



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Maraton Bieszczadzki 2018
Fundacja Bieg Rzeźnika
2018-10-13
Cisna
52 km

VI HYUNDAI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	POPOV Serhii	744	SALOMON RC UKRAINE	M30	1	00:47:58	02:01:12	03:02:36	04:25:44.70	04:25:46.45		5:06	11.7 (100%)
2	FARON Robert	204	SALCO GARMIN TEAM	M40	1	00:48:57	02:01:48	03:05:20	04:28:49.00	04:28:49.40	+00:03:02 (1.1%)	5:10	11.6 (99.1%)
3	KOCZWARA Tomasz	210		M40	2	00:47:55	02:01:58	03:08:12	04:38:51.00	04:38:55.45	+00:13:09 (4.7%)	5:21	11.2 (95.7%)
4	MIŚKIEWICZ Mariusz	215	BIEGIEM PRZEZ CHYBIE	M30	2	00:50:04	02:05:18	03:14:55	04:48:02.30	04:48:03.85	+00:22:17 (7.7%)	5:32	10.8 (92.3%)
5	DYBEK Paweł	205	SALOMON SUUNTO TEAM	M40	3	00:48:51	02:05:24	03:15:32	04:48:19.75	04:48:21.00	+00:22:34 (7.8%)	5:32	10.8 (92.3%)
6	SOBCZAK Henryk	751	SOBCZAK HENIO TEAM	M30	3	00:56:21	02:13:44	03:24:05	04:52:11.85	04:52:16.80	+00:26:30 (9.1%)	5:37	10.7 (91.5%)
7	WŁODARKIEWICZ Dominik	213	DYNAFIT POLSKA	M40	4	00:51:27	02:10:36	03:23:43	04:59:09.50	04:59:11.70	+00:33:25 (11.2%)	5:45	10.4 (88.9%)
8	DEMBSKI Paweł	269	SKLEPBIEGACZA.PL	M30	4	00:54:47	02:18:13	03:29:24	05:02:40.90	05:02:43.15	+00:36:56 (12.2%)	5:49	10.3 (88.0%)
9	KRUBA Marcin	618	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	5	00:49:33	02:06:33	03:22:47	05:03:59.05	05:04:00.95	+00:38:14 (12.6%)	5:50	10.3 (88.0%)
10	KĘPOWICZ Marcin	659	PASIEKA KEMPI	M40	5	00:55:46	02:19:37	03:32:09	05:06:11.95	05:06:14.15	+00:40:27 (13.2%)	5:53	10.2 (87.2%)
11	PLOCH Jakub	475	NIGHT RUNNERS GLIWICE	M20	1	00:51:36	02:14:24	03:29:33	05:06:39.05	05:06:40.45	+00:40:54 (13.3%)	5:53	10.2 (87.2%)
12	ŁĄCZAK Magdalena	712	SALOMON SUUNTO TEAM	K40	1	00:53:36	02:17:54	03:33:25	05:08:15.60	05:08:17.35	+00:42:30 (13.8%)	5:55	10.1 (86.3%)
13	AUGUSTYŃSKI Sylwester	250	LACHO TEAM	M30	6	00:50:35	02:13:10	03:28:39	05:11:25.20	05:11:30.35	+00:45:43 (14.7%)	5:59	10 (85.5%)
14	KUJAWSKI Bartosz	739	GRUPETTO GORLICE	M20	2	00:58:18	02:21:03	03:33:17	05:14:01.90	05:14:07.90	+00:48:21 (15.4%)	6:02	9.9 (84.6%)
15	ZAJĄC Robert	568	ORANGE POLSKA	M40	6	00:52:56	02:15:12	03:29:55	05:14:12.10	05:14:13.25	+00:48:26 (15.4%)	6:02	9.9 (84.6%)
16	MYCA Paweł	656	WOLBROM TEAM	M40	7	00:53:31	02:17:32	03:35:45	05:18:39.55	05:18:55.60	+00:53:09 (16.7%)	6:07	9.8 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
17	SZAPORÓW Łukasz	232	SRTG PROSZOWICE	M30	7	00:56:49	02:21:06	03:37:08	05:19:08.55	05:19:10.50	+00:53:24 (16.7%)	6:08	9.8 (83.8%)
18	GIŻA Grzegorz	622		M30	8	00:58:39	02:28:18	03:43:53	05:20:15.35	05:20:19.05	+00:54:32 (17.0%)	6:09	9.7 (82.9%)
19	MIKA Tomasz	443	LABOSPORT TEAM	M30	9	00:58:53	02:29:52	03:46:15	05:22:45.75	05:22:48.25	+00:57:01 (17.7%)	6:12	9.7 (82.9%)
20	PYZIK Krzysztof	563	VEGESLONIK TEAM / FIZJOBIEGACZE SZCZECIN	M30	10	00:56:30	02:19:54	03:39:46	05:31:55.20	05:31:59.60	+01:06:13 (19.9%)	6:22	9.4 (80.3%)
21	MAKA Sławomir	543	STARGLOSS TEAM OSTROŁĘKA	M50	1	00:53:27	02:17:45	03:37:30	05:35:01.25	05:35:06.00	+01:09:19 (20.7%)	6:26	9.3 (79.5%)
22	ŻORNIAK Mateusz	556	MEGA FASON SIENIAWA	M20	3	00:54:31	02:22:25	03:42:24	05:36:05.15	05:36:10.10	+01:10:23 (20.9%)	6:27	9.3 (79.5%)
23	GOMOŁYSEK Kinga	208	MATNER RUNNING TEAM	K30	1	00:56:11	02:24:38	03:46:20	05:36:54.30	05:36:57.15	+01:11:10 (21.1%)	6:28	9.3 (79.5%)
24	CEBERAK Bartosz	206		M30	11	00:50:32	02:10:35	03:37:57	05:37:20.70	05:37:23.50	+01:11:37 (21.2%)	6:29	9.2 (78.6%)
25	DYBIŻBAŃSKI Wojciech	633	CITY TRAIL TEAM	M30	12	00:56:28	02:18:43	03:33:03	05:40:17.65	05:40:21.05	+01:14:34 (21.9%)	6:32	9.2 (78.6%)
26	BIEŃ Przemysław	244	KS RYGLICE	M30	13	00:52:53	02:15:59	03:40:59	05:41:01.25	05:41:04.80	+01:15:18 (22.1%)	6:33	9.1 (77.8%)
27	BAKALARZ Emil	648	PGS SOFTWARE TEAM	M20	4	00:54:49	02:24:41	03:52:49	05:42:31.75	05:42:33.50	+01:16:47 (22.4%)	6:35	9.1 (77.8%)
28	ZWIERZCHOWSKI Andrzej	752	TSC	M30	14	00:53:22	02:19:56	03:45:23	05:45:37.85	05:45:44.95	+01:19:58 (23.1%)	6:38	9 (76.9%)
29	KRZYSZTOŃ Marcin	611	GMP LASZ KRAŚNIK A	M30	15	00:53:27	02:14:44	03:36:03	05:52:20.65	05:52:24.35	+01:26:37 (24.6%)	6:46	8.9 (76.1%)
30	MYSZCZYSZYN Łukasz	227	KUDOWA BIEGA	M30	16	00:58:31	02:28:17	03:53:04	05:52:42.20	05:52:47.65	+01:27:01 (24.7%)	6:46	8.8 (75.2%)
31	FILIPEK Paweł	606	BIEGUSIEM.PL	M30	17	01:00:24	02:35:43	04:04:11	05:54:40.65	05:54:43.60	+01:28:57 (25.1%)	6:49	8.8 (75.2%)
32	DYŚ Paweł	425	STAY INSANE	M30	18	00:57:45	02:29:17	03:57:59	05:54:56.00	05:54:57.65	+01:29:11 (25.1%)	6:49	8.8 (75.2%)
33	KOZAK Krzysztof	528	SPEED FEET '16	M20	5	00:59:35	02:31:37	03:59:59	05:55:26.70	05:55:47.25	+01:30:00 (25.3%)	6:50	8.8 (75.2%)
34	MICHALSKI Marcin	327	FUNFLY	M30	19	01:02:29	02:38:13	04:03:42	05:58:54.85	05:59:02.85	+01:33:16 (26.0%)	6:54	8.7 (74.4%)
35	JAROMIRSKA Elzbieta	263	NESKALATZAILEAK	K30	2	01:05:02	02:44:10	04:13:41	06:00:58.65	06:01:42.90	+01:35:56 (26.5%)	6:56	8.6 (73.5%)
36	MAZUREK Robert	252	LSB / LUBELAKY	M40	8	00:59:33	02:38:02	04:08:57	06:02:35.55	06:02:37.60	+01:36:51 (26.7%)	6:58	8.6 (73.5%)
37	ZYCH Zbigniew	557	TRIATHLON LUBLIN TEAM	M40	9	01:01:31	02:38:43	04:08:59	06:02:35.60	06:02:37.90	+01:36:51 (26.7%)	6:58	8.6 (73.5%)
38	SIKOŃCZYK Miłosz	235		M20	6	00:59:00	02:30:37	03:55:16	06:02:58.70	06:03:03.55	+01:37:17 (26.8%)	6:58	8.6 (73.5%)
39	GOŁĄB Marek	423	KW KOTŁOWNIA	M30	20	00:57:52	02:30:37	04:00:14	06:03:29.90	06:03:33.15	+01:37:46 (26.9%)	6:59	8.6 (73.5%)
40	GALA Damian	696		M30	21	00:59:15	02:30:02	03:59:50	06:05:11.10	06:05:14.20	+01:39:27 (27.2%)	7:01	8.5 (72.6%)
41	KWAŚNIEWSKI Maciej	448		M30	22	00:59:54	02:37:38	04:03:10	06:06:28.60	06:07:08.10	+01:41:21 (27.6%)	7:02	8.5 (72.6%)

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42	KAŁWA Leszek	283	WOLBROM TEAM	M30	23	00:58:20	02:35:01	04:06:06	06:06:51.10	06:07:09.10	+01:41:22 (27.6%)	7:03	8.5 (72.6%)
43	KOZA Jan	649	LOKOMOTIV MAJDAN/ GOPR BIESZCZADY	M20	7	00:57:55	02:31:25	04:05:34	06:07:18.35	06:07:21.00	+01:41:34 (27.7%)	7:03	8.5 (72.6%)
44	WOŹNIAK Radosław	644	SKAWINA BIEGA	M30	24	00:57:37	02:32:25	04:05:44	06:07:40.65	06:07:50.60	+01:42:04 (27.7%)	7:04	8.5 (72.6%)
45	GAWLEWICZ Krystyna	663	GAWĘŁKI TEAM	K30	3	01:02:19	02:40:55	04:13:12	06:07:03.40	06:07:57.80	+01:42:11 (27.8%)	7:03	8.5 (72.6%)
46	SZCZOT Andrzej	766	KB SOBÓTKA	M40	10	00:59:32	02:40:13	04:13:28	06:08:20.00	06:08:27.70	+01:42:41 (27.9%)	7:05	8.5 (72.6%)
47	WITEK Łukasz	405	BIEG PO ZDRÓJ	M40	11	01:07:01	02:46:42	04:14:46	06:07:57.05	06:08:50.15	+01:43:03 (27.9%)	7:04	8.5 (72.6%)
48	LINEK Michał	670	PROSPERO ML TEAM	M40	12	01:03:09	02:43:49	04:13:09	06:09:56.25	06:10:05.90	+01:44:19 (28.2%)	7:06	8.4 (71.8%)
49	POTRZESZCZ Tomasz	333	GRONAU Maciej	M40	13	01:03:21	02:40:15	04:12:33	06:09:45.90	06:10:55.05	+01:45:08 (28.3%)	7:06	8.4 (71.8%)
50	POTRZESZCZ Grzegorz	309		M40	14	01:02:46	02:40:17	04:12:33	06:09:45.95	06:10:55.45	+01:45:09 (28.3%)	7:06	8.4 (71.8%)
51	GRONAU Maciej	385		M30	25	01:05:43	02:46:09	04:12:45	06:12:28.75	06:12:32.45	+01:46:46 (28.7%)	7:09	8.4 (71.8%)
52	RYBAK Przemysław	605	PRZE(W)AGA	M30	26	01:07:07	02:41:55	04:13:11	06:16:11.90	06:16:42.85	+01:50:56 (29.4%)	7:14	8.3 (70.9%)
53	WIĘCH Piotr	705	WESOŁEK Marek	M30	27	00:58:59	02:29:26	04:02:01	06:16:52.90	06:17:10.90	+01:51:24 (29.5%)	7:14	8.3 (70.9%)
54	WESOŁEK Marek	627		M30	28	01:06:04	02:45:55	04:15:07	06:17:21.30	06:17:39.40	+01:51:52 (29.6%)	7:15	8.3 (70.9%)
55	WRÓBLEWSKI Jacek	529		M30	29	00:57:49	02:29:16	04:06:09	06:18:51.95	06:18:54.30	+01:53:07 (29.9%)	7:17	8.2 (70.1%)
56	VISENTIN Eric	666	NOA	M40	15	01:02:23	02:45:11	04:15:04	06:18:52.40	06:19:07.15	+01:53:20 (29.9%)	7:17	8.2 (70.1%)
57	STYPUŁKOWSKI Piotr	625	FAJFER Jakub	M30	30	01:04:44	02:38:16	04:09:07	06:19:20.15	06:19:39.50	+01:53:53 (30.0%)	7:17	8.2 (70.1%)
58	FAJFER Jakub	695		M30	31	01:07:09	02:46:15	04:19:19	06:19:21.95	06:19:50.75	+01:54:04 (30.0%)	7:17	8.2 (70.1%)
59	PASUTO Grzegorz	725		M30	32	01:07:10	02:49:51	04:23:19	06:20:37.85	06:21:00.90	+01:55:14 (30.2%)	7:19	8.2 (70.1%)
60	ŚWISTUŃ Eugeniusz	371	ANTONTEAM	M20	8	01:07:27	02:47:46	04:18:40	06:22:16.20	06:22:45.95	+01:56:59 (30.6%)	7:21	8.2 (70.1%)
61	FRANCKOWSKA Marta	452	WKURW_TEAM	K20	1	01:06:50	02:52:46	04:26:57	06:23:46.10	06:23:51.35	+01:58:04 (30.8%)	7:22	8.1 (69.2%)
62	BANASZYNSKI Damian	493	DULAK Robert	M30	33	00:58:21	02:35:23	04:13:16	06:24:26.70	06:24:30.60	+01:58:44 (30.9%)	7:23	8.1 (69.2%)
63	DULAK Robert	698		M40	16	01:03:00	02:42:13	04:18:59	06:24:23.15	06:24:36.20	+01:58:49 (30.9%)	7:23	8.1 (69.2%)
64	KRUPA Grzegorz	753		M40	17	00:59:37	02:41:09	04:22:01	06:24:37.90	06:24:44.80	+01:58:58 (30.9%)	7:23	8.1 (69.2%)
65	SZYBIAK Waldemar	584	GRYNAGIEL Przemysław	M50	2	01:07:00	02:47:25	04:21:27	06:24:41.80	06:24:49.25	+01:59:02 (30.9%)	7:23	8.1 (69.2%)
66	GRYNAGIEL Przemysław	325		M30	34	01:02:54	02:34:33	04:16:13	06:25:24.55	06:25:49.45	+02:00:03 (31.1%)	7:24	8.1 (69.2%)

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67	PORĘBA Marek	403		M30	35	01:06:37	02:47:32	04:21:07	06:25:41.50	06:25:55.50	+02:00:09 (31.1%)	7:25	8.1 (69.2%)
68	KNOPEK Adam	406	STOWARZYSZENIE BIEG PO ZDRÓJ	M30	36	01:07:01	02:46:40	04:22:53	06:26:11.40	06:27:05.05	+02:01:18 (31.3%)	7:25	8.1 (69.2%)
69	JANGAS Andrzej	260	NADLEŚNICTWO KALISZ	M50	3	01:05:31	02:58:17	04:29:08	06:26:32.45	06:27:05.85	+02:01:19 (31.3%)	7:26	8.1 (69.2%)
70	JURCZAK Roman	540		M60	1	01:04:47	02:55:13	04:28:32	06:28:45.20	06:28:47.20	+02:03:00 (31.6%)	7:28	8 (68.4%)
71	JUKIEL Tomasz	505	BORNHOLMRUNERS	M30	37	04:21:16			06:29:07.95	06:29:07.95	+02:03:21 (31.7%)	7:28	8 (68.4%)
72	KONDZIELNIK Magdalena	293		K40	2	01:05:48	02:55:20	04:30:48	06:29:33.70	06:29:38.15	+02:03:51 (31.8%)	7:29	8 (68.4%)
73	JAMRÓZ Łukasz	647	AUUUUU	M40	18	01:03:30	02:40:12	04:21:04	06:29:49.70	06:30:01.45	+02:04:15 (31.9%)	7:29	8 (68.4%)
74	OLEJNIK Tomasz	331		M40	19	01:09:41	02:56:19	04:30:55	06:30:02.75	06:30:17.85	+02:04:31 (31.9%)	7:30	8 (68.4%)
75	MAŁACHOWSKI Mariusz	349	KBKS BIEGACZE W RADOMSKU	M40	20	01:07:28	02:50:18	04:23:33	06:29:55.80	06:30:18.00	+02:04:31 (31.9%)	7:29	8 (68.4%)
76	BOBROWSKI Jan	490		M50	4	01:04:20	02:45:29	04:23:43	06:30:52.30	06:30:58.35	+02:05:11 (32.0%)	7:31	8 (68.4%)
77	MIROSŁAW Albert	369	WW TEAM	M40	21	01:06:30	02:51:59	04:24:59	06:30:55.45	06:31:55.45	+02:06:09 (32.2%)	7:31	8 (68.4%)
78	SZOT Iwona	370	WW TEAM	K40	3	01:06:31	02:51:57	04:24:59	06:30:54.65	06:31:55.65	+02:06:09 (32.2%)	7:31	8 (68.4%)
79	ŚWIĆ Miłosz	518	DZIK KOMANDO	M30	38	01:06:56	02:46:04	04:24:48	06:31:44.00	06:32:40.95	+02:06:54 (32.3%)	7:32	8 (68.4%)
80	RING Rafał	474		M40	22	01:06:53	02:48:44	04:30:14	06:34:18.85	06:34:30.20	+02:08:43 (32.6%)	7:34	7.9 (67.5%)
81	KACHNIARZ Magdalena	356		K30	4	01:04:45	02:50:41	04:28:44	06:35:34.00	06:35:50.40	+02:10:03 (32.9%)	7:36	7.9 (67.5%)
82	GAWRON Marcin	654		M30	39	01:03:24	02:46:31	04:26:49	06:36:21.90	06:36:35.55	+02:10:49 (33.0%)	7:37	7.9 (67.5%)
83	NAZIMEK Maciej	503	R7	M30	40	01:02:21	02:41:49	04:23:09	06:36:16.80	06:36:39.20	+02:10:52 (33.0%)	7:37	7.9 (67.5%)
84	KRUK Tomasz	253	DLA BOGUSI	M40	23	01:04:55	02:43:51	04:21:50	06:38:49.25	06:39:49.25	+02:14:02 (33.5%)	7:40	7.8 (66.7%)
85	KARUŚ Waldemar	489	14DAS JAROSŁAW IM.GEN.BRYG.WACŁAWA WIECZORKIEWICZA	M40	24	01:02:50	02:49:53	04:29:25	06:40:39.85	06:41:00.40	+02:15:13 (33.7%)	7:42	7.8 (66.7%)
86	ORLEWSKA Danuta	628	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	K40	4	01:03:00	02:47:23	04:28:14	06:41:17.75	06:41:33.55	+02:15:47 (33.8%)	7:43	7.8 (66.7%)
87	SZMECHTIG- GAUDEN Ewa	668	PODGÓRZ TORUŃ	K40	5	01:07:32	02:50:39	04:28:06	06:41:01.70	06:41:34.30	+02:15:47 (33.8%)	7:42	7.8 (66.7%)
88	PEPLAK Jarosław	749	GAMENESS KONSTANCIN	M40	25	00:59:54	02:46:06	04:31:51	06:41:32.00	06:41:44.60	+02:15:58 (33.8%)	7:43	7.8 (66.7%)
89	AZAREWICZ Grzegorz	526		M40	26	01:02:17	02:41:27	04:20:09	06:41:32.50	06:41:47.85	+02:16:01 (33.9%)	7:43	7.8 (66.7%)
90	KALECINSKI Piotr	612		M30	41	01:09:22	02:57:38	04:35:58	06:41:43.20	06:41:54.95	+02:16:08 (33.9%)	7:43	7.8 (66.7%)
91	BEREZOWSKI Oskar	665	NAPIERAJ.PL	M40	27	01:04:05	02:46:36	04:29:48	06:42:05.10	06:42:18.50	+02:16:32 (33.9%)	7:43	7.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
92	WOŁOSZYN Ryszard	734	PIZUNY ROZTOCZE WSCHODNIE	M50	5	01:10:47	02:56:41	04:34:37	06:41:54.15	06:42:27.90	+02:16:41 (34.0%)	7:43	7.8 (66.7%)
93	GUT Mateusz	587	LEGIA RUN CLUB WARSZAWA	M30	42	01:05:19	02:51:05	04:31:02	06:42:23.25	06:43:03.25	+02:17:16 (34.1%)	7:44	7.8 (66.7%)
94	KRAWCZYK Łukasz	305	BUDAGO.PL	M30	43	01:09:19	02:53:30	04:29:18	06:43:53.10	06:44:15.60	+02:18:29 (34.3%)	7:46	7.7 (65.8%)
95	RAJNER Krzysztof	681	ULTRA KOSZALIN	M30	44	01:04:21	02:48:24	04:30:15	06:44:18.70	06:44:31.00	+02:18:44 (34.3%)	7:46	7.7 (65.8%)
96	MIELNICZUK Mirosław	601		M40	28	00:59:45	02:35:49	04:19:14	06:44:33.75	06:44:45.10	+02:18:58 (34.3%)	7:46	7.7 (65.8%)
97	TAMBORSKA Agata	673	DZIK KOMANDO	K30	5	01:06:55	02:45:06	04:24:38	06:44:01.05	06:44:58.50	+02:19:12 (34.4%)	7:46	7.7 (65.8%)
98	BRZUSTOWICZ Marek	422	KB GEOTERMIA UNIEJÓW	M60	2	01:05:13	02:51:41	04:34:45	06:44:22.40	06:45:01.50	+02:19:15 (34.4%)	7:46	7.7 (65.8%)
99	WOJCIECHOWSKI Norbert	674	ALTOM GNIEZNO	M30	45	00:58:42	02:28:59	04:13:20	06:46:01.95	06:46:21.70	+02:20:35 (34.6%)	7:48	7.7 (65.8%)
100	SALWA Krzysztof	655	SALCLAN-TEAM	M40	29	01:04:11	02:50:58	04:33:09	06:48:09.65	06:48:11.55	+02:22:25 (34.9%)	7:50	7.6 (65.0%)
101	PAWLUCZUK Tomek	442		M40	30	01:08:56	02:53:18	04:36:53	06:49:20.85	06:49:29.20	+02:23:42 (35.1%)	7:52	7.6 (65.0%)
102	PAŃTAK Sławomir	228	21DAPLOT JAROSŁAW	M40	31	01:11:23	03:00:52	04:48:54	06:50:05.80	06:50:32.95	+02:24:46 (35.3%)	7:53	7.6 (65.0%)
103	WOJCIESZEK Andrzej	398	APTEKA GEMINI TEAM	M30	46	01:02:50	02:42:55	04:24:57	06:50:29.15	06:50:37.50	+02:24:51 (35.3%)	7:53	7.6 (65.0%)
104	ODOLIŃSKI Jacek	560	PSZCZÓŁKOWSKI TEAM	M50	6	01:12:01	03:02:18	04:41:02	06:50:11.65	06:50:39.10	+02:24:52 (35.3%)	7:53	7.6 (65.0%)
105	KRAWCZYK Marcin	748	SOMSIEDZI	M40	32	01:05:50	02:48:42	04:31:51	06:50:30.65	06:50:43.45	+02:24:57 (35.3%)	7:53	7.6 (65.0%)
106	KOŁACKA Martyna	473	GO APTIV!	K20	2	01:09:22	02:57:24	04:41:26	06:50:03.30	06:50:46.00	+02:24:59 (35.3%)	7:53	7.6 (65.0%)
107	GRZYWACZ Wojciech	530	FARTLEK GO	M50	7	01:05:45	02:55:18	04:39:52	06:51:19.10	06:51:26.00	+02:25:39 (35.4%)	7:54	7.6 (65.0%)
108	KUCHARSKI Paweł	754	PLANETA NISKO	M30	47	01:00:00	02:48:43	04:38:07	06:51:18.55	06:51:32.25	+02:25:45 (35.4%)	7:54	7.6 (65.0%)
109	CHORZĘPA Mariusz	223	TSA SANDOMIERZ	M40	33	01:04:11	02:49:40	04:39:46	06:52:09.30	06:52:19.85	+02:26:33 (35.5%)	7:55	7.6 (65.0%)
110	KONIECZNY Mariusz	583		M50	8	01:07:03	02:54:18	04:38:40	06:52:31.80	06:52:38.40	+02:26:51 (35.6%)	7:56	7.6 (65.0%)
111	WIERZBICKI Tomasz	471		M30	48	01:06:24	02:53:44	04:38:56	06:52:24.20	06:53:14.00	+02:27:27 (35.7%)	7:55	7.6 (65.0%)
112	MELLER Joanna	437	SS DRUŻYNA WILKA / SKAZANI NA SUKCES	K30	6	01:11:56	02:59:27	04:39:53	06:53:44.55	06:54:21.60	+02:28:35 (35.9%)	7:57	7.5 (64.1%)
113	BŁAJSZCZAK Karol	222	TSA SANDOMIERZ	M40	34	01:04:09	02:49:43	04:47:38	06:54:49.45	06:55:00.50	+02:29:14 (36.0%)	7:58	7.5 (64.1%)
114	KRZEMIŃSKI Bartosz	692	WKURW_TEAM	M30	49	01:05:05	02:47:31	04:34:11	06:54:32.25	06:55:01.50	+02:29:15 (36.0%)	7:58	7.5 (64.1%)
115	OBARA Michał	642	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	50	01:06:52	02:55:25	04:42:03	06:55:16.20	06:55:18.75	+02:29:32 (36.0%)	7:59	7.5 (64.1%)
116	BOROWSKI Roman	599	POZYTYWNIIE ZABIEGANI SANOK	M40	35	01:01:30	02:43:53	04:29:04	06:55:40.35	06:55:41.70	+02:29:55 (36.1%)	7:59	7.5 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
116	DROBOT Piotr	24	POZYTYWNIE ZABIEGAMI SANOK	M40	36	01:13:03	03:06:46	04:41:48	06:54:47.50	06:55:41.70	+02:29:55 (36.1%)	7:58	7.5 (64.1%)
118	SOSNOWSKA Agnieszka	604	PRZE(W)AGA	K30	7	01:07:06	02:58:15	04:42:38	06:55:13.35	06:55:44.50	+02:29:58 (36.1%)	7:59	7.5 (64.1%)
119	KOSOWICZ Krzysztof	317		M40	37	01:01:54	02:41:08	04:32:57	06:55:25.55	06:55:55.40	+02:30:08 (36.1%)	7:59	7.5 (64.1%)
120	ASŁANOWICZ Marcin	238		M40	38	01:05:44	02:53:34	04:35:29	06:55:40.25	06:56:15.20	+02:30:28 (36.2%)	7:59	7.5 (64.1%)
121	GESSLER Łukasz	338	BIESY	M30	51	01:11:15	03:03:54	04:47:15	06:55:44.00	06:56:19.00	+02:30:32 (36.2%)	7:59	7.5 (64.1%)
122	WIŚNIEWSKI Michał	485	INVICTA POWER TEAM	M40	39	01:14:56	03:04:43	04:47:46	06:56:35.05	06:56:42.50	+02:30:56 (36.2%)	8:00	7.5 (64.1%)
123	RASZKOWSKI Piotr	307		M30	52	01:14:46	03:08:32	04:47:33	06:56:29.75	06:56:44.25	+02:30:57 (36.2%)	8:00	7.5 (64.1%)
124	WOŁOSZYN Czesław	735		M50	9	01:10:55	02:56:47	04:35:59	06:56:18.25	06:56:47.10	+02:31:00 (36.2%)	8:00	7.5 (64.1%)
125	WARECKA Kasia	319		K20	3	01:08:18	03:02:23	04:46:38	06:56:41.00	06:56:49.65	+02:31:03 (36.2%)	8:00	7.5 (64.1%)
126	KAŻMIERCZAK Michał	738	DZIKIE ŻYCIE RUN TEAM	M30	53	01:04:49	02:47:05	04:30:46	06:56:28.45	06:56:54.00	+02:31:07 (36.2%)	8:00	7.5 (64.1%)
127	BIESZKE Artur	245	BEZTLENOWI MALBORK	M30	54	01:10:12	02:57:37	04:49:32	06:56:57.15	06:57:16.60	+02:31:30 (36.3%)	8:01	7.5 (64.1%)
128	SULEWSKI Maciej	602	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	40	01:03:52	02:45:07	04:40:43	06:57:09.85	06:57:28.45	+02:31:42 (36.3%)	8:01	7.5 (64.1%)
129	KWIATKOWSKI Kajetan	718	PIĘKNI I BESTIE	M30	55	01:11:16	02:54:41	04:35:11	06:57:32.70	06:58:09.25	+02:32:22 (36.4%)	8:01	7.5 (64.1%)
130	ZIEMIŃSKI Maciej	380	GARDENFLORA MTB TEAM	M20	9	01:04:46	02:47:18	04:41:00	06:57:52.60	06:58:15.10	+02:32:28 (36.5%)	8:02	7.5 (64.1%)
131	KAWALEC Krystian	603		M40	41	01:07:20	02:57:50	04:46:01	06:57:43.65	06:58:15.50	+02:32:29 (36.5%)	8:02	7.5 (64.1%)
132	MISZTA Barbara	492	BIEGAM BO LUBIĘ ZĄBKI TEAM	K40	6	01:09:57	03:01:10	04:47:39	06:58:28.00	06:58:34.80	+02:32:48 (36.5%)	8:02	7.5 (64.1%)
133	GRONIECKI Mikołaj	651		M30	56	01:06:30	02:54:04	04:46:25	06:57:52.75	06:58:34.90	+02:32:48 (36.5%)	8:02	7.5 (64.1%)
134	KUKLA Marcin	546	RYSIK RUNNERS	M40	42	01:05:12	02:52:47	04:37:03	06:58:16.30	06:58:41.45	+02:32:55 (36.5%)	8:02	7.5 (64.1%)
135	LATOS Marcin	615		M40	43	01:05:30	02:51:27	04:32:28	06:58:04.55	06:59:03.20	+02:33:16 (36.6%)	8:02	7.5 (64.1%)
136	ŚLIWIŃSKI Andrzej	408		M60	3	01:06:08	02:59:44	04:44:56	06:59:02.60	06:59:21.60	+02:33:35 (36.6%)	8:03	7.4 (63.2%)
137	MELLER Wojciech	436	SS DRUŻYNA WILKA / SKAZANI NA SUKCES	M40	44	01:11:54	02:59:27	04:39:53	06:59:11.85	06:59:48.90	+02:34:02 (36.7%)	8:03	7.4 (63.2%)
138	KAŃDUŁA Klaudia	265	NEST TEAM	K30	8	01:10:07	03:03:30	04:49:13	06:59:14.65	06:59:58.75	+02:34:12 (36.7%)	8:03	7.4 (63.2%)
139	GRYNFELDER Rafał	308	SKYWALKPROJECT.PL	M40	45	01:05:10	02:52:44	04:43:03	07:00:25.20	07:00:35.75	+02:34:49 (36.8%)	8:05	7.4 (63.2%)
140	CZERWIEC Andrzej	541		M30	57	01:00:10	02:41:34	04:40:52	07:00:56.85	07:01:18.10	+02:35:31 (36.9%)	8:05	7.4 (63.2%)
141	WAWRZAK Ryszard	480	NIGHT RUNNERS GLIWICE	M40	46	01:01:08	02:42:14	04:28:46	07:00:52.30	07:01:19.25	+02:35:32 (36.9%)	8:05	7.4 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
142	KRUCZYK Damian	521	PSM	M20	10	01:00:22	02:39:36	04:37:08	07:01:19.75	07:01:29.80	+02:35:43 (36.9%)	8:06	7.4 (63.2%)
143	KĄDUŁA Grzegorz	266	NEST TEAM	M30	58	01:10:07	03:03:29	04:51:01	07:01:02.00	07:01:46.15	+02:35:59 (37.0%)	8:05	7.4 (63.2%)
144	PĘKAŁA Aleksandra	689	WKURW_TEAM	K30	9	01:09:33	03:02:17	04:51:18	07:01:17.65	07:01:47.80	+02:36:01 (37.0%)	8:06	7.4 (63.2%)
145	MADEJCZYK Sebastian	1306	TUCHÓW	M40	47	01:05:31	02:48:58	04:34:28	07:01:41.15	07:02:02.20	+02:36:15 (37.0%)	8:06	7.4 (63.2%)
145	GOLON Marlena	482	RUN PASJA	K40	7	01:09:32	03:03:08	04:52:37	07:01:31.55	07:02:02.20	+02:36:15 (37.0%)	8:06	7.4 (63.2%)
147	PALCZAK Rafał	562	BRAK	M40	48	01:07:20	02:54:43	04:39:07	07:02:09.95	07:02:18.55	+02:36:32 (37.1%)	8:07	7.4 (63.2%)
148	ŻOŁNACZ Maciej	565		M30	59	01:02:38	02:42:09	04:31:36	07:02:49.85	07:03:14.05	+02:37:27 (37.2%)	8:07	7.4 (63.2%)
149	ROKITA Andrzej	300		M50	10	01:03:57	02:58:17	04:45:48	07:03:10.75	07:03:24.45	+02:37:38 (37.2%)	8:08	7.4 (63.2%)
150	KRUPA Jan	501		M30	60	01:12:54	03:17:10	05:05:41	07:02:59.70	07:03:41.65	+02:37:55 (37.3%)	8:08	7.4 (63.2%)
151	KRÓLIKOWSKI Igor	446	RABBITS	M30	61	01:10:53	02:57:56	04:45:50	07:03:36.25	07:03:53.15	+02:38:06 (37.3%)	8:08	7.4 (63.2%)
152	KRÓLAK Krystian	299	#TEAMKRÓLAK	M20	11	01:13:10	03:09:50	04:54:07	07:03:18.35	07:03:56.80	+02:38:10 (37.3%)	8:08	7.4 (63.2%)
153	SOLAREWICZ Tomasz	461	LATAJĄCY CYRK MONTY PYTHONA	M30	62	01:02:34	02:43:43	04:39:36	07:04:58.15	07:05:07.15	+02:39:20 (37.5%)	8:10	7.3 (62.4%)
154	DOBIES Agnieszka	360	KW LUBLIN	K30	10	01:09:44	03:01:44	04:50:48	07:06:32.70	07:07:02.85	+02:41:16 (37.8%)	8:12	7.3 (62.4%)
155	MATEJUK Arkadiusz	239	BEZTLENOWI MALBORK	M30	63	01:10:12	02:58:57	04:49:32	07:06:46.80	07:07:06.60	+02:41:20 (37.8%)	8:12	7.3 (62.4%)
156	TURLEJ Dariusz	720	KONDYCJA	M60	4	01:18:55	03:17:40	05:04:44	07:07:04.10	07:07:40.15	+02:41:53 (37.9%)	8:12	7.3 (62.4%)
157	RZEPNIEWSKI Łukasz	619	WKURW_TEAM	M30	64	01:07:00	02:57:54	04:44:00	07:07:15.25	07:08:01.70	+02:42:15 (37.9%)	8:12	7.3 (62.4%)
158	WRÓBEL Aleksandra	488	DIRTY SPARROWS	K20	4	01:03:52	02:54:23	04:44:43	07:08:02.80	07:08:07.40	+02:42:20 (37.9%)	8:13	7.3 (62.4%)
159	KONDZIOŁA Krzysztof	311	PERFECT RUNNER LUBLIN / STAY INSANE	M30	65	01:13:12	03:10:01	04:56:46	07:07:45.00	07:08:13.80	+02:42:27 (37.9%)	8:13	7.3 (62.4%)
160	MUSIAŁ Szymon	379	GARDENFLORA MTB TEAM	M30	66	01:04:46	02:47:18	04:41:57	07:09:56.15	07:10:19.60	+02:44:33 (38.2%)	8:16	7.3 (62.4%)
161	KIJAŃSKA BEDNARZ Marta	229		K40	8	01:06:25	02:56:55	04:47:28	07:10:49.70	07:10:55.95	+02:45:09 (38.3%)	8:17	7.2 (61.5%)
162	WNUK Tomasz	424	NAPRZÓD MŁOCINY	M30	67	01:02:29	02:52:28	04:46:44	07:11:56.25	07:12:12.70	+02:46:26 (38.5%)	8:18	7.2 (61.5%)
163	KOWALCZYK Marek	469		M40	49	01:07:40	02:57:24	04:43:49	07:11:56.95	07:12:19.20	+02:46:32 (38.5%)	8:18	7.2 (61.5%)
164	SOFUŁ Tomasz	340		M40	50	01:02:12	02:46:25	04:33:10	07:12:11.15	07:12:23.25	+02:46:36 (38.5%)	8:18	7.2 (61.5%)
165	FALKOWSKI Piotr	767	KS PEGAZ PIASECZNO	M40	51	01:07:10	02:59:37	04:53:07	07:11:51.85	07:12:24.65	+02:46:38 (38.5%)	8:18	7.2 (61.5%)
166	SMOLEN Janusz	462		M40	52	01:02:33	02:48:14	04:39:36	07:12:16.55	07:12:28.10	+02:46:41 (38.5%)	8:18	7.2 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
167	SŁOTWIŃSKI Adam	538		M30	68	01:08:37	02:54:35	04:44:28	07:13:25.90	07:13:32.65	+02:47:46 (38.7%)	8:20	7.2 (61.5%)
168	NIEMCZEWSKI Borys	732	TIME BANDIT	M40	53	01:03:53	02:55:00	04:53:34	07:13:38.25	07:14:09.20	+02:48:22 (38.8%)	8:20	7.2 (61.5%)
169	ŁODZIANA Dorota	547	PSZCZÓŁKOWSKI TEAM	K30	11	01:12:07	03:07:55	04:56:44	07:14:17.30	07:14:45.00	+02:48:58 (38.9%)	8:21	7.2 (61.5%)
170	PYRĆ Krzysztof	428	JJ TEAM	M30	69	01:11:36	03:02:40	04:50:20	07:14:06.60	07:14:51.20	+02:49:04 (38.9%)	8:20	7.2 (61.5%)
171	KRZYŻOSTANEK Jarosław	544	'GROM' SOKOLNIKI	M40	54	01:12:43	03:09:54	05:04:27	07:14:13.90	07:15:13.35	+02:49:26 (38.9%)	8:21	7.2 (61.5%)
172	BĘBEN Robert	750	OSTROBIEC	M40	55	01:14:42	03:19:18	05:10:08	07:14:39.70	07:15:30.40	+02:49:43 (39.0%)	8:21	7.2 (61.5%)
173	TRZASKALIK Szymon	372	KLUB SPORTOWY M.E.T.A.	M20	12	01:17:12	03:15:10	04:53:48	07:14:26.70	07:15:34.85	+02:49:48 (39.0%)	8:21	7.2 (61.5%)
174	KUŁAKOWSKI Piotr	261	CZŁAPACZE	M60	5	01:15:37	03:13:58	05:03:48	07:14:36.35	07:15:39.10	+02:49:52 (39.0%)	8:21	7.2 (61.5%)
175	KALISZ Karolina	687	WKURW_TEAM	K20	5	01:11:25	03:04:40	04:55:01	07:14:49.40	07:15:44.25	+02:49:57 (39.0%)	8:21	7.2 (61.5%)
176	GROCHÓLSKI Paweł	536		M30	70	01:14:32	03:05:18	04:50:46	07:14:44.30	07:15:46.75	+02:50:00 (39.0%)	8:21	7.2 (61.5%)
177	SZWAT Piotr	347	POPCIU TEAM	M30	71	01:07:29	03:14:23	05:10:33	07:15:29.45	07:16:12.20	+02:50:25 (39.1%)	8:22	7.2 (61.5%)
178	WIERZBICKA Joanna	470		K30	12	01:08:00	03:05:51	04:56:46	07:16:01.10	07:16:49.90	+02:51:03 (39.2%)	8:23	7.2 (61.5%)
179	KOPER Wiktor	690		M20	13	01:05:01	02:51:56	04:47:03	07:16:55.00	07:17:47.15	+02:52:00 (39.3%)	8:24	7.1 (60.7%)
180	BUMBUL Leszek	525		M30	72	01:11:18	03:04:46	04:49:12	07:16:58.00	07:17:48.50	+02:52:02 (39.3%)	8:24	7.1 (60.7%)
181	KORDOWICZ Łukasz	514	BUT BIŁGORAJ ULTRA TRAIL	M30	73	01:05:53	02:55:29	04:47:53	07:17:42.10	07:17:48.85	+02:52:02 (39.3%)	8:25	7.1 (60.7%)
181	TUROSZ Zbigniew	515		M50	11	01:05:55	02:57:48	04:49:34	07:17:41.75	07:17:48.85	+02:52:02 (39.3%)	8:25	7.1 (60.7%)
183	NOWICKI Marek	267	PORANNI BIEGACZE	M40	56	01:10:44	03:05:32	04:59:40	07:17:36.35	07:17:54.30	+02:52:07 (39.3%)	8:24	7.1 (60.7%)
184	MAŁECKA Anna	730	MAŁE CYCKI	K40	9	01:09:33	03:04:22	04:54:52	07:17:46.35	07:17:55.40	+02:52:08 (39.3%)	8:25	7.1 (60.7%)
185	MAŁECKI Tomasz	731	MAŁE CYCKI	M40	57	01:09:34	03:04:32	04:54:57	07:17:46.70	07:17:56.10	+02:52:09 (39.3%)	8:25	7.1 (60.7%)
186	ZIEMKIEWICZ Jarek	413	UKS RUNNING TEAM	M40	58	01:05:11	02:49:37	04:40:11	07:17:26.50	07:18:05.70	+02:52:19 (39.3%)	8:24	7.1 (60.7%)
187	KULIK Grzegorz	315	BEZTLENOWI MALBORK	M30	74	01:09:21	02:59:08	04:52:57	07:18:06.95	07:18:19.75	+02:52:33 (39.4%)	8:25	7.1 (60.7%)
188	KRZAK Szymon	621		M20	14	01:05:28	02:54:59	04:45:46	07:18:21.10	07:18:45.00	+02:52:58 (39.4%)	8:25	7.1 (60.7%)
189	PIERZCHALSKA Julia	458	ABOVE 2000	K30	13	01:12:09	03:05:50	04:56:21	07:18:22.65	07:18:47.15	+02:53:00 (39.4%)	8:25	7.1 (60.7%)
190	LASZCZYK Nadya	491		K30	14	01:14:33	03:16:07	05:06:25	07:18:03.00	07:18:49.90	+02:53:03 (39.4%)	8:25	7.1 (60.7%)
191	STRZELECKI Dawid	571	TEAM SPIRIT	M30	75	01:07:13	02:53:40	04:43:43	07:18:52.20	07:19:18.30	+02:53:31 (39.5%)	8:26	7.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
192	SZAFRAŃSKA Aleksandra	345	ROZBIEGANY PIASTÓW	K20	6	01:07:49	03:03:03	05:04:40	07:18:15.95	07:19:19.60	+02:53:33 (39.5%)	8:25	7.1 (60.7%)
193	MAJEWICZ Grzegorz	326		M40	59	01:11:27	03:03:18	04:51:19	07:19:05.45	07:19:25.10	+02:53:38 (39.5%)	8:26	7.1 (60.7%)
194	KIEWISZ Adam	685	SĄ WOLNIEJSI	M30	76	01:04:34	02:54:19	04:53:32	07:18:49.25	07:19:26.75	+02:53:40 (39.5%)	8:26	7.1 (60.7%)
195	WITFER Jacek	533	BIGYELLOWFOOT ADVENTURE TEAM	M40	60	01:14:43	03:05:51	04:54:12	07:20:45.50	07:21:22.25	+02:55:35 (39.8%)	8:28	7.1 (60.7%)
196	ŁUKOMSKI Maciej	610	GANG CHÓDEGO	M40	61	01:06:14	03:01:10	04:54:29	07:21:07.25	07:21:47.75	+02:56:01 (39.8%)	8:28	7.1 (60.7%)
197	BIADASIEWICZ Andrzej	623	CIDRY LOTAJOM	M50	12	01:13:14	03:07:25	04:56:35	07:21:03.75	07:22:02.55	+02:56:16 (39.9%)	8:28	7.1 (60.7%)
198	WOJCIECHOWSKI Tomasz	650	RUNNING FROGS	M30	77	01:03:05	02:51:13	04:45:23	07:21:43.50	07:22:25.35	+02:56:38 (39.9%)	8:29	7.1 (60.7%)
199	BAŁĘKOWSKI Krzysztof	600	KASZTANIAKI TEAM	M20	15	01:08:36	02:56:41	04:55:11	07:22:02.95	07:23:05.60	+02:57:19 (40.0%)	8:30	7.1 (60.7%)
200	LASKOWSKI Daniel	576	RUN PASJA	M30	78	01:09:46	03:06:22	04:56:44	07:22:46.35	07:23:18.80	+02:57:32 (40.0%)	8:30	7 (59.8%)
201	KASINSKI Rafal	400		M40	62	01:11:23	03:10:12	05:10:11	07:22:28.60	07:23:21.15	+02:57:34 (40.1%)	8:30	7.1 (60.7%)
202	FRITZ Wojciech	539	BIEG PO ZDRÓJ JAWORZE	M40	63	01:11:22	03:03:46	04:58:46	07:22:27.05	07:23:21.25	+02:57:34 (40.1%)	8:30	7.1 (60.7%)
203	GONCERZEWICZ Anna	566	STARE BABICE BIEGAJĄ	K30	15	01:12:18	03:14:25	05:03:53	07:22:50.50	07:23:41.05	+02:57:54 (40.1%)	8:30	7 (59.8%)
204	SZADKOWSKI Jacek	641	LOBO RACING	M40	64	01:17:04	03:11:01	04:54:50	07:23:38.25	07:23:43.85	+02:57:57 (40.1%)	8:31	7 (59.8%)
205	CHOJNACKA Marta	512		K30	16	01:16:59	03:19:58	05:13:02	07:24:00.75	07:24:07.85	+02:58:21 (40.2%)	8:32	7 (59.8%)
206	KIRILENKO Aneta	722		K40	10	01:04:03	03:06:28	04:59:29	07:24:04.00	07:24:11.50	+02:58:25 (40.2%)	8:32	7 (59.8%)
207	KIRILENKO Marcin	723		M40	65	01:04:01	03:06:22	04:59:29	07:24:03.55	07:24:12.00	+02:58:25 (40.2%)	8:32	7 (59.8%)
208	TOPOROWSKI Mariusz	399		M30	79	01:12:15	03:02:40	04:55:16	07:23:40.70	07:24:32.20	+02:58:45 (40.2%)	8:31	7 (59.8%)
209	JANICKI Tomasz	418	21DAPLOT JAROSŁAW	M30	80	01:07:59	02:54:04	04:45:35	07:24:33.00	07:24:59.85	+02:59:13 (40.3%)	8:32	7 (59.8%)
210	FISZER Jakub	658	#TEAMDKMS	M40	66	01:09:57	03:13:56	04:59:22	07:24:35.45	07:25:01.20	+02:59:14 (40.3%)	8:33	7 (59.8%)
211	KIEŁBASA Sylwia	727	WKURW_TEAM	K30	17	01:16:05	03:18:02	05:10:33	07:25:03.45	07:25:33.05	+02:59:46 (40.3%)	8:33	7 (59.8%)
212	WYSOCKI Tomasz	719	OCHAJORUN & FRIEND	M40	67	01:09:22	03:06:58	04:57:27	07:24:39.90	07:25:37.60	+02:59:51 (40.4%)	8:33	7 (59.8%)
213	FIRAZA Tomasz	582	FUJITSU RUNNING TEAM ŁÓDŹ	M30	81	01:02:10	02:46:31	04:48:30	07:25:20.30	07:25:44.20	+02:59:57 (40.4%)	8:33	7 (59.8%)
214	KOTKOWSKI Arthur	388		M20	16	01:13:11	03:09:51	05:00:34	07:25:19.05	07:25:57.95	+03:00:11 (40.4%)	8:33	7 (59.8%)
215	TWARDOWSKI Tomasz	645		M30	82	01:09:19	03:00:58	04:55:51	07:25:55.75	07:26:21.85	+03:00:35 (40.5%)	8:34	7 (59.8%)
216	ROSIŃSKI Zbigniew	733	WKB META WBUNIEC	M50	13	01:20:37	03:27:27	05:10:45	07:27:17.40	07:27:46.70	+03:02:00 (40.6%)	8:36	7 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
217	ZWIEWKA Sebastian	419	BUSHIDO BYDGOSZCZ	M40	68	01:02:24	02:51:39	04:46:56	07:28:03.40	07:28:09.75	+03:02:23 (40.7%)	8:36	7 (59.8%)
218	BIEL Tomasz	596		M30	83	01:09:56	03:05:35	05:05:31	07:27:48.25	07:28:21.95	+03:02:35 (40.7%)	8:36	7 (59.8%)
219	STĘPIEŃ Magdalena	298	GRODZISKIKLUB BIEGACZA	K30	18	01:15:44	03:16:59	05:09:22	07:28:12.15	07:28:24.20	+03:02:37 (40.7%)	8:37	7 (59.8%)
220	GIERULA Piotr	290		M30	84	01:05:30	03:00:41	05:07:35	07:28:45.05	07:29:03.90	+03:03:17 (40.8%)	8:37	7 (59.8%)
221	DRAUS Borys	281		M30	85	01:14:48	03:13:15	04:54:06	07:28:06.00	07:29:07.85	+03:03:21 (40.8%)	8:37	7 (59.8%)
222	SZARY Marek	316	TURBO ŻUŁWIE/3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	M30	86	01:05:49	03:00:17	05:03:10	07:28:53.40	07:29:12.15	+03:03:25 (40.8%)	8:37	7 (59.8%)
223	WEREMJEWICZ Marcin Wiktor	389	RUNSOFUN	M40	69	01:07:50	02:59:45	04:50:28	07:29:20.55	07:29:28.45	+03:03:42 (40.9%)	8:38	6.9 (59.0%)
224	KUBISZ Dorota	745	WKB META WBUNIEC	K40	11	01:13:57	03:11:26	05:04:36	07:29:45.20	07:30:15.30	+03:04:28 (41.0%)	8:38	6.9 (59.0%)
225	KUBISZ Tomasz	743		M40	70	01:12:31	03:10:29	05:04:36	07:29:47.60	07:30:15.50	+03:04:29 (41.0%)	8:39	6.9 (59.0%)
226	AGRES Paweł	440	KW KOTŁOWNIA	M30	87	01:07:58	02:57:53	04:53:08	07:30:11.10	07:30:16.65	+03:04:30 (41.0%)	8:39	6.9 (59.0%)
227	STPICZYŃSKI Marcin	254		M30	88	01:13:42	03:12:28	05:03:17	07:30:40.35	07:31:01.95	+03:05:15 (41.1%)	8:40	6.9 (59.0%)
228	GWIŹDŹ Grzegorz	592		M30	89	01:05:32	03:00:43	05:09:37	07:30:53.10	07:31:10.30	+03:05:23 (41.1%)	8:40	6.9 (59.0%)
229	HERMAN Krystiana	629		K40	12	01:10:27	03:13:57	05:06:26	07:30:28.25	07:31:15.00	+03:05:28 (41.1%)	8:39	6.9 (59.0%)
230	KAŹMIERCZYK Andrzej	330	FOJADOR	M40	71	01:13:25	03:08:50	05:03:38	07:31:17.50	07:31:30.70	+03:05:44 (41.1%)	8:40	6.9 (59.0%)
231	GARCZYŃSKA Anna	1023		K40	13	01:16:39	03:14:20	05:02:37	07:30:59.00	07:31:31.85	+03:05:45 (41.1%)	8:40	6.9 (59.0%)
232	GAWLEWICZ Tomasz	664	GAWEŁKI TEAM	M40	72	01:02:16	02:41:05	04:25:08	07:30:57.95	07:31:52.75	+03:06:06 (41.2%)	8:40	6.9 (59.0%)
233	IZDEBSKI Mariusz	561	OSV TEAM	M40	73	01:08:39	02:59:15	04:55:07	07:31:43.05	07:32:01.90	+03:06:15 (41.2%)	8:41	6.9 (59.0%)
234	ROLLA Dorian	507		M40	74	01:10:28	02:58:08	04:51:01	07:32:09.70	07:32:20.45	+03:06:34 (41.2%)	8:41	6.9 (59.0%)
235	RESZKA Marek	537	NOVEMBEREER RUNNING TEAM	M30	90	01:11:24	03:04:39	04:55:02	07:32:04.25	07:32:59.75	+03:07:13 (41.3%)	8:41	6.9 (59.0%)
236	BOBER Anna	586	OSTROBIEC	K30	19	01:14:44	03:19:20	05:11:07	07:32:26.35	07:33:15.80	+03:07:29 (41.4%)	8:42	6.9 (59.0%)
237	MATUSIAK Arkadiusz	289		M40	75	01:13:25	03:16:28	05:07:30	07:33:53.60	07:34:30.85	+03:08:44 (41.5%)	8:43	6.9 (59.0%)
238	SÓJKA Sebastian	680	NIGHT RUNNERS ZABRZE	M40	76	01:03:08	02:59:00	04:59:12	07:34:33.20	07:34:54.35	+03:09:07 (41.6%)	8:44	6.9 (59.0%)
239	JANASZ Rafał	593		M30	91	01:12:09	03:13:21	05:07:31	07:34:43.20	07:34:59.55	+03:09:13 (41.6%)	8:44	6.9 (59.0%)
240	PASTERNAK Justyna	594	Z BIEGANIEM MI DO TWARZY	K30	20	01:12:10	03:13:21	05:07:31	07:34:43.60	07:34:59.85	+03:09:13 (41.6%)	8:44	6.9 (59.0%)
241	GUDOWSKI Krystian	509	GOODRUN	M30	92	01:11:55	03:10:47	05:00:15	07:34:43.25	07:35:38.40	+03:09:51 (41.7%)	8:44	6.9 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km					
242	PAJESTKA Wojciech	310	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	M40	77	01:11:53	03:10:47	04:59:58	07:34:43.15	07:35:38.65	+03:09:52 (41.7%)	8:44	6.9 (59.0%)
243	WIŚNIEWSKI Sławomir	652	MARWIN BIŁGORAJ	M40	78	05:15:25			07:36:17.70	07:36:17.70	+03:10:31 (41.8%)	8:46	6.8 (58.1%)
244	TRZEŻWIŃSKA Anna	614		K40	14	01:18:06	03:21:31	05:14:25	07:35:18.10	07:36:17.80	+03:10:31 (41.8%)	8:45	6.9 (59.0%)
245	PIWOWARSKI Robert	534	JASNA STRONA MOCY	M40	79	01:22:23	03:24:38	05:20:44	07:35:32.70	07:36:18.05	+03:10:31 (41.8%)	8:45	6.8 (58.1%)
246	BUŁKOWSKI Waldemar	391		M50	14	01:11:52	03:13:37	05:09:44	07:35:30.75	07:36:21.30	+03:10:34 (41.8%)	8:45	6.8 (58.1%)
247	GRZYWIŃSKI Bartosz	377		M30	93	01:12:58	03:12:56	05:06:39	07:35:55.15	07:36:31.00	+03:10:44 (41.8%)	8:46	6.8 (58.1%)
248	PIETRZAK Mariusz	519		M40	80	01:11:22	03:13:39	05:08:11	07:36:15.25	07:36:58.75	+03:11:12 (41.8%)	8:46	6.8 (58.1%)
249	ZYGRY-WIŚNIEWSKA Karolina	484	APTEKA GEMINI TEAM	K30	21	01:14:19	03:14:38	05:07:05	07:36:23.20	07:37:08.60	+03:11:22 (41.9%)	8:46	6.8 (58.1%)
250	KUCIŃSKI Tomasz	729		M40	81	01:11:20	03:20:17	05:18:21	07:36:40.95	07:37:48.90	+03:12:02 (41.9%)	8:46	6.8 (58.1%)
251	KAZIMIERZ Rafał	678	NOA	M30	94	01:03:29	02:59:57	05:00:38	07:37:35.30	07:37:49.85	+03:12:03 (41.9%)	8:47	6.8 (58.1%)
252	TYSZEWICZ-OBARA Anna	643		K30	22	01:08:01	03:04:00	05:08:48	07:37:44.45	07:37:59.70	+03:12:13 (42.0%)	8:48	6.8 (58.1%)
253	PORĘBSKI Zbigniew	320	QUATTRO	M50	15	01:15:18	03:11:05	05:08:25	07:37:33.75	07:37:59.85	+03:12:13 (42.0%)	8:47	6.8 (58.1%)
254	PIOTROWSKI Tomasz	367	GREMBSKI TRIATHLON	M30	95	01:02:30	02:54:48	04:50:23	07:38:11.10	07:38:30.75	+03:12:44 (42.0%)	8:48	6.8 (58.1%)
255	KAJUT Sylwester	694	AKTYWNI KOCIEWIACY	M30	96	01:11:51	03:08:20	05:12:32	07:38:18.65	07:38:42.15	+03:12:55 (42.1%)	8:48	6.8 (58.1%)
256	DUDZIAK Tomasz	500	MARSS FILTRY RUNNERS CLUB	M30	97	01:15:36	03:15:49	05:09:57	07:39:06.55	07:40:13.05	+03:14:26 (42.3%)	8:49	6.8 (58.1%)
257	KOPANIA Kamil	575	K.S TĘCZA	M20	17	01:15:35	03:15:50	05:09:57	07:39:06.30	07:40:13.20	+03:14:26 (42.3%)	8:49	6.8 (58.1%)
257	GALEK Adam	551	FUN CLUB KS TĘCZA	M30	98	01:15:36	03:15:50	05:09:59	07:39:06.50	07:40:13.20	+03:14:26 (42.3%)	8:49	6.8 (58.1%)
259	DUBAS Arkadiusz	304		M50	16	01:15:01	03:19:03	05:16:43	07:39:34.80	07:40:15.35	+03:14:28 (42.3%)	8:50	6.8 (58.1%)
260	KORYCKI Arkadiusz	481	PKO BANK POLSKI	M40	82	01:07:32	03:03:59	04:57:35	07:40:09.50	07:40:38.50	+03:14:52 (42.3%)	8:50	6.8 (58.1%)
261	NYCZ Sławomir	574		M30	99	01:09:31	03:02:58	05:10:23	07:41:12.70	07:41:44.30	+03:15:57 (42.4%)	8:52	6.8 (58.1%)
262	PILZ Paulina	524		K30	23	01:18:04	03:26:43	05:22:11	07:40:55.15	07:41:47.10	+03:16:00 (42.4%)	8:51	6.8 (58.1%)
263	PIETRUSZKA Mariusz	572		M30	100	01:06:06	03:03:27	05:07:19	07:41:51.55	07:42:17.70	+03:16:31 (42.5%)	8:52	6.8 (58.1%)
264	WOJCIECHOWSKI Maciej	607	WKURW_TEAM	M30	101	01:03:51	02:54:26	04:59:07	07:42:21.90	07:42:25.80	+03:16:39 (42.5%)	8:53	6.7 (57.3%)
265	SUWEZDA Jacek	726		M50	17	01:10:40	03:03:13	05:02:37	07:41:49.25	07:42:47.20	+03:17:00 (42.6%)	8:52	6.8 (58.1%)
266	HALADYN Małgorzata	741		K30	24	01:12:44	03:10:42	05:12:01	07:41:52.35	07:42:52.20	+03:17:05 (42.6%)	8:52	6.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
267	SZUBERT Marcin	459	KOŁOBRZEG BIEGA	M40	83	01:11:40	02:59:44	04:54:18	07:41:51.35	07:42:55.40	+03:17:08 (42.6%)	8:52	6.8 (58.1%)
268	JĘDRZEJCZYK Agnieszka	314		K40	15	01:12:11	03:16:34	05:18:47	07:43:02.65	07:43:37.25	+03:17:50 (42.7%)	8:54	6.7 (57.3%)
269	DOMARADZKA Violetta	769	RUN VEGAN TEAM	K40	16	01:08:31	03:13:07	05:11:44	07:43:05.25	07:43:47.90	+03:18:01 (42.7%)	8:54	6.7 (57.3%)
270	MORUS Tomasz	676	MARATON LEŚNY KWIDZYN	M40	84	01:06:31	03:01:58	05:04:20	07:43:50.90	07:44:01.80	+03:18:15 (42.7%)	8:55	6.7 (57.3%)
271	PĘKAL Artur	677	MARATON LEŚNY KWIDZYN	M40	85	01:06:33	03:03:11	05:05:31	07:43:51.70	07:44:01.85	+03:18:15 (42.7%)	8:55	6.7 (57.3%)
272	CEBRAT Ewa	449	POZYTYWNIE ZABIEGANI SANOK	K40	17	01:11:27	03:21:45	05:15:37	07:43:14.05	07:44:10.80	+03:18:24 (42.7%)	8:54	6.7 (57.3%)
273	GAWORECKI Tomasz	277	RUN ENERGY CLUB / POZYTYWNIE ZABIEGANI SANOK	M30	102	01:12:02	03:20:17	05:15:02	07:43:13.65	07:44:11.00	+03:18:24 (42.7%)	8:54	6.7 (57.3%)
274	LEŚNIAK-POPIEL Marta	454	POZYTYWNIE ZABIEGANIA SANOK/RUN ENERGY CLUB	K40	18	01:11:26	03:21:41	05:16:55	07:43:14.40	07:44:11.10	+03:18:24 (42.7%)	8:54	6.7 (57.3%)
275	DRWIĘGA Beata	589	POZYTYWNIE ZABIEGANI SANOK	K40	19	01:14:41	03:20:40	05:14:18	07:43:16.70	07:44:11.50	+03:18:25 (42.7%)	8:54	6.7 (57.3%)
276	MODZELEWSKI Wiesław	542	STARGLASSTEAM	M50	18	01:09:44	03:06:41	05:04:51	07:43:55.80	07:44:13.60	+03:18:27 (42.7%)	8:55	6.7 (57.3%)
277	MODZELEWSKI Krzysztof	378	STARGLASS TEAM	M50	19	01:09:44	03:06:42	05:04:50	07:43:57.15	07:44:13.90	+03:18:27 (42.7%)	8:55	6.7 (57.3%)
278	GMAJ Daniel	555	GRÓJEC TEAM :)	M30	103	01:15:36	03:17:57	05:09:47	07:43:38.75	07:44:30.70	+03:18:44 (42.8%)	8:54	6.7 (57.3%)
279	KROK Jacek	638		M40	86	01:08:21	03:04:50	05:13:51	07:44:09.50	07:44:35.45	+03:18:49 (42.8%)	8:55	6.7 (57.3%)
280	ULATOWSKI Andrzej	291		M40	87	01:07:30	03:04:45	05:07:12	07:45:14.95	07:45:23.95	+03:19:37 (42.9%)	8:56	6.7 (57.3%)
281	BŁASZCZAK Jarosław	742	GO APTIV!	M40	88	01:09:21	03:04:00	05:14:37	07:44:58.95	07:45:42.80	+03:19:56 (42.9%)	8:56	6.7 (57.3%)
282	ADAMCZYK Artur	517		M20	18	01:13:08	03:10:34	05:15:23	07:45:35.10	07:45:49.90	+03:20:03 (42.9%)	8:57	6.7 (57.3%)
283	WIS Modesta	516		K20	7	01:13:32	03:10:32	05:15:09	07:45:35.05	07:45:50.10	+03:20:03 (42.9%)	8:57	6.7 (57.3%)
284	PAWLAK Maciej	653		M30	104	01:09:38	03:11:32	05:12:39	07:45:58.75	07:46:26.75	+03:20:40 (43.0%)	8:57	6.7 (57.3%)
285	GRZYWIŃSKI Wojtek	411		M30	105	01:13:04	03:15:20	05:16:07	07:45:58.40	07:46:32.45	+03:20:46 (43.0%)	8:57	6.7 (57.3%)
286	MARCZEWSKI Maciej	374		M20	19	01:12:11	03:11:53	05:16:25	07:45:45.30	07:46:45.50	+03:20:59 (43.1%)	8:57	6.7 (57.3%)
287	SŁABOŃ Mariusz	257	KIWK-A BIEGA	M40	89	01:07:15	03:05:59	05:09:33	07:46:21.35	07:47:07.90	+03:21:21 (43.1%)	8:58	6.7 (57.3%)
288	BIAŁCZAK Tomasz	407		M40	90	01:11:40	03:16:40	05:11:24	07:46:44.05	07:47:11.70	+03:21:25 (43.1%)	8:58	6.7 (57.3%)
289	ARMACIŃSKI Filip	706		M20	20	01:12:22	03:13:13	05:13:07	07:46:50.45	07:47:27.80	+03:21:41 (43.1%)	8:58	6.7 (57.3%)
290	SZMYD Kamil	707		M20	21	01:12:22	03:13:14	05:13:05	07:46:51.60	07:47:28.05	+03:21:41 (43.1%)	8:58	6.7 (57.3%)
291	KLUZA-HOWIL Lila	336	WWW.BIEGOWEKAIZEN.PL	K40	20	01:18:51	03:24:08	05:22:05	07:46:27.80	07:47:28.40	+03:21:41 (43.1%)	8:58	6.7 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
292	HOWIL Waldemar	335	WWW.BIEGOWEKAIZEN.PL	M40	91	01:11:00	03:03:44	05:02:08	07:46:28.70	07:47:29.00	+03:21:42 (43.1%)	8:58	6.7 (57.3%)
293	MARYJOSZ Adrian	220		M40	92	01:07:48	03:05:20	05:03:22	07:46:56.30	07:47:35.80	+03:21:49 (43.2%)	8:58	6.7 (57.3%)
294	GRADEK Dariusz	640		M40	93	01:15:29	03:13:29	05:06:03	07:47:25.00	07:48:00.50	+03:22:14 (43.2%)	8:59	6.7 (57.3%)
295	CHODACKA Renata	545		K30	25	01:20:08	03:28:50	05:27:37	07:47:47.35	07:48:44.60	+03:22:58 (43.3%)	8:59	6.7 (57.3%)
296	TOURDANOV Ingrid	639		K20	8	01:15:08	03:19:28	05:17:24	07:47:59.40	07:49:03.70	+03:23:17 (43.3%)	8:59	6.7 (57.3%)
297	GARCZYŃSKI Darek	240		M40	94	00:59:53	02:37:58	04:44:06	07:49:22.65	07:49:53.30	+03:24:06 (43.4%)	9:01	6.6 (56.4%)
298	TUCZAPSKI Artur	590		M60	6	01:16:58	03:19:30	05:21:05	07:49:20.20	07:50:10.15	+03:24:23 (43.5%)	9:01	6.6 (56.4%)
299	BALIŃSKA Maria	591		K40	21	01:16:57	03:19:28	05:21:04	07:49:20.35	07:50:10.40	+03:24:23 (43.5%)	9:01	6.6 (56.4%)
300	PEŁSZYŃSKI Mariusz	494	15 BZ	M40	95	01:12:59	03:18:19	05:20:58	07:50:31.25	07:50:40.60	+03:24:54 (43.5%)	9:02	6.6 (56.4%)
301	KARWOWSKI Maciej	415		M40	96	01:15:09	03:23:14	05:21:04	07:51:54.65	07:52:19.65	+03:26:33 (43.7%)	9:04	6.6 (56.4%)
302	PIĘTA Marlena	395	OSTROBIEC	K30	26	01:15:53	03:25:44	05:23:46	07:51:34.60	07:52:25.00	+03:26:38 (43.7%)	9:04	6.6 (56.4%)
303	STASIEWICZ Jacek	624		M40	97	01:12:30	03:07:04	05:11:11	07:52:34.15	07:53:07.85	+03:27:21 (43.8%)	9:05	6.6 (56.4%)
304	KOPER Jacek	691		M40	98	01:05:59	02:56:15	04:58:44	07:52:45.90	07:53:38.45	+03:27:52 (43.9%)	9:05	6.6 (56.4%)
305	KĘPKA Andrzej	617	PRZEWORSKA GRUPA BIEGOWA	M50	20	01:14:28	03:16:50	05:13:27	07:53:58.75	07:54:38.85	+03:28:52 (44.0%)	9:06	6.6 (56.4%)
306	RENKIEL Tomasz	312		M40	99	01:11:16	03:20:28	05:20:18	07:53:57.05	07:54:44.50	+03:28:58 (44.0%)	9:06	6.6 (56.4%)
307	SWOBODA Jarosław	684	COMPAÑEROS TEAM/ ENERGY SQUAD	M40	100	01:12:15	03:17:19	05:18:26	07:54:24.25	07:54:44.55	+03:28:58 (44.0%)	9:07	6.6 (56.4%)
308	BUCZYŃSKI Radosław	717	NIGHT RUNNERS GLIWICE	M30	106	01:08:45	03:04:40	05:20:25	07:53:58.95	07:54:44.75	+03:28:58 (44.0%)	9:06	6.6 (56.4%)
309	KŁOSOWICZ Monika	675	DECATHLON MAGNOLIA	K20	9	01:14:05	03:17:44	05:21:47	07:54:03.80	07:55:08.70	+03:29:22 (44.1%)	9:07	6.6 (56.4%)
310	STACH Dariusz	553	OSP KOSMOŁÓW	M30	107	01:17:41	03:19:07	05:25:11	07:55:06.00	07:56:04.45	+03:30:18 (44.2%)	9:08	6.6 (56.4%)
311	WIĄCEK Krzysztof	420	POWIELARNIA MADAS	M50	21	01:06:17	03:08:33	05:16:26	07:56:01.55	07:56:18.30	+03:30:31 (44.2%)	9:09	6.6 (56.4%)
312	INGLANT Zbigniew	294	RUN LOG COM	M50	22	01:13:22	03:16:12	05:21:50	07:55:34.85	07:56:27.50	+03:30:41 (44.2%)	9:08	6.6 (56.4%)
313	BIEL Łukasz	597		M30	108	01:09:56	03:05:35	05:19:40	07:56:25.70	07:56:59.15	+03:31:12 (44.3%)	9:09	6.5 (55.6%)
314	SETKOWICZ Jacek	439		M30	109	01:15:39	03:20:13	05:21:18	07:56:53.25	07:57:20.00	+03:31:33 (44.3%)	9:10	6.5 (55.6%)
315	GRUDZIEŃ Anna	569	STAY INSANE/BANDA GRUDNIA	K30	27	01:25:57	03:33:07	05:30:34	07:57:43.50	07:58:13.60	+03:32:27 (44.4%)	9:11	6.5 (55.6%)
316	GOGÓŁ-IŻOWSKA Edyta	580	SMASHING PĄPKINS	K30	28	01:13:52	03:22:43	05:26:37	07:58:17.85	07:58:46.95	+03:33:00 (44.5%)	9:11	6.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km					
317	RESZYTYŁO Grzegorz	736		M40	101	01:18:02	03:23:40	05:18:15	07:58:07.05	07:58:54.20	+03:33:07 (44.5%)	9:11	6.5 (55.6%)
318	SOPEL Wiesław	613	AKADEMIA SPORTU LUBACZÓW	M50	23	01:12:53	03:20:41	05:24:59	07:57:53.35	07:58:59.65	+03:33:13 (44.5%)	9:11	6.5 (55.6%)
319	CHWALISZEWSKI Jarosław	713	NIGHT RUNNERS GLIWICE	M40	102	01:13:07	03:21:04	05:26:41	07:59:25.90	08:00:13.65	+03:34:27 (44.7%)	9:13	6.5 (55.6%)
320	SCHAUER Bartłomiej	495		M40	103	01:11:28	03:08:30	05:10:27	07:59:33.30	08:00:18.40	+03:34:31 (44.7%)	9:13	6.5 (55.6%)
321	KOŁAKOWSKI Przemek	630		M30	110	01:12:40	03:20:21	05:25:10	08:00:48.10	08:01:39.55	+03:35:53 (44.8%)	9:14	6.5 (55.6%)
322	KANTOR Darek	243	LUBELSKIBIEGACZ.PL TEAM	M50	24	01:12:41	03:20:23	05:25:13	08:00:49.20	08:01:40.05	+03:35:53 (44.8%)	9:14	6.5 (55.6%)
323	KOLASA Andrzej	237	KLUB J.SŁOWACKIEGO	M60	7	01:10:39	03:21:25	05:24:52	08:01:57.10	08:02:01.15	+03:36:14 (44.9%)	9:16	6.5 (55.6%)
324	US Marek	724		M40	104	01:23:05	03:23:19	05:12:17	08:00:52.95	08:02:03.65	+03:36:17 (44.9%)	9:14	6.5 (55.6%)
325	BIELEŃ Agnieszka	737	MUAY RUNNING TEAM	K30	29	01:20:50	03:36:07	05:36:57	08:01:44.30	08:02:04.25	+03:36:17 (44.9%)	9:15	6.5 (55.6%)
326	PIWOŃSKI Adam	323	KS PEGAZ	M20	22	01:15:09	03:17:08	05:14:44	08:01:31.70	08:02:04.30	+03:36:17 (44.9%)	9:15	6.5 (55.6%)
327	KAMIŃSKI Krystian	268	RADUNIA NIESTĘPOWO	M30	111	01:11:16	03:18:51	05:34:31	08:03:22.35	08:04:05.00	+03:38:18 (45.1%)	9:17	6.5 (55.6%)
328	KOWALSKI Aleksander	410	BIEG PO ZDROJ	M40	105	01:11:27	03:13:23	05:16:34	08:05:07.95	08:06:01.40	+03:40:14 (45.3%)	9:19	6.4 (54.7%)
329	ZIELIŃSKI Jacek	224	ROZBIEGANY PIASTÓW	M40	106	01:16:29	03:18:34	05:17:00	08:05:32.95	08:06:04.95	+03:40:18 (45.3%)	9:20	6.4 (54.7%)
330	ZIELIŃSKA Beata	225	ROZBIEGANY PIASTÓW	K30	30	01:17:06	03:19:29	05:17:58	08:05:32.55	08:06:05.00	+03:40:18 (45.3%)	9:20	6.4 (54.7%)
331	TROJANOWSKI Krzysztof	710	VELO ĆMIŁÓW	M40	107	01:11:50	03:13:51	05:24:00	08:06:33.20	08:07:40.75	+03:41:54 (45.5%)	9:21	6.4 (54.7%)
332	CIUK Piotr	478	YULO RUN TEAM SIEDLCE	M40	108	01:23:41	03:34:56	05:34:18	08:07:36.85	08:08:15.60	+03:42:29 (45.6%)	9:22	6.4 (54.7%)
332	ZDULSKI Bartosz	358	W4 GREEN TEAM	M40	109	01:25:41	03:35:03	05:34:43	08:07:36.10	08:08:15.60	+03:42:29 (45.6%)	9:22	6.4 (54.7%)
334	SERAFIN Robert	700		M40	110	01:07:45	03:03:55	05:10:10	08:08:44.80	08:08:58.95	+03:43:12 (45.6%)	9:23	6.4 (54.7%)
335	WÓJCIK Michał	682	FORREST GUMP RUNNING TEAM	M30	112	01:21:35	03:23:17	05:22:30	08:09:31.70	08:10:01.55	+03:44:15 (45.8%)	9:24	6.4 (54.7%)
336	PIKAŁA Karol	230	BEZTLENOWI MALBORK	M30	113	01:09:14	02:57:38	05:10:02	08:10:59.80	08:11:18.10	+03:45:31 (45.9%)	9:26	6.4 (54.7%)
337	JANKOWICZ Artur	256	BEZTLENOWI MALBORK	M30	114	01:12:50	03:22:08	05:28:30	08:11:25.30	08:11:55.50	+03:46:09 (46.0%)	9:27	6.3 (53.8%)
338	ZGLIŃSKI Bartłomiej	679	WKURW_TEAM	M30	115	01:17:20	03:40:38	05:37:12	08:12:11.00	08:12:16.60	+03:46:30 (46.0%)	9:27	6.3 (53.8%)
339	CHILIŃSKI Karol	634		M30	116	01:08:41	03:12:40	05:20:21	08:12:00.25	08:12:19.35	+03:46:32 (46.0%)	9:27	6.3 (53.8%)
340	PARYS Michał	711		M30	117	01:08:40	03:18:05	05:34:12	08:12:31.60	08:12:48.30	+03:47:01 (46.1%)	9:28	6.3 (53.8%)
341	DZIEDZIC Krzysztof	233		M40	111	01:23:51	03:31:34	05:35:06	08:12:16.90	08:13:05.30	+03:47:18 (46.1%)	9:28	6.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
342	DZIEDZIC Joanna	234		K30	31	01:22:49	03:31:37	05:35:11	08:12:18.60	08:13:05.45	+03:47:19 (46.1%)	9:28	6.3 (53.8%)
343	POTERA Krystyna	716	FRYTKÓW!!!!	K30	32	01:18:33	03:34:19	05:35:36	08:13:01.25	08:13:17.40	+03:47:30 (46.1%)	9:28	6.3 (53.8%)
344	DAWIDOWSKI Michał	368	ENDORFINA NOWOGARD	M40	112	01:11:40	03:13:53	05:19:17	08:13:38.00	08:13:46.00	+03:47:59 (46.2%)	9:29	6.3 (53.8%)
345	TRZCIŃSKI Sebastian	301	PEŁZACZ NIZINNY	M40	113	01:06:15	03:12:01	05:18:24	08:13:27.35	08:14:08.15	+03:48:21 (46.2%)	9:29	6.3 (53.8%)
345	MAŁKIEWICZ Dariusz	218	PGB SPORTOWA PACZKA	M40	114	01:09:26	03:16:08	05:29:07	08:13:34.45	08:14:08.15	+03:48:21 (46.2%)	9:29	6.3 (53.8%)
347	WITKOWSKA Beata	714		K30	33	01:18:10	03:28:12	05:30:31	08:13:46.65	08:14:31.50	+03:48:45 (46.3%)	9:29	6.3 (53.8%)
348	MATOGA Lucyna	693		K50	1	01:20:32	03:32:15	05:38:37	08:14:09.10	08:14:48.75	+03:49:02 (46.3%)	9:30	6.3 (53.8%)
349	BURY Marek	306		M40	115	01:15:14	03:20:52	05:33:17	08:14:26.65	08:14:49.20	+03:49:02 (46.3%)	9:30	6.3 (53.8%)
350	GŁUCHOWSKI Przemysław	502	TTT ELBLĄG	M50	25	01:13:09	03:17:15	05:22:02	08:14:52.60	08:15:33.65	+03:49:47 (46.4%)	9:31	6.3 (53.8%)
351	GŁUCHOWSKI Jędrzej	598	TTT ELBLĄG	M20	23	01:12:55	03:18:13	05:22:13	08:15:05.65	08:15:47.10	+03:50:00 (46.4%)	9:31	6.3 (53.8%)
352	RUDNICKI Marek	464		M30	118	01:15:13	03:17:57	05:27:43	08:15:44.40	08:16:26.20	+03:50:39 (46.5%)	9:32	6.3 (53.8%)
353	MAŚLAK Radosław	708	BIEGAMYRAZEM.PL	M50	26	01:13:31	03:23:18	05:35:03	08:16:24.80	08:17:00.10	+03:51:13 (46.5%)	9:32	6.3 (53.8%)
354	HANDERMANDER Agnieszka	430		K30	34	01:19:02	03:36:25	05:40:37	08:16:15.45	08:17:03.70	+03:51:17 (46.5%)	9:32	6.3 (53.8%)
355	FIJAŁKOWSKI Radosław	660	CROSSFIT GCW	M40	116	01:16:40	03:21:59	05:29:21	08:17:08.30	08:17:19.75	+03:51:33 (46.6%)	9:33	6.3 (53.8%)
356	SIERADZKI Rafał	667	GCW	M40	117	01:16:42	03:22:37	05:29:17	08:17:11.30	08:17:21.15	+03:51:34 (46.6%)	9:33	6.3 (53.8%)
357	URBANOWICZ Rafał	672	OZNAKUJBIURO.PL	M30	119	01:16:42	03:25:11	05:29:24	08:17:10.95	08:17:21.45	+03:51:35 (46.6%)	9:33	6.3 (53.8%)
358	GRAU Joanna	770	KWIDZYN BIEGA	K40	22	01:29:37	03:43:09	05:47:48	08:17:30.35	08:17:35.70	+03:51:49 (46.6%)	9:34	6.3 (53.8%)
359	STOBIŃSKI Piotr	341	RUNEDA	M20	24	01:10:28	03:13:10	05:25:44	08:17:39.25	08:18:25.25	+03:52:38 (46.7%)	9:34	6.3 (53.8%)
360	JAROMIRSKA-LEWIŃSKA Maja	354	RUNEDA	K30	35	01:10:35	03:16:13	05:28:14	08:17:39.65	08:18:25.40	+03:52:38 (46.7%)	9:34	6.3 (53.8%)
361	STRUSIŃSKA Katarzyna	511	MIŃSKA GRUPA ROWEROWA	K30	36	01:15:58	03:27:04	05:34:14	08:18:17.05	08:18:33.30	+03:52:46 (46.7%)	9:34	6.3 (53.8%)
362	PIETRZYKOWSKI Artur	217		M40	118	01:19:38	03:32:06	05:41:21	08:18:41.90	08:18:41.90	+03:52:55 (46.7%)	9:35	6.3 (53.8%)
363	PIETRZYKOWSKA Monika	216		K40	23	01:19:47	03:32:23	05:42:03	08:18:36.15	08:18:42.00	+03:52:55 (46.7%)	9:35	6.3 (53.8%)
364	PIOTROWSKI Grzegorz	472	BIEGOWA ŚWIDNICA / ŻELAZNA ŚWIDNICA	M30	120	01:14:23	03:20:14	05:35:07	08:18:36.60	08:18:44.15	+03:52:57 (46.7%)	9:35	6.3 (53.8%)
364	BANAŚ Radosław	409		M30	121	01:14:21	03:19:37	05:36:56	08:18:34.30	08:18:44.15	+03:52:57 (46.7%)	9:35	6.3 (53.8%)
366	GRZYB Sławomir	465	WKB PIAST WROCŁAW	M30	122	01:14:16	03:20:20	05:37:00	08:18:44.35	08:18:44.35	+03:52:57 (46.7%)	9:35	6.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
367	ŁĄŻNIAK Agata	18	CARDIORUNNERS	K30	37	01:17:22	03:32:25	05:40:04	08:18:29.65	08:19:08.05	+03:53:21 (46.8%)	9:35	6.3 (53.8%)
368	JĘDRZEJCZYK Konrad	282		M20	25	01:14:46	03:13:13	05:28:36	08:18:15.50	08:19:17.70	+03:53:31 (46.8%)	9:34	6.3 (53.8%)
369	WODYŃSKI Jacek	457	EQUIDO	M50	27	01:17:17	03:33:15	05:40:34	08:19:24.25	08:19:34.80	+03:53:48 (46.8%)	9:36	6.2 (53.0%)
370	ŻALIŃSKI Zbigniew	292	JAWORZNO RUNNERS	M50	28	01:17:02	03:24:50	05:32:12	08:20:37.05	08:21:11.55	+03:55:25 (47.0%)	9:37	6.2 (53.0%)
371	WRÓBEL Sebastian	396	APTEKA GEMINI TEAM	M40	119	01:18:16	03:24:38	05:26:49	08:21:36.00	08:21:44.30	+03:55:57 (47.0%)	9:38	6.2 (53.0%)
372	LUSIO Marcin	402		M40	120	01:13:34	03:16:33	05:28:02	08:20:49.75	08:21:44.45	+03:55:58 (47.0%)	9:37	6.2 (53.0%)
373	STASIEWICZ Krzysztof	646		M60	8	01:16:56	03:20:34	05:23:03	08:21:13.65	08:21:54.40	+03:56:07 (47.0%)	9:38	6.2 (53.0%)
374	DĄBROWSKI Michał	626		M40	121	01:15:53	03:19:28	05:32:25	08:20:54.00	08:22:04.15	+03:56:17 (47.1%)	9:37	6.2 (53.0%)
375	ŻUKIEWICZ Konrad	435	STREFA PIĘKNA LUBLIN	M40	122	01:17:47	03:32:16	05:55:27	08:21:37.00	08:22:30.45	+03:56:44 (47.1%)	9:38	6.2 (53.0%)
376	BANASZAK Monika	577	RUN PASJA	K30	38	01:11:31	03:20:04	05:38:37	08:22:42.70	08:23:14.85	+03:57:28 (47.2%)	9:40	6.2 (53.0%)
377	BARTKOWIAK Michał	499		M20	26	01:13:37	03:14:14	05:25:05	08:22:35.30	08:23:35.65	+03:57:49 (47.2%)	9:39	6.2 (53.0%)
378	MARIANOWSKI Krzysztof	740	KWIDZYN BIEGA	M40	123	01:29:37	03:43:08	05:49:51	08:23:32.70	08:23:38.85	+03:57:52 (47.2%)	9:41	6.2 (53.0%)
379	WOJNAR Sylwester	438	MUKS JEDLICZE PODKARPACIE	M40	124	01:14:58	03:25:18	05:37:18	08:23:10.55	08:24:04.75	+03:58:18 (47.3%)	9:40	6.2 (53.0%)
380	KOWALEWSKA Izabela	348	PIASECZNO RUNNING	K30	39	01:23:17	03:40:07	05:41:08	08:23:51.95	08:24:23.40	+03:58:36 (47.3%)	9:41	6.2 (53.0%)
381	ZIENKIEWICZ Agata	286	PIASECZNO RUNNING	K30	40	01:22:26	03:36:41	05:41:10	08:23:55.05	08:24:26.60	+03:58:40 (47.3%)	9:41	6.2 (53.0%)
382	BARCZYK Agnieszka	697	BARCZYK WOLBROM	K40	24	01:19:52	03:35:28	05:45:21	08:23:46.10	08:24:49.30	+03:59:02 (47.4%)	9:41	6.2 (53.0%)
383	WICIAK Ziemowit	636	AKTYWNI KOCIEWIACY	M40	125	01:17:40	03:32:22	05:43:58	08:24:29.55	08:24:53.00	+03:59:06 (47.4%)	9:42	6.2 (53.0%)
384	JAROSZ- PIWOŃSKA Aldona	271	KS PEGAZ	K30	41	01:19:16	03:36:38	05:41:08	08:24:23.95	08:24:55.95	+03:59:09 (47.4%)	9:41	6.2 (53.0%)
385	ŻAK Oliwia	270	PIASECZNO RUNNING	K30	42	01:19:16	03:36:40	05:41:06	08:24:23.35	08:24:56.15	+03:59:09 (47.4%)	9:42	6.2 (53.0%)
386	KARKOSZ Aurelia	303		K30	43	01:12:57	03:17:14	05:26:36	08:24:55.55	08:25:59.05	+04:00:12 (47.5%)	9:42	6.2 (53.0%)
387	WÓJTOWICZ Paweł	662		M40	126	01:13:22	03:15:54	05:40:29	08:24:51.40	08:26:09.50	+04:00:23 (47.5%)	9:42	6.2 (53.0%)
388	KUGLARZ Szymon	264	MOTOINTEGRATOR RUNNING TEAM	M40	127	01:12:46	03:19:36	05:39:27	08:25:58.45	08:26:30.30	+04:00:43 (47.5%)	9:43	6.2 (53.0%)
389	GOLI Leszek	414	BUDIMEX	M40	128	01:15:11	03:23:15	05:37:07	08:26:38.90	08:27:03.70	+04:01:17 (47.6%)	9:44	6.2 (53.0%)
390	HAMPEL Wojciech	432		M20	27	01:11:56	03:34:26	05:41:28	08:27:18.50	08:27:52.70	+04:02:06 (47.7%)	9:45	6.2 (53.0%)
391	KOSTRZEWA Mariusz	548	KS 'ALASKA'	M30	123	01:08:15	03:14:18	05:37:33	08:27:54.10	08:28:20.60	+04:02:34 (47.7%)	9:46	6.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
392	KADECKI Marek	466		M40	129	01:15:31	03:32:32	05:46:25	08:28:23.65	08:28:48.65	+04:03:02 (47.8%)	9:46	6.1 (52.1%)
393	TELEC Sławek	255	NIEPOŁOMICE BIEGAJĄ	M40	130	01:20:18	03:36:20	05:49:39	08:30:33.75	08:31:35.25	+04:05:48 (48.0%)	9:49	6.1 (52.1%)
394	CZARNIK Stanisław	721		M30	124	01:20:26	03:41:58	05:48:26	08:30:38.05	08:31:37.50	+04:05:51 (48.1%)	9:49	6.1 (52.1%)
395	SZCZEPAŃSKI Wacław	661		M30	125	01:16:54	03:37:09	05:53:20	08:30:50.05	08:31:37.60	+04:05:51 (48.1%)	9:49	6.1 (52.1%)
396	IGNACZEWSKA Maja	463		K30	44	01:19:02	03:39:39	05:41:15	08:31:46.30	08:32:00.50	+04:06:14 (48.1%)	9:50	6.1 (52.1%)
397	TONDYS Piotr	296	TIGERS TEAM	M40	131	01:12:56	03:34:14	05:35:44	08:32:06.40	08:32:15.65	+04:06:29 (48.1%)	9:50	6.1 (52.1%)
398	DAWID Mirosław	332		M50	29	01:13:57	03:28:35	05:40:33	08:32:22.25	08:32:26.90	+04:06:40 (48.1%)	9:51	6.1 (52.1%)
399	LIBUCKI Andrzej	441		M40	132	01:12:07	03:12:45	05:27:04	08:33:03.80	08:33:16.15	+04:07:29 (48.2%)	9:52	6.1 (52.1%)
400	GRZESZCZAK Adam	683	BIEGAMYRAZEM.PL	M40	133	01:13:33	03:25:16	05:40:55	08:33:18.90	08:33:54.50	+04:08:08 (48.3%)	9:52	6.1 (52.1%)
401	KALICKI Irek	558	CROSSFIT GCW	M40	134	01:16:47	03:27:27	05:46:16	08:33:52.30	08:34:31.80	+04:08:45 (48.3%)	9:52	6.1 (52.1%)
402	ZIELIŃSKI Radosław	567	STARE BABICE BIEGAJĄ	M40	135	01:20:42	03:42:19	05:48:18	08:34:52.55	08:35:43.20	+04:09:56 (48.5%)	9:54	6.1 (52.1%)
403	KWIECIEŃ Krzysztof	578		M40	136	01:18:09	03:37:16	05:49:13	08:35:57.30	08:36:33.45	+04:10:47 (48.5%)	9:55	6 (51.3%)
404	PUSZ Janusz	531		M30	126	01:19:57	03:30:43	05:43:16	08:35:30.35	08:36:37.70	+04:10:51 (48.6%)	9:54	6.1 (52.1%)
405	JAKUBOWSKI Daniel	426	CENTRUM ANIMACJI SPOŁECZNEJ	M40	137	01:20:15	03:24:10	05:39:39	08:35:52.30	08:36:46.50	+04:11:00 (48.6%)	9:55	6 (51.3%)
406	KINDELA Michał	450	RAZEM TRENUJEMY SPORT	M30	127	01:29:27	03:44:06	05:54:24	08:36:49.00	08:37:48.55	+04:12:02 (48.7%)	9:56	6 (51.3%)
407	ZACHEJA Jacek	394		M40	138	01:11:26	03:15:33	05:40:59	08:37:06.50	08:37:57.95	+04:12:11 (48.7%)	9:56	6 (51.3%)
408	JAGIELSKA Magdalena	702	NGB KŁOBUCK	K30	45	01:22:37	03:42:47	05:54:15	08:38:48.20	08:39:25.95	+04:13:39 (48.8%)	9:58	6 (51.3%)
409	WÓJCIK Julian	554	SZWLA STARGARD	M60	9	01:21:47	03:35:44	05:47:50	08:39:48.25	08:40:43.25	+04:14:56 (49.0%)	9:59	6 (51.3%)
410	WNOROWSKA Magdalena	231		K40	25	01:22:09	03:41:03	05:50:30	08:41:18.30	08:42:14.20	+04:16:27 (49.1%)	10:01	6 (51.3%)
411	LUTEREK Michał	324		M30	128	01:21:09	03:40:01	05:49:40	08:41:27.40	08:42:23.80	+04:16:37 (49.1%)	10:01	6 (51.3%)
412	BARCZEWSKA Agnieszka	704	FC MI SIĘ NIE CHCE	K30	46	01:17:02	03:36:00	05:47:26	08:42:40.50	08:43:09.35	+04:17:22 (49.2%)	10:03	6 (51.3%)
413	OKLEJ Agata	747	KOREK TEAM	K30	47	01:25:41	03:43:21	05:56:55	08:43:42.90	08:44:16.10	+04:18:29 (49.3%)	10:04	6 (51.3%)
414	KOPCZYŃSKI Maciej	236		M30	129	01:14:49	03:33:04	05:55:13	08:44:52.55	08:44:56.35	+04:19:09 (49.4%)	10:05	5.9 (50.4%)
415	STOPA Tomasz	595	BASAJAUN	M40	139	01:21:01	03:37:30	05:55:01	08:46:10.65	08:46:30.10	+04:20:43 (49.5%)	10:07	5.9 (50.4%)
416	JURCZAK Daniel	746	MKB DREPTAK	M40	140	01:17:47	03:32:17	05:46:35	08:46:40.05	08:46:48.70	+04:21:02 (49.6%)	10:07	5.9 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km					
417	SUŁEK Cezary	221		M50	30	01:24:19	03:45:48	05:49:46	08:46:03.80	08:46:59.20	+04:21:12 (49.6%)	10:07	5.9 (50.4%)
418	CHODOROWSKI Arkadiusz	496	IPA PAŁAC MOSTOSKICH	M30	130	01:23:16	03:45:43	05:49:22	08:46:04.65	08:47:14.75	+04:21:28 (49.6%)	10:07	5.9 (50.4%)
419	WIATER Katarzyna	383		K40	26	01:21:14	03:47:15	05:55:19	08:46:28.45	08:47:18.20	+04:21:31 (49.6%)	10:07	5.9 (50.4%)
420	JANOTA-PALUSINSKA Małgorzata	384		K40	27	01:21:12	03:47:14	05:55:19	08:46:28.55	08:47:18.50	+04:21:32 (49.6%)	10:07	5.9 (50.4%)
421	TYMOSZUK Michał	434	KB BIAŁA BIEGA	M40	141	01:17:48	03:32:25	05:56:41	08:46:32.80	08:47:26.40	+04:21:39 (49.6%)	10:07	5.9 (50.4%)
422	PAUL Viola	285	NIGHT RUNNERS GLIWICE	K40	28	01:14:45	03:34:13	05:53:15	08:49:39.75	08:50:27.80	+04:24:41 (49.9%)	10:11	5.9 (50.4%)
423	PAWLETA Michał	510	NIGHT RUNNERS GLIWICE	M40	142	01:14:49	03:34:15	05:53:16	08:49:41.90	08:50:29.15	+04:24:42 (49.9%)	10:11	5.9 (50.4%)
424	KONARSKI Maciej	552	MIELONY CHRUPEK	M30	131	01:11:16	03:16:24	05:42:30	08:51:53.45	08:52:09.25	+04:26:22 (50.1%)	10:13	5.9 (50.4%)
425	ŁEMPICKA Małgorzata	535	PIASECZNO RUNNING	K30	48	01:23:17	03:41:47	05:53:10	08:52:20.30	08:52:51.45	+04:27:05 (50.1%)	10:14	5.9 (50.4%)
426	PYTA Krzysiek	715	CIECIERZYCA WĘLNOWIEC	M40	143	01:15:46	03:33:00	05:50:24	08:52:47.20	08:53:20.75	+04:27:34 (50.2%)	10:14	5.9 (50.4%)
427	TELEGUJ Michał	497	TEZA BHP OPOLE	M30	132	01:19:06	03:39:49	05:49:38	08:52:21.20	08:53:26.55	+04:27:40 (50.2%)	10:14	5.9 (50.4%)
428	BŁĘDKOWSKA Katarzyna	421		K30	49	01:19:07	03:41:36	05:55:41	08:52:21.50	08:53:26.85	+04:27:40 (50.2%)	10:14	5.9 (50.4%)
429	KUBALA Sylwester	251		M40	144	01:10:50	03:19:47	05:39:09	08:53:18.80	08:53:28.70	+04:27:42 (50.2%)	10:15	5.9 (50.4%)
430	DĄBROWSKI Filip	417	DUUST.CO	M30	133	01:15:34	03:21:01	05:49:47	08:52:32.60	08:53:31.05	+04:27:44 (50.2%)	10:14	5.9 (50.4%)
431	KORNIŁOW Piotr	757		M40	145	01:29:18	03:50:58	06:03:58	08:53:29.95	08:53:41.50	+04:27:55 (50.2%)	10:15	5.8 (49.6%)
432	FRUCZ Jacek	392	1968	M50	31	01:19:41	03:37:17	05:50:43	08:53:50.80	08:54:36.80	+04:28:50 (50.3%)	10:15	5.8 (49.6%)
433	SKALA Sabina	504	THE FORT GYM	K40	29	01:19:33	03:40:45	05:56:37	08:54:56.75	08:55:18.35	+04:29:31 (50.4%)	10:17	5.8 (49.6%)
434	WIDOMSKA-MACIEJEWSKA Joanna	564	WKURW_TEAM	K30	50	01:11:33	03:41:52	05:56:59	08:55:02.10	08:55:56.30	+04:30:09 (50.4%)	10:17	5.8 (49.6%)
435	FIDALI Beata	357	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	51	01:17:42	03:34:55	05:51:27	08:55:05.40	08:56:06.40	+04:30:19 (50.4%)	10:17	5.8 (49.6%)
436	DĄBROWSKI Ireneusz	366	RAJSPOORT ACTIVE	M40	146	01:19:08	03:41:07	05:49:33	08:55:01.60	08:56:06.95	+04:30:20 (50.4%)	10:17	5.8 (49.6%)
437	BOCHENEK Janusz	588	WKURW-TEAM	M60	10	01:17:21	03:40:39	06:04:40	08:57:46.80	08:57:51.75	+04:32:05 (50.6%)	10:20	5.8 (49.6%)
438	MAŚLAK Piotr	353	PROSECCO TEAM	M20	28	01:36:28	04:03:47	06:04:42	08:58:06.05	08:58:09.50	+04:32:23 (50.6%)	10:20	5.8 (49.6%)
439	SIKORSKA Mariola	581		K40	30	01:23:54	04:09:55	06:27:24	08:57:51.40	08:58:27.55	+04:32:41 (50.6%)	10:20	5.8 (49.6%)
440	KACZKIEWICZ Damian	479	NIGHT RUNNERS GLIWICE	M40	147	01:15:19	03:34:12	05:57:06	08:57:41.95	08:58:31.15	+04:32:44 (50.6%)	10:20	5.8 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
441	KŁOPOTOWSKA SOSNA Kaśka	709		K50	2	01:21:00	03:53:41	06:03:20	08:58:25.85	08:59:00.60	+04:33:14 (50.7%)	10:21	5.8 (49.6%)
442	SPALIŃSKA Kamila	523	SPARTANIE DZIECIOM	K40	31	01:22:02	03:41:56	06:10:27	08:58:42.20	08:59:07.95	+04:33:21 (50.7%)	10:21	5.8 (49.6%)
Przekroczony limit czasu: 09:00:00													
443	MORAWSKA Anna	273		K60	1	01:24:28	03:52:49	06:19:42	08:59:31.70	09:00:07.85	+04:34:21 (50.8%)	10:22	5.8 (49.6%)
444	GRAJEWSKI Artur	1634		M30	134	01:22:02	03:41:56	06:10:25	09:01:38.90	09:02:05.45	+04:36:19 (51.0%)	10:24	5.8 (49.6%)
445	KOZIARSKI Maciej	334	DRUŻYNA SZPIKU	M30	135	01:12:28	03:38:56	05:56:58	09:02:39.90	09:02:45.60	+04:36:59 (51.0%)	10:26	5.7 (48.7%)
446	MATYSEK Ireneusz	362	SAMOTNY WILK	M60	11	01:21:09	03:35:52	05:56:52	09:03:13.45	09:03:59.40	+04:38:12 (51.1%)	10:26	5.7 (48.7%)
447	ŁOKAS Andrzej	284		M50	32	01:23:06	03:47:36	06:01:47	09:10:20.50	09:11:22.00	+04:45:35 (51.8%)	10:35	5.7 (48.7%)
448	MAJONEK Artur	559		M30	136	01:16:46	03:40:34	05:57:02	09:12:22.95	09:13:02.95	+04:47:16 (51.9%)	10:37	5.6 (47.9%)
449	GOŁĄB Michał	274	ŻEGLARZ MORSKI	M40	148	01:20:17	03:39:03	06:11:24	09:28:40.10	09:28:55.25	+05:03:08 (53.3%)	10:56	5.5 (47.0%)
450	KRUSZEWSKA Emilia	467		K30	52	01:18:24	03:56:06	06:29:35	09:31:23.00	09:31:26.40	+05:05:39 (53.5%)	10:59	5.5 (47.0%)
451	WÓJCIK-PYRĆ Katarzyna	429	JJ TEAM	K30	53	01:19:58	03:49:53	06:25:01	09:34:52.95	09:35:38.25	+05:09:51 (53.8%)	11:03	5.4 (46.2%)
452	SKALSKI Grzegorz	550		M40	149	01:18:16	03:46:41	06:16:24	09:35:09.00	09:35:58.60	+05:10:12 (53.9%)	11:03	5.4 (46.2%)
453	JANIK Janusz	329	NIGHT RUNNERS GLIWICE	M40	150	01:11:18	03:29:49	05:57:46	09:39:13.00	09:40:00.25	+05:14:13 (54.2%)	11:08	5.4 (46.2%)
454	KOŁODZIEJ Jacek	321	NIGHT RUNNERS GLIWICE	M40	151	01:13:08	03:29:50	05:57:45	09:39:14.55	09:40:01.00	+05:14:14 (54.2%)	11:08	5.4 (46.2%)
455	FLIS Piotr	272	DANIEL'S TEAM	M40	152	01:14:17	03:30:55	06:04:31	10:03:56.80	10:04:03.90	+05:38:17 (56.0%)	11:36	5.2 (44.4%)
	SZULC Tomasz	247		M50		01:26:20 DNF	04:01:15 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	HIRSZ Dorota	246		K40		01:26:19 DNF	04:01:14 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JAREMA Maciej	427		M30		01:07:29 DNF	02:49:25 DNF	04:33:24 DNF	DNF	DNF	-	-	- (0.0%)
	SERZYSKO Bartosz	40	GO APTIV!	M30		01:09:34 DNF	02:57:30 DNF	05:28:35 DNF	DNF	DNF	-	-	- (0.0%)
	TALIK Monika	671	PROSPERO MLTEAM	K40		01:17:31 DNF	03:30:35 DNF	05:44:40 DNF	DNF	DNF	-	-	- (0.0%)
	NOWICKI Jarosław	258		M40		01:11:38 DNF	03:16:02 DNF	05:45:54 DNF	DNF	DNF	-	-	- (0.0%)
	BARTOCHA Mateusz	202	O CO BIEGA W KALETACH	M20		01:15:05 DNF	03:26:53 DNF	06:00:01 DNF	DNF	DNF	-	-	- (0.0%)
	KOMOROWSKI Bogusław	620		M40		01:09:30 DNF	03:14:09 DNF	06:00:41 DNF	DNF	DNF	-	-	- (0.0%)
	WALKOWSKI Tomasz	585		M50		01:13:12 DNF	03:23:41 DNF	06:06:15 DNF	DNF	DNF	-	-	- (0.0%)
	PIWOWSKA Magda	506		K30		01:18:09 DNF	03:40:26 DNF	06:11:40 DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	NIEZGODA Miłosława	699		K30		01:19:56 DNF	03:27:31 DNF	06:21:26 DNF	DNF	DNF		-	- (0.0%)
	ZIELIŃSKI Tomasz	375	TETRYCY SCHRODINGERA	M40		01:17:13 DNF	03:46:39 DNF	06:26:06 DNF	DNF	DNF		-	- (0.0%)
	BEHRENDT Bartosz	728	NIGHT RUNNERS	M50		01:14:51 DNF	03:50:55 DNF	06:28:52 DNF	DNF	DNF		-	- (0.0%)
	WILK Rafał	343	SEKCJA PIASKI	M40		01:26:43 DNF	03:54:42 DNF	06:30:03 DNF	DNF	DNF		-	- (0.0%)
	ADAMCZYK Tomasz	339	KW WARSZAWA	M40		00:58:24 DNF	02:28:52 DNF	DNF	DNF	DNF		-	- (0.0%)
	DUDZIŃSKI Piotr	637		M30		01:05:30 DNF	03:08:28 DNF	DNF	DNF	DNF		-	- (0.0%)
	PARTYKA Andrzej	701		M30		01:21:35 DNF	03:17:57 DNF	DNF	DNF	DNF		-	- (0.0%)
	BONOWICZ Jakub	390		M30		DNF	03:29:40 DNF	DNF	DNF	DNF		-	- (0.0%)
	KWIATKOWSKI Rafał	431		M30		01:11:56 DNF	03:34:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	WILIMSKI Tomasz	344	NIGHT RUNNERS GLIWICE	M40		01:21:09 DNF	03:45:41 DNF	DNF	DNF	DNF		-	- (0.0%)
	STEPANCZENKO Rafał	241	BIAŁYSTOK BIEGA TEAM	M30		01:19:53 DNF	03:48:20 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZERA Romuald	259		M60		01:28:25 DNF	03:55:40 DNF	DNF	DNF	DNF		-	- (0.0%)
	KONKIEWICZ Katarzyna	297	GRODZISKI KLUB BIEGACZA	K40		01:28:40 DNF	04:06:35 DNF	DNF	DNF	DNF		-	- (0.0%)
	SPALIŃSKA- PIETRULIŃSKA Wiktoria	522	SPARTANIE DZIECIOM	K30		01:26:15 DNF	04:07:57 DNF	DNF	DNF	DNF		-	- (0.0%)
	DROZDOWSKI Wojciech	632		M30		01:13:36 DNF	04:18:22 DNF	DNF	DNF	DNF		-	- (0.0%)
	WÓR Sara	686	WKURW_TEAM	K30		01:10:13 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZWOLIŃSKI Łukasz	498		M30		02:09:49 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 482 wynik(ów)