

VII Smolecka (za)Dyszka

Organizator: Towarzystwo Przyjaciół Smolca
 Miejsowość i data: Smolec, 08.06.2019
 Klasyfikacja: Bieg 10 km

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejsowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|------------------------|---------|---|-------------|------------|-------|---|----|-----------|------------|---------|---------|----------|----------|-----------|
| 1 | 454 | POL | Veretsyi Pavlo | 1985 | Donetske | 00:31:36 | 00:31:36 | 03:09 | | 1 | PK/M30 | | | | | | |
| 2 | 300 | POL | Putyra Adam | 1983 | KFC Runner / Wroclawskie Iten, Wroclaw | 00:31:46 | 00:31:45 | 03:10 | | 2 | PK/M30 | | | | | | |
| 3 | 417 | POL | Witek Andrzej | 1992 | 140minut.pl / Wroclawskie Iten, Wroclaw | 00:32:42 | 00:32:42 | 03:16 | | 3 | PK/M20 | | | | | | |
| 4 | 2 | POL | Sobas Jacek | 1985 | #SobasTeam, Kędzierzyn-Koźle | 00:34:00 | 00:33:59 | 03:23 | | 4 | 1/M30 | | | | | | |
| 5 | 83 | POL | Fedorowicz Jacek | 1970 | KB Vamos Amigos Wroclaw, Wroclaw | 00:34:57 | 00:34:56 | 03:29 | | 5 | 1/M40 | | | | | | |
| 6 | 475 | POL | Białobrzewski Sławomir | 1979 | Kielczów | 00:35:27 | 00:35:26 | 03:32 | | 6 | 2/M40 | | | | | | |
| 7 | 285 | POL | Pisarek Maciej | 1978 | Łozina | 00:35:42 | 00:35:40 | 03:34 | | 7 | 3/M40 | | | | | | |
| 8 | 62 | POL | Czarnota Dariusz | 1989 | Wschowa | 00:36:43 | 00:36:42 | 03:40 | | 8 | 2/M30 | | | | | | |
| 9 | 384 | POL | Szyska Michał | 1999 | Wroclaw | 00:37:03 | 00:37:03 | 03:42 | | 9 | 1/M20 | | | | | | |
| 10 | 473 | POL | Stępień Marcin | 1980 | Wroclaw | 00:37:14 | 00:37:11 | 03:43 | | 10 | 3/M30 | | | | | | |
| 11 | 333 | POL | Skudlarski Jakub | 1991 | CAPGEMINI, Wroclaw | 00:37:32 | 00:37:30 | 03:45 | | 11 | 2/M20 | | | | | | 1 |
| 12 | 407 | POL | Waszek Sławomir | 1980 | CAPGEMINI/KARKONOSZ RUNNING TEAM, Wroclaw | 00:37:45 | 00:37:43 | 03:46 | | 12 | 4/M30 | | | | | | 2 |
| 13 | 106 | POL | Gromala Krzysztof | 1981 | #SobasTeam, Świebodzice | 00:37:59 | 00:37:58 | 03:47 | | 13 | 5/M30 | | | 1 | | | |
| 14 | 209 | POL | Liszka Kamil | 1981 | Strzegomska Dwunastka, Jaroszew | 00:38:17 | 00:38:14 | 03:49 | | 14 | 6/M30 | | | | | | |
| 15 | 292 | POL | Prałat Arkadiusz | 1992 | #SobasTeam, Leszno | 00:38:30 | 00:38:30 | 03:51 | | 15 | 3/M20 | | | 2 | | | |
| 16 | 486 | POL | Valentyna Kiliarska | 1990 | Nikolaev | 00:38:42 | 00:38:41 | 03:52 | 1 | | PK/K20 | | | | | | |
| 17 | 232 | POL | Maźniewski Grzegorz | 1984 | ŚREDZCY BIEGACZE, Środa Śląska | 00:38:51 | 00:38:49 | 03:53 | | 16 | 7/M30 | | | | | | |
| 18 | 332 | POL | Skrzypczak Tomasz | 1985 | WKB Piast Wroclaw, Wroclaw | 00:38:58 | 00:38:57 | 03:53 | | 17 | 8/M30 | | | | | | |
| 19 | 296 | POL | Przybysławski Kamil | 1982 | 140minut.pl, Wroclaw | 00:39:00 | 00:38:55 | 03:53 | | 18 | 9/M30 | | | | | | |
| 20 | 271 | POL | Paczos Andrzej | 1996 | Karkonosz Running Team, Piechowice | 00:39:03 | 00:39:02 | 03:54 | | 19 | 4/M20 | | | | | | |
| 21 | 181 | POL | Krzętel Krzysztof | 1991 | Night Runners Wroclaw, Wisznia Mała | 00:39:11 | 00:39:09 | 03:55 | | 20 | 5/M20 | | | 1 | | | |
| 22 | 43 | POL | Chociaj Bartosz | 1979 | Vege Runners, Wroclaw | 00:39:26 | 00:39:25 | 03:56 | | 21 | 4/M40 | | | | | | |
| 23 | 124 | POL | Hnatiuk Michał | 1989 | Walbrzych | 00:39:29 | 00:39:26 | 03:56 | | 22 | 10/M30 | | | | | | |
| 24 | 322 | POL | Serafin Piotr | 1978 | Wołów | 00:39:35 | 00:39:33 | 03:57 | | 23 | 5/M40 | | | | | | |
| 25 | 302 | POL | Radecki Jakub | 1975 | Kubutek Running Team, Smolec | 00:39:35 | 00:39:34 | 03:57 | | 24 | 6/M40 | | 1 | | | | |
| 26 | 436 | POL | Wyligala Tomek | 1977 | Baranowice | 00:39:39 | 00:39:34 | 03:57 | | 25 | 7/M40 | | | | | | |
| 27 | 208 | POL | Liputa Emilia | 1995 | 140minut.pl, Wroclaw | 00:39:41 | 00:39:40 | 03:58 | 2 | | PK/K20 | | | | | | |
| 28 | 253 | POL | Noczeń Krzysztof | 1982 | Sadowice | 00:39:45 | 00:39:41 | 03:58 | | 26 | 11/M30 | | | | | | |
| 29 | 281 | POL | Pięta Marcin | 1987 | #SobasTeam, Wroclaw | 00:39:49 | 00:39:41 | 03:58 | | 27 | 12/M30 | | | 3 | | | |
| 30 | 17 | POL | Barowicz Zbigniew | 1973 | Maraton45plus, Wroclaw | 00:39:51 | 00:39:48 | 03:59 | | 28 | 8/M40 | | | | | | |
| 31 | 173 | POL | Kos Adrian | 1992 | DOTI Manufaktura/ZaDyszka Smolec, Smolec | 00:39:54 | 00:39:53 | 03:59 | | 29 | 6/M20 | | 2 | | | | |
| 32 | 262 | POL | Obstój Karolina | 1990 | #SobasTeam, Kielczów | 00:39:54 | 00:39:53 | 03:59 | 3 | | PK/K20 | | | 1 | | | |
| 33 | 40 | POL | Wenne Artur | 1972 | Krzepków | 00:40:03 | 00:40:02 | 04:00 | | 30 | 9/M40 | | | | | | |
| 34 | 492 | POL | Olawiński Karol | 1979 | TM Team, Kobierzyce | 00:40:03 | 00:39:59 | 04:00 | | 31 | 10/M40 | | | | | | |
| 35 | 138 | POL | Jaroszyk Mateusz | 1994 | Wysoka | 00:40:23 | 00:40:21 | 04:02 | | 32 | 7/M20 | | | | | | |
| 36 | 63 | POL | Czarny Jarosław | 1986 | #SobasTeam, Wroclaw | 00:40:27 | 00:40:20 | 04:02 | | 33 | 13/M30 | | | | | 4 | |
| 37 | 457 | POL | Zych Marcin | 1981 | #SobasTeam, Wroclaw | 00:40:27 | 00:40:19 | 04:02 | | 34 | 14/M30 | | | 5 | | | |
| 38 | 141 | POL | Jaz Zygmunt | 1961 | Wroclaw | 00:40:30 | 00:40:27 | 04:03 | | 35 | 1/M50 | | | | | | |
| 39 | 437 | POL | Wyroślak Józef | 1982 | #SobasTeam, Wroclaw | 00:40:31 | 00:40:24 | 04:03 | | 36 | 15/M30 | | | 6 | | | |
| 40 | 57 | POL | Cwynar Damian | 1995 | Night Runners, Wroclaw | 00:40:35 | 00:40:30 | 04:03 | | 37 | 8/M20 | | | 2 | | | |
| 41 | 210 | POL | Litka Krzysztof | 1977 | PZU Sport Team, Wroclaw | 00:40:48 | 00:40:44 | 04:04 | | 38 | 11/M40 | | | | | | |
| 42 | 235 | POL | Mielcarek Bartłomiej | 1979 | Wroclaw | 00:40:48 | 00:40:45 | 04:04 | | 39 | 12/M40 | | | | | | |
| 43 | 474 | POL | Hutyra Marcin | 1978 | Trenujz nami.pl, Wroclaw | 00:40:48 | 00:40:46 | 04:04 | | 40 | 13/M40 | | | | | | 1 |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|---------------------|---------|---|-------------|------------|-------|---|----|-----------|------------|---------|---------|----------|----------|-----------|
| 44 | 289 | POL | Podwórny Jan | 1971 | Trenujznami.pl, Wrocław | 00:40:54 | 00:40:51 | 04:05 | | 41 | 14/M40 | | | | | 2 | |
| 45 | 171 | POL | Korczyński Łukasz | 1992 | Głogów | 00:40:55 | 00:40:52 | 04:05 | | 42 | 9/M20 | | | | | | |
| 46 | 381 | POL | Szymczak Łukasz | 1985 | SSW TEAM KROŚNICE, Milicz | 00:40:57 | 00:40:53 | 04:05 | | 43 | 16/M30 | | | | | | |
| 47 | 8 | POL | Augustyniak Jakub | 1982 | Matner Running Team, Wrocław | 00:41:08 | 00:41:05 | 04:06 | | 44 | 17/M30 | | | | | | |
| 48 | 93 | POL | Gdaniec Jakub | 1984 | Goggle PAE Team / CUBU architektki, Wrocław | 00:41:10 | 00:41:06 | 04:07 | | 45 | 18/M30 | | | | | | |
| 49 | 447 | POL | Zalenski Lesław | 1959 | MARATON TEAM, Wrocław | 00:41:17 | 00:41:14 | 04:07 | | 46 | 1/M60 | | | | | | |
| 50 | 204 | POL | Leńnicki Marek | 1967 | Strzegomska Dwunastka, Stanowice | 00:41:19 | 00:41:12 | 04:07 | | 47 | 2/M50 | | | | | | |
| 51 | 256 | POL | Nowak Paweł | 1986 | Land Rower Wrocław, Wrocław | 00:41:23 | 00:41:19 | 04:08 | | 48 | 19/M30 | | 3 | | | | |
| 52 | 75 | POL | Duczmał Dominka | 1996 | #SobasTeam, Rychtal | 00:41:27 | 00:41:20 | 04:08 | 4 | | 1/K20 | | | 2 | | | |
| 53 | 3 | POL | Adamski Krzysztof | 1979 | Ewa Huryń Team, Smolec | 00:41:36 | 00:41:30 | 04:09 | | 49 | 15/M40 | 3 | | | | | |
| 54 | 327 | POL | Siudek Szymon | 2003 | STS Sokół Smolec, Smolec | 00:41:37 | 00:41:22 | 04:09 | | 50 | 1/M16 | | | | 1 | | |
| 55 | 108 | POL | Gronowski Paweł | 1966 | Przemilów | 00:41:39 | 00:41:37 | 04:09 | | 51 | 3/M50 | | | | | | |
| 56 | 288 | POL | Piszczek Arkadiusz | 1994 | Kąty Wrocławskie | 00:41:39 | 00:41:36 | 04:09 | | 52 | 10/M20 | | | | | | |
| 57 | 177 | POL | Kownacki Jacek | 1972 | Matner Running Team, Smolec | 00:41:40 | 00:41:37 | 04:09 | | 53 | 16/M40 | 4 | | | | | |
| 58 | 221 | POL | Majkut Daniel | 1971 | Krzepów | 00:41:43 | 00:41:39 | 04:10 | | 54 | 17/M40 | 5 | | | | | |
| 59 | 335 | POL | Skuzza Tomasz | 1978 | Wrocław | 00:41:51 | 00:41:49 | 04:11 | | 55 | 18/M40 | | | | | | |
| 60 | 344 | POL | Sobczak Tomasz | 1981 | 140minut.pl, Brzeg Dolny | 00:41:52 | 00:41:49 | 04:11 | | 56 | 20/M30 | | | | | | |
| 61 | 272 | POL | Pałak Rafał | 1992 | CAPGEMINI, Wrocław | 00:41:53 | 00:41:50 | 04:11 | | 57 | 11/M20 | | | | | | 3 |
| 62 | 233 | POL | Mękal Radek | 1979 | Smashing Papkins / ObozyBiegowe.pl, Wałbrzych | 00:41:55 | 00:41:53 | 04:11 | | 58 | 19/M40 | | | | | | |
| 63 | 446 | POL | Zakrzewski Tomasz | 1976 | NOKIA, Wrocław | 00:41:59 | 00:41:55 | 04:11 | | 59 | 20/M40 | | | | | | |
| 64 | 390 | POL | Tomczak Mateusz | 1984 | #WAWRZYNTTEAM, Świebodzice | 00:42:01 | 00:41:54 | 04:12 | | 60 | 21/M30 | | | | | | |
| 65 | 483 | POL | Hopowicz Sazuiucz | 1978 | Pietrzykowice | 00:42:04 | 00:42:02 | 04:12 | | 61 | 21/M40 | | | | | | |
| 66 | 154 | POL | Kisiela Marek | 1975 | Trenujznami.pl, Wrocław | 00:42:07 | 00:42:03 | 04:12 | | 62 | 22/M40 | | | | | | 3 |
| 67 | 375 | POL | Szługa Bartosz | 1987 | STS Sokół Smolec, Wrocław | 00:42:14 | 00:42:00 | 04:13 | | 63 | 22/M30 | | | | 2 | | |
| 68 | 198 | POL | Kuśnierz Krzysztof | 1977 | Smolec | 00:42:14 | 00:42:01 | 04:13 | | 64 | 23/M40 | 6 | | | | | |
| 69 | 273 | POL | Panek Radosław | 2000 | BIELAWSKA AKADEMIA BIEGANIA, Kamieniec Żąbkowicki | 00:42:21 | 00:42:12 | 04:14 | | 65 | 2/M16 | | | | | | |
| 70 | 114 | POL | Gwardzik Piotr | 1979 | #SobasTeam, Wrocław | 00:42:28 | 00:42:22 | 04:14 | | 66 | 24/M40 | | | 7 | | | |
| 71 | 366 | POL | Swatowski Tomasz | 1985 | KB Kąty Wrocławskie, Kąty Wrocławskie | 00:42:38 | 00:42:32 | 04:15 | | 67 | 23/M30 | | | | | | |
| 72 | 351 | POL | Staromłyński Marcin | 1982 | The Trooper, Kąty Wrocławskie | 00:42:39 | 00:42:35 | 04:15 | | 68 | 24/M30 | | | | | | |
| 73 | 164 | POL | Kokott Marcin | 1984 | Ewa Huryń Team, Smolec | 00:42:43 | 00:42:37 | 04:16 | | 69 | 25/M30 | 7 | | | | | |
| 74 | 41 | POL | Maciejewski Łukasz | 1978 | KB ZaDyszka Smolec, Smolec | 00:42:54 | 00:42:49 | 04:17 | | 70 | 25/M40 | 8 | | | | | |
| 75 | 471 | POL | Owczarek Dagmara | 1979 | Vege Runners, Jelenia Góra | 00:42:55 | 00:42:52 | 04:17 | 5 | | 1/K40 | | | | | | |
| 76 | 441 | POL | Zachara Łukasz | 1982 | Kilianów | 00:43:00 | 00:42:52 | 04:18 | | 71 | 26/M30 | | | | | | |
| 77 | 349 | POL | Stanisz Robert | 1988 | Smolec | 00:43:07 | 00:43:02 | 04:18 | | 72 | 27/M30 | 9 | | | | | |
| 78 | 213 | POL | Łabuz Małgorzata | 1985 | #SobasTeam, Wrocław | 00:43:20 | 00:43:17 | 04:20 | 6 | | 1/K30 | | | 3 | | | |
| 79 | 449 | POL | Załęcki Przemek | 1979 | Smashing Papkins, Wałbrzych | 00:43:30 | 00:43:23 | 04:20 | | 73 | 26/M40 | | | | | | |
| 80 | 34 | POL | Wiktorski Mieszko | 1981 | Wrocław | 00:43:33 | 00:43:32 | 04:21 | | 74 | 28/M30 | | | | | | 4 |
| 81 | 382 | POL | Szymczak Tomek | 1987 | Krzepów | 00:43:33 | 00:43:29 | 04:21 | | 75 | 29/M30 | 10 | | | | | |
| 82 | 39 | POL | Burzec Tomasz | 1979 | trenujznami.pl, Wrocław | 00:43:34 | 00:43:26 | 04:21 | | 76 | 27/M40 | | | | | | 5 |
| 83 | 368 | POL | Szadkowski Adrian | 1985 | CAPGEMINI, Wrocław | 00:43:39 | 00:43:36 | 04:21 | | 77 | 30/M30 | | | | | | 4 |
| 84 | 103 | POL | Góralewski Rafał | 1990 | CAPGEMINI, Wrocław | 00:43:39 | 00:43:34 | 04:21 | | 78 | 12/M20 | | | | | | 5 |
| 85 | 97 | POL | Głomba Michał | 1982 | SYSTEM ERROR, Smolec | 00:43:49 | 00:43:47 | 04:22 | | 79 | 31/M30 | 11 | | | | | |
| 86 | 82 | POL | Farnholtz Paweł | 1982 | Grupa Biegowa "Bez Granic", Roztoka | 00:44:02 | 00:43:58 | 04:24 | | 80 | 32/M30 | | | | | | |
| 87 | 125 | POL | Holowacz Andrzej | 1973 | Świebodzice | 00:44:04 | 00:43:57 | 04:24 | | 81 | 28/M40 | | | | | | |
| 88 | 423 | POL | Włodarczyk Jarosław | 1970 | Akademia Wojsk Łądowych, Wrocław | 00:44:08 | 00:43:59 | 04:24 | | 82 | 29/M40 | | | | | | |
| 89 | 336 | POL | Skwarek Stanisław | 1972 | Kąty Wrocławskie | 00:44:13 | 00:44:07 | 04:25 | | 83 | 30/M40 | | | | | | |

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| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|---------------------|---------|--|-------------|------------|-------|----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 90 | 311 | POL | Róžański Przemysław | 1989 | Trener Przemek Róžański/STS Sokół Smolec, Smolec | 00:44:13 | 00:44:04 | 04:25 | | 84 | 33/M30 | 12 | | | 3 | | |
| 91 | 442 | POL | Sushkov Maksim | 1995 | Harkov | 00:44:13 | 00:44:12 | 04:25 | | 85 | 13/M20 | | | | | | |
| 92 | 49 | POL | Ciesielski Maciej | 1981 | CIESIU TEAM, Wrocław | 00:44:38 | 00:44:29 | 04:27 | | 86 | 34/M30 | | | | | | |
| 93 | 9 | POL | Bachiński Wojciech | 1993 | Rogów Sobócki | 00:44:43 | 00:44:32 | 04:28 | | 87 | 14/M20 | | | | | | |
| 94 | 374 | POL | Szkudlarek Marcin | 1982 | Wrocław | 00:44:44 | 00:44:34 | 04:28 | | 88 | 35/M30 | | | | | | |
| 95 | 250 | POL | Neska Sebastian | 1988 | STS Sokół Smolec, Smolec | 00:44:44 | 00:44:31 | 04:28 | | 89 | 36/M30 | 13 | | | 4 | | |
| 96 | 411 | POL | Wielgus Piotr | 1981 | ARTIBAU, Smolec | 00:44:46 | 00:44:39 | 04:28 | | 90 | 37/M30 | 14 | | | | | |
| 97 | 161 | POL | Koba Piotr | 1975 | GARDZIELEWSKITEAM, Wrocław | 00:44:46 | 00:44:40 | 04:28 | | 91 | 31/M40 | | | | | | |
| 98 | 90 | POL | Gałka Marcin | 1977 | #SobasTeam, Wrocław | 00:44:54 | 00:44:36 | 04:29 | | 92 | 32/M40 | | | 8 | | | |
| 99 | 10 | DEU | Bahn Patrick | 1987 | PSV Bernburg, Bernburg | 00:44:55 | 00:44:49 | 04:29 | | 93 | 38/M30 | | | | | | |
| 100 | 229 | POL | Mazur Mateusz | 1989 | Wrocław | 00:44:59 | 00:44:47 | 04:29 | | 94 | 39/M30 | 15 | | | | | |
| 101 | 461 | POL | Zymlński Mikołaj | 2001 | Heart Attack, Wrocław | 00:45:00 | 00:44:56 | 04:30 | | 95 | 3/M16 | | | | | | |
| 102 | 431 | POL | Wójcik Daniel | 1990 | Black Running, Kamienna Góra | 00:45:02 | 00:44:51 | 04:30 | | 96 | 15/M20 | | | | | | |
| 103 | 45 | POL | Wysoczański Adrian | 1976 | Pietrzykowice | 00:45:04 | 00:44:59 | 04:30 | | 97 | 33/M40 | | | | | | |
| 104 | 131 | POL | Imielska Aneta | 1978 | od-nowa.wroclaw.pl, Smolec | 00:45:10 | 00:45:01 | 04:31 | 7 | | 2/K40 | 1 | | | | | |
| 105 | 201 | POL | Laszczyński Kamil | 1982 | Pietrzykowice | 00:45:13 | 00:44:54 | 04:31 | | 98 | 40/M30 | | | | | | |
| 106 | 359 | POL | Stolarczyk Mateusz | 1984 | Wrocław | 00:45:15 | 00:45:05 | 04:31 | | 99 | 41/M30 | | | | | | |
| 107 | 360 | POL | Straszko Monika | 1979 | Wrocław | 00:45:18 | 00:45:10 | 04:31 | 8 | | 3/K40 | | | | | | |
| 108 | 249 | POL | Nalewalska Joanna | 1987 | #SobasTeam, Bolesławiec/wrocław | 00:45:24 | 00:45:14 | 04:32 | 9 | | 2/K30 | | | 4 | | | |
| 109 | 158 | POL | Kluk Daniel | 1981 | Smolec | 00:45:47 | 00:45:37 | 04:34 | | 100 | 42/M30 | 16 | | | | | |
| 110 | 112 | POL | Grzegorek Grzegorz | 1971 | Kąty Wrocławskie | 00:45:48 | 00:45:31 | 04:34 | | 101 | 34/M40 | | | | | | |
| 111 | 347 | POL | Stachowiak Wiesław | 1976 | Night Runners, Wrocław | 00:45:50 | 00:45:42 | 04:35 | | 102 | 35/M40 | | | 4 | | | |
| 112 | 268 | POL | Osmolak Agnieszka | 1988 | PRO-RUN Wrocław, Wrocław | 00:45:55 | 00:45:46 | 04:35 | 10 | | 3/K30 | | | | | | |
| 113 | 165 | POL | Kolawa Piotr | 1976 | Trenujz nami.pl, Kobierzycze | 00:46:05 | 00:45:51 | 04:36 | | 103 | 36/M40 | | | | | 6 | |
| 114 | 353 | POL | Stąskiewicz Martyna | 1997 | T-RUN.PL, Krzeptów | 00:46:05 | 00:45:53 | 04:36 | 11 | | 2/K20 | 2 | | | | | |
| 115 | 59 | POL | Czaja Małgorzata | 1976 | Wrocław | 00:46:09 | 00:46:00 | 04:36 | 12 | | 4/K40 | | | | | | |
| 116 | 328 | POL | Skop Marcin | 1993 | PRISON ST, Wrocław | 00:46:29 | 00:46:17 | 04:38 | | 104 | 16/M20 | | | | | | |
| 117 | 362 | POL | Surma Marcin | 1993 | CAPGEMINI, Wrocław | 00:46:33 | 00:46:26 | 04:39 | | 105 | 17/M20 | | | | | | 6 |
| 118 | 242 | POL | Milek Jakub | 1971 | Smolec | 00:46:39 | 00:46:34 | 04:39 | | 106 | 37/M40 | 17 | | | | | |
| 119 | 24 | POL | Biełuński Sebastian | 1977 | Wrocław | 00:46:44 | 00:46:37 | 04:40 | | 107 | 38/M40 | | | | | | |
| 120 | 244 | POL | Miśkiewicz Piotr | 1966 | PZU Sport Team, Smolec | 00:46:46 | 00:46:43 | 04:40 | | 108 | 4/M50 | 18 | | | | | |
| 121 | 230 | POL | Mazur Tomasz | 1980 | Zorza Zabardowice, Zabardowice | 00:46:49 | 00:46:36 | 04:40 | | 109 | 43/M30 | | | | | | |
| 122 | 142 | POL | Jędrzejuk Marek | 1985 | Trenujz nami.pl, Wrocław | 00:46:52 | 00:46:43 | 04:41 | | 110 | 44/M30 | | | | | 7 | |
| 123 | 68 | POL | Dobosz Łukasz | 1978 | Smolec | 00:46:54 | 00:46:44 | 04:41 | | 111 | 39/M40 | | | | | | |
| 124 | 315 | POL | Rychel Radosław | 1971 | e-dziewiarka.pl, Smolec | 00:47:01 | 00:46:52 | 04:42 | | 112 | 40/M40 | 19 | | | | | |
| 125 | 46 | POL | Chrobot Krzysztof | 1963 | Ślęzak Team, Wrocław | 00:47:03 | 00:46:56 | 04:42 | | 113 | 5/M50 | | | | | | |
| 126 | 186 | POL | Moraszka Krzysztof | 1967 | Wrocław | 00:47:09 | 00:46:57 | 04:42 | | 114 | 6/M50 | | | | | | |
| 127 | 396 | POL | Trzaskos Sebastian | 1988 | CAPGEMINI, Wrocław | 00:47:11 | 00:47:05 | 04:43 | | 115 | 45/M30 | | | | | | 7 |
| 128 | 191 | POL | Kulakowski Jacek | 1974 | Papiernia Smolec, Smolec | 00:47:13 | 00:47:00 | 04:43 | | 116 | 41/M40 | 20 | | | | | |
| 129 | 304 | POL | Ratymirski Wojciech | 1977 | #SobasTeam, Wrocław | 00:47:14 | 00:47:04 | 04:43 | | 117 | 42/M40 | | | 9 | | | |
| 130 | 293 | POL | Przewoźniak Barbara | 1986 | Piła | 00:47:15 | 00:47:08 | 04:43 | 13 | | 4/K30 | | | | | | |
| 131 | 306 | POL | Rink Jan | 1979 | Świny | 00:47:32 | 00:47:21 | 04:45 | | 118 | 43/M40 | | | | | | |
| 132 | 194 | POL | Kurkowiak Krzysztof | 1983 | CAPGEMINI, Wrocław | 00:47:34 | 00:47:19 | 04:45 | | 119 | 46/M30 | | | | | | 8 |
| 133 | 308 | POL | Rokosz Paweł | 1983 | Smolec | 00:47:35 | 00:47:25 | 04:45 | | 120 | 47/M30 | 21 | | | | | |
| 134 | 464 | POL | Żuchowski Dawid | 1977 | Smolec | 00:47:41 | 00:47:33 | 04:46 | | 121 | 44/M40 | 22 | | | | | |
| 135 | 218 | POL | Machaj Sebastian | 1991 | Wrocław | 00:47:43 | 00:47:35 | 04:46 | | 122 | 18/M20 | | | | | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|-----------------------------|---------|---------------------------------|-------------|------------|-------|----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 136 | 69 | POL | Dobrzycka Natalia | 1995 | Wrocław | 00:47:46 | 00:47:28 | 04:46 | 14 | | 3/K20 | | | | | | |
| 137 | 219 | POL | Madejski Jakub | 1988 | Smolec | 00:47:49 | 00:47:34 | 04:46 | | 123 | 48/M30 | 23 | | | | | |
| 138 | 361 | POL | Styrna Tomasz | 1981 | Wrocław | 00:48:05 | 00:47:50 | 04:48 | | 124 | 49/M30 | | | | | | |
| 139 | 482 | POL | Lalik Dariusz | 1987 | Smolec | 00:48:12 | 00:47:58 | 04:49 | | 125 | 50/M30 | 24 | | | | | |
| 140 | 12 | POL | Bal Tomasz | 1981 | Kąty Wrocławskie | 00:48:17 | 00:48:08 | 04:49 | | 126 | 51/M30 | | | | | | |
| 141 | 392 | POL | Trafankowski Mateusz | 1987 | Wrocław | 00:48:19 | 00:47:58 | 04:49 | | 127 | 52/M30 | | | | | | |
| 142 | 119 | POL | Hawron Agnieszka | 1972 | Wrocław | 00:48:21 | 00:48:08 | 04:50 | 15 | | 5/K40 | | | | | | |
| 143 | 148 | POL | Kęsy Jacek | 1977 | Niechciszewo, Wrocław | 00:48:24 | 00:48:20 | 04:50 | | 128 | 45/M40 | 25 | | | | | |
| 144 | 189 | POL | Kudła Tomasz | 1983 | CRAZY RUNNERS, Kąty Wrocławskie | 00:48:25 | 00:48:17 | 04:50 | | 129 | 53/M30 | | | | | | |
| 145 | 207 | POL | Lęga Wiesław | 1972 | KS Tęcza, Świdnica | 00:48:30 | 00:48:10 | 04:51 | | 130 | 46/M40 | | | | | | |
| 146 | 80 | POL | Dżusajew Katarzyna | 1971 | Ślęzak Team, Smolec | 00:48:33 | 00:48:25 | 04:51 | 16 | | 6/K40 | 3 | | | | | |
| 147 | 301 | POL | Pyrka Patryk | 1988 | Wrocław | 00:48:42 | 00:48:31 | 04:52 | | 131 | 54/M30 | | | | | | |
| 148 | 95 | POL | Gliniecki Lukasz | 1982 | Smolec | 00:48:44 | 00:48:37 | 04:52 | | 132 | 55/M30 | 26 | | | | | |
| 149 | 269 | POL | Owczarek Marcin | 1978 | Vege Runners, Jelenia Góra | 00:48:44 | 00:48:17 | 04:52 | | 133 | 47/M40 | | | | | | |
| 150 | 58 | POL | Czaja Maciej | 1976 | Wrocław | 00:48:48 | 00:48:48 | 04:52 | | 134 | 48/M40 | | | | | | |
| 151 | 215 | POL | Łęcki Mariusz | 1987 | Smolec | 00:48:50 | 00:48:35 | 04:53 | | 135 | 56/M30 | 27 | | | | | |
| 152 | 479 | POL | Zimny Michał | 1982 | NOA, Wrocław | 00:48:58 | 00:48:45 | 04:53 | | 136 | 57/M30 | | | | | | |
| 153 | 279 | POL | Pietrzak Jerzy | 1970 | Muchobronx, Wrocław | 00:49:01 | 00:48:44 | 04:54 | | 137 | 49/M40 | | | | | | |
| 154 | 203 | POL | Leopold Pięta | 1959 | Gałów | 00:49:01 | 00:48:49 | 04:54 | | 138 | 2/M60 | | | | | | |
| 155 | 79 | POL | Dziekan Mateusz | 1992 | Kędzierzyn-Koźle | 00:49:04 | 00:48:52 | 04:54 | | 139 | 19/M20 | | | | | | |
| 156 | 133 | POL | Jakubowski Tomasz | 1980 | Matner Running Team, Wrocław | 00:49:06 | 00:48:56 | 04:54 | | 140 | 58/M30 | | | | | | |
| 157 | 206 | POL | Lewandowski Darek | 1968 | Kąty Wrocławskie | 00:49:07 | 00:48:55 | 04:54 | | 141 | 7/M50 | | | | | | |
| 158 | 438 | POL | Wysoczanska Anna | 1991 | Wrocław | 00:49:09 | 00:48:48 | 04:54 | 17 | | 4/K20 | | | | | | |
| 159 | 399 | POL | Tukaj Krzysztof | 1994 | Smolec | 00:49:13 | 00:48:54 | 04:55 | | 142 | 20/M20 | 28 | | | | | |
| 160 | 162 | POL | Kochańczyk Jakub | 1994 | Świdnica | 00:49:16 | 00:49:15 | 04:55 | | 143 | 21/M20 | | | | | | |
| 161 | 291 | POL | Ponitka Paweł | 1988 | Smolec | 00:49:19 | 00:49:08 | 04:55 | | 144 | 59/M30 | 29 | | | | | |
| 162 | 183 | POL | Krukiewicz Paweł | 1982 | Speedsmolec, Smolec | 00:49:20 | 00:48:49 | 04:55 | | 145 | 60/M30 | | | | | | |
| 163 | 365 | POL | Surówka Tomasz | 1980 | Smolec | 00:49:20 | 00:49:06 | 04:55 | | 146 | 61/M30 | 30 | | | | | |
| 164 | 493 | POL | Jarocki Tomasz | 1970 | Smolec | 00:49:24 | 00:49:16 | 04:56 | | 147 | 50/M40 | 31 | | | | | |
| 165 | 196 | POL | Kuszyński Łukasz | 1980 | Baranowice | 00:49:25 | 00:49:10 | 04:56 | | 148 | 62/M30 | | | | | | |
| 166 | 488 | POL | Krzak Łukasz | 1991 | Zajęczków | 00:49:27 | 00:49:23 | 04:56 | | 149 | 22/M20 | | | | | | |
| 167 | 197 | POL | Kuśmierska Magdalena | 1973 | Ślęzak Team, Wrocław | 00:49:28 | 00:49:21 | 04:56 | 18 | | 7/K40 | | | | | | |
| 168 | 84 | POL | Fibich Celina | 1987 | NOA, Wrocław | 00:49:31 | 00:49:18 | 04:57 | 19 | | 5/K30 | | | | | | |
| 169 | 267 | POL | Oleksy Jadwiga | 1986 | Wrocław | 00:49:34 | 00:49:18 | 04:57 | 20 | | 6/K30 | | | | | | |
| 170 | 54 | POL | Cieślar Grzegorz | 1986 | Smolec | 00:49:37 | 00:49:14 | 04:57 | | 150 | 63/M30 | 32 | | | | | |
| 171 | 397 | POL | Trzebski Grzegorz | 1980 | Żarowski Biegoholik, Żarów | 00:49:37 | 00:49:21 | 04:57 | | 151 | 64/M30 | | | | | | |
| 172 | 67 | POL | Deptała Adrian | 1978 | Zamieście | 00:49:47 | 00:49:37 | 04:58 | | 152 | 51/M40 | 33 | | | | | |
| 173 | 23 | POL | Bielecki Bruno | 2002 | Smolec | 00:49:49 | 00:49:38 | 04:58 | | 153 | 4/M16 | 34 | | | | | |
| 174 | 231 | POL | Mazur Zbigniew | 1963 | Wrocław | 00:49:55 | 00:49:34 | 04:59 | | 154 | 8/M50 | | | | | | |
| 175 | 211 | POL | Lizak Marcin | 1979 | CRAZY RUNNERS, Kąty Wrocławskie | 00:49:56 | 00:49:40 | 04:59 | | 155 | 52/M40 | | | | | | |
| 176 | 120 | POL | Herbut Artur | 1988 | Czerńcycze | 00:50:01 | 00:49:47 | 05:00 | | 156 | 65/M30 | | | | | | |
| 177 | 418 | POL | Witek Artur | 1974 | PRESSCOM RUNNING TEAM, Wrocław | 00:50:02 | 00:49:46 | 05:00 | | 157 | 53/M40 | | | | | | |
| 178 | 236 | POL | Mielcarek Maciej | 1969 | Smolec | 00:50:04 | 00:49:48 | 05:00 | | 158 | 9/M50 | 35 | | | | | |
| 179 | 346 | POL | Sowiński Mariusz | 1975 | Gniechowice | 00:50:07 | 00:49:45 | 05:00 | | 159 | 54/M40 | | | | | | |
| 180 | 122 | POL | Herzog Dobromir | 1977 | Pietrzykowice | 00:50:07 | 00:49:52 | 05:00 | | 160 | 55/M40 | | | | | | |
| 181 | 393 | POL | Trembach Oleksii | 1997 | Wrocław | 00:50:07 | 00:50:03 | 05:00 | | 161 | 23/M20 | | | | | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|-------------------------|---------|---------------------------------------|-------------|------------|-------|----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 182 | 50 | POL | Fojtar Dorota | 1975 | Krzepków | 00:50:08 | 00:49:55 | 05:00 | 21 | | 8/K40 | 4 | | | | | |
| 183 | 450 | POL | Zareba Jacek | 1984 | #SobasTeam, Wrocław | 00:50:09 | 00:49:56 | 05:00 | | 162 | 66/M30 | | | 10 | | | |
| 184 | 98 | POL | Głomba Piotr | 1987 | SYSTEM ERROR, Wrocław | 00:50:13 | 00:49:47 | 05:01 | | 163 | 67/M30 | | | | | | |
| 185 | 184 | POL | Krupiarz Waldemar | 1967 | San Escobar Team, Wrocław | 00:50:15 | 00:49:51 | 05:01 | | 164 | 10/M50 | | | | | | |
| 186 | 481 | POL | Zychowicz Zbigniew | 1976 | Siechnice | 00:50:19 | 00:50:03 | 05:01 | | 165 | 56/M40 | | | | | | |
| 187 | 428 | POL | Wójciak Artur | 1974 | wojciakteam, Kąty Wrocławskie | 00:50:25 | 00:50:12 | 05:02 | | 166 | 57/M40 | | | | | | |
| 188 | 160 | POL | Knapik Piotr | 1986 | Smolec | 00:50:26 | 00:50:12 | 05:02 | | 167 | 68/M30 | 36 | | | | | |
| 189 | 472 | POL | Biała Sławomir | 1988 | MKS Siechnice, Siechnice | 00:50:32 | 00:50:20 | 05:03 | | 168 | 69/M30 | | | | | | |
| 190 | 222 | POL | Małociąg Marcin | 1978 | STS Sokół Smolec, Smolec | 00:50:36 | 00:50:21 | 05:03 | | 169 | 58/M40 | 37 | | | 5 | | |
| 191 | 466 | POL | Ferech Damian | 1976 | Smolec | 00:50:38 | 00:50:15 | 05:03 | | 170 | 59/M40 | 38 | | | | | |
| 192 | 325 | POL | Sieradzan Marcin | 1984 | CAPGEMINI, Wrocław | 00:50:41 | 00:50:28 | 05:04 | | 171 | 70/M30 | | | | | | 9 |
| 193 | 313 | POL | Rybak Tomasz | 1991 | Wrocław | 00:50:43 | 00:50:29 | 05:04 | | 172 | 24/M20 | | | | | | |
| 194 | 129 | POL | Hubicki Michał | 1982 | Wrocław | 00:50:46 | 00:50:41 | 05:04 | | 173 | 71/M30 | | | | | | |
| 195 | 115 | POL | Hałas Marek | 1969 | PRO-RUN Wrocław, Wrocław | 00:50:51 | 00:50:36 | 05:05 | | 174 | 11/M50 | | | | | | |
| 196 | 352 | POL | Staroń Jakub | 1983 | Zachowice | 00:50:53 | 00:50:24 | 05:05 | | 175 | 72/M30 | | | | | | |
| 197 | 490 | POL | Hrytki Dnytno | 1998 | Wrocław | 00:50:59 | 00:50:52 | 05:05 | | 176 | 25/M20 | | | | | | |
| 198 | 421 | POL | Witkowski Zygmunt | 1949 | KB Kąty Wrocławskie, Kąty Wrocławskie | 00:50:59 | 00:50:47 | 05:05 | | 177 | 1/M70+ | | | | | | |
| 199 | 251 | POL | Nienartowicz Jakub | 1989 | Agalliasis, Smolec | 00:51:02 | 00:50:36 | 05:06 | | 178 | 73/M30 | 39 | | | | | |
| 200 | 107 | POL | Gronowska Anna | 1994 | Przemilów | 00:51:05 | 00:50:55 | 05:06 | 22 | | 5/K20 | | | | | | |
| 201 | 38 | POL | Burakiewicz Klaudia | 1984 | Wrocław | 00:51:06 | 00:50:39 | 05:06 | 23 | | 7/K30 | | | | | | |
| 202 | 266 | POL | Olech Katarzyna | 1987 | CAPGEMINI, Wrocław | 00:51:11 | 00:50:48 | 05:07 | 24 | | 8/K30 | | | | | | 1 |
| 203 | 415 | POL | Wiliński Zbigniew | 1963 | Trenujznami.pl, Wrocław | 00:51:11 | 00:50:51 | 05:07 | | 179 | 12/M50 | | | | | 8 | |
| 204 | 452 | POL | Zasławski Lech | 1981 | X-TEAM, Wrocław | 00:51:13 | 00:50:50 | 05:07 | | 180 | 74/M30 | | | | | | |
| 205 | 456 | POL | Zielonka Maciej | 1966 | San Escobar Team, Wrocław | 00:51:19 | 00:50:54 | 05:07 | | 181 | 13/M50 | | | | | | |
| 206 | 21 | POL | Bembenek Karol | 1985 | Wrocław | 00:51:20 | 00:50:49 | 05:07 | | 182 | 75/M30 | | | | | | |
| 207 | 401 | POL | Turek Mariusz | 1989 | Trenujznami.pl, Goszcz | 00:51:21 | 00:51:07 | 05:08 | | 183 | 76/M30 | | | | | 9 | |
| 208 | 225 | POL | Marteklas Jan | 1990 | Night Runners, Wrocław | 00:51:30 | 00:51:04 | 05:09 | | 184 | 26/M20 | | 5 | | | | |
| 209 | 137 | POL | Jandziak Tomasz | 1976 | Jandziak team, Brzeg | 00:51:32 | 00:50:12 | 05:09 | | 185 | 60/M40 | | | | | | |
| 210 | 467 | POL | Wocik Adrian | | Wsert Team, Wrocław | 00:51:36 | 00:51:25 | 05:09 | | 186 | | | | | | | |
| 211 | 234 | POL | Michalik Anna | 1981 | Wrocław | 00:51:43 | 00:51:20 | 05:10 | 25 | | 9/K30 | | | | | | |
| 212 | 367 | POL | Swornowski Arkadiusz | 1972 | Wrocław | 00:51:58 | 00:51:22 | 05:11 | | 187 | 61/M40 | | | | | | |
| 213 | 145 | POL | Kaczmarek Sławomir | 1973 | Zorza Pęgów, Wrocław-Psie Pole | 00:51:58 | 00:51:21 | 05:11 | | 188 | 62/M40 | | | | | | |
| 214 | 329 | POL | Skowronski Bogusław | 1966 | Wrocław | 00:52:02 | 00:51:42 | 05:12 | | 189 | 14/M50 | | | | | | |
| 215 | 453 | POL | Zatoński Mateusz | 2002 | #BUMWRO2019, Wrocław | 00:52:05 | 00:51:47 | 05:12 | | 190 | 5/M16 | | | | | | |
| 216 | 33 | POL | Boruta-Kołodziej Emilia | 1984 | PRO-RUN Wrocław, Wrocław | 00:52:07 | 00:51:58 | 05:12 | 26 | | 10/K30 | | | | | | |
| 217 | 424 | POL | Wojciechowski Sebastian | 1973 | Trzebnica | 00:52:09 | 00:51:31 | 05:12 | | 191 | 63/M40 | | | | | | |
| 218 | 356 | POL | Stefaniszyn Tomasz | 1987 | Wrocław | 00:52:15 | 00:51:55 | 05:13 | | 192 | 77/M30 | | | | | | |
| 219 | 297 | POL | Ptaszek Katarzyna | 1972 | Trenujznami.pl, Pietrzykowice | 00:52:21 | 00:52:00 | 05:14 | 27 | | 9/K40 | | | | | | 1 |
| 220 | 190 | POL | Kujawa Jakub | 1999 | Smolec | 00:52:25 | 00:52:11 | 05:14 | | 193 | 27/M20 | 40 | | | | | |
| 221 | 202 | POL | Lejman Marcin | 1983 | Wrocław | 00:52:26 | 00:51:52 | 05:14 | | 194 | 78/M30 | | | | | | |
| 222 | 403 | POL | Uść Paweł | 1989 | Wrocław | 00:52:26 | 00:52:09 | 05:14 | | 195 | 79/M30 | | | | | | |
| 223 | 102 | POL | Nazar Kalimia | 1993 | | 00:52:34 | 00:52:28 | 05:15 | 28 | | 6/K20 | | | | | | |
| 224 | 47 | POL | Chromicz Krzysztof | 1985 | Smolec | 00:52:37 | 00:52:07 | 05:15 | | 196 | 80/M30 | 41 | | | | | |
| 225 | 135 | POL | Pawlicki Grzegorz | 1977 | Lutynia | 00:52:43 | 00:51:56 | 05:16 | | 197 | 64/M40 | | | | | | |
| 226 | 178 | POL | Kozłowska Agnieszka | 1976 | Trenujznami.pl, Wrocław | 00:52:43 | 00:52:21 | 05:16 | 29 | | 10/K40 | | | | | | 2 |
| 227 | 255 | POL | Nosek Sabina | 1980 | PRESSCOM RUNNING TEAM, Wrocław | 00:52:44 | 00:52:21 | 05:16 | 30 | | 11/K30 | | | | | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|-----------------------|---------|--|-------------|------------|-------|----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 228 | 491 | POL | Romanchuk Ivan | 1995 | Wrocław | 00:52:46 | 00:52:39 | 05:16 | | 198 | 28/M20 | | | | | | |
| 229 | 274 | POL | Paraschidu Małgorzata | 1985 | Wrocław | 00:52:52 | 00:52:36 | 05:17 | 31 | | 12/K30 | | | | | | |
| 230 | 220 | POL | Majer Agnieszka | 1990 | Wrocław | 00:52:52 | 00:52:35 | 05:17 | 32 | | 7/K20 | | | | | | |
| 231 | 109 | POL | Groński Robert | 1976 | Trenujznami.pl, Wrocław | 00:52:54 | 00:52:33 | 05:17 | | 199 | 65/M40 | | | | | 10 | |
| 232 | 480 | POL | Brzowska Katarzyna | 1979 | Trenujznami.pl, Wrocław | 00:53:01 | 00:52:51 | 05:18 | 33 | | 11/K40 | | | | | 3 | |
| 233 | 345 | POL | Soróbka Jr. Tomasz | 2002 | KB ZaDyszka Smolec, Smolec | 00:53:05 | 00:52:47 | 05:18 | | 200 | 6/M16 | 42 | | | | | |
| 234 | 35 | POL | Bosek Ewa | 1996 | Wrocław | 00:53:05 | 00:52:38 | 05:18 | 34 | | 8/K20 | | | | | | |
| 235 | 15 | POL | Bańkowski Marek | 1978 | Kąty Wrocławskie | 00:53:09 | 00:52:53 | 05:18 | | 201 | 66/M40 | | | | | | |
| 236 | 113 | POL | Grzelec Arkadiusz | 1977 | NEST TFM, Ciechów | 00:53:14 | 00:53:01 | 05:19 | | 202 | 67/M40 | | | | | | |
| 237 | 155 | POL | Klimczak Maciej | 1993 | STS Sokół Smolec, Wrocław | 00:53:27 | 00:53:13 | 05:20 | | 203 | 29/M20 | | | | 6 | | |
| 238 | 489 | POL | Hoytsey Deuys | 1996 | Wrocław | 00:53:28 | 00:53:21 | 05:20 | | 204 | 30/M20 | | | | | | |
| 239 | 26 | POL | Dzwonek Monika | | Wrocław | 00:53:34 | 00:52:43 | 05:21 | 35 | | | | | | | | |
| 240 | 169 | POL | Komenda Gerard | 1974 | Wrocław | 00:53:35 | 00:53:20 | 05:21 | | 205 | 68/M40 | | | | | | |
| 241 | 243 | POL | Misa Daniel | 1976 | KS NEONET, Brzeg Dolny | 00:53:39 | 00:53:22 | 05:21 | | 206 | 69/M40 | | | | | | |
| 242 | 275 | POL | Patura Przemysław | 1982 | SAMOTNY DZIK, Skierniewice | 00:53:39 | 00:53:08 | 05:21 | | 207 | 81/M30 | | | | 7 | | |
| 243 | 326 | POL | Sikora Dariusz | 1963 | Małkowice | 00:53:53 | 00:53:26 | 05:23 | | 208 | 15/M50 | | | | | | |
| 244 | 205 | POL | Lewandowska Ewelina | 1982 | Night Runners, Wrocław | 00:53:56 | 00:53:30 | 05:23 | 36 | | 13/K30 | | 1 | | | | |
| 245 | 212 | POL | Ludwikowski Dawid | 1979 | Factory Fitness Club, Mokronos Góry | 00:53:56 | 00:53:38 | 05:23 | | 209 | 70/M40 | | | | | | |
| 246 | 51 | POL | Cieśla Anna Maria | 1986 | Wałbrzych | 00:54:02 | 00:53:50 | 05:24 | 37 | | 14/K30 | | | | | | |
| 247 | 179 | POL | Krajewski Jarosław | 1976 | Smolec | 00:54:04 | 00:53:40 | 05:24 | | 210 | 71/M40 | 43 | | | | | |
| 248 | 99 | POL | Gołuch Arkadiusz | 1975 | Strzegomska Dwunastka, Łagiewniki | 00:54:08 | 00:53:37 | 05:24 | | 211 | 72/M40 | | | | | | |
| 249 | 373 | POL | Szczygielska Magda | 1996 | Krapkowice | 00:54:14 | 00:54:01 | 05:25 | 38 | | 9/K20 | | | | | | |
| 250 | 484 | POL | Słobodzian Mateusz | 1986 | Pietrzykowice | 00:54:20 | 00:54:09 | 05:26 | | 212 | 82/M30 | | | | | | |
| 251 | 246 | POL | Młynczyk Artur | 1974 | Smolec | 00:54:22 | 00:54:11 | 05:26 | | 213 | 73/M40 | | | | | | |
| 252 | 139 | POL | Jasińska Edyta | 1977 | Wrocław | 00:54:24 | 00:54:09 | 05:26 | 39 | | 12/K40 | | | | | | |
| 253 | 126 | POL | Hołdyński Mirosław | 1961 | WKB "META" Lubliniec, Kąty Wrocławskie | 00:54:30 | 00:54:13 | 05:26 | | 214 | 16/M50 | | | | | | |
| 254 | 11 | POL | Bakuła Andrzej | 1980 | #EuroviaRun, Wrocław | 00:54:38 | 00:54:16 | 05:27 | | 215 | 83/M30 | | | | | | |
| 255 | 16 | POL | Baraniak Paweł | 1984 | Smolec | 00:54:41 | 00:54:35 | 05:28 | | 216 | 84/M30 | 44 | | | | | |
| 256 | 348 | POL | Stalska Magdalena | 1989 | Mokronos Gorny | 00:54:44 | 00:54:28 | 05:28 | 40 | | 15/K30 | | | | | | |
| 257 | 444 | POL | Zagdański Mateusz | 1988 | Wrocław | 00:54:44 | 00:54:29 | 05:28 | | 217 | 85/M30 | | | | | | |
| 258 | 150 | POL | Kiełbik Beata | 1987 | Smolec | 00:54:46 | 00:54:26 | 05:28 | 41 | | 16/K30 | | | | | | |
| 259 | 73 | POL | Drelichowski Daniel | 1976 | MEBLE itp, Wrocław | 00:54:55 | 00:54:41 | 05:29 | | 218 | 74/M40 | | | | | | |
| 260 | 263 | POL | Oko Tomasz | 1962 | Smolec | 00:54:56 | 00:54:22 | 05:29 | | 219 | 17/M50 | 45 | | | | | |
| 261 | 299 | POL | Puślecki Paweł | 1983 | PRO-RUN Wrocław, Wrocław | 00:54:56 | 00:54:40 | 05:29 | | 220 | 86/M30 | | | | | | |
| 262 | 13 | POL | Bała Piotr | 1985 | Night Runners, Bukowa | 00:55:07 | 00:54:37 | 05:30 | | 221 | 87/M30 | | 6 | | | | |
| 263 | 317 | POL | Sadurska Aleksandra | 1984 | Samotwór | 00:55:15 | 00:54:45 | 05:31 | 42 | | 17/K30 | | | | | | |
| 264 | 245 | POL | Młynarski Mateusz | 1990 | Wrocław | 00:55:23 | 00:54:47 | 05:32 | | 222 | 31/M20 | | | | | | |
| 265 | 128 | POL | Hoszowski Kacper | 1990 | Wrocław | 00:55:23 | 00:54:49 | 05:32 | | 223 | 32/M20 | | | | | | |
| 266 | 18 | POL | Bartosiewicz Szymon | 1979 | CAPGEMINI, Smolec | 00:55:25 | 00:55:02 | 05:32 | | 224 | 75/M40 | 46 | | | | | 10 |
| 267 | 31 | POL | Bombała Patrycja | 1976 | Hakuna Matata, Smolec | 00:55:28 | 00:55:09 | 05:32 | 43 | | 13/K40 | 5 | | | | | |
| 268 | 132 | POL | Jakubiec Aleksandra | 1993 | Sady Górne | 00:55:28 | 00:55:06 | 05:32 | 44 | | 10/K20 | | | | | | |
| 269 | 310 | POL | Rotko Tomasz | 1975 | Wrocław | 00:55:29 | 00:54:45 | 05:32 | | 225 | 76/M40 | | | | | | |
| 270 | 96 | POL | Głos Lucyna | 1982 | Łozina | 00:55:32 | 00:55:16 | 05:33 | 45 | | 18/K30 | | | | | | |
| 271 | 287 | POL | Pisz Bartłomiej | 1988 | Wrocław | 00:55:35 | 00:55:11 | 05:33 | | 226 | 88/M30 | | | | | | |
| 272 | 136 | POL | Jandziak Piotr | 1978 | Wrocław | 00:55:37 | 00:54:03 | 05:33 | | 227 | 77/M40 | | | | | | |
| 273 | 130 | POL | Hutyrza Paweł | 1976 | AMBROZJA BOGDASZOWICE, Bogdaszowice | 00:55:39 | 00:55:15 | 05:33 | | 228 | 78/M40 | | | | 8 | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|--------------------------------|---------|--|-------------|------------|-------|----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 274 | 199 | POL | Kwiecień Leszek | 1960 | KP TEAM, Piotrowice | 00:55:39 | 00:55:23 | 05:33 | | 229 | 18/M50 | | | | | | |
| 275 | 410 | POL | Wiechowski Daniel | 1980 | Muchobronx, Wrocław | 00:55:41 | 00:55:21 | 05:34 | | 230 | 89/M30 | | | | | | |
| 276 | 422 | POL | Włodarczyk Adam | 1985 | Legnica | 00:55:42 | 00:55:28 | 05:34 | | 231 | 90/M30 | | | | | | |
| 277 | 342 | POL | Smoter Anna | 1982 | Smolec | 00:55:42 | 00:55:14 | 05:34 | 46 | | 19/K30 | | | | | | |
| 278 | 343 | POL | Smoter Ewa | 1982 | Wrocław | 00:55:43 | 00:55:15 | 05:34 | 47 | | 20/K30 | | | | | | |
| 279 | 323 | POL | Siemko Jolanta | 1970 | Wrocław | 00:55:44 | 00:54:53 | 05:34 | 48 | | 14/K40 | | | | | | |
| 280 | 290 | POL | Pogorzały Tomasz | 1967 | Struś Pędziwiatr, Wrocław | 00:55:45 | 00:55:20 | 05:34 | | 232 | 19/M50 | | | | | | |
| 281 | 37 | POL | Bujoczek Michał | 1978 | Smolec | 00:55:48 | 00:55:13 | 05:34 | | 233 | 79/M40 | 47 | | | | | |
| 282 | 337 | POL | Skwarek Bożena | 1975 | Kąty Wrocławskie | 00:55:48 | 00:55:23 | 05:34 | 49 | | 15/K40 | | | | | | |
| 283 | 55 | POL | Raszowski Bartłomiej | 1982 | Night Runners, Wrocław | 00:55:48 | 00:55:27 | 05:34 | | 234 | 91/M30 | | 7 | | | | |
| 284 | 324 | POL | Siemko Piotr | 1969 | Wrocław | 00:55:52 | 00:55:01 | 05:35 | | 235 | 20/M50 | | | | | | |
| 285 | 5 | POL | Adamski Wojciech | 1950 | Trenujznami.pl, Wrocław | 00:55:59 | 00:55:50 | 05:35 | | 236 | 3/M60 | | | | | 11 | |
| 286 | 227 | POL | Matelski Andrzej | 1965 | Mokronos Górny | 00:56:02 | 00:55:35 | 05:36 | | 237 | 21/M50 | | | | | | |
| 287 | 147 | POL | Karasek Arkadiusz | 1979 | PRESSCOM RUNNING TEAM, Krzeptów | 00:56:11 | 00:55:38 | 05:37 | | 238 | 80/M40 | 48 | | | | | |
| 288 | 14 | POL | Banaszek Urszula | 1981 | Night Runners, Wrocław | 00:56:12 | 00:55:42 | 05:37 | 50 | | 21/K30 | | 2 | | | | |
| 289 | 85 | POL | Foks-Jakubowska Carmen | 1984 | Wrocław | 00:56:12 | 00:55:52 | 05:37 | 51 | | 22/K30 | | | | | | |
| 290 | 228 | POL | Matelski Marek | 1965 | Smolec | 00:56:19 | 00:55:52 | 05:37 | | 239 | 22/M50 | | | | | | |
| 291 | 312 | POL | Rusek Piotrek | 1981 | Korff, Ręków | 00:56:21 | 00:56:03 | 05:38 | | 240 | 92/M30 | | | | | | |
| 292 | 71 | POL | Drabik Marcin | 1970 | WKB PIAST/MORSY WROCLAWSKIE, Wrocław | 00:56:25 | 00:56:03 | 05:38 | | 241 | 81/M40 | | | | | | |
| 293 | 495 | POL | Syperek Marcin | 1974 | Wrocław | 00:56:26 | 00:56:03 | 05:38 | | 242 | 82/M40 | | | | | | |
| 294 | 433 | POL | Wójcik Magdalena | 1998 | Smolec | 00:56:28 | 00:56:06 | 05:38 | 52 | | 11/K20 | | | | | | |
| 295 | 252 | POL | Niwiński Rajmund | 1967 | Niezrzeszony, Boguszów Gorce | 00:56:31 | 00:56:10 | 05:39 | | 243 | 23/M50 | | | | | | |
| 296 | 476 | POL | Kulczycki Paweł | 1967 | Brzeg | 00:56:33 | 00:55:53 | 05:39 | | 244 | 24/M50 | | | | | | |
| 297 | 316 | POL | Sadek Zbigniew | 1962 | ELEKTROTIM S.A., Krzeptów | 00:56:35 | 00:56:11 | 05:39 | | 245 | 25/M50 | 49 | | | | | |
| 298 | 4 | POL | Adamski Piotr | 1990 | CAPGEMINI, Wrocław | 00:56:36 | 00:56:00 | 05:39 | | 246 | 33/M20 | | | | | | 11 |
| 299 | 405 | POL | Wargocki Krzysztof | 1974 | Bielany Wrocławskie | 00:56:52 | 00:56:27 | 05:41 | | 247 | 83/M40 | | | | | | |
| 300 | 460 | POL | Zygmunt Piotr | 1968 | Borowe | 00:57:01 | 00:56:43 | 05:42 | | 248 | 26/M50 | | | | | | |
| 301 | 217 | POL | Łukawski Piotr | 1979 | 4Ł, Smolec | 00:57:06 | 00:56:36 | 05:42 | | 249 | 84/M40 | 50 | | | 9 | | |
| 302 | 166 | POL | Kołodziejczyk Krzysztof | 1982 | Smolec | 00:57:07 | 00:57:01 | 05:42 | | 250 | 93/M30 | 51 | | | | | |
| 303 | 144 | POL | Juszczak Romuald | 1951 | Wrocław | 00:57:09 | 00:56:42 | 05:42 | | 251 | 4/M60 | | | | | | |
| 304 | 385 | POL | Śliz Edward | 1952 | Gniechowice | 00:57:11 | 00:56:48 | 05:43 | | 252 | 5/M60 | | | | | | |
| 305 | 443 | POL | Zagdańska Aleksandra | 1993 | Wrocław | 00:57:12 | 00:56:56 | 05:43 | 53 | | 12/K20 | | | | | | |
| 306 | 294 | POL | Przybycin Adrian | 1991 | Głiwice | 00:57:29 | 00:56:52 | 05:44 | | 253 | 34/M20 | | | | | | |
| 307 | 104 | POL | Górniak Michał | 1979 | Mokronos Górny | 00:57:34 | 00:57:12 | 05:45 | | 254 | 85/M40 | | | | | | |
| 308 | 357 | POL | Stella-Sawicka Ania | 1980 | Speedsmolec, Smolec | 00:57:34 | 00:56:52 | 05:45 | 54 | | 23/K30 | 6 | | | | | |
| 309 | 487 | POL | Mazur Michał | 1981 | Krzeptów | 00:57:35 | 00:56:52 | 05:45 | | 255 | 94/M30 | 52 | | | | | |
| 310 | 451 | POL | Zarówny Krzysztof | 1976 | Kąty Wrocławskie | 00:57:38 | 00:57:30 | 05:45 | | 256 | 86/M40 | | | | | | |
| 311 | 270 | POL | Pacyna Grzegorz | 1965 | KP TEAM, Kąty Wrocławskie | 00:57:43 | 00:57:27 | 05:46 | | 257 | 27/M50 | | | | | | |
| 312 | 185 | POL | Krystyańczuk Marcin | 1979 | Kąty Wrocławskie | 00:57:44 | 00:57:16 | 05:46 | | 258 | 87/M40 | | | | | | |
| 313 | 117 | POL | Hanasiewicz Marcin | 1993 | CAPGEMINI, Katowice | 00:58:09 | 00:58:00 | 05:48 | | 259 | 35/M20 | | | | | | 12 |
| 314 | 432 | POL | Wójcik Jan | 2000 | Trener Przemek Różański/Factory Fitness Club, Smolec | 00:58:17 | 00:57:50 | 05:49 | | 260 | 7/M16 | | | | | | |
| 315 | 459 | POL | Zygmunt Paulina | 1996 | Smolec | 00:58:19 | 00:58:00 | 05:49 | 55 | | 13/K20 | 7 | | | | | |
| 316 | 187 | POL | Kucab Andrzej | 1966 | Lubin | 00:58:20 | 00:58:00 | 05:49 | | 261 | 28/M50 | | | | | | |
| 317 | 105 | POL | Grochalski Sebastian | 1976 | Smolec | 00:58:24 | 00:58:23 | 05:50 | | 262 | 88/M40 | 53 | | | | | |
| 318 | 110 | POL | Gruby Łukasz | 1981 | Smolec | 00:58:32 | 00:58:03 | 05:51 | | 263 | 95/M30 | 54 | | | | | |
| 319 | 468 | POL | Lemik Sebastian | 1979 | Smolec | 00:58:35 | 00:58:17 | 05:51 | | 264 | 89/M40 | 55 | | | | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|---------------------------|---------|--|-------------|------------|-------|----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 320 | 383 | POL | Szymczak Wojciech | 1983 | Szymczaki Debeściaki, Wrocław | 00:58:41 | 00:58:10 | 05:52 | | 265 | 96/M30 | | | | 10 | | |
| 321 | 380 | POL | Szymczak Kamila | 1987 | Szymczaki Debeściaki, Wrocław | 00:58:41 | 00:58:09 | 05:52 | 56 | | 24/K30 | | | | 11 | | |
| 322 | 265 | POL | Olech Agata | 1985 | CAPGEMINI, Wrocław | 00:58:42 | 00:58:19 | 05:52 | 57 | | 25/K30 | | | | | | 2 |
| 323 | 406 | POL | Wargocki Maciej | 1977 | Wrocław | 00:58:48 | 00:58:24 | 05:52 | | 266 | 90/M40 | | | | | | |
| 324 | 116 | POL | Hałas Paweł | 1969 | San Escobar Team, Wrocław | 00:58:49 | 00:58:23 | 05:52 | | 267 | 29/M50 | | | | | | |
| 325 | 469 | POL | Szpyrna Katarzyna | 1981 | Wrocław | 00:59:04 | 00:58:47 | 05:54 | 58 | | 26/K30 | | | | | | |
| 326 | 65 | POL | Czołowski Tommy | 1977 | Forehead Runs, Wrocław | 00:59:14 | 00:58:42 | 05:55 | | 268 | 91/M40 | | | | | | |
| 327 | 370 | POL | Szałajko Jerzy | 1962 | Duch Gór, Wrocław | 00:59:16 | 00:58:55 | 05:55 | | 269 | 30/M50 | | | | | | |
| 328 | 276 | POL | Pawluk Grzegorz | 1977 | Wrocław | 00:59:16 | 00:59:00 | 05:55 | | 270 | 92/M40 | | | | | | |
| 329 | 448 | POL | Zańanowski Filip | 2002 | Smolec | 00:59:18 | 00:59:00 | 05:55 | | 271 | 8/M16 | 56 | | | | | |
| 330 | 127 | POL | Hoszowska Agnieszka | 1980 | Smolec | 00:59:19 | 00:58:44 | 05:55 | 59 | | 27/K30 | 8 | | | | | |
| 331 | 70 | POL | Drabato Mieczysław | 1962 | Radwanice | 00:59:29 | 00:58:56 | 05:56 | | 272 | 31/M50 | | | | | | |
| 332 | 309 | POL | Rotko Julia | 2002 | CRAZY RUNNERS, Wrocław | 00:59:30 | 00:59:12 | 05:57 | 60 | | 1/K16 | | | | | | |
| 333 | 318 | POL | Sakał Piotr | 1970 | 55-080 Smolec | 00:59:33 | 00:58:53 | 05:57 | | 273 | 93/M40 | 57 | | | | | |
| 334 | 427 | POL | Wolski Tadeusz | 1971 | CAPGEMINI, Wrocław | 00:59:37 | 00:59:25 | 05:57 | | 274 | 94/M40 | | | | | | 13 |
| 335 | 168 | POL | Komała Wojciech | 1976 | Smolec | 00:59:40 | 00:59:12 | 05:58 | | 275 | 95/M40 | 58 | | | | | |
| 336 | 123 | POL | Hewczuk Rafał | 1971 | Smolec | 00:59:46 | 00:59:24 | 05:58 | | 276 | 96/M40 | 59 | | | | | |
| 337 | 151 | POL | Kieżyńska-Walus Agnieszka | 1975 | Trenujz nami.pl, Bogdaszowice | 00:59:57 | 00:59:22 | 05:59 | 61 | | 16/K40 | | | | | 4 | |
| 338 | 278 | POL | Pęcał Piotr | 1975 | Pietrzykowice | 00:59:58 | 00:59:46 | 05:59 | | 277 | 97/M40 | | | | | | |
| 339 | 91 | POL | Kakarczyk Paweł | 1987 | Miękinia | 01:00:03 | 00:59:17 | 06:00 | | 278 | 97/M30 | | | | | | |
| 340 | 174 | POL | Kotkowski Tomasz | 1980 | Wrocław | 01:00:04 | 00:59:45 | 06:00 | | 279 | 98/M30 | | | | | | |
| 341 | 1 | POL | Wanał Wacław | 1946 | KB ZaDyszka Smolec, Wrocław | 01:00:05 | 00:59:38 | 06:00 | | 280 | 2/M70+ | | | | | | |
| 342 | 118 | POL | Harom Paweł | 1989 | Malczyce | 01:00:09 | 00:59:51 | 06:00 | | 281 | 99/M30 | | | | | | |
| 343 | 404 | POL | Walkowiak Agnieszka | 1986 | Wrocław | 01:00:11 | 00:59:56 | 06:01 | 62 | | 28/K30 | | | | | | |
| 344 | 216 | POL | Łukawska Izabela | 1977 | 4Ł, Smolec | 01:00:12 | 00:59:42 | 06:01 | 63 | | 17/K40 | 9 | | | 12 | | |
| 345 | 156 | POL | Klimek Justyna | 1973 | Smolec | 01:00:13 | 00:59:37 | 06:01 | 64 | | 18/K40 | 10 | | | | | |
| 346 | 248 | POL | Muzaj Bartłomiej | 1990 | Wrocław | 01:00:17 | 00:59:39 | 06:01 | | 282 | 36/M20 | | | | | | |
| 347 | 485 | POL | Plato Adam | 1938 | Wrocław | 01:00:34 | 01:00:15 | 06:03 | | 283 | 3/M70+ | | | | | | |
| 348 | 259 | POL | Nowogrodzki Wojciech | 1979 | 4WSK we Wrocławiu, Małkowie | 01:00:36 | 01:00:27 | 06:03 | | 284 | 98/M40 | | | | | | |
| 349 | 254 | POL | Nogaj-Małachowska Marta | 1988 | Wrocław | 01:00:37 | 01:00:09 | 06:03 | 65 | | 29/K30 | | | | | | |
| 350 | 60 | POL | Matkowski Kazimierz | 1962 | DOTI Manufaktura/KB ZaDyszka Smolec, Pietrzykowice | 01:00:38 | 01:00:06 | 06:03 | | 285 | 32/M50 | | | | | | |
| 351 | 20 | POL | Becker Karolina | 1982 | Wrocław | 01:00:49 | 01:00:17 | 06:04 | 66 | | 30/K30 | | | | | | |
| 352 | 430 | POL | Wójcicka Aleksandra | 1989 | Gliwice | 01:01:02 | 01:00:24 | 06:06 | 67 | | 31/K30 | | | | | | |
| 353 | 338 | POL | Słowik Michał | 1985 | Krzepetów | 01:01:02 | 01:00:27 | 06:06 | | 286 | 100/M30 | 60 | | | | | |
| 354 | 354 | POL | Stefaniak Andrzej | 1978 | CAPGEMINI, Wrocław | 01:01:05 | 01:00:24 | 06:06 | | 287 | 99/M40 | | | | | | 14 |
| 355 | 355 | POL | Stefaniak Magdalena | 1985 | CAPGEMINI, Wrocław | 01:01:05 | 01:00:24 | 06:06 | 68 | | 32/K30 | | | | | | 3 |
| 356 | 66 | POL | Dąbrowski Rafał | 1991 | A TO BYŁ ON, Wrocław | 01:01:11 | 01:00:47 | 06:07 | | 288 | 37/M20 | | | | | | |
| 357 | 426 | POL | Wolczek Tomasz | 1977 | Speedsmolec, Wrocław | 01:01:15 | 01:00:50 | 06:07 | | 289 | 100/M40 | 61 | | | | | |
| 358 | 470 | POL | Stefaniszyn Katarzyna | 1989 | Wrocław | 01:01:18 | 01:00:43 | 06:07 | 69 | | 33/K30 | | | | | | |
| 359 | 258 | POL | Nowakowski Robert | 1968 | Wrocław | 01:01:30 | 01:01:09 | 06:09 | | 290 | 33/M50 | | | | | | |
| 360 | 389 | POL | Tatrocki Krzysztof | 1969 | Sobótka K.wrocławia | 01:01:32 | 01:00:58 | 06:09 | | 291 | 34/M50 | | | | | | |
| 361 | 305 | POL | Rawski Michał | 1976 | Wrocław | 01:01:38 | 01:01:12 | 06:09 | | 292 | 101/M40 | | | | | | |
| 362 | 74 | POL | Drzewińska Katarzyna | 1989 | Wrocław | 01:01:40 | 01:01:17 | 06:10 | 70 | | 34/K30 | | | | | | |
| 363 | 224 | POL | Marcinkowski Mariusz | 1973 | Smolec | 01:01:56 | 01:01:26 | 06:11 | | 293 | 102/M40 | 62 | | | | | |
| 364 | 48 | POL | Chyży Janusz | 1996 | Wrocław | 01:01:59 | 01:01:34 | 06:11 | | 294 | 38/M20 | | | | | | |
| 365 | 416 | DEU | Windirsch Luisa | 1992 | PSV Bernburg, Bernburg | 01:02:01 | 01:01:35 | 06:12 | 71 | | 14/K20 | | | | | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|-------------------------|---------|--|-------------|------------|-------|----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 366 | 429 | POL | Wójciak Iwona | 1974 | wojciakteam, Kąty Wrocławskie | 01:02:02 | 01:01:35 | 06:12 | 72 | | 19/K40 | | | | | | |
| 367 | 462 | POL | Zymlirski Robert | 1970 | Heart Attack, Wrocław | 01:02:04 | 01:01:18 | 06:12 | | 295 | 103/M40 | | | | | | |
| 368 | 88 | POL | Gajewska Edyta | 1987 | Wrocław | 01:02:05 | 01:01:31 | 06:12 | 73 | | 35/K30 | | | | | | |
| 369 | 391 | POL | Toms Rafał | 1987 | Nie lubię biegać, Lutynia | 01:02:09 | 01:01:42 | 06:12 | | 296 | 101/M30 | | | | | | |
| 370 | 223 | POL | Marcinek Rafał | 1972 | MARCINEK TEAM, Wrocław | 01:02:13 | 01:01:37 | 06:13 | | 297 | 104/M40 | | | | | | |
| 371 | 192 | POL | Kupis Andrzej | 1983 | Cicha stopa, Smolec | 01:02:24 | 01:01:44 | 06:14 | | 298 | 102/M30 | 63 | | | | | |
| 372 | 330 | POL | Skrzypczak Grzegorz | 1986 | Nie lubię biegać, Lutynia | 01:02:38 | 01:02:15 | 06:15 | | 299 | 103/M30 | | | | | | |
| 373 | 152 | POL | Kilan Adam | 1972 | Smolec | 01:02:43 | 01:02:14 | 06:16 | | 300 | 105/M40 | 64 | | | | | |
| 374 | 363 | POL | Surmacz Małgorzata | 1984 | Wrocław | 01:02:47 | 01:02:04 | 06:16 | 74 | | 36/K30 | | | | | | |
| 375 | 364 | POL | Surmacz Tomasz | 1986 | Wrocław | 01:02:47 | 01:02:03 | 06:16 | | 301 | 104/M30 | | | | | | |
| 376 | 22 | POL | Berdychowski Krzysztof | 1993 | #EuroviaRun, Wrocław | 01:02:50 | 01:02:24 | 06:16 | | 302 | 39/M20 | | | | | | |
| 377 | 180 | POL | Krężel Elżbieta | 2002 | RunWiszniaRun, Malin | 01:03:00 | 01:02:37 | 06:17 | 75 | | 2/K16 | | | | | | |
| 378 | 36 | POL | Brylak Jakub | 1988 | Wrocław | 01:03:17 | 01:02:33 | 06:19 | | 303 | 105/M30 | | | | | | |
| 379 | 339 | POL | Ślodyczko Piotr | 1984 | Kąty Wrocławskie | 01:03:18 | 01:02:50 | 06:19 | | 304 | 106/M30 | | | | | | |
| 380 | 6 | POL | Aleksandrak Alicja | 1988 | Gliwice | 01:03:21 | 01:02:44 | 06:20 | 76 | | 37/K30 | | | | | | |
| 381 | 425 | POL | Wojdyła Adam-Mieczysław | 1964 | nIE ZALEŻNY, Wrocław | 01:03:26 | 01:02:46 | 06:20 | | 305 | 35/M50 | | | | | | |
| 382 | 28 | POL | Błońska Marzena | 1964 | SPARK TEAM, Smolec | 01:03:55 | 01:03:35 | 06:23 | 77 | | 1/K50 | 11 | | | | | |
| 383 | 29 | POL | Błoński Piotr | 1964 | Smolec | 01:03:55 | 01:03:35 | 06:23 | | 306 | 36/M50 | 65 | | | | | |
| 384 | 435 | POL | Wróbel Jacek | 1977 | Brzeg | 01:04:06 | 01:03:30 | 06:24 | | 307 | 106/M40 | | | | | | |
| 385 | 494 | POL | Jarocka Małgorzata | 1964 | Running Stones, Mokronos Górny | 01:04:10 | 01:03:36 | 06:25 | 78 | | 2/K50 | | | | | | |
| 386 | 394 | POL | Trybuła Aneta | 1971 | Running Stones, Wrocław | 01:04:11 | 01:03:35 | 06:25 | 79 | | 20/K40 | | | | | | |
| 387 | 7 | POL | Anioł Laura | 1985 | Night Runners, Wrocław | 01:04:11 | 01:03:36 | 06:25 | 80 | | 38/K30 | | 3 | | | | |
| 388 | 395 | POL | Trybuła Marcin | 1971 | Running Stones, Wrocław | 01:04:11 | 01:03:36 | 06:25 | | 308 | 107/M40 | | | | | | |
| 389 | 298 | POL | Pucek Przemysław | 1972 | WKB Piast Wrocław, Smolec | 01:04:22 | 01:04:00 | 06:26 | | 309 | 108/M40 | 66 | | | | | |
| 390 | 193 | POL | Kurek Daniel | 1979 | Wrocław | 01:04:43 | 01:04:18 | 06:28 | | 310 | 109/M40 | | | | | | |
| 391 | 386 | POL | Świdarska Joanna | 1977 | Krzepków | 01:04:45 | 01:04:03 | 06:28 | 81 | | 21/K40 | 12 | | | | | |
| 392 | 101 | POL | Gomoła Mateusz | 1981 | Daft Runner, Krzepków | 01:04:47 | 01:04:04 | 06:28 | | 311 | 107/M30 | 67 | | | | | |
| 393 | 371 | POL | Szałek Grzegorz | 1981 | Świdnica | 01:04:55 | 01:04:23 | 06:29 | | 312 | 108/M30 | | | | | | |
| 394 | 284 | POL | Piowczyk Anna | 1994 | DOTI Manufaktura/KB ZaDyszka Smolec, Wrocław | 01:05:02 | 01:04:30 | 06:30 | 82 | | 15/K20 | | | | | | |
| 395 | 402 | POL | Twardowska Aneta | 1982 | Smolec | 01:05:11 | 01:04:47 | 06:31 | 83 | | 39/K30 | 13 | | | | | |
| 396 | 77 | POL | Dworzyńska Karolina | 1993 | Tomaszów Mazowiecki | 01:05:17 | 01:05:00 | 06:31 | 84 | | 16/K20 | | | | | | |
| 397 | 409 | POL | Węglarska Anna | 1974 | Wrocław | 01:05:18 | 01:04:59 | 06:31 | 85 | | 22/K40 | | | | | | |
| 398 | 458 | POL | Zychal Bartosz | 1993 | CAPGEMINI, Wrocław | 01:05:23 | 01:04:52 | 06:32 | | 313 | 40/M20 | | | | | | 15 |
| 399 | 440 | POL | Wysoczańska Marzena | 1976 | Smolec | 01:05:26 | 01:04:58 | 06:32 | 86 | | 23/K40 | 14 | | | | | |
| 400 | 465 | POL | Żuchowska Magdalena | 1978 | Smolec | 01:05:26 | 01:04:54 | 06:32 | 87 | | 24/K40 | 15 | | | | | |
| 401 | 314 | POL | Rychel Mariola | 1969 | e-dziewiarka.pl, Smolec | 01:05:32 | 01:05:08 | 06:33 | 88 | | 3/K50 | 16 | | | | | |
| 402 | 439 | POL | Wysoczańska Karolina | 1982 | Pietrzykowice | 01:05:42 | 01:05:08 | 06:34 | 89 | | 40/K30 | | | | | | |
| 403 | 76 | POL | Dulik Aneta | 1974 | Smolec | 01:05:47 | 01:05:11 | 06:34 | 90 | | 25/K40 | | | | | | |
| 404 | 153 | POL | Kirca Paweł | 1975 | Friends, Wrocław | 01:05:48 | 01:05:32 | 06:34 | | 314 | 110/M40 | | | | | | |
| 405 | 378 | POL | Szyda Jacek | 1974 | PRO-RUN Wrocław, Wrocław | 01:06:00 | 01:05:28 | 06:35 | | 315 | 111/M40 | | | | | | |
| 406 | 286 | POL | Piskorz Magdalena | 1975 | Factory Fitness Club, Mokronos Górny | 01:06:04 | 01:05:32 | 06:36 | 91 | | 26/K40 | | | | | | |
| 407 | 182 | POL | Król Jakub | 1992 | CAPGEMINI, Wrocław | 01:06:19 | 01:06:11 | 06:37 | | 316 | 41/M20 | | | | | | 16 |
| 408 | 78 | POL | Dydejczyk Maciej | 1980 | Friends, Smolec | 01:06:24 | 01:05:51 | 06:38 | | 317 | 109/M30 | | | | | | |
| 409 | 419 | POL | Wites Andrzej | 1977 | Smolec | 01:06:41 | 01:06:21 | 06:40 | | 318 | 112/M40 | 68 | | | | | |
| 410 | 420 | POL | Wites Małgorzata | 1978 | Smolec | 01:06:41 | 01:06:21 | 06:40 | 92 | | 27/K40 | | | | | | |
| 411 | 25 | POL | Bigda Marek | 1977 | GreenOrinoko, Smolec | 01:07:03 | 01:06:26 | 06:42 | | 319 | 113/M40 | 69 | | | | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|--------------------------|---------|--|-------------|------------|-------|-----|-----|-----------|------------|---------|---------|----------|----------|-----------|
| 412 | 260 | POL | Nycz Rafał | 1979 | Wrocław | 01:07:34 | 01:07:06 | 06:45 | | 320 | 114/M40 | | | | | | |
| 413 | 159 | POL | Knap Aleksandra | 1986 | Walbrzych | 01:07:41 | 01:07:26 | 06:46 | 93 | | 41/K30 | | | | | | |
| 414 | 32 | POL | Stachańczyk Wojciech | 1975 | Mather Running Team, Wrocław | 01:07:42 | 01:06:59 | 06:46 | | 321 | 115/M40 | | | | | | |
| 415 | 64 | POL | Czekaj-Hudziak Agnieszka | 1981 | Smolec | 01:08:29 | 01:07:50 | 06:50 | 94 | | 42/K30 | | | | | | |
| 416 | 172 | POL | Kordek Patryk | 1983 | Wrocław | 01:09:12 | 01:08:33 | 06:55 | | 322 | 110/M30 | | | | | | |
| 417 | 52 | POL | Cieśla Sławomir | 1975 | Smolec | 01:09:29 | 01:08:51 | 06:56 | | 323 | 116/M40 | | | | | | |
| 418 | 379 | POL | Szymańska Julia | 2002 | Smolec | 01:09:31 | 01:09:26 | 06:57 | 95 | | 3/K16 | 17 | | | | | |
| 419 | 372 | POL | Szczubetek Paweł | 2001 | Wrocław | 01:09:31 | 01:09:26 | 06:57 | | 324 | 9/M16 | | | | | | |
| 420 | 455 | POL | Zielińska Urszula | 1988 | Wrocław | 01:10:11 | 01:09:39 | 07:01 | 96 | | 43/K30 | | | | | | |
| 421 | 195 | POL | Kurzyński Maciej | 1986 | Wrocław | 01:10:11 | 01:09:39 | 07:01 | | 325 | 111/M30 | | | | | | |
| 422 | 94 | POL | Glegoła Krzysztof | 1985 | Wrocław | 01:10:22 | 01:10:03 | 07:02 | | 326 | 112/M30 | | | | | | |
| 423 | 200 | POL | Lasota Katarzyna | 1982 | Wrocław | 01:10:24 | 01:09:47 | 07:02 | 97 | | 44/K30 | 18 | | | | | |
| 424 | 167 | POL | Kołodziejczyk Łucja | 1988 | Smolec | 01:10:38 | 01:10:33 | 07:03 | 98 | | 45/K30 | 19 | | | | | |
| 425 | 295 | POL | Przybysławska Dorota | 1985 | Wrocław | 01:10:54 | 01:10:29 | 07:05 | 99 | | 46/K30 | | | | | | |
| 426 | 100 | POL | Goły Alicja | 1994 | Gliwice | 01:11:13 | 01:10:36 | 07:07 | 100 | | 17/K20 | | | | | | |
| 427 | 400 | POL | Tul Małgorzata | 1970 | DRUZYNA SZPIKU, Gniechowice | 01:11:14 | 01:10:41 | 07:07 | 101 | | 28/K40 | | | | | | |
| 428 | 445 | POL | Zajdzińska Dorota | 1981 | Smolec | 01:11:50 | 01:11:10 | 07:10 | 102 | | 47/K30 | 20 | | | | | |
| 429 | 121 | POL | Hernik-Oko Monika | 1972 | Smolec | 01:11:59 | 01:11:24 | 07:11 | 103 | | 29/K40 | 21 | | | | | |
| 430 | 42 | POL | Chmielewski Janusz | 1957 | Popielów | 01:12:03 | 01:11:32 | 07:12 | | 327 | 6/M60 | | | | | | |
| 431 | 283 | POL | Piotrowski Zbigniew | 1957 | Brzeg | 01:12:03 | 01:11:45 | 07:12 | | 328 | 7/M60 | | | | | | |
| 432 | 341 | POL | Słowik Monika | 1995 | Kąty Wrocławskie | 01:12:39 | 01:12:06 | 07:15 | 104 | | 18/K20 | | | | | | |
| 433 | 377 | POL | Szuba Dorota | 1991 | SYSTEM ERROR, Wrocław | 01:13:19 | 01:12:53 | 07:19 | 105 | | 19/K20 | | | | | | |
| 434 | 496 | POL | Jakubczyk Magdalena | | Wrocław | 01:13:59 | 01:13:26 | 07:23 | 106 | | | | | | | | |
| 435 | 387 | POL | Święty Sławomir | 1982 | Smolec | 01:15:47 | 01:15:08 | 07:34 | | 329 | 113/M30 | | | | | | |
| 436 | 478 | POL | Czarnecka Wiesława | 1968 | Trenujznami.pl | 01:15:50 | 01:15:14 | 07:34 | 107 | | 4/K50 | | | | | 5 | |
| 437 | 434 | POL | Wójtowicz Katarzyna | 1987 | ŚREDZCY BIEGACZE, Środa Śląska | 01:16:30 | 01:15:52 | 07:39 | 108 | | 48/K30 | | | | | | |
| 438 | 72 | POL | Drahan Magdalena | 1976 | Wrocław | 01:16:32 | 01:15:55 | 07:39 | 109 | | 30/K40 | | | | | | |
| 439 | 19 | POL | Bąk Monika | 1992 | Wrocław | 01:17:10 | 01:16:44 | 07:42 | 110 | | 20/K20 | | | | | | |
| 440 | 321 | POL | Sawicki Łukasz | 1991 | Katowice | 01:22:52 | 01:22:15 | 08:17 | | 330 | 42/M20 | | | | | | |
| 441 | 53 | POL | Cieślar Agnieszka | 1989 | Smolec | 01:22:54 | 01:22:31 | 08:17 | 111 | | 49/K30 | 22 | | | | | |
| 442 | 477 | POL | Ksok Krystyna | 1958 | Trenujznami.pl, Wrocław | 01:25:29 | 01:24:53 | 08:32 | 112 | | 1/K60+ | | | | | 6 | |
| 443 | 376 | POL | Sznajder Elżbieta | 1959 | Trener Przemek Różański/Factory Fitness Club, Mokronos Górny | 01:26:48 | 01:26:10 | 08:40 | 113 | | 2/K60+ | | | | | | |
| 444 | 350 | POL | Stankiewicz Marcin | 1995 | DOTI Manufaktura/KB ZaDyszka Smolec, Smolec | 01:27:55 | 01:27:08 | 08:47 | | 331 | 43/M20 | 70 | | | | | |
| 445 | 27 | POL | Błaszczyc Róża | 1987 | Night Runners, Wrocław | 01:29:36 | 01:28:57 | 08:57 | 114 | | 50/K30 | | 4 | | | | |
| 446 | 61 | POL | Stankiewicz Anna | 1965 | DOTI Manufaktura/KB ZaDyszka Smolec, Smolec | 01:31:12 | 01:30:29 | 09:07 | 115 | | 5/K50 | 23 | | | | | |
| 447 | 87 | POL | Freus Agnieszka | 1964 | DOTI Manufaktura/KB ZaDyszka Smolec, Wrocław | 01:31:13 | 01:30:31 | 09:07 | 116 | | 6/K50 | | | | | | |
| 448 | 412 | POL | Wierzejski Henryk | 1954 | Wrocław | 01:31:14 | 01:30:29 | 09:07 | | 332 | 8/M60 | | | | | | |
| DNF | 134 | POL | Jamkowy Daniel | 1975 | Smolec | | | | | | DNF/M40 | | | | | | |
| DNF | 188 | POL | Kuchna Anna | 1977 | Smolec | | | | | | DNF/K40 | | | | | | |
| DNS | 30 | POL | Bobowski Marek | 1975 | Unia Mściwojów / Muchobron, Mściwojów | | | | | | DNS/M40 | | | | | | |
| DNS | 44 | POL | Cholewiński Paweł | 1984 | ŚREDZCY BIEGACZE, Środa Śląska | | | | | | DNS/M30 | | | | | | |
| DNS | 56 | POL | Ciuraszkiewicz Dariusz | 1965 | Smolec | | | | | | DNS/M50 | | | | | | |
| DNS | 81 | POL | Dżusajew Waldemar | 1974 | Smolec | | | | | | DNS/M40 | | | | | | |
| DNS | 89 | POL | Galant Tomasz | 1994 | STS Sokół Smolec, Pleszew | | | | | | DNS/M20 | | | | | | |
| DNS | 92 | POL | Gawel Łukasz | 1989 | Legnica | | | | | | DNS/M30 | | | | | | |
| DNS | 146 | POL | Kajdaneck Joanna | 1981 | Kąty Wrocławskie | | | | | | DNS/K30 | | | | | | |

VII Smolecka (za)Dyszka

| Miejsce | Numer startowy | Kraj | Nazwisko i imię | Rok ur. | Klub / Miejscowość | Czas brutto | Czas netto | Tempo | K | M | Kat. wiek | Mieszk. SK | Zaw. NR | Zaw. ST | Zaw. STS | Zaw. TZN | Zaw. Cap. |
|---------|----------------|------|---------------------|---------|-----------------------------------|-------------|------------|-------|---|---|-----------|------------|---------|---------|----------|----------|-----------|
| DNS | 149 | POL | Kiedrowska Kamila | 1995 | MKS HALICZ Ustrzyki Dolne, Gdańsk | | | | | | DNS/K20 | | | | | | |
| DNS | 157 | POL | Kluk Agnieszka | 1980 | Smolec | | | | | | DNS/K30 | | | | | | |
| DNS | 238 | POL | Mikołajczak Natalia | 1984 | Ślęzak Team, Wrocław | | | | | | DNS/K30 | | | | | | |
| DNS | 240 | POL | Milkowska Ilona | 1985 | Smolec | | | | | | DNS/K30 | | | | | | |
| DNS | 241 | POL | Mitek Agnieszka | 1977 | Smolec | | | | | | DNS/K40 | | | | | | |
| DNS | 257 | POL | Nowak Piotr | 1975 | Sadków | | | | | | DNS/M40 | | | | | | |
| DNS | 277 | POL | Pewniak Ewa | 1976 | Night Runners, Wrocław | | | | | | DNS/K40 | | | | | | |
| DNS | 303 | POL | Radosz Monika | 1983 | Wrocław | | | | | | DNS/K30 | | | | | | |
| DNS | 331 | POL | Skrzypczak Natalia | 1986 | Nie lubię biegać, Lutynia | | | | | | DNS/K30 | | | | | | |
| DNS | 388 | POL | Świsterski Dariusz | 1976 | Ślęzak Team, Wrocław | | | | | | DNS/M40 | | | | | | |
| DNS | 408 | POL | Werner Jacek | 1972 | Smolec | | | | | | DNS/M40 | | | | | | |