

STRZEGOMSKA DWUNASTKA - 23.06.2018, STRZEGOM
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| Msc | StNr | Nzwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Netto | Km/h | Temp |
|-----|------|------------------------|----------------------|------|-----|-------|-------|-------|--------|------|
| 1 | 2 | BRYDL PAVEL | MIZUNO/YOKO XC LIFE | 1980 | 1e | M30 | 20:20 | 40:58 | 17,575 | 3:24 |
| 2 | 179 | STEMPNIK PRZEMYSŁAW | JAWOR | 1981 | 2e | M30 | 20:39 | 41:27 | 17,370 | 3:27 |
| 3 | 42 | BRYL KAROL | IRC KOWALE,WROCLAW | 1982 | 3e | M30 | 20:52 | 42:18 | 17,021 | 3:31 |
| 4 | 191 | CZARNOTA DARIUSZ | WSCHOWA | 1989 | 1e | M18 | 21:28 | 43:11 | 16,673 | 3:35 |
| 5 | 173 | PLEWKO JAKUB | KGHM ZG RUN,GLOGÓW | 1983 | 4e | M30 | 21:51 | 44:08 | 16,314 | 3:40 |
| 6 | 227 | RYDZ ANDRZEJ | KB TKKF JAWOR,JAWOR | 1965 | 1e | M50 | 21:53 | 44:24 | 16,216 | 3:42 |
| 7 | 142 | STRZECHA JACEK | SA WOLNIEJSI,WALBRZY | 1989 | 2e | M18 | 22:15 | 44:49 | 16,065 | 3:44 |
| 8 | 128 | LACHOWSKI PRZEMYSŁAW | KLUB BIEGACZA BOLESL | 1977 | 1e | M40 | 22:20 | 45:07 | 15,959 | 3:45 |
| 9 | 318 | JANUSZ RYSZARD | SZCZYTNIA BIEGA,SZCZ | 1964 | 2e | M50 | 22:50 | 46:04 | 15,630 | 3:50 |
| 10 | 172 | BUBLIS GRZEGORZ | KAMIENNOGÓRSKA GRUPA | 1983 | 5e | M30 | 23:11 | 46:19 | 15,545 | 3:51 |
| 11 | 200 | CABAJ DAMIAN | SWIDNICKA GRUPA BIEG | 1986 | 6e | M30 | 22:50 | 46:19 | 15,545 | 3:51 |
| 12 | 32 | PATALON MAREK | GLKS MARCINOWICE,MAR | 1967 | 3e | M50 | 22:55 | 46:33 | 15,467 | 3:52 |
| 13 | 246 | SŁAWIK ANDRZEJ | GLUSZYCA | 1976 | 2e | M40 | 23:17 | 46:36 | 15,451 | 3:53 |
| 14 | 30 | PELIŃSKI ANDRZEJ | SWIDNICA | 1969 | 3e | M40 | 22:55 | 46:46 | 15,396 | 3:53 |
| 15 | 287 | STAMM DANIEL | AMBIT LESZNO Y TEAM, | 1993 | 3e | M18 | 23:11 | 46:52 | 15,363 | 3:54 |
| 16 | 308 | PURCZYŃSKI GRZEGORZ | KAM-PUR,ZIELONA GÓRA | 1979 | 7e | M30 | 23:12 | 47:05 | 15,292 | 3:55 |
| 17 | 73 | GAJEWSKI MARCIN | EBIEGI.PL,KLODZKO | 1977 | 4e | M40 | 23:32 | 47:12 | 15,254 | 3:56 |
| 18 | 334 | CZERWIECKI MARCIN | STRZEGOM | 1985 | 8e | M30 | 23:08 | 47:26 | 15,179 | 3:57 |
| 19 | 41 | LISZKA KAMIL | STRZEGOMSKA DWUNASTK | 1981 | 9e | M30 | 24:24 | 47:55 | 15,026 | 3:59 |
| 20 | 6 | BERNATEK MARCIN | STRZEGOMSKA DWUNASTK | 1979 | 10e | M30 | 23:43 | 48:02 | 14,990 | 4:00 |
| 21 | 13 | CZUB PIOTR | GRUPA BIEGOWA BEZ GR | 1993 | 4e | M18 | 23:36 | 48:17 | 14,912 | 4:01 |
| 22 | 331 | PANEK RADOSŁAW | KAMIENIEC ZABKOWICKI | 2000 | 5e | M18 | 23:42 | 48:25 | 14,871 | 4:02 |
| 23 | 35 | KIERCZAK MAREK | SWIDNICA | 1970 | 5e | M40 | 24:12 | 48:28 | 14,856 | 4:02 |
| 24 | 344 | MĘKAL RADEK | SMASHING PAKPINS,WAL | 1979 | 11e | M30 | 24:33 | 48:41 | 14,789 | 4:03 |
| 25 | 202 | CHRAPCZYŃSKI KRYSZTIAN | LUBIE I CHCE TO BIEG | 1976 | 6e | M40 | 24:27 | 49:16 | 14,614 | 4:06 |
| 26 | 329 | GOSZTYŁA MARIUSZ | WIERUSZÓW | 1977 | 7e | M40 | 24:46 | 49:23 | 14,580 | 4:06 |
| 27 | 236 | STYPUŁA MARIAN | SWIDNICKA GRUPA BIEG | 1961 | 4e | M50 | 24:38 | 49:53 | 14,434 | 4:09 |
| 28 | 290 | STAREGO ADAM | KLUB BIEGACZA BOLESL | 1958 | 1e | M60 | 24:36 | 50:06 | 14,371 | 4:10 |
| 29 | 87 | ROZUMKIEWICZ PAWEŁ | SWIDNICKA GRUPA BIEG | 1987 | 12e | M30 | 24:54 | 50:19 | 14,309 | 4:11 |
| 30 | 361 | REDLIŃSKI ROBERT | ARYZTA,SWIDNICA | 1975 | 8e | M40 | 24:49 | 50:19 | 14,309 | 4:11 |
| 31 | 74 | ŻMIJAN ARTUR | BOLKÓW BIEGA,BOLKÓW | 1971 | 9e | M40 | 25:29 | 50:23 | 14,290 | 4:11 |
| 32 | 319 | KŁOSOWSKI PIOTR | STRZEGOM | 1971 | 10e | M40 | 24:42 | 50:23 | 14,290 | 4:11 |
| 33 | 147 | JANKOWSKI TOMASZ | JKSSALAMANDRA,CHELMI | 1978 | 11e | M40 | 24:50 | 50:24 | 14,286 | 4:12 |
| 34 | 230 | PODOLSKI PRZEMEK | SWIDNICKA GRUPA BIEG | 1964 | 5e | M50 | 24:53 | 50:39 | 14,215 | 4:13 |
| 35 | 245 | MYDŁOWSKI TOMASZ | NATURALNIE JANOWICE, | 1973 | 12e | M40 | 24:44 | 51:03 | 14,104 | 4:15 |
| 36 | 91 | KISIEL MACIEJ | AKTYWNY WALBRZYCH,DZ | 1977 | 13e | M40 | 25:25 | 51:26 | 13,999 | 4:17 |
| 37 | 163 | MATUSZEWSKI GRZEGORZ | JKS SALAMANDRA,ZEBOW | 1993 | 6e | M18 | 26:26 | 51:36 | 13,953 | 4:18 |
| 38 | 117 | KIELBASA MIROSLAW | EKIPA Z TARNOWA,TARN | 1975 | 14e | M40 | 25:31 | 51:37 | 13,949 | 4:18 |
| 39 | 27 | GURGUL RYSZARD | SWIDNICKA GRUPA BIEG | 1955 | 2e | M60 | 25:24 | 51:37 | 13,949 | 4:18 |
| 40 | 18 | STANISZEWSKI JACEK | SWIEBODZICE | 1981 | 13e | M30 | 25:34 | 51:43 | 13,922 | 4:18 |
| 41 | 59 | JAROSZYK MATEUSZ | WYSOKA | 1994 | 7e | M18 | 26:06 | 51:44 | 13,918 | 4:18 |
| 42 | 125 | KOZIEŁ TOMASZ | KUDOWSCY MILOSNICY B | 1979 | 14e | M30 | 26:19 | 51:55 | 13,868 | 4:19 |
| 43 | 283 | KIRAKOSOV KOSTIANTYN | AMBIT TEAM LESZNO,LE | 1982 | 15e | M30 | 25:44 | 52:01 | 13,842 | 4:20 |
| 44 | 263 | BIAŁKOWSKI SEBASTIAN | WROCLAW | 1976 | 15e | M40 | 26:32 | 52:17 | 13,771 | 4:21 |
| 45 | 168 | ZIĘBA BOGDAN | BIEGOWA SWIDNICA,PSZ | 1968 | 6e | M50 | 25:52 | 52:27 | 13,727 | 4:22 |
| 46 | 83 | STRZELCZAK HENRYK | KS MARATON NOWA RUDA | 1958 | 3e | M60 | 25:55 | 52:46 | 13,645 | 4:23 |
| 47 | 131 | CZOSNYKA ADRIAN | TARNÓW | 1979 | 16e | M30 | 26:33 | 52:56 | 13,602 | 4:24 |
| 48 | 66 | WCIÓRKA PIOTR | SWIDNICKA GRUPA BIEG | 1979 | 17e | M30 | 26:35 | 53:04 | 13,568 | 4:25 |
| 49 | 340 | PTAK MARCIN | DOMASZCZYN | 1975 | 16e | M40 | 25:52 | 53:09 | 13,547 | 4:25 |
| 50 | 184 | TWARÓG ZBIGNIEW | STRZEGOM | 1952 | 4e | M60 | 26:12 | 53:10 | 13,542 | 4:25 |

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|-----|------|------------------------|----------------------|------|-----|-------|-------|-------|--------|------|
| 51 | 297 | KRZYSZCZUK TADEUSZ | MARATONCZYK GÓRA,GÓR | 1956 | 5e | M60 | 26:37 | 53:13 | 13,530 | 4:26 |
| 52 | 169 | ZUB ARKADIUSZ | KB SOBÓTKA ,ROGÓW SO | 1974 | 17e | M40 | 26:13 | 53:13 | 13,530 | 4:26 |
| 53 | 217 | SZACH ANDRZEJ | 22KBPG ,NIEMCZA | 1975 | 18e | M40 | 26:22 | 53:16 | 13,517 | 4:26 |
| 54 | 136 | OBORSKI ADAM | LUBIN | 1976 | 19e | M40 | 27:01 | 53:17 | 13,513 | 4:26 |
| 55 | 129 | PACUŁA ZBIGNIEW | PIASECZNO | 1961 | 7e | M50 | 26:29 | 53:18 | 13,508 | 4:26 |
| 56 | 16 | RÓDAK ZBIGNIEW | STRZEGOM, GB BEZ GRA | 1983 | 18e | M30 | 26:54 | 53:37 | 13,429 | 4:28 |
| 57 | 250 | JĘDRZEJCZYK ADRIAN | POCISK,WROCLAW | 1977 | 20e | M40 | 26:38 | 53:42 | 13,408 | 4:28 |
| 58 | 148 | LECHOWSKI JAN | KB HARCOWNIK,JELCZ-L | 1958 | 6e | M60 | 26:33 | 54:01 | 13,329 | 4:30 |
| 59 | 69 | GAŚSIOROWSKI KRZYSZTOF | OPOLE | 1987 | 19e | M30 | 27:00 | 54:19 | 13,256 | 4:31 |
| 60 | 247 | BOBELA KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1982 | 20e | M30 | 26:51 | 54:25 | 13,231 | 4:32 |
| 61 | 313 | CEDZIDŁO PAWEŁ | LUBAWKA | 1972 | 21e | M40 | 27:38 | 54:28 | 13,219 | 4:32 |
| 62 | 71 | DOBRAŚ TOMASZ | LZS LIPA,POGWIZDÓW | 1987 | 21e | M30 | 26:45 | 54:32 | 13,203 | 4:32 |
| 63 | 76 | FARNHOLTZ PAWEŁ | STRZEGOMSKA DWUNASTK | 1982 | 22e | M30 | 26:39 | 54:33 | 13,199 | 4:32 |
| 64 | 309 | SADOWSKI ROMAN | SLEZAK TEAM ,BOLKÓW | 1968 | 8e | M50 | 26:44 | 54:36 | 13,187 | 4:33 |
| 65 | 307 | FIDOR ARNOLD | SCHRONISKO-WOJTEK.PL | 1974 | 22e | M40 | 26:42 | 54:36 | 13,187 | 4:33 |
| 66 | 56 | CZAPIGA ROBERT | PRORITA TEAM ,NOWA R | 1971 | 23e | M40 | 27:27 | 54:52 | 13,123 | 4:34 |
| 67 | 192 | KOWALSKI JANUSZ | BOLKÓW TEAM,BOLKÓW | 1967 | 9e | M50 | 27:03 | 54:53 | 13,119 | 4:34 |
| 68 | 78 | ŁĄK TOMASZ | WROCLAW | 1972 | 24e | M40 | 27:01 | 55:00 | 13,091 | 4:35 |
| 69 | 244 | KAMIŃSKI IRENEUSZ | AMATOR,SWIDNICA | 1975 | 25e | M40 | 27:28 | 55:01 | 13,087 | 4:35 |
| 70 | 258 | DOBROCHOWSKI MAREK | STRZEGOMSKA DWUNASTK | 1982 | 23e | M30 | 27:31 | 55:04 | 13,075 | 4:35 |
| 71 | 326 | NOWICKI JACEK | STRZEGOMSKA DWUNASTK | 1983 | 24e | M30 | 27:22 | 55:08 | 13,059 | 4:35 |
| 72 | 284 | KRUPNIK KRZYSZTOF | STRZEGOMSKA DWUNASTA | 1982 | 25e | M30 | 27:21 | 55:09 | 13,055 | 4:35 |
| 73 | 353 | BLACHNIK DAMIAN | ARYZTA POLSKA SP. Z | 1982 | 26e | M30 | 26:22 | 55:23 | 13,000 | 4:36 |
| 74 | 181 | SZARAFIN SŁAWOMIR | BIEGAMY NA KOKSIE,WA | 1965 | 10e | M50 | 28:49 | 55:44 | 12,919 | 4:38 |
| 75 | 273 | SZUMLAŃSKI MACIEJ | KREJZITIM WALBRZYCH, | 1972 | 26e | M40 | 28:29 | 55:47 | 12,907 | 4:38 |
| 76 | 289 | GRAD RYSZARD | NOCNE WILKI,JAWOR | 1973 | 27e | M40 | 27:32 | 55:47 | 12,907 | 4:38 |
| 77 | 321 | ŚNIEŻNY DARIUSZ | LUBAWKA TEAM,LUBAWKA | 1965 | 11e | M50 | 27:38 | 56:04 | 12,842 | 4:40 |
| 78 | 25 | SARGALSKI MAREK | TEMPO WALBRZYCH,WAL | 1972 | 28e | M40 | 28:14 | 56:11 | 12,815 | 4:40 |
| 79 | 223 | CENDROWSKI ANDRZEJ | STRZELIŃSKI KLUB BIE | 1991 | 8e | M18 | 28:29 | 56:12 | 12,811 | 4:41 |
| 80 | 336 | JEDYŃCZUK JAROSŁAW | STRZEGOM | 1976 | 29e | M40 | 27:49 | 56:17 | 12,792 | 4:41 |
| 81 | 338 | ŁUKASIK KRZYSZTOF | KOTLA ACTIV TEAM,KOT | 1975 | 30e | M40 | 27:59 | 56:22 | 12,774 | 4:41 |
| 82 | 335 | IZIENICKI ROMAN | KOTLA ACTIV TEAM,KOT | 1966 | 12e | M50 | 27:59 | 56:23 | 12,770 | 4:41 |
| 83 | 266 | PIOTROWSKI GRZEGORZ | BIGOWA SWIDNICA ,SWI | 1980 | 27e | M30 | 28:03 | 56:28 | 12,751 | 4:42 |
| 84 | 99 | ŁOBOS MARIUSZ | WALBRZYCH | 1970 | 31e | M40 | 28:34 | 56:32 | 12,736 | 4:42 |
| 85 | 10 | SZYMAŃSKI MICHAŁ | STRZEGOMSKA DWUNASTK | 1983 | 28e | M30 | 27:42 | 56:33 | 12,732 | 4:42 |
| 86 | 203 | SKÓRA MATEUSZ | KORBOLE TEAM,IZBICKO | 1991 | 9e | M18 | 28:23 | 56:42 | 12,698 | 4:43 |
| 87 | 19 | FARION MARCIN | THE FARIONS,ZÓLKIEWK | 1972 | 32e | M40 | 29:36 | 56:55 | 12,650 | 4:44 |
| 88 | 102 | PRZYBYSZ TOMASZ | WALBRZYCH | 1970 | 33e | M40 | 26:43 | 56:59 | 12,635 | 4:44 |
| 89 | 144 | DUDEK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1974 | 34e | M40 | 28:55 | 57:07 | 12,606 | 4:45 |
| 90 | 341 | PYZIK ŁUKASZ | PIETRZYKOWICE | 1978 | 35e | M40 | 28:28 | 57:12 | 12,587 | 4:46 |
| 91 | 322 | MATYJANKA PIOTR | LUBIN | 1977 | 36e | M40 | 28:50 | 57:18 | 12,565 | 4:46 |
| 92 | 8 | CHMURA JAN | STRZEGOM | 1949 | 7e | M60 | 28:41 | 57:20 | 12,558 | 4:46 |
| 93 | 11 | POKONIECZNY ANDRZEJ | JAWOR | 1975 | 37e | M40 | 28:43 | 57:23 | 12,547 | 4:46 |
| 94 | 271 | FUŁAWKA TOMASZ | NOCNE WILKI Z JAWORA | 1980 | 29e | M30 | 28:52 | 57:23 | 12,547 | 4:46 |
| 95 | 241 | KRAWCZYK KRZYSZTOF | LASEK | 1975 | 38e | M40 | 28:51 | 57:27 | 12,533 | 4:47 |
| 96 | 90 | KAPUT PIOTR | INSPIRION POLSKA,TRZ | 1981 | 30e | M30 | 28:39 | 57:47 | 12,460 | 4:48 |
| 97 | 36 | JANKOWSKI RAFAŁ | PREDATORS WALBRZYCH, | 1983 | 31e | M30 | 28:17 | 57:50 | 12,450 | 4:49 |
| 98 | 133 | KOWALSKI ALEKSANDER | SZCZAWNORUN,SZCZAWNO | 1963 | 13e | M50 | 28:19 | 57:52 | 12,442 | 4:49 |
| 99 | 317 | HETMAŃCZYK IRENEUSZ | FAST FOOT OPOLE,OPOL | 1969 | 39e | M40 | 28:51 | 57:52 | 12,442 | 4:49 |
| 100 | 366 | BATOR ROBERT | STRZEGOM | 1975 | 40e | M40 | 29:31 | 57:53 | 12,439 | 4:49 |

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|-----|------|--------------------------|-----------------------|------|-----|-------|-------|---------|--------|------|
| 101 | 62 | KULA MICHAŁ | MSCIWOJÓW | 2001 | 10e | M18 | 29:03 | 57:53 | 12,439 | 4:49 |
| 102 | 28 | TKACZYK TOMASZ | MROWINY | 1973 | 41e | M40 | 29:38 | 57:54 | 12,435 | 4:49 |
| 103 | 61 | KULA MATEUSZ | MSCIWOJÓW | 1991 | 11e | M18 | 29:01 | 57:58 | 12,421 | 4:49 |
| 104 | 355 | DOBOSZ ŁUKASZ | ARYZTA, SMOLEC | 1978 | 42e | M40 | 28:53 | 58:02 | 12,407 | 4:50 |
| 105 | 33 | HARYNEK ROBERT | KRAPKOWICE | 1984 | 32e | M30 | 28:57 | 58:04 | 12,400 | 4:50 |
| 106 | 111 | PIOTROWSKI KRZYSZTOF | LEGNICA | 1979 | 33e | M30 | 28:59 | 58:06 | 12,392 | 4:50 |
| 107 | 279 | WILCZYŃSKI PIOTR | KAT CROSS, WALBRZYCH | 1981 | 34e | M30 | 29:10 | 58:16 | 12,357 | 4:51 |
| 108 | 81 | PAWŁOWSKI PIOTR | BIEGOWA SWIDNICA, SWI | 1963 | 14e | M50 | 29:39 | 58:18 | 12,350 | 4:51 |
| 109 | 197 | POPŁAWSKI ANDRZEJ | JARKOWICE | 1962 | 15e | M50 | 28:42 | 58:34 | 12,294 | 4:52 |
| 110 | 268 | KIERONSKI ŁUKASZ | ZDUNY | 1980 | 35e | M30 | 29:26 | 58:40 | 12,273 | 4:53 |
| 111 | 209 | MIKOŁAJCZAK GRZEGORZ | LEGNICA | 1977 | 43e | M40 | 30:26 | 58:46 | 12,252 | 4:53 |
| 112 | 342 | TOMASZEWSKI GRZEGORZ | OLIMPIA JAWOR, JAWOR | 1978 | 44e | M40 | 29:50 | 58:47 | 12,248 | 4:53 |
| 113 | 39 | SAMOLAK MACIEK | PREDATORS WALBRZYCH, | 1978 | 45e | M40 | 29:55 | 58:54 | 12,224 | 4:54 |
| 114 | 152 | TADROWSKI TOMASZ | INOWROCLAW | 1973 | 46e | M40 | 29:40 | 58:56 | 12,217 | 4:54 |
| 115 | 5 | SZAMBELAN PAWEŁ | KURIER KAMIENIARSKI, | 1972 | 47e | M40 | 30:32 | 59:04 | 12,190 | 4:55 |
| 116 | 4 | SKOŁAK KRZYSZTOF | STRZEGOMSKA DWUNASTK | 1974 | 48e | M40 | 30:32 | 59:04 | 12,190 | 4:55 |
| 117 | 275 | JAKUBOWSKI PAWEŁ | NOCNE WILKI ,JAWOR | 1974 | 49e | M40 | 29:22 | 59:13 | 12,159 | 4:56 |
| 118 | 46 | DAJCZMAN PAWEŁ | TEMPO WALBRZYCH, WAL | 1977 | 50e | M40 | 29:42 | 59:28 | 12,108 | 4:57 |
| 119 | 311 | ZIELIŃSKI BOGUMIŁ | MGB MIEROSZÓW, MIEROS | 1963 | 16e | M50 | 29:44 | 59:30 | 12,101 | 4:57 |
| 120 | 330 | LESZCZYŃSKI KAROL | TEAM LUBAWKA, PISARZO | 1976 | 51e | M40 | 30:16 | 59:39 | 12,070 | 4:58 |
| 121 | 274 | WÓJCIC TOMASZ | GRANIT STRZEGOM S.A. | 1985 | 36e | M30 | 29:19 | 59:39 | 12,070 | 4:58 |
| 122 | 112 | SKOWRON TOMASZ | SWIDNICKA GRUPA BIEG | 1962 | 17e | M50 | 29:47 | 59:50 | 12,033 | 4:59 |
| 123 | 170 | BRYCHCY DARIUSZ | ENDORFINA WSCHOWA, WS | 1984 | 37e | M30 | 30:05 | 59:50 | 12,033 | 4:59 |
| 124 | 248 | CHAŁUPKA MIROSŁAW | WIADRÓW, WIADRÓW | 1972 | 52e | M40 | 29:19 | 59:52 | 12,027 | 4:59 |
| 125 | 68 | KUROWSKI ALEKSANDER | PREDATORS WALBRZYCH, | 1976 | 53e | M40 | 29:55 | 59:53 | 12,023 | 4:59 |
| 126 | 110 | KALININ DARIUSZ | BIEGOWA SWIDNICA, SWI | 1968 | 18e | M50 | 29:42 | 59:53 | 12,023 | 4:59 |
| 127 | 208 | OTTENBREIT ADRIAN | PROGRES ,NOWA WIES K | 1987 | 38e | M30 | 30:08 | 59:55 | 12,017 | 4:59 |
| 128 | 243 | SZPOT DARIUSZ | ZARÓW | 1966 | 19e | M50 | 30:11 | 1:00:03 | 11,990 | 5:00 |
| 129 | 351 | DRZEWIECKI MARCIN | WALBRZYCH | 1984 | 39e | M30 | 29:08 | 1:00:16 | 11,947 | 5:01 |
| 130 | 57 | KURNYTA STANISŁAW | TEMPO WALBRZYCH, WIT | 1969 | 54e | M40 | 29:10 | 1:00:22 | 11,927 | 5:01 |
| 131 | 113 | WIECZORKIEWICZ KRZYSZTOF | WADROZE WIELKIE | 1984 | 40e | M30 | 30:12 | 1:00:32 | 11,894 | 5:02 |
| 132 | 262 | TORZECKI JAROSŁAW | KROTOSZYŃSKA GRUPA B | 1985 | 41e | M30 | 30:35 | 1:00:39 | 11,871 | 5:03 |
| 133 | 270 | BOGDAŁ MICHAŁ | BBG RACING, GLIWICE | 1986 | 42e | M30 | 30:46 | 1:00:39 | 11,871 | 5:03 |
| 134 | 252 | NOWAK PATRYK | WIESNIAK, WOJBÓRZ | 1980 | 43e | M30 | 30:54 | 1:00:43 | 11,858 | 5:03 |
| 135 | 114 | BŁASZCZYK MARIUSZ | SWIDNICA | 1981 | 44e | M30 | 30:49 | 1:00:55 | 11,819 | 5:04 |
| 136 | 339 | POTYRAŁA TOMASZ | STRZEGOM | 1987 | 45e | M30 | 29:47 | 1:01:11 | 11,768 | 5:05 |
| 137 | 180 | STRZELCZYK GRZEGORZ | BBL LEGNICA, LEGNICA | 1970 | 55e | M40 | 31:06 | 1:01:12 | 11,765 | 5:06 |
| 138 | 269 | ZIELIŃSKI SŁAWOMIR | JELENIA GÓRA | 1957 | 8e | M60 | 29:53 | 1:01:20 | 11,739 | 5:06 |
| 139 | 119 | SEREMET PIOTR | EKIPA Z TARNOWA, TARN | 1975 | 56e | M40 | 30:47 | 1:01:21 | 11,736 | 5:06 |
| 140 | 205 | DOMARADZKI DANIEL | STRZEGOM | 1996 | 12e | M18 | 31:05 | 1:01:24 | 11,726 | 5:07 |
| 141 | 103 | KRAJEWSKI JACEK | SWIEBODZICE | 1970 | 57e | M40 | 31:32 | 1:01:26 | 11,720 | 5:07 |
| 142 | 343 | GIL KONRAD | STRZEGOM | 1982 | 46e | M30 | 29:45 | 1:01:30 | 11,707 | 5:07 |
| 143 | 327 | PASEK WOJCIECH | PREDATORS WALBRZYCH, | 1987 | 47e | M30 | 29:34 | 1:01:40 | 11,676 | 5:08 |
| 144 | 153 | BASIS BARTOSZ | SWIDNICA | 1990 | 13e | M18 | 31:57 | 1:01:57 | 11,622 | 5:09 |
| 145 | 171 | BRYCHCY PAWEŁ | LEWIN BRZESKI | 1982 | 48e | M30 | 30:30 | 1:02:01 | 11,610 | 5:10 |
| 146 | 185 | IWANOWSKI WOJTEK | OPOLE | 1979 | 49e | M30 | 30:41 | 1:02:05 | 11,597 | 5:10 |
| 147 | 357 | KLIMAS MARCIN | ARYZTA STRZEGOM, WROC | 1982 | 50e | M30 | 32:04 | 1:02:14 | 11,569 | 5:11 |
| 148 | 187 | CEKIERA GRZEGORZ | KRZESZOWICE | 1983 | 51e | M30 | 32:05 | 1:02:15 | 11,566 | 5:11 |
| 149 | 145 | HALINIAK ARKADIUSZ | KAMIENNA GÓRA | 1961 | 20e | M50 | 31:09 | 1:02:20 | 11,551 | 5:11 |
| 150 | 291 | GOŁUCH ARKADIUSZ | STRZEGOMSKA DWUNASTK | 1975 | 58e | M40 | 31:20 | 1:02:24 | 11,538 | 5:12 |

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| Msc | StNr | Nzwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Netto | Km/h | Temp |
|-----|------|------------------------|------------------------|------|-----|-------|-------|---------|--------|------|
| 151 | 254 | SZCZEPAŃSKI ADAM | SWIEBODZICE | 1991 | 14e | M18 | 31:07 | 1:02:25 | 11,535 | 5:12 |
| 152 | 64 | ŁAZAROWICZ PIOTR | JKS SALAMANDRA, JAWOR | 1965 | 21e | M50 | 31:58 | 1:02:28 | 11,526 | 5:12 |
| 153 | 365 | NOWAKOWSKI JAKUB | STRZEGOM | 2000 | 15e | M18 | 30:25 | 1:02:37 | 11,499 | 5:13 |
| 154 | 29 | GÓRCZYŃSKI RAFAŁ | NOWY TOMYSL | 1976 | 59e | M40 | 31:27 | 1:02:37 | 11,499 | 5:13 |
| 155 | 139 | PŁOSZAJCZYK NORBERT | STRZEGOMSKA DWUNASTK | 1967 | 22e | M50 | 31:12 | 1:02:37 | 11,499 | 5:13 |
| 156 | 674 | KALAŁA MARIUSZ | WALBRZYCH | 1968 | 60e | M40 | 31:21 | 1:02:40 | 11,489 | 5:13 |
| 157 | 256 | BURYŁO PAWEŁ | STRZEGOMSKA DWUNASTK | 1994 | 16e | M18 | 34:18 | 1:02:42 | 11,483 | 5:13 |
| 158 | 303 | PIETKIEWICZ PRZEMYSŁAW | NOKIA, DZIERZONIÓW | 1985 | 52e | M30 | 31:08 | 1:02:53 | 11,450 | 5:14 |
| 159 | 14 | KUBIAK PRZEMYSŁAW | STRZEGOM | 1976 | 61e | M40 | 31:13 | 1:02:58 | 11,435 | 5:14 |
| 160 | 280 | SŁUPEK GRZEGORZ | AMATOR, JAWOR | 1988 | 53e | M30 | 31:10 | 1:03:03 | 11,420 | 5:15 |
| 161 | 238 | JĘDRZEJCZYK JAROSŁAW | GLUSZYCA | 1972 | 62e | M40 | 31:04 | 1:03:05 | 11,413 | 5:15 |
| 162 | 44 | DOBROWOLSKI ROBERT | SPORTOWI EMERYCI, JEL | 1957 | 9e | M60 | 31:13 | 1:03:17 | 11,377 | 5:16 |
| 163 | 24 | RADECKI ADAM | STRZEGOM | 1981 | 54e | M30 | 31:57 | 1:03:22 | 11,362 | 5:16 |
| 164 | 17 | SKOTNY ROBERT | INSPIRION POLSKA, TRZ | 1980 | 55e | M30 | 30:36 | 1:03:47 | 11,288 | 5:18 |
| 165 | 286 | MIKOŁAJCZAK FILIP | AMBIT TEAM LESZNO, LE | 1991 | 17e | M18 | 32:37 | 1:03:50 | 11,279 | 5:19 |
| 166 | 214 | KRAUSE PIOTR | STRZEGOM | 1982 | 56e | M30 | 32:39 | 1:03:56 | 11,262 | 5:19 |
| 167 | 226 | PIETRZAK GRZEGORZ | WROCLAW | 1974 | 63e | M40 | 31:07 | 1:03:57 | 11,259 | 5:19 |
| 168 | 162 | MARZEC KRZYSZTOF | POLKOWICE | 1986 | 57e | M30 | 31:29 | 1:04:01 | 11,247 | 5:20 |
| 169 | 23 | ŁĄG ADAM | STRZEGOM | 1975 | 64e | M40 | 33:36 | 1:04:03 | 11,241 | 5:20 |
| 170 | 218 | SİKORA DARIUSZ | MALKOWICE | 1963 | 23e | M50 | 31:52 | 1:04:03 | 11,241 | 5:20 |
| 171 | 296 | KOWALSKI GRZEGORZ | STRZEGOM | 1973 | 65e | M40 | 31:14 | 1:04:10 | 11,221 | 5:20 |
| 172 | 207 | OKOŃSKI RAFAŁ | NOWA RUDA | 1994 | 18e | M18 | 31:18 | 1:04:11 | 11,218 | 5:20 |
| 173 | 50 | PIDANTY GRZEGORZ | KRÓL -PIDANTY, STRZEGO | 1974 | 66e | M40 | 32:29 | 1:04:11 | 11,218 | 5:20 |
| 174 | 141 | STANEK ARTUR | OLKUSZ | 1979 | 58e | M30 | 31:54 | 1:04:16 | 11,203 | 5:21 |
| 175 | 135 | NOSAŁ KAZIMIERZ | HERMES SWIDNICA, SWID | 1950 | 10e | M60 | 32:58 | 1:04:31 | 11,160 | 5:22 |
| 176 | 96 | WRÓBEL TOMASZ | SWIDNICA | 1979 | 59e | M30 | 33:08 | 1:04:34 | 11,151 | 5:22 |
| 177 | 293 | DOMARADZKI PIOTR | JAWOR | 1973 | 67e | M40 | 32:07 | 1:04:40 | 11,134 | 5:23 |
| 178 | 249 | FORNAL KONRAD | STRZEGOM | 1996 | 19e | M18 | 31:08 | 1:04:43 | 11,125 | 5:23 |
| 179 | 210 | RODEWALD RYSZARD | BIEGAMDLAZDROWIA. PL, | 1973 | 68e | M40 | 32:35 | 1:04:48 | 11,111 | 5:24 |
| 180 | 107 | GAWĘŁ ŁUKASZ | LEGNICA | 1989 | 20e | M18 | 32:21 | 1:04:48 | 11,111 | 5:24 |
| 181 | 349 | STACHNIK MACIEJ | SLASK WROCLAW, WROCLA | 1982 | 60e | M30 | 31:32 | 1:04:53 | 11,097 | 5:24 |
| 182 | 97 | HRABIA PAWEŁ | TEMPO WALBRZYCH, JE | 1984 | 61e | M30 | 32:50 | 1:04:56 | 11,088 | 5:24 |
| 183 | 49 | MALAĞ DARIUSZ | WALBRZYCH | 1976 | 69e | M40 | 31:14 | 1:04:57 | 11,085 | 5:24 |
| 184 | 272 | REWOLIŃSKI ADAM | KAWA CAMP, CHODZIEZ | 1965 | 24e | M50 | 31:56 | 1:04:59 | 11,080 | 5:24 |
| 185 | 65 | SZAREK RAFAŁ | KB MCKIS JAORZNO, JAW | 1979 | 62e | M30 | 32:40 | 1:05:07 | 11,057 | 5:25 |
| 186 | 233 | SERAFIN ROBERT | RADKÓW | 1971 | 70e | M40 | 32:31 | 1:05:30 | 10,992 | 5:27 |
| 187 | 126 | KUZIEL BARTOSZ | BLACK RUNNING, STRONI | 1990 | 21e | M18 | 32:33 | 1:05:38 | 10,970 | 5:28 |
| 188 | 295 | RACZYŃSKI MARCIN | SOKOLOWSKO, SOKOLOWS | 1974 | 71e | M40 | 33:43 | 1:05:53 | 10,928 | 5:29 |
| 189 | 45 | SŁOMA HUBERT | ŚWIDNICA | 1980 | 63e | M30 | 32:38 | 1:06:01 | 10,906 | 5:30 |
| 190 | 105 | SWIERK STANISŁAW | NATURALNIE JANOWICE, | 1956 | 11e | M60 | 30:59 | 1:06:11 | 10,879 | 5:30 |
| 191 | 222 | TATROCKI KRZYSZTOF | KB SOBÓTKA, SOBÓTKA | 1969 | 72e | M40 | 33:15 | 1:06:16 | 10,865 | 5:31 |
| 192 | 134 | KUCZYKOWSKI RAFAŁ | WROCLAW | 1981 | 64e | M30 | 33:12 | 1:06:30 | 10,827 | 5:32 |
| 193 | 253 | KASPEREK SEBASTIAN | RONAL RUN POLSKA, WAL | 1990 | 22e | M18 | 32:43 | 1:06:41 | 10,797 | 5:33 |
| 194 | 231 | KNOP DAWID | GOCZALKÓW | 1985 | 65e | M30 | 32:54 | 1:06:41 | 10,797 | 5:33 |
| 195 | 82 | PRZYBYLSKI CZESŁAW | PSZENNO | 1946 | 12e | M60 | 33:15 | 1:06:53 | 10,765 | 5:34 |
| 196 | 195 | SZAJNICKI ADRIAN | BADZŃW | 1985 | 66e | M30 | 32:26 | 1:07:10 | 10,720 | 5:35 |
| 197 | 186 | ŚWIRNIAK BERNARD | STRZEGOMSKA DWUNASTK | 1955 | 13e | M60 | 32:22 | 1:07:12 | 10,714 | 5:36 |
| 198 | 363 | BODZIANY PATRYK | STRZEGOM | 2000 | 23e | M18 | 33:13 | 1:07:16 | 10,704 | 5:36 |
| 199 | 164 | MIOZGA GRZEGORZ | WROCLAW | 1987 | 67e | M30 | 33:16 | 1:07:27 | 10,675 | 5:37 |
| 200 | 299 | MACHOWCZYK KRYSZTIAN | WALBRZYCH | 1974 | 73e | M40 | 34:22 | 1:07:34 | 10,656 | 5:37 |

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| Msc | StNr | Nzwisko i Imię | Klub/Miejscowość | Rok | Msc | Kateg | 6km | Netto | Km/h | Temp |
|-----|------|----------------------|-----------------------|------|-----|-------|-------|---------|--------|------|
| 201 | 84 | LIS DOMINIK | GDANSK | 1971 | 74e | M40 | 33:32 | 1:07:35 | 10,654 | 5:37 |
| 202 | 276 | RUDKIEWICZ RADOSŁAW | BIELAWA | 1990 | 24e | M18 | 36:08 | 1:07:37 | 10,648 | 5:38 |
| 203 | 347 | PARZYSZEK PIOTR | JAWOR | 1971 | 75e | M40 | 34:46 | 1:08:04 | 10,578 | 5:40 |
| 204 | 115 | CYBULSKI BOGDAN | BOLESŁAWIEC | 1958 | 14e | M60 | 33:06 | 1:08:05 | 10,575 | 5:40 |
| 205 | 37 | LIS DANIEL | STRZEGOM | 1983 | 68e | M30 | 34:33 | 1:08:18 | 10,542 | 5:41 |
| 206 | 188 | WIJAS GRZEGORZ | STRZEGOM | 1952 | 15e | M60 | 33:35 | 1:08:18 | 10,542 | 5:41 |
| 207 | 211 | SZYMAŃSKI MAREK | STRZEGOMSKA DWUNASTK | 1956 | 16e | M60 | 34:58 | 1:08:41 | 10,483 | 5:43 |
| 208 | 22 | LIS MARIUSZ | STRZEGOM | 1986 | 69e | M30 | 33:21 | 1:08:56 | 10,445 | 5:44 |
| 209 | 15 | HAŁKA JAN | WROCŁAW | 1972 | 76e | M40 | 35:07 | 1:09:14 | 10,400 | 5:46 |
| 210 | 261 | NOWAK GRZEGORZ | ZARÓW | 1968 | 25e | M50 | 35:14 | 1:09:15 | 10,397 | 5:46 |
| 211 | 237 | KOZIURA WOJCIECH | ZAKRZÓW RUN,WROCŁAW | 1983 | 70e | M30 | 34:42 | 1:09:16 | 10,395 | 5:46 |
| 212 | 189 | GAWLEWICZ PIOTR | WODOCIAGI WALBRZYCH | 1969 | 77e | M40 | 34:14 | 1:09:36 | 10,345 | 5:48 |
| 213 | 121 | WŁODARCZYK ADAM | LEGNICA | 1985 | 71e | M30 | 35:50 | 1:09:51 | 10,308 | 5:49 |
| 214 | 358 | KOSIEWICZ TOMASZ | ARYZTA POLSKA SP. Z | 1987 | 72e | M30 | 33:51 | 1:09:58 | 10,291 | 5:49 |
| 215 | 77 | HYRLIK DAMIAN | POKONAJ GRANICE GRUP | 1971 | 78e | M40 | 34:21 | 1:10:11 | 10,259 | 5:50 |
| 216 | 316 | GAWRYŚ CZESŁAW | DUSZNIKI ZDRÓJ | 1947 | 17e | M60 | 35:18 | 1:10:16 | 10,247 | 5:51 |
| 217 | 359 | ŁYSOMIRSKI SEBASTIAN | ARYZTA, STRZEGOM | 1975 | 79e | M40 | 34:17 | 1:10:33 | 10,206 | 5:52 |
| 218 | 21 | KARWAT DAWID | SWIEBODZICE | 1990 | 25e | M18 | 35:51 | 1:10:39 | 10,191 | 5:53 |
| 219 | 122 | PLOCH ANDRZEJ | PLAWNIOWICE | 1965 | 26e | M50 | 34:51 | 1:10:45 | 10,177 | 5:53 |
| 220 | 302 | PARCHANOWICZ MARIUSZ | BEZ GRANIC, STRZEGOM | 1959 | 27e | M50 | 35:16 | 1:11:11 | 10,115 | 5:55 |
| 221 | 354 | CHOROSZCZAK GRZEGORZ | ARYZTA, SWIEBODZICE | 1985 | 73e | M30 | 35:05 | 1:12:23 | 9,947 | 6:01 |
| 222 | 215 | KASTELNIK PAWEŁ | LUBIN | 1957 | 18e | M60 | 35:45 | 1:12:46 | 9,895 | 6:03 |
| 223 | 260 | RZEPECKI PIOTR | STRZEGOMSKA DWUNASTK | 1983 | 74e | M30 | 36:32 | 1:12:55 | 9,874 | 6:04 |
| 224 | 95 | WOSZCZAK ANDRZEJ | AKTYWNY WALBRZYCH, WA | 1964 | 28e | M50 | 35:41 | 1:13:23 | 9,811 | 6:06 |
| 225 | 67 | CHOJNOWSKI ŁUKASZ | SWIDNICA | 1980 | 75e | M30 | 35:07 | 1:13:28 | 9,800 | 6:07 |
| 226 | 178 | RZYDUCH PIOTR | SUCHATÓWKA | 1976 | 80e | M40 | 36:40 | 1:14:08 | 9,712 | 6:10 |
| 227 | 40 | BRYL STANISŁAW | STRZEGOM | 1958 | 19e | M60 | 35:10 | 1:14:26 | 9,673 | 6:12 |
| 228 | 130 | STACHERA ARTUR | MSCIWOJÓW | 1990 | 26e | M18 | 37:30 | 1:15:57 | 9,480 | 6:19 |
| 229 | 60 | BIAŁOŻYD ANDRZEJ | WROCŁAW | 1958 | 20e | M60 | 37:49 | 1:16:22 | 9,428 | 6:21 |
| 230 | 239 | MARCZEK TOMASZ | STRZEGOM | 1988 | 76e | M30 | 40:45 | 1:22:57 | 8,680 | 6:54 |
| 231 | 34 | JANKOWSKI RYSZARD | WROCŁAW | 1943 | 21e | M60 | 42:15 | 1:24:13 | 8,549 | 7:01 |
| 232 | 196 | CZAPCZYŃSKI ŁUKASZ | STRZEGOM | 1986 | 77e | M30 | 41:08 | 1:25:21 | 8,436 | 7:06 |
| 233 | 305 | USS PIOTR | JAWORZYNA ŚLASKA | 1965 | 29e | M50 | 41:27 | 1:26:26 | 8,330 | 7:12 |