



10K Run

All awarded competitors must go on stage in person to receive their prizes. If the prize is not collected by the competitor in person on the day of the event, it will be forfeited.

- OPEN category for women and men for places 1-3, a cup and a voucher for the purchase of sports equipment worth:

for 1st place K and M – PLN 300

for 2nd place, K and M – PLN 250

for 3rd place K and M – PLN 200

The OPEN category does not overlap with the age categories

- Age categories for women and men - statuettes for places 1-3

M/F – 16 16 – 19 years old

M/F – 20 20 – 29 years old

M/F – 30 30 – 39 years old

M/F – 40 40 – 49 years old

M/F – 50 50 – 59 years old

M/F – 60 60 – 69 years old

M/F – 70+ 70 years and more