

BIEG TROJAK TRAIL - 10 KM

 Organizator: Stowarzyszenie TKKF Kompas
 Data: 2017-07-23
 Miejsce: Łądek Zdrój
 Dystans: 10 km

BIEG TROJAK TRAIL - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---|-----------------------|--------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | PRZEDWOJEWski BARTŁOMIEJ | 1196 | | GLUCHOŁAZY | POLSKA | SENIOR I M - 20 | 1 | M 1 | 00:16:23 | 00:25:29 | 00:41:54.10 | 00:41:55.50 | 4:11 | 14.3 |
| 2 | PIEGOWSKI ADAM | 1191 | EUROVENT ATHLETICS OPOLE | PRZYWORY | POLSKA | SENIOR II M - 30 | 1 | M 2 | 00:18:52 | 00:29:42 | 00:48:00.05 | 00:48:05.45 | 4:48 | 12.5 |
| 3 | GRACZYK ADRIAN | 1081 | BIEGI.WLKP | CZARNKÓW | POLSKA | SENIOR I M - 20 | 2 | M 3 | 00:19:21 | 00:30:23 | 00:48:11.05 | 00:48:13.70 | 4:49 | 12.5 |
| 4 | KOWAL AMADEUSZ | 1308 | | LUBACZÓW | | SENIOR II M - 30 | 2 | M 4 | 00:20:22 | 00:31:19 | 00:50:31.75 | 00:50:35.80 | 5:03 | 11.9 |
| 5 | KANTOR MARTYNA | 1264 | SARCO GARMIN TEAM | | POLSKA | SENIOR I K - 20 | 1 | K 1 | 00:20:16 | 00:31:12 | 00:51:02.90 | 00:51:05.10 | 5:06 | 11.8 |
| 6 | GRZELAK ADRIAN | 1247 | CHATA BIEGACZA | ZAKOPANE | | SENIOR I M - 20 | 3 | M 5 | 00:21:15 | 00:32:16 | 00:51:06.05 | 00:51:13.10 | 5:06 | 11.7 |
| 7 | HACZYK JAROSŁAW | 1235 | BIEG OPOLSKI | | | MASTERS M - 40 | 1 | M 6 | 00:20:28 | 00:31:54 | 00:51:50.95 | 00:51:54.00 | 5:11 | 11.6 |
| 8 | TOMASIAK NATALIA | 1283 | SALOMON SUUNTO TEAM | KRYNICA ZDRÓJ | | SENIOR II K - 30 | 1 | K 2 | 00:20:19 | 00:31:40 | 00:52:27.45 | 00:52:30.05 | 5:14 | 11.4 |
| 9 | MICHALIK ADAM | 1321 | | | | MASTERS M - 40 | 2 | M 7 | 00:21:11 | 00:33:04 | 00:53:13.60 | 00:53:16.70 | 5:19 | 11.3 |
| 10 | STACHOWIAK MARCIN | 1094 | BIEGI.WLKP | PUSZCZYKOWO | POLSKA | SENIOR I M - 20 | 4 | M 8 | 00:21:31 | 00:33:52 | 00:54:59.40 | 00:55:00.65 | 5:29 | 10.9 |
| 11 | GAJEWSKI MARCIN | 1055 | | KŁODZKO | POLSKA | MASTERS M - 40 | 3 | M 9 | 00:21:44 | 00:34:11 | 00:55:20.75 | 00:55:22.60 | 5:32 | 10.8 |
| 12 | DOMAŃSKI PATRYK | 1088 | BIEGI.WLKP | POZNAŃ | POLSKA | SENIOR I M - 20 | 5 | M 10 | 00:22:31 | 00:34:52 | 00:55:26.10 | 00:55:29.35 | 5:32 | 10.8 |
| 13 | NOWINIŁSKI ANDRZEJ | 1328 | | | | MASTERS M - 40 | 4 | M 11 | 00:22:16 | 00:34:42 | 00:55:37.30 | 00:55:39.00 | 5:33 | 10.8 |
| 14 | KUJAWA ZBIGNIEW | 1263 | | JANOWIEC WIELKOPOLSKI | | SENIOR I M - 20 | 6 | M 12 | 00:21:33 | 00:34:27 | 00:55:57.10 | 00:56:02.80 | 5:35 | 10.7 |
| 15 | SMOLEŃ SEBASTIAN | 1299 | | ŁĄDEK-ZDRÓJ | | SENIOR II M - 30 | 3 | M 13 | 00:22:17 | 00:34:46 | 00:56:09.20 | 00:56:12.60 | 5:36 | 10.7 |
| 16 | RACZKO TOMASZ | 1205 | ZĄŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA | BOLESŁAWIEC | POLSKA | SENIOR II M - 30 | 4 | M 14 | 00:22:22 | 00:34:28 | 00:56:05.30 | 00:56:14.25 | 5:36 | 10.7 |
| 17 | ZIĘTERSKI ROBERT | 1075 | | KŁODZKO | POLSKA | MASTERS M - 40 | 5 | M 15 | 00:22:57 | 00:35:47 | 00:57:00.80 | 00:57:04.55 | 5:42 | 10.5 |
| 18 | SPYCHAŁSKI ADAM | 1060 | | RUDA ŚLĄSKA | POLSKA | MASTERS M - 40 | 6 | M 16 | 00:22:52 | 00:35:39 | 00:57:06.50 | 00:57:11.70 | 5:42 | 10.5 |
| 19 | BIERNACKA KATARZYNA | 1118 | TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM | SYCÓW | POLSKA | SENIOR I K - 20 | 2 | K 3 | 00:22:35 | 00:35:15 | 00:57:17.55 | 00:57:18.90 | 5:43 | 10.5 |
| 20 | BUKAŁA MARCIN | 1184 | VEGE RUNNERS | BIELSKO-BIAŁA | POLSKA | SENIOR I M - 20 | 7 | M 17 | 00:20:53 | 00:34:09 | 00:57:03.80 | 00:57:25.35 | 5:42 | 10.5 |
| 21 | JANKOWSKI JAKUB | 1206 | ZĄŁOGA GÓRSKA \ TRUCHT.COM | ŁÓDŹ | POLSKA | SENIOR I M - 20 | 8 | M 18 | 00:22:47 | 00:35:02 | 00:57:22.65 | 00:57:26.40 | 5:44 | 10.5 |
| 22 | DUPLA KONRAD | 1077 | | WROCLAW | POLSKA | SENIOR II M - 30 | 5 | M 19 | 00:23:49 | 00:36:30 | 00:58:04.80 | 00:58:09.70 | 5:48 | 10.3 |
| 23 | KACZMARCZYK PRZEMYSŁAW | 1141 | WATAHA | KOBIERZYCE | POLSKA | SENIOR I M - 20 | 9 | M 20 | 00:23:14 | 00:36:34 | 00:58:55.35 | 00:58:59.20 | 5:53 | 10.2 |
| 24 | BINKOWSKI MARCIN | 1199 | | MOSINA | POLSKA | MASTERS M - 40 | 7 | M 21 | 00:24:01 | 00:37:06 | 00:59:24.55 | 00:59:34.70 | 5:56 | 10.1 |
| 25 | OLKIS RAFAŁ | 1304 | PRZEBIEGA.PL | WROCLAW | | SENIOR II M - 30 | 6 | M 22 | 00:22:48 | 00:36:14 | 00:59:40.70 | 00:59:49.35 | 5:58 | 10.1 |
| 26 | MARIN ALBERTO | 1107 | | POZNAŃ | POLAND | SENIOR II M - 30 | 7 | M 23 | 00:23:06 | 00:37:00 | 01:00:56.15 | 01:01:09.30 | 6:05 | 9.8 |
| 27 | KRAWCZYK KONRAD | 1114 | 1991 | WARSZAWA | POLSKA | SENIOR I M - 20 | 10 | M 24 | 00:24:47 | 00:38:48 | 01:01:41.25 | 01:01:56.85 | 6:10 | 9.7 |
| 28 | JANUSZEWSKI MACIEJ | 1140 | | WROCLAW | POLSKA | SENIOR II M - 30 | 8 | M 25 | 00:23:50 | 00:37:41 | 01:02:10.35 | 01:02:14.70 | 6:13 | 9.7 |
| 29 | GAĐALSKI BARTOSZ | 1292 | | ŁĄDEK ZDRÓJ | | SENIOR II M - 30 | 9 | M 26 | 00:24:27 | 00:38:36 | 01:02:10.30 | 01:02:29.90 | 6:13 | 9.7 |
| 30 | SZYMAŃSKI ŁUKASZ | 1290 | | WROCLAW | | OPEN | 1 | M 27 | 00:25:02 | 00:39:06 | 01:02:12.90 | 01:02:41.80 | 6:13 | 9.6 |
| 31 | HRYNOWIECKI PAWEŁ | 1043 | | ZŁOTY STOK | POLSKA | SENIOR II M - 30 | 10 | M 28 | 00:24:35 | 00:38:17 | 01:02:32.40 | 01:03:07.75 | 6:15 | 9.6 |
| 32 | SZATKOWSKI ŁUKASZ | 1173 | CRAZYJUMPKEPNO | KEPNO | POLSKA | SENIOR I M - 20 | 11 | M 29 | 00:25:52 | 00:39:58 | 01:03:08.70 | 01:03:17.90 | 6:18 | 9.5 |
| 33 | STEMPIAK DANIEL | 1087 | KS MARATON OSTRÓW WLKP. | OSTRÓW WIELKOPOLSKI | POLSKA | SENIOR II M - 30 | 11 | M 30 | 00:25:11 | 00:38:42 | 01:03:11.20 | 01:03:18.10 | 6:19 | 9.5 |
| 34 | KITKOWSKI ARKADIUSZ | 1279 | SUPERSNOW | ŁĄDEK ZDRÓJ | POLSKA | MASTERS M - 40 | 8 | M 31 | 00:25:18 | 00:38:52 | 01:03:14.70 | 01:03:19.50 | 6:19 | 9.5 |
| 35 | CHRZANOWSKI PAWEŁ | 1240 | 100 BATALION ŁĄCZNOŚCI | ŁĄDEK-ZDRÓJ | | SENIOR II M - 30 | 12 | M 32 | 00:25:23 | 00:39:09 | 01:03:40.80 | 01:03:45.60 | 6:22 | 9.4 |
| 36 | PERZ EMILIA | 1126 | WOLSZTYŃSKA AKADEMIA BIEGOWA | BUKOWIEC | POLSKA | SENIOR I K - 20 | 3 | K 4 | 00:26:30 | 00:41:14 | 01:04:03.30 | 01:04:07.60 | 6:24 | 9.4 |
| 37 | KULESZA AGNIESZKA | 1327 | | | | SENIOR I K - 20 | 4 | K 5 | 00:24:50 | 00:39:35 | 01:04:30.20 | 01:04:38.20 | 6:27 | 9.3 |
| 38 | RAKOCZY JERZY | 1260 | | | | MASTERS M - 40 | 9 | M 33 | 00:25:43 | 00:39:56 | 01:04:40.30 | 01:04:44.60 | 6:28 | 9.3 |
| 39 | DĘBICKI ŁUKASZ | 1189 | | WAŁBRZYCH | POLSKA | SENIOR II M - 30 | 13 | M 34 | 00:24:13 | 00:38:45 | 01:04:15.00 | 01:04:53.75 | 6:25 | 9.3 |
| 40 | DZIEDZIC KRYSZTIAN | 1165 | | WROCLAW | POLSKA | SENIOR II M - 30 | 14 | M 35 | 00:24:47 | 00:38:57 | 01:04:53.35 | 01:05:01.60 | 6:29 | 9.2 |
| 41 | WILK MATEUSZ | 1175 | RAMBO 3 | BYTOM | POLSKA | SENIOR II M - 30 | 15 | M 36 | 00:26:02 | 00:40:42 | 01:04:35.85 | 01:05:02.00 | 6:27 | 9.3 |
| 42 | WILK MACIEJ | 1074 | RAMBO 3 | BYTOM | POLSKA | SENIOR II M - 30 | 16 | M 37 | 00:19:35 | 00:30:27 | 01:04:54.95 | 01:05:02.15 | 6:29 | 9.2 |
| 43 | ZWOLIŃSKI ŁUKASZ | 1314 | | | | SENIOR II M - 30 | 17 | M 38 | 00:25:46 | 00:39:29 | 01:04:59.60 | 01:05:03.00 | 6:30 | 9.2 |
| 44 | HACZYK NATALIA | 1234 | BIEG OPOLSKI | | | MASTERS K - 40 | 1 | K 6 | 00:25:38 | 00:39:46 | 01:04:57.60 | 01:05:07.50 | 6:29 | 9.2 |
| 45 | KNAPP JANUSZ | 1317 | | | | SENIOR II M - 30 | 18 | M 39 | 00:27:04 | 00:42:06 | 01:05:03.00 | 01:05:23.00 | 6:30 | 9.2 |
| 46 | TOMASZEWSKI MARCIN | 1302 | GTRAT | | | SENIOR II M - 30 | 19 | M 40 | 00:25:06 | 00:39:36 | 01:05:26.40 | 01:05:36.55 | 6:32 | 9.2 |
| 47 | RUDNICKI MATEUSZ | 1341 | | TRZEBOSZOWICE | | SENIOR II M - 30 | 20 | M 41 | 00:25:19 | 00:40:21 | 01:05:21.55 | 01:05:39.60 | 6:32 | 9.2 |

BIEG TRÓJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|-------------|-------------------------|-----------|---------------------------------------|------------------------|-------------|-------------------|---------------|------------|------------|------------|--------------|---------------|---------------|-------------|
| 48 | WUJDA MIROŚLAW | 1307 | EKW RULEZ | | | MASTERS M - 40 | 10 | M 42 | 00:22:55 | 00:38:33 | 01:05:34.35 | 01:05:40.85 | 6:33 | 9.2 |
| 49 | ANDRASIEWICZ KONRAD | 1309 | | DUSZNIKI-ZDRÓJ | | SENIOR II M - 30 | 21 | M 43 | 00:25:39 | 00:39:36 | 01:05:21.80 | 01:05:43.50 | 6:32 | 9.2 |
| 50 | CHODOROWSKI KRZYSZTOF | 1057 | PRZEBIEGA.PL | WROCŁAW | POLSKA | SENIOR II M - 30 | 22 | M 44 | 00:23:41 | 00:39:24 | 01:05:48.95 | 01:05:58.00 | 6:34 | 9.1 |
| 51 | GOLDMAN MATEUSZ | 1076 | | LODZ | POLSKA | SENIOR II M - 30 | 23 | M 45 | 00:25:22 | 00:39:54 | 01:05:53.95 | 01:06:03.00 | 6:35 | 9.1 |
| 52 | TYŚ RADEK | 1201 | | NOWA RUDA | POLSKA | SENIOR II M - 30 | 24 | M 46 | 00:25:50 | 00:40:27 | 01:06:01.30 | 01:06:16.90 | 6:36 | 9.1 |
| 53 | NEUBAUER SZYMON | 1324 | | | | SENIOR I M - 20 | 12 | M 47 | 00:25:36 | 00:40:02 | 01:05:53.30 | 01:06:21.25 | 6:35 | 9.1 |
| 54 | ABULEWICZ WOJCIECH | 1294 | STP SYNERGIA | WROCŁAW | | MASTERS M - 40 | 11 | M 48 | 00:25:51 | 00:40:20 | 01:06:18.30 | 01:06:23.20 | 6:37 | 9 |
| 55 | TRACZ MICHAŁ | 1169 | OLDSCHOOL MTB GDAŃSK | GDAŃSK | POLSKA | MASTERS M - 40 | 12 | M 49 | 00:24:47 | 00:39:43 | 01:06:14.25 | 01:06:26.80 | 6:37 | 9.1 |
| 56 | POPIEL DARIUSZ | 1096 | 100 BATALION ŁĄCZNOŚCI | WAŁCZ | POLSKA | MASTERS M - 40 | 13 | M 50 | 00:25:56 | 00:40:40 | 01:05:58.85 | 01:06:28.60 | 6:35 | 9.1 |
| 57 | KOTNIEWICZ PIOTR | 1323 | | | | SENIOR I M - 20 | 13 | M 51 | 00:25:59 | 00:41:00 | 01:06:23.05 | 01:06:37.20 | 6:38 | 9 |
| 58 | BUDYCH AREK | 1193 | | WRONKI | POLSKA | SENIOR II M - 30 | 25 | M 52 | 00:26:42 | 00:41:53 | 01:06:08.55 | 01:06:40.25 | 6:36 | 9.1 |
| 59 | ALBERT ŁUKASZ | 1236 | | OPOLE | | SENIOR II M - 30 | 26 | M 53 | 00:26:09 | 00:40:50 | 01:06:29.25 | 01:06:42.60 | 6:38 | 9 |
| 60 | GRABIŃSKA GIZELA | 1086 | DREAM RUN/ AZS UW | WARSZAWA-WESOŁA | POLSKA | MASTERS K - 40 | 2 | K 7 | 00:26:37 | 00:41:50 | 01:07:06.85 | 01:07:12.05 | 6:42 | 8.9 |
| 61 | WUJEK MARCIN | 1332 | | | | MASTERS M - 40 | 14 | M 54 | 00:27:37 | 00:42:02 | 01:07:10.65 | 01:07:30.75 | 6:43 | 8.9 |
| 62 | PAZDAN NATALIA | 1183 | KOWARY BIEGAJĄ | KOWARY | POLSKA | SENIOR II K - 30 | 2 | K 8 | 00:26:09 | 00:41:29 | 01:07:32.10 | 01:07:44.05 | 6:45 | 8.9 |
| 63 | NIEMIEC TOMASZ | 1265 | NOWA HUTA TEAM | KRAKÓW | | SENIOR I M - 20 | 14 | M 55 | 00:26:14 | 00:41:39 | 01:07:49.15 | 01:07:57.85 | 6:46 | 8.8 |
| 64 | SZARF PAWEŁ | 1200 | ZĄLOGA GÓRSKA / ANTON TEAM | KĘDZIERZYN-KOŹLE | POLSKA | SENIOR I M - 20 | 15 | M 56 | 00:25:47 | 00:40:53 | 01:08:05.70 | 01:08:08.45 | 6:48 | 8.8 |
| 65 | STAWSKI MICHAŁ | 1064 | MBANK | ŁÓDŹ | POLSKA | SENIOR II M - 30 | 27 | M 57 | 00:21:42 | 00:33:48 | 01:08:09.95 | 01:08:11.60 | 6:49 | 8.8 |
| 66 | GEROWSKI MACIEJ | 1033 | NETBOX BIEGA / LESZ NO LIMITS RUNNERS | GOSTYŃ | POLAND | MASTERS M - 40 | 15 | M 58 | 00:28:47 | 00:43:24 | 01:07:59.20 | 01:08:19.15 | 6:48 | 8.8 |
| 67 | WYSOCKA MAGDALENA | 1228 | | WROCŁAW | POLSKA | SENIOR II K - 30 | 3 | K 9 | 00:27:19 | 00:42:15 | 01:08:13.80 | 01:08:24.40 | 6:49 | 8.8 |
| 68 | KACZMARCZYK MATEUSZ | 1224 | | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I M - 20 | 16 | M 59 | 00:26:14 | 00:41:40 | 01:08:15.70 | 01:08:26.70 | 6:49 | 8.8 |
| 69 | PODJUK JULIUSZ | 1129 | | GOSTYŃ | POLSKA | MASTERS M - 40 | 16 | M 60 | 00:27:19 | 00:42:14 | 01:08:10.95 | 01:08:33.30 | 6:49 | 8.8 |
| 70 | TYSZER JOANNA | 1334 | | ŁĄDEK ZDRÓJ | | SENIOR I K - 20 | 5 | K 10 | 00:27:36 | 00:42:45 | 01:08:20.65 | 01:08:35.70 | 6:50 | 8.8 |
| 71 | SKELTON SARAH | 1133 | VEGE RUNNERS | WARSZAWA | POLSKA | SENIOR I K - 20 | 6 | K 11 | 00:26:57 | 00:42:26 | 01:08:17.95 | 01:08:38.75 | 6:49 | 8.8 |
| 72 | RUTKOWSKA MAŁGORZATA | 1303 | GÓRSKA ZĄLOGA | | | SENIOR II K - 30 | 4 | K 12 | 00:27:27 | 00:42:40 | 01:08:37.95 | 01:08:43.95 | 6:51 | 8.7 |
| 73 | GAWRON PIOTR | 1112 | KB GOCH BYTÓW | BYTÓW | POLSKA | MASTERS M - 40 | 17 | M 61 | 00:26:15 | 00:41:04 | 01:08:43.95 | 01:08:53.25 | 6:52 | 8.7 |
| 74 | GRUSZKA ROBERT | 1151 | GRU-KO | GAŁEWICE | POLSKA | MASTERS M - 40 | 18 | M 62 | 00:26:41 | 00:43:09 | 01:08:36.35 | 01:08:53.60 | 6:51 | 8.7 |
| 75 | PIOTROWSKA MAGDALENA | 1062 | KLUB BIEGACZA JURUND SZCZYTNO | ŚWIĘTAJNO | POLSKA | SENIOR II K - 30 | 5 | K 13 | 00:26:26 | 00:43:38 | 01:09:00.10 | 01:09:02.60 | 6:54 | 8.7 |
| 76 | WANTUCH KATARZYNA | 1203 | ZĄLOGA GÓRSKA | OPOLE | POLSKA | SENIOR II K - 30 | 6 | K 14 | 00:27:47 | 00:43:08 | 01:09:12.90 | 01:09:26.20 | 6:55 | 8.7 |
| 77 | BOSIANEK KAMILA | 1049 | 4RUN TEAM PIŁA | PIŁA | POLSKA | SENIOR II K - 30 | 7 | K 15 | 00:27:28 | 00:42:55 | 01:09:20.60 | 01:09:27.05 | 6:56 | 8.7 |
| 78 | CZEBOTAR BARBARA | 1237 | | KŁODZKO | | MASTERS K - 40 | 3 | K 16 | 00:27:32 | 00:43:02 | 01:09:19.10 | 01:09:27.05 | 6:56 | 8.7 |
| 79 | BURDA SEBASTIAN | 1338 | | | | MASTERS M - 40 | 19 | M 63 | 00:26:40 | 00:43:41 | 01:09:41.50 | 01:09:57.90 | 6:58 | 8.6 |
| 80 | TYSZER ŁUKASZ | 1333 | | | | SENIOR I M - 20 | 17 | M 64 | 00:26:22 | 00:43:18 | 01:09:50.15 | 01:10:05.95 | 6:59 | 8.6 |
| 81 | SZABAT DANIEL | 1063 | POLSKIEWSPINANIE.PL | WROCŁAW | POLSKA | SENIOR II M - 30 | 28 | M 65 | 00:27:43 | 00:43:32 | 01:09:52.85 | 01:10:24.20 | 6:59 | 8.6 |
| 82 | SYSAŁA JANUSZ | 1278 | | BIALYSTOK | | WETERAN II M - 60 | 1 | M 66 | 00:27:27 | 00:43:19 | 01:10:22.40 | 01:10:31.35 | 7:02 | 8.5 |
| 83 | SUSMARSKA EWA | 1233 | NO WOMAN NO TRI | POZNAŃ | POLSKA | SENIOR I K - 20 | 7 | K 17 | 00:27:43 | 00:43:37 | 01:10:24.95 | 01:10:37.05 | 7:02 | 8.5 |
| 84 | PELCZARSKI MICHAŁ | 1329 | | | | SENIOR II M - 30 | 29 | M 67 | 00:26:22 | 00:43:37 | 01:10:28.85 | 01:10:40.80 | 7:02 | 8.5 |
| 85 | MARCINKOWSKI PRZEMYSŁAW | 1306 | | GOSTYŃ | | MASTERS M - 40 | 20 | M 68 | 00:28:29 | 00:44:10 | 01:10:28.70 | 01:10:50.40 | 7:02 | 8.5 |
| 86 | SOBCZYŃSKA MAGDALENA | 1080 | BIEGI.WLKP | POZNAŃ | POLSKA | SENIOR I K - 20 | 8 | K 18 | 00:28:31 | 00:43:55 | 01:10:31.10 | 01:10:53.25 | 7:03 | 8.5 |
| 87 | FOLARON RAFAŁ | 1138 | | MIŁOSZYCE | POLSKA | SENIOR I M - 20 | 18 | M 69 | 00:28:00 | 00:44:24 | 01:10:55.75 | 01:11:08.30 | 7:05 | 8.5 |
| 88 | JABŁOŃSKA EMILIA | 1267 | | WARSZAWA | | SENIOR I K - 20 | 9 | K 19 | 00:28:40 | 00:44:33 | 01:10:57.70 | 01:11:23.40 | 7:05 | 8.5 |
| 89 | WIKTOR MATEUSZ | 1115 | | BIELSKO-BIAŁA | POLSKA | SENIOR I M - 20 | 19 | M 70 | 00:26:59 | 00:43:25 | 01:11:23.60 | 01:11:33.50 | 7:08 | 8.4 |
| 90 | KORNAŚ MARCIN | 1113 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | ZĄBKOWICE ŚLĄSKIE | POLSKA | SENIOR II M - 30 | 30 | M 71 | 00:27:20 | 00:43:17 | 01:11:21.30 | 01:11:48.65 | 7:08 | 8.4 |
| 91 | URBAŃSKI TOMASZ | 1150 | FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I M - 20 | 20 | M 72 | 00:29:18 | 00:45:28 | 01:11:57.75 | 01:12:12.00 | 7:11 | 8.3 |
| 92 | CHWIĄŁKOWSKI WIESŁAW | 1025 | | TORUŃ | POLSKA | WETERAN I M - 50 | 1 | M 73 | 00:27:09 | 00:43:24 | 01:12:03.55 | 01:12:18.35 | 7:12 | 8.3 |
| 93 | LEWANDOWSKA PATRYCJA | 1040 | KURORT ŁĄDEK-ZDRÓJ LKS ISKRA JASZKOWA | OLDRZYCHOWICE KŁODZKIE | POLSKA | SENIOR I K - 20 | 10 | K 20 | 00:28:24 | 00:44:50 | 01:11:55.05 | 01:12:20.55 | 7:11 | 8.3 |
| 94 | KŁOS ANIA | 1154 | | INOWROCŁAW | POLSKA | SENIOR II K - 30 | 8 | K 21 | 00:29:05 | 00:44:54 | 01:12:16.65 | 01:12:33.50 | 7:13 | 8.3 |
| 95 | SIWA DOMINIK | 1145 | | POZNAŃ | POLSKA | SENIOR II M - 30 | 31 | M 74 | 00:27:12 | 00:44:08 | 01:12:36.30 | 01:12:49.20 | 7:15 | 8.3 |
| 96 | KUZIEL MARCIN | 1070 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POLSKA | SENIOR II M - 30 | 32 | M 75 | 00:28:50 | 00:45:05 | 01:12:31.95 | 01:12:59.80 | 7:15 | 8.3 |
| 97 | RYBARSKI PIOTR | 1027 | | DOLSK | POLSKA | SENIOR II M - 30 | 33 | M 76 | 00:27:42 | 00:43:30 | 01:13:02.10 | 01:13:22.70 | 7:18 | 8.2 |
| 98 | ROGOCZ MACIEJ | 1083 | ROGASIE Z DOLINY ROZTOKI | GDYNIA | POLSKA | MASTERS M - 40 | 21 | M 77 | 00:29:13 | 00:45:41 | 01:13:12.70 | 01:13:42.65 | 7:19 | 8.2 |
| 99 | TOMERA PIOTR | 1343 | | | | MASTERS M - 40 | 22 | M 78 | 00:23:54 | 00:37:50 | 01:01:40.65 | 01:13:49.65 | 6:10 | 9.7 |
| 100 | KOSIELSKA BEATA | 1067 | | ŁÓDŹ | POLSKA | SENIOR II K - 30 | 9 | K 22 | 00:29:37 | 00:46:21 | 01:13:26.05 | 01:13:50.00 | 7:20 | 8.2 |
| 101 | PRZYBYLSKI WITEK | 1256 | OTK RZEŹNIK | GLIWICE | POLSKA | SENIOR II M - 30 | 34 | M 79 | 00:29:37 | 00:45:55 | 01:13:54.25 | 01:13:56.70 | 7:23 | 8.1 |
| 102 | WOJTKOWIAK RENATA | 1132 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POLSKA | MASTERS K - 40 | 4 | K 23 | 00:27:52 | 00:44:59 | 01:13:47.55 | 01:14:05.35 | 7:22 | 8.1 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|--|----------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 103 | SZAŁĘGA KASIA | 1131 | | ZIELONA GÓRA | POLAND | SENIOR II K - 30 | 10 | K 24 | 00:27:51 | 00:44:59 | 01:13:48.20 | 01:14:06.25 | 7:22 | 8.1 |
| 104 | LICZNERSKI MIROŚLAW | 1121 | LUBAWA KOCHA BIEGAĆ | LUBAWA | POLSKA | SENIOR II M - 30 | 35 | M 80 | 00:27:29 | 00:44:34 | 01:13:42.25 | 01:14:06.45 | 7:22 | 8.1 |
| 105 | BOMBA MAREK | 1190 | | ZLOTY STOK | POLSKA | WETERAN II M - 60 | 2 | M 81 | 00:29:41 | 00:46:21 | 01:13:39.35 | 01:14:15.50 | 7:21 | 8.1 |
| 106 | CIEŹKOWSKA SZYMAŃSKA KATARZYNA | 1289 | VEGE RUNNERS | WROCLAW | POLSKA | OPEN KOBIEC | 1 | K 25 | 00:29:50 | 00:46:29 | 01:13:48.85 | 01:14:16.70 | 7:22 | 8.1 |
| 107 | WITKOWSKA PAULINA | 1181 | | SZAMOTUŁY | POLSKA | SENIOR II K - 30 | 11 | K 26 | 00:29:28 | 00:45:52 | 01:14:09.45 | 01:14:18.75 | 7:24 | 8.1 |
| 108 | PASTUSZKA MIROŚLAW | 1174 | RUN ŁDZ | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 2 | M 82 | 00:30:39 | 00:47:52 | 01:14:18.30 | 01:14:35.15 | 7:25 | 8.1 |
| 109 | GLAPIAK-PRZYTUŁA AGNIESZKA | 1125 | 1979 | LESZNO | POLSKA | SENIOR II K - 30 | 12 | K 27 | 00:29:14 | 00:45:24 | 01:14:20.65 | 01:14:39.45 | 7:26 | 8.1 |
| 110 | KRZYSZTOFIAK ALEKSANDRA | 1176 | KOWARY BIEGAJA | KOWARY | POLSKA | SENIOR II K - 30 | 13 | K 28 | 00:29:26 | 00:45:23 | 01:14:33.15 | 01:14:44.35 | 7:27 | 8 |
| 111 | LUBAŃSKA ALICJA | 1073 | ZS BUKOWICE | BUKOWICE | POLSKA | MASTERS K - 40 | 5 | K 29 | 00:28:36 | 00:45:29 | 01:14:45.50 | 01:14:47.80 | 7:28 | 8 |
| 112 | BUSS JAKUB | 1009 | KUDOWSCY MIŁOŚNICZY BIEGANIA | KUDOWA ZDRÓJ | POLSKA | MASTERS M - 40 | 23 | M 83 | 00:29:14 | 00:46:13 | 01:14:27.80 | 01:14:50.75 | 7:26 | 8.1 |
| 113 | FRANKIEWICZ ŁUKASZ | 1127 | SOSNOWIECBIEGA | SOSNOWIEC | POLSKA | SENIOR I M - 20 | 21 | M 84 | 00:28:56 | 00:44:58 | 01:14:45.70 | 01:14:51.70 | 7:28 | 8 |
| 114 | ULIKOWSKA MARTYNA | 1225 | ZĄLOGA GÓRSKA | GOŚCINO | POLSKA | SENIOR I K - 20 | 11 | K 30 | 00:29:25 | 00:46:21 | 01:14:53.55 | 01:15:01.20 | 7:29 | 8 |
| 115 | MARZYŃSKA BARBARA | 1198 | | GŹOZNO | POLSKA | WETERAN K - 50 | 1 | K 31 | 00:29:30 | 00:46:46 | 01:15:37.15 | 01:15:45.45 | 7:33 | 7.9 |
| 116 | KOWALCZYK DAWID | 1142 | | PODGÓRZYN | POLSKA | SENIOR I M - 20 | 22 | M 85 | 00:30:23 | 00:47:23 | 01:15:30.50 | 01:15:45.80 | 7:33 | 7.9 |
| 117 | ZASADA MAGDALENA | 1006 | | DZIWIŚZÓW | POLSKA | SENIOR I K - 20 | 12 | K 32 | 00:30:23 | 00:47:24 | 01:15:31.65 | 01:15:46.30 | 7:33 | 7.9 |
| 118 | GULACZ MARTA | 1157 | KOBIETAWBIEGU.PL | WAŁBRZYCH | POLSKA | SENIOR I K - 20 | 13 | K 33 | 00:29:51 | 00:47:33 | 01:15:39.95 | 01:15:48.60 | 7:34 | 7.9 |
| 119 | KALETA PRZEMYSŁAW | 1084 | PRO-RUN WROCLAW | WROCLAW | POLSKA | MASTERS M - 40 | 24 | M 86 | 00:29:53 | 00:46:48 | 01:15:30.80 | 01:15:56.60 | 7:33 | 7.9 |
| 120 | SKOWRON KATARZYNA | 1284 | MARATHON CLUB IRELAND | | | MASTERS K - 40 | 6 | K 34 | 00:30:44 | 00:47:46 | 01:16:01.05 | 01:16:02.95 | 7:36 | 7.9 |
| 121 | SHERIDAN AION | 1285 | MARATHON CLUB IRELAND | | | SENIOR II M - 30 | 36 | M 87 | 00:30:41 | 00:47:43 | 01:16:00.05 | 01:16:03.10 | 7:36 | 7.9 |
| 122 | LISIEWICZ KAŁETA AGATA | 1085 | PRO-RUN WROCLAW | WROCLAW | POLSKA | MASTERS K - 40 | 7 | K 35 | | | 01:16:10.90 | 01:16:10.90 | 7:37 | 7.9 |
| 123 | GŁĄBICA JUSTYNA | 1161 | | KAMIENIEC WROCLAWSKI | POLSKA | SENIOR II K - 30 | 14 | K 36 | 00:29:35 | 00:46:49 | 01:15:53.25 | 01:16:15.45 | 7:35 | 7.9 |
| 124 | MOTEL PAWEŁ | 1271 | AKS POLONIA WARSZAWA | | | SENIOR II M - 30 | 37 | M 88 | 00:31:34 | 00:49:09 | 01:16:03.80 | 01:16:23.70 | 7:36 | 7.9 |
| 125 | RAK ŁUKASZ | 1325 | | | | SENIOR II M - 30 | 38 | M 89 | 00:29:51 | 00:47:03 | 01:16:13.75 | 01:16:30.60 | 7:37 | 7.9 |
| 126 | PAZGAN SANDRA | 1178 | | STARA KAMIENICA | POLSKA | SENIOR I K - 20 | 14 | K 37 | 00:29:24 | 00:46:25 | 01:16:20.40 | 01:16:30.90 | 7:38 | 7.9 |
| 127 | WOŹNIAK WALDEMAR | 1273 | | | | SENIOR II M - 30 | 39 | M 90 | 00:30:30 | 00:47:38 | 01:16:13.65 | 01:16:35.20 | 7:37 | 7.9 |
| 128 | MIKOŁAJEWSKA JUSTYNA | 1156 | RUNFORDREAMS | WROCLAW | POLSKA | SENIOR I K - 20 | 15 | K 38 | 00:29:29 | 00:46:59 | 01:16:10.50 | 01:16:49.05 | 7:37 | 7.9 |
| 129 | SZCZYGIŁŁ MICHAŁ | 1330 | | | | SENIOR II M - 30 | 40 | M 91 | 00:29:52 | 00:47:04 | 01:16:45.05 | 01:17:01.95 | 7:40 | 7.8 |
| 130 | MICHAŁEC MARZENA | 1179 | KOBIETA W BIEGU | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 15 | K 39 | 00:29:52 | 00:47:34 | 01:16:57.95 | 01:17:05.95 | 7:41 | 7.8 |
| 131 | MŁĄŚ DAWID | 1216 | | TYCHY | POLSKA | SENIOR II M - 30 | 41 | M 92 | 00:29:54 | 00:47:20 | 01:16:50.60 | 01:17:07.60 | 7:41 | 7.8 |
| 132 | MATUSZEWSKA IZABELA | 1261 | | GÓRZE | | SENIOR II K - 30 | 16 | K 40 | 00:30:36 | 00:47:38 | 01:16:44.75 | 01:17:13.40 | 7:40 | 7.8 |
| 133 | DUDZIŃSKI MAREK | 1322 | | | | MASTERS M - 40 | 25 | M 93 | 00:29:38 | 00:46:39 | 01:16:52.90 | 01:17:19.30 | 7:41 | 7.8 |
| 134 | ZASTAWNY KATARZYNA | 1239 | | | | SENIOR II K - 30 | 17 | K 41 | 00:30:04 | 00:47:04 | 01:17:04.70 | 01:17:34.50 | 7:42 | 7.8 |
| 135 | IWIŃSKI MARCIN | 1220 | WOLNE ŚLIMAKI | POZNAŃ | POLAND | SENIOR II M - 30 | 42 | M 94 | 00:28:46 | 00:45:33 | 01:17:23.20 | 01:17:34.60 | 7:44 | 7.8 |
| 136 | LIS MAŁGORZATA | 1274 | | WIOSKA | | OPEN KOBIEC | 2 | K 42 | 00:30:27 | 00:47:19 | 01:17:28.75 | 01:17:53.10 | 7:44 | 7.7 |
| 137 | MAĐEREK BARBARA | 1008 | PAKIECIARZE TEAM | KÓRNIK | POLSKA | SENIOR II K - 30 | 18 | K 43 | 00:29:49 | 00:46:56 | 01:17:42.45 | 01:17:58.75 | 7:46 | 7.7 |
| 138 | GLINA-KRAWCZYK MAŁGORZATA | 1093 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | KAMIENIEC ZĄBKOWICKI | POLSKA | MASTERS K - 40 | 8 | K 44 | 00:30:29 | 00:48:08 | 01:17:41.85 | 01:18:15.70 | 7:46 | 7.7 |
| 139 | GŁOWACKI DARIUSZ | 1111 | | PIOTRKÓW TRYBUNALSKI | POLSKA | MASTERS M - 40 | 26 | M 95 | 00:30:45 | 00:48:33 | 01:18:08.05 | 01:18:16.00 | 7:48 | 7.7 |
| 140 | WANTUCH PIOTR | 1204 | ZĄLOGA GÓRSKA | OPOLE | POLSKA | MASTERS M - 40 | 27 | M 96 | 00:29:49 | 00:46:32 | 01:17:37.40 | 01:18:16.55 | 7:45 | 7.7 |
| 141 | TACIAK SEBASTIAN | 1187 | ANTONINEK POZNAŃ | POZNAŃ | POLAND | MASTERS M - 40 | 28 | M 97 | 00:30:53 | 00:48:16 | 01:18:09.00 | 01:18:21.40 | 7:48 | 7.7 |
| 142 | CHORZĘPA ADAM | 1215 | | SZCZYTNA | POLSKA | WETERAN I M - 50 | 3 | M 98 | 00:26:21 | 00:41:18 | 01:08:38.00 | 01:18:22.00 | 6:51 | 8.7 |
| 143 | KARASIŃSKI JACEK | 1983 | ZĄLOGA GÓRSKA | | | SENIOR II M - 30 | 43 | M 99 | 00:28:02 | 00:44:46 | 01:18:23.80 | 01:18:30.25 | 7:50 | 7.7 |
| 144 | KULESZA PAWEŁ | 1312 | | KIELCE | | SENIOR I M - 20 | 23 | M 100 | 00:30:34 | 00:48:06 | 01:19:03.55 | 01:19:14.70 | 7:54 | 7.6 |
| 145 | DRYMEL JOANNA | 1072 | | ŚWIĘTA KATARZYNA | POLSKA | SENIOR II K - 30 | 19 | K 45 | 00:29:53 | 00:47:41 | 01:18:59.55 | 01:19:21.90 | 7:53 | 7.6 |
| 146 | KUŹNIAK MARTYNA | 1054 | | WARSZAWA | POLSKA | MASTERS K - 40 | 9 | K 46 | 00:30:52 | 00:48:16 | 01:19:22.95 | 01:19:47.40 | 7:56 | 7.6 |
| 147 | SAWAŁA SŁAWOMIR | 1134 | TRANCE ONLY | POZNAŃ | POLSKA | MASTERS M - 40 | 29 | M 101 | 00:30:06 | 00:47:52 | 01:19:18.50 | 01:19:48.45 | 7:55 | 7.6 |
| 148 | MAZUR AGNIESZKA | 1105 | GTO | OLAWA | POLSKA | SENIOR II K - 30 | 20 | K 47 | 00:31:58 | 00:49:54 | 01:19:26.30 | 01:19:51.10 | 7:56 | 7.6 |
| 149 | JAROSIŃSKI MAREK | 1097 | ŁÓDZKIE HOSPICIUM DLA DZIECI | ŁÓDŹ | POLSKA | SENIOR II M - 30 | 44 | M 102 | 00:30:30 | 00:48:53 | 01:19:35.15 | 01:19:59.80 | 7:57 | 7.5 |
| 150 | ADAMCZUK FELIX | 1091 | | SZCZECIN | POLSKA | MASTERS M - 40 | 30 | M 103 | 00:31:40 | 00:49:28 | 01:19:58.85 | 01:20:05.90 | 7:59 | 7.5 |
| 151 | TAMBOR JAN | 1319 | | | | WETERAN II M - 60 | 3 | M 104 | 00:30:40 | 00:48:41 | 01:20:11.65 | 01:20:13.55 | 8:01 | 7.5 |
| 152 | SKOKOWSKI STANISŁAW | 1102 | AMATOR | KATOWICE | POLSKA | WETERAN II M - 60 | 4 | M 105 | 00:30:23 | 00:48:02 | 01:20:09.90 | 01:20:15.40 | 8:01 | 7.5 |
| 153 | NAMNI FATIH | 1293 | | | | SENIOR II M - 30 | 45 | M 106 | 00:31:11 | 00:50:04 | 01:19:59.15 | 01:20:21.20 | 7:59 | 7.5 |
| 154 | SINICA KAMILA | 1277 | | | | SENIOR II K - 30 | 21 | K 48 | 00:31:18 | 00:49:25 | 01:20:22.25 | 01:20:26.60 | 8:02 | 7.5 |
| 155 | NOWICKI MACIEJ | 1162 | | WROCLAW | POLSKA | MASTERS M - 40 | 31 | M 107 | 00:31:14 | 00:49:33 | 01:20:09.60 | 01:20:47.35 | 8:01 | 7.5 |
| 156 | SZARLEJ ANNA | 1148 | FUDU&CO. SPORT TEAM | PIOTRKÓW TRYBUNALSKI | POLSKA | SENIOR II K - 30 | 22 | K 49 | 00:32:45 | 00:50:12 | 01:20:47.35 | 01:20:55.00 | 8:04 | 7.4 |
| 157 | KOPACKA ELIZA | 1017 | FOLLOWME - ZMIENIAMYFINANSE.PL | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 23 | K 50 | 00:30:46 | 00:49:10 | 01:20:31.55 | 01:20:57.85 | 8:03 | 7.5 |
| 158 | BUSZKA ŁUKASZ | 1313 | | | | MASTERS M - 40 | 32 | M 108 | 00:31:28 | 00:48:54 | 01:20:39.35 | 01:20:58.05 | 8:04 | 7.4 |

BIEG TRÓJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|----------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 159 | JAKUBOWSKA BEATA | 1326 | | | | SENIOR II K - 30 | 24 | K 51 | 00:31:23 | 00:49:34 | 01:20:33.05 | 01:20:59.20 | 8:03 | 7.4 |
| 160 | OSIKOWSKA TERESA | 1222 | | ZAKOPANE | POLSKA | SENIOR II K - 30 | 25 | K 52 | 00:31:12 | 00:49:32 | 01:20:54.65 | 01:21:12.10 | 8:05 | 7.4 |
| 161 | JASICKI JULIAN | 1177 | | ŁĄDEK-ZDRÓJ | POLSKA | WETERAN II M - 60 | 5 | M 109 | 00:30:17 | 00:48:13 | 01:21:16.35 | 01:21:28.90 | 8:07 | 7.4 |
| 162 | BULAJ BARTOSZ | 1155 | RUNFORDREAMS | WROCLAW | POLSKA | SENIOR I M - 20 | 24 | M 110 | 00:30:51 | 00:49:28 | 01:20:59.25 | 01:21:37.80 | 8:05 | 7.4 |
| 163 | ŁUCZAJ KINGA | 1339 | | | | SENIOR II K - 30 | 26 | K 53 | 00:32:42 | 00:49:46 | 01:21:28.45 | 01:21:57.50 | 8:08 | 7.4 |
| 164 | SOKOŁOWSKA ANNA | 1223 | | ŁĄDEK ZDRÓJ | POLSKA | SENIOR II K - 30 | 27 | K 54 | 00:31:04 | 00:49:21 | 01:21:53.05 | 01:21:59.15 | 8:11 | 7.3 |
| 165 | SKAWINA-POŁEĆ ANNA | 1078 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 28 | K 55 | 00:31:45 | 00:50:33 | 01:22:04.15 | 01:22:14.60 | 8:12 | 7.3 |
| 166 | POLUS MACIEJ | 1052 | | GNIEZNO | POLSKA | SENIOR I M - 20 | 25 | M 111 | 00:31:39 | 00:49:45 | 01:21:54.55 | 01:22:21.30 | 8:11 | 7.3 |
| 167 | GEROWSKA ALEKSANDRA | 1032 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ | POLAND | MASTERS K - 40 | 10 | K 56 | 00:32:07 | 00:49:51 | 01:22:00.80 | 01:22:21.30 | 8:12 | 7.3 |
| 168 | KONDRAKIEWICZ RAFAŁ | 1013 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POLSKA | MASTERS M - 40 | 33 | M 112 | 00:31:14 | 00:49:37 | 01:22:07.20 | 01:22:23.30 | 8:12 | 7.3 |
| 169 | TOMASZEWSKA JOANNA | 1301 | KB HAROWNIK | | | SENIOR II K - 30 | 29 | K 57 | 00:31:27 | 00:49:42 | 01:22:07.15 | 01:22:23.35 | 8:12 | 7.3 |
| 170 | SZAŁAJSKA MONIKA | 1001 | | ŚLUBICE | POLSKA | SENIOR I K - 20 | 16 | K 58 | 00:31:01 | 00:49:33 | 01:21:52.00 | 01:22:24.10 | 8:11 | 7.3 |
| 171 | WYSTRYCHOWSKA MARZENA | 1246 | | | | MASTERS K - 40 | 11 | K 59 | 00:30:30 | 00:49:50 | 01:22:38.20 | 01:22:41.40 | 8:15 | 7.3 |
| 172 | WYSTRYCHOWSKI MARCIN | 1090 | BFAGENCJA.PL | WARSZAWA | POLSKA | SENIOR II M - 30 | 46 | M 113 | 00:31:02 | 00:50:06 | 01:22:37.85 | 01:22:41.70 | 8:15 | 7.3 |
| 173 | LIS MARCIN | 1275 | | WIOSKA | | MASTERS M - 40 | 34 | M 114 | 00:31:37 | 00:49:53 | 01:22:22.50 | 01:22:47.90 | 8:14 | 7.3 |
| 174 | JAGUSZEWSKA AGNIESZKA | 1149 | STRZECHA AKADEMICKA | KARPACZ | POLSKA | SENIOR I K - 20 | 17 | K 60 | 00:31:09 | 00:49:47 | 01:22:42.80 | 01:22:58.00 | 8:16 | 7.3 |
| 175 | MARYNOWICZ PIOTR | 1053 | BRAK | ZGIERZ | POLSKA | MASTERS M - 40 | 35 | M 115 | 00:31:10 | 00:50:19 | 01:22:44.55 | 01:23:00.90 | 8:16 | 7.3 |
| 176 | WASZYK ANITA | 1166 | MUAY RUNNING TEAM | ZALASEWO | POLSKA | SENIOR II K - 30 | 30 | K 61 | 00:31:37 | 00:49:59 | 01:22:40.15 | 01:23:08.20 | 8:16 | 7.3 |
| 177 | POTYRAŁO DAMIAN | 1245 | | ŁĄDEK ZDRÓJ | | SENIOR II M - 30 | 47 | M 116 | 00:33:32 | 00:51:45 | 01:22:45.25 | 01:23:15.75 | 8:16 | 7.3 |
| 178 | ŚWIDEREK KASJA | 1268 | | | | MASTERS K - 40 | 12 | K 62 | 00:32:13 | 00:50:06 | 01:23:25.05 | 01:23:28.15 | 8:20 | 7.2 |
| 179 | SZATKOWSKA EWA | 1171 | KOBIETYBIEGAJA | KĘPNO | POLSKA | WETERAN K - 50 | 2 | K 63 | 00:32:22 | 00:50:28 | 01:23:22.40 | 01:23:29.50 | 8:20 | 7.2 |
| 180 | GŁĄBICA ADAM | 1160 | PRO - RUN WROCLAW | KAMIENIEC WROCLAWSKI | POLSKA | WETERAN I M - 50 | 4 | M 117 | 00:32:19 | 00:50:51 | 01:23:00.95 | 01:23:32.85 | 8:18 | 7.2 |
| 181 | PLEWA KATARZYNA | 1123 | NORDIC16.COM | STRONIE ŚLĄSKIE | POLSKA | SENIOR II K - 30 | 31 | K 64 | 00:32:59 | 00:52:00 | 01:23:38.15 | 01:23:41.40 | 8:21 | 7.2 |
| 182 | BRZOZA DOROTA | 1197 | | WROCLAW | POLSKA | MASTERS K - 40 | 13 | K 65 | 00:33:21 | 00:51:05 | 01:23:18.25 | 01:23:51.90 | 8:19 | 7.2 |
| 183 | TOPIŁKO WOJCIECH | 1272 | | ŁODYGOWICE | | MASTERS M - 40 | 36 | M 118 | 00:33:49 | 00:52:00 | 01:23:42.05 | 01:23:53.35 | 8:22 | 7.2 |
| 184 | KOSTERA KATARZYNA | 1259 | VEGE RUNNERS | WARSZAWA | | SENIOR II K - 30 | 32 | K 66 | 00:33:00 | 00:50:28 | 01:23:26.90 | 01:23:57.00 | 8:20 | 7.2 |
| 185 | GRISZCZENKO ELŻBIETA | 1342 | | | | SENIOR I K - 20 | 18 | K 67 | 00:33:22 | 00:51:46 | 01:23:27.35 | 01:23:58.85 | 8:20 | 7.2 |
| 186 | MATEŃCZUK PAWEŁ | 1210 | | RACIBÓRZ | POLSKA | MASTERS M - 40 | 37 | M 119 | 00:31:42 | 00:50:47 | 01:24:08.05 | 01:24:13.25 | 8:24 | 7.1 |
| 187 | PIELICHOWSKA JUSTYNA | 1254 | BIEGAJĄC Z WILKAMI | GOZDNICA | | SENIOR II K - 30 | 33 | K 68 | 00:30:21 | 00:49:05 | 01:23:53.25 | 01:24:16.55 | 8:23 | 7.2 |
| 188 | LISOWSKI MACIEJ | 1241 | | KIEŁCZÓW | | SENIOR II M - 30 | 48 | M 120 | 00:30:37 | 00:48:20 | 01:23:53.60 | 01:24:17.35 | 8:23 | 7.2 |
| 189 | LEWANDOWSKA MARIA | 1038 | BIEGAM BO NIE LUBIE | KONIN | POLSKA | SENIOR II K - 30 | 34 | K 69 | 00:33:56 | 00:52:35 | 01:23:43.35 | 01:24:17.50 | 8:22 | 7.2 |
| 190 | LEWANDOWSKI RAFAŁ | 1037 | BIEGAM BO NIE LUBIE | KONIN | POLSKA | SENIOR II M - 30 | 49 | M 121 | 00:33:55 | 00:52:35 | 01:23:43.40 | 01:24:17.55 | 8:22 | 7.2 |
| 191 | JURCZYK WOJCIECH | 1124 | | LADEK ZDROJ | POLSKA | SENIOR II M - 30 | 50 | M 122 | 00:32:52 | 00:51:19 | 01:23:45.95 | 01:24:23.90 | 8:22 | 7.2 |
| 192 | ŁAPACZYŃSKI ROBERT | 1249 | | ŁĄDEK-ZDRÓJ | | MASTERS M - 40 | 38 | M 123 | 00:32:23 | 00:51:05 | 01:24:22.45 | 01:24:27.55 | 8:26 | 7.1 |
| 193 | WITECKA MILENA | 1336 | | | | SENIOR II K - 30 | 35 | K 70 | 00:34:28 | 00:53:16 | 01:24:28.10 | 01:24:31.60 | 8:26 | 7.1 |
| 194 | PABICH MAGDALENA | 1050 | 4RUN TEAM PIŁA | PIŁA | POLSKA | MASTERS K - 40 | 14 | K 71 | 00:33:49 | 00:53:06 | 01:25:02.05 | 01:25:08.00 | 8:30 | 7.1 |
| 195 | HACZKIEWICZ KAROLINA | 1186 | MILKY2017 | STARA MORAWA | POLSKA | SENIOR II K - 30 | 36 | K 72 | 00:32:04 | 00:51:41 | 01:25:09.40 | 01:25:28.15 | 8:31 | 7 |
| 196 | LACHOWICZ ANNA | 1243 | | ESKILSTUNA | | MASTERS K - 40 | 15 | K 73 | 00:33:59 | 00:52:50 | 01:25:14.60 | 01:25:33.25 | 8:31 | 7 |
| 197 | WŁOSKOWICZ KINGA | 1135 | | WAŃCZEK | POLSKA | MASTERS K - 40 | 16 | K 74 | 00:34:12 | 00:53:49 | 01:26:03.15 | 01:26:06.05 | 8:36 | 7 |
| 198 | KOLENDO EDYTA | 1163 | | ŁĄDEK-ZDRÓJ | POLSKA | MASTERS K - 40 | 17 | K 75 | 00:32:55 | 00:51:48 | 01:25:56.65 | 01:26:13.50 | 8:35 | 7 |
| 199 | JAROSZ-DANIEL JOANNA | 1214 | | BIELSKO-BIAŁA | POLSKA | SENIOR II K - 30 | 37 | K 76 | 00:34:22 | 00:53:33 | 01:26:04.85 | 01:26:17.90 | 8:36 | 7 |
| 200 | DANIEL JAREK | 1286 | | BIELSKO BIAŁA | | MASTERS M - 40 | 39 | M 124 | 00:34:26 | 00:53:23 | 01:26:05.50 | 01:26:18.35 | 8:36 | 7 |
| 201 | SKORNIAK KATARZYNA | 1221 | WOLNE ŚLIMAKI | POZNAŃ | POLAND | SENIOR I K - 20 | 19 | K 77 | 00:34:22 | 00:53:42 | 01:26:12.50 | 01:26:23.40 | 8:37 | 7 |
| 202 | WAŁACIK MAŁGORZATA | 1122 | | WIERUSZÓW | POLSKA | WETERAN K - 50 | 3 | K 78 | 00:34:10 | 00:53:11 | 01:26:08.90 | 01:26:25.30 | 8:36 | 7 |
| 203 | WIADEREK PIOTR | 1069 | PĘDZĄCE ŻÓŁWIE | WARSZAWA | POLSKA | SENIOR II M - 30 | 51 | M 125 | 00:32:18 | 00:52:22 | 01:26:16.65 | 01:26:30.30 | 8:37 | 7 |
| 204 | KAYSIEWICZ JOANNA | 1003 | | POZNAŃ | POLSKA | MASTERS K - 40 | 18 | K 79 | 00:34:14 | 00:53:17 | 01:26:14.95 | 01:26:49.20 | 8:37 | 7 |
| 205 | BIEGANOWSKI KRZYSZTOF | 1041 | BIEGAN | WROCLAW | POLSKA | SENIOR II M - 30 | 52 | M 126 | 00:32:25 | 00:51:16 | 01:26:18.30 | 01:26:53.45 | 8:37 | 7 |
| 206 | SKAWINA KRYSZYNA | 1079 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 38 | K 80 | 00:34:02 | 00:52:56 | 01:26:57.80 | 01:27:09.10 | 8:41 | 6.9 |
| 207 | BALICKI JAKUB | 1182 | ASAP RUNNERS | ŁÓDŹ | POLAND | MASTERS M - 40 | 40 | M 127 | 00:34:07 | 00:52:56 | 01:26:45.15 | 01:27:21.85 | 8:40 | 6.9 |
| 208 | OLCZYK JOANNA | 1144 | | ŁÓDZ | POLAND | SENIOR I K - 20 | 20 | K 81 | 00:35:20 | 00:54:49 | 01:26:56.95 | 01:27:22.70 | 8:41 | 6.9 |
| 209 | BALCERZAK AGNIESZKA | 1015 | MARATOŃCZYK POZNAŃ | KONARZEWO | POLSKA | MASTERS K - 40 | 19 | K 82 | 00:34:25 | 00:53:46 | 01:26:53.50 | 01:27:24.40 | 8:41 | 6.9 |
| 210 | KUBKA ADAM | 1098 | FUNDACJA UDARU MÓZGU | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 5 | M 128 | 00:31:29 | 00:52:37 | 01:26:53.40 | 01:27:24.90 | 8:41 | 6.9 |
| 211 | OLEWICZ DAGMARA | 1202 | ZAŁOGA GÓRSKA | ZĄBKOWICE ŚLĄSKIE | POLSKA | SENIOR I K - 20 | 21 | K 83 | 00:34:33 | 00:53:37 | 01:27:20.00 | 01:27:29.80 | 8:44 | 6.9 |
| 212 | NIEWIADOMSKA AGNIESZKA | 1021 | | WARSZAWA | POLSKA | MASTERS K - 40 | 20 | K 84 | 00:35:36 | 00:55:27 | 01:27:05.10 | 01:27:37.30 | 8:42 | 6.9 |
| 213 | LEŚNIEWSKA JUSTYNA | 1262 | | ŁÓDŹ | | MASTERS K - 40 | 21 | K 85 | 00:35:06 | 00:54:41 | 01:28:45.50 | 01:29:04.80 | 8:52 | 6.8 |
| 214 | STEFANOWSKI MARIUSZ | 1119 | | OPOLE | POLSKA | MASTERS M - 40 | 41 | M 129 | 00:35:11 | 00:54:28 | 01:29:08.05 | 01:29:08.05 | 8:54 | 6.7 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|--------------------------------------|------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 215 | SZPUREK ANNA | 1238 | BUKOWSKI KLUB BIEGACZA | BUK | | SENIOR II K - 30 | 39 | K 86 | 00:33:59 | 00:54:27 | 01:29:11.10 | 01:29:31.70 | 8:55 | 6.7 |
| 216 | BANDURKA PIOTR | 1146 | TRUCHT.COM | BUKOWIEC | POLSKA | SENIOR I M - 20 | 26 | M 130 | 00:35:21 | 00:55:43 | 01:29:09.15 | 01:29:34.65 | 8:54 | 6.7 |
| 217 | KOWAL EWA | 1310 | | ZIĘBICE | | MASTERS K - 40 | 22 | K 87 | 00:35:25 | 00:54:45 | 01:29:21.60 | 01:29:35.40 | 8:56 | 6.7 |
| 218 | TASZAREK EWA | 1029 | | MROWINO | POLSKA | MASTERS K - 40 | 23 | K 88 | 00:32:02 | 00:51:59 | 01:29:25.85 | 01:29:36.30 | 8:56 | 6.7 |
| 219 | SZCZYGIEŁ GRZEGORZ | 1226 | KURORT ŁĄDEK ZDRÓJ | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR II M - 30 | 53 | M 131 | 00:32:30 | 00:53:03 | 01:29:31.45 | 01:29:37.40 | 8:57 | 6.7 |
| 220 | DEMBNA ANIA | 1288 | | SYCÓW | | SENIOR II K - 30 | 40 | K 89 | 00:34:17 | 00:54:10 | 01:29:25.90 | 01:29:50.70 | 8:56 | 6.7 |
| 221 | SIANO ŁUKASZ | 1305 | | | | SENIOR II M - 30 | 54 | M 132 | 00:35:54 | 00:55:52 | 01:29:33.30 | 01:30:03.90 | 8:57 | 6.7 |
| 222 | FLIS PIOTR | 1250 | | | | SENIOR II M - 30 | 55 | M 133 | 00:34:01 | 00:53:34 | 01:30:11.25 | 01:30:29.30 | 9:01 | 6.7 |
| 223 | SZAREK DAWID | 1282 | | WROCLAW | | OPEN | 2 | M 134 | 00:34:34 | 00:55:02 | 01:30:20.30 | 01:30:33.50 | 9:02 | 6.6 |
| 224 | SZAREK PAWEŁ | 1281 | | | | OPEN | 3 | M 135 | 00:34:32 | 00:55:02 | 01:30:20.40 | 01:30:34.45 | 9:02 | 6.6 |
| 225 | SZYMALA JAN | 1315 | | | | WETERAN II M - 60 | 6 | M 136 | 00:35:00 | 00:55:24 | 01:30:34.35 | 01:30:38.85 | 9:03 | 6.6 |
| 226 | KACUGA MARIA | 1287 | | BĘDZIN | POLSKA | OPEN KOBIET | 3 | K 90 | 00:35:09 | 00:55:03 | 01:30:50.35 | 01:31:23.70 | 9:05 | 6.6 |
| 227 | BLECHARCZYK OLA | 1207 | ZĄŁOGA GÓRSKA | WROCLAW | POLSKA | SENIOR I K - 20 | 22 | K 91 | 00:36:56 | 00:56:47 | 01:31:15.20 | 01:31:26.05 | 9:07 | 6.6 |
| 228 | NOWACZYK GRZEGORZ | 1335 | | | | SENIOR II M - 30 | 56 | M 137 | 00:37:10 | 00:56:57 | 01:31:27.15 | 01:31:27.15 | 9:08 | 6.6 |
| 229 | PAWLAK BARTOSZ | 1337 | | | | SENIOR II M - 30 | 57 | M 138 | 00:36:59 | 00:56:51 | 01:31:19.30 | 01:31:27.25 | 9:08 | 6.6 |
| 230 | MOLONG URSZULA | 1066 | NIGHT RUNNERS | KRAKÓW | POLSKA | SENIOR II K - 30 | 41 | K 92 | 00:35:44 | 00:56:08 | 01:31:16.25 | 01:31:43.00 | 9:07 | 6.6 |
| 231 | PĘCKA BEATA | 1242 | | SOSNOWIEC | | SENIOR II K - 30 | 42 | K 93 | 00:35:40 | 00:56:51 | 01:31:30.40 | 01:32:07.30 | 9:09 | 6.6 |
| 232 | JAŃCZAK KAROLINA | 1255 | | | | SENIOR I K - 20 | 23 | K 94 | 00:35:49 | 00:55:43 | 01:32:07.25 | 01:32:31.15 | 9:12 | 6.5 |
| 233 | HAWROT MARTA | 1276 | | | | MASTERS K - 40 | 24 | K 95 | 00:36:32 | 00:57:32 | 01:32:39.85 | 01:32:45.80 | 9:16 | 6.5 |
| 234 | ŚRÓDKA ALEKSANDRA | 1099 | | TRZEBNICA | POLSKA | SENIOR II K - 30 | 43 | K 96 | 00:35:39 | 00:57:03 | 01:32:38.95 | 01:33:05.70 | 9:15 | 6.5 |
| 235 | OLCZYK ANDRZEJ | 1195 | RUN LODZ | PRZEDBÓRZ | POLSKA | WETERAN I M - 50 | 6 | M 139 | 00:36:49 | 00:59:44 | 01:32:56.90 | 01:33:20.35 | 9:17 | 6.5 |
| 236 | CHWIAŁKOWSKA EWA | 1026 | | TORUŃ | POLSKA | WETERAN K - 50 | 4 | K 97 | 00:36:47 | 00:57:39 | 01:33:03.50 | 01:33:25.00 | 9:18 | 6.4 |
| 237 | GÓRNA MAŁGORZATA | 1108 | | POZNAŃ | POLAND | SENIOR II K - 30 | 44 | K 98 | 00:35:04 | 00:56:26 | 01:33:14.25 | 01:33:25.55 | 9:19 | 6.4 |
| 238 | TOMICZEK EDYTA | 1071 | ZDYSKWALIFIKOWANI | WROCLAW | POLSKA | SENIOR I K - 20 | 24 | K 99 | 00:38:33 | 01:00:23 | 01:32:53.90 | 01:33:26.15 | 9:17 | 6.5 |
| 239 | PTASZEK ADAM | 1297 | | LEMONT, LLINOIS | USA | OPEN | 4 | M 140 | 00:37:03 | 00:58:12 | 01:33:09.45 | 01:33:48.65 | 9:18 | 6.4 |
| 240 | PTASZEK SŁAWOMIR | 1296 | | MIZERNA | POLSKA | MASTERS M - 40 | 42 | M 141 | 00:37:01 | 00:58:11 | 01:33:09.35 | 01:33:49.10 | 9:19 | 6.4 |
| 241 | KRUZEL RAFAŁ | 1219 | BIEGOWE MISIE | LEGNICA | POLSKA | MASTERS M - 40 | 43 | M 142 | 00:35:24 | 00:55:29 | 01:33:27.00 | 01:33:50.30 | 9:20 | 6.4 |
| 242 | KUCZAKOWSKA JOANNA | 1218 | BIEGOWE MISIE | LEGNICA | POLSKA | SENIOR II K - 30 | 45 | K 100 | 00:35:25 | 00:55:29 | 01:33:27.15 | 01:33:50.40 | 9:20 | 6.4 |
| 243 | WITKOWSKA JUSTYNA | 1028 | | CHUDÓW | POLSKA | SENIOR II K - 30 | 46 | K 101 | 00:34:42 | 00:56:47 | 01:34:19.85 | 01:34:31.00 | 9:26 | 6.4 |
| 244 | STAWSKA EMILIA | 1095 | GRUNWALD TEAM POZNAŃ | POZNAŃ | POLSKA | SENIOR II K - 30 | 47 | K 102 | 00:36:46 | 00:59:25 | 01:35:08.25 | 01:35:30.90 | 9:30 | 6.3 |
| 245 | CIASTOWICZ-TOMCZAK INGA | 1024 | FIGHTERS MOSINA | MOSINA | POLSKA | MASTERS K - 40 | 25 | K 103 | 00:36:47 | 00:57:46 | 01:35:20.00 | 01:35:35.90 | 9:32 | 6.3 |
| 246 | SIWEK KRZYSZTOF | 1269 | | ZŁOTY STOK | | WETERAN I M - 50 | 7 | M 143 | 00:34:31 | 00:57:07 | 01:35:12.40 | 01:35:42.40 | 9:31 | 6.3 |
| 247 | KOLENDO SYLWIA | 1164 | | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I K - 20 | 25 | K 104 | 00:35:51 | 00:57:54 | 01:35:31.90 | 01:35:44.75 | 9:33 | 6.3 |
| 248 | DRZYŻGA DOMINIKA | 1170 | KOBIETYBIEGAJĄ | KĘPNO | POLSKA | SENIOR I K - 20 | 26 | K 105 | 00:36:57 | 00:59:32 | 01:35:39.50 | 01:35:49.35 | 9:34 | 6.3 |
| 249 | PAPIERZ-RYKAŁA ALEKSANDRA | 1212 | | MYŚLENICE | POLSKA | SENIOR II K - 30 | 48 | K 106 | 00:38:38 | 00:59:40 | 01:35:39.85 | 01:36:15.20 | 9:34 | 6.3 |
| 250 | ROGOWSKA MAŁGORZATA | 1116 | TRIATHLON MIETKÓW TEAM | KŁODZKO | POLSKA | SENIOR II K - 30 | 49 | K 107 | 00:35:38 | 00:57:57 | 01:36:09.30 | 01:36:28.15 | 9:37 | 6.2 |
| 251 | SYPER BERNARD | 1320 | | | | WETERAN I M - 50 | 8 | M 144 | 00:35:53 | 00:57:20 | 01:36:28.70 | 01:36:35.15 | 9:38 | 6.2 |
| 252 | SIGER ADAM | 1213 | FUNDACJA UDARU MÓZGU | ŁÓDŹ | POLSKA | MASTERS M - 40 | 44 | M 145 | 00:35:33 | 00:57:40 | 01:35:58.05 | 01:36:38.00 | 9:35 | 6.3 |
| 253 | DZIDEK KATARZYNA | 1031 | | JAWORZYNA ŚLĄSKA | POLSKA | MASTERS K - 40 | 26 | K 108 | 00:36:42 | 00:59:31 | 01:36:29.45 | 01:36:57.05 | 9:39 | 6.2 |
| 254 | ERDMAŃSKA NATALIA | 1229 | | STRONIE ŚLĄSKIE | POLSKA | SENIOR II K - 30 | 50 | K 109 | 00:36:41 | 00:58:08 | 01:36:28.75 | 01:36:58.00 | 9:38 | 6.2 |
| 255 | NIEMAS ANNA | 1042 | OYAMA KARATE BRZESZCZE | RAJSKO | POLSKA | MASTERS K - 40 | 27 | K 110 | 00:36:41 | 00:58:09 | 01:36:31.85 | 01:37:00.00 | 9:39 | 6.2 |
| 256 | REMBIELAK-TACIAK ANNA | 1188 | ANTONINEK POZNAŃ | POZNAŃ | POLSKA | MASTERS K - 40 | 28 | K 111 | 00:36:53 | 00:59:50 | 01:37:15.45 | 01:37:27.40 | 9:43 | 6.2 |
| 257 | MRUGALSKA LILIANA | 1316 | | | | SENIOR I K - 20 | 27 | K 112 | 00:38:55 | 00:59:58 | 01:38:01.40 | 01:38:21.30 | 9:48 | 6.1 |
| 258 | PIETRASZEWSKI WITOLD | 1318 | | | | SENIOR II M - 30 | 58 | M 146 | 00:38:53 | 00:59:56 | 01:38:00.95 | 01:38:22.05 | 9:48 | 6.1 |
| 259 | NICZEJDOLNY TOMASZ | 1300 | | WROCLAW | | MASTERS M - 40 | 45 | M 147 | 00:39:52 | 00:55:25 | 01:38:30.90 | 01:38:41.90 | 9:51 | 6.1 |
| 260 | NIEZGÓDKA SYLWIA | 1270 | | WROCLAW | | MASTERS K - 40 | 29 | K 113 | 00:39:42 | 01:00:23 | 01:38:32.20 | 01:38:42.00 | 9:51 | 6.1 |
| 261 | WALISZEWSKA-PLEWA IZABELLA | 1036 | | KIELCE | POLSKA | MASTERS K - 40 | 30 | K 114 | 00:37:11 | 00:59:30 | 01:38:33.30 | 01:38:51.40 | 9:51 | 6.1 |
| 262 | OLCZYK ANNA | 1194 | RUN LODZ | PRZEDBÓRZ | POLSKA | MASTERS K - 40 | 31 | K 115 | 00:36:46 | 00:59:45 | 01:38:54.35 | 01:39:17.75 | 9:53 | 6.1 |
| 263 | PASTUSZKA JOANNA | 1172 | RUN ŁDZ | ŁÓDŹ | POLSKA | WETERAN K - 50 | 5 | K 116 | 00:39:30 | 01:02:26 | 01:38:53.20 | 01:39:18.05 | 9:53 | 6.1 |
| 264 | BUDNIOK BARBARA | 1048 | ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA | PIŁA | POLSKA | MASTERS K - 40 | 32 | K 117 | 00:36:40 | 00:59:29 | 01:39:27.65 | 01:39:35.20 | 9:56 | 6 |
| 265 | KUTNIEWSKA MARIA | 1252 | FACE NORDIC WALKING TEAM | ŻUKOWO | | WETERAN K - 50 | 6 | K 118 | 00:39:20 | 01:01:40 | 01:39:20.70 | 01:39:35.70 | 9:56 | 6 |
| 266 | MUCHA ANNA | 1046 | | POZNAŃ | POLSKA | SENIOR I K - 20 | 28 | K 119 | 00:38:02 | 01:00:26 | 01:39:50.25 | 01:40:24.65 | 9:59 | 6 |
| 267 | WALENDA KATARZYNA | 1136 | VEGE ULTRA RUNNERS | LESZNOWOLA | POLSKA | MASTERS K - 40 | 33 | K 120 | 00:41:34 | 01:03:27 | 01:40:54.90 | 01:41:16.40 | 10:05 | 5.9 |
| 268 | KASJAN ALICJA | 1100 | | WARSZAWA | POLAND | SENIOR I K - 20 | 29 | K 121 | 00:37:19 | 01:01:13 | 01:41:15.55 | 01:41:35.25 | 10:07 | 5.9 |
| 269 | STACHURA MIKOŁAJ | 1101 | | WARSZAWA | POLSKA | SENIOR II M - 30 | 59 | M 148 | 00:37:24 | 01:01:13 | 01:41:15.20 | 01:41:35.90 | 10:07 | 5.9 |
| 270 | PAWLIK-NIEDZIELA SANDRA | 1016 | W POGONI ZA DUCHEM | SOSNOWIEC | POLSKA | SENIOR I K - 20 | 30 | K 122 | 00:39:39 | 01:00:45 | 01:41:08.00 | 01:41:37.50 | 10:06 | 5.9 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|--|-----------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 271 | KRAWCZYK MAGDALENA | 1139 | BIEGAJĄCY PALACZE | ULAN-MAJORAT | POLSKA | SENIOR II K - 30 | 51 | K 123 | 00:41:33 | 01:04:54 | 01:41:16.80 | 01:41:38.65 | 10:07 | 5.9 |
| 272 | ZWYDAK ANNA | 1159 | KOBIETAWBIEGU.PL | KIEŁCZÓW | POLSKA | SENIOR I K - 20 | 31 | K 124 | 00:40:37 | 01:02:52 | 01:41:23.45 | 01:41:46.10 | 10:08 | 5.9 |
| 273 | MAZURCZAK EWA | 1158 | KOBIETAWBIEGU.PL | KIEŁCZÓWEK | POLSKA | MASTERS K - 40 | 34 | K 125 | 00:40:36 | 01:02:52 | 01:41:24.25 | 01:41:46.40 | 10:08 | 5.9 |
| 274 | PODSIADŁY ROBERT | 1291 | CHATA BIEGACZA K34 | | | WETERAN I M - 50 | 9 | M 149 | 00:38:05 | 01:00:34 | 01:41:47.10 | 01:42:20.15 | 10:10 | 5.9 |
| 275 | AUGUSTOWSKA IZABELA | 1231 | KB GEOTERMIA UNIEJÓW | WARTKOWICE | POLSKA | MASTERS K - 40 | 35 | K 126 | 00:38:21 | 01:00:32 | 01:42:09.05 | 01:42:23.85 | 10:12 | 5.9 |
| 276 | DOJKA DOROTA | 1152 | | WROCLAW | POLSKA | MASTERS K - 40 | 36 | K 127 | 00:38:21 | 01:00:24 | 01:42:08.85 | 01:42:24.20 | 10:12 | 5.9 |
| 277 | HRABAŃSKA-RACZAK BEATA | 1168 | | KATOWICE | POLSKA | SENIOR II K - 30 | 52 | K 128 | 00:40:26 | 01:02:55 | 01:42:16.55 | 01:42:45.60 | 10:13 | 5.9 |
| 278 | RACZAK MACIEJ | 1167 | | KATOWICE | POLSKA | SENIOR II M - 30 | 60 | M 150 | 00:40:27 | 01:02:56 | 01:42:16.65 | 01:42:45.70 | 10:13 | 5.9 |
| 279 | STAWSKA ALICJA | 1298 | | ŁÓDŹ | POLSKA | OPEN KOBIET | 4 | K 129 | 00:39:00 | 01:02:45 | 01:42:25.45 | 01:42:53.30 | 10:14 | 5.9 |
| 280 | ERENBERG MAŁGORZATA | 1153 | FUDU&CO SPORT TEAM | PIOTRKÓW TRYB. | POLSKA | SENIOR II K - 30 | 53 | K 130 | 00:39:27 | 01:03:06 | 01:43:08.75 | 01:43:16.10 | 10:18 | 5.8 |
| 281 | RAJKOWSKA ANNA | 1230 | | PIOTRKÓW TRYBUNALSKI | POLSKA | MASTERS K - 40 | 37 | K 131 | 00:39:31 | 01:03:06 | 01:43:08.95 | 01:43:16.30 | 10:18 | 5.8 |
| 282 | NOWAK TERESA | 1192 | TERESA NOWAK | ZIĘBICE | POLSKA | WETERAN II K - 60 | 1 | K 132 | 00:36:16 | 01:00:00 | 01:42:58.55 | 01:43:32.40 | 10:17 | 5.8 |
| 283 | JĘDRZEJEWSKA ULA | 1253 | WATAHA | | | MASTERS K - 40 | 38 | K 133 | 00:39:58 | 01:03:02 | 01:43:20.50 | 01:43:44.55 | 10:20 | 5.8 |
| 284 | CHMIELEWSKI MARCIN | 1034 | BIEGAM BEZ SPINY | ŚCINAWA | POLSKA | MASTERS M - 40 | 46 | M 151 | 00:39:38 | 01:03:14 | 01:44:11.75 | 01:44:43.35 | 10:25 | 5.8 |
| 285 | LECHNA MIRELLA | 1061 | | MIRKÓW | POLSKA | MASTERS K - 40 | 39 | K 134 | 00:39:39 | 01:04:17 | 01:44:59.25 | 01:45:04.15 | 10:30 | 5.7 |
| 286 | KISIAŁA FILIP | 1002 | LACHO TEAM | KRAKÓW | POLSKA | SENIOR II M - 30 | 61 | M 152 | 00:39:39 | 01:03:53 | 01:45:08.35 | 01:45:50.35 | 10:30 | 5.7 |
| 287 | STAWSKA NATALIA | 1005 | | KRAKÓW | POLSKA | SENIOR II K - 30 | 54 | K 135 | 00:39:43 | 01:04:29 | 01:45:14.70 | 01:45:50.60 | 10:31 | 5.7 |
| 288 | KUŹNIAK MARCIN | 1258 | | | POLSKA | MASTERS M - 40 | 47 | M 153 | 00:41:06 | 01:03:54 | 01:46:01.20 | 01:46:38.00 | 10:36 | 5.7 |
| 289 | SIECZKOWSKI ARTUR | 1244 | NATURAL BORN RUMIA | MASTERS M - 40 | | MASTERS M - 40 | 48 | M 154 | 00:39:40 | 01:05:24 | 01:46:51.85 | 01:47:26.90 | 10:41 | 5.6 |
| 290 | NĄCKIEWICZ JUSTYNA | 1251 | | BRZESKO | | MASTERS K - 40 | 40 | K 136 | 00:39:21 | 01:05:23 | 01:46:51.80 | 01:47:27.10 | 10:41 | 5.6 |
| 291 | KOWALCZYK OLKA | 1110 | | ALEKSANDRÓW ŁÓDZKI | POLSKA | SENIOR II K - 30 | 55 | K 137 | 00:39:21 | 01:05:24 | 01:46:52.60 | 01:47:27.80 | 10:41 | 5.6 |
| 292 | KARNOWSKI SŁAWOMIR | 1280 | | | | MASTERS M - 40 | 49 | M 155 | 00:41:35 | 01:06:16 | 01:48:06.20 | 01:48:27.60 | 10:48 | 5.6 |
| 293 | JÓZEFOWICZ MAGDALENA | 1011 | FUNDACJA DZIECIOM 'ZDĄŻYĆ Z POMOCĄ' KORNEL MAŚLIŃSKI 28449 BIEGAM DLA KORNELKA | SMARDZÓW | POLSKA | SENIOR II K - 30 | 56 | K 138 | 00:42:33 | 01:07:32 | 01:49:50.00 | 01:50:09.10 | 10:59 | 5.5 |
| 294 | MADERA BOGDAN | 1059 | RUNWALKRUN | ŚWIDNICA | POLSKA | WETERAN I M - 50 | 10 | M 156 | 00:41:47 | 01:06:27 | 01:50:48.20 | 01:50:53.20 | 11:04 | 5.4 |
| 295 | BLISKA-MRO CZKA HENRYKA | 1311 | | ZIĘBICE | | MASTERS K - 40 | 41 | K 139 | 00:40:46 | 01:07:51 | 01:52:01.50 | 01:52:15.65 | 11:12 | 5.4 |
| 296 | MELSON ANDRZEJ | 1128 | BIZON TEAM | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 11 | M 157 | 00:41:44 | 01:07:37 | 01:55:07.95 | 01:55:40.80 | 11:30 | 5.2 |
| 297 | MELSON MACIEJ | 1295 | BIZON TEAM | ŁÓDŹ | POLSKA | SENIOR I M - 20 | 27 | M 158 | 00:41:43 | 01:07:37 | 01:55:09.05 | 01:55:42.45 | 11:30 | 5.2 |
| 298 | BOCZAR WALDEK | 1117 | | WROCLAW | POLSKA | SENIOR II M - 30 | 62 | M 159 | 00:40:07 | 01:02:44 | 01:55:56.65 | 01:56:14.40 | 11:35 | 5.2 |
| 299 | DŁUGOSZ MAREK | 1232 | KB GEOTERMIA UNIEJÓW | NARTKOWICE | POLSKA | WETERAN I M - 50 | 12 | M 160 | 00:34:15 | 01:01:16 | 01:58:57.55 | 01:59:12.25 | 11:53 | 5 |
| 300 | NOWICKI ANDRZEJ | 1104 | ZJEDNOCZENI ZWYCIĘŻAMY | WROCLAW | POLSKA | MASTERS M - 40 | 50 | M 161 | 00:42:37 | 01:09:45 | 01:59:06.20 | 01:59:39.05 | 11:54 | 5 |
| 301 | KOSZYK MARIAN | 1340 | | | | WETERAN I M - 50 | 13 | M 162 | 00:48:06 | 01:13:11 | 02:03:05.00 | 02:03:31.90 | 12:18 | 4.9 |
| 302 | BAKOWSKA MARIA | 1211 | ZAŁOGA GÓRSKA | GNIEZNO | POLSKA | WETERAN II K - 60 | 2 | K 140 | 00:44:08 | 01:14:49 | 02:08:04.35 | 02:08:18.45 | 12:48 | 4.7 |
| 303 | SOKOŁOWSKI KAZIMIERZ | 1012 | | GDANSK | POLSKA | WETERAN II M - 60 | 7 | M 163 | 00:49:38 | 01:19:49 | 02:18:19.40 | 02:18:47.55 | 13:49 | 4.3 |
| 304 | CHYBICKA ALICJA | 1180 | | WROCLAW | POLSKA | WETERAN II K - 60 | 3 | K 141 | 00:56:50 | 01:36:08 | 02:45:45.80 | 02:46:04.30 | 16:34 | 3.6 |
| | KITA MICHAŁ | 1068 | PĘDZĄCY W MIEJSCU | WROCLAW | POLSKA | MASTERS M - 40 | | | 00:19:10 | 00:30:16 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | |
| 0 | PRZEDWOJEWSKI BARTŁOMEJ | 1196 | | GLUCHOŁAZY | POLSKA | SENIOR I M - 20 | 1 | M 1 | 00:16:23 | 00:25:29 | 00:41:54.10 | 00:41:55.50 | 4:11 | 14.3 |
| 1 | PIEGOWSKI ADAM | 1191 | EUROVENT ATHLETICS OPOLE | PRZYWORY | POLSKA | SENIOR II M - 30 | 1 | M 2 | 00:18:52 | 00:29:42 | 00:48:00.05 | 00:48:05.45 | 4:48 | 12.5 |
| 2 | GRACZYK ADRIAN | 1081 | BIEGI.WLKP | CZARNKÓW | POLSKA | SENIOR I M - 20 | 2 | M 3 | 00:19:21 | 00:30:23 | 00:48:11.05 | 00:48:13.70 | 4:49 | 12.5 |
| 3 | KOWAL AMADEUSZ | 1308 | | LUBACZÓW | | SENIOR II M - 30 | 2 | M 4 | 00:20:22 | 00:31:19 | 00:50:31.75 | 00:50:35.80 | 5:03 | 11.9 |
| 4 | KANTOR MARTYNA | 1264 | SARCO GARMIN TEAM | | POLSKA | SENIOR I K - 20 | 1 | K 1 | 00:20:16 | 00:31:12 | 00:51:02.90 | 00:51:05.10 | 5:06 | 11.8 |
| 5 | GRZELAK ADRIAN | 1247 | CHATA BIEGACZA | ZAKOPANE | | SENIOR I M - 20 | 3 | M 5 | 00:21:15 | 00:32:16 | 00:51:06.05 | 00:51:13.10 | 5:06 | 11.7 |
| 6 | HACZYK JAROSŁAW | 1235 | BIEG OPOLSKI | | | MASTERS M - 40 | 1 | M 6 | 00:20:28 | 00:31:54 | 00:51:50.95 | 00:51:54.00 | 5:11 | 11.6 |
| 7 | TOMASIAK NATALIA | 1283 | SALOMON SUUNTO TEAM | KRYNICA ZDRÓJ | | SENIOR II K - 30 | 1 | K 2 | 00:20:19 | 00:31:40 | 00:52:27.45 | 00:52:30.05 | 5:14 | 11.4 |
| 8 | MICHALIK ADAM | 1321 | | | | MASTERS M - 40 | 2 | M 7 | 00:21:11 | 00:33:04 | 00:53:13.60 | 00:53:16.70 | 5:19 | 11.3 |
| 9 | STACHOWIAK MARCIN | 1094 | BIEGI.WLKP | PUSZCZYKOWO | POLSKA | SENIOR I M - 20 | 4 | M 8 | 00:21:31 | 00:33:52 | 00:54:59.40 | 00:55:00.65 | 5:29 | 10.9 |
| 10 | GAJEWSKI MARCIN | 1055 | | KŁODZKO | POLSKA | MASTERS M - 40 | 3 | M 9 | 00:21:44 | 00:34:11 | 00:55:20.75 | 00:55:22.60 | 5:32 | 10.8 |
| 11 | DOMAŃSKI PATRYK | 1088 | BIEGI.WLKP | POZNAŃ | POLSKA | SENIOR I M - 20 | 5 | M 10 | 00:22:31 | 00:34:52 | 00:55:26.10 | 00:55:29.35 | 5:32 | 10.8 |
| 12 | NOWINIŃSKI ANDRZEJ | 1328 | | | | MASTERS M - 40 | 4 | M 11 | 00:22:16 | 00:34:42 | 00:55:37.30 | 00:55:39.00 | 5:33 | 10.8 |
| 13 | KUJAWA ZBIGNIEW | 1263 | | JANOWIEC WIELKOPOLSKI | | SENIOR I M - 20 | 6 | M 12 | 00:21:33 | 00:34:27 | 00:55:57.10 | 00:56:02.80 | 5:35 | 10.7 |
| 14 | SMOLEŃ SEBASTIAN | 1299 | | ŁĄDEK-ZDRÓJ | | SENIOR II M - 30 | 3 | M 13 | 00:22:17 | 00:34:46 | 00:56:09.20 | 00:56:12.60 | 5:36 | 10.7 |
| 15 | RACZKO TOMASZ | 1205 | ZAŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA | BOLESŁAWIEC | POLSKA | SENIOR II M - 30 | 4 | M 14 | 00:22:22 | 00:34:28 | 00:56:05.30 | 00:56:14.25 | 5:36 | 10.7 |
| 16 | ZIĘTERSKI ROBERT | 1075 | | KŁODZKO | POLSKA | MASTERS M - 40 | 5 | M 15 | 00:22:57 | 00:35:47 | 00:57:00.80 | 00:57:04.55 | 5:42 | 10.5 |
| 17 | SPYCHAŁSKI ADAM | 1060 | | RUDA ŚLĄSKA | POLSKA | MASTERS M - 40 | 6 | M 16 | 00:22:52 | 00:35:39 | 00:57:06.50 | 00:57:11.70 | 5:42 | 10.5 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------------|---------------------|--------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 18 | BIERNACKA KATARZYNA | 1118 | TEAM LUKS ŻORAWINA/SOBCZYK TEAM | SYCÓW | POLSKA | SENIOR I K - 20 | 2 | K 3 | 00:22:35 | 00:35:15 | 00:57:17.55 | 00:57:18.90 | 5:43 | 10.5 |
| 19 | BUKAŁA MARCIN | 1184 | VEGE RUNNERS | BIELSKO-BIAŁA | POLSKA | SENIOR I M - 20 | 7 | M 17 | 00:20:53 | 00:34:09 | 00:57:03.80 | 00:57:25.35 | 5:42 | 10.5 |
| 20 | JANKOWSKI JAKUB | 1206 | ZĄLOGA GÓRSKA \ TRUCHT.COM | ŁÓDŹ | POLSKA | SENIOR I M - 20 | 8 | M 18 | 00:22:47 | 00:35:02 | 00:57:22.65 | 00:57:26.40 | 5:44 | 10.5 |
| 21 | DUPLA KONRAD | 1077 | WKB PIAST WROCŁAW | WROCŁAW | POLSKA | SENIOR II M - 30 | 5 | M 19 | 00:23:49 | 00:36:30 | 00:58:04.80 | 00:58:09.70 | 5:48 | 10.3 |
| 22 | KACZMARCZYK PRZEMYŚLAW | 1141 | WATAHA | KOBIERZYCE | POLSKA | SENIOR I M - 20 | 9 | M 20 | 00:23:14 | 00:36:34 | 00:58:55.35 | 00:58:59.20 | 5:53 | 10.2 |
| 23 | BINKOWSKI MARCIN | 1199 | | MOSINA | POLSKA | MASTERS M - 40 | 7 | M 21 | 00:24:01 | 00:37:06 | 00:59:24.55 | 00:59:34.70 | 5:56 | 10.1 |
| 24 | OLKIS RAFAŁ | 1304 | PRZEBIEGA.PL | WROCŁAW | | SENIOR II M - 30 | 6 | M 22 | 00:22:48 | 00:36:14 | 00:59:40.70 | 00:59:49.35 | 5:58 | 10.1 |
| 25 | MARIN ALBERTO | 1107 | | POZNAN | POLAND | SENIOR II M - 30 | 7 | M 23 | 00:23:06 | 00:37:00 | 01:00:56.15 | 01:01:09.30 | 6:05 | 9.8 |
| 26 | KRAWCZYK KONRAD | 1114 | 1991 | WARSZAWA | POLSKA | SENIOR I M - 20 | 10 | M 24 | 00:24:47 | 00:38:48 | 01:01:41.25 | 01:01:56.85 | 6:10 | 9.7 |
| 27 | JANUSZEWSKI MACIEJ | 1140 | | WROCŁAW | POLSKA | SENIOR II M - 30 | 8 | M 25 | 00:23:50 | 00:37:41 | 01:02:10.35 | 01:02:14.70 | 6:13 | 9.7 |
| 28 | GADALSKI BARTOSZ | 1292 | | ŁĄDEK ZDRÓJ | | SENIOR II M - 30 | 9 | M 26 | 00:24:27 | 00:38:36 | 01:02:10.30 | 01:02:29.90 | 6:13 | 9.7 |
| 29 | SZYMAŃSKI ŁUKASZ | 1290 | | WROCŁAW | | OPEN | 1 | M 27 | 00:25:02 | 00:39:06 | 01:02:12.90 | 01:02:41.80 | 6:13 | 9.6 |
| 30 | HRYNOWIECKI PAWEŁ | 1043 | | ZŁOTY STOK | POLSKA | SENIOR II M - 30 | 10 | M 28 | 00:24:35 | 00:38:17 | 01:02:32.40 | 01:03:07.75 | 6:15 | 9.6 |
| 31 | SZĄTKOWSKI ŁUKASZ | 1173 | CRAZYJUMPKĘPNO | KEPNO | POLSKA | SENIOR I M - 20 | 11 | M 29 | 00:25:52 | 00:39:58 | 01:03:08.70 | 01:03:17.90 | 6:18 | 9.5 |
| 32 | STEMPNIAK DANIEL | 1087 | KS MARATON OSTRÓW WLKP. | OSTRÓW WIELKOPOLSKI | POLSKA | SENIOR II M - 30 | 11 | M 30 | 00:25:11 | 00:38:42 | 01:03:11.20 | 01:03:18.10 | 6:19 | 9.5 |
| 33 | KITKOWSKI ARKADIUSZ | 1279 | SUPERSNOW | ŁĄDEK ZDRÓJ | POLSKA | MASTERS M - 40 | 8 | M 31 | 00:25:18 | 00:38:52 | 01:03:14.70 | 01:03:19.50 | 6:19 | 9.5 |
| 34 | CHRZANOWSKI PAWEŁ | 1240 | 100 BATALION ŁĄCZNOŚCI | ŁĄDEK-ZDRÓJ | | SENIOR II M - 30 | 12 | M 32 | 00:25:23 | 00:39:09 | 01:03:40.80 | 01:03:45.60 | 6:22 | 9.4 |
| 35 | PERZ EMILIA | 1126 | WOLSZTYŃSKA AKADEMIA BIEGOWA | BUKOWIEC | POLSKA | SENIOR I K - 20 | 3 | K 4 | 00:26:30 | 00:41:14 | 01:04:03.30 | 01:04:07.60 | 6:24 | 9.4 |
| 36 | KULESZA AGNIESZKA | 1327 | | | | SENIOR I K - 20 | 4 | K 5 | 00:24:50 | 00:39:35 | 01:04:30.20 | 01:04:38.20 | 6:27 | 9.3 |
| 37 | RAKOCZY JERZY | 1260 | | | | MASTERS M - 40 | 9 | M 33 | 00:25:43 | 00:39:56 | 01:04:40.30 | 01:04:44.60 | 6:28 | 9.3 |
| 38 | DĘBICKI ŁUKASZ | 1189 | | WAŁBRZYCH | POLSKA | SENIOR II M - 30 | 13 | M 34 | 00:24:13 | 00:38:45 | 01:04:15.00 | 01:04:53.75 | 6:25 | 9.3 |
| 39 | DZIEDZIC KRYSZTIAN | 1165 | | WROCŁAW | POLSKA | SENIOR II M - 30 | 14 | M 35 | 00:24:47 | 00:38:57 | 01:04:53.35 | 01:05:01.60 | 6:29 | 9.2 |
| 40 | WILK MATEUSZ | 1175 | RAMBO 3 | BYTOM | POLSKA | SENIOR II M - 30 | 15 | M 36 | 00:26:02 | 00:40:42 | 01:04:35.85 | 01:05:02.00 | 6:27 | 9.3 |
| 41 | WILK MACIEJ | 1074 | RAMBO 3 | BYTOM | POLSKA | SENIOR II M - 30 | 16 | M 37 | 00:19:35 | 00:30:27 | 01:04:54.95 | 01:05:02.15 | 6:29 | 9.2 |
| 42 | ZWOLIŃSKI ŁUKASZ | 1314 | | | | SENIOR II M - 30 | 17 | M 38 | 00:25:46 | 00:39:29 | 01:04:59.60 | 01:05:03.00 | 6:30 | 9.2 |
| 43 | HACZYK NATALIA | 1234 | BIEG OPOLSKI | | | MASTERS K - 40 | 1 | K 6 | 00:25:38 | 00:39:46 | 01:04:57.60 | 01:05:07.50 | 6:29 | 9.2 |
| 44 | KNAPP JANUSZ | 1317 | | | | SENIOR II M - 30 | 18 | M 39 | 00:27:04 | 00:42:06 | 01:05:03.00 | 01:05:23.00 | 6:30 | 9.2 |
| 45 | TOMASZEWSKI MARCIN | 1302 | GTRAT | | | SENIOR II M - 30 | 19 | M 40 | 00:25:06 | 00:39:36 | 01:05:26.40 | 01:05:36.55 | 6:32 | 9.2 |
| 46 | RUDNICKI MATEUSZ | 1341 | | TRZEBOSZOWICE | | SENIOR II M - 30 | 20 | M 41 | 00:25:19 | 00:40:21 | 01:05:21.55 | 01:05:39.60 | 6:32 | 9.2 |
| 47 | WUJDA MIROSLAW | 1307 | EKW RULEZ | | | MASTERS M - 40 | 10 | M 42 | 00:25:55 | 00:38:33 | 01:05:34.35 | 01:05:40.85 | 6:33 | 9.2 |
| 48 | ANDRASIEWICZ KONRAD | 1309 | | DUSZNIKI-ZDRÓJ | | SENIOR II M - 30 | 21 | M 43 | 00:25:39 | 00:39:36 | 01:05:21.80 | 01:05:43.50 | 6:32 | 9.2 |
| 49 | CHODOROWSKI KRZYSZTOF | 1057 | PRZEBIEGA.PL | WROCŁAW | POLSKA | SENIOR II M - 30 | 22 | M 44 | 00:23:41 | 00:39:24 | 01:05:48.95 | 01:05:58.00 | 6:34 | 9.1 |
| 50 | GOLDMAN MATEUSZ | 1076 | | ŁÓDŹ | POLSKA | SENIOR II M - 30 | 23 | M 45 | 00:25:22 | 00:39:54 | 01:05:53.95 | 01:06:03.00 | 6:35 | 9.1 |
| 51 | TYŚ RADEK | 1201 | | NOWA RUDA | POLSKA | SENIOR II M - 30 | 24 | M 46 | 00:25:50 | 00:40:27 | 01:06:01.30 | 01:06:16.90 | 6:36 | 9.1 |
| 52 | NEUBAUER SZYMON | 1324 | | | | SENIOR I M - 20 | 12 | M 47 | 00:25:36 | 00:40:02 | 01:05:53.30 | 01:06:21.25 | 6:35 | 9.1 |
| 53 | ABULEWICZ WOJCIECH | 1294 | STP SYNERGIA | WROCŁAW | | MASTERS M - 40 | 11 | M 48 | 00:25:51 | 00:40:20 | 01:06:18.30 | 01:06:23.20 | 6:37 | 9 |
| 54 | TRACZ MICHAŁ | 1169 | OLDSCHOOL MTB GDAŃSK | GDAŃSK | POLSKA | MASTERS M - 40 | 12 | M 49 | 00:24:47 | 00:39:43 | 01:06:14.25 | 01:06:26.80 | 6:37 | 9.1 |
| 55 | POPIEL DARIUSZ | 1096 | 100 BATALION ŁĄCZNOŚCI | WAŁCZ | POLSKA | MASTERS M - 40 | 13 | M 50 | 00:25:56 | 00:40:40 | 01:05:58.85 | 01:06:28.60 | 6:35 | 9.1 |
| 56 | KOTNIEWICZ PIOTR | 1323 | | | | SENIOR I M - 20 | 13 | M 51 | 00:25:59 | 00:41:00 | 01:06:23.05 | 01:06:37.20 | 6:38 | 9 |
| 57 | BUDYCH AREK | 1193 | | WRONKI | POLSKA | SENIOR II M - 30 | 25 | M 52 | 00:26:42 | 00:41:53 | 01:06:08.55 | 01:06:40.25 | 6:36 | 9.1 |
| 58 | ALBERT ŁUKASZ | 1236 | | OPOLE | | SENIOR II M - 30 | 26 | M 53 | 00:26:09 | 00:40:50 | 01:06:29.25 | 01:06:42.60 | 6:38 | 9 |
| 59 | GRABIŃSKA GIZELA | 1086 | DREAM RUN/ AZS UW | WARSZAWA-WESOŁA | POLSKA | MASTERS K - 40 | 2 | K 7 | 00:26:37 | 00:41:50 | 01:07:06.85 | 01:07:12.05 | 6:42 | 8.9 |
| 60 | WUJEK MARCIN | 1332 | | | | MASTERS M - 40 | 14 | M 54 | 00:27:37 | 00:42:02 | 01:07:10.65 | 01:07:30.75 | 6:43 | 8.9 |
| 61 | PAZDAN NATALIA | 1183 | KOWARY BIEGAJĄ | KOWARY | POLSKA | SENIOR II K - 30 | 2 | K 8 | 00:26:09 | 00:41:29 | 01:07:32.10 | 01:07:44.05 | 6:45 | 8.9 |
| 62 | NIEMIEC TOMASZ | 1265 | NOWA HUTA TEAM | KRAKÓW | | SENIOR I M - 20 | 14 | M 55 | 00:26:14 | 00:41:39 | 01:07:49.15 | 01:07:57.85 | 6:46 | 8.8 |
| 63 | SZARF PAWEŁ | 1200 | ZĄLOGA GÓRSKA / ANTON TEAM | KĘDZIERZYN-KOŹLE | POLSKA | SENIOR I M - 20 | 15 | M 56 | 00:25:47 | 00:40:53 | 01:08:05.70 | 01:08:08.45 | 6:48 | 8.8 |
| 64 | STAWSKI MICHAŁ | 1064 | MBANK | ŁÓDŹ | POLSKA | SENIOR II M - 30 | 27 | M 57 | 00:21:42 | 00:33:48 | 01:08:09.95 | 01:08:11.60 | 6:49 | 8.8 |
| 65 | GEROWSKI MACIEJ | 1033 | NETBOX BIEGA / LESZ NO LIMITS RUNNERS | GOSTYŃ | POLAND | MASTERS M - 40 | 15 | M 58 | 00:28:47 | 00:43:24 | 01:07:59.20 | 01:08:19.15 | 6:48 | 8.8 |
| 66 | WYSOCKA MAGDALENA | 1228 | | WROCŁAW | POLSKA | SENIOR II K - 30 | 3 | K 9 | 00:27:19 | 00:42:15 | 01:08:13.80 | 01:08:24.40 | 6:49 | 8.8 |
| 67 | KACZMARCZYK MATEUSZ | 1224 | | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I M - 20 | 16 | M 59 | 00:26:14 | 00:41:40 | 01:08:15.70 | 01:08:26.70 | 6:49 | 8.8 |
| 68 | PODUJK JULIUSZ | 1129 | | GOSTYŃ | POLSKA | MASTERS M - 40 | 16 | M 60 | 00:27:19 | 00:42:14 | 01:08:10.95 | 01:08:33.30 | 6:49 | 8.8 |
| 69 | TYSZER JOANNA | 1334 | | ŁĄDEK ZDRÓJ | | SENIOR I K - 20 | 5 | K 10 | 00:27:36 | 00:42:45 | 01:08:20.65 | 01:08:35.70 | 6:50 | 8.8 |
| 70 | SKELTON SARAH | 1133 | VEGE RUNNERS | WARSZAWA | POLSKA | SENIOR I K - 20 | 6 | K 11 | 00:26:57 | 00:42:26 | 01:08:17.95 | 01:08:38.75 | 6:49 | 8.8 |
| 71 | RUTKOWSKA MAŁGORZATA | 1303 | GÓRSKA ZĄLOGA | | | SENIOR II K - 30 | 4 | K 12 | 00:27:27 | 00:42:40 | 01:08:37.95 | 01:08:43.95 | 6:51 | 8.7 |
| 72 | GAWRON PIOTR | 1112 | KB GOCH BYTÓW | BYTÓW | POLSKA | MASTERS M - 40 | 17 | M 61 | 00:26:15 | 00:41:04 | 01:08:43.95 | 01:08:53.25 | 6:52 | 8.7 |
| 73 | GRUSZKA ROBERT | 1151 | GRU-KO | GAŁEWICE | POLSKA | MASTERS M - 40 | 18 | M 62 | 00:26:41 | 00:43:09 | 01:08:36.35 | 01:08:53.60 | 6:51 | 8.7 |
| 74 | PIOTROWSKA MAGDALENA | 1062 | KLUB BIEGACZA JURUND SZCZYTNO | ŚWIĘTAJNO | POLSKA | SENIOR II K - 30 | 5 | K 13 | 00:26:26 | 00:43:38 | 01:09:00.10 | 01:09:02.60 | 6:54 | 8.7 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|---------------------------------------|------------------------|--------|-------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 75 | WANTUCH KATARZYNA | 1203 | ZĄŁOGA GÓRSKA | OPOLE | POLSKA | SENIOR II K - 30 | 6 | K 14 | 00:27:47 | 00:43:08 | 01:09:12.90 | 01:09:26.20 | 6:55 | 8.7 |
| 76 | BOSJANEK KAMILA | 1049 | 4RUN TEAM PIŁA | PIŁA | POLSKA | SENIOR II K - 30 | 7 | K 15 | 00:27:28 | 00:42:55 | 01:09:20.60 | 01:09:27.05 | 6:56 | 8.7 |
| 77 | CZEBOTAR BARBARA | 1237 | | KŁODZKO | | MASTERS K - 40 | 3 | K 16 | 00:27:32 | 00:43:02 | 01:09:19.10 | 01:09:27.05 | 6:56 | 8.7 |
| 78 | BURDA SEBASTIAN | 1338 | | | | MASTERS M - 40 | 19 | M 63 | 00:26:40 | 00:43:41 | 01:09:41.50 | 01:09:57.90 | 6:58 | 8.6 |
| 79 | TYSZER ŁUKASZ | 1333 | | | | SENIOR I M - 20 | 17 | M 64 | 00:26:22 | 00:43:18 | 01:09:50.15 | 01:10:05.95 | 6:59 | 8.6 |
| 80 | SZABAT DANIEL | 1063 | POLSKIEWSPINANIE.PL | WROCŁAW | POLSKA | SENIOR II M - 30 | 28 | M 65 | 00:27:43 | 00:43:32 | 01:09:52.85 | 01:10:24.20 | 6:59 | 8.6 |
| 81 | SYSAŁA JANUSZ | 1278 | | BIAŁYSTOK | | WETERAN II M - 60 | 1 | M 66 | 00:27:27 | 00:43:19 | 01:10:22.40 | 01:10:31.35 | 7:02 | 8.5 |
| 82 | SUSMARSKA EWA | 1233 | NO WOMAN NO TRI | POZNAŃ | POLSKA | SENIOR I K - 20 | 7 | K 17 | 00:27:43 | 00:43:37 | 01:10:24.95 | 01:10:37.05 | 7:02 | 8.5 |
| 83 | PELCZARSKI MICHAŁ | 1329 | | | | SENIOR II M - 30 | 29 | M 67 | 00:26:22 | 00:43:37 | 01:10:28.85 | 01:10:40.80 | 7:02 | 8.5 |
| 84 | MARCINKOWSKI PRZEMYSŁAW | 1306 | | GOSTYŃ | | MASTERS M - 40 | 20 | M 68 | 00:28:29 | 00:44:10 | 01:10:28.70 | 01:10:50.40 | 7:02 | 8.5 |
| 85 | SOBCZYŃSKA MAGDALENA | 1080 | BIEGI.WLKP | POZNAŃ | POLSKA | SENIOR I K - 20 | 8 | K 18 | 00:28:31 | 00:43:55 | 01:10:31.10 | 01:10:53.25 | 7:03 | 8.5 |
| 86 | FOLARON RAFAŁ | 1138 | | MIŁOSZYCE | POLSKA | SENIOR I M - 20 | 18 | M 69 | 00:28:00 | 00:44:24 | 01:10:55.75 | 01:11:08.30 | 7:05 | 8.5 |
| 87 | JABŁOŃSKA EMILIA | 1267 | | WARSZAWA | | SENIOR I K - 20 | 9 | K 19 | 00:28:40 | 00:44:33 | 01:10:57.70 | 01:11:23.40 | 7:05 | 8.5 |
| 88 | WIKTOR MATEUSZ | 1115 | | BIELSKO-BIAŁA | POLSKA | SENIOR I M - 20 | 19 | M 70 | 00:26:59 | 00:43:25 | 01:11:23.60 | 01:11:33.50 | 7:08 | 8.4 |
| 89 | KORNAŚ MARCIN | 1113 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | ZĄBKOWICE ŚLĄSKIE | POLSKA | SENIOR II M - 30 | 30 | M 71 | 00:27:20 | 00:43:17 | 01:11:21.30 | 01:11:48.65 | 7:08 | 8.4 |
| 90 | URBAŃSKI TOMASZ | 1150 | FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I M - 20 | 20 | M 72 | 00:29:18 | 00:45:28 | 01:11:57.75 | 01:12:12.00 | 7:11 | 8.3 |
| 91 | CHWIĄŁKOWSKI WIESŁAW | 1025 | | TORUŃ | POLSKA | WETERAN I M - 50 | 1 | M 73 | 00:27:09 | 00:43:24 | 01:12:03.55 | 01:12:18.35 | 7:12 | 8.3 |
| 92 | LEWANDOWSKA PATRYCJA | 1040 | KURORT ŁĄDEK- ZDRÓJ LKS ISKRA JASKOWA | OŁDRZYCHOWICE KŁODZKIE | POLSKA | SENIOR I K - 20 | 10 | K 20 | 00:28:24 | 00:44:50 | 01:11:55.05 | 01:12:20.55 | 7:11 | 8.3 |
| 93 | KŁOS ANIA | 1154 | | INOWROCŁAW | POLSKA | SENIOR II K - 30 | 8 | K 21 | 00:29:05 | 00:44:54 | 01:12:16.65 | 01:12:33.50 | 7:13 | 8.3 |
| 94 | SIWA DOMINIK | 1145 | | POZNAŃ | POLSKA | SENIOR II M - 30 | 31 | M 74 | 00:27:12 | 00:44:08 | 01:12:36.30 | 01:12:49.20 | 7:15 | 8.3 |
| 95 | KUZIEL MARCIN | 1070 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POLSKA | SENIOR II M - 30 | 32 | M 75 | 00:28:50 | 00:45:05 | 01:12:31.95 | 01:12:59.80 | 7:15 | 8.3 |
| 96 | RYBARSKI PIOTR | 1027 | | DOLSK | POLSKA | SENIOR II M - 30 | 33 | M 76 | 00:27:42 | 00:43:30 | 01:13:02.10 | 01:13:22.70 | 7:18 | 8.2 |
| 97 | ROGOCZ MACIEJ | 1083 | ROGASIE Z DOLINY ROZTOKI | GDYNIA | POLSKA | MASTERS M - 40 | 21 | M 77 | 00:29:13 | 00:45:41 | 01:13:12.70 | 01:13:42.65 | 7:19 | 8.2 |
| 98 | TOMERA PIOTR | 1343 | | | | MASTERS M - 40 | 22 | M 78 | 00:23:54 | 00:37:50 | 01:01:40.65 | 01:13:49.65 | 6:10 | 9.7 |
| 99 | KOSIELSKA BEATA | 1067 | | ŁÓDŹ | POLSKA | SENIOR II K - 30 | 9 | K 22 | 00:29:37 | 00:46:21 | 01:13:26.05 | 01:13:50.00 | 7:20 | 8.2 |
| 100 | PRZYBYLSKI WITEK | 1256 | OTK RZEŹNIK | GLIWICE | POLSKA | SENIOR II M - 30 | 34 | M 79 | 00:29:37 | 00:45:55 | 01:13:54.25 | 01:13:56.70 | 7:23 | 8.1 |
| 101 | WOJTKOWIAK RENATA | 1132 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POLSKA | MASTERS K - 40 | 4 | K 23 | 00:27:52 | 00:44:59 | 01:13:47.55 | 01:14:05.35 | 7:22 | 8.1 |
| 102 | SZAŁĘGA KASIA | 1131 | | ZIELONA GÓRA | POLAND | SENIOR II K - 30 | 10 | K 24 | 00:27:51 | 00:44:59 | 01:13:48.20 | 01:14:06.25 | 7:22 | 8.1 |
| 103 | LICZNERSKI MIROSŁAW | 1121 | LUBAWA KOCHA BIEGAĆ | LUBAWA | POLSKA | SENIOR II M - 30 | 35 | M 80 | 00:27:29 | 00:44:34 | 01:13:42.25 | 01:14:06.45 | 7:22 | 8.1 |
| 104 | BOMBA MAREK | 1190 | | ZLOTY STOK | POLSKA | WETERAN II M - 60 | 2 | M 81 | 00:29:41 | 00:46:21 | 01:13:39.35 | 01:14:15.50 | 7:21 | 8.1 |
| 105 | CIEŹKOWSKA SZYMAŃSKA KATARZYNA | 1289 | VEGE RUNNERS | WROCŁAW | POLSKA | OPEN KOBIET | 1 | K 25 | 00:29:50 | 00:46:29 | 01:13:48.85 | 01:14:16.70 | 7:22 | 8.1 |
| 106 | WITKOWSKA PAULINA | 1181 | | SZAMOTUŁY | POLSKA | SENIOR II K - 30 | 11 | K 26 | 00:29:28 | 00:45:52 | 01:14:09.45 | 01:14:18.75 | 7:24 | 8.1 |
| 107 | PASTUSZKA MIROSŁAW | 1174 | RUN ŁDZ | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 2 | M 82 | 00:30:39 | 00:47:52 | 01:14:18.30 | 01:14:35.15 | 7:25 | 8.1 |
| 108 | GLAPIAK-PRZYTUŁA AGNIESZKA | 1125 | 1979 | LESZNO | POLSKA | SENIOR II K - 30 | 12 | K 27 | 00:29:14 | 00:45:24 | 01:14:20.65 | 01:14:39.45 | 7:26 | 8.1 |
| 109 | KRZYSZTOFIAK ALEKSANDRA | 1176 | KOWARY BIEGAJĄ | KOWARY | POLSKA | SENIOR II K - 30 | 13 | K 28 | 00:29:26 | 00:45:23 | 01:14:33.15 | 01:14:44.35 | 7:27 | 8 |
| 110 | LUBAŃSKA ALICJA | 1073 | ZS BUKOWICE | BUKOWICE | POLSKA | MASTERS K - 40 | 5 | K 29 | 00:28:36 | 00:45:29 | 01:14:45.50 | 01:14:47.80 | 7:28 | 8 |
| 111 | BUSS JAKUB | 1009 | KUDOWSCY MIŁOŚNICZY BIEGANIA | KUDOWA ZDRÓJ | POLSKA | MASTERS M - 40 | 23 | M 83 | 00:29:14 | 00:46:13 | 01:14:27.80 | 01:14:50.75 | 7:26 | 8.1 |
| 112 | FRANKIEWICZ ŁUKASZ | 1127 | SOSNOWIECBIEGA | SOSNOWIEC | POLSKA | SENIOR I M - 20 | 21 | M 84 | 00:28:56 | 00:44:58 | 01:14:45.70 | 01:14:51.70 | 7:28 | 8 |
| 113 | ULIKOWSKA MARTYNA | 1225 | ZĄŁOGA GÓRSKA | GOŚCINO | POLSKA | SENIOR I K - 20 | 11 | K 30 | 00:29:25 | 00:46:21 | 01:14:53.55 | 01:15:01.20 | 7:29 | 8 |
| 114 | MARZYŃSKA BARBARA | 1198 | | GNIEZNO | POLSKA | WETERAN K - 50 | 1 | K 31 | 00:29:30 | 00:46:46 | 01:15:37.15 | 01:15:45.45 | 7:33 | 7.9 |
| 115 | KOWALCZYK DAWID | 1142 | | PODGÓRZYN | POLSKA | SENIOR I M - 20 | 22 | M 85 | 00:30:23 | 00:47:23 | 01:15:30.50 | 01:15:45.80 | 7:33 | 7.9 |
| 116 | ZASADA MAGDALENA | 1006 | | DZIWIŚZÓW | POLSKA | SENIOR I K - 20 | 12 | K 32 | 00:30:23 | 00:47:24 | 01:15:31.65 | 01:15:46.30 | 7:33 | 7.9 |
| 117 | GULACZ MARTA | 1157 | KOBIETAWBIEGU.PL | WAŁBRZYCH | POLSKA | SENIOR I K - 20 | 13 | K 33 | 00:29:51 | 00:47:33 | 01:15:39.95 | 01:15:48.60 | 7:34 | 7.9 |
| 118 | KALETA PRZEMYSŁAW | 1084 | PRO-RUN WROCŁAW | WROCŁAW | POLSKA | MASTERS M - 40 | 24 | M 86 | 00:29:53 | 00:46:48 | 01:15:30.80 | 01:15:56.60 | 7:33 | 7.9 |
| 119 | SKOWRON KATARZYNA | 1284 | MARATHON CLUB IRELAND | | | MASTERS K - 40 | 6 | K 34 | 00:30:44 | 00:47:46 | 01:16:01.05 | 01:16:02.95 | 7:36 | 7.9 |
| 120 | SHERIDAN AION | 1285 | MARATHON CLUB IRELAND | | | SENIOR II M - 30 | 36 | M 87 | 00:30:41 | 00:47:43 | 01:16:00.05 | 01:16:03.10 | 7:36 | 7.9 |
| 121 | LISIEWICZ KALETA AGATA | 1085 | PRO-RUN WROCŁAW | WROCŁAW | POLSKA | MASTERS K - 40 | 7 | K 35 | | | 01:16:10.90 | 01:16:10.90 | 7:37 | 7.9 |
| 122 | GŁĄBICA JUSTYNA | 1161 | | KAMIENIEC WROCŁAWSKI | POLSKA | SENIOR II K - 30 | 14 | K 36 | 00:29:35 | 00:46:49 | 01:15:53.25 | 01:16:15.45 | 7:35 | 7.9 |
| 123 | MOTEL PAWEŁ | 1271 | AKS POLONIA WARSZAWA | | | SENIOR II M - 30 | 37 | M 88 | 00:31:34 | 00:49:09 | 01:16:03.80 | 01:16:23.70 | 7:36 | 7.9 |
| 124 | RAK ŁUKASZ | 1325 | | | | SENIOR II M - 30 | 38 | M 89 | 00:29:51 | 00:47:03 | 01:16:13.75 | 01:16:30.60 | 7:37 | 7.9 |
| 125 | PAZGAN SANDRA | 1178 | | STARA KAMIENICA | POLSKA | SENIOR I K - 20 | 14 | K 37 | 00:29:24 | 00:46:25 | 01:16:20.40 | 01:16:30.90 | 7:38 | 7.9 |
| 126 | WOŹNIAK WALDEMAR | 1273 | | | | SENIOR II M - 30 | 39 | M 90 | 00:30:30 | 00:47:38 | 01:16:13.65 | 01:16:35.20 | 7:37 | 7.9 |
| 127 | MIKOŁAJEWSKA JUSTYNA | 1156 | RUNFORDREAMS | WROCŁAW | POLSKA | SENIOR I K - 20 | 15 | K 38 | 00:29:29 | 00:46:59 | 01:16:10.50 | 01:16:49.05 | 7:37 | 7.9 |
| 128 | SZCZYGIEŁ MICHAŁ | 1330 | | | | SENIOR II M - 30 | 40 | M 91 | 00:29:52 | 00:47:04 | 01:16:45.05 | 01:17:01.95 | 7:40 | 7.8 |
| 129 | MICHAŁEC MARZENA | 1179 | KOBIETA W BIEGU | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 15 | K 39 | 00:29:52 | 00:47:34 | 01:16:57.95 | 01:17:05.95 | 7:41 | 7.8 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---|----------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 130 | MLAŚ DAWID | 1216 | | TYCHY | POLSKA | SENIOR II M - 30 | 41 | M 92 | 00:29:54 | 00:47:20 | 01:16:50.60 | 01:17:07.60 | 7:41 | 7.8 |
| 131 | MATUSZEWSKA IZABELA | 1261 | | GÓRZE | | SENIOR II K - 30 | 16 | K 40 | 00:30:36 | 00:47:38 | 01:16:44.75 | 01:17:13.40 | 7:40 | 7.8 |
| 132 | DUDZIŃSKI MAREK | 1322 | | | | MASTERS M - 40 | 25 | M 93 | 00:29:38 | 00:46:39 | 01:16:52.90 | 01:17:19.30 | 7:41 | 7.8 |
| 133 | ZASTAWNY KATARZYNA | 1239 | | | | SENIOR II K - 30 | 17 | K 41 | 00:30:04 | 00:47:04 | 01:17:04.70 | 01:17:34.50 | 7:42 | 7.8 |
| 134 | IWIŃSKI MARCIN | 1220 | WOLNE ŚLIMAKI | POZNAŃ | POLAND | SENIOR II M - 30 | 42 | M 94 | 00:28:46 | 00:45:33 | 01:17:23.20 | 01:17:34.60 | 7:44 | 7.8 |
| 135 | LIS MAŁGORZATA | 1274 | | WIOSKA | | OPEN KOBIET | 2 | K 42 | 00:30:27 | 00:47:19 | 01:17:28.75 | 01:17:53.10 | 7:44 | 7.7 |
| 136 | MAĐEREK BARBARA | 1008 | PAKIECIARZE TEAM | KÓRNIK | POLSKA | SENIOR II K - 30 | 18 | K 43 | 00:29:49 | 00:46:56 | 01:17:42.45 | 01:17:58.75 | 7:46 | 7.7 |
| 137 | GLINA-KRAWCZYK MAŁGORZATA | 1093 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | KAMIEŃC ZĄBKOWICKI | POLSKA | MASTERS K - 40 | 8 | K 44 | 00:30:29 | 00:48:08 | 01:17:41.85 | 01:18:15.70 | 7:46 | 7.7 |
| 138 | GŁOWACKI DARIUSZ | 1111 | | PIOTRKÓW TRYBUNALSKI | POLSKA | MASTERS M - 40 | 26 | M 95 | 00:30:45 | 00:48:33 | 01:18:08.05 | 01:18:16.00 | 7:48 | 7.7 |
| 139 | WANTUCH PIOTR | 1204 | ZAŁOGA GÓRSKA | OPOLE | POLSKA | MASTERS M - 40 | 27 | M 96 | 00:29:49 | 00:46:32 | 01:17:37.40 | 01:18:16.55 | 7:45 | 7.7 |
| 140 | TACIAK SEBASTIAN | 1187 | ANTONINEK POZNAŃ | POZNAŃ | POLAND | MASTERS M - 40 | 28 | M 97 | 00:30:53 | 00:48:16 | 01:18:09.00 | 01:18:21.40 | 7:48 | 7.7 |
| 141 | CHORZĘPA ADAM | 1215 | | SZCZYTNA | POLSKA | WETERAN I M - 50 | 3 | M 98 | 00:26:21 | 00:41:18 | 01:08:38.00 | 01:18:22.00 | 6:51 | 8.7 |
| 142 | KARASIŃSKI JACEK | 1983 | ZAŁOGA GÓRSKA | | | SENIOR II M - 30 | 43 | M 99 | 00:28:02 | 00:44:46 | 01:18:23.80 | 01:18:30.25 | 7:50 | 7.7 |
| 143 | KULESZA PAWEŁ | 1312 | | KIELCE | | SENIOR I M - 20 | 23 | M 100 | 00:30:34 | 00:48:06 | 01:19:03.55 | 01:19:14.70 | 7:54 | 7.6 |
| 144 | DRYMEL JOANNA | 1072 | | ŚWIĘTA KATARZYNA | POLSKA | SENIOR II K - 30 | 19 | K 45 | 00:29:53 | 00:47:41 | 01:18:59.55 | 01:19:21.90 | 7:53 | 7.6 |
| 145 | KUŹNIAK MARTYNA | 1054 | | WARSZAWA | POLSKA | MASTERS K - 40 | 9 | K 46 | 00:30:52 | 00:48:16 | 01:19:22.95 | 01:19:47.40 | 7:56 | 7.6 |
| 146 | SAWAŁA SŁAWOMIR | 1134 | TRANCE ONLY | POZNAŃ | POLSKA | MASTERS M - 40 | 29 | M 101 | 00:30:06 | 00:47:52 | 01:19:18.50 | 01:19:48.45 | 7:55 | 7.6 |
| 147 | MAZUR AGNIESZKA | 1105 | GTO | OŁAWA | POLSKA | SENIOR II K - 30 | 20 | K 47 | 00:31:58 | 00:49:54 | 01:19:26.30 | 01:19:51.10 | 7:56 | 7.6 |
| 148 | JAROSIŃSKI MAREK | 1097 | ŁÓDZKIE HOSPICIUM DLA DZIECI | ŁÓDŹ | POLSKA | SENIOR II M - 30 | 44 | M 102 | 00:30:30 | 00:48:53 | 01:19:35.15 | 01:19:59.80 | 7:57 | 7.5 |
| 149 | ADAMCZUK FELIX | 1091 | | SZCZECIN | POLSKA | MASTERS M - 40 | 30 | M 103 | 00:31:40 | 00:49:28 | 01:19:58.85 | 01:20:05.90 | 7:59 | 7.5 |
| 150 | TAMBIOR JAN | 1319 | | | | WETERAN II M - 60 | 3 | M 104 | 00:30:40 | 00:48:41 | 01:20:11.65 | 01:20:13.55 | 8:01 | 7.5 |
| 151 | SKOKOWSKI STANISŁAW | 1102 | AMATOR | KATOWICE | POLSKA | WETERAN II M - 60 | 4 | M 105 | 00:30:23 | 00:48:02 | 01:20:09.90 | 01:20:15.40 | 8:01 | 7.5 |
| 152 | NAMNI FATIH | 1293 | | | | SENIOR II M - 30 | 45 | M 106 | 00:31:11 | 00:50:04 | 01:19:59.15 | 01:20:21.20 | 7:59 | 7.5 |
| 153 | SINICA KAMILA | 1277 | | | | SENIOR II K - 30 | 21 | K 48 | 00:31:18 | 00:49:25 | 01:20:22.25 | 01:20:26.60 | 8:02 | 7.5 |
| 154 | NOWICKI MACIEJ | 1162 | | WROCŁAW | POLSKA | MASTERS M - 40 | 31 | M 107 | 00:31:14 | 00:49:33 | 01:20:09.60 | 01:20:47.35 | 8:01 | 7.5 |
| 155 | SZARLEJ ANNA | 1148 | FUDU&CO. SPORT TEAM | PIOTRKÓW TRYBUNALSKI | POLSKA | SENIOR II K - 30 | 22 | K 49 | 00:32:45 | 00:50:12 | 01:20:47.35 | 01:20:55.00 | 8:04 | 7.4 |
| 156 | KOPACKA ELIZA | 1017 | FOLLOWME - ZMIENIAMYFINANSE.PL | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 23 | K 50 | 00:30:46 | 00:49:10 | 01:20:31.55 | 01:20:57.85 | 8:03 | 7.5 |
| 157 | BUSZKA ŁUKASZ | 1313 | | | | MASTERS M - 40 | 32 | M 108 | 00:31:28 | 00:48:54 | 01:20:39.35 | 01:20:58.05 | 8:04 | 7.4 |
| 158 | JAKUBOWSKA BEATA | 1326 | | | | SENIOR II K - 30 | 24 | K 51 | 00:31:23 | 00:49:34 | 01:20:33.05 | 01:20:59.20 | 8:03 | 7.4 |
| 159 | OSIKOWSKA TERESA | 1222 | | ZAKOPANE | POLSKA | SENIOR II K - 30 | 25 | K 52 | 00:31:12 | 00:49:32 | 01:20:54.65 | 01:21:12.10 | 8:05 | 7.4 |
| 160 | JASICKI JULIAN | 1177 | | ŁĄDEK-ZDRÓJ | POLSKA | WETERAN II M - 60 | 5 | M 109 | 00:30:17 | 00:48:13 | 01:21:16.35 | 01:21:28.90 | 8:07 | 7.4 |
| 161 | BULAJ BARTOSZ | 1155 | RUNFORDREAMS | WROCŁAW | POLSKA | SENIOR I M - 20 | 24 | M 110 | 00:30:51 | 00:49:28 | 01:20:59.25 | 01:21:37.80 | 8:05 | 7.4 |
| 162 | ŁUCZAJ KINGA | 1339 | | | | SENIOR II K - 30 | 26 | K 53 | 00:32:42 | 00:49:46 | 01:21:28.45 | 01:21:57.50 | 8:08 | 7.4 |
| 163 | SOKOŁOWSKA ANNA | 1223 | | ŁĄDEK ZDRÓJ | POLSKA | SENIOR II K - 30 | 27 | K 54 | 00:31:04 | 00:49:21 | 01:21:53.05 | 01:21:59.15 | 8:11 | 7.3 |
| 164 | SKAWINA-POŁEĆ ANNA | 1078 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 28 | K 55 | 00:31:45 | 00:50:33 | 01:22:04.15 | 01:22:14.60 | 8:12 | 7.3 |
| 165 | POLUS MACIEJ | 1052 | | GNIEZNO | POLSKA | SENIOR I M - 20 | 25 | M 111 | 00:31:39 | 00:49:45 | 01:21:54.55 | 01:22:21.30 | 8:11 | 7.3 |
| 166 | GEROWSKA ALEKSANDRA | 1032 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ | POLAND | MASTERS K - 40 | 10 | K 56 | 00:32:07 | 00:49:51 | 01:22:00.80 | 01:22:21.30 | 8:12 | 7.3 |
| 167 | KONDRAKIEWICZ RAFAŁ | 1013 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOŚZYCE | POLSKA | MASTERS M - 40 | 33 | M 112 | 00:31:14 | 00:49:37 | 01:22:07.20 | 01:22:23.30 | 8:12 | 7.3 |
| 168 | TOMASZEWSKA JOANNA | 1301 | KB HAROWNIK | | | SENIOR II K - 30 | 29 | K 57 | 00:31:27 | 00:49:42 | 01:22:07.15 | 01:22:23.35 | 8:12 | 7.3 |
| 169 | SZAŁAJSKA MONIKA | 1001 | | SŁUBICE | POLSKA | SENIOR I K - 20 | 16 | K 58 | 00:31:01 | 00:49:33 | 01:21:52.00 | 01:22:24.10 | 8:11 | 7.3 |
| 170 | WYSTRYCHOWSKA MARZENA | 1246 | | | | MASTERS K - 40 | 11 | K 59 | 00:30:30 | 00:49:50 | 01:22:38.20 | 01:22:41.40 | 8:15 | 7.3 |
| 171 | WYSTRYCHOWSKI MARCIN | 1090 | BFAGENCJA.PL | WARSZAWA | POLSKA | SENIOR II M - 30 | 46 | M 113 | 00:31:02 | 00:50:06 | 01:22:37.85 | 01:22:41.70 | 8:15 | 7.3 |
| 172 | LIS MARCIN | 1275 | | WIOSKA | | MASTERS M - 40 | 34 | M 114 | 00:31:37 | 00:49:53 | 01:22:22.50 | 01:22:47.90 | 8:14 | 7.3 |
| 173 | JAGUSZEWSKA AGNIESZKA | 1149 | STRZECHA AKADEMICKA | KARPACZ | POLSKA | SENIOR I K - 20 | 17 | K 60 | 00:31:09 | 00:49:47 | 01:22:42.80 | 01:22:58.00 | 8:16 | 7.3 |
| 174 | MARYNOWICZ PIOTR | 1053 | BRAK | ZGIERZ | POLSKA | MASTERS M - 40 | 35 | M 115 | 00:31:10 | 00:50:19 | 01:22:44.55 | 01:23:00.90 | 8:16 | 7.3 |
| 175 | WASZYK ANITA | 1166 | MUAY RUNNING TEAM | ZALASEWO | POLSKA | SENIOR II K - 30 | 30 | K 61 | 00:31:37 | 00:49:59 | 01:22:40.15 | 01:23:08.20 | 8:16 | 7.3 |
| 176 | POTYRAŁO DAMIAN | 1245 | | ŁĄDEK ZDRÓJ | | SENIOR II M - 30 | 47 | M 116 | 00:33:32 | 00:51:45 | 01:22:45.25 | 01:23:15.75 | 8:16 | 7.3 |
| 177 | ŚWIDEREK KASJA | 1268 | | | | MASTERS K - 40 | 12 | K 62 | 00:32:13 | 00:50:06 | 01:23:25.05 | 01:23:28.15 | 8:20 | 7.2 |
| 178 | SZATKOWSKA EWA | 1171 | KOBIETYBIEGAJĄ | KĘPNO | POLSKA | WETERAN K - 50 | 2 | K 63 | 00:32:22 | 00:50:28 | 01:23:22.40 | 01:23:29.50 | 8:20 | 7.2 |
| 179 | GŁĄBICA ADAM | 1160 | PRO - RUN WROCŁAW | KAMIEŃC WROCŁAWSKI | POLSKA | WETERAN I M - 50 | 4 | M 117 | 00:32:19 | 00:50:51 | 01:23:00.95 | 01:23:32.85 | 8:18 | 7.2 |
| 180 | PLEWA KATARZYNA | 1123 | NORDIC16.COM | STRONIE ŚLĄSKIE | POLSKA | SENIOR II K - 30 | 31 | K 64 | 00:32:59 | 00:52:00 | 01:23:38.15 | 01:23:41.40 | 8:21 | 7.2 |
| 181 | BRZOZA DOROTA | 1197 | | WROCŁAW | POLSKA | MASTERS K - 40 | 13 | K 65 | 00:33:21 | 00:51:05 | 01:23:18.25 | 01:23:51.90 | 8:19 | 7.2 |
| 182 | TOPIŁKO WOJCIECH | 1272 | | ŁODYGOWICE | | MASTERS M - 40 | 36 | M 118 | 00:33:49 | 00:52:00 | 01:23:42.05 | 01:23:53.35 | 8:22 | 7.2 |
| 183 | KOSTERA KATARZYNA | 1259 | VEGE RUNNERS | WARSZAWA | | SENIOR II K - 30 | 32 | K 66 | 00:33:00 | 00:50:28 | 01:23:26.90 | 01:23:57.00 | 8:20 | 7.2 |
| 184 | GRISZCZENKO ELŻBIETA | 1342 | | | | SENIOR I K - 20 | 18 | K 67 | 00:33:22 | 00:51:46 | 01:23:27.35 | 01:23:58.85 | 8:20 | 7.2 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|------------------------|-------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 185 | MATEŃCZUK PAWEŁ | 1210 | | RACIBÓRZ | POLSKA | MASTERS M - 40 | 37 | M 119 | 00:31:42 | 00:50:47 | 01:24:08.05 | 01:24:13.25 | 8:24 | 7.1 |
| 186 | PIELICHOWSKA JUSTYNA | 1254 | BIEGAJĄC Z WILKAMI | GOZDNICA | | SENIOR II K - 30 | 33 | K 68 | 00:30:21 | 00:49:05 | 01:23:53.25 | 01:24:16.55 | 8:23 | 7.2 |
| 187 | LISOWSKI MACIEJ | 1241 | | KIEŁCZÓW | | SENIOR II M - 30 | 48 | M 120 | 00:30:37 | 00:48:20 | 01:23:53.60 | 01:24:17.35 | 8:23 | 7.2 |
| 188 | LEWANDOWSKA MARIA | 1038 | BIEGAM BO NIE LUBIE | KONIN | POLSKA | SENIOR II K - 30 | 34 | K 69 | 00:33:56 | 00:52:35 | 01:23:43.35 | 01:24:17.50 | 8:22 | 7.2 |
| 189 | LEWANDOWSKI RAFAŁ | 1037 | BIEGAM BO NIE LUBIE | KONIN | POLSKA | SENIOR II M - 30 | 49 | M 121 | 00:33:55 | 00:52:35 | 01:23:43.40 | 01:24:17.55 | 8:22 | 7.2 |
| 190 | JURCZYK WOJCIECH | 1124 | | LADEK ZDROJ | POLSKA | SENIOR II M - 30 | 50 | M 122 | 00:32:52 | 00:51:19 | 01:23:45.95 | 01:24:23.90 | 8:22 | 7.2 |
| 191 | ŁAPACZYŃSKI ROBERT | 1249 | | LADEK-ZDRÓJ | | MASTERS M - 40 | 38 | M 123 | 00:32:23 | 00:51:05 | 01:24:22.45 | 01:24:27.55 | 8:26 | 7.1 |
| 192 | WITECKA MILENA | 1336 | | | | SENIOR II K - 30 | 35 | K 70 | 00:34:28 | 00:53:16 | 01:24:28.10 | 01:24:31.60 | 8:26 | 7.1 |
| 193 | PABICH MAGDALENA | 1050 | 4RUN TEAM PIŁA | PIŁA | POLSKA | MASTERS K - 40 | 14 | K 71 | 00:33:49 | 00:53:06 | 01:25:02.05 | 01:25:08.00 | 8:30 | 7.1 |
| 194 | HACZKIEWICZ KAROLINA | 1186 | MILKY2017 | STARA MORAWA | POLSKA | SENIOR II K - 30 | 36 | K 72 | 00:32:04 | 00:51:41 | 01:25:09.40 | 01:25:28.15 | 8:31 | 7 |
| 195 | LACHOWICZ ANNA | 1243 | | ESKILSTUNA | | MASTERS K - 40 | 15 | K 73 | 00:33:59 | 00:52:50 | 01:25:14.60 | 01:25:33.25 | 8:31 | 7 |
| 196 | WŁOSKOWICZ KINGA | 1135 | | WĄCHOCK | POLSKA | MASTERS K - 40 | 16 | K 74 | 00:34:12 | 00:53:49 | 01:26:03.15 | 01:26:06.05 | 8:36 | 7 |
| 197 | KOLENDO EDYTA | 1163 | | LADEK-ZDRÓJ | POLSKA | MASTERS K - 40 | 17 | K 75 | 00:32:55 | 00:51:48 | 01:25:56.65 | 01:26:13.50 | 8:35 | 7 |
| 198 | JAROSZ-DANIEL JOANNA | 1214 | | BIELSKO-BIAŁA | POLSKA | SENIOR II K - 30 | 37 | K 76 | 00:34:22 | 00:53:33 | 01:26:04.85 | 01:26:17.90 | 8:36 | 7 |
| 199 | DANIEL JAREK | 1286 | | BIELSKO BIAŁA | | MASTERS M - 40 | 39 | M 124 | 00:34:26 | 00:53:23 | 01:26:05.50 | 01:26:18.35 | 8:36 | 7 |
| 200 | SKORNIAK KATARZYNA | 1221 | WOLNE ŚLIMAKI | POZNAŃ | POLAND | SENIOR I K - 20 | 19 | K 77 | 00:34:22 | 00:53:42 | 01:26:12.50 | 01:26:23.40 | 8:37 | 7 |
| 201 | WAŁACIK MAŁGORZATA | 1122 | | WIERSZÓW | POLSKA | WETERAN K - 50 | 3 | K 78 | 00:34:10 | 00:53:11 | 01:26:08.90 | 01:26:25.30 | 8:36 | 7 |
| 202 | WIADEREK PIOTR | 1069 | PĘDZĄCE ŻÓŁWIE | WARSZAWA | POLSKA | SENIOR II M - 30 | 51 | M 125 | 00:32:18 | 00:52:22 | 01:26:16.65 | 01:26:30.30 | 8:37 | 7 |
| 203 | KAYSIEWICZ JOANNA | 1003 | | POZNAŃ | POLSKA | MASTERS K - 40 | 18 | K 79 | 00:34:14 | 00:53:17 | 01:26:14.95 | 01:26:49.20 | 8:37 | 7 |
| 204 | BIEGANOWSKI KRZYSZTOF | 1041 | BIEGAN | WROCLAW | POLSKA | SENIOR II M - 30 | 52 | M 126 | 00:32:25 | 00:51:16 | 01:26:18.30 | 01:26:53.45 | 8:37 | 7 |
| 205 | SKAWINA KRYSZYNA | 1079 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 38 | K 80 | 00:34:02 | 00:52:56 | 01:26:57.80 | 01:27:09.10 | 8:41 | 6.9 |
| 206 | BALICKI JAKUB | 1182 | ASAP RUNNERS | ŁÓDŹ | POLAND | MASTERS M - 40 | 40 | M 127 | 00:34:07 | 00:52:56 | 01:26:45.15 | 01:27:21.85 | 8:40 | 6.9 |
| 207 | OLCZYK JOANNA | 1144 | | ŁODZ | POLAND | SENIOR I K - 20 | 20 | K 81 | 00:35:20 | 00:54:49 | 01:26:56.95 | 01:27:22.70 | 8:41 | 6.9 |
| 208 | BALCERZAK AGNIESZKA | 1015 | MARATOŃCZYK POZNAŃ | KONARZEWO | POLSKA | MASTERS K - 40 | 19 | K 82 | 00:34:25 | 00:53:46 | 01:26:53.50 | 01:27:24.40 | 8:41 | 6.9 |
| 209 | KUBKA ADAM | 1098 | FUNDACJA UDARU MÓZGU | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 5 | M 128 | 00:31:29 | 00:52:37 | 01:26:53.40 | 01:27:24.90 | 8:41 | 6.9 |
| 210 | OLEWICZ DAGMARA | 1202 | ZĄŁOGA GÓRSKA | ZĄBKOWICE ŚLĄSKIE | POLSKA | SENIOR I K - 20 | 21 | K 83 | 00:34:33 | 00:53:37 | 01:27:20.00 | 01:27:29.80 | 8:44 | 6.9 |
| 211 | NIEWIADOMSKA AGNIESZKA | 1021 | | WARSZAWA | POLSKA | MASTERS K - 40 | 20 | K 84 | 00:35:36 | 00:55:27 | 01:27:05.10 | 01:27:37.30 | 8:42 | 6.9 |
| 212 | LEŚNIEWSKA JUSTYNA | 1262 | | ŁÓDŹ | | MASTERS K - 40 | 21 | K 85 | 00:35:06 | 00:54:41 | 01:28:45.50 | 01:29:04.80 | 8:52 | 6.8 |
| 213 | STEFANOWSKI MARIUSZ | 1119 | | OPOLE | POLSKA | MASTERS M - 40 | 41 | M 129 | 00:35:11 | 00:54:28 | 01:29:08.05 | 01:29:08.05 | 8:54 | 6.7 |
| 214 | SZPUREK ANNA | 1238 | BUKOWSKI KLUB BIEGACZA | BUK | | SENIOR II K - 30 | 39 | K 86 | 00:33:59 | 00:54:27 | 01:29:11.10 | 01:29:31.70 | 8:55 | 6.7 |
| 215 | BANDURKA PIOTR | 1146 | TRUCHT.COM | BUKOWIEC | POLSKA | SENIOR I M - 20 | 26 | M 130 | 00:35:21 | 00:55:43 | 01:29:09.15 | 01:29:34.65 | 8:54 | 6.7 |
| 216 | KOWAL EWA | 1310 | | ZIĘBICE | | MASTERS K - 40 | 22 | K 87 | 00:35:25 | 00:54:45 | 01:29:21.60 | 01:29:35.40 | 8:56 | 6.7 |
| 217 | TASZAREK EWA | 1029 | | MROWINO | POLSKA | MASTERS K - 40 | 23 | K 88 | 00:32:02 | 00:51:59 | 01:29:25.85 | 01:29:36.30 | 8:56 | 6.7 |
| 218 | SZCZYGIEŁ GRZEGORZ | 1226 | KURORT LADEK ZDRÓJ | LADEK-ZDRÓJ | POLSKA | SENIOR II M - 30 | 53 | M 131 | 00:32:30 | 00:53:03 | 01:29:31.45 | 01:29:37.40 | 8:57 | 6.7 |
| 219 | DEMBNA ANIA | 1288 | | SYCÓW | | SENIOR II K - 30 | 40 | K 89 | 00:34:17 | 00:54:10 | 01:29:25.90 | 01:29:50.70 | 8:56 | 6.7 |
| 220 | SIANO ŁUKASZ | 1305 | | | | SENIOR II M - 30 | 54 | M 132 | 00:35:54 | 00:55:52 | 01:29:33.30 | 01:30:03.90 | 8:57 | 6.7 |
| 221 | FLIS PIOTR | 1250 | | | | SENIOR II M - 30 | 55 | M 133 | 00:34:01 | 00:53:34 | 01:30:11.25 | 01:30:29.30 | 9:01 | 6.7 |
| 222 | SZAREK DAWID | 1282 | | WROCLAW | | OPEN | 2 | M 134 | 00:34:34 | 00:55:02 | 01:30:20.30 | 01:30:33.50 | 9:02 | 6.6 |
| 223 | SZAREK PAWEŁ | 1281 | | | | OPEN | 3 | M 135 | 00:34:32 | 00:55:02 | 01:30:20.40 | 01:30:34.45 | 9:02 | 6.6 |
| 224 | SZYMALA JAN | 1315 | | | | WETERAN II M - 60 | 6 | M 136 | 00:35:00 | 00:55:24 | 01:30:34.35 | 01:30:38.85 | 9:03 | 6.6 |
| 225 | KACUGA MARIA | 1287 | | BĘDZIN | POLSKA | OPEN KOBIET | 3 | K 90 | 00:35:09 | 00:55:03 | 01:30:50.35 | 01:31:23.70 | 9:05 | 6.6 |
| 226 | BLECHARCZYK OLA | 1207 | ZĄŁOGA GÓRSKA | WROCLAW | POLSKA | SENIOR I K - 20 | 22 | K 91 | 00:36:56 | 00:56:47 | 01:31:15.20 | 01:31:26.05 | 9:07 | 6.6 |
| 227 | NOWACZYK GRZEGORZ | 1335 | | | | SENIOR II M - 30 | 56 | M 137 | 00:37:10 | 00:56:57 | 01:31:27.15 | 01:31:27.15 | 9:08 | 6.6 |
| 228 | PAWLAK BARTOSZ | 1337 | | | | SENIOR II M - 30 | 57 | M 138 | 00:36:59 | 00:56:51 | 01:31:19.30 | 01:31:27.25 | 9:08 | 6.6 |
| 229 | MOLONG URSZULA | 1066 | NIGHT RUNNERS | KRAKÓW | POLSKA | SENIOR II K - 30 | 41 | K 92 | 00:35:44 | 00:56:08 | 01:31:16.25 | 01:31:43.00 | 9:07 | 6.6 |
| 230 | PĘCKA BEATA | 1242 | | SOSNOWIEC | | SENIOR II K - 30 | 42 | K 93 | 00:35:40 | 00:56:51 | 01:31:30.40 | 01:32:07.30 | 9:09 | 6.6 |
| 231 | JAŃCZAK KAROLINA | 1255 | | | | SENIOR I K - 20 | 23 | K 94 | 00:35:49 | 00:55:43 | 01:32:07.25 | 01:32:31.15 | 9:12 | 6.5 |
| 232 | HAWROT MARTA | 1276 | | | | MASTERS K - 40 | 24 | K 95 | 00:36:32 | 00:57:32 | 01:32:39.85 | 01:32:45.80 | 9:16 | 6.5 |
| 233 | ŚRÓDKA ALEKSANDRA | 1099 | | TRZEBNICA | POLSKA | SENIOR II K - 30 | 43 | K 96 | 00:35:39 | 00:57:03 | 01:32:38.95 | 01:33:05.70 | 9:15 | 6.5 |
| 234 | OLCZYK ANDRZEJ | 1195 | RUN LODZ | PRZEDBÓRZ | POLSKA | WETERAN I M - 50 | 6 | M 139 | 00:36:49 | 00:59:44 | 01:32:56.90 | 01:33:20.35 | 9:17 | 6.5 |
| 235 | CHWIĄŁKOWSKA EWA | 1026 | | TORUŃ | POLSKA | WETERAN K - 50 | 4 | K 97 | 00:36:47 | 00:57:39 | 01:33:03.50 | 01:33:25.00 | 9:18 | 6.4 |
| 236 | GÓRNA MAŁGORZATA | 1108 | | POZNAN | POLAND | SENIOR II K - 30 | 44 | K 98 | 00:35:04 | 00:56:26 | 01:33:14.25 | 01:33:25.55 | 9:19 | 6.4 |
| 237 | TOMICZEK EDYTA | 1071 | ZDYSKWALIFIKOWANI | WROCLAW | POLSKA | SENIOR I K - 20 | 24 | K 99 | 00:38:33 | 01:00:23 | 01:32:53.90 | 01:33:26.15 | 9:17 | 6.5 |
| 238 | PTASZEK ADAM | 1297 | | LEMONT, LLINOIS | USA | OPEN | 4 | M 140 | 00:37:03 | 00:58:12 | 01:33:09.45 | 01:33:48.65 | 9:18 | 6.4 |
| 239 | PTASZEK SŁAWOMIR | 1296 | | MIZERNA | POLSKA | MASTERS M - 40 | 42 | M 141 | 00:37:01 | 00:58:11 | 01:33:09.35 | 01:33:49.10 | 9:19 | 6.4 |
| 240 | KRUZEL RAFAŁ | 1219 | BIEGOWE MISIE | LEGNICA | POLSKA | MASTERS M - 40 | 43 | M 142 | 00:35:24 | 00:55:29 | 01:33:27.00 | 01:33:50.30 | 9:20 | 6.4 |
| 241 | KUCZAKOWSKA JOANNA | 1218 | BIEGOWE MISIE | LEGNICA | POLSKA | SENIOR II K - 30 | 45 | K 100 | 00:35:25 | 00:55:29 | 01:33:27.15 | 01:33:50.40 | 9:20 | 6.4 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|--|----------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 242 | WITKOWSKA JUSTYNA | 1028 | | CHUDÓW | POLSKA | SENIOR II K - 30 | 46 | K 101 | 00:34:42 | 00:56:47 | 01:34:19.85 | 01:34:31.00 | 9:26 | 6.4 |
| 243 | STAWSKA EMILIA | 1095 | GRUNWALD TEAM POZNAŃ | POZNAŃ | POLSKA | SENIOR II K - 30 | 47 | K 102 | 00:36:46 | 00:59:25 | 01:35:08.25 | 01:35:30.90 | 9:30 | 6.3 |
| 244 | CIASTOWICZ-TOMCZAK INGA | 1024 | FIGHTERS MOSINA | MOSINA | POLSKA | MASTERS K - 40 | 25 | K 103 | 00:36:47 | 00:57:46 | 01:35:20.00 | 01:35:35.90 | 9:32 | 6.3 |
| 245 | SIWEK KRZYSZTOF | 1269 | | ZŁOTY STOK | | WETERAN I M - 50 | 7 | M 143 | 00:34:31 | 00:57:07 | 01:35:12.40 | 01:35:42.40 | 9:31 | 6.3 |
| 246 | KOLENDO SYLWIA | 1164 | | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I K - 20 | 25 | K 104 | 00:35:51 | 00:57:54 | 01:35:31.90 | 01:35:44.75 | 9:33 | 6.3 |
| 247 | DRZYZGA DOMINIKA | 1170 | KOBIETYBIEGAJĄ | KĘPNO | POLSKA | SENIOR I K - 20 | 26 | K 105 | 00:36:57 | 00:59:32 | 01:35:39.50 | 01:35:49.35 | 9:34 | 6.3 |
| 248 | PAPIERZ-RYKAŁA ALEKSANDRA | 1212 | | MYŚLENICE | POLSKA | SENIOR II K - 30 | 48 | K 106 | 00:38:38 | 00:59:40 | 01:35:39.85 | 01:36:15.20 | 9:34 | 6.3 |
| 249 | ROGOWSKA MAŁGORZATA | 1116 | TRIATHLON MIETKÓW TEAM | KŁODZKO | POLSKA | SENIOR II K - 30 | 49 | K 107 | 00:35:38 | 00:57:57 | 01:36:09.30 | 01:36:28.15 | 9:37 | 6.2 |
| 250 | SYPER BERNARD | 1320 | | WETERAN I M - 50 | | WETERAN I M - 50 | 8 | M 144 | 00:35:53 | 00:57:20 | 01:36:28.70 | 01:36:35.15 | 9:38 | 6.2 |
| 251 | SIGER ADAM | 1213 | FUNDACJA U DARU MÓZGU | ŁÓDŹ | POLSKA | MASTERS M - 40 | 44 | M 145 | 00:35:33 | 00:57:40 | 01:35:58.05 | 01:36:38.00 | 9:35 | 6.3 |
| 252 | DZIDEK KATARZYNA | 1031 | | JAWORZYNA ŚLĄSKA | POLSKA | MASTERS K - 40 | 26 | K 108 | 00:36:42 | 00:59:31 | 01:36:29.45 | 01:36:57.05 | 9:39 | 6.2 |
| 253 | ERDMAŃSKA NATALIA | 1229 | | STRONIE ŚLĄSKIE | POLSKA | SENIOR II K - 30 | 50 | K 109 | 00:36:41 | 00:58:08 | 01:36:28.75 | 01:36:58.00 | 9:38 | 6.2 |
| 254 | NIEMAS ANNA | 1042 | OYAMA KARATE BRZESZCZE | RAJSKO | POLSKA | MASTERS K - 40 | 27 | K 110 | 00:36:41 | 00:58:09 | 01:36:31.85 | 01:37:00.00 | 9:39 | 6.2 |
| 255 | REMBIELAK-TACIAK ANNA | 1188 | ANTONINEK POZNAŃ | POZNAŃ | POLSKA | MASTERS K - 40 | 28 | K 111 | 00:36:53 | 00:59:50 | 01:37:15.45 | 01:37:27.40 | 9:43 | 6.2 |
| 256 | MRUGALSKA LILIANA | 1316 | | | | SENIOR I K - 20 | 27 | K 112 | 00:38:55 | 00:59:58 | 01:38:01.40 | 01:38:21.30 | 9:48 | 6.1 |
| 257 | PIETRASZEWSKI WITOLD | 1318 | | | | SENIOR II M - 30 | 58 | M 146 | 00:38:53 | 00:59:56 | 01:38:00.95 | 01:38:22.05 | 9:48 | 6.1 |
| 258 | NICZEJDOLNY TOMASZ | 1300 | | WROCŁAW | | MASTERS M - 40 | 45 | M 147 | 00:39:52 | 00:55:25 | 01:38:30.90 | 01:38:41.90 | 9:51 | 6.1 |
| 259 | NIEZGÓDKA SYLWIA | 1270 | | WROCŁAW | | MASTERS K - 40 | 29 | K 113 | 00:39:42 | 01:00:23 | 01:38:32.20 | 01:38:42.00 | 9:51 | 6.1 |
| 260 | WALISZEWSKA-PLEWA IZABELLA | 1036 | | KIELCE | POLSKA | MASTERS K - 40 | 30 | K 114 | 00:37:11 | 00:59:30 | 01:38:33.30 | 01:38:51.40 | 9:51 | 6.1 |
| 261 | OLCZYK ANNA | 1194 | RUN LODZ | PRZEDBÓRZ | POLSKA | MASTERS K - 40 | 31 | K 115 | 00:36:46 | 00:59:45 | 01:38:54.35 | 01:39:17.75 | 9:53 | 6.1 |
| 262 | PASTUSZKA JOANNA | 1172 | RUN ŁDZ | ŁÓDŹ | POLSKA | WETERAN K - 50 | 5 | K 116 | 00:39:30 | 01:02:26 | 01:38:53.20 | 01:39:18.05 | 9:53 | 6.1 |
| 263 | BUDNIOK BARBARA | 1048 | ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA | PIŁA | POLSKA | MASTERS K - 40 | 32 | K 117 | 00:36:40 | 00:59:29 | 01:39:27.65 | 01:39:35.20 | 9:56 | 6 |
| 264 | KUTNIEWSKA MARIA | 1252 | FACE NORDIC WALKING TEAM | ŻUKOWO | | WETERAN K - 50 | 6 | K 118 | 00:39:20 | 01:01:40 | 01:39:20.70 | 01:39:35.70 | 9:56 | 6 |
| 265 | MUCHA ANNA | 1046 | | POZNAŃ | POLSKA | SENIOR I K - 20 | 28 | K 119 | 00:38:02 | 01:00:26 | 01:39:50.25 | 01:40:24.65 | 9:59 | 6 |
| 266 | WALENDKA KATARZYNA | 1136 | VEGE ULTRA RUNNERS | LESZNOWOLA | POLSKA | MASTERS K - 40 | 33 | K 120 | 00:41:34 | 01:03:27 | 01:40:54.90 | 01:41:16.40 | 10:05 | 5.9 |
| 267 | KASJAN ALICJA | 1100 | | WARSZAWA | POLAND | SENIOR I K - 20 | 29 | K 121 | 00:37:19 | 01:01:13 | 01:41:15.55 | 01:41:35.25 | 10:07 | 5.9 |
| 268 | STACHURA MIKOŁAJ | 1101 | | WARSZAWA | POLSKA | SENIOR II M - 30 | 59 | M 148 | 00:37:24 | 01:01:13 | 01:41:15.20 | 01:41:35.90 | 10:07 | 5.9 |
| 269 | PAWLIK-NIEDZIELA SANDRA | 1016 | W POGONI ZA DUCHEM | SOSNOWIEC | POLSKA | SENIOR I K - 20 | 30 | K 122 | 00:39:39 | 01:00:45 | 01:41:08.00 | 01:41:37.50 | 10:06 | 5.9 |
| 270 | KRAWCZYK MAGDALENA | 1139 | BIEGAJĄCY PALACZE | ULAN-MAJORAT | POLSKA | SENIOR II K - 30 | 51 | K 123 | 00:41:33 | 01:04:54 | 01:41:16.80 | 01:41:38.65 | 10:07 | 5.9 |
| 271 | ZWYDAK ANNA | 1159 | KOBIETA WBIEGU.PL | KIEŁCZÓW | POLSKA | SENIOR I K - 20 | 31 | K 124 | 00:40:37 | 01:02:52 | 01:41:23.45 | 01:41:46.10 | 10:08 | 5.9 |
| 272 | MAZURCZAK EWA | 1158 | KOBIETA WBIEGU.PL | KIEŁCZÓWEK | POLSKA | MASTERS K - 40 | 34 | K 125 | 00:40:36 | 01:02:52 | 01:41:24.25 | 01:41:46.40 | 10:08 | 5.9 |
| 273 | PODSIADŁY ROBERT | 1291 | CHATA BIEGACZA K34 | | | WETERAN I M - 50 | 9 | M 149 | 00:38:05 | 01:00:34 | 01:41:47.10 | 01:42:20.15 | 10:10 | 5.9 |
| 274 | AUGUSTOWSKA IZABELA | 1231 | KB GEOTERMIA UNIEJÓW | WARTKOWICE | POLSKA | MASTERS K - 40 | 35 | K 126 | 00:38:21 | 01:00:32 | 01:42:09.05 | 01:42:23.85 | 10:12 | 5.9 |
| 275 | DOJKA DOROTA | 1152 | | WROCŁAW | POLSKA | MASTERS K - 40 | 36 | K 127 | 00:38:21 | 01:00:24 | 01:42:08.85 | 01:42:24.20 | 10:12 | 5.9 |
| 276 | HRABAŃSKA-RACZAK BEATA | 1168 | | KATOWICE | POLSKA | SENIOR II K - 30 | 52 | K 128 | 00:40:26 | 01:02:55 | 01:42:16.55 | 01:42:45.60 | 10:13 | 5.9 |
| 277 | RACZAK MACIEJ | 1167 | | KATOWICE | POLSKA | SENIOR II M - 30 | 60 | M 150 | 00:40:27 | 01:02:56 | 01:42:16.65 | 01:42:45.70 | 10:13 | 5.9 |
| 278 | STAWSKA ALICJA | 1298 | | ŁÓDŹ | POLSKA | OPEN KOBIET | 4 | K 129 | 00:39:00 | 01:02:45 | 01:42:25.45 | 01:42:53.30 | 10:14 | 5.9 |
| 279 | ERENBERG MAŁGORZATA | 1153 | FUDU&CO SPORT TEAM | PIOTRKÓW TRYB. | POLSKA | SENIOR II K - 30 | 53 | K 130 | 00:39:27 | 01:03:06 | 01:43:08.75 | 01:43:16.10 | 10:18 | 5.8 |
| 280 | RAJKOWSKA ANNA | 1230 | | PIOTRKÓW TRYBUNALSKI | POLSKA | MASTERS K - 40 | 37 | K 131 | 00:39:31 | 01:03:06 | 01:43:08.95 | 01:43:16.30 | 10:18 | 5.8 |
| 281 | NOWAK TERESA | 1192 | TERESA NOWAK | ZIĘBICE | POLSKA | WETERAN II K - 60 | 1 | K 132 | 00:36:16 | 01:00:00 | 01:42:58.55 | 01:43:32.40 | 10:17 | 5.8 |
| 282 | JĘDRZEJEWSKA ULA | 1253 | WATAHA | | | MASTERS K - 40 | 38 | K 133 | 00:39:58 | 01:03:02 | 01:43:20.50 | 01:43:44.55 | 10:20 | 5.8 |
| 283 | CHMIELEWSKI MARCIN | 1034 | BIEGAM BEZ SPINY | ŚCINAWA | POLSKA | MASTERS M - 40 | 46 | M 151 | 00:39:38 | 01:03:14 | 01:44:11.75 | 01:44:43.35 | 10:25 | 5.8 |
| 284 | LECHNA MIRELLA | 1061 | | MIRKÓW | POLSKA | MASTERS K - 40 | 39 | K 134 | 00:39:39 | 01:04:17 | 01:44:59.25 | 01:45:04.15 | 10:30 | 5.7 |
| 285 | KISIAŁA FILIP | 1002 | LACHO TEAM | KRAKÓW | POLSKA | SENIOR II M - 30 | 61 | M 152 | 00:39:39 | 01:03:53 | 01:45:08.35 | 01:45:50.35 | 10:30 | 5.7 |
| 286 | STAWSKA NATALIA | 1005 | | KRAKÓW | POLSKA | SENIOR II K - 30 | 54 | K 135 | 00:39:43 | 01:04:29 | 01:45:14.70 | 01:45:50.60 | 10:31 | 5.7 |
| 287 | KUŹNIAK MARCIN | 1258 | | | POLSKA | MASTERS M - 40 | 47 | M 153 | 00:41:06 | 01:03:54 | 01:46:01.20 | 01:46:38.00 | 10:36 | 5.7 |
| 288 | SIECZKOWSKI ARTUR | 1244 | NATURAL BORN RUMIA | | | MASTERS M - 40 | 48 | M 154 | 00:39:40 | 01:05:24 | 01:46:51.85 | 01:47:26.90 | 10:41 | 5.6 |
| 289 | NAĆKIEWICZ JUSTYNA | 1251 | | BRZESKO | | MASTERS K - 40 | 40 | K 136 | 00:39:21 | 01:05:23 | 01:46:51.80 | 01:47:27.10 | 10:41 | 5.6 |
| 290 | KOWALCZYK OLKA | 1110 | | ALEKSANDRÓW ŁÓDZKI | POLSKA | SENIOR II K - 30 | 55 | K 137 | 00:39:21 | 01:05:24 | 01:46:52.60 | 01:47:27.80 | 10:41 | 5.6 |
| 291 | KARNOWSKI SŁAWOMIR | 1280 | | | | MASTERS M - 40 | 49 | M 155 | 00:41:35 | 01:06:16 | 01:48:06.20 | 01:48:27.60 | 10:48 | 5.6 |
| 292 | JÓZEFOWICZ MAGDALENA | 1011 | FUNDACJA DZIECIOM 'ZDAŻYĆ Z POMOCĄ' KORNEL MASLIŃSKI 28449 BIEGAM DLA KORNELKA | SMARDZÓW | POLSKA | SENIOR II K - 30 | 56 | K 138 | 00:42:33 | 01:07:32 | 01:49:50.00 | 01:50:09.10 | 10:59 | 5.5 |
| 293 | MADERA BOGDAN | 1059 | RUNWALKRUN | ŚWIDNICA | POLSKA | WETERAN I M - 50 | 10 | M 156 | 00:41:47 | 01:06:27 | 01:50:48.20 | 01:50:53.20 | 11:04 | 5.4 |
| 294 | BLISKA-MROCZKA HENRYKA | 1311 | | ZIĘBICE | | MASTERS K - 40 | 41 | K 139 | 00:40:46 | 01:07:51 | 01:52:01.50 | 01:52:15.65 | 11:12 | 5.4 |
| 295 | MELSON ANDRZEJ | 1128 | BIZON TEAM | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 11 | M 157 | 00:41:44 | 01:07:37 | 01:55:07.95 | 01:55:40.80 | 11:30 | 5.2 |

BIEG TRÓJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|------------------------|------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 296 | MELSON MACIEJ | 1295 | BIZON TEAM | ŁÓDŹ | POLSKA | SENIOR I M - 20 | 27 | M 158 | 00:41:43 | 01:07:37 | 01:55:09.05 | 01:55:42.45 | 11:30 | 5.2 |
| 297 | BOCZAR WALDEK | 1117 | | WROCLAW | POLSKA | SENIOR II M - 30 | 62 | M 159 | 00:40:07 | 01:02:44 | 01:55:56.65 | 01:56:14.40 | 11:35 | 5.2 |
| 298 | DŁUGOSZ MAREK | 1232 | KB GEOTERMIA UNIEJÓW | NARTKOWICE | POLSKA | WETERAN I M - 50 | 12 | M 160 | 00:34:15 | 01:01:16 | 01:58:57.55 | 01:59:12.25 | 11:53 | 5 |
| 299 | NOWICKI AMDRZEJ | 1104 | ZJEDNOCZENI ZWYCIĘŻAMY | WROCLAW | POLSKA | MASTERS M - 40 | 50 | M 161 | 00:42:37 | 01:09:45 | 01:59:06.20 | 01:59:39.05 | 11:54 | 5 |
| 300 | KOSZYK MARIAN | 1340 | | | | WETERAN I M - 50 | 13 | M 162 | 00:48:06 | 01:13:11 | 02:03:05.00 | 02:03:31.90 | 12:18 | 4.9 |
| 301 | BĄKOWSKA MARIA | 1211 | ZAŁOGA GÓRSKA | GNIEMO | POLSKA | WETERAN II K - 60 | 2 | K 140 | 00:44:08 | 01:14:49 | 02:08:04.35 | 02:08:18.45 | 12:48 | 4.7 |
| 302 | SOKOŁOWSKI KAZIMIERZ | 1012 | | GDANSK | POLSKA | WETERAN II M - 60 | 7 | M 163 | 00:49:38 | 01:19:49 | 02:18:19.40 | 02:18:47.55 | 13:49 | 4.3 |
| 303 | CHYBICKA ALICJA | 1180 | | WROCLAW | POLSKA | WETERAN II K - 60 | 3 | K 141 | 00:56:50 | 01:36:08 | 02:45:45.80 | 02:46:04.30 | 16:34 | 3.6 |
| | KITA MICHAŁ | 1068 | PĘDZĄCY W MIEJSCU | WROCLAW | POLSKA | MASTERS M - 40 | | | 00:19:10 | 00:30:16 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | |

BIEG TRÓJAK TRAIL - 10 KM, OPEN KOBIEC

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|--|------------------------|--------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | KANTOR MARTYNA | 1264 | SARCO GARMIN TEAM | | POLSKA | SENIOR I K - 20 | 1 | K 1 | 00:20:16 | 00:31:12 | 00:51:02.90 | 00:51:05.10 | 5:06 | 11.8 |
| 2 | TOMASIAK NATALIA | 1283 | SALOMON SUUNTO TEAM | KRYNICA ZDRÓJ | | SENIOR II K - 30 | 1 | K 2 | 00:20:19 | 00:31:40 | 00:52:27.45 | 00:52:30.05 | 5:14 | 11.4 |
| 3 | BIERNACKA KATARZYNA | 1118 | TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM | SYCÓW | POLSKA | SENIOR I K - 20 | 2 | K 3 | 00:22:35 | 00:35:15 | 00:57:17.55 | 00:57:18.90 | 5:43 | 10.5 |
| 4 | PERZ EMILIA | 1126 | WOLSZTYŃSKA AKADEMIA BIEGOWA | BUKOWIEC | POLSKA | SENIOR I K - 20 | 3 | K 4 | 00:26:30 | 00:41:14 | 01:04:03.30 | 01:04:07.60 | 6:24 | 9.4 |
| 5 | KULESZA AGNIESZKA | 1327 | | | | SENIOR I K - 20 | 4 | K 5 | 00:24:50 | 00:39:35 | 01:04:30.20 | 01:04:38.20 | 6:27 | 9.3 |
| 6 | HACZYK NATALIA | 1234 | BIEG OPOLSKI | | | MASTERS K - 40 | 1 | K 6 | 00:25:38 | 00:39:46 | 01:04:57.60 | 01:05:07.50 | 6:29 | 9.2 |
| 7 | GRABIŃSKA GIZELA | 1086 | DREAM RUN/ AZS UW | WARSZAWA-WESOLA | POLSKA | MASTERS K - 40 | 2 | K 7 | 00:26:37 | 00:41:50 | 01:07:06.85 | 01:07:12.05 | 6:42 | 8.9 |
| 8 | PAZDAN NATALIA | 1183 | KOWARY BIEGAJĄ | KOWARY | POLSKA | SENIOR II K - 30 | 2 | K 8 | 00:26:09 | 00:41:29 | 01:07:32.10 | 01:07:44.05 | 6:45 | 8.9 |
| 9 | WYSOCKA MAGDALENA | 1228 | | WROCLAW | POLSKA | SENIOR II K - 30 | 3 | K 9 | 00:27:19 | 00:42:15 | 01:08:13.80 | 01:08:24.40 | 6:49 | 8.8 |
| 10 | TYSZER JOANNA | 1334 | | LADEK ZDRÓJ | | SENIOR I K - 20 | 5 | K 10 | 00:27:36 | 00:42:45 | 01:08:20.65 | 01:08:35.70 | 6:50 | 8.8 |
| 11 | SKELTON SARAH | 1133 | VEGE RUNNERS | WARSZAWA | POLSKA | SENIOR I K - 20 | 6 | K 11 | 00:26:57 | 00:42:26 | 01:08:17.95 | 01:08:38.75 | 6:49 | 8.8 |
| 12 | RUTKOWSKA MAŁGORZATA | 1303 | GÓRSKA ZAŁOGA | | | SENIOR II K - 30 | 4 | K 12 | 00:27:27 | 00:42:40 | 01:08:37.95 | 01:08:43.95 | 6:51 | 8.7 |
| 13 | PIOTROWSKA MAGDALENA | 1062 | KLUB BIEGACZA JURUND SZCZYTNO | ŚWIĘTAJNO | POLSKA | SENIOR II K - 30 | 5 | K 13 | 00:26:26 | 00:43:38 | 01:09:00.10 | 01:09:02.60 | 6:54 | 8.7 |
| 14 | WANTUCH KATARZYNA | 1203 | ZAŁOGA GÓRSKA | OPOLE | POLSKA | SENIOR II K - 30 | 6 | K 14 | 00:27:47 | 00:43:08 | 01:09:12.90 | 01:09:26.20 | 6:55 | 8.7 |
| 15 | BOSIANEK KAMILA | 1049 | 4RUN TEAM PIŁA | PIŁA | POLSKA | SENIOR II K - 30 | 7 | K 15 | 00:27:28 | 00:42:55 | 01:09:20.60 | 01:09:27.05 | 6:56 | 8.7 |
| 16 | CZEBOTAR BARBARA | 1237 | | KŁODZKO | | MASTERS K - 40 | 3 | K 16 | 00:27:32 | 00:43:02 | 01:09:19.10 | 01:09:27.05 | 6:56 | 8.7 |
| 17 | SUSMARSKA EWA | 1233 | NO WOMAN NO TRI | POZNAŃ | POLSKA | SENIOR I K - 20 | 7 | K 17 | 00:27:43 | 00:43:37 | 01:10:24.95 | 01:10:37.05 | 7:02 | 8.5 |
| 18 | SOBCZYŃSKA MAGDALENA | 1080 | BIEGI.WLKP | POZNAŃ | POLSKA | SENIOR I K - 20 | 8 | K 18 | 00:28:31 | 00:43:55 | 01:10:31.10 | 01:10:53.25 | 7:03 | 8.5 |
| 19 | JABŁOŃSKA EMILIA | 1267 | | WARSZAWA | | SENIOR I K - 20 | 9 | K 19 | 00:28:40 | 00:44:33 | 01:10:57.70 | 01:11:23.40 | 7:05 | 8.5 |
| 20 | LEWANDOWSKA PATRYCJA | 1040 | KURORT LADEK- ZDRÓJ LKS ISKRA JASZKOWA | OŁDRZYCHOWICE KŁODZKIE | POLSKA | SENIOR I K - 20 | 10 | K 20 | 00:28:24 | 00:44:50 | 01:11:55.05 | 01:12:20.55 | 7:11 | 8.3 |
| 21 | KŁOS ANIA | 1154 | | INOWROCLAW | POLSKA | SENIOR II K - 30 | 8 | K 21 | 00:29:05 | 00:44:54 | 01:12:16.65 | 01:12:33.50 | 7:13 | 8.3 |
| 22 | KOSIELSKA BEATA | 1067 | | ŁÓDŹ | POLSKA | SENIOR II K - 30 | 9 | K 22 | 00:29:37 | 00:46:21 | 01:13:26.05 | 01:13:50.00 | 7:20 | 8.2 |
| 23 | WOJTKOWIAK RENATA | 1132 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POLSKA | MASTERS K - 40 | 4 | K 23 | 00:27:52 | 00:44:59 | 01:13:47.55 | 01:14:05.35 | 7:22 | 8.1 |
| 24 | SZAŁĘGA KASIA | 1131 | | ZIELONA GÓRA | POLAND | SENIOR II K - 30 | 10 | K 24 | 00:27:51 | 00:44:59 | 01:13:48.20 | 01:14:06.25 | 7:22 | 8.1 |
| 25 | CIEŹKOWSKA SZYMAŃSKA KATARZYNA | 1289 | VEGE RUNNERS | WROCLAW | POLSKA | OPEN KOBIEC | 1 | K 25 | 00:29:50 | 00:46:29 | 01:13:48.85 | 01:14:16.70 | 7:22 | 8.1 |
| 26 | WITKOWSKA PAULINA | 1181 | | SZAMOTULEY | POLSKA | SENIOR II K - 30 | 11 | K 26 | 00:29:28 | 00:45:52 | 01:14:09.45 | 01:14:18.75 | 7:24 | 8.1 |
| 27 | GLAPIAK-PRZYTULA AGNIESZKA | 1125 | 1979 | LESZNO | POLSKA | SENIOR II K - 30 | 12 | K 27 | 00:29:14 | 00:45:24 | 01:14:20.65 | 01:14:39.45 | 7:26 | 8.1 |
| 28 | KRZYSTOFIAK ALEKSANDRA | 1176 | KOWARY BIEGAJĄ | KOWARY | POLSKA | SENIOR II K - 30 | 13 | K 28 | 00:29:26 | 00:45:23 | 01:14:33.15 | 01:14:44.35 | 7:27 | 8 |
| 29 | LUBAŃSKA ALICJA | 1073 | ZS BUKOWICE | BUKOWICE | POLSKA | MASTERS K - 40 | 5 | K 29 | 00:28:36 | 00:45:29 | 01:14:45.50 | 01:14:47.80 | 7:28 | 8 |
| 30 | ULIKOWSKA MARTYNA | 1225 | ZAŁOGA GÓRSKA | GOŚCINO | POLSKA | SENIOR I K - 20 | 11 | K 30 | 00:29:25 | 00:46:21 | 01:14:53.55 | 01:15:01.20 | 7:29 | 8 |
| 31 | MARZYŃSKA BARBARA | 1198 | | GNIEMO | POLSKA | WETERAN K - 50 | 1 | K 31 | 00:29:30 | 00:46:46 | 01:15:37.15 | 01:15:45.45 | 7:33 | 7.9 |
| 32 | ZASADA MAGDALENA | 1006 | | DZIWISZÓW | POLSKA | SENIOR I K - 20 | 12 | K 32 | 00:30:23 | 00:47:24 | 01:15:31.65 | 01:15:46.30 | 7:33 | 7.9 |
| 33 | GULACZ MARTA | 1157 | KOBIETAWBIEGU.PL | WAŁBRZYCH | POLSKA | SENIOR I K - 20 | 13 | K 33 | 00:29:51 | 00:47:33 | 01:15:39.95 | 01:15:48.60 | 7:34 | 7.9 |
| 34 | SKOWRON KATARZYNA | 1284 | MARATHON CLUB IRELAND | | | MASTERS K - 40 | 6 | K 34 | 00:30:44 | 00:47:46 | 01:16:01.05 | 01:16:02.95 | 7:36 | 7.9 |
| 35 | LISIEWICZ KALETA AGATA | 1085 | PRO-RUN WROCLAW | WROCLAW | POLSKA | MASTERS K - 40 | 7 | K 35 | | | 01:16:10.90 | 01:16:10.90 | 7:37 | 7.9 |
| 36 | GŁĄBICA JUSTYNA | 1161 | | KAMIENIEC WROCLAWSKI | POLSKA | SENIOR II K - 30 | 14 | K 36 | 00:29:35 | 00:46:49 | 01:15:53.25 | 01:16:15.45 | 7:35 | 7.9 |
| 37 | PAZGAN SANDRA | 1178 | | STARA KAMIENICA | POLSKA | SENIOR I K - 20 | 14 | K 37 | 00:29:24 | 00:46:25 | 01:16:20.40 | 01:16:30.90 | 7:38 | 7.9 |
| 38 | MIKOŁAJEWSKA JUSTYNA | 1156 | RUNFORDREAMS | WROCLAW | POLSKA | SENIOR I K - 20 | 15 | K 38 | 00:29:29 | 00:46:59 | 01:16:10.50 | 01:16:49.05 | 7:37 | 7.9 |
| 39 | MICHAŁEC MARZENA | 1179 | KOBIETA W BIEGU | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 15 | K 39 | 00:29:52 | 00:47:34 | 01:16:57.95 | 01:17:05.95 | 7:41 | 7.8 |
| 40 | MATUSZEWSKA IZABELA | 1261 | | GÓRZE | | SENIOR II K - 30 | 16 | K 40 | 00:30:36 | 00:47:38 | 01:16:44.75 | 01:17:13.40 | 7:40 | 7.8 |
| 41 | ZASTAWNY KATARZYNA | 1239 | | | | SENIOR II K - 30 | 17 | K 41 | 00:30:04 | 00:47:04 | 01:17:04.70 | 01:17:34.50 | 7:42 | 7.8 |

BIEG TRÓJAK TRAIL - 10 KM, OPEN KOBIEC c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---|----------------------|--------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 42 | LIS MAŁGORZATA | 1274 | | WIOSKA | | OPEN KOBIEC | 2 | K 42 | 00:30:27 | 00:47:19 | 01:17:28.75 | 01:17:53.10 | 7:44 | 7.7 |
| 43 | MAĐEREK BARBARA | 1008 | PAKIECIARZE TEAM | KÓRNIK | POLSKA | SENIOR II K - 30 | 18 | K 43 | 00:29:49 | 00:46:56 | 01:17:42.45 | 01:17:58.75 | 7:46 | 7.7 |
| 44 | GLINA-KRAWCZYK MAŁGORZATA | 1093 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | KAMIECIEC ZĄBKOWICKI | POLSKA | MASTERS K - 40 | 8 | K 44 | 00:30:29 | 00:48:08 | 01:17:41.85 | 01:18:15.70 | 7:46 | 7.7 |
| 45 | DRYMEL JOANNA | 1072 | | ŚWIĘTA KATARZYNA | POLSKA | SENIOR II K - 30 | 19 | K 45 | 00:29:53 | 00:47:41 | 01:18:59.55 | 01:19:21.90 | 7:53 | 7.6 |
| 46 | KUŻNIAK MARTYNA | 1054 | | WARSZAWA | POLSKA | MASTERS K - 40 | 9 | K 46 | 00:30:52 | 00:48:16 | 01:19:22.95 | 01:19:47.40 | 7:56 | 7.6 |
| 47 | MAZUR AGNIESZKA | 1105 | GTO | OLAWA | POLSKA | SENIOR II K - 30 | 20 | K 47 | 00:31:58 | 00:49:54 | 01:19:26.30 | 01:19:51.10 | 7:56 | 7.6 |
| 48 | SINICA KAMILA | 1277 | | | | SENIOR II K - 30 | 21 | K 48 | 00:31:18 | 00:49:25 | 01:20:22.25 | 01:20:26.60 | 8:02 | 7.5 |
| 49 | SZARLEJ ANNA | 1148 | FUDU&CO. SPORT TEAM | PIOTRKÓW TRYBUNALSKI | POLSKA | SENIOR II K - 30 | 22 | K 49 | 00:32:45 | 00:50:12 | 01:20:47.35 | 01:20:55.00 | 8:04 | 7.4 |
| 50 | KOPACKA ELIZA | 1017 | FOLLOWME - ZMIENIAMYFINANSE.PL | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 23 | K 50 | 00:30:46 | 00:49:10 | 01:20:31.55 | 01:20:57.85 | 8:03 | 7.5 |
| 51 | JAKUBOWSKA BEATA | 1326 | | | | SENIOR II K - 30 | 24 | K 51 | 00:31:23 | 00:49:34 | 01:20:33.05 | 01:20:59.20 | 8:03 | 7.4 |
| 52 | OSIKOWSKA TERESA | 1222 | | ZAKOPANE | POLSKA | SENIOR II K - 30 | 25 | K 52 | 00:31:12 | 00:49:32 | 01:20:54.65 | 01:21:12.10 | 8:05 | 7.4 |
| 53 | ŁUCZAJ KINGA | 1339 | | | | SENIOR II K - 30 | 26 | K 53 | 00:32:42 | 00:49:46 | 01:21:28.45 | 01:21:57.50 | 8:08 | 7.4 |
| 54 | SOKOŁOWSKA ANNA | 1223 | | ŁĄDEK ZDRÓJ | POLSKA | SENIOR II K - 30 | 27 | K 54 | 00:31:04 | 00:49:21 | 01:21:53.05 | 01:21:59.15 | 8:11 | 7.3 |
| 55 | SKAWINA-POŁEĆ ANNA | 1078 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 28 | K 55 | 00:31:45 | 00:50:33 | 01:22:04.15 | 01:22:14.60 | 8:12 | 7.3 |
| 56 | GEROWSKA ALEKSANDRA | 1032 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ | POLAND | MASTERS K - 40 | 10 | K 56 | 00:32:07 | 00:49:51 | 01:22:00.80 | 01:22:21.30 | 8:12 | 7.3 |
| 57 | TOMASZEWSKA JOANNA | 1301 | KB HAROWNIK | | | SENIOR II K - 30 | 29 | K 57 | 00:31:27 | 00:49:42 | 01:22:07.15 | 01:22:23.35 | 8:12 | 7.3 |
| 58 | SZAŁAJSKA MONIKA | 1001 | | SŁUBICE | POLSKA | SENIOR I K - 20 | 16 | K 58 | 00:31:01 | 00:49:33 | 01:21:52.00 | 01:22:24.10 | 8:11 | 7.3 |
| 59 | WYSTRYCHOWSKA MARZENA | 1246 | | | | MASTERS K - 40 | 11 | K 59 | 00:30:30 | 00:49:50 | 01:22:38.20 | 01:22:41.40 | 8:15 | 7.3 |
| 60 | JĄGUSZEWSKA AGNIESZKA | 1149 | STRZECHA AKADEMICKA | KARPACZ | POLSKA | SENIOR I K - 20 | 17 | K 60 | 00:31:09 | 00:49:47 | 01:22:42.80 | 01:22:58.00 | 8:16 | 7.3 |
| 61 | WASZYK ANITA | 1166 | MUAY RUNNING TEAM | ZALASEWO | POLSKA | SENIOR II K - 30 | 30 | K 61 | 00:31:37 | 00:49:59 | 01:22:40.15 | 01:23:08.20 | 8:16 | 7.3 |
| 62 | ŚWIDEREK KASIA | 1268 | | | | MASTERS K - 40 | 12 | K 62 | 00:32:13 | 00:50:06 | 01:23:25.05 | 01:23:28.15 | 8:20 | 7.2 |
| 63 | SZATKOWSKA EWA | 1171 | KOBIETYBIEGAJĄ | KĘPNO | POLSKA | WETERAN K - 50 | 2 | K 63 | 00:32:22 | 00:50:28 | 01:23:22.40 | 01:23:29.50 | 8:20 | 7.2 |
| 64 | PLEWA KATARZYNA | 1123 | NORDIC16.COM | STRONIE ŚLĄSKIE | POLSKA | SENIOR II K - 30 | 31 | K 64 | 00:32:59 | 00:52:00 | 01:23:38.15 | 01:23:41.40 | 8:21 | 7.2 |
| 65 | BRZOZA DOROTA | 1197 | | WROCLAW | POLSKA | MASTERS K - 40 | 13 | K 65 | 00:33:21 | 00:51:05 | 01:23:18.25 | 01:23:51.90 | 8:19 | 7.2 |
| 66 | KOSTERA KATARZYNA | 1259 | VEGE RUNNERS | WARSZAWA | POLSKA | SENIOR II K - 30 | 32 | K 66 | 00:33:00 | 00:50:28 | 01:23:26.90 | 01:23:57.00 | 8:20 | 7.2 |
| 67 | GRISZCZENKO ELŻBIETA | 1342 | | | | SENIOR I K - 20 | 18 | K 67 | 00:33:22 | 00:51:46 | 01:23:27.35 | 01:23:58.85 | 8:20 | 7.2 |
| 68 | PIELICHOWSKA JUSTYNA | 1254 | BIEGAJĄC Z WILKAMI | GOZDNICA | | SENIOR II K - 30 | 33 | K 68 | 00:30:21 | 00:49:05 | 01:23:53.25 | 01:24:16.55 | 8:23 | 7.2 |
| 69 | LEWANDOWSKA MARIA | 1038 | BIEGAM BO NIE LUBIE | KONIN | POLSKA | SENIOR II K - 30 | 34 | K 69 | 00:33:56 | 00:52:35 | 01:23:43.35 | 01:24:17.50 | 8:22 | 7.2 |
| 70 | WITECKA MILENA | 1336 | | | | SENIOR II K - 30 | 35 | K 70 | 00:34:28 | 00:53:16 | 01:24:28.10 | 01:24:31.60 | 8:26 | 7.1 |
| 71 | PABICH MAGDALENA | 1050 | 4RUN TEAM PIŁA | PIŁA | POLSKA | MASTERS K - 40 | 14 | K 71 | 00:33:49 | 00:53:06 | 01:25:02.05 | 01:25:08.00 | 8:30 | 7.1 |
| 72 | HACZKIEWICZ KAROLINA | 1186 | MILKY2017 | STARA MORAWA | POLSKA | SENIOR II K - 30 | 36 | K 72 | 00:32:04 | 00:51:41 | 01:25:09.40 | 01:25:28.15 | 8:31 | 7 |
| 73 | LACHOWICZ ANNA | 1243 | | ESKILSTUNA | | MASTERS K - 40 | 15 | K 73 | 00:33:59 | 00:52:50 | 01:25:14.60 | 01:25:33.25 | 8:31 | 7 |
| 74 | WŁOSKOWICZ KINGA | 1135 | | WĄCHOCK | POLSKA | MASTERS K - 40 | 16 | K 74 | 00:34:12 | 00:53:49 | 01:26:03.15 | 01:26:06.05 | 8:36 | 7 |
| 75 | KOLENDO EDYTA | 1163 | | ŁĄDEK-ZDRÓJ | POLSKA | MASTERS K - 40 | 17 | K 75 | 00:32:55 | 00:51:48 | 01:25:56.65 | 01:26:13.50 | 8:35 | 7 |
| 76 | JAROSZ-DANIEL JOANNA | 1214 | | BIELSKO-BIAŁA | POLSKA | SENIOR II K - 30 | 37 | K 76 | 00:34:22 | 00:53:33 | 01:26:04.85 | 01:26:17.90 | 8:36 | 7 |
| 77 | SKORNIK KATARZYNA | 1221 | WOLNE ŚLIMAKI | POZNAŃ | POLAND | SENIOR I K - 20 | 19 | K 77 | 00:34:22 | 00:53:42 | 01:26:12.50 | 01:26:23.40 | 8:37 | 7 |
| 78 | WALACIK MAŁGORZATA | 1122 | | WIERUSZÓW | POLSKA | WETERAN K - 50 | 3 | K 78 | 00:34:10 | 00:53:11 | 01:26:08.90 | 01:26:25.30 | 8:36 | 7 |
| 79 | KAYSIEWICZ JOANNA | 1003 | | POZNAŃ | POLSKA | MASTERS K - 40 | 18 | K 79 | 00:34:14 | 00:53:17 | 01:26:14.95 | 01:26:49.20 | 8:37 | 7 |
| 80 | SKAWINA KRYSZYNA | 1079 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 38 | K 80 | 00:34:02 | 00:52:56 | 01:26:57.80 | 01:27:09.10 | 8:41 | 6.9 |
| 81 | OLCZYK JOANNA | 1144 | | ŁÓDZ | POLAND | SENIOR I K - 20 | 20 | K 81 | 00:35:20 | 00:54:49 | 01:26:56.95 | 01:27:22.70 | 8:41 | 6.9 |
| 82 | BALCERZAK AGNIESZKA | 1015 | MARATOŃCZYK POZNAŃ | KONARZEWO | POLSKA | MASTERS K - 40 | 19 | K 82 | 00:34:25 | 00:53:46 | 01:26:53.50 | 01:27:24.40 | 8:41 | 6.9 |
| 83 | OLEWICZ DAGMARA | 1202 | ZĄBKOWICE DAGMARA | ZĄBKOWICE ŚLĄSKIE | POLSKA | SENIOR I K - 20 | 21 | K 83 | 00:34:33 | 00:53:37 | 01:27:20.00 | 01:27:29.80 | 8:44 | 6.9 |
| 84 | NIEWIADOMSKA AGNIESZKA | 1021 | | WARSZAWA | POLSKA | MASTERS K - 40 | 20 | K 84 | 00:35:36 | 00:55:27 | 01:27:05.10 | 01:27:37.30 | 8:42 | 6.9 |
| 85 | LEŚNIEWSKA JUSTYNA | 1262 | | ŁÓDŹ | | MASTERS K - 40 | 21 | K 85 | 00:35:06 | 00:54:41 | 01:28:45.50 | 01:29:04.80 | 8:52 | 6.8 |
| 86 | SZPUREK ANNA | 1238 | BUKOWSKI KLUB BIEGACZA | BUK | | SENIOR II K - 30 | 39 | K 86 | 00:33:59 | 00:54:27 | 01:29:11.10 | 01:29:31.70 | 8:55 | 6.7 |
| 87 | KOWAL EWA | 1310 | | ZIĘBICE | | MASTERS K - 40 | 22 | K 87 | 00:35:25 | 00:54:45 | 01:29:21.60 | 01:29:35.40 | 8:56 | 6.7 |
| 88 | TASZAREK EWA | 1029 | | MROWINO | POLSKA | MASTERS K - 40 | 23 | K 88 | 00:32:02 | 00:51:59 | 01:29:25.85 | 01:29:36.30 | 8:56 | 6.7 |
| 89 | DEMBNA ANIA | 1288 | | SYCÓW | | SENIOR II K - 30 | 40 | K 89 | 00:34:17 | 00:54:10 | 01:29:25.90 | 01:29:50.70 | 8:56 | 6.7 |
| 90 | KACUGA MARIA | 1287 | | BĘDZIN | POLSKA | OPEN KOBIEC | 3 | K 90 | 00:35:09 | 00:55:03 | 01:30:50.35 | 01:31:23.70 | 9:05 | 6.6 |
| 91 | BLECHARCZYK OLA | 1207 | ZĄŁOGA GÓRSKA | WROCLAW | POLSKA | SENIOR I K - 20 | 22 | K 91 | 00:36:56 | 00:56:47 | 01:31:15.20 | 01:31:26.05 | 9:07 | 6.6 |
| 92 | MOLONG URSZULA | 1066 | NIGHT RUNNERS | KRAKÓW | POLSKA | SENIOR II K - 30 | 41 | K 92 | 00:35:44 | 00:56:08 | 01:31:16.25 | 01:31:43.00 | 9:07 | 6.6 |
| 93 | PEĆKA BEATA | 1242 | | SOSNOWIEC | | SENIOR II K - 30 | 42 | K 93 | 00:35:40 | 00:56:51 | 01:31:30.40 | 01:32:07.30 | 9:09 | 6.6 |
| 94 | JĄNCZAK KAROLINA | 1255 | | | | SENIOR I K - 20 | 23 | K 94 | 00:35:49 | 00:55:43 | 01:32:07.25 | 01:32:31.15 | 9:12 | 6.5 |
| 95 | HAWROT MARTA | 1276 | | | | MASTERS K - 40 | 24 | K 95 | 00:36:32 | 00:57:32 | 01:32:39.85 | 01:32:45.80 | 9:16 | 6.5 |
| 96 | ŚRÓDKA ALEKSANDRA | 1099 | | TRZEBNICA | POLSKA | SENIOR II K - 30 | 43 | K 96 | 00:35:39 | 00:57:03 | 01:32:38.95 | 01:33:05.70 | 9:15 | 6.5 |

BIEG TRÓJAK TRAIL - 10 KM, OPEN KOBIEC c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|--|----------------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 97 | CHWIAŁKOWSKA EWA | 1026 | | TORUŃ | POLSKA | WETERAN K - 50 | 4 | K 97 | 00:36:47 | 00:57:39 | 01:33:03.50 | 01:33:25.00 | 9:18 | 6.4 |
| 98 | GÓRNA MAŁGORZATA | 1108 | | POZNAŃ | POLAND | SENIOR II K - 30 | 44 | K 98 | 00:35:04 | 00:56:26 | 01:33:14.25 | 01:33:25.55 | 9:19 | 6.4 |
| 99 | TOMICZEK EDYTA | 1071 | ZDYSKWALIFIKOWANI | WROCŁAW | POLSKA | SENIOR I K - 20 | 24 | K 99 | 00:38:33 | 01:00:23 | 01:32:53.90 | 01:33:26.15 | 9:17 | 6.5 |
| 100 | KUCZAKOWSKA JOANNA | 1218 | BIEGOWE MISIE | LEGNICA | POLSKA | SENIOR II K - 30 | 45 | K 100 | 00:35:25 | 00:55:29 | 01:33:27.15 | 01:33:50.40 | 9:20 | 6.4 |
| 101 | WITKOWSKA JUSTYNA | 1028 | | CHUDÓW | POLSKA | SENIOR II K - 30 | 46 | K 101 | 00:34:42 | 00:56:47 | 01:34:19.85 | 01:34:31.00 | 9:26 | 6.4 |
| 102 | STAWSKA EMILIA | 1095 | GRUNWALD TEAM POZNAŃ | POZNAŃ | POLSKA | SENIOR II K - 30 | 47 | K 102 | 00:36:46 | 00:59:25 | 01:35:08.25 | 01:35:30.90 | 9:30 | 6.3 |
| 103 | CIASTOWICZ-TOMCZAK INGA | 1024 | FIGHTERS MOSINA | MOSINA | POLSKA | MASTERS K - 40 | 25 | K 103 | 00:36:47 | 00:57:46 | 01:35:20.00 | 01:35:35.90 | 9:32 | 6.3 |
| 104 | KOLENDO SYLWIA | 1164 | | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I K - 20 | 25 | K 104 | 00:35:51 | 00:57:54 | 01:35:31.90 | 01:35:44.75 | 9:33 | 6.3 |
| 105 | DRYZYGA DOMINIKA | 1170 | KOBIETYBIEGAJĄ | KĘPNO | POLSKA | SENIOR I K - 20 | 26 | K 105 | 00:36:57 | 00:59:32 | 01:35:39.50 | 01:35:49.35 | 9:34 | 6.3 |
| 106 | PAPIERZ-RYKAŁA ALEKSANDRA | 1212 | | MYSLENICE | POLSKA | SENIOR II K - 30 | 48 | K 106 | 00:38:38 | 00:59:40 | 01:35:39.85 | 01:36:15.20 | 9:34 | 6.3 |
| 107 | ROGOWSKA MAŁGORZATA | 1116 | TRIATHLON MIETKÓW TEAM | KŁODZKO | POLSKA | SENIOR II K - 30 | 49 | K 107 | 00:35:38 | 00:57:57 | 01:36:09.30 | 01:36:28.15 | 9:37 | 6.2 |
| 108 | DZIDEK KATARZYNA | 1031 | | JAWORZYNA ŚLAŚKA | POLSKA | MASTERS K - 40 | 26 | K 108 | 00:36:42 | 00:59:31 | 01:36:29.45 | 01:36:57.05 | 9:39 | 6.2 |
| 109 | ERDMAŃSKA NATALIA | 1229 | | STRONIE ŚLAŚKIE | POLSKA | SENIOR II K - 30 | 50 | K 109 | 00:36:41 | 00:58:08 | 01:36:28.75 | 01:36:58.00 | 9:38 | 6.2 |
| 110 | NIEMAS ANNA | 1042 | OYAMA KARATE BRZESZCZE | RAJSKO | POLSKA | MASTERS K - 40 | 27 | K 110 | 00:36:41 | 00:58:09 | 01:36:31.85 | 01:37:00.00 | 9:39 | 6.2 |
| 111 | REMBIELAK-TACIAK ANNA | 1188 | ANTONINEK POZNAŃ | POZNAŃ | POLSKA | MASTERS K - 40 | 28 | K 111 | 00:36:53 | 00:59:50 | 01:37:15.45 | 01:37:27.40 | 9:43 | 6.2 |
| 112 | MRUGALSKA LILIANA | 1316 | | | | SENIOR I K - 20 | 27 | K 112 | 00:38:55 | 00:59:58 | 01:38:01.40 | 01:38:21.30 | 9:48 | 6.1 |
| 113 | NIEZGÓDKA SYLWIA | 1270 | | WROCŁAW | | MASTERS K - 40 | 29 | K 113 | 00:39:42 | 01:00:23 | 01:38:32.20 | 01:38:42.00 | 9:51 | 6.1 |
| 114 | WALISZEWSKA-PLEWA IZABELLA | 1036 | | KIELCE | POLSKA | MASTERS K - 40 | 30 | K 114 | 00:37:11 | 00:59:30 | 01:38:33.30 | 01:38:51.40 | 9:51 | 6.1 |
| 115 | OLCZYK ANNA | 1194 | RUN LODZ | PRZEDBÓRZ | POLSKA | MASTERS K - 40 | 31 | K 115 | 00:36:46 | 00:59:45 | 01:38:54.35 | 01:39:17.75 | 9:53 | 6.1 |
| 116 | PASTUSZKA JOANNA | 1172 | RUN ŁDZ | ŁÓDŹ | POLSKA | WETERAN K - 50 | 5 | K 116 | 00:39:30 | 01:02:26 | 01:38:53.20 | 01:39:18.05 | 9:53 | 6.1 |
| 117 | BUDNIOK BARBARA | 1048 | ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA | PIŁA | POLSKA | MASTERS K - 40 | 32 | K 117 | 00:36:40 | 00:59:29 | 01:39:27.65 | 01:39:35.20 | 9:56 | 6 |
| 118 | KUTNIEWSKA MARIA | 1252 | FACE NORDIC WALKING TEAM | ŻUKOWO | | WETERAN K - 50 | 6 | K 118 | 00:39:20 | 01:01:40 | 01:39:20.70 | 01:39:35.70 | 9:56 | 6 |
| 119 | MUCHA ANNA | 1046 | | POZNAŃ | POLSKA | SENIOR I K - 20 | 28 | K 119 | 00:38:02 | 01:00:26 | 01:39:50.25 | 01:40:24.65 | 9:59 | 6 |
| 120 | WALENDA KATARZYNA | 1136 | VEGE ULTRA RUNNERS | LESZNOWOLA | POLSKA | MASTERS K - 40 | 33 | K 120 | 00:41:34 | 01:03:27 | 01:40:54.90 | 01:41:16.40 | 10:05 | 5.9 |
| 121 | KASJAN ALICJA | 1100 | | WARSZAWA | POLAND | SENIOR I K - 20 | 29 | K 121 | 00:37:19 | 01:01:13 | 01:41:15.55 | 01:41:35.25 | 10:07 | 5.9 |
| 122 | PAWLIK-NIEDZIELA SANDRA | 1016 | W POGONI ZA DUCHEM | SOSNOWIEC | POLSKA | SENIOR I K - 20 | 30 | K 122 | 00:39:39 | 01:00:45 | 01:41:08.00 | 01:41:37.50 | 10:06 | 5.9 |
| 123 | KRAWCZYK MAGDALENA | 1139 | BIEGAJĄCY PALACZE | ULAN-MAJORAT | POLSKA | SENIOR II K - 30 | 51 | K 123 | 00:41:33 | 01:04:54 | 01:41:16.80 | 01:41:38.65 | 10:07 | 5.9 |
| 124 | ZWYDAK ANNA | 1159 | KOBIETAWBIEGU.PL | KIEŁCZÓW | POLSKA | SENIOR I K - 20 | 31 | K 124 | 00:40:37 | 01:02:52 | 01:41:23.45 | 01:41:46.10 | 10:08 | 5.9 |
| 125 | MAZURCZAK EWA | 1158 | KOBIETAWBIEGU.PL | KIEŁCZÓWEK | POLSKA | MASTERS K - 40 | 34 | K 125 | 00:40:36 | 01:02:52 | 01:41:24.25 | 01:41:46.40 | 10:08 | 5.9 |
| 126 | AUGUSTOWSKA IZABELA | 1231 | KB GEOTERMIA UNIEJÓW | WARTKOWICE | POLSKA | MASTERS K - 40 | 35 | K 126 | 00:38:21 | 01:00:32 | 01:42:09.05 | 01:42:23.85 | 10:12 | 5.9 |
| 127 | DOJKA DOROTA | 1152 | | WROCŁAW | POLSKA | MASTERS K - 40 | 36 | K 127 | 00:38:21 | 01:00:24 | 01:42:08.85 | 01:42:24.20 | 10:12 | 5.9 |
| 128 | HRABAŃSKA-RACZAK BEATA | 1168 | | KATOWICE | POLSKA | SENIOR II K - 30 | 52 | K 128 | 00:40:26 | 01:02:55 | 01:42:16.55 | 01:42:45.60 | 10:13 | 5.9 |
| 129 | STAWSKA ALICJA | 1298 | | ŁÓDŹ | POLSKA | OPEN KOBIEC | 4 | K 129 | 00:39:00 | 01:02:45 | 01:42:25.45 | 01:42:53.30 | 10:14 | 5.9 |
| 130 | ERENBERG MAŁGORZATA | 1153 | FUDU&CO SPORT TEAM | PIOTRKÓW TRYB. | POLSKA | SENIOR II K - 30 | 53 | K 130 | 00:39:27 | 01:03:06 | 01:43:08.75 | 01:43:16.10 | 10:18 | 5.8 |
| 131 | RAJKOWSKA ANNA | 1230 | | PIOTRKÓW TRYBUNALSKI | POLSKA | MASTERS K - 40 | 37 | K 131 | 00:39:31 | 01:03:06 | 01:43:08.95 | 01:43:16.30 | 10:18 | 5.8 |
| 132 | NOWAK TERESA | 1192 | TERESA NOWAK | ZIĘBICE | POLSKA | WETERAN II K - 60 | 1 | K 132 | 00:36:16 | 01:00:00 | 01:42:58.55 | 01:43:32.40 | 10:17 | 5.8 |
| 133 | JĘDRZEJEWSKA ULA | 1253 | WATAHA | | | MASTERS K - 40 | 38 | K 133 | 00:39:58 | 01:03:02 | 01:43:20.50 | 01:43:44.55 | 10:20 | 5.8 |
| 134 | LECHNA MIRELLA | 1061 | | MIRKÓW | POLSKA | MASTERS K - 40 | 39 | K 134 | 00:39:39 | 01:04:17 | 01:44:59.25 | 01:45:04.15 | 10:30 | 5.7 |
| 135 | STAWSKA NATALIA | 1005 | | KRAKÓW | POLSKA | SENIOR II K - 30 | 54 | K 135 | 00:39:43 | 01:04:29 | 01:45:14.70 | 01:45:50.60 | 10:31 | 5.7 |
| 136 | NĄCKIEWICZ JUSTYNA | 1251 | | BRZESKO | | MASTERS K - 40 | 40 | K 136 | 00:39:21 | 01:05:23 | 01:46:51.80 | 01:47:27.10 | 10:41 | 5.6 |
| 137 | KOWALCZYK OLKA | 1110 | | ALEKSANDRÓW ŁÓDZKI | POLSKA | SENIOR II K - 30 | 55 | K 137 | 00:39:21 | 01:05:24 | 01:46:52.60 | 01:47:27.80 | 10:41 | 5.6 |
| 138 | JÓZEFOWICZ MAGDALENA | 1011 | FUNDACJA DZIECIOM 'ZDAŹYĆ Z POMOCĄ' KORNEL MAŚLIŃSKI 28449 BIEGAM DLA KORNELKA | SMARDZÓW | POLSKA | SENIOR II K - 30 | 56 | K 138 | 00:42:33 | 01:07:32 | 01:49:50.00 | 01:50:09.10 | 10:59 | 5.5 |
| 139 | BLISKA-MROCZKA HENRYKA | 1311 | | ZIĘBICE | | MASTERS K - 40 | 41 | K 139 | 00:40:46 | 01:07:51 | 01:52:01.50 | 01:52:15.65 | 11:12 | 5.4 |
| 140 | BAKOWSKA MARIA | 1211 | ZĄŁOGA GÓRSKA | GNIEZNO | POLSKA | WETERAN II K - 60 | 2 | K 140 | 00:44:08 | 01:14:49 | 02:08:04.35 | 02:08:18.45 | 12:48 | 4.7 |
| 141 | CHYBICKA ALICJA | 1180 | | WROCŁAW | POLSKA | WETERAN II K - 60 | 3 | K 141 | 00:56:50 | 01:36:08 | 02:45:45.80 | 02:46:04.30 | 16:34 | 3.6 |

BIEG TRÓJAK TRAIL - 10 KM, Senior I M - 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|----------------|-------------|--------|-----------------|--------|-----|----------|----------|-------------|-------------|--------|------|
| 1 | PRZEDWOJEWski BARTŁOMIEJ | 1196 | | GLUCHOŁAZY | POLSKA | SENIOR I M - 20 | 1 | M 1 | 00:16:23 | 00:25:29 | 00:41:54.10 | 00:41:55.50 | 4:11 | 14.3 |
| 2 | GRACZYK ADRIAN | 1081 | BIEGI.WLKP | CZARNKÓW | POLSKA | SENIOR I M - 20 | 2 | M 3 | 00:19:21 | 00:30:23 | 00:48:11.05 | 00:48:13.70 | 4:49 | 12.5 |
| 3 | GRZELAK ADRIAN | 1247 | CHATA BIEGACZA | ZAKOPANE | | SENIOR I M - 20 | 3 | M 5 | 00:21:15 | 00:32:16 | 00:51:06.05 | 00:51:13.10 | 5:06 | 11.7 |
| 4 | STACHOWIAK MARCIN | 1094 | BIEGI.WLKP | PUSZCZYKOWO | POLSKA | SENIOR I M - 20 | 4 | M 8 | 00:21:31 | 00:33:52 | 00:54:59.40 | 00:55:00.65 | 5:29 | 10.9 |

BIEG TROJAK TRAIL - 10 KM, Senior I M - 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|----------------------------|-----------------------|--------|-----------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 5 | DOMAŃSKI PATRYK | 1088 | BIEGI.WLKP | POZNAŃ | POLSKA | SENIOR I M - 20 | 5 | M 10 | 00:22:31 | 00:34:52 | 00:55:26.10 | 00:55:29.35 | 5:32 | 10.8 |
| 6 | KUJAWA ZBIGNIEW | 1263 | | JANOWIEC WIELKOPOLSKI | POLSKA | SENIOR I M - 20 | 6 | M 12 | 00:21:33 | 00:34:27 | 00:55:57.10 | 00:56:02.80 | 5:35 | 10.7 |
| 7 | BUKAŁA MARCIN | 1184 | VEGE RUNNERS | BIELSKO-BIAŁA | POLSKA | SENIOR I M - 20 | 7 | M 17 | 00:20:53 | 00:34:09 | 00:57:03.80 | 00:57:25.35 | 5:42 | 10.5 |
| 8 | JANKOWSKI JAKUB | 1206 | ZAŁOGA GÓRSKA \ TRUCHT.COM | ŁÓDŹ | POLSKA | SENIOR I M - 20 | 8 | M 18 | 00:22:47 | 00:35:02 | 00:57:22.65 | 00:57:26.40 | 5:44 | 10.5 |
| 9 | KACZMARCZYK PRZEMYSŁAW | 1141 | WATAHA | KOBIERZYCE | POLSKA | SENIOR I M - 20 | 9 | M 20 | 00:23:14 | 00:36:34 | 00:58:55.35 | 00:58:59.20 | 5:53 | 10.2 |
| 10 | KRAWCZYK KONRAD | 1114 | 1991 | WARSZAWA | POLSKA | SENIOR I M - 20 | 10 | M 24 | 00:24:47 | 00:38:48 | 01:01:41.25 | 01:01:56.85 | 6:10 | 9.7 |
| 11 | SZATKOWSKI ŁUKASZ | 1173 | CRAZYJUMPKĘPNO | KĘPNO | POLSKA | SENIOR I M - 20 | 11 | M 29 | 00:25:52 | 00:39:58 | 01:03:08.70 | 01:03:17.90 | 6:18 | 9.5 |
| 12 | NEUBAUER SZYMON | 1324 | | | | SENIOR I M - 20 | 12 | M 47 | 00:25:36 | 00:40:02 | 01:05:53.30 | 01:06:21.25 | 6:35 | 9.1 |
| 13 | KOTNIEWICZ PIOTR | 1323 | | | | SENIOR I M - 20 | 13 | M 51 | 00:25:59 | 00:41:00 | 01:06:23.05 | 01:06:37.20 | 6:38 | 9 |
| 14 | NIEMIEC TOMASZ | 1265 | NOWA HUTA TEAM | KRAKÓW | | SENIOR I M - 20 | 14 | M 55 | 00:26:14 | 00:41:39 | 01:07:49.15 | 01:07:57.85 | 6:46 | 8.8 |
| 15 | SZARF PAWEŁ | 1200 | ZAŁOGA GÓRSKA / ANTON TEAM | KĘDZIERZYN-KOŹLE | POLSKA | SENIOR I M - 20 | 15 | M 56 | 00:25:47 | 00:40:53 | 01:08:05.70 | 01:08:08.45 | 6:48 | 8.8 |
| 16 | KACZMARCZYK MATEUSZ | 1224 | | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I M - 20 | 16 | M 59 | 00:26:14 | 00:41:40 | 01:08:15.70 | 01:08:26.70 | 6:49 | 8.8 |
| 17 | TYSZER ŁUKASZ | 1333 | | | | SENIOR I M - 20 | 17 | M 64 | 00:26:22 | 00:43:18 | 01:09:50.15 | 01:10:05.95 | 6:59 | 8.6 |
| 18 | FOLARON RAFAŁ | 1138 | | MIŁOSZYCE | POLSKA | SENIOR I M - 20 | 18 | M 69 | 00:28:00 | 00:44:24 | 01:10:55.75 | 01:11:08.30 | 7:05 | 8.5 |
| 19 | WIKTOR MATEUSZ | 1115 | | BIELSKO-BIAŁA | POLSKA | SENIOR I M - 20 | 19 | M 70 | 00:26:59 | 00:43:25 | 01:11:23.60 | 01:11:33.50 | 7:08 | 8.4 |
| 20 | URBAŃSKI TOMASZ | 1150 | FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I M - 20 | 20 | M 72 | 00:29:18 | 00:45:28 | 01:11:57.75 | 01:12:12.00 | 7:11 | 8.3 |
| 21 | FRANKIEWICZ ŁUKASZ | 1127 | SOSNOWIECBIEGA | SOSNOWIEC | POLSKA | SENIOR I M - 20 | 21 | M 84 | 00:28:56 | 00:44:58 | 01:14:45.70 | 01:14:51.70 | 7:28 | 8 |
| 22 | KOWALCZYK DAWID | 1142 | | PODGÓRZYN | POLSKA | SENIOR I M - 20 | 22 | M 85 | 00:30:23 | 00:47:23 | 01:15:30.50 | 01:15:45.80 | 7:33 | 7.9 |
| 23 | KULESZA PAWEŁ | 1312 | | KIELCE | | SENIOR I M - 20 | 23 | M 100 | 00:30:34 | 00:48:06 | 01:19:03.55 | 01:19:14.70 | 7:54 | 7.6 |
| 24 | BUŁAJ BARTOSZ | 1155 | RUNFORDREAMS | WROCLAW | POLSKA | SENIOR I M - 20 | 24 | M 110 | 00:30:51 | 00:49:28 | 01:20:59.25 | 01:21:37.80 | 8:05 | 7.4 |
| 25 | POLUS MACIEJ | 1052 | | GNIEZNO | POLSKA | SENIOR I M - 20 | 25 | M 111 | 00:31:39 | 00:49:45 | 01:21:54.55 | 01:22:21.30 | 8:11 | 7.3 |
| 26 | BANDURKA PIOTR | 1146 | TRUCHT.COM | BUKOWIEC | POLSKA | SENIOR I M - 20 | 26 | M 130 | 00:35:21 | 00:55:43 | 01:29:09.15 | 01:29:34.65 | 8:54 | 6.7 |
| 27 | MELSON MACIEJ | 1295 | BIZON TEAM | ŁÓDŹ | POLSKA | SENIOR I M - 20 | 27 | M 158 | 00:41:43 | 01:07:37 | 01:55:09.05 | 01:55:42.45 | 11:30 | 5.2 |

BIEG TROJAK TRAIL - 10 KM, Senior I K - 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|------------------------|--------|-----------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | KANTOR MARTYNA | 1264 | SARCO GARMIN TEAM | | POLSKA | SENIOR I K - 20 | 1 | K 1 | 00:20:16 | 00:31:12 | 00:51:02.90 | 00:51:05.10 | 5:06 | 11.8 |
| 2 | BIERNACKA KATARZYNA | 1118 | TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM | SYCÓW | POLSKA | SENIOR I K - 20 | 2 | K 3 | 00:22:35 | 00:35:15 | 00:57:17.55 | 00:57:18.90 | 5:43 | 10.5 |
| 3 | PERZ EMILIA | 1126 | WOLSZTYŃSKA AKADEMIA BIEGOWA | BUKOWIEC | POLSKA | SENIOR I K - 20 | 3 | K 4 | 00:26:30 | 00:41:14 | 01:04:03.30 | 01:04:07.60 | 6:24 | 9.4 |
| 4 | KULESZA AGNIESZKA | 1327 | | | | SENIOR I K - 20 | 4 | K 5 | 00:24:50 | 00:39:35 | 01:04:30.20 | 01:04:38.20 | 6:27 | 9.3 |
| 5 | TYSZER JOANNA | 1334 | | ŁĄDEK ZDRÓJ | | SENIOR I K - 20 | 5 | K 10 | 00:27:36 | 00:42:45 | 01:08:20.65 | 01:08:35.70 | 6:50 | 8.8 |
| 6 | SKELTON SARAH | 1133 | VEGE RUNNERS | WARSZAWA | POLSKA | SENIOR I K - 20 | 6 | K 11 | 00:26:57 | 00:42:26 | 01:08:17.95 | 01:08:38.75 | 6:49 | 8.8 |
| 7 | SUSMARSKA EWA | 1233 | NO WOMAN NO TRI | POZNAŃ | POLSKA | SENIOR I K - 20 | 7 | K 17 | 00:27:43 | 00:43:37 | 01:10:24.95 | 01:10:37.05 | 7:02 | 8.5 |
| 8 | SOBCZYŃSKA MAGDALENA | 1080 | BIEGI.WLKP | POZNAŃ | POLSKA | SENIOR I K - 20 | 8 | K 18 | 00:28:31 | 00:43:55 | 01:10:31.10 | 01:10:53.25 | 7:03 | 8.5 |
| 9 | JABŁOŃSKA EMILIA | 1267 | | WARSZAWA | | SENIOR I K - 20 | 9 | K 19 | 00:28:40 | 00:44:33 | 01:10:57.70 | 01:11:23.40 | 7:05 | 8.5 |
| 10 | LEWANDOWSKA PATRYCJA | 1040 | KURORT ŁĄDEK- ZDRÓJ LKS ISKRA JASZKOWA | OLDRZYCHOWICE KŁODZKIE | POLSKA | SENIOR I K - 20 | 10 | K 20 | 00:28:24 | 00:44:50 | 01:11:55.05 | 01:12:20.55 | 7:11 | 8.3 |
| 11 | ULIKOWSKA MARTYNA | 1225 | ZAŁOGA GÓRSKA | GOŚCINO | POLSKA | SENIOR I K - 20 | 11 | K 30 | 00:29:25 | 00:46:21 | 01:14:53.55 | 01:15:01.20 | 7:29 | 8 |
| 12 | ZASADA MAGDALENA | 1006 | | DZIWIŚÓW | POLSKA | SENIOR I K - 20 | 12 | K 32 | 00:30:23 | 00:47:24 | 01:15:31.65 | 01:15:46.30 | 7:33 | 7.9 |
| 13 | GULACZ MARTA | 1157 | KOBIETAWBIEGU.PL | WAŁBRZYCH | POLSKA | SENIOR I K - 20 | 13 | K 33 | 00:29:51 | 00:47:33 | 01:15:39.95 | 01:15:48.60 | 7:34 | 7.9 |
| 14 | PAZGAN SANDRA | 1178 | | STARA KAMIENICA | POLSKA | SENIOR I K - 20 | 14 | K 37 | 00:29:24 | 00:46:25 | 01:16:20.40 | 01:16:30.90 | 7:38 | 7.9 |
| 15 | MIKOŁAJEWSKA JUSTYNA | 1156 | RUNFORDREAMS | WROCLAW | POLSKA | SENIOR I K - 20 | 15 | K 38 | 00:29:29 | 00:46:59 | 01:16:10.50 | 01:16:49.05 | 7:37 | 7.9 |
| 16 | SZAŁAJSKA MONIKA | 1001 | | ŚLUBICE | POLSKA | SENIOR I K - 20 | 16 | K 58 | 00:31:01 | 00:49:33 | 01:21:52.00 | 01:22:24.10 | 8:11 | 7.3 |
| 17 | JAGUSZEWSKA AGNIESZKA | 1149 | STRZECHA AKADEMICKA | KARPACZ | POLSKA | SENIOR I K - 20 | 17 | K 60 | 00:31:09 | 00:49:47 | 01:22:42.80 | 01:22:58.00 | 8:16 | 7.3 |
| 18 | GRISZCZENKO ELŻBIETA | 1342 | | | | SENIOR I K - 20 | 18 | K 67 | 00:33:22 | 00:51:46 | 01:23:27.35 | 01:23:58.85 | 8:20 | 7.2 |
| 19 | SKORNIAK KATARZYNA | 1221 | WOLNE ŚLIMAKI | POZNAŃ | POLAND | SENIOR I K - 20 | 19 | K 77 | 00:34:22 | 00:53:42 | 01:26:12.50 | 01:26:23.40 | 8:37 | 7 |
| 20 | OLCZYK JOANNA | 1144 | | ŁÓDŹ | POLAND | SENIOR I K - 20 | 20 | K 81 | 00:35:20 | 00:54:49 | 01:26:56.95 | 01:27:22.70 | 8:41 | 6.9 |
| 21 | OLEWICZ DAGMARA | 1202 | ZAŁOGA GÓRSKA | ZĄBKOWICE ŚLĄSKIE | POLSKA | SENIOR I K - 20 | 21 | K 83 | 00:34:33 | 00:53:37 | 01:27:20.00 | 01:27:29.80 | 8:44 | 6.9 |
| 22 | BLECHARCZYK OLA | 1207 | ZAŁOGA GÓRSKA | WROCLAW | POLSKA | SENIOR I K - 20 | 22 | K 91 | 00:36:56 | 00:56:47 | 01:31:15.20 | 01:31:26.05 | 9:07 | 6.6 |
| 23 | JAŃCZAK KAROLINA | 1255 | | | | SENIOR I K - 20 | 23 | K 94 | 00:35:49 | 00:55:43 | 01:32:07.25 | 01:32:31.15 | 9:12 | 6.5 |
| 24 | TOMICZEK EDYTA | 1071 | ZDYSKWALIFIKOWANI | WROCLAW | POLSKA | SENIOR I K - 20 | 24 | K 99 | 00:38:33 | 01:00:23 | 01:32:53.90 | 01:33:26.15 | 9:17 | 6.5 |
| 25 | KOLENDO SYLWIA | 1164 | | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR I K - 20 | 25 | K 104 | 00:35:51 | 00:57:54 | 01:35:31.90 | 01:35:44.75 | 9:33 | 6.3 |
| 26 | DRZYŻGA DOMINIKA | 1170 | KOBIETYBIEGAJA | KĘPNO | POLSKA | SENIOR I K - 20 | 26 | K 105 | 00:36:57 | 00:59:32 | 01:35:39.50 | 01:35:49.35 | 9:34 | 6.3 |
| 27 | MRUGALSKA LILIANA | 1316 | | | | SENIOR I K - 20 | 27 | K 112 | 00:38:55 | 00:59:58 | 01:38:01.40 | 01:38:21.30 | 9:48 | 6.1 |
| 28 | MUCHA ANNA | 1046 | | POZNAŃ | POLSKA | SENIOR I K - 20 | 28 | K 119 | 00:38:02 | 01:00:26 | 01:39:50.25 | 01:40:24.65 | 9:59 | 6 |

BIEG TROJAK TRAIL - 10 KM, Senior I K - 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|--------------------|-----------|--------|-----------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 29 | KASJAN ALICJA | 1100 | | WARSZAWA | POLAND | SENIOR I K - 20 | 29 | K 121 | 00:37:19 | 01:01:13 | 01:41:15.55 | 01:41:35.25 | 10:07 | 5.9 |
| 30 | PAWLIK-NIEDZIELA SANDRA | 1016 | W POGONI ZA DUCHEM | SOSNOWIEC | POLSKA | SENIOR I K - 20 | 30 | K 122 | 00:39:39 | 01:00:45 | 01:41:08.00 | 01:41:37.50 | 10:06 | 5.9 |
| 31 | ZWYDAK ANNA | 1159 | KOBIETAWBIEGU.PL | KIEŁCZÓW | POLSKA | SENIOR I K - 20 | 31 | K 124 | 00:40:37 | 01:02:52 | 01:41:23.45 | 01:41:46.10 | 10:08 | 5.9 |

BIEG TROJAK TRAIL - 10 KM, Senior II K - 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|--------------------------------|----------------------|--------|------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | TOMASIAK NATALIA | 1283 | SALOMON SUUNTO TEAM | KRYNICA ZDRÓJ | | SENIOR II K - 30 | 1 | K 2 | 00:20:19 | 00:31:40 | 00:52:27.45 | 00:52:30.05 | 5:14 | 11.4 |
| 2 | PAZDAN NATALIA | 1183 | KOWARY BIEGAJĄ | KOWARY | POLSKA | SENIOR II K - 30 | 2 | K 8 | 00:26:09 | 00:41:29 | 01:07:32.10 | 01:07:44.05 | 6:45 | 8.9 |
| 3 | WYSOCKA MAGDALENA | 1228 | | WROCŁAW | POLSKA | SENIOR II K - 30 | 3 | K 9 | 00:27:19 | 00:42:15 | 01:08:13.80 | 01:08:24.40 | 6:49 | 8.8 |
| 4 | RUTKOWSKA MAŁGORZATA | 1303 | GÓRSKA ZAŁOGA | | | SENIOR II K - 30 | 4 | K 12 | 00:27:27 | 00:42:40 | 01:08:37.95 | 01:08:43.95 | 6:51 | 8.7 |
| 5 | PIOTROWSKA MAGDALENA | 1062 | KLUB BIEGACZA JURUND SZCZYTNO | ŚWIĘTAJNO | POLSKA | SENIOR II K - 30 | 5 | K 13 | 00:26:26 | 00:43:38 | 01:09:00.10 | 01:09:02.60 | 6:54 | 8.7 |
| 6 | WANTUCH KATARZYNA | 1203 | ZAŁOGA GÓRSKA | OPOLE | POLSKA | SENIOR II K - 30 | 6 | K 14 | 00:27:47 | 00:43:08 | 01:09:12.90 | 01:09:26.20 | 6:55 | 8.7 |
| 7 | BOSIANEK KAMILA | 1049 | 4RUN TEAM PIŁA | PIŁA | POLSKA | SENIOR II K - 30 | 7 | K 15 | 00:27:28 | 00:42:55 | 01:09:20.60 | 01:09:27.05 | 6:56 | 8.7 |
| 8 | KŁOS ANIA | 1154 | | INOWROCŁAW | POLSKA | SENIOR II K - 30 | 8 | K 21 | 00:29:05 | 00:44:54 | 01:12:16.65 | 01:12:33.50 | 7:13 | 8.3 |
| 9 | KOSIELSKA BEATA | 1067 | | ŁÓDŹ | POLSKA | SENIOR II K - 30 | 9 | K 22 | 00:29:37 | 00:46:21 | 01:13:26.05 | 01:13:50.00 | 7:20 | 8.2 |
| 10 | SZAŁĘGA KASIA | 1131 | | ZIELONA GÓRA | POLAND | SENIOR II K - 30 | 10 | K 24 | 00:27:51 | 00:44:59 | 01:13:48.20 | 01:14:06.25 | 7:22 | 8.1 |
| 11 | WITKOWSKA PAULINA | 1181 | | SZAMOTUŁY | POLSKA | SENIOR II K - 30 | 11 | K 26 | 00:29:28 | 00:45:52 | 01:14:09.45 | 01:14:18.75 | 7:24 | 8.1 |
| 12 | GLAPIAK-PRZYTUŁA AGNIESZKA | 1125 | 1979 | LESZNO | POLSKA | SENIOR II K - 30 | 12 | K 27 | 00:29:14 | 00:45:24 | 01:14:20.65 | 01:14:39.45 | 7:26 | 8.1 |
| 13 | KRZYSZTOFIK ALEKSANDRA | 1176 | KOWARY BIEGAJĄ | KOWARY | POLSKA | SENIOR II K - 30 | 13 | K 28 | 00:29:26 | 00:45:23 | 01:14:33.15 | 01:14:44.35 | 7:27 | 8.1 |
| 14 | GŁĄBICA JUSTYNA | 1161 | | KAMIENIEC WROCŁAWSKI | POLSKA | SENIOR II K - 30 | 14 | K 36 | 00:29:35 | 00:46:49 | 01:15:53.25 | 01:16:15.45 | 7:35 | 7.9 |
| 15 | MICHAŁEC MARZENA | 1179 | KOBIETA W BIEGU | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 15 | K 39 | 00:29:52 | 00:47:34 | 01:16:57.95 | 01:17:05.95 | 7:41 | 7.8 |
| 16 | MATUSZEWSKA IZABELA | 1261 | | GÓRZE | | SENIOR II K - 30 | 16 | K 40 | 00:30:36 | 00:47:38 | 01:16:44.75 | 01:17:13.40 | 7:40 | 7.8 |
| 17 | ZASTAWNY KATARZYNA | 1239 | | | | SENIOR II K - 30 | 17 | K 41 | 00:30:04 | 00:47:04 | 01:17:04.70 | 01:17:34.50 | 7:42 | 7.8 |
| 18 | MĄDEREK BARBARA | 1008 | PAKIECIARZE TEAM | KÓRNIK | POLSKA | SENIOR II K - 30 | 18 | K 43 | 00:29:49 | 00:46:56 | 01:17:42.45 | 01:17:58.75 | 7:46 | 7.7 |
| 19 | DRYMEL JOANNA | 1072 | | ŚWIĘTA KATARZYNA | POLSKA | SENIOR II K - 30 | 19 | K 45 | 00:29:53 | 00:47:41 | 01:18:59.55 | 01:19:21.90 | 7:53 | 7.6 |
| 20 | MAZUR AGNIESZKA | 1105 | GTO | OLAWA | POLSKA | SENIOR II K - 30 | 20 | K 47 | 00:31:58 | 00:49:54 | 01:19:26.30 | 01:19:51.10 | 7:56 | 7.6 |
| 21 | SINICA KAMILA | 1277 | | | | SENIOR II K - 30 | 21 | K 48 | 00:31:18 | 00:49:25 | 01:20:22.25 | 01:20:26.60 | 8:02 | 7.5 |
| 22 | SZARLEJ ANNA | 1148 | FUDU&CO. SPORT TEAM | PIOTRKÓW TRYBUNALSKI | POLSKA | SENIOR II K - 30 | 22 | K 49 | 00:32:45 | 00:50:12 | 01:20:47.35 | 01:20:55.00 | 8:04 | 7.4 |
| 23 | KOPACKA ELIZA | 1017 | FOLLOWME - ZMIENIAMYFINANSE.PL | WAŁBRZYCH | POLSKA | SENIOR II K - 30 | 23 | K 50 | 00:30:46 | 00:49:10 | 01:20:31.55 | 01:20:57.85 | 8:03 | 7.5 |
| 24 | JAKUBOWSKA BEATA | 1326 | | | | SENIOR II K - 30 | 24 | K 51 | 00:31:23 | 00:49:34 | 01:20:33.05 | 01:20:59.20 | 8:03 | 7.4 |
| 25 | OSIKOWSKA TERESA | 1222 | | ZAKOPANE | POLSKA | SENIOR II K - 30 | 25 | K 52 | 00:31:12 | 00:49:32 | 01:20:54.65 | 01:21:12.10 | 8:05 | 7.4 |
| 26 | ŁUCZAJ KINGA | 1339 | | | | SENIOR II K - 30 | 26 | K 53 | 00:32:42 | 00:49:46 | 01:21:28.45 | 01:21:57.50 | 8:08 | 7.4 |
| 27 | SOKOŁOWSKA ANNA | 1223 | | ŁĄDEK ZDRÓJ | POLSKA | SENIOR II K - 30 | 27 | K 54 | 00:31:04 | 00:49:21 | 01:21:53.05 | 01:21:59.15 | 8:11 | 7.3 |
| 28 | SKAWINA-POŁEĆ ANNA | 1078 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 28 | K 55 | 00:31:45 | 00:50:33 | 01:22:04.15 | 01:22:14.60 | 8:12 | 7.3 |
| 29 | TOMASZEWSKA JOANNA | 1301 | KB HAROWNIK | | | SENIOR II K - 30 | 29 | K 57 | 00:31:27 | 00:49:42 | 01:22:07.15 | 01:22:23.35 | 8:12 | 7.3 |
| 30 | WASZYK ANITA | 1166 | MUAY RUNNING TEAM | ZALASEWO | POLSKA | SENIOR II K - 30 | 30 | K 61 | 00:31:37 | 00:49:59 | 01:22:40.15 | 01:23:08.20 | 8:16 | 7.3 |
| 31 | PLEWA KATARZYNA | 1123 | NORDIC16.COM | STRONIE ŚLĄSKIE | POLSKA | SENIOR II K - 30 | 31 | K 64 | 00:32:59 | 00:52:00 | 01:23:38.15 | 01:23:41.40 | 8:21 | 7.2 |
| 32 | KOSTERA KATARZYNA | 1259 | VEGE RUNNERS | WARSZAWA | | SENIOR II K - 30 | 32 | K 66 | 00:33:00 | 00:50:28 | 01:23:26.90 | 01:23:57.00 | 8:20 | 7.2 |
| 33 | PIELICHOWSKA JUSTYNA | 1254 | BIEGAJĄC Z WILKAMI | GOZDNICA | | SENIOR II K - 30 | 33 | K 68 | 00:30:21 | 00:49:05 | 01:23:53.25 | 01:24:16.55 | 8:23 | 7.2 |
| 34 | LEWANDOWSKA MARIA | 1038 | BIEGAM BO NIE LUBIE | KONIN | POLSKA | SENIOR II K - 30 | 34 | K 69 | 00:33:56 | 00:52:35 | 01:23:43.35 | 01:24:17.50 | 8:22 | 7.2 |
| 35 | WITECKA MILENA | 1336 | | | | SENIOR II K - 30 | 35 | K 70 | 00:34:28 | 00:53:16 | 01:24:28.10 | 01:24:31.60 | 8:26 | 7.1 |
| 36 | HACZKIEWICZ KAROLINA | 1186 | MILKY2017 | STARA MORAWA | POLSKA | SENIOR II K - 30 | 36 | K 72 | 00:32:04 | 00:51:41 | 01:25:09.40 | 01:25:28.15 | 8:31 | 7 |
| 37 | JAROSZ-DANIEL JOANNA | 1214 | | BIELSKO-BIAŁA | POLSKA | SENIOR II K - 30 | 37 | K 76 | 00:34:22 | 00:53:33 | 01:26:04.85 | 01:26:17.90 | 8:36 | 7 |
| 38 | SKAWINA KRYSZYNA | 1079 | | TOPOLICE | POLSKA | SENIOR II K - 30 | 38 | K 80 | 00:34:02 | 00:52:56 | 01:26:57.80 | 01:27:09.10 | 8:41 | 6.9 |
| 39 | SZPUREK ANNA | 1238 | BUKOWSKI KLUB BIEGACZA | BUK | | SENIOR II K - 30 | 39 | K 86 | 00:33:59 | 00:54:27 | 01:29:11.10 | 01:29:31.70 | 8:55 | 6.7 |
| 40 | DEMBNA ANIA | 1288 | | SYCÓW | | SENIOR II K - 30 | 40 | K 89 | 00:34:17 | 00:54:10 | 01:29:25.90 | 01:29:50.70 | 8:56 | 6.7 |
| 41 | MOLONG URSZULA | 1066 | NIGHT RUNNERS | KRAKÓW | POLSKA | SENIOR II K - 30 | 41 | K 92 | 00:35:44 | 00:56:08 | 01:31:16.25 | 01:31:43.00 | 9:07 | 6.6 |
| 42 | PĘCKA BEATA | 1242 | | SOSNOWIEC | | SENIOR II K - 30 | 42 | K 93 | 00:35:40 | 00:56:51 | 01:31:30.40 | 01:32:07.30 | 9:09 | 6.6 |
| 43 | ŚRÓDKA ALEKSANDRA | 1099 | | TRZEBNICA | POLSKA | SENIOR II K - 30 | 43 | K 96 | 00:35:39 | 00:57:03 | 01:32:38.95 | 01:33:05.70 | 9:15 | 6.5 |
| 44 | GÓRNA MAŁGORZATA | 1108 | | POZNAN | POLAND | SENIOR II K - 30 | 44 | K 98 | 00:35:04 | 00:56:26 | 01:33:14.25 | 01:33:25.55 | 9:19 | 6.4 |
| 45 | KUCZAKOWSKA JOANNA | 1218 | BIEGOWE MISIE | LEGNICA | POLSKA | SENIOR II K - 30 | 45 | K 100 | 00:35:25 | 00:55:29 | 01:33:27.15 | 01:33:50.40 | 9:20 | 6.4 |
| 46 | WITKOWSKA JUSTYNA | 1028 | | CHUDÓW | POLSKA | SENIOR II K - 30 | 46 | K 101 | 00:34:42 | 00:56:47 | 01:34:19.85 | 01:34:31.00 | 9:26 | 6.4 |
| 47 | STAWSKA EMILIA | 1095 | GRUNWALD TEAM POZNAŃ | POZNAŃ | POLSKA | SENIOR II K - 30 | 47 | K 102 | 00:36:46 | 00:59:25 | 01:35:08.25 | 01:35:30.90 | 9:30 | 6.3 |
| 48 | PAPIERZ-RYKAŁA ALEKSANDRA | 1212 | | MYŚLENICE | POLSKA | SENIOR II K - 30 | 48 | K 106 | 00:38:38 | 00:59:40 | 01:35:39.85 | 01:36:15.20 | 9:34 | 6.3 |
| 49 | ROGOWSKA MAŁGORZATA | 1116 | TRIATHLON MIETKÓW TEAM | KŁODZKO | POLSKA | SENIOR II K - 30 | 49 | K 107 | 00:35:38 | 00:57:57 | 01:36:09.30 | 01:36:28.15 | 9:37 | 6.2 |

BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|--------------------|--------|------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 50 | ERDMAŃSKA NATALIA | 1229 | | STRONIE ŚLĄSKIE | POLSKA | SENIOR II K - 30 | 50 | K 109 | 00:36:41 | 00:58:08 | 01:36:28.75 | 01:36:58.00 | 9:38 | 6.2 |
| 51 | KRAWCZYK MAGDALENA | 1139 | BIEGAJĄCY PALACZE | ULAN-MAJORAT | POLSKA | SENIOR II K - 30 | 51 | K 123 | 00:41:33 | 01:04:54 | 01:41:16.80 | 01:41:38.65 | 10:07 | 5.9 |
| 52 | HRABAŃSKA-RACZAK BEATA | 1168 | | KATOWICE | POLSKA | SENIOR II K - 30 | 52 | K 128 | 00:40:26 | 01:02:55 | 01:42:16.55 | 01:42:45.60 | 10:13 | 5.9 |
| 53 | ERENBERG MAŁGORZATA | 1153 | FUDU&CO SPORT TEAM | PIOTRKÓW TRYB. | POLSKA | SENIOR II K - 30 | 53 | K 130 | 00:39:27 | 01:03:06 | 01:43:08.75 | 01:43:16.10 | 10:18 | 5.8 |
| 54 | STAWSKA NATALIA | 1005 | | KRAKÓW | POLSKA | SENIOR II K - 30 | 54 | K 135 | 00:39:43 | 01:04:29 | 01:45:14.70 | 01:45:50.60 | 10:31 | 5.7 |
| 55 | KOWALCZYK OLKA | 1110 | | ALEKSANDRÓW ŁÓDZKI | POLSKA | SENIOR II K - 30 | 55 | K 137 | 00:39:21 | 01:05:24 | 01:46:52.60 | 01:47:27.80 | 10:41 | 5.6 |
| 56 | JÓZEFOWICZ MAGDALENA | 1011 | FUNDACJA DZIECIOM 'ZDAŻYC Z POMOCĄ' KORNEL MAŚLIŃSKI 28449 BIEGAM DLA KORNELKA | SMARDZÓW | POLSKA | SENIOR II K - 30 | 56 | K 138 | 00:42:33 | 01:07:32 | 01:49:50.00 | 01:50:09.10 | 10:59 | 5.5 |

BIEG TROJAK TRAIL - 10 KM, Senior II M - 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|---------------------|--------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | PIEGOWSKI ADAM | 1191 | EUROVENT ATHLETICS OPOLE | PRZYWORY | POLSKA | SENIOR II M - 30 | 1 | M 2 | 00:18:52 | 00:29:42 | 00:48:00.05 | 00:48:05.45 | 4:48 | 12.5 |
| 2 | KOWAL AMADEUSZ | 1308 | | LUBACZÓW | | SENIOR II M - 30 | 2 | M 4 | 00:20:22 | 00:31:19 | 00:50:31.75 | 00:50:35.80 | 5:03 | 11.9 |
| 3 | SMOLEŃ SEBASTIAN | 1299 | | ŁĄDEK-ZDRÓJ | | SENIOR II M - 30 | 3 | M 13 | 00:22:17 | 00:34:46 | 00:56:09.20 | 00:56:12.60 | 5:36 | 10.7 |
| 4 | RACZKO TOMASZ | 1205 | ZĄŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLAŃSKA PORĘBA | BOLEŚLAWIEC | POLSKA | SENIOR II M - 30 | 4 | M 14 | 00:22:22 | 00:34:28 | 00:56:05.30 | 00:56:14.25 | 5:36 | 10.7 |
| 5 | DUPLA KONRAD | 1077 | WKB PIAST WROCŁAW | WROCŁAW | POLSKA | SENIOR II M - 30 | 5 | M 19 | 00:23:49 | 00:36:30 | 00:58:04.80 | 00:58:09.70 | 5:48 | 10.3 |
| 6 | OLKIS RAFAŁ | 1304 | PRZEBIEGA.PL | WROCŁAW | | SENIOR II M - 30 | 6 | M 22 | 00:22:48 | 00:36:14 | 00:59:40.70 | 00:59:49.35 | 5:58 | 10.1 |
| 7 | MARIN ALBERTO | 1107 | | POZNAN | POLAND | SENIOR II M - 30 | 7 | M 23 | 00:23:06 | 00:37:00 | 01:00:56.15 | 01:01:09.30 | 6:05 | 9.8 |
| 8 | JANUSZEWSKI MACIEJ | 1140 | | WROCŁAW | POLSKA | SENIOR II M - 30 | 8 | M 25 | 00:23:50 | 00:37:41 | 01:02:10.35 | 01:02:14.70 | 6:13 | 9.7 |
| 9 | GĄDALSKI BARTOSZ | 1292 | | ŁĄDEK ZDRÓJ | | SENIOR II M - 30 | 9 | M 26 | 00:24:27 | 00:38:36 | 01:02:10.30 | 01:02:29.90 | 6:13 | 9.7 |
| 10 | HRYNOWIECKI PAWEŁ | 1043 | | ZŁOTY STOK | POLSKA | SENIOR II M - 30 | 10 | M 28 | 00:24:35 | 00:38:17 | 01:02:32.40 | 01:03:07.75 | 6:15 | 9.6 |
| 11 | STEMPIŃAK DANIEL | 1087 | KS MARATON OSTRÓW WLKP. | OSTRÓW WIELKOPOLSKI | POLSKA | SENIOR II M - 30 | 11 | M 30 | 00:25:11 | 00:38:42 | 01:03:11.20 | 01:03:18.10 | 6:19 | 9.5 |
| 12 | CHRZANOWSKI PAWEŁ | 1240 | 100 BATALION ŁĄCZNOŚCI | ŁĄDEK-ZDRÓJ | | SENIOR II M - 30 | 12 | M 32 | 00:25:23 | 00:39:09 | 01:03:40.80 | 01:03:45.60 | 6:22 | 9.4 |
| 13 | DĘBICKI ŁUKASZ | 1189 | | WAŁBRZYCH | POLSKA | SENIOR II M - 30 | 13 | M 34 | 00:24:13 | 00:38:45 | 01:04:15.00 | 01:04:53.75 | 6:25 | 9.3 |
| 14 | DZIEDZIC KRYSZTIAN | 1165 | | WROCŁAW | POLSKA | SENIOR II M - 30 | 14 | M 35 | 00:24:47 | 00:38:57 | 01:04:53.35 | 01:05:01.60 | 6:29 | 9.2 |
| 15 | WILK MATEUSZ | 1175 | RAMBO 3 | BYTOM | POLSKA | SENIOR II M - 30 | 15 | M 36 | 00:26:02 | 00:40:42 | 01:04:35.85 | 01:05:02.00 | 6:27 | 9.3 |
| 16 | WILK MACIEJ | 1074 | RAMBO 3 | BYTOM | POLSKA | SENIOR II M - 30 | 16 | M 37 | 00:19:35 | 00:30:27 | 01:04:54.95 | 01:05:02.15 | 6:29 | 9.2 |
| 17 | ZWOLIŃSKI ŁUKASZ | 1314 | | | | SENIOR II M - 30 | 17 | M 38 | 00:25:46 | 00:39:29 | 01:04:59.60 | 01:05:03.00 | 6:30 | 9.2 |
| 18 | KNAPP JANUSZ | 1317 | | | | SENIOR II M - 30 | 18 | M 39 | 00:27:04 | 00:42:06 | 01:05:03.00 | 01:05:23.00 | 6:30 | 9.2 |
| 19 | TOMASZEWSKI MARCIN | 1302 | GTRAT | | | SENIOR II M - 30 | 19 | M 40 | 00:25:06 | 00:39:36 | 01:05:26.40 | 01:05:36.55 | 6:32 | 9.2 |
| 20 | RUDNICKI MATEUSZ | 1341 | | TRZEBOSZOWICE | | SENIOR II M - 30 | 20 | M 41 | 00:25:19 | 00:40:21 | 01:05:21.55 | 01:05:39.60 | 6:32 | 9.2 |
| 21 | ANDRASIEWICZ KONRAD | 1309 | | DUSZNIKI-ZDRÓJ | | SENIOR II M - 30 | 21 | M 43 | 00:25:39 | 00:39:36 | 01:05:21.80 | 01:05:43.50 | 6:32 | 9.2 |
| 22 | CHODOROWSKI KRZYSZTOF | 1057 | PRZEBIEGA.PL | WROCŁAW | POLSKA | SENIOR II M - 30 | 22 | M 44 | 00:23:41 | 00:39:24 | 01:05:48.95 | 01:05:58.00 | 6:34 | 9.1 |
| 23 | GOLDMAN MATEUSZ | 1076 | | ŁODZ | POLSKA | SENIOR II M - 30 | 23 | M 45 | 00:25:22 | 00:39:54 | 01:05:53.95 | 01:06:03.00 | 6:35 | 9.1 |
| 24 | TYŚ RADEK | 1201 | | NOWA RUDA | POLSKA | SENIOR II M - 30 | 24 | M 46 | 00:25:50 | 00:40:27 | 01:06:01.30 | 01:06:16.90 | 6:36 | 9.1 |
| 25 | BUDYCH AREK | 1193 | | WRONKI | POLSKA | SENIOR II M - 30 | 25 | M 52 | 00:26:42 | 00:41:53 | 01:06:08.55 | 01:06:40.25 | 6:36 | 9.1 |
| 26 | ALBERT ŁUKASZ | 1236 | | OPOLE | | SENIOR II M - 30 | 26 | M 53 | 00:26:09 | 00:40:50 | 01:06:29.25 | 01:06:42.60 | 6:38 | 9 |
| 27 | STAWSKI MICHAŁ | 1064 | MBANK | ŁÓDŹ | POLSKA | SENIOR II M - 30 | 27 | M 57 | 00:21:42 | 00:33:48 | 01:08:09.95 | 01:08:11.60 | 6:49 | 8.8 |
| 28 | SZABAT DANIEL | 1063 | POLSKIEWSPINANIE.PL | WROCŁAW | POLSKA | SENIOR II M - 30 | 28 | M 65 | 00:27:43 | 00:43:32 | 01:09:52.85 | 01:10:24.20 | 6:59 | 8.6 |
| 29 | PELCZARSKI MICHAŁ | 1329 | | | | SENIOR II M - 30 | 29 | M 67 | 00:26:22 | 00:43:37 | 01:10:28.85 | 01:10:40.80 | 7:02 | 8.5 |
| 30 | KORNAŚ MARCIN | 1113 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | ZĄBKOWICE ŚLĄSKIE | POLSKA | SENIOR II M - 30 | 30 | M 71 | 00:27:20 | 00:43:17 | 01:11:21.30 | 01:11:48.65 | 7:08 | 8.4 |
| 31 | SIWA DOMINIK | 1145 | | POZNAN | POLSKA | SENIOR II M - 30 | 31 | M 74 | 00:27:12 | 00:44:08 | 01:12:36.30 | 01:12:49.20 | 7:15 | 8.3 |
| 32 | KUZIEL MARCIN | 1070 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POLSKA | SENIOR II M - 30 | 32 | M 75 | 00:28:50 | 00:45:05 | 01:12:31.95 | 01:12:59.80 | 7:15 | 8.3 |
| 33 | RYBARSKI PIOTR | 1027 | | DOLSK | POLSKA | SENIOR II M - 30 | 33 | M 76 | 00:27:42 | 00:43:30 | 01:13:02.10 | 01:13:22.70 | 7:18 | 8.2 |
| 34 | PRZYBYLSKI WITEK | 1256 | OTK RZEŹNIK | GLIWICE | POLSKA | SENIOR II M - 30 | 34 | M 79 | 00:29:37 | 00:45:55 | 01:13:54.25 | 01:13:56.70 | 7:23 | 8.1 |
| 35 | LICZNERSKI MIROŚLAW | 1121 | LUBAWA KOCHA BIEGAĆ | LUBAWA | POLSKA | SENIOR II M - 30 | 35 | M 80 | 00:27:29 | 00:44:34 | 01:13:42.25 | 01:14:06.45 | 7:22 | 8.1 |
| 36 | SHERIDAN AION | 1285 | MARATHON CLUB IRELAND | | | SENIOR II M - 30 | 36 | M 87 | 00:30:41 | 00:47:43 | 01:16:00.05 | 01:16:03.10 | 7:36 | 7.9 |
| 37 | MOTEL PAWEŁ | 1271 | AKS POLONIA WARSZAWA | | | SENIOR II M - 30 | 37 | M 88 | 00:31:34 | 00:49:09 | 01:16:03.80 | 01:16:23.70 | 7:36 | 7.9 |
| 38 | RAK ŁUKASZ | 1325 | | | | SENIOR II M - 30 | 38 | M 89 | 00:29:51 | 00:47:03 | 01:16:13.75 | 01:16:30.60 | 7:37 | 7.9 |
| 39 | WOŹNIAK WALDEMAR | 1273 | | | | SENIOR II M - 30 | 39 | M 90 | 00:30:30 | 00:47:38 | 01:16:13.65 | 01:16:35.20 | 7:37 | 7.9 |
| 40 | SZCZYGIEŁ MICHAŁ | 1330 | | | | SENIOR II M - 30 | 40 | M 91 | 00:29:52 | 00:47:04 | 01:16:45.05 | 01:17:01.95 | 7:40 | 7.8 |
| 41 | MLAŚ DAWID | 1216 | | TYCHY | POLSKA | SENIOR II M - 30 | 41 | M 92 | 00:29:54 | 00:47:20 | 01:16:50.60 | 01:17:07.60 | 7:41 | 7.8 |

BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|------------------------------|-------------|--------|------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 42 | IWIŃSKI MARCIN | 1220 | WOLNE ŚLIMAKI | POZNAŃ | POLAND | SENIOR II M - 30 | 42 | M 94 | 00:28:46 | 00:45:33 | 01:17:23.20 | 01:17:34.60 | 7:44 | 7.8 |
| 43 | KARASIŃSKI JACEK | 1983 | ZAŁOGA GÓRSKA | | | SENIOR II M - 30 | 43 | M 99 | 00:28:02 | 00:44:46 | 01:18:23.80 | 01:18:30.25 | 7:50 | 7.7 |
| 44 | JAROSIŃSKI MAREK | 1097 | ŁÓDZKIE HOSPICIUM DLA DZIECI | ŁÓDŹ | POLSKA | SENIOR II M - 30 | 44 | M 102 | 00:30:30 | 00:48:53 | 01:19:35.15 | 01:19:59.80 | 7:57 | 7.5 |
| 45 | NAMNI FATIH | 1293 | | | | SENIOR II M - 30 | 45 | M 106 | 00:31:11 | 00:50:04 | 01:19:59.15 | 01:20:21.20 | 7:59 | 7.5 |
| 46 | WYSTRYCHOWSKI MARCIN | 1090 | BFAGENCJA.PL | WARSZAWA | POLSKA | SENIOR II M - 30 | 46 | M 113 | 00:31:02 | 00:50:06 | 01:22:37.85 | 01:22:41.70 | 8:15 | 7.3 |
| 47 | POTYRAŁO DAMIAN | 1245 | | ŁĄDEK ZDRÓJ | | SENIOR II M - 30 | 47 | M 116 | 00:33:32 | 00:51:45 | 01:22:45.25 | 01:23:15.75 | 8:16 | 7.3 |
| 48 | LISOWSKI MACIEJ | 1241 | | KIEŁCZÓW | | SENIOR II M - 30 | 48 | M 120 | 00:30:37 | 00:48:20 | 01:23:53.60 | 01:24:17.35 | 8:23 | 7.2 |
| 49 | LEWANDOWSKI RAFAŁ | 1037 | BIEGAM BO NIE LUBIE | KONIN | POLSKA | SENIOR II M - 30 | 49 | M 121 | 00:33:55 | 00:52:35 | 01:23:43.40 | 01:24:17.55 | 8:22 | 7.2 |
| 50 | JURCZYK WOJCIECH | 1124 | | LADEK ZDROJ | POLSKA | SENIOR II M - 30 | 50 | M 122 | 00:32:52 | 00:51:19 | 01:23:45.95 | 01:24:23.90 | 8:22 | 7.2 |
| 51 | WIADEREK PIOTR | 1069 | PĘDZĄCE ŻÓŁWIE | WARSZAWA | POLSKA | SENIOR II M - 30 | 51 | M 125 | 00:32:18 | 00:52:22 | 01:26:16.65 | 01:26:30.30 | 8:37 | 7 |
| 52 | BIEGANOWSKI KRZYSZTOF | 1041 | BIEGAN | WROCŁAW | POLSKA | SENIOR II M - 30 | 52 | M 126 | 00:32:25 | 00:51:16 | 01:26:18.30 | 01:26:53.45 | 8:37 | 7 |
| 53 | SZCZYGIEL GRZEGORZ | 1226 | KURORT ŁĄDEK ZDRÓJ | ŁĄDEK-ZDRÓJ | POLSKA | SENIOR II M - 30 | 53 | M 131 | 00:32:30 | 00:53:03 | 01:29:31.45 | 01:29:37.40 | 8:57 | 6.7 |
| 54 | SIANO ŁUKASZ | 1305 | | | | SENIOR II M - 30 | 54 | M 132 | 00:35:54 | 00:55:52 | 01:29:33.30 | 01:30:03.90 | 8:57 | 6.7 |
| 55 | FLIS PIOTR | 1250 | | | | SENIOR II M - 30 | 55 | M 133 | 00:34:01 | 00:53:34 | 01:30:11.25 | 01:30:29.30 | 9:01 | 6.7 |
| 56 | NOWACZYK GRZEGORZ | 1335 | | | | SENIOR II M - 30 | 56 | M 137 | 00:37:10 | 00:56:57 | 01:31:27.15 | 01:31:27.15 | 9:08 | 6.6 |
| 57 | PAWLAK BARTOSZ | 1337 | | | | SENIOR II M - 30 | 57 | M 138 | 00:36:59 | 00:56:51 | 01:31:19.30 | 01:31:27.25 | 9:08 | 6.6 |
| 58 | PIETRASZEWSKI WITOLD | 1318 | | | | SENIOR II M - 30 | 58 | M 146 | 00:38:53 | 00:59:56 | 01:38:00.95 | 01:38:22.05 | 9:48 | 6.1 |
| 59 | STACHURA MIKOŁAJ | 1101 | | WARSZAWA | POLSKA | SENIOR II M - 30 | 59 | M 148 | 00:37:24 | 01:01:13 | 01:41:15.20 | 01:41:35.90 | 10:07 | 5.9 |
| 60 | RACZAK MACIEJ | 1167 | | KATOWICE | POLSKA | SENIOR II M - 30 | 60 | M 150 | 00:40:27 | 01:02:56 | 01:42:16.65 | 01:42:45.70 | 10:13 | 5.9 |
| 61 | KISIAŁA FILIP | 1002 | LACHO TEAM | KRAKÓW | POLSKA | SENIOR II M - 30 | 61 | M 152 | 00:39:39 | 01:03:53 | 01:45:08.35 | 01:45:50.35 | 10:30 | 5.7 |
| 62 | BOCZAR WALDEK | 1117 | | WROCŁAW | POLSKA | SENIOR II M - 30 | 62 | M 159 | 00:40:07 | 01:02:44 | 01:55:56.65 | 01:56:14.40 | 11:35 | 5.2 |

BIEG TROJAK TRAIL - 10 KM, Masters K - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---|----------------------|----------------|----------------|--------|----------|----------|-------------|-------------|-------------|--------|------|
| 1 | HACZYK NATALIA | 1234 | BIEG OPOLSKI | | | MASTERS K - 40 | 1 | K 6 | 00:25:38 | 00:39:46 | 01:04:57.60 | 01:05:07.50 | 6:29 | 9.2 |
| 2 | GRABIŃSKA GIZELA | 1086 | DREAM RUN/ AZS UW | WARSZAWA-WESOŁA | POLSKA | MASTERS K - 40 | 2 | K 7 | 00:26:37 | 00:41:50 | 01:07:06.85 | 01:07:12.05 | 6:42 | 8.9 |
| 3 | CZEBOTAR BARBARA | 1237 | | KŁODZKO | | MASTERS K - 40 | 3 | K 16 | 00:27:32 | 00:43:02 | 01:09:19.10 | 01:09:27.05 | 6:56 | 8.7 |
| 4 | WOJTKOWIAK RENATA | 1132 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POLSKA | MASTERS K - 40 | 4 | K 23 | 00:27:52 | 00:44:59 | 01:13:47.55 | 01:14:05.35 | 7:22 | 8.1 |
| 5 | LUBAŃSKA ALICJA | 1073 | ZS BUKOWICE | BUKOWICE | POLSKA | MASTERS K - 40 | 5 | K 29 | 00:28:36 | 00:45:29 | 01:14:45.50 | 01:14:47.80 | 7:28 | 8 |
| 6 | SKOWRON KATARZYNA | 1284 | MARATHON CLUB IRELAND | | | MASTERS K - 40 | 6 | K 34 | 00:30:44 | 00:47:46 | 01:16:01.05 | 01:16:02.95 | 7:36 | 7.9 |
| 7 | LISIEWICZ KALETĄ AGATA | 1085 | PRO-RUN WROCŁAW | WROCŁAW | POLSKA | MASTERS K - 40 | 7 | K 35 | | | 01:16:10.90 | 01:16:10.90 | 7:37 | 7.9 |
| 8 | GLINA-KRAWCZYK MAŁGORZATA | 1093 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | KAMIENIEC ZĄBKOWICKI | POLSKA | MASTERS K - 40 | 8 | K 44 | 00:30:29 | 00:48:08 | 01:17:41.85 | 01:18:15.70 | 7:46 | 7.7 |
| 9 | KUŹNIAK MARTYNA | 1054 | | WARSZAWA | POLSKA | MASTERS K - 40 | 9 | K 46 | 00:30:52 | 00:48:16 | 01:19:22.95 | 01:19:47.40 | 7:56 | 7.6 |
| 10 | GEROWSKA ALEKSANDRA | 1032 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ | POLAND | MASTERS K - 40 | 10 | K 56 | 00:32:07 | 00:49:51 | 01:22:00.80 | 01:22:21.30 | 8:12 | 7.3 |
| 11 | WYSTRYCHOWSKA MARZENA | 1246 | | | | MASTERS K - 40 | 11 | K 59 | 00:30:30 | 00:49:50 | 01:22:38.20 | 01:22:41.40 | 8:15 | 7.3 |
| 12 | ŚWIDEREK KASJA | 1268 | | | | MASTERS K - 40 | 12 | K 62 | 00:32:13 | 00:50:06 | 01:23:25.05 | 01:23:28.15 | 8:20 | 7.2 |
| 13 | BRZOZA DOROTA | 1197 | | WROCŁAW | POLSKA | MASTERS K - 40 | 13 | K 65 | 00:33:21 | 00:51:05 | 01:23:18.25 | 01:23:51.90 | 8:19 | 7.2 |
| 14 | PABICH MAGDALENA | 1050 | 4RUN TEAM PIŁA | PIŁA | POLSKA | MASTERS K - 40 | 14 | K 71 | 00:33:49 | 00:53:06 | 01:25:02.05 | 01:25:08.00 | 8:30 | 7.1 |
| 15 | LACHOWICZ ANNA | 1243 | | ESKILSTUNA | | MASTERS K - 40 | 15 | K 73 | 00:33:59 | 00:52:50 | 01:25:14.60 | 01:25:33.25 | 8:31 | 7 |
| 16 | WŁOSKOWICZ KINGA | 1135 | | WĄCHOCK | POLSKA | MASTERS K - 40 | 16 | K 74 | 00:34:12 | 00:53:49 | 01:26:03.15 | 01:26:06.05 | 8:36 | 7 |
| 17 | KOLENDO EDYTA | 1163 | | ŁĄDEK-ZDRÓJ | POLSKA | MASTERS K - 40 | 17 | K 75 | 00:32:55 | 00:51:48 | 01:25:56.65 | 01:26:13.50 | 8:35 | 7 |
| 18 | KAYSIEWICZ JOANNA | 1003 | | POZNAŃ | POLSKA | MASTERS K - 40 | 18 | K 79 | 00:34:14 | 00:53:17 | 01:26:14.95 | 01:26:49.20 | 8:37 | 7 |
| 19 | BALCERZAK AGNIESZKA | 1015 | MARATOŃCZYK POZNAŃ | KONARZEWO | POLSKA | MASTERS K - 40 | 19 | K 82 | 00:34:25 | 00:53:46 | 01:26:53.50 | 01:27:24.40 | 8:41 | 6.9 |
| 20 | NIEWIADOMSKA AGNIESZKA | 1021 | | WARSZAWA | POLSKA | MASTERS K - 40 | 20 | K 84 | 00:35:36 | 00:55:27 | 01:27:05.10 | 01:27:37.30 | 8:42 | 6.9 |
| 21 | LEŚNIEWSKA JUSTYNA | 1262 | | ŁÓDŹ | MASTERS K - 40 | 21 | K 85 | 00:35:06 | 00:54:41 | 01:28:45.50 | 01:29:04.80 | 8:52 | 6.8 | |
| 22 | KOWAL EWA | 1310 | | ZIĘBICE | MASTERS K - 40 | 22 | K 87 | 00:35:25 | 00:54:45 | 01:29:21.60 | 01:29:35.40 | 8:56 | 6.7 | |
| 23 | TASZAREK EWA | 1029 | | MROWINO | POLSKA | MASTERS K - 40 | 23 | K 88 | 00:32:02 | 00:51:59 | 01:29:25.85 | 01:29:36.30 | 8:56 | 6.7 |
| 24 | HAWROT MARTA | 1276 | | | | MASTERS K - 40 | 24 | K 95 | 00:36:32 | 00:57:32 | 01:32:39.85 | 01:32:45.80 | 9:16 | 6.5 |
| 25 | CIASTOWICZ-TOMCZAK INGA | 1024 | FIGHTERS MOSINA | MOSINA | POLSKA | MASTERS K - 40 | 25 | K 103 | 00:36:47 | 00:57:46 | 01:35:20.00 | 01:35:35.90 | 9:32 | 6.3 |
| 26 | DZIDEK KATARZYNA | 1031 | | JAWORZYNA ŚLĄSKA | POLSKA | MASTERS K - 40 | 26 | K 108 | 00:36:42 | 00:59:31 | 01:36:29.45 | 01:36:57.05 | 9:39 | 6.2 |
| 27 | NIEMAS ANNA | 1042 | OYAMA KARATE BRZESZCZE | RAJSKO | POLSKA | MASTERS K - 40 | 27 | K 110 | 00:36:41 | 00:58:09 | 01:36:31.85 | 01:37:00.00 | 9:39 | 6.2 |
| 28 | REMBIELAK-TACIAK ANNA | 1188 | ANTONINEK POZNAŃ | POZNAŃ | POLSKA | MASTERS K - 40 | 28 | K 111 | 00:36:53 | 00:59:50 | 01:37:15.45 | 01:37:27.40 | 9:43 | 6.2 |
| 29 | NIEZGÓDKA SYLWIA | 1270 | | WROCŁAW | MASTERS K - 40 | 29 | K 113 | 00:39:42 | 01:00:23 | 01:38:32.20 | 01:38:42.00 | 9:51 | 6.1 | |

BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|--------------------------------------|----------------------|--------|----------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 30 | WALISZEWSKA-PLEWA IZABELLA | 1036 | | KIELCE | POLSKA | MASTERS K - 40 | 30 | K 114 | 00:37:11 | 00:59:30 | 01:38:33.30 | 01:38:51.40 | 9:51 | 6.1 |
| 31 | OLCZYK ANNA | 1194 | RUN LODZ | PRZEDBÓRZ | POLSKA | MASTERS K - 40 | 31 | K 115 | 00:36:46 | 00:59:45 | 01:38:54.35 | 01:39:17.75 | 9:53 | 6.1 |
| 32 | BUDNIOK BARBARA | 1048 | ŻONY MEŻÓW UZALEŻNIONYCH OD BIEGANIA | PIŁA | POLSKA | MASTERS K - 40 | 32 | K 117 | 00:36:40 | 00:59:29 | 01:39:27.65 | 01:39:35.20 | 9:56 | 6 |
| 33 | WALENDA KATARZYNA | 1136 | VEGE ULTRA RUNNERS | LESZNOWOLA | POLSKA | MASTERS K - 40 | 33 | K 120 | 00:41:34 | 01:03:27 | 01:40:54.90 | 01:41:16.40 | 10:05 | 5.9 |
| 34 | MAZURCZAK EWA | 1158 | KOBIETAWBIEGU.PL | KIEŁCZÓWEK | POLSKA | MASTERS K - 40 | 34 | K 125 | 00:40:36 | 01:02:52 | 01:41:24.25 | 01:41:46.40 | 10:08 | 5.9 |
| 35 | AUGUSTOWSKA IZABELA | 1231 | KB GEOTERMIA UNIEJÓW | WARTKOWICE | POLSKA | MASTERS K - 40 | 35 | K 126 | 00:38:21 | 01:00:32 | 01:42:09.05 | 01:42:23.85 | 10:12 | 5.9 |
| 36 | DOJKA DOROTA | 1152 | | WROCLAW | POLSKA | MASTERS K - 40 | 36 | K 127 | 00:38:21 | 01:00:24 | 01:42:08.85 | 01:42:24.20 | 10:12 | 5.9 |
| 37 | RAJKOWSKA ANNA | 1230 | | PIOTRKÓW TRYBUNALSKI | POLSKA | MASTERS K - 40 | 37 | K 131 | 00:39:31 | 01:03:06 | 01:43:08.95 | 01:43:16.30 | 10:18 | 5.8 |
| 38 | JĘDRZEJSKA ULA | 1253 | WATAHA | | POLSKA | MASTERS K - 40 | 38 | K 133 | 00:39:58 | 01:03:02 | 01:43:20.50 | 01:43:44.55 | 10:20 | 5.8 |
| 39 | LECHNA MIRELLA | 1061 | | MIRKÓW | POLSKA | MASTERS K - 40 | 39 | K 134 | 00:39:39 | 01:04:17 | 01:44:59.25 | 01:45:04.15 | 10:30 | 5.7 |
| 40 | NAĆKIEWICZ JUSTYNA | 1251 | | BRZESKO | POLSKA | MASTERS K - 40 | 40 | K 136 | 00:39:21 | 01:05:23 | 01:46:51.80 | 01:47:27.10 | 10:41 | 5.6 |
| 41 | BLISKA-MROCZKA HENRYKA | 1311 | | ZIĘBICE | POLSKA | MASTERS K - 40 | 41 | K 139 | 00:40:46 | 01:07:51 | 01:52:01.50 | 01:52:15.65 | 11:12 | 5.4 |

BIEG TROJAK TRAIL - 10 KM, Masters M - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---------------------------------------|----------------------|--------|----------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | HACZYK JAROSŁAW | 1235 | BIEG OPOLSKI | | POLSKA | MASTERS M - 40 | 1 | M 6 | 00:20:28 | 00:31:54 | 00:51:50.95 | 00:51:54.00 | 5:11 | 11.6 |
| 2 | MICHALIK ADAM | 1321 | | | POLSKA | MASTERS M - 40 | 2 | M 7 | 00:21:11 | 00:33:04 | 00:53:13.60 | 00:53:16.70 | 5:19 | 11.3 |
| 3 | GAJEWSKI MARCIN | 1055 | | KŁODZKO | POLSKA | MASTERS M - 40 | 3 | M 9 | 00:21:44 | 00:34:11 | 00:55:20.75 | 00:55:22.60 | 5:32 | 10.8 |
| 4 | NOWINIŁSKI ANDRZEJ | 1328 | | | POLSKA | MASTERS M - 40 | 4 | M 11 | 00:22:16 | 00:34:42 | 00:55:37.30 | 00:55:39.00 | 5:33 | 10.8 |
| 5 | ZIĘTERSKI ROBERT | 1075 | | KŁODZKO | POLSKA | MASTERS M - 40 | 5 | M 15 | 00:22:57 | 00:35:47 | 00:57:00.80 | 00:57:04.55 | 5:42 | 10.5 |
| 6 | SPYCHAŁSKI ADAM | 1060 | | RUDA ŚLĄSKA | POLSKA | MASTERS M - 40 | 6 | M 16 | 00:22:52 | 00:35:39 | 00:57:06.50 | 00:57:11.70 | 5:42 | 10.5 |
| 7 | BINKOWSKI MARCIN | 1199 | | MOSINA | POLSKA | MASTERS M - 40 | 7 | M 21 | 00:24:01 | 00:37:06 | 00:59:24.55 | 00:59:34.70 | 5:56 | 10.1 |
| 8 | KITKOWSKI ARKADIUSZ | 1279 | SUPERSNOW | ŁĄDEK ZDRÓJ | POLSKA | MASTERS M - 40 | 8 | M 31 | 00:25:18 | 00:38:52 | 01:03:14.70 | 01:03:19.50 | 6:19 | 9.5 |
| 9 | RAKOCZY JERZY | 1260 | | | POLSKA | MASTERS M - 40 | 9 | M 33 | 00:25:43 | 00:39:56 | 01:04:40.30 | 01:04:44.60 | 6:28 | 9.3 |
| 10 | WUJDA MIROSŁAW | 1307 | EKW RULEZ | | POLSKA | MASTERS M - 40 | 10 | M 42 | 00:22:55 | 00:38:33 | 01:05:34.35 | 01:05:40.85 | 6:33 | 9.2 |
| 11 | ABULEWICZ WOJCIECH | 1294 | STP SYNERGIA | WROCLAW | POLSKA | MASTERS M - 40 | 11 | M 48 | 00:25:51 | 00:40:20 | 01:06:18.30 | 01:06:23.20 | 6:37 | 9 |
| 12 | TRACZ MICHAŁ | 1169 | OLDSCHOOL MTB GDAŃSK | GDAŃSK | POLSKA | MASTERS M - 40 | 12 | M 49 | 00:24:47 | 00:39:43 | 01:06:14.25 | 01:06:26.80 | 6:37 | 9.1 |
| 13 | POPIEL DARIUSZ | 1096 | 100 BATALION ŁĄCZNOŚCI | WAŁCZ | POLSKA | MASTERS M - 40 | 13 | M 50 | 00:25:56 | 00:40:40 | 01:05:58.85 | 01:06:28.60 | 6:35 | 9.1 |
| 14 | WUJEK MARCIN | 1332 | | | POLSKA | MASTERS M - 40 | 14 | M 54 | 00:27:37 | 00:42:02 | 01:07:10.65 | 01:07:30.75 | 6:43 | 8.9 |
| 15 | GEROWSKI MACIEJ | 1033 | NETBOX BIEGA / LESZ NO LIMITS RUNNERS | GOSTYŃ | POLAND | MASTERS M - 40 | 15 | M 58 | 00:28:47 | 00:43:24 | 01:07:59.20 | 01:08:19.15 | 6:48 | 8.8 |
| 16 | PODJUK JULIUSZ | 1129 | | GOSTYŃ | POLSKA | MASTERS M - 40 | 16 | M 60 | 00:27:19 | 00:42:14 | 01:08:10.95 | 01:08:33.30 | 6:49 | 8.8 |
| 17 | GAWRON PIOTR | 1112 | KB GOCH BYTÓW | BYTÓW | POLSKA | MASTERS M - 40 | 17 | M 61 | 00:26:15 | 00:41:04 | 01:08:43.95 | 01:08:53.25 | 6:52 | 8.7 |
| 18 | GRUSZKA ROBERT | 1151 | GRU-KO | GALEWICE | POLSKA | MASTERS M - 40 | 18 | M 62 | 00:26:41 | 00:43:09 | 01:08:36.35 | 01:08:53.60 | 6:51 | 8.7 |
| 19 | BURDA SEBASTIAN | 1338 | | | POLSKA | MASTERS M - 40 | 19 | M 63 | 00:26:40 | 00:43:41 | 01:09:41.50 | 01:09:57.90 | 6:58 | 8.6 |
| 20 | MARCINKOWSKI PRZEMYSŁAW | 1306 | | GOSTYŃ | POLSKA | MASTERS M - 40 | 20 | M 68 | 00:28:29 | 00:44:10 | 01:10:28.70 | 01:10:50.40 | 7:02 | 8.5 |
| 21 | ROGOCZ MACIEJ | 1083 | ROGASIE Z DOLINY ROZTOKI | GDYNIA | POLSKA | MASTERS M - 40 | 21 | M 77 | 00:29:13 | 00:45:41 | 01:13:12.70 | 01:13:42.65 | 7:19 | 8.2 |
| 22 | TOMERA PIOTR | 1343 | | | POLSKA | MASTERS M - 40 | 22 | M 78 | 00:23:54 | 00:37:50 | 01:01:40.65 | 01:13:49.65 | 6:10 | 9.7 |
| 23 | BUSS JAKUB | 1009 | KUDOWSCY MIŁOŚNICZY BIEGANIA | KUDOWA ZDRÓJ | POLSKA | MASTERS M - 40 | 23 | M 83 | 00:29:14 | 00:46:13 | 01:14:27.80 | 01:14:50.75 | 7:26 | 8.1 |
| 24 | KALETA PRZEMYSŁAW | 1084 | PRO-RUN WROCLAW | WROCLAW | POLSKA | MASTERS M - 40 | 24 | M 86 | 00:29:53 | 00:46:48 | 01:15:30.80 | 01:15:56.60 | 7:33 | 7.9 |
| 25 | DUDZIŃSKI MAREK | 1322 | | | POLSKA | MASTERS M - 40 | 25 | M 93 | 00:29:38 | 00:46:39 | 01:16:52.90 | 01:17:19.30 | 7:41 | 7.8 |
| 26 | GŁOWACKI DARIUSZ | 1111 | | PIOTRKÓW TRYBUNALSKI | POLSKA | MASTERS M - 40 | 26 | M 95 | 00:30:45 | 00:48:33 | 01:18:08.05 | 01:18:16.00 | 7:48 | 7.7 |
| 27 | WANTUCH PIOTR | 1204 | ZALOGA GÓRSKA | OPOLE | POLSKA | MASTERS M - 40 | 27 | M 96 | 00:29:49 | 00:46:32 | 01:17:37.40 | 01:18:16.55 | 7:45 | 7.7 |
| 28 | TACIAK SEBASTIAN | 1187 | ANTONINEK POZNAŃ | POZNAŃ | POLAND | MASTERS M - 40 | 28 | M 97 | 00:30:53 | 00:48:16 | 01:18:09.00 | 01:18:21.40 | 7:48 | 7.7 |
| 29 | SAWAŁA SŁAWOMIR | 1134 | TRANCE ONLY | POZNAŃ | POLSKA | MASTERS M - 40 | 29 | M 101 | 00:30:06 | 00:47:52 | 01:19:18.50 | 01:19:48.45 | 7:55 | 7.6 |
| 30 | ADAMCZUK FELIX | 1091 | | SZCZECIN | POLSKA | MASTERS M - 40 | 30 | M 103 | 00:31:40 | 00:49:28 | 01:19:58.85 | 01:20:05.90 | 7:59 | 7.5 |
| 31 | NOWICKI MACIEJ | 1162 | | WROCLAW | POLSKA | MASTERS M - 40 | 31 | M 107 | 00:31:14 | 00:49:33 | 01:20:09.60 | 01:20:47.35 | 8:01 | 7.5 |
| 32 | BUSZKA ŁUKASZ | 1313 | | | POLSKA | MASTERS M - 40 | 32 | M 108 | 00:31:28 | 00:48:54 | 01:20:39.35 | 01:20:58.05 | 8:04 | 7.4 |
| 33 | KONDRAKIEWICZ RAFAŁ | 1013 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POLSKA | MASTERS M - 40 | 33 | M 112 | 00:31:14 | 00:49:37 | 01:22:07.20 | 01:22:23.30 | 8:12 | 7.3 |
| 34 | LIS MARCIN | 1275 | | WIOSKA | POLSKA | MASTERS M - 40 | 34 | M 114 | 00:31:37 | 00:49:53 | 01:22:22.50 | 01:22:47.90 | 8:14 | 7.3 |
| 35 | MARYNOWICZ PIOTR | 1053 | BRAK | ZGIERZ | POLSKA | MASTERS M - 40 | 35 | M 115 | 00:31:10 | 00:50:19 | 01:22:44.55 | 01:23:00.90 | 8:16 | 7.3 |
| 36 | TOPIŁKO WOJCIECH | 1272 | | ŁODYGOWICE | POLSKA | MASTERS M - 40 | 36 | M 118 | 00:33:49 | 00:52:00 | 01:23:42.05 | 01:23:53.35 | 8:22 | 7.2 |
| 37 | MATEŃCZUK PAWEŁ | 1210 | | RACIBÓRZ | POLSKA | MASTERS M - 40 | 37 | M 119 | 00:31:42 | 00:50:47 | 01:24:08.05 | 01:24:13.25 | 8:24 | 7.1 |
| 38 | ŁAPACZYŃSKI ROBERT | 1249 | | ŁĄDEK-ZDRÓJ | POLSKA | MASTERS M - 40 | 38 | M 123 | 00:32:23 | 00:51:05 | 01:24:22.45 | 01:24:27.55 | 8:26 | 7.1 |
| 39 | DANIEL JAREK | 1286 | | BIELSKO BIAŁA | POLSKA | MASTERS M - 40 | 39 | M 124 | 00:34:26 | 00:53:23 | 01:26:05.50 | 01:26:18.35 | 8:36 | 7 |

BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|------------------------|-----------|--------|----------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 40 | BALICKI JAKUB | 1182 | ASAP RUNNERS | ŁÓDŹ | POLAND | MASTERS M - 40 | 40 | M 127 | 00:34:07 | 00:52:56 | 01:26:45.15 | 01:27:21.85 | 8:40 | 6.9 |
| 41 | STEFANOWSKI MARIUSZ | 1119 | | OPOLE | POLSKA | MASTERS M - 40 | 41 | M 129 | 00:35:11 | 00:54:28 | 01:29:08.05 | 01:29:08.05 | 8:54 | 6.7 |
| 42 | PTASZEK SŁAWOMIR | 1296 | | MIZERNA | POLSKA | MASTERS M - 40 | 42 | M 141 | 00:37:01 | 00:58:11 | 01:33:09.35 | 01:33:49.10 | 9:19 | 6.4 |
| 43 | KRUZEL RAFAŁ | 1219 | BIEGOWE MISIE | LEGNICA | POLSKA | MASTERS M - 40 | 43 | M 142 | 00:35:24 | 00:55:29 | 01:33:27.00 | 01:33:50.30 | 9:20 | 6.4 |
| 44 | SIGER ADAM | 1213 | FUNDACJA UDARU MÓZGU | ŁÓDŹ | POLSKA | MASTERS M - 40 | 44 | M 145 | 00:35:33 | 00:57:40 | 01:35:58.05 | 01:36:38.00 | 9:35 | 6.3 |
| 45 | NICZEJDOLNY TOMASZ | 1300 | | WROCŁAW | | MASTERS M - 40 | 45 | M 147 | 00:39:52 | 00:55:25 | 01:38:30.90 | 01:38:41.90 | 9:51 | 6.1 |
| 46 | CHMIELEWSKI MARCIN | 1034 | BIEGAM BEZ SPINY | ŚCINAWA | POLSKA | MASTERS M - 40 | 46 | M 151 | 00:39:38 | 01:03:14 | 01:44:11.75 | 01:44:43.35 | 10:25 | 5.8 |
| 47 | KUŹNIAK MARCIN | 1258 | | | POLSKA | MASTERS M - 40 | 47 | M 153 | 00:41:06 | 01:03:54 | 01:46:01.20 | 01:46:38.00 | 10:36 | 5.7 |
| 48 | SIECZKOWSKI ARTUR | 1244 | NATURAL BORN RUMIA | | | MASTERS M - 40 | 48 | M 154 | 00:39:40 | 01:05:24 | 01:46:51.85 | 01:47:26.90 | 10:41 | 5.6 |
| 49 | KARNOWSKI SŁAWOMIR | 1280 | | | | MASTERS M - 40 | 49 | M 155 | 00:41:35 | 01:06:16 | 01:48:06.20 | 01:48:27.60 | 10:48 | 5.6 |
| 50 | NOWICKI AMDRZEJ | 1104 | ZJEDNOCZENI ZWYCIĘZAMY | WROCŁAW | POLSKA | MASTERS M - 40 | 50 | M 161 | 00:42:37 | 01:09:45 | 01:59:06.20 | 01:59:39.05 | 11:54 | 5 |
| | KITA MICHAŁ | 1068 | PĘDZĄCY W MIEJSCU | WROCŁAW | POLSKA | MASTERS M - 40 | | | 00:19:10 | 00:30:16 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | |

BIEG TROJAK TRAIL - 10 KM, Weteran K - 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|--------------------------|-----------|--------|----------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | MARZYŃSKA BARBARA | 1198 | | GNIEZNO | POLSKA | WETERAN K - 50 | 1 | K 31 | 00:29:30 | 00:46:46 | 01:15:37.15 | 01:15:45.45 | 7:33 | 7.9 |
| 2 | SZATKOWSKA EWA | 1171 | KOBIETYBIEGAJĄ | KĘPNO | POLSKA | WETERAN K - 50 | 2 | K 63 | 00:32:22 | 00:50:28 | 01:23:22.40 | 01:23:29.50 | 8:20 | 7.2 |
| 3 | WALACIK MAŁGORZATA | 1122 | | WIERUSZÓW | POLSKA | WETERAN K - 50 | 3 | K 78 | 00:34:10 | 00:53:11 | 01:26:08.90 | 01:26:25.30 | 8:36 | 7 |
| 4 | CHWIAŁKOWSKA EWA | 1026 | | TORUŃ | POLSKA | WETERAN K - 50 | 4 | K 97 | 00:36:47 | 00:57:39 | 01:33:03.50 | 01:33:25.00 | 9:18 | 6.4 |
| 5 | PASTUSZKA JOANNA | 1172 | RUN ŁDZ | ŁÓDŹ | POLSKA | WETERAN K - 50 | 5 | K 116 | 00:39:30 | 01:02:26 | 01:38:53.20 | 01:39:18.05 | 9:53 | 6.1 |
| 6 | KUTNIEWSKA MARIA | 1252 | FACE NORDIC WALKING TEAM | ŻUKOWO | | WETERAN K - 50 | 6 | K 118 | 00:39:20 | 01:01:40 | 01:39:20.70 | 01:39:35.70 | 9:56 | 6 |

BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|----------------------|----------------------|--------|------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | CHWIAŁKOWSKI WIESŁAW | 1025 | | TORUŃ | POLSKA | WETERAN I M - 50 | 1 | M 73 | 00:27:09 | 00:43:24 | 01:12:03.55 | 01:12:18.35 | 7:12 | 8.3 |
| 2 | PASTUSZKA MIROSLAW | 1174 | RUN ŁDZ | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 2 | M 82 | 00:30:39 | 00:47:52 | 01:14:18.30 | 01:14:35.15 | 7:25 | 8.1 |
| 3 | CHORZEPA ADAM | 1215 | | SZCZYTNA | POLSKA | WETERAN I M - 50 | 3 | M 98 | 00:26:21 | 00:41:18 | 01:08:38.00 | 01:18:22.00 | 6:51 | 8.7 |
| 4 | GŁĄBICA ADAM | 1160 | PRO - RUN WROCŁAW | KAMIENIEC WROCŁAWSKI | POLSKA | WETERAN I M - 50 | 4 | M 117 | 00:32:19 | 00:50:51 | 01:23:00.95 | 01:23:32.85 | 8:18 | 7.2 |
| 5 | KUBKA ADAM | 1098 | FUNDACJA UDARU MÓZGU | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 5 | M 128 | 00:31:29 | 00:52:37 | 01:26:53.40 | 01:27:24.90 | 8:41 | 6.9 |
| 6 | OLCZYK ANDRZEJ | 1195 | RUN LODZ | PRZEDBÓRZ | POLSKA | WETERAN I M - 50 | 6 | M 139 | 00:36:49 | 00:59:44 | 01:32:56.90 | 01:33:20.35 | 9:17 | 6.5 |
| 7 | SIWEK KRZYSZTOF | 1269 | | ZŁOTY STOK | | WETERAN I M - 50 | 7 | M 143 | 00:34:31 | 00:57:07 | 01:35:12.40 | 01:35:42.40 | 9:31 | 6.3 |
| 8 | SYPER BERNARD | 1320 | | | | WETERAN I M - 50 | 8 | M 144 | 00:35:53 | 00:57:20 | 01:36:28.70 | 01:36:35.15 | 9:38 | 6.2 |
| 9 | PODSIADŁY ROBERT | 1291 | CHATA BIEGACZA K34 | | | WETERAN I M - 50 | 9 | M 149 | 00:38:05 | 01:00:34 | 01:41:47.10 | 01:42:20.15 | 10:10 | 5.9 |
| 10 | MADERA BOGDAN | 1059 | RUNWALKRUN | ŚWIDNICA | POLSKA | WETERAN I M - 50 | 10 | M 156 | 00:41:47 | 01:06:27 | 01:50:48.20 | 01:50:53.20 | 11:04 | 5.4 |
| 11 | MELSON ANDRZEJ | 1128 | BIZON TEAM | ŁÓDŹ | POLSKA | WETERAN I M - 50 | 11 | M 157 | 00:41:44 | 01:07:37 | 01:55:07.95 | 01:55:40.80 | 11:30 | 5.2 |
| 12 | DŁUGOSZ MAREK | 1232 | KB GEOTERMIA UNIEJÓW | NARTKOWICE | POLSKA | WETERAN I M - 50 | 12 | M 160 | 00:34:15 | 01:01:16 | 01:58:57.55 | 01:59:12.25 | 11:53 | 5 |
| 13 | KOSZYK MARIAN | 1340 | | | | WETERAN I M - 50 | 13 | M 162 | 00:48:06 | 01:13:11 | 02:03:05.00 | 02:03:31.90 | 12:18 | 4.9 |

BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------|------|---------------|-----------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | NOWAK TERESA | 1192 | TERESA NOWAK | ZIĘBICE | POLSKA | WETERAN II K - 60 | 1 | K 132 | 00:36:16 | 01:00:00 | 01:42:58.55 | 01:43:32.40 | 10:17 | 5.8 |
| 2 | BAKOWSKA MARIA | 1211 | ZAŁOGA GÓRSKA | GNIEZNO | POLSKA | WETERAN II K - 60 | 2 | K 140 | 00:44:08 | 01:14:49 | 02:08:04.35 | 02:08:18.45 | 12:48 | 4.7 |
| 3 | CHYBICKA ALICJA | 1180 | | WROCŁAW | POLSKA | WETERAN II K - 60 | 3 | K 141 | 00:56:50 | 01:36:08 | 02:45:45.80 | 02:46:04.30 | 16:34 | 3.6 |

BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 4km | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|--------|-------------|--------|-------------------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | SYSAŁA JANUSZ | 1278 | | BIĄŁYSTOK | | WETERAN II M - 60 | 1 | M 66 | 00:27:27 | 00:43:19 | 01:10:22.40 | 01:10:31.35 | 7:02 | 8.5 |
| 2 | BOMBA MAREK | 1190 | | ZŁOTY STOK | POLSKA | WETERAN II M - 60 | 2 | M 81 | 00:29:41 | 00:46:21 | 01:13:39.35 | 01:14:15.50 | 7:21 | 8.1 |
| 3 | TAMBIOR JAN | 1319 | | | | WETERAN II M - 60 | 3 | M 104 | 00:30:40 | 00:48:41 | 01:20:11.65 | 01:20:13.55 | 8:01 | 7.5 |
| 4 | SKOKOWSKI STANISŁAW | 1102 | AMATOR | KATOWICE | POLSKA | WETERAN II M - 60 | 4 | M 105 | 00:30:23 | 00:48:02 | 01:20:09.90 | 01:20:15.40 | 8:01 | 7.5 |
| 5 | JASICKI JULIAN | 1177 | | ŁĄDEK-ZDRÓJ | POLSKA | WETERAN II M - 60 | 5 | M 109 | 00:30:17 | 00:48:13 | 01:21:16.35 | 01:21:28.90 | 8:07 | 7.4 |
| 6 | SZYMAŁA JAN | 1315 | | | | WETERAN II M - 60 | 6 | M 136 | 00:35:00 | 00:55:24 | 01:30:34.35 | 01:30:38.85 | 9:03 | 6.6 |
| 7 | SOKOŁOWSKI KAZIMIERZ | 1012 | | GDANSK | POLSKA | WETERAN II M - 60 | 7 | M 163 | 00:49:38 | 01:19:49 | 02:18:19.40 | 02:18:47.55 | 13:49 | 4.3 |