



XI Bieg Niepodległości Krosno 2007 WYNIKI TECHNICZNE BIEGU

DYSTANS 7 KM

GODZINA : 11.00

LICZBA UCZESTNIKÓW : 276

DATA : 11.11 2007

DZ. M-C. ROK

| Lp | NAZWISKO i IMIĘ | KLUB | ROK UR. | KTO ?? | NR START | CZAS | M - CE GEN. | M - CE GRUP. | GRUPA WIEK. |
|----|------------------------|----------------------------|---------|--------|----------|---------|-------------|--------------|-------------|
| 1 | BURCHARD JAKUB | JM BARDEJOW | 81 | M | 81 | 0:21:24 | 1 | 1 | M2 |
| 2 | TIAMCZIK WŁODZIMIERZ | BRZEŚĆ-BIAŁORUŚ | 73 | M | 66 | 0:21:37 | 2 | 1 | M3 |
| 3 | Żaworono Igor | Białoruś | 77 | M | 104 | 0:21:50 | 3 | 2 | M3 |
| 4 | BŁASIŃSKI ARTUR | JM BARDEJOW - NEW BALANCE | 74 | M | 82 | 0:22:12 | 4 | 3 | M3 |
| 5 | MARCEL MATANIN | URANOV | 73 | M | 126 | 0:23:02 | 5 | 4 | M3 |
| 6 | Długosz Andrzej | MKM Muszyna | 78 | M | 132 | 0:23:08 | 6 | 2 | M2 |
| 7 | JAKUBASZEK JAROSŁAW | JM BARDEJOW | 68 | M | 83 | 0:23:16 | 7 | 5 | M3 |
| 8 | Zima Paweł | KKB Mosir Krosno | 84 | M | 26 | 0:23:25 | 8 | 3 | M2 |
| 9 | DWOJAK PAWEŁ | ULKS LIPINKI | 88 | M | 59 | 0:23:45 | 9 | 1 | M1 |
| 10 | Składanowski Krzysztof | LUKS Burza Rogi | 88 | M | 238 | 0:23:47 | 10 | 2 | M1 |
| 11 | Szelc Marcin | KKB Mosir Krosno | 82 | M | 47 | 0:23:49 | 11 | 4 | M2 |
| 12 | Mróz Wojciech | UKS Trójka Jella | 77 | M | 204 | 0:23:52 | 12 | 6 | M3 |
| 13 | CZYZOWICZ MIROSŁAW | SÓPER STÓDĘT | 82 | M | 197 | 0:23:53 | 13 | 5 | M2 |
| 14 | Dykas Damian | Technik Trzcinica | 88 | M | 210 | 0:23:59 | 14 | 3 | M1 |
| 15 | Gąsiorski Michał | Resovia Rzeszów | 88 | M | 151 | 0:24:07 | 15 | 4 | M1 |
| 16 | DZIEWIŃSKI DAMIAN | SANOK | 81 | M | 78 | 0:24:13 | 16 | 6 | M2 |
| 17 | Ulman Michał | Resovia Rzeszów | 87 | M | 209 | 0:24:20 | 17 | 7 | M2 |
| 18 | TOMICZEK JAROSŁAW | JM BARDEJOW | 65 | M | 84 | 0:24:25 | 18 | 1 | M4 |
| 19 | Wiktowski Hubert | MKKS Halicz Ustrzyki Dolne | 90 | M | 142 | 0:24:28 | 19 | 5 | M1 |
| 20 | Teterka Vasyl | Ukraina | 59 | M | 114 | 0:24:31 | 20 | 2 | M4 |
| 21 | Szewczyk Sławomir | LUKS Burza Rogi | 71 | M | 239 | 0:24:34 | 21 | 7 | M3 |
| 22 | Kandyba Ruslan | Ukraina | 81 | M | 106 | 0:24:36 | 22 | 8 | M2 |
| 23 | Nieżgoda Marcin | KKB Mosir Krosno | 90 | M | 29 | 0:24:40 | 23 | 6 | M1 |
| 24 | Podolak Mirosław | MKKS Halicz Ustrzyki Dolne | 89 | M | 144 | 0:24:50 | 24 | 7 | M1 |
| 25 | BRZESKI Piotr | UKS RYTER RYTRO | 64 | M | 168 | 0:24:54 | 25 | 3 | M4 |
| 26 | BURZA BARTOSZ | RZESZÓW | 89 | M | 170 | 0:24:58 | 26 | 8 | M1 |
| 27 | Muszyński Filip | LUKS Burza Rogi | 91 | M | 237 | 0:25:04 | 27 | 9 | M1 |
| 28 | BUŻNIAK ARKADIUSZ | KS CHRUŚNICA AZS PWSZ | 87 | M | 169 | 0:25:10 | 28 | 9 | M2 |
| 29 | SMOLAK PIOTR | NAFTA GAZ KRAKÓW | 61 | M | 196 | 0:25:17 | 29 | 4 | M4 |
| 30 | MAKARA MARIAN | BSK BARDEJOW | 73 | M | 255 | 0:25:19 | 30 | 8 | M3 |
| 31 | WÓJCIK SZYMON | CWKS RESOVIA RZESZÓW | 90 | M | 64 | 0:25:24 | 31 | 10 | M1 |
| 32 | Salevich Volha | Białoruś | 83 | K | 105 | 0:25:32 | 1 | 1 | K2 |
| 33 | Kielar Mateusz | KKB Mosir Krosno | 93 | M | 37 | 0:25:34 | 32 | 11 | M1 |
| 34 | POCIECHA TOMASZ | ULKS LIPINKI | 88 | M | 60 | 0:25:37 | 33 | 12 | M1 |
| 35 | PELCZAR MATEUSZ | CWKS RESOVIA RZESZÓW | 90 | M | 63 | 0:25:39 | 34 | 13 | M1 |
| 36 | JAKUBASZEK DAWID | JM BARDEJOW | 82 | M | 86 | 0:25:41 | 35 | 10 | M2 |
| 37 | Kopaczyński Artur | CWKS Resovia Rzeszów | 90 | M | 103 | 0:25:43 | 36 | 14 | M1 |
| 38 | MIKULASZ URABEL | URANOV | 59 | M | 124 | 0:25:52 | 37 | 5 | M4 |
| 39 | Cecula Piotr | | 88 | M | 68 | 0:25:55 | 38 | 15 | M1 |
| 40 | MICHALSKI ANDRZEJ | SGMM SANOK | 59 | M | 129 | 0:25:58 | 39 | 6 | M4 |
| 41 | JAKIEŁA MICHAŁ | LUBATOWA | 89 | M | 165 | 0:25:59 | 40 | 16 | M1 |
| 42 | GOLONKA MATEUSZ | ULKS TECHNIK TRZCINICA | 89 | M | 76 | 0:26:01 | 41 | 17 | M1 |
| 43 | SMETANA MIROSŁAW | MEDZILABORCE | 64 | M | 167 | 0:26:08 | 42 | 7 | M4 |
| 44 | KOSIŃSKI DANIEL | ULKS LIPINKI | 92 | M | 56 | 0:26:11 | 43 | 18 | M1 |
| 45 | KOŚ ADAM | KKB MOSIR Krosno | 82 | M | 90 | 0:26:14 | 44 | 11 | M2 |
| 46 | WOJNA ANNA | ULKS LIPINKI | 86 | K | 54 | 0:26:14 | 2 | 2 | K2 |
| 47 | Czubska Marta | KKB Mosir Krosno | 82 | K | 11 | 0:26:16 | 3 | 3 | K2 |
| 48 | Wolański Przemysław | lwonicz Zdrój | 88 | M | 301 | 0:26:22 | 45 | 19 | M1 |

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|-----|-----------------------|------------------------------|----|---|-----|---------|----|----|----|
| 49 | Laskowski Sławomir | KKB Mosir Krosno | 74 | M | 20 | 0:26:23 | 46 | 9 | M3 |
| 50 | ZYGMUNT MONIKA | RZESZÓW | 81 | K | 173 | 0:26:24 | 4 | 4 | K2 |
| 51 | BIK MARCIN | KKB MOSIR Krosno | 79 | M | 88 | 0:26:35 | 47 | 12 | M2 |
| 52 | DEMSKI IVAN | BARDEJOW | 57 | M | 253 | 0:26:36 | 48 | 1 | M5 |
| 53 | Śmietana Wojciech | Jasło | 88 | M | 208 | 0:26:38 | 49 | 20 | M1 |
| 54 | MURDZIK JAN | IPA PRESZOW | 66 | M | 186 | 0:26:38 | 49 | 8 | M4 |
| 55 | DROŹDZIAK PAWEŁ | IPA NYSA | 77 | M | 195 | 0:26:41 | 50 | 10 | M3 |
| 56 | Niepokój Józef | PGNIG Sanok-Wrocanka | 58 | M | 213 | 0:26:42 | 51 | 9 | M4 |
| 57 | Czernij Grzegorz | KKB Mosir Krosno | 86 | M | 27 | 0:26:44 | 52 | 13 | M2 |
| 58 | Rodak Patryk | KKB Mosir Krosno | 86 | M | 28 | 0:26:45 | 53 | 14 | M2 |
| 59 | Żabski Bartosz | MKKS Halicz Ustrzyki Dolne | 90 | M | 143 | 0:26:46 | 54 | 21 | M1 |
| 60 | Bajda Dawid | MKKS Halicz Ustrzyki Dolne | 91 | M | 141 | 0:26:47 | 55 | 22 | M1 |
| 61 | CEPIGA BOHUN | BSK BARDEJOW | 73 | M | 254 | 0:26:51 | 56 | 11 | M3 |
| 62 | Zatorska Izabela | Wrocanka | 62 | K | 241 | 0:26:57 | 5 | 1 | K3 |
| 63 | Parklak Tomasz | Jasionka | 89 | M | 94 | 0:27:01 | 57 | 23 | M1 |
| 64 | Walaszczyk Wojciech | Jasło "HABYS" | 71 | M | 222 | 0:27:02 | 58 | 12 | M3 |
| 65 | Parklak Paweł | Jasionka | 88 | M | 93 | 0:27:03 | 59 | 24 | M1 |
| 66 | Petrova Oksana | Ukraina | 70 | K | 112 | 0:27:04 | 6 | 2 | K3 |
| 67 | CZAMARA WOJCIECH | UKS GROTTGER GRYBÓW | 82 | M | 87 | 0:27:07 | 60 | 15 | M2 |
| 68 | Póchlópek Dawid | KKB Mosir Krosno | 91 | M | 38 | 0:27:08 | 61 | 25 | M1 |
| 69 | Michalec Marcin | KKB Mosir Krosno | 88 | M | 43 | 0:27:17 | 62 | 26 | M1 |
| 70 | Madejczyk Łukasz | KKB Mosir Krosno | 90 | M | 46 | 0:27:29 | 63 | 27 | M1 |
| 71 | GLEŃ ROBERT | MUKS PODKARPACIE JEDLICZE | 76 | M | 264 | 0:27:41 | 64 | 13 | M3 |
| 72 | Gazda Mariusz | Krosno | 71 | M | 249 | 0:27:49 | 65 | 14 | M3 |
| 73 | SROKA WOJCIECH | TRZEBOWISKO | 78 | M | 252 | 0:27:50 | 66 | 16 | M2 |
| 74 | Żołnierczyk Piotr | SGMM Sanok | 81 | M | 150 | 0:27:55 | 67 | 17 | M2 |
| 75 | Janik Tomasz | Klub LKS Ogień | 67 | M | 73 | 0:28:03 | 68 | 10 | M4 |
| 76 | Armaciński Patryk | MKKS Halicz Ustrzyki Dolne | 92 | M | 140 | 0:28:05 | 69 | 28 | M1 |
| 77 | CZADO MACIEJ | AZS PWSZ KROSNO | 86 | M | 175 | 0:28:09 | 70 | 18 | M2 |
| 78 | ŚLEMP DARIUSZ | RZESZÓW | 88 | M | 174 | 0:28:10 | 71 | 29 | M1 |
| 79 | Zięba Daniel | KKB Mosir Krosno | 89 | M | 40 | 0:28:11 | 72 | 30 | M1 |
| 80 | WÓJCIK SEBASTIAN | KROSNO | 77 | M | 200 | 0:28:12 | 73 | 15 | M3 |
| 81 | Nęcza Sławomira | Kraków | 72 | K | 146 | 0:28:12 | 7 | 3 | K3 |
| 82 | Wacławska Natalia | MKKS Halicz Ustrzyki Dolne | 91 | K | 135 | 0:28:13 | 8 | 1 | K1 |
| 83 | IGOR PRIBULA | URANOV | 62 | M | 123 | 0:28:24 | 74 | 11 | M4 |
| 84 | ZATORSKA DANUTA | ROPCZYCE | 67 | K | 120 | 0:28:25 | 9 | 4 | K3 |
| 85 | Samolewicz Janusz | Rzeszów-Jandlopex | 55 | M | 214 | 0:28:27 | 75 | 2 | M5 |
| 86 | DUDEK ZYGMUNT | IPA RZESZÓW | 78 | M | 179 | 0:28:33 | 76 | 19 | M2 |
| 87 | Wacławska Anita | MKKS Halicz Ustrzyki Dolne | 89 | K | 134 | 0:28:34 | 10 | 2 | K1 |
| 88 | BARNAŚ DARIUSZ | LKS JAŻWINA | 77 | M | 117 | 0:28:36 | 77 | 16 | M3 |
| 89 | WĄCHAŁA RAFAŁ | WOJASZÓWKA | 87 | M | 280 | 0:28:37 | 78 | 20 | M2 |
| 90 | LULA JAROSŁAW | Komenda Pow. Staży Poż Jasło | 74 | M | 274 | 0:28:38 | 79 | 17 | M3 |
| 91 | Rębiasz Leszek | Nowy Sącz | 55 | M | 216 | 0:28:41 | 80 | 3 | M5 |
| 92 | Sarna Stanisław | Leśniówka | 86 | M | 242 | 0:28:43 | 81 | 21 | M2 |
| 93 | SZLEZAK MATYLDA | RZESZÓW | 89 | K | 172 | 0:28:44 | 11 | 3 | K1 |
| 94 | Tomkiewicz Bartłomiej | KKB Mosir Krosno | 74 | M | 21 | 0:28:49 | 82 | 18 | M3 |
| 95 | JAN ROVNAK | URANOV | 77 | M | 125 | 0:28:54 | 83 | 19 | M3 |
| 96 | ISKRZYCKA BOŻENA | HALICZ USTRZYKI DOLNE | 71 | K | 65 | 0:28:57 | 12 | 5 | K3 |
| 97 | Kędziński Mateusz | KKB Mosir Krosno | 89 | M | 41 | 0:29:02 | 84 | 31 | M1 |
| 98 | Laskowski Hubert | KKB Mosir Krosno | 71 | M | 19 | 0:29:04 | 85 | 20 | M3 |
| 99 | MOCHNACKI JAN | JM BARDEJOW | 64 | M | 85 | 0:29:13 | 86 | 12 | M4 |
| 100 | Chodor Mariusz | Złotoryja | 79 | M | 227 | 0:29:17 | 87 | 22 | M2 |
| 101 | Wydarty Henryk | KKB Mosir Krosno | 57 | M | 16 | 0:29:19 | 88 | 4 | M5 |
| 102 | SZUBERT PIOTR | IPA RZESZÓW | 78 | M | 177 | 0:29:24 | 89 | 23 | M2 |
| 103 | Brzozowski Leszek | Maraton Gorlice | 55 | M | 303 | 0:29:24 | 89 | 5 | M5 |
| 104 | PASTERCZYK DAMIAN | MUKS PODKARPACIE JEDLICZE | 92 | M | 164 | 0:29:25 | 90 | 32 | M1 |
| 105 | Fedak Grzegorz | SGMM Sanok | 78 | M | 130 | 0:29:26 | 91 | 24 | M2 |
| 106 | KULKA SZYMON | ULKS LIPINKI | 93 | M | 58 | 0:29:30 | 92 | 33 | M1 |
| 107 | SZUREK SŁAWOMIR | ULKS LIPINKI | 93 | M | 57 | 0:29:44 | 93 | 34 | M1 |
| 108 | Bystrzycki Piotr | Krosno | 75 | M | 248 | 0:29:46 | 94 | 21 | M3 |
| 109 | NIERODA IWONA | RZESZÓW | 90 | K | 171 | 0:29:51 | 13 | 4 | K1 |

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| 110 | Hućko Władysław | Biegaj z Nami | 63 | M | 226 | 0:29:56 | 95 | 13 | M4 |
| 111 | Majer Igor | MKKS Halicz Ustrzyki Dolne | 94 | M | 139 | 0:30:06 | 96 | 35 | M1 |
| 112 | Turek Robert | Jasionka | 85 | M | 99 | 0:30:15 | 97 | 25 | M2 |
| 113 | Żyłka-Reut Anita | SGMM Sanok | 78 | K | 131 | 0:30:15 | 14 | 5 | K2 |
| 114 | Głód Paweł | ULKS Huragan | 91 | M | 157 | 0:30:17 | 98 | 36 | M1 |
| 115 | BARNA RADOSŁAW | IPA PRESZOW | 70 | M | 188 | 0:30:19 | 99 | 22 | M3 |
| 116 | Błaszczyc Stanisław | Krosno | 56 | M | 228 | 0:30:21 | 100 | 6 | M5 |
| 117 | Guzik Bogdam | Fantastic Sport Krosno | 66 | M | 283 | 0:30:24 | 101 | 14 | M4 |
| 118 | Bobusia Sławomir | KKB Mosir Krosno | 89 | M | 51 | 0:30:32 | 102 | 37 | M1 |
| 119 | Stasik Natalia | Chyrowa | 87 | K | 243 | 0:30:34 | 15 | 6 | K2 |
| 120 | Kolyanovskyy Anatolij | Ukraina | 42 | M | 108 | 0:30:36 | 103 | 1 | M6 |
| 121 | Jakubczyk Paweł | LUKS Burza Rogi | 95 | M | 236 | 0:30:37 | 104 | 38 | M1 |
| 122 | Bil Piotr | KKB Mosir Krosno | 72 | M | 13 | 0:30:38 | 105 | 23 | M3 |
| 123 | DASZYK MARIAN | UKS GÓRNIK STRACHONCINA | 61 | M | 258 | 0:30:38 | 105 | 15 | M4 |
| 124 | PASTERCZYK DARIUSZ | KKB MOSIR KROSNO | 73 | M | 180 | 0:30:39 | 106 | 24 | M3 |
| 125 | Paryś Piotr | Jasło | 66 | M | 223 | 0:31:03 | 107 | 16 | M4 |
| 126 | Niezgoda Rafał | KKB Mosir Krosno | 91 | M | 30 | 0:31:06 | 108 | 39 | M1 |
| 127 | Gierlicki Łukasz | KKB Mosir Krosno | 84 | M | 42 | 0:31:06 | 108 | 26 | M2 |
| 128 | DZIEDZIAK MAREK | GORLICE | 65 | M | 127 | 0:31:11 | 109 | 17 | M4 |
| 129 | Ópałka Paweł | Jasło | 83 | M | 224 | 0:31:12 | 110 | 27 | M2 |
| 130 | Wacnik Janusz | Rzeszów | 67 | M | 221 | 0:31:12 | 110 | 18 | M4 |
| 131 | Cetnarowicz Roman | Gorlice | 66 | M | 71 | 0:31:17 | 111 | 19 | M4 |
| 132 | Zabielski Waldemar | Gamrat Jasło | 65 | M | 207 | 0:31:24 | 112 | 20 | M4 |
| 133 | Pałka Robert | Lesko | 67 | M | 149 | 0:31:27 | 113 | 21 | M4 |
| 134 | Terlecka Wydarty Zofia | KKB Mosir Krosno | 56 | K | 15 | 0:31:30 | 16 | 6 | K3 |
| 135 | JAMRO LEOPOLD | GORLICE | 42 | M | 128 | 0:31:31 | 114 | 2 | M6 |
| 136 | MUSSUR HENRYK | | 52 | M | 52 | 0:31:33 | 115 | 7 | M5 |
| 137 | Urban Ireneusz | KKB Mosir Krosno | 71 | M | 12 | 0:31:37 | 116 | 25 | M3 |
| 138 | Frydrych Dariusz | KKB Mosir Krosno | 69 | M | 4 | 0:31:38 | 117 | 26 | M3 |
| 139 | RADWAN ALBERT | IPA RZESZÓW | 66 | M | 176 | 0:31:44 | 118 | 22 | M4 |
| 140 | MICHALSKI RAFAŁ | JAWORZNO | 75 | M | 251 | 0:31:47 | 119 | 27 | M3 |
| 141 | Figa Ryszard | Maraton Gorlice | 58 | M | 304 | 0:31:50 | 120 | 23 | M4 |
| 142 | ZIOBRO PIOTR | WÓLKA PODLEŚNA | 88 | M | 275 | 0:31:51 | 121 | 40 | M1 |
| 143 | WIŚNIEWSKI ADAM | DĘBICA | 71 | M | 279 | 0:31:51 | 121 | 28 | M3 |
| 144 | Cetnarowicz Rafał | ULKS Lipinki | 92 | M | 72 | 0:31:52 | 122 | 41 | M1 |
| 145 | Mróz Kacper | KKB Mosir Krosno | 84 | M | 24 | 0:31:54 | 123 | 28 | M2 |
| 146 | MARAS LADISLAW | IPA PRESZOW | 63 | M | 183 | 0:31:54 | 123 | 24 | M4 |
| 147 | BLAWAJDER ZENON | KOMBORNIA | 59 | M | 265 | 0:31:55 | 124 | 25 | M4 |
| 148 | WYDERKA DAMIAN | KKB MOSIR KROSNO | 82 | M | 77 | 0:31:57 | 125 | 29 | M2 |
| 149 | GORZYCA TOMASZ | GŁOWIENKA | 73 | M | 278 | 0:32:01 | 126 | 29 | M3 |
| 150 | Kukulski Sławomir | KKB Mosir Krosno | 74 | M | 17 | 0:32:03 | 127 | 30 | M3 |
| 151 | Niezgoda Antoni | KKB Mosir Krosno | 46 | M | 6 | 0:32:08 | 128 | 3 | M6 |
| 152 | Krupskyy Vasyl | Ukraina | 40 | M | 113 | 0:32:11 | 129 | 4 | M6 |
| 153 | Oleksyk Grzegorz | MKKS Halicz Ustrzyki Dolne | 60 | M | 145 | 0:32:12 | 130 | 26 | M4 |
| 154 | MALISZ SZYMON | IPA KATOWICE | 84 | M | 194 | 0:32:13 | 131 | 30 | M2 |
| 155 | Rachwał Robert | Karpaty Krosno | 93 | M | 286 | 0:32:15 | 132 | 42 | M1 |
| 156 | Milczanowski Damian | Czeladź | 88 | M | 74 | 0:32:19 | 133 | 43 | M1 |
| 157 | Stępień Konrad | Lublin | 79 | M | 218 | 0:32:21 | 134 | 31 | M2 |
| 158 | Rachwał Bogdan | Korczyn | 67 | M | 285 | 0:32:23 | 135 | 27 | M4 |
| 159 | Nawrocki Jerzy | Krosno | 72 | M | 250 | 0:32:24 | 136 | 31 | M3 |
| 160 | Sulowska Iwona | LUKS Burza Rogi | 89 | K | 232 | 0:32:25 | 17 | 5 | K1 |
| 161 | RACHWAŁ KAMIL | KROSNO | 90 | M | 270 | 0:32:26 | 137 | 44 | M1 |
| 162 | OLENIACZ PAWEŁ | NIEBOCKO | 88 | M | 267 | 0:32:30 | 138 | 45 | M1 |
| 163 | MATIAN DUSAN | IPA PRESZOW | 69 | M | 184 | 0:32:34 | 139 | 32 | M3 |
| 164 | Głód Grzegorz | ULKS Huragan | 87 | M | 154 | 0:32:36 | 140 | 32 | M2 |
| 165 | SZCZEPEK DAMIAN | SPARTANIA ZAHUTYŃ | 88 | M | 257 | 0:32:37 | 141 | 46 | M1 |
| 166 | URBAM WIKTOR | KKB MOSIR KROSNO | 73 | M | 182 | 0:32:40 | 142 | 33 | M3 |
| 167 | Katan Wacław | KKB Mosir Krosno | 55 | M | 25 | 0:32:43 | 143 | 8 | M5 |
| 168 | Liwacz Łukasz | ULKS Huragan | 87 | M | 158 | 0:32:48 | 144 | 33 | M2 |
| 169 | Poreba Włodzimierz | Maraton Gorlice | 62 | M | 302 | 0:32:51 | 145 | 28 | M4 |
| 170 | PARILAK GERARD | MICHALOWICE | 43 | M | 80 | 0:32:52 | 146 | 5 | M6 |

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| 171 | PYSIEWICZ KRZYSZTOF | IPA KATOWICE | 57 | M | 193 | 0:32:53 | 147 | 9 | M5 |
| 172 | Walczak Marcin | Wisłoka Nowy Żmigród | 90 | M | 100 | 0:33:04 | 148 | 47 | M1 |
| 173 | Szymków Henryk | Agroma Rzeszów | 50 | M | 219 | 0:33:05 | 149 | 10 | M5 |
| 174 | BIELEŃ ŁUKASZ | KROSNO | 89 | M | 269 | 0:33:19 | 150 | 48 | M1 |
| 175 | EKIERT KONRAD | WISŁOK KROŚCIENKO WYŻ | 95 | M | 272 | 0:33:22 | 151 | 49 | M1 |
| 176 | DASZYK PRZEMYSŁAW | UKS GÓRNIK STRACHONCINA | 92 | M | 260 | 0:33:23 | 152 | 50 | M1 |
| 177 | SZYSZLAK KAMIL | ULKS HURAGAN JASIONKA | 91 | M | 91 | 0:33:25 | 153 | 51 | M1 |
| 178 | Lachowski Patryk | MKKS Halicz Ustrzyki Dolne | 94 | M | 138 | 0:33:26 | 154 | 52 | M1 |
| 179 | Stadnicka Iwona | MKKS Halicz Ustrzyki Dolne | 92 | K | 136 | 0:33:27 | 18 | 6 | K1 |
| 180 | TOMECKO JÓZEF | IPA PRESZOW | 53 | M | 189 | 0:33:28 | 155 | 11 | M5 |
| 181 | EKIERT GABRYIELA | WISŁOK KROŚCIENKO WYŻ | 94 | K | 271 | 0:33:29 | 19 | 7 | K1 |
| 182 | Mrocza Łukasz | Jasionka | 92 | M | 95 | 0:33:39 | 156 | 53 | M1 |
| 183 | SZMYD RAFAŁ | KORCZYNA | 88 | M | 281 | 0:33:46 | 157 | 54 | M1 |
| 184 | LIS ROBERT | KORCZYNA | 64 | M | 268 | 0:33:47 | 158 | 29 | M4 |
| 185 | Stech Joanna | Gorlice | 62 | K | 202 | 0:33:51 | 20 | 7 | K3 |
| 186 | Oleksyk Małgorzata | MKKS Halicz Ustrzyki Dolne | 62 | K | 133 | 0:33:55 | 21 | 8 | K3 |
| 187 | Głod Mirosław | Krosno | 89 | M | 231 | 0:33:57 | 159 | 55 | M1 |
| 188 | WALCZYK ANDRZEJ | PSP JASŁO | 62 | M | 162 | 0:34:05 | 160 | 30 | M4 |
| 189 | Zalisko Oksana | Ukraina | 56 | K | 110 | 0:34:06 | 22 | 9 | K3 |
| 190 | Głód Łukasz | ULKS Huragan | 90 | M | 155 | 0:34:11 | 161 | 56 | M1 |
| 191 | Urbanek Artur | | 89 | M | 67 | 0:34:12 | 162 | 57 | M1 |
| 192 | Dybaś Jerzy | Jasło | 61 | M | 225 | 0:34:17 | 163 | 31 | M4 |
| 193 | WOŹNIAK PIATRYK | UKS GÓRNIK STRACHONCINA | 92 | M | 261 | 0:34:24 | 164 | 58 | M1 |
| 194 | Grabska Renata | AZS Pol.Rzeszów | 50 | K | 212 | 0:34:32 | 23 | 10 | K3 |
| 195 | ZIMA MARCIN | KROSNO | 77 | M | 119 | 0:34:34 | 165 | 34 | M3 |
| 196 | Rachwał Aneta | Korczyna | 91 | K | 284 | 0:34:38 | 24 | 8 | K1 |
| 197 | Serafin Jacek | Rzeszów | 72 | M | 230 | 0:34:41 | 166 | 35 | M3 |
| 198 | SZYDEŁKO KRZYSZTOF | KROSNO | 90 | M | 198 | 0:34:44 | 167 | 59 | M1 |
| 199 | Zalesko Magdalena | Dominikowice | 77 | K | 201 | 0:34:51 | 25 | 11 | K3 |
| 200 | Dybaś Jacek | Gamrat Jasło | 84 | M | 205 | 0:34:56 | 168 | 34 | M2 |
| 201 | LESKO FRANCISZEK | IPA PRESZOW | 67 | M | 185 | 0:34:59 | 169 | 32 | M4 |
| 202 | PATLEWICZ PAWEŁ | SÓPER STÓDĘT | 82 | M | 118 | 0:35:04 | 170 | 35 | M2 |
| 203 | BRZOZOWSKI MAREK | SÓPER STÓDĘT | 83 | M | 262 | 0:35:05 | 171 | 36 | M2 |
| 204 | BEŁCH TOMASZ | SÓPER STÓDĘT | 83 | M | 263 | 0:35:05 | 171 | 36 | M2 |
| 205 | Warchoł Krzysztof | AZS PWSZ Krosno | 69 | M | 69 | 0:35:06 | 172 | 36 | M3 |
| 206 | Fic Mariusz | KKB Mosir Krosno | 68 | M | 10 | 0:35:09 | 173 | 37 | M3 |
| 207 | URBAN JÓZEF | KKB MOSIR KROSNO | 58 | M | 181 | 0:35:10 | 174 | 33 | M4 |
| 208 | Podobiński Dawid | Gorlice | 82 | M | 206 | 0:35:39 | 175 | 37 | M2 |
| 209 | Orłowska Marta | MKKS Halicz Ustrzyki Dolne | 93 | K | 137 | 0:35:45 | 26 | 9 | K1 |
| 210 | JAJEŚNICA MARIAN | JEDLICZE | 53 | M | 160 | 0:36:05 | 176 | 12 | M5 |
| 211 | WALCZYK MATEUSZ | PSP JASŁO | 86 | M | 163 | 0:36:15 | 177 | 38 | M2 |
| 212 | LANDA EMIL | IPA KROSNO | 66 | M | 276 | 0:36:27 | 178 | 34 | M4 |
| 213 | WÓJCIK KRZYSZTOF | KROSCIENKO WYRZNE | 88 | M | 191 | 0:36:28 | 179 | 60 | M1 |
| 214 | Kogut Damian | Jasionka | 95 | M | 97 | 0:36:29 | 180 | 61 | M1 |
| 215 | ŁUKASZCZYK Honorata | ULKS LIPINKI | 92 | K | 55 | 0:36:40 | 27 | 10 | K1 |
| 216 | ŚWIERZOWSKI TOMASZ | ULKS LIPINKI | 73 | M | 61 | 0:36:41 | 181 | 38 | M3 |
| 217 | Bobusia Waclaw | KKB Mosir Krosno | 61 | M | 5 | 0:36:46 | 182 | 35 | M4 |
| 218 | KUSAJ TOMASZ | DĘBICA | 63 | M | 199 | 0:36:49 | 183 | 36 | M4 |
| 219 | JĘDRZEJCZYK ALEKSANDRA | | 90 | K | 53 | 0:36:57 | 28 | 11 | K1 |
| 220 | BARSZCZ AGNIESZKA | GORLICE | 76 | M | 166 | 0:37:05 | 184 | 39 | M3 |
| 221 | Jakieta Rafał | ULKS Huragan | 92 | M | 92 | 0:37:06 | 185 | 62 | M1 |
| 222 | Wójcik Krzysztof | Tułowice | 88 | M | 229 | 0:37:08 | 186 | 63 | M1 |
| 223 | GALANT MARCIN | UKS GÓRNIK STRACHONCINA | 90 | M | 259 | 0:37:09 | 187 | 64 | M1 |
| 224 | JAŻWIECKI STANISŁAW | WISŁOK KROŚCIENKO WYŻ | 95 | M | 273 | 0:37:20 | 188 | 65 | M1 |
| 225 | Cetnarowicz Czesław | Gorlice | 41 | M | 70 | 0:37:24 | 189 | 6 | M6 |
| 226 | Zajdel Tomasz | Krosno | 69 | M | 246 | 0:37:26 | 190 | 40 | M3 |
| 227 | Niezgoda Joanna | KKB Mosir Krosno | 90 | K | 31 | 0:37:42 | 29 | 12 | K1 |
| 228 | Pytel Sara | KKB Mosir Krosno | 90 | K | 32 | 0:37:43 | 30 | 13 | K1 |
| 229 | BAJGER KAMIL | ŁĘŻANY | 89 | M | 89 | 0:37:44 | 191 | 66 | M1 |
| 230 | Niziołek Paulina | KKB Mosir Krosno | 90 | K | 35 | 0:37:44 | 31 | 14 | K1 |
| 231 | Śmieżek Patrycja | KKB Mosir Krosno | 90 | K | 33 | 0:37:45 | 32 | 15 | K1 |

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|-----|-----------------------|-----------------------------|----|---|-----|---------|-----|----|----|
| 232 | Jordan Marek | KKB Mosir Krosno | 51 | M | 1 | 0:37:46 | 192 | 13 | M5 |
| 233 | SEKUŁA PIOTR | CHORKÓWKA | 91 | M | 266 | 0:37:51 | 193 | 67 | M1 |
| 234 | WIZNER CZESŁAW | IPA KATOWICE | 54 | M | 192 | 0:38:04 | 194 | 14 | M5 |
| 235 | Wietecha Rafał | KKB Mosir Krosno | 72 | M | 23 | 0:38:07 | 195 | 41 | M3 |
| 236 | Mendelowski Krzysztof | Krosno | 67 | M | 247 | 0:38:07 | 195 | 37 | M4 |
| 237 | Frej Stanisław | Sparta Draganowa | 51 | M | 147 | 0:38:12 | 196 | 15 | M5 |
| 238 | Kucharski Mateusz | Jasionka | 95 | M | 98 | 0:38:14 | 197 | 68 | M1 |
| 239 | Groszyk Michał | Krosno | 90 | M | 159 | 0:38:14 | 197 | 68 | M1 |
| 240 | BARDIOVSKY OTTO | BARDEJOW | 41 | M | 256 | 0:38:15 | 198 | 7 | M6 |
| 241 | Twardzik Rafał | Jasionka | 95 | M | 96 | 0:38:22 | 199 | 69 | M1 |
| 242 | FURGAL JUSTYNA | STARA JASTRZĄBKA | 92 | K | 115 | 0:38:22 | 33 | 16 | K1 |
| 243 | Wiącek Marcin | Jasło JSC | 79 | M | 217 | 0:38:34 | 200 | 39 | M2 |
| 244 | Wodziński Bartłomiej | Jedlicze | 92 | M | 148 | 0:38:39 | 201 | 70 | M1 |
| 245 | Moskal Andrzej | Biecz | 54 | M | 203 | 0:38:44 | 202 | 16 | M5 |
| 246 | Krokowski Wojciech | ZSE Jasło | 53 | M | 282 | 0:38:44 | 202 | 16 | M5 |
| 247 | Zmarz Joanna | Krosno | 91 | K | 240 | 0:39:04 | 34 | 17 | K1 |
| 248 | Zajdel Jakub | Krosno | 94 | M | 245 | 0:39:19 | 203 | 71 | M1 |
| 249 | FURTEK SŁAWOMIR | IPA KROSNO | 81 | M | 277 | 0:39:24 | 204 | 40 | M2 |
| 250 | Wacnik Jadwiga | Rzeszów | 68 | K | 220 | 0:39:31 | 35 | 12 | K3 |
| 251 | Kasperkowicz Rafał | KKB Mosir Krosno | 92 | M | 36 | 0:39:37 | 205 | 72 | M1 |
| 252 | Kasperkowicz Kamil | KKB Mosir Krosno | 97 | M | 211 | 0:39:38 | 206 | 1 | 0 |
| 253 | Kasperkowicz Edward | KKB Mosir Krosno | 66 | M | 7 | 0:39:39 | 207 | 38 | M4 |
| 254 | Szczepanik Szymon | LUKS Burza Rogi | 95 | M | 235 | 0:39:56 | 208 | 73 | M1 |
| 255 | PIETRASZEWSKA MARTA | DĄBŹDZARY | 79 | K | 116 | 0:40:06 | 36 | 7 | K2 |
| 256 | SANECKA MAŁGORZATA | IPA RZESZÓW | 74 | K | 178 | 0:40:24 | 37 | 13 | K3 |
| 257 | Uliasz Paula | LUKS Burza Rogi | 94 | K | 234 | 0:40:33 | 38 | 18 | K1 |
| 258 | Uliasz Anna | LUKS Burza Rogi | 94 | K | 233 | 0:40:34 | 39 | 19 | K1 |
| 259 | Guzik Waclaw | KKB Mosir Krosno | 59 | M | 3 | 0:41:10 | 209 | 39 | M4 |
| 260 | Krajewska Mariola | Sanok | 90 | M | 153 | 0:41:27 | 210 | 74 | M1 |
| 261 | Szpakiewicz Joanna | Sanok | 90 | K | 152 | 0:41:52 | 40 | 20 | K1 |
| 262 | Pierzkiewicz Maciej | Długie | 88 | M | 102 | 0:42:30 | 211 | 75 | M1 |
| 263 | SZCZUCIŃSKI PIOTR | JANUSZKOWICE | 88 | M | 121 | 0:42:34 | 212 | 76 | M1 |
| 264 | Kondyjowski Piotr | Rymanów | 87 | M | 101 | 0:42:35 | 213 | 41 | M2 |
| 265 | KRUKAR WOJCIECH | STUDENT PWSZ | 87 | M | 62 | 0:42:45 | 214 | 42 | M2 |
| 266 | Górski Paweł | Krosno | 88 | M | 215 | 0:42:58 | 215 | 77 | M1 |
| 267 | LANDA PRZEMYSŁAW | GŁOJSCE | 87 | M | 161 | 0:43:32 | 216 | 43 | M2 |
| 268 | Malik Piotr | ULKS Huragan | 95 | M | 156 | 0:43:57 | 217 | 78 | M1 |
| 269 | Labartkawa Larisa | Ukraina | 49 | K | 107 | 0:44:06 | 41 | 14 | K3 |
| 270 | BABIN IWAN | IPA PRESZOW | 69 | M | 187 | 0:44:30 | 218 | 42 | M3 |
| 271 | BUDZIAK BRANISŁAW | IPA PRESZOW | 65 | M | 190 | 0:44:31 | 219 | 40 | M4 |
| 272 | Veklych Olena | Ukraina | 59 | K | 111 | 0:44:37 | 42 | 15 | K3 |
| 273 | BIL IZABELLA | KKB MOSIR KROSNO | 95 | K | 79 | 0:45:09 | 43 | 21 | K1 |
| 274 | GŁĄBOWICZ RYSZARD | ZDREMBUD inż. WOŹNIAK JASŁO | 38 | M | 75 | 0:53:23 | 220 | 8 | M6 |
| 275 | JAJKO WIESŁAW MICHAŁ | JASŁO | 54 | M | 122 | 0:57:51 | 221 | 17 | M5 |
| 276 | Karasova Nadiya | Ukraina | 47 | K | 109 | | NU | | K3 |