ZŁOTY MARATON - 45 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Lądek-Zdrój
Dystans: 45 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	**KOCZWARA Tomasz**	**5428**		Masters M - 40	1	00:52:47	01:54:52	02:48:23	**03:42:50.50**	**03:42:53.65**		4:57	12.1 (100%)
2	**MRAZEK Jan**	**5432**	INOV-8 TEAM	Senior II M - 30	1	00:53:34	01:57:23	02:53:16	**03:51:17.55**	**03:51:20.85**	+00:08:27 (3.7%)	5:08	11.7 (96.7%)
3	**TOMASIK Stanisław**	**5421**	GORLICKA GRUPA BIEGOWA	Senior II M - 30	2	00:56:05	02:00:09	02:56:02	**03:55:18.10**	**03:55:30.10**	+00:12:36 (5.4%)	5:13	11.5 (95.0%)
4	**ŻUCHOWSKI Daniel**	**5418**	MUAY RUNNING TEAM	Senior II M - 30	3	00:57:14	02:05:28	03:07:08	**04:08:19.35**	**04:08:21.60**	+00:25:27 (10.3%)	5:31	10.9 (90.1%)
5	**GLAPIAK Damian**	**5346**	LLKS OSOWA SIEN	Senior II M - 30	4	00:54:09	02:01:04	03:04:04	**04:12:15.10**	**04:12:17.80**	+00:29:24 (11.7%)	5:36	10.7 (88.4%)
6	**KITA Michał**	**5161**	PĘDZĄCY W MIEJSCU	Masters M - 40	2	00:57:10	02:06:54	03:11:42	**04:13:13.50**	**04:13:15.80**	+00:30:22 (12.0%)	5:37	10.7 (88.4%)
7	**WOLBACH Tomasz**	**5307**	WOLNE ŚLIMAKI	Senior II M - 30	5	01:03:09	02:15:32	03:18:30	**04:22:49.15**	**04:22:53.55**	+00:39:59 (15.2%)	5:50	10.3 (85.1%)
8	**PUCHAŁA Radosław**	**5383**	KB SOBÓTKA	Masters M - 40	3	01:03:10	02:19:51	03:23:24	**04:30:17.20**	**04:30:20.25**	+00:47:26 (17.5%)	6:00	10 (82.6%)
9	**KWIATKOWSKA Kinga**	**5424**	SALCO GARMIN TEAM	Senior II K - 30	1	01:05:29	02:22:50	03:28:23	**04:31:58.30**	**04:32:01.95**	+00:49:08 (18.1%)	6:02	9.9 (81.8%)
10	**ZAJĄC Robert**	**5183**	ORANGE POLSKA	Masters M - 40	4	01:04:27	02:22:35	03:30:18	**04:37:01.65**	**04:37:04.25**	+00:54:10 (19.6%)	6:09	9.7 (80.2%)
11	**TOKARCZYK Marcin**	**5033**		Masters M - 40	5	01:04:22	02:21:29	03:29:19	**04:41:50.35**	**04:41:55.85**	+00:59:02 (20.9%)	6:15	9.6 (79.3%)
12	**CIUREJ Rafał**	**5439**		Senior I M - 20	1	01:08:46	02:32:41	03:41:04	**04:44:05.20**	**04:44:18.00**	+01:01:24 (21.6%)	6:18	9.5 (78.5%)
13	**KWIATKOWSKI Michael**	**5041**		Senior II M - 30	6	01:03:22	02:22:01	03:34:11	**04:44:49.30**	**04:44:53.85**	+01:02:00 (21.8%)	6:19	9.5 (78.5%)
14	**DUDA Karol**	**5384**		Senior I M - 20	2	01:05:40	02:26:55	03:36:36	**04:46:33.80**	**04:46:58.25**	+01:04:04 (22.3%)	6:22	9.4 (77.7%)
15	**SMOLIŃSKI Marcin**	**5360**	BIEGIEM PO MARZENIA TEAM	Senior I M - 20	3	01:06:58	02:24:44	03:36:08	**04:48:49.60**	**04:48:56.55**	+01:06:02 (22.9%)	6:25	9.3 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	**NEHRING Karol**	**5355**		Senior I M - 20	4	01:05:57	02:26:53	03:35:32	**04:49:02.20**	**04:49:11.05**	+01:06:17 (22.9%)	6:25	9.3 (76.9%)
17	**WINIARSKA Katarzyna**	**5415**	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Senior II K - 30	2	01:09:02	02:32:10	03:46:43	**04:56:14.90**	**04:56:19.40**	+01:13:25 (24.8%)	6:35	9.1 (75.2%)
18	**WUJDA Mirosław**	**5121**	ERNI RULEZ	Masters M - 40	6	01:12:59	02:45:09	03:56:58	**05:01:08.95**	**05:01:15.60**	+01:18:21 (26.0%)	6:41	9 (74.4%)
19	**KOSTASZ Mariusz**	**5451**		Senior II M - 30	7	01:06:00	02:28:51	03:45:20	**05:05:23.40**	**05:05:26.55**	+01:22:32 (27.0%)	6:47	8.8 (72.7%)
20	**PAWŁOWSKI Marek**	**5348**		Weteran I M - 50	1	01:10:52	02:39:59	03:50:55	**05:07:43.15**	**05:08:11.15**	+01:25:17 (27.7%)	6:50	8.8 (72.7%)
21	**POPIEL Andrzej**	**5241**	POPSMART.PL	Senior II M - 30	8	01:10:15	02:37:47	03:54:01	**05:12:05.50**	**05:12:09.90**	+01:29:16 (28.6%)	6:56	8.7 (71.9%)
22	**OLEJNIK Adam**	**5000**	REFERICON	Senior II M - 30	9	01:16:08	02:47:54	04:02:18	**05:14:32.60**	**05:14:40.05**	+01:31:46 (29.2%)	6:59	8.6 (71.1%)
23	**BLANIK Marek**	**5134**		Senior II M - 30	10	01:19:39	02:51:37	04:03:50	**05:14:06.65**	**05:14:40.20**	+01:31:46 (29.2%)	6:58	8.6 (71.1%)
24	**KARAMON Marcin**	**5331**		Masters M - 40	7	01:12:00	02:36:44	03:54:25	**05:16:28.25**	**05:16:40.40**	+01:33:46 (29.6%)	7:01	8.5 (70.2%)
25	**SZAFRAŃSKI Jan**	**5404**	PANTHERS WROCŁAW	Senior II M - 30	11	01:12:01	02:38:38	03:56:53	**05:16:32.35**	**05:16:47.40**	+01:33:53 (29.6%)	7:02	8.5 (70.2%)
26	**WITOSŁAWSKI Maciej**	**5227**		Senior II M - 30	12	01:15:40	02:47:16	04:05:42	**05:18:28.35**	**05:19:23.05**	+01:36:29 (30.2%)	7:04	8.5 (70.2%)
27	**KĘPSKI Robert**	**5286**		Masters M - 40	8	01:11:43	02:42:01	03:57:24	**05:19:06.70**	**05:19:35.90**	+01:36:42 (30.3%)	7:05	8.5 (70.2%)
28	**STĘPIEŃ Paweł**	**5213**		Senior I M - 20	5	01:09:04	02:32:57	03:56:13	**05:20:20.05**	**05:20:27.50**	+01:37:33 (30.4%)	7:07	8.4 (69.4%)
29	**ŚRODA Michał**	**5164**	TMTEAM	Senior II M - 30	13	01:07:19	02:30:16	03:52:59	**05:20:22.10**	**05:20:51.25**	+01:37:57 (30.5%)	7:07	8.4 (69.4%)
30	**KOTYRBA Tomasz**	**5155**		Senior II M - 30	14	01:12:14	02:44:57	04:03:46	**05:23:24.95**	**05:23:35.10**	+01:40:41 (31.1%)	7:11	8.3 (68.6%)
31	**SKURATKO Adrian**	**5158**	RONAL POLSKA RUN	Senior II M - 30	15	01:09:04	02:36:17	03:57:21	**05:24:26.00**	**05:24:30.25**	+01:41:36 (31.3%)	7:12	8.3 (68.6%)
32	**GREIVELDINGER Gilles**	**5381**	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Masters M - 40	9	01:12:18	02:43:00	04:03:57	**05:24:25.80**	**05:24:56.30**	+01:42:02 (31.4%)	7:12	8.3 (68.6%)
33	**WILK Jacek**	**5433**		Weteran I M - 50	2	01:11:42	02:44:23	04:02:16	**05:25:13.50**	**05:25:20.15**	+01:42:26 (31.5%)	7:13	8.3 (68.6%)
34	**HIBNER Jacek**	**5437**	HIBI TEAM	Masters M - 40	10	01:07:00	02:38:51	04:03:33	**05:27:09.30**	**05:27:12.75**	+01:44:19 (31.9%)	7:16	8.3 (68.6%)
35	**PASZCZAK Alicja**	**5454**	KLUB WYSOKOGÓRSKI WARSZAWA	Weteran K - 50	1	01:14:19	02:49:52	04:11:00	**05:27:14.30**	**05:27:18.25**	+01:44:24 (31.9%)	7:16	8.3 (68.6%)
36	**PAPROCKA Urszula**	**5419**	MUAY RUNNING TEAM	Senior I K - 20	1	01:20:48	02:54:48	04:10:41	**05:27:28.25**	**05:27:50.65**	+01:44:57 (32.0%)	7:16	8.2 (67.8%)
37	**ŁUCZYŃSKI Maciej**	**5357**		Masters M - 40	11	01:12:22	02:37:07	03:58:28	**05:28:00.25**	**05:28:14.80**	+01:45:21 (32.1%)	7:17	8.2 (67.8%)
38	**MEZYNSKI Szymon**	**5327**	KUDOWIANKA RUN	Senior I M - 20	6	01:18:42	02:52:55	04:10:52	**05:28:17.45**	**05:28:43.10**	+01:45:49 (32.2%)	7:17	8.2 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	**ŁACH Seweryn**	**5408**	BIEGAM DLA CIASTEK	Senior II M - 30	16	01:13:48	02:45:32	04:03:29	**05:28:28.30**	**05:28:46.45**	+01:45:52 (32.2%)	7:17	8.2 (67.8%)
40	**BARANOWSKI Jacek**	**5302**	JACEKBIEGA RUNNING TEAM	Senior II M - 30	17	01:17:32	02:49:33	04:07:01	**05:29:13.45**	**05:29:26.15**	+01:46:32 (32.3%)	7:18	8.2 (67.8%)
41	**BARTOSZ Marek**	**5272**	JCI RUNNING TEAM	Masters M - 40	12	01:21:55	02:56:58	04:13:32	**05:29:22.85**	**05:29:34.00**	+01:46:40 (32.4%)	7:19	8.2 (67.8%)
42	**LISEK Andrzej**	**5330**	LISEK	Senior II M - 30	18	01:12:34	02:44:00	04:06:59	**05:31:52.65**	**05:32:40.75**	+01:49:47 (33.0%)	7:22	8.1 (66.9%)
43	**JĘCEK Maciej**	**5182**	GET ADVISED MACIEJ JĘCEK	Senior II M - 30	19	01:13:39	02:44:29	04:08:01	**05:32:30.25**	**05:32:41.80**	+01:49:48 (33.0%)	7:23	8.1 (66.9%)
44	**OLKIS Rafał**	**5253**	PRZEBIEGA.PL	Senior II M - 30	20	01:09:04	02:38:20	04:05:19	**05:32:47.05**	**05:32:50.70**	+01:49:57 (33.0%)	7:23	8.1 (66.9%)
45	**KOŁODZIEJ Andrzej**	**5023**	TRIWAWA	Senior II M - 30	21	01:18:50	02:49:11	04:07:50	**05:32:48.45**	**05:33:17.00**	+01:50:23 (33.1%)	7:23	8.1 (66.9%)
46	**PRZYBYŁ Piotr**	**5090**	EASY RUNNERS	Masters M - 40	13	01:16:16	02:47:33	04:09:21	**05:33:03.10**	**05:33:17.55**	+01:50:23 (33.1%)	7:24	8.1 (66.9%)
47	**LEWANDOWSKI Piotr**	**5216**		Senior I M - 20	7	01:11:56	02:40:32	04:02:22	**05:35:22.40**	**05:35:29.65**	+01:52:36 (33.6%)	7:27	8.1 (66.9%)
48	**NESTOROWICZ Marek**	**5150**	KLUB BIEGACZA JURUND SZCZYTNO	Masters M - 40	14	01:17:13	02:50:23	04:09:49	**05:35:22.10**	**05:35:39.15**	+01:52:45 (33.6%)	7:27	8.1 (66.9%)
49	**CHMIELINSKI Piotr**	**5244**		Senior II M - 30	22	01:10:40	02:38:51	04:01:11	**05:35:01.10**	**05:35:41.70**	+01:52:48 (33.6%)	7:26	8.1 (66.9%)
50	**MIKA Andrzej**	**5281**		Senior II M - 30	23	01:08:56	02:31:28	03:57:17	**05:36:06.90**	**05:36:19.30**	+01:53:25 (33.7%)	7:28	8 (66.1%)
51	**ZAGÓRSKI Mariusz**	**5397**	KORNEL TEAM	Masters M - 40	15	01:11:23	02:47:11	04:09:53	**05:37:35.75**	**05:38:18.70**	+01:55:25 (34.1%)	7:30	8 (66.1%)
52	**IWASZCZYSZYN Tomasz**	**5242**		Senior II M - 30	24	01:14:56	02:48:35	04:11:17	**05:38:49.55**	**05:38:57.45**	+01:56:03 (34.2%)	7:31	8 (66.1%)
53	**SZUKAŁA Piotr**	**5005**		Senior II M - 30	25	01:17:38	02:52:59	04:15:57	**05:39:04.45**	**05:39:11.40**	+01:56:17 (34.3%)	7:32	8 (66.1%)
54	**BUJALSKI Szymon**	**5280**		Masters M - 40	16	01:18:41	02:54:15	04:16:59	**05:39:32.45**	**05:39:40.25**	+01:56:46 (34.4%)	7:32	8 (66.1%)
55	**PŁONOWSKI Maciej**	**5127**		Senior II M - 30	26	01:13:05	02:44:04	04:06:55	**05:39:09.95**	**05:40:12.85**	+01:57:19 (34.5%)	7:32	8 (66.1%)
56	**DZIĘCZKOWSKA-NIKLEWICZ Joanna**	**5269**	ROKIETNICA BIEGA	Senior II K - 30	3	01:22:24	02:57:56	04:20:21	**05:45:02.95**	**05:45:26.15**	+02:02:32 (35.5%)	7:40	7.8 (64.5%)
57	**BARAN Mateusz**	**5420**	GORLICKA GRUPA BIEGOWA	Senior II M - 30	27	01:16:02	02:52:47	04:17:04	**05:45:18.05**	**05:45:48.60**	+02:02:54 (35.5%)	7:40	7.8 (64.5%)
58	**DEREŃ Beata**	**5456**	TEAM KURORT LĄDEK ZDRÓJ	Senior I K - 20	2	01:24:01	03:00:54	04:23:27	**05:45:15.20**	**05:46:10.75**	+02:03:17 (35.6%)	7:40	7.8 (64.5%)
59	**DRYJA Monika**	**5069**	OBOZYBIEGOWE.PL	Masters K - 40	1	01:21:52	02:58:53	04:23:39	**05:46:30.70**	**05:46:44.90**	+02:03:51 (35.7%)	7:42	7.8 (64.5%)
60	**DWORNICKI Tomasz**	**5434**	RYBNICKA GRUPA BIEGOWA	Masters M - 40	17	01:22:31	03:02:54	04:22:43	**05:47:24.05**	**05:47:41.70**	+02:04:48 (35.9%)	7:43	7.8 (64.5%)
61	**ŚMIECH Daniel**	**5304**	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	18	01:17:01	02:56:18	04:22:55	**05:48:50.55**	**05:49:08.20**	+02:06:14 (36.2%)	7:45	7.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
62	**ZAŁUBSKI Jacek**	**5317**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	28	01:16:59	02:56:17	04:22:39	**05:48:50.80**	**05:49:08.70**	+02:06:15 (36.2%)	7:45	7.7 (63.6%)
63	**FRANCZYK Robert**	**5375**		Masters M - 40	19	01:25:44	03:04:49	04:26:52	**05:49:20.50**	**05:50:04.40**	+02:07:10 (36.3%)	7:45	7.7 (63.6%)
64	**MALENDOWICZ Przemysław**	**5130**		Senior II M - 30	29	01:16:05	02:58:31	04:23:37	**05:50:00.65**	**05:50:29.35**	+02:07:35 (36.4%)	7:46	7.7 (63.6%)
65	**ŚMIECHOWSKI Michał**	**5405**	PANTHERS WROCŁAW	Senior II M - 30	30	01:14:10	02:53:14	04:20:49	**05:50:29.65**	**05:50:44.80**	+02:07:51 (36.5%)	7:47	7.7 (63.6%)
66	**ZACHMYC Damian**	**5208**		Senior II M - 30	31	01:13:43	02:45:53	04:22:06	**05:50:56.95**	**05:51:50.15**	+02:08:56 (36.6%)	7:47	7.7 (63.6%)
67	**WŁOSKOWICZ Marcin**	**5065**		Masters M - 40	20	01:16:26	02:52:02	04:20:23	**05:52:41.90**	**05:52:52.15**	+02:09:58 (36.8%)	7:50	7.7 (63.6%)
68	**SOBCZYŃSKA Magdalena**	**5173**	#TEAMBIEGIWLKP	Senior I K - 20	3	01:28:12	03:07:03	04:31:42	**05:52:15.85**	**05:52:53.35**	+02:09:59 (36.8%)	7:49	7.7 (63.6%)
69	**FERENC-SZMUC Edyta**	**5232**	KUDOWIANKA RUN	Senior II K - 30	4	01:28:16	03:05:41	04:27:02	**05:52:33.50**	**05:53:00.20**	+02:10:06 (36.9%)	7:50	7.7 (63.6%)
70	**LIPCZAK Amadeusz**	**5057**		Masters M - 40	21	01:16:21	02:57:35	04:26:53	**05:52:39.75**	**05:53:13.00**	+02:10:19 (36.9%)	7:50	7.7 (63.6%)
71	**KOCH Pawel**	**5259**	PITREAVIE AMATEUR ATHLETICS CLUB	Masters M - 40	22	01:09:06	02:57:39	04:32:10	**05:52:47.10**	**05:53:18.25**	+02:10:24 (36.9%)	7:50	7.7 (63.6%)
72	**ZIEBA Tomasz**	**5402**	JACEKBIEGA RUNNING TEAM	Masters M - 40	23	01:19:12	02:57:57	04:22:43	**05:53:23.45**	**05:53:37.15**	+02:10:43 (37.0%)	7:51	7.6 (62.8%)
73	**ŚLEZIAK Tomasz**	**5273**	TĘCZA	Masters M - 40	24	01:23:16	03:04:02	04:31:04	**05:53:33.65**	**05:54:10.40**	+02:11:16 (37.1%)	7:51	7.6 (62.8%)
74	**URBAŃSKI Michał**	**5370**	FLUNKYBALL TEAM LĄDEK-ZDRÓJ	Senior II M - 30	32	01:17:05	02:53:47	04:20:51	**05:53:57.55**	**05:54:12.05**	+02:11:18 (37.1%)	7:51	7.6 (62.8%)
75	**OKOŃ Kamila**	**5267**	FALSTART RUDNIKI / FITKOOP	Senior II K - 30	5	01:17:26	02:55:14	04:24:08	**05:54:17.20**	**05:54:22.80**	+02:11:29 (37.1%)	7:52	7.6 (62.8%)
76	**PIOTROWSKI Krzysztof**	**5154**		Masters M - 40	25	01:18:55	02:56:46	04:24:04	**05:54:43.30**	**05:54:56.60**	+02:12:02 (37.2%)	7:52	7.6 (62.8%)
77	**WAWRZEŃ Tomasz**	**5191**	STS BIEGATON MIKOŁÓW	Masters M - 40	26	01:21:28	03:06:29	04:30:23	**05:57:23.95**	**05:57:33.65**	+02:14:40 (37.7%)	7:56	7.6 (62.8%)
78	**BATURO Artur**	**5043**	MARCINOWICE TEAM	Masters M - 40	27	01:15:26	03:02:21	04:31:40	**05:56:43.85**	**05:57:53.40**	+02:14:59 (37.7%)	7:55	7.6 (62.8%)
79	**DYGA Sebastian**	**5442**	MUAY RUNNING TEAM	Masters M - 40	28	01:28:01	03:06:29	04:33:07	**05:58:31.95**	**05:59:18.90**	+02:16:25 (38.0%)	7:58	7.5 (62.0%)
80	**KAROLCZAK Aleksander**	**5371**	WKURW_TEAM	Senior I M - 20	8	01:24:31	02:59:31	04:31:16	**05:59:03.70**	**05:59:53.65**	+02:17:00 (38.1%)	7:58	7.5 (62.0%)
81	**BOHDANOWICZ Krystian**	**5366**	ATLAS RUNNING TEAM	Senior II M - 30	33	01:28:33	03:25:54	04:42:20	**06:01:42.85**	**06:01:50.60**	+02:18:56 (38.4%)	8:02	7.5 (62.0%)
82	**JUNIK Łukasz**	**5038**	MKS SIECHNICE	Senior II M - 30	34	01:33:46	03:25:00	04:43:58	**06:03:02.00**	**06:03:27.95**	+02:20:34 (38.7%)	8:04	7.4 (61.2%)
83	**WIELGAT-KOJDECKA Magdalena**	**5321**		Senior II K - 30	6	01:29:11	03:11:35	04:40:51	**06:03:37.50**	**06:04:03.10**	+02:21:09 (38.8%)	8:04	7.4 (61.2%)
84	**BOROWSKA-NAJDEREK Paulina**	**5233**	FREE RUN	Senior II K - 30	7	01:20:52	02:55:55	04:26:46	**06:05:05.70**	**06:05:38.00**	+02:22:44 (39.0%)	8:06	7.4 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
85	**OSTROWSKI Sławomir**	**5059**	FREE RUN	Senior II M - 30	35	01:20:51	02:55:54	04:26:47	**06:05:07.20**	**06:05:40.20**	+02:22:46 (39.0%)	8:06	7.4 (61.2%)
86	**WALKOWIAK Joanna**	**5445**	MUAY RUNNING TEAM	Senior II K - 30	8	01:28:26	03:16:44	04:43:33	**06:05:02.10**	**06:05:44.90**	+02:22:51 (39.1%)	8:06	7.4 (61.2%)
87	**MRÓZ Marcin**	**5377**	DZIKIE BOBRY	Masters M - 40	29	01:18:43	02:59:14	04:36:56	**06:05:27.00**	**06:05:53.45**	+02:22:59 (39.1%)	8:07	7.4 (61.2%)
88	**KONSTANTY Katarzyna**	**5051**	JACKIPLACKI	Masters K - 40	2	01:29:02	03:11:35	04:42:04	**06:07:49.05**	**06:07:59.90**	+02:25:06 (39.4%)	8:10	7.3 (60.3%)
89	**BŁASZKIEWICZ Bogusz**	**5422**	DZIEKI BOBRY/STR POZNAN	Senior II M - 30	36	01:22:43	03:12:15	04:39:11	**06:08:33.85**	**06:09:01.30**	+02:26:07 (39.6%)	8:11	7.3 (60.3%)
90	**ŁUKOWIAK Karol**	**5165**	MUKS SZOK BOJANOWO	Senior II M - 30	37	01:20:43	03:04:36	04:40:10	**06:09:17.85**	**06:09:21.60**	+02:26:27 (39.7%)	8:12	7.3 (60.3%)
91	**GŁÓD Łukasz**	**5318**	KLUB BIEGACZA AZS UEK	Senior I M - 20	9	01:20:39	03:00:53	04:33:33	**06:09:48.00**	**06:09:57.10**	+02:27:03 (39.8%)	8:13	7.3 (60.3%)
92	**MISZCZAK Szymon**	**5441**		Senior II M - 30	38	01:28:23	03:07:26	04:37:26	**06:09:15.80**	**06:10:07.15**	+02:27:13 (39.8%)	8:12	7.3 (60.3%)
93	**OSUCH Piotr**	**5457**	NYSA BIEGA	Masters M - 40	30	01:28:03	03:10:30	04:37:03	**06:09:21.35**	**06:10:31.90**	+02:27:38 (39.8%)	8:12	7.3 (60.3%)
94	**CZYCZERSKI Jacek**	**5188**	GRUPA BIEGOWA BEZ GRANIC	Weteran I M - 50	3	01:14:25	02:50:06	04:30:51	**06:09:51.15**	**06:10:36.30**	+02:27:42 (39.9%)	8:13	7.3 (60.3%)
95	**KUŹMA Przemysław**	**5156**		Weteran I M - 50	4	01:21:35	03:04:21	04:37:57	**06:10:25.40**	**06:10:41.30**	+02:27:47 (39.9%)	8:13	7.3 (60.3%)
96	**LIPINA Rafał**	**5409**		Masters M - 40	31	01:22:27	03:02:31	04:33:29	**06:11:14.70**	**06:11:37.40**	+02:28:43 (40.0%)	8:15	7.3 (60.3%)
97	**ANTKOWIAK Monika**	**5444**	MUAY RUNNING TEAM	Senior II K - 30	9	01:23:57	03:05:51	04:39:06	**06:11:01.10**	**06:11:43.25**	+02:28:49 (40.0%)	8:14	7.3 (60.3%)
98	**JURCZAK Roman**	**5046**	GEPARDY I GAZELE RZESZÓW	Weteran II M - 60	1	01:17:25	03:01:54	04:41:24	**06:11:52.65**	**06:11:55.20**	+02:29:01 (40.1%)	8:15	7.3 (60.3%)
99	**KARPOWICZ Rafal**	**5379**		Masters M - 40	32	01:13:06	02:59:57	04:37:24	**06:12:30.15**	**06:12:44.90**	+02:29:51 (40.2%)	8:16	7.2 (59.5%)
100	**NIZAR Wioletta**	**5367**	CSC ADWENTURE ACADEMY	Masters K - 40	3	01:28:51	03:17:47	04:47:08	**06:13:16.60**	**06:13:23.85**	+02:30:30 (40.3%)	8:17	7.2 (59.5%)
101	**FUKS Michał**	**5186**	GRUPA FUX	Senior II M - 30	39	01:24:19	03:09:26	04:37:25	**06:13:10.95**	**06:13:24.95**	+02:30:31 (40.3%)	8:17	7.2 (59.5%)
102	**KACZMAREK Jędrzej**	**5018**	KP PSP MILICZ	Senior I M - 20	10	01:10:15	02:51:19	04:24:10	**06:13:31.90**	**06:13:38.10**	+02:30:44 (40.3%)	8:18	7.2 (59.5%)
103	**BIELECKI Robert**	**5004**	KEEN ON RUNNING	Weteran I M - 50	5	01:18:47	03:03:04	04:40:28	**06:13:48.35**	**06:14:30.65**	+02:31:37 (40.5%)	8:18	7.2 (59.5%)
104	**ŻERKO Klaudia**	**5056**		Senior I K - 20	4	01:24:35	03:11:41	04:41:04	**06:15:33.50**	**06:15:45.10**	+02:32:51 (40.7%)	8:20	7.2 (59.5%)
105	**KOTKIEWICZ Karol**	**5260**	LOTOS RUNNNING TEAM	Senior II M - 30	40	01:17:38	03:01:02	04:32:21	**06:15:42.60**	**06:15:48.20**	+02:32:54 (40.7%)	8:20	7.2 (59.5%)
106	**KOZŁOWSKA Iwona**	**5028**		Masters K - 40	4	01:32:01	03:17:24	04:47:59	**06:15:54.30**	**06:16:03.00**	+02:33:09 (40.7%)	8:21	7.2 (59.5%)
107	**KIRILENKO Aneta**	**5054**		Masters K - 40	5	01:19:20	03:13:10		**06:16:19.80**	**06:16:25.10**	+02:33:31 (40.8%)	8:21	7.2 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
108	**KIRILENKO Marcin**	**5053**		Masters M - 40	33	01:19:21	03:13:14	04:42:24	**06:16:21.40**	**06:16:25.15**	+02:33:31 (40.8%)	8:21	7.2 (59.5%)
109	**MAGIERECKA Agnieszka**	**5245**		Senior II K - 30	10	01:28:35	03:14:39	04:47:20	**06:15:54.25**	**06:16:35.65**	+02:33:42 (40.8%)	8:21	7.2 (59.5%)
110	**HOTAŁA Sylwia**	**5239**	KUDOWIANKA RUN	Senior II K - 30	11	01:34:17	03:17:36	04:46:42	**06:16:28.85**	**06:16:57.05**	+02:34:03 (40.9%)	8:21	7.2 (59.5%)
111	**MAKOCKI Michal**	**5136**		Masters M - 40	34	01:19:44	03:01:14	04:38:46	**06:16:29.90**	**06:17:41.60**	+02:34:47 (41.0%)	8:22	7.2 (59.5%)
112	**FIREK Rafał**	**5240**	LACHO TEAM	Masters M - 40	35	01:30:08	03:10:04	04:41:06	**06:17:01.25**	**06:17:54.05**	+02:35:00 (41.0%)	8:22	7.2 (59.5%)
113	**WYBRANOWSKI Sylwester**	**5135**	DOM DEVELOPMENT ADVENTURE TEAM	Masters M - 40	36	01:24:47	03:08:28	04:44:26	**06:17:40.65**	**06:18:15.35**	+02:35:21 (41.1%)	8:23	7.1 (58.7%)
114	**SZUBIŃSKI Adam**	**5055**	12 BRYGADA ZMECHANIZOWANA	Senior II M - 30	41	01:24:02	03:02:41	04:40:36	**06:18:13.45**	**06:18:46.10**	+02:35:52 (41.2%)	8:24	7.1 (58.7%)
115	**DZIUBEK Michał**	**5106**	W POGONI ZA DUCHEM	Senior II M - 30	42	01:27:57	03:10:44	04:50:34	**06:18:21.15**	**06:19:12.60**	+02:36:18 (41.2%)	8:24	7.1 (58.7%)
116	**BORUTA-KOŁODZIEJ Emilia**	**5265**	PRO-RUN WROCŁAW	Senior II K - 30	12	01:27:45	03:15:09	04:49:56	**06:18:34.55**	**06:19:35.20**	+02:36:41 (41.3%)	8:24	7.1 (58.7%)
117	**MAŚLANKA Jarosław**	**5400**	PEGA RUNNERS	Masters M - 40	37	01:16:55	02:57:26	04:37:04	**06:20:15.15**	**06:20:47.85**	+02:37:54 (41.5%)	8:27	7.1 (58.7%)
118	**OBRZUD Krzysztof**	**5166**		Masters M - 40	38	01:15:56	02:57:47	04:31:52	**06:20:34.15**	**06:21:08.65**	+02:38:15 (41.5%)	8:27	7.1 (58.7%)
119	**GIERADA Mateusz**	**5092**	NIGHT RUNNERS GLIWICE	Senior I M - 20	11	01:21:19	03:09:08	04:47:26	**06:20:27.50**	**06:21:19.95**	+02:38:26 (41.5%)	8:27	7.1 (58.7%)
120	**GARBOWSKA Monika**	**5243**	BIEGUSIEM PRZEZ ŻYCIE	Masters K - 40	6	01:29:33	03:23:56	04:55:18	**06:20:26.75**	**06:21:20.55**	+02:38:26 (41.6%)	8:27	7.1 (58.7%)
121	**STĘPIEŃ Wojciech**	**5246**	BIEGUSIEM PRZEZ ŻYCIE	Masters M - 40	39	01:29:34	03:23:55	04:55:13	**06:20:26.65**	**06:21:20.60**	+02:38:26 (41.6%)	8:27	7.1 (58.7%)
122	**GARCZYŃSKI Darek**	**5061**		Masters M - 40	40	01:21:05	03:02:53	04:42:15	**06:21:36.95**	**06:21:55.40**	+02:39:01 (41.6%)	8:28	7.1 (58.7%)
123	**KWIATEK Agnieszka**	**5113**		Senior I K - 20	5	01:29:19	03:15:38	04:47:53	**06:21:44.85**	**06:22:07.65**	+02:39:14 (41.7%)	8:29	7.1 (58.7%)
124	**SKAŁECKI Przemysław Skałecki**	**5042**	WIERZBICKI RUNNING PROJECT	Senior II M - 30	43	01:28:55	03:16:03	04:47:57	**06:22:44.55**	**06:22:48.50**	+02:39:54 (41.8%)	8:30	7.1 (58.7%)
125	**GŁOWACKA Renata**	**5009**	TRIAKTYWNY PIOTRKÓW	Masters K - 40	7	01:28:25	03:25:29	04:57:12	**06:23:39.10**	**06:23:45.15**	+02:40:51 (41.9%)	8:31	7 (57.9%)
126	**KWIKERT Adrian**	**5282**		Senior II M - 30	44	01:26:15	03:11:34	04:40:24	**06:23:14.35**	**06:23:56.60**	+02:41:02 (41.9%)	8:30	7 (57.9%)
127	**SZCZUKA Joanna**	**5249**	POLITECHNIKA POZNAŃSKA	Senior I K - 20	6	01:37:20	03:22:47	04:54:25	**06:22:51.25**	**06:24:04.90**	+02:41:11 (42.0%)	8:30	7.1 (58.7%)
128	**KSIĄŻKIEWICZ Tomasz**	**5003**	RUSZ4LITERY	Masters M - 40	41	01:23:46	03:02:41	04:43:06	**06:23:05.15**	**06:24:18.05**	+02:41:24 (42.0%)	8:30	7 (57.9%)
129	**BUDYCH Arkadiusz**	**5226**	RĄCZE LACZKI	Senior II M - 30	45	01:28:37	03:09:49	04:44:41	**06:24:10.00**	**06:24:48.10**	+02:41:54 (42.1%)	8:32	7 (57.9%)
130	**LESZCZYŃSKI Paweł**	**5440**	LASY WAWERSKIE	Weteran I M - 50	6	01:36:27	03:23:19	04:55:11	**06:24:52.60**	**06:25:33.05**	+02:42:39 (42.2%)	8:33	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
131	**GAŁEK Aleksander**	**5168**	PRAGMATIQ.PL	Senior II M - 30	46	01:30:56	03:20:52	04:54:05	**06:26:03.20**	**06:26:29.80**	+02:43:36 (42.3%)	8:34	7 (57.9%)
132	**BODZIOCH Grzegorz**	**5353**	GORLICKA GRUPA BIEGOWA	Masters M - 40	42	01:34:31	03:20:49	04:52:11	**06:26:18.10**	**06:26:48.95**	+02:43:55 (42.4%)	8:35	7 (57.9%)
133	**KONIK Tomasz**	**5014**	FORTIVA	Senior II M - 30	47	01:27:18	03:13:15	04:47:53	**06:25:55.10**	**06:26:51.45**	+02:43:57 (42.4%)	8:34	7 (57.9%)
134	**KACZMAREK Mirosław**	**5128**		Senior I M - 20	12	01:28:51	03:10:40	04:52:17	**06:26:35.40**	**06:27:07.40**	+02:44:13 (42.4%)	8:35	7 (57.9%)
135	**SPRAWKA Marta**	**5325**	KALENJI BY DECATHLON	Senior I K - 20	7	01:28:41	03:09:32	04:51:51	**06:26:35.85**	**06:27:17.20**	+02:44:23 (42.4%)	8:35	7 (57.9%)
136	**CUKROWSKI Marcin**	**5197**	BALLUFF RUNNING TEAM	Senior II M - 30	48	01:22:04	03:16:59	04:55:26	**06:28:10.70**	**06:29:14.05**	+02:46:20 (42.7%)	8:37	7 (57.9%)
137	**KAKOSZKA Marcin**	**5039**		Senior II M - 30	49	01:20:07	03:07:20	04:50:47	**06:28:35.15**	**06:29:26.30**	+02:46:32 (42.8%)	8:38	6.9 (57.0%)
138	**SMYK Kamil**	**5163**		Senior II M - 30	50	01:21:03	03:09:48	04:52:20	**06:29:20.50**	**06:29:55.95**	+02:47:02 (42.8%)	8:39	6.9 (57.0%)
139	**GRZYBOWSKI Rafał**	**5341**		Masters M - 40	43	01:20:38	03:06:16	04:53:40	**06:29:40.75**	**06:30:15.10**	+02:47:21 (42.9%)	8:39	6.9 (57.0%)
140	**KAPAŁKA Adrian**	**5076**	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	44	01:31:30	03:23:23	04:56:27	**06:30:14.90**	**06:30:20.20**	+02:47:26 (42.9%)	8:40	6.9 (57.0%)
141	**KORF Tomasz**	**5022**		Senior II M - 30	51	01:28:49	03:17:43	04:50:57	**06:29:49.30**	**06:30:34.65**	+02:47:41 (42.9%)	8:39	6.9 (57.0%)
142	**ŁYSIAK Bartek**	**5335**		Senior II M - 30	52	01:23:49	03:06:36	04:43:18	**06:30:13.25**	**06:31:01.05**	+02:48:07 (43.0%)	8:40	6.9 (57.0%)
143	**PETRYKOWSKI Karol**	**5111**	HASAJTO!	Senior II M - 30	53	01:28:58	03:12:06	04:55:40	**06:31:08.60**	**06:31:13.40**	+02:48:19 (43.0%)	8:41	6.9 (57.0%)
144	**CIEŚLAK Krzysztof**	**5413**	ULTRAFAZA	Senior II M - 30	54	01:29:26	03:24:53	04:59:17	**06:31:22.60**	**06:31:30.50**	+02:48:36 (43.1%)	8:41	6.9 (57.0%)
145	**BAJDAK Łukasz**	**5389**		Senior II M - 30	55	01:30:11	03:18:56	04:53:38	**06:31:35.00**	**06:32:13.30**	+02:49:19 (43.2%)	8:42	6.9 (57.0%)
146	**WASIEWICZ Jolanta**	**5395**	MEE	Senior II K - 30	13	01:34:13	03:25:08	04:57:52	**06:31:35.85**	**06:32:18.75**	+02:49:25 (43.2%)	8:42	6.9 (57.0%)
146	**WASIEWICZ Adam**	**5291**	TRENERBIEGANIA.PL	Senior II M - 30	56	01:20:30	02:56:58	04:57:55	**06:31:37.05**	**06:32:18.75**	+02:49:25 (43.2%)	8:42	6.9 (57.0%)
148	**SKRZYPIEC Katarzyna**	**5431**		Senior II K - 30	14	01:24:27	03:15:05	04:54:02	**06:32:28.45**	**06:32:34.35**	+02:49:40 (43.2%)	8:43	6.9 (57.0%)
149	**PROSOWIECKA SMAK Katarzyna**	**5198**	BBL	Masters K - 40	8	01:26:43	03:18:53	04:51:33	**06:32:28.20**	**06:32:34.50**	+02:49:40 (43.2%)	8:43	6.9 (57.0%)
150	**IGNATOWSKA Justyna**	**5369**	CAFFEDELMONDO.PL	Senior II K - 30	15	01:24:47	03:17:12	04:50:39	**06:32:34.60**	**06:32:43.15**	+02:49:49 (43.2%)	8:43	6.9 (57.0%)
151	**MASZEWSKA Agata**	**5279**		Senior II K - 30	16	01:35:00	03:26:49	05:03:55	**06:32:52.50**	**06:33:07.70**	+02:50:14 (43.3%)	8:43	6.9 (57.0%)
152	**HOLECZEK Olimpia**	**5047**	STS BIEGATON MIKOŁÓW	Masters K - 40	9	01:30:35	03:31:06	05:05:22	**06:35:22.05**	**06:35:31.00**	+02:52:37 (43.6%)	8:47	6.8 (56.2%)
153	**GAŁECKI Tomasz**	**5310**		Masters M - 40	45	01:27:32	03:18:45	04:56:14	**06:34:48.90**	**06:35:32.20**	+02:52:38 (43.6%)	8:46	6.8 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
154	**CHOJNOWSKI Andrzej**	**5034**		Weteran I M - 50	7	01:27:50	03:18:32	04:59:31	**06:35:28.40**	**06:36:16.50**	+02:53:22 (43.8%)	8:47	6.8 (56.2%)
155	**KORDECKI Bartłomiej**	**5398**	WCHSZT	Senior II M - 30	57	01:26:54	03:11:13	04:58:15	**06:35:44.70**	**06:36:40.75**	+02:53:47 (43.8%)	8:47	6.8 (56.2%)
156	**NOWIK Jagoda**	**5238**	EKOBIEGI	Senior II K - 30	17	01:34:17	03:20:14	05:00:52	**06:35:57.70**	**06:37:04.50**	+02:54:10 (43.9%)	8:47	6.8 (56.2%)
157	**NIMSZ Kamila**	**5178**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	18	01:28:42	03:27:34	05:12:21	**06:37:20.45**	**06:37:41.10**	+02:54:47 (44.0%)	8:49	6.8 (56.2%)
158	**KRUPIANIK Tomasz**	**5401**		Senior II M - 30	58	01:28:28	03:17:58	04:54:00	**06:37:12.80**	**06:38:10.05**	+02:55:16 (44.0%)	8:49	6.8 (56.2%)
159	**GONCERZEWICZ Anna**	**5133**	BASSET ROLLING TEAM/STARE BABICE BIEGAJĄ	Senior II K - 30	19	01:41:43	03:40:10	05:12:14	**06:37:35.25**	**06:38:13.15**	+02:55:19 (44.0%)	8:50	6.8 (56.2%)
160	**WNENT Bartosz**	**5453**	SIŁAOGRA.PL	Senior II M - 30	59	01:20:42	03:16:22	04:54:22	**06:38:09.30**	**06:38:14.90**	+02:55:21 (44.0%)	8:50	6.8 (56.2%)
161	**STACHOWIAK Łukasz**	**5388**	STR POZNAŃ / DZIKIE BOBRY	Senior II M - 30	60	01:16:00	03:39:28	05:11:44	**06:39:21.60**	**06:39:37.50**	+02:56:43 (44.2%)	8:52	6.8 (56.2%)
162	**GRZESZCZYK Michał**	**5079**	EKOBIEGI	Senior II M - 30	61	01:24:04	03:17:45	04:56:45	**06:39:59.20**	**06:40:29.45**	+02:57:35 (44.3%)	8:53	6.8 (56.2%)
163	**PIJANKA Mariusz**	**5170**	BBL OPOLE	Masters M - 40	46	01:33:06	03:25:53	05:02:36	**06:40:48.75**	**06:41:58.25**	+02:59:04 (44.5%)	8:54	6.7 (55.4%)
164	**HANARZ Jacek**	**5315**	DRUŻYNA SZPIKU	Masters M - 40	47	01:34:37	03:26:37	05:00:01	**06:41:28.80**	**06:42:21.50**	+02:59:27 (44.6%)	8:55	6.7 (55.4%)
165	**CHODARCEWICZ Aleksandra**	**5209**		Masters K - 40	10	01:29:57	03:32:24	05:05:57	**06:41:44.90**	**06:42:44.50**	+02:59:50 (44.7%)	8:55	6.7 (55.4%)
166	**SZYMAŃSKI Piotr**	**5193**		Masters M - 40	48	01:37:59	03:34:26	05:07:46	**06:42:08.60**	**06:43:09.55**	+03:00:15 (44.7%)	8:56	6.7 (55.4%)
167	**SULIKOWSKI Rafał**	**5328**		Senior I M - 20	13	01:41:48	03:34:36	05:05:43	**06:41:52.05**	**06:43:10.40**	+03:00:16 (44.7%)	8:55	6.7 (55.4%)
168	**BŁASZCZYK Luiza**	**5102**		Senior I K - 20	8	01:34:43	03:28:52	05:03:34	**06:43:09.65**	**06:43:17.85**	+03:00:24 (44.7%)	8:57	6.7 (55.4%)
169	**DRABIK Jacek**	**5283**		Weteran I M - 50	8	01:31:51	03:32:46	05:08:22	**06:43:19.05**	**06:43:33.95**	+03:00:40 (44.8%)	8:57	6.7 (55.4%)
170	**IWANOWSKI Wojtek**	**5181**	OPOLE G.R.U.	Masters M - 40	49	01:34:22	03:23:30	05:00:38	**06:42:47.80**	**06:43:48.45**	+03:00:54 (44.8%)	8:57	6.7 (55.4%)
171	**JANKOWIAK Krzysztof**	**5116**	MARCO	Masters M - 40	50	01:29:09	03:24:05	05:00:34	**06:43:29.65**	**06:43:56.15**	+03:01:02 (44.8%)	8:58	6.7 (55.4%)
172	**LEWANDOWSKI Janusz**	**5410**		Masters M - 40	51	01:30:11	03:30:50	05:06:29	**06:44:02.75**	**06:44:24.55**	+03:01:30 (44.9%)	8:58	6.7 (55.4%)
173	**WILK Magdalena**	**5288**	DZIADY OCR	Masters K - 40	11	01:26:37	03:23:20	04:58:24	**06:44:11.05**	**06:44:27.10**	+03:01:33 (44.9%)	8:58	6.7 (55.4%)
174	**DEREŃ Agata**	**5266**	TEAM KURORT LĄDEK ZDRÓJ	Senior I K - 20	9	01:35:49	03:29:38	05:10:33	**06:43:44.85**	**06:44:40.90**	+03:01:47 (44.9%)	8:58	6.7 (55.4%)
175	**SYGIEL Andrzej**	**5077**		Masters M - 40	52	01:29:35	03:27:21	05:03:25	**06:45:56.60**	**06:46:14.85**	+03:03:21 (45.1%)	9:01	6.7 (55.4%)
176	**BASIŃSKI Hubert**	**5118**		Masters M - 40	53	01:37:24	03:27:06	05:05:39	**06:45:10.45**	**06:46:26.80**	+03:03:33 (45.2%)	9:00	6.7 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
177	**SAŁEK Mateusz**	**5358**	ADIDAS RUNNERS WARSAW	Senior I M - 20	14	01:17:19	03:09:00	05:00:49	**06:47:01.00**	**06:47:10.65**	+03:04:17 (45.3%)	9:02	6.6 (54.5%)
178	**LIS Tomasz**	**5308**		Senior II M - 30	62	01:28:41	03:35:36	05:10:27	**06:46:31.05**	**06:47:28.40**	+03:04:34 (45.3%)	9:02	6.6 (54.5%)
179	**ŚLIWKA Arkadiusz**	**5146**	OLZA CIESZYN	Masters M - 40	54	01:20:31	03:12:57	05:01:24	**06:47:11.35**	**06:47:43.55**	+03:04:49 (45.3%)	9:02	6.6 (54.5%)
180	**KANDORA Joanna**	**5103**	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	12	01:35:22	03:31:09	05:10:06	**06:47:54.10**	**06:48:38.70**	+03:05:45 (45.5%)	9:03	6.6 (54.5%)
181	**KANDORA Piotr**	**5104**	MIECHOWICKA GRUPA BIEGOWA	Masters M - 40	55	01:35:18	03:31:32	05:10:05	**06:47:54.00**	**06:48:38.75**	+03:05:45 (45.5%)	9:03	6.6 (54.5%)
182	**PAWLIK Paweł Alibaba**	**5406**	CAŁA OLEŚNICA BIEGA	Masters M - 40	56	01:29:07	03:31:06	05:07:26	**06:48:16.35**	**06:48:55.40**	+03:06:01 (45.5%)	9:04	6.6 (54.5%)
183	**RUTKOWSKI Maciej**	**5361**	KB PIAST MIĘDZYRZECZ/ TURBO WILKI/ ULTRA DIABŁY	Senior I M - 20	15	01:21:11	03:10:16	05:03:24	**06:48:51.95**	**06:48:58.55**	+03:06:04 (45.5%)	9:05	6.6 (54.5%)
184	**KIŃCZYK Tomasz**	**5151**	TERNY JAKUBA-OŁAWSKI PARK WODNY	Senior II M - 30	63	01:26:37	03:21:07	04:59:09	**06:48:42.60**	**06:49:02.85**	+03:06:09 (45.5%)	9:04	6.6 (54.5%)
185	**DITMAROVÁ Lucie**	**5365**	TEAM JESENÍKY	Senior II K - 30	20	01:21:32	03:20:56	05:01:20	**06:48:57.55**	**06:49:25.60**	+03:06:31 (45.6%)	9:05	6.6 (54.5%)
186	**BAŤA Tomáš**	**5363**	TEAM JESENÍKY	Masters M - 40	57	01:21:30	03:20:55	05:01:26	**06:48:57.95**	**06:49:25.75**	+03:06:32 (45.6%)	9:05	6.6 (54.5%)
187	**ŠVÁBENSKÝ Jan**	**5364**	TEAM JESENÍKY	Senior II M - 30	64	01:21:34	03:20:57	05:00:50	**06:48:58.35**	**06:49:25.85**	+03:06:32 (45.6%)	9:05	6.6 (54.5%)
188	**CZYRNIA Andrzej**	**5220**	RAJSPORT ACTIVE	Senior II M - 30	65	01:28:24	03:47:15	05:11:14	**06:49:35.50**	**06:50:35.65**	+03:07:42 (45.7%)	9:06	6.6 (54.5%)
189	**WRÓBEL Paweł**	**5105**	MKS SIECHNICE	Senior II M - 30	66	01:33:46	03:41:06	05:18:36	**06:50:47.75**	**06:51:14.00**	+03:08:20 (45.8%)	9:07	6.6 (54.5%)
190	**KOSTERA Katarzyna**	**5099**	VEGE RUNNERS	Masters K - 40	13	01:37:47	03:42:45	05:19:22	**06:50:36.90**	**06:51:21.30**	+03:08:27 (45.8%)	9:07	6.6 (54.5%)
191	**BIERNACIK Piotr**	**5447**		Masters M - 40	58	01:28:20	03:19:22	04:58:52	**06:51:26.10**	**06:51:51.10**	+03:08:57 (45.9%)	9:08	6.6 (54.5%)
192	**PURWIN Karolina**	**5144**		Senior I K - 20	10	01:34:51	03:35:24	05:13:55	**06:51:45.65**	**06:52:12.55**	+03:09:18 (45.9%)	9:09	6.6 (54.5%)
193	**ŚWIĄTEK Agnieszka**	**5145**		Senior I K - 20	11	01:34:49	03:35:23	05:13:55	**06:51:45.50**	**06:52:12.70**	+03:09:19 (45.9%)	9:09	6.6 (54.5%)
194	**RUŚKIEWICZ Wojciech**	**5225**	DELOITTE ADVENTURE TEAM	Senior II M - 30	67	01:20:45	03:20:52	04:58:55	**06:52:24.75**	**06:52:54.55**	+03:10:00 (46.0%)	9:09	6.5 (53.7%)
195	**WOLENTARSKI Roman**	**5179**		Weteran I M - 50	9	01:33:06	03:23:36	05:00:27	**06:52:12.55**	**06:53:21.15**	+03:10:27 (46.1%)	9:09	6.5 (53.7%)
196	**STOLINSKI Dominik**	**5085**	RADOSNY CHMIEL	Masters M - 40	59	01:28:12	03:27:25	05:12:06	**06:52:42.30**	**06:53:39.00**	+03:10:45 (46.1%)	9:10	6.5 (53.7%)
197	**PODWÓJCI Michał**	**5354**		Senior II M - 30	68	01:18:09	03:10:57	05:03:22	**06:54:08.40**	**06:54:18.30**	+03:11:24 (46.2%)	9:12	6.5 (53.7%)
198	**SOBIERAJ Kamil**	**5416**	MKS 'WIERNA' MAŁOGOSZCZ-SEKCJA BIEGOWA	Senior I M - 20	16	01:22:35	03:15:21	05:06:53	**06:54:26.20**	**06:54:37.40**	+03:11:43 (46.2%)	9:12	6.5 (53.7%)
199	**GŁÓWKA Maciej**	**5138**		Senior II M - 30	69	01:37:25	03:33:53	05:12:59	**06:53:54.35**	**06:54:48.55**	+03:11:54 (46.3%)	9:11	6.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
200	**PASTUSZKA Mirosław**	**5329**	RUN ŁDZ	Weteran I M - 50	10	01:29:45	03:33:42	05:16:00	**06:54:14.90**	**06:55:16.90**	+03:12:23 (46.3%)	9:12	6.5 (53.7%)
201	**DRAJERCZAK Marlena**	**5417**	MUAY RUNNING TEAM	Masters K - 40	14	01:37:53	03:41:56	05:21:02	**06:55:09.15**	**06:55:54.70**	+03:13:01 (46.4%)	9:13	6.5 (53.7%)
202	**SUSŁOWSKI Paweł**	**5452**		Senior II M - 30	70	01:28:47	03:23:24	05:09:04	**06:55:17.20**	**06:56:19.95**	+03:13:26 (46.5%)	9:13	6.5 (53.7%)
203	**LACHOR Katarzyna**	**5387**		Senior I K - 20	12	01:29:07	03:31:33	05:14:10	**06:56:20.10**	**06:56:30.80**	+03:13:37 (46.5%)	9:15	6.5 (53.7%)
204	**SMURA Rafał**	**5261**		Senior II M - 30	71	01:29:05	03:18:19	05:06:03	**06:55:39.70**	**06:56:39.40**	+03:13:45 (46.5%)	9:14	6.5 (53.7%)
205	**TOKARCZYK Tomasz**	**5075**	DRUŻYNA SZPIKU	Masters M - 40	60	01:37:31	03:30:14	05:08:08	**06:55:37.65**	**06:56:48.75**	+03:13:55 (46.5%)	9:14	6.5 (53.7%)
206	**BEDNAREK Krzysztof**	**5320**		Masters M - 40	61	01:33:12	03:41:43	05:17:21	**06:57:27.45**	**06:57:55.15**	+03:15:01 (46.7%)	9:16	6.5 (53.7%)
207	**GRABOWSKA Gosia**	**5086**	EKOBIEGI	Masters K - 40	15	01:40:53	03:41:45	05:20:29	**06:57:11.20**	**06:58:17.75**	+03:15:24 (46.7%)	9:16	6.5 (53.7%)
208	**ROSZYK Magdalena**	**5297**	DRUŻYNA SZPIKU	Senior II K - 30	21	01:33:21	03:39:58	05:19:48	**06:58:13.05**	**06:58:33.30**	+03:15:39 (46.7%)	9:17	6.5 (53.7%)
209	**SZUKAŁA Izabela**	**5008**		Senior II K - 30	22	01:34:15	03:31:14	05:16:05	**06:59:05.40**	**06:59:12.05**	+03:16:18 (46.8%)	9:18	6.4 (52.9%)
210	**PODJUK Juliusz**	**5167**		Masters M - 40	62	01:36:33	03:28:48	05:14:08	**06:58:59.95**	**06:59:13.25**	+03:16:19 (46.8%)	9:18	6.4 (52.9%)
211	**GNACY Agnieszka**	**5122**		Senior II K - 30	23	01:38:19	03:40:07	05:19:56	**06:59:00.80**	**06:59:14.10**	+03:16:20 (46.8%)	9:18	6.4 (52.9%)
212	**SZYSZŁOWSKI Waldemar**	**5131**		Senior II M - 30	72	01:28:11	03:33:02	05:13:12	**06:58:25.80**	**06:59:38.20**	+03:16:44 (46.9%)	9:17	6.5 (53.7%)
213	**ŁOŻYŃSKI Kamil**	**5194**	KW GLIWICE	Senior II M - 30	73	01:34:06	03:29:01	05:09:44	**06:59:04.20**	**06:59:41.30**	+03:16:47 (46.9%)	9:18	6.4 (52.9%)
214	**PAKULSKA-TOMZA Dorota**	**5430**		Masters K - 40	16	01:36:05	03:37:39	05:20:06	**06:59:02.85**	**06:59:50.65**	+03:16:57 (46.9%)	9:18	6.4 (52.9%)
215	**KRAWCZYK Karol**	**5264**		Senior II M - 30	74	01:15:41	03:13:39	05:02:48	**07:00:07.45**	**07:00:26.65**	+03:17:33 (47.0%)	9:20	6.4 (52.9%)
216	**PTAK Jarek**	**5423**		Masters M - 40	63	01:29:14	03:36:16	05:20:39	**07:01:03.40**	**07:01:26.55**	+03:18:32 (47.1%)	9:21	6.4 (52.9%)
217	**OSTROUCH Tymon**	**5248**		Senior II M - 30	75	01:17:30	02:59:58	04:48:58	**07:00:31.05**	**07:01:55.30**	+03:19:01 (47.2%)	9:20	6.4 (52.9%)
218	**LUDA Żaneta**	**5157**	WAWRZYNTEAM	Senior II K - 30	24	01:33:09	03:39:52	05:19:47	**07:01:30.50**	**07:01:58.85**	+03:19:05 (47.2%)	9:22	6.4 (52.9%)
219	**KULIG Tomasz**	**5386**		Masters M - 40	64	01:33:27	03:40:54	05:41:40	**07:02:07.40**	**07:03:27.05**	+03:20:33 (47.4%)	9:22	6.4 (52.9%)
220	**GACEK Michał**	**5083**	NOA	Senior II M - 30	76	01:16:24	03:14:39	04:59:12	**07:04:08.85**	**07:04:13.90**	+03:21:20 (47.5%)	9:25	6.4 (52.9%)
221	**MIELECKA Agnieszka**	**5294**	IDMAR RACING TEAM	Weteran K - 50	2	01:36:46	03:53:47	05:36:26	**07:03:15.30**	**07:04:14.10**	+03:21:20 (47.5%)	9:24	6.4 (52.9%)
222	**MACKIEWICZ Magdalena**	**5024**	DŁUGOBIEGANIE	Masters K - 40	17	01:35:12	03:28:06	05:09:39	**07:04:07.95**	**07:04:22.00**	+03:21:28 (47.5%)	9:25	6.4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
223	**PIOTROWSKI Michał**	**5373**		Senior II M - 30	77	01:27:54	03:29:47	05:16:55	**07:03:43.70**	**07:04:22.80**	+03:21:29 (47.5%)	9:24	6.4 (52.9%)
223	**PÓŁGRABIA Dawid**	**5374**		Masters M - 40	65	01:27:51	03:29:46	05:16:58	**07:03:42.95**	**07:04:22.80**	+03:21:29 (47.5%)	9:24	6.4 (52.9%)
225	**KARDAS Piotr**	**5285**		Masters M - 40	66	01:29:17	03:22:04	05:10:03	**07:03:48.50**	**07:04:24.75**	+03:21:31 (47.5%)	9:25	6.4 (52.9%)
226	**KUPIEC Maciej**	**5372**		Senior II M - 30	78	01:27:51	03:29:46		**07:04:13.80**	**07:04:52.80**	+03:21:59 (47.5%)	9:25	6.4 (52.9%)
227	**MAŁKOWSKI Piotr**	**5169**		Weteran II M - 60	2	01:25:53	03:22:41	05:13:46	**07:04:53.45**	**07:05:03.95**	+03:22:10 (47.6%)	9:26	6.4 (52.9%)
228	**GRĘBOWICZ Andrzej**	**5052**	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	67	01:28:40	03:28:02	05:17:05	**07:05:27.10**	**07:05:46.80**	+03:22:53 (47.7%)	9:27	6.3 (52.1%)
229	**KOŁBUC Rafał**	**5074**		Senior I M - 20	17	01:32:07	03:35:05	05:17:37	**07:05:39.10**	**07:05:58.00**	+03:23:04 (47.7%)	9:27	6.3 (52.1%)
230	**NAPIERAŁA Katarzyna**	**5396**		Masters K - 40	18	01:43:08	03:49:00	05:29:12	**07:06:25.10**	**07:07:12.30**	+03:24:18 (47.8%)	9:28	6.3 (52.1%)
231	**KOSTERA Tomasz**	**5095**	VEGE RUNNERS	Masters M - 40	68	01:37:46	03:42:31	05:21:05	**07:06:38.25**	**07:07:21.65**	+03:24:28 (47.8%)	9:28	6.3 (52.1%)
232	**PORADA Małgorzata**	**5224**		Masters K - 40	19	01:38:24	03:45:28	05:28:15	**07:07:28.95**	**07:08:37.95**	+03:25:44 (48.0%)	9:29	6.3 (52.1%)
233	**MROTEK Michał**	**5298**	QUAPRO TEAM	Masters M - 40	69	01:29:01	03:34:02	05:21:47	**07:08:41.45**	**07:08:51.05**	+03:25:57 (48.0%)	9:31	6.3 (52.1%)
234	**POPIELA Sebastian**	**5350**	OPTYK BARTKOWIAK TEAM	Senior II M - 30	79	01:26:53	03:36:27	05:19:18	**07:09:13.90**	**07:09:31.10**	+03:26:37 (48.1%)	9:32	6.3 (52.1%)
235	**WOŹNIAK Paweł**	**5344**	CROSSFIT LESZNO	Senior II M - 30	80	01:26:55	03:36:29	05:19:21	**07:09:16.00**	**07:09:32.60**	+03:26:38 (48.1%)	9:32	6.3 (52.1%)
236	**GRUNTOWSKI Mateusz**	**5114**		Senior II M - 30	81	01:34:12	03:38:11	05:28:56	**07:08:58.90**	**07:09:39.95**	+03:26:46 (48.1%)	9:31	6.3 (52.1%)
237	**MRÓZ Agata**	**5218**	UKS KUMA WAŁCZ	Senior II K - 30	25	01:34:33	03:40:28	05:20:47	**07:10:09.95**	**07:10:34.35**	+03:27:40 (48.2%)	9:33	6.3 (52.1%)
238	**MRÓZ Adrian**	**5217**	UKS KUMA WAŁCZ	Senior II M - 30	82	01:34:35	03:40:27	05:20:55	**07:10:09.75**	**07:10:34.50**	+03:27:40 (48.2%)	9:33	6.3 (52.1%)
239	**JASICKI Krzysztof**	**5063**		Senior II M - 30	83	01:35:04	03:42:02	05:21:41	**07:10:42.40**	**07:11:07.25**	+03:28:13 (48.3%)	9:34	6.3 (52.1%)
240	**SZABAT Daniel**	**5044**		Masters M - 40	70	01:35:31	03:38:26	05:20:50	**07:12:48.45**	**07:13:25.85**	+03:30:32 (48.6%)	9:37	6.2 (51.2%)
241	**CHĘCIŃSKI Łukasz**	**5160**		Senior II M - 30	84	01:33:07	03:33:14	05:21:24	**07:13:27.75**	**07:14:01.65**	+03:31:08 (48.6%)	9:37	6.2 (51.2%)
242	**STRZAŁKOWSKA Urszula**	**5196**		Senior II K - 30	26	01:37:09	03:46:23	05:30:51	**07:13:37.65**	**07:14:46.35**	+03:31:52 (48.7%)	9:38	6.2 (51.2%)
243	**SZCZĘSNA-SOBCZYK Marle**	**5311**	BIEGOWA KUŹNIA	Masters K - 40	20	01:37:42	03:39:48	05:29:35	**07:14:11.25**	**07:14:46.55**	+03:31:52 (48.7%)	9:38	6.2 (51.2%)
244	**TKACZ Rafał**	**5110**	HASAJTO!	Senior II M - 30	85	01:28:52	03:28:11	05:20:18	**07:14:47.30**	**07:14:52.05**	+03:31:58 (48.7%)	9:39	6.2 (51.2%)
245	**BARAN Jędrzej**	**5115**	HASAJTO!	Senior II M - 30	86	01:28:58	03:32:47	05:21:36	**07:14:46.80**	**07:14:52.20**	+03:31:58 (48.7%)	9:39	6.2 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
246	**DRYMEL Piotr**	**5189**	DESTYLATOR	Senior II M - 30	87	01:53:53	03:52:52	05:42:20	**07:13:45.45**	**07:14:56.80**	+03:32:03 (48.8%)	9:38	6.2 (51.2%)
247	**PASZKOWSKI Paweł**	**5204**		Senior II M - 30	88	01:19:08	03:13:17	05:22:43	**07:14:34.55**	**07:15:18.15**	+03:32:24 (48.8%)	9:39	6.2 (51.2%)
248	**PUZIO Waldemar**	**5438**	MARATOŃCZYK DĘBICA	Weteran II M - 60	3	01:35:31	03:34:54	05:22:23	**07:14:51.20**	**07:16:06.80**	+03:33:13 (48.9%)	9:39	6.2 (51.2%)
249	**KAMIŃSKI Paweł**	**5058**	CAŁA OLEŚNICA BIEGA	Masters M - 40	71	01:29:11	03:32:22	05:20:27	**07:15:49.95**	**07:16:28.95**	+03:33:35 (48.9%)	9:41	6.2 (51.2%)
250	**JANKOWSKI Rafał**	**5436**	KOŁO BIEGA	Senior II M - 30	89	01:33:48	03:42:24	05:25:59	**07:16:29.70**	**07:16:52.25**	+03:33:58 (49.0%)	9:42	6.2 (51.2%)
251	**JELENIEWSKA Barbara**	**5125**		Senior II K - 30	27	01:37:22	03:40:50	05:24:15	**07:16:38.85**	**07:17:56.50**	+03:35:02 (49.1%)	9:42	6.2 (51.2%)
252	**MARMUROWICZ Krystian**	**5036**	KOLOROWA DRUŻYNA NESSI	Masters M - 40	72	01:35:13	03:37:24	05:25:05	**07:18:01.30**	**07:18:45.90**	+03:35:52 (49.2%)	9:44	6.2 (51.2%)
253	**MRÓWCZYŃSKI Tomasz**	**5324**	BIEGAJĄCE	Senior II M - 30	90	01:35:46	03:28:09	05:18:09	**07:18:13.40**	**07:19:14.75**	+03:36:21 (49.3%)	9:44	6.2 (51.2%)
254	**KNOFEL-LASZCZYŃSKA Agata**	**5081**	STRZELIŃSKI KLUB BIEGACZA GRANIT	Masters K - 40	21	01:37:40	03:50:07	05:36:45	**07:19:07.05**	**07:19:44.25**	+03:36:50 (49.3%)	9:45	6.1 (50.4%)
255	**PRUSIK Paweł**	**5262**		Senior I M - 20	18	01:30:26	03:52:22	05:32:08	**07:19:49.55**	**07:20:10.55**	+03:37:16 (49.4%)	9:46	6.1 (50.4%)
256	**PRUSIK Tomasz**	**5250**		Senior I M - 20	19	01:30:27	03:52:20	05:32:08	**07:19:49.85**	**07:20:11.05**	+03:37:17 (49.4%)	9:46	6.1 (50.4%)
257	**BŁASZCZYK Mariusz**	**5202**	SNG WILD DUCKS	Senior II M - 30	91	01:30:20	03:35:58	05:27:38	**07:19:34.25**	**07:20:12.25**	+03:37:18 (49.4%)	9:46	6.1 (50.4%)
258	**OLCZYK Andrzej**	**5097**		Weteran I M - 50	11	01:35:47	03:47:15	05:31:57	**07:19:54.80**	**07:20:56.70**	+03:38:03 (49.5%)	9:46	6.1 (50.4%)
259	**BAR Aleksandra**	**5305**	GMINA STRZELCE OPOLSKIE	Masters K - 40	22	01:38:33	03:51:21	05:37:27	**07:22:54.85**	**07:23:06.70**	+03:40:13 (49.7%)	9:50	6.1 (50.4%)
260	**KĘPSKI Grzegorz**	**5142**	1984	Senior II M - 30	92	01:36:34	03:41:43	05:27:43	**07:22:18.20**	**07:23:08.45**	+03:40:14 (49.7%)	9:49	6.1 (50.4%)
261	**WITKOWSKA Beata**	**5068**		Senior II K - 30	28	01:39:11	03:41:25	05:31:17	**07:23:00.55**	**07:23:36.30**	+03:40:42 (49.8%)	9:50	6.1 (50.4%)
262	**SZCZERBAL Agnieszka**	**5256**	TKKF MPK POZNAŃ	Masters K - 40	23	01:41:35	03:52:48	05:40:16	**07:24:06.50**	**07:24:26.45**	+03:41:32 (49.8%)	9:52	6.1 (50.4%)
263	**SZYSZKA Marek**	**5159**	STS BIEGATON	Senior II M - 30	93	01:29:39	03:46:05	05:29:46	**07:24:48.75**	**07:24:57.75**	+03:42:04 (49.9%)	9:53	6.1 (50.4%)
264	**GRZELKA Tomasz**	**5326**	RUNNER'S POWER	Masters M - 40	73	01:29:10	03:37:45	05:36:26	**07:24:52.75**	**07:25:19.15**	+03:42:25 (49.9%)	9:53	6.1 (50.4%)
265	**CUKROWSKI Andrzej**	**5064**	ZLB OLAWS ZŁOTORYJA	Masters M - 40	74	01:30:59	03:41:30	05:29:08	**07:25:48.75**	**07:26:47.75**	+03:43:54 (50.1%)	9:54	6.1 (50.4%)
266	**MORAWSKI Ryszard**	**5185**		Senior II M - 30	94	01:35:21	03:41:56	05:31:49	**07:26:32.20**	**07:27:11.75**	+03:44:18 (50.2%)	9:55	6 (49.6%)
267	**SZULC Edyta**	**5112**		Masters K - 40	24	01:43:01	03:55:06	05:36:26	**07:26:31.35**	**07:27:50.15**	+03:44:56 (50.2%)	9:55	6 (49.6%)
268	**GLINSKA Beata**	**5263**	AK FORCA/OK KAPELA	Masters K - 40	25	01:38:23	03:50:40	05:40:31	**07:27:36.15**	**07:27:51.10**	+03:44:57 (50.2%)	9:56	6 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
269	**KRAKOWSKI Paweł**	**5399**	GÓRA I CZAPALA TEAM	Senior II M - 30	95	01:27:34	03:42:20	05:32:27	**07:27:24.05**	**07:28:26.05**	+03:45:32 (50.3%)	9:56	6 (49.6%)
270	**BOCHAN Lidia**	**5236**		Masters K - 40	26	01:38:46	03:49:35	05:36:46	**07:27:52.75**	**07:28:27.40**	+03:45:33 (50.3%)	9:57	6 (49.6%)
271	**MARCINIAK Anna**	**5013**		Masters K - 40	27	01:39:19	03:53:51	05:38:52	**07:27:25.75**	**07:28:34.30**	+03:45:40 (50.3%)	9:56	6 (49.6%)
272	**WĄSACZ Arkadiusz**	**5275**	ALPAK TEAM	Senior I M - 20	20	01:30:03	03:15:23	04:44:34	**07:27:21.40**	**07:28:38.95**	+03:45:45 (50.3%)	9:56	6 (49.6%)
273	**SOŁDON Katarzyna**	**5141**		Senior I K - 20	13	01:42:41	03:52:14	05:38:33	**07:27:52.30**	**07:29:12.60**	+03:46:18 (50.4%)	9:57	6 (49.6%)
274	**SUŁEK Tomek**	**5336**		Masters M - 40	75	01:36:16	03:41:15	05:28:22	**07:29:05.35**	**07:29:45.20**	+03:46:51 (50.4%)	9:58	6 (49.6%)
275	**KLIMEK Arkadiusz**	**5450**		Masters M - 40	76	01:37:28	03:48:30	05:39:28	**07:28:46.65**	**07:29:59.65**	+03:47:06 (50.5%)	9:58	6 (49.6%)
276	**MYŚLIŃSKA Magdalena**	**5148**		Senior II K - 30	29	01:34:04	03:36:59	05:28:21	**07:29:57.50**	**07:30:07.05**	+03:47:13 (50.5%)	9:59	6 (49.6%)
277	**SKWIERCZYŃSKI Sylwester**	**5221**		Senior I M - 20	21	01:32:13	03:39:31	05:36:15	**07:29:28.25**	**07:30:14.25**	+03:47:20 (50.5%)	9:59	6 (49.6%)
278	**JESIOŁOWSKI Robert**	**5126**		Masters M - 40	77	01:34:08	03:39:03	05:35:55	**07:29:17.60**	**07:30:35.35**	+03:47:41 (50.5%)	9:59	6 (49.6%)
279	**GUŹDZIOŁ Jarek**	**5295**	TBKM WILK SOLEC KUJAWSKI	Masters M - 40	78	01:36:25	03:52:51	05:41:45	**07:30:32.85**	**07:30:57.10**	+03:48:03 (50.6%)	10:00	6 (49.6%)
280	**TOMCZAK Justyna**	**5143**		Senior I K - 20	14	01:41:11	04:00:51	05:42:54	**07:30:24.60**	**07:31:24.00**	+03:48:30 (50.6%)	10:00	6 (49.6%)
281	**PAKUŁA Grzegorz**	**5293**		Weteran I M - 50	12			05:32:19	**07:31:20.20**	**07:31:36.20**	+03:48:42 (50.6%)	10:01	6 (49.6%)
282	**TUREK Magdalena**	**5177**	CHAMPIONMAN TEAM	Senior II K - 30	30	01:38:29	03:51:59	05:36:21	**07:31:18.10**	**07:32:23.90**	+03:49:30 (50.7%)	10:01	6 (49.6%)
283	**PIASECKI Wojciech**	**5214**	CHAMPIONMAN TEAM	Masters M - 40	79	01:38:30	03:51:46	05:36:22	**07:31:20.00**	**07:32:25.40**	+03:49:31 (50.7%)	10:01	6 (49.6%)
284	**GLAPIAK-PRZYTUŁA Agnieszka**	**5414**		Masters K - 40	28	01:34:41	03:44:37	05:39:47	**07:32:42.60**	**07:32:45.95**	+03:49:52 (50.8%)	10:03	6 (49.6%)
285	**KRUK Jacek**	**5296**		Masters M - 40	80	01:39:30	03:51:01	05:38:58	**07:32:46.95**	**07:33:43.95**	+03:50:50 (50.9%)	10:03	6 (49.6%)
286	**SAWALA Sławomir**	**5094**	TRANCE ONLY	Masters M - 40	81	01:34:31	03:41:44	05:35:14	**07:33:12.20**	**07:34:03.05**	+03:51:09 (50.9%)	10:04	6 (49.6%)
287	**GAIK Maciej**	**5184**	BIEGNIJ BRACIE ZTZ	Masters M - 40	82	01:26:55	03:25:43	05:28:45	**07:34:30.20**	**07:34:43.25**	+03:51:49 (51.0%)	10:06	5.9 (48.8%)
288	**NEUMANN Jacek**	**5152**	CENTRUM ŁĄKOWA 1	Weteran I M - 50	13	01:37:46	03:50:53	05:40:21	**07:33:36.20**	**07:34:48.15**	+03:51:54 (51.0%)	10:04	6 (49.6%)
289	**GARBACZ Marek**	**5455**	TULIP RUNNERS	Masters M - 40	83	01:35:14	03:34:10	05:23:55	**07:34:40.80**	**07:35:30.00**	+03:52:36 (51.1%)	10:06	5.9 (48.8%)
290	**WODECKI Tomasz**	**5200**	KLUB BIEGACZY JYSK	Senior I M - 20	22	01:28:19	03:36:19	05:27:30	**07:36:13.35**	**07:37:05.40**	+03:54:11 (51.2%)	10:08	5.9 (48.8%)
291	**MATUSIEWICZ Karolina**	**5252**		Masters K - 40	29	01:43:53	03:46:03	05:39:45	**07:36:40.30**	**07:37:26.55**	+03:54:32 (51.3%)	10:08	5.9 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
292	**SYK Bartosz**	**5271**		Senior II M - 30	96	01:50:23	04:09:45	05:52:11	**07:36:09.35**	**07:37:29.85**	+03:54:36 (51.3%)	10:08	5.9 (48.8%)
293	**SKORUPSKA Ewa**	**5356**		Senior II K - 30	31	01:44:06	03:55:28	05:47:45	**07:36:47.05**	**07:37:34.10**	+03:54:40 (51.3%)	10:09	5.9 (48.8%)
294	**ZAPIÓR Marek**	**5382**	ZET	Weteran I M - 50	14	01:38:23	03:55:43	05:45:49	**07:36:49.70**	**07:37:40.55**	+03:54:46 (51.3%)	10:09	5.9 (48.8%)
295	**ZIELIŃSKA Mirona**	**5015**	NIGHT RUNNERS WROCŁAW	Masters K - 40	30	01:43:17	04:00:25	05:46:18	**07:37:02.85**	**07:38:17.05**	+03:55:23 (51.4%)	10:09	5.9 (48.8%)
296	**SZYSZKO Ewa**	**5230**	MARKOWI BIEGACZE	Senior II K - 30	32	01:47:22	04:03:11	05:52:43	**07:37:59.15**	**07:38:28.35**	+03:55:34 (51.4%)	10:10	5.9 (48.8%)
297	**SROKA Łukasz**	**5117**		Masters M - 40	84	01:39:58	03:47:13	05:39:14	**07:37:27.55**	**07:38:44.20**	+03:55:50 (51.4%)	10:09	5.9 (48.8%)
298	**PAAKKINEN Laura Paakkinen**	**5020**		Senior II K - 30	33	01:39:00	03:58:45	05:46:44	**07:39:13.50**	**07:40:16.75**	+03:57:23 (51.6%)	10:12	5.9 (48.8%)
299	**KOCOT Aleksandra**	**5060**		Senior II K - 30	34	01:39:04	03:58:46	05:46:46	**07:39:18.95**	**07:40:22.75**	+03:57:29 (51.6%)	10:12	5.9 (48.8%)
300	**FLORCZAK Monika**	**5010**	KOBIETA W BIEGU	Senior I K - 20	15	01:42:33	03:55:04	05:48:14	**07:39:48.00**	**07:40:56.65**	+03:58:03 (51.6%)	10:13	5.9 (48.8%)
301	**KUŁAKOWSKI Piotr**	**5385**	CZŁAPACZE	Weteran II M - 60	4	01:42:59	03:50:55	05:47:07	**07:40:24.30**	**07:41:08.10**	+03:58:14 (51.7%)	10:13	5.9 (48.8%)
302	**KULA Sebastian**	**5084**		Senior II M - 30	97	01:26:18	03:28:07	05:36:52	**07:41:41.35**	**07:42:23.00**	+03:59:29 (51.8%)	10:15	5.8 (47.9%)
303	**MICHALSKA Daria**	**5449**	BOHAR PALETY RUNNERS	Senior II K - 30	35	01:41:51	03:58:24	05:50:18	**07:41:11.00**	**07:42:23.30**	+03:59:29 (51.8%)	10:14	5.9 (48.8%)
304	**ŚPIEWAK Radosław**	**5016**	BOHAR PALETY RUNNERS	Senior II M - 30	98	01:41:50	03:58:23	05:50:18	**07:41:13.15**	**07:42:25.55**	+03:59:31 (51.8%)	10:14	5.9 (48.8%)
305	**ZYGMUNT Małgorzata**	**5139**		Senior II K - 30	36	01:36:26	03:53:18	05:46:38	**07:42:17.50**	**07:42:47.00**	+03:59:53 (51.8%)	10:16	5.8 (47.9%)
306	**SZCZEPANIAK Grzegorz**	**5284**	BOŚ	Weteran I M - 50	15	01:35:49	03:42:20	05:45:53	**07:41:49.90**	**07:42:52.50**	+03:59:58 (51.8%)	10:15	5.8 (47.9%)
307	**GROSZAK Krzysztof**	**5429**	KB NATURA BIEDRUSKO	Senior II M - 30	99	01:39:53	03:47:18	05:39:11	**07:43:32.40**	**07:44:49.60**	+04:01:55 (52.0%)	10:18	5.8 (47.9%)
308	**SYNOWIEC Patryk**	**5201**	DESTYLATOR	Senior II M - 30	100	01:47:48	03:52:53	05:42:18	**07:43:44.10**	**07:44:54.90**	+04:02:01 (52.1%)	10:18	5.8 (47.9%)
309	**BLIŹNIEWSKA Kattarzyna**	**5108**	KS GŁOWNO W BIEGU	Masters K - 40	31	01:40:06	04:02:02	05:52:30	**07:46:24.80**	**07:47:11.95**	+04:04:18 (52.3%)	10:21	5.8 (47.9%)
310	**GRABOWSKA Edyta**	**5407**		Senior II K - 30	37	01:39:58	04:12:21	05:59:31	**07:46:23.70**	**07:47:33.40**	+04:04:39 (52.3%)	10:21	5.8 (47.9%)
311	**FUKS Szymon**	**5306**	MCBIEGACZE	Senior II M - 30	101	01:28:43	03:37:35	05:33:07	**07:48:47.80**	**07:49:45.50**	+04:06:51 (52.6%)	10:25	5.8 (47.9%)
312	**DROSZCZ Krzysztof**	**5002**	BIGYELLOWFOOT ADVENTURE TEAM	Senior II M - 30	102	01:33:33	03:41:58	05:36:42	**07:49:12.05**	**07:49:51.40**	+04:06:57 (52.6%)	10:25	5.8 (47.9%)
313	**MICHTA Bartłomiej**	**5153**		Senior II M - 30	103	01:42:38	03:54:58	05:46:15	**07:48:34.65**	**07:49:55.45**	+04:07:01 (52.6%)	10:24	5.8 (47.9%)
314	**DOMAGAŁA Konrad**	**5223**	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	104	01:40:57	03:55:09	05:47:19	**07:49:57.55**	**07:50:16.75**	+04:07:23 (52.6%)	10:26	5.7 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
315	**KORNAŚ Marcin**	**5006**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	85	01:36:32	04:00:54	05:57:37	**07:50:46.70**	**07:51:19.50**	+04:08:25 (52.7%)	10:27	5.7 (47.1%)
316	**ROZMUS Katarzyna**	**5251**	LPP TEAM	Senior II K - 30	38	01:48:12	04:07:16	05:58:19	**07:51:09.35**	**07:51:54.10**	+04:09:00 (52.8%)	10:28	5.7 (47.1%)
317	**WYSZOMIRSKA Agnieszka**	**5333**		Senior II K - 30	39	01:48:01	04:12:12	06:01:39	**07:51:05.35**	**07:52:01.40**	+04:09:07 (52.8%)	10:28	5.7 (47.1%)
318	**WYSZOMIRSKI Adam**	**5334**		Senior II M - 30	105	01:48:01	04:12:13	06:03:16	**07:51:06.85**	**07:52:03.65**	+04:09:10 (52.8%)	10:28	5.7 (47.1%)
319	**JAWORSKI Barłomiej**	**5351**		Weteran I M - 50	16	01:29:00	03:51:00	05:45:54	**07:52:13.45**	**07:52:20.25**	+04:09:26 (52.8%)	10:29	5.7 (47.1%)
320	**ZAROBIAK Piotr**	**5206**	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	86	01:43:18	04:07:31	05:58:26	**07:53:00.20**	**07:53:21.60**	+04:10:27 (52.9%)	10:30	5.7 (47.1%)
321	**ZAROBIAK Katarzyna**	**5205**	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	32	01:43:18	04:07:31	05:58:27	**07:53:00.80**	**07:53:22.00**	+04:10:28 (52.9%)	10:30	5.7 (47.1%)
322	**KORONKIEWICZ Adam**	**5323**		Masters M - 40	87	01:41:40	04:01:53	05:49:50	**07:53:31.95**	**07:54:08.30**	+04:11:14 (53.0%)	10:31	5.7 (47.1%)
323	**ADAM Piotr**	**5029**	WROCLAW MARATHON TEAM	Masters M - 40	88	01:41:35	04:01:35	05:48:59	**07:53:32.80**	**07:54:09.60**	+04:11:15 (53.0%)	10:31	5.7 (47.1%)
324	**JAWOROWICZ Tomasz**	**5087**	KS PEGAZ	Masters M - 40	89	01:50:53	04:12:54	06:00:49	**07:53:33.10**	**07:54:13.85**	+04:11:20 (53.0%)	10:31	5.7 (47.1%)
325	**JAWOROWICZ Dobrochna**	**5088**	KS PEGAZ	Masters K - 40	33	01:51:07	04:12:55	06:02:46	**07:53:32.25**	**07:54:14.05**	+04:11:20 (53.0%)	10:31	5.7 (47.1%)
326	**KLACZYŃSKI Norbert**	**5101**		Senior I M - 20	23	01:34:41	03:40:25	05:46:59	**07:56:13.50**	**07:56:21.60**	+04:13:27 (53.2%)	10:34	5.7 (47.1%)
327	**MASŁOWSKA Aleksandra**	**5390**		Senior I K - 20	16	01:39:58	04:12:20	05:59:31	**07:55:12.70**	**07:56:22.80**	+04:13:29 (53.2%)	10:33	5.7 (47.1%)
328	**JUSZCZYK Paweł**	**5319**		Senior I M - 20	24	01:28:20	03:47:17	05:54:30	**07:56:24.55**	**07:57:24.85**	+04:14:31 (53.3%)	10:35	5.7 (47.1%)
329	**STAWSKA Natalia**	**5172**		Senior II K - 30	40	01:49:56	04:16:37	06:05:08	**07:56:19.50**	**07:57:30.85**	+04:14:37 (53.3%)	10:35	5.7 (47.1%)
330	**BLIŹNIEWSKI Marek**	**5109**	KS GŁOWNO W BIEGU	Masters M - 40	90	01:40:01	03:51:46	05:39:51	**07:59:26.60**	**08:00:15.70**	+04:17:22 (53.6%)	10:39	5.6 (46.3%)
331	**KRAKOWSKI Sebastian**	**5137**	MIECHOWICKA GRUPA BIEGOWA	Senior I M - 20	25	01:36:57	03:59:31	06:03:04	**08:02:18.05**	**08:03:06.15**	+04:20:12 (53.9%)	10:43	5.6 (46.3%)
332	**SZYMAŃSKA Asia**	**5192**		Masters K - 40	34	01:43:36	04:11:02	06:09:23	**08:03:18.90**	**08:04:20.15**	+04:21:26 (54.0%)	10:44	5.6 (46.3%)
333	**KLIMEK Paweł**	**5162**		Senior I M - 20	26	01:39:49	03:57:10	05:54:04	**08:03:19.40**	**08:04:27.45**	+04:21:33 (54.0%)	10:44	5.6 (46.3%)
334	**TOBERA Alicja**	**5258**		Senior II K - 30	41	01:44:00	04:14:13	06:13:35	**08:04:49.20**	**08:05:23.60**	+04:22:29 (54.1%)	10:46	5.6 (46.3%)
335	**ZDYB Grzegorz**	**5030**		Masters M - 40	91	01:41:57	04:09:41	06:03:25	**08:04:30.15**	**08:05:43.30**	+04:22:49 (54.1%)	10:46	5.6 (46.3%)
336	**PIETROWICZ Marek**	**5359**		Weteran I M - 50	17	01:51:16	04:17:12	06:06:10	**08:06:43.60**	**08:07:16.85**	+04:24:23 (54.3%)	10:48	5.5 (45.5%)
337	**SOKOŁOWSKI Artur**	**5289**	DZIADY OCR	Masters M - 40	92	01:43:02	04:04:10	06:05:34	**08:07:16.55**	**08:07:33.45**	+04:24:39 (54.3%)	10:49	5.5 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
338	**WIŚNIEWSKI Marcin**	**5270**		Senior II M - 30	106	01:41:36	04:04:06	06:03:19	**08:06:09.60**	**08:07:36.10**	+04:24:42 (54.3%)	10:48	5.6 (46.3%)
339	**NOWAK Natalia**	**5274**	EKIPA Z TARNOWA	Senior II K - 30	42	01:37:10	03:59:38	06:04:26	**08:10:47.45**	**08:11:18.80**	+04:28:25 (54.6%)	10:54	5.5 (45.5%)
340	**NIEDŹWIECKA Kasia**	**5080**	EKOBIEGI	Masters K - 40	35	01:51:36	04:17:02	06:13:02	**08:10:54.95**	**08:12:02.80**	+04:29:09 (54.7%)	10:54	5.5 (45.5%)
341	**PRZYBYLAK Michał**	**5345**		Masters M - 40	93	01:45:51	04:12:42	06:20:09	**08:13:51.75**	**08:14:15.20**	+04:31:21 (54.9%)	10:58	5.5 (45.5%)
342	**KNOBLOCH Ewa**	**5277**		Masters K - 40	36	01:49:55	04:19:33	06:18:54	**08:14:04.20**	**08:14:20.30**	+04:31:26 (54.9%)	10:58	5.5 (45.5%)
343	**MARCINKOWSKA Anita**	**5199**		Senior II K - 30	43	01:39:43	04:00:19	06:05:08	**08:14:15.30**	**08:14:27.00**	+04:31:33 (54.9%)	10:59	5.5 (45.5%)
344	**KOBIERECKA Monika**	**5180**	KS GŁOWNO W BIEGU	Masters K - 40	37	01:42:57	04:03:36	06:14:41	**08:14:57.15**	**08:15:46.05**	+04:32:52 (55.0%)	10:59	5.5 (45.5%)
345	**CIEPLICKA Magdalena**	**5376**	FOREST GANG BYDGOSZCZ	Senior I K - 20	17	01:43:25	03:55:39	06:11:09	**08:15:54.35**	**08:16:18.45**	+04:33:24 (55.1%)	11:01	5.4 (44.6%)
346	**DROSIK-KWAŚNIEWSKA Anna**	**5427**		Masters K - 40	38	01:47:13	04:15:08	06:15:22	**08:16:26.80**	**08:16:58.10**	+04:34:04 (55.1%)	11:01	5.4 (44.6%)
347	**KWAŚNIEWSKI Andrzej**	**5426**		Masters M - 40	94	01:47:12	04:15:07	06:15:34	**08:16:26.55**	**08:16:58.20**	+04:34:04 (55.1%)	11:01	5.4 (44.6%)
348	**SZWARGOT Marta**	**5149**	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	44	01:48:05	04:22:01	06:18:53	**08:17:01.65**	**08:17:57.50**	+04:35:03 (55.2%)	11:02	5.4 (44.6%)
349	**NADOBNIK Beata**	**5100**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	39	01:48:07	04:21:54	06:18:51	**08:17:03.70**	**08:17:59.85**	+04:35:06 (55.2%)	11:02	5.4 (44.6%)
350	**BUĆKO Karolina**	**5316**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	40	01:48:05	04:22:09	06:19:17	**08:17:04.00**	**08:18:00.35**	+04:35:06 (55.2%)	11:02	5.4 (44.6%)
351	**PIECUCH Małgorzata**	**5007**		Weteran K - 50	3	01:53:03	04:30:37	06:24:54	**08:16:41.85**	**08:18:02.10**	+04:35:08 (55.2%)	11:02	5.4 (44.6%)
352	**WIERZBICKA Natalia**	**5098**	PCH_RUN	Senior II K - 30	45	01:54:21	04:24:30	06:21:39	**08:19:58.55**	**08:20:48.15**	+04:37:54 (55.5%)	11:06	5.4 (44.6%)
353	**CZUBA Michał**	**5425**		Senior II M - 30	107	01:40:56	03:55:11	05:55:03	**08:24:25.70**	**08:24:44.80**	+04:41:51 (55.8%)	11:12	5.4 (44.6%)
354	**GONCERZEWICZ Marek**	**5338**	BASSET ROLLING TEAM	Senior II M - 30	108	01:37:55	04:05:06	06:11:33	**08:26:38.55**	**08:27:17.95**	+04:44:24 (56.1%)	11:15	5.3 (43.8%)
355	**SZULC Joanna**	**5176**	1971	Masters K - 40	41	02:00:59	04:37:47	06:33:30	**08:27:14.05**	**08:28:19.25**	+04:45:25 (56.2%)	11:16	5.3 (43.8%)
356	**SIENKIEWICZ Gabrysia**	**5021**	OGARY DOLORES	Senior I K - 20	18	01:47:45	04:10:56	06:07:59	**08:27:00.05**	**08:28:19.60**	+04:45:25 (56.2%)	11:16	5.3 (43.8%)
357	**ZGOŁA Przemysław**	**5268**	TARNOWO PODGÓRNE BIEGA	Masters M - 40	95	01:41:36	03:59:02	05:40:19	**08:28:39.75**	**08:29:00.70**	+04:46:07 (56.2%)	11:18	5.3 (43.8%)
358	**BĄDZIUL Dorota**	**5001**		Senior II K - 30	46	01:56:50	04:28:24	06:27:38	**08:29:50.55**	**08:31:01.70**	+04:48:08 (56.4%)	11:19	5.3 (43.8%)
359	**MUCHAJER Dawid**	**5235**	CSWLĄD	Masters M - 40	96	01:48:44	04:20:20	06:24:07	**08:31:31.20**	**08:31:53.30**	+04:48:59 (56.5%)	11:22	5.3 (43.8%)
360	**PRUCHNIEWSKA Agnieszka**	**5234**	ROKIETNICA BIEGA	Masters K - 40	42	01:48:42	04:20:19	06:24:09	**08:31:30.10**	**08:31:53.85**	+04:49:00 (56.5%)	11:22	5.3 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
361	**LISOWSKA Kamila**	**5231**		Senior II K - 30	47	01:49:13	04:27:35	06:27:41	**08:31:28.20**	**08:32:18.45**	+04:49:24 (56.5%)	11:21	5.3 (43.8%)
362	**SZAŁAJSKA Monika**	**5026**		Senior I K - 20	19	01:49:47	04:27:17	06:30:38	**08:32:45.25**	**08:33:46.65**	+04:50:53 (56.6%)	11:23	5.3 (43.8%)
363	**KWAŚNIEWSKI Marcin**	**5393**		Masters M - 40	97	01:42:59	04:19:33	06:23:26	**08:32:35.10**	**08:33:49.90**	+04:50:56 (56.6%)	11:23	5.3 (43.8%)
364	**WAWIERNIA Dorota**	**5347**		Masters K - 40	43	01:43:45	04:10:33	06:27:36	**08:34:03.15**	**08:34:14.05**	+04:51:20 (56.7%)	11:25	5.3 (43.8%)
365	**OBSTARCZYK Andrzej**	**5190**	ZADYSZKA OŚWIĘCIM	Weteran II M - 60	5	01:49:44	04:20:18	06:24:13	**08:33:37.20**	**08:34:39.95**	+04:51:46 (56.7%)	11:24	5.3 (43.8%)
366	**DUDA-RELIGA Ewelina**	**5287**	OZKB	Masters K - 40	44	01:44:25	04:30:00	06:29:55	**08:36:07.30**	**08:36:31.10**	+04:53:37 (56.8%)	11:28	5.2 (43.0%)
367	**BARZAK Justyna**	**5300**		Senior II K - 30	48	01:46:15	04:15:21	06:28:59	**08:36:42.00**	**08:37:25.40**	+04:54:31 (56.9%)	11:28	5.2 (43.0%)
368	**SABOK- MUSZYŃSKA Katarzyna**	**5107**		Senior II K - 30	49	01:46:16	04:15:20	06:28:58	**08:36:42.10**	**08:37:25.60**	+04:54:31 (56.9%)	11:28	5.2 (43.0%)
369	**STASZEWSKA Sylwia**	**5303**		Masters K - 40	45	01:51:53	04:32:12	06:30:00	**08:38:42.20**	**08:38:58.00**	+04:56:04 (57.1%)	11:31	5.2 (43.0%)
370	**KRAJEWSKA-PALUCH Ewa**	**5119**	BIEGOWA KUŹNIA	Masters K - 40	46	01:48:20	04:32:31	06:30:51	**08:38:32.95**	**08:39:08.85**	+04:56:15 (57.1%)	11:31	5.2 (43.0%)
371	**KOŚCIELNIAK Dagmara**	**5255**	CZERWONAK BIEGA	Masters K - 40	47	01:56:56	04:34:38	06:31:15	**08:39:48.40**	**08:40:05.40**	+04:57:11 (57.1%)	11:33	5.2 (43.0%)
372	**IZDEBSKI Marek**	**5292**	SPARTA ZIĘBICE	Weteran I M - 50	18	01:52:43	04:34:02	06:35:44	**08:40:10.90**	**08:40:40.85**	+04:57:47 (57.2%)	11:33	5.2 (43.0%)
373	**KOWAL Ewa**	**5187**		Masters K - 40	48	01:52:41	04:34:02	06:35:43	**08:40:11.45**	**08:40:41.05**	+04:57:47 (57.2%)	11:33	5.2 (43.0%)
374	**RAKOWSKI Damian**	**5049**	KFJ	Senior I M - 20	27	01:46:48	04:24:32	06:31:23	**08:41:04.05**	**08:42:07.95**	+04:59:14 (57.3%)	11:34	5.2 (43.0%)
375	**TABACZYŃSKA Monika**	**5048**	KFJ	Senior I K - 20	20	01:46:42	04:24:29	06:31:38	**08:41:04.00**	**08:42:09.05**	+04:59:15 (57.3%)	11:34	5.2 (43.0%)
376	**BARTOSIEWICZ Dorota**	**5337**		Senior II K - 30	50	01:43:37	04:15:40	06:29:23	**08:45:51.50**	**08:46:02.70**	+05:03:09 (57.6%)	11:41	5.1 (42.1%)
377	**ZAWORONEK Marcin**	**5140**		Senior I M - 20	28	01:48:19	04:14:07	06:34:04	**08:45:12.75**	**08:46:32.55**	+05:03:38 (57.7%)	11:40	5.1 (42.1%)
378	**ZAJĄC Aga**	**5132**	77CATS	Masters K - 40	49	01:56:25	04:39:50	06:43:16	**08:46:09.05**	**08:47:00.05**	+05:04:06 (57.7%)	11:41	5.1 (42.1%)
379	**MUSIAŁ Ewa**	**5257**		Masters K - 40	50	01:48:19	03:53:46	05:51:25	**08:46:31.65**	**08:47:20.35**	+05:04:26 (57.7%)	11:42	5.1 (42.1%)
380	**SZYMAŃSKI Paweł**	**7363**	MUAY RUNNING TEAM	Senior II M - 30	109	01:53:51	04:32:50	06:42:30	**08:49:17.95**	**08:50:34.00**	+05:07:40 (58.0%)	11:45	5.1 (42.1%)
381	**WOJEWODA Renata**	**5301**		Masters K - 40	51	01:49:40	04:24:35	06:32:33	**08:50:36.95**	**08:51:43.10**	+05:08:49 (58.1%)	11:47	5.1 (42.1%)
382	**GARCZEWSKA-PASZKO Joanna**	**5019**		Masters K - 40	52	01:51:46	04:45:02	06:54:04	**08:50:46.00**	**08:52:04.05**	+05:09:10 (58.1%)	11:47	5.1 (42.1%)
383	**MZYK Fabian**	**5066**	STS BIEGATON	Masters M - 40	98	01:46:01	04:30:04	06:40:13	**08:53:32.80**	**08:53:43.60**	+05:10:49 (58.2%)	11:51	5.1 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
384	**GRZELCZAK Tomasz**	**5332**	PMM	Weteran I M - 50	19	01:48:42	04:56:54	06:58:15	**08:54:25.35**	**08:55:20.00**	+05:12:26 (58.4%)	11:52	5.1 (42.1%)
385	**BOLAT Tarik**	**5322**		Senior I M - 20	29	01:38:45	04:14:20	06:31:24	**08:57:57.80**	**08:58:08.90**	+05:15:15 (58.6%)	11:57	5 (41.3%)
386	**OSMOLA Dorota**	**5362**	OLD SCHOOL TRAIL RUNNING STAFF	Masters K - 40	53	01:55:47	04:39:07	06:52:47	**08:57:36.20**	**08:58:53.05**	+05:15:59 (58.6%)	11:56	5 (41.3%)
387	**PISULIŃSKA Ewa**	**5340**		Senior I K - 20	21	01:50:02	04:23:49	06:45:02	**08:58:54.10**	**08:59:16.00**	+05:16:22 (58.7%)	11:58	5 (41.3%)
Przekroczony limit czasu: 09:00:00													
388	**BARAŃSKI Stanisław**	**5123**	HUSARIA NIEGOSŁAWICE	Masters M - 40	99	01:39:31	04:22:20	06:36:59	**09:01:14.50**	**09:02:33.15**	+05:19:39 (58.9%)	12:01	5 (41.3%)
389	**BAKA Elzbieta**	**5195**		Masters K - 40	54	01:59:18	04:51:05	07:01:40	**09:07:24.25**	**09:08:31.90**	+05:25:38 (59.4%)	12:09	4.9 (40.5%)
390	**MATUSEWICZ Patrycja**	**5219**		Masters K - 40	55	01:50:05	04:30:16	06:55:57	**09:12:42.15**	**09:13:33.90**	+05:30:40 (59.7%)	12:16	4.9 (40.5%)
391	**MOSZYŃSKI Patryk**	**5368**	HUSARIA RACE TEAM	Senior I M - 20	30	01:56:22	04:50:52	07:04:13	**09:27:10.45**	**09:27:18.80**	+05:44:25 (60.7%)	12:36	4.8 (39.7%)
392	**DUDARONEK Paulina**	**5290**	HUSARIA RACE TEAM	Senior I K - 20	22	01:56:21	04:50:52	07:04:14	**09:27:11.25**	**09:27:19.35**	+05:44:25 (60.7%)	12:36	4.8 (39.7%)
393	**FURTACZ Anna**	**5229**		Masters K - 40	56	02:04:29	04:55:16	07:06:55	**09:28:11.00**	**09:29:25.90**	+05:46:32 (60.9%)	12:37	4.8 (39.7%)
394	**GAJGER Joanna**	**5078**		Senior II K - 30	51	02:05:32	04:57:14	07:23:43	**09:46:16.70**	**09:47:14.90**	+06:04:21 (62.0%)	13:01	4.6 (38.0%)
395	**WOŁOWIEC Bożena**	**5314**		Masters K - 40	57	02:02:26	05:01:18	07:42:12	**10:16:54.85**	**10:17:53.25**	+06:34:59 (63.9%)	13:42	4.4 (36.4%)
396	**WOŁOWIEC Marcin**	**5313**		Masters M - 40	100	02:02:26	05:01:18	07:42:13	**10:16:56.05**	**10:17:54.10**	+06:35:00 (63.9%)	13:42	4.4 (36.4%)
397	**JASIŃSKI Paweł**	**5120**		Masters M - 40	101	01:49:10	04:52:35	07:23:10	**10:33:42.60**	**10:33:55.30**	+06:51:01 (64.8%)	14:04	4.3 (35.5%)
398	**KORTAS Slawomir**	**5203**	DESTYLATOR	Senior II M - 30	110	01:53:54	04:44:48				+02:51:04	12:56	4.6 (38.0%)
	JANKOWSKI Tom	**5391**	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40		01:42:57 DNF	04:10:25 DNF	07:21:12 DNF	**DNF**	**DNF**		-	- (0.0%)
	GODYŃ Jan	**5412**	DELOITTE ADVENTURE CLUB	Senior II M - 30		01:21:28 DNF	03:08:29 DNF	04:53:34 DNF	**DNF**	**DNF**		-	- (0.0%)
	DUNAL Tomasz	**5222**	SZ JAK GEPARD	Senior I M - 20		01:39:34 DNF	04:05:36 DNF	06:15:02 DNF	**DNF**	**DNF**		-	- (0.0%)
	GŁOWACKI Krzysztof	**5050**	WIDZEW RUNNING TEAM	Senior II M - 30		01:28:34 DNF	03:32:41 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SERAFIŃCZUK Krzysztof	**5343**	HEXAWALL	Senior II M - 30		01:37:57 DNF	04:03:11 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	STRZELECKI Krzysztof	**5037**		Masters M - 40		01:39:03 DNF	04:35:26 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KACZMAREK Agata	**5124**	NEST TEAM	Masters K - 40		01:55:10 DNF	04:43:41 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	FURTACZ Marek	**5228**	NIE ZRZESZONY	Weteran II M - 60		02:10:51 DNF	05:47:53 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	DOBOSZ Leszek	**5411**		Senior II M - 30		01:36:02 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 407 wynik(ów)