

VII Działoszyńska Dziesiątka

WYNIKI ZAWODÓW

Organizator: UMiG Działoszyn, ZS im Marii Curie w Działoszynie, Wojewódzkie Zrzeszenie LZS w Łodzi, Parafia

Termin: 15.05.2016

Miejsce: Działoszyn

Dystans: 10 km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | Netto | [min/km] |
|------------------------------|--------|------------------------|----------------------|----------|-----------------------------------|---------|--------------------|---------|-----------|----------|----------|
| Bieg 10 km - M16 [9] | | | | | | | | | | | |
| 1 | 30 | BEJM Michał | DZIAŁOSZYN | | POL KLUB BIEGACZA WARTA | 97 | M16/1 | (M)15 | 00:35:51 | 00:35:51 | 03.35 |
| 2 | 124 | LUTO Bartosz | OPATÓW | | POL NGB KŁOBUCK | 98 | M16/2 | (M)24 | 00:37:49 | 00:37:48 | 03.46 |
| 3 | 62 | DRABOWICZ Jarosław | RACISZYN | | POL KLUB BIEGACZA WARTA | 99 | M16/3 | (M)47 | 00:40:20 | 00:40:16 | 04.01 |
| 4 | 141 | MORDALSKI Jacek | DZIAŁOSZYN | | POL BRAK | 99 | M16/4 | (M)48 | 00:40:21 | 00:40:16 | 04.01 |
| 5 | 1190 | SKUPIŃSKI Damian | KRZECZÓW | | POL | 99 | M16/5 | (M)60 | 00:41:20 | 00:41:19 | 04.07 |
| 6 | 181 | ŚRODA Patryk | DZIAŁOSZYN | | POL BRAK | 99 | M16/6 | (M)126 | 00:45:28 | 00:45:21 | 04.32 |
| 7 | 287 | OGRODOWCZYK Marcel | DZIAŁOSZYN | | POL DZIAŁOSZYN | 99 | M16/7 | (M)138 | 00:46:37 | 00:46:30 | 04.39 |
| 8 | 106 | KONARSKI Mateusz | DZIAŁOSZYN | | POL BRAK | 99 | M16/8 | (M)183 | 00:51:53 | 00:51:45 | 05.10 |
| 9 | 81 | GUMIŃSKI Mikołaj | DZIAŁOSZYN | | POL | 00 | M16/9 | (M)184 | 00:52:07 | 00:52:03 | 05.12 |
| Bieg 10 km - M20 [41] | | | | | | | | | | | |
| 1 | 22 | ROMANENKO Roman | DNOPROPETROWSK | | UKR LKB RUDNIK | 88 | M20/1 | (M)2 | 00:30:08 | 00:30:08 | 03.00 |
| 2 | 77 | GRAJCAR Łukasz | KONOPISKA | | POL CKS BUDOWLANI CZĘSTOCHOWA | 87 | M20/2 | (M)5 | 00:32:20 | 00:32:20 | 03.14 |
| 3 | 229 | HARĘŻA Marek | CZECHOWICE-DZIEDZICE | | POL RYTM CZECHOWICE-DZIEDZICE | 88 | M20/3 | (M)12 | 00:35:10 | 00:35:10 | 03.31 |
| 4 | 210 | ADAM Kacper | CZĘSTOCHOWA | | POL OLIMPIUS.PL | 92 | M20/4 | (M)13 | 00:35:21 | 00:35:21 | 03.32 |
| 5 | 90 | KACZMARCZYK Łukasz | JASZOWICE | | POL | 88 | M20/5 | (M)17 | 00:36:24 | 00:36:24 | 03.38 |
| 6 | 94 | KARKOSZKA Marcin | GRABÓW NAD PROSNĄ | | POL | 93 | M20/6 | (M)18 | 00:36:44 | 00:36:44 | 03.40 |
| 7 | 43 | BROLL Mariusz | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 89 | M20/7 | (M)27 | 00:38:18 | 00:38:17 | 03.49 |
| 8 | 222 | MAGOTT Kamil | WIELUŃ | | POL TRENERBIEGU.PL / SPORTFUEL.PL | 95 | M20/8 | (M)30 | 00:38:27 | 00:38:18 | 03.49 |
| 9 | 118 | KURPIEWSKI Sebastian | CZĘSTOCHOWA | | POL CKS BUDOWLANI CZĘSTOCHOWA | 93 | M20/9 | (M)33 | 00:38:54 | 00:38:52 | 03.53 |
| 10 | 120 | KUŻBIŃSKI Wojtek | BIENIEC 86 | | POL WIELUŃ BIEGA | 93 | M20/10 | (M)34 | 00:39:08 | 00:39:03 | 03.54 |
| 11 | 58 | DĄBROWSKI Mariusz | ŻYTNO | | POL VICTORIA ŻYTNO | 87 | M20/11 | (M)35 | 00:39:08 | 00:39:06 | 03.54 |
| 12 | 27 | BASIŃSKI Rafał | RUDNIKI | | POL FALSTART RUDNIKI | 87 | M20/12 | (M)40 | 00:39:21 | 00:39:19 | 03.55 |
| 13 | 208 | ŻOCHOWSKI Mikołaj | DZIAŁOSZYN | | POL WSOWL WROCŁAW | 93 | M20/13 | (M)43 | 00:39:54 | 00:39:50 | 03.59 |
| 14 | 107 | KOWAL Marcin | DZIAŁOSZYN | | POL BRAK | 90 | M20/14 | (M)54 | 00:40:42 | 00:40:37 | 04.03 |
| 15 | 217 | HOZAKOWSKI Marcin | CZĘSTOCHOWA | | POL | 93 | M20/15 | (M)58 | 00:41:07 | 00:41:05 | 04.06 |
| 16 | 126 | MACHERA Rafał | KONIECPOL | | POL | 90 | M20/16 | (M)83 | 00:43:02 | 00:43:01 | 04.18 |
| 17 | 276 | STYKAŁA Mateusz | DZIAŁOSZYN | | POL | 93 | M20/17 | (M)85 | 00:43:17 | 00:43:12 | 04.19 |
| 18 | 200 | WOŹNIAK Hubert | ZELÓW | | POL | 96 | M20/18 | (M)101 | 00:44:18 | 00:44:12 | 04.25 |
| 19 | 252 | LEMANIK Rafał | WIELUŃ | | POL BRAK | 94 | M20/19 | (M)102 | 00:44:27 | 00:44:16 | 04.25 |
| 20 | 1036 | HALISZ Tomasz | ZELÓW | | POL BIEGING TEAM ZELÓW | 90 | M20/20 | (M)104 | 00:44:33 | 00:44:31 | 04.27 |
| 21 | 275 | PAWLICKI Mateusz | DZIAŁOSZYN | | POL KLUB BIEGACZA WARTA | 93 | M20/21 | (M)105 | 00:44:37 | 00:44:35 | 04.27 |
| 22 | 282 | BROZEK Rafał | CHOSZCZNO | | POL CHOSZCZNO BIEGA | 89 | M20/22 | (M)107 | 00:44:45 | 00:44:37 | 04.27 |
| 23 | 1011 | STACHERA Marcin | NOWE GAJECICE | | POL | 91 | M20/23 | (M)111 | 00:44:58 | 00:44:50 | 04.29 |
| 24 | 1037 | WARZYŃSKI Adrian | ZELÓW | | POL BIEGING TEAM ZELÓW | 90 | M20/24 | (M)114 | 00:45:02 | 00:44:57 | 04.29 |
| 25 | 212 | ZAWADA Benon | ŻYTNO | | POL KS VICTORIA ŻYTNO | 87 | M20/25 | (M)120 | 00:45:15 | 00:45:07 | 04.30 |
| 26 | 133 | MAZUR Krzysztof | CZĘSTOCHOWA | | POL CITY CROSS CZĘSTOCHOWA | 92 | M20/26 | (M)130 | 00:45:36 | 00:45:36 | 04.33 |
| 27 | 164 | PUCHAŁA Paweł | WALEŃCZÓW | | POL BEZ KLUBU | 90 | M20/27 | (M)132 | 00:46:07 | 00:46:03 | 04.36 |
| 28 | 247 | MILEWSKI Michał | CZĘSTOCHOWA | | POL ŻYCIE CZĘSTOCHOWY TEAM | 89 | M20/28 | (M)135 | 00:46:17 | 00:46:11 | 04.37 |
| 29 | 1202 | PALAMAR Michał | KŁOBUCK | | POL - | 94 | M20/29 | (M)141 | 00:47:07 | 00:47:03 | 04.42 |
| 30 | 159 | PILARSKI Kordian | WIELUŃ | | POL | 91 | M20/30 | (M)152 | 00:47:51 | 00:47:44 | 04.46 |
| 31 | 24 | ALEKSANDROWICZ Mateusz | SZYNKIELÓW | | POL | 90 | M20/31 | (M)157 | 00:48:32 | 00:48:27 | 04.50 |
| 32 | 262 | WALCZYŃSKI Kamil | WAŚOSZ GÓRNY | | POL OZ WAŚOSZ | 90 | M20/32 | (M)168 | 00:49:40 | 00:49:26 | 04.56 |
| 33 | 151 | PABIANIAK Damian | OSJAKÓW | | POL - | 91 | M20/33 | (M)178 | 00:51:01 | 00:50:53 | 05.05 |
| 34 | 139 | MODLIŃSKI Marcin | STARA BRZEŹNICA | | POL | 92 | M20/34 | (M)179 | 00:51:05 | 00:51:02 | 05.06 |
| 35 | 172 | STRUGACZ Damian | SIEMKOWICE | | POL | 94 | M20/35 | (M)187 | 00:53:09 | 00:53:02 | 05.18 |
| 36 | 150 | OŻAREK Patryk | KAMIENSK | | POL | 88 | M20/36 | (M)190 | 00:53:30 | 00:53:20 | 05.20 |
| 37 | 1280 | BATOR Kamil | ALEKSANDRIA | | POL ŻYCIE CZĘSTOCHOWA TEAM | 90 | M20/37 | (M)192 | 00:53:51 | 00:53:46 | 05.22 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|---------------------------------------|---------|--------------------|--------|-----------|----------|----------|
| 38 | 47 | BULARZ Mateusz | OLAWA | | POL TERMY JAKUBA - OLAWSKI PARK WODNY | 93 | M20/38 | (M)202 | 00:55:02 | 00:54:51 | 05.29 |
| 39 | 280 | ŚLAZAK Grzegorz | DZIAŁOSZYN | | POL | 91 | M20/39 | (M)208 | 00:55:45 | 00:55:37 | 05.33 |
| 40 | 264 | KULIŃSKI Adrian | WAŚOSZ GÓRNY | | POL OZ WAŚOSZ | 87 | M20/40 | (M)215 | 00:58:49 | 00:58:35 | 05.51 |

Bieg 10 km - M30 [65]

| | | | | | | | | | | | |
|----|------|------------------------------|-------------------|--|---------------------------------------|----|--------|--------|----------|----------|-------|
| 1 | 284 | GARDZIELEWSKI Arkadiusz | WROCLAW | | POL WKS ŚLĄSK WROCLAW | 86 | M30/1 | (M)1 | 00:30:07 | 00:30:07 | 03.00 |
| 2 | 18 | OKSENIUK Sergii | LUTSK | | UKR MK LUCHESK-LKB RUDNIK | 80 | M30/2 | (M)3 | 00:30:09 | 00:30:08 | 03.00 |
| 3 | 15 | GRICAK Yurii | MUKOLAIV | | UKR MK LUCHESK-LKB RUDNIK | 85 | M30/3 | (M)4 | 00:30:43 | 00:30:43 | 03.04 |
| 4 | 14 | FISKOVICZ Siergiej | NYZKINYCZI | | UKR LKB RUDNIK | 80 | M30/4 | (M)6 | 00:32:36 | 00:32:36 | 03.15 |
| 5 | 1047 | PALKA Piotr | CZĘSTOCHOWA | | POL CKS BUDOWLANI CZĘSTOCHOWA | 84 | M30/5 | (M)7 | 00:32:53 | 00:32:53 | 03.17 |
| 6 | 91 | KALINOWSKI Zbigniew | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 82 | M30/6 | (M)8 | 00:33:06 | 00:33:06 | 03.18 |
| 7 | 158 | PIETRZYK Krzysztof | KOLUSZKI | | POL LKS KOLUSZKI | 79 | M30/7 | (M)9 | 00:33:28 | 00:33:27 | 03.20 |
| 8 | 294 | OWCZREK Tomasz | BELCHATÓW | | POL BELCHATÓW | 85 | M30/8 | (M)10 | 00:33:39 | 00:33:39 | 03.21 |
| 9 | 89 | JUSZCZAK Tomasz | TARNOWSKIE GÓRY | | POL | 79 | M30/9 | (M)11 | 00:34:30 | 00:34:29 | 03.26 |
| 10 | 136 | MISTYGACZ Bartłomiej | WIERZCHLAS | | POL KB FLORIAN ZAJĄCZKI DRUGIE | 84 | M30/10 | (M)16 | 00:36:01 | 00:35:59 | 03.35 |
| 11 | 253 | SOSNOWSKI Tomasz | KŁOBUCK | | POL WKB META LUBLINIEC | 77 | M30/11 | (M)20 | 00:37:06 | 00:37:05 | 03.42 |
| 12 | 1106 | ZACHARSKI Damian | MYSZKÓW | | POL ZABIEGANI CZĘSTOCHOWA | 83 | M30/12 | (M)21 | 00:37:17 | 00:37:16 | 03.43 |
| 13 | 1068 | SZUSTER Karol | CZĘSTOCHOWA | | POL KM PSP SOSNOWIEC | 83 | M30/13 | (M)22 | 00:37:31 | 00:37:30 | 03.45 |
| 14 | 122 | LUBOSZ Darek | SZARLEJKA | | POL NGB KŁOBUCK | 78 | M30/14 | (M)23 | 00:37:41 | 00:37:39 | 03.45 |
| 15 | 7 | BLAHODIR Yuriy | OSTROW WLKP | | UKR ICE MAT TEAM | 81 | M30/15 | (M)25 | 00:37:52 | 00:37:51 | 03.47 |
| 16 | 29 | BEDNAREK Jakub | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 81 | M30/16 | (M)28 | 00:38:23 | 00:38:23 | 03.50 |
| 17 | 233 | WIŚNIEWSKI Mirosław | KRZEPICE | | POL KB FLORIAN ZAJĄCZKI DRUGIE | 78 | M30/17 | (M)29 | 00:38:26 | 00:38:23 | 03.50 |
| 18 | 34 | BIŃCZYK Dariusz | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 84 | M30/18 | (M)39 | 00:39:17 | 00:39:16 | 03.55 |
| 19 | 116 | KRZYSZTOŃ Tomasz | ŻARKI - JAWORZNIK | | POL AMBITNI AMATORZY | 78 | M30/19 | (M)45 | 00:40:05 | 00:40:04 | 04.00 |
| 20 | 259 | KUCHARSKI Damian | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 86 | M30/20 | (M)49 | 00:40:23 | 00:40:22 | 04.02 |
| 21 | 1378 | ŻABCZYŃSKI Daniel | RUMIA | | POL BIEGAMYRAZEM.PL | 77 | M30/21 | (M)51 | 00:40:33 | 00:40:31 | 04.03 |
| 22 | 41 | BOLINGIER Dominik | CZĘSTOCHOWA | | POL PRESS GLASS - BIEGAMY I WSPIERAMY | 83 | M30/22 | (M)52 | 00:40:38 | 00:40:37 | 04.03 |
| 23 | 204 | ZĄBKIEWICZ Grzegorz | CZĘSTOCHOWA | | POL MACROLOGIC/ZABIEGANI CZĘSTOCHOWA | 83 | M30/23 | (M)53 | 00:40:39 | 00:40:36 | 04.03 |
| 24 | 138 | MODLIŃSKI Marcin | PAJĘCZNO | | POL SPAJDERSI RUNNING | 78 | M30/24 | (M)57 | 00:41:05 | 00:40:59 | 04.05 |
| 25 | 216 | STANUCHIEWICZ Oskar | CZĘSTOCHOWA | | POL E. LITE SPORTS | 77 | M30/25 | (M)59 | 00:41:07 | 00:41:04 | 04.06 |
| 26 | 177 | SZEFER Maciej | ŻYTNO | | POL VICTORIA ŻYTNO | 81 | M30/26 | (M)62 | 00:41:23 | 00:41:16 | 04.07 |
| 27 | 295 | KROC Mirosław | SKIERNIEWICE | | POL CEMENT | 79 | M30/27 | (M)70 | 00:42:00 | 00:41:54 | 04.11 |
| 28 | 156 | PIECHOL Arkadiusz | ZGIERZ | | POL BIEGANIE MA SENS | 77 | M30/28 | (M)72 | 00:42:08 | 00:41:56 | 04.11 |
| 29 | 232 | SKONIECZNY Patryk | WITKOWICE | | POL PRESS GLASS - BIEGAMY I WSPIERAMY | 86 | M30/29 | (M)77 | 00:42:43 | 00:42:37 | 04.15 |
| 30 | 148 | OLSZEWSKI Jakub | POCZESNA | | POL MAFIA TEAM LUBLINIEC | 83 | M30/30 | (M)78 | 00:42:43 | 00:42:38 | 04.15 |
| 31 | 78 | GRUSZKA Robert | GALEWICE | | POL GRU-KO | 77 | M30/31 | (M)86 | 00:43:18 | 00:43:14 | 04.19 |
| 32 | 255 | PASIŃSKI Dariusz | DZIAŁOSZYN | | POL | 80 | M30/32 | (M)87 | 00:43:23 | 00:43:13 | 04.19 |
| 33 | 168 | SIENNICKI Konrad | BUKOWIEC | | POL DBAM O ZDROWIE | 77 | M30/33 | (M)89 | 00:43:30 | 00:43:25 | 04.20 |
| 34 | 128 | MAGOTT Dariusz | WIELUŃ | | POL BRAK | 83 | M30/34 | (M)90 | 00:43:32 | 00:43:26 | 04.20 |
| 35 | 97 | KLAJNY Marcin | CZĘSTOCHOWA | | POL | 78 | M30/35 | (M)93 | 00:43:46 | 00:43:35 | 04.21 |
| 36 | 186 | TRZECIAK Piotr | SIERADZ | | POL | 83 | M30/36 | (M)97 | 00:44:09 | 00:44:03 | 04.24 |
| 37 | 101 | KŁOS Tomasz | SIERADZ | | POL SIERADZBIEGA.PL | 85 | M30/37 | (M)98 | 00:44:09 | 00:44:03 | 04.24 |
| 38 | 265 | JAGIELSKI Damian | KŁOBUCK | | POL NGB KŁOBUCK | 78 | M30/38 | (M)100 | 00:44:14 | 00:44:12 | 04.25 |
| 39 | 189 | WAWRZAK Łukasz | PAJĘCZNO | | POL KLUB BIEGACZA WARTA | 82 | M30/39 | (M)109 | 00:44:55 | 00:44:46 | 04.28 |
| 40 | 113 | KRZYKOWSKI Michał | BELCHATÓW | | POL KB SPARTAKUS BELCHATÓW | 85 | M30/40 | (M)123 | 00:45:20 | 00:45:15 | 04.31 |
| 41 | 54 | DAWID Artur | OSJAKÓW | | POL | 79 | M30/41 | (M)124 | 00:45:23 | 00:45:22 | 04.32 |
| 42 | 32 | BEŚKA Wojciech | PAJĘCZNO | | POL KLUB BIEGACZA WARTA | 82 | M30/42 | (M)127 | 00:45:31 | 00:45:24 | 04.32 |
| 43 | 1073 | KAPRAL Mariusz | WIERUSZÓW | | POL WIERUNSZÓW | 82 | M30/43 | (M)137 | 00:46:26 | 00:46:17 | 04.37 |
| 44 | 117 | KURAS Kamil | CZĘSTOCHOWA | | POL - | 85 | M30/44 | (M)139 | 00:46:41 | 00:46:36 | 04.39 |
| 45 | 1049 | ŁĘGOWIK-KOWALCZYK Przemysław | TEKLINÓW | | POL DBAM O ZDROWIE | 84 | M30/45 | (M)140 | 00:47:06 | 00:47:05 | 04.42 |
| 46 | 82 | HALADUS Dominik | CZESTOCHOWA | | POL BRAK | 83 | M30/46 | (M)144 | 00:47:11 | 00:47:06 | 04.42 |
| 47 | 33 | BILSKI Robert | PAJĘCZNO | | POL KLUB BIEGACZA WARTA | 79 | M30/47 | (M)146 | 00:47:28 | 00:47:20 | 04.44 |
| 48 | 190 | WAWRZYŃIAK Michał | PAJĘCZNO | | POL KLUB BIEGACZA WARTA | 77 | M30/48 | (M)148 | 00:47:28 | 00:47:20 | 04.44 |
| 49 | 240 | KUBERSKI Krzysztof | MIEDŹNO | | POL - | 80 | M30/49 | (M)153 | 00:47:58 | 00:47:47 | 04.46 |
| 50 | 103 | KOŁODZIEJCZYK Jakub | BELCHATÓW | | POL KB SPARTAKUS BELCHATÓW | 85 | M30/50 | (M)158 | 00:48:36 | 00:48:31 | 04.51 |
| 51 | 125 | ŁYSEK Tomasz | PRASZKA | | POL 10 BLOG | 81 | M30/51 | (M)159 | 00:48:38 | 00:48:29 | 04.50 |
| 52 | 1290 | KUBCZYK Marcin | CZĘSTOCHOWA | | POL ZAWAŁ | 80 | M30/52 | (M)162 | 00:49:10 | 00:48:58 | 04.53 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|---------------------------------|---------|--------------------|---------|-----------|----------|----------|
| 53 | 71 | GŁOWACKI Krzysztof | STRZELCE WIELKIE | POL | | 78 | M30/53 | (M)166 | 00:49:19 | 00:49:10 | 04.55 |
| 54 | 35 | BLADA Marek | CZĘSTOCHOWA | POL | - | 79 | M30/54 | (M)167 | 00:49:34 | 00:49:26 | 04.56 |
| 55 | 39 | BOCIĄGA Mariusz | OPOLE | POL | RAJSPOORT ACTIV | 83 | M30/55 | (M)169 | 00:49:40 | 00:49:33 | 04.57 |
| 56 | 160 | PIŚNIAK Michał | BIAŁA | POL | SKS | 85 | M30/56 | (M)180 | 00:51:37 | 00:51:25 | 05.08 |
| 57 | 72 | GŁOWACKI Rafał | STRZELCE WIELKIE | POL | | 81 | M30/57 | (M)182 | 00:51:41 | 00:51:31 | 05.09 |
| 58 | 263 | BYSTRZYKOWSKI Łukasz | WAŚOSZ GÓRNY | POL | OZ WAŚOSZ | 86 | M30/58 | (M)201 | 00:54:50 | 00:54:37 | 05.27 |
| 59 | 194 | WIZENTAL Michał | MIEDŹNO | POL | | 85 | M30/59 | (M)205 | 00:55:31 | 00:55:21 | 05.32 |
| 60 | 104 | KOŁODZIEJCZYK Łukasz | CZĘSTOCHOWA | POL | MIASTO SPORTU | 81 | M30/60 | (M)212 | 00:57:40 | 00:57:26 | 05.44 |
| 61 | 254 | LONT Marcin | KLESZCZÓW | POL | | 78 | M30/61 | (M)216 | 00:59:36 | 00:59:30 | 05.57 |
| 62 | 1377 | CIEŚLAK Michał | CZĘSTOCHOWA | POL | DASZKI NA WYMIAR TEAM | 78 | M30/62 | (M)217 | 00:59:57 | 00:59:45 | 05.58 |
| 63 | 243 | JUNGOWSKI Piotr | CZĘSTOCHOWA | POL | - | 77 | M30/63 | (M)218 | 01:00:26 | 01:00:18 | 06.01 |
| 64 | 176 | SZECEL Arkadiusz | PĄTNÓW | POL | JKS - JEDNOSOBOWY KLUB SPORTOWY | 78 | M30/64 | (M)219 | 01:00:30 | 01:00:19 | 06.01 |
| 65 | 197 | WŁÓKA Karol | CHWIŁY | POL | WLOKA POWER | 78 | M30/65 | (M)222 | 01:02:29 | 01:02:18 | 06.13 |

Bieg 10 km - M40 [60]

| | | | | | | | | | | | |
|----|------|-----------------------|-------------------|-----|---|----|--------|--------|----------|----------|-------|
| 1 | 239 | PYRA Wiesław | PRASZKA | POL | | 72 | M40/1 | (M)14 | 00:35:24 | 00:35:23 | 03.32 |
| 2 | 231 | TOMASZEWSKI Krzysztof | TUREK | POL | KB MARATON TUREK | 67 | M40/2 | (M)26 | 00:37:58 | 00:37:58 | 03.47 |
| 3 | 171 | STOPAREK Grzegorz | KRASZKOWICE | POL | WIELUŃ BIEGA | 74 | M40/3 | (M)31 | 00:38:27 | 00:38:27 | 03.50 |
| 4 | 70 | GLAB Krzysztof | KŁOBUCK | POL | NGB KŁOBUCK | 69 | M40/4 | (M)36 | 00:39:08 | 00:39:06 | 03.54 |
| 5 | 46 | BUKOWSKI Edward | KLUCZBORK | POL | KLUCZBORSKA GRUPA BIEGOWA | 69 | M40/5 | (M)44 | 00:40:01 | 00:39:59 | 03.59 |
| 6 | 1 | GNIAŁ Rafał | PRASZKA | POL | CEMENTOWNIA WARTA | 76 | M40/6 | (M)46 | 00:40:20 | 00:40:20 | 04.02 |
| 7 | 248 | MAZELA Sylwester | KAMYK | POL | NGB KŁOBUCK | 70 | M40/7 | (M)50 | 00:40:32 | 00:40:29 | 04.02 |
| 8 | 202 | ZASKÓRSKI Paweł | ŻYTNO | POL | KS VICTORIA ŻYTNO | 73 | M40/8 | (M)61 | 00:41:23 | 00:41:16 | 04.07 |
| 9 | 238 | KAWELCZYK Robert | CZĘSTOCHOWA | POL | - | 67 | M40/9 | (M)63 | 00:41:28 | 00:41:21 | 04.08 |
| 10 | 1035 | SABANDA Witold | ŁÓDŹ | POL | RYSIOTEAM | 73 | M40/10 | (M)64 | 00:41:36 | 00:41:35 | 04.09 |
| 11 | 230 | WÓJCİK Robert | ZGIERZ | POL | AMATOR | 73 | M40/11 | (M)67 | 00:41:43 | 00:41:43 | 04.10 |
| 12 | 1002 | RADUCKI Jacek | WIELUŃ | POL | WIELUŃ BIEGA | 71 | M40/12 | (M)68 | 00:41:52 | 00:41:50 | 04.11 |
| 13 | 286 | BEDNAREK Tomasz | KIELCZYGLÓW | POL | KIELCZYGLÓW | 75 | M40/13 | (M)69 | 00:41:56 | 00:41:48 | 04.10 |
| 14 | 281 | KRAWCZYK Leszek | KIELCZYGLÓW | POL | KIELCZYGLÓW | 69 | M40/14 | (M)74 | 00:42:16 | 00:42:09 | 04.12 |
| 15 | 169 | SŁOTWIŃSKI Damian | ZŁOCZEW | POL | BEZ KLUBU | 74 | M40/15 | (M)76 | 00:42:38 | 00:42:35 | 04.15 |
| 16 | 74 | GÓRA Zbigniew | DZIAŁOSZYN | POL | KLUB BIEGACZA WARTA | 73 | M40/16 | (M)81 | 00:42:54 | 00:42:42 | 04.16 |
| 17 | 227 | ZIMOŃ Paweł | CZĘSTOCHOWA | POL | AKN RATRAK | 68 | M40/17 | (M)82 | 00:42:57 | 00:42:51 | 04.17 |
| 18 | 123 | LUTO Andrzej | OPATÓW | POL | - | 71 | M40/18 | (M)84 | 00:43:11 | 00:43:11 | 04.19 |
| 19 | 145 | NOCOŃ Sławomir | RĘDZINY | POL | GNAJ FRETKA, GNAJ... SZYBCIEJ, SZYBCIEJ | 69 | M40/19 | (M)88 | 00:43:25 | 00:43:24 | 04.20 |
| 20 | 144 | NAPIERAJ Andrzej | ŻYTNIÓW | POL | FALSTART RUDNIKI | 68 | M40/20 | (M)92 | 00:43:39 | 00:43:35 | 04.21 |
| 21 | 1045 | BADOWSKI Krzysztof | ZELÓW | POL | BIEGING TEAM ZELÓW | 69 | M40/21 | (M)94 | 00:43:47 | 00:43:43 | 04.22 |
| 22 | 112 | KRYSTEK Marcin | PARZYMICHY | POL | BRAK | 76 | M40/22 | (M)95 | 00:43:48 | 00:43:41 | 04.22 |
| 23 | 273 | NAĆKIEWICZ Tomasz | DZIAŁOSZYN | POL | DZIAŁOSZYN | 71 | M40/23 | (M)96 | 00:43:59 | 00:43:50 | 04.23 |
| 24 | 244 | JĘDRYSZCZAK Witold | KŁOBUCK | POL | NGB KŁOBUCK | 71 | M40/24 | (M)99 | 00:44:11 | 00:44:09 | 04.24 |
| 25 | 87 | JAROSŁAWSKI Mariusz | OŁAWA | POL | TERMY JAKUBA - OŁAWSKI PARK WODNY | 72 | M40/25 | (M)108 | 00:44:46 | 00:44:35 | 04.27 |
| 26 | 300 | LIPOWSKI Grzegorz | KOMPRACHCICE | POL | | 68 | M40/26 | (M)112 | 00:44:59 | 00:44:52 | 04.29 |
| 27 | 293 | ZUBERT Marcin | RUDNIKI WIELKIE | POL | PRESS GLASS BIEGAMY I WSPIERAMY | 73 | M40/27 | (M)113 | 00:45:01 | 00:44:52 | 04.29 |
| 28 | 298 | MACHURA Arkadiusz | WOLA SIEDLIŃSKA | POL | KLUB BIEGACZA WARTA | 76 | M40/28 | (M)115 | 00:45:03 | 00:44:56 | 04.29 |
| 29 | 165 | RYBAK Tadeusz | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 70 | M40/29 | (M)116 | 00:45:06 | 00:44:58 | 04.29 |
| 30 | 114 | KOŁACZEK Krzysztof | WIELUŃ | POL | | 70 | M40/30 | (M)118 | 00:45:10 | 00:45:09 | 04.30 |
| 31 | 193 | WIERZCHOŃ Michał | ŁÓDŹ | POL | PARKRUN ŁÓDŹ | 74 | M40/31 | (M)119 | 00:45:11 | 00:45:04 | 04.30 |
| 32 | 146 | NOWAK Dariusz | PAJĘCZNO | POL | SPAJDERSI RUNNING | 76 | M40/32 | (M)129 | 00:45:36 | 00:45:30 | 04.33 |
| 33 | 182 | TERLECKI Marcin | CZĘSTOCHOWA | POL | BRAK | 73 | M40/33 | (M)131 | 00:45:38 | 00:45:33 | 04.33 |
| 34 | 140 | MODRZEJEWSKI Roman | GRABÓW NAD PROSNĄ | POL | KINGS OF METAL | 67 | M40/34 | (M)134 | 00:46:15 | 00:46:12 | 04.37 |
| 35 | 1034 | POLANOWSKI Marek | KŁOBUCK | POL | NGB KŁOBUCK | 67 | M40/35 | (M)136 | 00:46:18 | 00:46:15 | 04.37 |
| 36 | 1038 | TRZEWIK Krzysztof | OŻARÓW | POL | OŻARÓW | 76 | M40/36 | (M)142 | 00:47:08 | 00:47:03 | 04.42 |
| 37 | 192 | WIECHA Witold | SZCZEPANY | POL | NIEZRZESZONY | 73 | M40/37 | (M)147 | 00:47:28 | 00:47:23 | 04.44 |
| 38 | 219 | KRUK Grzegorz | CZĘSTOCHOWA | POL | PRESS GLASS - BIEGAMY I WSPIERAMY | 69 | M40/38 | (M)150 | 00:47:44 | 00:47:36 | 04.45 |
| 39 | 76 | GRACZYK Zbigniew | CZĘSTOCHOWA | POL | AMATOR | 70 | M40/39 | (M)155 | 00:48:01 | 00:47:56 | 04.47 |
| 40 | 2 | CIASOŃ Robert | CZĘSTOCHOWA | POL | KLUB BIEGACZA LEROY MERLIN | 75 | M40/40 | (M)161 | 00:48:45 | 00:48:34 | 04.51 |
| 41 | 1012 | STANASZEK Tomasz | PRZEDMOŚĆ | POL | | 75 | M40/41 | (M)164 | 00:49:14 | 00:49:05 | 04.54 |
| 42 | 110 | KOZIOROWSKI Radek | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 71 | M40/42 | (M)165 | 00:49:17 | 00:49:14 | 04.55 |
| 43 | 173 | SWIERZY Arek | LIPIE | POL | | 73 | M40/43 | (M)174 | 00:50:29 | 00:50:18 | 05.01 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--------------------------------|------------|-----------------------|--------|--------------|----------|----------|
| 44 | 93 | KAMUDA Marcin | CZĘSTOCHOWA | | POL | 73 | M40/44 | (M)175 | 00:50:29 | 00:50:19 | 05.01 |
| 45 | 180 | ŚLIWAKOWSKI Wojciech | WOLA JEDLIŃSKA | | POL | 71 | M40/45 | (M)176 | 00:50:35 | 00:50:25 | 05.02 |
| 46 | 85 | JAGODZIŃSKI Dariusz | PIOTRKÓW TRYB | | POL PIOTRKÓW BIEGA | 67 | M40/46 | (M)177 | 00:50:39 | 00:50:31 | 05.03 |
| 47 | 147 | NOWICKI Sławomir | BOROWIANKA | | POL BRAK | 69 | M40/47 | (M)181 | 00:51:38 | 00:51:28 | 05.08 |
| 48 | 51 | CHŁOPAŚ Artur | LUBLINIEC | | POL WKB META LUBLINIEC | 73 | M40/48 | (M)185 | 00:52:14 | 00:52:07 | 05.12 |
| 49 | 267 | MATUSZEWSKI Piotr | CZĘSTOCHOWA | | POL NIEZRZESZONY | 68 | M40/49 | (M)188 | 00:53:10 | 00:52:58 | 05.17 |
| 50 | 1077 | CIELAS Mariusz | WIELUŃ | | POL WIELUŃ | 72 | M40/50 | (M)191 | 00:53:37 | 00:53:25 | 05.20 |
| 51 | 191 | WERECKI Dariusz | STARCZA | | POL - | 67 | M40/51 | (M)196 | 00:54:22 | 00:54:14 | 05.25 |
| 52 | 83 | ICIEK Mariusz | RADOMSKO | | POL | 74 | M40/52 | (M)197 | 00:54:27 | 00:54:11 | 05.25 |
| 53 | 297 | GERASCH Piotr | CZĘSTOCHOWA | | POL CZĘSTOCHOWA | 73 | M40/53 | (M)198 | 00:54:32 | 00:54:26 | 05.26 |
| 54 | 50 | CHLEBICZ Paweł | SIERADZ | | POL | 69 | M40/54 | (M)204 | 00:55:18 | 00:55:05 | 05.30 |
| 55 | 266 | MAREK Tomasz | DZIAŁOSZYN | | POL CEMENTOWNIA WARTA | 70 | M40/55 | (M)213 | 00:58:19 | 00:58:10 | 05.49 |
| 56 | 1050 | WOLNY Florian | ZAJĄCZKI DRUGIE | | POL KB FLORIAN ZAJĄCZKI DRUGIE | 68 | M40/56 | (M)214 | 00:58:21 | 00:58:11 | 05.49 |
| 57 | 209 | SIKORA Robert | CZĘSTOCHOWA | | POL KLUB BIEGACZA LEROYMERLIN | 73 | M40/57 | (M)221 | 01:02:13 | 01:02:01 | 06.12 |
| 58 | 257 | JASZCZYK Włodzimierz | KŁOBUCK | | POL NGB KŁOBUCK | 70 | M40/58 | (M)223 | 01:02:31 | 01:02:21 | 06.14 |
| 59 | 251 | MORDALSKI Ireneusz | TRĘBACZEW | | POL CEMENTOWNIA WARTA | 70 | M40/59 | (M)226 | 01:06:10 | 01:05:57 | 06.35 |

Bieg 10 km - M50 [36]

| | | | | | | | | | | | |
|----|------|------------------------|----------------|--|--|----|--------|--------|----------|----------|-------|
| 1 | 188 | URBAŃCZYK Jerzy | TUREK | | POL KB MARATON TUREK | 64 | M50/1 | (M)19 | 00:36:56 | 00:36:55 | 03.41 |
| 2 | 1040 | PIETRASIAK Janusz | ŁÓDŹ | | POL RYSIOTEAM | 66 | M50/2 | (M)32 | 00:38:40 | 00:38:38 | 03.51 |
| 3 | 92 | KAMINSKI Marek | SZCZERCÓW | | POL ZS-P SZCZERCÓW - KLUB BIEGOWY SPARTAKUS BĘLCHATÓW | 64 | M50/3 | (M)37 | 00:39:09 | 00:39:05 | 03.54 |
| 4 | 100 | KLUF Zdzisław | BĘLCHATÓW | | POL AMATOR | 57 | M50/4 | (M)38 | 00:39:12 | 00:39:08 | 03.54 |
| 5 | 272 | DUDEK Sylwester | RUDNIK | | UKR LKB.RUDNIK | 63 | M50/5 | (M)41 | 00:39:41 | 00:39:41 | 03.58 |
| 6 | 1062 | WALIGÓRA Marian | CZĘSTOCHOWA | | POL CZĘSTOCHOWA | 66 | M50/6 | (M)42 | 00:39:42 | 00:39:42 | 03.58 |
| 7 | 28 | BASIŃSKI Wiktor | RUDNIKI | | POL FALSTART RUDNIKI | 60 | M50/7 | (M)55 | 00:40:45 | 00:40:44 | 04.04 |
| 8 | 155 | PELIKAN Andrzej | KŁOBUCK | | POL NGB KŁOBUCK | 66 | M50/8 | (M)56 | 00:40:50 | 00:40:48 | 04.04 |
| 9 | 86 | JANECZEK Wiesław | TRĘBACZEW | | POL KLUB BIEGACZA WARTA | 61 | M50/9 | (M)65 | 00:41:38 | 00:41:37 | 04.09 |
| 10 | 153 | PALACZ Mariusz | KRZEPICE | | POL KB FLORIAN ZAJĄCZKI DRUGIE | 66 | M50/10 | (M)71 | 00:42:02 | 00:42:00 | 04.12 |
| 11 | 207 | ZIMOWSKI Robert | BĘLCHATÓW | | POL JUPITER | 64 | M50/11 | (M)73 | 00:42:11 | 00:42:06 | 04.12 |
| 12 | 291 | PŁOSKOŃSKI Piotr | STRZAŁKÓW | | POL NIEZRZESZONY | 65 | M50/12 | (M)75 | 00:42:32 | 00:42:31 | 04.15 |
| 13 | 201 | WYLECIAŁ Jacek | OSIEK | | POL NIEZRZESZONY | 64 | M50/13 | (M)103 | 00:44:33 | 00:44:30 | 04.27 |
| 14 | 149 | OLSZOWIAK Mirosław | WROCLAW | | POL ZABIEGANI CZĘSTOCHOWA | 64 | M50/14 | (M)106 | 00:44:42 | 00:44:39 | 04.27 |
| 15 | 132 | MATYSZCZAK Roman | KŁOBUCK | | POL NGB KŁOBUCK | 64 | M50/15 | (M)117 | 00:45:09 | 00:45:06 | 04.30 |
| 16 | 228 | MILLER Ryszard | KONIN | | POL BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ | 66 | M50/16 | (M)121 | 00:45:18 | 00:45:09 | 04.30 |
| 17 | 1031 | BAROS Grzegorz | RUDNIKI | | POL FALSTART RUDNIKI | 66 | M50/17 | (M)122 | 00:45:19 | 00:45:15 | 04.31 |
| 18 | 45 | BUDZYŃSKI Arek | WIELUŃ | | POL WIELUŃ BIEGA | 66 | M50/18 | (M)128 | 00:45:34 | 00:45:32 | 04.33 |
| 19 | 277 | MOSTOWSKI Cezariusz | DZIAŁOSZYN | | POL DZIAŁOSZYN | 64 | M50/19 | (M)133 | 00:46:11 | 00:46:08 | 04.36 |
| 20 | 187 | UCIEKŁAK Waldemar | CZĘSTOCHOWA | | POL NIEZRZESZONY | 62 | M50/20 | (M)143 | 00:47:10 | 00:47:05 | 04.42 |
| 21 | 44 | BRZOSTEK Edward | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 62 | M50/21 | (M)145 | 00:47:20 | 00:47:12 | 04.43 |
| 22 | 162 | POSTRACH Bogusław | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 65 | M50/22 | (M)151 | 00:47:50 | 00:47:43 | 04.46 |
| 23 | 199 | WOJCIECHOWSKI Waldemar | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 63 | M50/23 | (M)154 | 00:47:59 | 00:47:50 | 04.47 |
| 24 | 64 | DYLEWSKI Zbigniew | KŁOBUCK | | POL NGB KŁOBUCK | 64 | M50/24 | (M)156 | 00:48:02 | 00:47:57 | 04.47 |
| 25 | 143 | MOSIALA Jan | PRASZKA | | POL NEAPCO PRASZKA | 62 | M50/25 | (M)163 | 00:49:14 | 00:49:03 | 04.54 |
| 26 | 40 | BOJAKOWSKI Janusz | WIELUŃ | | POL | 62 | M50/26 | (M)171 | 00:50:01 | 00:49:48 | 04.58 |
| 27 | 157 | PIELES Krzysztof | BĘLCHATÓW | | POL JUPITER | 61 | M50/27 | (M)172 | 00:50:10 | 00:49:56 | 04.59 |
| 28 | 278 | MAZUR Krzysztof | SZCZAWNO ZDRÓJ | | POL TEAM ASA BIEGA PO ZDROWIE | 64 | M50/28 | (M)173 | 00:50:24 | 00:50:19 | 05.01 |
| 29 | 1026 | SOBALA Janusz | KONOPISKA | | POL KONOPISKA | 63 | M50/29 | (M)186 | 00:52:57 | 00:52:51 | 05.17 |
| 30 | 161 | PLUSKOTA Henryk | PRASZKA | | POL NEAPCO PRASZKA | 58 | M50/30 | (M)189 | 00:53:15 | 00:53:05 | 05.18 |
| 31 | 111 | KRUSZYŃSKI Andrzej | BĘLCHATÓW | | POL NIEZRZESZONY | 59 | M50/31 | (M)195 | 00:54:14 | 00:54:01 | 05.24 |
| 32 | 67 | FRAŹEK Janusz | BIAŁA | | POL NIEZRZESZONY | 60 | M50/32 | (M)199 | 00:54:34 | 00:54:24 | 05.26 |
| 33 | 296 | POŚPIECH Witold | KANIE | | POL CEMENT | 60 | M50/33 | (M)203 | 00:55:06 | 00:54:59 | 05.29 |
| 34 | 1030 | BUKALSKI Józef | STAROKRZEPICE | | POL STAROKRZEPICE | 60 | M50/34 | (M)206 | 00:55:32 | 00:55:20 | 05.32 |
| 35 | 289 | MICHALCZUK Zenon | SANOK | | POL | 57 | M50/35 | (M)207 | 00:55:35 | 00:55:24 | 05.32 |
| 36 | 98 | KLECHA Gabriel | STARCZA | | POL PRESS GLASS - BIEGAMY I WSPIERAMY | 66 | M50/36 | (M)224 | 01:02:33 | 01:02:26 | 06.14 |

Bieg 10 km - M60 [14]

| | | | | | | | | | | | |
|---|-----|------------------|-------------|--|---------------------------|----|-------|-------|----------|----------|-------|
| 1 | 211 | SUK Mirosław | CZĘSTOCHOWA | | POL ZABIEGANI CZĘSTOCHOWA | 51 | M60/1 | (M)66 | 00:41:43 | 00:41:41 | 04.10 |
| 2 | 121 | LUBCZYŃSKI Jacek | KŁOBUCK | | POL NGB KŁOBUCK | 56 | M60/2 | (M)80 | 00:42:50 | 00:42:47 | 04.16 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|----------------------------|------------|-----------------------|--------|--------------|----------|----------|
| 3 | 292 | MACOCH Zbigniew | KRZEPICE | POL | NGB KŁOBUCK | 48 | M60/3 | (M)91 | 00:43:38 | 00:43:36 | 04.21 |
| 4 | 237 | FOKSA Marek | OSTRZESZÓW | POL | BORKI MORAWA | 56 | M60/4 | (M)110 | 00:44:57 | 00:44:54 | 04.29 |
| 5 | 95 | KĘPIŃSKI Henryk | BELCHATÓW | POL | KB SPARTAKUS BELCHATÓW | 53 | M60/5 | (M)149 | 00:47:36 | 00:47:35 | 04.45 |
| 6 | 213 | CIEŚLA Jan | RUDNIKI | POL | FALSTART RUDNIKI | 50 | M60/6 | (M)160 | 00:48:40 | 00:48:35 | 04.51 |
| 7 | 59 | DADELA Antoni | KRZEPIC | POL | KB FLORIAN ZAJĄCZKI DRUGIE | 52 | M60/7 | (M)170 | 00:49:55 | 00:49:46 | 04.58 |
| 8 | 235 | WIECZOREK Andrzej | PORAJ | POL | NIEZRZESZONY | 51 | M60/8 | (M)193 | 00:53:58 | 00:53:56 | 05.23 |
| 9 | 1020 | SZYMCZAK Grzegorz | RADOMSKO | POL | | 52 | M60/9 | (M)194 | 00:53:59 | 00:53:51 | 05.23 |
| 10 | 127 | MACHOŃ Marian | PIOTRKÓW | POL | WKB META LUBLINIEC | 53 | M60/10 | (M)200 | 00:54:45 | 00:54:39 | 05.27 |
| 11 | 99 | KLIMCZAK Bronisław | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 56 | M60/11 | (M)209 | 00:56:35 | 00:56:28 | 05.38 |
| 12 | 234 | MICHALAK Grzegorz | RZEKI WIELKIE | POL | AVIVA CZĘSTOCHOWA | 54 | M60/12 | (M)210 | 00:57:00 | 00:56:58 | 05.41 |
| 13 | 130 | MAŁEK Stanisław | PRASZKA | POL | NEAPCO PRASZKA | 54 | M60/13 | (M)211 | 00:57:18 | 00:57:07 | 05.42 |
| 14 | 270 | KRUK Marcin | WIEŚ RUDA | POL | WIELUŃ BIEGA | 49 | M60/14 | (M)220 | 01:02:12 | 01:02:07 | 06.12 |

Bieg 10 km - M70 [1]

| | | | | | | | | | | | |
|---|----|-----------|-------------|-----|--------------|----|-------|--------|----------|----------|-------|
| 1 | 26 | BAŃKA Jan | CZĘSTOCHOWA | POL | NIEZRZESZONY | 46 | M70/1 | (M)225 | 01:05:16 | 01:05:03 | 06.30 |
|---|----|-----------|-------------|-----|--------------|----|-------|--------|----------|----------|-------|

Bieg 10 km - K16 [15]




| | | | | | | | | | | | |
|----|------|---------------------|---------------------|-----|-----------------------------------|----|--------|-------|----------|----------|-------|
| 1 | 10 | FISKOWICZ Lilia | NYZKINYCZI | MDA | LKB RUDNIK | 89 | K16/1 | (K)1 | 00:35:47 | 00:35:46 | 03.34 |
| 2 | 299 | KACZMAREK Monika | ŁÓDŹ | POL | SZAKALE BAŁUT ŁÓDŹ/ ACCENTURE | 89 | K16/2 | (K)2 | 00:35:56 | 00:35:56 | 03.35 |
| 3 | 5 | SMOWZENKO Olesia | TIRASPOL | MDA | LKB RUDNIK | 89 | K16/3 | (K)3 | 00:36:30 | 00:36:29 | 03.38 |
| 4 | 8 | KUZUBOWA Tatiana | OSTROW WIELKOPOLSKI | UKR | ICE MAT TEAM | 87 | K16/4 | (K)5 | 00:37:02 | 00:37:02 | 03.42 |
| 5 | 20 | OLIYNUK Oleksandra | MUKOLAIV | UKR | MK LUCHESEK-LKB RUDNIK | 93 | K16/5 | (K)8 | 00:39:24 | 00:39:23 | 03.56 |
| 6 | 283 | JANOWSKA Michalina | RYBNIK | POL | SBD ENERGETYK RYBNIK | 87 | K16/6 | (K)10 | 00:43:02 | 00:43:00 | 04.18 |
| 7 | 256 | CIEŚLA Mariola | PAŃNÓW | POL | LUKS MGOKSIR KORFANTÓW | 90 | K16/7 | (K)13 | 00:45:33 | 00:45:24 | 04.32 |
| 8 | 261 | HAŁACZKIEWICZ Agata | PAJĘCZNO | POL | - | 98 | K16/8 | (K)14 | 00:45:37 | 00:45:30 | 04.33 |
| 9 | 1046 | OSTOJSKA Katarzyna | ZELÓW | POL | BIEGING TEAM ZELÓW | 93 | K16/9 | (K)17 | 00:48:18 | 00:48:14 | 04.49 |
| 10 | 163 | PTAK Iga | KONIECPOL | POL | | 93 | K16/10 | (K)30 | 00:53:57 | 00:53:53 | 05.23 |
| 11 | 48 | BULARZ Paulina | OLAWA | POL | TERMY JAKUBA - OLAWSKI PARK WODNY | 93 | K16/11 | (K)31 | 00:54:24 | 00:54:11 | 05.25 |
| 12 | 268 | BZDAK Monika | DZIAŁOSZYN | POL | | 90 | K16/12 | (K)32 | 00:54:33 | 00:54:25 | 05.26 |
| 13 | 75 | GÓRNIŚWICZ Kasięka | KLESZCZÓW | POL | LKS OMEGA KLESZCZÓW | 87 | K16/13 | (K)35 | 00:56:22 | 00:56:10 | 05.37 |
| 14 | 258 | PACH Anna | WĘGLOWICE | POL | NGB KŁOBUCK | 87 | K16/14 | (K)43 | 01:02:32 | 01:02:23 | 06.14 |
| 15 | 56 | DAWID Weronika | OSJAKÓW | POL | | 98 | K16/15 | (K)44 | 01:05:15 | 01:05:13 | 06.31 |

Bieg 10 km - K30 [15]





| | | | | | | | | | | | |
|----|------|----------------------|-------------------|-----|----------------------------|----|--------|-------|----------|----------|-------|
| 1 | 170 | SOJDA Mariola | CZĘSTOCHOWA | POL | CKS BUDOWLANI CZĘSTOCHOWA | 82 | K30/1 | (K)4 | 00:36:50 | 00:36:50 | 03.41 |
| 2 | 102 | KOCZUR Tamara | MYSZKÓW | POL | AMBITNI AMATORZY | 78 | K30/2 | (K)9 | 00:40:07 | 00:40:06 | 04.00 |
| 3 | 115 | KRZYSZTOŃ Eliza | ŻARKI - JAWORZNIK | POL | AMBITNI AMATORZY | 78 | K30/3 | (K)11 | 00:45:05 | 00:45:02 | 04.30 |
| 4 | 205 | ZĄBKIEWICZ Katarzyna | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 84 | K30/4 | (K)12 | 00:45:21 | 00:45:13 | 04.31 |
| 5 | 203 | ZĄBKIEWICZ Anna | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 82 | K30/5 | (K)16 | 00:48:10 | 00:48:02 | 04.48 |
| 6 | 38 | BŁAŻALEK Anna | ŁÓDŹ | POL | | 77 | K30/6 | (K)18 | 00:48:18 | 00:48:11 | 04.49 |
| 7 | 88 | JĘDRYKA Edyta | KŁOBUCK | POL | | 79 | K30/7 | (K)20 | 00:49:05 | 00:49:00 | 04.54 |
| 8 | 96 | KISIEL Sylwia | CZĘSTOCHOWA | POL | KLUB BIEGACZA LEROY MERLIN | 84 | K30/8 | (K)21 | 00:50:02 | 00:49:51 | 04.59 |
| 9 | 260 | SZYMCZAK Anna | BELCHATÓW | POL | KB SPARTAKUS BELCHATÓW | 80 | K30/9 | (K)23 | 00:51:07 | 00:51:02 | 05.06 |
| 10 | 105 | KOŁODZIEJCZYK Marta | BELCHATÓW | POL | KB SPARTAKUS BELCHATÓW | 83 | K30/10 | (K)25 | 00:52:18 | 00:52:13 | 05.13 |
| 11 | 1051 | KIDOŃ-BUREK Monika | OŻARÓW | POL | | 81 | K30/11 | (K)26 | 00:52:47 | 00:52:40 | 05.16 |
| 12 | 61 | DĘBOWSKA Magdalena | KONIN | POL | | 77 | K30/12 | (K)28 | 00:53:19 | 00:53:12 | 05.19 |
| 13 | 55 | DAWID Małgorzata | OSJAKÓW | POL | | 81 | K30/13 | (K)29 | 00:53:33 | 00:53:31 | 05.21 |
| 14 | 137 | MODLIŃSKA Kinga | PAJĘCZNO | POL | SPAJDERSI RUNNING | 81 | K30/14 | (K)39 | 00:58:18 | 00:58:12 | 05.49 |
| 15 | 174 | SZAFRAŃSKA Ewelina | CZĘSTOCHOWA | POL | BRK | 86 | K30/15 | (K)40 | 00:58:50 | 00:58:40 | 05.52 |

Bieg 10 km - K40 [11]







| | | | | | | | | | | | |
|---|------|---------------------------------|----------------|-----|-----------------------|----|-------|-------|----------|----------|-------|
| 1 | 1048 | BRYCH-PAJAK Ewa | CZESTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 75 | K40/1 | (K)6 | 00:38:34 | 00:38:33 | 03.51 |
| 2 | 119 | KUZYK Agnieszka | RACISZYN | POL | WKB META LUBLINIEC | 76 | K40/2 | (K)7 | 00:38:50 | 00:38:49 | 03.52 |
| 3 | 241 | KOŁODZIEJCZYK Anna | CZĘSTOCHOWA | POL | ZABIEGANI CZĘSTOCHOWA | 71 | K40/3 | (K)15 | 00:46:38 | 00:46:35 | 04.39 |
| 4 | 179 | ŚLIWAKOWSKA Magdalena | WOLA JEDLIŃSKA | POL | | 75 | K40/4 | (K)22 | 00:50:36 | 00:50:26 | 05.02 |
| 5 | 79 | GRZEGORCZYK - NAMYŚLAK Iwona | DZIAŁOSZYN | POL | | 74 | K40/5 | (K)24 | 00:51:32 | 00:51:19 | 05.07 |
| 6 | 279 | GOSLAWSKA Anna | DZIAŁOSZYN | POL | DZIAŁOSZYN | 73 | K40/6 | (K)27 | 00:53:01 | 00:52:48 | 05.16 |
| 7 | 226 | MILLER Edyta | KONIN | POL | - | 72 | K40/7 | (K)34 | 00:55:21 | 00:55:13 | 05.31 |
| 8 | 60 | DĘBIŃSKA Kinga | CZĘSTOCHOWA | POL | MIASTO SPORTU | 75 | K40/8 | (K)36 | 00:57:40 | 00:57:25 | 05.44 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|---|----------------------------|---------|------------------------|-----------|----------|----------|
| 9 | 66 | FRAĆZEK Anna | BIAŁA |  POL | NIEZRZESZONY | 76 | K40/9 (K)41 | 00:59:49 | 00:59:37 | 05.57 |
| 10 | 195 | WŁÓKA Agnieszka | CHWIŁY |  POL | WLOKA POWER | 76 | K40/10 (K)42 | 01:02:30 | 01:02:18 | 06.13 |
| 11 | 236 | GORZELAK Iwona | KAMIENICA POLSKA |  POL | KLUB BIEGACZA LEROY MERLIN | 76 | K40/11 (K)45 | 01:07:39 | 01:07:28 | 06.44 |


Bieg 10 km - K50 [4]

| | | | | | | | | | | |
|---|------|-----------------------|----------------|---|-----------------------|----|-------------|----------|----------|-------|
| 1 | 68 | FRYSIAK Barbara | WIELUŃ |  POL | - | 66 | K50/1 (K)19 | 00:48:19 | 00:48:16 | 04.49 |
| 2 | 242 | KAPUŚCIŃSKA Anna | ŚWIĘTOCHŁOWICE |  POL | OŚRODEK JOGGINGU | 52 | K50/2 (K)33 | 00:55:07 | 00:55:07 | 05.30 |
| 3 | 198 | WOJCIECHOWSKA Jolanta | CZĘSTOCHOWA |  POL | ZABIEGANI CZĘSTOCHOWA | 60 | K50/3 (K)37 | 00:57:49 | 00:57:40 | 05.46 |
| 4 | 1032 | BAROS Zdzisława | RUDNIKI |  POL | FALSTART RUDNIKI | 65 | K50/4 (K)38 | 00:58:09 | 00:57:59 | 05.47 |















Nordic Walking 10 km - M1 [6]

| | | | | | | | | | | |
|---|------|-------------------|------------|---|---------------------------|----|------------|----------|----------|-------|
| 1 | 224 | KOZIK Rafał | JANÓW |  POL | RTB TRACKER PODKOWA JANÓW | 82 | M1/1 (M)2 | 00:59:04 | 00:58:49 | 05.52 |
| 2 | 215 | MAGNUSKI Dariusz | KRAPKOWICE |  POL | NW SPEED KRAPKOWICE | 80 | M1/2 (M)6 | 01:15:51 | 01:15:38 | 07.33 |
| 3 | 1025 | WIEŻBICKI Piotr | WIELUŃ |  POL | AKTYWNI NW GASZYN | 88 | M1/3 (M)7 | 01:20:15 | 01:20:01 | 08.00 |
| 4 | 42 | BONK Mateusz | LUBLINIEC |  POL | - | 98 | M1/4 (M)10 | 01:23:19 | 01:23:05 | 08.18 |
| 5 | 285 | OBALSKI Mikołaj | DZIAŁOSZYN |  POL | GIMNAZJUM W TRĘBACZEWIE | 00 | M1/5 (M)11 | 01:24:10 | 01:23:56 | 08.23 |
| 6 | 108 | KOWALIK Krzysztof | ŁOBODNO |  POL | - | 86 | M1/6 (M)12 | 01:27:58 | 01:27:42 | 08.46 |

Nordic Walking 10 km - M2 [7]

| | | | | | | | | | | |
|---|------|------------------|---------|---|---------------------------|----|-----------|----------|----------|-------|
| 1 | 214 | DORS Grzegorz | JANÓW |  POL | RTB TRACKER PODKOWA JANÓW | 62 | M2/1 (M)1 | 00:59:02 | 00:58:45 | 05.52 |
| 2 | 290 | JEZIORNY Ryszard | WIELUŃ |  POL | WIELUŃ | 63 | M2/2 (M)3 | 01:10:03 | 01:09:48 | 06.58 |
| 3 | 1023 | TORCHAŁA Andrzej | GASZYN |  POL | AKTYWNI NW GASZYN | 61 | M2/3 (M)4 | 01:11:13 | 01:10:59 | 07.05 |
| 4 | 37 | BŁASIAK Tomasz | SIERADZ |  POL | GRUPA SIERADZ | 62 | M2/4 (M)5 | 01:13:28 | 01:13:08 | 07.18 |
| 5 | 69 | GAJ Marian | WIELUŃ |  POL | - | 57 | M2/5 (M)8 | 01:21:02 | 01:20:45 | 08.04 |
| 6 | 220 | BOJZAN Roman | PRZYWÓZ |  POL | - | 73 | M2/6 (M)9 | 01:21:45 | 01:21:27 | 08.08 |

Nordic Walking 10 km - K1 [15]

| | | | | | | | | | | |
|----|-----|------------------------|---------------|---|-------------------------------|----|-------------|----------|----------|-------|
| 1 | 218 | RADOSZ Aleksandra | JANÓW |  POL | RTB TRACKER RUN PODKOWA JANÓW | 97 | K1/1 (K)1 | 01:08:40 | 01:08:21 | 06.50 |
| 2 | 223 | PALA-SKRZYPCZYK Danuta | ZŁOTY POTOK |  POL | RTB TRACKER PODKOWA JANÓW | 88 | K1/2 (K)2 | 01:09:37 | 01:09:19 | 06.55 |
| 3 | 225 | GALĄZKA Julia | ZŁOTY POTOK |  POL | RTB TRUCKER PODKOWA JANOW | 00 | K1/3 (K)3 | 01:09:40 | 01:09:21 | 06.56 |
| 4 | 84 | JAGIELSKA Magdalena | KŁOBUCK |  POL | NGB KŁOBUCK | 80 | K1/4 (K)5 | 01:13:46 | 01:13:32 | 07.21 |
| 5 | 167 | SIEJA Julita | WIĘCKI |  POL | BRAK | 81 | K1/5 (K)9 | 01:20:22 | 01:20:01 | 08.00 |
| 6 | 25 | BAL Agnieszka | JANÓW |  POL | - | 83 | K1/6 (K)10 | 01:21:12 | 01:20:55 | 08.05 |
| 7 | 57 | DĄBROWSKA Justyna | ŻYTNO |  POL | KS VICTORIA ŻYTNO | 83 | K1/7 (K)11 | 01:21:37 | 01:21:21 | 08.08 |
| 8 | 178 | SZEFER Marzena | ŻYTNO |  POL | VICTORIA ŻYTNO | 84 | K1/8 (K)12 | 01:21:39 | 01:21:21 | 08.08 |
| 9 | 221 | SAZON Agnieszka | WIELUŃ |  POL | WIELUŃ | 82 | K1/9 (K)13 | 01:21:43 | 01:21:25 | 08.08 |
| 10 | 53 | CHŁOPAŚ Wiktoria | LUBLINIEC |  POL | - | 99 | K1/10 (K)14 | 01:23:16 | 01:22:59 | 08.17 |
| 11 | 109 | KOWALIK Paulina | NOWE GAJĘCICE |  POL | - | 88 | K1/11 (K)18 | 01:27:57 | 01:27:41 | 08.46 |
| 12 | 52 | CHŁOPAŚ Ilona | LUBLINIEC |  POL | - | 77 | K1/12 (K)19 | 01:27:57 | 01:27:41 | 08.46 |
| 13 | 271 | TROJAK Marta | DZIAŁOSZYN |  POL | DZIAŁOSZYN | 87 | K1/13 (K)20 | 01:33:54 | 01:33:39 | 09.21 |
| 14 | 269 | NAĆKIEWICZ Iwona | DZIAŁOSZYN |  POL | AKADEMIA DZIAŁOSZYN | 84 | K1/14 (K)21 | 01:35:25 | 01:35:09 | 09.30 |

Nordic Walking 10 km - K2 [7]

| | | | | | | | | | | |
|---|-----|-----------------------|------------|---|---------------------|----|------------|----------|----------|-------|
| 1 | 152 | PACH Agata | DZIAŁOSZYN |  POL | CEMENTOWNIA WARTA | 73 | K2/1 (K)4 | 01:13:42 | 01:13:28 | 07.20 |
| 2 | 206 | ZENDEROWSKA Dorota | K-KI |  POL | - | 73 | K2/2 (K)6 | 01:13:51 | 01:13:32 | 07.21 |
| 3 | 134 | MIELCZAREK Iwona | DZIAŁOSZYN |  POL | - | 76 | K2/3 (K)7 | 01:17:09 | 01:16:54 | 07.41 |
| 4 | 175 | SZAJKOWSKA Barbara | WIĘCKI |  POL | BRAK | 72 | K2/4 (K)8 | 01:20:21 | 01:20:04 | 08.00 |
| 5 | 274 | PALUTKIEWICZ Violetta | DZIAŁOSZYN |  POL | AKADEMIA DZIAŁOSZYN | 64 | K2/5 (K)15 | 01:23:38 | 01:23:24 | 08.20 |
| 6 | 250 | KOWALSKA Anna | ŻYTNO |  POL | VICTORIA ŻYTNO | 75 | K2/6 (K)16 | 01:24:19 | 01:24:02 | 08.24 |
| 7 | 288 | STACHERA Michalina | DZIAŁOSZYN |  POL | DZIAŁOSZYN | 51 | K2/7 (K)17 | 01:27:42 | 01:27:42 | 08.46 |