

# VII HYUNDAJ ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** Maraton Bieszczadzki 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-10-12  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELEKTUALNE 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	<b>KOCZWARA Tomasz</b>	<b>257</b>		M40	1	00:49:16	02:00:09	03:04:41	<b>04:21:05.10</b>	<b>04:21:08.15</b>		5:01	12
2	<b>MISIAK Bartosz</b>	<b>255</b>	ALPIN SPORT HOKA ONE ONE TEAM	M30	1	00:50:43	02:05:22	03:10:49	<b>04:29:17.60</b>	<b>04:29:19.20</b>	+00:08:11	5:10	11.6
3	<b>FARON Robert</b>	<b>253</b>	SALCO GARMIN TEAM	M40	2	00:50:02	02:05:07	03:13:48	<b>04:41:25.75</b>	<b>04:41:27.40</b>	+00:20:19	5:24	11.1
4	<b>SZUMLIŃSKI Piotr</b>	<b>703</b>	ATTIQ TEAM	M30	2	00:49:58	02:06:53	03:18:37	<b>04:45:31.85</b>	<b>04:45:33.45</b>	+00:24:25	5:29	10.9
5	<b>FLISIŃSKI Łukasz</b>	<b>355</b>		M30	3	00:49:58	02:07:38	03:23:08	<b>04:51:00.65</b>	<b>04:51:03.10</b>	+00:29:54	5:35	10.7
6	<b>KRUBA Marcin</b>	<b>486</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	4	00:51:05	02:11:28	03:24:56	<b>04:52:14.75</b>	<b>04:52:14.75</b>	+00:31:06	5:37	10.7
7	<b>KITA Michał</b>	<b>452</b>	PĘDZĄCY W MIEJSCU	M40	3	00:51:58	02:10:21	03:24:43	<b>04:52:58.90</b>	<b>04:53:01.55</b>	+00:31:53	5:38	10.6
8	<b>ŻORNIAK Mateusz</b>	<b>793</b>	MEGA FASON SIENIAWA / STAJNIA BALONA	M30	5	00:50:20	02:06:05	03:19:54	<b>04:53:05.75</b>	<b>04:53:08.80</b>	+00:32:00	5:38	10.6
9	<b>ZDANOWSKI Łukasz</b>	<b>777</b>		M20	1	00:52:12	02:12:27	03:29:32	<b>05:03:09.30</b>	<b>05:03:40.10</b>	+00:42:31	5:49	10.3
10	<b>GIŻA Grzegorz</b>	<b>367</b>		M30	6	01:00:28	02:25:00	03:40:10	<b>05:04:20.65</b>	<b>05:04:28.10</b>	+00:43:19	5:51	10.3
11	<b>KANTOR Martyna</b>	<b>256</b>	BUFF TEAM POLAND	K30	1	00:52:39	02:12:55	03:28:43	<b>05:06:01.00</b>	<b>05:06:04.40</b>	+00:44:56	5:53	10.2
12	<b>KRZYSZTOŃ Marcin</b>	<b>490</b>		M30	7	00:53:05	02:14:16	03:33:11	<b>05:07:14.65</b>	<b>05:07:18.40</b>	+00:46:10	5:54	10.2
13	<b>SOKOŁOWSKI Marek</b>	<b>263</b>	ALPIN SPORT HOKA ONE ONE TEAM	M50	1	00:53:08	02:15:03	03:35:33	<b>05:08:52.90</b>	<b>05:08:55.05</b>	+00:47:46	5:56	10.1
14	<b>KOREK Michał</b>	<b>471</b>	HARPAGAN SOSNOWIEC/ MARCINIŚWIERCTEAM	M30	8	00:52:41	02:12:57	03:31:56	<b>05:12:07.35</b>	<b>05:12:09.95</b>	+00:51:01	6:00	10
15	<b>BRZANA Maciej</b>	<b>305</b>	FINISZ RYMANÓW	M30	9	00:54:38	02:17:30	03:36:53	<b>05:15:54.00</b>	<b>05:15:58.60</b>	+00:54:50	6:04	9.9
16	<b>WILK Katarzyna</b>	<b>254</b>		K30	2	00:54:33	02:18:57	03:37:30	<b>05:16:35.60</b>	<b>05:16:37.15</b>	+00:55:29	6:05	9.9
17	<b>BUJAŁA Michał</b>	<b>310</b>	DABEX-BOLT	M30	10	00:49:57	02:05:39	03:25:15	<b>05:18:48.20</b>	<b>05:18:50.35</b>	+00:57:42	6:07	9.8
18	<b>SZAPORÓW Łukasz</b>	<b>688</b>	INFINITY-GYM	M30	11	00:54:38	02:16:48	03:38:36	<b>05:20:04.00</b>	<b>05:20:07.20</b>	+00:58:59	6:09	9.7
19	<b>FLĄDRO Daniel</b>	<b>354</b>		M40	4	00:54:52	02:19:32	03:44:22	<b>05:30:57.90</b>	<b>05:30:59.50</b>	+01:09:51	6:21	9.4
20	<b>IWAN Małgorzata</b>	<b>398</b>	MAJA TEAM	K30	3	00:58:18	02:26:14	03:49:40	<b>05:32:48.00</b>	<b>05:33:13.50</b>	+01:12:05	6:24	9.4
21	<b>ZARODKIEWICZ Dawid</b>	<b>773</b>	NAPRZÓD MŁOCINY/ #TZD	M30	12	00:53:08	02:18:06	03:44:36	<b>05:35:52.45</b>	<b>05:35:56.15</b>	+01:14:48	6:27	9.3
22	<b>DUCKI Piotr</b>	<b>830</b>		M30	13	00:59:16	02:28:19	03:54:37	<b>05:35:32.80</b>	<b>05:35:59.75</b>	+01:14:51	6:27	9.3
23	<b>PSIUK Andrzej</b>	<b>633</b>	BIŁGORAJ BIEGA	M30	14	00:55:40	02:21:57	03:50:47	<b>05:36:54.75</b>	<b>05:36:57.95</b>	+01:15:49	6:28	9.3
24	<b>ZARZYŃSKI Artur</b>	<b>774</b>	MPK WYBIEGANIE	M40	5	00:59:51	02:29:08	03:52:16	<b>05:36:55.20</b>	<b>05:37:58.65</b>	+01:16:50	6:28	9.3

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	52km	52km			
25	<b>KĄKOL Michał</b>	<b>442</b>	RACEFIGHTER GOSIR DĘBE WLK.	M30	15	01:00:52	02:32:15	03:57:57	<b>05:39:41.40</b>	<b>05:39:45.85</b>	+01:18:37	6:31	9.2
26	<b>SIUDEK Robert</b>	<b>653</b>		M30	16	01:00:49	02:32:30	03:58:16	<b>05:41:04.85</b>	<b>05:41:10.05</b>	+01:20:01	6:33	9.1
27	<b>KURZAWSKI Tomasz</b>	<b>502</b>		M30	17	01:00:05	02:26:57	03:54:54	<b>05:41:25.90</b>	<b>05:41:44.60</b>	+01:20:36	6:33	9.1
28	<b>WIDUCH Jarek</b>	<b>734</b>		M30	18	01:00:58	02:31:09	03:58:04	<b>05:44:19.40</b>	<b>05:44:24.35</b>	+01:23:16	6:37	9.1
29	<b>NOWAK Mirosław</b>	<b>586</b>		M40	6	01:01:28	02:35:26	04:05:33	<b>05:44:34.00</b>	<b>05:44:35.95</b>	+01:23:27	6:37	9.1
30	<b>KRZEMIŃSKI Marcin</b>	<b>489</b>	SPRINT GORZYCE	M40	7	01:00:36	02:34:25	04:01:22	<b>05:45:08.45</b>	<b>05:45:15.95</b>	+01:24:07	6:38	9
31	<b>CZERCHAWSKI Janusz</b>	<b>326</b>		M50	2	01:01:53	02:32:26	04:00:31	<b>05:47:12.20</b>	<b>05:47:38.85</b>	+01:26:30	6:40	9
32	<b>BRZĄKAŁSKI Krzysztof</b>	<b>808</b>	TEAM EAZYMUT.PL	M20	2	00:54:35	02:16:42	03:49:35	<b>05:48:04.85</b>	<b>05:48:10.20</b>	+01:27:02	6:41	9
33	<b>CZERWIŃSKI Michał</b>	<b>818</b>	OSP GOTARTOWICE	M30	19	00:59:01	02:30:33	04:02:38	<b>05:49:43.35</b>	<b>05:49:45.65</b>	+01:28:37	6:43	8.9
34	<b>KWAŚNIEWSKI Maciej</b>	<b>510</b>		M30	20	01:00:07	02:35:18	04:04:12	<b>05:49:01.90</b>	<b>05:49:58.05</b>	+01:28:49	6:42	8.9
35	<b>LATAK Michał</b>	<b>515</b>	JACEKBIEGA RUNNING TEAM	M40	8	01:01:57	02:34:47	04:04:50	<b>05:49:58.30</b>	<b>05:50:13.35</b>	+01:29:05	6:43	8.9
36	<b>KOWALSKI Aleksander</b>	<b>805</b>		M20	3	00:56:39	02:24:59	03:57:53	<b>05:51:11.30</b>	<b>05:51:42.00</b>	+01:30:33	6:45	8.9
37	<b>ZAJĄC Filip</b>	<b>814</b>		M40	9	00:58:28	02:29:02	04:00:29	<b>05:54:54.10</b>	<b>05:54:56.85</b>	+01:33:48	6:49	8.8
38	<b>SZATANIK Zbigniew</b>	<b>689</b>		M50	3	00:58:14	02:31:53	04:06:38	<b>05:57:00.65</b>	<b>05:57:10.05</b>	+01:36:01	6:51	8.7
39	<b>STRYCHARSKI Krystian</b>	<b>680</b>	TRAILOWE BIEGI DUCHOWE TBD	M30	21	00:59:56	02:37:06	04:11:16	<b>05:57:25.35</b>	<b>05:57:28.40</b>	+01:36:20	6:52	8.7
40	<b>JUSZCZAK Marcin</b>	<b>423</b>	RACEFIGHTER GOSIR DĘBĘ WIELKIE	M30	22	01:00:52	02:32:17	04:03:01	<b>05:57:38.80</b>	<b>05:57:43.40</b>	+01:36:35	6:52	8.7
41	<b>STUPUŁKOWSKI Piotr</b>	<b>802</b>		M30	23	01:00:06	02:29:05	04:04:55	<b>05:57:48.05</b>	<b>05:58:11.20</b>	+01:37:03	6:52	8.7
42	<b>WOJCIECHOWSKA Maria</b>	<b>748</b>	JACEKBIEGA RUNNING TEAM	K30	4	01:01:44	02:37:27	04:09:18	<b>05:58:10.55</b>	<b>05:58:24.95</b>	+01:37:16	6:53	8.7
43	<b>WRÓBLEWSKI Jacek</b>	<b>758</b>	MAZOVIA PROACTIVE	M30	24	01:00:23	02:32:05	04:05:01	<b>05:58:15.25</b>	<b>05:58:26.80</b>	+01:37:18	6:53	8.7
44	<b>BARUD Piotr</b>	<b>278</b>	FINISZ RYMANÓW	M30	25	01:01:46	02:34:47	04:04:57	<b>05:59:03.10</b>	<b>05:59:18.00</b>	+01:38:09	6:54	8.7
45	<b>WILK Antoni</b>	<b>738</b>		M40	10	01:01:00	02:34:10	04:14:18	<b>06:01:42.45</b>	<b>06:01:46.75</b>	+01:40:38	6:57	8.6
46	<b>JAROMIRSKA Elzbieta</b>	<b>260</b>		K30	5	01:01:05	02:39:03	04:14:02	<b>06:03:17.20</b>	<b>06:03:48.75</b>	+01:42:40	6:59	8.6
47	<b>KNOPEK Adam</b>	<b>456</b>	BIEG PO ZDRÓJ	M30	26	01:01:38	02:34:47	04:07:57	<b>06:03:46.95</b>	<b>06:04:02.95</b>	+01:42:54	6:59	8.6
48	<b>JUREWICZ Kris</b>	<b>422</b>	HARPAGAN SOSNOWIEC	M40	11	01:00:50	02:33:52	04:08:55	<b>06:05:17.35</b>	<b>06:05:20.00</b>	+01:44:11	7:01	8.5
49	<b>KUŹMA Krzysztof</b>	<b>508</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	12	01:02:05	02:34:47	04:05:58	<b>06:04:55.65</b>	<b>06:05:34.55</b>	+01:44:26	7:01	8.5
50	<b>FIREK Adrian</b>	<b>353</b>	HIT THE TRAIL TOMASZ KLISZ	M30	27	01:02:42	02:39:00	04:10:24	<b>06:05:28.65</b>	<b>06:05:39.45</b>	+01:44:31	7:01	8.5
51	<b>ZALEWSKI Karol</b>	<b>772</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	28	01:00:51	02:32:16	04:04:04	<b>06:07:01.85</b>	<b>06:07:05.85</b>	+01:45:57	7:03	8.5
52	<b>BISOWSKI Mariusz</b>	<b>293</b>		M40	13	01:01:00	02:36:06	04:12:27	<b>06:07:07.25</b>	<b>06:07:19.40</b>	+01:46:11	7:03	8.5
53	<b>GAWRON Marcin</b>	<b>364</b>		M30	29	00:56:56	02:26:58	04:05:06	<b>06:08:08.40</b>	<b>06:08:20.95</b>	+01:47:12	7:04	8.5
54	<b>SZPINDA Sebastian</b>	<b>697</b>	BUT BIŁGORAJ ULTRA TRAIL	M40	14	01:01:10	02:37:47	04:17:02	<b>06:09:25.25</b>	<b>06:09:29.25</b>	+01:48:21	7:06	8.4
55	<b>SZPUNAR Marek</b>	<b>698</b>		M40	15	01:02:57	02:36:57	04:12:56	<b>06:10:45.60</b>	<b>06:11:48.05</b>	+01:50:39	7:07	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	Czas netto	Czas brutto	Różn	Tempo	Tempo
						12km	26km	38km	52km	52km		min/km	km/h
56	<b>GRYSZKO Artur</b>	<b>385</b>		M40	16	01:01:13	02:37:18	04:14:09	<b>06:12:38.95</b>	<b>06:13:05.35</b>	+01:51:57	7:09	8.4
57	<b>JASŁOWSKA Justyna</b>	<b>262</b>	SCOTT TEAM	K30	6	00:59:53	02:37:55	04:21:34	<b>06:13:02.45</b>	<b>06:13:07.35</b>	+01:51:59	7:10	8.4
58	<b>SZAFRAŃSKA Aleksandra</b>	<b>687</b>	WKURW_TEAM	K20	1	01:07:00	02:45:57	04:20:22	<b>06:13:18.70</b>	<b>06:13:50.85</b>	+01:52:42	7:10	8.4
59	<b>JĘDRASZCZYK Mateusz</b>	<b>70</b>		M30	30	01:02:38	02:37:04	04:10:21	<b>06:16:30.05</b>	<b>06:16:35.45</b>	+01:55:27	7:14	8.3
60	<b>MAŁACHOWSKI Mariusz</b>	<b>549</b>	RUNDOMSKO	M40	17	01:04:10	02:44:53	04:22:47	<b>06:17:00.10</b>	<b>06:17:52.50</b>	+01:56:44	7:15	8.3
61	<b>GRONIECKI Mikołaj</b>	<b>380</b>		M30	31	01:02:49	02:39:48	04:21:35	<b>06:17:57.45</b>	<b>06:18:13.60</b>	+01:57:05	7:16	8.3
62	<b>WÓJCIK Krzysztof</b>	<b>756</b>	NIGHT RUNNERS ŚWILCZA	M40	18	01:04:47	02:41:45	04:19:19	<b>06:18:53.80</b>	<b>06:19:03.45</b>	+01:57:55	7:17	8.2
63	<b>TAUZ Andrzej</b>	<b>712</b>		M40	19	01:01:12	02:34:53	04:14:51	<b>06:18:54.70</b>	<b>06:19:21.40</b>	+01:58:13	7:17	8.2
64	<b>JAGODZIŃSKI Robert</b>	<b>401</b>	JAGODA TEAM	M40	20	01:12:54	02:57:01	04:30:06	<b>06:19:58.75</b>	<b>06:20:22.45</b>	+01:59:14	7:18	8.2
65	<b>ROCHOWIAK Zbysio</b>	<b>636</b>	BIEGAM BO LUBIE☺	M40	21	01:06:31	02:50:07	04:28:13	<b>06:20:49.60</b>	<b>06:21:19.30</b>	+02:00:11	7:19	8.2
66	<b>ZIELAK Darek</b>	<b>779</b>		M40	22	00:56:56	02:36:04	04:16:41	<b>06:22:01.55</b>	<b>06:22:16.55</b>	+02:01:08	7:20	8.2
67	<b>KAPŁOWSKI Jerzy</b>	<b>817</b>		M40	23	01:07:00	02:45:52	04:25:27	<b>06:21:55.60</b>	<b>06:22:27.65</b>	+02:01:19	7:20	8.2
68	<b>WOJCIECHOWSKI Andrzej</b>	<b>749</b>	KB MARATON TUREK	M40	24	01:08:09	02:50:13	04:28:19	<b>06:22:01.95</b>	<b>06:22:28.40</b>	+02:01:20	7:20	8.2
69	<b>JÓŻWIAK Rafał</b>	<b>420</b>	JACEKBIEGA RUNNING TEAM	M30	32	01:01:28	02:39:32	04:24:21	<b>06:23:05.80</b>	<b>06:23:34.45</b>	+02:02:26	7:22	8.1
70	<b>NIECZ Michał</b>	<b>583</b>		M40	25	00:59:17	02:33:14	04:17:01	<b>06:22:52.45</b>	<b>06:23:34.60</b>	+02:02:26	7:21	8.1
71	<b>ŻOŁNACZ Maciej</b>	<b>792</b>		M30	33	01:03:49	02:36:07	04:14:16	<b>06:23:28.60</b>	<b>06:23:39.20</b>	+02:02:31	7:22	8.1
72	<b>JABŁOŃSKI Tomasz</b>	<b>399</b>		M40	26	01:04:32	02:50:24	04:31:15	<b>06:23:33.50</b>	<b>06:23:40.55</b>	+02:02:32	7:22	8.1
73	<b>DZIADOWIEC Joanna</b>	<b>345</b>		K20	2	01:04:35	02:46:39	04:27:15	<b>06:23:07.20</b>	<b>06:23:43.95</b>	+02:02:35	7:22	8.1
74	<b>DZIADOWIEC Łukasz</b>	<b>346</b>		M20	4	01:04:35	02:45:25	04:27:18	<b>06:23:07.40</b>	<b>06:23:44.05</b>	+02:02:35	7:22	8.1
75	<b>DRAŃKO Piotr</b>	<b>337</b>		M30	34	01:00:59	02:37:21	04:21:07	<b>06:23:19.10</b>	<b>06:23:47.35</b>	+02:02:39	7:22	8.1
76	<b>SZCZUDRAWA Dariusz</b>	<b>691</b>		M40	27	01:01:31	02:31:57	04:16:03	<b>06:24:00.15</b>	<b>06:24:05.35</b>	+02:02:57	7:23	8.1
77	<b>PAJĄK Andrzej</b>	<b>598</b>	BIEGAM Z ABS	M40	28	01:05:01	02:45:28	04:27:19	<b>06:25:00.55</b>	<b>06:25:10.20</b>	+02:04:02	7:24	8.1
78	<b>MAGDA Katarzyna</b>	<b>542</b>	RUN FOR FUN	K40	1	01:08:43	02:49:36	04:29:28	<b>06:25:09.40</b>	<b>06:25:32.45</b>	+02:04:24	7:24	8.1
79	<b>MAJEWSKA Joanna</b>	<b>543</b>	PGE RUN OBRÓT	K40	2	01:01:08	02:46:00	04:29:42	<b>06:25:27.85</b>	<b>06:25:35.70</b>	+02:04:27	7:24	8.1
80	<b>KUSZKA Michał</b>	<b>503</b>	STS BIEGATON MIKOŁÓW - SEKCJA GÓRSKA	M30	35	01:05:00	02:45:33	04:29:39	<b>06:25:38.05</b>	<b>06:25:48.75</b>	+02:04:40	7:24	8.1
81	<b>PIASEK Piotr</b>	<b>614</b>	TRIUNLIMITED / ZHP OSTROŁĘKA	M50	4	01:02:59	02:42:43	04:23:19	<b>06:25:10.30</b>	<b>06:25:49.65</b>	+02:04:41	7:24	8.1
82	<b>DZIWOKI Marek</b>	<b>348</b>		M40	29	01:01:57	02:43:20	04:27:33	<b>06:25:10.75</b>	<b>06:25:53.00</b>	+02:04:44	7:24	8.1
83	<b>WIECZOREK Agata</b>	<b>735</b>	TEBEG RUNNERS TEAM	K30	7	01:03:17	02:44:06	04:24:48	<b>06:25:49.10</b>	<b>06:25:54.20</b>	+02:04:46	7:25	8.1
84	<b>MACHNICKI Rafał</b>	<b>540</b>		M30	36	01:01:32	02:41:07	04:21:39	<b>06:26:08.35</b>	<b>06:26:13.75</b>	+02:05:05	7:25	8.1
85	<b>ZIĘBA Tomek</b>	<b>785</b>	JACEKBIEGA RUNNING TEAM	M40	30	01:01:45	02:43:35	04:27:00	<b>06:26:30.05</b>	<b>06:26:43.85</b>	+02:05:35	7:25	8.1
86	<b>KAPAON Andrzej</b>	<b>433</b>	CAZZO CLUB RUNNING TEAM	M20	5	00:57:08	02:27:47	04:18:21	<b>06:26:46.05</b>	<b>06:26:51.30</b>	+02:05:43	7:26	8.1
87	<b>KAMIŃSKI Marek</b>	<b>430</b>		M30	37	01:05:01	02:39:30	04:19:05	<b>06:25:48.95</b>	<b>06:26:51.60</b>	+02:05:43	7:25	8.1

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	52km	52km			
88	<b>LINEK Michał</b>	<b>524</b>		M40	31	01:08:00	02:53:40	04:30:00	<b>06:26:38.75</b>	<b>06:26:52.65</b>	+02:05:44	7:26	8.1
89	<b>SALACHNA - NOWAK Magdalena</b>	<b>649</b>	BIEGAM Z ABS	K40	3	01:05:01	02:46:00	04:27:19	<b>06:27:10.80</b>	<b>06:27:20.50</b>	+02:06:12	7:26	8.1
90	<b>KRUPA Grzegorz</b>	<b>488</b>	KB SOBÓTKA	M40	32	01:02:39	02:43:13	04:27:23	<b>06:27:12.55</b>	<b>06:27:39.70</b>	+02:06:31	7:26	8.1
91	<b>RUSIN Krzysztof</b>	<b>646</b>		M40	33	01:03:53	02:44:55	04:26:42	<b>06:27:07.50</b>	<b>06:27:42.70</b>	+02:06:34	7:26	8.1
92	<b>MAŚLAK Radomił</b>	<b>550</b>	STARE BABICE BIEGAJĄ	M40	34	01:01:05	02:41:29	04:27:35	<b>06:31:01.55</b>	<b>06:31:14.55</b>	+02:10:06	7:31	8
93	<b>MISZTAŁ Rafał</b>	<b>567</b>	LOS PANTALONES ROJOS	M40	35	01:03:57	02:47:03	04:33:14	<b>06:30:58.45</b>	<b>06:31:34.00</b>	+02:10:25	7:31	8
94	<b>NIEGOWSKI Robert</b>	<b>584</b>	STARE BABICE BIEGAJĄ	M30	38	00:58:08	02:32:17	04:23:00	<b>06:31:56.55</b>	<b>06:32:09.25</b>	+02:11:01	7:32	8
95	<b>KŁOŚ Artur</b>	<b>815</b>		M30	39	01:06:03	02:42:27	04:24:11	<b>06:31:52.85</b>	<b>06:32:12.65</b>	+02:11:04	7:32	8
96	<b>KIEŁTYKA Agnieszka</b>	<b>449</b>		K30	8	01:05:20	02:45:44	04:27:23	<b>06:31:44.55</b>	<b>06:32:12.70</b>	+02:11:04	7:32	8
97	<b>DŁUGOŁĘCKI Konrad</b>	<b>334</b>	BIEGOWA ŚWIDNICA	M40	36	01:08:29	02:48:14	04:28:25	<b>06:32:00.05</b>	<b>06:32:29.45</b>	+02:11:21	7:32	8
98	<b>KUTAJ Grzegorz</b>	<b>507</b>		M40	37	01:07:06	02:47:17	04:33:03	<b>06:33:22.15</b>	<b>06:34:28.75</b>	+02:13:20	7:33	7.9
99	<b>SZYBIAK Waldemar</b>	<b>704</b>	AGONA W&M	M50	5	01:07:28	02:47:11	04:32:04	<b>06:34:34.30</b>	<b>06:34:51.45</b>	+02:13:43	7:35	7.9
100	<b>GNIADK Tomasz</b>	<b>372</b>	DABEX-BOLT	M40	38	01:04:50	02:47:01	04:31:57	<b>06:34:34.80</b>	<b>06:34:58.85</b>	+02:13:50	7:35	7.9
101	<b>SŁOWIŃSKI Marcin</b>	<b>663</b>	BIEGACZE SPECJALNEJ TROSKI	M40	39	01:00:35	02:32:41	04:17:56	<b>06:34:35.85</b>	<b>06:34:59.60</b>	+02:13:51	7:35	7.9
102	<b>KASKA-ŁOBODOWSKA Ewelina</b>	<b>439</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K30	9	01:04:10	02:48:21	04:35:08	<b>06:35:03.15</b>	<b>06:35:08.65</b>	+02:14:00	7:35	7.9
103	<b>SKÓRA Anastazja</b>	<b>659</b>	SOBAS TEAM	K20	3	01:05:20	02:47:57	04:31:07	<b>06:35:20.05</b>	<b>06:35:41.30</b>	+02:14:33	7:36	7.9
104	<b>WNUCZEK Lukasz</b>	<b>746</b>	BIEGAJĄCY ŚWIDNIK	M30	40	01:03:18	02:45:22	04:35:06	<b>06:36:03.95</b>	<b>06:36:26.30</b>	+02:15:18	7:37	7.9
105	<b>UBYCH Mariusz</b>	<b>722</b>	FIZJO PLUS ACTIVE	M30	41	01:06:08	02:52:34	04:35:47	<b>06:36:35.30</b>	<b>06:37:12.05</b>	+02:16:03	7:37	7.9
106	<b>WĘCLAŚ Maciej</b>	<b>732</b>		M40	40	01:04:43	02:44:16	04:27:40	<b>06:37:11.20</b>	<b>06:37:24.20</b>	+02:16:16	7:38	7.9
107	<b>MIELNIK Grzegorz</b>	<b>562</b>		M30	42	01:03:22	02:43:35	04:27:49	<b>06:37:34.00</b>	<b>06:37:40.55</b>	+02:16:32	7:38	7.8
108	<b>REAUD Julien</b>	<b>635</b>	FRAPOL RAZEM!	M40	41	01:17:48	03:08:31	04:48:11	<b>06:36:48.95</b>	<b>06:37:58.55</b>	+02:16:50	7:37	7.9
109	<b>PELA Dariusz</b>	<b>812</b>		M30	43	01:04:41	02:46:06	04:31:00	<b>06:38:46.15</b>	<b>06:38:46.15</b>	+02:17:38	7:40	7.8
110	<b>KAJA Gracjan</b>	<b>428</b>	BYDGOŚCIE	M30	44	01:01:19	02:40:11	04:33:47	<b>06:38:24.15</b>	<b>06:38:54.20</b>	+02:17:46	7:39	7.8
111	<b>LENART-KŁOŚ Katarzyna</b>	<b>518</b>		K30	10	01:09:38	02:57:03	04:38:08	<b>06:38:35.90</b>	<b>06:38:55.65</b>	+02:17:47	7:39	7.8
112	<b>BRZEZIŃSKI Andrzej</b>	<b>306</b>	RYKOWISKO	M40	42	01:01:57	02:45:50	04:38:24	<b>06:38:55.65</b>	<b>06:38:59.95</b>	+02:17:51	7:40	7.8
113	<b>PODSTAWNY Rafał</b>	<b>622</b>	HARPAGAN SOSNOWIEC	M30	45	01:04:55	02:45:34	04:32:02	<b>06:38:52.65</b>	<b>06:39:00.20</b>	+02:17:52	7:40	7.8
114	<b>KOBAK Marcin</b>	<b>457</b>		M40	43	01:10:24	03:00:22	04:42:04	<b>06:38:55.15</b>	<b>06:39:03.75</b>	+02:17:55	7:40	7.8
115	<b>JOŃCZYK Rafał</b>	<b>419</b>	JACEK BIEGA RUNNING TEAM	M40	44	01:04:25	02:47:14	04:35:03	<b>06:39:25.70</b>	<b>06:39:43.30</b>	+02:18:35	7:40	7.8
116	<b>KOPACZEWSKI Tomasz</b>	<b>466</b>		M50	6	01:08:30	02:55:00	04:37:43	<b>06:39:27.40</b>	<b>06:40:02.15</b>	+02:18:54	7:40	7.8
117	<b>SOKÓŁ Magdalena</b>	<b>666</b>	EYEYE POLSKA	K40	4	01:11:01	03:00:55	04:47:01	<b>06:40:05.35</b>	<b>06:40:13.95</b>	+02:19:05	7:41	7.8
118	<b>TUSZYŃSKI Zygmunt</b>	<b>717</b>	PGE RUN OBRÓT	M30	46	01:06:12	02:46:33	04:35:36	<b>06:39:50.10</b>	<b>06:40:20.60</b>	+02:19:12	7:41	7.8

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	52km	52km			
119	<b>NAGIEL Andrzej</b>	<b>575</b>	ZABIEGANI CZĘSTOCHOWA	M40	45	01:00:05	02:38:12	04:27:30	<b>06:40:26.00</b>	<b>06:40:32.80</b>	+02:19:24	7:42	7.8
120	<b>SZUBERT Marcin</b>	<b>700</b>	KOŁOBRZEG BIEGA	M40	46	01:10:07	02:56:08	04:35:18	<b>06:40:17.70</b>	<b>06:40:45.35</b>	+02:19:37	7:41	7.8
121	<b>JURCZAK Roman</b>	<b>801</b>	RZESZOWSKIE GAZELE I GEPARDY	M60	1	01:05:22	02:51:32	04:37:15	<b>06:41:19.65</b>	<b>06:41:24.25</b>	+02:20:16	7:43	7.8
122	<b>BEDRYJ Mateusz</b>	<b>282</b>	42 DO SZCZĘŚCIA	M20	6	01:04:18	02:43:30	04:28:31	<b>06:41:19.80</b>	<b>06:41:33.95</b>	+02:20:25	7:43	7.8
123	<b>SUWEZDA Jacek</b>	<b>685</b>		M50	7	04:35:12			<b>06:41:45.40</b>	<b>06:41:45.40</b>	+02:20:37	7:43	7.8
124	<b>PARACKI Tomasz</b>	<b>606</b>	F3TEAM	M20	7	01:04:36	02:42:54	04:33:22	<b>06:41:41.25</b>	<b>06:42:09.00</b>	+02:21:00	7:43	7.8
125	<b>PAJESTKA Wojciech</b>	<b>599</b>	POZYTYWNIIE ZABIEGANI SANOK/AZS PWSZ	M40	47	01:07:40	02:51:40	04:37:13	<b>06:42:18.25</b>	<b>06:42:28.70</b>	+02:21:20	7:44	7.8
126	<b>GUDOWSKI Krystian</b>	<b>388</b>	GOODRUN	M30	47	01:07:39	02:51:29	04:35:42	<b>06:42:18.60</b>	<b>06:42:28.90</b>	+02:21:20	7:44	7.8
127	<b>BUDZICH Wojciech</b>	<b>309</b>	TKKF PROMYK CIECHANÓW	M40	48	01:04:53	02:43:08	04:31:13	<b>06:42:19.80</b>	<b>06:42:43.55</b>	+02:21:35	7:44	7.8
128	<b>SOBCZAK Robert</b>	<b>664</b>	WIERZĘ W JEZUSA	M30	48	01:04:39	02:47:12	04:31:22	<b>06:42:25.35</b>	<b>06:42:44.35</b>	+02:21:36	7:44	7.8
129	<b>CZEKALSKA Dorota Korzep</b>	<b>325</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	5	01:02:14	02:50:22	04:43:25	<b>06:44:32.25</b>	<b>06:44:38.45</b>	+02:23:30	7:46	7.7
130	<b>SZLACHTOWSKI Łukasz</b>	<b>692</b>		M20	8	01:00:21	02:39:43	04:25:39	<b>06:45:26.75</b>	<b>06:45:50.50</b>	+02:24:42	7:47	7.7
131	<b>KROCZYŃSKI Sławomir</b>	<b>485</b>	KB WYGAN	M50	8	01:05:18	02:49:46	04:41:46	<b>06:45:53.90</b>	<b>06:46:25.85</b>	+02:25:17	7:48	7.7
132	<b>JĘDRKOWIAK Piotr</b>	<b>415</b>		M30	49	01:03:48	02:42:54	04:33:35	<b>06:46:21.40</b>	<b>06:46:49.55</b>	+02:25:41	7:48	7.7
133	<b>SIWIEC Stanisław</b>	<b>655</b>		M60	2	01:05:04	02:51:32	04:37:15	<b>06:47:09.20</b>	<b>06:47:12.75</b>	+02:26:04	7:49	7.7
134	<b>KACHNIARZ Magdalena</b>	<b>424</b>		K30	11	01:05:26	02:51:35	04:40:57	<b>06:46:58.45</b>	<b>06:47:20.50</b>	+02:26:12	7:49	7.7
135	<b>TAMBORSKA Agata</b>	<b>711</b>	DZIK KOMANDO	K30	12	01:05:37	02:49:50	04:46:57	<b>06:47:04.00</b>	<b>06:47:54.50</b>	+02:26:46	7:49	7.7
136	<b>ROGALA Grzegorz</b>	<b>638</b>		M40	49	01:04:48	02:43:41	04:37:13	<b>06:48:24.75</b>	<b>06:48:33.05</b>	+02:27:24	7:51	7.6
137	<b>KONDZIOŁA Krzysztof</b>	<b>463</b>	STAY INSANE / PERFECT RUNNER LUBLIN	M30	50	01:06:27	02:58:59	04:47:02	<b>06:48:54.00</b>	<b>06:49:10.75</b>	+02:28:02	7:51	7.6
138	<b>GRZANECKA Mirosława</b>	<b>386</b>		K40	6	01:11:13	03:00:05	04:43:57	<b>06:48:45.30</b>	<b>06:49:41.70</b>	+02:28:33	7:51	7.6
139	<b>JAROSZ Dominika</b>	<b>408</b>		K20	4	01:08:14	02:59:09	04:45:19	<b>06:50:47.70</b>	<b>06:51:09.75</b>	+02:30:01	7:53	7.6
140	<b>RADYK Jakub</b>	<b>634</b>	PRZEMYSKI KLUB BIEGACZA	M30	51	01:06:51	02:52:07	04:43:41	<b>06:51:01.90</b>	<b>06:51:21.50</b>	+02:30:13	7:54	7.6
141	<b>KIEŁBASZEWSKI Jarosław</b>	<b>448</b>	RKB HAJNÓWKA	M50	9	01:08:52	02:58:01	04:43:25	<b>06:51:45.80</b>	<b>06:51:50.55</b>	+02:30:42	7:55	7.6
142	<b>MESJASZ Marek</b>	<b>558</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	52	01:04:35	02:53:10	04:46:14	<b>06:51:31.85</b>	<b>06:51:59.55</b>	+02:30:51	7:54	7.6
143	<b>KOPACZ Piotr</b>	<b>465</b>	PERFEX	M40	50	01:05:05	02:50:00	04:42:04	<b>06:52:05.40</b>	<b>06:52:44.15</b>	+02:31:36	7:55	7.6
144	<b>WIŚNIEWSKI Sławomir</b>	<b>740</b>	LBL BIŁGORAJ	M40	51	01:11:44	03:04:33	04:50:23	<b>06:52:30.70</b>	<b>06:53:01.95</b>	+02:31:53	7:55	7.6
145	<b>DZIÓB Romuald</b>	<b>347</b>	CRACOVIA WIELICZKA	M40	52	01:01:08	02:36:50	04:30:57	<b>06:53:13.00</b>	<b>06:53:25.25</b>	+02:32:17	7:56	7.6
146	<b>SULIMA Grzegorz</b>	<b>682</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M50	10	01:07:08	02:50:20	04:41:48	<b>06:54:07.55</b>	<b>06:54:26.30</b>	+02:33:18	7:57	7.5
147	<b>WOŁOSZYN Ryszard</b>	<b>807</b>		M50	11	01:12:38	03:01:23	04:48:28	<b>06:54:42.40</b>	<b>06:54:52.35</b>	+02:33:44	7:58	7.5
148	<b>MELLER Joanna</b>	<b>556</b>	DRUŻYNA WILKA	K40	7	01:14:34	03:05:32	04:55:31	<b>06:54:54.45</b>	<b>06:55:26.60</b>	+02:34:18	7:58	7.5
149	<b>KAWALEC Krystian</b>	<b>441</b>	#MARCINSWIERCTEAM	M40	53	01:06:22	02:54:18	04:48:09	<b>06:55:13.20</b>	<b>06:55:30.05</b>	+02:34:21	7:59	7.5

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	52km	52km			
150	<b>CZAJA Alicja</b>	<b>321</b>	RODZENSTWO	K40	8	01:05:53	02:52:56	04:47:21	<b>06:55:26.50</b>	<b>06:55:39.35</b>	+02:34:31	7:59	7.5
151	<b>TWARÓG Zbigniew</b>	<b>718</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M60	3	01:07:59	02:48:48	04:37:44	<b>06:55:24.70</b>	<b>06:55:44.00</b>	+02:34:35	7:59	7.5
152	<b>KUBERA Dawid</b>	<b>492</b>	ALWAYSINMOTION.PL	M30	53	01:08:31	02:57:20	04:47:45	<b>06:55:07.20</b>	<b>06:55:46.10</b>	+02:34:37	7:59	7.5
153	<b>URBANEK Małgorzata</b>	<b>806</b>		K40	9	01:12:38	03:02:30	04:48:26	<b>06:55:42.35</b>	<b>06:55:52.20</b>	+02:34:44	7:59	7.5
154	<b>KARUŚ Waldemar</b>	<b>438</b>	14DAS IM.GEN.BRYG.WACŁAWA WIECZORKIEWICZA	M40	54	01:12:46	03:04:49	04:54:24	<b>06:55:40.25</b>	<b>06:56:03.35</b>	+02:34:55	7:59	7.5
155	<b>KURCZAB Justyna</b>	<b>501</b>		K30	13	01:11:21	03:05:58	04:57:43	<b>06:55:05.55</b>	<b>06:56:03.85</b>	+02:34:55	7:58	7.5
156	<b>ZAWADZKI Piotr</b>	<b>776</b>	RYKOWISKO	M30	54	01:10:38	03:02:47	04:51:57	<b>06:56:00.80</b>	<b>06:56:04.55</b>	+02:34:56	8:00	7.5
157	<b>MIETŁA Mateusz</b>	<b>563</b>	KSS JPII	M40	55	01:12:24	02:59:20	04:47:40	<b>06:55:34.70</b>	<b>06:56:12.80</b>	+02:35:04	7:59	7.5
158	<b>POLAK Jacek</b>	<b>623</b>	BIOTON	M30	55	01:08:38	02:50:28	04:36:33	<b>06:55:23.10</b>	<b>06:56:29.80</b>	+02:35:21	7:59	7.5
159	<b>MELLER Wojciech</b>	<b>557</b>	DRUŻYNA WILKA	M40	56	01:12:38	03:05:32	04:55:24	<b>06:55:58.00</b>	<b>06:56:30.75</b>	+02:35:22	7:59	7.5
160	<b>GRANDA Paweł</b>	<b>378</b>	21 DAPLOT JAROSŁAW	M30	56	01:12:46	03:04:51	04:54:38	<b>06:56:11.80</b>	<b>06:56:35.40</b>	+02:35:27	8:00	7.5
161	<b>URBANEK Patryk</b>	<b>723</b>		M20	9	01:05:42	02:45:34	04:36:35	<b>06:56:46.50</b>	<b>06:56:52.80</b>	+02:35:44	8:00	7.5
162	<b>TERLECKI Krzysztof</b>	<b>713</b>	CHEŁM BIEGA	M50	12	01:07:23	02:57:47	04:46:10	<b>06:56:41.15</b>	<b>06:57:18.25</b>	+02:36:10	8:00	7.5
163	<b>GNIADEK Gosia</b>	<b>371</b>	DABEX-BOLT	K40	10	01:08:53	02:59:59	04:50:20	<b>06:57:22.10</b>	<b>06:57:45.70</b>	+02:36:37	8:01	7.5
164	<b>PRELICH Tomasz</b>	<b>627</b>	DABEX-BOLT	M30	57	01:08:53	02:59:56	04:50:20	<b>06:57:22.30</b>	<b>06:57:45.95</b>	+02:36:37	8:01	7.5
165	<b>ŁĄCZKA Adam</b>	<b>534</b>	MOCNO W PRAWO	M20	10	01:06:06	02:58:55	04:49:14	<b>06:57:22.30</b>	<b>06:57:56.45</b>	+02:36:48	8:01	7.5
166	<b>PAŃTAK Sławomir</b>	<b>604</b>	21DAPLOT JAROSŁAW	M40	57	01:12:45	03:04:52	04:55:50	<b>06:58:13.45</b>	<b>06:58:36.85</b>	+02:37:28	8:02	7.5
167	<b>GRYNFELDER Rafał</b>	<b>384</b>	SKYWALKPROJECT.PL	M40	58	01:05:03	02:51:27	04:44:39	<b>06:58:36.85</b>	<b>06:58:41.90</b>	+02:37:33	8:03	7.5
168	<b>ŚWIĆ Miłosz</b>	<b>706</b>	DZIK KOMANDO	M30	58	01:05:39	02:55:37	04:52:45	<b>06:58:23.05</b>	<b>06:59:13.70</b>	+02:38:05	8:02	7.5
169	<b>RUKUSZEWICZ Wawrzyniec</b>	<b>644</b>	DZIKIE GRUBASY SZATANA	M30	59	01:11:21	03:00:36	04:54:04	<b>06:58:14.55</b>	<b>06:59:26.85</b>	+02:38:18	8:02	7.5
170	<b>MAKOWSKI Łukasz</b>	<b>545</b>		M40	59	01:14:53	02:59:23	04:47:42	<b>07:00:02.30</b>	<b>07:00:40.70</b>	+02:39:32	8:04	7.4
171	<b>FOLTA Sławomir</b>	<b>357</b>	ORANGE POLSKA	M50	13	01:07:02	02:59:02	04:53:33	<b>07:01:20.10</b>	<b>07:01:56.05</b>	+02:40:47	8:06	7.4
172	<b>GALEWSKI Jacek</b>	<b>360</b>	DRUŻYNA TVN	M30	60	01:11:37	03:05:57	04:58:12	<b>07:00:55.15</b>	<b>07:01:56.85</b>	+02:40:48	8:05	7.4
173	<b>CHOJNACKA Marta</b>	<b>316</b>		K30	14	01:13:52	03:07:41	04:56:45	<b>07:01:44.20</b>	<b>07:02:03.55</b>	+02:40:55	8:06	7.4
174	<b>DRAUS Borys</b>	<b>338</b>		M30	61	01:12:17	03:07:20	05:00:57	<b>07:01:22.80</b>	<b>07:02:41.15</b>	+02:41:33	8:06	7.4
175	<b>KULCZYŃSKI Mariusz</b>	<b>498</b>	SCHABOWY RUNNERS	M30	62	01:08:01	02:51:32	04:37:18	<b>07:02:14.45</b>	<b>07:03:12.60</b>	+02:42:04	8:07	7.4
176	<b>PRĘDKI Jerzy</b>	<b>628</b>	WYBIEGAMY W PRZYSZŁOŚĆ	M40	60	01:13:37	03:03:46	04:55:15	<b>07:02:41.60</b>	<b>07:03:18.65</b>	+02:42:10	8:07	7.4
177	<b>KACPERSKI Olaf</b>	<b>425</b>		M40	61	01:08:42	03:00:10	04:51:37	<b>07:02:49.30</b>	<b>07:03:25.80</b>	+02:42:17	8:07	7.4
178	<b>SZUBRYCHT Bartosz</b>	<b>702</b>	SEKCJA BIEGOWA GRUPY PIWNEJ	M30	63	01:12:13	03:06:17	04:57:48	<b>07:02:25.25</b>	<b>07:03:34.20</b>	+02:42:26	8:07	7.4
179	<b>GOŚCIŃSKI Sławomir</b>	<b>375</b>		M30	64	01:09:48	02:59:25	04:59:04	<b>07:03:03.25</b>	<b>07:03:37.25</b>	+02:42:29	8:08	7.4
180	<b>BIELOV Yuriy</b>	<b>831</b>		M20	11	01:08:52	02:48:22	04:41:33	<b>07:03:46.55</b>	<b>07:04:41.35</b>	+02:43:33	8:08	7.4
181	<b>JEDLIŃSKI Bartosz</b>	<b>414</b>	MARATOŃCZYK DĘBICA	M40	62	01:11:47	03:11:11	05:05:56	<b>07:03:50.95</b>	<b>07:04:47.35</b>	+02:43:39	8:09	7.4
182	<b>KOPEĆ Arkadiusz</b>	<b>467</b>	WOLBROM TEAM	M40	63	01:00:15	02:45:25	04:48:15	<b>07:05:15.75</b>	<b>07:05:22.70</b>	+02:44:14	8:10	7.3
183	<b>BORUSZEWSKA Beata</b>	<b>301</b>		K40	11	01:03:21	02:59:42	04:57:02	<b>07:06:41.70</b>	<b>07:06:48.35</b>	+02:45:40	8:12	7.3
184	<b>PALUCH Andrzej</b>	<b>601</b>		M40	64	01:03:01	02:53:23	04:53:07	<b>07:06:57.70</b>	<b>07:07:17.75</b>	+02:46:09	8:12	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	Czas netto	Czas brutto	Różn	Tempo	Tempo
						12km	26km	38km	52km	52km		min/km	km/h
185	<b>ROSPOND Piotr</b>	<b>640</b>	TKKF MPK POZNAŃ	M50	14	01:10:21	03:04:37	04:55:28	<b>07:07:14.35</b>	<b>07:07:28.80</b>	+02:46:20	8:12	7.3
186	<b>JĘKAŁSKI Tomasz</b>	<b>418</b>	TIM	M40	65	01:08:29	03:01:07	04:55:03	<b>07:08:59.60</b>	<b>07:09:26.30</b>	+02:48:18	8:15	7.3
187	<b>KUBISZYN Sebastian</b>	<b>493</b>		M20	12	01:09:49	02:59:05	04:57:17	<b>07:09:20.40</b>	<b>07:09:27.35</b>	+02:48:19	8:15	7.3
188	<b>NEPELSKI Krzysztof</b>	<b>582</b>	DZIKI Z PODKARPACIA NA EMIGRACJI W LUBLINIE	M30	65	01:09:48	02:59:05	04:57:17	<b>07:09:20.65</b>	<b>07:09:27.45</b>	+02:48:19	8:15	7.3
189	<b>ŁABĘDZKI Mariusz</b>	<b>533</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M40	66	01:15:08	03:09:49	05:00:47	<b>07:08:33.10</b>	<b>07:09:36.45</b>	+02:48:28	8:14	7.3
190	<b>WOŁOSZYN Czesław</b>	<b>809</b>		M50	15	01:15:03	03:04:58	04:56:51	<b>07:09:46.75</b>	<b>07:09:56.40</b>	+02:48:48	8:15	7.3
191	<b>ZIELIŃSKA Iwona</b>	<b>781</b>	WKB MARATOŃCZYK WŁOCLAWEK	K50	1	01:09:28	02:58:59	04:53:46	<b>07:10:02.85</b>	<b>07:10:33.85</b>	+02:49:25	8:16	7.3
192	<b>KACZOR Waldemar</b>	<b>829</b>		M40	67	01:04:26	02:50:53	04:51:30	<b>07:09:53.55</b>	<b>07:10:34.30</b>	+02:49:26	8:16	7.3
193	<b>LEWANDOWSKA-KRAKOWIAK Ewa</b>	<b>522</b>	STARGARD JA SIĘ NIE ŚCIGAM	K20	5	01:13:25	03:11:28	05:04:25	<b>07:09:45.60</b>	<b>07:10:49.25</b>	+02:49:41	8:15	7.3
194	<b>JÓŹWIAK Artur</b>	<b>421</b>	MOGILNO TEAM	M40	68	01:04:58	02:55:14	04:53:04	<b>07:11:00.60</b>	<b>07:11:25.85</b>	+02:50:17	8:17	7.2
195	<b>BERNAŚ Dariusz</b>	<b>284</b>	BUT BIŁGORAJ ULTRA TRAIL	M40	69	01:11:44	03:08:15	05:06:17	<b>07:13:30.25</b>	<b>07:14:00.25</b>	+02:52:52	8:20	7.2
196	<b>ZUBOWSKI Piotr</b>	<b>786</b>		M40	70	01:18:20	03:17:35	05:03:41	<b>07:12:49.40</b>	<b>07:14:01.75</b>	+02:52:53	8:19	7.2
197	<b>KUŚ Gabriela</b>	<b>505</b>	KB MCKIS JAWORZNO	K40	12	01:15:07	03:10:55	05:04:11	<b>07:13:00.30</b>	<b>07:14:07.10</b>	+02:52:58	8:19	7.2
198	<b>KORYTEK Piotr</b>	<b>474</b>	WITKOWO BIEGA	M40	71	01:11:37	03:06:17	05:06:19	<b>07:13:25.20</b>	<b>07:14:09.90</b>	+02:53:01	8:20	7.2
199	<b>SUŁKOWSKA Lidia</b>	<b>683</b>		K30	15	01:16:30	03:20:08	05:09:29	<b>07:13:54.80</b>	<b>07:14:54.30</b>	+02:53:46	8:20	7.2
200	<b>LENKIEWICZ Artur</b>	<b>519</b>		M30	66	01:02:44	02:54:13	04:57:33	<b>07:14:47.10</b>	<b>07:15:11.05</b>	+02:54:02	8:21	7.2
201	<b>JĘDRZEJCZYK Konrad</b>	<b>417</b>		M20	13	01:12:17	03:06:44	05:02:01	<b>07:14:02.85</b>	<b>07:15:20.65</b>	+02:54:12	8:20	7.2
202	<b>BOHDANOWICZ Krystian</b>	<b>299</b>	WKURW_TEAM	M30	67	01:06:49	03:00:46	04:56:29	<b>07:15:09.45</b>	<b>07:15:28.55</b>	+02:54:20	8:22	7.2
203	<b>SZCZEPANIAK Angelika</b>	<b>690</b>	WKURW_TEAM	K30	16	01:06:50	03:00:46	04:56:32	<b>07:15:09.70</b>	<b>07:15:28.70</b>	+02:54:20	8:22	7.2
204	<b>GŁOWACKI Krzysztof</b>	<b>370</b>	WKURW_TEAM	M30	68	01:06:48	03:00:44	04:56:32	<b>07:15:11.15</b>	<b>07:15:29.35</b>	+02:54:21	8:22	7.2
205	<b>KŁOSOK Adam</b>	<b>453</b>	INŻYNIERIA BIEGANIA TEAM	M40	72	01:04:33	02:56:37	04:53:32	<b>07:16:01.95</b>	<b>07:16:08.80</b>	+02:55:00	8:23	7.2
206	<b>GIBAŁA Marcin</b>	<b>365</b>	FUNDACJA AUXILIUM	M40	73	01:10:15	03:02:26	05:04:51	<b>07:16:39.95</b>	<b>07:16:52.60</b>	+02:55:44	8:23	7.1
207	<b>KUKLA Marcin</b>	<b>496</b>	RYSIK RUNNERS	M50	16	01:07:51	03:04:30	05:01:36	<b>07:16:49.80</b>	<b>07:17:11.90</b>	+02:56:03	8:24	7.1
208	<b>SULIK Agnieszka</b>	<b>681</b>	WARSAW MASTERS TEAM	K30	17	01:00:00	02:39:20	04:21:53	<b>07:17:24.10</b>	<b>07:17:34.35</b>	+02:56:26	8:24	7.1
209	<b>KANDEFER Beata</b>	<b>431</b>	KB ATHLETIC ZRĘCIN	K40	13	01:02:26	02:48:12	04:53:25	<b>07:17:45.35</b>	<b>07:17:47.95</b>	+02:56:39	8:25	7.1
210	<b>MOJEK Michał</b>	<b>570</b>	BIEGACZE SPECJALNEJ TROSKI	M30	69	01:09:46	03:01:10	05:01:16	<b>07:17:52.35</b>	<b>07:18:17.65</b>	+02:57:09	8:25	7.1
211	<b>SŁABOŃ Mariusz</b>	<b>661</b>	KIWK-A BIEGA	M40	74	01:06:34	03:02:47	05:01:29	<b>07:18:15.30</b>	<b>07:18:25.85</b>	+02:57:17	8:25	7.1
212	<b>WRÓBEL Stanisław</b>	<b>757</b>	WKURW_TEAM	M20	14	01:01:31	02:41:18	04:34:02	<b>07:20:09.55</b>	<b>07:20:24.60</b>	+02:59:16	8:27	7.1
213	<b>GRONCZEWSKI Artur</b>	<b>379</b>	FMW RUNNERS	M40	75	01:10:19	03:04:21	04:58:51	<b>07:20:13.55</b>	<b>07:20:28.00</b>	+02:59:19	8:27	7.1
214	<b>MROZEK Grzegorz</b>	<b>571</b>		M40	76	01:09:50	03:00:50	05:04:36	<b>07:20:20.50</b>	<b>07:21:02.50</b>	+02:59:54	8:28	7.1
215	<b>TUROSZ Zbigniew</b>	<b>716</b>		M60	4	01:08:02	03:00:47	04:57:54	<b>07:21:35.40</b>	<b>07:21:50.75</b>	+03:00:42	8:29	7.1
216	<b>KRUPA Grzegorz</b>	<b>487</b>	ANWIL TEAM	M40	77	01:09:29	02:58:56	04:52:28	<b>07:21:46.85</b>	<b>07:22:17.50</b>	+03:01:09	8:29	7.1
217	<b>KARPACZ Katarzyna</b>	<b>437</b>		K50	2	01:06:49	03:02:40	05:02:42	<b>07:23:08.35</b>	<b>07:23:17.05</b>	+03:02:08	8:31	7

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	52km	52km			
218	<b>KOWALCZYK Grzegorz</b>	<b>478</b>	NIE	M40	78	01:16:37	03:07:15	05:05:40	<b>07:22:21.00</b>	<b>07:23:17.95</b>	+03:02:09	8:30	7.1
219	<b>BĘBENISTA Błażej</b>	<b>286</b>		M30	70	01:13:13	03:03:54	05:02:46	<b>07:22:43.70</b>	<b>07:23:21.45</b>	+03:02:13	8:30	7
220	<b>WASIEWICZ Adam</b>	<b>729</b>	TRENERBIEGANIA.PL	M30	71	01:14:27	03:10:44	05:12:01	<b>07:22:57.15</b>	<b>07:23:35.80</b>	+03:02:27	8:31	7
221	<b>WASIEWICZ Jolanta</b>	<b>730</b>	MEE	K30	18	01:14:31	03:10:58	05:12:02	<b>07:22:57.45</b>	<b>07:23:35.85</b>	+03:02:27	8:31	7
222	<b>WŁODARCZYK Łukasz</b>	<b>745</b>		M40	79	01:10:09	03:00:53	05:05:23	<b>07:23:12.15</b>	<b>07:23:38.25</b>	+03:02:30	8:31	7
223	<b>WITOWSKI Łukasz</b>	<b>744</b>		M30	72	01:12:06	03:07:14	05:08:52	<b>07:23:07.60</b>	<b>07:23:38.85</b>	+03:02:30	8:31	7
224	<b>DUKATA Grzegorz</b>	<b>341</b>	MGGW	M40	80	01:13:06	03:09:53	05:06:47	<b>07:23:27.85</b>	<b>07:23:41.45</b>	+03:02:33	8:31	7
225	<b>PIASNY Paweł</b>	<b>615</b>		M40	81	01:13:07	03:09:53	05:06:47	<b>07:23:28.15</b>	<b>07:23:41.75</b>	+03:02:33	8:31	7
226	<b>KOCHANIEC Waldemar</b>	<b>459</b>	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M40	82	01:08:26	03:00:26	05:00:36	<b>07:24:03.10</b>	<b>07:25:05.55</b>	+03:03:57	8:32	7
227	<b>BINEK Mariusz</b>	<b>292</b>	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M40	83	01:04:27	02:50:16	04:50:57	<b>07:25:07.10</b>	<b>07:25:44.45</b>	+03:04:36	8:33	7
228	<b>LISOWSKI Michał</b>	<b>529</b>		M20	15	01:15:12	03:03:54	05:01:17	<b>07:24:52.75</b>	<b>07:25:49.80</b>	+03:04:41	8:33	7
229	<b>BOGUCKI Michał</b>	<b>297</b>		M40	84	01:08:01	03:09:20	05:10:21	<b>07:25:58.10</b>	<b>07:26:11.70</b>	+03:05:03	8:34	7
230	<b>ŻOŁDAK Przemysław</b>	<b>791</b>	PIĄTKOWO NA BIEGOWO	M40	85	01:14:58	03:12:17	05:09:25	<b>07:27:09.50</b>	<b>07:28:12.05</b>	+03:07:03	8:35	7
231	<b>PAKULSKA Magdalena</b>	<b>600</b>	BLUE SKY TRAVEL	K40	14	01:14:59	03:12:17	05:09:25	<b>07:27:10.40</b>	<b>07:28:12.30</b>	+03:07:04	8:35	7
232	<b>BEREZOWSKI Waldemar</b>	<b>283</b>	PGE RUN OBRÓT	M40	86	01:04:33	02:52:49	04:58:21	<b>07:27:44.10</b>	<b>07:28:15.45</b>	+03:07:07	8:36	7
233	<b>SZMUC Jacek</b>	<b>693</b>	MYSZKÓW BIEGA	M40	87	01:17:38	03:15:14	05:09:25	<b>07:28:02.25</b>	<b>07:28:27.20</b>	+03:07:19	8:36	7
234	<b>WALERJAN-RUSEK Agnieszka</b>	<b>724</b>	AZS AWF KRAKÓW MASTERS	K40	15	01:07:52	03:03:18	05:06:51	<b>07:29:04.95</b>	<b>07:29:15.55</b>	+03:08:07	8:38	6.9
235	<b>POLLAK Jan</b>	<b>624</b>		M40	88	01:18:18	03:23:31	05:21:38	<b>07:28:16.45</b>	<b>07:29:16.00</b>	+03:08:07	8:37	7
236	<b>MALECKA-LEŃ Patrycja</b>	<b>546</b>	SANTANDERRUNNERSTEAM	K30	19	01:05:48	03:16:01	05:16:31	<b>07:29:47.40</b>	<b>07:29:53.35</b>	+03:08:45	8:39	6.9
237	<b>WICZKOWSKI Gabriel</b>	<b>733</b>	ANWIL TEAM	M50	17	01:10:06	03:06:12	05:05:51	<b>07:29:22.90</b>	<b>07:29:54.15</b>	+03:08:46	8:38	6.9
238	<b>KALKA Jan</b>	<b>429</b>		M30	73	01:12:48	03:05:42	05:07:26	<b>07:30:01.65</b>	<b>07:31:12.55</b>	+03:10:04	8:39	6.9
239	<b>KUCHARCZYK Robert</b>	<b>494</b>	SILESIA RUNNERS CLUB	M40	89	01:12:48	03:05:43	05:08:11	<b>07:30:02.35</b>	<b>07:31:12.65</b>	+03:10:04	8:39	6.9
240	<b>KOZAK Filip</b>	<b>479</b>	NGB KŁOBUCK	M40	90	01:08:36	03:05:03	05:09:28	<b>07:30:44.40</b>	<b>07:31:13.85</b>	+03:10:05	8:40	6.9
241	<b>GAJDA Mateusz</b>	<b>359</b>	SKAWINA BIEGA	M30	74	01:15:22	03:10:45	05:10:14	<b>07:31:01.90</b>	<b>07:32:09.65</b>	+03:11:01	8:40	6.9
242	<b>FOĆ Grzegorz</b>	<b>356</b>		M40	91	04:59:32			<b>07:32:06.50</b>	<b>07:32:53.00</b>	+03:11:44	8:41	6.9
243	<b>MATUSIAK Arkadiusz</b>	<b>551</b>		M40	92	01:15:06	03:12:18	05:11:49	<b>07:32:51.35</b>	<b>07:33:18.60</b>	+03:12:10	8:42	6.9
244	<b>WOLF Weronika</b>	<b>753</b>	POZYTYWNE ZABIEGI SANOK, 3PBOT	K40	16	01:15:45	03:17:46	05:20:29	<b>07:32:59.55</b>	<b>07:33:36.50</b>	+03:12:28	8:42	6.9
245	<b>KORCZYC Anna</b>	<b>468</b>	INDYWIDUALNIE	K20	6	01:15:44	03:17:45	05:20:28	<b>07:33:03.80</b>	<b>07:33:40.00</b>	+03:12:31	8:42	6.9
246	<b>RÓŻAK-RUKUSZEWICZ Magdalena</b>	<b>642</b>	DZIKIE GRUBASY SZATANA	K40	17	01:11:23	03:09:58	05:09:17	<b>07:32:40.00</b>	<b>07:33:51.95</b>	+03:12:43	8:42	6.9
247	<b>MURZYN Krysia</b>	<b>572</b>	DKB	K40	18	01:07:35	03:02:56	05:04:29	<b>07:33:33.65</b>	<b>07:34:03.25</b>	+03:12:55	8:43	6.9
248	<b>WITEK Wojciech</b>	<b>743</b>		M30	75	01:11:26	03:06:45	05:12:40	<b>07:34:21.35</b>	<b>07:34:34.70</b>	+03:13:26	8:44	6.9



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						12km	P3_Solinka 26km	P2_Roztoki 38km					
249	<b>DUBIŃSKI Jarosław</b>	<b>340</b>	BBL ZDUŃSKA WOLA	M40	93	01:11:30	03:09:00	05:16:36	<b>07:34:48.60</b>	<b>07:35:29.95</b>	+03:14:21	8:44	6.9
250	<b>ADAMCZYK Aneta</b>	<b>266</b>		K40	19	01:16:34	03:17:30	05:16:36	<b>07:34:39.45</b>	<b>07:35:38.20</b>	+03:14:30	8:44	6.9
251	<b>PAWLAK Bartosz</b>	<b>609</b>		M40	94	01:15:10	03:16:40	05:18:46	<b>07:35:15.95</b>	<b>07:36:13.70</b>	+03:15:05	8:45	6.9
252	<b>JAMBOR Michał</b>	<b>403</b>	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	95	01:15:10	03:16:40	05:18:46	<b>07:35:15.30</b>	<b>07:36:13.85</b>	+03:15:05	8:45	6.9
253	<b>FIGIEL Bartosz</b>	<b>350</b>		M30	76	01:06:39	03:10:47	05:18:38	<b>07:35:07.55</b>	<b>07:36:14.95</b>	+03:15:06	8:45	6.9
254	<b>PEKALA Rafał</b>	<b>611</b>		M30	77	01:17:33	03:11:48	05:13:32	<b>07:35:28.25</b>	<b>07:36:24.30</b>	+03:15:16	8:45	6.9
255	<b>GARBOWSKA Monika</b>	<b>362</b>	COMPAÑEROS ASFALT TEAM	K40	20	01:14:20	03:21:00	05:31:33	<b>07:36:21.20</b>	<b>07:36:43.75</b>	+03:15:35	8:46	6.8
256	<b>STĘPIEŃ Wojciech</b>	<b>678</b>	COMPAÑEROS ASFALT TEAM	M40	96	01:14:19	03:21:02	05:31:12	<b>07:36:21.25</b>	<b>07:36:44.00</b>	+03:15:35	8:46	6.8
257	<b>STANEK Marzena</b>	<b>670</b>	WKURW_TEAM	K40	21	01:14:01	03:14:44	05:19:17	<b>07:36:56.85</b>	<b>07:37:44.75</b>	+03:16:36	8:47	6.8
258	<b>BŁĄDEK Piotr</b>	<b>294</b>	PROSWIM	M30	78	01:10:13	03:10:48	05:16:57	<b>07:37:24.60</b>	<b>07:38:25.85</b>	+03:17:17	8:47	6.8
259	<b>BRZOZOWSKI Łukasz</b>	<b>308</b>	BIKE EQUIPA SANDOMIERZ	M30	79	01:04:53	02:45:39	04:35:15	<b>07:38:12.15</b>	<b>07:38:30.90</b>	+03:17:22	8:48	6.8
260	<b>BOCHENEK Michał</b>	<b>296</b>	INFINITY-GYM	M30	80	01:08:32	03:03:30	05:12:26	<b>07:38:53.40</b>	<b>07:39:03.25</b>	+03:17:55	8:49	6.8
261	<b>BEBEN Robert</b>	<b>280</b>	OSTROBIEC	M40	97	01:15:34	03:26:04	05:26:00	<b>07:38:24.55</b>	<b>07:39:18.50</b>	+03:18:10	8:48	6.8
261	<b>SŁOWIK Justyna</b>	<b>662</b>	OSTROBIEC	K30	20	01:15:33	03:25:54	05:25:59	<b>07:38:23.85</b>	<b>07:39:18.50</b>	+03:18:10	8:48	6.8
261	<b>MATRACKI Sebastian</b>	<b>1241</b>	OSTROBIEC	M30	81	01:15:36	03:25:59	05:22:31	<b>07:38:25.85</b>	<b>07:39:18.50</b>	+03:18:10	8:48	6.8
264	<b>KARGUL Zbigniew</b>	<b>436</b>	OSTROBIEC	M40	98	01:09:08	03:01:23	05:14:07	<b>07:38:29.00</b>	<b>07:39:18.60</b>	+03:18:10	8:49	6.8
265	<b>MIELCZAREK Daniel</b>	<b>561</b>	ROZBIEGAJMY RADOMSKO	M40	99	01:07:25	03:03:03	05:11:55	<b>07:38:29.60</b>	<b>07:39:22.25</b>	+03:18:14	8:49	6.8
266	<b>KUŚMIERCZYK Piotr</b>	<b>506</b>	ROZBIEGAJMY RADOMSKO	M40	100	01:07:24	03:03:02	05:11:54	<b>07:38:28.90</b>	<b>07:39:22.45</b>	+03:18:14	8:49	6.8
267	<b>NAWROCKI Wojciech</b>	<b>581</b>		M40	101	01:13:53	03:04:35	05:10:10	<b>07:39:15.40</b>	<b>07:39:23.35</b>	+03:18:15	8:49	6.8
268	<b>HOJDA Mariusz</b>	<b>395</b>	HOJDA.NET	M40	102	01:17:43	03:14:11	05:19:51	<b>07:39:05.60</b>	<b>07:39:23.65</b>	+03:18:15	8:49	6.8
269	<b>SOKALSKI Grzegorz</b>	<b>300</b>		M40	103	01:06:08	03:15:35	05:23:16	<b>07:39:27.35</b>	<b>07:40:00.55</b>	+03:18:52	8:50	6.8
270	<b>PRZYGODA Michał</b>	<b>631</b>		M30	82	01:13:24	03:10:15	05:09:03	<b>07:40:36.50</b>	<b>07:41:40.60</b>	+03:20:32	8:51	6.8
271	<b>PAŁUBSKI Andrzej</b>	<b>602</b>	TECHGIS TEAM	M40	104	01:16:22	03:19:26	05:20:41	<b>07:41:06.95</b>	<b>07:42:02.05</b>	+03:20:53	8:52	6.8
272	<b>NAMIOTA Urszula</b>	<b>576</b>	MARATOŃCZYK DĘBICA	K50	3	01:12:22	03:21:05	05:27:23	<b>07:41:33.05</b>	<b>07:42:20.50</b>	+03:21:12	8:52	6.8
273	<b>MATYSIAK Daniel</b>	<b>553</b>	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M30	83	01:08:33	03:00:50	04:55:11	<b>07:41:43.55</b>	<b>07:42:21.10</b>	+03:21:12	8:52	6.8
274	<b>ZADORA Dorota</b>	<b>767</b>		K40	22	01:16:59	03:24:17	05:25:53	<b>07:41:41.50</b>	<b>07:42:25.95</b>	+03:21:17	8:52	6.8
275	<b>KOSMĘDA Piotr Michał</b>	<b>476</b>		M40	105	01:16:58	03:19:16	05:25:47	<b>07:41:41.85</b>	<b>07:42:26.25</b>	+03:21:18	8:52	6.8
276	<b>ŻMUDKA Bartek</b>	<b>789</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZAM	M40	106	01:09:01	03:09:44	05:13:01	<b>07:42:41.25</b>	<b>07:43:34.35</b>	+03:22:26	8:53	6.7
277	<b>WYSOCKI Tomasz</b>	<b>763</b>	OCHAJORUN&FRIENDS	M40	107	01:09:03	03:09:46	05:13:05	<b>07:42:42.95</b>	<b>07:43:36.10</b>	+03:22:27	8:53	6.7
278	<b>WILK Krzysztof</b>	<b>737</b>		M40	108	01:13:09	03:13:56	05:18:04	<b>07:43:21.25</b>	<b>07:43:53.00</b>	+03:22:44	8:54	6.7
279	<b>STEMPLEWSKI Łukasz</b>	<b>675</b>		M30	84	01:09:57	03:01:05	04:57:30	<b>07:42:55.45</b>	<b>07:44:12.95</b>	+03:23:04	8:54	6.7
280	<b>KWIATKOWSKI Kajetan</b>	<b>512</b>	KUCE Z BRONKSU	M30	85	01:05:34	03:02:39	05:19:03	<b>07:44:07.50</b>	<b>07:44:29.05</b>	+03:23:20	8:55	6.7
281	<b>TROJNAR Damian</b>	<b>715</b>	KS JANUSZE	M30	86	01:14:00	03:24:23	05:32:07	<b>07:43:30.70</b>	<b>07:44:32.65</b>	+03:23:24	8:54	6.7
282	<b>NOLL Dariusz</b>	<b>585</b>	TRIUNLIMITED	M40	109	01:14:26	03:11:53	05:13:21	<b>07:44:36.40</b>	<b>07:45:09.35</b>	+03:24:01	8:56	6.7
283	<b>ZAURSKI Piotr</b>	<b>775</b>		M40	110	01:18:08	03:11:50	05:13:06	<b>07:44:36.15</b>	<b>07:45:09.40</b>	+03:24:01	8:56	6.7

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	52km	52km			
284	<b>MICHALSKI Jarosław</b>	<b>559</b>	HETMAN TARNOWSKIE GÓRY	M30	87	01:11:47	03:10:35	05:16:56	<b>07:44:55.25</b>	<b>07:45:25.40</b>	+03:24:17	8:56	6.7
285	<b>LIS Arkadiusz</b>	<b>528</b>	NOGIZETRE	M30	88	01:18:40	03:17:04	05:20:07	<b>07:44:21.80</b>	<b>07:45:31.00</b>	+03:24:22	8:55	6.7
285	<b>BRZEZIŃSKI Cezary</b>	<b>307</b>		M50	18	01:13:26	03:11:45	05:13:53	<b>07:45:21.80</b>	<b>07:45:31.00</b>	+03:24:22	8:56	6.7
287	<b>DOMINIK Mariusz</b>	<b>1083</b>	BUT BIŁGORAJ	M40	111	01:11:42	03:06:24	05:19:11	<b>07:45:01.40</b>	<b>07:45:31.55</b>	+03:24:23	8:56	6.7
288	<b>BOGUTA Monika</b>	<b>298</b>		K30	21	01:09:42	03:09:33	05:14:50	<b>07:44:46.65</b>	<b>07:45:45.40</b>	+03:24:37	8:56	6.7
289	<b>GROS Anna</b>	<b>381</b>	SKAWINA BIEGA	K40	23	01:16:31	03:23:16	05:21:47	<b>07:44:40.20</b>	<b>07:45:48.35</b>	+03:24:40	8:56	6.7
290	<b>SIWEK Wojciech</b>	<b>654</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M20	16	01:14:00	03:12:41	05:19:59	<b>07:45:44.35</b>	<b>07:46:12.10</b>	+03:25:03	8:57	6.7
291	<b>IDZIOR Tomasz</b>	<b>397</b>		M20	17	01:12:17	03:18:54	05:26:04	<b>07:46:04.70</b>	<b>07:46:27.25</b>	+03:25:19	8:57	6.7
292	<b>OLEJNIK Marcin</b>	<b>590</b>	12TRI	M30	89	01:19:10	03:14:57	05:18:23	<b>07:45:29.20</b>	<b>07:46:32.25</b>	+03:25:24	8:57	6.7
293	<b>PIĄTEK Rafał</b>	<b>616</b>	OBLEŚNI BIEGACZE	M30	90	01:13:57	03:12:41	05:20:00	<b>07:46:32.15</b>	<b>07:46:59.55</b>	+03:25:51	8:58	6.7
294	<b>DĘBSKA Marta</b>	<b>333</b>	ZIELONEBIEGANIE.PL	K20	7	01:17:14	03:20:23	05:23:08	<b>07:46:31.70</b>	<b>07:47:18.60</b>	+03:26:10	8:58	6.7
295	<b>LESIAK Filip</b>	<b>520</b>	SKAWINA BIEGA	M40	112	01:15:25	03:11:01	05:14:12	<b>07:46:13.20</b>	<b>07:47:21.65</b>	+03:26:13	8:57	6.7
296	<b>KANIEWSKI Paweł</b>	<b>432</b>	MOCNO W PRAWO TEAM	M20	18	01:06:07	03:02:32	05:18:50	<b>07:46:52.30</b>	<b>07:47:25.75</b>	+03:26:17	8:58	6.7
297	<b>DUBIJ Albert</b>	<b>339</b>	BIALYSTOK BIEGA TEAM	M40	113	01:15:49	03:18:53	05:20:47	<b>07:48:33.05</b>	<b>07:49:52.35</b>	+03:28:44	9:00	6.7
298	<b>STEUER Sylwester</b>	<b>677</b>	BIALYSTOK BIEGA TEAM	M30	91	01:17:01	03:17:58	05:20:07	<b>07:48:33.10</b>	<b>07:49:52.50</b>	+03:28:44	9:00	6.7
299	<b>JAKIMIUK Marek</b>	<b>402</b>	NATURAL EPO MULTISPORT	M40	114	01:21:43	03:25:56	05:24:22	<b>07:50:04.40</b>	<b>07:50:13.40</b>	+03:29:05	9:02	6.6
300	<b>KULAKOWSKI Piotr</b>	<b>497</b>	CZŁAPACZE	M60	5	01:16:22	03:19:00	05:22:21	<b>07:49:11.00</b>	<b>07:50:17.45</b>	+03:29:09	9:01	6.6
301	<b>WALUŚKIEWICZ Artur</b>	<b>725</b>		M50	19	01:11:21	02:52:40	05:05:48	<b>07:50:34.00</b>	<b>07:50:51.60</b>	+03:29:43	9:02	6.6
302	<b>KUFERA Dariusz</b>	<b>495</b>	FRAPOL RAZEM!	M40	115	01:17:51	03:15:42	05:22:10	<b>07:49:44.70</b>	<b>07:50:53.40</b>	+03:29:45	9:02	6.6
303	<b>ABULEWICZ Wojciech</b>	<b>265</b>	TRENING STUDIO 17	M50	20	01:21:36	03:32:30	05:37:19	<b>07:50:59.45</b>	<b>07:51:48.20</b>	+03:30:40	9:03	6.6
304	<b>TYMOSZUK Michał</b>	<b>720</b>	WKURW_TEAM	M40	116	01:07:49	03:08:00	05:27:59	<b>07:51:47.25</b>	<b>07:51:55.05</b>	+03:30:46	9:04	6.6
305	<b>KRASOWSKI Mateusz</b>	<b>481</b>		M30	92	01:14:00	03:24:24	05:32:19	<b>07:50:57.60</b>	<b>07:51:59.50</b>	+03:30:51	9:03	6.6
306	<b>KRASOWSKI Łukasz</b>	<b>482</b>	PROSWIM	M30	93	01:14:26	03:24:23	05:32:18	<b>07:50:57.30</b>	<b>07:51:59.65</b>	+03:30:51	9:03	6.6
307	<b>ZGLIŃSKI Bartłomiej</b>	<b>778</b>	WKURW_TEAM TORUŃ	M30	94	01:15:27	03:16:06	05:21:54	<b>07:51:29.30</b>	<b>07:52:17.25</b>	+03:31:09	9:04	6.6
307	<b>SAMBORSKI Bartosz</b>	<b>651</b>	WKURW_TEAM	M40	117	01:15:05	03:15:45	05:19:45	<b>07:51:09.15</b>	<b>07:52:17.25</b>	+03:31:09	9:03	6.6
309	<b>MADAJ Paweł</b>	<b>541</b>	BIEGAM, BO NIE LUBIĘ	M40	118	01:13:00	03:10:56	05:23:02	<b>07:51:17.20</b>	<b>07:52:22.70</b>	+03:31:14	9:03	6.6
310	<b>BRYSZEWSKA Marta</b>	<b>304</b>		K40	24	01:27:48	03:38:08	05:37:57	<b>07:51:53.50</b>	<b>07:52:52.10</b>	+03:31:43	9:04	6.6
311	<b>PUZIO Waldemar</b>	<b>804</b>	MARATOŃCZYK DĘBICA	M60	6	01:15:53	03:21:00	05:35:24	<b>07:52:00.25</b>	<b>07:52:52.60</b>	+03:31:44	9:04	6.6
312	<b>ROŻKO Krzysztof</b>	<b>641</b>	4ROŻKI	M40	119	01:19:29	03:24:39	05:29:10	<b>07:52:48.90</b>	<b>07:53:45.50</b>	+03:32:37	9:05	6.6
313	<b>OSTROWSKI Paweł</b>	<b>596</b>	REHMEDICA.PL	M30	95	01:14:37	03:11:23	05:19:15	<b>07:53:41.45</b>	<b>07:54:46.40</b>	+03:33:38	9:06	6.6
314	<b>GRUSZCZYŃSKI Mateusz</b>	<b>382</b>		M30	96	01:06:09	03:06:04	05:18:55	<b>07:55:00.50</b>	<b>07:55:34.25</b>	+03:34:26	9:08	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						12km	P3_Solinka 26km	P2_Roztoki 38km					
315	<b>STEPANCZENKO Rafał</b>	<b>676</b>	BIAŁYSTOK BIEGA TEAM	M30	97	01:15:53	03:17:57	05:26:44	<b>07:54:32.45</b>	<b>07:55:51.80</b>	+03:34:43	9:07	6.6
316	<b>BIESZCZAD Ilona</b>	<b>290</b>		K30	22	01:11:39	03:17:45	05:28:10	<b>07:55:29.05</b>	<b>07:56:12.05</b>	+03:35:03	9:08	6.6
317	<b>STANISZEWSKA Joanna</b>	<b>671</b>	SPC	K30	23	01:16:39	03:21:52	05:28:26	<b>07:55:04.65</b>	<b>07:56:16.00</b>	+03:35:07	9:08	6.6
318	<b>KOTOMSKA Renata</b>	<b>477</b>		K40	25	01:14:10	03:19:37	05:25:35	<b>07:56:31.65</b>	<b>07:57:18.60</b>	+03:36:10	9:09	6.5
319	<b>DEC Anna</b>	<b>824</b>	OTK NA RELAXIE	K40	26	01:12:26	03:14:19	05:27:39	<b>07:57:35.80</b>	<b>07:57:42.25</b>	+03:36:34	9:11	6.5
320	<b>MACZKA Bronisław</b>	<b>823</b>	OTK NA RELAXIE	M60	7	01:12:25	03:14:18	05:27:40	<b>07:57:35.95</b>	<b>07:57:42.40</b>	+03:36:34	9:11	6.5
321	<b>PRZYKUCKI Robert</b>	<b>632</b>	NO EXCUSES TEAM	M40	120	01:11:36	03:09:27	05:18:25	<b>07:57:10.25</b>	<b>07:57:55.40</b>	+03:36:47	9:10	6.5
322	<b>KASPRZAK Maciej</b>	<b>440</b>	ATR/ WKURW_TEAM	M20	19	01:11:36	03:07:07	05:18:25	<b>07:57:10.05</b>	<b>07:57:55.75</b>	+03:36:47	9:10	6.5
323	<b>JĘDRZEJCZAK Anna</b>	<b>1150</b>	KB JAWORZNO	K40	27	01:16:46	03:19:47	05:26:52	<b>07:56:57.75</b>	<b>07:58:05.10</b>	+03:36:56	9:10	6.5
324	<b>MAKA Wojciech</b>	<b>555</b>	TRIWAWA	M40	121	01:16:07	03:12:58	05:27:11	<b>07:57:24.60</b>	<b>07:58:13.40</b>	+03:37:05	9:10	6.5
325	<b>KARANOS Tadeusz</b>	<b>434</b>	RKB HAJNÓWKA	M60	8	01:08:54	03:08:45	05:27:40	<b>07:58:58.45</b>	<b>07:59:03.35</b>	+03:37:55	9:12	6.5
326	<b>WALKOWSKI Tomasz</b>	<b>796</b>	JACEK BIEGA RUNNING TEAM	M50	21	01:09:24	03:15:31	05:22:59	<b>07:59:09.20</b>	<b>07:59:26.85</b>	+03:38:18	9:12	6.5
327	<b>ZIEMSKI Maciej</b>	<b>783</b>	VEGERUNNERS	M30	98	01:18:18	03:23:29	05:28:39	<b>07:58:33.20</b>	<b>07:59:33.50</b>	+03:38:25	9:12	6.5
328	<b>SYPNIEWSKI Szymon</b>	<b>686</b>	DANIEL WOSIK TERVEL TEAM	M30	99	01:14:43	03:18:44	05:27:33	<b>07:59:56.70</b>	<b>08:00:24.85</b>	+03:39:16	9:13	6.5
329	<b>RACZYŃSKI Czesław</b>	<b>799</b>		M40	122	01:11:31	03:12:27	05:32:35	<b>08:00:18.40</b>	<b>08:00:36.15</b>	+03:39:28	9:14	6.5
330	<b>NECZAJ-RACZYŃSKA Anna</b>	<b>798</b>		K40	28	01:11:30	03:12:27	05:32:34	<b>08:00:18.60</b>	<b>08:00:36.45</b>	+03:39:28	9:14	6.5
331	<b>RÓŻYCKI Konrad</b>	<b>643</b>		M50	22	01:16:09	03:26:26	05:34:45	<b>08:00:31.30</b>	<b>08:00:43.05</b>	+03:39:34	9:14	6.5
332	<b>ZIELIŃSKA Beata</b>	<b>780</b>		K30	24	01:16:52	03:27:24	05:36:19	<b>08:00:32.55</b>	<b>08:00:43.25</b>	+03:39:35	9:14	6.5
333	<b>HUSZCZA Paweł</b>	<b>396</b>		M30	100	01:12:58	03:10:27	05:24:11	<b>07:59:32.95</b>	<b>08:00:47.95</b>	+03:39:39	9:13	6.5
334	<b>BACZEWSKA Klaudia</b>	<b>272</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	K20	8	01:09:07	03:08:27	05:15:31	<b>08:00:42.25</b>	<b>08:00:49.50</b>	+03:39:41	9:14	6.5
335	<b>KORNOSZ Paweł</b>	<b>472</b>	CORDIGO FAMILY	M40	123	01:16:23	03:21:17	05:29:59	<b>08:01:07.25</b>	<b>08:01:25.30</b>	+03:40:17	9:15	6.5
336	<b>KUBALA Sylwester</b>	<b>491</b>		M40	124	01:15:38	03:21:57	05:27:31	<b>08:00:41.05</b>	<b>08:01:37.45</b>	+03:40:29	9:14	6.5
337	<b>JANKOWSKI Rafał</b>	<b>406</b>	KOŁO BIEGA	M30	101	01:16:53	03:23:58	05:37:06	<b>08:01:39.10</b>	<b>08:01:43.40</b>	+03:40:35	9:15	6.5
338	<b>PAWLAK Jarosław</b>	<b>1287</b>	KOŁO BIEGA	M30	102	01:16:54	03:23:59	05:34:15	<b>08:01:41.05</b>	<b>08:01:44.60</b>	+03:40:36	9:15	6.5
339	<b>CHOJECKI Mateusz</b>	<b>315</b>		M20	20	01:22:56	03:32:20	05:36:11	<b>08:00:50.20</b>	<b>08:01:45.05</b>	+03:40:36	9:14	6.5
340	<b>KWAPIEŃ Karolina</b>	<b>509</b>	VEGE RUNNERS	K30	25	01:11:47	03:25:26	05:36:14	<b>08:02:14.05</b>	<b>08:02:27.85</b>	+03:41:19	9:16	6.5
341	<b>SKUBIS Grzegorz</b>	<b>660</b>		M30	103	01:16:26	03:18:05	05:27:39	<b>08:02:48.85</b>	<b>08:03:11.30</b>	+03:42:03	9:17	6.5
342	<b>TOCZEWSKA Anna</b>	<b>714</b>	JACEKBIEGA RUNNIG TEAM	K50	4	01:13:11	03:18:14	05:27:21	<b>08:02:53.65</b>	<b>08:03:44.15</b>	+03:42:36	9:17	6.5
343	<b>LEGENC Łukasz</b>	<b>516</b>	WEDRUJZOCZKAMI.PL	M20	21	01:13:53	03:16:23	05:34:10	<b>08:02:45.65</b>	<b>08:04:06.15</b>	+03:42:58	9:17	6.5
344	<b>ŻOŁĄDEK Anna</b>	<b>790</b>		K30	26	01:20:07	03:30:53	05:37:51	<b>08:03:31.30</b>	<b>08:04:10.25</b>	+03:43:02	9:17	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						12km	P3_Solinka 26km	P2_Roztoki 38km					
345	<b>GRZEGORZEWSKA Aneta</b>	<b>387</b>		K30	27	01:15:10	03:21:14	05:31:50	<b>08:03:48.55</b>	<b>08:04:33.45</b>	+03:43:25	9:18	6.4
346	<b>ZAJĄC Paweł</b>	<b>770</b>	CROSS HEROES - OGIENI!	M30	104	01:13:26	03:19:55	05:28:52	<b>08:03:59.30</b>	<b>08:04:40.60</b>	+03:43:32	9:18	6.4
347	<b>ROGAŁA Katarzyna</b>	<b>637</b>		K40	29	01:15:39	03:25:28	05:35:52	<b>08:04:38.10</b>	<b>08:05:17.75</b>	+03:44:09	9:19	6.4
348	<b>CZYŻEWSKA Mariola</b>	<b>329</b>	DRUŻYNA WILKA	K30	28	01:13:44	03:18:31	05:28:52	<b>08:05:13.05</b>	<b>08:05:21.70</b>	+03:44:13	9:19	6.4
349	<b>KOZŁOWSKA Joanna</b>	<b>480</b>	DRUŻYNA WILKA	K30	29	01:13:44	03:18:31	05:28:53	<b>08:05:12.80</b>	<b>08:05:21.75</b>	+03:44:13	9:19	6.4
350	<b>BARCZEWSKA Agnieszka</b>	<b>797</b>	FC MI SIĘ NIE CHCE	K30	30	01:13:01	03:19:10	05:31:13	<b>08:05:07.60</b>	<b>08:05:22.75</b>	+03:44:14	9:19	6.4
351	<b>SOKOŁOWSKA Agnieszka</b>	<b>665</b>		K30	31	01:12:31	03:17:34	05:29:16	<b>08:04:38.70</b>	<b>08:05:30.65</b>	+03:44:22	9:19	6.4
352	<b>AMBROZIAK Anna</b>	<b>267</b>		K20	9	01:16:34	03:23:29	05:40:16	<b>08:05:17.15</b>	<b>08:05:33.15</b>	+03:44:25	9:19	6.4
353	<b>WOJDA Dariusz</b>	<b>751</b>	DZIKIE DZIKI	M40	125	01:16:33	03:23:30	05:40:17	<b>08:05:16.75</b>	<b>08:05:33.30</b>	+03:44:25	9:19	6.4
354	<b>RORAT Lena</b>	<b>639</b>	CHEŁM BIEGA	K30	32	01:15:37	03:21:47	05:39:19	<b>08:05:26.60</b>	<b>08:06:17.45</b>	+03:45:09	9:20	6.4
355	<b>JAGODZIŃSKA Aleksandra</b>	<b>400</b>	JAGODA TEAM	K40	30	01:12:56	03:21:02	05:32:25	<b>08:06:02.95</b>	<b>08:06:25.50</b>	+03:45:17	9:20	6.4
356	<b>CHILIŃSKI Karol</b>	<b>800</b>		M30	105	01:07:57	03:11:52	05:26:23	<b>08:06:02.00</b>	<b>08:06:26.55</b>	+03:45:18	9:20	6.4
357	<b>DOMAGAŁA Mariusz</b>	<b>336</b>	TUPTUŚOTWOCK	M30	106	01:12:55	03:24:55	05:47:04	<b>08:06:47.85</b>	<b>08:07:26.75</b>	+03:46:18	9:21	6.4
358	<b>MICHALSKI Mateusz</b>	<b>560</b>	BIEG PO ZDRÓJ	M30	107	01:21:31	03:30:47	05:36:52	<b>08:08:01.55</b>	<b>08:08:17.85</b>	+03:47:09	9:23	6.4
359	<b>KOLASIŃSKI Dariusz</b>	<b>461</b>		M20	22	01:10:48	03:10:10	05:21:56	<b>08:07:32.70</b>	<b>08:08:46.55</b>	+03:47:38	9:22	6.4
360	<b>NARTOWSKI Jan</b>	<b>580</b>	MORT!	M60	9	01:17:03	03:26:10	05:35:42	<b>08:08:55.35</b>	<b>08:09:30.85</b>	+03:48:22	9:24	6.4
361	<b>WIŚNIEWSKI Robert</b>	<b>741</b>	WIŚNIA TEAM	M40	126	01:14:15	03:18:56	05:37:00	<b>08:08:37.20</b>	<b>08:09:38.85</b>	+03:48:30	9:23	6.4
362	<b>MALINOWSKI Adrian</b>	<b>547</b>	#CZELADZBIEGA	M40	127	01:18:52	03:30:28	05:36:52	<b>08:09:13.75</b>	<b>08:10:03.55</b>	+03:48:55	9:24	6.4
363	<b>HEBDA-OLSZÓWKA Aleksandra</b>	<b>392</b>	NIGHT RUNNERS GLIWICE	K30	33	01:18:54	03:31:37	05:43:25	<b>08:09:13.75</b>	<b>08:10:03.65</b>	+03:48:55	9:24	6.4
364	<b>SPALIŃSKA Kamila</b>	<b>669</b>	SPARTANIE DZIECIOM	K40	31	01:16:13	03:33:06	05:50:52	<b>08:09:56.10</b>	<b>08:10:06.30</b>	+03:48:58	9:25	6.4
365	<b>OSIEKOWICZ Tomasz</b>	<b>595</b>	DREWNOFORNIR	M50	23	01:21:43	03:31:47	05:44:01	<b>08:10:03.15</b>	<b>08:10:12.20</b>	+03:49:04	9:25	6.4
366	<b>PAWŁOWSKA Elżbieta</b>	<b>610</b>	NOWY STYL GROUP RUNNING TEAM	K30	34	01:11:34	03:17:44	05:35:57	<b>08:09:32.10</b>	<b>08:10:14.95</b>	+03:49:06	9:24	6.4
367	<b>BARTEL Robert</b>	<b>275</b>	STARE BABICE BIEGAJĄ	M40	128	01:16:15	03:22:59	05:44:41	<b>08:10:11.50</b>	<b>08:10:23.45</b>	+03:49:15	9:25	6.4
368	<b>KADECKI Marek</b>	<b>427</b>		M40	129	01:13:58	03:19:33	05:37:29	<b>08:10:52.55</b>	<b>08:11:18.25</b>	+03:50:10	9:26	6.4
369	<b>SKELTON Sarah</b>	<b>657</b>	VEGE RUNNERS	K30	35	01:18:04	03:23:28	05:37:31	<b>08:11:42.95</b>	<b>08:12:03.95</b>	+03:50:55	9:27	6.3
370	<b>RÓŻYCKI Ryszard</b>	<b>810</b>	SOKÓŁ ZAGÓRZ	M60	10	01:20:27	03:28:36	05:33:14	<b>08:12:31.55</b>	<b>08:12:52.45</b>	+03:51:44	9:28	6.3
371	<b>RÓŻYCKA Elżbieta</b>	<b>811</b>	SOKÓŁ ZAGÓRZ	K40	32	01:20:26	03:28:35	05:33:14	<b>08:12:31.60</b>	<b>08:12:52.50</b>	+03:51:44	9:28	6.3
372	<b>JANCZY Agnieszka</b>	<b>404</b>		K40	33	01:16:33	03:20:55	05:27:06	<b>08:12:11.20</b>	<b>08:13:10.60</b>	+03:52:02	9:27	6.3
373	<b>SANECKI Robert</b>	<b>652</b>	SPRINT GORZYCE	M40	130	01:15:38	03:25:38	05:38:57	<b>08:14:16.95</b>	<b>08:14:24.90</b>	+03:53:16	9:30	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						12km	P3_Solinka 26km	P2_Roztoki 38km					
374	<b>CZECHOWSKI Konrad</b>	<b>324</b>	KOPALNIA MOCY	M30	108	01:12:05	03:22:21	05:41:09	<b>08:14:28.90</b>	<b>08:14:32.15</b>	+03:53:24	9:30	6.3
375	<b>KWIECIEŃ - LIPIŃSKA Kamila</b>	<b>513</b>	TIGERS TEAM	K40	34	01:17:25	03:34:27	05:46:47	<b>08:15:36.95</b>	<b>08:15:56.45</b>	+03:54:48	9:31	6.3
375	<b>BIAŁECKI Zbigniew</b>	<b>288</b>		M50	24	01:17:24	03:34:32	05:46:46	<b>08:15:36.85</b>	<b>08:15:56.45</b>	+03:54:48	9:31	6.3
377	<b>SKIBA Maciej</b>	<b>658</b>	SPORTOWE DZBANY	M20	23	01:17:09	03:18:08	05:24:24	<b>08:16:53.70</b>	<b>08:17:39.80</b>	+03:56:31	9:33	6.3
378	<b>WARZYCHA Krzysztof</b>	<b>727</b>	MAXEL	M50	25	01:23:35	03:31:51	05:43:40	<b>08:18:58.45</b>	<b>08:20:01.40</b>	+03:58:53	9:35	6.3
379	<b>LUC Adam</b>	<b>530</b>	BIEGUSIEM.PL	M40	131	01:26:14	03:36:39	05:44:29	<b>08:19:22.45</b>	<b>08:20:06.05</b>	+03:58:57	9:36	6.2
380	<b>WARZYCHA Dawid</b>	<b>728</b>	PKP INTERCITY	M20	24	01:23:37	03:31:51	05:43:43	<b>08:20:10.80</b>	<b>08:21:13.85</b>	+04:00:05	9:37	6.2
381	<b>PIGAN Anna</b>	<b>618</b>	BBL - JAROSŁAW	K40	35	01:15:58	03:25:13	05:44:30	<b>08:20:54.60</b>	<b>08:21:21.45</b>	+04:00:13	9:37	6.2
382	<b>KĘPKA Andrzej</b>	<b>444</b>	PRZEWORSKA GRUPA BIEGOWA	M50	26	01:15:57	03:25:09	05:44:11	<b>08:20:54.50</b>	<b>08:21:21.55</b>	+04:00:13	9:37	6.2
383	<b>BRENER Maciej</b>	<b>302</b>	KUŹNIA TRIATHLONU	M30	109	01:22:27	03:36:37	05:52:27	<b>08:22:39.70</b>	<b>08:23:27.60</b>	+04:02:19	9:40	6.2
384	<b>DAWID Mirosław</b>	<b>331</b>		M50	27	01:14:50	03:18:44	05:41:13	<b>08:23:20.85</b>	<b>08:23:41.20</b>	+04:02:33	9:40	6.2
385	<b>DABROWSKA Agnieszka</b>	<b>330</b>	POZYTYWNIIE ZABIEGANI SANOK	K30	36	01:12:49	03:20:09	05:36:13	<b>08:24:34.95</b>	<b>08:24:47.30</b>	+04:03:39	9:42	6.2
386	<b>GOCYLA Dariusz</b>	<b>373</b>	DARZYBÓRUNNER-SKA	M50	28	01:17:19	03:28:00	05:50:01	<b>08:24:18.50</b>	<b>08:24:48.20</b>	+04:03:40	9:41	6.2
387	<b>ŚWIETLIK Paweł</b>	<b>708</b>		M30	110	01:17:58	03:26:48	05:44:34	<b>08:24:46.40</b>	<b>08:25:01.10</b>	+04:03:52	9:42	6.2
388	<b>BAR Aleksandra</b>	<b>274</b>	GMINA STRZELCE OPOLSKIE	K40	36	01:19:47	03:38:47	05:52:14	<b>08:25:22.80</b>	<b>08:25:35.55</b>	+04:04:27	9:43	6.2
389	<b>ANDRZEJEWSKI Maciej</b>	<b>269</b>		M30	111	01:15:16	03:25:36	05:49:54	<b>08:27:51.70</b>	<b>08:28:08.55</b>	+04:07:00	9:46	6.1
390	<b>GRYGO Krzysztof</b>	<b>383</b>	AKADEMIA SPORTU MEDYK	M50	29	01:11:13	03:18:53	05:36:59	<b>08:27:57.95</b>	<b>08:28:11.60</b>	+04:07:03	9:46	6.1
391	<b>MAĆZKA Krystyna</b>	<b>822</b>	OTK NA RELAXIE	K60	1	01:17:45	03:36:42	05:53:50	<b>08:28:23.35</b>	<b>08:28:29.25</b>	+04:07:21	9:46	6.1
392	<b>BRZENCZEK Michał</b>	<b>821</b>	OTK NA RELAXIE	M40	132	01:17:44	03:36:40	05:53:50	<b>08:28:25.15</b>	<b>08:28:31.30</b>	+04:07:23	9:46	6.1
393	<b>MATYSEK Ireneusz</b>	<b>552</b>	KOMANDOS WAŁECKI	M60	11	01:19:41	03:29:05	05:49:13	<b>08:27:54.00</b>	<b>08:28:38.85</b>	+04:07:30	9:46	6.1
394	<b>KUSZTAL Justyna</b>	<b>504</b>	ESKADRA KRAKÓW	K40	37	01:18:57	03:47:36	05:57:01	<b>08:28:34.70</b>	<b>08:29:09.20</b>	+04:08:01	9:46	6.1
395	<b>SZUBERT Agnieszka</b>	<b>701</b>	KOŁOBRZEG BIEGA	K40	38	01:19:37	03:32:11	05:44:14	<b>08:28:14.25</b>	<b>08:29:14.75</b>	+04:08:06	9:46	6.1
396	<b>KROCZYŃSKA Kinga</b>	<b>484</b>		K40	39	01:19:37	03:32:09	05:44:11	<b>08:28:14.10</b>	<b>08:29:14.85</b>	+04:08:06	9:46	6.1
397	<b>ŁÓJ-KONIECZNA Edyta</b>	<b>536</b>	INFINITY-GYM	K40	40	01:18:59	03:37:11	05:49:32	<b>08:29:03.15</b>	<b>08:29:32.60</b>	+04:08:24	9:47	6.1
398	<b>MYGA Michał</b>	<b>573</b>	HEARTLESS	M30	112	01:19:11	03:28:38	05:36:19	<b>08:28:24.55</b>	<b>08:29:45.35</b>	+04:08:37	9:46	6.1
399	<b>MYGA Anna</b>	<b>574</b>	HEARTLESS	K30	37	01:19:10	03:28:28	05:36:22	<b>08:28:23.90</b>	<b>08:29:45.45</b>	+04:08:37	9:46	6.1
400	<b>STROIŃSKI Maciej</b>	<b>679</b>		M30	113	01:21:30	03:33:10	05:44:11	<b>08:29:27.00</b>	<b>08:30:10.00</b>	+04:09:01	9:47	6.1
401	<b>ŻYCIŃSKA Magdalena</b>	<b>795</b>	BADBULL RUNNING TEAM	K50	5	01:20:38	03:32:32	05:44:34	<b>08:29:40.90</b>	<b>08:30:29.65</b>	+04:09:21	9:48	6.1
402	<b>DOMAGAŁA Jerzy</b>	<b>335</b>		M50	30	01:17:04	03:29:52	05:43:00	<b>08:30:53.60</b>	<b>08:31:09.35</b>	+04:10:01	9:49	6.1
403	<b>JASIOROWSKI Michał</b>	<b>410</b>		M30	114	01:17:03	03:28:03	05:52:54	<b>08:31:56.60</b>	<b>08:32:51.10</b>	+04:11:42	9:50	6.1
404	<b>PROMIŃSKA Karolina</b>	<b>629</b>		K30	38	01:17:03	03:28:03	05:52:55	<b>08:31:56.95</b>	<b>08:32:51.25</b>	+04:11:43	9:50	6.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	P3_Solinka 26km	P2_Roztoki 38km	52km	52km			
405	<b>MISZALSKI Henryk</b>	<b>566</b>		M30	115	01:25:57	03:37:40	05:54:50	<b>08:32:13.65</b>	<b>08:33:08.95</b>	+04:12:00	9:51	6.1
406	<b>WYRĄBKIEWICZ Janusz</b>	<b>760</b>	NO LIMITS	M60	12	01:28:36	03:48:36	05:50:25	<b>08:32:41.60</b>	<b>08:33:18.25</b>	+04:12:10	9:51	6.1
407	<b>DĄBKOWSKA Dorota</b>	<b>332</b>	NO LIMITS	K50	6	01:28:36	03:48:36	05:50:24	<b>08:32:41.25</b>	<b>08:33:18.35</b>	+04:12:10	9:51	6.1
408	<b>WOŁOWIEC Wojciech</b>	<b>755</b>	BIEGAM SAM	M40	133	01:15:13	03:16:24	05:42:17	<b>08:33:21.85</b>	<b>08:34:09.05</b>	+04:13:00	9:52	6.1
409	<b>NAMIOTA Maciej</b>	<b>578</b>		M30	116	01:17:34	03:29:56	05:52:04	<b>08:33:20.05</b>	<b>08:34:15.80</b>	+04:13:07	9:52	6.1
410	<b>NAMIOTA Marek</b>	<b>577</b>	DĘBICA	M60	13	01:17:34	03:28:18	05:52:07	<b>08:33:21.80</b>	<b>08:34:17.25</b>	+04:13:09	9:52	6.1
411	<b>KĄKOL Dariusz</b>	<b>443</b>		M50	31	01:15:08	03:35:44	05:52:44	<b>08:33:35.85</b>	<b>08:34:18.10</b>	+04:13:09	9:52	6.1
412	<b>TALAJKO Dorota</b>	<b>710</b>		K40	41	01:21:23	03:37:39	05:52:54	<b>08:33:56.65</b>	<b>08:34:19.15</b>	+04:13:11	9:53	6.1
413	<b>JASIŃSKI Mikołaj</b>	<b>409</b>	UKA WARSZAWA	M50	32	01:20:30	03:27:49	05:47:24	<b>08:35:54.10</b>	<b>08:36:11.45</b>	+04:15:03	9:55	6
414	<b>PŁOK Krzysztof</b>	<b>620</b>	TEAM PŁOK	M50	33	01:16:13	03:28:16	05:47:03	<b>08:36:35.05</b>	<b>08:36:51.90</b>	+04:15:43	9:56	6
415	<b>JĘDRZAK Przemysław</b>	<b>416</b>	WYBIEGANI TEAM	M40	134	01:15:51	03:25:41	05:45:16	<b>08:36:17.80</b>	<b>08:37:03.15</b>	+04:15:55	9:55	6
416	<b>BĘBENISTA Roman</b>	<b>287</b>	GONIE BRATA	M30	117	01:14:03	03:23:21	05:49:58	<b>08:36:35.85</b>	<b>08:37:13.35</b>	+04:16:05	9:56	6
417	<b>ZACHARZYŃSKA Katarzyna</b>	<b>766</b>	ORANGE POLSKA	K30	39	01:28:18	03:50:35	06:07:37	<b>08:37:44.05</b>	<b>08:38:29.40</b>	+04:17:21	9:57	6
418	<b>WYSOKIŃSKI Jerzy</b>	<b>764</b>	ORANGE POLSKA	M50	34	01:28:17	03:50:33	06:06:16	<b>08:37:42.80</b>	<b>08:38:29.55</b>	+04:17:21	9:57	6
419	<b>PAŁYS Rafał</b>	<b>603</b>		M20	25	01:22:36	03:32:23	05:49:05	<b>08:37:45.70</b>	<b>08:39:02.35</b>	+04:17:54	9:57	6
420	<b>SZNEJFUS Beata</b>	<b>168</b>	ROZBIEGANY PIASTÓW	K30	40	01:20:42	03:41:12	05:59:54	<b>08:38:23.80</b>	<b>08:39:03.65</b>	+04:17:55	9:58	6
421	<b>KRAUZE Tomasz</b>	<b>483</b>	GB WROCŁAWSKIE MORSY	M50	35	01:27:11	03:50:32	05:57:06	<b>08:38:17.60</b>	<b>08:39:14.55</b>	+04:18:06	9:58	6
422	<b>WYRWAŁ Sebastian</b>	<b>761</b>		M30	118	01:15:33	03:32:17	05:55:29	<b>08:40:09.90</b>	<b>08:40:34.60</b>	+04:19:26	10:00	6
423	<b>WYRWAŁ Krzysztof</b>	<b>762</b>		M40	135	01:15:35	03:32:17	05:55:28	<b>08:40:10.30</b>	<b>08:40:34.80</b>	+04:19:26	10:00	6
424	<b>JANOTA Marcin</b>	<b>407</b>	CREADIS	M30	119	01:18:38	03:27:10	05:52:35	<b>08:40:29.45</b>	<b>08:40:51.55</b>	+04:19:43	10:00	6
425	<b>CEBULA Paweł</b>	<b>312</b>	CREADIS	M30	120	01:18:21	03:27:12	05:52:36	<b>08:40:29.90</b>	<b>08:40:51.70</b>	+04:19:43	10:00	6
426	<b>GŁOGOWSKI Marcin</b>	<b>369</b>	PSZCZÓLKOWSKI TEAM	M40	136	01:27:52	03:41:10	05:54:54	<b>08:39:38.40</b>	<b>08:40:53.10</b>	+04:19:44	9:59	6
427	<b>SZNAJDER Jarosław</b>	<b>695</b>		M40	137	01:13:23	03:17:56	05:32:10	<b>08:42:13.30</b>	<b>08:42:26.55</b>	+04:21:18	10:02	6
428	<b>SIWIŃSKI Jerzy</b>	<b>656</b>	DRUŻYNA WILKA	M50	36	01:12:54	03:19:42	05:46:29	<b>08:42:45.55</b>	<b>08:42:54.15</b>	+04:21:46	10:03	6
429	<b>MAZURKIEWICZ Jolanta</b>	<b>554</b>	BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA	K30	41	01:23:48	03:36:02	05:49:52	<b>08:41:52.70</b>	<b>08:42:55.35</b>	+04:21:47	10:02	6
430	<b>SZMUC Anna</b>	<b>694</b>	MYSZKÓW BIEGA	K40	42	01:21:51	03:42:30	05:56:39	<b>08:43:17.45</b>	<b>08:43:41.95</b>	+04:22:33	10:03	6
431	<b>ORNACKI Łukasz</b>	<b>594</b>		M30	121	01:17:25	03:44:59		<b>08:43:08.30</b>	<b>08:43:43.90</b>	+04:22:35	10:03	6
432	<b>CICHOCKI Mariusz</b>	<b>318</b>	SUUNTO RUN TEAM	M50	37	01:23:10	03:36:07	05:52:20	<b>08:42:39.65</b>	<b>08:43:48.95</b>	+04:22:40	10:03	6
433	<b>ŻALIŃSKI Zbigniew</b>	<b>787</b>	KB MCKIS JAWORZNO	M50	38	01:16:46	03:19:47	05:46:44	<b>08:43:18.25</b>	<b>08:44:25.35</b>	+04:23:17	10:03	6
434	<b>JAWORSKA Katarzyna</b>	<b>412</b>		K40	43	01:19:27	03:32:52	05:46:52	<b>08:43:33.80</b>	<b>08:44:29.85</b>	+04:23:21	10:04	6
434	<b>JAWORSKI Łukasz</b>	<b>413</b>		M40	138	01:19:28	03:30:26	05:43:01	<b>08:43:34.15</b>	<b>08:44:29.85</b>	+04:23:21	10:04	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	52km	52km			
436	<b>SIKORSKA Agnieszka</b>	<b>816</b>	EKOBIEGI	K40	44	01:23:52	03:41:08	06:00:06	<b>08:43:44.80</b>	<b>08:44:36.40</b>	+04:23:28	10:04	6
437	<b>CZUBA Paweł</b>	<b>328</b>	BIEGANIE ZBLIŻA	M40	139	01:14:44	03:22:10	05:53:18	<b>08:43:50.85</b>	<b>08:44:42.15</b>	+04:23:34	10:04	6
438	<b>KIDA Olga</b>	<b>446</b>		K30	42	01:23:26	03:41:40	05:56:55	<b>08:43:37.30</b>	<b>08:44:43.80</b>	+04:23:35	10:04	6
439	<b>KIDA Marek</b>	<b>447</b>		M30	122	01:23:22	03:41:41	05:56:54	<b>08:43:38.00</b>	<b>08:44:44.70</b>	+04:23:36	10:04	6
440	<b>ŁOKAS Andrzej</b>	<b>535</b>		M50	39	01:22:44	03:40:58	05:56:20	<b>08:44:25.85</b>	<b>08:45:37.45</b>	+04:24:29	10:05	5.9
441	<b>PARYSZ Anna</b>	<b>607</b>	STARE BABICE BIEGAJA	K50	7	01:27:46	03:50:40	06:00:03	<b>08:44:52.85</b>	<b>08:45:49.60</b>	+04:24:41	10:05	5.9
442	<b>ŁYŻWA Iwona</b>	<b>538</b>	WKURW_TEAM	K40	45	01:23:34	03:45:24	06:04:22	<b>08:45:50.15</b>	<b>08:46:37.60</b>	+04:25:29	10:06	5.9
443	<b>SOŁKIEWICZ Marta</b>	<b>668</b>	WKURW_TEAM	K40	46	01:23:39	03:45:53	06:04:19	<b>08:45:51.10</b>	<b>08:46:38.15</b>	+04:25:30	10:06	5.9
444	<b>RYBAK Monika</b>	<b>647</b>		K40	47	01:20:41	03:41:12		<b>08:45:59.95</b>	<b>08:46:40.05</b>	+04:25:31	10:06	5.9
445	<b>ŚLĄCZKA Arkadiusz</b>	<b>705</b>	FINISZ RYMANÓW	M30	123	01:11:59	03:18:12	05:50:10	<b>08:46:00.95</b>	<b>08:46:49.50</b>	+04:25:41	10:06	5.9
446	<b>WARWAS Paweł</b>	<b>726</b>	WIKOSS SPORT TEAM	M50	40	01:16:41	03:38:22	05:54:40	<b>08:47:14.15</b>	<b>08:47:14.15</b>	+04:26:06	10:08	5.9
447	<b>KOSIERKIEWICZ Grzegorz</b>	<b>475</b>	KAROLE	M40	140	01:23:33	03:48:34		<b>08:46:54.45</b>	<b>08:47:30.30</b>	+04:26:22	10:07	5.9
448	<b>WODNICKI Rafał</b>	<b>747</b>		M40	141	01:20:29	03:36:49		<b>08:46:27.15</b>	<b>08:47:36.75</b>	+04:26:28	10:07	5.9
449	<b>PAWLAK Ewelina</b>	<b>608</b>		K30	43	01:18:07	03:33:18	05:52:10	<b>08:47:38.35</b>	<b>08:47:52.65</b>	+04:26:44	10:08	5.9
450	<b>KAUCKI Ireneusz</b>	<b>828</b>		M40	142	01:18:07	03:51:56	06:09:06	<b>08:48:04.45</b>	<b>08:49:22.40</b>	+04:28:14	10:09	5.9
451	<b>BICKA Anna</b>	<b>825</b>		K40	48	01:31:19	03:50:52	06:03:48	<b>08:49:33.60</b>	<b>08:50:38.55</b>	+04:29:30	10:11	5.9
452	<b>MŁODECKA Sylwia</b>	<b>820</b>		K40	49	01:31:20	03:50:51	06:03:45	<b>08:49:33.75</b>	<b>08:50:38.70</b>	+04:29:30	10:11	5.9
453	<b>ZAKRZEWSKI Szymon</b>	<b>187</b>		M30	124	01:08:45	03:13:47	05:50:11	<b>08:51:08.95</b>	<b>08:51:38.35</b>	+04:30:30	10:12	5.9
454	<b>GODLEWSKI Paweł</b>	<b>803</b>		M30	125	01:15:29	03:26:15	05:57:47	<b>08:51:24.75</b>	<b>08:51:49.55</b>	+04:30:41	10:13	5.9
455	<b>BEREJ Adrian</b>	<b>826</b>		M30	126	01:24:05	03:33:23	05:55:58	<b>08:52:06.60</b>	<b>08:52:06.60</b>	+04:30:58	10:13	5.9
456	<b>BŁĘDKOWSKA Katarzyna</b>	<b>295</b>		K30	44	01:20:34	03:46:45	06:05:08	<b>08:50:52.90</b>	<b>08:52:08.90</b>	+04:31:00	10:12	5.9
457	<b>BARYZA Robert</b>	<b>279</b>		M40	143	01:24:27	03:46:40		<b>08:51:10.55</b>	<b>08:52:22.35</b>	+04:31:14	10:12	5.9
458	<b>ŚWIERCZEWSKI Krzysztof</b>	<b>707</b>	W POGONI ZA DUCHEM	M40	144	01:17:55	03:38:43	05:56:54	<b>08:52:59.95</b>	<b>08:53:40.70</b>	+04:32:32	10:15	5.9
459	<b>CZARNECKI Bartosz</b>	<b>323</b>		M30	127	01:39:25	03:53:35	06:05:41	<b>08:54:48.30</b>	<b>08:55:34.50</b>	+04:34:26	10:17	5.8
460	<b>FILON Małgosia</b>	<b>352</b>		K30	45	01:21:31	03:33:13	05:44:28	<b>08:55:48.20</b>	<b>08:56:31.15</b>	+04:35:23	10:18	5.8
461	<b>ŻEBRACKI Wojtek</b>	<b>191</b>		M30	128	01:21:28	03:46:01	06:09:27	<b>08:57:11.45</b>	<b>08:57:46.05</b>	+04:36:37	10:19	5.8
462	<b>KOBIERSKI Szymon</b>	<b>458</b>		M40	145	01:15:45	03:28:40	05:57:32	<b>08:58:36.30</b>	<b>08:59:19.45</b>	+04:38:11	10:21	5.8
<b>Przekroczony limit czasu: 09:00:00</b>													
463	<b>NOWAK Jarosław</b>	<b>587</b>	SPC	M50	41	01:24:26	03:46:37		<b>09:04:54.75</b>	<b>09:06:05.95</b>	+04:44:57	10:28	5.7
464	<b>MOCZADŁO Maria</b>	<b>568</b>	SPC	K40	50	01:24:27	03:46:39	06:08:56	<b>09:04:54.55</b>	<b>09:06:06.15</b>	+04:44:58	10:28	5.7
465	<b>ORNACKA Magdalena</b>	<b>593</b>		K30	46	01:22:59	03:47:45		<b>09:11:06.75</b>	<b>09:11:33.70</b>	+04:50:25	10:35	5.7
466	<b>NAPIÓRKOWSKA Ingrid</b>	<b>579</b>	BOAT CITY TEAM	K40	51	01:16:22	03:42:20	06:09:09	<b>09:11:44.65</b>	<b>09:11:50.35</b>	+04:50:42	10:36	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	P3_Solinka 26km	P2_Roztoki 38km	52km	52km			
467	<b>FRANCZAK Karolina</b>	<b>358</b>	BOATCITY	K20	10	01:16:24	03:42:22	06:09:18	<b>09:11:45.85</b>	<b>09:11:50.65</b>	+04:50:42	10:36	5.7
468	<b>BILSKI Marek</b>	<b>291</b>	VEGEDOG	M40	146	01:27:37	03:56:50		<b>09:13:53.70</b>	<b>09:16:16.40</b>	+04:55:08	10:39	5.6
469	<b>KUŁAK Alicja</b>	<b>500</b>		K30	47	01:25:06	03:45:18	06:09:12	<b>09:16:08.95</b>	<b>09:17:02.85</b>	+04:55:54	10:41	5.6
470	<b>CZOSKA Patryk</b>	<b>327</b>		M20	26	01:08:26	03:27:59				+01:28:15	7:59	7.5
471	<b>STEC Iwona</b>	<b>674</b>		K30	48	01:22:47	03:32:24				+01:33:09	8:10	7.3
472	<b>KORDOWSKA Katy</b>	<b>469</b>		K30	49	01:22:51	03:36:28				+01:37:13	8:19	7.2
473	<b>LEWANDOWSKA Emilia</b>	<b>523</b>		K30	50	01:19:03	03:44:22				+01:44:29	8:37	7
474	<b>LIPIŃSKA Kinga</b>	<b>527</b>		K30	51	01:19:05	03:44:22				+01:44:30	8:37	7
475	<b>ZIELIŃSKI Jacek</b>	<b>782</b>	BIEGNIJ Z PROSERVICE	M40	147	01:16:07	03:46:12				+01:46:11	8:42	6.9
476	<b>GOSZCZYŃSKI Piotr</b>	<b>374</b>		M40	148	01:20:02	03:47:01				+01:47:55	8:43	6.9
477	<b>PIASEK Paweł</b>	<b>613</b>	TRIUNLIMITED / ZHP OSTROLEKA	M20	27								
	<b>WITEK Łukasz</b>	<b>742</b>	BIEG PO ZDRÓJ	M40		01:01:40 DNF	02:37:42 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>GOMOŁYSEK Kinga</b>	<b>258</b>	MATNER RUNNING TEAM	K30		00:54:31 DNF	02:23:01 DNF	03:50:47 DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>FILIPEK Wojciech</b>	<b>813</b>	OPTIM TRAVEL	M50		01:02:15 DNF	02:43:03 DNF	04:38:19 DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>ZABŁOCKI Wojtek</b>	<b>765</b>		M40		01:16:42 DNF	03:17:36 DNF	05:27:39 DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>KIJEWICZ Michał</b>	<b>451</b>	NOGIZETRE	M30		01:18:41 DNF	03:30:04 DNF	05:54:58 DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>FABIŃSKI Marcin</b>	<b>349</b>		M40		01:19:01 DNF	03:40:17 DNF	06:08:47 DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>CHYŻEWSKA Katarzyna</b>	<b>317</b>		K30		01:32:10 DNF	03:58:29 DNF	06:27:31 DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>KONIECZNY Mariusz</b>	<b>464</b>		M50		01:07:40 DNF	03:05:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>GRAJEWSKI Artur</b>	<b>377</b>		M30		01:16:14 DNF	03:40:10 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>WZOREK Zbigniew</b>	<b>186</b>		M40		01:25:25 DNF	03:42:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>WAŹROBA Piotr</b>	<b>731</b>	KOPALNIA MOCY	M30		01:13:57 DNF	03:42:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>GRABIEC Kamil</b>	<b>376</b>		M20		01:18:57 DNF	03:47:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>SZPINDA Marta</b>	<b>696</b>	BUT BIŁGORAJ ULTRA TRAIL	K40		01:24:33 DNF	03:47:44 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>TYMBOROWSKA - WIEDRO Małgorzata</b>	<b>719</b>	WKURW_TEAM	K40		01:26:11 DNF	03:48:13 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>GWÓŹDŹ Kamil</b>	<b>389</b>		M30		01:21:59 DNF	03:50:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-



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
	<b>MAJONEZ Artur</b>	<b>827</b>	ULTRACIENIASY	M30		01:18:08 DNF	03:51:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>ŻBIKOWSKA Małgorzata</b>	<b>788</b>	SPC	K50		01:29:55 DNF	03:57:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>KOCZAJ Anna</b>	<b>460</b>		K40		01:32:07 DNF	03:58:21 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>ARTEMIUK Eugeniusz</b>	<b>271</b>	HAJNÓWKA BIEGA	M50		01:32:07 DNF	03:58:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>ARTEMIUK Eugenia</b>	<b>270</b>	HAJNÓWKA BIEGA	K60		01:32:18 DNF	03:58:59 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 497 wynik(ów)