

**XXXI BARBÓRKOWY BIEG O LAMPKĘ GÓRNICZĄ - 16.10.2016, LUBIN
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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | MscKat | Kateg | 1-między | 2-między | Bruto | Netto | Km/h |
|-----|------|-----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 1 | 1228 | MWANGI JOEL MAINA | (KEN)BENEDEK-TEAM,EL | 1985 | 1e | M<40 | 13:08 | 20:32 | 29:45 | 29:45 | 20,168 |
| 2 | 1244 | TOO SILAS KIPRONO | (KEN)BENEDEK-TEAM,EL | 1988 | 2e | M<40 | 13:20 | 20:42 | 29:55 | 29:55 | 20,056 |
| 3 | 1007 | IUKHYMCHUK MYKOLA | (UA)ACHILES LESZNO,M | 1985 | 3e | M<40 | 13:10 | 20:40 | 30:06 | 30:04 | 19,956 |
| 4 | 1733 | PRAMAV VLADISLAV | (BY)ACHILES LESZNO,L | 1982 | 4e | M<40 | 13:16 | 20:49 | 30:19 | 30:19 | 19,791 |
| 5 | 1482 | DEMCHYZYAK MATEUSZ | WKS "SLASK",JAWORZYN | 1986 | 5e | M<40 | 13:34 | 21:08 | 30:25 | 30:23 | 19,748 |
| 6 | 1216 | KIBIRE MOSES KIPRUTO | (KEN)BENEDEK-TEAM,EL | 1981 | 6e | M<40 | 13:27 | 21:01 | 30:38 | 30:37 | 19,597 |
| 7 | 1601 | MUSIYAKO IVAN | (UA)ACHILES LESZNO,L | 1985 | 7e | M<40 | 13:41 | 21:22 | 30:57 | 30:57 | 19,386 |
| 8 | 1773 | PIEKIELNY NORBERT | ORZESZKOW | 1996 | 8e | M<40 | 14:04 | 21:48 | 31:16 | 31:14 | 19,210 |
| 9 | 839 | SZYMANOWSKI KRZYSZTOF | REHABILITACJAHETMAN. | 1993 | 9e | M<40 | 14:21 | 21:58 | 31:34 | 31:32 | 19,027 |
| 10 | 633 | BELGRAU SZYMON | WWW.REHABALANCE.PL,M | 1994 | 10e | M<40 | 14:20 | 21:59 | 31:39 | 31:39 | 18,957 |
| 11 | 834 | MARYSIK ADAM | ASTRA NOWA SÓL ,KOZU | 1988 | 11e | M<40 | 14:08 | 22:04 | 32:31 | 32:31 | 18,452 |
| 12 | 746 | HULEWICZ MICHAL | WIERZBICKI RUNNING T | 1988 | 12e | M<40 | 14:50 | 22:59 | 33:07 | 33:05 | 18,136 |
| 13 | 1099 | DAWIDZIUK MACIEJ | OLAWS ZLOTORYJA,ZLOT | 1979 | 13e | M<40 | 14:59 | 23:26 | 33:47 | 33:45 | 17,778 |
| 14 | 1644 | BIGUS PAWEŁ | GOSCIESZOWICE | 1992 | 14e | M<40 | 15:04 | 23:42 | 34:07 | 34:06 | 17,595 |
| 15 | 2 | DRACZYŃSKI ADAM | NOWOSOLSKA GRUPA BIE | 1976 | 1e | M40 | 15:44 | 24:14 | 34:30 | 34:29 | 17,400 |
| 16 | 3 | ŁAWICKI PIOTR | LUBIN | 1995 | 15e | M<40 | 14:56 | 23:58 | 34:41 | 34:41 | 17,299 |
| 17 | 1625 | MIKOŁAJCZAK PIOTR | SZYMANOWSKI TEAM,KOS | 1996 | 16e | M<40 | 15:44 | 24:16 | 34:45 | 34:43 | 17,283 |
| 18 | 1528 | KALATA MICHAŁ | SWIETOSZÓW | 1989 | 17e | M<40 | 15:35 | 24:16 | 34:46 | 34:42 | 17,291 |
| 19 | 1423 | LUBAŚ TOMASZ | MLKS SOKÓL LUBIN,LUB | 1994 | 18e | M<40 | 15:28 | 24:06 | 34:50 | 34:48 | 17,241 |
| 20 | 1474 | PERDION PAWEŁ | WROCLAW | 1979 | 19e | M<40 | 15:44 | 24:16 | 34:53 | 34:51 | 17,217 |
| 21 | 4 | BELGRAU TOBIASZ | MLKS SOKÓL LUBIN,LUB | 1997 | 20e | M<40 | 15:35 | 24:19 | 34:57 | 34:57 | 17,167 |
| 22 | 1198 | WINNICZUK KAROL | ZG RUDNA,WILKÓW | 1983 | 21e | M<40 | 15:45 | 24:17 | 35:15 | 35:14 | 17,029 |
| 23 | 1156 | STERNIK FABIAN | HM GŁOGÓW, BYTOM | 1992 | 22e | M<40 | 15:45 | 24:17 | 35:26 | 35:26 | 16,933 |
| 24 | 498 | TOKARCZYK MARIUSZ | LEW LEGNICA,LEGNICA | 1973 | 2e | M40 | 16:11 | 25:07 | 35:40 | 35:39 | 16,830 |
| 25 | 1951 | GUŁAJ ARTUR | | 1977 | 23e | M<40 | 16:18 | 25:08 | 35:45 | 35:37 | 16,846 |
| 26 | 781 | SARZYŃSKI PATRYK | VOLKSWAGEN MOTOR POL | 1993 | 24e | M<40 | 16:17 | 25:07 | 35:59 | 35:58 | 16,682 |
| 27 | 1772 | DALEKI WIESŁAW | NOWY WIDZIM | 1976 | 3e | M40 | 16:11 | 25:07 | 36:02 | 36:00 | 16,667 |
| 28 | 55 | OZGA WALDEMAR | PEBEKA LUBIN,POLKOWI | 1976 | 4e | M40 | 16:19 | 25:08 | 36:06 | 36:05 | 16,628 |
| 29 | 1632 | WALKOWIAK ROBERT | ZG RUDNA,MODŁA | 1979 | 25e | M<40 | 16:11 | 25:08 | 36:10 | 36:09 | 16,598 |
| 30 | 1428 | RYDZ ANDRZEJ | KB TKKF JAWOR,JAWOR | 1965 | 1e | M50 | 16:11 | 25:07 | 36:13 | 36:11 | 16,582 |
| 31 | 199 | JANKOWSKI GRZEGORZ | POLKOWICE-SIEROSZOWI | 1972 | 5e | M40 | 16:11 | 25:08 | 36:27 | 36:25 | 16,476 |
| 32 | 1636 | FIRLET DANIEL | HOSNET,BOGATYNIA | 1975 | 6e | M40 | 16:29 | 25:27 | 36:31 | 36:28 | 16,453 |
| 33 | 932 | RUDNIK TOMASZ | PGE KWB TURÓW,ZGORZE | 1973 | 7e | M40 | 16:20 | 25:27 | 36:37 | 36:36 | 16,393 |
| 34 | 1559 | JAŻŁO PRZEMYSŁAW | BIEGAM BO LUBIE GLOG | 1985 | 26e | M<40 | 16:21 | 25:26 | 36:41 | 36:39 | 16,371 |
| 35 | 1506 | JARECKI IRENEUSZ | LZS TRZEBNICA,TRZEBN | 1970 | 8e | M40 | 16:41 | 25:44 | 36:43 | 36:40 | 16,364 |
| 36 | 1657 | SZLENDAK ARKADIUSZ | ZG LUBIN START SCINA | 1990 | 27e | M<40 | 16:43 | 25:43 | 36:48 | 36:43 | 16,341 |
| 37 | 691 | SÓCHA DARIUSZ | POLKOWICE SIEROSZOWI | 1972 | 9e | M40 | 16:39 | 25:43 | 36:51 | 36:44 | 16,334 |
| 38 | 1348 | MAZURKIEWICZ DAREK | ENERVIT TEAM,SMOLEC | 1978 | 28e | M<40 | 16:22 | 25:29 | 36:52 | 36:48 | 16,304 |
| 39 | 693 | SZTURO JAN | PODGÓRZYN-GMINA PRZY | 1967 | 10e | M40 | 16:40 | 25:42 | 36:53 | 36:48 | 16,304 |
| 40 | 917 | GRAF RADOMIR | MARATON LESZNO,LESZN | 1977 | 29e | M<40 | 16:48 | 25:51 | 37:09 | 36:53 | 16,268 |
| 41 | 1710 | BOGDAŁ PAWEŁ | ULKS BYSTRZYCA KLODZ | 1976 | 11e | M40 | 16:36 | 25:46 | 37:11 | 37:09 | 16,151 |
| 42 | 238 | GRAD ŁUKASZ | KB LEW LEGNICA,LEGNI | 1983 | 30e | M<40 | 16:45 | 25:49 | 37:12 | 37:09 | 16,151 |
| 43 | 1104 | KURIATA ROBERT | ZLB ZLOTORYJA,ZLOTOR | 1966 | 2e | M50 | 16:43 | 25:51 | 37:15 | 37:08 | 16,158 |
| 44 | 819 | STACHURA DAMIAN | PEBEKA GÓRNIK LUBIN, | 1985 | 31e | M<40 | 16:38 | 25:57 | 37:18 | 37:00 | 16,216 |
| 45 | 1455 | PLEWKO JAKUB | ZG RUDNA,GLOGÓW | 1983 | 32e | M<40 | 16:23 | 25:42 | 37:25 | 37:22 | 16,057 |
| 46 | 707 | KOCENDA WOJCIECH | ZDZIESZOWICE | 1985 | 33e | M<40 | 16:35 | 25:56 | 37:27 | 37:26 | 16,028 |
| 47 | 67 | SKÓRKA ADAM | OLAWS ZLOTORYJA,ZLOT | 1974 | 12e | M40 | 16:32 | 25:48 | 37:36 | 37:28 | 16,014 |
| 48 | 30 | KOMENDACKI DOMINIK | MTS DRUZYNA SZPIKU K | 1978 | 34e | M<40 | 16:33 | 25:57 | 37:38 | 37:37 | 15,950 |
| 49 | 1761 | SKOWROŃSKI KRZYSZTOF | ZG RUDNA | 1975 | 13e | M40 | 16:41 | 25:58 | 37:41 | 37:35 | 15,965 |
| 50 | 838 | ROZMUS MATEUSZ | DELEGATURA GLOGÓW,SE | 1994 | 35e | M<40 | 16:55 | 26:11 | 37:45 | 37:40 | 15,929 |

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|-----|------|----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 51 | 1060 | OCZKOWSKI BARTOSZ | KLUB KOKOSA,ZIELONA | 1980 | 36e | M<40 | 16:55 | 26:12 | 37:50 | 37:40 | 15,929 |
| 52 | 88 | ŚWIERCZ SZYMON | HMG,GLOGÓW | 1989 | 37e | M<40 | 17:18 | 26:44 | 38:00 | 37:49 | 15,866 |
| 53 | 758 | BORZYŃSKI MATEUSZ | WOLÓW | 1985 | 38e | M<40 | 17:25 | 26:44 | 38:01 | 37:25 | 16,036 |
| 54 | 244 | KUŻAJ GRZEGORZ | BRAK,OLAWA | 1978 | 39e | M<40 | 16:56 | 26:19 | 38:06 | 37:59 | 15,796 |
| 55 | 1062 | PIENIAŻEK PATRYK | OZG RUDNA,KLOBUCZYN | 1991 | 40e | M<40 | 16:56 | 26:34 | 38:07 | 38:03 | 15,769 |
| 56 | 120 | OLEJNIK TOMASZ | EDI TEAM ZGORZELEC,B | 1991 | 41e | M<40 | 17:00 | 26:29 | 38:11 | 38:10 | 15,721 |
| 57 | 662 | FERENC JANUSZ | USKS LUDWIKOWICE,LUD | 1954 | 1e | M60 | 17:02 | 26:31 | 38:18 | 38:14 | 15,693 |
| 58 | 829 | KAJDER ROMAN | NOWOSOLSKA GRUPA BIE | 1969 | 14e | M40 | 17:22 | 26:54 | 38:23 | 38:20 | 15,652 |
| 59 | 601 | NALEPA ŁUKASZ | RATOWNICY ZG RUDNA,W | 1980 | 42e | M<40 | 17:10 | 26:37 | 38:24 | 38:19 | 15,659 |
| 60 | 680 | PACHNIK WOJCIECH | ZG POLKOWICE-SIEORSZ | 1991 | 43e | M<40 | 17:58 | 27:20 | 38:26 | 38:07 | 15,741 |
| 61 | 1504 | CZECH PAWEŁ | PROCHOWICE | 1980 | 44e | M<40 | 17:49 | 27:17 | 38:29 | 38:20 | 15,652 |
| 62 | 1024 | ANDRZEJEWSKI MARCIN | NOWOSOLSKA GRUPA BIE | 1978 | 45e | M<40 | 17:20 | 26:57 | 38:31 | 38:28 | 15,598 |
| 63 | 840 | SZYMCZAK BARTŁOMIEJ | STARCOM TEAM GLOGÓW, | 1999 | 46e | M<40 | 17:28 | 26:56 | 38:31 | 38:24 | 15,625 |
| 64 | 162 | KRÓL ŁUKASZ | KLUB BIEGACZA BOLESL | 1988 | 47e | M<40 | 17:29 | 26:53 | 38:31 | 38:24 | 15,625 |
| 65 | 510 | RUTKOWSKI DAWID | GRIZZLYTEAM,LUBIN | 1981 | 48e | M<40 | 17:01 | 26:56 | 38:42 | 38:42 | 15,504 |
| 66 | 572 | CHMIELOWIEC TOMASZ | MTS DRUZYNA SZPIKU K | 1973 | 15e | M40 | 17:01 | 26:45 | 38:45 | 38:39 | 15,524 |
| 67 | 812 | MACHOŃ PIOTR | KLUB BIEGACZA "ZDYSZ | 1977 | 49e | M<40 | 17:25 | 26:54 | 38:46 | 38:35 | 15,551 |
| 68 | 1538 | NOWICKI ANDRZEJ | WIELKA SOWA,BIELAWA | 1961 | 3e | M50 | 17:22 | 26:56 | 38:48 | 38:44 | 15,491 |
| 69 | 444 | WACHOWIAK PIOTR | ZG RUN ,GLOGÓW | 1974 | 16e | M40 | 17:41 | 27:14 | 38:49 | 38:44 | 15,491 |
| 70 | 668 | KARWACKI MACIEJ | KAMIENNOGÓRSKA GRUPA | 1995 | 50e | M<40 | 17:18 | 26:56 | 38:52 | 38:44 | 15,491 |
| 71 | 732 | KAMIŃSKI ROMAN | KOTEK WAŁBRZYCH | 1966 | 4e | M50 | 17:24 | 27:06 | 38:52 | 38:52 | 15,437 |
| 72 | 649 | PIHIL PIOTR | WSCHOWA | 1980 | 51e | M<40 | 17:17 | 26:56 | 38:53 | 38:47 | 15,471 |
| 73 | 1227 | MUSIAŁ TOMASZ | DABCZE | 1974 | 17e | M40 | 17:51 | 27:16 | 38:55 | 38:31 | 15,578 |
| 74 | 1473 | OSKWAREK PIOTR | LACZKA TEAM LEGNICA, | 1987 | 52e | M<40 | 17:35 | 27:10 | 38:58 | 38:53 | 15,431 |
| 75 | 637 | KASPRZAK KRZYSZTOF | SPEED ZÓLWIK,NARATÓW | 1971 | 18e | M40 | 17:23 | 26:58 | 39:00 | 38:47 | 15,471 |
| 76 | 813 | MAJDAN STANISŁAW | LUBIN | 1989 | 53e | M<40 | 17:08 | 26:53 | 39:02 | 39:01 | 15,378 |
| 77 | 1249 | BAGIŃSKI KRZYSZTOF | LUBIN | 1978 | 54e | M<40 | 17:19 | 27:11 | 39:02 | 39:01 | 15,378 |
| 78 | 843 | TOMOWIAK RAFAŁ | MARATON LESZNO,LESZN | 1984 | 55e | M<40 | 17:51 | 27:16 | 39:04 | 38:39 | 15,524 |
| 79 | 1487 | KLIMASZEWSKI DANIEL | BEZ KLUBU,JABLONÓW | 1976 | 19e | M40 | 17:37 | 27:10 | 39:11 | 39:00 | 15,385 |
| 80 | 1600 | MUNIAK PAWEŁ | BOLESŁAWIEC | 1978 | 56e | M<40 | 17:57 | 27:27 | 39:12 | 38:54 | 15,424 |
| 81 | 586 | SYNOWIEC JACEK | ZG RUDNA,LEGNICA | 1977 | 57e | M<40 | 18:10 | 27:43 | 39:12 | 39:03 | 15,365 |
| 82 | 138 | URBANIAK PATRYK | ZG RUDNA BKMM | 1979 | 58e | M<40 | 17:22 | 27:08 | 39:16 | 39:12 | 15,306 |
| 83 | 1402 | SKUZA KRZYSZTOF | STUDIO URODY JULIA,L | 1980 | 59e | M<40 | 18:10 | 27:43 | 39:16 | 39:07 | 15,339 |
| 84 | 1446 | KENDRA PAVLO | WROCLAW | 1991 | 60e | M<40 | 17:51 | 27:29 | 39:29 | 39:26 | 15,216 |
| 85 | 1028 | STAWIARZ PAWEŁ | WROCLAW | 1986 | 61e | M<40 | 17:58 | 27:30 | 39:29 | 39:00 | 15,385 |
| 86 | 1200 | ZAWIERUCHA MARIUSZ | LEGNICA | 1975 | 20e | M40 | 17:19 | 27:04 | 39:34 | 39:34 | 15,164 |
| 87 | 206 | MAGIERA GRZEGORZ | HM GLOGÓW | 1974 | 21e | M40 | 18:13 | 27:53 | 39:35 | 39:29 | 15,196 |
| 88 | 477 | BŁASZCZYK TOMASZ | GÓRA | 1979 | 62e | M<40 | 17:48 | 27:31 | 39:38 | 39:27 | 15,209 |
| 89 | 1085 | PIASTOWSKI MAREK | KROKUS KWIATKOWICE,P | 1985 | 63e | M<40 | 18:11 | 27:44 | 39:39 | 39:30 | 15,190 |
| 90 | 1449 | PALIGA KRZYSZTOF | STARCOM TEAM GLOGÓW, | 2000 | 64e | M<40 | 18:12 | 27:55 | 39:45 | 39:29 | 15,196 |
| 91 | 1009 | KOWAL ARTUR | NOWOSOLSKA GRUPA BIE | 1978 | 65e | M<40 | 17:43 | 27:43 | 39:51 | 39:48 | 15,075 |
| 92 | 295 | BUGA PIOTR | SFORA OJCA DYREKTORA | 1980 | 66e | M<40 | 18:17 | 27:51 | 39:51 | 39:28 | 15,203 |
| 93 | 906 | PALIGA PAWEŁ | GLOGÓW | 1974 | 22e | M40 | 18:12 | 27:55 | 39:54 | 39:38 | 15,139 |
| 94 | 1669 | WAJSBERG MACIEJ | NOWOSOLSKA GRUPA BIE | 1977 | 67e | M<40 | 17:58 | 27:48 | 39:56 | 39:52 | 15,050 |
| 95 | 1561 | KOZA KACPER | BOLESŁAWICE | 1997 | 68e | M<40 | 18:16 | 28:02 | 39:57 | 39:38 | 15,139 |
| 96 | 508 | MEDEJSZO MARIUSZ | NOWOSOLSKA GRUPA BIE | 1975 | 23e | M40 | 17:58 | 27:48 | 39:58 | 39:54 | 15,038 |
| 97 | 398 | SADOWSKI GRZEGORZ | MTS DRUZYNA SZPIKU K | 1963 | 5e | M50 | 17:46 | 27:45 | 39:58 | 39:52 | 15,050 |
| 98 | 182 | SZCZUROWSKI WALDEMAR | MTS DRUZYNA SZPIKU K | 1981 | 69e | M<40 | 17:55 | 27:50 | 40:01 | 39:56 | 15,025 |
| 99 | 332 | KACZANOWSKI MARCIN | MTS DRUZYNA SZPIKU K | 1976 | 24e | M40 | 18:06 | 27:52 | 40:04 | 39:59 | 15,006 |
| 100 | 399 | SAMOTYJA PAWEŁ | NOWOSOLSKA GRUPA BIE | 1976 | 25e | M40 | 17:59 | 27:53 | 40:06 | 40:00 | 15,000 |

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|-----|------|--------------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 101 | 1022 | ŁAWNICZAK PATRYK | KSRG ZG RUDNA ,GREBO | 1994 | 70e | M<40 | 17:56 | 27:51 | 40:15 | 39:57 | 15,019 |
| 102 | 1581 | TROCHANOWSKI MAKSYMILIAN | POLKOWICE SIEROSZOWI | 1976 | 26e | M40 | 18:02 | 28:03 | 40:16 | 40:09 | 14,944 |
| 103 | 1427 | RADECKI JAKUB | KUBUTEK RUNNING TEAM | 1975 | 27e | M40 | 17:44 | 27:48 | 40:18 | 40:12 | 14,925 |
| 104 | 1288 | ŁADA LUCJAN | CBJ KGHM LUBIN,LUBIN | 1973 | 28e | M40 | 18:09 | 28:03 | 40:19 | 39:53 | 15,044 |
| 105 | 41 | KRAJEWSKI MAREK | 4K LEGNICA,LEGNICA | 1977 | 71e | M<40 | 18:35 | 28:17 | 40:26 | 40:00 | 15,000 |
| 106 | 841 | SZPITER TOMASZ | OLAWS ZLOTORYJA,ZLOT | 1969 | 29e | M40 | 18:06 | 28:02 | 40:26 | 40:17 | 14,894 |
| 107 | 298 | DERECZENIK DAWID | zanam. POLKOWICE | 1991 | 72e | M<40 | 17:59 | 27:52 | 40:27 | 40:21 | 14,870 |
| 108 | 827 | HORBOWY PIOTR | LUBIN | 1999 | 73e | M<40 | 18:34 | 28:23 | 40:29 | 40:22 | 14,864 |
| 109 | 464 | WOŹNIAK GRZEGORZ | LUBIN | 1979 | 74e | M<40 | 18:09 | 28:14 | 40:34 | 40:21 | 14,870 |
| 110 | 1290 | ŻMIGRODZKI JACEK | POLKOWICE | 1978 | 75e | M<40 | 17:53 | 27:49 | 40:35 | 40:30 | 14,815 |
| 111 | 1337 | SOPÓR MIROSLAW | LUBIN | 1964 | 6e | M50 | 17:52 | 27:51 | 40:36 | 40:31 | 14,809 |
| 112 | 148 | BIERNASIAK SEBASTIAN | ZG RUDNA, GŁOGÓW | 1975 | 30e | M40 | 18:18 | 28:20 | 40:38 | 40:36 | 14,778 |
| 113 | 776 | MUSIOŁ ZBIGNIEW | ZIELONA GÓRA | 1961 | 7e | M50 | 18:09 | 28:07 | 40:43 | 40:38 | 14,766 |
| 114 | 1161 | JANKOWSKI MARCIN | CROSS STRACENCÓW TEA | 1981 | 76e | M<40 | 18:38 | 28:34 | 40:44 | 40:20 | 14,876 |
| 115 | 201 | JAZWICZ MIREK | BOLESŁAWIEC | 1974 | 31e | M40 | 18:14 | 28:16 | 40:48 | 40:41 | 14,748 |
| 116 | 1331 | OLEJNICZAK MARIUSZ | NOWA SÓL | 1972 | 32e | M40 | 18:23 | 28:22 | 40:50 | 40:45 | 14,724 |
| 117 | 133 | STAWNICZY WIESŁAW | SENIOR53,GLOGÓW | 1953 | 2e | M60 | 18:16 | 28:11 | 40:50 | 40:45 | 14,724 |
| 118 | 1282 | SZYMCZAK GRZEGORZ | HMG,GLOGÓW | 1973 | 33e | M40 | 18:17 | 28:23 | 40:54 | 40:48 | 14,706 |
| 119 | 1269 | MOLENDAM ADAM | LUBIN | 1976 | 34e | M40 | 18:43 | 28:47 | 40:54 | 40:43 | 14,736 |
| 120 | 372 | GYREK DAMIAN | LUBIN | 1983 | 77e | M<40 | 18:41 | 28:52 | 40:55 | 40:43 | 14,736 |
| 121 | 491 | MAŁEK KRZYSZTOF | WOLÓW BIEGA,WOLÓW | 1968 | 35e | M40 | 18:26 | 28:27 | 40:57 | 40:28 | 14,827 |
| 122 | 942 | KLONOWSKI JACEK | OLAWA ZLOTORYJA,ZLOO | 1972 | 36e | M40 | 19:29 | 29:28 | 40:58 | 40:22 | 14,864 |
| 123 | 576 | KORZENIEWSKI MICHAŁ | PRO-RUN WROCLAW ,WRO | 1982 | 78e | M<40 | 18:49 | 28:56 | 41:00 | 40:47 | 14,712 |
| 124 | 1709 | BLACHA KRZYSZTOF | TRASY-BIEGOWE.PL,ZIE | 1982 | 79e | M<40 | 18:59 | 29:01 | 41:00 | 40:57 | 14,652 |
| 125 | 265 | GŁOWACKI ARTUR | ZG RUDNA GŁOGÓW | 1976 | 37e | M40 | 18:12 | 28:25 | 41:00 | 40:52 | 14,682 |
| 126 | 356 | WAJMAN KRZYSZTOF | ZG RUDNA,GLOGÓW | 1976 | 38e | M40 | 18:11 | 28:25 | 41:01 | 40:57 | 14,652 |
| 127 | 80 | WERNER ŁUKASZ | BIEGAJACA KASTA MIED | 1981 | 80e | M<40 | 19:17 | 29:12 | 41:04 | 40:37 | 14,772 |
| 128 | 40 | KRAJEWSKI GRZEGORZ | HUTA MIEDZI LEGNICA | 1982 | 81e | M<40 | 18:32 | 28:35 | 41:05 | 40:47 | 14,712 |
| 129 | 926 | ORZOŁ DARIUSZ | PGE KWB TURÓW,ZAWIDÓ | 1968 | 39e | M40 | 18:12 | 28:22 | 41:06 | 41:05 | 14,604 |
| 130 | 472 | PAWŁOWSKI ADAM | SLEZA | 1988 | 82e | M<40 | 18:51 | 28:48 | 41:11 | 40:56 | 14,658 |
| 131 | 1605 | ROSIECKI ŁUKASZ | BIEGAM BO LUBIE,LUBI | 1985 | 83e | M<40 | 19:23 | 29:13 | 41:15 | 40:17 | 14,894 |
| 132 | 127 | RZEŹNIK PRZEMYSŁAW | BOGATYNIA | 1993 | 84e | M<40 | 19:26 | 29:30 | 41:16 | 40:53 | 14,676 |
| 133 | 943 | KULCZYCKI RAFAŁ | LUBIN | 1976 | 40e | M40 | 18:42 | 28:48 | 41:17 | 40:59 | 14,640 |
| 134 | 1142 | ANDRZEJEWSKI DROGOSZ | LUBIN | 1986 | 85e | M<40 | 18:08 | 28:32 | 41:18 | 41:16 | 14,540 |
| 135 | 174 | SAWICKI RAFAŁ | ZG RUN,LEGNICA | 1975 | 41e | M40 | 18:29 | 28:44 | 41:19 | 41:13 | 14,557 |
| 136 | 753 | SZCZUROWSKI MARIUSZ | MIŁO3,BYDOM ODRZANSK | 1984 | 86e | M<40 | 18:49 | 29:00 | 41:20 | 41:12 | 14,563 |
| 137 | 1687 | SORÓBKA TOMASZ | TOMASZ SORÓBKA,SMOLE | 1973 | 42e | M40 | 18:42 | 28:47 | 41:21 | 41:01 | 14,628 |
| 138 | 532 | JASKULSKI ARKADIUSZ | RUNNER`S POWER,PIGLO | 1975 | 43e | M40 | 18:56 | 29:00 | 41:24 | 41:13 | 14,557 |
| 139 | 849 | HAJTKO PIOTR | TKKF WOLÓW ,WOLÓW | 1986 | 87e | M<40 | 18:45 | 28:53 | 41:24 | 41:01 | 14,628 |
| 140 | 132 | STAREGO ADAM | KLUB BIEGACZA BOLESŁ | 1958 | 8e | M50 | 18:18 | 28:34 | 41:25 | 41:20 | 14,516 |
| 141 | 458 | POŚNIK KRZYSZTOF | ZZPPM ZG "RUDNA',GL | 1984 | 88e | M<40 | 18:33 | 28:48 | 41:30 | 41:14 | 14,551 |
| 142 | 60 | POŚNIK KRZYSZTOF | ZG RUDNA GŁOGÓW | 1984 | 89e | M<40 | 18:33 | 28:48 | 41:30 | 41:14 | 14,551 |
| 143 | 817 | OLEJNICZAK DARIUSZ | POLKOWICE | 1968 | 44e | M40 | 18:10 | 28:33 | 41:30 | 41:25 | 14,487 |
| 144 | 1407 | BEKAS TOMASZ | LEGNICA | 1972 | 45e | M40 | 18:55 | 29:07 | 41:31 | 41:13 | 14,557 |
| 145 | 814 | MELINSKI WÓJCIECH | BRACTWO BIEGACZY Z. | 1954 | 3e | M60 | 18:36 | 28:56 | 41:34 | 41:28 | 14,469 |
| 146 | 1705 | PALUSZKIEWICZ ROBERT | LUBIN | 1976 | 46e | M40 | 18:43 | 28:57 | 41:34 | 41:20 | 14,516 |
| 147 | 692 | STAWECKI MAREK | ZG POLKOWICE-SIEROSZ | 1976 | 47e | M40 | 18:39 | 29:11 | 41:35 | 41:15 | 14,545 |
| 148 | 99 | JESION IRENEUSZ | LUBIN | 1969 | 48e | M40 | 18:13 | 28:34 | 41:35 | 41:33 | 14,440 |
| 149 | 486 | KĄDZIOŁKA KRZYSZTOF | LUBIN | 1974 | 49e | M40 | 18:46 | 29:05 | 41:37 | 41:18 | 14,528 |
| 150 | 123 | PERŁAKOWSKI TADEUSZ | HM GŁOGÓW GAWORZ | 1956 | 4e | M60 | 19:24 | 29:29 | 41:37 | 40:58 | 14,646 |

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|-----|------|--------------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 151 | 885 | WOJNICZ PRZEMEK | KRÓL JULIAN TEAM,ZIE | 1972 | 50e | M40 | 18:47 | 29:02 | 41:41 | 41:32 | 14,446 |
| 152 | 1016 | MIŁOS SEBASTIAN | MAXAM SPZOO. LUBIN | 1985 | 90e | M<40 | 18:58 | 29:16 | 41:43 | 41:33 | 14,440 |
| 153 | 1006 | HEBDA ANDRZEJ | ZG POLKOWICE-SIEROSZ | 1975 | 51e | M40 | 18:09 | 28:29 | 41:44 | 41:30 | 14,458 |
| 154 | 747 | JAROSZYŃSKI PIOTR | MTS DRUZYNA SZPIKU K | 1982 | 91e | M<40 | 18:29 | 28:55 | 41:47 | 41:32 | 14,446 |
| 155 | 775 | JARZĄBEK GRZEGORZ | VAL DI SPORT,POLKOWI | 1972 | 52e | M40 | 19:06 | 29:23 | 41:48 | 41:39 | 14,406 |
| 156 | 820 | WAWRYNOWICZ PAWEŁ | ZG RUDNA SOBIN | 1982 | 92e | M<40 | 18:25 | 28:47 | 41:50 | 41:47 | 14,360 |
| 157 | 1609 | TERLIKOWSKI ARKADIUSZ | NOWOSOLSKA GRUPA BIE | 1976 | 53e | M40 | 18:57 | 29:14 | 41:51 | 41:46 | 14,366 |
| 158 | 49 | NOWIŃSKI RAFAŁ | BIEGAJ WSCHOWO !!!,W | 1974 | 54e | M40 | 19:06 | 29:19 | 41:54 | 41:46 | 14,366 |
| 159 | 923 | KRUPIŃSKI JAKUB | PGE KWB TURÓW,ZGORZE | 1984 | 93e | M<40 | 18:33 | 29:00 | 41:56 | 41:42 | 14,388 |
| 160 | 1682 | PLONKA ADAM | NOWOSOLSKA GRUPA BIE | 1977 | 94e | M<40 | 18:46 | 29:14 | 41:59 | 41:56 | 14,308 |
| 161 | 102 | KATA WIESŁAW | LUBIN | 1971 | 55e | M40 | 18:35 | 29:01 | 42:00 | 41:51 | 14,337 |
| 162 | 1744 | LISOWICZ MACIEJ | ZG RUDNA | 1985 | 95e | M<40 | 18:19 | 28:52 | 42:03 | 41:57 | 14,303 |
| 163 | 1433 | KASPERSKI TOMASZ | LUBIN | 1991 | 96e | M<40 | 18:17 | 29:00 | 42:04 | 41:58 | 14,297 |
| 164 | 32 | KOSZAŁKO MARCIN | VOLKSWAGEN POLKOWICE | 1977 | 97e | M<40 | 18:36 | 29:05 | 42:09 | 42:07 | 14,246 |
| 165 | 1388 | DOBROŚ DAWID | HUTA MIEDZI GŁOGÓW | 1989 | 98e | M<40 | 19:17 | 29:30 | 42:09 | 41:58 | 14,297 |
| 166 | 966 | HAMERNIK TOMASZ | BIEGANIE.PL,WROCLAW | 1986 | 99e | M<40 | 19:16 | 29:37 | 42:10 | 42:01 | 14,280 |
| 167 | 1535 | BUDNIK MACIEJ | LUBIN | 2000 | 100e | M<40 | 18:00 | 28:26 | 42:10 | 42:03 | 14,269 |
| 168 | 1237 | REMBIELAK ARON | BRZEG DOLNY | 1988 | 101e | M<40 | 19:41 | 29:59 | 42:11 | 41:41 | 14,394 |
| 169 | 1595 | KASPRZYK MATEUSZ | BIEGNE,ZEBY BARTEK M | 1989 | 102e | M<40 | 19:16 | 29:34 | 42:12 | 41:54 | 14,320 |
| 170 | 114 | MAZUR ADAM | LUBIN | 1994 | 103e | M<40 | 19:00 | 29:32 | 42:14 | 42:03 | 14,269 |
| 171 | 1069 | SZYDŁOWSKI MICHAŁ | POLKOWICE | 1980 | 104e | M<40 | 18:37 | 29:13 | 42:17 | 42:15 | 14,201 |
| 172 | 1738 | SERAFIN DAWID | CHEMIST,NOWE MIASTEC | 1983 | 105e | M<40 | 18:46 | 29:14 | 42:18 | 42:15 | 14,201 |
| 173 | 718 | RATAJCZAK JACEK | GÓRA | 1966 | 9e | M50 | 19:32 | 29:41 | 42:19 | 41:30 | 14,458 |
| 174 | 1422 | KUCHNIA KRZYSZTOF | TS REGLE SZKLARSKA P | 1961 | 10e | M50 | 19:11 | 29:38 | 42:21 | 42:11 | 14,224 |
| 175 | 1080 | LEBIEDZIEJEWSKI JAROSŁAW | NIEZRZESZONY,LEGNICA | 1979 | 106e | M<40 | 19:22 | 29:32 | 42:29 | 41:52 | 14,331 |
| 176 | 504 | GODYŃ MIROSŁAW | LUBIN | 1972 | 56e | M40 | 19:10 | 29:35 | 42:32 | 42:19 | 14,179 |
| 177 | 1514 | SWORACKI ARIEL | ZG RUDNA,POLKOWICE | 1987 | 107e | M<40 | 19:06 | 29:26 | 42:33 | 42:25 | 14,145 |
| 178 | 1731 | PIETRAHO TOMASZ | POLKOWICE SIEROSZOWI | 1976 | 57e | M40 | 18:39 | 29:11 | 42:33 | 42:26 | 14,140 |
| 179 | 1667 | KULPA PAWEŁ | LUBIN | 1983 | 108e | M<40 | 19:52 | 30:06 | 42:34 | 41:25 | 14,487 |
| 180 | 974 | SIWAK PIOTR | ZZPPM ZG "RUDNA",RU | 1961 | 11e | M50 | 18:47 | 29:28 | 42:36 | 42:30 | 14,118 |
| 181 | 1510 | PACHNIK STANISŁAW | UKS ORIENTPARK.PL IW | 2003 | 109e | M<40 | 19:42 | 30:04 | 42:40 | 42:05 | 14,257 |
| 182 | 47 | NAPORA PRZEMYSŁAW | OLAWS ZLOTORYJA,LUBI | 1985 | 110e | M<40 | 19:22 | 29:53 | 42:42 | 42:35 | 14,090 |
| 183 | 636 | JEDYNAK GRZEGORZ | MOJECICE | 1976 | 58e | M40 | 18:59 | 29:37 | 42:47 | 42:30 | 14,118 |
| 184 | 1217 | KRYSZTOFIAK BARTOSZ | KROTOSZYN | 1986 | 111e | M<40 | 19:36 | 29:58 | 42:49 | 42:23 | 14,157 |
| 185 | 1281 | SZREDER ANDRZEJ | NIEZRZESZONY EMERYT, | 1954 | 5e | M60 | 19:33 | 29:57 | 42:51 | 42:36 | 14,085 |
| 186 | 848 | GEORGICZUK PAWEŁ | DROSZKÓW | 1971 | 59e | M40 | 19:46 | 30:18 | 42:52 | 42:38 | 14,073 |
| 187 | 1518 | CHODOROWSKI DAMIAN | WINNICA JAKUBÓW,RADW | 1987 | 112e | M<40 | 20:13 | 30:33 | 42:53 | 42:01 | 14,280 |
| 188 | 1384 | CIEŚLIK TOMASZ | BIEGAJACA KASTA MIED | 1990 | 113e | M<40 | 19:12 | 29:54 | 42:54 | 42:43 | 14,046 |
| 189 | 907 | PLESNER RYSZARD | WOLÓWBIEGA,WOLÓW | 1964 | 12e | M50 | 19:40 | 30:04 | 42:55 | 42:39 | 14,068 |
| 190 | 1336 | SEROK JAKUB | OLAWS ZLOTORYJA,ZLOT | 2002 | 114e | M<40 | 18:36 | 29:25 | 42:56 | 42:54 | 13,986 |
| 191 | 264 | BARTOSIK MAREK | ZG "RUDNA",GLOGÓWH | 1971 | 60e | M40 | 19:05 | 29:37 | 42:57 | 42:49 | 14,013 |
| 192 | 1594 | CZERWIŃSKI PAWEŁ | WROCLAW | 1981 | 115e | M<40 | 19:29 | 30:04 | 42:58 | 42:52 | 13,997 |
| 193 | 194 | CHOJA JAKUB | BOGATYNIA | 1990 | 116e | M<40 | 19:47 | 30:14 | 42:58 | 41:53 | 14,326 |
| 194 | 421 | JAWORSKI MATEUSZ | LUBIN | 1988 | 117e | M<40 | 19:34 | 30:14 | 43:00 | 42:44 | 14,041 |
| 195 | 743 | BARTCZAK PIOTR | WROCLAW | 1991 | 118e | M<40 | 20:00 | 30:32 | 43:00 | 42:42 | 14,052 |
| 196 | 1659 | ZIEMBA PRZEMYSŁAW | BRACIK ZIEMBA TEAM , | 1981 | 119e | M<40 | 19:21 | 30:02 | 43:01 | 42:48 | 14,019 |
| 197 | 178 | STOJKE KRZYSZTOF | RADWANICE | 1994 | 120e | M<40 | 20:10 | 30:26 | 43:02 | 42:23 | 14,157 |
| 198 | 1647 | CHARMUSZKO BARTŁOMIEJ | BOLEK I LOLEK,MECINK | 1987 | 121e | M<40 | 19:53 | 30:28 | 43:07 | 42:45 | 14,035 |
| 199 | 1553 | CZAPIEWSKI DARIUSZ | NITROERG,BIERUN | 1986 | 122e | M<40 | 19:57 | 30:17 | 43:07 | 42:11 | 14,224 |
| 200 | 1608 | SWORACKI TOMASZ | ZWR RUDNA,POLKOWICE | 1989 | 123e | M<40 | 19:06 | 29:59 | 43:07 | 42:58 | 13,964 |

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|-----|------|---------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 201 | 1393 | JAKUBOWSKI ANDRZEJ | ŻMIGRÓD | 1983 | 124e | M<40 | 19:57 | 30:37 | 43:09 | 42:37 | 14,079 |
| 202 | 1250 | BERNACKI EUGENIUSZ | GPRS HYDROKOP.GLIWIC | 1963 | 13e | M50 | 19:42 | 30:09 | 43:12 | 42:48 | 14,019 |
| 203 | 876 | KOWALIK RAFAŁ | TEMPO WALBRZYCH,SWI | 1977 | 125e | M<40 | 20:31 | 30:41 | 43:22 | 41:58 | 14,297 |
| 204 | 573 | DANIS MACIEJ | KB ZDYSZAAANI CHOCIA | 1987 | 126e | M<40 | 19:50 | 30:33 | 43:22 | 43:06 | 13,921 |
| 205 | 678 | MUSIAL RADOSŁAW | WROCLAW | 1979 | 127e | M<40 | 19:05 | 29:56 | 43:22 | 43:17 | 13,862 |
| 206 | 63 | RAŚ MARIUSZ | ZG RUDNA,LUBIN | 1971 | 61e | M40 | 19:19 | 30:04 | 43:27 | 43:18 | 13,857 |
| 207 | 196 | GELCZUK MATEUSZ | O/ZG POLKOWICE-SIERO | 1981 | 128e | M<40 | 20:12 | 30:49 | 43:29 | 42:48 | 14,019 |
| 208 | 1381 | ŚLEDŹ TOMASZ | OIZWR RUDNA,CHOCIANÓ | 1985 | 129e | M<40 | 19:33 | 30:20 | 43:29 | 43:21 | 13,841 |
| 209 | 722 | CHOROLEWSKI PAWEŁ | ZG LUBIN | 1990 | 130e | M<40 | 18:26 | 30:03 | 43:31 | 43:30 | 13,793 |
| 210 | 1699 | FIGARSKI SEBASTIAN | AQUA FIT SREDZKI PAR | 1985 | 131e | M<40 | 20:43 | 30:54 | 43:36 | 42:39 | 14,068 |
| 211 | 767 | BRATUŚ ANDRZEJ | NOWA SÓL | 1977 | 132e | M<40 | 19:44 | 30:29 | 43:38 | 43:22 | 13,836 |
| 212 | 190 | ZIELIŃSKI RAFAŁ | HM GŁOGÓW RUDNA | 1976 | 62e | M40 | 20:02 | 30:26 | 43:40 | 43:03 | 13,937 |
| 213 | 716 | OBORSKI ADAM | LUBIN | 1976 | 63e | M40 | 19:17 | 30:17 | 43:41 | 43:38 | 13,751 |
| 214 | 1663 | GLAPSKI KRZYSZTOF | POLKOWICE SIEROSZOWI | 1984 | 133e | M<40 | 19:01 | 30:11 | 43:41 | 43:29 | 13,798 |
| 215 | 334 | KORCZAK JANUSZ | STARCOM TEAM GLOGÓW, | 1975 | 64e | M40 | 19:36 | 30:22 | 43:42 | 43:41 | 13,735 |
| 216 | 971 | OLSZEWSKI TOMEK | NOWA SÓL | 1976 | 65e | M40 | 20:03 | 30:44 | 43:43 | 43:32 | 13,783 |
| 217 | 191 | BEKACZ STANISŁAW | START SCINAWA,WINSKO | 1963 | 14e | M50 | 20:05 | 30:47 | 43:45 | 43:16 | 13,867 |
| 218 | 825 | FRANC MACIEJ | KB ZDYSZAAANI CHOCIA | 1993 | 134e | M<40 | 19:50 | 30:34 | 43:45 | 43:28 | 13,804 |
| 219 | 591 | ZIEMKOWSKI JAN | CHOCIANÓW | 1983 | 135e | M<40 | 19:57 | 30:33 | 43:45 | 43:12 | 13,889 |
| 220 | 851 | JASIONOWSKI JANUSZ | RODZINA,CHOJNOW | 1967 | 66e | M40 | 19:41 | 30:27 | 43:46 | 43:41 | 13,735 |
| 221 | 1703 | ŁANIOCHA TOMASZ | LUBIN | 1983 | 136e | M<40 | 19:34 | 30:26 | 43:47 | 43:39 | 13,746 |
| 222 | 252 | SKRZYPCZAK ADAM | GLOGÓW | 1974 | 67e | M40 | 20:04 | 30:50 | 43:48 | 43:36 | 13,761 |
| 223 | 950 | PATERA PRZEMYSŁAW | WYBIEGANI POLKOWICE, | 1977 | 137e | M<40 | 19:58 | 30:34 | 43:49 | 43:19 | 13,851 |
| 224 | 1207 | CIRKO ARKADIUSZ | ZG POLKOWICE-SIEROSZ | 1975 | 68e | M40 | 19:43 | 30:33 | 43:51 | 43:40 | 13,740 |
| 225 | 112 | MAKARCZYK DANIEL | ZG RUDNA, CHOBIENTA | 1975 | 69e | M40 | 19:20 | 30:07 | 43:51 | 43:34 | 13,772 |
| 226 | 276 | SAMBOR BARTOSZ | CHOCIANÓW,CHOCIANÓW | 1979 | 138e | M<40 | 20:33 | 31:05 | 43:51 | 43:31 | 13,788 |
| 227 | 684 | PODLEWSKI RAFAŁ | KGHM ZG POLKOWICE-SI | 1985 | 139e | M<40 | 20:53 | 31:18 | 43:53 | 42:45 | 14,035 |
| 228 | 709 | KRAKOWIAK GRZEGORZ | ZG LUBIN | 1975 | 70e | M40 | 20:06 | 30:51 | 43:54 | 43:21 | 13,841 |
| 229 | 1029 | ŁAGODA MIROSLAW | LUBIN | 1983 | 140e | M<40 | 19:42 | 30:28 | 43:56 | 43:42 | 13,730 |
| 230 | 344 | OSTASZEWSKI AREK | CENTRALA, LUBIN | 1973 | 71e | M40 | 19:55 | 30:45 | 43:56 | 43:38 | 13,751 |
| 231 | 575 | KLEMKĄ BARTŁOMIEJ | ZG RUDNA, JERZMANOWA | 1975 | 72e | M40 | 19:58 | 30:33 | 43:56 | 43:38 | 13,751 |
| 232 | 1646 | BURKIEWICZ MIROSLAW | BOLEK I LOLEK ,BOLKÓ | 1967 | 73e | M40 | 20:32 | 31:11 | 43:57 | 43:37 | 13,756 |
| 233 | 519 | BEZHUBKA PIOTR | WALCZ | 1987 | 141e | M<40 | 20:37 | 31:04 | 43:58 | 42:54 | 13,986 |
| 234 | 1693 | SZYPORTA WALDEMAR | ACTIVSPORT NAMYSŁÓW, | 1972 | 74e | M40 | 19:54 | 30:38 | 44:02 | 43:48 | 13,699 |
| 235 | 410 | DOBRYŃSKI KRZYSZTOF | KB ZDYSZAAANI ,CHOCI | 1977 | 142e | M<40 | 20:08 | 30:47 | 44:06 | 43:50 | 13,688 |
| 236 | 122 | PAŚ MARCIN | ZG RUDNA GLOGÓW | 1987 | 143e | M<40 | 19:42 | 30:39 | 44:06 | 43:58 | 13,647 |
| 237 | 677 | MITA MAREK | POLKOWICE SIEROSZOWI | 1981 | 144e | M<40 | 19:33 | 30:32 | 44:09 | 43:57 | 13,652 |
| 238 | 368 | DYGUDAJ GRZEGORZ | ZG RUDNA, LEGNICA | 1974 | 75e | M40 | 20:02 | 30:57 | 44:10 | 44:02 | 13,626 |
| 239 | 630 | ŻYGADŁO TADEUSZ | WOLÓW BIEGA,WOLÓW | 1973 | 76e | M40 | 20:28 | 31:12 | 44:10 | 43:40 | 13,740 |
| 240 | 224 | SZRANSKI JAKUB | BOGATYNIA | 1992 | 145e | M<40 | 20:47 | 31:36 | 44:11 | 43:48 | 13,699 |
| 241 | 1021 | SZLENDAK ŁUKASZ | TEAM PODGÓRZYN,KOWAR | 1983 | 146e | M<40 | 19:52 | 30:34 | 44:12 | 43:55 | 13,662 |
| 242 | 1306 | MOSTKOWSKI ŁUKASZ | POLKOWICE | 1989 | 147e | M<40 | 19:51 | 30:49 | 44:13 | 43:52 | 13,678 |
| 243 | 495 | POSACKI ZBIGNIEW | WOLÓW BIEGA,LUBIAZ | 1977 | 148e | M<40 | 20:19 | 31:11 | 44:13 | 43:43 | 13,725 |
| 244 | 1066 | SKÓRKA DOMINIK | OLAWS ZLOTORYJA,ZLOT | 2002 | 149e | M<40 | 19:08 | 30:29 | 44:13 | 44:09 | 13,590 |
| 245 | 31 | KOSTECKI JANUSZ | LUBIN | 1968 | 77e | M40 | 19:35 | 30:48 | 44:15 | 44:15 | 13,559 |
| 246 | 1106 | MADERA ANDRZEJ | WROCLAW | 1977 | 150e | M<40 | 20:52 | 31:34 | 44:15 | 43:56 | 13,657 |
| 247 | 1141 | ŻUKOWSKI MARIAN | KROKUS KWIATKOWICE,K | 1962 | 15e | M50 | 21:05 | 31:46 | 44:16 | 43:31 | 13,788 |
| 248 | 583 | PETLUSZEWSKI EDWIN | SZPROTAWA | 1984 | 151e | M<40 | 21:00 | 31:23 | 44:16 | 43:04 | 13,932 |
| 249 | 1745 | MYSIOR TOMASZ | BIEGAJACA KASTA MIED | 1983 | 152e | M<40 | 20:27 | 31:37 | 44:17 | 43:49 | 13,693 |
| 250 | 1103 | KOZUBAL ANDRZEJ | MAJ-KA LEGNICA,LEJNI | 1977 | 153e | M<40 | 21:00 | 31:38 | 44:19 | 43:30 | 13,793 |

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|-----|------|------------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 251 | 101 | KAMIŃSKI ŁUKASZ | OLAWS ZLOTORYJA,ZAGR | 1985 | 154e | M<40 | 20:05 | 30:52 | 44:21 | 44:01 | 13,631 |
| 252 | 1465 | KONDYCKI ADAM | EDI TEAM ZGORZELEC,Z | 1973 | 78e | M40 | 20:40 | 31:23 | 44:21 | 43:51 | 13,683 |
| 253 | 688 | SKIBA KRZYSZTOF | ZG POLKOWICE SIEROSZ | 1960 | 16e | M50 | 20:20 | 31:09 | 44:22 | 44:11 | 13,580 |
| 254 | 1712 | ĆWIĘKA DAMIAN | LUBAN | 1985 | 155e | M<40 | 19:43 | 30:50 | 44:22 | 44:08 | 13,595 |
| 255 | 214 | PAPROCKI KRZYSZTOF | NORD RUNNING TEAM,PO | 1973 | 79e | M40 | 20:58 | 31:35 | 44:23 | 43:36 | 13,761 |
| 256 | 1032 | BYCZEK EDWARD | TUPTUSIE OSIEK,LUBIN | 1965 | 17e | M50 | 20:19 | 31:04 | 44:23 | 43:49 | 13,693 |
| 257 | 1756 | SZEWczyk DARIUSZ | LUBIN | 1974 | 80e | M40 | 20:03 | 30:55 | 44:25 | 44:00 | 13,636 |
| 258 | 42 | KUDUK RAFAŁ | LUBIN | 1982 | 156e | M<40 | 21:15 | 31:34 | 44:34 | 43:10 | 13,900 |
| 259 | 896 | WŁODARCZAK SZYMON | LUBIN | 1996 | 157e | M<40 | 20:42 | 31:19 | 44:35 | 44:23 | 13,519 |
| 260 | 1063 | PRZYCHOCKI MAREK | KGHM P-S LUBIN | 1982 | 158e | M<40 | 20:11 | 31:03 | 44:36 | 44:16 | 13,554 |
| 261 | 815 | MIKOŁAJCZAK GRZEGORZ | NOWOSOLAKA GRUPA BIE | 1981 | 159e | M<40 | 19:21 | 30:46 | 44:38 | 44:33 | 13,468 |
| 262 | 1165 | LENCKI DAMIAN | CALA OLESNICA BIEGA, | 1987 | 160e | M<40 | 20:51 | 31:39 | 44:41 | 44:04 | 13,616 |
| 263 | 382 | KOLAWA JAREK | ZG RUDNA | 1969 | 81e | M40 | 20:45 | 31:31 | 44:41 | 43:32 | 13,783 |
| 264 | 54 | OWCZAREK MARCIN | BIEGAJACA KASTA MIED | 1974 | 82e | M40 | 20:03 | 31:10 | 44:42 | 44:18 | 13,544 |
| 265 | 997 | WAYDA ADAM | TC CHROBRY KOMAK GLO | 1968 | 83e | M40 | 20:38 | 31:24 | 44:42 | 44:05 | 13,611 |
| 266 | 460 | SUDNIK MIECZYSLAW | ZIELONA GÓRA | 1954 | 6e | M60 | 20:51 | 31:39 | 44:42 | 43:34 | 13,772 |
| 267 | 899 | CZUCHA MACIEJ | CHOCIANÓW | 1984 | 161e | M<40 | 20:11 | 31:06 | 44:44 | 44:31 | 13,478 |
| 268 | 1464 | KALINOWSKI KAROL | RASZÓWKA | 1976 | 84e | M40 | 20:25 | 31:19 | 44:44 | 44:24 | 13,514 |
| 269 | 918 | GŁOWACKI GRZEGORZ | TEMPO WALBRZYCH,WALB | 1984 | 162e | M<40 | 21:02 | 31:42 | 44:44 | 43:21 | 13,841 |
| 270 | 987 | MARCINIAK ROBERT | PEBEKA,LUBIN | 1985 | 163e | M<40 | 20:24 | 31:22 | 44:45 | 44:07 | 13,600 |
| 271 | 440 | SEK MACIEJ | WABCO RUNNERS,WROCLA | 1981 | 164e | M<40 | 19:54 | 31:07 | 44:45 | 44:20 | 13,534 |
| 272 | 1303 | KRZEMIŃSKI MARIUSZ | LUBIN | 1981 | 165e | M<40 | 20:18 | 31:10 | 44:48 | 44:18 | 13,544 |
| 273 | 108 | KOSTURKIEWICZ PRZEMEK | GLOGÓW | 1979 | 166e | M<40 | 20:43 | 31:28 | 44:49 | 44:30 | 13,483 |
| 274 | 873 | HYŻY BOGUSŁAW | LUBIN | 1966 | 18e | M50 | 21:16 | 31:40 | 44:50 | 43:23 | 13,830 |
| 275 | 1378 | TKACZYK JAKUB | RASZÓWKA | 1992 | 167e | M<40 | 20:26 | 31:31 | 44:51 | 44:35 | 13,458 |
| 276 | 337 | MAKSYM CZAK MARCIN | ZG RUDNASLEZAK TEAM, | 1979 | 168e | M<40 | 20:47 | 31:38 | 44:51 | 44:24 | 13,514 |
| 277 | 992 | POKRYWKA PIOTR | ZZPPM ZG "RUDNA",ZL | 1971 | 85e | M40 | 20:39 | 31:17 | 44:52 | 44:02 | 13,626 |
| 278 | 184 | WANAT KRZYSZTOF | ZG POLKOWICE-SIEROSZ | 1992 | 169e | M<40 | 20:25 | 31:24 | 44:52 | 44:25 | 13,508 |
| 279 | 46 | NAPORA JACEK | LUBIN | 1974 | 86e | M40 | 20:18 | 31:26 | 44:53 | 44:33 | 13,468 |
| 280 | 625 | MUSIAŁ KAMIL | ZG RUDNA,OBORA | 1980 | 170e | M<40 | 19:09 | 30:29 | 44:56 | 44:54 | 13,363 |
| 281 | 1758 | BOCHENEK WJCIECH | OSIEK | 1973 | 87e | M40 | 20:08 | 31:26 | 44:56 | 44:54 | 13,363 |
| 282 | 545 | ŚCIUBIDŁO ADRIAN | CHOCIANÓW | 1990 | 171e | M<40 | 20:22 | 31:20 | 44:57 | 44:11 | 13,580 |
| 283 | 891 | PLATEK DOMINIK | WROCLAW | 1976 | 88e | M40 | 20:53 | 31:38 | 44:57 | 44:24 | 13,514 |
| 284 | 1114 | SKIBIŃSKI ROMAN | LUBIN | 1983 | 172e | M<40 | 20:59 | 31:47 | 44:59 | 44:41 | 13,428 |
| 285 | 1677 | KOWALCZYK MATEUSZ | WISLA PULAWY,PULAWY | 1990 | 173e | M<40 | 21:44 | 32:31 | 44:59 | 43:55 | 13,662 |
| 286 | 1643 | UŚCIŁO MICHAŁ | STOWARZYSZENIE CHWYT | 1985 | 174e | M<40 | 21:31 | 32:03 | 45:00 | 43:58 | 13,647 |
| 287 | 85 | ŚMIEIŃSKI FILIP | RCS TEAM MSPORT LUBI | 1985 | 175e | M<40 | 20:26 | 31:29 | 45:00 | 44:33 | 13,468 |
| 288 | 673 | KUŁACZKOWSKI SEBASTIAN | KARCZOWISKA | 1980 | 176e | M<40 | 19:34 | 30:58 | 45:00 | 44:59 | 13,338 |
| 289 | 249 | MICHALAK KRZYSZTOF | NOKIA,WROCLAW | 1982 | 177e | M<40 | 20:40 | 31:28 | 45:01 | 44:40 | 13,433 |
| 290 | 1743 | JANIA JANUSZ | SWIETOSZÓW | 1982 | 178e | M<40 | 20:25 | 31:26 | 45:05 | 44:47 | 13,398 |
| 291 | 1737 | RYŻEWSKI KRZYSZTOF | QUADIMODO RACING,MIR | 1971 | 89e | M40 | 20:38 | 31:36 | 45:05 | 44:22 | 13,524 |
| 292 | 710 | KRZEWIŃSKI MAREK | OGRODZISKO,OGRODZISK | 1983 | 179e | M<40 | 21:05 | 31:46 | 45:07 | 43:40 | 13,740 |
| 293 | 646 | PATER TOMASZ | PEBEKA,RASZOWA | 1975 | 90e | M40 | 20:18 | 31:24 | 45:09 | 45:04 | 13,314 |
| 294 | 166 | MARKULAK MARCIN | LUBIN | 1983 | 180e | M<40 | 21:14 | 31:49 | 45:09 | 44:16 | 13,554 |
| 295 | 1523 | GROLEWSKI KAROL | ISKRA KSIEGINICE,LUB | 1975 | 91e | M40 | 21:05 | 31:47 | 45:10 | 44:46 | 13,403 |
| 296 | 303 | HOMECKI MARCIN | ZG RUN,LUBIN | 1977 | 181e | M<40 | 20:01 | 31:15 | 45:11 | 45:09 | 13,289 |
| 297 | 68 | SMOLARA KRZYSZTOF | WINSKO | 1976 | 92e | M40 | 20:29 | 31:27 | 45:11 | 44:51 | 13,378 |
| 298 | 515 | WOŚ TOMASZ | BIEGAJACA KASTA MIED | 1997 | 182e | M<40 | 20:26 | 31:38 | 45:12 | 44:44 | 13,413 |
| 299 | 180 | SZCZEPANIAK JAKUB | WROCLAW | 1985 | 183e | M<40 | 20:21 | 31:25 | 45:12 | 45:07 | 13,299 |
| 300 | 1017 | OSICKI ARTUR | CBJ GRUPA KGHM,LUBIN | 1976 | 93e | M40 | 21:06 | 31:59 | 45:13 | 44:08 | 13,595 |

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|-----|------|------------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 301 | 1806 | WILK BARTOSZ | ZŁOTORYJA | 1981 | 184e | M<40 | 20:44 | 31:39 | 45:15 | 44:41 | 13,428 |
| 302 | 656 | ALEKSIEJ PIOTR | LEW LEGNICA,LEGNICA | 1979 | 185e | M<40 | 20:25 | 31:27 | 45:15 | 45:06 | 13,304 |
| 303 | 87 | ZAUCHA WOJCIECH | LUBIN | 1977 | 186e | M<40 | 20:09 | 31:25 | 45:16 | 45:13 | 13,269 |
| 304 | 1376 | SOWIŃSKI PAWEŁ | ZG RUDNA,WILKÓW | 1980 | 187e | M<40 | 20:21 | 31:27 | 45:18 | 45:00 | 13,333 |
| 305 | 874 | KACZMAREK TOMASZ | ZG RUDNA POLKOWICE | 1969 | 94e | M40 | 20:01 | 31:15 | 45:20 | 45:15 | 13,260 |
| 306 | 938 | ZAKRZEWSKI JAN | SILOWNIAUJANKA,ZIELO | 1959 | 19e | M50 | 19:54 | 31:12 | 45:21 | 45:20 | 13,235 |
| 307 | 311 | OLEJNICZAK PIOTR | HUTA MIEDZI GŁOGÓW | 1969 | 95e | M40 | 19:59 | 31:16 | 45:21 | 45:19 | 13,240 |
| 308 | 895 | WŁODARCZAK PIOTR | LUBIN | 1999 | 188e | M<40 | 20:46 | 31:43 | 45:22 | 45:05 | 13,309 |
| 309 | 1328 | MATEJCZUK EMIL | ZG POLKOWICE SIEROSZ | 1990 | 189e | M<40 | 20:59 | 31:51 | 45:22 | 45:01 | 13,328 |
| 310 | 1630 | SZCZUPAK MATEUSZ | LUBIN | 1982 | 190e | M<40 | 20:22 | 31:37 | 45:22 | 45:03 | 13,319 |
| 311 | 511 | STOLARCZUK PIOTR | ZZPD PEBEKA,CHOCIANÓ | 1980 | 191e | M<40 | 20:32 | 31:27 | 45:22 | 44:46 | 13,403 |
| 312 | 1537 | NOSZCZYK RAFAŁ | BIEGOWA SWIDNICA,SWI | 1988 | 192e | M<40 | 20:50 | 31:48 | 45:22 | 44:55 | 13,358 |
| 313 | 1325 | KWIATKOWSKI TADEUSZ | ZATOPEK,PRZEMET | 1951 | 7e | M60 | 20:09 | 31:25 | 45:23 | 45:21 | 13,230 |
| 314 | 1438 | WOJCIECHOWSKI BARTOSZ | LUBIN | 1991 | 193e | M<40 | 20:19 | 31:41 | 45:26 | 45:18 | 13,245 |
| 315 | 91 | BARSCZ RADOSŁAW | HUTA MIEDZI GLOGÓW | 1977 | 194e | M<40 | 20:38 | 31:43 | 45:26 | 45:13 | 13,269 |
| 316 | 1363 | ŁAZECZKO MAREK | WROCLAW | 1966 | 20e | M50 | 21:01 | 32:03 | 45:28 | 44:23 | 13,519 |
| 317 | 518 | AMBROSIEWICZ HENRYK | KB LEW LEGNICA,LEGNI | 1949 | 8e | M60 | 20:24 | 31:30 | 45:29 | 45:20 | 13,235 |
| 318 | 599 | MAJOWSKI MARCIN | LUBIN | 1978 | 195e | M<40 | 20:57 | 32:04 | 45:34 | 45:13 | 13,269 |
| 319 | 1624 | MAŁUCKI MATEUSZ | POLKOWICE SIEROSZOWI | 1991 | 196e | M<40 | 20:10 | 31:20 | 45:34 | 45:23 | 13,221 |
| 320 | 724 | FRANKOWSKI MARCIN | MTS DRUZYNA SZPIKU K | 1972 | 96e | M40 | 20:52 | 31:54 | 45:35 | 44:58 | 13,343 |
| 321 | 26 | JAROSZ DOMINIK | CBJ GRUPA KGHM,GLOGÓ | 1980 | 197e | M<40 | 20:40 | 31:52 | 45:39 | 45:26 | 13,206 |
| 322 | 664 | GAWRZOŁ ŁUKASZ | ZPOKOJE.COM,POLKOWIC | 1981 | 198e | M<40 | 20:33 | 31:58 | 45:41 | 45:33 | 13,172 |
| 323 | 530 | GRZEŚKIEWICZ ZIEMOWIT | SMG "KIELICH" LUBIN, | 1974 | 97e | M40 | 21:18 | 32:26 | 45:43 | 44:58 | 13,343 |
| 324 | 22 | HALINIAK MAREK | NKB CHYZY NOWY TOMYS | 1977 | 199e | M<40 | 21:03 | 32:06 | 45:44 | 45:28 | 13,196 |
| 325 | 389 | MARCINIAK PAWEŁ | CROSS STRACENCÓW TEA | 1961 | 21e | M50 | 20:55 | 31:53 | 45:45 | 45:22 | 13,226 |
| 326 | 404 | WIŚNIEWSKI JAKUB | LUBIN | 1989 | 200e | M<40 | 21:01 | 32:02 | 45:46 | 45:18 | 13,245 |
| 327 | 676 | MARCINKOWSKI ARKADIUSZ | ZG POLKOWICE-SIEROSZ | 1986 | 201e | M<40 | 21:17 | 32:31 | 45:47 | 45:11 | 13,279 |
| 328 | 1313 | WIEKIERA JAROSŁAW | SLOCINA | 1975 | 98e | M40 | 21:17 | 32:25 | 45:48 | 45:08 | 13,294 |
| 329 | 216 | PIOTROWSKI PAWEŁ | POLKOWICE SIEROSZOWI | 1985 | 202e | M<40 | 20:07 | 31:43 | 45:49 | 45:25 | 13,211 |
| 330 | 868 | GARWOR SEBASTIAN | TEMPO WALBRZYCH,WAL | 1978 | 203e | M<40 | 21:22 | 32:05 | 45:49 | 45:22 | 13,226 |
| 331 | 1658 | WOLSKI JACEK | BOLEK I LOLEK,BOLKÓW | 1975 | 99e | M40 | 20:43 | 31:55 | 45:51 | 45:29 | 13,192 |
| 332 | 316 | SZKOŁA KRZYSZTOF | LUBIN | 1977 | 204e | M<40 | 20:57 | 32:11 | 45:53 | 45:12 | 13,274 |
| 333 | 422 | KADŁUBICKI RAFAŁ | ZZPPM ZG "RUDNA",PO | 1986 | 205e | M<40 | 21:13 | 32:18 | 45:55 | 45:22 | 13,226 |
| 334 | 1767 | GUCWA ZBIGNIEW | GUT ŚWIEBODZICE | 1986 | 206e | M<40 | 20:52 | 32:03 | 45:56 | 45:46 | 13,110 |
| 335 | 61 | PUPKA ARTUR | GVT,LIGOTA PIEKNA | 1964 | 22e | M50 | 20:53 | 32:03 | 45:56 | 45:46 | 13,110 |
| 336 | 858 | TOMALIK PRZEMYSŁAW | MALCZYCE | 1979 | 207e | M<40 | 20:42 | 31:48 | 45:57 | 45:35 | 13,163 |
| 337 | 1424 | OGORZELEC MATEUSZ | POLKOWICE | 1988 | 208e | M<40 | 21:05 | 32:17 | 45:57 | 44:50 | 13,383 |
| 338 | 1210 | DROZDOWSKI KRZYSZTOF | ZG RUDNA, POLKOWICE | 1982 | 209e | M<40 | 21:16 | 32:24 | 45:59 | 45:26 | 13,206 |
| 339 | 1736 | RANDLA ARTUR | NGB KORONA LEGNICA,L | 1972 | 100e | M40 | 21:13 | 32:15 | 46:00 | 45:36 | 13,158 |
| 340 | 501 | BILIŃSKI GRZEGORZ | RADWANICE | 1983 | 210e | M<40 | 20:53 | 32:01 | 46:00 | 45:35 | 13,163 |
| 341 | 939 | ZALEWSKI WIESŁAW | MTS DRUZYNA SZPIKU K | 1970 | 101e | M40 | 20:36 | 31:42 | 46:00 | 45:29 | 13,192 |
| 342 | 1739 | SKROBAK PATRYK | PRZEMKÓW | 2001 | 211e | M<40 | 20:51 | 32:11 | 46:01 | 45:49 | 13,096 |
| 343 | 307 | LISOWSKI JAKUB | CHOCIANÓW | 2000 | 212e | M<40 | 21:00 | 32:29 | 46:01 | 45:37 | 13,153 |
| 344 | 1618 | BRODZIK RADOSŁAW | DRUZYNA GAZETY,ZIELO | 1977 | 213e | M<40 | 21:36 | 32:41 | 46:02 | 44:48 | 13,393 |
| 345 | 1645 | BOGUCKI FRANCISZEK | WROCLAW | 1960 | 23e | M50 | 21:12 | 32:16 | 46:04 | 45:40 | 13,139 |
| 346 | 879 | MOLOCIOS MICHAŁ | TEMPO WALBRZYCH,WAL | 1980 | 214e | M<40 | 22:18 | 33:03 | 46:04 | 44:48 | 13,393 |
| 347 | 1432 | ANDRZEJCZAK TOMASZ | GROSZEK,WLOCLAWEK | 1988 | 215e | M<40 | 21:34 | 32:32 | 46:05 | 44:58 | 13,343 |
| 348 | 1065 | ROJEK SZYMON | POLKOWICE SIEROSZOWI | 1978 | 216e | M<40 | 20:14 | 31:56 | 46:05 | 46:01 | 13,039 |
| 349 | 1044 | SMOLAN MARCIN | LEGNICA | 1979 | 217e | M<40 | 21:34 | 32:26 | 46:05 | 45:12 | 13,274 |
| 350 | 168 | MIDZIAK MARCIN | I LO(VE) KOPERNIK,LU | 1999 | 218e | M<40 | 21:10 | 32:20 | 46:05 | 45:18 | 13,245 |

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|-----|------|---------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 351 | 565 | SOWIŃSKI SŁAWOMIR | ZAGAN | 1981 | 219e | M<40 | 22:16 | 32:59 | 46:06 | 44:35 | 13,458 |
| 352 | 910 | BORATYN DARIUSZ | LEGNICA,LEGNICA | 1969 | 102e | M40 | 20:44 | 31:57 | 46:06 | 45:05 | 13,309 |
| 353 | 657 | ANTOSIAK TOMASZ | TRIATHLON MIETKÓW TE | 1981 | 220e | M<40 | 21:52 | 32:56 | 46:07 | 44:55 | 13,358 |
| 354 | 220 | SEKUŁA PAWEŁ | BIEGAJACA KASTA MIED | 1983 | 221e | M<40 | 20:49 | 32:08 | 46:08 | 45:41 | 13,134 |
| 355 | 1012 | LECH MECIEJ | LUBIN | 1971 | 103e | M40 | 20:55 | 32:05 | 46:08 | 45:35 | 13,163 |
| 356 | 1304 | LEŚNIAK BORYS | LUBIN | 1990 | 222e | M<40 | 20:49 | 32:03 | 46:10 | 45:43 | 13,124 |
| 357 | 1266 | LECHWAR MIROSLAW | ZG RUDNA, GLOGÓW | 1985 | 223e | M<40 | 20:24 | 31:45 | 46:10 | 45:49 | 13,096 |
| 358 | 850 | JAGIEŁŁO DAWID | LUBIN | 1980 | 224e | M<40 | 20:11 | 31:43 | 46:10 | 46:02 | 13,034 |
| 359 | 1102 | GANCARZ PAWEŁ | ZG RUDNA,LUBIN | 1989 | 225e | M<40 | 20:30 | 31:54 | 46:11 | 45:58 | 13,053 |
| 360 | 388 | MACIEJEWski KAROL | PRO-RUN WROCLAW,NADO | 1982 | 226e | M<40 | 21:45 | 32:56 | 46:12 | 45:43 | 13,124 |
| 361 | 288 | SOBIŁO MAREK | BIEGAJACA KASTA MIED | 1976 | 104e | M40 | 21:22 | 32:28 | 46:16 | 45:23 | 13,221 |
| 362 | 104 | KIEŁCZYŃSKI RAJMUND | LUBIN | 1977 | 227e | M<40 | 21:04 | 32:09 | 46:16 | 45:49 | 13,096 |
| 363 | 251 | SAMBOR MACIEK | ZG POLKOWICE-SIEROSZ | 1980 | 228e | M<40 | 20:54 | 32:16 | 46:16 | 45:55 | 13,067 |
| 364 | 1329 | MATUSZAK JOZEF | TS REGLE SZKLARSKA P | 1974 | 105e | M40 | 21:08 | 32:16 | 46:18 | 45:51 | 13,086 |
| 365 | 62 | RAJKO ADAM | KSRG ZG RUDNA,RUDNA | 1982 | 229e | M<40 | 20:49 | 32:10 | 46:19 | 46:04 | 13,025 |
| 366 | 928 | PATERAK WOJCIECH | BRUNÓW | 1976 | 106e | M40 | 21:02 | 32:13 | 46:20 | 46:04 | 13,025 |
| 367 | 394 | POLIWKA ADAM | ZZPPM ZG "RUDNA",RU | 1988 | 230e | M<40 | 19:45 | 31:48 | 46:21 | 46:17 | 12,964 |
| 368 | 674 | MACUGA PAWEŁ | OLAWS,ZLOTORYJA | 1972 | 107e | M40 | 21:37 | 32:41 | 46:21 | 45:46 | 13,110 |
| 369 | 1169 | STASZEWSKI MICHAŁ | WROCLAW | 1991 | 231e | M<40 | 20:27 | 31:41 | 46:22 | 46:07 | 13,010 |
| 370 | 1532 | KONOWALCZUK TOMASZ | WYBIEGANI POLKOWICE, | 1980 | 232e | M<40 | 20:33 | 32:01 | 46:23 | 46:00 | 13,043 |
| 371 | 1543 | SUCKIEL MARCIN | WROCLAW | 1981 | 233e | M<40 | 20:33 | 31:32 | 46:25 | 45:57 | 13,058 |
| 372 | 1497 | ROKOSZ IRENEUSZ | NGB KORONA LEGNICA,L | 1998 | 234e | M<40 | 21:33 | 32:52 | 46:25 | 45:33 | 13,172 |
| 373 | 1708 | ZDZIARSKI TOMASZ | WROCLAW | 1973 | 108e | M40 | 20:41 | 32:06 | 46:27 | 46:07 | 13,010 |
| 374 | 892 | SZYMAŃSKI SATURNIN | POLKOWICE SIEROSZOWI | 1977 | 235e | M<40 | 20:50 | 32:00 | 46:27 | 46:06 | 13,015 |
| 375 | 1094 | ZIEMBA KAMIL | PEBEKA,JASTRZEBIE ZD | 1989 | 236e | M<40 | 21:31 | 32:40 | 46:28 | 45:32 | 13,177 |
| 376 | 888 | ŁOTYSZONEK TOMASZ | ZIELONA GÓRA | 1980 | 237e | M<40 | 21:20 | 32:23 | 46:28 | 45:30 | 13,187 |
| 377 | 726 | FUROWICZ SEBASTIAN | CHOJNÓW | 1978 | 238e | M<40 | 23:11 | 33:54 | 46:28 | 45:30 | 13,187 |
| 378 | 1360 | TUDAJ KRZYSZTOF | LUBIN | 1984 | 239e | M<40 | 21:03 | 32:37 | 46:30 | 46:12 | 12,987 |
| 379 | 1258 | KMIECIK MAREK | DANFLOR TEAM,WOLSZTY | 1981 | 240e | M<40 | 21:40 | 32:53 | 46:30 | 46:14 | 12,978 |
| 380 | 453 | FICHTEL GRZEGORZ | PEBEKA,LUBIN | 1982 | 241e | M<40 | 20:46 | 32:21 | 46:30 | 46:20 | 12,950 |
| 381 | 627 | OWCZAREK TOMASZ | LUBIN | 1977 | 242e | M<40 | 21:05 | 32:39 | 46:31 | 46:23 | 12,936 |
| 382 | 1641 | SALA ADRIAN | SS .BODAK 1889,NOWA | 1991 | 243e | M<40 | 20:51 | 32:14 | 46:33 | 46:14 | 12,978 |
| 383 | 1199 | WAŚIEL DANIEL | LUBIN | 1976 | 109e | M40 | 21:20 | 32:43 | 46:37 | 46:00 | 13,043 |
| 384 | 280 | DUDZIŃSKI ROBERT | ZG RUDNA POLKOWICE | 1977 | 244e | M<40 | 20:24 | 32:02 | 46:38 | 46:33 | 12,889 |
| 385 | 235 | GINAŁ MARCIN | GOLENIÓW | 1990 | 245e | M<40 | 20:42 | 32:23 | 46:38 | 46:19 | 12,954 |
| 386 | 993 | RZATKIEWICZ KONRAD | KS DW OPONA,WROCLAW | 1979 | 246e | M<40 | 21:49 | 32:59 | 46:38 | 45:45 | 13,115 |
| 387 | 1342 | CZERNICKI PIOTR | LUBIN | 1984 | 247e | M<40 | 21:24 | 32:53 | 46:39 | 46:11 | 12,992 |
| 388 | 549 | FRONT TOMASZ | BOLESŁAWIEC | 1985 | 248e | M<40 | 22:17 | 33:18 | 46:41 | 45:11 | 13,279 |
| 389 | 547 | BIENIEK SŁAWOMIR | CENTRALA, GLOGÓW | 1970 | 110e | M40 | 22:07 | 32:51 | 46:41 | 45:50 | 13,091 |
| 390 | 1472 | OGORZELEC STANISŁAW | CHOBHENIA | 1960 | 24e | M50 | 22:02 | 33:01 | 46:43 | 46:17 | 12,964 |
| 391 | 560 | RATAJ MARIUSZ | LUBIN | 1960 | 25e | M50 | 21:02 | 32:31 | 46:47 | 46:39 | 12,862 |
| 392 | 147 | BIDZIŃSKI PIOTR | RUDNA RUN_FOR_FUN,LU | 1984 | 249e | M<40 | 20:31 | 32:27 | 46:48 | 46:29 | 12,908 |
| 393 | 210 | MORAWSKI PIOTR | WROCLAW | 1990 | 250e | M<40 | 21:21 | 32:46 | 46:49 | 46:19 | 12,954 |
| 394 | 640 | LENARCİK PIOTR | LUBIN | 1983 | 251e | M<40 | 21:22 | 32:41 | 46:51 | 46:16 | 12,968 |
| 395 | 1361 | TYBIRSKI DAMIAN | LUBIN | 1999 | 252e | M<40 | 20:25 | 32:30 | 46:51 | 46:47 | 12,825 |
| 396 | 1466 | KOWANETZ MACIEJ | EDI TEAM ZGORZELEC,Z | 1975 | 111e | M40 | 21:28 | 32:55 | 46:51 | 46:21 | 12,945 |
| 397 | 715 | NAWRACAJ MARCIN | LUBIN | 1982 | 253e | M<40 | 22:19 | 33:33 | 46:53 | 45:46 | 13,110 |
| 398 | 1434 | TYCNER TOMASZ | NOWOSOLSKA GRUPA BIE | 1977 | 254e | M<40 | 20:59 | 32:40 | 46:53 | 46:41 | 12,853 |
| 399 | 1649 | HOŁDYŃSKI MIROSLAW | RWT WROCLAW,KATY WRO | 1961 | 26e | M50 | 21:33 | 32:51 | 46:54 | 46:29 | 12,908 |
| 400 | 1310 | SZLUFARSKI ŁUKASZ | ZZPPM O/ZG RUDNA,GLO | 1982 | 255e | M<40 | 21:19 | 32:54 | 46:55 | 46:36 | 12,876 |

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|-----|------|-----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 401 | 552 | KOCHANOWSKI MAREK | INTERFERIE SPORT HOT | 1973 | 112e | M40 | 20:38 | 32:17 | 46:56 | 46:49 | 12,816 |
| 402 | 1808 | DURAŁ KAROL | POLKOWICE | 1995 | 256e | M<40 | 21:43 | 33:07 | 46:56 | 46:08 | 13,006 |
| 403 | 846 | CIOŁKOSZ JAROSŁAW | ASSECO ACTIVE TEAM,W | 1973 | 113e | M40 | 21:47 | 33:00 | 46:56 | 46:16 | 12,968 |
| 404 | 898 | CHORAZYK ADAM | NOWOSOLSKA GRUPA BIE | 1960 | 27e | M50 | 21:08 | 32:42 | 46:56 | 46:47 | 12,825 |
| 405 | 141 | STANKIEWICZ WOJTEK | POOLKOWICE SIEROSZOW | 1976 | 114e | M40 | 21:38 | 32:56 | 46:57 | 46:05 | 13,020 |
| 406 | 474 | SIELUTIN WADIM | LEW LEGNICA,LEGNICA | 1956 | 9e | M60 | 21:21 | 32:48 | 46:59 | 45:51 | 13,086 |
| 407 | 413 | DĄBROWSKI DANIEL | LUBIN | 1977 | 257e | M<40 | 22:14 | 33:18 | 47:00 | 45:49 | 13,096 |
| 408 | 197 | HABAS PAWEŁ | POLKOWICE | 1976 | 115e | M40 | 21:38 | 32:55 | 47:00 | 45:56 | 13,062 |
| 409 | 243 | KOSZARSKI PATRYK | LUBIN | 1979 | 258e | M<40 | 21:36 | 32:56 | 47:00 | 46:17 | 12,964 |
| 410 | 423 | KOSTYK GRZEGORZ | CHOJNÓW | 1980 | 259e | M<40 | 21:25 | 32:47 | 47:01 | 46:32 | 12,894 |
| 411 | 1158 | SZWEDZIK ARKADIUSZ | ZWR, LUBIN | 1976 | 116e | M40 | 22:11 | 33:23 | 47:02 | 46:28 | 12,912 |
| 412 | 870 | GÓRSKI JANUSZ | KGHM ZANAM,GROMADKA | 1965 | 28e | M50 | 21:00 | 32:28 | 47:02 | 46:37 | 12,871 |
| 413 | 1291 | BUCZYŃSKI JACEK | HUTA MIEDZI GŁOGÓW | 1978 | 260e | M<40 | 20:47 | 32:29 | 47:03 | 46:56 | 12,784 |
| 414 | 1654 | NOWICKI ADAM | ALICJA NOWICKA,BIELA | 1982 | 261e | M<40 | 21:18 | 32:57 | 47:03 | 46:56 | 12,784 |
| 415 | 341 | NIEWIADOMSKI ZBIGNIEW | LUBIN | 1952 | 10e | M60 | 21:52 | 33:00 | 47:04 | 45:53 | 13,077 |
| 416 | 561 | RUDZIK RAFAŁ | NIEZRZESZONY,OLSZANI | 1986 | 262e | M<40 | 22:03 | 33:42 | 47:05 | 46:14 | 12,978 |
| 417 | 931 | RUDNIK PIOTR | PGE KWB TURÓW,ZGORZE | 1971 | 117e | M40 | 21:06 | 32:54 | 47:06 | 47:03 | 12,752 |
| 418 | 1517 | BOCHENEK BŁAŻEJ | OSIEK | 1999 | 263e | M<40 | 21:40 | 33:47 | 47:06 | 47:02 | 12,757 |
| 419 | 360 | ŻUREK DAWID | TC CHROBRY GLOGÓW,GL | 1984 | 264e | M<40 | 22:13 | 33:23 | 47:07 | 46:03 | 13,029 |
| 420 | 324 | BOGUCKI KAMIL | LACZKA TEAM LEGNICA, | 1983 | 265e | M<40 | 22:38 | 33:43 | 47:07 | 45:43 | 13,124 |
| 421 | 487 | MAGDZIAK ANDRZEJ | START SCINAWA,LUBIN | 1961 | 29e | M50 | 21:14 | 32:56 | 47:08 | 46:55 | 12,789 |
| 422 | 613 | KRZYWICKI MARCIN | KSRG ZG RUDNA,GLOGÓW | 1981 | 266e | M<40 | 20:50 | 32:41 | 47:08 | 46:53 | 12,798 |
| 423 | 521 | BROK ADAM | GLOGÓW | 1967 | 118e | M40 | 21:01 | 32:45 | 47:08 | 46:52 | 12,802 |
| 424 | 1135 | POTOCZNY ŁUKASZ | EUFORIABIEGACZA,GÓRA | 1983 | 267e | M<40 | 22:23 | 33:29 | 47:09 | 46:07 | 13,010 |
| 425 | 336 | LEŻYŃSKI JAROSŁAW | LUBIN | 1983 | 268e | M<40 | 20:30 | 32:28 | 47:09 | 47:00 | 12,766 |
| 426 | 293 | BANACH ARTUR | POLKOWICE | 1976 | 119e | M40 | 21:51 | 33:26 | 47:09 | 46:32 | 12,894 |
| 427 | 160 | KAPIEC ROBERT | PARKRUN LUBIN,LUBIN | 1985 | 269e | M<40 | 21:47 | 33:03 | 47:10 | 45:53 | 13,077 |
| 428 | 449 | BADUREK MARCIN | UCIEKAJACE KURCZAKI, | 1979 | 270e | M<40 | 21:25 | 32:48 | 47:11 | 46:36 | 12,876 |
| 429 | 1702 | KUBIAK DARIUSZ | ZANAM,LEGNICA | 1961 | 30e | M50 | 21:38 | 32:58 | 47:11 | 46:40 | 12,857 |
| 430 | 1081 | MAJEWSKI PIOTR | ZG LUBIN,LUBIN | 1984 | 271e | M<40 | 21:47 | 33:03 | 47:11 | 47:11 | 12,716 |
| 431 | 1525 | HUCAŁ ARTUR | LUBIN | 1974 | 120e | M40 | 20:30 | 32:24 | 47:11 | 47:05 | 12,743 |
| 432 | 1769 | NIEŚCIORUK IRENEUSZ | NOWOSOLSKA GR B,NOWA | 1956 | 11e | M60 | 22:00 | 33:20 | 47:12 | 46:27 | 12,917 |
| 433 | 883 | SARGALSKI MAREK | TEMPO WALBRZYCH,WAL | 1972 | 121e | M40 | 22:47 | 33:49 | 47:12 | 45:47 | 13,105 |
| 434 | 105 | KLIŚ PAWEŁ | ZG RUDNA LUBIN | 1987 | 272e | M<40 | 21:16 | 32:50 | 47:15 | 46:42 | 12,848 |
| 435 | 1182 | JAROSZ FILIP | LEGNICA | 1990 | 273e | M<40 | 21:46 | 33:13 | 47:16 | 46:52 | 12,802 |
| 436 | 363 | BISKUPSKI DAWID | LUBIN | 1994 | 274e | M<40 | 21:43 | 33:18 | 47:16 | 46:57 | 12,780 |
| 437 | 978 | WYSKOCKI RAFAŁ | ZZPPM ZG RUDNA,LUBIN | 1971 | 122e | M40 | 22:24 | 33:32 | 47:17 | 45:47 | 13,105 |
| 438 | 1389 | DOBIECKI TOMASZ | KARPACZ | 1970 | 123e | M40 | 20:54 | 32:04 | 47:18 | 46:45 | 12,834 |
| 439 | 1417 | KIEREPKA MACIEJ | BBL,GLOGÓW | 1985 | 275e | M<40 | 22:16 | 33:35 | 47:19 | 46:12 | 12,987 |
| 440 | 958 | ATES RUDOLF | KUDOWA ZDRÓJ | 1954 | 12e | M60 | 21:43 | 33:07 | 47:19 | 46:55 | 12,789 |
| 441 | 98 | JAROSZ KRZYSZTOF | LEGNICA | 1960 | 31e | M50 | 21:47 | 33:12 | 47:19 | 46:55 | 12,789 |
| 442 | 1305 | MANTURA MAREK | UKS OLIMPJUDO NOWA S | 1980 | 276e | M<40 | 21:21 | 33:19 | 47:20 | 47:18 | 12,685 |
| 443 | 1678 | LEKS JACEK | LEGNICA | 1984 | 277e | M<40 | 21:26 | 33:03 | 47:22 | 47:04 | 12,748 |
| 444 | 1533 | KOPACZEWSKI PIOTR | ZIELONA GÓRA | 1962 | 32e | M50 | 21:31 | 33:12 | 47:23 | 47:18 | 12,685 |
| 445 | 1049 | GIERMEK KRZYSZTOF | KGHM O/ZG SIER-POL,P | 1983 | 278e | M<40 | 20:41 | 32:26 | 47:24 | 47:17 | 12,689 |
| 446 | 1284 | TARGOSZ ARTUR | LUBIN | 1973 | 124e | M40 | 21:32 | 33:15 | 47:24 | 47:12 | 12,712 |
| 447 | 925 | MOCZARSKI TOMASZ | PGE KWB TURÓW,ZGORZE | 1955 | 13e | M60 | 21:32 | 33:05 | 47:25 | 47:11 | 12,716 |
| 448 | 782 | ZDULSKI ADAM | ZG RUDNA,POLKOWICE | 1968 | 125e | M40 | 21:51 | 33:23 | 47:26 | 47:02 | 12,757 |
| 449 | 514 | BAJAŚ TOMASZ | ZG RUDNA POLKOWICE | 1979 | 279e | M<40 | 22:27 | 33:37 | 47:26 | 45:54 | 13,072 |
| 450 | 387 | LUZAR ARKADIUSZ | LUBIN | 1970 | 126e | M40 | 21:20 | 32:53 | 47:26 | 47:09 | 12,725 |

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|-----|------|-----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 451 | 598 | MAGDZIAREK TOMASZ | LUBIN | 1970 | 127e | M40 | 21:45 | 33:19 | 47:27 | 46:34 | 12,885 |
| 452 | 378 | JUŹWIĄK MARCIN | CBJ OLAWS ZLOTORYJA | 1981 | 280e | M<40 | 21:11 | 33:00 | 47:28 | 46:48 | 12,821 |
| 453 | 23 | HOLDENMAJER BARTOSZ | LUBIN | 1984 | 281e | M<40 | 21:36 | 33:14 | 47:30 | 46:59 | 12,770 |
| 454 | 597 | KOZDROŃ DARIUSZ | LUBIN | 1977 | 282e | M<40 | 20:52 | 32:37 | 47:31 | 47:04 | 12,748 |
| 455 | 783 | ŁUKAWSKI KRZYSZTOF | ZLOTORYJA | 1976 | 128e | M40 | 22:21 | 33:52 | 47:32 | 46:43 | 12,843 |
| 456 | 1560 | KOPIŃSKI MIROSŁAW | BIEG WULKANÓW,ZLOTOR | 1976 | 129e | M40 | 21:38 | 33:02 | 47:34 | 46:58 | 12,775 |
| 457 | 69 | SOBKA ZBIGNIEW | LUBIN | 1979 | 283e | M<40 | 21:36 | 33:09 | 47:34 | 46:50 | 12,811 |
| 458 | 350 | SROKA MARCIN | WEGLINIEC | 1978 | 284e | M<40 | 22:01 | 33:27 | 47:36 | 46:17 | 12,964 |
| 459 | 1557 | JAREMA WOJCIECH | POLKOWICE - SIEROSZO | 1980 | 285e | M<40 | 22:15 | 33:38 | 47:37 | 46:34 | 12,885 |
| 460 | 727 | GLAPIŃSKI JACEK | PRZEMKÓW,PRZEMKÓW | 1976 | 130e | M40 | 21:10 | 33:02 | 47:37 | 47:24 | 12,658 |
| 461 | 564 | SOROKANYCZ PAWEŁ | CENTRALA GŁOGÓW | 1977 | 286e | M<40 | 21:15 | 32:50 | 47:37 | 46:56 | 12,784 |
| 462 | 1802 | GACEK PIOTR | PRZEMKÓW | 1979 | 287e | M<40 | 22:44 | 34:03 | 47:37 | 46:20 | 12,950 |
| 463 | 318 | WERBNY JACEK | LACZKA TEAM LEGNICA, | 1975 | 131e | M40 | 22:39 | 33:51 | 47:37 | 46:13 | 12,982 |
| 464 | 539 | RADTKE MACIEJ | CHOCIANÓW | 1973 | 132e | M40 | 21:46 | 33:36 | 47:38 | 46:57 | 12,780 |
| 465 | 297 | CHOMA FILIP | LUBIN | 1986 | 288e | M<40 | 21:09 | 32:56 | 47:39 | 47:30 | 12,632 |
| 466 | 25 | JANAS ROBERT | HM GLOGÓW | 1987 | 289e | M<40 | 21:07 | 32:35 | 47:41 | 46:35 | 12,880 |
| 467 | 497 | SZOLUCHA TADEUSZ | KB LEW LEGNICA,LEGNI | 1958 | 33e | M50 | 21:53 | 33:27 | 47:41 | 47:03 | 12,752 |
| 468 | 556 | KUCZYŃSKI MARCIN | BIEGAJACA KASTA MIED | 1973 | 133e | M40 | 21:38 | 33:26 | 47:42 | 47:15 | 12,698 |
| 469 | 719 | SKOTNICKI ADRIAN | OLA TEAM,WROCLAW | 1971 | 134e | M40 | 22:05 | 33:30 | 47:43 | 46:45 | 12,834 |
| 470 | 292 | BALUL PIOTR | BIEGAJACA KASTA MIED | 1978 | 290e | M<40 | 21:17 | 33:05 | 47:43 | 47:33 | 12,618 |
| 471 | 922 | KOZŁOWSKI JAROSŁAW | GLOGÓW | 1971 | 135e | M40 | 21:40 | 33:06 | 47:43 | 47:10 | 12,721 |
| 472 | 155 | HRUSZOWIEC PAWEŁ | WOLÓW | 1972 | 136e | M40 | 22:05 | 33:26 | 47:45 | 46:53 | 12,798 |
| 473 | 634 | DUDEK MARIUSZ | LUBIN | 1989 | 291e | M<40 | 21:31 | 33:19 | 47:46 | 47:25 | 12,654 |
| 474 | 1193 | SERAFIN ADAM | LEGNICA | 1987 | 292e | M<40 | 21:26 | 33:13 | 47:47 | 47:19 | 12,681 |
| 475 | 36 | KOŁACZ JAN | ZAKŁAD HYDROTECHNICZ | 1982 | 293e | M<40 | 22:19 | 33:46 | 47:48 | 47:23 | 12,663 |
| 476 | 469 | GRZESIAK TOMASZ | ZZPPM ZG RUDNA,LUBIN | 1977 | 294e | M<40 | 20:40 | 32:38 | 47:50 | 47:31 | 12,627 |
| 477 | 479 | DARAŻ PAWEŁ | ARKA LUBIN,POLKOWICE | 1990 | 295e | M<40 | 22:55 | 34:38 | 47:51 | 47:30 | 12,632 |
| 478 | 1484 | GOZDEK TOMASZ | LUBIN | 1978 | 296e | M<40 | 21:46 | 33:35 | 47:51 | 47:21 | 12,672 |
| 479 | 11 | KOCYŁA JAKUB | OLAWS ZLOTORYJA,ZLOT | 2003 | 297e | M<40 | 21:11 | 33:18 | 47:51 | 47:46 | 12,561 |
| 480 | 1633 | WOJTASIK KAZIMIERZ | PAULINUM JELENIA GÓR | 1942 | 1e | M70 | 22:29 | 33:53 | 47:51 | 46:56 | 12,784 |
| 481 | 1617 | BOBOWSKI PIOTR | POLKOWICE | 1978 | 298e | M<40 | 21:39 | 33:21 | 47:52 | 47:15 | 12,698 |
| 482 | 1093 | ZDEBIAK DAWID | ZG RUN,GLOGÓW | 1979 | 299e | M<40 | 23:05 | 34:01 | 47:52 | 45:32 | 13,177 |
| 483 | 568 | ŁUKASZCZYK ANDRZEJ | LUBIN | 1969 | 137e | M40 | 22:57 | 34:27 | 47:53 | 46:30 | 12,903 |
| 484 | 952 | STARZYK MARIUSZ | LUBIN | 1976 | 138e | M40 | 22:20 | 33:40 | 47:53 | 47:00 | 12,766 |
| 485 | 1185 | KOZŁOWSKI MARCIN | RUDNA | 2000 | 300e | M<40 | 22:01 | 33:30 | 47:53 | 47:18 | 12,685 |
| 486 | 666 | IZIENICKI PIOTR | POLKOWICE SIEROSZOWI | 1969 | 139e | M40 | 20:59 | 32:54 | 47:54 | 47:39 | 12,592 |
| 487 | 208 | MICHAŁUSZKO MIROSŁAW | SPARTA ZIEBICE,WROCL | 1958 | 34e | M50 | 22:09 | 33:38 | 47:54 | 47:27 | 12,645 |
| 488 | 911 | BORATYN MARCIN | LEGNICA,LEGNICA | 1998 | 301e | M<40 | 21:18 | 33:11 | 47:54 | 46:54 | 12,793 |
| 489 | 1981 | GEMBUŚ MARCIN | POLKOWICE SIEROSZOWI | 1981 | 302e | M<40 | 21:46 | 33:36 | 47:55 | 47:44 | 12,570 |
| 490 | 717 | OBORSKI PIOTR | STOWARZYSZENIE BOKS | 1972 | 140e | M40 | 21:16 | 33:26 | 47:56 | 47:55 | 12,522 |
| 491 | 390 | NAZAREWICZ MIECZYSLAW | NGB KORONA LEGNICA,L | 1969 | 141e | M40 | 22:07 | 33:42 | 48:00 | 47:09 | 12,725 |
| 492 | 53 | OSIEWALSKI TOMASZ | LUBIN | 1976 | 142e | M40 | 22:22 | 33:57 | 48:00 | 47:14 | 12,703 |
| 493 | 143 | ZAWADZKI KRZYSZTOF | 59-300 | 1977 | 303e | M<40 | 22:21 | 33:55 | 48:03 | 46:58 | 12,775 |
| 494 | 1039 | MADEJ JAN | ZANAM,WYBIEGANI POLK | 1977 | 304e | M<40 | 22:30 | 34:11 | 48:04 | 46:57 | 12,780 |
| 495 | 241 | KOMANIECKI ARTUR | ZG POLKOWICE-SIEROSZ | 1975 | 143e | M40 | 21:41 | 33:22 | 48:04 | 47:10 | 12,721 |
| 496 | 1140 | WOLSZCZAK KONRAD | BIEGAJACA KASTA MIED | 1985 | 305e | M<40 | 22:33 | 34:10 | 48:04 | 47:37 | 12,601 |
| 497 | 96 | CHYB ZBIGNIEW | POLKOWICE | 1957 | 35e | M50 | 21:44 | 33:43 | 48:05 | 48:02 | 12,491 |
| 498 | 354 | SZYBOWSKI PAWEŁ | WIELICZKA | 1989 | 306e | M<40 | 21:44 | 33:42 | 48:05 | 47:13 | 12,707 |
| 499 | 338 | MESJASZ MAREK | BIEGAJACA KASTA MIED | 1985 | 307e | M<40 | 21:43 | 33:42 | 48:05 | 47:14 | 12,703 |
| 500 | 1415 | JABŁOŃSKI ŁUKASZ | O CO BIEGO?,PUGIB,LU | 1987 | 308e | M<40 | 21:14 | 33:14 | 48:06 | 47:58 | 12,509 |

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|-----|------|------------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 501 | 1334 | RATAJCZAK MARIUSZ | RATAJCZAK TEAM,NOWA | 1975 | 144e | M40 | 21:37 | 33:19 | 48:07 | 48:04 | 12,483 |
| 502 | 65 | SIERKIEWICZ KAMIL | JERZMANOWA | 1984 | 309e | M<40 | 22:29 | 34:06 | 48:07 | 46:53 | 12,798 |
| 503 | 804 | FUCZYŁO ROMAN | MTS DRUZYNA SZPIKU K | 1984 | 310e | M<40 | 22:07 | 33:43 | 48:08 | 47:23 | 12,663 |
| 504 | 1441 | WŁODARCZYK KRZYSZTOF | WARSZTATY TERAPII ZA | 1982 | 311e | M<40 | 22:30 | 33:55 | 48:09 | 47:19 | 12,681 |
| 505 | 665 | GRZESIAK RAFAŁ | SIERPOL GŁOGÓW | 1974 | 145e | M40 | 22:30 | 34:11 | 48:10 | 47:04 | 12,748 |
| 506 | 1123 | BOCHENEK MARCIN | ZG RUDNA OSIEK | 1980 | 312e | M<40 | 21:08 | 33:05 | 48:11 | 48:08 | 12,465 |
| 507 | 1626 | OPALIŃSKI MAREK | połkowice sieroszowi | 1977 | 313e | M<40 | 21:54 | 33:29 | 48:12 | 47:38 | 12,596 |
| 508 | 729 | HORBATOWSKI PIOTR | WROCLAW | 1982 | 314e | M<40 | 23:45 | 34:42 | 48:12 | 46:55 | 12,789 |
| 509 | 409 | CYBULSKI PIOTR | GÓRA | 1979 | 315e | M<40 | 22:21 | 33:45 | 48:13 | 47:48 | 12,552 |
| 510 | 1245 | WACH MACIEJ | KGHM BINO ZERYDY GLO | 1988 | 316e | M<40 | 22:22 | 33:41 | 48:16 | 46:46 | 12,830 |
| 511 | 1485 | HRYŃKO KAMIL | LUBIN | 1981 | 317e | M<40 | 23:01 | 34:26 | 48:17 | 46:47 | 12,825 |
| 512 | 1011 | KRASZCZYŃSKI PAWEŁ | ARKA LUBIN,LUBIN | 1979 | 318e | M<40 | 22:02 | 34:16 | 48:18 | 48:00 | 12,500 |
| 513 | 937 | URBAŃSKI ADAM | (DE)BERLIN | 1982 | 319e | M<40 | 21:45 | 33:54 | 48:20 | 48:17 | 12,427 |
| 514 | 1031 | BESZTAK PIOTR | KGHM ZANAM LUBIN | 1983 | 320e | M<40 | 22:34 | 34:13 | 48:21 | 47:50 | 12,544 |
| 515 | 635 | JAROSZ MARIUSZ | LUBIN | 1980 | 321e | M<40 | 23:05 | 34:27 | 48:21 | 47:18 | 12,685 |
| 516 | 629 | TOKARSKI TOMASZ | WARSZAWA | 1986 | 322e | M<40 | 21:45 | 33:47 | 48:22 | 47:48 | 12,552 |
| 517 | 71 | STANISŁAWSKI KAROL | HM LEGNICA,LEGNICA | 1983 | 323e | M<40 | 22:36 | 34:13 | 48:22 | 47:22 | 12,667 |
| 518 | 173 | PERDJON KRZYSZTOF | ZG RUDNA GŁOGÓW | 1978 | 324e | M<40 | 22:38 | 34:18 | 48:22 | 48:05 | 12,478 |
| 519 | 1318 | BUDAKIEWICZ PRZEMYSŁAW | CHOJNÓW | 1980 | 325e | M<40 | 22:53 | 34:12 | 48:23 | 47:37 | 12,601 |
| 520 | 683 | PIĄTEK MACIEJ | LUBIN | 1978 | 326e | M<40 | 23:04 | 34:24 | 48:25 | 47:22 | 12,667 |
| 521 | 1652 | KRAWCZYK PIOTR | GOSCIESZOWICE | 1989 | 327e | M<40 | 22:21 | 34:19 | 48:30 | 48:05 | 12,478 |
| 522 | 1529 | KAWA DAWID | LEGNICA | 1979 | 328e | M<40 | 22:54 | 34:21 | 48:32 | 47:19 | 12,681 |
| 523 | 1317 | ŻURKOWSKI MAREK | POLKOWICE | 1998 | 329e | M<40 | 24:26 | 35:51 | 48:34 | 47:47 | 12,557 |
| 524 | 1690 | SUŁKOWSKI PAWEŁ | 65-001 | 1978 | 330e | M<40 | 22:38 | 34:34 | 48:36 | 47:47 | 12,557 |
| 525 | 473 | PLICHA SEBASTIAN | ZG RUDNA LUBIN | 1991 | 331e | M<40 | 21:34 | 33:41 | 48:38 | 48:34 | 12,354 |
| 526 | 977 | WOJTUN BOGUSŁAW | ZZPPM ZG "RUDNA",PO | 1969 | 146e | M40 | 22:55 | 34:25 | 48:39 | 47:06 | 12,739 |
| 527 | 116 | MUSIAŁ MAREK | BIEGOWA SWIDNICA,BYS | 1955 | 14e | M60 | 23:31 | 34:58 | 48:39 | 46:50 | 12,811 |
| 528 | 1273 | POŁOŃSKI IRENEUSZ | NOWE MIASTECZKO | 1963 | 36e | M50 | 21:37 | 33:35 | 48:41 | 48:32 | 12,363 |
| 529 | 1133 | PACHUCKI ADAM | LUBIN | 1974 | 147e | M40 | 22:33 | 34:14 | 48:41 | 47:48 | 12,552 |
| 530 | 192 | BIAŁAS KRZYSZTOF | ZG RUDNA LUBIN | 1974 | 148e | M40 | 22:25 | 34:28 | 48:41 | 48:34 | 12,354 |
| 531 | 144 | ŁASZKIEWICZ TOMASZ | GLOGÓW | 1976 | 149e | M40 | 22:39 | 34:32 | 48:42 | 47:56 | 12,517 |
| 532 | 10 | KOWALSKI KRZYSZTOF | SZKLARY GÓRNE | 1983 | 332e | M<40 | 24:11 | 35:37 | 48:44 | 47:06 | 12,739 |
| 533 | 443 | TOMASIK PAWEŁ | HUTA MIEDZI CEDYNIA | 1983 | 333e | M<40 | 21:44 | 33:25 | 48:45 | 48:07 | 12,470 |
| 534 | 828 | JUREK ADAM | LUBIN | 1960 | 37e | M50 | 22:09 | 34:12 | 48:45 | 48:16 | 12,431 |
| 535 | 1278 | SYKUŁA ROBERT | PRZEMKÓW | 1973 | 150e | M40 | 22:23 | 34:31 | 48:46 | 48:07 | 12,470 |
| 536 | 1211 | DZIELNICKI BOGDAN | ZG RUDNA,LUBIN | 1978 | 334e | M<40 | 22:29 | 34:13 | 48:47 | 48:08 | 12,465 |
| 537 | 527 | DŻUMAK KRYSZTIAN | LUBIN | 1979 | 335e | M<40 | 23:06 | 34:42 | 48:48 | 48:02 | 12,491 |
| 538 | 452 | CEJBA JAN | UNBREAKABLE / VTQ,GO | 1976 | 151e | M40 | 22:32 | 34:15 | 48:48 | 47:49 | 12,548 |
| 539 | 169 | NOWALIŃSKI TOMASZ | ENERGETYKA LUBIN SA | 1962 | 38e | M50 | 21:25 | 33:25 | 48:49 | 48:48 | 12,295 |
| 540 | 1187 | MADEJ JAROSŁAW | WROCLAW | 1974 | 152e | M40 | 22:18 | 34:26 | 48:50 | 48:23 | 12,401 |
| 541 | 901 | GRYGIEL GRZEGORZ | ZIELONA GÓRA | 1976 | 153e | M40 | 22:23 | 34:11 | 48:50 | 48:18 | 12,422 |
| 542 | 1240 | SKRZYŃSKI TOMASZ | KSRG RUDNA,GLOGÓW | 1979 | 336e | M<40 | 23:04 | 34:12 | 48:51 | 46:30 | 12,903 |
| 543 | 1144 | CHABROWSKI RAFAŁ | LUBIN | 1980 | 337e | M<40 | 23:03 | 34:46 | 48:51 | 47:36 | 12,605 |
| 544 | 257 | WEISS JERZY | PROBLEM,LUBIN | 1955 | 15e | M60 | 21:52 | 33:50 | 48:52 | 48:41 | 12,325 |
| 545 | 1395 | KOKOT PAWEŁ | HARPAGAN ZG,ZIELONA | 1982 | 338e | M<40 | 22:40 | 34:35 | 48:53 | 48:04 | 12,483 |
| 546 | 281 | DĘBOWY KRZYSZTOF | ZG POLKOWICE SIEROSZ | 1980 | 339e | M<40 | 23:39 | 35:23 | 48:54 | 47:39 | 12,592 |
| 547 | 1271 | OSTROPOLSKI HENRYK | WKB PIAST WROCLAW,DZ | 1957 | 39e | M50 | 22:19 | 34:32 | 48:54 | 48:37 | 12,341 |
| 548 | 346 | RYNKIEWICZ KRZYSZTOF | GRIZZLY GOLA,GOLA | 1974 | 154e | M40 | 21:15 | 33:36 | 48:56 | 48:46 | 12,303 |
| 549 | 339 | MICHALUK DARIUSZ | POLKOWICE SIEROSZOWI | 1975 | 155e | M40 | 22:06 | 33:49 | 48:58 | 48:22 | 12,405 |
| 550 | 648 | PIEŃKO MARIUSZ | CHOCIANÓW | 1972 | 156e | M40 | 22:11 | 34:00 | 48:58 | 47:59 | 12,504 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | MscKat | Kateg | 1-między | 2-między | Bruto | Netto | Km/h |
|-----|------|-----------------------|-----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 551 | 1253 | GRZEGORZEWSKI ROBERT | BIEGAJACA KASTA MIED | 1973 | 157e | M40 | 22:53 | 34:40 | 49:00 | 47:59 | 12,504 |
| 552 | 1116 | TUSZYŃSKI LESZEK | CHRÓSTNIK | 1982 | 340e | M<40 | 21:51 | 33:52 | 49:01 | 48:44 | 12,312 |
| 553 | 587 | WODZIŃSKI ARTUR | SCINAWA | 1983 | 341e | M<40 | 22:01 | 34:20 | 49:02 | 48:32 | 12,363 |
| 554 | 90 | BARAŃSKI STANISŁAW | AA POLKOWICE SIEROSZ | 1972 | 158e | M40 | 22:27 | 34:26 | 49:02 | 48:19 | 12,418 |
| 555 | 1426 | POMIETLARZ MICHAŁ | LEGNICA | 1985 | 342e | M<40 | 23:15 | 34:54 | 49:04 | 47:28 | 12,640 |
| 556 | 1430 | SZCZEPAŃSKI MARCIN | DRUZYNA SZPIKU,LEGNI | 1986 | 343e | M<40 | 23:09 | 34:51 | 49:04 | 47:28 | 12,640 |
| 557 | 659 | CZERWIK PIOTR | GLOGÓW | 1985 | 344e | M<40 | 22:19 | 34:07 | 49:07 | 48:24 | 12,397 |
| 558 | 432 | PISKORZ ROBERT | VOLKSWAGEN POLKOWICE | 1972 | 159e | M40 | 22:43 | 34:37 | 49:08 | 48:30 | 12,371 |
| 559 | 1170 | WARCZEWSKI SEBASTIAN | RAWICZ | 1978 | 345e | M<40 | 21:50 | 33:44 | 49:08 | 48:53 | 12,274 |
| 560 | 442 | TOMASIK MARCIN | E-TOWERS TEAM ,GLOGÓ | 1984 | 346e | M<40 | 22:46 | 34:49 | 49:09 | 48:32 | 12,363 |
| 561 | 1730 | NOWAK SZYMON | LESZNO | 1984 | 347e | M<40 | 23:10 | 34:48 | 49:10 | 47:57 | 12,513 |
| 562 | 226 | TOBIS MICHAŁ | PNGIB GASZYN | 1988 | 348e | M<40 | 23:08 | 34:54 | 49:12 | 48:25 | 12,392 |
| 563 | 110 | KRAWCZYSZYN BARTOSZ | CREDIT-SUISSE RUNNIN | 1982 | 349e | M<40 | 23:02 | 35:00 | 49:12 | 48:20 | 12,414 |
| 564 | 1742 | HAC DARIUSZ | KGHM ZANAM S.A.,POLK | 1963 | 40e | M50 | 22:36 | 34:35 | 49:13 | 48:37 | 12,341 |
| 565 | 254 | STANKIEWICZ TOMASZ | BIEGAJACA KASTA MIED | 1985 | 350e | M<40 | 23:04 | 34:53 | 49:14 | 47:52 | 12,535 |
| 566 | 584 | PIEŚCIŃSKI ŁUKASZ | LUBIN | 1983 | 351e | M<40 | 22:01 | 34:18 | 49:16 | 48:46 | 12,303 |
| 567 | 1070 | WITKOWICZ MAREK | O/ZG "POLKOWICE-SIER | 1979 | 352e | M<40 | 21:55 | 34:10 | 49:18 | 49:06 | 12,220 |
| 568 | 765 | ROSZAK RYSZARD | ZWR, YUPII,LUBIN | 1963 | 41e | M50 | 21:13 | 33:24 | 49:20 | 49:11 | 12,199 |
| 569 | 1379 | BARCICKI TOMASZ | LEGNICA | 1978 | 353e | M<40 | 23:09 | 35:06 | 49:20 | 48:05 | 12,478 |
| 570 | 1078 | KINDRA MAREK | FC KACZOR, ZWR,LUBIN | 1974 | 160e | M40 | 23:23 | 34:53 | 49:21 | 47:59 | 12,504 |
| 571 | 789 | KRUSZEWSKI JAN | NIEZRZESZONY, SWIERZA | 1946 | 2e | M70 | 22:50 | 34:36 | 49:22 | 48:27 | 12,384 |
| 572 | 701 | FEDORCZUK MAREK | KUNICE | 1969 | 161e | M40 | 22:53 | 34:39 | 49:22 | 48:25 | 12,392 |
| 573 | 951 | PRATKOWIECKI WOJCIECH | KUNICE | 1996 | 354e | M<40 | 22:43 | 34:51 | 49:24 | 48:53 | 12,274 |
| 574 | 1550 | WOJDOWSKI TOMASZ | LUBIN | 1983 | 355e | M<40 | 22:36 | 34:39 | 49:25 | 48:21 | 12,410 |
| 575 | 274 | MASZTALERZ PAWEŁ | AMICA LUBIN,LUBIN | 2004 | 356e | M<40 | 22:29 | 34:52 | 49:25 | 48:27 | 12,384 |
| 576 | 9 | BACZYŃSKI JERZY | JAKUBOWO LUBINSKIE | 1960 | 42e | M50 | 22:15 | 34:17 | 49:25 | 49:12 | 12,195 |
| 577 | 1456 | SAWCZAK MAREK | HM GLOGÓW, GLOGÓW | 1978 | 357e | M<40 | 22:14 | 34:21 | 49:26 | 49:05 | 12,224 |
| 578 | 792 | MISZCZYK PRZEMYSŁAW | LUBIN | 1997 | 358e | M<40 | 21:50 | 34:29 | 49:28 | 49:21 | 12,158 |
| 579 | 118 | MŁYŃSKI PAWEŁ | HM GLOGÓW | 1977 | 359e | M<40 | 23:54 | 35:33 | 49:29 | 48:31 | 12,367 |
| 580 | 994 | SAMUL PRZEMYSŁAW | LUBIN | 1985 | 360e | M<40 | 23:18 | 35:20 | 49:31 | 48:47 | 12,299 |
| 581 | 494 | PIOSIK MIROSŁAW | BIEGAM BO LUBIE GLOG | 1985 | 361e | M<40 | 23:25 | 35:19 | 49:31 | 48:18 | 12,422 |
| 582 | 408 | CHMIELEWSKI ŁUKASZ | LUBIN | 1985 | 362e | M<40 | 23:47 | 35:40 | 49:34 | 48:33 | 12,358 |
| 583 | 645 | ONYSZKO ROBERT | BOLESŁAWIEC | 1971 | 162e | M40 | 22:50 | 34:47 | 49:35 | 48:36 | 12,346 |
| 584 | 996 | WAŁĘGA ANDRZEJ | BOLESŁAWIEC | 1978 | 363e | M<40 | 22:50 | 34:47 | 49:35 | 48:36 | 12,346 |
| 585 | 245 | MADARASZ PAWEŁ | O/ZG RUDNA,LUBIN | 1975 | 163e | M40 | 23:15 | 35:00 | 49:37 | 48:44 | 12,312 |
| 586 | 927 | ORŁOWSKI MARIUSZ | KGHM ZANAM POLKOWICE | 1987 | 364e | M<40 | 22:31 | 34:43 | 49:38 | 48:37 | 12,341 |
| 587 | 1261 | KOZŁOWSKI TOMASZ | OBORA | 1978 | 365e | M<40 | 21:45 | 34:00 | 49:38 | 49:06 | 12,220 |
| 588 | 903 | KAMIŃSKI KAMIL | 17 WBZ,LUBIN | 1985 | 366e | M<40 | 23:01 | 34:59 | 49:39 | 48:56 | 12,262 |
| 589 | 153 | CUKROWSKI ANDRZEJ | OLAWS ZLOTORYJA,ZLOT | 1975 | 164e | M40 | 22:35 | 34:46 | 49:39 | 49:04 | 12,228 |
| 590 | 1082 | NOWAKOWSKI ROBERT | STAW,LEGNICA | 1965 | 43e | M50 | 23:02 | 35:09 | 49:39 | 49:14 | 12,187 |
| 591 | 1075 | BEDNARCZYK LESŁAW | CZESTOCHOWA | 1952 | 16e | M60 | 24:10 | 35:22 | 49:39 | 48:06 | 12,474 |
| 592 | 1128 | KONIECZYŃSKI MARCIN | ZWR, OSIEK | 1982 | 367e | M<40 | 22:57 | 34:46 | 49:41 | 48:19 | 12,418 |
| 593 | 1655 | POLISZAK MAREK | LUBIN | 1990 | 368e | M<40 | 23:09 | 34:52 | 49:44 | 48:34 | 12,354 |
| 594 | 798 | SWOROWSKI KRZYSZTOF | LUBIN | 1985 | 369e | M<40 | 22:00 | 34:46 | 49:47 | 49:39 | 12,085 |
| 595 | 1316 | ŁUPKOWSKI ADAM | LUBIN | 1984 | 370e | M<40 | 22:57 | 34:53 | 49:48 | 48:33 | 12,358 |
| 596 | 1377 | TAFELSKI PRZEMYSŁAW | ZG POLKOWICE-SIEROSZ | 1985 | 371e | M<40 | 23:13 | 35:19 | 49:49 | 49:05 | 12,224 |
| 597 | 1672 | GÓRNICKI PIOTR | POLKOWICE SIEROSZOWI | 1971 | 165e | M40 | 21:41 | 34:07 | 49:49 | 49:40 | 12,081 |
| 598 | 1540 | ROSTKOWSKI PIOTR | LZS "PROFI" JELENIA | 1959 | 44e | M50 | 22:40 | 34:51 | 49:50 | 49:19 | 12,166 |
| 599 | 1209 | CZUBEK ZBIGNIEW | 4K LEGNICA, GLUCHOWIC | 1962 | 45e | M50 | 23:05 | 35:03 | 49:50 | 49:19 | 12,166 |
| 600 | 1448 | KRUCZEK GRZEGORZ | ZG POLKOWICE-SIEROSZ | 1981 | 372e | M<40 | 24:55 | 36:20 | 49:52 | 48:27 | 12,384 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | MscKat | Kateg | 1-między | 2-między | Bruto | Netto | Km/h |
|-----|------|-----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 601 | 1727 | MISIURA STANISŁAW | LUBIN | 1979 | 373e | M<40 | 24:01 | 35:44 | 49:52 | 48:40 | 12,329 |
| 602 | 1176 | BRODZIŃSKI MICHAŁ | HARPAGAN ZG,KROSNO O | 1981 | 374e | M<40 | 22:41 | 34:37 | 49:53 | 49:04 | 12,228 |
| 603 | 517 | ZIMKOWSKI MARCIN | ZG POLKOWICE SIEROSZ | 1983 | 375e | M<40 | 22:23 | 34:33 | 49:53 | 48:52 | 12,278 |
| 604 | 1121 | ŁUKOWICZ LESZEK | LUBIN | 1960 | 46e | M50 | 22:21 | 34:40 | 49:56 | 49:34 | 12,105 |
| 605 | 1188 | MARCINOWSKI MICHAŁ | GLOGÓW | 1984 | 376e | M<40 | 23:07 | 35:13 | 49:56 | 49:02 | 12,237 |
| 606 | 222 | SERWIŃSKI SEBASTIAN | ODDZIAŁ POLKOWICE | 1982 | 377e | M<40 | 22:25 | 34:39 | 49:57 | 49:34 | 12,105 |
| 607 | 787 | GROMADA ANDRZEJ | ZAKŁADY WZBOGACANIA | 1966 | 47e | M50 | 23:45 | 35:31 | 49:58 | 49:12 | 12,195 |
| 608 | 1418 | KOSEK DARIUSZ | ZMIGRÓD | 1966 | 48e | M50 | 23:57 | 35:55 | 49:59 | 49:08 | 12,212 |
| 609 | 1683 | PUPIN SZYMON | ZIELONA GÓRA | 1999 | 378e | M<40 | 22:50 | 35:09 | 49:59 | 49:18 | 12,170 |
| 610 | 864 | BUSZ ARTUR | TEMPO WALBRZYCH,MIE | 1982 | 379e | M<40 | 23:04 | 35:01 | 49:59 | 48:36 | 12,346 |
| 611 | 866 | DAJCZMAN PAWEŁ | TEMPO WALBRZYCH,WAL | 1977 | 380e | M<40 | 23:04 | 35:03 | 49:59 | 48:37 | 12,341 |
| 612 | 236 | GOŚCIEWICZ TOMASZ | TC CHROBRY GLOGÓW,RA | 1989 | 381e | M<40 | 20:37 | 33:25 | 50:00 | 49:43 | 12,068 |
| 613 | 867 | DĄBROWSKI SEBASTIAN | TEMPO,SZCZAWNO-ZDRÓ | 1984 | 382e | M<40 | 23:06 | 35:02 | 50:00 | 48:37 | 12,341 |
| 614 | 941 | JASIŃSKI GRACJAN | LUBIN | 1993 | 383e | M<40 | 23:23 | 35:28 | 50:01 | 49:32 | 12,113 |
| 615 | 1552 | BARNUŚ DAMIAN | NITROERG,KRUPSKI MLY | 1992 | 384e | M<40 | 22:44 | 35:03 | 50:02 | 49:05 | 12,224 |
| 616 | 476 | STĘPIEŃ MARCIN | KRZECZYN WIELKI | 1980 | 385e | M<40 | 23:43 | 35:44 | 50:02 | 48:48 | 12,295 |
| 617 | 1189 | MECH GRZEGORZ | LUBIN | 1982 | 386e | M<40 | 23:10 | 35:19 | 50:02 | 49:02 | 12,237 |
| 618 | 381 | KLIMASZEWSKI MICHAŁ | ZG RUDNA LUBIN | 1987 | 387e | M<40 | 21:57 | 34:29 | 50:03 | 49:59 | 12,004 |
| 619 | 1239 | RYBUS PAWEŁ | IMKIUS SP.Z O.O,KLOB | 1991 | 388e | M<40 | 22:53 | 35:20 | 50:03 | 49:18 | 12,170 |
| 620 | 624 | MACHOWSKI EDWARD | WOLÓW BIEGA,WOLÓW | 1948 | 17e | M60 | 23:01 | 35:00 | 50:04 | 49:28 | 12,129 |
| 621 | 811 | KWAPIS ŁUKASZ | KB LEW LEGNICA,RUJA | 1988 | 389e | M<40 | 21:37 | 34:06 | 50:06 | 49:58 | 12,008 |
| 622 | 1283 | SŁONECKI ŁUKASZ | LUBIN | 1985 | 390e | M<40 | 23:16 | 35:23 | 50:06 | 49:34 | 12,105 |
| 623 | 1037 | KLESZCZOWSKI PAWEŁ | LUBIN | 1976 | 166e | M40 | 22:00 | 34:40 | 50:08 | 50:08 | 11,968 |
| 624 | 1680 | ŁAZECZKO MACIEJ | WROCLAW | 1991 | 391e | M<40 | 23:45 | 35:40 | 50:08 | 49:02 | 12,237 |
| 625 | 620 | GANCARZ JACEK | POLOWICE SIEROSZOWIC | 1971 | 167e | M40 | 22:26 | 34:49 | 50:10 | 49:57 | 12,012 |
| 626 | 58 | PIERZCHAŁO ŁUKASZ | HUTA MIEDZI GŁOGÓW | 1980 | 392e | M<40 | 22:23 | 34:38 | 50:12 | 50:00 | 12,000 |
| 627 | 1748 | PIECHOTA TOMASZ | KSRG ZG RUDNA,LUBIN | 1989 | 393e | M<40 | 22:15 | 34:39 | 50:12 | 49:55 | 12,020 |
| 628 | 737 | ROMAŃSKI ADAM | PKO BANK POLSKI,POLK | 1978 | 394e | M<40 | 23:02 | 35:15 | 50:13 | 49:33 | 12,109 |
| 629 | 1375 | SKOWRON KAMIL | LUBIN | 1979 | 395e | M<40 | 22:56 | 34:58 | 50:14 | 49:20 | 12,162 |
| 630 | 821 | WAWRZYŃIAK PAWEŁ | LUBIN | 1973 | 168e | M40 | 21:56 | 34:17 | 50:15 | 50:09 | 11,964 |
| 631 | 1 | MEJER JACEK "MEZO" | - | 1982 | 396e | M<40 | 24:52 | 36:38 | 50:17 | 48:57 | 12,257 |
| 632 | 492 | MICHALSKI MIECZYSLAW | EMERYT BIEGA,LUBIN | 1947 | 18e | M60 | 22:42 | 34:57 | 50:19 | 50:03 | 11,988 |
| 633 | 1671 | DURKACZ WOJCIECH | RUN4FUN:),CHOCIANÓW | 1979 | 397e | M<40 | 22:25 | 35:02 | 50:24 | 50:19 | 11,924 |
| 634 | 690 | SMEKTAŁA BARTŁOMIEJ | ZG POLKOWICE-SIEROSZ | 1980 | 398e | M<40 | 23:02 | 35:17 | 50:26 | 49:50 | 12,040 |
| 635 | 1629 | STOCKI PIOTR | LUBIN | 1984 | 399e | M<40 | 23:43 | 35:54 | 50:26 | 49:00 | 12,245 |
| 636 | 1805 | BADON WOJCIECH | | 2016 | | | 24:52 | 36:38 | 50:26 | 49:05 | 12,224 |
| 637 | 708 | KOŁACZ PRZEMYSŁAW | LUBIN | 1984 | 400e | M<40 | 23:44 | 35:50 | 50:26 | 49:18 | 12,170 |
| 638 | 934 | SIEPRAWSKI RYSZARD | LEGNICA | 1972 | 169e | M40 | 23:19 | 35:35 | 50:27 | 49:44 | 12,064 |
| 639 | 279 | BORZYMEK ROBERT | BOLESŁAWIEC | 1968 | 170e | M40 | 23:08 | 35:18 | 50:27 | 49:52 | 12,032 |
| 640 | 1233 | PARUCH ROBERT | OSIEK | 1976 | 171e | M40 | 23:19 | 35:15 | 50:29 | 49:35 | 12,101 |
| 641 | 396 | SŁOWIKOWSKI RADOSŁAW | OBORA | 1979 | 401e | M<40 | 23:38 | 35:37 | 50:32 | 49:38 | 12,089 |
| 642 | 733 | MALINA GRZEGORZ | GLOGÓW | 1985 | 402e | M<40 | 22:28 | 34:53 | 50:33 | 49:59 | 12,004 |
| 643 | 450 | BEDNAREK JAROSŁAW | ZZPPM ZG "RUDNA",PO | 1968 | 172e | M40 | 22:05 | 34:50 | 50:36 | 50:32 | 11,873 |
| 644 | 1035 | DZIURMAN MARIUSZ | LUBIN | 1970 | 173e | M40 | 23:14 | 35:33 | 50:36 | 49:56 | 12,016 |
| 645 | 1050 | GOLEC PIOTR | PEBEKA LEGNICA | 1979 | 403e | M<40 | 23:24 | 35:43 | 50:40 | 49:57 | 12,012 |
| 646 | 650 | SARBINOWSKI KRZYSZTOF | BIEGAM SAM,LUBIN | 1983 | 404e | M<40 | 23:45 | 35:44 | 50:41 | 50:04 | 11,984 |
| 647 | 920 | KLIMCZAK ANDRZEJ | PGE KWB TURÓW,ZGORZE | 1964 | 49e | M50 | 23:15 | 35:37 | 50:45 | 50:45 | 11,823 |
| 648 | 482 | KAMINSKI KRZYSZTOF | LUBIN | 1961 | 50e | M50 | 23:56 | 35:58 | 50:45 | 49:11 | 12,199 |
| 649 | 1477 | ZAWIDZKI MATEUSZ | MRAUUU :*,BRZESC KUJ | 1989 | 405e | M<40 | 23:22 | 35:38 | 50:48 | 49:24 | 12,146 |
| 650 | 256 | TRENDEL STEFAN | ZABICE | 1958 | 51e | M50 | 22:34 | 35:05 | 50:48 | 50:41 | 11,838 |

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|-----|------|----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 651 | 604 | SAWARYN JANUSZ | GLOGÓW | 1954 | 19e | M60 | 23:14 | 35:26 | 50:48 | 50:14 | 11,944 |
| 652 | 1549 | WIERCIOCH SŁAWOMIR | DRUZYNA JODRI,LUBIN | 1973 | 174e | M40 | 23:00 | 35:29 | 50:49 | 49:54 | 12,024 |
| 653 | 139 | GNIWEK WAĆLAW | LUBIN | 1960 | 52e | M50 | 23:17 | 35:32 | 50:50 | 50:20 | 11,921 |
| 654 | 1723 | LEWIŃSKI MARCIN | POLKOWICE | 1980 | 406e | M<40 | 23:23 | 35:33 | 50:52 | 49:25 | 12,142 |
| 655 | 1391 | GAŁKA JACEK | VEGE RUNNERS,ŻMIGRÓD | 1979 | 407e | M<40 | 23:42 | 35:59 | 50:53 | 50:21 | 11,917 |
| 656 | 1372 | RADZIWÓŃ KRZYSZTOF | ZG POLKOWICE-SIEROSZ | 1974 | 175e | M40 | 24:03 | 36:26 | 50:53 | 50:27 | 11,893 |
| 657 | 475 | SKROBAŁA TOMASZ | ALMARK,LESZNO | 1966 | 53e | M50 | 24:29 | 36:14 | 50:53 | 49:38 | 12,089 |
| 658 | 466 | ZIARNIK PRZEMYSŁAW | PEBEKA,LUBIN | 1990 | 408e | M<40 | 24:36 | 36:38 | 50:55 | 49:59 | 12,004 |
| 659 | 562 | SALAK MICHAŁ | ZG RUDNA GŁOGÓW | 1984 | 409e | M<40 | 24:00 | 36:12 | 50:55 | 49:35 | 12,101 |
| 660 | 1763 | WIERZBICKI PATRYK | SOKÓŁ LUBIN | 2003 | 410e | M<40 | 23:05 | 35:24 | 50:56 | 50:27 | 11,893 |
| 661 | 1804 | ANDRZUCHÓW KRZYSZTOF | JAWOR | 1982 | 411e | M<40 | 24:39 | 37:00 | 51:00 | 49:58 | 12,008 |
| 662 | 1952 | KOŃCZAK ADAM | POLKOWICE | 1958 | 54e | M50 | 24:19 | 36:11 | 51:01 | 49:35 | 12,101 |
| 663 | 1675 | KAMIŃSKI MICHAŁ | CENTRALA, LUBIN | 1981 | 412e | M<40 | 23:02 | 35:41 | 51:03 | 50:40 | 11,842 |
| 664 | 802 | CHMIELEWSKI TOMASZ | BYTOM ODRZANSKI | 1977 | 413e | M<40 | 24:22 | 36:37 | 51:05 | 49:56 | 12,016 |
| 665 | 976 | TUTKO PAWEŁ | ZG POLKOWICE-SIEROSZ | 1976 | 176e | M40 | 24:17 | 36:37 | 51:07 | 49:30 | 12,121 |
| 666 | 696 | WIŚNIEWSKI JAROSŁAW | ZG POLKOWICE SIEROSZ | 1979 | 414e | M<40 | 23:43 | 36:09 | 51:08 | 49:56 | 12,016 |
| 667 | 1695 | WYCISZKIEWICZ TOMASZ | LUBIN | 1973 | 177e | M40 | 23:55 | 36:17 | 51:09 | 49:59 | 12,004 |
| 668 | 1732 | POPIELIŃSKI RADOSŁAW | KLUB BIEGACZA BOLESŁ | 1976 | 178e | M40 | 23:38 | 35:46 | 51:09 | 50:02 | 11,992 |
| 669 | 358 | WOJCIECHOWSKI MACIEJ | POLKOWICE SIEROSZOWI | 1984 | 415e | M<40 | 23:21 | 35:52 | 51:10 | 50:17 | 11,932 |
| 670 | 1162 | KARYŚ ZBIGNIEW | START SCINAWA,OBORA | 1965 | 55e | M50 | 21:59 | 34:47 | 51:13 | 50:56 | 11,780 |
| 671 | 1387 | CZEPELSKI JAKUB | LUBIN | 1990 | 416e | M<40 | 24:03 | 36:25 | 51:14 | 49:54 | 12,024 |
| 672 | 541 | ROMANIAK KONRAD | ZG POLKOWICE-SIEROSZ | 1967 | 179e | M40 | 24:01 | 36:10 | 51:15 | 49:49 | 12,044 |
| 673 | 1611 | TWARDOWSKI GRZEGORZ | DZIEWIN | 1986 | 417e | M<40 | 24:27 | 36:44 | 51:17 | 49:53 | 12,028 |
| 674 | 370 | DĘBOWY RADOSŁAW | OLESNICA | 1982 | 418e | M<40 | 23:59 | 36:16 | 51:19 | 50:02 | 11,992 |
| 675 | 754 | TOPOROWSKI GRZEGORZ | LUBIN | 1977 | 419e | M<40 | 24:02 | 36:18 | 51:22 | 50:17 | 11,932 |
| 676 | 263 | ZIEMNIK MACIEJ | OSIEK | 1974 | 180e | M40 | 22:41 | 35:29 | 51:23 | 50:49 | 11,807 |
| 677 | 28 | JAZY SZYMON | LUBON | 1984 | 420e | M<40 | 24:06 | 36:15 | 51:24 | 49:51 | 12,036 |
| 678 | 1721 | KWIECIEŃ MACIEJ | LEGNICA | 1981 | 421e | M<40 | 23:11 | 35:59 | 51:24 | 51:02 | 11,757 |
| 679 | 981 | ZIENTEK WOJCIECH | EWA ZIENTEK,LUBIN | 1989 | 422e | M<40 | 24:43 | 36:56 | 51:26 | 50:09 | 11,964 |
| 680 | 1541 | SMOLARCZYK ŁUKASZ | WROCLAW | 1981 | 423e | M<40 | 22:49 | 35:39 | 51:30 | 51:24 | 11,673 |
| 681 | 1208 | CIRKO SEBASTIAN | LUBIN | 1996 | 424e | M<40 | 23:15 | 35:57 | 51:31 | 50:34 | 11,866 |
| 682 | 1505 | JAMRÓZ ADAM | LUBIN | 1978 | 425e | M<40 | 25:00 | 36:54 | 51:34 | 50:00 | 12,000 |
| 683 | 1042 | PAZIK MAREK | ZG RUDNA LUBIN | 1983 | 426e | M<40 | 23:06 | 35:43 | 51:35 | 51:11 | 11,723 |
| 684 | 1139 | TRYZNO PAWEŁ | PEBEKA S.A.,LUBIN | 1987 | 427e | M<40 | 24:07 | 36:37 | 51:38 | 50:32 | 11,873 |
| 685 | 490 | MAZUR PIOTR | COPI LUBIN | 1981 | 428e | M<40 | 23:45 | 36:07 | 51:38 | 50:26 | 11,897 |
| 686 | 865 | CHOMIK TADEUSZ | TEMPO WALBRZYCH ,WA | 1968 | 181e | M40 | 24:43 | 37:04 | 51:41 | 50:24 | 11,905 |
| 687 | 17 | FELIKSIAK MICHAŁ | LUBIN | 1983 | 429e | M<40 | 23:31 | 36:08 | 51:41 | 50:57 | 11,776 |
| 688 | 481 | JAZY JACEK | LUBIN | 1974 | 182e | M40 | 24:07 | 36:40 | 51:42 | 50:10 | 11,960 |
| 689 | 447 | WIERZBICKI ADAM | BIEGAJACA KASTA MIED | 1975 | 183e | M40 | 23:08 | 35:49 | 51:42 | 51:12 | 11,719 |
| 690 | 483 | KANIA PIOTR | BOLESŁAWIEC | 1973 | 184e | M40 | 24:08 | 36:58 | 51:43 | 50:57 | 11,776 |
| 691 | 79 | WARCHAŁA MAREK | ZG RUDNA,LUBIN | 1970 | 185e | M40 | 23:15 | 36:03 | 51:45 | 50:56 | 11,780 |
| 692 | 822 | WITCZAK KRZYSZTOF | ZG RUDNA RUDNA | 1969 | 186e | M40 | 23:52 | 36:18 | 51:48 | 50:55 | 11,784 |
| 693 | 198 | HAPKIEWICZ PIOTR | LUBIN,LUBIN | 1968 | 187e | M40 | 23:59 | 36:19 | 51:48 | 50:44 | 11,827 |
| 694 | 328 | GŁOWACZ PRZEMYSŁAW | LUBIN | 1975 | 188e | M40 | 23:07 | 35:57 | 51:49 | 51:34 | 11,635 |
| 695 | 1338 | SUKIENNIK JANUSZ | ZZPPM O/ZG RUDNA,LUB | 1971 | 189e | M40 | 23:21 | 36:03 | 51:50 | 51:38 | 11,620 |
| 696 | 1728 | MITUŁA ZBIGNIEW | PRZEMKÓW | 1971 | 190e | M40 | 23:18 | 36:05 | 51:51 | 51:19 | 11,692 |
| 697 | 546 | BEKACZ KACPER | ZG POLKOWICE LUBIN | 1992 | 430e | M<40 | 23:58 | 36:37 | 51:51 | 50:25 | 11,901 |
| 698 | 93 | BARTKIEWICZ RAFAŁ | O/HM GŁOGÓW,MILORADZ | 1972 | 191e | M40 | 24:00 | 36:25 | 51:52 | 50:40 | 11,842 |
| 699 | 1571 | NOWICKI ZBIGNIEW | WKB PIAST,WROCLAW | 1950 | 20e | M60 | 24:44 | 36:54 | 51:53 | 50:29 | 11,885 |
| 700 | 386 | KUBIAK MICHAŁ | POLKOWICE SIEROSZOWI | 1985 | 431e | M<40 | 23:23 | 36:01 | 51:54 | 51:01 | 11,761 |

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|-----|------|----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 701 | 1166 | MASICZAK MATEUSZ | POLKOWICE | 1994 | 432e | M<40 | 23:09 | 35:55 | 51:56 | 51:26 | 11,666 |
| 702 | 824 | DYKAS DAMIAN | LEGION SAMOBÓJCÓW .L | 1986 | 433e | M<40 | 23:36 | 36:19 | 51:57 | 50:48 | 11,811 |
| 703 | 1622 | MAJEWSKI WALDEMAR | LUBIN | 1979 | 434e | M<40 | 23:34 | 36:13 | 51:57 | 50:27 | 11,893 |
| 704 | 1606 | SALASTOWICZ JAROSŁAW | ZLOTORYJA | 1974 | 192e | M40 | 24:14 | 36:48 | 51:58 | 51:09 | 11,730 |
| 705 | 524 | DAWIDOWICZ TOMASZ | LUBIN | 1983 | 435e | M<40 | 25:30 | 37:40 | 51:59 | 51:03 | 11,753 |
| 706 | 218 | POZNIAK ROBERT | DOBRZEN WIELKI | 1970 | 193e | M40 | 23:58 | 36:40 | 52:01 | 51:23 | 11,677 |
| 707 | 721 | BARANOWSKI ARTUR | ZG RUDNA, LUBIN | 1974 | 194e | M40 | 23:59 | 36:14 | 52:02 | 51:21 | 11,685 |
| 708 | 653 | WISZNIOWSKI GRZEGORZ | FITNONSTOP.PL.CHOJNÓ | 1981 | 436e | M<40 | 23:08 | 36:04 | 52:02 | 51:32 | 11,643 |
| 709 | 1642 | STUDZIŃSKI REMIGIUSZ | LUBIN | 1989 | 437e | M<40 | 24:18 | 37:13 | 52:03 | 51:01 | 11,761 |
| 710 | 897 | BRONIECKI ASKANIU SZ | OBORA | 1975 | 195e | M40 | 23:44 | 36:18 | 52:05 | 51:04 | 11,749 |
| 711 | 44 | MARCINIAK MARIUSZ | LUBIN | 1977 | 438e | M<40 | 23:57 | 36:49 | 52:06 | 51:11 | 11,723 |
| 712 | 146 | BALIŃSKI ARTUR | BOLESŁAWE C | 1967 | 196e | M40 | 22:24 | 35:27 | 52:06 | 52:02 | 11,531 |
| 713 | 349 | SRO CZYŃSKI STEFAN | ZG POLKOWICE SIEROSZ | 1957 | 56e | M50 | 24:38 | 37:06 | 52:06 | 50:49 | 11,807 |
| 714 | 769 | CZUKIEWSKI DAMIAN | KGHM SIERPOL LUBIN | 1989 | 439e | M<40 | 25:34 | 37:58 | 52:06 | 51:00 | 11,765 |
| 715 | 949 | OLSZEWSKI MIKOŁAJ | WYBIEGANI POLKOWICE, | 1980 | 440e | M<40 | 23:51 | 36:39 | 52:07 | 51:34 | 11,635 |
| 716 | 175 | SOBUŚ MARIUSZ | LUBIN | 1988 | 441e | M<40 | 25:13 | 37:58 | 52:07 | 51:02 | 11,757 |
| 717 | 1585 | WUJ KAMIL | ZAGLEBIE LUBIN,LUBIN | 1985 | 442e | M<40 | 24:27 | 36:53 | 52:08 | 50:36 | 11,858 |
| 718 | 1120 | ZIELIŃSKI RAFAŁ | CHOCIANÓW | 1989 | 443e | M<40 | 25:05 | 38:03 | 52:09 | 51:28 | 11,658 |
| 719 | 1018 | PACZKOWSKI ŁUKASZ | JRGH,WOLÓW | 1982 | 444e | M<40 | 23:42 | 36:15 | 52:11 | 51:05 | 11,746 |
| 720 | 1807 | MIKOŁAJEWSKI ŁUKASZ | JUTROSIN | 1984 | 445e | M<40 | 23:24 | 36:55 | 52:13 | 51:43 | 11,602 |
| 721 | 1856 | KACZOREK GRZEGORZ | ZG RUDNA, GŁOGÓW | 1981 | 446e | M<40 | 23:56 | 36:26 | 52:13 | 51:52 | 11,568 |
| 722 | 43 | MALCHEREK ROMAN | GŁOGÓW | 1972 | 197e | M40 | 23:25 | 36:15 | 52:14 | 52:02 | 11,531 |
| 723 | 1524 | GÓRNICKI MIROSLAW | LZS "PROFI" JELENIA | 1949 | 21e | M60 | 23:50 | 36:28 | 52:14 | 51:44 | 11,598 |
| 724 | 1107 | MARCINIAK KONRAD | JASNA STRONA MOCY,LU | 1976 | 198e | M40 | 25:17 | 37:56 | 52:17 | 49:20 | 12,162 |
| 725 | 1583 | WAGNER MARIUSZ | NOKIA,WROCLAW | 1983 | 447e | M<40 | 24:41 | 37:04 | 52:18 | 50:47 | 11,815 |
| 726 | 39 | KRAJEWSKI ANDRZEJ | 4K LEGNICA,LEGNICA | 1979 | 448e | M<40 | 25:32 | 37:31 | 52:19 | 51:11 | 11,723 |
| 727 | 227 | WACZUR RADOSŁAW | ODDZIAŁ O/COPI, LUBI | 1977 | 449e | M<40 | 24:46 | 37:17 | 52:19 | 51:21 | 11,685 |
| 728 | 1041 | MICHAŚ MICHAŁ | TUSZYN | 1993 | 450e | M<40 | 23:07 | 36:01 | 52:20 | 51:55 | 11,557 |
| 729 | 1751 | POMYKAŁA TOMASZ | BIEGAJACA KASTA MIED | 1982 | 451e | M<40 | 24:27 | 36:56 | 52:20 | 51:32 | 11,643 |
| 730 | 1073 | ŚLUSARZ MATEUSZ | PROCHOWICE | 1995 | 452e | M<40 | 23:47 | 36:45 | 52:21 | 51:45 | 11,594 |
| 731 | 426 | MATYJANKA PIOTR | LUBIN | 1977 | 453e | M<40 | 24:00 | 36:41 | 52:24 | 51:34 | 11,635 |
| 732 | 1674 | JERDONEK ARTUR | POLKOWICE SIEROSZOWI | 1986 | 454e | M<40 | 25:13 | 37:56 | 52:24 | 51:20 | 11,688 |
| 733 | 361 | BARAN PAWEŁ | ZZPPM ZG "RUDNA",LUB | 1990 | 455e | M<40 | 24:20 | 36:36 | 52:24 | 51:00 | 11,765 |
| 734 | 1358 | LUPA MIROSLAW | LUPUS TEAM,SCINAWA | 1968 | 199e | M40 | 23:44 | 36:28 | 52:26 | 52:00 | 11,538 |
| 735 | 605 | SOKOŁOWSKI GRZEGORZ | ZG ZANAM,ZIMNA WODA | 1982 | 456e | M<40 | 23:50 | 36:34 | 52:26 | 51:25 | 11,669 |
| 736 | 1511 | PALUCH WOJCIECH | WOLÓW BIEGA,WOLOW | 1974 | 200e | M40 | 24:29 | 37:12 | 52:28 | 51:31 | 11,647 |
| 737 | 373 | GOŁĘBIEWSKI MICHAŁ | ZAGAN | 1981 | 457e | M<40 | 25:18 | 38:07 | 52:29 | 51:16 | 11,704 |
| 738 | 231 | GANCARZ ARTUR | ZG POLKOWICE-SIEROSZ | 1966 | 57e | M50 | 24:41 | 37:07 | 52:31 | 51:38 | 11,620 |
| 739 | 852 | MAREK MICHAŁ | CHOCIANÓW | 1990 | 458e | M<40 | 23:52 | 36:52 | 52:33 | 52:02 | 11,531 |
| 740 | 365 | BOROWIEC DARIUSZ | ZZPPM ZG "RUDNA',PO | 1969 | 201e | M40 | 24:32 | 37:04 | 52:33 | 51:59 | 11,542 |
| 741 | 1494 | TARGOWICZ RADOSŁAW | KGHM ZANAM,WIERCIEN | 1984 | 459e | M<40 | 24:32 | 37:19 | 52:33 | 51:32 | 11,643 |
| 742 | 157 | JAKUBOWSKI MIROSLAW | KBLEW LEGNICA,LEGNIC | 1959 | 58e | M50 | 24:32 | 37:05 | 52:35 | 51:20 | 11,688 |
| 743 | 272 | KOŁODZIEJ MARIUSZ | TRIATHLON MIETKÓW TE | 1977 | 460e | M<40 | 24:14 | 36:50 | 52:35 | 51:27 | 11,662 |
| 744 | 1025 | PINKOWICZ PAWEŁ | LEGNICA | 1990 | 461e | M<40 | 25:09 | 37:42 | 52:36 | 51:22 | 11,681 |
| 745 | 1148 | KUCAB ANDRZEJ | LUBIN | 1966 | 59e | M50 | 24:53 | 37:19 | 52:36 | 51:23 | 11,677 |
| 746 | 83 | WOJTASIK ŁUKASZ | NOWA SÓL | 1974 | 202e | M40 | 24:04 | 36:38 | 52:37 | 51:37 | 11,624 |
| 747 | 1635 | BROZIŃSKI KRZYSZTOF | E-10 ZG LUBIN,RUDN | 1975 | 203e | M40 | 24:11 | 37:02 | 52:39 | 52:08 | 11,509 |
| 748 | 1545 | SZAJNICKI ADRIAN | BADZÓW,BADZÓW | 1985 | 462e | M<40 | 22:10 | 35:21 | 52:40 | 52:23 | 11,454 |
| 749 | 1357 | LENKIEWICZ MICHAŁ | JKBTKKF JAWORZANIE J | 1953 | 22e | M60 | 24:39 | 37:08 | 52:40 | 51:21 | 11,685 |
| 750 | 188 | WYSOCHAŃSKI MARCEL | ZG RUDNA LUBIN | 1992 | 463e | M<40 | 24:22 | 37:07 | 52:40 | 52:11 | 11,498 |

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|-----|------|-----------------------|-----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 751 | 525 | DOŁASIŃSKI JAREK | CHOCIANÓW | 1987 | 464e | M<40 | 25:53 | 37:59 | 52:43 | 51:28 | 11,658 |
| 752 | 1252 | STASZEWSKI CHRYSYTIAN | LUBIN | 1983 | 465e | M<40 | 24:19 | 37:14 | 52:43 | 51:41 | 11,609 |
| 753 | 225 | TARASIAK JAKUB | LUBIN | 1981 | 466e | M<40 | 24:47 | 37:09 | 52:44 | 51:35 | 11,632 |
| 754 | 1490 | NĘDZEWICZ TOMASZ | LUBIN | 1983 | 467e | M<40 | 23:12 | 36:17 | 52:45 | 52:28 | 11,436 |
| 755 | 1222 | LESZKO JACEK | LESZTEK SKALAK TEAM, | 1973 | 204e | M40 | 25:00 | 37:57 | 52:48 | 51:26 | 11,666 |
| 756 | 1221 | LESZKO FILIP | MIEROSZÓW | 2002 | 468e | M<40 | 25:01 | 37:57 | 52:48 | 51:27 | 11,662 |
| 757 | 791 | KUMOSZ DAMIAN | ZG RUDNA, LUBIN | 1992 | 469e | M<40 | 23:39 | 36:56 | 52:49 | 51:45 | 11,594 |
| 758 | 1530 | KICAŁA SEBASTIAN | LUBIN | 2001 | 470e | M<40 | 23:12 | 36:41 | 52:50 | 52:35 | 11,410 |
| 759 | 1755 | SYGULA LESZEK | BRZEG DOLNY | 1978 | 471e | M<40 | 24:49 | 37:24 | 52:55 | 51:27 | 11,662 |
| 760 | 1491 | SERENDA ROBERT | NIEZRZESZONY, LEGNICA | 1974 | 205e | M40 | 23:38 | 36:45 | 52:57 | 52:28 | 11,436 |
| 761 | 167 | MIDZIAK BRONISŁAW | STYPENDYSTA ZUS, JAWO | 1946 | 3e | M70 | 23:51 | 36:52 | 52:59 | 52:33 | 11,418 |
| 762 | 1180 | HAREDA CZESŁAW | ZARY | 1967 | 206e | M40 | 24:22 | 37:12 | 53:00 | 52:05 | 11,520 |
| 763 | 1476 | WALA KRZYSZTOF | KB TKKF JAWOR, JAWOR | 1974 | 207e | M40 | 25:05 | 37:33 | 53:02 | 51:52 | 11,568 |
| 764 | 1324 | KOBLAŃSKI MIECZYSLAW | KB LEW, LEGNICA | 1960 | 60e | M50 | 24:47 | 37:23 | 53:04 | 52:02 | 11,531 |
| 765 | 1172 | ŚLAZ KRZYSZTOF | ZG RUDNA, TT, JACZÓW | 1978 | 472e | M<40 | 23:24 | 36:39 | 53:05 | 53:05 | 11,303 |
| 766 | 1975 | DELUGA NORBERT | LUBIN | 1975 | 208e | M40 | 23:58 | 37:06 | 53:05 | 52:24 | 11,450 |
| 767 | 126 | POŚNIK GRZEGORZ | GLOGÓW | 1997 | 473e | M<40 | 23:44 | 37:02 | 53:05 | 52:41 | 11,389 |
| 768 | 435 | RZAŚA TOMASZ | ZG POLKOWICE-SIEROSZ | 1982 | 474e | M<40 | 24:35 | 37:29 | 53:06 | 52:24 | 11,450 |
| 769 | 1639 | KUROWSKI DAMIAN | KSIEGINICE | 1985 | 475e | M<40 | 23:37 | 36:37 | 53:06 | 52:23 | 11,454 |
| 770 | 64 | ROGOŹNICKI PAWEŁ | ZG POLKOWICE-SIEROSZ | 1980 | 476e | M<40 | 24:34 | 37:27 | 53:08 | 51:43 | 11,602 |
| 771 | 15 | BORTNIK ZDZISŁAW | HM CEDYNIA, LUBIN | 1952 | 23e | M60 | 23:33 | 36:35 | 53:09 | 53:05 | 11,303 |
| 772 | 1055 | KRAWCZYK MARCIN | ZG RUDNA, POLKOWICE | 1983 | 477e | M<40 | 25:11 | 37:41 | 53:09 | 51:44 | 11,598 |
| 773 | 151 | CHRZAŚCZ DANIEL | BIEGAM DLA GIMNAZJUM | 2001 | 478e | M<40 | 24:31 | 37:30 | 53:10 | 52:36 | 11,407 |
| 774 | 260 | WRÓBLEWSKI TOMASZ | BOLESŁAWIEC | 1983 | 479e | M<40 | 24:15 | 37:26 | 53:10 | 52:33 | 11,418 |
| 775 | 100 | WOLAK EDWARD | NIE ZRZESZONY, OBORA | 1952 | 24e | M60 | 23:53 | 36:46 | 53:10 | 52:35 | 11,410 |
| 776 | 537 | MARCINIAK MATEUSZ | GIMNAZJUM W LUBINIE, | 1977 | 480e | M<40 | 23:35 | 37:00 | 53:11 | 52:26 | 11,443 |
| 777 | 1627 | POLANOWSKI ANDRZEJ | BKMM, LUBIN | 1987 | 481e | M<40 | 23:37 | 36:51 | 53:14 | 53:14 | 11,271 |
| 778 | 152 | CHRZAŚCZ MARIUSZ | LUBIN | 1976 | 209e | M40 | 24:31 | 37:29 | 53:14 | 52:41 | 11,389 |
| 779 | 1327 | MARCINKIEWICZ ANDRZEJ | KONFEKS LEGNICA, LEGN | 1956 | 25e | M60 | 24:36 | 37:17 | 53:15 | 52:21 | 11,461 |
| 780 | 1168 | GRZYB PIOTR | WOLÓW BIEGA, WOLÓW | 1973 | 210e | M40 | 24:28 | 37:12 | 53:22 | 52:26 | 11,443 |
| 781 | 744 | CHWIĄŁKOWSKI ŁUKASZ | LUBIN | 1981 | 482e | M<40 | 25:12 | 37:41 | 53:23 | 52:15 | 11,483 |
| 782 | 1685 | RYBAK KRYSYTIAN | NOWOSOLSKA GRUPA BIE | 1990 | 483e | M<40 | 24:10 | 36:53 | 53:25 | 52:03 | 11,527 |
| 783 | 982 | ŻYWOKARTA PRZEMYSŁAW | EFFECT STUDIO REKLAM | 1983 | 484e | M<40 | 25:23 | 38:24 | 53:27 | 52:47 | 11,367 |
| 784 | 1470 | MIKOŁAJCZAK GRZEGORZ | LEGNICA | 1977 | 485e | M<40 | 26:04 | 38:36 | 53:27 | 51:58 | 11,546 |
| 785 | 359 | ŁUCKI BARTŁOMIEJ | HUTA MIEDZI GLOGÓW | 1986 | 486e | M<40 | 25:13 | 38:38 | 53:28 | 52:52 | 11,349 |
| 786 | 1486 | KORDYSZ JAROSŁAW | BIEGAJACA KASTA MIED | 1980 | 487e | M<40 | 26:05 | 38:41 | 53:29 | 51:52 | 11,568 |
| 787 | 1637 | KALITA DARIUSZ | TEMPO WALBRZYCH, WAL | 1965 | 61e | M50 | 25:29 | 38:02 | 53:29 | 52:00 | 11,538 |
| 788 | 187 | WOJTKOWIAK PIOTR | CHOCIANÓW | 1991 | 488e | M<40 | 24:19 | 37:32 | 53:29 | 53:00 | 11,321 |
| 789 | 973 | SAMUL MARCIN | BRZEG | 1982 | 489e | M<40 | 24:27 | 37:24 | 53:32 | 52:47 | 11,367 |
| 790 | 647 | PEPŁŃSKI GRZEGORZ | LUBIN | 1977 | 490e | M<40 | 25:13 | 37:57 | 53:33 | 51:55 | 11,557 |
| 791 | 1475 | SZYLIKIEWICZ MARCIN | LUBIN | 1981 | 491e | M<40 | 26:17 | 38:59 | 53:36 | 52:04 | 11,524 |
| 792 | 1293 | CZEKAJŁO ŁUKASZ | PEBEKA, SZKLARY GÓRN | 1983 | 492e | M<40 | 24:43 | 37:54 | 53:38 | 53:08 | 11,292 |
| 793 | 772 | DĄBROWSKI JERZY | POLKOWICE | 1953 | 26e | M60 | 24:24 | 37:32 | 53:40 | 53:00 | 11,321 |
| 794 | 800 | BIELAK ŁUKASZ | CENTRALA, LUBIN | 1984 | 493e | M<40 | 24:16 | 37:28 | 53:42 | 52:47 | 11,367 |
| 795 | 738 | SERAFIN ADAM | NGB KORONA LEGNICA, L | 1957 | 62e | M50 | 24:37 | 37:43 | 53:44 | 52:54 | 11,342 |
| 796 | 1086 | PIĄTKIEWICZ KONRAD | ANKAR SP. Z O.O., WRO | 1976 | 211e | M40 | 24:29 | 37:30 | 53:45 | 52:56 | 11,335 |
| 797 | 1113 | POMIERNY TOMASZ | KGHM ZANAM, LUBIN | 1978 | 494e | M<40 | 24:24 | 37:31 | 53:47 | 53:35 | 11,198 |
| 798 | 434 | ROGAŁSKI GRZEGORZ | ÓSEMKA LUBIN, LUBIN | 1978 | 495e | M<40 | 25:46 | 38:22 | 53:48 | 52:14 | 11,487 |
| 799 | 503 | DANIELKIEWICZ JAREK | PEBEKA LUBIN | 1975 | 212e | M40 | 26:05 | 38:41 | 53:48 | 52:12 | 11,494 |
| 800 | 401 | SZELA ŁUKASZ | ZG POLKOWICE-SIEROSZ | 1985 | 496e | M<40 | 23:00 | 36:38 | 53:49 | 53:33 | 11,204 |

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|-----|------|---------------------|-----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 801 | 740 | SZELA TOMASZ | POLKOWICE SIEROSZOWI | 1984 | 497e | M<40 | 23:00 | 36:38 | 53:49 | 53:33 | 11,204 |
| 802 | 705 | JACKIEWICZ ANDRZEJ | OGRODZISKO, OGRODZISK | 1972 | 213e | M40 | 25:33 | 38:22 | 53:51 | 52:22 | 11,458 |
| 803 | 45 | MIKOŁAJCZYK BARTOSZ | LUBIN | 1988 | 498e | M<40 | 24:32 | 37:42 | 53:52 | 53:30 | 11,215 |
| 804 | 1100 | DŽUGAJ PAWEŁ | LUBIN | 1985 | 499e | M<40 | 22:50 | 36:35 | 53:53 | 53:51 | 11,142 |
| 805 | 745 | DIDUSZKO ARTUR | LUBIN | 1971 | 214e | M40 | 26:04 | 38:47 | 53:54 | 52:43 | 11,382 |
| 806 | 310 | MIDERA WALDEMAR | LUBIN | 1964 | 63e | M50 | 24:09 | 37:17 | 53:56 | 53:43 | 11,170 |
| 807 | 585 | SKUPIN MARIUSZ | POLKOWICE | 1986 | 500e | M<40 | 25:51 | 39:03 | 53:57 | 53:18 | 11,257 |
| 808 | 134 | STUDZIENNY LUCJAN | EMERYT, LUBIN | 1950 | 27e | M60 | 23:55 | 37:13 | 53:57 | 53:44 | 11,166 |
| 809 | 872 | HAWRYLCZAK NORBERT | LUBIN | 1977 | 501e | M<40 | 25:49 | 38:23 | 53:57 | 52:23 | 11,454 |
| 810 | 559 | NOWICKI PAWEŁ | STUDIO REKLAMY EFFEC | 1982 | 502e | M<40 | 25:24 | 38:24 | 53:59 | 53:20 | 11,250 |
| 811 | 1137 | CZAJKA ROBERT | LUBIN | 1999 | 503e | M<40 | 24:03 | 37:28 | 53:59 | 53:11 | 11,282 |
| 812 | 309 | LISOWSKI TADEUSZ | ZDYSZANI, CHOCIANÓW | 1961 | 64e | M50 | 25:10 | 38:13 | 54:00 | 53:09 | 11,289 |
| 813 | 1457 | SZAJERKA MACIEJ | RAWICZ | 1959 | 65e | M50 | 25:24 | 38:02 | 54:01 | 52:30 | 11,429 |
| 814 | 1359 | POMYKAŁA MACIEJ | KRAKÓW | 1977 | 504e | M<40 | 25:10 | 38:15 | 54:01 | 53:20 | 11,250 |
| 815 | 975 | SZACHNIEWICZ ŁUKASZ | PRUSICE | 1987 | 505e | M<40 | 24:36 | 38:13 | 54:04 | 53:36 | 11,194 |
| 816 | 1492 | SKRZYPEK ADRIAN | MASŁOWO BIEGA, RAWICZ | 1978 | 506e | M<40 | 23:16 | 36:45 | 54:07 | 53:42 | 11,173 |
| 817 | 695 | WALTER DARIUSZ | POLKOWICE | 1982 | 507e | M<40 | 23:33 | 37:19 | 54:09 | 53:51 | 11,142 |
| 818 | 129 | RĄCZKOWSKI JANUSZ | KB ZDYSZAAANI CHOCIA | 1956 | 28e | M60 | 25:31 | 38:14 | 54:12 | 53:01 | 11,317 |
| 819 | 109 | KOZUBIK KAMIL | O/ CENTRALA, NIEMSTÓ | 1984 | 508e | M<40 | 25:37 | 38:36 | 54:14 | 52:50 | 11,356 |
| 820 | 420 | JASIŃSKI KRZYSZTOF | LUBIN | 1986 | 509e | M<40 | 25:26 | 38:32 | 54:14 | 53:06 | 11,299 |
| 821 | 1246 | WALKOWIAK ARTUR | LUBIN | 1976 | 215e | M40 | 24:26 | 37:49 | 54:17 | 53:40 | 11,180 |
| 822 | 1516 | WRÓBLEWSKI ŁUKASZ | LACZKA TEAM LEGNICA, | 1983 | 510e | M<40 | 25:21 | 38:20 | 54:21 | 52:58 | 11,328 |
| 823 | 158 | JANISIO DOMINIK | PEBEKA, LUBIN | 1992 | 511e | M<40 | 24:16 | 38:08 | 54:23 | 53:55 | 11,128 |
| 824 | 75 | SYGNAT MARCIN | WYBIEGANI POLKOWICE, | 1987 | 512e | M<40 | 25:35 | 39:16 | 54:23 | 53:20 | 11,250 |
| 825 | 1717 | KOŁODENNY KAMIL | LUBIN | 1984 | 513e | M<40 | 24:42 | 38:03 | 54:26 | 53:19 | 11,254 |
| 826 | 921 | KOSIOREK LESZEK | PRZEMKÓW | 1983 | 514e | M<40 | 26:05 | 38:43 | 54:26 | 53:21 | 11,246 |
| 827 | 513 | SZWANCYBER ŁUKASZ | GLOGÓW | 1977 | 515e | M<40 | 24:46 | 37:50 | 54:26 | 53:40 | 11,180 |
| 828 | 89 | ANDRZEJEWSKI MAREK | GLOGÓW | 1956 | 29e | M60 | 24:47 | 37:50 | 54:27 | 53:40 | 11,180 |
| 829 | 1689 | STĘPIEŃ ŁUKASZ | LUBIN | 1982 | 516e | M<40 | 24:31 | 37:35 | 54:29 | 53:47 | 11,156 |
| 830 | 703 | GLAPSKI PAWEŁ | O-ZG "POLKOWICE-SIER | 1989 | 517e | M<40 | 25:06 | 38:09 | 54:30 | 53:50 | 11,146 |
| 831 | 889 | BURA ROMAN | ZWR, GLOGÓW | 1951 | 30e | M60 | 25:52 | 38:36 | 54:31 | 53:18 | 11,257 |
| 832 | 1803 | CHOROŚ KRZYSZTOF | LUBIN | 1993 | 518e | M<40 | 24:55 | 38:22 | 54:31 | 54:13 | 11,067 |
| 833 | 1366 | GOŁAS ŁUKASZ | POLKOWICE | 1983 | 519e | M<40 | 25:16 | 38:12 | 54:33 | 53:49 | 11,149 |
| 834 | 1704 | MILESZKO ŁUKASZ | OLAWS ZLOTORYJA, ZLOT | 1981 | 520e | M<40 | 24:16 | 37:39 | 54:33 | 53:53 | 11,135 |
| 835 | 1762 | MACIERZYŃSKI ŁUKASZ | LUBIN | 1987 | 521e | M<40 | 25:23 | 38:20 | 54:33 | 52:59 | 11,324 |
| 836 | 1323 | KICAŁA SYLWERIUSZ | ZZPPM ZG "RUDNA", LU | 1974 | 216e | M40 | 23:52 | 37:26 | 54:33 | 54:19 | 11,046 |
| 837 | 183 | SZUKAŁA DAMIAN | POLKOWICE | 1986 | 522e | M<40 | 25:16 | 38:14 | 54:36 | 53:53 | 11,135 |
| 838 | 172 | PARADOWSKI MICHAŁ | ZG RUN, GLOGÓW | 1987 | 523e | M<40 | 25:17 | 38:45 | 54:39 | 54:01 | 11,108 |
| 839 | 1117 | WALKOWIAK PAWEŁ | WASOSZ | 1985 | 524e | M<40 | 24:53 | 37:45 | 54:39 | 53:55 | 11,128 |
| 840 | 986 | KLEPACZEK DAWID | LUBIN | 1981 | 525e | M<40 | 25:20 | 38:24 | 54:39 | 53:44 | 11,166 |
| 841 | 1390 | FORNALSKI KAROL | BIEGAJACA KASTA MIED | 1986 | 526e | M<40 | 25:22 | 38:28 | 54:40 | 53:36 | 11,194 |
| 842 | 991 | PATALON JAROSŁAW | LUBIN | 1982 | 527e | M<40 | 25:10 | 38:15 | 54:42 | 53:58 | 11,118 |
| 843 | 1345 | KUSZTAŁ MACIEJ | LUBIN | 1997 | 528e | M<40 | 24:59 | 38:17 | 54:42 | 53:01 | 11,317 |
| 844 | 1770 | KONTNIK ADRIAN | | 2016 | | | 24:59 | 38:17 | 54:43 | 53:02 | 11,314 |
| 845 | 1264 | KWAŚNICKI TOMASZ | DALEKO JESZCZE? :) T | 1974 | 217e | M40 | 25:29 | 38:33 | 54:43 | 53:47 | 11,156 |
| 846 | 1614 | ZYCH PAWEŁ | PPPL, LUBIN | 2002 | 529e | M<40 | 23:52 | 37:34 | 54:46 | 54:30 | 11,009 |
| 847 | 140 | WARZECHA WOJCIECH | BIEGAJACA KASTA MIED | 1982 | 530e | M<40 | 24:54 | 38:32 | 54:53 | 53:56 | 11,125 |
| 848 | 1451 | OLCZYŃSKI MAREK | ZANAM S.R., POLKOWICE | 1982 | 531e | M<40 | 25:17 | 38:33 | 54:54 | 53:46 | 11,159 |
| 849 | 505 | GAGOROWSKI TOMASZ | PEBEKA S.A., LUBIN | 1988 | 532e | M<40 | 24:32 | 38:09 | 54:54 | 54:31 | 11,006 |
| 850 | 1495 | TWARDOWSKI DOMINIK | MASŁOWO BIEGA, RAWICZ | 1982 | 533e | M<40 | 24:34 | 38:00 | 54:54 | 54:28 | 11,016 |

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|-----|------|------------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 851 | 704 | GWARDA ANDRZEJ | BIEGAM BO LUBIE,SUCH | 1987 | 534e | M<40 | 27:20 | 41:07 | 54:55 | 53:18 | 11,257 |
| 852 | 362 | BARYŁA SYLWESTER | LUBIN | 1984 | 535e | M<40 | 26:16 | 39:00 | 54:59 | 54:18 | 11,050 |
| 853 | 660 | DERLUKIEWICZ ARTUR | SIERPOL LUBIN | 1970 | 218e | M40 | 23:56 | 38:08 | 55:04 | 54:59 | 10,912 |
| 854 | 1458 | WALIGÓRA ROMAN | PELIKANY RADWANICE,R | 1974 | 219e | M40 | 26:02 | 39:14 | 55:06 | 53:22 | 11,243 |
| 855 | 661 | DERLUKIEWICZ DANIEL | LUBIN | 2002 | 536e | M<40 | 23:56 | 38:08 | 55:07 | 55:03 | 10,899 |
| 856 | 1346 | KUŹNIAR KRZYSZTOF | LUBIN | 1981 | 537e | M<40 | 25:24 | 38:25 | 55:08 | 54:29 | 11,013 |
| 857 | 826 | GOŁĘBIEWSKI KAZIMIERZ | ZAGAN | 1955 | 31e | M60 | 26:02 | 39:05 | 55:08 | 53:56 | 11,125 |
| 858 | 248 | MATUSZ PAWEŁ | LEGNICA | 1992 | 538e | M<40 | 25:49 | 39:07 | 55:09 | 54:12 | 11,070 |
| 859 | 319 | WIECZOREK JUREK | LUBIN | 1962 | 66e | M50 | 25:53 | 38:50 | 55:11 | 54:11 | 11,074 |
| 860 | 113 | MASICZAK RADOSŁAW | ZG POLKOWICE-SIEROSZ | 1980 | 539e | M<40 | 25:02 | 38:23 | 55:11 | 54:42 | 10,969 |
| 861 | 320 | WOJCIK SŁAWEK | WROCLAW | 1982 | 540e | M<40 | 25:54 | 38:49 | 55:13 | 54:12 | 11,070 |
| 862 | 215 | PASZKOWSKI LESZEK | KOZLICE | 1978 | 541e | M<40 | 24:08 | 38:00 | 55:15 | 55:01 | 10,906 |
| 863 | 617 | NALEWAJK RYSZARD | LUBIN | 1958 | 67e | M50 | 25:27 | 38:41 | 55:18 | 54:03 | 11,101 |
| 864 | 367 | DYCHAŁA GRZEGORZ | POLKOWICE SIEROSZOWI | 1979 | 542e | M<40 | 25:19 | 38:32 | 55:19 | 53:59 | 11,115 |
| 865 | 969 | KAMIŃSKI TOMASZ | ZZPPM ZG "RUDNA",LU | 1982 | 543e | M<40 | 25:10 | 38:35 | 55:19 | 54:06 | 11,091 |
| 866 | 670 | KRZECZKOWSKI ROMAN | TRENERBIEGANIA.PL,SW | 1972 | 220e | M40 | 27:00 | 40:12 | 55:20 | 54:02 | 11,104 |
| 867 | 1260 | KORALEWSKI SZYMON | HUTA MIEDZI GLOGÓW,G | 1981 | 544e | M<40 | 24:48 | 38:25 | 55:20 | 54:48 | 10,949 |
| 868 | 702 | GIZIŃSKI STEFAN | WOLÓW BIEGA,BERLINGA | 1948 | 32e | M60 | 25:18 | 38:40 | 55:22 | 54:28 | 11,016 |
| 869 | 1347 | MACIAS WALDEMAR | DRUZYNA GAZETY ZIELO | 1958 | 68e | M50 | 25:32 | 38:55 | 55:28 | 54:14 | 11,063 |
| 870 | 1356 | KOWALIK MARCIN | VICTORIA TYMOWA,SCIN | 1982 | 545e | M<40 | 24:37 | 38:14 | 55:33 | 54:59 | 10,912 |
| 871 | 1711 | BORKOWSKI MACIEJ | POLKOWICE | 1995 | 546e | M<40 | 23:44 | 37:32 | 55:34 | 55:12 | 10,870 |
| 872 | 1653 | MORDARSKI DAWID | POLKOWICE SIEROSZOWI | 1987 | 547e | M<40 | 25:47 | 39:03 | 55:35 | 54:08 | 11,084 |
| 873 | 347 | SAWAŁA SŁAWOMIR | BIEGAJACA KASTA MIED | 1981 | 548e | M<40 | 26:20 | 39:38 | 55:35 | 54:11 | 11,074 |
| 874 | 299 | DYCHAŁA PAWEŁ | LUBIN | 1982 | 549e | M<40 | 26:20 | 39:39 | 55:36 | 54:11 | 11,074 |
| 875 | 76 | SZELIGA GRZEGORZ | KSIEGINICE | 1973 | 221e | M40 | 25:41 | 39:09 | 55:37 | 54:38 | 10,982 |
| 876 | 351 | SYPIEŃ DARIUSZ | LUBIN | 1966 | 69e | M50 | 25:40 | 39:08 | 55:38 | 54:41 | 10,972 |
| 877 | 364 | BOBREK SŁAWOMIR | PBK LUBIN,LUBIN | 1982 | 550e | M<40 | 26:26 | 39:49 | 55:38 | 54:20 | 11,043 |
| 878 | 195 | CYBUL ARTUR | ZZPPM O/ZG RUDNA,OSI | 1977 | 551e | M<40 | 26:32 | 39:39 | 55:39 | 54:28 | 11,016 |
| 879 | 1026 | PIĄTEK PRZEMYSŁAW | GORZYCA | 1977 | 552e | M<40 | 26:18 | 39:51 | 55:40 | 54:48 | 10,949 |
| 880 | 954 | TYRKAŁA KRZYSZTOF | ZZPPM O/ZG RUDNA,POL | 1975 | 222e | M40 | 23:28 | 37:21 | 55:41 | 55:14 | 10,863 |
| 881 | 1468 | MASICZAK JACEK | ZG POLKOWICE-SIEROSZ | 1971 | 223e | M40 | 25:00 | 38:39 | 55:43 | 55:15 | 10,860 |
| 882 | 516 | WALCZAK JACEK | ODRA CHOBIENIA,CHOBI | 1970 | 224e | M40 | 25:57 | 39:14 | 55:45 | 54:26 | 11,023 |
| 883 | 652 | WADOWSKI PAWEŁ | CHRÓSTNIK | 1973 | 225e | M40 | 26:24 | 39:49 | 55:45 | 54:38 | 10,982 |
| 884 | 785 | DZIERŻEK IRENEUSZ | OBORNIKI ŚLASKIE | 1980 | 553e | M<40 | 24:27 | 38:23 | 55:45 | 55:39 | 10,782 |
| 885 | 1382 | BADECKI RYSZARD | NIEZRZESZONY,NIESZCZ | 1962 | 70e | M50 | 24:53 | 38:38 | 55:46 | 54:58 | 10,916 |
| 886 | 894 | WŁODARCZAK ADRIAN | LUBIN | 1970 | 226e | M40 | 27:19 | 40:41 | 55:46 | 54:53 | 10,932 |
| 887 | 909 | AUGUSTYN ZDZISŁAW | ZG RUN,LUBIN | 1950 | 33e | M60 | 26:01 | 39:39 | 55:47 | 55:35 | 10,795 |
| 888 | 669 | KOBYLARZ MARCIN | POLKOWICE-SIEROSZOWI | 1980 | 554e | M<40 | 23:46 | 37:26 | 55:48 | 55:12 | 10,870 |
| 889 | 1368 | GROMNICKI MARCIN | KWZG,ZIELONA GÓRA | 1980 | 555e | M<40 | 26:30 | 39:44 | 55:48 | 54:18 | 11,050 |
| 890 | 329 | JANOWIAK ROMAN | LUBIN | 1964 | 71e | M50 | 25:45 | 39:20 | 55:51 | 54:46 | 10,956 |
| 891 | 1373 | SEZENKO PIOTR | LUBIN | 1977 | 556e | M<40 | 24:48 | 38:53 | 55:56 | 55:21 | 10,840 |
| 892 | 837 | RADULEWICZ SEBASTIAN | HUSARIA RASZÓWKA,RAS | 1971 | 227e | M40 | 26:47 | 40:08 | 56:02 | 54:27 | 11,019 |
| 893 | 463 | WOJCINOWICZ ALEKSANDER | LUBIN | 1968 | 228e | M40 | 25:05 | 38:54 | 56:03 | 55:30 | 10,811 |
| 894 | 233 | GANCARZ ŁUKASZ | JERZMANOWA | 1998 | 557e | M<40 | 25:07 | 39:13 | 56:04 | 55:07 | 10,886 |
| 895 | 1300 | KOWALSKI DARIUSZ | POLKOWICE | 1978 | 558e | M<40 | 24:41 | 38:33 | 56:06 | 55:20 | 10,843 |
| 896 | 592 | ZĄBEK ZDZISŁAW | POLKOWICE | 1965 | 72e | M50 | 25:51 | 39:20 | 56:07 | 55:27 | 10,821 |
| 897 | 621 | KASZANEK KAZIMIERZ | LUBIN | 1965 | 73e | M50 | 24:59 | 38:45 | 56:07 | 55:21 | 10,840 |
| 898 | 1257 | KANIA MARCIN | LUBIN | 1975 | 229e | M40 | 25:06 | 38:59 | 56:10 | 55:33 | 10,801 |
| 899 | 857 | SIKORA PIOTR | LUBIN | 1999 | 559e | M<40 | 25:12 | 39:18 | 56:11 | 55:43 | 10,769 |
| 900 | 1353 | ŚWIĄTEK WOJCIECH | LUBIN | 1996 | 560e | M<40 | 24:37 | 38:54 | 56:12 | 55:17 | 10,853 |

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|-----|------|-----------------------|-----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 901 | 856 | SIKORA PAWEŁ | LUBIN | 1975 | 230e | M40 | 25:11 | 39:17 | 56:12 | 55:43 | 10,769 |
| 902 | 1563 | KOZŁOWSKI SŁAWOMIR | LUBIN | 1981 | 561e | M<40 | 24:53 | 38:40 | 56:12 | 55:29 | 10,814 |
| 903 | 1706 | ROPELLA MAREK | ZG RUDNA, LUBIN | 1984 | 562e | M<40 | 24:33 | 38:30 | 56:17 | 56:02 | 10,708 |
| 904 | 963 | GINC ROBERT | LUBIN | 1971 | 231e | M40 | 24:45 | 38:29 | 56:19 | 55:44 | 10,766 |
| 905 | 1746 | NIEWIADOMSKI TOMASZ | WROCLAW | 1979 | 563e | M<40 | 26:10 | 39:33 | 56:23 | 54:50 | 10,942 |
| 906 | 847 | DOLIŃSKI PAWEŁ | LUBIN | 1986 | 564e | M<40 | 25:49 | 39:29 | 56:25 | 55:28 | 10,817 |
| 907 | 1688 | STANGRET TOMASZ | WROCLAW | 1986 | 565e | M<40 | 26:12 | 39:41 | 56:26 | 55:00 | 10,909 |
| 908 | 289 | STANGRET ADAM | LUBIN | 1960 | 74e | M50 | 26:12 | 39:40 | 56:26 | 54:59 | 10,912 |
| 909 | 967 | HENDRYKOWSKI GRZEGORZ | OBORA | 1973 | 232e | M40 | 26:08 | 39:46 | 56:26 | 54:59 | 10,912 |
| 910 | 234 | GAWRON RAFAŁ | CHOJNÓW | 1976 | 233e | M40 | 27:02 | 40:10 | 56:30 | 55:11 | 10,873 |
| 911 | 1051 | HATKA JAKUB | KGHM O/ZG PS, WROCLAW | 1983 | 566e | M<40 | 25:30 | 39:43 | 56:31 | 55:55 | 10,730 |
| 912 | 990 | PANYŁO MIECZYSLAW | SWIEBODZIN | 1947 | 34e | M60 | 26:26 | 39:41 | 56:32 | 54:52 | 10,936 |
| 913 | 1299 | KOWALIK MACIEJ | BIEDRZYCHOWA | 1995 | 567e | M<40 | 25:26 | 39:24 | 56:32 | 56:04 | 10,702 |
| 914 | 1588 | BUDEK SZYMON | NOWA SÓL | 2002 | 568e | M<40 | 26:46 | 40:25 | 56:33 | 55:25 | 10,827 |
| 915 | 19 | GOŹDZIEJEWSKI PIOTR | OLAWS ZLOTORYJA, ZLOT | 1975 | 234e | M40 | 25:58 | 39:37 | 56:34 | 55:50 | 10,746 |
| 916 | 77 | SZUMILAS MARIUSZ | BIEGAJACA KASTA MIED | 1978 | 569e | M<40 | 25:43 | 39:34 | 56:38 | 55:27 | 10,821 |
| 917 | 1726 | MARIOLA TADEK | CBJ GRUPA KGHM, RUDNA | 1979 | 570e | M<40 | 24:34 | 38:56 | 56:39 | 56:30 | 10,619 |
| 918 | 985 | GŁAWĘDA PIOTR | LEGNICA | 1967 | 235e | M40 | 26:04 | 39:45 | 56:41 | 55:38 | 10,785 |
| 919 | 1014 | ŁOBOCKI MATEUSZ | LUBIN | 1989 | 571e | M<40 | 25:52 | 39:51 | 56:44 | 56:06 | 10,695 |
| 920 | 1404 | URLICKI LECH | KB SPOCENI NOWA SÓL, | 1950 | 35e | M60 | 26:09 | 39:56 | 56:45 | 55:38 | 10,785 |
| 921 | 366 | CENIAN BOGUSŁAW | OSIEK | 1965 | 75e | M50 | 26:31 | 39:49 | 56:47 | 55:35 | 10,795 |
| 922 | 203 | KRYŚ BARTOSZ | ZAKŁAD HYDROTECHNICZ | 1989 | 572e | M<40 | 25:51 | 39:32 | 56:48 | 55:24 | 10,830 |
| 923 | 1718 | KOMODER GRZEGORZ | LUBIN | 1982 | 573e | M<40 | 25:49 | 39:30 | 56:50 | 55:53 | 10,737 |
| 924 | 1696 | CZEPIL MAREK | PROCHOWICE | 1970 | 236e | M40 | 26:21 | 40:05 | 56:50 | 55:30 | 10,811 |
| 925 | 1132 | MARCINIAK ŁUKASZ | LUBIN | 1988 | 574e | M<40 | 27:34 | 41:09 | 56:51 | 56:04 | 10,702 |
| 926 | 1365 | FUCZKO BOGUSŁAW | SZKLARY GÓRNE | 1982 | 575e | M<40 | 26:31 | 40:31 | 56:56 | 55:48 | 10,753 |
| 927 | 893 | WACHNIENKO BŁAŻEJ | COPI, LUBIN | 1990 | 576e | M<40 | 26:30 | 40:31 | 56:56 | 55:48 | 10,753 |
| 928 | 962 | GAWRYS CZESŁAW | DUSZNIKI ZDRÓJ | 1947 | 36e | M60 | 27:12 | 40:19 | 56:59 | 55:31 | 10,808 |
| 929 | 18 | FROST ARTUR | LUBIN | 1981 | 577e | M<40 | 25:50 | 40:25 | 57:00 | 56:39 | 10,591 |
| 930 | 1421 | KRZYSZEK FILIP | LEGNICA | 1984 | 578e | M<40 | 26:36 | 40:16 | 57:01 | 55:24 | 10,830 |
| 931 | 1741 | FIJOŁ ARTUR | MTS DRUZYNA SZPIKU K | 1977 | 579e | M<40 | 25:38 | 39:43 | 57:01 | 56:29 | 10,623 |
| 932 | 333 | KMIĘCIK RAFAŁ | MTS DRUZYNA SZPIKU K | 1974 | 237e | M40 | 25:38 | 39:43 | 57:02 | 56:28 | 10,626 |
| 933 | 1648 | CYTRYNA PAWEŁ | LUBIN | 1992 | 580e | M<40 | 27:27 | 41:10 | 57:02 | 55:33 | 10,801 |
| 934 | 1127 | KAZIMIRÓW ROBERT | JAWOR | 1988 | 581e | M<40 | 25:48 | 39:38 | 57:04 | 56:29 | 10,623 |
| 935 | 685 | SADOWSKI ANDRZEJ | K.G.H.M. ZG POLKOWIC | 1972 | 238e | M40 | 26:44 | 40:09 | 57:09 | 55:33 | 10,801 |
| 936 | 574 | DĄBROWSKI ANDRZEJ | LUBIN | 1962 | 76e | M50 | 24:58 | 39:30 | 57:10 | 56:58 | 10,532 |
| 937 | 1364 | FEDOROWICZ MARCIN | LUBIN | 1979 | 582e | M<40 | 24:58 | 39:30 | 57:11 | 56:58 | 10,532 |
| 938 | 739 | SIWIEC GRZEGORZ | LUBIN | 1985 | 583e | M<40 | 28:02 | 41:27 | 57:13 | 55:53 | 10,737 |
| 939 | 1716 | GRYGOROWICZ BOGDAN | LUBIN | 1949 | 37e | M60 | 25:35 | 39:12 | 57:13 | 56:58 | 10,532 |
| 940 | 1661 | CZUKIEWSKI KUBUŚ | CZAPLOCZUK, GLOGÓW | 2014 | 584e | M<40 | 25:35 | 39:11 | 57:14 | 55:58 | 10,721 |
| 941 | 1542 | STRZELCZYK GRZEGORZ | LEGNICA | 1970 | 239e | M40 | 26:51 | 40:40 | 57:14 | 56:31 | 10,616 |
| 942 | 1411 | DRAGANIK MARCIN | ZG POLKOWICE-SIEROSZ | 1980 | 585e | M<40 | 27:20 | 41:06 | 57:14 | 56:21 | 10,648 |
| 943 | 900 | CZUKIEWSKI MAREK | LUBIN | 1983 | 586e | M<40 | 25:36 | 39:40 | 57:15 | 56:02 | 10,708 |
| 944 | 1662 | CZUKIEWSKI SEBASTIAN | GLOGÓW | 1984 | 587e | M<40 | 25:35 | 39:11 | 57:15 | 56:10 | 10,682 |
| 945 | 1079 | KRAWCZYK ROBERT | STAW, LUBIN | 1971 | 240e | M40 | 26:13 | 40:12 | 57:16 | 57:00 | 10,526 |
| 946 | 595 | BUJAK MARIUSZ | KSRG ZG RUDNA, POLKOW | 1985 | 588e | M<40 | 28:02 | 41:27 | 57:20 | 56:00 | 10,714 |
| 947 | 1900 | KACZOREK TOMASZ | LUBIN | 1981 | 589e | M<40 | 25:00 | 39:22 | 57:25 | 57:04 | 10,514 |
| 948 | 1027 | PUNDYK PAWEŁ | LEGNICKIE MORSY, LEGN | 1978 | 590e | M<40 | 25:45 | 39:55 | 57:25 | 57:17 | 10,474 |
| 949 | 608 | ŻABICKI PIOTR | LEGNICA | 1983 | 591e | M<40 | 26:00 | 39:55 | 57:29 | 56:38 | 10,594 |
| 950 | 551 | KASZUBA EDWARD | WKB PIAST WROCLAW, WR | 1944 | 4e | M70 | 29:03 | 42:06 | 57:31 | 56:05 | 10,698 |

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|------|------|-----------------------|----------------------|------|--------|-------|----------|----------|-------|-------|--------|
| 951 | 1546 | TURALA MACIEJ | PRZEMKOW | 1980 | 592e | M<40 | 27:20 | 41:07 | 57:35 | 55:59 | 10,717 |
| 952 | 570 | ANDREJCZYK GRZESIEK | CHOCIANÓW | 1985 | 593e | M<40 | 27:20 | 41:06 | 57:35 | 55:58 | 10,721 |
| 953 | 499 | WALDERA PIOTR | GLOGÓW | 1982 | 594e | M<40 | 26:34 | 40:22 | 57:35 | 56:33 | 10,610 |
| 954 | 588 | WOJDYŁA MIECZYŚLAW | TRADYCJA I JAKOSC.W | 1964 | 77e | M50 | 26:34 | 40:26 | 57:40 | 56:14 | 10,670 |
| 955 | 1167 | MOSKALUK PRZEMYSŁAW | ZG RUDNA ,POLKOWICE | 1980 | 595e | M<40 | 26:39 | 40:24 | 57:40 | 56:13 | 10,673 |
| 956 | 445 | WALCZAK JAN | 67-200 | 1983 | 596e | M<40 | 26:01 | 40:13 | 57:44 | 57:17 | 10,474 |
| 957 | 1159 | ŚWIĄTEK GRZEGORZ | KRAKÓW | 1981 | 597e | M<40 | 26:14 | 40:07 | 57:44 | 56:47 | 10,566 |
| 958 | 1143 | BECKER ROMAN | CENTRALA KGHM LUBIN | 1959 | 78e | M50 | 25:31 | 39:45 | 57:46 | 56:26 | 10,632 |
| 959 | 1496 | PAPROCKI TADEUSZ | NORD NAPEDY,POLKOWIC | 2001 | 598e | M<40 | 27:14 | 41:31 | 57:48 | 57:01 | 10,523 |
| 960 | 51 | OLEKSY MARCIN | LUBIN | 1984 | 599e | M<40 | 26:46 | 40:39 | 57:52 | 56:47 | 10,566 |
| 961 | 1048 | CICHON MARIUSZ | POLKOWICE | 1986 | 600e | M<40 | 27:40 | 42:00 | 57:55 | 56:54 | 10,545 |
| 962 | 596 | DOMASIEWICZ KRZYSZTOF | LUBIN | 1979 | 601e | M<40 | 27:18 | 41:26 | 58:04 | 56:34 | 10,607 |
| 963 | 538 | PRZYBYŁAK PAWEŁ | ALMARK LESZNO,LESZNO | 1963 | 79e | M50 | 26:58 | 40:51 | 58:08 | 56:53 | 10,548 |
| 964 | 980 | ZALEWSKI PIOTR | ZALEWSCY TEAM,GLOGÓW | 1966 | 80e | M50 | 26:54 | 41:25 | 58:13 | 57:20 | 10,465 |
| 965 | 415 | FUKS MATEUSZ | LUBIN | 2000 | 602e | M<40 | 26:53 | 41:13 | 58:14 | 56:42 | 10,582 |
| 966 | 965 | GOMÓŁKA ALEKSY | KUDOWA ZDRÓJ | 1964 | 81e | M50 | 27:13 | 40:36 | 58:15 | 56:47 | 10,566 |
| 967 | 919 | JURCZAK MARCIN | AMATOR,WOLÓW | 1981 | 603e | M<40 | 26:54 | 40:56 | 58:16 | 56:58 | 10,532 |
| 968 | 1493 | SZAFARZ MARCIN | ZIELONA GÓRA | 1989 | 604e | M<40 | 26:27 | 40:40 | 58:16 | 57:06 | 10,508 |
| 969 | 862 | BOROWIAK ALLAN | TEMPO WALBRZYCH,SWI | 1973 | 241e | M40 | 27:44 | 41:41 | 58:23 | 56:44 | 10,576 |
| 970 | 33 | KOWAL ANDRZEJ | LUBIN | 1956 | 38e | M60 | 26:20 | 40:35 | 58:24 | 58:10 | 10,315 |
| 971 | 1262 | KOŁODZIEJ DAMIAN | PARKRUN LUBIN,LUBIN | 2002 | 605e | M<40 | 27:29 | 42:09 | 58:27 | 57:16 | 10,477 |
| 972 | 1759 | DULEWICZ MACIEJ | | 2002 | 606e | M<40 | 27:27 | 42:08 | 58:29 | 57:19 | 10,468 |
| 973 | 273 | MASZTALERZ MARCIN | PEBEKA, LUBIN | 1976 | 242e | M40 | 26:49 | 40:47 | 58:31 | 57:32 | 10,429 |
| 974 | 916 | GARCZYŃSKI GRZEGORZ | LUBIN | 1947 | 39e | M60 | 27:46 | 41:37 | 58:33 | 57:11 | 10,493 |
| 975 | 1322 | JARUS MAREK | KOBYLIN | 1962 | 82e | M50 | 26:33 | 40:38 | 58:41 | 57:55 | 10,360 |
| 976 | 1013 | MARTYNECZKO JACEK | MTSDRUZYNASZPIKU,ZG | 1978 | 607e | M<40 | 26:52 | 41:11 | 58:42 | 57:39 | 10,408 |
| 977 | 1247 | WOŹNIAK KRZYSZTOF | ZGPS,LUBIN | 1985 | 608e | M<40 | 27:36 | 41:42 | 58:54 | 57:23 | 10,456 |
| 978 | 496 | SOSNOWSKI ADAM | NN ZYCIE,LUBIN | 1967 | 83e | M50 | 26:48 | 41:23 | 58:54 | 57:37 | 10,414 |
| 979 | 1084 | PANYŁO JACEK | SWIEBODZIN | 1978 | 609e | M<40 | 27:54 | 42:06 | 58:54 | 57:17 | 10,474 |
| 980 | 247 | MATUSZ CZESŁAW | POLKOWICE SIEROSZOWI | 1959 | 84e | M50 | 27:38 | 41:47 | 59:03 | 58:05 | 10,330 |
| 981 | 861 | ŁAGODA ŁUKASZ | ÓSEMKA LUBIN,LUBIN | 1978 | 610e | M<40 | 26:34 | 41:07 | 59:04 | 57:30 | 10,435 |
| 982 | 1129 | KORDYLEWICZ PIOTR | KLAMPKAM,LUBIN | 1985 | 611e | M<40 | 26:02 | 40:38 | 59:08 | 58:59 | 10,172 |
| 983 | 1197 | STEC MACIEJ | MORSY LEGNICA,LEGNIC | 1983 | 612e | M<40 | 26:58 | 41:04 | 59:13 | 58:13 | 10,306 |
| 984 | 590 | KLEPACKI ZBIGNIEW | WROCLAW | 1980 | 613e | M<40 | 26:28 | 40:33 | 59:15 | 57:42 | 10,399 |
| 985 | 1241 | SOCHA MAREK | SOSNOWIEC | 1983 | 614e | M<40 | 25:51 | 40:43 | 59:15 | 59:02 | 10,164 |
| 986 | 1191 | POWAŻKA PAWEŁ | OSIEK | 1985 | 615e | M<40 | 27:56 | 41:55 | 59:16 | 57:47 | 10,384 |
| 987 | 1400 | ROTKO ADAM | POLKOWICE | 1969 | 243e | M40 | 26:16 | 40:51 | 59:20 | 58:35 | 10,242 |
| 988 | 1058 | FRĄCZEK MARCIN | TRIATHLON MIETKÓW TE | 1980 | 616e | M<40 | 26:36 | 41:25 | 59:21 | 59:03 | 10,161 |
| 989 | 580 | NOWACKI DANIEL | AMICO LUBIN,LUBIN | 1977 | 617e | M<40 | 28:24 | 42:40 | 59:22 | 57:50 | 10,375 |
| 990 | 156 | HŁADKI MICHAŁ | LUBIN | 1984 | 618e | M<40 | 28:54 | 42:52 | 59:24 | 57:54 | 10,363 |
| 991 | 593 | BASZAK RYSZARD | KB LEW LEGNICA,LEGNI | 1949 | 40e | M60 | 27:57 | 42:05 | 59:26 | 57:48 | 10,381 |
| 992 | 1715 | GOMULKA MARCIN | LEGNICA | 1984 | 619e | M<40 | 27:51 | 42:39 | 59:26 | 59:04 | 10,158 |
| 993 | 1212 | GŁOWACZ KRZYSZTOF | LUBIN | 1950 | 41e | M60 | 26:51 | 41:20 | 59:27 | 59:05 | 10,155 |
| 994 | 914 | CZUKIEWSKI ŁUKASZ | LUBIN | 1980 | 620e | M<40 | 27:39 | 42:08 | 59:29 | 58:37 | 10,236 |
| 995 | 1405 | ADAMCZYK KRZYSZTOF | WALBRZYCH | 1983 | 621e | M<40 | 27:39 | 42:08 | 59:29 | 58:38 | 10,233 |
| 996 | 1740 | SZPOCIŃSKI EDWARD | POLKOWICE | 1957 | 85e | M50 | 26:01 | 40:32 | 59:36 | 59:21 | 10,110 |
| 997 | 1764 | PYRTAK RADOSŁAW | LUBIN | 1976 | 244e | M40 | 27:03 | 41:09 | 59:37 | 58:45 | 10,213 |
| 998 | 207 | MAREK ŁUKASZ | PARKRUN LUBIN,LUBIN | 1983 | 622e | M<40 | 25:59 | 41:12 | 59:37 | 59:07 | 10,149 |
| 999 | 757 | WIECZOREK OLIEWIER | GREBOCICE | 2006 | 623e | M<40 | 28:26 | 43:22 | 59:41 | 58:20 | 10,286 |
| 1000 | 1151 | PAWLINOW MACIEJ | JAWOR | 1974 | 245e | M40 | 28:19 | 42:13 | 59:43 | 58:34 | 10,245 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | MscKat | Kateg | 1-między | 2-między | Bruto | Netto | Km/h |
|------|------|-----------------------|----------------------|------|--------|-------|----------|----------|---------|---------|--------|
| 1001 | 1147 | CZUKIEWSKI RYSZARD | LUBIN | 1953 | 42e | M60 | 25:35 | 40:34 | 59:43 | 58:29 | 10,259 |
| 1002 | 823 | DUSZEŃKO ZYGMUNT | 59-300 | 1962 | 86e | M50 | 27:25 | 41:54 | 59:44 | 58:53 | 10,190 |
| 1003 | 1312 | WADAS KRZYSZTOF | POLKOWICE | 1975 | 246e | M40 | 28:55 | 43:04 | 59:45 | 58:07 | 10,324 |
| 1004 | 1668 | SZARMACH KRZYSZTOF | ZAWISZA LEGNICA,LEGN | 1977 | 624e | M<40 | 29:19 | 43:00 | 59:45 | 58:58 | 10,175 |
| 1005 | 544 | WŁODARCZAK PIOTR | ZZPPM ZG "RUDNA',GL | 1979 | 625e | M<40 | 28:16 | 42:36 | 59:48 | 58:33 | 10,248 |
| 1006 | 528 | FILIPOWICZ KRZYSZTOF | ZZPPM ZG "RUDNA',PO | 1979 | 626e | M<40 | 28:16 | 42:35 | 59:48 | 58:33 | 10,248 |
| 1007 | 480 | DARDZIŃSKI PIOTR | ZIELONA GÓRA | 1980 | 627e | M<40 | 29:57 | 43:41 | 59:50 | 58:32 | 10,251 |
| 1008 | 930 | RESZETAR JAROSŁAW | LUBIN | 1977 | 628e | M<40 | 28:00 | 42:32 | 59:51 | 58:11 | 10,312 |
| 1009 | 641 | LUZAR ADAM | ZG LUBIN | 1977 | 629e | M<40 | 26:10 | 41:34 | 59:56 | 59:36 | 10,067 |
| 1010 | 667 | KALINOWSKI GRZEGORZ | TEMPO WALBRZYCH,BIE | 1975 | 247e | M40 | 28:22 | 42:42 | 59:57 | 58:28 | 10,262 |
| 1011 | 1236 | PRZYTUŁA MAREK | SCINAWA | 1987 | 630e | M<40 | 28:33 | 42:48 | 59:58 | 58:25 | 10,271 |
| 1012 | 557 | LECHOWICZ MATEUSZ | 59-000 | 2002 | 631e | M<40 | 27:35 | 42:17 | 1:00:02 | 59:09 | 10,144 |
| 1013 | 448 | ŻREBIEC ANDRZEJ | ZZPPM ZG "RUDNA',PO | 1974 | 248e | M40 | 27:29 | 42:14 | 1:00:05 | 59:25 | 10,098 |
| 1014 | 741 | TYCZYŃSKI MAREK | MASŁOWO BIEGA,RAWICZ | 1971 | 249e | M40 | 27:12 | 42:22 | 1:00:05 | 59:38 | 10,061 |
| 1015 | 1399 | PIANOWSKI TADEUSZ | ZIELONA GÓRA | 1958 | 87e | M50 | 27:51 | 42:19 | 1:00:05 | 58:45 | 10,213 |
| 1016 | 1809 | BIERNAT WIESŁAW | OSIEK WBN | 1968 | 250e | M40 | 26:41 | 41:26 | 1:00:08 | 59:31 | 10,081 |
| 1017 | 72 | STEFANEK PAWEŁ | ZAKŁAD HYDROTECHNICZ | 1975 | 251e | M40 | 28:04 | 42:28 | 1:00:11 | 58:47 | 10,207 |
| 1018 | 563 | SOLECKI ROBERT | ZG RUDNA | 1968 | 252e | M40 | 27:37 | 41:59 | 1:00:13 | 58:40 | 10,227 |
| 1019 | 177 | STOJKE DARIUSZ | ZG RUDNA, GRODOWIEC | 1969 | 253e | M40 | 28:49 | 42:51 | 1:00:17 | 58:54 | 10,187 |
| 1020 | 1068 | SOBOLEWSKI TOMASZ | LUBIN | 1976 | 254e | M40 | 27:40 | 42:25 | 1:00:27 | 59:54 | 10,017 |
| 1021 | 1004 | FLAK TADEUSZ | POLSKIE STWOWARZYSZE | 1956 | 43e | M60 | 27:57 | 42:16 | 1:00:29 | 58:47 | 10,207 |
| 1022 | 125 | POWAŁA JANUSZ | LUBIN | 1960 | 88e | M50 | 27:01 | 41:46 | 1:00:35 | 59:43 | 10,047 |
| 1023 | 751 | PESCHKE ROMAN | POLKOWICE SIEROSZOWI | 1969 | 255e | M40 | 27:52 | 42:39 | 1:00:38 | 59:50 | 10,028 |
| 1024 | 375 | HAWRYLCZAK DAMIAN | ZG POLKOWICE-SIEROSZ | 1989 | 632e | M<40 | 27:52 | 42:38 | 1:00:38 | 59:49 | 10,031 |
| 1025 | 764 | KUKIER SEBASTIAN | CROWD AND DUCKS,WROC | 1987 | 633e | M<40 | 29:01 | 43:25 | 1:00:45 | 59:33 | 10,076 |
| 1026 | 1398 | BALCERZAK MICHAŁ | PEBEKA LUBIN | 1978 | 634e | M<40 | 29:14 | 43:33 | 1:00:51 | 59:16 | 10,124 |
| 1027 | 1001 | BIESIADECKI MATEUSZ | ZZPPM ZG RUDNA,POLKO | 1987 | 635e | M<40 | 27:55 | 42:36 | 1:00:52 | 1:00:18 | 9,950 |
| 1028 | 915 | DOMAŃSKI JAROSŁAW | AMATOR,SWIERZAWA | 1972 | 256e | M40 | 28:48 | 43:13 | 1:00:52 | 59:39 | 10,059 |
| 1029 | 881 | NOWAKOWSKI PRZEMYSŁAW | TEMPO WALBRZYCH,UNI | 1979 | 636e | M<40 | 28:04 | 42:47 | 1:00:53 | 1:00:15 | 9,959 |
| 1030 | 933 | SCHABEL ROBERT | LESZNO | 1976 | 257e | M40 | 27:49 | 43:02 | 1:00:55 | 59:27 | 10,093 |
| 1031 | 1243 | SURUNOWICZ MARCIN | LUBIN | 1985 | 637e | M<40 | 28:42 | 43:06 | 1:01:00 | 59:42 | 10,050 |
| 1032 | 1489 | NYKIEL BOGDAN | LUBIN | 1963 | 89e | M50 | 28:54 | 43:34 | 1:01:05 | 59:39 | 10,059 |
| 1033 | 21 | GĘBALSKI PAWEŁ | ZG RUDNA | 1978 | 638e | M<40 | 27:47 | 43:02 | 1:01:06 | 1:00:18 | 9,950 |
| 1034 | 807 | KAŻMIERSKI KRZYSZTOF | PROCHOWICE | 1975 | 258e | M40 | 28:16 | 43:14 | 1:01:14 | 1:00:32 | 9,912 |
| 1035 | 255 | SZCZEPANIK DARIUSZ | LEGNICA | 1963 | 90e | M50 | 28:20 | 42:59 | 1:01:18 | 1:00:10 | 9,972 |
| 1036 | 833 | MALISZKIEWICZ ŁUKASZ | LUBIN | 1977 | 639e | M<40 | 29:13 | 43:48 | 1:01:24 | 59:54 | 10,017 |
| 1037 | 1124 | GONET PAWEŁ | LUBIN | 1983 | 640e | M<40 | 28:05 | 42:38 | 1:01:30 | 1:00:01 | 9,997 |
| 1038 | 655 | ABRAMEK TOMASZ | COPI LEGNICA | 1984 | 641e | M<40 | 28:03 | 42:47 | 1:01:39 | 1:00:42 | 9,885 |
| 1039 | 1483 | DOROSŁAWSKI DAWID | WYBIEGANI POLKOWIC,P | 1983 | 642e | M<40 | 28:13 | 43:08 | 1:01:40 | 1:00:58 | 9,841 |
| 1040 | 1000 | UCIŃSKI MARCIN | POLKOWICE SIEROSZOWI | 1975 | 259e | M40 | 28:25 | 43:38 | 1:01:44 | 1:00:13 | 9,964 |
| 1041 | 291 | SŁOTA DANIEL | LUBIN | 1983 | 643e | M<40 | 28:53 | 43:51 | 1:01:46 | 1:00:27 | 9,926 |
| 1042 | 711 | KULIK GRZEGORZ | LEGNICA | 1979 | 644e | M<40 | 27:59 | 43:05 | 1:01:47 | 1:01:10 | 9,809 |
| 1043 | 306 | LISOWSKI WOJCIECH | CHOCIANÓW | 1995 | 645e | M<40 | 27:17 | 42:27 | 1:01:47 | 1:01:23 | 9,775 |
| 1044 | 436 | SIDOROWICZ GRZEGORZ | ZG RUDNA,LUBIN | 1975 | 260e | M40 | 29:12 | 43:59 | 1:01:50 | 1:00:27 | 9,926 |
| 1045 | 459 | RATAJCZAK ARTUR | ZG POLKOWICE SIEROSZ | 1963 | 91e | M50 | 26:48 | 42:28 | 1:01:53 | 1:01:49 | 9,706 |
| 1046 | 871 | GÓRSKI TYMOTEUSZ | GROMADKA | 2001 | 646e | M<40 | 28:18 | 43:24 | 1:02:14 | 1:01:11 | 9,807 |
| 1047 | 699 | ŚLEBODA RYSZARD | WKB PIAST WROCLAW,WO | 1944 | 5e | M70 | 28:00 | 43:49 | 1:02:17 | 1:02:00 | 9,677 |
| 1048 | 1634 | BOLSEGA KRZYSZTOF | TKKF AZORY,KRAKÓW | 1968 | 261e | M40 | 27:26 | 42:43 | 1:02:17 | 1:01:42 | 9,724 |
| 1049 | 780 | RAGAN ZBIGNIEW | LUBIN | 1978 | 647e | M<40 | 28:36 | 43:45 | 1:02:18 | 1:01:41 | 9,727 |
| 1050 | 569 | ŻUKIEWICZ PIOTR | BIEGAJACA KASTA MIED | 1974 | 262e | M40 | 28:29 | 43:38 | 1:02:21 | 1:01:01 | 9,833 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | MscKat | Kateg | 1-między | 2-między | Bruto | Netto | Km/h |
|------|------|---------------------|----------------------|------|--------|-------|----------|----------|---------|---------|-------|
| 1051 | 1599 | MAZUREK TOMASZ | LEGNICA | 1981 | 648e | M<40 | 27:13 | 42:54 | 1:02:27 | 1:01:46 | 9,714 |
| 1052 | 1765 | MIERZYŃSKI RAFAŁ | KIEŁCZEWO | 1975 | 263e | M40 | 27:54 | 43:20 | 1:02:29 | 1:01:54 | 9,693 |
| 1053 | 34 | KOWALCZYK WŁADYSŁAW | ZAKLAD URBEX,LUBIN | 1964 | 92e | M50 | 27:42 | 42:46 | 1:02:44 | 1:01:37 | 9,738 |
| 1054 | 185 | WILK MARCIN | OLAWS ZLOTORYJA,ZLOT | 1985 | 649e | M<40 | 27:48 | 43:12 | 1:02:45 | 1:02:05 | 9,664 |
| 1055 | 1351 | WOJTOWICZ PIOTR | PRZEMKÓW | 1989 | 650e | M<40 | 28:41 | 43:58 | 1:02:48 | 1:01:45 | 9,717 |
| 1056 | 1619 | KOROL PIOTR | MTS DRUZYNA SZPIKU K | 1981 | 651e | M<40 | 28:25 | 43:56 | 1:02:54 | 1:02:33 | 9,592 |
| 1057 | 658 | CZARNECKI TOMASZ | ZG POLKOWICE-SIEROSZ | 1974 | 264e | M40 | 29:30 | 45:44 | 1:02:57 | 1:01:44 | 9,719 |
| 1058 | 946 | LESZCZYŃSKI PAWEŁ | OLAWSKA GRUPA BIEGOW | 1979 | 652e | M<40 | 25:58 | 43:49 | 1:03:04 | 1:02:11 | 9,649 |
| 1059 | 1214 | JUSZKALUK ARTUR | LUBIN | 1979 | 653e | M<40 | 28:38 | 44:20 | 1:03:09 | 1:02:16 | 9,636 |
| 1060 | 543 | WARCHOŁ IRENEUSZ | MTS DRUZYNA SZPIKU K | 1979 | 654e | M<40 | 27:55 | 44:00 | 1:03:11 | 1:02:49 | 9,552 |
| 1061 | 1036 | KASZUBSKI MARIUSZ | KB TKKF JAWORZANIE,J | 1966 | 93e | M50 | 28:03 | 43:37 | 1:03:17 | 1:02:53 | 9,541 |
| 1062 | 283 | KOMAN HUBERT | ZG RUDNA LUBIN | 1975 | 265e | M40 | 28:25 | 44:10 | 1:03:29 | 1:03:21 | 9,471 |
| 1063 | 523 | CHUDZIK ROBERT | KGHM O/ZG PS,JACZÓW | 1976 | 266e | M40 | 32:11 | 46:47 | 1:03:33 | 1:02:33 | 9,592 |
| 1064 | 1223 | MADEJ PIOTR | LUBIN | 2001 | 655e | M<40 | 27:11 | 44:06 | 1:03:36 | 1:03:10 | 9,499 |
| 1065 | 1701 | KOZŁOWSKI PAWEŁ | LUBIN | 1996 | 656e | M<40 | 27:04 | 43:24 | 1:03:39 | 1:03:25 | 9,461 |
| 1066 | 1224 | MARCZYK MICHAŁ | NATURALNIE JANOWICE, | 1985 | 657e | M<40 | 28:47 | 44:51 | 1:03:42 | 1:02:32 | 9,595 |
| 1067 | 1287 | WĘGRZYN JANUSZ | BRUNÓW | 1969 | 267e | M40 | 28:07 | 44:08 | 1:03:43 | 1:03:04 | 9,514 |
| 1068 | 1638 | KOWALIK ŁUKASZ | WROCLAW | 1984 | 658e | M<40 | 30:12 | 46:00 | 1:03:43 | 1:02:20 | 9,626 |
| 1069 | 345 | PIASECKI RADOSŁAW | BBL-GLOGÓW,GLOGÓW | 1978 | 659e | M<40 | | | 1:03:47 | 1:03:47 | 9,407 |
| 1070 | 553 | KOŁTON DANIEL | LEGNICA | 1977 | 660e | M<40 | 28:49 | 44:18 | 1:03:49 | 1:02:55 | 9,536 |
| 1071 | 1369 | KURIATA BARTEK | POLKOWICE | 2005 | 661e | M<40 | 29:47 | 45:04 | 1:03:51 | 1:02:59 | 9,526 |
| 1072 | 1450 | KURIATA TOMASZ | POLKOWICE | 1975 | 268e | M40 | 29:47 | 45:03 | 1:03:51 | 1:02:59 | 9,526 |
| 1073 | 275 | PUCEK PRZEMYSŁAW | WKB PIAST WROCLAW,SM | 1972 | 269e | M40 | 27:31 | 42:47 | 1:04:19 | 1:03:30 | 9,449 |
| 1074 | 989 | NOWAK KRZYSZTOF | EMERYT KGHMKR,LUBIN | 1947 | 44e | M60 | 27:42 | 43:27 | 1:04:20 | 1:04:08 | 9,356 |
| 1075 | 1409 | BURDZY HENRYK | LUBIN | 1963 | 94e | M50 | 30:35 | 46:03 | 1:04:29 | 1:03:10 | 9,499 |
| 1076 | 1277 | SKRZYŃSKI DAWID | GLOGÓW | 2004 | 662e | M<40 | 29:18 | 45:23 | 1:04:45 | 1:03:34 | 9,439 |
| 1077 | 266 | HEJBER GRZEGORZ | LUBIN | 1977 | 663e | M<40 | 30:29 | 46:04 | 1:04:48 | 1:03:13 | 9,491 |
| 1078 | 1500 | STĘPIEŃ GRACJAN | GLOGÓW | 2004 | 664e | M<40 | 29:18 | 45:23 | 1:04:53 | 1:03:41 | 9,422 |
| 1079 | 1194 | SIEBYŁA MATEUSZ | SIEBYŁ GIK,MILORADZI | 1991 | 665e | M<40 | 27:02 | 43:12 | 1:04:54 | 1:04:38 | 9,283 |
| 1080 | 1195 | SIEBYŁA WIESŁAW | ZWR SIEBYŁ,MILORADZI | 1963 | 95e | M50 | 27:02 | 43:12 | 1:04:54 | 1:04:38 | 9,283 |
| 1081 | 1154 | ROZBICKI DANIEL | ZWR LUBIN | 1980 | 666e | M<40 | 29:25 | 44:56 | 1:04:58 | 1:03:55 | 9,387 |
| 1082 | 437 | SKALSKI ADRIAN | GLOGOW | 1989 | 667e | M<40 | 30:11 | 46:13 | 1:05:15 | 1:04:08 | 9,356 |
| 1083 | 414 | FUKS ARKADIUSZ | LUBIN | 1973 | 270e | M40 | 29:43 | 45:35 | 1:05:28 | 1:03:55 | 9,387 |
| 1084 | 1089 | SZARMACH KONRAD | LUBIN | 1998 | 668e | M<40 | 29:21 | 46:31 | 1:05:36 | 1:04:48 | 9,259 |
| 1085 | 1566 | LACHOWICZ MATEUSZ | ZG RUDNA LUBIN | 1980 | 669e | M<40 | 28:37 | 44:44 | 1:05:47 | 1:05:32 | 9,156 |
| 1086 | 1413 | GARBOWSKI RAFAŁ | INOVA LUBIN | 1990 | 670e | M<40 | 29:30 | 45:41 | 1:05:59 | 1:05:35 | 9,149 |
| 1087 | 1508 | KAN STEFAN | BBL ZAGAN ,ZAGAN | 1977 | 671e | M<40 | 31:20 | 46:47 | 1:06:02 | 1:05:03 | 9,224 |
| 1088 | 602 | PATER ZBIGNIEW | WKB PIAST WROCLAW,WR | 1940 | 6e | M70 | 31:20 | 46:51 | 1:06:11 | 1:04:44 | 9,269 |
| 1089 | 7 | MIAZEK SZCZEPAN | EMERYCI ZG LUBIN,LUB | 1946 | 7e | M70 | 31:10 | 47:16 | 1:06:42 | 1:05:04 | 9,221 |
| 1090 | 884 | TARŁOWSKI CZESŁAW | MKS PAULINUM JELENIA | 1940 | 8e | M70 | 30:20 | 47:10 | 1:06:49 | 1:06:39 | 9,002 |
| 1091 | 282 | GÓRECKI BARTOSZ | KLUB BIEGACZA BOLESŁ | 1982 | 672e | M<40 | 30:17 | 46:53 | 1:07:23 | 1:06:14 | 9,059 |
| 1092 | 639 | KUBIAK PAWEŁ | SZKLARY GÓRNE | 1986 | 673e | M<40 | 31:35 | 47:49 | 1:07:32 | 1:06:04 | 9,082 |
| 1093 | 1157 | SZAJNAR GRZEGORZ | LUBIN | 1981 | 674e | M<40 | 31:31 | 48:27 | 1:07:46 | 1:07:10 | 8,933 |
| 1094 | 752 | STANDA JERZY | ZG LUBIN, KUNICE | 1952 | 45e | M60 | 28:25 | 45:28 | 1:07:49 | 1:07:13 | 8,926 |
| 1095 | 1184 | KOZŁOWSKI JAROSŁAW | RUDNA | 1973 | 271e | M40 | 28:30 | 44:36 | 1:07:49 | 1:07:12 | 8,929 |
| 1096 | 287 | PORĘBA TOMASZ | MTSDRUZYNASZPIKU,HMG | 1976 | 272e | M40 | 30:22 | 47:12 | 1:08:04 | 1:07:06 | 8,942 |
| 1097 | 1097 | BEŃ ROBERT | HUTA MIEDZI GŁOGÓW | 1972 | 273e | M40 | 30:19 | 47:32 | 1:08:17 | 1:07:20 | 8,911 |
| 1098 | 1607 | SKURPEL RAFAŁ | NOWOSOLSKA GRUPA BIE | 1983 | 675e | M<40 | 32:10 | 48:55 | 1:08:58 | 1:07:49 | 8,847 |
| 1099 | 805 | JANUSIAK ANDRZEJ | OSIEK | 1971 | 274e | M40 | 31:07 | 48:07 | 1:09:21 | 1:08:10 | 8,802 |
| 1100 | 882 | PODBUCKI ŁUKASZ | LUBIN | 2000 | 676e | M<40 | 31:26 | 48:59 | 1:09:36 | 1:08:05 | 8,813 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | MscKat | Kateg | 1-między | 2-między | Bruto | Netto | Km/h |
|------|------|--------------------|----------------------|------|--------|-------|----------|----------|---------|---------|-------|
| 1101 | 1720 | KROTOFIL MICHAŁ | LNG LEWA NOGA GEOLOG | 1976 | 275e | M40 | 29:31 | 47:13 | 1:09:51 | 1:08:00 | 8,824 |
| 1102 | 606 | SZURLEJ STANISŁAW | LUBIN | 1985 | 677e | M<40 | 31:31 | 48:58 | 1:10:05 | 1:09:04 | 8,687 |
| 1103 | 1684 | ROKITA ANDRZEJ | SRODA SLASKA | 1967 | 276e | M40 | 31:30 | 48:58 | 1:10:07 | 1:09:06 | 8,683 |
| 1104 | 342 | NOWICKI ŁUKASZ | 1986,LUBIN | 1983 | 678e | M<40 | 30:40 | 48:38 | 1:10:19 | 1:08:49 | 8,719 |
| 1105 | 456 | KOBYŁECKI RADOSŁAW | SEBASTIAN RATAJCZAK, | 1976 | 277e | M40 | 30:40 | 48:38 | 1:10:19 | 1:08:50 | 8,717 |
| 1106 | 405 | WOJTAL RAFAŁ | LUBIN | 1977 | 679e | M<40 | 31:16 | 50:31 | 1:11:11 | 1:10:06 | 8,559 |
| 1107 | 784 | AŁDAŚ KRZYSZTOF | HUTA MIEDZI GŁOGÓW | 1957 | 96e | M50 | 29:11 | 46:02 | 1:11:19 | 1:10:37 | 8,497 |
| 1108 | 1202 | BERNAT BOGDAN | ZG RUDNA CHOJNÓW | 1973 | 278e | M40 | 32:03 | 49:43 | 1:11:19 | 1:10:33 | 8,505 |
| 1109 | 385 | KOZAR TADEUSZ | ZAKŁAD HYDROTECHNICZ | 1968 | 279e | M40 | 31:27 | 49:37 | 1:12:49 | 1:11:24 | 8,403 |
| 1110 | 1301 | KOZAR SZYMON | ZG RUDNA, GLOGÓW | 1991 | 680e | M<40 | 31:27 | 49:37 | 1:12:49 | 1:11:24 | 8,403 |
| 1111 | 1591 | ŻBIKOWSKI IRENEUSZ | WARSZTATY TERAPII ZA | 1975 | 280e | M40 | 33:23 | 50:42 | 1:12:52 | 1:11:37 | 8,378 |
| 1112 | 1308 | NICPOŃ WOJCIECH | KB LEW LEGNICA,LEGNI | 1965 | 97e | M50 | 33:24 | 50:43 | 1:12:54 | 1:11:38 | 8,376 |
| 1113 | 550 | FURTAŁ KRZYSZTOF | KTOS MUSI BYC OSTATN | 1962 | 98e | M50 | 33:24 | 50:44 | 1:12:56 | 1:11:41 | 8,370 |
| 1114 | 1314 | WOŁONCIEJ JÓZEF | LEGNICA | 1961 | 99e | M50 | 31:31 | 49:42 | 1:13:02 | 1:12:36 | 8,264 |
| 1115 | 808 | KOMEJKO DARIUSZ | WYSOKA | 1978 | 681e | M<40 | 33:23 | 51:16 | 1:13:26 | 1:12:09 | 8,316 |
| 1116 | 205 | MADERA BOGDAN | RUNWALKRUN, SWIDNICA | 1960 | 100e | M50 | 32:44 | 50:58 | 1:13:42 | 1:12:34 | 8,268 |
| 1117 | 377 | JARZĘBOWSKI TOMASZ | JARZABKI,PIESZKÓW | 1973 | 281e | M40 | 32:05 | 51:17 | 1:13:57 | 1:13:07 | 8,206 |
| 1118 | 1462 | JARZĘBOWSKI MIŁOSZ | JARZABKI,PIESZKÓW | 2002 | 682e | M<40 | 32:05 | 51:18 | 1:13:57 | 1:13:07 | 8,206 |
| 1119 | 1034 | DUBICKI ANDRZEJ | STP WEDROWIEC,LUBIN | 1961 | 101e | M50 | 33:33 | 51:37 | 1:14:46 | 1:14:27 | 8,059 |
| 1120 | 301 | GRZYBOWSKI ŁUKASZ | WROCLAW | 1981 | 683e | M<40 | 33:26 | 52:12 | 1:16:10 | 1:15:31 | 7,945 |
| 1121 | 1580 | SZULC SEBASTIAN | HUTA MIEDZI GŁOGÓW Z | 1974 | 282e | M40 | 35:18 | 54:14 | 1:18:42 | 1:17:42 | 7,722 |
| 1122 | 424 | KUBICKI ANDRZEJ | PBK LUBIN | 1972 | 283e | M40 | 39:07 | 59:14 | 1:20:14 | 1:19:58 | 7,503 |
| 1123 | 1010 | KOŚCIELNY ZBIGNIEW | KG PROBLEM LUBIN,LUB | 1934 | 9e | M70 | 39:02 | 59:23 | 1:24:59 | 1:23:20 | 7,200 |