



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## IV ZIMOWY MARATON BIESZCZADZKI 2018 - 44,6KM

Zimowy Maraton Bieszczadzki 2018  
Fundacja Bieg Rzeźnika  
2018-01-28  
Cisna  
44,6 km



Klasyfikacja: [Wszyscy](#)

| Msc | Zawodnik                      | Numer      | Klub                           | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------------------|------------|--------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 1   | <b>GORCZYCA<br/>Bartosz</b>   | <b>13</b>  | SALCO GARMIN TEAM              | M20       | 1    | 00:00:28          | 01:43:43                | 02:12:29              | 02:37:48                | <b>02:51:52.60</b>      | <b>02:51:52.60</b>       |                      | 3:51            | 15.6<br>(100%)  |
| 2   | <b>GRZĄDZIEL<br/>Dominik</b>  | <b>15</b>  | ATTIQ                          | M30       | 1    | 00:00:29          | 01:48:57                | 02:19:15              | 02:45:18                | <b>02:58:44.70</b>      | <b>02:58:44.70</b>       | +00:06:52<br>(3.8%)  | 4:00            | 15<br>(96.2%)   |
| 3   | <b>KOCZWARA<br/>Tomasz</b>    | <b>613</b> |                                | M40       | 1    | 00:00:33          | 01:49:07                | 02:19:36              |                         | <b>03:01:31.10</b>      | <b>03:01:31.10</b>       | +00:09:38<br>(5.3%)  | 4:04            | 14.7<br>(94.2%) |
| 4   | <b>BABIS Piotr</b>            | <b>797</b> |                                | M20       | 2    | 00:00:28          | 01:51:03                | 02:23:15              | 02:51:43                | <b>03:05:23.65</b>      | <b>03:05:23.65</b>       | +00:13:31<br>(7.3%)  | 4:09            | 14.4<br>(92.3%) |
| 5   | <b>FARON Robert</b>           | <b>2</b>   | SALCO GARMIN SPORT             | M40       | 2    | 00:00:28          | 01:54:13                | 02:25:52              | 02:52:42                | <b>03:07:01.00</b>      | <b>03:07:01.00</b>       | +00:15:08<br>(8.1%)  | 4:11            | 14.3<br>(91.7%) |
| 6   | <b>CEBERAK Bartosz</b>        | <b>249</b> |                                | M30       | 2    | 00:00:57          | 01:52:08                | 02:26:58              |                         | <b>03:12:58.00</b>      | <b>03:12:58.00</b>       | +00:21:05<br>(10.9%) | 4:19            | 13.9<br>(89.1%) |
| 7   | <b>POLAŃSKI Tomasz</b>        | <b>875</b> | B4SPORT                        | M40       | 3    | 00:00:38          | 01:59:44                | 02:31:34              |                         | <b>03:13:57.35</b>      | <b>03:13:57.35</b>       | +00:22:04<br>(11.4%) | 4:20            | 13.8<br>(88.5%) |
| 8   | <b>WAŻNY Stanisław</b>        | <b>473</b> | BIEGOMANIA LUBACZÓW            | M30       | 3    | 00:00:45          | 01:59:45                | 02:32:21              |                         | <b>03:15:27.15</b>      | <b>03:15:27.15</b>       | +00:23:34<br>(12.1%) | 4:22            | 13.7<br>(87.8%) |
| 9   | <b>WIERNUSZ<br/>Krzysztof</b> | <b>538</b> | FINISZ RYMANÓW                 | M40       | 4    | 00:00:31          | 01:59:34                | 02:32:11              |                         | <b>03:15:50.90</b>      | <b>03:15:50.90</b>       | +00:23:58<br>(12.2%) | 4:23            | 13.7<br>(87.8%) |
| 10  | <b>KOCZAJA Artur</b>          | <b>497</b> |                                | M30       | 4    | 00:00:31          | 01:57:11                | 02:31:35              |                         | <b>03:16:10.00</b>      | <b>03:16:10.00</b>       | +00:24:17<br>(12.4%) | 4:23            | 13.6<br>(87.2%) |
| 11  | <b>PAKUŁA Paweł</b>           | <b>644</b> | MKS 'ŻAK' BIAŁA PODLASKA       | M40       | 5    | 00:00:43          | 02:02:38                | 02:35:47              | 03:05:22                | <b>03:20:25.55</b>      | <b>03:20:25.55</b>       | +00:28:32<br>(14.2%) | 4:29            | 13.4<br>(85.9%) |
| 12  | <b>PLOCH Jakub</b>            | <b>6</b>   | NIGHT RUNNERS ZABRZE           | M20       | 3    | 00:00:30          | 02:02:01                | 02:37:33              |                         | <b>03:24:18.20</b>      | <b>03:24:18.20</b>       | +00:32:25<br>(15.9%) | 4:34            | 13.1<br>(84.0%) |
| 13  | <b>NOWAKOWSKI<br/>Tobiasz</b> | <b>291</b> | RACE FIGHTER                   | M30       | 5    | 00:00:33          | 01:58:57                | 02:35:46              |                         | <b>03:25:57.55</b>      | <b>03:25:57.55</b>       | +00:34:04<br>(16.5%) | 4:37            | 13<br>(83.3%)   |
| 14  | <b>CZYŻ Grzegorz</b>          | <b>4</b>   | GRUPA AZOTY -AUTOMATYKA TARNÓW | M50       | 1    | 00:00:37          | 02:03:23                | 02:38:52              | 03:10:30                | <b>03:26:43.85</b>      | <b>03:26:43.85</b>       | +00:34:51<br>(16.9%) | 4:38            | 12.9<br>(82.7%) |
| 15  | <b>KOBIERSKI Piotr</b>        | <b>181</b> | UKA ULTRAS RUNNERS             | M40       | 6    | 00:00:51          | 02:07:17                | 02:41:50              | 03:12:33                | <b>03:27:54.65</b>      | <b>03:27:54.65</b>       | +00:36:02<br>(17.3%) | 4:39            | 12.9<br>(82.7%) |
| 16  | <b>PASIECZNY Robert</b>       | <b>264</b> | FARTLEK GO                     | M40       | 7    | 00:00:32          | 02:04:51                | 02:41:29              |                         | <b>03:28:36.85</b>      | <b>03:28:36.85</b>       | +00:36:44<br>(17.6%) | 4:40            | 12.8<br>(82.1%) |
| 17  | <b>WYŹŁOKA Paulina</b>        | <b>5</b>   | WWW.TRENINGFIZJOTERAPIA.PL     | K20       | 1    | 00:00:37          | 02:07:39                | 02:43:42              | 03:13:45                | <b>03:28:58.25</b>      | <b>03:28:58.25</b>       | +00:37:05<br>(17.8%) | 4:41            | 12.8<br>(82.1%) |

| Msc | Zawodnik            | Numer | Klub                         | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------|-------|------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 18  | KOKOCIŃSKI Dariusz  | 502   |                              | M40       | 8    | 00:01:10          | 02:08:40                | 02:45:18              | 03:16:47                | 03:32:24.60             | 03:32:24.60              | +00:40:32<br>(19.1%) | 4:45            | 12.6<br>(80.8%) |
| 19  | NIEMIEC Szczepan    | 772   | WKURW_TEAM                   | M20       | 4    | 00:00:47          | 02:07:49                | 02:43:41              | 03:16:27                | 03:33:05.55             | 03:33:05.55              | +00:41:12<br>(19.3%) | 4:46            | 12.6<br>(80.8%) |
| 20  | GAWRON Janusz       | 443   | BRYGADA BESKIDÓW             | M20       | 5    | 00:01:13          | 02:11:59                | 02:47:29              | 03:18:04                | 03:33:06.15             | 03:33:06.15              | +00:41:13<br>(19.3%) | 4:46            | 12.6<br>(80.8%) |
| 21  | KORPALSKI Tomasz    | 650   | BIEGAJ Z GŁOWĄ               | M30       | 6    | 00:01:14          | 02:13:21                | 02:48:00              | 03:19:21                | 03:34:14.00             | 03:34:14.00              | +00:42:21<br>(19.8%) | 4:48            | 12.5<br>(80.1%) |
| 22  | BUŁANOW Leszek      | 788   |                              | M40       | 9    | 00:00:35          | 02:07:04                | 02:45:01              | 03:20:31                | 03:36:58.50             | 03:36:58.50              | +00:45:05<br>(20.8%) | 4:51            | 12.3<br>(78.8%) |
| 23  | SKIBINSKI Mikołaj   | 833   | ADIDAS RUNNERS WARSAW        | M30       | 7    | 00:00:34          | 02:17:13                | 02:51:55              | 03:22:44                | 03:37:58.70             | 03:37:58.70              | +00:46:06<br>(21.1%) | 4:53            | 12.3<br>(78.8%) |
| 24  | ŻORNIAK Mateusz     | 317   | MEGA FASON SIENIAWA          | M20       | 6    | 00:01:13          | 02:12:20                | 02:48:44              | 03:20:32                | 03:38:04.55             | 03:38:04.55              | +00:46:11<br>(21.2%) | 4:53            | 12.3<br>(78.8%) |
| 25  | BONDARA Sylwia      | 1     | JACEKBIEGA RUNNING TEAM      | K30       | 1    | 00:01:06          | 02:13:12                | 02:49:46              | 03:22:22                | 03:38:16.15             | 03:38:16.15              | +00:46:23<br>(21.3%) | 4:53            | 12.3<br>(78.8%) |
| 26  | POMORSKI Marcin     | 738   | KUKUI MONSTER -SZWŁA         | M30       | 8    | 00:00:39          | 02:07:19                | 02:44:36              | 03:20:59                | 03:38:27.75             | 03:38:27.75              | +00:46:35<br>(21.3%) | 4:53            | 12.2<br>(78.2%) |
| 27  | GOTFRYD Adam        | 859   |                              | M40       | 10   | 00:00:41          | 02:15:14                | 02:51:49              | 03:23:12                | 03:38:31.20             | 03:38:31.20              | +00:46:38<br>(21.3%) | 4:53            | 12.2<br>(78.2%) |
| 28  | ŚLĘCZKA Damian      | 204   | BIOMEDYCYNĄ SP. Z O.O.       | M30       | 9    | 00:00:44          | 02:08:54                | 02:48:34              | 03:22:33                | 03:38:41.00             | 03:38:41.00              | +00:46:48<br>(21.4%) | 4:54            | 12.2<br>(78.2%) |
| 29  | WASYLÓW Jacek       | 806   | ANTEK TEAM LIPOWICA-PRZEMYŚL | M30       | 10   | 00:01:06          | 02:11:05                | 02:49:30              | 03:22:20                | 03:38:43.35             | 03:38:43.35              | +00:46:50<br>(21.4%) | 4:54            | 12.2<br>(78.2%) |
| 30  | WĘGIEL Marcin       | 488   |                              | M30       | 11   | 00:00:35          | 02:04:54                | 02:43:51              | 03:21:35                | 03:39:29.65             | 03:39:29.65              | +00:47:37<br>(21.7%) | 4:55            | 12.2<br>(78.2%) |
| 31  | JANDZIŚ Wiesław     | 637   | AKTYWNY DYNÓW                | M40       | 11   | 00:00:59          | 02:16:05                | 02:53:05              | 03:24:41                | 03:40:10.80             | 03:40:10.80              | +00:48:18<br>(21.9%) | 4:56            | 12.2<br>(78.2%) |
| 32  | LESZCZYŃSKI Andrzej | 213   | BODY CLUB                    | M50       | 2    | 00:00:45          | 02:13:17                | 02:50:26              | 03:24:23                | 03:41:30.10             | 03:41:30.10              | +00:49:37<br>(22.4%) | 4:57            | 12.1<br>(77.6%) |
| 33  | ŻUCHOWSKI Daniel    | 100   | NOWA HUTA TEAM               | M30       | 12   | 00:00:42          | 02:10:54                | 02:50:05              | 03:24:36                | 03:41:55.45             | 03:41:55.45              | +00:50:02<br>(22.6%) | 4:58            | 12.1<br>(77.6%) |
| 34  | KRZEMIŃSKI Marcin   | 439   | SPRINT GORZYCE               | M40       | 12   | 00:00:38          | 02:16:14                | 02:53:07              | 03:25:37                | 03:41:58.00             | 03:41:58.00              | +00:50:05<br>(22.6%) | 4:58            | 12.1<br>(77.6%) |
| 35  | LEMAŃSKI Damian     | 561   |                              | M20       | 7    | 00:00:42          | 02:07:04                | 02:45:34              | 03:22:43                | 03:42:52.30             | 03:42:52.30              | +00:50:59<br>(22.9%) | 4:59            | 12<br>(76.9%)   |
| 36  | POŁATYŃSKI Daniel   | 389   | SPARTANIE DZIECIOM           | M20       | 8    | 00:01:39          | 02:12:23                | 02:50:09              | 03:25:42                | 03:43:12.25             | 03:43:12.25              | +00:51:19<br>(23.0%) | 5:00            | 12<br>(76.9%)   |
| 37  | MIERZLIKIN Natalia  | 674   |                              | K20       | 2    | 00:00:53          | 02:14:23                | 02:53:23              | 03:27:03                | 03:43:50.65             | 03:43:50.65              | +00:51:58<br>(23.2%) | 5:01            | 12<br>(76.9%)   |
| 38  | KUDŁAK Paweł        | 759   | PORANNY PATROL               | M30       | 13   | 00:01:01          | 02:16:09                | 02:54:19              | 03:27:55                | 03:44:19.40             | 03:44:19.40              | +00:52:26<br>(23.4%) | 5:01            | 11.9<br>(76.3%) |
| 39  | DOMISZEWSKA Maria   | 8     |                              | K50       | 1    | 00:00:41          | 02:13:08                | 02:52:26              | 03:27:04                | 03:44:29.90             | 03:44:29.90              | +00:52:37<br>(23.4%) | 5:01            | 11.9<br>(76.3%) |
| 40  | GOZDALSKI Jarosław  | 780   | WITKOWO BIEGA                | M40       | 13   | 00:01:04          | 02:18:58                | 02:56:49              | 03:29:02                | 03:44:30.45             | 03:44:30.45              | +00:52:37<br>(23.4%) | 5:02            | 11.9<br>(76.3%) |
| 41  | DYREK Michał        | 575   |                              | M30       | 14   | 00:00:47          | 02:16:14                | 02:53:56              | 03:27:51                | 03:45:09.50             | 03:45:09.50              | +00:53:16<br>(23.7%) | 5:02            | 11.9<br>(76.3%) |
| 42  | SUŁKOWSKI Maciej    | 220   |                              | M40       | 14   | 00:01:08          | 02:14:37                | 02:53:53              | 03:28:35                | 03:45:22.40             | 03:45:22.40              | +00:53:29<br>(23.7%) | 5:03            | 11.9<br>(76.3%) |
| 43  | BARANOWSKI Jacek    | 849   | JACEK BIEGA RUNNING TEAM     | M30       | 15   | 00:01:07          | 02:17:27                | 02:56:28              | 03:28:56                | 03:45:45.90             | 03:45:45.90              | +00:53:53<br>(23.9%) | 5:03            | 11.9<br>(76.3%) |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|--------------|
|     |                       |       |                              |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |              |
| 44  | LAMPARSKI Łukasz      | 391   |                              | M30       | 16   | 00:01:07 | 02:20:03      | 02:58:15    | 03:30:47      | 03:46:56.90 | 03:46:56.90 | +00:55:04 (24.3%) | 5:05         | 11.8 (75.6%) |
| 45  | BĘTKOWSKI Wojciech    | 365   |                              | M50       | 3    | 00:00:37 | 02:15:02      | 02:54:50    | 03:29:46      | 03:47:14.45 | 03:47:14.45 | +00:55:21 (24.4%) | 5:05         | 11.8 (75.6%) |
| 46  | DYDIO Piotr           | 742   | PID-MILL TEAM                | M50       | 4    | 00:01:00 | 02:13:05      | 02:54:28    | 03:29:50      | 03:47:42.40 | 03:47:42.40 | +00:55:49 (24.5%) | 5:06         | 11.8 (75.6%) |
| 47  | DACYL Michał          | 641   | NOWY STYL GROUP RUNNING TEAM | M40       | 15   | 00:01:00 | 02:17:36      | 02:57:48    | 03:32:38      | 03:49:18.45 | 03:49:18.45 | +00:57:25 (25.0%) | 5:08         | 11.7 (75.0%) |
| 48  | CEKOWSKA Katarzyna    | 842   |                              | K40       | 1    | 00:00:36 | 02:16:26      | 02:56:48    | 03:31:47      | 03:49:54.20 | 03:49:54.20 | +00:58:01 (25.2%) | 5:09         | 11.6 (74.4%) |
| 49  | AUGUSTYŃSKI Sylwester | 161   | LACHO TEAM                   | M30       | 17   | 00:00:49 | 02:14:39      | 02:56:18    | 03:32:12      | 03:50:03.75 | 03:50:03.75 | +00:58:11 (25.3%) | 5:09         | 11.6 (74.4%) |
| 50  | SZAŁKOWSKI Dawid      | 519   | EKOBIEGI                     | M40       | 16   | 00:01:07 | 02:16:19      | 02:58:28    | 03:32:56      | 03:50:32.80 | 03:50:32.80 | +00:58:40 (25.4%) | 5:10         | 11.6 (74.4%) |
| 51  | ŚCIUBA Aneta          | 579   | STAY INSANE                  | K30       | 2    | 00:01:07 | 02:22:31      | 03:01:35    | 03:35:04      | 03:50:38.80 | 03:50:38.80 | +00:58:46 (25.5%) | 5:10         | 11.6 (74.4%) |
| 52  | ŻUREK Paweł           | 31    | RUNTEAM PAWŁOWICE            | M30       | 18   | 00:01:00 | 02:12:51      | 02:52:31    | 03:31:45      | 03:51:06.60 | 03:51:06.60 | +00:59:14 (25.6%) | 5:10         | 11.6 (74.4%) |
| 53  | BROCKI Krzysztof      | 567   | 1973                         | M40       | 17   | 00:01:00 | 02:17:12      | 02:58:34    | 03:34:11      | 03:51:37.70 | 03:51:37.70 | +00:59:45 (25.8%) | 5:11         | 11.6 (74.4%) |
| 54  | MASNYK Iryna          | 645   | AGRO-NATURA                  | K30       | 3    | 00:00:43 | 02:06:43      | 03:02:01    | 03:35:06      | 03:51:52.55 | 03:51:52.55 | +00:59:59 (25.9%) | 5:11         | 11.5 (73.7%) |
| 55  | SZAWAN Paweł          | 611   | PRZEWORSKA GRUPA BIEGOWA     | M40       | 18   | 00:00:52 | 02:17:44      | 02:58:26    | 03:34:21      | 03:52:20.00 | 03:52:20.00 | +01:00:27 (26.0%) | 5:12         | 11.5 (73.7%) |
| 56  | MORAWA Mateusz        | 250   | LACHO TEAM                   | M30       | 19   | 00:00:54 | 02:20:13      | 03:01:39    | 03:35:43      | 03:52:29.50 | 03:52:29.50 | +01:00:36 (26.1%) | 5:12         | 11.5 (73.7%) |
| 57  | DUCKI Piotr           | 865   | OTK RZEŹNIK                  | M30       | 20   | 00:01:13 | 02:23:34      | 03:02:00    | 03:35:40      | 03:53:08.05 | 03:53:08.05 | +01:01:15 (26.3%) | 5:13         | 11.5 (73.7%) |
| 58  | ANDRES Kamil          | 448   | KS JANUSZE                   | M30       | 21   | 00:01:47 | 02:19:55      | 03:01:59    | 03:36:55      | 03:53:14.10 | 03:53:14.10 | +01:01:21 (26.3%) | 5:13         | 11.5 (73.7%) |
| 59  | WIŚNIEWSKI Michał     | 587   | RODZINNY RELAX               | M40       | 19   | 00:01:09 | 02:24:23      | 03:04:04    | 03:37:48      | 03:54:09.90 | 03:54:09.90 | +01:02:17 (26.6%) | 5:15         | 11.4 (73.1%) |
| 60  | KRENZEL Regina        | 225   |                              | K30       | 4    | 00:00:58 | 02:22:32      | 03:01:49    | 03:36:55      | 03:54:14.65 | 03:54:14.65 | +01:02:22 (26.6%) | 5:15         | 11.4 (73.1%) |
| 61  | GARCZYŃSKI Darek      | 47    |                              | M40       | 20   | 00:01:05 | 02:20:28      | 03:00:45    | 03:37:11      | 03:54:48.55 | 03:54:48.55 | +01:02:55 (26.8%) | 5:15         | 11.4 (73.1%) |
| 62  | BRENDZOWSKI Adam      | 279   | SOLINA TEAM                  | M30       | 22   | 00:00:49 | 02:18:16      | 02:59:16    | 03:36:25      | 03:54:52.75 | 03:54:52.75 | +01:03:00 (26.8%) | 5:15         | 11.4 (73.1%) |
| 63  | BERGAŃSKI Michał      | 381   | BRYGADA BESKIDÓW             | M30       | 23   | 00:01:15 | 02:21:43      | 03:01:41    | 03:37:42      | 03:55:05.45 | 03:55:05.45 | +01:03:12 (26.9%) | 5:16         | 11.4 (73.1%) |
| 64  | PACHO Sylwester       | 459   | INFINITY RUNNERS TEAM GRYBÓW | M40       | 21   | 00:00:36 | 02:21:09      | 03:01:44    | 03:37:41      | 03:55:06.70 | 03:55:06.70 | +01:03:14 (26.9%) | 5:16         | 11.4 (73.1%) |
| 65  | JACHYMEK Bartłomiej   | 605   | JACEKBIEGA RUNNING TEAM      | M40       | 22   | 00:01:07 | 02:21:29      | 03:01:38    | 03:37:39      | 03:55:51.90 | 03:55:51.90 | +01:03:59 (27.1%) | 5:17         | 11.3 (72.4%) |
| 66  | GLEISNER Tomasz       | 108   | TARNÓW                       | M40       | 23   | 00:00:56 | 02:22:29      | 03:04:08    | 03:39:35      | 03:56:49.35 | 03:56:49.35 | +01:04:56 (27.4%) | 5:18         | 11.3 (72.4%) |
| 67  | MICHALAK Artur        | 474   | PGB SPORTOWA PACZKA          | M30       | 24   | 00:00:37 | 02:17:43      | 03:00:14    | 03:39:04      | 03:57:02.55 | 03:57:02.55 | +01:05:09 (27.5%) | 5:18         | 11.3 (72.4%) |
| 68  | KMAK Sławek           | 476   | PAPIKI                       | M40       | 24   | 00:00:37 | 02:21:09      | 03:01:45    | 03:38:30      | 03:57:27.60 | 03:57:27.60 | +01:05:35 (27.6%) | 5:19         | 11.3 (72.4%) |
| 69  | GRZELAK Adrian        | 798   | CHATA BIEGACZA K34 ZAKOPANE  | M30       | 25   | 00:01:00 | 02:28:22      | 03:07:10    | 03:41:58      | 03:57:45.05 | 03:57:45.05 | +01:05:52 (27.7%) | 5:19         | 11.3 (72.4%) |

| Msc | Zawodnik         | Numer | Klub                                        | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------|-------|---------------------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 70  | CHOJECKI Dariusz | 501   | KEREZA SQUAD                                | M40       | 25   | 00:01:15          | 02:20:15                | 03:02:36              | 03:39:39                | 03:57:47.70             | 03:57:47.70              | +01:05:55<br>(27.7%) | 5:19            | 11.3<br>(72.4%) |
| 71  | SIKOŃCZYK Miłosz | 35    |                                             | M20       | 9    | 00:00:43          | 02:23:32                | 03:03:26              | 03:40:39                | 03:57:55.70             | 03:57:55.70              | +01:06:03<br>(27.8%) | 5:20            | 11.2<br>(71.8%) |
| 72  | BORYS Andrzej    | 823   |                                             | M40       | 26   | 00:00:42          | 02:14:24                | 03:01:42              | 03:39:34                | 03:58:00.95             | 03:58:00.95              | +01:06:08<br>(27.8%) | 5:20            | 11.2<br>(71.8%) |
| 73  | ŁĘPICKI Artur    | 441   | MARKOWI BIEGACZE                            | M40       | 27   | 00:01:08          | 02:21:51                | 03:04:27              | 03:41:03                | 03:58:08.65             | 03:58:08.65              | +01:06:16<br>(27.8%) | 5:20            | 11.2<br>(71.8%) |
| 74  | ZIAJKA Karol     | 819   |                                             | M20       | 10   | 00:02:12          | 02:23:22                | 03:04:12              | 03:40:29                | 03:58:22.00             | 03:58:22.00              | +01:06:29<br>(27.9%) | 5:20            | 11.2<br>(71.8%) |
| 75  | MACHUCKI Adrian  | 92    |                                             | M30       | 26   | 00:01:35          | 02:27:05                | 03:06:31              | 03:41:12                | 03:58:27.60             | 03:58:27.60              | +01:06:35<br>(27.9%) | 5:20            | 11.2<br>(71.8%) |
| 76  | MAZUREK Robert   | 65    | LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY | M40       | 28   | 00:00:58          | 02:22:12                | 03:03:34              | 03:41:03                | 03:58:54.85             | 03:58:54.85              | +01:07:02<br>(28.1%) | 5:21            | 11.2<br>(71.8%) |
| 77  | ŁOWIECKI Dominik | 305   | NBR TEAM                                    | M30       | 27   | 00:00:38          | 02:22:05                | 03:03:28              | 03:40:51                | 03:59:03.05             | 03:59:03.05              | +01:07:10<br>(28.1%) | 5:21            | 11.2<br>(71.8%) |
| 78  | NORBERT Michał   | 392   |                                             | M30       | 28   | 00:02:23          | 02:28:29                | 03:06:44              | 03:41:34                | 03:59:39.75             | 03:59:39.75              | +01:07:47<br>(28.3%) | 5:22            | 11.2<br>(71.8%) |
| 79  | SZAPORÓW Łukasz  | 290   | SRTG PROSZOWICE                             | M30       | 29   | 00:00:53          | 02:20:59                | 03:04:02              | 03:40:58                | 03:59:58.25             | 03:59:58.25              | +01:08:05<br>(28.4%) | 5:22            | 11.2<br>(71.8%) |
| 80  | BREŚ Arkadiusz   | 872   |                                             | M30       | 30   | 00:00:32          | 02:20:31                | 03:06:11              | 03:43:55                | 04:00:07.80             | 04:00:07.80              | +01:08:15<br>(28.4%) | 5:23            | 11.1<br>(71.2%) |
| 81  | WOLSKI Marcin    | 530   | WOLSCY BROTHERS TRIATHLON TEAM              | M20       | 11   | 00:01:21          | 02:28:16                | 03:10:30              | 03:44:50                | 04:00:38.90             | 04:00:38.90              | +01:08:46<br>(28.6%) | 5:23            | 11.1<br>(71.2%) |
| 82  | WOLSKI Michał    | 677   | WOLSCY BROTHERS TRIATHLON TEAM              | M20       | 12   | 00:01:23          | 02:28:17                | 03:10:37              | 03:44:51                | 04:00:42.00             | 04:00:42.00              | +01:08:49<br>(28.6%) | 5:23            | 11.1<br>(71.2%) |
| 83  | CZAJKA Karol     | 384   | INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE     | M30       | 31   | 00:00:58          | 02:20:35                | 03:03:17              | 03:41:48                | 04:00:55.10             | 04:00:55.10              | +01:09:02<br>(28.7%) | 5:24            | 11.1<br>(71.2%) |
| 84  | WOJNO Arkadiusz  | 109   | HUSARIA RACE TEAM                           | M30       | 32   | 00:00:40          | 02:24:03                | 03:06:37              | 03:44:07                | 04:00:58.30             | 04:00:58.30              | +01:09:05<br>(28.7%) | 5:24            | 11.1<br>(71.2%) |
| 85  | ŁUKASIK Michał   | 757   | VELOBIKE                                    | M30       | 33   | 00:01:04          | 02:23:26                | 03:06:16              | 03:44:38                | 04:01:31.95             | 04:01:31.95              | +01:09:39<br>(28.8%) | 5:24            | 11.1<br>(71.2%) |
| 86  | STANIEC Piotr    | 480   | ŚLĘZAK TEAM                                 | M40       | 29   | 00:01:53          | 02:26:32                | 03:06:51              | 03:44:14                | 04:01:41.60             | 04:01:41.60              | +01:09:49<br>(28.9%) | 5:25            | 11.1<br>(71.2%) |
| 87  | JASTRZĄB Piotr   | 425   | DEKAN LESKO                                 | M50       | 5    | 00:00:39          | 02:20:29                | 03:04:23              | 03:43:22                | 04:01:42.90             | 04:01:42.90              | +01:09:50<br>(28.9%) | 5:25            | 11.1<br>(71.2%) |
| 88  | KRÓTKI Alicja    | 799   |                                             | K30       | 5    | 00:01:03          | 02:24:07                | 03:06:43              | 03:43:55                | 04:01:46.80             | 04:01:46.80              | +01:09:54<br>(28.9%) | 5:25            | 11.1<br>(71.2%) |
| 89  | URBASEK Łukasz   | 182   |                                             | M30       | 34   | 00:00:44          | 02:12:46                | 02:54:35              | 03:36:58                | 04:01:47.15             | 04:01:47.15              | +01:09:54<br>(28.9%) | 5:25            | 11.1<br>(71.2%) |
| 90  | WĘGLARZ Czesław  | 393   | NIEZRZESZONY                                | M50       | 6    | 00:01:06          | 02:25:17                | 03:07:21              | 03:44:41                | 04:02:02.05             | 04:02:02.05              | +01:10:09<br>(29.0%) | 5:25            | 11.1<br>(71.2%) |
| 91  | PIECUCH Marcin   | 258   | LACHO TEAM                                  | M30       | 35   | 00:01:12          | 02:26:05                | 03:08:46              | 03:46:09                | 04:02:57.75             | 04:02:57.75              | +01:11:05<br>(29.3%) | 5:26            | 11<br>(70.5%)   |
| 92  | DOMIN Łukasz     | 671   | AKTYWNY DYNÓW                               | M30       | 36   | 00:01:06          | 02:27:16                | 03:09:56              | 03:45:31                | 04:03:17.35             | 04:03:17.35              | +01:11:24<br>(29.4%) | 5:27            | 11<br>(70.5%)   |
| 93  | BORUCKI Jakub    | 187   | #KASZANIENAMOKA / NIGHT RUNNERS             | M30       | 37   | 00:00:39          | 02:27:18                | 03:10:35              | 03:46:16                | 04:03:28.60             | 04:03:28.60              | +01:11:36<br>(29.4%) | 5:27            | 11<br>(70.5%)   |
| 94  | GŁODOWSKA Kamila | 9     | MUAY RUNNING TEAM                           | K20       | 3    | 00:00:59          | 02:29:14                | 03:10:39              | 03:46:33                | 04:03:32.25             | 04:03:32.25              | +01:11:39<br>(29.4%) | 5:27            | 11<br>(70.5%)   |
| 95  | KOŚCIAK Jan      | 712   | DZIKIE MUSTANGI                             | M40       | 30   | 00:01:31          | 02:29:12                | 03:10:16              | 03:46:09                | 04:03:35.10             | 04:03:35.10              | +01:11:42<br>(29.4%) | 5:27            | 11<br>(70.5%)   |

| Msc | Zawodnik                        | Numer | Klub                         | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------------|-------|------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|--------------|
|     |                                 |       |                              |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |              |
| 96  | MIKOŁAJCZYK Marcin              | 526   | HUSARIA RACE TEAM            | M30       | 38   | 00:00:41 | 02:24:02      | 03:06:40    | 03:44:31      | 04:03:39.10 | 04:03:39.10 | +01:11:46 (29.5%) | 5:27         | 11 (70.5%)   |
| 97  | WIŚNIEWSKI Janusz               | 600   |                              | M40       | 31   | 00:01:10 | 02:25:04      | 03:07:06    | 03:45:55      | 04:04:56.25 | 04:04:56.25 | +01:13:03 (29.8%) | 5:29         | 10.9 (69.9%) |
| 98  | WIĘCH Piotr                     | 406   |                              | M30       | 39   | 00:01:07 | 02:17:39      | 03:12:13    | 03:47:55      | 04:05:10.75 | 04:05:10.75 | +01:13:18 (29.9%) | 5:29         | 10.9 (69.9%) |
| 99  | KAPUSTA Dawid                   | 106   | WKURW_TEAM                   | M20       | 13   | 00:01:56 | 02:25:15      | 03:07:32    | 03:46:38      | 04:05:44.55 | 04:05:44.55 | +01:13:51 (30.1%) | 5:30         | 10.9 (69.9%) |
| 100 | PLIŚ Mateusz                    | 769   |                              | M30       | 40   | 00:01:15 | 02:30:50      | 03:12:18    | 03:48:10      | 04:06:09.10 | 04:06:09.10 | +01:14:16 (30.2%) | 5:31         | 10.9 (69.9%) |
| 101 | NIERADA Marcin                  | 358   |                              | M30       | 41   | 00:01:15 | 02:26:27      | 03:10:03    | 03:48:14      | 04:06:14.70 | 04:06:14.70 | +01:14:22 (30.2%) | 5:31         | 10.9 (69.9%) |
| 102 | SOKALSKI Grzegorz               | 7     |                              | M40       | 32   | 00:01:27 | 02:27:17      | 03:11:05    | 03:48:49      | 04:08:25.60 | 04:08:25.60 | +01:16:33 (30.8%) | 5:34         | 10.8 (69.2%) |
| 103 | KUCIEL Paweł                    | 368   | KOPALNIA WAPIENIA CZATKOWICE | M20       | 14   | 00:01:12 | 02:29:02      | 03:15:07    | 03:49:49      | 04:08:33.60 | 04:08:33.60 | +01:16:41 (30.9%) | 5:34         | 10.8 (69.2%) |
| 104 | ŚCIEBURA Paweł                  | 329   |                              | M40       | 33   | 00:01:14 | 02:29:44      | 03:11:21    | 03:49:32      | 04:09:19.15 | 04:09:19.15 | +01:17:26 (31.1%) | 5:35         | 10.7 (68.6%) |
| 105 | SUJAK Mirosław                  | 163   | MKB DREPTAK                  | M50       | 7    | 00:00:42 | 02:27:35      | 03:10:52    | 03:50:01      | 04:09:25.20 | 04:09:25.20 | +01:17:32 (31.1%) | 5:35         | 10.7 (68.6%) |
| 106 | GIERULA Robert                  | 569   | UBS KRAKOW RUNNING TEAM      | M50       | 8    | 00:00:58 | 02:28:39      | 03:11:14    | 03:51:31      | 04:09:27.40 | 04:09:27.40 | +01:17:34 (31.1%) | 5:35         | 10.7 (68.6%) |
| 107 | ODRZYWÓŁ VEL NAWENTURA Wojciech | 55    | ŁÓDŹ KOCHA SPORT             | M30       | 42   | 00:02:10 | 02:33:59      | 03:14:47    | 03:51:44      | 04:09:49.45 | 04:09:49.45 | +01:17:56 (31.2%) | 5:36         | 10.7 (68.6%) |
| 108 | WOLSKI Piotr                    | 515   | ŁUBUDUBU                     | M30       | 43   | 00:01:09 | 02:26:41      | 03:12:47    | 03:50:45      | 04:10:31.85 | 04:10:31.85 | +01:18:39 (31.4%) | 5:37         | 10.7 (68.6%) |
| 109 | FLĄDRO Daniel                   | 121   |                              | M40       | 34   | 00:01:04 | 02:25:29      | 03:11:47    | 03:51:38      | 04:10:51.70 | 04:10:51.70 | +01:18:59 (31.5%) | 5:37         | 10.7 (68.6%) |
| 110 | NOWICKI Michael                 | 900   | NORAFSPORT                   | M40       | 35   | 00:00:53 | 02:23:51      | 03:08:00    | 03:49:36      | 04:11:07.00 | 04:11:07.00 | +01:19:14 (31.6%) | 5:37         | 10.7 (68.6%) |
| 111 | KRUPA Grzegorz                  | 866   | KB SOBOTKA                   | M40       | 36   | 00:01:13 | 02:33:06      | 03:14:06    | 03:52:33      | 04:11:39.00 | 04:11:39.00 | +01:19:46 (31.7%) | 5:38         | 10.6 (67.9%) |
| 112 | MAKOWSKA Olga                   | 11    | JACEKBIEGA RUNNING TEAM      | K30       | 6    | 00:00:46 | 02:29:25      | 03:13:35    | 03:52:20      | 04:11:40.60 | 04:11:40.60 | +01:19:48 (31.7%) | 5:38         | 10.6 (67.9%) |
| 113 | EPA Karolina                    | 419   | PZU SPORT TEAM               | K20       | 4    | 00:01:10 | 02:27:50      | 03:15:04    | 03:53:06      | 04:11:45.60 | 04:11:45.60 | +01:19:53 (31.7%) | 5:38         | 10.6 (67.9%) |
| 114 | WIERNEK Tomek                   | 758   | ENDURANCE TEAM               | M40       | 37   | 00:01:49 | 02:38:58      | 03:20:40    | 03:54:33      | 04:11:45.80 | 04:11:45.80 | +01:19:53 (31.7%) | 5:38         | 10.6 (67.9%) |
| 115 | PASTUŁA Łukasz                  | 16    |                              | M30       | 44   | 00:01:01 | 02:26:35      | 03:13:25    | 03:52:24      | 04:11:47.00 | 04:11:47.00 | +01:19:54 (31.7%) | 5:38         | 10.6 (67.9%) |
| 116 | WŁODARCZYK Piotr                | 478   | KRAKÓW NOWA HUTA             | M30       | 45   | 00:00:55 | 02:25:03      | 03:07:07    | 03:48:35      | 04:12:31.95 | 04:12:31.95 | +01:20:39 (31.9%) | 5:39         | 10.6 (67.9%) |
| 117 | NIŻNIK Marcin                   | 702   | NOWY STYL GROUP RUNNING TEAM | M40       | 38   | 00:01:01 | 02:28:57      | 03:12:17    | 03:52:48      | 04:12:59.70 | 04:12:59.70 | +01:21:07 (32.1%) | 5:40         | 10.6 (67.9%) |
| 118 | STAŃKO Paweł                    | 444   |                              | M40       | 39   | 00:02:16 | 02:30:12      | 03:15:14    | 03:53:37      | 04:13:09.80 | 04:13:09.80 | +01:21:17 (32.1%) | 5:40         | 10.6 (67.9%) |
| 119 | BARTOSZEK Krzysztof             | 525   | MRÓWKA JAROSŁAW              | M40       | 40   | 00:01:28 | 02:32:35      | 03:16:12    | 03:54:07      | 04:13:13.30 | 04:13:13.30 | +01:21:20 (32.1%) | 5:40         | 10.6 (67.9%) |
| 120 | ŁUKASZCZYK Henryk               | 583   |                              | M50       | 9    | 00:00:38 | 02:18:06      | 03:06:42    | 03:50:46      | 04:13:16.95 | 04:13:16.95 | +01:21:24 (32.1%) | 5:40         | 10.6 (67.9%) |

| Msc | Zawodnik                 | Numer | Klub                           | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h      |
|-----|--------------------------|-------|--------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|-----------------|
|     |                          |       |                                |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                 |
| 121 | GWIZDAK Justyna          | 599   | WATER TEAM                     | K30       | 7    | 00:01:26 | 02:28:44      | 03:14:22    | 03:52:54      | 04:13:20.20 | 04:13:20.20 | +01:21:27<br>(32.2%) | 5:40         | 10.6<br>(67.9%) |
| 122 | SIKORA Jacek             | 771   | WATER TEAM                     | M40       | 41   | 00:01:26 | 02:28:43      | 03:14:23    | 03:52:53      | 04:13:20.90 | 04:13:20.90 | +01:21:28<br>(32.2%) | 5:40         | 10.6<br>(67.9%) |
| 123 | SZOSTEK Michał           | 300   | BEFIT24TEAM                    | M20       | 15   | 00:01:23 | 02:29:10      | 03:15:16    | 03:54:50      | 04:13:47.90 | 04:13:47.90 | +01:21:55<br>(32.3%) | 5:41         | 10.5<br>(67.3%) |
| 123 | WYROBA Waldemar          | 301   | BEFIT24TEAM                    | M40       | 42   | 00:01:23 | 02:29:10      | 03:15:16    | 03:54:51      | 04:13:47.90 | 04:13:47.90 | +01:21:55<br>(32.3%) | 5:41         | 10.5<br>(67.3%) |
| 125 | KOT Łukasz               | 545   | RZESZOWSKIE GAZELE I GEPARDY   | M30       | 46   | 00:01:34 | 02:40:26      | 03:22:02    | 03:56:42      | 04:14:05.95 | 04:14:05.95 | +01:22:13<br>(32.4%) | 5:41         | 10.5<br>(67.3%) |
| 126 | RUSZNICA Tomasz          | 832   |                                | M30       | 47   | 00:00:42 | 02:35:10      | 03:17:00    | 03:55:38      | 04:14:50.35 | 04:14:50.35 | +01:22:57<br>(32.6%) | 5:42         | 10.5<br>(67.3%) |
| 127 | ŻMUDZIEJEWSKI Jakub      | 201   |                                | M20       | 16   | 00:01:37 | 02:30:41      | 03:15:23    | 03:54:59      | 04:14:57.90 | 04:14:57.90 | +01:23:05<br>(32.6%) | 5:42         | 10.5<br>(67.3%) |
| 128 | JARUZEL Ewa              | 715   | SZWLA STARGARD                 | K40       | 2    | 00:00:45 | 02:32:06      | 03:16:42    | 03:55:04      | 04:15:03.35 | 04:15:03.35 | +01:23:10<br>(32.6%) | 5:43         | 10.5<br>(67.3%) |
| 129 | JARUZEL Robert           | 716   | SZWLA STARGARD                 | M40       | 43   | 00:00:45 | 02:32:08      | 03:16:44    | 03:55:02      | 04:15:05.20 | 04:15:05.20 | +01:23:12<br>(32.6%) | 5:43         | 10.5<br>(67.3%) |
| 130 | REJ Mirosław             | 482   | M&T WYJADACZE PARÓWKÓW         | M30       | 48   | 00:00:56 | 02:34:15      | 03:21:32    | 03:57:27      | 04:15:24.75 | 04:15:24.75 | +01:23:32<br>(32.7%) | 5:43         | 10.5<br>(67.3%) |
| 131 | LONC Tomasz              | 481   | M&T WYJADACZE PARÓWKÓW         | M40       | 44   | 00:00:57 | 02:34:17      | 03:21:33    | 03:57:27      | 04:15:25.85 | 04:15:25.85 | +01:23:33<br>(32.7%) | 5:43         | 10.5<br>(67.3%) |
| 132 | ZAJĄC Katarzyna          | 700   | 4K TEAM TARNÓW                 | K30       | 8    | 00:01:30 | 02:33:06      | 03:18:08    | 03:56:41      | 04:15:28.35 | 04:15:28.35 | +01:23:35<br>(32.7%) | 5:43         | 10.5<br>(67.3%) |
| 133 | BRZOZOWSKI Łukasz        | 717   | FARTLEKGO I-BS.PL SPORT TEAM   | M30       | 49   | 00:01:14 | 02:26:01      | 03:13:12    | 03:54:40      | 04:15:33.50 | 04:15:33.50 | +01:23:40<br>(32.7%) | 5:43         | 10.5<br>(67.3%) |
| 134 | GARCZYŃSKA-WĄS Bogusława | 175   |                                | K40       | 3    | 00:01:29 | 02:36:51      | 03:20:01    | 03:56:39      | 04:15:45.90 | 04:15:45.90 | +01:23:53<br>(32.8%) | 5:44         | 10.5<br>(67.3%) |
| 135 | TKACZEWSKI Piotr         | 112   | MIECHÓW                        | M40       | 45   | 00:01:35 | 02:34:20      | 03:18:21    | 03:56:57      | 04:16:05.10 | 04:16:05.10 | +01:24:12<br>(32.9%) | 5:44         | 10.4<br>(66.7%) |
| 136 | PYRKOSZ Damian           | 252   | G.B.U.R.                       | M40       | 46   | 00:01:02 | 02:32:41      | 03:18:37    | 03:58:09      | 04:16:20.60 | 04:16:20.60 | +01:24:28<br>(33.0%) | 5:44         | 10.4<br>(66.7%) |
| 137 | KOCOŃ Mariusz            | 830   | 10 OPOLSKA BRYGADA LOGISTYCZNA | M50       | 10   | 00:01:20 | 02:31:49      | 03:18:02    | 03:58:23      | 04:16:33.10 | 04:16:33.10 | +01:24:40<br>(33.0%) | 5:45         | 10.4<br>(66.7%) |
| 138 | WILK Jacek               | 666   |                                | M40       | 47   | 00:00:56 | 02:30:18      | 03:16:40    | 03:56:48      | 04:17:01.25 | 04:17:01.25 | +01:25:08<br>(33.1%) | 5:45         | 10.4<br>(66.7%) |
| 139 | JANIK Paweł              | 136   |                                | M40       | 48   | 00:01:11 | 02:27:57      | 03:16:31    | 03:56:49      | 04:17:04.30 | 04:17:04.30 | +01:25:11<br>(33.1%) | 5:45         | 10.4<br>(66.7%) |
| 140 | KANIA Przemysław         | 785   |                                | M30       | 50   | 00:01:42 | 02:29:53      | 03:14:39    | 03:57:44      | 04:17:09.90 | 04:17:09.90 | +01:25:17<br>(33.2%) | 5:45         | 10.4<br>(66.7%) |
| 141 | PRÜFER Paweł             | 696   |                                | M40       | 49   | 00:01:09 | 02:34:05      | 03:19:02    | 03:57:22      | 04:17:39.95 | 04:17:39.95 | +01:25:47<br>(33.3%) | 5:46         | 10.4<br>(66.7%) |
| 142 | KOSIN Paweł              | 49    | KLUB BIEGAJĄCYCH LEŚNIKÓW      | M30       | 51   | 00:01:11 | 02:37:02      | 03:21:19    | 03:59:21      | 04:17:40.80 | 04:17:40.80 | +01:25:48<br>(33.3%) | 5:46         | 10.4<br>(66.7%) |
| 143 | FALKOWSKI Piotr          | 69    | KS PEGAZ PIASECZNO             | M40       | 50   | 00:01:27 | 02:35:57      | 03:21:00    | 03:59:33      | 04:17:41.35 | 04:17:41.35 | +01:25:48<br>(33.3%) | 5:46         | 10.4<br>(66.7%) |
| 144 | GESSLER Łukasz           | 332   | POL-DACH ŁUKASZ GESSLER        | M30       | 52   | 00:01:11 | 02:33:32      | 03:19:16    | 03:57:30      | 04:17:51.15 | 04:17:51.15 | +01:25:58<br>(33.3%) | 5:46         | 10.4<br>(66.7%) |
| 145 | KULA Robert              | 152   | EKIPA Z TARNOWA                | M40       | 51   | 00:01:44 | 02:38:18      | 03:24:51    | 04:00:19      | 04:18:16.95 | 04:18:16.95 | +01:26:24<br>(33.5%) | 5:47         | 10.4<br>(66.7%) |
| 146 | FUS Maciej               | 209   |                                | M30       | 53   | 00:00:59 | 02:37:57      | 03:21:01    | 03:58:22      | 04:18:27.00 | 04:18:27.00 | +01:26:34<br>(33.5%) | 5:47         | 10.4<br>(66.7%) |

| Msc | Zawodnik                    | Numer      | Klub                     | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------------|------------|--------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 147 | <b>TWARDOWSKI Tomasz</b>    | <b>465</b> |                          | M30       | 54   | 00:02:24          | 02:37:37                | 03:20:52              | 03:59:46                | <b>04:18:34.40</b>      | <b>04:18:34.40</b>       | +01:26:41<br>(33.5%) | 5:47            | 10.3<br>(66.0%) |
| 148 | <b>LANDA Maciej</b>         | <b>450</b> | KS JANUSZE               | M30       | 55   | 00:01:48          | 02:31:12                | 03:20:07              | 03:59:41                | <b>04:18:43.05</b>      | <b>04:18:43.05</b>       | +01:26:50<br>(33.6%) | 5:48            | 10.3<br>(66.0%) |
| 149 | <b>PYRZAK Jacek</b>         | <b>429</b> |                          | M30       | 56   | 00:02:37          | 02:42:53                | 03:26:30              | 04:02:01                | <b>04:19:34.10</b>      | <b>04:19:34.10</b>       | +01:27:41<br>(33.8%) | 5:49            | 10.3<br>(66.0%) |
| 150 | <b>PILARCZYK Marcin</b>     | <b>615</b> | ABOVE2000                | M30       | 57   | 00:01:19          | 02:35:14                | 03:24:52              | 04:01:31                | <b>04:19:36.00</b>      | <b>04:19:36.00</b>       | +01:27:43<br>(33.8%) | 5:49            | 10.3<br>(66.0%) |
| 151 | <b>KUSTROŃ Adam</b>         | <b>753</b> |                          | M50       | 11   | 00:00:50          | 02:37:27                | 03:22:26              | 03:59:48                | <b>04:19:44.30</b>      | <b>04:19:44.30</b>       | +01:27:51<br>(33.8%) | 5:49            | 10.3<br>(66.0%) |
| 152 | <b>KOŁACKA Martyna</b>      | <b>355</b> | APTIV RUNNING TEAM       | K20       | 5    | 00:01:50          | 02:40:11                | 03:23:33              | 04:02:09                | <b>04:19:46.25</b>      | <b>04:19:46.25</b>       | +01:27:53<br>(33.8%) | 5:49            | 10.3<br>(66.0%) |
| 153 | <b>PISINGAS Mariusz</b>     | <b>430</b> | SEKCJA BIEGOWA FAMILIA   | M40       | 52   | 00:02:22          | 02:38:30                | 03:23:47              | 04:01:43                | <b>04:19:51.25</b>      | <b>04:19:51.25</b>       | +01:27:58<br>(33.9%) | 5:49            | 10.3<br>(66.0%) |
| 154 | <b>JASNOWSKI Michał</b>     | <b>847</b> |                          | M30       | 58   | 00:02:04          | 02:37:09                | 03:24:15              | 04:02:05                | <b>04:20:02.00</b>      | <b>04:20:02.00</b>       | +01:28:09<br>(33.9%) | 5:49            | 10.3<br>(66.0%) |
| 155 | <b>MAZUR Sławomir</b>       | <b>507</b> | CYKLOPEDIA.CC            | M40       | 53   | 00:01:07          | 02:28:58                | 03:17:31              | 04:00:43                | <b>04:20:14.25</b>      | <b>04:20:14.25</b>       | +01:28:21<br>(34.0%) | 5:50            | 10.3<br>(66.0%) |
| 156 | <b>POTERA Maciej</b>        | <b>660</b> | FRYTKÓW!!!!              | M30       | 59   | 00:01:09          | 02:35:51                | 03:20:02              | 04:00:27                | <b>04:20:19.90</b>      | <b>04:20:19.90</b>       | +01:28:27<br>(34.0%) | 5:50            | 10.3<br>(66.0%) |
| 157 | <b>KRAWCZAK Paulina</b>     | <b>248</b> | BIEGUSIEM.PL             | K30       | 9    | 00:01:05          | 02:39:00                | 03:25:44              | 04:02:02                | <b>04:20:33.30</b>      | <b>04:20:33.30</b>       | +01:28:40<br>(34.0%) | 5:50            | 10.3<br>(66.0%) |
| 158 | <b>BARSZCZEWSKI Tadeusz</b> | <b>560</b> | DWOT                     | M40       | 54   | 00:02:43          | 02:38:27                | 03:21:43              | 04:00:15                | <b>04:20:43.85</b>      | <b>04:20:43.85</b>       | +01:28:51<br>(34.1%) | 5:50            | 10.3<br>(66.0%) |
| 159 | <b>SERZYSKO Bartosz</b>     | <b>414</b> | APTIV RUNNING TEAM       | M30       | 60   | 00:01:50          | 02:40:11                | 03:23:34              | 04:02:03                | <b>04:20:57.70</b>      | <b>04:20:57.70</b>       | +01:29:05<br>(34.1%) | 5:51            | 10.3<br>(66.0%) |
| 160 | <b>BEDNARZ Krzysztof</b>    | <b>707</b> | 4K TEAM TARNÓW           | M50       | 12   | 00:01:30          | 02:36:19                | 03:23:30              | 04:02:25                | <b>04:21:21.85</b>      | <b>04:21:21.85</b>       | +01:29:29<br>(34.2%) | 5:51            | 10.2<br>(65.4%) |
| 161 | <b>TERLECKI Krzysztof</b>   | <b>840</b> | CHEŁM BIEGA              | M50       | 13   | 00:01:51          | 02:36:52                | 03:21:29              | 04:02:11                | <b>04:22:07.60</b>      | <b>04:22:07.60</b>       | +01:30:15<br>(34.4%) | 5:52            | 10.2<br>(65.4%) |
| 162 | <b>JANKOWSKI Janusz</b>     | <b>855</b> |                          | M30       | 61   | 00:01:30          | 02:34:03                | 03:23:17              | 04:03:54                | <b>04:22:46.90</b>      | <b>04:22:46.90</b>       | +01:30:54<br>(34.6%) | 5:53            | 10.2<br>(65.4%) |
| 163 | <b>POROWSKI Łukasz</b>      | <b>273</b> |                          | M30       | 62   | 00:01:22          | 02:37:44                | 03:24:50              | 04:03:02                | <b>04:22:51.20</b>      | <b>04:22:51.20</b>       | +01:30:58<br>(34.6%) | 5:53            | 10.2<br>(65.4%) |
| 164 | <b>KAMIŃSKI Krzysztof</b>   | <b>311</b> | ZABIERZÓW BIEGA          | M30       | 63   | 00:01:01          | 02:38:36                | 03:25:33              | 04:04:25                | <b>04:23:03.85</b>      | <b>04:23:03.85</b>       | +01:31:11<br>(34.7%) | 5:53            | 10.2<br>(65.4%) |
| 165 | <b>KĘPA Justyna</b>         | <b>491</b> | 1 BSP                    | K30       | 10   | 00:01:08          | 02:37:39                | 03:24:12              | 04:03:16                | <b>04:23:12.10</b>      | <b>04:23:12.10</b>       | +01:31:19<br>(34.7%) | 5:54            | 10.2<br>(65.4%) |
| 166 | <b>WALASEK Grzegorz</b>     | <b>289</b> | BIEGUSIEM.PL             | M40       | 55   | 00:01:05          | 02:31:50                | 03:23:11              | 04:02:29                | <b>04:23:40.90</b>      | <b>04:23:40.90</b>       | +01:31:48<br>(34.8%) | 5:54            | 10.1<br>(64.7%) |
| 167 | <b>DĘBSKA Joanna</b>        | <b>513</b> | NIGHT RUNNERS GLIWICE    | K40       | 4    | 00:02:26          | 02:38:10                | 03:20:44              | 04:04:58                | <b>04:23:43.95</b>      | <b>04:23:43.95</b>       | +01:31:51<br>(34.8%) | 5:54            | 10.1<br>(64.7%) |
| 168 | <b>GALICZ Karol</b>         | <b>765</b> | BKS WATAHA WARSZAWA      | M30       | 64   | 00:00:31          | 02:23:03                | 03:19:01              | 04:01:16                | <b>04:23:50.95</b>      | <b>04:23:50.95</b>       | +01:31:58<br>(34.9%) | 5:54            | 10.1<br>(64.7%) |
| 169 | <b>MIĘKUS Hubert</b>        | <b>539</b> |                          | M40       | 56   | 00:00:51          | 02:35:37                | 03:24:47              | 04:03:27                | <b>04:23:55.30</b>      | <b>04:23:55.30</b>       | +01:32:02<br>(34.9%) | 5:55            | 10.1<br>(64.7%) |
| 170 | <b>BIESZCZAD Mateusz</b>    | <b>223</b> | KKB MOSIR KROSNO         | M30       | 65   | 00:02:28          | 02:52:20                | 03:33:32              | 04:06:24                | <b>04:23:55.50</b>      | <b>04:23:55.50</b>       | +01:32:02<br>(34.9%) | 5:55            | 10.1<br>(64.7%) |
| 171 | <b>WYBRANIEC Wojciech</b>   | <b>754</b> | OFIARY JEDZENIA KOTLETÓW | M40       | 57   | 00:02:14          | 02:40:46                | 03:25:49              | 04:03:59                | <b>04:23:59.50</b>      | <b>04:23:59.50</b>       | +01:32:06<br>(34.9%) | 5:55            | 10.1<br>(64.7%) |
| 172 | <b>WICHA Małgorzata</b>     | <b>572</b> | WKS WAWEL KRAKÓW         | K20       | 6    | 00:00:50          | 02:36:24                | 03:22:59              | 04:03:53                | <b>04:24:11.90</b>      | <b>04:24:11.90</b>       | +01:32:19<br>(34.9%) | 5:55            | 10.1<br>(64.7%) |

| Msc | Zawodnik           | Numer | Klub                          | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h   |
|-----|--------------------|-------|-------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|--------------|
|     |                    |       |                               |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |              |
| 173 | TOMAS Dariusz      | 212   |                               | M40       | 58   | 00:01:09 | 02:39:31      | 03:28:09    | 04:04:48      | 04:24:16.00 | 04:24:16.00 | +01:32:23 (35.0%) | 5:55         | 10.1 (64.7%) |
| 174 | LASKO Łukasz       | 388   | BIESY                         | M30       | 66   | 00:01:12 | 02:39:38      | 03:25:39    | 04:04:51      | 04:24:23.50 | 04:24:23.50 | +01:32:30 (35.0%) | 5:55         | 10.1 (64.7%) |
| 175 | MIARA Fabian       | 610   | PRZEWORSKA GRUPA BIEGOWA      | M30       | 67   | 00:00:54 | 02:32:31      | 03:20:49    | 04:02:43      | 04:24:38.50 | 04:24:38.50 | +01:32:45 (35.1%) | 5:56         | 10.1 (64.7%) |
| 176 | SEKUŁA Mirek       | 293   | INFINITY RUNNER'S TEAM GRYBÓW | M40       | 59   | 00:00:41 | 02:41:57      | 03:27:44    | 04:05:55      | 04:25:08.50 | 04:25:08.50 | +01:33:15 (35.2%) | 5:56         | 10.1 (64.7%) |
| 177 | DYNIA Krystian     | 793   | RUNTEAM PAWŁOWICE             | M30       | 68   | 00:01:10 | 02:29:43      | 03:16:48    | 04:02:49      | 04:25:10.00 | 04:25:10.00 | +01:33:17 (35.2%) | 5:56         | 10.1 (64.7%) |
| 178 | KAŃDUŁA Grzegorz   | 597   | NEST.POZNAN.PL                | M30       | 69   | 00:02:50 | 02:38:47      | 03:25:11    | 04:05:22      | 04:25:11.95 | 04:25:11.95 | +01:33:19 (35.2%) | 5:56         | 10.1 (64.7%) |
| 179 | MELNYK Ivan        | 729   | KUKURUDZA                     | M30       | 70   | 00:00:50 | 02:37:05      | 03:25:56    | 04:04:57      | 04:25:32.50 | 04:25:32.50 | +01:33:39 (35.3%) | 5:57         | 10.1 (64.7%) |
| 180 | CHRUŚCIEL Michał   | 304   | FARTLEK GO                    | M30       | 71   | 00:02:33 | 02:38:27      | 03:26:52    | 04:06:16      | 04:25:41.35 | 04:25:41.35 | +01:33:48 (35.3%) | 5:57         | 10.1 (64.7%) |
| 181 | GURGUL Sebastian   | 149   | AROMAT NÓG                    | M30       | 72   | 00:01:35 | 02:43:51      | 03:29:45    | 04:06:46      | 04:25:47.20 | 04:25:47.20 | +01:33:54 (35.3%) | 5:57         | 10.1 (64.7%) |
| 182 | GURGUL Mateusz     | 158   | AROMAT NÓG                    | M30       | 73   | 00:01:36 | 02:43:51      | 03:29:44    | 04:06:46      | 04:25:47.25 | 04:25:47.25 | +01:33:54 (35.3%) | 5:57         | 10.1 (64.7%) |
| 183 | KOCHAJ Wojciech    | 113   |                               | M40       | 60   | 00:01:14 | 02:37:46      | 03:25:51    | 04:06:39      | 04:25:58.20 | 04:25:58.20 | +01:34:05 (35.4%) | 5:57         | 10.1 (64.7%) |
| 184 | KASPRZYK Krzysztof | 843   |                               | M40       | 61   | 00:01:09 | 02:21:51      | 03:11:47    | 03:57:45      | 04:26:04.90 | 04:26:04.90 | +01:34:12 (35.4%) | 5:57         | 10.1 (64.7%) |
| 185 | JURCZAK Roman      | 310   |                               | M60       | 1    | 00:00:31 | 02:31:25      | 03:21:38    | 04:06:09      | 04:26:11.25 | 04:26:11.25 | +01:34:18 (35.4%) | 5:58         | 10.1 (64.7%) |
| 186 | SIPIERA Tomasz     | 276   | LACHO TEAM                    | M40       | 62   | 00:00:57 | 02:34:49      | 03:26:08    | 04:06:33      | 04:26:19.95 | 04:26:19.95 | +01:34:27 (35.5%) | 5:58         | 10 (64.1%)   |
| 187 | POTONIEC Grzegorz  | 251   |                               | M30       | 74   | 00:02:27 | 02:36:05      | 03:21:59    | 04:03:42      | 04:26:42.55 | 04:26:42.55 | +01:34:49 (35.6%) | 5:58         | 10 (64.1%)   |
| 188 | KLAMUT Ryszard     | 464   |                               | M60       | 2    | 00:00:53 | 02:37:11      | 03:24:44    | 04:06:08      | 04:27:04.00 | 04:27:04.00 | +01:35:11 (35.6%) | 5:59         | 10 (64.1%)   |
| 189 | ZIĘBA Marcin       | 418   | PORANNY PATROL                | M40       | 63   | 00:01:03 | 02:39:00      | 03:29:04    | 04:08:34      | 04:27:20.10 | 04:27:20.10 | +01:35:27 (35.7%) | 5:59         | 10 (64.1%)   |
| 190 | KALTENBERG Janusz  | 211   |                               | M50       | 14   | 00:01:11 | 02:38:04      | 03:25:24    | 04:07:32      | 04:27:33.70 | 04:27:33.70 | +01:35:41 (35.8%) | 5:59         | 10 (64.1%)   |
| 191 | PASTERZ Piotr      | 396   | BIEGAJĄCE URZĘDASY            | M30       | 75   | 00:00:45 | 02:40:40      | 03:26:24    | 04:08:03      | 04:28:03.15 | 04:28:03.15 | +01:36:10 (35.9%) | 6:00         | 10 (64.1%)   |
| 192 | STACHURSKI Paweł   | 571   |                               | M30       | 76   | 00:01:07 | 02:38:20      | 03:28:07    | 04:08:58      | 04:28:07.50 | 04:28:07.50 | +01:36:14 (35.9%) | 6:00         | 10 (64.1%)   |
| 193 | KARUŚ Waldemar     | 382   | 14DAS JAROSŁAW                | M40       | 64   | 00:02:08 | 02:48:08      | 03:33:01    | 04:10:22      | 04:28:35.15 | 04:28:35.15 | +01:36:42 (36.0%) | 6:01         | 10 (64.1%)   |
| 194 | KARPIŃSKI Tomasz   | 124   |                               | M40       | 65   | 00:00:59 | 02:36:14      | 03:24:53    | 04:06:45      | 04:28:43.80 | 04:28:43.80 | +01:36:51 (36.0%) | 6:01         | 10 (64.1%)   |
| 195 | GOLEC Tomasz       | 180   | BIT TEAM                      | M30       | 77   | 00:01:13 | 02:46:32      | 03:33:49    | 04:11:16      | 04:28:44.50 | 04:28:44.50 | +01:36:51 (36.0%) | 6:01         | 10 (64.1%)   |
| 196 | MAKAREWICZ Wiktor  | 233   |                               | M30       | 78   | 00:01:01 | 02:36:14      | 03:25:17    | 04:07:48      | 04:29:04.10 | 04:29:04.10 | +01:37:11 (36.1%) | 6:01         | 9.9 (63.5%)  |
| 197 | PAWŁOWSKI Piotr    | 416   |                               | M40       | 66   | 00:02:41 | 02:46:11      | 03:31:43    | 04:09:48      | 04:29:11.65 | 04:29:11.65 | +01:37:19 (36.2%) | 6:02         | 9.9 (63.5%)  |
| 198 | BAJOREK Jan        | 851   |                               | M40       | 67   | 00:01:03 | 02:36:48      | 03:32:36    | 04:09:57      | 04:29:23.75 | 04:29:23.75 | +01:37:31 (36.2%) | 6:02         | 9.9 (63.5%)  |



| Msc | Zawodnik              | Numer | Klub                         | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-----------------------|-------|------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                       |       |                              |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 199 | WŁOCH Sławomir        | 437   |                              | M40       | 68   | 00:00:59 | 02:35:21      | 03:24:00    | 04:08:25      | 04:29:43.30 | 04:29:43.30 | +01:37:50<br>(36.3%) | 6:02         | 9.9<br>(63.5%) |
| 200 | MACIAK Rafał          | 370   | EKIPA Z TARNOWA              | M30       | 79   | 00:01:47 | 02:38:02      | 03:27:24    | 04:08:18      | 04:29:45.90 | 04:29:45.90 | +01:37:53<br>(36.3%) | 6:02         | 9.9<br>(63.5%) |
| 201 | SIKORSKI Radosław     | 174   |                              | M40       | 69   | 00:02:21 | 02:39:39      | 03:28:50    | 04:09:28      | 04:29:47.40 | 04:29:47.40 | +01:37:54<br>(36.3%) | 6:02         | 9.9<br>(63.5%) |
| 202 | LEWANDOWSKI Marcin    | 216   | HAPPY TRI FRIENDS            | M40       | 70   |          |               |             |               | 04:30:03.70 | 04:30:03.70 | +01:38:11<br>(36.4%) | 6:03         | 9.9<br>(63.5%) |
| 203 | PANTOŁ Mirośław       | 123   |                              | M40       | 71   | 00:00:59 | 02:38:53      | 03:27:03    | 04:08:36      | 04:30:25.75 | 04:30:25.75 | +01:38:33<br>(36.4%) | 6:03         | 9.9<br>(63.5%) |
| 204 | STANIEK Anna          | 598   | PIERDZĄCE ZAJĄCE             | K30       | 11   | 00:02:40 | 02:45:40      | 03:33:51    | 04:11:46      | 04:30:43.45 | 04:30:43.45 | +01:38:50<br>(36.5%) | 6:04         | 9.9<br>(63.5%) |
| 205 | SMOROŃSKI Jacek       | 117   |                              | M20       | 17   | 00:02:33 | 02:43:05      | 03:27:46    | 04:08:49      | 04:31:09.35 | 04:31:09.35 | +01:39:16<br>(36.6%) | 6:04         | 9.9<br>(63.5%) |
| 206 | MYŚLIWIEC Robert      | 774   | WILD & FREE                  | M30       | 80   | 00:02:26 | 02:35:32      | 03:27:20    | 04:11:18      | 04:31:11.80 | 04:31:11.80 | +01:39:19<br>(36.6%) | 6:04         | 9.9<br>(63.5%) |
| 207 | KOŁODZIEJ Mateusz     | 541   |                              | M30       | 81   | 00:01:07 | 02:38:36      | 03:28:19    | 04:10:50      | 04:31:25.90 | 04:31:25.90 | +01:39:33<br>(36.7%) | 6:05         | 9.9<br>(63.5%) |
| 208 | NAZIMEK Maciej        | 657   |                              | M30       | 82   | 00:02:20 | 02:46:17      | 03:33:18    | 04:11:27      | 04:31:26.80 | 04:31:26.80 | +01:39:34<br>(36.7%) | 6:05         | 9.9<br>(63.5%) |
| 209 | SZCZUR Wiesław        | 126   |                              | M40       | 72   | 00:02:04 | 02:44:53      | 03:31:39    | 04:11:13      | 04:31:35.05 | 04:31:35.05 | +01:39:42<br>(36.7%) | 6:05         | 9.9<br>(63.5%) |
| 210 | PIĄTEK Beata          | 651   |                              | K30       | 12   | 00:01:31 | 02:54:57      | 03:39:17    | 04:14:46      | 04:31:47.40 | 04:31:47.40 | +01:39:54<br>(36.8%) | 6:05         | 9.8<br>(62.8%) |
| 211 | SKOTNICKA Anna        | 75    | TTC MPEC TARNÓW              | K30       | 13   | 00:01:56 | 02:43:17      | 03:32:15    | 04:12:34      | 04:31:54.60 | 04:31:54.60 | +01:40:02<br>(36.8%) | 6:05         | 9.8<br>(62.8%) |
| 212 | SKOTNICKI Dariusz     | 74    | TTC MPEC TARNÓW              | M30       | 83   | 00:01:56 | 02:43:17      | 03:32:16    | 04:12:34      | 04:31:56.45 | 04:31:56.45 | +01:40:03<br>(36.8%) | 6:05         | 9.8<br>(62.8%) |
| 213 | WIERZCHOWIAK Jarosław | 815   |                              | M20       | 18   | 00:01:03 | 02:43:47      | 03:32:42    | 04:12:51      | 04:32:15.40 | 04:32:15.40 | +01:40:22<br>(36.9%) | 6:06         | 9.8<br>(62.8%) |
| 214 | OCHYRA Konrad         | 327   |                              | M20       | 19   | 00:01:02 | 02:43:44      | 03:34:47    | 04:13:42      | 04:32:21.55 | 04:32:21.55 | +01:40:28<br>(36.9%) | 6:06         | 9.8<br>(62.8%) |
| 215 | WALASZKOWSKA Dominika | 330   | BIESY                        | K30       | 14   | 00:01:12 | 02:43:36      | 03:33:42    | 04:12:58      | 04:32:22.00 | 04:32:22.00 | +01:40:29<br>(36.9%) | 6:06         | 9.8<br>(62.8%) |
| 216 | POTRZESZCZ Tomasz     | 878   |                              | M40       | 73   | 00:02:57 | 02:42:57      | 03:32:34    | 04:11:48      | 04:32:25.90 | 04:32:25.90 | +01:40:33<br>(36.9%) | 6:06         | 9.8<br>(62.8%) |
| 217 | GAŚECKI Daniel        | 808   | WKURW_TEAM                   | M40       | 74   | 00:02:40 | 02:43:29      | 03:33:55    | 04:12:59      | 04:32:32.40 | 04:32:32.40 | +01:40:39<br>(36.9%) | 6:06         | 9.8<br>(62.8%) |
| 218 | AŚLANOWICZ Marcin     | 93    |                              | M40       | 75   | 00:01:38 | 02:49:40      | 03:37:39    | 04:14:21      | 04:32:33.30 | 04:32:33.30 | +01:40:40<br>(36.9%) | 6:06         | 9.8<br>(62.8%) |
| 219 | GRABOŚ Nina           | 357   |                              | K40       | 5    | 00:01:39 | 02:49:40      | 03:37:40    | 04:14:22      | 04:32:33.50 | 04:32:33.50 | +01:40:40<br>(36.9%) | 6:06         | 9.8<br>(62.8%) |
| 220 | NIEWIECZERZAŁ Tomasz  | 359   |                              | M20       | 20   | 00:01:08 | 02:32:29      | 03:25:29    | 04:11:04      | 04:33:11.80 | 04:33:11.80 | +01:41:19<br>(37.1%) | 6:07         | 9.8<br>(62.8%) |
| 221 | BOGDANOWICZ Beata     | 202   | BIEGOWY ŚWIAT                | K40       | 6    | 00:01:21 | 02:46:49      | 03:34:19    | 04:13:33      | 04:33:12.70 | 04:33:12.70 | +01:41:20<br>(37.1%) | 6:07         | 9.8<br>(62.8%) |
| 222 | ALBIŃSKI Tomasz       | 593   |                              | M40       | 76   | 00:02:15 | 02:42:27      | 03:36:50    | 04:13:55      | 04:33:20.50 | 04:33:20.50 | +01:41:27<br>(37.1%) | 6:07         | 9.8<br>(62.8%) |
| 223 | ZYGMUNT Marcin        | 786   | ZYGABIEGA                    | M40       | 77   | 00:01:12 | 02:38:16      | 03:29:19    | 04:12:30      | 04:33:40.70 | 04:33:40.70 | +01:41:48<br>(37.2%) | 6:08         | 9.8<br>(62.8%) |
| 224 | FOGEL Ewa             | 102   | PTG SOKÓŁ ŚWIAT PRACY TARNÓW | K40       | 7    | 00:01:16 | 02:38:43      | 03:33:11    | 04:13:57      | 04:33:43.75 | 04:33:43.75 | +01:41:51<br>(37.2%) | 6:08         | 9.8<br>(62.8%) |

| Msc | Zawodnik                 | Numer | Klub                              | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|--------------------------|-------|-----------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                          |       |                                   |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 225 | GUZIK Łukasz             | 518   | APTIV RUNNING TEAM                | M30       | 84   | 00:02:38 | 02:51:29      | 03:38:34    | 04:14:27      | 04:34:07.10 | 04:34:07.10 | +01:42:14<br>(37.3%) | 6:08         | 9.8<br>(62.8%) |
| 226 | KOSMĘDA Piotr<br>Michał  | 107   |                                   | M40       | 78   | 00:01:09 | 02:46:16      | 03:38:13    | 04:16:16      | 04:34:14.75 | 04:34:14.75 | +01:42:22<br>(37.3%) | 6:08         | 9.8<br>(62.8%) |
| 227 | OCZOŚ Hubert             | 1136  |                                   | M30       | 85   | 00:01:14 | 02:49:06      | 03:36:05    | 04:12:47      | 04:34:24.85 | 04:34:24.85 | +01:42:32<br>(37.4%) | 6:09         | 9.8<br>(62.8%) |
| 228 | DZIUBAŁA<br>Karolina     | 812   | HUSARIA RACE TEAM                 | K20       | 7    | 00:01:13 | 02:43:45      | 03:32:42    | 04:14:21      | 04:34:34.80 | 04:34:34.80 | +01:42:42<br>(37.4%) | 6:09         | 9.7<br>(62.2%) |
| 229 | SKRZYPEK Sylwia          | 744   |                                   | K30       | 15   | 00:02:22 | 02:47:32      | 03:35:06    | 04:14:39      | 04:34:37.40 | 04:34:37.40 | +01:42:44<br>(37.4%) | 6:09         | 9.7<br>(62.2%) |
| 230 | POWALISZ Dariusz         | 787   |                                   | M40       | 79   | 00:01:12 | 02:38:33      | 03:29:21    | 04:12:44      | 04:34:39.70 | 04:34:39.70 | +01:42:47<br>(37.4%) | 6:09         | 9.7<br>(62.2%) |
| 231 | MASZEWSKA<br>Agata       | 134   | KUŹNIA TRIATHLONU                 | K30       | 16   | 00:01:35 | 02:49:52      | 03:38:08    | 04:16:21      | 04:34:44.30 | 04:34:44.30 | +01:42:51<br>(37.4%) | 6:09         | 9.7<br>(62.2%) |
| 232 | BUJALSKI Szymon          | 133   | KUZNIA TRIATHLONU                 | M40       | 80   | 00:01:32 | 02:49:51      | 03:38:08    | 04:16:20      | 04:34:45.20 | 04:34:45.20 | +01:42:52<br>(37.4%) | 6:09         | 9.7<br>(62.2%) |
| 233 | PELA Dariusz             | 369   | TMT TORUŃ SKY-TRANS               | M30       | 86   | 00:01:27 | 02:37:46      | 03:28:19    | 04:11:56      | 04:35:03.10 | 04:35:03.10 | +01:43:10<br>(37.5%) | 6:10         | 9.7<br>(62.2%) |
| 234 | KAJA Gracjan             | 871   | BYDGOŚCIE                         | M30       | 87   | 00:01:17 | 02:39:31      | 03:29:38    | 04:13:37      | 04:35:22.25 | 04:35:22.25 | +01:43:29<br>(37.6%) | 6:10         | 9.7<br>(62.2%) |
| 235 | WOŹNIAK Michał           | 719   | STAY INSANE                       | M30       | 88   | 00:01:07 | 02:42:12      | 03:35:24    | 04:16:58      | 04:37:03.40 | 04:37:03.40 | +01:45:10<br>(38.0%) | 6:12         | 9.7<br>(62.2%) |
| 236 | SANNER Marcin            | 581   |                                   | M30       | 89   | 00:01:02 | 02:34:28      | 03:28:35    | 04:11:47      | 04:37:17.45 | 04:37:17.45 | +01:45:24<br>(38.0%) | 6:13         | 9.7<br>(62.2%) |
| 237 | CIUBA Paweł              | 333   | JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ' | M40       | 81   | 00:02:24 | 02:50:29      | 03:40:01    | 04:17:48      | 04:37:22.70 | 04:37:22.70 | +01:45:30<br>(38.0%) | 6:13         | 9.6<br>(61.5%) |
| 238 | WIERNASZ<br>Grzegorz     | 426   | KARCHER KROSNO CENTRUM SUCHODUL   | M40       | 82   | 00:02:35 | 02:47:19      | 03:36:34    | 04:17:44      | 04:37:36.70 | 04:37:36.70 | +01:45:44<br>(38.1%) | 6:13         | 9.6<br>(61.5%) |
| 239 | WĘGRZYN<br>Krzysztof     | 438   | RESZOWSKIE GAZELE I GEPARDY       | M50       | 15   | 00:02:19 | 02:47:06      | 03:36:19    | 04:18:28      | 04:38:23.80 | 04:38:23.80 | +01:46:31<br>(38.3%) | 6:14         | 9.6<br>(61.5%) |
| 240 | CHOMICZ Martyna          | 269   |                                   | K20       | 8    | 00:01:13 | 02:46:54      | 03:35:12    | 04:16:40      | 04:38:41.65 | 04:38:41.65 | +01:46:49<br>(38.3%) | 6:14         | 9.6<br>(61.5%) |
| 241 | TROJNAR Damian           | 446   | KS JANUSZE                        | M30       | 90   | 00:01:47 | 02:43:14      | 03:37:12    | 04:18:34      | 04:38:47.75 | 04:38:47.75 | +01:46:55<br>(38.4%) | 6:15         | 9.6<br>(61.5%) |
| 242 | PRYSZCZ<br>Mirosław      | 295   |                                   | M40       | 83   | 00:02:15 | 02:38:22      | 03:36:12    | 04:17:35      | 04:38:51.10 | 04:38:51.10 | +01:46:58<br>(38.4%) | 6:15         | 9.6<br>(61.5%) |
| 243 | MAJEWICZ<br>Grzegorz     | 557   |                                   | M40       | 84   | 00:01:36 | 02:40:45      | 03:33:07    | 04:16:00      | 04:39:04.20 | 04:39:04.20 | +01:47:11<br>(38.4%) | 6:15         | 9.6<br>(61.5%) |
| 244 | PRZEWŁOCKI<br>Przemysław | 732   |                                   | M40       | 85   | 00:02:56 | 02:46:45      | 03:34:18    | 04:16:18      | 04:39:14.55 | 04:39:14.55 | +01:47:21<br>(38.4%) | 6:15         | 9.6<br>(61.5%) |
| 245 | DONIEC Marek             | 493   | WKURW_TEAM                        | M40       | 86   | 00:02:13 | 02:45:41      | 03:35:56    | 04:17:30      | 04:39:24.75 | 04:39:24.75 | +01:47:32<br>(38.5%) | 6:15         | 9.6<br>(61.5%) |
| 246 | TUCHOŁKA Marta           | 858   | POCO LOCO                         | K30       | 17   | 00:01:45 | 02:44:28      | 03:37:32    | 04:19:21      | 04:39:50.00 | 04:39:50.00 | +01:47:57<br>(38.6%) | 6:16         | 9.6<br>(61.5%) |
| 247 | CZAJKOWSKI Rafał         | 288   | EKOBIEGI/BBL WARSZAWA POLONEZ     | M40       | 87   | 00:01:51 | 02:50:37      | 03:39:09    | 04:19:39      | 04:39:53.45 | 04:39:53.45 | +01:48:00<br>(38.6%) | 6:16         | 9.6<br>(61.5%) |
| 248 | PORĘBA<br>Eugeniusz      | 624   | MIECHÓW                           | M50       | 16   | 00:01:34 | 02:40:54      | 03:32:38    | 04:17:11      | 04:40:29.95 | 04:40:29.95 | +01:48:37<br>(38.7%) | 6:17         | 9.5<br>(60.9%) |
| 249 | ORLEWSKA<br>Danuta       | 652   | ULTRAMARATON PODKARPACKI          | K40       | 8    | 00:02:20 | 02:49:48      | 03:39:27    | 04:19:41      | 04:40:31.05 | 04:40:31.05 | +01:48:38<br>(38.7%) | 6:17         | 9.5<br>(60.9%) |
| 250 | MIĄSKO Piotrek           | 453   |                                   | M20       | 21   | 00:00:40 | 02:43:16      | 03:34:22    | 04:19:09      | 04:40:48.85 | 04:40:48.85 | +01:48:56<br>(38.8%) | 6:17         | 9.5<br>(60.9%) |

| Msc | Zawodnik               | Numer | Klub                                | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|------------------------|-------|-------------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                        |       |                                     |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 251 | FILIPIAK Hieronim      | 421   | MIECHOWICKA GRUPA BIEGOWA           | M40       | 88   | 00:01:52 | 02:47:56      | 03:38:19    | 04:20:00      | 04:41:00.65 | 04:41:00.65 | +01:49:08<br>(38.8%) | 6:18         | 9.5<br>(60.9%) |
| 252 | WOJTANOWSKA Karolina   | 633   | DREMCHASER TEAM                     | K20       | 9    | 00:00:41 | 02:41:48      | 03:34:07    | 04:17:16      | 04:41:15.60 | 04:41:15.60 | +01:49:23<br>(38.9%) | 6:18         | 9.5<br>(60.9%) |
| 253 | WILK Bartosz           | 151   | WILKI NA SZLAKU                     | M30       | 91   | 00:01:01 | 02:28:52      | 03:31:49    | 04:17:24      | 04:41:30.00 | 04:41:30.00 | +01:49:37<br>(38.9%) | 6:18         | 9.5<br>(60.9%) |
| 254 | MARCELA Marcin         | 188   | FAT MAMA'S SPORT CLUB               | M40       | 89   | 00:00:54 | 02:46:55      | 03:36:21    | 04:18:46      | 04:41:44.25 | 04:41:44.25 | +01:49:51<br>(39.0%) | 6:19         | 9.5<br>(60.9%) |
| 255 | BAŁCHAN Krzysztof      | 64    | CPR RZESZÓW                         | M30       | 92   | 00:00:58 | 02:38:30      | 03:31:53    | 04:18:06      | 04:41:59.70 | 04:41:59.70 | +01:50:07<br>(39.0%) | 6:19         | 9.5<br>(60.9%) |
| 256 | NOWACKI Dawid          | 697   |                                     | M30       | 93   | 00:03:03 | 02:48:11      | 03:37:21    | 04:20:38      | 04:42:16.05 | 04:42:16.05 | +01:50:23<br>(39.1%) | 6:19         | 9.5<br>(60.9%) |
| 257 | PIECUCH Karolina       | 257   | LACHO TEAM/SKLEP BIEGACZA           | K30       | 18   | 00:01:12 | 02:47:11      | 03:38:43    | 04:19:21      | 04:42:24.10 | 04:42:24.10 | +01:50:31<br>(39.1%) | 6:19         | 9.5<br>(60.9%) |
| 258 | MAJ-DZIUBAŃSKA Izabela | 622   | AKMB PĘDZIWIATR GLIWICE             | K30       | 19   | 00:00:52 | 02:45:29      | 03:38:33    | 04:21:03      | 04:42:29.35 | 04:42:29.35 | +01:50:36<br>(39.2%) | 6:20         | 9.5<br>(60.9%) |
| 259 | KONDZIOŁA Krzysztof    | 498   | PERFECT RUNNER LUBLIN / STAY INSANE | M30       | 94   | 00:01:27 | 02:50:55      | 03:44:06    | 04:24:22      | 04:43:01.00 | 04:43:01.00 | +01:51:08<br>(39.3%) | 6:20         | 9.5<br>(60.9%) |
| 260 | SZYMAŁA Marcin         | 362   |                                     | M40       | 90   | 00:00:52 | 02:43:29      | 03:36:04    | 04:20:43      | 04:43:05.40 | 04:43:05.40 | +01:51:12<br>(39.3%) | 6:20         | 9.5<br>(60.9%) |
| 261 | KOZERA Waldemar        | 724   |                                     | M30       | 95   | 00:01:12 | 02:45:32      | 03:39:13    | 04:22:27      | 04:44:08.65 | 04:44:08.65 | +01:52:16<br>(39.5%) | 6:22         | 9.4<br>(60.3%) |
| 262 | ZAWADZKI Dariusz       | 835   | RADLINIOKI W BIEGU                  | M40       | 91   | 00:02:26 | 02:52:54      | 03:49:17    | 04:26:38      | 04:44:22.90 | 04:44:22.90 | +01:52:30<br>(39.6%) | 6:22         | 9.4<br>(60.3%) |
| 263 | ZAWADZKI Karol         | 68    | RADLINIOKI W BIEGU                  | M20       | 22   | 00:02:27 | 02:52:55      | 03:49:23    | 04:26:38      | 04:44:23.35 | 04:44:23.35 | +01:52:30<br>(39.6%) | 6:22         | 9.4<br>(60.3%) |
| 264 | STĘPIEŃ Wojciech       | 506   |                                     | M40       | 92   | 00:02:20 | 02:48:58      | 03:40:38    | 04:23:08      | 04:44:41.50 | 04:44:41.50 | +01:52:48<br>(39.6%) | 6:22         | 9.4<br>(60.3%) |
| 265 | WĘGIEL Bogdan          | 621   |                                     | M40       | 93   | 00:01:05 | 02:49:59      | 03:40:33    | 04:23:23      | 04:44:46.60 | 04:44:46.60 | +01:52:54<br>(39.6%) | 6:23         | 9.4<br>(60.3%) |
| 266 | PĄŃTAK Sławomir        | 66    | 21DAPLOT JAROSŁAW                   | M40       | 94   | 00:02:08 | 02:48:08      | 03:38:30    | 04:22:23      | 04:45:00.95 | 04:45:00.95 | +01:53:08<br>(39.7%) | 6:23         | 9.4<br>(60.3%) |
| 267 | ŻURAWSKI Sławomir      | 284   | PGB SPORTOWA PACZKA                 | M30       | 96   | 00:01:49 | 02:57:34      | 03:44:40    | 04:25:18      | 04:45:05.30 | 04:45:05.30 | +01:53:12<br>(39.7%) | 6:23         | 9.4<br>(60.3%) |
| 268 | ORŁOWSKI Jakub         | 870   |                                     | M30       | 97   | 00:01:37 | 02:50:50      | 03:45:31    | 04:25:14      | 04:45:11.70 | 04:45:11.70 | +01:53:19<br>(39.7%) | 6:23         | 9.4<br>(60.3%) |
| 269 | BUCZYŃSKI Radosław     | 731   | NIGHT RUNNERS GLIWICE               | M30       | 98   | 00:02:11 | 02:46:22      | 03:40:23    | 04:23:07      | 04:45:12.95 | 04:45:12.95 | +01:53:20<br>(39.7%) | 6:23         | 9.4<br>(60.3%) |
| 270 | SARKOWICZ Adam         | 708   |                                     | M50       | 17   | 00:01:48 | 02:51:49      | 03:41:40    | 04:22:53      | 04:45:31.60 | 04:45:31.60 | +01:53:39<br>(39.8%) | 6:24         | 9.4<br>(60.3%) |
| 271 | CZAPLA Arkadiusz       | 190   |                                     | M40       | 95   | 00:00:54 | 02:46:56      | 03:40:11    | 04:22:32      | 04:45:34.30 | 04:45:34.30 | +01:53:41<br>(39.8%) | 6:24         | 9.4<br>(60.3%) |
| 272 | CHARKOT Sławomir       | 485   | BIEGUSIEM.PL                        | M40       | 96   | 00:02:41 | 02:49:20      | 03:41:18    | 04:25:41      | 04:45:46.80 | 04:45:46.80 | +01:53:54<br>(39.9%) | 6:24         | 9.4<br>(60.3%) |
| 273 | KALBARCZYK Wojciech    | 262   | ADIDAS RUNNERS WARSZAWA             | M30       | 99   | 00:01:31 | 02:51:59      | 03:47:05    | 04:25:38      | 04:46:03.10 | 04:46:03.10 | +01:54:10<br>(39.9%) | 6:24         | 9.4<br>(60.3%) |
| 273 | MODRZEJEWSKI Adam      | 266   | KLUB WYSOKOGÓRSKI WARSZAWA          | M30       | 100  | 00:01:31 | 02:51:58      | 03:47:05    | 04:25:40      | 04:46:03.10 | 04:46:03.10 | +01:54:10<br>(39.9%) | 6:24         | 9.4<br>(60.3%) |
| 275 | SURDAcki Mateusz       | 837   |                                     | M30       | 101  | 00:00:55 | 02:52:23      | 03:43:44    | 04:26:24      | 04:46:36.05 | 04:46:36.05 | +01:54:43<br>(40.0%) | 6:25         | 9.3<br>(59.6%) |
| 276 | WIĄCEK Krzysztof       | 791   | DRUKARNIA MADAS                     | M50       | 18   | 00:01:33 | 02:54:01      | 03:45:14    | 04:26:55      | 04:46:49.50 | 04:46:49.50 | +01:54:56<br>(40.1%) | 6:25         | 9.3<br>(59.6%) |

| Msc | Zawodnik               | Numer | Klub                           | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|--------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                        |       |                                |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 277 | GÓRSKI Mateusz         | 773   | BIG YELLOW FOOT ADVENTURE TEAM | M30       | 102  | 00:01:21 | 02:45:58      | 03:43:52    | 04:26:45      | 04:46:53.85 | 04:46:53.85 | +01:55:01 (40.1%) | 6:25         | 9.3 (59.6%) |
| 278 | SZOTA Robert           | 256   | SMT SZCZECIN                   | M30       | 103  | 00:01:19 | 02:58:45      | 03:53:08    | 04:29:20      | 04:46:54.75 | 04:46:54.75 | +01:55:02 (40.1%) | 6:25         | 9.3 (59.6%) |
| 279 | KĘDZIOR Michał         | 524   | DRUŻYNA SZPIKU                 | M30       | 104  | 00:02:22 | 02:56:55      | 03:44:39    | 04:26:40      | 04:47:02.40 | 04:47:02.40 | +01:55:09 (40.1%) | 6:26         | 9.3 (59.6%) |
| 280 | SERAFIN Paulina        | 508   | RZESZOWSKIE GAZELE I GEPARDY   | K30       | 20   | 00:01:14 | 02:51:42      | 03:42:31    | 04:27:01      | 04:47:22.50 | 04:47:22.50 | +01:55:29 (40.2%) | 6:26         | 9.3 (59.6%) |
| 281 | ĆWIAKAŁA Halina        | 563   | SAMOTNI WĘDROWCY               | K40       | 9    | 00:01:25 | 02:51:22      | 03:43:15    | 04:26:58      | 04:47:45.90 | 04:47:45.90 | +01:55:53 (40.3%) | 6:27         | 9.3 (59.6%) |
| 282 | LIK Marek              | 458   | CHEŁM BIEGA                    | M50       | 19   | 00:01:11 | 02:45:33      | 03:44:04    | 04:26:10      | 04:47:51.30 | 04:47:51.30 | +01:55:58 (40.3%) | 6:27         | 9.3 (59.6%) |
| 283 | BOCHENEK Paweł         | 727   | WKURW_TEAM                     | M30       | 105  | 00:01:28 | 02:45:29      | 03:40:08    | 04:25:10      | 04:48:00.20 | 04:48:00.20 | +01:56:07 (40.3%) | 6:27         | 9.3 (59.6%) |
| 284 | WICZUK Michał          | 283   |                                | M30       | 106  | 00:00:40 | 02:42:56      | 03:38:57    | 04:25:51      | 04:48:01.05 | 04:48:01.05 | +01:56:08 (40.3%) | 6:27         | 9.3 (59.6%) |
| 285 | OSTROWSKI Łukasz       | 683   |                                | M30       | 107  | 00:01:19 | 02:38:07      | 03:33:24    | 04:22:24      | 04:48:01.85 | 04:48:01.85 | +01:56:09 (40.3%) | 6:27         | 9.3 (59.6%) |
| 286 | PAWLIKOWSKI Bogusław   | 531   | BRAK                           | M50       | 20   | 00:02:00 | 02:55:45      | 03:46:29    | 04:27:01      | 04:48:02.30 | 04:48:02.30 | +01:56:09 (40.3%) | 6:27         | 9.3 (59.6%) |
| 287 | KOCOT Sebastians       | 364   |                                | M30       | 108  | 00:02:05 | 02:55:48      | 03:47:06    | 04:27:17      | 04:48:05.00 | 04:48:05.00 | +01:56:12 (40.3%) | 6:27         | 9.3 (59.6%) |
| 288 | HOŁODY Grzegorz        | 658   |                                | M30       | 109  | 00:01:38 | 02:56:30      | 03:44:39    | 04:27:47      | 04:48:22.45 | 04:48:22.45 | +01:56:29 (40.4%) | 6:27         | 9.3 (59.6%) |
| 289 | ŚLIWIŃSKI Andrzej      | 324   |                                | M60       | 3    | 00:01:33 | 02:42:33      | 03:40:26    | 04:28:28      | 04:48:24.05 | 04:48:24.05 | +01:56:31 (40.4%) | 6:27         | 9.3 (59.6%) |
| 290 | DORSZ Beata            | 226   |                                | K40       | 10   | 00:01:26 | 02:55:19      | 03:47:49    | 04:28:26      | 04:48:29.45 | 04:48:29.45 | +01:56:36 (40.4%) | 6:28         | 9.3 (59.6%) |
| 291 | WÓJCIK Julian          | 709   | SZWLA STARGARD                 | M60       | 4    | 00:00:55 | 02:56:54      | 03:46:05    | 04:28:29      | 04:48:32.40 | 04:48:32.40 | +01:56:39 (40.4%) | 6:28         | 9.3 (59.6%) |
| 292 | SIKORA Michał          | 17    |                                | M40       | 97   | 00:01:14 | 02:54:23      | 03:46:36    | 04:29:02      | 04:48:46.60 | 04:48:46.60 | +01:56:54 (40.5%) | 6:28         | 9.3 (59.6%) |
| 293 | KŁOS Paweł             | 725   |                                | M40       | 98   | 00:01:39 | 02:53:12      | 03:45:21    | 04:26:41      | 04:48:51.30 | 04:48:51.30 | +01:56:58 (40.5%) | 6:28         | 9.3 (59.6%) |
| 294 | PILICHOWSKI Wojciech   | 739   | GRUPA SZALONYCH ROWERZYSTÓW    | M40       | 99   | 00:02:31 | 02:50:15      | 03:46:47    | 04:29:00      | 04:49:14.70 | 04:49:14.70 | +01:57:22 (40.6%) | 6:29         | 9.3 (59.6%) |
| 295 | BOGUSZ Bartosz         | 387   |                                | M40       | 100  | 00:01:21 | 02:51:11      | 03:42:14    | 04:27:05      | 04:49:21.45 | 04:49:21.45 | +01:57:28 (40.6%) | 6:29         | 9.2 (59.0%) |
| 296 | LANGNER Maurycy        | 781   |                                | M40       | 101  | 00:01:52 | 02:49:49      | 03:46:32    | 04:29:16      | 04:49:40.15 | 04:49:40.15 | +01:57:47 (40.7%) | 6:29         | 9.2 (59.0%) |
| 297 | ZAJDEL Sławomir        | 489   | MRÓWKA JAROSŁAW ACTIVE TEAM    | M40       | 102  | 00:01:27 | 02:56:32      | 03:46:25    | 04:29:28      | 04:49:52.95 | 04:49:52.95 | +01:58:00 (40.7%) | 6:29         | 9.2 (59.0%) |
| 298 | TUROSZ Zbigniew        | 346   |                                | M50       | 21   | 00:01:18 | 02:51:23      | 03:44:58    | 04:28:33      | 04:50:11.40 | 04:50:11.40 | +01:58:18 (40.8%) | 6:30         | 9.2 (59.0%) |
| 299 | URBANOWICZ Andrzej     | 723   | MS CONSULTING                  | M40       | 103  | 00:02:04 | 02:52:05      | 03:44:46    | 04:28:10      | 04:50:14.75 | 04:50:14.75 | +01:58:22 (40.8%) | 6:30         | 9.2 (59.0%) |
| 300 | RUTA Mikołaj           | 695   |                                | M40       | 104  | 00:02:10 | 02:52:20      | 03:44:47    | 04:28:13      | 04:50:16.35 | 04:50:16.35 | +01:58:23 (40.8%) | 6:30         | 9.2 (59.0%) |
| 301 | CHWALISZEWSKI Jarosław | 839   | NIGHT RUNNERS GLIWICE          | M40       | 105  | 00:02:21 | 02:52:40      | 03:45:50    | 04:29:25      | 04:50:40.40 | 04:50:40.40 | +01:58:47 (40.9%) | 6:31         | 9.2 (59.0%) |
| 302 | JANICKI Tomasz         | 138   | 21DAPLOT JAROSŁAW              | M30       | 110  | 00:02:09 | 02:54:03      | 03:47:03    | 04:29:24      | 04:50:47.35 | 04:50:47.35 | +01:58:54 (40.9%) | 6:31         | 9.2 (59.0%) |

| Msc | Zawodnik               | Numer | Klub                            | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|---------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                        |       |                                 |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 303 | NOWICKI Artur          | 564   |                                 | M20       | 23   | 00:01:10 | 02:55:44      | 03:48:53    | 04:30:32      | 04:51:03.00 | 04:51:03.00 | +01:59:10 (40.9%) | 6:31         | 9.2 (59.0%) |
| 304 | BZDYRA Michał          | 342   |                                 | M30       | 111  | 00:02:56 | 02:55:54      | 03:51:08    | 04:32:32      | 04:51:03.70 | 04:51:03.70 | +01:59:11 (40.9%) | 6:31         | 9.2 (59.0%) |
| 305 | STOJANOWSKI Dawid      | 556   | RUNHOGS TYCHY                   | M30       | 112  | 00:01:29 | 03:03:56      | 03:51:12    | 04:31:23      | 04:51:06.05 | 04:51:06.05 | +01:59:13 (41.0%) | 6:31         | 9.2 (59.0%) |
| 306 | LEŚNIAK Dariusz        | 38    |                                 | M50       | 22   | 00:00:59 | 02:48:09      | 03:46:30    | 04:29:12      | 04:51:21.40 | 04:51:21.40 | +01:59:28 (41.0%) | 6:31         | 9.2 (59.0%) |
| 307 | STRZELECKI Dawid       | 603   | TEAM SPIRIT                     | M30       | 113  | 00:01:35 | 02:49:29      | 03:40:35    | 04:26:46      | 04:52:03.45 | 04:52:03.45 | +02:00:10 (41.1%) | 6:32         | 9.2 (59.0%) |
| 308 | WOJNAROWICZ Tomasz     | 259   | SPARTANIEDIECIA/OBOZYBIEGOWE.PL | M30       | 114  | 00:02:09 | 02:38:20      | 03:46:34    | 04:29:48      | 04:52:11.40 | 04:52:11.40 | +02:00:18 (41.2%) | 6:33         | 9.2 (59.0%) |
| 309 | KRAWCZYK Łukasz        | 214   | BUDAGO.PL                       | M30       | 115  | 00:01:26 | 02:57:56      | 03:47:15    | 04:30:26      | 04:52:21.20 | 04:52:21.20 | +02:00:28 (41.2%) | 6:33         | 9.2 (59.0%) |
| 310 | ZAJĄC Józef            | 856   | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | M40       | 106  | 00:02:24 | 02:50:31      | 03:46:14    | 04:31:01      | 04:52:36.20 | 04:52:36.20 | +02:00:43 (41.3%) | 6:33         | 9.1 (58.3%) |
| 311 | KRAWCZAK Kamil         | 669   | BIEGUSIEM.PL                    | M30       | 116  | 00:02:39 | 03:01:48      | 03:52:47    | 04:33:06      | 04:52:40.80 | 04:52:40.80 | +02:00:48 (41.3%) | 6:33         | 9.1 (58.3%) |
| 312 | DULĘBA Tomasz          | 664   |                                 | M40       | 107  | 00:01:42 | 02:54:57      | 03:49:02    | 04:32:01      | 04:52:51.25 | 04:52:51.25 | +02:00:58 (41.3%) | 6:33         | 9.1 (58.3%) |
| 313 | TOMIK Małgorzata       | 385   | WWW.BERSERK-SKLEP.PL            | K20       | 10   | 00:00:53 | 02:54:20      | 03:46:20    | 04:28:48      | 04:52:56.05 | 04:52:56.05 | +02:01:03 (41.3%) | 6:34         | 9.1 (58.3%) |
| 314 | NIENADOWSKA Beata      | 380   | ELAKTYWNI                       | K50       | 2    | 00:01:14 | 02:59:03      | 03:51:22    | 04:32:09      | 04:52:58.90 | 04:52:58.90 | +02:01:06 (41.3%) | 6:34         | 9.1 (58.3%) |
| 315 | WYRZYKOWSKI Andrzej    | 537   | BIEGOWYSWIAT.PL                 | M50       | 23   | 00:01:25 | 02:52:07      | 03:53:36    | 04:32:39      | 04:53:07.65 | 04:53:07.65 | +02:01:15 (41.4%) | 6:34         | 9.1 (58.3%) |
| 316 | FOGT-KLOCKOWSKA Monika | 529   | KLOCKI GDYNIA                   | K40       | 11   | 00:01:25 | 02:52:07      | 03:53:30    | 04:32:40      | 04:53:10.25 | 04:53:10.25 | +02:01:17 (41.4%) | 6:34         | 9.1 (58.3%) |
| 317 | SZANIECKI Piotr        | 494   |                                 | M40       | 108  | 00:01:54 | 02:56:51      | 03:49:20    | 04:31:43      | 04:53:24.80 | 04:53:24.80 | +02:01:32 (41.4%) | 6:34         | 9.1 (58.3%) |
| 318 | MAŁECKI Tomasz         | 555   | MAŁE CYCKI                      | M40       | 109  | 00:00:48 | 02:56:10      | 03:51:29    | 04:33:10      | 04:53:25.60 | 04:53:25.60 | +02:01:33 (41.4%) | 6:34         | 9.1 (58.3%) |
| 319 | MAŁECKA Anna           | 554   | MAŁE CYCKI                      | K40       | 12   | 00:00:49 | 02:56:09      | 03:51:29    | 04:33:09      | 04:53:25.80 | 04:53:25.80 | +02:01:33 (41.4%) | 6:34         | 9.1 (58.3%) |
| 320 | KANDEFER Marcin        | 245   | IDEO                            | M30       | 117  | 00:01:57 | 02:55:13      | 03:51:08    | 04:33:04      | 04:53:28.80 | 04:53:28.80 | +02:01:36 (41.4%) | 6:34         | 9.1 (58.3%) |
| 321 | SADY Sebastian         | 222   |                                 | M40       | 110  | 00:01:51 | 02:55:31      | 03:48:59    | 04:33:01      | 04:53:29.40 | 04:53:29.40 | +02:01:36 (41.4%) | 6:34         | 9.1 (58.3%) |
| 322 | WAWRZAK Ryszard        | 238   | NIGHT RUNNERS GLIWICE           | M40       | 111  | 00:01:47 | 02:48:12      | 03:46:50    | 04:31:22      | 04:53:37.10 | 04:53:37.10 | +02:01:44 (41.5%) | 6:35         | 9.1 (58.3%) |
| 323 | KALANDYK Wojciech      | 654   | TURLAM SIĘ DO METY              | M30       | 118  | 00:02:55 | 03:00:34      | 03:52:35    | 04:32:53      | 04:53:43.15 | 04:53:43.15 | +02:01:50 (41.5%) | 6:35         | 9.1 (58.3%) |
| 324 | LIS Marek              | 88    |                                 | M40       | 112  | 00:03:06 | 03:05:47      | 03:57:39    | 04:35:39      | 04:54:10.35 | 04:54:10.35 | +02:02:17 (41.6%) | 6:35         | 9.1 (58.3%) |
| 325 | ABRAHAMOWICZ Jakub     | 681   |                                 | M30       | 119  | 00:02:45 | 02:54:59      | 03:47:29    | 04:32:10      | 04:54:15.40 | 04:54:15.40 | +02:02:22 (41.6%) | 6:35         | 9.1 (58.3%) |
| 326 | GAWLEWICZ Krystyna     | 281   |                                 | K30       | 21   | 00:02:06 | 02:55:41      | 03:53:13    | 04:33:52      | 04:54:31.65 | 04:54:31.65 | +02:02:39 (41.6%) | 6:36         | 9.1 (58.3%) |
| 327 | GAWLEWICZ Tomasz       | 282   |                                 | M40       | 113  | 00:02:06 | 02:55:44      | 03:53:12    | 04:33:52      | 04:54:31.90 | 04:54:31.90 | +02:02:39 (41.6%) | 6:36         | 9.1 (58.3%) |

| Msc | Zawodnik                | Numer | Klub                            | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|---------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 328 | MACIĄG Michał           | 372   | BIEGUSIEM.PL                    | M40       | 114  | 00:02:41          | 03:01:49                | 03:52:48              | 04:33:54                | 04:54:44.20             | 04:54:44.20              | +02:02:51<br>(41.7%) | 6:36            | 9.1<br>(58.3%) |
| 329 | KOZIOŁ Weronika         | 585   |                                 | K20       | 11   | 00:01:11          | 02:53:23                | 03:53:44              | 04:34:44                | 04:54:45.35             | 04:54:45.35              | +02:02:52<br>(41.7%) | 6:36            | 9.1<br>(58.3%) |
| 330 | KISIAŁA Filip           | 162   | LACHO TEAM                      | M30       | 120  | 00:01:58          | 02:50:32                | 03:45:22              | 04:33:02                | 04:55:26.05             | 04:55:26.05              | +02:03:33<br>(41.8%) | 6:37            | 9.1<br>(58.3%) |
| 331 | MAKINIA<br>Wawrzyniec   | 510   | MOVE YOUR AZZ!!                 | M40       | 115  | 00:02:03          | 03:01:43                | 03:49:50              | 04:32:13                | 04:55:38.15             | 04:55:38.15              | +02:03:45<br>(41.9%) | 6:37            | 9.1<br>(58.3%) |
| 332 | TUTKA<br>Maksymilian    | 447   | KS JANUSZE                      | M30       | 121  | 00:01:47          | 02:50:24                | 03:47:00              | 04:32:46                | 04:55:54.60             | 04:55:54.60              | +02:04:02<br>(41.9%) | 6:38            | 9<br>(57.7%)   |
| 333 | SEKUŁA Piotr            | 335   |                                 | M30       | 122  | 00:02:55          | 02:56:03                | 03:49:21              | 04:32:58                | 04:56:02.00             | 04:56:02.00              | +02:04:09<br>(41.9%) | 6:38            | 9<br>(57.7%)   |
| 334 | MALIK Grzegorz          | 390   | PRZEMYŚL                        | M30       | 123  | 00:02:31          | 02:52:15                | 04:00:02              | 04:35:59                | 04:56:18.35             | 04:56:18.35              | +02:04:25<br>(42.0%) | 6:38            | 9<br>(57.7%)   |
| 335 | CHMURKO Michał          | 479   |                                 | M30       | 124  | 00:02:46          | 02:55:46                | 03:54:25              | 04:35:37                | 04:56:19.35             | 04:56:19.35              | +02:04:26<br>(42.0%) | 6:38            | 9<br>(57.7%)   |
| 336 | WYROBA Wojciech         | 822   |                                 | M30       | 125  | 00:01:24          | 02:38:20                | 03:38:54              | 04:27:09                | 04:56:33.95             | 04:56:33.95              | +02:04:41<br>(42.0%) | 6:38            | 9<br>(57.7%)   |
| 337 | CZERWIENKO<br>Mateusz   | 760   |                                 | M20       | 24   | 00:01:52          | 02:42:58                | 03:49:44              | 04:34:01                | 04:56:43.40             | 04:56:43.40              | +02:04:50<br>(42.1%) | 6:39            | 9<br>(57.7%)   |
| 338 | GAWRON Tomasz           | 375   |                                 | M30       | 126  | 00:01:17          | 02:48:30                | 03:49:14              | 04:34:26                | 04:56:54.35             | 04:56:54.35              | +02:05:01<br>(42.1%) | 6:39            | 9<br>(57.7%)   |
| 339 | KŁOSIŃSKI Rafał         | 148   | RACE FIGHTER                    | M40       | 116  | 00:00:41          | 02:43:16                | 03:46:28              | 04:34:43                | 04:57:03.40             | 04:57:03.40              | +02:05:10<br>(42.1%) | 6:39            | 9<br>(57.7%)   |
| 340 | PŁOMIŃSKI Marcin        | 718   | WKURW TEAM/ŁÓDŹ RUNNING TEAM    | M40       | 117  | 00:02:09          | 02:55:35                | 03:53:55              | 04:36:35                | 04:57:17.45             | 04:57:17.45              | +02:05:24<br>(42.2%) | 6:39            | 9<br>(57.7%)   |
| 341 | KURZAJ<br>Aleksandra    | 306   | WGD RUN                         | K30       | 22   | 00:02:09          | 02:55:36                | 03:53:55              | 04:36:36                | 04:57:18.25             | 04:57:18.25              | +02:05:25<br>(42.2%) | 6:39            | 9<br>(57.7%)   |
| 342 | MACKIEWICZ<br>Roman     | 197   | ŁÓDŹ RUNNING TEAM               | M50       | 24   | 00:02:08          | 02:55:36                | 03:53:55              | 04:36:36                | 04:57:18.45             | 04:57:18.45              | +02:05:25<br>(42.2%) | 6:39            | 9<br>(57.7%)   |
| 343 | MAŁECKI Michał          | 714   | EDC RUNNERS                     | M40       | 118  | 00:01:06          | 02:52:32                | 03:51:09              | 04:34:55                | 04:57:30.40             | 04:57:30.40              | +02:05:37<br>(42.2%) | 6:40            | 9<br>(57.7%)   |
| 344 | IWANEK Sebastian        | 728   | BIEGUSIEM.PL                    | M30       | 127  | 00:01:08          | 02:51:43                | 03:45:13              | 04:30:12                | 04:58:16.60             | 04:58:16.60              | +02:06:24<br>(42.4%) | 6:41            | 9<br>(57.7%)   |
| 345 | ZIEBURA Jacek           | 639   | TOWAROWE.PL                     | M40       | 119  | 00:01:19          | 02:54:15                | 03:56:00              | 04:36:57                | 04:58:22.00             | 04:58:22.00              | +02:06:29<br>(42.4%) | 6:41            | 9<br>(57.7%)   |
| 346 | ORŁOWSKI<br>Radosław    | 160   | #KASZANIENAMOKA BIEGAMYRAZEM.PL | M40       | 120  | 00:03:11          | 03:08:38                | 03:58:17              | 04:38:53                | 04:58:28.40             | 04:58:28.40              | +02:06:35<br>(42.4%) | 6:41            | 9<br>(57.7%)   |
| 347 | JURKOWSKI Michał        | 484   |                                 | M40       | 121  | 00:02:38          | 03:05:59                | 03:57:15              | 04:38:50                | 04:58:44.45             | 04:58:44.45              | +02:06:51<br>(42.5%) | 6:41            | 9<br>(57.7%)   |
| 348 | DYLEWSKI Paweł          | 623   | FIZJO-SPORT ŁĘCZNA              | M40       | 122  | 00:01:16          | 02:55:57                | 03:50:15              | 04:36:31                | 04:58:53.45             | 04:58:53.45              | +02:07:00<br>(42.5%) | 6:42            | 9<br>(57.7%)   |
| 349 | KOŁODZIEJCZYK<br>Maciej | 618   | FIZJO-SPORT ŁĘCZNA              | M40       | 123  | 00:01:17          | 02:50:27                | 03:47:38              | 04:36:32                | 04:58:55.10             | 04:58:55.10              | +02:07:02<br>(42.5%) | 6:42            | 9<br>(57.7%)   |
| 350 | PIETRZAK Mariusz        | 325   |                                 | M40       | 124  | 00:02:40          | 03:00:06                | 03:53:08              | 04:37:54                | 04:59:03.60             | 04:59:03.60              | +02:07:11<br>(42.5%) | 6:42            | 8.9<br>(57.1%) |
| 351 | SZCZUR Iwona            | 125   |                                 | K40       | 13   | 00:02:15          | 03:05:47                | 03:57:58              | 04:39:22                | 04:59:37.60             | 04:59:37.60              | +02:07:45<br>(42.6%) | 6:43            | 8.9<br>(57.1%) |
| 352 | SZPULARZ Adam           | 776   |                                 | M30       | 128  | 00:01:16          | 02:59:19                | 03:51:49              | 04:36:05                | 04:59:38.80             | 04:59:38.80              | +02:07:46<br>(42.6%) | 6:43            | 8.9<br>(57.1%) |
| 353 | GĘBKA Małgorzata        | 777   |                                 | K30       | 23   | 00:01:18          | 02:58:51                | 03:51:48              | 04:36:05                | 04:59:38.90             | 04:59:38.90              | +02:07:46<br>(42.6%) | 6:43            | 8.9<br>(57.1%) |

| Msc | Zawodnik                 | Numer | Klub                        | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|--------------------------|-------|-----------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                          |       |                             |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 354 | KUSION Anna              | 61    |                             | K50       | 3    | 00:01:03 | 02:57:40      | 03:53:58    | 04:38:12      | 04:59:42.05 | 04:59:42.05 | +02:07:49<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 355 | WOJCIECHOWSKI Tomasz     | 146   |                             | M30       | 129  | 00:02:19 | 02:49:30      | 03:51:38    | 04:36:50      | 04:59:43.05 | 04:59:43.05 | +02:07:50<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 356 | KRÓLIKOWSKI Andrzej      | 483   |                             | M40       | 125  | 00:01:43 | 02:59:04      | 03:53:03    | 04:38:19      | 04:59:48.60 | 04:59:48.60 | +02:07:56<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 357 | DONIEC Sebastian         | 91    | WWW.ADWOKATDONIEC.PL        | M30       | 130  | 00:01:47 | 02:54:50      | 03:51:36    | 04:38:03      | 05:00:05.35 | 05:00:05.35 | +02:08:12<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 358 | NIEGOWSKI Tomasz         | 270   |                             | M20       | 25   | 00:01:13 | 02:59:25      | 03:57:54    | 04:40:34      | 05:00:05.40 | 05:00:05.40 | +02:08:12<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 359 | WAJCOWICZ Witold         | 45    | POZYTYWNIIE ZABIEGANI SANOK | M40       | 126  | 00:02:03 | 02:55:40      | 03:53:09    | 04:36:49      | 05:00:09.55 | 05:00:09.55 | +02:08:16<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 360 | GAWORECKI Tomasz         | 36    | RUN ENERGY CLUB             | M30       | 131  | 00:02:05 | 02:55:46      | 03:53:11    | 04:36:49      | 05:00:10.55 | 05:00:10.55 | +02:08:17<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 361 | LEŚNIAK-POPIEL Marta     | 97    | POZYTYWNIIE ZABIEGANI SANOK | K40       | 14   | 00:02:04 | 02:55:40      | 03:53:10    | 04:36:49      | 05:00:11.30 | 05:00:11.30 | +02:08:18<br>(42.7%) | 6:43         | 8.9<br>(57.1%) |
| 362 | KWIECIEN Krzysztof       | 805   | 4K TEAM TARNÓW              | M40       | 127  | 00:02:57 | 03:06:04      | 03:57:18    | 04:38:18      | 05:00:14.95 | 05:00:14.95 | +02:08:22<br>(42.8%) | 6:43         | 8.9<br>(57.1%) |
| 363 | SROKA Zbigniew           | 552   |                             | M40       | 128  | 00:02:57 | 03:01:10      | 03:54:31    | 04:38:18      | 05:00:15.40 | 05:00:15.40 | +02:08:22<br>(42.8%) | 6:43         | 8.9<br>(57.1%) |
| 364 | SAMUŚ Dariusz            | 354   | SPARTAN RACE TRAINING GROUP | M30       | 132  | 00:01:55 | 02:55:00      | 03:54:37    | 04:39:36      | 05:00:33.50 | 05:00:33.50 | +02:08:40<br>(42.8%) | 6:44         | 8.9<br>(57.1%) |
| 365 | URBANEK Małgorzata       | 844   | WAPIENICKI TEAM             | K40       | 15   | 00:02:44 | 02:59:10      | 03:55:30    | 04:39:34      | 05:00:51.00 | 05:00:51.00 | +02:08:58<br>(42.9%) | 6:44         | 8.9<br>(57.1%) |
| 366 | WOŁOSZYN Ryszard         | 845   | PIZUNY ROZTOCZEWSCHODNIE    | M50       | 25   | 00:02:44 | 02:59:04      | 03:55:29    | 04:39:32      | 05:00:51.35 | 05:00:51.35 | +02:08:58<br>(42.9%) | 6:44         | 8.9<br>(57.1%) |
| 367 | JEDLIŃSKI Bartosz        | 67    | MARATOŃCZYK DĘBICA          | M40       | 129  | 00:01:38 | 02:55:36      | 03:53:10    | 04:39:22      | 05:00:54.35 | 05:00:54.35 | +02:09:01<br>(42.9%) | 6:44         | 8.9<br>(57.1%) |
| 368 | KAWALEC Grzegorz         | 514   |                             | M30       | 133  | 00:01:57 | 02:55:14      | 03:51:11    | 04:35:44      | 05:01:24.30 | 05:01:24.30 | +02:09:31<br>(43.0%) | 6:45         | 8.9<br>(57.1%) |
| 369 | GAWRON Marcin            | 155   | IDEO                        | M30       | 134  | 00:01:57 | 02:55:14      | 03:51:09    | 04:35:44      | 05:01:24.50 | 05:01:24.50 | +02:09:31<br>(43.0%) | 6:45         | 8.9<br>(57.1%) |
| 370 | NIEDZIELA Marcin         | 189   |                             | M40       | 130  | 00:00:57 | 02:54:50      | 03:49:22    | 04:37:22      | 05:01:30.60 | 05:01:30.60 | +02:09:38<br>(43.0%) | 6:45         | 8.9<br>(57.1%) |
| 371 | JAROSZ JARZEWSKI Mateusz | 195   |                             | M30       | 135  | 00:02:02 | 02:50:20      | 03:46:41    | 04:35:35      | 05:01:35.00 | 05:01:35.00 | +02:09:42<br>(43.0%) | 6:45         | 8.9<br>(57.1%) |
| 372 | FIECEK Paweł             | 268   | ŚWINKI TRZY                 | M30       | 136  | 00:02:24 | 03:09:07      | 04:03:29    | 04:43:42      | 05:01:50.60 | 05:01:50.60 | +02:09:58<br>(43.1%) | 6:46         | 8.9<br>(57.1%) |
| 373 | RĘKAS Michał             | 277   | RAPTOWNI                    | M30       | 137  | 00:02:23 | 03:09:08      | 04:03:27    | 04:43:42      | 05:01:50.80 | 05:01:50.80 | +02:09:58<br>(43.1%) | 6:46         | 8.9<br>(57.1%) |
| 374 | STASIEWICZ Jacek         | 178   | WSCHODNIA SIŁA              | M40       | 131  | 00:02:38 | 03:02:05      | 03:59:12    | 04:41:08      | 05:01:53.20 | 05:01:53.20 | +02:10:00<br>(43.1%) | 6:46         | 8.9<br>(57.1%) |
| 375 | MACHLARZ Mateusz         | 736   | SRTG RZESZÓW                | M20       | 26   | 00:01:58 | 02:55:00      | 03:54:37    | 04:39:36      | 05:02:05.45 | 05:02:05.45 | +02:10:12<br>(43.1%) | 6:46         | 8.9<br>(57.1%) |
| 376 | DOMIN Bartosz            | 512   | COLLEGIUM MEDICUM UJ        | M30       | 138  | 00:01:17 | 02:54:05      | 03:56:41    | 04:39:54      | 05:02:06.35 | 05:02:06.35 | +02:10:13<br>(43.1%) | 6:46         | 8.9<br>(57.1%) |
| 377 | KŁOSOWSKI Karol          | 63    | LOS TREPOS COMPANIEROS      | M30       | 139  | 00:01:48 |               |             |               | 05:02:17.00 | 05:02:17.00 | +02:10:24<br>(43.1%) | 6:46         | 8.9<br>(57.1%) |
| 378 | BLACHA Agata             | 445   | BIŁGORAJ                    | K30       | 24   | 00:01:29 | 02:59:51      | 03:55:23    | 04:39:52      | 05:02:28.65 | 05:02:28.65 | +02:10:36<br>(43.2%) | 6:46         | 8.8<br>(56.4%) |

| Msc | Zawodnik                | Numer | Klub                                 | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------|-------|--------------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                         |       |                                      |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 379 | GONTARZ Aleksandra      | 566   |                                      | K30       | 25   | 00:01:28 | 02:59:51      | 03:55:24    | 04:39:52      | 05:02:28.80 | 05:02:28.80 | +02:10:36 (43.2%) | 6:46         | 8.8 (56.4%) |
| 380 | DĄBROWSKA Katarzyna     | 227   | HUTNIK WARSZAWA                      | K30       | 26   | 00:02:36 | 03:03:37      | 04:02:09    | 04:42:01      | 05:02:42.10 | 05:02:42.10 | +02:10:49 (43.2%) | 6:47         | 8.8 (56.4%) |
| 381 | GŁOWACKI Andrzej        | 631   | DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ | M40       | 132  | 00:02:45 | 03:04:19      | 03:55:42    | 04:39:25      | 05:02:48.90 | 05:02:48.90 | +02:10:56 (43.2%) | 6:47         | 8.8 (56.4%) |
| 382 | ROBAK Jarosław          | 540   |                                      | M40       | 133  | 00:01:54 | 02:56:52      | 03:49:24    | 04:37:57      | 05:02:55.00 | 05:02:55.00 | +02:11:02 (43.3%) | 6:47         | 8.8 (56.4%) |
| 383 | WOJCIECHOWSKI Krzysztof | 463   |                                      | M40       | 134  | 00:01:34 | 02:56:39      | 03:53:40    | 04:39:26      | 05:03:26.30 | 05:03:26.30 | +02:11:33 (43.4%) | 6:48         | 8.8 (56.4%) |
| 384 | PREISNER Remigiusz      | 351   |                                      | M30       | 140  | 00:02:47 | 02:53:29      | 03:53:28    | 04:40:08      | 05:03:33.25 | 05:03:33.25 | +02:11:40 (43.4%) | 6:48         | 8.8 (56.4%) |
| 385 | BABIJ Jakub             | 861   | SPOKOJNA GŁOWA                       | M30       | 141  | 00:02:40 | 02:54:09      | 03:53:03    | 04:39:47      | 05:03:36.05 | 05:03:36.05 | +02:11:43 (43.4%) | 6:48         | 8.8 (56.4%) |
| 386 | HOWIL Waldemar          | 176   | WWW.BIEGOWEKAIZEN.PL                 | M40       | 135  | 00:02:31 | 02:57:33      | 03:56:31    | 04:41:12      | 05:03:39.15 | 05:03:39.15 | +02:11:46 (43.4%) | 6:48         | 8.8 (56.4%) |
| 387 | JEŻOWSKI Jacek          | 436   | WW TEAM                              | M40       | 136  | 00:01:14 | 02:59:09      | 03:52:32    | 04:40:30      | 05:04:02.85 | 05:04:02.85 | +02:12:10 (43.5%) | 6:49         | 8.8 (56.4%) |
| 388 | LICHA Paulina           | 810   |                                      | K20       | 12   | 00:01:13 | 02:49:35      | 03:52:21    | 04:40:53      | 05:04:06.50 | 05:04:06.50 | +02:12:13 (43.5%) | 6:49         | 8.8 (56.4%) |
| 389 | DZIAMSKI Ryszard        | 462   |                                      | M40       | 137  | 00:02:42 | 03:08:23      | 03:59:53    | 04:42:36      | 05:04:18.10 | 05:04:18.10 | +02:12:25 (43.5%) | 6:49         | 8.8 (56.4%) |
| 390 | PROCHERA Damian         | 616   | 7                                    | M30       | 142  | 00:02:39 | 02:59:01      | 04:04:30    | 04:46:01      | 05:04:19.40 | 05:04:19.40 | +02:12:26 (43.5%) | 6:49         | 8.8 (56.4%) |
| 391 | STEC Iwona              | 487   |                                      | K20       | 13   | 00:02:39 | 03:05:14      | 03:59:38    | 04:43:12      | 05:04:30.35 | 05:04:30.35 | +02:12:37 (43.6%) | 6:49         | 8.8 (56.4%) |
| 392 | LEDWOLORZ Anna          | 309   | KS KANAŁEK / VEGE RUNNERS            | K30       | 27   | 00:01:31 | 03:02:15      | 03:59:23    | 04:42:51      | 05:05:11.65 | 05:05:11.65 | +02:13:19 (43.7%) | 6:50         | 8.8 (56.4%) |
| 393 | NOWOMIEJSKI Marcin      | 343   |                                      | M40       | 138  | 00:02:51 | 02:53:07      | 03:50:12    | 04:39:51      | 05:05:33.35 | 05:05:33.35 | +02:13:40 (43.7%) | 6:51         | 8.8 (56.4%) |
| 394 | SMOLUCH Ryszard         | 625   |                                      | M40       | 139  | 00:01:29 | 02:55:55      | 03:51:37    | 04:41:20      | 05:05:36.30 | 05:05:36.30 | +02:13:43 (43.8%) | 6:51         | 8.8 (56.4%) |
| 395 | BANASZAK Maciej         | 648   |                                      | M30       | 143  | 00:02:20 | 02:55:34      | 03:52:42    | 04:40:13      | 05:05:36.70 | 05:05:36.70 | +02:13:44 (43.8%) | 6:51         | 8.8 (56.4%) |
| 396 | FIREK Rafał             | 167   | LACHO TEAM                           | M40       | 140  | 00:02:03 | 03:00:42      | 03:59:05    | 04:42:35      | 05:05:37.80 | 05:05:37.80 | +02:13:45 (43.8%) | 6:51         | 8.8 (56.4%) |
| 397 | SENDEROWSKI Jakub       | 653   | FC REKIN                             | M30       | 144  | 00:02:23 | 02:56:01      | 03:52:42    | 04:34:41      | 05:05:42.60 | 05:05:42.60 | +02:13:50 (43.8%) | 6:51         | 8.8 (56.4%) |
| 398 | STEFANSKI Pawel         | 638   |                                      | M30       | 145  | 00:02:21 | 02:56:34      | 03:53:06    | 04:34:42      | 05:05:43.55 | 05:05:43.55 | +02:13:50 (43.8%) | 6:51         | 8.8 (56.4%) |
| 399 | ZAKRZEWSKI Marek        | 471   | ALEDOBRE.PL                          | M40       | 141  | 00:01:51 | 03:00:06      | 03:55:29    | 04:43:09      | 05:05:53.50 | 05:05:53.50 | +02:14:00 (43.8%) | 6:51         | 8.7 (55.8%) |
| 400 | TRYNIECKI Krzysztof     | 469   | LUBACZÓW                             | M40       | 142  | 00:00:57 | 02:44:01      | 03:46:06    | 04:35:03      | 05:06:10.80 | 05:06:10.80 | +02:14:18 (43.9%) | 6:51         | 8.7 (55.8%) |
| 401 | OBROŚLAK Grzegorz       | 470   | TRAPER-BIEGOMANIA LUBACZÓW           | M40       | 143  | 00:00:57 | 02:44:01      | 03:46:04    | 04:38:20      | 05:06:10.95 | 05:06:10.95 | +02:14:18 (43.9%) | 6:51         | 8.7 (55.8%) |
| 402 | APANOWICZ Angelika      | 318   |                                      | K40       | 16   | 00:01:53 | 03:08:01      | 04:03:57    | 04:46:12      | 05:06:22.25 | 05:06:22.25 | +02:14:29 (43.9%) | 6:52         | 8.7 (55.8%) |
| 403 | KOPEĆ Karol             | 505   |                                      | M40       | 144  | 00:01:34 | 03:08:19      | 04:06:12    | 04:46:22      | 05:06:34.00 | 05:06:34.00 | +02:14:41 (43.9%) | 6:52         | 8.7 (55.8%) |
| 404 | FOGEL Janusz            | 103   | PTG SOKÓŁ ŚWIAT PRACY TARNÓW         | M40       | 145  | 00:01:47 | 03:02:21      | 03:59:15    | 04:43:31      | 05:06:40.30 | 05:06:40.30 | +02:14:47 (44.0%) | 6:52         | 8.7 (55.8%) |



| Msc | Zawodnik                | Numer | Klub                                        | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-------------------------|-------|---------------------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                         |       |                                             |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 405 | KORS Justyna            | 442   |                                             | K30       | 28   | 00:01:59 | 03:14:24      | 04:07:24    | 04:47:43      | 05:06:44.60 | 05:06:44.60 | +02:14:52<br>(44.0%) | 6:52         | 8.7<br>(55.8%) |
| 406 | CISZYŃSKI Marek         | 405   | START KATOWICE                              | M50       | 26   | 00:01:51 | 03:04:27      | 04:04:12    | 04:46:50      | 05:06:51.70 | 05:06:51.70 | +02:14:59<br>(44.0%) | 6:52         | 8.7<br>(55.8%) |
| 407 | MYGA Michał             | 254   | HEARTLESS                                   | M30       | 146  | 00:03:01 | 03:09:49      | 04:07:00    | 04:47:25      | 05:07:00.80 | 05:07:00.80 | +02:15:08<br>(44.0%) | 6:53         | 8.7<br>(55.8%) |
| 408 | MYGA Anna               | 255   | HEARTLESS                                   | K30       | 29   | 00:03:01 | 03:09:49      | 04:07:01    | 04:47:26      | 05:07:04.75 | 05:07:04.75 | +02:15:12<br>(44.0%) | 6:53         | 8.7<br>(55.8%) |
| 409 | BUCZKOWSKA Sylwia       | 838   |                                             | K20       | 14   | 00:01:45 | 03:02:24      | 03:56:56    | 04:43:30      | 05:07:21.60 | 05:07:21.60 | +02:15:29<br>(44.1%) | 6:53         | 8.7<br>(55.8%) |
| 410 | MAZURKIEWICZ Bartłomiej | 461   | MARATON ZAPOROWY TEAM                       | M20       | 27   | 00:02:03 | 03:04:26      | 04:04:13    | 04:47:44      | 05:07:23.80 | 05:07:23.80 | +02:15:31<br>(44.1%) | 6:53         | 8.7<br>(55.8%) |
| 411 | WESTER Mieczysław       | 601   | NIGHT RUNNERS GLIWICE                       | M40       | 146  | 00:02:26 | 03:07:40      | 04:01:56    | 04:45:49      | 05:07:27.25 | 05:07:27.25 | +02:15:34<br>(44.1%) | 6:53         | 8.7<br>(55.8%) |
| 412 | WĘGRZYŃSKI Paweł        | 263   | ITMBW                                       | M30       | 147  | 00:01:20 | 03:01:14      | 04:02:23    | 04:45:58      | 05:07:28.80 | 05:07:28.80 | +02:15:36<br>(44.1%) | 6:53         | 8.7<br>(55.8%) |
| 413 | MURAWICZ Grzegorz       | 768   | PODLESIE                                    | M50       | 27   | 00:02:25 | 03:14:22      | 04:02:51    | 04:45:31      | 05:07:45.30 | 05:07:45.30 | +02:15:52<br>(44.2%) | 6:54         | 8.7<br>(55.8%) |
| 414 | DRWIĘGA Beata           | 307   | POZYTYWANIE ZABIEGANI SANOK                 | K40       | 17   | 00:02:02 | 03:04:28      | 04:04:13    | 04:46:50      | 05:07:48.80 | 05:07:48.80 | +02:15:56<br>(44.2%) | 6:54         | 8.7<br>(55.8%) |
| 415 | PORĘBSKI Zbigniew       | 413   | QUATTRO                                     | M50       | 28   | 00:01:04 | 03:01:50      | 04:00:15    | 04:46:48      | 05:07:55.70 | 05:07:55.70 | +02:16:03<br>(44.2%) | 6:54         | 8.7<br>(55.8%) |
| 416 | GĘBCZYŃSKI Paweł        | 628   |                                             | M30       | 148  | 00:02:22 | 03:03:49      | 03:58:53    | 04:43:42      | 05:07:57.95 | 05:07:57.95 | +02:16:05<br>(44.2%) | 6:54         | 8.7<br>(55.8%) |
| 417 | MAREK Wojciech          | 748   | CELUJ W ZDROWIE                             | M40       | 147  | 00:02:47 | 03:02:26      | 03:57:52    | 04:45:27      | 05:08:38.60 | 05:08:38.60 | +02:16:46<br>(44.3%) | 6:55         | 8.7<br>(55.8%) |
| 418 | HAJDO Robert            | 297   | BKB VICTORIA                                | M40       | 148  | 00:02:41 | 03:01:56      | 04:00:32    | 04:47:27      | 05:08:49.60 | 05:08:49.60 | +02:16:57<br>(44.3%) | 6:55         | 8.7<br>(55.8%) |
| 419 | MOTYKA Artur            | 673   |                                             | M40       | 149  | 00:01:15 | 03:05:51      | 03:59:08    | 04:46:09      | 05:09:05.90 | 05:09:05.90 | +02:17:13<br>(44.4%) | 6:55         | 8.7<br>(55.8%) |
| 420 | CHUDZICKI Łukasz        | 320   |                                             | M30       | 149  | 00:02:44 | 03:07:54      | 04:02:52    | 04:46:44      | 05:10:04.05 | 05:10:04.05 | +02:18:11<br>(44.6%) | 6:57         | 8.6<br>(55.1%) |
| 421 | BARAŃSKI Michał         | 193   |                                             | M40       | 150  | 00:01:11 | 03:01:22      | 04:00:44    | 04:46:25      | 05:10:24.70 | 05:10:24.70 | +02:18:32<br>(44.6%) | 6:57         | 8.6<br>(55.1%) |
| 422 | WOJTOWICZ-SANDER Sylwia | 873   | POŁUDNIOWA POLSKA BIEGA                     | K20       | 15   | 00:02:17 | 03:10:46      | 04:10:13    | 04:50:21      | 05:10:35.60 | 05:10:35.60 | +02:18:43<br>(44.7%) | 6:57         | 8.6<br>(55.1%) |
| 423 | SIKORA-KOŁODZIEJ Irmína | 454   | POŁUDNIOWA POLSKA TEAM                      | K30       | 30   | 00:02:17 | 03:10:46      | 04:10:15    | 04:50:21      | 05:10:35.85 | 05:10:35.85 | +02:18:43<br>(44.7%) | 6:57         | 8.6<br>(55.1%) |
| 424 | ŻELAZNY Judyta          | 490   | MRÓWKA JAROSŁAW ACTIVE TEAM                 | K40       | 18   | 00:01:28 | 03:05:15      | 04:04:26    | 04:49:02      | 05:11:03.25 | 05:11:03.25 | +02:19:10<br>(44.7%) | 6:58         | 8.6<br>(55.1%) |
| 425 | SEREDA Joanna           | 434   |                                             | K20       | 16   | 00:01:58 | 03:14:24      | 04:07:21    | 04:49:18      | 05:11:10.15 | 05:11:10.15 | +02:19:17<br>(44.8%) | 6:58         | 8.6<br>(55.1%) |
| 426 | PUZIO Waldemaar         | 500   | KB MARATOŃCZYK DĘBICA                       | M60       | 5    | 00:01:36 | 03:12:25      | 04:06:19    | 04:49:08      | 05:11:31.35 | 05:11:31.35 | +02:19:38<br>(44.8%) | 6:59         | 8.6<br>(55.1%) |
| 427 | MANTYCKI Rafał          | 737   | HUSARIA RACE TEAM                           | M20       | 28   | 00:02:44 | 03:04:14      | 04:02:30    | 04:48:51      | 05:11:46.40 | 05:11:46.40 | +02:19:53<br>(44.9%) | 6:59         | 8.6<br>(55.1%) |
| 428 | ŻYNDA Jan               | 620   | FUNDACJA KIERUNEK ULTRA                     | M40       | 151  | 00:01:18 | 03:08:47      | 04:01:51    | 04:48:25      | 05:11:48.25 | 05:11:48.25 | +02:19:55<br>(44.9%) | 6:59         | 8.6<br>(55.1%) |
| 429 | BRZOZOWSKA Anna         | 394   | PKS GALOPUJĄCA SOCZEWICA / KRASNYSTAW BIEGA | K40       | 19   | 00:01:52 | 02:56:50      | 03:56:29    | 04:46:22      | 05:11:54.65 | 05:11:54.65 | +02:20:02<br>(44.9%) | 6:59         | 8.6<br>(55.1%) |
| 429 | BRZOZOWSKI Armand       | 395   | PKS GALOPUJĄCA SOCZEWICA                    | M40       | 152  | 00:01:52 | 02:56:50      | 03:56:30    | 04:46:25      | 05:11:54.65 | 05:11:54.65 | +02:20:02<br>(44.9%) | 6:59         | 8.6<br>(55.1%) |

| Msc | Zawodnik                  | Numer | Klub                                   | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|----------------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                           |       |                                        |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 431 | SOBEL Adrian              | 795   | BIEGIEM PRZEZ GÓRY - RUNTEAM PAWŁOWICE | M30       | 150  | 00:01:10 | 02:53:57      | 04:00:42    | 04:46:07      | 05:11:56.75 | 05:11:56.75 | +02:20:04 (44.9%) | 6:59         | 8.6 (55.1%) |
| 432 | TESZNER Adrian            | 804   | RUN TEAM PAWŁOWICE                     | M20       | 29   | 00:01:10 | 02:53:57      | 04:00:42    | 04:46:08      | 05:11:57.10 | 05:11:57.10 | +02:20:04 (44.9%) | 6:59         | 8.6 (55.1%) |
| 433 | WILKOS Marcin             | 582   |                                        | M40       | 153  | 00:02:42 | 03:04:18      | 04:00:46    | 04:48:01      | 05:12:17.20 | 05:12:17.20 | +02:20:24 (45.0%) | 7:00         | 8.6 (55.1%) |
| 434 | ZARĘBA Anna               | 863   |                                        | K20       | 17   | 00:02:09 | 03:01:28      | 04:01:51    | 04:49:06      | 05:12:25.35 | 05:12:25.35 | +02:20:32 (45.0%) | 7:00         | 8.6 (55.1%) |
| 435 | KORBUT Radosław           | 334   | KONIUCHY                               | M30       | 151  | 00:02:35 | 03:03:39      | 04:02:09    | 04:48:32      | 05:12:26.90 | 05:12:26.90 | +02:20:34 (45.0%) | 7:00         | 8.6 (55.1%) |
| 436 | BIJOŚ Mirosław            | 431   |                                        | M30       | 152  | 00:01:23 | 03:04:37      | 04:02:25    | 04:48:31      | 05:12:31.15 | 05:12:31.15 | +02:20:38 (45.0%) | 7:00         | 8.6 (55.1%) |
| 437 | SZUPUŁA Wojciech          | 846   | RYSIANKA TEAM RACE                     | M40       | 154  | 00:01:30 | 03:05:49      | 04:02:54    | 04:48:59      | 05:13:00.20 | 05:13:00.20 | +02:21:07 (45.1%) | 7:01         | 8.5 (54.5%) |
| 438 | PAWLUS Paweł              | 298   |                                        | M30       | 153  | 00:01:30 | 03:05:39      | 04:02:57    | 04:48:29      | 05:13:02.00 | 05:13:02.00 | +02:21:09 (45.1%) | 7:01         | 8.5 (54.5%) |
| 439 | SZYPUŁA Michał            | 191   | OLZA CIESZYN                           | M30       | 154  | 00:01:30 | 03:05:48      | 04:02:55    | 04:48:59      | 05:13:05.20 | 05:13:05.20 | +02:21:12 (45.1%) | 7:01         | 8.5 (54.5%) |
| 440 | JAKUBOWSKI Leszek         | 629   | NKB CHYŻY NOWY TOMYŚL                  | M40       | 155  | 00:02:29 | 03:03:35      | 04:05:35    | 04:50:04      | 05:13:08.90 | 05:13:08.90 | +02:21:16 (45.1%) | 7:01         | 8.5 (54.5%) |
| 441 | RAKOCZY Paweł             | 183   |                                        | M40       | 156  | 00:01:34 | 02:55:06      | 03:59:11    | 04:45:46      | 05:13:18.05 | 05:13:18.05 | +02:21:25 (45.1%) | 7:01         | 8.5 (54.5%) |
| 442 | CHUDECKI Andrzej          | 417   |                                        | M30       | 155  | 00:01:35 | 03:08:21      | 04:06:12    | 04:51:11      | 05:13:23.95 | 05:13:23.95 | +02:21:31 (45.2%) | 7:01         | 8.5 (54.5%) |
| 443 | ŚLEDZIOWSKI Andrzej       | 242   | LACHO TEAM                             | M40       | 157  | 00:02:00 | 03:03:41      | 04:08:52    | 04:51:18      | 05:13:27.25 | 05:13:27.25 | +02:21:34 (45.2%) | 7:01         | 8.5 (54.5%) |
| 444 | GŁOWACKI Mateusz          | 632   | WIELISZEW HERON TEAM                   | M20       | 30   | 00:02:48 | 03:18:07      | 04:11:14    | 04:53:10      | 05:13:39.85 | 05:13:39.85 | +02:21:47 (45.2%) | 7:01         | 8.5 (54.5%) |
| 445 | HONKISZ-GODLEWSKA Urszula | 874   | NOWY STYL GROUP RUNNING TEAM           | K30       | 31   | 00:01:29 | 03:02:20      | 03:57:59    | 04:48:08      | 05:14:11.00 | 05:14:11.00 | +02:22:18 (45.3%) | 7:02         | 8.5 (54.5%) |
| 445 | KACZMARCZYK Piotr         | 643   | KAMARAK GLOBERUNNERS                   | M30       | 156  | 00:01:18 | 02:59:34      | 04:03:16    | 04:49:31      | 05:14:11.00 | 05:14:11.00 | +02:22:18 (45.3%) | 7:02         | 8.5 (54.5%) |
| 447 | SŁOBODA Elżbieta          | 422   | RUNSŁOBODAN                            | K30       | 32   | 00:02:35 | 03:09:11      | 04:08:24    | 04:52:06      | 05:14:40.90 | 05:14:40.90 | +02:22:48 (45.4%) | 7:03         | 8.5 (54.5%) |
| 448 | CZUBA Michał              | 361   |                                        | M30       | 157  | 00:00:55 | 03:09:47      | 04:09:06    | 04:53:27      | 05:14:44.15 | 05:14:44.15 | +02:22:51 (45.4%) | 7:03         | 8.5 (54.5%) |
| 449 | NIEDZIELA Paweł           | 836   | TIM TIRIM TEAM                         | M30       | 158  | 00:02:22 | 03:08:22      | 04:02:34    | 04:49:04      | 05:14:51.20 | 05:14:51.20 | +02:22:58 (45.4%) | 7:03         | 8.5 (54.5%) |
| 450 | SOKOŁOWSKA Agnieszka      | 86    |                                        | K30       | 33   | 00:02:33 | 03:10:47      | 04:05:25    | 04:51:40      | 05:14:55.95 | 05:14:55.95 | +02:23:03 (45.4%) | 7:03         | 8.5 (54.5%) |
| 451 | MYŚLIŃSKA Anna            | 503   | BIEGAM BO LUBIĘ POLONEZ                | K40       | 20   |          | 03:17:46      | 04:11:47    | 04:54:19      | 05:15:11.65 | 05:15:11.65 | +02:23:19 (45.5%) | 7:04         | 8.5 (54.5%) |
| 452 | KOKOT Roman               | 701   | MB AEROSPACE / AKTYWNY DYNÓW           | M30       | 159  | 00:02:46 | 03:10:02      | 04:05:28    | 04:51:48      | 05:15:13.40 | 05:15:13.40 | +02:23:20 (45.5%) | 7:04         | 8.5 (54.5%) |
| 453 | PESZEK Bogdan             | 520   | WKURW_TEAM                             | M40       | 158  | 00:02:44 | 03:10:02      | 04:05:34    | 04:51:48      | 05:15:13.60 | 05:15:13.60 | +02:23:21 (45.5%) | 7:04         | 8.5 (54.5%) |
| 454 | TWORZYDŁO Michał          | 646   | WKURW_TEAM                             | M20       | 31   | 00:02:42 | 03:10:01      | 04:05:29    | 04:51:49      | 05:15:14.30 | 05:15:14.30 | +02:23:21 (45.5%) | 7:04         | 8.5 (54.5%) |
| 455 | GWIZDAK Bartosz           | 821   | WATER TEAM                             | M30       | 160  | 00:01:24 | 03:04:15      | 04:03:31    | 04:51:02      | 05:15:19.75 | 05:15:19.75 | +02:23:27 (45.5%) | 7:04         | 8.5 (54.5%) |

| Msc | Zawodnik                  | Numer | Klub                          | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|---------------------------|-------|-------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                           |       |                               |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 456 | HABA Konrad               | 868   | KZB                           | M30       | 161  | 00:02:50 | 03:05:59      | 04:05:21    | 04:52:04      | 05:15:33.25 | 05:15:33.25 | +02:23:40<br>(45.5%) | 7:04         | 8.5<br>(54.5%) |
| 457 | NIEMIEC-DRWIĘGA Bernadeta | 231   | POZYTYWNIENZABIEGANI SANOK    | K40       | 21   | 00:02:03 | 03:09:11      | 04:06:55    | 04:53:58      | 05:15:35.20 | 05:15:35.20 | +02:23:42<br>(45.5%) | 7:04         | 8.5<br>(54.5%) |
| 458 | DROBOT Piotr              | 348   | POZYTYWNIENIE ZABIEGANI SANOK | M40       | 159  | 00:02:03 | 03:09:12      | 04:06:54    | 04:53:58      | 05:15:35.65 | 05:15:35.65 | +02:23:43<br>(45.5%) | 7:04         | 8.5<br>(54.5%) |
| 459 | POLAŃSKI Paweł            | 573   | #KASZANIENAMOKA               | M30       | 162  | 00:03:12 | 03:08:39      | 04:07:26    | 04:52:12      | 05:15:37.15 | 05:15:37.15 | +02:23:44<br>(45.5%) | 7:04         | 8.5<br>(54.5%) |
| 460 | WIĘCZKOWSKI Wojciech      | 57    | OD_CIENIASA_DO_ULTRASA        | M40       | 160  | 00:02:27 | 03:04:40      | 04:04:45    | 04:52:26      | 05:15:49.15 | 05:15:49.15 | +02:23:56<br>(45.6%) | 7:04         | 8.5<br>(54.5%) |
| 461 | CYRAN Grzegorz            | 104   | AILLERON                      | M40       | 161  | 00:02:53 | 03:03:45      | 04:02:32    | 04:52:08      | 05:17:10.60 | 05:17:10.60 | +02:25:18<br>(45.8%) | 7:06         | 8.4<br>(53.8%) |
| 462 | KOWALCZYK Bartłomiej      | 592   |                               | M20       | 32   |          | 03:05:03      | 04:03:33    | 04:52:17      | 05:17:53.60 | 05:17:53.60 | +02:26:01<br>(45.9%) | 7:07         | 8.4<br>(53.8%) |
| 463 | LENART-KŁOŚ Katarzyna     | 26    |                               | K30       | 34   | 00:01:54 | 03:09:33      | 04:12:42    | 04:56:46      | 05:17:54.55 | 05:17:54.55 | +02:26:01<br>(45.9%) | 7:07         | 8.4<br>(53.8%) |
| 464 | KŁOŚ Artur                | 27    | PKO BANK POLSKI               | M30       | 163  | 00:01:53 | 03:09:34      | 04:12:44    | 04:56:47      | 05:17:57.40 | 05:17:57.40 | +02:26:04<br>(45.9%) | 7:07         | 8.4<br>(53.8%) |
| 465 | GŁÓWKA Alfred             | 741   | KARCZMA U FREDA               | M50       | 29   | 00:01:50 | 03:06:24      | 04:08:28    | 04:55:02      | 05:18:00.90 | 05:18:00.90 | +02:26:08<br>(46.0%) | 7:07         | 8.4<br>(53.8%) |
| 466 | GUMIELA Michał            | 809   | WKURW_TEAM                    | M30       | 164  |          | 03:08:38      | 04:04:35    | 04:53:21      | 05:18:03.50 | 05:18:03.50 | +02:26:10<br>(46.0%) | 7:07         | 8.4<br>(53.8%) |
| 467 | HANULAK Paweł             | 693   | WKURW_TEAM                    | M20       | 33   | 00:02:25 | 03:08:35      | 04:03:19    | 04:53:22      | 05:18:04.20 | 05:18:04.20 | +02:26:11<br>(46.0%) | 7:07         | 8.4<br>(53.8%) |
| 468 | BURANT Agnieszka          | 801   |                               | K30       | 35   | 00:01:06 | 03:11:52      | 04:12:55    | 04:56:28      | 05:18:26.90 | 05:18:26.90 | +02:26:34<br>(46.0%) | 7:08         | 8.4<br>(53.8%) |
| 469 | GRODZKI Arkadiusz         | 682   |                               | M20       | 34   | 00:01:56 | 03:02:28      | 04:09:17    | 04:56:30      | 05:19:34.00 | 05:19:34.00 | +02:27:41<br>(46.2%) | 7:09         | 8.4<br>(53.8%) |
| 470 | KOZICKI Marcin            | 95    |                               | M30       | 165  | 00:02:10 | 03:08:22      | 04:07:54    | 04:54:51      | 05:19:35.65 | 05:19:35.65 | +02:27:43<br>(46.2%) | 7:09         | 8.4<br>(53.8%) |
| 471 | GRANDA Paweł              | 427   | 21 DAPLOT JAROSŁAW            | M30       | 166  | 00:02:07 | 03:10:26      | 04:08:31    | 04:56:34      | 05:20:14.35 | 05:20:14.35 | +02:28:21<br>(46.3%) | 7:10         | 8.4<br>(53.8%) |
| 472 | BARAŃSKI Piotr            | 794   | BARANSKI MARATHON TEAM        | M30       | 167  | 00:02:42 | 03:07:50      | 04:09:09    | 04:56:32      | 05:20:14.95 | 05:20:14.95 | +02:28:22<br>(46.3%) | 7:10         | 8.4<br>(53.8%) |
| 473 | MORCINEK Marcin           | 89    | BLUSZCZA                      | M40       | 162  | 00:02:30 | 03:08:01      | 04:10:53    | 04:58:55      | 05:20:48.15 | 05:20:48.15 | +02:28:55<br>(46.4%) | 7:11         | 8.3<br>(53.2%) |
| 474 | ŚWIĄTEK Piotr             | 553   |                               | M30       | 168  | 00:02:25 | 03:15:56      | 04:15:22    | 04:58:57      | 05:21:05.55 | 05:21:05.55 | +02:29:12<br>(46.5%) | 7:11         | 8.3<br>(53.2%) |
| 475 | DZIEKAN Krzysztof         | 401   | AKADEMIA BIEGANIA GRUDZIĄDZ   | M40       | 163  | 00:02:45 | 03:17:55      | 04:15:01    | 04:59:36      | 05:21:20.80 | 05:21:20.80 | +02:29:28<br>(46.5%) | 7:12         | 8.3<br>(53.2%) |
| 476 | MAKOWSKI Marek            | 403   | WTP                           | M30       | 169  | 00:02:45 | 03:17:55      | 04:15:01    | 04:59:38      | 05:21:21.60 | 05:21:21.60 | +02:29:29<br>(46.5%) | 7:12         | 8.3<br>(53.2%) |
| 477 | JANIK Paweł               | 784   |                               | M30       | 170  | 00:03:03 | 02:55:54      | 04:00:40    | 04:56:12      | 05:21:54.45 | 05:21:54.45 | +02:30:01<br>(46.6%) | 7:13         | 8.3<br>(53.2%) |
| 478 | WARZYCHA Dawid            | 54    | PKP INTERCITY                 | M20       | 35   | 00:02:46 | 03:03:43      | 04:13:28    | 05:00:03      | 05:22:11.25 | 05:22:11.25 | +02:30:18<br>(46.7%) | 7:13         | 8.3<br>(53.2%) |
| 479 | FRĄC Dariusz              | 23    | NIGHT RUNNERS GLIWICE         | M40       | 164  | 00:02:28 | 03:09:06      | 04:12:47    | 04:57:37      | 05:22:18.40 | 05:22:18.40 | +02:30:25<br>(46.7%) | 7:13         | 8.3<br>(53.2%) |
| 480 | ŚLIWIŃSKA Alicja          | 852   | NIGHT RUNNERS GLIWICE         | K30       | 36   | 00:02:28 | 03:09:06      | 04:12:47    | 04:57:38      | 05:22:18.50 | 05:22:18.50 | +02:30:25<br>(46.7%) | 7:13         | 8.3<br>(53.2%) |
| 481 | ANDRZEJEWSKI Piotr        | 694   | FND RUNNING TEAM              | M30       | 171  | 00:02:53 | 03:05:52      | 04:09:44    | 04:58:02      | 05:22:29.10 | 05:22:29.10 | +02:30:36<br>(46.7%) | 7:13         | 8.3<br>(53.2%) |

| Msc | Zawodnik              | Numer | Klub                            | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-----------------------|-------|---------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                       |       |                                 |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 482 | KUŚPIT Przemek        | 722   |                                 | M30       | 172  | 00:01:39 | 03:09:29      | 04:11:32    | 04:59:06      | 05:22:32.20 | 05:22:32.20 | +02:30:39<br>(46.7%) | 7:13         | 8.3<br>(53.2%) |
| 483 | ŚLĄCZKA Arkadiusz     | 356   | FINISZ RYMANÓW                  | M30       | 173  | 00:02:34 | 03:02:23      | 04:05:00    | 04:57:40      | 05:22:55.35 | 05:22:55.35 | +02:31:02<br>(46.8%) | 7:14         | 8.3<br>(53.2%) |
| 484 | KUNKEL Anna           | 246   | PGB SPORTOWA PACZKA             | K40       | 22   | 00:01:48 | 03:17:10      | 04:14:57    | 05:00:45      | 05:23:06.90 | 05:23:06.90 | +02:31:14<br>(46.8%) | 7:14         | 8.3<br>(53.2%) |
| 485 | ZATORSKI Andrzej      | 90    |                                 | M50       | 30   | 00:02:29 | 03:03:21      | 04:04:13    | 04:56:37      | 05:24:18.50 | 05:24:18.50 | +02:32:25<br>(47.0%) | 7:16         | 8.3<br>(53.2%) |
| 486 | KOSNO Dorota          | 466   |                                 | K40       | 23   | 00:01:25 | 03:10:51      | 04:11:16    | 04:59:32      | 05:24:38.90 | 05:24:38.90 | +02:32:46<br>(47.1%) | 7:16         | 8.2<br>(52.6%) |
| 487 | FLIŚNIK Mirek         | 456   | PKS GALOPUJĄCA SOCZEWICA        | M30       | 174  | 00:01:48 | 03:01:15      | 04:09:27    | 04:56:49      | 05:24:52.05 | 05:24:52.05 | +02:32:59<br>(47.1%) | 7:17         | 8.2<br>(52.6%) |
| 488 | SZYMAŃSKA Agnieszka   | 559   | PKO BANK POLSKI                 | K40       | 24   | 00:01:37 | 03:03:56      | 04:10:49    | 04:59:38      | 05:24:54.95 | 05:24:54.95 | +02:33:02<br>(47.1%) | 7:17         | 8.2<br>(52.6%) |
| 489 | SZYMAŃSKI Adam        | 558   | PKO BANK POLSKI                 | M40       | 165  | 00:01:37 | 03:03:55      | 04:10:49    | 04:59:38      | 05:24:55.00 | 05:24:55.00 | +02:33:02<br>(47.1%) | 7:17         | 8.2<br>(52.6%) |
| 490 | TREGUB Igor           | 743   | KUKURUDZA                       | M30       | 175  | 00:00:52 | 03:17:05      | 04:13:52    | 05:00:52      | 05:25:20.00 | 05:25:20.00 | +02:33:27<br>(47.2%) | 7:17         | 8.2<br>(52.6%) |
| 491 | WASYLISZYN Bernadetta | 533   | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | K30       | 37   | 00:01:28 | 03:10:39      | 04:12:08    | 05:02:29      | 05:25:30.60 | 05:25:30.60 | +02:33:38<br>(47.2%) | 7:17         | 8.2<br>(52.6%) |
| 492 | BIELECKI Filip        | 43    |                                 | M30       | 176  | 00:02:55 | 03:10:15      | 04:12:24    | 05:02:33      | 05:25:52.30 | 05:25:52.30 | +02:33:59<br>(47.3%) | 7:18         | 8.2<br>(52.6%) |
| 493 | SZYMANOWSKI Tomek     | 44    |                                 | M30       | 177  | 00:02:55 | 03:10:15      | 04:12:25    | 05:02:34      | 05:25:52.60 | 05:25:52.60 | +02:34:00<br>(47.3%) | 7:18         | 8.2<br>(52.6%) |
| 494 | ROCHOWIAK Janusz      | 783   |                                 | M50       | 31   | 00:02:40 | 03:15:19      | 04:15:37    | 05:02:36      | 05:26:05.20 | 05:26:05.20 | +02:34:12<br>(47.3%) | 7:18         | 8.2<br>(52.6%) |
| 495 | ŁUSZCZYC Anna         | 764   | WKURW_TEAM                      | K30       | 38   | 00:02:44 | 03:13:43      | 04:15:35    | 05:04:47      | 05:26:13.60 | 05:26:13.60 | +02:34:21<br>(47.3%) | 7:18         | 8.2<br>(52.6%) |
| 496 | ORLEWSKI Piotr        | 647   | ULTRAMARATON PODKARPACKI        | M50       | 32   | 00:02:18 | 03:02:56      | 04:16:37    | 05:03:02      | 05:26:26.00 | 05:26:26.00 | +02:34:33<br>(47.3%) | 7:19         | 8.2<br>(52.6%) |
| 497 | BILSKI Mateusz        | 782   |                                 | M20       | 36   | 00:01:52 | 03:09:03      | 04:16:49    | 05:03:33      | 05:26:44.90 | 05:26:44.90 | +02:34:52<br>(47.4%) | 7:19         | 8.2<br>(52.6%) |
| 498 | PYZEL Agnieszka       | 303   | KS PEGAZ                        | K50       | 4    | 00:02:11 | 03:19:45      | 04:25:25    | 05:07:00      | 05:26:49.60 | 05:26:49.60 | +02:34:57<br>(47.4%) | 7:19         | 8.2<br>(52.6%) |
| 499 | WIELECHOWSKA Natalia  | 312   | HUSARIA RACE TEAM               | K20       | 18   | 00:01:15 | 03:13:14      | 04:17:56    | 05:03:24      | 05:26:58.85 | 05:26:58.85 | +02:35:06<br>(47.4%) | 7:19         | 8.2<br>(52.6%) |
| 500 | GÓRSKI Emil           | 267   | HUSARIA RACE TEAM               | M20       | 37   | 00:01:18 | 03:13:14      | 04:17:56    | 05:03:25      | 05:26:59.00 | 05:26:59.00 | +02:35:06<br>(47.4%) | 7:19         | 8.2<br>(52.6%) |
| 501 | BERNAŚ Dariusz        | 841   | BSCZADY                         | M30       | 178  | 00:02:31 | 03:27:36      | 04:22:23    | 05:07:05      | 05:27:24.20 | 05:27:24.20 | +02:35:31<br>(47.5%) | 7:20         | 8.2<br>(52.6%) |
| 502 | JAKUBOWSKI Daniel     | 546   | CENTRUM ANIMACJI SPOŁECZNEJ     | M40       | 166  | 00:02:44 | 03:13:43      | 04:15:35    | 05:03:30      | 05:27:35.85 | 05:27:35.85 | +02:35:43<br>(47.5%) | 7:20         | 8.2<br>(52.6%) |
| 503 | DUKATA Grzegorz       | 240   | MGW                             | M40       | 167  | 00:01:16 | 03:09:07      | 04:14:16    | 05:03:15      | 05:27:36.60 | 05:27:36.60 | +02:35:44<br>(47.5%) | 7:20         | 8.2<br>(52.6%) |
| 504 | PIASNY Paweł          | 802   |                                 | M40       | 168  | 00:01:15 | 03:09:10      | 04:14:18    | 05:03:18      | 05:27:37.35 | 05:27:37.35 | +02:35:44<br>(47.5%) | 7:20         | 8.2<br>(52.6%) |
| 505 | WITKOWSKA Beata       | 186   |                                 | K30       | 39   | 00:03:13 | 03:15:10      | 04:15:31    | 05:03:00      | 05:27:38.80 | 05:27:38.80 | +02:35:46<br>(47.5%) | 7:20         | 8.2<br>(52.6%) |
| 506 | BURY Marek            | 127   |                                 | M40       | 169  | 00:02:40 | 03:13:31      | 04:20:15    | 05:05:36      | 05:27:40.55 | 05:27:40.55 | +02:35:47<br>(47.5%) | 7:20         | 8.2<br>(52.6%) |
| 507 | JURCZAK Daniel        | 609   | MKB DREPTAK                     | M40       | 170  | 00:00:54 | 03:05:11      | 04:08:45    | 04:59:50      | 05:27:47.15 | 05:27:47.15 | +02:35:54<br>(47.6%) | 7:20         | 8.2<br>(52.6%) |

| Msc | Zawodnik                | Numer | Klub                       | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-------------------------|-------|----------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                         |       |                            |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 508 | PAROL Paweł             | 570   |                            | M40       | 171  | 00:01:26 | 03:04:47      | 04:11:08    | 05:01:55      | 05:28:01.40 | 05:28:01.40 | +02:36:08<br>(47.6%) | 7:21         | 8.2<br>(52.6%) |
| 509 | MAKOWSKA Maja           | 244   | TEAM AKTYWNI Z CUKRZYCĄ    | K20       | 19   | 00:02:04 | 03:24:01      | 04:18:42    | 05:06:58      | 05:28:09.95 | 05:28:09.95 | +02:36:17<br>(47.6%) | 7:21         | 8.2<br>(52.6%) |
| 510 | RUBIN Andrzej           | 42    | KB MCKIS JAWORZNO          | M40       | 172  | 00:01:44 | 03:17:49      | 04:21:26    | 05:05:01      | 05:28:10.25 | 05:28:10.25 | +02:36:17<br>(47.6%) | 7:21         | 8.2<br>(52.6%) |
| 511 | KUSZ Tomasz             | 340   |                            | M40       | 173  | 00:01:10 | 03:08:17      | 04:08:52    | 05:04:20      | 05:28:22.30 | 05:28:22.30 | +02:36:29<br>(47.7%) | 7:21         | 8.1<br>(51.9%) |
| 512 | STACHYRA Andrzej        | 619   | LSB                        | M50       | 33   | 00:01:17 | 03:03:12      | 04:11:00    | 05:02:30      | 05:28:44.45 | 05:28:44.45 | +02:36:51<br>(47.7%) | 7:22         | 8.1<br>(51.9%) |
| 513 | MAZUR Jacek             | 735   |                            | M30       | 179  | 00:02:11 | 03:14:08      | 04:16:31    | 05:04:54      | 05:29:06.15 | 05:29:06.15 | +02:37:13<br>(47.8%) | 7:22         | 8.1<br>(51.9%) |
| 514 | DZWONKOWSKI Andrzej     | 532   |                            | M30       | 180  | 00:01:46 | 03:07:43      | 04:12:06    | 05:05:04      | 05:29:13.00 | 05:29:13.00 | +02:37:20<br>(47.8%) | 7:22         | 8.1<br>(51.9%) |
| 515 | GADAMSKA-KABATA Paulina | 243   |                            | K30       | 40   | 00:01:32 | 03:15:17      | 04:21:56    | 05:07:04      | 05:29:18.20 | 05:29:18.20 | +02:37:25<br>(47.8%) | 7:23         | 8.1<br>(51.9%) |
| 516 | ZIENKIEWICZ Agata       | 241   | PIASECZNO RUNNING          | K30       | 41   | 00:02:16 | 03:19:41      | 04:22:34    | 05:07:05      | 05:29:23.65 | 05:29:23.65 | +02:37:31<br>(47.8%) | 7:23         | 8.1<br>(51.9%) |
| 517 | ŻAK Oliwia              | 198   | PIASECZNO RUNNING          | K30       | 42   | 00:02:16 | 03:19:42      | 04:22:32    | 05:07:01      | 05:29:40.85 | 05:29:40.85 | +02:37:48<br>(47.9%) | 7:23         | 8.1<br>(51.9%) |
| 518 | LUDWICZAK Stanisław     | 656   |                            | M40       | 174  | 00:02:21 | 03:03:10      | 04:07:05    | 05:03:16      | 05:30:07.30 | 05:30:07.30 | +02:38:14<br>(47.9%) | 7:24         | 8.1<br>(51.9%) |
| 519 | KROK Jacek              | 504   |                            | M40       | 175  | 00:01:43 | 03:09:05      | 04:20:01    | 05:07:53      | 05:30:26.65 | 05:30:26.65 | +02:38:34<br>(48.0%) | 7:24         | 8.1<br>(51.9%) |
| 520 | CHODOROWSKI Arkadiusz   | 129   |                            | M30       | 181  | 00:03:04 | 03:21:05      | 04:22:20    | 05:07:57      | 05:30:31.90 | 05:30:31.90 | +02:38:39<br>(48.0%) | 7:24         | 8.1<br>(51.9%) |
| 521 | GIBAŁA Marcin           | 200   | FUNDACJAAUXILIUM BOCHNIA   | M40       | 176  | 00:01:32 | 03:08:43      | 04:17:24    | 05:05:44      | 05:30:35.55 | 05:30:35.55 | +02:38:42<br>(48.0%) | 7:24         | 8.1<br>(51.9%) |
| 522 | GOEBEL Adam             | 659   | KRK-KROWODRZA              | M50       | 34   | 00:02:54 | 03:17:01      | 04:16:23    | 05:05:47      | 05:30:56.70 | 05:30:56.70 | +02:39:04<br>(48.1%) | 7:25         | 8.1<br>(51.9%) |
| 523 | PIĄTEK Rafał            | 816   | BEFIT24TEAM                | M30       | 182  | 00:01:29 | 03:14:39      | 04:18:51    | 05:07:36      | 05:31:04.50 | 05:31:04.50 | +02:39:11<br>(48.1%) | 7:25         | 8.1<br>(51.9%) |
| 524 | WRÓBEL Dominik          | 314   | AZS PWSZ KROSNO            | M40       | 177  | 00:02:33 | 03:16:34      | 04:16:25    | 05:04:19      | 05:31:11.40 | 05:31:11.40 | +02:39:18<br>(48.1%) | 7:25         | 8.1<br>(51.9%) |
| 525 | KOWALEWSKA Izabela      | 199   | PIASECZNO RUNNING          | K30       | 43   | 00:02:15 | 03:19:43      | 04:22:35    | 05:07:37      | 05:31:21.15 | 05:31:21.15 | +02:39:28<br>(48.1%) | 7:25         | 8.1<br>(51.9%) |
| 526 | GROCHOWSKI Paweł        | 130   | BIEGAM BO LUBIĘ ZĄBKI TEAM | M40       | 178  | 00:01:24 | 03:29:50      | 04:25:49    | 05:11:54      | 05:31:35.65 | 05:31:35.65 | +02:39:43<br>(48.2%) | 7:26         | 8.1<br>(51.9%) |
| 527 | ŚLUSARSKI Włodzimierz   | 495   |                            | M50       | 35   | 00:01:06 | 03:13:10      | 04:15:57    | 05:07:23      | 05:31:36.85 | 05:31:36.85 | +02:39:44<br>(48.2%) | 7:26         | 8.1<br>(51.9%) |
| 528 | SROKA Grzegorz          | 662   |                            | M40       | 179  | 00:02:25 | 03:15:56      | 04:15:22    | 05:04:55      | 05:31:48.50 | 05:31:48.50 | +02:39:55<br>(48.2%) | 7:26         | 8.1<br>(51.9%) |
| 529 | STOLARZ Paweł           | 60    | ŻYWCEM ZABIEGANI           | M50       | 36   | 00:01:44 | 03:14:39      | 04:18:51    | 05:07:36      | 05:31:59.10 | 05:31:59.10 | +02:40:06<br>(48.2%) | 7:26         | 8.1<br>(51.9%) |
| 530 | DZIERŻEŃSKA Monika      | 551   |                            | K40       | 25   | 00:01:23 | 03:20:11      | 04:22:04    | 05:08:35      | 05:32:09.40 | 05:32:09.40 | +02:40:16<br>(48.3%) | 7:26         | 8.1<br>(51.9%) |
| 531 | SIKORSKA Agnieszka      | 70    |                            | K40       | 26   | 00:01:56 | 03:18:29      | 04:18:44    | 05:07:49      | 05:32:14.20 | 05:32:14.20 | +02:40:21<br>(48.3%) | 7:26         | 8.1<br>(51.9%) |
| 532 | LITWINOWICZ Karolina    | 433   | PARA-NIE-DO-PARY           | K30       | 44   | 00:02:38 | 03:20:24      | 04:25:03    | 05:09:40      | 05:32:15.70 | 05:32:15.70 | +02:40:23<br>(48.3%) | 7:26         | 8.1<br>(51.9%) |
| 533 | SKOCZEK Jakub           | 680   |                            | M20       | 38   | 00:02:11 | 03:11:29      | 04:21:44    | 05:09:59      | 05:32:15.80 | 05:32:15.80 | +02:40:23<br>(48.3%) | 7:26         | 8.1<br>(51.9%) |

| Msc | Zawodnik              | Numer | Klub                       | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-----------------------|-------|----------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                       |       |                            |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 534 | BAHIR Said            | 721   |                            | M40       | 180  | 00:02:29 | 03:06:29      | 04:11:26    | 05:09:29      | 05:32:26.25 | 05:32:26.25 | +02:40:33<br>(48.3%) | 7:27         | 8<br>(51.3%)   |
| 535 | STEFANOWICZ Paweł     | 679   |                            | M20       | 39   | 00:02:11 | 03:11:29      | 04:21:44    | 05:09:59      | 05:32:34.20 | 05:32:34.20 | +02:40:41<br>(48.3%) | 7:27         | 8<br>(51.3%)   |
| 536 | KRZEWIŃSKA Małgorzata | 667   | TKKF KOSZALIN              | K50       | 5    | 00:02:23 | 03:25:15      | 04:25:18    | 05:09:50      | 05:32:38.20 | 05:32:38.20 | +02:40:45<br>(48.3%) | 7:27         | 8<br>(51.3%)   |
| 537 | WOLF Weronika         | 234   | TKKF I ROZBIEGANY KOSZALIN | K40       | 27   | 00:02:23 | 03:25:15      | 04:25:17    | 05:09:50      | 05:32:38.65 | 05:32:38.65 | +02:40:46<br>(48.3%) | 7:27         | 8<br>(51.3%)   |
| 538 | WĘCŁAWSKI Łukasz      | 331   | LUWE                       | M30       | 183  | 00:02:45 | 03:21:07      | 04:18:37    | 05:08:14      | 05:32:47.40 | 05:32:47.40 | +02:40:54<br>(48.4%) | 7:27         | 8<br>(51.3%)   |
| 539 | CORREIA Andre         | 857   |                            | M30       | 184  | 00:01:49 | 03:08:59      | 04:13:31    | 05:05:26      | 05:32:53.00 | 05:32:53.00 | +02:41:00<br>(48.4%) | 7:27         | 8<br>(51.3%)   |
| 540 | KALIŃSKA Dorota Lidia | 676   | NIEMANIE                   | K30       | 45   | 00:03:05 | 03:17:21      | 04:22:51    | 05:09:46      | 05:33:30.40 | 05:33:30.40 | +02:41:37<br>(48.5%) | 7:28         | 8<br>(51.3%)   |
| 541 | WOJTOWICZ Daniel      | 699   | WKURW_TEAM                 | M40       | 181  | 00:02:29 | 03:13:30      | 04:17:33    | 05:08:29      | 05:33:46.95 | 05:33:46.95 | +02:41:54<br>(48.5%) | 7:29         | 8<br>(51.3%)   |
| 542 | SAKOWSKA Aneta        | 827   | WKURWTEAM                  | K40       | 28   | 00:01:33 | 03:20:57      | 04:23:07    | 05:10:15      | 05:33:59.65 | 05:33:59.65 | +02:42:07<br>(48.5%) | 7:29         | 8<br>(51.3%)   |
| 543 | MOSTOWSKA Joanna      | 740   |                            | K30       | 46   | 00:01:32 | 03:20:57      | 04:23:08    | 05:10:15      | 05:33:59.70 | 05:33:59.70 | +02:42:07<br>(48.5%) | 7:29         | 8<br>(51.3%)   |
| 544 | PAWLAK Monika         | 807   |                            | K50       | 6    | 00:02:10 | 03:12:16      | 04:16:46    | 05:08:56      | 05:34:15.40 | 05:34:15.40 | +02:42:22<br>(48.6%) | 7:29         | 8<br>(51.3%)   |
| 545 | GĄSZCZYK Grzegorz     | 56    | NOWA HUTA TEAM             | M40       | 182  | 00:01:42 | 03:12:31      | 04:22:09    | 05:10:13      | 05:34:32.65 | 05:34:32.65 | +02:42:40<br>(48.6%) | 7:30         | 8<br>(51.3%)   |
| 546 | GALUS Jacek           | 704   |                            | M40       | 183  | 00:01:26 | 03:19:19      | 04:25:07    | 05:13:08      | 05:35:03.30 | 05:35:03.30 | +02:43:10<br>(48.7%) | 7:30         | 8<br>(51.3%)   |
| 547 | ŁUKOWSKA Lidia        | 285   | PKB ENDORFINA              | K50       | 7    | 00:02:17 | 03:17:26      | 04:21:50    | 05:09:35      | 05:35:21.60 | 05:35:21.60 | +02:43:29<br>(48.7%) | 7:31         | 8<br>(51.3%)   |
| 548 | ADAMSKI Bartłomiej    | 451   | RONCHE QCYKI               | M40       | 184  | 00:02:32 | 03:24:51      | 04:22:49    | 05:10:03      | 05:35:26.35 | 05:35:26.35 | +02:43:33<br>(48.8%) | 7:31         | 8<br>(51.3%)   |
| 549 | SKROBISZ Anna         | 521   |                            | K20       | 20   | 00:02:03 | 03:28:46      | 04:25:51    | 05:12:11      | 05:35:33.35 | 05:35:33.35 | +02:43:40<br>(48.8%) | 7:31         | 8<br>(51.3%)   |
| 550 | BEDNARCZYK Jakub      | 239   |                            | M30       | 185  | 00:02:49 | 03:11:50      | 04:26:40    | 05:11:25      | 05:35:44.00 | 05:35:44.00 | +02:43:51<br>(48.8%) | 7:31         | 8<br>(51.3%)   |
| 551 | KOZAK Marcin          | 53    | SAINT-GOBAIN SQUAD         | M30       | 186  | 00:02:49 | 03:11:51      | 04:26:41    | 05:11:25      | 05:35:44.10 | 05:35:44.10 | +02:43:51<br>(48.8%) | 7:31         | 8<br>(51.3%)   |
| 552 | GUTKOWSKI Wojciech    | 594   |                            | M50       | 37   | 00:01:24 | 03:13:42      | 04:23:53    | 05:12:26      | 05:35:48.10 | 05:35:48.10 | +02:43:55<br>(48.8%) | 7:31         | 8<br>(51.3%)   |
| 553 | GAJDA Jacek           | 378   |                            | M30       | 187  | 00:01:21 | 03:07:52      | 04:15:53    | 05:06:45      | 05:36:14.80 | 05:36:14.80 | +02:44:22<br>(48.9%) | 7:32         | 8<br>(51.3%)   |
| 554 | CZARNIK Stanisław     | 853   | MIECHOWICKA GRUPA BIEGOWA  | M30       | 188  | 00:02:10 | 03:13:36      | 04:25:46    | 05:14:19      | 05:36:30.50 | 05:36:30.50 | +02:44:37<br>(48.9%) | 7:32         | 8<br>(51.3%)   |
| 555 | KUŁAKOWSKI Piotr      | 272   | CZŁAPACZE                  | M60       | 6    | 00:02:39 | 03:21:59      | 04:27:11    | 05:13:32      | 05:36:30.80 | 05:36:30.80 | +02:44:38<br>(48.9%) | 7:32         | 8<br>(51.3%)   |
| 556 | WARZYCHA Krzysztof    | 37    |                            | M50       | 38   | 00:02:48 | 03:31:10      | 04:31:23    | 05:15:38      | 05:36:48.75 | 05:36:48.75 | +02:44:56<br>(49.0%) | 7:33         | 7.9<br>(50.6%) |
| 557 | GARCZYŃSKA Ania       | 48    |                            | K40       | 29   | 00:02:48 | 03:31:10      | 04:31:23    | 05:15:38      | 05:36:49.05 | 05:36:49.05 | +02:44:56<br>(49.0%) | 7:33         | 7.9<br>(50.6%) |
| 558 | BILSKI Marek          | 397   |                            | M40       | 185  | 00:01:08 | 03:14:45      | 04:15:09    | 05:08:55      | 05:36:58.70 | 05:36:58.70 | +02:45:06<br>(49.0%) | 7:33         | 7.9<br>(50.6%) |
| 559 | WRÓBLEWSKA Katarzyna  | 296   |                            | K30       | 47   | 00:01:13 | 03:14:42      | 04:20:15    | 05:09:42      | 05:37:07.10 | 05:37:07.10 | +02:45:14<br>(49.0%) | 7:33         | 7.9<br>(50.6%) |

| Msc | Zawodnik                  | Numer | Klub                         | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|---------------------------|-------|------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                           |       |                              |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 560 | SIÓDMIAK Cezary           | 294   | SPARTANIE DZIECIOM           | M40       | 186  | 00:02:56 | 03:15:13      | 04:22:12    | 05:12:57      | 05:37:23.15 | 05:37:23.15 | +02:45:30<br>(49.1%) | 7:33         | 7.9<br>(50.6%) |
| 561 | RENKIEL Tomasz            | 173   |                              | M40       | 187  | 00:02:21 | 03:17:00      | 04:25:26    | 05:13:30      | 05:37:49.85 | 05:37:49.85 | +02:45:57<br>(49.1%) | 7:34         | 7.9<br>(50.6%) |
| 562 | JANIK Janusz              | 423   | NIGHT RUNNERS GLIWICE        | M40       | 188  | 00:02:21 | 03:17:00      | 04:25:26    | 05:13:29      | 05:37:50.25 | 05:37:50.25 | +02:45:57<br>(49.1%) | 7:34         | 7.9<br>(50.6%) |
| 563 | ADAMOWSKI Jacek           | 477   | NIGHT RUNNERS GLIWICE        | M40       | 189  | 00:02:15 | 03:24:23      | 04:24:54    | 05:13:30      | 05:37:50.90 | 05:37:50.90 | +02:45:58<br>(49.1%) | 7:34         | 7.9<br>(50.6%) |
| 563 | KOŁODZIEJ Jacek           | 154   | NIGHT RUNNERS GLIWICE        | M40       | 190  | 00:02:24 | 03:17:01      | 04:25:24    | 05:13:30      | 05:37:50.90 | 05:37:50.90 | +02:45:58<br>(49.1%) | 7:34         | 7.9<br>(50.6%) |
| 565 | KOPROWICZ Ewelina         | 612   | JAROSŁAWSKA GRUPA BIEGOWA    | K30       | 48   | 00:01:51 | 03:27:06      | 04:28:46    | 05:15:02      | 05:38:23.85 | 05:38:23.85 | +02:46:31<br>(49.2%) | 7:35         | 7.9<br>(50.6%) |
| 566 | PIGAN Anna                | 542   | BBL JAROSŁAW                 | K30       | 49   | 00:01:50 | 03:27:19      | 04:28:47    | 05:15:02      | 05:38:24.55 | 05:38:24.55 | +02:46:31<br>(49.2%) | 7:35         | 7.9<br>(50.6%) |
| 567 | KĘPKA Andrzej             | 363   | PRZEWORSKA GRUPA BIEGOWA     | M50       | 39   | 00:01:47 | 03:27:17      | 04:25:49    | 05:15:03      | 05:38:25.45 | 05:38:25.45 | +02:46:32<br>(49.2%) | 7:35         | 7.9<br>(50.6%) |
| 568 | CWOJDZIŃSKI Piotr         | 228   | NIGHT RUNNERS                | M40       | 191  | 00:02:33 | 03:05:57      | 04:33:37    | 05:18:08      | 05:38:49.75 | 05:38:49.75 | +02:46:57<br>(49.3%) | 7:35         | 7.9<br>(50.6%) |
| 569 | BOGDAŁ Sebastian          | 32    | NOWA HUTA TEAM               | M40       | 192  | 00:01:43 | 03:12:30      | 04:16:03    | 05:10:45      | 05:38:51.40 | 05:38:51.40 | +02:46:58<br>(49.3%) | 7:35         | 7.9<br>(50.6%) |
| 570 | WEREMJEWICZ Marcin Wiktor | 580   | RUNSOFUN                     | M40       | 193  | 00:01:20 | 03:19:33      | 04:22:03    | 05:12:44      | 05:38:55.90 | 05:38:55.90 | +02:47:03<br>(49.3%) | 7:35         | 7.9<br>(50.6%) |
| 571 | ADAMCZEWSKI Jakub         | 139   | NIGHT RUNNERS / NBR TEAM     | M30       | 189  | 00:02:36 | 03:05:57      | 04:33:38    | 05:18:08      | 05:38:57.10 | 05:38:57.10 | +02:47:04<br>(49.3%) | 7:35         | 7.9<br>(50.6%) |
| 572 | MAZAN Eliza               | 688   |                              | K30       | 50   | 00:02:08 | 03:09:01      | 04:26:36    | 05:15:13      | 05:39:22.55 | 05:39:22.55 | +02:47:29<br>(49.4%) | 7:36         | 7.9<br>(50.6%) |
| 573 | BARTOSZEWICZ Marta        | 472   |                              | K30       | 51   | 00:01:44 | 03:26:30      | 04:27:35    | 05:16:12      | 05:40:09.70 | 05:40:09.70 | +02:48:17<br>(49.5%) | 7:37         | 7.9<br>(50.6%) |
| 574 | SZCZEPAŃSKI Grzegorz      | 813   | MAJSTER SPORT TEAM           | M40       | 194  | 00:02:15 | 03:15:14      | 04:24:50    | 05:14:32      | 05:40:10.00 | 05:40:10.00 | +02:48:17<br>(49.5%) | 7:37         | 7.9<br>(50.6%) |
| 575 | BŁĄŻOWSKI Wojciech        | 814   | MAJSTER SPORT TEAM           | M40       | 195  | 00:02:14 | 03:15:14      | 04:24:47    | 05:14:32      | 05:40:10.60 | 05:40:10.60 | +02:48:18<br>(49.5%) | 7:37         | 7.9<br>(50.6%) |
| 576 | KOWALCZYK Jarek           | 475   | WKURW_TEAM                   | M30       | 190  | 00:02:34 | 03:24:24      | 04:27:37    | 05:15:06      | 05:40:42.30 | 05:40:42.30 | +02:48:49<br>(49.6%) | 7:38         | 7.9<br>(50.6%) |
| 577 | DĄBEK Paweł               | 588   |                              | M40       | 196  | 00:02:58 | 03:32:49      | 04:28:03    | 05:15:35      | 05:40:44.75 | 05:40:44.75 | +02:48:52<br>(49.6%) | 7:38         | 7.9<br>(50.6%) |
| 578 | MATYSEK Ireneusz          | 792   | SAMOTNY WILK                 | M60       | 7    | 00:01:22 | 03:22:08      | 04:26:28    | 05:16:27      | 05:40:48.60 | 05:40:48.60 | +02:48:56<br>(49.6%) | 7:38         | 7.9<br>(50.6%) |
| 579 | AMBICKI Miłosz            | 398   | WKURW_TEAM                   | M30       | 191  | 00:02:13 | 03:22:49      | 04:31:22    | 05:14:59      | 05:41:00.40 | 05:41:00.40 | +02:49:07<br>(49.6%) | 7:38         | 7.8<br>(50.0%) |
| 580 | MARCINEK Wojciech         | 649   | AMATOR                       | M40       | 197  | 00:02:19 | 03:14:29      | 04:20:03    | 05:12:59      | 05:41:12.25 | 05:41:12.25 | +02:49:19<br>(49.6%) | 7:39         | 7.8<br>(50.0%) |
| 581 | CHUTKIEWICZ Jerzy         | 630   |                              | M60       | 8    | 00:02:26 | 03:23:20      | 04:28:25    | 05:17:18      | 05:41:22.80 | 05:41:22.80 | +02:49:30<br>(49.7%) | 7:39         | 7.8<br>(50.0%) |
| 582 | ŁYDA Piotr                | 153   |                              | M30       | 192  | 00:02:32 | 03:20:51      | 04:25:29    | 05:15:11      | 05:41:27.85 | 05:41:27.85 | +02:49:35<br>(49.7%) | 7:39         | 7.8<br>(50.0%) |
| 583 | CHMIEL Michał             | 221   | RZESZOWSKIE GAZELE I GEPARDY | M30       | 193  | 00:02:19 | 03:23:50      | 04:22:44    | 05:17:28      | 05:41:58.20 | 05:41:58.20 | +02:50:05<br>(49.7%) | 7:40         | 7.8<br>(50.0%) |
| 584 | SŁOWIKOWSKI Damian        | 574   |                              | M20       | 40   | 00:02:31 | 03:13:13      | 04:23:46    | 05:15:58      | 05:42:14.30 | 05:42:14.30 | +02:50:21<br>(49.8%) | 7:40         | 7.8<br>(50.0%) |
| 585 | STARCZEWSKA Sylwia        | 860   | SPOKOJNA GŁOWA               | K40       | 30   | 00:02:40 | 03:23:22      | 04:30:09    | 05:17:45      | 05:42:14.75 | 05:42:14.75 | +02:50:22<br>(49.8%) | 7:40         | 7.8<br>(50.0%) |

| Msc | Zawodnik                 | Numer | Klub                        | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|--------------------------|-------|-----------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                          |       |                             |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 586 | SMOTER Wojciech          | 51    | SBRT GLIWICE                | M40       | 198  | 00:02:30 | 03:13:17      | 04:23:46    | 05:15:58      | 05:42:24.15 | 05:42:24.15 | +02:50:31<br>(49.8%) | 7:40         | 7.8<br>(50.0%) |
| 587 | PILCH Daniel             | 292   | WWW.GOHARDORGHOME.PL        | M40       | 199  | 00:01:11 | 03:18:22      | 04:24:52    | 05:18:14      | 05:42:57.45 | 05:42:57.45 | +02:51:04<br>(49.9%) | 7:41         | 7.8<br>(50.0%) |
| 588 | PAUL Viola               | 21    | NIGHT RUNNERS GLIWICE       | K40       | 31   | 00:01:42 | 03:29:38      | 04:35:36    | 05:23:07      | 05:43:40.70 | 05:43:40.70 | +02:51:48<br>(50.0%) | 7:42         | 7.8<br>(50.0%) |
| 589 | KRÓL-KRAJEWSKA Agnieszka | 265   | NIGHT RUNNERS               | K40       | 32   | 00:02:34 | 03:23:22      | 04:31:08    | 05:19:19      | 05:44:07.00 | 05:44:07.00 | +02:52:14<br>(50.1%) | 7:42         | 7.8<br>(50.0%) |
| 590 | KOPYŚĆ Jarosław          | 323   | PSZCZÓŁKOWSKI TEAM          | M40       | 200  | 00:01:21 | 03:29:11      | 04:29:15    | 05:18:44      | 05:44:20.60 | 05:44:20.60 | +02:52:28<br>(50.1%) | 7:43         | 7.8<br>(50.0%) |
| 591 | SUWAŁA Anna              | 80    | BIEGUSIEM.PL                | K30       | 52   | 00:02:49 | 03:24:32      | 04:35:38    | 05:21:29      | 05:45:03.50 | 05:45:03.50 | +02:53:10<br>(50.2%) | 7:44         | 7.8<br>(50.0%) |
| 592 | DUDEK Michał             | 58    | BIEGUSIEM.PL                | M30       | 194  | 00:02:49 | 03:24:32      | 04:35:40    | 05:21:30      | 05:45:03.90 | 05:45:03.90 | +02:53:11<br>(50.2%) | 7:44         | 7.8<br>(50.0%) |
| 593 | SZURMAN Jan              | 522   |                             | M30       | 195  | 00:02:49 | 03:24:33      | 04:35:42    | 05:21:29      | 05:45:04.00 | 05:45:04.00 | +02:53:11<br>(50.2%) | 7:44         | 7.8<br>(50.0%) |
| 594 | WYŻYKOWSKA Agnieszka     | 120   | NOWA HUTA TEAM              | K30       | 53   | 00:02:07 | 03:28:47      | 04:30:09    | 05:19:51      | 05:46:08.10 | 05:46:08.10 | +02:54:15<br>(50.3%) | 7:45         | 7.7<br>(49.4%) |
| 595 | TOMANEK Renata           | 87    |                             | K40       | 33   | 00:02:28 | 03:24:26      | 04:30:27    | 05:20:18      | 05:47:01.75 | 05:47:01.75 | +02:55:09<br>(50.5%) | 7:46         | 7.7<br>(49.4%) |
| 596 | WASAŹNIK Marcin          | 143   | DZIKIE GRUBASY SZATANA      | M40       | 201  | 00:01:55 | 03:07:40      | 04:18:56    | 05:14:41      | 05:49:30.45 | 05:49:30.45 | +02:57:37<br>(50.8%) | 7:50         | 7.7<br>(49.4%) |
| 597 | NOWAK Katarzyna          | 141   | DZIKIE GRUBASY SZATANA      | K30       | 54   | 00:02:02 | 03:18:19      | 04:32:39    | 05:22:39      | 05:49:31.00 | 05:49:31.00 | +02:57:38<br>(50.8%) | 7:50         | 7.7<br>(49.4%) |
| 598 | BARTOSIEWICZ Daria       | 165   | DZIKIE GRUBASY SZATANA      | K30       | 55   | 00:02:01 | 03:09:05      | 04:24:56    | 05:14:41      | 05:49:32.15 | 05:49:32.15 | +02:57:39<br>(50.8%) | 7:50         | 7.7<br>(49.4%) |
| 599 | SAWICKI Radek            | 142   | DZIKIE GRUBASY SZATANA      | M30       | 196  | 00:01:54 | 03:09:01      | 04:24:57    | 05:14:41      | 05:49:32.20 | 05:49:32.20 | +02:57:39<br>(50.8%) | 7:50         | 7.7<br>(49.4%) |
| 600 | GAȚARCZYK Mariusz        | 144   | DZIKIE GRUBASY SZATANA      | M30       | 197  | 00:01:54 | 03:09:03      | 04:24:55    | 05:14:33      | 05:49:33.10 | 05:49:33.10 | +02:57:40<br>(50.8%) | 7:50         | 7.7<br>(49.4%) |
| 601 | NIZIOŁ Marian            | 720   |                             | M60       | 9    | 00:01:47 | 03:22:46      | 04:28:08    | 05:21:50      | 05:50:40.45 | 05:50:40.45 | +02:58:47<br>(51.0%) | 7:51         | 7.6<br>(48.7%) |
| 602 | PÓŁTORAK Nicole          | 828   |                             | K20       | 21   | 00:02:18 | 03:24:00      | 04:32:26    | 05:23:52      | 05:50:50.20 | 05:50:50.20 | +02:58:57<br>(51.0%) | 7:51         | 7.6<br>(48.7%) |
| 603 | WIŚNIEWSKI Radosław      | 829   |                             | M40       | 202  | 00:02:18 | 03:23:54      | 04:32:24    | 05:23:51      | 05:50:50.55 | 05:50:50.55 | +02:58:57<br>(51.0%) | 7:51         | 7.6<br>(48.7%) |
| 604 | BOROWSKI Tomasz          | 818   | HAMER MIASTKO               | M50       | 40   | 00:01:38 | 03:10:50      | 04:27:13    | 05:24:12      | 05:50:51.05 | 05:50:51.05 | +02:58:58<br>(51.0%) | 7:51         | 7.6<br>(48.7%) |
| 605 | ARENTEWICZ Grzegorz      | 373   | TORUŃ MULTISPORT TEAM       | M30       | 198  | 00:01:33 | 03:10:50      | 04:27:18    | 05:24:12      | 05:50:51.10 | 05:50:51.10 | +02:58:58<br>(51.0%) | 7:51         | 7.6<br>(48.7%) |
| 606 | PORTACHA Katarzyna       | 415   |                             | K40       | 34   | 00:02:41 | 03:30:25      | 04:33:25    | 05:25:50      | 05:51:21.35 | 05:51:21.35 | +02:59:28<br>(51.1%) | 7:52         | 7.6<br>(48.7%) |
| 607 | NAZIMEK Lilianna         | 543   | SUO TEMPORE                 | K40       | 35   | 00:01:00 | 03:20:07      | 04:31:20    | 05:24:47      | 05:51:25.90 | 05:51:25.90 | +02:59:33<br>(51.1%) | 7:52         | 7.6<br>(48.7%) |
| 608 | POPIOŁEK Jacek           | 308   | LOST IN SPORT\BIEGUSIEM.PL  | M30       | 199  | 00:02:50 | 03:20:35      | 04:38:42    | 05:27:45      | 05:51:37.90 | 05:51:37.90 | +02:59:45<br>(51.1%) | 7:53         | 7.6<br>(48.7%) |
| 609 | WĄSIK Kornelia           | 371   | BIEGUSIEM.PL                | K20       | 22   | 00:02:51 | 03:40:43      | 04:38:27    | 05:27:44      | 05:51:38.00 | 05:51:38.00 | +02:59:45<br>(51.1%) | 7:53         | 7.6<br>(48.7%) |
| 610 | KĘPKA Robert             | 668   | BIEGUSIEM.PL                | M30       | 200  | 00:02:48 | 03:20:35      | 04:38:42    | 05:27:45      | 05:51:38.20 | 05:51:38.20 | +02:59:45<br>(51.1%) | 7:53         | 7.6<br>(48.7%) |
| 611 | KOSTYRA Krzysztof        | 800   | BIEGUSIEM.PL / SGGW RUNNERS | M50       | 41   | 00:02:53 | 03:32:06      | 04:38:31    | 05:27:45      | 05:51:38.80 | 05:51:38.80 | +02:59:46<br>(51.1%) | 7:53         | 7.6<br>(48.7%) |



| Msc | Zawodnik                   | Numer | Klub                            | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|---------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 612 | MAŃKOWSKI Leszek           | 867   | KZB                             | M30       | 201  | 00:02:50          | 03:14:15                | 04:37:24              | 05:25:03                | 05:52:12.70             | 05:52:12.70              | +03:00:20<br>(51.2%) | 7:53            | 7.6<br>(48.7%) |
| 613 | WIECZOREK Beata            | 876   | DZIKIE GRUBASY SZATANA          | K30       | 56   | 00:01:56          | 03:33:08                | 04:36:37              | 05:28:43                | 05:53:03.25             | 05:53:03.25              | +03:01:10<br>(51.3%) | 7:54            | 7.6<br>(48.7%) |
| 614 | KACZKIEWICZ Damian         | 299   | NIGHT RUNNERS GLIWICE           | M40       | 203  | 00:02:29          | 03:29:38                | 04:35:38              | 05:27:12                | 05:53:17.20             | 05:53:17.20              | +03:01:24<br>(51.3%) | 7:55            | 7.6<br>(48.7%) |
| 614 | CHRUŚCIŃSKA Justyna        | 229   | NIGHT RUNNERS POZNAŃ            | K30       | 57   | 00:02:35          | 03:32:03                | 04:35:45              | 05:27:12                | 05:53:17.20             | 05:53:17.20              | +03:01:24<br>(51.3%) | 7:55            | 7.6<br>(48.7%) |
| 616 | MAĆZKA Krystyna            | 888   | OTK RZEŹNIK                     | K60       | 1    | 00:01:51          | 03:28:38                | 04:38:03              | 05:28:54                | 05:53:27.00             | 05:53:27.00              | +03:01:34<br>(51.4%) | 7:55            | 7.6<br>(48.7%) |
| 617 | RAKOCZY Dorota             | 184   |                                 | K40       | 36   | 00:01:34          | 03:28:37                | 04:38:00              | 05:28:54                | 05:53:29.80             | 05:53:29.80              | +03:01:37<br>(51.4%) | 7:55            | 7.6<br>(48.7%) |
| 618 | MATUŁA Przemysław          | 39    | UMCS BIEGA                      | M50       | 42   | 00:02:13          | 03:24:19                | 04:44:56              | 05:30:38                | 05:53:31.85             | 05:53:31.85              | +03:01:39<br>(51.4%) | 7:55            | 7.6<br>(48.7%) |
| 619 | MADZIARSKA Monika          | 578   | KS PEGAZ                        | K40       | 37   | 00:02:54          | 03:33:19                | 04:35:55              | 05:27:58                | 05:53:48.35             | 05:53:48.35              | +03:01:55<br>(51.4%) | 7:55            | 7.6<br>(48.7%) |
| 620 | KAŃDUŁA Klaudia            | 596   |                                 | K30       | 58   | 00:02:50          | 03:34:16                | 04:37:48              | 05:29:27                | 05:54:09.85             | 05:54:09.85              | +03:02:17<br>(51.5%) | 7:56            | 7.6<br>(48.7%) |
| 621 | DUBANIK Piotr              | 412   | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | M50       | 43   | 00:01:51          | 03:28:00                | 04:37:53              | 05:27:14                | 05:54:17.15             | 05:54:17.15              | +03:02:24<br>(51.5%) | 7:56            | 7.6<br>(48.7%) |
| 622 | TOMASZEK-KOSOŃ Bernadeta   | 750   | AZS AWF KRAKÓW MASTERS          | K40       | 38   | 00:02:03          | 03:35:28                | 04:40:22              | 05:29:10                | 05:54:18.25             | 05:54:18.25              | +03:02:25<br>(51.5%) | 7:56            | 7.6<br>(48.7%) |
| 623 | POŁEĆ Irenusz              | 686   | POLSKA MARKA                    | M30       | 202  | 00:02:54          | 03:23:19                | 04:35:31              | 05:26:34                | 05:54:28.15             | 05:54:28.15              | +03:02:35<br>(51.5%) | 7:56            | 7.5<br>(48.1%) |
| 624 | OPALIŃSKI Tomasz           | 274   |                                 | M50       | 44   | 00:02:22          | 03:29:50                | 04:34:30              | 05:26:34                | 05:54:34.55             | 05:54:34.55              | +03:02:41<br>(51.5%) | 7:56            | 7.5<br>(48.1%) |
| 625 | SOSZYŃSKA Gosia            | 271   | CZŁAPACZE                       | K50       | 8    | 00:02:39          | 03:37:20                | 04:37:52              | 05:28:21                | 05:54:35.85             | 05:54:35.85              | +03:02:43<br>(51.5%) | 7:57            | 7.5<br>(48.1%) |
| 626 | NASTAROWICZ Tomasz         | 345   | DUCHPOSTEPU 2018                | M20       | 41   | 00:01:29          | 03:34:20                | 04:37:45              | 05:30:13                | 05:54:37.60             | 05:54:37.60              | +03:02:45<br>(51.5%) | 7:57            | 7.5<br>(48.1%) |
| 627 | GAWCZYŃSKA - BACZA Izabela | 110   |                                 | K40       | 39   | 00:02:30          | 03:29:00                | 04:40:37              | 05:30:39                | 05:54:40.20             | 05:54:40.20              | +03:02:47<br>(51.5%) | 7:57            | 7.5<br>(48.1%) |
| 628 | WITRYK Lesław              | 509   |                                 | M30       | 203  | 00:02:55          | 03:39:40                | 04:44:31              | 05:30:50                | 05:54:41.60             | 05:54:41.60              | +03:02:49<br>(51.5%) | 7:57            | 7.5<br>(48.1%) |
| 629 | SEKUŁA Tomasz              | 511   |                                 | M40       | 204  | 00:02:56          | 03:39:40                | 04:44:31              | 05:30:50                | 05:54:43.15             | 05:54:43.15              | +03:02:50<br>(51.5%) | 7:57            | 7.5<br>(48.1%) |
| 630 | BACZA Piotr                | 111   |                                 | M40       | 205  | 00:02:31          | 03:29:00                | 04:40:37              | 05:30:40                | 05:54:55.20             | 05:54:55.20              | +03:03:02<br>(51.6%) | 7:57            | 7.5<br>(48.1%) |
| 631 | KAWALEC Małgorzata         | 420   | DREAM TEAM                      | K30       | 59   | 00:01:48          | 03:36:36                | 04:41:05              | 05:30:11                | 05:55:16.30             | 05:55:16.30              | +03:03:23<br>(51.6%) | 7:57            | 7.5<br>(48.1%) |
| 632 | GÓRCZYŃSKI Przemysław      | 440   | DREAM TEAM                      | M40       | 206  |                   | 03:36:41                | 04:41:05              | 05:30:07                | 05:55:18.90             | 05:55:18.90              | +03:03:26<br>(51.6%) | 7:57            | 7.5<br>(48.1%) |
| 633 | LITWINEK Marek             | 18    | WW TEAM                         | M30       | 204  | 00:01:59          | 03:11:50                | 04:40:34              | 05:33:52                | 05:55:26.10             | 05:55:26.10              | +03:03:33<br>(51.6%) | 7:58            | 7.5<br>(48.1%) |
| 634 | CHUDIO Marcin              | 698   |                                 | M20       | 42   | 00:02:45          | 03:18:22                | 04:30:24              | 05:28:19                | 05:55:32.85             | 05:55:32.85              | +03:03:40<br>(51.7%) | 7:58            | 7.5<br>(48.1%) |
| 635 | MICHALSKA Klementyna       | 135   |                                 | K30       | 60   | 00:01:53          | 03:22:26                | 04:37:13              | 05:27:51                | 05:55:36.35             | 05:55:36.35              | +03:03:43<br>(51.7%) | 7:58            | 7.5<br>(48.1%) |
| 636 | DROZD Arkadiusz            | 217   |                                 | M30       | 205  | 00:01:53          | 03:22:27                | 04:37:13              | 05:31:12                | 05:55:37.25             | 05:55:37.25              | +03:03:44<br>(51.7%) | 7:58            | 7.5<br>(48.1%) |
| 637 | HYZIAK Joanna              | 516   | JJ.RUNNERS                      | K40       | 40   | 00:01:46          | 03:22:17                | 04:41:13              | 05:30:45                | 05:55:47.65             | 05:55:47.65              | +03:03:55<br>(51.7%) | 7:58            | 7.5<br>(48.1%) |

| Msc | Zawodnik                    | Numer | Klub                                     | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|-------|------------------------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                             |       |                                          |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 638 | LEWANDOWSKI Paweł           | 260   |                                          | M40       | 207  | 00:01:04 | 02:47:06      | 04:18:43    | 05:20:02      | 05:55:54.25 | 05:55:54.25 | +03:04:01 (51.7%) | 7:58         | 7.5 (48.1%) |
| 639 | BUCIOR Łukasz               | 752   | NAJWIĘKSZA ARMIA ŚWIATA                  | M20       | 43   |          | 02:59:20      | 04:10:34    | 05:16:14      | 05:55:54.35 | 05:55:54.35 | +03:04:01 (51.7%) | 7:58         | 7.5 (48.1%) |
| 640 | HYZIAK Jakub                | 261   | JJ.RUNNERS                               | M40       | 208  | 00:01:46 | 03:22:16      | 04:41:15    | 05:31:21      | 05:55:57.75 | 05:55:57.75 | +03:04:05 (51.7%) | 7:58         | 7.5 (48.1%) |
| 641 | JASIKOWSKI Łukasz           | 407   | KONIUCHY                                 | M20       | 44   | 00:02:21 | 03:28:57      | 04:38:12    | 05:29:07      | 05:56:39.40 | 05:56:39.40 | +03:04:46 (51.8%) | 7:59         | 7.5 (48.1%) |
| 642 | ŚLIWIŃSKI Paweł             | 40    | BIEGAJĄCY ŚWIDNIK                        | M30       | 206  | 00:02:27 | 03:27:04      | 04:31:56    | 05:30:54      | 05:56:46.40 | 05:56:46.40 | +03:04:53 (51.8%) | 7:59         | 7.5 (48.1%) |
| 643 | CYBUŁKA Mariusz             | 207   | STAŚ BIEGA                               | M30       | 207  | 00:01:39 | 03:30:05      | 04:40:24    | 05:33:07      | 05:57:14.80 | 05:57:14.80 | +03:05:22 (51.9%) | 8:00         | 7.5 (48.1%) |
| 644 | PARYS Michał                | 428   |                                          | M30       | 208  | 00:01:08 | 03:16:08      | 04:33:05    | 05:32:07      | 05:57:45.40 | 05:57:45.40 | +03:05:52 (52.0%) | 8:01         | 7.5 (48.1%) |
| 645 | SZCZEPOCKI Andrzej          | 826   | NIEPOŁOMICE BIEGAJĄ                      | M40       | 209  | 00:02:33 | 03:28:09      | 04:41:02    | 05:34:38      | 05:58:05.90 | 05:58:05.90 | +03:06:13 (52.0%) | 8:01         | 7.5 (48.1%) |
| 646 | LORENC Maciej               | 684   | BIEGUSIEM.PL                             | M40       | 210  | 00:02:48 | 03:25:38      | 04:33:47    | 05:25:24      | 05:58:07.00 | 05:58:07.00 | +03:06:14 (52.0%) | 8:01         | 7.5 (48.1%) |
| 647 | WILECZEK Antoni             | 711   |                                          | M20       | 45   | 00:02:25 | 03:33:06      | 04:44:40    | 05:34:00      | 05:58:40.25 | 05:58:40.25 | +03:06:47 (52.1%) | 8:02         | 7.5 (48.1%) |
| 648 | PEŁDIAK Bogdan              | 402   |                                          | M50       | 45   | 00:02:46 | 03:30:41      | 04:38:21    | 05:33:47      | 05:59:13.45 | 05:59:13.45 | +03:07:20 (52.2%) | 8:03         | 7.4 (47.4%) |
| 649 | KOMAŃSKI Rafał              | 703   | DRUŻYNA SZPIKU                           | M40       | 211  | 00:02:40 | 03:38:36      | 04:47:57    | 05:35:30      | 05:59:35.20 | 05:59:35.20 | +03:07:42 (52.2%) | 8:03         | 7.4 (47.4%) |
| 650 | PIECUCH Małgorzata          | 278   | LACHO TEAM                               | K50       | 9    | 00:01:59 | 03:43:36      | 04:50:41    | 05:37:32      | 05:59:53.65 | 05:59:53.65 | +03:08:01 (52.2%) | 8:04         | 7.4 (47.4%) |
| 651 | LOSKA Michał                | 171   | BARAN TRAIL RACE                         | M30       | 209  | 00:02:44 | 03:34:09      | 04:36:56    | 05:34:33      | 06:01:10.20 | 06:01:10.20 | +03:09:17 (52.4%) | 8:05         | 7.4 (47.4%) |
| 652 | CIECHOMSKI Bartłomiej       | 730   |                                          | M30       | 210  | 00:00:59 | 03:30:28      | 04:32:31    | 05:29:26      | 06:01:28.90 | 06:01:28.90 | +03:09:36 (52.5%) | 8:06         | 7.4 (47.4%) |
| 653 | KOŻUCH Anna                 | 534   | BRAK                                     | K30       | 61   | 00:01:34 | 03:28:52      | 04:42:14    | 05:34:48      | 06:02:03.50 | 06:02:03.50 | +03:10:10 (52.5%) | 8:07         | 7.4 (47.4%) |
| 654 | BAK Piotr                   | 316   | HUSARIA RACE TEAM                        | M30       | 211  | 00:01:53 | 03:42:17      | 04:46:28    | 05:36:45      | 06:02:12.90 | 06:02:12.90 | +03:10:20 (52.5%) | 8:07         | 7.4 (47.4%) |
| 655 | KIELISIAK Małgorzata        | 386   | HUSARIA RACE TEAM                        | K20       | 23   | 00:01:53 | 03:42:18      | 04:46:25    | 05:36:24      | 06:02:13.80 | 06:02:13.80 | +03:10:21 (52.6%) | 8:07         | 7.4 (47.4%) |
| 656 | WĄSOWSKA Jagoda             | 96    | PIASECZNO                                | K50       | 10   | 00:02:54 | 03:51:52      | 04:52:57    | 05:40:20      | 06:02:33.10 | 06:02:33.10 | +03:10:40 (52.6%) | 8:07         | 7.4 (47.4%) |
| 657 | ZAJĄC Wojciech              | 590   | BEŁŻYCE I OKOLICE BIEGAJĄ                | M20       | 46   | 00:01:59 | 03:23:18      | 04:40:28    | 05:33:01      | 06:02:35.65 | 06:02:35.65 | +03:10:43 (52.6%) | 8:07         | 7.4 (47.4%) |
| 658 | WIDOMSKA-MACIEJEWSKA Joanna | 210   | NAJWIĘKSZA ARMIA ŚWIATA/FEEL THE FREEDOM | K30       | 62   | 00:01:58 | 03:23:19      | 04:40:28    | 05:33:01      | 06:02:35.70 | 06:02:35.70 | +03:10:43 (52.6%) | 8:07         | 7.4 (47.4%) |
| 659 | HEJMAN Maciej               | 366   | WKURW_TEAM                               | M40       | 212  | 00:03:03 | 03:31:30      | 04:44:22    | 05:36:34      | 06:02:46.80 | 06:02:46.80 | +03:10:54 (52.6%) | 8:08         | 7.4 (47.4%) |
| 660 | BANASIK Karolina            | 367   | WKURW_TEAM                               | K30       | 63   | 00:03:05 | 03:31:31      | 04:41:49    | 05:36:34      | 06:02:46.95 | 06:02:46.95 | +03:10:54 (52.6%) | 8:08         | 7.4 (47.4%) |
| 661 | GÓRA Grzegorz               | 349   | NIGHT RUNNERS WROCŁAW/ PARAFIT           | M30       | 212  | 00:02:15 | 03:33:52      | 04:42:00    | 05:35:04      | 06:03:09.65 | 06:03:09.65 | +03:11:17 (52.7%) | 8:08         | 7.4 (47.4%) |
| 662 | TURZAŃSKA Iwona             | 350   | NIGHT RUNNERS WROCŁAW/PARAFIT            | K30       | 64   | 00:02:14 | 03:33:54      | 04:42:10    | 05:35:12      | 06:03:10.35 | 06:03:10.35 | +03:11:17 (52.7%) | 8:08         | 7.4 (47.4%) |

| Msc | Zawodnik               | Numer | Klub                                    | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-----------------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 663 | FUNKA Andrzej          | 640   | NKB CHYŻY NOWY TOMYŚL                   | M50       | 46   | 00:02:28          | 03:34:24                | 04:42:12              | 05:35:57                | 06:03:41.55             | 06:03:41.55              | +03:11:48<br>(52.7%) | 8:09            | 7.4<br>(47.4%) |
| 664 | KOSNO Weronika         | 137   | NIGHT RUNNERS                           | K20       | 24   | 00:02:35          | 03:42:22                | 04:49:06              | 05:40:51                | 06:04:04.40             | 06:04:04.40              | +03:12:11<br>(52.8%) | 8:09            | 7.4<br>(47.4%) |
| 665 | KLISZ Agnieszka        | 576   | HUSARIA RACE TEAM                       | K30       | 65   | 00:01:59          | 03:43:19                | 04:44:23              | 05:37:48                | 06:04:07.35             | 06:04:07.35              | +03:12:14<br>(52.8%) | 8:09            | 7.3<br>(46.8%) |
| 666 | DRABIK Jacek           | 602   |                                         | M50       | 47   | 00:02:41          | 03:32:22                | 04:43:50              | 05:37:02                | 06:04:31.40             | 06:04:31.40              | +03:12:38<br>(52.8%) | 8:10            | 7.3<br>(46.8%) |
| 667 | GŁUSZCZAK Jerzy        | 336   |                                         | M60       | 10   | 00:02:35          | 03:34:25                | 04:46:12              | 05:39:08                | 06:04:59.00             | 06:04:59.00              | +03:13:06<br>(52.9%) | 8:11            | 7.3<br>(46.8%) |
| 668 | MIKOŁAJCZYK Agnieszka  | 527   | HUSARIA RACE TEAM                       | K30       | 66   | 00:00:47          | 03:32:19                | 04:41:38              | 05:36:46                | 06:05:02.85             | 06:05:02.85              | +03:13:10<br>(52.9%) | 8:11            | 7.3<br>(46.8%) |
| 669 | GOGÓŁ IŻOWSKA Edyta    | 713   | SMASHING PĄPKINS                        | K30       | 67   | 00:02:45          | 03:34:11                | 04:48:40              | 05:41:19                | 06:05:37.20             | 06:05:37.20              | +03:13:44<br>(53.0%) | 8:11            | 7.3<br>(46.8%) |
| 670 | KOSOŃ Marcin           | 749   | LACHO TEAM                              | M50       | 48   | 00:02:03          | 03:04:07                | 04:22:27              | 05:27:08                | 06:06:11.40             | 06:06:11.40              | +03:14:18<br>(53.1%) | 8:12            | 7.3<br>(46.8%) |
| 671 | MISZCZYK Marcin        | 767   |                                         | M40       | 213  | 00:02:32          | 03:33:07                | 04:46:01              | 05:40:53                | 06:06:21.00             | 06:06:21.00              | +03:14:28<br>(53.1%) | 8:12            | 7.3<br>(46.8%) |
| 672 | KWAŚNIEWSKI Andrzej    | 803   | RONCHE QCE                              | M40       | 214  | 00:02:32          | 03:33:07                | 04:46:01              | 05:40:53                | 06:06:21.25             | 06:06:21.25              | +03:14:28<br>(53.1%) | 8:12            | 7.3<br>(46.8%) |
| 673 | HANDERMANDER Agnieszka | 544   |                                         | K30       | 68   | 00:02:35          | 03:37:53                | 04:47:55              | 05:40:41                | 06:06:31.85             | 06:06:31.85              | +03:14:39<br>(53.1%) | 8:13            | 7.3<br>(46.8%) |
| 674 | SOLICH Patryk          | 83    | NIGHT RUNNERS GLIWICE                   | M30       | 213  | 00:02:27          | 03:30:48                | 04:53:12              | 05:43:01                | 06:06:46.80             | 06:06:46.80              | +03:14:54<br>(53.1%) | 8:13            | 7.3<br>(46.8%) |
| 674 | KULIK Katarzyna        | 82    | NIGHT RUNNERS GLIWICE                   | K30       | 69   | 00:02:34          | 03:30:49                | 04:53:14              | 05:43:02                | 06:06:46.80             | 06:06:46.80              | +03:14:54<br>(53.1%) | 8:13            | 7.3<br>(46.8%) |
| 676 | ZIELONKA Mariusz       | 150   | CENTRUM SZKOLENIA WOJSK LĄDOWYCH POZNAŃ | M40       | 215  | 00:02:24          | 03:46:00                | 04:47:56              | 05:43:14                | 06:06:51.60             | 06:06:51.60              | +03:14:59<br>(53.1%) | 8:13            | 7.3<br>(46.8%) |
| 677 | HANULAK Jakub          | 751   | WKURW_TEAM                              | M20       | 47   | 00:02:26          | 03:41:24                | 04:43:55              | 05:40:42                | 06:07:37.10             | 06:07:37.10              | +03:15:44<br>(53.2%) | 8:14            | 7.3<br>(46.8%) |
| 678 | SNARSKA Katarzyna      | 449   | PFIZER POLSKA                           | K30       | 70   | 00:02:37          | 03:34:29                | 04:42:06              | 05:38:24                | 06:07:47.80             | 06:07:47.80              | +03:15:55<br>(53.3%) | 8:14            | 7.3<br>(46.8%) |
| 679 | LEŚNIEWSKI Michał      | 562   | SPARTANIE DZIECIOM                      | M40       | 216  | 00:02:17          | 03:45:11                | 04:45:28              | 05:38:24                | 06:07:49.80             | 06:07:49.80              | +03:15:57<br>(53.3%) | 8:14            | 7.3<br>(46.8%) |
| 680 | RUDZKI Tomasz          | 253   |                                         | M40       | 217  | 00:02:05          | 03:31:03                | 04:45:55              | 05:40:10                | 06:07:55.00             | 06:07:55.00              | +03:16:02<br>(53.3%) | 8:14            | 7.3<br>(46.8%) |
| 681 | FLIS Piotr             | 168   | DANIEL'S TEAM                           | M40       | 218  | 00:02:38          | 03:32:07                | 04:45:41              | 05:41:37                | 06:09:17.70             | 06:09:17.70              | +03:17:25<br>(53.5%) | 8:16            | 7.2<br>(46.2%) |
| 682 | KMITA Gabriela         | 492   | NOWA HUTA TEAM                          | K20       | 25   | 00:01:44          | 03:31:06                | 04:45:59              | 05:40:40                | 06:09:27.70             | 06:09:27.70              | +03:17:35<br>(53.5%) | 8:17            | 7.2<br>(46.2%) |
| 683 | SOKOŁOWSKI Artur       | 46    | WĘDRUJĄCE SOKOŁY                        | M50       | 49   | 00:01:19          | 03:38:24                | 04:47:20              | 05:41:57                | 06:09:36.65             | 06:09:36.65              | +03:17:44<br>(53.5%) | 8:17            | 7.2<br>(46.2%) |
| 684 | SKORUPSKA Julia        | 607   |                                         | K40       | 41   | 00:02:14          | 03:43:42                | 04:55:43              | 05:46:31                | 06:11:40.70             | 06:11:40.70              | +03:19:48<br>(53.8%) | 8:20            | 7.2<br>(46.2%) |
| 685 | SARAT Ewa              | 862   | GSB                                     | K40       | 42   | 00:01:59          | 03:51:53                | 04:53:34              | 05:45:53                | 06:12:08.15             | 06:12:08.15              | +03:20:15<br>(53.8%) | 8:20            | 7.2<br>(46.2%) |
| 686 | HORBACZEWSKI Marek     | 145   |                                         | M50       | 50   | 00:02:14          | 03:43:42                | 04:55:44              | 05:46:42                | 06:12:09.80             | 06:12:09.80              | +03:20:17<br>(53.8%) | 8:20            | 7.2<br>(46.2%) |
| 687 | WILIMSKI Tomasz        | 84    | NIGHT RUNNERS                           | M40       | 219  | 00:02:28          | 03:31:04                | 04:53:13              | 05:45:01                | 06:12:14.30             | 06:12:14.30              | +03:20:21<br>(53.8%) | 8:20            | 7.2<br>(46.2%) |
| 688 | SYGUŁA Katarzyna       | 62    | KB MCKIS JAWORZNO                       | K40       | 43   | 00:01:44          | 03:42:49                | 04:53:48              | 05:47:19                | 06:12:20.15             | 06:12:20.15              | +03:20:27<br>(53.8%) | 8:20            | 7.2<br>(46.2%) |

| Msc | Zawodnik                       | Numer | Klub                                        | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------|---------------------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 689 | KORZENIOWSKA<br>Joanna         | 24    | UMCS BIEGA                                  | K30       | 71   | 00:01:58          | 03:32:22                | 04:53:42              | 05:47:04                | 06:12:37.00             | 06:12:37.00              | +03:20:44<br>(53.9%) | 8:21            | 7.2<br>(46.2%) |
| 690 | STANIEC<br>Katarzyna           | 746   | BIEGNE DLA MILI I MARIKI                    | K30       | 72   | 00:01:57          | 03:35:52                | 04:42:17              | 05:40:33                | 06:12:51.30             | 06:12:51.30              | +03:20:58<br>(53.9%) | 8:21            | 7.2<br>(46.2%) |
| 691 | POJNAR Karol                   | 517   |                                             | M20       | 48   | 00:02:53          | 03:31:03                | 04:48:21              | 05:40:42                | 06:13:02.50             | 06:13:02.50              | +03:21:09<br>(53.9%) | 8:21            | 7.2<br>(46.2%) |
| 692 | BATOR Marek                    | 208   |                                             | M40       | 220  | 00:02:29          | 03:34:22                | 04:44:25              | 05:44:50                | 06:13:04.50             | 06:13:04.50              | +03:21:11<br>(53.9%) | 8:21            | 7.2<br>(46.2%) |
| 693 | MORAWSKA Anna                  | 185   |                                             | K60       | 2    | 00:01:39          | 03:37:52                | 04:46:09              | 05:46:04                | 06:14:01.80             | 06:14:01.80              | +03:22:09<br>(54.0%) | 8:23            | 7.2<br>(46.2%) |
| 694 | PUZIO Hubert                   | 766   |                                             | M30       | 214  | 00:02:47          | 03:21:30                | 04:46:21              | 05:43:32                | 06:14:28.50             | 06:14:28.50              | +03:22:35<br>(54.1%) | 8:23            | 7.1<br>(45.5%) |
| 695 | LATO Karolina                  | 156   | LUBLIN BIEGA                                | K30       | 73   | 00:02:12          | 03:55:23                | 04:57:41              | 05:49:50                | 06:15:49.55             | 06:15:49.55              | +03:23:56<br>(54.3%) | 8:25            | 7.1<br>(45.5%) |
| 696 | FISHCHUK Oleh                  | 831   |                                             | M20       | 49   | 00:00:50          | 03:52:41                | 04:52:55              | 05:49:28                | 06:15:59.80             | 06:15:59.80              | +03:24:07<br>(54.3%) | 8:25            | 7.1<br>(45.5%) |
| 697 | SOBOŃ Ewelina                  | 230   |                                             | K30       | 74   | 00:01:58          | 03:39:28                | 04:56:57              | 05:50:00                | 06:16:54.25             | 06:16:54.25              | +03:25:01<br>(54.4%) | 8:27            | 7.1<br>(45.5%) |
| 697 | KANDEFER Urszula               | 232   | IDEO.PL                                     | K30       | 75   | 00:01:58          | 03:39:29                | 04:56:57              | 05:50:00                | 06:16:54.25             | 06:16:54.25              | +03:25:01<br>(54.4%) | 8:27            | 7.1<br>(45.5%) |
| 699 | POTERA Krystyna                | 661   | FRYTKÓW!!!!                                 | K30       | 76   | 00:02:23          | 03:46:14                | 04:55:04              | 05:50:24                | 06:18:12.30             | 06:18:12.30              | +03:26:19<br>(54.6%) | 8:28            | 7.1<br>(45.5%) |
| 700 | MAZUREK Monika                 | 28    | NOWA HUTA TEAM                              | K40       | 44   | 00:02:00          | 03:52:56                | 05:08:43              | 05:58:16                | 06:18:58.30             | 06:18:58.30              | +03:27:05<br>(54.6%) | 8:29            | 7.1<br>(45.5%) |
| 701 | PRZYBYLSKI<br>Łukasz           | 344   | DUCHY POSTEPU                               | M20       | 50   | 00:01:30          | 03:41:50                | 04:46:29              | 05:48:44                | 06:19:01.25             | 06:19:01.25              | +03:27:08<br>(54.7%) | 8:29            | 7.1<br>(45.5%) |
| 702 | KLUZA-HOWIL Lila               | 177   | WWW.BIEGOWEKAIZEN.PL                        | K40       | 45   | 00:02:33          | 03:39:55                | 04:57:54              | 05:50:51                | 06:19:04.60             | 06:19:04.60              | +03:27:12<br>(54.7%) | 8:29            | 7.1<br>(45.5%) |
| 703 | TOBIASZ Kamil                  | 337   | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ / WKURWTEAM | M30       | 215  | 00:02:19          | 03:41:10                | 05:02:33              | 05:54:25                | 06:20:17.95             | 06:20:17.95              | +03:28:25<br>(54.8%) | 8:31            | 7<br>(44.9%)   |
| 704 | MIĄDZEL<br>Katarzyna           | 338   | ZAGNAŃSK BIEGA                              | K30       | 77   | 00:02:19          | 03:41:14                | 05:02:35              | 05:54:23                | 06:20:18.10             | 06:20:18.10              | +03:28:25<br>(54.8%) | 8:31            | 7<br>(44.9%)   |
| 705 | PORĘBSKA Dorota                | 94    | NOWA HUTA TEAM                              | K40       | 46   | 00:02:00          | 03:52:56                | 05:08:45              | 05:58:35                | 06:20:30.80             | 06:20:30.80              | +03:28:38<br>(54.8%) | 8:31            | 7<br>(44.9%)   |
| 706 | ŻERULIK Jarosław               | 626   | ŻRÓDLANA                                    | M30       | 216  | 00:03:04          | 03:42:38                | 04:56:21              | 05:52:21                | 06:20:36.45             | 06:20:36.45              | +03:28:43<br>(54.8%) | 8:32            | 7<br>(44.9%)   |
| 707 | WRÓBLEWSKA-<br>GAWEŁ Agnieszka | 105   | NH TEAM                                     | K40       | 47   | 00:02:00          | 03:52:49                | 05:08:46              | 05:58:20                | 06:20:56.85             | 06:20:56.85              | +03:29:04<br>(54.9%) | 8:32            | 7<br>(44.9%)   |
| 708 | MIKOŁAJCZYK<br>Jarosław        | 614   |                                             | M30       | 217  | 00:02:37          | 03:46:02                | 05:03:25              | 05:56:30                | 06:22:15.50             | 06:22:15.50              | +03:30:22<br>(55.0%) | 8:34            | 7<br>(44.9%)   |
| 709 | WRONA Tomek                    | 33    | KS PEGAZ                                    | M30       | 218  | 00:02:54          | 03:40:41                | 04:54:18              | 05:51:30                | 06:22:34.40             | 06:22:34.40              | +03:30:41<br>(55.1%) | 8:34            | 7<br>(44.9%)   |
| 710 | DOMARADZKA<br>Ewa              | 627   | NIGHT RUNNERS PYSKOWICE                     | K40       | 48   | 00:02:15          | 03:39:04                | 04:54:19              | 05:51:33                | 06:22:34.50             | 06:22:34.50              | +03:30:41<br>(55.1%) | 8:34            | 7<br>(44.9%)   |
| 711 | ROMANOWSKA<br>Ewa              | 159   |                                             | K30       | 78   | 00:02:13          | 03:52:28                | 05:02:12              | 05:55:41                | 06:22:47.60             | 06:22:47.60              | +03:30:55<br>(55.1%) | 8:34            | 7<br>(44.9%)   |
| 712 | SZELER Joanna                  | 122   | BIEGAJĄCA Z PSAMI                           | K40       | 49   |                   | 04:01:47                | 05:00:45              | 06:01:04                | 06:23:03.90             | 06:23:03.90              | +03:31:11<br>(55.1%) | 8:35            | 7<br>(44.9%)   |
| 713 | TYLKA<br>Przemysław            | 789   |                                             | M40       | 221  | 00:02:01          | 03:34:56                | 04:58:11              | 05:54:04                | 06:23:31.90             | 06:23:31.90              | +03:31:39<br>(55.2%) | 8:35            | 7<br>(44.9%)   |
| 714 | WENECKA-FLIS<br>Anna           | 169   | DANIEL'S TEAM                               | K30       | 79   | 00:02:40          | 03:52:50                | 05:08:33              | 05:59:25                | 06:23:48.50             | 06:23:48.50              | +03:31:55<br>(55.2%) | 8:36            | 7<br>(44.9%)   |

| Msc | Zawodnik                        | Numer | Klub                     | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|---------------------------------|-------|--------------------------|-----------|------|----------|---------------|-------------|---------------|-------------|-------------|----------------------|--------------|----------------|
|     |                                 |       |                          |           |      | 0.1km    | 26.5km        | 34.2km      | 40.7km        | 44.6km      | 44.6km      |                      |              |                |
| 715 | PTAK Patryk                     | 689   | WKURW_TEAM               | M30       | 219  | 00:02:20 | 03:41:10      | 05:02:35    | 05:55:11      | 06:26:32.55 | 06:26:32.55 | +03:34:39<br>(55.5%) | 8:40         | 6.9<br>(44.2%) |
| 716 | KONIECZNY Piotr                 | 665   | NKB CHYŻY NOWY TOMYŚL    | M30       | 220  | 00:02:29 | 03:50:39      | 05:06:38    | 06:02:33      | 06:28:53.25 | 06:28:53.25 | +03:37:00<br>(55.8%) | 8:43         | 6.9<br>(44.2%) |
| 717 | MAZUR Marek                     | 115   |                          | M40       | 222  | 00:02:32 | 03:47:25      | 05:03:15    | 05:58:55      | 06:29:28.05 | 06:29:28.05 | +03:37:35<br>(55.9%) | 8:43         | 6.9<br>(44.2%) |
| 718 | MAZUR Magdalena                 | 114   |                          | K30       | 80   | 00:02:31 | 03:47:23      | 05:03:19    | 05:58:55      | 06:29:28.10 | 06:29:28.10 | +03:37:35<br>(55.9%) | 8:43         | 6.9<br>(44.2%) |
| 719 | GORZKOWSKI Bartłomiej           | 196   |                          | M30       | 221  | 00:02:57 | 03:50:44      | 04:59:40    | 05:59:13      | 06:29:41.40 | 06:29:41.40 | +03:37:48<br>(55.9%) | 8:44         | 6.9<br>(44.2%) |
| 720 | KOFIN GREEN OFFICE Maciej       | 353   | TKKF UKLEJNA MYŚLENICE   | M40       | 223  | 00:02:43 | 03:48:35      | 05:00:20    | 05:59:12      | 06:29:43.95 | 06:29:43.95 | +03:37:51<br>(55.9%) | 8:44         | 6.9<br>(44.2%) |
| 721 | DRAPAŁA Jan                     | 549   | KROKODYLE KOLBUSZOWA     | M40       | 224  | 00:03:02 | 03:42:07      | 05:00:12    | 05:58:57      | 06:30:03.80 | 06:30:03.80 | +03:38:11<br>(55.9%) | 8:44         | 6.9<br>(44.2%) |
| 722 | ORZECH Artur                    | 547   | KROKODYLE KOLBUSZOWA     | M40       | 225  | 00:03:03 | 03:43:18      | 05:00:10    | 05:58:57      | 06:30:03.95 | 06:30:03.95 | +03:38:11<br>(55.9%) | 8:44         | 6.9<br>(44.2%) |
| 723 | ŻACZEK Anna                     | 663   | BIEGUSIEM.PL             | K40       | 50   | 00:02:53 | 03:32:08      | 05:00:11    | 05:58:57      | 06:30:04.30 | 06:30:04.30 | +03:38:11<br>(55.9%) | 8:44         | 6.9<br>(44.2%) |
| 724 | KOTELNICKA Renata               | 880   |                          | K40       | 51   | 00:02:30 | 03:47:28      | 05:03:20    | 05:59:07      | 06:30:25.65 | 06:30:25.65 | +03:38:33<br>(56.0%) | 8:45         | 6.9<br>(44.2%) |
| 725 | ZABURKO Mateusz                 | 119   |                          | M30       | 222  | 00:02:32 | 03:52:46      | 05:11:01    | 06:02:57      | 06:31:35.85 | 06:31:35.85 | +03:39:43<br>(56.1%) | 8:46         | 6.8<br>(43.6%) |
| 726 | GRECH-BARAN Marta               | 77    | ROGATE TORPEDY           | K30       | 81   | 00:02:39 | 03:48:31      | 05:05:23    | 06:02:50      | 06:31:52.15 | 06:31:52.15 | +03:39:59<br>(56.1%) | 8:47         | 6.8<br>(43.6%) |
| 727 | BARAN Jakub                     | 78    | ROGATE TORPEDY           | M30       | 223  | 00:02:39 | 03:48:33      | 05:05:25    | 06:02:50      | 06:31:52.20 | 06:31:52.20 | +03:39:59<br>(56.1%) | 8:47         | 6.8<br>(43.6%) |
| 728 | SPALIŃSKA-PIETRULIŃSKA Wiktoria | 706   | SPARTANIE DZIECIOM       | K30       | 82   | 00:02:19 | 03:46:17      | 04:56:13    | 05:56:29      | 06:32:16.00 | 06:32:16.00 | +03:40:23<br>(56.2%) | 8:47         | 6.8<br>(43.6%) |
| 729 | PIETRULIŃSKI Mateusz            | 705   | SPARTANIE DZIECIOM       | M30       | 224  | 00:02:18 | 03:46:17      | 04:56:15    | 05:56:33      | 06:32:16.05 | 06:32:16.05 | +03:40:23<br>(56.2%) | 8:47         | 6.8<br>(43.6%) |
| 730 | DUDEK Dominik                   | 778   | MCG PROJECTS             | M40       | 226  | 00:00:51 | 03:50:53      | 05:02:18    | 06:01:52      | 06:32:51.50 | 06:32:51.50 | +03:40:58<br>(56.2%) | 8:48         | 6.8<br>(43.6%) |
| 731 | PAWELCZYK Anita                 | 352   | SPARTANIE DZIECIOM       | K30       | 83   | 00:02:57 | 03:45:14      | 04:56:12    | 05:56:33      | 06:32:58.70 | 06:32:58.70 | +03:41:06<br>(56.3%) | 8:48         | 6.8<br>(43.6%) |
| 732 | GLINIANY Adam                   | 235   | ZABIEGANA RODZINKA       | M40       | 227  | 00:02:05 | 03:45:31      | 05:09:29    | 06:06:24      | 06:33:38.55 | 06:33:38.55 | +03:41:45<br>(56.3%) | 8:49         | 6.8<br>(43.6%) |
| 733 | GLINIANY Małgorzata             | 236   | ZABIEGANA RODZINKAQ      | K40       | 52   | 00:02:05 | 03:45:32      | 05:09:28    | 06:06:23      | 06:33:38.85 | 06:33:38.85 | +03:41:46<br>(56.3%) | 8:49         | 6.8<br>(43.6%) |
| 734 | MICHNO Anna                     | 170   | LACHO TEAM               | K40       | 53   | 00:02:09 | 03:54:04      | 05:05:22    | 06:02:10      | 06:33:45.70 | 06:33:45.70 | +03:41:53<br>(56.4%) | 8:49         | 6.8<br>(43.6%) |
| 735 | MICHNO Tomasz                   | 224   | LACHO TEAM               | M40       | 228  | 00:02:09 | 03:54:04      | 05:05:21    | 06:02:10      | 06:33:47.70 | 06:33:47.70 | +03:41:55<br>(56.4%) | 8:49         | 6.8<br>(43.6%) |
| 736 | WISZNIEWSKA Katarzyna           | 73    | GRUPA SKROMNYCH BIEGACZY | K40       | 54   | 00:02:00 | 03:55:29      | 05:07:15    | 06:03:52      | 06:34:14.55 | 06:34:14.55 | +03:42:21<br>(56.4%) | 8:50         | 6.8<br>(43.6%) |
| 737 | ŚWIĘTOCHOWSKA Beata             | 76    | GRUPA SKROMNYCH BIEGACZY | K40       | 55   | 00:01:56 | 03:51:54      | 05:07:13    | 06:03:52      | 06:34:14.85 | 06:34:14.85 | +03:42:22<br>(56.4%) | 8:50         | 6.8<br>(43.6%) |
| 738 | BOBOLA Maciej                   | 848   |                          | M40       | 229  | 00:02:51 | 03:43:04      | 05:08:19    | 06:06:24      | 06:35:10.20 | 06:35:10.20 | +03:43:17<br>(56.5%) | 8:51         | 6.8<br>(43.6%) |
| 739 | MYŚLIŃSKI Tomasz                | 81    | BIEGUSIEM.PL             | M40       | 230  | 00:02:49 | 03:49:07      | 05:02:32    | 06:06:40      | 06:36:35.20 | 06:36:35.20 | +03:44:42<br>(56.7%) | 8:53         | 6.7<br>(42.9%) |

| Msc | Zawodnik              | Numer | Klub                   | Kategoria | Mkat | Start_2k     | Split_Mateusz | Split_Kamyk  | Split_Mateusz | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|------------------------|-----------|------|--------------|---------------|--------------|---------------|-------------|-------------|-------------------|--------------|-------------|
|     |                       |       |                        |           |      | 0.1km        | 26.5km        | 34.2km       | 40.7km        | 44.6km      | 44.6km      |                   |              |             |
| 740 | BZOWSKA Aleksandra    | 319   | NIGHT RUNNERS GLIWICE  | K30       | 84   | 00:02:24     | 03:52:20      | 05:17:13     | 06:11:13      | 06:37:10.65 | 06:37:10.65 | +03:45:18 (56.7%) | 8:54         | 6.7 (42.9%) |
| 741 | SWOBODA Jarosław      | 20    | NIGHT RUNNERS GLIWICE  | M40       | 231  | 00:02:25     | 03:52:20      | 05:17:15     | 06:11:13      | 06:37:10.95 | 06:37:10.95 | +03:45:18 (56.7%) | 8:54         | 6.7 (42.9%) |
| 742 | MALEC Basia           | 565   |                        | K50       | 11   | 00:02:04     | 03:44:15      | 05:05:24     | 06:07:19      | 06:37:19.40 | 06:37:19.40 | +03:45:26 (56.7%) | 8:54         | 6.7 (42.9%) |
| 743 | MAREK Magdalena       | 747   | CELUJ W ZDROWIE        | K40       | 56   | 00:02:47     | 03:52:16      | 05:06:38     | 06:07:41      | 06:38:52.90 | 06:38:52.90 | +03:47:00 (56.9%) | 8:56         | 6.7 (42.9%) |
| 744 | OBARSKI Norbert       | 99    |                        | M50       | 51   | 00:02:52     | 03:54:01      | 05:12:10     | 06:12:49      | 06:39:12.75 | 06:39:12.75 | +03:47:20 (56.9%) | 8:57         | 6.7 (42.9%) |
| 745 | KOWALIK Anna          | 25    | UMCS BIEGA             | K30       | 85   | 00:01:58     | 03:32:22      | 04:53:43     | 06:00:14      | 06:40:24.60 | 06:40:24.60 | +03:48:32 (57.1%) | 8:58         | 6.7 (42.9%) |
| 745 | WÓJTOWICZ Paweł       | 30    | LUBLINBIEGA            | M40       | 232  | 00:02:02     | 03:41:58      | 04:57:42     | 06:00:14      | 06:40:24.60 | 06:40:24.60 | +03:48:32 (57.1%) | 8:58         | 6.7 (42.9%) |
| 747 | SZCZERBIŃSKI Marcin   | 755   | DZIKIE GRUBASY SZATANA | M40       | 233  | 00:02:01     | 03:53:11      | 05:16:06     | 06:11:52      | 06:41:01.30 | 06:41:01.30 | +03:49:08 (57.1%) | 8:59         | 6.7 (42.9%) |
| 748 | BRZEZIŃSKA Teresa     | 692   | NIGHT RUNNERS GLIWICE  | K40       | 57   | 00:02:35     | 03:54:17      | 05:25:40     | 06:14:09      | 06:41:11.25 | 06:41:11.25 | +03:49:18 (57.2%) | 8:59         | 6.7 (42.9%) |
| 749 | POSTÓŁ Karolina       | 424   | NIGHT RUNNERS GLIWICE  | K30       | 86   | 00:02:35     | 03:54:17      | 05:25:39     | 06:14:08      | 06:41:14.15 | 06:41:14.15 | +03:49:21 (57.2%) | 8:59         | 6.7 (42.9%) |
| 750 | HANGIEL Urszula       | 745   |                        | K30       | 87   | 00:02:39     | 03:54:14      | 05:17:00     | 06:13:54      | 06:41:19.70 | 06:41:19.70 | +03:49:27 (57.2%) | 8:59         | 6.7 (42.9%) |
| 751 | PRZECZ-FUS Agnieszka  | 22    | WW TEAM                | K50       | 12   | 00:02:01     | 03:44:35      | 05:12:15     | 06:13:34      | 06:43:42.90 | 06:43:42.90 | +03:51:50 (57.4%) | 9:03         | 6.6 (42.3%) |
| 752 | OKARMA Wojtek         | 634   | WWW.VIRTUTIMILITARI.PL | M30       | 225  | 00:02:51     | 03:52:28      | 05:10:59     | 06:14:44      | 06:44:08.65 | 06:44:08.65 | +03:52:16 (57.5%) | 9:03         | 6.6 (42.3%) |
| 753 | ZIEŃKOWSKA Izabela    | 29    | WW TEAM                | K30       | 88   | 00:02:12     | 03:57:10      | 05:12:12     | 06:13:39      | 06:47:03.00 | 06:47:03.00 | +03:55:10 (57.8%) | 9:07         | 6.6 (42.3%) |
| 754 | ALEKSANDROWICZ Łukasz | 383   | SPARTANIE DZIECIOM     | M30       | 226  | 00:02:16     | 03:55:54      | 05:08:13     | 06:12:49      | 06:47:20.05 | 06:47:20.05 | +03:55:27 (57.8%) | 9:07         | 6.6 (42.3%) |
| 755 | HORBACZ Hanna         | 218   |                        | K30       | 89   | 00:02:37     | 03:54:25      | 05:16:02     | 06:15:28      | 06:47:37.00 | 06:47:37.00 | +03:55:44 (57.8%) | 9:08         | 6.6 (42.3%) |
| 756 | ROSA Aleksander       | 219   |                        | M30       | 227  | 00:02:37     | 03:54:25      | 05:16:03     | 06:15:27      | 06:47:38.20 | 06:47:38.20 | +03:55:45 (57.8%) | 9:08         | 6.6 (42.3%) |
| 757 | WZOREK Ewa            | 404   | WKURW_TEAM             | K20       | 26   | 00:02:59     | 03:55:48      | 05:19:15     | 06:20:50      | 06:53:59.40 | 06:53:59.40 | +04:02:06 (58.5%) | 9:16         | 6.5 (41.7%) |
| 758 | CZARNY Łukasz         | 690   | WKURW_TEAM             | M30       | 228  | 00:03:00     | 03:55:49      | 05:18:53     | 06:20:49      | 06:53:59.80 | 06:53:59.80 | +04:02:07 (58.5%) | 9:16         | 6.5 (41.7%) |
| 759 | ŚWIĘCICKA Dagmara     | 399   | WKURW_TEAM             | K20       | 27   | 00:02:58     | 03:55:52      | 05:19:16     | 06:20:50      | 06:53:59.95 | 06:53:59.95 | +04:02:07 (58.5%) | 9:16         | 6.5 (41.7%) |
| 760 | NIEDŹWIECKA Kasia     | 360   | EKOBIEGI               | K40       | 58   | 00:01:54     | 04:07:17      | 05:26:53     | 06:29:05      | 07:05:36.45 | 07:05:36.45 | +04:13:43 (59.6%) | 9:32         | 6.3 (40.4%) |
| 761 | SOBICZEWSKA Iza       | 374   | EKOBIEGI               | K40       | 59   | 00:01:55     | 04:07:17      | 05:26:57     | 06:29:07      | 07:05:38.10 | 07:05:38.10 | +04:13:45 (59.6%) | 9:32         | 6.3 (40.4%) |
| 762 | KUCHARZAK Norbert     | 820   | JAZZANOVA              | M20       | 51   | 00:01:49     | 03:25:37      | 05:27:28     | 06:32:49      | 07:13:23.70 | 07:13:23.70 | +04:21:31 (60.3%) | 9:43         | 6.2 (39.7%) |
|     | GŁUSZKO Przemysław    | 734   | SOLINA TEAM            | M30       |      | 00:02:02 DNF | 02:43:44 DNF  | 03:45:57 DNF | DNF           | DNF         | DNF         | -                 | -            | - (0.0%)    |
|     | GIŻA Grzegorz         | 824   | 1981                   | M30       |      | 00:00:38 DNF | 02:28:04 DNF  | DNF          | 06:33:27 DNF  | DNF         | DNF         | -                 | -            | - (0.0%)    |
|     | MIKUŚKIEWICZ Piotr    | 205   | RUN TEAM CHMIELNIK     | M30       |      | 00:07:15 DNF | 06:30:28 DNF  | DNF          | 06:34:16 DNF  | DNF         | DNF         | -                 | -            | - (0.0%)    |

| Msc | Zawodnik               | Numer | Klub                        | Kategoria | Mkat | Start_2k<br>0.1km | Split_Mateusz<br>26.5km | Split_Kamyk<br>34.2km | Split_Mateusz<br>40.7km | Czas<br>netto<br>44.6km | Czas<br>brutto<br>44.6km | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|-----------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|------|-----------------|---------------|
|     | POTRZESZCZ<br>Grzegorz | 825   |                             | M40       |      | DNF               | 02:42:58 DNF            | DNF                   | DNF                     | DNF                     | DNF                      |      | -               | -<br>(0.0%)   |
|     | SZYMAŃSKI<br>Andrzej   | 408   | WKOLANIEMISTRZYKA           | M30       |      | DNF               | 04:41:15 DNF            | DNF                   | DNF                     | DNF                     | DNF                      |      | -               | -<br>(0.0%)   |
|     | CZUBA Jarek            | 691   | ABOVE2000                   | M20       |      | 00:00:35<br>DNF   | DNF                     | DNF                   | DNF                     | DNF                     | DNF                      |      | -               | -<br>(0.0%)   |
|     | MAJER Ewa              | 3     | SOLGAR POLSKA               | K30       |      | 00:00:35<br>DNF   | DNF                     | DNF                   | DNF                     | DNF                     | DNF                      |      | -               | -<br>(0.0%)   |
|     | ZMYŚŁOWSKI Igor        | 589   | LEPSZY ŻBIK                 | M20       |      | 00:01:14<br>DNF   | DNF                     | DNF                   | DNF                     | DNF                     | DNF                      |      | -               | -<br>(0.0%)   |
|     | SZCZEPANIAK<br>Karol   | 726   | CROSS STRACEŃCÓW TEAM       | M40       |      | 00:01:40<br>DNF   | DNF                     | DNF                   | DNF                     | DNF                     | DNF                      |      | -               | -<br>(0.0%)   |
|     | DRWIĘGA Maciej         | 247   | POZYTYWNIIE ZABIEGANI SANOK | M40       |      | 00:02:08<br>DNF   | DNF                     | DNF                   | DNF                     | DNF                     | DNF                      |      | -               | -<br>(0.0%)   |

Znaleziono 772 wynik(ów)