

2017-09-03, Gorzyce

| M-ce | Nr | Imię i nazwisko | Kateg./m-ce | Miejscowość | Klub | Netto | Wynik |
|-------------|-----|----------------------|-------------|--------------------|-------------------------------------|------------|-------------------|
| Bieg | | | | | | | |
| 1. | 166 | Andrzej STARŻYŃSKI | M29 (1.) | Klementowice | FARTLEK GO | 0:15:05,23 | 0:15:05,49 |
| 2. | 165 | Pavlo VERETSKYI | M30-39 (1.) | Donetsk | 1985 | 0:15:09,77 | 0:15:10,48 |
| 3. | 171 | Dawid KUBIEC | M30-39 (2.) | Starachowice | juventa | 0:15:21,09 | 0:15:21,35 |
| 4. | 180 | Michał WOJCIECHOWSKI | M29 (2.) | Tarnobrzeg | Witar Tarnobrzeg | 0:15:31,66 | 0:15:32,33 |
| 5. | 173 | Stanisław LEBIODA | M29 (3.) | Stalowa Wola | Katolicki Klub Sportowy Victoria | 0:16:44,36 | 0:16:44,62 |
| 6. | 131 | Bartłomiej TWOREK | M29 (4.) | Opatów | Katolicki Klub Sportowy Victoria | 0:16:45,58 | 0:16:45,58 |
| 7. | 86 | Robert PASIECZNY | M40-49 (1.) | Gorzyce | FARTLEK GO | 0:17:04,34 | 0:17:04,66 |
| 8. | 172 | Patryk DUDZIC | M29 (5.) | Staszów | Dzikruner | 0:17:54,47 | 0:17:55,72 |
| 9. | 12 | Bernard BYSTREK | M29 (6.) | Kolbuszowa | Fartlek GO | 0:18:09,99 | 0:18:10,79 |
| 10. | 48 | Tomasz KORZENIOWSKI | M30-39 (3.) | Tarnobrzeg | Fartlek Go | 0:18:23,07 | 0:18:24,53 |
| 11. | 22 | Jurand DUL | M30-39 (4.) | Tarnobrzeg | WITAR | 0:18:24,61 | 0:18:24,61 |
| 12. | 162 | Tomasz WÓJCIK | M30-39 (5.) | Gorzyce | FARTLEK GO | 0:18:40,41 | 0:18:41,87 |
| 13. | 143 | Anna WÓJCIK | K29 (1.) | Stalowa Wola | KKS "Victoria" Stalowa Wola | 0:18:42,21 | 0:18:42,89 |
| 14. | 80 | Adam NIESYN | M40-49 (2.) | Gorzyce | FARTLEK G.O. | 0:18:49,43 | 0:18:50,29 |
| 15. | 155 | Sylwester DUDEK | M50+ (1.) | Rudnik | lkb.rudnik | 0:18:59,01 | 0:18:59,73 |
| 16. | 37 | Mirosław JAKUBIK | M50+ (2.) | Zaleszany | FARTLEK GO | 0:19:05,42 | 0:19:05,42 |
| 17. | 39 | Robert JARGIŁO | M40-49 (3.) | Jastkowice | SKB Stalowa Wola | 0:19:09,68 | 0:19:10,53 |
| 18. | 147 | Łukasz ZAJAC | M30-39 (6.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:19:31,26 | 0:19:33,43 |
| 19. | 73 | Tomasz MAZUR | M29 (7.) | Motycze Poduchowne | - | 0:19:32,36 | 0:19:36,10 |
| 20. | 170 | Kazimierz SIEK | M40-49 (4.) | Zabrze | | 0:19:35,93 | 0:19:36,98 |
| 21. | 105 | Małgorzata SIEMBIDA | K30-39 (1.) | Ulanów | STALOWOWOLSKI KLUB BIEGACZA | 0:19:36,76 | 0:19:38,36 |
| 22. | 168 | Maciej WALASEK | M29 (8.) | Trzcianki | Biegusiem.pl | 0:19:44,40 | 0:19:45,08 |
| 23. | 79 | Paweł NIEMIEC | M30-39 (7.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:19:49,63 | 0:19:53,61 |
| 24. | 174 | Jacek WIŚNIEWSKI | M50+ (3.) | Sandomierz | uks siedleszczany | 0:19:53,33 | 0:19:54,19 |
| 25. | 123 | Katarzyna SZEPIENIEC | K29 (2.) | Rzeszów | Rzeszowskie Gazele i Gepardy | 0:19:52,88 | 0:19:54,78 |
| 26. | 121 | Wiesław SZCZUR | M40-49 (5.) | Nowa Dęba | | 0:19:58,79 | 0:19:59,37 |
| 27. | 167 | Karol KORZONEK | M30-39 (8.) | Gorzyce | sprint.egorzyce.pl | 0:20:08,68 | 0:20:09,94 |
| 28. | 9 | Sławomir BUCZEK | M40-49 (6.) | Stalowa Wola | - | 0:20:08,34 | 0:20:12,08 |
| 29. | 102 | Rafał SERWACKI | M30-39 (9.) | Kłyżów | Stalowowski Klub Biegacza | 0:20:09,83 | 0:20:14,87 |
| 30. | 159 | Jakub WOŹNIAK | M29 (9.) | Gorzyce | sprint.egorzyce.pl / SPRINT Gorzyce | 0:20:22,64 | 0:20:24,02 |
| 31. | 8 | Maksymilian BRODA | M29 (10.) | Gorzyce | VEGE RUNNERS | 0:20:35,18 | 0:20:38,84 |
| 32. | 160 | Natalia KWIECIEN | K29 (3.) | Rudnik | lkb.rudnik | 0:20:41,05 | 0:20:43,82 |

| M-ce | Nr | Imię i nazwisko | Kateg./m-ce | Miejscowość | Klub | Netto | Wynik |
|------|-----|------------------------|--------------|-------------------|------------------------------|------------|-------------------|
| 33. | 56 | Maciej KULARZ | M40-49 (7.) | Gorzyce | SPRINT Gorzyce | 0:20:50,44 | 0:20:52,78 |
| 34. | 111 | Henryk P. SKRZESZEWSKI | M40-49 (8.) | Stalowa Wola | Fartlek GO | 0:20:53,32 | 0:20:56,20 |
| 35. | 125 | Andrzej SZWED | M40-49 (9.) | Stalowa Wola | SKB Stalowa Wola | 0:20:53,79 | 0:20:57,45 |
| 36. | 53 | Mariusz KRASOŃ | M40-49 (10.) | Sandomierz | TSA Sandomierz | 0:20:56,53 | 0:20:58,99 |
| 37. | 35 | Wojciech GRZYWACZ | M50+ (4.) | Gorzyce | Fartlek Go | 0:20:58,21 | 0:21:00,75 |
| 38. | 42 | Justyna KARGULEWICZ | K29 (4.) | Gorzyce | | 0:20:58,87 | 0:21:01,46 |
| 39. | 138 | Bohdan WOJTAK | M30-39 (10.) | Nisko | | 0:21:06,35 | 0:21:09,88 |
| 40. | 153 | Adrian WOJTANOWSKI | M29 (11.) | Gorzyce | SPRINT GORZYCE | 0:21:14,50 | 0:21:16,00 |
| 41. | 14 | Łukasz CHOŁODY | M30-39 (11.) | Gorzyce | SPRINT GORZYCE | 0:21:13,61 | 0:21:19,75 |
| 42. | 54 | Adam KRĘPA | M40-49 (11.) | Gorzyce | Federal-Mogul | 0:21:16,08 | 0:21:20,72 |
| 43. | 185 | Krzysztof MAZURKIEWICZ | M40-49 (12.) | | SKB Stalowa Wola | 0:21:25,89 | 0:21:27,08 |
| 44. | 107 | Mieczysław SIĘBIDA | M30-39 (12.) | Maziarnia | | 0:21:21,30 | 0:21:27,90 |
| 45. | 6 | Karol BŁAJSZCZAK | M40-49 (13.) | Sandomierz | TSA | 0:21:29,55 | 0:21:33,35 |
| 46. | 182 | Olen SAINSKIY | M29 (12.) | Kijov | | 0:21:33,95 | 0:21:35,85 |
| 47. | 122 | Michał SZCZYGIĘŁ | M29 (13.) | Gorzyce | - | 0:21:36,41 | 0:21:40,85 |
| 48. | 60 | Marek LEJA | M30-39 (13.) | Jarosław | | 0:21:40,51 | 0:21:44,55 |
| 49. | 4 | Michał BEŚKA | M30-39 (14.) | Gorzyce | Sprint Gorzyce | 0:21:44,44 | 0:21:46,60 |
| 50. | 114 | Ewelina SOBOŃ | K30-39 (2.) | Sandomierz | | 0:21:47,61 | 0:21:50,91 |
| 51. | 99 | Igor SAMOŁYK | M29 (14.) | Gorzyce | | 0:21:47,69 | 0:21:54,46 |
| 52. | 62 | Grzegorz LIPIEC | M30-39 (15.) | Tarnobrzeg | Fartlek GO | 0:21:53,42 | 0:21:57,66 |
| 53. | 124 | Michał SZEPIENIEC | M29 (15.) | Rzeszów | Rzeszowskie Gazele i Gepardy | 0:21:55,19 | 0:21:57,89 |
| 54. | 145 | Paweł WRONA | M29 (16.) | Gorzyce | | 0:21:58,05 | 0:22:02,41 |
| 55. | 169 | Artur ZAJĄC | M50+ (5.) | Gorzyce | Sprint Gorzyce | 0:22:14,70 | 0:22:14,70 |
| 56. | 21 | Rafał DUBAJ | M30-39 (16.) | Stalowa Wola | PRATT&WHITNEY RZESZÓW S.A. | 0:22:12,62 | 0:22:16,41 |
| 57. | 74 | Stanisław MŁYNARSKI | M50+ (6.) | Zarzecze K. Niska | SKB Stalowa Wola | 0:22:18,34 | 0:22:18,86 |
| 58. | 70 | Jan MASTELA | M30-39 (17.) | Gorzyce | | 0:22:15,71 | 0:22:19,95 |
| 59. | 67 | Jacek MAJCHROWSKI | M40-49 (14.) | Tarnobrzeg | BBL Tarnobrzeg | 0:22:20,31 | 0:22:24,81 |
| 60. | 179 | Henryk MIERZWIŃSKI | M40-49 (15.) | Tarnobrzeg | Fartlek GO | 0:22:25,93 | 0:22:27,19 |
| 61. | 33 | Piotr GRZYWACZ | M29 (17.) | Gorzyce | SPRINT GORZYCE | 0:22:32,01 | 0:22:33,68 |
| 62. | 95 | Piotr ROCHOWSKI | M50+ (7.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:22:31,22 | 0:22:34,56 |
| 63. | 120 | Iwona SZCZUR | K40-49 (1.) | Nowa Dęba | | 0:22:36,64 | 0:22:39,04 |
| 64. | 83 | Grzegorz OKOŃ | M40-49 (16.) | Osiek | | 0:22:33,61 | 0:22:42,03 |
| 65. | 112 | Barbara SKRZYPCZAK | K30-39 (3.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:22:41,85 | 0:22:43,31 |
| 66. | 135 | Agata WIECZOREK | K30-39 (4.) | Tarnobrzeg | | 0:22:41,05 | 0:22:46,47 |
| 67. | 15 | Robert CHRZĄSTEK | M40-49 (17.) | Tarnobrzeg | | 0:22:47,05 | 0:22:49,59 |

| M-ce | Nr | Imię i nazwisko | Kateg./m-ce | Miejscowość | Klub | Netto | Wynik |
|------|-----|-------------------------|--------------|----------------|--|------------|-------------------|
| 68. | 184 | Janusz SAMOLEWICZ | M50+ (8.) | Rzeszów | Handlopex | 0:22:53,64 | 0:22:55,86 |
| 69. | 152 | Magdalena ŻUREK | K30-39 (5.) | Rzeszów | | 0:23:03,14 | 0:23:07,32 |
| 70. | 164 | Marcin BARNAS | M40-49 (18.) | Gorzyce | | 0:23:07,59 | 0:23:13,97 |
| 71. | 92 | Ryszard POKRYWKA | M50+ (9.) | Stalowa Wola | STALOWOWOLSKI KLUB BIEGACZA | 0:23:06,26 | 0:23:15,08 |
| 72. | 151 | Kamil ŻELAZKO | M29 (18.) | Rzeszów | Świat Drożdzy | 0:23:11,40 | 0:23:15,70 |
| 73. | 47 | Daniel KORDOS | M30-39 (18.) | Opatów | | 0:23:14,39 | 0:23:16,61 |
| 74. | 113 | Marcin SKUBIDA | M30-39 (19.) | Gorzyce | | 0:23:13,22 | 0:23:19,62 |
| 75. | 101 | Robert SANECKI | M40-49 (19.) | Gorzyce | | 0:23:17,96 | 0:23:23,70 |
| 76. | 17 | Szczepan CZERWONKA | M30-39 (20.) | Gorzyce | | 0:23:18,60 | 0:23:25,20 |
| 77. | 84 | Wojciech ORŁOWSKI | M40-49 (20.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:23:24,90 | 0:23:27,68 |
| 78. | 137 | Katarzyna WOJCIECHOWSKA | K40-49 (2.) | Sandomierz | TSA Sandomierz | 0:23:29,48 | 0:23:32,94 |
| 79. | 31 | Tomasz GOLECKI | M30-39 (21.) | Tarnobrzeg | | 0:23:27,57 | 0:23:33,04 |
| 80. | 116 | Michał SOWA | M30-39 (22.) | Stalowa Wola | | 0:23:26,25 | 0:23:33,95 |
| 81. | 133 | Marian URBANIAK | M50+ (10.) | Trześć | | 0:23:33,68 | 0:23:36,82 |
| 82. | 161 | Agnieszka KRZEMIŃSKA | K30-39 (6.) | Gorzyce | sprint.egorzyce.pl | 0:23:34,68 | 0:23:36,96 |
| 83. | 16 | Aldona CZECH | K30-39 (7.) | Tarnobrzeg | BBL Tarnobrzeg | 0:23:36,64 | 0:23:41,68 |
| 84. | 177 | Grzegorz SKRZYPEK | M30-39 (23.) | Gorzyce | | 0:23:42,11 | 0:23:44,86 |
| 85. | 134 | Piotr UZAR | M40-49 (21.) | Padew Narodowa | | 0:23:43,02 | 0:23:47,78 |
| 86. | 7 | Wojtek BOŻEK | M30-39 (24.) | Brzostek | | 0:23:40,92 | 0:23:48,56 |
| 87. | 69 | Mariusz MAŁAJOWICZ | M30-39 (25.) | Stalowa Wola | 16 Batalion Saperów Nisko | 0:23:45,99 | 0:23:52,85 |
| 88. | 72 | Arkadiusz MAZIARZ | M30-39 (26.) | Stalowa Wola | brak | 0:23:48,44 | 0:23:53,34 |
| 89. | 43 | Krzysztof KARWAS | M30-39 (27.) | Stalowa Wola | | 0:23:46,24 | 0:23:53,54 |
| 90. | 20 | Wojciech DRYŚ | M40-49 (22.) | Tarnobrzeg | | 0:23:49,81 | 0:23:54,85 |
| 91. | 85 | Anna PAŁACHA | K30-39 (8.) | Sandomierz | TSA Sandomierz | 0:23:57,36 | 0:24:01,16 |
| 92. | 76 | Ewa MUSIAŁ | K40-49 (3.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:23:57,27 | 0:24:02,69 |
| 93. | 175 | Jacek SIEROŃ | M50+ (11.) | Sandomierz | TSA Sandomierz | 0:24:03,12 | 0:24:03,12 |
| 94. | 104 | Gertruda SIEMBIDA | K30-39 (9.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:24:01,66 | 0:24:07,34 |
| 95. | 64 | Damian ŁYSIAK | M40-49 (23.) | Trześć | | 0:24:07,81 | 0:24:07,81 |
| 96. | 77 | Lidia MYL | K30-39 (10.) | Sandomierz | | 0:24:10,04 | 0:24:10,04 |
| 97. | 10 | Piotr BUDKOWSKI | M40-49 (24.) | Stalowa Wola | | 0:24:06,52 | 0:24:13,76 |
| 98. | 81 | Bożenka NIESYN | K40-49 (4.) | Gorzyce | FARTLEK G.O. | 0:24:12,01 | 0:24:17,26 |
| 99. | 5 | Krzysztof BIELECKI | M40-49 (25.) | Gorzyce | SPRINT | 0:24:28,45 | 0:24:30,99 |
| 100. | 91 | Maciej PLANETA | M40-49 (26.) | Tarnobrzeg | UKS DELFIN TARNOBRZEG MASTER | 0:24:30,32 | 0:24:39,26 |
| 101. | 132 | Agnieszka TYLUTKI | K40-49 (5.) | Tarnobrzeg | UKS Siedleszczany Nordic Walking, BBL Tarnobrzeg | 0:24:34,13 | 0:24:39,55 |
| 102. | 139 | Iwona WOJTAL | K30-39 (11.) | Tarnobrzeg | ProDentica team | 0:24:43,90 | 0:24:43,90 |

| M-ce | Nr | Imię i nazwisko | Kateg./m-ce | Miejscowość | Klub | Netto | Wynik |
|------|-----|------------------------|--------------|--------------------|---------------------------|------------|-------------------|
| 103. | 90 | Rafał PIETRAS | M40-49 (27.) | Stalowa Wola | STF | 0:24:47,88 | 0:24:50,76 |
| 104. | 78 | Tomasz NALEPA | M40-49 (28.) | Janów Lubelski | brak | 0:24:51,07 | 0:24:56,75 |
| 105. | 40 | Magdalena JUGO-CYGAN | K30-39 (12.) | Zaleszany | | 0:25:00,36 | 0:25:05,72 |
| 106. | 181 | Ewa URBAN | K30-39 (13.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:25:06,40 | 0:25:08,00 |
| 107. | 156 | Leszek CZERNECKI | M40-49 (29.) | Gorzyce | | 0:25:03,56 | 0:25:08,72 |
| 108. | 94 | Dawid POTĘPA | M30-39 (28.) | Tarnobrzeg | | 0:25:04,14 | 0:25:10,40 |
| 109. | 46 | Tomasz KOŁODZIEJ | M30-39 (29.) | Stalowa Wola | | 0:25:07,41 | 0:25:17,41 |
| 110. | 140 | Jacek WOJTAL | M40-49 (30.) | Tarnobrzeg | ProDentica team | 0:25:19,34 | 0:25:19,34 |
| 111. | 150 | Grzegorz ZYBURA | M30-39 (30.) | Stalowa Wola | | 0:25:09,97 | 0:25:19,43 |
| 112. | 26 | Barbara FRANČZAK | K40-49 (6.) | Stalowa Wola | | 0:25:19,82 | 0:25:30,62 |
| 113. | 36 | Zdzisław HABIGIER | M40-49 (31.) | Pysznica | Planeta Nisko | 0:25:27,50 | 0:25:34,49 |
| 114. | 50 | Jowita KOŚ-MAJCHROWSKA | K30-39 (14.) | Rzeszów | | 0:25:29,18 | 0:25:35,38 |
| 115. | 127 | Łukasz ŚWIERKULA | M29 (19.) | Tarnobrzeg | | 0:25:48,26 | 0:25:48,26 |
| 116. | 163 | Artur WOTCZYŃSKI | M50+ (12.) | Sandomierz | | 0:25:56,24 | 0:26:05,32 |
| 117. | 117 | Sławomir STRĄK | M30-39 (31.) | Gorzyce | | 0:26:03,47 | 0:26:13,08 |
| 118. | 19 | Urszula DĄBEK | K50+ (1.) | Tarnobrzeg | BBL Tarnobrzeg | 0:26:08,69 | 0:26:13,99 |
| 119. | 115 | Patrycja SOLARCZYK | K29 (5.) | Gorzyce | Fartlek.GO | 0:26:15,03 | 0:26:21,57 |
| 120. | 45 | Elzbieta KOCHOWSKA | K40-49 (7.) | Sokolniki | Bbl Tarnobrzeg | 0:26:18,59 | 0:26:23,09 |
| 121. | 82 | Aneta NOWAKOWSKA | K29 (6.) | Majdan Zbydniowski | | 0:26:24,97 | 0:26:28,31 |
| 122. | 24 | Jakub DZIOREK | M29 (20.) | Gorzyce | Sprint Gorzyce | 0:26:23,59 | 0:26:31,86 |
| 123. | 128 | Gustaw TOMCZYK | M40-49 (32.) | Ocice | Ocice | 0:26:26,05 | 0:26:34,39 |
| 124. | 27 | Aneta GAŁKA | K40-49 (8.) | Gorzyce | | 0:26:35,85 | 0:26:45,39 |
| 125. | 89 | Andrzej PAWŁOWSKI | M40-49 (33.) | Tarnobrzeg | | 0:26:40,41 | 0:26:51,62 |
| 126. | 57 | Krzysztof KUŁAGA | M30-39 (32.) | Gorzyce | sprint.egorzyce.pl | 0:26:49,43 | 0:26:55,04 |
| 127. | 13 | Nikola CHMIELOWIEC | K29 (7.) | Trześć | Fartlek.GO | 0:26:57,16 | 0:27:03,47 |
| 128. | 110 | Monika SKRZESZEWSKA | K40-49 (9.) | Stalowa Wola | Fartlek GO | 0:27:00,09 | 0:27:04,79 |
| 129. | 59 | Anna LEBIODA | K30-39 (15.) | Pysznica | SKB Stalowa Wola | 0:27:00,01 | 0:27:04,91 |
| 130. | 130 | Grzegorz TUTAK | M30-39 (33.) | Gorzyce | | 0:27:00,59 | 0:27:08,55 |
| 131. | 68 | Kamil MAJKA | M30-39 (34.) | Tarnobrzeg | | 0:27:03,59 | 0:27:10,45 |
| 132. | 88 | Dorota PATEREK | K40-49 (10.) | Zaleszany | | 0:27:09,18 | 0:27:12,47 |
| 133. | 129 | Stanisław TRZNADEL | M50+ (13.) | Tarnobrzeg | Brak | 0:27:04,95 | 0:27:13,97 |
| 134. | 144 | Tomasz WÓJTOWICZ | M30-39 (35.) | Gorzyce | ZKS 1951 | 0:27:14,01 | 0:27:23,92 |
| 135. | 183 | Katarzyna DUL | K29 (8.) | Furmany | | 0:27:17,31 | 0:27:25,73 |
| 136. | 126 | Justyna ŚWIERKULA | K30-39 (16.) | Tarnobrzeg | | 0:27:34,73 | 0:27:42,65 |
| 137. | 18 | Iwona ĆWIK | K40-49 (11.) | Tarnobrzeg | UKS BUDOWLANKA | 0:27:45,72 | 0:27:48,41 |

| M-ce | Nr | Imię i nazwisko | Kateg./m-ce | Miejscowość | Klub | Netto | Wynik |
|------|-----|------------------------|--------------|--------------------|------------------------------------|------------|-------------------|
| 138. | 23 | Luiza DYDAK | K30-39 (17.) | KĘpie Zaleszańskie | | 0:27:43,45 | 0:27:48,55 |
| 139. | 66 | Grzegorz MACHNIK | M30-39 (36.) | Tarnobrzeg | Refleks Żupawa | 0:27:46,42 | 0:27:48,69 |
| 140. | 65 | Marta ŁYSIAK | K30-39 (18.) | Trześń | | 0:27:57,35 | 0:27:59,12 |
| 141. | 63 | Izydor ŁYKO | M40-49 (34.) | Stalowa Wola | RUNorDIE | 0:27:49,95 | 0:28:00,37 |
| 142. | 28 | Karolina GARBACZ | K29 (9.) | Gorzyce | | 0:28:09,73 | 0:28:18,47 |
| 143. | 41 | Mateusz KAPAŁA | M29 (21.) | Tarnobrzeg | Zorza Tarnobrzeg | 0:28:16,44 | 0:28:19,90 |
| 144. | 146 | Jerzy WRZESIEŃ | M40-49 (35.) | Sandomierz | FDB KM Sandomierz | 0:28:23,12 | 0:28:34,53 |
| 145. | 108 | Patrycja SKAWIŃSKA | K30-39 (19.) | Stalowa Wola | TRYUMF TEAM | 0:28:43,40 | 0:28:47,86 |
| 146. | 109 | Andrzej SKAWIŃSKI | M40-49 (36.) | Stalowa Wola | HSW RUNNING TEAM | 0:28:43,29 | 0:28:47,99 |
| 147. | 176 | Marek DZIOREK | M50+ (14.) | | | 0:28:53,76 | 0:29:01,06 |
| 148. | 32 | Dominika GRĘBOWIEC | K30-39 (20.) | Sandomierz | TSA Sandomierz | 0:29:01,48 | 0:29:03,81 |
| 149. | 148 | Anna LATAWIEC | K30-39 (21.) | Skowierzyn | | 0:29:16,44 | 0:29:16,44 |
| 150. | 3 | Justyna BASAK | K29 (10.) | Dwikozy | | 0:29:08,71 | 0:29:16,75 |
| 151. | 75 | Mariusz MUNIAK | M40-49 (37.) | Mielec | TeamMIELEC | 0:29:20,48 | 0:29:20,88 |
| 152. | 52 | Kinga KRASOŃ | K30-39 (22.) | Sandomierz | TSA Sandomierz | 0:29:11,65 | 0:29:22,03 |
| 153. | 51 | Andrzej KRASOŃ | M30-39 (37.) | Sandomierz | TSA Sandomierz | 0:29:12,38 | 0:29:22,96 |
| 154. | 96 | Angelika ROZMUS | K30-39 (23.) | Tarnobrzeg | Uks Delfin Masters Tarnobrzeg | 0:29:16,21 | 0:29:25,09 |
| 155. | 141 | Anna WOJTANOWSKA | K40-49 (12.) | Gorzyce | Anna Wojtanowska | 0:29:39,25 | 0:29:48,59 |
| 156. | 11 | Agnieszka BUREK | K29 (11.) | Gorzyce | Fartlek Go | 0:29:59,09 | 0:30:06,07 |
| 157. | 97 | Dominika SAJA | K29 (12.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:30:04,09 | 0:30:11,33 |
| 158. | 61 | Marcin LEWANDOWSKI | M30-39 (38.) | Kielce | | 0:30:36,75 | 0:30:46,29 |
| 159. | 49 | Gabriela KORZONEK | K29 (13.) | Gorzyce | | 0:30:36,98 | 0:30:46,96 |
| 160. | 71 | Karolina MATEJEK | K30-39 (24.) | Gorzyce | | 0:30:44,14 | 0:30:54,18 |
| 161. | 119 | Katarzyna SZCZĘCH | K30-39 (25.) | Stalowa Wola | | 0:30:57,51 | 0:31:00,91 |
| 162. | 118 | Grzegorz SZCZĘCH | M30-39 (39.) | Stalowa Wola | | 0:30:58,26 | 0:31:01,60 |
| 163. | 29 | Grzegorz GĘBUŚ | M30-39 (40.) | Stalowa Wola | Stalowowski Klub Biegacza | 0:31:04,77 | 0:31:12,01 |
| 164. | 38 | Joanna JANCZYK | K29 (14.) | Gorzyce | | 0:31:05,25 | 0:31:12,37 |
| 165. | 178 | Jakub JANIEC | M29 (22.) | Stalowa Wola | | 0:31:08,80 | 0:31:17,54 |
| 166. | 2 | Jolanta BARTOSZEK | K30-39 (26.) | Sokolniki | | 0:31:46,41 | 0:31:54,33 |
| 167. | 30 | Adam GŁÓWKA | M30-39 (41.) | Kraków | | 0:32:01,94 | 0:32:07,24 |
| 168. | 149 | Malwina ZALESKA-ZAGUŁA | K30-39 (27.) | Gorzyce | FARTLEK GO | 0:32:58,78 | 0:33:07,60 |
| 169. | 157 | Marcin DUL | M30-39 (42.) | Gorzyce | | 0:33:34,52 | 0:33:43,92 |
| 170. | 98 | Anna SAMOŁYK | K40-49 (13.) | Gorzyce | | 0:33:48,92 | 0:33:56,88 |
| 171. | 100 | Paweł SAMOŁYK | M40-49 (38.) | Gorzyce | | 0:33:49,50 | 0:33:57,06 |
| 172. | 1 | Magda BANASIK | K40-49 (14.) | Stalowa Wola | Stowarzyszenie ROWERZYŚCI ZE STALI | 0:33:56,59 | 0:34:07,17 |

| M-ce | Nr | Imię i nazwisko | Kateg./m-ce | Miejscowość | Klub | Netto | Wynik |
|------|-----|----------------------------|--------------|--------------------|-----------------------------|------------|-------------------|
| 173. | 158 | Małgorzata TROJANOWSKA-DUL | K30-39 (28.) | Gorzyce | | 0:34:03,42 | 0:34:13,19 |
| 174. | 25 | Klaudia DZIOREK | K29 (15.) | Gorzyce | | 0:34:21,00 | 0:34:28,76 |
| 175. | 136 | Marian WŁODARCZYK | M50+ (15.) | Skarżysko Kamienna | STALOWOWOLSKI KLUB BIEGACZA | 0:36:01,42 | 0:36:01,42 |
| 176. | 44 | Alina KAZIO | K50+ (2.) | Stalowa Wola | STALOWOWOLSKI KLUB BIEGACZA | 0:35:58,16 | 0:36:01,74 |
| 177. | 142 | Małgorzata WOŁOSZYN | K40-49 (15.) | Kraśnik | | 0:37:16,04 | 0:37:24,38 |
| 178. | 106 | Jolanta SIĘBIDA | K30-39 (29.) | Gorzyce | | 0:37:42,74 | 0:37:49,52 |
| 179. | 34 | Tadeusz GRZYWACZ | M50+ (16.) | Gorzyce | SPRINT Gorzyce | 0:38:26,50 | 0:38:38,36 |