

XIII Bieg Sokoli-Niepodległościowy

Wyniki OPEN



2018-11-10, Sanok

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./m-ce | min/km | Lap1 | Lap2 | Netto | Wynik | Strata | K/M |
|---------------------------|------|-----------------------------------|-----------------------|---|------------------|--------|----------|----------|----------|-----------------|---------|------|
| Bieg główny 5000 m | | | | | | | | | | | | |
| 1. | 1280 | Pociecha Tomasz | Kryg | www.radekkleczek.pl | M3(30-39)/Kl.gen | 3:01 | 07:38,35 | 07:31,77 | 15:09,51 | 15:10,12 | - | M 1 |
| 2. | 1307 | Wojciechowski Michał | Tarnobrzeg | Witar Tarnobrzeg | M3(30-39)/Kl.gen | 3:05 | 07:38,35 | 07:47,63 | 15:25,18 | 15:25,99 | +0:15,8 | M 2 |
| 3. | 1276 | Pelczar Wojciech | Dobieszyn | KS AZS AWF Katowice | M2(20-29)/Kl.gen | 3:06 | 07:38,84 | 07:54,15 | 15:33,00 | 15:33,00 | +0:22,8 | M 3 |
| 4. | 1228 | Domiszewski Ignacy | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | M2(20-29)/Kl.gen | 3:08 | 07:43,38 | 07:58,55 | 15:41,33 | 15:41,94 | +0:31,8 | M 4 |
| 5. | 1255 | Kurzydło Krystian | Markowce | TG Sokół Sanok | M1(-19)/Kl.gen | 3:18 | 08:09,09 | 08:25,22 | 16:33,51 | 16:34,32 | +1:24,1 | M 5 |
| 6. | 1201 | Albrycht Katarzyna | Krościenko Wyzne | | K2(20-39)/Kl.gen | 3:24 | 08:15,44 | 08:46,18 | 17:01,02 | 17:01,63 | +1:51,5 | K 1 |
| 7. | 1256 | Lizis Sabina | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | K1(-19)/Kl.gen | 3:31 | 08:25,13 | 09:14,53 | 17:39,67 | 17:39,67 | +2:29,5 | K 2 |
| 8. | 1230 | Fedak Grzegorz | Sanok | PASS Running Team | M4(40-49)/Kl.gen | 3:31 | 08:41,41 | 08:59,64 | 17:39,48 | 17:41,05 | +2:30,9 | M 6 |
| 9. | 1234 | Haudek Julian | Grabownica Starzeńska | KS Komunalni Sanok | M1(-19)/1 | 3:33 | 08:46,67 | 09:04,01 | 17:49,96 | 17:50,69 | +2:40,5 | M 7 |
| 10. | 1281 | Polny Daniel | Sanok | PASS Running Team | M4(40-49)/1 | 3:33 | 08:45,69 | 09:05,99 | 17:49,99 | 17:51,68 | +2:41,5 | M 8 |
| 11. | 1218 | Buldak Krzysztof | Sanok | | M3(30-39)/1 | 3:37 | 08:57,77 | 09:12,81 | 18:08,82 | 18:10,59 | +3:00,4 | M 9 |
| 12. | 1290 | Skawiński Tomasz | Sanok | IPA Region Bieszczadzki | M3(30-39)/2 | 3:37 | 08:57,32 | 09:13,32 | 18:08,96 | 18:10,65 | +3:00,5 | M 10 |
| 13. | 1302 | Uruski Maciej | Sanok | Roweromania | M4(40-49)/2 | 3:42 | 09:04,81 | 09:28,73 | 18:30,79 | 18:33,54 | +3:23,4 | M 11 |
| 14. | 1295 | Sudoł Magdalena | Kraków | G&G SPORT Grzegorz Sudoł | K2(20-39)/Kl.gen | 3:43 | 09:04,95 | 09:31,73 | 18:35,71 | 18:36,69 | +3:26,5 | K 3 |
| 15. | 1275 | Pelc Witold | Sanok | | M1(-19)/2 | 3:44 | 08:50,32 | 09:49,80 | 18:40,13 | 18:40,13 | +3:30,0 | M 12 |
| 16. | 1241 | Jastrząb Piotr | Lesko | Dekan Lesko2 | M5(50-59)/1 | 3:45 | 09:10,76 | 09:36,14 | 18:45,63 | 18:46,90 | +3:36,7 | M 13 |
| 17. | 1235 | Horoszko Ernest | Sanok | SWR Sosbike Sanok | M3(30-39)/3 | 3:46 | 09:08,35 | 09:47,65 | 18:53,98 | 18:56,01 | +3:45,8 | M 14 |
| 18. | 1226 | Domiszewska Maria | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | K4(50+)/1 | 3:49 | 09:08,15 | 10:01,49 | 19:08,46 | 19:09,65 | +3:59,5 | K 4 |
| 19. | 1287 | Sęk Wiesław | Pruchnik | Perfect Runner Team/Jaroslowski Biegacz | M3(30-39)/4 | 3:50 | 09:13,29 | 10:01,27 | 19:13,38 | 19:14,57 | +4:04,4 | M 15 |
| 20. | 1261 | Maślany Daniel | Kostarowce | | M4(40-49)/3 | 3:54 | 09:12,06 | 10:22,01 | 19:32,29 | 19:34,08 | +4:23,9 | M 16 |
| 21. | 1288 | Sieczkowski Piotr | Sanok | Sanoccy Sportowcy | M2(20-29)/1 | 3:59 | 09:25,51 | 10:34,99 | 19:59,06 | 20:00,51 | +4:50,3 | M 17 |
| 22. | 1305 | Wethacz Dariusz | Cisna | | M3(30-39)/5 | 4:01 | 09:51,53 | 10:17,13 | 20:05,23 | 20:08,67 | +4:58,5 | M 18 |
| 23. | 1303 | Usyk Jacek | Zagórz | Energy CROSS box Sanok | M1(-19)/3 | 4:01 | 09:13,15 | 10:57,83 | 20:09,88 | 20:10,99 | +5:00,8 | M 19 |
| 24. | 1243 | Kaszany Piotr | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | M4(40-49)/4 | 4:02 | 09:58,14 | 10:16,80 | 20:12,86 | 20:14,95 | +5:04,8 | M 20 |
| 25. | 1229 | Dymnicki Jakub | Dydnia | | M2(20-29)/2 | 4:04 | 09:42,38 | 10:44,94 | 20:24,58 | 20:27,33 | +5:17,2 | M 21 |
| 26. | 1203 | Amrożkiewicz-Gromek Judyta | Sanok | Amrożkiewicz Team | K2(20-39)/1 | 4:07 | 10:04,58 | 10:35,03 | 20:37,07 | 20:39,62 | +5:29,4 | K 5 |
| 27. | 1207 | Balwierzak Michał | Sanok | Gwiazdny Smalec | M3(30-39)/6 | 4:10 | 10:05,98 | 10:47,59 | 20:50,08 | 20:53,58 | +5:43,4 | M 22 |
| 28. | 1212 | Błyskal Krzysztof | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | M3(30-39)/7 | 4:11 | 10:25,85 | 10:35,30 | 20:57,83 | 21:01,15 | +5:51,0 | M 23 |
| 29. | 1227 | Domiszewski Wojciech | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | M5(50-59)/2 | 4:12 | 10:24,48 | 10:43,85 | 21:03,82 | 21:08,34 | +5:58,2 | M 24 |
| 30. | 1292 | Sobejko Artur | Bolestraszyce | Przemyski Klub Biegacza | M4(40-49)/5 | 4:15 | 10:24,97 | 10:56,65 | 21:19,97 | 21:21,62 | +6:11,5 | M 25 |



Wyniki OPEN



| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./m-ce | min/km | Lap1 | Lap2 | Netto | Wynik | Strata | K/M |
|------|------|-------------------------|----------------|--|--------------|--------|----------|----------|----------|-----------------|----------|------|
| 31. | 1238 | Jajko Aleksander | Sanok | | M2(20-29)/3 | 4:23 | 10:33,37 | 11:25,91 | 21:55,69 | 21:59,29 | +6:49,1 | M 26 |
| 32. | 1289 | Sieczkowski Adrian | Nowosielce | | M2(20-29)/4 | 4:23 | 10:50,74 | 11:10,54 | 21:57,05 | 22:01,29 | +6:51,1 | M 27 |
| 33. | 1233 | Haduch Jerzy | Pisarowce | Sanok i Okolice | M6(60+)/1 | 4:24 | 10:47,34 | 11:20,09 | 22:03,94 | 22:07,44 | +6:57,3 | M 28 |
| 34. | 1223 | Dacko Oskar | Lesko | | M2(20-29)/5 | 4:25 | 10:57,32 | 11:12,24 | 22:05,37 | 22:09,57 | +6:59,4 | M 29 |
| 35. | 1206 | Balwierzak Krzysztof | Sanok | Gwiazdny Smalec | M2(20-29)/6 | 4:29 | 10:37,51 | 11:49,52 | 22:27,03 | 22:27,03 | +7:16,9 | M 30 |
| 36. | 1202 | Amrożkiewicz Patrycja | Sanok | Amrożkiewicz Team | K2(20-39)/2 | 4:30 | 10:43,65 | 11:51,43 | 22:32,62 | 22:35,08 | +7:24,9 | K 6 |
| 37. | 1291 | Sniezek Marcin | Sanok | | M3(30-39)/8 | 4:32 | 10:56,21 | 11:46,98 | 22:40,00 | 22:43,19 | +7:33,0 | M 31 |
| 38. | 1310 | Zapoloch Bożena | Sanok | Bieszczadzki Oddział Straży Granicznej | K2(20-39)/3 | 4:35 | 11:02,10 | 11:56,83 | 22:56,97 | 22:58,94 | +7:48,8 | K 7 |
| 39. | 1220 | Ciślik-Kaszany Anna | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | K2(20-39)/4 | 4:40 | 11:26,65 | 12:00,23 | 23:24,62 | 23:26,89 | +8:16,7 | K 8 |
| 40. | 1272 | Oleksyk Grzegorz | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | M5(50-59)/3 | 4:42 | 11:42,23 | 11:50,15 | 23:31,48 | 23:32,39 | +8:22,2 | M 32 |
| 41. | 1267 | Mielnikiewicz Katarzyna | Bircza | Mielnikiewicz | K2(20-39)/5 | 4:44 | 11:42,97 | 12:02,29 | 23:41,27 | 23:45,27 | +8:35,1 | K 9 |
| 42. | 1215 | Budzisz Marlena | Ustrzyki Dolne | | K2(20-39)/6 | 4:45 | 11:29,75 | 12:23,81 | 23:49,45 | 23:53,57 | +8:43,4 | K 10 |
| 43. | 1274 | Paryga Krzysztof | Sanok | | M3(30-39)/9 | 4:46 | 10:59,77 | 12:55,86 | 23:53,37 | 23:55,64 | +8:45,5 | M 33 |
| 44. | 1245 | Kędra Piotr | Sanok | | M4(40-49)/6 | 4:47 | 11:18,10 | 12:41,83 | 23:56,61 | 23:59,93 | +8:49,8 | M 34 |
| 45. | 1311 | Sala Tomasz | Kraków | | M2(20-29)/7 | 4:48 | 11:12,95 | 12:50,06 | 24:01,05 | 24:03,02 | +8:52,8 | M 35 |
| 46. | 1304 | Wałachowska Urszula | Nowosiółki | Solina Team | K2(20-39)/7 | 4:48 | 11:42,19 | 12:22,13 | 24:02,75 | 24:04,32 | +8:54,1 | K 11 |
| 47. | 1251 | Kowalczyk Dagmara | Sanok | | K2(20-39)/8 | 4:50 | 11:42,65 | 12:31,91 | 24:11,37 | 24:14,57 | +9:04,4 | K 12 |
| 48. | 1210 | Błajer Maciej | Rzeszów | | M4(40-49)/7 | 4:53 | 11:04,15 | 13:23,13 | 24:25,26 | 24:27,29 | +9:17,1 | M 36 |
| 49. | 1265 | Mielnikiewicz Lucjan | Bircza | Mielnikiewicz | M5(50-59)/4 | 4:53 | 11:43,13 | 12:46,77 | 24:25,79 | 24:29,91 | +9:19,7 | M 37 |
| 50. | 1209 | Błajer Elżbieta | Rzeszów | | K3(40-49)/1 | 4:54 | 12:03,05 | 12:32,25 | 24:32,86 | 24:35,30 | +9:25,1 | K 13 |
| 51. | 1312 | Adamczyk Krzysztof | Sanok | MSR Team/GOPR Bieszczady | M3(30-39)/10 | 4:55 | 11:23,61 | 13:14,79 | 24:35,16 | 24:38,40 | +9:28,2 | M 38 |
| 52. | 1231 | Gorczyca Jarosław | Gdańsk | GWS | M3(30-39)/11 | 4:55 | 12:10,60 | 12:34,65 | 24:39,91 | 24:45,26 | +9:35,1 | M 39 |
| 53. | 1293 | Sokołowski Michał | Pielnia | | M2(20-29)/8 | 5:03 | 11:52,17 | 13:31,65 | 25:19,49 | 25:23,82 | +10:13,6 | M 40 |
| 54. | 1260 | Maliczowski Grzegorz | Sanok | | M4(40-49)/8 | 5:06 | 12:53,13 | 12:44,56 | 25:32,69 | 25:37,70 | +10:27,5 | M 41 |
| 55. | 1216 | Budzyk Luiza | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | K2(20-39)/9 | 5:18 | 13:08,09 | 13:28,92 | 26:33,89 | 26:37,01 | +11:26,8 | K 14 |
| 56. | 1316 | Andrejkow Arkadiusz | Sanok | | M3(30-39)/12 | 5:18 | 13:01,79 | 13:35,57 | 26:30,97 | 26:37,36 | +11:27,2 | M 42 |
| 57. | 1328 | Lewiński Mateusz | Ustrzyki Dolne | Ustrzyki Dolne | M2(20-29)/9 | 5:19 | 13:18,93 | 13:18,50 | 26:37,44 | 26:37,44 | +11:27,3 | M 43 |
| 58. | 1324 | Witkoś Dariusz | Czerteż | | M4(40-49)/9 | 5:22 | 12:37,77 | 14:20,19 | 26:54,04 | 26:57,96 | +11:47,8 | M 44 |
| 59. | 1246 | Kędra Paweł | Sanok | Można wszystko trzeba tylko chcieć! | M3(30-39)/13 | 5:37 | 17:22,53 | 10:51,51 | 28:07,53 | 28:14,05 | +13:03,9 | M 45 |
| 60. | 1297 | Szymula Paula | Ustrzyki Dolne | PWSZ Sanok | K1(-19)/1 | 6:38 | 15:54,88 | 17:20,25 | 33:11,34 | 33:15,14 | +18:05,0 | K 15 |

Bieg dla początkujących 2500 m

| | | | | | | | | | | | | |
|-----|------|---------------------|----------------------|--------------------------------------|--|------|----------|---|----------|-----------------|---------|-----|
| 1. | 1301 | Tomaszewski Maciej | Widna Góra/Pawłosiów | JGB "Sokół" Jarosław/Resovia Rzeszów | | 3:11 | 07:58,90 | - | 07:58,90 | 07:58,90 | - | M 1 |
| 2. | 1318 | Mackiewicz Piotr | Lesko | KS Komunalni Sanok | | 3:21 | 08:24,94 | - | 08:24,94 | 08:24,94 | +0:26,0 | M 2 |
| 3. | 1320 | Gnap Filip | Hoczew | | | 3:27 | 08:38,89 | - | 08:38,89 | 08:38,89 | +0:39,9 | M 3 |
| 4. | 1247 | Kita Michał | Sanok | FanTaty | | 3:43 | 09:19,13 | - | 09:18,52 | 09:19,13 | +1:20,2 | M 4 |
| 5. | 1323 | Mackiewicz Zenon | Lesko | | | 3:46 | 09:26,62 | - | 09:25,13 | 09:26,62 | +1:27,7 | M 5 |
| 6. | 1258 | Łuszcz Martyna | Bukowsko | KS Komunalni Sanok | | 3:46 | 09:27,94 | - | 09:27,33 | 09:27,94 | +1:29,0 | K 1 |
| 7. | 1208 | Banasiewicz Paweł | Sanok | Pozytywnie Zabiegani Sanok | | 3:48 | 09:32,43 | - | 09:30,64 | 09:32,43 | +1:33,5 | M 6 |
| 8. | 1286 | Romańczyk Sebastian | Sanok | | | 3:48 | 09:32,89 | - | 09:31,50 | 09:32,89 | +1:33,9 | M 7 |
| 9. | 1237 | Jagielska Gabriela | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 3:53 | 09:45,30 | - | 09:44,50 | 09:45,30 | +1:46,4 | K 2 |
| 10. | 1244 | Kaszany Karol | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 3:54 | 09:47,21 | - | 09:47,21 | 09:47,21 | +1:48,3 | M 8 |

Wyniki OPEN



| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./m-ce | min/km | Lap1 | Lap2 | Netto | Wynik | Strata | K/M |
|------|------|-----------------------|-------------------|------------------------------------|-----------|--------|----------|------|----------|-----------------|---------|------|
| 11. | 1277 | Pietrkiewicz Krystian | Sanok | | | 3:55 | 09:52,55 | - | 09:49,15 | 09:52,55 | +1:53,6 | M 9 |
| 12. | 1242 | Kaczkowski Mateusz | Sanok | 13 DH KVV im.gen.Władysław Andersa | | 3:57 | 09:54,79 | - | 09:54,18 | 09:54,79 | +1:55,8 | M 10 |
| 13. | 1326 | Osenkowski Jakub | Posada Zarszyńska | LO Rymanów | | 4:13 | 10:35,79 | - | 10:32,74 | 10:35,79 | +2:36,8 | M 11 |
| 14. | 1264 | Matiasik Alicja | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:15 | 10:39,46 | - | 10:38,48 | 10:39,46 | +2:40,5 | K 3 |
| 15. | 1309 | Wronowska Amelia | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:18 | 10:45,91 | - | 10:45,19 | 10:45,91 | +2:47,0 | K 4 |
| 16. | 1240 | Jasiurski Karol | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:20 | 10:51,91 | - | 10:51,00 | 10:51,91 | +2:53,0 | M 12 |
| 17. | 1214 | Borowy Kamila | Sanok | | | 4:20 | 10:51,91 | - | 10:50,62 | 10:51,91 | +2:53,0 | K 5 |
| 18. | 1273 | Partyka Patrycja | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:20 | 10:52,45 | - | 10:52,45 | 10:52,45 | +2:53,5 | K 6 |
| 19. | 1299 | Tkacz Bruno | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:21 | 10:52,74 | - | 10:52,74 | 10:52,74 | +2:53,8 | M 13 |
| 20. | 1259 | Majer Kacper | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:21 | 10:53,67 | - | 10:52,95 | 10:53,67 | +2:54,7 | M 14 |
| 21. | 1268 | Miksiewicz Kamil | Brzozów | | | 4:28 | 11:11,41 | - | 11:11,41 | 11:11,41 | +3:12,5 | M 15 |
| 22. | 1213 | Błyskal Sławomir | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:29 | 11:13,95 | - | 11:12,88 | 11:13,95 | +3:15,0 | M 16 |
| 23. | 1306 | Wijas Dominika | Sanok | | | 4:46 | 11:59,76 | - | 11:55,84 | 11:59,76 | +4:00,8 | K 7 |
| 24. | 1271 | Myćka Anna | Sanok | | | 4:50 | 12:08,61 | - | 12:05,01 | 12:08,61 | +4:09,7 | K 8 |
| 25. | 1239 | Jasiurska Katarzyna | Ropienka | MKS Halicz Ustrzyki Dolne | | 4:53 | 12:14,20 | - | 12:14,20 | 12:14,20 | +4:15,3 | K 9 |
| 26. | 1321 | Mackiewicz Adam | Lesko | | | 4:54 | 12:19,73 | - | 12:17,48 | 12:19,73 | +4:20,8 | M 17 |
| 27. | 1250 | Kosturska Katarzyna | Sanok | | | 4:56 | 12:23,93 | - | 12:21,65 | 12:23,93 | +4:25,0 | K 10 |
| 28. | 1263 | Matiasik Karolina | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 4:59 | 12:30,85 | - | 12:29,40 | 12:30,85 | +4:31,9 | K 11 |
| 29. | 1325 | Twardy Weronika | Sanok | | | 5:04 | 12:43,31 | - | 12:41,75 | 12:43,31 | +4:44,4 | K 12 |
| 30. | 1252 | Kruk Małgorzata | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 5:04 | 12:44,16 | - | 12:41,33 | 12:44,16 | +4:45,2 | K 13 |
| 31. | 1217 | Budzyk Ewa | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 5:04 | 12:44,23 | - | 12:41,48 | 12:44,23 | +4:45,3 | K 14 |
| 32. | 1219 | Cecula Radosław | Strachocina | TG Sokół Strachocina | | 5:05 | 12:47,97 | - | 12:42,67 | 12:47,97 | +4:49,0 | M 18 |
| 33. | 1222 | Czuryło Zuzanna | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 5:07 | 12:50,11 | - | 12:49,50 | 12:50,11 | +4:51,2 | K 15 |
| 34. | 1315 | Krzyżanowska Anna | Sanok | | | 5:11 | 13:00,35 | - | 12:58,90 | 13:00,35 | +5:01,4 | K 16 |
| 35. | 1300 | Tomaszek Joanna | Sanok | | | 5:17 | 13:17,10 | - | 13:14,49 | 13:17,10 | +5:18,1 | K 17 |
| 36. | 1327 | Dziubak Lena | Kalnica | | | 5:16 | 13:17,86 | - | 13:11,47 | 13:17,86 | +5:18,9 | K 18 |
| 37. | 1279 | Płes Natalia | Ustrzyki Dolne | MKS Halicz Ustrzyki Dolne | | 5:19 | 13:19,28 | - | 13:17,83 | 13:19,28 | +5:20,3 | K 19 |
| 38. | 1317 | Ziobro Jolanta | Sanok | | | 5:50 | 14:35,37 | - | 14:35,37 | 14:35,37 | +6:36,4 | K 20 |
| 39. | 1285 | Posadzki Michał | Sanok | MPfoto Posadzki Team | | 6:07 | 15:18,88 | - | 15:18,88 | 15:18,88 | +7:19,9 | M 19 |
| 40. | 1221 | Czopek Dawid | Sanok | Narodowy Sanok | | 6:08 | 15:25,84 | - | 15:20,49 | 15:25,84 | +7:26,9 | M 20 |
| 41. | 1236 | Hyleński Marek | Strachocina | TG Sokół Strachocina | | 6:10 | 15:25,98 | - | 15:25,98 | 15:25,98 | +7:27,0 | M 21 |
| 42. | 1322 | Mackiewicz Sylwia | Lesko | | | 6:30 | 16:20,25 | - | 16:17,32 | 16:20,25 | +8:21,3 | K 21 |
| 43. | 1319 | Gnap Jolanta | Hoczew | | | 6:31 | 16:20,53 | - | 16:17,60 | 16:20,53 | +8:21,6 | K 22 |
| 44. | 1225 | Daszyk Marian | Strachocina | TG Sokół Strachocina | | 6:33 | 16:29,57 | - | 16:24,63 | 16:29,57 | +8:30,6 | M 22 |
| 45. | 1282 | Posadzka Maria | Sanok | MPfoto Posadzki Team | | 6:44 | 16:51,08 | - | 16:51,08 | 16:51,08 | +8:52,1 | K 23 |
| 46. | 1284 | Posadzki Paweł | Sanok | MPfoto Posadzki Team | | 6:47 | 16:59,17 | - | 16:59,17 | 16:59,17 | +9:00,2 | M 23 |
| 47. | 1283 | Posadzka Liwia | Sanok | MPfoto Posadzki Team | | 6:47 | 16:59,29 | - | 16:59,29 | 16:59,29 | +9:00,3 | K 24 |
| 48. | 1314 | Kędra Zuzanna | Sanok | | | 6:54 | 17:22,43 | - | 17:16,08 | 17:22,43 | +9:23,5 | K 25 |
| 49. | 1313 | Kędra Wiktoria | Sanok | | | 6:56 | 17:22,43 | - | 17:22,43 | 17:22,43 | +9:23,5 | K 26 |

Liczba uczestników: 109