

Bieg Wiewiórki MARZEC

Wyniki OPEN BIEG GŁÓWNY

2017-03-18, Ruda Śląska

| M-ce | Nr | Imię i nazwisko | Miasto | Klub | Okr.1 | Okr.2 | Okr.3 | Okr.4 | Okr.5 | Netto | Wynik |
|--------------------|------|----------------------|----------------|---------------------------------|----------|----------|----------|----------|----------|------------|-------------------|
| Bieg główny | | | | | | | | | | | |
| 1. | 1141 | Muskietorz Piotr | Mikołów | | 16:35,99 | 16:56,56 | 16:57,49 | 17:01,65 | 16:30,76 | 1:24:02,47 | 1:24:02,47 |
| 2. | 1128 | Jagiela Adam | Siemianowice | KRS TKKF "Jastrząb" Ruda Śląska | 16:36,68 | 16:58,45 | 16:56,35 | 17:00,69 | 16:42,81 | 1:24:13,91 | 1:24:14,99 |
| 3. | 1084 | Stupik Tomasz | Bełk | Sołectwo-Bełk | 16:46,39 | 17:37,94 | 18:04,49 | 18:28,15 | 18:53,94 | 1:29:49,69 | 1:29:50,93 |
| 4. | 1079 | Różański Marek | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 18:45,60 | 18:46,65 | 19:06,74 | 18:34,99 | 18:38,14 | 1:33:51,07 | 1:33:52,14 |
| 5. | 1284 | Olejniczak Mariusz | Nowa Sól | | 19:07,60 | 19:06,74 | 19:07,87 | 19:12,54 | 19:09,23 | 1:35:41,17 | 1:35:43,99 |
| 6. | 1120 | Podmostko Jan | Zabrze | | 18:25,60 | 19:06,58 | 19:06,65 | 19:30,22 | 19:45,54 | 1:35:53,18 | 1:35:54,60 |
| 7. | 1125 | Fijałkowski Zbigniew | Świętochłowice | KRS TKKF "Jastrząb" Ruda Śląska | 18:25,74 | 19:06,58 | 19:07,26 | 19:29,47 | 20:04,25 | 1:36:11,53 | 1:36:13,31 |
| 8. | 1318 | Kulpok Tomasz | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 18:51,32 | 19:01,97 | 19:12,64 | 19:48,93 | 20:07,83 | 1:37:00,29 | 1:37:02,70 |
| 9. | 1004 | Adamski Krzysztof | Zabrze | | 18:37,06 | 19:37,14 | 19:59,75 | 20:20,83 | 20:20,05 | 1:38:53,77 | 1:38:54,85 |
| 10. | 1107 | Witała Damian | Ruda Śląska | | 20:08,53 | 20:15,26 | 20:04,21 | 19:56,96 | 20:03,57 | 1:40:25,20 | 1:40:28,55 |
| 11. | 1098 | Szeszko Marek | Bytom | KRS TKKF "Jastrząb" Ruda Śląska | 20:28,48 | 20:34,27 | 20:41,47 | 20:41,53 | 20:53,97 | 1:43:14,74 | 1:43:19,73 |
| 12. | 1035 | Koźlicki Krzysztof | Ruda Śląska | Rudzki Team Biegowy Ruda Biega | 20:05,33 | 20:20,64 | 20:59,00 | 21:18,63 | 21:17,38 | 1:43:57,53 | 1:44:01,00 |
| 13. | 1337 | Szefer Wiktor | Ruda Śląska | Crazy Dragons | 21:12,01 | 21:35,12 | 21:22,60 | 20:31,98 | 19:48,42 | 1:44:26,94 | 1:44:30,15 |
| 14. | 1032 | Kaluża Sławomir | Siemianowice | | 21:30,90 | 21:21,18 | 21:27,28 | 20:52,99 | 20:29,85 | 1:45:34,42 | 1:45:42,21 |
| 15. | 1044 | Majek Krzysztof | Katowice | | 21:30,17 | 21:22,80 | 21:29,26 | 21:23,70 | 19:56,30 | 1:45:37,06 | 1:45:42,25 |
| 16. | 1009 | Bogdan Robert | Ruda Śląska | | 20:24,76 | 20:58,44 | 21:12,78 | 21:22,07 | 22:02,16 | 1:45:57,41 | 1:46:00,23 |
| 17. | 1047 | Mańka Sławomir | Mikołów | Biegamy z Sercem | 22:49,60 | 22:16,69 | 21:29,71 | 20:24,11 | 19:02,58 | 1:45:59,59 | 1:46:02,71 |
| 18. | 1338 | Forenc Tomasz | Ruda Śląska | | 22:49,32 | 22:16,90 | 21:30,03 | 20:23,52 | 19:02,98 | 1:46:00,03 | 1:46:02,77 |
| 19. | 1071 | Rajda Aneta | Katowice | KRS TKKF "Jastrząb" Ruda Śląska | 21:29,70 | 21:18,80 | 21:30,23 | 21:32,15 | 20:58,83 | 1:46:43,67 | 1:46:49,73 |
| 20. | 1006 | Basa Przemysław | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 21:29,76 | 21:43,09 | 21:18,84 | 21:32,87 | 20:45,93 | 1:46:44,63 | 1:46:50,50 |
| 21. | 1336 | Wiliński Arkadiusz | Bytom | KRS TKKF "Jastrząb" Ruda Śląska | 21:32,51 | 21:21,27 | 21:39,92 | 21:32,59 | 20:45,73 | 1:46:36,63 | 1:46:52,04 |
| 22. | 1049 | Matejek Tomasz | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 22:07,01 | 22:09,99 | 21:49,70 | 22:04,72 | 21:55,38 | 1:49:59,29 | 1:50:06,82 |
| 23. | 1283 | Niedzwiecki Ryszard | Czeladź | TKKF Saturn Czeladź | 21:31,48 | 21:21,07 | 21:48,28 | 22:48,40 | 22:57,40 | 1:50:18,61 | 1:50:26,65 |



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|------|------|----------------------|-------------|-------------------|----------|----------|----------|----------|----------|------------|-------------------|
| 24. | 1090 | Stanke Tomasz | Ruda Śląska | | 22:35,40 | 22:26,73 | 22:09,54 | 22:03,66 | 22:03,39 | 1:51:07,01 | 1:51:18,74 |
| 25. | 1331 | Drygalski Adam | Leszczyny | Absortio gym | 21:10,02 | 21:40,04 | 21:40,79 | 23:35,84 | 25:37,74 | 1:53:40,15 | 1:53:44,45 |
| 26. | 1147 | Przyłudzki Janusz | Mikołów | | 23:42,80 | 23:34,13 | 23:10,91 | 23:17,80 | 23:15,79 | 1:56:50,23 | 1:57:01,45 |
| 27. | 1075 | Rogała Klaudia | Zabrze | | 22:37,96 | 23:10,32 | 23:46,03 | 24:07,80 | 23:49,34 | 1:57:28,44 | 1:57:31,45 |
| 28. | 1010 | Bogdańska Anna | Ruda Śląska | | 22:59,11 | 23:12,65 | 23:33,75 | 23:56,50 | 23:49,55 | 1:57:22,01 | 1:57:31,58 |
| 29. | 1025 | Grzybek Zygmunt | Ruda Śląska | MOSiR Ruda Śląska | 22:29,50 | 23:29,24 | 23:58,99 | 24:13,77 | 24:46,32 | 1:58:49,46 | 1:58:57,83 |
| 30. | 1383 | Radziwończyk Klaudia | Kalety | | 23:41,01 | 24:13,05 | 25:03,56 | 25:02,09 | 25:34,78 | 2:03:34,49 | 2:03:34,49 |
| 31. | 1027 | Inglant Zbigniew | Chorzów | RUN LOG COM | 24:49,64 | 25:04,80 | 25:05,44 | 25:23,18 | 24:01,26 | 2:04:14,56 | 2:04:24,33 |
| 32. | 1137 | Migas Jan | Ruda Śląska | | 24:33,65 | 24:32,94 | 24:51,10 | 25:28,25 | 25:57,18 | 2:05:09,65 | 2:05:23,14 |
| 33. | 1113 | Wysocka Katarzyna | Katowice | Katowice | 24:03,76 | 24:11,74 | 25:13,35 | 25:52,48 | 26:13,04 | 2:05:23,80 | 2:05:34,38 |
| 34. | 1308 | Sadzewicz Karolina | Mikołów | | 24:39,82 | 26:32,13 | 26:24,02 | 26:59,53 | 27:48,25 | 2:12:15,06 | 2:12:23,76 |
| 35. | 1052 | Michalski Marek | Ruda Śląska | | 20:48,58 | 20:46,83 | 21:20,15 | 21:39,09 | | 1:24:30,79 | 1:24:34,66 |
| 36. | 1019 | Działabij Krzysztof | Olkusz | | 21:29,14 | 21:37,08 | 21:18,06 | 21:18,33 | | 1:25:37,74 | 1:25:42,62 |
| 37. | 1067 | Pakura Adrian | Ruda Śląska | RFR Team | 22:49,40 | 23:23,65 | 24:49,29 | 25:05,27 | | 1:36:03,53 | 1:36:07,63 |
| 38. | 1185 | Sobkowicz Jarosław | Ruda Śląska | | 24:45,11 | 23:49,80 | 23:48,94 | 24:17,25 | | 1:36:27,17 | 1:36:41,12 |
| 39. | 1074 | Rembierz Beata | Gliwice | Night runners | 24:00,32 | 25:00,37 | 24:59,56 | 25:20,61 | | 1:39:18,77 | 1:39:20,87 |
| 40. | 1077 | Rolnik Marlena | Mikołów | | 25:15,94 | 26:32,93 | 24:58,33 | 25:33,73 | | 1:42:15,01 | 1:42:20,94 |
| 41. | 1078 | Rolnik Remigiusz | Mikołów | | 24:59,92 | 26:49,09 | 24:58,19 | 25:34,98 | | 1:42:16,25 | 1:42:22,18 |
| 42. | 1064 | Nowak Roman | Chorzów | | 26:39,14 | 25:24,38 | 25:08,30 | 25:26,45 | | 1:42:23,03 | 1:42:38,29 |
| 43. | 1328 | Jaworecki Paweł | Zabrze | | 24:34,97 | 25:14,51 | 27:04,45 | 27:03,53 | | 1:43:47,98 | 1:43:57,47 |
| 44. | 1056 | Mroczek Jan | Ruda Śląska | | 18:47,62 | 18:24,04 | 18:42,79 | | | 55:52,82 | 55:54,46 |
| 45. | 1334 | Szabatowski Dominik | Ruda Śląska | | 21:31,60 | 21:26,68 | 20:36,99 | | | 1:03:27,24 | 1:03:35,28 |
| 46. | 1089 | Stanieczek Wojciech | Ruda Śląska | | 20:33,21 | 21:21,67 | 21:52,36 | | | 1:03:40,61 | 1:03:47,25 |
| 47. | 1042 | Majek Zbigniew | Chorzów | | 21:30,08 | 21:37,50 | 20:46,29 | | | 1:03:48,16 | 1:03:53,87 |
| 48. | 1001 | Woźnicki Ireneusz | Ruda Śląska | | 21:31,98 | 21:23,50 | 21:34,46 | | | 1:04:21,03 | 1:04:29,95 |
| 49. | 1061 | Nenko Barbara | Ruda Śląska | | 21:15,07 | 21:55,35 | 21:47,13 | | | 1:04:56,26 | 1:04:57,56 |
| 50. | 1111 | Wróbel Rafał | Ruda Śląska | | 21:01,01 | 22:07,20 | 22:49,67 | | | 1:05:57,89 | 1:05:57,89 |
| 51. | 1109 | Wręczycki Ireneusz | Chorzów | | 22:07,01 | 22:09,95 | 21:46,00 | | | 1:05:57,70 | 1:06:02,97 |
| 52. | 1155 | Witek Jacek | Gliwice | Opel Active Team | 22:36,32 | 22:24,88 | 22:25,34 | | | 1:07:23,41 | 1:07:26,55 |



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|------|------|------------------------|----------------|---------------------------------|----------|----------|----------|-------|-------|------------|-------------------|
| 53. | 1057 | Mrozek Krzysztof | Ruda Śląska | Godula Team | 22:43,58 | 22:44,51 | 23:14,68 | | | 1:08:31,05 | 1:08:42,78 |
| 54. | 1322 | Zambrzycki Maciej | Zabrze | NR ZABRZE | 25:21,27 | 22:13,15 | 21:37,89 | | | 1:09:05,50 | 1:09:12,32 |
| 55. | 1068 | Piłat Jarosław | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 23:15,42 | 23:55,61 | 22:46,88 | | | 1:09:47,57 | 1:09:57,92 |
| 56. | 1142 | Palka Zbyszek | Ruda Śląska | | 27:08,98 | 24:20,16 | 21:45,36 | | | 1:13:09,34 | 1:13:14,52 |
| 57. | 1028 | Jakubiak Arkadiusz | Gliwice | Opel Active Team | 24:28,98 | 24:42,39 | 24:36,76 | | | 1:13:40,10 | 1:13:48,13 |
| 58. | 1033 | Kania Monika | Ruda Śląska | | 23:35,13 | 24:32,75 | 25:42,34 | | | 1:13:45,99 | 1:13:50,23 |
| 59. | 1011 | Cichy Agnieszka | Ruda Śląska | | 23:53,98 | 25:22,15 | 25:49,51 | | | 1:15:00,39 | 1:15:05,65 |
| 60. | 1148 | Rawicz-Grotowski Rafał | Ruda Śląska | | 24:41,29 | 25:04,18 | 25:48,67 | | | 1:15:22,05 | 1:15:34,14 |
| 61. | 1290 | Tyka Edward | Świętochłowice | Amator | 26:49,71 | 25:15,65 | 24:47,11 | | | 1:16:40,90 | 1:16:52,48 |
| 62. | 1012 | Ciesiołka Marian | Bytom | | 29:33,31 | 30:30,97 | 30:28,12 | | | 1:30:22,07 | 1:30:32,41 |
| 63. | 1116 | Wysocki Mariusz | Katowice | Katowice | 30:57,79 | 31:44,06 | 33:42,97 | | | 1:36:08,04 | 1:36:24,83 |
| 64. | 1088 | Stachowiak Sebastian | Katowice | Stadion | 18:50,46 | 18:56,98 | | | | 37:45,28 | 37:47,45 |
| 65. | 1101 | Waniek Magdalena | Bytom | Aktywny Rozbark | 20:28,42 | 20:37,20 | | | | 41:02,67 | 41:05,63 |
| 66. | 1326 | Kuczera Krzysztof | Ruda Śląska | | 21:30,30 | 20:06,82 | | | | 41:21,52 | 41:37,13 |
| 67. | 1292 | Tutka Jan | Zabrze | Tutek Teem | 21:07,20 | 20:52,19 | | | | 41:49,42 | 41:59,39 |
| 68. | 1281 | Mrowiec Kinga | Ruda Śląska | TL Pogoń Ruda Śląska | 23:07,42 | 20:21,91 | | | | 43:14,68 | 43:29,33 |
| 69. | 1340 | Małek Krzysztof | Katowice | Kostuchna Biega | 21:42,64 | 22:27,95 | | | | 44:05,84 | 44:10,60 |
| 70. | 1157 | Zielonka Dawid | Ruda Śląska | | 22:33,79 | 21:46,12 | | | | 44:05,90 | 44:19,92 |
| 71. | 1017 | Depta Andrzej | Ruda Śląska | | 22:37,40 | 21:51,51 | | | | 44:26,41 | 44:28,91 |
| 72. | 1082 | Skrzypski Marian | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 22:09,71 | 22:27,14 | | | | 44:28,27 | 44:36,86 |
| 73. | 1038 | Kwiatek Anna | Ruda Śląska | | 23:00,53 | 23:07,91 | | | | 45:56,70 | 46:08,45 |
| 74. | 1008 | Bogacz Monika | Ruda Śląska | ADS Masna Krytyczna | 25:54,12 | 22:25,42 | | | | 48:09,53 | 48:19,55 |
| 75. | 1091 | Stary Damian | Ruda Śląska | ADS Masna Krytyczna | 25:54,26 | 22:26,09 | | | | 48:08,56 | 48:20,35 |
| 76. | 1086 | Socha Marlena | Ruda Śląska | | 24:25,39 | 24:23,95 | | | | 48:35,33 | 48:49,34 |
| 77. | 1080 | Rýgl Richard | Liberec | Sexici Liberec | 24:37,99 | 25:19,91 | | | | 49:32,17 | 49:57,91 |
| 78. | 1081 | Siarka Jarek | Ruda Śląska | som se lotom | 24:49,20 | 25:22,37 | | | | 49:56,64 | 50:11,57 |
| 79. | 1110 | Wrona Dariusz | Paniowy | | 24:32,30 | 26:10,79 | | | | 50:37,73 | 50:43,09 |
| 80. | 1015 | Dąbrowski Krzysztof | Zabrze | | 26:26,93 | 24:21,40 | | | | 50:35,16 | 50:48,33 |
| 81. | 1018 | Drynda Dariusz | Ruda Śląska | | 24:38,76 | 26:50,33 | | | | 51:27,23 | 51:29,09 |



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|------|------|----------------------|--------------|---|----------|----------|-------|-------|-------|------------|-------------------|
| 82. | 1040 | Langer Katarzyna | Chorzów | Cardio City Team | 25:32,56 | 26:04,85 | | | | 51:30,73 | 51:37,41 |
| 83. | 1007 | Bąkowski Michał | Ruda Śląska | | 26:41,34 | 25:08,54 | | | | 51:29,09 | 51:49,89 |
| 84. | 1030 | Jasny Agata | Ruda Śląska | ADS Masna Krytyczna | 25:54,18 | 26:03,13 | | | | 51:46,34 | 51:57,32 |
| 85. | 1108 | Wolny Katarzyna | Siemianowice | | 26:54,47 | 25:59,96 | | | | 52:39,60 | 52:54,43 |
| 86. | 1029 | Jankowska Hanna | Chorzów | | 26:54,38 | 26:00,10 | | | | 52:40,40 | 52:54,49 |
| 87. | 1045 | Majek Agnieszka | Katowice | | 27:13,88 | 25:50,40 | | | | 52:57,75 | 53:04,29 |
| 88. | 1321 | Dąbrowska Marta | Tychy | Night Runner Zabrze | 27:06,41 | 27:10,24 | | | | 54:09,31 | 54:16,65 |
| 89. | 1158 | Zielonka Agnieszka | Ruda Śląska | | 27:12,82 | 27:48,36 | | | | 54:48,11 | 55:01,19 |
| 90. | 1020 | Dzida Agata | Ruda Śląska | | 27:29,12 | 27:35,04 | | | | 54:49,13 | 55:04,17 |
| 91. | 1100 | Volešák Jaroslav | Liberec | Sexici Liberec | 27:33,98 | 27:39,34 | | | | 54:46,59 | 55:13,33 |
| 92. | 1099 | Szydłowska Sabina | Chorzów | Cardio City Team | 27:32,18 | 27:55,40 | | | | 55:19,69 | 55:27,58 |
| 93. | 1031 | Kałuża Agnieszka | Siemianowice | | 28:13,75 | 27:32,54 | | | | 55:38,49 | 55:46,29 |
| 94. | 1022 | Gocałek Wiesław | Tychy | | 27:59,88 | 29:04,79 | | | | 57:02,49 | 57:04,67 |
| 95. | 1114 | Wysocka Kinga | Katowice | SP 67 Katowice | 30:57,91 | 31:43,23 | | | | 1:02:24,59 | 1:02:41,14 |
| 96. | 1039 | Laksa Marlena | Ruda Śląska | | 30:44,38 | 33:24,85 | | | | 1:04:00,12 | 1:04:09,23 |
| 97. | 1083 | Słota Justyna | Ruda Śląska | Miechowicka Grupa Biegowa/Otwarte Serca | 30:44,32 | 33:24,99 | | | | 1:04:00,80 | 1:04:09,31 |
| 98. | 1117 | Zbąski Bartłomiej | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 17:07,96 | | | | | 17:06,54 | 17:07,96 |
| 99. | 1343 | Mikołajczyk Mirosław | Zabrze | Miraz Race Team | 17:26,76 | | | | | 17:26,76 | 17:26,76 |
| 100. | 1104 | Wieczorek Adam | Katowice | Culture Kampf | 18:30,11 | | | | | 18:26,88 | 18:30,11 |
| 101. | 1103 | Wcisło Piotr | Katowice | | 19:38,52 | | | | | 19:33,65 | 19:38,52 |
| 102. | 1096 | Szefer Seweryn | Ruda Śląska | Uciekam przed odpowiedzialnością | 20:23,79 | | | | | 20:12,22 | 20:23,79 |
| 103. | 1002 | Adamiec Marcin | Ruda Śląska | | 20:31,46 | | | | | 20:27,00 | 20:31,46 |
| 104. | 1087 | Socha Tymon | Ruda Śląska | | 20:50,10 | | | | | 20:37,31 | 20:50,10 |
| 105. | 1127 | Hauk Michał | Ruda Śląska | | 21:19,17 | | | | | 21:18,50 | 21:19,17 |
| 106. | 1118 | Zięterski Michał | Ruda Śląska | | 21:23,09 | | | | | 21:09,21 | 21:23,09 |
| 107. | 1276 | Gawlina Lesław | Ruda Śląska | ADS Masna Krytyczna | 21:30,62 | | | | | 21:28,51 | 21:30,62 |
| 108. | 1063 | Nowacki Piotr | Chorzów | | 21:37,13 | | | | | 21:25,40 | 21:37,13 |
| 109. | 1076 | Rolnik Bartosz | Mikołów | | 21:47,49 | | | | | 21:41,28 | 21:47,49 |
| 110. | 1150 | Smuda Ryszard | Tychy | | 22:04,60 | | | | | 21:55,69 | 22:04,60 |



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| 111. | 1267 | Mrózek Mikołaj | Mikołów | | 22:30,90 | | | | | 22:29,88 | 22:30,90 |
| 112. | 1314 | Jonas Benjamin | Ruda Śląska | | 22:40,29 | | | | | 22:28,85 | 22:40,29 |
| 113. | 1310 | Dziekańska Marta | Będzin | | 23:15,52 | | | | | 23:11,07 | 23:15,52 |
| 114. | 1102 | Wcisło Dariusz | Katowice | | 23:28,38 | | | | | 23:23,32 | 23:28,38 |
| 115. | 1136 | Mastek Tomasz | Ruda Śląska | | 23:37,05 | | | | | 23:30,70 | 23:37,05 |
| 116. | 1123 | Cikacz Zbigniew | Bratków | | 23:47,62 | | | | | 23:23,55 | 23:47,62 |
| 117. | 1309 | Stachnowska Daria | Ruda Śląska | | 23:53,36 | | | | | 23:47,95 | 23:53,36 |
| 118. | 1131 | Koziołek Tomasz | Katowice | | 23:55,41 | | | | | 23:38,53 | 23:55,41 |
| 119. | 1092 | Syzdół Franciszek | Ruda Śląska | | 23:56,90 | | | | | 23:53,30 | 23:56,90 |
| 120. | 1126 | Gontarz Ewa | Chorzów | Cardio City Team | 24:05,43 | | | | | 23:59,43 | 24:05,43 |
| 121. | 1058 | Mrozek Jolanta | Mikołów | | 24:18,69 | | | | | 24:17,33 | 24:18,69 |
| 122. | 1124 | Depta Michał | Ruda Śląska | | 24:20,54 | | | | | 24:18,49 | 24:20,54 |
| 123. | 1291 | Pakosz Katarzyna | Ruda Śląska | | 24:51,14 | | | | | 24:44,78 | 24:51,14 |
| 124. | 1066 | Osadnik Monika | Ruda Śląska | | 25:03,63 | | | | | 24:57,69 | 25:03,63 |
| 125. | 1065 | Osadnik Tomasz | Ruda Śląska | | 25:03,63 | | | | | 24:56,58 | 25:03,63 |
| 126. | 1062 | Nowacka Żaneta | Chorzów | | 25:15,34 | | | | | 25:04,02 | 25:15,34 |
| 127. | 1316 | Mokrzycka Justyna | Knurów | Biegniemy z sercem | 25:19,14 | | | | | 25:07,24 | 25:19,14 |
| 128. | 1315 | Solarz Arkadiusz | Mikołów | TKKF HADES MIKOŁÓW | 25:22,39 | | | | | 25:14,77 | 25:22,39 |
| 129. | 1149 | Rosa Agnieszka | Tychy | | 25:23,92 | | | | | 25:19,37 | 25:23,92 |
| 130. | 1282 | Kopala Marek | Ruda Śląska | KRS TKKF "Jastrząb" Ruda Śląska | 25:25,01 | | | | | 25:10,44 | 25:25,01 |
| 131. | 1119 | Żurek Mariusz | Liberec | Sexici Liberec | 25:34,26 | | | | | 25:10,59 | 25:34,26 |
| 132. | 1051 | Michalska Bożena | Ruda Śląska | | 25:43,37 | | | | | 25:38,32 | 25:43,37 |
| 133. | 1023 | Goraus-Głowania Daria | Śląskie | | 25:47,64 | | | | | 25:37,67 | 25:47,64 |
| 134. | 1121 | Sidko Urszula | Ruda Śląska | | 25:55,55 | | | | | 25:44,62 | 25:55,55 |
| 135. | 1021 | Głowacz Monika | Zabrze | S.A.S. Zabrze | 26:11,02 | | | | | 26:02,98 | 26:11,02 |
| 136. | 1073 | Ratajczyk Beata | Zabrze | | 26:11,36 | | | | | 26:03,81 | 26:11,36 |
| 137. | 1046 | Małota Marzena | Zabrze | S.A.S. Zabrze | 26:11,42 | | | | | 26:03,79 | 26:11,42 |
| 138. | 1005 | Adamus Czesław | Chorzów | | 26:19,97 | | | | | 26:08,84 | 26:19,97 |
| 139. | 1129 | Kaczmarski Marcin | Sosnowiec | | 26:25,50 | | | | | 26:12,40 | 26:25,50 |



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| 140. | 1339 | Fyse Marian | Ruda Śląska | | 26:29,32 | | | | | 26:24,69 | 26:29,32 |
| 141. | 1053 | Mrochem Mariusz | Ruda Śląska | | 26:29,40 | | | | | 26:24,64 | 26:29,40 |
| 142. | 1115 | Wysocki Dawid | Katowice | SP 67 Katowice | 26:50,35 | | | | | 26:39,50 | 26:50,35 |
| 143. | 1095 | Szefer Tomasz | Ruda Śląska | | 26:58,78 | | | | | 26:38,76 | 26:58,78 |
| 144. | 1305 | Wostowiak Zenon | | KRS TKKF "Jastrząb" Ruda Śląska | 27:09,78 | | | | | 27:04,73 | 27:09,78 |
| 145. | 1323 | Mikołajczyk Dominika | Ruda Śląska | | 27:14,95 | | | | | 27:14,95 | 27:14,95 |
| 146. | 1041 | Maceluch Marta | Rybnik | | 27:25,45 | | | | | 27:20,29 | 27:25,45 |
| 147. | 1043 | Majek Maria | Katowice | | 28:02,85 | | | | | 27:56,22 | 28:02,85 |
| 148. | 1014 | Czenczek Jan | Gliwice | | 28:26,54 | | | | | 28:12,96 | 28:26,54 |
| 149. | 1013 | Czenczek Magdalena | Gliwice | | 28:27,49 | | | | | 28:13,29 | 28:27,49 |
| 150. | 1153 | Ścibisz Bogdan | Sosnowiec | TKKF Saturn Czeladz | 28:29,48 | | | | | 28:20,07 | 28:29,48 |
| 151. | 1341 | Małek Aleksandra | Katowice | Kostuchna Biega | 28:44,38 | | | | | 28:30,18 | 28:44,38 |
| 152. | 1133 | Kurek Edward | Katowice | MOSiR Czeladź | 29:30,75 | | | | | 29:18,04 | 29:30,75 |
| 153. | 1132 | Koziołek Olga | Katowice | | 30:08,83 | | | | | 29:52,25 | 30:08,83 |
| 154. | 1294 | Bak Katarzyna | Ruda Śląska | | 30:31,71 | | | | | 30:20,39 | 30:31,71 |
| 155. | 1094 | Szczepańczyk Anna | Sosnowiec | | 30:59,93 | | | | | 30:48,99 | 30:59,93 |
| 156. | 1003 | Adamiec-Trutwin | Chorzów | Klub Aktywnych Rodzin | 31:01,51 | | | | | 30:53,68 | 31:01,51 |
| 157. | 1034 | Kocoń Anna | Żory | | 31:05,41 | | | | | 30:45,60 | 31:05,41 |
| 158. | 1054 | Mroczek Danuta | Ruda Śląska | | 31:27,13 | | | | | 31:17,43 | 31:27,13 |
| 159. | 1122 | Sidło-Józefiak Honorata | Chorzów | Drużyna Biegowa | 31:38,81 | | | | | 31:27,31 | 31:38,81 |
| 160. | 1050 | Michalska Beata | Ruda Śląska | | 31:48,59 | | | | | 31:45,26 | 31:48,59 |
| 161. | 1059 | Muchowska Maria | Gliwice | | 32:29,11 | | | | | 32:26,27 | 32:29,11 |
| 162. | 1330 | Polir Sylwia | Płoki | | 33:26,21 | | | | | 33:03,54 | 33:26,21 |
| 163. | 1325 | Czechelski Przemysław | Płoki | | 33:26,43 | | | | | 33:08,46 | 33:26,43 |
| 164. | 1048 | Margraf Ewa | Ruda Śląska | | 33:41,93 | | | | | 33:32,05 | 33:41,93 |
| 165. | 1055 | Mroczek Monika | Ruda Śląska | | 35:36,59 | | | | | 35:26,63 | 35:36,59 |
| 166. | 1327 | Król Kacper | Ruda Śląska | | 35:39,25 | | | | | 35:35,33 | 35:39,25 |
| 167. | 1036 | Król Katarzyna | Ruda Śląska | | 35:44,93 | | | | | 35:40,62 | 35:44,93 |
| 168. | 1105 | Wiśniewski Tomasz | Jastrzębie Zdrój | SBD Energetyk Rybnik | 38:18,87 | | | | | 38:11,73 | 38:18,87 |



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| 169. | 1106 | Wiśniewski Aleksander | Jastrzębie Zdrój | LKS Żar Szeroka | 38:19,07 | | | | | 38:11,62 | 38:19,07 |

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