

WYNIKI ZAWODÓW**Run****Organizator:** Gmina Nowa Ruda**Termin:** 14.06.2014**Miejsce:** Ludwikowice Kłodzkie**Dystans:** 9.5km**MISTRZOSTWA POLSKI**

| <i>Miejsce</i> <i>Rank</i> | <i>Nr</i> <i>Bib</i> | <i>Nazwisko i imię</i> <i>Name</i> | <i>Miejscowość</i> <i>City</i> | <i>Kraj</i> <i>Nat</i> | <i>Drużyna</i> <i>Team</i> | <i>R-k</i> <i>YoB</i> | <i>W kategorii</i> <i>in Age</i> | <i>Sex</i> | <i>Czas</i> <i>Time</i> | <i>[min/km]</i> |
|------------------------------------|-------------------------|---------------------------------------|-----------------------------------|---------------------------|-------------------------------|--------------------------|-------------------------------------|------------|----------------------------|-----------------|
| Run Mężczyźni KATEGORIA:M16 | | | | | | | | | | |
| 2 | 27 | JASTRZĘBSKI Kamil | KRAŚNIK | POL | POL | 92 | M16/2 | (M)2 | 00:38:00 | 04.00 |
| 3 | 19 | CZAPLA Piotr | GLIWICE | POL | POL | 90 | M16/3 | (M)4 | 00:38:33 | 04.03 |
| 5 | 576 | WOSIK Daniel | KUNÓW | POL | POL | 80 | M16/5 | (M)8 | 00:40:27 | 04.15 |
| 6 | 35 | KULESZA Jakub | JELEŃ GÓRA | POL | POL | 80 | M16/6 | (M)12 | 00:40:52 | 04.18 |
| 7 | 561 | SWAT Nataniel | CHUDÓW | POL | POL | 94 | M16/7 | (M)14 | 00:41:04 | 04.19 |
| 8 | 33 | KLUBA Rafał | WAŁBRZYCH | POL | POL | 88 | M16/8 | (M)22 | 00:42:31 | 04.28 |
| 9 | 42 | ULFIK Rafał | ZABRZE | POL | POL | 87 | M16/9 | (M)43 | 00:45:15 | 04.45 |
| 10 | 31 | KAMERDULA Łukasz | KROSNO ODRZAŃSKIE | POL | POL | 80 | M16/10 | (M)52 | 00:45:45 | 04.48 |
| 11 | 17 | CELIŃSKI Robert | BIELSKO-BIAŁA | POL | POL | 79 | M16/11 | (M)59 | 00:46:26 | 04.53 |
| 12 | 46 | ZAMIELSKI Paweł | WAŁBRZYCH | POL | POL | 93 | M16/12 | (M)66 | 00:46:51 | 04.55 |
| 13 | 45 | WYSZKOŃ Franciszek | ŁAŃCE | POL | POL | 81 | M16/13 | (M)67 | 00:46:58 | 04.56 |
| 14 | 12 | BECZKOWSKI Łukasz | NOWA RUDA | POL | POL | 81 | M16/14 | (M)70 | 00:47:22 | 04.58 |
| 15 | 21 | DZIDOWSKI Aleksander | ZAWIERCIE | POL | POL | 81 | M16/15 | (M)72 | 00:47:38 | 05.00 |
| 16 | 37 | MICHAŁKÓW Michał | SZKLARSKA PORĘBA | POL | POL | 86 | M16/16 | (M)77 | 00:48:12 | 05.04 |
| 17 | 18 | CHOMIK Michał | WAŁBRZYCH | POL | POL | 96 | M16/17 | (M)96 | 00:49:41 | 05.13 |
| 18 | 10 | BABKA Mateusz | WALIM | POL | POL | 95 | M16/18 | (M)100 | 00:49:58 | 05.15 |
| 19 | 36 | ŁABUZ Sylwester | DZIERŻONIÓW | POL | POL | 85 | M16/19 | (M)134 | 00:54:00 | 05.40 |
| 20 | 32 | KARWACKI Maciej | KAMIENNA GÓRA | POL | POL | 95 | M16/20 | (M)139 | 00:54:11 | 05.41 |
| 21 | 41 | SURA Krzysztof | WAŁBRZYCH | POL | POL | 81 | M16/21 | (M)150 | 00:55:13 | 05.48 |
| 22 | 560 | RAJA Paweł | WROCLAW | POL | POL | 85 | M16/22 | (M)154 | 00:55:32 | 05.50 |
| 23 | 28 | JĘDRYCHOWSKI Bartłomiej | KUDOWA ZDRÓJ | POL | POL | 83 | M16/23 | (M)164 | 00:56:28 | 05.56 |
| 24 | 47 | ŻYLKA Piotr | BIELAWA | POL | POL | 80 | M16/24 | (M)167 | 00:56:52 | 05.58 |
| 25 | 38 | MŁODOŻENIEC Mirosław | SOBÓTKA | POL | POL | 80 | M16/25 | (M)174 | 00:57:17 | 06.01 |
| 26 | 39 | MURATOW Przemysław | JELEŃ GÓRA | POL | POL | 89 | M16/26 | (M)186 | 00:58:20 | 06.08 |
| 27 | 22 | DZIESZUK Grzegorz | WAŁBRZYCH | POL | POL | 80 | M16/27 | (M)187 | 00:58:29 | 06.09 |
| 28 | 15 | BORKOWSKI Tomasz | CZĘSTOCHOWA | POL | POL | 84 | M16/28 | (M)192 | 00:58:51 | 06.11 |
| 29 | 29 | JOKIEL Wojciech | GRANICE | POL | POL | 91 | M16/29 | (M)199 | 00:59:45 | 06.17 |
| 30 | 13 | BISIKIEWICZ Mateusz | NOWA RUDA | POL | POL | 95 | M16/30 | (M)211 | 01:01:34 | 06.28 |
| 31 | 11 | BASZCZYŚYŃ Artur | KUDOWA ZDRÓJ | POL | POL | 85 | M16/31 | (M)212 | 01:01:39 | 06.29 |
| 32 | 25 | HENDRYS Marek | GRANICE | POL | POL | 92 | M16/32 | (M)223 | 01:04:47 | 06.48 |
| 33 | 44 | WOJTANOWICZ Paweł | WROCLAW | POL | POL | 82 | M16/33 | (M)228 | 01:06:03 | 06.56 |
| 34 | 20 | DROZDOWSKI Piotr | POLANICA ZDRÓJ | POL | POL | 81 | M16/34 | (M)231 | 01:06:18 | 06.58 |

Run Mężczyźni KATEGORIA:M35

| | | | | | | | | | | |
|----|-----|---------------------|-----------------------|-----|-----|----|--------|--------|----------|-------|
| 2 | 118 | KOŃ Piotr | RĘCZNO | POL | POL | 78 | M35/2 | (M)7 | 00:40:26 | 04.15 |
| 4 | 130 | PIETRZYK Krzysztof | KOLUSZKI | POL | POL | 79 | M35/4 | (M)11 | 00:40:50 | 04.17 |
| 6 | 103 | BIERNAWSKI Piotr | NOWY TARG | POL | POL | 77 | M35/6 | (M)18 | 00:42:08 | 04.46 |
| 7 | 115 | HERCOG Piotr | PASTERKA | POL | POL | 76 | M35/7 | (M)23 | 00:42:36 | 04.28 |
| 9 | 137 | WILK Dariusz | BĘDZIN | POL | POL | 77 | M35/9 | (M)34 | 00:44:22 | 04.40 |
| 10 | 112 | GRABLEWSKI Grzegorz | WROCLAW | POL | POL | 75 | M35/10 | (M)42 | 00:45:05 | 04.44 |
| 12 | 131 | ROWSZAR Ryszard | BYSTRZYCA KŁODZKA | POL | POL | 75 | M35/12 | (M)73 | 00:47:53 | 05.02 |
| 13 | 559 | CIECIUCH Maciej | POLANICA ZDRÓJ | POL | POL | 75 | M35/13 | (M)88 | 00:49:13 | 05.10 |
| 14 | 108 | DUDA Bartosz | SZCZECIN | POL | POL | 77 | M35/14 | (M)91 | 00:49:30 | 05.12 |
| 15 | 117 | KONRAD Artur | ZAWIERCIE | POL | POL | 77 | M35/15 | (M)98 | 00:49:49 | 05.14 |
| 16 | 139 | ZIELIŃSKI Daniel | NOWA RUDA | POL | POL | 74 | M35/16 | (M)111 | 00:51:05 | 05.22 |
| 17 | 138 | ZĄTEK Dawid | MIĘDZYBRODZIE-BIALSKI | POL | POL | 78 | M35/17 | (M)113 | 00:51:43 | 05.26 |
| 18 | 104 | BYTNIEWSKI Darek | KATOWICE | POL | POL | 77 | M35/18 | (M)121 | 00:52:55 | 05.33 |

MISTRZOSTWA POLSKI

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 20 | 119 | KOŃCZAL Przemysław | WROCLAW | POL | POL | 74 | M35/20 (M)136 | 00:54:04 | 05.41 |
| 21 | 121 | LEWICKI Piotr | KŁODZKO | POL | POL | 74 | M35/21 (M)155 | 00:55:33 | 05.50 |
| 22 | 100 | BALCERZAK Tomasz | KONARZEWO | POL | POL | 74 | M35/22 (M)165 | 00:56:36 | 05.56 |
| 23 | 124 | MĘKAL Radek | WAŁBRZYCH | POL | POL | 79 | M35/23 (M)170 | 00:57:11 | 06.00 |
| 24 | 572 | SIKORA Jacek | PRUSY | POL | POL | 74 | M35/24 (M)172 | 00:57:15 | 06.01 |
| 26 | 116 | KIELBASA Paweł | STRZEGOM | POL | POL | 78 | M35/26 (M)189 | 00:58:34 | 06.09 |
| 27 | 122 | MAJKA Roman | DUSZNIKI-ZDRÓJ | POL | POL | 79 | M35/27 (M)191 | 00:58:41 | 06.10 |
| 29 | 566 | BASZAK Tomasz | STRACHÓW | POL | POL | 78 | M35/29 (M)221 | 01:04:14 | 06.45 |
| 30 | 105 | CABAN Rafał | OLEŚNICA | POL | POL | 75 | M35/30 (M)234 | 01:06:55 | 07.02 |
| 31 | 134 | SKÓRKA Adam | WROCLAW | POL | POL | 74 | M35/31 (M)238 | 01:07:26 | 07.05 |
| 32 | 126 | MILLER Marcin | ŁÓDŹ | POL | POL | 76 | M35/32 (M)256 | 01:11:55 | 07.33 |

Run Mężczyźni KATEGORIA:M40

| | | | | | | | | | |
|----|-----|---------------------------|-------------------|-----|-----|----|---------------|----------|-------|
| 5 | 208 | FARON Robert | ZALESIE | POL | POL | 74 | M40/5 (M)20 | 00:42:24 | 04.27 |
| 8 | 219 | KOZAK Arkadiusz | KOSZALIN | POL | POL | 72 | M40/8 (M)27 | 00:43:14 | 04.32 |
| 10 | 564 | HUZIOR Piotr | NOWY TARG | POL | POL | 72 | M40/10 (M)37 | 00:44:41 | 04.41 |
| 11 | 247 | ZĄBCZYŃSKI Dominik | JASTRZĘBIE-ZDRÓJ | POL | POL | 71 | M40/11 (M)39 | 00:44:46 | 04.42 |
| 12 | 215 | JANKOWSKI Grzegorz | JACZÓW | POL | POL | 72 | M40/12 (M)46 | 00:45:20 | 18.43 |
| 13 | 236 | SIKORA Michał | ŻELOWICE | POL | POL | 69 | M40/13 (M)47 | 00:45:20 | 04.45 |
| 14 | 245 | WCISŁO Adam | KŁODZKO | POL | POL | 73 | M40/14 (M)75 | 00:48:00 | 05.03 |
| 15 | 216 | KITLAS Dariusz | WASILKÓW | POL | POL | 72 | M40/15 (M)80 | 00:48:30 | 05.06 |
| 16 | 231 | PODSADOWSKI Zbigniew | GORLICE | POL | POL | 72 | M40/16 (M)82 | 00:48:46 | 05.07 |
| 17 | 217 | KLIMCZAK Piotr | KŁODZKO | POL | POL | 72 | M40/17 (M)94 | 00:49:39 | 05.35 |
| 18 | 243 | TOMKÓW Robert | NIEMODLIN | POL | POL | 72 | M40/18 (M)97 | 00:49:46 | 05.29 |
| 19 | 238 | SKROK Dariusz | NAMYŚLÓW | POL | POL | 73 | M40/19 (M)103 | 00:50:13 | 05.16 |
| 21 | 239 | SMYK Robert | GLIWICE | POL | POL | 71 | M40/21 (M)119 | 00:52:39 | 05.32 |
| 23 | 234 | RZECZKOWSKI Aleksander | NAMYŚLÓW | POL | POL | 74 | M40/23 (M)128 | 00:53:35 | 05.38 |
| 24 | 203 | BURMAS Dariusz | BOLESŁAWIEC | POL | POL | 70 | M40/24 (M)137 | 00:54:08 | 05.41 |
| 25 | 567 | BEZULSKI Michał | GORZÓW WLKP. | POL | POL | 71 | M40/25 (M)141 | 00:54:27 | 05.43 |
| 26 | 248 | CZAPIGA Robert | NOWA RUDA-SŁUPIEC | POL | POL | 71 | M40/26 (M)143 | 00:54:33 | 05.43 |
| 27 | 205 | DĄBROWSKI Cezary | PIASECZNO | POL | POL | 71 | M40/27 (M)146 | 00:54:41 | 05.44 |
| 28 | 218 | KNAPIK Piotr | WROCLAW | POL | POL | 73 | M40/28 (M)157 | 00:55:58 | 05.53 |
| 29 | 233 | POLIT Ernest | DOMANIEWICE | POL | POL | 74 | M40/29 (M)168 | 00:56:55 | 05.58 |
| 30 | 240 | STAŃCZYK-BIERNACKI Konrad | BYSTRZYCA KŁODZKA | POL | POL | 73 | M40/30 (M)179 | 00:57:47 | 06.04 |
| 31 | 246 | WINNICKI Roland | DUSZNIKI ZDRÓJ | POL | POL | 72 | M40/31 (M)194 | 00:59:06 | 06.12 |
| 32 | 222 | LECH Maciej | LUBIN | POL | POL | 71 | M40/32 (M)208 | 01:01:02 | 06.24 |
| 33 | 232 | PODULKA Jacek | GLIWICE | POL | POL | 73 | M40/33 (M)214 | 01:01:43 | 06.29 |
| 34 | 244 | TUREK Tomasz | KŁODZKO | POL | POL | 71 | M40/34 (M)216 | 01:02:09 | 06.32 |
| 35 | 224 | LITWICKI Norbert | BOGATYNIA | POL | POL | 72 | M40/35 (M)263 | 01:14:56 | 07.52 |

Run Mężczyźni KATEGORIA:M45







| | | | | | | | | | |
|----|-----|------------------------|------------------|-----|-----|----|---------------|----------|-------|
| 2 | 263 | GAWROŃSKI Artur | KAMIENNA GÓRA | POL | POL | 64 | M45/2 (M)35 | 00:44:27 | 04.40 |
| 3 | 282 | SOKOŁOWSKI Marek | MYSŁOWICE-WESOLA | POL | POL | 69 | M45/3 (M)51 | 00:45:38 | 04.47 |
| 4 | 287 | TOMASZEWSKI Zdzisław | WAŁBRZYCH | POL | POL | 65 | M45/4 (M)61 | 00:46:29 | 04.53 |
| 6 | 264 | HACZYK Jarosław | OPOLE | POL | POL | 68 | M45/6 (M)69 | 00:47:19 | 04.58 |
| 8 | 281 | SŁOBODZIAN Jerzy | DZIERŻONIÓW | POL | POL | 66 | M45/8 (M)83 | 00:48:49 | 05.07 |
| 9 | 286 | SZTEFKO Józef | KOZY | POL | POL | 65 | M45/9 (M)86 | 00:48:58 | 05.08 |
| 10 | 291 | ŻEBROWSKI Piotr | WEJHEROWO | POL | POL | 64 | M45/10 (M)93 | 00:49:36 | 05.12 |
| 11 | 284 | SZARAFIN Sławomir | WAŁBRZYCH | POL | POL | 65 | M45/11 (M)115 | 00:52:03 | 05.28 |
| 13 | 260 | ADAMIN Artur | WAŁBRZYCH | POL | POL | 68 | M45/13 (M)129 | 00:53:37 | 05.38 |
| 15 | 285 | SZMAGIEREWSKI Wojciech | WROCLAW | POL | POL | 68 | M45/15 (M)142 | 00:54:28 | 05.43 |
| 16 | 274 | PŁOSKONSKI Piotr | RUSINÓW | POL | POL | 65 | M45/16 (M)152 | 00:55:21 | 05.49 |
| 17 | 288 | WOZNIAK Wojciech | SWARZĘDZ | POL | POL | 68 | M45/17 (M)159 | 00:56:07 | 05.53 |
| 18 | 269 | KOTYSZ Waldemar | OPOLE | POL | POL | 64 | M45/18 (M)178 | 00:57:42 | 06.03 |
| 19 | 279 | SERAFIN Dariusz | LUBAŃ | POL | POL | 66 | M45/19 (M)181 | 00:58:03 | 06.05 |
| 20 | 580 | INDYK Mariusz | LUBAŃ | POL | POL | 68 | M45/20 (M)202 | 01:00:03 | 06.18 |
| 21 | 261 | CHOMIK Tadeusz | WAŁBRZYCH | POL | POL | 68 | M45/21 (M)203 | 01:00:12 | 06.19 |
| 22 | 283 | STEBEL Piotr | SKOCZÓW | POL | POL | 69 | M45/22 (M)244 | 01:08:43 | 07.13 |
| 23 | 271 | KUCAB Andrzej | LUBIN | POL | POL | 66 | M45/23 (M)245 | 01:09:00 | 07.15 |
| 25 | 280 | SIANKOWSKI Mariusz | RUDA ŚLĄSKA | POL | POL | 66 | M45/25 (M)252 | 01:11:04 | 07.28 |

MISTRZOSTWA POLSKI

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|------------------------------------|--------|-----------------------|------------------|----------|--------------|---------|--------------------|--------|-----------|----------|
| Run Mężczyźni KATEGORIA:M50 | | | | | | | | | | |
| 3 | 337 | SWOBODA Marek | WAŁBRZYCH | POL | POL | 64 | M50/3 | (M)28 | 00:43:28 | 04.40 |
| 4 | 326 | PIECZUROWSKI Sławomir | WROCLAW | POL | POL | 60 | M50/4 | (M)29 | 00:43:29 | 04.34 |
| 7 | 306 | JANUSZ Ryszard | SZCZYTNA | POL | POL | 64 | M50/7 | (M)33 | 00:44:11 | 04.38 |
| 9 | 320 | MAGIERA Janusz | WODZISŁAW ŚLĄSKI | POL | POL | 63 | M50/9 | (M)44 | 00:45:15 | 04.45 |
| 11 | 304 | GRZESIK Andrzej | SIEDLISKA | POL | POL | 63 | M50/11 | (M)50 | 00:45:34 | 04.47 |
| 12 | 318 | ŁABUZIŃSKI Sławomir | KRAKÓW | POL | POL | 64 | M50/12 | (M)53 | 00:45:49 | 04.48 |
| 13 | 328 | REWAJ Jan | ŻARY | POL | POL | 63 | M50/13 | (M)56 | 00:46:03 | 04.50 |
| 14 | 344 | WITULSKI Waldemar | SOSNÓWKA | POL | POL | 60 | M50/14 | (M)62 | 00:46:30 | 04.53 |
| 16 | 303 | DZIERGAS Mirosław | ŻYWIEC | POL | POL | 60 | M50/16 | (M)71 | 00:47:33 | 04.59 |
| 18 | 307 | JAWORSKI Stanisław | RUJA | POL | POL | 62 | M50/18 | (M)79 | 00:48:27 | 05.05 |
| 19 | 399 | UCIECHOWSKI Piotr | OPOLE | POL | POL | 63 | M50/19 | (M)81 | 00:48:34 | 05.06 |
| 22 | 305 | JACYSZYN Lechosław | BYTOM | POL | POL | 63 | M50/22 | (M)102 | 00:50:11 | 05.16 |
| 25 | 338 | SZTUBA Bogdan | LEŚNA | POL | POL | 64 | M50/25 | (M)118 | 00:52:27 | 05.30 |
| 26 | 345 | ZASADA Waldemar | RADZIEJÓW | POL | POL | 62 | M50/26 | (M)120 | 00:52:40 | 05.32 |
| 27 | 341 | ULFIK Jerzy | ZABRZE | POL | POL | 59 | M50/27 | (M)123 | 00:53:14 | 05.35 |
| 28 | 346 | ZAWADZKI Stanisław | SZCZYTNA | POL | POL | 62 | M50/28 | (M)125 | 00:53:27 | 05.36 |
| 30 | 301 | AWRYCEWICZ Roman | NOWA RUDA | POL | POL | 60 | M50/30 | (M)130 | 00:53:40 | 05.38 |
| 32 | 321 | MAKOWSKI Jan | RYBNIK | POL | POL | 61 | M50/32 | (M)148 | 00:54:53 | 05.45 |
| 34 | 323 | OLEKSY Jarosław | TYMBARK | POL | POL | 59 | M50/34 | (M)183 | 00:58:11 | 06.06 |
| 35 | 332 | SIMIŃSKI Jacek | POBIEDNA | POL | POL | 64 | M50/35 | (M)213 | 01:01:41 | 06.28 |
| 39 | 334 | STANEK Krzysztof | BUKOWNO | POL | POL | 64 | M50/39 | (M)255 | 01:11:24 | 07.30 |
| 40 | 319 | MADERA Bogdan | ŚWIDNICA | POL | POL | 60 | M50/40 | (M)267 | 01:25:24 | 08.58 |

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|------------------------------------|-----|-----------------------|---------------|-----|-----|----|--------|--------|----------|-------|
| Run Mężczyźni KATEGORIA:M55 | | | | | | | | | | |
| 5 | 356 | BRANDENBURG Józef | DOPIEWO | POL | POL | 55 | M55/5 | (M)54 | 00:45:53 | 04.49 |
| 7 | 369 | JAKUBOWSKI Marian | GRACZE | POL | POL | 57 | M55/7 | (M)60 | 00:46:27 | 04.53 |
| 8 | 352 | BARAŃSKI Bogusław | TRZEBIATÓW | POL | POL | 58 | M55/8 | (M)76 | 00:48:07 | 05.03 |
| 10 | 372 | KOTARSKI Wiesław | POLICE | POL | POL | 56 | M55/10 | (M)92 | 00:49:31 | 05.12 |
| 11 | 394 | STRZELCZAK Henryk | NOWA RUDA | POL | POL | 58 | M55/11 | (M)127 | 00:53:35 | 05.38 |
| 12 | 358 | DUDZIK Jacek | KŁODZKO | POL | POL | 55 | M55/12 | (M)131 | 00:53:44 | 05.38 |
| 13 | 376 | MICHERDA Krzysztof | ŚWIDNICA | POL | POL | 58 | M55/13 | (M)138 | 00:54:08 | 05.41 |
| 16 | 378 | MUCHA Edward | LIMANOWA | POL | POL | 54 | M55/16 | (M)147 | 00:54:52 | 05.46 |
| 17 | 562 | KORDZIŃSKI Kazimierz | LUBLINIEC | POL | POL | 58 | M55/17 | (M)153 | 00:55:28 | 05.49 |
| 18 | 362 | GALYSA Michał | WAŁBRZYCH | POL | POL | 58 | M55/18 | (M)162 | 00:56:19 | 05.55 |
| 19 | 393 | STANKIEWICZ Antoni | SOBÓTKA | POL | POL | 58 | M55/19 | (M)163 | 00:56:23 | 05.55 |
| 20 | 350 | ATES Rudolf | KUDOWA ZDRÓJ | POL | POL | 54 | M55/20 | (M)166 | 00:56:51 | 05.58 |
| 21 | 351 | BARANOWSKI Antoni | TUMIDAJ | POL | POL | 59 | M55/21 | (M)177 | 00:57:40 | 06.03 |
| 23 | 388 | RYŚ Wacław | MYSLENICE | POL | POL | 57 | M55/23 | (M)205 | 01:00:28 | 06.21 |
| 24 | 396 | WĘCŁAWIK Janusz | JEDLINA ZDRÓJ | POL | POL | 57 | M55/24 | (M)206 | 01:00:35 | 06.22 |
| 26 | 374 | MARCINOWSKI Eugeniusz | BIELAWA | POL | POL | 56 | M55/26 | (M)229 | 01:06:03 | 06.56 |
| 27 | 357 | DUBIKOWSKI Andrzej | ZIĘBICE | POL | POL | 56 | M55/27 | (M)232 | 01:06:20 | 06.58 |
| 32 | 382 | NOWICKI Stanisław | SOBÓTKA | POL | POL | 58 | M55/32 | (M)266 | 01:21:20 | 08.32 |

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|------------------------------------|-----|-----------------------|---------------|-----|-----|----|--------|--------|----------|-------|
| Run Mężczyźni KATEGORIA:M60 | | | | | | | | | | |
| 1 | 402 | BOROWSKI Krzysztof | BLACHOWNIA | POL | POL | 54 | M60/1 | (M)49 | 00:45:32 | 04.47 |
| 3 | 407 | FERENC Janusz | LUDWIKOWICE | POL | POL | 54 | M60/3 | (M)58 | 00:46:19 | 04.52 |
| 4 | 411 | JASEK Tadeusz | RADZIECHOWY | POL | POL | 51 | M60/4 | (M)68 | 00:47:17 | 04.58 |
| 12 | 434 | WARSZAWSKI Jerzy | ŻAGAŃ | POL | POL | 53 | M60/12 | (M)109 | 00:50:47 | 05.20 |
| 13 | 427 | SIKORA Stefan | BIELSKO-BIAŁA | POL | POL | 49 | M60/13 | (M)110 | 00:51:01 | 05.21 |
| 14 | 433 | TRZCIELIŃSKI Roman | WARSZAWA | POL | POL | 53 | M60/14 | (M)114 | 00:51:52 | 05.27 |
| 15 | 430 | SZARAWARA Stanisław | RABKA-ZDRÓJ | POL | POL | 50 | M60/15 | (M)135 | 00:54:03 | 05.40 |
| 16 | 421 | RADOMSKI Zbigniew | BIELSKO-BIAŁA | POL | POL | 51 | M60/16 | (M)151 | 00:55:15 | 05.48 |
| 17 | 406 | FARON Piotr | KAMIENICA | POL | POL | 49 | M60/17 | (M)161 | 00:56:15 | 05.54 |
| 18 | 412 | MARCINKIEWICZ Tadeusz | WROCLAW | POL | POL | 53 | M60/18 | (M)180 | 00:57:58 | 06.06 |
| 20 | 422 | REICHERT Andrzej | UJAZD | POL | POL | 51 | M60/20 | (M)188 | 00:58:29 | 06.09 |
| 21 | 405 | DZIEKOŃSKI Tadeusz | BIALYSTOK | POL | POL | 50 | M60/21 | (M)195 | 00:59:15 | 06.13 |
| 23 | 431 | SZCZEŚNIAK Andrzej | WROCLAW | POL | POL | 49 | M60/23 | (M)215 | 01:02:06 | 06.31 |
| 25 | 415 | NOSAL Kazimierz | ŚWIDNICA | POL | POL | 50 | M60/25 | (M)220 | 01:03:14 | 06.39 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|------------------------------------|--------|---------------------------|-------------------|---|--------------|---------|--------------------|--------|-----------|----------|
| 27 | 438 | ZIÓLKOWSKI Krzysztof | WROCLAW |  POL | POL | 53 | M60/27 | (M)235 | 01:06:58 | 07.02 |
| 28 | 436 | WEYMANN Sylwester | POZNAŃ |  POL | POL | 53 | M60/28 | (M)243 | 01:08:38 | 07.12 |
| 30 | 418 | PŁOTEK Krzysztof | GLUBCZYCE |  POL | POL | 52 | M60/30 | (M)253 | 01:11:06 | 07.28 |
| 31 | 410 | HEINRICH Henryk | SKOCZÓW |  POL | POL | 51 | M60/31 | (M)261 | 01:14:40 | 07.51 |
| 33 | 432 | ŚLIWKA Ryszard | NOWA RUDA |  POL | POL | 52 | M60/33 | (M)265 | 01:20:48 | 08.29 |
| Run Mężczyźni KATEGORIA:M65 | | | | | | | | | | |
| 5 | 451 | BUKOWSKI Marian | KOŃSKIE |  POL | POL | 48 | M65/5 | (M)169 | 00:57:04 | 05.59 |
| 6 | 466 | PABIĄSZ Stanisław | BIELSKO-BIAŁA |  POL | POL | 48 | M65/6 | (M)190 | 00:58:40 | 06.10 |
| 10 | 461 | MOŻWIŁO Marek | NOWA RUDA |  POL | POL | 47 | M65/10 | (M)204 | 01:00:28 | 06.21 |
| 11 | 460 | LEŚNIAK Marian | KRAKÓW |  POL | POL | 47 | M65/11 | (M)207 | 01:01:00 | 06.24 |
| 14 | 468 | RUTKOWSKI Marian | KOŻUCHÓW |  POL | POL | 47 | M65/14 | (M)224 | 01:05:03 | 06.50 |
| 15 | 454 | GAWRYŚ Czesław | DUSZNIKI ZDRÓJ |  POL | POL | 47 | M65/15 | (M)233 | 01:06:44 | 07.01 |
| 16 | 452 | CZYSTY Zenon | ODOLANÓW |  POL | POL | 47 | M65/16 | (M)237 | 01:07:10 | 07.03 |
| 19 | 456 | JAGIELSKI Jan | JELEŃ GÓRA |  POL | POL | 46 | M65/19 | (M)262 | 01:14:55 | 07.52 |
| Run Mężczyźni KATEGORIA:M75 | | | | | | | | | | |
| 2 | 525 | KOŚCIAK Edward | KAMIENNA GÓRA |  POL | POL | 38 | M75/2 | (M)217 | 01:02:35 | 06.34 |
| 3 | 521 | CHWASTYK Karol | KĄTY WROCLAWSKIE |  POL | POL | 38 | M75/3 | (M)246 | 01:09:31 | 07.18 |
| 9 | 527 | WITCZAK Mikołaj | BIELAWA |  POL | POL | 35 | M75/9 | (M)271 | 01:34:53 | 09.58 |
| Run Kobiety KATEGORIA:K16 | | | | | | | | | | |
| 1 | 43 | WIŚNIEWSKA-ULFIK Dominika | ZABRZE |  POL | POL | 86 | K16/1 | (K)2 | 00:45:14 | 04.45 |
| 2 | 23 | FARON Agnieszka | KRAKÓW |  POL | POL | 82 | K16/2 | (K)26 | 00:57:55 | 06.05 |
| Run Kobiety KATEGORIA:K35 | | | | | | | | | | |
| 1 | 106 | CELIŃSKA Anna | BIELSKO-BIAŁA |  POL | POL | 79 | K35/1 | (K)1 | 00:45:05 | 04.44 |
| 4 | 102 | BIENIECKA - MAGRYŚ Anna | GLIWICE |  POL | POL | 78 | K35/4 | (K)13 | 00:52:43 | 05.32 |
| 5 | 140 | BOLECHOWSKA Dominika | RABKA-ZDRÓJ |  POL | POL | 75 | K35/5 | (K)15 | 00:53:24 | 05.36 |
| 6 | 135 | STEFANIAK Justyna | OLEŚNICA |  POL | POL | 76 | K35/6 | (K)23 | 00:56:48 | 05.58 |
| 8 | 129 | PACHURA Kinga | MSZANA DOLNA |  POL | POL | 76 | K35/8 | (K)29 | 00:58:48 | 06.10 |
| 9 | 123 | MALIK Agnieszka | ZĄBKOWICE ŚLĄSKIE |  POL | POL | 77 | K35/9 | (K)33 | 00:59:55 | 06.17 |
| 10 | 101 | BEZULSKA Anna | GORZÓW WLKP. |  POL | POL | 78 | K35/10 | (K)37 | 01:02:42 | 06.35 |
| 12 | 125 | MICHALIK Anna | SWIDNICA |  POL | POL | 77 | K35/12 | (K)54 | 01:14:36 | 07.50 |
| Run Kobiety KATEGORIA:K40 | | | | | | | | | | |
| 3 | 209 | GALUSZKA Halina | PORĄBKA |  POL | POL | 71 | K40/3 | (K)14 | 00:52:47 | 05.32 |
| 4 | 230 | PODGÓRSKA Małgorzata | BIELAWA |  POL | POL | 72 | K40/4 | (K)16 | 00:54:08 | 07.30 |
| 6 | 214 | HACZYK Natalia | OPOLE |  POL | POL | 73 | K40/6 | (K)22 | 00:56:30 | 05.56 |
| 8 | 201 | BARAŃSKA Małgorzata | OPOLE |  POL | POL | 70 | K40/8 | (K)46 | 01:08:06 | 07.09 |
| 9 | 242 | TOCZYŁOWSKA Magdalena | WAŁBRZYCH |  POL | POL | 73 | K40/9 | (K)50 | 01:11:23 | 07.30 |
| 10 | 202 | BISIKIEWICZ Elżbieta | NOWA RUDA |  POL | POL | 72 | K40/10 | (K)53 | 01:12:26 | 07.36 |
| 11 | 229 | ORZECHOWSKA Dorota | WROCLAW |  POL | POL | 71 | K40/11 | (K)61 | 01:25:58 | 09.02 |
| Run Kobiety KATEGORIA:K45 | | | | | | | | | | |
| 6 | 289 | ZARĘBA Jolanta | RZESZÓW |  POL | POL | 65 | K45/6 | (K)44 | 01:07:28 | 07.05 |
| Run Kobiety KATEGORIA:K50 | | | | | | | | | | |
| 3 | 335 | STANKIEWICZ Iwona | SOBÓTKA |  POL | POL | 59 | K50/3 | (K)47 | 01:09:25 | 07.17 |
| 7 | 347 | ŻMUDZKA Grażyna | GDAŃSK |  POL | POL | 59 | K50/7 | (K)63 | 01:33:23 | 09.49 |
| 8 | 573 | NOWICKA Bożena | SOBÓTKA |  POL | POL | 59 | K50/8 | (K)64 | 01:35:10 | 10.00 |
| Run Kobiety KATEGORIA:K55 | | | | | | | | | | |
| 10 | 386 | PŁOTEK Halina | GLUBCZYCE |  POL | POL | 58 | K55/10 | (K)39 | 01:04:29 | 06.46 |
| 12 | 395 | WĘCŁAWIK Urszula | JEDLINA ZDRÓJ |  POL | POL | 56 | K55/12 | (K)48 | 01:10:16 | 07.23 |
| Run Kobiety KATEGORIA:K60 | | | | | | | | | | |
| 2 | 428 | SIKORA Alicja | BIELSKO BIAŁA |  POL | POL | 52 | K60/2 | (K)24 | 00:57:00 | 05.59 |
| Run Kobiety KATEGORIA:K65 | | | | | | | | | | |
| 2 | 457 | KRAKOWIAK Barbara | TRZEBNICA |  POL | POL | 46 | K65/2 | (K)58 | 01:18:13 | 08.13 |
| Run Kobiety KATEGORIA:K70 | | | | | | | | | | |
| 1 | 507 | PRYMAKOWSKA Barbara | TARNOW |  POL | POL | 43 | K70/1 | (K)49 | 01:10:57 | 07.27 |