



II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	LACHOWSKI Andrzej	9	LACHO TEAM	M30	1	00:07:51	01:47:24	02:18:36	02:47:06	02:56:55	03:04:46.30		4:08	14.5
2	CZYŻ Grzegorz	7	GRUPA AZOTY -AUTOMATYKA TARNÓW	M40	1	00:08:04	01:50:52	02:22:13	02:49:27	02:57:47	03:05:51.50	+00:01:05	4:10	14.4
3	DZIEWIŃSKI Damian	660	TG „SOKÓŁ” SANOK	M30	2	00:07:59	01:50:56	02:24:27	02:54:10	03:04:54	03:12:53.65	+00:08:07	4:19	13.9
4	KRAWCZYK Paweł	3	DARE 2B TEAM	M30	3	00:07:52	01:47:26	02:18:37	02:52:23	03:06:08	03:14:00.95	+00:09:14	4:20	13.8
5	KRAWIECKI Mateusz	583	LUBAWA KOCHA BIEGAĆ	M20	1	00:07:52	01:53:42	02:28:17	02:58:54	03:09:49	03:17:41.70	+00:12:55	4:25	13.5
6	WIERNUSZ Krzysztof	499	FINISZ RYMANÓW	M40	2	00:08:37	01:57:55	02:32:20	03:01:41	03:09:07	03:17:44.20	+00:12:57	4:26	13.5
7	KOCZWARA Tomek	264		M30	4	00:08:42	01:56:21	02:30:39	03:01:46	03:10:12	03:18:54.70	+00:14:08	4:27	13.5
8	CISZCZONIK Sebastian	730	SPORTIVA.PL	M30	5	00:08:32	01:58:07	02:32:22	03:02:10	03:10:47	03:19:19.35	+00:14:33	4:28	13.4
9	KUCHARCZYK Tomasz	250	WKB META LUBLINIEC	M20	2	00:08:32	01:57:37	02:32:19	03:06:31	03:16:28	03:25:00.90	+00:20:14	4:35	13.1
10	PASIECZNY Robert	155	SPRINT GORZYCE	M30	6	00:08:54	02:01:32	02:36:40	03:08:02	03:17:07	03:26:01.40	+00:21:15	4:37	13
11	ŚLASKI Radosław	542	WKURW_TEAM	M40	3	00:09:22	02:04:44	02:39:57	03:10:19	03:18:18	03:27:40.35	+00:22:54	4:39	12.9
12	GAWLIK Sławek	257	MAM-W	M30	7	00:09:55	02:05:03	02:39:40	03:11:13	03:18:38	03:28:33.35	+00:23:47	4:40	12.8
13	KRZYSZTOŃ Marcin	10	GMP LASY / KRAŚNIK	M30	8	00:08:53	02:02:04	02:38:42	03:11:06	03:20:11	03:29:04.60	+00:24:18	4:41	12.8
14	POŻAK Grzegorz	455	LUBARTÓWBIEGA.PL	M30	9	00:09:06	02:03:56	02:40:04	03:11:45	03:21:26	03:30:32.05	+00:25:45	4:43	12.7
15	GURGUL Sebastian	447	AROMAT NÓG	M30	10	00:09:40	02:04:39	02:42:11	03:14:46	03:23:34	03:33:14.75	+00:28:28	4:46	12.5
16	HADAM Jacek	94	PRZEMYSKI KLUB BIEGACZA	M40	4	00:09:51	02:06:57	02:44:11	03:16:04	03:23:35	03:33:26.65	+00:28:40	4:47	12.5
17	BARCEWICZ Marta	255	12TRI.PL DRUŻYNA WLKA	K30	1	00:08:20	02:07:45	02:44:11	03:15:20	03:25:12	03:33:32.40	+00:28:46	4:47	12.5
18	WALASZCZYK Sławomir	741		M30	11	00:08:45	02:04:13	02:42:17	03:15:11	03:25:36	03:34:21.60	+00:29:35	4:48	12.5
19	ZIOŁO Jarosław	665	SANOK	M30	12	00:09:50	02:06:36	02:44:11	03:16:31	03:25:15	03:35:05.15	+00:30:18	4:49	12.4
20	PAJDOSZ Rafał	111	KB BIAŁA BIEGA	M30	13	00:09:17	02:05:23	02:44:10	03:17:09	03:26:22	03:35:39.05	+00:30:52	4:50	12.4
21	KOZŁOWSKI Gabriel	339	BÓBR TŁUSZCZ	M40	5	00:08:52	02:02:02	02:39:50	03:15:47	03:28:10	03:37:02.25	+00:32:15	4:51	12.3
22	ARSENIUK Anna	2	T.S. OPATRUNKI TORUŃ	K30	2	00:08:45	02:07:45	02:46:01	03:19:06	03:28:28	03:37:13.95	+00:32:27	4:52	12.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
23	GOŁEMBIEWSKI Marek	680	MUKS PIĘTNASTKA/B4SPORT	M40	6	00:09:33	02:10:09	02:47:34	03:20:36	03:28:36	03:38:09.40	+00:33:23	4:53	12.3
24	TYLEK Rafał	236		M40	7	00:12:04	02:13:00	02:48:39	03:20:26	03:26:15	03:38:19.95	+00:33:33	4:53	12.3
25	NITKIEWICZ Marcin	564	TASOWANIE	M30	14	00:09:17	02:07:41	02:45:57	03:19:22	03:29:26	03:38:43.80	+00:33:57	4:54	12.2
26	KORNAGA Jan	640	HORYNIEC ZDRÓJLUBACZÓW	M50	1	00:09:30	02:07:57	02:45:16	03:19:13	03:30:06	03:39:36.25	+00:34:49	4:55	12.2
27	ZWIERZCHOWSKI Andrzej	460	BIEGUNKA TEAM	M30	15	00:09:27	02:07:43	02:44:53	03:19:13	03:30:11	03:39:38.75	+00:34:52	4:55	12.2
28	GIŻA Grzegorz	726		M30	16	00:10:09	02:12:43	02:49:13	03:21:07	03:29:53	03:40:02.75	+00:35:16	4:56	12.2
29	SŁUPEK Tomasz	114	FORMA WODZISŁAW ŚLĄSKI	M30	17	00:09:17	02:10:16	02:49:53	03:23:12	03:32:09	03:41:26.05	+00:36:39	4:57	12.1
30	KUCZOK Mirosław	16	FORMA WODZISŁAW ŚLĄSKI/MARATONY POLSKIE	M40	8	00:09:16	02:07:12	02:46:05	03:22:39	03:32:33	03:41:49.60	+00:37:03	4:58	12.1
31	PAZDA-POZORSKA Gosiunia	400	NIGHT RUNNERS SŁUPSK	K30	3	00:09:16	02:07:08	02:46:02	03:21:52	03:32:38	03:41:54.20	+00:37:07	4:58	12.1
32	SMOLAK Piotr	772	MOSIR DUKLA	M50	2	00:08:46	02:07:56	02:47:39	03:22:59	03:34:15	03:43:01.35	+00:38:15	5:00	12
33	PAŁKA Tomasz	195	LUZYX	M30	18	00:11:34	02:07:57	02:46:11	03:22:23	03:32:07	03:43:41.50	+00:38:55	5:00	12
34	MIEDZIEJSKI Andrzej	611	WKURW_TEAM	M30	19	00:09:31	02:13:04	02:52:27	03:26:09	03:34:34	03:44:05.85	+00:39:19	5:01	11.9
35	PORĘBSKI Rafał	62	PORANNY PATROL	M40	9	00:08:39	02:09:57	02:48:35	03:23:31	03:35:42	03:44:21.05	+00:39:34	5:01	11.9
36	CICHON Maciej	144	42.195 WEJHEROWO	M40	10	00:09:40	02:10:52	02:50:32	03:25:12	03:35:10	03:44:50.60	+00:40:04	5:02	11.9
37	BONDARA Sylwia	8	JACEKBIEGA RUNNING TEAM	K20	1	00:09:47	02:12:32	02:51:59	03:27:01	03:36:40	03:46:27.15	+00:41:40	5:04	11.8
38	GARDENER Jacek	6	JACEKBIEGA RUNNING TEAM	M50	3	00:09:46	02:12:42	02:52:26	03:27:00	03:36:41	03:46:27.25	+00:41:40	5:04	11.8
39	SADOWSKI Kuba	681		M30	20	00:10:00	02:11:48	02:51:21	03:26:13	03:36:43	03:46:43.55	+00:41:57	5:05	11.8
40	ŚLĘCZKA Damian	220	DIT PRO	M30	21	00:09:15	02:11:28	02:51:55	03:27:33	03:38:05	03:47:20.55	+00:42:34	5:05	11.8
41	OLCHAWA Joanna	776	N	K40	1	00:08:54	02:11:55	02:52:10	03:27:48	03:38:45	03:47:39.30	+00:42:53	5:06	11.8
42	BIAŁECKI Krzysztof	102	BARLINEK	M40	11	00:10:20	02:12:13	02:50:55	03:27:52	03:37:46	03:48:06.45	+00:43:20	5:06	11.7
43	DESSAUER Wioletta	5	LUBARTOWBEGA	K40	2	00:09:40	02:14:00	02:53:58	03:28:58	03:38:34	03:48:14.55	+00:43:28	5:07	11.7
44	POLAK Stanisław	75	MBANK	M40	12	00:09:50	02:15:22	02:54:35	03:29:22	03:38:29	03:48:19.70	+00:43:33	5:07	11.7
45	KWIATKOWSKI Michael	49		M20	3	00:09:15	02:13:19	02:52:58	03:28:17	03:39:22	03:48:37.95	+00:43:51	5:07	11.7
46	SLADDECZEK Andrzej	582		M40	13	00:09:19	02:11:39	02:52:02	03:27:52	03:39:34	03:48:53.85	+00:44:07	5:07	11.7
47	WASYLÓW Jacek	734	KB IC PRZEMYŚL	M30	22	00:11:00	02:13:18	02:55:00	03:29:24	03:38:00	03:49:00.00	+00:44:13	5:08	11.7
48	WILK Dawid	52	NIGHT RUNNERS ZABRZE	M20	4	00:08:45	02:03:00	02:45:06	03:24:50	03:40:34	03:49:19.15	+00:44:32	5:08	11.7
49	GOTFRYD Adam	683		M40	14	00:10:10	02:13:59	02:54:07	03:29:11	03:39:27	03:49:37.30	+00:44:51	5:08	11.7
50	PRĘTNIK Sławomir	554		M30	23	00:10:36	02:13:11	02:53:47	03:30:49	03:41:05	03:51:41.05	+00:46:54	5:11	11.6
51	SZYMAŃSKI Arkadiusz	120		M30	24	00:12:30	02:18:09	02:56:50	03:32:40	03:39:13	03:51:43.90	+00:46:57	5:11	11.5
52	ŻYRA Maciej	744		M20	5	00:11:23	02:20:29	02:59:24	03:33:41	03:40:33	03:51:56.55	+00:47:10	5:12	11.5
53	KRZYCH Piotr	167	LO LUBACZÓW-BIEGAMY AKADEMIA SPORTU	M30	25	00:12:27	02:20:23	03:00:13	03:33:35	03:39:44	03:52:11.65	+00:47:25	5:12	11.5
54	DOMAGAŁA Kamil	549	NIGHT RUNNERS ZABRZE	M20	6	00:10:48	02:19:23	02:58:59	03:32:53	03:41:27	03:52:15.25	+00:47:28	5:12	11.5
55	JASKÓLSKI Piotr	349	NIGHT RUNNERS SŁUPSK	M30	26	00:09:20	02:14:42	02:56:08	03:32:13	03:43:11	03:52:31.75	+00:47:45	5:12	11.5
56	TYBUREK Michał	93	BIEGAJĄCY ŚWIDNIK	M30	27	00:09:39	02:14:04	02:55:22	03:32:42	03:43:24	03:53:03.25	+00:48:16	5:13	11.5
57	GAICKI Maciej	449		M20	7	00:10:16	02:10:58	02:52:34	03:31:03	03:42:57	03:53:13.15	+00:48:26	5:13	11.5
58	LESZCZYŃSKI Andrzej	191	BODY CLUB MŁAWA	M40	15	00:11:47	02:16:11	02:56:58	03:33:24	03:41:30	03:53:17.05	+00:48:30	5:13	11.5
59	JASTRZĄB Piotr	187	DEKAN LESKO	M40	16	00:09:16	02:12:56	02:53:45	03:32:22	03:44:08	03:53:24.60	+00:48:38	5:13	11.5
60	LUBAŃSKI Robert	420	NIE	M50	4	00:12:22	02:20:15	02:59:35	03:33:09	03:41:32	03:53:54.90	+00:49:08	5:14	11.4
61	JANISZEWSKI Artur	215	WEŻ NIEPIERDOL	M30	28	00:10:35	02:20:02	03:00:49	03:34:21	03:43:25	03:54:00.90	+00:49:14	5:14	11.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas		Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
62	GRYGIERZEC Grzegorz	115		M30	29	00:09:51	02:15:23	02:56:57	03:33:22	03:44:36	03:54:27.75	+00:49:41	5:15	11.4
63	PRĘDKI Mirosław	748		M30	30	00:12:25	02:20:22	03:02:50	03:35:42	03:42:07	03:54:32.90	+00:49:46	5:15	11.4
64	PAWUL Wojtek	543	GOPR BIESZCZADY	M20	8	00:08:21	02:09:26	02:55:06	03:33:48	03:46:14	03:54:35.95	+00:49:49	5:15	11.4
65	KUSTROŃ Adam	241		M50	5	00:12:39	02:23:38	03:02:34	03:35:32	03:42:00	03:54:39.30	+00:49:53	5:15	11.4
66	DOMIN Łukasz	180	AKTYWNY DYNÓW	M20	9	00:12:50	02:20:02	03:01:03	03:36:25	03:42:23	03:55:13.30	+00:50:27	5:16	11.4
67	KRZEMIŃSKI Marcin	482	SPRINT GORZYCE	M30	31	00:10:23	02:17:54	02:58:37	03:35:12	03:45:11	03:55:34.40	+00:50:48	5:16	11.4
68	KOT Rafał	251	WAY BEHIND HORIZON	M30	32	00:10:48	02:19:21	03:00:10	03:35:20	03:45:04	03:55:52.95	+00:51:06	5:17	11.3
69	BEDNARZ Bogdan	762	ŻYWCEM ZABIEGANI	M40	17	00:11:01	02:19:48	03:01:05	03:36:42	03:45:04	03:56:05.85	+00:51:19	5:17	11.3
70	SZWAGIERCZAK Andrzej	485	BIEGUSIEM. PL	M30	33	00:12:40	02:24:22	03:03:47	03:37:52	03:43:58	03:56:38.65	+00:51:52	5:18	11.3
71	GRĘBOWIEC Mateusz	278	TSA SANDOMIERZ	M30	34	00:10:44	02:16:59	02:58:38	03:35:31	03:46:02	03:56:46.45	+00:52:00	5:18	11.3
72	DZIUBAN Łukasz	314	ZAPOROWY MARATOM TEAM	M30	35	00:09:19	02:17:24	02:59:57	03:36:40	03:47:29	03:56:48.70	+00:52:02	5:18	11.3
73	MAZURKIEWICZ Tomasz	642	ZAPOROWY MARATOM TEAM	M40	18	00:09:19	02:17:25	02:59:56	03:36:39	03:47:29	03:56:48.90	+00:52:02	5:18	11.3
74	LESIK Krzysztof	89	FORMA WODZISŁAW ŚLĄSKI	M40	19	00:09:16	02:12:36	03:00:16	03:36:18	03:47:46	03:57:02.40	+00:52:16	5:18	11.3
75	POBORCA Łukasz	375		M30	36	00:08:58	02:11:46	02:56:13	03:35:12	03:48:07	03:57:05.70	+00:52:19	5:18	11.3
76	MURAK Robert	38		M40	20	00:11:48	02:19:46	03:01:04	03:38:02	03:45:43	03:57:31.90	+00:52:45	5:19	11.3
77	MAŚLANKA Jacek	372	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	21	00:11:54	02:21:23	03:03:04	03:38:03	03:46:12	03:58:06.05	+00:53:19	5:20	11.2
78	SZPINDA Sebastian	95	BIŁGORAJ ULTRA TRAIL	M30	37	00:10:42	02:16:47	02:57:58	03:36:11	03:47:44	03:58:26.60	+00:53:40	5:20	11.2
79	KOBIERSKI Piotr	359	UNIWERSYTECKI KLUB ALPINISTYCZNY	M30	38	00:11:41	02:19:15	03:00:23	03:36:41	03:46:51	03:58:32.05	+00:53:45	5:20	11.2
80	ZAMOJSKI Robert	392		M40	22	00:10:38	02:21:57	03:02:22	03:38:23	03:48:06	03:58:44.40	+00:53:58	5:21	11.2
81	JANDZIŚ Wiesław	352	AKTYWNY DYNÓW	M40	23	00:12:50	02:20:03	03:01:03	03:38:48	03:45:59	03:58:49.65	+00:54:03	5:21	11.2
82	REDZIAK Łukasz	57	WKURW_TEAM	M20	10	00:09:57	02:18:07	02:59:42	03:37:58	03:49:57	03:59:54.25	+00:55:07	5:22	11.2
83	JÓZEFczyk Jakub	218	FINISZ RYMANÓW	M30	39	00:11:00	02:18:11	03:01:29	03:38:28	03:49:14	04:00:14.20	+00:55:27	5:23	11.1
84	RYBITWA Jarosław	421		M30	40	00:11:11	02:20:26	03:02:23	03:39:27	03:49:15	04:00:26.45	+00:55:40	5:23	11.1
85	KILIAN Mateusz	576	JÓZEFIŃSKA TEAM	M30	41	00:10:13	02:18:54	03:00:03	03:38:40	03:50:21	04:00:34.35	+00:55:48	5:23	11.1
86	ŁAGOŹNY Łukasz	43	BRUBECK TEAM	M30	42	00:10:59	02:20:40	03:02:46	03:41:04	03:50:20	04:01:19.65	+00:56:33	5:24	11.1
87	KORZONEK Marcin	503	SPRINT GORZYCE	M30	43	00:09:57	02:18:03	02:58:53	03:39:04	03:51:29	04:01:26.70	+00:56:40	5:24	11.1
88	KACZOREK Marcin	117	VW GRUPA KACZOREK	M40	24	00:10:54	02:19:31	03:03:24	03:40:58	03:50:48	04:01:42.90	+00:56:56	5:25	11.1
89	WNĘK Marek	622		M20	11	00:11:13	02:20:43	03:03:05	03:41:07	03:50:43	04:01:56.05	+00:57:09	5:25	11.1
90	ZMYŚŁOWSKI Igor	727		M20	12	00:11:30	02:24:08	03:06:20	03:42:43	03:50:48	04:02:18.50	+00:57:32	5:25	11
91	SUŁKOWSKI Maciej	238		M40	25	00:11:52	02:24:00	03:05:22	03:41:10	03:50:30	04:02:22.50	+00:57:36	5:26	11
92	ŚLIWIŃSKI Andrzej	182		M50	6	00:12:42	02:24:21	03:05:16	03:41:09	03:49:53	04:02:35.00	+00:57:48	5:26	11
93	MARĆ Marcin	471	KLUB (SPORTING CLUB NAME)	M20	13	00:12:28	02:28:27	03:09:20	03:44:08	03:50:09	04:02:37.60	+00:57:51	5:26	11
94	WÓJCIK Tomasz	343	SPRINT GORZYCE	M30	44	00:09:57	02:18:47	03:03:04	03:41:10	03:53:07	04:03:04.25	+00:58:17	5:26	11
95	NIESYN Adam	383	SPRINT GORZYCE	M40	26	00:09:57	02:17:43	03:03:03	03:41:09	03:53:07	04:03:04.45	+00:58:18	5:26	11
96	JEZIERSKI-KRUPA Marek	747		M20	14		02:18:48	03:02:36	03:41:29		04:03:07.55	+00:58:21	5:27	11
97	KONIECZNY Rafał	643		M20	15	00:10:47	02:23:07	03:05:28	03:42:47	03:52:32	04:03:19.40	+00:58:33	5:27	11
98	SZWAJKA Robert	434		M40	27	00:11:06	02:20:24	03:03:28	03:42:32	03:52:43	04:03:49.90	+00:59:03	5:28	11
99	SMOLUCH Ryszard	489		M40	28	00:11:08	02:19:55	03:01:32	03:42:33	03:53:04	04:04:12.80	+00:59:26	5:28	11
100	FARON Agnieszka	69	NORAFSPORT	K30	4	00:10:31	02:21:11	03:04:49	03:43:14	03:53:45	04:04:16.00	+00:59:29	5:28	11
101	DUCKI Piotr	788	OTK	M30	45	00:10:31	02:21:13	03:04:53	03:42:41	03:53:45	04:04:16.05	+00:59:29	5:28	11

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas		Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
102	MAJEWSKI Piotr	784	MELEX TEAM	M40	29	00:11:22	02:23:10	03:06:30	03:43:21	03:52:55	04:04:17.20	+00:59:30	5:28	11
103	BAK Adam	367	KKL KIELCE	M50	7	00:10:47	02:23:45	03:07:40	03:44:25	03:53:45	04:04:32.25	+00:59:45	5:28	10.9
104	DWORAKOWSKI Andrzej	384	ŁAPSCY LAJTOWCY	M40	30	00:11:40	02:20:57	03:03:31	03:42:34	03:53:13	04:04:53.25	+01:00:06	5:29	10.9
105	PASTWA Grzegorz	797	ULTRA BESKID SPORT	M40	31	00:10:28	02:22:34	03:08:47	03:44:43	03:54:31	04:04:59.70	+01:00:13	5:29	10.9
106	KOWALSKI - BARYSZNIKOW Mikołaj	671	KINGRUNNER.COM	M30	46	00:10:26	02:20:46	03:06:54	03:45:08	03:55:07	04:05:33.15	+01:00:46	5:30	10.9
107	SITEK Daniel	271		M20	16	00:11:26	02:25:14	03:10:01	03:46:43	03:54:52	04:06:18.15	+01:01:31	5:31	10.9
108	WÓJCIK Tomasz	529	ATYWNA STRONA ŻYCIA	M40	32	00:12:21	02:30:20	03:11:14	03:46:56	03:53:58	04:06:19.30	+01:01:33	5:31	10.9
109	BUŁA Adam	740		M20	17	00:11:28	02:25:20	03:08:24	03:45:06	03:55:02	04:06:30.30	+01:01:44	5:31	10.9
110	PAWŁOWSKI Arkadiusz	351		M30	47	00:13:26	02:22:31	03:05:32	03:45:00	03:53:08	04:06:34.40	+01:01:48	5:31	10.9
111	SAP Karolina	580	NIGHT-RUNNERS GLIWICE	K20	2	00:11:24	02:26:25	03:11:31	03:47:14	03:55:10	04:06:34.90	+01:01:48	5:31	10.9
112	MICHALAK Artur	696	PGB SPORTOWA PACZKA	M30	48	00:10:14	02:16:53	03:00:29	03:43:19	03:56:25	04:06:39.30	+01:01:53	5:31	10.8
113	SZYK Artur	237	JGB SOKÓŁ JAROSŁAW	M40	33	00:11:53	02:23:14	03:06:53	03:45:03	03:54:58	04:06:51.95	+01:02:05	5:32	10.8
114	WĘGRZYN Krzysztof	426	RZESZOWSKIE GAZELE I GEPARDY	M50	8	00:10:32	02:24:25	03:07:05	03:46:36	03:56:36	04:07:08.15	+01:02:21	5:32	10.8
115	ZAJĄC Katarzyna	686	4K	K30	5	00:12:33	02:30:01	03:11:14	03:47:14	03:54:43	04:07:16.40	+01:02:30	5:32	10.8
116	WAŁCZYK Krzysztof	724		M30	49	00:11:52	02:24:32	03:06:52	03:45:48	03:55:26	04:07:18.35	+01:02:32	5:32	10.8
117	KNOPEK Robert	693	KNEDEL BIEGA W GÓRAK	M30	50	00:10:01	02:20:30	03:06:29	03:46:31	03:57:56	04:07:57.75	+01:03:11	5:33	10.8
118	WIECZOREK Piotr	537		M30	51	00:12:29	02:25:49	03:09:34	03:47:02	03:55:40	04:08:09.45	+01:03:23	5:33	10.8
119	PACHO Sylwester	219	PAPIKI	M40	34	00:10:32	02:25:28	03:11:57	03:48:04	03:57:41	04:08:13.05	+01:03:26	5:33	10.8
120	KONIAZ Michał	68		M40	35	00:10:17	02:24:10	03:07:48	03:47:39	03:58:00	04:08:17.45	+01:03:31	5:34	10.8
121	SZADKOWSKI Wojciech	692	WARBUD RUNNING TEAM	M20	18	00:12:38	02:24:15	03:07:09	03:47:05	03:55:44	04:08:22.80	+01:03:36	5:34	10.8
122	MAKOWSKA Olga	735	JACEKBIEGA	K30	6	00:11:26	02:29:51	03:11:43	03:47:51	03:57:09	04:08:35.25	+01:03:48	5:34	10.8
123	TRACZ Łukasz	198	AQUAREH WWW.STYLSPA.COM.PL	M30	52	00:11:52	02:28:33	03:11:08	03:48:24	03:56:43	04:08:35.60	+01:03:49	5:34	10.8
124	BARAN Kamil	484	KLUB (SPORTING CLUB NAME)	M20	19	00:11:52	02:28:47	03:11:14	03:48:23	03:56:44	04:08:36.40	+01:03:50	5:34	10.8
125	SKUBIDA Adam	712		M30	53	00:09:56	02:18:06	03:08:23	03:48:16	03:58:46	04:08:42.55	+01:03:56	5:34	10.8
126	PINDUR Grzegorz	268		M40	36	00:10:24	02:21:37	03:07:13	03:47:15	03:58:58	04:09:22.95	+01:04:36	5:35	10.7
127	POPIEL Andrzej	545		M30	54	00:09:55	02:18:08	03:08:48	03:47:53	03:59:56	04:09:51.65	+01:05:05	5:36	10.7
128	SOŁODUCHA Hubert	764	6 BATALION POWETRZNO DESANTOWY	M20	20	00:10:56	02:24:57	03:10:45	03:48:22	03:59:01	04:09:57.15	+01:05:10	5:36	10.7
129	ZYGMUNT Marcin	589	ZYGABIEGA.BLOGSPOT.COM	M30	55	00:10:30	02:23:56	03:08:31	03:47:44	03:59:51	04:10:21.85	+01:05:35	5:36	10.7
130	SOBLIK Łukasz	328		M30	56	00:12:30	02:30:05	03:11:32	03:48:21	03:58:12	04:10:42.75	+01:05:56	5:37	10.7
131	GOSTYŃSKI Krzysztof	675	GOSTYŃSCY TEAM	M40	37	00:12:41	02:24:37	03:10:26	03:49:25	03:58:10	04:10:51.00	+01:06:04	5:37	10.7
132	KRUPA Grzegorz	774	KB SOBÓTKA	M40	38	00:14:37	02:27:28	03:11:17	03:49:45	03:56:19	04:10:56.40	+01:06:10	5:37	10.7
133	PALUCH Tobiasz	561	RUNFORFUN RYGLICE	M30	57	00:11:12	02:23:05	03:07:33	03:47:47	03:59:50	04:11:02.50	+01:06:16	5:37	10.7
134	JUSZKIEWICZ Zbigniew	415	EŁK	M50	9	00:10:07	02:21:36	03:08:37	03:48:14	04:01:08	04:11:15.45	+01:06:29	5:38	10.7
135	SOCHACKI Maciej	211	ZAMEK DUBIECKO RUNNING TEAM	M20	21	00:12:13	02:24:10	03:08:30	03:49:09	03:59:17	04:11:30.95	+01:06:44	5:38	10.6
136	BOGUSZ Piotr	254	12TRI.PL DRUŻYNA WLKA	M20	22	00:12:57	02:31:03	03:12:45	03:52:14	03:58:46	04:11:43.85	+01:06:57	5:38	10.6
137	CZWERENKO Wojciech	452	SANOK	M30	58	00:11:27	02:22:16	03:08:34	03:49:23	04:00:29	04:11:56.35	+01:07:10	5:38	10.6
137	KRAJEWSKI Jakub	200	ZAPOROWY MARATON	M30	59	00:11:27	02:22:16	03:08:34	03:49:24	04:00:29	04:11:56.35	+01:07:10	5:38	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
139	BEM Jakub	311	NOWA HUTA TEAM	M20	23	00:13:05	02:28:20	03:12:34	03:50:04	03:59:02	04:12:07.15	+01:07:20	5:39	10.6
140	RAMS Tadeusz	604	TEAM WOLBROM	M40	39	00:13:51	02:26:23	03:12:28	03:51:14	03:58:17	04:12:08.55	+01:07:22	5:39	10.6
141	AUGUSTYNIAK Mariusz	231	UKS TRS SUSZ	M40	40	00:11:16	02:24:41	03:10:13	03:51:12	04:01:10	04:12:26.90	+01:07:40	5:39	10.6
142	SMUDA Grzegorz	684	POGOŃ ZA CHLEBEM	M30	60	00:10:32	02:19:58	03:06:54	03:49:49	04:01:56	04:12:28.85	+01:07:42	5:39	10.6
143	WITEK Bogdan	560	WATER TEAM	M50	10	00:10:38	02:24:05	03:09:07	03:49:20	04:01:58	04:12:36.60	+01:07:50	5:39	10.6
144	MYSZKOWSKI Sebastian	637	KALIŃSKATEAM	M30	61	00:12:39	02:37:04	03:21:35	03:56:03	04:00:41	04:13:20.35	+01:08:34	5:40	10.6
145	NIŻNIK Marcin	183	NOWY STYL RUNNING TEAM	M30	62	00:09:38	02:20:56	03:06:26	03:51:53	04:03:58	04:13:36.85	+01:08:50	5:41	10.6
146	GIERULA Robert	674	UBS KRAKOW RUNNING TEAM	M50	11	00:12:37	02:30:33	03:13:09	03:52:10	04:01:35	04:14:12.95	+01:09:26	5:41	10.5
147	KLIMCZEWSKI Andrzej	107	FOREVER YOUNG ŁÓDŹ	M50	12	00:09:46	02:27:44	03:13:22	03:52:28	04:04:42	04:14:28.55	+01:09:42	5:42	10.5
148	BOROWIK Tomasz	695	ATOM	M30	63	00:12:17	02:26:04	03:11:11	03:53:00	04:03:24	04:15:41.00	+01:10:54	5:43	10.5
149	BRZESKI Rafał	42		M20	24	00:10:58	02:21:33	03:09:07	03:51:26	04:05:17	04:16:15.00	+01:11:28	5:44	10.4
150	BEDNARZ Krzysztof	728	3K	M50	13	00:12:34	02:31:13	03:15:39	03:53:50	04:03:44	04:16:18.80	+01:11:32	5:44	10.4
151	WÓJCIK Mirosław	71	TIME4RUNNING	M50	14	00:11:26	02:28:00	03:13:44	03:54:17	04:04:57	04:16:23.35	+01:11:37	5:44	10.4
152	MIEKUS Hubert	369	ACCENTURE	M40	41	00:11:41	02:27:27	03:12:46	03:52:47	04:04:52	04:16:33.10	+01:11:46	5:45	10.4
153	PARZYSZEK Marcin	355	JACEKBIEGA RUNNING TEAM	M30	64	00:10:16	02:20:38	03:10:54	03:53:33	04:06:18	04:16:34.60	+01:11:48	5:45	10.4
154	ZGIET Radosław	555		M40	42	00:10:30	02:25:16	03:12:25	03:53:30	04:06:15	04:16:45.10	+01:11:58	5:45	10.4
155	MADEJ Mateusz	446	RUNNING TEAM HORMANN LEGNICA	M20	25	00:10:46	02:29:43	03:13:06	03:54:58	04:06:07	04:16:53.50	+01:12:07	5:45	10.4
156	WOROBIEC Józef	216	UMKS NADIR JĘDRZEJÓW	M50	15	00:09:58	02:24:22	03:13:09	03:53:51	04:07:05	04:17:03.95	+01:12:17	5:45	10.4
157	KUŹMIŃSKI Wojciech	424		M20	26	00:09:28	02:22:04	03:12:54	03:52:44	04:07:45	04:17:13.85	+01:12:27	5:46	10.4
158	POLAK Grzegorz	101	KEREZA TEAM	M40	43	00:12:33	02:27:36	03:12:23	03:53:33	04:04:44	04:17:17.85	+01:12:31	5:46	10.4
159	FIJĄLKOWSKI Radosław	142	CROSSFIT GCW	M30	65	00:10:03	02:23:29	03:13:15	03:55:11	04:07:29	04:17:32.10	+01:12:45	5:46	10.4
160	WISZOWATY Mariusz	527	AMATOR	M40	44	00:09:38	02:26:43	03:14:45	03:54:36	04:07:58	04:17:36.65	+01:12:50	5:46	10.4
161	MALINOWSKA Iwona	294		K40	3	00:12:34	02:28:37	03:14:50	03:54:57	04:05:13	04:17:47.05	+01:13:00	5:46	10.4
162	WOSIK Marek	498	SZYBKA MAŁPA	M60	1	00:10:44	02:28:06	03:16:33	03:55:53	04:07:13	04:17:57.60	+01:13:11	5:47	10.4
163	PILECKI Maciej	750		M30	66	00:15:10	02:30:12	03:16:13	03:56:13	04:03:01	04:18:11.70	+01:13:25	5:47	10.4
164	CZELEJ Rafał	61	BIEGAJĄCY ŚWIDNIK	M30	67	00:10:57	02:23:44	03:09:51	03:53:34	04:07:16	04:18:13.80	+01:13:27	5:47	10.4
165	REJ Mirosław	140		M30	68	00:13:57	02:38:06	03:21:55	03:58:37	04:04:19	04:18:16.40	+01:13:30	5:47	10.4
166	LONC Tomasz	139		M30	69	00:13:57	02:38:08	03:21:55	03:58:37	04:04:37	04:18:34.85	+01:13:48	5:47	10.3
167	GNATOWSKI Przemysław	319	AXA RUNNING TEAM	M20	27	00:11:06	02:27:42	03:16:24	03:55:49	04:07:58	04:19:04.25	+01:14:17	5:48	10.3
168	MAŚLANKA Piotr	168		M30	70	00:11:06	02:27:42	03:16:23	03:55:48	04:07:58	04:19:04.40	+01:14:18	5:48	10.3
169	CZUBA Adam	44	BOOT CAMP POLSKA/TORUŃ	M40	45	00:12:48	02:26:47	03:12:50	03:55:31	04:06:24	04:19:12.45	+01:14:26	5:48	10.3
170	TURCZANIK Fabian	344	BIEGUSIEM.PL	M30	71	00:12:35	02:35:16	03:20:36	03:58:58	04:07:01	04:19:36.05	+01:14:49	5:49	10.3
171	POLAK Jacek	381	BIEGUSIEM.PL	M40	46	00:12:35	02:35:15	03:20:35	03:58:59	04:07:01	04:19:36.20	+01:14:49	5:49	10.3
172	NIEMCZEWSKI Borys	67	TIMEBANDIT CORPS	M40	47	00:10:58	02:27:38	03:17:42	03:58:38	04:09:04	04:20:02.55	+01:15:16	5:49	10.3
173	KUSZ Tomasz	331		M30	72	00:10:45	02:24:33	03:12:47	03:54:56	04:09:38	04:20:23.25	+01:15:36	5:50	10.3
174	GOTOWIEC Darek	296	BÓBR TŁUSZCZ	M40	48	00:13:11	02:31:31	03:16:17	03:56:30	04:07:13	04:20:24.75	+01:15:38	5:50	10.3
175	WIĄCEK Marcin	317	JSC JASŁO	M30	73	00:12:02	02:28:08	03:14:12	03:56:00	04:08:24	04:20:26.55	+01:15:40	5:50	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
176	KAMIŃSKI Krzysztof	37	PŁOCK BIEGA NO AGE LIMIT	M30	74	00:13:23	02:36:50	03:21:00	03:58:56	04:07:06	04:20:29.45	+01:15:43	5:50	10.3
177	FIGURA Marcin	132	KWDZYN RUN	M30	75	00:12:34	02:37:39	03:21:06	04:00:05	04:07:56	04:20:30.10	+01:15:43	5:50	10.3
178	SOKALSKI Grzegorz	682	PARKRUN KONSTANCIN	M40	49	00:11:57	02:27:38	03:16:39	03:57:26	04:08:40	04:20:37.20	+01:15:50	5:50	10.3
179	FILIPOWICZ Jakub	368		M30	76	00:13:25	02:35:04	03:20:58	03:58:57	04:07:14	04:20:39.55	+01:15:53	5:50	10.3
180	SZCZYRBOWSKI Michał	385	AKADEMIAROLKARZA.PL	M30	77	00:12:31	02:29:55	03:17:32	03:57:54	04:08:38	04:21:09.20	+01:16:22	5:51	10.2
181	JAWORSKI Łukasz	535		M30	78	00:13:11	02:31:06	03:17:20	03:57:30	04:08:01	04:21:12.00	+01:16:25	5:51	10.2
182	PLUTA Paweł	394	AKADEMIAROLKARZA MICHAŁ	M30	79	00:12:30	02:30:14	03:17:33	03:57:41	04:08:49	04:21:19.20	+01:16:32	5:51	10.2
183	PAJĄK Wojciech	475	KLUB (SPORTING CLUB NAME)	M20	28	00:10:55	02:30:39	03:17:53	03:58:10	04:10:46	04:21:41.30	+01:16:55	5:52	10.2
184	ABEL Krzysiek	570	BIEGAM BO LUBIĘ	M40	50	00:12:52	02:29:37	03:17:05	03:57:39	04:08:59	04:21:51.15	+01:17:04	5:52	10.2
185	AKSTINAS Petras	722	VILNIUS	M40	51	00:09:17	02:17:56	03:09:24	03:56:59	04:12:36	04:21:53.35	+01:17:07	5:52	10.2
186	MILEWSKI Mateusz	350	KRAINA WIECZNYCH MROZÓW	M30	80	00:12:09	02:31:29	03:21:29	04:00:19	04:09:46	04:21:55.70	+01:17:09	5:52	10.2
187	ZIELIŃSKI Marek	232		M20	29	00:12:05	02:34:55	03:20:46	03:59:45	04:09:59	04:22:04.85	+01:17:18	5:52	10.2
188	BERGAŃSKI Michał	614		M30	81	00:13:04	02:31:45	03:17:57	03:58:53	04:09:07	04:22:11.30	+01:17:25	5:52	10.2
189	GAWRON Janusz	651	BRYGADA BESKIDÓW	M20	30	00:09:25	02:24:16	03:17:57	03:58:54	04:12:46	04:22:11.45	+01:17:25	5:52	10.2
190	KWAS August	184		M30	82	00:12:09	02:28:56	03:19:44	04:00:35	04:10:16	04:22:25.50	+01:17:39	5:53	10.2
191	ŁOCHAŃSKI Grzegorz	550	BRYSIE	M30	83	00:11:00	02:26:05	03:16:42		04:12:11	04:23:11.35	+01:18:25	5:54	10.2
192	WENTLAND Tomasz	63	NOWA HUTA TEAM	M30	84	00:13:05	02:28:41	03:16:42	04:00:18	04:10:11	04:23:16.40	+01:18:30	5:54	10.2
193	ROWIŃSKI Michał	181	LUBAWA KOCHA BIEGAĆ	M30	85	00:12:48	02:44:38	03:29:22	04:04:18	04:10:42	04:23:30.30	+01:18:44	5:54	10.2
194	DOMISZEWSKA Maria	323		K50	1	00:11:02	02:47:07	03:27:24	04:03:14	04:12:50	04:23:52.35	+01:19:06	5:54	10.1
195	WOJAK Szymon	574		M20	31	00:12:12	02:25:44	03:12:49	03:57:40	04:11:57	04:24:09.65	+01:19:23	5:55	10.1
196	BRYNDZA Krzysztof	466	SPEED TEAM	M40	52	00:13:15	02:39:42	03:24:55	04:03:41	04:11:15	04:24:30.65	+01:19:44	5:55	10.1
197	CIESLAK Marek	85		M40	53	00:12:08	02:27:59	03:15:25	03:59:49	04:12:50	04:24:58.40	+01:20:12	5:56	10.1
198	MAŁYSZA Sławomir	235		M40	54	00:13:07	02:32:00	03:20:59	04:01:41	04:11:56	04:25:03.55	+01:20:17	5:56	10.1
199	WILK Damian	648		M20	32	00:12:58	02:32:43	03:21:03	04:01:13	04:12:52	04:25:50.10	+01:21:03	5:57	10.1
200	BANACH Magda	687		K20	3	00:11:46	02:32:35	03:22:19	04:03:13	04:14:12	04:25:58.55	+01:21:12	5:57	10.1
201	WOJTANOWSKA Karolina	617	DREAM CHASER	K20	4	00:10:24	02:29:05	03:18:30	04:01:35	04:15:58	04:26:22.15	+01:21:35	5:58	10
202	WOJCIECHOWSKI Krzysztof	490	RADLINIOKI W BIEGU	M40	55	00:12:08	02:33:04	03:22:08	04:04:16	04:14:21	04:26:29.50	+01:21:43	5:58	10
203	ZAJĄCZKOWSKI Jerzy	205		M40	56	00:11:07	02:25:49	03:14:00	04:00:13	04:15:42	04:26:49.85	+01:22:03	5:58	10
204	KMAK Sławomir	413	PAPIKI	M40	57	00:10:32	02:25:31	03:18:02	04:03:13	04:16:30	04:27:02.25	+01:22:15	5:59	10
205	PAWLUŚ Mirosław	279	JSC JASŁO	M40	58	00:12:02	02:26:44	03:20:33	04:03:40	04:15:06	04:27:08.65	+01:22:22	5:59	10
206	SKRZYPCZAK Piotr	721	OTK RZEŹNIK	M30	86	00:10:36	02:32:39	03:20:23	04:02:27	04:16:42	04:27:18.65	+01:22:32	5:59	10
207	GÓRALCZYK Stanisław	767	BUNGEE JUMPING MARIO	M50	16			03:24:00			04:27:25.20	+01:22:38	5:59	10
208	STĘPIEŃ Wojciech	118	JM RUNNING TEAM / NIGHT RUNNERS GLIWICE	M40	59	00:12:10	02:31:31	03:22:36	04:04:42	04:15:18	04:27:28.15	+01:22:41	5:59	10
209	URBASEK Łukasz	678		M30	87	00:12:50	02:41:59	03:29:00	04:06:25	04:14:42	04:27:32.90	+01:22:46	5:59	10
210	TERESZKIEWICZ Joanna	689	PKO BP	K20	5	00:10:03	02:33:07	03:22:11	04:04:26	04:18:11	04:28:14.45	+01:23:28	6:00	10
211	DELSLEY Stephen	77		M40	60	00:11:28	02:33:18	03:21:33	04:05:00	04:17:06	04:28:34.10	+01:23:47	6:01	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
212	MŁODOŻENIEC Jacek	48	REMBERTÓW TEAM	M40	61	00:12:36	02:35:36	03:20:30	04:03:39	04:16:39	04:29:15.45	+01:24:29	6:02	9.9
213	BIELEC Artur	80	REMBERTÓW TEAM	M40	62	00:12:35	02:34:39	03:20:30	04:03:35	04:16:40	04:29:15.65	+01:24:29	6:02	9.9
214	KIEPIELA Dawid	403	KLUB BIEGACZA FARTLEK	M30	88	00:10:43	02:28:52	03:25:45	04:08:09	04:19:21	04:30:04.25	+01:25:17	6:03	9.9
215	KAZUBSKI Piotr	714		M30	89	00:13:04	02:28:20	03:17:07	04:03:39	04:17:01	04:30:05.35	+01:25:19	6:03	9.9
216	KWIATKOWSKI Wojciech	92	TSA SANDOMIERZ	M30	90	00:11:10	02:29:11	03:20:04	04:06:38	04:20:05	04:31:15.30	+01:26:29	6:04	9.9
217	KOCIEMBA Dariusz	710	WTRI TEAM / LABOSPORT TEAM	M40	63	00:10:47	02:37:51	03:26:19	04:08:33	04:20:29	04:31:16.85	+01:26:30	6:04	9.9
218	IDZIK Dariusz	661		M40	64	00:11:40	02:30:00	03:21:17	04:06:15	04:19:48	04:31:28.85	+01:26:42	6:05	9.9
219	GŁADYSZ Rafał	639	WKURW_TEAM	M40	65	00:12:21	02:33:15	03:21:42	04:08:04	04:19:13	04:31:34.15	+01:26:47	6:05	9.9
220	FOLAND Bogumił	342	SPARTA	M30	91	00:09:05	02:25:59	03:21:26	04:06:13	04:23:03	04:32:08.70	+01:27:22	6:06	9.8
221	PŁOMIŃSKI Marcin	546	ŁÓDŹ RUNNING TEAM/WKURW_TEAM	M30	92	00:13:18	02:36:58	03:27:23	04:08:47	04:18:55	04:32:13.35	+01:27:27	6:06	9.8
222	MACKIEWICZ Roman	513	ŁÓDŹ RUNNING TEAM	M50	17	00:13:18	02:36:59	03:27:23	04:08:48	04:18:55	04:32:13.40	+01:27:27	6:06	9.8
223	DZIAŁABIJ Krzysztof	650		M30	93	00:11:45	02:39:55	03:28:04	04:10:07	04:20:35	04:32:20.65	+01:27:34	6:06	9.8
224	LANGE Beata-Agata	487	BIŁGORAJ BIEGA	K30	7	00:12:59	02:44:26	03:30:30	04:10:48	04:19:22	04:32:21.00	+01:27:34	6:06	9.8
225	SZPYT Ryszard	310	BIŁGORAJ BIEGA	M40	66	00:12:59	02:44:28	03:30:30	04:10:48	04:19:24	04:32:23.45	+01:27:37	6:06	9.8
226	TYLEK Konrad	267	CRAZY DRAGONS	M30	94	00:13:50	02:38:54	03:29:21	04:10:15	04:18:43	04:32:33.10	+01:27:46	6:06	9.8
227	RIJ Tomasz	256	FINISZ RYMANÓW	M30	95	00:12:03	02:36:58	03:27:36		04:20:47	04:32:50.80	+01:28:04	6:07	9.8
228	JANOWSKA Anna	623	12TRI.PL DRUŻYNA WLKA	K30	8	00:13:38	02:41:30	03:30:24	04:10:49	04:19:24	04:33:02.80	+01:28:16	6:07	9.8
229	GWIZDAŁA Łukasz	472	THENATURAT	M30	96	00:11:45	02:35:13	03:27:00	04:10:25	04:21:50	04:33:35.10	+01:28:48	6:08	9.8
230	KLAMUT Ryszard	315	JABŁONICA POLSKA	M60	2	00:12:29	02:34:55	03:24:37	04:08:55	04:21:29	04:33:58.95	+01:29:12	6:08	9.8
231	FLOREK Sebastian	334	NORAFSPORT	M30	97	00:13:13	02:37:29	03:27:08	04:09:23	04:20:48	04:34:01.80	+01:29:15	6:08	9.8
232	SIKORA Jacek	157	WATER TEAM	M40	67	00:10:37	02:31:26	03:27:29	04:09:27	04:23:35	04:34:12.55	+01:29:26	6:08	9.8
233	GWIZDAK Justyna	203	WATER TEAM	K30	9	00:10:38	02:31:28	03:27:27	04:09:28	04:23:34	04:34:12.80	+01:29:26	6:08	9.8
234	CETNAROWSKI Marcin	758		M40	68	00:12:12	02:33:20	03:28:12	04:08:35	04:22:02	04:34:14.15	+01:29:27	6:08	9.8
235	CHOJECKI Dariusz	116	KEREZA LUBLIN	M40	69	00:12:34	02:38:55	03:29:52	04:13:25	04:21:46	04:34:20.25	+01:29:33	6:09	9.8
236	DROZD Maciej	457		M40	70	00:12:44	02:44:10	03:32:22	04:12:35	04:21:42	04:34:26.05	+01:29:39	6:09	9.8
237	SZCZYPIORKOWSKI Emil	468	GOOD LIFE FITNESS	M30	98	00:13:31	02:34:38	03:25:05	04:10:29	04:21:04	04:34:35.75	+01:29:49	6:09	9.7
238	WOJCIESZAK Marcin	346		M30	99	00:12:06	02:37:25	03:27:28	04:11:07	04:23:15	04:35:21.75	+01:30:35	6:10	9.7
239	PASELA Bartosz	699	SMASHING PĄPKINS	M30	100	00:12:42	02:36:18	03:27:26	04:11:11	04:22:59	04:35:41.35	+01:30:55	6:10	9.7
240	STENCEL Zbigniew	60	FORMA WODZISŁAW ŚLĄSKI	M50	18	00:12:08	02:42:20	03:29:39	04:10:17	04:23:39	04:35:47.05	+01:31:00	6:11	9.7
241	HERBA Krystian	704	DAR-BUD TEAM	M30	101	00:11:58	02:44:38	03:34:08	04:15:08	04:23:55	04:35:53.95	+01:31:07	6:11	9.7
242	MATUSIAK Michał	672	ROWERY MAŁGOŚKA	M30	102	00:13:40	02:44:40	03:33:31	04:14:13	04:22:15	04:35:55.85	+01:31:09	6:11	9.7
243	PAPROCKI Wiesław	791	KB MCKIS JAWORZNO	M50	19	00:11:28	02:34:06	03:25:43	04:10:11	04:24:49	04:36:17.95	+01:31:31	6:11	9.7
244	SAPIŃSKI Mariusz	363	OSTOYA RYNNING TEAM	M40	71	00:12:40	02:42:36	03:30:50	04:12:33	04:23:49	04:36:29.65	+01:31:43	6:11	9.7
245	LEGUTKO Włodzimierz	362	OSTOYA RUNNING TEAM	M40	72	00:12:40	02:42:36	03:30:51	04:12:34	04:23:49	04:36:29.75	+01:31:43	6:11	9.7
246	OLESIEJUK Michał	775	TSA SANDOMIERZ	M20	33	00:12:46	02:30:36	03:19:35	04:06:44	04:23:48	04:36:34.65	+01:31:48	6:12	9.7
247	SUCHODOLSKI Jerzy	172		M40	73	00:12:03	02:43:11	03:29:23	04:11:15	04:25:06	04:37:09.90	+01:32:23	6:12	9.7
248	MAJKUCIŃSKI Marek	188	BIEGIEM RADOM!	M40	74	00:11:11	02:37:25	03:30:52	04:13:08	04:26:09	04:37:20.10	+01:32:33	6:13	9.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
249	GURAZDA Kamil	495	KLUB (SPORTING CLUB NAME)	M30	103	00:14:08	02:42:27	03:32:49	04:13:46	04:23:18	04:37:26.35	+01:32:40	6:13	9.6
250	GRZANECKI Rafal	13	PIER...NIEBIEGAM:)	M40	75	00:12:15	02:40:06	03:27:10	04:12:11	04:25:13	04:37:28.75	+01:32:42	6:13	9.6
251	KOZERA Waldemar	96		M30	104	00:11:24	02:32:38	03:24:57	04:10:42	04:26:10	04:37:34.90	+01:32:48	6:13	9.6
252	JACHYM Marcin	571	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	76	00:10:29	02:38:51	03:28:56	04:13:05	04:27:11	04:37:40.95	+01:32:54	6:13	9.6
253	NIZIOŁ Marian	166		M50	20	00:11:29	02:39:54	03:30:48	04:14:05	04:26:22	04:37:51.35	+01:33:05	6:13	9.6
254	WRÓBEL Grzegorz	584		M40	77	00:13:22	02:31:11	03:31:56	04:13:43	04:24:46	04:38:08.70	+01:33:22	6:14	9.6
255	BEDNARCZYK Paweł	406		M30	105	00:12:01	02:33:37	03:23:13	04:10:43	04:26:09	04:38:10.20	+01:33:23	6:14	9.6
256	BOGACZYK Krzysztof	196	RÓWNE	M30	106	00:12:32	02:34:19	03:30:31	04:14:37	04:25:47	04:38:19.15	+01:33:32	6:14	9.6
257	TRETER Sebastian	470	KLUB (SPORTING CLUB NAME)	M20	34	00:12:29	02:35:20	03:31:31	04:15:48	04:26:07	04:38:36.10	+01:33:49	6:14	9.6
258	AUGUŚCIK Mariusz	56		M50	21	00:12:36	02:41:24	03:30:17	04:13:21	04:26:15	04:38:51.75	+01:34:05	6:15	9.6
259	PIETRASZEK Mirek	732		M40	78	00:12:19	02:37:40	03:29:29	04:15:04	04:27:13	04:39:32.05	+01:34:45	6:16	9.6
260	CHODKIEWICZ Tomasz	653	PEUGEOT POLSKA	M40	79	00:12:18	02:40:04	03:31:20	04:15:48	04:27:22	04:39:40.55	+01:34:54	6:16	9.6
261	STOBRAWA Rafał	292	DART BLACHOWNIA	M30	107	00:14:01	02:44:52	03:33:13	04:15:05	04:26:29	04:40:30.75	+01:35:44	6:17	9.5
262	PLEWA Tomasz	24	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M40	80	00:10:55	02:34:28	03:33:00	04:16:09	04:29:48	04:40:43.75	+01:35:57	6:17	9.5
263	ZAKRZEWSKA Dorota	395	SPELEOKLUB WARSZAWSKI/ATOMÓWKI	K30	10	00:12:02	02:42:43	03:31:41	04:16:43	04:28:43	04:40:45.85	+01:35:59	6:17	9.5
264	STASZEWSKI Maciej	245	JANOWANKA	M30	108	00:12:18	02:26:47	03:35:37	04:17:37	04:28:43	04:41:01.75	+01:36:15	6:18	9.5
265	WÓJTOWICZ Pafcio	402	BIEGAJZ.NAMI.PL	M30	109	00:12:18	02:26:30	03:35:36	04:17:36	04:28:44	04:41:02.00	+01:36:15	6:18	9.5
266	PSZENICZKA Grzegorz	594		M30	110	00:11:23	02:36:03	03:30:40	04:14:39	04:29:59	04:41:22.70	+01:36:36	6:18	9.5
267	PILICHOWSKI Wojciech	266	GRUPA SZALONYCH ROWERZYSTÓW	M40	81	00:11:08	02:35:28	03:30:48	04:14:12	04:30:14	04:41:22.75	+01:36:36	6:18	9.5
267	CHABROWSKI Paweł	588		M40	82	00:11:23	02:35:32	03:30:42	04:14:36	04:29:59	04:41:22.75	+01:36:36	6:18	9.5
269	FELIŃSKI Tomasz	593		M40	83	00:11:25	02:35:59	03:30:43	04:15:18	04:29:58	04:41:23.15	+01:36:36	6:18	9.5
270	KULESZA Robert	706		M40	84	00:11:24	02:35:45	03:32:02	04:14:32	04:29:59	04:41:23.30	+01:36:37	6:18	9.5
271	KRZYSZTOŃ Piotr	365	GMP LASY / KRAŚNIK	M30	111	00:11:35	02:38:12	03:30:02	04:15:27	04:29:50	04:41:25.70	+01:36:39	6:18	9.5
272	GAJEWSKI Michał	552	WET ZA WET	M30	112	00:13:28	02:41:31	03:30:23	04:14:50	04:28:02	04:41:30.05	+01:36:43	6:18	9.5
273	ZĄBIK Dana	90		K40	4	00:12:29	02:45:06	03:34:29	04:17:33	04:29:01	04:41:30.30	+01:36:44	6:18	9.5
274	ŚLIWIŃSKI Paweł	252		M30	113	00:14:30	02:45:59	03:41:47	04:22:19	04:28:14	04:42:44.15	+01:37:57	6:20	9.5
275	SMYK Robert	766	OTK RZEŹNIK	M40	85	00:13:19	02:44:06	03:38:28	04:17:31	04:29:49	04:43:08.55	+01:38:22	6:20	9.5
276	JANERKA MOROŃ Marzka	401	DZIABNIĘCI	K30	11	00:13:23	02:44:03	03:36:29	04:18:59	04:29:47	04:43:10.20	+01:38:23	6:20	9.5
277	CISKI Piotr	598		M40	86	00:13:35	02:42:39	03:35:01	04:18:08	04:29:38	04:43:13.30	+01:38:27	6:21	9.4
278	MAZUREK Krzysztof	373		M40	87	00:12:36	02:40:49	03:36:48	04:19:38	04:30:44	04:43:20.10	+01:38:33	6:21	9.4
279	KRAWCZAK Kamil	515	BIEGUSIEM.PL	M30	114	00:12:35	02:40:48	03:36:48	04:19:37	04:30:45	04:43:20.50	+01:38:34	6:21	9.4
280	KAWĘCKI Łukasz	771		M30	115	00:11:12	02:35:58	03:36:02	04:19:16	04:32:21	04:43:33.30	+01:38:47	6:21	9.4
281	MIELCZAREK Wojtek	39		M30	116	00:13:12	02:46:52	03:38:01	04:20:38	04:31:11	04:44:23.00	+01:39:36	6:22	9.4
282	MROZEK Roman	557		M50	22	00:11:29	02:42:55	03:38:14	04:20:39	04:32:58	04:44:27.15	+01:39:40	6:22	9.4
283	SZYMURA Karolina	736	4K	K30	12	00:12:34	02:41:13	03:33:37	04:19:49	04:31:57	04:44:31.35	+01:39:45	6:22	9.4
284	TURLEJ Dariusz	230	KONDYCJA	M50	23	00:12:17	02:44:10	03:36:31	04:19:41	04:32:21	04:44:38.05	+01:39:51	6:22	9.4
285	MROŻEK Andrzej	206	KKB DYSTANS KRAKÓW	M60	3	00:14:48	02:47:47	03:37:33	04:21:00	04:30:09	04:44:57.55	+01:40:11	6:23	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
286	HUSZCZO Aleksander	113	KLUB BIEGACZA WARTA	M30	117	00:13:29	02:42:48	03:37:11	04:20:31	04:31:44	04:45:13.20	+01:40:26	6:23	9.4
287	GRUSZKO Alicja	528	AKTYWNA STRONA ŻYCIA	K30	13	00:12:37	02:45:15	03:37:55	04:21:27	04:33:32	04:46:09.85	+01:41:23	6:24	9.4
288	GRZEGORCZYK Tomasz	538		M20	35	00:12:59	02:40:42	03:33:49	04:20:07	04:33:12	04:46:11.45	+01:41:25	6:25	9.4
289	JURCZAK Roman	150	VITAMINS FOR YOU	M50	24	00:11:46	02:40:50	03:32:54	04:20:00	04:34:35	04:46:21.85	+01:41:35	6:25	9.3
290	SZYBIAK Waldemar	378		M50	25	00:12:41	02:41:10	03:36:25	04:21:05	04:33:44	04:46:25.65	+01:41:39	6:25	9.3
291	KONIECZNY Mariusz	379		M50	26	00:12:41	02:41:11	03:36:26	04:21:08	04:33:44	04:46:25.90	+01:41:39	6:25	9.3
292	CAMPS ALMI?ANA Jaime	427	ATLETISMO BOSTON	M50	27	00:11:43	02:38:01	03:32:41	04:19:39	04:35:26	04:47:09.90	+01:42:23	6:26	9.3
293	SROKA Zbigniew	739		M40	88	00:13:05	02:47:25	03:36:40	04:21:20	04:34:09	04:47:14.90	+01:42:28	6:26	9.3
294	SKRZESZEWSKI Henryk P.	156	I-BS.PL SPORT TEAM	M40	89	00:12:30	02:35:15	03:31:15	04:22:08	04:34:52	04:47:22.05	+01:42:35	6:26	9.3
295	ZAWADA Krzysztof	416		M20	36	00:14:50	02:52:38	03:48:52	04:26:43	04:32:43	04:47:33.20	+01:42:46	6:26	9.3
296	PIKOR Jacek	199		M40	90	00:13:06	02:41:49	03:39:35	04:22:24	04:34:58	04:48:04.40	+01:43:18	6:27	9.3
297	DAWID Mariusz	109		M30	118	00:12:42	02:42:31	03:34:22	04:19:14	04:35:25	04:48:07.10	+01:43:20	6:27	9.3
298	FURMAN Piotr	100		M20	37	00:13:13	02:37:14	03:34:21	04:19:14	04:34:54	04:48:07.15	+01:43:20	6:27	9.3
299	WAWRZY尼亚K Michał	492	KLUB BIEGACZA WARTA	M30	119	00:12:48	02:42:56	03:37:52	04:23:16	04:35:25	04:48:13.95	+01:43:27	6:27	9.3
300	TUROSZ Zbigniew	493	LEŻAJSK	M50	28	00:11:55	02:38:34	03:31:39	04:21:07	04:36:32	04:48:27.20	+01:43:40	6:28	9.3
301	KOZA Jan	757	LOKOMOTIV MAJDAN, GOPR BIESZCZADY	M20	38	00:10:47	02:35:00	03:30:42	04:21:34	04:37:40	04:48:27.45	+01:43:41	6:28	9.3
302	BYLICA Paulina	83	PGB SPORTOWA PACZKA	K30	14		02:44:14	03:40:48	04:24:34		04:48:34.85	+01:43:48	6:28	9.3
303	KACZMARCZYK Piotr	358	UKS SZKOŁA RAJSKA W KRAKOWIE	M30	120	00:13:19	02:41:26	03:38:00	04:23:41	04:35:29	04:48:48.65	+01:44:02	6:28	9.3
304	GALUSKIN Alexey	652	GRUPA NOMAX	M30	121	00:12:39	02:42:52	03:39:41	04:27:47	04:36:10	04:48:49.85	+01:44:03	6:28	9.3
305	ORZECH Artur	376	KROKODYLE	M40	91	00:11:10	02:49:04	03:43:39	04:26:08	04:37:47	04:48:57.30	+01:44:11	6:28	9.3
306	MŁODOŻENIEC Mirosław	51	REMBERTÓW TEAM	M30	122	00:12:36	02:35:43	03:29:01	04:20:08	04:36:24	04:49:00.15	+01:44:13	6:28	9.3
307	KUDŁAK Paweł	654		M20	39	00:12:01	02:43:28	03:37:26	04:22:53	04:37:29	04:49:30.15	+01:44:43	6:29	9.2
308	GOLBA Łukasz	11		M30	123	00:13:29	02:47:41	03:39:11	04:25:17	04:36:21	04:49:50.70	+01:45:04	6:29	9.2
309	ORACZ Sylwia	122		K40	5	00:13:39	02:48:18	03:41:04	04:25:41	04:37:17	04:50:56.20	+01:46:09	6:31	9.2
310	BOROWSKA-PAWLUŚ Ewelina	277	JSC JASŁO	K40	6	00:12:24	02:45:41	03:40:30	04:26:24	04:38:33	04:50:57.65	+01:46:11	6:31	9.2
311	GAJEWSKA Monika	35		K30	15	00:12:33	02:55:12	03:45:49	04:27:52	04:38:43	04:51:16.60	+01:46:30	6:31	9.2
312	BATKO Marcin	353	UKS SZKOŁA RAJSKA	M40	92	00:12:22	02:41:28	03:37:59	04:25:16	04:39:28	04:51:50.85	+01:47:04	6:32	9.2
313	ANTONIAK Michał	483	PWC	M30	124	00:13:43	03:00:06	03:47:54	04:29:25	04:38:09	04:51:52.25	+01:47:05	6:32	9.2
314	GONTARZ Jarosław	669	TRI ENGINES	M30	125	00:11:09	02:28:19	03:23:43	04:24:47	04:40:55	04:52:04.90	+01:47:18	6:32	9.2
315	GUT Paweł	464	KB LOK BOCHNIA	M30	126	00:13:21	02:56:32	03:50:33	04:30:02	04:38:50	04:52:11.95	+01:47:25	6:33	9.2
316	JĘDRZEJOWSKA-DEC Anna	763	OTK RZEŹNIK	K40	7	00:12:15	02:44:41	03:40:53	04:27:09	04:40:22	04:52:37.70	+01:47:51	6:33	9.1
317	MĄCZKA Bronisław	777	OTK RZEŹNIK	M60	4	00:12:15	02:44:40	03:40:53	04:27:12	04:40:22	04:52:37.90	+01:47:51	6:33	9.1
318	OBROŚLAK Grzegorz	715	TRAPER LUBACZÓW	M30	127	00:12:27	02:38:23	03:36:28	04:25:22	04:41:02	04:53:29.50	+01:48:43	6:34	9.1
319	STOJANOWSKI Dawid	309	RUNHOGS	M30	128	00:13:51	02:53:38	03:45:59	04:29:06	04:39:40	04:53:31.80	+01:48:45	6:34	9.1
320	LEPIARZ Marcin	781		M30	129		02:43:38	03:40:01	04:27:10		04:53:37.35	+01:48:51	6:35	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
321	ŚWIDZIŃSKI Tomasz	645	VEGE RUNNERS	M40	93	00:13:43	02:55:29	03:46:31	04:30:28	04:40:01	04:53:44.60	+01:48:58	6:35	9.1
322	KULCZYŃSKI Rafał	502	ROZBIEGANI BUDOWLANI	M30	130	00:12:51	02:46:38	03:43:42	04:27:59	04:40:55	04:53:46.00	+01:48:59	6:35	9.1
323	RZĄDKOWSKI Krzysztof	431	KWW	M40	94	00:14:08	02:53:56	03:44:13	04:29:36	04:39:52	04:54:00.05	+01:49:13	6:35	9.1
324	SAMOLEWICZ Janusz	679	HANDLOPEX	M60	5	00:10:26	02:37:59	03:36:26	04:26:42	04:43:59	04:54:25.30	+01:49:39	6:36	9.1
325	BRYKCZYŃSKI Łukasz	18	SPORT GURU	M20	40	00:11:23	02:36:01	03:39:42	04:24:38	04:43:31	04:54:54.55	+01:50:08	6:36	9.1
326	ŚLĄCZKA Arek	242	FINISZ RYMANÓW	M30	131	00:13:16	02:47:22	03:45:20	04:30:11	04:41:52	04:55:08.40	+01:50:22	6:37	9.1
327	GOSTKOWSKI Bartek	551		M30	132	00:12:16	02:45:21	03:45:01	04:30:27	04:42:53	04:55:09.50	+01:50:23	6:37	9.1
328	CHMIEL Michał	170	RZESZOWSKIE GAZELE I GEPARDY	M30	133	00:12:45	02:47:34	03:44:33	04:31:04	04:42:27	04:55:12.20	+01:50:25	6:37	9.1
329	FLIS Radosław	595		M20	41	00:13:02	02:36:31	03:39:50	04:28:46	04:42:17	04:55:19.25	+01:50:32	6:37	9.1
330	DZIEKAN Krzysztof	243		M40	95	00:12:57	02:57:27	03:48:34	04:31:49	04:42:31	04:55:28.65	+01:50:42	6:37	9.1
331	MISIAK Mirek	644	WIDŁOROGI	M40	96	00:13:11	02:43:07	03:44:25	04:30:00	04:42:22	04:55:33.60	+01:50:47	6:37	9.1
332	BOROWIEC Joanna	635	NIGHT RUNNERS	K40	8	00:12:28	02:49:26	03:44:26	04:29:00	04:43:11	04:55:39.50	+01:50:53	6:37	9.1
333	WOJDA Dariusz	32	DZIKIE DZIKI	M40	97	00:12:07	02:52:44	03:48:49	04:32:32	04:43:45	04:55:52.50	+01:51:06	6:38	9
334	ZAWIŚLAK Kazimierz	337		M30	134	00:12:08	02:52:46	03:48:50	04:32:33	04:43:44	04:55:52.65	+01:51:06	6:38	9
335	WOJCIESZAK Ewa	273	BIEGIEM PRZEZ GÓRY	K30	16	00:10:43	02:44:39	03:41:18	04:28:49	04:45:14	04:55:57.50	+01:51:11	6:38	9
336	NALEPKA Zdzisław	272	BIEGIEM PRZEZ GÓRY	M30	135	00:10:43	02:44:39	03:41:22	04:28:45	04:45:14	04:55:57.80	+01:51:11	6:38	9
337	BARAN Mateusz	293		M20	42	00:13:04	02:44:14	03:41:48	04:29:25	04:43:15	04:56:19.95	+01:51:33	6:38	9
338	DZIADOSZ Artur	459	SAM LATAM	M50	29	00:13:04	02:54:45	03:51:53	04:34:58	04:43:42	04:56:46.15	+01:51:59	6:39	9
339	OLESZCZUK Zbigniew	99	KRASNYSTAW BIEGA	M40	98	00:11:59	02:52:57	03:54:38	04:36:36	04:44:54	04:56:53.55	+01:52:07	6:39	9
340	RYCYK Grzegorz	53	KRASNYSTAW BIEGA	M40	99	00:11:59	02:52:57	03:54:38	04:36:34	04:44:54	04:56:53.60	+01:52:07	6:39	9
341	SZYMIK Marcin	476	RATOWNIK GÓRNICZY	M40	100	00:12:08	02:45:00	03:40:37	04:29:33	04:44:48	04:56:56.95	+01:52:10	6:39	9
342	BIEDROŃ Wojciech	300	NOWA HUTA TEAM	M30	136	00:13:22	02:48:23	03:43:22	04:30:49	04:43:46	04:57:08.75	+01:52:22	6:39	9
343	STRZECHA Tomasz	450	GOŃ ZAJĄCZKA SQAD	M30	137	00:13:58	02:49:41	03:44:27	04:31:54	04:43:27	04:57:25.35	+01:52:39	6:40	9
344	GROMADA Piotr	685	TSA SANDOMIERZ	M30	138	00:12:59	02:42:00	03:51:09	04:33:08	04:44:32	04:57:31.35	+01:52:45	6:40	9
345	PAŁACHA Ania	127	TSA SANDOMIERZ	K30	17	00:13:15	02:55:31	03:50:16	04:33:17	04:44:16	04:57:31.50	+01:52:45	6:40	9
346	OLCZYK Cezary	45		M30	139	00:13:12	02:50:20	03:49:01	04:33:28	04:44:22	04:57:34.65	+01:52:48	6:40	9
347	SIKORSKI Piotr	755	WF SPORTRUN TEAM	M30	140	00:13:12	02:49:47	03:48:38	04:33:10	04:44:31	04:57:43.15	+01:52:56	6:40	9
348	ĆWIEK Dariusz	657	DARIUS	M40	101	00:15:12	02:53:39	03:47:20	04:31:33	04:42:45	04:57:57.00	+01:53:10	6:40	9
349	KACZOROWSKI Michał	607	SOUL ADVENTURE	M20	43	00:11:01	02:35:37	03:37:55	04:28:04	04:47:00	04:58:01.45	+01:53:15	6:40	9
350	KACPROWSKI Tadeusz	541		M60	6		02:53:01	03:46:05	04:32:38		04:58:18.50	+01:53:32	6:41	9
351	SZWAJKA Aneta	435	SZWAJKOZAZAJEBIOZA	K40	9	00:12:21	02:49:22	03:46:40	04:32:37	04:46:43	04:59:04.60	+01:54:18	6:42	8.9
352	DZIADOSZ Jerzy	666	ONEMANTEAM	M40	102	00:13:50	02:45:50	03:46:33	04:33:27	04:45:23	04:59:13.00	+01:54:26	6:42	8.9
353	KUBASIK Łukasz	173	PRZEWORSK	M20	44	00:13:46	02:53:59	03:49:27	04:36:34	04:45:27	04:59:13.40	+01:54:27	6:42	8.9
354	ROSZKOWSKA Julita	265	GRUPA SZALONYCH ROWERZYSTÓW BIAŁYSTOK	K30	18	00:13:12	02:48:13	03:44:30	04:33:57	04:46:07	04:59:19.85	+01:54:33	6:42	8.9
355	WAGNER Jolanta	248		K50	2	00:12:48	02:54:16	03:48:04	04:35:05	04:46:35	04:59:23.55	+01:54:37	6:42	8.9
356	HOWIL Waldemar	143	KAIZEN	M40	103	00:12:41	02:41:01	03:43:15	04:32:44	04:46:48	04:59:29.65	+01:54:43	6:42	8.9
357	GRENDZIŃSKI Andrzej	664	PGB SPORTOWA PACZKA	M40	104	00:13:10	02:53:00	03:47:23	04:35:17	04:46:33	04:59:43.70	+01:54:57	6:43	8.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
358	MAKOWSKI Marek	318	SUPER WTP/PPP	M30	141	00:12:57	02:57:26	03:52:26	04:36:27	04:46:54	04:59:51.50	+01:55:05	6:43	8.9
359	MAZUR Sławomir	389	GRUPETTO GORLICE	M30	142	00:12:43	02:54:02	03:48:25	04:34:15	04:47:28	05:00:11.15	+01:55:24	6:43	8.9
360	MIERZWA Katarzyna	756		K30	19	00:12:43	02:54:00	03:48:26	04:34:21	04:47:28	05:00:11.25	+01:55:24	6:43	8.9
361	CHARCHUT Roman	103		M30	143	00:13:37	02:57:12	03:50:51	04:36:26	04:46:34	05:00:11.55	+01:55:25	6:43	8.9
362	KOKOT Roman	217	AKTYWNY DYNÓW	M30	144	00:13:58	02:55:44	03:47:57	04:35:04	04:46:16	05:00:14.20	+01:55:27	6:43	8.9
363	KOZIOŁKO Tomasz	531		M30	145	00:13:12	02:48:23	03:44:21	04:31:47	04:47:02	05:00:14.50	+01:55:28	6:43	8.9
364	MUNIAK Kamil	76	KUKUCZSPORT.PL	M30	146	00:12:16	02:49:07	03:50:34	04:35:08	04:48:04	05:00:20.80	+01:55:34	6:44	8.9
365	HENKIEL Bartłomiej	749		M20	45	00:13:42	02:49:44	03:50:25	04:36:22	04:46:44	05:00:26.75	+01:55:40	6:44	8.9
366	BUTNY Rafał	411	COMPLEXSPORTS TRIATHLON TEAM	M30	147	00:14:46	02:53:58	03:52:12	04:36:20	04:45:40	05:00:26.95	+01:55:40	6:44	8.9
367	GRUCHALA Piotr	414	POINT	M30	148	00:14:47	02:53:59	03:52:13	04:36:27	04:45:40	05:00:27.05	+01:55:40	6:44	8.9
368	KOSSAKOWSKA Katarzyna	123		K40	10	00:12:31	02:55:29	03:49:28	04:35:56	04:48:05	05:00:36.85	+01:55:50	6:44	8.9
369	KWATERA Tomasz	659	KB LOK BOCHNIA	M40	105	00:13:21	02:56:34	03:51:17	04:36:53	04:47:28	05:00:49.95	+01:56:03	6:44	8.9
370	BOLANOWSKI Piotr	225	POSADA GÓRNA	M40	106	00:11:08	02:47:49	03:52:19	04:36:37	04:49:55	05:01:03.80	+01:56:17	6:45	8.9
371	MIROCHA Łukasz	467	UKASZ TEAM	M30	149	00:13:14	02:53:33	03:48:43	04:35:44	04:47:53	05:01:07.45	+01:56:21	6:45	8.9
372	SZULC Krzysztof	308	JOCKER TEAM	M40	107	00:13:07	02:48:15	03:48:31	04:36:06	04:48:01	05:01:08.85	+01:56:22	6:45	8.9
373	PIETRYSZYN Mariusz	202		M30	150	00:13:46	02:53:58	03:49:27	04:36:33	04:47:36	05:01:22.85	+01:56:36	6:45	8.9
374	SWACHA Piotr	567	BIŁGORAJ BIEGA	M30	151	00:13:26	02:57:04	03:52:53	04:36:44	04:48:02	05:01:28.15	+01:56:41	6:45	8.9
375	KACPERSKA Dagmara	634	JAKĄS MASAKRA	K30	20	00:14:15	02:56:02	03:51:04	04:38:34	04:47:17	05:01:32.85	+01:56:46	6:45	8.9
376	CZOPKO Kamil	326	SAPEX STRONG TEAM	M20	46	00:13:17	02:59:55	03:54:28	04:38:33	04:48:20	05:01:37.75	+01:56:51	6:45	8.9
377	HERMANOWSKI Robert	164	W4TEAM	M40	108	00:12:06	02:58:16	03:55:11	04:37:33	04:49:50	05:01:56.65	+01:57:10	6:46	8.9
378	DZIAŁABIJ Beata	649		K30	21	00:11:45	02:56:14	03:51:27	04:37:39	04:50:12	05:01:57.80	+01:57:11	6:46	8.9
379	KASZYCKA Renata	14		K40	11	00:13:00	02:53:10	03:55:52	04:38:50	04:49:11	05:02:11.05	+01:57:24	6:46	8.9
380	TOMASZEWSKI Wojtek	511	BRACIAT	M40	109	00:12:16	02:48:24	03:55:18	04:38:36	04:50:06	05:02:22.40	+01:57:36	6:46	8.9
381	KOWALCZYK Grzesiek	628		M40	110	00:11:50	02:48:45	03:48:48	04:35:51	04:51:16	05:03:06.00	+01:58:19	6:47	8.8
382	POPŁAWSKI Piotr	670	PGB SPORTOWA PACZKA	M30	152	00:13:04	03:03:18	04:00:08	04:42:08	04:50:27	05:03:31.75	+01:58:45	6:48	8.8
383	SZCZOTKA Katarzyna	522		K30	22	00:11:21	02:50:54	03:47:06	04:36:02	04:52:12	05:03:33.55	+01:58:47	6:48	8.8
384	ORZECHOWSKI Bartosz	321	KW WARSZAWA	M30	153	00:12:30	02:47:41	03:48:01	04:38:14	04:51:07	05:03:37.60	+01:58:51	6:48	8.8
385	LUPA Adam	517	NTT TRIADA NAMYSŁÓW	M40	111	00:14:06	02:50:32	03:51:52	04:38:35	04:49:45	05:03:51.95	+01:59:05	6:48	8.8
386	ZARZYCKA-JASIK Magdalena	524	BABY-DOLL.PL	K30	23	00:11:55	02:54:37	03:52:17	04:39:08	04:52:03	05:03:58.20	+01:59:11	6:48	8.8
387	WOŹNIACKA Joanna	262	KRAKÓW	K20	6	00:11:49	02:55:42	03:50:53	04:37:38	04:52:09	05:03:58.80	+01:59:12	6:48	8.8
388	SIEKIERSKI Krzysztof	709	KEREZA LUBLIN	M40	112	00:13:31	02:48:01	03:46:14	04:36:08	04:50:38	05:04:09.60	+01:59:23	6:49	8.8
389	MOĆKO Jacek	606		M20	47	00:13:53	02:53:04	03:50:18	04:37:48	04:51:07	05:05:00.65	+02:00:14	6:50	8.8
390	WIŚNIEWSKI Krzysztof	210	KEREZA TEAM	M30	154	00:12:56	02:55:38	03:55:03	04:40:05	04:52:35	05:05:31.05	+02:00:44	6:51	8.8
391	ZYGADLEWICZ Grzegorz	418	BIEGAJĄCY ŚWIDNIK	M30	155	00:13:54	02:49:40	03:51:38	04:40:51	04:51:57	05:05:51.40	+02:01:05	6:51	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas		Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
392	KOSACKI Jacek	785	GOOD LIFE FITNESS	M30	156	00:13:33	02:53:08	03:50:48	04:38:21	04:52:22	05:05:55.00	+02:01:08	6:51	8.7
393	DARŁAK Łukasz	569	SMASHING PĄPKINS	M20	48	00:13:03	02:44:04	03:52:28	04:39:33	04:53:06	05:06:09.65	+02:01:23	6:51	8.7
394	PŁONKA Paweł	761	ŻYWCEM ZABIEGANI	M30	157	00:11:31	02:47:24	03:45:03	04:36:04	04:54:53	05:06:24.85	+02:01:38	6:52	8.7
395	DYMEK Paweł	779	MIELECKIE BIEGACZE	M30	158	00:12:51	02:50:29	03:49:15	04:37:17	04:53:44	05:06:35.00	+02:01:48	6:52	8.7
396	PIEKARSKA Aleksandra	417		K30	24	00:12:43	02:49:12	03:52:44	04:42:21	04:53:53	05:06:36.00	+02:01:49	6:52	8.7
397	DRAPAŁA Jan	377	KROKODYLE	M40	113	00:11:10	02:49:06	03:50:18	04:37:56	04:55:26	05:06:36.85	+02:01:50	6:52	8.7
398	SERZYSKO Bartosz	562	AKTYWNA STRONA ŻYCIA	M20	49	00:12:21	02:50:06	03:55:27	04:40:13	04:54:24	05:06:45.50	+02:01:59	6:52	8.7
399	KUCIŃSKI Andrzej	438	BAZA ZDROWIA	M50	30	00:14:33	02:58:41	03:54:50	04:42:33	04:52:14	05:06:47.05	+02:02:00	6:52	8.7
400	ANDRES Kamil	148	TRUSOX	M20	50	00:12:26	02:48:46	03:54:41	04:41:24	04:54:36	05:07:02.20	+02:02:15	6:53	8.7
401	TROJNAR Damian	131	JUTRZENKA DĘBNO	M30	159	00:12:27	02:48:47	03:54:41	04:41:24	04:54:35	05:07:02.35	+02:02:16	6:53	8.7
402	BAJAK Małgorzata	147	ŻYWCEM ZABIEGANI	K30	25	00:12:33	03:00:56	03:58:28	04:42:26	04:54:38	05:07:11.75	+02:02:25	6:53	8.7
403	URBAŃSKA Agnieszka	491	LUBAWA KOCHA BIEGAĆ	K20	7	00:12:48	02:48:34	03:47:27	04:39:31	04:54:45	05:07:33.30	+02:02:47	6:53	8.7
404	MĘŻYŃSKI Michał	619		M30	160	00:14:38	02:53:02	03:55:14	04:40:54	04:52:59	05:07:37.60	+02:02:51	6:53	8.7
405	PESZEK Bogdan	209	AKTYWNY DYNÓW	M40	114	00:13:58	02:57:44	03:55:35	04:42:18	04:54:14	05:08:12.25	+02:03:25	6:54	8.7
406	BAK Marcin Michał	787	ŚWIĘTY SPOKÓJ SANOK	M30	161	00:13:54	02:56:09	03:54:06	04:41:53	04:54:31	05:08:25.50	+02:03:39	6:54	8.7
407	SIÓDMIAK Cezary	33		M40	115	00:13:43	02:59:49	03:55:57	04:42:17	04:54:51	05:08:34.95	+02:03:48	6:55	8.7
408	SERAFIN Paulina	673		K20	8	00:12:42	03:00:04	03:58:30		04:56:15	05:08:57.65	+02:04:11	6:55	8.7
409	WOŹNIAK Michał	688	BANDA GRUDNIA	M30	162	00:13:12	02:51:31	03:58:29		04:55:45	05:08:57.95	+02:04:11	6:55	8.7
410	PODOLAK Zbigniew	186	PRZEMYŚL	M50	31	00:13:01	02:54:50	03:54:25	04:41:54	04:57:04	05:10:05.65	+02:05:19	6:57	8.6
411	PRZYBYŁO Sonia	141	NIGHT RUNNERS GLIWICE	K20	9	00:12:25	02:49:12	03:55:20	04:43:26	04:57:42	05:10:07.15	+02:05:20	6:57	8.6
412	URBAŃCZYK Karol	137	NIGHT RUNNERS GLIWICE	M20	51	00:12:25	02:49:28	03:55:19	04:43:25	04:57:43	05:10:08.45	+02:05:22	6:57	8.6
413	ZIELONKA Bogumił	507	PIOTRKOWSKI KLUB BIEGACZA ' ENDORFINA'	M40	116	00:15:18	03:05:54	04:01:19	04:46:15	04:55:01	05:10:19.20	+02:05:32	6:57	8.6
414	WOJCIECHOWSKA Katarzyna	658	TSA SANDOMIERZ	K30	26	00:13:16	02:55:34	03:54:23	04:42:28	04:57:03	05:10:19.80	+02:05:33	6:57	8.6
415	SEWERYN Tomasz	539		M40	117	00:13:55	02:57:23	03:56:01	04:44:31	04:56:34	05:10:29.45	+02:05:43	6:57	8.6
416	KAMIŃSKA Kamila	204		K30	27	00:13:37	03:03:12	04:01:57	04:45:19	04:57:03	05:10:40.25	+02:05:53	6:57	8.6
417	SIDOR Paweł	163	W4TEAM	M40	118	00:12:05	03:03:47	03:59:39	04:46:58	04:59:07	05:11:12.20	+02:06:25	6:58	8.6
418	ZDULSKI Bartosz	64		M40	119	00:12:05	03:04:11	03:59:48	04:46:58	04:59:07	05:11:12.40	+02:06:26	6:58	8.6
419	WISZNIEWSKI Karol	505	AKS POLONIA WARSZAWA	M30	163	00:13:22	02:52:17	04:04:59	04:49:28	04:57:54	05:11:16.00	+02:06:29	6:58	8.6
420	KWIECIEŃ Krzysztof	663	RUNSHOP.PL	M40	120	00:13:05	03:03:50	04:03:13	04:45:40	04:58:29	05:11:34.80	+02:06:48	6:59	8.6
421	RAMM Aleksander	382	SMILEY ULTRAS :)	M30	164	00:12:22	03:00:09	03:59:28	04:47:16	04:59:28	05:11:50.85	+02:07:04	6:59	8.6
422	HYZIAK Jakub	112	JJ.RUNNERS GORLICE	M40	121	00:13:18	03:05:21	03:59:23	04:46:17	04:58:41	05:11:59.35	+02:07:13	6:59	8.6
423	DOMBROWSKI Wojciech	91		M40	122	00:14:45	03:01:04	04:01:23	04:45:04	04:57:21	05:12:06.80	+02:07:20	6:59	8.6
424	GĄSZCZYK Grzegorz	74	NOWA HUTA TEAM	M40	123	00:13:22	02:52:17	04:05:01	04:49:27	04:58:59	05:12:21.25	+02:07:34	7:00	8.6
425	KĘSA Andrzej	399		M30	165	00:12:03	02:56:50	03:55:22	04:44:59	05:00:34	05:12:37.35	+02:07:51	7:00	8.6
426	STRUGAŁA Monika	386		K20	10	00:14:35	03:01:25	04:04:19	04:47:58	04:58:04	05:12:39.40	+02:07:53	7:00	8.6
427	MUCHA Tomasz	439		M40	124	00:14:33	02:58:47	04:00:28	04:45:10	04:58:09	05:12:42.95	+02:07:56	7:00	8.6
428	ARENTEWICZ Grzegorz	136	TORUN MULTISPORT TEAM	M30	166	00:14:26	02:55:34	03:54:18	04:42:17	04:58:22	05:12:48.00	+02:08:01	7:00	8.6
429	PELA Dariusz	134	TMT SKY-TRANS	M30	167	00:14:26	02:55:35	03:54:18	04:42:16	04:58:22	05:12:48.15	+02:08:01	7:00	8.6
430	SIENKIEWICZ Wojciech	463		M40	125	00:12:37	02:48:05	03:53:21	04:43:36	05:00:16	05:12:53.10	+02:08:06	7:00	8.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
431	GAŁUSZKA Bogdan	73	JGB 'SOKÓŁ'	M40	126	00:14:10	03:01:02	03:58:12	04:47:05	04:58:50	05:13:00.95	+02:08:14	7:01	8.5
432	SARAT Ewa	125		K40	12	00:13:39	03:03:49	04:01:32	04:46:27	04:59:35	05:13:14.60	+02:08:28	7:01	8.5
433	STEC Sebastian	793	SIEMUSZOWA	M40	127	00:13:53	02:59:24	03:56:39	04:46:24	04:59:52	05:13:45.65	+02:08:59	7:02	8.5
434	JURCZAK Daniel	214	MIŃSKA GRUPA ROWEROWA	M30	168	00:12:09	02:53:25	03:53:59	04:45:38	05:01:37	05:13:46.40	+02:09:00	7:02	8.5
435	KWARTA Tomasz	565		M30	169	00:12:47	02:50:13	03:52:50	04:43:35	05:01:29	05:14:16.30	+02:09:30	7:02	8.5
436	ADAMSKI Michał	36	WOP	M30	170	00:12:47	02:49:16	03:52:49	04:44:09	05:01:29	05:14:16.50	+02:09:30	7:02	8.5
437	HONKISZ-GODLEWSKA Urszula	534		K20	11	00:13:44	02:50:40	03:57:18	04:45:55	05:00:48	05:14:32.75	+02:09:46	7:03	8.5
438	SAŁACIAK Marcin	332	GLKS RZEPEDŹ	M30	171	00:14:49	02:52:38	03:55:04	04:42:20	04:59:51	05:14:40.40	+02:09:54	7:03	8.5
439	LAUER Jarosław	59		M40	128	00:14:08	02:55:10	03:57:38	04:46:21	05:00:34	05:14:42.65	+02:09:56	7:03	8.5
440	GŁADYSZ Jadwiga	106	ZABIEGANI MIELEC	K50	3	00:13:10	03:02:48	04:06:38	04:50:42	05:01:36	05:14:46.65	+02:10:00	7:03	8.5
441	MAZIARZ Jakub	798	ZABIEGANI MIELEC	M30	172	00:13:10	03:02:51	04:06:41	04:50:07	05:01:36	05:14:46.95	+02:10:00	7:03	8.5
441	KOKOSZKA Magdalena	305		K30	28	00:13:11	03:02:48	04:06:29	04:50:44	05:01:35	05:14:46.95	+02:10:00	7:03	8.5
443	ZIOŁO Paweł	87	WATRA TEAM	M30	173	00:14:34	02:54:43	03:57:33	04:48:07	05:00:46	05:15:20.00	+02:10:33	7:04	8.5
444	PRZYGÓRZEWSKI Jarosław	792	LESKO	M30	174	00:13:57	02:53:44	03:54:05	04:46:16	05:01:31	05:15:28.95	+02:10:42	7:04	8.5
445	ZMYŚŁOWSKI Łukasz	597		M30	175	00:12:46	02:42:26	03:58:36	04:47:39	05:02:46	05:15:32.45	+02:10:46	7:04	8.5
446	WAJCOWICZ Witold	98		M40	129	00:12:07	02:59:21	03:59:17	04:49:05	05:03:38	05:15:45.95	+02:10:59	7:04	8.5
447	SMOLIŃSKI Paweł	197	RUGBY KLUB SANOK / SMASHING PAPKINS	M30	176	00:12:07	02:59:22	03:59:19	04:49:05	05:03:39	05:15:46.00	+02:10:59	7:04	8.5
448	KRAJEWSKA Joanna	201	ZAPOROWY MARATON	K30	29	00:12:07	02:59:21	03:59:19	04:49:07	05:03:39	05:15:46.10	+02:10:59	7:04	8.5
449	HRYSZKIEWICZ Janusz	234	UNISONO FLOW / AKMB PEDZIWIATR GLIWICE	M40	130	00:15:14	03:08:19	04:06:26	04:51:57	05:00:45	05:15:59.25	+02:11:12	7:05	8.5
450	WINIECKI Mateusz	553	ŁÓDŹ RUNNING TEAM	M20	52	00:13:18	02:58:29	03:57:35	04:48:03	05:02:55	05:16:13.40	+02:11:27	7:05	8.5
451	KOPER Jacek	222		M40	131	00:12:52	03:05:48	04:03:10	04:49:43	05:03:21	05:16:13.70	+02:11:27	7:05	8.5
452	SAŁAPA Kamil	494	KLUB (SPORTING CLUB NAME)	M30	177	00:13:17	03:04:03	04:03:25	04:50:06	05:03:10	05:16:27.15	+02:11:40	7:05	8.5
453	PAPIERSKI Leszek	667	PGB SPORTOWA PACZKA	M40	132	00:13:04	03:02:52	04:05:14	04:51:05	05:03:24	05:16:28.30	+02:11:42	7:05	8.5
454	ZARĘBA Jolanta	428	RZESZOWSKIE GAZELE I GEPARDY	K50	4	00:13:15	03:01:37	03:59:38	04:48:16	05:03:13	05:16:28.60	+02:11:42	7:05	8.5
455	CZERWIONKA Lidia	783		K30	30	00:11:10	02:57:24	03:55:20	04:47:04	05:05:28	05:16:38.00	+02:11:51	7:05	8.5
456	KROCZEK Janusz	441	FORMA WODZISŁAW ŚL	M50	32	00:13:56	03:05:51	04:07:33	04:52:53	05:02:43	05:16:39.85	+02:11:53	7:05	8.5
457	NOWAK Łukasz	605		M30	178	00:14:35	03:01:42	04:01:22	04:49:23	05:02:17	05:16:52.15	+02:12:05	7:06	8.4
458	GÓRNIOWICZ Marcin	461	MBANK	M30	179	00:13:58	03:07:42	04:08:55	04:53:36	05:03:08	05:17:06.75	+02:12:20	7:06	8.4
459	GOGÓŁ-IŻOWSKA Edyta	526		K20	12	00:13:37	03:08:46	04:05:38	04:52:06	05:03:34	05:17:11.00	+02:12:24	7:06	8.4
460	DOMISZEWSKI Wojciech	324		M50	33	00:11:02	02:50:46	03:59:07	04:49:34	05:07:06	05:18:08.90	+02:13:22	7:07	8.4
461	LOREK Marek	239		M40	133	00:11:30	02:58:33	03:58:13	04:50:27	05:07:01	05:18:31.40	+02:13:45	7:08	8.4
462	MIŚKÓW Marcin	79	BIEGAMY Z SERCEM.PL	M30	180	00:11:45	02:57:26	04:00:15	04:50:06	05:06:49	05:18:34.95	+02:13:48	7:08	8.4
463	CZYZEWSKA Mariola	602	12TRI.PL DRYZYNA WILKA	K30	31	00:14:05	03:03:02	04:05:35	04:53:32	05:04:37	05:18:42.05	+02:13:55	7:08	8.4
464	CIEŚLAK Dominika	473		K30	32	00:12:09	03:07:40	04:04:54	04:53:16	05:06:48	05:18:57.85	+02:14:11	7:09	8.4
465	KORBUT Radosław	280		M30	181	00:14:50	03:03:42	04:06:34	04:53:30	05:04:19	05:19:09.65	+02:14:23	7:09	8.4
466	ZIEMNIAK Marcin	437		M20	53	00:13:55	02:59:47	04:04:15	04:52:48	05:05:51	05:19:46.05	+02:14:59	7:10	8.4
467	SALWA Szymon	613	SEAAT	M30	182	00:14:02	02:56:58	04:04:50	04:53:13	05:06:25	05:20:27.80	+02:15:41	7:11	8.4
468	KLONOWSKI Jerzy	514		M60	7	00:13:24	03:00:20	04:00:53	04:50:08	05:07:17	05:20:41.40	+02:15:55	7:11	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
469	LESZCZYŃSKI Radosław	586	AIR CONSULTING	M40	134	00:14:46	03:03:46	04:06:09	04:53:23	05:06:04	05:20:50.70	+02:16:04	7:11	8.3
470	LESZCZYŃSKA Iwona	585	AIR CONSULTING	K40	13	00:14:46	03:03:47	04:06:09	04:53:22	05:06:04	05:20:50.75	+02:16:04	7:11	8.3
471	NAWARA Arkadiusz	575		M20	54	00:12:31	02:50:54	03:55:43	04:49:42	05:08:23	05:20:54.90	+02:16:08	7:11	8.3
472	MALEC Dawid	396	NIGHT RUNNERS	M20	55	00:13:30	02:58:11	04:02:21	04:52:42	05:07:37	05:21:07.85	+02:16:21	7:11	8.3
473	MATUSZEWICZ Ewa	312	KONDYCJA	K50	5	00:13:12	03:08:33	04:07:35	04:54:43	05:08:08	05:21:20.25	+02:16:33	7:12	8.3
473	KROENKE Barbara	477	OBOZYBIEGOWE.PL	K60	1	00:13:12	03:08:33	04:07:32	04:54:44	05:08:08	05:21:20.25	+02:16:33	7:12	8.3
475	DONIEC Sebastian	22	WWW.ADWOKATDONIEC.PL	M30	183	00:13:18	03:06:09	04:06:30	04:54:11	05:08:04	05:21:22.75	+02:16:36	7:12	8.3
476	KWAŚNIK Andrzej	283		M60	8	00:12:45	02:59:44	04:01:38	04:54:08	05:08:39	05:21:24.00	+02:16:37	7:12	8.3
477	FIEGA Ryszard	631	MARATON GORLICE	M50	34	00:12:12	03:02:53	04:05:16	04:54:43	05:09:12	05:21:24.15	+02:16:37	7:12	8.3
477	URBAŃSKI Józef	313	KKB MOSIR KROSNO	M50	35	00:12:18	03:03:32	04:08:03	04:54:45	05:09:06	05:21:24.15	+02:16:37	7:12	8.3
479	REGULSKA Monika	304		K20	13	00:13:36	03:06:23	04:04:33	04:53:20	05:08:11	05:21:47.90	+02:17:01	7:12	8.3
480	BUCZYŃSKI Radosław	240	NIGHT RUNNERS GLIWICE	M30	184	00:12:33	03:00:00	04:04:16	04:55:11	05:09:56	05:22:29.65	+02:17:43	7:13	8.3
481	ARGALSKI Grzegorz	769	KW TRÓJMIASTO	M40	135	00:12:33	02:55:36	04:07:21	04:56:32	05:10:28	05:23:01.50	+02:18:15	7:14	8.3
482	CHWALISZEWSKI Jarosław	121	NIGHT RUNNERS GLIWICE	M40	136	00:12:33	02:59:37	04:03:46	04:55:14	05:12:07	05:24:40.45	+02:19:54	7:16	8.2
483	FIDOR Michał	276	RUNHOGS TYCHY	M30	185	00:13:50	02:56:11	04:02:04	04:54:31	05:10:51	05:24:41.95	+02:19:55	7:16	8.2
484	KUROWSKI Michał	615	NIGHT RUNNERS GLIWICE	M20	56	00:12:55	03:02:25	04:06:17	04:55:23	05:11:55	05:24:50.30	+02:20:04	7:16	8.2
485	GÓRNY Małgorzata	548	TRENUJE Z OŁĄ :)	K20	14	00:11:22	03:02:25	04:06:17	04:55:24	05:13:32	05:24:54.75	+02:20:08	7:17	8.2
486	SAKOWSKA Aneta	154	MARATONKA GRAJEWO	K40	14	00:13:14	03:02:33	04:10:10	04:58:09	05:11:44	05:24:58.30	+02:20:12	7:17	8.2
487	CEGLIŃSKI Sebastian	711	JAKOBCYCLES	M40	137	00:14:06	02:57:58	04:03:58	04:56:42	05:11:06	05:25:12.90	+02:20:26	7:17	8.2
488	SKONECZNY Artur	192	OPL	M40	138	00:14:28	03:04:50	04:09:02	04:57:10	05:10:53	05:25:21.55	+02:20:35	7:17	8.2
489	KAPELKO Bogdan	616		M40	139	00:14:17	02:57:10	04:01:59	04:53:18	05:11:33	05:25:50.20	+02:21:03	7:18	8.2
490	KOPCZYŃSKI Maciej	558		M30	186	00:14:01	03:02:43	04:04:53	04:58:33	05:11:57	05:25:58.05	+02:21:11	7:18	8.2
491	WOLAŃSKA Joanna	345	ATOMÓWKI/SPELEOKLUB WARSZAWSKI	K30	33	00:13:27	03:07:51	04:11:17	04:59:57	05:12:32	05:25:59.95	+02:21:13	7:18	8.2
492	KAMIŃSKA Karolina	370	SHELL SBO KRAKÓW / LES FMMES COURANT DANS LES FORETS	K30	34	00:14:31	03:10:49	04:07:59	04:58:56	05:12:11	05:26:42.85	+02:21:56	7:19	8.2
493	RĘKAWEK Artur	412	TRUCHTACZ.PL	M40	140	00:13:00	03:05:30	04:10:37	04:58:31	05:14:03	05:27:03.85	+02:22:17	7:19	8.2
494	ŻOŁĄDEK Anna	407		K30	35	00:13:01	03:05:15	04:10:41	04:58:33	05:14:03	05:27:04.00	+02:22:17	7:20	8.2
495	RUPIK Piotr	159		M40	141	00:12:45	03:07:33	04:10:32	04:59:44	05:14:32	05:27:17.00	+02:22:30	7:20	8.2
496	BARAN Jakub	299		M30	187	00:15:55	03:07:42	04:07:57	05:01:04	05:11:50	05:27:45.70	+02:22:59	7:20	8.2
497	ZAKRZEWSKI Szymon	504		M30	188	00:11:40	02:58:09	04:02:36	04:52:30	05:17:08	05:28:48.15	+02:24:01	7:22	8.1
498	KRASOWSKI Łukasz	130		M30	189	00:12:38	03:08:17	04:15:02	05:02:48	05:16:16	05:28:54.80	+02:24:08	7:22	8.1
499	TUTKA Maksymilian	443	LEŻAJSK	M30	190	00:12:37	03:08:18	04:15:04	05:02:49	05:16:18	05:28:55.75	+02:24:09	7:22	8.1
500	NESTOROWICZ Maksymilian	297	NESTOR & ZAWADA CLUB	M20	57	00:14:50	03:03:58	04:04:24	04:58:37	05:14:23	05:29:13.60	+02:24:27	7:22	8.1
501	BŁACHOWICZ Rafał	497	ZABIEGANI MIELEC	M40	142	00:13:27	03:11:42	04:17:44	05:05:30	05:16:44	05:30:11.20	+02:25:24	7:24	8.1
502	MALICKA Angelika	269		K30	36	00:12:45	03:03:04	04:10:40	05:00:13	05:17:53	05:30:38.65	+02:25:52	7:24	8.1
503	SZUSZKIEWICZ Marzena	419		K40	15	00:14:28	03:05:18	04:15:08	05:02:41	05:16:15	05:30:43.80	+02:25:57	7:24	8.1
504	ŻACZEK Anna	578	BIEGUSIEM.PL	K40	16	00:12:40	03:06:37	04:14:07	05:04:45	05:18:27	05:31:07.65	+02:26:21	7:25	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas		Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
505	KLUS Anna	30		K30	37	00:12:36	03:06:38	04:14:07	05:04:46	05:18:31	05:31:07.95	+02:26:21	7:25	8.1
506	ZIEMIAN Krzysztof	786		M50	36	00:14:05	03:04:31	04:10:18	05:02:36	05:17:13	05:31:18.55	+02:26:32	7:25	8.1
507	SOWA Jacek	720	RZESZOWSKI KLUB MORSÓW SOPELEK	M30	191	00:14:04	03:05:08	04:10:48	05:02:37	05:17:16	05:31:20.35	+02:26:34	7:25	8.1
507	KRASOŃ Janusz	177	RKM ' SOPELEK'	M30	192	00:14:04	03:05:09	04:10:47	05:02:40	05:17:16	05:31:20.35	+02:26:34	7:25	8.1
509	GOMÓŁKA Wiesław	474		M50	37	00:14:04	03:05:45	04:10:49	05:02:36	05:17:16	05:31:20.70	+02:26:34	7:25	8.1
510	MICUŁA Zbigniew	690	WOLBROM TEAM	M50	38	00:13:52	03:01:02	04:15:35	05:03:44	05:17:32	05:31:24.70	+02:26:38	7:25	8.1
511	RESZYTYŁO Grzegorz	641		M40	143	00:14:24	03:11:58	04:16:45	05:06:02	05:17:48	05:32:12.80	+02:27:26	7:26	8.1
512	SZEFER Wiktor	760	CRAZY DRAGONS	M30	193	00:14:00	03:06:52	04:18:43	05:07:11	05:18:27	05:32:27.10	+02:27:40	7:27	8
513	MARZAŁEK-KOKOT Katarzyna	410	AKTYWNY DYNÓW	K30	38	00:13:59	03:04:47	04:21:34	05:08:00	05:18:52	05:32:51.15	+02:28:04	7:27	8
514	GARGAS-MARUT Małgorzata	559	PZU SPORT TEAM	K40	17	00:15:28	03:03:57	04:20:28	05:08:17	05:17:23	05:32:51.25	+02:28:04	7:27	8
515	GARGAS Marek	423		M20	58	00:15:28	03:03:59	04:20:28	05:08:18	05:17:24	05:32:52.90	+02:28:06	7:27	8
516	THIER Dominik J.	287	PZSF	M30	194	00:15:09	03:10:30	04:18:36	05:07:33	05:17:47	05:32:56.45	+02:28:10	7:27	8
517	KALINOWSKA Dorota	518		K30	39	00:15:09	03:10:32	04:18:39	05:07:35	05:17:47	05:32:56.80	+02:28:10	7:27	8
518	DROŹDŹ Witold	295	POLSKIE HIMALAJE 2018	M40	144	00:12:10	03:01:06	04:04:50	05:02:25	05:21:22	05:33:32.75	+02:28:46	7:28	8
519	KRAUSE Sylwia	26	RADLIM MIASTO Z SERCEM	K40	18	00:12:08	03:04:55	04:17:48	05:07:09	05:21:56	05:34:04.65	+02:29:18	7:29	8
520	KRAUSE Dariusz	25	FORMA WODZISŁAW ŚLĄSKI/ RADLIN	M40	145	00:12:09	03:04:58	04:17:49	05:07:11	05:21:55	05:34:04.85	+02:29:18	7:29	8
521	WIŚNIEWSKI Marcin	544	JANO TECHNIKA SANITARNA	M40	146	00:13:48	03:03:53	04:12:05	05:04:26	05:20:22	05:34:10.60	+02:29:24	7:29	8
522	LACHER Joanna	713	WKURW_TEAM	K20	15	00:15:19	03:13:02	04:17:44	05:05:30	05:18:54	05:34:13.25	+02:29:26	7:29	8
523	HIPNER Marcin	398	SPOT PSZCZYNA	M30	195	00:14:28	03:09:44	04:15:13	05:04:11	05:19:47	05:34:15.45	+02:29:29	7:29	8
524	PORCZYŃSKA Patrycja	289	SPOT PSZCZYNA	K30	40	00:14:27	03:09:45	04:15:13	05:04:11	05:19:48	05:34:15.65	+02:29:29	7:29	8
525	SKOTNICA Karolina	288	SPOT PSZCZYNA	K30	41	00:14:28	03:09:46	04:15:12	05:04:11	05:19:48	05:34:16.05	+02:29:29	7:29	8
526	NIEDZIELA Michał	282		M30	196	00:14:43	03:13:06	04:17:46	05:06:54	05:19:37	05:34:20.35	+02:29:34	7:29	8
527	JAKUBOWSKI Wojciech	72	KB GEOTERMIA UNIEJÓW	M40	147	00:14:30	03:16:39	04:23:33	05:10:07	05:19:51	05:34:21.95	+02:29:35	7:29	8
528	PACZKOWSKI Bartosz	510	218CREW	M40	148	00:14:18	03:00:57	04:08:17	05:03:29	05:21:09	05:35:27.30	+02:30:41	7:31	8
529	PAWLICA Paweł	229	POLSKIE RADIO	M20	59		02:59:57	04:02:33	05:02:21		05:36:10.25	+02:31:23	7:32	8
530	GRYSZKO Piotr	540	1,2 TRI DRUŻYNA WLKA	M30	197	00:14:17	03:10:08	04:16:44	05:08:22	05:22:03	05:36:20.95	+02:31:34	7:32	8
531	STEFAŃCZYK Monika	366	LES FEMMES COURANT DANS LES FOR?TS	K30	42	00:14:31	03:14:49	04:16:38	05:07:51	05:21:52	05:36:23.05	+02:31:36	7:32	8
532	KONDZIELNIK Magdalena	778		K30	43	00:11:43	03:06:26	04:14:56	05:08:01	05:24:59	05:36:42.20	+02:31:55	7:32	7.9
533	WAKULSKI Andrzej	705	KEREZA LUBLIN	M30	198	00:13:31	03:02:59	04:18:48	05:10:05	05:23:15	05:36:46.30	+02:32:00	7:33	7.9
534	ZAMOJSKI Adam	126	ICHTIS	M40	149	00:13:34	03:04:54	04:22:43	05:10:33	05:23:17	05:36:51.55	+02:32:05	7:33	7.9
535	FRUCZ Jacek	348		M40	150	00:14:35	03:14:10	04:18:50	05:08:53	05:22:26	05:37:01.75	+02:32:15	7:33	7.9
536	BANAŚ Małgorzata	374	RZESZOWSKIE GEPARDY I GAZELE	K40	19	00:14:23	03:14:07	04:16:11	05:08:52	05:23:18	05:37:41.80	+02:32:55	7:34	7.9
537	PRZYBYŁ Zbigniew	152	SZURKOWO	M30	199	00:15:43	03:09:43	04:17:23	05:08:52	05:21:58	05:37:41.95	+02:32:55	7:34	7.9
538	STASZEWSKI Kamil	40		M30	200	00:14:51	03:12:52	04:16:46	05:08:40	05:22:54	05:37:45.35	+02:32:59	7:34	7.9
539	MARCHEWKA Elżbieta	479	BRAK	K40	20	00:12:55	03:07:47	04:13:36	05:07:32	05:24:58	05:37:53.90	+02:33:07	7:34	7.9
540	ŁABĘDZKI Bogusław	336	SBD ENERGETYK RYBNIK	M40	151	00:15:22	03:13:25	04:18:38	05:10:39	05:23:11	05:38:33.00	+02:33:46	7:35	7.9
540	FOJCIK Asia	338	SBD ENERGETYK RYBNIK	K30	44	00:15:22	03:13:25	04:18:38	05:10:39	05:23:11	05:38:33.00	+02:33:46	7:35	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
542	LENART Iwa	733		K30	45	00:14:30	03:12:17	04:18:45	05:09:27	05:24:18	05:38:48.10	+02:34:01	7:35	7.9
543	KOSNOWSKA Katarzyna	743		K40	21	00:14:31	03:12:17	04:18:48	05:09:29	05:24:17	05:38:48.40	+02:34:02	7:35	7.9
544	PIOTROWSKI Michał	647		M30	201	00:13:07	02:59:15	04:10:39	05:06:54	05:25:55	05:39:02.45	+02:34:16	7:36	7.9
545	BISKUP Rafał	633		M40	152	00:10:46	03:05:40	04:21:06	05:12:02	05:29:35	05:40:21.70	+02:35:35	7:37	7.9
546	MARECKI Piotr	462	KB LOK BOCHNIA	M40	153	00:14:27	03:22:21	04:30:23	05:16:25	05:25:59	05:40:26.75	+02:35:40	7:37	7.9
547	BOROWIECKI Łukasz	104		M20	60	00:13:44	03:08:42	04:15:45	05:09:30	05:27:50	05:41:34.05	+02:36:47	7:39	7.8
548	CEMPURA Lech	632	CEMPURA LECH	M40	154	00:14:05	03:12:59	04:18:30	05:13:15	05:27:53	05:41:58.25	+02:37:11	7:40	7.8
549	CHODOROWSKI Arkadiusz	533		M30	202	00:13:14	03:11:50	04:14:37	05:11:53	05:30:08	05:43:22.30	+02:38:36	7:41	7.8
550	RUTKOWSKA Małgorzata	759		K40	22	00:14:45	03:13:39	04:19:59	05:13:25	05:28:49	05:43:34.75	+02:38:48	7:42	7.8
551	SIKORSKA Agnieszka	768		K40	23	00:15:27	03:21:41	04:23:23	05:15:33	05:28:21	05:43:48.30	+02:39:02	7:42	7.8
552	DOBRZYŃSKA Daria	360	BBL	K30	46	00:12:47	03:11:53	04:23:41	05:16:00	05:31:10	05:43:57.75	+02:39:11	7:42	7.8
553	ZATORSKI Andrzej	694		M50	39	00:14:25	03:04:36	04:19:21	05:13:46	05:29:37	05:44:02.15	+02:39:15	7:42	7.8
554	DOBKOWSKA Anna	496	KB GALERIA WARSZAWA	K60	2	00:12:55	03:14:16	04:22:04	05:14:05	05:31:09	05:44:04.80	+02:39:18	7:42	7.8
555	GÓRCZYŃSKI Przemysław	433	DREAMTEAM	M30	203	00:15:42	03:12:19	04:26:04	05:15:25	05:28:24	05:44:06.65	+02:39:20	7:42	7.8
556	GRZĘDA Krzysztof	54	KALIŃSKA TEAM	M50	40	00:13:55	03:19:32	04:32:49	05:19:10	05:30:27	05:44:22.75	+02:39:36	7:43	7.8
557	SŁOMIAK Marian	478		M50	41	00:14:24	02:58:48	04:19:28	05:14:58	05:30:35	05:44:59.15	+02:40:12	7:44	7.8
558	GRZYBEK Piotr	765	KEREZA LUBLIN	M40	155	00:13:56	03:13:10	04:22:36	05:14:30	05:31:47	05:45:43.85	+02:40:57	7:45	7.7
559	DUDEK Jan	625	AGRICOMM TARNOWSKIE GÓRY	M60	9	00:14:48	03:15:22	04:23:02	05:15:57	05:31:05	05:45:53.45	+02:41:07	7:45	7.7
560	DZIAŁO Agnieszka	301		K30	47	00:13:27	03:22:25	04:23:53	05:15:58	05:32:37	05:46:04.50	+02:41:18	7:45	7.7
561	HYJEK Elżbieta	302		K40	24	00:13:27	03:22:22	04:23:54	05:15:57	05:32:37	05:46:04.65	+02:41:18	7:45	7.7
562	BATOR Marek	393		M40	156	00:15:15	03:16:29	04:21:58	05:17:36	05:31:14	05:46:29.30	+02:41:43	7:46	7.7
563	JANIK Paweł	725		M30	204	00:12:46	02:49:14	04:05:04	05:12:47	05:33:45	05:46:31.90	+02:41:45	7:46	7.7
564	JAROSZ-PIWONSKA Aldona	50		K30	48	00:13:59	02:59:11	04:16:41	05:18:06	05:32:42	05:46:41.85	+02:41:55	7:46	7.7
565	HEJMAN Maciej	780	WKURW_TEAM	M40	157	00:13:57	03:15:33	04:25:37	05:18:23	05:34:47	05:48:44.10	+02:43:57	7:49	7.7
566	FANSLAU Marek	717	NIEZRZESZONY	M50	42	00:12:48	03:17:00	04:28:48	05:18:05	05:36:38	05:49:26.30	+02:44:40	7:50	7.7
567	ŁUKASIEWICZ Marcin	500	KS START PUŁASKI WARKA	M40	158	00:12:49	03:13:34	04:30:20	05:20:41	05:36:46	05:49:35.65	+02:44:49	7:50	7.7
568	CZERNIK Andrzej	179		M60	10	00:14:37	03:03:08	04:26:23	05:20:24	05:35:29	05:50:06.90	+02:45:20	7:50	7.6
569	SIDOROWICZ Grzegorz	697	AXA RUNNING TEAM	M40	159	00:12:32	03:15:40	04:22:51	05:19:50	05:38:27	05:50:59.25	+02:46:12	7:52	7.6
570	OKAPIEC Aleksandra	737	AXA RUNNING TEAM	K30	49	00:12:32	03:15:41	04:22:54	05:19:51	05:38:27	05:50:59.30	+02:46:13	7:52	7.6
571	DOMARADZKA Ewa	753		K40	25	00:14:29	03:18:56	04:28:16	05:21:52	05:37:13	05:51:42.40	+02:46:56	7:53	7.6
572	WESTER Mieczysław	612	NIGHT RUNNERS GLIWICE	M40	160	00:14:48	03:24:24	04:32:17	05:21:53	05:37:15	05:52:03.10	+02:47:16	7:53	7.6
573	SUWALD Andrzej	754	JACEKBIEGA RUNNING TEAM	M50	43	00:14:05	03:13:12	04:28:22	05:25:15	05:38:19	05:52:24.15	+02:47:37	7:54	7.6
574	BODNIAK Tomasz	15		M30	205	00:13:38	03:22:20	04:32:07	05:22:04	05:38:50	05:52:28.65	+02:47:42	7:54	7.6
575	DOMINIK Monika	253		K30	50	00:13:38	03:15:12	04:27:51	05:20:44	05:38:59	05:52:37.60	+02:47:51	7:54	7.6
576	SZEWC Marian	458	BILGORAJ BIEGA	M60	11	00:13:38	03:15:12	04:27:54	05:20:37	05:38:59	05:52:37.85	+02:47:51	7:54	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas		Różn	Tempo min/km	Tempo km/h
										maratonu (42,6km)	brutto 44.6km			
577	WALASZEK Paweł	609	AGB TORFY	M30	206	00:13:38	03:24:37	04:35:40	05:26:21	05:39:48	05:53:26.85	+02:48:40	7:55	7.6
578	SIWIEC Tomasz	590	BIEGNĘ DLA MARCINA	M30	207	00:12:40	03:24:18	04:34:15	05:27:05	05:44:06	05:56:46.35	+02:52:00	7:59	7.5
579	OBARSKI Norbert	119		M50	44	00:12:58	03:24:03	04:33:02	05:26:05	05:44:08	05:57:06.65	+02:52:20	8:00	7.5
580	SMOLIŃSKA Beata	194	OBOZYBIEGOWE.PL	K50	6	00:14:47	03:27:22	04:39:11	05:29:54	05:42:30	05:57:17.60	+02:52:31	8:00	7.5
581	NIEDZWIEDZKI Tomasz	626		M40	161	00:11:45	03:17:16	04:38:30	05:29:06	05:45:46	05:57:31.30	+02:52:45	8:00	7.5
582	BANASIEWICZ Paweł	325		M30	208	00:12:28	02:54:09	04:19:43	05:22:36	05:45:19	05:57:47.85	+02:53:01	8:01	7.5
583	SZWARCZYŃSKI Łukasz	165		M30	209	00:09:35	03:41:20	04:39:37	05:29:35	05:48:39	05:58:14.55	+02:53:28	8:01	7.5
584	NOWICKI Jacek	108	GOREDA	M50	45	00:12:56	03:22:48	04:35:18	05:29:13	05:45:33	05:58:29.45	+02:53:43	8:02	7.5
585	CWOJDZIŃSKI Piotr	592	NIGHT RUNNERS	M30	210	00:13:18	03:12:42	04:37:30	05:28:52	05:45:18	05:58:36.60	+02:53:50	8:02	7.5
586	ADAMCZEWSKI Jakub	608	NIGHT RUNNERS	M20	61	00:13:18	03:12:42	04:37:31	05:28:52	05:45:18	05:58:36.75	+02:53:50	8:02	7.5
587	MARCINIAK Julia	88	NIGHT RUNNERS	K30	51	00:13:18	03:12:40	04:37:30	05:28:53	05:45:18	05:58:36.85	+02:53:50	8:02	7.5
588	BURACZYŃSKI Michał	486		M30	211	00:14:38	03:24:34	04:40:34	05:30:24	05:44:15	05:58:53.40	+02:54:07	8:02	7.5
589	LATOSIŃSKA Edyta	405	NOWA HUTA TEAM	K20	16	00:14:17	03:26:12	04:41:42	05:31:11	05:44:56	05:59:13.40	+02:54:27	8:03	7.4
590	WYŻYKOWSKA Agnieszka	329		K30	52	00:14:16	03:26:13	04:41:41	05:31:11	05:44:57	05:59:13.60	+02:54:27	8:03	7.4
591	GABRIEL Aleksandra	453	NOWA HUTA TEAM	K30	53	00:14:16	03:26:11	04:41:40	05:31:10	05:44:57	05:59:13.80	+02:54:27	8:03	7.4
592	KNAPIK Jerzy	23	DYSTAS KRAKÓW	M60	12	00:14:22	03:20:18	04:30:57	05:28:52	05:45:02	05:59:24.25	+02:54:37	8:03	7.4
593	ADAMOWSKI Jacek	260	NIGHT RUNNERS GLIWICE	M30	212	00:14:28	03:14:52	04:35:43	05:33:06	05:44:58	05:59:26.80	+02:54:40	8:03	7.4
594	JAŁKIEWICZ Juliusz	128		M30	213	00:16:18	03:20:30	04:30:50	05:28:51	05:43:34	05:59:52.60	+02:55:06	8:04	7.4
595	MACIECHOWSKI Łukasz	501	SPOREST	M30	214	00:14:12	03:15:43	04:40:20	05:33:16	05:47:54	06:02:06.90	+02:57:20	8:07	7.4
596	OKARMA Wojciech	454	SPOREST	M30	215	00:14:11	03:15:47	04:40:16	05:33:11	05:47:59	06:02:10.15	+02:57:23	8:07	7.4
597	GŁUSZCZAK Jerzy	481		M50	46	00:13:48	03:20:16	04:34:55	05:31:19	05:48:37	06:02:25.55	+02:57:39	8:07	7.4
598	KĘDZIOR Michał	521	DRUŻYNA SZPIKU	M20	62	00:15:04	03:27:55	04:38:28	05:33:32	05:47:52	06:02:56.15	+02:58:09	8:08	7.4
599	DZIEPAK Dorota	387		K30	54	00:15:04	03:27:55	04:38:28	05:33:37	05:47:52	06:02:56.45	+02:58:10	8:08	7.4
600	SPYRA Zdzisław	261	ŚLĄSKA OFICYNA DRUKARSKA	M40	162	00:15:01	03:21:05	04:36:34	05:31:37	05:48:07	06:03:08.05	+02:58:21	8:08	7.4
601	JUCHA Jacek	46	CA BROKER/ CA AKTYWNI	M40	163	00:15:24	03:27:30	04:37:27	05:31:30	05:47:44	06:03:08.30	+02:58:22	8:08	7.4
602	BUGAJSKA-JUCHA Renata	448	CA AKTYWNI/CA BROKER	K40	26	00:15:24	03:27:32	04:37:28	05:31:37	05:47:44	06:03:08.50	+02:58:22	8:08	7.4
603	CICH Kamil	82		M30	216	00:13:59	02:58:32	04:16:41	05:21:45	05:50:05	06:04:04.55	+02:59:18	8:09	7.4
604	APANASIEWICZ Bartosz	397	RUNSPACE.PL	M30	217	00:14:41	03:28:53	04:32:39	05:32:20	05:50:00	06:04:41.15	+02:59:54	8:10	7.3
604	ZIELIŃSKI Mateusz	259	RUN SPACE BYDGOSZCZ	M30	218	00:14:41	03:28:55	04:32:42	05:32:21	05:50:00	06:04:41.15	+02:59:54	8:10	7.3
606	PUTAJ Rafał	702	PGB SPORTOWA PACZKA	M30	219	00:14:31	03:28:27	04:48:15	05:38:46	05:50:58	06:05:29.55	+03:00:43	8:11	7.3
607	ŚWIĘTOCHOWSKI Arkadiusz	84	GRUPA SKROMNYCH BIEGACZY	M40	164	00:13:39	03:13:39	04:40:48	05:34:33	05:52:00	06:05:39.65	+03:00:53	8:11	7.3
608	WŁODARSKA Magdalena	78		K30	55	00:13:39	03:24:50	04:40:44	05:34:32	05:52:00	06:05:39.85	+03:00:53	8:11	7.3
609	ZDYBEL Tomasz	509	BADASS RUNNERS	M40	165	00:15:06	03:22:41	04:36:31	05:33:36	05:50:50	06:05:56.85	+03:01:10	8:12	7.3
610	JACKOWSKA Ewa	28	JGB 'SOKÓŁ'	K40	27	00:14:10	03:19:25	04:35:50	05:34:53	05:52:38	06:06:48.20	+03:02:01	8:13	7.3
611	JACKOWSKI Jacek	27	JGB 'SOKÓŁ'	M40	166	00:14:10	03:19:16	04:35:49	05:34:44	05:52:38	06:06:48.65	+03:02:02	8:13	7.3
612	GŁUSZEK Michał	703		M20	63	00:09:38	03:08:25	04:29:49	05:33:42	05:58:34	06:08:12.80	+03:03:26	8:15	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas	Czas	Różn	Tempo	Tempo
										maratonu (42,6km)	brutto 44.6km		min/km	km/h
613	DURA Piotr	789	WKURW_TEAM	M40	167	00:15:19	03:32:24	04:39:12	05:34:21	05:53:40	06:08:59.05	+03:04:12	8:16	7.3
614	KILIAN Marcin	579		M30	220	00:12:16	03:12:33	04:25:23	05:31:35	05:56:45	06:09:01.95	+03:04:15	8:16	7.3
615	KUNKEL Anna	677	PGB SPORTOWA PACZKA	K40	28	00:13:10	03:28:27	04:48:08	05:39:52	05:56:23	06:09:33.65	+03:04:47	8:17	7.2
616	PIĄTEK Roman	701	PGB SPORTOWA PACZKA	M40	168	00:14:34	03:28:26	04:48:12	05:39:51	05:55:04	06:09:38.60	+03:04:52	8:17	7.2
617	KŁOPOTOWSKA SOSNA Kaśka	731	KRAKÓW	K40	29	00:13:49	03:23:32	04:42:32	05:36:47	05:55:52	06:09:41.45	+03:04:55	8:17	7.2
618	GEMZIK Agata	176		K30	56	00:13:50	03:30:34	04:52:23	05:44:03	05:56:06	06:09:56.75	+03:05:10	8:17	7.2
619	KONIECZNY Jacek	530	DRUŻYNA SZPIKU	M40	169	00:15:43	03:09:42	04:41:46	05:37:38	05:54:22	06:10:05.55	+03:05:19	8:17	7.2
620	KRYGOWSKI Zbigniew	638	BIEGAM AS LUBACZÓW	M40	170	00:13:34	03:26:04	04:40:59	05:39:55	05:56:59	06:10:33.35	+03:05:47	8:18	7.2
621	CIEŚLIK Seba	662	TRI ENGINES KRAKÓW	M20	64	00:13:54	03:24:13	04:37:17	05:36:31	05:56:53	06:10:47.65	+03:06:01	8:18	7.2
622	WARYKIEWICZ Gaweł	603	TRI ENGINES	M20	65	00:13:54	03:24:17	04:37:17	05:37:19	05:56:54	06:10:48.05	+03:06:01	8:18	7.2
623	SASIN Anna	508	RUN VEGAN TEAM	K30	57	00:13:33	03:22:07	04:46:48	05:40:43	05:57:51	06:11:24.45	+03:06:38	8:19	7.2
624	GORZUCH Justyna	151	KLUB WYSOKOGÓRSKI WARSZAWA	K30	58	00:13:33	03:22:05	04:46:47	05:40:44	05:57:52	06:11:25.05	+03:06:38	8:19	7.2
625	GROCHOWSKI Wojciech	512	KW WARSZAWA	M30	221	00:13:33	03:24:00	04:46:47	05:41:56	05:57:52	06:11:25.45	+03:06:39	8:19	7.2
626	ŚRODA Janusz	178	SPARTANIE DZIECIOM	M50	47	00:14:49	03:29:48	04:42:27	05:38:48	05:56:58	06:11:47.15	+03:07:00	8:20	7.2
627	PYSIEWICZ Krzysztof	190	NIEZRZESZONY	M50	48	00:13:43	03:32:08	04:41:19	05:39:46	05:58:13	06:11:56.05	+03:07:09	8:20	7.2
628	ZALEWSKI Karol	488	KOLEBA LUBARTÓW	M30	222	00:14:15	03:23:59	04:45:23	05:40:19	05:58:12	06:12:27.45	+03:07:41	8:21	7.2
629	BOGUCKA Joanna	770	NIGHT RUNNERS GLIWICE	K40	30	00:14:07	03:14:51	04:48:15	05:41:49	05:58:32	06:12:39.55	+03:07:53	8:21	7.2
630	OSIŃSKI Robert	55	NIGHT RUNNERS GLIWICE	M30	223	00:14:07	03:14:50	04:48:16	05:41:49	05:58:33	06:12:40.80	+03:07:54	8:21	7.2
631	MORAWSKA Anna	20		K60	3	00:12:47	03:36:38	04:43:34	05:40:58	06:00:00	06:12:47.80	+03:08:01	8:21	7.2
632	JABŁOŃSKI Kazimierz	212		M60	13	00:12:59	03:31:57	04:47:33	05:42:36	06:00:14	06:13:13.35	+03:08:27	8:22	7.2
633	SURMACZ Dorota	404	BBL	K20	17	00:13:38	03:27:35	04:44:19	05:39:36	06:00:35	06:14:13.45	+03:09:27	8:23	7.2
634	WILGA Ewa	227	JÓZEFIŃSKA TEAM	K20	18	00:13:06	03:20:24	04:42:28	05:41:26	06:01:42	06:14:48.85	+03:10:02	8:24	7.1
635	OBRZUT Bartosz	208	ŚREMSKA GRUPA NIEUSTANYCH OPTYMISTÓW	M30	224	00:15:44	03:22:37	04:41:46	05:38:08	05:59:32	06:15:16.40	+03:10:30	8:24	7.1
636	FUNKA Andrzej	58	NKB CHYŻY NOWY TOMYŚL, OTK RZEŻNIK (ZGŁOSZENIE)	M50	49	00:14:03	03:31:24	04:44:22	05:44:31	06:03:55	06:17:58.05	+03:13:11	8:28	7.1
637	MARZAŁKIEWICZ Joanna	729	NKB CHYŻY NOWY TOMYŚL	K30	59	00:14:03	03:30:43	04:49:04	05:44:43	06:03:55	06:17:58.30	+03:13:12	8:28	7.1
638	KORNET Jakub	228		M30	225	00:13:31	03:13:05	04:35:52	05:36:31	06:04:44	06:18:15.05	+03:13:28	8:28	7.1
639	SEREMET Bożena	97	BBL KRAKÓW	K40	31	00:13:51	03:28:04	04:45:29	05:45:37	06:06:03	06:19:54.55	+03:15:08	8:31	7
640	KOWALCZYK Mariusz	47		M40	171	00:13:47	03:07:44	04:45:33	05:45:35	06:06:07	06:19:54.70	+03:15:08	8:31	7
641	KOPER Joanna	221		K40	32	00:13:51	03:28:04	04:45:31	05:45:35	06:06:03	06:19:54.85	+03:15:08	8:31	7
642	MAZIEC Dariusz	105	NKB CHYŻY NOWY TOMYŚL	M30	226	00:14:03	03:33:58	04:47:40	05:48:54	06:11:28	06:25:31.40	+03:20:45	8:38	6.9
643	SZULC Joanna	307	NIGHT RUNNERS	K40	33	00:15:32	03:39:28	04:58:25	05:54:07	06:10:05	06:25:37.20	+03:20:50	8:38	6.9
644	BUSZKIEWICZ Mirosław	442	KGB OSTROWIEC ŚWIĘTOKRZYSKI	M30	227	00:15:23	03:37:51	05:00:21	05:54:58	06:10:19	06:25:42.40	+03:20:56	8:38	6.9
645	GAWROŃSKI Grzegorz	655	KGB OSTROWIEC ŚWIĘTOKRZYSKI	M50	50	00:15:19	03:37:50	05:00:19	05:54:55	06:10:23	06:25:42.60	+03:20:56	8:38	6.9
645	KOZIOŁ Witold	425	KGB OSTROWIEC	M50	51	00:15:21	03:38:13	05:00:16	05:54:56	06:10:21	06:25:42.60	+03:20:56	8:38	6.9
647	NOWAK Joanna	145		K30	60	00:14:37	03:32:02	04:58:46	05:57:38	06:17:54	06:32:31.35	+03:27:45	8:48	6.8
648	POKRYWKA Stefan	790	OTK RZEŻNIK	M50	52	00:09:04	03:27:42	04:59:03	05:57:34	06:23:27	06:32:31.40	+03:27:45	8:48	6.8
649	GEMZIK Jacek	175	NIGHT RUNNERS	M30	228	00:13:50	03:30:35	04:52:24	05:56:38	06:19:25	06:33:15.05	+03:28:28	8:49	6.8
650	CAGARA Paweł	171		M30	229	00:14:36	03:35:19	04:54:24	05:55:45	06:20:46	06:35:22.20	+03:30:35	8:51	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	26.5km	34.2km	40.7km	Czas maratonu (42,6km)	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
651	CUDZIŁO Joanna	174	PKO BP	K40	34	00:14:36	03:35:22	04:54:22	05:56:21	06:20:46	06:35:22.35	+03:30:36	8:51	6.8
652	WITKOWSKA Jolanta	624		K40	35	00:16:33	03:52:09	05:08:29	06:05:04	06:23:47	06:40:20.70	+03:35:34	8:58	6.7
653	GAŚSIOROWSKA Dorota	316	WARSZAWA	K40	36	00:16:14	03:37:26	05:04:37	06:04:57	06:24:47	06:41:01.60	+03:36:15	8:59	6.7
654	BAKA Elżbieta	333	FLY MEYSI	K40	37	00:16:14	03:48:46	05:04:37	06:04:59	06:24:47	06:41:01.80	+03:36:15	8:59	6.7
655	ŚNIEŻKO Eugeniusz	738	TEAM AKTYWNI Z CUKRZYCĄ	M30	230	00:16:38	03:48:44	05:07:28	06:06:43	06:28:48	06:45:26.90	+03:40:40	9:05	6.6
DQ	LIPUS Andrzej	327		M40		DQ	DQ	DQ	DQ	DQ	DQ	-	-	-
	ROBEL Wojciech	630	TG SOKÓŁ SANOK	M30		00:09:39 DNF	02:11:45 DNF	02:54:18 DNF	DNF	DNF	DNF	-	-	-
	JEŻ Marcin	388		M40		00:09:52 DNF	02:24:34 DNF	03:39:48 DNF	DNF	DNF	DNF	-	-	-
	TOMCZYK Grzegorz	599		M20		00:12:28 DNF	02:42:16 DNF	04:12:24 DNF	DNF	DNF	DNF	-	-	-
	ZIĘBA Marcin	621		M30		00:12:13 DNF	02:51:33 DNF	04:13:28 DNF	DNF	DNF	DNF	-	-	-
	KOCIOŁEK Andrzej	110	KANCELARIA SPORTOWA STASZEWSKY	M40		00:14:45 DNF	03:01:17 DNF	DNF	DNF	DNF	DNF	-	-	-

Znaleziono 661 wynik(ów)