



II ULTRA MARATON BIESZCZADZKI

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2014-10-12
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	WĄSOWICZ Jan	122		M40	1	04:41:27.00	04:41:27.00		5:24	11.1 (100%)
2	MIKA Oskar	170	APTEKA MIKSTURA	M30	1	04:57:18.00	04:57:18.00	+00:15:51 (5.3%)	5:43	10.5 (94.6%)
3	FARON Robert	238	NORAFSPORTUKSWATRAKAMIENICA	M40	2	05:08:33.00	05:08:33.00	+00:27:06 (8.8%)	5:56	10.1 (91.0%)
4	ŁACHUT Wojtek	561	TEMPO MŁAWA/TRIATHLON SERIES TEAM	M30	2	05:13:57.00	05:13:57.00	+00:32:30 (10.4%)	6:02	9.9 (89.2%)
5	KRZYSZTOŃ Marcin	305	GIEEMPE LASY / KRAŚNIK	M30	3	05:15:28.00	05:15:28.00	+00:34:01 (10.8%)	6:04	9.9 (89.2%)
6	KOBRYŃ Dominik	497	BYLEDOBIEC ANIN	M30	4	05:15:29.00	05:15:29.00	+00:34:02 (10.8%)	6:04	9.9 (89.2%)
7	DUDZIK Robert	219	MSZANA DOLNA	M30	5	05:16:49.00	05:16:49.00	+00:35:22 (11.2%)	6:05	9.8 (88.3%)
8	PUZIA Krzysztof	388	KRAKÓW	M50	1	05:20:27.00	05:20:27.00	+00:39:00 (12.2%)	6:09	9.7 (87.4%)
9	WRÓBEL Łukasz	611	PGB SPORTOWA PACZKA	M30	6	05:23:31.00	05:23:31.00	+00:42:04 (13.0%)	6:13	9.6 (86.5%)
10	JAŁOCHA Mieczysław	63	PRZEMYSKI KLUB BIEGACZA	M40	3	05:23:43.00	05:23:43.00	+00:42:16 (13.1%)	6:13	9.6 (86.5%)
11	LISAK Krzysztof	599	OTK RZEŹNIK	M30	7	05:26:36.00	05:26:36.00	+00:45:09 (13.8%)	6:16	9.6 (86.5%)
12	BARANOW Tomasz	560		M30	8	05:27:46.00	05:27:46.00	+00:46:19 (14.1%)	6:18	9.5 (85.6%)
13	ROBEL Wojciech	202	SOKÓŁ SANOK	M30	9	05:28:13.00	05:28:13.00	+00:46:46 (14.2%)	6:18	9.5 (85.6%)
14	KOMISARZ Tomasz	437	RZESZOWSKIE GAZELE I GEPARDY	M30	10	05:28:42.00	05:28:42.00	+00:47:15 (14.4%)	6:19	9.5 (85.6%)
15	ŁĘCKA Agnieszka	600	JACEKBIEGA RUNNING TEAM	K20	1	05:30:17.00	05:30:17.00	+00:48:50 (14.8%)	6:21	9.4 (84.7%)
16	PREJZNAK Marcin	340	MTB MOSIR DUKLA	M30	11	05:30:36.00	05:30:36.00	+00:49:09 (14.9%)	6:21	9.4 (84.7%)
17	WIERNUSZ Krzysztof	98	FINISZ RYMANÓW	M30	12	05:33:40.00	05:33:40.00	+00:52:13 (15.6%)	6:25	9.4 (84.7%)
18	MAJER Ewa	121		K30	1	05:34:07.00	05:34:07.00	+00:52:40 (15.8%)	6:25	9.3 (83.8%)
19	GARDENER Jacek	666	JACEKBIEGA RUNNING TEAM	M40	4	05:39:04.00	05:39:04.00	+00:57:37 (17.0%)	6:31	9.2 (82.9%)
20	CHODAKOWSKI Marcei	515	K.B.GEOTERMIA UNIEJÓW	M30	13	05:39:09.00	05:39:09.00	+00:57:42 (17.0%)	6:31	9.2 (82.9%)
21	JASTRZĄB Piotr	94	LESKO	M40	5	05:40:38.00	05:40:38.00	+00:59:11 (17.4%)	6:33	9.2 (82.9%)
22	TOPOLSKI Marcin	290	BKB VICTORIA BRZESKO	M30	14	05:40:50.00	05:40:50.00	+00:59:23 (17.4%)	6:33	9.2 (82.9%)
23	PASIECZNY Robert	157	SPRINT GORZYCE	M30	15	05:41:39.00	05:41:39.00	+01:00:12 (17.6%)	6:34	9.1 (82.0%)
24	DYBALSKI Mariusz	292	KB SPARTAKUS BĘŁCHATÓW	M30	16	05:41:57.00	05:41:57.00	+01:00:30 (17.7%)	6:34	9.1 (82.0%)
25	PASEK Tomasz	245	EKO MOTEL NA WIERZYŃKA	M30	17	05:42:40.00	05:42:40.00	+01:01:13 (17.9%)	6:35	9.1 (82.0%)
26	ANDRZEJ Miedziejewski	216	PRUSZKÓW	M20	1	05:43:18.00	05:43:18.00	+01:01:51 (18.0%)	6:36	9.1 (82.0%)
27	ADAMETZ Rafał	589	NAVIGATORIA	M20	2	05:45:58.00	05:45:58.00	+01:04:31 (18.6%)	6:39	9 (81.1%)
28	IGNATOWICZ Marcin	77	MIELEC	M30	18	05:47:27.00	05:47:27.00	+01:06:00 (19.0%)	6:40	9 (81.1%)
29	ŁUCZKIEWICZ Jarosław	139	TS REGLE SZKLARSKA PORĘBA	M40	6	05:48:33.00	05:48:33.00	+01:07:06 (19.3%)	6:42	9 (81.1%)
30	NOWOSTAWSKI Mariusz	535	SUPERMARATON KALISZ	M40	7	05:49:48.00	05:49:48.00	+01:08:21 (19.5%)	6:43	8.9 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						52km	52km			
31	SZPUNAR Maciej	331	COMPLEXSPORTS-GDYNSKIEMORSY	M40	8	05:50:07.00	05:50:07.00	+01:08:40 (19.6%)	6:43	8.9 (80.2%)
32	BARANIAK Radosław	178	LUBOŃ	M40	9	05:51:34.00	05:51:34.00	+01:10:07 (19.9%)	6:45	8.9 (80.2%)
33	KOCZWARA Tomek	477		M30	19	05:52:08.00	05:52:08.00	+01:10:41 (20.1%)	6:46	8.9 (80.2%)
34	BURZYŃSKI Mirosław	352	AKSU POLSKA / KB SOBÓTKA	M40	10	05:53:48.00	05:53:48.00	+01:12:21 (20.4%)	6:48	8.8 (79.3%)
35	BANASZEK Adam	466	BIEGUSIEM.PL	M30	20	05:54:50.00	05:54:50.00	+01:13:23 (20.7%)	6:49	8.8 (79.3%)
36	HERDZINA Przemysław	503	KRAKÓW	M30	21	05:55:03.00	05:55:03.00	+01:13:36 (20.7%)	6:49	8.8 (79.3%)
37	GAŁASZKIEWICZ Karol	90	INTERSPORT	M20	3	05:55:50.00	05:55:50.00	+01:14:23 (20.9%)	6:50	8.8 (79.3%)
38	PRĘDKI Mirosław	489	PRZYSIEKI K. JASŁA	M30	22	05:56:23.00	05:56:23.00	+01:14:56 (21.0%)	6:51	8.8 (79.3%)
39	MILER Marcin	173	KLEOFAS KATOWICE	M30	23	05:56:32.00	05:56:32.00	+01:15:05 (21.1%)	6:51	8.8 (79.3%)
40	JOSYPENKO Jędrzej	505	JACEKBIEGA RUNNING TEAM	M20	4	05:57:20.00	05:57:20.00	+01:15:53 (21.2%)	6:52	8.7 (78.4%)
41	MAJ Robert	538	TVP LUBLIN	M40	11	05:58:26.00	05:58:26.00	+01:16:59 (21.5%)	6:53	8.7 (78.4%)
42	ADAMCZUK Mariusz	40	NAPIERAMY! / SOPOT	M30	24	05:58:35.00	05:58:35.00	+01:17:08 (21.5%)	6:53	8.7 (78.4%)
43	FRANCZAK Łukasz	293	GDAŃSK	M30	25	05:58:47.00	05:58:47.00	+01:17:20 (21.6%)	6:53	8.7 (78.4%)
44	TUSCHER Kuba	264	OBI BOKI RUNNING CREW	M30	26	06:02:57.00	06:02:57.00	+01:21:30 (22.5%)	6:58	8.6 (77.5%)
45	ŚLIWIŃSKI Paweł	51	MIECHÓW	M20	5	06:03:22.00	06:03:22.00	+01:21:55 (22.5%)	6:59	8.6 (77.5%)
46	DARSKI Rafał	179		M40	12	06:04:20.00	06:04:20.00	+01:22:53 (22.7%)	7:00	8.6 (77.5%)
47	POŻAK Grzegorz	314	LUBARTÓW	M30	27	06:04:44.00	06:04:44.00	+01:23:17 (22.8%)	7:00	8.6 (77.5%)
48	DESSAUER Wioletta	461	LUBARTOWBIEGA.PL	K30	2	06:04:50.00	06:04:50.00	+01:23:23 (22.9%)	7:00	8.6 (77.5%)
49	RZESZÓTKO Leszek	614	POWERADE TEAM	M50	2	06:04:57.00	06:04:57.00	+01:23:30 (22.9%)	7:01	8.5 (76.6%)
50	TUROSZ Iwona	431		K20	2	06:06:09.00	06:06:09.00	+01:24:42 (23.1%)	7:02	8.5 (76.6%)
50	SAWA Jarosław	420	LUBLIN	M30	28	06:06:09.00	06:06:09.00	+01:24:42 (23.1%)	7:02	8.5 (76.6%)
52	OLEK Paweł	451	WARSZAWA	M30	29	06:07:00.00	06:07:00.00	+01:25:33 (23.3%)	7:03	8.5 (76.6%)
53	TKACZEWSKI Piotr	163	MIECHÓW	M40	13	06:07:40.00	06:07:40.00	+01:26:13 (23.4%)	7:04	8.5 (76.6%)
54	KĄCKA Anna	567	ZAKOPANE	K20	3	06:07:43.00	06:07:43.00	+01:26:16 (23.5%)	7:04	8.5 (76.6%)
55	SKRZYSIŃSKI Gniewomir	127	GO-KRASNA UKU RUN	M30	30	06:07:58.00	06:07:58.00	+01:26:31 (23.5%)	7:04	8.5 (76.6%)
56	DRĄCZKOWSKI Piotr	240	KW LUBLIN / MKT	M30	31	06:08:56.00	06:08:56.00	+01:27:29 (23.7%)	7:05	8.5 (76.6%)
57	JANCZAK Waldemar	473	KIELCE	M30	32	06:09:20.00	06:09:20.00	+01:27:53 (23.8%)	7:06	8.4 (75.7%)
58	ZBOŻNIAK Łukasz	256		M30	33	06:09:38.00	06:09:38.00	+01:28:11 (23.9%)	7:06	8.4 (75.7%)
59	KORULCZYK Łukasz	95	LUBLIN	M30	34	06:09:40.00	06:09:40.00	+01:28:13 (23.9%)	7:06	8.4 (75.7%)
60	KUNACHOWICZ Paweł	532	PASSUS SPORT TEAM	M40	14	06:09:56.00	06:09:56.00	+01:28:29 (23.9%)	7:06	8.4 (75.7%)
61	WAHL Daniel	33	T.S. AKS CHORZÓW	M30	35	06:10:16.00	06:10:16.00	+01:28:49 (24.0%)	7:07	8.4 (75.7%)
62	KRZEMIŃSKI Marcin	155	SPRINT GORZYCE	M30	36	06:10:28.00	06:10:28.00	+01:29:01 (24.0%)	7:07	8.4 (75.7%)
63	SZCZEPANIAK Waldemar	521	POZNAŃ	M40	15	06:11:36.00	06:11:36.00	+01:30:09 (24.3%)	7:08	8.4 (75.7%)
64	HELOWICZ Stanisław	403	TUSZYMA	M30	37	06:11:52.00	06:11:52.00	+01:30:25 (24.3%)	7:09	8.4 (75.7%)
65	BERNADY Łukasz	298	RADOM	M30	38	06:12:36.00	06:12:36.00	+01:31:09 (24.5%)	7:09	8.4 (75.7%)
66	SOPEL Arkadiusz	578	OTK RZEŻNIK	M40	16	06:12:58.00	06:12:58.00	+01:31:31 (24.5%)	7:10	8.4 (75.7%)
67	OLEKSY Jarosław	191	KS LIMANOWA FORREST	M50	3	06:13:02.00	06:13:02.00	+01:31:35 (24.6%)	7:10	8.4 (75.7%)
68	KLIMCZEWSKI Andrzej	548	FOREVER YOUNG ŁÓDŹ	M50	4	06:14:11.00	06:14:11.00	+01:32:44 (24.8%)	7:11	8.3 (74.8%)
69	JASKOWSKA Bożena	397	RUN BO! / SMASHING PĄPKINS	K30	3	06:14:24.00	06:14:24.00	+01:32:57 (24.8%)	7:12	8.3 (74.8%)
70	ŁUKASZEWICZ Bartosz	128	CHYBY	M20	6	06:14:38.00	06:14:38.00	+01:33:11 (24.9%)	7:12	8.3 (74.8%)
70	BIENIECKA Anna	616	OTK RZEŻNIK	K30	4	06:14:38.00	06:14:38.00	+01:33:11 (24.9%)	7:12	8.3 (74.8%)
72	PIKUŁA Marcin	610	EULER HERMES RUNNERS TEAM	M30	39	06:14:44.00	06:14:44.00	+01:33:17 (24.9%)	7:12	8.3 (74.8%)
73	ŁUBIAN Michał	80	CTL LOGISTICS	M30	40	06:15:16.00	06:15:16.00	+01:33:49 (25.0%)	7:13	8.3 (74.8%)
74	KOEHLER Krzysztof	542	KD ZUKI	M50	5	06:15:30.00	06:15:30.00	+01:34:03 (25.0%)	7:13	8.3 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						52km	52km			
75	GWIZDAK Justyna	484	WYŻNE	K30	5	06:15:38.00	06:15:38.00	+01:34:11 (25.1%)	7:13	8.3 (74.8%)
76	DANIEL Jarek	456	BIELSKO-BIAŁA	M30	41	06:15:42.00	06:15:42.00	+01:34:15 (25.1%)	7:13	8.3 (74.8%)
77	SZYMEL Michał	496	ŁAŃCUT	M20	7	06:15:49.00	06:15:49.00	+01:34:22 (25.1%)	7:13	8.3 (74.8%)
78	ZDĄBŁARZ Marcin	18	CHRZANÓW	M30	42	06:16:16.00	06:16:16.00	+01:34:49 (25.2%)	7:14	8.3 (74.8%)
79	WAJEROWSKI Krzysztof	140	KB LUPUS OLEŚNICA	M30	43	06:16:19.00	06:16:19.00	+01:34:52 (25.2%)	7:14	8.3 (74.8%)
80	OSTAPSKI Kamil	146	VEGE RUNNERS	M30	44	06:16:28.00	06:16:28.00	+01:35:01 (25.2%)	7:14	8.3 (74.8%)
81	PTAK Wojciech	105	ZĄBKOWICE ŚLĄSKIE	M20	8	06:17:35.00	06:17:35.00	+01:36:08 (25.5%)	7:15	8.3 (74.8%)
82	HADAM Jacek	21	LUBACZOWSKI KLUB BIEGACZA	M40	17	06:18:49.00	06:18:49.00	+01:37:22 (25.7%)	7:17	8.2 (73.9%)
83	STEFANIAK Justyna	329	KB LUPUS OLEŚNICA	K30	6	06:19:25.00	06:19:25.00	+01:37:58 (25.8%)	7:17	8.2 (73.9%)
84	STANOWSKI Grzegorz	565	FOREVER YOUNG ŁÓDŹ	M40	18	06:19:27.00	06:19:27.00	+01:38:00 (25.8%)	7:17	8.2 (73.9%)
85	JUCHA Michał	301	ŁÓDŹ RYSIOTEAM	M30	45	06:20:03.00	06:20:03.00	+01:38:36 (25.9%)	7:18	8.2 (73.9%)
86	ŚWIDEREK Jacek	585		M30	46	06:20:29.00	06:20:29.00	+01:39:02 (26.0%)	7:19	8.2 (73.9%)
87	SUCHOWIECKI Wojciech	357	OLSZTYŃSKIE USTAWKI BIEGOWE	M30	47	06:20:42.00	06:20:42.00	+01:39:15 (26.1%)	7:19	8.2 (73.9%)
88	DZIERKA Mariusz	516	TOMASZÓW MAZOWIECKI	M40	19	06:21:38.00	06:21:38.00	+01:40:11 (26.3%)	7:20	8.2 (73.9%)
89	KROPIWNICKI Tomasz	383	31-952	M30	48	06:22:05.00	06:22:05.00	+01:40:38 (26.3%)	7:20	8.2 (73.9%)
90	CYTACKI Dawid	197	NIGHT RUNNERS PŁOCK	M30	49	06:22:14.00	06:22:14.00	+01:40:47 (26.4%)	7:21	8.2 (73.9%)
91	KRAWCZYK Kamil	553	LOTOS RUNNING TEAM	M20	9	06:22:18.00	06:22:18.00	+01:40:51 (26.4%)	7:21	8.2 (73.9%)
92	FRYŚ Piotr	384	KW KRKÓW	M30	50	06:22:19.00	06:22:19.00	+01:40:52 (26.4%)	7:21	8.2 (73.9%)
93	ARNOLD Przemysław	395	NRT WARSZAWA	M20	10	06:22:56.00	06:22:56.00	+01:41:29 (26.5%)	7:21	8.1 (73.0%)
94	PIENIĄŻEK Sławomir	156	KRAKÓW	M30	51	06:23:14.00	06:23:14.00	+01:41:47 (26.6%)	7:22	8.1 (73.0%)
95	WOŁOSZYN Czesław	595	PIZUNY ROZTOCZE WSCHODNIE	M50	6	06:24:50.00	06:24:50.00	+01:43:23 (26.9%)	7:24	8.1 (73.0%)
96	GORCZYCA Bartosz	592	ICEBUG TEAM	M20	11	06:25:09.00	06:25:09.00	+01:43:42 (26.9%)	7:24	8.1 (73.0%)
97	PROSZOWSKI Piotr	255	SKB STAŁOWA WOLA	M40	20	06:28:09.00	06:28:09.00	+01:46:42 (27.5%)	7:27	8 (72.1%)
98	PRZYGODA Michał	523	MALINIE	M30	52	06:28:10.00	06:28:10.00	+01:46:43 (27.5%)	7:27	8 (72.1%)
99	MADEJSKI Sławomir	332	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	53	06:29:20.00	06:29:20.00	+01:47:53 (27.7%)	7:29	8 (72.1%)
100	JÓŹWIAK Basia	566	YULO RUN TEAM SIEDLCE	K30	7	06:29:21.00	06:29:21.00	+01:47:54 (27.7%)	7:29	8 (72.1%)
101	LEWANDOWSKI Paweł	227	CHARZYNO	M20	12	06:29:42.00	06:29:42.00	+01:48:15 (27.8%)	7:29	8 (72.1%)
102	GŁOWACKI Jacek	11	BIEGAMY Z OCHOTĄ	M50	7	06:29:54.00	06:29:54.00	+01:48:27 (27.8%)	7:29	8 (72.1%)
103	KRAWCZYK Karolina	500	WARSZAWA	K30	8	06:30:14.00	06:30:14.00	+01:48:47 (27.9%)	7:30	8 (72.1%)
104	SADALSKI Łukasz	1	PRUSZKÓW	M40	21	06:31:11.00	06:31:11.00	+01:49:44 (28.1%)	7:31	8 (72.1%)
105	GROSSE Paweł	591	MIESIĘCZNIK HOME&MARKET	M40	22	06:31:50.00	06:31:50.00	+01:50:23 (28.2%)	7:32	8 (72.1%)
106	RZECZKOWSKI Aleksander	597	HARDCORE HOLIDAYS	M40	23	06:32:10.00	06:32:10.00	+01:50:43 (28.2%)	7:32	8 (72.1%)
107	ZAPŁATA Wojciech	111	GORLICE	M30	54	06:32:17.00	06:32:17.00	+01:50:50 (28.3%)	7:32	8 (72.1%)
108	ARKUSZ Marcin	501	KRAKÓW	M30	55	06:32:38.00	06:32:38.00	+01:51:11 (28.3%)	7:33	7.9 (71.2%)
109	FOGIEL-PAWŁOWSKA Agnieszka	476	LOS BIEGANEROS	K30	9	06:32:41.00	06:32:41.00	+01:51:14 (28.3%)	7:33	7.9 (71.2%)
110	KUBACKI Sebastian	372	OSIEDLE NIEWIADÓW	M30	56	06:32:50.00	06:32:50.00	+01:51:23 (28.4%)	7:33	7.9 (71.2%)
111	ZMYŚŁOWSKI Igor	302	LEPSZY ŻBIK	M20	13	06:32:56.00	06:32:56.00	+01:51:29 (28.4%)	7:33	7.9 (71.2%)
112	STYKOWSKI Sławomir	485	ART PROFI WARSZAWA	M30	57	06:33:01.00	06:33:01.00	+01:51:34 (28.4%)	7:33	7.9 (71.2%)
113	PILECKI Maciej	57	WROCŁAW	M30	58	06:33:40.00	06:33:40.00	+01:52:13 (28.5%)	7:34	7.9 (71.2%)
114	ŚWIDEREK Tomasz	29		M30	59	06:33:58.00	06:33:58.00	+01:52:31 (28.6%)	7:34	7.9 (71.2%)
115	OLEWIŃSKI Marcin	472	OLKUSZ	M20	14	06:34:13.00	06:34:13.00	+01:52:46 (28.6%)	7:34	7.9 (71.2%)
116	ŻENCZAKOWSKI Daniel	304	FALISZÓWKA	M30	60	06:34:50.00	06:34:50.00	+01:53:23 (28.7%)	7:35	7.9 (71.2%)
117	KOŁODZIEJSKI Jarek	361	POZNAŃ	M30	61	06:36:06.00	06:36:06.00	+01:54:39 (28.9%)	7:37	7.9 (71.2%)
118	ŚLIWKA Cezary	50	KIELCE	M30	62	06:36:08.00	06:36:08.00	+01:54:41 (29.0%)	7:37	7.9 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						52km	52km			
119	SZYBIAK Waldemar	16	PRZEMYŚL	M40	24	06:36:15.00	06:36:15.00	+01:54:48 (29.0%)	7:37	7.9 (71.2%)
119	KONIECZNY Mariusz	14	ŁAŃCUT	M40	24	06:36:15.00	06:36:15.00	+01:54:48 (29.0%)	7:37	7.9 (71.2%)
119	OLESIAK Grzegorz	280	NIGHT RUNNERS	M50	8	06:36:15.00	06:36:15.00	+01:54:48 (29.0%)	7:37	7.9 (71.2%)
122	WÓJTOWICZ Grzegorz	310	AUTOMATIKA POLICE	M40	26	06:36:18.00	06:36:18.00	+01:54:51 (29.0%)	7:37	7.9 (71.2%)
122	BIAŁAS Jarosław	312	AUTOMATIKA POLICE, SZCZECIN	M40	26	06:36:18.00	06:36:18.00	+01:54:51 (29.0%)	7:37	7.9 (71.2%)
124	POGORZELSKI Daniel	587	PGB SPORTOWA PACZKA	M30	63	06:36:19.00	06:36:19.00	+01:54:52 (29.0%)	7:37	7.9 (71.2%)
125	DETTLAFF Patrycja	512	JACEK BIEGA RUNNING TEAM	K30	10	06:36:26.00	06:36:26.00	+01:54:59 (29.0%)	7:37	7.9 (71.2%)
126	PANKOWSKI Michał	235	NIGHT RUNNERS PŁOCK	M40	28	06:37:02.00	06:37:02.00	+01:55:35 (29.1%)	7:38	7.9 (71.2%)
127	KURZYNA Krzysztof	362	WYŻNICA-KOLONIA	M40	29	06:37:58.00	06:37:58.00	+01:56:31 (29.3%)	7:39	7.8 (70.3%)
128	HERNIK Dariusz	411	BIEGIEM RADOM	M40	30	06:39:16.00	06:39:16.00	+01:57:49 (29.5%)	7:40	7.8 (70.3%)
129	CZEMPAS Artur	24	JEDZ BUDYŃ	M30	64	06:39:20.00	06:39:20.00	+01:57:53 (29.5%)	7:40	7.8 (70.3%)
130	FRANKIEWICZ Maciej	158	GRUPA MALBORK	M30	65	06:39:46.00	06:39:46.00	+01:58:19 (29.6%)	7:41	7.8 (70.3%)
131	NOWAK Piotr	145		M40	31	06:40:08.00	06:40:08.00	+01:58:41 (29.7%)	7:41	7.8 (70.3%)
132	RATAJEWICZ Maciek	513	SPELEOKLUB WARSZAWSKI	M30	66	06:40:41.00	06:40:41.00	+01:59:14 (29.8%)	7:42	7.8 (70.3%)
133	DOLCZEWSKI Dariusz	452	WARSZAWA	M30	67	06:41:05.00	06:41:05.00	+01:59:38 (29.8%)	7:42	7.8 (70.3%)
134	FIGURA Marcin	555	KWIDZYN RUN	M30	68	06:41:25.00	06:41:25.00	+01:59:58 (29.9%)	7:43	7.8 (70.3%)
135	GELBERG Maciej	81		M30	69	06:41:46.00	06:41:46.00	+02:00:19 (29.9%)	7:43	7.8 (70.3%)
136	ŚWIERCZEK Grzegorz	604		M40	32	06:41:59.00	06:41:59.00	+02:00:32 (30.0%)	7:43	7.8 (70.3%)
137	BAKIEWICZ Błażej	406	SMASHING PAPKINS	M30	70	06:43:25.00	06:43:25.00	+02:01:58 (30.2%)	7:45	7.7 (69.4%)
138	WOŁOSZYN Ryszard	594	PIZUNY ROZTOCZE WSCHODNIE	M40	33	06:43:46.00	06:43:46.00	+02:02:19 (30.3%)	7:45	7.7 (69.4%)
138	KRUPA Tobiasz	370	RZESZÓW	M20	15	06:43:46.00	06:43:46.00	+02:02:19 (30.3%)	7:45	7.7 (69.4%)
140	PINKOWSKI Dariusz	550	KPP LUBLINIEC X-KINETIC	M40	34	06:43:53.00	06:43:53.00	+02:02:26 (30.3%)	7:46	7.7 (69.4%)
141	SKOKOWSKI Tomasz	313	SUTTON	M30	71	06:43:58.00	06:43:58.00	+02:02:31 (30.3%)	7:46	7.7 (69.4%)
142	SKROK Dariusz	5	HARDCORE HOLIDAYS	M40	35	06:44:18.00	06:44:18.00	+02:02:51 (30.4%)	7:46	7.7 (69.4%)
143	LEBDA Małgorzata	200		K20	4	06:44:57.00	06:44:57.00	+02:03:30 (30.5%)	7:47	7.7 (69.4%)
144	PIEKARZ Jarosław	182	KATOWICE	M30	72	06:46:02.00	06:46:02.00	+02:04:35 (30.7%)	7:48	7.7 (69.4%)
145	MAZURKIEWICZ Tomasz	37	APTEKA OMEGA	M40	36	06:46:30.00	06:46:30.00	+02:05:03 (30.8%)	7:49	7.7 (69.4%)
146	ZIELINSKA Beata	401	RUTKOW-SKI SPORTS CLUB	K30	11	06:46:46.00	06:46:46.00	+02:05:19 (30.8%)	7:49	7.7 (69.4%)
147	KORDECKI Łukasz	524	BRZESKO	M30	73	06:46:47.00	06:46:47.00	+02:05:20 (30.8%)	7:49	7.7 (69.4%)
148	KOKOTEK Maciej	247	KITA TEAM ŁÓDŹ	M30	74	06:47:16.00	06:47:16.00	+02:05:49 (30.9%)	7:49	7.7 (69.4%)
149	SIKORA Jacek	482	WYŻNE	M40	37	06:47:36.00	06:47:36.00	+02:06:09 (30.9%)	7:50	7.7 (69.4%)
150	BRONCEL Sebastian	199	TYCHY	M30	75	06:48:51.00	06:48:51.00	+02:07:24 (31.2%)	7:51	7.6 (68.5%)
151	MIKRUT Remigiusz	360	CHEŁMNO	M30	76	06:48:59.00	06:48:59.00	+02:07:32 (31.2%)	7:51	7.6 (68.5%)
152	MALISZEWSKI Jacek	460	ENERGOTEL.PL	M40	38	06:49:02.00	06:49:02.00	+02:07:35 (31.2%)	7:51	7.6 (68.5%)
153	FARON Agnieszka	28	NORAFSPORT	K30	12	06:49:14.00	06:49:14.00	+02:07:47 (31.2%)	7:52	7.6 (68.5%)
154	JACHYM Marcin	44	LIBERTÓW	M40	39	06:50:57.00	06:50:57.00	+02:09:30 (31.5%)	7:54	7.6 (68.5%)
155	MURAK Robert	162		M30	77	06:51:01.00	06:51:01.00	+02:09:34 (31.5%)	7:54	7.6 (68.5%)
156	GRYGO Krzysztof	68	KS ŁOMŻANIE	M50	9	06:51:17.00	06:51:17.00	+02:09:50 (31.6%)	7:54	7.6 (68.5%)
157	JANOWSKI Bogdan	169	WARSZAWA	M40	40	06:51:21.00	06:51:21.00	+02:09:54 (31.6%)	7:54	7.6 (68.5%)
158	ŚMIECHOWICZ Filip	486	LUBLIN	M40	41	06:51:23.00	06:51:23.00	+02:09:56 (31.6%)	7:54	7.6 (68.5%)
159	PENAR Jarosław	46	FESTINA LENTE OTWOCK	M50	10	06:51:26.00	06:51:26.00	+02:09:59 (31.6%)	7:54	7.6 (68.5%)
160	ŁUKASZ Szczeszek	341	POZNAŃ I LOVE TOU TEAM	M30	78	06:52:12.00	06:52:12.00	+02:10:45 (31.7%)	7:55	7.6 (68.5%)
161	POSKROBKO Jarosław	212	WAARSZAWA	M30	79	06:52:33.00	06:52:33.00	+02:11:06 (31.8%)	7:56	7.6 (68.5%)
162	MOSSOP Andrew	539	WITC	M30	80	06:52:49.00	06:52:49.00	+02:11:22 (31.8%)	7:56	7.6 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
163	TRUSZKOWSKI Damian	559		M20	16	06:52:55.00	06:52:55.00	+02:11:28 (31.8%)	7:56	7.6 (68.5%)
164	BARANOWSKI Jacek	541	JACEK BIEGA RUNNING TEAM	M30	81	06:53:18.00	06:53:18.00	+02:11:51 (31.9%)	7:56	7.5 (67.6%)
165	PÓŁTORAK Krzysztof	323	WARSZAWA	M30	82	06:53:20.00	06:53:20.00	+02:11:53 (31.9%)	7:56	7.5 (67.6%)
166	BRYGIER Jacek	518	TKKF PŁOCK	M40	42	06:54:13.00	06:54:13.00	+02:12:46 (32.1%)	7:57	7.5 (67.6%)
167	WIŚNIEWSKI Artur	267	INTRO	M30	83	06:54:19.00	06:54:19.00	+02:12:52 (32.1%)	7:58	7.5 (67.6%)
168	KOWALSKA Katarzyna	533	NIGHT RUNNERS	K30	13	06:54:42.00	06:54:42.00	+02:13:15 (32.1%)	7:58	7.5 (67.6%)
169	OCHAB Janusz	22	WARSZAWA	M40	43	06:54:55.00	06:54:55.00	+02:13:28 (32.2%)	7:58	7.5 (67.6%)
170	ULAS Maciej	196	BOCHNIA	M30	84	06:55:05.00	06:55:05.00	+02:13:38 (32.2%)	7:58	7.5 (67.6%)
171	ZWOLIŃSKI Łukasz	26	AKADEMIA BIEGANIA	M30	85	06:55:42.00	06:55:42.00	+02:14:15 (32.3%)	7:59	7.5 (67.6%)
172	PISZCZEK Szymon	308		M30	86	06:56:02.00	06:56:02.00	+02:14:35 (32.3%)	8:00	7.5 (67.6%)
173	WAŁCZYK Krzysztof	295	ŁÓWCE	M20	17	06:56:03.00	06:56:03.00	+02:14:36 (32.4%)	8:00	7.5 (67.6%)
174	BÓBSKI Michał	282	LUBLIN	M20	18	06:56:06.00	06:56:06.00	+02:14:39 (32.4%)	8:00	7.5 (67.6%)
175	WITCZAK Przemysław	74	DREAMTIME TRAILS	M40	44	06:56:29.00	06:56:29.00	+02:15:02 (32.4%)	8:00	7.5 (67.6%)
176	GMITEREK Tomasz	468	LUBLIN	M40	45	06:56:46.00	06:56:46.00	+02:15:19 (32.5%)	8:00	7.5 (67.6%)
177	JEZERSKI-KRUPA Marek	568	ZABRZE	M20	19	06:56:51.00	06:56:51.00	+02:15:24 (32.5%)	8:00	7.5 (67.6%)
178	GRABOWSKA Maria	13	PASJABIEGANIA.PL	K40	1	06:57:34.00	06:57:34.00	+02:16:07 (32.6%)	8:01	7.5 (67.6%)
179	BUSZ Jacek	398	RZESZÓW	M30	87	06:58:23.00	06:58:23.00	+02:16:56 (32.7%)	8:02	7.5 (67.6%)
180	KUŹNIAK Marcin	527	ENDORFINA	M30	88	06:58:26.00	06:58:26.00	+02:16:59 (32.7%)	8:02	7.5 (67.6%)
181	HADAŁA Ignacy	266	KINETIC TEAM GDAŃSK	M30	89	06:58:34.00	06:58:34.00	+02:17:07 (32.8%)	8:02	7.5 (67.6%)
182	MISZCZAK Szymon	601	REHABILITANCI.ORG.PL	M30	90	06:58:50.00	06:58:50.00	+02:17:23 (32.8%)	8:03	7.4 (66.7%)
183	KĘPIŃSKI Damian	558	BEŁCHATÓW	M20	20	06:58:51.00	06:58:51.00	+02:17:24 (32.8%)	8:03	7.4 (66.7%)
184	SOBOLEWSKI Sebastian	85	RZESZÓW	M20	21	06:59:00.00	06:59:00.00	+02:17:33 (32.8%)	8:03	7.4 (66.7%)
185	POBŁOCKI Jan	493	GRUPA TRÓJMIASTO	M50	11	06:59:01.00	06:59:01.00	+02:17:34 (32.8%)	8:03	7.4 (66.7%)
186	JAREMA Robert	20	LOKOMOTIV MAJDAN	M40	46	06:59:03.00	06:59:03.00	+02:17:36 (32.8%)	8:03	7.4 (66.7%)
187	KIELAK Daniel	150	WARSZAWA	M30	91	06:59:05.00	06:59:05.00	+02:17:38 (32.8%)	8:03	7.4 (66.7%)
188	CZERSKI Piotr	91	WARSZAWA	M30	92	06:59:06.00	06:59:06.00	+02:17:39 (32.8%)	8:03	7.4 (66.7%)
189	ROSIŃSKI Piotr	143	PRO-CARS WEJHEROWO	M50	12	06:59:59.00	06:59:59.00	+02:18:32 (33.0%)	8:04	7.4 (66.7%)
189	PIOTR Wiśiewski	575	LOFT SPORT	M40	47	06:59:59.00	06:59:59.00	+02:18:32 (33.0%)	8:04	7.4 (66.7%)
191	NIŻNIK Marcin	602	RT NSG	M30	93	07:00:19.00	07:00:19.00	+02:18:52 (33.0%)	8:04	7.4 (66.7%)
192	JAKUBASZEK Monika	151	KS ALASKA	K30	14	07:00:21.00	07:00:21.00	+02:18:54 (33.0%)	8:05	7.4 (66.7%)
193	TUROSZ Zbigniew	386	LEŻAJSK	M50	13	07:00:23.00	07:00:23.00	+02:18:56 (33.0%)	8:05	7.4 (66.7%)
194	TIMOFIEJUK Paweł	598	NIGHT RUNNERS ALBATROS	M30	94	07:01:55.00	07:01:55.00	+02:20:28 (33.3%)	8:06	7.4 (66.7%)
195	KRYGIER Marcin	606	PGB SPORTOWA PACZKA	M30	95	07:01:59.00	07:01:59.00	+02:20:32 (33.3%)	8:06	7.4 (66.7%)
196	KOŁODZIEJSKI Michał	378	WARSZAWA	M40	48	07:02:01.00	07:02:01.00	+02:20:34 (33.3%)	8:06	7.4 (66.7%)
197	TURLEJ Dariusz	55	KONDYCJA	M50	14	07:02:04.00	07:02:04.00	+02:20:37 (33.3%)	8:07	7.4 (66.7%)
198	BONDARA Sylwia	307		K20	5	07:02:10.00	07:02:10.00	+02:20:43 (33.3%)	8:07	7.4 (66.7%)
199	ZYGMUNT Mateusz	112	ŁUSZCZANOWICE	M30	96	07:02:19.00	07:02:19.00	+02:20:52 (33.4%)	8:07	7.4 (66.7%)
200	KONRAD Konstantynowicz	167		M30	97	07:02:41.00	07:02:41.00	+02:21:14 (33.4%)	8:07	7.4 (66.7%)
201	ŁOCHAŃSKI Grzegorz	274	BRYSIE	M30	98	07:02:55.00	07:02:55.00	+02:21:28 (33.5%)	8:07	7.4 (66.7%)
202	PORĘBA Eugeniusz	52	MIECHÓW	M50	15	07:03:01.00	07:03:01.00	+02:21:34 (33.5%)	8:08	7.4 (66.7%)
203	NĘDZUSIAK Dariusz	171	APTEKA MIKSTURA	M50	16	07:03:11.00	07:03:11.00	+02:21:44 (33.5%)	8:08	7.4 (66.7%)
204	JARUS Tomasz	436	KOMORNIKI	M30	99	07:03:52.00	07:03:52.00	+02:22:25 (33.6%)	8:09	7.4 (66.7%)
205	STRZELECKI Jacek	117	SIŁOWNIA B-52 GDAŃSK	M30	100	07:03:58.00	07:03:58.00	+02:22:31 (33.6%)	8:09	7.4 (66.7%)
206	PIKOR Jacek	547	BIEGUSIEM.PL	M40	49	07:04:05.00	07:04:05.00	+02:22:38 (33.6%)	8:09	7.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						52km	52km			
207	ŚCIUBEŁ Michał	48	KIELCE	M30	101	07:04:20.00	07:04:20.00	+02:22:53 (33.7%)	8:09	7.4 (66.7%)
208	KRZYŻAK Edward	479	LOS BIEGANEROS	M40	50	07:04:21.00	07:04:21.00	+02:22:54 (33.7%)	8:09	7.4 (66.7%)
209	DADUŃ Tomasz	544		M40	51	07:04:42.00	07:04:42.00	+02:23:15 (33.7%)	8:10	7.3 (65.8%)
210	KUROWSKI Kuba	467	PUŁAWY	M30	102	07:05:36.00	07:05:36.00	+02:24:09 (33.9%)	8:11	7.3 (65.8%)
211	ZUBOWICZ Jakub	215	ŻWAWĘ ŻUBRY	M30	103	07:06:27.00	07:06:27.00	+02:25:00 (34.0%)	8:12	7.3 (65.8%)
212	SUCHODOLSKI Jerzy	291	RADLIN KWK MARCEL	M40	52	07:07:09.00	07:07:09.00	+02:25:42 (34.1%)	8:12	7.3 (65.8%)
213	CZUPTA Dawid	596		M30	104	07:07:58.00	07:07:58.00	+02:26:31 (34.2%)	8:13	7.3 (65.8%)
214	GWIZDAK Bartosz	483	WYŻNE	M30	105	07:08:20.00	07:08:20.00	+02:26:53 (34.3%)	8:14	7.3 (65.8%)
215	DZIENISZEWSKI Tomasz	230	WARSZAWA	M30	106	07:08:23.00	07:08:23.00	+02:26:56 (34.3%)	8:14	7.3 (65.8%)
216	BASIŃSKI Hubert	385	BIEGACZAMATOR	M30	107	07:08:25.00	07:08:25.00	+02:26:58 (34.3%)	8:14	7.3 (65.8%)
217	MAJEWSKI Piotr	399	JASŁO	M30	108	07:08:33.00	07:08:33.00	+02:27:06 (34.3%)	8:14	7.3 (65.8%)
217	CEBULA Leszek	423	KRAKÓW	M30	108	07:08:33.00	07:08:33.00	+02:27:06 (34.3%)	8:14	7.3 (65.8%)
217	NOWAKOWSKI Mateusz	438	CIECHOCINEK	M20	22	07:08:33.00	07:08:33.00	+02:27:06 (34.3%)	8:14	7.3 (65.8%)
220	PLACZEK Paweł	428	WETLINA	M30	110	07:08:56.00	07:08:56.00	+02:27:29 (34.4%)	8:14	7.3 (65.8%)
221	CZEPIEL-RAK Katarzyna	347	JASŁO	K30	15	07:09:04.00	07:09:04.00	+02:27:37 (34.4%)	8:15	7.3 (65.8%)
221	RAK Łukasz	348	JASŁO	M40	53	07:09:04.00	07:09:04.00	+02:27:37 (34.4%)	8:15	7.3 (65.8%)
223	GUT Mateusz	433	WARSZAWA	M Open	1	07:09:16.00	07:09:16.00	+02:27:49 (34.4%)	8:15	7.3 (65.8%)
224	ROŚ Lech	246	OLKUSZ	M40	54	07:09:19.00	07:09:19.00	+02:27:52 (34.4%)	8:15	7.3 (65.8%)
225	RAMM Aleksander	30		M30	111	07:10:29.00	07:10:29.00	+02:29:02 (34.6%)	8:16	7.2 (64.9%)
225	NOWAK Mariusz	422	ROWEROWANIE.PL	M30	111	07:10:29.00	07:10:29.00	+02:29:02 (34.6%)	8:16	7.2 (64.9%)
227	LAMPART Robert	311	10 WARSZAWSKI PUŁK SAMOCHODOWY	M40	55	07:10:37.00	07:10:37.00	+02:29:10 (34.6%)	8:16	7.2 (64.9%)
228	ŻERO Artur	297	ZEROACTIVE	M40	56	07:10:39.00	07:10:39.00	+02:29:12 (34.6%)	8:16	7.2 (64.9%)
229	SIERZPUTOWSKI Grzegorz	262	WARSZAWA	M30	113	07:10:41.00	07:10:41.00	+02:29:14 (34.7%)	8:16	7.2 (64.9%)
230	MICHAŁ Binięcki	133	CHORZÓW	M40	57	07:10:42.00	07:10:42.00	+02:29:15 (34.7%)	8:16	7.2 (64.9%)
231	MARCHEWKA Daniel	488	LUBIN	M30	114	07:10:50.00	07:10:50.00	+02:29:23 (34.7%)	8:17	7.2 (64.9%)
232	JAROSZYŃSKI Piotr	502	MTS DRUŻYNA SZPIKU KGHM	M30	115	07:10:51.00	07:10:51.00	+02:29:24 (34.7%)	8:17	7.2 (64.9%)
233	LASOCKI Dawid	552	CIECHANÓW	M30	116	07:11:39.00	07:11:39.00	+02:30:12 (34.8%)	8:18	7.2 (64.9%)
234	WARDAK Ewa	432	PRUSZKÓW	K30	16	07:12:24.00	07:12:24.00	+02:30:57 (34.9%)	8:18	7.2 (64.9%)
235	RYBAK Przemysław	367	RODOWITE PUŁAWY	M30	117	07:12:25.00	07:12:25.00	+02:30:58 (34.9%)	8:18	7.2 (64.9%)
236	JAREMA Marek	129	KRAKÓW	M40	58	07:12:32.00	07:12:32.00	+02:31:05 (34.9%)	8:19	7.2 (64.9%)
237	SYPIEWSKA Hanna	181	GOLDEN TEAM/ SPARTANIE DZIECIOM	K60	1	07:13:12.00	07:13:12.00	+02:31:45 (35.0%)	8:19	7.2 (64.9%)
238	PIWOWARCZYK Magdalena	186	SZKOŁA WSPINANIA KLAMA	K30	17	07:13:13.00	07:13:13.00	+02:31:46 (35.0%)	8:19	7.2 (64.9%)
239	GÓROWSKI Mateusz	6	ZABRZE	M30	118	07:13:17.00	07:13:17.00	+02:31:50 (35.0%)	8:19	7.2 (64.9%)
240	KAWA Michał	365	PUŁAWY	M40	59	07:13:22.00	07:13:22.00	+02:31:55 (35.1%)	8:20	7.2 (64.9%)
241	KRZYSZCZAK Jaromir	427	CZCICIELE BOBRZEJ NOR	M30	119	07:13:34.00	07:13:34.00	+02:32:07 (35.1%)	8:20	7.2 (64.9%)
242	CYRANKIEWICZ Paweł	316	LUBLIN	M40	60	07:13:35.00	07:13:35.00	+02:32:08 (35.1%)	8:20	7.2 (64.9%)
243	KALINOWSKA - MIKOŁAJCZUK Marta	545	NIGHT RUNNERS	K20	6	07:13:41.00	07:13:41.00	+02:32:14 (35.1%)	8:20	7.2 (64.9%)
244	KOSTKA Janusz	92	38-457	M40	61	07:14:53.00	07:14:53.00	+02:33:26 (35.3%)	8:21	7.2 (64.9%)
245	KRUZEL Rafał	3	LEGNICA	M40	62	07:16:12.00	07:16:12.00	+02:34:45 (35.5%)	8:23	7.2 (64.9%)
246	TEKIELI Kacper	201		M30	120	07:16:52.00	07:16:52.00	+02:35:25 (35.6%)	8:24	7.1 (64.0%)
247	MOŁDAWA Wojciech	569	GDAŃSK	M30	121	07:17:21.00	07:17:21.00	+02:35:54 (35.6%)	8:24	7.1 (64.0%)
248	MISIUREWICZ Paweł	110	PASSUS SPORT TEAM	M40	63	07:17:52.00	07:17:52.00	+02:36:25 (35.7%)	8:25	7.1 (64.0%)
249	JAKUBIEC Bartłomiej	475	ROZPIERDOLSI	M20	23	07:17:57.00	07:17:57.00	+02:36:30 (35.7%)	8:25	7.1 (64.0%)
250	CHUDYBA Michał	318	GDAŃSK	M30	122	07:18:17.00	07:18:17.00	+02:36:50 (35.8%)	8:25	7.1 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						52km	52km			
251	PIETRUSZCZAK Agnieszka	126	TOMASZÓW MAZ.	K40	2	07:18:18.00	07:18:18.00	+02:36:51 (35.8%)	8:25	7.1 (64.0%)
252	JANISZEWSKI Łukasz	336	CZĘSTOCHOWA	M30	123	07:18:20.00	07:18:20.00	+02:36:53 (35.8%)	8:25	7.1 (64.0%)
253	PÓŁTORAK Katarzyna	324	WARSZAWA	K30	18	07:18:21.00	07:18:21.00	+02:36:54 (35.8%)	8:25	7.1 (64.0%)
254	APANASIEWICZ Bartosz	416	BYDGOSZCZ	M30	124	07:18:24.00	07:18:24.00	+02:36:57 (35.8%)	8:25	7.1 (64.0%)
255	KRUPCZYŃSKI Michał	414	KRUPOLS TEAM	M20	24	07:18:39.00	07:18:39.00	+02:37:12 (35.8%)	8:26	7.1 (64.0%)
256	KACPERSKI Olaf	470		M40	64	07:18:43.00	07:18:43.00	+02:37:16 (35.8%)	8:26	7.1 (64.0%)
257	KUKLA Marcin	168	WARSZAWA	M40	65	07:18:47.00	07:18:47.00	+02:37:20 (35.9%)	8:26	7.1 (64.0%)
257	KIRKIEWICZ Ireneusz	101	KOLEGA MAĆKA OŁAWA	M40	65	07:18:47.00	07:18:47.00	+02:37:20 (35.9%)	8:26	7.1 (64.0%)
259	STASZEWSKI Piotr	346	POTASZE	M40	67	07:19:48.00	07:19:48.00	+02:38:21 (36.0%)	8:27	7.1 (64.0%)
260	GRYNKIEWICZ Magda	174	WARSZAWA	K30	19	07:19:50.00	07:19:50.00	+02:38:23 (36.0%)	8:27	7.1 (64.0%)
261	SOBULSKI Karol	9	KALIŃSKA TEAM	M30	125	07:20:22.00	07:20:22.00	+02:38:55 (36.1%)	8:28	7.1 (64.0%)
262	TROJNAR Damian	449	DĘBNO/LEŻAJSK	M20	25	07:21:01.00	07:21:01.00	+02:39:34 (36.2%)	8:28	7.1 (64.0%)
262	RZECZKOWSKI Maciej	418	OTWOCK	M40	68	07:21:01.00	07:21:01.00	+02:39:34 (36.2%)	8:28	7.1 (64.0%)
264	TUCZAPSKI Artur	369	RZESZÓW	M50	17	07:21:36.00	07:21:36.00	+02:40:09 (36.3%)	8:29	7.1 (64.0%)
265	TERLECKI Krzysztof	557	BOREK CHEŁM	M50	18	07:21:45.00	07:21:45.00	+02:40:18 (36.3%)	8:29	7.1 (64.0%)
266	KLARECKI Adrian	442	ASTMA TEAM	M30	126	07:22:05.00	07:22:05.00	+02:40:38 (36.3%)	8:30	7.1 (64.0%)
267	KRÓL Maciej	441	ASTMA TEAM	M30	127	07:22:06.00	07:22:06.00	+02:40:39 (36.3%)	8:30	7.1 (64.0%)
268	JAROSIK Daniel	573	TEAM ASA – BIEGIEM PO ZDROWIE	M40	69	07:23:26.00	07:23:26.00	+02:41:59 (36.5%)	8:31	7 (63.1%)
269	JEREMICZ Marcin	210	SPORTEVO	M30	128	07:23:43.00	07:23:43.00	+02:42:16 (36.6%)	8:31	7 (63.1%)
270	BAK Marek	439	TARNOWSKIE GÓRY	M40	70	07:23:46.00	07:23:46.00	+02:42:19 (36.6%)	8:32	7 (63.1%)
271	MISIEK Marek	588	GLUCHOŁAZY	M40	71	07:24:01.00	07:24:01.00	+02:42:34 (36.6%)	8:32	7 (63.1%)
272	OPOZDA Michał	474	KRAKÓW	M30	129	07:24:06.00	07:24:06.00	+02:42:39 (36.6%)	8:32	7 (63.1%)
273	OZDZINSKI Paweł	504	RYKI	M40	72	07:24:42.00	07:24:42.00	+02:43:15 (36.7%)	8:33	7 (63.1%)
274	CZAPLIŃSKI Mariusz	455	GNIEZNO	M40	73	07:25:02.00	07:25:02.00	+02:43:35 (36.8%)	8:33	7 (63.1%)
274	PACANOWSKI Robert	351	GNIEZNO	M40	73	07:25:02.00	07:25:02.00	+02:43:35 (36.8%)	8:33	7 (63.1%)
276	KOŻŁOWSKA Marta	603	WARSZAWA	K30	20	07:25:11.00	07:25:11.00	+02:43:44 (36.8%)	8:33	7 (63.1%)
277	BENESZ Robert	519	RZESZOWSKIE GAZELE I GEPARDY	M40	75	07:25:17.00	07:25:17.00	+02:43:50 (36.8%)	8:33	7 (63.1%)
278	ŚWIDER Bartosz	109	KROGULCE	M30	130	07:25:23.00	07:25:23.00	+02:43:56 (36.8%)	8:33	7 (63.1%)
279	ZASINA Sebastian	540	RÜBEZAHL TEAM	M30	131	07:25:29.00	07:25:29.00	+02:44:02 (36.8%)	8:34	7 (63.1%)
280	JAREMA Maciek	19	LOKOMOTIV MAJDAN	M30	132	07:25:30.00	07:25:30.00	+02:44:03 (36.8%)	8:34	7 (63.1%)
281	KRZYWICKI Paweł	203		M40	76	07:25:32.00	07:25:32.00	+02:44:05 (36.8%)	8:34	7 (63.1%)
282	URBAŃSKI Józef	327	KKB MOSIR KROSNO	M50	19	07:25:54.00	07:25:54.00	+02:44:27 (36.9%)	8:34	7 (63.1%)
283	JEZIELSKI Marek	425	CHRZANOW	M30	133	07:27:16.00	07:27:16.00	+02:45:49 (37.1%)	8:36	7 (63.1%)
284	SZANECKI Jakub	220	RZESZÓW	M30	134	07:27:59.00	07:27:59.00	+02:46:32 (37.2%)	8:36	7 (63.1%)
285	MAJEWSKI Arkadiusz	204	WODZISŁAW ŚLĄSKI	M40	77	07:28:18.00	07:28:18.00	+02:46:51 (37.2%)	8:37	7 (63.1%)
286	MATUSZEWICZ Ewa	160	KONDYCJA	K50	1	07:28:29.00	07:28:29.00	+02:47:02 (37.2%)	8:37	7 (63.1%)
287	ŁACHUT Łucja	562	MODŁA	K20	7	07:28:52.00	07:28:52.00	+02:47:25 (37.3%)	8:37	7 (63.1%)
288	GRONIECKI Mikołaj	281		M30	135	07:29:10.00	07:29:10.00	+02:47:43 (37.3%)	8:38	6.9 (62.2%)
289	PAŁASZYŃSKI Tomasz	175	CZERNIKOWO	M40	78	07:29:38.00	07:29:38.00	+02:48:11 (37.4%)	8:38	6.9 (62.2%)
290	KOWALSKI Dominik	409	LOFT SPORT TEAM	M20	26	07:31:29.00	07:31:29.00	+02:50:02 (37.7%)	8:40	6.9 (62.2%)
291	KUZIMSKI Aleksander	366	PADŁ NA RYJ TEAM	M30	136	07:31:50.00	07:31:50.00	+02:50:23 (37.7%)	8:41	6.9 (62.2%)
292	JÓZEFczyk Tomasz	434	KROSNO	M30	137	07:32:04.00	07:32:04.00	+02:50:37 (37.7%)	8:41	6.9 (62.2%)
293	DOBRZAŃSKI Paweł	375	POSMAKUJ RUN TEAM	M30	138	07:32:05.00	07:32:05.00	+02:50:38 (37.7%)	8:41	6.9 (62.2%)
294	TODD Peter	507	LONDYN	M50	20	07:32:31.00	07:32:31.00	+02:51:04 (37.8%)	8:42	6.9 (62.2%)

						Czas netto	Czas brutto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	52km	52km	Różn	min/km	km/h
295	KOWALSKI Hubert	408	LOFT SPORT TEAM	M30	139	07:32:37.00	07:32:37.00	+02:51:10 (37.8%)	8:42	6.9 (62.2%)
296	KURA Tomasz	144	KATOWICE	M40	79	07:32:41.00	07:32:41.00	+02:51:14 (37.8%)	8:42	6.9 (62.2%)
297	POSTUPALSKI Michał	471	XTRAINER.PL	M30	140	07:32:44.00	07:32:44.00	+02:51:17 (37.8%)	8:42	6.9 (62.2%)
298	STARZYŃSKI Stefan	10	PERFECT RUNNER LUBLIN	M40	80	07:32:47.00	07:32:47.00	+02:51:20 (37.8%)	8:42	6.9 (62.2%)
299	LESZCZYŃSKI Maciek	440	BIELSKO-BIAŁA	M40	81	07:32:50.00	07:32:50.00	+02:51:23 (37.8%)	8:42	6.9 (62.2%)
300	DĘBIEC Karina	450	RYMANÓW	K30	21	07:33:15.00	07:33:15.00	+02:51:48 (37.9%)	8:42	6.9 (62.2%)
300	FYDA Piotr	419		M30	141	07:33:15.00	07:33:15.00	+02:51:48 (37.9%)	8:42	6.9 (62.2%)
302	PALCZAK Rafał	84	GŁOGÓW MAŁOPOLSKI	M40	82	07:33:19.00	07:33:19.00	+02:51:52 (37.9%)	8:43	6.9 (62.2%)
303	ŚLĄCZKA Arkadiusz	75	FINISZ RYMANÓW	M30	142	07:33:33.00	07:33:33.00	+02:52:06 (37.9%)	8:43	6.9 (62.2%)
304	JOSYPENKO Bozena	506	JACEKBIEGA RUNNING TEAM	K30	22	07:33:54.00	07:33:54.00	+02:52:27 (38.0%)	8:43	6.9 (62.2%)
305	DOLATOWSKI Łukasz	564	DOLAR TRAVEL	M30	143	07:34:10.00	07:34:10.00	+02:52:43 (38.0%)	8:44	6.9 (62.2%)
306	WIECZOREK Dariusz	613	PRZEGLĄD SPORTOWY/CZASNABIEGANIE.PL	M40	83	07:34:41.00	07:34:41.00	+02:53:14 (38.1%)	8:44	6.9 (62.2%)
307	GUTKOWSKI Tomek	443	RADOM	M30	144	07:35:04.00	07:35:04.00	+02:53:37 (38.2%)	8:45	6.9 (62.2%)
308	WASIAK Michał	299	RADOM	M20	27	07:35:15.00	07:35:15.00	+02:53:48 (38.2%)	8:45	6.9 (62.2%)
309	MALINOWSKA Anna	193	GDAŃSK	K20	8	07:35:31.00	07:35:31.00	+02:54:04 (38.2%)	8:45	6.8 (61.3%)
310	RZESZÓTKO Marzena	615	POWERADE TEAM	K40	3	07:35:42.00	07:35:42.00	+02:54:15 (38.2%)	8:45	6.8 (61.3%)
311	ATWELL Tania	271	CBRE	K40	4	07:36:30.00	07:36:30.00	+02:55:03 (38.3%)	8:46	6.8 (61.3%)
312	BUSZKO Sławomir	462	WARSZAWA	M30	145	07:36:43.00	07:36:43.00	+02:55:16 (38.4%)	8:46	6.8 (61.3%)
313	BARTOSIEWICZ Andrzej	287	POZNAŃ	M40	84	07:36:45.00	07:36:45.00	+02:55:18 (38.4%)	8:47	6.8 (61.3%)
314	KORDECKA Anna	526	BRZESKO	K30	23	07:36:49.00	07:36:49.00	+02:55:22 (38.4%)	8:47	6.8 (61.3%)
314	WOJCIECHOWSKI Michał	631	SPARTANIE DZIECIOM	M30	146	07:36:49.00	07:36:49.00	+02:55:22 (38.4%)	8:47	6.8 (61.3%)
316	OSTROWSKI Ignacy	520		M30	147	07:36:58.00	07:36:58.00	+02:55:31 (38.4%)	8:47	6.8 (61.3%)
317	ZANIEWSKI Krzysztof	508	CHRISACTIVE	M30	148	07:37:28.00	07:37:28.00	+02:56:01 (38.5%)	8:47	6.8 (61.3%)
318	WACH Monika	430	JACEKBIEGA RUNNING TEAM	K30	24	07:37:32.00	07:37:32.00	+02:56:05 (38.5%)	8:47	6.8 (61.3%)
319	NIEMCZEWSKI Borys	244	RZESZÓW TIMEBANDIT CORPS	M30	149	07:37:43.00	07:37:43.00	+02:56:16 (38.5%)	8:48	6.8 (61.3%)
320	WOJTKOWIAK Łukasz	380	BIEGACZAMATOR	M30	150	07:38:23.00	07:38:23.00	+02:56:56 (38.6%)	8:48	6.8 (61.3%)
321	ŁUKASIK Andrzej	214	LUBLIN	M40	85	07:39:46.00	07:39:46.00	+02:58:19 (38.8%)	8:50	6.8 (61.3%)
322	SOCHACKA Elwira	583	PRZEGLĄD SPORTOWY / CZASNABIEGANIE.PL	K30	25	07:39:54.00	07:39:54.00	+02:58:27 (38.8%)	8:50	6.8 (61.3%)
323	NOWAK Łukasz	257	RUNNING SUCKS / TORUŃ	M30	151	07:40:01.00	07:40:01.00	+02:58:34 (38.8%)	8:50	6.8 (61.3%)
324	PIECH Adam	572	KRAKÓW	M40	86	07:40:32.00	07:40:32.00	+02:59:05 (38.9%)	8:51	6.8 (61.3%)
325	CIESLAK Marek	546	WARSZAWA	M40	87	07:40:42.00	07:40:42.00	+02:59:15 (38.9%)	8:51	6.8 (61.3%)
326	DZIEMBA Piotr	586	BIELSKO-BIAŁA	M30	152	07:41:09.00	07:41:09.00	+02:59:42 (39.0%)	8:52	6.8 (61.3%)
327	RÓŻANKOWSKA Aleksandra	152	GLIWICE	K40	5	07:41:37.00	07:41:37.00	+03:00:10 (39.0%)	8:52	6.8 (61.3%)
328	WITKOWICZ Tomasz	205	WODZISLAW SL	M40	88	07:41:45.00	07:41:45.00	+03:00:18 (39.0%)	8:52	6.8 (61.3%)
329	SZAFRANIEC Artur	194	AT TEAM	M30	153	07:41:52.00	07:41:52.00	+03:00:25 (39.1%)	8:52	6.8 (61.3%)
330	ATWELL Mike	272	CBRE	M40	89	07:41:55.00	07:41:55.00	+03:00:28 (39.1%)	8:52	6.8 (61.3%)
331	GÓRALCZYK Andrzej	514	KW KRAKÓW	M30	154	07:41:58.00	07:41:58.00	+03:00:31 (39.1%)	8:53	6.8 (61.3%)
332	JEŻYNA Marcin	38	KRAKÓW	M30	155	07:42:38.00	07:42:38.00	+03:01:11 (39.2%)	8:53	6.7 (60.4%)
333	KRUPCZYŃSKI Mariusz	410	KRUPOLS TEAM	M50	21	07:43:13.00	07:43:13.00	+03:01:46 (39.2%)	8:54	6.7 (60.4%)
334	MALISZEWSKA Marta	60	ORTOREH TEAM	K30	26	07:43:15.00	07:43:15.00	+03:01:48 (39.2%)	8:54	6.7 (60.4%)
335	KRZYSZTOŃ Piotr	330	GIEEMPE LASY / KRAŚNIK	M30	156	07:43:27.00	07:43:27.00	+03:02:00 (39.3%)	8:54	6.7 (60.4%)
336	PERCZYŃSKI Piotr	447	CZARNY DUNAJEC	M20	28	07:44:40.00	07:44:40.00	+03:03:13 (39.4%)	8:56	6.7 (60.4%)
336	GÓRECKI Rafał	241	SPELEOKLUB WARSZAWSKI	M30	157	07:44:40.00	07:44:40.00	+03:03:13 (39.4%)	8:56	6.7 (60.4%)
338	BŁASIAK Leszek	134	KĘTY	M40	90	07:44:44.00	07:44:44.00	+03:03:17 (39.4%)	8:56	6.7 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						52km	52km			
339	SENDECKI Rafał	457	BRUPA BIEGOWA WAŁBRZYCH	M30	158	07:44:48.00	07:44:48.00	+03:03:21 (39.4%)	8:56	6.7 (60.4%)
340	KUBAREK Łukasz	444	KRAKÓW	M30	159	07:45:26.00	07:45:26.00	+03:03:59 (39.5%)	8:57	6.7 (60.4%)
341	ROSIŃSKI Krzysztof	525	BYDGOSZCZ	M30	160	07:45:37.00	07:45:37.00	+03:04:10 (39.6%)	8:57	6.7 (60.4%)
342	KORCZYŃSKA-ZDĄBŁARZ Marta	17	CHRZANÓW	K30	27	07:46:56.00	07:46:56.00	+03:05:29 (39.7%)	8:58	6.7 (60.4%)
343	MAĆZKA Bronisław	612	OTK RZEŹNIK	M60	1	07:46:58.00	07:46:58.00	+03:05:31 (39.7%)	8:58	6.7 (60.4%)
343	PIECH Krzysztof	620	OTK RZEŹNIK	M40	91	07:46:58.00	07:46:58.00	+03:05:31 (39.7%)	8:58	6.7 (60.4%)
345	KAMIŃSKI Bartosz	333	NYSA	M30	161	07:47:05.00	07:47:05.00	+03:05:38 (39.7%)	8:58	6.7 (60.4%)
346	KARDACH Kamil	554	FINISZ RYMANÓW	M20	29	07:47:21.00	07:47:21.00	+03:05:54 (39.8%)	8:59	6.7 (60.4%)
347	JULKE Sławomir	321	LOFT SPORT	M30	162	07:47:26.00	07:47:26.00	+03:05:59 (39.8%)	8:59	6.7 (60.4%)
348	ŻOCHOWSKI Krzysztof	392	WARSZAWA	M50	22	07:48:11.00	07:48:11.00	+03:06:44 (39.9%)	9:00	6.7 (60.4%)
349	DŁUŻNIEWSKI Jacek	114	KS ŁOMŻANIE	M30	163	07:48:21.00	07:48:21.00	+03:06:54 (39.9%)	9:00	6.7 (60.4%)
350	ŻÓŁTEK Piotr	609	POCZTOWA GRUPA BIEGOWA	M40	92	07:48:23.00	07:48:23.00	+03:06:56 (39.9%)	9:00	6.7 (60.4%)
350	BAŁAZY Patryk	607	PGB SPORTOWA PACZKA	M30	164	07:48:23.00	07:48:23.00	+03:06:56 (39.9%)	9:00	6.7 (60.4%)
352	PIĄTEK Roman	605	POCZTOWA GRUPA BIEGOWA	M40	93	07:48:24.00	07:48:24.00	+03:06:57 (39.9%)	9:00	6.7 (60.4%)
353	PUDŁO Marcin	379	AKSUPOLSKA/GOPR BIESZCZADY	M30	165	07:48:27.00	07:48:27.00	+03:07:00 (39.9%)	9:00	6.7 (60.4%)
354	SEREMET Bożena	66	BIEGAM BO LUBIĘ KRAKÓW	K40	6	07:48:37.00	07:48:37.00	+03:07:10 (39.9%)	9:00	6.7 (60.4%)
355	TOMEČKO Jozef	581	MARAS TEAM PREŠOV	M60	2	07:48:43.00	07:48:43.00	+03:07:16 (40.0%)	9:00	6.7 (60.4%)
356	SZYSZKOWSKI Włodzimierz	132	WARSZAWA	M40	94	07:48:50.00	07:48:50.00	+03:07:23 (40.0%)	9:00	6.7 (60.4%)
357	PLASZCZYK Tomasz	218	SPORTEVO GDAŃSK	M30	166	07:49:08.00	07:49:08.00	+03:07:41 (40.0%)	9:01	6.7 (60.4%)
357	STUSIŃSKI Mariusz	402	MIŃSK MAZOWIECKI	M30	166	07:49:08.00	07:49:08.00	+03:07:41 (40.0%)	9:01	6.7 (60.4%)
359	WÓJCIK Julian	576	SZWLA	M60	3	07:49:15.00	07:49:15.00	+03:07:48 (40.0%)	9:01	6.6 (59.5%)
360	STARZYŃSKI Piotr	359	WARSZAWA	M40	95	07:49:16.00	07:49:16.00	+03:07:49 (40.0%)	9:01	6.6 (59.5%)
361	FUNKA Andrzej	159	NKB CHYŻY NOWY TOMYŚL	M50	23	07:49:18.00	07:49:18.00	+03:07:51 (40.0%)	9:01	6.6 (59.5%)
362	NABOŻNA Ewelina	528		K30	28	07:49:21.00	07:49:21.00	+03:07:54 (40.0%)	9:01	6.6 (59.5%)
362	GÓRECKI Piotr	590	TRAIL FORCES	M40	96	07:49:21.00	07:49:21.00	+03:07:54 (40.0%)	9:01	6.6 (59.5%)
364	SIELICKI Krzysztof	234	WARSZAWA	M30	168	07:50:16.00	07:50:16.00	+03:08:49 (40.2%)	9:02	6.6 (59.5%)
365	BUŁKOWSKI Waldemar	260	BRZEG	M50	24	07:50:25.00	07:50:25.00	+03:08:58 (40.2%)	9:02	6.6 (59.5%)
366	SZPONAR ŻUROWSKA Anna	342	KICIN	K40	7	07:51:12.00	07:51:12.00	+03:09:45 (40.3%)	9:03	6.6 (59.5%)
367	ŻUROWSKI Marcin	343	KICIN	M40	97	07:51:13.00	07:51:13.00	+03:09:46 (40.3%)	9:03	6.6 (59.5%)
368	FIJAŁKOWSKI Radosław	185	COSTEKTEAM	M30	169	07:52:06.00	07:52:06.00	+03:10:39 (40.4%)	9:04	6.6 (59.5%)
369	NARTOWSKI Jan	172	APTEKA MIKSTURA CIECHOCINEK	M50	25	07:52:50.00	07:52:50.00	+03:11:23 (40.5%)	9:05	6.6 (59.5%)
370	LIPSKI Andrzej	229	PARCZEW	M50	26	07:54:58.00	07:54:58.00	+03:13:31 (40.7%)	9:08	6.6 (59.5%)
371	TAJAK Karol	435	KROSNO	M20	30	07:55:40.00	07:55:40.00	+03:14:13 (40.8%)	9:08	6.6 (59.5%)
372	MORAWSKA Anna	53		K60	2	07:55:46.00	07:55:46.00	+03:14:19 (40.8%)	9:08	6.6 (59.5%)
373	BUŚ Mateusz	551	WĘGRZCE	M20	31	07:56:17.00	07:56:17.00	+03:14:50 (40.9%)	9:09	6.6 (59.5%)
374	MORYC Maciej	478	WARSZAWA	M30	170	07:56:32.00	07:56:32.00	+03:15:05 (40.9%)	9:09	6.5 (58.6%)
375	ZAGDAŃSKI Robert	536	MACHNÓWKA	M30	171	07:56:50.00	07:56:50.00	+03:15:23 (41.0%)	9:10	6.5 (58.6%)
376	ŁOKAS Andrzej	258	BĘDZIN	M40	98	07:57:04.00	07:57:04.00	+03:15:37 (41.0%)	9:10	6.5 (58.6%)
377	KŁĘPKA Dominika	303		K20	9	07:57:13.00	07:57:13.00	+03:15:46 (41.0%)	9:10	6.5 (58.6%)
378	PLESKOT Adam	306	ŁĘGONICE	M30	172	07:57:22.00	07:57:22.00	+03:15:55 (41.0%)	9:10	6.5 (58.6%)
379	SMOLIŃSKI Robert	300		M40	99	07:57:23.00	07:57:23.00	+03:15:56 (41.0%)	9:10	6.5 (58.6%)
380	NITSCH Tomasz	358	UNTS WARSZAWA	M40	100	07:57:53.00	07:57:53.00	+03:16:26 (41.1%)	9:11	6.5 (58.6%)
381	MROZIK Jarosław	381	WARSZAWA	M20	32	07:57:59.00	07:57:59.00	+03:16:32 (41.1%)	9:11	6.5 (58.6%)
382	OLEJNICZAK Paweł	618	ŁAGÓW	M30	173	07:58:10.00	07:58:10.00	+03:16:43 (41.1%)	9:11	6.5 (58.6%)

						Czas netto	Czas brutto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	52km	52km	Różn	min/km	km/h
383	PILECKI Adam	374	RADOMYŚL NAD SANEM	M20	33	07:58:59.00	07:58:59.00	+03:17:32 (41.2%)	9:12	6.5 (58.6%)
384	ŁUBIEŃSKI Wojciech	233	POZNAŃ	M30	174	07:59:19.00	07:59:19.00	+03:17:52 (41.3%)	9:13	6.5 (58.6%)
385	KOLODZIEJ Grzegorz	421		M20	34	07:59:39.00	07:59:39.00	+03:18:12 (41.3%)	9:13	6.5 (58.6%)
386	SŁOMIAK Marian	353	GRUDZIĄDZ	M50	27	08:01:02.00	08:01:02.00	+03:19:35 (41.5%)	9:15	6.5 (58.6%)
387	CISEK Agnieszka	69	VIZUM CLINIC	K30	29	08:01:03.00	08:01:03.00	+03:19:36 (41.5%)	9:15	6.5 (58.6%)
388	SOBCZAK Maciej	459	NIGHT RUNNERS ŁÓDŹ	M30	175	08:01:09.00	08:01:09.00	+03:19:42 (41.5%)	9:15	6.5 (58.6%)
389	HOŁODY Grzegorz	142	PKO BANK POLSKI	M20	35	08:02:37.00	08:02:37.00	+03:21:10 (41.7%)	9:16	6.5 (58.6%)
390	MLECZKO Marek	570		M40	101	08:02:43.00	08:02:43.00	+03:21:16 (41.7%)	9:16	6.5 (58.6%)
391	JAMA Rafał	492	NOWA WIEŚ	M30	176	08:03:41.00	08:03:41.00	+03:22:14 (41.8%)	9:18	6.5 (58.6%)
392	CHOJECKI Dariusz	509	KEREZA LUBLIN	M40	102	08:04:41.00	08:04:41.00	+03:23:14 (41.9%)	9:19	6.4 (57.7%)
393	SZCZYPCZYŃSKA Anna	582	PANNA ANNA BIEGA	K30	30	08:04:46.00	08:04:46.00	+03:23:19 (41.9%)	9:19	6.4 (57.7%)
394	KUNCEWICZ Anna	494		K30	31	08:04:50.00	08:04:50.00	+03:23:23 (41.9%)	9:19	6.4 (57.7%)
395	SZABELAK Witek	61	ORTOREH TEAM	M30	177	08:05:15.00	08:05:15.00	+03:23:48 (42.0%)	9:19	6.4 (57.7%)
396	KUBALA Sylwester	593	KALISZ	M40	103	08:05:20.00	08:05:20.00	+03:23:53 (42.0%)	9:20	6.4 (57.7%)
397	FIEGA Ryszard	531	MARATON GORLICE FESTIWAL BIEGOWY KRYNICA	M50	28	08:05:37.00	08:05:37.00	+03:24:10 (42.0%)	9:20	6.4 (57.7%)
398	MADAJ Paweł	288	BIEGAM BO NIE LUBIĘ	M30	178	08:05:40.00	08:05:40.00	+03:24:13 (42.0%)	9:20	6.4 (57.7%)
399	DĄBROWSKA Anna	356	LUBLIN	K30	32	08:06:40.00	08:06:40.00	+03:25:13 (42.2%)	9:21	6.4 (57.7%)
399	SKRZYPCZAK Piotr	188	MARATON LUBELSKI	M30	179	08:06:40.00	08:06:40.00	+03:25:13 (42.2%)	9:21	6.4 (57.7%)
401	GOMUŁKA Andrzej	190	21BSP	M20	36	08:07:11.00	08:07:11.00	+03:25:44 (42.2%)	9:22	6.4 (57.7%)
402	DOMIAN Marta	32		K30	33	08:07:31.00	08:07:31.00	+03:26:04 (42.3%)	9:22	6.4 (57.7%)
403	WŁODARCZYK Teresa	355	BBL TORUŃ	K40	8	08:08:05.00	08:08:05.00	+03:26:38 (42.3%)	9:23	6.4 (57.7%)
404	ŁAWROWSKI Adolf	458	WITAR TARNOBRZEG	M60	4	08:08:26.00	08:08:26.00	+03:26:59 (42.4%)	9:23	6.4 (57.7%)
405	RICHTER Franciszek	543	ZAPIERDALACZE	M50	29	08:08:37.00	08:08:37.00	+03:27:10 (42.4%)	9:23	6.4 (57.7%)
406	PITAS Andrzej	339	ROGOŹNICCY ZAPIERDALACZE	M30	180	08:08:38.00	08:08:38.00	+03:27:11 (42.4%)	9:23	6.4 (57.7%)
407	FANSLAU Stefania	580	MARAS TEAM	K20	10	08:08:42.00	08:08:42.00	+03:27:15 (42.4%)	9:23	6.4 (57.7%)
408	KISZKA Paweł	208	ROZGARTY	M50	30	08:09:05.00	08:09:05.00	+03:27:38 (42.5%)	9:24	6.4 (57.7%)
409	KOTLARSKI Marcin	415	GOLDEN TEAM	M30	181	08:09:25.00	08:09:25.00	+03:27:58 (42.5%)	9:24	6.4 (57.7%)
410	KRUŻEL Rafał	619	RADOMYŚL WIELKI	M30	182	08:11:08.00	08:11:08.00	+03:29:41 (42.7%)	9:26	6.4 (57.7%)
411	SPYRA Mariusz	70	VIZUM CLINIC	M40	104	08:12:54.00	08:12:54.00	+03:31:27 (42.9%)	9:28	6.3 (56.8%)
412	LEŚNIEWICZ Tomasz	78	STARE WUJE	M40	105	08:13:00.00	08:13:00.00	+03:31:33 (42.9%)	9:28	6.3 (56.8%)
413	REJDYCH Aleksander	349	WARSZAWA	M20	37	08:16:09.00	08:16:09.00	+03:34:42 (43.3%)	9:32	6.3 (56.8%)
414	RUTKOWSKI Janusz	253	LESZNO	M50	31	08:16:28.00	08:16:28.00	+03:35:01 (43.3%)	9:32	6.3 (56.8%)
415	SŁONINA Ireneusz	108	KROGULCE	M30	183	08:16:56.00	08:16:56.00	+03:35:29 (43.4%)	9:33	6.3 (56.8%)
416	KREINDL Joerg	269	CBRE	M30	184	08:18:14.00	08:18:14.00	+03:36:47 (43.5%)	9:34	6.3 (56.8%)
417	KRZEMIEN Joanna	344	BYDGOSZCZ	K20	11	08:20:21.00	08:20:21.00	+03:38:54 (43.7%)	9:37	6.2 (55.9%)
417	MARTYNUSKA Mikołaj	556	CBRE	M30	185	08:20:21.00	08:20:21.00	+03:38:54 (43.7%)	9:37	6.2 (55.9%)
419	DUDEK Arkadiusz	499	4 PORY ROKU BRZOZÓW	M50	32	08:20:35.00	08:20:35.00	+03:39:08 (43.8%)	9:37	6.2 (55.9%)
420	GRZEGORCZYK Michał	62	SKB STAŁOWA WOLA	M20	38	08:20:37.00	08:20:37.00	+03:39:10 (43.8%)	9:37	6.2 (55.9%)
421	ZIENTARSKI Piotr	221	WARSZAWA	M30	186	08:22:18.00	08:22:18.00	+03:40:51 (44.0%)	9:39	6.2 (55.9%)
422	GRABSKA Renata	67	AMBASADOR FESTIWALU BIEGOWEGO KRYNICA 2014	K60	3	08:22:23.00	08:22:23.00	+03:40:56 (44.0%)	9:39	6.2 (55.9%)
423	WĄSOWSKA Jagoda	584	KALIŃSKA TEAM	K40	9	08:26:31.00	08:26:31.00	+03:45:04 (44.4%)	9:44	6.2 (55.9%)
424	GROCHOWSKI Andrzej	294	KALIŃSKA TEAM	M50	33	08:26:32.00	08:26:32.00	+03:45:05 (44.4%)	9:44	6.2 (55.9%)
425	TUREK Michał	382	SMASHING PAPKINS	M30	187	08:27:40.00	08:27:40.00	+03:46:13 (44.6%)	9:45	6.1 (55.0%)
426	SOPAŁA Jakub	389	RUDNIK NAD SANEM	M30	188	08:30:02.00	08:30:02.00	+03:48:35 (44.8%)	9:48	6.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
427	PARYS Andrzej	549	SIEMENS	M60	5	08:31:22.00	08:31:22.00	+03:49:55 (45.0%)	9:50	6.1 (55.0%)
428	OZIMKOWICZ Dariusz	141	WARSZAWA	M50	34	08:33:22.00	08:33:22.00	+03:51:55 (45.2%)	9:52	6.1 (55.0%)
429	FILIPIAK Katarzyna	563	BIEGAM BO NIE LUBIĘ	K30	34	08:33:46.00	08:33:46.00	+03:52:19 (45.2%)	9:52	6.1 (55.0%)
430	KAJETAŃCZYK Marek	391	BIEGAM BO NIE LUBIĘ	M40	106	08:34:54.00	08:34:54.00	+03:53:27 (45.3%)	9:54	6.1 (55.0%)
431	RUTKOWSKA Małgorzata	7	GOLUB-DOBRZYŃ	K40	10	08:35:02.00	08:35:02.00	+03:53:35 (45.4%)	9:54	6.1 (55.0%)
432	SUWALD Andrzej	522	JACEKBIEGA RUNNING TEAM	M50	35	08:36:11.00	08:36:11.00	+03:54:44 (45.5%)	9:55	6 (54.1%)
433	DZIEDZIC Artur	325	WAŁBRZYCH	M30	189	08:36:15.00	08:36:15.00	+03:54:48 (45.5%)	9:55	6 (54.1%)
434	ZBYSŁAW Beata	250	SSP ORKA IŁAWA	K40	11	08:36:43.00	08:36:43.00	+03:55:16 (45.5%)	9:56	6 (54.1%)
435	J. ZBYSŁAW Robert	251	GWARDIA OLSZTYN S.JUDO	M40	107	08:36:44.00	08:36:44.00	+03:55:17 (45.5%)	9:56	6 (54.1%)
436	MIZIOŁEK Jakub	232	KIJANY	M20	39	08:37:14.00	08:37:14.00	+03:55:47 (45.6%)	9:56	6 (54.1%)
437	KUNCEWICZ Marek	495		M30	190	08:37:31.00	08:37:31.00	+03:56:04 (45.6%)	9:57	6 (54.1%)
438	PYSIEWICZ Krzysztof	207	NIEZRZESZONY	M50	36	08:38:21.00	08:38:21.00	+03:56:54 (45.7%)	9:58	6 (54.1%)
439	FRĄCZYK Katarzyna	463	PARKER HANNIFIN RUNNERS	K30	35	08:40:35.00	08:40:35.00	+03:59:08 (45.9%)	10:00	6 (54.1%)
440	KOMOROWSKI Adam	429	PARKER HANNIFIN RUNNERS	M40	108	08:40:38.00	08:40:38.00	+03:59:11 (45.9%)	10:00	6 (54.1%)
441	DUDEK Jan	464	ZABRZE	M40	109	08:43:05.00	08:43:05.00	+04:01:38 (46.2%)	10:03	6 (54.1%)
442	SZARKOWSKI Robert	469	WARSZAWA	M40	110	08:43:39.00	08:43:39.00	+04:02:12 (46.3%)	10:04	6 (54.1%)
443	BOCUL Małgorzata	405	PRZEMYŚL	K40	12	08:44:30.00	08:44:30.00	+04:03:03 (46.3%)	10:05	5.9 (53.2%)
444	KĄKOL Marcin	334	WARSZAWA	M30	191	08:45:07.00	08:45:07.00	+04:03:40 (46.4%)	10:05	5.9 (53.2%)
445	LUBIŃSKI Mikołaj	309	BIEGAM BO NIE LUBIĘ	M30	192	08:45:22.00	08:45:22.00	+04:03:55 (46.4%)	10:06	5.9 (53.2%)
446	SETA Michał	364	PADŁ NA RYJ TEAM/GDYNIA	M30	193	08:45:27.00	08:45:27.00	+04:04:00 (46.4%)	10:06	5.9 (53.2%)
446	GŁADYSZ Agnieszka	371	SANOK	K20	12	08:45:27.00	08:45:27.00	+04:04:00 (46.4%)	10:06	5.9 (53.2%)
448	ANTOSZ Monika	72	BIEGAM BO LUBIĘ KRAKÓW	K40	13	08:45:34.00	08:45:34.00	+04:04:07 (46.4%)	10:06	5.9 (53.2%)
449	MARAS Ladislav	481	MARAS TEAM	M50	37	08:47:05.00	08:47:05.00	+04:05:38 (46.6%)	10:08	5.9 (53.2%)
450	PEJSKI Cezary	424	WIAZOWNA	M50	38	08:49:15.00	08:49:15.00	+04:07:48 (46.8%)	10:10	5.9 (53.2%)
451	SIKORSKA Agnieszka	354	WARSZAWA	K30	36	08:50:04.00	08:50:04.00	+04:08:37 (46.9%)	10:11	5.9 (53.2%)
452	JACKOWSKA Ewa	529	JGB "SOKÓŁ"	K40	14	08:54:06.00	08:54:06.00	+04:12:39 (47.3%)	10:16	5.8 (52.3%)
453	JACKOWSKI Jacek	530	JGB "SOKÓŁ"	M40	111	08:54:07.00	08:54:07.00	+04:12:40 (47.3%)	10:16	5.8 (52.3%)
454	GLUCH Krzysztof	393	WOŁOMIN	M30	194	08:57:56.00	08:57:56.00	+04:16:29 (47.7%)	10:20	5.8 (52.3%)
455	BATOR Marek	278	WARSZAWA	M40	112	08:58:01.00	08:58:01.00	+04:16:34 (47.7%)	10:20	5.8 (52.3%)
456	PIEKARSKI Andrzej	517	GRODZISK MAZOWIECKI	M30	195	08:59:33.00	08:59:33.00	+04:18:06 (47.8%)	10:22	5.8 (52.3%)
457	BUČKO Artur	36	JELEŃ GÓRA	M50	39	09:13:52.00	09:13:52.00	+04:32:25 (49.2%)	10:39	5.6 (50.5%)
457	PARUSZEWSKA Aleksandra	453	KITA TEAM	K30	37	09:13:52.00	09:13:52.00	+04:32:25 (49.2%)	10:39	5.6 (50.5%)
459	NOWICKI Jacek	131	REDA	M50	40	09:13:56.00	09:13:56.00	+04:32:29 (49.2%)	10:39	5.6 (50.5%)
460	DEJA Andrzej	394	OPOLE	M40	113	09:13:57.00	09:13:57.00	+04:32:30 (49.2%)	10:39	5.6 (50.5%)
461	BIENIAS Daniel	268	CBRE	M40	114	09:18:03.00	09:18:03.00	+04:36:36 (49.6%)	10:43	5.6 (50.5%)
462	SZWAJKOWSKI Tomasz	261	DZIKI SUKCESU	M30	196	09:23:47.00	09:23:47.00	+04:42:20 (50.1%)	10:50	5.5 (49.5%)
462	PODGÓRSKA Aga	510	WARSZAWA	K20	13	09:23:47.00	09:23:47.00	+04:42:20 (50.1%)	10:50	5.5 (49.5%)
464	MACIESZ Marcin	373	WARSZAWA	M30	197	09:23:48.00	09:23:48.00	+04:42:21 (50.1%)	10:50	5.5 (49.5%)

Znaleziono 464 wynik(ów)