

21. Otwarte Mistrzostwa Wrocławia - Cross Między Mostami

WYNIKI ZAWODÓW / RESULTS LIST

OPEN

Organizator: Stowarzyszenie OTWARTE MISTRZOSTWA WROCŁAWIA

Data: 09 marca 2013 r.

Miejsce: Wrocław

Dystans: 12km

Klasyfikacja wg. czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | |
|-------------|-----------|-------------------------|---------------------|--------------|---|------------|-----------------------|--------------|---------------|-------------|--------------|--------------|
| | | | | | | | | | | | 2,5km | 7,8km |
| 1 | 374 | MAKOŚ Kamil | BOLESŁAWIEC | POL | 10 BKPANC | 81 | M30/1 M / 1 | 00:40:13 | 03.20 | +0:00:01 | 0:08:24 / 2 | 0:27:00 / 2 |
| 2 | 258 | PUTYRA Adam | WYSOKA | POL | | 83 | M30/2 M / 2 | 00:40:21 | 03.21 | +0:00:10 | 0:08:27 / 3 | 0:27:09 / 3 |
| 3 | 88 | GRONOSTAJ Grzegorz | WROCŁAW | POL | OPERA SOFTWARE | 74 | M30/3 M / 3 | 00:40:36 | 03.22 | +0:00:25 | 0:08:24 / 1 | 0:26:59 / 1 |
| 4 | 234 | PERDION Paweł | WROCŁAW | POL | | 79 | M30/4 M / 4 | 00:41:53 | 03.29 | +0:01:42 | 0:08:33 / 4 | 0:27:56 / 4 |
| 5 | 347 | WŁODARCZYK Robert | WROCŁAW | POL | WKB PIAST WROCŁAW | 75 | M30/5 M / 5 | 00:42:36 | 03.32 | +0:02:23 | 0:08:50 / 10 | 0:28:26 / 5 |
| 6 | 376 | MAJ Krzysztof | WALIM | POL | 10 BKPANC | 88 | M20/1 M / 6 | 00:42:54 | 03.34 | +0:02:38 | 0:09:03 / 15 | 0:28:54 / 9 |
| 7 | 388 | SAMOTIJ Dominik | WROCŁAW | POL | | 82 | M30/6 M / 7 | 00:43:01 | 03.34 | +0:02:50 | 0:08:51 / 12 | 0:28:47 / 7 |
| 8 | 84 | GÓRECKI Krzysztof | TWARDOGÓRA | POL | BRAK | 71 | M40/1 M / 8 | 00:43:01 | 03.35 | +0:02:50 | 0:09:10 / 16 | 0:28:56 / 10 |
| 9 | 111 | JURASZEK Szymon | SOPOTNIA MAŁA | POL | KB KĄTY WROCŁAWSKIE | 83 | M30/7 M / 9 | 00:43:03 | 03.35 | +0:02:51 | 0:08:47 / 5 | 0:28:46 / 6 |
| 10 | 39 | CHODORSKI Piotr | WROCŁAW | POL | WKB PIAST WROCŁAW | 73 | M40/2 M / 10 | 00:43:04 | 03.35 | +0:02:52 | 0:08:50 / 8 | 0:28:58 / 11 |
| 11 | 157 | KRUMIN Dominik | KOBIERZYCE | POL | WKB PIAST | 81 | M30/8 M / 11 | 00:43:06 | 03.35 | +0:02:53 | 0:08:49 / 6 | 0:28:52 / 8 |
| 12 | 85 | GRABLEWSKI Grzegorz | WROCŁAW | POL | WKB PIAST WROCŁAW | 75 | M30/9 M / 12 | 00:44:31 | 03.42 | +0:04:20 | 0:08:49 / 7 | 0:29:32 / 12 |
| 13 | 7 | ANDRZEWSKI Kamil | WROCŁAW | POL | BIEGIEM PO ZDROWIE - TEAM ASA/ MKS MOS 95 | M16/1 | M / 13 | 00:44:38 | 03.42 | +0:04:26 | 0:09:01 / 13 | 0:29:47 / 15 |
| | | | | | W | | | | | | | |
| 14 | 352 | WOŹNIAK Szymon | WROCŁAW | POL | KKW JAMA WAŁBRZYCH | 93 | M20/2 M / 14 | 00:44:41 | 03.43 | +0:04:29 | 0:08:50 / 11 | 0:29:32 / 13 |
| 15 | 275 | SAMOLUK Adrian | BIAŁY KOŚCIÓŁ | POL | WKB PIAST WROCŁAW | 93 | M20/3 M / 15 | 00:44:56 | 03.44 | +0:04:43 | 0:09:23 / 21 | 0:29:59 / 16 |
| 16 | 93 | GULAJ Artur | LEGNICA | POL | | 77 | M30/10 M / 16 | 00:45:15 | 03.46 | +0:05:03 | 0:09:01 / 14 | 0:30:00 / 17 |
| 17 | 125 | KLIMCZAK Adam | WROCŁAW | POL | WKB PIAST WROCŁAW | 88 | M20/4 M / 17 | 00:45:18 | 03.46 | +0:05:07 | 0:08:50 / 9 | 0:29:46 / 14 |
| 18 | 95 | HAZUBSKI Andrzej | TRZEBNICA | POL | LZS TRZEBNICA | 68 | M40/3 M / 18 | 00:45:29 | 03.47 | +0:05:17 | 0:09:50 / 31 | 0:30:53 / 23 |
| 19 | 199 | MATYSIAK Sławomir | RAWICZ | POL | | 83 | M30/11 M / 19 | 00:45:33 | 03.47 | +0:05:19 | 0:09:16 / 19 | 0:30:21 / 18 |
| 20 | 308 | SZMIT Radosław | BIAŁY KOŚCIÓŁ | POL | WKB PIAST WROCŁAW | 79 | M30/12 M / 20 | 00:45:49 | 03.48 | +0:05:36 | 0:09:42 / 25 | 0:30:34 / 20 |
| 21 | 342 | WIŚNIEWSKI Sławomir | WROCŁAW | POL | DRUŻYNA SZPIKU | 73 | M40/4 M / 21 | 00:46:02 | 03.50 | +0:05:50 | 0:09:15 / 18 | 0:30:46 / 22 |
| 22 | 42 | CIBIS Paweł | WROCŁAW | POL | | 82 | M30/13 M / 22 | 00:46:04 | 03.50 | +0:05:51 | 0:09:41 / 24 | 0:30:55 / 24 |
| 23 | 286 | SOCHACKI Dominik | WROCŁAW | POL | ATHLETIC FOREVER.PL | 94 | M16/2 M / 23 | 00:46:06 | 03.50 | +0:05:54 | 0:09:12 / 17 | 0:30:33 / 19 |
| 24 | 323 | ULIASZ Jerzy | BYSTRZYCA | POL | LKS ISKRA JASZKOWA | 69 | M40/5 M / 24 | 00:46:07 | 03.50 | +0:05:53 | 0:09:59 / 44 | 0:31:02 / 27 |
| 25 | 373 | WCISŁO Adam | JASZKOWA | POL | LKS ISKRA JASZKOWA | 73 | M40/6 M / 25 | 00:46:13 | 03.50 | +0:05:58 | 0:09:18 / 20 | 0:30:37 / 21 |
| 26 | 372 | LEWICKI Piotr | JASZOWA DOLNA | POL | LKS ISKRA JASZKOWA | 74 | M30/14 M / 26 | 00:46:19 | 03.51 | +0:06:05 | 0:09:41 / 22 | 0:30:55 / 25 |
| 27 | 72 | GADZIŃSKI Marek | WROCŁAW | POL | WKB PIAST WROCŁAW | 62 | M50/1 M / 27 | 00:46:23 | 03.51 | +0:06:10 | 0:09:44 / 27 | 0:30:55 / 26 |

Klasyfikacja wg. czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points |
|----------|--------|------------------------|------------------|-----------|--|-----------|--------------------|-----------|------------|----------|---------------------------|
| 28 | 118 | KAPA Wojciech | CHRZANÓW | POL | | 84 M20/5 | M / 28 | 00:46:39 | 03.53 | +0:06:26 | 0:09:52 / 33 0:31:32 / 32 |
| 29 | 384 | MODRZEJEWSKI Jakub | WROCLAW | POL | MOS-WROCLAW | 86 M20/6 | M / 29 | 00:46:41 | 03.52 | +0:06:26 | 0:09:58 / 41 0:31:29 / 30 |
| 30 | 280 | SIERKA Artur | WROCLAW | POL | WKB PIAST WROCLAW | 81 M30/15 | M / 30 | 00:46:51 | 03.53 | +0:06:38 | 0:09:58 / 38 0:31:27 / 29 |
| 31 | 324 | URAMEK Grzegorz | OBORNIKI | POL | | 74 M30/16 | M / 31 | 00:46:56 | 03.54 | +0:06:42 | 0:09:59 / 45 0:31:33 / 35 |
| 32 | 241 | PISKOROWSKA Danuta | WROCLAW | POL | | 80 K30/1 | K / 1 | 00:46:57 | 03.54 | +0:06:45 | 0:09:43 / 26 0:31:39 / 36 |
| 33 | 263 | ROGÓRZ Piotr | WROCLAW | POL | WWW.VIAFERRATY.PL | 74 M30/17 | M / 32 | 00:47:06 | 03.55 | +0:06:55 | 0:09:41 / 23 0:31:14 / 28 |
| 34 | 123 | KITA Michał | WROCLAW | POL | PĘDZĄCY W MIEJSCU | 75 M30/18 | M / 33 | 00:47:09 | 03.55 | +0:06:57 | 0:09:55 / 35 0:31:31 / 31 |
| 35 | 15 | BIENIAS Andrzej | WROCLAW | POL | LUKS ŻÓRAWINA | 71 M40/7 | M / 34 | 00:47:17 | 03.56 | +0:07:03 | 0:09:59 / 43 0:31:32 / 33 |
| 36 | 383 | BAISŃSKI Piotr | WROCLAW | POL | LUKS ŻÓRAWINA | 89 M20/7 | M / 35 | 00:47:30 | 03.57 | +0:07:16 | 0:09:58 / 40 0:31:32 / 34 |
| 37 | 20 | BOHATER Piotr | WROCLAW | POL | WROCLAWSKIE CENTRUM PRASOWE | 78 M30/19 | M / 36 | 00:47:32 | 03.57 | +0:07:18 | 0:09:51 / 32 0:31:47 / 37 |
| 38 | 254 | PRYSTASZ Krzysztof | OLAWA | POL | KLEMME OLAWA | 78 M30/20 | M / 37 | 00:47:43 | 03.58 | +0:07:29 | 0:09:57 / 37 0:31:57 / 38 |
| 39 | 198 | MATYSEK Dariusz | WROCLAW | POL | | 76 M30/21 | M / 38 | 00:47:50 | 03.58 | +0:07:37 | 0:10:00 / 46 0:32:15 / 42 |
| 40 | 348 | WOJCIESZONEK Krzysztof | WROCLAW | POL | WYDZIAŁ ŻANDARMERII WOJSKOWEJ WE WROCLAW | 86 M20/8 | M / 39 | 00:48:05 | 03.59 | +0:07:50 | 0:10:00 / 47 0:32:14 / 41 |
| 41 | 375 | MOCZYDLAK Damian | LUBAŃ | POL | 10 BKPANC | 84 M20/9 | M / 40 | 00:48:10 | 04.00 | +0:07:58 | 0:10:03 / 48 0:32:37 / 47 |
| 42 | 285 | SOBCZYK Barbara | WROCLAW | POL | BIEGIEM PO ZDROWIE - TEAM ASA | 86 K20/1 | K / 2 | 00:48:17 | 04.01 | +0:08:04 | 0:09:59 / 42 0:32:19 / 43 |
| 43 | 281 | SIUDMAK Paweł | WROCLAW | POL | | 86 M20/10 | M / 41 | 00:48:18 | 04.00 | +0:08:01 | 0:10:04 / 49 0:32:21 / 44 |
| 44 | 204 | MILUCH Tomasz | WAŁBRZYCH | POL | | 75 M30/22 | M / 42 | 00:48:25 | 04.01 | +0:08:11 | 0:09:57 / 36 0:32:12 / 40 |
| 45 | 98 | HORBACZEWSKI Jakub | WROCLAW | POL | WKB PIAST WROCLAW | 81 M30/23 | M / 43 | 00:48:35 | 04.02 | +0:08:23 | 0:10:05 / 50 0:32:22 / 45 |
| 46 | 193 | MARKOWICZ Łukasz | WROCLAW | POL | | 94 M16/3 | M / 44 | 00:48:49 | 04.03 | +0:08:38 | 0:09:44 / 28 0:31:57 / 39 |
| 47 | 103 | JANIAK Witold | WROCLAW | POL | LUKS ŻÓRAWINA | 70 M40/8 | M / 45 | 00:48:53 | 04.04 | +0:08:40 | 0:10:09 / 52 0:32:37 / 46 |
| 48 | 327 | WANAT Jarosław | KOSTRZYŃ NAD | POL | KOSTRZYŃSKI KLUB BIEGACZA | 78 M30/24 | M / 46 | 00:49:01 | 04.04 | +0:08:43 | 0:10:29 / 60 0:33:18 / 51 |
| 49 | 306 | SZCZUKIEWICZ Marcin | WROCLAW | POL | | 76 M30/25 | M / 47 | 00:49:02 | 04.04 | +0:08:43 | 0:10:40 / 66 0:33:22 / 53 |
| 50 | 340 | WILK Czesław | WĘGRÓW | POL | TSV 1984 WĘGRÓW | 58 M50/2 | M / 48 | 00:49:19 | 04.06 | +0:09:10 | 0:10:48 / 71 0:33:19 / 52 |
| 51 | 36 | CAPUTA Krzysztof | PACZKÓW | POL | WSOWL WROCLAW | 91 M20/11 | M / 49 | 00:49:22 | 04.06 | +0:09:13 | 0:10:09 / 53 0:33:03 / 49 |
| 52 | 268 | ROWSZAR Ryszard | BYSTRZYCA | POL | | 75 M30/26 | M / 50 | 00:49:23 | 04.06 | +0:09:05 | 0:10:45 / 69 0:33:22 / 54 |
| 53 | 191 | MALEK Krzysztof | MOCZYDLICA | POL | TKKF RAZEM WOŁÓW | 68 M40/9 | M / 51 | 00:49:40 | 04.08 | +0:09:30 | 0:10:39 / 65 0:33:24 / 55 |
| 54 | 31 | BUDNIK Łukasz | WROCLAW | POL | | 84 M20/12 | M / 52 | 00:49:46 | 04.08 | +0:09:36 | 0:10:06 / 51 0:33:00 / 48 |
| 55 | 119 | KARWICKI Tomasz | WROCLAW | POL | WKB PIAST WROCLAW | 79 M30/27 | M / 53 | 00:50:04 | 04.10 | +0:09:54 | 0:10:17 / 55 0:33:25 / 56 |
| 56 | 282 | SKRZYPCZAK Tomasz | WROCLAW | POL | WKB PIAST WROCLAW | 85 M20/13 | M / 54 | 00:50:10 | 04.10 | +0:10:00 | 0:09:50 / 30 0:33:08 / 50 |
| 57 | 259 | RAJA Paweł | WROCLAW | POL | SKYRUNNING POLSKA | 85 M20/14 | M / 55 | 00:50:16 | 04.11 | +0:10:07 | 0:10:34 / 62 0:33:58 / 62 |
| 58 | 371 | SAMOLEŃ Janusz | RZESZÓW | POL | HANPLOPEX RZESZÓW | 55 M50/3 | M / 56 | 00:50:21 | 04.11 | +0:10:12 | 0:10:19 / 57 0:33:43 / 58 |
| 59 | 216 | NIEZGÓDKA Przemysław | WROCLAW | POL | WKB PIAST WROCLAW | 84 M20/15 | M / 57 | 00:50:35 | 04.12 | +0:10:26 | 0:09:58 / 39 0:33:26 / 57 |
| 60 | 303 | SZCZERBAKOWICZ Kamil | BLEDZEW | POL | | 89 M20/16 | M / 58 | 00:50:38 | 04.13 | +0:10:29 | 0:09:49 / 29 0:33:49 / 59 |
| 61 | 245 | PLUKARSKI Patryk | WROCLAW | POL | WKW WROCLAW | 82 M30/28 | M / 59 | 00:50:40 | 04.13 | +0:10:31 | 0:10:14 / 54 0:33:55 / 61 |
| 62 | 194 | MARKOWSKI Mateusz | OLAWA | POL | OLAWSKI KLUB BIEGACZA | 91 M20/17 | M / 60 | 00:51:08 | 04.15 | +0:10:59 | 0:10:17 / 56 0:33:53 / 60 |
| 63 | 185 | LAWRYNOWICZ Jakub | WROCLAW | POL | NIEZRZESZONY | 80 M30/29 | M / 61 | 00:51:27 | 04.17 | +0:11:17 | 0:10:33 / 61 0:34:23 / 63 |
| 64 | 305 | SZCZOT Andrzej | WROCLAW | POL | WKB PIAST WROCLAW/GB WROCLAWSKIE MORSY | 76 M30/30 | M / 62 | 00:51:29 | 04.17 | +0:11:20 | 0:10:38 / 64 0:34:44 / 70 |

Klasyfikacja wg. czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points | |
|----------|--------|---------------------------|------------------|-----------|-------------------------------|-----------|--------------------|-----------|------------|----------|---------------|---------------|
| 65 | 239 | PIGÓN Mateusz | WROCLAW | POL | EARLYMATH.PL | 89 M20/18 | M / 63 | 00:51:31 | 04.17 | +0:11:21 | 0:10:29 / 59 | 0:34:25 / 64 |
| 66 | 92 | GRZYB Sławomir | WROCLAW | POL | WKB PIAST WROCLAW | 81 M30/31 | M / 64 | 00:51:47 | 04.18 | +0:11:38 | 0:10:20 / 58 | 0:34:32 / 65 |
| 67 | 80 | GIZLER Piotr | OLAWA | POL | | 75 M30/32 | M / 65 | 00:51:54 | 04.19 | +0:11:44 | 0:11:04 / 81 | 0:35:00 / 71 |
| 68 | 156 | KROWICKA Dorota | WROCLAW | POL | WKB PIAST | 69 K40/1 | K / 3 | 00:51:55 | 04.19 | +0:11:46 | 0:10:41 / 68 | 0:34:42 / 69 |
| 69 | 310 | SZPITER Tomasz | ZLOTORYJA | POL | OLAWS ZLOTORYJA | 69 M40/10 | M / 66 | 00:51:57 | 04.19 | +0:11:47 | 0:10:47 / 70 | 0:34:37 / 67 |
| 70 | 60 | DREWNICKA-OGRODNIK Joanna | WROCLAW-PRZE | POL | | 67 K40/2 | K / 4 | 00:52:06 | 04.20 | +0:11:57 | 0:10:36 / 63 | 0:34:34 / 66 |
| 71 | 109 | JĘDRYSIK Jacek | OPOLE | POL | SDA MOST | 88 M20/19 | M / 67 | 00:52:12 | 04.21 | +0:12:02 | 0:11:18 / 95 | 0:35:12 / 74 |
| 72 | 307 | SZMAGIEREWSKI Wojciech | WROCLAW | POL | | 68 M40/11 | M / 68 | 00:52:15 | 04.21 | +0:12:05 | 0:11:04 / 82 | 0:35:08 / 72 |
| 73 | 147 | KOWALONEK Maciej | WROCLAW | POL | | 81 M30/33 | M / 69 | 00:52:28 | 04.22 | +0:12:19 | 0:11:06 / 83 | 0:35:31 / 80 |
| 74 | 270 | RYBA Jan | WROCLAW | POL | BIEGAM BO LUBIĘ WROCLAW | 62 M50/4 | M / 70 | 00:52:35 | 04.22 | +0:12:26 | 0:11:10 / 84 | 0:35:21 / 76 |
| 75 | 356 | WRÓBLEWSKI Mieczysław | WROCLAW | POL | WKTRI-WROCLAW | 56 M50/5 | M / 71 | 00:52:38 | 04.23 | +0:12:28 | 0:11:00 / 80 | 0:35:28 / 77 |
| 76 | 240 | PIOTRKOWSKI Jerzy | WROCLAW | POL | WRATISLAVIA 2013 | 58 M50/6 | M / 72 | 00:52:42 | 04.23 | +0:12:32 | 0:11:18 / 96 | 0:35:39 / 85 |
| 77 | 127 | KŁOPOTOWSKI Grzegorz | LWÓWEK ŚLĄSKI | POL | | 75 M30/34 | M / 73 | 00:52:56 | 04.24 | +0:12:47 | 0:10:52 / 76 | 0:35:19 / 75 |
| 78 | 50 | CZYKINOWSKI Adam | WROCLAW | POL | BIEGIEM PO ZDROWIE - TEAM ASA | 76 M30/35 | M / 74 | 00:52:57 | 04.24 | +0:12:47 | 0:09:53 / 34 | 0:34:40 / 68 |
| 79 | 332 | WIĄCEK Marek | WROCLAW | POL | BIEGIEM PO ZDROWIE - TEAM ASA | 62 M50/7 | M / 75 | 00:53:06 | 04.25 | +0:12:57 | 0:11:17 / 94 | 0:35:34 / 82 |
| 80 | 38 | CHODORSKA Paulina | WROCLAW | POL | WKB PIAST WROCLAW | 95 K16/1 | K / 5 | 00:53:10 | 04.25 | +0:13:00 | 0:10:41 / 67 | 0:35:11 / 73 |
| 81 | 255 | PSUJA Piotr | WROCLAW | POL | | 81 M30/36 | M / 76 | 00:53:22 | 04.26 | +0:13:12 | 0:11:27 / 100 | 0:35:54 / 87 |
| 82 | 43 | CIBORSKI Ireneusz | WROCLAW | POL | ADDICT.PL | 53 M60/1 | M / 77 | 00:53:22 | 04.26 | +0:13:12 | 0:11:37 / 108 | 0:36:24 / 94 |
| 83 | 19 | BOGDAL Żaneta | WROCLAW | POL | | 80 K30/2 | K / 6 | 00:53:25 | 04.27 | +0:13:15 | 0:10:51 / 75 | 0:35:30 / 78 |
| 84 | 40 | CHUDY Marcin | WROCLAW | POL | | 85 M20/20 | M / 78 | 00:53:37 | 04.28 | +0:13:28 | 0:11:12 / 85 | 0:35:30 / 79 |
| 85 | 279 | SERAFIN Jacek | WROCLAW | POL | ADDICT.PL | 67 M40/12 | M / 79 | 00:53:52 | 04.29 | +0:13:43 | 0:11:37 / 109 | 0:36:24 / 95 |
| 86 | 129 | KOŁAKOWSKI Albert | ŚWIDNICA | POL | | 90 M20/21 | M / 80 | 00:53:53 | 04.29 | +0:13:43 | 0:11:53 / 125 | 0:37:06 / 109 |
| 87 | 242 | PIWOWARSKI Grzegorz | SYCÓW | POL | KB LUPUS OLEŚNICA | 66 M40/13 | M / 81 | 00:53:55 | 04.29 | +0:13:46 | 0:10:51 / 73 | 0:35:35 / 84 |
| 88 | 207 | MORAWSKI Mariusz | WROCLAW | POL | | 67 M40/14 | M / 82 | 00:53:56 | 04.29 | +0:13:46 | 0:10:51 / 74 | 0:35:31 / 81 |
| 89 | 344 | WITKOWSKI Zygmunt | KĄTY | POL | KB KĄTY WROCLAWSKIE | 49 M60/2 | M / 83 | 00:53:58 | 04.29 | +0:13:48 | 0:11:17 / 92 | 0:36:09 / 88 |
| 90 | 190 | MALINIAK Piotr | WROCLAW | POL | | 87 M20/22 | M / 84 | 00:54:02 | 04.30 | +0:13:52 | 0:11:32 / 102 | 0:36:44 / 100 |
| 91 | 318 | TOLŁOCZKO Arkadiusz | CHWAŁOWICE | POL | KB HARCOWNIK JELCZ-LASKOWICE | 77 M30/37 | M / 85 | 00:54:06 | 04.30 | +0:13:57 | 0:10:50 / 72 | 0:35:53 / 86 |
| 92 | 117 | KAPA Małgorzata | LEŚNA | POL | | 86 K20/2 | K / 7 | 00:54:08 | 04.30 | +0:13:58 | 0:11:45 / 116 | 0:37:00 / 107 |
| 93 | 316 | TOBIASZ Barbara | DOBRZYKOWICE | POL | | 80 K30/3 | K / 8 | 00:54:09 | 04.30 | +0:13:59 | 0:11:49 / 119 | 0:36:27 / 96 |
| 94 | 192 | MARCINKIEWICZ Tadeusz | WROCLAW | POL | LUKS ŻÓRAWINA | 53 M60/3 | M / 86 | 00:54:10 | 04.30 | +0:14:00 | 0:11:16 / 88 | 0:36:10 / 89 |
| 95 | 328 | WARWAS Artur | WROCLAW | POL | WKB PIAST WROCLAW | 66 M40/15 | M / 87 | 00:54:16 | 04.31 | +0:14:06 | 0:11:17 / 93 | 0:35:34 / 83 |
| 96 | 91 | GRYCAN Radosław | WROCLAW | POL | | 85 M20/23 | M / 88 | 00:54:18 | 04.31 | +0:14:08 | 0:11:31 / 101 | 0:36:53 / 103 |
| 97 | 11 | BARABASZ Marek | WROCLAW | POL | | 80 M30/38 | M / 89 | 00:54:19 | 04.31 | +0:14:09 | 0:11:13 / 86 | 0:36:12 / 92 |
| 98 | 213 | NAPIERAŁA Paweł | LIGOTA PIĘKNA | POL | BIEGIEM PO ZDROWIE - TEAM ASA | 76 M30/39 | M / 90 | 00:54:28 | 04.32 | +0:14:19 | 0:11:40 / 112 | 0:37:20 / 113 |
| 99 | 46 | CISZEWSKI Arkadiusz | KOBIERZYCE | POL | WKB PIAST | 79 M30/40 | M / 91 | 00:54:38 | 04.33 | +0:14:29 | 0:11:17 / 89 | 0:36:24 / 93 |
| 100 | 329 | WAŚIK Marek | WROCLAW | POL | WKB PIAST WROCLAW | 60 M50/8 | M / 92 | 00:54:41 | 04.33 | +0:14:31 | 0:11:17 / 91 | 0:36:10 / 91 |
| 101 | 252 | PORADA Jarosław | BRZEG | POL | OSEMKA.PWR.WROC.PL | 91 M20/24 | M / 93 | 00:54:44 | 04.33 | +0:14:34 | 0:11:43 / 115 | 0:36:57 / 105 |
| 102 | 227 | PAKUŁA Bartosz | OSTRÓW | POL | | 91 M20/25 | M / 94 | 00:54:49 | 04.34 | +0:14:39 | 0:11:52 / 123 | 0:37:16 / 111 |

Klasyfikacja wg. czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points |
|----------|--------|----------------------|------------------|-----------|-------------------------|-----------|--------------------|-----------|------------|----------|-----------------------------|
| 103 | 16 | BIERNACKI Krzysztof | WROCLAW | POL | | 90 M20/26 | M / 95 | 00:54:49 | 04.34 | +0:14:40 | 0:11:53 / 124 0:37:08 / 110 |
| 104 | 48 | CYTAWA Arkadiusz | WROCLAW | POL | STRAŻ POŻARNA | 71 M40/16 | M / 96 | 00:54:53 | 04.34 | +0:14:44 | 0:10:53 / 77 0:36:10 / 90 |
| 105 | 140 | KOSIOL Andrzej | WROCLAW | POL | WKW WIADRUS | 64 M40/17 | M / 97 | 00:54:58 | 04.34 | +0:14:48 | 0:11:17 / 90 0:36:39 / 98 |
| 106 | 87 | GROMKOWSKI Jakub | WROCLAW | POL | POLITECHNIKA WROCLAWSKA | 90 M20/27 | M / 98 | 00:55:10 | 04.35 | +0:15:01 | 0:11:37 / 107 0:36:45 / 101 |
| 107 | 378 | BARANIEC Mariusz | WROCLAW | POL | | 78 M30/41 | M / 99 | 00:55:13 | 04.36 | +0:15:03 | 0:11:00 / 79 0:36:30 / 97 |
| 108 | 131 | KOMÓR Wiesław | WROCLAW | POL | GB WROCLAWSKIE MORSY | 62 M50/9 | M / 100 | 00:55:14 | 04.36 | +0:15:04 | 0:11:34 / 106 0:36:59 / 106 |
| 109 | 171 | LEBIODA Rafał | WROCLAW | POL | ANSÉRINE FAMILLE | 75 M30/42 | M / 101 | 00:55:18 | 04.36 | +0:15:08 | 0:11:23 / 98 0:36:43 / 99 |
| 110 | 86 | GROCHALSKI Sebastian | SMOLEC | POL | OPEK'S TEAM | 76 M30/43 | M / 102 | 00:55:23 | 04.36 | +0:15:14 | 0:12:04 / 139 0:37:17 / 112 |
| 111 | 276 | SANKOWSKI Jacek | WROCLAW | POL | PLACKI TEAM | 88 M20/28 | M / 103 | 00:55:25 | 04.37 | +0:15:16 | 0:11:40 / 114 0:37:30 / 115 |
| 112 | 350 | WOJTAL Jacek | WROCLAW | POL | WKB PIAST WROCLAW | 66 M40/18 | M / 104 | 00:55:28 | 04.37 | +0:15:19 | 0:11:26 / 99 0:37:03 / 108 |
| 113 | 304 | SZCZEŚNIAK Andrzej | WROCLAW | POL | LUKS ŻÓRAWINA | 49 M60/4 | M / 105 | 00:55:28 | 04.37 | +0:15:18 | 0:11:14 / 87 0:36:54 / 104 |
| 114 | 51 | DABROWSKI Kamil | WROCLAW | POL | OPEK'S TEAM | 81 M30/44 | M / 106 | 00:55:28 | 04.37 | +0:15:19 | 0:12:05 / 140 0:37:20 / 114 |
| 115 | 75 | GAŚSIOR Jakub | RAWICZ | POL | | 91 M20/29 | M / 107 | 00:55:41 | 04.38 | +0:15:32 | 0:11:49 / 120 0:37:38 / 119 |
| 116 | 45 | CIEŚLA Mariola | PAŃNÓW | POL | LUKS MGOKSIR KORFANTÓW | 90 K20/3 | K / 9 | 00:56:00 | 04.40 | +0:15:50 | 0:10:57 / 78 0:36:51 / 102 |
| 117 | 232 | PAWŁOWSKI Mariusz | WYSOKA | POL | | 73 M40/19 | M / 108 | 00:56:06 | 04.40 | +0:15:56 | 0:11:50 / 122 0:37:47 / 121 |
| 118 | 225 | ORŁOWSKI Kacper | WROCLAW | POL | | 89 M20/30 | M / 109 | 00:56:08 | 04.40 | +0:15:58 | 0:12:23 / 157 0:38:47 / 137 |
| 119 | 321 | TUBICZ Paweł | WROCLAW | POL | WROCLAW MUCHOBÓR WIELKI | 79 M30/45 | M / 110 | 00:56:15 | 04.41 | +0:16:05 | 0:12:27 / 163 0:38:19 / 130 |
| 120 | 346 | WLIZŁO Izabela | WROCLAW | POL | | 80 K30/4 | K / 10 | 00:56:18 | 04.41 | +0:16:09 | 0:11:49 / 121 0:37:40 / 120 |
| 121 | 334 | WIECZOREK Marian | WROCLAW | POL | DOZAMEL - SOLIDARNOŚĆ | 57 M50/10 | M / 111 | 00:56:22 | 04.41 | +0:16:13 | 0:11:20 / 97 0:37:37 / 118 |
| 122 | 130 | KOMOROWSKA Kamila | WROCLAW | POL | | 80 K30/5 | K / 11 | 00:56:28 | 04.42 | +0:16:18 | 0:12:23 / 158 0:38:47 / 138 |
| 123 | 121 | KASPRZAK Tomasz | WROCLAW | POL | | 63 M50/11 | M / 112 | 00:56:33 | 04.42 | +0:16:23 | 0:11:32 / 103 0:37:32 / 116 |
| 124 | 197 | MATYLA Krzysztof | PEPOWO | POL | | 91 M20/31 | M / 113 | 00:56:36 | 04.43 | +0:16:26 | 0:11:48 / 118 0:38:03 / 126 |
| 125 | 180 | LINDNER Łukasz | KIEŁCZÓW | POL | STOP AT NEVER | 84 M20/32 | M / 114 | 00:56:37 | 04.43 | +0:16:27 | 0:11:39 / 111 0:37:35 / 117 |
| 126 | 167 | KUPŚĆ Daniel | WROCLAW | POL | | 89 M20/33 | M / 115 | 00:56:40 | 04.43 | +0:16:30 | 0:11:38 / 110 0:37:54 / 122 |
| 127 | 345 | WLIZŁO Aleksander | WROCLAW | POL | | 59 M50/12 | M / 116 | 00:56:43 | 04.43 | +0:16:34 | 0:11:48 / 117 0:37:56 / 123 |
| 128 | 162 | KSOK Mirosław | WROCLAW | POL | ŚCIEŻKI BIEGOWE | 57 M50/13 | M / 117 | 00:56:44 | 04.43 | +0:16:35 | 0:12:09 / 143 0:37:57 / 124 |
| 129 | 237 | PIETRZYK Dariusz | WROCLAW | POL | | 59 M50/14 | M / 118 | 00:56:44 | 04.43 | +0:16:35 | 0:11:58 / 135 0:38:04 / 127 |
| 130 | 283 | SKUBA Robert | WROCLAW | POL | | 80 M30/46 | M / 119 | 00:56:46 | 04.43 | +0:16:37 | 0:12:06 / 141 0:38:18 / 128 |
| 131 | 222 | OLECHNOWSKI Paweł | LEGNICA | POL | | 79 M30/47 | M / 120 | 00:56:50 | 04.44 | +0:16:40 | 0:12:24 / 160 0:38:18 / 129 |
| 132 | 206 | PALCZAK Józef | WROCLAW | POL | | 41 M70/1 | M / 121 | 00:56:51 | 04.44 | +0:16:41 | 0:11:54 / 128 0:37:58 / 125 |
| 133 | 44 | CIERZNIOWSKI Dariusz | LEGNICA | POL | FENIKS LEGNICA | 65 M40/20 | M / 122 | 00:57:10 | 04.45 | +0:17:00 | 0:12:40 / 169 0:39:13 / 146 |
| 134 | 386 | WITKOWSKI Tomasz | KIEŁCZÓW | POL | MKS MOS WROCLAW | 96 M16/4 | M / 123 | 00:57:25 | 04.47 | +0:17:15 | 0:12:47 / 176 0:39:21 / 150 |
| 135 | 261 | REKOWSKI Krzysztof | WROCLAW | POL | | 75 M30/48 | M / 124 | 00:57:36 | 04.48 | +0:17:27 | 0:12:11 / 149 0:38:39 / 132 |
| 136 | 220 | OKRASZEWSKI Lucjan | WROCLAW | POL | WKB PIAST | 85 M20/34 | M / 125 | 00:57:43 | 04.48 | +0:17:33 | 0:11:56 / 131 0:38:45 / 134 |
| 137 | 35 | BURACZYŃSKI Paweł | JELEŃ GÓRA | POL | | 88 M20/35 | M / 126 | 00:57:48 | 04.49 | +0:17:39 | 0:12:10 / 146 0:38:53 / 139 |
| 138 | 251 | PONIATOWSKI Rafał | ZACHOWICE | POL | ITM2011 | 89 M20/36 | M / 127 | 00:57:50 | 04.49 | +0:17:40 | 0:12:49 / 178 0:39:33 / 154 |
| 139 | 353 | WOŹNICA Roman | BIERZYCE | POL | | 71 M40/21 | M / 128 | 00:57:53 | 04.49 | +0:17:44 | 0:11:33 / 105 0:38:32 / 131 |
| 140 | 262 | ROGAŁA Klaudiusz | WROCLAW | POL | DRUŻYNA SZPIKU | 73 M40/22 | M / 129 | 00:58:06 | 04.50 | +0:17:56 | 0:11:58 / 134 0:38:39 / 133 |
| 141 | 387 | JURECKI Zygfryd | WROCLAW | POL | | 65 M40/23 | M / 130 | 00:58:15 | 04.51 | +0:18:06 | 0:12:01 / 137 0:39:12 / 144 |

Klasyfikacja wg. czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points |
|----------|--------|----------------------|------------------|-----------|-------------------------------|-----------|--------------------|-----------|------------|----------|-----------------------------|
| 142 | 89 | GRONOWICZ Tomasz | WROCLAW | POL | | 73 M40/24 | M / 131 | 00:58:16 | 04.51 | +0:18:07 | 0:12:08 / 142 0:38:56 / 140 |
| 143 | 170 | LASZKIEWICZ Jacek | WOLOW | POL | WKB PIAST WROCLAW | 60 M50/15 | M / 132 | 00:58:18 | 04.51 | +0:18:08 | 0:12:11 / 150 0:39:13 / 145 |
| 144 | 78 | GIEBEL Michał | WROCLAW | POL | | 76 M30/49 | M / 133 | 00:58:31 | 04.52 | +0:18:22 | 0:11:56 / 132 0:38:47 / 136 |
| 145 | 172 | LECH Łukasz | KOBIERZYCE | POL | BEZ | 81 M30/50 | M / 134 | 00:58:35 | 04.52 | +0:18:25 | 0:12:12 / 151 0:39:09 / 141 |
| 146 | 151 | KRAJEWSKA Agata | OLAWA | POL | | 79 K30/6 | K / 12 | 00:58:37 | 04.53 | +0:18:28 | 0:11:54 / 126 0:39:10 / 142 |
| 147 | 122 | KASZUBA Edward | WROCLAW | POL | WKBPIASTWROCLAW | 44 M60/5 | M / 135 | 00:58:41 | 04.53 | +0:18:32 | 0:12:13 / 153 0:39:13 / 147 |
| 148 | 266 | ROMANOWSKA Justyna | KATY | POL | KB KATY WROCLAWSKIE | 93 K20/4 | K / 13 | 00:58:41 | 04.53 | +0:18:32 | 0:11:33 / 104 0:38:46 / 135 |
| 149 | 325 | UŻAROWSKI Przemysław | WROCLAW | POL | ITMZM 2012 | 82 M30/51 | M / 136 | 00:58:43 | 04.53 | +0:18:34 | 0:12:34 / 165 0:40:00 / 159 |
| 150 | 47 | CYMANEK Andrzej | WROCLAW | POL | EK TWARDZIEL | 62 M50/16 | M / 137 | 00:58:45 | 04.53 | +0:18:35 | 0:11:54 / 127 0:39:12 / 143 |
| 151 | 331 | WESOŁOWSKI Stanisław | URAZ | POL | WKB PIAST WROCLAW | 54 M50/17 | M / 138 | 00:58:46 | 04.53 | +0:18:36 | 0:12:03 / 138 0:39:17 / 149 |
| 152 | 382 | ŻUCHOWSKI Damian | ŻNIN | POL | | 92 M20/37 | M / 139 | 00:58:55 | 04.54 | +0:18:46 | 0:11:59 / 136 0:39:14 / 148 |
| 153 | 179 | LEWANDOWSKI Dariusz | KATY | POL | KB KATY WROCLAWSKIE | 68 M40/25 | M / 140 | 00:59:04 | 04.55 | +0:18:55 | 0:12:43 / 170 0:39:29 / 153 |
| 154 | 221 | OLCZAK Mariusz | KIELCZÓW | POL | | 62 M50/18 | M / 141 | 00:59:09 | 04.55 | +0:19:00 | 0:12:24 / 161 0:39:27 / 151 |
| 155 | 96 | HENNE Kamil | PROBOSZCZOWI | POL | POGOŃ BYDŁO | 89 M20/38 | M / 142 | 00:59:17 | 04.56 | +0:19:08 | 0:12:22 / 155 0:39:34 / 155 |
| 156 | 223 | OLENDER Grzegorz | WROCLAW | POL | PRO-RUN WROCLAW | 78 M30/52 | M / 143 | 00:59:35 | 04.57 | +0:19:25 | 0:12:22 / 156 0:39:41 / 157 |
| 157 | 136 | KORKUĆ Piotr | WROCLAW | POL | MKB SEMPER HUMILIS | 70 M40/26 | M / 144 | 00:59:37 | 04.58 | +0:19:28 | 0:12:21 / 154 0:39:47 / 158 |
| 158 | 163 | KUBIAK Marcin | WROCLAW | POL | MARKUB TEAM WROCLAW | 76 M30/53 | M / 145 | 00:59:46 | 04.58 | +0:19:37 | 0:12:51 / 179 0:40:37 / 167 |
| 159 | 166 | KUNECKI Norbert | RATOWICE | POL | | 75 M30/54 | M / 146 | 00:59:53 | 04.59 | +0:19:44 | 0:12:46 / 174 0:40:33 / 165 |
| 160 | 154 | KRĘCISZ Iwona | WROCLAW | POL | BIEGIEM PO ZDROWIE - TEAM ASA | 78 K30/7 | K / 14 | 00:59:54 | 04.59 | +0:19:44 | 0:11:57 / 133 0:39:28 / 152 |
| 161 | 30 | BUCHLA Marcin | WROCLAW | POL | | 74 M30/55 | M / 147 | 01:00:03 | 05.00 | +0:19:53 | 0:11:40 / 113 0:40:26 / 164 |
| 162 | 6 | ANDRZEJAK Dariusz | WROCLAW | POL | | 67 M40/27 | M / 148 | 01:00:04 | 05.00 | +0:19:55 | 0:12:51 / 180 0:40:38 / 168 |
| 163 | 105 | JANKOWICZ Jerzy | WROCLAW | POL | MÓJ WROCLAW | 58 M50/19 | M / 149 | 01:00:08 | 05.00 | +0:19:58 | 0:12:44 / 171 0:40:37 / 166 |
| 164 | 32 | BUDZEŃ Sandra | NYSA | POL | KS PIDRYNA GDYNIA | 86 K20/5 | K / 15 | 01:00:08 | 05.00 | +0:19:58 | 0:11:56 / 130 0:39:37 / 156 |
| 165 | 79 | GZIŃSKI Stefan | WOLOW | POL | WKB PIAST WROCLAW | 48 M60/6 | M / 150 | 01:00:37 | 05.03 | +0:20:28 | 0:12:11 / 148 0:40:14 / 161 |
| 166 | 278 | SEIFFERT Piotr | BRZEG | POL | | 87 M20/39 | M / 151 | 01:00:48 | 05.04 | +0:20:39 | 0:12:54 / 183 0:40:47 / 170 |
| 167 | 81 | GNIEWKOWSKI Łukasz | WEJHEROWO | POL | | 88 M20/40 | M / 152 | 01:01:12 | 05.06 | +0:21:02 | 0:13:11 / 193 0:41:22 / 177 |
| 168 | 159 | KRYSIŃSKI Przemysław | DOBRZYKOWICE | POL | | 75 M30/56 | M / 153 | 01:01:12 | 05.06 | +0:21:03 | 0:12:24 / 159 0:40:18 / 163 |
| 169 | 41 | CHWASTYK Karol | KATY | POL | KB KATY WROCLAWSKIE | 38 M70/2 | M / 154 | 01:01:13 | 05.06 | +0:21:03 | 0:13:02 / 188 0:41:05 / 173 |
| 170 | 142 | KOSZYKOWSKI Marek | WROCLAW | POL | | 75 M30/57 | M / 155 | 01:01:15 | 05.06 | +0:21:05 | 0:12:53 / 182 0:41:17 / 174 |
| 171 | 104 | JANKOWICZ Agnieszka | WAŁBRZYCH | POL | TEMMPO WAŁBRZYCH | 81 K30/8 | K / 16 | 01:01:15 | 05.06 | +0:21:06 | 0:12:39 / 167 0:40:41 / 169 |
| 172 | 74 | GARUS Rafał | WROCLAW | POL | | 91 M20/41 | M / 156 | 01:01:26 | 05.07 | +0:21:16 | 0:13:53 / 221 0:42:35 / 196 |
| 173 | 21 | BORA Andrzej | WROCLAW | POL | WKB PIAST WROCLAW | 48 M60/7 | M / 157 | 01:01:27 | 05.07 | +0:21:17 | 0:12:44 / 172 0:40:56 / 171 |
| 174 | 188 | MACHOWSKI Edward | WOLOW | POL | WKB PIAST WROCLAW | 48 M60/8 | M / 158 | 01:01:27 | 05.07 | +0:21:18 | 0:12:13 / 152 0:40:17 / 162 |
| 175 | 301 | SZCZEPANIAK Michał | JEMIELNO | POL | | 90 M20/42 | M / 159 | 01:01:34 | 05.07 | +0:21:25 | 0:12:09 / 144 0:40:10 / 160 |
| 176 | 312 | SZUBERT Dorota | WROCLAW | POL | | 88 K20/6 | K / 17 | 01:01:35 | 05.07 | +0:21:26 | 0:13:45 / 212 0:42:17 / 190 |
| 177 | 58 | DOMINIK Wojciech | WROCLAW | POL | | 88 M20/43 | M / 160 | 01:01:35 | 05.07 | +0:21:26 | 0:13:45 / 213 0:42:17 / 191 |
| 178 | 33 | BUDZISZ Joanna | WROCLAW | POL | | 89 K20/7 | K / 18 | 01:01:39 | 05.08 | +0:21:29 | 0:12:26 / 162 0:41:32 / 179 |
| 179 | 333 | WIDERA Monika | TYCHY | POL | | 88 K20/8 | K / 19 | 01:01:50 | 05.09 | +0:21:41 | 0:13:15 / 197 0:41:46 / 182 |
| 180 | 62 | DROZD Łukasz | WROCLAW | POL | | 87 M20/44 | M / 161 | 01:01:53 | 05.09 | +0:21:43 | 0:13:43 / 210 0:42:16 / 189 |

Klasyfikacja wg. czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points |
|----------|--------|--------------------------|------------------|-----------|---|---------|--------------------|-----------|------------|----------|-----------------------------|
| 181 | 186 | ŁOPUSIEWICZ Janusz | WROCLAW | POL | WKB PIAST WROCLAW | 84 | M20/45 M / 162 | 01:01:53 | 05.09 | +0:21:44 | 0:13:43 / 211 0:42:16 / 188 |
| 182 | 291 | STOLARZEWSKA Maria | WROCLAW | POL | VEGE RUNNERS | 80 | K30/9 K / 20 | 01:01:54 | 05.09 | +0:21:44 | 0:12:35 / 166 0:41:17 / 175 |
| 183 | 94 | HAZUBSKA Anna | TRZEBNICA | POL | LZS TRZEBNICA | 69 | K40/3 K / 21 | 01:01:57 | 05.09 | +0:21:47 | 0:13:17 / 198 0:41:43 / 180 |
| 184 | 201 | MICHALSKI Lukasz | WROCLAW | POL | | 80 | M30/58 M / 163 | 01:01:57 | 05.09 | +0:21:47 | 0:13:31 / 202 0:42:00 / 185 |
| 185 | 57 | DOMINIAK Wojciech | GODZIESZOWA | POL | OPEK'S TEAM | 81 | M30/59 M / 164 | 01:02:05 | 05.10 | +0:21:56 | 0:12:10 / 145 0:41:04 / 172 |
| 186 | 203 | MIDOŃ Pawel | WROCLAW | POL | | 69 | M40/28 M / 165 | 01:02:10 | 05.10 | +0:22:01 | 0:13:02 / 187 0:42:37 / 197 |
| 187 | 66 | FAL Małgorzata | WROCLAW | POL | | 82 | K30/10 K / 22 | 01:02:11 | 05.10 | +0:22:01 | 0:13:46 / 214 0:42:20 / 192 |
| 188 | 296 | SYPEREK Marcin | WROCLAW | POL | PRO-RUN WROCLAW | 74 | M30/60 M / 166 | 01:02:13 | 05.11 | +0:22:04 | 0:12:29 / 164 0:41:45 / 181 |
| 189 | 351 | WOŹNIAK Dorota | WROCLAW | POL | REGIONALNE CENTRUM KRWIODAWSTWA WROCLAW | 68 | K40/4 K / 23 | 01:02:17 | 05.11 | +0:22:08 | 0:13:00 / 184 0:41:26 / 178 |
| 190 | 368 | MIECZYSLAW Styczeń | KĄTY | POL | KB KĄTY WROCLAWSKIE | 40 | M70/3 M / 167 | 01:02:38 | 05.13 | +0:22:29 | 0:12:45 / 173 0:41:20 / 176 |
| 191 | 215 | NIEMIEC Natalia | KĘDZIERZYN-KO | POL | NIEZRZESZONY | 88 | K20/9 K / 24 | 01:02:39 | 05.13 | +0:22:30 | 0:12:47 / 177 0:41:52 / 183 |
| 192 | 267 | ROSLANIEC Anna | WROCLAW | POL | | 78 | K30/11 K / 25 | 01:03:00 | 05.15 | +0:22:50 | 0:12:40 / 168 0:42:00 / 184 |
| 193 | 82 | GOŁĘBIEWICZ Michał | WROCLAW | POL | ITMZM 2010 | 83 | M30/61 M / 168 | 01:03:06 | 05.15 | +0:22:56 | 0:13:02 / 189 0:42:54 / 201 |
| 194 | 228 | PALACZ Anna | STARACHOWICE | POL | | 89 | K20/10 K / 26 | 01:03:18 | 05.16 | +0:23:08 | 0:13:15 / 195 0:42:13 / 187 |
| 195 | 182 | ŁABUZ Marek | WROCLAW | POL | WKB PIAST WROCLAW | 56 | M50/20 M / 169 | 01:03:20 | 05.16 | +0:23:10 | 0:13:19 / 200 0:42:06 / 186 |
| 196 | 67 | FIJAŁKOWSKI Wojciech | WROCLAW | POL | MONAR-GRACZE | 61 | M50/21 M / 170 | 01:03:26 | 05.17 | +0:23:17 | 0:13:51 / 217 0:43:15 / 205 |
| 197 | 260 | RATAJCZAK Przemysław | WROCLAW | POL | GTS | 78 | M30/62 M / 171 | 01:03:32 | 05.17 | +0:23:22 | 0:12:51 / 181 0:42:21 / 193 |
| 198 | 12 | BARTOSZEK-KUNECKA Joanna | RATOWICE | POL | | 74 | K30/12 K / 27 | 01:03:49 | 05.19 | +0:23:40 | 0:13:25 / 201 0:42:47 / 200 |
| 199 | 364 | ŻÓŁTOWSKI Krzysztof | WROCLAW | POL | | 56 | M50/22 M / 172 | 01:03:53 | 05.19 | +0:23:44 | 0:13:49 / 215 0:43:27 / 209 |
| 200 | 366 | ŻUROW Karolina | WROCLAW | POL | | 82 | K30/13 K / 28 | 01:04:00 | 05.20 | +0:23:50 | 0:13:10 / 191 0:42:39 / 199 |
| 201 | 134 | KOPROWSKI Przemysław | OLAWA | POL | MACZETA TEAM | 84 | M20/46 M / 173 | 01:04:08 | 05.20 | +0:23:58 | 0:13:18 / 199 0:43:10 / 202 |
| 202 | 369 | HOPPE Bartłomiej | WROCLAW | POL | | 90 | M20/47 M / 174 | 01:04:08 | 05.20 | +0:23:58 | 0:13:52 / 219 0:43:41 / 211 |
| 203 | 314 | SZYMCZYNA Marcin | OLAWA | POL | | 75 | M30/63 M / 175 | 01:04:25 | 05.22 | +0:24:15 | 0:13:15 / 196 0:43:27 / 208 |
| 204 | 63 | DUBIJ Leon | WROCLAW | POL | WKBPIASTWROCLAW | 41 | M70/4 M / 176 | 01:04:30 | 05.22 | +0:24:20 | 0:12:46 / 175 0:42:22 / 194 |
| 205 | 380 | HEJNA Stanisław | WROCLAW | POL | | 81 | M30/64 M / 177 | 01:04:32 | 05.22 | +0:24:23 | 0:13:51 / 218 0:43:39 / 210 |
| 206 | 381 | SKRZYNIARZ Jarosław | WROCLAW | POL | | 65 | M40/29 M / 178 | 01:04:39 | 05.23 | +0:24:29 | 0:13:39 / 208 0:43:10 / 203 |
| 207 | 265 | ROKITA Marek | WROCLAW | POL | | 65 | M40/30 M / 179 | 01:04:41 | 05.23 | +0:24:32 | 0:13:42 / 209 0:43:12 / 204 |
| 208 | 8 | ANTOSZ Katarzyna | WROCLAW | POL | BIKESTATS.PL | 81 | K30/14 K / 29 | 01:04:55 | 05.24 | +0:24:46 | 0:13:58 / 223 0:43:47 / 213 |
| 209 | 128 | KNAPIK Piotr | WROCLAW | POL | | 73 | M40/31 M / 180 | 01:05:01 | 05.25 | +0:24:52 | 0:13:55 / 222 0:44:03 / 215 |
| 210 | 61 | DROSZCZAK Adrian | NOWOGRÓD | POL | | 86 | M20/48 M / 181 | 01:05:20 | 05.26 | +0:25:10 | 0:13:01 / 185 0:43:16 / 206 |
| 211 | 360 | ZARĘBSKI Wojciech | WROCLAW | POL | | 72 | M40/32 M / 182 | 01:05:44 | 05.28 | +0:25:35 | 0:12:11 / 147 0:42:38 / 198 |
| 212 | 317 | TOBIASZ Paweł | DOBRYKOWICE | POL | | 80 | M30/65 M / 183 | 01:05:48 | 05.29 | +0:25:39 | 0:13:10 / 190 0:43:20 / 207 |
| 213 | 208 | MROCZYŃSKA Anna | WROCLAW | POL | | 84 | K20/11 K / 30 | 01:05:54 | 05.29 | +0:25:45 | 0:13:32 / 205 0:44:15 / 216 |
| 214 | 214 | NIEMIEC Katarzyna | WROCLAW | POL | OSEMKA.PWR.WROC.PL | 83 | K30/15 K / 31 | 01:05:57 | 05.29 | +0:25:47 | 0:13:11 / 192 0:43:42 / 212 |
| 215 | 379 | HEJNA Lukasz | WROCLAW | POL | | 78 | M30/66 M / 184 | 01:06:09 | 05.30 | +0:26:00 | 0:13:52 / 220 0:44:17 / 217 |
| 216 | 322 | TYRAS Piotr | CZĘSTOCHOWA | POL | | 69 | M40/33 M / 185 | 01:06:47 | 05.33 | +0:26:38 | 0:13:31 / 203 0:44:31 / 219 |
| 217 | 365 | ŻUKROWSKI Janusz | WROCLAW | POL | WKB PIAST WROCLAW | 55 | M50/23 M / 186 | 01:07:03 | 05.35 | +0:26:54 | 0:13:34 / 206 0:44:18 / 218 |

Klasyfikacja wg. czasów netto (poza 50-cioma pierwszymi na mecie).

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | Klasyfikacje Ranks | Czas Time | Tempo m/km | diff Net | Check points |
|----------|--------|-----------------------|------------------|-----------|-------------------------------|---------|--------------------|-----------|------------|----------|-----------------------------|
| 218 | 71 | GADZIŃSKA Krystyna | WROCLAW | POL | WKB PIAST WROCLAW | 64 | K40/5 K / 32 | 01:07:24 | 05.37 | +0:27:14 | 0:13:32 / 204 0:44:32 / 220 |
| 219 | 210 | MULARCZYK Krzysztof | OBORNIKI | POL | OPIUM FITNESS CLUB | 72 | M40/34 M / 187 | 01:07:24 | 05.37 | +0:27:15 | 0:14:19 / 228 0:45:40 / 225 |
| 220 | 165 | KUCHARSKA Barbara | KĄTY | POL | KB KĄTY WROCLAWSKIE | 70 | K40/6 K / 33 | 01:07:33 | 05.37 | +0:27:23 | 0:13:01 / 186 0:43:57 / 214 |
| 221 | 250 | POLAŃSKA Dorota | MIRKÓW | POL | | 76 | K30/16 K / 34 | 01:07:54 | 05.39 | +0:27:44 | 0:13:12 / 194 0:45:11 / 222 |
| 222 | 271 | RYGIEL Klaudia | KAMIENIEC | POL | KOBIETY NA MEDAL | 73 | K40/7 K / 35 | 01:07:54 | 05.39 | +0:27:45 | 0:14:18 / 227 0:45:39 / 224 |
| 223 | 243 | PLEWA Katarzyna | STRONIE | POL | ASP WROCLAW | 84 | K20/12 K / 36 | 01:08:29 | 05.42 | +0:28:19 | 0:13:35 / 207 0:44:36 / 221 |
| 224 | 295 | STRUMIŃSKI Kamil | WROCLAW | POL | ITMZM 2012 | 83 | M30/67 M / 188 | 01:08:52 | 05.44 | +0:28:42 | 0:14:14 / 226 0:46:06 / 226 |
| 225 | 138 | KORYBUT-BARSKA Anna | WROCLAW | POL | | 76 | K30/17 K / 37 | 01:09:12 | 05.46 | +0:29:02 | 0:14:05 / 224 0:45:38 / 223 |
| 226 | 141 | KOSIOŁ Katarzyna | WROCLAW | POL | AK | 95 | K16/2 K / 38 | 01:10:07 | 05.50 | +0:29:58 | 0:14:45 / 239 0:47:22 / 231 |
| 227 | 200 | MAZUR Bartosz | KONDRATOWICE | POL | | 87 | M20/49 M / 189 | 01:10:12 | 05.51 | +0:30:02 | 0:13:51 / 216 0:47:11 / 229 |
| 228 | 152 | KRAKOWIAK Barbara | TRZEBNICA | POL | LZS TRZEBNICA | 46 | K60/1 K / 39 | 01:10:18 | 05.51 | +0:30:09 | 0:14:43 / 235 0:46:50 / 228 |
| 229 | 299 | SZCZEPANIAK Marta | WROCLAW | POL | | 76 | K30/18 K / 40 | 01:10:40 | 05.53 | +0:30:31 | 0:14:07 / 225 0:46:41 / 227 |
| 230 | 202 | MICHOWSKI Marian | WROCLAW | POL | WKB PIAST WROCLAW | 39 | M70/5 M / 190 | 01:10:48 | 05.54 | +0:30:38 | 0:14:33 / 229 0:47:18 / 230 |
| 231 | 29 | BUBEL Marcin | WROCLAW | POL | DRUŻYNA SZPIKU | 70 | M40/35 M / 191 | 01:11:06 | 05.55 | +0:30:56 | 0:14:35 / 230 0:47:47 / 232 |
| 232 | 302 | SZCZEPAŃSKI Wojciech | WROCLAW | POL | ITMZM 2011 | 88 | M20/50 M / 192 | 01:11:10 | 05.55 | +0:31:00 | 0:14:43 / 237 0:48:39 / 240 |
| 233 | 288 | STERNALSKI Michał | WROCLAW | POL | WKB PIAST WROCLAW | 76 | M30/68 M / 193 | 01:11:34 | 05.57 | +0:31:25 | 0:15:06 / 242 0:47:48 / 233 |
| 234 | 319 | TOMCZAK Henryk | WROCLAW | POL | WKB PIAST WROCLAW | 62 | M50/24 M / 194 | 01:11:43 | 05.58 | +0:31:33 | 0:15:12 / 245 0:47:57 / 234 |
| 235 | 320 | TOMCZAK Wiesława | WROCLAW | POL | WKBPIASTWROCLAW | 61 | K50/1 K / 41 | 01:11:43 | 05.58 | +0:31:34 | 0:15:12 / 246 0:47:57 / 235 |
| 236 | 343 | WITASIK Jolanta | WROCLAW | POL | WKBPIASTWROCLAW | 71 | K40/8 K / 42 | 01:12:10 | 06.00 | +0:32:01 | 0:14:47 / 240 0:48:18 / 237 |
| 237 | 28 | BUBEL Alina | WROCLAW | POL | DRUŻYNA SZPIKU | 69 | K40/9 K / 43 | 01:12:16 | 06.01 | +0:32:07 | 0:14:35 / 231 0:48:00 / 236 |
| 238 | 37 | CHARATONIK Tomasz | WROCLAW | POL | | 70 | M40/36 M / 195 | 01:12:34 | 06.02 | +0:32:25 | 0:14:38 / 233 0:48:38 / 239 |
| 239 | 116 | KAMYK Ewa | WROCLAW | POL | NIEZRZESZONY | 83 | K30/19 K / 44 | 01:12:44 | 06.03 | +0:32:34 | 0:14:35 / 232 0:48:30 / 238 |
| 240 | 124 | KLIMA Marcin | WROCLAW | POL | | 86 | M20/51 M / 196 | 01:13:14 | 06.06 | +0:33:05 | 0:15:05 / 241 0:48:52 / 241 |
| 241 | 149 | KOZAK Andrzej | JELENIA GÓRA | POL | | 88 | M20/52 M / 197 | 01:13:24 | 06.07 | +0:33:14 | 0:15:23 / 249 0:49:58 / 245 |
| 242 | 107 | JANOWSKI Krzysiek | KAMIENIEC | POL | BIEGIEM PO ZDROWIE - TEAM ASA | 70 | M40/37 M / 198 | 01:13:34 | 06.07 | +0:33:25 | 0:14:42 / 234 0:48:59 / 242 |
| 243 | 64 | DUCHIŃSKA Izabela | KAMIENIEC | POL | BIEGIEM PO ZDROWIE - TEAM ASA | 77 | K30/20 K / 45 | 01:13:34 | 06.07 | +0:33:25 | 0:14:43 / 236 0:49:01 / 243 |
| 244 | 377 | GODULA Adam | WROCLAW | POL | | 77 | M30/69 M / 199 | 01:14:17 | 06.11 | +0:34:07 | 0:11:54 / 129 0:42:31 / 195 |
| 245 | 102 | JANECZKO Anna | OSOLA | POL | WKB PIAST WROCLAW | 84 | K20/13 K / 46 | 01:14:22 | 06.11 | +0:34:12 | 0:15:14 / 248 0:49:09 / 244 |
| 246 | 230 | PATER Zbigniew | WROCLAW | POL | WKB PIAST WROCLAW | 40 | M70/6 M / 200 | 01:16:03 | 06.20 | +0:35:53 | 0:15:09 / 243 0:50:23 / 247 |
| 247 | 101 | JABŁOŃSKI Bartosz | WROCLAW | POL | ZMIELENI.PL | 88 | M20/53 M / 201 | 01:16:33 | 06.22 | +0:36:23 | 0:15:56 / 251 0:51:42 / 249 |
| 248 | 181 | ŁABUZ Ewa | WROCLAW | POL | WKB PIAST WROCLAW | 55 | K50/2 K / 47 | 01:18:24 | 06.32 | +0:38:14 | 0:15:13 / 247 0:50:14 / 246 |
| 249 | 178 | LEWANDOWSKA Agnieszka | KĄTY | POL | KB KĄTY WROCLAWSKIE | 69 | K40/10 K / 48 | 01:18:56 | 06.34 | +0:38:47 | 0:14:43 / 238 0:51:34 / 248 |
| 250 | 354 | WÓJCIK Małgorzata | WROCLAW | POL | NIEZRZESZONY | 76 | K30/21 K / 49 | 01:20:50 | 06.44 | +0:40:41 | 0:15:11 / 244 0:52:10 / 250 |
| 251 | 106 | JANKOWSKI Ryszard | WROCLAW | POL | WKB PIAST WROCLAW | 43 | M70/7 M / 202 | 01:22:40 | 06.53 | +0:42:31 | 0:15:24 / 250 0:53:21 / 251 |
| 252 | 161 | KSOK Krystyna | WROCLAW | POL | ŚCIEŻKI BIEGOWE | 58 | K50/3 K / 50 | 01:25:35 | 07.07 | +0:45:25 | 0:16:42 / 252 0:55:37 / 252 |
| 253 | 293 | STROJWAS Anna | WROCLAW | POL | PIAST | 57 | K50/4 K / 51 | 01:28:00 | 07.20 | +0:47:51 | 0:17:23 / 253 0:57:59 / 253 |
| 254 | 292 | STORY Wierczysław | WROCLAW | POL | POWOLNIAK | 60 | M50/25 M / 203 | 01:31:00 | 07.35 | +0:50:51 | 0:17:23 / 254 0:59:02 / 254 |
| 255 | 370 | URAMOWSKI Józef | WROCLAW | POL | WKB PIAST WROCLAW | 38 | M70/8 M / 204 | 01:34:53 | 07.54 | +0:54:44 | 0:17:38 / 255 1:02:02 / 255 |