BIEG TROJAK TRAIL - 10 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-22
Miejsce: Lądek-Zdrój
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**PRZEDWOJEWSKI Bartłomiej**	**284**	SALOMON SUUNTO TEAM	Senior I M - 20	1	00:17:16	00:26:26	**00:42:40.40**	**00:42:42.15**		4:16	14.1 (100%)
2	**STAWSKI Michał**	**137**	TRUCHT.COM	Senior II M - 30	1	00:19:10	00:29:31	**00:47:46.25**	**00:47:48.50**	+00:05:06 (10.7%)	4:46	12.6 (89.4%)
3	**WILK Maciej**	**259**	ZAŁOGA GÓRSKA	Senior II M - 30	2	00:19:29	00:29:56	**00:47:48.15**	**00:47:52.80**	+00:05:10 (10.8%)	4:46	12.6 (89.4%)
4	**ŁĄTKA Piotr**	**232**		Senior I M - 20	2	00:19:11	00:29:48	**00:48:26.65**	**00:48:28.00**	+00:05:45 (11.9%)	4:50	12.4 (87.9%)
5	**KITA Michał**	**18**	PĘDZĄCY W MIEJSCU	Masters M - 40	1	00:20:22	00:31:39	**00:51:16.95**	**00:51:19.70**	+00:08:37 (16.8%)	5:07	11.7 (83.0%)
6	**KANTOR Martyna**	**374**	BUFF TEAM POLSKA	Senior I K - 20	1	00:20:24	00:31:44	**00:51:24.60**	**00:51:27.05**	+00:08:44 (17.0%)	5:08	11.7 (83.0%)
7	**LUTOWSKI Wojciech**	**403**		Senior II M - 30	3	00:20:08	00:31:30	**00:51:34.00**	**00:51:35.35**	+00:08:53 (17.2%)	5:09	11.6 (82.3%)
8	**HACZYK Jarosław**	**369**	BIEG POLSKA	Weteran I M - 50	1	00:21:10	00:32:39	**00:53:18.25**	**00:53:22.90**	+00:10:40 (20.0%)	5:19	11.3 (80.1%)
9	**KRAWCZYK Artur**	**382**	ZAŁOGA GÓRSKA	Senior I M - 20	3	00:20:33	00:32:27	**00:53:30.40**	**00:53:32.35**	+00:10:50 (20.2%)	5:21	11.2 (79.4%)
10	**SŁOCIAK Rafał**	**34**	RAJSPORT ACTIVE	Senior I M - 20	4	00:20:56	00:33:17	**00:53:37.65**	**00:53:41.10**	+00:10:58 (20.5%)	5:21	11.2 (79.4%)
11	**OLKIS Rafał**	**395**	PRZEBIEGA.PL	Senior II M - 30	4	00:21:15	00:32:55	**00:53:56.10**	**00:54:00.70**	+00:11:18 (20.9%)	5:23	11.1 (78.7%)
12	**ZIOMEK Tomasz**	**198**	KALENJI BY DECATHLON	Senior II M - 30	5	00:20:28	00:32:18	**00:53:58.25**	**00:54:03.75**	+00:11:21 (21.0%)	5:23	11.1 (78.7%)
13	**KWIATKOWSKA Kinga**	**225**	ALPIN SPORT TEAM	Senior II K - 30	1	00:21:50	00:33:42	**00:54:07.80**	**00:54:12.90**	+00:11:30 (21.2%)	5:24	11.1 (78.7%)
14	**DOMAŃSKI Patryk**	**33**	#TEAMBIEGIWLKP	Senior I M - 20	5	00:22:21	00:34:22	**00:54:49.65**	**00:54:51.55**	+00:12:09 (22.2%)	5:29	10.9 (77.3%)
15	**KOPYCZOK Michał**	**261**	TYSŁAWA TEAM	Senior II M - 30	6	00:22:37	00:34:31	**00:55:13.10**	**00:55:16.75**	+00:12:34 (22.8%)	5:31	10.9 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	**GAJEWSKI Marcin**	**150**	EBIEGI.PL	Masters M - 40	2	00:21:29	00:33:49	**00:55:28.95**	**00:55:31.15**	+00:12:49 (23.1%)	5:32	10.8 (76.6%)
17	**NETOLICKÝ Kamil**	**220**	SRTG VYŠKOV	Senior I M - 20	6	00:22:23	00:34:28	**00:55:38.10**	**00:55:52.05**	+00:13:09 (23.6%)	5:33	10.8 (76.6%)
18	**NOWICKI Mateusz**	**37**		Senior I M - 20	7	00:22:34	00:35:07	**00:55:49.90**	**00:55:55.10**	+00:13:12 (23.6%)	5:35	10.7 (75.9%)
19	**BOROŃ Dariusz**	**371**	ASICS FRONT RUNNER	Senior I M - 20	8	00:21:12	00:33:28	**00:56:05.25**	**00:56:06.80**	+00:13:24 (23.9%)	5:36	10.7 (75.9%)
20	**CIEPŁY Maciej**	**52**	NIGHT RUNNERS WROCŁAW	Senior I M - 20	9	00:21:48	00:34:13	**00:56:11.15**	**00:56:14.05**	+00:13:31 (24.1%)	5:37	10.7 (75.9%)
21	**LASEK Jakub**	**219**	CHICS&SPORT TEAM	Senior I M - 20	10	00:22:41	00:35:25	**00:57:01.95**	**00:57:04.30**	+00:14:22 (25.2%)	5:42	10.5 (74.5%)
22	**PIETROSZEK Rafał**	**381**	BRUBECK TEAM	Senior I M - 20	11	00:21:56	00:34:40	**00:57:10.60**	**00:57:14.70**	+00:14:32 (25.4%)	5:43	10.5 (74.5%)
23	**BUKOWSKI Edward**	**280**	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	3	00:22:49	00:35:40	**00:57:28.85**	**00:57:32.50**	+00:14:50 (25.8%)	5:44	10.4 (73.8%)
24	**PAŁETKO Grzegorz**	**16**	NYSA BIEGA	Senior II M - 30	7	00:22:33	00:35:02	**00:57:26.60**	**00:57:39.75**	+00:14:57 (25.9%)	5:44	10.4 (73.8%)
25	**MAJCHRZAK Maciej**	**49**		Senior I M - 20	12	00:24:04	00:36:06	**00:57:37.75**	**00:57:45.10**	+00:15:02 (26.1%)	5:45	10.4 (73.8%)
26	**JANUSZEWSKI Piotr**	**218**	EUROCLEAR RUNNING TEAM	Senior I M - 20	13	00:22:32	00:35:29	**00:58:19.15**	**00:58:20.45**	+00:15:38 (26.8%)	5:49	10.3 (73.0%)
27	**CITKO Maciej**	**276**	ZAŁOGA GÓRSKA	Senior II M - 30	8	00:23:07	00:36:11	**00:58:24.80**	**00:58:29.60**	+00:15:47 (27.0%)	5:50	10.3 (73.0%)
28	**KARAMON Marcin**	**344**	OPOLE BIEGA	Masters M - 40	4	00:23:06	00:36:09	**00:58:27.35**	**00:58:35.70**	+00:15:53 (27.1%)	5:50	10.3 (73.0%)
29	**KURAŚ Szymon**	**129**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	9	00:24:07	00:37:07	**00:58:40.00**	**00:58:43.65**	+00:16:01 (27.3%)	5:52	10.2 (72.3%)
30	**GRAD Łukasz**	**233**	FITNESS PIEKARY LEGNICA	Senior II M - 30	10	00:24:05	00:37:14	**00:58:42.00**	**00:58:46.95**	+00:16:04 (27.4%)	5:52	10.2 (72.3%)
31	**KYCIA Piotr**	**389**		Masters M - 40	5	00:23:52	00:37:01	**00:58:48.40**	**00:58:53.45**	+00:16:11 (27.5%)	5:52	10.2 (72.3%)
32	**MAZURKIEWICZ Jerzy**	**367**	NIGHT RUNNERS WROCŁAW	Senior II M - 30	11	00:22:39	00:35:54	**00:58:58.50**	**00:59:03.15**	+00:16:21 (27.7%)	5:53	10.2 (72.3%)
33	**JANUSZEWSKI Maciej**	**123**	ŚLIMAK BROWARNO-KANAPOWY	Senior II M - 30	12	00:23:03	00:36:29	**00:59:10.90**	**00:59:20.70**	+00:16:38 (28.0%)	5:55	10.1 (71.6%)
34	**SOBCZAK Filip**	**135**		Senior I M - 20	14	00:23:00	00:36:35	**00:59:30.80**	**00:59:37.50**	+00:16:55 (28.4%)	5:57	10.1 (71.6%)
35	**MARGOL Paweł**	**300**	WKS ŚLĄSK WROCŁAW	Senior II M - 30	13	00:23:37	00:36:47	**00:59:47.45**	**00:59:56.75**	+00:17:14 (28.8%)	5:58	10 (70.9%)
36	**CHODOROWSKI Krzysztof**	**10**	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	14	00:23:32	00:37:00	**00:59:56.50**	**01:00:07.35**	+00:17:25 (29.0%)	5:59	10 (70.9%)
37	**PERZ Emilia**	**90**	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	2	00:24:47	00:38:13	**01:00:09.85**	**01:00:13.35**	+00:17:31 (29.1%)	6:01	10 (70.9%)
38	**PRZYBYŁ Piotr**	**391**		Masters M - 40	6	00:24:03	00:37:12	**01:00:21.85**	**01:00:27.20**	+00:17:45 (29.4%)	6:02	9.9 (70.2%)

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39	**KACZMARCZYK Przemysław**	**152**	MATNER RUNNING TEAM/WATAHA	Senior I M - 20	15	00:22:58	00:36:18	**01:00:35.70**	**01:00:38.20**	+00:17:56 (29.6%)	6:03	9.9 (70.2%)
40	**BOBRAS Arkadiusz**	**251**		Masters M - 40	7	00:23:56	00:37:02	**01:00:36.90**	**01:00:41.55**	+00:17:59 (29.6%)	6:03	9.9 (70.2%)
41	**MIKOŁAJCZYK Piotr**	**139**	KALENJI BY DECATHLON	Senior I M - 20	16	00:24:17	00:38:05	**01:00:47.80**	**01:00:55.50**	+00:18:13 (29.9%)	6:04	9.9 (70.2%)
42	**OCHMAN Paweł**	**181**	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	15	00:23:19	00:36:30	**01:00:59.75**	**01:01:03.25**	+00:18:21 (30.1%)	6:06	9.8 (69.5%)
43	**GROMADZKA Anna**	**140**	KALENJI BY DECATHLON	Senior II K - 30	2	00:23:52	00:37:31	**01:01:20.70**	**01:01:28.95**	+00:18:46 (30.5%)	6:08	9.8 (69.5%)
44	**CIEŚLAK Krzysztof**	**365**	ULTRAFAZA.PL	Senior II M - 30	16	00:24:47	00:38:17	**01:01:28.85**	**01:01:39.55**	+00:18:57 (30.7%)	6:08	9.8 (69.5%)
45	**PERENC Michał**	**120**	HUSARIA RACE TEAM	Senior I M - 20	17	00:24:40	00:38:12	**01:01:42.25**	**01:01:51.45**	+00:19:09 (31.0%)	6:10	9.7 (68.8%)
46	**BOREJSZO Karol**	**250**		Senior I M - 20	18	00:24:53	00:38:29	**01:01:48.45**	**01:02:04.70**	+00:19:22 (31.2%)	6:10	9.7 (68.8%)
47	**MALIK Agnieszka**	**414**		Masters K - 40	1	00:24:53	00:38:17	**01:02:03.60**	**01:02:13.25**	+00:19:31 (31.4%)	6:12	9.7 (68.8%)
48	**ŁOMNICKA Barbara**	**375**		Senior II K - 30	3	00:24:56	00:38:40	**01:02:32.10**	**01:02:37.30**	+00:19:55 (31.8%)	6:15	9.6 (68.1%)
49	**CHRZANOWSKI Paweł**	**216**		Senior II M - 30	17	00:25:50	00:39:58	**01:02:46.60**	**01:02:49.65**	+00:20:07 (32.0%)	6:16	9.6 (68.1%)
50	**WUJDA Mirosław**	**68**	ERNI RULEZ	Masters M - 40	8	00:22:48	00:36:58	**01:03:13.95**	**01:03:20.50**	+00:20:38 (32.6%)	6:19	9.5 (67.4%)
51	**KURIATA Paweł**	**306**		Senior I M - 20	19	00:24:30	00:38:44	**01:03:17.90**	**01:03:40.35**	+00:20:58 (32.9%)	6:19	9.5 (67.4%)
52	**KRUPIŃSKI Zbigniew**	**383**	KOŁO BIEGA	Senior II M - 30	18	00:24:43	00:38:41	**01:03:37.70**	**01:03:41.05**	+00:20:58 (32.9%)	6:21	9.4 (66.7%)
53	**KOZANECKI Przemysław**	**130**	CONSTRAVIA	Senior I M - 20	20	00:25:31	00:39:50	**01:03:31.40**	**01:03:41.40**	+00:20:59 (33.0%)	6:21	9.4 (66.7%)
54	**WIADERNA Nina**	**388**	SBRT POWIŚLE	Senior II K - 30	4	00:25:55	00:40:28	**01:03:38.90**	**01:03:43.25**	+00:21:01 (33.0%)	6:21	9.4 (66.7%)
55	**NOWACKI Mateusz**	**196**		Senior II M - 30	19	00:24:30	00:38:39	**01:03:40.80**	**01:03:54.65**	+00:21:12 (33.2%)	6:22	9.4 (66.7%)
56	**BURA Tomasz**	**101**		Senior II M - 30	20	00:25:57	00:40:16	**01:03:43.55**	**01:04:03.95**	+00:21:21 (33.3%)	6:22	9.4 (66.7%)
57	**GŁOMBIOWSKA Zuzanna**	**61**	BIGYELLOWFOOT ADVENTURE TEAM	Senior I K - 20	3	00:25:45	00:39:53	**01:04:06.60**	**01:04:09.10**	+00:21:26 (33.4%)	6:24	9.4 (66.7%)
58	**BANKIEWICZ Szymon**	**341**		Senior I M - 20	21	00:25:11	00:39:29	**01:03:43.15**	**01:04:18.35**	+00:21:36 (33.6%)	6:22	9.4 (66.7%)
59	**KOLECKI Damian**	**317**	KOLECTEAM ZBĄSZYNEK	Masters M - 40	9	00:24:17	00:38:42	**01:04:15.80**	**01:04:23.05**	+00:21:40 (33.7%)	6:25	9.3 (66.0%)
60	**KOLECKA Sylwia**	**316**	KOLECTEAM ZBĄSZYNEK	Masters K - 40	2	00:24:17	00:38:44	**01:04:15.85**	**01:04:23.25**	+00:21:41 (33.7%)	6:25	9.3 (66.0%)
61	**KOSTROWICKI Jakub**	**224**		Senior II M - 30	21	00:25:24	00:39:40	**01:04:06.95**	**01:04:39.05**	+00:21:56 (33.9%)	6:24	9.4 (66.7%)

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62	**KACZMARCZYK Mateusz**	**360**	KURORT LĄDEK-ZDRÓJ	Senior I M - 20	22	00:25:04	00:39:10	**01:04:36.85**	**01:04:49.75**	+00:22:07 (34.1%)	6:27	9.3 (66.0%)
63	**SZARSKI Jacek**	**264**		Senior I M - 20	23	00:23:13	00:37:49	**01:04:57.25**	**01:05:03.05**	+00:22:20 (34.4%)	6:29	9.2 (65.2%)
64	**ŁUCZAK Maciej**	**237**	BANDA RYCHA	Senior II M - 30	22	00:26:50	00:41:07	**01:04:35.70**	**01:05:17.45**	+00:22:35 (34.6%)	6:27	9.3 (66.0%)
65	**GAZDA Michał**	**128**	CONSTRAVIA	Senior I M - 20	24	00:25:38	00:40:24	**01:05:08.15**	**01:05:19.45**	+00:22:37 (34.6%)	6:30	9.2 (65.2%)
66	**HORWAT Tomasz**	**299**	WKS ŚLĄSK WROCŁAW	Senior II M - 30	23	00:25:54	00:40:04	**01:04:52.90**	**01:05:22.60**	+00:22:40 (34.7%)	6:29	9.2 (65.2%)
67	**KWASIZUR Agata**	**260**	MUAY RUNNING TEAM	Senior II K - 30	5	00:26:30	00:41:17	**01:05:20.75**	**01:05:22.90**	+00:22:40 (34.7%)	6:32	9.2 (65.2%)
68	**PAZDAN Natalia**	**143**	KOWARY BIEGAJĄ	Senior II K - 30	6	00:25:27	00:40:19	**01:05:36.25**	**01:05:39.60**	+00:22:57 (35.0%)	6:33	9.1 (64.5%)
69	**LACHERA Kamila**	**21**	W POGONI ZA DUCHEM	Senior II K - 30	7	00:26:19	00:40:54	**01:05:28.25**	**01:05:42.40**	+00:23:00 (35.0%)	6:32	9.2 (65.2%)
70	**RYBARSKA Marta**	**2**	LESZ NO LIMITS RUNNERS	Senior I K - 20	4	00:26:08	00:40:57	**01:05:44.05**	**01:05:47.70**	+00:23:05 (35.1%)	6:34	9.1 (64.5%)
71	**DĄBEK Mirosław**	**179**		Masters M - 40	10	00:22:49	00:38:09	**01:05:40.80**	**01:05:54.25**	+00:23:12 (35.2%)	6:34	9.1 (64.5%)
72	**KUŹMA Przemysław**	**141**	NIEZRZESZONY	Weteran I M - 50	2	00:25:53	00:40:12	**01:05:51.20**	**01:05:55.55**	+00:23:13 (35.2%)	6:35	9.1 (64.5%)
73	**MITUŁA Paweł**	**295**	ZIĘBICE	Senior II M - 30	24	00:26:42	00:41:02	**01:05:42.00**	**01:05:59.20**	+00:23:17 (35.3%)	6:34	9.1 (64.5%)
74	**PISKUNOWICZ Aleksandra**	**230**		Senior II K - 30	8	00:25:23	00:39:55	**01:05:46.65**	**01:06:01.35**	+00:23:19 (35.3%)	6:34	9.1 (64.5%)
75	**BARON Przemo**	**127**	CONSTRAVIA	Senior II M - 30	25	00:25:41	00:40:15	**01:05:55.75**	**01:06:07.70**	+00:23:25 (35.4%)	6:35	9.1 (64.5%)
76	**WITEK Jakub**	**175**	SPRINT	Senior I M - 20	25	00:25:58	00:40:57	**01:06:56.60**	**01:07:05.45**	+00:24:23 (36.4%)	6:41	9 (63.8%)
77	**BOCHAN Lesław**	**384**		Masters M - 40	11	00:27:03	00:41:47	**01:06:52.40**	**01:07:06.45**	+00:24:24 (36.4%)	6:41	9 (63.8%)
78	**JOŃCZYK Ada**	**293**		Senior I K - 20	5	00:26:45	00:41:33	**01:07:08.35**	**01:07:14.95**	+00:24:32 (36.5%)	6:42	8.9 (63.1%)
79	**PÓŁROLNICZAK Paweł**	**357**	OPOLE PARKRUN	Senior II M - 30	26	00:27:16	00:41:46	**01:07:26.55**	**01:07:32.50**	+00:24:50 (36.8%)	6:44	8.9 (63.1%)
80	**DROZD Przemysław**	**97**	RAISPORT ACTIVE	Masters M - 40	12	00:27:08	00:41:44	**01:07:38.20**	**01:07:44.40**	+00:25:02 (37.0%)	6:45	8.9 (63.1%)
81	**SAWICKI Konrad**	**310**		Masters M - 40	13	00:27:24	00:42:06	**01:07:30.05**	**01:07:47.25**	+00:25:05 (37.0%)	6:45	8.9 (63.1%)
82	**HACZYK Natalia**	**333**	MUAY RUNNING TEAM	Masters K - 40	3	00:26:45	00:41:16	**01:07:58.40**	**01:08:05.75**	+00:25:23 (37.3%)	6:47	8.8 (62.4%)
83	**STRZELCZYK Wiktor**	**125**	HUSARIA RACE TEAM	Senior II M - 30	27	00:27:23	00:42:27	**01:07:56.55**	**01:08:06.45**	+00:25:24 (37.3%)	6:47	8.8 (62.4%)
84	**CYKLOWSKI Wojciech**	**379**	KM PSP OPOLE	Senior I M - 20	26	00:27:28	00:42:29	**01:08:11.30**	**01:08:19.95**	+00:25:37 (37.5%)	6:49	8.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	**SERWATKA Wojciech**	**368**		Masters M - 40	14	00:27:48	00:42:39	**01:07:53.30**	**01:08:35.20**	+00:25:53 (37.7%)	6:47	8.8 (62.4%)
86	**KUCHARSKA Aleksandra**	**178**	DREAM RUN	Senior II K - 30	9	00:27:37	00:42:32	**01:08:26.90**	**01:08:35.30**	+00:25:53 (37.7%)	6:50	8.8 (62.4%)
87	**REJCHAL Michał**	**347**		Senior II M - 30	28	00:27:21	00:42:04	**01:08:08.65**	**01:08:36.25**	+00:25:54 (37.8%)	6:48	8.8 (62.4%)
88	**CHORZĘPA Adam**	**286**		Weteran I M - 50	3	00:26:51	00:41:36	**01:08:38.80**	**01:08:42.15**	+00:26:00 (37.8%)	6:51	8.7 (61.7%)
89	**CIEŚLAK Jakub**	**370**		Senior II M - 30	29	00:27:04	00:41:42	**01:08:33.95**	**01:08:45.85**	+00:26:03 (37.9%)	6:51	8.8 (62.4%)
90	**KUZIEL Marcin**	**153**	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	30	00:26:45	00:41:29	**01:08:11.45**	**01:08:48.45**	+00:26:06 (37.9%)	6:49	8.8 (62.4%)
91	**SZPILAREWICZ Basia**	**188**	ABY DO METY	Masters K - 40	4	00:27:59	00:42:48	**01:08:38.55**	**01:08:50.45**	+00:26:08 (38.0%)	6:51	8.7 (61.7%)
92	**PISZCZAŁKA Tomasz**	**418**	ABY DO METY	Senior II M - 30	31	00:27:58	00:42:47	**01:08:43.90**	**01:08:56.25**	+00:26:14 (38.1%)	6:52	8.7 (61.7%)
93	**GAŁEK Aleksander**	**359**	PRAGMATIQ.PL	Senior II M - 30	32	00:28:44	00:43:38	**01:08:57.20**	**01:09:07.75**	+00:26:25 (38.2%)	6:53	8.7 (61.7%)
94	**PASTUSZAK Mirosław**	**352**	RUN ŁDZ	Weteran I M - 50	4	00:28:15	00:43:18	**01:09:09.55**	**01:09:19.95**	+00:26:37 (38.4%)	6:54	8.7 (61.7%)
95	**SPYCHAJ Marek**	**62**		Masters M - 40	15	00:27:22	00:42:40	**01:08:52.85**	**01:09:27.40**	+00:26:45 (38.5%)	6:53	8.7 (61.7%)
96	**RAKOCZY Jerzy**	**329**		Masters M - 40	16	00:27:27	00:42:49	**01:09:35.75**	**01:09:38.90**	+00:26:56 (38.7%)	6:57	8.6 (61.0%)
97	**TOMECKA Aleksandra**	**271**	ZAŁOGA GÓRSKA	Senior II K - 30	10	00:27:45	00:42:55	**01:09:49.85**	**01:09:55.40**	+00:27:13 (38.9%)	6:59	8.6 (61.0%)
98	**KLIN Robert**	**63**	WATAHA	Masters M - 40	17	00:26:16	00:41:35	**01:09:37.95**	**01:10:06.30**	+00:27:24 (39.1%)	6:57	8.6 (61.0%)
99	**JÓŹWIECKI Kacper**	**364**	MUAY RUNNING TEAM	Senior I M - 20	27	00:28:54	00:44:27	**01:10:21.60**	**01:10:36.65**	+00:27:54 (39.5%)	7:02	8.5 (60.3%)
100	**GRABIŃSKA Gizela**	**269**	ZAŁOGA GÓRSKA	Masters K - 40	5	00:27:50	00:43:18	**01:10:37.55**	**01:10:42.95**	+00:28:00 (39.6%)	7:03	8.5 (60.3%)
101	**KORYCIŃSKA Izabela**	**23**		Senior II K - 30	11	00:28:56	00:44:59	**01:10:32.90**	**01:10:48.35**	+00:28:06 (39.7%)	7:03	8.5 (60.3%)
102	**WOJBACH Marcin**	**402**		Senior II M - 30	33	00:28:20	00:43:33	**01:11:00.65**	**01:11:10.95**	+00:28:28 (40.0%)	7:06	8.5 (60.3%)
103	**NIETRZEBA Robert**	**118**		Masters M - 40	18	00:28:59	00:45:30	**01:10:56.50**	**01:11:22.20**	+00:28:40 (40.2%)	7:05	8.5 (60.3%)
104	**LEWANDOWSKA Patrycja**	**111**	TEAM KURORT LĄDEK-ZDRÓJ	Senior II K - 30	12	00:28:34	00:44:35	**01:11:18.70**	**01:11:32.00**	+00:28:49 (40.3%)	7:07	8.4 (59.6%)
105	**PIOTROWSKA Magdalena**	**103**	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	13	00:27:56	00:44:44	**01:11:31.50**	**01:11:34.25**	+00:28:52 (40.3%)	7:09	8.4 (59.6%)
106	**ŚPIEWAK Radosław**	**392**		Senior II M - 30	34	00:28:08	00:44:32	**01:11:54.50**	**01:12:11.00**	+00:29:28 (40.8%)	7:11	8.3 (58.9%)
107	**DŁUGOSZ Marek**	**292**	KB GEOTERMIA UNIEJÓW	Weteran I M - 50	5	00:28:23	00:44:27	**01:12:05.25**	**01:12:11.70**	+00:29:29 (40.9%)	7:12	8.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	**RYBARSKI Piotr**	**1**		Senior II M - 30	35	00:29:00	00:45:16	**01:11:59.55**	**01:12:17.60**	+00:29:35 (40.9%)	7:11	8.3 (58.9%)
109	**STEFANOWSKI Mariusz**	**82**		Masters M - 40	19	00:28:11	00:43:37	**01:12:18.50**	**01:12:30.20**	+00:29:48 (41.1%)	7:13	8.3 (58.9%)
110	**KULESZA Paweł**	**70**		Senior I M - 20	28	00:28:33	00:45:38	**01:12:15.00**	**01:12:37.55**	+00:29:55 (41.2%)	7:13	8.3 (58.9%)
111	**STACHNIK Łukasz**	**281**		Senior II M - 30	36	00:30:08	00:46:08	**01:12:11.75**	**01:12:55.30**	+00:30:13 (41.4%)	7:13	8.3 (58.9%)
112	**ZAJĄC Marcin**	**119**		Senior II M - 30	37	00:30:10	00:46:05	**01:12:19.70**	**01:13:05.10**	+00:30:22 (41.6%)	7:14	8.3 (58.9%)
113	**ROLIŃSKI Radosław**	**202**		Masters M - 40	20	00:28:09	00:43:48	**01:12:51.60**	**01:13:06.30**	+00:30:24 (41.6%)	7:17	8.2 (58.2%)
114	**GALA Kamila**	**274**	ZAŁOGA GÓRSKA	Senior II K - 30	14	00:28:04	00:44:43	**01:12:59.30**	**01:13:08.95**	+00:30:26 (41.6%)	7:17	8.2 (58.2%)
115	**NEUMANN Jacek**	**211**	CENTRUM ŁĄKOWA1	Weteran I M - 50	6	00:28:58	00:44:56	**01:12:55.75**	**01:13:09.60**	+00:30:27 (41.6%)	7:17	8.2 (58.2%)
116	**RYBA Piotr**	**54**		Masters M - 40	21	00:28:01	00:44:41	**01:12:38.25**	**01:13:13.55**	+00:30:31 (41.7%)	7:15	8.3 (58.9%)
117	**GACEK Mariusz**	**72**		Senior I M - 20	29	00:30:35	00:47:12	**01:13:45.30**	**01:14:08.60**	+00:31:26 (42.4%)	7:22	8.1 (57.4%)
118	**JASICKI Krzysztof**	**168**		Senior II M - 30	38	00:28:59	00:45:14	**01:14:03.40**	**01:14:09.85**	+00:31:27 (42.4%)	7:24	8.1 (57.4%)
119	**JASICKA Ewa**	**165**		Senior II K - 30	15	00:28:57	00:45:14	**01:14:02.85**	**01:14:10.00**	+00:31:27 (42.4%)	7:24	8.1 (57.4%)
120	**SZTYLKA Dariusz**	**298**	WKS ŚLĄSK WROCŁAW	Masters M - 40	22	00:28:01	00:44:16	**01:14:02.80**	**01:14:31.45**	+00:31:49 (42.7%)	7:24	8.1 (57.4%)
121	**LANG Wojtek**	**206**	WROCLAW MARATHON TEAM	Senior II M - 30	39	00:28:32	00:45:12	**01:14:34.65**	**01:14:43.50**	+00:32:01 (42.9%)	7:27	8 (56.7%)
122	**CHOLEWA Joanna**	**17**		Senior I K - 20	6	00:28:30	00:45:11	**01:14:34.55**	**01:14:43.75**	+00:32:01 (42.9%)	7:27	8 (56.7%)
123	**FRYSIAK Patryk**	**283**		Senior I M - 20	30	00:30:20	00:46:45	**01:14:23.45**	**01:14:49.45**	+00:32:07 (42.9%)	7:26	8.1 (57.4%)
124	**KULAKOWSKI Tomasz**	**156**		Masters M - 40	23	00:29:20	00:45:40	**01:15:26.10**	**01:15:34.75**	+00:32:52 (43.5%)	7:32	8 (56.7%)
125	**BIELECKA Iwona**	**29**	PRO-RUN WROCŁAW	Senior II K - 30	16	00:28:38	00:44:56	**01:15:06.55**	**01:15:37.25**	+00:32:55 (43.5%)	7:30	8 (56.7%)
126	**SZKÓDLIŃSKI Bartosz**	**76**	NARAMOWICE BIEGAJĄ	Senior II M - 30	40	00:29:24	00:46:04	**01:15:21.85**	**01:15:38.05**	+00:32:55 (43.5%)	7:32	8 (56.7%)
127	**KOT Tomasz**	**217**		Senior II M - 30	41	00:30:04	00:46:56	**01:15:45.70**	**01:15:51.50**	+00:33:09 (43.7%)	7:34	7.9 (56.0%)
128	**MROZIŃSKI Albert**	**241**		Masters M - 40	24	00:29:07	00:46:10	**01:15:25.90**	**01:15:56.70**	+00:33:14 (43.8%)	7:32	8 (56.7%)
129	**BUĆKO Alicja**	**146**	TATAALI TEAM / VEGE RUNNERS	Senior I K - 20	7	00:30:00	00:46:46	**01:16:04.80**	**01:16:14.60**	+00:33:32 (44.0%)	7:36	7.9 (56.0%)
130	**PLINIEWICZ Joanna**	**229**		Senior II K - 30	17	00:30:07	00:47:13	**01:16:09.50**	**01:16:15.20**	+00:33:33 (44.0%)	7:37	7.9 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	**WŁODKOWSKA Beata**	**84**		Senior II K - 30	18	00:29:26	00:46:25	**01:15:46.20**	**01:16:20.05**	+00:33:37 (44.1%)	7:34	7.9 (56.0%)
132	**SOBCZAK Marek**	**239**	SZCZYTNIKI	Masters M - 40	25	00:30:40	00:47:17	**01:16:00.80**	**01:16:20.70**	+00:33:38 (44.1%)	7:36	7.9 (56.0%)
133	**RYBSKI Mariusz**	**246**		Senior II M - 30	42	00:30:00	00:47:08	**01:16:02.90**	**01:16:22.50**	+00:33:40 (44.1%)	7:36	7.9 (56.0%)
134	**CIEŚLAK Magdalena**	**177**	ZDROWE !	Senior II K - 30	19	00:29:04	00:45:38	**01:16:19.20**	**01:16:30.90**	+00:33:48 (44.2%)	7:37	7.9 (56.0%)
135	**MAZIAREK Michał**	**166**		Senior II M - 30	43	00:28:43	00:44:56	**01:16:01.70**	**01:16:33.50**	+00:33:51 (44.2%)	7:36	7.9 (56.0%)
136	**EJSMOND Mateusz**	**399**		Senior II M - 30	44	00:29:44	00:46:27	**01:15:55.00**	**01:16:34.65**	+00:33:52 (44.2%)	7:35	7.9 (56.0%)
137	**PIECHWIAK Aleksandra**	**398**		Senior I K - 20	8	00:29:44	00:46:27	**01:15:55.60**	**01:16:35.05**	+00:33:52 (44.2%)	7:35	7.9 (56.0%)
138	**OLEJNICZAK Paulina**	**176**		Senior I K - 20	9	00:29:55	00:46:48	**01:16:12.70**	**01:16:37.05**	+00:33:54 (44.3%)	7:37	7.9 (56.0%)
139	**URBANEK Artur**	**277**		Senior I M - 20	31	00:29:16	00:45:49	**01:16:31.50**	**01:16:52.00**	+00:34:09 (44.4%)	7:39	7.8 (55.3%)
140	**ŚWITA Tomasz**	**30**	PRO RUN WROCŁAW	Senior II M - 30	45	00:28:58	00:45:47	**01:16:19.90**	**01:16:52.30**	+00:34:10 (44.4%)	7:38	7.9 (56.0%)
141	**LUBAŃSKA Alicja**	**243**	DOBIEGNĘ! BUKOWICE	Weteran K - 50	1	00:29:11	00:45:50	**01:16:53.05**	**01:16:56.00**	+00:34:13 (44.5%)	7:41	7.8 (55.3%)
142	**WARSZCZYŃSKA Romana**	**107**	LUB WYBIERZ Z LISTY	Masters K - 40	6	00:28:39	00:45:32	**01:16:43.60**	**01:17:01.95**	+00:34:19 (44.6%)	7:40	7.8 (55.3%)
143	**PASŁOWSKA-CHODOROWSKA Justyna**	**394**	PRZEBIEGA.PL	Senior II K - 30	20	00:30:56	00:48:17	**01:16:46.90**	**01:17:02.70**	+00:34:20 (44.6%)	7:40	7.8 (55.3%)
144	**GEROWSKA Aleksandra**	**288**	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	Masters K - 40	7	00:30:51	00:47:36	**01:17:00.95**	**01:17:19.90**	+00:34:37 (44.8%)	7:42	7.8 (55.3%)
145	**TADROWSKI Tomasz**	**92**		Masters M - 40	26	00:31:39	00:48:44	**01:16:44.00**	**01:17:20.70**	+00:34:38 (44.8%)	7:40	7.8 (55.3%)
146	**KORNAŚ Marcin**	**6**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	27	00:29:54	00:47:14	**01:17:17.45**	**01:17:28.85**	+00:34:46 (44.9%)	7:43	7.8 (55.3%)
147	**MICHALEC Marzena**	**356**	KOBIETAWBIEGU	Senior II K - 30	21	00:30:21	00:47:11	**01:17:02.20**	**01:17:31.55**	+00:34:49 (44.9%)	7:42	7.8 (55.3%)
148	**WARSZCZYŃSKI Rafał**	**108**	LUB WYBIERZ Z LISTY	Weteran I M - 50	7	00:28:58	00:45:42	**01:17:32.25**	**01:17:49.75**	+00:35:07 (45.1%)	7:45	7.7 (54.6%)
149	**WIŚNIEWSKA Marlena**	**336**	MUAY RUNNING TEAM	Senior II K - 30	22	00:32:59	00:49:56	**01:18:03.90**	**01:18:06.15**	+00:35:24 (45.3%)	7:48	7.7 (54.6%)
150	**FRĄCKOWIAK Maria**	**170**	CONSTRAVIA	Senior I K - 20	10	00:31:14	00:48:56	**01:17:43.05**	**01:18:06.90**	+00:35:24 (45.3%)	7:46	7.7 (54.6%)
151	**WIDŁAK Julia**	**69**		Senior I K - 20	11	00:31:23	00:48:48	**01:17:59.70**	**01:18:23.40**	+00:35:41 (45.5%)	7:48	7.7 (54.6%)
152	**HANOUSKOVÁ Ester**	**91**		Senior II K - 30	23	00:30:52	00:48:33	**01:18:12.95**	**01:18:34.75**	+00:35:52 (45.7%)	7:49	7.7 (54.6%)
153	**WYSTRYCHOWSKA Marzena**	**7**	BFAGENCJA.PL	Masters K - 40	8	00:29:30	00:46:32	**01:17:55.75**	**01:18:40.90**	+00:35:58 (45.7%)	7:47	7.7 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	**SZCZEPANIAK Adam**	**73**	TĘPE DZIDY	Weteran I M - 50	8	00:30:10	00:47:18	**01:18:21.65**	**01:18:43.70**	+00:36:01 (45.8%)	7:50	7.7 (54.6%)
155	**SZAWARA-ZIÓŁKOWSKA Ewelina**	**282**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	24	00:31:01	00:48:48	**01:18:39.05**	**01:18:47.75**	+00:36:05 (45.8%)	7:51	7.6 (53.9%)
156	**BUSS Jakub**	**25**	KUDOWSCY MIŁOŚNICE BIEGANIA	Masters M - 40	28	00:31:22	00:48:58	**01:18:11.75**	**01:18:57.65**	+00:36:15 (45.9%)	7:49	7.7 (54.6%)
157	**KOWALSKA Małgorzata**	**285**	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	9	00:31:01	00:48:50	**01:18:49.90**	**01:18:57.75**	+00:36:15 (45.9%)	7:53	7.6 (53.9%)
158	**BABICA Paulina**	**144**		Senior II K - 30	25	00:30:33	00:48:31	**01:18:42.75**	**01:18:57.90**	+00:36:15 (45.9%)	7:52	7.6 (53.9%)
159	**GAŁUSZKA Wojciech**	**244**		Senior II M - 30	46	00:30:41	00:48:02	**01:18:18.45**	**01:18:58.20**	+00:36:16 (45.9%)	7:49	7.7 (54.6%)
160	**KWIECIEŃ Sara**	**245**		Senior I K - 20	12	00:30:41	00:48:02	**01:18:19.45**	**01:18:58.35**	+00:36:16 (45.9%)	7:50	7.7 (54.6%)
161	**BEDNAREK Sylwia**	**270**	ZAŁOGA GÓRSKA	Senior II K - 30	26	00:30:19	00:47:18	**01:18:58.05**	**01:19:04.65**	+00:36:22 (46.0%)	7:53	7.6 (53.9%)
162	**RAPCZUK Tomasz**	**242**		Weteran I M - 50	9	00:28:56	00:46:27	**01:19:13.45**	**01:19:20.60**	+00:36:38 (46.2%)	7:55	7.6 (53.9%)
163	**ZAJĄC Krystyna**	**27**		Weteran II K - 60	1	00:30:02	00:47:21	**01:19:01.55**	**01:19:25.55**	+00:36:43 (46.2%)	7:54	7.6 (53.9%)
164	**GARCZYK Marzena**	**78**		Senior II K - 30	27	00:30:32	00:47:27	**01:19:22.15**	**01:19:27.25**	+00:36:45 (46.3%)	7:56	7.6 (53.9%)
164	**NIEDZIELA Wojciech**	**207**		Senior I M - 20	32	00:31:05	00:48:46	**01:19:00.25**	**01:19:27.25**	+00:36:45 (46.3%)	7:54	7.6 (53.9%)
166	**MARCINIAK Anna**	**9**		Masters K - 40	10	00:31:04	00:48:19	**01:19:09.05**	**01:19:40.75**	+00:36:58 (46.4%)	7:54	7.6 (53.9%)
167	**PTASZYŃSKA Joanna**	**98**		Weteran K - 50	2	00:32:10	00:49:18	**01:19:27.60**	**01:19:49.70**	+00:37:07 (46.5%)	7:56	7.6 (53.9%)
168	**MROZIŃSKA Renata**	**240**		Masters K - 40	11	00:30:22	00:47:29	**01:19:19.35**	**01:19:49.95**	+00:37:07 (46.5%)	7:55	7.6 (53.9%)
169	**BALICKI Jacek**	**56**	BIEGACZ NOWOSOLNA	Weteran I M - 50	10	00:32:35	00:50:04	**01:20:02.00**	**01:20:06.10**	+00:37:23 (46.7%)	8:00	7.5 (53.2%)
170	**PIASECKA Marta**	**31**		Senior II K - 30	28	00:31:28	00:48:57	**01:19:46.10**	**01:20:07.50**	+00:37:25 (46.7%)	7:58	7.5 (53.2%)
171	**HOREJDA Sara**	**320**	ZUMBA	Senior I K - 20	13	00:27:54	00:45:21	**01:20:24.00**	**01:20:27.85**	+00:37:45 (46.9%)	8:02	7.5 (53.2%)
172	**ULIKOWSKA Martyna**	**272**	ZAŁOGA GÓRSKA	Senior I K - 20	14	00:31:53	00:49:30	**01:20:16.65**	**01:20:29.50**	+00:37:47 (46.9%)	8:01	7.5 (53.2%)
173	**CZARNY Marzena**	**24**	JAWORZNOŁBC	Senior II K - 30	29	00:33:01	00:51:03	**01:20:13.80**	**01:20:31.75**	+00:37:49 (47.0%)	8:01	7.5 (53.2%)
174	**KOPACKA Eliza**	**32**	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	30	00:31:18	00:49:24	**01:20:24.70**	**01:20:41.90**	+00:37:59 (47.1%)	8:02	7.5 (53.2%)
175	**LULA Magdalena**	**149**	PWPW S.A.	Senior II K - 30	31	00:32:10	00:49:40	**01:20:12.20**	**01:20:52.35**	+00:38:10 (47.2%)	8:01	7.5 (53.2%)
176	**HETEL Michał**	**301**	WKS ŚLĄSK WROCŁAW	Senior I M - 20	33	00:30:25	00:48:24	**01:20:24.10**	**01:20:52.65**	+00:38:10 (47.2%)	8:02	7.5 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	**NIEMAS Anna**	**64**	OYAMA KARATE BRZESZCZE	Masters K - 40	12	00:32:14	00:50:00	**01:20:45.80**	**01:21:06.00**	+00:38:23 (47.3%)	8:04	7.4 (52.5%)
178	**WITOS Rafał**	**226**	NAZWA DRUŻYNY	Senior I M - 20	34	00:32:48	00:50:54	**01:21:05.15**	**01:21:13.20**	+00:38:31 (47.4%)	8:06	7.4 (52.5%)
179	**MAJCHRZAK Dariusz**	**401**	KM UMK TORUŃ	Weteran I M - 50	11	00:29:41	00:46:30	**01:20:40.90**	**01:21:14.65**	+00:38:32 (47.4%)	8:04	7.4 (52.5%)
180	**BUSZKA Łukasz**	**400**		Masters M - 40	29	00:31:13	00:48:36	**01:21:17.30**	**01:21:26.60**	+00:38:44 (47.6%)	8:07	7.4 (52.5%)
181	**PLEWA Katarzyna**	**85**	NORDIC16	Senior II K - 30	32	00:32:16	00:50:12	**01:21:27.05**	**01:21:37.50**	+00:38:55 (47.7%)	8:08	7.4 (52.5%)
182	**STASZEWSKI Dariusz**	**36**		Senior II M - 30	47	00:33:11	00:50:57	**01:21:25.30**	**01:21:51.30**	+00:39:09 (47.8%)	8:08	7.4 (52.5%)
183	**TAMBOR Jan**	**406**		Weteran II M - 60	1	00:32:08	00:49:53	**01:21:49.80**	**01:21:52.05**	+00:39:09 (47.8%)	8:11	7.3 (51.8%)
184	**FRĄCZEK Iwona**	**142**	NOA	Senior II K - 30	33	00:31:36	00:49:23	**01:21:36.85**	**01:21:56.15**	+00:39:14 (47.9%)	8:09	7.4 (52.5%)
185	**SIUDAK Anna**	**204**		Senior II K - 30	34	00:31:38	00:49:54	**01:21:43.65**	**01:21:58.70**	+00:39:16 (47.9%)	8:10	7.3 (51.8%)
186	**CIEŚLAK Łukasz**	**393**		Senior II M - 30	48	00:31:02	00:49:18	**01:22:01.75**	**01:22:11.55**	+00:39:29 (48.0%)	8:12	7.3 (51.8%)
187	**WOŁCZEK Małgorzata**	**338**	BIEGAM WSPIERAM MOTYWUJĘ	Senior II K - 30	35	00:31:27	00:49:35	**01:22:11.75**	**01:22:23.05**	+00:39:40 (48.2%)	8:13	7.3 (51.8%)
188	**NIESTROJ Łukasz**	**159**		Senior II M - 30	49	00:32:26	00:50:51	**01:21:57.60**	**01:22:29.10**	+00:39:46 (48.2%)	8:11	7.3 (51.8%)
189	**DRYMEL Joanna**	**132**	DRUMLE2IPIES	Senior II K - 30	36	00:31:38	00:49:38	**01:21:59.10**	**01:22:35.35**	+00:39:53 (48.3%)	8:11	7.3 (51.8%)
190	**ZASADA Magdalena**	**81**	FAT & FURIOUS	Senior II K - 30	37	00:33:31	00:52:48	**01:22:33.20**	**01:22:48.55**	+00:40:06 (48.4%)	8:15	7.3 (51.8%)
191	**PASŁOWSKA Olga**	**396**	PRZEBIEGA.PL	Senior II K - 30	38	00:32:37	00:50:54	**01:22:35.95**	**01:22:51.25**	+00:40:09 (48.5%)	8:15	7.3 (51.8%)
192	**BISOWSKA Katarzyna**	**184**	KOZY W UCHU	Masters K - 40	13	00:33:00	00:51:18	**01:22:23.40**	**01:22:53.15**	+00:40:11 (48.5%)	8:14	7.3 (51.8%)
193	**JAŹWIECKI Marcin**	**291**	MUAY RUNNING TEAM	Masters M - 40	30	00:31:50	00:49:56	**01:22:52.80**	**01:23:07.65**	+00:40:25 (48.6%)	8:17	7.2 (51.1%)
194	**BRZOZOWSKA Katarzyna**	**199**		Senior I K - 20	15	00:32:03	00:51:04	**01:23:08.10**	**01:23:16.50**	+00:40:34 (48.7%)	8:18	7.2 (51.1%)
194	**RODZIEWICZ Marta**	**164**		Senior I K - 20	16	00:32:51	00:51:05	**01:23:08.85**	**01:23:16.50**	+00:40:34 (48.7%)	8:18	7.2 (51.1%)
196	**WIĄCEK Marcin**	**289**	SUDECKA ZYLETA	Masters M - 40	31	00:30:42	00:49:19	**01:23:05.55**	**01:23:30.95**	+00:40:48 (48.9%)	8:18	7.2 (51.1%)
197	**POHL Anna**	**322**	SPEED FEET 16	Senior I K - 20	17	00:31:58	00:50:59	**01:23:17.85**	**01:23:37.50**	+00:40:55 (48.9%)	8:19	7.2 (51.1%)
198	**OLEKSIEWICZ Beata**	**222**	SZAKALE BAŁUT ŁÓDŹ	Senior II K - 30	39	00:33:15	00:51:40	**01:23:12.75**	**01:23:45.25**	+00:41:03 (49.0%)	8:19	7.2 (51.1%)
199	**DZIUBA Agnieszka**	**349**		Senior II K - 30	40	00:32:38	00:51:06	**01:23:41.45**	**01:23:49.50**	+00:41:07 (49.1%)	8:22	7.2 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	**JURCZYK Wojciech**	**351**		Senior II M - 30	50	00:35:27	00:53:30	**01:23:20.70**	**01:24:02.95**	+00:41:20 (49.2%)	8:20	7.2 (51.1%)
201	**PREŚ Magdalena**	**203**	#WPISZCOKOLWIEK	Senior I K - 20	18	00:32:29	00:51:13	**01:23:45.60**	**01:24:09.75**	+00:41:27 (49.3%)	8:22	7.2 (51.1%)
202	**OGRODNIK Anna**	**163**	RUNNING ACADEMY	Senior II K - 30	41	00:32:28	00:51:11	**01:24:03.55**	**01:24:22.60**	+00:41:40 (49.4%)	8:24	7.1 (50.4%)
203	**LANGE Hanna**	**215**		Senior II K - 30	42	00:32:37	00:50:50	**01:24:22.00**	**01:24:38.90**	+00:41:56 (49.6%)	8:26	7.1 (50.4%)
204	**GÓRNA Aldona**	**214**		Masters K - 40	14	00:32:38	00:50:50	**01:24:22.75**	**01:24:39.00**	+00:41:56 (49.6%)	8:26	7.1 (50.4%)
205	**DUBIEL Agata**	**126**	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	Senior II K - 30	43	00:33:36	00:52:37	**01:24:32.80**	**01:24:45.95**	+00:42:03 (49.6%)	8:27	7.1 (50.4%)
206	**GŁÓWKA Barbara**	**158**		Senior I K - 20	19	00:33:35	00:52:59	**01:24:21.15**	**01:24:46.55**	+00:42:04 (49.6%)	8:26	7.1 (50.4%)
207	**GŁÓWKA Maciej**	**157**	BE BETTER	Senior II M - 30	51	00:33:36	00:52:57	**01:24:21.85**	**01:24:47.05**	+00:42:04 (49.6%)	8:26	7.1 (50.4%)
208	**CHADE Marianna**	**318**		Senior II K - 30	44	00:32:52	00:51:28	**01:25:02.70**	**01:25:15.15**	+00:42:33 (49.9%)	8:30	7.1 (50.4%)
209	**WILK Mateusz**	**346**	RAMBO III	Senior II M - 30	52	00:34:29	00:52:44	**01:24:52.30**	**01:25:20.65**	+00:42:38 (50.0%)	8:29	7.1 (50.4%)
210	**WILK Maria**	**345**	RAMBO III	Senior II K - 30	45	00:34:30	00:52:46	**01:24:54.75**	**01:25:21.20**	+00:42:39 (50.0%)	8:29	7.1 (50.4%)
211	**KRZYŻEWSKI Roger**	**60**		Senior II M - 30	53	00:32:24	00:51:50	**01:25:25.65**	**01:25:40.05**	+00:42:57 (50.2%)	8:32	7 (49.6%)
212	**KUTYCKA-KUREK Elżbieta**	**314**	CHOJRAK TEAM WROCŁAW	Senior II K - 30	46	00:33:22	00:52:21	**01:25:09.40**	**01:25:42.80**	+00:43:00 (50.2%)	8:30	7 (49.6%)
213	**STAWSKA Alicja**	**138**		Senior II K - 30	47	00:33:24	00:52:20	**01:25:32.85**	**01:25:49.95**	+00:43:07 (50.2%)	8:33	7 (49.6%)
214	**GAJDECKI Tomek**	**372**	ACCENTTURE	Senior II M - 30	54	00:33:31	00:52:27	**01:25:18.75**	**01:25:51.80**	+00:43:09 (50.3%)	8:31	7 (49.6%)
214	**GAJDECKA Adriana**	**131**	ORANGE	Senior II K - 30	48	00:33:30	00:52:28	**01:25:18.45**	**01:25:51.80**	+00:43:09 (50.3%)	8:31	7 (49.6%)
216	**JUREWICZ Agata**	**319**		Senior II K - 30	49	00:33:23	00:52:23	**01:25:45.25**	**01:25:56.45**	+00:43:14 (50.3%)	8:34	7 (49.6%)
217	**TWARDOWSKA Kornelia**	**228**		Senior I K - 20	20	00:33:47	00:52:54	**01:25:49.90**	**01:25:58.85**	+00:43:16 (50.3%)	8:35	7 (49.6%)
218	**BALCERZAK Agnieszka**	**53**		Masters K - 40	15	00:33:25	00:53:14	**01:25:29.10**	**01:26:01.70**	+00:43:19 (50.4%)	8:32	7 (49.6%)
219	**IMIŃSKI Cezary**	**122**		Weteran I M - 50	12	00:33:50	00:53:08	**01:25:47.90**	**01:26:08.60**	+00:43:26 (50.4%)	8:34	7 (49.6%)
220	**WILCZYŃSKI Łukasz**	**19**	1 POMORSKA BRYGADA LOGISTYCZNA	Senior II M - 30	55	00:33:17	00:51:48	**01:25:56.65**	**01:26:18.25**	+00:43:36 (50.5%)	8:35	7 (49.6%)
221	**TARASZEWSKA Paulina**	**133**	PWPW S.A.	Senior I K - 20	21	00:33:47	00:53:07	**01:25:45.60**	**01:26:26.00**	+00:43:43 (50.6%)	8:34	7 (49.6%)
222	**GADZINOWSKI Ignacy**	**182**		Weteran II M - 60	2	00:32:28	00:51:05	**01:26:09.60**	**01:26:31.05**	+00:43:48 (50.6%)	8:37	7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	**RYCHŁOWSKI Ryszard**	**50**		Masters M - 40	32	00:32:29	00:52:10	**01:26:36.55**	**01:26:46.95**	+00:44:04 (50.8%)	8:39	6.9 (48.9%)
224	**HAJOK Magda**	**94**	SBRT GLIWICE	Senior II K - 30	50	00:32:25	00:52:04	**01:26:31.00**	**01:26:47.25**	+00:44:05 (50.8%)	8:39	6.9 (48.9%)
225	**JARZĘBSKA Agnieszka**	**48**	TU INTER POLSKA SA	Senior I K - 20	22	00:34:40	00:53:18	**01:26:22.30**	**01:26:48.30**	+00:44:06 (50.8%)	8:38	6.9 (48.9%)
226	**NOWAK Maciej**	**189**		Senior II M - 30	56	00:33:01	00:53:20	**01:26:47.80**	**01:27:10.95**	+00:44:28 (51.0%)	8:40	6.9 (48.9%)
227	**JAGUSZEWSKA Agnieszka**	**79**	FAT & FURIOUS	Senior I K - 20	23	00:33:31	00:52:47	**01:27:15.55**	**01:27:30.85**	+00:44:48 (51.2%)	8:43	6.9 (48.9%)
228	**LUCHOWSKA Karolina**	**404**	FIZJOTRITERAPIA	Senior II K - 30	51	00:33:11	00:52:23	**01:27:01.65**	**01:27:33.00**	+00:44:50 (51.2%)	8:42	6.9 (48.9%)
229	**MRÓZ Urszula**	**209**		Weteran K - 50	3	00:33:29	00:52:12	**01:27:27.10**	**01:27:34.05**	+00:44:51 (51.2%)	8:44	6.9 (48.9%)
230	**BOROWIAK Hanna**	**104**	WOZIMYSIE.PL	Senior II K - 30	52	00:35:55	00:54:33	**01:27:24.50**	**01:27:41.40**	+00:44:59 (51.3%)	8:44	6.9 (48.9%)
231	**DOWNAR-ZAPOLSKA Laura**	**4**	@MD_RUN	Senior I K - 20	24	00:34:06	00:53:27	**01:27:38.75**	**01:27:45.45**	+00:45:03 (51.3%)	8:45	6.8 (48.2%)
232	**SOKOŁOWSKA Jagoda**	**353**		Senior II K - 30	53	00:33:01	00:52:20	**01:27:20.40**	**01:27:48.85**	+00:45:06 (51.4%)	8:44	6.9 (48.9%)
233	**MAJEROWSKI Mateusz**	**180**		Senior II M - 30	57	00:33:46	00:53:06	**01:27:26.80**	**01:27:51.95**	+00:45:09 (51.4%)	8:44	6.9 (48.9%)
234	**FIRLEJ Ewelina**	**258**	GRUNWALD TEAM POZNAŃ	Senior I K - 20	25	00:33:20	00:51:56	**01:27:48.50**	**01:28:13.75**	+00:45:31 (51.6%)	8:46	6.8 (48.2%)
235	**ZBOROWSKI Norbert**	**340**	GRUNWALD TEAM POZNAŃ	Senior I M - 20	35	00:33:24	00:51:56	**01:27:49.15**	**01:28:14.35**	+00:45:32 (51.6%)	8:46	6.8 (48.2%)
236	**KOPACZYŃSKI Michał**	**191**		Senior I M - 20	36	00:33:10	00:52:14	**01:28:09.00**	**01:28:24.15**	+00:45:42 (51.7%)	8:48	6.8 (48.2%)
237	**SZCZEPAŃSKI Sebastian**	**192**		Senior II M - 30	58	00:33:14	00:52:17	**01:28:11.60**	**01:28:25.55**	+00:45:43 (51.7%)	8:49	6.8 (48.2%)
238	**GASEK Konrad**	**331**		Masters M - 40	33	00:33:25	00:53:14	**01:28:08.90**	**01:28:52.45**	+00:46:10 (52.0%)	8:48	6.8 (48.2%)
239	**JASICKI Julian**	**174**	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	3	00:32:04	00:51:34	**01:29:20.25**	**01:29:29.10**	+00:46:46 (52.3%)	8:56	6.7 (47.5%)
240	**NOWICKA Anna**	**145**		Senior II K - 30	54	00:33:23	00:53:43	**01:29:01.05**	**01:29:36.55**	+00:46:54 (52.3%)	8:54	6.7 (47.5%)
241	**WALA Patryk**	**262**	ZAŁOGA GÓRSKA	Senior I M - 20	37	00:33:12	00:53:18	**01:29:48.60**	**01:30:03.05**	+00:47:20 (52.6%)	8:58	6.7 (47.5%)
242	**SAWALA Aneta**	**41**	TRANCE ONLY	Masters K - 40	16	00:33:47	00:54:06	**01:29:43.15**	**01:30:18.50**	+00:47:36 (52.7%)	8:58	6.7 (47.5%)
243	**SAWALA Sławomir**	**43**	TRANCE ONLY	Masters M - 40	34	00:33:51	00:54:06	**01:29:43.15**	**01:30:18.65**	+00:47:36 (52.7%)	8:58	6.7 (47.5%)
244	**PRZYBYŁ Jolanta**	**390**		Masters K - 40	17	00:35:01	00:54:44	**01:30:19.20**	**01:30:37.25**	+00:47:55 (52.9%)	9:01	6.6 (46.8%)
245	**KRAWCZYK Magdalena**	**252**		Senior II K - 30	55	00:37:37	00:57:50	**01:30:55.40**	**01:31:06.90**	+00:48:24 (53.1%)	9:05	6.6 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	**NEUMANN Beata**	**212**	CENTRUM ŁĄKOWA 1	Weteran K - 50	4	00:34:39	00:54:37	**01:31:44.05**	**01:32:00.25**	+00:49:18 (53.6%)	9:10	6.5 (46.1%)
247	**ŚWIERCZYŃSKA Barbara**	**86**		Senior I K - 20	26	00:35:46	00:55:42	**01:31:38.50**	**01:32:12.20**	+00:49:30 (53.7%)	9:09	6.5 (46.1%)
248	**KACZMAREK Kasia**	**187**		Masters K - 40	18	00:34:30	00:54:10	**01:31:45.05**	**01:32:18.10**	+00:49:35 (53.7%)	9:10	6.5 (46.1%)
249	**STAWSKA Natalia**	**95**		Senior II K - 30	56	00:33:50	00:53:38	**01:31:41.95**	**01:32:21.90**	+00:49:39 (53.8%)	9:10	6.5 (46.1%)
250	**WŁOSKOWICZ Kinga**	**46**		Masters K - 40	19	00:36:29	00:57:28	**01:33:28.75**	**01:33:34.65**	+00:50:52 (54.4%)	9:20	6.4 (45.4%)
251	**KSIĄŻKIEWICZ Katarzyna**	**75**	ROCKY BALBOA RUNNING CLUB	Senior II K - 30	57	00:36:36	00:56:21	**01:33:29.05**	**01:33:56.05**	+00:51:13 (54.5%)	9:20	6.4 (45.4%)
252	**WIADEREK Sławomir**	**162**	PĘDZĄCE ŻÓŁWIE	Weteran I M - 50	13	00:35:48	00:57:03	**01:33:50.50**	**01:34:25.40**	+00:51:43 (54.8%)	9:23	6.4 (45.4%)
253	**WIADEREK Piotr**	**161**	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	59	00:35:48	00:57:04	**01:33:51.60**	**01:34:25.55**	+00:51:43 (54.8%)	9:23	6.4 (45.4%)
254	**CHWIAŁKOWSKA Ewa**	**71**		Weteran K - 50	5	00:36:17	00:57:05	**01:34:11.35**	**01:34:41.05**	+00:51:58 (54.9%)	9:25	6.4 (45.4%)
255	**HACZYK Gabriela**	**328**	BIEG OPOLSKI	Weteran II K - 60	2	00:35:29	00:55:59	**01:34:01.50**	**01:34:42.25**	+00:52:00 (54.9%)	9:24	6.4 (45.4%)
256	**KOWALEWSKA Anna**	**38**		Senior II K - 30	58	00:35:09	00:55:36	**01:34:19.35**	**01:34:42.70**	+00:52:00 (54.9%)	9:25	6.4 (45.4%)
257	**KUZIOMKO Ania**	**290**	AMA TEAM	Masters K - 40	20	00:35:43	00:55:34	**01:34:19.85**	**01:34:43.30**	+00:52:01 (54.9%)	9:26	6.4 (45.4%)
258	**JAŚKOWIAK Tomasz**	**278**		Masters M - 40	35	00:33:19	00:53:20	**01:34:11.30**	**01:34:50.85**	+00:52:08 (55.0%)	9:25	6.4 (45.4%)
259	**SZAFRAŃSKA Joanna**	**334**	PARKRUN ŚWINOUJŚCIE	Weteran K - 50	6	00:35:33	00:57:10	**01:34:55.30**	**01:35:25.35**	+00:52:43 (55.2%)	9:29	6.3 (44.7%)
260	**MICHALSKA Agnieszka**	**335**	PARKRUN ŚWINOUJŚCIE	Weteran K - 50	7	00:35:52	00:57:10	**01:34:54.25**	**01:35:25.45**	+00:52:43 (55.2%)	9:29	6.3 (44.7%)
261	**RIPPELOVÁ Jitka**	**221**	SRTG VYŠKOV	Senior I K - 20	27	00:37:15	00:57:12	**01:35:02.85**	**01:35:27.00**	+00:52:44 (55.3%)	9:30	6.3 (44.7%)
262	**ŚRÓDKA Aleksandra**	**12**		Senior II K - 30	59	00:36:28	00:57:46	**01:35:12.90**	**01:35:40.45**	+00:52:58 (55.4%)	9:31	6.3 (44.7%)
263	**PLUTA Michalina**	**100**		Senior II K - 30	60	00:36:18	00:57:25	**01:35:24.75**	**01:36:01.95**	+00:53:19 (55.5%)	9:32	6.3 (44.7%)
264	**NOWAK Wojciech**	**380**		Masters M - 40	36	00:34:55	00:56:22	**01:35:59.20**	**01:36:28.95**	+00:53:46 (55.7%)	9:35	6.3 (44.7%)
265	**SAPUREK Anna**	**326**	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	61	00:36:14	00:58:20	**01:36:11.75**	**01:36:30.40**	+00:53:48 (55.8%)	9:37	6.2 (44.0%)
266	**WALENDA Katarzyna**	**315**	BIEGNĘ POD PRZYMUSEM	Masters K - 40	21	00:37:20	00:58:12	**01:36:31.75**	**01:36:42.95**	+00:54:00 (55.8%)	9:39	6.2 (44.0%)
267	**RAPACZ Danuta**	**327**	SPEEDO POLSKA	Weteran II K - 60	3	00:36:15	00:57:33	**01:36:40.40**	**01:36:51.80**	+00:54:09 (55.9%)	9:40	6.2 (44.0%)
268	**BAŁYS Dariusz**	**337**	WK GOPR	Masters M - 40	37	00:36:38	00:57:36	**01:36:45.55**	**01:36:52.90**	+00:54:10 (55.9%)	9:40	6.2 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	**CZYŻ Aleksandra**	**39**	VEGE RUNNERS	Senior II K - 30	62	00:36:00	00:57:26	**01:36:28.40**	**01:36:53.25**	+00:54:11 (55.9%)	9:38	6.2 (44.0%)
270	**WRÓBLEWSKA Roksana**	**405**		Senior I K - 20	28	00:38:08	00:59:03	**01:36:59.00**	**01:37:39.55**	+00:54:57 (56.3%)	9:41	6.2 (44.0%)
271	**KULIK Damian**	**415**	M&M&M&M	Senior II M - 30	60	00:35:40	00:56:47	**01:36:56.95**	**01:37:49.55**	+00:55:07 (56.3%)	9:41	6.2 (44.0%)
271	**MUSZELAK Magdalena**	**416**	M&M&M&M	Senior II K - 30	63	00:36:03	00:56:49	**01:36:58.70**	**01:37:49.55**	+00:55:07 (56.3%)	9:41	6.2 (44.0%)
273	**MUSIELAK Marek**	**417**	M&M&M&M	Senior II M - 30	61	00:35:49	00:56:46	**01:36:57.15**	**01:37:49.60**	+00:55:07 (56.3%)	9:41	6.2 (44.0%)
274	**KONIKOWSKI Paweł**	**197**		Weteran II M - 60	4	00:35:34	00:57:12	**01:37:42.85**	**01:38:04.25**	+00:55:22 (56.5%)	9:46	6.1 (43.3%)
275	**KOŁODZIEJ Alicja**	**205**		Senior II K - 30	64	00:38:17	00:59:50	**01:38:16.35**	**01:38:34.55**	+00:55:52 (56.7%)	9:49	6.1 (43.3%)
276	**KOZERA Kamil**	**28**	HARPAGAN SOSNOWIEC	Senior II M - 30	62	00:39:41	00:59:42	**01:38:41.60**	**01:38:54.50**	+00:56:12 (56.8%)	9:52	6.1 (43.3%)
277	**SZYMAŃSKA-ANTOSIAK Monika**	**227**	TMTEAM	Senior II K - 30	65	00:38:04	00:59:04	**01:38:48.80**	**01:39:07.45**	+00:56:25 (56.9%)	9:52	6.1 (43.3%)
278	**KUTY Monika**	**397**	DRUŻYNA MARZEŃ	Masters K - 40	22	00:39:03	01:00:55	**01:38:56.95**	**01:39:18.80**	+00:56:36 (57.0%)	9:53	6.1 (43.3%)
279	**KOŃ Aleksandra**	**208**	LZS LIPA	Senior II K - 30	66	00:39:48	01:01:01	**01:38:50.20**	**01:39:26.05**	+00:56:43 (57.1%)	9:53	6.1 (43.3%)
280	**PAKUŁA Arkadiusz**	**355**		Masters M - 40	38	00:38:21	00:59:38	**01:39:20.30**	**01:39:31.40**	+00:56:49 (57.1%)	9:56	6 (42.6%)
281	**DOWLASZEWICZ Małgorzata**	**312**		Masters K - 40	23	00:38:08	01:01:41	**01:39:31.90**	**01:39:54.85**	+00:57:12 (57.3%)	9:57	6 (42.6%)
282	**WITCZAK Anna**	**313**		Masters K - 40	24	00:38:07	01:01:40	**01:39:32.10**	**01:39:55.35**	+00:57:13 (57.3%)	9:57	6 (42.6%)
283	**HRABAŃSKA-RACZAK Beata**	**213**		Senior II K - 30	67	00:39:44	01:01:13	**01:39:29.45**	**01:40:03.80**	+00:57:21 (57.3%)	9:56	6 (42.6%)
284	**ŁYSKAWA Michał**	**55**		Masters M - 40	39	00:34:21	00:56:14	**01:39:46.85**	**01:40:22.85**	+00:57:40 (57.5%)	9:58	6 (42.6%)
285	**KLIN Aneta**	**273**		Masters K - 40	25	00:36:42	00:58:22	**01:39:55.65**	**01:40:24.25**	+00:57:42 (57.5%)	9:59	6 (42.6%)
286	**PARZONKA Natalia**	**287**	KS LENIWIEC	Senior I K - 20	29	00:41:23	01:02:39	**01:40:33.30**	**01:41:09.60**	+00:58:27 (57.8%)	10:03	6 (42.6%)
287	**MAŁEK Piotr**	**376**	MORSY TUREK	Masters M - 40	40	00:38:51	01:01:23	**01:40:32.25**	**01:41:10.05**	+00:58:27 (57.8%)	10:03	6 (42.6%)
288	**WYSOCKI Grzegorz**	**378**	MORSY TUREK	Masters M - 40	41	00:38:49	01:01:21	**01:40:32.95**	**01:41:10.60**	+00:58:28 (57.8%)	10:03	6 (42.6%)
289	**OLEK-WYSOCKA Monika**	**377**	MORSY TUREK	Senior II K - 30	68	00:38:57	01:01:23	**01:40:32.65**	**01:41:10.90**	+00:58:28 (57.8%)	10:03	6 (42.6%)
290	**ZAGROBELNA Magdalena**	**210**	DRUŻYNA SZPIKU	Masters K - 40	26	00:40:16	01:02:00	**01:40:49.10**	**01:41:15.40**	+00:58:33 (57.8%)	10:04	6 (42.6%)
291	**CZAJKOWSKA Małgorzata**	**113**	KOŁO BIEGA	Masters K - 40	27	00:39:03	01:00:56	**01:41:03.20**	**01:41:24.15**	+00:58:42 (57.9%)	10:06	5.9 (41.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
292	**CZAJKOWSKI Krzysztof**	**115**	KOŁO BIEGA	Masters M - 40	42	00:39:02	01:00:56	**01:41:01.65**	**01:41:24.30**	+00:58:42 (57.9%)	10:06	5.9 (41.8%)
293	**MATUSZEWSKA Paulina**	**106**	HUSE TEAM	Masters K - 40	28	00:41:02	01:03:23	**01:41:18.00**	**01:41:40.55**	+00:58:58 (58.0%)	10:07	5.9 (41.8%)
294	**ADAMCZEWSKA Maria**	**235**	FOREVER YOUNG ŁÓDŹ	Masters K - 40	29	00:37:50	01:00:40	**01:42:12.90**	**01:42:29.80**	+00:59:47 (58.3%)	10:13	5.9 (41.8%)
295	**PACZUSKA Małgorzata**	**247**	FOREVER YOUNG ŁÓDŹ	Weteran II K - 60	4	00:37:48	01:00:40	**01:42:17.35**	**01:42:34.60**	+00:59:52 (58.4%)	10:13	5.9 (41.8%)
296	**PLAWIAK-MOWNA Anna**	**223**		Masters K - 40	30	00:37:09	01:00:14	**01:42:31.85**	**01:42:49.65**	+01:00:07 (58.5%)	10:15	5.9 (41.8%)
297	**DĄBROWSKA Karolina**	**248**		Senior II K - 30	69	00:40:20	01:03:32	**01:42:30.85**	**01:42:50.55**	+01:00:08 (58.5%)	10:15	5.9 (41.8%)
298	**ZAJĄC Agnieszka**	**117**		Masters K - 40	31	00:40:15	01:02:38	**01:42:33.25**	**01:43:18.65**	+01:00:36 (58.7%)	10:15	5.9 (41.8%)
299	**WYSTRYCHOWSKI Marcin**	**5**	BFAGENCJA.PL	Senior II M - 30	63	00:40:12	01:02:37	**01:42:33.20**	**01:43:19.85**	+01:00:37 (58.7%)	10:15	5.9 (41.8%)
300	**KARWOWSKI Sławomir**	**253**		Masters M - 40	43	00:40:00	01:04:21	**01:43:20.35**	**01:43:32.80**	+01:00:50 (58.8%)	10:20	5.8 (41.1%)
301	**PAPIERZ-RYKAŁA Aleksandra**	**309**		Senior II K - 30	70	00:41:07	01:03:16	**01:43:33.85**	**01:44:14.55**	+01:01:32 (59.0%)	10:21	5.8 (41.1%)
302	**KOŁODZIEK Anna**	**13**	NIGHT RUNNERS	Senior I K - 20	30	00:39:45	01:03:07	**01:44:06.85**	**01:44:25.70**	+01:01:43 (59.1%)	10:24	5.8 (41.1%)
303	**WAWRZYNIAK Mariusz**	**385**		Senior II M - 30	64	00:42:33	01:08:24	**01:43:49.65**	**01:44:37.50**	+01:01:55 (59.2%)	10:23	5.8 (41.1%)
304	**PIGŁOWSKI Dawid**	**386**	S-ULTRA	Senior II M - 30	65	00:36:32	01:02:24	**01:37:54.25**	**01:44:44.35**	+01:02:02 (59.2%)	9:47	6.1 (43.3%)
305	**KIELASZEWSKA Weronika**	**99**		Senior II K - 30	71	00:39:27	01:02:40	**01:45:08.45**	**01:45:45.65**	+01:03:03 (59.6%)	10:30	5.7 (40.4%)
306	**KIELASZEWSK Karol**	**102**	LESZ NO LIMITS RUNNERS	Senior II M - 30	66	00:39:29	01:02:42	**01:45:11.65**	**01:45:48.35**	+01:03:06 (59.6%)	10:31	5.7 (40.4%)
307	**DEC Aneta**	**89**	ERNI RULEZ	Masters K - 40	32	00:41:30	01:05:01	**01:45:27.85**	**01:46:10.80**	+01:03:28 (59.8%)	10:32	5.7 (40.4%)
308	**KUROWSKA Bianka**	**311**		Senior I K - 20	31	00:39:53	01:05:19	**01:45:52.95**	**01:46:25.45**	+01:03:43 (59.9%)	10:35	5.7 (40.4%)
309	**DEC Artur**	**88**	ERNI RULEZ	Masters M - 40	44	00:41:30	01:05:02	**01:45:51.55**	**01:46:34.05**	+01:03:51 (59.9%)	10:35	5.7 (40.4%)
310	**SUDNICKA Urszula**	**44**	MESONDŻI LAJF STAJL	Senior II K - 30	72	00:41:10	01:05:19	**01:46:29.30**	**01:46:39.60**	+01:03:57 (60.0%)	10:38	5.6 (39.7%)
311	**LULA Radosław**	**155**		Masters M - 40	45	00:34:09	00:56:52	**01:46:05.00**	**01:46:45.80**	+01:04:03 (60.0%)	10:36	5.7 (40.4%)
312	**WODZIEŃ Dorota**	**348**		Masters K - 40	33	00:38:53	01:02:59	**01:46:37.20**	**01:47:15.85**	+01:04:33 (60.2%)	10:39	5.6 (39.7%)
313	**WODZIEŃ Andrzej**	**419**		Masters M - 40	46	00:38:55	01:02:58	**01:46:36.50**	**01:47:15.95**	+01:04:33 (60.2%)	10:39	5.6 (39.7%)
314	**ZAPORA Agnieszka**	**332**	W POGONI ZA DUCHEM	Senior II K - 30	73	00:40:24	01:04:53	**01:47:17.65**	**01:47:33.85**	+01:04:51 (60.3%)	10:43	5.6 (39.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	**RAJCZAKOWSKA Aneta**	**171**		Senior II K - 30	74	00:40:14	01:03:14	**01:48:42.70**	**01:49:10.25**	+01:06:28 (60.9%)	10:52	5.5 (39.0%)
316	**LATANOWICZ Karolina**	**257**	LAQ	Senior II K - 30	75	00:42:13	01:07:31	**01:48:33.35**	**01:49:12.00**	+01:06:29 (60.9%)	10:51	5.5 (39.0%)
317	**RAJCZAKOWSKA Anna**	**172**		Weteran K - 50	8	00:40:12	01:03:14	**01:48:48.70**	**01:49:15.65**	+01:06:33 (60.9%)	10:52	5.5 (39.0%)
318	**RABSCH-SURMACZ Ewa**	**67**		Masters K - 40	34	00:41:33	01:05:50	**01:48:59.30**	**01:49:21.70**	+01:06:39 (61.0%)	10:53	5.5 (39.0%)
319	**NIEZGÓDKA Sylwia**	**268**	ZAŁOGA GÓRSKA	Masters K - 40	35	00:42:53	01:05:55	**01:49:09.65**	**01:49:23.10**	+01:06:40 (61.0%)	10:55	5.5 (39.0%)
320	**BURCHARDT Julia**	**339**		Senior I K - 20	32	00:39:54	01:05:16	**01:49:29.65**	**01:50:04.60**	+01:07:22 (61.2%)	10:57	5.5 (39.0%)
321	**BURCHARDT Mirka**	**167**	PUDZIAN	Weteran II K - 60	5	00:39:56	01:05:16	**01:49:30.30**	**01:50:04.65**	+01:07:22 (61.2%)	10:57	5.5 (39.0%)
322	**TABOROWICZ Magdalena**	**387**		Senior II K - 30	76	00:38:33	01:03:24	**01:49:59.90**	**01:50:14.10**	+01:07:31 (61.3%)	11:00	5.5 (39.0%)
323	**WIŚNIEWSKA Magdalena**	**323**		Senior II K - 30	77	00:38:30	01:02:41	**01:50:23.45**	**01:50:44.00**	+01:08:01 (61.4%)	11:02	5.4 (38.3%)
324	**KISIAŁA Edyta**	**201**		Senior I K - 20	33	00:39:24	01:05:22	**01:51:32.85**	**01:52:15.80**	+01:09:33 (62.0%)	11:09	5.4 (38.3%)
325	**KISIAŁA Filip**	**96**	LACHO TEAM	Senior II M - 30	67	00:39:23	01:05:20	**01:51:32.95**	**01:52:16.25**	+01:09:34 (62.0%)	11:09	5.4 (38.3%)
326	**OLCZYK Anna**	**194**	PRZEDBÓRZ	Masters K - 40	36	00:40:59	01:06:19	**01:52:55.70**	**01:53:09.75**	+01:10:27 (62.3%)	11:17	5.3 (37.6%)
327	**PASTUSZKA Joanna**	**200**	RUNLDZ	Weteran K - 50	9	00:41:00	01:06:22	**01:52:57.45**	**01:53:10.30**	+01:10:28 (62.3%)	11:17	5.3 (37.6%)
328	**SMOGORZEWSKA Marta**	**26**	WKURW_TEAM	Senior II K - 30	78	00:42:22	01:07:49	**01:53:38.05**	**01:54:16.05**	+01:11:33 (62.6%)	11:21	5.3 (37.6%)
329	**KRYNICKA Anna**	**173**		Masters K - 40	37	00:42:01	01:07:13	**01:53:50.20**	**01:54:17.30**	+01:11:35 (62.6%)	11:23	5.3 (37.6%)
330	**STAWSKA Anna**	**121**	WQRW_TEAM	Senior II K - 30	79	00:48:47	00:49:20	**01:57:21.60**	**01:58:02.95**	+01:15:20 (63.8%)	11:44	5.1 (36.2%)
331	**DZICZKOWSKA Małgorzata**	**373**	ABY DO METY	Senior II K - 30	80	00:48:37	01:18:12	**02:02:46.25**	**02:03:09.80**	+01:20:27 (65.3%)	12:16	4.9 (34.8%)
332	**DZICZKOWSKI Maciej**	**408**	ABY DO METY	Senior I M - 20	38	00:48:37	01:18:15	**02:02:45.75**	**02:03:10.60**	+01:20:28 (65.3%)	12:16	4.9 (34.8%)
333	**KLINKE-OSADNIK Aneta**	**193**	ABY DO METY	Masters K - 40	38	00:48:59	01:18:12	**02:02:47.50**	**02:03:11.55**	+01:20:29 (65.3%)	12:16	4.9 (34.8%)
334	**ADAMIAK Marta**	**186**		Senior II K - 30	81	00:49:18	01:18:15	**02:02:47.85**	**02:03:13.85**	+01:20:31 (65.3%)	12:16	4.9 (34.8%)
335	**KONOPACKI Krzysztof**	**185**	ABY DO METY!	Masters M - 40	47	00:49:07	01:18:14	**02:02:48.05**	**02:03:14.40**	+01:20:32 (65.4%)	12:16	4.9 (34.8%)
336	**BOMBA Jarosław**	**40**		Masters M - 40	48	00:44:37	01:15:16	**02:05:18.20**	**02:05:38.85**	+01:22:56 (66.0%)	12:31	4.8 (34.0%)
337	**MATKOWSKA Paulina**	**350**		Senior I K - 20	34	00:44:37	01:15:18	**02:05:18.95**	**02:05:38.90**	+01:22:56 (66.0%)	12:31	4.8 (34.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
338	**ROBAK Aneta**	**42**		Senior II K - 30	82	00:44:36	01:15:16	**02:05:19.10**	**02:05:39.75**	+01:22:57 (66.0%)	12:31	4.8 (34.0%)
339	**KUIPERS Mies**	**324**		Weteran II K - 60	6	00:43:36	01:13:34	**02:05:14.50**	**02:05:46.50**	+01:23:04 (66.0%)	12:31	4.8 (34.0%)
339	**SCHELVIS Wouter**	**325**		Weteran II M - 60	5	00:43:40	01:13:34	**02:05:15.60**	**02:05:46.50**	+01:23:04 (66.0%)	12:31	4.8 (34.0%)
341	**SIECZKOWSKI Artur**	**15**	NATURAL BORN RUNNERS TEAM	Masters M - 40	49	00:49:12	01:18:31	**02:06:20.30**	**02:06:59.05**	+01:24:16 (66.4%)	12:38	4.7 (33.3%)
342	**NĄCKIEWICZ Justyna**	**330**		Masters K - 40	39	00:49:49	01:18:27	**02:06:19.05**	**02:06:59.25**	+01:24:17 (66.4%)	12:37	4.7 (33.3%)
343	**KRUZEL Rafał**	**296**	BIEGOWE MISIE	Masters M - 40	50	00:45:34	01:11:56	**02:06:37.95**	**02:07:08.40**	+01:24:26 (66.4%)	12:39	4.7 (33.3%)
344	**KUCZAKOWSKA Asia**	**297**	BIEGOWE MISIE	Senior II K - 30	83	00:45:34	01:11:56	**02:06:39.05**	**02:07:08.75**	+01:24:26 (66.4%)	12:39	4.7 (33.3%)
345	**WALENCIAK Paulina**	**275**		Senior I K - 20	35	00:48:02	01:16:04	**02:07:02.55**	**02:07:41.10**	+01:24:58 (66.6%)	12:42	4.7 (33.3%)
346	**ŚCIOCH Marta**	**256**	NIE WIERZĘ, ŻE TO ROBIĘ	Weteran K - 50	10	00:47:05	01:16:24	**02:07:48.25**	**02:07:53.45**	+01:25:11 (66.6%)	12:46	4.7 (33.3%)
347	**ŚCIOCH Andrzej**	**255**	NIE WIERZĘ, ŻE TO ROBIĘ	Weteran I M - 50	14	00:47:06	01:16:24	**02:07:50.15**	**02:07:54.45**	+01:25:12 (66.6%)	12:47	4.7 (33.3%)
348	**KRAWCZYK Bożena**	**254**	NIE WIERZĘ, ŻE TO ROBIĘ	Weteran II K - 60	7	00:47:08	01:16:22	**02:07:56.55**	**02:08:01.90**	+01:25:19 (66.6%)	12:47	4.7 (33.3%)
349	**BĄKOWSKA Maria**	**279**	ZAŁOGA GÓRSKA	Weteran II K - 60	8	00:47:57	01:17:12	**02:10:45.95**	**02:11:27.90**	+01:28:45 (67.5%)	13:04	4.6 (32.6%)
350	**WINIARSKI Robert**	**59**		Masters M - 40	51	00:43:03	01:12:42	**02:11:21.25**	**02:12:08.10**	+01:29:25 (67.7%)	13:08	4.6 (32.6%)
351	**KWIATKOWSKA Barbara**	**110**		Weteran II K - 60	9	00:44:22	01:13:47	**02:13:01.70**	**02:13:49.30**	+01:31:07 (68.1%)	13:18	4.5 (31.9%)
352	**DEMBIEC Lucyna**	**45**	MESONDŻI LAJF STAJL	Senior II K - 30	84	01:08:53	01:38:56	**02:31:11.05**	**02:31:20.85**	+01:48:38 (71.8%)	15:07	4 (28.4%)
353	**MADERA Bogdan**	**134**		Weteran I M - 50	15	00:57:59	01:29:59	**02:31:37.55**	**02:32:19.50**	+01:49:37 (72.0%)	15:09	4 (28.4%)
354	**SOKOŁOWSKI Kazimierz**	**109**		Weteran II M - 60	6	00:57:39	01:30:28	**02:31:58.90**	**02:32:28.25**	+01:49:46 (72.0%)	15:11	3.9 (27.7%)
355	**SOKOŁOWSKI Maciej**	**354**		Masters M - 40	52	00:57:39	01:30:29	**02:31:58.30**	**02:32:28.90**	+01:49:46 (72.0%)	15:11	3.9 (27.7%)

Znaleziono 355 wynik(ów)