

5. DYCHA PO ŻARACH

WYNIKI ZAWODÓW

Mieszkańcy Powiatu Żarskiego

Organizator: Klub Sportowy Żary Runners Team, Miasto Żary

Termin: 14.04.2019

Miejsce: Żary

Dystans: 10 km

Klasyfikacja pierwszych 50-ciu zawodników z kategorii Open wg. czasu brutto

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | 5 km | 10 km | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|----------|----------|-------------|--------------|
| 1 | 78 | CIEŚLAK ADRIAN | POL | ŻARY RUNNERS TEAM | ŻARY | 00 | M16/2 | Żary/1 | 00:35:36 | 00:35:35 | 00:18:00 | 00:17:35 | | |
| 2 | 80 | CIEŚLAK KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 65 | M50/1 | Żary/2 | 00:35:43 | 00:35:42 | 00:18:00 | 00:17:43 | | |
| 3 | 169 | GRZEGORCZYK BARTOSZ | POL | | ŻARY | 75 | M40/3 | Żary/3 Swis/1 | 00:36:25 | 00:36:23 | 00:18:21 | 00:18:03 | | |
| 4 | 446 | PIOTROWSKI MARCIN | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | M30/3 | Żary/4 | 00:37:01 | 00:37:01 | 00:18:50 | 00:18:10 | | |
| 5 | 653 | WŁUDARSKI MAREK | POL | ŻARY RUNNERS TEAM | ŻARY | 90 | M16/3 | Żary/5 | 00:37:01 | 00:37:00 | 00:18:24 | 00:18:37 | | |
| 6 | 126 | FICYGOWSKI MARIUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/4 | Żary/6 | 00:38:07 | 00:38:05 | 00:19:08 | 00:18:58 | | |
| 7 | 77 | PRĄDKO MIŁOSZ | POL | | ŻARY | 94 | M16/5 | Żary/7 | 00:38:45 | 00:38:44 | 00:19:29 | 00:19:16 | | |
| 8 | 321 | LIDTKE MARCIN | POL | CHROMA ŻARY | ŻARY | 80 | M30/8 | Żary/8 | 00:39:23 | 00:39:23 | 00:20:03 | 00:19:20 | | |
| 9 | 469 | PRZYBYSZ ARTUR | POL | ŻARY RUNNERS TEAM | ŻARY | 72 | M40/7 | Żary/9 Swis/2 | 00:39:28 | 00:39:27 | 00:19:51 | 00:19:37 | | |
| 10 | 704 | OSZMIAŃCZUK PAWEŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | M40/8 | Żary/10 Swis/3 | 00:39:53 | 00:39:50 | 00:19:59 | 00:19:53 | | |
| 11 | 523 | SENDZIAK DANIEL | POL | PARKRUN ŻARY | ŻARY | 75 | M40/9 | Żary/11 | 00:40:07 | 00:40:06 | 00:20:12 | 00:19:54 | | |
| 12 | 658 | WOLAK MIROSŁAW | POL | ŻARY RUNNERS TEAM | ŻARY | 69 | M50/3 | Żary/12 | 00:40:15 | 00:40:14 | 00:20:12 | 00:20:02 | | |
| 13 | 586 | SZOMBIERSKI ROBERT | POL | TRI AKTYWNI LUBSKO | LUBSKO | 84 | M30/11 | Żary/13 | 00:40:33 | 00:40:32 | 00:20:33 | 00:20:00 | | |
| 14 | 384 | MOTYL PAWEŁ | POL | | ŻARY | 88 | M30/12 | Żary/14 | 00:40:52 | 00:40:49 | 00:20:56 | 00:19:56 | | |
| 15 | 457 | ZEMBIK MACIEJ | POL | ŻARY | ŻARY | 91 | M16/8 | Żary/15 | 00:41:15 | 00:41:02 | 00:21:00 | 00:20:14 | | |
| 16 | 563 | STĘŻYCKI ARTUR | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | M40/14 | Żary/16 | 00:41:18 | 00:41:14 | 00:21:14 | 00:20:03 | | |
| 17 | 11 | BANASZEK JANUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 73 | M40/16 | Żary/17 | 00:41:32 | 00:41:28 | 00:21:25 | 00:20:06 | | |
| 18 | 2 | OLEKSYK WIOLETTA | POL | ŻARY RUNNERS TEAM | ŻARY | 64 | K50+/1 | Żary/18 | 00:41:46 | 00:41:44 | 00:21:23 | 00:20:22 | | |
| 19 | 249 | KEMPA MACIEK | POL | ŻARY RUNNERS TEAM | ŻARY | 01 | M16/10 | Żary/19 | 00:41:56 | 00:41:53 | 00:22:18 | 00:19:38 | | |
| 20 | 674 | ZACHARCZUK TOMEK | POL | 4ZPPLOT | JASIEŃ | 88 | M30/18 | Żary/20 | | 00:41:50 | 00:21:10 | 00:20:40 | | |
| 21 | 414 | OLEKSYK JULIAN | POL | | ŻARY | 62 | M50/4 | Żary/21 | | 00:42:07 | 00:21:31 | 00:20:35 | | |
| 22 | 539 | SKRĘTA RADOSŁAW | POL | ŻARY RUNNERS TEAM | LIPINKI ŁUŻYCKIE | 82 | M30/19 | Żary/22 | | 00:42:07 | 00:21:24 | 00:20:43 | | |
| 23 | 172 | GRZEŚKOWIAK MARCIN | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/20 | Żary/23 | | 00:42:11 | 00:21:03 | 00:21:08 | | |
| 24 | 283 | KOWALSKI MIROSŁAW | POL | PARKRUN ŻARY | ŻARY | 74 | M40/22 | Żary/24 | | 00:42:38 | 00:21:33 | 00:21:05 | | |
| 25 | 444 | PIOTROWICZ DANIEL | POL | GIANT TEAM ŻARY | ŻARY | 76 | M40/23 | Żary/25 | | 00:42:47 | 00:21:23 | 00:21:23 | | |
| 26 | 654 | WOJAKOWSKI ŁUKASZ | POL | PARKRUN ŻARY | ŻARY | 77 | M40/24 | Żary/26 | | 00:42:49 | 00:21:28 | 00:21:20 | | |
| 27 | 486 | ROMANOWSKI PAWEŁ | POL | | JASIEŃ | 94 | M16/11 | Żary/27 | | 00:42:51 | 00:21:55 | 00:20:55 | | |
| 28 | 623 | WALEWINDER KAZIMIERZ | POL | | ŻARY | 62 | M50/5 | Żary/28 | | 00:42:53 | 00:21:41 | 00:21:11 | | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 29 | 712 | LAZAR DOMINIKA | POL | | ŻARY | 94 | K16/2 | Żary/29 | 00:42:54 | 00:21:56 | 00:20:57 | |
| 30 | 553 | SPYRA ADAM | POL | ŻARY RUNNERS TEAM | LIPINKI ŁUŻYCKIE | 79 | M40/26 | Żary/30 | 00:43:02 | 00:22:16 | 00:20:45 | |
| 31 | 307 | KUŹMIAK STANISŁAW | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/28 | Żary/31 | 00:43:23 | 00:22:17 | 00:21:06 | |
| 32 | 40 | BOGUCKI OSKAR | POL | ŻARY TRIATHLON TEAM | ŻARY | 74 | M40/30 | Żary/32 | 00:43:37 | 00:22:27 | 00:21:09 | |
| 33 | 467 | PRZYBYŁA DOMINIK | POL | ŻARY RUNNERS TEAM | ŻARY | 80 | M30/24 | Żary/33 | 00:43:42 | 00:22:02 | 00:21:40 | |
| 34 | 552 | SOWA MARIUSZ | POL | | LIPINKI ŁUŻYCKIE | 77 | M40/32 | Żary/34 Swis/5 | 00:43:46 | 00:21:58 | 00:21:47 | |
| 35 | 411 | OLBRYŚ JAREK | POL | KRONO SWISS | ŻARY | 68 | M50/8 | Żary/35 Swis/6 | 00:43:48 | 00:21:43 | 00:22:05 | |
| 36 | 218 | JELONEK MARCIN | POL | | ŻARY | 89 | M30/26 | Żary/36 Swis/7 | 00:43:52 | 00:22:14 | 00:21:38 | |
| 37 | 389 | MRÓZEK SZYMON | POL | | ŻARY | 91 | M16/12 | Żary/37 | 00:43:52 | 00:22:24 | 00:21:27 | |
| 38 | 31 | BIELAK MIŁOSZ | POL | MLKS AGROS ŻARY | ŻARY | 01 | M16/13 | Żary/38 | 00:44:01 | 00:24:11 | 00:19:49 | |
| 39 | 291 | KRASOWSKI IGOR | POL | ŻARY TRIATHLON TEAM | ŻARY | 01 | M16/14 | Żary/39 | 00:44:02 | 00:22:11 | 00:21:51 | |
| 40 | 419 | OSTROWSKA AGNIESZKA | POL | ŻARY RUNNERS TEAM | ŻARY | 83 | K30/4 | Żary/40 | 00:44:15 | 00:22:33 | 00:21:42 | |
| 41 | 564 | STĘŻYCKI GRZEGORZ | POL | | NOWE CZAPLE | 82 | M30/30 | Żary/41 | 00:44:20 | 00:22:25 | 00:21:54 | |
| 42 | 694 | ZYCH MARCIN | POL | | ŻARY | 78 | M40/36 | Żary/42 | 00:44:25 | 00:22:29 | 00:21:56 | |
| 43 | 125 | FABISZEWSKI MICHAŁ | POL | PARKRUN ŻARY | ŻARY | 79 | M40/39 | Żary/43 | 00:44:28 | 00:22:23 | 00:22:04 | |
| 44 | 535 | SKAŁACKI KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/41 | Żary/44 | 00:44:35 | 00:22:23 | 00:22:11 | |
| 45 | 285 | KOZIEŁ PAWEŁ | POL | KOZARUN | ŻARY | 78 | M40/43 | Żary/45 | 00:44:38 | 00:23:12 | 00:21:26 | |
| 46 | 235 | KAMIŃSKI PIOTR | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/44 | Żary/46 | 00:44:40 | 00:22:55 | 00:21:44 | |
| 47 | 636 | WEBER KRYSZTIAN | POL | BIEGAJĄCY_TATA | ŻARY | 80 | M30/36 | Żary/47 | 00:44:42 | 00:23:12 | 00:21:30 | |
| 48 | 264 | KONDRATOWICZ RAJMUND | POL | | ŻARY | 66 | M50/12 | Żary/48 | 00:44:43 | 00:22:20 | 00:22:22 | |
| 49 | 478 | RESZCZYŃSKI PAWEŁ | POL | | KAMIENNA GÓRA | 83 | M30/37 | Żary/49 | 00:44:49 | 00:22:21 | 00:22:27 | |
| 50 | 61 | BYCZKO DARIUSZ | POL | | JASIEN | 75 | M40/48 | Żary/50 | 00:44:50 | 00:22:25 | 00:22:24 | |
| 51 | 170 | GRZEGORCZYK KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/49 | Żary/51 | 00:44:51 | 00:22:39 | 00:22:12 | |
| 52 | 537 | SKOLMOWSKI ŁUKASZ | POL | ŻARY | ŻARY | 81 | M30/39 | Żary/52 | 00:45:01 | 00:23:05 | 00:21:55 | |
| 53 | 548 | SOCHOŃ ZBIGNIEW | POL | ŻARY RUNNERS TEAM | ŻARY | 72 | M40/51 | Żary/53 | 00:45:03 | 00:22:27 | 00:22:36 | |
| 54 | 41 | BOGUWOLSKI PIOTR | POL | | ŻARY | 92 | M16/15 | Żary/54 | 00:45:07 | 00:22:58 | 00:22:08 | |
| 55 | 343 | MANAJ MICHAŁ | POL | WKS ŁAZ | ŻARY | 83 | M30/40 | Żary/55 | 00:45:21 | 00:22:57 | 00:22:24 | |
| 56 | 161 | GÓRSKA AGNIESZKA | POL | | ŻARY | 80 | K30/5 | Żary/56 | 00:45:28 | 00:23:30 | 00:21:58 | |
| 57 | 513 | SATLAWA GRZEGORZ | POL | | ŻARY | 86 | M30/43 | Żary/57 | 00:45:40 | 00:22:59 | 00:22:40 | |
| 58 | 286 | KOZIK HUBERT | POL | | ŻARY | 76 | M40/55 | Żary/58 | 00:45:40 | 00:23:04 | 00:22:35 | |
| 59 | 210 | JASIŃSKI PIOTR | POL | PARKRUN ŻARY | ŻARY | 80 | M30/44 | Żary/59 | 00:45:42 | 00:23:09 | 00:22:32 | |
| 60 | 26 | BERNAT SYLWIA | POL | NN | ŻARY | 77 | K40/2 | Żary/60 | 00:45:46 | 00:23:09 | 00:22:37 | |
| 61 | 191 | HOMIK MAREK | POL | | ŻARY | 86 | M30/45 | Żary/61 | 00:45:51 | 00:23:58 | 00:21:53 | |
| 62 | 678 | ZAREMBA ŁUKASZ | POL | | ŻARY | 80 | M30/46 | Żary/62 | 00:45:52 | 00:22:35 | 00:23:16 | |
| 63 | 311 | LASKOWSKA DOROTA | POL | | ŻARY | 86 | K30/6 | Żary/63 | 00:45:53 | 00:23:08 | 00:22:45 | |
| 64 | 70 | CHMIELEWSKI ADAM | POL | | ŻARY | 90 | M16/17 | Żary/64 | 00:45:56 | 00:22:59 | 00:22:57 | |
| 65 | 394 | NAWROCKA EWELINA | POL | | ŻARY | 85 | K30/7 | Żary/65 | 00:46:00 | 00:23:16 | 00:22:43 | |
| 66 | 131 | FRĄTCZAK ŁUKASZ | POL | | ŻARY | 84 | M30/47 | Żary/66 | 00:46:05 | 00:23:32 | 00:22:33 | |
| 67 | 339 | MAKOWICZ JÓZEF | POL | SAINT-GOBAIN SQUAD | ŻARY | 56 | M60+3 | Żary/67 | 00:46:14 | 00:23:17 | 00:22:57 | |
| 68 | 214 | JAWNIAK AGNIESZKA | POL | | ŻARY | 96 | K16/5 | Żary/68 | 00:46:21 | 00:22:57 | 00:23:24 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|--------------------------------|--------------|------------------------------|---------------------|------------|-----------------------|-----------------|----------------|----------------|-------------|--------------|
| 69 | 480 | REZLERSKI ADRIAN | POL | REZLER TEAM | ŻARY | 89 | M30/49 | Żary/69 | | 00:46:22 | 00:23:48 | 00:22:33 |
| 70 | 703 | ZAKRZEWSKI ADAM | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/59 | Żary/70 | | 00:46:33 | 00:23:58 | 00:22:35 |
| 71 | 5 | ANDRZEJEWICZ PAWEŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | M40/60 | Żary/71 Swis/8 | | 00:46:35 | 00:23:35 | 00:23:00 |
| 72 | 701 | ŻYŁA MACIEJ | POL | | ŻARY | 74 | M40/61 | Żary/72 | | 00:46:39 | 00:23:17 | 00:23:22 |
| 73 | 127 | FICYGOWSKI MICHAŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 00 | M16/20 | Żary/73 | | 00:46:47 | 00:23:27 | 00:23:20 |
| 74 | 119 | DWORNICKI PAWEŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 81 | M30/51 | Żary/74 Med/1 | | 00:46:47 | 00:24:03 | 00:22:44 |
| 75 | 356 | MATYSIAK TOMASZ | POL | ŻARY RUNNERS TEAM | ŻARY | 75 | M40/62 | Żary/75 | | 00:46:49 | 00:23:43 | 00:23:06 |
| 76 | 297 | KRYGIER GRZEGORZ | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/63 | Żary/76 | | 00:46:54 | 00:23:52 | 00:23:01 |
| 77 | 603 | TELENGA RAFAŁ | POL | BIEGACZE ZJADACZE KILOMETROW | ŻARY | 82 | M30/52 | Żary/77 | | 00:46:57 | 00:23:44 | 00:23:12 |
| 78 | 659 | WOLTMANN WOJTEK | POL | PARKRUN ŻARY | ŻARY | 80 | M30/53 | Żary/78 | | 00:46:59 | 00:23:23 | 00:23:35 |
| 79 | 327 | ŁABUDA ARKADIUSZ | POL | | ŻARY | 92 | M16/22 | Żary/79 | | 00:46:59 | 00:23:56 | 00:23:03 |
| 80 | 479 | REZLERSKA DOMINIKA | POL | ŻARY RUNNERS TEAM | ŻARY | 89 | K30/8 | Żary/80 | | 00:47:06 | 00:24:05 | 00:23:01 |
| 81 | 354 | MAŚLANKA PRZEMEK | POL | CROSS TRENING ŻARY | ŻARY | 99 | M16/25 | Żary/81 | | 00:47:11 | 00:23:16 | 00:23:54 |
| 82 | 687 | ZIELIŃSKI DAREK | POL | PARKRUN ŻARY | ŻARY | 67 | M50/15 | Żary/82 | | 00:47:18 | 00:24:03 | 00:23:14 |
| 83 | 481 | REZLERSKI DAMIAN | POL | | ŻARY | 92 | M16/26 | Żary/83 | | 00:47:32 | 00:23:19 | 00:24:13 |
| 84 | 670 | WUJDA MARTA | POL | ŻARY RUNNERS TEAM | ŻARY | 76 | K40/5 | Żary/84 | | 00:47:35 | 00:24:14 | 00:23:21 |
| 85 | 342 | MALINOWSKA-NGUYEN KATARZYNA | POL | | ŻARY | 77 | K40/6 | Żary/85 | | 00:47:39 | 00:24:11 | 00:23:27 |
| 86 | 292 | KRASOWSKI MAREK | POL | ŻARY TRIATHLON TEAM | ŻARY | 73 | M40/65 | Żary/86 | | 00:47:43 | 00:24:38 | 00:23:04 |
| 87 | 652 | WŁUDARSKI MACIEJ | POL | | LIPINKI ŁUŻYCKIE | 65 | M50/18 | Żary/87 | | 00:47:47 | 00:24:11 | 00:23:35 |
| 88 | 592 | SZYMAŃSKI ŁUKASZ | POL | | ŻARY | 85 | M30/58 | Żary/88 Swis/9 | | 00:47:47 | 00:24:07 | 00:23:39 |
| 89 | 423 | OSZMIĄNCZUK MARCIN | POL | ŻARY TRIATHLON TEAM | ŻARY | 75 | M40/68 | Żary/89 Swis/10 | | 00:47:48 | 00:24:05 | 00:23:43 |
| 90 | 269 | KONIECZNY ROBERT | POL | | ŻARY | 82 | M30/59 | Żary/90 | | 00:47:54 | 00:24:23 | 00:23:31 |
| 91 | 642 | WIECZOREK ŁUKASZ | POL | | ŻARY | 88 | M30/60 | Żary/91 | | 00:47:56 | 00:24:27 | 00:23:29 |
| 92 | 287 | KOZIŃSKI KACPER | POL | | ŻARY | 94 | M16/27 | Żary/92 | | 00:47:57 | 00:23:46 | 00:24:10 |
| 93 | 122 | DZIADKIEWICZ BERNARD | POL | | ŻARY | 83 | M30/61 | Żary/93 | | 00:47:57 | 00:24:10 | 00:23:46 |
| 94 | 74 | CHOMONT-SENDZIAK ANNA | POL | PARKRUN ŻARY | ŻARY | 78 | K40/7 | Żary/94 | | 00:48:00 | 00:24:10 | 00:23:50 |
| 95 | 223 | JÓŻWIAK RADOSŁAW | POL | BIEGACZE ZJADACZE KM | ŻARY | 79 | M40/69 | Żary/95 | | 00:48:02 | 00:24:08 | 00:23:54 |
| 96 | 139 | GARAN PAWEŁ | POL | ND | ŻARY | 89 | M30/63 | Żary/96 | | 00:48:16 | 00:26:00 | 00:22:15 |
| 97 | 298 | KRZEMIŃSKA-BIELAK KAMILA | POL | | ŻARY | 76 | K40/9 | Żary/97 | | 00:48:24 | 00:24:22 | 00:24:01 |
| 98 | 89 | CZEPIŃSKI ROBERT | POL | PARKRUN ŻARY | ŻARY | 70 | M40/71 | Żary/98 | | 00:48:27 | 00:24:00 | 00:24:27 |
| 99 | 190 | HOMENIUK MARCIN | POL | | ŻARY | 80 | M30/66 | Żary/99 | | 00:48:34 | 00:25:28 | 00:23:06 |
| 100 | 583 | SZEP CZYŃSKA ANNA | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | K40/10 | Żary/100 | | 00:48:36 | 00:24:52 | 00:23:44 |
| 101 | 352 | MAŚLANKA JERZY | POL | CROSS TRENING ŻARY | ŻARY | 74 | M40/72 | Żary/101 | | 00:48:40 | 00:24:51 | 00:23:48 |
| 102 | 402 | NOWAK ANDRZEJ | POL | CHROMA ŻARY | ŻARY | 87 | M30/67 | Żary/102 | | 00:48:44 | 00:25:11 | 00:23:32 |
| 103 | 88 | CZEPIŃSKA JUDYTA | POL | PARKRUN ŻARY | ŻARY | 77 | K40/12 | Żary/103 | | 00:48:49 | 00:24:41 | 00:24:08 |
| 104 | 17 | BARTKOWIAK JACEK | POL | | TUPLICE | 81 | M30/69 | Żary/104 | | 00:48:54 | 00:24:57 | 00:23:57 |
| 105 | 578 | SZCZERBIŃSKI PATRYK | POL | | ŻARY | 98 | M16/31 | Żary/105 | | 00:49:05 | 00:25:45 | 00:23:19 |
| 106 | 445 | PIOTROWSKI ARKADIUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/76 | Żary/106 | | 00:49:16 | 00:25:29 | 00:23:46 |
| 107 | 196 | JACHIMOWSKI PAWEŁ | POL | | LIPINKI ŁUŻYCKIE | 76 | M40/77 | Żary/107 | | 00:49:18 | 00:24:10 | 00:25:08 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 108 | 304 | KULCZYCKI MICHAŁ | POL | | ŻARY | 75 | M40/78 | Żary/108 | | 00:49:21 | 00:24:27 | 00:24:54 |
| 109 | 147 | GIERC MAREK | POL | | ŻARY | 73 | M40/79 | Żary/109 | | 00:49:22 | 00:25:38 | 00:23:44 |
| 110 | 399 | NIKOROWSKI GRZEGORZ | POL | | ŻARY | 70 | M40/81 | Żary/110 | | 00:49:32 | 00:24:18 | 00:25:14 |
| 111 | 18 | BASIŃSKI TOMASZ | POL | | ŻARY | 92 | M16/33 | Żary/111 | | 00:49:39 | 00:25:31 | 00:24:08 |
| 112 | 630 | WAŻNY ŁUKASZ | POL | ŻARSKI KLUB SPORTÓW WALKI | ŻARY | 89 | M30/73 | Żary/112 | | 00:49:40 | 00:24:56 | 00:24:43 |
| 113 | 273 | KOSAŁKA EDWARD | POL | 11 DKPANC ŻAGAŃ | ŻARY | 65 | M50/22 | Żary/113 | | 00:49:45 | 00:24:42 | 00:25:02 |
| 114 | 571 | SUROWIEC PIOTR | POL | PARKRUN ŻARY | ŻARY | 77 | M40/83 | Żary/114 | | 00:49:47 | 00:25:15 | 00:24:32 |
| 115 | 391 | MUSIAŁ KRZYSZTOF | POL | KRZYSIEK BIEGA | LUBSKO | 79 | M40/84 | Żary/115 | | 00:49:48 | 00:24:53 | 00:24:55 |
| 116 | 155 | GOŁĄB BARTŁOMIEJ | POL | | ŻARY | 89 | M30/77 | Żary/116 | | 00:49:52 | 00:25:08 | 00:24:44 |
| 117 | 695 | ZYGOWSKI KRZYSZTOF | POL | | LUBSKO | 79 | M40/85 | Żary/117 | | 00:49:56 | 00:25:05 | 00:24:50 |
| 118 | 428 | PATYK HENRYK | POL | SALON MEBLOWY M-LID | ŻARY | 61 | M50/23 | Żary/118 | | 00:49:59 | 00:25:04 | 00:24:55 |
| 119 | 174 | GRZYWACZ ROBERT | POL | | ŻARY | 68 | M50/24 | Żary/119 | | 00:50:06 | 00:25:32 | 00:24:34 |
| 120 | 512 | SANIUK JOANNA | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | K30/13 | Żary/120 | | 00:50:12 | 00:24:42 | 00:25:30 |
| 121 | 317 | LEŚNIAK PAWEŁ | POL | AMATOR | ŻARY | 80 | M30/82 | Żary/121 | | 00:50:17 | 00:25:12 | 00:25:05 |
| 122 | 87 | CZEKAN MARIUSZ | POL | PARKRUN ŻARY | ŻARY | 70 | M40/86 | Żary/122 | | 00:50:18 | 00:25:20 | 00:24:57 |
| 123 | 66 | CEGIELSKA MAŁGORZATA | POL | | ŻARY | 81 | K30/15 | Żary/123 | | 00:50:36 | 00:25:50 | 00:24:45 |
| 124 | 79 | CIEŚLAK DANUTA | POL | ŻARY RUNNERS TEAM | ŻARY | 68 | K50+/3 | Żary/124 | | 00:50:58 | 00:25:44 | 00:25:14 |
| 125 | 534 | SIWIK ANDRZEJ | POL | | ŻARY | 73 | M40/90 | Żary/125 | | 00:51:05 | 00:25:31 | 00:25:33 |
| 126 | 350 | MARKULAK ZBYSZEK | POL | | ŻARY | 73 | M40/91 | Żary/126 | | 00:51:06 | 00:25:10 | 00:25:55 |
| 127 | 536 | SKIBIŃSKI MARCIN | POL | | ŻARY | 83 | M30/87 | Żary/127 | | 00:51:29 | 00:26:26 | 00:25:02 |
| 128 | 306 | KUSZ ŁUKASZ | POL | | ŻARY | 85 | M30/89 | Żary/128 | | 00:51:58 | 00:25:41 | 00:26:16 |
| 129 | 53 | BRZEZIŃSKI LESZEK | POL | PARKRUN ŻARY | ŻARY | 55 | M60+/4 | Żary/129 | | 00:52:04 | 00:26:19 | 00:25:44 |
| 130 | 607 | TOMASZEWICZ MARCIN | POL | ŻARSKI KLUB SPORTÓW WALKI | ŻARY | 87 | M30/90 | Żary/130 | | 00:52:05 | 00:25:52 | 00:26:12 |
| 131 | 647 | WILCZYŃSKI MIROSŁAW | POL | | ŻARY | 58 | M60+/5 | Żary/131 | | 00:52:09 | 00:26:33 | 00:25:35 |
| 132 | 72 | CHMIELEWSKI MAREK | POL | RCS ŻARY | ŻARY | 73 | M40/95 | Żary/132 | | 00:52:20 | 00:27:09 | 00:25:10 |
| 133 | 95 | DANIELAK KRZYSZTOF | POL | PARKRUN ŻARY | ŻARY | 60 | M50/28 | Żary/133 Swis/11 | | 00:52:20 | 00:26:24 | 00:25:56 |
| 134 | 593 | SZYMCZAK BARTŁOMIEJ | POL | PARKRUN ŻARY | ŻARY | 86 | M30/92 | Żary/134 | | 00:52:37 | 00:27:22 | 00:25:15 |
| 135 | 163 | GÓRSKI ŁUKASZ | POL | | TRZEBIEL | 81 | M30/93 | Żary/135 | | 00:52:41 | 00:27:13 | 00:25:28 |
| 136 | 604 | TKACZ ADAM | POL | ZZO MARSZÓW | ŻARY | 91 | M16/37 | Żary/136 | | 00:52:44 | 00:25:54 | 00:26:50 |
| 137 | 424 | PAJOR ANNA | POL | | MIROSTOWICE | 87 | K30/18 | Żary/137 | | 00:52:47 | 00:27:25 | 00:25:22 |
| 138 | 299 | KRZYŻAŃSKI ANDRZEJ | POL | PARKRUN ŻARY | ŻARY | 63 | M50/29 | Żary/138 Swis/12 | | 00:52:49 | 00:26:37 | 00:26:12 |
| 139 | 400 | NOWACKI JERZY | POL | ŻARY RUNNERS TEAM | ŻARY | 75 | M40/96 | Żary/139 | | 00:53:01 | 00:25:50 | 00:27:11 |
| 140 | 393 | NAREJKO AGATA | POL | PARKRUN ŻARY | ŻARY | 64 | K50+/4 | Żary/140 Swis/13 | | 00:53:02 | 00:26:55 | 00:26:07 |
| 141 | 81 | CIEŚLAK TOMASZ | POL | NIEZRZESZONY | ŻARY | 79 | M40/97 | Żary/141 | | 00:53:05 | 00:28:35 | 00:24:29 |
| 142 | 295 | KRAWCZYK KRZYSZTOF | POL | AMATOR | ŻARY | 77 | M40/99 | Żary/142 | | 00:53:10 | 00:26:05 | 00:27:05 |
| 143 | 611 | TOPOROWSKI DAWID | POL | | ŻARY | 85 | M30/96 | Żary/143 | | 00:53:20 | 00:26:23 | 00:26:56 |
| 144 | 107 | DROZD PAWEŁ | POL | | ŻARY | 68 | M50/31 | Żary/144 | | 00:53:22 | 00:26:17 | 00:27:05 |
| 145 | 542 | SŁAWSKA BOGUMIŁA | POL | SQUAD | ŻARY | 78 | K40/24 | Żary/145 | | 00:53:28 | 00:26:55 | 00:26:32 |
| 146 | 219 | JELONEK MATEUSZ | POL | | ŻARY | 90 | M16/39 | Żary/146 | | 00:53:33 | 00:26:40 | 00:26:52 |
| 147 | 585 | SZOMBIERSKA MONIKA | POL | TRI AKTYWNI LUBSKO | LUBSKO | 85 | K30/19 | Żary/147 | | 00:53:37 | 00:27:07 | 00:26:29 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 148 | 379 | MISIEWICZ ADAM | POL | | ŻARY | 84 | M30/97 | Żary/148 | | 00:53:37 | 00:27:08 | 00:26:29 |
| 149 | 308 | KUŹNIAK TOMASZ | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/105 | Żary/149 | | 00:53:40 | 00:26:45 | 00:26:55 |
| 150 | 71 | CHMIELEWSKI GRZEGORZ | POL | PARKRUN ŻARY | ŻARY | 72 | M40/106 | Żary/150 | | 00:53:42 | 00:27:34 | 00:26:07 |
| 151 | 349 | MARKULAK ELLA | POL | | ŻARY | 76 | K40/26 | Żary/151 | | 00:53:54 | 00:26:42 | 00:27:11 |
| 152 | 602 | TECŁAW ROBERT | POL | NOWOGRODZKA GRUPA BIEGOWA FIBER | JASIEŃ | 69 | M50/37 | Żary/152 | | 00:54:02 | 00:27:06 | 00:26:55 |
| 153 | 150 | GLOCK PIOTR | POL | PARKRUN ŻARY | ŻARY | 02 | M16/40 | Żary/153 | | 00:54:11 | 00:27:35 | 00:26:35 |
| 154 | 56 | BULSKI WOJTEK | POL | | ŻARY | 01 | M16/41 | Żary/154 | | 00:54:12 | 00:27:37 | 00:26:35 |
| 155 | 371 | MICINIOWSKI DANIEL | POL | OSP LUBANICE | ŻARY | 86 | M30/102 | Żary/155 | | 00:54:13 | 00:28:13 | 00:25:59 |
| 156 | 213 | JAŚKOWIAK MAŁGORZATA | POL | | ŻARY | 75 | K40/27 | Żary/156 | | 00:54:22 | 00:27:04 | 00:27:18 |
| 157 | 111 | DUDEK ANNA | POL | PARKRUN ŻARY | MIROSTOWICE | 79 | K40/28 | Żary/157 | | 00:54:22 | 00:27:29 | 00:26:52 |
| 158 | 334 | MACIĄZEK KAMIL | POL | OSP PRZEWÓZ | PRZEWÓZ | 96 | M16/42 | Żary/158 | | 00:54:32 | 00:27:35 | 00:26:57 |
| 159 | 499 | RUDZIŃSKI MARIUSZ | POL | PARKRUN ŻARY | MIROSTOWICE | 68 | M50/38 | Żary/159 | | 00:54:36 | 00:27:10 | 00:27:25 |
| 160 | 673 | ZABŁOCKI WOJCIECH | POL | | ŻARY | 89 | M30/104 | Żary/160 | | 00:54:36 | 00:28:25 | 00:26:11 |
| 161 | 102 | DOBOSZ SŁAWOMIR | POL | | ŻARY | 78 | M40/111 | Żary/161 | | 00:54:46 | 00:28:11 | 00:26:34 |
| 162 | 429 | PATYK ŁUKASZ | POL | SALON MEBLOWY M-LID | ŻARY | 87 | M30/105 | Żary/162 | | 00:54:49 | 00:27:53 | 00:26:55 |
| 163 | 388 | MRÓWKA SŁAWOMIR | POL | | ŻARY | 85 | M30/108 | Żary/163 | | 00:54:54 | 00:28:14 | 00:26:40 |
| 164 | 73 | CHMIELEWSKI SŁAWOMIR | POL | | ŻARY | 68 | M50/39 | Żary/164 | | 00:54:55 | 00:27:55 | 00:27:00 |
| 165 | 588 | SZOSTEK ŁUKASZ | POL | ŻARY TRIATHLON TEAM | ŻARY | 76 | M40/112 | Żary/165 | | 00:55:04 | 00:27:33 | 00:27:31 |
| 166 | 649 | WINNICKA MONIKA | POL | ŻARY TRIATHLON TEAM | ŻARY | 89 | K30/22 | Żary/166 Med/2 | | 00:55:09 | 00:27:17 | 00:27:52 |
| 167 | 383 | MOSKWA MAGDALENA | POL | | LUBSKO | 80 | K30/25 | Żary/167 | | 00:55:16 | 00:28:38 | 00:26:38 |
| 168 | 494 | RUCZEWSKI KAMIL | POL | | TRZEBIEL | 84 | M30/110 | Żary/168 | | 00:55:17 | 00:28:00 | 00:27:16 |
| 169 | 315 | LEŃ JOANNA | POL | | ŻARY | 77 | K40/29 | Żary/169 | | 00:55:24 | 00:29:04 | 00:26:19 |
| 170 | 364 | MELSKA AGNIESZKA | POL | | PRZEWÓZ | 77 | K40/30 | Żary/170 | | 00:55:26 | 00:27:01 | 00:28:25 |
| 171 | 316 | LEŃ MIKOŁAJ | POL | | ŻARY | 02 | M16/44 | Żary/171 | | 00:55:26 | 00:29:07 | 00:26:19 |
| 172 | 98 | DENDEWICZ KONRAD | POL | | ŻARY | 76 | M40/115 | Żary/172 Swis/14 | | 00:55:28 | 00:29:01 | 00:26:26 |
| 173 | 162 | GÓRSKA ANETA | POL | | ŻARY | 81 | K30/27 | Żary/173 | | 00:55:32 | 00:27:56 | 00:27:36 |
| 174 | 538 | SKOMRA ANDRZEJ | POL | | OLBRACHTÓW | 70 | M40/116 | Żary/174 | | 00:55:33 | 00:28:05 | 00:27:28 |
| 175 | 520 | SCHÖNBORN OTYLIA | POL | | ŻARY | 74 | K40/31 | Żary/175 Med/3 | | 00:55:33 | 00:27:57 | 00:27:35 |
| 176 | 117 | DURSKA URSZULA | POL | | | 75 | K40/32 | Żary/176 | | 00:55:35 | 00:28:07 | 00:27:28 |
| 177 | 640 | WESOŁOWSKA ELŻBIETA | POL | REZLER TEAM | ŻARY | 73 | K40/35 | Żary/177 | | 00:55:55 | 00:29:24 | 00:26:30 |
| 178 | 633 | WAŚIŃSKA MAŁGORZATA | POL | PARKRUNU ŻARY | ŻARY | 77 | K40/37 | Żary/178 | | 00:55:58 | 00:28:16 | 00:27:41 |
| 179 | 234 | KAMIŃSKI JAKUB | POL | | ŻARY | 96 | M16/46 | Żary/179 | | 00:56:03 | 00:27:20 | 00:28:42 |
| 180 | 148 | GIERGICZNY PIOTR | POL | | ŻARY | 93 | M16/47 | Żary/180 | | 00:56:11 | 00:28:07 | 00:28:03 |
| 181 | 581 | SZCZOTKA MICHAŁ | POL | ZZO MARSZÓW | ŻARY | 89 | M30/114 | Żary/181 | | 00:56:20 | 00:28:25 | 00:27:54 |
| 182 | 487 | ROMAŃCZUK RAFAŁ | POL | | ŻARY | 85 | M30/115 | Żary/182 | | 00:56:23 | 00:28:48 | 00:27:35 |
| 183 | 612 | TRACZ MAREK | POL | | KUMIAŁTOWICE | 68 | M50/43 | Żary/183 | | 00:56:38 | 00:27:49 | 00:28:48 |
| 184 | 109 | DROZD TOMASZ | POL | | ŻARY | 77 | M40/120 | Żary/184 | | 00:56:38 | 00:29:26 | 00:27:12 |
| 185 | 166 | GROMANOWSKA ANNA | POL | | ŻARY | 85 | K30/32 | Żary/185 | | 00:56:57 | 00:27:45 | 00:29:11 |
| 186 | 496 | RUDA JÓZEFA | POL | | ŻARY | 56 | K50+/8 | Żary/186 | | 00:56:58 | 00:29:20 | 00:27:37 |
| 187 | 609 | TOMASZEWSKI KRZYSZTOF | POL | | ŻARY | 81 | M30/118 | Żary/187 | | 00:57:07 | 00:28:01 | 00:29:06 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 188 | 541 | SKRZYSZOWSKI JACEK | POL | ŻARY | ŻARY | 67 | M50/44 | Żary/188 Swis/15 | 00:57:09 | 00:29:15 | 00:27:53 | |
| 189 | 372 | MICINIOWSKI LUKASZ | POL | OSP LUBANICE | ŻARY | 94 | M16/49 | Żary/189 | 00:57:09 | 00:30:20 | 00:26:48 | |
| 190 | 124 | DZIOPA MAŁGORZATA | POL | | LUBSKO | 75 | K40/41 | Żary/190 | 00:57:12 | 00:28:40 | 00:28:31 | |
| 191 | 256 | KLIMAS PAWEŁ | POL | | ŻARY | 83 | M30/120 | Żary/191 | 00:57:15 | 00:28:50 | 00:28:25 | |
| 192 | 320 | LEWICKA JULITA | POL | OSP LUBANICE | ŻARY | 93 | K16/10 | Żary/192 | 00:57:16 | 00:30:09 | 00:27:06 | |
| 193 | 183 | HARENDA CZESŁAW | POL | HARENDZIAKI | ŻARY | 67 | M50/45 | Żary/193 | 00:57:16 | 00:29:40 | 00:27:36 | |
| 194 | 472 | PYSZNIK ANGELIKA | POL | | ŻARY | 77 | K40/42 | Żary/194 | 00:57:17 | 00:28:19 | 00:28:58 | |
| 195 | 475 | REGUŁA DIANA | POL | SZCZĘŚCIE W NIESZCZĘŚCIU | ŻARY | 81 | K30/33 | Żary/195 | 00:57:20 | 00:29:51 | 00:27:29 | |
| 196 | 38 | BOBOWSKI KORIN | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/122 | Żary/196 | 00:57:35 | 00:28:36 | 00:28:58 | |
| 197 | 689 | ZIELIŃSKI RADOSŁAW | POL | | ŻARY | 77 | M40/123 | Żary/197 | 00:57:36 | 00:29:20 | 00:28:16 | |
| 198 | 380 | MONDOROWICZ JACEK | POL | | ŻARY | 73 | M40/124 | Żary/198 | 00:57:45 | 00:29:05 | 00:28:40 | |
| 199 | 181 | HAMERLA DOMINIK | POL | SAINT-GOBAIN SQUAD | ŻARY | 88 | M30/123 | Żary/199 | 00:58:05 | 00:30:36 | 00:27:29 | |
| 200 | 44 | BOROWIEC MARIUSZ | POL | PARKRUN ŻARY | ŻARY | 74 | M40/125 | Żary/200 | 00:58:07 | 00:29:28 | 00:28:38 | |
| 201 | 357 | MAZUR BARBARA | POL | REZLER TEAM | KADŁUBIA | 90 | K16/11 | Żary/201 | 00:58:08 | 00:29:24 | 00:28:44 | |
| 202 | 99 | DENDEWICZ PATRYCJA | POL | | MARSZÓW | 76 | K40/46 | Żary/202 | 00:58:14 | 00:30:08 | 00:28:06 | |
| 203 | 129 | FLISAK ZDZISŁAW | POL | | ŻARY | 54 | M60+/8 | Żary/203 | 00:58:18 | 00:29:14 | 00:29:03 | |
| 204 | 375 | MIĘTEK DARIUSZ | POL | | ŻAGAŃ | 74 | M40/126 | Żary/204 | 00:58:19 | 00:29:44 | 00:28:35 | |
| 205 | 620 | URSZYC GRACJAN | POL | PARKRUN ŻARY | ŻARY | 79 | M40/127 | Żary/205 | 00:58:26 | 00:30:13 | 00:28:12 | |
| 206 | 382 | MORAWSKI MATEUSZ | POL | ŻARY RUNNERS TEAM | PRZEWÓZ | 91 | M16/51 | Żary/206 | 00:58:32 | 00:30:59 | 00:27:32 | |
| 207 | 123 | DZIADUL ROBERT | POL | | ŻARY | 69 | M50/47 | Żary/207 | 00:58:37 | 00:30:28 | 00:28:08 | |
| 208 | 490 | ROTKIS-DZIADUL ANNA | POL | ŻARY RUNNERS TEAM | ŻARY | 70 | K40/47 | Żary/208 | 00:58:37 | 00:30:29 | 00:28:08 | |
| 209 | 151 | GLÓRA ALEKSANDRA | POL | ŻARY RUNNERS TEAM | ŻARY | 80 | K30/35 | Żary/209 | 00:58:42 | 00:31:01 | 00:27:41 | |
| 210 | 345 | MAŃKA WIOLETTA | POL | | ŻARY | 89 | K30/36 | Żary/210 | 00:58:45 | 00:30:02 | 00:28:43 | |
| 211 | 447 | PIÓRKOWSKA MAGDALENA | POL | PARKRUN ŻARY | ŻARY | 84 | K30/39 | Żary/211 | 00:59:10 | 00:30:06 | 00:29:04 | |
| 212 | 351 | MARUSZCZAK ANDRZEJ | POL | ANDRZEJ | ŻARY | 77 | M40/128 | Żary/212 | 00:59:16 | 00:29:39 | 00:29:37 | |
| 213 | 676 | ZALESKI ZBIGNIEW | POL | | ŻARY | 70 | M40/129 | Żary/213 | 00:59:20 | 00:29:10 | 00:30:10 | |
| 214 | 616 | TWARDY PAWEŁ | POL | PARKUN ŻARY | ŻARY | 75 | M40/130 | Żary/214 | 00:59:43 | 00:29:50 | 00:29:53 | |
| 215 | 10 | BANASIAK GRZEGORZ | POL | | ŻARY | 74 | M40/131 | Żary/215 Swis/17 | 00:59:54 | 00:30:05 | 00:29:49 | |
| 216 | 45 | BOROWIEC SYLWIA | POL | PARKRUN ŻARY | ŻARY | 80 | K30/44 | Żary/216 | 00:59:57 | 00:30:11 | 00:29:45 | |
| 217 | 355 | MATYSIAK MAŁGORZATA | POL | | ŻARY | 78 | K40/53 | Żary/217 | 00:59:57 | 00:30:12 | 00:29:44 | |
| 218 | 565 | STĘŻYCKI MARIUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 77 | M40/132 | Żary/218 | 01:00:07 | 00:30:34 | 00:29:33 | |
| 219 | 398 | NIEWIADOMA BRYGIDA | POL | | ŻARY | 77 | K40/55 | Żary/219 | 01:00:08 | 00:30:32 | 00:29:35 | |
| 220 | 562 | STĘŻYCKA ANNA | POL | SIŁA JEST KOBIETĄ | ŻARY | 79 | K40/57 | Żary/220 | 01:00:08 | 00:30:35 | 00:29:32 | |
| 221 | 319 | LEWANDOWSKI LESZEK | POL | | ŻARY | 60 | M50/49 | Żary/221 | 01:00:11 | 00:30:58 | 00:29:12 | |
| 222 | 420 | OSTROWSKI TOMASZ | POL | CHROMIK ŻARY | ŻARY | 70 | M40/134 | Żary/222 | 01:00:22 | 00:29:24 | 00:30:58 | |
| 223 | 442 | PIETROWIAK ANDRZEJ | POL | 10 PO ŻARACH | ŻARY | 80 | M30/126 | Żary/223 | 01:00:27 | 00:30:14 | 00:30:13 | |
| 224 | 257 | KLIMCZAK MICHAŁ | POL | | MIŁOWICE | 72 | M40/135 | Żary/224 | 01:00:31 | 00:28:56 | 00:31:34 | |
| 225 | 202 | JAGMIN BOGUSŁAW | POL | | LUBSKO | 49 | M60+/10 | Żary/225 | 01:01:09 | 00:31:27 | 00:29:41 | |
| 226 | 492 | RÓŻAŃSKI KRZYSZTOF | POL | BIEGAM BO LUBIĘ | ŻARY | 69 | M50/52 | Żary/226 | 01:01:15 | 00:29:29 | 00:31:46 | |
| 227 | 20 | BEDNARCZYK BOHDAN | POL | | ŻARY | 65 | M50/53 | Żary/227 | 01:01:17 | 00:26:24 | 00:34:53 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 228 | 641 | WESOŁOWSKI WOJCIECH | POL | SKUTECZNYCLUB.PL | ŻARY | 73 | M40/138 | Żary/228 | 01:01:21 | 00:29:58 | 00:31:22 | |
| 229 | 290 | KRASOWSKA ANIA | POL | 10BKPANC | ŻARY | 81 | K30/48 | Żary/229 | 01:01:29 | 00:29:59 | 00:31:30 | |
| 230 | 57 | BUGAJSKI RADOSLAW | POL | | ŻARY | 68 | M50/56 | Żary/230 Swis/19 | 01:01:29 | 00:30:00 | 00:31:29 | |
| 231 | 511 | SANDAK DAMIAN | POL | | ŻARY | 79 | M40/139 | Żary/231 | 01:01:45 | 00:31:10 | 00:30:35 | |
| 232 | 551 | SOSNA GRZEGORZ | POL | SAINT-GOBAIN SQUAD | ŻARY | 87 | M30/129 | Żary/232 | 01:02:03 | 00:30:56 | 00:31:07 | |
| 233 | 58 | BURCZYŃSKI GRZEGORZ | POL | | ŻARY | 76 | M40/141 | Żary/233 | 01:02:06 | 00:30:16 | 00:31:49 | |
| 234 | 702 | TORFIŃSKA EWELINA | POL | | ŻARY | 84 | K30/51 | Żary/234 | 01:02:08 | 00:31:20 | 00:30:48 | |
| 235 | 509 | SAJNA MARIA | POL | | ŻARY | 59 | K50+/15 | Żary/235 | 01:02:24 | 00:31:39 | 00:30:44 | |
| 236 | 233 | KAMIŃSKA JUSTYNA | POL | ZZO MARSZÓW | ŻARY | 76 | K40/59 | Żary/236 | 01:02:38 | 00:31:38 | 00:30:59 | |
| 237 | 528 | SIELSKI ADRIAN | POL | ŻARY RUNNERS TEAM | MIROSTOWICE | 92 | M16/53 | Żary/237 | 01:02:39 | 00:31:56 | 00:30:43 | |
| 238 | 692 | ZŁOTEK EDMUND | POL | | ŻARY | 45 | M60+/11 | Żary/238 | 01:02:45 | 00:30:54 | 00:31:50 | |
| 239 | 683 | SOKOŁOWSKI ZENON | POL | | LIPINKI ŁUŻYCKIE | 59 | M60+/12 | Żary/239 | 01:02:48 | 00:30:55 | 00:31:52 | |
| 240 | 639 | WELKE STANISLAW | POL | ŻARY RUNNERS TEAM | ŻARY | 71 | M40/142 | Żary/240 Swis/20 | 01:02:52 | 00:31:34 | 00:31:17 | |
| 241 | 638 | WELKE AGNIESZKA | POL | | ŻARY | 73 | K40/60 | Żary/241 | 01:02:52 | 00:31:35 | 00:31:16 | |
| 242 | 173 | GRZEŚKOWIAK MONIKA | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | K40/61 | Żary/242 | 01:03:07 | 00:32:05 | 00:31:01 | |
| 243 | 288 | KOZŁOWSKA MARZENA | POL | | ŻARY | 74 | K40/62 | Żary/243 | 01:03:07 | 00:32:06 | 00:31:01 | |
| 244 | 648 | WINNICKA ANNA | POL | | ŻARY | 78 | K40/63 | Żary/244 Med/6 | 01:03:17 | 00:31:50 | 00:31:27 | |
| 245 | 158 | GONTARZ GRZEGORZ | POL | | ŻARY | 68 | M50/60 | Żary/245 | 01:03:18 | 00:31:40 | 00:31:37 | |
| 246 | 397 | NIEDŹWIECKI MARIAN | POL | STOWARZYSZENIE AKTYWNYCH SENIORÓW | TRZEBIEL | 51 | M60+/13 | Żary/246 | 01:03:32 | 00:31:13 | 00:32:18 | |
| 247 | 422 | OSZMIĄNCZUK JOANNA | POL | ŻARY TRIATHLON TEAM | ŻARY | 76 | K40/64 | Żary/247 | 01:03:39 | 00:31:45 | 00:31:53 | |
| 248 | 43 | BORDAKIEWICZ BARBARA | POL | | ŻARY | 90 | K16/16 | Żary/248 | 01:03:47 | 00:32:06 | 00:31:40 | |
| 249 | 438 | PIĄTEK MARTA | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | K30/54 | Żary/249 | 01:03:57 | 00:31:49 | 00:32:08 | |
| 250 | 439 | PIĄTEK RAFAŁ | POL | | ŻARY | 76 | M40/144 | Żary/250 | 01:03:57 | 00:31:52 | 00:32:05 | |
| 251 | 441 | PIEŃKO EMILIA | POL | ŻARY RUNNERS TEAM / SMASHING PĄPKINS | PRZEWÓZ | 91 | K16/17 | Żary/251 Med/7 | 01:03:59 | 00:32:02 | 00:31:57 | |
| 252 | 559 | STEFANIAK WOJCIECH | POL | | ŻARY | 65 | M50/62 | Żary/252 | 01:04:02 | 00:32:04 | 00:31:58 | |
| 253 | 634 | WĄSOWICZ WIOLETA | POL | | ŻARY | 87 | K30/56 | Żary/253 | 01:04:03 | 00:30:54 | 00:33:09 | |
| 254 | 101 | DOBICKI BARTOSZ | POL | | LUBSKO | 84 | M30/131 | Żary/254 | 01:04:24 | 00:31:24 | 00:33:00 | |
| 255 | 433 | PAWŁOWSKA-LASEK KASIA | POL | | ŻARY | 81 | K30/59 | Żary/255 | 01:04:37 | 00:31:57 | 00:32:39 | |
| 256 | 50 | BRYJAK BOLEK | POL | PARKUN ŻARY | ŻARY | 62 | M50/64 | Żary/256 | 01:04:39 | 00:32:20 | 00:32:19 | |
| 257 | 266 | KONIECPOLSKA JADWIGA | POL | BABCIA IDEFIXA | ŻARY | 72 | K40/65 | Żary/257 | 01:04:58 | 00:33:06 | 00:31:51 | |
| 258 | 267 | KONIECPOLSKI KRZYSZTOF | POL | | ŻARY | 68 | M50/65 | Żary/258 | 01:04:58 | 00:33:07 | 00:31:51 | |
| 259 | 68 | CHMAL PAWEŁ | POL | PARKRUN ŻARY | ŻARY | 79 | M40/145 | Żary/259 | 01:05:03 | 00:31:34 | 00:33:29 | |
| 260 | 495 | RUCZKOWSKI BARTOSZ | POL | SPELEOKLUB BOBRY ŻAGAŃ | ŻARY | 81 | M30/132 | Żary/260 | 01:05:05 | 00:33:06 | 00:31:59 | |
| 261 | 461 | POPŁAWSKI MARIAN | POL | | ŻARY | 51 | M60+/14 | Żary/261 | 01:05:10 | 00:32:21 | 00:32:49 | |
| 262 | 130 | FRANKIEWICZ MAGDALENA | POL | | ŻARY | 87 | K30/61 | Żary/262 Med/8 | 01:05:23 | 00:31:32 | 00:33:50 | |
| 263 | 489 | ROŚ-BRZEZIŃSKA EWA | POL | PARKRUN ŻARY | ŻARY | 63 | K50+/17 | Żary/263 | 01:05:42 | 00:32:07 | 00:33:34 | |
| 264 | 337 | MADEJ ANDRZEJ | POL | EUROGAZ TEAM | LUBSKO | 75 | M40/146 | Żary/264 | 01:05:46 | 00:26:07 | 00:39:38 | |
| 265 | 192 | HRYNIEWICZ MARCIN | POL | | ŻARY | 78 | M40/147 | Żary/265 | 01:05:52 | 00:31:13 | 00:34:39 | |
| 266 | 22 | BELZ ADRIAN | POL | | PRZEWÓZ | 85 | M30/133 | Żary/266 | 01:06:03 | 00:32:43 | 00:33:19 | |
| 267 | 167 | GRONEK PIOTR | POL | GK-ELECTRO | ŻARY | 80 | M30/134 | Żary/267 | 01:06:38 | 00:33:03 | 00:33:34 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|----------------------------------|--------------|---------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 268 | 681 | ZAWADZKA JOANNA | POL | SAINT-GOBAIN SQUAD | ŻARY | 83 | K30/62 | Żary/268 | 01:07:11 | 00:32:51 | 00:34:20 | |
| 269 | 146 | GIEMZA TOMASZ | POL | SAINT GOBAIN SQUAD | ŻARY | 69 | M50/67 | Żary/269 | 01:07:20 | 00:34:57 | 00:32:22 | |
| 270 | 589 | SZPAKOWSKI PRZEMYSŁAW | POL | STŻ | ŻARY | 89 | M30/135 | Żary/270 | 01:07:28 | 00:32:42 | 00:34:45 | |
| 271 | 103 | DOBROWOLSKA ALEKSANDRA | POL | | ŻARY | 90 | K16/18 | Żary/271 | 01:07:42 | 00:34:38 | 00:33:03 | |
| 272 | 27 | SKAŁACKA ANNA | POL | | ŻARY | 80 | K30/66 | Żary/272 | 01:08:28 | 00:34:41 | 00:33:47 | |
| 273 | 669 | WRZOLEK DOROTA | POL | OSP LUBANICE | ŻARY | 85 | K30/67 | Żary/273 | 01:09:06 | 00:34:42 | 00:34:24 | |
| 274 | 21 | BELICZYŃSKI SEBASTIAN | POL | | ŻARY | 83 | M30/136 | Żary/274 | 01:09:24 | 00:34:37 | 00:34:46 | |
| 275 | 198 | JACKIEWICZ AGNIESZKA | POL | PARKRUN ŻARY | ŻARY | 71 | K40/72 | Żary/275 | 01:09:26 | 00:34:36 | 00:34:49 | |
| 276 | 503 | RYBIŃSKA MARLENA | POL | | ŻARY | 77 | K40/74 | Żary/276 Swis/21 | 01:09:41 | 00:33:32 | 00:36:08 | |
| 277 | 549 | SOJKA MARTA | POL | ND | ŻARY | 90 | K16/19 | Żary/277 | 01:09:41 | 00:33:14 | 00:36:27 | |
| 278 | 313 | LECHOCKA KATARZYNA | POL | NN | ŻARY | 75 | K40/75 | Żary/278 | 01:09:43 | 00:33:16 | 00:36:26 | |
| 279 | 39 | BOGUCKA OLIMPIA | POL | ŻARY TRIATHLON TEAM | ŻARY | 76 | K40/76 | Żary/279 | 01:09:53 | 00:35:24 | 00:34:28 | |
| 280 | 108 | DROZD-SAMUEL JOANNA | POL | | ŻARY | 86 | K30/68 | Żary/280 | 01:09:55 | 00:33:30 | 00:36:24 | |
| 281 | 8 | BAJDA MAŁGORZATA | POL | | ŻARY | 85 | K30/69 | Żary/281 | 01:09:59 | 00:33:33 | 00:36:26 | |
| 282 | 338 | MAJEWSKA - KORNECKA MIROSLAWA | POL | ŻARY | ŻARY | 72 | K40/77 | Żary/282 | 01:11:09 | 00:34:59 | 00:36:09 | |
| 283 | 628 | WASZKIEWICZ WERONIKA | POL | | ŻARY | 93 | K16/20 | Żary/283 | 01:12:15 | 00:35:34 | 00:36:40 | |
| 284 | 280 | KOWALSKA-MĄDRYGAŁ EDYTA | POL | | ŻARY | 82 | K30/73 | Żary/284 | 01:12:24 | 00:37:14 | 00:35:10 | |
| 285 | 91 | CZERSKA JADWIGA | POL | | ŻARY | 57 | K50+/20 | Żary/285 | 01:13:11 | 00:37:27 | 00:35:43 | |
| 286 | 713 | WASOWICZ KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | M30/138 | Żary/286 | 01:13:16 | 00:37:24 | 00:35:52 | |
| 287 | 353 | MAŚLANKA LUCYNA | POL | PARKRUN ŻARY | ŻARY | 73 | K40/81 | Żary/287 | 01:18:45 | 00:38:57 | 00:39:48 | |
| 288 | 463 | PROSÓŁ RYSZARD | POL | | ŻARY | 57 | M60+/15 | Żary/288 | 01:19:00 | 00:40:05 | 00:38:55 | |
| 289 | 23 | BELŻ EWA | POL | | ŻARY | 69 | K50+/22 | Żary/289 | 01:19:00 | 00:40:03 | 00:38:57 | |
| 290 | 672 | ZABŁOCKA JADWIGA | POL | | ŻARY | 57 | K50+/23 | Żary/290 | 01:26:19 | 00:43:42 | 00:42:36 | |

5. DYCHA PO ŻARACH

WYNIKI ZAWODÓW

Mieszkańcy Powiatu Żarskiego

Organizator: Klub Sportowy Żary Runners Team, Miasto Żary

Termin: 14.04.2019

Miejsce: Żary

Dystans: 10 km

Klasyfikacja pierwszych 50-ciu zawodników z kategorii Open wg. czasu brutto

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | 5 km | 10 km | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|----------|----------|-------------|--------------|
| 1 | 78 | CIEŚLAK ADRIAN | POL | ŻARY RUNNERS TEAM | ŻARY | 00 | M16/2 | Żary/1 | 00:35:36 | 00:35:35 | 00:18:00 | 00:17:35 | | |
| 2 | 80 | CIEŚLAK KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 65 | M50/1 | Żary/2 | 00:35:43 | 00:35:42 | 00:18:00 | 00:17:43 | | |
| 3 | 169 | GRZEGORCZYK BARTOSZ | POL | | ŻARY | 75 | M40/3 | Żary/3 Swis/1 | 00:36:25 | 00:36:23 | 00:18:21 | 00:18:03 | | |
| 4 | 446 | PIOTROWSKI MARCIN | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | M30/3 | Żary/4 | 00:37:01 | 00:37:01 | 00:18:50 | 00:18:10 | | |
| 5 | 653 | WŁUDARSKI MAREK | POL | ŻARY RUNNERS TEAM | ŻARY | 90 | M16/3 | Żary/5 | 00:37:01 | 00:37:00 | 00:18:24 | 00:18:37 | | |
| 6 | 126 | FICYGOWSKI MARIUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/4 | Żary/6 | 00:38:07 | 00:38:05 | 00:19:08 | 00:18:58 | | |
| 7 | 77 | PRĄDKO MIŁOSZ | POL | | ŻARY | 94 | M16/5 | Żary/7 | 00:38:45 | 00:38:44 | 00:19:29 | 00:19:16 | | |
| 8 | 321 | LIDTKE MARCIN | POL | CHROMA ŻARY | ŻARY | 80 | M30/8 | Żary/8 | 00:39:23 | 00:39:23 | 00:20:03 | 00:19:20 | | |
| 9 | 469 | PRZYBYSZ ARTUR | POL | ŻARY RUNNERS TEAM | ŻARY | 72 | M40/7 | Żary/9 Swis/2 | 00:39:28 | 00:39:27 | 00:19:51 | 00:19:37 | | |
| 10 | 704 | OSZMIAŃCZUK PAWEŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | M40/8 | Żary/10 Swis/3 | 00:39:53 | 00:39:50 | 00:19:59 | 00:19:53 | | |
| 11 | 523 | SENDZIAK DANIEL | POL | PARKRUN ŻARY | ŻARY | 75 | M40/9 | Żary/11 | 00:40:07 | 00:40:06 | 00:20:12 | 00:19:54 | | |
| 12 | 658 | WOLAK MIROSŁAW | POL | ŻARY RUNNERS TEAM | ŻARY | 69 | M50/3 | Żary/12 | 00:40:15 | 00:40:14 | 00:20:12 | 00:20:02 | | |
| 13 | 586 | SZOMBIERSKI ROBERT | POL | TRI AKTYWNI LUBSKO | LUBSKO | 84 | M30/11 | Żary/13 | 00:40:33 | 00:40:32 | 00:20:33 | 00:20:00 | | |
| 14 | 384 | MOTYL PAWEŁ | POL | | ŻARY | 88 | M30/12 | Żary/14 | 00:40:52 | 00:40:49 | 00:20:56 | 00:19:56 | | |
| 15 | 457 | ZEMBIK MACIEJ | POL | ŻARY | ŻARY | 91 | M16/8 | Żary/15 | 00:41:15 | 00:41:02 | 00:21:00 | 00:20:14 | | |
| 16 | 563 | STĘŻYCKI ARTUR | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | M40/14 | Żary/16 | 00:41:18 | 00:41:14 | 00:21:14 | 00:20:03 | | |
| 17 | 11 | BANASZEK JANUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 73 | M40/16 | Żary/17 | 00:41:32 | 00:41:28 | 00:21:25 | 00:20:06 | | |
| 18 | 249 | KEMPA MACIEK | POL | ŻARY RUNNERS TEAM | ŻARY | 01 | M16/10 | Żary/19 | 00:41:56 | 00:41:53 | 00:22:18 | 00:19:38 | | |
| 19 | 674 | ZACHARCZUK TOMEK | POL | 4ZPPLOT | JASIEŃ | 88 | M30/18 | Żary/20 | | 00:41:50 | 00:21:10 | 00:20:40 | | |
| 20 | 414 | OLEKSYK JULIAN | POL | | ŻARY | 62 | M50/4 | Żary/21 | | 00:42:07 | 00:21:31 | 00:20:35 | | |
| 21 | 539 | SKRĘTA RADOSŁAW | POL | ŻARY RUNNERS TEAM | LIPINKI ŁUŻYCKIE | 82 | M30/19 | Żary/22 | | 00:42:07 | 00:21:24 | 00:20:43 | | |
| 22 | 172 | GRZEŚKOWIAK MARCIN | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/20 | Żary/23 | | 00:42:11 | 00:21:03 | 00:21:08 | | |
| 23 | 283 | KOWALSKI MIROSŁAW | POL | PARKRUN ŻARY | ŻARY | 74 | M40/22 | Żary/24 | | 00:42:38 | 00:21:33 | 00:21:05 | | |
| 24 | 444 | PIOTROWICZ DANIEL | POL | GIANT TEAM ŻARY | ŻARY | 76 | M40/23 | Żary/25 | | 00:42:47 | 00:21:23 | 00:21:23 | | |
| 25 | 654 | WOJAKOWSKI ŁUKASZ | POL | PARKRUN ŻARY | ŻARY | 77 | M40/24 | Żary/26 | | 00:42:49 | 00:21:28 | 00:21:20 | | |
| 26 | 486 | ROMANOWSKI PAWEŁ | POL | | JASIEŃ | 94 | M16/11 | Żary/27 | | 00:42:51 | 00:21:55 | 00:20:55 | | |
| 27 | 623 | WALEWINDER KAZIMIERZ | POL | | ŻARY | 62 | M50/5 | Żary/28 | | 00:42:53 | 00:21:41 | 00:21:11 | | |
| 28 | 553 | SPYRA ADAM | POL | ŻARY RUNNERS TEAM | LIPINKI ŁUŻYCKIE | 79 | M40/26 | Żary/30 | | 00:43:02 | 00:22:16 | 00:20:45 | | |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 29 | 307 | KUŻMAK STANISŁAW | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/28 | Żary/31 | 00:43:23 | 00:22:17 | 00:21:06 | |
| 30 | 40 | BOGUCKI OSKAR | POL | ŻARY TRIATHLON TEAM | ŻARY | 74 | M40/30 | Żary/32 | 00:43:37 | 00:22:27 | 00:21:09 | |
| 31 | 467 | PRZYBYŁA DOMINIK | POL | ŻARY RUNNERS TEAM | ŻARY | 80 | M30/24 | Żary/33 | 00:43:42 | 00:22:02 | 00:21:40 | |
| 32 | 552 | SOWA MARIUSZ | POL | | LIPINKI ŁUŻYCKIE | 77 | M40/32 | Żary/34 Swis/5 | 00:43:46 | 00:21:58 | 00:21:47 | |
| 33 | 411 | OLBRYŚ JAREK | POL | KRONO SWISS | ŻARY | 68 | M50/8 | Żary/35 Swis/6 | 00:43:48 | 00:21:43 | 00:22:05 | |
| 34 | 218 | JELONEK MARCIN | POL | | ŻARY | 89 | M30/26 | Żary/36 Swis/7 | 00:43:52 | 00:22:14 | 00:21:38 | |
| 35 | 389 | MRÓZEK SZYMON | POL | | ŻARY | 91 | M16/12 | Żary/37 | 00:43:52 | 00:22:24 | 00:21:27 | |
| 36 | 31 | BIELAK MIŁOSZ | POL | MLKS AGROS ŻARY | ŻARY | 01 | M16/13 | Żary/38 | 00:44:01 | 00:24:11 | 00:19:49 | |
| 37 | 291 | KRASOWSKI IGOR | POL | ŻARY TRIATHLON TEAM | ŻARY | 01 | M16/14 | Żary/39 | 00:44:02 | 00:22:11 | 00:21:51 | |
| 38 | 564 | STĘŻYCKI GRZEGORZ | POL | | NOWE CZAPLE | 82 | M30/30 | Żary/41 | 00:44:20 | 00:22:25 | 00:21:54 | |
| 39 | 694 | ZYCH MARCIN | POL | | ŻARY | 78 | M40/36 | Żary/42 | 00:44:25 | 00:22:29 | 00:21:56 | |
| 40 | 125 | FABISZEWSKI MICHAŁ | POL | PARKRUN ŻARY | ŻARY | 79 | M40/39 | Żary/43 | 00:44:28 | 00:22:23 | 00:22:04 | |
| 41 | 535 | SKAŁACKI KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/41 | Żary/44 | 00:44:35 | 00:22:23 | 00:22:11 | |
| 42 | 285 | KOZIEŁ PAWEŁ | POL | KOZARUN | ŻARY | 78 | M40/43 | Żary/45 | 00:44:38 | 00:23:12 | 00:21:26 | |
| 43 | 235 | KAMIŃSKI PIOTR | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/44 | Żary/46 | 00:44:40 | 00:22:55 | 00:21:44 | |
| 44 | 636 | WEBER KRYSZTIAN | POL | BIEGAJĄCY_TATA | ŻARY | 80 | M30/36 | Żary/47 | 00:44:42 | 00:23:12 | 00:21:30 | |
| 45 | 264 | KONDRATOWICZ RAJMUND | POL | | ŻARY | 66 | M50/12 | Żary/48 | 00:44:43 | 00:22:20 | 00:22:22 | |
| 46 | 478 | RESZCZYŃSKI PAWEŁ | POL | | KAMIENNA GÓRA | 83 | M30/37 | Żary/49 | 00:44:49 | 00:22:21 | 00:22:27 | |
| 47 | 61 | BYCZKO DARIUSZ | POL | | JASIEN | 75 | M40/48 | Żary/50 | 00:44:50 | 00:22:25 | 00:22:24 | |
| 48 | 170 | GRZEGORCZYK KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/49 | Żary/51 | 00:44:51 | 00:22:39 | 00:22:12 | |
| 49 | 537 | SKOLMOWSKI ŁUKASZ | POL | ŻARY | ŻARY | 81 | M30/39 | Żary/52 | 00:45:01 | 00:23:05 | 00:21:55 | |
| 50 | 548 | SOCHOŃ ZBIGNIEW | POL | ŻARY RUNNERS TEAM | ŻARY | 72 | M40/51 | Żary/53 | 00:45:03 | 00:22:27 | 00:22:36 | |
| 51 | 41 | BOGUWOLSKI PIOTR | POL | | ŻARY | 92 | M16/15 | Żary/54 | 00:45:07 | 00:22:58 | 00:22:08 | |
| 52 | 343 | MANAJ MICHAŁ | POL | WKS ŁAZ | ŻARY | 83 | M30/40 | Żary/55 | 00:45:21 | 00:22:57 | 00:22:24 | |
| 53 | 513 | SATLAWA GRZEGORZ | POL | | ŻARY | 86 | M30/43 | Żary/57 | 00:45:40 | 00:22:59 | 00:22:40 | |
| 54 | 286 | KOZIK HUBERT | POL | | ŻARY | 76 | M40/55 | Żary/58 | 00:45:40 | 00:23:04 | 00:22:35 | |
| 55 | 210 | JASIŃSKI PIOTR | POL | PARKRUN ŻARY | ŻARY | 80 | M30/44 | Żary/59 | 00:45:42 | 00:23:09 | 00:22:32 | |
| 56 | 191 | HOMIK MAREK | POL | | ŻARY | 86 | M30/45 | Żary/61 | 00:45:51 | 00:23:58 | 00:21:53 | |
| 57 | 678 | ZAREMBA ŁUKASZ | POL | | ŻARY | 80 | M30/46 | Żary/62 | 00:45:52 | 00:22:35 | 00:23:16 | |
| 58 | 70 | CHMIELEWSKI ADAM | POL | | ŻARY | 90 | M16/17 | Żary/64 | 00:45:56 | 00:22:59 | 00:22:57 | |
| 59 | 131 | FRĄTCZAK ŁUKASZ | POL | | ŻARY | 84 | M30/47 | Żary/66 | 00:46:05 | 00:23:32 | 00:22:33 | |
| 60 | 339 | MAKOWICZ JÓZEF | POL | SAINT-GOBAIN SQUAD | ŻARY | 56 | M60+3 | Żary/67 | 00:46:14 | 00:23:17 | 00:22:57 | |
| 61 | 480 | REZLERSKI ADRIAN | POL | REZLER TEAM | ŻARY | 89 | M30/49 | Żary/69 | 00:46:22 | 00:23:48 | 00:22:33 | |
| 62 | 703 | ZAKRZEWSKI ADAM | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/59 | Żary/70 | 00:46:33 | 00:23:58 | 00:22:35 | |
| 63 | 5 | ANDRZEJEWICZ PAWEŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | M40/60 | Żary/71 Swis/8 | 00:46:35 | 00:23:35 | 00:23:00 | |
| 64 | 701 | ŻYŁA MACIEJ | POL | | ŻARY | 74 | M40/61 | Żary/72 | 00:46:39 | 00:23:17 | 00:23:22 | |
| 65 | 127 | FICYGOWSKI MICHAŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 00 | M16/20 | Żary/73 | 00:46:47 | 00:23:27 | 00:23:20 | |
| 66 | 119 | DWORNICI PAWEŁ | POL | ŻARY RUNNERS TEAM | ŻARY | 81 | M30/51 | Żary/74 Med/1 | 00:46:47 | 00:24:03 | 00:22:44 | |
| 67 | 356 | MATYSIAK TOMASZ | POL | ŻARY RUNNERS TEAM | ŻARY | 75 | M40/62 | Żary/75 | 00:46:49 | 00:23:43 | 00:23:06 | |
| 68 | 297 | KRYGIER GRZEGORZ | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/63 | Żary/76 | 00:46:54 | 00:23:52 | 00:23:01 | |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|------------------------------|---------------------|------------|-----------------------|-----------------|----------------|----------------|-------------|--------------|
| 69 | 603 | TELENGA RAFAŁ | POL | BIEGACZE ZJADACZE KILOMETROW | ŻARY | 82 | M30/52 | Żary/77 | | 00:46:57 | 00:23:44 | 00:23:12 |
| 70 | 659 | WOLTMANN WOJTEK | POL | PARKRUN ŻARY | ŻARY | 80 | M30/53 | Żary/78 | | 00:46:59 | 00:23:23 | 00:23:35 |
| 71 | 327 | ŁABUDA ARKADIUSZ | POL | | ŻARY | 92 | M16/22 | Żary/79 | | 00:46:59 | 00:23:56 | 00:23:03 |
| 72 | 354 | MAŚLANKA PRZEMEK | POL | CROSS TRENING ŻARY | ŻARY | 99 | M16/25 | Żary/81 | | 00:47:11 | 00:23:16 | 00:23:54 |
| 73 | 687 | ZIELIŃSKI DAREK | POL | PARKRUN ŻARY | ŻARY | 67 | M50/15 | Żary/82 | | 00:47:18 | 00:24:03 | 00:23:14 |
| 74 | 481 | REZLERSKI DAMIAN | POL | | ŻARY | 92 | M16/26 | Żary/83 | | 00:47:32 | 00:23:19 | 00:24:13 |
| 75 | 292 | KRASOWSKI MAREK | POL | ŻARY TRIATHLON TEAM | ŻARY | 73 | M40/65 | Żary/86 | | 00:47:43 | 00:24:38 | 00:23:04 |
| 76 | 652 | WŁUDARSKI MACIEJ | POL | | LIPINKI ŁUŻYCKIE | 65 | M50/18 | Żary/87 | | 00:47:47 | 00:24:11 | 00:23:35 |
| 77 | 592 | SZYMAŃSKI ŁUKASZ | POL | | ŻARY | 85 | M30/58 | Żary/88 Swis/9 | | 00:47:47 | 00:24:07 | 00:23:39 |
| 78 | 423 | OSZMIANCUK MARCIN | POL | ŻARY TRIATHLON TEAM | ŻARY | 75 | M40/68 | Żary/89 Swis/10 | | 00:47:48 | 00:24:05 | 00:23:43 |
| 79 | 269 | KONIECZNY ROBERT | POL | | ŻARY | 82 | M30/59 | Żary/90 | | 00:47:54 | 00:24:23 | 00:23:31 |
| 80 | 642 | WIECZOREK ŁUKASZ | POL | | ŻARY | 88 | M30/60 | Żary/91 | | 00:47:56 | 00:24:27 | 00:23:29 |
| 81 | 287 | KOZIŃSKI KACPER | POL | | ŻARY | 94 | M16/27 | Żary/92 | | 00:47:57 | 00:23:46 | 00:24:10 |
| 82 | 122 | DZIADKIEWICZ BERNARD | POL | | ŻARY | 83 | M30/61 | Żary/93 | | 00:47:57 | 00:24:10 | 00:23:46 |
| 83 | 223 | JÓŻWIAK RADOSŁAW | POL | BIEGACZE ZJADACZE KM | ŻARY | 79 | M40/69 | Żary/95 | | 00:48:02 | 00:24:08 | 00:23:54 |
| 84 | 139 | GARAN PAWEŁ | POL | ND | ŻARY | 89 | M30/63 | Żary/96 | | 00:48:16 | 00:26:00 | 00:22:15 |
| 85 | 89 | CZEPIŃSKI ROBERT | POL | PARKRUN ŻARY | ŻARY | 70 | M40/71 | Żary/98 | | 00:48:27 | 00:24:00 | 00:24:27 |
| 86 | 190 | HOMENIUK MARCIN | POL | | ŻARY | 80 | M30/66 | Żary/99 | | 00:48:34 | 00:25:28 | 00:23:06 |
| 87 | 352 | MAŚLANKA JERZY | POL | CROSS TRENING ŻARY | ŻARY | 74 | M40/72 | Żary/101 | | 00:48:40 | 00:24:51 | 00:23:48 |
| 88 | 402 | NOWAK ANDRZEJ | POL | CHROMA ŻARY | ŻARY | 87 | M30/67 | Żary/102 | | 00:48:44 | 00:25:11 | 00:23:32 |
| 89 | 17 | BARTKOWIAK JACEK | POL | | TUPLICE | 81 | M30/69 | Żary/104 | | 00:48:54 | 00:24:57 | 00:23:57 |
| 90 | 578 | SZCZERBIŃSKI PATRYK | POL | | ŻARY | 98 | M16/31 | Żary/105 | | 00:49:05 | 00:25:45 | 00:23:19 |
| 91 | 445 | PIOTROWSKI ARKADIUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | M40/76 | Żary/106 | | 00:49:16 | 00:25:29 | 00:23:46 |
| 92 | 196 | JACHIMOWSKI PAWEŁ | POL | | LIPINKI ŁUŻYCKIE | 76 | M40/77 | Żary/107 | | 00:49:18 | 00:24:10 | 00:25:08 |
| 93 | 304 | KULCZYCKI MICHAŁ | POL | | ŻARY | 75 | M40/78 | Żary/108 | | 00:49:21 | 00:24:27 | 00:24:54 |
| 94 | 147 | GIERC MAREK | POL | | ŻARY | 73 | M40/79 | Żary/109 | | 00:49:22 | 00:25:38 | 00:23:44 |
| 95 | 399 | NIKOROWSKI GRZEGORZ | POL | | ŻARY | 70 | M40/81 | Żary/110 | | 00:49:32 | 00:24:18 | 00:25:14 |
| 96 | 18 | BASIŃSKI TOMASZ | POL | | ŻARY | 92 | M16/33 | Żary/111 | | 00:49:39 | 00:25:31 | 00:24:08 |
| 97 | 630 | WAŻNY ŁUKASZ | POL | ŻARSKI KLUB SPORTÓW WALKI | ŻARY | 89 | M30/73 | Żary/112 | | 00:49:40 | 00:24:56 | 00:24:43 |
| 98 | 273 | KOSAŁKA EDWARD | POL | 11 DKPANC ŻAGAŃ | ŻARY | 65 | M50/22 | Żary/113 | | 00:49:45 | 00:24:42 | 00:25:02 |
| 99 | 571 | SUROWIEC PIOTR | POL | PARKRUN ŻARY | ŻARY | 77 | M40/83 | Żary/114 | | 00:49:47 | 00:25:15 | 00:24:32 |
| 100 | 391 | MUSIAŁ KRZYSZTOF | POL | KRZYSIEK BIEGA | LUBSKO | 79 | M40/84 | Żary/115 | | 00:49:48 | 00:24:53 | 00:24:55 |
| 101 | 155 | GOŁĄB BARTŁOMIEJ | POL | | ŻARY | 89 | M30/77 | Żary/116 | | 00:49:52 | 00:25:08 | 00:24:44 |
| 102 | 695 | ZYGOWSKI KRZYSZTOF | POL | | LUBSKO | 79 | M40/85 | Żary/117 | | 00:49:56 | 00:25:05 | 00:24:50 |
| 103 | 428 | PĄTYK HENRYK | POL | SALON MEBLOWY M-LID | ŻARY | 61 | M50/23 | Żary/118 | | 00:49:59 | 00:25:04 | 00:24:55 |
| 104 | 174 | GRZYWACZ ROBERT | POL | | ŻARY | 68 | M50/24 | Żary/119 | | 00:50:06 | 00:25:32 | 00:24:34 |
| 105 | 317 | LEŚNIAK PAWEŁ | POL | AMATOR | ŻARY | 80 | M30/82 | Żary/121 | | 00:50:17 | 00:25:12 | 00:25:05 |
| 106 | 87 | CZEKAN MARIUSZ | POL | PARKRUN ŻARY | ŻARY | 70 | M40/86 | Żary/122 | | 00:50:18 | 00:25:20 | 00:24:57 |
| 107 | 534 | SIWIK ANDRZEJ | POL | | ŻARY | 73 | M40/90 | Żary/125 | | 00:51:05 | 00:25:31 | 00:25:33 |
| 108 | 350 | MARKULAK ZBYSZEK | POL | | ŻARY | 73 | M40/91 | Żary/126 | | 00:51:06 | 00:25:10 | 00:25:55 |

Meżczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 109 | 536 | SKIBIŃSKI MARCIN | POL | | ŻARY | 83 | M30/87 | Żary/127 | | 00:51:29 | 00:26:26 | 00:25:02 |
| 110 | 306 | KUSZ ŁUKASZ | POL | | ŻARY | 85 | M30/89 | Żary/128 | | 00:51:58 | 00:25:41 | 00:26:16 |
| 111 | 53 | BRZEZIŃSKI LESZEK | POL | PARKRUN ŻARY | ŻARY | 55 | M60+/4 | Żary/129 | | 00:52:04 | 00:26:19 | 00:25:44 |
| 112 | 607 | TOMASZEWICZ MARCIN | POL | ŻARSKI KLUB SPORTÓW WALKI | ŻARY | 87 | M30/90 | Żary/130 | | 00:52:05 | 00:25:52 | 00:26:12 |
| 113 | 647 | WILCZYŃSKI MIROŚLAW | POL | | ŻARY | 58 | M60+/5 | Żary/131 | | 00:52:09 | 00:26:33 | 00:25:35 |
| 114 | 72 | CHMIELEWSKI MAREK | POL | RCS ŻARY | ŻARY | 73 | M40/95 | Żary/132 | | 00:52:20 | 00:27:09 | 00:25:10 |
| 115 | 95 | DANIELAK KRZYSZTOF | POL | PARKRUN ŻARY | ŻARY | 60 | M50/28 | Żary/133 Swis/11 | | 00:52:20 | 00:26:24 | 00:25:56 |
| 116 | 593 | SZYMCZAK BARTŁOMIEJ | POL | PARKRUN ŻARY | ŻARY | 86 | M30/92 | Żary/134 | | 00:52:37 | 00:27:22 | 00:25:15 |
| 117 | 163 | GÓRSKI ŁUKASZ | POL | | TRZEBIEL | 81 | M30/93 | Żary/135 | | 00:52:41 | 00:27:13 | 00:25:28 |
| 118 | 604 | TKACZ ADAM | POL | ZZO MARSZÓW | ŻARY | 91 | M16/37 | Żary/136 | | 00:52:44 | 00:25:54 | 00:26:50 |
| 119 | 299 | KRZYŻAŃSKI ANDRZEJ | POL | PARKRUN ŻARY | ŻARY | 63 | M50/29 | Żary/138 Swis/12 | | 00:52:49 | 00:26:37 | 00:26:12 |
| 120 | 400 | NOWACKI JERZY | POL | ŻARY RUNNERS TEAM | ŻARY | 75 | M40/96 | Żary/139 | | 00:53:01 | 00:25:50 | 00:27:11 |
| 121 | 81 | CIEŚLAK TOMASZ | POL | NIEZRZESZONY | ŻARY | 79 | M40/97 | Żary/141 | | 00:53:05 | 00:28:35 | 00:24:29 |
| 122 | 295 | KRAWCZYK KRZYSZTOF | POL | AMATOR | ŻARY | 77 | M40/99 | Żary/142 | | 00:53:10 | 00:26:05 | 00:27:05 |
| 123 | 611 | TOPOROWSKI DAWID | POL | | ŻARY | 85 | M30/96 | Żary/143 | | 00:53:20 | 00:26:23 | 00:26:56 |
| 124 | 107 | DROZD PAWEŁ | POL | | ŻARY | 68 | M50/31 | Żary/144 | | 00:53:22 | 00:26:17 | 00:27:05 |
| 125 | 219 | JELONEK MATEUSZ | POL | | ŻARY | 90 | M16/39 | Żary/146 | | 00:53:33 | 00:26:40 | 00:26:52 |
| 126 | 379 | MISIEWICZ ADAM | POL | | ŻARY | 84 | M30/97 | Żary/148 | | 00:53:37 | 00:27:08 | 00:26:29 |
| 127 | 308 | KUŻNIAK TOMASZ | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/105 | Żary/149 | | 00:53:40 | 00:26:45 | 00:26:55 |
| 128 | 71 | CHMIELEWSKI GRZEGORZ | POL | PARKRUN ŻARY | ŻARY | 72 | M40/106 | Żary/150 | | 00:53:42 | 00:27:34 | 00:26:07 |
| 129 | 602 | TECŁAW ROBERT | POL | NOWOGRODZKA GRUPA BIEGOWA FIBER | JASIEŃ | 69 | M50/37 | Żary/152 | | 00:54:02 | 00:27:06 | 00:26:55 |
| 130 | 150 | GLOCK PIOTR | POL | PARKRUN ŻARY | ŻARY | 02 | M16/40 | Żary/153 | | 00:54:11 | 00:27:35 | 00:26:35 |
| 131 | 56 | BULSKI WOJTEK | POL | | ŻARY | 01 | M16/41 | Żary/154 | | 00:54:12 | 00:27:37 | 00:26:35 |
| 132 | 371 | MICINIOWSKI DANIEL | POL | OSP LUBANICE | ŻARY | 86 | M30/102 | Żary/155 | | 00:54:13 | 00:28:13 | 00:25:59 |
| 133 | 334 | MACIĄZEK KAMIL | POL | OSP PRZEWÓZ | PRZEWÓZ | 96 | M16/42 | Żary/158 | | 00:54:32 | 00:27:35 | 00:26:57 |
| 134 | 499 | RUDZIŃSKI MARIUSZ | POL | PARKRUN ŻARY | MIROSTOWICE | 68 | M50/38 | Żary/159 | | 00:54:36 | 00:27:10 | 00:27:25 |
| 135 | 673 | ZABŁOCKI WOJCIECH | POL | | ŻARY | 89 | M30/104 | Żary/160 | | 00:54:36 | 00:28:25 | 00:26:11 |
| 136 | 102 | DOBOSZ SŁAWOMIR | POL | | ŻARY | 78 | M40/111 | Żary/161 | | 00:54:46 | 00:28:11 | 00:26:34 |
| 137 | 429 | PATYK ŁUKASZ | POL | SALON MEBLOWY M-LID | ŻARY | 87 | M30/105 | Żary/162 | | 00:54:49 | 00:27:53 | 00:26:55 |
| 138 | 388 | MRÓWKA SŁAWOMIR | POL | | ŻARY | 85 | M30/108 | Żary/163 | | 00:54:54 | 00:28:14 | 00:26:40 |
| 139 | 73 | CHMIELEWSKI SŁAWOMIR | POL | | ŻARY | 68 | M50/39 | Żary/164 | | 00:54:55 | 00:27:55 | 00:27:00 |
| 140 | 588 | SZOSTEK ŁUKASZ | POL | ŻARY TRIATHLON TEAM | ŻARY | 76 | M40/112 | Żary/165 | | 00:55:04 | 00:27:33 | 00:27:31 |
| 141 | 494 | RUCZEWSKI KAMIL | POL | | TRZEBIEL | 84 | M30/110 | Żary/168 | | 00:55:17 | 00:28:00 | 00:27:16 |
| 142 | 316 | LEŃ MIKOŁAJ | POL | | ŻARY | 02 | M16/44 | Żary/171 | | 00:55:26 | 00:29:07 | 00:26:19 |
| 143 | 98 | DENDEWICZ KONRAD | POL | | ŻARY | 76 | M40/115 | Żary/172 Swis/14 | | 00:55:28 | 00:29:01 | 00:26:26 |
| 144 | 538 | SKOMRA ANDRZEJ | POL | | OLBRACHTÓW | 70 | M40/116 | Żary/174 | | 00:55:33 | 00:28:05 | 00:27:28 |
| 145 | 234 | KAMIŃSKI JAKUB | POL | | ŻARY | 96 | M16/46 | Żary/179 | | 00:56:03 | 00:27:20 | 00:28:42 |
| 146 | 148 | GIERGICZNY PIOTR | POL | | ŻARY | 93 | M16/47 | Żary/180 | | 00:56:11 | 00:28:07 | 00:28:03 |
| 147 | 581 | SZCZOTKA MICHAŁ | POL | ZZO MARSZÓW | ŻARY | 89 | M30/114 | Żary/181 | | 00:56:20 | 00:28:25 | 00:27:54 |
| 148 | 487 | ROMAŃCZUK RAFAŁ | POL | | ŻARY | 85 | M30/115 | Żary/182 | | 00:56:23 | 00:28:48 | 00:27:35 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 149 | 612 | TRACZ MAREK | POL | | KUMIAŁTOWICE | 68 | M50/43 | Żary/183 | | 00:56:38 | 00:27:49 | 00:28:48 |
| 150 | 109 | DROZD TOMASZ | POL | | ŻARY | 77 | M40/120 | Żary/184 | | 00:56:38 | 00:29:26 | 00:27:12 |
| 151 | 609 | TOMASZEWSKI KRZYSZTOF | POL | | ŻARY | 81 | M30/118 | Żary/187 | | 00:57:07 | 00:28:01 | 00:29:06 |
| 152 | 541 | SKRZYSZOWSKI JACEK | POL | ŻARY | ŻARY | 67 | M50/44 | Żary/188 Swis/15 | | 00:57:09 | 00:29:15 | 00:27:53 |
| 153 | 372 | MICINIOWSKI ŁUKASZ | POL | OSP LUBANICE | ŻARY | 94 | M16/49 | Żary/189 | | 00:57:09 | 00:30:20 | 00:26:48 |
| 154 | 256 | KLIMAS PAWEŁ | POL | | ŻARY | 83 | M30/120 | Żary/191 | | 00:57:15 | 00:28:50 | 00:28:25 |
| 155 | 183 | HARENDA CZESŁAW | POL | HARENDZIAKI | ŻARY | 67 | M50/45 | Żary/193 | | 00:57:16 | 00:29:40 | 00:27:36 |
| 156 | 38 | BOBOWSKI KORIN | POL | ŻARY RUNNERS TEAM | ŻARY | 74 | M40/122 | Żary/196 | | 00:57:35 | 00:28:36 | 00:28:58 |
| 157 | 689 | ZIELIŃSKI RADOSŁAW | POL | | ŻARY | 77 | M40/123 | Żary/197 | | 00:57:36 | 00:29:20 | 00:28:16 |
| 158 | 380 | MONDOROWICZ JACEK | POL | | ŻARY | 73 | M40/124 | Żary/198 | | 00:57:45 | 00:29:05 | 00:28:40 |
| 159 | 181 | HAMERLA DOMINIK | POL | SAINT-GOBAIN SQUAD | ŻARY | 88 | M30/123 | Żary/199 | | 00:58:05 | 00:30:36 | 00:27:29 |
| 160 | 44 | BOROWIEC MARIUSZ | POL | PARKRUN ŻARY | ŻARY | 74 | M40/125 | Żary/200 | | 00:58:07 | 00:29:28 | 00:28:38 |
| 161 | 129 | FLISAK ZDZISŁAW | POL | | ŻARY | 54 | M60+/8 | Żary/203 | | 00:58:18 | 00:29:14 | 00:29:03 |
| 162 | 375 | MIĘTEK DARIUSZ | POL | | ŻAGAŃ | 74 | M40/126 | Żary/204 | | 00:58:19 | 00:29:44 | 00:28:35 |
| 163 | 620 | URSZYC GRACJAN | POL | PARKRUN ŻARY | ŻARY | 79 | M40/127 | Żary/205 | | 00:58:26 | 00:30:13 | 00:28:12 |
| 164 | 382 | MORAWSKI MATEUSZ | POL | ŻARY RUNNERS TEAM | PRZEWÓZ | 91 | M16/51 | Żary/206 | | 00:58:32 | 00:30:59 | 00:27:32 |
| 165 | 123 | DZIADUL ROBERT | POL | | ŻARY | 69 | M50/47 | Żary/207 | | 00:58:37 | 00:30:28 | 00:28:08 |
| 166 | 351 | MARUSZCZAK ANDRZEJ | POL | ANDRZEJ | ŻARY | 77 | M40/128 | Żary/212 | | 00:59:16 | 00:29:39 | 00:29:37 |
| 167 | 676 | ZALESKI ZBIGNIEW | POL | | ŻARY | 70 | M40/129 | Żary/213 | | 00:59:20 | 00:29:10 | 00:30:10 |
| 168 | 616 | TWARDY PAWEŁ | POL | PARKUN ŻARY | ŻARY | 75 | M40/130 | Żary/214 | | 00:59:43 | 00:29:50 | 00:29:53 |
| 169 | 10 | BANASIAK GRZEGORZ | POL | | ŻARY | 74 | M40/131 | Żary/215 Swis/17 | | 00:59:54 | 00:30:05 | 00:29:49 |
| 170 | 565 | STĘŻYCKI MARIUSZ | POL | ŻARY RUNNERS TEAM | ŻARY | 77 | M40/132 | Żary/218 | | 01:00:07 | 00:30:34 | 00:29:33 |
| 171 | 319 | LEWANDOWSKI LESZEK | POL | | ŻARY | 60 | M50/49 | Żary/221 | | 01:00:11 | 00:30:58 | 00:29:12 |
| 172 | 420 | OSTROWSKI TOMASZ | POL | CHROMIK ŻARY | ŻARY | 70 | M40/134 | Żary/222 | | 01:00:22 | 00:29:24 | 00:30:58 |
| 173 | 442 | PIETROWIAK ANDRZEJ | POL | 10 PO ŻARACH | ŻARY | 80 | M30/126 | Żary/223 | | 01:00:27 | 00:30:14 | 00:30:13 |
| 174 | 257 | KLIMCZAK MICHAŁ | POL | | MIŁOWICE | 72 | M40/135 | Żary/224 | | 01:00:31 | 00:28:56 | 00:31:34 |
| 175 | 202 | JAGMIN BOGUSŁAW | POL | | LUBSKO | 49 | M60+/10 | Żary/225 | | 01:01:09 | 00:31:27 | 00:29:41 |
| 176 | 492 | RÓŻAŃSKI KRZYSZTOF | POL | BIEGAM BO LUBIĘ | ŻARY | 69 | M50/52 | Żary/226 | | 01:01:15 | 00:29:29 | 00:31:46 |
| 177 | 20 | BEDNARCZYK BOHDAN | POL | | ŻARY | 65 | M50/53 | Żary/227 | | 01:01:17 | 00:26:24 | 00:34:53 |
| 178 | 641 | WESOŁOWSKI WOJCIECH | POL | SKUTECZNYCLUB.PL | ŻARY | 73 | M40/138 | Żary/228 | | 01:01:21 | 00:29:58 | 00:31:22 |
| 179 | 57 | BUGAJSKI RADOSŁAW | POL | | ŻARY | 68 | M50/56 | Żary/230 Swis/19 | | 01:01:29 | 00:30:00 | 00:31:29 |
| 180 | 511 | SANDAK DAMIAN | POL | | ŻARY | 79 | M40/139 | Żary/231 | | 01:01:45 | 00:31:10 | 00:30:35 |
| 181 | 551 | SOSNA GRZEGORZ | POL | SAINT-GOBAIN SQUAD | ŻARY | 87 | M30/129 | Żary/232 | | 01:02:03 | 00:30:56 | 00:31:07 |
| 182 | 58 | BURCZYŃSKI GRZEGORZ | POL | | ŻARY | 76 | M40/141 | Żary/233 | | 01:02:06 | 00:30:16 | 00:31:49 |
| 183 | 528 | SIELSKI ADRIAN | POL | ŻARY RUNNERS TEAM | MIROSTOWICE | 92 | M16/53 | Żary/237 | | 01:02:39 | 00:31:56 | 00:30:43 |
| 184 | 692 | ZŁOTEK EDMUND | POL | | ŻARY | 45 | M60+/11 | Żary/238 | | 01:02:45 | 00:30:54 | 00:31:50 |
| 185 | 683 | SOKOŁOWSKI ZENON | POL | | LIPINKI ŁUŻYCKIE | 59 | M60+/12 | Żary/239 | | 01:02:48 | 00:30:55 | 00:31:52 |
| 186 | 639 | WELKE STANISŁAW | POL | ŻARY RUNNERS TEAM | ŻARY | 71 | M40/142 | Żary/240 Swis/20 | | 01:02:52 | 00:31:34 | 00:31:17 |
| 187 | 158 | GONTARZ GRZEGORZ | POL | | ŻARY | 68 | M50/60 | Żary/245 | | 01:03:18 | 00:31:40 | 00:31:37 |
| 188 | 397 | NIEDŹWIECKI MARIAN | POL | STOWARZYSZENIE AKTYWNYCH SENIORÓW | TRZEBIEL | 51 | M60+/13 | Żary/246 | | 01:03:32 | 00:31:13 | 00:32:18 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 189 | 439 | PIĄTEK RAFAŁ | POL | | ŻARY | 76 | M40/144 | Żary/250 | 01:03:57 | 00:31:52 | 00:32:05 | |
| 190 | 559 | STEFANIAK WOJCIECH | POL | | ŻARY | 65 | M50/62 | Żary/252 | 01:04:02 | 00:32:04 | 00:31:58 | |
| 191 | 101 | DOBICKI BARTOSZ | POL | | LUBSKO | 84 | M30/131 | Żary/254 | 01:04:24 | 00:31:24 | 00:33:00 | |
| 192 | 50 | BRYJAK BOLEK | POL | PARKUN ŻARY | ŻARY | 62 | M50/64 | Żary/256 | 01:04:39 | 00:32:20 | 00:32:19 | |
| 193 | 267 | KONIECPOLSKI KRZYSZTOF | POL | | ŻARY | 68 | M50/65 | Żary/258 | 01:04:58 | 00:33:07 | 00:31:51 | |
| 194 | 68 | CHMAL PAWEŁ | POL | PARKRUN ŻARY | ŻARY | 79 | M40/145 | Żary/259 | 01:05:03 | 00:31:34 | 00:33:29 | |
| 195 | 495 | RUCZKOWSKI BARTOSZ | POL | SPELEOKLUB BOBRY ŻAGAŃ | ŻARY | 81 | M30/132 | Żary/260 | 01:05:05 | 00:33:06 | 00:31:59 | |
| 196 | 461 | POPŁAWSKI MARIAN | POL | | ŻARY | 51 | M60+/14 | Żary/261 | 01:05:10 | 00:32:21 | 00:32:49 | |
| 197 | 337 | MADEJ ANDRZEJ | POL | EUROGAZ TEAM | LUBSKO | 75 | M40/146 | Żary/264 | 01:05:46 | 00:26:07 | 00:39:38 | |
| 198 | 192 | HRYNIEWICZ MARCIN | POL | | ŻARY | 78 | M40/147 | Żary/265 | 01:05:52 | 00:31:13 | 00:34:39 | |
| 199 | 22 | BELZ ADRIAN | POL | | PRZEWÓZ | 85 | M30/133 | Żary/266 | 01:06:03 | 00:32:43 | 00:33:19 | |
| 200 | 167 | GRONEK PIOTR | POL | GK-ELECTRO | ŻARY | 80 | M30/134 | Żary/267 | 01:06:38 | 00:33:03 | 00:33:34 | |
| 201 | 146 | GIEMZA TOMASZ | POL | SAINT GOBAIN SQUAD | ŻARY | 69 | M50/67 | Żary/269 | 01:07:20 | 00:34:57 | 00:32:22 | |
| 202 | 589 | SZPAKOWSKI PRZEMYSŁAW | POL | STŻ | ŻARY | 89 | M30/135 | Żary/270 | 01:07:28 | 00:32:42 | 00:34:45 | |
| 203 | 21 | BELICZYŃSKI SEBASTIAN | POL | | ŻARY | 83 | M30/136 | Żary/274 | 01:09:24 | 00:34:37 | 00:34:46 | |
| 204 | 713 | WASOWICZ KRZYSZTOF | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | M30/138 | Żary/286 | 01:13:16 | 00:37:24 | 00:35:52 | |
| 205 | 463 | PROSÓŁ RYSZARD | POL | | ŻARY | 57 | M60+/15 | Żary/288 | 01:19:00 | 00:40:05 | 00:38:55 | |

5. DYCHA PO ŻARACH

WYNIKI ZAWODÓW

Mieszkańcy Powiatu Żarskiego

Organizator: Klub Sportowy Żary Runners Team, Miasto Żary

Termin: 14.04.2019

Miejsce: Żary

Dystans: 10 km

Klasyfikacja pierwszych 50-ciu zawodników z kategorii Open wg. czasu brutto

Kobiety

| <i>Miejsce</i> <i>Rank</i> | <i>Nr</i> <i>Bib</i> | <i>Nazwisko i imię</i> <i>Name</i> | <i>Kraj</i> <i>Nat.</i> | <i>Drużyna</i> <i>Team</i> | <i>Miejscowość</i> <i>City</i> | <i>R-k</i> <i>YoB</i> | <i>W kategorii</i> <i>in Age</i> | <i>Grupa</i> <i>Group</i> | <i>Wynik</i> <i>Total</i> | <i>Wynik</i> <i>Netto</i> | 5 km | 10 km | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------------|-------------------------|---------------------------------------|----------------------------|-------------------------------|-----------------------------------|--------------------------|-------------------------------------|------------------------------|------------------------------|------------------------------|----------|----------|--------------------|---------------------|
| 1 | 2 | OLEKSYK WIOLETTA | POL | ŻARY RUNNERS TEAM | ŻARY | 64 | K50+/1 | Żary/18 | 00:41:46 | 00:41:44 | 00:21:23 | 00:20:22 | | |
| 2 | 712 | LAZAR DOMINIKA | POL | | ŻARY | 94 | K16/2 | Żary/29 | | 00:42:54 | 00:21:56 | 00:20:57 | | |
| 3 | 419 | OSTROWSKA AGNIESZKA | POL | ŻARY RUNNERS TEAM | ŻARY | 83 | K30/4 | Żary/40 | | 00:44:15 | 00:22:33 | 00:21:42 | | |
| 4 | 161 | GÓRSKA AGNIESZKA | POL | | ŻARY | 80 | K30/5 | Żary/56 | | 00:45:28 | 00:23:30 | 00:21:58 | | |
| 5 | 26 | BERNAT SYLWIA | POL | NN | ŻARY | 77 | K40/2 | Żary/60 | | 00:45:46 | 00:23:09 | 00:22:37 | | |
| 6 | 311 | LASKOWSKA DOROTA | POL | | ŻARY | 86 | K30/6 | Żary/63 | | 00:45:53 | 00:23:08 | 00:22:45 | | |
| 7 | 394 | NAWROCKA EWELINA | POL | | ŻARY | 85 | K30/7 | Żary/65 | | 00:46:00 | 00:23:16 | 00:22:43 | | |
| 8 | 214 | JAWNIAK AGNIESZKA | POL | | ŻARY | 96 | K16/5 | Żary/68 | | 00:46:21 | 00:22:57 | 00:23:24 | | |
| 9 | 479 | REZLERSKA DOMINIKA | POL | ŻARY RUNNERS TEAM | ŻARY | 89 | K30/8 | Żary/80 | | 00:47:06 | 00:24:05 | 00:23:01 | | |
| 10 | 670 | WUJDA MARTA | POL | ŻARY RUNNERS TEAM | ŻARY | 76 | K40/5 | Żary/84 | | 00:47:35 | 00:24:14 | 00:23:21 | | |
| 11 | 342 | MALINOWSKA-NGUYEN KATARZYNA | POL | | ŻARY | 77 | K40/6 | Żary/85 | | 00:47:39 | 00:24:11 | 00:23:27 | | |
| 12 | 74 | CHOMONT-SENDZIAK ANNA | POL | PARKRUN ŻARY | ŻARY | 78 | K40/7 | Żary/94 | | 00:48:00 | 00:24:10 | 00:23:50 | | |
| 13 | 298 | KRZEMIŃSKA-BIELAK KAMILA | POL | | ŻARY | 76 | K40/9 | Żary/97 | | 00:48:24 | 00:24:22 | 00:24:01 | | |
| 14 | 583 | SZEPCZYŃSKA ANNA | POL | ŻARY RUNNERS TEAM | ŻARY | 78 | K40/10 | Żary/100 | | 00:48:36 | 00:24:52 | 00:23:44 | | |
| 15 | 88 | CZEPIŃSKA JUDYTA | POL | PARKRUN ŻARY | ŻARY | 77 | K40/12 | Żary/103 | | 00:48:49 | 00:24:41 | 00:24:08 | | |
| 16 | 512 | SANIUK JOANNA | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | K30/13 | Żary/120 | | 00:50:12 | 00:24:42 | 00:25:30 | | |
| 17 | 66 | CEGIELSKA MAŁGORZATA | POL | | ŻARY | 81 | K30/15 | Żary/123 | | 00:50:36 | 00:25:50 | 00:24:45 | | |
| 18 | 79 | CIEŚLAK DANUTA | POL | ŻARY RUNNERS TEAM | ŻARY | 68 | K50+/3 | Żary/124 | | 00:50:58 | 00:25:44 | 00:25:14 | | |
| 19 | 424 | PAJOR ANNA | POL | | MIROSTOWICE | 87 | K30/18 | Żary/137 | | 00:52:47 | 00:27:25 | 00:25:22 | | |
| 20 | 393 | NAREJKO AGATA | POL | PARKRUN ŻARY | ŻARY | 64 | K50+/4 | Żary/140 Swis/13 | | 00:53:02 | 00:26:55 | 00:26:07 | | |
| 21 | 542 | SŁAWSKA BOGUMIŁA | POL | SQUAD | ŻARY | 78 | K40/24 | Żary/145 | | 00:53:28 | 00:26:55 | 00:26:32 | | |
| 22 | 585 | SZOMBIERSKA MONIKA | POL | TRI AKTYWNI LUBSKO | LUBSKO | 85 | K30/19 | Żary/147 | | 00:53:37 | 00:27:07 | 00:26:29 | | |
| 23 | 349 | MARKULAK ELLA | POL | | ŻARY | 76 | K40/26 | Żary/151 | | 00:53:54 | 00:26:42 | 00:27:11 | | |
| 24 | 213 | JAŚKOWIAK MAŁGORZATA | POL | | ŻARY | 75 | K40/27 | Żary/156 | | 00:54:22 | 00:27:04 | 00:27:18 | | |
| 25 | 111 | DUDEK ANNA | POL | PARKRUN ŻARY | MIROSTOWICE | 79 | K40/28 | Żary/157 | | 00:54:22 | 00:27:29 | 00:26:52 | | |
| 26 | 649 | WINNICKA MONIKA | POL | ŻARY TRIATHLON TEAM | ŻARY | 89 | K30/22 | Żary/166 Med/2 | | 00:55:09 | 00:27:17 | 00:27:52 | | |
| 27 | 383 | MOSKWA MAGDALENA | POL | | LUBSKO | 80 | K30/25 | Żary/167 | | 00:55:16 | 00:28:38 | 00:26:38 | | |

Kobiety

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 28 | 315 | LEŃ JOANNA | POL | | ŻARY | 77 | K40/29 | Żary/169 | | 00:55:24 | 00:29:04 | 00:26:19 |
| 29 | 364 | MELSKA AGNIESZKA | POL | | PRZEWÓZ | 77 | K40/30 | Żary/170 | | 00:55:26 | 00:27:01 | 00:28:25 |
| 30 | 162 | GÓRSKA ANETA | POL | | ŻARY | 81 | K30/27 | Żary/173 | | 00:55:32 | 00:27:56 | 00:27:36 |
| 31 | 520 | SCHÖNBORN OTYLIA | POL | | ŻARY | 74 | K40/31 | Żary/175 Med/3 | | 00:55:33 | 00:27:57 | 00:27:35 |
| 32 | 117 | DURSKA URSZULA | POL | | | 75 | K40/32 | Żary/176 | | 00:55:35 | 00:28:07 | 00:27:28 |
| 33 | 640 | WESOŁOWSKA ELŻBIETA | POL | REZLER TEAM | ŻARY | 73 | K40/35 | Żary/177 | | 00:55:55 | 00:29:24 | 00:26:30 |
| 34 | 633 | WAŚIŃSKA MAŁGORZATA | POL | PARKRUNU ŻARY | ŻARY | 77 | K40/37 | Żary/178 | | 00:55:58 | 00:28:16 | 00:27:41 |
| 35 | 166 | GROMANOWSKA ANNA | POL | | ŻARY | 85 | K30/32 | Żary/185 | | 00:56:57 | 00:27:45 | 00:29:11 |
| 36 | 496 | RUDA JÓZEFA | POL | | ŻARY | 56 | K50+/8 | Żary/186 | | 00:56:58 | 00:29:20 | 00:27:37 |
| 37 | 124 | DZIOPA MAŁGORZATA | POL | | LUBSKO | 75 | K40/41 | Żary/190 | | 00:57:12 | 00:28:40 | 00:28:31 |
| 38 | 320 | LEWICKA JULITA | POL | OSP LUBANICE | ŻARY | 93 | K16/10 | Żary/192 | | 00:57:16 | 00:30:09 | 00:27:06 |
| 39 | 472 | PYSZNIK ANGELIKA | POL | | ŻARY | 77 | K40/42 | Żary/194 | | 00:57:17 | 00:28:19 | 00:28:58 |
| 40 | 475 | REGUŁA DIANA | POL | SZCZĘŚCIE W NIESZCZĘŚCIU | ŻARY | 81 | K30/33 | Żary/195 | | 00:57:20 | 00:29:51 | 00:27:29 |
| 41 | 357 | MAZUR BARBARA | POL | REZLER TEAM | KADŁUBIA | 90 | K16/11 | Żary/201 | | 00:58:08 | 00:29:24 | 00:28:44 |
| 42 | 99 | DENDEWICZ PATRYCJA | POL | | MARSZÓW | 76 | K40/46 | Żary/202 | | 00:58:14 | 00:30:08 | 00:28:06 |
| 43 | 490 | ROTKIS-DZIADUL ANNA | POL | ŻARY RUNNERS TEAM | ŻARY | 70 | K40/47 | Żary/208 | | 00:58:37 | 00:30:29 | 00:28:08 |
| 44 | 151 | GLÓRA ALEKSANDRA | POL | ŻARY RUNNERS TEAM | ŻARY | 80 | K30/35 | Żary/209 | | 00:58:42 | 00:31:01 | 00:27:41 |
| 45 | 345 | MAŃKA WIOLETTA | POL | | ŻARY | 89 | K30/36 | Żary/210 | | 00:58:45 | 00:30:02 | 00:28:43 |
| 46 | 447 | PIÓRKOWSKA MAGDALENA | POL | PARKRUN ŻARY | ŻARY | 84 | K30/39 | Żary/211 | | 00:59:10 | 00:30:06 | 00:29:04 |
| 47 | 45 | BOROWIEC SYLWIA | POL | PARKRUN ŻARY | ŻARY | 80 | K30/44 | Żary/216 | | 00:59:57 | 00:30:11 | 00:29:45 |
| 48 | 355 | MATYSIAK MAŁGORZATA | POL | | ŻARY | 78 | K40/53 | Żary/217 | | 00:59:57 | 00:30:12 | 00:29:44 |
| 49 | 398 | NIEWIADOMA BRYGIDA | POL | | ŻARY | 77 | K40/55 | Żary/219 | | 01:00:08 | 00:30:32 | 00:29:35 |
| 50 | 562 | STĘŻYCKA ANNA | POL | SIŁA JEST KOBIETĄ | ŻARY | 79 | K40/57 | Żary/220 | | 01:00:08 | 00:30:35 | 00:29:32 |
| 51 | 290 | KRASOWSKA ANIA | POL | 10BKPANC | ŻARY | 81 | K30/48 | Żary/229 | | 01:01:29 | 00:29:59 | 00:31:30 |
| 52 | 702 | TORFIŃSKA EWELINA | POL | | ŻARY | 84 | K30/51 | Żary/234 | | 01:02:08 | 00:31:20 | 00:30:48 |
| 53 | 509 | SAJNA MARIA | POL | | ŻARY | 59 | K50+/15 | Żary/235 | | 01:02:24 | 00:31:39 | 00:30:44 |
| 54 | 233 | KAMIŃSKA JUSTYNA | POL | ZZO MARSZÓW | ŻARY | 76 | K40/59 | Żary/236 | | 01:02:38 | 00:31:38 | 00:30:59 |
| 55 | 638 | WELKE AGNIESZKA | POL | | ŻARY | 73 | K40/60 | Żary/241 | | 01:02:52 | 00:31:35 | 00:31:16 |
| 56 | 173 | GRZEŚKOWIAK MONIKA | POL | ŻARY RUNNERS TEAM | ŻARY | 79 | K40/61 | Żary/242 | | 01:03:07 | 00:32:05 | 00:31:01 |
| 57 | 288 | KOZŁOWSKA MARZENA | POL | | ŻARY | 74 | K40/62 | Żary/243 | | 01:03:07 | 00:32:06 | 00:31:01 |
| 58 | 648 | WINNICKA ANNA | POL | | ŻARY | 78 | K40/63 | Żary/244 Med/6 | | 01:03:17 | 00:31:50 | 00:31:27 |
| 59 | 422 | OSZMIANČUK JOANNA | POL | ŻARY TRIATHLON TEAM | ŻARY | 76 | K40/64 | Żary/247 | | 01:03:39 | 00:31:45 | 00:31:53 |
| 60 | 43 | BORDAKIEWICZ BARBARA | POL | | ŻARY | 90 | K16/16 | Żary/248 | | 01:03:47 | 00:32:06 | 00:31:40 |
| 61 | 438 | PIĄTEK MARTA | POL | ŻARY RUNNERS TEAM | ŻARY | 85 | K30/54 | Żary/249 | | 01:03:57 | 00:31:49 | 00:32:08 |
| 62 | 441 | PIEŃKO EMILIA | POL | ŻARY RUNNERS TEAM / SMASHING PĄPKINS | PRZEWÓZ | 91 | K16/17 | Żary/251 Med/7 | | 01:03:59 | 00:32:02 | 00:31:57 |
| 63 | 634 | WĄSOWICZ WIOLETA | POL | | ŻARY | 87 | K30/56 | Żary/253 | | 01:04:03 | 00:30:54 | 00:33:09 |
| 64 | 433 | PAWŁOWSKA-LASEK KASIA | POL | | ŻARY | 81 | K30/59 | Żary/255 | | 01:04:37 | 00:31:57 | 00:32:39 |
| 65 | 266 | KONIECPOLSKA JADWIGA | POL | BABCIA IDEFIXA | ŻARY | 72 | K40/65 | Żary/257 | | 01:04:58 | 00:33:06 | 00:31:51 |
| 66 | 130 | FRANKIEWICZ MAGDALENA | POL | | ŻARY | 87 | K30/61 | Żary/262 Med/8 | | 01:05:23 | 00:31:32 | 00:33:50 |
| 67 | 489 | ROŚ-BRZEZIŃSKA EWA | POL | PARKRUN ŻARY | ŻARY | 63 | K50+/17 | Żary/263 | | 01:05:42 | 00:32:07 | 00:33:34 |

Kobiety

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|----------------------------------|--------------|---------------------|---------------------|------------|-----------------------|------------------|----------------|----------------|-------------|--------------|
| 68 | 681 | ZAWADZKA JOANNA | POL | SAINT-GOBAIN SQUAD | ŻARY | 83 | K30/62 | Żary/268 | 01:07:11 | 00:32:51 | 00:34:20 | |
| 69 | 103 | DOBROWOLSKA ALEKSANDRA | POL | | ŻARY | 90 | K16/18 | Żary/271 | 01:07:42 | 00:34:38 | 00:33:03 | |
| 70 | 27 | SKAŁACKA ANNA | POL | | ŻARY | 80 | K30/66 | Żary/272 | 01:08:28 | 00:34:41 | 00:33:47 | |
| 71 | 669 | WRZOLEK DOROTA | POL | OSP LUBANICE | ŻARY | 85 | K30/67 | Żary/273 | 01:09:06 | 00:34:42 | 00:34:24 | |
| 72 | 198 | JACKIEWICZ AGNIESZKA | POL | PARKRUN ŻARY | ŻARY | 71 | K40/72 | Żary/275 | 01:09:26 | 00:34:36 | 00:34:49 | |
| 73 | 503 | RYBIŃSKA MARLENA | POL | | ŻARY | 77 | K40/74 | Żary/276 Swis/21 | 01:09:41 | 00:33:32 | 00:36:08 | |
| 74 | 549 | SOJKA MARTA | POL | ND | ŻARY | 90 | K16/19 | Żary/277 | 01:09:41 | 00:33:14 | 00:36:27 | |
| 75 | 313 | LECHOCKA KATARZYNA | POL | NN | ŻARY | 75 | K40/75 | Żary/278 | 01:09:43 | 00:33:16 | 00:36:26 | |
| 76 | 39 | BOGUCKA OLIMPIA | POL | ŻARY TRIATHLON TEAM | ŻARY | 76 | K40/76 | Żary/279 | 01:09:53 | 00:35:24 | 00:34:28 | |
| 77 | 108 | DROZD-SAMUEL JOANNA | POL | | ŻARY | 86 | K30/68 | Żary/280 | 01:09:55 | 00:33:30 | 00:36:24 | |
| 78 | 8 | BAJDA MAŁGORZATA | POL | | ŻARY | 85 | K30/69 | Żary/281 | 01:09:59 | 00:33:33 | 00:36:26 | |
| 79 | 338 | MAJEWSKA - KORNECKA MIROSLAWA | POL | ŻARY | ŻARY | 72 | K40/77 | Żary/282 | 01:11:09 | 00:34:59 | 00:36:09 | |
| 80 | 628 | WASZKIEWICZ WERONIKA | POL | | ŻARY | 93 | K16/20 | Żary/283 | 01:12:15 | 00:35:34 | 00:36:40 | |
| 81 | 280 | KOWALSKA-MĄDRYGAŁ EDYTA | POL | | ŻARY | 82 | K30/73 | Żary/284 | 01:12:24 | 00:37:14 | 00:35:10 | |
| 82 | 91 | CZERSKA JADWIGA | POL | | ŻARY | 57 | K50+/20 | Żary/285 | 01:13:11 | 00:37:27 | 00:35:43 | |
| 83 | 353 | MAŚLANKA LUCYNA | POL | PARKRUN ŻARY | ŻARY | 73 | K40/81 | Żary/287 | 01:18:45 | 00:38:57 | 00:39:48 | |
| 84 | 23 | BELZ EWA | POL | | ŻARY | 69 | K50+/22 | Żary/289 | 01:19:00 | 00:40:03 | 00:38:57 | |
| 85 | 672 | ZABŁOCKA JADWIGA | POL | | ŻARY | 57 | K50+/23 | Żary/290 | 01:26:19 | 00:43:42 | 00:42:36 | |