

## SZYBKA „5”

Organizator: Stowarzyszenie Duch Pogórza  
Data: 2023-11-04  
Miejsce: Dubiecko  
Dystans: 5 km  
Klasyfikacja wg czasów brutto.



### SZYBKA „5”, OPEN

| M-ce | Nazwisko i imię           | Nr | Klub                                   | M-scowość        | Kraj | Kat.           | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|---------------------------|----|--|------------------|------|----------------|--------|------|-------------|-------------|--------|------|
| 1    | SZYBIAK MACIEJ            | 45 | PRZEMYSKI KLUB BIEGACZA                | RECZPOL          | POL  | OPEN MĘŻCZYŹNI | 1      | M 1  | 00:18:00.00 | 00:18:00.00 | 3:36   | 16.7 |
| 2    | WALUS BARTŁOMIEJ          | 49 | AKTYWNY BUDYNIARZ                      | DYNÓW            | POL  | OPEN MĘŻCZYŹNI | 2      | M 2  | 00:18:38.00 | 00:18:38.00 | 3:43   | 16.1 |
| 3    | BRENDZOWSKI ADAM          | 3  | SOLINA TEAM                            | SOLINA           | POL  | OPEN MĘŻCZYŹNI | 3      | M 3  | 00:19:03.00 | 00:19:03.00 | 3:48   | 15.7 |
| 4    | PEŁDIAK MATEUSZ           | 25 | KB ATHLETIC ZREĆIN / PAWKO RUNNER TEAM | KROSNO           | POL  | OPEN MĘŻCZYŹNI | 4      | M 4  | 00:19:13.00 | 00:19:13.00 | 3:50   | 15.6 |
| 5    | ZIELIŃSKI SŁAWEK          | 53 | #TEAMSZÓSTABE                          | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 5      | M 5  | 00:19:39.00 | 00:19:39.00 | 3:55   | 15.3 |
| 6    | FEDIO MAREK               | 10 | PRZEMYSKI KLUB BIEGACZA                | ROSŁOŃSKIEGO     | POL  | OPEN MĘŻCZYŹNI | 6      | M 6  | 00:19:50.00 | 00:19:50.00 | 3:58   | 15.1 |
| 7    | JACHIMOWSKI JAROSŁAW      | 56 | SANOK BIEGA                            | SANOK            | POL  | OPEN MĘŻCZYŹNI | 7      | M 7  | 00:19:57.00 | 00:19:57.00 | 3:59   | 15   |
| 8    | MARSAŁEK EWA              | 20 | KROSSKI REMSPORT                       | RZESZÓW          | POL  | OPEN KOBIETY   | 1      | K 1  | 00:20:12.00 | 00:20:12.00 | 4:02   | 14.9 |
| 9    | SOLARSKI KRYSZTIAN        | 35 |  | PRZEMYSŁ         | POL  | OPEN MĘŻCZYŹNI | 8      | M 8  | 00:20:15.00 | 00:20:15.00 | 4:03   | 14.8 |
| 10   | SURMACZ SŁAWEK            | 42 | PRZEMYSKI KLUB BIEGACZA                | PRZEMYSŁ         | POL  | OPEN MĘŻCZYŹNI | 9      | M 9  | 00:20:21.00 | 00:20:21.00 | 4:04   | 14.7 |
| 11   | GIERULA PIOTR             | 12 |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 10     | M 10 | 00:20:46.00 | 00:20:46.00 | 4:09   | 14.4 |
| 12   | POŁTORAK DARIUSZ          | 26 | PRZEWORSK GRUPA BIEGOWA                | PRZEWORSK        | POL  | OPEN MĘŻCZYŹNI | 11     | M 11 | 00:20:53.00 | 00:20:53.00 | 4:10   | 14.4 |
| 13   | SOLARSKI ROBERT           | 33 |  | PRZEMYSŁ         | POL  | OPEN MĘŻCZYŹNI | 12     | M 12 | 00:21:08.00 | 00:21:08.00 | 4:13   | 14.2 |
| 14   | SZKODA ROBERT             | 44 | BIŁGORAJ BIEGA                         | BIŁGORAJ         | POL  | OPEN MĘŻCZYŹNI | 13     | M 13 | 00:21:19.00 | 00:21:19.00 | 4:15   | 14.1 |
| 15   | HOŁOWATY RENATA           | 57 | SANOK BIEGA                            | WYSOCZANY        | POL  | OPEN KOBIETY   | 2      | K 2  | 00:21:20.00 | 00:21:20.00 | 4:16   | 14.1 |
| 16   | RĘPAŁSKA AGATA            | 30 |  | KROŚCIENKO WYŻNE | POL  | OPEN KOBIETY   | 3      | K 3  | 00:21:27.00 | 00:21:27.00 | 4:17   | 14   |
| 17   | SIKORA JACEK              | 32 | SAMOTNY WILK                           | CZUDEK           | POL  | OPEN MĘŻCZYŹNI | 14     | M 14 | 00:21:54.00 | 00:21:54.00 | 4:22   | 13.7 |
| 18   | FILAR GABRIELA            | 11 |  | RZESZÓW          | POL  | OPEN KOBIETY   | 4      | K 4  | 00:22:18.00 | 00:22:18.00 | 4:27   | 13.5 |
| 19   | SOLARSKI MARCIN           | 34 |  | PRZEMYSŁ         | POL  | OPEN MĘŻCZYŹNI | 15     | M 15 | 00:22:32.00 | 00:22:32.00 | 4:30   | 13.3 |
| 20   | CZAPŁAK MICHAŁ            | 5  |  | KAŃCZUGA         | POL  | OPEN MĘŻCZYŹNI | 16     | M 16 | 00:22:39.00 | 00:22:39.00 | 4:31   | 13.2 |
| 21   | ZATORSKA PLESKACZ IZABELA | 55 | ALPIN SPORT TEAM                       | WROCANKA         | POL  | OPEN KOBIETY   | 5      | K 5  | 00:22:49.00 | 00:22:49.00 | 4:33   | 13.1 |
| 22   | KLUZ FILIP                | 16 | PODIUM                                 | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 17     | M 17 | 00:25:00.00 | 00:25:00.00 | 5:00   | 12   |
| 23   | DZIMIRA SŁAWOMIR          | 9  | BROWAR POGÓRZA                         | DUBIECKO         | POL  | OPEN MĘŻCZYŹNI | 18     | M 18 | 00:26:34.00 | 00:26:34.00 | 5:18   | 11.3 |
| 24   | MATEJA AGNIESZKA          | 21 | BIŁGORAJ BIEGA                         | JÓZEFÓW          | POL  | OPEN KOBIETY   | 6      | K 6  | 00:26:40.00 | 00:26:40.00 | 5:20   | 11.3 |
| 25   | STANOSZ-CHEŁKOWSKA ANETA  | 37 | HARDE DZIKI                            | CHYROWA          | POL  | OPEN KOBIETY   | 7      | K 7  | 00:26:46.00 | 00:26:46.00 | 5:21   | 11.2 |
| 26   | KWIECIEŃ PIOTR            | 18 |  | TARNÓW           | POL  | OPEN MĘŻCZYŹNI | 19     | M 19 | 00:26:46.00 | 00:26:46.00 | 5:21   | 11.2 |
| 27   | ŚCIBOR KAMIL              | 46 |  | DUBIECKO         | POL  | OPEN MĘŻCZYŹNI | 20     | M 20 | 00:27:05.00 | 00:27:05.00 | 5:25   | 11.1 |
| 28   | ŚCIBOR AGNIESZKA          | 47 |  | NIENADOWA        | POL  | OPEN KOBIETY   | 8      | K 8  | 00:27:07.00 | 00:27:07.00 | 5:25   | 11.1 |
| 29   | SYCZ BARBARA              | 43 | PRZEMYSKI KLUB BIEGACZA                | KNIAZYCE         | POL  | OPEN KOBIETY   | 9      | K 9  | 00:27:09.00 | 00:27:09.00 | 5:25   | 11   |
| 30   | POMIANEK ŁUKASZ           | 58 |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 21     | M 21 | 00:27:21.00 | 00:27:21.00 | 5:28   | 11   |
| 31   | DĘBIEC AGNIESZKA          | 6  |  | GDAŃSK           | POL  | OPEN KOBIETY   | 10     | K 10 | 00:27:24.00 | 00:27:24.00 | 5:28   | 10.9 |
| 32   | LEWANDOWSKA KAROLINA      | 59 |  | WARSZAWA         | POL  | OPEN KOBIETY   | 11     | K 11 | 00:27:49.00 | 00:27:49.00 | 5:33   | 10.8 |
| 33   | PAŁYS MICHAŁ              | 24 |  | KRAKÓW           | POL  | OPEN MĘŻCZYŹNI | 22     | M 22 | 00:28:35.00 | 00:28:35.00 | 5:43   | 10.5 |
| 34   | WNUK JUSTYNA              | 51 | HARDE DZIKI                            | IWONICZ          | POL  | OPEN KOBIETY   | 12     | K 12 | 00:28:44.00 | 00:28:44.00 | 5:44   | 10.4 |
| 35   | DRUCIAK JACEK             | 8  | PATATAJ                                | KROSNO           | POL  | OPEN MĘŻCZYŹNI | 23     | M 23 | 00:29:12.00 | 00:29:12.00 | 5:50   | 10.3 |
| 36   | RADYK ALEKSANDRA          | 29 | RADYK TEAM                             | PRZEMYSŁ         | POL  | OPEN KOBIETY   | 13     | K 13 | 00:29:25.00 | 00:29:25.00 | 5:53   | 10.2 |
| 37   | STAROŃ SYLWIA             | 38 |  | WARSZAWA         | POL  | OPEN KOBIETY   | 14     | K 14 | 00:29:31.00 | 00:29:31.00 | 5:54   | 10.2 |
| 38   | DZISZKIEWICZ GRZEGORZ     | 60 |  | BIELSKO BIAŁA    | POL  | OPEN MĘŻCZYŹNI | 24     | M 24 | 00:29:38.00 | 00:29:38.00 | 5:55   | 10.1 |
| 39   | KLUZ ROBERT               | 15 |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 25     | M 25 | 00:29:39.00 | 00:29:39.00 | 5:55   | 10.1 |
| 40   | BUDZYN ANNA               | 4  |  | KOMANĆZA         | POL  | OPEN KOBIETY   | 15     | K 15 | 00:32:29.00 | 00:32:29.00 | 6:29   | 9.2  |
| 41   | ZIEMIAŃSKA EWA            | 54 |  | BRZESKO          | POL  | OPEN KOBIETY   | 16     | K 16 | 00:34:46.00 | 00:34:46.00 | 6:57   | 8.6  |
| 42   | ZAPAŁ JUSTYNA             | 52 |  | DĘBICA           | POL  | OPEN KOBIETY   | 17     | K 17 | 00:37:14.00 | 00:37:14.00 | 7:26   | 8.1  |
| 43   | GORCZYCA KACPER           | 22 |  |                  | POL  | OPEN MĘŻCZYŹNI | 26     | M 26 | 00:39:07.00 | 00:39:07.00 | 7:49   | 7.7  |
| 44   | SUŁKOWSKI MACIEJ          | 41 |  | WARSZAWA         | POL  | OPEN MĘŻCZYŹNI | 27     | M 27 | 00:39:48.00 | 00:39:48.00 | 7:57   | 7.5  |
| 45   | WIROWSKI ADAM             | 50 |  | WARSZAWA         | POL  | OPEN MĘŻCZYŹNI | 28     | M 28 | 00:40:05.00 | 00:40:05.00 | 8:01   | 7.5  |
| 46   | STEC ANNA                 | 40 |  | RABKA-ZDRÓJ      | POL  | OPEN KOBIETY   | 18     | K 18 | 00:40:26.00 | 00:40:26.00 | 8:05   | 7.4  |

**SZYBKA „5”, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr | Klub                        | M-scowość   | Kraj | Kat.           | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|----------------------|----|-----------------------------|-------------|------|----------------|--------|------|-------------|-------------|--------|------|
| 47   | STEC WOJCIECH        | 39 |                             | RABKA-ZDRÓJ | POL  | OPEN MĘŻCZYŹNI | 29     | M 29 | 00:40:30.00 | 00:40:30.00 | 8:06   | 7.4  |
| 48   | HADAM EWA            | 13 | SPARTAN TRAININF GROUP      | DYNÓW       | POL  | OPEN KOBIETY   | 19     | K 19 | 00:41:11.00 | 00:41:11.00 | 8:14   | 7.3  |
| 49   | DRELINKIEWICZ ALICJA | 7  |                             | DYNÓW       | POL  | OPEN KOBIETY   | 20     | K 20 | 00:41:13.00 | 00:41:13.00 | 8:14   | 7.3  |
| 50   | RYCHLICKA BEATA      | 31 |                             | ZABRZE      | POL  | OPEN KOBIETY   | 21     | K 21 | 00:47:10.00 | 00:47:10.00 | 9:26   | 6.4  |
| 51   | MARIOLA MACIEJEWSKA  | 19 |                             | KRAKOW      | POL  | OPEN KOBIETY   | 22     | K 22 | 00:47:12.00 | 00:47:12.00 | 9:26   | 6.4  |
| 52   | MYNAREK OLIMPIA      | 23 |                             | ZABRZE      | POL  | OPEN KOBIETY   | 23     | K 23 | 00:55:10.00 | 00:55:10.00 | 11:02  | 5.4  |
| 53   | BIERNACKA KORNELA    | 2  |                             | ELGNOWO     | POL  | OPEN KOBIETY   | 23     | K 23 | 00:55:10.00 | 00:55:10.00 | 11:02  | 5.4  |
| 54   | PYZIK EWA            | 27 |                             | ZABRZE      | POL  | OPEN KOBIETY   | 25     | K 25 | 00:55:11.00 | 00:55:11.00 | 11:02  | 5.4  |
| 55   | HUSAKOWSKA JOANNA    | 14 |                             | ZABRZE      | POL  | OPEN KOBIETY   | 26     | K 26 | 00:55:12.00 | 00:55:12.00 | 11:02  | 5.4  |
| 56   | RADYK ANNA           | 28 | JUMPING STARS TEAM PRZEMYSŁ | PRZEMYSŁ    | POL  | OPEN KOBIETY   | 27     | K 27 | 01:00:37.00 | 01:00:37.00 | 12:07  | 4.9  |
| 57   | KOZAK MATEUSZ        | 17 | KOZAK TEAM                  | ŁAŃCUT      | POL  | OPEN MĘŻCZYŹNI | 30     | M 30 | 01:00:40.00 | 01:00:40.00 | 12:08  | 4.9  |

**SZYBKA „5”, OPEN Kobiety**

| M-ce | Nazwisko i imię           | Nr | Klub                        | M-scowość        | Kraj | Kat.         | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|---------------------------|----|-----------------------------|------------------|------|--------------|--------|------|-------------|-------------|--------|------|
| 1    | MARSZAŁEK EWA             | 20 | KROSSKI REMSPORT            | RZESZÓW          | POL  | OPEN KOBIETY | 1      | K 1  | 00:20:12.00 | 00:20:12.00 | 4:02   | 14.9 |
| 2    | HOŁOWATY RENATA           | 57 | SANOK BIEGA                 | WYSOCZANY        | POL  | OPEN KOBIETY | 2      | K 2  | 00:21:20.00 | 00:21:20.00 | 4:16   | 14.1 |
| 3    | REPALSKA AGATA            | 30 |                             | KROŚCIENKO WYŻNE | POL  | OPEN KOBIETY | 3      | K 3  | 00:21:27.00 | 00:21:27.00 | 4:17   | 14   |
| 4    | FILAR GABRIELA            | 11 |                             | RZESZÓW          | POL  | OPEN KOBIETY | 4      | K 4  | 00:22:18.00 | 00:22:18.00 | 4:27   | 13.5 |
| 5    | ZATORSKA PLESKACZ IZABELA | 55 | ALPIN SPORT TEAM            | WROCANKA         | POL  | OPEN KOBIETY | 5      | K 5  | 00:22:49.00 | 00:22:49.00 | 4:33   | 13.1 |
| 6    | MATEJA AGNIESZKA          | 21 | BIŁGORAJ BIEGA              | JÓZEFÓW          | POL  | OPEN KOBIETY | 6      | K 6  | 00:26:40.00 | 00:26:40.00 | 5:20   | 11.3 |
| 7    | STANOSZ-CHEŁKOWSKA ANETA  | 37 | HARDE DZIKI                 | CHYROWA          | POL  | OPEN KOBIETY | 7      | K 7  | 00:26:46.00 | 00:26:46.00 | 5:21   | 11.2 |
| 8    | ŚCIBOR AGNIESZKA          | 47 |                             | NIENADOWA        | POL  | OPEN KOBIETY | 8      | K 8  | 00:27:07.00 | 00:27:07.00 | 5:25   | 11.1 |
| 9    | SYCZ BARBARA              | 43 | PRZEMYSKI KLUB BIEGACZA     | KNIAZYCE         | POL  | OPEN KOBIETY | 9      | K 9  | 00:27:09.00 | 00:27:09.00 | 5:25   | 11   |
| 10   | DĘBIEC AGNIESZKA          | 6  |                             | GDAŃSK           | POL  | OPEN KOBIETY | 10     | K 10 | 00:27:24.00 | 00:27:24.00 | 5:28   | 10.9 |
| 11   | LEWANDOWSKA KAROLINA      | 59 |                             | WARSZAWA         | POL  | OPEN KOBIETY | 11     | K 11 | 00:27:49.00 | 00:27:49.00 | 5:33   | 10.8 |
| 12   | WNUK JUSTYNA              | 51 | HARDE DZIKI                 | IWONICZ          | POL  | OPEN KOBIETY | 12     | K 12 | 00:28:44.00 | 00:28:44.00 | 5:44   | 10.4 |
| 13   | RADYK ALEKSANDRA          | 29 | RADYK TEAM                  | PRZEMYSŁ         | POL  | OPEN KOBIETY | 13     | K 13 | 00:29:25.00 | 00:29:25.00 | 5:53   | 10.2 |
| 14   | STAROŃ SYLWIA             | 38 |                             | WARSZAWA         | POL  | OPEN KOBIETY | 14     | K 14 | 00:29:31.00 | 00:29:31.00 | 5:54   | 10.2 |
| 15   | BUDZYN ANNA               | 4  |                             | KOMAŃCZA         | POL  | OPEN KOBIETY | 15     | K 15 | 00:32:29.00 | 00:32:29.00 | 6:29   | 9.2  |
| 16   | ZIEMIAŃSKA EWA            | 54 |                             | BRZESKO          | POL  | OPEN KOBIETY | 16     | K 16 | 00:34:46.00 | 00:34:46.00 | 6:57   | 8.6  |
| 17   | ZAPAŁ JUSTYNA             | 52 |                             | DĘBICA           | POL  | OPEN KOBIETY | 17     | K 17 | 00:37:14.00 | 00:37:14.00 | 7:26   | 8.1  |
| 18   | STEC ANNA                 | 40 |                             | RABKA-ZDRÓJ      | POL  | OPEN KOBIETY | 18     | K 18 | 00:40:26.00 | 00:40:26.00 | 8:05   | 7.4  |
| 19   | HADAM EWA                 | 13 | SPARTAN TRAININF GROUP      | DYNÓW            | POL  | OPEN KOBIETY | 19     | K 19 | 00:41:11.00 | 00:41:11.00 | 8:14   | 7.3  |
| 20   | DRELINKIEWICZ ALICJA      | 7  |                             | DYNÓW            | POL  | OPEN KOBIETY | 20     | K 20 | 00:41:13.00 | 00:41:13.00 | 8:14   | 7.3  |
| 21   | RYCHLICKA BEATA           | 31 |                             | ZABRZE           | POL  | OPEN KOBIETY | 21     | K 21 | 00:47:10.00 | 00:47:10.00 | 9:26   | 6.4  |
| 22   | MARIOLA MACIEJEWSKA       | 19 |                             | KRAKOW           | POL  | OPEN KOBIETY | 22     | K 22 | 00:47:12.00 | 00:47:12.00 | 9:26   | 6.4  |
| 23   | MYNAREK OLIMPIA           | 23 |                             | ZABRZE           | POL  | OPEN KOBIETY | 23     | K 23 | 00:55:10.00 | 00:55:10.00 | 11:02  | 5.4  |
| 24   | BIERNACKA KORNELA         | 2  |                             | ELGNOWO          | POL  | OPEN KOBIETY | 23     | K 23 | 00:55:10.00 | 00:55:10.00 | 11:02  | 5.4  |
| 25   | PYZIK EWA                 | 27 |                             | ZABRZE           | POL  | OPEN KOBIETY | 25     | K 25 | 00:55:11.00 | 00:55:11.00 | 11:02  | 5.4  |
| 26   | HUSAKOWSKA JOANNA         | 14 |                             | ZABRZE           | POL  | OPEN KOBIETY | 26     | K 26 | 00:55:12.00 | 00:55:12.00 | 11:02  | 5.4  |
| 27   | RADYK ANNA                | 28 | JUMPING STARS TEAM PRZEMYSŁ | PRZEMYSŁ         | POL  | OPEN KOBIETY | 27     | K 27 | 01:00:37.00 | 01:00:37.00 | 12:07  | 4.9  |

**SZYBKA „5”, OPEN Mężczyźni**

| M-ce | Nazwisko i imię      | Nr | Klub                                   | M-scowość    | Kraj | Kat.           | M. kat | K/M | Netto       | Brutto      | min/km | km/h |
|------|----------------------|----|--|--------------|------|----------------|--------|-----|-------------|-------------|--------|------|
| 1    | SZYBIAK MACIEJ       | 45 | PRZEMYSKI KLUB BIEGACZA                | RECZPOL      | POL  | OPEN MĘŻCZYŹNI | 1      | M 1 | 00:18:00.00 | 00:18:00.00 | 3:36   | 16.7 |
| 2    | WALUS BARTŁOMIEJ     | 49 | AKTYWNY BUDYNIARZ                      | DYNÓW        | POL  | OPEN MĘŻCZYŹNI | 2      | M 2 | 00:18:38.00 | 00:18:38.00 | 3:43   | 16.1 |
| 3    | BRENDZOWSKI ADAM     | 3  | SOLINA TEAM                            | SOLINA       | POL  | OPEN MĘŻCZYŹNI | 3      | M 3 | 00:19:03.00 | 00:19:03.00 | 3:48   | 15.7 |
| 4    | PEŁDIAK MATEUSZ      | 25 | KB ATHLETIC ZREĆIN / PAWKO RUNNER TEAM | KROSNO       | POL  | OPEN MĘŻCZYŹNI | 4      | M 4 | 00:19:13.00 | 00:19:13.00 | 3:50   | 15.6 |
| 5    | ZIELIŃSKI SŁAWEK     | 53 | #TEAMSZÓSTABE                          | RZESZÓW      | POL  | OPEN MĘŻCZYŹNI | 5      | M 5 | 00:19:39.00 | 00:19:39.00 | 3:55   | 15.3 |
| 6    | FEDIO MAREK          | 10 | PRZEMYSKI KLUB BIEGACZA                | ROŚLÓŃSKIEGO | POL  | OPEN MĘŻCZYŹNI | 6      | M 6 | 00:19:50.00 | 00:19:50.00 | 3:58   | 15.1 |
| 7    | JACHIMOWSKI JAROSŁAW | 56 | SANOK BIEGA                            | SANOK        | POL  | OPEN MĘŻCZYŹNI | 7      | M 7 | 00:19:57.00 | 00:19:57.00 | 3:59   | 15   |
| 8    | SOLARSKI KRYSZTYAN   | 35 |  | PRZEMYSŁ     | POL  | OPEN MĘŻCZYŹNI | 8      | M 8 | 00:20:15.00 | 00:20:15.00 | 4:03   | 14.8 |

**SZYBKA „5”, OPEN Mężczyźni c.d.**

| M-ce | Nazwisko i imię       | Nr | Klub                     | M-scowość     | Kraj | Kat.           | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|----|--------------------------|---------------|------|----------------|--------|------|-------------|-------------|--------|------|
| 9    | SURMACZ SŁAWEK        | 42 | PRZEMYSKI KLUB BIEGACZA  | PRZEMYŚL      | POL  | OPEN MĘŻCZYŹNI | 9      | M 9  | 00:20:21.00 | 00:20:21.00 | 4:04   | 14.7 |
| 10   | GIERULA PIOTR         | 12 |                          | RZESZÓW       | POL  | OPEN MĘŻCZYŹNI | 10     | M 10 | 00:20:46.00 | 00:20:46.00 | 4:09   | 14.4 |
| 11   | PÓŁTORAK DARIUSZ      | 26 | PRZEWORSKI GRUPA BIEGOWA | PRZEWORSK     | POL  | OPEN MĘŻCZYŹNI | 11     | M 11 | 00:20:53.00 | 00:20:53.00 | 4:10   | 14.4 |
| 12   | SOLARSKI ROBERT       | 33 |                          | PRZEMYŚL      | POL  | OPEN MĘŻCZYŹNI | 12     | M 12 | 00:21:08.00 | 00:21:08.00 | 4:13   | 14.2 |
| 13   | SZKODA ROBERT         | 44 | BIŁGORAJ BIEGA           | BIŁGORAJ      | POL  | OPEN MĘŻCZYŹNI | 13     | M 13 | 00:21:19.00 | 00:21:19.00 | 4:15   | 14.1 |
| 14   | SIKORA JACEK          | 32 | SAMOTNY WILK             | CZUDEK        | POL  | OPEN MĘŻCZYŹNI | 14     | M 14 | 00:21:54.00 | 00:21:54.00 | 4:22   | 13.7 |
| 15   | SOLARSKI MARCIN       | 34 |                          | PRZEMYŚL      | POL  | OPEN MĘŻCZYŹNI | 15     | M 15 | 00:22:32.00 | 00:22:32.00 | 4:30   | 13.3 |
| 16   | CZAPLAK MICHAŁ        | 5  |                          | KAŃCZUGA      | POL  | OPEN MĘŻCZYŹNI | 16     | M 16 | 00:22:39.00 | 00:22:39.00 | 4:31   | 13.2 |
| 17   | KLUZ FILIP            | 16 | PODIUM                   | RZESZÓW       | POL  | OPEN MĘŻCZYŹNI | 17     | M 17 | 00:25:00.00 | 00:25:00.00 | 5:00   | 12   |
| 18   | DZIMIRA SŁAWOMIR      | 9  | BROWAR POGÓRZA           | DUBIECKO      | POL  | OPEN MĘŻCZYŹNI | 18     | M 18 | 00:26:34.00 | 00:26:34.00 | 5:18   | 11.3 |
| 19   | KWIECIEŃ PIOTR        | 18 |                          | TARNÓW        | POL  | OPEN MĘŻCZYŹNI | 19     | M 19 | 00:26:46.00 | 00:26:46.00 | 5:21   | 11.2 |
| 20   | ŚCIBOR KAMIL          | 46 |                          | DUBIECKO      | POL  | OPEN MĘŻCZYŹNI | 20     | M 20 | 00:27:05.00 | 00:27:05.00 | 5:25   | 11.1 |
| 21   | POMIANEK ŁUKASZ       | 58 |                          | RZESZÓW       | POL  | OPEN MĘŻCZYŹNI | 21     | M 21 | 00:27:21.00 | 00:27:21.00 | 5:28   | 11   |
| 22   | PAŁYS MICHAŁ          | 24 |                          | KRAKÓW        | POL  | OPEN MĘŻCZYŹNI | 22     | M 22 | 00:28:35.00 | 00:28:35.00 | 5:43   | 10.5 |
| 23   | DRUCIAK JACEK         | 8  | PATATAJ                  | KROSNO        | POL  | OPEN MĘŻCZYŹNI | 23     | M 23 | 00:29:12.00 | 00:29:12.00 | 5:50   | 10.3 |
| 24   | DZISZKIEWICZ GRZEGORZ | 60 |                          | BIELSKO BIAŁA | POL  | OPEN MĘŻCZYŹNI | 24     | M 24 | 00:29:38.00 | 00:29:38.00 | 5:55   | 10.1 |
| 25   | KLUZ ROBERT           | 15 |                          | RZESZÓW       | POL  | OPEN MĘŻCZYŹNI | 25     | M 25 | 00:29:39.00 | 00:29:39.00 | 5:55   | 10.1 |
| 26   | GORCZYCA KACPER       | 22 |                          |               | POL  | OPEN MĘŻCZYŹNI | 26     | M 26 | 00:39:07.00 | 00:39:07.00 | 7:49   | 7.7  |
| 27   | SUŁKOWSKI MACIEJ      | 41 |                          | WARSZAWA      | POL  | OPEN MĘŻCZYŹNI | 27     | M 27 | 00:39:48.00 | 00:39:48.00 | 7:57   | 7.5  |
| 28   | WIROWSKI ADAM         | 50 |                          | WARSZAWA      | POL  | OPEN MĘŻCZYŹNI | 28     | M 28 | 00:40:05.00 | 00:40:05.00 | 8:01   | 7.5  |
| 29   | STEC WOJCIECH         | 39 |                          | RABKA-ZDRÓJ   | POL  | OPEN MĘŻCZYŹNI | 29     | M 29 | 00:40:30.00 | 00:40:30.00 | 8:06   | 7.4  |
| 30   | KOZAK MATEUSZ         | 17 | KOZAK TEAM               | ŁAŃCUT        | POL  | OPEN MĘŻCZYŹNI | 30     | M 30 | 01:00:40.00 | 01:00:40.00 | 12:08  | 4.9  |