

39. Bieg Piastów - 30 km FT

WYNIKI ZAWODÓW

30 km FT

Organizator: Stowarzyszenie Bieg Piastów

Termin: 01.03.2015

Miejsce: Szklarska Poręba – Jakuszyce

Dystans: 30 km FT

| 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] |
|---------------------------------------|-----------|------------------------------------|---------------------|-----------------------------------------------------------------------------------------|-----------------|------------|-----------------------|-------|--------------|----------|
| 30 km FT Kobiety KATEGORIA:K70 | | | | | | | | | | |
| 1 | 3392 | PRYMAKOWSKA Barbara | TARNOW |  POL | | 43 | K70/1 | (K)42 | 03:02:00 | 06.04 |
| 30 km FT Kobiety KATEGORIA:K60 | | | | | | | | | | |
| 1 | 3312 | FIGIEL Barbara | WAŁBRZYCH |  POL | | 55 | K60/1 | (K)33 | 02:29:18 | 04.58 |
| 30 km FT Kobiety KATEGORIA:K50 | | | | | | | | | | |
| 1 | 3422 | KORKOSZ Ewa | TOMASZÓW LUBELSKI |  POL | | 62 | K50/1 | (K)28 | 02:22:23 | 04.44 |
| 2 | 3517 | SĘK-SPYCHALSKA Urszula | NOWA WIEŚ ZACHODNIA |  POL | | 58 | K50/2 | (K)29 | 02:22:45 | 04.45 |
| 3 | 3548 | PROCHAZKOVA Irena | |  CZE | | 57 | K50/3 | (K)31 | 02:23:52 | 04.47 |
| 4 | 3418 | OLEJNICZAK Halina | KOŚCIELISKO |  POL | | 60 | K50/4 | (K)38 | 02:39:55 | 05.19 |
| 5 | 3427 | TOUFFAIT Marie-helene | CHATENAY |  FRA | | 56 | K50/5 | (K)44 | 03:47:28 | 07.34 |
| 30 km FT Kobiety KATEGORIA:K40 | | | | | | | | | | |
| 1 | 3131 | STEFAŃSKA Urszula | NOWY TARG |  POL | | 73 | K40/1 | (K)6 | 01:48:14 | 03.36 |
| 2 | 3256 | PALIŃSKA Aneta | SZKLARSKA PORĘBA |  POL | | 75 | K40/2 | (K)9 | 01:52:38 | 03.45 |
| 3 | 3174 | VAHER Annika | KURESSAARE |  EST | | 72 | K40/3 | (K)12 | 01:57:04 | 03.53 |
| 4 | 3311 | STAEVES Anne | ALFTER |  GER | | 68 | K40/4 | (K)16 | 02:03:42 | 04.07 |
| 5 | 3114 | MOROZOWIENIE Jolanta | TROKI |  LTU | | 69 | K40/5 | (K)17 | 02:05:44 | 04.11 |
| 6 | 3373 | SIEGLOVA Dagmar | PRAGUE |  CZE | | 70 | K40/6 | (K)18 | 02:07:28 | 04.14 |
| 7 | 3370 | BERESOVA Marcela | BRATISLAVA |  SVK | | 74 | K40/7 | (K)21 | 02:09:33 | 04.19 |
| 8 | 3231 | WŁODARCZYK-SZYMAŃSKA Anna maria | BRZEG |  POL | | 75 | K40/8 | (K)22 | 02:10:22 | 04.20 |
| 9 | 3264 | KRAWIETZ Joanna | SZKLARSKA PORĘBA |  POL | | 75 | K40/9 | (K)23 | 02:11:37 | 04.23 |
| 10 | 3399 | GOLASIŃSKA Jolanta | WŁOCŁAWEK |  POL | | 71 | K40/10 | (K)25 | 02:16:20 | 04.32 |
| 11 | 3326 | JĘDRUCH Marta | RĘDZINY |  POL | | 72 | K40/11 | (K)26 | 02:16:30 | 04.33 |
| 12 | 3365 | VAABEL Kirsti | TALLINN |  EST | | 72 | K40/12 | (K)27 | 02:21:41 | 04.43 |
| 13 | 3209 | MROŻEK Ewa | CHWASZCZYNO |  POL | | 73 | K40/13 | (K)34 | 02:31:46 | 05.03 |
| 14 | 3291 | POLAŃSKA Małgorzata | PIECHOWCE |  POL | | 72 | K40/14 | (K)36 | 02:32:44 | 05.05 |
| 15 | 3525 | SALONI-SADOWSKA Maria | WARSZAWA |  POL | | 71 | K40/15 | (K)41 | 02:55:07 | 05.50 |
| 30 km FT Kobiety KATEGORIA:K30 | | | | | | | | | | |
| 1 | 3065 | MORAVCOVA Klara | |  CZE | | 83 | K30/1 | (K)1 | 01:23:53 | 02.47 |
| 2 | 3288 | BUDZIŃSKA Karolina | WROCLAW |  POL | | 84 | K30/2 | (K)5 | 01:47:35 | 03.35 |
| 3 | 3304 | WANŻEWICZ-UZNAŃSKA Agnieszka | DUSZNIKI ZDRÓJ |  POL | | 79 | K30/3 | (K)8 | 01:51:55 | 03.43 |
| 4 | 3207 | MICHALIK Izabela | SZKLARSKA PORĘBA |  POL | | 79 | K30/4 | (K)11 | 01:56:32 | 03.53 |
| 5 | 3216 | BEZULSKA Anna | GORZÓW WLKP. |  POL | | 78 | K30/5 | (K)13 | 01:59:34 | 03.59 |
| 6 | 3325 | SINKIEWICZ Anna | BOGUSZÓW GORCE |  POL | | 84 | K30/6 | (K)14 | 01:59:43 | 03.59 |
| 7 | 3233 | KASTNER Katharina | GÖRLITZ |  GER | | 80 | K30/7 | (K)15 | 01:59:50 | 03.59 |
| 8 | 3287 | PACOWSKA-BRUDŁO Aleksandra | WARSZAWA |  POL | | 77 | K30/8 | (K)19 | 02:07:44 | 04.15 |
| 9 | 3538 | LIŚKIEWICZ Sylwia | WARSZAWA |  POL | | 77 | K30/9 | (K)30 | 02:23:02 | 04.46 |
| 10 | 3492 | KUCZYŃSKA Magdalena | POZNŃ |  POL | | 76 | K30/10 | (K)32 | 02:24:49 | 04.49 |
| 11 | 3375 | KUBACKA Justyna | WARSZAWA |  POL | | 79 | K30/11 | (K)37 | 02:33:56 | 05.07 |
| 12 | 3389 | TYBORSKA Weronika | WAŁBRZYCH |  POL | | 76 | K30/12 | (K)39 | 02:42:46 | 05.25 |
| 13 | 3412 | GAJOWSKA Wioletta | KOWARY |  POL | | 78 | K30/13 | (K)43 | 03:38:42 | 07.17 |
| 30 km FT Kobiety KATEGORIA:K20 | | | | | | | | | | |
| 1 | 3136 | WITEK Katarzyna | WARSZAWA |  POL | | 87 | K20/1 | (K)3 | 01:42:59 | 03.25 |
| 2 | 3089 | SUJAK Renata | DUSZNIKI ZDRÓJ |  POL | | 87 | K20/2 | (K)4 | 01:43:03 | 03.25 |

| 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] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 3 | 3564 | SAIMINIKAITE Simona | WILNO | | LTU | 88 | K20/3 (K)7 | 01:48:49 | 03.37 |
| 4 | 3327 | FRAŹEK Natalia | ŚWIEBODZICE | | POL | 88 | K20/4 (K)10 | 01:54:00 | 03.48 |
| 5 | 3397 | GRZESZCZAK Joanna | JELEŃ GÓRA | | POL | 87 | K20/5 (K)24 | 02:13:05 | 04.26 |
| 6 | 3319 | NAUMOWICZ Kamila | SZKLARSKA PORĘBA | | POL | 88 | K20/6 (K)35 | 02:32:11 | 05.04 |
| 7 | 3379 | CISZYŃSKA Ada | KUDOWA ZDRÓJ | | POL | 95 | K20/7 (K)40 | 02:46:46 | 05.33 |

30 km FT Mężczyźni KATEGORIA:M70

| | | | | | | | | | |
|----|------|------------------------|------------|--|-----|----|---------------|----------|-------|
| 1 | 3302 | MROZIŃSKI Stanisław | JELEŃ GÓRA | | POL | 43 | M70/1 (M)234 | 02:07:23 | 04.14 |
| 2 | 3411 | ŁAPCZYŃSKI Kazimierz | MANIOWY | | POL | 41 | M70/2 (M)254 | 02:11:53 | 04.23 |
| 3 | 3226 | JANUSZKIEWICZ Leon | ELBLĄG | | POL | 43 | M70/3 (M)268 | 02:14:59 | 04.29 |
| 4 | 3506 | TOUFFAIT Bernard | CHATENAY | | FRA | 44 | M70/4 (M)324 | 02:39:43 | 05.19 |
| 5 | 3508 | KOSONEN Taisto | SOMERO | | FIN | 40 | M70/5 (M)325 | 02:39:50 | 05.19 |
| 6 | 3384 | KARPIŃSKI Zdzisław | KRAKÓW | | POL | 42 | M70/6 (M)335 | 02:50:42 | 05.41 |
| 7 | 3388 | KARWOWSKI Jerzy | SZCZECINEK | | POL | 44 | M70/7 (M)340 | 02:57:49 | 05.55 |
| 8 | 3377 | SANETRA Walerian | WARSZAWA | | POL | 43 | M70/8 (M)341 | 02:58:22 | 05.56 |
| 9 | 3345 | DOMAŃSKI Jacek expedyt | WARSZAWA | | POL | 41 | M70/9 (M)345 | 03:06:00 | 06.12 |
| 10 | 3598 | PUUSEPP Mart | TALLINN | | EST | 41 | M70/10 (M)347 | 03:46:47 | 07.33 |

30 km FT Mężczyźni KATEGORIA:M60

| | | | | | | | | | |
|----|------|-----------------------|----------------------|--|-----|----|---------------|----------|-------|
| 1 | 3028 | DINDA Mindaugas | KAISZIADORIS | | LTU | 55 | M60/1 (M)51 | 01:34:06 | 03.08 |
| 2 | 3351 | RADOMSKI Zbigniew | BIELSKO-BIALA | | POL | 51 | M60/2 (M)72 | 01:40:10 | 03.20 |
| 3 | 3102 | MAŹYŃSKI Czesław | PLOCK | | POL | 52 | M60/3 (M)92 | 01:43:22 | 03.26 |
| 4 | 3104 | GRANDYS Janusz | KRAKÓW | | POL | 50 | M60/4 (M)109 | 01:46:39 | 03.32 |
| 5 | 3122 | FIGIEL Krzysztof | WAŁBRZYCH | | POL | 54 | M60/5 (M)112 | 01:46:48 | 03.33 |
| 6 | 3112 | KOVAC Karol | BRATISLAVA | | SVK | 55 | M60/6 (M)116 | 01:47:10 | 03.33 |
| 7 | 3328 | SPYCHALSKI Waldemar | NOWA WIEŚ ZACHODNIA | | POL | 55 | M60/7 (M)122 | 01:47:55 | 03.35 |
| 8 | 3164 | JYLHA Kari | JOENSUU | | FIN | 53 | M60/8 (M)134 | 01:49:33 | 03.38 |
| 9 | 3549 | TSEKHAU Wladimir | MINSK | | BLR | 50 | M60/9 (M)135 | 01:49:39 | 03.39 |
| 10 | 3086 | ZOREMBA Jan | TARNOWSKIE GÓRY | | POL | 53 | M60/10 (M)171 | 01:55:43 | 03.51 |
| 11 | 3208 | HENJUM Kolbjorn | HAMAR | | NOR | 49 | M60/11 (M)187 | 01:58:07 | 03.56 |
| 12 | 3185 | KOPYT Jan | KONSTANCIN-JEZIORNA | | POL | 46 | M60/12 (M)191 | 01:58:51 | 03.57 |
| 13 | 3151 | WANNEWITZ Helke | SPREENHAGEN | | GER | 47 | M60/13 (M)193 | 01:58:56 | 03.57 |
| 14 | 3073 | PALME Stepan | JABLONEC NAD JIZERKA | | CZE | 55 | M60/14 (M)195 | 01:59:33 | 03.58 |
| 15 | 3402 | VUORIO Esa | SYSMA | | FIN | 55 | M60/15 (M)208 | 02:01:33 | 04.03 |
| 16 | 3145 | KASTNER Hans-werner | LOEBAU | | GER | 54 | M60/16 (M)219 | 02:03:56 | 04.07 |
| 17 | 3215 | PETROFF Boris | IVRY | | FRA | 49 | M60/17 (M)225 | 02:04:49 | 04.09 |
| 18 | 3255 | GOŚCIEJ Andrzej | WIELICZKA | | POL | 47 | M60/18 (M)255 | 02:12:01 | 04.24 |
| 19 | 3245 | GUZOWSKI Andrzej | ELBLĄG | | POL | 52 | M60/19 (M)256 | 02:12:03 | 04.24 |
| 20 | 3266 | BABSKI Roman | BARCINEK/JEL.GÓRY | | POL | 53 | M60/20 (M)257 | 02:13:21 | 04.26 |
| 21 | 3355 | WALCZAK Leszek | LESZNO | | POL | 54 | M60/21 (M)269 | 02:15:15 | 04.30 |
| 22 | 3239 | SCHWARZ Jiří | FRENŠTÁT POD | | CZE | 51 | M60/22 (M)272 | 02:15:30 | 04.31 |
| 23 | 3404 | GAŚIOR Adam | TARNÓW | | POL | 52 | M60/23 (M)278 | 02:17:27 | 04.34 |
| 24 | 3242 | TOMECKO Jozef | PREŠOV | | SVK | 53 | M60/24 (M)282 | 02:18:03 | 04.36 |
| 25 | 3301 | ROKSVOLD Thore aksel | OSLO | | NOR | 46 | M60/25 (M)285 | 02:19:16 | 04.38 |
| 26 | 3298 | PURZYŃSKI Andrzej | JELEŃ GÓRA | | POL | 49 | M60/26 (M)293 | 02:21:25 | 04.42 |
| 27 | 3272 | SONNEK Zenon | SYCÓW | | POL | 55 | M60/27 (M)294 | 02:21:28 | 04.42 |
| 28 | 3297 | SOBIEGRAJ Jerzy | POZNAŃ | | POL | 49 | M60/28 (M)319 | 02:36:09 | 05.12 |
| 29 | 3322 | GULBIERZ Zdzisław | WARSZAWA | | POL | 53 | M60/29 (M)321 | 02:37:37 | 05.15 |
| 30 | 3441 | FLOREK Franciszek | TARNÓW | | POL | 50 | M60/30 (M)322 | 02:37:58 | 05.15 |
| 31 | 3386 | JELEŃSKI Stanisław | JELEŃ GÓRA | | POL | 47 | M60/31 (M)326 | 02:40:49 | 05.21 |
| 32 | 3380 | PILECKI Kazimierz | ELBLĄG | | POL | 53 | M60/32 (M)327 | 02:42:15 | 05.24 |
| 33 | 3507 | KEMILÄINEN Risto | PERNIÖ | | FIN | 50 | M60/33 (M)329 | 02:44:28 | 05.28 |
| 34 | 3449 | DONIGIEWICZ Janusz | BRZEG | | POL | 54 | M60/34 (M)337 | 02:53:07 | 05.46 |
| 35 | 3466 | LEŚ Ireneusz | BELCHATÓW | | POL | 53 | M60/35 (M)342 | 03:01:09 | 06.02 |
| 36 | 3545 | PIONK Andrzej | WARSZAWA | | POL | 49 | M60/36 (M)343 | 03:04:43 | 06.09 |
| 37 | 3299 | GRZESZCZAK Bogusław | WARSZAWA | | POL | 51 | M60/37 (M)344 | 03:05:45 | 06.11 |
| 38 | 3405 | DRZEWIECKI Mieczysław | TRZCIANKA | | POL | 54 | M60/38 (M)346 | 03:19:35 | 06.39 |

30 km FT Mężczyźni KATEGORIA:M50

| | | | | | | | | | |
|---|------|-----------------|--------|--|-----|----|-------------|----------|-------|
| 1 | 3051 | GOLUBKOV Leonid | MOSCOW | | RUS | 63 | M50/1 (M)31 | 01:30:52 | 03.01 |
|---|------|-----------------|--------|--|-----|----|-------------|----------|-------|

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|--------------------------|-------------------|----------|--------------|---------|------------------------|-----------|----------|
| 2 | 3437 | HYRYN Mikalai | MOGILEW | | BLR | 65 | M50/2 (M)32 | 01:31:05 | 03.02 |
| 3 | 3152 | TOKARCZYK Marek | ŚWIDNICA | | POL | 62 | M50/3 (M)36 | 01:31:52 | 03.03 |
| 4 | 3081 | LANGSTEINER Rudolf | DOBERSBERG | | AUT | 65 | M50/4 (M)37 | 01:31:54 | 03.03 |
| 5 | 3038 | GROSSE Frank | KURORT JONSDORF | | GER | 62 | M50/5 (M)55 | 01:36:02 | 03.11 |
| 6 | 3130 | NOVOTNY Jiri | PRAHA | | CZE | 60 | M50/6 (M)57 | 01:37:02 | 03.13 |
| 7 | 3041 | DONT Mirek | TURNOV | | CZE | 57 | M50/7 (M)71 | 01:39:43 | 03.19 |
| 8 | 3203 | WAWRZYNIAK Bogusław | GORZYCE WIELKIE | | POL | 65 | M50/8 (M)81 | 01:41:18 | 03.22 |
| 9 | 3058 | WERDA Stanisław | JELENIA GÓRA | | POL | 57 | M50/9 (M)84 | 01:41:39 | 03.23 |
| 10 | 3077 | TROJAK Witold | TARNÓW | | POL | 64 | M50/10 (M)87 | 01:41:54 | 03.23 |
| 11 | 3049 | JĘDRZEJEWSKI Paweł | ŁOMIANKI | | POL | 63 | M50/11 (M)97 | 01:45:14 | 03.30 |
| 12 | 3408 | MIFEK Tomas | PRAHA | | CZE | 64 | M50/12 (M)100 | 01:45:30 | 03.31 |
| 13 | 3514 | SCHONERT Knut | ROßLEBEN | | GER | 56 | M50/13 (M)127 | 01:48:14 | 03.36 |
| 14 | 3456 | LACHMAYR Robert | HORN | | AUT | 58 | M50/14 (M)131 | 01:49:09 | 03.38 |
| 15 | 3063 | URBANOWSKI Grzegorz | WROCLAW | | POL | 59 | M50/15 (M)133 | 01:49:20 | 03.38 |
| 16 | 3083 | LATAWIEC Andrzej | ZAMOŚĆ | | POL | 62 | M50/16 (M)142 | 01:50:39 | 03.41 |
| 17 | 3303 | DOBROWOLSKI Marek | MAŁOCICE | | POL | 64 | M50/17 (M)144 | 01:50:44 | 03.41 |
| 18 | 3069 | MEISSNER Janusz | KARTUZY | | POL | 61 | M50/18 (M)146 | 01:51:01 | 03.41 |
| 19 | 3352 | DROP Krzysztof | ZIELONA GÓRA | | POL | 63 | M50/19 (M)148 | 01:51:44 | 03.43 |
| 20 | 3277 | BŁACHOWIAK Mariusz józef | LESZNO | | POL | 64 | M50/20 (M)168 | 01:55:21 | 03.50 |
| 21 | 3047 | ZOLMAN Petr | SMRZOVKA | | CZE | 60 | M50/21 (M)173 | 01:56:21 | 03.52 |
| 22 | 3469 | SULEMENKOV Igor | NARVA | | EST | 65 | M50/22 (M)178 | 01:57:13 | 03.54 |
| 23 | 3228 | SIENKAN Aleksander | BĘDZIN | | POL | 60 | M50/23 (M)182 | 01:57:39 | 03.55 |
| 24 | 3237 | GRUCHAŁA Andrzej | STRÓŻA | | POL | 65 | M50/24 (M)183 | 01:57:46 | 03.55 |
| 25 | 3415 | JARMO Jaaskelainen | ESPOO | | FIN | 62 | M50/25 (M)185 | 01:58:00 | 03.56 |
| 26 | 3156 | PART Andres | TALLINN | | EST | 56 | M50/26 (M)198 | 02:00:05 | 03.59 |
| 27 | 3307 | WESÓŁ Lesław | NOWY TARG | | POL | 61 | M50/27 (M)205 | 02:01:25 | 04.02 |
| 28 | 3223 | SAJDAK Ireneusz | JASLO | | POL | 59 | M50/28 (M)207 | 02:01:33 | 04.03 |
| 29 | 3243 | SINDERA Mirosław | PSARY | | POL | 59 | M50/29 (M)212 | 02:02:26 | 04.04 |
| 30 | 3117 | DRZEWOSZ Mirosław | TOMASZÓW LUBELSKI | | POL | 61 | M50/30 (M)214 | 02:02:45 | 04.05 |
| 31 | 3407 | WELLES Peter | CARBONDALE | | USA | 59 | M50/31 (M)215 | 02:02:46 | 04.05 |
| 32 | 3217 | GRZESIK Andrzej | SOSNOWIEC | | POL | 59 | M50/32 (M)222 | 02:04:25 | 04.08 |
| 33 | 3115 | CECH Jaroslav | HARRACHOV | | CZE | 58 | M50/33 (M)229 | 02:05:07 | 04.09 |
| 34 | 3398 | KALINOWSKI Marian | MIRKÓW | | POL | 62 | M50/34 (M)236 | 02:07:44 | 04.15 |
| 35 | 3189 | GOMOLA Paweł | BRENNA | | POL | 64 | M50/35 (M)238 | 02:08:13 | 04.16 |
| 36 | 3227 | GRABOWICZ Andrzej | KRAKÓW | | POL | 57 | M50/36 (M)239 | 02:08:14 | 04.16 |
| 37 | 3353 | KAISER Joerg | WEISWASSER | | GER | 60 | M50/37 (M)240 | 02:08:26 | 04.16 |
| 38 | 3336 | BRAATZ Frank | WOLTERSODORF | | GER | 62 | M50/38 (M)242 | 02:08:33 | 04.17 |
| 39 | 3269 | OSIECKI Ireneusz | GDAŃSK | | POL | 60 | M50/39 (M)251 | 02:10:42 | 04.21 |
| 40 | 3416 | MRÓWKA Leszek | CZELADŹ | | POL | 61 | M50/40 (M)264 | 02:14:36 | 04.29 |
| 41 | 3344 | CIEŚLAK Jacek | WARSZAWA | | POL | 64 | M50/41 (M)265 | 02:14:36 | 04.29 |
| 42 | 3286 | KUMALSKI Ryszard | ZABRZE | | POL | 58 | M50/42 (M)270 | 02:15:18 | 04.30 |
| 43 | 3273 | URBAŃCZYK Zdzisław | POZNAŃ | | POL | 57 | M50/43 (M)271 | 02:15:30 | 04.31 |
| 44 | 3270 | GABLANKOWSKI Wojciech | MYŚLENICE | | POL | 63 | M50/44 (M)276 | 02:15:54 | 04.31 |
| 45 | 3359 | LIKSOR Aivo | TALLINN | | EST | 58 | M50/45 (M)279 | 02:17:32 | 04.35 |
| 46 | 3285 | KARABA Janusz | SYCÓW | | POL | 62 | M50/46 (M)280 | 02:17:46 | 04.35 |
| 47 | 3332 | HAABMA Alar | HAGERI | | EST | 60 | M50/47 (M)281 | 02:17:58 | 04.35 |
| 48 | 3275 | SYNOVEC Jindrich | TANVALND | | CZE | 65 | M50/48 (M)284 | 02:18:57 | 04.37 |
| 49 | 3178 | MARAS Ladislav | PRESOV | | SVK | 63 | M50/49 (M)289 | 02:19:31 | 04.38 |
| 50 | 3338 | KURCZEWSKI Krzysztof | KRZESZÓW | | POL | 60 | M50/50 (M)291 | 02:21:05 | 04.42 |
| 51 | 3522 | KURPIŃSKI Waldemar | WARSZAWA | | POL | 65 | M50/51 (M)296 | 02:22:38 | 04.45 |
| 52 | 3423 | GAMBUSZ Ryszard | BYTOM | | POL | 59 | M50/52 (M)297 | 02:22:46 | 04.45 |
| 53 | 3468 | KULASEPP Raivo | LOHKVA KULA | | EST | 59 | M50/53 (M)298 | 02:22:50 | 04.45 |
| 54 | 3284 | ADAMSKI Andrzej | SYCÓW | | POL | 58 | M50/54 (M)299 | 02:22:56 | 04.45 |
| 55 | 3585 | SIWICKI Grzegorz | WARSZAWA | | POL | 64 | M50/55 (M)300 | 02:23:32 | 04.47 |
| 56 | 3378 | MAJOR Stefan | INOWROCLAW | | POL | 56 | M50/56 (M)302 | 02:25:48 | 04.51 |
| 57 | 3175 | SALONG Sulev | KURESSAARE | | EST | 56 | M50/57 (M)303 | 02:26:14 | 04.52 |
| 58 | 3218 | KOWALSKI Edward | KRAKÓW | | POL | 65 | M50/58 (M)304 | 02:26:46 | 04.53 |
| 59 | 3445 | MINCIKIEWICZ Bogdan | STRÓŻA | | POL | 65 | M50/59 (M)307 | 02:28:32 | 04.57 |

| 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] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|
| 60 | 3289 | SZMYTKIEWICZ Jan | ZIELONA GÓRA | | POL | 57 | M50/60 (M)308 | 02:28:53 | 04.57 |
| 61 | 3486 | CZUBAŁA Maciej | KATOWICE | | POL | 62 | M50/61 (M)312 | 02:32:49 | 05.05 |
| 62 | 3262 | CIESZYŃSKI Tadeusz | KUDOWA ZDRÓJ | | POL | 59 | M50/62 (M)315 | 02:33:27 | 05.06 |
| 63 | 3491 | PIEPZYCKI Jerzy | CZĘSTOCHOWA | | POL | 57 | M50/63 (M)316 | 02:34:07 | 05.08 |
| 64 | 3472 | GERUS Wiesław | WROCLAW | | POL | 65 | M50/64 (M)320 | 02:37:01 | 05.14 |
| 65 | 3390 | TYBORSKI Artur | WALBRZYCH | | POL | 65 | M50/65 (M)328 | 02:42:48 | 05.25 |
| 66 | 3374 | SZCZYGIEL Marian | KRAKÓW | | POL | 57 | M50/66 (M)333 | 02:48:21 | 05.36 |
| 67 | 3553 | KOSELSKI Krzysztof | LUBLINIEC | | POL | 61 | M50/67 (M)338 | 02:54:04 | 05.48 |
| 68 | 3480 | BARTKIEWICZ Robert | RADOM | | POL | 64 | M50/68 (M)339 | 02:56:19 | 05.52 |

30 km FT Mężczyźni KATEGORIA:M40

| | | | | | | | | | |
|----|------|-----------------------|-------------------|--|-----|----|---------------|----------|-------|
| 1 | 3002 | PETR Pavel | PARDUBICE | | CZE | 69 | M40/1 (M)5 | 01:17:55 | 02.35 |
| 2 | 3121 | MROZIŃSKI Jakub | JELEŃ GÓRA | | POL | 75 | M40/2 (M)8 | 01:20:34 | 02.40 |
| 3 | 3008 | REJZEK Martin | BRAUNSCHWEIG | | GER | 72 | M40/3 (M)9 | 01:20:42 | 02.41 |
| 4 | 3007 | GROSSE Ralf | JONSDORF | | GER | 73 | M40/4 (M)11 | 01:23:44 | 02.47 |
| 5 | 3018 | GALIK Zbigniew | SZKLARSKA PORĘBA | | POL | 73 | M40/5 (M)13 | 01:23:49 | 02.47 |
| 6 | 3123 | BODZEK Artur | LUBAWKA | | POL | 75 | M40/6 (M)18 | 01:26:34 | 02.52 |
| 7 | 3013 | KORYCIŃSKI Rafał | GDAŃSK | | POL | 71 | M40/7 (M)24 | 01:28:51 | 02.57 |
| 8 | 3032 | MICHALIK Jarosław | SZKLARSKA PORĘBA | | POL | 66 | M40/8 (M)25 | 01:28:59 | 02.57 |
| 9 | 3129 | PAWŁOWSKI Paweł | SZKLARSKA PORĘBA | | POL | 70 | M40/9 (M)29 | 01:30:17 | 03.00 |
| 10 | 3360 | SADOWSKI Robert | GOŁDAP | | POL | 67 | M40/10 (M)39 | 01:32:08 | 03.04 |
| 11 | 3025 | ZELEŃKA Petr | SEMILY | | CZE | 68 | M40/11 (M)40 | 01:32:30 | 03.04 |
| 12 | 3187 | MACHACEK Karel | ROVENSKO | | CZE | 68 | M40/12 (M)41 | 01:32:38 | 03.04 |
| 13 | 3020 | BERES Róbert | BRATISLAVA | | SVK | 73 | M40/13 (M)42 | 01:33:00 | 03.05 |
| 14 | 3023 | PASZKOWSKI Hubert | GOŁDAP | | POL | 74 | M40/14 (M)44 | 01:33:20 | 03.06 |
| 15 | 3161 | LANDE Eivind | MAGNOR | | NOR | 70 | M40/15 (M)45 | 01:33:25 | 03.06 |
| 16 | 3159 | MAZUREK Artur | CZARNY BÓR | | POL | 70 | M40/16 (M)46 | 01:33:29 | 03.06 |
| 17 | 3040 | KRYGIER Mariusz | DUBENINKI | | POL | 75 | M40/17 (M)47 | 01:33:38 | 03.07 |
| 18 | 3014 | LEONENKO Ivan | GRODNO | | BLR | 68 | M40/18 (M)49 | 01:33:47 | 03.07 |
| 19 | 3064 | NOWICKI Andrzej | SOKOŁOWSKO | | POL | 71 | M40/19 (M)52 | 01:34:14 | 03.08 |
| 20 | 3044 | SADOWNIK Mirosław | SZCZYTNA | | POL | 66 | M40/20 (M)54 | 01:34:45 | 03.09 |
| 21 | 3046 | ESCHER Hendrik | SEHMATAL-SEHMA | | GER | 66 | M40/21 (M)56 | 01:36:24 | 03.12 |
| 22 | 3031 | RICHTER Jens | FREITAL | | GER | 69 | M40/22 (M)59 | 01:37:15 | 03.14 |
| 23 | 3354 | CABAŁA Adam | CZARNY BÓR | | POL | 75 | M40/23 (M)62 | 01:37:51 | 03.15 |
| 24 | 3037 | KUBICEK Zdenek | MNICHOVO HRADISTE | | CZE | 72 | M40/24 (M)64 | 01:37:52 | 03.15 |
| 25 | 3529 | RAGVIN Dag steinar | | | NOR | 72 | M40/25 (M)67 | 01:38:35 | 03.17 |
| 26 | 3039 | SKOMOROWSKI Dominik | GOŁDAP | | POL | 74 | M40/26 (M)68 | 01:38:39 | 03.17 |
| 27 | 3079 | TRAMP Sławomir | GOŁDAP | | POL | 73 | M40/27 (M)74 | 01:40:22 | 03.20 |
| 28 | 3084 | ZAMBROŃ Krzysztof | JELEŃ GÓRA | | POL | 72 | M40/28 (M)75 | 01:40:22 | 03.20 |
| 29 | 3048 | PTACEK Frantisek | LIBEREC 6 | | CZE | 72 | M40/29 (M)77 | 01:40:25 | 03.20 |
| 30 | 3045 | BIAŁOGŁOWSKI Wojciech | LUBAWKA | | POL | 75 | M40/30 (M)82 | 01:41:21 | 03.22 |
| 31 | 3323 | MOSOŃ Wiktor | GŁOWIENKA | | POL | 75 | M40/31 (M)85 | 01:41:49 | 03.23 |
| 32 | 3170 | SZCZOTKA Arkadiusz | GÓRKI WIELKIE | | POL | 74 | M40/32 (M)86 | 01:41:49 | 03.23 |
| 33 | 3432 | PRUD Andrzej | GDANSK | | POL | 67 | M40/33 (M)89 | 01:42:27 | 03.24 |
| 34 | 3061 | MOŹDZIERZ Paweł | TARNÓW | | POL | 66 | M40/34 (M)93 | 01:43:29 | 03.26 |
| 35 | 3053 | DZIEDZICKI Andrzej | PRZEMYŚL | | POL | 73 | M40/35 (M)94 | 01:43:51 | 03.27 |
| 36 | 3366 | ROMANOWICZ Robert | BIAŁYSTOK | | POL | 73 | M40/36 (M)96 | 01:44:16 | 03.28 |
| 37 | 3350 | GALLE Dariusz | STANOWICE | | POL | 73 | M40/37 (M)99 | 01:45:26 | 03.30 |
| 38 | 3099 | KISHKEL Ivan | GRODNO | | BLR | 74 | M40/38 (M)101 | 01:45:48 | 03.31 |
| 39 | 3305 | ROGALA Dariusz | GOŁDAP | | POL | 70 | M40/39 (M)103 | 01:46:17 | 03.32 |
| 40 | 3103 | STRZAŁKOWSKI Artur | PIECHOWICE | | POL | 71 | M40/40 (M)106 | 01:46:29 | 03.32 |
| 41 | 3139 | TARASEWICZ Piotr | ZIELONA GÓRA | | POL | 74 | M40/41 (M)110 | 01:46:41 | 03.33 |
| 42 | 3148 | PYZIK Jacek | MYSLAKOWICE | | POL | 70 | M40/42 (M)111 | 01:46:43 | 03.33 |
| 43 | 3094 | GRZEJDZIAK Jarosław | NOWIZNA | | POL | 75 | M40/43 (M)113 | 01:46:51 | 03.33 |
| 44 | 3544 | SKALICKY Michael | PARDUBICE | | CZE | 68 | M40/44 (M)114 | 01:47:04 | 03.34 |
| 45 | 3057 | MICHALAK Robert | KROTOSZYN | | POL | 66 | M40/45 (M)117 | 01:47:14 | 03.34 |
| 46 | 3006 | ŻYLŃSKI Waldemar | SUWALKI | | POL | 73 | M40/46 (M)120 | 01:47:40 | 03.35 |
| 47 | 3314 | BIGOSZEWSKI Tomasz | NOWY TARG | | POL | 73 | M40/47 (M)125 | 01:48:05 | 03.36 |
| 48 | 3309 | RINKEWICZIUS Žilvinas | ELEKTRENAI | | LTU | 73 | M40/48 (M)126 | 01:48:06 | 03.36 |

| 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] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 49 | 3087 | KITTEL Alexander | ZITTAU | | GER | 69 | M40/49 (M)129 | 01:48:27 | 03.36 |
| 50 | 3190 | BUCHLA Marcin | WROCLAW | | POL | 74 | M40/50 (M)130 | 01:48:34 | 03.36 |
| 51 | 3204 | KOSEK Libor | TURNOW | | CZE | 74 | M40/51 (M)132 | 01:49:15 | 03.38 |
| 52 | 3192 | ADAMSKI Szymon | WROCLAW | | POL | 75 | M40/52 (M)137 | 01:50:00 | 03.39 |
| 53 | 3076 | BULKA Łukasz | ZABIERZÓW | | POL | 72 | M40/53 (M)138 | 01:50:21 | 03.40 |
| 54 | 3105 | MEHNERT Christoph | BAUTZEN | | GER | 69 | M40/54 (M)140 | 01:50:27 | 03.40 |
| 55 | 3347 | KLEMM Gunnar | DRESDEN | | GER | 71 | M40/55 (M)141 | 01:50:32 | 03.41 |
| 56 | 3068 | FLORYAN Piotr | NOWY SĄCZ | | POL | 74 | M40/56 (M)143 | 01:50:42 | 03.41 |
| 57 | 3100 | SANIUK Sebastian | GOŁDAP | | POL | 75 | M40/57 (M)145 | 01:50:45 | 03.41 |
| 58 | 3357 | BEZULSKI Michał | GORZÓW WLKP. | | POL | 71 | M40/58 (M)149 | 01:51:59 | 03.43 |
| 59 | 3367 | MŁOTKOWSKI Mariusz | PILA | | POL | 73 | M40/59 (M)150 | 01:52:08 | 03.44 |
| 60 | 3118 | WELZER Dariusz | OLAWA | | POL | 73 | M40/60 (M)151 | 01:52:09 | 03.43 |
| 61 | 3439 | BUCHLA Marcin | SZKLARSKA PORĘBA | | POL | 72 | M40/61 (M)152 | 01:52:34 | 03.45 |
| 62 | 3230 | BORECZEK Dariusz | WROCLAW | | POL | 68 | M40/62 (M)154 | 01:52:42 | 03.45 |
| 63 | 3124 | NOWICKI Robert | WARSZAWA | | POL | 72 | M40/63 (M)156 | 01:53:13 | 03.46 |
| 64 | 3523 | STACHURA Marek | STRASSHOF A.D. | | AUT | 69 | M40/64 (M)157 | 01:53:29 | 03.46 |
| 65 | 3206 | GLIŃSKI Michał | GLIWICE | | POL | 72 | M40/65 (M)160 | 01:53:57 | 03.47 |
| 66 | 3096 | MINCZYK Piotr | ZIELONA GÓRA | | POL | 72 | M40/66 (M)163 | 01:54:06 | 03.47 |
| 67 | 3501 | ŚMIALKOWSKI Rafał | BOLESŁAWIEC | | POL | 74 | M40/67 (M)166 | 01:55:16 | 03.50 |
| 68 | 3296 | BANACH Krzysztof | LUBLIN | | POL | 72 | M40/68 (M)167 | 01:55:19 | 03.50 |
| 69 | 3340 | PASTERCZYK Dariusz | JEDLICZE | | POL | 73 | M40/69 (M)172 | 01:55:49 | 03.51 |
| 70 | 3074 | STRZYCZKOWSKI Michał | WARSZAWA-WESOLA | | POL | 69 | M40/70 (M)174 | 01:56:50 | 03.53 |
| 71 | 3169 | KUHN Pavel | PRAHA 15 | | CZE | 75 | M40/71 (M)176 | 01:56:55 | 03.53 |
| 72 | 3401 | JEZERSKI Mateusz | GDYNIA | | POL | 74 | M40/72 (M)180 | 01:57:18 | 03.54 |
| 73 | 3188 | PIGLA Andrzej | WROCLAW | | POL | 71 | M40/73 (M)184 | 01:57:50 | 03.55 |
| 74 | 3166 | KREEKMAN Kalev | TALLINN | | EST | 68 | M40/74 (M)188 | 01:58:15 | 03.56 |
| 75 | 3200 | WOJCIECHOWSKI Witold | WROCLAW | | POL | 74 | M40/75 (M)189 | 01:58:18 | 03.56 |
| 76 | 3308 | KOWALSKI Tomasz | TURZA ŚLĄSKA | | POL | 72 | M40/76 (M)192 | 01:58:55 | 03.57 |
| 77 | 3109 | BZOWSKI Jan michał | KRAKOW | | POL | 72 | M40/77 (M)194 | 01:59:00 | 03.57 |
| 78 | 3451 | ULOWSKI Jacek | ŁÓDŹ | | POL | 68 | M40/78 (M)196 | 01:59:35 | 03.59 |
| 79 | 3232 | SUPERNAK Tadeusz | JÓZEFOSŁAW | | POL | 74 | M40/79 (M)199 | 02:00:25 | 04.00 |
| 80 | 3220 | JANISZ Daniel | KRAKOW | | POL | 75 | M40/80 (M)200 | 02:00:33 | 04.01 |
| 81 | 3421 | NADACHOWSKI Marek | ZACHARZEW | | POL | 72 | M40/81 (M)201 | 02:00:33 | 04.01 |
| 82 | 3125 | PARYŚ Piotr | ZARZECZE | | POL | 66 | M40/82 (M)203 | 02:00:52 | 04.01 |
| 83 | 3234 | KARBOWIAK Hubert | WROCLAW | | POL | 69 | M40/83 (M)209 | 02:01:37 | 04.03 |
| 84 | 3182 | BARCZEWSKI Krzysztof | NIEMCZ | | POL | 75 | M40/84 (M)210 | 02:01:37 | 04.02 |
| 85 | 3241 | KLIMONT Bogdan | WARSZAWA | | POL | 66 | M40/85 (M)211 | 02:01:53 | 04.03 |
| 86 | 3381 | SZCZUREK Mirosław | TARNÓW | | POL | 69 | M40/86 (M)213 | 02:02:33 | 04.05 |
| 87 | 3358 | NOWOSIELSKI Andrzej | SZCZECIN | | POL | 70 | M40/87 (M)216 | 02:02:59 | 04.05 |
| 88 | 3436 | BRYNIARSKI Maciej | NOWY TARG | | POL | 66 | M40/88 (M)220 | 02:03:59 | 04.07 |
| 89 | 3221 | KRAKÓWKO Robert | ROSOCHATE KOŚCIELNE | | POL | 72 | M40/89 (M)223 | 02:04:35 | 04.09 |
| 90 | 3547 | STASTNY Jan | JABLONIEC NAD IZERĄ | | CZE | 68 | M40/90 (M)224 | 02:04:45 | 04.09 |
| 91 | 3184 | KLEPACZ Jacek | ŁÓDŹ | | POL | 71 | M40/91 (M)227 | 02:04:50 | 04.09 |
| 92 | 3225 | STANEK Jan | TURNOV | | CZE | 71 | M40/92 (M)232 | 02:06:37 | 04.13 |
| 93 | 3369 | HUCL Tomas | PRAHA | | CZE | 75 | M40/93 (M)233 | 02:07:05 | 04.14 |
| 94 | 3447 | SZYMKÓW Sławomir | STRASZYN | | POL | 70 | M40/94 (M)235 | 02:07:43 | 04.15 |
| 95 | 3467 | SZCZOTKA Paweł | BOGATYNIA | | POL | 75 | M40/95 (M)237 | 02:07:54 | 04.15 |
| 96 | 3281 | BOGDAŁ Marek | BOGATYNIA | | POL | 71 | M40/96 (M)243 | 02:08:51 | 04.17 |
| 97 | 3235 | KAMIŃSKI Jakub | ŁÓDŹ | | POL | 66 | M40/97 (M)244 | 02:09:26 | 04.18 |
| 98 | 3224 | STANEK Ondrej | TURNOV | | CZE | 75 | M40/98 (M)245 | 02:09:29 | 04.18 |
| 99 | 3194 | JURASZ Wojciech | POZNAŃ | | POL | 66 | M40/99 (M)248 | 02:10:15 | 04.20 |
| 100 | 3247 | KRATKY Pavel | JABLONEC N.N | | CZE | 72 | M40/100 (M)253 | 02:11:15 | 04.22 |
| 101 | 3563 | SODERBLOM Pär | SIBBO | | FIN | 70 | M40/101 (M)259 | 02:14:02 | 04.28 |
| 102 | 3119 | PATERAK Jan | GOŚCIECIN | | POL | 66 | M40/102 (M)261 | 02:14:07 | 04.27 |
| 103 | 3417 | SZYMAŃSKI Przemysław | ŻMIGRÓD | | POL | 67 | M40/103 (M)262 | 02:14:09 | 04.28 |
| 104 | 3265 | LEŚNIAK Krzysztof | WARSZAWA | | POL | 75 | M40/104 (M)267 | 02:14:58 | 04.29 |
| 105 | 3520 | LAMPKA Robert | TULCE | | POL | 68 | M40/105 (M)275 | 02:15:52 | 04.31 |
| 106 | 3248 | MICHALAK Tomasz | BORÓWIEC | | POL | 72 | M40/106 (M)287 | 02:19:27 | 04.38 |

| 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] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|---------------------------|--------------|----------|
| 107 | 3282 | ZIEMNIAK Robert | OLAWA | | POL | 74 | M40/107 (M)292 | 02:21:19 | 04.42 |
| 108 | 3471 | SOPART Józef | SYCÓW | | POL | 66 | M40/108 (M)305 | 02:27:11 | 04.54 |
| 109 | 3521 | MARCINKEWICZ Jüri | HARJUMAA | | EST | 66 | M40/109 (M)306 | 02:27:49 | 04.55 |
| 110 | 3554 | PETROVITSKI Igor | JYHVI | | EST | 70 | M40/110 (M)309 | 02:29:31 | 04.59 |
| 111 | 3457 | DABULIS Jarosław | SUWAŁKI | | POL | 73 | M40/111 (M)311 | 02:31:05 | 05.02 |
| 112 | 3394 | DAWIDZIAK Jarosław | LESZNO | | POL | 71 | M40/112 (M)318 | 02:35:09 | 05.10 |
| 113 | 3391 | JAKUBCZAK Jarosław | BORÓWIEC | | POL | 75 | M40/113 (M)330 | 02:45:36 | 05.31 |
| 114 | 3372 | WILIŃSKI Andrzej | CZARNOCIN | | POL | 69 | M40/114 (M)336 | 02:52:03 | 05.44 |









30 km FT Mężczyźni KATEGORIA:M30

| | | | | | | | | | |
|----|------|-----------------------|-----------------|--|-----|----|---------------|----------|-------|
| 1 | 3101 | ROCAREK Jiri | NOVE MESTO NA | | CZE | 83 | M30/1 (M)1 | 01:11:32 | 02.22 |
| 2 | 3177 | MAGAL Jiri | LIBEREC | | CZE | 77 | M30/2 (M)3 | 01:14:42 | 02.29 |
| 3 | 3004 | GRACZ Bogusław | | | POL | 77 | M30/3 (M)4 | 01:15:10 | 02.30 |
| 4 | 3146 | BUTRIMAWICZIUS Marius | TROKI | | LTU | 82 | M30/4 (M)7 | 01:19:57 | 02.39 |
| 5 | 3132 | FISNAR JUN. Jiri | KOUTY N/D. | | CZE | 76 | M30/5 (M)12 | 01:23:45 | 02.47 |
| 6 | 3005 | GLEŃ Robert | JEDLICZE | | POL | 76 | M30/6 (M)17 | 01:25:27 | 02.50 |
| 7 | 3016 | ŽAMOJTUK Daniel | GOŁDAP | | POL | 76 | M30/7 (M)19 | 01:26:41 | 02.53 |
| 8 | 3010 | CLEMENZ Silvio | KURORT JONSDORF | | GER | 79 | M30/8 (M)20 | 01:27:32 | 02.54 |
| 9 | 3019 | HUBAL Paweł | JELENIA GÓRA | | POL | 78 | M30/9 (M)21 | 01:27:57 | 02.55 |
| 10 | 3150 | SCERBAVICIUS Edvardas | VILNIUS | | LTU | 81 | M30/10 (M)22 | 01:28:11 | 02.56 |
| 11 | 3017 | NARWIDAS Simonas | ELEKTRENAI | | LTU | 83 | M30/11 (M)26 | 01:29:26 | 02.58 |
| 12 | 3163 | MAZURKIEWICZ Darek | SMOLEC | | POL | 78 | M30/12 (M)27 | 01:29:48 | 02.59 |
| 13 | 3030 | CHUDZIKIEWICZ Tomasz | WOJCIESZÓW | | POL | 76 | M30/13 (M)28 | 01:29:53 | 02.59 |
| 14 | 3021 | PODKAŃSKI Bartosz | JELENIA GÓRA | | POL | 81 | M30/14 (M)30 | 01:30:30 | 03.00 |
| 15 | 3172 | WALICKI Rafał | LUBNIEWICE | | POL | 78 | M30/15 (M)35 | 01:31:37 | 03.02 |
| 16 | 3176 | KOZISEK Peter | HARRACHOV | | CZE | 80 | M30/16 (M)58 | 01:37:05 | 03.13 |
| 17 | 3195 | KARŃIOWICZ Dawid | GOŁDAP | | POL | 84 | M30/17 (M)60 | 01:37:27 | 03.14 |
| 18 | 3054 | SYC Robert | LESZNO | | POL | 82 | M30/18 (M)61 | 01:37:49 | 03.15 |
| 19 | 3165 | MROŻEK Damian | CHWASZCZYNO | | POL | 76 | M30/19 (M)69 | 01:39:28 | 03.18 |
| 20 | 3149 | JUSZKO Remigiusz | JELENIA GÓRA | | POL | 80 | M30/20 (M)70 | 01:39:35 | 03.18 |
| 21 | 3036 | BRUDŁO Paweł | WARSZAWA | | POL | 79 | M30/21 (M)73 | 01:40:11 | 03.20 |
| 22 | 3183 | MIROSLAW Rafał | WOJCIECHÓW | | POL | 81 | M30/22 (M)76 | 01:40:23 | 03.20 |
| 23 | 3341 | FRANO Michal | PRAGUE | | CZE | 81 | M30/23 (M)78 | 01:40:29 | 03.20 |
| 24 | 3070 | JEZIORSKI Piotr | PIST | | CZE | 78 | M30/24 (M)79 | 01:40:29 | 03.20 |
| 25 | 3201 | JASKÓŁOWSKI Damian | KRAKÓW/MIŁKÓW | | POL | 84 | M30/25 (M)88 | 01:41:56 | 03.23 |
| 26 | 3095 | KODR Ondrej | PRAHA 10 | | CZE | 85 | M30/26 (M)90 | 01:42:35 | 03.24 |
| 27 | 3060 | STANIK Bartłomiej | KATOWICE | | POL | 81 | M30/27 (M)95 | 01:44:04 | 03.27 |
| 28 | 3324 | SINKIEWICZ Mariusz | BOGUSZÓW GORCE | | POL | 82 | M30/28 (M)98 | 01:45:14 | 03.30 |
| 29 | 3034 | WINCZURA Krzysztof | TARNÓW | | POL | 82 | M30/29 (M)102 | 01:46:06 | 03.32 |
| 30 | 3483 | KRUZIC Andy | PRAGUE | | CZE | 77 | M30/30 (M)104 | 01:46:18 | 03.32 |
| 31 | 3093 | MAJKA Roman | DUSZNIKI-ZDRÓJ | | POL | 79 | M30/31 (M)107 | 01:46:37 | 03.32 |
| 32 | 3059 | PURZYŃSKI Jarosław | JELENIA GÓRA | | POL | 84 | M30/32 (M)108 | 01:46:38 | 03.33 |
| 33 | 3128 | KOTLARZ Paweł | WARSZAWA | | POL | 77 | M30/33 (M)119 | 01:47:39 | 03.34 |
| 34 | 3321 | PASALA Denis | WILNO | | LTU | 82 | M30/34 (M)123 | 01:47:58 | 03.35 |
| 35 | 3574 | MUSIL David | PRAGUE | | CZE | 77 | M30/35 (M)124 | 01:48:01 | 03.36 |
| 36 | 3460 | KORZETKOWSKI Marek | WARSZAWA | | POL | 81 | M30/36 (M)136 | 01:49:55 | 03.39 |
| 37 | 3173 | GŁÓWCZYK Dariusz | MILKOWICE | | POL | 79 | M30/37 (M)139 | 01:50:25 | 03.40 |
| 38 | 3349 | WÓJCIK Bartosz | KRAKÓW | | POL | 78 | M30/38 (M)147 | 01:51:04 | 03.42 |
| 39 | 3570 | BERNHARD Milan | PRAGUE | | CZE | 76 | M30/39 (M)153 | 01:52:39 | 03.45 |
| 40 | 3383 | SZCZEPEK Tomasz | HENRYKÓW | | POL | 84 | M30/40 (M)155 | 01:52:47 | 03.45 |
| 41 | 3147 | KORZAN Marek | JAWORZE | | POL | 78 | M30/41 (M)159 | 01:53:43 | 03.47 |
| 42 | 3346 | KOMAROWSKI Krzysztof | ŁOMIANKI | | POL | 83 | M30/42 (M)161 | 01:53:58 | 03.47 |
| 43 | 3097 | JANEK Łukasz | KOŚCIAN | | POL | 84 | M30/43 (M)162 | 01:54:02 | 03.47 |
| 44 | 3113 | CZAJKA Leszek | TARNOWSKIE GÓRY | | POL | 79 | M30/44 (M)165 | 01:54:19 | 03.48 |
| 45 | 3092 | PACEK Jarosław | GLIWICE | | POL | 83 | M30/45 (M)169 | 01:55:26 | 03.50 |
| 46 | 3261 | WILK Sebastian | LEŚNA | | POL | 80 | M30/46 (M)170 | 01:55:38 | 03.51 |
| 47 | 3364 | PLATENIK Zbynek | PRAHA | | CZE | 82 | M30/47 (M)175 | 01:56:52 | 03.53 |
| 48 | 3062 | SCHWARZ Ondřej | FRENŠTÁT POD | | CZE | 77 | M30/48 (M)177 | 01:57:03 | 03.53 |
| 49 | 3260 | RYNKO Paweł | OLSZTYN | | POL | 80 | M30/49 (M)179 | 01:57:14 | 03.54 |

| 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] |
|--------------|--------|-----------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|
| 50 | 3414 | MARKOWSKI Mateusz | SZCZECIN | POL | | 83 | M30/50 (M)181 | 01:57:33 | 03.55 |
| 51 | 3337 | KISZKA Przemysław | JANÓW LUBELSKI | POL | | 77 | M30/51 (M)186 | 01:58:02 | 03.56 |
| 52 | 3035 | DOBIAS David | PRAHA 2 | CZE | | 77 | M30/52 (M)197 | 01:59:38 | 03.59 |
| 53 | 3222 | KLOZ Vít | FRÝDLANT | CZE | | 77 | M30/53 (M)202 | 02:00:36 | 04.01 |
| 54 | 3552 | ZGLINIECKI Grzegorz | LUBLINIEC | POL | | 78 | M30/54 (M)204 | 02:01:09 | 04.02 |
| 55 | 3091 | KWIATKOWSKI Piotr | JELEŃ GÓRA | POL | | 76 | M30/55 (M)206 | 02:01:25 | 04.02 |
| 56 | 3214 | GAJOWSKI Maciej | KOWARY | POL | | 78 | M30/56 (M)217 | 02:03:11 | 04.06 |
| 57 | 3446 | OKIEŃCZUK Radek | SZCZECIN | POL | | 83 | M30/57 (M)226 | 02:04:50 | 04.09 |
| 58 | 3078 | JELEŃSKI Paweł | JELEŃ GÓRA | POL | | 85 | M30/58 (M)228 | 02:04:51 | 04.09 |
| 59 | 3537 | TOMCZAK Krzysztof | KORZYSTNO | POL | | 76 | M30/59 (M)230 | 02:05:31 | 04.11 |
| 60 | 3263 | SOBOLEWSKI Jakub | WARSZAWA | POL | | 77 | M30/60 (M)231 | 02:06:03 | 04.12 |
| 61 | 3268 | PISAREK Tomasz | POLANICA ZDRÓJ | POL | | 80 | M30/61 (M)246 | 02:09:40 | 04.19 |
| 62 | 3565 | GREŃ Rafał | OŚWIĘCIM | POL | | 78 | M30/62 (M)252 | 02:11:15 | 04.22 |
| 63 | 3249 | KOSELSKI Roman | LUBLINIEC | POL | | 76 | M30/63 (M)260 | 02:14:03 | 04.28 |
| 64 | 3330 | LATAROWSKI Grzegorz | LWÓWEK ŚLĄSKI | POL | | 82 | M30/64 (M)263 | 02:14:34 | 04.29 |
| 65 | 3426 | WÓJCIK Adrian | ŻORY | POL | | 79 | M30/65 (M)266 | 02:14:45 | 04.29 |
| 66 | 3199 | JOPEK Bartłomiej | GRYFICE | POL | | 80 | M30/66 (M)274 | 02:15:48 | 04.31 |
| 67 | 3518 | MIAZGA Maciej | OSTRÓW WIELKOPOLSKI | POL | | 79 | M30/67 (M)277 | 02:16:26 | 04.32 |
| 68 | 3546 | TOMANEK Jiri | PRAHA | CZE | | 82 | M30/68 (M)286 | 02:19:17 | 04.38 |
| 69 | 3488 | LITWIN Sławomir | SOSNOWIEC | POL | | 76 | M30/69 (M)290 | 02:20:34 | 04.41 |
| 70 | 3329 | KRĘT Michał | CZĘSTOCHOWA | POL | | 82 | M30/70 (M)295 | 02:22:35 | 04.45 |
| 71 | 3550 | NIEWIADOMSKI Jarosław | ŁÓDŹ | POL | | 79 | M30/71 (M)301 | 02:24:46 | 04.49 |
| 72 | 3280 | LATANOWICZ Piotr | POZNAŃ | POL | | 78 | M30/72 (M)310 | 02:30:55 | 05.01 |
| 73 | 3551 | BAJDA Jacek | PILSZCZ | POL | | 77 | M30/73 (M)313 | 02:32:57 | 05.05 |
| 74 | 3463 | MIARA Bartosz | BOLESCIN | POL | | 77 | M30/74 (M)317 | 02:34:30 | 05.09 |
| 75 | 3356 | KOBYLIŃSKI Tomasz | ZABRZE | POL | | 76 | M30/75 (M)323 | 02:39:27 | 05.18 |
| 76 | 3470 | REICHE Alexander | POTSDAM | GER | | 80 | M30/76 (M)331 | 02:47:19 | 05.34 |
| 77 | 3461 | KORZĘTKOWSKI Adam | WARSZAWA | POL | | 79 | M30/77 (M)332 | 02:47:53 | 05.35 |

30 km FT Mężczyźni KATEGORIA:M20

| | | | | | | | | | |
|----|------|-------------------------|----------------------|-----|--|----|---------------|----------|-------|
| 1 | 3001 | ESCHER Toni | | GER | | 90 | M20/1 (M)2 | 01:12:30 | 02.24 |
| 2 | 3003 | SŁOWIOK Paweł | CIESZYN | POL | | 92 | M20/2 (M)6 | 01:18:05 | 02.36 |
| 3 | 3012 | PIECH Aleksander | BRÓJCE | POL | | 92 | M20/3 (M)10 | 01:21:16 | 02.42 |
| 4 | 3141 | SKUPIEŃ Witold | NOWY SĄCZ | POL | | 90 | M20/4 (M)14 | 01:24:33 | 03.09 |
| 5 | 3410 | LELEK Mirosław (junio) | HARRACHOV | CZE | | 93 | M20/5 (M)15 | 01:25:15 | 02.50 |
| 6 | 3143 | BRANAS Marcin | WARSZAWA | POL | | 86 | M20/6 (M)16 | 01:25:19 | 02.50 |
| 7 | 3219 | POLASEKK Petr | PRAHA | CZE | | 89 | M20/7 (M)23 | 01:28:35 | 02.57 |
| 8 | 3569 | KOBIELUSZ Michał | ISTEBNA | POL | | 87 | M20/8 (M)33 | 01:31:19 | 03.02 |
| 9 | 3024 | POTRZASAJ Rafał | CICHE | POL | | 88 | M20/9 (M)34 | 01:31:35 | 03.03 |
| 10 | 3022 | ZYKH Dzianis | GRODNO | BLR | | 87 | M20/10 (M)38 | 01:32:06 | 03.04 |
| 11 | 3052 | FRANCZAK Bartosz | JEŻÓW SUDECKI | POL | | 88 | M20/11 (M)43 | 01:33:12 | 03.06 |
| 12 | 3487 | CLEMENZ Peter | KURORT JONSDORF | GER | | 86 | M20/12 (M)48 | 01:33:42 | 03.07 |
| 13 | 3055 | HABRAT Piotr | KROSNO | POL | | 93 | M20/13 (M)50 | 01:33:58 | 03.07 |
| 14 | 3075 | BUDZIŃSKI Paweł | WROCLAW | POL | | 87 | M20/14 (M)63 | 01:37:52 | 03.15 |
| 15 | 3126 | ZELENKA Tomáš | SEMILY | CZE | | 95 | M20/15 (M)66 | 01:38:21 | 03.16 |
| 16 | 3042 | CICHOSZEWSKI Mieczysław | POZNAŃ | POL | | 92 | M20/16 (M)80 | 01:41:16 | 03.22 |
| 17 | 3110 | POŚNIK Szymon | WARSZAWA | POL | | 93 | M20/17 (M)83 | 01:41:34 | 03.22 |
| 18 | 3085 | KODR Stanislav | PRAHA | CZE | | 88 | M20/18 (M)91 | 01:42:42 | 03.24 |
| 19 | 3271 | KRZYSZTOF Wołowczyk | WARSZAWA | POL | | 95 | M20/19 (M)105 | 01:46:28 | 03.32 |
| 20 | 3106 | BŁACHOWIAK Jakub | LESZNO | POL | | 89 | M20/20 (M)115 | 01:47:09 | 03.33 |
| 21 | 3542 | BYRTUS Krzysztof | LALIKI | POL | | 91 | M20/21 (M)118 | 01:47:30 | 03.35 |
| 22 | 3535 | WITUSIAK Mateusz | SZKLARSKA PORĘBA | POL | | 92 | M20/22 (M)158 | 01:53:35 | 03.47 |
| 23 | 3333 | HAABMA Siim | HAGERI | EST | | 87 | M20/23 (M)164 | 01:54:11 | 03.48 |
| 24 | 3543 | GERUS Maciej | WROCLAW | POL | | 93 | M20/24 (M)190 | 01:58:26 | 03.56 |
| 25 | 3181 | ŁUKASZEWICZ Dawid | WROCLAW | POL | | 87 | M20/25 (M)218 | 02:03:45 | 04.07 |
| 26 | 3527 | DOSTALOVA Katerina | NACHOD | CZE | | 87 | M20/26 (M)221 | 02:04:19 | 04.08 |
| 27 | 3210 | KINZEL Martin | HRADEC KRÁLOVÉ | CZE | | 86 | M20/27 (M)241 | 02:08:31 | 04.17 |
| 28 | 3193 | KŁAPTOCZ Marek | CZECHOWICE-DZIEDZICE | POL | | 89 | M20/28 (M)247 | 02:10:11 | 04.19 |
| 29 | 3334 | KULASEPP Siim | LOKVA KULA | EST | | 86 | M20/29 (M)249 | 02:10:23 | 04.20 |

| 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] |
|-----------------------------------------|--------|----------------------|---------------------|---------------------------------------------------------------------------------------|--------------|---------|--------------------|--------|-----------------|----------|
| 30 | 3335 | MORGENSTERN Stephan | ESSLINGEN |  GER | | 91 | M20/30 | (M)250 | 02:10:38 | 04.21 |
| 31 | 3476 | SZYMCZAK Szymon | KOWARY |  POL | | 89 | M20/31 | (M)273 | 02:15:38 | 04.31 |
| 32 | 3279 | REJFEK Tomas | HRADEC KRALOVE |  CZE | | 87 | M20/32 | (M)288 | 02:19:28 | 04.38 |
| 33 | 3510 | RADOMSKI Jakub | WOŁOMIN |  POL | | 87 | M20/33 | (M)314 | 02:33:10 | 05.06 |
| 30 km FT Mężczyźni KATEGORIA:M16 | | | | | | | | | | |
| 1 | 3425 | NADACHOWSKI Artur | OSTRÓW WIELKOPOLSKI |  POL | | 00 | M16/1 | (M)121 | 01:47:49 | 03.35 |
| 2 | 3180 | WOLNY Paweł | NAKŁO ŚLĄSKIE |  POL | | 99 | M16/2 | (M)128 | 01:48:17 | 03.36 |
| 3 | 3376 | BARTOSZEWSKI Maciej | RZESZÓW |  POL | | 98 | M16/3 | (M)283 | 02:18:56 | 04.37 |
| 4 | 3429 | MISZTAL Mateusz | WROCLAW |  POL | | 97 | M16/4 | (M)334 | 02:48:42 | 05.37 |