SUPERMARATON GÓR STOŁOWYCH 2017

Wydarzenie: Maraton Gór Stołowych
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-01
Miejsce: Pasterka
Dystans: 50 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
1	**JABŁOŃSKI Artur**	**332**	DREAM RUN	M-30	1	00:41:17	01:32:02	02:21:41	03:08:42	03:47:16	**04:34:17.80**	**04:34:21.05**		5:29	10.9 (100%)
2	**BĘTKOWSKI Piotr**	**478**	CITY TRAIL TEAM	M-30	2	00:43:09	01:36:24	02:31:10	03:19:24	03:59:06	**04:38:28.35**	**04:38:31.15**	+00:04:10 (1.5%)	5:34	10.8 (99.1%)
3	**SNOCHOWSKI Jacob**	**445**	ABOVE2000 / TEAM MOUNTAIN FUEL UK	M-30	3	00:42:48	01:35:09	02:30:38	03:23:35	04:08:36	**04:52:48.60**	**04:52:51.60**	+00:18:30 (6.3%)	5:51	10.2 (93.6%)
4	**WIŚNIEWSKI Piotr**	**444**	DYNAFIT TUTTU.PL	M-30	4	00:43:51	01:39:41	02:36:32	03:29:21	04:14:19	**04:58:44.55**	**04:58:48.65**	+00:24:27 (8.2%)	5:58	10 (91.7%)
5	**WILK Maciej**	**409**	RAMBO 3	M-30	5	00:44:01	01:39:31	02:36:24	03:34:54	04:23:20	**05:08:48.75**	**05:09:02.40**	+00:34:41 (11.2%)	6:10	9.7 (89.0%)
6	**GRAMACKI Szymon**	**368**		M-20	1	00:48:01	01:44:26	02:44:57	03:38:00	04:25:49	**05:09:56.30**	**05:10:03.00**	+00:35:41 (11.5%)	6:11	9.7 (89.0%)
7	**STOLARZ Piotr**	**93**		M-40	1	00:44:53	01:40:48	02:36:25	03:32:52	04:27:44	**05:13:53.85**	**05:13:57.65**	+00:39:36 (12.6%)	6:16	9.6 (88.1%)
8	**KUCHARCZYK Maciej**	**434**		M-40	2	00:46:57	01:46:48	02:45:52	03:40:12	04:27:31	**05:14:38.80**	**05:14:43.00**	+00:40:21 (12.8%)	6:17	9.5 (87.2%)
9	**KSIĄŻKIEWICZ Piotr**	**419**	CITY TRAIL TEAM	M-30	6	00:45:08	01:40:40	02:38:43	03:33:35	04:23:00	**05:16:52.40**	**05:16:55.30**	+00:42:34 (13.4%)	6:20	9.5 (87.2%)
10	**GÓRAL Grzegorz**	**412**	TADZIKI	M-30	7	00:46:08	01:44:34	02:49:42	03:47:04	04:35:22	**05:21:59.90**	**05:22:05.65**	+00:47:44 (14.8%)	6:26	9.3 (85.3%)
11	**TOPOLSKI Marcin**	**31**		M-40	3	00:49:02	01:49:11	02:51:50	03:48:55	04:37:01	**05:25:09.55**	**05:25:16.95**	+00:50:55 (15.7%)	6:30	9.2 (84.4%)
12	**HIBNER Waldemar**	**265**		M-40	4	00:47:37	01:46:51	02:51:44	03:49:31	04:36:38	**05:29:10.70**	**05:29:14.50**	+00:54:53 (16.7%)	6:35	9.1 (83.5%)
13	**DYBIŻBAŃSKI Wojciech**	**374**	CITY TRAIL TEAM	M-20	2	00:53:25	01:57:35	03:01:05	03:55:45	04:42:36	**05:29:46.25**	**05:29:52.45**	+00:55:31 (16.8%)	6:35	9.1 (83.5%)
14	**KOSTERKIEWICZ Marcin**	**152**	RYBAK PERSONAL TRAINER - PTC PRZEMYŚL	M-40	5	00:48:27	01:48:50	02:55:13	03:53:27	04:43:01	**05:30:56.10**	**05:31:00.30**	+00:56:39 (17.1%)	6:37	9.1 (83.5%)
15	**BARTYZEL Marek**	**287**		M-40	6	00:49:17	01:49:36	02:54:07	03:52:42	04:42:19	**05:31:41.60**	**05:31:49.50**	+00:57:28 (17.3%)	6:38	9 (82.6%)
16	**RZEPKA Remigiusz**	**238**	CLEAREX	M-40	7	00:50:11	01:50:52	02:56:48	03:55:20	04:44:42	**05:35:13.40**	**05:35:18.05**	+01:00:57 (18.2%)	6:42	8.9 (81.7%)
17	**MAJER Janusz**	**233**		M-40	8	00:48:06	01:52:07	03:00:37	04:01:40	04:49:57	**05:35:29.90**	**05:35:33.35**	+01:01:12 (18.2%)	6:42	8.9 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
18	**GONCZARENKO Jarek**	**406**		M-30	8	00:46:34	01:43:23	02:46:34	03:49:45	04:41:42	**05:37:30.80**	**05:37:35.80**	+01:03:14 (18.7%)	6:45	8.9 (81.7%)
19	**LANGNER Radosław**	**59**	VEGE RUNNERS	M-20	3	00:47:17	01:47:43	02:47:32	03:54:38	04:46:57	**05:38:28.45**	**05:38:34.45**	+01:04:13 (19.0%)	6:46	8.9 (81.7%)
20	**WOJCZUK Kornel**	**14**	DZIKIE ŻYCIE RUNTEAM	M-30	9	00:48:35	01:46:46	02:51:40	03:54:10	04:48:00	**05:38:32.45**	**05:38:47.95**	+01:04:26 (19.0%)	6:46	8.9 (81.7%)
21	**PRZYBYLSKI Łukasz**	**100**	KLUB SPORTOWY SHOOTBOXER	M-30	10	00:49:48	01:49:43	02:54:32	03:56:47	04:50:19	**05:40:08.10**	**05:40:13.85**	+01:05:52 (19.4%)	6:48	8.8 (80.7%)
22	**BENDIG Wojciech**	**28**		M-40	9	00:51:29	01:53:04	02:56:14	03:59:20	04:52:58	**05:41:03.55**	**05:41:19.90**	+01:06:58 (19.6%)	6:49	8.8 (80.7%)
23	**WOLBACH Tomasz**	**131**		M-30	11	00:54:45	01:56:32	02:59:50	04:01:04	04:51:10	**05:41:57.95**	**05:42:09.05**	+01:07:48 (19.8%)	6:50	8.8 (80.7%)
24	**HEŁMECKI Artur**	**428**	N-H	M-40	10	00:50:42	01:53:12	02:58:26	04:01:11	04:52:24	**05:42:27.65**	**05:42:34.15**	+01:08:13 (19.9%)	6:50	8.8 (80.7%)
25	**LUBAŃSKI Robert**	**150**		M-50	1	00:53:04	01:57:12	03:03:06	04:04:11	04:54:45	**05:44:11.90**	**05:44:18.70**	+01:09:57 (20.3%)	6:53	8.7 (79.8%)
26	**ŚWIDA Adam**	**438**	GET RUN	M-30	12	00:52:09	01:56:38	03:05:26	04:07:12	04:54:42	**05:44:33.75**	**05:44:38.30**	+01:10:17 (20.4%)	6:53	8.7 (79.8%)
27	**BIELAWA Rafał**	**476**		M-40	11	00:46:27	01:43:18	02:46:23	03:54:40	04:51:34	**05:45:30.00**	**05:45:35.65**	+01:11:14 (20.6%)	6:54	8.7 (79.8%)
28	**WINIARSKA Katarzyna**	**22**	PRZEMYSKI KLUB BIEGACZA	K-30	1	00:52:18	01:55:38	03:03:13	04:05:49	04:55:32	**05:47:15.10**	**05:47:19.50**	+01:12:58 (21.0%)	6:56	8.6 (78.9%)
29	**RUTA Paweł**	**201**	PETARDA BOŃCZYKA	M-40	12	00:52:51	01:56:58	03:02:52	04:04:43	04:55:23	**05:48:25.40**	**05:48:34.35**	+01:14:13 (21.3%)	6:58	8.6 (78.9%)
30	**JEDWABNY Piotr**	**3**		M-30	13	00:53:21	01:57:43	03:04:37	04:05:05	04:57:44	**05:48:22.00**	**05:48:39.00**	+01:14:17 (21.3%)	6:58	8.6 (78.9%)
31	**MAKOWSKI Maciej**	**34**	KORONA PABIANICE	M-30	14	00:52:13	01:54:54	03:04:18	04:07:39	04:59:44	**05:48:57.60**	**05:49:09.60**	+01:14:48 (21.4%)	6:58	8.6 (78.9%)
32	**JANIK Rafał**	**292**	GMINA STRZELCE OPOLSKIE	M-30	15	00:47:43	01:49:39	02:58:33	04:01:51	04:56:27	**05:51:25.00**	**05:51:25.00**	+01:17:03 (21.9%)	7:01	8.5 (78.0%)
33	**BOJAN Adam**	**54**		M-40	13	00:50:38	01:55:16	03:01:21	04:05:04	04:58:58	**05:51:52.05**	**05:51:56.40**	+01:17:35 (22.0%)	7:02	8.5 (78.0%)
34	**CZERNIAWSKI Piotr**	**122**		M-30	16	00:52:18	01:53:24	03:00:18	04:03:25	04:57:25	**05:52:10.45**	**05:52:16.20**	+01:17:55 (22.1%)	7:02	8.5 (78.0%)
35	**ANDRES Kamil**	**432**	KS JANUSZE	M-30	17	00:55:05	01:58:22	03:00:44	04:04:19	04:59:00	**05:52:07.60**	**05:52:39.55**	+01:18:18 (22.2%)	7:02	8.5 (78.0%)
36	**BORÓWKA Ryszard**	**112**		M-40	14	00:54:13	01:57:54	03:05:00	04:07:22	05:00:27	**05:52:12.35**	**05:52:40.55**	+01:18:19 (22.2%)	7:02	8.5 (78.0%)
37	**SZENDZIELARZ Marcin**	**392**		M-30	18	00:50:03	01:52:55	03:02:15	04:07:36	05:00:49	**05:52:36.80**	**05:52:41.80**	+01:18:20 (22.2%)	7:03	8.5 (78.0%)
38	**GRUCEL Sławomir**	**134**		M-30	19	00:52:45	01:58:45	03:03:49	04:07:07	04:59:39	**05:52:28.30**	**05:52:43.35**	+01:18:22 (22.2%)	7:02	8.5 (78.0%)
39	**TURIF Jarek**	**408**		M-30	20	00:45:47	01:44:23	02:50:50	04:00:13	05:01:14	**05:56:52.70**	**05:56:56.45**	+01:22:35 (23.1%)	7:08	8.4 (77.1%)
40	**GAŁUSZKA Filip**	**205**	K.S. ROSOMAK	M-20	4	00:50:15	01:51:24	02:55:56	04:06:27	05:05:11	**05:58:57.75**	**05:59:02.40**	+01:24:41 (23.6%)	7:10	8.4 (77.1%)
41	**ZAWORSKI Tomasz**	**175**		M-20	5	00:57:27	02:06:32	03:14:06	04:16:34	05:07:55	**05:58:56.25**	**05:59:08.95**	+01:24:47 (23.6%)	7:10	8.4 (77.1%)
42	**MATLOK Marek**	**194**	BIEGAJ Z PILECKIM	M-40	15	00:54:55	02:01:58	03:10:47	04:17:11	05:09:08	**05:59:01.95**	**05:59:13.25**	+01:24:52 (23.6%)	7:10	8.4 (77.1%)

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43	**WICHŁACZ Paweł**	**324**	KB MANIAC POZNAŃ	M-30	21	01:00:50	02:10:56	03:23:21	04:26:58	05:16:32	**06:02:54.60**	**06:03:28.30**	+01:29:07 (24.5%)	7:15	8.3 (76.1%)
44	**ŻELICHOWSKI Artur**	**212**	KĘCKIE HARPAGANY	M-40	16	00:56:43	02:03:42	03:13:37	04:18:06	05:09:13	**06:03:15.90**	**06:03:35.35**	+01:29:14 (24.5%)	7:15	8.3 (76.1%)
45	**CZERWIECKI Marcin**	**254**		M-30	22	00:48:23	01:51:40	02:59:06	04:10:29	05:06:30	**06:03:47.45**	**06:03:53.95**	+01:29:32 (24.6%)	7:16	8.2 (75.2%)
46	**KURCZYK Tomasz**	**106**		M-30	23	00:48:01	01:52:21	03:06:02	04:15:53	05:10:58	**06:04:18.95**	**06:04:24.05**	+01:30:03 (24.7%)	7:17	8.2 (75.2%)
47	**LANGE Beata**	**315**		K-40	1	00:53:00	02:00:19	03:11:52	04:19:25	05:14:24	**06:05:16.95**	**06:05:21.00**	+01:30:59 (24.9%)	7:18	8.2 (75.2%)
48	**SZECHLECKI Krzysztof**	**295**	I'VE GOT YOU	M-40	17	00:57:22	02:03:50	03:14:17	04:20:53	05:16:00	**06:05:16.40**	**06:05:28.80**	+01:31:07 (24.9%)	7:18	8.2 (75.2%)
49	**BAŁATKA Krzysztof**	**88**	AZS WSGK KUTNO	M-30	24	00:49:49	01:52:56	03:05:00	04:21:36	05:15:19	**06:06:09.30**	**06:06:13.25**	+01:31:52 (25.1%)	7:19	8.2 (75.2%)
50	**ŁAŻEWSKI Marcin**	**274**		M-40	18	00:58:41	02:06:43	03:13:40	04:19:36	05:13:13	**06:06:44.25**	**06:06:56.25**	+01:32:35 (25.2%)	7:20	8.2 (75.2%)
51	**DETTLAFF Patrycja**	**457**	DREAM RUN	K-30	2	00:55:22	02:07:00	03:18:25	04:26:21	05:17:04	**06:06:52.50**	**06:06:59.30**	+01:32:38 (25.2%)	7:20	8.2 (75.2%)
52	**RAJTAR Zbigniew**	**365**	RONTIL- COMPASS	M-50	2	00:53:03	02:08:09	03:19:24	04:24:35	05:16:08	**06:08:06.50**	**06:08:12.10**	+01:33:51 (25.5%)	7:21	8.1 (74.3%)
53	**BYTNIEWSKI Darek**	**312**	TEAM PKO SILESIA MARATHON	M-40	19	00:55:03	02:02:14	03:15:15	04:21:00	05:14:41	**06:09:04.65**	**06:09:14.80**	+01:34:53 (25.7%)	7:22	8.1 (74.3%)
54	**NOWACKA Marlena**	**159**	JAN-MAR	K-40	2	00:56:52	02:08:50	03:20:55	04:26:35	05:18:21	**06:10:30.75**	**06:10:35.25**	+01:36:14 (26.0%)	7:24	8.1 (74.3%)
55	**WINIARSKI Andrzej**	**57**	DXTREEM RUNNING	M-30	25	00:55:28	02:01:15	03:11:47	04:19:17	05:14:20	**06:10:31.40**	**06:10:40.40**	+01:36:19 (26.0%)	7:24	8.1 (74.3%)
56	**RYMARSKI Arkadiusz**	**15**	NOA	M-40	20	00:52:52	02:03:10	03:16:53	04:23:15	05:17:45	**06:10:39.10**	**06:10:42.25**	+01:36:21 (26.0%)	7:24	8.1 (74.3%)
57	**SIKORA Michał**	**217**		M-40	21	00:54:49	01:57:54	03:04:51	04:11:08	05:09:50	**06:11:15.80**	**06:11:42.20**	+01:37:21 (26.2%)	7:25	8.1 (74.3%)
58	**KOZINOGA Mateusz**	**426**	FSL VERUS AOK.PL TEAM	M-30	26	01:05:33	02:21:59	03:32:59	04:33:55	05:22:47	**06:11:24.20**	**06:11:46.60**	+01:37:25 (26.2%)	7:25	8.1 (74.3%)
59	**KRAUSE Kuba**	**424**	WWW.BIEGANIE.PL	M-30	27	00:52:52	02:00:07	03:11:35	04:19:25	05:16:05	**06:11:45.10**	**06:11:49.35**	+01:37:28 (26.2%)	7:26	8.1 (74.3%)
60	**MIKRUT Remigiusz**	**286**		M-30	28	00:58:21	02:09:50	03:20:30	04:25:10	05:19:01	**06:11:46.30**	**06:11:56.65**	+01:37:35 (26.2%)	7:26	8.1 (74.3%)
61	**SARATA Kuba**	**13**	ADVENTURE: GLOBE	M-30	29	01:00:53	02:14:48	03:28:14	04:31:25	05:22:13	**06:12:04.75**	**06:12:20.30**	+01:37:59 (26.3%)	7:26	8.1 (74.3%)
62	**LIPPA Wojtek**	**333**	LC MOSIĄDZ	M-40	22	00:56:53	02:04:28	03:15:14	04:21:04	05:15:39	**06:12:24.05**	**06:12:30.35**	+01:38:09 (26.3%)	7:26	8.1 (74.3%)
63	**KULESZA Artur**	**99**	BESKIDZKA 160 NA RATY	M-50	3	00:58:57	02:09:17	03:21:26	04:26:16	05:19:18	**06:12:23.20**	**06:12:36.00**	+01:38:14 (26.4%)	7:26	8.1 (74.3%)
64	**SIEROCIN Jakub**	**297**	KDATP	M-30	30	00:58:46	02:06:34	03:17:30	04:23:01	05:18:20	**06:12:25.85**	**06:12:48.25**	+01:38:27 (26.4%)	7:26	8.1 (74.3%)
65	**RĘBKOWSKI Piotr**	**140**		M-40	23	00:58:57	02:08:21	03:21:27	04:27:39	05:21:42	**06:13:10.60**	**06:13:25.65**	+01:39:04 (26.5%)	7:27	8 (73.4%)
66	**PICHETA Magdalena**	**318**		K-30	3	00:55:27	02:03:57	03:17:58	04:23:54	05:19:12	**06:13:52.20**	**06:13:58.90**	+01:39:37 (26.6%)	7:28	8 (73.4%)
67	**MISZCZYK Roman**	**320**		M-40	24	00:56:30	02:06:47	03:20:07	04:26:08	05:20:25	**06:14:07.30**	**06:14:14.55**	+01:39:53 (26.7%)	7:28	8 (73.4%)

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68	**MATWIEJCZYK Gabriel**	**369**	HTTP://COACHINGWBIEGU.PL	M-30	31	00:52:53	02:00:58	03:14:18	04:21:50	05:18:09	**06:14:34.25**	**06:14:43.20**	+01:40:22 (26.8%)	7:29	8 (73.4%)
69	**SIKORA Adam**	**220**		M-30	32	01:01:50	02:07:39	03:16:26	04:23:21	05:19:34	**06:14:44.20**	**06:14:44.20**	+01:40:23 (26.8%)	7:29	8 (73.4%)
70	**LEWANDOWSKA Karolina**	**471**	DREAM RUN	K-40	3	00:55:20	02:03:49	03:14:21	04:23:21	05:16:03	**06:15:15.70**	**06:15:23.00**	+01:41:01 (26.9%)	7:30	8 (73.4%)
71	**BARTOSIŃSKI Mariusz**	**58**		M-40	25	00:56:50	02:04:31	03:18:33	04:28:24	05:24:07	**06:15:56.60**	**06:16:05.85**	+01:41:44 (27.1%)	7:31	8 (73.4%)
72	**KSIĄDZYNA Rafał**	**362**	JELENIOGÓRSKI KLUB JASKINIOWY	M-30	33	00:58:35	02:06:40	03:22:22	04:28:28	05:22:09	**06:16:33.15**	**06:16:58.30**	+01:42:37 (27.2%)	7:31	8 (73.4%)
73	**MAZURKIEWICZ Jerzy**	**394**	NIGHT RUNNERS WROCŁAW	M-30	34	01:00:34	02:08:35	03:22:53	04:27:13	05:23:31	**06:16:49.95**	**06:17:08.05**	+01:42:47 (27.3%)	7:32	8 (73.4%)
74	**BRZOZOWSKI Jacek**	**423**	DNF TEAM	M-40	26	00:52:50	01:57:52	03:05:56	04:14:49	05:15:44	**06:17:16.35**	**06:17:24.15**	+01:43:03 (27.3%)	7:32	8 (73.4%)
75	**BOGUS Bartosz**	**66**		M-20	6	00:50:10	01:53:57	03:02:58	04:15:43	05:18:33	**06:17:36.90**	**06:17:43.15**	+01:43:22 (27.4%)	7:33	7.9 (72.5%)
76	**KUNICKI Konrad**	**210**	NOA	M-30	35	00:52:51	01:56:48	03:05:32	04:14:08	05:13:18	**06:18:14.15**	**06:18:17.35**	+01:43:56 (27.5%)	7:33	7.9 (72.5%)
77	**SZCZOT Andrzej**	**461**		M-40	27	00:54:20	02:05:41	03:17:38	04:28:12	05:24:29	**06:18:20.05**	**06:18:27.30**	+01:44:06 (27.5%)	7:34	7.9 (72.5%)
78	**CHOJNACKI Leszek**	**354**	IADP	M-40	28	00:57:19	02:10:15	03:23:09	04:27:26	05:22:16	**06:18:31.15**	**06:18:45.45**	+01:44:24 (27.6%)	7:34	7.9 (72.5%)
79	**SCHULZ Krzysztof**	**277**		M-30	36	00:58:40	02:10:31	03:24:24	04:33:23	05:30:11	**06:20:51.30**	**06:21:08.90**	+01:46:47 (28.0%)	7:37	7.9 (72.5%)
80	**DRYNDA Rafał**	**323**	KB FLORIAN ZAJĄCZKI DRUGIE	M-30	37	01:01:26	02:17:18	03:31:01	04:35:01	05:29:07	**06:21:02.15**	**06:21:25.60**	+01:47:04 (28.1%)	7:37	7.9 (72.5%)
81	**ZIĘTERSKI Robert**	**182**		M-40	29	00:53:50	02:03:56	03:17:20	04:28:53	05:25:37	**06:21:23.40**	**06:21:28.85**	+01:47:07 (28.1%)	7:37	7.9 (72.5%)
82	**BOTKIEWICZ Jarosław**	**56**	WKURW_TEAM / BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-40	30	00:52:55	02:07:06	03:17:38	04:30:30	05:26:13	**06:23:19.40**	**06:23:24.25**	+01:49:03 (28.4%)	7:40	7.8 (71.6%)
83	**JĘDRZEJEWSKI Łukasz**	**351**	WATAHA	M-40	31	00:53:56	02:03:23	03:17:05	04:28:41	05:25:34	**06:23:30.85**	**06:23:40.70**	+01:49:19 (28.5%)	7:40	7.8 (71.6%)
84	**PIECUCH Marcin**	**91**	LACHO TEAM	M-30	38	00:54:31	02:03:20	03:11:49	04:21:49	05:25:18	**06:23:41.90**	**06:23:50.25**	+01:49:29 (28.5%)	7:40	7.8 (71.6%)
85	**SKOREK Karol**	**96**		M-30	39	00:56:41	02:02:09	03:14:52	04:24:27	05:26:51	**06:23:56.75**	**06:24:09.50**	+01:49:48 (28.6%)	7:40	7.8 (71.6%)
86	**ORZECHOWSKI Damian**	**24**	BIEGNĘ,ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	40	00:58:22	02:12:03	03:24:36	04:34:58	05:32:08	**06:26:18.00**	**06:26:23.10**	+01:52:02 (29.0%)	7:43	7.8 (71.6%)
87	**GAJEWSKI Marcin**	**258**		M-30	41	00:57:20	02:07:44	03:22:59	04:31:31	05:29:39	**06:26:23.05**	**06:26:30.65**	+01:52:09 (29.0%)	7:43	7.8 (71.6%)
88	**BROL Marcin**	**167**	SPORT W WIELKIM MIEŚCIE	M-30	42	00:52:39	01:57:26	03:12:29	04:29:52	05:30:16	**06:26:31.75**	**06:26:36.30**	+01:52:15 (29.0%)	7:43	7.8 (71.6%)
89	**NADOLSKI Piotr**	**363**		M-40	32	01:05:02	02:21:34	03:34:42	04:39:48	05:34:08	**06:26:53.10**	**06:27:14.15**	+01:52:53 (29.2%)	7:44	7.8 (71.6%)
90	**KRÓL Marcin**	**252**	OŚ RACING TEAM	M-30	43	01:00:36	02:11:59	03:28:18	04:36:35	05:33:10	**06:27:40.00**	**06:27:52.30**	+01:53:31 (29.3%)	7:45	7.7 (70.6%)
91	**PTASZYŃSKI Wojciech**	**165**		M-40	33	00:53:00	02:08:22	03:21:55	04:38:56	05:34:46	**06:28:52.95**	**06:29:03.00**	+01:54:41 (29.5%)	7:46	7.7 (70.6%)
92	**BAWIEC Marek**	**195**		M-40	34	00:56:01	02:04:12	03:19:31	04:32:27	05:34:39	**06:30:09.75**	**06:30:20.25**	+01:55:59 (29.7%)	7:48	7.7 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
93	**BURMAN Michał**	**42**	CZERWONAK BIEGA	M-40	35	00:57:24	02:04:46	03:17:13	04:32:48	05:33:47	**06:30:25.30**	**06:30:42.55**	+01:56:21 (29.8%)	7:48	7.7 (70.6%)
94	**UCIEKLAK Dominik**	**440**		M-40	36	01:00:15	02:09:07	03:22:29	04:32:42	05:34:10	**06:30:36.70**	**06:31:01.35**	+01:56:40 (29.8%)	7:48	7.7 (70.6%)
95	**PIECUCH Karolina**	**90**	LACHO TEAM/SKLEPBIEGOWY.COM	K-30	4	00:59:37	02:14:25	03:28:52	04:38:57	05:35:27	**06:31:33.50**	**06:31:43.25**	+01:57:22 (30.0%)	7:49	7.7 (70.6%)
96	**KACZMAREK Szymon**	**414**	PODROZEJOZINA.PL	M-30	44	01:05:07	02:18:11	03:29:57	04:33:58	05:34:52	**06:31:43.25**	**06:32:04.25**	+01:57:43 (30.0%)	7:50	7.7 (70.6%)
97	**JANUSZKIEWICZ Michał**	**473**		M-30	45	00:55:34	02:03:42	03:18:47	04:33:07	05:34:28	**06:32:22.00**	**06:32:22.00**	+01:58:00 (30.1%)	7:50	7.6 (69.7%)
98	**SZECÓWKA Zbigniew**	**405**	AMBITNI AMATORZY	M-40	37	00:53:19	01:59:05	03:11:49	04:32:53	05:34:25	**06:32:33.35**	**06:32:41.05**	+01:58:20 (30.1%)	7:51	7.6 (69.7%)
99	**KAMIŃSKI Cezary**	**228**		M-30	46	01:04:30	02:16:14	03:28:09	04:41:44	05:38:49	**06:32:33.90**	**06:32:57.90**	+01:58:36 (30.2%)	7:51	7.6 (69.7%)
100	**MATEJA Mariusz**	**187**	RAT TEAM	M-30	47	00:54:20	02:03:31	03:19:35	04:36:50	05:35:38	**06:32:52.60**	**06:33:03.25**	+01:58:42 (30.2%)	7:51	7.6 (69.7%)
101	**VLACH Jaromir**	**272**	VELKÝ OSEK	M-30	48	01:07:57	02:29:23	03:43:47	04:47:15	05:40:08	**06:32:36.15**	**06:33:11.75**	+01:58:50 (30.2%)	7:51	7.6 (69.7%)
102	**KRECZMAŃSKI Robert**	**186**	RAMY DADE	M-40	38	00:55:47	02:04:26	03:17:09	04:32:31	05:33:39	**06:33:46.55**	**06:33:54.65**	+01:59:33 (30.4%)	7:52	7.6 (69.7%)
103	**MAZUREK Mariusz**	**7**		M-30	49	00:57:18	02:10:28	03:24:33	04:37:31	05:37:28	**06:34:31.35**	**06:34:49.15**	+02:00:28 (30.5%)	7:53	7.6 (69.7%)
104	**JAKUBCZYK Damian**	**189**		M-40	39	01:00:36	02:14:00	03:29:39	04:41:08	05:40:28	**06:34:50.80**	**06:35:02.25**	+02:00:41 (30.6%)	7:53	7.6 (69.7%)
105	**BUKOWSKI Marcin**	**467**	SPARTANIE DZIECIOM	M-30	50	00:59:33	02:19:03	03:33:21	04:45:43	05:40:17	**06:34:39.50**	**06:35:10.35**	+02:00:49 (30.6%)	7:53	7.6 (69.7%)
106	**KŁOS Sławomir**	**16**	NOA	M-30	51	00:52:59	02:03:10	03:20:10	04:38:23	05:39:52	**06:35:21.45**	**06:35:25.25**	+02:01:04 (30.6%)	7:54	7.6 (69.7%)
107	**WIĘCEK Przemysław**	**55**	KĘCKIE HARPAGANY	M-30	52	00:57:14	02:13:06	03:29:03	04:41:58	05:40:40	**06:35:45.80**	**06:36:05.15**	+02:01:44 (30.7%)	7:54	7.6 (69.7%)
108	**KUNA Wojciech**	**237**	ITMWB KRAKÓW	M-20	7	01:00:20	02:12:18	03:28:31	04:39:24	05:34:59	**06:36:17.85**	**06:36:49.30**	+02:02:28 (30.9%)	7:55	7.6 (69.7%)
109	**GUZOWSKI Andrzej**	**393**		M-50	4	01:04:40	02:23:18	03:43:36	04:50:11	05:42:47	**06:36:30.05**	**06:36:50.50**	+02:02:29 (30.9%)	7:55	7.6 (69.7%)
110	**HINC Janusz**	**216**	GEMINI TEAM	M-30	53	00:59:52	02:14:39	03:28:33	04:41:10	05:40:26	**06:36:38.20**	**06:36:53.25**	+02:02:32 (30.9%)	7:55	7.6 (69.7%)
111	**NIEMIRO Dominika**	**443**	JAGODOWO-KALINOWY TEAM	K-30	5	01:00:14	02:12:02	03:28:43	04:38:43	05:37:15	**06:36:53.90**	**06:37:05.90**	+02:02:44 (30.9%)	7:56	7.6 (69.7%)
112	**DZIUBA Piotr**	**80**		M-40	40	00:57:08	02:09:06	03:28:31	04:42:47	05:44:22	**06:37:26.75**	**06:37:37.00**	+02:03:15 (31.0%)	7:56	7.5 (68.8%)
113	**GROCHAŁA Tomasz**	**149**	4BINŻ	M-30	54	01:00:55	02:17:17	03:34:29	04:45:33	05:42:56	**06:38:15.90**	**06:38:35.60**	+02:04:14 (31.2%)	7:57	7.5 (68.8%)
114	**PEŻYŃSKI Piotr**	**239**		M-30	55	00:58:38	02:09:47	03:25:28	04:36:47	05:37:47	**06:38:29.05**	**06:39:01.55**	+02:04:40 (31.2%)	7:58	7.5 (68.8%)
115	**MACHALSKI Sebastian**	**236**		M-40	41	00:56:13	02:04:19	03:18:24	04:33:24	05:37:53	**06:39:12.65**	**06:39:28.70**	+02:05:07 (31.3%)	7:59	7.5 (68.8%)
116	**MAJOR Stefan**	**407**	AMBITNI AMATORZY	M-60	1	00:53:56	02:07:34	03:29:22	04:41:22	05:41:43	**06:39:24.05**	**06:39:33.50**	+02:05:12 (31.3%)	7:59	7.5 (68.8%)
117	**REGLIŃSKA Joanna**	**193**	KB GOCH BYTÓW	K-20	1	00:58:53	02:12:28	03:28:58	04:40:08	05:38:13	**06:39:58.15**	**06:40:09.30**	+02:05:48 (31.4%)	7:59	7.5 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
118	**GNIADEK Tomek**	**348**	DABEX BOLT	M-40	42	00:59:24	02:13:19	03:30:50	04:46:25	05:45:56	**06:40:07.70**	**06:40:21.30**	+02:06:00 (31.5%)	8:00	7.5 (68.8%)
119	**WITEK Łukasz**	**103**		M-30	56	00:55:57	02:06:49	03:19:57	04:36:24	05:38:14	**06:40:24.65**	**06:40:30.40**	+02:06:09 (31.5%)	8:00	7.5 (68.8%)
120	**PRUGAR FUKOWSKA Paulina**	**455**	DREAM RUN	K-30	6	00:56:50	02:10:01	03:25:11	04:41:12	05:41:34	**06:40:28.10**	**06:40:35.60**	+02:06:14 (31.5%)	8:00	7.5 (68.8%)
121	**EWERT-KRZEMIENIEWSKI Stasiek**	**285**		M-30	57	01:05:06	02:23:47	03:38:00	04:49:05	05:44:51	**06:40:25.85**	**06:40:42.75**	+02:06:21 (31.5%)	8:00	7.5 (68.8%)
122	**DYSARZ Przemysław**	**124**		M-30	58	01:04:49	02:15:54	03:31:19	04:43:53	05:42:14	**06:40:53.05**	**06:41:16.65**	+02:06:55 (31.6%)	8:01	7.5 (68.8%)
123	**NIEMCZYK Damian**	**221**	DREAM RUN	M-30	59	00:55:20	02:06:41	03:21:44	04:41:48	05:43:23	**06:42:23.20**	**06:42:31.60**	+02:08:10 (31.8%)	8:02	7.5 (68.8%)
124	**RANGL Jowita**	**155**		K-40	4	01:02:16	02:18:48	03:33:56	04:47:43	05:45:41	**06:43:29.85**	**06:43:47.25**	+02:09:26 (32.1%)	8:04	7.4 (67.9%)
125	**KRASINSKI Marcin**	**198**	WOODWARD RUNNERS	M-30	60	00:58:32	02:12:01	03:29:39	04:42:45	05:42:54	**06:43:47.30**	**06:43:59.00**	+02:09:37 (32.1%)	8:04	7.4 (67.9%)
126	**WYRODEK Jakub**	**63**	TURBOPTYSIE	M-30	61	01:09:50	02:25:57	03:42:04	04:53:18	05:51:37	**06:43:48.45**	**06:44:22.85**	+02:10:01 (32.2%)	8:04	7.4 (67.9%)
127	**FELTOWICZ Jacek**	**479**		M-30	62	00:59:59	02:16:43	03:33:37	04:46:21	05:45:27	**06:44:28.20**	**06:44:48.05**	+02:10:27 (32.2%)	8:05	7.4 (67.9%)
128	**TUTKA Maksymilian**	**431**	K S JANUSZE	M-30	63	01:00:09	02:12:04	03:28:42	04:44:30	05:45:10	**06:45:19.55**	**06:45:51.55**	+02:11:30 (32.4%)	8:06	7.4 (67.9%)
129	**GÓRSKI Mariusz**	**129**	-	M-30	64	00:53:16	02:01:42	03:18:41	04:34:10	05:41:53	**06:45:59.70**	**06:46:04.20**	+02:11:43 (32.4%)	8:07	7.4 (67.9%)
130	**PRYJDA Tomasz**	**427**		M-20	8	00:51:29	01:59:37	03:16:06	04:39:20	05:44:32	**06:47:59.00**	**06:48:04.30**	+02:13:43 (32.8%)	8:09	7.4 (67.9%)
131	**KIEDROWSKI Bartosz**	**246**	LUBIĘ KLOPSY	M-30	65	01:05:30	02:21:38	03:37:41	04:46:37	05:46:46	**06:48:19.25**	**06:48:43.25**	+02:14:22 (32.9%)	8:09	7.3 (67.0%)
132	**KRUŻOŁEK Monika**	**52**	TURBOPTYSIE	K-30	7	01:09:52	02:25:55	03:42:07	04:53:17	05:51:48	**06:48:17.00**	**06:48:50.85**	+02:14:29 (32.9%)	8:09	7.3 (67.0%)
133	**MOLTZAN Zbigniew**	**168**		M-40	43	01:03:20	02:21:51	03:40:52	04:52:36	05:50:41	**06:48:58.65**	**06:49:12.50**	+02:14:51 (33.0%)	8:10	7.3 (67.0%)
134	**MOLTZAN-MAŁKOWSKA Magdalena**	**166**		K-40	5	01:03:21	02:21:52	03:41:17	04:53:33	05:51:43	**06:48:59.70**	**06:49:13.40**	+02:14:52 (33.0%)	8:10	7.3 (67.0%)
135	**ZAWAL Przemysław**	**74**	REMBERTÓW TEAM	M-40	44	01:01:58	02:19:42	03:39:37	04:52:49	05:52:34	**06:48:45.95**	**06:49:13.90**	+02:14:52 (33.0%)	8:10	7.3 (67.0%)
136	**KŁOSEK Jacek**	**172**	INSTAL-TECH TEAM	M-20	9	01:08:48	02:26:51	03:45:09	04:56:29	05:53:37	**06:49:26.90**	**06:49:55.30**	+02:15:34 (33.1%)	8:11	7.3 (67.0%)
137	**ŻYŻA Piotr**	**153**	ATHLETICS TEAM PRUSICE	M-40	45	00:58:53	02:11:27	03:29:51	04:45:52	05:50:07	**06:49:44.45**	**06:50:08.15**	+02:15:47 (33.1%)	8:11	7.3 (67.0%)
138	**PĘCZEK Dariusz**	**250**	ZABIEGANI CZĘSTOCHOWA	M-40	46	00:57:39	02:11:38	03:28:41	04:51:20	05:55:09	**06:49:58.30**	**06:50:10.05**	+02:15:49 (33.1%)	8:11	7.3 (67.0%)
139	**DARMOCHWAŁ Leszek**	**422**	DZIKIE BOBRY	M-40	47	00:58:13	02:04:55	03:21:13	04:42:48	05:49:08	**06:50:44.75**	**06:50:44.75**	+02:16:23 (33.2%)	8:12	7.3 (67.0%)
140	**SANKOWSKI Paweł**	**366**		M-30	66	01:01:34	02:17:17	03:30:21	04:44:49	05:49:42	**06:50:53.75**	**06:51:09.15**	+02:16:48 (33.3%)	8:13	7.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
141	**SKALSKI Radosław**	**468**		M-40	48	00:57:55	02:13:20	03:31:12	04:46:51	05:48:31	**06:51:21.05**	**06:51:30.30**	+02:17:09 (33.3%)	8:13	7.3 (67.0%)
142	**KUBOWICZ Zbigniew**	**157**		M-50	5	01:00:50	02:14:06	03:31:45	04:52:19	05:53:22	**06:51:23.85**	**06:51:39.25**	+02:17:18 (33.4%)	8:13	7.3 (67.0%)
143	**PAWŁOWSKI Witold**	**169**	BAMBARYŁA TEAM	M-30	67	01:01:11	02:12:55	03:27:01	04:38:38	05:44:30	**06:51:58.50**	**06:52:08.10**	+02:17:47 (33.4%)	8:14	7.3 (67.0%)
144	**SULIMA Grzegorz**	**190**	STRZEGOMSKA DWUNASTKA	M-50	6	00:54:41	02:05:35	03:22:07	04:38:48	05:43:05	**06:52:00.10**	**06:52:10.55**	+02:17:49 (33.4%)	8:14	7.3 (67.0%)
145	**WOJDA Dariusz**	**128**	DZIKIE DZIKI	M-40	49	01:02:13	02:21:12	03:42:43	04:58:08	05:55:52	**06:52:34.65**	**06:52:45.25**	+02:18:24 (33.5%)	8:15	7.3 (67.0%)
146	**ZAWIŚLAK Kazimierz**	**4**	DZIKIE DZIKI	M-30	68	01:02:15	02:20:47	03:42:37	04:58:07	05:55:55	**06:52:36.95**	**06:52:45.30**	+02:18:24 (33.5%)	8:15	7.3 (67.0%)
147	**SZEWCZAK Tomasz**	**311**	LENOVO	M-40	50	01:01:46	02:25:59	03:38:51	04:53:12	05:56:29	**06:52:27.90**	**06:52:48.35**	+02:18:27 (33.5%)	8:14	7.3 (67.0%)
148	**KACZOREK Marcin**	**436**		M-40	51	00:56:51	02:16:50	03:33:46	04:49:09	05:55:48	**06:53:30.65**	**06:53:40.50**	+02:19:19 (33.7%)	8:16	7.3 (67.0%)
149	**GALUSKIN Alexey**	**284**	GRUPA NOMAX	M-30	69	01:04:18	02:20:04	03:36:38	04:53:23	05:56:34	**06:53:31.35**	**06:53:45.05**	+02:19:24 (33.7%)	8:16	7.3 (67.0%)
150	**RAKOWSKA Magdalena**	**1**	DRUŻYNA TVN	K-40	6	01:06:30	02:22:59	03:42:22	04:57:22	05:55:23	**06:53:09.15**	**06:53:50.25**	+02:19:29 (33.7%)	8:15	7.3 (67.0%)
151	**ZAWADA Mateusz**	**72**	ROZBIEGANY SULEJÓWEK	M-20	10	01:06:00	02:23:27	03:42:31	04:57:47	05:56:07	**06:54:02.00**	**06:54:24.40**	+02:20:03 (33.8%)	8:16	7.2 (66.1%)
152	**JANUĆ Wojciech**	**243**	ARKA LEŚNA	M-20	11	01:05:53	02:21:54	03:38:25	04:56:03	06:01:27	**06:55:22.35**	**06:55:50.25**	+02:21:29 (34.0%)	8:18	7.2 (66.1%)
153	**SKWARSKI Darek**	**336**	KIBOLE W BIEGU	M-30	70	01:05:57	02:25:27	03:46:16	05:00:03	05:56:54	**06:55:39.10**	**06:55:58.00**	+02:21:36 (34.0%)	8:18	7.2 (66.1%)
154	**WALCZAK Patryk**	**21**	XRUNNERS	M-20	12	01:00:33	02:15:33	03:35:35	04:53:26	05:55:51	**06:55:54.45**	**06:56:06.05**	+02:21:45 (34.1%)	8:19	7.2 (66.1%)
155	**OBIDZIŃSKI Adam**	**346**	KASZUBSKA PONIEWIERKA	M-30	71	01:03:49	02:21:21	03:43:49	04:57:31		**06:55:54.10**	**06:56:20.05**	+02:21:59 (34.1%)	8:19	7.2 (66.1%)
156	**KSIĘŻNIK Dorota**	**391**		K-50	1	01:04:45	02:23:23	03:43:37	04:58:29	05:57:52	**06:56:10.20**	**06:56:30.15**	+02:22:09 (34.1%)	8:19	7.2 (66.1%)
157	**BŁACHEWICZ Krzysztof**	**248**	-	M-40	52	00:57:08	02:04:55	03:25:19	04:44:07	05:53:24	**06:56:44.00**	**06:57:03.35**	+02:22:42 (34.2%)	8:20	7.2 (66.1%)
158	**LACHOWSKI Robert**	**65**		M-30	72	01:03:56	02:20:37	03:44:38	05:01:21	06:00:48	**06:56:43.15**	**06:57:22.45**	+02:23:01 (34.3%)	8:20	7.2 (66.1%)
159	**DZIUBA Emilian**	**208**	BIEGATON MIKOŁÓW	M-40	53	01:07:17	02:24:34	03:37:50	04:56:43	05:58:33	**06:57:04.70**	**06:57:42.80**	+02:23:21 (34.3%)	8:20	7.2 (66.1%)
160	**JACHYMSKI Jacek**	**11**	AKG ŁÓDŹ	M-50	7	01:04:33	02:21:31	03:42:37	04:57:45	05:57:38	**06:58:02.20**	**06:58:22.95**	+02:24:01 (34.4%)	8:21	7.2 (66.1%)
161	**KONFEDERAK Tomasz**	**328**	WWW.FACEBOOK.COM/WPOGONIZABOBREM	M-40	54	00:58:04	02:12:48	03:34:57	04:56:54	06:03:12	**06:58:41.15**	**06:58:47.95**	+02:24:26 (34.5%)	8:22	7.2 (66.1%)
162	**MNICH Tomasz**	**197**		M-40	55	01:07:29	02:30:25	03:53:23	05:06:59	06:04:42	**06:58:32.50**	**06:58:58.75**	+02:24:37 (34.5%)	8:22	7.2 (66.1%)
163	**WOJCIECHOWSKI Ireneusz**	**92**	TRI SIGNOVUM	M-40	56	00:58:40	02:12:11	03:33:36	04:53:21	05:58:50	**06:59:39.00**	**06:59:57.25**	+02:25:36 (34.7%)	8:23	7.1 (65.1%)
164	**WACHOWIAK Krzysztof**	**319**		M-30	73	01:00:50	02:14:33	03:31:37	04:50:31	05:56:05	**06:59:42.65**	**06:59:58.65**	+02:25:37 (34.7%)	8:23	7.1 (65.1%)
165	**HOROWSKI Tomasz**	**410**	URODZENI BIEGACZE BORNRUNNERS.PL	M-40	57	01:03:14	02:20:17	03:39:29	04:59:32	06:03:41	**06:59:41.70**	**07:00:00.60**	+02:25:39 (34.7%)	8:23	7.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
166	**KOWALSKI Andrzej**	**355**		M-50	8	01:04:39	02:20:25	03:39:34	04:59:11	06:01:07	**07:00:00.50**	**07:00:37.65**	+02:26:16 (34.8%)	8:24	7.1 (65.1%)
167	**CICHOCKI Paweł**	**350**	KAPAGO SPORT TEAM	M-40	58	00:57:37	02:11:18	03:33:16	04:59:13	06:05:29	**07:01:14.50**	**07:01:14.50**	+02:26:53 (34.9%)	8:25	7.1 (65.1%)
168	**LISZKA Piotrek**	**294**	KS LIMANOWA FORREST	M-60	2	01:06:23	02:26:07	03:44:11	04:59:31	06:00:44	**07:01:54.60**	**07:02:14.55**	+02:27:53 (35.0%)	8:26	7.1 (65.1%)
169	**JAŻDZEWSKI Sebastian**	**68**	KB GOCH BYTÓW	M-30	74	01:02:56	02:21:13	03:46:32	05:01:05	06:03:46	**07:03:33.40**	**07:03:44.45**	+02:29:23 (35.3%)	8:28	7.1 (65.1%)
170	**BADURA Wojtek**	**305**	ZIELONA TRAFFFKA I BIAŁY PUUUCH	M-50	9	01:05:42	02:23:56	03:43:42	05:01:26	06:05:03	**07:04:02.60**	**07:04:02.60**	+02:29:41 (35.3%)	8:28	7.1 (65.1%)
171	**GRYSKA Piotr**	**376**	BRAK	M-40	59	01:05:26	02:20:09	03:38:28	05:00:51	06:04:19	**07:03:33.75**	**07:04:21.50**	+02:30:00 (35.3%)	8:28	7.1 (65.1%)
172	**OLSZEWSKI Jacek**	**163**	CHEMADEX	M-30	75	01:08:55	02:30:43	03:48:22	05:05:00	06:07:00	**07:03:54.95**	**07:04:23.45**	+02:30:02 (35.4%)	8:28	7.1 (65.1%)
173	**SPECHT Mikołaj**	**370**	BBL SKRA	M-40	60	01:00:28	02:17:41	03:34:14	04:56:43	06:03:01	**07:04:11.65**	**07:04:24.35**	+02:30:03 (35.4%)	8:29	7.1 (65.1%)
174	**SPACHACZ Łukasz**	**367**	ALTOM GNIEZNO	M-30	76	01:01:41	02:16:50	03:36:05	04:58:24	06:03:26	**07:03:53.60**	**07:04:25.25**	+02:30:04 (35.4%)	8:28	7.1 (65.1%)
175	**KILIŃSKI Jacek**	**235**	ELITE SPORTS	M-40	61	00:53:49	02:13:17	03:44:26	05:05:22	06:06:51	**07:04:24.65**	**07:04:28.15**	+02:30:07 (35.4%)	8:29	7.1 (65.1%)
176	**STROBIN Filip**	**352**		M-30	77	01:05:54	02:20:11	03:39:08	05:00:07	06:02:38	**07:04:16.10**	**07:04:49.50**	+02:30:28 (35.4%)	8:29	7.1 (65.1%)
177	**KWOLIK Daniel**	**477**		M-30	78	01:04:44	02:20:20	03:44:41	05:05:09	06:07:24	**07:04:47.10**	**07:05:13.65**	+02:30:52 (35.5%)	8:29	7.1 (65.1%)
178	**ŁAKOMY Waldemar**	**85**	BUKOWSKI KLUB BIEGACZA	M-50	10	01:01:30	02:17:53	03:34:40	04:55:25	06:02:22	**07:05:06.25**	**07:05:23.45**	+02:31:02 (35.5%)	8:30	7.1 (65.1%)
179	**KAZIMIERZ Rafał**	**18**	NOA	M-30	79	00:57:02	02:06:46	03:28:42	04:55:48	06:03:03	**07:05:24.55**	**07:05:30.20**	+02:31:09 (35.5%)	8:30	7.1 (65.1%)
180	**SZCZEŚNIAK Dorota**	**211**	RANKOR	K-30	8	01:04:44	02:26:36	03:50:06	05:09:00	06:10:49	**07:05:23.05**	**07:05:47.10**	+02:31:26 (35.6%)	8:30	7.1 (65.1%)
181	**HULBÓJ Sebastian**	**139**	HUSE TEAM	M-40	62	01:04:31	02:23:04	03:44:33	05:03:40	06:06:26	**07:05:57.50**	**07:06:11.95**	+02:31:50 (35.6%)	8:31	7 (64.2%)
182	**WESOŁOWSKI Marcin**	**164**		M-40	63	01:07:18	02:24:57	03:44:18	05:01:19	06:06:20	**07:06:16.65**	**07:06:32.75**	+02:32:11 (35.7%)	8:31	7 (64.2%)
183	**WESOŁOWSKI Maciej**	**71**		M-30	80	01:07:22	02:24:47	03:44:30	05:03:49	06:06:16	**07:07:10.30**	**07:07:28.25**	+02:33:07 (35.8%)	8:32	7 (64.2%)
184	**WOJCIESZEK Andrzej**	**234**	GEMINI SOPOT TEAM	M-30	81	01:00:36	02:17:03	03:34:35	04:56:33	06:03:36	**07:07:19.50**	**07:07:34.25**	+02:33:13 (35.8%)	8:32	7 (64.2%)
185	**MAZUREK Michał**	**123**		M-40	64	00:55:55	02:12:16	03:42:05	04:58:55	06:06:06	**07:08:16.30**	**07:08:22.70**	+02:34:01 (36.0%)	8:33	7 (64.2%)
186	**KOŁODZIEJ Paweł**	**180**		M-40	65	01:06:12	02:26:45	03:45:41	05:03:34	06:09:38	**07:08:28.85**	**07:08:57.35**	+02:34:36 (36.0%)	8:34	7 (64.2%)
187	**MOSKWIAK Mateusz**	**383**	BEER BROS RUNNERS	M-20	13	01:03:53	02:23:05	03:41:08	04:59:58	06:13:25	**07:08:54.15**	**07:09:17.15**	+02:34:56 (36.1%)	8:34	7 (64.2%)
188	**SADŁO Tomasz**	**321**	KOLEGIUM SĘDZIÓW ZABRZE	M-30	82	00:59:24	02:17:35	03:41:11	05:02:27	06:05:41	**07:09:17.15**	**07:09:24.05**	+02:35:03 (36.1%)	8:35	7 (64.2%)
189	**JANKOWSKI Piotr**	**120**		M-40	66	01:06:02	02:27:39	03:42:51	05:00:41	06:09:00	**07:10:12.30**	**07:10:37.45**	+02:36:16 (36.3%)	8:36	7 (64.2%)
190	**BARTKOWIAK Michal**	**373**	CITYTRAIL TEAM	M-30	83	01:05:32	02:20:33	03:37:58	04:54:14	06:05:38	**07:11:05.95**	**07:11:29.55**	+02:37:08 (36.4%)	8:37	7 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
191	**MARYNICZ Łukasz**	**340**		M-30	84	00:56:38	02:17:27	03:41:27	05:01:30	06:11:46	**07:11:36.05**	**07:11:45.90**	+02:37:24 (36.5%)	8:37	7 (64.2%)
192	**ROJEWSKI Paweł**	**70**		M-30	85	01:01:43	02:20:56	03:40:53	05:04:50	06:10:39	**07:11:09.00**	**07:11:48.10**	+02:37:27 (36.5%)	8:37	7 (64.2%)
193	**GRĘZIAK Magdalena**	**415**	BIAŁOSTOCKA SEKTA BIEGACZY	K-20	2	01:08:49	02:33:45	03:56:20	05:13:08	06:13:58	**07:11:33.75**	**07:11:49.85**	+02:37:28 (36.5%)	8:37	7 (64.2%)
194	**PIKOR Jacek**	**132**		M-40	67	01:01:51	02:21:02	03:44:12	05:04:42	06:07:12	**07:11:49.05**	**07:12:09.95**	+02:37:48 (36.5%)	8:38	6.9 (63.3%)
195	**TUROSZ Zbigniew**	**222**		M-50	11	01:02:06	02:20:27	03:44:34	05:07:49	06:10:07	**07:12:26.95**	**07:12:47.35**	+02:38:26 (36.6%)	8:38	6.9 (63.3%)
196	**MAZGAJ Michał**	**5**	NOA	M-30	86	01:02:32	02:24:32	03:48:58	05:10:14	06:15:52	**07:12:57.15**	**07:12:57.15**	+02:38:36 (36.6%)	8:39	6.9 (63.3%)
197	**OLESZAK Piotr**	**442**	STREFA CHILOUT'U / I LOVE ZIEMEK	M-30	87	00:58:58	02:12:53	03:30:26	04:55:54	06:07:19	**07:13:05.45**	**07:13:14.85**	+02:38:53 (36.7%)	8:39	6.9 (63.3%)
198	**WÓJCIK Małgorzata**	**60**	BESKIDZKA 160 NA RATY	K-40	7	01:05:18	02:29:21	03:54:08	05:12:08	06:14:00	**07:13:00.95**	**07:13:17.00**	+02:38:55 (36.7%)	8:39	6.9 (63.3%)
199	**MROWIEC Michał**	**475**	KORDAKI	M-40	68	00:59:47	02:24:37	03:50:13	05:11:44	06:17:01	**07:13:16.00**	**07:13:57.55**	+02:39:36 (36.8%)	8:39	6.9 (63.3%)
200	**POKRYWKA Arkadiusz**	**240**		M-30	88	01:05:17	02:28:17	03:51:27	05:11:01	06:11:35	**07:13:51.00**	**07:14:15.25**	+02:39:54 (36.8%)	8:40	6.9 (63.3%)
201	**ROGÓRZ Piotr**	**154**		M-40	69	00:53:50	02:03:04	03:17:08	04:56:21	06:10:57	**07:14:49.00**	**07:14:55.20**	+02:40:34 (36.9%)	8:41	6.9 (63.3%)
202	**KOŁODZIEJ Maciej**	**170**		M-40	70	01:01:16	02:18:40	03:44:49	05:05:23	06:11:04	**07:16:27.80**	**07:16:41.15**	+02:42:20 (37.2%)	8:43	6.9 (63.3%)
203	**KRZESZOWSKI Marcin**	**199**		M-30	89	00:59:56	02:22:02	03:52:22	05:08:33	06:13:41	**07:17:17.30**	**07:17:25.00**	+02:43:03 (37.3%)	8:44	6.9 (63.3%)
204	**SCHIEWE Andrzej**	**448**		M-40	71	01:07:40	02:25:05	03:42:28	05:03:30	06:11:22	**07:16:57.30**	**07:17:28.55**	+02:43:07 (37.3%)	8:44	6.9 (63.3%)
205	**LIZAKOWSKI Piotr**	**225**	NYHA IV	M-40	72	01:05:51	02:25:00	03:49:54	05:08:54	06:14:17	**07:16:47.50**	**07:17:29.45**	+02:43:08 (37.3%)	8:44	6.9 (63.3%)
206	**MARCHEWKA Daniel**	**51**		M-30	90	00:57:00	02:13:30	03:39:41	05:04:04	06:13:56	**07:17:27.35**	**07:17:33.45**	+02:43:12 (37.3%)	8:44	6.9 (63.3%)
207	**PARA Jakub**	**79**	LESZNO LIMITS RUNNERS	M-30	91	01:01:37	02:18:51	03:42:20	05:05:23	06:13:40	**07:17:50.25**	**07:17:50.25**	+02:43:29 (37.3%)	8:45	6.9 (63.3%)
208	**LEMIESZKA Marta**	**75**	ROZBIEGANY SULEJÓWEK	K-20	3	01:05:36	02:27:49	03:50:56	05:12:08	06:16:16	**07:17:30.60**	**07:17:50.85**	+02:43:29 (37.3%)	8:45	6.9 (63.3%)
209	**ANTONIEWICZ Jacek**	**453**		M-40	73	01:11:30	02:33:21	03:56:04	05:12:16	06:16:33	**07:18:15.90**	**07:18:35.55**	+02:44:14 (37.4%)	8:45	6.8 (62.4%)
210	**SURMACZ Rafał**	**214**		M-40	74	01:07:37	02:31:47	03:56:20	05:15:00	06:16:40	**07:19:15.30**	**07:19:34.10**	+02:45:13 (37.6%)	8:47	6.8 (62.4%)
211	**KOWALCZYK Joanna Joko**	**395**	BIEGANIZM/DYNAFIT	K-30	9	01:05:51	02:29:08	03:53:46	05:12:52	06:16:33	**07:20:32.85**	**07:20:47.00**	+02:46:25 (37.8%)	8:48	6.8 (62.4%)
212	**GRZĘDZIELSKI Jacek**	**466**	DYNAMIT	M-40	75	01:05:53	02:29:53	03:53:40	05:12:54	06:16:34	**07:20:33.40**	**07:20:47.35**	+02:46:26 (37.8%)	8:48	6.8 (62.4%)
213	**OLEŚ Rafal**	**161**	MARATONCZYK SZCZYTNICA	M-30	92	01:00:59	02:17:17	03:44:38	05:09:22	06:19:01	**07:21:20.80**	**07:21:41.35**	+02:47:20 (37.9%)	8:49	6.8 (62.4%)
214	**HIBNER Zbigniew**	**266**		M-40	76	01:06:07	02:24:16	03:46:23	05:05:35	06:14:30	**07:22:12.20**	**07:22:31.35**	+02:48:10 (38.0%)	8:50	6.8 (62.4%)
215	**BANAŚ Maciej**	**160**		M-30	93	01:04:50	02:23:27	03:46:41	05:07:15	06:15:17	**07:22:19.45**	**07:22:31.90**	+02:48:10 (38.0%)	8:50	6.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
216	**DUDA Konrad**	**156**		M-30	94	01:02:23	02:21:08	03:45:02	05:02:29	06:10:53	**07:22:20.90**	**07:22:32.50**	+02:48:11 (38.0%)	8:50	6.8 (62.4%)
217	**CZOSTKÓW Wiola**	**372**	ACCENTURE	K-20	4	01:05:09	02:30:19	03:55:43	05:21:36	06:21:50	**07:22:19.00**	**07:22:33.50**	+02:48:12 (38.0%)	8:50	6.8 (62.4%)
218	**KUPCZYK Jacek**	**188**		M-40	77	01:04:12	02:21:13	03:44:46	05:04:41	06:14:56	**07:22:13.10**	**07:22:35.10**	+02:48:14 (38.0%)	8:50	6.8 (62.4%)
219	**BRZOZOWSKI Michał**	**147**		M-30	95	01:11:41	02:34:53	03:59:08	05:12:46	06:22:39	**07:21:57.40**	**07:22:38.65**	+02:48:17 (38.0%)	8:50	6.8 (62.4%)
220	**GRYCZ Darek**	**245**	FUNBIKERUN.PL	M-30	96	01:01:07	02:16:11	03:39:50	05:04:33	06:21:03	**07:22:31.15**	**07:22:39.85**	+02:48:18 (38.0%)	8:51	6.8 (62.4%)
221	**PIWOWARCZYK Magdalena**	**30**	SZKOŁA WSPINANIA KLAMA	K-40	8	01:06:12	02:30:01	04:00:35	05:21:33	06:24:31	**07:23:40.45**	**07:23:55.25**	+02:49:34 (38.2%)	8:52	6.8 (62.4%)
222	**KOCH Michał**	**127**		M-30	97	01:01:57	02:16:35	03:35:58	05:05:21	06:24:33	**07:24:15.85**	**07:24:23.55**	+02:50:02 (38.3%)	8:53	6.8 (62.4%)
223	**BRZYSKA Marcelina**	**313**		K-20	5	01:07:26	02:36:15	04:01:49	05:22:46	06:27:23	**07:24:36.15**	**07:24:46.50**	+02:50:25 (38.3%)	8:53	6.7 (61.5%)
224	**FLORCZAK Marek**	**288**	LZS TARCHALANKA	M-40	78	01:05:04	02:30:27	03:55:42	05:15:30	06:22:53	**07:24:35.50**	**07:24:52.60**	+02:50:31 (38.3%)	8:53	6.7 (61.5%)
225	**KUMKOWSKA Irena**	**329**		K-40	9	01:05:39	02:25:40	03:54:28	05:13:41	06:19:34	**07:24:48.00**	**07:25:08.70**	+02:50:47 (38.4%)	8:53	6.7 (61.5%)
226	**KOZIEŁ Łukasz**	**371**	KSRG ZG RUDNA	M-30	98	01:05:43	02:27:09	03:46:53	05:06:40	06:19:17	**07:24:42.50**	**07:25:09.80**	+02:50:48 (38.4%)	8:53	6.7 (61.5%)
227	**SZPAK Monika**	**382**		K-40	10	01:09:14	02:40:50	04:04:20	05:21:51	06:24:20	**07:25:43.10**	**07:26:07.65**	+02:51:46 (38.5%)	8:54	6.7 (61.5%)
228	**JÓŹWIAK Michał**	**138**	BRYLANT KÓRNIK	M-40	79	01:08:43	02:40:50	04:04:20	05:21:26	06:24:23	**07:25:44.75**	**07:26:08.85**	+02:51:47 (38.5%)	8:54	6.7 (61.5%)
229	**GAJEWSKA Izabella**	**257**	KOBIETYBIEGAJA.PL	K-30	10	01:07:38	02:32:57	03:58:48	05:21:01	06:23:03	**07:26:44.10**	**07:26:54.65**	+02:52:33 (38.6%)	8:56	6.7 (61.5%)
230	**TWARÓG Zbigniew**	**244**	STRZEGOMSKA DWUNASTKA	M-60	3	01:00:58	02:17:06	03:36:09	04:59:48	06:12:47	**07:26:37.45**	**07:27:04.40**	+02:52:43 (38.6%)	8:55	6.7 (61.5%)
231	**FYDA Piotr**	**6**		M-40	80	01:07:24	02:25:55	03:46:50	05:06:50	06:18:15	**07:27:21.00**	**07:27:57.60**	+02:53:36 (38.8%)	8:56	6.7 (61.5%)
232	**RAFAŁ Eliza**	**314**		K-30	11	01:07:27	02:36:14	04:01:49	05:23:02	06:27:24	**07:28:22.70**	**07:28:33.45**	+02:54:12 (38.8%)	8:58	6.7 (61.5%)
233	**RABSCH Bartek**	**81**		M-30	99	01:07:54	02:31:32	03:56:33	05:19:09	06:22:54	**07:28:27.90**	**07:28:46.60**	+02:54:25 (38.9%)	8:58	6.7 (61.5%)
234	**MAŃKOWSKI Krzysztof**	**358**	DRUŻYNA WILKA / MAKERUNEASIER.PL	M-30	100	01:02:57	02:20:56	03:47:56	05:16:38	06:26:18	**07:29:32.10**	**07:29:54.85**	+02:55:33 (39.0%)	8:59	6.7 (61.5%)
235	**KORCZYK Ryszard**	**47**	KĘCKIE HARPAGANY	M-30	101	01:11:30	02:47:12	04:09:41	05:30:34	06:31:07	**07:30:29.55**	**07:30:56.85**	+02:56:35 (39.2%)	9:00	6.7 (61.5%)
236	**BIAŁAS Aldona**	**76**	NIE MA LIPY SWARZĘDZ TEAM	K-40	11	01:05:29	02:26:25	03:50:48	05:14:54	06:24:44	**07:31:00.70**	**07:31:22.55**	+02:57:01 (39.2%)	9:01	6.7 (61.5%)
237	**JAŚNIEWICZ Wojciech**	**77**	NIE MA LIPY SWARZĘDZ TEAM	M-30	102	01:05:28	02:26:23	03:50:46	05:13:57	06:24:40	**07:31:01.85**	**07:31:23.60**	+02:57:02 (39.2%)	9:01	6.7 (61.5%)
238	**SIKORSKI Radek**	**339**		M-40	81	01:05:51	02:26:45	03:51:07	05:15:15	06:25:07	**07:31:24.05**	**07:31:24.05**	+02:57:03 (39.2%)	9:01	6.6 (60.6%)
239	**CZAJKA Krzysztof**	**2**	ŻOLIBORSKI KLUB SPORTOWY	M-30	103	01:06:27	02:27:38	03:53:22	05:17:45	06:26:48	**07:31:25.00**	**07:31:25.00**	+02:57:03 (39.2%)	9:01	6.6 (60.6%)
240	**RYBUS Agata**	**289**		K-30	12	01:10:56	02:34:43	03:59:23	05:18:28	06:26:49	**07:31:27.30**	**07:31:48.60**	+02:57:27 (39.3%)	9:01	6.6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
241	**KRZYCKI Rafał**	**104**	KB ERGO	M-40	82	01:04:47	02:25:00	03:49:46	05:12:03	06:23:37	**07:31:28.55**	**07:31:49.10**	+02:57:28 (39.3%)	9:01	6.6 (60.6%)
242	**SKAZA Adam**	**381**	JEDNOSTKA WOJSKOWA BRZEG	M-30	104	01:05:52	02:26:04	03:53:59	05:28:47	06:32:23	**07:31:52.20**	**07:32:14.80**	+02:57:53 (39.3%)	9:02	6.6 (60.6%)
243	**SIELICKI Władysław**	**387**		M-20	14	01:05:49	02:23:55	03:49:25	05:15:03	06:25:35	**07:34:02.45**	**07:34:31.75**	+03:00:10 (39.6%)	9:04	6.6 (60.6%)
244	**KOBUSIŃSKA Adrianna**	**307**	RAJD KONWALII TEAM	K-20	6	01:05:50	02:23:56	03:49:49	05:15:11		**07:34:02.30**	**07:34:32.15**	+03:00:11 (39.6%)	9:04	6.6 (60.6%)
245	**ZARODA Zbyszek**	**330**	KB AKTYWNI KONIN	M-40	83	00:56:43	02:05:57	03:28:50	05:00:09	06:22:03	**07:35:49.55**	**07:35:57.25**	+03:01:36 (39.8%)	9:07	6.6 (60.6%)
246	**JANOWICZ Adam**	**133**		M-20	15	01:08:38	02:30:45	03:55:04	05:20:38	06:26:38	**07:35:23.80**	**07:35:58.10**	+03:01:37 (39.8%)	9:06	6.6 (60.6%)
247	**BUŁA Robert**	**130**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-20	16	01:08:44	02:30:45	03:56:03	05:22:11	06:32:09	**07:35:54.90**	**07:36:29.95**	+03:02:08 (39.9%)	9:07	6.6 (60.6%)
248	**NADROWSKI Piotr**	**425**		M-50	12	01:11:49	02:35:51	03:57:29	05:20:41	06:30:24	**07:36:58.25**	**07:37:28.95**	+03:03:07 (40.0%)	9:08	6.6 (60.6%)
249	**KRACZKOWSKI Przemysław**	**108**		M-30	105	01:07:30	02:32:11	03:58:15	05:25:30	06:38:04	**07:37:35.80**	**07:38:10.45**	+03:03:49 (40.1%)	9:09	6.6 (60.6%)
250	**ZAJĄC Andrzej**	**449**	NOKIA KRAKÓW	M-40	84	01:12:01	02:38:22	04:02:05	05:25:58	06:33:04	**07:37:58.30**	**07:38:29.45**	+03:04:08 (40.2%)	9:09	6.6 (60.6%)
251	**DEINIUK Roman**	**269**		M-20	17	01:04:36	02:26:28	03:57:47	05:22:50	06:34:31	**07:38:05.90**	**07:38:30.55**	+03:04:09 (40.2%)	9:09	6.5 (59.6%)
252	**LEWANDOWSKI Paweł**	**446**		M-30	106	00:59:15	02:10:54	03:39:42	05:11:02	06:24:09	**07:39:20.40**	**07:39:54.30**	+03:05:33 (40.3%)	9:11	6.5 (59.6%)
253	**KOSIN Paweł**	**49**	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-30	107	01:03:57	02:26:41	03:51:36	05:19:33	06:26:59	**07:40:10.40**	**07:40:28.10**	+03:06:07 (40.4%)	9:12	6.5 (59.6%)
254	**SIKORA Tom**	**349**	RSSB	M-40	85	01:00:53	02:24:47	03:51:23	05:16:23	06:29:57	**07:40:47.20**	**07:40:51.85**	+03:06:30 (40.5%)	9:12	6.5 (59.6%)
255	**CZAPIGA Robert**	**35**	TEMMPO WAŁBRZYCH	M-40	86	01:10:33	02:39:50	04:05:50	05:28:30	06:36:32	**07:40:26.95**	**07:41:00.80**	+03:06:39 (40.5%)	9:12	6.5 (59.6%)
256	**PASECKA Sylwia**	**171**		K-40	12	01:09:45	02:34:55	04:03:25	05:32:58	06:39:54	**07:40:50.95**	**07:41:30.80**	+03:07:09 (40.6%)	9:13	6.5 (59.6%)
257	**BARAŃSKI Rafał**	**185**	KB BBM OPOLE	M-40	87	01:11:21	02:35:16	04:02:54	05:28:55	06:37:06	**07:42:19.15**	**07:42:49.25**	+03:08:28 (40.7%)	9:14	6.5 (59.6%)
258	**KASEJA Maciej**	**430**	KB ERGO	M-50	13	01:08:32	02:35:04	03:59:15	05:25:27	06:33:15	**07:42:29.10**	**07:42:50.75**	+03:08:29 (40.7%)	9:14	6.5 (59.6%)
259	**ADAMCZAK Mariusz**	**459**	PETARDA	M-30	108	00:57:34	02:14:13	03:47:47	05:16:39	06:30:50	**07:42:46.60**	**07:42:51.25**	+03:08:30 (40.7%)	9:15	6.5 (59.6%)
260	**MIĘDZIK Jacek**	**115**	SĄSIAD TEAM	M-30	109	01:10:59	02:34:53	03:59:08	05:24:46	06:39:24	**07:42:23.30**	**07:42:53.40**	+03:08:32 (40.7%)	9:14	6.5 (59.6%)
261	**JAGIEŁŁO Adam**	**111**	ŻELAZNA ŁYDA SĄSIAD TEAM	M-40	88	01:11:01	02:34:54	03:59:06	05:25:17	06:39:28	**07:42:24.45**	**07:42:53.55**	+03:08:32 (40.7%)	9:14	6.5 (59.6%)
262	**KOSINSKI Andrzej**	**95**		M-40	89	01:14:19	02:45:22	04:10:07	05:27:40	06:36:16	**07:42:14.80**	**07:42:55.30**	+03:08:34 (40.7%)	9:14	6.5 (59.6%)
263	**SULIN Marek**	**390**	SPARTANIE DZIECIOM	M-40	90	01:11:30	02:37:44	04:03:27	05:28:36	06:36:24	**07:43:08.65**	**07:43:39.30**	+03:09:18 (40.8%)	9:15	6.5 (59.6%)
264	**SZUBERT Przemysław**	**40**	TYŁOWICE LUBOCHNIA	M-40	91	01:07:07	02:30:17	03:57:06	05:28:18	06:38:59	**07:44:05.10**	**07:44:33.40**	+03:10:12 (40.9%)	9:16	6.5 (59.6%)
265	**GENDEK Wojciech**	**50**	TYŁOWICE LUBOCHNIA	M-50	14	01:07:11	02:30:21	03:57:06	05:28:20	06:39:00	**07:44:07.05**	**07:44:34.40**	+03:10:13 (40.9%)	9:16	6.5 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
266	**BETLEJ Mikołaj**	**125**	NOA	M-40	92	01:05:50	02:31:10	04:01:50	05:29:09	06:41:27	**07:45:10.00**	**07:45:15.35**	+03:10:54 (41.0%)	9:18	6.4 (58.7%)
267	**DORDZIK Katarzyna**	**118**		K-30	13	01:11:29	02:35:41	04:00:24	05:28:46	06:42:00	**07:45:20.00**	**07:45:36.95**	+03:11:15 (41.1%)	9:18	6.4 (58.7%)
268	**DAWID Mariusz**	**151**	KURP TEAM	M-30	110	01:05:01	02:38:53	04:05:08	05:33:11	06:44:11	**07:46:54.90**	**07:47:22.50**	+03:13:01 (41.3%)	9:20	6.4 (58.7%)
269	**MURAWIEC Izabela**	**450**		K-30	14	01:10:14	02:35:20	03:55:31	05:22:35	06:34:46	**07:48:50.00**	**07:48:58.35**	+03:14:37 (41.5%)	9:22	6.4 (58.7%)
270	**BARAŃSKA Celestyna**	**364**	ACCENTURE	K-30	15	01:12:55	02:48:03	04:19:14	05:40:14	06:45:10	**07:49:12.65**	**07:49:28.50**	+03:15:07 (41.6%)	9:23	6.4 (58.7%)
271	**BIEŃKOWSKI Piotr**	**377**		M-40	93	01:09:33	02:32:40	04:03:26	05:30:13	06:41:52	**07:49:00.40**	**07:49:29.70**	+03:15:08 (41.6%)	9:22	6.4 (58.7%)
272	**STUSIŃSKI Mariusz**	**268**		M-40	94	01:10:34	02:38:21	04:04:15	05:32:58	06:41:04	**07:49:58.65**	**07:50:34.35**	+03:16:13 (41.7%)	9:23	6.4 (58.7%)
273	**GAŁKA Marcin**	**142**		M-30	111	01:14:59	02:50:20	04:19:10	05:37:44	06:43:03	**07:50:08.10**	**07:50:46.00**	+03:16:24 (41.7%)	9:24	6.4 (58.7%)
274	**RADTKE Rafał**	**137**	KB GOCH BYTÓW	M-30	112	01:10:10	02:35:10	04:00:29	05:28:18	06:41:52	**07:50:55.80**	**07:51:07.85**	+03:16:46 (41.8%)	9:25	6.4 (58.7%)
275	**SKRZYPCZAK Mirosław**	**192**	BALANS TEAM	M-40	95	01:11:25	02:42:20	04:07:21	05:36:25	06:39:53	**07:51:00.35**	**07:51:27.85**	+03:17:06 (41.8%)	9:25	6.4 (58.7%)
276	**GEMZA Anna**	**191**	BALANS TEAM	K-30	16	01:11:25	02:42:18	04:07:25	05:36:58	06:39:52	**07:50:59.70**	**07:51:27.90**	+03:17:06 (41.8%)	9:25	6.4 (58.7%)
277	**WUJTIUK Piotr**	**247**		M-40	96	01:04:42	02:32:41	04:00:40	05:26:27	06:39:41	**07:51:52.15**	**07:52:01.90**	+03:17:40 (41.9%)	9:26	6.4 (58.7%)
278	**BISKUP Rafał**	**343**	DZIAD NOT DEAD	M-40	97	01:04:53	02:32:03	04:02:03	05:29:04	06:43:15	**07:51:49.20**	**07:52:03.15**	+03:17:42 (41.9%)	9:26	6.4 (58.7%)
279	**SIKORA Jacek**	**219**		M-40	98	01:07:11	02:29:36	03:59:26	05:28:19	06:41:14	**07:51:18.90**	**07:52:04.85**	+03:17:43 (41.9%)	9:25	6.4 (58.7%)
280	**MICHALSKI Piotr**	**361**		M-30	113	01:11:30	02:38:41	04:09:07	05:33:26	06:43:23	**07:52:37.60**	**07:53:16.90**	+03:18:55 (42.0%)	9:27	6.3 (57.8%)
281	**WILMAŃSKI Arkadiusz**	**98**		M-40	99	01:05:46	02:28:53	03:58:57	05:28:38	06:41:35	**07:52:51.40**	**07:53:33.75**	+03:19:12 (42.1%)	9:27	6.3 (57.8%)
282	**NOCOŃ Kamil**	**8**		M-20	18	01:16:17	02:57:39	04:21:09	05:39:53	06:47:18	**07:53:00.35**	**07:53:41.70**	+03:19:20 (42.1%)	9:27	6.3 (57.8%)
283	**LIK Marek**	**460**	CHELMBIEGA	M-50	15	01:01:35	02:20:04	03:56:13	05:25:27	06:38:45	**07:55:06.00**	**07:55:16.00**	+03:20:54 (42.3%)	9:30	6.3 (57.8%)
284	**JANUSZ Tomasz**	**291**		M-40	100	01:01:45	02:21:49	03:53:17	05:25:42	06:46:01	**07:56:43.85**	**07:56:57.45**	+03:22:36 (42.5%)	9:32	6.3 (57.8%)
285	**MOLENDA Michał**	**417**		M-40	101	01:02:12	02:19:37	03:46:49	05:21:52	06:45:58	**07:57:40.60**	**07:57:57.25**	+03:23:36 (42.6%)	9:33	6.3 (57.8%)
286	**BAZYLUK Andrzej**	**331**	KB ERGO	M-40	102	01:04:26	02:34:34	04:01:46	05:37:07	06:46:08	**07:58:04.25**	**07:58:27.05**	+03:24:06 (42.7%)	9:33	6.3 (57.8%)
287	**KOSMALSKI Rafał**	**27**		M-40	103	01:11:11	02:38:16	04:03:47	05:37:40	06:46:44	**07:58:18.60**	**07:58:58.45**	+03:24:37 (42.7%)	9:33	6.3 (57.8%)
288	**RAJZER Mariusz**	**39**	MAREK GALIŃSKI SHOWTIME	M-40	104	01:02:32	02:27:54	04:05:25	05:36:36	06:48:41	**08:00:04.80**	**08:00:16.50**	+03:25:55 (42.9%)	9:36	6.2 (56.9%)
289	**GONTARZ Mateusz**	**304**		M-20	19	01:08:51	02:40:09	04:10:04	05:37:47	06:48:29	**08:00:36.05**	**08:00:52.95**	+03:26:31 (42.9%)	9:36	6.2 (56.9%)
290	**OSICA Łukasz**	**264**		M-30	114	01:08:33	02:35:25	04:10:08	05:40:58	06:50:11	**08:00:22.05**	**08:01:05.25**	+03:26:44 (43.0%)	9:36	6.2 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
291	**BURZYŃSKI Tomasz**	**310**		M-40	105	01:08:36	02:37:51	04:05:49	05:34:44	06:51:38	**08:01:54.25**	**08:02:15.00**	+03:27:53 (43.1%)	9:38	6.2 (56.9%)
292	**STEC Adam**	**337**	FC MI SIĘ NIE CHCE	M-30	115	01:08:03	02:34:10	04:08:40	05:36:20	06:48:12	**08:01:51.40**	**08:02:26.65**	+03:28:05 (43.1%)	9:38	6.2 (56.9%)
293	**KOTYSZ Waldemar**	**86**	BBL OPOLE	M-50	16	01:04:43	02:29:20	04:02:51	05:40:37	06:56:32	**08:02:09.20**	**08:02:30.75**	+03:28:09 (43.1%)	9:38	6.2 (56.9%)
294	**BZOWSKI Michał**	**114**	TRAILRUN.PL	M-40	106	01:04:57	02:27:53	03:55:29	05:21:09	06:47:23	**08:02:11.05**	**08:02:36.25**	+03:28:15 (43.2%)	9:38	6.2 (56.9%)
295	**SOBOLEWSKI Dariusz**	**439**	VEGE RUNNERS	M-40	107	01:12:28	02:48:25	04:04:48	05:33:25	06:50:48	**08:02:15.15**	**08:02:41.65**	+03:28:20 (43.2%)	9:38	6.2 (56.9%)
296	**SKOTNICZNY Piotr**	**360**	KKB DYSTANS KRAKOW	M-30	116	01:17:02	02:55:12	04:28:37	05:50:45	07:02:30	**08:03:22.35**	**08:04:00.25**	+03:29:39 (43.3%)	9:40	6.2 (56.9%)
297	**MICHAJLUK Bogdan**	**158**		M-50	17	01:08:09	02:31:45	04:02:41	05:33:02	06:49:08	**08:04:49.05**	**08:05:08.70**	+03:30:47 (43.4%)	9:41	6.2 (56.9%)
298	**KONEFAŁ Włodzimierz**	**347**	REMBERTÓW TEAM	M-30	117	01:07:40	02:35:22	04:07:13	05:41:40	06:54:04	**08:05:14.15**	**08:05:40.85**	+03:31:19 (43.5%)	9:42	6.2 (56.9%)
299	**BARAŃSKI Piotr**	**263**		M-30	118	01:08:01	02:38:27	04:14:07	05:40:32	06:53:23	**08:05:25.00**	**08:05:49.30**	+03:31:28 (43.5%)	9:42	6.2 (56.9%)
300	**PILECKI Maciej**	**474**		M-40	108	01:07:35	02:44:27	04:13:33	05:47:02	07:03:04	**08:06:11.70**	**08:06:24.90**	+03:32:03 (43.6%)	9:43	6.2 (56.9%)
301	**MOTYLEWSKI Tomasz**	**283**	SKS	M-30	119	01:10:45	02:43:44	04:10:37	05:42:20	06:52:14	**08:05:54.15**	**08:06:38.00**	+03:32:16 (43.6%)	9:43	6.2 (56.9%)
302	**WÓJTOWICZ Zbigniew**	**61**		M-40	109	01:08:54	02:38:00	04:11:38	05:44:07	06:54:12	**08:07:44.80**	**08:08:02.10**	+03:33:41 (43.8%)	9:45	6.2 (56.9%)
303	**KOWALSKI Łukasz**	**45**		M-30	120	01:08:29	02:33:40	04:03:38	05:36:11	06:48:48	**08:08:00.70**	**08:08:40.70**	+03:34:19 (43.9%)	9:45	6.1 (56.0%)
304	**PISKORZ Ireneusz**	**418**		M-30	121	01:01:59	02:23:23	04:00:28	05:37:18	06:53:49	**08:08:30.40**	**08:08:45.35**	+03:34:24 (43.9%)	9:46	6.1 (56.0%)
305	**PANEK Aleksandra**	**334**		K-40	13	01:12:29	02:46:22	04:13:27	05:42:42	06:56:18	**08:09:10.60**	**08:09:35.80**	+03:35:14 (44.0%)	9:47	6.1 (56.0%)
306	**HARĘŻLAK Krzysztof**	**260**	4 ŁAPY PSA ŁÓDŹ	M-40	110	01:12:47	02:51:21	04:22:26	05:46:28	06:56:02	**08:09:25.40**	**08:09:42.80**	+03:35:21 (44.0%)	9:47	6.1 (56.0%)
307	**HARĘŻLAK Dorota**	**259**	4 ŁAPY PSA ŁÓDŹ	K-30	17	01:12:48	02:51:22	04:22:27	05:49:39	06:56:02	**08:09:26.45**	**08:09:43.10**	+03:35:22 (44.0%)	9:47	6.1 (56.0%)
308	**BĘBENISTA Roman**	**385**	TRENUJMY.COM	M-30	122	01:17:42	02:54:45	04:24:31	05:49:13	06:55:44	**08:09:22.45**	**08:10:00.85**	+03:35:39 (44.0%)	9:47	6.1 (56.0%)
309	**TERLECKI Marcin**	**389**		M-40	111	01:08:02	02:42:52	04:11:26	05:38:50	06:55:21	**08:09:38.90**	**08:10:05.30**	+03:35:44 (44.0%)	9:47	6.1 (56.0%)
310	**SZYDŁOWSKA Paulina**	**177**		K-20	7	01:13:45	02:47:22	04:16:17	05:47:40	06:55:47	**08:10:14.45**	**08:10:43.40**	+03:36:22 (44.1%)	9:48	6.1 (56.0%)
311	**SZYDŁOWSKI Adrian**	**178**		M-30	123	01:13:44	02:47:22	04:16:16	05:47:38	06:55:46	**08:10:15.15**	**08:10:43.65**	+03:36:22 (44.1%)	9:48	6.1 (56.0%)
312	**MĘŻYŃSKI Michał**	**403**	ŻIMBAKI	M-40	112	01:06:36	02:29:17	04:01:38	05:32:26	06:52:50	**08:10:09.40**	**08:10:45.55**	+03:36:24 (44.1%)	9:48	6.1 (56.0%)
313	**LEŚNIAK Tomasz**	**67**	KRZYWDA TEAM	M-30	124	01:04:57	02:33:06	04:11:59	05:44:49	06:59:06	**08:10:36.75**	**08:10:47.70**	+03:36:26 (44.1%)	9:48	6.1 (56.0%)
314	**MĄCZKA Bronisław**	**209**	OTK RZEŹNIK	M-60	4	01:08:47	02:34:55	04:03:50	05:49:13	07:04:39	**08:11:53.75**	**08:12:34.55**	+03:38:13 (44.3%)	9:50	6.1 (56.0%)
315	**SMYK Robert**	**470**	OTK RZEŹNIK	M-40	113	01:07:51	02:34:11	03:51:57	05:28:31	06:39:52	**08:11:55.05**	**08:12:35.20**	+03:38:14 (44.3%)	9:50	6.1 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
316	**GETTLICH Piotr**	**279**	SKS	M-40	114	01:10:52	02:42:50	04:13:06	05:49:13	07:01:20	**08:11:51.70**	**08:12:36.30**	+03:38:15 (44.3%)	9:50	6.1 (56.0%)
317	**JARZYNA Szymon**	**148**	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	125	01:15:40	02:57:06	04:31:45	05:54:49	07:00:00	**08:12:07.50**	**08:12:42.60**	+03:38:21 (44.3%)	9:50	6.1 (56.0%)
318	**WIELICZKO Krzysztof**	**206**		M-40	115	01:14:09	02:56:45	04:21:20	05:52:01	07:01:48	**08:12:17.95**	**08:12:58.50**	+03:38:37 (44.3%)	9:50	6.1 (56.0%)
319	**SZPANOWSKI Piotr**	**249**	WĄSY KRÓLA JANA	M-40	116	01:14:02	02:56:46	04:21:21	05:52:02	07:01:48	**08:12:18.55**	**08:12:58.85**	+03:38:37 (44.3%)	9:50	6.1 (56.0%)
320	**MISIUREWICZ Pawel**	**162**	PASSUS SPORT TEAM	M-40	117	01:07:15	02:34:31	04:13:00	05:41:45	06:54:56	**08:12:19.40**	**08:13:00.65**	+03:38:39 (44.4%)	9:50	6.1 (56.0%)
321	**WIŚNIEWSKI Michał**	**276**	INVICTA POWER TEAM	M-40	118	01:17:09	03:02:23	04:36:06	06:09:18	07:11:40	**08:13:55.35**	**08:14:32.25**	+03:40:11 (44.5%)	9:52	6.1 (56.0%)
322	**KUBACKI Marek**	**472**		M-30	126	01:11:45	02:45:34	04:11:02	05:42:08	06:53:38	**08:15:07.45**	**08:15:18.65**	+03:40:57 (44.6%)	9:54	6.1 (56.0%)
323	**DWORAKOWSKI Tomasz**	**10**		M-30	127	01:07:43	02:32:18	04:01:15	05:35:32	06:52:36	**08:15:03.40**	**08:15:28.75**	+03:41:07 (44.6%)	9:54	6.1 (56.0%)
324	**JURA Dorota**	**306**	ULTRA BESKID SPORT	K-30	18	01:07:31	02:49:37	04:29:23	05:56:29	07:04:47	**08:16:16.60**	**08:16:37.30**	+03:42:16 (44.8%)	9:55	6 (55.0%)
325	**KANIOWSKI Wojciech**	**388**		M-40	119	01:08:18	02:43:07	04:19:20	05:52:19	07:07:15	**08:18:28.85**	**08:18:55.30**	+03:44:34 (45.0%)	9:58	6 (55.0%)
326	**SYGIET Andrzej**	**203**		M-40	120	01:06:35	02:35:52	04:16:05	05:51:21	07:06:20	**08:18:39.15**	**08:18:58.05**	+03:44:37 (45.0%)	9:58	6 (55.0%)
327	**MARJAŃSKI Tomasz**	**300**	KS PIDRINA GDYNIA	M-30	128	01:09:29	02:36:21	04:08:54	05:41:08	07:01:25	**08:18:37.90**	**08:19:15.25**	+03:44:54 (45.0%)	9:58	6 (55.0%)
328	**MUCHA Tomasz**	**400**	MW	M-40	121	01:17:38	02:52:51	04:23:28	05:52:07	07:05:56	**08:19:14.70**	**08:19:47.70**	+03:45:26 (45.1%)	9:59	6 (55.0%)
329	**ZAWISKI Tomasz**	**255**		M-30	129	01:13:24	02:42:55	04:20:22	05:57:46	07:10:01	**08:19:38.95**	**08:20:20.95**	+03:45:59 (45.2%)	9:59	6 (55.0%)
330	**POKOTYCKI Denis**	**196**	OTOMO STP	M-20	20	01:03:11	02:32:09	04:12:28	05:47:22	07:04:51	**08:20:32.50**	**08:20:52.75**	+03:46:31 (45.2%)	10:00	6 (55.0%)
331	**LECH Agnieszka**	**456**	STRZEGOMSKA DWUNASTKA	K-30	19	01:14:08	02:48:26	04:21:31	05:50:15	07:05:49	**08:20:33.05**	**08:21:12.05**	+03:46:51 (45.3%)	10:00	6 (55.0%)
332	**RADZIWOŃ Anna**	**146**	SKAZANI NA GÓRY	K-40	14	01:15:24	02:47:55	04:27:36	06:02:48	07:13:25	**08:21:12.35**	**08:21:45.05**	+03:47:24 (45.3%)	10:01	6 (55.0%)
333	**RADZIWOŃ Krzysiek**	**145**	SKAZANI NA GÓRY	M-40	122	01:15:32	02:47:55	04:27:35	06:02:27	07:13:33	**08:22:08.85**	**08:22:42.35**	+03:48:21 (45.4%)	10:02	6 (55.0%)
334	**BURZYŃSKI Tomasz**	**353**		M-20	21	01:15:37	02:53:04	04:24:04	05:54:14	07:07:15	**08:22:55.20**	**08:23:21.25**	+03:49:00 (45.5%)	10:03	6 (55.0%)
335	**RĘKAWEK Artur**	**251**	TRUCHTACZ.PL	M-40	123	01:18:12	02:56:21	04:33:48	06:00:48	07:10:34	**08:24:17.85**	**08:24:40.00**	+03:50:18 (45.6%)	10:05	5.9 (54.1%)
336	**ŻOŁĄDEK Anna**	**218**		K-30	20	01:18:12	02:56:21	04:33:48	06:00:47	07:10:34	**08:24:17.90**	**08:24:40.30**	+03:50:19 (45.6%)	10:05	5.9 (54.1%)
337	**WASZAK Rafał**	**37**		M-20	22	01:07:49	02:33:45	04:06:35	05:44:33	07:06:41	**08:24:42.70**	**08:25:08.90**	+03:50:47 (45.7%)	10:05	5.9 (54.1%)
338	**ZYGRY-WIŚNIEWSKA Karolina**	**275**	GEMINI SOPOT TEAM	K-30	21	01:17:12	03:02:24	04:36:15	06:09:21	07:12:02	**08:26:01.75**	**08:26:38.60**	+03:52:17 (45.8%)	10:07	5.9 (54.1%)
339	**KORUMBEL Artur**	**119**	AMBITNI AMATORZY	M-40	124	01:13:10	02:48:00	04:23:25	05:58:15	07:12:03	**08:26:30.95**	**08:27:01.90**	+03:52:40 (45.9%)	10:07	5.9 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
340	**MIREK Waldemar**	**9**	CZE -MI	M-50	18	01:07:50	02:37:46	04:19:07	05:51:00	07:09:31	**08:27:36.55**	**08:27:57.70**	+03:53:36 (46.0%)	10:09	5.9 (54.1%)
341	**BURDAJEWICZ Magdalena**	**224**	PAJĄCZEK	K-30	22	01:13:25	02:44:41	04:16:14	05:51:31	07:11:43	**08:27:34.35**	**08:28:01.65**	+03:53:40 (46.0%)	10:09	5.9 (54.1%)
342	**KRAUSE Ania**	**53**	NATURAL BORN RUNNERS	K-30	23	01:13:37	02:49:44	04:26:23	06:03:49	07:13:23	**08:28:12.55**	**08:28:38.45**	+03:54:17 (46.1%)	10:09	5.9 (54.1%)
343	**NAZAREWICZ Mieczysław**	**290**	NGB KORONA LEGNICA	M-40	125	01:13:06	02:49:04	04:21:26	05:51:25	07:09:21	**08:28:09.40**	**08:28:41.10**	+03:54:20 (46.1%)	10:09	5.9 (54.1%)
344	**ŁUGOWSKI Karol**	**458**		M-30	130	01:10:36	02:40:05	04:13:59	06:02:20	07:13:19	**08:28:13.05**	**08:28:47.55**	+03:54:26 (46.1%)	10:09	5.9 (54.1%)
345	**PASIEKA Tomasz**	**379**		M-40	126	01:11:52	02:49:37	04:22:06	05:55:25	07:09:07	**08:29:32.25**	**08:29:39.65**	+03:55:18 (46.2%)	10:11	5.9 (54.1%)
346	**ILKIEWICZ Michał**	**378**		M-40	127	01:15:22	02:51:10	04:19:57	05:50:50	07:07:14	**08:29:07.65**	**08:29:52.35**	+03:55:31 (46.2%)	10:10	5.9 (54.1%)
347	**ŁUKASZUK Marek**	**463**	BENEGO KULECZKI	M-40	128	01:04:59	02:34:21	04:03:45	05:49:32	07:06:00	**08:31:08.95**	**08:31:18.05**	+03:56:57 (46.3%)	10:13	5.9 (54.1%)
348	**RETMANIAK Sylwia Ewa**	**380**	DRUŻYNA TVN MEDIA	K-30	24	01:05:01	02:34:21	04:03:45	05:49:32	07:06:01	**08:31:11.65**	**08:31:21.10**	+03:57:00 (46.3%)	10:13	5.9 (54.1%)
349	**BICZKOWSKA Magdalena**	**46**	RUN BYDGOSZCZ	K-30	25	01:11:59	02:50:28	04:32:48	06:02:57	07:11:45	**08:31:13.10**	**08:31:21.80**	+03:57:00 (46.3%)	10:13	5.9 (54.1%)
350	**KOLMAJER Rafał**	**23**	RUN BYDGOSZCZ	M-30	131	01:12:00	02:50:30	04:32:49	06:02:58	07:11:45	**08:31:14.30**	**08:31:22.00**	+03:57:00 (46.3%)	10:13	5.9 (54.1%)
351	**KWINTA Maciej**	**232**	WKB PIAST	M-40	129	01:16:30	02:57:47	04:32:35	06:04:17	07:18:41	**08:32:43.00**	**08:32:56.20**	+03:58:35 (46.5%)	10:15	5.9 (54.1%)
352	**DOBAJ Katarzyna**	**298**		K-40	15	01:12:55	02:49:00	04:25:40	05:59:48	07:11:57	**08:33:07.95**	**08:33:40.15**	+03:59:19 (46.6%)	10:15	5.8 (53.2%)
353	**MICHALAK Sebastian**	**299**	GEPARDY	M-30	132	01:12:55	02:48:59	04:25:41	05:59:49	07:11:59	**08:33:07.45**	**08:33:40.60**	+03:59:19 (46.6%)	10:15	5.8 (53.2%)
354	**NIEKRASZ Justyna**	**83**		K-40	16	01:08:54	02:35:03	04:12:49	05:57:54	07:10:13	**08:34:46.40**	**08:35:14.60**	+04:00:53 (46.8%)	10:17	5.8 (53.2%)
355	**ZAGAŁA Piotr**	**183**	WWW.MOJEMIASTO.SWIDNICA.PL	M-40	130	01:09:25	02:37:52	04:12:35	05:57:55	07:09:31	**08:34:46.50**	**08:35:15.30**	+04:00:54 (46.8%)	10:17	5.8 (53.2%)
356	**RÓŻOWICZ Eliza**	**309**	SPARTANIE DZIECIOM	K-30	26	01:16:24	03:00:39	04:32:41	06:02:54	07:12:02	**08:35:29.10**	**08:35:58.55**	+04:01:37 (46.8%)	10:18	5.8 (53.2%)
357	**SKONECZNY Artur**	**43**		M-40	131	01:16:02	02:56:01	04:37:22	06:12:25	07:24:24	**08:37:52.05**	**08:38:27.75**	+04:04:06 (47.1%)	10:21	5.8 (53.2%)
358	**MIZIOŁEK Jakub**	**174**	MGŁA MDŁOŚCI	M-20	23	01:15:58	02:50:39	04:30:12	05:59:50	07:18:13	**08:37:54.80**	**08:38:29.10**	+04:04:08 (47.1%)	10:21	5.8 (53.2%)
359	**BUDKIEWICZ Łukasz**	**48**	JACEKBIEGA RUNNING TEAM	M-30	133	01:11:06	02:42:02	04:19:32	06:02:19	07:16:01	**08:38:33.05**	**08:39:10.60**	+04:04:49 (47.2%)	10:22	5.8 (53.2%)
360	**CIECHORSKI Andrzej**	**231**	DRUŻYNA SZPIKU	M-30	134	01:16:15	02:59:47	04:44:16	06:22:10	07:28:42	**08:39:02.35**	**08:39:45.35**	+04:05:24 (47.2%)	10:22	5.8 (53.2%)
361	**GŁUSZCZAK Jerzy**	**341**		M-50	19	01:07:33	02:38:30	04:21:01	05:56:08	07:27:58	**08:43:15.65**	**08:43:53.70**	+04:09:32 (47.6%)	10:27	5.7 (52.3%)
362	**GÓRNY Piotr**	**396**	GÓRNY TEAM	M-20	24	01:12:17	02:52:49	04:38:35	06:13:43	07:22:23	**08:44:06.65**	**08:44:36.45**	+04:10:15 (47.7%)	10:28	5.7 (52.3%)
362	**GÓRNY Sławomir**	**397**	GÓRNY TEAM	M-50	20	01:12:16	02:52:46	04:38:34	06:14:07	07:22:40	**08:44:05.20**	**08:44:36.45**	+04:10:15 (47.7%)	10:28	5.7 (52.3%)
364	**SKALSKI Tomasz**	**452**	SCANIA	M-50	21	01:16:13	02:51:38	04:28:10	06:01:44	07:24:46	**08:46:53.50**	**08:47:04.65**	+04:12:43 (47.9%)	10:32	5.7 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
365	**WIERZBICKI Mirosław**	**207**	NYSA BIEGA	M-30	135	01:14:36	03:01:41	04:41:56	06:25:19	07:34:38	**08:46:47.45**	**08:47:21.00**	+04:12:59 (48.0%)	10:32	5.7 (52.3%)
366	**SERWADCZAK Marek**	**401**		M-50	22	01:12:55	02:53:18	04:26:52	06:07:31	07:23:23	**08:47:55.85**	**08:48:40.40**	+04:14:19 (48.1%)	10:33	5.7 (52.3%)
367	**STRUŻYNA Agata**	**271**		K-30	27	01:14:44	03:01:41	04:41:57	06:25:32	07:35:16	**08:48:28.90**	**08:49:01.90**	+04:14:40 (48.1%)	10:34	5.7 (52.3%)
368	**PODLASIŃSKA Paulina**	**143**		K-30	28	01:16:40	02:55:07	04:33:02	06:10:03	07:33:48	**08:48:31.20**	**08:49:09.50**	+04:14:48 (48.2%)	10:34	5.7 (52.3%)
369	**SITKO Grzegorz**	**109**	BROTHERS TEAM-JAK DALEKO NOGI PONIOSĄ	M-20	25	01:16:18	02:54:12	04:31:06	06:11:02	07:24:27	**08:49:08.20**	**08:49:22.95**	+04:15:01 (48.2%)	10:34	5.7 (52.3%)
370	**SITKO Adam**	**110**	BROTHERS TEAM-JAK DALEKO NOGI PONIOSĄ	M-20	26	01:16:18	02:54:14	04:31:28	06:10:55	07:23:57	**08:49:27.90**	**08:49:43.15**	+04:15:22 (48.2%)	10:35	5.7 (52.3%)
371	**BYRCZEK Michał**	**342**		M-30	136	01:09:05	02:39:19	04:23:43	06:06:12	07:18:40	**08:50:38.80**	**08:50:57.20**	+04:16:36 (48.3%)	10:36	5.7 (52.3%)
372	**ZAJĄC Krzysztof**	**101**	ZP SZPIKI DRUŻYNA SZPIKU / WKURW TEAM	M-40	132	01:16:32	02:59:49	04:44:31	06:22:43	07:33:49	**08:50:28.55**	**08:51:10.65**	+04:16:49 (48.4%)	10:36	5.7 (52.3%)
373	**CIECHOMSKI Bartłomiej**	**384**		M-30	137	01:17:30	02:56:53	04:40:20	06:27:23	07:37:58	**08:52:49.60**	**08:53:32.60**	+04:19:11 (48.6%)	10:39	5.6 (51.4%)
374	**BOŻEK Edward**	**301**		M-60	5	01:14:19	02:53:27	04:30:01	06:12:17	07:33:41	**08:54:32.10**	**08:55:10.85**	+04:20:49 (48.7%)	10:41	5.6 (51.4%)
375	**KUCNER Monika**	**202**	ALBERTS SP Z O.O.	K-40	17	01:16:51	03:03:46	04:45:46	06:27:23	07:41:02	**08:54:56.25**	**08:55:12.85**	+04:20:51 (48.7%)	10:41	5.6 (51.4%)
376	**FANSLAU Marek**	**317**		M-50	23	01:11:38	02:46:34	04:28:36	06:12:28	07:30:59	**08:55:41.75**	**08:56:00.85**	+04:21:39 (48.8%)	10:42	5.6 (51.4%)
377	**JAWORSKI Piotr**	**20**		M-30	138	01:11:16	02:42:56	04:26:30	06:17:21	07:33:42	**08:55:55.90**	**08:56:32.05**	+04:22:11 (48.9%)	10:43	5.6 (51.4%)
378	**ŻUBIŃSKI Piotr**	**462**	ACCELERATING POLAND	M-40	133	01:24:00	03:13:09	04:52:26	06:26:48	07:40:53	**08:59:48.45**	**09:00:01.65**	+04:25:40 (49.2%)	10:47	5.6 (51.4%)
379	**JEDYNAK Magda**	**454**		K-40	18	01:24:14	03:13:11	04:52:27	06:27:05	07:40:54	**08:59:49.65**	**09:00:01.85**	+04:25:40 (49.2%)	10:47	5.6 (51.4%)
380	**KUDEŁKA Janusz**	**359**		M-50	24	01:16:34	02:54:42	04:33:08	06:27:10	07:40:44	**09:00:42.40**	**09:01:17.95**	+04:26:56 (49.3%)	10:48	5.5 (50.5%)
381	**DĄBEK Paweł**	**176**		M-40	134	01:18:00	02:53:09	04:37:33	06:28:31	07:44:53	**09:01:41.00**	**09:02:24.85**	+04:28:03 (49.4%)	10:50	5.5 (50.5%)
382	**JUCHA Lidia**	**437**	RYSIOTEAM	K-40	19	01:20:07	03:05:09	04:55:48	06:36:09	07:47:51	**09:02:59.65**	**09:03:26.15**	+04:29:05 (49.5%)	10:51	5.5 (50.5%)
383	**CABAN Rafał**	**335**	UKS LUDWIKOWICE	M-40	135	01:12:46	02:54:56	04:41:45	06:23:42	07:45:39	**09:06:05.90**	**09:06:38.50**	+04:32:17 (49.8%)	10:55	5.5 (50.5%)
384	**MACHULA Arkadiusz**	**62**	SPARTA ZIĘBICE	M-40	136	01:17:54	03:00:01	04:43:58	06:26:41	07:47:35	**09:06:45.85**	**09:06:57.90**	+04:32:36 (49.8%)	10:56	5.5 (50.5%)
385	**CZUBIŃSKI Marek**	**29**		M-60	6	01:20:03	03:05:09	04:56:31	06:40:17	07:58:04	**09:17:50.00**	**09:18:16.20**	+04:43:55 (50.9%)	11:09	5.4 (49.5%)
386	**KAŁŁAUR Krzysztof**	**296**		M-30	139	01:16:54	03:05:25	04:49:05	06:35:59	08:05:01	**09:28:28.85**	**09:28:59.25**	+04:54:38 (51.8%)	11:22	5.3 (48.6%)
	WALECZEK Sławomir	**204**		M-40		01:04:56 DNF	02:19:40 DNF	03:36:59 DNF	04:58:05 DNF	06:34:03 DNF	**DNF**	**DNF**		-	- (0.0%)
	TUROWICZ Piotr	**97**		M-40		01:00:36 DNF	02:16:18 DNF	03:39:18 DNF	04:46:09 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KRZYSZTOŃ Tomasz	**325**	AMBITNI AMATORZY	M-30		00:55:34 DNF	02:09:05 DNF	03:26:44 DNF	04:55:26 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
	ZWĘGLIŃSKA Anna	**33**		K-30		01:12:54 DNF	02:48:18 DNF	04:21:31 DNF	05:57:47 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WITKOWSKA Jolanta	**404**	ŻIMBAKI	K-40		01:17:52 DNF	03:02:30 DNF	04:41:00 DNF	06:24:48 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KIREJ Mariusz	**69**	NGB KORONA LEGNICA	M-50		01:19:14 DNF	03:05:17 DNF	04:45:52 DNF	06:37:40 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PODSIADŁY Robert	**84**	CHATA BIEGACZA K34	M-50		01:17:19 DNF	03:00:54 DNF	04:56:53 DNF	06:46:01 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PŁÓCIENNICZAK Jakub	**117**	DREAM RUN	M-40		00:56:31 DNF	02:10:20 DNF	03:35:45 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KŁOSOWSKI Piotr	**435**	STRZEGOMSKA DWUNASTKA	M-40		00:59:09 DNF	02:06:44 DNF	03:36:03 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SEGIET Paweł	**12**	SILESIA RUNNERS CLUB	M-30		01:00:37 DNF	02:13:22 DNF	03:41:42 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SMOLAN Marcin	**464**		M-30		01:07:01 DNF	02:23:54 DNF	03:43:24 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KROPKA Marcin	**375**		M-40		01:04:19 DNF	02:22:01 DNF	03:48:14 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ZAWADZKI Wiesław	**126**		M-40		01:07:18 DNF	02:25:06 DNF	03:55:10 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PIOSIK Paweł	**242**	RANKOR	M-30		01:04:53 DNF	02:28:22 DNF	03:55:43 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SUJAK Renata	**105**	RUNSKI	K-30		01:04:45 DNF	02:26:29 DNF	04:03:30 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MACHUL Ewa	**421**	DREAM RUN	K-30		00:58:57 DNF	02:30:32 DNF	04:06:31 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GŁOS Łukasz	**465**		M-60		01:04:29 DNF	02:34:33 DNF	04:23:20 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOZŁOWSKA Joanna	**356**	DRUŻYNA WILKA	K-30		01:10:34 DNF	02:49:56 DNF	04:23:41 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BOROWIECKI Łukasz	**411**		M-20		01:08:10 DNF	02:34:21 DNF	04:30:20 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ROGÓRZ Andrzej	**179**		M-30		01:05:55 DNF	02:40:45 DNF	04:32:17 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SIWIŃSKI Jerzy	**357**	DRUŻYNA WILKA	M-50		01:10:43 DNF	02:49:58 DNF	04:34:06 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SZYGENDA Waldemar	**451**		M-50		01:16:32 DNF	02:54:53 DNF	04:44:13 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BIELAWIEC Bartłomiej	**416**	BIAŁOSTOCKA SEKTA BIEGACZY	M-30		01:01:01 DNF	02:39:42 DNF	04:51:13 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JABŁOŃSKI Kazimierz	**226**		M-60		01:23:53 DNF	03:13:42 DNF	05:03:01 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KUCZYŃSKI Marcin	**280**		M-40		01:17:38 DNF	03:07:26 DNF	05:03:09 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	OSTROWSKI Artur	**281**	SKS	M-40		01:17:31 DNF	03:07:27 DNF	05:03:09 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KUBICA Bartosz	**413**		M-40		00:59:56 DNF	02:23:32 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	LEŚNIAK Marcin	**78**	ROZBIEGANY SULEJÓWEK	M-30		01:07:15 DNF	02:44:57 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skały 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
	PELCNER Marcin	**107**	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-40		01:15:28 DNF	02:59:23 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHROMIŃSKI Maciej	**429**		M-30		01:24:41 DNF	03:22:53 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ZIELIŃSKI Andrzej	**316**	EKO-OKNA RUNNERS	M-30		01:25:29 DNF	03:28:50 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOWALEWSKA Dorota	**338**	SPARTANIE DZIECIOM	K-50		01:29:39 DNF	03:37:34 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 418 wynik(ów)