



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-07-15  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 33 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>PAULEN Andrej</b>	<b>6534</b>	KAMZÍK 1000+	Senior I M - 20	1	00:43:00	01:56:09		<b>02:38:42.95</b>		4:48	12.5
2	<b>WITEK Andrzej</b>	<b>6147</b>	140MINUT.PL	Senior I M - 20	2	00:44:25	01:58:44		<b>02:44:54.00</b>	+00:06:11	4:59	12
3	<b>IVANIUTA Taras</b>	<b>6529</b>	REŠTARTNI SA.SK	Senior I M - 20	3	00:45:16	02:02:12		<b>02:50:04.65</b>	+00:11:21	5:09	11.6
4	<b>LEŚNIAK Kamil</b>	<b>6544</b>	SALCO GARMIN TEAM	Senior I M - 20	4	00:47:55	02:07:22		<b>02:54:36.30</b>	+00:15:53	5:17	11.3
5	<b>MILEWSKI Dominik</b>	<b>6406</b>	RYKOWSKO TEAM	Senior I M - 20	5	00:48:00	02:07:34		<b>02:59:51.25</b>	+00:21:08	5:27	11
6	<b>GRUN Wojtech</b>	<b>6542</b>	SALOMON SUNTO	Senior I M - 20	6	00:48:15	02:11:46		<b>03:07:30.20</b>	+00:28:47	5:40	10.6
7	<b>HLAVATÍK Jan</b>	<b>6120</b>	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWA	Senior II M - 30	1	00:49:58	02:14:49		<b>03:09:37.45</b>	+00:30:54	5:44	10.4
8	<b>GRONOSTAJ Grzegorz</b>	<b>6522</b>		Masters M - 40	1	00:51:22	02:16:08		<b>03:10:11.35</b>	+00:31:28	5:45	10.4
9	<b>LULIS Dawid</b>	<b>6055</b>	ALTRA TEAM RED	Senior II M - 30	2	00:51:39	02:20:47		<b>03:12:17.10</b>	+00:33:34	5:49	10.3
10	<b>ZEBATKA Lary</b>	<b>6479</b>		Masters M - 40	2	00:51:40	02:20:46	00:10:00	<b>03:12:49.60</b>	+00:34:06	5:32	10.8
11	<b>JAKUBOWSKI Martin</b>	<b>6200</b>	HLK-92	Senior II M - 30	3	00:54:09	02:24:02		<b>03:20:18.40</b>	+00:41:35	6:04	9.9
12	<b>SZYMAŃSKI Paweł</b>	<b>6042</b>	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	4	00:54:47	02:10:09		<b>03:21:23.55</b>	+00:42:40	6:06	9.8
13	<b>MIESZCZAK Marcin</b>	<b>6423</b>		Senior II M - 30	5	00:49:20	02:17:53		<b>03:22:43.95</b>	+00:44:01	6:08	9.8
14	<b>NICPOŃ Sebastian</b>	<b>6509</b>	KARKONOSZ RUNNING TEAM	Senior I M - 20	7	00:50:24	02:26:53		<b>03:23:03.60</b>	+00:44:20	6:09	9.8
15	<b>STREIT Dawid</b>	<b>6009</b>		Senior II M - 30	6	00:53:36	02:27:32		<b>03:26:04.10</b>	+00:47:21	6:14	9.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
16	<b>DUDA Karol</b>	<b>6056</b>	PCH SPORT TEAM	Senior II M - 30	7	00:50:20	02:25:12		<b>03:26:17.45</b>	+00:47:34	6:15	9.6
17	<b>WASZEK Sławomir</b>	<b>6193</b>		Masters M - 40	3	00:56:24	02:31:21		<b>03:27:47.60</b>	+00:49:04	6:17	9.5
18	<b>SZKOŁA Wojciech</b>	<b>6109</b>	NATURAL BORN RUNNERS	Senior II M - 30	8	00:56:10	02:32:51		<b>03:30:27.60</b>	+00:51:44	6:22	9.4
19	<b>KSIĄŻKIEWICZ Piotr</b>	<b>6489</b>	CITY TRAIL TEAM	Senior II M - 30	9	00:54:17	02:33:36		<b>03:35:02.75</b>	+00:56:19	6:30	9.2
20	<b>KURA Patryk</b>	<b>6060</b>		Senior II M - 30	10	00:57:26	02:42:13		<b>03:35:48.10</b>	+00:57:05	6:32	9.2
21	<b>KOWALIK Ewelina</b>	<b>6046</b>	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	1	00:57:56	02:36:41		<b>03:36:22.95</b>	+00:57:40	6:33	9.2
22	<b>SABAT Kamil</b>	<b>6008</b>	140MINUT.PL	Senior II M - 30	11	01:00:02	02:39:00		<b>03:37:12.25</b>	+00:58:29	6:34	9.1
23	<b>RAZIM Mateus</b>	<b>6289</b>		Senior II M - 30	12	00:59:12	02:38:46		<b>03:38:09.40</b>	+00:59:26	6:36	9.1
24	<b>TABER Konrad</b>	<b>6466</b>	ACTIVE PROSPERIA	Senior I M - 20	8	00:55:23	02:36:35		<b>03:41:14.00</b>	+01:02:31	6:42	8.9
25	<b>BRZĄKALSKI Krzysiek</b>	<b>6044</b>		Senior II M - 30	13	00:56:15	02:38:03		<b>03:41:29.90</b>	+01:02:46	6:42	8.9
26	<b>SENTYSZ Robert</b>	<b>6477</b>		Masters M - 40	4	00:54:14	02:35:37		<b>03:43:02.45</b>	+01:04:19	6:45	8.9
27	<b>MASIAREK Maciej</b>	<b>6504</b>		Senior I M - 20	9	00:57:58	02:41:20		<b>03:44:17.90</b>	+01:05:34	6:47	8.8
28	<b>NIEDBAŁA Mateusz</b>	<b>6540</b>	SNOWDOG TRAILTEAM	Masters M - 40	5	01:00:04	02:48:11		<b>03:45:37.25</b>	+01:06:54	6:50	8.8
29	<b>LISEK Andrzej</b>	<b>6112</b>	LISEK	Senior II M - 30	14	01:00:51	02:39:11		<b>03:45:39.90</b>	+01:06:56	6:50	8.8
30	<b>WOJSŁAW Bartłomiej</b>	<b>6230</b>	GLKS MARCINOWICE	Senior II M - 30	15	00:53:47	02:36:08		<b>03:45:58.25</b>	+01:07:15	6:50	8.8
31	<b>SIERADZKI Krzysztof</b>	<b>6303</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	16	00:55:48	02:37:45		<b>03:47:39.65</b>	+01:08:56	6:53	8.7
32	<b>MIRECKI Tomasz</b>	<b>6362</b>	140MINUT.PL	Masters M - 40	6	01:01:39	02:44:19		<b>03:50:17.90</b>	+01:11:34	6:58	8.6
33	<b>SUDOLSKI Jacek</b>	<b>6157</b>	GUSTAW TEŻ BIEGA	Senior II M - 30	17	01:02:54	02:50:10		<b>03:50:40.90</b>	+01:11:57	6:59	8.6
34	<b>BALIGA Cezary</b>	<b>6315</b>		Senior I M - 20	10	01:01:37	02:50:57		<b>03:50:53.20</b>	+01:12:10	6:59	8.6
35	<b>OLEJNIK Marta</b>	<b>6309</b>	AKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	1	01:03:04	02:49:01		<b>03:51:37.05</b>	+01:12:54	7:01	8.5
36	<b>BOCZEK Leszek</b>	<b>6391</b>	ZAŁOGA GÓRSKA	Senior II M - 30	18	01:00:53	02:49:36		<b>03:52:39.75</b>	+01:13:56	7:03	8.5
37	<b>POŻAK Grzegorz</b>	<b>6015</b>		Masters M - 40	7	01:04:35	02:53:52		<b>03:53:36.10</b>	+01:14:53	7:04	8.5
38	<b>SIKORA Michał</b>	<b>6422</b>	BLUSZCZA	Masters M - 40	8	01:02:18	02:50:25		<b>03:53:49.10</b>	+01:15:06	7:05	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
39	DESSAUER Wioletta	6100	-	Masters K - 40	1	01:04:36	02:53:50		<b>03:53:56.35</b>	+01:15:13	7:05	8.5
40	PAJDOSZ Rafał	6282	KB BIAŁA BIEGA	Masters M - 40	9	01:05:42	02:50:27		<b>03:54:08.20</b>	+01:15:25	7:05	8.5
41	KUTYBA Mariusz	6460	WOLNE ŚLIMAKI	Masters M - 40	10	01:02:18	02:48:25		<b>03:54:44.40</b>	+01:16:01	7:06	8.4
42	SZKODA Kasia	6205	TATERNIKTEAM	Senior II K - 30	2	01:04:36	02:51:36	00:10:00	<b>03:54:56.30</b>	+01:16:13	6:48	8.8
43	MOLIK Jakub	6364	STR POZNAŃ	Senior II M - 30	19	01:05:28	02:57:15		<b>03:57:43.40</b>	+01:19:00	7:12	8.3
44	GAZDA Vítězslav	6158	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	11	00:56:04	02:40:33		<b>03:57:57.05</b>	+01:19:14	7:12	8.3
45	ORCZYKOWSKI Bogdan	6286		Senior I M - 20	11	01:04:44	02:53:29		<b>03:58:54.35</b>	+01:20:11	7:14	8.3
46	OWCZARZAK Tomasz	6482		Senior II M - 30	20	01:06:15	02:57:02		<b>03:59:30.70</b>	+01:20:47	7:15	8.3
47	STACHOWIAK Łukasz	6402	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	21	00:57:48	02:50:09		<b>03:59:38.10</b>	+01:20:55	7:15	8.3
48	DZIETCZYK Sylwia	6310	AKTYWNE CHOSZCZNO	Masters K - 40	2	01:09:59	02:59:24		<b>04:00:09.35</b>	+01:21:26	7:16	8.2
49	WINIARCZYK-JADACH Beata	6496	TG SOKÓŁ ZAKOPANE	Masters K - 40	3	01:05:20	02:56:42		<b>04:00:45.15</b>	+01:22:02	7:17	8.2
50	RASZKOWSKI Piotr	6269	ŚLĘZAK TEAM   PIOTRBIEGACZ.PL	Senior II M - 30	22	01:01:31	02:47:28		<b>04:00:59.80</b>	+01:22:16	7:18	8.2
51	BUŁACZ Jacek	6268	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	Masters M - 40	12	00:57:58	02:51:19		<b>04:01:13.40</b>	+01:22:30	7:18	8.2
52	PACEK Tomasz	6390	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	23	01:04:17	02:55:52		<b>04:02:11.30</b>	+01:23:28	7:20	8.2
53	NOWACKI Mateusz	6068	PRZEDWOJEWSKI TEAM	Senior II M - 30	24	01:01:00	02:52:08		<b>04:02:48.15</b>	+01:24:05	7:21	8.2
54	GUZIK Joanna	6537	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	3	01:02:57	02:54:31		<b>04:04:27.80</b>	+01:25:44	7:24	8.1
55	MOSIOŁEK Przemysław	6442		Senior II M - 30	25	01:04:06	02:57:00		<b>04:05:07.55</b>	+01:26:24	7:25	8.1
56	RESZKA Marek	6064	#NIBYBIEGACZ	Senior II M - 30	26	01:06:03	02:54:00		<b>04:05:13.15</b>	+01:26:30	7:25	8.1
57	- -	6171		Weteran I M - 50	1	01:05:53	03:03:09		<b>04:05:35.65</b>	+01:26:52	7:26	8.1
58	WEYNA Bartosz	6126		Masters M - 40	13	01:05:17	02:58:42		<b>04:06:13.15</b>	+01:27:30	7:27	8
59	LULIS Anna	6420	SOBAS TEAM	Masters K - 40	4	01:04:28	02:58:42		<b>04:08:24.35</b>	+01:29:41	7:31	8
60	CHODOROWSKI Krzysztof	6270	PRZEDWOJEWSKI TEAM	Senior II M - 30	27	01:05:54	03:05:42		<b>04:08:30.35</b>	+01:29:47	7:31	8
61	GLANOWSKI Marek	6098		Senior II M - 30	28	01:00:56	03:02:44		<b>04:10:25.00</b>	+01:31:42	7:35	7.9

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62	DEJNECKA Martyna	6103		Senior II K - 30	4	01:14:12	03:06:33		04:11:17.50	+01:32:34	7:36	7.9
63	KORONA-SIERADZKA Bogusława	6318		Senior II K - 30	5	01:09:42	03:03:52		04:11:30.50	+01:32:47	7:37	7.9
64	OWCZAREK Szymon	6039		Masters M - 40	14	01:05:55	03:01:38		04:11:42.90	+01:32:59	7:37	7.9
65	URBAŃCZAK Kacper	6360		Senior I M - 20	12	01:04:56	03:02:43		04:12:38.75	+01:33:55	7:39	7.8
66	ŚMIECHOWSKI Michał	6444	PANTHERS WROCŁAW	Senior II M - 30	29	01:04:05	03:05:03		04:12:39.65	+01:33:56	7:39	7.8
67	WOJNAROWICZ Paweł	6135		Senior II M - 30	30	01:05:16	03:00:06		04:13:01.30	+01:34:18	7:40	7.8
68	TOMASZKIEWICZ Wojciech	6161	RUN FOREST	Senior II M - 30	31	01:07:41	02:59:36		04:13:15.60	+01:34:32	7:40	7.8
69	SŁOCIAK Rafał	6285	RAJSPOORT ACTIVE/PRZEDWOJEWSKI TEAM	Senior II M - 30	32	01:06:22	03:01:24		04:13:58.70	+01:35:15	7:41	7.8
70	DROGOŚ Kajetan	6457		Senior I M - 20	13	01:06:38	02:59:48		04:14:13.20	+01:35:30	7:42	7.8
71	SZUKAŁA Michał	6316		Senior I M - 20	14		02:50:55		04:14:16.30	+01:35:33	7:42	7.8
72	DĘBEK Łukasz	6280		Senior II M - 30	33	01:06:50	02:59:10		04:14:46.30	+01:36:03	7:43	7.8
73	ŁOMNICKA Barbara	6484	MKS SIECHNICE	Masters K - 40	5	01:09:21	03:06:02		04:15:43.00	+01:37:00	7:44	7.7
74	MIKULSKI Tomasz	6036	UKS FILIPIDES TERESIN	Senior I M - 20	15	00:54:52	02:34:13		04:16:29.80	+01:37:46	7:46	7.7
75	ZARZYCKI Maciej	6191	DOGOŃ GRODZISK MAZOWECKI	Senior II M - 30	34	00:49:20	02:24:22		04:16:35.10	+01:37:52	7:46	7.7
76	MAT Kamil	6433		Senior II M - 30	35	01:09:01	02:59:47		04:16:35.55	+01:37:52	7:46	7.7
77	STOŃ Wojciech	6432		Senior II M - 30	36	01:09:03	02:59:47		04:16:36.55	+01:37:53	7:46	7.7
78	WALCZAK Patryk	6306		Senior II M - 30	37	01:00:14	03:00:30		04:17:20.00	+01:38:37	7:47	7.7
79	LACHOWSKI Robert	6172		Senior II M - 30	38	01:07:48	03:06:50		04:17:29.80	+01:38:46	7:48	7.7
80	BRYCKA Anna	6330	SPORTOWY UMYŚŁ	Senior II K - 30	6	01:12:15	03:06:52		04:17:38.25	+01:38:55	7:48	7.7
81	ANTONOWICZ Wojciech	6388		Weteran I M - 50	2	01:09:07	03:14:05		04:19:52.15	+01:41:09	7:52	7.6
82	KULAS Łukasz	6499	SOLO	Masters M - 40	15	01:10:53	03:16:44		04:21:17.20	+01:42:34	7:55	7.6
83	APANOV Andrey	6292		Senior II M - 30	39	01:14:40	03:18:23		04:21:38.40	+01:42:55	7:55	7.6
84	CZERWINSKI Dominik	6397	ALVO RACING TEAM	Masters M - 40	16	01:10:39	03:10:29		04:22:05.80	+01:43:22	7:56	7.6

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85	<b>STRUK Maciej</b>	<b>6429</b>	AĘ TRI CLUB	Masters M - 40	17	01:05:39	03:01:56		<b>04:22:08.90</b>	+01:43:25	7:56	7.6
86	<b>KNEBLOCH Kasper</b>	<b>6085</b>	DZIK KOMANDO	Senior II M - 30	40	01:11:13	03:09:45		<b>04:22:13.90</b>	+01:43:30	7:56	7.6
87	<b>ANTOSIAK Tomasz</b>	<b>6148</b>	FUNTRI	Masters M - 40	18	01:11:41	03:13:18		<b>04:22:16.50</b>	+01:43:33	7:56	7.5
88	<b>WALCZAK Adela</b>	<b>6086</b>	CURLING ŁÓDŹ	Senior II K - 30	7	01:14:33	03:14:17		<b>04:22:17.95</b>	+01:43:35	7:56	7.5
89	<b>PARZYCH Katarzyna</b>	<b>6217</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	6	01:16:05	03:12:53		<b>04:22:28.55</b>	+01:43:45	7:57	7.5
90	<b>GEZELA Robert</b>	<b>6032</b>	EUFORIA BIEGACZA TEAM	Masters M - 40	19	01:07:05	03:08:34		<b>04:23:40.15</b>	+01:44:57	7:59	7.5
91	<b>MADOŃ Rafał</b>	<b>6075</b>		Senior II M - 30	41	01:04:24	03:03:07		<b>04:24:08.40</b>	+01:45:25	8:00	7.5
92	<b>MEŻYKOWSKI Michał</b>	<b>6456</b>	FORMA NA SZCZYT	Masters M - 40	20	01:05:28	03:06:11		<b>04:24:22.95</b>	+01:45:40	8:00	7.5
93	<b>PRZYSIWEK Patryk</b>	<b>6356</b>		Senior II M - 30	42	01:09:39	03:17:38		<b>04:24:33.15</b>	+01:45:50	8:01	7.5
94	<b>HASSAK Maciej</b>	<b>6027</b>	GKC GORLICE	Masters M - 40	21	01:08:47	03:11:14		<b>04:25:57.35</b>	+01:47:14	8:03	7.4
95	<b>KARGUL Tomasz</b>	<b>6164</b>	ŚWO	Senior II M - 30	43	01:04:29	03:04:30		<b>04:26:04.45</b>	+01:47:21	8:03	7.4
96	<b>GĄSIOROWSKI Jarosław</b>	<b>6414</b>		Senior I M - 20	16	01:08:57	03:20:18		<b>04:26:07.50</b>	+01:47:24	8:03	7.4
97	<b>JASZCZUK Robert</b>	<b>6251</b>	GYMCITY BĘŁCHATÓW	Masters M - 40	22	01:09:40	03:11:22		<b>04:26:09.65</b>	+01:47:26	8:03	7.4
98	<b>DEMKOWSKI Marcin</b>	<b>6384</b>		Senior II M - 30	44	01:09:26	03:07:55		<b>04:27:00.35</b>	+01:48:17	8:05	7.4
99	<b>KRZACZKOWSKA Iwona</b>	<b>6284</b>	DZIKI WROCŁAW	Senior II K - 30	8	01:11:38	03:09:38		<b>04:27:25.10</b>	+01:48:42	8:06	7.4
100	<b>CZAPIGA Grzegorz</b>	<b>6150</b>	TECE INDUSTRIAL	Senior II M - 30	45	01:05:42	03:07:02		<b>04:27:43.50</b>	+01:49:00	8:06	7.4
101	<b>MADERA Andrzej</b>	<b>6329</b>		Masters M - 40	23	01:08:19	03:04:53		<b>04:28:41.00</b>	+01:49:58	8:08	7.4
102	<b>SITEK Arkadiusz</b>	<b>6215</b>	AKTYWNI WĘGRÓW	Masters M - 40	24	01:08:36	03:13:36		<b>04:28:41.15</b>	+01:49:58	8:08	7.4
103	<b>SPECHT Mikołaj</b>	<b>6513</b>		Masters M - 40	25	01:09:55	03:12:41		<b>04:29:04.70</b>	+01:50:21	8:09	7.4
104	<b>RUDNY Rafał</b>	<b>6524</b>	RUDNYRUNNINGTEAM	Masters M - 40	26	00:47:19	03:14:12		<b>04:29:37.10</b>	+01:50:54	8:10	7.3
105	<b>GDULA Jakub</b>	<b>6070</b>	KAMIL LEŚNIAK FANPAGE TEAM	Senior I M - 20	17	01:07:42	03:11:19		<b>04:29:45.70</b>	+01:51:02	8:10	7.3
106	<b>KOTYRBA Tomasz</b>	<b>6236</b>		Senior II M - 30	46	01:08:43	03:13:55		<b>04:29:54.70</b>	+01:51:11	8:10	7.3
107	<b>MICHALEWSKI Paweł</b>	<b>6421</b>		Senior II M - 30	47	01:10:11	03:16:45		<b>04:30:14.65</b>	+01:51:31	8:11	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
108	<b>WANAT Mateusz</b>	<b>6178</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	48	01:05:10	03:12:10		<b>04:30:37.10</b>	+01:51:54	8:12	7.3
109	<b>GAŁECKI Robert</b>	<b>6352</b>		Senior II M - 30	49	01:06:15	03:13:19		<b>04:30:52.30</b>	+01:52:09	8:12	7.3
110	<b>HEJZNER Arek</b>	<b>6152</b>		Senior II M - 30	50	01:07:41	03:16:54		<b>04:31:47.40</b>	+01:53:04	8:14	7.3
111	<b>KOMAR Krystian</b>	<b>6273</b>		Senior II M - 30	51	01:16:44	03:21:05		<b>04:32:57.35</b>	+01:54:14	8:16	7.3
112	<b>ANDRZEJCZAK Anna</b>	<b>6081</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	9	01:12:08	03:18:20		<b>04:33:12.60</b>	+01:54:29	8:16	7.2
113	<b>NOWAK Sebastian</b>	<b>6510</b>		Masters M - 40	27	01:16:38	03:31:57		<b>04:33:41.30</b>	+01:54:58	8:17	7.2
114	<b>BURA Krystian</b>	<b>6248</b>	#BIEGAJLESZNO	Senior II M - 30	52	01:12:38	03:14:56		<b>04:33:58.00</b>	+01:55:15	8:18	7.2
115	<b>CHRZANOWSKI Paweł</b>	<b>6458</b>		Masters M - 40	28	01:09:28	03:23:14		<b>04:34:28.00</b>	+01:55:45	8:19	7.2
116	<b>KOPECKI Michał</b>	<b>6450</b>		Senior I M - 20	18	01:07:33	03:17:15		<b>04:35:19.50</b>	+01:56:36	8:20	7.2
117	<b>MAKOWSKI Jarosław</b>	<b>6184</b>	STAY INSANE	Senior II M - 30	53	01:10:20	03:11:45		<b>04:35:33.10</b>	+01:56:50	8:21	7.2
118	<b>MITUŚ Wojtek</b>	<b>6521</b>		Masters M - 40	29	01:36:36	04:04:03		<b>04:36:39.00</b>	+01:57:56	8:23	7.2
119	<b>BEDNAREK Bartłomiej</b>	<b>6041</b>	MKS SIECHNICE	Senior II M - 30	54	01:04:17	03:11:35		<b>04:37:41.60</b>	+01:58:58	8:24	7.1
120	<b>BUŁAWA Szczepan</b>	<b>6525</b>		Senior II M - 30	55	01:06:54	03:16:33		<b>04:38:44.55</b>	+02:00:01	8:26	7.1
121	<b>CZAJKOWSKI Adam</b>	<b>6454</b>		Masters M - 40	30	01:11:56	03:26:29		<b>04:39:47.70</b>	+02:01:04	8:28	7.1
122	<b>MIROSHNYCHENKO Ruslan</b>	<b>6264</b>		Senior II M - 30	56	01:10:30	03:24:55		<b>04:40:07.75</b>	+02:01:24	8:29	7.1
123	<b>BŁASZCZAK Łukasz</b>	<b>6486</b>		Senior II M - 30	57	01:15:57	03:21:36		<b>04:40:15.15</b>	+02:01:32	8:29	7.1
124	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>6167</b>		Masters K - 40	7	01:10:48	03:23:05		<b>04:40:59.05</b>	+02:02:16	8:30	7
125	<b>ŚLĄSKI Bartosz</b>	<b>6378</b>	DZIK KOMANDO	Senior I M - 20	19	01:10:21	03:15:14		<b>04:41:23.80</b>	+02:02:40	8:31	7
126	<b>ŁYSIAK Bartek</b>	<b>6245</b>		Senior II M - 30	58	01:11:16	03:20:18		<b>04:41:33.05</b>	+02:02:50	8:31	7
127	<b>KOCIUMBAS Bartosz</b>	<b>6007</b>	KB SOBÓTKA	Masters M - 40	31	01:07:41	03:23:32		<b>04:42:48.55</b>	+02:04:05	8:34	7
128	<b>KABAŁA Bartosz</b>	<b>6211</b>	#TEAMBIEGIWLKP	Senior I M - 20	20	01:08:10	03:19:40		<b>04:43:29.05</b>	+02:04:46	8:35	7
129	<b>KOŁODZIEJ Roman</b>	<b>6503</b>	PERFEKTA KARLOWICE	Masters M - 40	32	01:08:34	03:27:30		<b>04:44:32.50</b>	+02:05:49	8:37	7
130	<b>NOWAK Łukasz</b>	<b>6300</b>		Masters M - 40	33	01:11:24	03:26:18		<b>04:44:35.90</b>	+02:05:52	8:37	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
131	<b>SCHUBERT Valdemar</b>	<b>6547</b>	BK LUDGEROVICE	Masters M - 40	34	01:08:37	03:23:59		<b>04:44:46.50</b>	+02:06:03	8:37	7
132	<b>POŁEĆ Leszek</b>	<b>6176</b>	SBRT WROCŁAW	Senior II M - 30	59	01:14:51	03:31:14		<b>04:44:49.25</b>	+02:06:06	8:37	7
133	<b>KRZEPKOWSKI Radosław</b>	<b>6494</b>	ADIDAS RUNNERS WARSAW	Masters M - 40	35	01:17:57	03:30:34		<b>04:45:02.05</b>	+02:06:19	8:38	6.9
134	<b>MIELCUCH Kamila</b>	<b>6073</b>	GRUNWALD	Senior I K - 20	2	01:19:09	03:33:27		<b>04:45:07.00</b>	+02:06:24	8:38	6.9
135	<b>PILAREK Wojciech</b>	<b>6319</b>		Senior II M - 30	60	01:13:40	03:21:14		<b>04:45:09.45</b>	+02:06:26	8:38	6.9
136	<b>MRUGAŁA Monika</b>	<b>6346</b>	EUROVENT ATHLETICS	Masters K - 40	8	01:11:54	03:24:55		<b>04:45:18.10</b>	+02:06:35	8:38	6.9
137	<b>MARCHWICKI Maciej</b>	<b>6195</b>		Senior I M - 20	21	01:10:36	03:18:52		<b>04:45:19.55</b>	+02:06:36	8:38	6.9
138	<b>WITKOWSKI Wojciech</b>	<b>6059</b>		Senior I M - 20	22	01:08:49	03:21:29		<b>04:45:51.95</b>	+02:07:09	8:39	6.9
139	<b>MARGASIŃSKI Michał</b>	<b>6114</b>		Senior II M - 30	61	01:05:51	03:18:15		<b>04:46:06.85</b>	+02:07:23	8:40	6.9
140	<b>JASZCZAK Bogna</b>	<b>6272</b>		Senior I K - 20	3	01:15:38	03:26:13		<b>04:47:02.65</b>	+02:08:19	8:41	6.9
141	<b>NOGANOWICZ Agata</b>	<b>6118</b>	PRO-RUN WROCŁAW	Weteran K - 50	1	01:19:02	03:29:29		<b>04:47:02.85</b>	+02:08:19	8:41	6.9
142	<b>BUDYNEK Tadeusz</b>	<b>6478</b>	ALVO RACING TEAM	Senior II M - 30	62	01:13:18	03:27:46		<b>04:47:28.70</b>	+02:08:45	8:42	6.9
143	<b>STEBEL Bartosz</b>	<b>6512</b>	MEBLE SARBB	Masters M - 40	36	01:12:03	03:28:03		<b>04:47:43.70</b>	+02:09:00	8:43	6.9
144	<b>KOKOTT Marcin</b>	<b>6332</b>	140MINUT.PL	Senior II M - 30	63	01:08:42	03:25:18		<b>04:48:03.15</b>	+02:09:20	8:43	6.9
145	<b>NIKOLAJUK Robert</b>	<b>6014</b>		Senior II M - 30	64	01:25:46	03:47:14		<b>04:48:22.15</b>	+02:09:39	8:44	6.9
146	<b>TKACZYK-CAŁKA Anna</b>	<b>6030</b>	#ZALINIAMETYTEAM	Senior II K - 30	10	01:17:12	03:30:37		<b>04:49:55.45</b>	+02:11:12	8:47	6.8
147	<b>ZIEWIEC Marcin</b>	<b>6122</b>		Senior II M - 30	65	01:12:51	03:33:11		<b>04:50:16.45</b>	+02:11:33	8:47	6.8
148	<b>RAJTAR Robert</b>	<b>6472</b>	BRYGADA RR ROBERT RAJTAR	Masters M - 40	37	01:40:23			<b>04:50:27.10</b>	+02:11:44	8:48	6.8
149	<b>MOREVA Daria</b>	<b>6063</b>	TRAILRUNNINGSCHOOL.COM	Senior II K - 30	11	01:21:44	03:36:18		<b>04:51:21.75</b>	+02:12:38	8:49	6.8
150	<b>MAŃKOWSKI Tomasz</b>	<b>6125</b>	WOJOWNICY WÓDY	Senior II M - 30	66	01:15:50	03:32:25		<b>04:51:51.55</b>	+02:13:08	8:50	6.8
151	<b>SIELIWONIK Anita</b>	<b>6115</b>		Masters K - 40	9	01:20:22	03:37:31		<b>04:53:25.40</b>	+02:14:42	8:53	6.7
152	<b>MADERA Michał</b>	<b>6276</b>	LECIMY TUTAJ	Senior II M - 30	67	01:11:52	03:33:03		<b>04:53:35.00</b>	+02:14:52	8:53	6.7
153	<b>KUCHARSKI Tomasz</b>	<b>6487</b>	ALVO RACING TEAM	Masters M - 40	38	01:13:20	03:18:10		<b>04:53:57.75</b>	+02:15:14	8:54	6.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
154	<b>MADEJ Anna</b>	<b>6351</b>	VEGE RUNNERS	Masters K - 40	10	01:19:43	03:33:58		<b>04:54:16.00</b>	+02:15:33	8:55	6.7
155	<b>DRAŃKO Piotr</b>	<b>6326</b>		Senior II M - 30	68	01:16:27	03:35:20		<b>04:54:51.60</b>	+02:16:08	8:56	6.7
156	<b>KAMIŃSKI Arkadiusz</b>	<b>6029</b>	ION1 TEAM	Masters M - 40	39	01:19:26	03:36:42		<b>04:55:09.00</b>	+02:16:26	8:56	6.7
157	<b>JARZĄBEK Michał</b>	<b>6155</b>	MRUNNERS	Senior II M - 30	69	01:13:51	03:38:46		<b>04:55:42.55</b>	+02:16:59	8:57	6.7
158	<b>BIELECKI Tomasz</b>	<b>6449</b>	FAST BIKE GNIEZNO	Senior I M - 20	23	01:22:42	03:40:45		<b>04:55:43.80</b>	+02:17:00	8:57	6.7
159	<b>KONICA Karina</b>	<b>6301</b>		Senior I K - 20	4	01:20:57	03:37:31		<b>04:55:44.55</b>	+02:17:01	8:57	6.7
160	<b>PIĄTKIEWICZ Łukasz</b>	<b>6079</b>	MARCIN ŚWIERC TEAM	Senior II M - 30	70	01:18:05	03:34:07		<b>04:56:00.70</b>	+02:17:17	8:58	6.7
161	<b>MAJCHER Marcin</b>	<b>6514</b>		Masters M - 40	40	01:16:33	03:38:50		<b>04:56:40.85</b>	+02:17:57	8:59	6.7
162	<b>GIL Maciej</b>	<b>6013</b>	VEGE RUNNERS	Senior II M - 30	71	01:14:38	03:32:18		<b>04:56:42.35</b>	+02:17:59	8:59	6.7
163	<b>TOMASZYK Elzbieta</b>	<b>6298</b>		Senior II K - 30	12	01:20:18	03:42:11		<b>04:56:48.60</b>	+02:18:05	8:59	6.7
164	<b>ŁATWIŃSKI Łukasz</b>	<b>6349</b>	MOCNA GRUPA CEZARA	Senior I M - 20	24	01:20:02	03:39:47		<b>04:57:15.10</b>	+02:18:32	9:00	6.7
165	<b>CHWAŁA Przemysław</b>	<b>6265</b>	POWOLNY	Masters M - 40	41	01:19:20	03:40:39		<b>04:58:08.45</b>	+02:19:25	9:02	6.6
166	<b>MOKRZYŃSKI Marcin</b>	<b>6121</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	42	01:12:55	03:34:57		<b>04:58:10.00</b>	+02:19:27	9:02	6.6
167	<b>SKRZYŃSKI Andrzej</b>	<b>6434</b>	KS STASZEWCY	Weteran I M - 50	3	01:14:46	03:30:21		<b>04:58:13.55</b>	+02:19:30	9:02	6.6
168	<b>GARCZYŃSKA Ania</b>	<b>6133</b>		Masters K - 40	11	01:20:43	03:36:45		<b>04:58:21.45</b>	+02:19:38	9:02	6.6
169	<b>WRÓBLEWSKI Wojciech</b>	<b>6491</b>		Senior II M - 30	72	01:11:57	03:35:31		<b>04:58:35.90</b>	+02:19:52	9:02	6.6
170	<b>GUZY Radosław</b>	<b>6197</b>		Senior I M - 20	25	01:19:11	03:39:37		<b>04:59:10.15</b>	+02:20:27	9:03	6.6
171	<b>NOGA-GUZY Marta</b>	<b>6198</b>		Senior I K - 20	5	01:19:09	03:39:36		<b>04:59:10.65</b>	+02:20:27	9:03	6.6
172	<b>BYLINA Bartosz</b>	<b>6377</b>		Masters M - 40	43	01:13:02	03:35:12		<b>04:59:20.45</b>	+02:20:37	9:04	6.6
173	<b>SŁOMIAN Mikołaj</b>	<b>6493</b>		Senior I M - 20	26	01:22:51	03:42:55		<b>04:59:28.60</b>	+02:20:45	9:04	6.6
174	<b>ŚMICHURSKI Krzysztof</b>	<b>6099</b>	FIZJOTERAPIA BIEGACZA	Senior II M - 30	73	01:15:36	03:43:53		<b>04:59:28.90</b>	+02:20:45	9:04	6.6
175	<b>FELEDZIAK Wojciech</b>	<b>6202</b>		Senior II M - 30	74	01:15:40	03:41:00		<b>04:59:29.20</b>	+02:20:46	9:04	6.6
176	<b>STĘPNOWSKI Jakub</b>	<b>6365</b>	MEDIDESK	Senior II M - 30	75	01:22:57	03:42:22		<b>04:59:31.30</b>	+02:20:48	9:04	6.6



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
177	JANCZAK Piotr	6511		Masters M - 40	44	01:16:33	03:31:57		<b>04:59:39.80</b>	+02:20:56	9:04	6.6
178	ARENDT Michał	6492		Senior II M - 30	76	01:15:18	03:33:38		<b>04:59:53.00</b>	+02:21:10	9:05	6.6
179	BORKOWSKA Justyna	6485		Senior II K - 30	13	01:15:40	03:44:25		<b>05:00:13.40</b>	+02:21:30	9:05	6.6
180	IZDEBSKI Tomasz	6339		Masters M - 40	45	01:14:22	03:32:07		<b>05:00:28.85</b>	+02:21:45	9:06	6.6
181	ŁUCZAK Maciej	6321	BANDA RYCHA	Masters M - 40	46	01:19:46	03:43:04		<b>05:00:31.75</b>	+02:21:48	9:06	6.6
182	KUŚMIREK Grzegorz	6506		Masters M - 40	47	01:24:38	03:40:30		<b>05:00:50.90</b>	+02:22:07	9:06	6.6
183	PEDYNKOWSKI Radek	6163	BIEGAM U KOLESI	Masters M - 40	48	01:18:11	03:35:14		<b>05:00:54.15</b>	+02:22:11	9:07	6.6
184	MAKAREWICZ Wiktor Makarewicz	6010		Senior II M - 30	77	01:20:17	03:41:19		<b>05:01:41.20</b>	+02:22:58	9:08	6.6
185	JAKUSZEK Krzysztof	6241	CEGIELNIA PIASKI	Masters M - 40	49	01:25:00	03:43:56		<b>05:01:52.00</b>	+02:23:09	9:08	6.6
186	DŁUGOSZ-STĘPNIAK Agnieszka	6271	STAY INSANE, BIEGJEM	Senior II K - 30	14	01:21:40	03:29:31		<b>05:02:08.00</b>	+02:23:25	9:09	6.6
187	ANDRZEJCZAK Łukasz	6082	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	78	01:13:50	03:35:54		<b>05:02:34.85</b>	+02:23:51	9:10	6.5
188	MAJKOWSKI Jacek	6084		Senior II M - 30	79	01:21:16	03:35:21		<b>05:02:41.30</b>	+02:23:58	9:10	6.5
189	KOBYŁECKI Bartosz	6546		Masters M - 40	50	01:13:19	03:41:50		<b>05:02:58.85</b>	+02:24:15	9:10	6.5
190	SZUMIATO Jakub	6177	PRZEDWOJEWSKI TEAM	Senior II M - 30	80	01:19:17	03:44:18		<b>05:03:08.85</b>	+02:24:25	9:11	6.5
191	BURA Tomasz	6275		Senior II M - 30	81	01:15:26	03:37:56		<b>05:03:10.15</b>	+02:24:27	9:11	6.5
192	GIEŁAŻYS Tomek	6274	KONESERZY WADOWICKICH KREMÓWEK - SEKCJA 2137	Senior II M - 30	82	01:23:05	03:50:15		<b>05:03:18.95</b>	+02:24:36	9:11	6.5
193	KOZŁOWSKI Wojciech	6488		Weteran I M - 50	4	01:15:56	03:40:27		<b>05:03:39.85</b>	+02:24:56	9:12	6.5
194	KUCHARCZYK Kamil	6465	TRI NOT TO DIE	Senior II M - 30	83	01:19:54	03:44:37		<b>05:03:48.05</b>	+02:25:05	9:12	6.5
195	CEBULSKI Łukasz	6237		Senior II M - 30	84	01:16:33	03:40:01		<b>05:04:01.10</b>	+02:25:18	9:12	6.5
196	MIĄSKO Wojciech	6190	12TRI.PL	Weteran I M - 50	5	01:18:10	03:30:55		<b>05:04:06.25</b>	+02:25:23	9:12	6.5
197	GONET Grzegorz	6527		Masters M - 40	51	01:17:28	03:40:32		<b>05:05:32.65</b>	+02:26:49	9:15	6.5
198	RELEWICZ Maciej	6455	WOLNE ŚLIMAKI	Masters M - 40	52	01:23:32	03:44:21		<b>05:05:46.45</b>	+02:27:03	9:15	6.5
199	STASIAK Łukasz	6074	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	85	01:19:44	03:40:09		<b>05:06:00.05</b>	+02:27:17	9:16	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
200	<b>NESTEREWICZ Ryszard</b>	<b>6473</b>	LKS ISKRA JASZKOWA	Weteran II M - 60	1	01:11:35	03:39:18		<b>05:06:16.10</b>	+02:27:33	9:16	6.5
201	<b>SAMBORSKI Bartosz</b>	<b>6037</b>		Masters M - 40	53	01:18:17	03:41:30		<b>05:06:33.45</b>	+02:27:50	9:17	6.5
202	<b>SZARSKI Jacek</b>	<b>6452</b>	KAPCIOCHY	Senior I M - 20	27	01:13:58	03:40:50		<b>05:06:59.20</b>	+02:28:16	9:18	6.4
203	<b>GRSZEWSKA Marina</b>	<b>6462</b>	NIEWYCHOWANI FIZYCZNIE	Senior I K - 20	6	01:19:04	03:45:44		<b>05:06:59.35</b>	+02:28:16	9:18	6.4
204	<b>BUBICZ Krzysztof</b>	<b>6061</b>	BIEGAJĄCY ŚWIDNIK	Masters M - 40	54	01:25:31	03:54:10		<b>05:07:32.35</b>	+02:28:49	9:19	6.4
205	<b>LIPIŃSKI Oskar</b>	<b>6128</b>		Senior II M - 30	86	01:14:52	03:45:39		<b>05:08:17.80</b>	+02:29:34	9:20	6.4
206	<b>MRÓWKA Małgorzata</b>	<b>6257</b>		Senior II K - 30	15	01:28:43	03:50:36		<b>05:09:32.85</b>	+02:30:49	9:22	6.4
207	<b>GRĘBA Damian</b>	<b>6256</b>	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	87	01:24:51	03:55:50		<b>05:10:16.65</b>	+02:31:33	9:24	6.4
208	<b>SZYMAŃSKI Łukasz</b>	<b>6213</b>		Masters M - 40	55	01:17:16	03:46:18		<b>05:10:25.65</b>	+02:31:42	9:24	6.4
209	<b>BÍBRLÍK David</b>	<b>6528</b>	BKLUDGEŘOVICE	Masters M - 40	56	01:15:02	03:43:04		<b>05:10:54.40</b>	+02:32:11	9:25	6.4
210	<b>PILC Anna</b>	<b>6519</b>		Senior II K - 30	16	01:18:01	03:42:14		<b>05:10:55.40</b>	+02:32:12	9:25	6.4
211	<b>WICHROWSKI Michał</b>	<b>6431</b>		Senior I M - 20	28	01:16:45	03:40:43		<b>05:11:13.55</b>	+02:32:30	9:25	6.4
212	<b>JANOSZ Ada</b>	<b>6026</b>		Senior I K - 20	7	01:19:35	03:45:07		<b>05:11:15.00</b>	+02:32:32	9:25	6.4
213	<b>ROJEK Mateusz</b>	<b>6354</b>		Senior II M - 30	88	01:18:08	03:39:49		<b>05:11:59.05</b>	+02:33:16	9:27	6.3
214	<b>DENYSENKO Lech</b>	<b>6023</b>	BDB TEAM KATOWICE	Weteran II M - 60	2	01:22:46	03:46:11		<b>05:12:07.20</b>	+02:33:24	9:27	6.3
215	<b>SUCHANEK Aleksandra</b>	<b>6096</b>	NIGHT RUNNERS PYSKOWCE	Senior II K - 30	17	01:21:10	03:49:57		<b>05:12:13.35</b>	+02:33:30	9:27	6.3
216	<b>WÓJCIK Karol</b>	<b>6463</b>	NIEWYCHOWANI FIZYCZNIE	Senior I M - 20	29	01:19:03	03:45:44		<b>05:12:18.10</b>	+02:33:35	9:27	6.3
217	<b>LAZAROWICZ Krzysztof</b>	<b>6294</b>		Senior II M - 30	89	01:17:22	03:48:02		<b>05:12:33.15</b>	+02:33:50	9:28	6.3
218	<b>KUTSKO Oksana</b>	<b>6481</b>		Senior I K - 20	8	01:14:44	03:39:32		<b>05:12:34.70</b>	+02:33:51	9:28	6.3
219	<b>NALEPKA Grzegorz</b>	<b>6355</b>		Senior II M - 30	90	01:18:18	03:35:36		<b>05:12:41.20</b>	+02:33:58	9:28	6.3
220	<b>DUROWICZ Natalia</b>	<b>6399</b>		Senior II K - 30	18	01:21:01	03:49:12		<b>05:13:29.80</b>	+02:34:46	9:29	6.3
221	<b>WAWRZYŃIAK Krystian</b>	<b>6279</b>	OKB ODRA OPOLE	Senior II M - 30	91	01:21:46	03:55:04		<b>05:13:42.25</b>	+02:34:59	9:30	6.3
222	<b>SZAL Małgorzata</b>	<b>6387</b>	TENIS CENTRUM AS	Senior II K - 30	19	01:21:56	03:54:45		<b>05:13:50.95</b>	+02:35:08	9:30	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
223	<b>BESTRZYŃSKA Joanna</b>	<b>6373</b>	CZŁAPAK ROBAKOWO	Weteran K - 50	2	01:19:51	03:56:25		<b>05:14:26.00</b>	+02:35:43	9:31	6.3
224	<b>BLACHA Krzysztof</b>	<b>6532</b>	TRASY-BIEGOWE.PL	Senior II M - 30	92	01:15:06	03:44:08		<b>05:14:52.20</b>	+02:36:09	9:32	6.3
225	<b>KUBISIAK Dariusz</b>	<b>6132</b>		Weteran I M - 50	6	01:16:10	03:51:08		<b>05:15:13.00</b>	+02:36:30	9:33	6.3
226	<b>SKŁADANOWSKI Marek</b>	<b>6166</b>		Senior II M - 30	93	01:22:01	03:53:13		<b>05:15:44.50</b>	+02:37:01	9:34	6.3
227	<b>DOKUPIL Kinga</b>	<b>6062</b>		Senior I K - 20	9	01:19:29	03:50:31		<b>05:15:46.05</b>	+02:37:03	9:34	6.3
228	<b>BAJERLEIN Sylwia</b>	<b>6502</b>		Senior II K - 30	20	01:21:24	03:46:42		<b>05:15:55.90</b>	+02:37:12	9:34	6.3
229	<b>WIERZBIŃSKA Edyta</b>	<b>6470</b>	ULTRADZICZKI I ULTRALISICZKI	Masters K - 40	12	01:24:50	03:50:15		<b>05:16:01.85</b>	+02:37:18	9:34	6.3
230	<b>POJDA Grzegorz</b>	<b>6231</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	57	01:22:21	03:53:43		<b>05:16:06.55</b>	+02:37:23	9:34	6.3
231	<b>BYSTRČIČAN Jiří</b>	<b>6545</b>	BKLUDGEŘOVICE	Weteran I M - 50	7	01:15:10	03:50:24		<b>05:17:00.35</b>	+02:38:17	9:36	6.2
232	<b>MITIS Marek</b>	<b>6022</b>		Senior II M - 30	94	01:24:43	03:49:57		<b>05:17:50.65</b>	+02:39:07	9:37	6.2
233	<b>SYCHOWSKI Dawid</b>	<b>6129</b>		Senior II M - 30	95	01:20:51	03:50:30		<b>05:18:03.40</b>	+02:39:20	9:38	6.2
234	<b>GIDASZEWSKA Jolanta</b>	<b>6501</b>	NESSI	Masters K - 40	13	01:28:53	03:55:40		<b>05:18:14.10</b>	+02:39:31	9:38	6.2
235	<b>RYCHLEWICZ Tomasz</b>	<b>6170</b>		Senior II M - 30	96	01:17:23	03:54:34		<b>05:19:07.35</b>	+02:40:24	9:40	6.2
236	<b>WOJTKOWSKI Ireneusz</b>	<b>6260</b>	ASSECO ACTIVE TEAM	Weteran II M - 60	3	01:19:33	03:48:24		<b>05:19:11.15</b>	+02:40:28	9:40	6.2
237	<b>DOLIWKA Paweł</b>	<b>6361</b>	LUBAWA KOCHA BIEGAĆ/BIEGAM UKOLESI	Masters M - 40	58	01:15:16	03:46:51		<b>05:19:36.05</b>	+02:40:53	9:41	6.2
238	<b>JASIŃSKI Daniel</b>	<b>6226</b>		Senior II M - 30	97	01:14:20	03:55:57		<b>05:19:42.55</b>	+02:40:59	9:41	6.2
239	<b>GOŁĄB Aleksandra</b>	<b>6045</b>	TEN CO MARCIN G.	Senior II K - 30	21	01:23:09	03:53:27		<b>05:19:43.20</b>	+02:41:00	9:41	6.2
240	<b>WIATER Tomasz</b>	<b>6012</b>		Masters M - 40	59	01:09:35	03:44:17		<b>05:19:55.45</b>	+02:41:12	9:41	6.2
241	<b>WILCZEK Rafał</b>	<b>6538</b>	KLUB BIEGACZA JURAND	Senior II M - 30	98	01:16:01	03:49:10		<b>05:20:41.15</b>	+02:41:58	9:43	6.2
242	<b>MIKOŁAJEWSKA Zofia</b>	<b>6004</b>	OLEJ RUNNING TEAM	Senior I K - 20	10	01:22:41	03:49:58		<b>05:20:49.25</b>	+02:42:06	9:43	6.2
243	<b>GRABARCZYK Ilona</b>	<b>6035</b>		Masters K - 40	14	01:24:39	03:56:23		<b>05:20:49.90</b>	+02:42:06	9:43	6.2
244	<b>LECH Grzegorz</b>	<b>6033</b>	KB ODRA OPOLE	Senior II M - 30	99	01:21:45	03:56:12		<b>05:21:01.00</b>	+02:42:18	9:43	6.2
245	<b>MICHALSKI Grzegorz</b>	<b>6229</b>	CAFFEDELMONDO.PL	Masters M - 40	60	01:20:00	03:49:28		<b>05:22:19.45</b>	+02:43:36	9:46	6.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
246	<b>MIŚTALSKI Damian</b>	<b>6249</b>		Senior II M - 30	100	01:18:34	03:52:05		<b>05:22:25.45</b>	+02:43:42	9:46	6.1
247	<b>WÓJCIAK Łukasz</b>	<b>6090</b>	UMAWANIENABIEGANIETEAM	Senior II M - 30	101	01:19:15	03:50:15		<b>05:22:26.40</b>	+02:43:43	9:46	6.1
248	<b>OLEJNIK Marcin</b>	<b>6520</b>	DZINKOWY DZIABAĞ TEAM	Senior II M - 30	102	01:19:17	03:52:23		<b>05:22:50.15</b>	+02:44:07	9:46	6.1
249	<b>SAJEWICZ Piotr</b>	<b>6194</b>	TURBINA BAŁAKOWO	Senior II M - 30	103	01:18:53	03:50:46		<b>05:23:03.50</b>	+02:44:20	9:47	6.1
250	<b>CHUDA Aneta</b>	<b>6017</b>		Masters K - 40	15	01:29:16	04:01:34		<b>05:23:05.85</b>	+02:44:22	9:47	6.1
251	<b>WOLEK Jerzy</b>	<b>6459</b>		Weteran II M - 60	4	01:20:09	03:56:06		<b>05:24:04.30</b>	+02:45:21	9:49	6.1
252	<b>ZAHORODNIA Hanna</b>	<b>6189</b>		Senior I K - 20	11	01:19:56	03:49:29		<b>05:24:26.00</b>	+02:45:43	9:49	6.1
253	<b>STACHOWIAK Marek</b>	<b>6058</b>	ROKIETNICA BIEGA	Masters M - 40	61	01:18:09	03:55:39		<b>05:25:05.35</b>	+02:46:22	9:51	6.1
254	<b>NOWAK Marta</b>	<b>6183</b>		Masters K - 40	16	01:25:51	03:56:41		<b>05:25:24.85</b>	+02:46:41	9:51	6.1
255	<b>WIĘCKOWSKI Tomasz</b>	<b>6516</b>	KB ORANGE POLSKA/OBORYGENI	Weteran I M - 50	8	01:11:50	03:56:48		<b>05:25:33.30</b>	+02:46:50	9:51	6.1
256	<b>ŻĘŁOBOWSKI Przemysław</b>	<b>6350</b>	BUŁKA Z PASZTETEM I KAKAŁO	Senior II M - 30	104	01:17:13	03:51:46		<b>05:25:55.10</b>	+02:47:12	9:52	6.1
257	<b>DUDA Dariusz</b>	<b>6102</b>	MIRAZ RACE TEAM	Senior II M - 30	105	01:19:42	03:53:06		<b>05:25:58.55</b>	+02:47:15	9:52	6.1
258	<b>BALCZYŃSKA Anna</b>	<b>6020</b>	PIĄTKOWO NA BIEGOWO	Senior II K - 30	22	01:27:12	03:57:12		<b>05:26:43.05</b>	+02:48:00	9:54	6.1
259	<b>LESIŃSKI Piotr</b>	<b>6417</b>	ATOS RACING TEAM	Senior II M - 30	106	01:27:12	03:56:40		<b>05:28:32.20</b>	+02:49:49	9:57	6
260	<b>PORZYCKI Tomasz</b>	<b>6353</b>		Senior II M - 30	107	01:21:49	03:52:03		<b>05:29:21.65</b>	+02:50:38	9:58	6
261	<b>KUBIAK Marta</b>	<b>6018</b>		Senior II K - 30	23	01:28:38	04:01:12		<b>05:29:28.40</b>	+02:50:45	9:59	6
262	<b>OWCZARZAK Katarzyna</b>	<b>6011</b>		Senior II K - 30	24	01:28:37	04:01:11		<b>05:29:28.60</b>	+02:50:45	9:59	6
263	<b>KONIECZNY Przemysław</b>	<b>6327</b>		Senior II M - 30	108	01:19:52	03:56:25		<b>05:30:22.90</b>	+02:51:39	10:00	6
264	<b>DOLECKA Elżbieta</b>	<b>6380</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	17	01:25:03	04:02:32		<b>05:30:50.45</b>	+02:52:07	10:01	6
265	<b>MISIAK Patryk</b>	<b>6101</b>	CHOMIKI Z KOPYTEM	Masters M - 40	62	01:28:22	04:11:43		<b>05:31:05.30</b>	+02:52:22	10:01	6
266	<b>MAZAN Wojciech</b>	<b>6069</b>		Senior II M - 30	109	01:27:47	04:03:16		<b>05:31:27.50</b>	+02:52:44	10:02	6
267	<b>RADOMSKI Bartosz</b>	<b>6398</b>		Senior II M - 30	110	01:21:03	04:01:29		<b>05:31:28.60</b>	+02:52:45	10:02	6
268	<b>JURSKI Szymon</b>	<b>6181</b>	KAZIKI	Senior II M - 30	111	01:26:23	04:05:47		<b>05:32:19.45</b>	+02:53:36	10:04	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
269	<b>GRUNTOWSKI Mateusz</b>	<b>6536</b>	NIEMO ADVENTURE	Senior II M - 30	112	01:27:16	04:02:47		<b>05:32:50.50</b>	+02:54:07	10:05	5.9
270	<b>ZNAMIEC Marcin</b>	<b>6451</b>	ULTRA KSP	Masters M - 40	63	01:24:55	03:51:19		<b>05:33:03.80</b>	+02:54:20	10:05	5.9
271	<b>KUBIAK Dariusz</b>	<b>6299</b>	KKKLEGNICA	Weteran II M - 60	5	01:17:37	04:00:24		<b>05:33:24.15</b>	+02:54:41	10:06	5.9
272	<b>ODZIMKOWSKI Marcin</b>	<b>6199</b>		Senior II M - 30	113	01:25:26	04:07:29		<b>05:34:42.70</b>	+02:55:59	10:08	5.9
273	<b>LEWANDOWSKI Leszek</b>	<b>6201</b>	POWSTAŃCY Z KANAPY	Masters M - 40	64	01:25:45	04:01:29		<b>05:35:11.40</b>	+02:56:28	10:09	5.9
274	<b>JAKUBOWSKA Renata</b>	<b>6418</b>	NIEZRZESZONA AMATORKA	Weteran II K - 60	1	01:25:18	04:02:08		<b>05:36:00.90</b>	+02:57:17	10:10	5.9
275	<b>SOBOLEWSKI Bartłomiej</b>	<b>6252</b>		Weteran II M - 60	6	01:20:22	03:55:34		<b>05:37:14.30</b>	+02:58:31	10:13	5.9
276	<b>STEFANOWSKI Marcin</b>	<b>6324</b>	***** ***	Masters M - 40	65	01:25:24	04:03:14		<b>05:37:37.50</b>	+02:58:54	10:13	5.9
277	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>6515</b>	TIM JEST TIM	Masters K - 40	18	01:24:03	04:07:14		<b>05:38:50.25</b>	+03:00:07	10:16	5.8
278	<b>MSZYCA Maciej</b>	<b>6222</b>		Senior II M - 30	114	01:26:32	04:05:56		<b>05:38:54.20</b>	+03:00:11	10:16	5.8
279	<b>KOPROWSKA Agnieszka</b>	<b>6160</b>	BIEGAM U KOLESI	Senior II K - 30	25	01:23:14	03:58:20		<b>05:39:19.05</b>	+03:00:36	10:16	5.8
280	<b>NOZDRYN-PŁOTNICKI Bolesław</b>	<b>6127</b>		Masters M - 40	66	01:24:46	04:12:50		<b>05:40:58.90</b>	+03:02:15	10:19	5.8
281	<b>PONIATOWSKI Seweryn</b>	<b>6065</b>	TROPEM ULTRA	Senior II M - 30	115	01:22:52	04:01:02		<b>05:42:06.10</b>	+03:03:23	10:22	5.8
282	<b>GACH Marcin</b>	<b>6382</b>	DELTAKOMANDO HARDCOROWEGO BOBRA	Senior II M - 30	116	01:17:48	03:50:45		<b>05:42:24.15</b>	+03:03:41	10:22	5.8
283	<b>KRAWCZYK Mirosław</b>	<b>6106</b>	MJMETAL OŚWIĘCIM	Weteran II M - 60	7	01:32:34	04:12:10		<b>05:42:50.30</b>	+03:04:07	10:23	5.8
284	<b>TOCZEWSKA Anna</b>	<b>6448</b>	JACEKBIEGA RUNNING TEAM	Weteran K - 50	3	01:26:25	04:12:01		<b>05:43:04.40</b>	+03:04:21	10:23	5.8
285	<b>SZCZEPKOWSKI Paweł</b>	<b>6340</b>	ARTEQUIPMENT.	Weteran II M - 60	8	01:32:16	04:16:10		<b>05:43:05.75</b>	+03:04:22	10:23	5.8
286	<b>GAWRON Monika</b>	<b>6411</b>	MIRAZ RACE TEAM	Masters K - 40	19	01:25:34	04:16:06		<b>05:43:13.75</b>	+03:04:30	10:24	5.8
287	<b>STACHAK Krzysztof</b>	<b>6410</b>	MIRAZ RACE TEAM	Masters M - 40	67	01:25:31	04:16:21		<b>05:43:14.00</b>	+03:04:31	10:24	5.8
288	<b>MACIEJEWSKI Robert</b>	<b>6526</b>	BIEGAM BO LUBIĘ	Masters M - 40	68	01:28:05	04:08:46		<b>05:44:30.30</b>	+03:05:47	10:26	5.7
289	<b>SAŁEK Agata</b>	<b>6307</b>		Senior II K - 30	26	01:28:14	04:14:03		<b>05:45:26.20</b>	+03:06:43	10:28	5.7
290	<b>STAŃCZAK Paweł</b>	<b>6443</b>	BEAUTYSPORT	Weteran I M - 50	9	01:24:07	04:07:17		<b>05:45:37.30</b>	+03:06:54	10:28	5.7
291	<b>BIADAŁA Paulina</b>	<b>6445</b>		Masters K - 40	20	01:28:17	04:17:23		<b>05:46:08.65</b>	+03:07:25	10:29	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
292	<b>BŁASZKIEWICZ Klaudia</b>	<b>6372</b>		Senior I K - 20	12	01:29:21	04:13:59		<b>05:46:13.95</b>	+03:07:31	10:29	5.7
293	<b>ZBOROWSKI Norbert</b>	<b>6394</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	117	01:20:32	04:22:41		<b>05:46:34.45</b>	+03:07:51	10:30	5.7
294	<b>KULCZYKOWSKA Julita</b>	<b>6089</b>	CHOMIKI Z KOPYTEM	Masters K - 40	21	01:30:00	04:16:26		<b>05:47:10.60</b>	+03:08:27	10:31	5.7
295	<b>WOZNIAK Damian</b>	<b>6034</b>	CHOMIKI Z KOPYTEM	Masters M - 40	69	01:29:39	04:16:25		<b>05:47:10.90</b>	+03:08:27	10:31	5.7
296	<b>WISZNIEWICZ Agnieszka</b>	<b>6259</b>		Senior II K - 30	27	01:27:48	04:14:53		<b>05:49:06.25</b>	+03:10:23	10:34	5.7
297	<b>RYCZYŃSKI Jacek</b>	<b>6108</b>		Masters M - 40	70	01:29:13	04:27:35		<b>05:49:12.85</b>	+03:10:29	10:34	5.7
298	<b>WITKOWSKI Witold</b>	<b>6436</b>		Masters M - 40	71	01:18:43	03:57:58		<b>05:51:11.55</b>	+03:12:28	10:38	5.6
299	<b>STEFANIAK Marcin</b>	<b>6111</b>	STR/PREFAWAAB	Masters M - 40	72	01:21:43	04:09:35		<b>05:51:33.40</b>	+03:12:50	10:39	5.6
300	<b>ZYCHOWICZ Zbigniew</b>	<b>6149</b>	SBRT WROCŁAW	Masters M - 40	73	01:22:05	04:14:58		<b>05:52:03.10</b>	+03:13:20	10:40	5.6
301	<b>MATUSZCZYK Marek</b>	<b>6214</b>	RYBNICKA GRUPA BIEGOWA	Masters M - 40	74	01:27:57	04:18:03		<b>05:53:40.05</b>	+03:14:57	10:43	5.6
302	<b>PARZYCH Wojciech</b>	<b>6216</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	75	01:27:57	04:18:03		<b>05:53:41.40</b>	+03:14:58	10:43	5.6
303	<b>TYMBOROWSKA - WIEDRO Małgorzata</b>	<b>6531</b>	WKURW_TEAM	Masters K - 40	22	01:30:34	04:17:16		<b>05:55:22.70</b>	+03:16:39	10:46	5.6
304	<b>PIETRZAK Krzysztof</b>	<b>6266</b>	BIEGAMBOLUBIĘ GORZÓW	Senior II M - 30	118	01:37:53	04:28:05		<b>05:56:19.15</b>	+03:17:36	10:47	5.6
305	<b>KOPYRA Tomasz</b>	<b>6320</b>		Masters M - 40	76	01:29:14	04:10:55		<b>05:56:27.80</b>	+03:17:44	10:48	5.6
306	<b>BUJALSKA Agata</b>	<b>6151</b>		Senior II K - 30	28	01:26:05	04:29:44		<b>05:57:19.90</b>	+03:18:36	10:49	5.5
307	<b>KOŁACZ Mariusz</b>	<b>6296</b>	LAFIRYNDY I GAMONIE	Weteran I M - 50	10	01:35:10	04:25:10		<b>05:57:30.75</b>	+03:18:47	10:50	5.5
308	<b>JOPA Maciej</b>	<b>6097</b>		Senior II M - 30	119	01:22:56	04:09:59		<b>05:57:50.45</b>	+03:19:07	10:50	5.5
309	<b>KRZESZEWSKA Dorota</b>	<b>6223</b>		Masters K - 40	23	01:29:39	04:29:40		<b>05:58:48.45</b>	+03:20:05	10:52	5.5
310	<b>KUKLA-KOWALSKA Alicja</b>	<b>6057</b>	BIEGAM BO NIE LUBIE	Masters K - 40	24	01:30:12	04:24:50		<b>05:58:57.25</b>	+03:20:14	10:52	5.5
311	<b>SMORAWSKA Lidia</b>	<b>6244</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	29	01:25:45	04:21:17		<b>05:58:57.30</b>	+03:20:14	10:52	5.5
312	<b>BURMISTRZ Bartosz</b>	<b>6246</b>	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	120	01:25:46	04:21:17		<b>05:58:57.40</b>	+03:20:14	10:52	5.5
313	<b>KOWALCZYK Marcin</b>	<b>6317</b>		Senior II M - 30	121	01:36:15	04:25:39		<b>05:59:47.30</b>	+03:21:04	10:54	5.5
314	<b>RATKOWSKA Izabela</b>	<b>6261</b>		Senior II K - 30	30	01:36:12	04:25:38		<b>05:59:47.70</b>	+03:21:04	10:54	5.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
315	<b>KWIATKOWSKA Agnieszka</b>	<b>6224</b>	LIPIARY	Senior II K - 30	31	01:42:01	04:35:00		<b>05:59:57.95</b>	+03:21:15	10:54	5.5
316	<b>CZAJKA Elżbieta</b>	<b>6225</b>	LIPIARY	Senior II K - 30	32	01:42:05	04:35:04		<b>05:59:59.40</b>	+03:21:16	10:54	5.5
317	<b>MARCINIAK Anna</b>	<b>6467</b>		Masters K - 40	25	01:34:30	04:23:25		<b>06:00:49.50</b>	+03:22:06	10:56	5.5
318	<b>PAWELEC Radosław</b>	<b>6305</b>		Weteran II M - 60	9	01:29:59	04:23:38		<b>06:00:55.30</b>	+03:22:12	10:56	5.5
319	<b>GRANECKA Monika</b>	<b>6543</b>	DZIK KOMANDO	Masters K - 40	26	01:25:29	04:25:29		<b>06:01:36.25</b>	+03:22:53	10:57	5.5
320	<b>JAGODZIŃSKI Hubert</b>	<b>6255</b>	DZIK KOMANDO	Senior II M - 30	122	01:21:05	04:25:31		<b>06:01:39.30</b>	+03:22:56	10:57	5.5
321	<b>KACZMAREK Łukasz</b>	<b>6379</b>	DZIK KOMANDO	Senior II M - 30	123	01:10:24	04:25:34		<b>06:01:40.45</b>	+03:22:57	10:57	5.5
322	<b>ŚMIECHOWSKA Małgorzata</b>	<b>6539</b>		Masters K - 40	27	01:30:17	04:19:26		<b>06:01:53.85</b>	+03:23:10	10:57	5.5
323	<b>KASZUBSKI Marek</b>	<b>6137</b>		Masters M - 40	77	01:20:07			<b>06:02:16.05</b>	+03:23:33	10:58	5.5
324	<b>CZESKA Karolina</b>	<b>6247</b>	LAMPART TRENING	Senior II K - 30	33	01:34:38	04:29:18		<b>06:02:21.35</b>	+03:23:38	10:58	5.5
325	<b>WRÓBLEWSKI Witold</b>	<b>6483</b>		Senior II M - 30	124	01:17:03	04:18:55		<b>06:02:55.60</b>	+03:24:12	10:59	5.5
326	<b>WORONOWICZ Karol</b>	<b>6312</b>		Senior II M - 30	125	01:32:29	04:30:50		<b>06:03:29.80</b>	+03:24:46	11:00	5.4
327	<b>MAZUR Marek</b>	<b>6385</b>		Masters M - 40	78	01:21:53	04:19:57		<b>06:04:27.70</b>	+03:25:44	11:02	5.4
328	<b>PACIOREK Paweł</b>	<b>6440</b>	THE ONE AND LONELY	Masters M - 40	79	01:27:24	04:17:25		<b>06:05:14.80</b>	+03:26:31	11:04	5.4
329	<b>BOŹKIEWICZ Patrycja</b>	<b>6233</b>	PIEKIELNIE ZGRANI	Masters K - 40	28	01:33:41	04:28:26		<b>06:05:38.35</b>	+03:26:55	11:04	5.4
330	<b>KOŃ Aleksandra</b>	<b>6407</b>	EKIPA LIPA	Masters K - 40	29	01:37:12	04:41:47		<b>06:06:17.25</b>	+03:27:34	11:05	5.4
331	<b>KONCA Mariusz</b>	<b>6005</b>	KB OŻARÓW MAZOWECKI BIEGA	Masters M - 40	80	01:32:36	04:32:15		<b>06:06:21.30</b>	+03:27:38	11:06	5.4
332	<b>DOWNAR-ZAPOLSKA Laura</b>	<b>6141</b>		Senior I K - 20	13	01:37:06	04:37:50		<b>06:06:47.30</b>	+03:28:04	11:06	5.4
333	<b>GRZELKA Tomasz</b>	<b>6001</b>	RUNNER'S POWER	Masters M - 40	81	01:25:06	04:29:25		<b>06:07:25.40</b>	+03:28:42	11:08	5.4
334	<b>SKORUPSKI Szymon</b>	<b>6110</b>	KURACJUSZE	Senior II M - 30	126	01:22:49	04:35:43		<b>06:07:29.65</b>	+03:28:46	11:08	5.4
335	<b>PTASZYŃSKI Marcin</b>	<b>6311</b>		Senior II M - 30	127	01:27:41	04:23:58		<b>06:07:47.80</b>	+03:29:04	11:08	5.4
336	<b>BRONIEWSKA Anna</b>	<b>6088</b>		Weteran K - 50	4	01:26:11	04:23:20		<b>06:08:12.10</b>	+03:29:29	11:09	5.4
337	<b>GŁOWACKA Renata</b>	<b>6262</b>	LULARUN	Weteran K - 50	5	01:28:49	04:31:15		<b>06:08:25.20</b>	+03:29:42	11:09	5.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
338	<b>KOTULA Weronika</b>	<b>6409</b>		Senior II K - 30	34	01:33:09	04:33:34		<b>06:08:50.85</b>	+03:30:07	11:10	5.4
339	<b>ZIEMKOWSKA Monika</b>	<b>6323</b>		Masters K - 40	30	01:38:21	04:38:35		<b>06:10:00.05</b>	+03:31:17	11:12	5.4
340	<b>KACZMAREK Maciej</b>	<b>6091</b>	TEAM BEROTU	Senior II M - 30	128	01:27:49	04:24:37		<b>06:10:40.55</b>	+03:31:57	11:13	5.3
341	<b>KLYSZCZ Monika</b>	<b>6505</b>	IZBICKO W BIEGU	Senior II K - 30	35	01:30:29	04:36:18		<b>06:10:52.40</b>	+03:32:09	11:14	5.3
342	<b>OCHNIO Ewa</b>	<b>6021</b>	DALEKA DROGA	Masters K - 40	31	01:37:03	04:24:45		<b>06:11:11.55</b>	+03:32:28	11:14	5.3
343	<b>GAJEWSKI Paweł</b>	<b>6290</b>	BEAUTY SPORT	Weteran I M - 50	11	01:38:49	04:39:07		<b>06:12:13.10</b>	+03:33:30	11:16	5.3
344	<b>GAJEWSKI Magdalena Gajewska</b>	<b>6291</b>	L&G	Weteran K - 50	6	01:38:51	04:39:07		<b>06:12:13.90</b>	+03:33:30	11:16	5.3
345	<b>STANISZEWSKI Maciek</b>	<b>6040</b>		Masters M - 40	82	01:23:04	04:37:06		<b>06:13:55.60</b>	+03:35:12	11:19	5.3
346	<b>BECHTA Bechta</b>	<b>6144</b>	ADIDAS RUNNERS WARSAW	Senior I M - 20	30	01:30:26	04:32:31		<b>06:14:19.90</b>	+03:35:36	11:20	5.3
347	<b>BARTKOWIAK Piotr</b>	<b>6117</b>	M-FIT RAWCZ	Senior II M - 30	129	01:34:19	04:34:21		<b>06:14:24.05</b>	+03:35:41	11:20	5.3
348	<b>JUSIAK Marta</b>	<b>6116</b>	M-FIT RAWCZ	Senior II K - 30	36	01:34:17	04:33:37		<b>06:14:24.70</b>	+03:35:41	11:20	5.3
349	<b>KOWALSKA Katarzyna</b>	<b>6474</b>	NIEPOŁOMICE BIEGAJĄ	Weteran K - 50	7	01:36:59	04:27:31		<b>06:14:52.80</b>	+03:36:09	11:21	5.3
350	<b>LEKS-MASZKOWSKA Ryszarda</b>	<b>6435</b>	OBORYGENI	Masters K - 40	32	01:32:34	04:55:01		<b>06:16:14.20</b>	+03:37:31	11:24	5.3
351	<b>HATAŁA Tomasz</b>	<b>6076</b>	BARCA	Senior II M - 30	130	01:27:48	04:31:48		<b>06:17:04.85</b>	+03:38:21	11:25	5.3
352	<b>GAWLAK Robert</b>	<b>6169</b>	MNG / RYTM CZ-DZ	Senior II M - 30	131	01:28:11	04:30:26		<b>06:17:18.10</b>	+03:38:35	11:26	5.2
353	<b>ZARZECZNY Radosław</b>	<b>6003</b>	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	132	01:35:03	04:21:41		<b>06:17:37.55</b>	+03:38:54	11:26	5.2
354	<b>WYSMOLINSKA Karolina</b>	<b>6430</b>		Masters K - 40	33	01:36:54	04:35:20		<b>06:17:42.00</b>	+03:38:59	11:26	5.2
355	<b>HORODYŃSKA Mirosława</b>	<b>6541</b>	KOTWICA BRZEG	Masters K - 40	34	01:38:28	04:50:17		<b>06:18:35.80</b>	+03:39:52	11:28	5.2
356	<b>WILGUS-KUBICA Katarzyna</b>	<b>6404</b>		Masters K - 40	35	01:36:51	04:42:53		<b>06:18:45.65</b>	+03:40:02	11:28	5.2
357	<b>KAMIŃSKI Łukasz</b>	<b>6162</b>		Masters M - 40	83	01:31:35	04:40:18		<b>06:18:53.30</b>	+03:40:10	11:28	5.2
358	<b>KOCZOROWSKI Marcin</b>	<b>6426</b>	TEAM ZABIEGANEDNI	Masters M - 40	84	01:38:24	04:38:10		<b>06:19:19.30</b>	+03:40:36	11:29	5.2
359	<b>KOCZOROWSKA Anna</b>	<b>6427</b>	TEAM ZABIEGANEDNI	Masters K - 40	36	01:38:23	04:38:10		<b>06:19:20.10</b>	+03:40:37	11:29	5.2
360	<b>SZURKOWSKI Michał</b>	<b>6476</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	133	01:37:30	04:42:46		<b>06:19:20.55</b>	+03:40:37	11:29	5.2



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
361	<b>DOBOSZ Leszek</b>	<b>6371</b>		Masters M - 40	85	01:37:29	04:42:47		<b>06:19:21.50</b>	+03:40:38	11:29	5.2
362	<b>POPCZYK Piotr</b>	<b>6154</b>		Masters M - 40	86	01:34:34	04:48:18		<b>06:19:35.40</b>	+03:40:52	11:30	5.2
363	<b>KRAWCZYK Krystian</b>	<b>6258</b>		Senior II M - 30	134	01:27:00	04:31:49		<b>06:20:24.10</b>	+03:41:41	11:31	5.2
364	<b>WOŁOWIEC Bożena</b>	<b>6495</b>		Masters K - 40	37	01:36:41	04:34:24		<b>06:20:57.40</b>	+03:42:14	11:32	5.2
365	<b>IWIŃSKI Marcin</b>	<b>6337</b>	WOLNE ŚLIMAKI	Senior II M - 30	135	01:35:24	04:47:39		<b>06:21:52.40</b>	+03:43:09	11:34	5.2
366	<b>BOŹKIEWICZ Jacek</b>	<b>6234</b>		Masters M - 40	87	01:32:42	04:56:09		<b>06:22:27.05</b>	+03:43:44	11:35	5.2
367	<b>BURDAJEWICZ Magdalena</b>	<b>6480</b>		Masters K - 40	38	01:36:24	04:38:04		<b>06:29:05.40</b>	+03:50:22	11:47	5.1
368	<b>KONCA Beata</b>	<b>6016</b>	KB OŹARÓW MAZOWECKI BIEGA	Masters K - 40	39	01:43:43	04:58:42		<b>06:29:16.75</b>	+03:50:33	11:47	5.1
369	<b>PNIEWSKI Rafał</b>	<b>6047</b>	1ON1 TEAM	Weteran I M - 50	12	01:37:08	04:39:50		<b>06:31:22.20</b>	+03:52:39	11:51	5.1
370	<b>MAŁECKI Kamil</b>	<b>6049</b>		Senior II M - 30	136	01:29:08	04:58:36		<b>06:31:41.55</b>	+03:52:58	11:52	5.1
371	<b>PATYRA Łukasz</b>	<b>6136</b>	GOMIND	Senior II M - 30	137	01:32:11	04:43:13		<b>06:31:57.70</b>	+03:53:14	11:52	5.1
372	<b>CHYLIŃSKI Bartosz</b>	<b>6497</b>		Senior II M - 30	138	01:33:32	05:02:43		<b>06:31:59.20</b>	+03:53:16	11:52	5.1
373	<b>PAUKSZTA Aleksandra</b>	<b>6028</b>		Senior I K - 20	14	01:38:46	04:49:29		<b>06:32:02.35</b>	+03:53:19	11:52	5.1
374	<b>MATLAK Grzegorz</b>	<b>6413</b>	3M RUNNING TEAM	Masters M - 40	88	01:27:11	04:50:31		<b>06:32:28.65</b>	+03:53:45	11:53	5
375	<b>WILCZEK Małgorzata</b>	<b>6302</b>	RAJSPOORT ACTIVE	Senior II K - 30	37	01:40:12	04:56:51		<b>06:33:08.80</b>	+03:54:25	11:54	5
376	<b>BIAŁEK Kamila</b>	<b>6453</b>		Masters K - 40	40	01:33:30	05:02:43		<b>06:33:10.25</b>	+03:54:27	11:54	5
377	<b>ŁUSIAK Ewa</b>	<b>6000</b>		Masters K - 40	41	01:40:13	04:56:54		<b>06:33:29.60</b>	+03:54:46	11:55	5
378	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>6471</b>		Weteran I M - 50	13	01:37:54	05:01:16		<b>06:33:40.85</b>	+03:54:57	11:55	5
379	<b>SAŁAMACHA Stanisław</b>	<b>6186</b>	BIAŁA BIEGA	Weteran II M - 60	10	01:35:46	05:00:39		<b>06:35:30.15</b>	+03:56:47	11:59	5
380	<b>SAŁAMACHA Izabela</b>	<b>6187</b>	MAMY BIEGAMY	Masters K - 40	42	01:35:45	05:00:40		<b>06:35:30.30</b>	+03:56:47	11:59	5
381	<b>STOMPEL Ewelina</b>	<b>6396</b>		Senior II K - 30	38	01:35:39	04:55:55		<b>06:38:41.35</b>	+03:59:58	12:04	5
382	<b>LEŚNIEWSKI Tomek</b>	<b>6297</b>	LAFIRYNDY I GAMONIE	Masters M - 40	89	01:40:33	05:08:11		<b>06:38:41.85</b>	+03:59:58	12:04	5
383	<b>KURBIEL Sylwia</b>	<b>6395</b>	SIEMIANOWCE I PRZYJACIELE BIEGAJĄ	Senior II K - 30	39	01:35:39	04:55:55		<b>06:38:42.05</b>	+03:59:59	12:04	5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
384	<b>BIS Marcin</b>	<b>6267</b>		Senior II M - 30	139	01:37:58	04:51:05		<b>06:38:43.05</b>	+04:00:00	12:04	5
385	<b>PROCHOŃ Krzysztof</b>	<b>6180</b>		Weteran I M - 50	14	01:51:26	04:50:28		<b>06:38:55.95</b>	+04:00:13	12:05	5
386	<b>MROZIŃSKI Albert</b>	<b>6242</b>		Masters M - 40	90	01:32:54	04:58:13		<b>06:39:45.85</b>	+04:01:02	12:06	5
387	<b>MROZIŃSKA Renata</b>	<b>6240</b>		Masters K - 40	43	01:33:08	04:58:14		<b>06:39:48.45</b>	+04:01:05	12:06	5
388	<b>BILCZEWSKA Basia</b>	<b>6325</b>	HEINEKEN KRAKÓW RUNNING CLUB	Senior II K - 30	40	01:40:57	05:00:01		<b>06:40:25.00</b>	+04:01:42	12:08	4.9
389	<b>ZAWIS Marek</b>	<b>6235</b>		Weteran I M - 50	15	01:33:19	04:52:47		<b>06:41:36.10</b>	+04:02:53	12:10	4.9
390	<b>MAŃKOWSKI Bartosz</b>	<b>6507</b>	KUCHNIAMANKOWSKIEGO.PL	Senior II M - 30	140	01:37:12	05:06:08		<b>06:42:25.05</b>	+04:03:42	12:11	4.9
391	<b>MAŃKOWSKI Dariusz</b>	<b>6508</b>	KUCHNIAMANKOWSKIEGO.PL	Weteran I M - 50	16	01:36:51	05:06:46		<b>06:42:25.60</b>	+04:03:42	12:11	4.9
392	<b>HOFFMANN Grzegorz</b>	<b>6165</b>	KOŚCIAN TEAM	Masters M - 40	91	01:35:37	04:58:26		<b>06:43:01.25</b>	+04:04:18	12:12	4.9
393	<b>RÓG Adam</b>	<b>6204</b>	BIEGAM BO LUBIĘ INOWROCŁAW	Masters M - 40	92	01:30:46	04:51:53		<b>06:44:11.85</b>	+04:05:28	12:14	4.9
394	<b>WRONISZEWSKI Łukasz</b>	<b>6523</b>	ION1 TEAM	Senior II M - 30	141	01:32:12	04:51:57		<b>06:44:16.75</b>	+04:05:33	12:15	4.9
395	<b>SZYMAŃSKI Roman</b>	<b>6386</b>	BUKOWSKI KLUB BIEGACZA	Weteran I M - 50	17	01:35:26	05:04:11		<b>06:45:51.40</b>	+04:07:08	12:17	4.9
396	<b>KROMER Ludwik</b>	<b>6119</b>		Weteran II M - 60	11	01:38:03	05:05:24		<b>06:47:04.75</b>	+04:08:21	12:20	4.9
397	<b>KOBIERECKA Monika</b>	<b>6146</b>		Masters K - 40	44	01:36:01	05:02:19		<b>06:47:10.40</b>	+04:08:27	12:20	4.9
398	<b>PĘCKA Beata</b>	<b>6143</b>		Masters K - 40	45	01:37:44	04:50:50		<b>06:47:10.75</b>	+04:08:27	12:20	4.9
399	<b>PLASZCZAK Bogumiła</b>	<b>6175</b>	PIEKIELNIE ZGRANI	Masters K - 40	46	01:38:14	05:06:00		<b>06:48:16.50</b>	+04:09:33	12:22	4.8
400	<b>PLASZCZAK Jarosław</b>	<b>6174</b>		Masters M - 40	93	01:39:12	05:06:02		<b>06:48:18.95</b>	+04:09:36	12:22	4.8
401	<b>DADAŚ Elżbieta</b>	<b>6043</b>	BP RUNNING TEAM GLIWCE	Masters K - 40	47	01:44:52	05:01:49		<b>06:48:52.50</b>	+04:10:09	12:23	4.8
402	<b>DENKOWSKI Wojciech</b>	<b>6054</b>	BP RUNNING TEAM GLIWCE	Weteran I M - 50	18	01:44:49	05:01:52		<b>06:48:52.75</b>	+04:10:09	12:23	4.8
403	<b>GRACZYK Dobrochna</b>	<b>6092</b>		Senior I K - 20	15	01:53:00	05:19:11		<b>06:48:57.65</b>	+04:10:14	12:23	4.8
404	<b>GRACZYK Magdalena</b>	<b>6094</b>		Masters K - 40	48	01:53:02	05:19:11		<b>06:48:58.00</b>	+04:10:15	12:23	4.8
405	<b>JOŃCZYK Jerzy</b>	<b>6239</b>	TUP TUP	Weteran I M - 50	19	01:38:34	05:02:13		<b>06:49:26.75</b>	+04:10:43	12:24	4.8
406	<b>MYŚLIWIEC Andrzej</b>	<b>6203</b>		Weteran II M - 60	12	01:12:24	05:04:39		<b>06:50:46.80</b>	+04:12:03	12:26	4.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
407	GRUDNIEWSKI Jakub	6138		Senior II M - 30	142	01:36:54	05:04:19		<b>06:51:06.80</b>	+04:12:23	12:27	4.8
408	GŁUSZCZAK Jerzy	6498		Weteran II M - 60	13	01:49:39	05:11:27		<b>06:54:06.50</b>	+04:15:23	12:32	4.8
409	HOLONA Bożena	6428		Weteran K - 50	8	01:44:43	05:19:40		<b>06:56:18.00</b>	+04:17:35	12:36	4.8
410	ZAGÓRSKA Beata	6367		Senior II K - 30	41	01:47:20	05:19:40		<b>06:56:20.30</b>	+04:17:37	12:36	4.8
411	MUCHA-KRUCZYŃSKI Wacław	6405	MUKK "QENPI"	Weteran II M - 60	14	01:43:57	05:06:33		<b>06:57:15.35</b>	+04:18:32	12:38	4.7
412	ZGÓRSKI Maciej	6048	WKURW_TEAM	Masters M - 40	94	01:37:50	05:19:12		<b>06:57:50.85</b>	+04:19:07	12:39	4.7
413	WOLSKA Małgorzata	6366		Weteran K - 50	9	01:46:53	05:14:20		<b>06:59:03.15</b>	+04:20:20	12:41	4.7
414	DUDA Wojciech	6253	SKAWNA BIEGA	Masters M - 40	95	01:44:55	05:07:27		<b>06:59:46.70</b>	+04:21:03	12:43	4.7
415	CHORAŻY Łukasz	6179	CAŁA OLEŚNICA BIEGA	Senior II M - 30	143	01:38:24	05:06:05		<b>07:01:54.30</b>	+04:23:11	12:47	4.7
416	DRABARZ Jacek	6278		Masters M - 40	96	01:36:46	05:08:32		<b>07:01:54.80</b>	+04:23:11	12:47	4.7
417	FRANCUZ Patrycja	6400		Senior II K - 30	42	01:50:48	05:15:58		<b>07:04:48.55</b>	+04:26:05	12:52	4.7
418	KACZMAREK Monika	6087	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	49	01:48:31	05:23:38		<b>07:05:38.20</b>	+04:26:55	12:53	4.7
419	KONIECZNY Piotr	6024	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	97	01:48:26	05:23:39		<b>07:06:47.90</b>	+04:28:04	12:55	4.6
420	BARTOSIEWICZ Dorota	6425		Senior II K - 30	43	01:43:01	05:22:48		<b>07:12:26.50</b>	+04:33:43	13:06	4.6
421	GAWLAK Ewa	6168	MNG	Senior II K - 30	44	01:46:30	05:24:44		<b>07:19:02.70</b>	+04:40:19	13:18	4.5
422	SZARMACH Olga	6208		Senior II K - 30	45	01:43:29	05:36:07		<b>07:24:37.75</b>	+04:45:54	13:28	4.5
423	BESTRZYŃSKI Olech	6374	CZŁAPAK ROBAKOWO	Weteran I M - 50	20	01:51:46	05:08:36		<b>07:33:39.00</b>	+04:54:56	13:44	4.4
424	STRZELCZYK Aleksandra	6375	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	46	01:59:17	05:29:04		<b>07:39:25.15</b>	+05:00:42	13:55	4.3
425	STRZELCZYK Paweł	6376	CC 1916	Senior II M - 30	144	01:59:17	05:48:30		<b>07:39:25.25</b>	+05:00:42	13:55	4.3
426	BASZCZYŃSKA Barbara	6517	WKURW_TEAM	Weteran K - 50	10	02:04:26	05:50:47		<b>07:50:10.45</b>	+05:11:27	14:14	4.2
427	REGULSKA Aneta	6053	DRUŻYNA SZPIKU	Senior II K - 30	47	02:09:53	05:49:53		<b>08:18:07.65</b>	+05:39:24	15:05	4
428	RAJZAKOWSKA Anna	6209		Weteran K - 50	11	02:09:52	05:49:52		<b>08:18:09.30</b>	+05:39:26	15:05	4
429	KOSTULSKA Olga	6050	WKURW_TEAM	Senior II K - 30	48	02:05:52	05:58:05		<b>08:21:22.30</b>	+05:42:39	15:11	3.9

Przekroczony limit czasu: 08:30:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
430	<b>WALCZAK Sławomir</b>	<b>6490</b>		Weteran I M - 50	21	01:53:11	06:04:05		<b>08:31:52.10</b>	+05:53:09	15:30	3.9
431	<b>SZCZEPANIAK Sławomir</b>	<b>6415</b>	KS LENIWIEC	Weteran I M - 50	22	02:12:04	06:12:48		<b>08:40:53.85</b>	+06:02:10	15:47	3.8
	<b>CICHY Krzysztof</b>	<b>6416</b>		Weteran I M - 50		01:08:17 DNF	03:11:21 DNF		<b>DNF</b>		-	-
	<b>SNIEGOCKI Pawel</b>	<b>6083</b>	TARNOWO PODGÓRNE BIEGA/ 4T	Masters M - 40		01:18:00 DNF	03:53:52 DNF		<b>DNF</b>		-	-
	<b>KACZMAREK Dorota</b>	<b>6131</b>	RADZIKI	Senior II K - 30		01:22:37 DNF	04:06:42 DNF		<b>DNF</b>		-	-
	<b>KACZMAREK Radosław</b>	<b>6130</b>	RADZIKI	Weteran I M - 50		01:22:27 DNF	04:06:50 DNF		<b>DNF</b>		-	-
	<b>POMIANOWSKA Romana</b>	<b>6218</b>		Senior II K - 30		01:54:26 DNF	05:50:24 DNF		<b>DNF</b>		-	-
	<b>MAĆKOWIAK-RYDZYŃSKA Anna</b>	<b>6408</b>		Masters K - 40		01:33:43 DNF	19:32:41 DNF		<b>DNF</b>		-	-
	<b>KANTOR Martyna</b>	<b>6533</b>		Senior II K - 30		00:56:55 DNF	DNF		<b>DNF</b>		-	-
	<b>DANILUK Krzysztof</b>	<b>6530</b>	BREAKING3	Masters M - 40		00:58:39 DNF	DNF		<b>DNF</b>		-	-
	<b>WIELOGÓRSKA Natalia</b>	<b>6468</b>		Senior II K - 30		01:13:58 DNF	DNF		<b>DNF</b>		-	-
	<b>POMIANOWSKI Szymon</b>	<b>6219</b>	KURACJUSZE	Senior II M - 30		01:17:17 DNF	DNF		<b>DNF</b>		-	-
	<b>BRÓŃSKI Krzysztof</b>	<b>6238</b>		Senior II M - 30		01:18:08 DNF	DNF		<b>DNF</b>		-	-
	<b>DOROCIAK Wioletta</b>	<b>6393</b>	MISTRZOWSKI TRENING	Weteran K - 50		01:23:44 DNF	DNF		<b>DNF</b>		-	-
	<b>SĄSIADK Sławomir</b>	<b>6080</b>	FEHLAU RUN TEAM	Weteran I M - 50		01:29:13 DNF	DNF		<b>DNF</b>		-	-
	<b>RAPACZ-TOPILKO Anna</b>	<b>6210</b>	MASTERS ART	Masters K - 40		01:31:24 DNF	DNF		<b>DNF</b>		-	-
	<b>GIERCZAK Piotr</b>	<b>6185</b>	ES TEAM	Masters M - 40		01:32:18 DNF	DNF		<b>DNF</b>		-	-
	<b>KAMIŃSKI Tomasz</b>	<b>6446</b>	RESTAURACJA MAKARON	Weteran I M - 50		01:35:56 DNF	DNF		<b>DNF</b>		-	-
	<b>CZERNIK Andrzej</b>	<b>6401</b>		Weteran II M - 60		01:50:57 DNF	DNF		<b>DNF</b>		-	-
	<b>JAŚKIEWICZ Martyna</b>	<b>6334</b>		Senior I K - 20		01:50:57 DNF	DNF		<b>DNF</b>		-	-
	<b>GULA Tomasz</b>	<b>6419</b>	GBY	Senior II M - 30		02:16:04 DNF	DNF		<b>DNF</b>		-	-
	<b>WIŚNIEWSKA Justyna</b>	<b>6412</b>	GBY	Senior II K - 30		02:16:14 DNF	DNF		<b>DNF</b>		-	-
	<b>MROWCZYNSKA Ewa</b>	<b>6500</b>		Weteran K - 50		DNF	DNF		<b>DNF</b>		-	-

Znaleziono 452 wynik(ów)