

IX ULTRAMARATON BIESZCZADZKI - 14 KM

B4SPORT

Event: IX ULTRAMARATON BIESZCZADZKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2021-10-09
Place: Cisna
Distance: 14 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 14km	Czas brutto 14km	Gap	Pace min/km	Pace km/h
1	FARON Robert	3309	SALCO GARMIN TEAM	M40	1	01:08:26.80	01:08:29.40		4:53	12.3 (100%)
2	ŚWIERAD Krystian	3247		M20	1	01:10:47.80	01:10:49.65	+00:02:20 (3.3%)	5:03	11.9 (96.7%)
3	WETHACZ Dariusz	3256	LOKOMOTIV MAJDAN/ ON RUNNING POLSKA	M30	1	01:10:49.95	01:10:50.90	+00:02:21 (3.3%)	5:03	11.9 (96.7%)
4	ZĄBIK Marek	3272		M30	2	01:13:04.50	01:13:08.30	+00:04:38 (6.4%)	5:13	11.5 (93.5%)
5	CZYŻKOWSKI Paweł	3276	MKB DREPTAK	M30	3	01:13:34.20	01:13:36.00	+00:05:06 (6.9%)	5:15	11.4 (92.7%)
6	MAJKA Krzysztof	3146	SII RUNNING TEAM	M40	2	01:14:59.70	01:15:03.10	+00:06:33 (8.7%)	5:21	11.2 (91.1%)
7	SABAT Sebastian	3218		M20	2	01:15:57.45	01:15:59.85	+00:07:30 (9.9%)	5:25	11.1 (90.2%)
8	KAPAON Andrzej	3298	CAZZO CLUB RUNNING TEAM	M20	3	01:16:23.80	01:16:27.00	+00:07:57 (10.4%)	5:27	11 (89.4%)
9	OCHYRA Konrad	3281	SOLINA TEAM	M30	4	01:16:57.80	01:17:00.50	+00:08:31 (11.1%)	5:29	10.9 (88.6%)
10	BRONHARD Rafał	3313	GŁOGOVIA GŁOGÓW MAŁOPOLSKI	M30	5	01:17:41.45	01:17:41.45	+00:09:12 (11.8%)	5:32	10.8 (87.8%)
11	BUSZ Jacek	3022	OLD SCHOOL TRAIL RUNNING	M30	6	01:17:39.30	01:17:45.75	+00:09:16 (11.9%)	5:32	10.8 (87.8%)
12	JĘDRASZCZYK Mateusz	3085		M30	7	01:18:06.00	01:18:09.00	+00:09:39 (12.4%)	5:34	10.8 (87.8%)
13	ZAWADZKI Marcin	3271	SZCZWANY TRZMIEL TEAM	M30	8	01:21:20.40	01:21:23.60	+00:12:54 (15.9%)	5:48	10.3 (83.7%)
14	ZĄBKIEWICZ Szymon	3273		M30	9	01:23:06.15	01:23:10.40	+00:14:41 (17.7%)	5:56	10.1 (82.1%)
15	RAK Wojciech	3206	SII RUNNING TEAM	M30	10	01:25:02.75	01:25:06.45	+00:16:37 (19.5%)	6:04	9.9 (80.5%)
16	MATŁOSZ Mariusz	3155	SNW KW KRAKÓW	M40	3	01:27:53.50	01:27:57.80	+00:19:28 (22.1%)	6:16	9.6 (78.0%)
17	BOLECHOWSKA Dominika	3301	ALPIN SPORT HOKA ONE ONE TEAM	K40	1	01:28:00.05	01:28:02.70	+00:19:33 (22.2%)	6:17	9.5 (77.2%)
18	SUKIENNIK Maciej	3233	POWER TRAINING	M30	11	01:28:38.45	01:28:42.95	+00:20:13 (22.8%)	6:19	9.5 (77.2%)
19	MALECKA-LEŃ Patrycja	3150	STAJNIA BALONA	K40	2	01:30:17.40	01:30:22.10	+00:21:52 (24.2%)	6:26	9.3 (75.6%)
20	SZYBIAK Maciej	3241	UKS TEMPO 5 PRZEMYSŁ	M18	1	01:30:30.35	01:30:33.85	+00:22:04 (24.4%)	6:27	9.3 (75.6%)
21	KICIŃSKI Grzegorz	3090		M40	4	01:29:57.15	01:30:36.30	+00:22:06 (24.4%)	6:25	9.3 (75.6%)
22	CIECIOROWSKA Aleksandra	3030		K20	1	01:30:28.50	01:30:45.45	+00:22:16 (24.5%)	6:27	9.3 (75.6%)
23	MATŁOSZ Jolanta	3156		K30	1	01:32:34.70	01:32:39.90	+00:24:10 (26.1%)	6:36	9.1 (74.0%)
24	LEWANDOWSKI Przemysław	3127	PEPSICO RUNNING TEAM	M30	12	01:33:11.40	01:33:14.80	+00:24:45 (26.5%)	6:39	9 (73.2%)
25	BEŚKA Sławomir	3006	OCHAJORUN@FRIENDS	M50	1	01:33:12.95	01:33:16.50	+00:24:47 (26.6%)	6:39	9 (73.2%)
26	SZTORC Joanna	3239		K30	2	01:33:15.05	01:33:18.05	+00:24:48 (26.6%)	6:39	9 (73.2%)
27	KUCZMA Piotr	3295	KS PRZYBYSZÓWKA	M20	4	01:33:01.40	01:33:22.65	+00:24:53 (26.7%)	6:38	9 (73.2%)
28	WALANIA-BRONHARD Kinga	3314	GŁOGOVIA GŁOGÓW MAŁOPOLSKI	K30	3	01:33:20.10	01:33:23.90	+00:24:54 (26.7%)	6:40	9 (73.2%)
29	PYRZAK Jacek	3201		M40	5	01:33:29.60	01:33:37.40	+00:25:08 (26.8%)	6:40	9 (73.2%)

						Net time 14km	Czas brutto 14km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat			Gap		
30	MASZKOWSKI Jakub	3153		M18	2	01:33:45.40	01:33:51.35	+00:25:21 (27.0%)	6:41	9 (73.2%)
31	ZAJĄC Grzegorz	3268	LW BOGDANKA	M40	6	01:33:49.65	01:33:54.80	+00:25:25 (27.1%)	6:42	9 (73.2%)
32	KLEBAN Adam	3092		M30	13	01:33:45.60	01:34:06.70	+00:25:37 (27.2%)	6:41	9 (73.2%)
33	BODZIOCH Grzegorz	3015	GORLICKA GRUPA BIEGOWA	M40	7	01:34:03.10	01:34:09.40	+00:25:40 (27.3%)	6:43	8.9 (72.4%)
34	BUSZ Monika	3023		K30	4	01:34:14.95	01:34:21.80	+00:25:52 (27.4%)	6:43	8.9 (72.4%)
35	KORŻYK Marek	3105		M40	8	01:34:19.75	01:34:31.10	+00:26:01 (27.5%)	6:44	8.9 (72.4%)
36	WOJTANOWSKI Adrian	3263	SPRINT GORZYCE	M20	5	01:34:19.10	01:34:44.45	+00:26:15 (27.7%)	6:44	8.9 (72.4%)
37	JANKOWSKI Konrad	3084		M30	14	01:34:58.40	01:35:28.60	+00:26:59 (28.3%)	6:47	8.8 (71.5%)
38	ROŚCIŃSKI Franciszek	3210	SAMOTNY WILK	M50	2	01:35:22.50	01:35:29.35	+00:26:59 (28.3%)	6:48	8.8 (71.5%)
39	PATYK Andrzej	3317		M20	6	01:35:37.60	01:35:44.80	+00:27:15 (28.5%)	6:49	8.8 (71.5%)
40	KARDASZ Marek	3297	SOLINA TEAM	M40	9	01:35:48.50	01:35:56.90	+00:27:27 (28.6%)	6:50	8.8 (71.5%)
41	CIECIOROWSKI Andrzej	3031		M40	10	01:35:54.80	01:36:14.95	+00:27:45 (28.8%)	6:51	8.8 (71.5%)
42	KURP Bartłomiej	3121		M20	7	01:36:05.15	01:36:19.35	+00:27:49 (28.9%)	6:51	8.7 (70.7%)
43	KRZYŻEWSKI Roger	3114		M30	15	01:36:17.90	01:36:22.50	+00:27:53 (28.9%)	6:52	8.7 (70.7%)
44	WOJCIESZAK Katarzyna	3262	ŚCO BIEGA	K40	3	01:35:55.10	01:36:23.40	+00:27:54 (28.9%)	6:51	8.8 (71.5%)
45	MUDŹ Anna	3290	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	K20	2	01:36:22.65	01:36:29.95	+00:28:00 (29.0%)	6:53	8.7 (70.7%)
46	GRZECHYNKA Agnieszka	3073	GO PUBLIC	K30	5	01:36:37.15	01:36:40.95	+00:28:11 (29.2%)	6:54	8.7 (70.7%)
47	CHRZAN Jerzy	3028		M20	8	01:36:20.65	01:36:42.70	+00:28:13 (29.2%)	6:52	8.7 (70.7%)
48	SWEENEY Keith	3235	FIGHTING IRISH	M30	16	01:36:43.55	01:36:51.85	+00:28:22 (29.3%)	6:54	8.7 (70.7%)
49	MOSKOWICZ Stefan	3165	PRZEMYSKI KLUB BIEGACZA	M60	1	01:37:06.30	01:37:14.60	+00:28:45 (29.6%)	6:56	8.7 (70.7%)
50	GARCZYŃSKI Darek	3058		M40	11	01:37:14.90	01:37:20.35	+00:28:50 (29.6%)	6:56	8.6 (69.9%)
51	MALEC Marcin	3149		M20	9	01:37:10.15	01:37:21.75	+00:28:52 (29.7%)	6:56	8.6 (69.9%)
52	TOKARSKI Piotr	3249		M40	12	01:37:12.45	01:37:21.90	+00:28:52 (29.7%)	6:56	8.6 (69.9%)
53	WASILEWSKI Paweł	3306	SM RYKI	M40	13	01:37:13.25	01:37:23.85	+00:28:54 (29.7%)	6:56	8.6 (69.9%)
54	STACH Jacek	3227		M40	14	01:37:15.95	01:37:27.10	+00:28:57 (29.7%)	6:56	8.6 (69.9%)
55	MARKOWICZ Dawid	3152		M20	10	01:37:17.25	01:37:30.90	+00:29:01 (29.8%)	6:56	8.6 (69.9%)
56	CZYŻ Wojciech	3036		M40	15	01:37:43.05	01:38:01.90	+00:29:32 (30.1%)	6:58	8.6 (69.9%)
57	KRAWIEC Alan	3108		M20	11	01:37:49.30	01:38:05.15	+00:29:35 (30.2%)	6:59	8.6 (69.9%)
58	BAŁKOWSKI Olgierd	3287		M20	12	01:38:09.65	01:38:12.20	+00:29:42 (30.3%)	7:00	8.6 (69.9%)
59	LISOWSKI Józef	3130		M30	17	01:38:13.90	01:38:27.25	+00:29:57 (30.4%)	7:00	8.6 (69.9%)
60	SKAWIŃSKI Kacper	3223	NIE WIEM, NIE OBCHODZI MNIE TO	M20	13	01:38:19.10	01:38:51.65	+00:30:22 (30.7%)	7:01	8.5 (69.1%)
61	STACHOWSKI Jakub	3228	NIE WIEM, NIE OBCHODZI MNIE TO	M20	14	01:39:10.15	01:39:42.40	+00:31:13 (31.3%)	7:05	8.5 (69.1%)
62	GOŹDZIK Maciej	3066		M40	16	01:39:35.60	01:39:48.40	+00:31:19 (31.4%)	7:06	8.4 (68.3%)
63	GRABARCZYK Ilona	3069		K40	4	01:39:41.60	01:39:50.05	+00:31:20 (31.4%)	7:07	8.4 (68.3%)
64	PĘKALA Łukasz	3184		M20	15	01:40:21.55	01:40:40.05	+00:32:10 (32.0%)	7:10	8.4 (68.3%)
65	PĘKALA Kamila	3159		K20	3	01:40:21.70	01:40:40.20	+00:32:10 (32.0%)	7:10	8.4 (68.3%)
66	FALKOWSKI Piotr	3307	KS PEGAZ PIASECZNO	M50	3	01:40:18.85	01:40:46.35	+00:32:16 (32.0%)	7:09	8.4 (68.3%)
67	POTERA Krystyna	3195		K30	6	01:40:47.00	01:40:51.85	+00:32:22 (32.1%)	7:11	8.3 (67.5%)
68	WÓJCIK Sylwia	3266	NIE WIEM, NIE OBCHODZI MNIE TO	K20	4	01:40:27.50	01:41:00.55	+00:32:31 (32.2%)	7:10	8.4 (68.3%)
69	RZESZUTEK Wiktoria	3216		K20	5	01:40:59.65	01:41:04.70	+00:32:35 (32.2%)	7:12	8.3 (67.5%)
70	MAJCHRZAK Jakub	3143		M30	18	01:41:08.25	01:41:19.40	+00:32:50 (32.4%)	7:13	8.3 (67.5%)
71	KOZAK Paweł	3106		M30	19	01:37:24.10	01:41:38.10	+00:33:08 (32.6%)	6:57	8.6 (69.9%)
72	MALISZEWSKA Justyna	3151		K20	6	01:41:15.30	01:41:45.30	+00:33:15 (32.7%)	7:13	8.3 (67.5%)
73	TADLA Izabela	3248		K30	7	01:41:47.15	01:41:58.00	+00:33:28 (32.8%)	7:16	8.3 (67.5%)

Place	Participant	Number	Club	Category	MCat	Net	Czas	Gap	Pace	Pace
						time	brutto			
74	KORZONEK Karol	3104	SPRINT GORZYCE	M30	20	01:41:51.05	01:42:15.10	+00:33:45 (33.0%)	7:16	8.2 (66.7%)
75	LUCJUSZ Krzysztof	3132		M20	16	01:42:21.85	01:42:27.20	+00:33:57 (33.2%)	7:18	8.2 (66.7%)
76	WITEK Gabriela	3259		K20	7	01:42:37.10	01:42:43.05	+00:34:13 (33.3%)	7:19	8.2 (66.7%)
77	LEŚNIAK Dawid	3124	LHO DRUŻYNA	M30	21	01:42:46.10	01:42:50.80	+00:34:21 (33.4%)	7:20	8.2 (66.7%)
78	DUDEK Kamila	3041	POWER TRAINING	K30	8	01:42:38.70	01:42:56.60	+00:34:27 (33.5%)	7:19	8.2 (66.7%)
79	ŁUCKA Artur	3133		M30	22	01:42:50.35	01:43:10.35	+00:34:40 (33.6%)	7:20	8.2 (66.7%)
80	PUTYRA Damian	3199		M20	17	01:42:42.50	01:43:15.50	+00:34:46 (33.7%)	7:20	8.2 (66.7%)
81	BOCHENEK Sylwia	3014	STALOWOWOLSKI KLUB BIEGACZA	K30	9	01:43:01.50	01:43:28.70	+00:34:59 (33.8%)	7:21	8.2 (66.7%)
82	KOCHANIEC Stanisław	3097		M30	23	01:43:24.70	01:43:50.65	+00:35:21 (34.0%)	7:23	8.1 (65.9%)
83	HOŁOWATY Renia	3080	BIESZCZADZKA WATAHA	K20	8	01:43:28.10	01:43:53.50	+00:35:24 (34.1%)	7:23	8.1 (65.9%)
84	PADO Michał	3179	BIESZCZADZKA WATAHA MTB	M30	24	01:43:28.60	01:43:54.50	+00:35:25 (34.1%)	7:23	8.1 (65.9%)
85	RAJCA Monika	3205	PIOTRIMONIABIEGA	K20	9	01:43:53.70	01:44:02.90	+00:35:33 (34.2%)	7:25	8.1 (65.9%)
86	OCZOŚ Przemysław	3172		M30	25	01:43:50.55	01:44:03.20	+00:35:33 (34.2%)	7:25	8.1 (65.9%)
87	BUCZEK Michał	3018		M30	26	01:43:54.20	01:44:07.00	+00:35:37 (34.2%)	7:25	8.1 (65.9%)
88	KORYTKOWSKI Jacek	3103		M40	17	01:44:35.35	01:44:53.30	+00:36:23 (34.7%)	7:28	8 (65.0%)
89	BLOK Tomasz	3011		M40	18	01:45:03.50	01:45:12.25	+00:36:42 (34.9%)	7:30	8 (65.0%)
90	ŁUCZAK Michał	3135	RAK'N'ROLL	M40	19	01:45:04.45	01:45:27.25	+00:36:57 (35.1%)	7:30	8 (65.0%)
91	GOLEC Janusz	3063		M40	20	01:45:18.50	01:45:27.40	+00:36:58 (35.1%)	7:31	8 (65.0%)
92	ZAJĄC Marzena	3269		K40	5	01:46:01.60	01:46:06.75	+00:37:37 (35.5%)	7:34	7.9 (64.2%)
93	HAFFKE Olga	3078		K18	1	01:46:13.20	01:46:16.40	+00:37:47 (35.6%)	7:35	7.9 (64.2%)
94	STYKAŁA Adrianna	3231		K20	10	01:46:13.00	01:46:16.50	+00:37:47 (35.6%)	7:35	7.9 (64.2%)
95	WIECZOREK Tomasz	3257	KB BIAŁA BIEGA	M40	21	01:46:20.35	01:46:51.40	+00:38:22 (35.9%)	7:35	7.9 (64.2%)
96	TOMCZYK Beata	3250	VEGE RUNNERS	K30	10	01:46:45.40	01:47:07.55	+00:38:38 (36.1%)	7:37	7.9 (64.2%)
97	WERESZCZAK Arkadiusz	3254	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M20	18	01:47:12.35	01:47:16.75	+00:38:47 (36.2%)	7:39	7.8 (63.4%)
98	MOŁDA Urszula	3162		K20	11	01:47:02.30	01:47:18.10	+00:38:48 (36.2%)	7:38	7.8 (63.4%)
99	FORTUNA Michał	3052		M30	27	01:47:04.35	01:47:42.70	+00:39:13 (36.4%)	7:38	7.8 (63.4%)
100	FORTUNA Henryk	3053		M60	2	01:47:04.95	01:47:43.20	+00:39:13 (36.4%)	7:38	7.8 (63.4%)
101	CHLEBIŃSKI Maciej	3026	RZESZOWSKIE GAZELE I GEPARDY	M30	28	01:47:35.75	01:47:47.70	+00:39:18 (36.5%)	7:41	7.8 (63.4%)
102	LECHOWICZ Andrzej	3122		M20	19	01:48:09.40	01:48:21.00	+00:39:51 (36.8%)	7:43	7.8 (63.4%)
103	KORYSZKO Klaudia	3102		K20	12	01:48:31.85	01:48:39.15	+00:40:09 (37.0%)	7:45	7.7 (62.6%)
104	WENERSKI Andrzej	3253	MULTIMEDIA RUNNERS PUŁAWY	M40	22	01:48:30.05	01:48:59.45	+00:40:30 (37.2%)	7:45	7.7 (62.6%)
105	MARCOL Wojciech	3311	OTK RZEŹNIK	M20	20	01:48:59.50	01:49:01.65	+00:40:32 (37.2%)	7:47	7.7 (62.6%)
106	KORNAS Szymon	3101	TEAMTOMAN	M20	21	01:48:59.50	01:49:01.80	+00:40:32 (37.2%)	7:47	7.7 (62.6%)
107	GAŁECKI Piotr	3057		M40	23	01:48:48.90	01:49:04.65	+00:40:35 (37.2%)	7:46	7.7 (62.6%)
107	PRUS Tomasz	3186		M40	23	01:48:47.20	01:49:04.65	+00:40:35 (37.2%)	7:46	7.7 (62.6%)
109	KRAWCZYK Jakub	3107	NIE WIEM, NIE OBCHODZI MNIE TO	M20	22	01:48:40.85	01:49:14.60	+00:40:45 (37.3%)	7:45	7.7 (62.6%)
110	GAWLIK Justyna	3059		K20	13	01:49:14.30	01:49:26.05	+00:40:56 (37.4%)	7:48	7.7 (62.6%)
111	OLSZYK Tadeusz	3304	KLM MARATON ŚWINOUJŚCIE	M60	3	01:49:02.05	01:49:27.05	+00:40:57 (37.4%)	7:47	7.7 (62.6%)
112	PODOLAK Zbigniew	3193		M60	4	01:50:02.95	01:50:18.05	+00:41:48 (37.9%)	7:51	7.6 (61.8%)
113	KOTOWICZ Iwona	3277		K40	6	01:50:16.50	01:50:28.40	+00:41:59 (38.0%)	7:52	7.6 (61.8%)
114	ROSZCZYPAŁA Bartłomiej	3209	SII RUNNING TEAM	M20	23	01:50:08.85	01:50:35.50	+00:42:06 (38.1%)	7:52	7.6 (61.8%)
115	DOBEK Halina	3038	GORLICKA GRUPA BIEGOWA	K40	7	01:50:49.70	01:50:55.80	+00:42:26 (38.3%)	7:54	7.6 (61.8%)
116	KIJANKA Jadwiga	3294	OSP ROKIETNICA	K30	11	01:51:09.45	01:51:13.65	+00:42:44 (38.4%)	7:56	7.6 (61.8%)
117	SŁUPSKA Zuzanna	3226		K20	14	01:51:08.05	01:51:41.20	+00:43:11 (38.7%)	7:56	7.6 (61.8%)

Place	Participant	Number	Club	Category	MCat	Net	Czas	Gap	Pace	Pace
						time	brutto			
						14km	14km		min/km	km/h
118	PIĄTEK Piotr	3187	GŁOGOVIA GŁOGÓW MAŁOPOLSKI	M40	25	01:51:23.80	01:51:51.75	+00:43:22 (38.8%)	7:57	7.5 (61.0%)
119	NIEMASZ Aleksandra	3169	SKIBASPORT.PL	K20	15	01:51:40.40	01:51:57.40	+00:43:28 (38.8%)	7:58	7.5 (61.0%)
120	LEŃ Jakub	3123		M40	26	01:51:48.45	01:52:20.10	+00:43:50 (39.0%)	7:59	7.5 (61.0%)
121	MALINOWSKI Marcin	3296		M30	29	01:52:18.90	01:52:20.95	+00:43:51 (39.0%)	8:01	7.5 (61.0%)
122	OLEJNICZAK Maksymilian	3173	OKB TEOLEO	M20	24	01:51:52.20	01:52:23.35	+00:43:53 (39.1%)	7:59	7.5 (61.0%)
123	STYKAŁA Sebastian	3230		M40	27	01:52:38.75	01:52:44.50	+00:44:15 (39.3%)	8:02	7.5 (61.0%)
124	HAFFKE Krzysztof	3077		M40	28	01:52:38.65	01:52:44.60	+00:44:15 (39.3%)	8:02	7.5 (61.0%)
125	CZYŻYKIEWICZ Piotr	3037	GGB	M50	4	01:52:39.45	01:52:46.70	+00:44:17 (39.3%)	8:02	7.5 (61.0%)
126	WRÓBEL Bartłomiej	3305	CISNA	M40	29	01:53:04.00	01:53:04.00	+00:44:34 (39.4%)	8:04	7.4 (60.2%)
127	PLISZKO Anna	3192		K40	8	01:52:59.30	01:53:19.00	+00:44:49 (39.6%)	8:04	7.4 (60.2%)
128	GOLAS Marcin	3062	EXILE	M40	30	01:52:39.70	01:53:28.75	+00:44:59 (39.6%)	8:02	7.5 (61.0%)
129	KRZAN Tomasz	3112	F.H.U KRZAN	M40	31	01:53:32.25	01:53:42.05	+00:45:12 (39.8%)	8:06	7.4 (60.2%)
130	DRABIK Paweł	3039		M40	32	01:53:32.10	01:53:42.20	+00:45:12 (39.8%)	8:06	7.4 (60.2%)
131	BĘDKOWSKI Paweł	3008		M30	30	01:53:21.45	01:53:43.45	+00:45:14 (39.8%)	8:05	7.4 (60.2%)
132	HABIB Marek	3075		M30	31	01:53:27.20	01:53:50.00	+00:45:20 (39.8%)	8:06	7.4 (60.2%)
133	SZWEDA Karol	3240	OSTATNI, ALE PIJANI!	M20	25	01:53:31.05	01:53:54.65	+00:45:25 (39.9%)	8:06	7.4 (60.2%)
134	NOSARZEWSKA Klaudia	3171		K20	16	01:53:41.45	01:54:14.45	+00:45:45 (40.0%)	8:07	7.4 (60.2%)
135	BECHTA Damian	3003	ADIDAS RUNNERS WARSAW	M20	26	01:54:12.75	01:54:34.65	+00:46:05 (40.2%)	8:09	7.4 (60.2%)
136	JAGODZIŃSKI Łukasz	3082		M30	32	01:54:18.25	01:54:46.55	+00:46:17 (40.3%)	8:09	7.3 (59.3%)
137	GAWLIK Mateusz	3060		M20	27	01:54:38.75	01:54:51.00	+00:46:21 (40.4%)	8:11	7.3 (59.3%)
138	JANKOWSKI Michał	3083		M40	33	01:54:57.75	01:55:03.70	+00:46:34 (40.5%)	8:12	7.3 (59.3%)
139	MADEJ Weronika	3140		K20	17	01:55:36.40	01:55:48.65	+00:47:19 (40.9%)	8:15	7.3 (59.3%)
140	BALAJEWICZ Anna	3001		K40	9	01:55:35.95	01:55:54.20	+00:47:24 (40.9%)	8:15	7.3 (59.3%)
141	LIS Paulina	3129	GLOGOVIA GLOGOW MAŁOPOLSKI	K30	12	01:55:26.20	01:55:54.90	+00:47:25 (40.9%)	8:14	7.3 (59.3%)
142	MILC Szymon	3160		M40	34	01:55:21.90	01:55:57.00	+00:47:27 (40.9%)	8:14	7.3 (59.3%)
143	CHADAJ Kamil	3025		M20	28	01:56:20.75	01:56:24.15	+00:47:54 (41.2%)	8:18	7.2 (58.5%)
144	PIOTROWSKA Anna	3190		K40	10	01:56:18.90	01:56:34.00	+00:48:04 (41.2%)	8:18	7.2 (58.5%)
145	FOLTA Anita	3051	GRUPA BIEGOWA ZARSZYN	K50	1	01:56:52.60	01:56:59.00	+00:48:29 (41.5%)	8:20	7.2 (58.5%)
146	OCHYRA Krzysztof	3283		M50	5	01:56:59.60	01:57:08.30	+00:48:38 (41.5%)	8:21	7.2 (58.5%)
147	OCHYRA Karolina	3282		K20	18	01:56:59.10	01:57:08.40	+00:48:39 (41.5%)	8:21	7.2 (58.5%)
148	NESTOROWICZ Maksymilian	3167	BIESZCZADZKA WATAHA MTB	M30	33	01:56:49.95	01:57:16.10	+00:48:46 (41.6%)	8:20	7.2 (58.5%)
149	GÓRKA Dariusz	3067		M40	35	01:57:06.20	01:57:21.15	+00:48:51 (41.6%)	8:21	7.2 (58.5%)
150	CHOŁODY Łukasz	3027	SPRINT GORZYVE	M30	34	01:57:13.75	01:57:38.95	+00:49:09 (41.8%)	8:22	7.2 (58.5%)
151	SUKIENNIK Anna	3234		K30	13	01:57:24.70	01:57:47.35	+00:49:17 (41.9%)	8:23	7.2 (58.5%)
152	MASZOTA Estera	3154		K30	14	01:57:28.40	01:58:01.45	+00:49:32 (42.0%)	8:23	7.2 (58.5%)
153	WOJCIECHOWSKI Wojciech	3285	KILLKOWID19	M40	36	01:57:56.85	01:58:15.70	+00:49:46 (42.1%)	8:25	7.1 (57.7%)
154	WOJCIECHOWSKI Szymon	3286	KILLKOWID19	M40	37	01:57:58.95	01:58:15.80	+00:49:46 (42.1%)	8:25	7.1 (57.7%)
155	LEWANDOWSKI Marcin	3126	SPRINT GORZYCE	M30	35	01:58:18.95	01:58:43.70	+00:50:14 (42.3%)	8:27	7.1 (57.7%)
156	KUBALA Alicja	3116		K40	11	01:58:50.25	01:58:58.85	+00:50:29 (42.4%)	8:29	7.1 (57.7%)
157	PIETRUSZKA Anna	3188		K30	15	01:58:45.80	01:59:01.25	+00:50:31 (42.5%)	8:28	7.1 (57.7%)
157	PIETRUSZKA Mariusz	3189		M30	36	01:58:46.15	01:59:01.25	+00:50:31 (42.5%)	8:29	7.1 (57.7%)
159	BOBOWIK Barbara	3013		K30	16	01:58:59.55	01:59:15.45	+00:50:46 (42.6%)	8:29	7.1 (57.7%)
160	BRENKUS Piotr	3017	BIEG PO ZDRÓJ	M30	37	01:59:05.35	01:59:29.05	+00:50:59 (42.7%)	8:30	7.1 (57.7%)
161	RACZYŃSKA Natalia	3203		K20	19	01:59:27.00	01:59:47.30	+00:51:17 (42.8%)	8:31	7 (56.9%)

Place	Participant	Number	Club	Category	MCat	Net time 14km	Czas brutto 14km	Gap	Pace min/km	Pace km/h
162	CIESIELSKI Grzegorz	3033	#SMARTRUN	M40	38	01:59:41.55	02:00:16.15	+00:51:46 (43.1%)	8:32	7 (56.9%)
163	GORAJEK Michał	3065	ALA&LILA	M40	39	01:59:42.05	02:00:16.35	+00:51:46 (43.1%)	8:33	7 (56.9%)
164	KRZAN Dariusz	3312	PRZEWORSK	M40	40	02:00:45.95	02:00:56.25	+00:52:26 (43.4%)	8:37	7 (56.9%)
165	WITUŃ Piotr	3260		M30	38	02:00:58.00	02:01:08.00	+00:52:38 (43.5%)	8:38	6.9 (56.1%)
166	WLACHOS Monika	3291	RADOSNY DOM SENIORA	K40	12	02:01:22.75	02:01:28.50	+00:52:59 (43.6%)	8:40	6.9 (56.1%)
167	GOŁDYN Waldemar	3064		M40	41	02:01:01.40	02:01:35.70	+00:53:06 (43.7%)	8:38	6.9 (56.1%)
168	SKOP Paweł	3224	WKURW_TEAM	M40	42	02:01:37.45	02:02:08.65	+00:53:39 (43.9%)	8:41	6.9 (56.1%)
169	MAGER Bartosz	3142		M40	43	02:02:15.95	02:02:30.45	+00:54:01 (44.1%)	8:43	6.9 (56.1%)
170	MAGER Olga	3141		K40	13	02:02:16.15	02:02:30.55	+00:54:01 (44.1%)	8:44	6.9 (56.1%)
171	KIERUZALSKA Małgorzata	3308		K40	14	02:02:14.55	02:02:36.25	+00:54:06 (44.1%)	8:43	6.9 (56.1%)
172	MORADEWICZ-PASZKO Ewa	3163		K30	17	02:02:16.05	02:02:36.45	+00:54:07 (44.1%)	8:44	6.9 (56.1%)
173	SZYMKIEWICZ Ewa	3244		K40	15	02:02:30.75	02:02:38.40	+00:54:09 (44.2%)	8:45	6.9 (56.1%)
174	SLIWINSKA Katarzyna	3225		K40	16	02:02:20.05	02:02:40.15	+00:54:10 (44.2%)	8:44	6.9 (56.1%)
175	PREIS Kamil	3196		M20	29	02:04:32.75	02:04:58.95	+00:56:29 (45.2%)	8:53	6.7 (54.5%)
176	MAKOWSKA Wanda	3147		K50	2	02:04:44.55	02:05:01.20	+00:56:31 (45.2%)	8:54	6.7 (54.5%)
177	KUMOR Anna	3119		K30	18	02:04:47.30	02:05:06.60	+00:56:37 (45.3%)	8:54	6.7 (54.5%)
178	BZDUŁA Bogumiła	3024		K40	17	02:04:49.35	02:05:10.60	+00:56:41 (45.3%)	8:54	6.7 (54.5%)
179	RACZYŃSKI Paweł	3204		M40	44	02:05:13.00	02:05:33.30	+00:57:03 (45.5%)	8:56	6.7 (54.5%)
180	FRANCZYK Michał	3054	AZS AWF MASTERS	M30	39	02:05:16.65	02:05:39.50	+00:57:10 (45.5%)	8:56	6.7 (54.5%)
181	MROCZKOWSKI Piotr	3166		M30	40	02:05:18.15	02:05:48.40	+00:57:19 (45.6%)	8:57	6.7 (54.5%)
182	BERTRANDT Bartosz	3005		M30	41	02:05:57.65	02:06:11.25	+00:57:41 (45.7%)	8:59	6.7 (54.5%)
183	SUZANOWICZ Krzysztof	3280		M50	6	02:05:55.30	02:06:18.15	+00:57:48 (45.8%)	8:59	6.7 (54.5%)
184	KUŚ Małogrzata	3303		K40	18	02:06:52.05	02:06:55.85	+00:58:26 (46.0%)	9:03	6.6 (53.7%)
185	ANDRASZ Paweł	3000		M20	30	02:06:35.55	02:06:57.00	+00:58:27 (46.0%)	9:02	6.6 (53.7%)
186	BIELECKA Beata	3009	TOMASZOWSKA GRUPA BIEGOWA/MORSY SPOD MŁYNA	K40	19	02:06:50.40	02:07:02.30	+00:58:32 (46.1%)	9:03	6.6 (53.7%)
187	OWSKI Filip	3176	DKMS TEAM	M30	42	02:07:09.95	02:07:16.55	+00:58:47 (46.2%)	9:04	6.6 (53.7%)
188	FLIS Rafał	3049		M40	45	02:07:16.10	02:07:22.65	+00:58:53 (46.2%)	9:05	6.6 (53.7%)
189	HOŁUB Agata	3081	JAROSŁAWSKI BIEGACZ	K50	3	02:07:25.30	02:07:37.95	+00:59:08 (46.3%)	9:06	6.6 (53.7%)
190	FLORCZAK Błażej	3050		M30	43	02:07:56.80	02:08:13.20	+00:59:43 (46.6%)	9:08	6.6 (53.7%)
191	KAWECKI Bartosz	3089	LOS BASUREROS	M20	31	02:07:56.60	02:08:30.10	+01:00:00 (46.7%)	9:08	6.6 (53.7%)
192	OZIERO Mateusz	3177		M30	44	02:08:30.65	02:08:44.65	+01:00:15 (46.8%)	9:10	6.5 (52.8%)
193	BOŻEWICZ Mariusz	3016		M40	46	02:08:26.00	02:09:01.60	+01:00:32 (46.9%)	9:10	6.5 (52.8%)
194	PIWOWARSKA Kinga	3191		K20	20	02:09:06.20	02:09:15.80	+01:00:46 (47.0%)	9:13	6.5 (52.8%)
195	GRABARCZYK Dorian	3070		M20	32	02:09:06.90	02:09:16.70	+01:00:47 (47.0%)	9:13	6.5 (52.8%)
196	PRZYJEMSKA Dorota	3197		K40	20	02:09:16.85	02:09:22.20	+01:00:52 (47.1%)	9:14	6.5 (52.8%)
197	KAPUSTA-WESOŁOWSKA Marta	3087	KKM KALORYFER	K40	21	02:09:26.60	02:09:35.80	+01:01:06 (47.2%)	9:14	6.5 (52.8%)
198	TRAN Nhuyen	3251		K20	21	02:09:04.00	02:09:45.10	+01:01:15 (47.2%)	9:13	6.5 (52.8%)
199	DUDA Justyna	3040		K30	19	02:09:07.35	02:09:48.35	+01:01:18 (47.2%)	9:13	6.5 (52.8%)
200	LEWANDOWSKA Anna	3278	UBEZPIECZENIA@KUPNAJLEPSZE.PL	K30	20	02:10:26.75	02:10:32.70	+01:02:03 (47.5%)	9:19	6.4 (52.0%)
201	DUSZKIEWICZ Krzysztof	3042	RAZEM TRENUJEMY SPORT	M40	47	02:10:36.30	02:10:51.60	+01:02:22 (47.7%)	9:19	6.4 (52.0%)
202	MATŁOSZ Ewa	3157		K40	22	02:10:57.40	02:11:03.10	+01:02:33 (47.7%)	9:21	6.4 (52.0%)
203	PASZEK Krystyna	3183	DOGOŃ GRODZISK MAZOWIECKI	K60	1	02:11:29.90	02:11:54.20	+01:03:24 (48.1%)	9:23	6.4 (52.0%)
204	NORWA Sylwester	3170	JET SET	M40	48	02:11:58.95	02:12:09.50	+01:03:40 (48.2%)	9:25	6.4 (52.0%)
205	KAMIŃSKA Patrycja	3086		K30	21	02:11:49.65	02:12:14.95	+01:03:45 (48.2%)	9:24	6.4 (52.0%)

						Net time 14km	Czas brutto 14km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat			Gap		
206	KSIĄŻEK-BARCIK Ewa	3115		K30	22	02:12:29.95	02:12:52.10	+01:04:22 (48.5%)	9:27	6.3 (51.2%)
207	KRZYWICKI Leszek	3113		M50	7	02:12:38.45	02:12:54.30	+01:04:24 (48.5%)	9:28	6.3 (51.2%)
208	SERAFIN Monika	3220	MARATOŃCZYK DĘBICA	K40	23	02:13:04.80	02:13:14.25	+01:04:44 (48.6%)	9:30	6.3 (51.2%)
209	RYŻYŃSKA Agnieszka	3214	CHEŁM BIEGA	K40	24	02:13:10.20	02:13:30.85	+01:05:01 (48.7%)	9:30	6.3 (51.2%)
210	WOŹNIAK Mariusz	3265		M50	8	02:13:10.55	02:13:30.95	+01:05:01 (48.7%)	9:30	6.3 (51.2%)
211	KRUPA Ewa	3111		K20	22	02:13:53.85	02:14:01.50	+01:05:32 (48.9%)	9:33	6.3 (51.2%)
212	CIEĆKIEWICZ Paulina	3032		K20	23	02:13:44.65	02:14:07.90	+01:05:38 (48.9%)	9:33	6.3 (51.2%)
213	MAJDYŚ Wojciech	3144		M40	49	02:14:11.55	02:14:28.70	+01:05:59 (49.1%)	9:35	6.3 (51.2%)
213	NICIEJA Anna	3168		K40	25	02:14:11.75	02:14:28.70	+01:05:59 (49.1%)	9:35	6.3 (51.2%)
215	ŚLEMP Małgorzata	3246		K30	23	02:14:25.85	02:15:00.95	+01:06:31 (49.3%)	9:36	6.2 (50.4%)
216	WOJCIECH Kalandyk	3261	TURLAM SIĘ DO METY	M30	45	02:14:26.60	02:15:01.60	+01:06:32 (49.3%)	9:36	6.2 (50.4%)
217	KROLAK Krzysztof	3109		M40	50	02:15:13.65	02:15:22.05	+01:06:52 (49.4%)	9:39	6.2 (50.4%)
218	PRZYTARSKA Dominika	3198	BIEGAMY	K20	24	02:15:27.35	02:15:49.25	+01:07:19 (49.6%)	9:40	6.2 (50.4%)
219	OPALINSKA Malgorzata	3174		K30	24	02:15:37.80	02:15:57.10	+01:07:27 (49.6%)	9:41	6.2 (50.4%)
220	OPALIŃSKI Paweł	3175		M30	46	02:15:37.90	02:15:57.30	+01:07:27 (49.6%)	9:41	6.2 (50.4%)
221	KULA Milena	3118		K30	25	02:16:45.25	02:16:55.50	+01:08:26 (50.0%)	9:46	6.1 (49.6%)
222	URBAN Paulina	3252		K20	25	02:16:57.15	02:17:08.35	+01:08:38 (50.1%)	9:46	6.1 (49.6%)
223	JASEWICZ Wojciech	3293		M40	51	02:17:02.85	02:17:15.80	+01:08:46 (50.1%)	9:47	6.1 (49.6%)
224	RAK Michał	3207		M20	33	02:18:22.95	02:18:55.20	+01:10:25 (50.7%)	9:53	6.1 (49.6%)
225	RYŻYŃSKI Tomasz	3215	CHEŁM BIEGA	M40	52	02:18:33.90	02:18:55.65	+01:10:26 (50.7%)	9:53	6.1 (49.6%)
226	KLISOWSKA Zofia	3302		K18	2	02:18:43.75	02:19:12.95	+01:10:43 (50.8%)	9:54	6.1 (49.6%)
227	LIPIŃSKA Beata	3128		K40	26	02:18:47.65	02:19:17.90	+01:10:48 (50.8%)	9:54	6.1 (49.6%)
228	SARNA Agata	3219	WKURW_TEAM	K40	27	02:18:47.95	02:19:18.15	+01:10:48 (50.8%)	9:54	6.1 (49.6%)
229	PĘKALSKA Anna	3185		K50	4	02:19:08.90	02:19:22.85	+01:10:53 (50.9%)	9:56	6 (48.8%)
230	KLISOWSKA Anna	3094		K40	28	02:18:57.35	02:19:26.55	+01:10:57 (50.9%)	9:55	6 (48.8%)
231	HYBIŃSKA Joanna	3284		K40	29	02:19:33.55	02:19:40.55	+01:11:11 (51.0%)	9:58	6 (48.8%)
232	BUJNOWSKA Sylwia	3020		K40	30	02:19:33.05	02:19:40.70	+01:11:11 (51.0%)	9:58	6 (48.8%)
233	CHWASTA Mariusz	3029		M40	53	02:20:20.35	02:20:36.25	+01:12:06 (51.3%)	10:01	6 (48.8%)
234	TRACZ Agnieszka	3310		K30	26	02:21:11.25	02:21:26.80	+01:12:57 (51.6%)	10:05	5.9 (48.0%)
235	LEWANDOWSKA Edyta	3125		K20	26	02:21:37.25	02:21:42.15	+01:13:12 (51.7%)	10:06	5.9 (48.0%)
236	BAK - SPALIŃSKA Magdalena	3002		K30	27	02:21:37.55	02:22:04.60	+01:13:35 (51.8%)	10:06	5.9 (48.0%)
237	KURKOWSKI Sławomir	3120		M30	47	02:22:23.25	02:22:40.25	+01:14:10 (52.0%)	10:10	5.9 (48.0%)
238	RAKOCZY Anna	3208		K40	31	02:22:32.95	02:22:49.35	+01:14:19 (52.0%)	10:10	5.9 (48.0%)
239	FURMAN Agnieszka	3056	OCHAJORUN & FRIENDS	K30	28	02:22:55.20	02:23:29.20	+01:14:59 (52.3%)	10:12	5.9 (48.0%)
240	FURMAN Michał	3055	OCHAJORUN & FRIENDS	M30	48	02:23:15.70	02:23:50.70	+01:15:21 (52.4%)	10:13	5.9 (48.0%)
241	CZAPLA Andrzej	3034		M60	5	02:24:04.75	02:24:22.40	+01:15:53 (52.6%)	10:17	5.8 (47.2%)
242	DZIADCZYK Teresa	3043		K40	32	02:27:33.85	02:28:00.15	+01:19:30 (53.7%)	10:32	5.7 (46.3%)
243	KOBOS Beata	3279		K30	29	02:27:35.65	02:28:12.20	+01:19:42 (53.8%)	10:32	5.7 (46.3%)
244	FIL Hubert	3047	JAROSŁAWSKI BIEGACZ	M20	34	02:28:38.75	02:28:51.70	+01:20:22 (54.0%)	10:37	5.7 (46.3%)
245	KIPER Elżbieta	3091	JAROSŁAWSKI BIEGACZ	K30	30	02:28:38.65	02:28:51.95	+01:20:22 (54.0%)	10:37	5.7 (46.3%)
246	SZOŁTYSEK Beata	3238	OCHAJORUN & FRIENDS	K50	5	02:30:14.00	02:30:22.00	+01:21:52 (54.5%)	10:43	5.6 (45.5%)
247	STYKAŁA Magdalena	3229		K40	33	02:31:53.50	02:31:59.80	+01:23:30 (54.9%)	10:50	5.5 (44.7%)
248	MAJER Katarzyna	3145		K50	6	02:34:22.65	02:34:43.90	+01:26:14 (55.7%)	11:01	5.4 (43.9%)
249	LOBA Jerzy	3131	LUKS BAŁTYK DZIWNÓW	M60	6	02:34:29.80	02:35:07.10	+01:26:37 (55.8%)	11:02	5.4 (43.9%)

Place	Participant	Number	Club	Category	MCat	Net time 14km	Czas brutto 14km	Gap	Pace min/km	Pace km/h
250	GRZEGORCZYK Dorota	3074	ORANGE POLSKA SA	K50	7	02:39:41.70	02:39:48.55	+01:31:19 (57.1%)	11:24	5.3 (43.1%)
251	KLUZ Robert	3289		M50	9	02:43:22.60	02:43:53.40	+01:35:24 (58.2%)	11:40	5.1 (41.5%)
252	PYTEL Anna	3202	IZBICKO W BIEGU	K40	34	02:45:55.70	02:46:23.70	+01:37:54 (58.8%)	11:51	5.1 (41.5%)
253	SZYPULSKA Katarzyna	3245	SKS CHMIELOWICE	K40	35	02:46:05.25	02:46:33.35	+01:38:03 (58.9%)	11:51	5.1 (41.5%)
254	JĘDRZEJOWSKA-DEC Anna	3315		K40	36	02:46:48.90	02:47:26.20	+01:38:56 (59.1%)	11:54	5 (40.7%)
255	WĄSOWSKA Jagoda	3316	KS PEGAZ PIASECZNO	K50	8	02:46:49.50	02:47:26.50	+01:38:57 (59.1%)	11:54	5 (40.7%)
256	SOKOŁOWSKI Mikołaj	3300		M18	3	02:51:46.85	02:52:19.70	+01:43:50 (60.3%)	12:16	4.9 (39.8%)
257	GRABIEC Dawid	3071		M30	49	02:50:16.10	02:54:37.10	+01:46:07 (60.8%)	12:09	4.9 (39.8%)
258	BŁASZCZYK Magdalena	3012		K30	31	03:14:24.25	03:14:53.45	+02:06:24 (64.9%)	13:53	4.3 (35.0%)
259	KOLASIŃSKI Adam	3275		M40	54	03:15:11.80	03:15:29.50	+02:07:00 (65.0%)	13:56	4.3 (35.0%)
260	KOLASIŃSKA Joanna	3099		K40	37	03:15:10.45	03:15:29.75	+02:07:00 (65.0%)	13:56	4.3 (35.0%)
261	HAFFKE Sylwia	3076		K40	38	03:16:09.90	03:16:47.95	+02:08:18 (65.2%)	14:00	4.3 (35.0%)
262	HAFFKE Martyna	3079		K20	27	03:16:09.65	03:16:48.00	+02:08:18 (65.2%)	14:00	4.3 (35.0%)
263	POGORZELSKA Bogusława	3194		K40	39	03:17:36.95	03:17:55.25	+02:09:25 (65.4%)	14:06	4.3 (35.0%)
263	KLINIKOWSKI Jacek	3093	KOCHAM ŻYCIE I...	M50	10	03:17:36.15	03:17:55.25	+02:09:25 (65.4%)	14:06	4.3 (35.0%)
265	ŁUGOWSKI Paweł	3138	RAKNROLL	M60	7	03:17:37.90	03:18:01.95	+02:09:32 (65.4%)	14:06	4.3 (35.0%)
266	KOŁEK-ZAJĄC Ewa	3100		K30	32	03:20:44.40	03:21:24.40	+02:12:55 (66.0%)	14:20	4.2 (34.1%)
267	ZAJAC Dominik	3267		M20	35	03:21:04.05	03:21:44.40	+02:13:15 (66.1%)	14:21	4.2 (34.1%)
268	LITWIN Joanna	3292		K40	40	03:26:46.15	03:27:13.35	+02:18:43 (66.9%)	14:46	4.1 (33.3%)
269	KLIŚ Dominika	3096		K30	33	03:26:46.15	03:27:13.50	+02:18:44 (66.9%)	14:46	4.1 (33.3%)
270	KLIŚ Tomasz	3095		M40	55	03:26:46.80	03:27:13.60	+02:18:44 (66.9%)	14:46	4.1 (33.3%)
271	KAWA Anna	3088		K30	34	03:26:45.50	03:27:13.65	+02:18:44 (66.9%)	14:46	4.1 (33.3%)
272	SOKOŁOWSKA Magdalena	3299		K40	41	03:30:01.65	03:30:33.90	+02:22:04 (67.5%)	15:00	4 (32.5%)
273	PACUŁA-CHWASTA Monika	3178		K40	42	03:34:20.00	03:34:36.20	+02:26:06 (68.1%)	15:18	3.9 (31.7%)
274	PAPROCKA Ewa	3181		K40	43	03:40:58.60	03:41:29.95	+02:33:00 (69.1%)	15:47	3.8 (30.9%)
275	KOLASA Anna	3098	SII RUNNING TEAM	K30	35	03:42:02.20	03:42:34.20	+02:34:04 (69.2%)	15:51	3.8 (30.9%)
276	SOKOŁOWSKA Agnieszka	3288		K20	28	03:42:04.20	03:42:36.60	+02:34:07 (69.2%)	15:51	3.8 (30.9%)
277	GRONCZEWSKA Agnieszka	3072	ROLLING	K40	44	03:47:00.30	03:47:25.85	+02:38:56 (69.9%)	16:12	3.7 (30.1%)
278	SKARBOWSKA Izabela	3221	RAK'N'ROLL	K40	45	03:47:00.85	03:47:26.40	+02:38:57 (69.9%)	16:12	3.7 (30.1%)
279	ŁUGOWSKA Marta	3136	RAK'N'ROLL	K30	36	03:47:02.85	03:47:29.15	+02:38:59 (69.9%)	16:13	3.7 (30.1%)
280	ŁUGOWSKA Bogusia	3137	RAKNROLL	K60	2	03:47:10.15	03:47:35.20	+02:39:05 (69.9%)	16:13	3.7 (30.1%)
281	ZIOŁA Sabina	3274		K40	46	03:47:14.80	03:47:51.40	+02:39:22 (69.9%)	16:13	3.7 (30.1%)
282	SZMIT Iwona	3237		K40	47	03:47:15.15	03:47:51.70	+02:39:22 (69.9%)	16:13	3.7 (30.1%)
283	GÓRKA Agnieszka	3068		K40	48	03:54:27.35	03:54:41.70	+02:46:12 (70.8%)	16:44	3.6 (29.3%)
284	ŁYSEK Olga	3139		K30	37	03:57:55.45	03:58:06.00	+02:49:36 (71.2%)	16:59	3.5 (28.5%)
285	EBERT Agata	3046		K50	9	03:59:22.15	03:59:27.30	+02:50:57 (71.4%)	17:05	3.5 (28.5%)
286	ZAŁĘSKA Renata	3270	TBD	K40	49	04:27:32.50	04:27:45.80	+03:19:16 (74.4%)	19:06	3.1 (25.2%)
287	MICHAŁEK Sylwia	3158	RAK'N'ROLL	K40	50	05:14:15.85	05:14:40.20	+04:06:10 (78.2%)	22:26	2.7 (22.0%)
288	ŁUCZAK Anna	3134	RAK'N'ROLL	K40	51	05:14:20.90	05:14:44.90	+04:06:15 (78.2%)	22:27	2.7 (22.0%)

Total 288 results.