

WYNIKI ZAWODÓW**CT****Organizator:** PRO PROGRESS Beata Lepka**Termin:** 10.03.2013**Miejsce:** Szklarska Poręba - Jakuszyce**Dystans:** 11,6 km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Pkt | [min/km] |
|----------------------------------|-----------|-------------------------|---------------------|-------------|---------------------|------------|-----------------------|-------|--------------|-----|----------|
| CT Kobiety KATEGORIA:K4+5 | | | | | | | | | | | |
| 1 | 13 | SZMEL Ewa | PIECHOWICE | | POL START SKI | 58 | K4+5/1 | (K)4 | 00:54:59 | 240 | 04.44 |
| 2 | 724 | HAHN Claudia | EBERSBACH-NEUGERSD | | GER SKICLUB KOTTMAR | 63 | K4+5/2 | (K)7 | 00:59:23 | 220 | 05.07 |
| 3 | 2 | SUDNIK Katarzyna | GDAŃSK | | POL | 72 | K4+5/3 | (K)10 | 01:04:59 | 210 | 05.36 |
| 4 | 11 | DAHRENDORF Dorota | SZKLARSKA POREBA | | POL | 67 | K4+5/4 | (K)11 | 01:07:33 | 197 | 05.49 |
| 5 | 765 | JAKOWICZ Agnieszka | OTWOCK | | POL | 72 | K4+5/5 | (K)13 | 01:10:29 | 196 | 06.04 |
| 6 | 649 | DOBROWOLSKA Bożena | JELENIA GÓRA | | POL | 52 | K4+5/6 | (K)16 | 01:16:18 | 195 | 06.34 |
| 7 | 1243 | BAGAZINSKA Magdalena | POZNAŃ | | POL START SKI | 67 | K4+5/7 | (K)17 | 01:17:13 | 194 | 06.39 |
| 8 | 757 | ZIĘBA Iwona | WROCLAW | | POL | 65 | K4+5/8 | (K)18 | 01:17:44 | 193 | 06.42 |
| 9 | 184 | LIPEK Elżbieta | JELENIA GÓRA | | POL | 57 | K4+5/9 | (K)19 | 01:17:45 | 192 | 06.42 |
| 10 | 798 | WIERCIOCH Iwona | LUBIN | | POL | 71 | K4+5/10 | (K)21 | 01:25:16 | 191 | 07.21 |
| 11 | 1247 | SZMYD Justyna | POZNAN | | POL START SKI | 68 | K4+5/11 | (K)23 | 01:40:21 | 190 | 08.39 |
| 12 | 1246 | OLIWA Jolanta | STRZELNO | | POL START SKI | 64 | K4+5/12 | (K)24 | 01:52:49 | 189 | 09.43 |

CT Kobiety KATEGORIA:K2+3

| | | | | | | | | | | | |
|----|------|----------------------------|--------------|--|-------------------------|----|---------|-------|----------|-----|-------|
| 1 | 754 | ROMANOWICZ Emilia | SUPRAŚL | | POL UKS PUSZCZA SUPRAŚL | 90 | K2+3/1 | (K)1 | 00:42:58 | 240 | 03.42 |
| 2 | 23 | PACOWSKA-BRUDŁO Aleksandra | WARSZAWA | | POL LEŚNICZÓWKA | 77 | K2+3/2 | (K)2 | 00:52:26 | 220 | 04.31 |
| 3 | 742 | SZOPIŃSKA Paulina | WROCLAW | | POL START SKI | 80 | K2+3/3 | (K)3 | 00:54:55 | 210 | 04.44 |
| 4 | 773 | JUDKA Monika | JELENIA GÓRA | | POL BRAK KLUBU | 81 | K2+3/4 | (K)5 | 00:55:57 | 197 | 04.49 |
| 5 | 776 | GOLAK Agnieszka | WYRZEKA | | POL | 76 | K2+3/5 | (K)6 | 00:58:38 | 196 | 05.03 |
| 6 | 764 | TRZASKOWSKA Aleksandra | WARSZAWA | | POL | 80 | K2+3/6 | (K)8 | 01:01:00 | 195 | 05.15 |
| 7 | 608 | ROMAŃCZUK Monika | JELENIA GÓRA | | POL | 83 | K2+3/7 | (K)9 | 01:04:42 | 194 | 05.34 |
| 8 | 644 | ROLSKA Alicja | WROCLAW | | POL NABIEGOWKACH.PL | 74 | K2+3/8 | (K)12 | 01:10:00 | 193 | 06.02 |
| 9 | 1007 | PILARSKA Magdalena | POZNAŃ | | POL STR POZNAŃ | 82 | K2+3/9 | (K)14 | 01:12:51 | 192 | 06.16 |
| 10 | 1006 | BOLECHOWSKA-KAROŃ Anna | GLIWICE | | POL START SKI | 75 | K2+3/10 | (K)15 | 01:14:28 | 191 | 06.25 |
| 11 | 1016 | GACIA Magdalena | WARSZAWA | | POL | 78 | K2+3/11 | (K)20 | 01:21:43 | 190 | 07.02 |
| 12 | 1010 | WIELGOSZ Anna | KATOWICE | | POL START SKI | 82 | K2+3/12 | (K)22 | 01:27:13 | 189 | 07.31 |

CT Mężczyźni KATEGORIA:M6

| | | | | | | | | | | | |
|----|------|---------------------|------------------|--|-----------------------------|----|-------|-------|----------|-----|-------|
| 1 | 194 | HOFFMANN Augustin | SEMILY | | CZE | 43 | M6/1 | (M)20 | 00:49:35 | 240 | 04.16 |
| 2 | 119 | BARTKOWIAK Edward | JELENIA GÓRA | | POL GRUNWALD POZNAŃ | 48 | M6/2 | (M)27 | 00:51:35 | 220 | 04.26 |
| 3 | 1379 | KOZŁOWICZ Edward | WAŁBRZYCH | | POL | 51 | M6/3 | (M)29 | 00:51:51 | 210 | 04.28 |
| 4 | 751 | GÓRNICKI Mirosław | JELENIA GÓRA | | POL LZS 'PROFI JELENIA GÓRA | 49 | M6/4 | (M)36 | 00:53:52 | 197 | 04.38 |
| 5 | 160 | MISIEWICZ Stanisław | WROCLAW | | POL SPORTIMA | 52 | M6/5 | (M)40 | 00:54:43 | 196 | 04.43 |
| 6 | 922 | KOPERNOK Marek | RYBNIK | | POL | 51 | M6/6 | (M)47 | 00:57:12 | 195 | 04.55 |
| 7 | 440 | PAWLIKOWSKI Józef | SZKLARSKA PORĘBA | | POL | 51 | M6/7 | (M)57 | 01:00:04 | 194 | 05.10 |
| 8 | 1214 | FILAK Jerzy | WROCLAW | | POL | 50 | M6/8 | (M)71 | 01:04:39 | 193 | 05.34 |
| 9 | 14 | MROZIŃSKI Stanisław | JELENIA GÓRA | | POL | 43 | M6/9 | (M)73 | 01:06:10 | 192 | 05.42 |
| 10 | 601 | RODZIEWICZ Ryszard | ŚWIDNICA | | POL | 50 | M6/10 | (M)82 | 01:08:40 | 191 | 05.55 |
| 11 | 1378 | ZAWADZKI Tadeusz | ŚWIEBODZICE | | POL | 48 | M6/11 | (M)90 | 01:12:39 | 190 | 06.15 |

CT Mężczyźni KATEGORIA:M5

| | | | | | | | | | | | |
|---|------|----------------------|--------------|--|-----------------------|----|------|-------|----------|-----|-------|
| 1 | 1248 | TOKARCZYK Marek | ŚWIDNICA | | POL START SKI TEAM | 62 | M5/1 | (M)6 | 00:42:20 | 240 | 03.39 |
| 2 | 902 | PLUTA Piotr | WAŁBRZYCH | | POL | 62 | M5/2 | (M)9 | 00:46:27 | 220 | 04.00 |
| 3 | 635 | ORTYŃSKI Witold | LUBIN | | POL KGHM | 58 | M5/3 | (M)12 | 00:47:05 | 210 | 04.03 |
| 4 | 30 | NIEBALSKI Przemysław | PIECHOWICE | | POL LECHIA PIECHOWICE | 59 | M5/4 | (M)17 | 00:48:12 | 197 | 04.09 |
| 5 | 16 | WŁOCHAL Mariusz | WAŁBRZYCH | | POL | 62 | M5/5 | (M)22 | 00:49:57 | 196 | 04.18 |
| 6 | 308 | LIPEK Zbigniew | JELENIA GÓRA | | POL | 56 | M5/6 | (M)38 | 00:54:09 | 195 | 04.40 |
| 7 | 200 | ŁĘCZYCKI Marek | JELENIA GÓRA | | POL BIEGOWKI.PL | 60 | M5/7 | (M)41 | 00:55:40 | 194 | 04.47 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Pkt | [min/km] |
|--------------|--------|-----------------------|------------------|----------|---------------------------------------|---------|------------------------|-----------|-----|----------|
| 8 | 556 | MARCINOWSKI Eugeniusz | BIELAWA | POL | DREAM BIKE BIELAWA | 56 | M5/8 (M)50 | 00:57:57 | 193 | 04.59 |
| 9 | 827 | JANIA Józef | NADOLICE WIELKIE | POL | | 57 | M5/9 (M)53 | 00:58:59 | 192 | 05.05 |
| 10 | 124 | FORTOŃSKI Henryk | WAŁBRZYCH | POL | | 57 | M5/10 (M)59 | 01:01:12 | 191 | 05.16 |
| 11 | 1 | MALINOWSKI Maciej | KONIN | POL | | 61 | M5/11 (M)67 | 01:03:13 | 190 | 05.27 |
| 12 | 551 | DOBROWOLSKI Robert | JELENIA GÓRA | POL | | 57 | M5/12 (M)72 | 01:05:00 | 189 | 05.36 |
| 13 | 323 | STRUGAŁA Ryszard | ŚWIDNICA ŚLĄSKA | POL | QBRYG | 58 | M5/13 (M)75 | 01:06:39 | 188 | 05.44 |
| 14 | 692 | KALETKA Stanisław | GRYFINO | POL | | 55 | M5/14 (M)81 | 01:08:17 | 187 | 05.53 |
| 15 | 1158 | ŚWIRNIAK Bernard | STRZEGOM | POL | AKS STRZEGOM | 55 | M5/15 (M)83 | 01:09:44 | 186 | 06.00 |
| 16 | 346 | STETTNER Andrzej | JELENIA GÓRA | POL | | 55 | M5/16 (M)92 | 01:15:36 | 185 | 06.31 |
| 17 | 823 | KOSTKA Krzysztof | WSCHOWA | POL | INDYWIDULOWHEDONISTYCZNE | 55 | M5/17 (M)94 | 01:16:05 | 184 | 06.33 |
| 18 | 317 | SUCHANEK Janusz | WROCLAW | POL | KSIĘGARZE | 59 | M5/18 (M)95 | 01:21:31 | 183 | 07.01 |
| 19 | 708 | DRAPIKOWSKI Marek | LEGNICA | POL | POLSKIE STOWARZYSZENIE NORDIC WALKING | 61 | M5/19 (M)97 | 01:22:48 | 182 | 07.08 |

CT Mężczyźni KATEGORIA:M4

| | | | | | | | | | | |
|----|------|---------------------|---------------------|-----|---------------------------------|----|--------------|----------|-----|-------|
| 1 | 4 | BIENIEK Tomasz | CIECHANOWICE | POL | | 64 | M4/1 (M)3 | 00:39:26 | 240 | 03.24 |
| 2 | 306 | KASPAR Jan | PRAHA | CZE | CYKLOFIT LIBEREC MTB TEAM | 71 | M4/2 (M)7 | 00:42:29 | 220 | 03.39 |
| 3 | 577 | ZAWÓŁ Stanisław | SZKLARSKA PORĘBA | POL | | 66 | M4/3 (M)10 | 00:46:54 | 210 | 04.02 |
| 4 | 795 | GLUSZAK Karol | SZKLARSKA PORĘBA | POL | | 63 | M4/4 (M)11 | 00:46:56 | 197 | 04.02 |
| 5 | 824 | WAWRZYŃIAK Bogusław | OSTRÓW- GORZYCE | POL | WIELOBOISTA OSTRÓW WIELKOPOLSKI | 65 | M4/5 (M)21 | 00:49:41 | 196 | 04.17 |
| 6 | 131 | HACZYK Jarosław | OPOLE | POL | BIEG OPOLSKI | 68 | M4/6 (M)23 | 00:50:04 | 195 | 04.19 |
| 7 | 782 | KOZŁOWSKI Wojciech | ZIELONA GÓRA | POL | SUDETY MTB CHALLENGE | 68 | M4/7 (M)28 | 00:51:49 | 194 | 04.28 |
| 8 | 343 | LEPKA Piotr | SZKLARSKA PORĘBA | POL | | 65 | M4/8 (M)34 | 00:53:32 | 193 | 04.36 |
| 9 | 819 | ZAJĄC Grzegorz | WAŁBRZYCH | POL | | 69 | M4/9 (M)39 | 00:54:31 | 192 | 04.42 |
| 10 | 554 | BEZULSKI Michał | GORZÓW WLKP. | POL | CT CADET | 71 | M4/10 (M)42 | 00:55:45 | 191 | 04.48 |
| 11 | 794 | GOLIS Jerzy | IWINY | POL | NIEZRZESZONY | 67 | M4/11 (M)45 | 00:56:48 | 190 | 04.53 |
| 12 | 27 | KASZUBSKI Artur | WAŁBRZYCH | POL | | 70 | M4/12 (M)46 | 00:57:09 | 189 | 04.55 |
| 13 | 101 | STETTNER Władysław | LEŚNA | POL | | 63 | M4/13 (M)48 | 00:57:14 | 188 | 04.56 |
| 14 | 113 | OCHMAŃSKI Piotr | GDAŃSK | POL | | 68 | M4/14 (M)58 | 01:00:26 | 187 | 05.12 |
| 15 | 568 | WALACIK Krzysztof | LUBIN | POL | KGHM | 72 | M4/15 (M)60 | 01:01:31 | 186 | 05.18 |
| 16 | 803 | SALAMONOWICZ Jan | ZGORZELEC | POL | | 65 | M4/16 (M)62 | 01:02:05 | 185 | 05.21 |
| 17 | 1161 | OGÓREK Jacek | JELENIA GÓRA | POL | | 71 | M4/17 (M)63 | 01:02:14 | 184 | 05.21 |
| 18 | 741 | PLUCIŃSKI Dariusz | KOŁOBRZEG | POL | | 70 | M4/18 (M)65 | 01:02:55 | 183 | 05.25 |
| 19 | 122 | SOLIWODA Dariusz | POLKOWICE | POL | KGHM | 66 | M4/19 (M)70 | 01:04:29 | 182 | 05.33 |
| 20 | 1166 | STANIEWICZ Witold | POZNAŃ | POL | GLAS-TECH | 67 | M4/20 (M)78 | 01:07:25 | 181 | 05.48 |
| 21 | 781 | DYMANOWSKI Olgierd | ZDZIESZOWICE | POL | | 66 | M4/21 (M)79 | 01:07:50 | 180 | 05.50 |
| 22 | 1235 | SZMYD Mariusz | POZNAŃ | POL | START SKI | 66 | M4/22 (M)88 | 01:11:21 | 179 | 06.09 |
| 23 | 575 | MICIAK Krzysztof | ŻERNIKI WROCLAWSKIE | POL | | 67 | M4/23 (M)93 | 01:15:55 | 178 | 06.32 |
| 24 | 318 | STETTNER Józef | MIRSK | POL | | 66 | M4/24 (M)98 | 01:24:30 | 177 | 07.17 |
| 25 | 1234 | GRZEGOREK Krzysztof | POZNAŃ | POL | STARTSKI | 65 | M4/25 (M)99 | 01:24:38 | 176 | 07.17 |
| 26 | 1160 | KLUCZYŃSKI Tomasz | MIRKÓW | POL | NABIEGOWKACH.PL | 65 | M4/26 (M)101 | 01:32:05 | 175 | 07.56 |

CT Mężczyźni KATEGORIA:M3

| | | | | | | | | | | |
|----|------|-----------------------|---------------|-----|--|----|-------------|----------|-----|-------|
| 1 | 116 | MROZIŃSKI Jakub | JELENIA GÓRA | POL | START SKI | 75 | M3/1 (M)1 | 00:38:59 | 240 | 03.21 |
| 2 | 645 | SMYKOWSKI Wojciech | SOSNÓWKA | POL | | 82 | M3/2 (M)2 | 00:39:25 | 220 | 03.23 |
| 3 | 914 | BRONOWICKI Lukasz | JELENIA GÓRA | POL | KLIMATYZACJE JELENIA GORA KLIMATE CONTRO | 82 | M3/3 (M)4 | 00:41:09 | 210 | 03.32 |
| 4 | 134 | CHUDZIKIEWICZ Tomasz | WOJCIESZÓW | POL | START SKI | 76 | M3/4 (M)5 | 00:42:11 | 197 | 03.38 |
| 5 | 626 | AUGUSTYŃIAK Krzysztof | POLKOWICE | POL | MKS PLETVAL POLKOWICE - TRIATHLON | 81 | M3/5 (M)8 | 00:46:17 | 196 | 03.59 |
| 6 | 777 | KOTLARZ Paweł | WARSZAWA | POL | | 77 | M3/6 (M)15 | 00:47:59 | 195 | 04.08 |
| 7 | 604 | RACINIEWSKI Sebastian | WAŁBRZYCH | POL | GÓRNIK NOWE MIASTO WAŁBRZYCH | 77 | M3/7 (M)16 | 00:48:09 | 194 | 04.09 |
| 8 | 1195 | FRITZ Jaroslav | NA RADOUCI | CZE | | 77 | M3/8 (M)18 | 00:48:54 | 193 | 04.12 |
| 9 | 583 | ZDZIECHOWSKI Paweł | ŚREM, DĄBROWA | POL | | 73 | M3/9 (M)25 | 00:50:47 | 192 | 04.22 |
| 10 | 34 | WOŹNIAK Grzegorz | JELENIA GÓRA | POL | VERGE TEAM PODGÓRZYN | 78 | M3/10 (M)26 | 00:51:06 | 191 | 04.24 |
| 11 | 120 | ROLSKI Michał | WROCLAW | POL | NABIEGOWKACH.PL | 74 | M3/11 (M)30 | 00:52:30 | 190 | 04.31 |
| 12 | 700 | KIPIŃSKI Lech | WROCLAW | POL | BIEG LEKARZY | 80 | M3/12 (M)31 | 00:52:42 | 189 | 04.32 |
| 13 | 698 | DOBIAS David | SESTAJOVICE | CZE | COMPUTER SYSTEM PRAHA | 77 | M3/13 (M)32 | 00:52:45 | 188 | 04.32 |
| 14 | 818 | MALESZKA Wojciech | WROCLAW | POL | | 80 | M3/14 (M)33 | 00:53:28 | 187 | 04.36 |
| 15 | 7 | SKUBA Robert | WROCLAW | POL | | 80 | M3/15 (M)35 | 00:53:40 | 186 | 04.37 |
| 16 | 328 | HUCAŁ Tomasz | TOMASZOWO | POL | | 76 | M3/16 (M)37 | 00:54:07 | 185 | 04.39 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Pkt | [min/km] |
|--------------|--------|----------------------|------------------|----------|---------------------|---------|------------------------|-----------|-----|----------|
| 17 | 784 | ŁYŚ Michał | WŁODAWA | POL | TIETO WROCLAW | 78 | M3/17 (M)43 | 00:56:18 | 184 | 04.51 |
| 18 | 820 | FIBIGER Tomasz | POZNAŃ | POL | BUDOWLAŃCY | 80 | M3/18 (M)49 | 00:57:19 | 183 | 04.56 |
| 19 | 821 | BUJAK Piotr | JELEŃ GÓRA | POL | | 73 | M3/19 (M)51 | 00:58:40 | 182 | 05.03 |
| 20 | 1185 | BARAN Piotr | KOSTRZYCA | POL | KKON | 78 | M3/20 (M)54 | 00:59:49 | 181 | 05.09 |
| 21 | 424 | OPALIŃSKI Łukasz | WROCLAW | POL | | 75 | M3/21 (M)55 | 00:59:56 | 180 | 05.10 |
| 22 | 613 | GODLEWSKI Bogdan | SOBIN | POL | DRUŻYNA SZPIKU KGHM | 74 | M3/22 (M)56 | 01:00:02 | 179 | 05.10 |
| 23 | 187 | JERKA Marek | LEGNICA | POL | | 78 | M3/23 (M)61 | 01:01:39 | 178 | 05.18 |
| 24 | 844 | RATAJAK Tomasz | LUBOŃ | POL | | 75 | M3/24 (M)64 | 01:02:27 | 177 | 05.23 |
| 25 | 828 | OLAS Ryszard | SZKLARSKA PORĘBA | POL | | 80 | M3/25 (M)69 | 01:04:19 | 176 | 05.32 |
| 26 | 1233 | RUTKOWSKI Marek | WITKÓW | POL | RUTKOWSKI TEAM | 76 | M3/26 (M)76 | 01:06:51 | 175 | 05.45 |
| 27 | 1156 | MICHALIK Tomasz | WROCLAW | POL | | 74 | M3/27 (M)77 | 01:06:55 | 174 | 05.46 |
| 28 | 838 | KASZYŃSKI Maciej | WROCLAW | POL | START SKI | 75 | M3/28 (M)80 | 01:07:59 | 173 | 05.51 |
| 29 | 563 | KUTKIEWICZ Bartosz | SIECHNICE | POL | | 82 | M3/29 (M)84 | 01:09:46 | 172 | 06.00 |
| 30 | 1232 | HOLDYS Grzegorz | WROCLAW | POL | START SKI | 81 | M3/30 (M)85 | 01:10:20 | 171 | 06.03 |
| 31 | 1226 | SMOGULECKI Daniel | SZKLARSKA PORĘBA | POL | | 75 | M3/31 (M)86 | 01:10:32 | 170 | 06.04 |
| 32 | 1018 | KAROŃ Tomasz | GLIWICE | POL | START SKI | 76 | M3/32 (M)87 | 01:10:56 | 169 | 06.06 |
| 33 | 799 | WIERCIOCH Sławomir | LUBIN | POL | | 73 | M3/33 (M)89 | 01:11:26 | 168 | 06.09 |
| 34 | 1162 | MARCZAK Michał | BLOK DOBRYSZYCE | POL | RADOMSKO-SĄD | 76 | M3/34 (M)96 | 01:22:20 | 167 | 07.05 |
| 35 | 1159 | WIELGOSZ Dominik | KATOWICE | POL | START SKI | 81 | M3/35 (M)100 | 01:26:57 | 166 | 07.29 |
| 36 | 140 | GAJOWSKI Maciej | KAMIENNA GÓRA | POL | BIEGOWKI.PL | 78 | M3/36 (M)103 | 01:52:04 | 165 | 09.39 |

CT Mężczyźni KATEGORIA:M2

| | | | | | | | | | | |
|---|------|---------------------|--------------------|-----|-------------------------------|----|------------|----------|-----|-------|
| 1 | 830 | HAHN Bernd | EBERSBACH-NEUGERSD | GER | SKICLUB KOTTMAR | 88 | M2/1 (M)19 | 00:49:20 | 240 | 04.15 |
| 2 | 1033 | OLIWA Daniel | SZKLARSKA PORĘBA | POL | MITSUBISHI MATERIALS MTB TEAM | 91 | M2/2 (M)44 | 00:56:25 | 220 | 04.51 |
| 3 | 810 | RACZYŃSKI Konrad | POZNAŃ | POL | KW-04 POZNAŃ | 92 | M2/3 (M)52 | 00:58:54 | 210 | 05.04 |
| 4 | 1188 | PAWŁOWSKI Krzysztof | WROCLAW | POL | START SKI | 83 | M2/4 (M)91 | 01:15:02 | 197 | 06.28 |

CT Mężczyźni KATEGORIA:M1

| | | | | | | | | | | |
|---|------|---------------------|---------------------|-----|---------------------------------|----|-------------|----------|-----|-------|
| 1 | 728 | HAHN Dominik | EBERSBACH-NEUGERSD | GER | SKICLUB KOTTMAR | 95 | M1/1 (M)13 | 00:47:14 | 240 | 04.04 |
| 2 | 825 | GLÓWCZAK Szymon | OSTRÓW WIELKOPOLSKI | POL | WIELOBOISTA OSTRÓW WIELKOPOLSKI | 94 | M1/2 (M)14 | 00:47:22 | 220 | 04.05 |
| 3 | 49 | MIESZAŁA Jakub | JELEŃ GÓRA | POL | MKS KARKONOSZE | 94 | M1/3 (M)24 | 00:50:19 | 210 | 04.20 |
| 4 | 106 | SZEREMETA Szymon | LWÓWEK ŚLĄSKI | POL | NOW | 93 | M1/4 (M)66 | 01:03:06 | 197 | 05.26 |
| 5 | 807 | NOWAK Daniel | WROCLAW | POL | START SKI | 00 | M1/5 (M)68 | 01:03:33 | 196 | 05.28 |
| 6 | 624 | ZDZIECHOWSKI Maciej | ŚREM, DĄBROWA | POL | | 00 | M1/6 (M)74 | 01:06:21 | 195 | 05.43 |
| 7 | 1034 | GAJOWSKI Hubert | KOWARY | POL | BIEGOWKI.PL | 05 | M1/7 (M)102 | 01:52:04 | 194 | 09.39 |

FT Kobiety KATEGORIA:K234

| | | | | | | | | | | |
|----|------|------------------------------|----------------|-----|----------------------|----|---------------|----------|-----|-------|
| 1 | 1375 | CYL Agnieszka | JELEŃ GÓRA | POL | MKS KARKONOSZE | 84 | K234/1 (K)1 | 00:36:56 | 240 | 03.11 |
| 2 | 521 | GRZYBEK Joanna | JELEŃ GÓRA | POL | | 82 | K234/2 (K)2 | 00:44:18 | 220 | 03.49 |
| 3 | 851 | DANIŁO Izabela | JELEŃ GÓRA | POL | SMS SZKLARSKA PORĘBA | 74 | K234/3 (K)3 | 00:47:32 | 210 | 04.05 |
| 4 | 665 | UZNAŃSKA WANŻEWICZ Agnieszka | DUSZNIKI ZDRÓJ | POL | | 79 | K234/4 (K)4 | 00:47:33 | 197 | 04.05 |
| 5 | 51 | BADACZ Joanna | PIECHOWICE | POL | SMS SZKLARSKA PORĘBA | 75 | K234/5 (K)5 | 00:50:08 | 196 | 04.19 |
| 6 | 550 | BEZULSKA Anna | GORZÓW WLKP. | POL | CT CADET | 78 | K234/6 (K)6 | 00:55:05 | 195 | 04.44 |
| 7 | 688 | BUDZIŃSKA Karolina | WROCLAW | POL | | 84 | K234/7 (K)7 | 00:55:22 | 194 | 04.46 |
| 8 | 1377 | BARTOSIEWICZ Magda | KRUSZYNA | POL | SALOMON SUUNTO | 80 | K234/8 (K)8 | 00:56:04 | 193 | 04.50 |
| 9 | 78 | MICHAJLUK Jolanta | POLKOWICE | POL | POLKOWICE | 69 | K234/9 (K)9 | 00:57:26 | 192 | 04.57 |
| 10 | 210 | GOLASIŃSKA Jolanta | WŁOCLAWEK | POL | | 71 | K234/10 (K)10 | 00:57:29 | 191 | 04.57 |
| 11 | 1376 | ZACZYŃSKA Anna | LEGNICA | POL | START SKI TEAM | 79 | K234/11 (K)11 | 01:17:07 | 190 | 06.38 |

FT Mężczyźni KATEGORIA:M6

| | | | | | | | | | | |
|---|-----|-----------------------|------------|-----|----------|----|------------|----------|-----|-------|
| 1 | 667 | NADVED Miroslav | PRAGA | POL | | 50 | M6/1 (M)11 | 00:42:43 | 240 | 03.40 |
| 2 | 893 | MACIUKIEWICZ Wojciech | WROCLAW | POL | SPORTIMA | 52 | M6/2 (M)31 | 00:50:41 | 220 | 04.22 |
| 3 | 380 | KOPYT Jan | KONSTANCIN | POL | | 46 | M6/3 (M)32 | 00:50:43 | 210 | 04.22 |

FT Mężczyźni KATEGORIA:M5

| | | | | | | | | | | |
|---|------|---------------------|------------|-----|------------------------------------|----|------------|----------|-----|-------|
| 1 | 488 | ZOLMAN Petr | SMRŽOVKA | CZE | PATRIA DIRECT OPEN TEAM | 60 | M5/1 (M)15 | 00:43:36 | 240 | 03.45 |
| 2 | 351 | NECHANICKY Radim | HARRACHOV | POL | | 55 | M5/2 (M)17 | 00:44:14 | 220 | 03.48 |
| 3 | 291 | WERDA Stanisław | JELEŃ GÓRA | POL | | 57 | M5/3 (M)21 | 00:45:04 | 210 | 03.53 |
| 4 | 66 | URBANOWSKI Grzegorz | WROCLAW | POL | WOJSKOWY ZESPÓŁ SPORTOWY - WROCLAW | 59 | M5/4 (M)29 | 00:48:14 | 197 | 04.09 |
| 5 | 1085 | LASZCZYK Józef | RAJCZA | POL | UKS RYCERKA GÓRNA | 53 | M5/5 (M)36 | 00:53:21 | 196 | 04.35 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Pkt | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|-----|----------|
| 6 | 371 | JASIŃSKI Bogusław | KARPACZ | POL | | 53 | M5/6 (M)37 | 00:55:50 | 195 | 04.48 |
| 7 | 693 | BABSKI Roman | JELEŃ GÓRA | POL | | 53 | M5/7 (M)40 | 00:56:28 | 194 | 04.52 |
| 8 | 654 | MARCZAK Jan | CZARNY BÓR | POL | | 61 | M5/8 (M)41 | 00:57:19 | 193 | 04.56 |
| 9 | 267 | NOWIŃSKI Jan | TRZEBNICA | POL | | 61 | M5/9 (M)44 | 01:01:14 | 192 | 05.16 |

FT Mężczyźni KATEGORIA:M4

| | | | | | | | | | | |
|---|------|-------------------------|----------------|-----|---------------------------------|----|------------|----------|-----|-------|
| 1 | 491 | PETR Pavel | LAZNE BELOHRAD | MNE | | 69 | M4/1 (M)1 | 00:36:46 | 240 | 03.10 |
| 2 | 1383 | KORYCIŃSKI Rafał | GDAŃSK | POL | CARTUSIA KARTUZY | 71 | M4/2 (M)3 | 00:37:51 | 220 | 03.15 |
| 3 | 522 | MAZUREK Artur | CZARNY BÓR | POL | NSZZ POLICJANTÓW WAŁBRZYCH | 70 | M4/3 (M)14 | 00:43:20 | 210 | 03.44 |
| 4 | 222 | MICHALAK Robert | POZNAŃ | POL | BIEGOWKI.PL | 66 | M4/4 (M)18 | 00:44:21 | 197 | 03.49 |
| 5 | 77 | MICHAJLUK Stanisław | POLKOWICE | POL | POLKOWICE | 69 | M4/5 (M)20 | 00:44:44 | 196 | 03.51 |
| 6 | 515 | WOJTAS Grzegorz | CZARNY BÓR | POL | | 65 | M4/6 (M)25 | 00:46:27 | 195 | 04.00 |
| 7 | 482 | STRZAŁKOWSKI Artur | PIECHOWICE | POL | MARACANA PIECHOWICE | 71 | M4/7 (M)30 | 00:50:00 | 194 | 04.18 |
| 8 | 880 | KORZENIOWSKI Aleksander | ŁÓDŹ | POL | NABIEGOWKACH.PL | 72 | M4/8 (M)34 | 00:50:44 | 193 | 04.22 |
| 9 | 237 | NADACHOWSKI Marek | ZACHARZEW | POL | WIELOBOISTA OSTRÓW WIELKOPOLSKI | 72 | M4/9 (M)38 | 00:55:51 | 192 | 04.48 |

FT Mężczyźni KATEGORIA:M3

| | | | | | | | | | | |
|----|------|-------------------|------------------|-----|-------------|----|-------------|----------|-----|-------|
| 1 | 217 | MASEK Jan | PRAHA 4 | CZE | SIX MONKEYS | 78 | M3/1 (M)2 | 00:37:23 | 240 | 03.13 |
| 2 | 201 | GALIK Zbigniew | SZKLARSKA PORĘBA | POL | START SKI | 73 | M3/2 (M)4 | 00:38:17 | 220 | 03.18 |
| 3 | 258 | HOFFMANN Martin | SMRZOVKA | CZE | | 73 | M3/3 (M)5 | 00:38:25 | 210 | 03.18 |
| 4 | 655 | SIMEK Pavel | TRUTNOV | CZE | RESTTU.CZ | 80 | M3/4 (M)7 | 00:40:05 | 197 | 03.27 |
| 5 | 460 | FILIP Daniel | CZARNY BÓR | POL | CZARNY BÓR | 77 | M3/5 (M)8 | 00:40:50 | 196 | 03.31 |
| 6 | 278 | CERNY Vit | PRAGUE | CZE | KPO | 80 | M3/6 (M)9 | 00:41:11 | 195 | 03.33 |
| 7 | 1380 | PODKAŃSKI Bartosz | JELEŃ GÓRA | POL | | 81 | M3/7 (M)10 | 00:41:31 | 194 | 03.34 |
| 8 | 1352 | VALO Karel | PRAGA | POL | | 78 | M3/8 (M)16 | 00:44:09 | 193 | 03.48 |
| 9 | 883 | BADACZ Przemysław | PIECHOWICE | POL | | 78 | M3/9 (M)19 | 00:44:43 | 192 | 03.51 |
| 10 | 892 | BUCHLA Marcin | WROCLAW | POL | | 74 | M3/10 (M)35 | 00:52:20 | 191 | 04.30 |

FT Mężczyźni KATEGORIA:M2

| | | | | | | | | | | |
|---|------|--------------------|---------------------|-----|--------------------------|----|------------|----------|-----|-------|
| 1 | 296 | MALIK Tomasz | PONIKLA | CZE | SSC ZELEZNY BROD | 84 | M2/1 (M)6 | 00:38:41 | 240 | 03.20 |
| 2 | 1381 | BEZDĚK Pavel | RTYNĚ V PODKRKONOŠÍ | CZE | REDPOINT TOKO CZECH TEAM | 86 | M2/2 (M)12 | 00:43:02 | 220 | 03.42 |
| 3 | 501 | KOTAS Piotr | CZARNY BÓR | POL | AZS AWF WROCLAW | 87 | M2/3 (M)22 | 00:45:51 | 210 | 03.57 |
| 4 | 530 | MARCZAK Marek | CZARNY BOR | POL | | 85 | M2/4 (M)23 | 00:46:26 | 197 | 04.00 |
| 5 | 870 | LEJA Mariusz | LESZCZYŃCIEC | POL | AZS WROCLAW | 87 | M2/5 (M)24 | 00:46:26 | 196 | 04.00 |
| 6 | 686 | BUDZIŃSKI Paweł | WROCLAW | POL | | 87 | M2/6 (M)26 | 00:47:06 | 195 | 04.03 |
| 7 | 656 | SZAJT Jakub | GŁOGÓW | POL | AZS UWR | 87 | M2/7 (M)28 | 00:48:10 | 194 | 04.09 |
| 8 | 1353 | JASKÓŁOWSKI Damian | KRAKÓW | POL | | 84 | M2/8 (M)43 | 01:00:47 | 193 | 05.14 |

FT Mężczyźni KATEGORIA:M1

| | | | | | | | | | | |
|---|------|-------------------|------------|-----|---------------------------------|----|------------|----------|-----|-------|
| 1 | 1382 | OKRAJ Marcin | ŁAPALICE | POL | GKS CARTUSIA | 95 | M1/1 (M)13 | 00:43:11 | 240 | 03.43 |
| 2 | 856 | MARCZAK Damian | CZARNY BÓR | POL | | 98 | M1/2 (M)27 | 00:47:43 | 220 | 04.06 |
| 3 | 1321 | ŁASKI Mateusz | BIELAWA | POL | MUFLON BIELAWA | 93 | M1/3 (M)33 | 00:50:44 | 210 | 04.22 |
| 4 | 1351 | RUTKOWSKI Piotr | WITKÓW | POL | | 96 | M1/4 (M)39 | 00:56:11 | 197 | 04.50 |
| 5 | 215 | NADACHOWSKI Artur | ZACHARZEW | POL | WIELOBOISTA OSTRÓW WIELKOPOLSKI | 00 | M1/5 (M)42 | 00:59:23 | 196 | 05.07 |