | K40 | 2° | 24:37.706 | + 8:32.170 | 04:55 | 0:24:31.847 |
| 66 | 65 | KRZEMIEŃ SŁAWOMIR | DTR BIEGA / MARIO TEAM | M | M40 | 27° | 24:40.679 | + 8:35.143 | 04:56 | 0:24:31.501 |
| 67 | 120 | NOGA MARCIN | ZHP POWIATU TRZEBNICKIEGO | M | M20 | 7° | 24:41.179 | + 8:35.643 | 04:56 | 0:24:30.751 |
| 68 | 62 | POLAK ŁUKASZ | OBORYGENI | M | M40 | 28° | 24:43.112 | + 8:37.576 | 04:56 | 0:24:30.199 |
| 69 | 17 | KUCZYŃSKI RAFAŁ | #BIEGAJESZNO | M | M50 | 8° | 24:45.115 | + 8:39.579 | 04:57 | 0:24:35.031 |
| 70 | 139 | MIŚTA GRZEGORZ | DTR BIEGA / MARIO TEAM | M | M40 | 29° | 24:48.354 | + 8:42.818 | 04:58 | 0:24:42.588 |
| 71 | 96 | KOWALSKI BARTOSZ | | M | M30 | 14° | 24:51.144 | + 8:45.608 | 04:58 | 0:24:41.903 |
| 72 | 66 | SIERADZKI KONRAD | 2 WOJSKOWY SZPITAL POLOWY | M | M40 | 30° | 24:56.932 | + 8:51.396 | 04:59 | 0:24:44.770 |
| 73 | 98 | KOSTECKI TOMASZ | KROŚCINA WIELKA | M | M30 | 15° | 24:57.589 | + 8:52.053 | 04:59 | 0:24:38.334 |
| 74 | 28 | CISZEWSKI PAWEŁ | | M | M20 | 8° | 25:02.027 | + 8:56.491 | 05:01 | 0:24:50.817 |
| 75 | 2 | HOŁDYŃSKI MIROSŁAW | WKB META LUBLINIEC | M | M60 | 2° | 25:02.275 | + 8:56.739 | 05:01 | 0:24:51.534 |
| 76 | 97 | LARY JOANNA | ♀ WIECZORNE BIEGANIE WE WROCŁAWIU | K | K20 | 1° | 25:02.275 | + 8:56.739 | 05:01 | 0:24:53.362 |
| 77 | 55 | LIPIEŃ PIOTR | | M | M20 | 9° | 25:02.573 | + 8:57.037 | 05:01 | 0:24:56.760 |
| 78 | 147 | SOCHACKI GRZEGORZ | ATLAS RUNINNG TEAM | M | M30 | 16° | 25:04.830 | + 8:59.294 | 05:01 | 0:24:52.933 |
| 79 | 156 | ŁUGOWSKI BARTOSZ | | M | M30 | 17° | 25:21.450 | + 9:15.914 | 05:04 | 0:25:09.663 |
| 80 | 76 | MARCINIAK ALEKSANDRA | ♀ EKIPA PRZYTUL PYSKA KLUB SPORTOWY | K | K20 | 2° | 25:22.988 | + 9:17.452 | 05:04 | 0:25:15.139 |

6 Nocny Bieg Policz się z Cukrzycą

Athletics Team Prusice, Gmina Prusice, GOKIS Prusice, PCF Prusice · niedziela, 29 stycznia 2023



Wyniki końcowe - 5 km · 4 stron

| Poz. | Numer | Nazwsko, imię | Klub | Płeć | Kat. wiek. | Poz. Kat. wiek. | Wynik | Różnica | Tempo | Czas netto |
|------|-------|------------------------|-----------------------------|------|------------|-----------------|-----------|-------------|-------|-------------|
| 81 | 124 | TRZASKACZ DOROTA | ♀ DTR BIEGA / MARIO TEAM | K | K40 | 3° | 25:24.598 | + 9:19.062 | 05:05 | 0:25:12.701 |
| 82 | 105 | ZAJĄC RONALD | RONI | M | M40 | 31° | 25:28.997 | + 9:23.461 | 05:05 | 0:25:15.538 |
| 83 | 59 | KAPUT PIOTR | DTR BIEGA / MARIO TEAM | M | M40 | 32° | 25:34.196 | + 9:28.660 | 05:07 | 0:25:26.787 |
| 84 | 79 | JARCZEWSKI ŁUKASZ | | M | M30 | 18° | 25:40.256 | + 9:34.720 | 05:08 | 0:25:25.295 |
| 85 | 94 | LUBAŃSKA ALICJA | ♀ DTR BIEGA / MARIO TEAM | K | K50 | 1° | 25:44.937 | + 9:39.401 | 05:09 | 0:25:40.416 |
| 86 | 153 | RASZKA KRZYSZTOF | DTR BIEGA / MARIO TEAM | M | M40 | 33° | 25:45.874 | + 9:40.338 | 05:09 | 0:25:40.265 |
| 87 | 108 | BUCA MAREK | | M | M50 | 9° | 25:46.702 | + 9:41.166 | 05:09 | 0:25:34.477 |
| 88 | 135 | JANA CZESŁAW | | M | M40 | 34° | 25:49.253 | + 9:43.717 | 05:10 | 0:25:37.325 |
| 89 | 92 | KRYSTKOWIAK KLAUDIA | ♀ | K | K20 | 3° | 26:15.960 | + 10:10.424 | 05:15 | 0:26:02.282 |
| 90 | 53 | ZIELIŃSKI TOMASZ | | M | M40 | 35° | 26:26.708 | + 10:21.172 | 05:17 | 0:26:04.119 |
| 91 | 119 | NOGA JOANNA | ♀ ZHP POWIATU TRZEBNICKIEGO | K | K40 | 4° | 26:29.444 | + 10:23.908 | 05:18 | 0:26:19.641 |
| 92 | 74 | STEFANOWICZ RADOSŁAW | | M | M40 | 36° | 26:34.223 | + 10:28.687 | 05:19 | 0:26:19.184 |
| 93 | 33 | RATAJCZAK DAWID | | M | M30 | 19° | 26:36.939 | + 10:31.403 | 05:19 | 0:26:23.292 |
| 94 | 58 | BURA KAROLINA | ♀ #BIEGAJLESZNO | K | K30 | 4° | 26:40.174 | + 10:34.638 | 05:20 | 0:26:28.839 |
| 95 | 93 | ZALESKI PIOTR | DTR BIEGA / MARIO TEAM | M | M50 | 10° | 26:49.585 | + 10:44.049 | 05:22 | 0:26:42.976 |
| 96 | 90 | POSŁUSZNA ANNA | ♀ | K | K40 | 5° | 26:52.440 | + 10:46.904 | 05:22 | 0:26:43.074 |
| 97 | 49 | SARNA BEATA | ♀ NIEZRZESZONA | K | K50 | 2° | 26:55.118 | + 10:49.582 | 05:23 | 0:26:47.302 |
| 98 | 12 | SPIKOWSKA MONIKA | ♀ | K | K40 | 6° | 27:14.558 | + 11:09.022 | 05:27 | 0:27:02.052 |
| 99 | 36 | KOSTECKA ANNA | ♀ | K | K40 | 7° | 27:17.695 | + 11:12.159 | 05:28 | 0:27:05.533 |
| 100 | 24 | MISZCZUK ANNA | ♀ SZCZYTKOWICE W BIEGU | K | K40 | 8° | 27:56.227 | + 11:50.691 | 05:35 | 0:27:40.701 |
| 101 | 123 | JAREMKIEWICZ MAGDALENA | ♀ DTR BIEGA / MARIO TEAM | K | K30 | 5° | 28:17.962 | + 12:12.426 | 05:40 | 0:28:06.471 |
| 102 | 134 | TRZASKACZ TOMASZ | OBORYGENI | M | M40 | 37° | 28:19.486 | + 12:13.950 | 05:40 | 0:28:05.870 |
| 103 | 72 | SARNA JOANNA | ♀ | K | K20 | 4° | 28:19.672 | + 12:14.136 | 05:40 | 0:28:09.775 |
| 104 | 47 | BEKACZ WIKTORIA | ♀ START ŚCINAWA | K | K20 | 5° | 28:22.798 | + 12:17.262 | 05:40 | 0:28:12.526 |
| 105 | 35 | BIELAWSKI JAN | START ŚCINAWA | M | M50 | 11° | 28:24.601 | + 12:19.065 | 05:41 | 0:28:12.064 |
| 106 | 37 | BEKACZ STANISŁAW | START ŚCINAWA | M | M60 | 3° | 28:24.880 | + 12:19.344 | 05:41 | 0:28:14.295 |
| 107 | 30 | MAZUR MICHAŁ | KB SOBÓTKA | M | M40 | 38° | 28:29.348 | + 12:23.812 | 05:42 | 0:28:20.138 |
| 108 | 112 | CŁAPKA MARIUSZ | ORLA KORZEŃSKO | M | M40 | 39° | 28:32.471 | + 12:26.935 | 05:43 | 0:28:27.049 |
| 109 | 143 | PALUCH ADRIAN | | M | M40 | 40° | 28:34.395 | + 12:28.859 | 05:43 | 0:28:17.701 |
| 110 | 132 | FRYDECKI SŁAWOMIR | | M | M60 | 4° | 28:40.634 | + 12:35.098 | 05:44 | 0:28:28.159 |
| 111 | 13 | SIKORSKA MARTA | ♀ | K | K30 | 6° | 28:52.366 | + 12:46.830 | 05:46 | 0:28:44.125 |
| 112 | 50 | DYJAK BOŻENA | ♀ NIEZRZESZONA | K | K60 | 1° | 28:57.125 | + 12:51.589 | 05:47 | 0:28:47.884 |
| 113 | 5 | WASILUK DARIUSZ | | M | M40 | 41° | 29:25.925 | + 13:20.389 | 05:53 | 0:29:18.156 |
| 114 | 121 | NOWAK KAROL | WOŁÓW BIEGA | M | M60 | 5° | 29:36.117 | + 13:30.581 | 05:55 | 0:29:10.758 |
| 115 | 7 | MICHAŁOWICZ MARTA | ♀ DTR BIEGA / MARIO TEAM | K | K30 | 7° | 29:40.576 | + 13:35.040 | 05:56 | 0:29:34.967 |
| 116 | 15 | ZNAMIEC MARCIN | | M | M40 | 42° | 29:47.036 | + 13:41.500 | 05:58 | 0:29:28.886 |
| 117 | 127 | PASŁAWSKI BARTŁOMIEJ | | M | M40 | 43° | 29:50.242 | + 13:44.706 | 05:58 | 0:29:31.234 |
| 118 | 144 | BASIEWICZ WOJCIECH | MIAMI VICE | M | M40 | 44° | 29:52.135 | + 13:46.599 | 05:58 | 0:29:33.501 |
| 119 | 133 | FRYDECKA ELŻBIETA | ♀ | K | K60 | 2° | 30:05.802 | + 14:00.266 | 06:01 | 0:29:54.342 |
| 120 | 83 | REGIEC SŁAWOMIR | KROŚCINA WIELKA | M | M30 | 20° | 30:10.871 | + 14:05.335 | 06:02 | 0:29:51.475 |

6 Nocny Bieg Policz się z Cukrzycą

Athletics Team Prusice, Gmina Prusice, GOKIS Prusice, PCF Prusice · niedziela, 29 stycznia 2023



Wyniki końcowe - 5 km · 4 stron

| Poz. | Numer | Nazwisko, imię | Klub | Płeć | Kat. wiek. | Poz. Kat. wiek. | Wynik | Różnica | Tempo | Czas netto |
|------|-------|-----------------------|------------------------|------|------------|-----------------|-----------|-------------|-------|-------------|
| 121 | 129 | WOSIK RADOSŁAW | KB SUKCES ŻMIGRÓD | M | M30 | 21° | 31:02.657 | + 14:57.121 | 06:13 | 0:30:57.825 |
| 122 | 60 | PALAK PAULA | ♀ | K | K30 | 8° | 31:03.851 | + 14:58.315 | 06:13 | 0:30:57.634 |
| 123 | 116 | KRZESAK JAN | KB SUKCES ŻMIGRÓD | M | M+70 | 2° | 31:32.338 | + 15:26.802 | 06:19 | 0:31:13.657 |
| 124 | 54 | ZIELIŃSKA MAGDALENA | ♀ | K | K40 | 9° | 31:49.638 | + 15:44.102 | 06:22 | 0:31:28.313 |
| 125 | 103 | WOJDYŁA MIECZYŚLAW | BIEGAM BO LUBIĘ | M | M50 | 12° | 31:59.358 | + 15:53.822 | 06:24 | 0:31:39.805 |
| 126 | 23 | SZCZEPIŃSKA KAROLINA | ♀ | K | K30 | 9° | 32:12.647 | + 16:07.111 | 06:26 | 0:32:05.820 |
| 127 | 22 | SZCZEPIŃSKI MARCIN | | M | M30 | 22° | 32:13.727 | + 16:08.191 | 06:26 | 0:32:06.694 |
| 128 | 80 | RACZYŃSKI MARCIN | RACE CHALLENGE CLUB | M | M40 | 45° | 32:15.462 | + 16:09.926 | 06:27 | 0:32:00.263 |
| 129 | 86 | ŁASZKIEWICZ PIOTR | ATHLETICS TEAM PRUSICE | M | M60 | 6° | 32:30.977 | + 16:25.441 | 06:30 | 0:32:18.471 |
| 130 | 73 | BURAS MAGDALENA | ♀ | K | K20 | 6° | 32:48.390 | + 16:42.854 | 06:34 | 0:32:40.574 |
| 131 | 104 | ADAMSKI RAFAŁ | PARKRUN WROCŁAW | M | M50 | 13° | 33:11.659 | + 17:06.123 | 06:38 | 0:32:53.587 |
| 132 | 85 | POPIELARCZYK ADRIANNA | ♀ | K | K40 | 10° | 33:12.722 | + 17:07.186 | 06:38 | 0:32:55.180 |
| 133 | 4 | CHLIWA RYSZARD | | M | M30 | 23° | 33:17.345 | + 17:11.809 | 06:40 | 0:32:50.690 |
| 134 | 34 | RICHTER DOROTA | ♀ | K | K40 | 11° | 33:36.649 | + 17:31.113 | 06:43 | 0:33:21.264 |
| 135 | 101 | TOMALIK KATARZYNA | ♀ | K | K40 | 12° | 33:37.101 | + 17:31.565 | 06:43 | 0:33:20.548 |
| 136 | 78 | SZAŁAJKO ANNA | ♀ | K | K60 | 3° | 34:15.514 | + 18:09.978 | 06:51 | 0:33:59.941 |
| 137 | 77 | SZAŁAJKO JERZY | DUCH GÓR | M | M60 | 7° | 34:15.952 | + 18:10.416 | 06:51 | 0:33:57.193 |
| 138 | 99 | WANAT WAĆLAW | PARK RUN WROCŁAW | M | M+70 | 3° | 35:33.043 | + 19:27.507 | 07:07 | 0:35:09.608 |
| 139 | 148 | MAMIAK TOMASZ | WROCŁAW | M | M40 | 46° | 36:17.412 | + 20:11.876 | 07:16 | 0:36:10.585 |
| 140 | 115 | BALA WITOLD | KB SUKCES ŻMIGRÓD | M | M60 | 8° | 36:18.783 | + 20:13.247 | 07:16 | 0:36:01.021 |
| 141 | 67 | OLSZAŃSKA DOROTA | ♀ | K | K30 | 10° | 36:38.020 | + 20:32.484 | 07:20 | 0:36:23.059 |
| 142 | 88 | ŻMUDA IZABELA | ♀ | K | K40 | 13° | 36:38.114 | + 20:32.578 | 07:20 | 0:36:24.467 |
| 143 | 150 | STAROWICZ MACIEJ | M&MS TEAM | M | M40 | 47° | 36:53.106 | + 20:47.570 | 07:23 | 0:36:41.959 |
| 144 | 151 | STAROWICZ MAJA | ♀ | K | K20 | 7° | 36:53.879 | + 20:48.343 | 07:23 | 0:36:42.576 |
| 145 | 95 | WYBRANIEC AGNIESZKA | ♀ | K | K40 | 14° | 37:31.344 | + 21:25.808 | 07:30 | 0:37:19.275 |
| 146 | 87 | BIJAK DOROTA | ♀ | K | K60 | 4° | 40:14.773 | + 24:09.237 | 08:03 | 0:39:56.623 |
| 147 | 155 | STAROSTA BEATA | ♀ | K | K50 | 3° | 40:17.272 | + 24:11.736 | 08:04 | 0:40:12.083 |
| 148 | 63 | SEKUŁA DANIEL | | M | M20 | 10° | 41:18.257 | + 25:12.721 | 08:16 | 0:41:05.751 |
| 149 | 20 | SUSDORF ANNA | ♀ | K | K40 | 15° | 44:55.793 | + 28:50.257 | 08:59 | 0:44:32.779 |
| 150 | 18 | GŁOGOWSKI ADAM | NOA | M | M40 | 48° | 44:56.900 | + 28:51.364 | 08:59 | 0:44:33.746 |
| 151 | 52 | SUSDORF KRZYSZTOF | NIEZRZESZONA | M | M60 | 9° | 44:57.025 | + 28:51.489 | 08:59 | 0:44:34.011 |
| 152 | 19 | GŁOGOWSKA KATARZYNA | ♀ | K | K40 | 16° | 44:57.743 | + 28:52.207 | 08:59 | 0:44:34.432 |
| 153 | 106 | WIERZEJSKI HENRYK | NIEZRZESZONY | M | M60 | 10° | 53:57.822 | + 37:52.286 | 10:47 | 0:53:36.090 |