

**STRZEGOMSKA 12 - 24.06.2017, STRZEGOM
- 12KM**

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Brutto | Netto | Km/h | Tempo |
|-----|------|---------------------------|----------------------|------|-----|-------|-------|--------|-------|--------|-------|
| 1 | 230 | BRYDL PAVEL | MIZUNO/OLFINCAR,TRUT | 1980 | 1e | M30 | 21:17 | 42:08 | 42:05 | 17,109 | 3:30 |
| 2 | 330 | KONDRATOWICZ ŁUKASZ | FAURECIA WALBRZYCH , | 1981 | 2e | M30 | 21:17 | 42:27 | 42:24 | 16,981 | 3:32 |
| 3 | 168 | SŁAWIŃSKI SŁAWOMIR | ADRENALINA24.COM.PL, | 1982 | 3e | M30 | 21:18 | 42:44 | 42:44 | 16,849 | 3:33 |
| 4 | 175 | GIBIEC PRZEMEK | IKONA BIEGA,CIESZYN | 1990 | 1e | M18 | 21:25 | 44:01 | 43:59 | 16,370 | 3:40 |
| 5 | 328 | ZAJĄC BARTOSZ | BZ TRAINING SYSTEM / | 1993 | 2e | M18 | 21:18 | 44:26 | 44:24 | 16,216 | 3:42 |
| 6 | 128 | STEMPNIK PRZEMYSŁAW | JAWOR | 1981 | 4e | M30 | 22:19 | 44:56 | 44:55 | 16,030 | 3:44 |
| 7 | 197 | LACHOWSKI PRZEMYSŁAW | LACHOWSCY | 1977 | 1e | M40 | 22:23 | 45:01 | 45:01 | 15,994 | 3:45 |
| 8 | 111 | BRYL KAROL | IRC KOWALE,WROCLAW | 1982 | 5e | M30 | 21:46 | 45:09 | 45:07 | 15,959 | 3:45 |
| 9 | 56 | RYDZ ANDRZEJ | KB TKKF JAWOR,JAWOR | 1965 | 1e | M50 | 22:19 | 45:25 | 45:24 | 15,859 | 3:47 |
| 10 | 229 | TYMKÓW ŁUKASZ | TYMKÓW | 1981 | 6e | M30 | 23:11 | 46:50 | 46:48 | 15,385 | 3:54 |
| 11 | 192 | SITEK TADEUSZ | MARCISZÓW | 1956 | 1e | M60 | 23:17 | 46:55 | 46:48 | 15,385 | 3:54 |
| 12 | 120 | WOJSŁAW BARTŁOMIEJ | GLKS MARCINOWICE,MAR | 1984 | 7e | M30 | 23:02 | 47:56 | 47:54 | 15,031 | 3:59 |
| 13 | 279 | CZERWIECKI MARCIN | STRZEGOM | 1985 | 8e | M30 | 22:53 | 48:02 | 48:00 | 15,000 | 4:00 |
| 14 | 75 | KRYMSKI TOMASZ | STRZEGOMSKA DWUNASTK | 1979 | 9e | M30 | 22:32 | 48:05 | 48:02 | 14,990 | 4:00 |
| 15 | 23 | PATALON MAREK | MARCINOWICE | 1967 | 2e | M50 | 23:32 | 48:15 | 48:12 | 14,938 | 4:01 |
| 16 | 290 | MANN MARCIN | PCO RUNNERS TEAM,ZAR | 1979 | 10e | M30 | 23:43 | 48:33 | 48:29 | 14,850 | 4:02 |
| 17 | 329 | GREGORCZYK KRZYSZTOF | MU,CHELSKO SL. | 1970 | 2e | M40 | 23:32 | 48:42 | 48:41 | 14,789 | 4:03 |
| 18 | 178 | PELINSKI ANDRZEJ | SWIDNICA | 1969 | 3e | M40 | 23:11 | 48:45 | 48:44 | 14,774 | 4:03 |
| 19 | 126 | SZTURO JAN | TEAM PODGÓRZYN-.GMIN | 1967 | 3e | M50 | 23:55 | 49:14 | 49:11 | 14,639 | 4:06 |
| 20 | 335 | MĘKAŁ RADEK | SMASHING PAPKINS,WAL | 1979 | 11e | M30 | 24:45 | 49:29 | 49:20 | 14,595 | 4:07 |
| 21 | 336 | CABAJ DAMIAN | SWIDNICKA GRUPA BIEG | 1986 | 12e | M30 | 24:14 | 49:41 | 49:38 | 14,506 | 4:08 |
| 22 | 287 | GAJEWSKI MARCIN | GAJEWSCY | 1977 | 4e | M40 | 24:40 | 49:45 | 49:40 | 14,497 | 4:08 |
| 23 | 238 | GARLIŃSKI ŁUKASZ | WIELOWIES | 1996 | 3e | M18 | 23:58 | 50:13 | 50:12 | 14,343 | 4:11 |
| 24 | 161 | SHCHENSNA-RADZIKOVSKA HAL | BRZEZINSKI RUN CLUB | 1981 | 1e | K30 | 24:23 | 50:27 | 50:24 | 14,286 | 4:12 |
| 25 | 206 | PUSTÓWKA ARKADIUSZ | IKONA BIEGA,HAZLACH | 1978 | 13e | M30 | 24:36 | 51:00 | 50:51 | 14,159 | 4:15 |
| 26 | 1 | BERNATEK MARCIN | STRZEGOMSKA DWUNASTK | 1979 | 14e | M30 | 25:09 | 51:34 | 51:29 | 13,985 | 4:17 |
| 27 | 85 | KOWALIK RAFAŁ | TEMPO WALBRZYCH,SWI | 1977 | 5e | M40 | 25:10 | 51:54 | 51:50 | 13,891 | 4:19 |
| 28 | 113 | GOSZTYŁA MARIUSZ | WIERUSZÓW | 1977 | 6e | M40 | 24:22 | 52:05 | 51:55 | 13,868 | 4:20 |
| 29 | 104 | DĄBROWSKI PIOTR | DĄBROWSCY | 1983 | 15e | M30 | 25:56 | 52:13 | 52:06 | 13,820 | 4:21 |
| 30 | 164 | JASICZEK RADEK | SWIDNICA | 1979 | 16e | M30 | 25:54 | 52:15 | 52:08 | 13,811 | 4:21 |
| 31 | 15 | ROZUMKIEWICZ SONIA | ROZUMKIEWICZ | 1990 | 1e | K18 | 26:04 | 52:17 | 52:15 | 13,780 | 4:21 |
| 32 | 196 | LACHOWSKA MONIKA | LACHOWSCY | 1980 | 2e | K30 | 26:00 | 52:19 | 52:17 | 13,771 | 4:21 |
| 33 | 107 | PIOTROWSKI GRZEGORZ | BIEGOWA SWIDNICA,SWI | 1980 | 17e | M30 | 25:57 | 52:36 | 52:29 | 13,719 | 4:23 |
| 34 | 332 | BUBLIS GRZEGORZ | KAMIENNOGÓRSKA GRUPA | 1983 | 18e | M30 | 24:10 | 52:53 | 52:51 | 13,623 | 4:24 |
| 35 | 94 | MALINOWSKI SŁAWOMIR | ZAGANSKA GRUPA BIEGO | 1987 | 19e | M30 | 25:52 | 53:10 | 53:08 | 13,551 | 4:25 |
| 36 | 84 | KŁOSOWSKI PIOTR | STRZEGOMSKA DWUNASTK | 1971 | 7e | M40 | 26:27 | 53:16 | 53:08 | 13,551 | 4:26 |
| 37 | 11 | GURGUL RYSZARD | BOGUSZOW-GORCE | 1955 | 2e | M60 | 26:06 | 53:18 | 53:15 | 13,521 | 4:26 |
| 38 | 177 | WIŚNIEWSKI KRZYSZTOF | WALBRZYCH | 1978 | 20e | M30 | 25:55 | 53:18 | 53:04 | 13,568 | 4:26 |
| 39 | 173 | HOŁUBEK MIROSŁAW | HOŁUBEK | 1978 | 21e | M30 | 26:10 | 53:18 | 53:10 | 13,542 | 4:26 |
| 40 | 99 | ZIĘBA BOGDAN | PSZENNO | 1968 | 8e | M40 | 25:54 | 53:20 | 53:10 | 13,542 | 4:26 |
| 41 | 125 | ROSTKOWSKI ŁUKASZ | STRZEGOMSKA DWUNASTK | 1978 | 22e | M30 | 26:43 | 53:22 | 53:10 | 13,542 | 4:26 |
| 42 | 208 | STRZELCZAK HENRYK | KS MARATON NOWA RUDA | 1958 | 4e | M50 | 26:16 | 53:33 | 53:26 | 13,475 | 4:27 |
| 43 | 37 | LISZKA KAMIL | STRZEGOMSKA DWUNASTK | 1981 | 23e | M30 | 26:59 | 53:39 | 53:28 | 13,466 | 4:28 |
| 44 | 189 | PADUCH EWA | KB LEW LEGNICA,JERZM | 1969 | 1e | K40 | 26:45 | 53:40 | 53:29 | 13,462 | 4:28 |
| 45 | 17 | TARŁOWSKI PRZEMYSŁAW | TARŁOWSCY | 1975 | 9e | M40 | 25:14 | 53:42 | 53:39 | 13,420 | 4:28 |
| 46 | 258 | SZEWC ZBIGNIEW | KB TKKF JAWOR,JAWOR | 1950 | 3e | M60 | 35:45 | 53:52 | 53:36 | 13,433 | 4:29 |
| 47 | 326 | PISULSKI KRZYSZTOF | JAWOR | 1979 | 24e | M30 | 26:44 | 53:52 | 53:42 | 13,408 | 4:29 |
| 48 | 174 | HOŁUBEK PIOTR | KAMIENIARSTWO IKONA, | 1983 | 25e | M30 | 25:58 | 53:53 | 53:43 | 13,404 | 4:29 |
| 49 | 98 | TRĄBKA DAMIAN | TRĄBKA | 1974 | 10e | M40 | 25:51 | 53:55 | 53:48 | 13,383 | 4:29 |
| 50 | 226 | JESIONEK ADAM | SWIDNICA | 1990 | 4e | M18 | 27:08 | 54:04 | 53:55 | 13,354 | 4:30 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Brutto | Netto | Km/h | Tempo |
|-----|------|----------------------|----------------------|------|-----|-------|-------|---------|---------|--------|-------|
| 51 | 231 | KSIĘŻKI MARIUSZ | STRZEGOM | 1979 | 26e | M30 | 26:15 | 54:09 | 54:02 | 13,325 | 4:30 |
| 52 | 71 | SUŁAWA TOMASZ | SUŁAWA | 1976 | 11e | M40 | 26:18 | 54:28 | 54:21 | 13,247 | 4:32 |
| 53 | 9 | DURKALEC JAGODA | BOLKÓW | 1992 | 2e | K18 | 26:19 | 54:29 | 54:25 | 13,231 | 4:32 |
| 54 | 59 | FILIP DANIEL | FILIP | 1977 | 12e | M40 | 27:10 | 54:30 | 54:23 | 13,239 | 4:32 |
| 55 | 203 | JAROSZ ADAM | KATY WROCLAWSKIE | 1978 | 27e | M30 | 25:55 | 54:30 | 54:25 | 13,231 | 4:32 |
| 56 | 167 | MAGIERA BARTŁOMIEJ | MAGIERA | 1986 | 28e | M30 | 26:17 | 54:39 | 54:35 | 13,191 | 4:33 |
| 57 | 295 | MAGIERA MIROSŁAW | KB FAURECIASTOORWALB | 1963 | 5e | M50 | 26:18 | 54:39 | 54:36 | 13,187 | 4:33 |
| 58 | 14 | ROZUMKIEWICZ PAWEŁ | ROZUMKIEWICZ | 1987 | 29e | M30 | 26:22 | 54:48 | 54:42 | 13,163 | 4:34 |
| 59 | 25 | ŁAPIAK ALEKSANDRA | BZ TRAINING SYSTEM,W | 1995 | 3e | K18 | 26:20 | 54:56 | 54:53 | 13,119 | 4:34 |
| 60 | 241 | SZARAFIN SŁAWOMIR | BIEGIGORSKIE.EU.WALB | 1965 | 6e | M50 | 27:47 | 55:02 | 54:53 | 13,119 | 4:35 |
| 61 | 265 | RECZYŃSKI ARKADIUSZ | TRATWA BROTHERS,STRZ | 1983 | 30e | M30 | 26:49 | 55:20 | 55:05 | 13,071 | 4:36 |
| 62 | 118 | RAJEK WIESŁAW | KROBIA | 1955 | 4e | M60 | 26:19 | 55:22 | 55:15 | 13,032 | 4:36 |
| 63 | 32 | KLICH TOMASZ | KAMIENNA GÓRA | 1979 | 31e | M30 | 26:59 | 56:01 | 55:58 | 12,865 | 4:40 |
| 64 | 16 | TYMIŃSKI ADAM | SWIDNICKA GRUPA BIEG | 1991 | 5e | M18 | 27:45 | 56:10 | 56:06 | 12,834 | 4:40 |
| 65 | 236 | RECZYŃSKI MARCIN | DOBROMIERZ | 1981 | 32e | M30 | 27:37 | 56:13 | 55:58 | 12,865 | 4:41 |
| 66 | 13 | RODAK ZBIGNIEW | STRZEGOMSKA DWUNASTK | 1983 | 33e | M30 | 28:06 | 56:17 | 56:09 | 12,823 | 4:41 |
| 67 | 292 | CHAŁUPKA MIROSŁAW | WIADRÓW | 1972 | 13e | M40 | 27:33 | 56:18 | 56:04 | 12,842 | 4:41 |
| 68 | 3 | FEDYCZKOWSKI EDWARD | FEDYCZKOWSCY | 1973 | 14e | M40 | 26:42 | 56:20 | 56:18 | 12,789 | 4:41 |
| 69 | 20 | SZAMBELAN PAWEŁ | KURIER KAMIENIARSKI, | 1972 | 15e | M40 | 27:36 | 56:28 | 56:05 | 12,838 | 4:42 |
| 70 | 28 | SARGALSKI MAREK | TEMPO WALBRZYCH,WAL | 1972 | 16e | M40 | 26:35 | 57:05 | 57:00 | 12,632 | 4:45 |
| 71 | 304 | TWARÓG ZBIGNIEW | STRZEGOM | 1952 | 5e | M60 | 27:43 | 57:11 | 56:53 | 12,657 | 4:45 |
| 72 | 24 | PODKÓWKA SŁAWEK | BOLKÓW BIEGA ,BOLKÓW | 1980 | 34e | M30 | 27:47 | 57:14 | 57:06 | 12,609 | 4:46 |
| 73 | 331 | BOBELA KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1982 | 35e | M30 | 27:54 | 57:22 | 57:04 | 12,617 | 4:46 |
| 74 | 93 | KUCHNIA KRZYSZTOF | KUCHNIA | 1961 | 7e | M50 | 27:11 | 57:28 | 57:18 | 12,565 | 4:47 |
| 75 | 86 | ŁĘGA WIESŁAW | BRAK TEAM,SWIDNICA | 1972 | 17e | M40 | 26:57 | 57:30 | 57:22 | 12,551 | 4:47 |
| 76 | 190 | PAWŁAK ADRIAN | TEMPO WALBRZYCH ,WA | 1985 | 36e | M30 | 28:47 | 57:32 | 56:58 | 12,639 | 4:47 |
| 77 | 247 | KIEROŃSKI ŁUKASZ | ZDUNY | 1980 | 37e | M30 | 28:31 | 57:45 | 57:29 | 12,525 | 4:48 |
| 78 | 301 | NOWICKI JACEK | NOWICCY | 1983 | 38e | M30 | 28:08 | 58:15 | 57:55 | 12,432 | 4:51 |
| 79 | 18 | DURKALEC EWELINA | BOLKÓW BIEGA,BOLKÓW | 1983 | 3e | K30 | 28:06 | 58:16 | 58:09 | 12,382 | 4:51 |
| 80 | 305 | KRUPNIK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1982 | 39e | M30 | 28:05 | 58:18 | 57:59 | 12,417 | 4:51 |
| 81 | 162 | ZUB ARKADIUSZ | KB SOBÓTKA,ROGÓW SOB | 1974 | 18e | M40 | 27:53 | 58:20 | 58:15 | 12,361 | 4:51 |
| 82 | 129 | ZAJAC SEBASTIAN | SWIDNICA | 1976 | 19e | M40 | 29:01 | 58:52 | 58:47 | 12,248 | 4:54 |
| 83 | 53 | NOSZCZYK RAFAŁ | SWIDNICKA GRUPA BIEG | 1988 | 6e | M18 | 27:18 | 59:09 | 59:01 | 12,200 | 4:55 |
| 84 | 77 | LATKO DANIEL | SWIDNICKA GRUPA BIEG | 1968 | 20e | M40 | 28:33 | 59:14 | 59:02 | 12,196 | 4:56 |
| 85 | 223 | SZYMCZYSZYN JERZY | SCUBA DIVER,OPOLE | 1968 | 21e | M40 | 28:20 | 59:14 | 58:56 | 12,217 | 4:56 |
| 86 | 62 | DUDEK KRZYSZTOF | DUDEK | 1974 | 22e | M40 | 28:58 | 59:18 | 59:09 | 12,172 | 4:56 |
| 87 | 133 | SOŁTYS ROBERT | LANTMANNEN UNIBAKE , | 1979 | 40e | M30 | 29:26 | 59:20 | 58:45 | 12,255 | 4:56 |
| 88 | 170 | TRAWIŃSKI KRZYSZTOF | TRAWIŃSCY | 1976 | 23e | M40 | 27:41 | 59:21 | 59:10 | 12,169 | 4:56 |
| 89 | 202 | BATOR ROBERT | JAROSZÓW | 1975 | 24e | M40 | 29:00 | 59:33 | 59:03 | 12,193 | 4:57 |
| 90 | 237 | ZIELIŃSKI BOGUMIŁ | GRUPA BIEGOWA MIEROS | 1963 | 8e | M50 | 29:42 | 59:40 | 59:12 | 12,162 | 4:58 |
| 91 | 80 | PRZYBYSZ TOMASZ | PRZYBYSZ | 1970 | 25e | M40 | 29:04 | 59:57 | 59:30 | 12,101 | 4:59 |
| 92 | 21 | ZDAŃKOWSKI JAKUB | KURIER KAMIENIARSKI, | 1993 | 7e | M18 | 29:07 | 1:00:10 | 59:48 | 12,040 | 5:00 |
| 93 | 300 | MICHAŁOWICZ BENEK | STRZEGOM | 1973 | 26e | M40 | 29:37 | 1:00:12 | 59:51 | 12,030 | 5:01 |
| 94 | 6 | SKOLAK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1974 | 27e | M40 | 28:12 | 1:00:14 | 59:54 | 12,020 | 5:01 |
| 95 | 31 | KLICH KRZYSZTOF | KAMIENNOGÓRSKA GRUPA | 1981 | 41e | M30 | 27:27 | 1:00:20 | 1:00:16 | 11,947 | 5:01 |
| 96 | 110 | TRĄBKA JOANNA | TRĄBKA | 1976 | 2e | K40 | 29:36 | 1:00:22 | 1:00:15 | 11,950 | 5:01 |
| 97 | 257 | PARCHANOWICZ MARIUSZ | PARCHANOWICZ | 1959 | 9e | M50 | 29:44 | 1:00:30 | 1:00:09 | 11,970 | 5:02 |
| 98 | 137 | JĘRZEJCZYK ADRIAN | POCISK,WROCLAW | 1977 | 28e | M40 | 30:19 | 1:00:34 | 59:54 | 12,020 | 5:02 |
| 99 | 121 | PYZIK ŁUKASZ | PIETRZYKOWICE | 1978 | 42e | M30 | 29:55 | 1:00:39 | 1:00:28 | 11,907 | 5:03 |
| 100 | 334 | KRAWCZYK KRZYSZTOF | UDANIN | 1975 | 29e | M40 | 29:11 | 1:00:42 | 1:00:34 | 11,888 | 5:03 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Brutto | Netto | Km/h | Tempo |
|-----|------|-----------------------|----------------------|------|-----|-------|-------|---------|---------|--------|-------|
| 101 | 49 | HARYNEK ROBERT | KRAPKOWICE | 1984 | 43e | M30 | 29:43 | 1:00:47 | 1:00:42 | 11,862 | 5:03 |
| 102 | 153 | OREPUK TOMASZ | ZABKOWICE SL. | 1979 | 44e | M30 | 30:01 | 1:00:56 | 1:00:36 | 11,881 | 5:04 |
| 103 | 4 | CHOCHOLSKI REMIGIUSZ | STRZEGOM | 1975 | 30e | M40 | 28:59 | 1:00:56 | 1:00:50 | 11,836 | 5:04 |
| 104 | 36 | JANKOWICZ AGNIESZKA | TEMPO WALBRZYCH,WAL | 1981 | 4e | K30 | 28:14 | 1:01:00 | 1:00:55 | 11,819 | 5:05 |
| 105 | 60 | KOWALSKI ALEKSANDER | SZCZAWNO ZDRÓJ | 1963 | 10e | M50 | 28:56 | 1:01:05 | 1:00:55 | 11,819 | 5:05 |
| 106 | 225 | BOROWIEC DARIUSZ | ZZPPM O/ZG-RUDNA,POL | 1969 | 31e | M40 | 28:32 | 1:01:16 | 1:01:12 | 11,765 | 5:06 |
| 107 | 139 | NOWAK PATRYK | WIESNIAK,WROCLAW | 1980 | 45e | M30 | 31:02 | 1:01:17 | 1:00:37 | 11,878 | 5:06 |
| 108 | 127 | SŁOWIŃSKI DAMIAN | KAMIENNA GÓRA | 1982 | 46e | M30 | 28:08 | 1:01:21 | 1:01:08 | 11,778 | 5:06 |
| 109 | 266 | REMISZEWSKA ANETA | KAMIENNOGÓRSKA GRUPA | 1982 | 5e | K30 | 29:21 | 1:01:26 | 1:01:17 | 11,749 | 5:07 |
| 110 | 109 | RAFALONT KRZYSZTOF | SWIDNICA | 1972 | 32e | M40 | 29:34 | 1:01:46 | 1:01:34 | 11,695 | 5:08 |
| 111 | 200 | SKRZYPCZAK JOLANTA | KB LEW LEGNICA,LEJNI | 1967 | 1e | K50 | 30:23 | 1:01:56 | 1:01:39 | 11,679 | 5:09 |
| 112 | 259 | CZASTKA KRZYSZTOF | SWIDNICA | 1974 | 33e | M40 | 29:02 | 1:02:05 | 1:02:01 | 11,610 | 5:10 |
| 113 | 64 | DURLIK MARZANNA | DURLIK UBEZPIECZENIA | 1965 | 2e | K50 | 29:22 | 1:02:09 | 1:02:00 | 11,613 | 5:10 |
| 114 | 293 | KEBŁESZ MARCIN | JAROSZÓW | 1991 | 8e | M18 | 30:19 | 1:02:09 | 1:01:50 | 11,644 | 5:10 |
| 115 | 7 | WÓŁCZEK PRZEMYSŁAW | STRZEGOMSKA DWUNASTK | 1979 | 47e | M30 | 29:13 | 1:02:10 | 1:02:01 | 11,610 | 5:10 |
| 116 | 61 | DOBROCHOWSKI MAREK | STRZEGOMSKA DWUNASTK | 1982 | 48e | M30 | 29:40 | 1:02:10 | 1:01:45 | 11,660 | 5:10 |
| 117 | 286 | GAJEWSKA KATARZYNA | GAJEWSCY | 1977 | 3e | K40 | 30:26 | 1:02:17 | 1:02:11 | 11,579 | 5:11 |
| 118 | 26 | FARNHOLTZ EWA | FARNHOLTZ | 1984 | 6e | K30 | 30:36 | 1:02:27 | 1:02:10 | 11,582 | 5:12 |
| 119 | 187 | KURNYTA STANISŁAW | TEMPO WALBRZYCH ,WI | 1969 | 34e | M40 | 30:02 | 1:02:28 | 1:02:11 | 11,579 | 5:12 |
| 120 | 183 | GŁOWACKI GRZEGORZ | TEMPOWALBRZYCH,WALBR | 1984 | 49e | M30 | 30:09 | 1:02:30 | 1:01:54 | 11,632 | 5:12 |
| 121 | 114 | KALININ DARIUSZ | BIEGOWA SWIDNICA,SWI | 1968 | 35e | M40 | 29:55 | 1:02:39 | 1:02:28 | 11,526 | 5:13 |
| 122 | 180 | ŚWIERK STANISŁAW | ŚWIERK | 1956 | 6e | M60 | 31:03 | 1:02:49 | 1:02:36 | 11,502 | 5:14 |
| 123 | 250 | PIETRASZEK PIOTR | RADIO WROCLAW,WROCLA | 1975 | 36e | M40 | 31:08 | 1:02:51 | 1:02:28 | 11,526 | 5:14 |
| 124 | 191 | ROTMAN MATEUSZ | TEMPO WALBRZYCH,WAL | 1980 | 50e | M30 | 30:29 | 1:03:00 | 1:02:42 | 11,483 | 5:15 |
| 125 | 261 | MASZTALERZ RAFAŁ | TRATWA BROTHERS,KLOD | 1980 | 51e | M30 | 30:32 | 1:03:07 | 1:02:54 | 11,447 | 5:15 |
| 126 | 123 | PUDŁOWSKI PIOTR | STRZEGOM | 1976 | 37e | M40 | 29:32 | 1:03:11 | 1:02:52 | 11,453 | 5:15 |
| 127 | 210 | PAWLIKOWSKA ANNA | PRO-RUN WROCLAW,WROC | 1974 | 4e | K40 | 30:34 | 1:03:13 | 1:03:00 | 11,429 | 5:16 |
| 128 | 39 | FARION MARCIN | THE FARIONS,ZÓLKIEWK | 1972 | 38e | M40 | 30:30 | 1:03:16 | 1:03:13 | 11,389 | 5:16 |
| 129 | 211 | FABJAŃSKI AUGUSTYN | WROCLAW | 1957 | 7e | M60 | 31:01 | 1:03:20 | 1:03:13 | 11,389 | 5:16 |
| 130 | 298 | TOMASZEWSKI GRZEGORZ | BRAK,JAWOR | 1978 | 52e | M30 | 30:15 | 1:03:23 | 1:03:01 | 11,426 | 5:16 |
| 131 | 27 | FARNHOLTZ PAWEŁ | FARNHOLTZ | 1982 | 53e | M30 | 29:49 | 1:03:24 | 1:03:06 | 11,410 | 5:17 |
| 132 | 65 | SUŁAWA PATRYCJA | SUŁAWA | 1983 | 7e | K30 | 29:27 | 1:03:30 | 1:03:22 | 11,362 | 5:17 |
| 133 | 169 | TRAWIŃSKA BARBARA | TRAWIŃSCY | 1980 | 8e | K30 | 29:27 | 1:03:30 | 1:03:19 | 11,371 | 5:17 |
| 134 | 155 | SAMOLAK MACIEK | BOGUSZÓW-GORCE | 1978 | 54e | M30 | 31:27 | 1:03:40 | 1:03:12 | 11,392 | 5:18 |
| 135 | 134 | ŚLĘCZKOWSKI JACEK | STRZEGOMSKA DWUNASTK | 1975 | 39e | M40 | 28:45 | 1:03:45 | 1:03:36 | 11,321 | 5:18 |
| 136 | 140 | DOMARADZKI DANIEL | STRZEGOM | 1991 | 9e | M18 | 31:37 | 1:03:47 | 1:03:19 | 11,371 | 5:18 |
| 137 | 46 | WROBEL TOMASZ | SWIDNICA | 1979 | 55e | M30 | 31:32 | 1:03:53 | 1:03:35 | 11,324 | 5:19 |
| 138 | 88 | MARCINIAK MARIUSZ | LUBIN | 1977 | 40e | M40 | 31:55 | 1:03:53 | 1:03:40 | 11,309 | 5:19 |
| 139 | 307 | KRÓL NINA | BIEG CHOMIKA,WARSZAW | 1984 | 9e | K30 | 31:37 | 1:04:07 | 1:04:07 | 11,230 | 5:20 |
| 140 | 34 | FEDYCZKOWSKI SZYMON | STRZEGOMSKA DWUNASTK | 1998 | 10e | M18 | 32:29 | 1:04:09 | 1:03:48 | 11,285 | 5:20 |
| 141 | 8 | WRONA ŁUKASZ | AKTYWNY WALBRZYCH,BO | 1981 | 56e | M30 | 31:01 | 1:04:15 | 1:03:57 | 11,259 | 5:21 |
| 142 | 171 | BASIS BARTOSZ | SWIDNICA | 1990 | 11e | M18 | 32:23 | 1:04:30 | 1:04:00 | 11,250 | 5:22 |
| 143 | 221 | PORTASIŃSKI KRZYSZTOF | BICEPS TEAM,DZIERZON | 1976 | 41e | M40 | 31:05 | 1:04:32 | 1:04:03 | 11,241 | 5:22 |
| 144 | 244 | GAJDA DAMIAN | CHELMIEC BIEGA,MECIN | 1980 | 57e | M30 | 31:04 | 1:04:34 | 1:04:28 | 11,169 | 5:22 |
| 145 | 115 | KALITA KATARZYNA | GLKS SWIDNICA,STANOW | 1989 | 4e | K18 | 29:19 | 1:04:39 | 1:04:30 | 11,163 | 5:23 |
| 146 | 179 | ŚWIERK KRYSZYNA | ŚWIERK | 1957 | 1e | K60 | 31:07 | 1:04:47 | 1:04:37 | 11,143 | 5:23 |
| 147 | 78 | POTYRAŁA TOMASZ | STRZEGOM | 1987 | 58e | M30 | 31:22 | 1:04:50 | 1:04:24 | 11,180 | 5:24 |
| 148 | 103 | DĄBROWSKA HALINA | DĄBROWSCY | 1983 | 10e | K30 | 32:05 | 1:04:58 | 1:04:35 | 11,148 | 5:24 |
| 149 | 217 | SIENNICA JOANNA | SWIDNICKA GRUPA BIEG | 1979 | 11e | K30 | 32:05 | 1:04:58 | 1:04:38 | 11,140 | 5:24 |
| 150 | 204 | JUSZCZYK ANNA | BIEGOWA SWIDNICA,SWI | 1984 | 12e | K30 | 31:17 | 1:05:06 | 1:04:54 | 11,094 | 5:25 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Brutto | Netto | Km/h | Tempo |
|-----|------|-----------------------|-----------------------|------|-----|-------|-------|---------|---------|--------|-------|
| 151 | 245 | DUDA TOMASZ | RADIO WROCLAW,SLIWIC | 1968 | 42e | M40 | 31:32 | 1:05:06 | 1:04:41 | 11,131 | 5:25 |
| 152 | 2 | FEDYCZKOWSKA JUSTYNA | FEDYCZKOWSCY | 1972 | 5e | K40 | 31:57 | 1:05:11 | 1:04:47 | 11,114 | 5:25 |
| 153 | 222 | SALWIŃSKI JAROSŁAW | STRZEGOM | 1989 | 12e | M18 | 31:37 | 1:05:13 | 1:04:46 | 11,117 | 5:26 |
| 154 | 248 | KOWAL GRZEGORZ | SUDECKI DROGOWSKAZ,S | 1985 | 59e | M30 | 33:34 | 1:05:34 | 1:05:02 | 11,071 | 5:27 |
| 155 | 68 | BANIA DAWID | STRZEGOMSKA DWUNASTK | 1985 | 60e | M30 | 31:16 | 1:05:46 | 1:05:24 | 11,009 | 5:28 |
| 156 | 267 | SZPOT DARIUSZ | ZARÓW | 1966 | 11e | M50 | 33:16 | 1:05:59 | 1:05:26 | 11,004 | 5:29 |
| 157 | 57 | WALA KRZYSZTOF | KB TKKF JAWOR,JAWOR | 1974 | 43e | M40 | 31:57 | 1:06:03 | 1:05:48 | 10,942 | 5:30 |
| 158 | 270 | PONIATOWSKI TOMASZ | TEMPO WALBRZYCH,ZEB | 1977 | 44e | M40 | 30:32 | 1:06:10 | 1:05:51 | 10,934 | 5:30 |
| 159 | 232 | MACOWSKA MONIKA | KAMIENNOGÓRSKA GRUPA | 1983 | 13e | K30 | 32:20 | 1:06:34 | 1:06:18 | 10,860 | 5:32 |
| 160 | 40 | FARION MARZENA | THE FARIONS,STRZEGOM | 1981 | 14e | K30 | 31:03 | 1:06:36 | 1:06:34 | 10,816 | 5:33 |
| 161 | 186 | KALITA DARIUSZ | TEMPO WALBRZYCH,WAL | 1965 | 12e | M50 | 31:45 | 1:06:39 | 1:06:11 | 10,879 | 5:33 |
| 162 | 74 | JANISZEWSKI KRZYSZTOF | JELEŃ GÓRA | 1984 | 61e | M30 | 31:09 | 1:06:45 | 1:06:37 | 10,808 | 5:33 |
| 163 | 51 | DOBROWOLSKI ROBERT | DOBROWOLSCY | 1957 | 8e | M60 | 32:25 | 1:06:47 | 1:06:24 | 10,843 | 5:33 |
| 164 | 243 | BURKACKI ARTUR | POKONAJ GRANICE,WALB | 1979 | 62e | M30 | 31:42 | 1:06:58 | 1:06:24 | 10,843 | 5:34 |
| 165 | 12 | MARCINOWSKI EUGENIUSZ | BIELAWSKA AKADEMIA B | 1956 | 9e | M60 | 32:11 | 1:07:01 | 1:06:46 | 10,784 | 5:35 |
| 166 | 132 | JAROSZYK MATEUSZ | WYSOKA | 1994 | 13e | M18 | 32:23 | 1:07:01 | 1:06:46 | 10,784 | 5:35 |
| 167 | 233 | MUSUR ADAM | KB SZERSZEN OLESNICA | 1953 | 10e | M60 | 31:52 | 1:07:02 | 1:06:56 | 10,757 | 5:35 |
| 168 | 66 | HALINIAK ARKADIUSZ | KAMIENNOGÓRSKA GRUPA | 1961 | 13e | M50 | 32:27 | 1:07:07 | 1:06:50 | 10,773 | 5:35 |
| 169 | 278 | BERNASIŃSKI RAFAŁ | SWIEBODZICE | 1973 | 45e | M40 | 29:20 | 1:07:09 | 1:06:52 | 10,768 | 5:35 |
| 170 | 69 | KORNAŚ MARCIN | ZABKOWICKA GRUPA BIE | 1978 | 63e | M30 | 31:51 | 1:07:14 | 1:06:44 | 10,789 | 5:36 |
| 171 | 275 | TORZECKI JAROSŁAW | KROTOSZYN | 1985 | 64e | M30 | 32:51 | 1:07:15 | 1:06:59 | 10,749 | 5:36 |
| 172 | 288 | GÓRSKA KATARZYNA | BIELAWSKA AKADEMIA B | 1975 | 6e | K40 | 31:37 | 1:07:19 | 1:07:03 | 10,738 | 5:36 |
| 173 | 213 | LECH AGNIESZKA | LECH | 1978 | 15e | K30 | 32:02 | 1:07:25 | 1:07:05 | 10,733 | 5:37 |
| 174 | 143 | ADAMSKI NIKODEM | STARE OBORZYSKA | 1972 | 46e | M40 | 31:51 | 1:07:28 | 1:07:24 | 10,682 | 5:37 |
| 175 | 142 | ADAMSKA NATALIA | STARE OBORZYSKA | 1995 | 5e | K18 | 31:51 | 1:07:28 | 1:07:23 | 10,685 | 5:37 |
| 176 | 254 | MAZUR RAFAŁ | LEGNICA | 1989 | 14e | M18 | 30:09 | 1:07:34 | 1:07:25 | 10,680 | 5:37 |
| 177 | 327 | GAWRYŚ SYLWESTER | SYLWESTER SAM,WALIM | 1990 | 15e | M18 | 29:47 | 1:07:35 | 1:07:28 | 10,672 | 5:37 |
| 178 | 212 | KALETA PRZEMYSŁAW | KALETA | 1972 | 47e | M40 | 32:42 | 1:07:36 | 1:07:20 | 10,693 | 5:38 |
| 179 | 308 | SZYDŁOWSKI WIESŁAW | ZARÓW | 1965 | 14e | M50 | 32:44 | 1:07:44 | 1:07:21 | 10,690 | 5:38 |
| 180 | 176 | TRZEBSKI GRZEGORZ | ZARÓW | 1980 | 65e | M30 | 32:53 | 1:07:47 | 1:07:27 | 10,675 | 5:38 |
| 181 | 311 | GŁOS MARCIN | GŁOS | 1984 | 66e | M30 | 31:42 | 1:07:47 | 1:07:27 | 10,675 | 5:38 |
| 182 | 228 | TYMKÓW IZABELA | TYMKÓW | 1982 | 16e | K30 | 32:17 | 1:07:50 | 1:07:43 | 10,633 | 5:39 |
| 183 | 87 | ŁAZAROWICZ PIOTR | JAWOR | 1965 | 15e | M50 | 32:07 | 1:07:58 | 1:07:35 | 10,654 | 5:39 |
| 184 | 67 | MIOZGA GRZEGORZ | WROCLAW | 1987 | 67e | M30 | 33:18 | 1:08:00 | 1:07:23 | 10,685 | 5:40 |
| 185 | 246 | JURKOWSKI DARIUSZ | KAMIENNA GÓRA | 1984 | 68e | M30 | 31:27 | 1:08:02 | 1:07:55 | 10,601 | 5:40 |
| 186 | 76 | KUBIAK PRZEMYSŁAW | STRZEGOM | 1976 | 48e | M40 | 30:37 | 1:08:12 | 1:07:58 | 10,593 | 5:41 |
| 187 | 41 | GORCZYŃSKI FILIP | SWIŃSKI TRUCHT,WROCL | 1974 | 49e | M40 | 32:29 | 1:08:29 | 1:07:55 | 10,601 | 5:42 |
| 188 | 54 | BŁASZCZYK MARIUSZ | SWIDNICA | 1981 | 69e | M30 | 31:13 | 1:08:43 | 1:08:24 | 10,526 | 5:43 |
| 189 | 214 | LECH MICHAŁ | LECH | 1980 | 70e | M30 | 33:11 | 1:08:47 | 1:08:27 | 10,519 | 5:43 |
| 190 | 22 | BAŁA ADAM | SZCZAWNO ZDRÓJ | 1968 | 50e | M40 | 31:28 | 1:08:50 | 1:08:42 | 10,480 | 5:44 |
| 191 | 102 | BORZYMEK ROBERT | BOLESŁAWIEC | 1968 | 51e | M40 | 32:39 | 1:08:51 | 1:08:37 | 10,493 | 5:44 |
| 192 | 296 | SADOWSKI ROMAN | KLUB BIEGACZA BOLKÓW | 1968 | 52e | M40 | 34:19 | 1:08:58 | 1:08:40 | 10,485 | 5:44 |
| 193 | 260 | GROCHOLSKI SEBASTIAN | LUBIN | 1983 | 71e | M30 | 32:34 | 1:09:01 | 1:08:37 | 10,493 | 5:45 |
| 194 | 193 | SZARZYŃSKI DAMIAN | TEMPO WALBRZYCH ,SW | 1985 | 72e | M30 | 30:06 | 1:09:01 | 1:08:44 | 10,475 | 5:45 |
| 195 | 271 | STAROŃ JAKUB | ZACHOWICE | 1983 | 73e | M30 | 32:34 | 1:09:01 | 1:08:36 | 10,496 | 5:45 |
| 196 | 47 | BULCEWICZ WOJCIECH | BULCEWICZ | 1975 | 53e | M40 | 31:24 | 1:09:05 | 1:09:01 | 10,432 | 5:45 |
| 197 | 219 | SKOTNY ROBERT | INSPIRION POLSKA ,TR | 1980 | 74e | M30 | 33:14 | 1:09:10 | 1:08:55 | 10,447 | 5:45 |
| 198 | 234 | WISNIEWSKA EWA | STRZEGOMSKA DWUNASTKA | 1968 | 7e | K40 | 32:45 | 1:09:13 | 1:08:49 | 10,463 | 5:46 |
| 199 | 272 | SZYMAŃSKA AGATA | STRZEGOMSKA DWUNASTK | 1987 | 17e | K30 | 32:38 | 1:09:25 | 1:09:13 | 10,402 | 5:47 |
| 200 | 337 | DĘBEK PIOTR | POWIAT SWIDNICKI,SWI | 1977 | 54e | M40 | 33:17 | 1:09:29 | 1:09:23 | 10,377 | 5:47 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Brutto | Netto | Km/h | Tempo |
|-----|------|-------------------------|----------------------|------|-----|-------|-------|---------|---------|--------|-------|
| 201 | 96 | GAŚSIOROWSKI KRZYSTOZOF | OPOLE | 1987 | 75e | M30 | 32:20 | 1:09:29 | 1:09:14 | 10,400 | 5:47 |
| 202 | 324 | KOWALSKI GRZEGORZ | STRZEGOM | 1973 | 55e | M40 | 33:09 | 1:09:35 | 1:09:24 | 10,375 | 5:47 |
| 203 | 30 | GIL KONRAD | GIL | 1982 | 76e | M30 | 31:47 | 1:09:36 | 1:09:11 | 10,407 | 5:48 |
| 204 | 317 | MIEPARISZWILI IRENEUSZ | STRZEGOM | 1974 | 56e | M40 | 29:37 | 1:09:45 | 1:09:40 | 10,335 | 5:48 |
| 205 | 262 | MICHNIEWICZ SEBASTIAN | MICHNIEW TEAM,STRZEG | 1982 | 77e | M30 | 33:31 | 1:10:07 | 1:09:50 | 10,310 | 5:50 |
| 206 | 182 | DAJCZMAN PAWEŁ | TEMPO WALBRZYCH,WAL | 1977 | 57e | M40 | 33:55 | 1:10:08 | 1:09:41 | 10,332 | 5:50 |
| 207 | 220 | PODWALNY ZUZANNA | KLUB LEKKOATLETYCZNY | 2001 | 6e | K18 | 31:31 | 1:10:14 | 1:10:10 | 10,261 | 5:51 |
| 208 | 309 | BRANDYS-GŁOS IWONA | GŁOS | 1984 | 18e | K30 | 34:02 | 1:10:28 | 1:10:05 | 10,273 | 5:52 |
| 209 | 303 | MACHOWCZYK AGNIESZKA | WALBRZYCH | 1974 | 8e | K40 | 34:57 | 1:10:30 | 1:10:28 | 10,218 | 5:52 |
| 210 | 316 | MACHOWCZYK KRYSZTIAN | WALBRZYCH | 1971 | 58e | M40 | 34:57 | 1:10:31 | 1:10:28 | 10,218 | 5:52 |
| 211 | 106 | BABIK MINIKA | KAMIENNA GÓRA | 1976 | 9e | K40 | 33:28 | 1:10:34 | 1:10:18 | 10,242 | 5:52 |
| 212 | 323 | DRZEWIECKI TOMASZ | TOMEK SAM,WALIM | 1989 | 16e | M18 | 32:52 | 1:10:48 | 1:10:42 | 10,184 | 5:54 |
| 213 | 160 | MITRO KATARZYNA | KAMIENNOGORSKIEJ GRU | 1978 | 19e | K30 | 34:03 | 1:10:56 | 1:10:39 | 10,191 | 5:54 |
| 214 | 149 | JAKUBOWSKI MIROSLAW | KB LEW LEGNICA,LEGNI | 1959 | 16e | M50 | 35:01 | 1:11:10 | 1:10:30 | 10,213 | 5:55 |
| 215 | 131 | CHOROSZCZAK GRZEGORZ | POKONAJ GRANICE SWIE | 1985 | 78e | M30 | 34:03 | 1:11:11 | 1:10:34 | 10,203 | 5:55 |
| 216 | 156 | STANISZEWSKI JACEK | SWIEBODZICE | 1981 | 79e | M30 | 31:46 | 1:11:17 | 1:11:00 | 10,141 | 5:56 |
| 217 | 274 | SZYMAŃSKI MAREK | SZYMAŃSCY | 1956 | 11e | M60 | 35:07 | 1:11:31 | 1:11:20 | 10,093 | 5:57 |
| 218 | 152 | KUROWSKA MARLENA | KAMIENNA GÓRA | 1983 | 20e | K30 | 33:07 | 1:11:53 | 1:11:37 | 10,054 | 5:59 |
| 219 | 58 | FILIP ANITA | FILIP | 1975 | 10e | K40 | 33:30 | 1:11:55 | 1:11:48 | 10,028 | 5:59 |
| 220 | 283 | BEDNARCZYK MAGDALENA | RUSKO | 1991 | 7e | K18 | 35:25 | 1:11:57 | 1:11:29 | 10,072 | 5:59 |
| 221 | 10 | FONFERKO DARIA | STRZEGOMSKA DWUNASTK | 1982 | 21e | K30 | 34:22 | 1:12:07 | 1:11:45 | 10,035 | 6:00 |
| 222 | 320 | KANAK GABRIEL | WALBRZYCH | 1991 | 17e | M18 | 30:50 | 1:12:08 | 1:11:54 | 10,014 | 6:00 |
| 223 | 136 | BURYŁO PAWEŁ | STRZEGOMSKA DWUNASTK | 1994 | 18e | M18 | 35:23 | 1:12:22 | 1:11:51 | 10,021 | 6:01 |
| 224 | 280 | PARZYSZEK PIOTR | JAWOR | 1971 | 59e | M40 | 35:08 | 1:12:23 | 1:12:02 | 9,995 | 6:01 |
| 225 | 227 | SYDOR DOMINIKA | STRZEGOMSKA DWUNASTK | 2000 | 8e | K18 | 35:45 | 1:12:29 | 1:12:20 | 9,954 | 6:02 |
| 226 | 112 | CHRYPLEWICZ PAWEŁ | ROZTOKA | 1992 | 19e | M18 | 32:27 | 1:12:42 | 1:12:07 | 9,984 | 6:03 |
| 227 | 130 | PASZKO KRYSZTIAN | ROZTOKA | 1995 | 20e | M18 | 32:27 | 1:12:42 | 1:12:07 | 9,984 | 6:03 |
| 228 | 276 | BARTECKI TOMASZ | WROCLAW | 1982 | 80e | M30 | 35:03 | 1:12:45 | 1:12:27 | 9,938 | 6:03 |
| 229 | 289 | KOSTRZEWSKA BEATA | PCO RUNNERS TEAM,WRO | 1972 | 11e | K40 | 34:40 | 1:13:07 | 1:12:51 | 9,883 | 6:05 |
| 230 | 277 | BROZYNA RENATA | LONDON | 1971 | 12e | K40 | 33:23 | 1:13:17 | 1:13:06 | 9,850 | 6:06 |
| 231 | 282 | TWARDZIK KRYSZYNA | SZCZAWNO-ZDRÓJ | 1981 | 22e | K30 | 34:42 | 1:13:25 | 1:13:11 | 9,838 | 6:07 |
| 232 | 79 | PRZYBYSZ AGNIESZKA | PRZYBYSZ | 1974 | 13e | K40 | 34:41 | 1:13:41 | 1:13:13 | 9,834 | 6:08 |
| 233 | 172 | HOŁUBEK KATARZYNA | HOŁUBEK | 1983 | 23e | K30 | 36:17 | 1:13:44 | 1:13:21 | 9,816 | 6:08 |
| 234 | 315 | SZULC JAKUB | BOKS POLONIA SWIDNIC | 2001 | 21e | M18 | 39:02 | 1:14:01 | 1:13:47 | 9,758 | 6:10 |
| 235 | 135 | SPYCHALSKI ANDRZEJ | STRZEGOM | 1974 | 60e | M40 | 36:38 | 1:14:12 | 1:14:09 | 9,710 | 6:11 |
| 236 | 117 | RAINSZ ANNA | JAWORZYNA SLASKA | 1986 | 24e | K30 | 36:22 | 1:14:27 | 1:14:03 | 9,723 | 6:12 |
| 237 | 150 | PIETKIEWICZ PRZEMYSŁAW | NOKIA,WROCLAW | 1985 | 81e | M30 | 35:51 | 1:14:47 | 1:14:13 | 9,701 | 6:13 |
| 238 | 144 | WIJAS GRZEGORZ | STRZEGOM | 1952 | 12e | M60 | 35:40 | 1:14:55 | 1:14:49 | 9,624 | 6:14 |
| 239 | 122 | HARCIAREK AGATA | NOWA SÓL | 1966 | 3e | K50 | 34:33 | 1:15:15 | 1:15:11 | 9,577 | 6:16 |
| 240 | 198 | PALEJ ELŻBIETA | KB LEW LEGNICA,LUBIN | 1953 | 2e | K60 | 35:55 | 1:15:17 | 1:15:00 | 9,600 | 6:16 |
| 241 | 312 | CIMASZEWSKI PIOTR | WALBRZYCH | 1975 | 61e | M40 | 36:54 | 1:15:22 | 1:14:46 | 9,630 | 6:16 |
| 242 | 263 | OBRANIAK ROBERT | WALBRZYCH | 1968 | 62e | M40 | 35:33 | 1:15:23 | 1:14:53 | 9,615 | 6:16 |
| 243 | 302 | TYRAŃSKI DAMIAN | ZARÓW | 2001 | 22e | M18 | 34:43 | 1:15:30 | 1:15:17 | 9,564 | 6:17 |
| 244 | 235 | CICHOŃ ELŻBIETA | STRZEGOMSKA DWUNASTK | 1981 | 25e | K30 | 37:31 | 1:15:34 | 1:14:58 | 9,604 | 6:17 |
| 245 | 216 | PIANOWSKI TADEUSZ | ZIELONA GÓRA | 1958 | 17e | M50 | 37:59 | 1:15:40 | 1:15:05 | 9,589 | 6:18 |
| 246 | 319 | POPIEL KATARZYNA | STARE BOGACZOWICE | 1980 | 26e | K30 | 36:56 | 1:16:09 | 1:15:54 | 9,486 | 6:20 |
| 247 | 163 | GADACZ KATARZYNA | AMATOR,STARE BOGACZO | 1979 | 27e | K30 | 35:33 | 1:16:09 | 1:15:54 | 9,486 | 6:20 |
| 248 | 29 | MARZEC HENRYK | SFORA,WROCLAW | 1956 | 13e | M60 | 36:58 | 1:16:36 | 1:16:01 | 9,472 | 6:23 |
| 249 | 294 | BARTKOWSKI RYSZARD | KOWARY | 1949 | 14e | M60 | 35:23 | 1:17:43 | 1:17:27 | 9,296 | 6:28 |
| 250 | 325 | MIKOŁAJCZYK LIDIA | SWIEBODZICE | 1973 | 14e | K40 | 36:28 | 1:17:49 | 1:17:26 | 9,298 | 6:29 |

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| Msc | StNr | Nazwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Brutto | Netto | Km/h | Tempo |
|-----|------|-----------------------|----------------------|------|-----|-------|-------|---------|---------|-------|-------|
| 251 | 306 | MIŚKIEWICZ JOANNA | ROGOZNICA | 1993 | 9e | K18 | 37:28 | 1:17:50 | 1:17:29 | 9,292 | 6:29 |
| 252 | 50 | DOBROWOLSKA BOZENA | DOBROWOLSCY | 1952 | 3e | K60 | 37:43 | 1:17:53 | 1:17:29 | 9,292 | 6:29 |
| 253 | 251 | RZEPECKI PIOTR | STRZEGOM | 1983 | 82e | M30 | 37:19 | 1:18:06 | 1:17:53 | 9,245 | 6:30 |
| 254 | 154 | PIWIŃSKI STANISŁAW | WROCLAW | 1960 | 18e | M50 | 36:40 | 1:18:21 | 1:17:45 | 9,260 | 6:31 |
| 255 | 145 | ZAGÓRSKA ANETA | BOGUSZÓW-GORCE | 1983 | 28e | K30 | 38:15 | 1:18:36 | 1:18:14 | 9,203 | 6:33 |
| 256 | 224 | BILICZAK SZYMON | SWIEBODZICE | 1982 | 83e | M30 | 36:53 | 1:18:42 | 1:18:22 | 9,188 | 6:33 |
| 257 | 313 | ROZPĘDOWSKA BARBARA | WALBRZYCH | 1985 | 29e | K30 | 36:54 | 1:18:55 | 1:18:19 | 9,193 | 6:34 |
| 258 | 72 | FLANC ADAM | WROCLAW | 1991 | 23e | M18 | 36:57 | 1:18:56 | 1:18:18 | 9,195 | 6:34 |
| 259 | 201 | TOMASZEWSKA MONIKA | LEGNICA | 1975 | 15e | K40 | 36:25 | 1:19:13 | 1:18:56 | 9,122 | 6:36 |
| 260 | 97 | STĘPIEŃ-KUCHNIA ANNA | KUCHNIA | 1971 | 16e | K40 | 36:28 | 1:19:13 | 1:18:55 | 9,124 | 6:36 |
| 261 | 147 | URBAN MIECZYŚLAW | ROZBIEGANY RAWICZ,RA | 1952 | 15e | M60 | 38:49 | 1:19:31 | 1:18:51 | 9,131 | 6:37 |
| 262 | 43 | SIECZKOWSKA ANNA | THE FARIONS,SOBOKLES | 1979 | 30e | K30 | 36:57 | 1:20:20 | 1:20:16 | 8,970 | 6:41 |
| 263 | 101 | BIAŁOŻYD BOŻENA | BIAŁOŻYD | 1959 | 4e | K50 | 38:29 | 1:20:58 | 1:20:32 | 8,940 | 6:44 |
| 264 | 100 | BIAŁOŻYD ANDRZEJ | BIAŁOŻYD | 1958 | 19e | M50 | 38:29 | 1:20:59 | 1:20:32 | 8,940 | 6:44 |
| 265 | 45 | KUCHARSKI ANDRZEJ | JAWOR | 1952 | 16e | M60 | 40:48 | 1:21:28 | 1:20:49 | 8,909 | 6:47 |
| 266 | 185 | HRABIA PAWEŁ | TEMPO WALBRZYCH,JED | 1984 | 84e | M30 | 38:45 | 1:22:00 | 1:21:34 | 8,827 | 6:50 |
| 267 | 89 | SKWIRUT DANIEL | CHOSZCZNO | 1978 | 85e | M30 | 37:01 | 1:22:00 | 1:21:55 | 8,789 | 6:50 |
| 268 | 242 | SOBCZYK GOSIA | BIEGAMDLAZDROWIA.PL. | 1967 | 5e | K50 | 38:31 | 1:22:06 | 1:21:34 | 8,827 | 6:50 |
| 269 | 284 | WIŚNIEWSKI DARIUSZ | JAWOR | 1989 | 24e | M18 | 36:32 | 1:22:25 | 1:22:16 | 8,752 | 6:52 |
| 270 | 165 | ŁASEK TOMASZ | OPOLETEAM,OPOLE | 1974 | 63e | M40 | 37:58 | 1:22:42 | 1:22:31 | 8,726 | 6:53 |
| 271 | 92 | HOŁYS JÓZEF | KROBICA | 1949 | 17e | M60 | 39:26 | 1:23:03 | 1:22:35 | 8,718 | 6:55 |
| 272 | 44 | KUCHARSKA ANNA | JAWOR | 1980 | 31e | K30 | 40:48 | 1:23:32 | 1:22:53 | 8,687 | 6:57 |
| 273 | 299 | NOWICKA MAŁGORZATA | NOWICCY | 1985 | 32e | K30 | 38:24 | 1:24:06 | 1:23:40 | 8,606 | 7:00 |
| 274 | 194 | WÓJCIK AGNIESZKA | WÓJCIK | 1982 | 33e | K30 | 40:09 | 1:24:09 | 1:23:36 | 8,612 | 7:00 |
| 275 | 195 | WÓJCIK JERZY | WÓJCIK | 1981 | 86e | M30 | 40:09 | 1:24:09 | 1:23:35 | 8,614 | 7:00 |
| 276 | 91 | ŻACH JOANNA | SWIDNICA | 1986 | 34e | K30 | 38:52 | 1:24:13 | 1:23:34 | 8,616 | 7:01 |
| 277 | 209 | KILINGER GRZEGORZ | SWIDNICA | 1979 | 87e | M30 | 38:53 | 1:24:14 | 1:23:34 | 8,616 | 7:01 |
| 278 | 252 | SKUPIEŃ ANNA | RADIO WROCLAW,WROCLA | 1976 | 17e | K40 | 41:00 | 1:24:16 | 1:23:50 | 8,588 | 7:01 |
| 279 | 239 | JĘDRZEJCZYK AGNIESZKA | JĘDRZEJCZYK | 1980 | 35e | K30 | 39:39 | 1:24:22 | 1:24:02 | 8,568 | 7:01 |
| 280 | 240 | JĘDRZEJCZYK JAROSŁAW | JĘDRZEJCZYK | 1972 | 64e | M40 | 39:39 | 1:24:23 | 1:24:01 | 8,570 | 7:01 |
| 281 | 105 | HYRLIK KATARZYNA | SWIEBODZICE | 1973 | 18e | K40 | 40:04 | 1:24:36 | 1:24:13 | 8,549 | 7:03 |
| 282 | 273 | SZYMAŃSKA MARIA | SZYMAŃSCY | 1959 | 6e | K50 | 39:39 | 1:24:39 | 1:24:27 | 8,526 | 7:03 |
| 283 | 184 | GUNIA DARIUSZ | TEMPO WALBRZYCH,WAL | 1977 | 65e | M40 | 37:52 | 1:25:16 | 1:24:50 | 8,487 | 7:06 |
| 284 | 119 | TWARDYSKO JOANNA | BOLKÓW | 1987 | 36e | K30 | 38:50 | 1:25:45 | 1:25:42 | 8,401 | 7:08 |
| 285 | 253 | WIESIOŁEK GRZEGORZ | WARSZAWA | 1973 | 66e | M40 | 38:03 | 1:25:59 | 1:25:50 | 8,388 | 7:09 |
| 286 | 199 | SARAMA ARKADIUSZ | BIEGAJACA KASTA MIED | 1970 | 67e | M40 | 40:03 | 1:27:19 | 1:26:48 | 8,295 | 7:16 |
| 287 | 63 | DUDEK MARIOLA | DUDEK | 1976 | 19e | K40 | 42:57 | 1:27:30 | 1:26:58 | 8,279 | 7:17 |
| 288 | 124 | PRZYBYLSKI ZBIGNIEW | STRZEGOMSKA DWUNASTK | 1960 | 20e | M50 | 42:16 | 1:28:19 | 1:27:41 | 8,211 | 7:21 |
| 289 | 188 | LEŚNIEWSKI MICHAŁ | PRAKTYKI MISTRZÓW,WR | 1982 | 88e | M30 | 45:11 | 1:28:49 | 1:28:17 | 8,156 | 7:24 |
| 290 | 19 | POKORA MACIEJ | STRZEGOMSKA DWUNASTK | 1990 | 25e | M18 | 42:58 | 1:30:48 | 1:30:16 | 7,976 | 7:34 |
| 291 | 42 | MARKUSZEWSKI MATEUSZ | NIGHT RUNNERS,WROCLA | 1985 | 89e | M30 | 40:10 | 1:31:20 | 1:30:43 | 7,937 | 7:36 |
| 292 | 38 | PIETRAS BARBARA | STRZEGOMSKA DWUNASTK | 1951 | 4e | K60 | 43:34 | 1:32:44 | 1:32:23 | 7,794 | 7:43 |
| 293 | 157 | STRUG DARIUSZ | KLODZKO | 1962 | 21e | M50 | 43:24 | 1:33:41 | 1:33:05 | 7,735 | 7:48 |
| 294 | 5 | JANKOWSKI RYSZARD | WROCLAW | 1943 | 18e | M60 | 47:02 | 1:35:39 | 1:35:02 | 7,576 | 7:58 |
| 295 | 151 | PIETKIEWICZ WALDEMAR | OGNISKO TKKF DZIERZO | 1943 | 19e | M60 | 46:15 | 1:38:07 | 1:37:34 | 7,380 | 8:10 |

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