ZŁOTY PÓŁMARATON - 21 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Lądek-Zdrój
Dystans: 21 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	**PRZEDWOJEWSKI Bartłomiej**	**7530**	TEAM SALOMON	Senior I M - 20	1	00:48:51	**01:25:50.50**		4:05	14.7 (100%)
2	**BEDNAREK Adrian**	**7248**	ADRIANBEDNAREK.PL	Senior II M - 30	1	00:53:08	**01:30:15.05**	+00:04:24 (4.9%)	4:17	14 (95.2%)
3	**ŻOCHOWSKI Daniel**	**7355**	ŻÓRAWSKI TEAM / SBRT WARSZAWA	Senior I M - 20	2	00:53:34	**01:32:08.30**	+00:06:17 (6.8%)	4:23	13.7 (93.2%)
4	**KLIMCZAK Mikołaj**	**7057**	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior I M - 20	3	00:53:29	**01:33:34.55**	+00:07:44 (8.3%)	4:27	13.5 (91.8%)
5	**NORBERT Michał**	**7174**	KB SOBÓTKA	Senior II M - 30	2	00:54:33	**01:36:37.35**	+00:10:46 (11.2%)	4:36	13 (88.4%)
6	**KRASULAK Daniel**	**7515**	TRENUJZNAMI.PL	Senior II M - 30	3	00:57:14	**01:40:36.60**	+00:14:46 (14.7%)	4:47	12.5 (85.0%)
7	**GREGORCZYK Łukasz**	**7546**		Senior II M - 30	4	01:00:31	**01:43:46.80**	+00:17:56 (17.3%)	4:56	12.1 (82.3%)
8	**KWARTA Maciej**	**7521**	1BPANC WARSZAWA	Senior II M - 30	5	01:00:59	**01:44:28.05**	+00:18:37 (17.8%)	4:58	12.1 (82.3%)
9	**DAWIDZIUK Maciej**	**7537**	OLAWS ZŁOTORYJA	Masters M - 40	1	01:03:37	**01:47:43.60**	+00:21:53 (20.3%)	5:07	11.7 (79.6%)
10	**KOWALSKI Konrad**	**7076**	TRENUJZNAMI.PL	Senior II M - 30	6	01:01:59	**01:48:46.35**	+00:22:55 (21.1%)	5:10	11.6 (78.9%)
11	**TABER Konrad**	**7420**	STO-NOGI MILANÓWEK	Senior I M - 20	4	01:05:08	**01:51:44.35**	+00:25:53 (23.2%)	5:19	11.3 (76.9%)
12	**KOS Adrian**	**7525**		Senior I M - 20	5	01:02:42	**01:51:45.65**	+00:25:55 (23.2%)	5:19	11.3 (76.9%)
13	**CHODOROWSKI Krzysztof**	**7168**	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	7	01:08:02	**01:53:05.95**	+00:27:15 (24.1%)	5:23	11.1 (75.5%)
14	**KORZENIEWSKI Michał**	**7549**		Senior II M - 30	8	01:06:53	**01:53:24.40**	+00:27:33 (24.3%)	5:24	11.1 (75.5%)
15	**NOWACKI Mateusz**	**7187**	MOJAMIGRENA.COM	Senior II M - 30	9	01:05:05	**01:53:29.40**	+00:27:38 (24.4%)	5:24	11.1 (75.5%)
16	**MAZEK Emilia**	**7352**	SBRT WARSZAWA	Senior I K - 20	1	01:08:18	**01:54:44.05**	+00:28:53 (25.2%)	5:27	11 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
17	**BAZUŁKA Aleksandra**	**7529**	BUFF TEAM POLAND	Senior I K - 20	2	01:08:26	**01:55:46.55**	+00:29:56 (25.9%)	5:30	10.9 (74.1%)
18	**CYRAN Piotr**	**7387**		Senior II M - 30	10	01:08:19	**01:55:57.80**	+00:30:07 (26.0%)	5:31	10.9 (74.1%)
19	**WIŚNIEWSKI Krzysztof**	**7550**		Senior II M - 30	11	01:07:21	**01:55:58.60**	+00:30:08 (26.0%)	5:31	10.9 (74.1%)
20	**OWCZAREK Maciej**	**7388**	BIEGAJ POD OKIEM TRENERA - RAFAŁA KRZESZEWSKIEGO	Senior II M - 30	12	01:08:58	**01:56:23.10**	+00:30:32 (26.2%)	5:32	10.8 (73.5%)
21	**BORAWSKI Juliusz**	**7404**	VEGE RUNNERS	Senior II M - 30	13	01:07:56	**01:57:00.15**	+00:31:09 (26.6%)	5:34	10.8 (73.5%)
22	**ŚRODA Michał**	**7468**	TMTEAM	Senior II M - 30	14	01:09:50	**01:58:00.25**	+00:32:09 (27.3%)	5:37	10.7 (72.8%)
23	**STRZELCZAK Robert**	**7463**	BBL OPOLE	Masters M - 40	2	01:09:14	**01:58:50.20**	+00:32:59 (27.8%)	5:39	10.6 (72.1%)
24	**KOWALIK Andrzej**	**7544**	SALMING RUNNING POLSKA	Masters M - 40	3	01:08:29	**01:58:58.45**	+00:33:07 (27.8%)	5:39	10.6 (72.1%)
25	**BEDNAREK Bartek**	**7360**		Senior II M - 30	15	01:10:00	**01:59:31.70**	+00:33:41 (28.2%)	5:41	10.5 (71.4%)
26	**KUBISZTAL Wojciech**	**7363**	KB PIONIER SZCZECIN	Senior II M - 30	16	01:11:35	**01:59:59.10**	+00:34:08 (28.5%)	5:42	10.5 (71.4%)
27	**DOMINIAK Michał**	**7454**		Senior II M - 30	17	01:11:14	**02:00:17.90**	+00:34:27 (28.6%)	5:43	10.5 (71.4%)
28	**WOJTKOWIAK Stefan**	**7130**	PIĄTKOWO NA BIEGOWO	Masters M - 40	4	01:13:17	**02:00:44.30**	+00:34:53 (28.9%)	5:45	10.4 (70.7%)
29	**KUTYBA Mariusz**	**7195**	WOLNE ŚLIMAKI	Masters M - 40	5	01:13:40	**02:00:57.90**	+00:35:07 (29.0%)	5:45	10.4 (70.7%)
30	**KWIATKOWSKI Przemysław**	**7176**		Senior II M - 30	18	01:12:42	**02:01:17.25**	+00:35:26 (29.2%)	5:46	10.4 (70.7%)
31	**MINORCZYK Karina**	**7016**	140MINUT.PL	Senior I K - 20	3	01:14:37	**02:04:45.90**	+00:38:55 (31.2%)	5:56	10.1 (68.7%)
32	**OWCZAREK Szymon**	**7113**		Senior II M - 30	19	01:14:09	**02:04:45.95**	+00:38:55 (31.2%)	5:56	10.1 (68.7%)
33	**HORNE Thomas**	**7545**	VEGE RUNNERS	Weteran I M - 50	1	01:11:48	**02:04:51.55**	+00:39:01 (31.2%)	5:56	10.1 (68.7%)
34	**SZULTK Magdalena**	**7491**	ULTRA ALPACAS TEAM	Senior II K - 30	1	01:13:20	**02:05:04.10**	+00:39:13 (31.4%)	5:57	10.1 (68.7%)
35	**PAPIÓR Jolanta**	**7526**	WATAHA/ MKS PARASOL WROCŁAW	Senior I K - 20	4	01:13:42	**02:06:02.75**	+00:40:12 (31.9%)	6:00	10 (68.0%)
36	**ŁUKASIEWICZ Ewa**	**7538**	OLAWS ZŁOTORYJA	Weteran K - 50	1	01:15:58	**02:06:29.65**	+00:40:39 (32.1%)	6:01	10 (68.0%)
37	**RĄCKI Dariusz**	**7292**	RONAL POLSKA RUN	Weteran I M - 50	2	01:13:20	**02:06:29.90**	+00:40:39 (32.1%)	6:01	10 (68.0%)
38	**HARKIEWICZ Piotr**	**7102**	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	20	01:16:05	**02:07:03.60**	+00:41:13 (32.4%)	6:03	9.9 (67.3%)
39	**ŁĄTKA Piotr**	**7099**		Senior II M - 30	21	01:15:17	**02:07:13.25**	+00:41:22 (32.5%)	6:03	9.9 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
40	**HUCAŁ Tomasz**	**7243**		Masters M - 40	6	01:18:11	**02:07:31.20**	+00:41:40 (32.7%)	6:04	9.9 (67.3%)
41	**BURMISTRZ Bartosz**	**7359**	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	22	01:15:17	**02:07:54.55**	+00:42:04 (32.9%)	6:05	9.9 (67.3%)
42	**FORTUNA Marcin**	**7409**	ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	23	01:15:25	**02:07:55.85**	+00:42:05 (32.9%)	6:05	9.8 (66.7%)
43	**DEMKOWSKI Marcin**	**7392**		Senior II M - 30	24	01:15:42	**02:08:00.65**	+00:42:10 (32.9%)	6:05	9.8 (66.7%)
44	**KRZYSZTOFIK Piotr**	**7133**	CROSSFIT ETERNIA	Masters M - 40	7	01:16:29	**02:08:55.25**	+00:43:04 (33.4%)	6:08	9.8 (66.7%)
45	**ZĄBEK Łukasz**	**7279**	140MINUT.PL	Masters M - 40	8	01:15:32	**02:08:56.10**	+00:43:05 (33.4%)	6:08	9.8 (66.7%)
46	**ZAJACZKOWSKA Anna**	**7440**	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	5	01:19:27	**02:09:17.95**	+00:43:27 (33.6%)	6:09	9.7 (66.0%)
47	**NOWICKI Mateusz**	**7095**		Senior I M - 20	6	01:18:14	**02:09:48.20**	+00:43:57 (33.9%)	6:10	9.7 (66.0%)
48	**KURZYŃSKI Piotr**	**7198**	TEAM BEROTU	Masters M - 40	9	01:16:45	**02:10:29.00**	+00:44:38 (34.2%)	6:12	9.7 (66.0%)
49	**KOŁECKA Patrycja**	**7153**	BLUE SKY TRAVEL	Masters K - 40	1	01:18:04	**02:10:34.30**	+00:44:43 (34.3%)	6:13	9.7 (66.0%)
50	**ROGSCH Damian**	**7302**	RADZYMIN RUN TEAM	Senior II M - 30	25	01:15:40	**02:10:47.45**	+00:44:56 (34.4%)	6:13	9.6 (65.3%)
51	**BANASZAK Tomasz**	**7357**	KD7W	Senior II M - 30	26	01:15:08	**02:10:48.70**	+00:44:58 (34.4%)	6:13	9.6 (65.3%)
52	**ZIELIŃSKA Weronika**	**7380**	12TRI.PL / ASICS FRONTRUNNER POLAND	Senior II K - 30	2	01:16:42	**02:11:03.05**	+00:45:12 (34.5%)	6:14	9.6 (65.3%)
53	**MÓLL Mateusz**	**7011**		Senior I M - 20	7	01:11:45	**02:11:12.15**	+00:45:21 (34.6%)	6:14	9.6 (65.3%)
54	**CHAMALA Krzysztof**	**7330**	WEEGREE	Senior II M - 30	27	01:20:19	**02:11:14.20**	+00:45:23 (34.6%)	6:14	9.6 (65.3%)
55	**WALIGÓRA Mateusz**	**7503**	EY RUNFORFUN	Senior II M - 30	28	01:16:20	**02:11:28.20**	+00:45:37 (34.7%)	6:15	9.6 (65.3%)
56	**CICHOŃ Piotr**	**7496**	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	10	01:20:35	**02:11:37.05**	+00:45:46 (34.8%)	6:16	9.6 (65.3%)
57	**PUCHALSKI Maciej**	**7237**	ODDYCHAJSWOBODNIE.PL / NARAMOWICE BIEGAJĄ	Senior II M - 30	29	01:19:36	**02:12:06.50**	+00:46:16 (35.0%)	6:17	9.5 (64.6%)
58	**GROLEWSKI Karol**	**7408**	ISKRA TEAM	Masters M - 40	11	01:18:20	**02:12:30.60**	+00:46:40 (35.2%)	6:18	9.5 (64.6%)
59	**PRZYSIWEK Patryk**	**7105**		Senior II M - 30	30	01:16:55	**02:12:33.15**	+00:46:42 (35.2%)	6:18	9.5 (64.6%)
60	**DENYSIUK Marek**	**7134**	WATAHA	Masters M - 40	12	01:17:00	**02:13:11.00**	+00:47:20 (35.5%)	6:20	9.5 (64.6%)
61	**OLEJNIK Marta**	**7427**	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	6	01:20:20	**02:14:04.55**	+00:48:14 (36.0%)	6:23	9.4 (63.9%)
62	**PIECHOWIAK Marek**	**7354**		Senior II M - 30	31	01:24:34	**02:14:52.30**	+00:49:01 (36.4%)	6:25	9.3 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
63	**MOKRZYŃSKI Marcin**	**7548**	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	32	01:17:29	**02:15:29.45**	+00:49:38 (36.6%)	6:27	9.3 (63.3%)
64	**ŚCISŁO Przemysław**	**7436**		Masters M - 40	13	01:23:55	**02:15:33.35**	+00:49:42 (36.7%)	6:27	9.3 (63.3%)
65	**SALWA Emil**	**7536**		Senior II M - 30	33	01:18:31	**02:16:09.45**	+00:50:18 (37.0%)	6:29	9.3 (63.3%)
66	**BUKAŁA Marcin**	**7365**	VEGE RUNNERS	Senior I M - 20	8	01:22:55	**02:16:31.30**	+00:50:40 (37.1%)	6:30	9.2 (62.6%)
67	**PIOTROWICZ Kamila**	**7533**		Senior I K - 20	7	01:18:38	**02:16:44.00**	+00:50:53 (37.2%)	6:30	9.2 (62.6%)
68	**PODESZWA Marek**	**7008**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran I M - 50	3	01:19:09	**02:17:21.25**	+00:51:30 (37.5%)	6:32	9.2 (62.6%)
69	**KOBUSZEWSKI Artur**	**7414**	SBRT WARSZAWA	Masters M - 40	14	01:26:15	**02:17:46.10**	+00:51:55 (37.7%)	6:33	9.1 (61.9%)
70	**SOŁTYSIAK Robert**	**7304**		Senior II M - 30	34	01:24:19	**02:17:55.80**	+00:52:05 (37.8%)	6:34	9.1 (61.9%)
71	**CISZEWSKI Roman**	**7278**		Masters M - 40	15	01:24:06	**02:18:40.70**	+00:52:50 (38.1%)	6:36	9.1 (61.9%)
72	**KWIATKOWSKI Paweł**	**7175**		Senior II M - 30	35	01:24:29	**02:18:41.25**	+00:52:50 (38.1%)	6:36	9.1 (61.9%)
73	**WYSZYŃSKI Roman**	**7318**		Senior II M - 30	36	01:20:30	**02:18:44.45**	+00:52:53 (38.1%)	6:36	9.1 (61.9%)
74	**FILIPIAK Damian**	**7524**		Senior I M - 20	9	01:23:03	**02:18:49.80**	+00:52:59 (38.2%)	6:36	9.1 (61.9%)
75	**ADAMCZYK-NOWAK Beata**	**7228**	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	2	01:23:34	**02:19:17.95**	+00:53:27 (38.4%)	6:37	9 (61.2%)
76	**KUCIA Szymon**	**7469**	RECARO	Senior I M - 20	10	01:24:20	**02:19:30.45**	+00:53:39 (38.5%)	6:38	9 (61.2%)
77	**STORTZ Piotr**	**7343**		Senior II M - 30	37	01:24:31	**02:19:49.50**	+00:53:59 (38.6%)	6:39	9 (61.2%)
78	**LUBAŃSKI Mateusz**	**7520**		Senior I M - 20	11	01:24:42	**02:19:55.65**	+00:54:05 (38.7%)	6:39	9 (61.2%)
79	**POJDA Grzegorz**	**7072**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	16	01:22:08	**02:20:12.95**	+00:54:22 (38.8%)	6:40	9 (61.2%)
80	**LEŚNIAK Karolina**	**7425**	TMTEAM	Senior II K - 30	3	01:23:10	**02:20:17.65**	+00:54:27 (38.8%)	6:40	9 (61.2%)
81	**GIBAS Rafał**	**7519**		Masters M - 40	17	01:21:08	**02:20:32.90**	+00:54:42 (38.9%)	6:41	9 (61.2%)
82	**MAŃKOWSKI Tomasz**	**7119**		Senior I M - 20	12	01:23:13	**02:20:55.00**	+00:55:04 (39.1%)	6:42	8.9 (60.5%)
83	**GAWCZYŃSKI Jakub**	**7377**	TJ	Senior II M - 30	38	01:24:40	**02:20:56.85**	+00:55:06 (39.1%)	6:42	8.9 (60.5%)
84	**BARWICKI Marcin**	**7395**		Masters M - 40	18	01:24:20	**02:21:12.45**	+00:55:21 (39.2%)	6:43	8.9 (60.5%)
85	**MIŚ Piotr**	**7058**	DIEHL RUNNING TEAM	Senior II M - 30	39	01:24:18	**02:21:24.90**	+00:55:34 (39.3%)	6:44	8.9 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
86	**PODLEŚ Robert**	**7053**	COBI POLAND	Weteran I M - 50	4	01:25:58	**02:21:37.75**	+00:55:47 (39.4%)	6:44	8.9 (60.5%)
87	**MIKA Tomasz**	**7331**		Senior I M - 20	13	01:26:10	**02:21:52.30**	+00:56:01 (39.5%)	6:45	8.9 (60.5%)
88	**ŁOPATYŃSKI Irek**	**7462**	REMA SPORTEAM	Masters M - 40	19	01:19:35	**02:22:17.40**	+00:56:26 (39.7%)	6:46	8.9 (60.5%)
89	**KUBIK Jarosław**	**7025**		Senior II M - 30	40	01:22:16	**02:22:19.70**	+00:56:29 (39.7%)	6:46	8.9 (60.5%)
90	**RZEWUSKI Jakub**	**7419**		Senior I M - 20	14	01:21:49	**02:22:25.75**	+00:56:35 (39.7%)	6:46	8.8 (59.9%)
91	**NIKOLIN Przemysław**	**7434**		Masters M - 40	20	01:23:27	**02:22:39.75**	+00:56:49 (39.8%)	6:47	8.8 (59.9%)
92	**KOTOWICZ Tomasz**	**7479**	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	21	01:20:57	**02:22:50.55**	+00:57:00 (39.9%)	6:48	8.8 (59.9%)
93	**KUTZMANN Magdalena**	**7038**	WKB META LUBLINIEC	Masters K - 40	3	01:24:53	**02:22:51.85**	+00:57:01 (39.9%)	6:48	8.8 (59.9%)
94	**BENETURSKI Adam**	**7378**	TJ	Senior II M - 30	41	01:25:07	**02:23:09.25**	+00:57:18 (40.0%)	6:49	8.8 (59.9%)
95	**WOSIEK Mateusz**	**7379**	TJ	Senior II M - 30	42	01:24:55	**02:23:13.60**	+00:57:23 (40.1%)	6:49	8.8 (59.9%)
96	**JÓZEFIAK Marek**	**7455**	TJ	Senior II M - 30	43	01:25:06	**02:23:34.45**	+00:57:43 (40.2%)	6:50	8.8 (59.9%)
97	**IWANEK Przemysław**	**7356**		Senior II M - 30	44	01:25:17	**02:23:38.75**	+00:57:48 (40.2%)	6:50	8.8 (59.9%)
98	**JAROSZUK Ania**	**7103**		Senior II K - 30	4	01:24:57	**02:24:02.90**	+00:58:12 (40.4%)	6:51	8.7 (59.2%)
99	**ZGARDA Jacek**	**7424**	TMTEAM	Masters M - 40	22	01:22:43	**02:24:41.45**	+00:58:50 (40.7%)	6:53	8.7 (59.2%)
100	**HADAM Michał**	**7476**	KB MANIAC POZNAN	Masters M - 40	23	01:27:42	**02:25:12.90**	+00:59:22 (40.9%)	6:54	8.7 (59.2%)
101	**NIERADKA Anna**	**7172**		Senior II K - 30	5	01:26:23	**02:25:14.25**	+00:59:23 (40.9%)	6:54	8.7 (59.2%)
102	**LITWIN Monika**	**7270**	LITEWIN	Senior II K - 30	6	01:22:40	**02:25:32.15**	+00:59:41 (41.0%)	6:55	8.7 (59.2%)
103	**SOŁTYSIAK Karol**	**7368**		Masters M - 40	24	01:27:21	**02:25:38.50**	+00:59:48 (41.1%)	6:56	8.7 (59.2%)
104	**LECZKOWSKI Dariusz**	**7182**		Weteran I M - 50	5	01:28:33	**02:26:12.70**	+01:00:22 (41.3%)	6:57	8.6 (58.5%)
105	**PARZYCH Katarzyna**	**7012**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	4	01:28:19	**02:26:20.95**	+01:00:30 (41.3%)	6:58	8.6 (58.5%)
106	**SAWICZ Piotrek**	**7416**		Senior II M - 30	45	01:26:27	**02:26:36.45**	+01:00:45 (41.4%)	6:58	8.6 (58.5%)
107	**LEMIESZKA Marta**	**7284**	FRACHT SPORT CLUB	Senior I K - 20	8	01:25:30	**02:27:06.70**	+01:01:16 (41.6%)	7:00	8.6 (58.5%)
108	**MICHALEWSKI Paweł**	**7107**		Senior II M - 30	46	01:28:39	**02:27:11.90**	+01:01:21 (41.7%)	7:00	8.6 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
109	**URBANIAK Daniel**	**7044**		Masters M - 40	25	01:32:14	**02:27:17.85**	+01:01:27 (41.7%)	7:00	8.6 (58.5%)
110	**PŁAZA Radosław**	**7415**		Senior II M - 30	47	01:26:31	**02:27:18.55**	+01:01:28 (41.7%)	7:00	8.6 (58.5%)
111	**MAKOWSKI Lukasz**	**7504**	GRUPA PRO	Senior II M - 30	48	01:26:47	**02:27:19.25**	+01:01:28 (41.7%)	7:00	8.6 (58.5%)
112	**JURASZEK Krzysztof**	**7317**		Senior I M - 20	15	01:28:14	**02:27:48.90**	+01:01:58 (41.9%)	7:02	8.5 (57.8%)
113	**ANTKIEWICZ Kamil**	**7325**		Senior II M - 30	49	01:27:45	**02:28:08.35**	+01:02:17 (42.1%)	7:03	8.5 (57.8%)
114	**MATUSZEWSKI Łukasz**	**7531**	SBRT WARSZAWA	Senior II M - 30	50	01:31:34	**02:29:05.55**	+01:03:15 (42.4%)	7:05	8.5 (57.8%)
115	**GROCHOT Edyta**	**7100**	#ADAMCZERWIŃSKITEAM	Masters K - 40	5	01:29:07	**02:29:11.40**	+01:03:20 (42.5%)	7:06	8.4 (57.1%)
116	**NOWAK Ireneusz**	**7124**		Masters M - 40	26	01:25:02	**02:29:14.40**	+01:03:23 (42.5%)	7:06	8.4 (57.1%)
117	**ZDEBSKA Magdalena**	**7101**		Senior II K - 30	7	01:27:36	**02:29:24.25**	+01:03:33 (42.5%)	7:06	8.4 (57.1%)
118	**ZIEWIEC Marcin**	**7112**		Senior II M - 30	51	01:28:36	**02:29:25.55**	+01:03:35 (42.6%)	7:06	8.4 (57.1%)
119	**MUĆKA Paweł**	**7282**		Masters M - 40	27	01:28:34	**02:29:26.30**	+01:03:35 (42.6%)	7:06	8.4 (57.1%)
120	**DĘBICKI Łukasz**	**7422**	RCI WROCŁAW	Senior II M - 30	52	01:24:38	**02:29:28.80**	+01:03:38 (42.6%)	7:07	8.4 (57.1%)
121	**RADOMSKI Grzegorz**	**7373**	RUN MOKRE	Masters M - 40	28	01:27:42	**02:29:47.40**	+01:03:56 (42.7%)	7:07	8.4 (57.1%)
122	**MIKOŁAJEWSKA Justyna**	**7410**		Senior II K - 30	8	01:29:12	**02:29:59.05**	+01:04:08 (42.8%)	7:08	8.4 (57.1%)
123	**TELEON Piotr**	**7087**	JACEKBIEGA RUNNING TEAM	Masters M - 40	29	01:27:29	**02:30:11.80**	+01:04:21 (42.8%)	7:09	8.4 (57.1%)
124	**PŁÓCIENNIK Patrycja**	**7413**		Senior I K - 20	9	01:31:21	**02:30:19.05**	+01:04:28 (42.9%)	7:09	8.4 (57.1%)
125	**CICHOCKI Dawid**	**7293**	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	53	01:32:47	**02:30:30.20**	+01:04:39 (43.0%)	7:10	8.4 (57.1%)
126	**JAROSZEWSKI Arkadiusz**	**7256**	ISKRA KSIĘGINICE	Senior II M - 30	54	01:28:43	**02:30:34.35**	+01:04:43 (43.0%)	7:10	8.4 (57.1%)
127	**MARCINKIEWICZ Jerzy**	**7335**	ŁEMKO TEAM	Weteran I M - 50	6	01:30:30	**02:30:47.25**	+01:04:56 (43.1%)	7:10	8.4 (57.1%)
128	**LEWIŃSKI Filip**	**7499**	OBORYGENI	Masters M - 40	30	01:29:11	**02:31:00.85**	+01:05:10 (43.2%)	7:11	8.3 (56.5%)
129	**JAKRZEWSKI Mikolaj**	**7042**	JARACZEWOBIEGA	Senior II M - 30	55	01:29:14	**02:31:39.05**	+01:05:48 (43.4%)	7:13	8.3 (56.5%)
130	**ŚWIRAD Mirosław**	**7197**		Senior II M - 30	56	01:28:55	**02:31:45.85**	+01:05:55 (43.4%)	7:13	8.3 (56.5%)
131	**WASILEWSKI Michał**	**7494**		Masters M - 40	31	01:33:36	**02:32:11.80**	+01:06:21 (43.6%)	7:14	8.3 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
132	**GAŁĘZYKA Rafał**	**7475**	ONE MAN TEAM	Masters M - 40	32	01:29:13	**02:32:17.75**	+01:06:27 (43.6%)	7:15	8.3 (56.5%)
133	**DUDEK Marek**	**7527**	LKS KRZYŻANOWICE	Senior II M - 30	57	01:28:09	**02:32:51.50**	+01:07:01 (43.8%)	7:16	8.2 (55.8%)
134	**KRWAWNIK Maciej**	**7438**		Senior II M - 30	58	01:28:02	**02:33:01.30**	+01:07:10 (43.9%)	7:17	8.2 (55.8%)
135	**KOWALEWSKI Dariusz**	**7486**	DZIADZIA-RUN	Weteran I M - 50	7	01:28:09	**02:33:17.70**	+01:07:27 (44.0%)	7:17	8.2 (55.8%)
136	**KOCIMSKA Katarzyna**	**7466**	EUROVENT ATHLETICS	Masters K - 40	6	01:29:27	**02:33:30.00**	+01:07:39 (44.1%)	7:18	8.2 (55.8%)
137	**ZDUNEK Mariusz**	**7490**	ROXY	Senior II M - 30	59	01:30:31	**02:33:33.10**	+01:07:42 (44.1%)	7:18	8.2 (55.8%)
138	**KĄDZIOŁKA Artur**	**7001**	DOCHODZIMY W 2H ;-)	Senior II M - 30	60		**02:33:48.50**	+01:07:58 (44.2%)	7:19	8.2 (55.8%)
139	**HNATIUK Anna**	**7221**	MATNER RUNNING TEAM	Senior II K - 30	9	01:33:57	**02:33:57.30**	+01:08:06 (44.2%)	7:19	8.2 (55.8%)
140	**NOGANOWICZ Agata**	**7346**	PRO-RUN WROCŁAW	Weteran K - 50	2	01:31:55	**02:34:08.40**	+01:08:17 (44.3%)	7:20	8.2 (55.8%)
141	**SZYMANOWSKI Paweł**	**7271**		Senior II M - 30	61	01:32:55	**02:34:17.15**	+01:08:26 (44.4%)	7:20	8.2 (55.8%)
142	**PIÓRKOWSKI Jarosław**	**7122**	KOŁO BIEGA	Masters M - 40	33	01:30:31	**02:34:27.00**	+01:08:36 (44.4%)	7:21	8.2 (55.8%)
143	**ŁUCZAK Maciej**	**7552**		Masters M - 40	34	01:29:38	**02:34:40.95**	+01:08:50 (44.5%)	7:21	8.1 (55.1%)
144	**MAZAN Przemysław**	**7069**	VEGE RUNNERS	Masters M - 40	35	01:30:22	**02:34:44.15**	+01:08:53 (44.5%)	7:22	8.1 (55.1%)
145	**SADOWSKI Jakub**	**7157**		Senior I M - 20	16	01:33:51	**02:35:53.90**	+01:10:03 (44.9%)	7:25	8.1 (55.1%)
146	**PANKOWSKI Owidiusz**	**7326**	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	17	01:37:18	**02:36:26.70**	+01:10:36 (45.1%)	7:27	8.1 (55.1%)
147	**GLAPA Patryk**	**7429**		Senior II M - 30	62	01:35:55	**02:36:48.45**	+01:10:57 (45.3%)	7:28	8 (54.4%)
148	**KAWA Hubert**	**7179**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	63	01:37:06	**02:36:48.75**	+01:10:58 (45.3%)	7:28	8 (54.4%)
149	**KUNKEL Mariusz**	**7316**	SMARUJ NA TRENING TEAM	Masters M - 40	36	01:34:01	**02:36:57.40**	+01:11:06 (45.3%)	7:28	8 (54.4%)
150	**GANDYRA Rafał**	**7349**		Senior II M - 30	64	01:30:54	**02:37:06.75**	+01:11:16 (45.4%)	7:28	8 (54.4%)
151	**OBRZUD Katarzyna**	**7460**		Masters K - 40	7	01:32:12	**02:37:37.20**	+01:11:46 (45.5%)	7:30	8 (54.4%)
152	**BERG Elwira**	**7177**		Senior II K - 30	10	01:31:16	**02:37:56.90**	+01:12:06 (45.7%)	7:31	8 (54.4%)
153	**MOLTZAN-MAŁKOWSKA Liliana**	**7511**		Senior I K - 20	10	01:32:20	**02:38:05.25**	+01:12:14 (45.7%)	7:31	8 (54.4%)
154	**MORAWSKI Wojciech**	**7167**		Senior II M - 30	65	01:32:40	**02:38:06.95**	+01:12:16 (45.7%)	7:31	8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
155	**BOSZKO Krzysztof**	**7030**		Senior II M - 30	66	01:32:06	**02:38:14.95**	+01:12:24 (45.8%)	7:32	8 (54.4%)
156	**KOWALCZUK Anna**	**7517**		Masters K - 40	8	01:30:27	**02:38:31.50**	+01:12:41 (45.8%)	7:32	7.9 (53.7%)
157	**ROGÓŻ Elżbieta**	**7286**	PRORUNNING PROMOTION	Masters K - 40	9	01:35:36	**02:38:38.60**	+01:12:48 (45.9%)	7:33	7.9 (53.7%)
158	**UCHEREK Kazimierz**	**7106**		Weteran I M - 50	8	01:31:27	**02:38:43.75**	+01:12:53 (45.9%)	7:33	7.9 (53.7%)
159	**GRONEK Magdalena**	**7398**	BIEGAMDLAZDROWIA.PL	Masters K - 40	10	01:34:38	**02:38:52.60**	+01:13:02 (46.0%)	7:33	7.9 (53.7%)
160	**ŚLIWKA Beata**	**7180**	OLZA CIESZYN	Masters K - 40	11	01:31:27	**02:38:55.60**	+01:13:05 (46.0%)	7:34	7.9 (53.7%)
161	**ŚRODA Maciej**	**7403**		Senior II M - 30	67	01:31:59	**02:39:02.80**	+01:13:12 (46.0%)	7:34	7.9 (53.7%)
162	**WNUK Dominik**	**7384**	ZAWIANI KOŁOBRZEG	Senior I M - 20	18	01:30:18	**02:39:03.55**	+01:13:13 (46.0%)	7:34	7.9 (53.7%)
163	**SIP Mirosław**	**7170**		Weteran I M - 50	9	01:34:32	**02:39:32.45**	+01:13:41 (46.2%)	7:35	7.9 (53.7%)
164	**SKULIMA Szymon**	**7068**		Senior I M - 20	19	01:30:08	**02:39:43.60**	+01:13:53 (46.3%)	7:36	7.9 (53.7%)
165	**REDKIEWICZ Agnieszka**	**7508**	PSYCHORUN	Senior II K - 30	11	01:33:15	**02:39:47.10**	+01:13:56 (46.3%)	7:36	7.9 (53.7%)
166	**NOWOPOLSKI Leszek**	**7394**		Masters M - 40	37	01:32:28	**02:40:07.40**	+01:14:16 (46.4%)	7:37	7.9 (53.7%)
167	**DENYSENKO Lech**	**7539**	BOOT CAMP KATOWICE	Weteran II M - 60	1	01:34:31	**02:40:11.15**	+01:14:20 (46.4%)	7:37	7.9 (53.7%)
168	**GUGA Paweł**	**7471**	BIEGAM BO LUBIĘ	Senior II M - 30	68	01:32:01	**02:40:46.90**	+01:14:56 (46.6%)	7:39	7.8 (53.1%)
169	**BOROWSKI Marcin**	**7516**		Masters M - 40	38	01:33:29	**02:40:47.40**	+01:14:56 (46.6%)	7:39	7.8 (53.1%)
170	**SOWIŃSKA-JANECZEK Joanna**	**7028**	KB MARATON TUREK	Senior II K - 30	12	01:36:58	**02:41:07.10**	+01:15:16 (46.7%)	7:40	7.8 (53.1%)
171	**KUCIŃSKA Magdalena**	**7019**	BASSET ROLLING TEAM	Senior II K - 30	13	01:33:41	**02:41:20.05**	+01:15:29 (46.8%)	7:40	7.8 (53.1%)
172	**SUSKI Bartlomiej**	**7173**		Senior II M - 30	69	01:38:23	**02:41:24.85**	+01:15:34 (46.8%)	7:41	7.8 (53.1%)
173	**PIETRZAK Marek**	**7202**		Masters M - 40	39	01:36:13	**02:41:30.65**	+01:15:40 (46.9%)	7:41	7.8 (53.1%)
174	**HOREJDA Sara**	**7114**	WATAHA- ŁĄCZY NAS BIEGANIE	Senior I K - 20	11	01:38:03	**02:41:35.65**	+01:15:45 (46.9%)	7:41	7.8 (53.1%)
175	**FIGUŁA Sławomir**	**7514**		Senior II M - 30	70	01:32:25	**02:41:40.20**	+01:15:49 (46.9%)	7:41	7.8 (53.1%)
176	**KINER ROMAŃCZUK Gosia**	**7171**		Senior II K - 30	14	01:34:20	**02:41:43.20**	+01:15:52 (46.9%)	7:42	7.8 (53.1%)
177	**KĘDZIOR Grzegorz**	**7467**		Senior I M - 20	20	01:32:05	**02:42:02.55**	+01:16:12 (47.0%)	7:43	7.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
178	**WAWRZYNIAK Krystian**	**7324**	KB ODRA OPOLE	Senior II M - 30	71	01:30:55	**02:42:08.35**	+01:16:17 (47.1%)	7:43	7.8 (53.1%)
179	**GAWCZYŃSKI Kacper**	**7435**		Senior I M - 20	21	01:39:46	**02:42:09.90**	+01:16:19 (47.1%)	7:43	7.8 (53.1%)
180	**CHMIELEWSKA-KOZIOŁ Magdalena**	**7165**		Weteran K - 50	3	01:35:58	**02:42:20.35**	+01:16:29 (47.1%)	7:43	7.8 (53.1%)
181	**BAL Tomasz**	**7291**		Senior II M - 30	72	01:33:55	**02:42:28.80**	+01:16:38 (47.2%)	7:44	7.8 (53.1%)
182	**DORNIAK Natalia**	**7081**		Senior I K - 20	12	01:35:36	**02:42:54.40**	+01:17:03 (47.3%)	7:45	7.7 (52.4%)
183	**FIĄCEK Adam**	**7375**	HARTUJĘ CHARTA	Masters M - 40	40	01:32:02	**02:42:58.55**	+01:17:08 (47.3%)	7:45	7.7 (52.4%)
184	**TOMASZEWSKA Ewa**	**7505**		Masters K - 40	12	01:38:48	**02:43:03.95**	+01:17:13 (47.4%)	7:45	7.7 (52.4%)
185	**ZAMECKI Radosław**	**7502**		Senior II M - 30	73	01:32:13	**02:43:15.65**	+01:17:25 (47.4%)	7:46	7.7 (52.4%)
186	**ANDRZEJCZAK Michał**	**7348**		Senior II M - 30	74	01:32:30	**02:43:24.85**	+01:17:34 (47.5%)	7:46	7.7 (52.4%)
187	**STĘPIEŃ Patrycja**	**7056**		Senior I K - 20	13	01:41:12	**02:43:33.75**	+01:17:43 (47.5%)	7:47	7.7 (52.4%)
188	**GAWCZYŃSKI Marcel**	**7433**		Senior II M - 30	75	01:39:36	**02:43:36.50**	+01:17:46 (47.5%)	7:47	7.7 (52.4%)
189	**KRZESZEWSKA Dorota**	**7240**		Masters K - 40	13	01:35:21	**02:43:46.10**	+01:17:55 (47.6%)	7:47	7.7 (52.4%)
190	**MAŁKOWSKI Piotr**	**7155**		Weteran II M - 60	2	01:38:22	**02:43:59.10**	+01:18:08 (47.7%)	7:48	7.7 (52.4%)
191	**KUCHARCZYK Kamil**	**7449**	TRI NOT TO DIE	Senior II M - 30	76	01:39:18	**02:44:12.25**	+01:18:21 (47.7%)	7:49	7.7 (52.4%)
192	**KASZUBSKI Marek**	**7126**		Masters M - 40	41	01:40:30	**02:44:20.25**	+01:18:29 (47.8%)	7:49	7.7 (52.4%)
193	**DUTKOWIAK Aleksandra**	**7052**	PIĄTKOWO NA BIEGOWO	Senior II K - 30	15	01:39:46	**02:44:40.90**	+01:18:50 (47.9%)	7:50	7.7 (52.4%)
194	**KOT Klaudia**	**7186**		Senior I K - 20	14	01:35:25	**02:44:42.20**	+01:18:51 (47.9%)	7:50	7.7 (52.4%)
195	**SOBOLEWSKI Bartłomiej**	**7457**		Weteran II M - 60	3	01:35:41	**02:45:01.10**	+01:19:10 (48.0%)	7:51	7.6 (51.7%)
196	**TRZCINOWICZ Maciej**	**7366**	OPTOMI	Masters M - 40	42	01:31:11	**02:45:01.60**	+01:19:11 (48.0%)	7:51	7.6 (51.7%)
197	**MICHALAK-KLIMCZAK Lucyna**	**7143**		Senior II K - 30	16	01:36:26	**02:45:02.55**	+01:19:12 (48.0%)	7:51	7.6 (51.7%)
198	**ŁAGOWSKI Dariusz**	**7500**	TKKF MPK POZNAŃ	Masters M - 40	43	01:38:08	**02:45:49.90**	+01:19:59 (48.2%)	7:53	7.6 (51.7%)
199	**WETULA Zofia**	**7547**		Senior II K - 30	17	01:36:24	**02:46:42.10**	+01:20:51 (48.5%)	7:56	7.6 (51.7%)
200	**URBAŃSKI Tomasz**	**7219**	FLUNKYBALL TEAM LĄDEK-ZDRÓJ	Senior II M - 30	77	01:38:15	**02:46:45.75**	+01:20:55 (48.5%)	7:56	7.6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
201	**DRZYMAŁA Marcin**	**7131**		Senior II M - 30	78	01:36:16	**02:46:52.50**	+01:21:02 (48.6%)	7:56	7.6 (51.7%)
202	**ANDRZEJCZAK Łukasz**	**7193**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	79	01:39:45	**02:47:01.00**	+01:21:10 (48.6%)	7:57	7.5 (51.0%)
203	**ANDRZEJCZAK Anna**	**7192**	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	18	01:39:55	**02:47:10.80**	+01:21:20 (48.7%)	7:57	7.5 (51.0%)
204	**DRÓŻDŻ Arkadiusz**	**7332**		Senior II M - 30	80	01:39:29	**02:47:15.15**	+01:21:24 (48.7%)	7:57	7.5 (51.0%)
205	**GLUSZKO Katarzyna**	**7327**	MIRA TEAM	Senior II K - 30	19	01:37:35	**02:47:38.80**	+01:21:48 (48.8%)	7:59	7.5 (51.0%)
206	**SOJKA Przemek**	**7329**	ORANGE POLSKA	Masters M - 40	44	01:38:06	**02:48:01.85**	+01:22:11 (48.9%)	8:00	7.5 (51.0%)
207	**PLINIEWICZ Joanna**	**7362**	STRONSKA GRUPA ROWEROWA	Senior II K - 30	20	01:38:14	**02:48:13.05**	+01:22:22 (49.0%)	8:00	7.5 (51.0%)
208	**PTASZYŃSKI Marcin**	**7018**		Senior I M - 20	22	01:38:19	**02:48:18.85**	+01:22:28 (49.0%)	8:00	7.5 (51.0%)
209	**DOŁASIŃSKI Jarek**	**7015**		Senior II M - 30	81	01:34:34	**02:48:22.25**	+01:22:31 (49.0%)	8:01	7.5 (51.0%)
210	**MATUSZCZYK Marek**	**7250**	RYBNICKA GRUPA BIEGOWA	Masters M - 40	45	01:38:57	**02:48:22.60**	+01:22:32 (49.0%)	8:01	7.5 (51.0%)
211	**SMUDA Ryszard**	**7127**		Weteran II M - 60	4	01:38:14	**02:48:31.40**	+01:22:40 (49.1%)	8:01	7.5 (51.0%)
212	**IZDEBSKI Tomasz**	**7488**	NBS	Masters M - 40	46	01:37:25	**02:48:38.80**	+01:22:48 (49.1%)	8:01	7.5 (51.0%)
213	**PARZYCH Wojciech**	**7005**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	47	01:39:16	**02:48:41.75**	+01:22:51 (49.1%)	8:01	7.5 (51.0%)
214	**HELMAN Jaroslaw**	**7452**		Masters M - 40	48	01:36:09	**02:48:47.55**	+01:22:57 (49.1%)	8:02	7.5 (51.0%)
215	**CHRZANOWSKA Olga**	**7509**	PSYCHORUN	Senior II K - 30	21	01:41:31	**02:49:24.00**	+01:23:33 (49.3%)	8:04	7.4 (50.3%)
216	**KOWALSKI Krzysztof**	**7374**	STS BIEGATON	Masters M - 40	49	01:41:24	**02:49:42.00**	+01:23:51 (49.4%)	8:04	7.4 (50.3%)
217	**BOGDAŁ Michał**	**7166**		Senior II M - 30	82	01:39:28	**02:50:08.95**	+01:24:18 (49.5%)	8:06	7.4 (50.3%)
218	**MICHNO Krzysztof**	**7333**		Senior II M - 30	83	01:33:40	**02:50:23.15**	+01:24:32 (49.6%)	8:06	7.4 (50.3%)
219	**SĄSIADEK Sławomir**	**7501**	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	10	01:44:16	**02:50:26.60**	+01:24:36 (49.6%)	8:07	7.4 (50.3%)
220	**LENARTOWICZ Barbara**	**7249**		Weteran K - 50	4	01:44:46	**02:50:39.50**	+01:24:49 (49.7%)	8:07	7.4 (50.3%)
221	**DURCZEWSKA Daria**	**7439**	PRO-RUN WROCŁAW	Masters K - 40	14	01:44:47	**02:50:44.95**	+01:24:54 (49.7%)	8:07	7.4 (50.3%)
222	**HANYŻ Mateusz**	**7551**		Masters M - 40	50	01:44:03	**02:50:50.50**	+01:25:00 (49.8%)	8:08	7.4 (50.3%)
223	**MIKUŁA Grzegorz**	**7361**		Masters M - 40	51	01:40:35	**02:51:11.85**	+01:25:21 (49.9%)	8:09	7.4 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
224	**BUREK Bartosz**	**7345**	JAKDOJADE	Senior II M - 30	84	01:39:02	**02:51:28.40**	+01:25:37 (49.9%)	8:09	7.3 (49.7%)
225	**ROSOLSKI Paweł**	**7301**	WSOWA	Masters M - 40	52	01:37:06	**02:51:38.15**	+01:25:47 (50.0%)	8:10	7.3 (49.7%)
226	**KULINA Maciej**	**7261**		Senior I M - 20	23	01:52:25	**02:51:54.15**	+01:26:03 (50.1%)	8:11	7.3 (49.7%)
227	**KONIECZNY Przemysław**	**7458**		Senior II M - 30	85	01:39:30	**02:51:56.55**	+01:26:06 (50.1%)	8:11	7.3 (49.7%)
228	**MADEJ Weronika**	**7421**		Senior I K - 20	15	01:43:11	**02:51:59.00**	+01:26:08 (50.1%)	8:11	7.3 (49.7%)
229	**MAJ Marek**	**7393**	ŚLĘZAK TEAM	Masters M - 40	53	01:40:34	**02:51:59.65**	+01:26:09 (50.1%)	8:11	7.3 (49.7%)
230	**MICHALAK Kamil**	**7142**		Senior II M - 30	86	01:36:16	**02:52:02.20**	+01:26:11 (50.1%)	8:11	7.3 (49.7%)
231	**GĘBKA Małgorzata**	**7451**	CRAZY RUNNERS	Senior II K - 30	22	01:44:13	**02:52:08.25**	+01:26:17 (50.1%)	8:11	7.3 (49.7%)
232	**BRONIEWSKA Anna**	**7247**		Weteran K - 50	5	01:41:31	**02:52:35.65**	+01:26:45 (50.3%)	8:13	7.3 (49.7%)
233	**KOPYŚCIAŃSKI Aleksander**	**7111**	LEGNICKIE MORSY	Masters M - 40	54	01:42:14	**02:52:47.10**	+01:26:56 (50.3%)	8:13	7.3 (49.7%)
234	**SZKUDLAREK Arkadiusz**	**7437**		Masters M - 40	55	01:38:55	**02:52:48.55**	+01:26:58 (50.3%)	8:13	7.3 (49.7%)
235	**GIMZICKA Ewa**	**7303**		Masters K - 40	15	01:41:38	**02:52:51.80**	+01:27:01 (50.3%)	8:13	7.3 (49.7%)
236	**BARTKIEWICZ Halina**	**7009**		Masters K - 40	16	01:45:19	**02:52:52.00**	+01:27:01 (50.3%)	8:13	7.3 (49.7%)
237	**BAŃKOWSKI Igor**	**7423**		Weteran I M - 50	11	01:39:56	**02:52:56.30**	+01:27:05 (50.4%)	8:14	7.3 (49.7%)
238	**LUBELCZYK Grzegorz**	**7426**	SPELEOCLUB WROCŁAW	Masters M - 40	56	01:42:53	**02:53:17.95**	+01:27:27 (50.5%)	8:15	7.3 (49.7%)
239	**WISZNIEWICZ Piotr**	**7264**	BANA DZIEWIONA	Senior II M - 30	87	01:41:45	**02:53:28.60**	+01:27:38 (50.5%)	8:15	7.3 (49.7%)
240	**MAŚLANKA Łukasz**	**7097**		Senior II M - 30	88	01:45:29	**02:53:36.40**	+01:27:45 (50.6%)	8:16	7.3 (49.7%)
241	**WYBRANIEC Tomasz**	**7272**		Senior II M - 30	89	01:42:23	**02:53:39.00**	+01:27:48 (50.6%)	8:16	7.3 (49.7%)
242	**BOGUSZ Marek**	**7314**	WALKA KOSTRZYN	Weteran II M - 60	5	01:40:38	**02:53:43.70**	+01:27:53 (50.6%)	8:16	7.3 (49.7%)
243	**WOJCIECHOWSKA Anna**	**7050**	PIĄTKOWO NA BIEGOWO	Masters K - 40	17	01:47:50	**02:53:48.40**	+01:27:57 (50.6%)	8:16	7.2 (49.0%)
244	**WESOŁOWSKA Kinga**	**7406**	#55TEAM / ASICS FRONTRUNNER POLAND	Senior I K - 20	16	01:40:50	**02:54:00.05**	+01:28:09 (50.7%)	8:17	7.2 (49.0%)
245	**SZWED Monika**	**7239**		Masters K - 40	18	01:44:40	**02:54:04.55**	+01:28:14 (50.7%)	8:17	7.2 (49.0%)
246	**CZERNIAK Agnieszka**	**7207**	PIĄTKOWO NA BIEGOWO	Masters K - 40	19	01:48:10	**02:54:15.35**	+01:28:24 (50.7%)	8:17	7.2 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
247	**RAJCZAK Łukasz**	**7443**		Senior II M - 30	90	01:41:36	**02:54:20.35**	+01:28:29 (50.8%)	8:18	7.2 (49.0%)
248	**MICHALSKI Grzegorz**	**7364**		Masters M - 40	57	01:41:32	**02:54:32.25**	+01:28:41 (50.8%)	8:18	7.2 (49.0%)
249	**ORŁOWSKI Robert**	**7418**	BIEGNĘ DO MORDORU	Senior II M - 30	91	01:44:36	**02:54:45.05**	+01:28:54 (50.9%)	8:19	7.2 (49.0%)
250	**SZCZEPANIAK Wiesław**	**7480**		Weteran II M - 60	6	01:42:07	**02:54:57.00**	+01:29:06 (50.9%)	8:19	7.2 (49.0%)
251	**MIELOSZYK Wojtek**	**7351**		Senior II M - 30	92	01:48:32	**02:55:09.20**	+01:29:18 (51.0%)	8:20	7.2 (49.0%)
252	**KOŚNY Damian**	**7027**	GIT	Masters M - 40	58	01:39:58	**02:55:10.50**	+01:29:20 (51.0%)	8:20	7.2 (49.0%)
253	**LECH Grzegorz**	**7138**	KB ODRA OPOLE	Senior II M - 30	93	01:42:57	**02:55:28.60**	+01:29:38 (51.1%)	8:21	7.2 (49.0%)
254	**KRUPIŃSKI Zbigniew**	**7328**	KOŁO BIEGA	Senior II M - 30	94	01:49:49	**02:55:37.35**	+01:29:46 (51.1%)	8:21	7.2 (49.0%)
255	**BARANOWSKI Szymon**	**7194**		Senior II M - 30	95	01:41:20	**02:55:39.05**	+01:29:48 (51.1%)	8:21	7.2 (49.0%)
256	**ZINIEWICZ Małgorzata**	**7495**		Masters K - 40	20	01:44:35	**02:55:39.80**	+01:29:49 (51.1%)	8:21	7.2 (49.0%)
257	**KOPKA Pawel**	**7257**		Senior II M - 30	96	01:39:28	**02:55:45.95**	+01:29:55 (51.2%)	8:22	7.2 (49.0%)
258	**WOJCIECHOWSKI Maciej**	**7145**		Senior II M - 30	97	01:44:32	**02:56:08.75**	+01:30:18 (51.3%)	8:23	7.2 (49.0%)
259	**ZATAJ Igor**	**7144**	KB MANIAC /CHARTY CHARTOWO	Masters M - 40	59	01:42:49	**02:56:16.60**	+01:30:26 (51.3%)	8:23	7.1 (48.3%)
260	**DUMIŃSKI Tomasz**	**7289**	STRZEGOMSKA DWUNASTKA	Masters M - 40	60	01:39:41	**02:56:36.50**	+01:30:46 (51.4%)	8:24	7.1 (48.3%)
261	**GUDZ Beata**	**7522**		Senior II K - 30	23	01:43:33	**02:56:37.35**	+01:30:46 (51.4%)	8:24	7.1 (48.3%)
262	**HELLWING Wojciech**	**7048**	POLSKIE TOWARZYSTWO ASTRONOMICZNE	Masters M - 40	61	01:43:46	**02:56:48.25**	+01:30:57 (51.4%)	8:25	7.1 (48.3%)
263	**MENTONE Dario**	**7445**		Senior II M - 30	98	01:43:45	**02:57:02.90**	+01:31:12 (51.5%)	8:25	7.1 (48.3%)
264	**VAKH Oksana**	**7485**		Senior I K - 20	17	01:39:24	**02:57:38.85**	+01:31:48 (51.7%)	8:27	7.1 (48.3%)
265	**SAMBORSKI Daniel**	**7397**	BIEGACZE W RADOMSKU / WIECZORNE BIEGANIE W OPOLU	Masters M - 40	62	01:46:36	**02:57:39.30**	+01:31:48 (51.7%)	8:27	7.1 (48.3%)
266	**KACZMAREK Dorota**	**7382**	RADZIKI	Senior II K - 30	24	01:48:25	**02:57:40.55**	+01:31:50 (51.7%)	8:27	7.1 (48.3%)
267	**KACZMAREK Radosław**	**7383**	RADZIKI	Weteran I M - 50	12	01:48:15	**02:57:43.25**	+01:31:52 (51.7%)	8:27	7.1 (48.3%)
268	**SAMBORSKA Monika**	**7396**	BIEGACZE W RADOMSKU	Senior II K - 30	25	01:46:45	**02:57:48.55**	+01:31:58 (51.7%)	8:28	7.1 (48.3%)
269	**SZTACHELSKI Krzysztof**	**7297**	SIWY TEAM	Masters M - 40	63	01:41:07	**02:57:51.80**	+01:32:01 (51.7%)	8:28	7.1 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
270	**JAROCIŃSKI Michał**	**7484**	JANUSZE PRZYGODY	Masters M - 40	64	01:45:33	**02:57:54.00**	+01:32:03 (51.7%)	8:28	7.1 (48.3%)
271	**OKRASA Tomasz**	**7481**		Senior II M - 30	99	01:39:44	**02:57:58.60**	+01:32:08 (51.8%)	8:28	7.1 (48.3%)
272	**MAJCHRZYCKI Sławomir**	**7430**	TKKF MPK POZNAŃ	Senior II M - 30	100	01:47:19	**02:57:58.65**	+01:32:08 (51.8%)	8:28	7.1 (48.3%)
273	**WOŹNIAK Mirosław**	**7518**	TKKF MPK POZNAŃ	Weteran II M - 60	7	01:47:29	**02:58:09.85**	+01:32:19 (51.8%)	8:29	7.1 (48.3%)
274	**SZCZERBA Kasia**	**7214**		Senior II K - 30	26	01:47:14	**02:58:44.85**	+01:32:54 (52.0%)	8:30	7 (47.6%)
275	**KACZMAREK Maciej**	**7220**	TEAM BEROTU	Senior II M - 30	101	01:51:13	**02:58:46.90**	+01:32:56 (52.0%)	8:30	7 (47.6%)
276	**DUSZA Izabela**	**7185**	AZS PW	Senior I K - 20	18	01:48:46	**02:58:47.35**	+01:32:56 (52.0%)	8:30	7 (47.6%)
277	**KOWALSKI Łukasz**	**7323**	KB ODRA OPOLE	Senior II M - 30	102	01:36:41	**02:59:04.90**	+01:33:14 (52.1%)	8:31	7 (47.6%)
278	**KUTRZYK Przemysław**	**7376**		Masters M - 40	65	01:42:50	**02:59:26.85**	+01:33:36 (52.2%)	8:32	7 (47.6%)
279	**STUDZIŃSKA Joanna**	**7098**		Senior II K - 30	27	01:45:09	**02:59:27.30**	+01:33:36 (52.2%)	8:32	7 (47.6%)
280	**SKWIERCZYŃSKI Sylwester**	**7260**		Senior I M - 20	24	01:40:24	**02:59:51.20**	+01:34:00 (52.3%)	8:33	7 (47.6%)
281	**HAGEL Julita**	**7446**		Senior II K - 30	28	01:42:35	**03:00:04.70**	+01:34:14 (52.3%)	8:34	7 (47.6%)
282	**SZCZEPANOWSKI Andrzej**	**7063**	ŚRUNDUNIA SZCZECIN	Masters M - 40	66	01:47:37	**03:00:36.10**	+01:34:45 (52.5%)	8:36	7 (47.6%)
283	**JERSZ Bartosz**	**7447**		Masters M - 40	67	01:51:18	**03:00:39.85**	+01:34:49 (52.5%)	8:36	7 (47.6%)
284	**APANASEWICZ Dominika**	**7400**		Masters K - 40	21	01:51:28	**03:00:58.95**	+01:35:08 (52.6%)	8:37	7 (47.6%)
285	**KIEŁPIŃSKI Mikołaj**	**7528**	FOREST GANG	Senior I M - 20	25	01:44:02	**03:01:03.10**	+01:35:12 (52.6%)	8:37	7 (47.6%)
286	**BUŁAJ Bartosz**	**7411**		Senior II M - 30	103	01:51:32	**03:01:23.70**	+01:35:33 (52.7%)	8:38	6.9 (46.9%)
287	**RYBICKI Przemysław**	**7353**	SKLEP BIEGACZA	Masters M - 40	68	01:44:02	**03:01:34.05**	+01:35:43 (52.7%)	8:38	6.9 (46.9%)
288	**STAŃCZYK Andrzej**	**7162**	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Weteran I M - 50	13	01:47:20	**03:01:36.75**	+01:35:46 (52.7%)	8:38	6.9 (46.9%)
289	**SZUCHTA Zuzanna**	**7390**	ADIDAS RUNNERS WARSAW	Senior II K - 30	29	01:51:50	**03:01:57.30**	+01:36:06 (52.8%)	8:39	6.9 (46.9%)
290	**RATAJ Robert**	**7208**	PIĄTKOWO NA BIEGOWO - POZNAŃ	Masters M - 40	69	01:56:54	**03:02:04.40**	+01:36:13 (52.9%)	8:40	6.9 (46.9%)
291	**SKRZĄTEK Anna**	**7116**		Masters K - 40	22	01:51:08	**03:02:11.80**	+01:36:21 (52.9%)	8:40	6.9 (46.9%)
292	**FLISEK Jakub**	**7031**	MNTW	Senior II M - 30	104	01:50:08	**03:02:19.40**	+01:36:28 (52.9%)	8:40	6.9 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
293	**WIŚNIEWSKI Sławomir**	**7498**	1984	Senior II M - 30	105	01:45:30	**03:02:23.70**	+01:36:33 (52.9%)	8:41	6.9 (46.9%)
294	**PERKA Barbara**	**7090**	,ZAŁOGA GÓRSKA	Masters K - 40	23	01:46:30	**03:02:50.45**	+01:36:59 (53.1%)	8:42	6.9 (46.9%)
295	**TKACZ-BRODACKA Natalia**	**7222**		Senior I K - 20	19	01:44:28	**03:02:54.40**	+01:37:03 (53.1%)	8:42	6.9 (46.9%)
296	**SZCZYGIEŁ Zbigniew**	**7246**		Weteran I M - 50	14	01:52:07	**03:03:17.85**	+01:37:27 (53.2%)	8:43	6.9 (46.9%)
297	**KRYSIAK Joachim**	**7188**		Weteran I M - 50	15	01:50:13	**03:03:18.95**	+01:37:28 (53.2%)	8:43	6.9 (46.9%)
298	**KRYSIAK Artur**	**7543**		Senior II M - 30	106	01:50:18	**03:03:24.40**	+01:37:33 (53.2%)	8:44	6.9 (46.9%)
299	**JAGUSIAK Piotr**	**7281**		Masters M - 40	70	01:52:22	**03:03:32.85**	+01:37:42 (53.2%)	8:44	6.9 (46.9%)
300	**MICHAEL Monika**	**7389**	ADIDAS RUNNERS WARSAW	Senior II K - 30	30	01:51:37	**03:04:15.35**	+01:38:24 (53.4%)	8:46	6.8 (46.3%)
301	**JUREWICZ Agata**	**7477**	VEGERUNNERS	Senior II K - 30	31	01:48:44	**03:04:39.35**	+01:38:48 (53.5%)	8:47	6.8 (46.3%)
302	**KOZŁOWSKI Piotr**	**7150**	KS HUSARIA SZCZECINEK	Masters M - 40	71	01:48:34	**03:05:01.25**	+01:39:10 (53.6%)	8:48	6.8 (46.3%)
303	**KRÓL Karol**	**7226**		Masters M - 40	72	01:51:12	**03:05:16.05**	+01:39:25 (53.7%)	8:49	6.8 (46.3%)
304	**GALEWSKI Mariusz**	**7139**		Weteran I M - 50	16	01:47:33	**03:05:21.95**	+01:39:31 (53.7%)	8:49	6.8 (46.3%)
305	**JURASZ Aleksandra**	**7201**		Senior II K - 30	32	01:46:23	**03:05:33.20**	+01:39:42 (53.7%)	8:50	6.8 (46.3%)
306	**NIERADKO Arkadiusz**	**7115**		Masters M - 40	73	01:52:21	**03:05:44.30**	+01:39:53 (53.8%)	8:50	6.8 (46.3%)
307	**KAPELSKI Michał**	**7152**		Masters M - 40	74	01:49:19	**03:06:10.80**	+01:40:20 (53.9%)	8:51	6.8 (46.3%)
308	**CHOŁUJ Małgorzata**	**7320**		Weteran K - 50	6	01:49:09	**03:06:14.15**	+01:40:23 (53.9%)	8:52	6.8 (46.3%)
309	**RĘBECKA Violetta**	**7041**	BIEGAMDLAZDROWIA.PL	Masters K - 40	24	01:52:57	**03:06:19.15**	+01:40:28 (53.9%)	8:52	6.8 (46.3%)
310	**GONTARCZYK Dawid**	**7047**		Senior I M - 20	26	01:52:07	**03:07:38.25**	+01:41:47 (54.3%)	8:56	6.7 (45.6%)
311	**CIEMNY Wojciech**	**7077**	NIGHT RUNNERS PYSKOWICE	Masters M - 40	75	01:50:01	**03:07:53.95**	+01:42:03 (54.3%)	8:56	6.7 (45.6%)
312	**SIENKIEWICZ Grzegorz**	**7181**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	107	01:45:13	**03:08:12.95**	+01:42:22 (54.4%)	8:57	6.7 (45.6%)
313	**ZASŁAWSKI Lech**	**7060**		Senior II M - 30	108	01:54:14	**03:08:20.65**	+01:42:30 (54.4%)	8:58	6.7 (45.6%)
314	**PAWLAK Gabriel**	**7002**		Masters M - 40	76	01:52:59	**03:08:54.90**	+01:43:04 (54.6%)	8:59	6.7 (45.6%)
315	**BABICA Paulina**	**7136**	KOBIETY BIEGAJĄ	Senior II K - 30	33	01:53:52	**03:09:16.05**	+01:43:25 (54.6%)	9:00	6.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
316	**WOŹNIAK Jakub**	**7273**		Senior I M - 20	27	01:50:38	**03:09:18.35**	+01:43:27 (54.7%)	9:00	6.7 (45.6%)
317	**SMURA Ewa**	**7372**		Senior II K - 30	34	01:54:04	**03:09:29.45**	+01:43:38 (54.7%)	9:01	6.6 (44.9%)
318	**GRABOWSKI Adam**	**7223**		Masters M - 40	77	01:50:36	**03:09:30.70**	+01:43:40 (54.7%)	9:01	6.6 (44.9%)
319	**HYRA Patryk**	**7310**		Senior I M - 20	28	01:43:41	**03:09:53.45**	+01:44:02 (54.8%)	9:02	6.6 (44.9%)
320	**JAKUBOWSKI Rafał**	**7065**	R-TEAM RYDZYNA	Masters M - 40	78	01:54:50	**03:09:55.90**	+01:44:05 (54.8%)	9:02	6.6 (44.9%)
321	**PORADA Małgorzata**	**7255**		Masters K - 40	25	01:55:11	**03:09:58.70**	+01:44:08 (54.8%)	9:02	6.6 (44.9%)
322	**BOJEK Beata**	**7064**	R-TEAM RYDZYNA	Masters K - 40	26	01:55:00	**03:10:06.70**	+01:44:16 (54.8%)	9:03	6.6 (44.9%)
323	**KOKOSZKIEWICZ Jarosław**	**7497**	GRZYBIANY TEAM	Senior II M - 30	109	01:51:13	**03:10:08.45**	+01:44:17 (54.9%)	9:03	6.6 (44.9%)
324	**KUBIACZYK Malwina**	**7464**	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	35	01:52:32	**03:10:12.85**	+01:44:22 (54.9%)	9:03	6.6 (44.9%)
325	**TABACZYŃSKA Monika**	**7071**		Senior I K - 20	20	01:45:22	**03:10:52.90**	+01:45:02 (55.0%)	9:05	6.6 (44.9%)
326	**LUBAŃSKA Alicja**	**7109**		Weteran K - 50	7	01:55:38	**03:11:00.00**	+01:45:09 (55.1%)	9:05	6.6 (44.9%)
327	**HATAŁA Tomasz**	**7054**	BARCA	Senior II M - 30	110	01:52:25	**03:11:35.35**	+01:45:44 (55.2%)	9:07	6.6 (44.9%)
328	**KRÓL Katarzyna**	**7227**		Senior II K - 30	36	01:53:44	**03:11:52.80**	+01:46:02 (55.3%)	9:08	6.6 (44.9%)
329	**WITKOWSKI Marek**	**7032**		Masters M - 40	79	01:58:44	**03:11:58.60**	+01:46:08 (55.3%)	9:08	6.6 (44.9%)
330	**ANDRZEJCZAK Łukasz**	**7347**		Senior II M - 30	111	01:53:47	**03:12:04.70**	+01:46:14 (55.3%)	9:08	6.6 (44.9%)
331	**GAJDA Mateusz**	**7128**	SPRÓCHNIALI HERKULESI	Senior II M - 30	112	01:49:55	**03:13:28.35**	+01:47:37 (55.6%)	9:12	6.5 (44.2%)
332	**MARONKA Agnieszka**	**7350**		Masters K - 40	27	01:53:18	**03:13:55.65**	+01:48:05 (55.7%)	9:14	6.5 (44.2%)
333	**BARAŃSKI Rafał**	**7456**	BIEGA BO MUSZĘ	Masters M - 40	80	01:53:36	**03:14:06.20**	+01:48:15 (55.8%)	9:14	6.5 (44.2%)
334	**KOZŁOWSKA Renata**	**7265**	LADY AEROBIK NYSA	Senior II K - 30	37	01:50:43	**03:14:07.00**	+01:48:16 (55.8%)	9:14	6.5 (44.2%)
335	**WALKOWIAK Marek**	**7244**	PECNA TEAM	Masters M - 40	81	01:52:57	**03:14:12.80**	+01:48:22 (55.8%)	9:14	6.5 (44.2%)
336	**WYGLĄDAŁA Michał**	**7033**	DRUŻYNA JEDNOROŻCA	Senior II M - 30	113	01:53:31	**03:14:15.85**	+01:48:25 (55.8%)	9:15	6.5 (44.2%)
337	**CZUCHWICKI Marek**	**7006**		Masters M - 40	82	01:54:37	**03:14:30.10**	+01:48:39 (55.9%)	9:15	6.5 (44.2%)
338	**PAPIERNIAK Anna**	**7034**		Senior II K - 30	38	01:53:52	**03:14:35.90**	+01:48:45 (55.9%)	9:16	6.5 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
339	**NOWICKA-BŁASZCZYK Izabela**	**7230**		Masters K - 40	28	01:58:35	**03:14:36.45**	+01:48:45 (55.9%)	9:16	6.5 (44.2%)
340	**FIKSA Katarzyna**	**7231**	WOJART TEAM	Masters K - 40	29	01:58:36	**03:14:44.65**	+01:48:54 (55.9%)	9:16	6.5 (44.2%)
341	**BŁASZCZYK Jacek**	**7229**		Masters M - 40	83	01:58:50	**03:14:54.60**	+01:49:04 (56.0%)	9:16	6.5 (44.2%)
342	**MARCINKOWSKA Katarzyna**	**7266**	LADY AEROBIK NYSA	Masters K - 40	30	01:53:20	**03:15:13.40**	+01:49:22 (56.0%)	9:17	6.5 (44.2%)
343	**SKRZYPIŃSKA Agnieszka**	**7315**	PSI PATROL	Senior II K - 30	39	01:57:44	**03:15:15.15**	+01:49:24 (56.0%)	9:17	6.5 (44.2%)
344	**BOREK Mateusz**	**7080**		Senior I M - 20	29	01:55:17	**03:15:34.35**	+01:49:43 (56.1%)	9:18	6.4 (43.5%)
345	**SOSZYŃSKA Małgorzata**	**7542**		Weteran K - 50	8	01:50:15	**03:15:54.65**	+01:50:04 (56.2%)	9:19	6.4 (43.5%)
346	**HERMAN Barbara**	**7209**		Senior II K - 30	40	01:51:10	**03:16:34.50**	+01:50:44 (56.3%)	9:21	6.4 (43.5%)
347	**MARCINKIEWICZ Agnieszka**	**7534**		Senior II K - 30	41	01:59:55	**03:16:50.95**	+01:51:00 (56.4%)	9:22	6.4 (43.5%)
348	**JĘDRYCHOWSKI Przemysław**	**7252**		Masters M - 40	84	01:54:49	**03:17:14.95**	+01:51:24 (56.5%)	9:23	6.4 (43.5%)
349	**KOPKA - JĘDRYCHOWSKA Monika**	**7253**		Masters K - 40	31	01:55:02	**03:17:25.30**	+01:51:34 (56.5%)	9:24	6.4 (43.5%)
350	**SZCZEPAŃSKI Wojciech**	**7412**	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	114	02:01:35	**03:17:37.25**	+01:51:46 (56.6%)	9:24	6.4 (43.5%)
351	**NOSZCZYŃSKI Kamil**	**7453**	FUNDACJA BIAŁYSTOK BIEGA	Senior II M - 30	115	02:01:44	**03:17:47.30**	+01:51:56 (56.6%)	9:25	6.4 (43.5%)
352	**GAJDECKI Tomek**	**7224**	ACCENTURE	Masters M - 40	85	01:57:19	**03:18:15.50**	+01:52:25 (56.7%)	9:26	6.4 (43.5%)
353	**GERMAN-GIENTKOWSKA Iwona**	**7344**		Masters K - 40	32	01:59:23	**03:18:22.85**	+01:52:32 (56.7%)	9:26	6.4 (43.5%)
354	**GAJDECKA Adriana**	**7225**	ORANGE	Masters K - 40	33	01:57:52	**03:18:25.20**	+01:52:34 (56.7%)	9:26	6.4 (43.5%)
355	**CENDROWICZ Magdalena**	**7512**	AMBASADRZYFB	Senior II K - 30	42	01:58:03	**03:18:27.85**	+01:52:37 (56.7%)	9:27	6.3 (42.9%)
356	**WISZNIEWICZ Agnieszka**	**7472**		Senior II K - 30	43	01:57:24	**03:18:42.60**	+01:52:52 (56.8%)	9:27	6.3 (42.9%)
357	**SIKORSKA Karolina**	**7407**		Senior II K - 30	44	01:58:49	**03:19:05.05**	+01:53:14 (56.9%)	9:28	6.3 (42.9%)
358	**KOŃ Aleksandra**	**7149**		Masters K - 40	34	01:59:36	**03:19:48.00**	+01:53:57 (57.0%)	9:30	6.3 (42.9%)
359	**STRZELCZYK Paulina**	**7051**	NESSI	Senior II K - 30	45	02:03:58	**03:20:03.60**	+01:54:13 (57.1%)	9:31	6.3 (42.9%)
360	**GIDASZEWSKA Jolanta**	**7049**	NESSI	Masters K - 40	35	02:04:11	**03:20:16.25**	+01:54:25 (57.1%)	9:32	6.3 (42.9%)
361	**NIEWCZAS Barbara**	**7199**		Senior II K - 30	46	01:56:22	**03:20:28.40**	+01:54:37 (57.2%)	9:32	6.3 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
362	**GRZELAKOWSKA Agata**	**7037**		Weteran K - 50	9	02:01:26	**03:20:59.80**	+01:55:09 (57.3%)	9:34	6.3 (42.9%)
363	**JÓZEFCZYK Justyna**	**7010**	PIĄTKOWO NA BIEGOWO	Masters K - 40	36	02:02:14	**03:21:04.50**	+01:55:14 (57.3%)	9:34	6.3 (42.9%)
364	**POKORNY Tomasz**	**7191**	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	86	02:04:41	**03:21:08.90**	+01:55:18 (57.3%)	9:34	6.3 (42.9%)
365	**BIENIASZ-KRZYWIEC Patryk**	**7043**		Senior I M - 20	30	01:56:42	**03:21:30.00**	+01:55:39 (57.4%)	9:35	6.3 (42.9%)
366	**MAĆCZAK Katarzyna**	**7337**		Senior I K - 20	21	02:01:09	**03:21:33.85**	+01:55:43 (57.4%)	9:35	6.3 (42.9%)
367	**HYLIŃSKA Hanna**	**7045**		Senior II K - 30	47	01:54:29	**03:21:40.50**	+01:55:50 (57.4%)	9:36	6.2 (42.2%)
368	**STAŃCZUK Dorota**	**7295**	SLOW JOGGING SIEDLCE	Weteran K - 50	10	02:00:11	**03:21:45.30**	+01:55:54 (57.5%)	9:36	6.2 (42.2%)
369	**KRYSIAK Łukasz**	**7023**	PIĄTKOWO NA BIEGOWO	Masters M - 40	87	02:02:03	**03:22:16.70**	+01:56:26 (57.6%)	9:37	6.2 (42.2%)
370	**DUBIŃSKI Przemysław**	**7132**	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	Masters M - 40	88	02:10:43	**03:22:35.25**	+01:56:44 (57.6%)	9:38	6.2 (42.2%)
371	**KWIATKOWSKI Daniel**	**7083**	PARKRUN GRUDZIĄDZ	Senior II M - 30	116	01:56:36	**03:23:07.80**	+01:57:17 (57.7%)	9:40	6.2 (42.2%)
372	**KUCHCZYŃSKI Krzysztof**	**7369**	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	117	02:09:41	**03:23:17.15**	+01:57:26 (57.8%)	9:40	6.2 (42.2%)
373	**PROCHOŃ Krzysztof**	**7540**		Weteran I M - 50	17	01:54:02	**03:23:17.80**	+01:57:27 (57.8%)	9:40	6.2 (42.2%)
374	**KOZIOŁ Joanna**	**7158**		Masters K - 40	37	02:03:32	**03:23:51.40**	+01:58:00 (57.9%)	9:42	6.2 (42.2%)
375	**SZCZODRZYŃSKA Kasia**	**7473**		Masters K - 40	38	02:05:39	**03:24:25.05**	+01:58:34 (58.0%)	9:44	6.2 (42.2%)
376	**GRZYB Beata**	**7478**	KOBIETY BIEGAJĄ	Masters K - 40	39	02:05:52	**03:24:37.35**	+01:58:46 (58.0%)	9:44	6.2 (42.2%)
377	**CHORZĘPA Wojciech**	**7506**		Senior II M - 30	118	01:59:23	**03:25:16.80**	+01:59:26 (58.2%)	9:46	6.1 (41.5%)
378	**ŁAŹNIAK-PFAJFER Agata**	**7306**	CARDIORUNNERS	Senior II K - 30	48	02:04:37	**03:26:25.30**	+02:00:34 (58.4%)	9:49	6.1 (41.5%)
379	**SIKORA Agnieszka**	**7269**		Senior II K - 30	49	01:57:12	**03:26:33.60**	+02:00:43 (58.4%)	9:50	6.1 (41.5%)
380	**RYPUŁA Grażyna**	**7183**	ZEN RUNNING TEAM	Weteran II K - 60	1	01:58:55	**03:27:05.80**	+02:01:15 (58.5%)	9:51	6.1 (41.5%)
381	**RAPACZ Danuta**	**7205**	ANMAR	Weteran II K - 60	2	02:06:54	**03:27:14.10**	+02:01:23 (58.6%)	9:52	6.1 (41.5%)
382	**MAGDA Natasza**	**7091**	NIGHT RUNNERS PYSKOWICE	Masters K - 40	40	01:59:46	**03:27:16.25**	+02:01:25 (58.6%)	9:52	6.1 (41.5%)
383	**RYPUŁA Zenon**	**7218**	ZEN RUNING TEAM	Weteran II M - 60	8	01:58:43	**03:27:27.60**	+02:01:37 (58.6%)	9:52	6.1 (41.5%)
384	**TCHÓRZEWSKA Monika**	**7288**		Senior II K - 30	50	02:06:21	**03:27:29.80**	+02:01:39 (58.6%)	9:52	6.1 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
385	**WYPCHOŁ Piotr**	**7340**	BIEGAJ Z TRENERAMI	Weteran I M - 50	18	02:04:37	**03:27:37.30**	+02:01:46 (58.7%)	9:53	6.1 (41.5%)
386	**KODZIS Sylwia**	**7200**	BIEGAM W GÓRACH BARDZKICH	Senior II K - 30	51	02:06:14	**03:27:38.85**	+02:01:48 (58.7%)	9:53	6.1 (41.5%)
387	**TCHÓRZEWSKA-PIETRZYK Anna**	**7287**		Masters K - 40	41	02:06:34	**03:27:39.80**	+02:01:49 (58.7%)	9:53	6.1 (41.5%)
388	**KOWALEWSKA Anna**	**7125**	KOBIETY W BIEGU	Senior II K - 30	52	02:06:22	**03:27:46.95**	+02:01:56 (58.7%)	9:53	6.1 (41.5%)
389	**KNOBLOCH Ewa**	**7441**		Masters K - 40	42	02:07:15	**03:27:59.20**	+02:02:08 (58.7%)	9:54	6.1 (41.5%)
390	**PIETRZAK Sylwia**	**7401**	12TRI	Senior II K - 30	53	02:08:42	**03:28:14.20**	+02:02:23 (58.8%)	9:54	6.1 (41.5%)
391	**KLAJA Agnieszka**	**7017**		Senior II K - 30	54	02:07:31	**03:28:17.85**	+02:02:27 (58.8%)	9:55	6 (40.8%)
392	**WIZE-ZIELONKA Karolina**	**7442**		Masters K - 40	43	02:07:35	**03:28:19.30**	+02:02:28 (58.8%)	9:55	6 (40.8%)
393	**CZERWONKA Zbigniew**	**7513**	1983	Senior II M - 30	119	02:03:06	**03:28:51.20**	+02:03:00 (58.9%)	9:56	6 (40.8%)
394	**MORAWSKA Anna**	**7189**		Weteran II K - 60	3	02:02:26	**03:28:53.65**	+02:03:03 (58.9%)	9:56	6 (40.8%)
395	**PRZESTRZELSKA-HAAS Marta**	**7004**	BACKPACKING OKAPI TEAM	Masters K - 40	44	02:05:39	**03:28:57.30**	+02:03:06 (58.9%)	9:57	6 (40.8%)
396	**SZCZYGIEŁ Beata**	**7245**		Masters K - 40	45	02:04:30	**03:29:04.35**	+02:03:13 (58.9%)	9:57	6 (40.8%)
397	**KAYSIEWICZ Joanna**	**7381**		Masters K - 40	46	02:05:53	**03:29:35.40**	+02:03:44 (59.0%)	9:58	6 (40.8%)
398	**RAKOWSKI Damian**	**7070**		Senior I M - 20	31	01:51:07	**03:30:01.05**	+02:04:10 (59.1%)	10:00	6 (40.8%)
399	**STACHURSKA Monika**	**7046**		Weteran K - 50	11	02:05:44	**03:30:23.25**	+02:04:32 (59.2%)	10:01	6 (40.8%)
400	**JOŃCZYK Jerzy**	**7211**		Weteran I M - 50	19	01:50:51	**03:30:28.65**	+02:04:38 (59.2%)	10:01	6 (40.8%)
401	**SIARKIEWICZ Jola**	**7073**	BIEGAMDLAZDROWIA.PL	Weteran K - 50	12	02:01:43	**03:30:36.45**	+02:04:45 (59.2%)	10:01	6 (40.8%)
402	**JASICKI Julian**	**7156**	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	9	01:58:21	**03:30:57.60**	+02:05:07 (59.3%)	10:02	6 (40.8%)
403	**KONCA Mariusz**	**7215**	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	89	02:20:11	**03:32:40.90**	+02:06:50 (59.6%)	10:07	5.9 (40.1%)
404	**NESTOROWICZ Monika**	**7154**	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	47	02:09:06	**03:32:57.45**	+02:07:06 (59.7%)	10:08	5.9 (40.1%)
405	**POWAŁA Janusz**	**7311**	JIL	Weteran II M - 60	10	02:03:57	**03:33:02.20**	+02:07:11 (59.7%)	10:08	5.9 (40.1%)
406	**RUDA Kamila**	**7371**	KURACJUSZE	Senior II K - 30	55	01:53:21	**03:34:16.10**	+02:08:25 (59.9%)	10:12	5.9 (40.1%)
407	**URBANIAK Alina**	**7474**	KURACJUSZE	Senior II K - 30	56	01:53:30	**03:34:32.50**	+02:08:42 (60.0%)	10:12	5.9 (40.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
408	**STOMPEL Ewelina**	**7151**		Senior II K - 30	57	02:01:48	**03:34:49.35**	+02:08:58 (60.0%)	10:13	5.9 (40.1%)
409	**SZCZEPKOWSKI Paweł**	**7523**	ARTEQUIPMENT	Weteran II M - 60	11	02:05:45	**03:34:52.90**	+02:09:02 (60.1%)	10:13	5.9 (40.1%)
410	**SOBIŃSKI Waldemar**	**7062**	BIEGAMDLAZDROWIA.PL	Weteran I M - 50	20	02:03:26	**03:34:54.85**	+02:09:04 (60.1%)	10:14	5.9 (40.1%)
411	**TRELA Mirosław**	**7276**	DB LESZCZYNY	Weteran I M - 50	21	02:09:55	**03:34:57.45**	+02:09:06 (60.1%)	10:14	5.9 (40.1%)
412	**TRELA Aniela**	**7275**	DB LESZCZYNY	Masters K - 40	48	02:10:03	**03:35:07.90**	+02:09:17 (60.1%)	10:14	5.9 (40.1%)
413	**SIENKIEWICZ Joanna**	**7140**	ORGANIC RACE TEAM	Senior II K - 30	58	02:08:17	**03:35:38.55**	+02:09:48 (60.2%)	10:16	5.8 (39.5%)
414	**GRESER Beata**	**7141**	ORGANIC RACE TEAM	Masters K - 40	49	02:08:26	**03:35:48.80**	+02:09:58 (60.2%)	10:16	5.8 (39.5%)
415	**SAWICKA Izabela**	**7022**	PARKRUN	Senior II K - 30	59	02:16:38	**03:36:08.45**	+02:10:17 (60.3%)	10:17	5.8 (39.5%)
416	**PACIA Beata**	**7402**		Senior II K - 30	60	02:06:36	**03:36:44.45**	+02:10:53 (60.4%)	10:19	5.8 (39.5%)
417	**HETMAŃSKA Diana**	**7078**	LOVELASY	Senior II K - 30	61	02:16:26	**03:37:30.40**	+02:11:39 (60.5%)	10:21	5.8 (39.5%)
418	**PALUSIŃSKA Agnieszka**	**7039**	LOVELASY	Masters K - 40	50	02:16:33	**03:37:39.70**	+02:11:49 (60.6%)	10:21	5.8 (39.5%)
419	**SOBCZYK Marek**	**7213**	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	90	02:20:19	**03:38:09.35**	+02:12:18 (60.7%)	10:23	5.8 (39.5%)
420	**SZCZEPANIAK Sylwia**	**7432**		Senior II K - 30	62	02:05:33	**03:38:32.00**	+02:12:41 (60.7%)	10:24	5.8 (39.5%)
421	**KONCA Beata**	**7216**	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	51	02:18:39	**03:38:40.00**	+02:12:49 (60.7%)	10:24	5.8 (39.5%)
422	**KORYBSKI Tomasz**	**7431**		Masters M - 40	91	02:14:56	**03:38:47.55**	+02:12:57 (60.8%)	10:25	5.8 (39.5%)
423	**SARNOWSKI Maciej**	**7040**	TKKF MPK POZNAŃ	Masters M - 40	92	02:05:31	**03:38:54.75**	+02:13:04 (60.8%)	10:25	5.8 (39.5%)
424	**WILMOWSKI Marek**	**7417**		Weteran I M - 50	22	02:06:18	**03:39:38.60**	+02:13:48 (60.9%)	10:27	5.7 (38.8%)
425	**JUSKOWIAK Mikołaj**	**7217**		Senior II M - 30	120	02:15:26	**03:40:01.05**	+02:14:10 (61.0%)	10:28	5.7 (38.8%)
426	**DZIAŁAK Marian**	**7169**	KB AKTYWNI KONIN	Weteran II M - 60	12	02:15:36	**03:40:02.40**	+02:14:11 (61.0%)	10:28	5.7 (38.8%)
427	**CHRZANOWSKI Paweł**	**7510**		Senior II M - 30	121	02:09:21	**03:40:43.40**	+02:14:52 (61.1%)	10:30	5.7 (38.8%)
428	**SZCZAPA Karol**	**7399**		Senior II M - 30	122	02:08:39	**03:40:53.95**	+02:15:03 (61.1%)	10:31	5.7 (38.8%)
429	**SZCZYGIELSKA Patrycja**	**7274**		Senior II K - 30	63	02:16:22	**03:41:02.55**	+02:15:12 (61.2%)	10:31	5.7 (38.8%)
430	**IMIŃSKI Cezary**	**7206**		Weteran I M - 50	23	02:03:57	**03:41:16.10**	+02:15:25 (61.2%)	10:32	5.7 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
431	**KONIECZNY Piotr**	**7251**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	123	02:19:40	**03:41:55.55**	+02:16:05 (61.3%)	10:34	5.7 (38.8%)
432	**KACZMAREK Monika**	**7299**	PHOENIX CONTACT WIELKOPOLSKA	Masters K - 40	52	02:19:49	**03:42:03.00**	+02:16:12 (61.3%)	10:34	5.7 (38.8%)
433	**DADAŚ Elżbieta**	**7007**	BP RUNNING TEAM GLIWICE	Masters K - 40	53	02:19:25	**03:42:04.30**	+02:16:13 (61.3%)	10:34	5.7 (38.8%)
434	**STASZEWSKA Aneta**	**7305**	NIGHT RUNNERS PYSKOWICE	Masters K - 40	54	02:16:12	**03:42:40.95**	+02:16:50 (61.5%)	10:36	5.7 (38.8%)
435	**SOBCZYK Ela**	**7212**	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	55	02:20:29	**03:43:26.05**	+02:17:35 (61.6%)	10:38	5.6 (38.1%)
436	**BARAŃSKA Małgorzata**	**7277**	BOB OPOLE	Weteran K - 50	13	02:24:30	**03:43:36.60**	+02:17:46 (61.6%)	10:38	5.6 (38.1%)
437	**PIJANKA Monika**	**7121**		Masters K - 40	56	02:24:43	**03:43:45.65**	+02:17:55 (61.6%)	10:39	5.6 (38.1%)
438	**GADZINOWSKI Ignacy**	**7298**		Weteran II M - 60	13	02:14:47	**03:44:54.25**	+02:19:03 (61.8%)	10:42	5.6 (38.1%)
439	**CHOJNOWSKA Barbara**	**7026**	PUSIA TEAM	Masters K - 40	57	02:15:17	**03:44:59.05**	+02:19:08 (61.8%)	10:42	5.6 (38.1%)
440	**CHOJNOWSKA Dominika**	**7024**	PUSIA TEAM	Senior I K - 20	22	02:15:18	**03:45:08.55**	+02:19:18 (61.9%)	10:43	5.6 (38.1%)
441	**NAMYŚLAK Radosław**	**7482**	KOŁO BIEGA	Masters M - 40	93	02:10:29	**03:46:00.45**	+02:20:09 (62.0%)	10:45	5.6 (38.1%)
442	**BLICHERT Anna**	**7507**	1986	Senior II K - 30	64	02:18:50	**03:46:04.85**	+02:20:14 (62.0%)	10:45	5.6 (38.1%)
443	**JANKOWSKA Magdalena**	**7487**	KOŁO BIEGA	Senior II K - 30	65	02:13:36	**03:46:08.05**	+02:20:17 (62.0%)	10:46	5.6 (38.1%)
444	**NAMYŚLAK Renata**	**7483**	KOŁO BIEGA	Masters K - 40	58	02:13:47	**03:46:17.70**	+02:20:27 (62.1%)	10:46	5.6 (38.1%)
445	**GAJ-JURCZYK Renata**	**7465**	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	59	02:10:31	**03:49:11.75**	+02:23:21 (62.5%)	10:54	5.5 (37.4%)
446	**STOŁOWSKA Natalia**	**7258**		Masters K - 40	60	02:15:46	**03:49:31.85**	+02:23:41 (62.6%)	10:55	5.5 (37.4%)
447	**NOWAK Jakub**	**7405**	POMIOTY SZATANA	Senior II M - 30	124	01:58:44	**03:50:02.05**	+02:24:11 (62.7%)	10:57	5.5 (37.4%)
448	**SMUG Ewelina**	**7061**		Senior II K - 30	66	02:16:05	**03:50:27.00**	+02:24:36 (62.8%)	10:58	5.5 (37.4%)
449	**SZALSKA Elżbieta**	**7532**		Senior II K - 30	67	02:05:19	**03:50:54.20**	+02:25:03 (62.8%)	10:59	5.5 (37.4%)
450	**SŁOMKA Karolina**	**7159**		Senior I K - 20	23	02:11:57	**03:51:05.20**	+02:25:14 (62.9%)	11:00	5.5 (37.4%)
451	**RUTKOWSKI Konrad**	**7535**		Senior II M - 30	125	02:12:08	**03:51:16.45**	+02:25:25 (62.9%)	11:00	5.4 (36.7%)
452	**PAKUŁA Beata**	**7203**		Masters K - 40	61	02:10:58	**03:53:05.30**	+02:27:14 (63.2%)	11:05	5.4 (36.7%)
453	**JAGUSIAK Barbara**	**7358**		Weteran K - 50	14	02:21:07	**03:54:31.80**	+02:28:41 (63.4%)	11:10	5.4 (36.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
454	**SOSNOWSKA Barbara**	**7108**	LACHO TEAM	Masters K - 40	62	02:23:46	**03:54:41.05**	+02:28:50 (63.4%)	11:10	5.4 (36.7%)
455	**URBANIAK Agnieszka**	**7123**		Masters K - 40	63	02:19:29	**03:55:32.90**	+02:29:42 (63.6%)	11:13	5.3 (36.1%)
456	**NIEDŹWIECKA Dorota**	**7338**	SKIPARK-WYSOWA	Weteran K - 50	15	02:20:21	**03:56:56.15**	+02:31:05 (63.8%)	11:16	5.3 (36.1%)
457	**ŁABOWICZ Magdalena**	**7493**		Masters K - 40	64		**03:58:23.00**	+02:32:32 (64.0%)	11:21	5.3 (36.1%)
458	**SIEWIERA Katarzyna**	**7492**		Masters K - 40	65	02:25:23	**03:58:26.25**	+02:32:35 (64.0%)	11:21	5.3 (36.1%)
459	**PILAK Zbigniew**	**7036**		Weteran II M - 60	14	02:24:29	**03:59:44.30**	+02:33:53 (64.2%)	11:24	5.3 (36.1%)
460	**NAGAŃSKA-PILAK Małgorzata**	**7035**		Weteran K - 50	16	02:24:28	**03:59:54.90**	+02:34:04 (64.2%)	11:25	5.3 (36.1%)
461	**KOSTULSKA Olga**	**7236**	WKURW_TEAM	Senior II K - 30	68	02:20:44	**03:59:58.90**	+02:34:08 (64.2%)	11:25	5.3 (36.1%)
462	**BASZCZYŃSKA Barbara**	**7386**	WKURW_TEAM	Weteran K - 50	17	02:26:55	**04:00:08.65**	+02:34:18 (64.3%)	11:26	5.2 (35.4%)
463	**DOBROWOLSKI Robert**	**7075**	SPORTOWI EMERYCI	Weteran II M - 60	15	02:29:34	**04:00:43.75**	+02:34:53 (64.3%)	11:27	5.2 (35.4%)
464	**JEZIERSKA Karina**	**7094**		Masters K - 40	66	02:22:39	**04:02:00.20**	+02:36:09 (64.5%)	11:31	5.2 (35.4%)
465	**FRANKOWSKA Ania**	**7470**	MIECHOWICKA GRUPA BIEGOWA	Weteran K - 50	18	02:23:30	**04:02:22.20**	+02:36:31 (64.6%)	11:32	5.2 (35.4%)
466	**MAZZARA Dominika**	**7459**	PROGRESS	Senior II K - 30	69	02:42:51	**04:04:20.80**	+02:38:30 (64.9%)	11:38	5.2 (35.4%)
467	**BEDNARCZYK Sylwia**	**7003**		Masters K - 40	67	02:37:37	**04:04:32.05**	+02:38:41 (64.9%)	11:38	5.2 (35.4%)
468	**JARCZYŃSKA Adriana**	**7450**		Senior II K - 30	70	02:42:44	**04:05:52.90**	+02:40:02 (65.1%)	11:42	5.1 (34.7%)
469	**KOSZYKA Weronika**	**7082**	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	24	02:27:44	**04:05:57.95**	+02:40:07 (65.1%)	11:42	5.1 (34.7%)
470	**WITKOWSKA Ania**	**7029**	PARKRUN GORZÓW WIELKOPOLSKI	Senior II K - 30	71	02:28:39	**04:07:37.45**	+02:41:46 (65.3%)	11:47	5.1 (34.7%)
471	**JUSZKO Aleksandra**	**7259**		Senior I K - 20	25	02:24:37	**04:10:22.70**	+02:44:32 (65.7%)	11:55	5 (34.0%)
472	**JUSZKO Monika**	**7235**		Masters K - 40	68	02:24:47	**04:10:39.70**	+02:44:49 (65.8%)	11:56	5 (34.0%)
473	**PODSIADŁY Robert**	**7118**	CHATA BIEGACZA K34	Weteran II M - 60	16	02:28:23	**04:10:48.05**	+02:44:57 (65.8%)	11:56	5 (34.0%)
474	**DOBROWOLSKA Bozena**	**7074**	SPORTOWI EMERYCI	Weteran II K - 60	4	02:29:45	**04:10:50.05**	+02:44:59 (65.8%)	11:56	5 (34.0%)
475	**SZCZEPANIAK Sławomir**	**7385**	KS LENIWIEC	Weteran I M - 50	24	02:18:23	**04:10:57.05**	+02:45:06 (65.8%)	11:57	5 (34.0%)
476	**KRUCZEK Ewa**	**7084**	KW OPOLE	Senior II K - 30	72	02:25:25	**04:11:26.60**	+02:45:36 (65.9%)	11:58	5 (34.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
477	**SCISŁOWSKA Anna**	**7093**		Senior II K - 30	73	02:29:14	**04:11:38.15**	+02:45:47 (65.9%)	11:58	5 (34.0%)
478	**POLOWCZYK Dominika**	**7092**		Senior II K - 30	74	02:29:24	**04:11:48.00**	+02:45:57 (65.9%)	11:59	5 (34.0%)
479	**KNOSOWSKI Sławomir**	**7085**	HEKI TEAM	Masters M - 40	94	02:29:57	**04:11:55.95**	+02:46:05 (65.9%)	11:59	5 (34.0%)
480	**KNOSOWSKA Sylwia**	**7086**	HEKI TEAM	Masters K - 40	69	02:30:08	**04:12:05.65**	+02:46:15 (65.9%)	12:00	5 (34.0%)
481	**ROGIŃSKA Katarzyna**	**7014**	WKURW_TEAM	Weteran K - 50	19	02:28:22	**04:13:52.75**	+02:48:02 (66.2%)	12:05	5 (34.0%)
482	**WÓJCIK Jacek**	**7117**		Masters M - 40	95	02:32:43	**04:32:09.25**	+03:06:18 (68.5%)	12:57	4.6 (31.3%)
483	**KOWALSKI Andrzej**	**7067**		Senior I M - 20	32	02:35:55	**04:35:10.15**	+03:09:19 (68.8%)	13:06	4.6 (31.3%)
484	**ORDON Dorota**	**7059**		Senior II K - 30	75	02:36:15	**04:35:28.65**	+03:09:38 (68.8%)	13:07	4.6 (31.3%)
485	**KACZOROWSKA Anna**	**7296**	SLOW JOGGING SIEDLCE	Weteran K - 50	20	02:47:02	**04:45:05.85**	+03:19:15 (69.9%)	13:34	4.4 (29.9%)
Przekroczony limit czasu: 05:00:00										
486	**MRÓWCZYŃSKA PĘZIOŁ Ewa**	**7541**		Masters K - 40	70	02:54:06	**05:08:40.00**	+03:42:49 (72.2%)	14:41	4.1 (27.9%)
487	**STASIAK Mateusz**	**7448**	ITFF	Senior II M - 30	126	03:22:03	**05:25:39.25**	+03:59:48 (73.6%)	15:30	3.9 (26.5%)
	JANIEWICZ Jacek	**7161**		Senior II M - 30		DNF	**DNF**		-	- (0.0%)

Znaleziono 488 wynik(ów)