

KUDOWSKA DZIESIĄTKA 10 KM

Organizator: Fundacja MARATONY GÓRSKIE
 Data: 2021-05-09
 Miejsce: Kudowa-Zdrój
 Dystans: 10 km
 Klasyfikacja wg czasów netto.



KUDOWSKA DZIESIĄTKA 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|------------------------|------|--|------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | WRZESZCZ MARIUSZ | 4117 | PRZEDWOJEWSKI TEAM | SOBÓTKA | POL | M-30 | 1 | M 1 | 00:29:13 | 00:49:14.25 | 4:55 | 12.2 |
| 2 | WŁODARCZYK KRZYSZTOF | 4084 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | M-40 | 1 | M 2 | 00:29:35 | 00:49:31.30 | 4:57 | 12.1 |
| 3 | ROGOZIŃSKI OLAF | 4096 | | POZNAŃ | POL | M-40 | 2 | M 3 | 00:29:15 | 00:49:46.05 | 4:58 | 12.1 |
| 4 | LEŚNIAK MICHAŁ | 4101 | ASICS FRONTRUNNER POLAND / @BIEGIEM_PO_EUROPIE | CERADZ DOLNY | POL | M-30 | 2 | M 4 | 00:29:56 | 00:50:21.10 | 5:02 | 11.9 |
| 5 | SWORSKI ROMAN | 4110 | KASTYO / VEGAN / VEGE RUNNERS | ŁÓDŹ | POL | M-30 | 3 | M 5 | 00:32:02 | 00:52:36.30 | 5:15 | 11.4 |
| 6 | DUNAJ PAWEŁ | 4113 | GT RAT | WROCŁAW | POL | M-30 | 4 | M 6 | 00:31:29 | 00:52:42.10 | 5:16 | 11.4 |
| 7 | SWATOWSKI TOMASZ | 4124 | KB KĄTY WROCŁAWSKIE | KĄTY WROCŁAWSKIE | POL | M-30 | 5 | M 7 | 00:31:40 | 00:52:43.85 | 5:16 | 11.4 |
| 8 | GRZEGOREK GRZEGORZ | 4125 | KB KĄTY WROCŁAWSKIE | KĄTY WROCŁAWSKIE | POL | M-50 | 1 | M 8 | 00:31:44 | 00:52:48.30 | 5:16 | 11.4 |
| 9 | PRYSTARZ KRZYSZTOF | 4119 | | | POL | M-40 | 3 | M 9 | 00:32:56 | 00:53:15.35 | 5:19 | 11.3 |
| 10 | CEPIELIK WOJCIECH | 4070 | SAMOTNY WILK | MARCISZÓW | POL | M-30 | 6 | M 10 | 00:31:59 | 00:53:21.80 | 5:20 | 11.2 |
| 11 | PRZYBYSZEWSKI ŁUKASZ | 4106 | | BIELAWA | POL | M-30 | 7 | M 11 | 00:34:53 | 00:56:07.30 | 5:36 | 10.7 |
| 12 | OLSZEWSKI TOMASZ | 4122 | | MOSINA | POL | M-40 | 4 | M 12 | 00:34:10 | 00:56:11.60 | 5:37 | 10.7 |
| 13 | LEWANDOWSKI PAWEŁ | 4120 | | RZESZÓW | POL | M-40 | 5 | M 13 | 00:34:09 | 00:56:37.15 | 5:39 | 10.6 |
| 14 | DUBANIEWICZ MICHAŁ | 4114 | KUDOWIANKA WEMECO | KUDOWA-ZDRÓJ | POL | M-20 | 1 | M 14 | 00:34:53 | 00:56:43.10 | 5:40 | 10.6 |
| 15 | SASIN DOMINIKA | 4009 | KB SOBÓTKA | ŚWIDNICA | POL | K-20 | 1 | K 1 | 00:35:23 | 00:58:47.50 | 5:52 | 10.2 |
| 16 | ALTEWĘGIER JAROSŁAW | 4058 | | WROCŁAW | POL | M-40 | 6 | M 15 | 00:35:29 | 00:59:59.75 | 5:59 | 10 |
| 17 | RĘBIAŁKOWSKI JAKUB | 4094 | RNB TEAM POLANICA ZDROJ | POLANICA ZDRÓJ | POL | M-30 | 8 | M 16 | 00:38:01 | 01:00:24.75 | 6:02 | 9.9 |
| 18 | STRASZKO MONIKA | 4104 | | WROCŁAW | POL | K-40 | 1 | K 2 | 00:37:42 | 01:01:44.10 | 6:10 | 9.7 |
| 19 | PIJANOWSKI PAWEŁ | 4093 | | KUDOWA-ZDRÓJ | POL | M-40 | 7 | M 17 | 00:37:37 | 01:01:55.00 | 6:11 | 9.7 |
| 20 | JAGODZIK MICHAŁ | 4100 | #FEIFERTRENUJE | LESZNO | POL | M-30 | 9 | M 18 | 00:38:08 | 01:02:44.20 | 6:16 | 9.6 |
| 21 | TYSZKIEWICZ KRZYSZTOF | 4123 | | SKAWINA | POL | M-40 | 8 | M 19 | 00:37:38 | 01:02:46.40 | 6:16 | 9.6 |
| 22 | URBAN ALICJA | 4021 | KACZKATEAM | WROCŁAW | POL | K-20 | 2 | K 3 | 00:36:44 | 01:03:14.70 | 6:19 | 9.5 |
| 23 | MAZIAREK ADELA | 4008 | | NIEMODLIN | POL | K-30 | 1 | K 4 | 00:38:37 | 01:04:33.75 | 6:27 | 9.3 |
| 24 | JACUKOWICZ MONIKA | 4042 | FIZJOBIEGACZE SZCZECIN | SZCZECIN | POL | K-30 | 2 | K 5 | 00:39:02 | 01:05:19.40 | 6:31 | 9.2 |
| 25 | GĘBSKI ŁUKASZ | 4056 | FIZJOBIEGACZE SZCZECIN | SZCZECIN | POL | M-30 | 10 | M 20 | 00:39:05 | 01:05:24.75 | 6:32 | 9.2 |
| 26 | PISULA ŁUKASZ | 4076 | | KUDOWA-ZDRÓJ | POL | M-30 | 11 | M 21 | 00:41:52 | 01:06:36.15 | 6:39 | 9 |
| 27 | KAWA HUBERT | 4045 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | M-30 | 12 | M 22 | 00:40:50 | 01:08:00.00 | 6:48 | 8.8 |
| 28 | MIŁOSZEWICZ ALEKSANDRA | 4044 | FIZJOBIEGACZE | SZCZECIN | POL | K-20 | 3 | K 6 | 00:40:28 | 01:08:25.75 | 6:50 | 8.8 |
| 29 | BARNAŚ MACIEJ | 4069 | | BARDO | POL | M-50 | 2 | M 23 | 00:41:47 | 01:08:58.45 | 6:53 | 8.7 |
| 30 | DROŻYŃSKA IWONA | 4077 | | NYSA | POL | K-30 | 3 | K 7 | 00:42:10 | 01:09:01.85 | 6:54 | 8.7 |
| 31 | DULĘBA ŁUKASZ | 4111 | | KUDOWA ZDRÓJ | POL | M-30 | 13 | M 24 | 00:42:02 | 01:09:03.00 | 6:54 | 8.7 |
| 32 | KĘDZIOR JOANNA | 4010 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | K-40 | 2 | K 8 | 00:41:43 | 01:09:24.25 | 6:56 | 8.6 |
| 33 | KORCZYŃSKA AGATA | 4018 | | POZNAŃ | POL | K-30 | 4 | K 9 | 00:42:12 | 01:09:31.95 | 6:57 | 8.6 |
| 34 | GOCYŁA MICHAŁ | 4079 | 3M RUNNING TEAM | WROCŁAW | POL | M-40 | 9 | M 25 | 00:40:50 | 01:10:03.05 | 7:00 | 8.6 |
| 35 | MAZIAREK MICHAŁ | 4022 | | NIEMODLIN | POL | M-30 | 14 | M 26 | 00:42:41 | 01:10:16.70 | 7:01 | 8.5 |
| 36 | LESIŃSKI PIOTR | 4078 | ATOS | WROCŁAW | POL | M-30 | 15 | M 27 | 00:42:46 | 01:10:17.20 | 7:01 | 8.5 |
| 37 | KARWACKI KRZYSZTOF | 4071 | | KAMIENNA GÓRA | POL | M-40 | 10 | M 28 | 00:43:48 | 01:10:54.80 | 7:05 | 8.5 |
| 38 | MOSÓR MARIUSZ | 4026 | LISY PUSTYNI | KLUCZE | POL | M-50 | 3 | M 29 | 00:41:46 | 01:11:25.80 | 7:08 | 8.4 |
| 39 | GOŁASZEWSKI ROBERT | 4012 | | BERLIN | GER | M-40 | 11 | M 30 | 00:44:35 | 01:11:39.50 | 7:09 | 8.4 |
| 40 | MOSKWA KAROLINA | 4067 | BATORY LOTO | CHORZÓW | POL | K-30 | 5 | K 10 | 00:44:13 | 01:11:53.80 | 7:11 | 8.3 |
| 41 | MŁYNARCZYK ARKADIUSZ | 4016 | | SZCZECIN | POL | M-20 | 2 | M 31 | 00:44:55 | 01:11:55.25 | 7:11 | 8.3 |
| 42 | KULA KRYSZTIAN | 4007 | KB HARCOWNIK JELCZ LASKOWICE | JELCZ LASKOWICE | POL | M-40 | 12 | M 32 | 00:42:54 | 01:12:34.30 | 7:15 | 8.3 |
| 43 | PATYK JOANNA | 4054 | FIZJOBIEGACZE | SZCZECIN | POL | K-30 | 6 | K 11 | 00:44:09 | 01:13:01.30 | 7:18 | 8.2 |
| 44 | HONSA-ŻGUTOWICZ TOMASZ | 4053 | | WROCŁAW | POL | M-30 | 16 | M 33 | 00:43:55 | 01:13:24.60 | 7:20 | 8.2 |
| 45 | SZYMAŃSKI GRZEGORZ | 4083 | ZWYCIĘZCÓW 6F | POLANICA-ZDRÓJ | POL | M-40 | 13 | M 34 | 00:44:52 | 01:14:01.05 | 7:24 | 8.1 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|------------------------|------|---------------------------------|---------------------|------|------|--------|------|----------|-------------|--------|------|
| 46 | KORCZYŃSKA ANNA | 4066 | | WROCLAW | POL | K-40 | 3 | K 12 | 00:44:24 | 01:14:02.90 | 7:24 | 8.1 |
| 47 | ŁUCZKA SYLWIA | 4001 | VEGE RUNNERS / KASTYO | TOMASZÓW MAZOWIECKI | POL | K-30 | 7 | K 13 | 00:45:07 | 01:14:04.80 | 7:24 | 8.1 |
| 48 | PASZKE JOANNA | 4072 | | TORUŃ | POL | K-30 | 8 | K 14 | 00:44:18 | 01:14:10.80 | 7:25 | 8.1 |
| 49 | SZYMYŚLIK JACEK | 4035 | | LESZNO | POL | M-40 | 14 | M 35 | 00:43:35 | 01:14:14.15 | 7:25 | 8.1 |
| 50 | MŁYNARCZYK KRZYSZTOF | 4015 | | SZCZECIN | POL | M-40 | 15 | M 36 | 00:45:00 | 01:14:31.80 | 7:27 | 8.1 |
| 51 | ŚMIECHOWSKA MAŁGORZATA | 4043 | RECZ | RECZ | POL | K-40 | 4 | K 15 | 00:46:40 | 01:14:49.15 | 7:28 | 8 |
| 52 | TOPOLEWSKA EWELINA | 4121 | | WARSZAWA | POL | K-30 | 9 | K 16 | 00:45:40 | 01:14:55.10 | 7:29 | 8 |
| 53 | MATLAK GRZEGORZ | 4080 | 3M RUNNING TEAM | WROCLAW | POL | M-40 | 16 | M 37 | 00:45:30 | 01:15:15.60 | 7:31 | 8 |
| 54 | LEWICKI TOMASZ | 4105 | | DOBROSZYCE | POL | M-40 | 17 | M 38 | 00:45:51 | 01:15:20.80 | 7:32 | 8 |
| 55 | ŻUROWSKI MIKOŁAJ | 4074 | GVT | WROCLAW | POL | M-20 | 3 | M 39 | 00:45:42 | 01:15:37.60 | 7:33 | 7.9 |
| 56 | ŻYGIĘŁO MONIKA | 4108 | CHOSZCZEŃSKA 10 | CHOSZCZNO | POL | K-40 | 5 | K 17 | 00:45:40 | 01:15:56.05 | 7:35 | 7.9 |
| 57 | TEŚLAK DAWID | 4085 | | LUBNÓW | POL | M-30 | 17 | M 40 | 00:46:43 | 01:15:58.05 | 7:35 | 7.9 |
| 58 | KIRCUŃ PAWEŁ | 4091 | | WROCLAW | POL | M-40 | 18 | M 41 | 00:44:14 | 01:16:03.80 | 7:36 | 7.9 |
| 59 | RYBKOWSKA EWA | 4030 | | ŻYCHLIN | POL | K-30 | 10 | K 18 | 00:46:49 | 01:16:20.30 | 7:38 | 7.9 |
| 60 | RATAJCZAK GRZEGORZ | 4107 | | GORZÓW WLKP. | POL | M-50 | 4 | M 42 | 00:47:16 | 01:16:42.15 | 7:40 | 7.8 |
| 61 | BAJER KAROL | 4034 | | LESZNO | POL | M-40 | 19 | M 43 | 00:44:51 | 01:16:42.35 | 7:40 | 7.8 |
| 62 | WERLE NELLY | 4103 | | WARSZAWA | POL | K-30 | 11 | K 19 | 00:46:49 | 01:16:42.45 | 7:40 | 7.8 |
| 63 | UPTAS TOMASZ | 4017 | FITNESS & SQUASH COMPLEX | GŁOGÓW | POL | M-40 | 20 | M 44 | 00:50:22 | 01:16:44.65 | 7:40 | 7.8 |
| 64 | KORCZYŃSKA PAULINA | 4051 | | TARNOWSKIE GÓRY | POL | K-40 | 6 | K 20 | 00:46:34 | 01:17:28.90 | 7:44 | 7.7 |
| 65 | TECHNER MAGDALENA | 4090 | | DĄBRÓWKA | POL | K-40 | 7 | K 21 | 00:47:13 | 01:17:36.80 | 7:45 | 7.7 |
| 66 | ŁUŻNY AGNIESZKA | 4087 | | TYCHY | POL | K-30 | 12 | K 22 | 00:46:43 | 01:17:45.10 | 7:46 | 7.7 |
| 67 | JAROSZ MARTA | 4086 | | TOSZOWICE | POL | K-40 | 8 | K 23 | 00:47:13 | 01:17:49.20 | 7:46 | 7.7 |
| 68 | KUSZ JOANNA | 4073 | FITNESS & SQUASH COMPLEX GŁOGÓW | GŁOGÓW | POL | K-30 | 13 | K 24 | 00:47:13 | 01:18:30.15 | 7:51 | 7.6 |
| 69 | TOPOLEWSKA AGNIESZKA | 4025 | | WROCLAW | POL | K-30 | 14 | K 25 | 00:48:46 | 01:18:35.25 | 7:51 | 7.6 |
| 70 | POMALECKA BARBARA | 4048 | | KRAKÓW | POL | K-30 | 15 | K 26 | 00:48:13 | 01:21:32.20 | 8:09 | 7.4 |
| 71 | HOJKO ADRIANNA | 4041 | TEAM HOJKO | WROCLAW | POL | K-30 | 16 | K 27 | 00:49:45 | 01:21:57.20 | 8:11 | 7.3 |
| 72 | BACHURSKA EWA | 4005 | KB HARCOWNIK JELCZ LASKOWICE | MŁOSZYCE | POL | K-40 | 9 | K 28 | 00:48:54 | 01:21:58.25 | 8:11 | 7.3 |
| 73 | BLAUT MARTA | 4062 | | KRAKÓW | POL | K-30 | 17 | K 29 | 00:50:24 | 01:22:43.95 | 8:16 | 7.3 |
| 74 | NABIELEC KAMILA | 4064 | | JAWORZYNA ŚLĄSKA | POL | K-20 | 4 | K 30 | 00:50:08 | 01:22:47.90 | 8:16 | 7.2 |
| 75 | SZYMURA IZABELA | 4052 | DECATHLON RYBNIK & PRZYJACIELE | RYBNIK | POL | K-40 | 10 | K 31 | 00:50:57 | 01:23:49.80 | 8:22 | 7.2 |
| 76 | TSUSHKA IRYNA | 4118 | | | | K-20 | 5 | K 32 | 00:50:35 | 01:24:46.80 | 8:28 | 7.1 |
| 77 | STOŁOWSKA NATALIA | 4112 | | WROCLAW | POL | K-40 | 11 | K 33 | 00:51:46 | 01:27:12.40 | 8:43 | 6.9 |
| 78 | KORDYLEWSKA MARLENA | 4031 | TRITON KONIN | KONIN | POL | K-30 | 18 | K 34 | 00:52:59 | 01:27:39.15 | 8:45 | 6.8 |
| 79 | KUŁACH LESŁAW | 4115 | | WOLA RADZISZOWSKA | POL | M-50 | 5 | M 45 | 00:54:06 | 01:30:10.55 | 9:01 | 6.7 |
| 80 | STACHNIO AGNIESZKA | 4032 | | MIESZKOWICE | POL | K-20 | 6 | K 35 | 00:52:08 | 01:30:20.00 | 9:02 | 6.6 |
| 81 | KROPACZ JAGODA | 4033 | | SZCZECIN | POL | K-20 | 7 | K 36 | 00:52:08 | 01:30:23.50 | 9:02 | 6.6 |
| 82 | OGRODNIK ANNA | 4109 | ZAKOCHAJ SIĘ W BIEGANIU | WROCLAW | POL | K-30 | 19 | K 37 | 00:58:39 | 01:32:40.00 | 9:16 | 6.5 |
| 83 | DYJA MAGDALENA | 4092 | RNB TEAM POLANICA ZDRÓJ | POLANICA ZDRÓJ | POL | K-30 | 20 | K 38 | 00:54:01 | 01:32:47.15 | 9:16 | 6.5 |
| 84 | PISULA MAJA | 4000 | | KUDOWA-ZDRÓJ | POL | K-40 | 12 | K 39 | 00:54:19 | 01:33:06.85 | 9:18 | 6.4 |
| 85 | SZCZEPANSKA ILONA | 4046 | | BERLIN | GER | K-30 | 21 | K 40 | 00:56:10 | 01:33:54.65 | 9:23 | 6.4 |
| 86 | BRAĞIEL PIOTR | 4029 | | ŚWIEBODZICE | POL | M-40 | 21 | M 46 | 00:58:28 | 01:34:35.70 | 9:27 | 6.3 |
| 87 | BARTNIK FATIMA | 4075 | | SŁUPNO | POL | K-30 | 22 | K 41 | 00:58:32 | 01:34:39.75 | 9:27 | 6.3 |
| 88 | PRZYŁUSKA MIROSLAWA | 4095 | RAZ SZCZECIN | SZCZECIN | POL | K-60 | 1 | K 42 | 00:55:49 | 01:34:45.65 | 9:28 | 6.3 |
| 89 | HETMAŃCZYK KATARZYNA | 4002 | PACZKOWO | PACZKOWO | POL | K-40 | 13 | K 43 | 00:59:45 | 01:37:50.75 | 9:47 | 6.1 |
| 90 | MOSÓR LILLA | 4027 | LISY PUSTYNI | KLUCZE | POL | K-50 | 1 | K 44 | 01:01:16 | 01:39:18.45 | 9:55 | 6 |
| 91 | MICHALIK KATARZYNA | 4004 | PRT - PRECEL RACING TEAM | WROCLAW | POL | K-30 | 23 | K 45 | 01:01:55 | 01:41:35.60 | 10:09 | 5.9 |
| 92 | ŁUSZCZ KARINA | 4065 | TŁUSTE KOTY | WROCLAW | POL | K-30 | 24 | K 46 | 01:02:17 | 01:43:06.55 | 10:18 | 5.8 |
| 93 | DEKOWSKI MARCIN | 4039 | | WĄGROWIEC | POL | M-30 | 18 | M 47 | 01:00:51 | 01:43:12.75 | 10:19 | 5.8 |
| 94 | DEKOWSKA MARTA | 4038 | | WĄGROWIEC | POL | K-30 | 25 | K 47 | 01:00:22 | 01:43:13.15 | 10:19 | 5.8 |
| 95 | GONERA JANINA | 4014 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | K-60 | 2 | K 48 | 01:02:17 | 01:43:18.20 | 10:19 | 5.8 |
| 96 | WESOŁOWSKI DAMIAN | 4019 | TOMASZÓW MAZ. | TOMASZÓW MAZ. | POL | M-40 | 22 | M 48 | 01:00:22 | 01:44:49.75 | 10:28 | 5.7 |
| 97 | KWIATKOWSKA HONORATA | 4020 | TOMASZÓW MAZ. | TOMASZÓW MAZ. | POL | K-40 | 14 | K 49 | 01:00:28 | 01:44:54.70 | 10:29 | 5.7 |
| 98 | BLICHERT ANNA | 4055 | I DON'T KURWA CARE | WROCLAW | POL | K-30 | 26 | K 50 | 01:07:18 | 01:45:38.15 | 10:33 | 5.7 |
| 99 | UCHEREK KINGA | 4013 | | ŻORY | POL | K-40 | 15 | K 51 | 01:09:48 | 01:46:10.15 | 10:37 | 5.7 |
| 100 | MYSZYWODA MONIKA | 4116 | | WROCLAW | POL | K-30 | 27 | K 52 | 01:06:56 | 01:51:28.35 | 11:08 | 5.4 |
| 101 | BORKOWSKI DAMIAN | 4081 | BORKOŚ TEAM | OŁOBOK | POL | M-30 | 19 | M 49 | 01:08:34 | 01:53:43.85 | 11:22 | 5.3 |
| 102 | LEWANDOWSKA ANNA | 4023 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | K-30 | 28 | K 53 | 01:08:46 | 01:53:59.55 | 11:23 | 5.3 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------------|------|--|---------------------|------|------|--------|------|----------|-------------|--------|------|
| 103 | JÓZWIAK WIOLA | 4050 | | ŁÓDŹ | POL | K-30 | 29 | K 54 | 01:11:21 | 01:59:38.70 | 11:57 | 5 |
| 104 | PĘCZAR ANETA | 4063 | MAD RUNNERS | ŚWIDNICA | POL | K-20 | 8 | K 55 | 00:37:57 | 02:14:34.80 | 13:27 | 4.5 |
| 0 | WRZESZCZ MARIUSZ | 4117 | PRZEDWOJEWSKI TEAM | SOBÓTKA | POL | M-30 | 1 | M 1 | 00:29:13 | 00:49:14.25 | 4:55 | 12.2 |
| 1 | WŁODARCZYK KRZYSZTOF | 4084 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | M-40 | 1 | M 2 | 00:29:35 | 00:49:31.30 | 4:57 | 12.1 |
| 2 | ROGOZIŃSKI OLAF | 4096 | | POZNAŃ | POL | M-40 | 2 | M 3 | 00:29:15 | 00:49:46.05 | 4:58 | 12.1 |
| 3 | LEŚNIAK MICHAŁ | 4101 | ASICS FRONTRUNNER POLAND / @BIEGIEM_PO EUROPIE | CERADZ DOLNY | POL | M-30 | 2 | M 4 | 00:29:56 | 00:50:21.10 | 5:02 | 11.9 |
| 4 | SWORSKI ROMAN | 4110 | KASTYO / VEGAN / VEGE RUNNERS | ŁÓDŹ | POL | M-30 | 3 | M 5 | 00:32:02 | 00:52:36.30 | 5:15 | 11.4 |
| 5 | DUNAJ PAWEŁ | 4113 | GT RAT | WROCŁAW | POL | M-30 | 4 | M 6 | 00:31:29 | 00:52:42.10 | 5:16 | 11.4 |
| 6 | SWATOWSKI TOMASZ | 4124 | KB KĄTY WROCŁAWSKIE | KĄTY WROCŁAWSKIE | POL | M-30 | 5 | M 7 | 00:31:40 | 00:52:43.85 | 5:16 | 11.4 |
| 7 | GRZEGOREK GRZEGORZ | 4125 | KB KĄTY WROCŁAWSKIE | KĄTY WROCŁAWSKIE | POL | M-50 | 1 | M 8 | 00:31:44 | 00:52:48.30 | 5:16 | 11.4 |
| 8 | PRYSTARZ KRZYSZTOF | 4119 | | | POL | M-40 | 3 | M 9 | 00:32:56 | 00:53:15.35 | 5:19 | 11.3 |
| 9 | CEPIELIK WOJCIECH | 4070 | SAMOTNY WILK | MARCISZÓW | POL | M-30 | 6 | M 10 | 00:31:59 | 00:53:21.80 | 5:20 | 11.2 |
| 10 | PRZYBYSZEWSKI ŁUKASZ | 4106 | | BIELAWA | POL | M-30 | 7 | M 11 | 00:34:53 | 00:56:07.30 | 5:36 | 10.7 |
| 11 | OLSZEWSKI TOMASZ | 4122 | | MOSINA | POL | M-40 | 4 | M 12 | 00:34:10 | 00:56:11.60 | 5:37 | 10.7 |
| 12 | LEWANDOWSKI PAWEŁ | 4120 | | RZESZÓW | POL | M-40 | 5 | M 13 | 00:34:09 | 00:56:37.15 | 5:39 | 10.6 |
| 13 | DUBANIEWICZ MICHAŁ | 4114 | KUDOWIANKA WEMECO | KUDOWA-ZDRÓJ | POL | M-20 | 1 | M 14 | 00:34:53 | 00:56:43.10 | 5:40 | 10.6 |
| 14 | SASIN DOMINIKA | 4009 | KB SOBÓTKA | ŚWIDNICA | POL | K-20 | 1 | K 1 | 00:35:23 | 00:58:47.50 | 5:52 | 10.2 |
| 15 | ALTEWĘGIER JAROSŁAW | 4058 | | WROCŁAW | POL | M-40 | 6 | M 15 | 00:35:29 | 00:59:59.75 | 5:59 | 10 |
| 16 | RĘBIAŁKOWSKI JAKUB | 4094 | RNB TEAM POLANICA ZDROJ | POLANICA ZDRÓJ | POL | M-30 | 8 | M 16 | 00:38:01 | 01:00:24.75 | 6:02 | 9.9 |
| 17 | STRASZKO MONIKA | 4104 | | WROCŁAW | POL | K-40 | 1 | K 2 | 00:37:42 | 01:01:44.10 | 6:10 | 9.7 |
| 18 | PIJANOWSKI PAWEŁ | 4093 | | KUDOWA-ZDRÓJ | POL | M-40 | 7 | M 17 | 00:37:37 | 01:01:55.00 | 6:11 | 9.7 |
| 19 | JĄGODZIK MICHAŁ | 4100 | #FEIFERTRENUJE | LESZNO | POL | M-30 | 9 | M 18 | 00:38:08 | 01:02:44.20 | 6:16 | 9.6 |
| 20 | TYSZKIEWICZ KRZYSZTOF | 4123 | | SKAWINA | POL | M-40 | 8 | M 19 | 00:37:38 | 01:02:46.40 | 6:16 | 9.6 |
| 21 | URBAN ALICJA | 4021 | KACZKATEAM | WROCŁAW | POL | K-20 | 2 | K 3 | 00:36:44 | 01:03:14.70 | 6:19 | 9.5 |
| 22 | MAZIAREK ADELA | 4008 | | NIEMODLIN | POL | K-30 | 1 | K 4 | 00:38:37 | 01:04:33.75 | 6:27 | 9.3 |
| 23 | JACUKOWICZ MONIKA | 4042 | FIZJOBIEGACZE SZCZECIN | SZCZECIN | POL | K-30 | 2 | K 5 | 00:39:02 | 01:05:19.40 | 6:31 | 9.2 |
| 24 | GĘBSKI ŁUKASZ | 4056 | FIZJOBIEGACZE SZCZECIN | SZCZECIN | POL | M-30 | 10 | M 20 | 00:39:05 | 01:05:24.75 | 6:32 | 9.2 |
| 25 | PISULA ŁUKASZ | 4076 | | KUDOWA-ZDRÓJ | POL | M-30 | 11 | M 21 | 00:41:52 | 01:06:36.15 | 6:39 | 9 |
| 26 | KAWA HUBERT | 4045 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | M-30 | 12 | M 22 | 00:40:50 | 01:08:00.00 | 6:48 | 8.8 |
| 27 | MIŁOSZEWICZ ALEKSANDRA | 4044 | FIZJOBIEGACZE | SZCZECIN | POL | K-20 | 3 | K 6 | 00:40:28 | 01:08:25.75 | 6:50 | 8.8 |
| 28 | BARNAŚ MACIEJ | 4069 | | BARDO | POL | M-50 | 2 | M 23 | 00:41:47 | 01:08:58.45 | 6:53 | 8.7 |
| 29 | DROŻYŃSKA IWONA | 4077 | | NYSA | POL | K-30 | 3 | K 7 | 00:42:10 | 01:09:01.85 | 6:54 | 8.7 |
| 30 | DULĘBA ŁUKASZ | 4111 | | KUDOWA ZDRÓJ | POL | M-30 | 13 | M 24 | 00:42:02 | 01:09:03.00 | 6:54 | 8.7 |
| 31 | KĘDZIOR JOANNA | 4010 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | K-40 | 2 | K 8 | 00:41:43 | 01:09:24.25 | 6:56 | 8.6 |
| 32 | KORCZYŃSKA AGATA | 4018 | | POZNAŃ | POL | K-30 | 4 | K 9 | 00:42:12 | 01:09:31.95 | 6:57 | 8.6 |
| 33 | GOCYŁA MICHAŁ | 4079 | 3M RUNNING TEAM | WROCŁAW | POL | M-40 | 9 | M 25 | 00:40:50 | 01:10:03.05 | 7:00 | 8.6 |
| 34 | MAZIAREK MICHAŁ | 4022 | | NIEMODLIN | POL | M-30 | 14 | M 26 | 00:42:41 | 01:10:16.70 | 7:01 | 8.5 |
| 35 | LESIŃSKI PIOTR | 4078 | ATOS | WROCŁAW | POL | M-30 | 15 | M 27 | 00:42:46 | 01:10:17.20 | 7:01 | 8.5 |
| 36 | KARWACKI KRZYSZTOF | 4071 | | KAMIENNA GÓRA | POL | M-40 | 10 | M 28 | 00:43:48 | 01:10:54.80 | 7:05 | 8.5 |
| 37 | MOSÓR MARIUSZ | 4026 | LISY PUSTYNI | KLUCZE | POL | M-50 | 3 | M 29 | 00:41:46 | 01:11:25.80 | 7:08 | 8.4 |
| 38 | GOŁASZEWSKI ROBERT | 4012 | | BERLIN | GER | M-40 | 11 | M 30 | 00:44:35 | 01:11:39.50 | 7:09 | 8.4 |
| 39 | MOSKWA KAROLINA | 4067 | BATORY LOTO | CHORZÓW | POL | K-30 | 5 | K 10 | 00:44:13 | 01:11:53.80 | 7:11 | 8.3 |
| 40 | MŁYNARCZYK ARKADIUSZ | 4016 | | SZCZECIN | POL | M-20 | 2 | M 31 | 00:44:55 | 01:11:55.25 | 7:11 | 8.3 |
| 41 | KULA KRYSZTIAN | 4007 | KB HARCOWNIK JELCZ LASKOWICE | JELCZ LASKOWICE | POL | M-40 | 12 | M 32 | 00:42:54 | 01:12:34.30 | 7:15 | 8.3 |
| 42 | PATYK JOANNA | 4054 | FIZJOBIEGACZE | SZCZECIN | POL | K-30 | 6 | K 11 | 00:44:09 | 01:13:01.30 | 7:18 | 8.2 |
| 43 | HONSZA-ŻGUTOWICZ TOMASZ | 4053 | | WROCŁAW | POL | M-30 | 16 | M 33 | 00:43:55 | 01:13:24.60 | 7:20 | 8.2 |
| 44 | SZYMAŃSKI GRZEGORZ | 4083 | ZWYCIĘZCÓW 6F | POLANICA-ZDRÓJ | POL | M-40 | 13 | M 34 | 00:44:52 | 01:14:01.05 | 7:24 | 8.1 |
| 45 | KORCZYŃSKA ANNA | 4066 | | WROCŁAW | POL | K-40 | 3 | K 12 | 00:44:24 | 01:14:02.90 | 7:24 | 8.1 |
| 46 | ŁUCZKA SYLWIA | 4001 | VEGE RUNNERS / KASTYO | TOMASZÓW MAZOWIECKI | POL | K-30 | 7 | K 13 | 00:45:07 | 01:14:04.80 | 7:24 | 8.1 |
| 47 | PASZKE JOANNA | 4072 | | TORUŃ | POL | K-30 | 8 | K 14 | 00:44:18 | 01:14:10.80 | 7:25 | 8.1 |
| 48 | SZYMYŚLIK JACEK | 4035 | | LESZNO | POL | M-40 | 14 | M 35 | 00:43:35 | 01:14:14.15 | 7:25 | 8.1 |
| 49 | MŁYNARCZYK KRZYSZTOF | 4015 | | SZCZECIN | POL | M-40 | 15 | M 36 | 00:45:00 | 01:14:31.80 | 7:27 | 8.1 |
| 50 | ŚMIECHOWSKA MAŁGORZATA | 4043 | RECZ | RECZ | POL | K-40 | 4 | K 15 | 00:46:40 | 01:14:49.15 | 7:28 | 8 |
| 51 | TOPOLEWSKA EWELINA | 4121 | | WARSZAWA | POL | K-30 | 9 | K 16 | 00:45:40 | 01:14:55.10 | 7:29 | 8 |
| 52 | MATŁAK GRZEGORZ | 4080 | 3M RUNNING TEAM | WROCŁAW | POL | M-40 | 16 | M 37 | 00:45:30 | 01:15:15.60 | 7:31 | 8 |
| 53 | LEWICKI TOMASZ | 4105 | | DOBROSZYCE | POL | M-40 | 17 | M 38 | 00:45:51 | 01:15:20.80 | 7:32 | 8 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|----------------------|------|---------------------------------|---------------------|------|------|--------|------|----------|-------------|--------|------|
| 54 | ZUROWSKI MIKOŁAJ | 4074 | GVT | WROCLAW | POL | M-20 | 3 | M 39 | 00:45:42 | 01:15:37.60 | 7:33 | 7.9 |
| 55 | ZYGIELO MONIKA | 4108 | CHOSZCZEŃSKA 10 | CHOSZCZNO | POL | K-40 | 5 | K 17 | 00:45:40 | 01:15:56.05 | 7:35 | 7.9 |
| 56 | TEŚLAK DAWID | 4085 | | LUBNÓW | POL | M-30 | 17 | M 40 | 00:46:43 | 01:15:58.05 | 7:35 | 7.9 |
| 57 | KIRCUŃ PAWEŁ | 4091 | | WROCLAW | POL | M-40 | 18 | M 41 | 00:44:14 | 01:16:03.80 | 7:36 | 7.9 |
| 58 | RYBKOWSKA EWA | 4030 | | ŻYCHLIN | POL | K-30 | 10 | K 18 | 00:46:49 | 01:16:20.30 | 7:38 | 7.9 |
| 59 | RATAJCZAK GRZEGORZ | 4107 | | GORZÓW WLKP. | POL | M-50 | 4 | M 42 | 00:47:16 | 01:16:42.15 | 7:40 | 7.8 |
| 60 | BAJER KAROL | 4034 | | LESZNO | POL | M-40 | 19 | M 43 | 00:44:51 | 01:16:42.35 | 7:40 | 7.8 |
| 61 | WERLE NELLY | 4103 | | WARSZAWA | POL | K-30 | 11 | K 19 | 00:46:49 | 01:16:42.45 | 7:40 | 7.8 |
| 62 | UPTAS TOMASZ | 4017 | FITNESS & SQUASH COMPLEX | GŁOGÓW | POL | M-40 | 20 | M 44 | 00:50:22 | 01:16:44.65 | 7:40 | 7.8 |
| 63 | KORCZYŃSKA PAULINA | 4051 | | TARNOWSKIE GÓRY | POL | K-40 | 6 | K 20 | 00:46:34 | 01:17:28.90 | 7:44 | 7.7 |
| 64 | TECHNER MAGDALENA | 4090 | | DĄBRÓWKA | POL | K-40 | 7 | K 21 | 00:47:13 | 01:17:36.80 | 7:45 | 7.7 |
| 65 | ŁUŻNY AGNIESZKA | 4087 | | TYCHY | POL | K-30 | 12 | K 22 | 00:46:43 | 01:17:45.10 | 7:46 | 7.7 |
| 66 | JAROSZ MARTA | 4086 | | TOSZOWICE | POL | K-40 | 8 | K 23 | 00:47:13 | 01:17:49.20 | 7:46 | 7.7 |
| 67 | KUSZ JOANNA | 4073 | FITNESS & SQUASH COMPLEX GŁOGÓW | GŁOGÓW | POL | K-30 | 13 | K 24 | | 01:18:30.15 | 7:51 | 7.6 |
| 68 | TOPOLEWSKA AGNIESZKA | 4025 | | WROCLAW | POL | K-30 | 14 | K 25 | 00:48:46 | 01:18:35.25 | 7:51 | 7.6 |
| 69 | POMALECKA BARBARA | 4048 | | KRAKÓW | POL | K-30 | 15 | K 26 | 00:48:13 | 01:21:32.20 | 8:09 | 7.4 |
| 70 | HOJKO ADRIANNA | 4041 | TEAM HOJKO | WROCLAW | POL | K-30 | 16 | K 27 | 00:49:45 | 01:21:57.20 | 8:11 | 7.3 |
| 71 | BACHURSKA EWA | 4005 | KB HARCOWNIK JELCZ LASKOWICE | MIŁOSZYCE | POL | K-40 | 9 | K 28 | 00:48:54 | 01:21:58.25 | 8:11 | 7.3 |
| 72 | BLAUT MARTA | 4062 | | KRAKOW | POL | K-30 | 17 | K 29 | 00:50:24 | 01:22:43.95 | 8:16 | 7.3 |
| 73 | NABIELEC KAMILA | 4064 | | JAWORZYNA ŚLĄSKA | POL | K-20 | 4 | K 30 | 00:50:08 | 01:22:47.90 | 8:16 | 7.2 |
| 74 | SZYMURA IZABELA | 4052 | DECATHLON RYBNIK & PRZYJACIELE | RYBNIK | POL | K-40 | 10 | K 31 | 00:50:57 | 01:23:49.80 | 8:22 | 7.2 |
| 75 | TSUSHKA IRYNA | 4118 | | | | K-20 | 5 | K 32 | 00:50:35 | 01:24:46.80 | 8:28 | 7.1 |
| 76 | STOŁOWSKA NATALIA | 4112 | | WROCLAW | POL | K-40 | 11 | K 33 | 00:51:46 | 01:27:12.40 | 8:43 | 6.9 |
| 77 | KORDYLEWSKA MARLENA | 4031 | TRITON KONIN | KONIN | POL | K-30 | 18 | K 34 | 00:52:59 | 01:27:39.15 | 8:45 | 6.8 |
| 78 | KUŁACH LESŁAW | 4115 | | WOLA RADZISZOWSKA | POL | M-50 | 5 | M 45 | 00:54:06 | 01:30:10.55 | 9:01 | 6.7 |
| 79 | STACHNIO AGNIESZKA | 4032 | | MIESZKOWICE | POL | K-20 | 6 | K 35 | 00:52:08 | 01:30:20.00 | 9:02 | 6.6 |
| 80 | KROPACZ JAGODA | 4033 | | SZCZECIN | POL | K-20 | 7 | K 36 | 00:52:08 | 01:30:23.50 | 9:02 | 6.6 |
| 81 | OGRÓDNIK ANNA | 4109 | ZAKOCHAJ SIĘ W BIEGANIU | WROCLAW | POL | K-30 | 19 | K 37 | 00:58:39 | 01:32:40.00 | 9:16 | 6.5 |
| 82 | DYJA MAGDALENA | 4092 | RNB TEAM POLANICA ZDRÓJ | POLANICA ZDRÓJ | POL | K-30 | 20 | K 38 | 00:54:01 | 01:32:47.15 | 9:16 | 6.5 |
| 83 | PISULA MAJA | 4000 | | KUDOWA-ZDRÓJ | POL | K-40 | 12 | K 39 | 00:54:19 | 01:33:06.85 | 9:18 | 6.4 |
| 84 | SZCZEPANSKA ILONA | 4046 | | BERLIN | GER | K-30 | 21 | K 40 | 00:56:10 | 01:33:54.65 | 9:23 | 6.4 |
| 85 | BRĄGIEL PIOTR | 4029 | | ŚWIEBODZICE | POL | M-40 | 21 | M 46 | 00:58:28 | 01:34:35.70 | 9:27 | 6.3 |
| 86 | BARTNIK FATIMA | 4075 | | SŁUPNO | POL | K-30 | 22 | K 41 | 00:58:32 | 01:34:39.75 | 9:27 | 6.3 |
| 87 | PRZYŁUSKA MIROSLAWA | 4095 | RAZ SZCZECIN | SZCZECIN | POL | K-60 | 1 | K 42 | 00:55:49 | 01:34:45.65 | 9:28 | 6.3 |
| 88 | HETMAŃCZYK KATARZYNA | 4002 | HETMANTEAM | PACZKOWO | POL | K-40 | 13 | K 43 | 00:59:45 | 01:37:50.75 | 9:47 | 6.1 |
| 89 | MOSÓR LILLA | 4027 | LISY PUSTYNI | KLUCZE | POL | K-50 | 1 | K 44 | 01:01:16 | 01:39:18.45 | 9:55 | 6 |
| 90 | MICHALIK KATARZYNA | 4004 | PRT - PRECEL RACING TEAM | WROCLAW | POL | K-30 | 23 | K 45 | 01:01:55 | 01:41:35.60 | 10:09 | 5.9 |
| 91 | ŁUSZCZ KARINA | 4065 | TŁUSTE KOTY | WROCLAW | POL | K-30 | 24 | K 46 | 01:02:17 | 01:43:06.55 | 10:18 | 5.8 |
| 92 | DEKOWSKI MARCIN | 4039 | | WĄGROWIEC | POL | M-30 | 18 | M 47 | 01:00:51 | 01:43:12.75 | 10:19 | 5.8 |
| 93 | DEKOWSKA MARTA | 4038 | | WĄGROWIEC | POL | K-30 | 25 | K 47 | 01:00:22 | 01:43:13.15 | 10:19 | 5.8 |
| 94 | GONERA JANINA | 4014 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | K-60 | 2 | K 48 | 01:02:17 | 01:43:18.20 | 10:19 | 5.8 |
| 95 | WESOŁOWSKI DAMIAN | 4019 | TOMASZÓW MAZ. | TOMASZÓW MAZ. | POL | M-40 | 22 | M 48 | 01:00:22 | 01:44:49.75 | 10:28 | 5.7 |
| 96 | KWIATKOWSKA HONORATA | 4020 | TOMASZÓW MAZ. | TOMASZÓW MAZ. | POL | K-40 | 14 | K 49 | 01:00:28 | 01:44:54.70 | 10:29 | 5.7 |
| 97 | BLICHERT ANNA | 4055 | I DON'T KURWA CARE | WROCLAW | POL | K-30 | 26 | K 50 | 01:07:18 | 01:45:38.15 | 10:33 | 5.7 |
| 98 | UCHEREK KINGA | 4013 | | ŻORY | POL | K-40 | 15 | K 51 | 01:09:48 | 01:46:10.15 | 10:37 | 5.7 |
| 99 | MYSZYWODA MONIKA | 4116 | | WROCLAW | POL | K-30 | 27 | K 52 | 01:06:56 | 01:51:28.35 | 11:08 | 5.4 |
| 100 | BORKOWSKI DAMIAN | 4081 | BORKOŚ TEAM | OŁOBOK | POL | M-30 | 19 | M 49 | 01:08:34 | 01:53:43.85 | 11:22 | 5.3 |
| 101 | LEWANDOWSKA ANNA | 4023 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | K-30 | 28 | K 53 | 01:08:46 | 01:53:59.55 | 11:23 | 5.3 |
| 102 | JÓZWIĄK WIOLA | 4050 | | ŁÓDŹ | POL | K-30 | 29 | K 54 | 01:11:21 | 01:59:38.70 | 11:57 | 5 |
| 103 | PĘCZAR ANETA | 4063 | MAD RUNNERS | ŚWIDNICA | POL | K-20 | 8 | K 55 | 00:37:57 | 02:14:34.80 | 13:27 | 4.5 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN KOBIET

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-----------------|------|------------|-----------|------|------|--------|-----|----------|-------------|--------|------|
| 1 | SASIN DOMINIKA | 4009 | KB SOBÓTKA | ŚWIDNICA | POL | K-20 | 1 | K 1 | 00:35:23 | 00:58:47.50 | 5:52 | 10.2 |
| 2 | STRASZKO MONIKA | 4104 | | WROCLAW | POL | K-40 | 1 | K 2 | 00:37:42 | 01:01:44.10 | 6:10 | 9.7 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN KOBIET c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|------------------------|------|---------------------------------|---------------------|------|------|--------|------|----------|-------------|--------|------|
| 3 | URBAN ALICJA | 4021 | KACZKATEAM | WROCLAW | POL | K-20 | 2 | K 3 | 00:36:44 | 01:03:14.70 | 6:19 | 9.5 |
| 4 | MAZIAREK ADELA | 4008 | | NIEMODLIN | POL | K-30 | 1 | K 4 | 00:38:37 | 01:04:33.75 | 6:27 | 9.3 |
| 5 | JACUKOWICZ MONIKA | 4042 | FIZJOBIEGACZE SZCZECIN | SZCZECIN | POL | K-30 | 2 | K 5 | 00:39:02 | 01:05:19.40 | 6:31 | 9.2 |
| 6 | MILOSZEWICZ ALEKSANDRA | 4044 | FIZJOBIEGACZE | SZCZECIN | POL | K-20 | 3 | K 6 | 00:40:28 | 01:08:25.75 | 6:50 | 8.8 |
| 7 | DROZYŃSKA IWONA | 4077 | | NYSA | POL | K-30 | 3 | K 7 | 00:42:10 | 01:09:01.85 | 6:54 | 8.7 |
| 8 | KĘDZIOR JOANNA | 4010 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | K-40 | 2 | K 8 | 00:41:43 | 01:09:24.25 | 6:56 | 8.6 |
| 9 | KORCZYŃSKA AGATA | 4018 | | POZNAŃ | POL | K-30 | 4 | K 9 | 00:42:12 | 01:09:31.95 | 6:57 | 8.6 |
| 10 | MOSKWA KAROLINA | 4067 | BATORY LOTO | CHORZÓW | POL | K-30 | 5 | K 10 | 00:44:13 | 01:11:53.80 | 7:11 | 8.3 |
| 11 | PATYK JOANNA | 4054 | FIZJOBIEGACZE | SZCZECIN | POL | K-30 | 6 | K 11 | 00:44:09 | 01:13:01.30 | 7:18 | 8.2 |
| 12 | KORCZYŃSKA ANNA | 4066 | | WROCLAW | POL | K-40 | 3 | K 12 | 00:44:24 | 01:14:02.90 | 7:24 | 8.1 |
| 13 | ŁUCZKA SYLWIA | 4001 | VEGE RUNNERS / KASTYO | TOMASZÓW MAZOWIECKI | POL | K-30 | 7 | K 13 | 00:45:07 | 01:14:04.80 | 7:24 | 8.1 |
| 14 | PASZKE JOANNA | 4072 | | TORUŃ | POL | K-30 | 8 | K 14 | 00:44:18 | 01:14:10.80 | 7:25 | 8.1 |
| 15 | ŚMIECHOWSKA MAŁGORZATA | 4043 | RECZ | RECZ | POL | K-40 | 4 | K 15 | 00:46:40 | 01:14:49.15 | 7:28 | 8 |
| 16 | TOPOLEWSKA EWELINA | 4121 | | WARSZAWA | POL | K-30 | 9 | K 16 | 00:45:40 | 01:14:55.10 | 7:29 | 8 |
| 17 | ŻYGIĘŁO MONIKA | 4108 | CHOSZCZEŃSKA 10 | CHOSZCZNO | POL | K-40 | 5 | K 17 | 00:45:40 | 01:15:56.05 | 7:35 | 7.9 |
| 18 | RYBKOWSKA EWA | 4030 | | ŻYCHLIN | POL | K-30 | 10 | K 18 | 00:46:49 | 01:16:20.30 | 7:38 | 7.9 |
| 19 | WERLE NELLY | 4103 | | WARSZAWA | POL | K-30 | 11 | K 19 | 00:46:49 | 01:16:42.45 | 7:40 | 7.8 |
| 20 | KORCZYŃSKA PAULINA | 4051 | | TARNOWSKIE GÓRY | POL | K-40 | 6 | K 20 | 00:46:34 | 01:17:28.90 | 7:44 | 7.7 |
| 21 | TECHNER MAGDALENA | 4090 | | DĄBRÓWKA | POL | K-40 | 7 | K 21 | 00:47:13 | 01:17:36.80 | 7:45 | 7.7 |
| 22 | ŁUŻNY AGNIESZKA | 4087 | | TYCHY | POL | K-30 | 12 | K 22 | 00:46:43 | 01:17:45.10 | 7:46 | 7.7 |
| 23 | JAROSZ MARTA | 4086 | | TOSZOWICE | POL | K-40 | 8 | K 23 | 00:47:13 | 01:17:49.20 | 7:46 | 7.7 |
| 24 | KUSZ JOANNA | 4073 | FITNESS & SQUASH COMPLEX GŁOGÓW | GŁOGÓW | POL | K-30 | 13 | K 24 | | 01:18:30.15 | 7:51 | 7.6 |
| 25 | TOPOLEWSKA AGNIESZKA | 4025 | | WROCLAW | POL | K-30 | 14 | K 25 | 00:48:46 | 01:18:35.25 | 7:51 | 7.6 |
| 26 | POMALECKA BARBARA | 4048 | | KRAKÓW | POL | K-30 | 15 | K 26 | 00:48:13 | 01:21:32.20 | 8:09 | 7.4 |
| 27 | HOJKO ADRIANNA | 4041 | TEAM HOJKO | WROCLAW | POL | K-30 | 16 | K 27 | 00:49:45 | 01:21:57.20 | 8:11 | 7.3 |
| 28 | BACHURSKA EWA | 4005 | KB HARCOWNIK JELCZ LASKOWICE | MILOSZYCE | POL | K-40 | 9 | K 28 | 00:48:54 | 01:21:58.25 | 8:11 | 7.3 |
| 29 | BLAUT MARTA | 4062 | | KRAKOW | POL | K-30 | 17 | K 29 | 00:50:24 | 01:22:43.95 | 8:16 | 7.3 |
| 30 | NABIELEC KAMILA | 4064 | | JAWORZYNA ŚLĄSKA | POL | K-20 | 4 | K 30 | 00:50:08 | 01:22:47.90 | 8:16 | 7.2 |
| 31 | SZYMURA IZABELA | 4052 | DECATHLON RYBNIK & PRZYJACIELE | RYBNIK | POL | K-40 | 10 | K 31 | 00:50:57 | 01:23:49.80 | 8:22 | 7.2 |
| 32 | TSUSHKA IRYNA | 4118 | | | POL | K-20 | 5 | K 32 | 00:50:35 | 01:24:46.80 | 8:28 | 7.1 |
| 33 | STOŁOWSKA NATALIA | 4112 | | WROCLAW | POL | K-40 | 11 | K 33 | 00:51:46 | 01:27:12.40 | 8:43 | 6.9 |
| 34 | KORDYLEWSKA MARLENA | 4031 | TRITON KONIN | KONIN | POL | K-30 | 18 | K 34 | 00:52:59 | 01:27:39.15 | 8:45 | 6.8 |
| 35 | STACHNIO AGNIESZKA | 4032 | | MIESZKOWICE | POL | K-20 | 6 | K 35 | 00:52:08 | 01:30:20.00 | 9:02 | 6.6 |
| 36 | KROPACZ JAGODA | 4033 | | SZCZECIN | POL | K-20 | 7 | K 36 | 00:52:08 | 01:30:23.50 | 9:02 | 6.6 |
| 37 | OGRODNIK ANNA | 4109 | ZAKOCHAJ SIĘ W BIEGANIU | WROCLAW | POL | K-30 | 19 | K 37 | 00:58:39 | 01:32:40.00 | 9:16 | 6.5 |
| 38 | DYJA MAGDALENA | 4092 | RNB TEAM POLANICA ZDRÓJ | POLANICA ZDRÓJ | POL | K-30 | 20 | K 38 | 00:54:01 | 01:32:47.15 | 9:16 | 6.5 |
| 39 | PISULA MAJA | 4000 | | KUDOWA-ZDRÓJ | POL | K-40 | 12 | K 39 | 00:54:19 | 01:33:06.85 | 9:18 | 6.4 |
| 40 | SZCZEPANSKA ILONA | 4046 | | BERLIN | GER | K-30 | 21 | K 40 | 00:56:10 | 01:33:54.65 | 9:23 | 6.4 |
| 41 | BARTNIK FATIMA | 4075 | | ŚLUPNO | POL | K-30 | 22 | K 41 | 00:58:32 | 01:34:39.75 | 9:27 | 6.3 |
| 42 | PRZYLUŚKA MIROSŁAWA | 4095 | RAZ SZCZECIN | SZCZECIN | POL | K-60 | 1 | K 42 | 00:55:49 | 01:34:45.65 | 9:28 | 6.3 |
| 43 | HETMAŃCZYK KATARZYNA | 4002 | HETMANTEAM | PACZKOWO | POL | K-40 | 13 | K 43 | 00:59:45 | 01:37:50.75 | 9:47 | 6.1 |
| 44 | MOSÓR LILLA | 4027 | LISY PUSTYNI | KLUCZE | POL | K-50 | 1 | K 44 | 01:01:16 | 01:39:18.45 | 9:55 | 6 |
| 45 | MICHALIK KATARZYNA | 4004 | PRT - PRECEL RACING TEAM | WROCLAW | POL | K-30 | 23 | K 45 | 01:01:55 | 01:41:35.60 | 10:09 | 5.9 |
| 46 | ŁUSZCZ KARINA | 4065 | ŁLUSTE KOTY | WROCLAW | POL | K-30 | 24 | K 46 | 01:02:17 | 01:43:06.55 | 10:18 | 5.8 |
| 47 | DEKOWSKA MARTA | 4038 | | WĄGROWIEC | POL | K-30 | 25 | K 47 | 01:00:22 | 01:43:13.15 | 10:19 | 5.8 |
| 48 | GONERA JANINA | 4014 | KB HARCOWNIK JELCZ-LASKOWICE | MILOSZYCE | POL | K-60 | 2 | K 48 | 01:02:17 | 01:43:18.20 | 10:19 | 5.8 |
| 49 | KWIATKOWSKA HONORATA | 4020 | TOMASZÓW MAZ. | TOMASZÓW MAZ. | POL | K-40 | 14 | K 49 | 01:00:28 | 01:44:54.70 | 10:29 | 5.7 |
| 50 | BLICHERT ANNA | 4055 | I DON'T KURWA CARE | WROCLAW | POL | K-30 | 26 | K 50 | 01:07:18 | 01:45:38.15 | 10:33 | 5.7 |
| 51 | UCHEREK KINGA | 4013 | | ŻORY | POL | K-40 | 15 | K 51 | 01:09:48 | 01:46:10.15 | 10:37 | 5.7 |
| 52 | MYSZYWODA MONIKA | 4116 | | WROCLAW | POL | K-30 | 27 | K 52 | 01:06:56 | 01:51:28.35 | 11:08 | 5.4 |
| 53 | LEWANDOWSKA ANNA | 4023 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | K-30 | 28 | K 53 | 01:08:46 | 01:53:59.55 | 11:23 | 5.3 |
| 54 | JÓZWIAK WIOLA | 4050 | | ŁÓDŹ | POL | K-30 | 29 | K 54 | 01:11:21 | 01:59:38.70 | 11:57 | 5 |
| 55 | PĘCZAR ANETA | 4063 | MAD RUNNERS | ŚWIDNICA | POL | K-20 | 8 | K 55 | 00:37:57 | 02:14:34.80 | 13:27 | 4.5 |

KUDOWSKA DZIESIĄTKA 10 KM, K-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-----------------------|------|---------------|------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | SASIN DOMINIKA | 4009 | KB SOBÓTKA | ŚWIDNICA | POL | K-20 | 1 | K 1 | 00:35:23 | 00:58:47.50 | 5:52 | 10.2 |
| 2 | URBAN ALICJA | 4021 | KACZKATEAM | WROCLAW | POL | K-20 | 2 | K 3 | 00:36:44 | 01:03:14.70 | 6:19 | 9.5 |
| 3 | MŁOSZEWICZ ALEKSANDRA | 4044 | FIZJOBIEGACZE | SZCZECIN | POL | K-20 | 3 | K 6 | 00:40:28 | 01:08:25.75 | 6:50 | 8.8 |
| 4 | NABIELEC KAMILA | 4064 | | JAWORZYNA ŚLĄSKA | POL | K-20 | 4 | K 30 | 00:50:08 | 01:22:47.90 | 8:16 | 7.2 |
| 5 | TSUSHKA IRYNA | 4118 | | | | K-20 | 5 | K 32 | 00:50:35 | 01:24:46.80 | 8:28 | 7.1 |
| 6 | STACHNIO AGNIESZKA | 4032 | | MIESZKOWICE | POL | K-20 | 6 | K 35 | 00:52:08 | 01:30:20.00 | 9:02 | 6.6 |
| 7 | KROPACZ JAGODA | 4033 | | SZCZECIN | POL | K-20 | 7 | K 36 | 00:52:08 | 01:30:23.50 | 9:02 | 6.6 |
| 8 | PEĆZAR ANETA | 4063 | MAD RUNNERS | ŚWIDNICA | POL | K-20 | 8 | K 55 | 00:37:57 | 02:14:34.80 | 13:27 | 4.5 |

KUDOWSKA DZIESIĄTKA 10 KM, M-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|----------------------|------|-------------------|--------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | DUBANIEWICZ MICHAŁ | 4114 | KUDOWIANKA WEMECO | KUDOWA-ZDRÓJ | POL | M-20 | 1 | M 14 | 00:34:53 | 00:56:43.10 | 5:40 | 10.6 |
| 2 | MŁYNARCZYK ARKADIUSZ | 4016 | | SZCZECIN | POL | M-20 | 2 | M 31 | 00:44:55 | 01:11:55.25 | 7:11 | 8.3 |
| 3 | ŻUROWSKI MIKOŁAJ | 4074 | GVT | WROCLAW | POL | M-20 | 3 | M 39 | 00:45:42 | 01:15:37.60 | 7:33 | 7.9 |

KUDOWSKA DZIESIĄTKA 10 KM, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|----------------------|------|---------------------------------|---------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | MAZIAREK ADELA | 4008 | | NIEMODLIN | POL | K-30 | 1 | K 4 | 00:38:37 | 01:04:33.75 | 6:27 | 9.3 |
| 2 | JACUKOWICZ MONIKA | 4042 | FIZJOBIEGACZE SZCZECIN | SZCZECIN | POL | K-30 | 2 | K 5 | 00:39:02 | 01:05:19.40 | 6:31 | 9.2 |
| 3 | DROŻYŃSKA IWONA | 4077 | | NYSA | POL | K-30 | 3 | K 7 | 00:42:10 | 01:09:01.85 | 6:54 | 8.7 |
| 4 | KORCZYŃSKA AGATA | 4018 | | POZNAŃ | POL | K-30 | 4 | K 9 | 00:42:12 | 01:09:31.95 | 6:57 | 8.6 |
| 5 | MOSKWA KAROLINA | 4067 | BATORY LOTO | CHORZÓW | POL | K-30 | 5 | K 10 | 00:44:13 | 01:11:53.80 | 7:11 | 8.3 |
| 6 | PATYK JOANNA | 4054 | FIZJOBIEGACZE | SZCZECIN | POL | K-30 | 6 | K 11 | 00:44:09 | 01:13:01.30 | 7:18 | 8.2 |
| 7 | ŁUCZKA SYLWIA | 4001 | VEGE RUNNERS / KASTYO | TOMASZÓW MAZOWIECKI | POL | K-30 | 7 | K 13 | 00:45:07 | 01:14:04.80 | 7:24 | 8.1 |
| 8 | PASZKE JOANNA | 4072 | | TORUŃ | POL | K-30 | 8 | K 14 | 00:44:18 | 01:14:10.80 | 7:25 | 8.1 |
| 9 | TOPOLEWSKA EWELINA | 4121 | | WARSZAWA | POL | K-30 | 9 | K 16 | 00:45:40 | 01:14:55.10 | 7:29 | 8 |
| 10 | RYBKOWSKA EWA | 4030 | | ŻYCHLIN | POL | K-30 | 10 | K 18 | 00:46:49 | 01:16:20.30 | 7:38 | 7.9 |
| 11 | WERLE NELLY | 4103 | | WARSZAWA | POL | K-30 | 11 | K 19 | 00:46:49 | 01:16:42.45 | 7:40 | 7.8 |
| 12 | ŁUŻNY AGNIESZKA | 4087 | | TYCHY | POL | K-30 | 12 | K 22 | 00:46:43 | 01:17:45.10 | 7:46 | 7.7 |
| 13 | KUSZ JOANNA | 4073 | FITNESS & SQUASH COMPLEX GŁOGÓW | GŁOGÓW | POL | K-30 | 13 | K 24 | | 01:18:30.15 | 7:51 | 7.6 |
| 14 | TOPOLEWSKA AGNIESZKA | 4025 | | WROCLAW | POL | K-30 | 14 | K 25 | 00:48:46 | 01:18:35.25 | 7:51 | 7.6 |
| 15 | POMAŁECKA BARBARA | 4048 | | KRAKÓW | POL | K-30 | 15 | K 26 | 00:48:13 | 01:21:32.20 | 8:09 | 7.4 |
| 16 | HOJKO ADRIANNA | 4041 | TEAM HOJKO | WROCLAW | POL | K-30 | 16 | K 27 | 00:49:45 | 01:21:57.20 | 8:11 | 7.3 |
| 17 | BLAUT MARTA | 4062 | | KRAKOW | POL | K-30 | 17 | K 29 | 00:50:24 | 01:22:43.95 | 8:16 | 7.3 |
| 18 | KORDYLEWSKA MARLENA | 4031 | TRITON KONIN | KONIN | POL | K-30 | 18 | K 34 | 00:52:59 | 01:27:39.15 | 8:45 | 6.8 |
| 19 | OGRODNIK ANNA | 4109 | ZAKOCHAJ SIĘ W BIEGANIU | WROCLAW | POL | K-30 | 19 | K 37 | 00:58:39 | 01:32:40.00 | 9:16 | 6.5 |
| 20 | DYJA MAGDALENA | 4092 | RNB TEAM POLANICA ZDRÓJ | POLANICA ZDRÓJ | POL | K-30 | 20 | K 38 | 00:54:01 | 01:32:47.15 | 9:16 | 6.5 |
| 21 | SZCZEPANSKA ILONA | 4046 | | BERLIN | GER | K-30 | 21 | K 40 | 00:56:10 | 01:33:54.65 | 9:23 | 6.4 |
| 22 | BARTNIK FATIMA | 4075 | | SŁUPNO | POL | K-30 | 22 | K 41 | 00:58:32 | 01:34:39.75 | 9:27 | 6.3 |
| 23 | MICHALIK KATARZYNA | 4004 | PRT - PRECEL RACING TEAM | WROCLAW | POL | K-30 | 23 | K 45 | 01:01:55 | 01:41:35.60 | 10:09 | 5.9 |
| 24 | ŁUSZCZ KARINA | 4065 | TŁUSTE KOTY | WROCLAW | POL | K-30 | 24 | K 46 | 01:02:17 | 01:43:06.55 | 10:18 | 5.8 |
| 25 | DEKOWSKA MARTA | 4038 | | WĄGROWIEC | POL | K-30 | 25 | K 47 | 01:00:22 | 01:43:13.15 | 10:19 | 5.8 |
| 26 | BLICHERT ANNA | 4055 | I DON'T KURWA CARE | WROCLAW | POL | K-30 | 26 | K 50 | 01:07:18 | 01:45:38.15 | 10:33 | 5.7 |
| 27 | MYSZYWODA MONIKA | 4116 | | WROCLAW | POL | K-30 | 27 | K 52 | 01:06:56 | 01:51:28.35 | 11:08 | 5.4 |
| 28 | LEWANDOWSKA ANNA | 4023 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | K-30 | 28 | K 53 | 01:08:46 | 01:53:59.55 | 11:23 | 5.3 |
| 29 | JÓZWIAK WIOLA | 4050 | | ŁÓDŹ | POL | K-30 | 29 | K 54 | 01:11:21 | 01:59:38.70 | 11:57 | 5 |

KUDOWSKA DZIESIĄTKA 10 KM, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------------|------|--|------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | WRZESZCZ MARIUSZ | 4117 | PRZEDWOJEWSKI TEAM | SOBÓTKA | POL | M-30 | 1 | M 1 | 00:29:13 | 00:49:14.25 | 4:55 | 12.2 |
| 2 | LEŚNIAK MICHAŁ | 4101 | ASICS FRONTRUNNER POLAND / @BIEGIEM_PO_EUROPIE | CERADZ DOLNY | POL | M-30 | 2 | M 4 | 00:29:56 | 00:50:21.10 | 5:02 | 11.9 |
| 3 | SWORSKI ROMAN | 4110 | KASTYO / VEGAN / VEGE RUNNERS | ŁÓDŹ | POL | M-30 | 3 | M 5 | 00:32:02 | 00:52:36.30 | 5:15 | 11.4 |
| 4 | DUNAJ PAWEŁ | 4113 | GT RAT | WROCŁAW | POL | M-30 | 4 | M 6 | 00:31:29 | 00:52:42.10 | 5:16 | 11.4 |
| 5 | SWATOWSKI TOMASZ | 4124 | KB KĄTY WROCŁAWSKIE | KĄTY WROCŁAWSKIE | POL | M-30 | 5 | M 7 | 00:31:40 | 00:52:43.85 | 5:16 | 11.4 |
| 6 | CEPIELIK WOJCIECH | 4070 | SAMOTNY WILK | MARCISZÓW | POL | M-30 | 6 | M 10 | 00:31:59 | 00:53:21.80 | 5:20 | 11.2 |
| 7 | PRZYBYSZEWSKI ŁUKASZ | 4106 | | BIELAWA | POL | M-30 | 7 | M 11 | 00:34:53 | 00:56:07.30 | 5:36 | 10.7 |
| 8 | RĘBIAŁKOWSKI JAKUB | 4094 | RNB TEAM POLANICA ZDROJ | POLANICA ZDRÓJ | POL | M-30 | 8 | M 16 | 00:38:01 | 01:00:24.75 | 6:02 | 9.9 |
| 9 | JAGODZIK MICHAŁ | 4100 | #FEIFERTRENUJE | LESZNO | POL | M-30 | 9 | M 18 | 00:38:08 | 01:02:44.20 | 6:16 | 9.6 |
| 10 | GĘBSKI ŁUKASZ | 4056 | FIZJOBIEGACZE SZCZECIN | SZCZECIN | POL | M-30 | 10 | M 20 | 00:39:05 | 01:05:24.75 | 6:32 | 9.2 |
| 11 | PISULA ŁUKASZ | 4076 | | KUDOWA-ZDRÓJ | POL | M-30 | 11 | M 21 | 00:41:52 | 01:06:36.15 | 6:39 | 9 |
| 12 | KAWA HUBERT | 4045 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | M-30 | 12 | M 22 | 00:40:50 | 01:08:00.00 | 6:48 | 8.8 |
| 13 | DULĘBA ŁUKASZ | 4111 | | KUDOWA ZDRÓJ | POL | M-30 | 13 | M 24 | 00:42:02 | 01:09:03.00 | 6:54 | 8.7 |
| 14 | MAZIAREK MICHAŁ | 4022 | | NIEMODLIN | POL | M-30 | 14 | M 26 | 00:42:41 | 01:10:16.70 | 7:01 | 8.5 |
| 15 | LESIŃSKI PIOTR | 4078 | ATOS | WROCŁAW | POL | M-30 | 15 | M 27 | 00:42:46 | 01:10:17.20 | 7:01 | 8.5 |
| 16 | HONCZA-ŻGUTOWICZ TOMASZ | 4053 | | WROCŁAW | POL | M-30 | 16 | M 33 | 00:43:55 | 01:13:24.60 | 7:20 | 8.2 |
| 17 | TEŚLAK DAWID | 4085 | | LUBNÓW | POL | M-30 | 17 | M 40 | 00:46:43 | 01:15:58.05 | 7:35 | 7.9 |
| 18 | DEKOWSKI MARCIN | 4039 | | WĄGROWIEC | POL | M-30 | 18 | M 47 | 01:00:51 | 01:43:12.75 | 10:19 | 5.8 |
| 19 | BORKOWSKI DAMIAN | 4081 | BORKOŚ TEAM | OŁOBOK | POL | M-30 | 19 | M 49 | 01:08:34 | 01:53:43.85 | 11:22 | 5.3 |

KUDOWSKA DZIESIĄTKA 10 KM, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|------------------------|------|--------------------------------|-----------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | STRASZKO MONIKA | 4104 | | WROCŁAW | POL | K-40 | 1 | K 2 | 00:37:42 | 01:01:44.10 | 6:10 | 9.7 |
| 2 | KĘDZIOR JOANNA | 4010 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | K-40 | 2 | K 8 | 00:41:43 | 01:09:24.25 | 6:56 | 8.6 |
| 3 | KORCZYŃSKA ANNA | 4066 | | WROCŁAW | POL | K-40 | 3 | K 12 | 00:44:24 | 01:14:02.90 | 7:24 | 8.1 |
| 4 | ŚMIECHOWSKA MAŁGORZATA | 4043 | RECZ | RECZ | POL | K-40 | 4 | K 15 | 00:46:40 | 01:14:49.15 | 7:28 | 8 |
| 5 | ŻYGIĘŁO MONIKA | 4108 | CHOSZCZEŃSKA 10 | CHOSZCZNO | POL | K-40 | 5 | K 17 | 00:45:40 | 01:15:56.05 | 7:35 | 7.9 |
| 6 | KORCZYŃSKA PAULINA | 4051 | | TARNOWSKIE GÓRY | POL | K-40 | 6 | K 20 | 00:46:34 | 01:17:28.90 | 7:44 | 7.7 |
| 7 | TECHNER MAGDALENA | 4090 | | DĄBRÓWKA | POL | K-40 | 7 | K 21 | 00:47:13 | 01:17:36.80 | 7:45 | 7.7 |
| 8 | JAROSZ MARTA | 4086 | | TOSZOWICE | POL | K-40 | 8 | K 23 | 00:47:13 | 01:17:49.20 | 7:46 | 7.7 |
| 9 | BACHURSKA EWA | 4005 | KB HARCOWNIK JELCZ LASKOWICE | MIŁOSZYCE | POL | K-40 | 9 | K 28 | 00:48:54 | 01:21:58.25 | 8:11 | 7.3 |
| 10 | SZYMURA IZABELA | 4052 | DECATHLON RYBNIK & PRZYJACIELE | RYBNIK | POL | K-40 | 10 | K 31 | 00:50:57 | 01:23:49.80 | 8:22 | 7.2 |
| 11 | STOŁOWSKA NATALIA | 4112 | | WROCŁAW | POL | K-40 | 11 | K 33 | 00:51:46 | 01:27:12.40 | 8:43 | 6.9 |
| 12 | PISULA MAJA | 4000 | | KUDOWA-ZDRÓJ | POL | K-40 | 12 | K 39 | 00:54:19 | 01:33:06.85 | 9:18 | 6.4 |
| 13 | HETMAŃCZYK KATARZYNA | 4002 | HETMANTEAM | PACZKOWO | POL | K-40 | 13 | K 43 | 00:59:45 | 01:37:50.75 | 9:47 | 6.1 |
| 14 | KWIATKOWSKA HONORATA | 4020 | TOMASZÓW MAZ. | TOMASZÓW MAZ. | POL | K-40 | 14 | K 49 | 01:00:28 | 01:44:54.70 | 10:29 | 5.7 |
| 15 | UCHEREK KINGA | 4013 | | ŻORY | POL | K-40 | 15 | K 51 | 01:09:48 | 01:46:10.15 | 10:37 | 5.7 |

KUDOWSKA DZIESIĄTKA 10 KM, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-----------------------|------|------------------------------|---------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | WŁODARCZYK KRZYSZTOF | 4084 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | M-40 | 1 | M 2 | 00:29:35 | 00:49:31.30 | 4:57 | 12.1 |
| 2 | ROGOZIŃSKI OLAF | 4096 | | POZNAŃ | POL | M-40 | 2 | M 3 | 00:29:15 | 00:49:46.05 | 4:58 | 12.1 |
| 3 | PRYSTARZ KRZYSZTOF | 4119 | | | POL | M-40 | 3 | M 9 | 00:32:56 | 00:53:15.35 | 5:19 | 11.3 |
| 4 | OLSZEWSKI TOMASZ | 4122 | | MOSINA | POL | M-40 | 4 | M 12 | 00:34:10 | 00:56:11.60 | 5:37 | 10.7 |
| 5 | LEWANDOWSKI PAWEŁ | 4120 | | RZESZÓW | POL | M-40 | 5 | M 13 | 00:34:09 | 00:56:37.15 | 5:39 | 10.6 |
| 6 | ALTEWEŃGIER JAROSŁAW | 4058 | | WROCŁAW | POL | M-40 | 6 | M 15 | 00:35:29 | 00:59:59.75 | 5:59 | 10 |
| 7 | PIJANOWSKI PAWEŁ | 4093 | | KUDOWA-ZDRÓJ | POL | M-40 | 7 | M 17 | 00:37:37 | 01:01:55.00 | 6:11 | 9.7 |
| 8 | TYSZKIEWICZ KRZYSZTOF | 4123 | | SKAWINA | POL | M-40 | 8 | M 19 | 00:37:38 | 01:02:46.40 | 6:16 | 9.6 |
| 9 | GOCYŁA MICHAŁ | 4079 | 3M RUNNING TEAM | WROCŁAW | POL | M-40 | 9 | M 25 | 00:40:50 | 01:10:03.05 | 7:00 | 8.6 |
| 10 | KARWACKI KRZYSZTOF | 4071 | | KAMIENNA GÓRA | POL | M-40 | 10 | M 28 | 00:43:48 | 01:10:54.80 | 7:05 | 8.5 |
| 11 | GOŁASZEWSKI ROBERT | 4012 | | BERLIN | GER | M-40 | 11 | M 30 | 00:44:35 | 01:11:39.50 | 7:09 | 8.4 |

KUDOWSKA DZIESIĄTKA 10 KM, M-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|----------------------|------|------------------------------|-----------------|------|------|--------|------|----------|-------------|--------|------|
| 12 | KULA KRYSZTIAN | 4007 | KB HARCOWNIK JELCZ LASKOWICE | JELCZ LASKOWICE | POL | M-40 | 12 | M 32 | 00:42:54 | 01:12:34.30 | 7:15 | 8.3 |
| 13 | SZYMAŃSKI GRZEGORZ | 4083 | ZWYCIĘZCÓW 6F | POLANICA-ZDRÓJ | POL | M-40 | 13 | M 34 | 00:44:52 | 01:14:01.05 | 7:24 | 8.1 |
| 14 | SZYMYŚLIK JACEK | 4035 | | LESZNO | POL | M-40 | 14 | M 35 | 00:43:35 | 01:14:14.15 | 7:25 | 8.1 |
| 15 | MŁYNARCZYK KRZYSZTOF | 4015 | | SZCZECIN | POL | M-40 | 15 | M 36 | 00:45:00 | 01:14:31.80 | 7:27 | 8.1 |
| 16 | MATLAK GRZEGORZ | 4080 | 3M RUNNING TEAM | WROCŁAW | POL | M-40 | 16 | M 37 | 00:45:30 | 01:15:15.60 | 7:31 | 8 |
| 17 | LEWICKI TOMASZ | 4105 | | DOBROSZYCE | POL | M-40 | 17 | M 38 | 00:45:51 | 01:15:20.80 | 7:32 | 8 |
| 18 | KIRCUŃ PAWEŁ | 4091 | | WROCŁAW | POL | M-40 | 18 | M 41 | 00:44:14 | 01:16:03.80 | 7:36 | 7.9 |
| 19 | BAJER KAROL | 4034 | | LESZNO | POL | M-40 | 19 | M 43 | 00:44:51 | 01:16:42.35 | 7:40 | 7.8 |
| 20 | UPTAS TOMASZ | 4017 | FITNESS & SQUASH COMPLEX | GŁOGÓW | POL | M-40 | 20 | M 44 | 00:50:22 | 01:16:44.65 | 7:40 | 7.8 |
| 21 | BRĄGIEL PIOTR | 4029 | | ŚWIEBODZICE | POL | M-40 | 21 | M 46 | 00:58:28 | 01:34:35.70 | 9:27 | 6.3 |
| 22 | WESOŁOWSKI DAMIAN | 4019 | TOMASZÓW MAZ. | TOMASZÓW MAZ. | POL | M-40 | 22 | M 48 | 01:00:22 | 01:44:49.75 | 10:28 | 5.7 |

KUDOWSKA DZIESIĄTKA 10 KM, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-----------------|------|--------------|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | MOSÓR LILLA | 4027 | LISY PUSTYNI | KLUCZE | POL | K-50 | 1 | K 44 | 01:01:16 | 01:39:18.45 | 9:55 | 6 |

KUDOWSKA DZIESIĄTKA 10 KM, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|--------------------|------|---------------------|-------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | GRZEGOREK GRZEGORZ | 4125 | KB KĄTY WROCŁAWSKIE | KĄTY WROCŁAWSKIE | POL | M-50 | 1 | M 8 | 00:31:44 | 00:52:48.30 | 5:16 | 11.4 |
| 2 | BARNAŚ MACIEJ | 4069 | | BARDO | POL | M-50 | 2 | M 23 | 00:41:47 | 01:08:58.45 | 6:53 | 8.7 |
| 3 | MOSÓR MARIUSZ | 4026 | LISY PUSTYNI | KLUCZE | POL | M-50 | 3 | M 29 | 00:41:46 | 01:11:25.80 | 7:08 | 8.4 |
| 4 | RATAJCZAK GRZEGORZ | 4107 | | GORZÓW WLKP. | POL | M-50 | 4 | M 42 | 00:47:16 | 01:16:42.15 | 7:40 | 7.8 |
| 5 | KUŁACH LESŁAW | 4115 | | WOLA RADZISZOWSKA | POL | M-50 | 5 | M 45 | 00:54:06 | 01:30:10.55 | 9:01 | 6.7 |

KUDOWSKA DZIESIĄTKA 10 KM, K-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|---------------------|------|------------------------------|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | PRZYŁUSKA MIROSŁAWA | 4095 | RAZ SZCZECIN | SZCZECIN | POL | K-60 | 1 | K 42 | 00:55:49 | 01:34:45.65 | 9:28 | 6.3 |
| 2 | GONERA JANINA | 4014 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | K-60 | 2 | K 48 | 01:02:17 | 01:43:18.20 | 10:19 | 5.8 |