

**26. BIEG KONSTYTUCJI - 03.05.2018, ZBASZYNEK
- 10KM**

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Str: 1

| MscKat | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Bruto | Netto | Km/h | Tempo |
|--------|------|---------------------------|----------------------|------|-----|-------|-------|-------|--------|-------|
| 1 | 183 | SZYMANOWSKI KRZYSZTOF | SZYMANOWSKITEAM /JW1 | 1993 | 1e | M20 | 35:51 | 35:50 | 16,744 | 3:35 |
| 2 | 110 | MIKOŁAJCZAK PIOTR | SZYMANOWSKITEAM,DARN | 1996 | 2e | M20 | 35:58 | 35:56 | 16,698 | 3:35 |
| 3 | 6 | BALINOWSKI KORNEL | NOWA SOL | 1982 | 1e | M30 | 36:09 | 36:09 | 16,598 | 3:36 |
| 4 | 225 | GUCZE MARIUSZ | NADNIA | 1980 | 2e | M30 | 36:44 | 36:42 | 16,349 | 3:40 |
| 5 | 49 | HAJDUKIEWICZ RAFAŁ | BBL SWIEBODZIN,SWIEB | 1988 | 3e | M30 | 37:37 | 37:35 | 15,965 | 3:45 |
| 6 | 54 | JANOWSKI ARKADIUSZ | 5 LUBUSKI PULK ARTYL | 1976 | 1e | M40 | 37:40 | 37:38 | 15,943 | 3:46 |
| 7 | 14 | BIŁAN PAWEŁ | 1974,GUBIN | 1974 | 2e | M40 | 37:56 | 37:54 | 15,831 | 3:47 |
| 8 | 118 | MISZTA KAROL | MISZTA | 1985 | 4e | M30 | 38:11 | 38:09 | 15,727 | 3:49 |
| 9 | 84 | KURZYNSKI PIOTR | KOLECTEAM ZBASZYNEK | 1980 | 5e | M30 | 38:39 | 38:39 | 15,524 | 3:51 |
| 10 | 39 | GAŚSIOR MARCIN | LO SWIEBODZIN TEAM,S | 1999 | 3e | M20 | 38:47 | 38:44 | 15,491 | 3:52 |
| 11 | 130 | OSIADŁY JAKUB | TEAM DRACZYNSKI,NOWA | 1998 | 4e | M20 | 39:00 | 38:58 | 15,398 | 3:54 |
| 12 | 50 | HIRT PAWEŁ | ZBASZYNEK | 1988 | 6e | M30 | 39:16 | 39:13 | 15,300 | 3:55 |
| 13 | 188 | SLIWZYNSKI DAMIAN | SWIEBODZINSKA GRUPA | 1984 | 7e | M30 | 39:20 | 39:15 | 15,287 | 3:56 |
| 14 | 126 | NOWORYTA RADOSŁAW | ULTRA DIABLY TEAM LU | 1975 | 3e | M40 | 39:28 | 39:25 | 15,222 | 3:56 |
| 15 | 89 | LECH RADOSŁAW | LECH | 1976 | 4e | M40 | 40:00 | 39:58 | 15,013 | 4:00 |
| 16 | 140 | PRUFER PAWEŁ | KOSIECZYN | 1972 | 5e | M40 | 40:11 | 40:08 | 14,950 | 4:01 |
| 17 | 91 | LIBERT GRZEGORZ | TEAM DRACZYNSKI / NG | 1977 | 6e | M40 | 40:16 | 40:13 | 14,919 | 4:01 |
| 18 | 92 | ŁAWNICZAK PAWEŁ | ZBASZYN | 1986 | 8e | M30 | 40:36 | 40:36 | 14,778 | 4:03 |
| 19 | 222 | POCHRANOWICZ BARBARA | STOWARZYSZENIE MAR D | 1977 | 1e | K40 | 40:37 | 40:36 | 14,778 | 4:03 |
| 20 | 223 | SWIERK PRZEMYSŁAW | SWIEBODZIN | 1977 | 7e | M40 | 40:45 | 40:41 | 14,748 | 4:04 |
| 21 | 83 | KUNYSZ ŁUKASZ | TRZCIEL | 1996 | 5e | M20 | 41:27 | 41:20 | 14,516 | 4:08 |
| 22 | 116 | MISZTA MARCIN | ZBASZYN | 1981 | 9e | M30 | 41:30 | 41:28 | 14,469 | 4:09 |
| 23 | 210 | WOJCIECHOWSKI ADAM | BOBOWICKO | 1997 | 6e | M20 | 41:38 | 41:33 | 14,440 | 4:09 |
| 24 | 137 | PODEMSKI WOJCIECH | SZCZANIEC | 1981 | 10e | M30 | 41:43 | 41:39 | 14,406 | 4:10 |
| 25 | 104 | MAZUR MARCIN | KOLECTEAM ZBASZYNEK, | 1988 | 11e | M30 | 41:48 | 41:43 | 14,383 | 4:10 |
| 26 | 136 | PIOSIK ARTUR | KOLECTEAM ZBASZYNEK, | 1976 | 8e | M40 | 41:51 | 41:48 | 14,354 | 4:11 |
| 27 | 46 | GRYDZIUSZKO MARCIN | MARCIN MARCINOWICE,K | 1975 | 9e | M40 | 41:52 | 41:50 | 14,343 | 4:11 |
| 28 | 165 | SŁOWIKOWSKI DANIEL | SWIEBODZIN | 1976 | 10e | M40 | 41:54 | 41:49 | 14,348 | 4:11 |
| 29 | 90 | LEWICKI JACEK | SECO/WARWICK,ZIELONA | 1992 | 7e | M20 | 42:01 | 41:54 | 14,320 | 4:12 |
| 30 | 226 | ZYTKIEWICZ JACEK | SWIEBODZIN | 1968 | 1e | M50 | 42:04 | 41:55 | 14,314 | 4:12 |
| 31 | 149 | ROZUMEK ADAM | ADAS GUBIN,GUBIN | 1977 | 11e | M40 | 42:14 | 42:12 | 14,218 | 4:13 |
| 32 | 173 | SZARAPANOWSKI MARCIN | ULTRA DIABLY TEAM LU | 1977 | 12e | M40 | 42:21 | 42:15 | 14,201 | 4:14 |
| 33 | 120 | MOLENDAS TOMASZ | 1993,ZBASZYN | 1993 | 8e | M20 | 42:24 | 42:19 | 14,179 | 4:14 |
| 34 | 221 | WAJSBERG MACIEJ | NOWOSOLSKA GRUPA BIE | 1977 | 13e | M40 | 42:44 | 42:38 | 14,073 | 4:16 |
| 35 | 204 | WESSELI SŁAWOMIR | SWIEBODZINSKA GRUPA | 1980 | 12e | M30 | 42:47 | 42:42 | 14,052 | 4:16 |
| 36 | 41 | GŁOWACKI PAWEŁ | KB WIKON NOWA SOL,NO | 1987 | 13e | M30 | 42:51 | 42:48 | 14,019 | 4:17 |
| 37 | 119 | MOLENDAS DANIEL | ZBASZYN | 1989 | 9e | M20 | 42:52 | 42:43 | 14,046 | 4:17 |
| 38 | 63 | KAZMIERCZAK ADAM | SWIEBODZIN | 1990 | 10e | M20 | 42:56 | 42:55 | 13,981 | 4:17 |
| 39 | 26 | CAL PIOTR | CAL | 1969 | 14e | M40 | 42:58 | 42:51 | 14,002 | 4:17 |
| 40 | 153 | SACHMATA PATRYK | KOLEC TEAM ZBASZYNEK | 1987 | 14e | M30 | 42:59 | 42:51 | 14,002 | 4:17 |
| 41 | 60 | JUCHNIEWICZ-POGORZELSKA J | 1978,KOZUCHOW | 1978 | 2e | K40 | 43:04 | 43:02 | 13,943 | 4:18 |
| 42 | 106 | MICHNOWICZ EWELINA | HUSARIA RACE TEAM,KR | 1992 | 1e | K20 | 43:13 | 43:11 | 13,894 | 4:19 |
| 43 | 69 | KOLECKA SYLWIA | KOLECKI | 1977 | 3e | K40 | 43:16 | 43:11 | 13,894 | 4:19 |
| 44 | 70 | KOLECKI DAMIAN | KOLECKI | 1976 | 15e | M40 | 43:17 | 43:12 | 13,889 | 4:19 |
| 45 | 185 | SZYMKOWIAK ANDRZEJ | ZBASZYNEK | 1962 | 2e | M50 | 43:17 | 43:10 | 13,900 | 4:19 |
| 46 | 195 | TRATWAŁ ADRIAN | SWIEBODZIN | 1994 | 11e | M20 | 43:19 | 43:03 | 13,937 | 4:19 |
| 47 | 2 | ANYSZKO GRZEGORZ | ANYSZKO | 1969 | 16e | M40 | 43:26 | 43:21 | 13,841 | 4:20 |
| 48 | 36 | GALEK WOJCIECH | 1990,LAGOW | 1990 | 12e | M20 | 43:28 | 43:24 | 13,825 | 4:20 |
| 49 | 124 | NOWAKOWSKI BOGDAN | BBLSWIEBODZIN,SWIEBO | 1967 | 3e | M50 | 43:31 | 43:25 | 13,820 | 4:21 |
| 50 | 87 | KWIATEK WOJCIECH | KOLECTEAM ZBASZYNEK | 1989 | 13e | M20 | 43:31 | 43:26 | 13,814 | 4:21 |

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| MscKat | NrSt | Nazwisko | Klub/Miasto | Rok | Msc | Kateg | Bruto | Netto | Km/h | Tempo |
|--------|------|-------------------------|----------------------|------|-----|-------|-------|-------|--------|-------|
| 51 | 155 | SADOWSKI MICHAŁ | 1988.SWIEBODZIN | 1988 | 15e | M30 | 43:31 | 43:24 | 13,825 | 4:21 |
| 52 | 29 | CHRUSCIEL FILIP | BRZEZIE K/SULECHOWA | 1983 | 16e | M30 | 43:45 | 43:44 | 13,720 | 4:22 |
| 53 | 133 | PAWŁOWSKI ANDRZEJ | KB ANIA OLCHA,KOZUCH | 1977 | 17e | M40 | 43:48 | 43:46 | 13,709 | 4:22 |
| 54 | 28 | CHMIELENKO KAZIK | GUBIN | 1963 | 4e | M50 | 43:53 | 43:49 | 13,693 | 4:23 |
| 55 | 191 | TOBYS ŁUKASZ | TKKF "LABEDZ" ZBASZY | 1987 | 17e | M30 | 44:30 | 44:20 | 13,534 | 4:27 |
| 56 | 211 | WOJCIECHOWSKI MATEUSZ | SWIEBODZINSKA GRUPA | 1986 | 18e | M30 | 44:42 | 44:25 | 13,508 | 4:28 |
| 57 | 177 | SZTUL ŁUKASZ | SZYMANOWSKITEAM,KOSC | 1991 | 14e | M20 | 44:54 | 44:52 | 13,373 | 4:29 |
| 58 | 75 | KRAKOWIAN PATRYK | BABIMOJSKI KLUB BIEG | 1998 | 15e | M20 | 44:56 | 44:54 | 13,363 | 4:29 |
| 59 | 65 | KICINSKI ROMAN | PERKOWO | 1954 | 1e | M60 | 45:01 | 44:57 | 13,348 | 4:30 |
| 60 | 175 | SZEWczyk MATEUSZ | LO SWIEBODZIN TEAM,C | 1990 | 16e | M20 | 45:05 | 45:01 | 13,328 | 4:30 |
| 61 | 125 | NOWIK KAMIL | SECO/WARWICK.SWIEBOD | 1974 | 18e | M40 | 45:12 | 45:06 | 13,304 | 4:31 |
| 62 | 150 | TROSZCZYNSKI JAKUB | BIELSKO BIALA | 1988 | 19e | M30 | 45:49 | 45:37 | 13,153 | 4:34 |
| 63 | 98 | MARCHEWKA MARCIN | PHOENIX CONTACT WIEL | 1989 | 17e | M20 | 45:53 | 45:39 | 13,143 | 4:35 |
| 64 | 199 | URUSKI JAN | NOWOSOLSKA GRUPA BIE | 1956 | 2e | M60 | 45:59 | 45:54 | 13,072 | 4:35 |
| 65 | 121 | MYSLIWIEC KRZYSZTOF | ZIELONA GORA | 1975 | 19e | M40 | 46:17 | 46:10 | 12,996 | 4:37 |
| 66 | 209 | WODNICZAK MARIUSZ | ZBASZYNDK | 1979 | 20e | M30 | 46:26 | 46:13 | 12,982 | 4:38 |
| 67 | 3 | ANYSZKO MIŁOSZ | SZESCIOPALCZASCI TEA | 1996 | 18e | M20 | 46:30 | 46:23 | 12,936 | 4:39 |
| 68 | 166 | SOŁTOWSKI ROBERT | GREEN HILL RUNNERS Z | 1983 | 21e | M30 | 46:37 | 46:30 | 12,903 | 4:39 |
| 69 | 193 | TOMASZYK MIŁENA | SZYMANOWSKITEAM / JW | 1991 | 2e | K20 | 46:37 | 46:32 | 12,894 | 4:39 |
| 70 | 78 | KRZESINSKI RADOSŁAW | BBL SWIEBODZIN,SWIEB | 1977 | 20e | M40 | 46:43 | 46:35 | 12,880 | 4:40 |
| 71 | 207 | WIKTOROWICZ DANIEL | AKTYWNERADOWICE,TRZE | 1978 | 21e | M40 | 46:46 | 46:41 | 12,853 | 4:40 |
| 72 | 216 | ZAJĄCZKOWSKI MAREK | SWIEBODZIN | 1983 | 22e | M30 | 46:46 | 46:38 | 12,866 | 4:40 |
| 73 | 59 | JĘDRZEJCZAK ARTUR | ZBASZYNEK | 1968 | 5e | M50 | 46:57 | 46:50 | 12,811 | 4:41 |
| 74 | 114 | MISTRZAK ANNA | BBL SWIEBODZIN,SWIEB | 1980 | 1e | K30 | 46:59 | 46:53 | 12,798 | 4:41 |
| 75 | 23 | BUGAŁA PAWEŁ | SECO/WARWICK,SULECHO | 1980 | 23e | M30 | 47:03 | 46:57 | 12,780 | 4:42 |
| 76 | 135 | PIĘTA KRZYSZTOF | 1986,SULECHOW | 1955 | 3e | M60 | 47:07 | 46:57 | 12,780 | 4:42 |
| 77 | 176 | SZOTT KRZYSZTOF | 1957,ZBASZYNEK | 1957 | 4e | M60 | 47:11 | 47:01 | 12,761 | 4:43 |
| 78 | 198 | UCHMAN-GOLIK JOANNA | GOLIK | 1982 | 2e | K30 | 47:11 | 47:05 | 12,743 | 4:43 |
| 79 | 200 | WACHOWSKA PATRYCJA | TKKF "LABEDZ" ZBASZY | 1986 | 3e | K30 | 47:14 | 47:04 | 12,748 | 4:43 |
| 80 | 156 | SAWICKA KATARZYNA | ZAGAN | 1986 | 4e | K30 | 47:15 | 47:02 | 12,757 | 4:43 |
| 81 | 11 | BIAŁECKI KRZYSZTOF | 'AA' :),ZBASZYNE | 1977 | 22e | M40 | 47:17 | 47:06 | 12,739 | 4:43 |
| 82 | 214 | WYSKOcki IRENEUSZ | 1974,BLEDZEW | 1974 | 23e | M40 | 47:21 | 47:13 | 12,707 | 4:44 |
| 83 | 197 | TRYMBULAK BARTŁOMIEJ | KOLECTEAM,ZBASZYNEK | 1990 | 19e | M20 | 47:22 | 47:07 | 12,734 | 4:44 |
| 84 | 181 | SZUMSKI ZBIGNIEW | SWIEBODZIN | 1964 | 6e | M50 | 47:24 | 47:21 | 12,672 | 4:44 |
| 85 | 172 | SZARAPANOWSKI DAMIAN | NOWA WIOSKA | 1978 | 24e | M40 | 47:32 | 47:25 | 12,654 | 4:45 |
| 86 | 159 | SIDOROWICZ IRENEUSZ | SWIEBODZIN | 1964 | 7e | M50 | 47:43 | 47:37 | 12,601 | 4:46 |
| 87 | 100 | MARKUC ADRIAN | DABROWKA WLKP | 1998 | 20e | M20 | 47:52 | 47:42 | 12,579 | 4:47 |
| 88 | 192 | TOBYS MARCIN | TOBYS | 1987 | 24e | M30 | 47:55 | 47:45 | 12,565 | 4:47 |
| 89 | 24 | CADER ARKADIUSZ | PIP INDUSTRY TEAM ZI | 1974 | 25e | M40 | 47:56 | 47:50 | 12,544 | 4:47 |
| 90 | 57 | KOCHANSKI TOMASZ | LUBRZA | 1974 | 26e | M40 | 47:58 | 47:51 | 12,539 | 4:47 |
| 91 | 168 | STARCZEWSKA IZABELA | STARCZEWSKA | 1970 | 4e | K40 | 48:01 | 47:50 | 12,544 | 4:48 |
| 92 | 5 | BAGINSKI GRZEGORZ | COMPUTEC TEAM,SWIEBO | 1990 | 21e | M20 | 48:10 | 48:06 | 12,474 | 4:49 |
| 93 | 161 | SIEREWICZ ZBIGNIEW | SECO/WARWICK,SWIEBOD | 1983 | 25e | M30 | 48:33 | 48:20 | 12,414 | 4:51 |
| 94 | 85 | KWASNIEWSKA-ŁYSIAK ANNA | ŁYSIAK | 1977 | 5e | K40 | 48:38 | 48:26 | 12,388 | 4:51 |
| 95 | 93 | ŁYSIAK MICHAŁ | ŁYSIAK | 1978 | 27e | M40 | 48:39 | 48:26 | 12,388 | 4:51 |
| 96 | 123 | NIEWĘGŁOWSKI ADRIAN | SKAPE | 1993 | 22e | M20 | 49:06 | 48:58 | 12,253 | 4:54 |
| 97 | 180 | SZULC SŁAWOMIR | ZBASZYNEK | 1980 | 26e | M30 | 49:06 | 48:56 | 12,262 | 4:54 |
| 98 | 220 | NOWAK PIOTR | KPGC,SWIEBODZIN | 1977 | 28e | M40 | 49:07 | 48:58 | 12,253 | 4:54 |
| 99 | 67 | KŁYSZ MAURYCZY | TKKF LABEDZ ZBASZYN, | 1986 | 27e | M30 | 49:24 | 49:22 | 12,154 | 4:56 |
| 100 | 206 | WICHŁACZ DAMIAN | ZBASZYNEK | 1989 | 23e | M20 | 49:31 | 49:15 | 12,183 | 4:57 |

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|--------|-------|-----------------------|----------------------|------|-----|-------|-------|-------|--------|-------|
| 101 | 47 | GRYGORCZUK ŁUKASZ | SULECHOW | 1985 | 28e | M30 | 49:43 | 49:34 | 12,105 | 4:58 |
| 102 | 189 | TOBYS DAMIAN | KOLECTEAM,NADNIA | 1983 | 29e | M30 | 49:48 | 49:33 | 12,109 | 4:58 |
| 103 | 103 | MAZUR ŁUKASZ | ZBASZYNEK | 1982 | 30e | M30 | 49:55 | 49:44 | 12,064 | 4:59 |
| 104 | 112 | MINTA SŁAWEK | SYRENA ZBASZYNEK,ZBA | 1972 | 29e | M40 | 50:07 | 49:53 | 12,028 | 5:00 |
| 105 | 53 | IKS ANDRZEJ | BKB BAKCYL ,BABIMOST | 1983 | 31e | M30 | 50:09 | 50:02 | 11,992 | 5:00 |
| 106 | 27 | CHŁOPEK ŁUKASZ | ZBASZYNEK | 1980 | 32e | M30 | 50:12 | 50:06 | 11,976 | 5:01 |
| 107 | 101 | MAZUR AGNIESZKA | KOLECTEAM ZBASZYNEK, | 1986 | 5e | K30 | 50:15 | 50:01 | 11,996 | 5:01 |
| 108 | 97 | MANIA EMIL | ZGRYZLIWI TETRYCY,ZB | 1983 | 33e | M30 | 50:15 | 50:03 | 11,988 | 5:01 |
| 109 | 99 | MARCINKOWSKI PAWEŁ | SWIEBODZIN | 1982 | 34e | M30 | 50:26 | 50:15 | 11,940 | 5:02 |
| 110 | 212 | WOJTASIAK JAROSŁAW | SULECHOW | 1984 | 35e | M30 | 50:29 | 50:25 | 11,901 | 5:02 |
| 111 | 129 | OLESEK NORBERT | BROWAR SWIEBODZIN,SW | 1982 | 36e | M30 | 50:47 | 50:39 | 11,846 | 5:04 |
| 112 | 42 | GOLIK BARTOSZ | GOLIK | 1980 | 37e | M30 | 50:50 | 50:40 | 11,842 | 5:05 |
| 113 | 17 | BOGACZ PAWEŁ | NOWA SOL | 1987 | 38e | M30 | 50:58 | 50:55 | 11,784 | 5:05 |
| 114 | 108 | MIESZKO DARIUSZ | MTB AGA TEAM,MIEDZYR | 1971 | 30e | M40 | 51:02 | 50:48 | 11,811 | 5:06 |
| 115 | 151 | RUCIOCH MONIKA | KOLECTEAM ZBASZYNEK, | 1990 | 3e | K20 | 51:04 | 50:50 | 11,803 | 5:06 |
| 116 | 58 | JERZYKOWSKI TOMASZ | ZGRYZLIWI TETRYCY,ZB | 1979 | 39e | M30 | 51:04 | 50:51 | 11,799 | 5:06 |
| 117 | 95 | MACKIEWICZ WALDEMAR | TEAM MIEDZYRZECZ - K | 1961 | 8e | M50 | 51:15 | 51:02 | 11,757 | 5:07 |
| 118 | 179 | SZULC MACIEJ | BBL ZBASZYNEK,ZBASZY | 1971 | 31e | M40 | 51:21 | 51:08 | 11,734 | 5:08 |
| 119 | 184 | SZYMKOWIAK DAMIAN | SZYMKOWIAK | 1987 | 40e | M30 | 51:23 | 51:08 | 11,734 | 5:08 |
| 120 | 186 | SZYMKOWIAK ANNA | SZYMKOWIAK | 1986 | 6e | K30 | 51:23 | 51:08 | 11,734 | 5:08 |
| 121 | 203 | WENCEL-BAK MONIKA | SWIEBODZIN | 1987 | 7e | K30 | 51:25 | 51:11 | 11,723 | 5:08 |
| 122 | 13 | BIERKA DANIEL | SWIEBODZIN | 1992 | 24e | M20 | 51:36 | 51:31 | 11,647 | 5:09 |
| 123 | 79 | KRZYWIECKI KRZYSZTOF | TKKF LABEDZ ZBASZYN, | 1980 | 41e | M30 | 51:55 | 51:45 | 11,594 | 5:11 |
| 124 | 61 | KACZYŃSKI JAN | ZBASZYNEK | 1978 | 32e | M40 | 52:08 | 51:54 | 11,561 | 5:12 |
| 125 | 205 | WICHŁACZ ARKADIUSZ | ZBASZYNEK | 1988 | 42e | M30 | 52:25 | 52:10 | 11,502 | 5:14 |
| 126 | 171 | SUCHOMEL WOJCIECH | KOSIECZYN | 1988 | 43e | M30 | 52:26 | 52:10 | 11,502 | 5:14 |
| 127 | 162 | STEWURK DARIA | STEWURK | 1993 | 4e | K20 | 52:44 | 52:32 | 11,421 | 5:16 |
| 128 | 178 | SZUKALSKI ARTUR | ZBASZYNEK | 1964 | 9e | M50 | 52:44 | 52:40 | 11,392 | 5:16 |
| 129 | 141 | RATAJCZAK JACEK | NIEZRZESZONY,ZBASZYN | 1986 | 44e | M30 | 52:48 | 52:30 | 11,429 | 5:16 |
| 130 | 144 | REDZIAK JANUSZ | BLEDZEW | 1970 | 33e | M40 | 52:53 | 52:41 | 11,389 | 5:17 |
| 131 | 213 | WOJTASIAK SYLWIA | NGB,NOWA SOL | 1974 | 6e | K40 | 52:54 | 52:48 | 11,364 | 5:17 |
| 132 | 113 | MINTA WERONIKA | SYRENA ZBASZYNEK,ZBA | 1998 | 5e | K20 | 53:03 | 52:49 | 11,360 | 5:18 |
| 133 | 143 | RATAJCZAK MARLENA | KB WIKON NOWA SOL/TE | 1978 | 7e | K40 | 53:04 | 52:55 | 11,339 | 5:18 |
| 134 | 45 | GRYCHTA ŁUKASZ | ZBASZYN | 1981 | 45e | M30 | 53:33 | 53:17 | 11,261 | 5:21 |
| 135 | 157 | SERWA ADAM | WEGRZYŃCIE | 1968 | 10e | M50 | 53:42 | 53:24 | 11,236 | 5:22 |
| 136 | 111 | MILEK IZABELA | MIEDZYLESIE | 1977 | 8e | K40 | 53:42 | 53:24 | 11,236 | 5:22 |
| 137 | 224 | BAJSEROWICZ ANNA | ZBASZYNEK | 1981 | 8e | K30 | 53:56 | 53:55 | 11,128 | 5:23 |
| 138 | 169 | STARCZEWSKI KRZYSZTOF | STARCZEWSKA | 1971 | 34e | M40 | 54:04 | 53:49 | 11,149 | 5:24 |
| 139 | 16 | BŁASZYK JAKUB | BROWAR SWIEBODZIN,SW | 1987 | 46e | M30 | 54:33 | 54:16 | 11,057 | 5:27 |
| 140 | 109 | MIGACZ KRZYSZTOF | COMPUTEC TEAM,SWIEBO | 1987 | 47e | M30 | 54:35 | 54:31 | 11,006 | 5:27 |
| 141 | 132 | PAWLAK PAWEŁ | NOWA SOL | 1989 | 25e | M20 | 54:35 | 54:19 | 11,046 | 5:27 |
| 142 | 170 | STRZELECKA MARLENA | BROJCE | 1993 | 6e | K20 | 54:49 | 54:35 | 10,992 | 5:28 |
| 143 | 25 | CAL ELZBIETA | CAL | 1970 | 9e | K40 | 54:53 | 54:43 | 10,966 | 5:29 |
| 144 | 174 | SZCZOTKA DAMIAN | SULECHOW | 1979 | 48e | M30 | 55:06 | 54:55 | 10,926 | 5:30 |
| 145 | 128 | OBUCHOWSKI PIOTR | OBUCHOWSKI | 1977 | 35e | M40 | 55:08 | 54:55 | 10,926 | 5:30 |
| 146 | 10 | BĘBEN WIOLETA | CNS,PODBRZECIE DOLNE | 1972 | 10e | K40 | 55:08 | 55:00 | 10,909 | 5:30 |
| 147 | 57883 | Onbekend | | | | | 55:13 | 55:13 | 10,866 | 5:31 |
| 148 | 56 | JASIEWICZ WIOLA | GALLOWAY TEAM ZIELON | 1980 | 9e | K30 | 55:27 | 55:12 | 10,870 | 5:32 |
| 149 | 148 | ROSLIK JAKUB | SWIEBODZIN | 1987 | 49e | M30 | 55:37 | 55:30 | 10,811 | 5:33 |
| 150 | 7 | BANAS PAWEŁ | SKAPE | 1972 | 36e | M40 | 55:38 | 55:21 | 10,840 | 5:33 |

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|--------|------|--------------------------|----------------------|------|-----|-------|---------|---------|--------|-------|
| 151 | 1 | ANYSZKO ALICJA | ANYSZKO | 1968 | 1e | K50 | 55:47 | 55:32 | 10,804 | 5:34 |
| 152 | 217 | ZBORALSKI RADOSŁAW | SWIEBODZIN | 1969 | 37e | M40 | 55:56 | 55:45 | 10,762 | 5:35 |
| 153 | 139 | PRZYBYSZ MAREK | SZCZANIEC | 1981 | 50e | M30 | 55:57 | 55:43 | 10,769 | 5:35 |
| 154 | 145 | ROGACKA AGNIESZKA | 1976,SULECHOW | 1976 | 11e | K40 | 56:12 | 56:08 | 10,689 | 5:37 |
| 155 | 196 | TRYMBULAK MATEUSZ | KOLECTEAM ZBASZYNEK | 1987 | 51e | M30 | 56:16 | 56:00 | 10,714 | 5:37 |
| 156 | 32 | DAUKSZA KAROL | SKAPE | 1960 | 11e | M50 | 56:17 | 56:08 | 10,689 | 5:37 |
| 157 | 68 | KNY TERESA | ZBASZYNEK | 1973 | 12e | K40 | 56:22 | 56:14 | 10,670 | 5:38 |
| 158 | 102 | MAZUR KATARZYNA | ROGOWSKI-MAZUR | 1980 | 10e | K30 | 56:32 | 56:24 | 10,638 | 5:39 |
| 159 | 146 | ROGOWSKI TOMASZ | ROGOWSKI-MAZUR | 1983 | 52e | M30 | 56:32 | 56:25 | 10,635 | 5:39 |
| 160 | 82 | KUCHARSKI GRZEGORZ | ZIELONA GORA | 1985 | 53e | M30 | 56:36 | 56:24 | 10,638 | 5:39 |
| 161 | 187 | SZYMKOWIAK BARTOSZ | ZBASZYNEK | 1989 | 26e | M20 | 56:41 | 56:30 | 10,619 | 5:40 |
| 162 | 44 | GRECZYCHO MILENA | ZBASZYNEK | 1992 | 7e | K20 | 56:42 | 56:32 | 10,613 | 5:40 |
| 163 | 167 | SOŁTYSIK MACIEJ | ZBASZYNEK | 1976 | 38e | M40 | 57:05 | 56:49 | 10,560 | 5:42 |
| 164 | 20 | BRODZIAK EUGENIUSZ | TEAM MIEDZYRZECZ - K | 1957 | 5e | M60 | 57:10 | 56:56 | 10,539 | 5:43 |
| 165 | 62 | KASIK PATRYCJA | SWIEBODZIN | 1988 | 11e | K30 | 57:11 | 57:07 | 10,505 | 5:43 |
| 166 | 86 | KWIATEK SYLWIA | KOLECTEAM ZBASZYNEK | 1992 | 8e | K20 | 57:17 | 57:02 | 10,520 | 5:43 |
| 167 | 76 | KRAKOWIAN ZDZISŁAW | ZBASZYNEK | 1976 | 39e | M40 | 57:25 | 57:17 | 10,474 | 5:44 |
| 168 | 52 | HUSZCZANOWSKA ALEKSANDRA | ZBASZYNEK | 1983 | 12e | K30 | 57:29 | 57:14 | 10,483 | 5:44 |
| 169 | 71 | KONDRACKA AGATA | ZBASZYNEK | 1986 | 13e | K30 | 57:29 | 57:15 | 10,480 | 5:44 |
| 170 | 18 | BOHDANOWICZ SYLWIA | BRZEZIE K. SULECHOWA | 1982 | 14e | K30 | 57:32 | 57:29 | 10,438 | 5:45 |
| 171 | 105 | MENZEL ZOFIA | BBL SWIEBODZIN,LUBRZ | 1958 | 2e | K50 | 57:39 | 57:27 | 10,444 | 5:45 |
| 172 | 12 | BIDERMAN JAROSŁAW | BIDUS BIEGA,OLOBOK | 1978 | 40e | M40 | 57:46 | 57:42 | 10,399 | 5:46 |
| 173 | 66 | KLECHA IZABELA | SULECHOW | 1979 | 15e | K30 | 57:59 | 57:56 | 10,357 | 5:47 |
| 174 | 51 | HORWAT AGNIESZKA | SULECHOW | 1986 | 16e | K30 | 57:59 | 57:56 | 10,357 | 5:47 |
| 175 | 40 | GIERUSZYNSKI MAREK | SKAPE | 1948 | 6e | M60 | 58:11 | 57:54 | 10,363 | 5:49 |
| 176 | 182 | SZUSTAK ANETA | 1975,SULECHOW | 1975 | 13e | K40 | 58:45 | 58:35 | 10,242 | 5:52 |
| 177 | 43 | GÓŁEK BARTOSZ | FIGO TRANSPORT,ZBASZ | 1980 | 54e | M30 | 59:06 | 58:55 | 10,184 | 5:54 |
| 178 | 201 | WAŁECKA AGNIESZKA | SUPEKOM TEAM,SULECHO | 1974 | 14e | K40 | 59:11 | 59:08 | 10,147 | 5:55 |
| 179 | 37 | GASSEM MONIKA | ZBASZYNEK | 1977 | 15e | K40 | 59:21 | 59:09 | 10,144 | 5:56 |
| 180 | 202 | WAWRZYNSKA EMILIA | DNI FIT-STUDIO,ZBASZ | 1982 | 17e | K30 | 59:21 | 59:09 | 10,144 | 5:56 |
| 181 | 138 | PRETKI RADEK | SWIEBODZIN | 1986 | 55e | M30 | 59:34 | 59:30 | 10,084 | 5:57 |
| 182 | 15 | BLUSZCZ DARIUSZ | GALLOWAY TEAM ZIELON | 1976 | 41e | M40 | 59:41 | 59:27 | 10,093 | 5:58 |
| 183 | 219 | ZOK RADOSŁAW | OKI TEAM SULECHOW,SU | 1975 | 42e | M40 | 59:47 | 59:38 | 10,061 | 5:58 |
| 184 | 122 | NIEWĘGŁOWSKA BERNADETA | NIE MA,SKAPE | 1969 | 16e | K40 | 59:59 | 59:52 | 10,022 | 5:59 |
| 185 | 96 | MADON MAGDALENA | BRAK,ZIELONA GORA | 1987 | 18e | K30 | 1:00:28 | 1:00:10 | 9,972 | 6:02 |
| 186 | 115 | MISZTA MILENA | MISZTA | 1992 | 9e | K20 | 1:00:43 | 1:00:37 | 9,898 | 6:04 |
| 187 | 72 | KONDRACKI JAROSŁAW | WUTECIAKI,GUBIN | 1966 | 12e | M50 | 1:00:56 | 1:00:48 | 9,868 | 6:05 |
| 188 | 55 | JASIEWICZ TOMASZ | GALLOWAY TEAM ZIELON | 1977 | 43e | M40 | 1:01:35 | 1:01:21 | 9,780 | 6:09 |
| 189 | 218 | ZBOROWSKI BARTOSZ | BOHAR PALETY RUNNERS | 1984 | 56e | M30 | 1:01:39 | 1:01:27 | 9,764 | 6:09 |
| 190 | 190 | TOBYS KATARZYNA | TOBYS | 1988 | 19e | K30 | 1:03:06 | 1:02:50 | 9,549 | 6:18 |
| 191 | 147 | ROSOLSKI MARCIN | KOLECTEAM ZBASZYNEK, | 1979 | 57e | M30 | 1:07:12 | 1:06:56 | 8,964 | 6:43 |
| 192 | 38 | GAWĘŁ BARBARA | BBL ZBASZYNEK,ZBASZY | 1980 | 20e | K30 | 1:07:30 | 1:07:22 | 8,906 | 6:45 |
| 193 | 80 | KUBIAK MONIKA | BBL,ZBASZYNEK | 1977 | 17e | K40 | 1:07:30 | 1:07:22 | 8,906 | 6:45 |
| 194 | 215 | ZAJĄCZKOWSKI MARCIN | SWIEBODZIN | 1982 | 58e | M30 | 1:07:41 | 1:07:29 | 8,891 | 6:46 |
| 195 | 35 | FABIJANCZYK LIDIA | KRECKO | 1986 | 21e | K30 | 1:07:58 | 1:07:42 | 8,863 | 6:47 |
| 196 | 31 | CZOP JAN | BAKCYL BABINOST,BABI | 1939 | 7e | M60 | 1:07:58 | 1:07:40 | 8,867 | 6:47 |
| 197 | 208 | WODNICZAK BOZENA | ZBASZYNEK | 1980 | 22e | K30 | 1:08:33 | 1:08:20 | 8,780 | 6:51 |
| 198 | 19 | BRES EWA | KOSIECZYN | 1984 | 23e | K30 | 1:08:37 | 1:08:24 | 8,772 | 6:51 |
| 199 | 154 | SADŁUCKA MAŁGORZATA | BBL SWIEBODZIN,SWIEB | 1962 | 3e | K50 | 1:09:00 | 1:08:52 | 8,712 | 6:54 |
| 200 | 127 | OBUCHOWSKA ANNA | OBUCHOWSKI | 1980 | 24e | K30 | 1:20:56 | 1:20:42 | 7,435 | 8:05 |