BIEG TROJAK TRAIL - 10 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-21
Miejsce: Lądek-Zdrój
Dystans: 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**DOROŻYŃSKI Szymon**	**7213**	KALENJI BY DECATHLON	Senior I M - 20	1	00:16:46	00:26:32	**00:43:09.70**	**00:43:10.60**		4:19	13.9 (100%)
2	**TOMASIK Stanisław**	**7404**	GORLICKA GRUPA BIEGOWA	Senior II M - 30	1	00:18:17	00:28:33	**00:45:15.25**	**00:45:17.50**	+00:02:06 (4.7%)	4:31	13.3 (95.7%)
3	**BOROŃ Dariusz**	**7360**	ASICS FRONTRUNNER	Senior I M - 20	2	00:17:26	00:27:45	**00:45:23.05**	**00:45:24.15**	+00:02:13 (4.9%)	4:32	13.2 (95.0%)
4	**DUTKOWSKI Mikolaj**	**7312**	UKS ARKADY RASZKÓW	Senior I M - 20	3	00:18:16	00:28:37	**00:46:41.30**	**00:46:43.40**	+00:03:32 (7.6%)	4:40	12.9 (92.8%)
5	**WILK Maciej**	**7297**	ZAŁOGA GÓRSKA	Senior II M - 30	2	00:18:21	00:28:59	**00:47:22.90**	**00:47:27.05**	+00:04:16 (9.0%)	4:44	12.7 (91.4%)
6	**SKIBA Łukasz**	**7435**		Senior II M - 30	3	00:18:28	00:29:22	**00:48:42.95**	**00:48:44.80**	+00:05:34 (11.4%)	4:52	12.3 (88.5%)
7	**ŻUCHOWSKI Daniel**	**7332**	MUAY RUNNING TEAM	Senior II M - 30	4	00:19:26	00:30:22	**00:49:09.55**	**00:49:11.15**	+00:06:00 (12.2%)	4:55	12.2 (87.8%)
8	**GAJEWSKI Marek**	**7172**	ADIDAS RUNNERS WARSAW	Senior II M - 30	5	00:19:00	00:30:03	**00:49:18.85**	**00:49:22.30**	+00:06:11 (12.5%)	4:55	12.2 (87.8%)
9	**WRZESZCZ Mariusz**	**7437**	TMTEAM	Senior I M - 20	4	00:19:59	00:30:33	**00:49:25.00**	**00:49:25.00**	+00:06:14 (12.6%)	4:56	12.1 (87.1%)
10	**TABER Konrad**	**7234**	STO-NOGI MILANÓWEK/ACTIVE PROSPERIA	Senior I M - 20	5	00:19:05	00:30:07	**00:49:58.25**	**00:49:58.25**	+00:06:47 (13.6%)	4:59	12 (86.3%)
11	**SOCZOMSKI Grzegorz**	**7390**	CHATA BIEGACZA K34	Senior I M - 20	6	00:19:47	00:31:02	**00:50:04.90**	**00:50:07.20**	+00:06:56 (13.9%)	5:00	12 (86.3%)
12	**ŁĘŻNIAK Aleksander**	**7275**	MONK SANDALS TEAM	Senior II M - 30	6	00:20:00	00:31:13	**00:50:58.25**	**00:51:01.30**	+00:07:50 (15.4%)	5:05	11.8 (84.9%)
13	**ZYCH Marcin**	**7096**	#SOBASTEAM	Senior II M - 30	7	00:20:27	00:32:01	**00:51:42.10**	**00:51:42.10**	+00:08:31 (16.5%)	5:10	11.6 (83.5%)
14	**SKROBAŁA Dariusz**	**7391**		Masters M - 40	1	00:20:28	00:31:41	**00:51:51.00**	**00:51:54.25**	+00:08:43 (16.8%)	5:11	11.6 (83.5%)
15	**KAZIMIERCZAK Rafał**	**7286**	-	Masters M - 40	2	00:19:27	00:31:24	**00:51:59.25**	**00:52:01.35**	+00:08:50 (17.0%)	5:11	11.5 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	**SŁOCIAK Rafał**	**7032**	RAJSPORT ACTIVE	Senior I M - 20	7	00:20:59	00:32:33	**00:52:27.10**	**00:52:35.45**	+00:09:24 (17.9%)	5:14	11.4 (82.0%)
17	**BRZĄKALSKI Krzysiek**	**7181**	EAZYMYT.PL	Senior I M - 20	8	00:21:16	00:33:15	**00:52:34.55**	**00:52:37.90**	+00:09:27 (18.0%)	5:15	11.4 (82.0%)
18	**SOLIŃSKA Katarzyna**	**7426**		Senior I K - 20	1	00:20:30	00:32:39	**00:53:10.85**	**00:53:13.65**	+00:10:03 (18.9%)	5:19	11.3 (81.3%)
19	**GAWLIK Sławek**	**7183**	KRAKÓW	Senior II M - 30	8	00:21:09	00:32:34	**00:53:17.10**	**00:53:22.95**	+00:10:12 (19.1%)	5:19	11.3 (81.3%)
20	**CEREMUGA Mateusz**	**7012**		Senior I M - 20	9	00:20:45	00:32:41	**00:53:52.70**	**00:53:57.05**	+00:10:46 (20.0%)	5:23	11.1 (79.9%)
21	**BANEK Krzysztof**	**7262**	TOURSPORT RUNNING TEAM	Senior II M - 30	9	00:20:45	00:33:22	**00:54:01.40**	**00:54:03.50**	+00:10:52 (20.1%)	5:24	11.1 (79.9%)
22	**BIELA Konrad**	**7320**	TEAM MOUNTAIN FUEL POLSKA / GOPR KARKONOSZE	Senior I M - 20	10	00:21:06	00:33:16	**00:54:04.85**	**00:54:07.05**	+00:10:56 (20.2%)	5:24	11.1 (79.9%)
23	**BOCZEK Leszek**	**7351**	ZAŁOGA GÓRSKA	Senior II M - 30	10	00:21:15	00:33:19	**00:54:05.85**	**00:54:10.60**	+00:11:00 (20.3%)	5:24	11.1 (79.9%)
24	**KURAŚ Szymon**	**7037**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	11	00:21:58	00:34:07	**00:54:39.25**	**00:54:49.45**	+00:11:38 (21.2%)	5:27	11 (79.1%)
25	**KWIATKOWSKI Michael**	**7272**		Senior II M - 30	12	00:21:08	00:33:47	**00:55:04.25**	**00:55:08.35**	+00:11:57 (21.7%)	5:30	10.9 (78.4%)
26	**OLKIS Rafał**	**7409**		Senior II M - 30	13	00:21:40	00:34:05	**00:55:42.55**	**00:55:50.20**	+00:12:39 (22.7%)	5:34	10.8 (77.7%)
27	**ADAMCZYK Martyna**	**7241**		Senior I K - 20	2	00:21:37	00:34:17	**00:55:53.30**	**00:55:54.95**	+00:12:44 (22.8%)	5:35	10.7 (77.0%)
28	**KRAUSE Kuba**	**7288**	KLUB BUFF FAMILY TEAM	Senior II M - 30	14	00:22:00	00:34:56	**00:56:57.45**	**00:57:00.50**	+00:13:49 (24.3%)	5:41	10.5 (75.5%)
29	**STANIA Paweł**	**7420**	ZAŁOGA GÓRSKA	Senior II M - 30	15	00:22:51	00:35:46	**00:57:14.65**	**00:57:18.00**	+00:14:07 (24.6%)	5:43	10.5 (75.5%)
30	**PIEKAJ Łukasz**	**7370**		Senior II M - 30	16	00:23:40	00:36:42	**00:58:12.75**	**00:58:18.40**	+00:15:07 (25.9%)	5:49	10.3 (74.1%)
31	**KACZMARCZYK Przemysław**	**7052**	MATNER RUNNING TEAM/WATAHA	Senior I M - 20	11	00:23:24	00:36:40	**00:58:37.50**	**00:58:40.25**	+00:15:29 (26.4%)	5:51	10.2 (73.4%)
32	**PAŁYS Marcin**	**7264**		Senior II M - 30	17	00:23:20	00:36:36	**00:58:48.75**	**00:58:50.85**	+00:15:40 (26.6%)	5:52	10.2 (73.4%)
33	**CITKO Maciej**	**7392**	ZAŁOGA GÓRSKA	Senior II M - 30	18	00:22:55	00:36:30	**00:59:03.10**	**00:59:07.15**	+00:15:56 (27.0%)	5:54	10.2 (73.4%)
34	**RZEWUSKI Jakub**	**7236**		Senior I M - 20	12	00:24:27	00:37:52	**00:59:05.35**	**00:59:16.65**	+00:16:06 (27.2%)	5:54	10.2 (73.4%)
35	**OLSZEWSKI Tomek**	**7282**		Masters M - 40	3	00:23:57	00:37:06	**00:59:10.45**	**00:59:22.70**	+00:16:12 (27.3%)	5:55	10.1 (72.7%)
36	**JANIUK Jarosław**	**7372**		Weteran I M - 50	1	00:23:18	00:36:41	**00:59:43.75**	**00:59:49.30**	+00:16:38 (27.8%)	5:58	10 (71.9%)
37	**PIOTROWSKI Michał**	**7389**	KLUB BIEGACZA JURUND SZCZYTNO	Senior II M - 30	19	00:24:08	00:37:25	**00:59:51.45**	**00:59:54.20**	+00:16:43 (27.9%)	5:59	10 (71.9%)
38	**POLAŃSKI Bartosz**	**7397**		Senior II M - 30	20	00:22:28	00:36:08	**00:59:50.90**	**00:59:59.75**	+00:16:49 (28.0%)	5:59	10 (71.9%)

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39	**FRĄCKOWIAK Przemysław**	**7337**		Senior I M - 20	13	00:23:30	00:37:35	**01:00:17.50**	**01:00:19.50**	+00:17:08 (28.4%)	6:01	10 (71.9%)
40	**KOBRYŃ Jan**	**7311**	TN BIEGÓWKI WESOŁA	Senior I M - 20	14	00:22:21	00:36:10	**01:00:34.50**	**01:00:37.00**	+00:17:26 (28.8%)	6:03	9.9 (71.2%)
41	**MARCOL Mateusz**	**7338**		Senior II M - 30	21	00:24:32	00:38:16	**01:01:01.25**	**01:01:02.85**	+00:17:52 (29.3%)	6:06	9.8 (70.5%)
42	**GAJODZIŃSKI Krzysztof**	**7441**	ŁEMKOWYNA ULTRA TRAIL	Senior II M - 30	22	00:25:17	00:38:10	**01:01:14.90**	**01:01:25.75**	+00:18:15 (29.7%)	6:07	9.8 (70.5%)
43	**BUDZIEWSKA Katarzyna**	**7242**		Senior II K - 30	1	00:23:53	00:37:49	**01:01:24.05**	**01:01:28.65**	+00:18:18 (29.8%)	6:08	9.8 (70.5%)
44	**DATA Tomasz**	**7318**	HRMAX ŻORY	Masters M - 40	4	00:24:26	00:37:29	**01:00:47.70**	**01:01:33.75**	+00:18:23 (29.9%)	6:04	9.9 (71.2%)
45	**CHRZANOWSKI Paweł**	**7265**		Senior II M - 30	23	00:25:30	00:38:34	**01:01:44.85**	**01:01:47.25**	+00:18:36 (30.1%)	6:10	9.7 (69.8%)
46	**ZERBST Jacek**	**7215**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	5	00:23:40	00:37:41	**01:02:06.05**	**01:02:18.75**	+00:19:08 (30.7%)	6:12	9.7 (69.8%)
47	**TOMASZKIEWICZ Wojciech**	**7235**		Senior II M - 30	24	00:25:03	00:38:46	**01:02:21.15**	**01:02:34.65**	+00:19:24 (31.0%)	6:14	9.6 (69.1%)
48	**WALCZAK Adrian**	**7255**		Senior I M - 20	15	00:23:52	00:38:10	**01:02:27.60**	**01:02:37.50**	+00:19:26 (31.1%)	6:14	9.6 (69.1%)
49	**ŚLIWIŃSKI Karol**	**7277**		Senior I M - 20	16	00:24:36	00:38:37	**01:02:27.20**	**01:02:51.35**	+00:19:40 (31.3%)	6:14	9.6 (69.1%)
50	**WUJDA Mirosław**	**7054**	ERNI RULEZ	Masters M - 40	6	00:23:56	00:38:47	**01:03:07.05**	**01:03:13.45**	+00:20:02 (31.7%)	6:18	9.5 (68.3%)
51	**PODSIADŁO Anna**	**7173**	PODSIADŁO TEAM	Senior I K - 20	3	00:25:18	00:39:52	**01:03:20.35**	**01:03:51.35**	+00:20:40 (32.4%)	6:20	9.5 (68.3%)
52	**MOKRZYNSKI Marcin**	**7273**	FENIKS	Senior II M - 30	25	00:25:47	00:39:09	**01:03:11.05**	**01:03:52.95**	+00:20:42 (32.4%)	6:19	9.5 (68.3%)
53	**BUDZIŃSKI Krzysztof**	**7424**	STOWARZYSZENIE SPORTOWE FENIKS PRZY EL. OPOLE	Weteran I M - 50	2	00:25:21	00:39:40	**01:03:48.60**	**01:03:56.45**	+00:20:45 (32.5%)	6:22	9.4 (67.6%)
54	**CIURKA-BASTER Karolina**	**7304**	SZCZYT FORMY/MARCINŚWIERCTEAM	Senior II K - 30	2	00:24:51	00:39:13	**01:03:57.55**	**01:04:03.20**	+00:20:52 (32.6%)	6:23	9.4 (67.6%)
55	**PIECHOWIAK Marek**	**7247**		Senior II M - 30	26	00:24:03	00:38:08	**01:04:07.25**	**01:04:07.25**	+00:20:56 (32.7%)	6:24	9.4 (67.6%)
56	**KOTYSZ Waldemar**	**7380**		Weteran I M - 50	3	00:26:21	00:40:27	**01:03:57.20**	**01:04:08.50**	+00:20:57 (32.7%)	6:23	9.4 (67.6%)
57	**BACKER Marcin**	**7244**	TOPOLICE TEAM	Masters M - 40	7	00:25:23	00:40:03	**01:03:48.20**	**01:04:09.00**	+00:20:58 (32.7%)	6:22	9.4 (67.6%)
58	**ŁĄK Tomasz**	**7076**		Masters M - 40	8	00:24:52	00:39:03	**01:04:53.60**	**01:04:53.60**	+00:21:43 (33.5%)	6:29	9.2 (66.2%)
59	**PERZ Emilia**	**7098**		Senior I K - 20	4	00:25:35	00:40:24	**01:04:51.00**	**01:04:55.45**	+00:21:44 (33.5%)	6:29	9.3 (66.9%)
60	**KASPROWSKI Łukasz**	**7421**		Masters M - 40	9	00:26:47	00:40:58	**01:04:49.50**	**01:05:17.45**	+00:22:06 (33.9%)	6:29	9.3 (66.9%)
61	**RUTKOWSKA Małgorzata**	**7442**		Senior II K - 30	3	00:26:44	00:41:03	**01:05:20.50**	**01:05:31.50**	+00:22:20 (34.1%)	6:32	9.2 (66.2%)

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62	**ROZMUS Wiktor**	**7144**	LUB WYBIERZ Z LISTY	Senior II M - 30	27	00:26:43	00:41:03	**01:05:47.90**	**01:06:04.85**	+00:22:54 (34.7%)	6:34	9.1 (65.5%)
63	**WRANIK Mirosław**	**7243**		Weteran I M - 50	4	00:26:12	00:40:50	**01:06:19.55**	**01:06:32.25**	+00:23:21 (35.1%)	6:38	9 (64.7%)
64	**BOCHAN Lesław**	**7344**		Masters M - 40	10	00:26:34	00:41:30	**01:06:23.45**	**01:06:36.25**	+00:23:25 (35.2%)	6:38	9 (64.7%)
65	**KALEMBKIEWICZ Piotr**	**7322**	MIROTRANS	Masters M - 40	11	00:41:07		**01:06:52.00**	**01:06:52.00**	+00:23:41 (35.4%)	6:41	9 (64.7%)
66	**WALENCKI Maciej**	**7319**		Masters M - 40	12	00:27:02	00:41:35	**01:06:55.90**	**01:07:06.75**	+00:23:56 (35.7%)	6:41	9 (64.7%)
67	**GŁĄB Daria**	**7300**	ZAŁOGA GÓRSKA	Senior I K - 20	5	00:25:17	00:40:25	**01:07:02.25**	**01:07:09.55**	+00:23:58 (35.7%)	6:42	9 (64.7%)
68	**RUTKOWSKA Patrycja**	**7306**		Senior II K - 30	4	00:25:36	00:41:22	**01:06:48.75**	**01:07:11.05**	+00:24:00 (35.7%)	6:40	9 (64.7%)
69	**CISZEWSKI Krzysztof**	**7230**		Senior II M - 30	28			**01:07:25.00**	**01:07:25.00**	+00:24:14 (36.0%)	6:44	8.9 (64.0%)
70	**PAZDAN Natalia**	**7321**		Senior II K - 30	5	00:26:47	00:42:02	**01:07:49.60**	**01:07:57.25**	+00:24:46 (36.5%)	6:47	8.8 (63.3%)
71	**WOJNAROWICZ Weronika**	**7358**		Senior II K - 30	6	00:26:08	00:41:24	**01:07:41.60**	**01:08:08.95**	+00:24:58 (36.6%)	6:46	8.9 (64.0%)
72	**LECH Igor**	**7163**	CARVING-SKI LUBIN	Senior I M - 20	17	00:27:20	00:42:52	**01:07:54.40**	**01:08:19.65**	+00:25:09 (36.8%)	6:47	8.8 (63.3%)
73	**FOGIEL-PAWŁOWSKA Agnieszka**	**7131**		Masters K - 40	1	00:27:56	00:43:18	**01:08:21.95**	**01:08:28.25**	+00:25:17 (36.9%)	6:50	8.8 (63.3%)
74	**RYŁ Dominik**	**7216**	DZIECI ZLO PISZKOWICE	Masters M - 40	13	00:27:43	00:42:57	**01:08:15.60**	**01:08:44.15**	+00:25:33 (37.2%)	6:49	8.8 (63.3%)
75	**GRABIŃSKA Gizela**	**7292**	ZAŁOGA GÓRSKA	Weteran K - 50	1	00:26:54	00:42:26	**01:08:42.50**	**01:08:46.85**	+00:25:36 (37.2%)	6:52	8.7 (62.6%)
76	**ZASŁAWSKI Lech**	**7219**		Senior II M - 30	29	00:26:46	00:41:55	**01:08:04.60**	**01:08:49.60**	+00:25:39 (37.3%)	6:48	8.8 (63.3%)
77	**SYSUŁA Janusz**	**7371**		Weteran II M - 60	1	00:26:43	00:41:54	**01:08:52.00**	**01:08:56.65**	+00:25:46 (37.4%)	6:53	8.7 (62.6%)
78	**KOWALSKI Łukasz**	**7205**	KLUB BIEGOWY ODRA OPOLE	Senior II M - 30	30			**01:09:00.50**	**01:09:00.50**	+00:25:49 (37.4%)	6:54	8.7 (62.6%)
79	**GAWEŁKO Janusz**	**7440**		Weteran I M - 50	5	00:28:07	00:44:00	**01:08:21.45**	**01:09:04.30**	+00:25:53 (37.5%)	6:50	8.8 (63.3%)
80	**URBAŃSKI Michal**	**7240**		Senior II M - 30	31	00:27:12	00:43:33	**01:09:22.95**	**01:09:31.00**	+00:26:20 (37.9%)	6:56	8.6 (61.9%)
81	**SZCZĘŚNIAK Sylwia**	**7220**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	7	00:27:15	00:42:36	**01:09:15.00**	**01:09:33.75**	+00:26:23 (37.9%)	6:55	8.7 (62.6%)
82	**WRANIK Sabina**	**7245**		Weteran K - 50	2	00:27:44	00:43:12	**01:09:22.85**	**01:09:34.60**	+00:26:24 (37.9%)	6:56	8.6 (61.9%)
83	**MAZIAREK Michał**	**7061**		Senior II M - 30	32	00:25:30	00:41:35	**01:09:48.45**	**01:10:00.55**	+00:26:49 (38.3%)	6:58	8.6 (61.9%)
84	**WALA Patryk**	**7296**	ZAŁOGA GÓRSKA	Senior I M - 20	18	00:27:41	00:43:35	**01:09:57.10**	**01:10:05.15**	+00:26:54 (38.4%)	6:59	8.6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	**GALA Kamila**	**7301**	ZAŁOGA GÓRSKA	Senior II K - 30	8	00:28:03	00:43:48	**01:10:03.60**	**01:10:08.60**	+00:26:58 (38.4%)	7:00	8.6 (61.9%)
86	**GÓRECKI Bartłomiej**	**7013**	TRIWAWA	Masters M - 40	14	00:27:23	00:43:25	**01:09:59.55**	**01:10:15.65**	+00:27:05 (38.5%)	6:59	8.6 (61.9%)
87	**BARAN Jarosław**	**7200**	TRIACTIV RIDLEY	Masters M - 40	15	00:26:32	00:41:43	**01:09:51.00**	**01:10:21.45**	+00:27:10 (38.6%)	6:59	8.6 (61.9%)
88	**GRZESIEWICZ Patrycja**	**7369**		Senior II K - 30	9	00:28:03	00:44:19	**01:09:53.30**	**01:10:22.05**	+00:27:11 (38.6%)	6:59	8.6 (61.9%)
89	**WZOREK Ewa**	**7330**	ZAŁOGA GÓRSKA	Senior I K - 20	6	00:28:13	00:44:16	**01:10:11.50**	**01:10:29.55**	+00:27:18 (38.7%)	7:01	8.5 (61.2%)
90	**DOBOSZ Leszek**	**7423**		Senior II M - 30	33	00:28:03	00:44:07	**01:10:22.10**	**01:10:33.85**	+00:27:23 (38.8%)	7:02	8.5 (61.2%)
91	**CZARNIECKI Daniel**	**7020**	TIE	Senior II M - 30	34	00:26:49	00:41:54	**01:10:34.20**	**01:10:36.75**	+00:27:26 (38.9%)	7:03	8.5 (61.2%)
92	**WIADERNA Nina**	**7401**		Senior II K - 30	10	00:28:01	00:44:05	**01:10:37.15**	**01:10:40.95**	+00:27:30 (38.9%)	7:03	8.5 (61.2%)
93	**TYSZER Joanna**	**7193**	1989	Senior II K - 30	11	00:28:05	00:44:31	**01:10:15.70**	**01:10:45.65**	+00:27:35 (39.0%)	7:01	8.5 (61.2%)
94	**ULIKOWSKA Martyna**	**7310**	ZAŁOGA GÓRSKA	Senior I K - 20	7	00:29:30	00:45:41	**01:11:57.75**	**01:12:06.90**	+00:28:56 (40.1%)	7:11	8.3 (59.7%)
95	**KORDECKA Anna**	**7428**		Senior II K - 30	12	00:28:42	00:44:35	**01:11:26.20**	**01:12:08.75**	+00:28:58 (40.2%)	7:08	8.4 (60.4%)
96	**GRZESIAK Wojciech**	**7278**		Senior II M - 30	35	00:27:17	00:43:27	**01:11:59.50**	**01:12:12.15**	+00:29:01 (40.2%)	7:12	8.3 (59.7%)
97	**ŚRODA Maciej**	**7133**		Senior II M - 30	36	00:27:49	00:44:31	**01:12:02.00**	**01:12:20.35**	+00:29:09 (40.3%)	7:12	8.3 (59.7%)
98	**ZAPAŚNIK Miłosz**	**7158**	JKS SALAMANDRA	Senior II M - 30	37	00:28:11	00:44:35	**01:12:26.95**	**01:12:56.30**	+00:29:45 (40.8%)	7:14	8.3 (59.7%)
99	**WAWRZENIUK Emilia**	**7132**		Senior II K - 30	13	00:26:50	00:43:39	**01:12:50.35**	**01:13:05.45**	+00:29:54 (40.9%)	7:17	8.2 (59.0%)
100	**ZAJĄC Marcin**	**7057**	77CATS	Senior II M - 30	38	00:30:04	00:46:52	**01:13:02.65**	**01:13:11.95**	+00:30:01 (41.0%)	7:18	8.2 (59.0%)
101	**WESOŁOWSKA Kinga**	**7187**	KALENIJ BY DECATHLON	Senior I K - 20	8	00:28:01	00:45:05	**01:13:02.35**	**01:13:13.70**	+00:30:03 (41.0%)	7:18	8.2 (59.0%)
102	**KACZMAREK Katarzyna**	**7217**	PRO_RUN	Senior I K - 20	9	00:28:06	00:45:29	**01:13:07.20**	**01:13:20.55**	+00:30:09 (41.1%)	7:18	8.2 (59.0%)
103	**LULKA Marcin**	**7307**		Masters M - 40	16	00:30:09	00:46:25	**01:13:10.40**	**01:13:31.25**	+00:30:20 (41.3%)	7:19	8.2 (59.0%)
104	**PŁATEK Dominik**	**7253**		Masters M - 40	17	00:27:47	00:27:52	**01:13:11.25**	**01:13:35.75**	+00:30:25 (41.3%)	7:19	8.2 (59.0%)
105	**SITKO Grzegorz**	**7406**		Senior I M - 20	19	00:29:56	00:46:49	**01:13:22.65**	**01:13:38.55**	+00:30:27 (41.4%)	7:20	8.2 (59.0%)
106	**HOREJDA Sara**	**7326**		Senior I K - 20	10	00:28:43	00:45:44	**01:13:39.95**	**01:13:50.40**	+00:30:39 (41.5%)	7:22	8.1 (58.3%)
107	**ŻAKOWSKI Krzysztof**	**7291**	BALLUFF RUNNING TEAM	Senior I M - 20	20	00:28:03	00:44:30	**01:13:37.00**	**01:14:01.75**	+00:30:51 (41.7%)	7:21	8.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	**LACHERA Kamila**	**7050**	CSC ADVENTURE ACADEMY	Senior II K - 30	14	00:29:34	00:46:55	**01:14:02.20**	**01:14:06.60**	+00:30:56 (41.7%)	7:24	8.1 (58.3%)
109	**KUBÓW Jarek**	**7313**		Senior II M - 30	39	00:28:43	00:46:08	**01:13:33.65**	**01:14:09.00**	+00:30:58 (41.8%)	7:21	8.2 (59.0%)
110	**WŁODKOWSKI Dariusz**	**7174**	CORAZ BLIŻEJ METY	Senior II M - 30	40	00:28:12	00:45:06	**01:14:04.90**	**01:14:26.95**	+00:31:16 (42.0%)	7:24	8.1 (58.3%)
111	**MAŚLANKA Łukasz**	**7136**		Senior II M - 30	41	00:27:41	00:44:50	**01:14:17.15**	**01:14:45.30**	+00:31:34 (42.2%)	7:25	8.1 (58.3%)
112	**RYBICKI Przemysław**	**7031**	SBRT WARSZAWA	Masters M - 40	18	00:29:49	00:47:21	**01:14:59.70**	**01:15:03.80**	+00:31:53 (42.5%)	7:29	8 (57.6%)
113	**PLAWGO Marek**	**7316**		Senior II M - 30	42	00:30:44	00:47:41	**01:14:56.30**	**01:15:24.55**	+00:32:13 (42.7%)	7:29	8 (57.6%)
114	**KATA Damian**	**7227**		Senior II M - 30	43	00:29:22	00:47:09	**01:15:03.50**	**01:15:27.00**	+00:32:16 (42.8%)	7:30	8 (57.6%)
115	**KISIEL Piotr**	**7350**		Masters M - 40	19	00:27:25	00:43:51	**01:15:42.45**	**01:15:51.75**	+00:32:41 (43.1%)	7:34	7.9 (56.8%)
116	**BERNADZIKOWSKI Michał**	**7407**		Senior II M - 30	44	00:30:01	00:47:31	**01:15:43.15**	**01:15:59.55**	+00:32:48 (43.2%)	7:34	7.9 (56.8%)
117	**JANOSZ Paweł**	**7097**		Senior I M - 20	21	00:29:04	00:46:25	**01:15:31.85**	**01:16:03.15**	+00:32:52 (43.2%)	7:33	7.9 (56.8%)
118	**MACIASZKIEWICZ Szymon**	**7128**	DESTYLATOR	Senior II M - 30	45	00:30:09	00:47:17	**01:15:14.55**	**01:16:05.05**	+00:32:54 (43.3%)	7:31	8 (57.6%)
119	**BINKOWSKI Marcin**	**7308**	EMERYCI I RENCIŚCI	Masters M - 40	20	00:30:55	00:48:21	**01:15:48.05**	**01:16:09.45**	+00:32:58 (43.3%)	7:34	7.9 (56.8%)
120	**RUTKOWSKI Krzysztof**	**7157**	CSAIU	Masters M - 40	21	00:28:29	00:45:50	**01:16:10.55**	**01:16:15.00**	+00:33:04 (43.4%)	7:37	7.9 (56.8%)
121	**KACZMARZ Katarzyna**	**7105**		Senior II K - 30	15	00:30:36	00:47:37	**01:16:00.45**	**01:16:15.30**	+00:33:04 (43.4%)	7:36	7.9 (56.8%)
122	**TADROWSKI Tomasz**	**7103**		Masters M - 40	22	00:29:33	00:47:50	**01:15:45.60**	**01:16:20.15**	+00:33:09 (43.4%)	7:34	7.9 (56.8%)
123	**BOHDANOWICZ Krystian**	**7355**	ATLAS RUNNING TEAM	Senior II M - 30	46	00:29:50	00:47:08	**01:16:19.10**	**01:16:27.25**	+00:33:16 (43.5%)	7:37	7.9 (56.8%)
124	**MICHALEC Marzena**	**7415**	KOBIETA W BIEGU	Senior II K - 30	16	00:29:38	00:47:52	**01:16:07.55**	**01:16:27.80**	+00:33:17 (43.5%)	7:36	7.9 (56.8%)
125	**KONDRAKIEWICZ Rafał**	**7252**	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	23	00:30:50	00:48:09	**01:16:07.80**	**01:16:27.95**	+00:33:17 (43.5%)	7:36	7.9 (56.8%)
126	**IWAŃSKI Józef**	**7140**		Weteran II M - 60	2	00:28:40	00:45:51	**01:16:14.30**	**01:16:28.75**	+00:33:18 (43.5%)	7:37	7.9 (56.8%)
127	**LECH Maciej**	**7162**	CARVING SKI LUBIN	Masters M - 40	24	00:30:06	00:47:54	**01:16:10.55**	**01:16:34.10**	+00:33:23 (43.6%)	7:37	7.9 (56.8%)
128	**BIELAWA Maciej**	**7102**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	25	00:29:12	00:46:43	**01:16:35.15**	**01:16:47.25**	+00:33:36 (43.8%)	7:39	7.8 (56.1%)
129	**ABULEWICZ Wojciech**	**7398**	TRENING STUDIO 17	Weteran I M - 50	6	00:28:51	00:45:51	**01:16:53.70**	**01:16:56.45**	+00:33:45 (43.9%)	7:41	7.8 (56.1%)
130	**WÓJKOWSKI Kamil**	**7356**	PRO RUN WROCŁAW	Senior II M - 30	47	00:30:04	00:48:13	**01:17:07.85**	**01:17:13.35**	+00:34:02 (44.1%)	7:42	7.8 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	**ŁOPATA Michał**	**7171**		Masters M - 40	26	00:30:21	00:48:00	**01:16:47.70**	**01:17:23.15**	+00:34:12 (44.2%)	7:40	7.8 (56.1%)
132	**ŚLIWIŃSKI Marcin**	**7268**	1983	Senior II M - 30	48	00:29:42	00:47:53	**01:16:56.25**	**01:17:31.90**	+00:34:21 (44.3%)	7:41	7.8 (56.1%)
133	**WOZNIAK Damian**	**7021**	26.2	Masters M - 40	27	00:32:16	00:32:21	**01:17:02.75**	**01:17:34.60**	+00:34:24 (44.3%)	7:42	7.8 (56.1%)
134	**MARUT Katarzyna**	**7374**	NIGHT RUNNERS GLIWICE	Masters K - 40	2	00:31:25	00:49:03	**01:17:15.20**	**01:17:36.90**	+00:34:26 (44.4%)	7:43	7.8 (56.1%)
135	**NIEWCZAS Basia**	**7083**		Senior II K - 30	17	00:29:00	00:46:32	**01:17:17.65**	**01:17:40.15**	+00:34:29 (44.4%)	7:43	7.8 (56.1%)
136	**MAZIAREK Adela**	**7062**		Senior II K - 30	18	00:29:21	00:46:51	**01:17:35.10**	**01:17:47.75**	+00:34:37 (44.5%)	7:45	7.7 (55.4%)
137	**KLUSEK Maciej**	**7185**		Masters M - 40	28	00:29:33	00:48:09	**01:17:43.20**	**01:17:49.50**	+00:34:38 (44.5%)	7:46	7.7 (55.4%)
138	**SKRZYPIEC Mateusz**	**7067**		Senior II M - 30	49	00:30:03	00:47:43	**01:17:10.90**	**01:17:50.45**	+00:34:39 (44.5%)	7:43	7.8 (56.1%)
139	**PLINIEWICZ Joanna**	**7123**		Senior II K - 30	19	00:30:27	00:48:27	**01:17:42.40**	**01:17:56.60**	+00:34:46 (44.6%)	7:46	7.7 (55.4%)
140	**KRYCH Rafał**	**7184**		Masters M - 40	29	00:29:35	00:47:43	**01:18:16.20**	**01:18:21.55**	+00:35:10 (44.9%)	7:49	7.7 (55.4%)
141	**KOCIMSKA Katarzyna**	**7340**	EUROVENT ATHLETICS OPOLE	Masters K - 40	3	00:28:54	00:48:23	**01:18:34.60**	**01:18:38.70**	+00:35:28 (45.1%)	7:51	7.6 (54.7%)
142	**KOZŁOWSKA Renata**	**7281**	LADY AEROBIK NYSA	Senior II K - 30	20	00:30:35	00:48:53	**01:18:14.05**	**01:18:52.10**	+00:35:41 (45.3%)	7:49	7.7 (55.4%)
143	**POMIANOWSKA Anna**	**7377**	RĄCZELACZKI	Senior II K - 30	21	00:30:58	00:48:13	**01:18:22.40**	**01:18:57.00**	+00:35:46 (45.3%)	7:50	7.7 (55.4%)
144	**PRZYDRÓŻNA Julita**	**7022**	26,2	Masters K - 40	4	00:31:55	00:49:47	**01:19:16.00**	**01:19:47.25**	+00:36:36 (45.9%)	7:55	7.6 (54.7%)
145	**PUCHALSKA Magdalena**	**7180**		Senior II K - 30	22	00:31:41	00:49:48	**01:19:16.55**	**01:19:52.75**	+00:36:42 (45.9%)	7:55	7.6 (54.7%)
146	**SZYMONIK Dominika**	**7209**	ZAŁOGA GÓRSKA	Senior I K - 20	11	00:31:37	00:50:18	**01:19:44.65**	**01:20:01.20**	+00:36:50 (46.0%)	7:58	7.5 (54.0%)
147	**PATYK Joanna**	**7129**	PZU SPORT TEAM	Senior II K - 30	23	00:30:45	00:49:22	**01:20:00.25**	**01:20:03.35**	+00:36:52 (46.1%)	8:00	7.5 (54.0%)
148	**KOPACKA Eliza**	**7029**		Senior II K - 30	24	00:30:51	00:48:53	**01:19:45.60**	**01:20:03.65**	+00:36:53 (46.1%)	7:58	7.5 (54.0%)
149	**GŁÓWKA Barbara**	**7135**		Senior II K - 30	25	00:31:19	00:49:58	**01:19:41.60**	**01:20:11.70**	+00:37:01 (46.2%)	7:58	7.5 (54.0%)
150	**LUBAŃSKA Alicja**	**7178**	SSW TEAM KROŚNICE	Weteran K - 50	3	00:30:15	00:48:51	**01:20:27.90**	**01:20:32.80**	+00:37:22 (46.4%)	8:02	7.5 (54.0%)
151	**WŁODKOWSKA Beata**	**7170**		Senior II K - 30	26	00:31:22	00:49:33	**01:20:18.50**	**01:20:39.70**	+00:37:29 (46.5%)	8:01	7.5 (54.0%)
152	**SZYMAŃSKI Damian**	**7349**	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	Weteran I M - 50	7	00:30:35	00:48:24	**01:20:33.10**	**01:20:40.60**	+00:37:30 (46.5%)	8:03	7.4 (53.2%)
153	**PASZKE Joanna**	**7314**		Senior I K - 20	12	00:30:38	00:48:40	**01:20:02.25**	**01:20:46.10**	+00:37:35 (46.5%)	8:00	7.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	**PASZKE Maciej**	**7315**		Senior I M - 20	22	00:30:36	00:48:38	**01:20:01.75**	**01:20:46.10**	+00:37:35 (46.5%)	8:00	7.5 (54.0%)
155	**PASŁAWSKA Olga**	**7408**		Senior II K - 30	27	00:30:51	00:49:16	**01:20:32.60**	**01:20:49.80**	+00:37:39 (46.6%)	8:03	7.5 (54.0%)
156	**KOLAŃSKI Bartosz**	**7153**	RUN FOR JFK	Masters M - 40	30	00:28:34	00:47:38	**01:20:15.25**	**01:20:54.15**	+00:37:43 (46.6%)	8:01	7.5 (54.0%)
157	**KUŹNIAK Martyna**	**7071**		Masters K - 40	5	00:30:25	00:48:35	**01:20:49.65**	**01:20:55.45**	+00:37:44 (46.6%)	8:05	7.4 (53.2%)
158	**WOJDASZKA Katarzyna**	**7002**	VEGE RUNNERS	Senior II K - 30	28	00:32:31	00:50:38	**01:20:43.55**	**01:21:00.65**	+00:37:50 (46.7%)	8:04	7.4 (53.2%)
159	**MARONA Maciej**	**7038**	DRUŻYNA SZPIKU	Senior II M - 30	50	00:31:31	00:49:40	**01:20:27.90**	**01:21:01.40**	+00:37:50 (46.7%)	8:02	7.5 (54.0%)
160	**KUCHARSKA Aleksandra**	**7006**	DREAM RUN	Senior II K - 30	29	00:33:06	00:51:07	**01:20:57.30**	**01:21:23.60**	+00:38:13 (47.0%)	8:05	7.4 (53.2%)
161	**SKAWINA Krystyna**	**7059**	TOPOLICE TEAM	Senior II K - 30	30	00:31:53	00:50:00	**01:21:10.30**	**01:21:30.65**	+00:38:20 (47.0%)	8:07	7.4 (53.2%)
162	**GIETKA Szymon**	**7323**		Senior I M - 20	23	00:32:13	00:51:27	**01:20:59.20**	**01:21:43.60**	+00:38:33 (47.2%)	8:05	7.4 (53.2%)
163	**BIEŃKOWSKI Kamil**	**7439**		Senior II M - 30	51	00:31:59	00:51:36	**01:19:10.30**	**01:21:48.85**	+00:38:38 (47.2%)	7:55	7.6 (54.7%)
164	**JUREWICZ Agata**	**7165**		Senior II K - 30	31	00:32:37	00:50:40	**01:21:19.55**	**01:21:52.75**	+00:38:42 (47.3%)	8:07	7.4 (53.2%)
165	**GÓRALCZYK Katarzyna**	**7302**	ZAŁOGA GÓRSKA	Senior I K - 20	13	00:32:10	00:50:36	**01:21:48.60**	**01:22:05.45**	+00:38:54 (47.4%)	8:10	7.3 (52.5%)
166	**PENDZIAŁEK Małgorzata**	**7334**	MUAY RUNNING TEAM	Senior I K - 20	14	00:30:55	00:49:47	**01:21:50.15**	**01:22:09.85**	+00:38:59 (47.5%)	8:11	7.3 (52.5%)
167	**HADAŁA Teresa**	**7145**	KASZUBSKA PONIEWIERKA	Senior II K - 30	32	00:32:27	00:52:06	**01:21:32.80**	**01:22:12.75**	+00:39:02 (47.5%)	8:09	7.4 (53.2%)
168	**DZIEDZIŃSKA Natalia**	**7229**		Senior II K - 30	33	00:31:38	00:50:15	**01:23:08.00**	**01:23:15.10**	+00:40:04 (48.1%)	8:18	7.2 (51.8%)
169	**NAGLER Tomasz**	**7477**		Masters M - 40	31	00:30:46	00:48:39	**01:22:43.15**	**01:23:50.30**	+00:40:39 (48.5%)	8:16	7.3 (52.5%)
170	**MUCHA Orest**	**7018**		Senior II M - 30	52	00:31:36	00:50:18	**01:23:42.50**	**01:23:54.25**	+00:40:43 (48.5%)	8:22	7.2 (51.8%)
171	**GAJKOWSKI Andrzej**	**7143**	ENDORFINY WĄSOSZ	Masters M - 40	32	00:33:19	00:53:32	**01:23:24.45**	**01:24:00.05**	+00:40:49 (48.6%)	8:20	7.2 (51.8%)
172	**URBAŃSKI Tomasz**	**7393**	PALLERO	Senior I M - 20	24	00:34:00	00:54:02	**01:23:47.70**	**01:24:07.85**	+00:40:57 (48.7%)	8:22	7.2 (51.8%)
173	**KACZMARSKI Martin**	**7394**		Senior I M - 20	25	00:33:59	00:54:02	**01:23:48.00**	**01:24:08.35**	+00:40:57 (48.7%)	8:22	7.2 (51.8%)
174	**NIEDZIELA Danuta**	**7040**	GOSTYŃ	Masters K - 40	6	00:32:03	00:50:38	**01:24:11.55**	**01:24:21.15**	+00:41:10 (48.8%)	8:25	7.1 (51.1%)
175	**ANTKOWIAK Mirosław**	**7276**		Weteran I M - 50	8	00:29:21	00:48:50	**01:24:29.70**	**01:24:40.70**	+00:41:30 (49.0%)	8:26	7.1 (51.1%)
176	**GENDERA Narcyz**	**7327**		Senior I M - 20	26	00:33:21	00:53:14	**01:24:34.15**	**01:24:42.40**	+00:41:31 (49.0%)	8:27	7.1 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	**BALDY Jakub**	**7010**	KUDOWSCY MIŁOŚNICY BIEGANIA	Senior I M - 20	27	00:32:34	00:52:21	**01:24:31.80**	**01:24:45.30**	+00:41:34 (49.1%)	8:27	7.1 (51.1%)
178	**WIECZOREK Monika**	**7256**		Masters K - 40	7	00:32:55	00:52:45	**01:25:13.05**	**01:25:16.85**	+00:42:06 (49.4%)	8:31	7 (50.4%)
178	**ŁUCZYWEK Waldemar**	**7258**		Masters M - 40	33	00:32:56	00:52:43	**01:25:12.60**	**01:25:16.85**	+00:42:06 (49.4%)	8:31	7 (50.4%)
180	**MRÓZ Urszula**	**7121**		Weteran K - 50	4	00:34:56	00:54:18	**01:25:06.05**	**01:25:19.85**	+00:42:09 (49.4%)	8:30	7.1 (51.1%)
181	**ŁYSIAK Kasia**	**7196**		Senior II K - 30	34	00:32:56	00:53:49	**01:24:48.35**	**01:25:20.65**	+00:42:10 (49.4%)	8:28	7.1 (51.1%)
182	**KUTYCKA-KUREK Elżbieta**	**7336**	CHOJRAK TEAM WROCŁAW	Senior II K - 30	35	00:32:42	00:52:11	**01:24:53.40**	**01:25:24.90**	+00:42:14 (49.5%)	8:29	7.1 (51.1%)
183	**SITKO Adam**	**7410**		Senior I M - 20	28	00:33:15	00:53:04	**01:25:16.00**	**01:25:32.40**	+00:42:21 (49.5%)	8:31	7 (50.4%)
184	**BRZEZIŃSKI Andrzej**	**7425**		Weteran II M - 60	3	00:32:32	00:51:12	**01:25:34.95**	**01:25:42.35**	+00:42:31 (49.6%)	8:33	7 (50.4%)
185	**BALICKI Jakub**	**7388**	ASAP RUNNERS	Masters M - 40	34	00:33:12	00:53:40	**01:24:53.30**	**01:25:45.75**	+00:42:35 (49.7%)	8:29	7.1 (51.1%)
186	**MICHALSKA Joanna**	**7138**	VELUX	Senior II K - 30	36	00:35:44	00:55:28	**01:25:39.90**	**01:26:01.65**	+00:42:51 (49.8%)	8:34	7 (50.4%)
187	**PLEWA Paulina**	**7120**	BPK	Senior I K - 20	15	00:33:15	00:54:05	**01:26:15.95**	**01:26:15.95**	+00:43:05 (49.9%)	8:37	7 (50.4%)
188	**NOWAK Jakub**	**7169**	BIEGANIE NA ŚNIADANIE ŚMIGIEL	Senior II M - 30	53	00:34:15	00:54:25	**01:25:53.00**	**01:26:21.50**	+00:43:10 (50.0%)	8:35	7 (50.4%)
189	**KARWECKA-WIELICKA Katarzyna**	**7279**		Masters K - 40	8	00:33:45	00:53:49	**01:25:55.30**	**01:26:42.50**	+00:43:31 (50.2%)	8:35	7 (50.4%)
190	**WILK Maria**	**7385**	RAMBO III	Senior II K - 30	37	00:34:21	00:54:57	**01:26:31.00**	**01:26:49.55**	+00:43:38 (50.3%)	8:39	6.9 (49.6%)
191	**WILK Mateusz**	**7386**	ROMBO III	Senior II M - 30	54	00:34:19	00:54:56	**01:26:29.80**	**01:26:49.65**	+00:43:39 (50.3%)	8:39	6.9 (49.6%)
192	**CZYŻ Aleksandra**	**7027**	VEGE RUNNERS	Senior II K - 30	38	00:33:07	00:52:39	**01:26:20.65**	**01:26:53.55**	+00:43:42 (50.3%)	8:38	6.9 (49.6%)
193	**WAWRZYNIAK Mariusz**	**7416**		Senior II M - 30	55	00:34:08	00:55:44	**01:26:15.95**	**01:27:02.40**	+00:43:51 (50.4%)	8:37	7 (50.4%)
194	**GALEWSKI Mariusz**	**7364**		Weteran I M - 50	9	00:32:41	00:52:40	**01:27:05.65**	**01:27:19.85**	+00:44:09 (50.6%)	8:42	6.9 (49.6%)
195	**GAJDECKA Adriana**	**7107**		Masters K - 40	9	00:34:27	00:55:15	**01:26:37.55**	**01:27:20.20**	+00:44:09 (50.6%)	8:39	6.9 (49.6%)
196	**GAJDECKI Tomasz**	**7383**	ACCENTURE	Masters M - 40	35	00:34:26	00:55:14	**01:26:36.45**	**01:27:20.65**	+00:44:10 (50.6%)	8:39	6.9 (49.6%)
197	**MAJEWSKA Sonia**	**7328**		Senior I K - 20	16	00:33:21	00:53:16	**01:27:17.95**	**01:27:26.55**	+00:44:15 (50.6%)	8:43	6.9 (49.6%)
198	**KOWALCZYK Tadeusz**	**7094**		Weteran II M - 60	4	00:31:52	00:51:08	**01:27:30.30**	**01:27:41.00**	+00:44:30 (50.8%)	8:45	6.9 (49.6%)
199	**BRZOZA Dorota**	**7177**		Masters K - 40	10	00:34:03	00:54:19	**01:27:04.60**	**01:27:41.90**	+00:44:31 (50.8%)	8:42	6.9 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	**FLORCZAK Zdzisław**	**7199**	MATNER RUNNING TEAM	Weteran II M - 60	5	00:33:38	00:54:00	**01:27:34.55**	**01:27:44.65**	+00:44:34 (50.8%)	8:45	6.9 (49.6%)
201	**PLEWA Katarzyna**	**7055**	NORDIC16.COM	Senior II K - 30	39	00:33:53	00:54:28	**01:27:27.55**	**01:27:46.50**	+00:44:35 (50.8%)	8:44	6.9 (49.6%)
202	**KWIECIEŃ Zbigniew**	**7412**		Weteran II M - 60	6	00:35:26	00:56:31	**01:27:17.00**	**01:27:59.85**	+00:44:49 (50.9%)	8:43	6.9 (49.6%)
203	**HAWROT Marta**	**7346**		Masters K - 40	11	00:35:47	00:54:55	**01:27:58.55**	**01:28:02.00**	+00:44:51 (51.0%)	8:47	6.8 (48.9%)
204	**PRZYBYŁEK Joanna**	**7285**		Senior II K - 30	40	00:35:05	00:56:06	**01:27:30.55**	**01:28:06.30**	+00:44:55 (51.0%)	8:45	6.9 (49.6%)
205	**GIEDA Elżbieta**	**7142**	MUKS SZOK BOJANOWO	Senior II K - 30	41	00:33:12	00:53:32	**01:27:47.60**	**01:28:22.65**	+00:45:12 (51.1%)	8:46	6.8 (48.9%)
206	**WOLAK Maciej**	**7405**		Senior I M - 20	29	00:35:08	00:56:35	**01:27:58.10**	**01:28:23.60**	+00:45:13 (51.2%)	8:47	6.8 (48.9%)
207	**JASICKI Julian**	**7023**	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	7	00:32:20	00:51:29	**01:28:22.00**	**01:28:41.75**	+00:45:31 (51.3%)	8:50	6.8 (48.9%)
208	**MICHALSKI Tomasz**	**7017**	WKURW_TEAM	Masters M - 40	36	00:33:50	00:53:33	**01:28:10.00**	**01:28:42.25**	+00:45:31 (51.3%)	8:49	6.8 (48.9%)
209	**JOŃCZYK Jerzy**	**7117**	BRAK	Weteran I M - 50	10	00:33:54	00:54:29	**01:28:12.60**	**01:28:44.55**	+00:45:33 (51.3%)	8:49	6.8 (48.9%)
210	**ZASŁAWSKA Katarzyna**	**7419**	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	5	00:34:03	00:54:46	**01:28:30.55**	**01:28:49.25**	+00:45:38 (51.4%)	8:51	6.8 (48.9%)
211	**SKARŻEŃSKA Jagoda**	**7331**		Senior II K - 30	42	00:33:47	00:54:23	**01:28:08.00**	**01:28:54.05**	+00:45:43 (51.4%)	8:48	6.8 (48.9%)
212	**KRYCH Joanna**	**7210**		Masters K - 40	12	00:34:39	00:55:08	**01:28:59.60**	**01:29:05.90**	+00:45:55 (51.5%)	8:53	6.7 (48.2%)
213	**LIGOCKA Karolina**	**7074**	BOOTCAMP	Senior II K - 30	43	00:33:29	00:54:37	**01:28:53.60**	**01:29:10.25**	+00:45:59 (51.6%)	8:53	6.7 (48.2%)
214	**HACZKIEWICZ Karolina**	**7375**		Senior II K - 30	44	00:34:05	00:54:54	**01:28:31.40**	**01:29:10.35**	+00:45:59 (51.6%)	8:51	6.8 (48.9%)
215	**TOMERA Dorota**	**7146**	DRUŻYNA KURORT LĄDEK ZDRÓJ TEAM	Masters K - 40	13	00:35:17	00:55:45	**01:28:50.05**	**01:29:31.75**	+00:46:21 (51.8%)	8:53	6.8 (48.9%)
216	**KORNAŚ Marcin**	**7003**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	37	00:32:26	00:52:22	**01:29:12.00**	**01:29:34.00**	+00:46:23 (51.8%)	8:55	6.7 (48.2%)
217	**WIERCIOCH Sławomir**	**7429**		Masters M - 40	38	00:33:21	00:53:45	**01:29:35.25**	**01:29:51.15**	+00:46:40 (51.9%)	8:57	6.7 (48.2%)
218	**JANICKA-TOMIAK Eliza**	**7271**		Masters K - 40	14	00:34:17	00:55:48	**01:29:57.85**	**01:30:07.20**	+00:46:56 (52.1%)	8:59	6.7 (48.2%)
219	**KRYŃ Katarzyna**	**7066**	BOOTCAMP	Senior II K - 30	45	00:33:36	00:54:39	**01:29:52.00**	**01:30:07.45**	+00:46:56 (52.1%)	8:59	6.7 (48.2%)
220	**MAJEROWSKI Mateusz**	**7161**	BAUMAT TEAM	Senior II M - 30	56	00:33:46	00:54:32	**01:29:26.35**	**01:30:08.85**	+00:46:58 (52.1%)	8:56	6.7 (48.2%)
221	**MROZEK Marcin**	**7033**		Senior I M - 20	30	00:34:08	00:54:15	**01:29:37.75**	**01:30:12.30**	+00:47:01 (52.1%)	8:57	6.7 (48.2%)
222	**DURNOWSKA Beata**	**7289**		Senior II K - 30	46	00:32:28	00:54:07	**01:29:29.05**	**01:30:13.95**	+00:47:03 (52.1%)	8:56	6.7 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	**OWSIANIK Sylwia**	**7176**		Masters K - 40	15	00:34:39	00:55:08	**01:30:08.45**	**01:30:14.55**	+00:47:03 (52.2%)	9:00	6.7 (48.2%)
224	**SZAŁAJSKA Magdalena**	**7269**		Senior I K - 20	17	00:35:09	00:57:03	**01:29:56.35**	**01:30:30.55**	+00:47:19 (52.3%)	8:59	6.7 (48.2%)
225	**CHRZUSZCZ Anna**	**7249**		Senior II K - 30	47	00:33:54	00:55:20	**01:29:44.70**	**01:30:32.10**	+00:47:21 (52.3%)	8:58	6.7 (48.2%)
226	**MROCZKIEWICZ Klaudia**	**7034**	VEGERUNNERS	Masters K - 40	16	00:32:34	00:53:26	**01:30:30.20**	**01:30:40.15**	+00:47:29 (52.4%)	9:03	6.6 (47.5%)
227	**SZYMAŁA Małgorzata**	**7293**		Senior II K - 30	48	00:33:59	00:54:19	**01:30:23.00**	**01:30:51.85**	+00:47:41 (52.5%)	9:02	6.6 (47.5%)
228	**NIEMAS Anna**	**7248**	OYAMA KARATE BRZESZCZE	Masters K - 40	17	00:34:14	00:55:19	**01:30:25.65**	**01:30:55.00**	+00:47:44 (52.5%)	9:02	6.6 (47.5%)
229	**ERDMAŃSKA Natalia**	**7368**		Senior II K - 30	49	00:34:16	00:34:21	**01:30:24.75**	**01:30:55.20**	+00:47:44 (52.5%)	9:02	6.6 (47.5%)
230	**GIERLIK Jakub**	**7261**	ROADBIKE TEAM	Senior I M - 20	31	00:35:59	00:57:50	**01:30:31.05**	**01:30:56.00**	+00:47:45 (52.5%)	9:03	6.6 (47.5%)
231	**KOSZYKA Weronika**	**7041**	CONSTRAVIA	Senior I K - 20	18	00:36:11	00:57:38	**01:30:44.15**	**01:31:01.65**	+00:47:51 (52.6%)	9:04	6.6 (47.5%)
232	**MARCINKOWSKA Katarzyna**	**7283**	LADY AEROBIK NYSA	Masters K - 40	18	00:33:30	00:54:29	**01:30:31.05**	**01:31:08.45**	+00:47:57 (52.6%)	9:03	6.6 (47.5%)
233	**TOMASZEWSKI Jacek**	**7063**		Senior II M - 30	57	00:32:30	00:53:06	**01:31:12.70**	**01:31:23.10**	+00:48:12 (52.8%)	9:07	6.6 (47.5%)
234	**TOMASZEWSKA Agnieszka**	**7064**		Senior II K - 30	50	00:32:32	00:32:38	**01:31:14.50**	**01:31:23.50**	+00:48:12 (52.8%)	9:07	6.6 (47.5%)
235	**SOCHA Ewa**	**7232**	1987	Senior II K - 30	51	00:33:13	00:54:22	**01:30:54.05**	**01:31:27.80**	+00:48:17 (52.8%)	9:05	6.6 (47.5%)
236	**BLANIK Agnieszka**	**7069**	RADLIN	Senior II K - 30	52	00:33:58	00:54:46	**01:31:01.20**	**01:31:34.85**	+00:48:24 (52.9%)	9:06	6.6 (47.5%)
237	**DZIEDZIC Anna**	**7115**		Senior II K - 30	53	00:32:40	00:53:47	**01:31:32.00**	**01:31:46.65**	+00:48:36 (53.0%)	9:09	6.6 (47.5%)
238	**RAPACZ Arkadiusz**	**7239**	SPEEDO POLSKA	Masters M - 40	39	00:33:36	00:55:18	**01:31:32.10**	**01:31:47.40**	+00:48:36 (53.0%)	9:09	6.6 (47.5%)
239	**PIGŁOWSKI Dawid**	**7432**	KANIA TEAM	Senior II M - 30	58	00:34:09	00:55:45	**01:31:15.05**	**01:32:03.35**	+00:48:52 (53.1%)	9:07	6.6 (47.5%)
240	**SZOPA Marek**	**7433**		Masters M - 40	40	00:33:45	00:55:20	**01:31:16.10**	**01:32:03.55**	+00:48:52 (53.1%)	9:07	6.6 (47.5%)
241	**MARCINKIEWICZ Marta**	**7228**	MATNER RUNNING TEAM	Weteran K - 50	6	00:36:05	00:58:30	**01:31:39.40**	**01:32:06.60**	+00:48:56 (53.1%)	9:09	6.5 (46.8%)
242	**KOWALCZYK Joanna**	**7095**		Weteran II K - 60	1	00:34:54	00:56:34	**01:32:07.80**	**01:32:17.90**	+00:49:07 (53.2%)	9:12	6.5 (46.8%)
243	**SZYMAŁA Karolina**	**7192**	#NIUŃKOWABIEGA	Senior I K - 20	19	00:34:33	00:56:09	**01:31:57.35**	**01:32:24.70**	+00:49:14 (53.3%)	9:11	6.5 (46.8%)
244	**HEBDA Dominika**	**7188**	ADRIAN DANILEWICZ GROUP	Senior I K - 20	20	00:34:22	00:55:31	**01:32:05.65**	**01:32:27.35**	+00:49:16 (53.3%)	9:12	6.5 (46.8%)
245	**KOWALCZYK Piotr**	**7222**		Senior I M - 20	32	00:35:22	00:57:26	**01:32:02.75**	**01:32:36.80**	+00:49:26 (53.4%)	9:12	6.5 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	**HETMAŃSKA Diana**	**7030**	LOVELASY	Senior II K - 30	54	00:34:40	00:56:10	**01:32:31.30**	**01:32:45.05**	+00:49:34 (53.4%)	9:15	6.5 (46.8%)
247	**PALUSIŃSKA Agnieszka**	**7317**	LOVELASY	Masters K - 40	19	00:34:40	00:56:10	**01:32:31.30**	**01:32:45.65**	+00:49:35 (53.5%)	9:15	6.5 (46.8%)
248	**OSTROWSKA-NABIAŁCZYK Agnieszka**	**7287**	1976	Masters K - 40	20	00:33:11	00:33:16	**01:32:35.85**	**01:32:45.95**	+00:49:35 (53.5%)	9:15	6.5 (46.8%)
249	**GONERA-BATOR Anna**	**7345**	KB HARCOWNIK	Senior II K - 30	55	00:35:37	00:57:15	**01:32:26.60**	**01:32:46.30**	+00:49:35 (53.5%)	9:14	6.5 (46.8%)
250	**CIEPŁY Jacek**	**7400**		Masters M - 40	41	00:33:24	00:54:58	**01:32:36.10**	**01:32:46.95**	+00:49:36 (53.5%)	9:15	6.5 (46.8%)
251	**BUSZKA Łukasz**	**7417**	ZAŁOGA GÓRSKA	Masters M - 40	42	00:35:50	00:58:19	**01:32:43.60**	**01:33:02.30**	+00:49:51 (53.6%)	9:16	6.5 (46.8%)
252	**CZAJA Agnieszka**	**7166**		Senior II K - 30	56	00:35:34	00:57:59	**01:32:37.20**	**01:33:10.55**	+00:49:59 (53.7%)	9:15	6.5 (46.8%)
253	**PAKUŁA Beata**	**7353**		Masters K - 40	21	00:34:33	00:55:53	**01:33:14.90**	**01:33:16.60**	+00:50:06 (53.7%)	9:19	6.4 (46.0%)
254	**SIEDLECKI Marcin**	**7387**		Masters M - 40	43	00:34:51	00:55:53	**01:33:16.65**	**01:33:17.15**	+00:50:06 (53.7%)	9:19	6.4 (46.0%)
255	**RAPACZ Danuta**	**7101**	ANMAR	Weteran II K - 60	2	00:34:53	00:56:43	**01:33:07.65**	**01:33:18.05**	+00:50:07 (53.7%)	9:18	6.4 (46.0%)
256	**WINNICKA Anna**	**7414**		Masters K - 40	22	00:34:34	00:55:48	**01:33:10.55**	**01:33:21.75**	+00:50:11 (53.8%)	9:19	6.4 (46.0%)
257	**ZIENKIEWICZ Agata**	**7434**		Senior II K - 30	57	00:34:17	00:55:41	**01:32:53.70**	**01:33:30.75**	+00:50:20 (53.8%)	9:17	6.5 (46.8%)
258	**HEREMZA Adam**	**7367**		Masters M - 40	44	00:34:20	00:55:32	**01:32:59.55**	**01:33:31.65**	+00:50:21 (53.8%)	9:17	6.5 (46.8%)
259	**CHOJNACKA Kaja**	**7204**	PURKRUN OPOLE	Senior II K - 30	58	00:35:51	00:58:16	**01:33:43.25**	**01:33:56.70**	+00:50:46 (54.0%)	9:22	6.4 (46.0%)
260	**STRZELCZYK Wiktor**	**7072**		Senior II M - 30	59	00:37:23	00:59:29	**01:33:25.45**	**01:33:58.80**	+00:50:48 (54.1%)	9:20	6.4 (46.0%)
261	**WOJTAS Anna**	**7139**		Senior II K - 30	59	00:37:24	00:59:30	**01:33:26.50**	**01:33:59.05**	+00:50:48 (54.1%)	9:20	6.4 (46.0%)
262	**WAWRZYNIAK Agnieszka**	**7151**	DRUŻYNA SZPIKU	Senior II K - 30	60	00:34:55	00:57:04	**01:33:47.10**	**01:34:05.85**	+00:50:55 (54.1%)	9:22	6.4 (46.0%)
263	**BURCZYK Adam**	**7155**		Senior I M - 20	33	00:34:59	00:57:05	**01:33:46.90**	**01:34:06.75**	+00:50:56 (54.1%)	9:22	6.4 (46.0%)
264	**KOWALEWSKA Anna**	**7051**		Senior II K - 30	61	00:33:49	00:56:00	**01:34:05.40**	**01:34:26.20**	+00:51:15 (54.3%)	9:24	6.4 (46.0%)
265	**WYSMOLIŃSKA Karolina**	**7362**		Masters K - 40	23	00:35:07	00:57:03	**01:34:21.10**	**01:34:34.55**	+00:51:23 (54.3%)	9:26	6.4 (46.0%)
266	**SOKOŁOWSKI Maciej**	**7001**		Masters M - 40	45	00:35:45	00:58:30	**01:34:37.95**	**01:35:24.50**	+00:52:13 (54.7%)	9:27	6.3 (45.3%)
267	**ŻYŻA Magdalena**	**7226**	MAAGNUS TEAM SKOKOWA	Masters K - 40	24	00:36:11	00:59:09	**01:34:48.85**	**01:35:27.80**	+00:52:17 (54.8%)	9:28	6.3 (45.3%)
268	**FILIPOWICZ Katarzyna**	**7347**		Senior II K - 30	62	00:36:03	00:57:50	**01:35:26.50**	**01:35:30.45**	+00:52:19 (54.8%)	9:32	6.3 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	**KONIECZNA Natalia**	**7084**		Senior I K - 20	21	00:35:27	00:57:22	**01:35:16.70**	**01:35:33.85**	+00:52:23 (54.8%)	9:31	6.3 (45.3%)
270	**IMIŃSKI Cezary**	**7092**		Weteran I M - 50	11	00:37:04	00:59:48	**01:36:13.75**	**01:36:18.75**	+00:53:08 (55.2%)	9:37	6.2 (44.6%)
271	**WIETECHA-DROBIK Aleksandra**	**7194**	ATLAS RUNNING TEAM	Senior II K - 30	63	00:36:25	00:59:35	**01:36:40.70**	**01:36:49.05**	+00:53:38 (55.4%)	9:40	6.2 (44.6%)
272	**KORDECKI Bartłomiej**	**7403**		Senior II M - 30	60	00:37:06	00:59:42	**01:36:09.15**	**01:36:51.20**	+00:53:40 (55.4%)	9:36	6.2 (44.6%)
273	**KACZYŃSKA Ewa**	**7402**		Senior II K - 30	64	00:37:04	00:59:41	**01:36:08.55**	**01:36:51.55**	+00:53:40 (55.4%)	9:36	6.2 (44.6%)
274	**HAJDA Olga**	**7238**		Masters K - 40	25	00:36:06	00:59:10	**01:36:44.30**	**01:36:52.55**	+00:53:41 (55.4%)	9:40	6.2 (44.6%)
275	**GAWŁOWSKA Milena**	**7237**	ATLAS RUNNING TEAM	Senior II K - 30	65	00:36:28	00:59:36	**01:36:45.95**	**01:36:53.15**	+00:53:42 (55.4%)	9:40	6.2 (44.6%)
276	**WĘGLEWSKA Karolina**	**7110**		Senior I K - 20	22	00:36:44	00:58:43	**01:36:22.55**	**01:37:00.15**	+00:53:49 (55.5%)	9:38	6.2 (44.6%)
277	**WAŚCIŃSKA Dominika**	**7329**	BOOT CAMP POLSKA	Senior II K - 30	66	00:35:11	00:57:26	**01:36:47.95**	**01:37:04.45**	+00:53:53 (55.5%)	9:40	6.2 (44.6%)
278	**SZPUREK Anna**	**7354**	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	67	00:37:14	01:00:25	**01:36:39.60**	**01:37:06.70**	+00:53:56 (55.5%)	9:39	6.2 (44.6%)
279	**WRÓBEL Marzena**	**7179**		Senior II K - 30	68	00:36:39	00:59:04	**01:36:40.90**	**01:37:21.75**	+00:54:11 (55.7%)	9:40	6.2 (44.6%)
280	**PYTA Grzegorz**	**7198**	NIEZRZESZONY	Weteran I M - 50	12	00:36:35	00:59:03	**01:36:41.15**	**01:37:23.35**	+00:54:12 (55.7%)	9:40	6.2 (44.6%)
281	**PIORKOWSKA Monika**	**7295**		Masters K - 40	26	00:36:42	00:58:52	**01:37:29.45**	**01:37:55.30**	+00:54:44 (55.9%)	9:45	6.2 (44.6%)
282	**DOMBROWSKI Maciej**	**7197**	ZAŁOGA GÓRSKA O!	Senior II M - 30	61	00:37:48	01:00:29	**01:37:53.15**	**01:38:10.60**	+00:55:00 (56.0%)	9:47	6.1 (43.9%)
283	**SŁONINA Olga**	**7122**	ZAŁOGA GÓRSKA	Senior I K - 20	23	00:37:47	01:00:28	**01:37:53.25**	**01:38:10.80**	+00:55:00 (56.0%)	9:47	6.1 (43.9%)
284	**KULCZYCKI Łukasz**	**7195**	ATLAS RUNNING TEAM	Senior II M - 30	62	00:36:36	00:59:30	**01:38:48.30**	**01:38:56.35**	+00:55:45 (56.4%)	9:52	6.1 (43.9%)
285	**PIETRZYKOWSKA Katarzyna**	**7206**	PRO RUN WROCŁAW	Senior II K - 30	69	00:34:50	00:58:33	**01:38:43.00**	**01:38:56.75**	+00:55:46 (56.4%)	9:52	6.1 (43.9%)
286	**FUCHS Dariusz**	**7379**	TEAM KURORT LĄDEK ZDRÓJ	Weteran I M - 50	13	00:35:53	00:57:17	**01:38:22.70**	**01:39:03.55**	+00:55:52 (56.4%)	9:50	6.1 (43.9%)
287	**ZAREMBA Dominik**	**7218**		Senior II M - 30	63	00:37:20	01:00:07	**01:38:52.15**	**01:39:15.55**	+00:56:04 (56.5%)	9:53	6.1 (43.9%)
288	**JAGUSZEWSKA Agnieszka**	**7221**	FAT&FURIOUS	Senior II K - 30	70	00:37:34	01:00:45	**01:39:11.00**	**01:39:49.10**	+00:56:38 (56.7%)	9:55	6 (43.2%)
289	**KUJAWA Zbigniew**	**7299**	ZAŁOGA GÓRSKA	Senior I M - 20	34	00:38:30	01:01:57	**01:39:23.95**	**01:40:00.65**	+00:56:50 (56.8%)	9:56	6 (43.2%)
290	**PIECHOWIAK Oliwia**	**7298**	ZAŁOGA GÓRSKA	Senior I K - 20	24	00:38:30	01:01:56	**01:39:24.65**	**01:40:00.70**	+00:56:50 (56.8%)	9:56	6 (43.2%)
291	**WOŁCZYK Sandra**	**7224**	FAT & FURIOUS	Senior II K - 30	71	00:37:34	01:00:45	**01:39:23.95**	**01:40:04.00**	+00:56:53 (56.9%)	9:56	6 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
292	**WRÓBLEWSKA Roksana**	**7152**	PREDATORS WAŁBRZYCH	Senior I K - 20	25	00:38:58	01:00:35	**01:39:29.20**	**01:40:04.15**	+00:56:53 (56.9%)	9:57	6 (43.2%)
293	**WIEWCZKO Karolina**	**7438**		Senior I K - 20	26	00:35:01	01:00:42	**01:39:25.10**	**01:40:06.15**	+00:56:55 (56.9%)	9:56	6 (43.2%)
294	**VOGEL Kamil**	**7189**	BPK	Senior I M - 20	35	00:36:42	01:00:35	**01:39:54.05**	**01:40:13.30**	+00:57:02 (56.9%)	9:59	6 (43.2%)
295	**POPKO Emilia**	**7422**		Senior II K - 30	72	00:38:49	01:01:53	**01:40:24.05**	**01:40:31.10**	+00:57:20 (57.0%)	10:02	6 (43.2%)
296	**BULSKA Martyna**	**7042**		Senior II K - 30	73	00:38:27	01:02:32	**01:40:16.65**	**01:40:54.55**	+00:57:43 (57.2%)	10:01	6 (43.2%)
297	**STENCEL Krzysztof**	**7339**		Masters M - 40	46	00:38:44	01:01:09	**01:40:44.15**	**01:41:34.65**	+00:58:24 (57.5%)	10:04	6 (43.2%)
298	**CZARNOWSKA Natalia**	**7075**		Senior II K - 30	74	00:38:22	01:01:25	**01:40:55.25**	**01:41:42.70**	+00:58:32 (57.5%)	10:05	5.9 (42.4%)
299	**LULA Radosław**	**7077**		Masters M - 40	47	00:34:51	00:58:03	**01:41:11.95**	**01:41:50.55**	+00:58:39 (57.6%)	10:07	5.9 (42.4%)
300	**KLIN Aneta**	**7043**		Masters K - 40	27	00:36:50	01:00:40	**01:41:32.45**	**01:41:58.00**	+00:58:47 (57.7%)	10:09	5.9 (42.4%)
301	**GRUSZECKA Marta**	**7047**		Senior II K - 30	75	00:38:28	01:02:31	**01:41:24.95**	**01:42:02.30**	+00:58:51 (57.7%)	10:08	5.9 (42.4%)
302	**GÓRECKI Konrad**	**7378**		Senior II M - 30	64	00:35:25	00:58:08	**01:42:16.70**	**01:43:01.45**	+00:59:50 (58.1%)	10:13	5.9 (42.4%)
303	**PISAREK Kamila**	**7211**		Senior I K - 20	27	00:39:04	01:02:39	**01:42:44.40**	**01:43:14.95**	+01:00:04 (58.2%)	10:16	5.8 (41.7%)
304	**MELON Aleksandra**	**7233**		Senior I K - 20	28	00:39:03	01:02:42	**01:42:44.90**	**01:43:15.15**	+01:00:04 (58.2%)	10:16	5.8 (41.7%)
305	**SZYMAŁA Jan**	**7207**		Weteran III M - 70	1	00:38:40	01:02:30	**01:42:49.40**	**01:43:18.75**	+01:00:08 (58.2%)	10:16	5.8 (41.7%)
306	**WOLEK Dagmara**	**7203**		Senior II K - 30	76	00:39:32	01:03:04	**01:43:17.65**	**01:43:23.15**	+01:00:12 (58.2%)	10:19	5.8 (41.7%)
307	**KOZERA Kamil**	**7073**	HARPAGAN SOSNOWIEC	Senior II M - 30	65	00:39:21	01:03:32	**01:42:52.45**	**01:43:24.25**	+01:00:13 (58.2%)	10:17	5.8 (41.7%)
308	**SMUG Ewelina**	**7257**		Senior II K - 30	77	00:37:46	01:01:25	**01:43:09.50**	**01:43:25.55**	+01:00:14 (58.3%)	10:18	5.8 (41.7%)
309	**PODOLSKA-SZACHEWICZ Julita**	**7056**	JEŻOZWIERZE GROUP	Masters K - 40	28	00:38:52	01:02:32	**01:42:48.75**	**01:43:29.40**	+01:00:18 (58.3%)	10:16	5.8 (41.7%)
310	**RADUCHA-FURMAN Ewelina**	**7376**		Senior II K - 30	78	00:36:23	00:59:19	**01:43:01.05**	**01:43:31.75**	+01:00:21 (58.3%)	10:18	5.8 (41.7%)
311	**FUKS Karolina**	**7106**	GRUPA FUX	Senior II K - 30	79	00:38:12	01:02:53	**01:43:29.05**	**01:43:41.15**	+01:00:30 (58.4%)	10:20	5.8 (41.7%)
312	**SIENKIEWICZ Piotr**	**7201**		Masters M - 40	48	00:39:31	01:03:14	**01:44:01.90**	**01:44:28.25**	+01:01:17 (58.7%)	10:24	5.8 (41.7%)
313	**DEC Artur**	**7090**	ERNI RULEZ	Masters M - 40	49	00:42:31	01:04:51	**01:44:17.30**	**01:44:54.15**	+01:01:43 (58.8%)	10:25	5.8 (41.7%)
314	**KUTNA Agnieszka**	**7114**	RUDA KITA	Senior II K - 30	80	00:40:31	01:04:28	**01:44:34.85**	**01:45:04.25**	+01:01:53 (58.9%)	10:27	5.7 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	**MACUR Agnieszka**	**7223**		Masters K - 40	29	00:37:35	01:01:18	**01:44:42.50**	**01:45:22.55**	+01:02:11 (59.0%)	10:28	5.7 (41.0%)
316	**KOWALCZYK Dawid**	**7284**		Senior II M - 30	66	00:37:01	01:01:18	**01:44:43.95**	**01:45:22.95**	+01:02:12 (59.0%)	10:28	5.7 (41.0%)
317	**KAUS Sławomir**	**7267**	AKINARI TEAM	Weteran I M - 50	14	00:38:54	01:02:31	**01:45:02.55**	**01:45:41.05**	+01:02:30 (59.1%)	10:30	5.7 (41.0%)
318	**TOMASZEWSKI Robert**	**7399**		Senior II M - 30	67	00:36:39	00:59:16	**01:45:02.80**	**01:45:51.85**	+01:02:41 (59.2%)	10:30	5.7 (41.0%)
319	**MIKOŁAJCZAK Magdalena**	**7137**		Masters K - 40	30	00:40:40	01:04:33	**01:45:18.00**	**01:46:03.15**	+01:02:52 (59.3%)	10:31	5.7 (41.0%)
320	**DADAŚ Elżbieta**	**7048**	NIGHT RUNNERS GLIWICE	Masters K - 40	31	00:37:46	01:01:23	**01:45:42.85**	**01:46:05.45**	+01:02:54 (59.3%)	10:34	5.7 (41.0%)
321	**BOBIN Anna**	**7019**		Masters K - 40	32	00:39:36	01:03:00	**01:46:02.75**	**01:46:11.75**	+01:03:01 (59.3%)	10:36	5.7 (41.0%)
322	**DRYMEL Joanna**	**7109**	DRYMLE3IPIES	Senior II K - 30	81	00:43:31	01:05:43	**01:45:28.55**	**01:46:17.60**	+01:03:07 (59.4%)	10:32	5.7 (41.0%)
323	**OLESZCZAK Agnieszka**	**7343**		Masters K - 40	33	00:35:58	00:59:13	**01:46:15.50**	**01:46:39.65**	+01:03:29 (59.5%)	10:37	5.6 (40.3%)
324	**KRUK Anna**	**7280**		Masters K - 40	34	00:38:21	01:02:56	**01:46:25.75**	**01:46:52.05**	+01:03:41 (59.6%)	10:38	5.6 (40.3%)
325	**CHOJNOWSKA Barbra**	**7016**	PUSIA TEAM	Masters K - 40	35	00:39:45	01:04:16	**01:48:06.00**	**01:48:53.55**	+01:05:42 (60.3%)	10:48	5.6 (40.3%)
326	**KĘPSKI Grzegorz**	**7431**		Senior II M - 30	68	00:42:19	01:08:06	**01:49:15.60**	**01:49:49.40**	+01:06:38 (60.7%)	10:55	5.5 (39.6%)
327	**MYSZYWODA Monika**	**7116**		Senior I K - 20	29	00:42:15	01:08:06	**01:49:16.20**	**01:49:49.80**	+01:06:39 (60.7%)	10:55	5.5 (39.6%)
328	**ŁUKACZ Aleksandra**	**7202**		Senior I K - 20	30	00:40:06	01:05:01	**01:49:55.65**	**01:50:01.90**	+01:06:51 (60.8%)	10:59	5.5 (39.6%)
329	**ZAKRZEWICZ Dorota**	**7384**		Senior II K - 30	82	00:41:58	01:07:55	**01:50:00.25**	**01:50:06.35**	+01:06:55 (60.8%)	11:00	5.5 (39.6%)
330	**KOPACZYŃSKA Aleksandra**	**7149**		Senior I K - 20	31	00:39:09	01:05:35	**01:50:33.80**	**01:50:42.65**	+01:07:32 (61.0%)	11:03	5.4 (38.8%)
331	**SZCZEPAŃSKA Anna**	**7191**		Senior II K - 30	83	00:39:10	01:05:37	**01:50:36.35**	**01:50:43.20**	+01:07:32 (61.0%)	11:03	5.4 (38.8%)
332	**PODJUK Kinga**	**7085**		Masters K - 40	36	00:41:04	01:06:47	**01:51:40.40**	**01:51:48.95**	+01:08:38 (61.4%)	11:10	5.4 (38.8%)
333	**JAREMEK Wojtek**	**7044**	1981	Senior II M - 30	69	00:43:20	01:09:26	**01:52:34.45**	**01:52:58.05**	+01:09:47 (61.8%)	11:15	5.3 (38.1%)
334	**ZŁOMANIEC Izabela**	**7046**		Senior II K - 30	84	00:43:17	01:09:25	**01:52:33.45**	**01:52:58.30**	+01:09:47 (61.8%)	11:15	5.3 (38.1%)
335	**LITEWKA Joanna**	**7014**		Senior I K - 20	32	00:42:25	01:08:26	**01:54:03.95**	**01:54:44.75**	+01:11:34 (62.4%)	11:24	5.3 (38.1%)
336	**STASIAK Mateusz**	**7231**	BLOCKCHAIN RUNNING TEAM	Senior II M - 30	70	00:44:40	01:09:31	**01:54:47.35**	**01:54:52.25**	+01:11:41 (62.4%)	11:28	5.2 (37.4%)
337	**KARPIŃSKA Nina**	**7352**	REEBOKRUN CREW	Senior II K - 30	85	00:39:09	01:04:42	**01:56:27.60**	**01:56:48.80**	+01:13:38 (63.0%)	11:38	5.2 (37.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
338	**HACZYK Gabriela**	**7382**	ZAŁOGA GÓRSKA	Weteran III K - 70	1	00:40:57	01:07:17	**01:56:08.35**	**01:56:51.80**	+01:13:41 (63.1%)	11:36	5.2 (37.4%)
339	**JANKOWSKA Magdalena**	**7342**	KOŁO BIEGA	Senior II K - 30	86	00:41:27	01:09:35	**01:59:13.75**	**01:59:16.85**	+01:16:06 (63.8%)	11:55	5 (36.0%)
340	**PASZKE Tomasz**	**7357**		Weteran I M - 50	15	00:41:58	01:08:53	**01:58:32.95**	**01:59:18.70**	+01:16:08 (63.8%)	11:51	5.1 (36.7%)
341	**KAZUŚ-OLESIŃSKA Małgorzata**	**7396**		Masters K - 40	37	00:45:11	01:14:16	**01:59:43.50**	**02:00:07.70**	+01:16:57 (64.1%)	11:58	5 (36.0%)
342	**KOPACZYŃSKA Ewa**	**7150**		Weteran K - 50	7	00:42:48	01:11:17	**02:01:35.40**	**02:01:42.45**	+01:18:31 (64.5%)	12:09	4.9 (35.3%)
343	**KOPACZYŃSKI Michał**	**7148**		Senior I M - 20	36	00:42:44	00:42:49	**02:01:32.25**	**02:01:43.85**	+01:18:33 (64.5%)	12:09	4.9 (35.3%)
344	**PRZYBYLSKA Katarzyna**	**7325**		Senior I K - 20	33	00:46:24	01:13:37	**02:01:28.55**	**02:02:05.10**	+01:18:54 (64.6%)	12:08	4.9 (35.3%)
345	**PRZYBYLSKA Magdalena**	**7099**		Masters K - 40	38	00:46:04	01:13:39	**02:01:29.15**	**02:02:05.30**	+01:18:54 (64.6%)	12:08	4.9 (35.3%)
346	**KWIATKOWSKA Barbara**	**7119**		Weteran II K - 60	3	00:42:45	01:10:03	**02:02:53.50**	**02:03:37.40**	+01:20:26 (65.1%)	12:17	4.9 (35.3%)
347	**WOŻNA Arleta**	**7427**		Senior I K - 20	34	00:47:30	01:15:13	**02:04:27.35**	**02:04:42.35**	+01:21:31 (65.4%)	12:26	4.8 (34.5%)
348	**WIERCIOCH Iwona**	**7430**		Masters K - 40	39	00:47:29	01:15:18	**02:04:38.55**	**02:04:53.20**	+01:21:42 (65.4%)	12:27	4.8 (34.5%)
349	**WOLENTARSKA Alicja**	**7159**		Weteran K - 50	8	00:44:45	01:13:33	**02:04:34.40**	**02:05:00.85**	+01:21:50 (65.5%)	12:27	4.8 (34.5%)
350	**KOWALCZYK Ilona**	**7395**		Masters K - 40	40	00:44:49	01:14:13	**02:05:33.10**	**02:05:58.60**	+01:22:48 (65.7%)	12:33	4.8 (34.5%)
351	**CZAPSKA Izabela**	**7093**	SONKOTEAM	Masters K - 40	41	00:39:29	01:10:24	**02:06:53.95**	**02:07:08.75**	+01:23:58 (66.0%)	12:41	4.7 (33.8%)
352	**CZAPSKI Wojciech**	**7254**		Masters M - 40	50	00:38:59	01:10:23	**02:06:53.45**	**02:07:09.15**	+01:23:58 (66.0%)	12:41	4.7 (33.8%)
353	**LISOWSKA Agnieszka**	**7118**	DESTYLATOR	Senior II K - 30	87	00:43:35	01:12:16	**02:07:26.35**	**02:08:15.95**	+01:25:05 (66.3%)	12:44	4.7 (33.8%)
354	**SŁUPCZYŃSKI Mirosław**	**7091**		Weteran I M - 50	16	00:45:45	01:16:25	**02:09:54.10**	**02:10:22.00**	+01:27:11 (66.9%)	12:59	4.6 (33.1%)
355	**PAWŁOWSKA Danuta**	**7359**		Masters K - 40	42	00:46:04	01:16:19	**02:13:25.00**	**02:13:48.05**	+01:30:37 (67.7%)	13:20	4.5 (32.4%)
356	**WOŁCZEK Jola**	**7305**		Senior II K - 30	88	00:37:08	00:59:49	**02:14:28.05**	**02:14:51.80**	+01:31:41 (68.0%)	13:26	4.5 (32.4%)
357	**LUDZIŃSKI Adam**	**7125**		Senior II M - 30	71	00:45:58	01:16:52	**02:14:35.30**	**02:15:02.50**	+01:31:51 (68.0%)	13:27	4.5 (32.4%)
358	**ROBAK Aneta**	**7124**		Senior II K - 30	89	00:45:59		**02:15:12.85**	**02:15:39.00**	+01:32:28 (68.2%)	13:31	4.4 (31.7%)
359	**BOCZAR Waldemar**	**7309**		Senior II M - 30	72	00:48:31	01:18:26	**02:15:49.95**	**02:16:28.85**	+01:33:18 (68.4%)	13:35	4.4 (31.7%)
360	**MADERA Bogdan**	**7186**		Weteran I M - 50	17	00:51:43	01:28:11	**02:25:42.95**	**02:26:29.10**	+01:43:18 (70.5%)	14:34	4.1 (29.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
361	**STELMACH Elżbieta**	**7246**		Masters K - 40	43	00:52:38	01:23:35	**02:27:52.70**	**02:28:23.10**	+01:45:12 (70.9%)	14:47	4.1 (29.5%)
362	**KOĆMIRSKA Anna**	**7208**		Senior II K - 30	90	00:52:33	01:20:08	**02:27:54.50**	**02:28:24.45**	+01:45:13 (70.9%)	14:47	4.1 (29.5%)
363	**RUNOWICZ Magdalena**	**7214**		Senior II K - 30	91	00:52:37	01:20:09	**02:27:56.45**	**02:28:26.40**	+01:45:15 (70.9%)	14:47	4.1 (29.5%)
364	**ROŻEK Agnieszka**	**7333**	MUAY RUNNING TEAM	Masters K - 40	44	00:56:08	01:29:22	**02:28:41.95**	**02:29:30.40**	+01:46:19 (71.1%)	14:52	4 (28.8%)
365	**LATANOWICZ Bernard**	**7365**		Senior II M - 30	73	00:54:24	01:32:03	**02:32:01.60**	**02:32:40.25**	+01:49:29 (71.7%)	15:12	3.9 (28.1%)
366	**KUŹNIAK Szymon**	**7366**		Senior II M - 30	74	00:54:24	01:32:03	**02:32:04.05**	**02:32:42.00**	+01:49:31 (71.7%)	15:12	3.9 (28.1%)
367	**SZYMAŃSKI Paweł**	**7335**	MUAY RUNNING TEAM	Senior II M - 30	75	00:56:36	01:29:33	**02:32:36.15**	**02:33:25.25**	+01:50:14 (71.9%)	15:15	3.9 (28.1%)
368	**WINIARSKI Robert**	**7039**		Weteran I M - 50	18	00:46:13	01:28:31	**02:42:18.50**	**02:42:50.30**	+01:59:39 (73.5%)	16:13	3.7 (26.6%)
369	**DEC Zbigniew**	**7418**		Weteran II M - 60	8	00:48:26	01:29:21	**02:43:39.40**	**02:44:06.95**	+02:00:56 (73.7%)	16:21	3.7 (26.6%)
370	**MICHAŁKA Dominika**	**7004**		Senior I K - 20	35	00:52:04	01:40:56	**02:53:22.75**	**02:53:29.80**	+02:10:19 (75.1%)	17:20	3.5 (25.2%)
371	**OLEJNIK Adam**	**7263**	REFERICON	Senior II M - 30	76	00:52:06	01:40:43	**02:53:25.40**	**02:53:32.25**	+02:10:21 (75.1%)	17:20	3.5 (25.2%)
372	**KUROWSKI Wojciech**	**7413**		Senior II M - 30	77							(0.0%)
	BĄKOWSKA Maria	**7381**	ZAŁOGA GÓRSKA	Weteran II K - 60		00:55:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 373 wynik(ów)