

**VI BIEG DO PUSTEGO GROBU – 02.04.2018, NOWA SÓL
– 10KM**

02-04-2018 20:07

Str: 1

| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|-----------------------|------|-----------|--------|-------|--------|-------|
| 1 | 917 | DRACZYŃSKI ADAM | TEAM DRACZYNSKI ,NOW | 1976 | 1e M40 | 32:57 | 32:56 | 18,219 | 3:17 |
| 2 | 708 | STADNIK JACEK | KROSNO ODRZANSKIE | 1991 | 1e M20 | 33:00 | 32:57 | 18,209 | 3:18 |
| 3 | 494 | MIKOŁAJCZAK PIOTR | SZYMANOWSKITEAM,DARN | 1996 | 2e M20 | 33:53 | 33:53 | 17,708 | 3:23 |
| 4 | 946 | MIKOŁAJCZYK PIOTR | BKF - MYJNIE NOWA SÓ | 1980 | 1e M30 | 35:06 | 35:04 | 17,110 | 3:30 |
| 5 | 724 | STERNIK FABIAN | TEAMDRACZYNSKI ,BYTOM | 1992 | 3e M20 | 35:07 | 35:06 | 17,094 | 3:30 |
| 6 | 841 | WINNICZUK KAROL | KGHM RATOWNICY RUDNA | 1983 | 2e M30 | 35:07 | 35:05 | 17,102 | 3:30 |
| 7 | 695 | SOBCZAK SEBASTIAN | TEAM DRACZYNSKI/NGB, | 1975 | 2e M40 | 35:16 | 35:14 | 17,029 | 3:31 |
| 8 | 746 | SZCZEPAŃSKI MATEUSZ | BIEGAM BO LUBIE GLOG | 1994 | 4e M20 | 35:17 | 35:14 | 17,029 | 3:31 |
| 9 | 40 | BARDZIŃSKI RAFAŁ | KB LEW LEGNICA,LEJNI | 1992 | 5e M20 | 35:22 | 35:21 | 16,973 | 3:32 |
| 10 | 921 | FEDORCZAK MICHAŁ | AKS PWR/WOSIEK TEAM, | 1995 | 6e M20 | 35:31 | 35:30 | 16,901 | 3:33 |
| 11 | 704 | STACHOWIAK AGNIESZKA | BBL SWIEBODZIN,SWIEB | 1996 | 1e K20 | 36:13 | 36:10 | 16,590 | 3:37 |
| 12 | 699 | DANIELKIEWICZ TOMASZ | ŻUKOWICE | 1986 | 3e M30 | 36:51 | 36:49 | 16,297 | 3:41 |
| 13 | 71 | BLACHA KRZYSZTOF | BLACHA | 1982 | 4e M30 | 36:57 | 36:53 | 16,268 | 3:41 |
| 14 | 4 | DEKIERT MICHAŁ | RZEPIN | 1988 | 5e M30 | 37:18 | 37:15 | 16,107 | 3:43 |
| 15 | 108 | CHODOROWSKI MACIEJ | MARYSIK TEAM,ZIELON | 1978 | 3e M40 | 37:33 | 37:30 | 16,000 | 3:45 |
| 16 | 595 | PRZYWORSKI KAMIL | 5 LPA,SULECHOW | 1991 | 7e M20 | 37:35 | 37:32 | 15,986 | 3:45 |
| 17 | 69 | BIŁAN PAWEŁ | GUBIN | 1974 | 4e M40 | 37:39 | 37:36 | 15,957 | 3:45 |
| 18 | 771 | ŚWIERCZ SZYMON | GLOGÓW | 1989 | 8e M20 | 37:49 | 37:45 | 15,894 | 3:46 |
| 19 | 762 | SZYMAŃSKI MARCIN | JOGGERSI ,DROSKÓW | 1976 | 5e M40 | 37:59 | 37:56 | 15,817 | 3:47 |
| 20 | 565 | PAWŁOWSKI GRZEGORZ | ZG POLKOWICE-SIEROSZ | 1981 | 6e M30 | 38:00 | 37:56 | 15,817 | 3:48 |
| 21 | 958 | SOCHA DARIUSZ | KGHM POLSKA MIEDZ,GL | 1972 | 6e M40 | 38:06 | 38:02 | 15,776 | 3:48 |
| 22 | 913 | CABAJ DAMIAN | GOŁĘBIEWSKY | 1986 | 7e M30 | 38:08 | 38:04 | 15,762 | 3:48 |
| 23 | 83 | BOROWIECKI JĘDRZEJ | BIEGOSTACJA.PL ZIELO | 1992 | 9e M20 | 38:11 | 38:06 | 15,748 | 3:49 |
| 24 | 889 | ZAWADZKI BARTOSZ | SIEDLISKO | 1985 | 8e M30 | 38:14 | 38:09 | 15,727 | 3:49 |
| 25 | 268 | JANUSZEWSKI BARTOSZ | ZIELONA GÓRA | 1991 | 10e M20 | 38:25 | 38:21 | 15,645 | 3:50 |
| 26 | 755 | SZOPA MAREK | TEAM KOPEC.GORZÓW WL | 1974 | 7e M40 | 38:31 | 38:28 | 15,598 | 3:51 |
| 27 | 647 | SADURSKI ŁUKASZ | 5 LUBUSKI PULK ARTYL | 1984 | 9e M30 | 38:51 | 38:48 | 15,464 | 3:53 |
| 28 | 402 | KWAŚNIK KRZYSZTOF | ZG RUN,NIECHLÓW | 1985 | 10e M30 | 38:55 | 38:51 | 15,444 | 3:53 |
| 29 | 450 | MAKLES PAWEŁ | GUBIN | 1997 | 11e M20 | 39:01 | 38:57 | 15,404 | 3:54 |
| 30 | 752 | SZNAJDER MARCIN | TEAM DRACZYNSKI/ NOW | 1976 | 8e M40 | 39:01 | 39:01 | 15,378 | 3:54 |
| 31 | 545 | OSTRÓWKA MARIUSZ | ZIELONA GÓRA | 1975 | 9e M40 | 39:02 | 38:59 | 15,391 | 3:54 |
| 32 | 278 | JERMAK KAMIL | PLOTY | 1979 | 11e M30 | 39:04 | 38:55 | 15,418 | 3:54 |
| 33 | 222 | GREKOW SŁAWKO | ZATRZYMAJSIEWBIEGU.P | 1967 | 1e M50 | 39:05 | 39:02 | 15,371 | 3:54 |
| 34 | 747 | SZCZEPAŃSKI ANDRZEJ | WILD SKUNKS ,ZIELONA | 1973 | 10e M40 | 39:07 | 39:02 | 15,371 | 3:54 |
| 35 | 497 | DROGOSZ ANDRZEJ | RUNATTACK,LUBIN | 1986 | 12e M30 | 39:09 | 39:05 | 15,352 | 3:54 |
| 36 | 57 | BERNAT JAKUB | NOWA SÓL | 1997 | 12e M20 | 39:13 | 38:59 | 15,391 | 3:55 |
| 37 | 826 | WEBER KRYSZTIAN | BIEGAJACY TATA ,ZARY | 1980 | 13e M30 | 39:15 | 39:09 | 15,326 | 3:55 |
| 38 | 624 | ROSZYK PAWEŁ | NOWA SÓL | 1989 | 13e M20 | 39:19 | 39:15 | 15,287 | 3:55 |
| 39 | 822 | WĄCHAŁA DAMIAN | KACZMAR RUN TEAM,KRO | 1988 | 14e M30 | 39:27 | 39:23 | 15,235 | 3:56 |
| 40 | 696 | SOBKIEWICZ JAKUB | POPLAWSKI TEAM,KALSK | 1987 | 15e M30 | 39:30 | 39:23 | 15,235 | 3:57 |
| 41 | 39 | BARAŃSKU PAWEŁ | WIECHLICE | 1981 | 16e M30 | 39:33 | 39:24 | 15,228 | 3:57 |
| 42 | 406 | LAWRENC ARTUR | NOWA SÓL | 1988 | 17e M30 | 39:36 | 39:34 | 15,164 | 3:57 |
| 43 | 211 | GOLAŃSKI WOJCIECH | DRUZYNA SZPIKU SITEC | 1991 | 14e M20 | 39:37 | 39:33 | 15,171 | 3:57 |
| 44 | 161 | DRGAS ROMAN | PKO BANK POLSKI,PROC | 1982 | 18e M30 | 39:46 | 39:37 | 15,145 | 3:58 |
| 45 | 542 | OSIADŁY JAKUB | TEAM DRACZYNSKI ,NOWA | 1998 | 15e M20 | 40:11 | 40:09 | 14,944 | 4:01 |
| 46 | 548 | OWCZAREK DAGMARA | VEGE RUNNERS/ SLEZAK | 1979 | 1e K30 | 40:14 | 40:14 | 14,913 | 4:01 |
| 47 | 697 | SOBOLEWSKI ŁUKASZ | BOHAR PALETY RUNNERS | 1983 | 19e M30 | 40:16 | 40:13 | 14,919 | 4:01 |
| 48 | 779 | TAZBIR MARIUSZ | ZG RUN ,GLOGÓW | 1985 | 20e M30 | 40:20 | 40:15 | 14,907 | 4:02 |
| 49 | 759 | SZYMALAK GRZEGORZ | SZYMALAK&SZYMALAK ,NO | 1968 | 2e M50 | 40:20 | 40:15 | 14,907 | 4:02 |
| 50 | 925 | GOŁĘBIEWSKI JACEK | GOŁĘBIEWSKY | 1974 | 11e M40 | 40:22 | 40:17 | 14,894 | 4:02 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|----------------------|------|-----|-------|--------|-------|--------|-------|
| 51 | 572 | PIETRUSZKA MARCIN | PIETRUSZKA | 1980 | 21e | M30 | 40:25 | 40:14 | 14,913 | 4:02 |
| 52 | 401 | KUŹMIAK EMILIA | 1987.GLOGÓW | 1987 | 2e | K30 | 40:26 | 40:22 | 14,864 | 4:02 |
| 53 | 231 | GRZESIAK KRZYSZTOF | 17 WBZ,MIEDZYRZECZ | 1983 | 22e | M30 | 40:26 | 40:26 | 14,839 | 4:02 |
| 54 | 462 | MARCINIAK WITOLD | POZNAN | 1971 | 12e | M40 | 40:30 | 40:26 | 14,839 | 4:03 |
| 55 | 94 | BUBEL PAWEŁ | BUBEL | 1988 | 23e | M30 | 40:32 | 40:29 | 14,821 | 4:03 |
| 56 | 417 | LIBERT GRZEGORZ | TEAM DRACZYNSKI / NG | 1977 | 13e | M40 | 40:33 | 40:30 | 14,815 | 4:03 |
| 57 | 466 | MARKOWIAK DANIEL | NOWA SÓL | 1985 | 24e | M30 | 40:36 | 40:27 | 14,833 | 4:03 |
| 58 | 49 | BENDKOWSKI ANDRZEJ | KB LEW LEGNICA,LEGNI | 1973 | 14e | M40 | 40:45 | 40:31 | 14,809 | 4:04 |
| 59 | 814 | WASILEWSKI MARCIN | 1987,ZIELONA GÓRA | 1987 | 25e | M30 | 40:47 | 40:37 | 14,772 | 4:04 |
| 60 | 919 | DROZD PATRYCJA | POPLAWSKI TEAM,ZEBRZ | 1992 | 2e | K20 | 40:47 | 40:46 | 14,718 | 4:04 |
| 61 | 224 | GRELA SŁAWOMIR | KAJDER TEAM | 1974 | 15e | M40 | 40:48 | 40:48 | 14,706 | 4:04 |
| 62 | 103 | CARUK GERARD | BBL ZAGAN,ZAGAN | 1972 | 16e | M40 | 40:49 | 40:31 | 14,809 | 4:04 |
| 63 | 314 | KĘDZIERSKI ANDRZEJ | NOWOSOLSKA GRUPA BIE | 1974 | 17e | M40 | 40:52 | 40:47 | 14,712 | 4:05 |
| 64 | 754 | SZOMBIERSKI ROBERT | TRI AKTYWNI LUBSKO,L | 1984 | 26e | M30 | 41:00 | 40:55 | 14,664 | 4:06 |
| 65 | 483 | MEDEJSZO MARIUSZ | NOWOSOLSKA GRUPA BIE | 1975 | 18e | M40 | 41:09 | 41:06 | 14,599 | 4:06 |
| 66 | 298 | KALUŻNY PAWEŁ | KALUŻNI | 1978 | 19e | M40 | 41:12 | 41:08 | 14,587 | 4:07 |
| 67 | 95 | BUBEL SEBASTIAN | BUBEL | 1984 | 27e | M30 | 41:12 | 41:09 | 14,581 | 4:07 |
| 68 | 781 | TIETZ ERYK | OBOZY-KONNE.PL,STAWY | 1984 | 28e | M30 | 41:17 | 41:00 | 14,634 | 4:07 |
| 69 | 277 | JAWORSKI STANISŁAW | KB LEW LEGNICA,RUJA | 1962 | 3e | M50 | 41:18 | 41:10 | 14,575 | 4:07 |
| 70 | 655 | SASOR SŁAWOMIR | NOWOSOLSKA GRUPA BIE | 1971 | 20e | M40 | 41:19 | 40:52 | 14,682 | 4:07 |
| 71 | 664 | SENK ROBERT | KACZMAR RUN TEAM,KRO | 1969 | 21e | M40 | 41:20 | 41:17 | 14,534 | 4:08 |
| 72 | 482 | MĄCZYŃSKI WOJCIECH | NOWA SÓL | 1975 | 22e | M40 | 41:24 | 41:15 | 14,545 | 4:08 |
| 73 | 210 | GOCHAŁA WOJCIECH | KGHM POLKOWICE- SIER | 1982 | 29e | M30 | 41:26 | 41:19 | 14,522 | 4:08 |
| 74 | 437 | ŁUCZAK ŁUKASZ | JASIEN | 1980 | 30e | M30 | 41:28 | 41:24 | 14,493 | 4:08 |
| 75 | 820 | WAWRZYKOWSKI JAKUB | MKST ASTRA NOWA SÓL, | 1997 | 16e | M20 | 41:34 | 41:31 | 14,452 | 4:09 |
| 76 | 836 | WIERZBICKI REMIGIUSZ | BBL SWIEBODZIN,SWIEB | 1960 | 4e | M50 | 41:36 | 41:25 | 14,487 | 4:09 |
| 77 | 295 | KAJDER TADEUSZ | KAJDER TEAM | 1968 | 5e | M50 | 41:41 | 41:36 | 14,423 | 4:10 |
| 78 | 767 | ŚCIUBIDŁO ADRIAN | RUNATTACK ,CHOCIANÓW | 1990 | 17e | M20 | 41:43 | 41:38 | 14,412 | 4:10 |
| 79 | 651 | SAMOTYJA MAGDALENA | KARKONOSZ RUNNING TE | 1993 | 3e | K20 | 41:53 | 41:49 | 14,348 | 4:11 |
| 80 | 717 | STAWECKI MAREK | GLOGÓW | 1976 | 23e | M40 | 41:54 | 41:43 | 14,383 | 4:11 |
| 81 | 577 | PLONKA ADAM | NOWOSOLSKA GRUPA BIE | 1977 | 24e | M40 | 41:56 | 41:51 | 14,337 | 4:11 |
| 82 | 380 | KROMSKI KAMIL | ZIELONA GÓRA | 1986 | 31e | M30 | 41:57 | 41:46 | 14,366 | 4:11 |
| 83 | 190 | FILAR KRZYSZTOF | RONIN CZERWIENSK,PLO | 1971 | 25e | M40 | 41:57 | 41:42 | 14,388 | 4:11 |
| 84 | 588 | POŚNIK KRZYSZTOF | ZZPPM ZG RUDNA,GLOGÓ | 1984 | 32e | M30 | 41:58 | 41:38 | 14,412 | 4:11 |
| 85 | 7 | JACKOWSKI DANIEL | MASZYNA TEAM,MIEDZYR | 1989 | 18e | M20 | 42:01 | 41:55 | 14,314 | 4:12 |
| 86 | 757 | MANTURA MAREK | KB WIKON NOWA SÓL,OT | 1980 | 33e | M30 | 42:01 | 41:45 | 14,371 | 4:12 |
| 87 | 409 | LEKS IRENEUSZ | ZIELONA GÓRA | 1963 | 6e | M50 | 42:03 | 41:58 | 14,297 | 4:12 |
| 88 | 116 | CHRÓŚCIEL KORNELIA | MKST ASTRA NOWA SÓL, | 2002 | 4e | K20 | 42:04 | 41:59 | 14,291 | 4:12 |
| 89 | 76 | BOBAK KRZYSZTOF | DRUZYNA SZPIKU SITEC | 1972 | 26e | M40 | 42:06 | 42:03 | 14,269 | 4:12 |
| 90 | 411 | LEŚ ŁUKASZ | OCICE,OCICE | 1981 | 34e | M30 | 42:10 | 42:04 | 14,263 | 4:13 |
| 91 | 553 | PAJAŁ KRZYSZTOF | PAJAŁ | 1986 | 35e | M30 | 42:10 | 41:54 | 14,320 | 4:13 |
| 92 | 403 | KWIATKOWSKA JUSTYNA | SZPROTAWA | 1987 | 3e | K30 | 42:13 | 42:10 | 14,229 | 4:13 |
| 93 | 60 | BIELICZ MAREK | BIELICZ | 1978 | 27e | M40 | 42:14 | 41:59 | 14,291 | 4:13 |
| 94 | 216 | GOŁĘBIEWSKI TYTUS | NGB,ZIELONA GÓRA | 1989 | 19e | M20 | 42:14 | 41:59 | 14,291 | 4:13 |
| 95 | 685 | SKRĘTA RADOSŁAW | PARKRUN ZARY,SUCHLEB | 1982 | 36e | M30 | 42:18 | 41:58 | 14,297 | 4:13 |
| 96 | 284 | JUSIS WOJCIECH | NOWA SÓL | 1969 | 28e | M40 | 42:22 | 42:13 | 14,212 | 4:14 |
| 97 | 675 | SIKORSKI KRZYSZTOF | SIKORKI | 1980 | 37e | M30 | 42:22 | 42:16 | 14,196 | 4:14 |
| 98 | 9 | PRUFER PAWEŁ | KOSIECZYN | 1972 | 29e | M40 | 42:23 | 42:18 | 14,184 | 4:14 |
| 99 | 377 | KRAWCZYK PIOTR | 1989,GOSCIESZOWICE | 1989 | 20e | M20 | 42:24 | 42:15 | 14,201 | 4:14 |
| 100 | 255 | JANAS ANDRZEJ | RADWANICE | 1980 | 38e | M30 | 42:25 | 42:17 | 14,190 | 4:14 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|----------------------|------|-----|-------|--------|-------|--------|-------|
| 101 | 491 | MIEMCZYK ARTUR | BBL ZAGAN,ZAGAN | 1970 | 30e | M40 | 42:25 | 42:25 | 14,145 | 4:14 |
| 102 | 465 | ZUZANNA MAREK | MKS SIECHNICE,WROCLA | 1997 | 21e | M20 | 42:25 | 42:21 | 14,168 | 4:14 |
| 103 | 471 | MASIOWSKI ARKADIUSZ | TRANSMED,NOWA SÓL | 1972 | 31e | M40 | 42:27 | 42:22 | 14,162 | 4:14 |
| 104 | 433 | ŁOWEJKO ŁUKASZ | LOWKAT | 1982 | 39e | M30 | 42:28 | 42:20 | 14,173 | 4:14 |
| 105 | 725 | STĘŻYCKI ARTUR | ZARY | 1978 | 32e | M40 | 42:34 | 42:24 | 14,151 | 4:15 |
| 106 | 633 | RYBAK KRYSZTIAN | NOWA SÓL | 1990 | 22e | M20 | 42:38 | 42:35 | 14,090 | 4:15 |
| 107 | 811 | WARSZAWSKI ANDRZEJ | ZIELONA GÓRA | 1985 | 40e | M30 | 42:39 | 42:25 | 14,145 | 4:15 |
| 108 | 865 | WRÓBEL MARCIN | BRACTWO BIEGACZY ZIE | 1977 | 33e | M40 | 42:40 | 42:35 | 14,090 | 4:16 |
| 109 | 684 | SKORUPKA LESZEK | 1966,ZIELONA GÓRA | 1966 | 7e | M50 | 42:42 | 42:32 | 14,107 | 4:16 |
| 110 | 716 | STAREGO ADAM | KLUB BIEGACZA BOLESL | 1958 | 1e | M60 | 42:45 | 42:41 | 14,057 | 4:16 |
| 111 | 804 | WAJSBERG MACIEJ | NOWOSOLSKA GRUPA BIE | 1977 | 34e | M40 | 42:46 | 42:41 | 14,057 | 4:16 |
| 112 | 723 | STEFAŃSKI ROBERT | ZIELONA GÓRA | 1971 | 35e | M40 | 42:49 | 42:36 | 14,085 | 4:16 |
| 113 | 649 | SALA ADRIAN | JOST NOWA SÓL,NOWA S | 1991 | 23e | M20 | 42:50 | 42:42 | 14,052 | 4:17 |
| 114 | 443 | MACIOS RAFAŁ | ZIELONA GÓRA | 1992 | 24e | M20 | 42:58 | 42:37 | 14,079 | 4:17 |
| 115 | 345 | KOTLAREK DAWID | VEGE RUNNERS,ZIELONA | 1978 | 36e | M40 | 43:06 | 43:00 | 13,953 | 4:18 |
| 116 | 534 | OLEŚIAK ROMAN | 42 KMB KROSNO ODRZAN | 1973 | 37e | M40 | 43:10 | 43:00 | 13,953 | 4:19 |
| 117 | 371 | KRAJEWSKI MACIEJ | ZIELONA GÓRA | 1981 | 41e | M30 | 43:10 | 42:56 | 13,975 | 4:19 |
| 118 | 487 | MICHALCZENIA KACPER | DRUZYNA CHROBREGO,WI | 1999 | 25e | M20 | 43:12 | 43:06 | 13,921 | 4:19 |
| 119 | 667 | SIEMASZ MAREK | NOWOSOLSKA GRUPA BIE | 1979 | 42e | M30 | 43:13 | 42:56 | 13,975 | 4:19 |
| 120 | 416 | LIANA MARIUSZ | RUNATTACK ,LUBIN | 1994 | 26e | M20 | 43:17 | 43:13 | 13,884 | 4:19 |
| 121 | 551 | PAJĄK DOMINIK | PAJĄK | 1987 | 43e | M30 | 43:18 | 43:02 | 13,943 | 4:19 |
| 122 | 24 | BACHORSKI REMIGIUSZ | ZABIEGANI SLAWA,CIOS | 1984 | 44e | M30 | 43:19 | 43:08 | 13,910 | 4:19 |
| 123 | 731 | STRZELCZAK HENRYK | KS MARATON NOWA RUDA | 1958 | 2e | M60 | 43:19 | 43:15 | 13,873 | 4:19 |
| 124 | 860 | WOJTASIŃSKI MATEUSZ | NOWA SÓL | 1998 | 27e | M20 | 43:20 | 43:17 | 13,862 | 4:20 |
| 125 | 291 | KACZOROWSKI MARCIN | LEGNICA | 1973 | 38e | M40 | 43:21 | 43:01 | 13,948 | 4:20 |
| 126 | 550 | PADUCH EWA | KB LEW LEGNICA,JERZM | 1969 | 1e | K40 | 43:27 | 43:19 | 13,851 | 4:20 |
| 127 | 567 | PERŁAKOWSKI TADEUSZ | MTS DRUZYNA SZPIKU K | 1956 | 3e | M60 | 43:27 | 43:12 | 13,889 | 4:20 |
| 128 | 492 | MIKOŁAJCZAK GRZEGORZ | NOWOSOLSKA GRUPA BIE | 1981 | 45e | M30 | 43:28 | 43:24 | 13,825 | 4:20 |
| 129 | 124 | CICHARSKI KACPER | NOWA SÓL | 2001 | 28e | M20 | 43:31 | 43:24 | 13,825 | 4:21 |
| 130 | 499 | MORAWSKI MATEUSZ | ZARY RUNNERS TEAM,PR | 1991 | 29e | M20 | 43:34 | 43:28 | 13,804 | 4:21 |
| 131 | 86 | BRATUŚ ANDRZEJ | EUROTRUCK S.C.,PRZYB | 1977 | 39e | M40 | 43:36 | 43:31 | 13,788 | 4:21 |
| 132 | 100 | CABAŁA ADAM | CABAŁA | 1995 | 30e | M20 | 43:37 | 43:10 | 13,900 | 4:21 |
| 133 | 758 | SZYDŁO MATEUSZ | SZYDŁO | 2001 | 31e | M20 | 43:37 | 43:37 | 13,756 | 4:21 |
| 134 | 252 | JAKÓB PAWEŁ | GLOGÓW | 1990 | 32e | M20 | 43:38 | 43:21 | 13,841 | 4:21 |
| 135 | 32 | BANASZEK JANUSZ | ZARY RUNNERS TEAM,ZA | 1973 | 40e | M40 | 43:39 | 43:30 | 13,793 | 4:21 |
| 136 | 812 | WARSZAWSKI JERZY | PGNIG ZIELONA GÓRA,Z | 1953 | 4e | M60 | 43:40 | 43:31 | 13,788 | 4:22 |
| 137 | 286 | KACPERCZAK JERZY | KB WIKON NOWA SÓL,NO | 1955 | 5e | M60 | 43:40 | 43:36 | 13,761 | 4:22 |
| 138 | 442 | MACIEJEWSKI PAWEŁ | BOHAR PALETY RUNNERS | 1980 | 46e | M30 | 43:44 | 43:03 | 13,937 | 4:22 |
| 139 | 857 | WOJTAK ROMAN | NOWA SÓL | 1977 | 41e | M40 | 43:48 | 43:43 | 13,725 | 4:22 |
| 140 | 700 | SOLIWODA MIROSLAW | 1973,PIASTÓW | 1973 | 42e | M40 | 43:49 | 43:32 | 13,783 | 4:22 |
| 141 | 850 | WITLIICKI KACPER | KROSNO ODRZANSKIE | 1994 | 33e | M20 | 43:50 | 43:26 | 13,814 | 4:23 |
| 142 | 385 | KUBIAK KACPER | ZIELONA GÓRA | 2000 | 34e | M20 | 43:53 | 43:45 | 13,714 | 4:23 |
| 143 | 85 | BOŚ EWA | BOKSING ZIELONA GÓRA | 1981 | 4e | K30 | 43:54 | 43:42 | 13,730 | 4:23 |
| 144 | 756 | SZREDER ANDRZEJ | NIEZRZESZONY EMERYT, | 1954 | 6e | M60 | 43:57 | 43:48 | 13,699 | 4:23 |
| 145 | 706 | STACHOWSKI MIROSLAW | CZARNA DWIZJAZA,ZARY | 1964 | 8e | M50 | 44:01 | 43:48 | 13,699 | 4:24 |
| 146 | 209 | GŁOWACKI PAWEŁ | KB WIKON NOWA SÓL,NO | 1987 | 47e | M30 | 44:06 | 43:48 | 13,699 | 4:24 |
| 147 | 153 | DĄBROWICZ ADAM | ZIELONA GÓRA | 1979 | 48e | M30 | 44:06 | 43:51 | 13,683 | 4:24 |
| 148 | 328 | KOŁOSOWSKI TOMASZ | ORZEL,OSNO LUBUSKIE | 1974 | 43e | M40 | 44:07 | 43:53 | 13,673 | 4:24 |
| 149 | 970 | TYLUS GRZEGORZ | ZIELONA GÓRA | 1982 | 49e | M30 | 44:10 | 43:55 | 13,662 | 4:25 |
| 150 | 367 | KOZŁOWSKI RAFAŁ | KROSNO ODRZANSKIE | 1993 | 35e | M20 | 44:10 | 43:46 | 13,709 | 4:25 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|----------------------|------|-----|-------|--------|-------|--------|-------|
| 151 | 564 | PAWŁOWSKI ANDRZEJ | KOZUCHÓW | 1977 | 44e | M40 | 44:19 | 44:10 | 13,585 | 4:25 |
| 152 | 878 | ZAKRZEWSKI JAN | SILOWNIAUJANKA,ZIELO | 1959 | 9e | M50 | 44:22 | 44:17 | 13,549 | 4:26 |
| 153 | 631 | RUTKOWSKI ROBERT | BERLIN | 1979 | 50e | M30 | 44:22 | 43:50 | 13,688 | 4:26 |
| 154 | 41 | BARTLEWSKI KRZYSZTOF | NOWA SÓL | 1983 | 51e | M30 | 44:25 | 44:15 | 13,559 | 4:26 |
| 155 | 847 | WITKO TOMASZ | NOWA SÓL | 1993 | 36e | M20 | 44:27 | 44:21 | 13,529 | 4:26 |
| 156 | 643 | RZEŚA ŁUKASZ | SWIDNICA | 1985 | 52e | M30 | 44:29 | 44:23 | 13,519 | 4:26 |
| 157 | 720 | STECIAG KACPER | STECIAG | 1992 | 37e | M20 | 44:29 | 43:47 | 13,704 | 4:26 |
| 158 | 942 | LUBASKI ZYGMUNT | SWIDNICKA GRUPA BIEG | 1955 | 7e | M60 | 44:31 | 44:26 | 13,503 | 4:27 |
| 159 | 241 | HEBEL MARCIN | 1991.NIECHLÓW | 1982 | 53e | M30 | 44:38 | 44:27 | 13,498 | 4:27 |
| 160 | 741 | SWOBODA GRZEGORZ | NOWA SÓL | 1982 | 54e | M30 | 44:38 | 44:20 | 13,534 | 4:27 |
| 161 | 31 | BANASZAK JACEK | THRASH ATTACK LIPINY | 1991 | 38e | M20 | 44:44 | 44:38 | 13,443 | 4:28 |
| 162 | 106 | CHMIELENKO KAZIK | GUBIN | 1963 | 10e | M50 | 44:45 | 44:37 | 13,448 | 4:28 |
| 163 | 424 | LUDWINIAK SEBASTIAN | CROSS TRENING ZARY,Z | 1971 | 45e | M40 | 44:45 | 44:31 | 13,478 | 4:28 |
| 164 | 594 | PRUŚ MIECZYŚLAW | SULECHÓW | 1988 | 55e | M30 | 44:48 | 44:21 | 13,529 | 4:28 |
| 165 | 481 | MAZURKIEWICZ TOMASZ | GEDIA,NOWA SÓL | 1981 | 56e | M30 | 44:50 | 44:39 | 13,438 | 4:29 |
| 166 | 33 | BANASZEK SŁAWOMIR | ZARY | 1976 | 46e | M40 | 44:52 | 44:43 | 13,418 | 4:29 |
| 167 | 396 | KULIŃSKI BOGDAN | GLOGÓW DRUZYNA SZPIK | 1959 | 11e | M50 | 44:56 | 44:50 | 13,383 | 4:29 |
| 168 | 77 | BOCHENEK MAREK | LATAJACE GRYFY,GORZÓ | 1984 | 57e | M30 | 44:57 | 44:27 | 13,498 | 4:29 |
| 169 | 36 | BANDUROWSKI KAMIL | BANDUROWSCY | 2004 | 1e | NIEKL | 44:59 | 44:53 | 13,368 | 4:29 |
| 170 | 488 | MICHNOWICZ EWELINA | HUSARIA RACE TEAM ,G | 1992 | 5e | K20 | 44:59 | 44:54 | 13,363 | 4:29 |
| 171 | 356 | KOWALEWSKI TOMASZ | KOWALEWSCY | 1996 | 39e | M20 | 45:03 | 44:27 | 13,498 | 4:30 |
| 172 | 212 | GOLONKA PAWEŁ | NOWA SÓL | 1983 | 58e | M30 | 45:04 | 44:50 | 13,383 | 4:30 |
| 173 | 702 | SPYRA ADAM | LIPINKI LUZYCKIE | 1979 | 59e | M30 | 45:09 | 45:03 | 13,319 | 4:30 |
| 174 | 799 | TYMKÓW BARTŁOMIEJ | NGB LEGNICA,LEGNICA | 1978 | 47e | M40 | 45:11 | 44:58 | 13,343 | 4:31 |
| 175 | 17 | ANDRZEJEWSKI TOMASZ | OEXRUNNERS TEAM,SULE | 1990 | 40e | M20 | 45:17 | 44:56 | 13,353 | 4:31 |
| 176 | 561 | PATYCKI CEZARY | ZIELONA GÓRA | 1968 | 12e | M50 | 45:17 | 45:08 | 13,294 | 4:31 |
| 177 | 714 | STANKIEWICZ ŁUKASZ | LUBIN | 1982 | 60e | M30 | 45:19 | 45:02 | 13,323 | 4:31 |
| 178 | 899 | ZIÓŁKOWSKI DAMIAN | TEAM ULANIEC,SULECHÓ | 1980 | 61e | M30 | 45:20 | 44:52 | 13,373 | 4:32 |
| 179 | 288 | KACZMAREK KATARZYNA | TEAM DRACZYNSKI,ZIEL | 1980 | 5e | K30 | 45:20 | 45:10 | 13,284 | 4:32 |
| 180 | 469 | MARKOWSKI ANDRZEJ | DRUZYNA GAZETY,ZIELO | 1969 | 48e | M40 | 45:22 | 44:57 | 13,348 | 4:32 |
| 181 | 386 | KUC PATRYK | SZPROTAWA | 1990 | 41e | M20 | 45:23 | 45:07 | 13,299 | 4:32 |
| 182 | 360 | KOZIK HUBERT | ZARY | 1976 | 49e | M40 | 45:24 | 45:15 | 13,260 | 4:32 |
| 183 | 858 | WOJTASIK GRZEGORZ | MODRZYCA | 1981 | 62e | M30 | 45:25 | 45:17 | 13,250 | 4:32 |
| 184 | 505 | MUS PAWEŁ | NOWA SÓL | 1988 | 63e | M30 | 45:27 | 45:26 | 13,206 | 4:32 |
| 185 | 660 | SCHOPPE MATHIAS | ZALĘSCY | 1965 | 13e | M50 | 45:27 | 45:27 | 13,201 | 4:32 |
| 186 | 546 | OSZCZYK MARCIN | TEAM MARYSIAK ,ZIELO | 1980 | 64e | M30 | 45:30 | 45:12 | 13,274 | 4:33 |
| 187 | 200 | GAWĘŁ SYLWESTER | HARPAGAN ZG,ZIELONA | 1979 | 65e | M30 | 45:31 | 45:12 | 13,274 | 4:33 |
| 188 | 632 | RYBACKI ROMAN | NOWA SÓL | 1986 | 66e | M30 | 45:33 | 45:08 | 13,294 | 4:33 |
| 189 | 205 | GLAPIŃSKI JACEK | ABY DO METY,PRZEMKÓW | 1976 | 50e | M40 | 45:33 | 45:25 | 13,211 | 4:33 |
| 190 | 914 | CHRÓŚCIEL ALEKSANDRA | ASTRA NOWA SÓL,NOWA | 1980 | 6e | K30 | 45:34 | 45:29 | 13,192 | 4:33 |
| 191 | 251 | JACH ANDRZEJ | NOWA SÓL | 1961 | 14e | M50 | 45:36 | 45:24 | 13,216 | 4:33 |
| 192 | 13 | ADAMOWSKI ALEKSANDER | GLOGÓW | 1953 | 8e | M60 | 45:38 | 45:36 | 13,158 | 4:33 |
| 193 | 951 | PUSZKIEL LESZEK | GREEN TEAM ZIELONA G | 1957 | 9e | M60 | 45:40 | 45:31 | 13,182 | 4:34 |
| 194 | 72 | BLISKÓWSKA ANNA | TEAM MARYSIAK,ZIELON | 1977 | 2e | K40 | 45:46 | 45:22 | 13,226 | 4:34 |
| 195 | 839 | WIKTOROWICZ DANIEL | ROZBIEGANERADOWICE,T | 1978 | 51e | M40 | 45:46 | 45:33 | 13,172 | 4:34 |
| 196 | 924 | GOŁĘBIEWSKA SYLWIA | GOŁĘBIEWSCY | 1975 | 3e | K40 | 45:46 | 45:35 | 13,163 | 4:34 |
| 197 | 265 | JANKOWIAK MAREK | NOWA SÓL | 1975 | 52e | M40 | 45:49 | 45:41 | 13,134 | 4:34 |
| 198 | 27 | BALCEREK MARCIN | NOWOSOLSKA GRUPA BIE | 1978 | 53e | M40 | 45:50 | 45:38 | 13,148 | 4:35 |
| 199 | 329 | KOŁTUN DANIEL | AMATORSKI,NOWA SÓL | 1974 | 54e | M40 | 45:51 | 45:38 | 13,148 | 4:35 |
| 200 | 217 | GOSTYŃSKI BOGUMIŁ | SULECHOWSKA GRUPA BI | 1962 | 15e | M50 | 45:53 | 45:46 | 13,110 | 4:35 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|---------------------------|----------------------|------|-----|-------|--------|-------|--------|-------|
| 201 | 343 | KOSTYK GRZEGORZ | CHOJNÓW | 1980 | 67e | M30 | 45:56 | 45:29 | 13,192 | 4:35 |
| 202 | 374 | KRASZCZYNSKI PAWEŁ | KB LEW LEGNICA,LUBIN | 1979 | 68e | M30 | 45:58 | 45:43 | 13,124 | 4:35 |
| 203 | 132 | CUKIERNIK PRZEMEK | HARPAGAN ZG,ZIELONA | 1982 | 69e | M30 | 46:02 | 45:48 | 13,100 | 4:36 |
| 204 | 538 | OLSZEWSKI TOMEK | NOWA SÓL | 1976 | 55e | M40 | 46:03 | 45:47 | 13,105 | 4:36 |
| 205 | 81 | BORKOWSKA BOŻENA | BORKOWSCY | 1968 | 1e | K50 | 46:11 | 46:01 | 13,039 | 4:37 |
| 206 | 25 | BAER WALDEMAR | SULECHOWSKA GRUPA BI | 1962 | 16e | M50 | 46:14 | 46:02 | 13,034 | 4:37 |
| 207 | 516 | NESTEROWICZ RADOSŁAW | 2003.GUBIN | 1986 | 70e | M30 | 46:14 | 45:53 | 13,077 | 4:37 |
| 208 | 606 | RATAJCZAK MARIUSZ | RATAJCZAK | 1975 | 56e | M40 | 46:20 | 46:15 | 12,973 | 4:38 |
| 209 | 574 | PIOTROWSKI ARKADIUSZ | ZARY | 1979 | 71e | M30 | 46:21 | 46:07 | 13,010 | 4:38 |
| 210 | 275 | JASKÓLSKI KRZYSZTOF | BBL GUBIN,GUBIN | 1983 | 72e | M30 | 46:22 | 46:16 | 12,968 | 4:38 |
| 211 | 395 | KULIKOWSKI EDWARD | SLUBICE | 1962 | 17e | M50 | 46:23 | 46:03 | 13,029 | 4:38 |
| 212 | 188 | FIEDOROWICZ TOMASZ | JW 1517,ZIELONA GÓRA | 1979 | 73e | M30 | 46:24 | 46:10 | 12,996 | 4:38 |
| 213 | 966 | TONDEL KAMIL | TONDEL | 2006 | 2e | NIEKL | 46:32 | 46:16 | 12,968 | 4:39 |
| 214 | 357 | KOWALEWSKI ZBIGNIEW | KOWALEWSKI TEAM | 1960 | 18e | M50 | 46:32 | 46:23 | 12,936 | 4:39 |
| 215 | 248 | HREBENIUK MARCIN | KIELCZ | 1980 | 74e | M30 | 46:32 | 46:15 | 12,973 | 4:39 |
| 216 | 235 | GRZEŚKOWIAK LESZEK | GRODZISKI KLUB BIEGA | 1956 | 10e | M60 | 46:35 | 46:25 | 12,926 | 4:39 |
| 217 | 802 | URUSKI JAN | NOWOSOLSKA GRUPA BIE | 1956 | 11e | M60 | 46:36 | 46:33 | 12,889 | 4:39 |
| 218 | 430 | ŁĄCKI PIOTR | TEAM DRACZYNSKI,ZIEL | 1990 | 42e | M20 | 46:38 | 46:17 | 12,964 | 4:39 |
| 219 | 528 | NYTSUN SERHII | NOWA SÓL | 1987 | 75e | M30 | 46:39 | 46:29 | 12,908 | 4:39 |
| 220 | 2 | GUMOWSKI GRZEGORZ | NOWA SÓL | 1988 | 76e | M30 | 46:40 | 46:32 | 12,894 | 4:40 |
| 221 | 29 | BALUL GRZESIEK | KARKONOSZ RUNNING TE | 1981 | 77e | M30 | 46:45 | 46:37 | 12,871 | 4:40 |
| 222 | 42 | BARTMAN RADOSŁAW | ZIELONA GÓRA | 1996 | 43e | M20 | 46:46 | 46:41 | 12,853 | 4:40 |
| 223 | 712 | STANKIEWICZ DAMIAN | RUNPLANET TEAM,ZIELO | 1988 | 78e | M30 | 46:47 | 46:14 | 12,978 | 4:40 |
| 224 | 215 | GOŁĘBIEWSKI MICHAŁ | REFEREE SAGAN,ZAGAN | 1981 | 79e | M30 | 46:48 | 46:13 | 12,982 | 4:40 |
| 225 | 475 | MATYSIAK ALEKSANDRA | MATYSIAKI | 1995 | 6e | K20 | 46:48 | 46:36 | 12,876 | 4:40 |
| 226 | 556 | PALUS MARCIN | BYTOM ODRZANSKI | 1973 | 57e | M40 | 46:49 | 46:49 | 12,816 | 4:40 |
| 227 | 555 | PALUS DAMIAN | BYTOM ODRZANSKI | 2003 | 3e | NIEKL | 46:49 | 46:34 | 12,885 | 4:40 |
| 228 | 911 | BORKOWSKI PIOTR | BORKOWSCY | 1962 | 19e | M50 | 46:54 | 46:44 | 12,839 | 4:41 |
| 229 | 125 | CICHARSKI RAFAŁ | JOST POLSKA,NOWA SÓL | 1991 | 44e | M20 | 46:55 | 46:30 | 12,903 | 4:41 |
| 230 | 861 | WOJTAŚ RENATA | DRUZYNA CHROBREGO,SZ | 1973 | 4e | K40 | 46:59 | 46:53 | 12,798 | 4:41 |
| 231 | 927 | GRZEGORCZYK KRZYSZTOF | ZARY | 1974 | 58e | M40 | 47:00 | 46:54 | 12,793 | 4:42 |
| 232 | 191 | FUDALEJ MARIUSZ | PKO BANK POLSKI,LUBI | 1972 | 59e | M40 | 47:00 | 46:39 | 12,862 | 4:42 |
| 233 | 862 | WOLTMANN WOJTEK | PARKRUN ZARY,ZARY | 1980 | 80e | M30 | 47:02 | 46:47 | 12,825 | 4:42 |
| 234 | 982 | ZYCH MARCIN | ZARY | 1978 | 60e | M40 | 47:02 | 46:28 | 12,912 | 4:42 |
| 235 | 670 | SIEPKA MICHAŁ | NOWA SÓL | 1979 | 81e | M30 | 47:04 | 46:47 | 12,825 | 4:42 |
| 236 | 82 | BORKOWSKI PAWEŁ | BORKOWSCY | 1994 | 45e | M20 | 47:06 | 46:54 | 12,793 | 4:42 |
| 237 | 5 | GRABIEC TOMASZ | KAPUCYNI ,BYTOM | 1976 | 61e | M40 | 47:08 | 46:55 | 12,789 | 4:42 |
| 238 | 853 | WŁUDARSKI MACIEJ | GROTÓW | 1965 | 20e | M50 | 47:08 | 47:02 | 12,757 | 4:42 |
| 239 | 452 | MALINOWSKA-NGUYEN KATARZY | ZARY | 1977 | 5e | K40 | 47:11 | 46:34 | 12,885 | 4:43 |
| 240 | 287 | KACZMAREK KAROL | NZG,RAWICZ | 1977 | 62e | M40 | 47:14 | 47:00 | 12,766 | 4:43 |
| 241 | 384 | KRZYWIECKI KRZYSZTOF | TKKF LABEDZ ZBASZYN, | 1980 | 82e | M30 | 47:14 | 46:54 | 12,793 | 4:43 |
| 242 | 14 | ANCZYK KRYSZYNA | TEAM DRACZYNSKI , NG | 1958 | 2e | K50 | 47:14 | 46:51 | 12,807 | 4:43 |
| 243 | 915 | CZAPLICKA BEATA | BYTOM ODRZANSKI | 1983 | 7e | K30 | 47:16 | 47:13 | 12,707 | 4:43 |
| 244 | 875 | ZABROCKI JACEK | PKO BANK POLSKI,KOZU | 1976 | 63e | M40 | 47:17 | 46:55 | 12,789 | 4:43 |
| 245 | 331 | KONIECZKA TOMASZ | WIECHLICE | 1974 | 64e | M40 | 47:19 | 46:39 | 12,862 | 4:43 |
| 246 | 133 | CUPRYŚ ANITA | KASZCZOR | 1977 | 6e | K40 | 47:19 | 47:06 | 12,739 | 4:43 |
| 247 | 514 | NASKRĘT WIKTOR | ZIELONA GÓRA | 1973 | 65e | M40 | 47:20 | 47:02 | 12,757 | 4:44 |
| 248 | 944 | MANAJ MICHAŁ | WKS LAZ,LAZ | 1983 | 83e | M30 | 47:25 | 47:05 | 12,743 | 4:44 |
| 249 | 544 | OSKWAREK BARTOSZ | KB WIKON NOWA SÓL.NO | 1995 | 46e | M20 | 47:25 | 47:23 | 12,663 | 4:44 |
| 250 | 244 | HETNER ROBERT | HETNER | 1981 | 84e | M30 | 47:27 | 47:20 | 12,676 | 4:44 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|-------------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 251 | 451 | MAKOWICZ JÓZEF | SAINT-GOBAIN SQUAD,Z | 1956 | 12e | M60 | 47:28 | 47:25 | 12,654 | 4:44 |
| 252 | 864 | WOŻNY TOMEK | BLEKITNI LUBIECIN,LU | 1987 | 85e | M30 | 47:30 | 47:27 | 12,645 | 4:45 |
| 253 | 807 | WALCZAK TOMASZ | NOWA SÓL | 1970 | 66e | M40 | 47:31 | 47:17 | 12,689 | 4:45 |
| 254 | 480 | MAZURKIEWICZ LESZEK | CYBINKA | 1980 | 86e | M30 | 47:34 | 47:24 | 12,658 | 4:45 |
| 255 | 67 | BILIŃSKI RAFAŁ | DRUZYNA CHROBREGO ,S | 1976 | 67e | M40 | 47:38 | 47:36 | 12,605 | 4:45 |
| 256 | 112 | CHORAŻYK ADAM | NOWOSOLSKA GRUPA BIE | 1960 | 21e | M50 | 47:40 | 47:33 | 12,618 | 4:46 |
| 257 | 293 | KAJDER EWA | KAJDER TEAM | 1969 | 7e | K40 | 47:40 | 47:26 | 12,649 | 4:46 |
| 258 | 204 | GIL MICHAŁ | WBPZ,ZIELONA GÓRA | 1978 | 68e | M40 | 47:42 | 47:27 | 12,645 | 4:46 |
| 259 | 838 | WIETECKI ŁUKASZ | DRUZYNA SZPIKU KGHM | 1980 | 87e | M30 | 47:42 | 47:21 | 12,672 | 4:46 |
| 260 | 926 | GRYGOROWICZ ROBERT | GRYGOROWICZ | 1980 | 88e | M30 | 47:44 | 47:27 | 12,645 | 4:46 |
| 261 | 489 | MIECHOWICZ ANNA | NOWA SÓL | 1982 | 8e | K30 | 47:44 | 47:23 | 12,663 | 4:46 |
| 262 | 589 | POTOCKA-MORAWSKA ANGELA | TRI AKTYWNI LUBSKO,L | 1978 | 8e | K40 | 47:45 | 47:25 | 12,654 | 4:46 |
| 263 | 282 | JODŁOWSKI MAREK | JODŁOWSKICH | 1979 | 89e | M30 | 47:46 | 47:37 | 12,601 | 4:46 |
| 264 | 879 | ZAKRZEWSKI SŁAWOMIR | NOWA SÓL | 1974 | 69e | M40 | 47:47 | 47:25 | 12,654 | 4:46 |
| 265 | 677 | SIUZDAK DANIEL | NOWA SÓL | 1991 | 47e | M20 | 47:47 | 47:05 | 12,743 | 4:46 |
| 266 | 939 | KUŹMIAK STANISŁAW | ZARY RUNNERS TEAM,ZA | 1979 | 90e | M30 | 47:47 | 47:11 | 12,716 | 4:46 |
| 267 | 486 | MIAŻEK ADRIAN | PIASECCY & MIAŻEK | 1985 | 91e | M30 | 47:51 | 47:19 | 12,681 | 4:47 |
| 268 | 422 | ŁÓSSA MICHAŁ | BIEG NIEPODLEGLOSCI | 1999 | 48e | M20 | 47:52 | 46:57 | 12,780 | 4:47 |
| 269 | 833 | WIEKIERA JAROSŁAW | SLOCINA | 1975 | 70e | M40 | 47:54 | 47:23 | 12,663 | 4:47 |
| 270 | 798 | TYCNER TOMASZ | NOWOSOLSKA GRUPA BIE | 1977 | 71e | M40 | 47:56 | 47:46 | 12,561 | 4:47 |
| 271 | 887 | ZARZECKI MACIEJ | RUNNER TEAM BYLE NIE | 1985 | 92e | M30 | 47:59 | 47:44 | 12,570 | 4:47 |
| 272 | 176 | DZICZKOWSKI KRZYSZTOF | LUBIE BIEGAC,PRZYTOK | 1959 | 22e | M50 | 48:00 | 47:51 | 12,539 | 4:48 |
| 273 | 918 | DROP JOANNA | DRUZYNA MEDYKA ZIELO | 1966 | 3e | K50 | 48:03 | 47:52 | 12,535 | 4:48 |
| 274 | 359 | KOWALSKI MICHAŁ | MICHNET - RONIN CZER | 1978 | 72e | M40 | 48:05 | 48:05 | 12,478 | 4:48 |
| 275 | 744 | SZCZECIŃSKI MICHAŁ | NOWA SÓL | 1985 | 93e | M30 | 48:05 | 47:28 | 12,640 | 4:48 |
| 276 | 715 | STAŃKO TOMASZ | JOST POLSKA,NOWA SÓL | 1986 | 94e | M30 | 48:06 | 47:40 | 12,587 | 4:48 |
| 277 | 348 | KOWALCZYK MATEUSZ | ZIELONA GÓRA | 1990 | 49e | M20 | 48:08 | 47:17 | 12,689 | 4:48 |
| 278 | 770 | ŚWIDERSKI JAROMIR | NOWA SÓL | 1962 | 23e | M50 | 48:13 | 48:06 | 12,474 | 4:49 |
| 279 | 532 | OLENIAK JAROSŁAW | GEDIA,NGB,NOWA SÓL | 1974 | 73e | M40 | 48:14 | 48:06 | 12,474 | 4:49 |
| 280 | 573 | PIETRZAK DANIEL | NOWA SÓL | 1976 | 74e | M40 | 48:17 | 47:46 | 12,561 | 4:49 |
| 281 | 15 | ANCZYK SARA | NGB LEGNICA,LEGNICA | 1980 | 9e | K30 | 48:18 | 48:00 | 12,500 | 4:49 |
| 282 | 897 | ZIELIŃSKI RAFAŁ | RUDNA | 1976 | 75e | M40 | 48:19 | 48:00 | 12,500 | 4:49 |
| 283 | 975 | WĄDZYŃSKI ADAM | CHOJNÓW | 1993 | 50e | M20 | 48:20 | 47:54 | 12,526 | 4:50 |
| 284 | 661 | SEKUŁA PAWEŁ | BIEGAJACA KASTA MIED | 1983 | 95e | M30 | 48:22 | 47:48 | 12,552 | 4:50 |
| 285 | 765 | SZYMCZYK MICHAŁ | DRUZYNA CHROBREGO,SZ | 1972 | 76e | M40 | 48:22 | 47:45 | 12,565 | 4:50 |
| 286 | 126 | CICHARSKI PIOTR | NOWA SÓL | 1976 | 77e | M40 | 48:26 | 48:19 | 12,418 | 4:50 |
| 287 | 679 | SIWIŃSKI PIOTR | CZERWIENSK | 1980 | 96e | M30 | 48:30 | 48:02 | 12,491 | 4:51 |
| 288 | 676 | SIKORSKI RYSZARD | JW 4229,NOWOGRÓD BOB | 1960 | 24e | M50 | 48:32 | 48:26 | 12,388 | 4:51 |
| 289 | 751 | SZEPczyńska ANNA | 1978,ZARY | 1978 | 9e | K40 | 48:32 | 48:26 | 12,388 | 4:51 |
| 290 | 705 | STACHOWIAK IWONA | BBL SWIEBODZIN,SWIEB | 1969 | 10e | K40 | 48:33 | 48:21 | 12,410 | 4:51 |
| 291 | 536 | OLSZEWSKI MAREK | WOLSZTYŃSKI KLUB BIE | 1975 | 78e | M40 | 48:34 | 47:39 | 12,592 | 4:51 |
| 292 | 495 | MIŚ MATEUSZ | SŁAWA | 1982 | 97e | M30 | 48:34 | 48:01 | 12,496 | 4:51 |
| 293 | 578 | PŁOŃCZAK GRZEGORZ | CNS NOWA SÓL,LUBIECI | 1984 | 98e | M30 | 48:35 | 48:19 | 12,418 | 4:51 |
| 294 | 78 | BOGACZ PAWEŁ | NOWA SÓL | 1987 | 99e | M30 | 48:39 | 48:13 | 12,444 | 4:51 |
| 295 | 576 | GRIGOWICZ SŁAWOMIR | NOWA SÓL | 1974 | 79e | M40 | 48:39 | 48:21 | 12,410 | 4:51 |
| 296 | 254 | JAKUBÓW ŁUKASZ | TAKISE,NOWA SÓL | 1980 | 100e | M30 | 48:39 | 48:11 | 12,452 | 4:51 |
| 297 | 381 | KRÓL BOŻENA | KLUB BIEGACZA BOLESŁ | 1967 | 4e | K50 | 48:40 | 48:18 | 12,422 | 4:52 |
| 298 | 344 | KOT BARTOSZ | BIEGNE, ZEBY BARTEK | 1992 | 51e | M20 | 48:42 | 48:02 | 12,491 | 4:52 |
| 299 | 947 | OWCZAREK MARCIN | BIEGAJACA KASTA MIED | 1974 | 80e | M40 | 48:43 | 48:07 | 12,470 | 4:52 |
| 300 | 890 | ZAWADZKI RADOSŁAW | JOKER TEAM ,ZIELONA | 1979 | 101e | M30 | 48:43 | 48:04 | 12,483 | 4:52 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|---------------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 301 | 460 | MARCINIAK MARCEL | NOWA SÓL | 2000 | 52e | M20 | 48:43 | 48:32 | 12,363 | 4:52 |
| 302 | 461 | MARCINIAK TOMASZ | NOWA SÓL | 1971 | 81e | M40 | 48:44 | 48:33 | 12,358 | 4:52 |
| 303 | 776 | TALKOWSKI MATEUSZ | TALKOWSCY | 1983 | 102e | M30 | 48:44 | 48:25 | 12,392 | 4:52 |
| 304 | 886 | ZAPOTOCZNY KRZYSZTOF | NOWOGRÓD BOBRZANSKI | 1983 | 25e | M50 | 48:45 | 48:39 | 12,333 | 4:52 |
| 305 | 780 | TERLECKI KRZYSZTOF | 1982,NOWA SÓL | 1982 | 103e | M30 | 48:46 | 48:35 | 12,350 | 4:52 |
| 306 | 102 | CADER ARKADIUSZ | ZIELONA GÓRA | 1974 | 82e | M40 | 48:47 | 48:24 | 12,397 | 4:52 |
| 307 | 854 | WODORACKI DARIUSZ | KLUB SAMOTNYCH SERC. | 1961 | 26e | M50 | 48:47 | 48:28 | 12,380 | 4:52 |
| 308 | 11 | TOKARZ PAWEŁ | PKS AUGUSTYN,WROCLAW | 1968 | 27e | M50 | 48:47 | 48:25 | 12,392 | 4:52 |
| 309 | 34 | BANDUROWSKA AGNIESZKA | BANDUROWSCY | 1976 | 11e | K40 | 48:48 | 48:43 | 12,316 | 4:52 |
| 310 | 16 | ANDRZEJCZAK KAMIL | NOWA SÓL | 1986 | 104e | M30 | 48:48 | 48:40 | 12,329 | 4:52 |
| 311 | 340 | KOSAŁKA EDWARD | KOSAŁKA | 1965 | 28e | M50 | 48:49 | 48:20 | 12,414 | 4:52 |
| 312 | 434 | ŁOWEJKO MONIKA | LOWKAT | 1981 | 10e | K30 | 48:49 | 48:30 | 12,371 | 4:52 |
| 313 | 66 | BIK STANISŁAW | BIEGAJACA KASTA MIED | 1962 | 29e | M50 | 48:51 | 48:17 | 12,427 | 4:53 |
| 314 | 896 | ZIELIŃSKI KRZYSZTOF | STARY WEGLINIEC | 1960 | 30e | M50 | 48:52 | 48:31 | 12,367 | 4:53 |
| 315 | 118 | CHRUSTOWSKI RADOSŁAW | NIEDORADZ | 1975 | 83e | M40 | 48:52 | 48:52 | 12,278 | 4:53 |
| 316 | 80 | BONDZIAK ERNEST | TOBIASZ KLUB HULIGAN | 1980 | 105e | M30 | 48:53 | 47:59 | 12,504 | 4:53 |
| 317 | 885 | ZAPAŁA BOGDAN | OKITEAM,SULECHOW | 1970 | 84e | M40 | 48:53 | 48:34 | 12,354 | 4:53 |
| 318 | 748 | SZCZUROWSKA JOANNA | MTS DRUZYNA SZPIKU K | 1978 | 12e | K40 | 48:55 | 48:25 | 12,392 | 4:53 |
| 319 | 774 | TALKOWSKA ALEKSANDRA | TALKOWSCY | 1983 | 11e | K30 | 48:55 | 48:49 | 12,291 | 4:53 |
| 320 | 6 | MARZAŁKOWSKI GRZEGORZ | DZIELO POMOCY SW. OJ | 1969 | 85e | M40 | 48:55 | 48:36 | 12,346 | 4:53 |
| 321 | 749 | SZCZUROWSKI WALDEMAR | SZCZUROWSKICH | 1981 | 106e | M30 | 48:56 | 48:25 | 12,392 | 4:53 |
| 322 | 763 | SZYMAŃSKI ROMAN | BUKOWSKI KLUB BIEGAC | 1966 | 31e | M50 | 48:57 | 48:37 | 12,341 | 4:53 |
| 323 | 728 | STROJNY MARIAN | NOWA SÓL | 1958 | 13e | M60 | 48:57 | 48:42 | 12,320 | 4:53 |
| 324 | 233 | GRZEŚKO TOMASZ | TSPS TRZEBIECHÓW,SUL | 1960 | 32e | M50 | 48:58 | 48:36 | 12,346 | 4:53 |
| 325 | 681 | SKAŁACKI KRZYSZTOF | ZARY | 1979 | 107e | M30 | 48:59 | 48:39 | 12,333 | 4:53 |
| 326 | 250 | JABŁOŃSKI KRZYSZTOF | ZIELONA GÓRA | 1990 | 53e | M20 | 48:59 | 48:46 | 12,303 | 4:53 |
| 327 | 23 | BABEL DE FRONSBURG MAŁGOR | ZIELONA GÓRA | 1980 | 12e | K30 | 49:01 | 48:40 | 12,329 | 4:54 |
| 328 | 48 | BENDKÓWSKA ANNA | KB LEW LEGNICA,LEJNI | 1996 | 7e | K20 | 49:02 | 48:48 | 12,295 | 4:54 |
| 329 | 44 | BEBRYŚ DANIEL | NOWA SÓL | 1981 | 108e | M30 | 49:02 | 48:32 | 12,363 | 4:54 |
| 330 | 844 | WIŚNIEWSKI RAFAŁ | BIEGAM BO LUBIE GLOG | 1982 | 109e | M30 | 49:03 | 48:47 | 12,299 | 4:54 |
| 331 | 184 | FARON WOJCIECH | FARON | 1970 | 86e | M40 | 49:04 | 48:50 | 12,287 | 4:54 |
| 332 | 156 | DOLATA REMIGIUSZ | GEDIA,NOWA SÓL | 1968 | 33e | M50 | 49:05 | 48:36 | 12,346 | 4:54 |
| 333 | 363 | KOZŁOWSKI JAROSŁAW | GLOGÓW | 1971 | 87e | M40 | 49:06 | 48:56 | 12,262 | 4:54 |
| 334 | 319 | KLIMCZAK PAWEŁ | ZIELONA GÓRA | 1972 | 88e | M40 | 49:06 | 48:31 | 12,367 | 4:54 |
| 335 | 257 | JANCZAK ANNA | MANUFAKTURA ZDROWIA, | 1991 | 8e | K20 | 49:07 | 49:03 | 12,232 | 4:54 |
| 336 | 8 | LESZCZAK MARIUSZ | KAPUCYNI,CZESTOCHOWA | 1980 | 110e | M30 | 49:07 | 48:56 | 12,262 | 4:54 |
| 337 | 113 | CHOROSTKOWSKA NATALIA | NOWOSOLSKA GRUPA BIE | 1980 | 13e | K30 | 49:07 | 48:58 | 12,253 | 4:54 |
| 338 | 566 | PERŁAKOWSKI KAROL | WKS RUN WILCZYCE,WIL | 1984 | 111e | M30 | 49:08 | 48:37 | 12,341 | 4:54 |
| 339 | 663 | SENK PATRYK | KACZMAR RUN TEAM,KRO | 1990 | 54e | M20 | 49:14 | 49:11 | 12,199 | 4:55 |
| 340 | 12 | ADAM MARIUSZ | NOWA SÓL | 1986 | 112e | M30 | 49:17 | 48:46 | 12,303 | 4:55 |
| 341 | 877 | ZAKRZEWSKI ADAM | ZIELONA GÓRA | 1991 | 55e | M20 | 49:19 | 48:20 | 12,414 | 4:55 |
| 342 | 615 | ROKOSZ TOMASZ | BRZEG GLOGOWSKI | 1968 | 34e | M50 | 49:20 | 48:44 | 12,312 | 4:56 |
| 343 | 426 | ŁAGOCCI MAKSYMILIAN | NOWA SÓL | 2003 | 4e | NIEKL | 49:21 | 48:46 | 12,303 | 4:56 |
| 344 | 493 | MIKOŁAJCZAK MATEUSZ | NIEZRZESZONY,MODRZYC | 1990 | 56e | M20 | 49:23 | 48:59 | 12,249 | 4:56 |
| 345 | 916 | DOMASZEWICZ ŁUKASZ | GORZÓW WIELKOPOLSKI | 1981 | 113e | M30 | 49:23 | 48:50 | 12,287 | 4:56 |
| 346 | 266 | JANKOWSKI MAREK | NOWA SÓL | 1970 | 89e | M40 | 49:24 | 48:46 | 12,303 | 4:56 |
| 347 | 711 | STANISZEWSKI BARTOSZ | NOWA SÓL | 1982 | 114e | M30 | 49:26 | 48:46 | 12,303 | 4:56 |
| 348 | 630 | RUT ŁUKASZ | KB WIKON NOWA SÓL,NO | 1982 | 115e | M30 | 49:26 | 48:46 | 12,303 | 4:56 |
| 349 | 19 | AST ANNA | SZKLA ZAK ZAGAN,ZAGA | 1991 | 9e | K20 | 49:27 | 48:53 | 12,274 | 4:56 |
| 350 | 739 | SWAT AGNIESZKA | ZARY | 1979 | 14e | K30 | 49:27 | 49:19 | 12,166 | 4:56 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 351 | 317 | KLEMKO BARTŁOMIEJ | LAGOSZÓW, JERZMANOWA | 1975 | 90e | M40 | 49:28 | 48:59 | 12,249 | 4:56 |
| 352 | 181 | FABJANSKI AUGUSTYN | WROCLAW | 1957 | 14e | M60 | 49:30 | 49:13 | 12,191 | 4:57 |
| 353 | 351 | KOWALEWSKA WERONIKA | KOWALEWSCY | 2000 | 10e | K20 | 49:32 | 48:56 | 12,262 | 4:57 |
| 354 | 775 | TALKOWSKI ŁUKASZ | TALKOWSCY | 1980 | 116e | M30 | 49:38 | 49:18 | 12,170 | 4:57 |
| 355 | 960 | SUTOR RADOSŁAW | BIEGAJĄCA KASTA MIED | 2001 | 57e | M20 | 49:40 | 49:09 | 12,208 | 4:58 |
| 356 | 907 | BECELA TOMASZ | PARKRUN ZARY,ZARY | 1974 | 91e | M40 | 49:42 | 49:22 | 12,154 | 4:58 |
| 357 | 727 | STOŁOWSKI MARCIN | NOWOSOLSKA GRUPA BIE | 1991 | 58e | M20 | 49:43 | 49:32 | 12,113 | 4:58 |
| 358 | 901 | ŻACZKIEWICZ EWA | NOWOSOLSKA GRUPA BIE | 1983 | 15e | K30 | 49:43 | 49:31 | 12,117 | 4:58 |
| 359 | 172 | DUSZA ZBIGNIEW | BIEGAM Z DUSZA.KOZUC | 1963 | 35e | M50 | 49:47 | 49:29 | 12,125 | 4:58 |
| 360 | 843 | WIŚNIEWSKI KRZYSZTOF | NIEDORADZ | 1974 | 92e | M40 | 49:55 | 49:43 | 12,068 | 4:59 |
| 361 | 805 | WALANIA PIOTR | WWW.CENTRUMERGON.PL, | 1981 | 117e | M30 | 50:00 | 49:29 | 12,125 | 5:00 |
| 362 | 840 | WIKTORSKI MARIUSZ | NOWA SÓL | 1976 | 93e | M40 | 50:01 | 49:04 | 12,228 | 5:00 |
| 363 | 848 | WITKOWSKA KATARZYNA | GLOGÓW | 1974 | 13e | K40 | 50:01 | 49:51 | 12,036 | 5:00 |
| 364 | 591 | POZNANIAK ARTUR | ZIELONA GÓRA | 1983 | 118e | M30 | 50:03 | 49:39 | 12,085 | 5:00 |
| 365 | 281 | JODŁOWSKA EWA | JODŁOWSKICH | 1980 | 16e | K30 | 50:03 | 49:55 | 12,020 | 5:00 |
| 366 | 449 | MAKAŁOWSKA KAROLINA | NOWA SÓL | 1988 | 17e | K30 | 50:06 | 49:40 | 12,081 | 5:00 |
| 367 | 894 | ZDANOWSKI MARIAN | POZNAN | 1956 | 15e | M60 | 50:09 | 49:55 | 12,020 | 5:00 |
| 368 | 868 | WUJTIUK PIOTR | BASKET SZCZECINEK,SZ | 1975 | 94e | M40 | 50:09 | 49:44 | 12,064 | 5:00 |
| 369 | 170 | DUDZIAK KACPER | RUDNO | 2001 | 59e | M20 | 50:10 | 49:59 | 12,004 | 5:01 |
| 370 | 299 | KAMIŃSKI BARTŁOMIEJ | NOWOSOLSKA GRUPA BIE | 1984 | 119e | M30 | 50:10 | 49:35 | 12,101 | 5:01 |
| 371 | 869 | WULLRICH ARKADIUSZ | NOWA SÓL | 1985 | 120e | M30 | 50:11 | 49:41 | 12,076 | 5:01 |
| 372 | 930 | KAMIŃSKI JAKUB | NOWA SÓL | 1988 | 121e | M30 | 50:11 | 49:37 | 12,093 | 5:01 |
| 373 | 570 | PIERZGAŁA DIANA | DALEKO JESZCZE?,WROC | 1990 | 11e | K20 | 50:12 | 49:42 | 12,072 | 5:01 |
| 374 | 229 | GRYGOROWICZ ADAM | GRYGOROWICZ | 1978 | 95e | M40 | 50:14 | 49:56 | 12,016 | 5:01 |
| 375 | 484 | MEJZA JANUSZ | DABIE | 1963 | 36e | M50 | 50:16 | 50:05 | 11,980 | 5:01 |
| 376 | 742 | SZAROWAR MACIEJ | NOWA SÓL | 1987 | 122e | M30 | 50:17 | 49:49 | 12,044 | 5:01 |
| 377 | 507 | MUSZYŃSKI BARTOSZ | NOWA SÓL | 1979 | 123e | M30 | 50:18 | 49:54 | 12,024 | 5:01 |
| 378 | 584 | POŁOŃSKI IRENEUSZ | NOWE MIASTECZKO,NOWE | 1963 | 37e | M50 | 50:19 | 49:45 | 12,060 | 5:01 |
| 379 | 373 | KRASICKI JAROSŁAW | KB LEW LEGNICA,LEGNI | 1972 | 96e | M40 | 50:19 | 49:33 | 12,109 | 5:01 |
| 380 | 733 | STUŁA RAFAŁ | FALUBAZ ZIELONA GÓRA | 1991 | 60e | M20 | 50:20 | 50:15 | 11,940 | 5:02 |
| 381 | 45 | BEDNARCZUK ANNA | BIEGNE, ZEBY BARTEK | 1993 | 12e | K20 | 50:22 | 49:42 | 12,072 | 5:02 |
| 382 | 203 | GIEL JAROSŁAW | NOWY TOMYSŁ | 1986 | 124e | M30 | 50:22 | 49:48 | 12,048 | 5:02 |
| 383 | 365 | KOZŁOWSKI MACIEJ | KOZŁOWSCY | 1977 | 97e | M40 | 50:24 | 50:12 | 11,952 | 5:02 |
| 384 | 863 | WOŻNA MAGDALENA | STOWARZYSZENIE NOWE | 1977 | 14e | K40 | 50:24 | 49:49 | 12,044 | 5:02 |
| 385 | 263 | JANION MIŁOSZ | JOST POLSKA,ZIELONA | 1984 | 125e | M30 | 50:25 | 50:01 | 11,996 | 5:02 |
| 386 | 648 | SAJEWICZ PIOTR | SAJEWICZ | 1986 | 126e | M30 | 50:27 | 49:56 | 12,016 | 5:02 |
| 387 | 342 | KOSMAŁA JAROSŁAW | RADWANICE | 1990 | 61e | M20 | 50:28 | 50:21 | 11,917 | 5:02 |
| 388 | 713 | STANKIEWICZ DAREK | NIEZRZESZONY,ZIELONA | 1960 | 38e | M50 | 50:30 | 50:07 | 11,972 | 5:03 |
| 389 | 718 | STAWICKI MARCIN | LIPINKI LUZYCKIE | 1975 | 98e | M40 | 50:31 | 49:51 | 12,036 | 5:03 |
| 390 | 794 | TRYBUS JOANNA | ZARY | 2000 | 13e | K20 | 50:32 | 50:13 | 11,948 | 5:03 |
| 391 | 707 | STACHURA MACIEJ | ZAGAN | 1999 | 62e | M20 | 50:35 | 50:18 | 11,928 | 5:03 |
| 392 | 301 | KAPŁON KRZYSZTOF | LOZY | 1982 | 127e | M30 | 50:35 | 49:49 | 12,044 | 5:03 |
| 393 | 637 | RYTWIŃSKI MAREK | NOWOSOLSKA GRUPA BIE | 1994 | 63e | M20 | 50:39 | 49:49 | 12,044 | 5:03 |
| 394 | 110 | CHOJNACKI PIOTR | NOWA SÓL | 1964 | 39e | M50 | 50:40 | 50:31 | 11,877 | 5:04 |
| 395 | 382 | KRÓL FABIAN | AMATORSI,NOWA SÓL | 1978 | 99e | M40 | 50:41 | 50:26 | 11,897 | 5:04 |
| 396 | 674 | SIKORSKI GRZEGORZ | SIKORKI | 1980 | 128e | M30 | 50:44 | 50:15 | 11,940 | 5:04 |
| 397 | 18 | ANTKOWIAK MIROSŁAW | KROSNO ODRZANSKIE | 1964 | 40e | M50 | 50:45 | 50:29 | 11,885 | 5:04 |
| 398 | 678 | SIUZDAK RAFAŁ | KONOTOP | 1995 | 64e | M20 | 50:47 | 50:06 | 11,976 | 5:04 |
| 399 | 436 | ŁUCKA MARZENA | WARSZAWA | 1981 | 18e | K30 | 50:48 | 50:38 | 11,850 | 5:04 |
| 400 | 99 | BUTKIEWICZ MATEUSZ | -----,NOWA SÓL | 1990 | 65e | M20 | 50:50 | 50:35 | 11,862 | 5:05 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-------|------|-----------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 401 | 144 | CZEPIŃSKI ROBERT | ZARY | 1970 | 100e | M40 | 50:51 | 50:25 | 11,901 | 5:05 |
| 402 | 969 | TURKIEWICZ ALEKSANDER | SAMOTNY WILK,NOWA SÓ | 1976 | 101e | M40 | 50:54 | 50:27 | 11,893 | 5:05 |
| 403 | 194 | GAJEK ŁUKASZ | JOST POLSKA,ZIELONA | 1987 | 129e | M30 | 50:56 | 50:33 | 11,869 | 5:05 |
| 404 | 26 | BAJAK DARIUSZ | 1990,NOWA SÓL | 1990 | 66e | M20 | 50:58 | 50:04 | 11,984 | 5:05 |
| 405 | 629 | RUDAK MARTA | ZAGANSKA GRUPA BIEGO | 1978 | 15e | K40 | 51:04 | 50:57 | 11,776 | 5:06 |
| 406 | 645 | SACZYK KAROLINA | OTYN | 1991 | 14e | K20 | 51:06 | 50:49 | 11,807 | 5:06 |
| 407 | 619 | ROSKWITALSKI BOLESŁAW | NOWA SÓL | 1962 | 41e | M50 | 51:08 | 50:36 | 11,858 | 5:06 |
| 408 | 817 | WASZAK MARCIN | NOWA SÓL | 1981 | 130e | M30 | 51:09 | 50:57 | 11,776 | 5:06 |
| 409 | 327 | KOŁODZIEJSKI RADOSŁAW | RADOSTAH.PL,NOWA SÓL | 1977 | 102e | M40 | 51:10 | 50:47 | 11,815 | 5:07 |
| 410 | 592 | PRĄŁAT PIOTR | NOWOSOLSKA GRUPA BIE | 1977 | 103e | M40 | 51:11 | 50:46 | 11,819 | 5:07 |
| 411 | 620 | ROSKWITALSKI SZYMON | NOWA SÓL | 1993 | 67e | M20 | 51:11 | 50:39 | 11,846 | 5:07 |
| 412 | 568 | PIASECCY DARIA | PIASECCY & MIAŻEK | 1986 | 19e | K30 | 51:13 | 50:50 | 11,803 | 5:07 |
| 413 | 547 | OWCZARCZAK MAREK | JOST POLSKA,NOWA SÓL | 1970 | 104e | M40 | 51:13 | 50:47 | 11,815 | 5:07 |
| 414 | 111 | CHOMONT-SENDZIAK ANNA | SENDZIAK | 1978 | 16e | K40 | 51:14 | 51:06 | 11,742 | 5:07 |
| 415 | 851 | WITT DOMINIK | NOWOSOLSKA GRUPA BIE | 1986 | 131e | M30 | 51:20 | 50:48 | 11,811 | 5:08 |
| 416 | 230 | GRYGOROWICZ PAWEŁ | GRYGOROWICZ | 1981 | 132e | M30 | 51:27 | 51:09 | 11,730 | 5:08 |
| 417 | 581 | POJNAR MARIUSZ | MASA TEAM,NOWA SÓL | 1983 | 133e | M30 | 51:27 | 50:59 | 11,769 | 5:08 |
| 418 | 472 | MATUSIAK MARIUSZ | ZIELONA GÓRO ZACZNIJ | 1972 | 105e | M40 | 51:29 | 50:48 | 11,811 | 5:08 |
| 419 | 893 | ZDANOWICZ JAN | PZW SULECHÓW,NOWA SÓ | 1988 | 134e | M30 | 51:30 | 50:45 | 11,823 | 5:09 |
| 420 | 686 | SKROBAK JUSTYNA | ABY DO METY PRZEMKÓW | 1983 | 20e | K30 | 51:31 | 51:23 | 11,677 | 5:09 |
| 421 | 303 | KARDYNAŁ GABRIELA | KOZUCHÓW | 1985 | 21e | K30 | 51:32 | 51:07 | 11,738 | 5:09 |
| 422 | 823 | WAŚIAK ODYSEUSZ | OSP SLAWA,SLAWA | 1995 | 68e | M20 | 51:32 | 50:55 | 11,784 | 5:09 |
| 423 | 891 | ZAWORA ADAM | NOWA SÓL | 1976 | 106e | M40 | 51:33 | 50:59 | 11,769 | 5:09 |
| 424 | 506 | MUSZYŃSKA DOROTA | NOWOSOLSKA GRUPA BIE | 1980 | 22e | K30 | 51:33 | 51:09 | 11,730 | 5:09 |
| 425 | 956 | SALAMON ŁUKASZ | ZIELONA GÓRA | 1987 | 135e | M30 | 51:35 | 51:01 | 11,761 | 5:09 |
| 426 | 258 | JANECKI PRZEMYSŁAW | JANECCY | 1977 | 107e | M40 | 51:39 | 51:02 | 11,757 | 5:09 |
| 427 | 876 | ZACHAŚ MATEUSZ | ZAŁĘSCY | 1980 | 136e | M30 | 51:39 | 51:21 | 11,685 | 5:09 |
| 428 | 232 | GRZESIEWICZ PATRYCJA | ZIELONA GORA | 1986 | 23e | K30 | 51:48 | 51:15 | 11,707 | 5:10 |
| 429 | 311 | KAWSZYN DARIUSZ | ARBITER,NOWA SÓL | 1973 | 108e | M40 | 51:48 | 51:33 | 11,639 | 5:10 |
| 430 | 149 | ĆWIRKO PAWEŁ | ARBITER,NOWA SÓL | 1981 | 137e | M30 | 51:48 | 51:31 | 11,647 | 5:10 |
| 431 | 43 | BATKO MARIUSZ | NOWA SÓL | 1978 | 109e | M40 | 51:52 | 51:44 | 11,598 | 5:11 |
| 432 | 928 | JACH MAREK | JASTRZEBIE-ZDRÓJ | 1972 | 110e | M40 | 51:54 | 51:42 | 11,605 | 5:11 |
| 433 | 292 | KACZURAK ANDRZEJ | ZIELONA GÓRA | 1979 | 138e | M30 | 51:55 | 51:15 | 11,707 | 5:11 |
| 434 | 680 | SKAFIRIAK ANDRZEJ | AMATOR,ZIELONA GÓRA | 1981 | 139e | M30 | 51:56 | 51:25 | 11,669 | 5:11 |
| 435 | 845 | WITKIEWICZ ELŻBIETA | NOWOSOLSKA GRUPA BIE | 1966 | 5e | K50 | 51:58 | 51:47 | 11,587 | 5:11 |
| 436 | 694 | SOBCZAK PRZEMYSŁAW | NOWA SÓL | 1976 | 111e | M40 | 51:58 | 51:23 | 11,677 | 5:11 |
| 437 | 202 | GAWROŃSKI KRZYSZTOF | RUSZÓW BIEGA,RUSZÓW | 1974 | 112e | M40 | 51:59 | 51:37 | 11,624 | 5:11 |
| 438 | 219 | GÓREWICZ ANDRZEJ | NOWA SÓL | 1979 | 140e | M30 | 52:02 | 51:36 | 11,628 | 5:12 |
| 439 | 609 | REDZIAK JANUSZ | SIKORKI | 1970 | 113e | M40 | 52:03 | 51:32 | 11,643 | 5:12 |
| 440 | 428 | ŁAWNICZEK REMIGIUSZ | NOWA SÓL,NOWA SÓL | 1975 | 114e | M40 | 52:06 | 51:52 | 11,568 | 5:12 |
| 441 | 503 | MROWCZYŃSKI TOMASZ | ZIELONA GÓRA | 1974 | 115e | M40 | 52:07 | 51:27 | 11,662 | 5:12 |
| 442 | 787 | TOMUSIAK NATALIA | KB LEW LEGNICA,WADRO | 1985 | 24e | K30 | 52:07 | 51:22 | 11,681 | 5:12 |
| 443 | 427 | ŁAWNICZEK AGNIESZKA | ARDANAFIT ZDROWIE I | 1976 | 17e | K40 | 52:09 | 52:05 | 11,520 | 5:12 |
| 444 | 107 | CHMIELEWSKI TOMASZ | BYTOM ODRZANSKI | 1977 | 116e | M40 | 52:11 | 51:28 | 11,658 | 5:13 |
| * 445 | 601 | RAK GRZEGORZ | ZIELONA GÓRA | 1979 | 141e | M30 | 52:12 | 52:12 | 11,494 | 5:13 |
| 446 | 70 | BINDER PIOTR | KB SPOCENI,NOWA SÓL | 1984 | 142e | M30 | 52:14 | 51:58 | 11,546 | 5:13 |
| 447 | 35 | BANDUROWSKA KLAUDIA | BANDUROWSCY | 1999 | 15e | K20 | 52:15 | 52:08 | 11,509 | 5:13 |
| 448 | 135 | CWYNAR MARCIN | NOWE MIASTECZKO | 1984 | 143e | M30 | 52:16 | 52:11 | 11,498 | 5:13 |
| 449 | 873 | ZABAWSKI MAKSYMILIAN | NOWA SÓL | 1982 | 144e | M30 | 52:16 | 51:58 | 11,546 | 5:13 |
| 450 | 218 | GÖTTER GRAŻYNA | NOWA SÓL | 1978 | 18e | K40 | 52:17 | 52:08 | 11,509 | 5:13 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|---------------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 451 | 809 | WALENDOWSKI PAWEŁ | LUG MTB TEAM,NOWA SÓ | 1967 | 42e | M50 | 52:17 | 51:48 | 11,583 | 5:13 |
| 452 | 127 | CICHOCKI SEBASTIAN | NOWA SÓL | 1997 | 69e | M20 | 52:17 | 51:45 | 11,594 | 5:13 |
| 453 | 273 | JASIŃSKA MARTA | KLUB BIEGOWY WIKON,N | 1982 | 25e | K30 | 52:20 | 51:53 | 11,564 | 5:14 |
| 454 | 849 | WITKOWSKI MARCIN | NOWA SÓL | 1991 | 70e | M20 | 52:23 | 51:58 | 11,546 | 5:14 |
| 455 | 957 | SŁOMIAN MARIUSZ | ZIELONA GÓRA | 1979 | 145e | M30 | 52:23 | 51:45 | 11,594 | 5:14 |
| 456 | 948 | PAWŁOWSKI MATEUSZ | NOWA SÓL | 1991 | 71e | M20 | 52:26 | 51:59 | 11,542 | 5:14 |
| 457 | 940 | KWAŚNIK SZYMON | NOWA SÓL | 1991 | 72e | M20 | 52:32 | 52:03 | 11,527 | 5:15 |
| 458 | 650 | SALMANOWICZ ZDZISŁAW | BRACTWO BIEGACZY / R | 1951 | 16e | M60 | 52:35 | 52:18 | 11,472 | 5:15 |
| 459 | 290 | KACZMAREK MATEUSZ | GRODZISKI KLUB BIEGA | 1989 | 73e | M20 | 52:40 | 51:45 | 11,594 | 5:16 |
| 460 | 105 | CHKHABERIDZE-SZCZEPAŃSKI | GALLOWAY TEAM ZIELON | 1983 | 146e | M30 | 52:41 | 51:55 | 11,557 | 5:16 |
| 461 | 276 | JASKULSKI DOMINIK | NOWA SÓL | 1980 | 147e | M30 | 52:47 | 52:26 | 11,443 | 5:16 |
| 462 | 240 | HAŃCZYK ALEKSANDRA | NOWA SÓL | 1992 | 16e | K20 | 52:47 | 52:13 | 11,491 | 5:16 |
| 463 | 872 | WYRWIICKI PRZEMEK | ZIELONA GÓRA | 1976 | 117e | M40 | 52:48 | 52:29 | 11,432 | 5:16 |
| 464 | 659 | SAWICKI KRZYSZTOF | KRZYSIEK BIEGA,KOZUC | 1975 | 118e | M40 | 52:49 | 51:59 | 11,542 | 5:16 |
| 465 | 336 | KORBECKA-RYGIEL AGNIESZKA | NOWA SÓL | 1973 | 19e | K40 | 52:53 | 52:42 | 11,385 | 5:17 |
| 466 | 307 | KASPROWICZ MIROSLAW | KASPROWICZ | 1972 | 119e | M40 | 52:55 | 52:30 | 11,429 | 5:17 |
| 467 | 600 | RADZIUSZ SZYMON | RADZIUSZ | 2004 | 5e | NIEKL | 52:56 | 52:36 | 11,407 | 5:17 |
| 468 | 227 | GROSSE PAWEŁ | ÓSEMKI - BRACTWO BIE | 1977 | 120e | M40 | 52:59 | 51:54 | 11,561 | 5:17 |
| 469 | 764 | SZYMCZAK MARCIN | 8,ZIELONA GÓRA | 1979 | 148e | M30 | 52:59 | 51:54 | 11,561 | 5:17 |
| 470 | 783 | TKACZ ŁUKASZ | ABY DO METY PRZEMKÓW | 1990 | 74e | M20 | 53:07 | 52:35 | 11,410 | 5:18 |
| 471 | 58 | BEBEN WIOLETA | CNS ,KOZUCHÓW | 1972 | 20e | K40 | 53:09 | 52:50 | 11,356 | 5:18 |
| 472 | 654 | SASIN ŁUKASZ | KLUB MAM,NOWA SÓL | 1983 | 149e | M30 | 53:12 | 52:58 | 11,328 | 5:19 |
| 473 | 828 | WICHA JAKUB | WSTECZNY BIEG,MODRZY | 2000 | 75e | M20 | 53:14 | 52:54 | 11,342 | 5:19 |
| 474 | 383 | KRUKOWSKI MIROSLAW | NOWA SÓL | 1971 | 121e | M40 | 53:19 | 52:47 | 11,367 | 5:19 |
| 475 | 138 | CZARNECKA ANNA | RURNO | 1973 | 21e | K40 | 53:21 | 53:13 | 11,275 | 5:20 |
| 476 | 459 | MARCINIAK BEATA | NOWA SÓL | 1971 | 22e | K40 | 53:21 | 53:13 | 11,275 | 5:20 |
| 477 | 703 | STACHECKI ADRIAN | SULECHOWSKA GRUPA BI | 1988 | 150e | M30 | 53:22 | 53:02 | 11,314 | 5:20 |
| 478 | 881 | ZALEWSKI MARIUSZ | WROCLAW | 1983 | 151e | M30 | 53:22 | 52:51 | 11,353 | 5:20 |
| 479 | 669 | SIEMEK STEFAN | BBL ZGB,ZAGAN | 1949 | 17e | M60 | 53:26 | 53:19 | 11,254 | 5:20 |
| 480 | 562 | PATYK HENRYK | BEZ KLUBU,ZARY | 1961 | 43e | M50 | 53:27 | 52:43 | 11,382 | 5:20 |
| 481 | 533 | OLEŃIAK MARIUSZ | 1982,NOWA SÓL | 1982 | 152e | M30 | 53:28 | 53:16 | 11,264 | 5:20 |
| 482 | 341 | KOSAŁKA SEBASTIAN | KOSAŁKA | 2000 | 76e | M20 | 53:28 | 52:59 | 11,324 | 5:20 |
| 483 | 312 | KĄŻMIERSKA MONIKA | NOWOSOLSKA GRUPA BIE | 1979 | 26e | K30 | 53:29 | 53:06 | 11,299 | 5:20 |
| 484 | 87 | BREDLAK NATALIA | NOWA SÓL | 1996 | 17e | K20 | 53:30 | 53:30 | 11,215 | 5:21 |
| 485 | 185 | FEDORCZAK MAŁGORZATA | NOWA SÓL | 1966 | 6e | K50 | 53:31 | 53:09 | 11,289 | 5:21 |
| 486 | 521 | NOWACKI JERZY | ZARY RUNNERS TEAM,ZA | 1975 | 122e | M40 | 53:32 | 53:10 | 11,285 | 5:21 |
| 487 | 979 | ZARYCHTA WALDEMAR | SWIDNICKA GRUPA BIEG | 1964 | 44e | M50 | 53:32 | 53:19 | 11,254 | 5:21 |
| 488 | 174 | DYM DARIA | MTS DRUZYNA SZPIKU K | 1984 | 27e | K30 | 53:32 | 53:03 | 11,310 | 5:21 |
| 489 | 730 | STRZAŁKOWSKI ANDRZEJ | LEGNICA | 1975 | 123e | M40 | 53:33 | 53:03 | 11,310 | 5:21 |
| 490 | 221 | GRĄCIKOWSKI TADEUSZ | NOWA SÓL | 1974 | 124e | M40 | 53:34 | 53:15 | 11,268 | 5:21 |
| 491 | 243 | HETNAR ARTUR | KB WIKON NOWA SÓL,NO | 1976 | 125e | M40 | 53:36 | 53:09 | 11,289 | 5:21 |
| 492 | 143 | CZEPIŃSKA JUDYTA | 1977,ZARY | 1977 | 23e | K40 | 53:37 | 53:10 | 11,285 | 5:21 |
| 493 | 870 | WYKOCKI MATEUSZ | NOWA SÓL | 2000 | 77e | M20 | 53:37 | 53:00 | 11,321 | 5:21 |
| 494 | 602 | RAKOWSKI ŁUKASZ | NOWA SÓL | 1983 | 153e | M30 | 53:39 | 52:50 | 11,356 | 5:21 |
| 495 | 689 | SŁAWIAK NATALIA | SLUBICE | 1993 | 18e | K20 | 53:40 | 53:19 | 11,254 | 5:22 |
| 496 | 228 | GRUŻLEWSKI RADOSŁAW | ZAGAN | 1989 | 78e | M20 | 53:40 | 52:49 | 11,360 | 5:22 |
| 497 | 736 | SUROWIEC PIOTR | PARKRUN ZARY/ JW2649 | 1977 | 126e | M40 | 53:42 | 53:20 | 11,250 | 5:22 |
| 498 | 256 | JANCZAK ANGELIKA | LEGNICA | 1973 | 24e | K40 | 53:46 | 53:17 | 11,261 | 5:22 |
| 499 | 830 | WICHA ŁUKASZ | WSTECZNY BIEG,WARSZA | 1985 | 154e | M30 | 53:49 | 53:23 | 11,239 | 5:22 |
| 500 | 90 | BRYCH-JACKIEWICZ PAWEŁ | NOWA SÓL | 1978 | 127e | M40 | 53:49 | 52:57 | 11,331 | 5:22 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|------------------------|-----------------------|------|------|-------|--------|-------|--------|-------|
| 501 | 806 | WALASZKO KAZIMIERZ | BBL-GUBIN,GUBIN | 1952 | 18e | M60 | 53:50 | 53:43 | 11,170 | 5:23 |
| 502 | 905 | ŻURAWSKI PAWEŁ | NA ZDROWIE,WARSZAWA | 1978 | 128e | M40 | 53:52 | 52:55 | 11,339 | 5:23 |
| 503 | 226 | GRODOWSKI ROMAN | MODRZYCA | 1963 | 45e | M50 | 53:53 | 53:33 | 11,204 | 5:23 |
| 504 | 541 | OPALA MACIEJ | ZIELONA GÓRA | 1983 | 155e | M30 | 53:55 | 53:48 | 11,152 | 5:23 |
| 505 | 540 | OPALA EWELINA | ZIELONA GÓRA | 1985 | 28e | K30 | 53:56 | 53:48 | 11,152 | 5:23 |
| 506 | 640 | RZECZYCKA JOANNA | RADWANICE | 1981 | 29e | K30 | 53:57 | 53:43 | 11,170 | 5:23 |
| 507 | 530 | OLCZYK SEBASTIAN | NOWA SÓL | 1977 | 129e | M40 | 53:58 | 53:53 | 11,135 | 5:23 |
| 508 | 766 | SZYSZKO MICHAŁ | NOWOSOLSKA GRUPA BIE | 1976 | 130e | M40 | 53:58 | 53:42 | 11,173 | 5:23 |
| 509 | 352 | KOWALEWSKA MARTA | KB WIKON NOWA SÓL ,N | 1981 | 30e | K30 | 54:00 | 53:28 | 11,222 | 5:24 |
| 510 | 531 | OLECHNOWICZ GRZEGORZ | OM PTTK GUBIN,GUBIN | 1976 | 131e | M40 | 54:00 | 53:53 | 11,135 | 5:24 |
| 511 | 114 | CHROSTOWSKA ALICJA | DABIE | 1989 | 19e | K20 | 54:02 | 53:54 | 11,132 | 5:24 |
| 512 | 535 | OLSZEWSKA EDYTA | OLSZEWSKICH | 1977 | 25e | K40 | 54:03 | 53:19 | 11,254 | 5:24 |
| 513 | 782 | TIETZ NATALIA | OBOZY-KONNE.PL,STAWY | 1988 | 31e | K30 | 54:04 | 53:46 | 11,159 | 5:24 |
| 514 | 537 | OLSZEWSKI TOMASZ | OLSZEWSKICH | 1976 | 132e | M40 | 54:04 | 53:21 | 11,246 | 5:24 |
| 515 | 635 | RYBKA PRZEMYSŁAW | JACZÓW | 1984 | 156e | M30 | 54:04 | 53:24 | 11,236 | 5:24 |
| 516 | 808 | WALCZYK PRZEMEK | SKURCZ TEAM,ZAGAN | 1994 | 79e | M20 | 54:05 | 53:23 | 11,239 | 5:24 |
| 517 | 264 | JANKOWIAK AGNIESZKA | KB WIKON NOWA SÓL ,NO | 1975 | 26e | K40 | 54:05 | 53:37 | 11,191 | 5:24 |
| 518 | 151 | DANIELAK KRZYSZTOF | PARKRYN ZARY,ZARY | 1960 | 46e | M50 | 54:11 | 53:27 | 11,225 | 5:25 |
| 519 | 55 | BEREŚ KRYSZTIAN | MILAKÓW | 2002 | 80e | M20 | 54:11 | 53:54 | 11,132 | 5:25 |
| 520 | 785 | TOMASZEWSKI ALEKSANDER | BRAT ALBERT,NOWA SÓL | 1956 | 19e | M60 | 54:14 | 53:41 | 11,177 | 5:25 |
| 521 | 846 | WITKO DOROTA | NOWOSOLSKA GRUPA BIE | 1964 | 7e | K50 | 54:14 | 53:59 | 11,115 | 5:25 |
| 522 | 936 | KOWALEWSKI TOMASZ | KOWALEWSKI TEAM | 1985 | 157e | M30 | 54:15 | 54:04 | 11,097 | 5:25 |
| 523 | 353 | KOWALEWSKI KRZYSZTOF | RZEPIN | 1961 | 47e | M50 | 54:16 | 53:58 | 11,118 | 5:25 |
| 524 | 245 | HETNER TERESA | HETNER | 1982 | 32e | K30 | 54:18 | 54:10 | 11,077 | 5:25 |
| 525 | 115 | CHROSTOWSKA MONIKA | DABIE | 1987 | 33e | K30 | 54:18 | 53:54 | 11,132 | 5:25 |
| 526 | 644 | SACHA JOANNA | ZABIEGANI,SLAWA | 1978 | 27e | K40 | 54:22 | 53:36 | 11,194 | 5:26 |
| 527 | 400 | KUŹMA ŁUKASZ | ZABIEGANI,SLAWA | 1977 | 133e | M40 | 54:22 | 53:37 | 11,191 | 5:26 |
| 528 | 772 | ŚWIĘCICKA EWELINA | FHU "DAS"DARIUSZ SWI | 1978 | 28e | K40 | 54:23 | 53:55 | 11,128 | 5:26 |
| 529 | 796 | TRZOP ANDRZEJ | STOWARZYSZENIE NOWE | 1968 | 48e | M50 | 54:24 | 53:24 | 11,236 | 5:26 |
| 530 | 300 | KAPAŁA PAWEŁ | MIEJSKA GÓRKA | 1980 | 158e | M30 | 54:24 | 53:23 | 11,239 | 5:26 |
| 531 | 932 | KLOC JAN | CROS STRACENCÓW,GLOG | 1957 | 20e | M60 | 54:24 | 53:46 | 11,159 | 5:26 |
| 532 | 119 | CHUCHRA BOGUSŁAWA | SZPROTAWA | 1975 | 29e | K40 | 54:24 | 54:18 | 11,050 | 5:26 |
| 533 | 432 | ŁOŚ-KRAWCZYK MAGDALENA | SZPROTAWA | 1979 | 34e | K30 | 54:25 | 54:18 | 11,050 | 5:26 |
| 534 | 949 | POŁOŃSKA JAGODA | NOWE MIASTECZKO | 1987 | 35e | K30 | 54:25 | 53:30 | 11,215 | 5:26 |
| 535 | 131 | CIEŚLIK KAROLINA | WKURW TEAM,NOWA SÓL | 1985 | 36e | K30 | 54:28 | 53:46 | 11,159 | 5:26 |
| 536 | 349 | KOWALCZYK-HETNAR MARTA | KB WIKON NOWA SÓL ,NO | 1976 | 30e | K40 | 54:29 | 54:02 | 11,104 | 5:26 |
| 537 | 61 | BIELICZ WERONIKA | BIELICZ | 2002 | 20e | K20 | 54:33 | 53:41 | 11,177 | 5:27 |
| 538 | 652 | SARAMA ARKADIUSZ | BIEGAJACA KASTA MIED | 1970 | 134e | M40 | 54:36 | 54:06 | 11,091 | 5:27 |
| 539 | 628 | RUDA JÓZEFA | ZARY | 1956 | 8e | K50 | 54:41 | 54:17 | 11,053 | 5:28 |
| 540 | 579 | PLÓCIENNIK MICHAŁ | FATRUNNERS ,ZIELONA | 1988 | 159e | M30 | 54:42 | 54:16 | 11,057 | 5:28 |
| 541 | 304 | KARDYNAŁ HENRYK | KOZUCHÓW | 1978 | 135e | M40 | 54:47 | 54:21 | 11,040 | 5:28 |
| 542 | 50 | BENDOWSKA WIOLETA | BENDOWSKA-KASPRZAK | 1977 | 31e | K40 | 54:48 | 54:40 | 10,976 | 5:28 |
| 543 | 842 | WINTER BOGUSŁAW | AMATOR,KROTOSZYCE | 1953 | 21e | M60 | 54:49 | 54:28 | 11,016 | 5:28 |
| 544 | 790 | TOPOLNICKI EUGENIUSZ | ZIELONA GÓRA | 1959 | 49e | M50 | 54:50 | 54:06 | 11,091 | 5:29 |
| 545 | 859 | WOJTASIK SYLWIA | NGB,NOWA SÓL | 1974 | 32e | K40 | 54:50 | 54:11 | 11,074 | 5:29 |
| 546 | 387 | KUCAB ANDRZEJ | LUBIN | 1966 | 50e | M50 | 54:52 | 54:10 | 11,077 | 5:29 |
| 547 | 223 | GRELA JOANNA | KAJDER TEAM | 1976 | 33e | K40 | 54:54 | 54:45 | 10,959 | 5:29 |
| 548 | 750 | SZCZYCIŃSKI JACEK | NOWA SÓL | 1983 | 160e | M30 | 54:54 | 54:30 | 11,009 | 5:29 |
| 549 | 937 | KRAJEWSKI CEZARY | NOWA SÓL | 1973 | 136e | M40 | 54:55 | 54:30 | 11,009 | 5:29 |
| 550 | 867 | WRÓBLEWSKI JANUSZ | KMB42,POLUPIN | 1969 | 137e | M40 | 54:55 | 54:46 | 10,956 | 5:29 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|-------------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 551 | 22 | BABACZ ANNA | JOST POLSKA,NOWA SÓL | 1983 | 37e | K30 | 54:56 | 54:31 | 11,006 | 5:29 |
| 552 | 152 | DARDZIŃSKI PIOTR | ZIELONA GÓRA | 1980 | 161e | M30 | 55:02 | 54:20 | 11,043 | 5:30 |
| 553 | 88 | BROZINSKI KRZYSZTOF | E-10 ZG LUBIN,RUDNA | 1975 | 138e | M40 | 55:03 | 54:36 | 10,989 | 5:30 |
| 554 | 607 | RATAJCZAK MARLENA | RATAJCZAK | 1978 | 34e | K40 | 55:04 | 54:35 | 10,992 | 5:30 |
| 555 | 415 | LEWANDOWSKI TOMASZ | SAMOBIEGACZ,KOZUCHÓW | 1975 | 139e | M40 | 55:06 | 54:19 | 11,046 | 5:30 |
| 556 | 582 | POKIDAN ROMAN | NOWA SÓL | 1963 | 51e | M50 | 55:07 | 54:28 | 11,016 | 5:30 |
| 557 | 938 | KRAJEWSKI KACPER | NOWA SÓL | 2002 | 81e | M20 | 55:10 | 54:46 | 10,956 | 5:31 |
| 558 | 563 | PAWLAK PAWEŁ | RIO GRAPPLING CLUB Z | 1989 | 82e | M20 | 55:14 | 54:33 | 10,999 | 5:31 |
| 559 | 657 | SAWAŁA SŁAWOMIR | BIEGAJĄCA KASTA MIED | 1981 | 162e | M30 | 55:17 | 54:10 | 11,077 | 5:31 |
| 560 | 440 | ŁUSIEWICZ ŁUKASZ | NOWA SÓL | 1994 | 83e | M20 | 55:17 | 54:48 | 10,949 | 5:31 |
| 561 | 835 | WIELGOSZ LESZEK | KB SPOCENI,NOWA SÓL | 1963 | 52e | M50 | 55:18 | 54:43 | 10,966 | 5:31 |
| 562 | 735 | SUCHOCKI ŁUKASZ | NOWE MIASTECZKO | 2003 | 6e | NIEKL | 55:19 | 54:22 | 11,036 | 5:31 |
| 563 | 734 | SUCHOCKI GRZEGORZ | NOWE | 1966 | 53e | M50 | 55:19 | 54:23 | 11,033 | 5:31 |
| 564 | 973 | WAWRZYŃIAK BARBARA | NOWA SÓL | 1985 | 38e | K30 | 55:27 | 54:53 | 10,932 | 5:32 |
| 565 | 974 | WAWRZYŃIAK PAWEŁ | NOWOSOLSKA GRUPA BIE | 1985 | 163e | M30 | 55:27 | 54:53 | 10,932 | 5:32 |
| 566 | 62 | BIELICZ WOJCIECH | BIELICZ | 2005 | 7e | NIEKL | 55:29 | 54:37 | 10,986 | 5:32 |
| 567 | 673 | SIKORSKA IZABELA | SIKORKI | 1981 | 39e | K30 | 55:30 | 55:24 | 10,830 | 5:33 |
| 568 | 526 | NOWAK PAWEŁ | OTYŃ | 1980 | 164e | M30 | 55:30 | 55:22 | 10,837 | 5:33 |
| 569 | 599 | RADZIUSZ ADRIAN | RADZIUSZ | 1981 | 165e | M30 | 55:32 | 55:32 | 10,804 | 5:33 |
| 570 | 186 | FEDOROWICZ DARIUSZ | BIEGAJĄCA KASTA MIED | 1985 | 166e | M30 | 55:34 | 55:03 | 10,899 | 5:33 |
| 571 | 587 | POPLAWSKI ANDRZEJ | NA ZDROWIE,NOWA SÓL | 1973 | 140e | M40 | 55:34 | 54:36 | 10,989 | 5:33 |
| 572 | 665 | SENK WERONIKA | KROSNO ODRZANSKIE | 1993 | 21e | K20 | 55:35 | 55:28 | 10,817 | 5:33 |
| 573 | 51 | BERCZUK JÓZEF | 1967,NOWA SÓL | 1967 | 54e | M50 | 55:37 | 54:33 | 10,999 | 5:33 |
| 574 | 819 | WAWER ŁUKASZ | ZIELONA GÓRA | 1993 | 84e | M20 | 55:37 | 55:14 | 10,863 | 5:33 |
| 575 | 199 | GANCARZ MONIKA | DABIE | 1987 | 40e | K30 | 55:40 | 55:05 | 10,893 | 5:34 |
| 576 | 646 | SADOWSKA MAŁGORZATA | KMB 42 KACZMAR RUN T | 1974 | 35e | K40 | 55:43 | 55:35 | 10,795 | 5:34 |
| 577 | 722 | STECIĄG WERONIKA | STECIĄG | 1995 | 22e | K20 | 55:46 | 55:04 | 10,896 | 5:34 |
| 578 | 262 | JANICKA-TOMIAK ELIZA | SULECHÓW | 1973 | 36e | K40 | 55:48 | 55:08 | 10,883 | 5:34 |
| 579 | 963 | SZYMCZAK KAMIL | MF TAU,OTYŃ | 2000 | 85e | M20 | 55:52 | 55:16 | 10,856 | 5:35 |
| 580 | 801 | URLICKI LECH | KB SPOCENI NOWA SÓL, | 1950 | 22e | M60 | 55:57 | 55:20 | 10,843 | 5:35 |
| 581 | 330 | KOMISARUK ANETA | WIECHLICE | 1975 | 37e | K40 | 56:00 | 55:36 | 10,791 | 5:36 |
| 582 | 880 | ZALESKI CEZARY | ZIELONA GÓRA | 1983 | 167e | M30 | 56:01 | 55:20 | 10,843 | 5:36 |
| 583 | 3 | BRAT ŁUKASZ | KRAKÓW | 1982 | 168e | M30 | 56:01 | 55:24 | 10,830 | 5:36 |
| 584 | 155 | DOBRZAŃSKA WIOLETTA | BBL GLOGÓW,MODLA | 1980 | 41e | K30 | 56:02 | 55:48 | 10,753 | 5:36 |
| 585 | 171 | DUDZIAK MACIEJ | NOWA SÓL | 1998 | 86e | M20 | 56:03 | 55:20 | 10,843 | 5:36 |
| 586 | 773 | TABISZ MARLENA | WROCLAW | 1975 | 38e | K40 | 56:05 | 55:48 | 10,753 | 5:36 |
| 587 | 441 | MACHERSKI PAWEŁ | ZIELONA GÓRA | 1969 | 141e | M40 | 56:07 | 55:18 | 10,850 | 5:36 |
| 588 | 856 | WOJCIESKI MAREK | MODRZYCA | 1974 | 142e | M40 | 56:09 | 55:36 | 10,791 | 5:36 |
| 589 | 167 | DUDA EMILIA | KLUB BIEGOWY WIKON , | 1982 | 42e | K30 | 56:10 | 56:03 | 10,705 | 5:37 |
| 590 | 596 | PTASZKIEWICZ EWA | ZIELONA GÓRA ZACZNIJ | 1971 | 39e | K40 | 56:13 | 55:29 | 10,814 | 5:37 |
| 591 | 515 | NAWOJSKA JOANNA | ZIELONA GÓRA | 1962 | 9e | K50 | 56:13 | 55:29 | 10,814 | 5:37 |
| 592 | 753 | SZOMBIERSKA MONIKA | TRI AKTYWNI LUBSKO,L | 1985 | 43e | K30 | 56:18 | 55:37 | 10,788 | 5:37 |
| 593 | 834 | WIEKIERA RADOSŁAW | ZIELONA GÓRA | 1981 | 169e | M30 | 56:18 | 56:01 | 10,711 | 5:37 |
| 594 | 237 | GWIAZDA WANDA | DRUZYNA CHROBREGO,SZ | 1955 | 10e | K50 | 56:20 | 56:15 | 10,667 | 5:38 |
| 595 | 150 | DAMRAT MAREK | NOWA SÓL | 1978 | 143e | M40 | 56:23 | 55:38 | 10,785 | 5:38 |
| 596 | 444 | MAIK IWONA | GRODZISK WLKP | 1974 | 40e | K40 | 56:24 | 55:35 | 10,795 | 5:38 |
| 597 | 520 | NIEWIEROWSKA MAŁGORZATA | KB WIKON NOWA SÓL,NO | 1972 | 41e | K40 | 56:24 | 55:56 | 10,727 | 5:38 |
| 598 | 448 | MAJEWSKI PIOTR | GRODZISK WIELKOPOLSK | 1955 | 23e | M60 | 56:25 | 55:37 | 10,788 | 5:38 |
| 599 | 768 | ŚLEMP DAMIAN | SLEMP TEAM,NOWA SÓL | 1989 | 87e | M20 | 56:25 | 56:02 | 10,708 | 5:38 |
| 600 | 214 | GOŁĘBIEWSKI KAZIMIERZ | ZAGAN | 1955 | 24e | M60 | 56:26 | 55:50 | 10,746 | 5:38 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 601 | 225 | GRĘDZIŃSKA MALWINA | ZARY | 1987 | 44e | K30 | 56:26 | 56:08 | 10,689 | 5:38 |
| 602 | 394 | KULCZYK HANNA | ZIELONA GÓRA | 1981 | 45e | K30 | 56:27 | 55:36 | 10,791 | 5:38 |
| 603 | 837 | WIETECZA KATARZYNA | GUBIN | 1995 | 23e | K20 | 56:28 | 56:02 | 10,708 | 5:38 |
| 604 | 310 | KASPRZAK RAFAŁ | KASPRZAK | 1984 | 170e | M30 | 56:31 | 55:54 | 10,733 | 5:39 |
| 605 | 904 | ŻURAWSKA RENATA | PORADA | 1978 | 42e | K40 | 56:35 | 55:40 | 10,778 | 5:39 |
| 606 | 852 | WŁODARCZYK PIOTR | SIEDLISKO | 1975 | 144e | M40 | 56:36 | 55:52 | 10,740 | 5:39 |
| 607 | 691 | SNACKI ANDRZEJ | ZAGAN | 1982 | 171e | M30 | 56:36 | 56:10 | 10,682 | 5:39 |
| 608 | 500 | MOSKWA MAGDALENA | RUN FOR DUN,LUBSKO | 1980 | 46e | K30 | 56:37 | 55:46 | 10,759 | 5:39 |
| 609 | 923 | GOLINSKI ADAM | NOWA SÓL | 1978 | 145e | M40 | 56:42 | 55:59 | 10,717 | 5:40 |
| 610 | 604 | RATAJCZAK JAKUB | GLOGÓW | 1987 | 172e | M30 | 56:44 | 56:03 | 10,705 | 5:40 |
| 611 | 142 | CZAYKOWSKI TADEUSZ | FUNDACJA KAOLAT,SIED | 1969 | 146e | M40 | 56:44 | 56:33 | 10,610 | 5:40 |
| 612 | 498 | MORAWSKA PATRYCJA | FUNDACJA KAROLAT,SIE | 1987 | 47e | K30 | 56:44 | 55:55 | 10,730 | 5:40 |
| 613 | 943 | MAJ HANNA | RUNNER TEAM BYLE NIE | 2008 | 8e | NIEKL | 56:44 | 56:13 | 10,673 | 5:40 |
| 614 | 429 | ŁĄCKI ANDRZEJ | DRACZYNSKI TEAM ,ZIE | 1968 | 55e | M50 | 56:47 | 56:26 | 10,632 | 5:40 |
| 615 | 253 | JAKUBOWSKI MIROSŁAW | KB LEW LEGNICA,LEGN | 1959 | 56e | M50 | 56:49 | 56:03 | 10,705 | 5:40 |
| 616 | 883 | ZAŁĘSKI MARCIN | ZAŁĘSCY | 1978 | 147e | M40 | 56:50 | 56:31 | 10,616 | 5:41 |
| 617 | 792 | TROJANOWSKI MARCIN | CORLEONE | 1992 | 88e | M20 | 56:50 | 56:37 | 10,598 | 5:41 |
| 618 | 964 | SZYMCZAK PATRYK | MINISTRANCI NOWA SÓL | 2002 | 89e | M20 | 56:50 | 56:12 | 10,676 | 5:41 |
| 619 | 388 | KUCAJ MICHAŁ | DLUGIE | 1984 | 173e | M30 | 56:50 | 56:04 | 10,702 | 5:41 |
| 620 | 346 | KOWAL AGNIESZKA | RUNNER TEAM BYLE NIE | 1973 | 43e | K40 | 56:52 | 56:23 | 10,641 | 5:41 |
| 621 | 898 | ZIEMIAŃSKA AGNIESZKA | ZAGAN | 1980 | 48e | K30 | 56:52 | 56:25 | 10,635 | 5:41 |
| 622 | 157 | DRAB MARTA | OSIECZNICA | 1979 | 49e | K30 | 56:52 | 56:25 | 10,635 | 5:41 |
| 623 | 136 | CYPRIAN JAROSŁAW | OSP OPALENICA,OPALEN | 1969 | 148e | M40 | 56:53 | 56:05 | 10,698 | 5:41 |
| 624 | 882 | ZAŁĘSKA JOANNA | ZAŁĘSCY | 1980 | 50e | K30 | 56:53 | 56:35 | 10,604 | 5:41 |
| 625 | 952 | RADAJEWSKA AGATA | RADAR-TEAM,RAKONIEWI | 1970 | 44e | K40 | 56:54 | 56:07 | 10,692 | 5:41 |
| 626 | 909 | BEDNARCZYK MARCIN | ZIELONA GÓRA | 1991 | 90e | M20 | 56:54 | 56:12 | 10,676 | 5:41 |
| 627 | 666 | SIELEDCZYK JAROSŁAW | 1987,SIEDLISKO | 1987 | 174e | M30 | 56:54 | 56:16 | 10,664 | 5:41 |
| 628 | 325 | KOŁODZIEJ ANDRZEJ | KB LEW LEGNICA,MILKO | 1970 | 149e | M40 | 56:55 | 56:12 | 10,676 | 5:41 |
| 629 | 98 | LASKOWSKA ANETA | CROSS STRACENCOW TEA | 1970 | 45e | K40 | 56:55 | 56:17 | 10,660 | 5:41 |
| 630 | 104 | CELUCH RENATA | KB LEW LEGNICA,CHOJN | 1975 | 46e | K40 | 56:55 | 56:14 | 10,670 | 5:41 |
| 631 | 950 | POMYKAŁA JUSTYNA | BIEGAJACA KASTA ,LUB | 1987 | 51e | K30 | 56:57 | 56:36 | 10,601 | 5:41 |
| 632 | 339 | KORNILUK IZABELA | ZIELONA GÓRA | 1973 | 47e | K40 | 56:57 | 56:20 | 10,651 | 5:41 |
| 633 | 590 | POWAŁA JANUSZ | JIL,LUBIN | 1960 | 57e | M50 | 56:59 | 56:30 | 10,619 | 5:41 |
| 634 | 517 | NICPOŃ RENATA | KB LEW LEGNICA,LEGN | 1964 | 11e | K50 | 57:02 | 56:19 | 10,654 | 5:42 |
| 635 | 407 | LECH PAWEŁ | NOWA SÓL | 1989 | 91e | M20 | 57:05 | 56:39 | 10,591 | 5:42 |
| 636 | 84 | BORUSZEWSKA JOANNA | NOWA SÓL | 1992 | 24e | K20 | 57:05 | 56:49 | 10,560 | 5:42 |
| 637 | 871 | WYRWA ANDRZEJ | NOWA SÓL | 1970 | 150e | M40 | 57:05 | 56:41 | 10,585 | 5:42 |
| 638 | 737 | SUSZYŃSKI JÓZEF | NOWA SÓL | 1956 | 25e | M60 | 57:07 | 56:44 | 10,576 | 5:42 |
| 639 | 261 | JANELT WIOLETTA | JANELT | 1972 | 48e | K40 | 57:07 | 56:37 | 10,598 | 5:42 |
| 640 | 398 | KURPAS MARTA | KURPAS | 1992 | 25e | K20 | 57:08 | 56:18 | 10,657 | 5:42 |
| 641 | 523 | NOWAK ANNA | NOWA SÓL | 1989 | 26e | K20 | 57:09 | 56:14 | 10,670 | 5:42 |
| 642 | 354 | KOWALEWSKI MAREK | KOWALEWSCY,NOWA SÓL | 1964 | 58e | M50 | 57:14 | 56:39 | 10,591 | 5:43 |
| 643 | 729 | STRZAŁKOWSKA RENATA | LEGNICA | 1976 | 49e | K40 | 57:19 | 56:50 | 10,557 | 5:43 |
| 644 | 91 | BRYKAŁSKA BOGUMIŁA | MODRZYCA | 1971 | 50e | K40 | 57:23 | 56:51 | 10,554 | 5:44 |
| 645 | 614 | ROKOSZ KATARZYNA | BRZEG GLOGOWSKI | 1971 | 51e | K40 | 57:30 | 56:55 | 10,542 | 5:45 |
| 646 | 146 | CZERNY AGNIESZKA | NOWA SÓL | 1985 | 52e | K30 | 57:31 | 56:54 | 10,545 | 5:45 |
| 647 | 334 | KONSTANCIAK JOANNA | NOWA SÓL | 1983 | 53e | K30 | 57:33 | 57:07 | 10,505 | 5:45 |
| 648 | 900 | ZYSKOWSKA MILENA | ZIELONA GÓRA | 1990 | 27e | K20 | 57:35 | 57:19 | 10,468 | 5:45 |
| 649 | 154 | DERESZ RAFAŁ | AKADEMIA PIŁKARSKA M | 1979 | 175e | M30 | 57:37 | 56:59 | 10,529 | 5:45 |
| 650 | 369 | KRAJEWSKA DOROTA | KRAJEWSKY TEAM | 1975 | 52e | K40 | 57:41 | 57:05 | 10,511 | 5:46 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|-------------------------|----------------------|------|------|-------|--------|-------|--------|-------|
| 651 | 372 | KRAJEWSKI RADOSŁAW | KRAJEWSKY TEAM | 1974 | 151e | M40 | 57:41 | 57:05 | 10,511 | 5:46 |
| 652 | 457 | MARACH ANNA | NOWE MIASTECZKO | 1978 | 53e | K40 | 57:43 | 57:12 | 10,490 | 5:46 |
| 653 | 38 | BARAŃSKI STANISŁAW | HUSARIA NIEGOSLAWICE | 1972 | 152e | M40 | 57:43 | 56:59 | 10,529 | 5:46 |
| 654 | 810 | WALKÓW-MAZAK MARTA | KOZUCHÓW | 1982 | 54e | K30 | 57:43 | 57:12 | 10,490 | 5:46 |
| 655 | 37 | BARAŃSKA ANITA | HUSARIA NIEGOSLAWICE | 2002 | 28e | K20 | 57:43 | 57:00 | 10,526 | 5:46 |
| 656 | 478 | MAZAK ROMUALD | KOZUCHÓW | 1981 | 176e | M30 | 57:47 | 57:15 | 10,480 | 5:46 |
| 657 | 959 | SUTOR MAŁGORZATA | BIEGAJACA KASTA MIED | 1966 | 12e | K50 | 57:49 | 57:16 | 10,477 | 5:46 |
| 658 | 198 | GAŁĘZOWSKA MARZENA | NOWA SÓL | 1970 | 54e | K40 | 57:51 | 57:25 | 10,450 | 5:47 |
| 659 | 922 | FITA ROMAN | BEZ KLUBY, KOZUCHÓW | 1954 | 26e | M60 | 57:54 | 57:43 | 10,396 | 5:47 |
| 660 | 397 | KURPAS MAREK | SWIAT MARATONCZYKA K | 1965 | 59e | M50 | 58:00 | 57:10 | 10,496 | 5:48 |
| 661 | 908 | BEDNARCZYK KRZYSZTOF | ZIELONA GÓRA | 1968 | 60e | M50 | 58:03 | 57:20 | 10,465 | 5:48 |
| 662 | 425 | ŁAGOCKA MONIKA | NOWA SÓL | 1977 | 55e | K40 | 58:09 | 57:32 | 10,429 | 5:48 |
| 663 | 549 | OZGOWICZ PATRYCJA | NOWA SÓL | 1999 | 29e | K20 | 58:09 | 57:52 | 10,369 | 5:48 |
| 664 | 234 | GRZEŚKOWIAK DANUTA | GRODZISKI KLUB BIEGA | 1960 | 13e | K50 | 58:10 | 57:31 | 10,432 | 5:49 |
| 665 | 612 | ROGOWSKI TOMASZ | UMLAUT,KROSNO ODRZAN | 1980 | 177e | M30 | 58:14 | 57:54 | 10,363 | 5:49 |
| 666 | 479 | MAZUR KATARZYNA | UMLAUT,KROSNO ODRZAN | 1980 | 55e | K30 | 58:14 | 57:54 | 10,363 | 5:49 |
| 667 | 638 | RYŻLEWICZ MONIKA | NOWA SÓL | 1971 | 56e | K40 | 58:17 | 58:10 | 10,315 | 5:49 |
| 668 | 236 | GRZYBEK ADAM | ZIELONA GÓRA | 1982 | 178e | M30 | 58:18 | 57:42 | 10,399 | 5:49 |
| 669 | 934 | KONIECPOLSKI KRZYSZTOF | ZARY | 1968 | 61e | M50 | 58:18 | 57:30 | 10,435 | 5:49 |
| 670 | 285 | KACHNIC JUSTYNA | NOWE MIASTECZKO | 1991 | 30e | K20 | 58:24 | 57:44 | 10,393 | 5:50 |
| 671 | 477 | MATYSIAK KRZYSZTOF | LUBIN | 1981 | 179e | M30 | 58:25 | 58:15 | 10,300 | 5:50 |
| 672 | 929 | JAŚKIEWICZ MATEUSZ | STANMA.PL,WROCLAW | 1978 | 153e | M40 | 58:25 | 58:11 | 10,312 | 5:50 |
| 673 | 109 | CHOJNACKA JOLANTA | DZIELO POMOCY SW. O. | 1988 | 56e | K30 | 58:25 | 57:45 | 10,390 | 5:50 |
| 674 | 575 | PLAWGO TOMASZ | NOWA SÓL | 1981 | 180e | M30 | 58:25 | 57:53 | 10,366 | 5:50 |
| 675 | 59 | BIELACHOWICZ DANIEL | KOLSKO | 1976 | 154e | M40 | 58:28 | 57:44 | 10,393 | 5:50 |
| 676 | 945 | MARSZALKIEWICZ JOANNA | NKB CHYZY ,NOWY TOMY | 1981 | 57e | K30 | 58:38 | 57:44 | 10,393 | 5:51 |
| 677 | 313 | KEMPINSKI JERZY | WROCLAW | 1961 | 62e | M50 | 58:38 | 58:25 | 10,271 | 5:51 |
| 678 | 101 | CABAŁA MAŁGORZATA | CABAŁA | 1984 | 58e | K30 | 58:42 | 58:02 | 10,339 | 5:52 |
| 679 | 668 | SIEMASZ NINA | NOWOSOLSKA GRUPA BIE | 1977 | 57e | K40 | 58:44 | 58:00 | 10,345 | 5:52 |
| 680 | 438 | ŁUCZKOWIEC AGATA | OTYN | 1989 | 31e | K20 | 58:45 | 58:45 | 10,213 | 5:52 |
| 681 | 270 | JASIEWICZ TOMASZ | GALLOWAY TEAM ZIELON | 1977 | 155e | M40 | 58:46 | 58:01 | 10,342 | 5:52 |
| 682 | 271 | JASIEWICZ WIOLA | GALLOWAY TEAM ZIELON | 1980 | 59e | K30 | 58:46 | 58:01 | 10,342 | 5:52 |
| 683 | 308 | KASPRZAK JULIA | BENDOWSKA-KASPRZAK | 2001 | 32e | K20 | 58:48 | 58:08 | 10,321 | 5:52 |
| 684 | 274 | JASIŃSKA NATALIA | *,NOWA SÓL | 1986 | 60e | K30 | 58:48 | 58:15 | 10,300 | 5:52 |
| 685 | 653 | SAS ROBERT | ZIELONA GÓRA | 1977 | 156e | M40 | 58:58 | 58:07 | 10,324 | 5:53 |
| 686 | 688 | SKURPEL RAFAŁ | NOWOSOLSKA GRUPA BIE | 1983 | 181e | M30 | 59:01 | 58:09 | 10,318 | 5:54 |
| 687 | 297 | KĄLUŻNA-SKURPEL PAULINA | NOWOSOLSKA GRUPA BIE | 1987 | 61e | K30 | 59:01 | 58:08 | 10,321 | 5:54 |
| 688 | 179 | DŹUMYŁO ŁUKASZ | ZARY | 1981 | 182e | M30 | 59:06 | 58:20 | 10,286 | 5:54 |
| 689 | 178 | DŹUMYŁO ANNA | ZARY | 1984 | 62e | K30 | 59:07 | 58:19 | 10,289 | 5:54 |
| 690 | 93 | BUBEL KAMIL | BUBEL | 1997 | 92e | M20 | 59:09 | 59:05 | 10,155 | 5:54 |
| 691 | 68 | BILON BOGDAN | ZBROJOWNIA SULECHÓW, | 1951 | 27e | M60 | 59:10 | 58:24 | 10,274 | 5:55 |
| 692 | 137 | CZARNECKA ANETTA | ZIELONA GÓRA | 1972 | 58e | K40 | 59:15 | 58:53 | 10,190 | 5:55 |
| 693 | 92 | BRZEZICKI ŁUKASZ | CFZG,ZIELONA GÓRA | 1983 | 183e | M30 | 59:20 | 58:39 | 10,230 | 5:56 |
| 694 | 740 | SWINIAREK DAMIAN | NOWA SÓL | 1997 | 93e | M20 | 59:21 | 58:42 | 10,221 | 5:56 |
| 695 | 410 | LEKSYCKA ANITA | NOWA SÓL | 1988 | 63e | K30 | 59:21 | 58:46 | 10,210 | 5:56 |
| 696 | 195 | GAJEK PIOTR | NOWA SÓL | 1989 | 94e | M20 | 59:22 | 58:46 | 10,210 | 5:56 |
| 697 | 608 | RATAJCZAK MONIKA | ZIELONA GÓRA | 1989 | 33e | K20 | 59:24 | 59:14 | 10,129 | 5:56 |
| 698 | 129 | CIESIELSKA MAŁGORZATA | NOWA SÓL | 1978 | 59e | K40 | 59:31 | 59:03 | 10,161 | 5:57 |
| 699 | 130 | CIESIELSKI PAWEŁ | NOWA SÓL | 1979 | 184e | M30 | 59:31 | 59:03 | 10,161 | 5:57 |
| 700 | 392 | KUGLARZ TOMASZ | ZAGAN | 1976 | 157e | M40 | 59:33 | 59:11 | 10,138 | 5:57 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|------------------------|----------------------|------|------|-------|---------|---------|--------|-------|
| 701 | 390 | KUCHARSKI GRZEGORZ | ZIELONA GÓRA | 1985 | 185e | M30 | 59:34 | 58:52 | 10,193 | 5:57 |
| 702 | 279 | JEZIERSKA MAŁGORZATA | NGB-BIEGAM DLA NATAL | 1961 | 14e | K50 | 59:37 | 58:59 | 10,172 | 5:57 |
| 703 | 404 | LAU MARCIN | DALEKO JESZCZE?,WROC | 1978 | 158e | M40 | 59:41 | 59:11 | 10,138 | 5:58 |
| 704 | 784 | TOMASIEWICZ BEATA | NOWA SÓL | 1978 | 60e | K40 | 59:43 | 59:12 | 10,135 | 5:58 |
| 705 | 47 | BEDNARZ JOANNA | ABY DO METY- PRZEMKÓ | 1986 | 64e | K30 | 59:45 | 59:37 | 10,064 | 5:58 |
| 706 | 347 | KOWALCZYK MARTA | ABY DO METY - PRZEMK | 1992 | 34e | K20 | 59:45 | 59:36 | 10,067 | 5:58 |
| 707 | 786 | TOMCZAK MARTA | SLAWA | 1985 | 65e | K30 | 59:47 | 58:52 | 10,193 | 5:58 |
| 708 | 238 | HALASA MARCIN | SZLICHTYNGOWA | 1983 | 186e | M30 | 59:47 | 58:53 | 10,190 | 5:58 |
| 709 | 895 | ZENGOTA TOMASZ | KACZENICE | 1974 | 159e | M40 | 59:50 | 59:33 | 10,076 | 5:59 |
| 710 | 793 | TRUCHLEWSKI MARIUSZ | ZAGAN | 1972 | 160e | M40 | 59:52 | 59:18 | 10,118 | 5:59 |
| 711 | 54 | BEREŚ JULIA | MILAKÓW | 2000 | 35e | K20 | 59:53 | 59:34 | 10,073 | 5:59 |
| 712 | 364 | KOZŁOWSKI ŁUKASZ | X | 1980 | 187e | M30 | 59:55 | 59:37 | 10,064 | 5:59 |
| 713 | 954 | CHORAP RAFAŁ | CHOJNÓW | 1978 | 161e | M40 | 59:57 | 59:28 | 10,090 | 5:59 |
| 714 | 485 | MĘCIŃSKI JAROSŁAW | PRZYBORÓW | 1976 | 162e | M40 | 59:58 | 59:27 | 10,093 | 5:59 |
| 715 | 610 | RELICH ŁUKASZ | WROCLAW | 1988 | 188e | M30 | 1:00:00 | 59:06 | 10,152 | 6:00 |
| 716 | 558 | PASZKE KAROLINA | NOWE MIASTECZKO | 1976 | 61e | K40 | 1:00:01 | 1:00:01 | 9,997 | 6:00 |
| 717 | 683 | MATEUSZ SKOCZYLAS | SKOCZYLAS | 1984 | 189e | M30 | 1:00:04 | 59:10 | 10,141 | 6:00 |
| 718 | 557 | PASZKE GRZEGORZ | NOWE MIASTECZKO | 1973 | 163e | M40 | 1:00:04 | 59:30 | 10,084 | 6:00 |
| 719 | 617 | ROMAS CZESŁAW | GORZÓW NAD WARTA,GOR | 1950 | 28e | M60 | 1:00:05 | 59:18 | 10,118 | 6:00 |
| 720 | 318 | KLICZKA JAN | PIONIER WITNICA,WITN | 1954 | 29e | M60 | 1:00:05 | 59:19 | 10,115 | 6:00 |
| 721 | 326 | KOŁODZIEJ MICHAŁ | MILKOWICE | 1998 | 95e | M20 | 1:00:06 | 59:23 | 10,104 | 6:00 |
| 722 | 267 | JANUS RAFAŁ | LUBIESZÓW | 1979 | 190e | M30 | 1:00:06 | 59:34 | 10,073 | 6:00 |
| 723 | 376 | KRAWCZYK MARTYNA | ZIELONA GÓRA | 1986 | 66e | K30 | 1:00:10 | 59:34 | 10,073 | 6:01 |
| 724 | 972 | WALCZAK ROBERT | WILD SKUNKS,ZIELONA | 1974 | 164e | M40 | 1:00:11 | 59:34 | 10,073 | 6:01 |
| 725 | 414 | LEWANDOWSKI MIECZYŚLAW | ZIELONA GÓRA | 1967 | 63e | M50 | 1:00:14 | 59:49 | 10,031 | 6:01 |
| 726 | 467 | MARKOWIAK PRZEMYSŁAW | NOWA SÓL | 1987 | 191e | M30 | 1:00:25 | 59:46 | 10,039 | 6:02 |
| 727 | 583 | POKIDAN ZOFIA | NOWA SÓL | 1964 | 15e | K50 | 1:00:25 | 59:45 | 10,042 | 6:02 |
| 728 | 169 | DUDZIAK ALEKSANDRA | NOWA SÓL | 2000 | 36e | K20 | 1:00:31 | 59:49 | 10,031 | 6:03 |
| 729 | 63 | BIERNACKI MARCIN | ZAGANSKA GRUPA BIEGO | 1985 | 192e | M30 | 1:00:32 | 1:00:24 | 9,934 | 6:03 |
| 730 | 165 | DUBEC PIOTR | NOWA SÓL | 1982 | 193e | M30 | 1:00:33 | 59:53 | 10,019 | 6:03 |
| 731 | 405 | LAU MARZENA | DALEKO JESZCZE?,WARS | 1985 | 67e | K30 | 1:00:41 | 1:00:12 | 9,967 | 6:04 |
| 732 | 892 | ZBOROWSKI BARTOSZ | BOHAR PALETY RUNNERS | 1984 | 194e | M30 | 1:00:43 | 1:00:02 | 9,994 | 6:04 |
| 733 | 525 | NOWAK MARTA | OTYN | 1981 | 68e | K30 | 1:00:51 | 1:00:42 | 9,885 | 6:05 |
| 734 | 616 | ROLICZ PIOTR | NOWA SÓL | 1977 | 165e | M40 | 1:00:53 | 1:00:00 | 10,000 | 6:05 |
| 735 | 903 | ŻOK RADOSŁAW | OKI TEAM SULECHÓW,SU | 1975 | 166e | M40 | 1:00:54 | 1:00:36 | 9,901 | 6:05 |
| 736 | 518 | NICPOŃ WOJCIECH | KB LEW LEGNICA,LEGNI | 1965 | 64e | M50 | 1:00:55 | 1:00:14 | 9,961 | 6:05 |
| 737 | 524 | NOWAK JACEK | NOWA SÓL | 1986 | 195e | M30 | 1:00:58 | 1:00:30 | 9,917 | 6:05 |
| 738 | 260 | JANELT WIKTORIA | JANELT | 1996 | 37e | K20 | 1:01:00 | 1:00:30 | 9,917 | 6:06 |
| 739 | 980 | ZMITROWICZ NORBERT | POZNAN | 1975 | 167e | M40 | 1:01:02 | 1:00:00 | 10,000 | 6:06 |
| 740 | 389 | KUCHARSKA MAŁGORZATA | KACZMAR RUN TEAM,KRO | 1978 | 62e | K40 | 1:01:06 | 1:00:35 | 9,904 | 6:06 |
| 741 | 504 | MRULA EWA | ZGZB,ZIELONA GÓRA | 1973 | 63e | K40 | 1:01:07 | 1:00:27 | 9,926 | 6:06 |
| 742 | 56 | BEREZOWSKA BERNADETTA | KB LEW LEGNICA,LEGNI | 1976 | 64e | K40 | 1:01:07 | 1:00:21 | 9,942 | 6:06 |
| 743 | 393 | KULASZA JERZY | ZAGAN | 1964 | 65e | M50 | 1:01:07 | 1:00:44 | 9,879 | 6:06 |
| 744 | 642 | RZEPA ROMAN | TKKF LABEDZ ZBASZYN, | 1970 | 168e | M40 | 1:01:08 | 1:00:18 | 9,950 | 6:06 |
| 745 | 641 | RZEPA KAROLINA | KLUB BIEGACZA TKKF " | 1996 | 38e | K20 | 1:01:08 | 1:00:18 | 9,950 | 6:06 |
| 746 | 431 | ŁOKIETEK MICHAŁ | NOWA SÓL | 1988 | 196e | M30 | 1:01:09 | 1:00:13 | 9,964 | 6:06 |
| 747 | 378 | KRAWIEC KAROL | 1985.GLOGÓW | 1985 | 197e | M30 | 1:01:11 | 1:00:49 | 9,866 | 6:07 |
| 748 | 379 | KRAWIEC-ULRICH JOANNA | GLOGOW | 1977 | 65e | K40 | 1:01:11 | 1:00:49 | 9,866 | 6:07 |
| 749 | 824 | WAŚOWSKA MILENA | WAŚOWSCY TEAM | 1989 | 39e | K20 | 1:01:12 | 1:00:53 | 9,855 | 6:07 |
| 750 | 413 | LEWANDOWSKA URSZULA | ZIELONA GÓRA | 1993 | 40e | K20 | 1:01:13 | 1:00:47 | 9,871 | 6:07 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|------------------------|-----------------------|------|------|-------|---------|---------|-------|-------|
| 751 | 955 | ROKOSZ MONIKA | ZUKOWICE | 1990 | 41e | K20 | 1:01:13 | 1:00:39 | 9,893 | 6:07 |
| 752 | 208 | GŁOWACKI BARTOSZ | MANCHESTER | 1983 | 198e | M30 | 1:01:19 | 1:00:52 | 9,858 | 6:07 |
| 753 | 586 | MODZELEWSKA JULIA | NOWA SÓL | 1993 | 42e | K20 | 1:01:21 | 1:01:06 | 9,820 | 6:08 |
| 754 | 968 | TONDEL PIOTR | TONDEL | 1979 | 199e | M30 | 1:01:26 | 1:01:09 | 9,812 | 6:08 |
| 755 | 967 | TONDEL KRYSZTIAN | TONDEL | 2003 | 9e | NIEKL | 1:01:26 | 1:01:11 | 9,807 | 6:08 |
| 756 | 769 | ŚLEMP PAULINA | SLEMP TEAM,NOWA SÓL | 1991 | 43e | K20 | 1:01:32 | 1:01:09 | 9,812 | 6:09 |
| 757 | 910 | BIK PATRYCJA | BIEGAJACA KASTA MIED | 1995 | 44e | K20 | 1:01:46 | 1:01:23 | 9,775 | 6:10 |
| 758 | 597 | PYSZKIEWICZ DARIA | NOWA SÓL | 1999 | 45e | K20 | 1:01:47 | 1:01:14 | 9,799 | 6:10 |
| 759 | 598 | PYSZKIEWICZ SANDRA | NOWA SÓL | 1993 | 46e | K20 | 1:01:48 | 1:01:16 | 9,793 | 6:10 |
| 760 | 74 | BLASZCZAK IZABELA | NOWA SÓL | 2000 | 47e | K20 | 1:01:49 | 1:01:15 | 9,796 | 6:10 |
| 761 | 338 | KORFANTY MARTA | UKS IPPON KOZUCHÓW , | 2000 | 48e | K20 | 1:01:49 | 1:01:15 | 9,796 | 6:10 |
| 762 | 611 | REWUS DAWID | NOWA SÓL | 1986 | 200e | M30 | 1:01:54 | 1:01:09 | 9,812 | 6:11 |
| 763 | 508 | MUŚNICKA MARTA | NOWA SÓL | 1978 | 66e | K40 | 1:01:54 | 1:01:09 | 9,812 | 6:11 |
| 764 | 320 | KOBLAŃSKI MIECZYSLAW | KB LEW,LEGNICA | 1960 | 66e | M50 | 1:02:03 | 1:01:20 | 9,783 | 6:12 |
| 765 | 888 | ZAWADZKA JOANNA | SAINT-GOBAIN SQUAD , | 1983 | 69e | K30 | 1:02:09 | 1:01:30 | 9,756 | 6:12 |
| 766 | 362 | KOZŁOWSKA MAGDALENA | WARSZAWA | 1987 | 70e | K30 | 1:02:09 | 1:01:57 | 9,685 | 6:12 |
| 767 | 593 | PROSÓŁ RYSZARD | SAINT-GOBAIN SQUAD , | 1957 | 30e | M60 | 1:02:12 | 1:01:34 | 9,746 | 6:13 |
| 768 | 412 | LEWANDOWSKA KATARZYNA | ZIELONA GÓRA | 1975 | 67e | K40 | 1:02:13 | 1:01:24 | 9,772 | 6:13 |
| 769 | 496 | MÍSKÓW ALEKSANDRA | SULECIN | 1990 | 49e | K20 | 1:02:14 | 1:01:51 | 9,701 | 6:13 |
| 770 | 370 | KRAJEWSKI ŁUKASZ | SULECIN | 1983 | 201e | M30 | 1:02:14 | 1:01:51 | 9,701 | 6:13 |
| 771 | 618 | ROSKWITALSA NATALIA | NOWA SÓL | 2003 | 10e | NIEKL | 1:02:14 | 1:01:21 | 9,780 | 6:13 |
| 772 | 797 | TRZOP FILIP | ZIELONA GÓRA | 1996 | 96e | M20 | 1:02:17 | 1:01:19 | 9,785 | 6:13 |
| 773 | 552 | PAJĄK KAROLINA | PAJĄK | 1994 | 50e | K20 | 1:02:26 | 1:01:29 | 9,759 | 6:14 |
| 774 | 201 | GAWEŁ MAGDALENA | ZIELONA GÓRA | 1979 | 71e | K30 | 1:02:27 | 1:02:07 | 9,659 | 6:14 |
| 775 | 468 | MARKOWSKA DOROTA | ZIELONA GÓRA | 1976 | 68e | K40 | 1:02:27 | 1:01:42 | 9,724 | 6:14 |
| 776 | 502 | MRÓWCZYŃSKA MARIA | ZIELONA GÓRA | 1974 | 69e | K40 | 1:02:30 | 1:01:50 | 9,704 | 6:15 |
| 777 | 140 | CZARNECKI CEZARY | CZARNECCY | 1966 | 67e | M50 | 1:02:31 | 1:01:42 | 9,724 | 6:15 |
| 778 | 335 | KOPER MICHAŁ | NOWE MIASTECZKO | 1978 | 169e | M40 | 1:02:45 | 1:01:46 | 9,714 | 6:16 |
| 779 | 128 | CIESIELSKA JOANNA | NOWA SÓL | 1977 | 70e | K40 | 1:02:47 | 1:02:14 | 9,641 | 6:16 |
| 780 | 183 | FARON MAŁGORZATA | FARON | 1998 | 51e | K20 | 1:02:47 | 1:02:33 | 9,592 | 6:16 |
| 781 | 182 | FARON KATARZYNA | FARON | 1998 | 52e | K20 | 1:02:49 | 1:02:36 | 9,585 | 6:16 |
| 782 | 981 | ZOSIUK MILENA | GÓRKI NOTECKIE | 1990 | 53e | K20 | 1:02:51 | 1:02:31 | 9,597 | 6:17 |
| 783 | 965 | TEREK PAWEŁ | ZIELONA GÓRA | 1991 | 97e | M20 | 1:02:51 | 1:02:32 | 9,595 | 6:17 |
| 784 | 693 | SOBCZAK KATARZYNA | NOWOSOLSKA GRUPA BIE | 1977 | 71e | K40 | 1:03:10 | 1:02:26 | 9,610 | 6:19 |
| 785 | 220 | GÓRNIK ZBIGNIEW | KOM-KAS,MODRZYCA | 1963 | 68e | M50 | 1:03:20 | 1:02:39 | 9,577 | 6:20 |
| 786 | 164 | DRZAŁA MONIKA | -,NOWA SÓL | 1980 | 72e | K30 | 1:03:21 | 1:02:28 | 9,605 | 6:20 |
| 787 | 296 | KAŁUŻNA MARTA | KALUŻNI | 1981 | 73e | K30 | 1:03:29 | 1:03:02 | 9,519 | 6:20 |
| 788 | 585 | POMORSKI SŁAWOMIR | NOWA SÓL | 1978 | 170e | M40 | 1:03:32 | 1:02:46 | 9,559 | 6:21 |
| 789 | 399 | KUŻMA DALENA | ZABIEGANI,SLAWA | 1980 | 74e | K30 | 1:03:38 | 1:02:52 | 9,544 | 6:21 |
| 790 | 207 | GŁODOWICZ JACEK | ZABIEGANI,SLAWA | 1980 | 202e | M30 | 1:03:40 | 1:02:55 | 9,536 | 6:22 |
| 791 | 117 | CHRUSTEK EWA | ZIELONA GÓRA | 1968 | 16e | K50 | 1:03:42 | 1:02:57 | 9,531 | 6:22 |
| 792 | 455 | MAŁYŃIAK MONIKA | BIEGAM BO LUBIE GLOG | 1992 | 54e | K20 | 1:03:46 | 1:02:56 | 9,534 | 6:22 |
| 793 | 30 | BANASIAK-MACHERSKA EWA | ZIELONA GÓRA | 1978 | 72e | K40 | 1:03:49 | 1:03:01 | 9,521 | 6:22 |
| 794 | 193 | GACEK MARTA | 59-220 | 1980 | 75e | K30 | 1:03:49 | 1:03:23 | 9,466 | 6:22 |
| 795 | 902 | ŻOGAŁ PAWEŁ | BIELANY WROCLAWSKIE | 1977 | 171e | M40 | 1:03:52 | 1:03:02 | 9,519 | 6:23 |
| 796 | 175 | DYSIEWICZ ANNA | NOWA SÓL | 1987 | 76e | K30 | 1:03:52 | 1:03:02 | 9,519 | 6:23 |
| 797 | 701 | SOSNA GRZEGORZ | PARKRUN ZARY,ZARY | 1987 | 203e | M30 | 1:03:55 | 1:03:15 | 9,486 | 6:23 |
| 798 | 760 | SZYMAŃSKA DONATA | BUKOWSKI KLUB BIEGAC | 1971 | 73e | K40 | 1:03:55 | 1:03:08 | 9,504 | 6:23 |
| 799 | 874 | ZABŁOTNY MACIEJ | PODBRZEZIE DOLNE | 1978 | 172e | M40 | 1:04:04 | 1:03:16 | 9,484 | 6:24 |
| 800 | 249 | HUTOR JUSTYNA | PIOHUNCZAK, TRZEBIECH | 1977 | 74e | K40 | 1:04:07 | 1:03:29 | 9,451 | 6:24 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|---------------------------|----------------------|------|------|-------|---------|---------|-------|-------|
| 801 | 529 | OLCHOWA IZABELA | NOWA SÓL | 1982 | 77e | K30 | 1:04:13 | 1:03:42 | 9,419 | 6:25 |
| 802 | 831 | WICHMAN ADAM | NOWA SÓL | 1981 | 204e | M30 | 1:04:13 | 1:03:42 | 9,419 | 6:25 |
| 803 | 350 | KOWALEWSKA KAROLINA | KOWALEWSKI TEAM | 1989 | 55e | K20 | 1:04:15 | 1:04:04 | 9,365 | 6:25 |
| 804 | 355 | KOWALEWSKI PAWEŁ | KOWALEWSKI TEAM | 1987 | 205e | M30 | 1:04:16 | 1:04:04 | 9,365 | 6:25 |
| 805 | 247 | HOLLSTEIN KATARZYNA | DABIE | 1984 | 78e | K30 | 1:04:24 | 1:03:59 | 9,377 | 6:26 |
| 806 | 639 | RZAŚA AGNIESZKA | ZAGAN | 1978 | 75e | K40 | 1:04:26 | 1:03:36 | 9,434 | 6:26 |
| 807 | 931 | KIERUL ŁUKASZ | LUKASZ KIERUL FIZJOT | 1986 | 206e | M30 | 1:04:30 | 1:03:55 | 9,387 | 6:27 |
| 808 | 306 | KASPROWICZ AGATA | KASPROWICZ | 1974 | 76e | K40 | 1:04:36 | 1:04:11 | 9,348 | 6:27 |
| 809 | 97 | BUDZIŃSKI MAREK | ODRODZENIE,NOWA SÓL | 1958 | 31e | M60 | 1:04:44 | 1:04:18 | 9,331 | 6:28 |
| 810 | 832 | WICHMAN-KOZIGRODZKA KAROL | NOWA SÓL | 1980 | 79e | K30 | 1:04:49 | 1:04:24 | 9,317 | 6:28 |
| 811 | 269 | JANUSZEWSKI BARTOSZ | JOST POLSKA ,NOWA SÓ | 1989 | 98e | M20 | 1:04:50 | 1:04:24 | 9,317 | 6:29 |
| 812 | 933 | KONIECPOLSKA JADWIGA | ZARY | 1971 | 77e | K40 | 1:04:55 | 1:04:07 | 9,358 | 6:29 |
| 813 | 134 | CURZYŃSKA-GERUSZ ALINA | NOWOSOLSKI KLUB KARA | 1976 | 78e | K40 | 1:05:02 | 1:04:15 | 9,339 | 6:30 |
| 814 | 569 | PIĄTEK MARTA | ZARY RUNNERS TEAM,ZA | 1985 | 80e | K30 | 1:05:02 | 1:04:11 | 9,348 | 6:30 |
| 815 | 321 | KOCHAJEWSKA KRYSZYNA | NOWA SÓL | 1960 | 17e | K50 | 1:05:04 | 1:04:42 | 9,274 | 6:30 |
| 816 | 160 | DREWICZ KINGA | RUNNER TEAM BYLE NIE | 1979 | 81e | K30 | 1:05:04 | 1:04:34 | 9,293 | 6:30 |
| 817 | 65 | BIESIADA WIESŁAWA | NOWA SÓL | 1958 | 18e | K50 | 1:05:11 | 1:04:48 | 9,259 | 6:31 |
| 818 | 148 | ĆWIRKO IWONA | KLUB MAM,NOWA SÓL | 1976 | 79e | K40 | 1:05:13 | 1:04:42 | 9,274 | 6:31 |
| 819 | 420 | LIS URSZULA | PIOTR LIS | 1981 | 82e | K30 | 1:05:16 | 1:04:23 | 9,319 | 6:31 |
| 820 | 280 | JEZIORSKA KATARZYNA | WSTECZNY BIEG,NOWA S | 1977 | 80e | K40 | 1:05:22 | 1:05:02 | 9,226 | 6:32 |
| 821 | 829 | WICHA MAŁGORZATA | WSTECZNY BIEG,RÓZANA | 1977 | 81e | K40 | 1:05:23 | 1:05:02 | 9,226 | 6:32 |
| 822 | 621 | ROSOŁOWSKA MAGDALENA | KASTA Z MALEGO MIAST | 1972 | 82e | K40 | 1:05:28 | 1:03:16 | 9,484 | 6:32 |
| 823 | 622 | ROSOŁOWSKI GRZEGORZ | DRUZYNA SZPIKU SITEC | 1972 | 173e | M40 | 1:05:29 | 1:03:16 | 9,484 | 6:32 |
| 824 | 953 | RADAJEWSKI KRZYSZTOF | RADAR-TEAM,ROSTARZEW | 1960 | 69e | M50 | 1:05:33 | 1:04:46 | 9,264 | 6:33 |
| 825 | 658 | SAWICKA MARZENA | WYBIEGANE SLAWA ,67- | 1988 | 83e | K30 | 1:05:37 | 1:04:51 | 9,252 | 6:33 |
| 826 | 147 | CZYCZ EMILIA | GREEN TEAM ZIELONA G | 1950 | 19e | K50 | 1:05:42 | 1:05:33 | 9,153 | 6:34 |
| 827 | 187 | FEDRO KATARZYNA | ZIELONA GÓRA | 1980 | 84e | K30 | 1:05:49 | 1:05:04 | 9,221 | 6:34 |
| 828 | 447 | MAJEWSKA SYLWIA | LUBIN | 1980 | 85e | K30 | 1:06:01 | 1:05:40 | 9,137 | 6:36 |
| 829 | 634 | RYBKA ANDRZEJ | JACZÓW | 1960 | 70e | M50 | 1:06:02 | 1:05:23 | 9,177 | 6:36 |
| 830 | 795 | TRZĘSOWSKA KATARZYNA | SIOSTRA | 1998 | 56e | K20 | 1:06:04 | 1:05:44 | 9,128 | 6:36 |
| 831 | 605 | RATAJCZAK KONRAD | RATAJCZAK | 2002 | 99e | M20 | 1:06:09 | 1:05:31 | 9,158 | 6:36 |
| 832 | 698 | SOKOŁOWSKI BARTEK | MŁODZIEZ FRANCYSZKAN | 1996 | 100e | M20 | 1:06:09 | 1:05:31 | 9,158 | 6:36 |
| 833 | 777 | TALKOWSKI WOJCIECH | TALKOWSCY | 1959 | 71e | M50 | 1:06:35 | 1:06:00 | 9,091 | 6:39 |
| 834 | 423 | LÓSSA PAWEŁ | BIEG NIEPODLEGŁOSCI | 1975 | 174e | M40 | 1:06:44 | 1:05:51 | 9,112 | 6:40 |
| 835 | 439 | ŁUKASIK MARŻOLENA | WIECHLICE | 1973 | 83e | K40 | 1:07:13 | 1:06:42 | 8,996 | 6:43 |
| 836 | 168 | DUDEK KATARZYNA | OLKUSZ | 1988 | 86e | K30 | 1:07:17 | 1:06:21 | 9,043 | 6:43 |
| 837 | 976 | WIECZOREK ANDRZEJ | NOWA SÓL | 1962 | 72e | M50 | 1:07:30 | 1:07:17 | 8,918 | 6:45 |
| 838 | 761 | SZYMAŃSKI DOMINIK | SULECHÓW | 1981 | 207e | M30 | 1:07:36 | 1:06:53 | 8,971 | 6:45 |
| 839 | 375 | KRAWCZYK IWONA | SZPROTAWA | 1975 | 84e | K40 | 1:07:38 | 1:07:31 | 8,887 | 6:45 |
| 840 | 323 | KOŁEK JOANNA | KOŁEK | 1976 | 85e | K40 | 1:07:43 | 1:07:28 | 8,893 | 6:46 |
| 841 | 324 | KOŁEK ZUZANNA | KOŁEK | 2002 | 57e | K20 | 1:07:46 | 1:07:30 | 8,889 | 6:46 |
| 842 | 173 | DUSZYŃSKA MAGDALENA | LUBSKO | 1978 | 86e | K40 | 1:07:54 | 1:07:02 | 8,951 | 6:47 |
| 843 | 446 | MAJEWSKA IWONA | NOWA SÓL | 1972 | 87e | K40 | 1:08:01 | 1:07:24 | 8,902 | 6:48 |
| 844 | 519 | NIEMIEC MARCIN | NOWA SÓL | 1991 | 101e | M20 | 1:08:08 | 1:07:15 | 8,922 | 6:48 |
| 845 | 625 | RÓŻAŃSKA ELŻBIETA | BIEGAM SOBIE.....Z | 1962 | 20e | K50 | 1:08:52 | 1:08:48 | 8,721 | 6:53 |
| 846 | 626 | RÓŻAŃSKI KRZYSZTOF | BIEGAM SOBIE..... | 1969 | 175e | M40 | 1:08:52 | 1:08:47 | 8,723 | 6:53 |
| 847 | 510 | NAPIERAŁSKA OLIWIA | NOWA SÓL | 2003 | 11e | NIEKL | 1:09:11 | 1:09:09 | 8,677 | 6:55 |
| 848 | 732 | STRZELEC MAGDALENA | WYBIEGANE SLAWA,RADZ | 1976 | 88e | K40 | 1:09:18 | 1:08:32 | 8,755 | 6:55 |
| 849 | 46 | BEDNAREK-HAJDUKIEWICZ MAR | KIELCZÓW | 1988 | 87e | K30 | 1:09:30 | 1:09:04 | 8,687 | 6:57 |
| 850 | 358 | KOWALSKA KATARZYNA | NOWA SÓL | 1975 | 89e | K40 | 1:10:19 | 1:10:06 | 8,559 | 7:01 |

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| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Brutto | Netto | Km/h | Tempo |
|-----|------|--------------------------|-----------------------|------|------|-------|---------|---------|-------|-------|
| 851 | 189 | FIJAŁKOWSKA IZABELA | NOWA SÓL | 1979 | 88e | K30 | 1:10:24 | 1:09:36 | 8,621 | 7:02 |
| 852 | 158 | DRAPIKOWSKA BEATA | DRAPIKI, LEGNICA | 1966 | 21e | K50 | 1:10:25 | 1:09:37 | 8,619 | 7:02 |
| 853 | 159 | DRAPIKOWSKI MAREK | DRAPIKI, LEGNICA | 1961 | 73e | M50 | 1:10:25 | 1:09:36 | 8,621 | 7:02 |
| 854 | 977 | WOLNIACZYK GABRIELA | NOWA SÓL | 1977 | 90e | K40 | 1:10:28 | 1:09:51 | 8,590 | 7:02 |
| 855 | 855 | WOJCIECHOWSKI STANISŁAW | MARATON LERSZNO, LESZ | 1952 | 32e | M60 | 1:10:29 | 1:10:06 | 8,559 | 7:02 |
| 856 | 75 | BŁAŻEJEWSKA MAŁGORZATA | NOWA SÓL | 1973 | 91e | K40 | 1:11:21 | 1:10:49 | 8,473 | 7:08 |
| 857 | 123 | CICHARSKA RENATA | NOWA SÓL | 1977 | 92e | K40 | 1:11:21 | 1:10:49 | 8,473 | 7:08 |
| 858 | 788 | TOPOLAN LIDIA | WYBIEGANE SLAWA, 67-4 | 1982 | 89e | K30 | 1:11:29 | 1:10:43 | 8,485 | 7:08 |
| 859 | 789 | TOPOLAN SYLWIA | WYBIEGANE SLAWA, 67- | 1972 | 93e | K40 | 1:11:29 | 1:10:43 | 8,485 | 7:08 |
| 860 | 53 | BEREŚ GRZEGORZ | MILAKÓW | 1985 | 208e | M30 | 1:11:39 | 1:10:47 | 8,477 | 7:09 |
| 861 | 52 | BEREŚ ANNA | MILAKÓW | 1989 | 58e | K20 | 1:11:39 | 1:10:47 | 8,477 | 7:09 |
| 862 | 656 | SAULEWICZ BEATA | NOWA SÓL | 1979 | 90e | K30 | 1:11:44 | 1:11:01 | 8,449 | 7:10 |
| 863 | 743 | SZATKOWSKI GRZEGORZ | RUDNO | 1970 | 176e | M40 | 1:11:44 | 1:11:01 | 8,449 | 7:10 |
| 864 | 719 | STECIĄG ANETA | STECIĄG | 1971 | 94e | K40 | 1:12:10 | 1:11:30 | 8,392 | 7:13 |
| 865 | 721 | STECIĄG PAWEŁ | STECIĄG | 1970 | 177e | M40 | 1:12:11 | 1:11:30 | 8,392 | 7:13 |
| 866 | 559 | PATELKA DOBROSŁAWA | PATELKA | 1995 | 59e | K20 | 1:12:21 | 1:11:28 | 8,396 | 7:14 |
| 867 | 560 | PATELKA PRZEMYSŁAW | PATELKA | 1990 | 102e | M20 | 1:12:22 | 1:11:29 | 8,394 | 7:14 |
| 868 | 636 | RYCZKOWSKA DOROTA | ZIELONA GÓRA | 1965 | 22e | K50 | 1:13:08 | 1:12:46 | 8,246 | 7:18 |
| 869 | 361 | KOZŁOWSKA KATARZYNA | -, MIEDZYRZECZ | 1994 | 60e | K20 | 1:14:17 | 1:13:55 | 8,117 | 7:25 |
| 870 | 21 | AUGUSTYNIAK WOJCIECH | KOZUCHÓW | 1970 | 178e | M40 | 1:14:21 | 1:13:31 | 8,161 | 7:26 |
| 871 | 682 | SKLEPOWICZ ALEKSANDER | LUBUSKIE STOWARZYSZE | 1988 | 209e | M30 | 1:14:26 | 1:13:58 | 8,112 | 7:26 |
| 872 | 464 | MAREK BEATA | LUBIESZÓW | 1978 | 95e | K40 | 1:14:36 | 1:13:47 | 8,132 | 7:27 |
| 873 | 20 | AUGUSTYNIAK BASIA | KOZUCHÓW | 1973 | 96e | K40 | 1:14:47 | 1:13:56 | 8,115 | 7:28 |
| 874 | 391 | KUCHTA TERESA | DZIELO OJCA PIO, MICH | 1975 | 97e | K40 | 1:15:31 | 1:14:52 | 8,014 | 7:33 |
| 875 | 302 | KARCZ BARBARA | DZIELO POMOCY SW. OJ | 1988 | 91e | K30 | 1:15:32 | 1:14:53 | 8,012 | 7:33 |
| 876 | 539 | ONOCHOWSKI ZYGMUNT | GLOGÓW | 1979 | 210e | M30 | 1:15:39 | 1:15:16 | 7,972 | 7:33 |
| 877 | 197 | GAŁECKA-ZIÓŁKOWSKA BEATA | DRUZYNA CHROBREGO, B | 1971 | 98e | K40 | 1:16:54 | 1:15:58 | 7,898 | 7:41 |
| 878 | 196 | GAŁECKA-PIGUŁA ANNA | PIGUŁECCY | 1988 | 92e | K30 | 1:16:55 | 1:15:58 | 7,898 | 7:41 |
| 879 | 122 | CHYŻAK JACEK | NOWA SÓL | 1973 | 179e | M40 | 1:17:13 | 1:16:20 | 7,860 | 7:43 |
| 880 | 961 | SZNAJDER ZENON | SW. ANTONI, NOWA SÓL | 1959 | 74e | M50 | 1:18:05 | 1:17:28 | 7,745 | 7:48 |
| 881 | 192 | FURMANEK CZESŁAW | JASŁO - TRZCINICA | 1953 | 33e | M60 | 1:19:10 | 1:18:46 | 7,617 | 7:55 |
| 882 | 120 | CHWIAŁKOWSKI ALBERT | NOWA SÓL | 1971 | 180e | M40 | 1:21:27 | 1:20:53 | 7,418 | 8:08 |
| 883 | 121 | CHWIAŁKOWSKA OLGA | NOWA SÓL | 1974 | 99e | K40 | 1:21:28 | 1:20:54 | 7,417 | 8:08 |
| 884 | 692 | SNOCH MAREK | NOWA SÓL | 1963 | 75e | M50 | 1:22:34 | 1:21:52 | 7,329 | 8:15 |
| 885 | 316 | KIRCHNER ARKADIUSZ | NOWA SÓL | 1959 | 76e | M50 | 1:22:34 | 1:21:51 | 7,330 | 8:15 |
| 886 | 322 | KOCHANOWICZ IZABELA | NOWA SÓL | 1982 | 93e | K30 | 1:23:10 | 1:22:13 | 7,298 | 8:19 |
| 887 | 509 | NALEWAJKO ZBIGNIEW | ----- | 1969 | 181e | M40 | 1:23:11 | 1:22:45 | 7,251 | 8:19 |
| 888 | 283 | JUCHNO-JANUS BEATA | LUBIESZÓW | 1979 | 94e | K30 | 1:23:13 | 1:22:17 | 7,292 | 8:19 |
| 889 | 935 | KORDECKI ANDRZEJ | ZIELONA GÓRA | 1955 | 34e | M60 | 1:26:34 | 1:25:34 | 7,012 | 8:39 |

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*zawodnik z uszkodzonym chipem