ZŁOTY PÓŁMARATON - 21 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-20
Miejsce: Lądek Zdrój
Dystans: 21 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	**PRZEDWOJEWSKI Bartłomiej**	**2366**		Senior I M - 20	1	00:47:13	**01:24:36.40**	**01:24:38.40**		4:01	14.9 (100%)
2	**NÁPRAVNÍK Jan**	**2382**		Senior II M - 30	1	00:55:25	**01:40:52.15**	**01:40:55.85**	+00:16:17 (16.1%)	4:48	12.5 (83.9%)
3	**WOLAŃSKI Jan**	**2338**	STAL FOX BIMARKO	Senior II M - 30	2	01:01:26	**01:44:23.55**	**01:44:31.05**	+00:19:52 (19.0%)	4:58	12.1 (81.2%)
4	**WILK Maciej**	**2189**	RAMBO 3	Senior II M - 30	3	00:59:27	**01:44:24.80**	**01:44:42.70**	+00:20:04 (19.2%)	4:58	12.1 (81.2%)
5	**KITA Michał**	**2179**	PĘDZĄCY W MIEJSCU	Masters M - 40	1	00:58:03	**01:44:47.10**	**01:44:50.20**	+00:20:11 (19.3%)	4:59	12 (80.5%)
6	**GRACZYK Adrian**	**2200**	BIEGI.WLKP	Senior I M - 20	2	01:00:52	**01:45:34.00**	**01:45:36.75**	+00:20:58 (19.9%)	5:01	11.9 (79.9%)
7	**PAJĄK Tomasz**	**2304**	VEGE RUNNERS	Senior II M - 30	4	01:01:08	**01:47:47.45**	**01:47:57.40**	+00:23:19 (21.6%)	5:08	11.7 (78.5%)
8	**MYSZCZYSZYN Łukasz**	**2093**	ANTRACYT	Senior II M - 30	5	01:01:00	**01:48:36.50**	**01:48:39.10**	+00:24:00 (22.1%)	5:10	11.6 (77.9%)
9	**KANTOR Martyna**	**2402**	SALCO GARMIN TEAM	Senior I K - 20	1	01:01:24	**01:49:01.55**	**01:49:04.15**	+00:24:25 (22.4%)	5:11	11.6 (77.9%)
10	**KOWAL Amadeusz**	**2377**	NAPRZÓD MŁOCINY	Senior II M - 30	6	01:02:03	**01:49:34.05**	**01:49:38.55**	+00:25:00 (22.8%)	5:13	11.5 (77.2%)
11	**MICHALIK Adam**	**2365**		Masters M - 40	2	01:02:43	**01:50:25.75**	**01:50:29.00**	+00:25:50 (23.4%)	5:15	11.4 (76.5%)
12	**PRZYBYLSKI Łukasz**	**2218**	KS IDMAR	Senior II M - 30	7	01:03:53	**01:52:47.55**	**01:52:50.90**	+00:28:12 (25.0%)	5:22	11.2 (75.2%)
13	**DURMAJ Bartek**	**2014**		Senior II M - 30	8	01:05:00	**01:53:31.30**	**01:53:36.10**	+00:28:57 (25.5%)	5:24	11.1 (74.5%)
14	**IGNACZAK Marcin**	**2296**	IFB BROKER	Masters M - 40	3	01:05:01	**01:54:09.85**	**01:54:11.95**	+00:29:33 (25.9%)	5:26	11 (73.8%)
15	**STACHOWIAK Marcin**	**2222**	BIEGI.WLKP	Senior I M - 20	3	01:05:14	**01:54:39.35**	**01:54:41.35**	+00:30:02 (26.2%)	5:27	11 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	**KSIĄŻKIEWICZ Bartłomiej**	**2081**	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	9	01:03:54	**01:54:52.70**	**01:55:09.70**	+00:30:31 (26.5%)	5:28	11 (73.8%)
17	**PIRÓG Arkadiusz**	**2386**	PISFAK	Senior II M - 30	10	01:06:10	**01:55:11.95**	**01:55:14.25**	+00:30:35 (26.6%)	5:29	10.9 (73.2%)
18	**SPYCHALSKI Adam**	**2148**		Masters M - 40	4	01:06:00	**01:55:24.35**	**01:55:28.30**	+00:30:49 (26.7%)	5:29	10.9 (73.2%)
19	**PAWŁOWSKI Marek**	**2305**	KLUB BIEGACZA KOMPANIA PIWOWARSKA	Weteran I M - 50	1	01:05:04	**01:55:28.85**	**01:55:32.45**	+00:30:54 (26.7%)	5:29	10.9 (73.2%)
20	**UGOREK Jarosław**	**2149**	KOPEĆ TEAM	Masters M - 40	5	01:05:29	**01:56:40.00**	**01:56:45.50**	+00:32:07 (27.5%)	5:33	10.8 (72.5%)
21	**RĄCKI Dariusz**	**2181**	RONAL POLSKA RUN	Masters M - 40	6	01:07:17	**01:57:24.45**	**01:57:34.00**	+00:32:55 (28.0%)	5:35	10.7 (71.8%)
22	**PIENIĄŻEK Patryk**	**2309**		Senior I M - 20	4	01:06:14	**01:57:58.50**	**01:58:03.10**	+00:33:24 (28.3%)	5:37	10.7 (71.8%)
23	**BRZESZKIEWICZ Michał**	**2411**	BIEGIEM PO PIWO	Senior II M - 30	11	01:07:47	**01:58:01.70**	**01:58:10.30**	+00:33:31 (28.4%)	5:37	10.7 (71.8%)
24	**URBANEK Zbyszek**	**2275**		Senior II M - 30	12	01:08:08	**01:58:23.65**	**01:58:26.10**	+00:33:47 (28.5%)	5:38	10.6 (71.1%)
25	**KAŹMIERCZAK Marta**	**2416**	DREAM RUN	Senior II K - 30	1	01:10:52	**02:00:02.15**	**02:00:12.15**	+00:35:33 (29.6%)	5:42	10.5 (70.5%)
26	**KROWICKA Agnieszka**	**2232**	OLIMPIJCZYK SZCZEKOCINY	Senior II K - 30	2	01:07:42	**02:00:07.55**	**02:00:13.30**	+00:35:34 (29.6%)	5:43	10.5 (70.5%)
27	**DOMAŃSKI Patryk**	**2216**	GRUPA BIEGOWA RUNNERSCLUB.PL POZNAŃ	Senior I M - 20	5	01:08:20	**02:01:48.80**	**02:01:52.65**	+00:37:14 (30.6%)	5:48	10.3 (69.1%)
28	**STĘPIEŃ Marta**	**2414**		Senior II K - 30	3	01:10:07	**02:01:53.00**	**02:02:03.70**	+00:37:25 (30.7%)	5:48	10.3 (69.1%)
29	**CITKO Maciej**	**2208**	BIEG OPOLSKI	Senior II M - 30	13	01:10:10	**02:02:33.05**	**02:02:45.50**	+00:38:07 (31.1%)	5:50	10.3 (69.1%)
30	**MĘŻYŃSKI Szymon**	**2417**		Senior I M - 20	6	01:07:29	**02:02:17.25**	**02:02:47.40**	+00:38:09 (31.1%)	5:49	10.3 (69.1%)
31	**MAJCHRZAK Marcin**	**2367**	DELOITTE ADVENTURE TEAM	Senior II M - 30	14	01:07:12	**02:03:09.15**	**02:03:17.25**	+00:38:38 (31.3%)	5:51	10.2 (68.5%)
32	**ZIĘTERSKI Robert**	**2351**		Masters M - 40	7	01:09:15	**02:04:20.05**	**02:04:23.60**	+00:39:45 (32.0%)	5:55	10.1 (67.8%)
33	**KWIATKOWSKI Przemysław**	**2054**		Senior I M - 20	7	01:10:18	**02:05:04.10**	**02:05:08.70**	+00:40:30 (32.4%)	5:57	10.1 (67.8%)
34	**BIAŁY Adam**	**2394**		Masters M - 40	8	01:10:53	**02:06:46.15**	**02:07:02.05**	+00:42:23 (33.4%)	6:02	9.9 (66.4%)
35	**PAWLAK Bartosz**	**2370**	ZAŁOGA GORSKA	Senior II M - 30	15	01:10:05	**02:08:24.90**	**02:08:29.85**	+00:43:51 (34.1%)	6:06	9.8 (65.8%)
36	**WALEŃSKA Ewa**	**2271**	GT RAT	Masters K - 40	1	01:13:30	**02:08:18.80**	**02:08:30.05**	+00:43:51 (34.1%)	6:06	9.8 (65.8%)
37	**JANKOWSKI Janusz**	**2358**		Senior II M - 30	16	01:12:45	**02:08:03.05**	**02:08:36.30**	+00:43:57 (34.2%)	6:05	9.8 (65.8%)
38	**DROŹDZIK Magdalena**	**2244**	WKB META LUBLINIEC	Senior II K - 30	4	01:13:31	**02:09:14.05**	**02:09:18.95**	+00:44:40 (34.5%)	6:09	9.7 (65.1%)

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39	**MOLENDA Maciej**	**2127**	RONAL POLSKA RUN	Senior II M - 30	17	01:15:21	**02:09:11.10**	**02:09:30.25**	+00:44:51 (34.6%)	6:09	9.8 (65.8%)
40	**FIGAS Sebastian**	**2036**	LTT	Masters M - 40	9	01:13:14	**02:10:06.65**	**02:10:15.50**	+00:45:37 (35.0%)	6:11	9.7 (65.1%)
41	**KOWALCZYK Adam**	**2344**	STS BIEGATON	Masters M - 40	10	01:16:18	**02:10:11.15**	**02:10:20.50**	+00:45:42 (35.1%)	6:11	9.7 (65.1%)
42	**DEMKOWSKI Marcin**	**2313**		Senior II M - 30	18	01:15:19	**02:11:10.05**	**02:11:36.50**	+00:46:58 (35.7%)	6:14	9.6 (64.4%)
43	**CHODOROWSKI Krzysztof**	**2135**	PRZEBIEGA.PL	Senior II M - 30	19	01:13:03	**02:11:35.65**	**02:11:50.80**	+00:47:12 (35.8%)	6:15	9.6 (64.4%)
44	**IWAN Anna**	**2311**	PODSIADŁO TEAM	Senior I K - 20	2	01:16:01	**02:11:12.05**	**02:11:54.20**	+00:47:15 (35.8%)	6:14	9.6 (64.4%)
45	**ANTOSIAK Tomasz**	**2132**	TRIATHLON MIETKÓW TEAM	Senior II M - 30	20	01:16:33	**02:11:43.35**	**02:11:54.35**	+00:47:15 (35.8%)	6:16	9.6 (64.4%)
46	**KYCIA Piotr**	**2188**		Masters M - 40	11	01:16:17	**02:12:28.45**	**02:12:38.40**	+00:48:00 (36.2%)	6:18	9.5 (63.8%)
47	**OLESZAK Piotr**	**2280**	STREFA CHILLOUT'U / I LOVE ZIEMEK	Senior II M - 30	21	01:16:08	**02:12:40.10**	**02:12:58.20**	+00:48:19 (36.3%)	6:19	9.5 (63.8%)
48	**PAWLAK Gabriel**	**2321**	ERGOCONCEPT	Senior II M - 30	22	01:17:33	**02:13:08.85**	**02:13:17.30**	+00:48:38 (36.5%)	6:20	9.5 (63.8%)
49	**KOSMALA Szymon**	**2150**		Senior II M - 30	23	01:15:28	**02:13:17.80**	**02:13:51.45**	+00:49:13 (36.8%)	6:20	9.5 (63.8%)
50	**JAMRÓZ Wojciech**	**2295**	KW GLIWICE	Masters M - 40	12	01:14:00	**02:13:47.15**	**02:13:51.60**	+00:49:13 (36.8%)	6:22	9.4 (63.1%)
51	**HEMMERLING Roman**	**2168**		Senior I M - 20	8	01:14:47	**02:13:46.55**	**02:13:53.80**	+00:49:15 (36.8%)	6:22	9.4 (63.1%)
52	**KOCHMAN Karol**	**2175**	WPISZCOKOLWIEK	Senior I M - 20	9	01:14:46	**02:13:46.80**	**02:13:54.15**	+00:49:15 (36.8%)	6:22	9.4 (63.1%)
53	**KUBACKA Sebastian**	**2243**		Senior II M - 30	24	01:15:58	**02:14:15.95**	**02:14:20.10**	+00:49:41 (37.0%)	6:23	9.4 (63.1%)
54	**ZAWOJAK Aleksander**	**2059**	RONAL POLSKA RUN	Senior I M - 20	10	01:14:22	**02:14:16.35**	**02:14:36.90**	+00:49:58 (37.1%)	6:23	9.4 (63.1%)
55	**TARASZKA Damian**	**2363**	BRACTWO BIEGACZY ZIELONA GÓRA	Masters M - 40	13	01:13:46	**02:15:02.20**	**02:15:04.65**	+00:50:26 (37.3%)	6:25	9.3 (62.4%)
56	**BIEŃKOWSKI Kamil**	**2018**	BE BETTER	Senior II M - 30	25	01:16:06	**02:14:26.00**	**02:15:19.10**	+00:50:40 (37.5%)	6:24	9.4 (63.1%)
57	**KUŹMA Przemysław**	**2160**	1960	Weteran I M - 50	2	01:18:58	**02:15:13.85**	**02:15:22.05**	+00:50:43 (37.5%)	6:26	9.3 (62.4%)
58	**STEMPNIAK Daniel**	**2210**	KS MARATON OSTRÓW WLKP.	Senior II M - 30	26	01:17:19	**02:15:52.15**	**02:15:57.90**	+00:51:19 (37.7%)	6:28	9.3 (62.4%)
59	**HERMAN Michał**	**2105**		Senior I M - 20	11	01:16:54	**02:16:02.40**	**02:16:43.55**	+00:52:05 (38.1%)	6:28	9.3 (62.4%)
60	**BACA Łukasz**	**2252**	RAMBO 3	Senior II M - 30	27	01:18:56	**02:16:25.40**	**02:16:50.10**	+00:52:11 (38.1%)	6:29	9.2 (61.7%)
61	**UHEREK Michał**	**2260**	YODA	Senior II M - 30	28	01:16:44	**02:16:39.95**	**02:17:10.70**	+00:52:32 (38.3%)	6:30	9.2 (61.7%)

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62	**JARMOLIŃSKI Piotr**	**2123**		Masters M - 40	14	01:17:59	**02:17:16.75**	**02:17:19.75**	+00:52:41 (38.4%)	6:32	9.2 (61.7%)
63	**KUBERA Piotr**	**2374**	LIPIEC RUNNING TEAM	Masters M - 40	15	01:15:43	**02:17:30.10**	**02:17:37.35**	+00:52:58 (38.5%)	6:32	9.2 (61.7%)
64	**SIEMIENIEC Marta**	**2183**	1990	Senior I K - 20	3	01:20:49	**02:17:01.55**	**02:17:46.70**	+00:53:08 (38.6%)	6:31	9.2 (61.7%)
65	**OLESZOWSKI Marcin**	**2332**	LUXON	Senior II M - 30	29	01:13:42	**02:17:24.35**	**02:17:49.75**	+00:53:11 (38.6%)	6:32	9.2 (61.7%)
66	**BUDZIŃSKI Damian**	**2269**	NYSA BIEGA	Senior II M - 30	30	01:19:32	**02:17:33.60**	**02:17:56.10**	+00:53:17 (38.6%)	6:33	9.2 (61.7%)
67	**GRZĘDZIELSKI Jacek**	**2387**	DYNAFIT	Masters M - 40	16	01:21:15	**02:17:28.40**	**02:18:00.10**	+00:53:21 (38.7%)	6:32	9.2 (61.7%)
68	**JANKOWIAK Krzysztof**	**2012**	MARCO	Senior II M - 30	31	01:18:17	**02:17:55.00**	**02:18:04.20**	+00:53:25 (38.7%)	6:34	9.1 (61.1%)
69	**BADEWICZ Tomasz**	**2259**	GARAGE JIM BEAM	Senior II M - 30	32	01:15:27	**02:18:39.15**	**02:18:54.95**	+00:54:16 (39.1%)	6:36	9.1 (61.1%)
70	**LEWANDOWSKI Piotr**	**2102**		Senior II M - 30	33	01:19:06	**02:18:32.50**	**02:18:59.45**	+00:54:21 (39.1%)	6:35	9.1 (61.1%)
71	**ELMINOWSKI Wojciech**	**2306**	ELAKTYWNI	Weteran I M - 50	3	01:17:48	**02:18:57.60**	**02:19:02.50**	+00:54:24 (39.1%)	6:37	9.1 (61.1%)
72	**DOMAGAŁA Bartosz**	**2191**	LESZCZYŃSCY PATRIOCI	Senior I M - 20	12	01:19:06	**02:19:00.25**	**02:19:06.25**	+00:54:27 (39.2%)	6:37	9.1 (61.1%)
73	**WRUK Remigiusz**	**2074**	BIEGOPOLSKI	Masters M - 40	17	01:23:02	**02:19:03.45**	**02:19:15.90**	+00:54:37 (39.2%)	6:37	9.1 (61.1%)
74	**UBYSZ Natalia**	**2112**	SERPENTINE RC	Senior II K - 30	5	01:22:14	**02:19:02.05**	**02:19:38.90**	+00:55:00 (39.4%)	6:37	9.1 (61.1%)
75	**DRUMMOND Adam**	**2113**	SERPENTINE RC	Senior II M - 30	34	01:22:22	**02:19:07.05**	**02:19:44.65**	+00:55:06 (39.4%)	6:37	9.1 (61.1%)
76	**OSTROWSKI Paweł**	**2347**	REHMEDICA.PL	Senior II M - 30	35	01:18:19	**02:19:37.90**	**02:19:44.70**	+00:55:06 (39.4%)	6:38	9 (60.4%)
77	**CZARNIECKI Daniel**	**2128**	TIE-RUN	Senior II M - 30	36	01:16:41	**02:19:38.15**	**02:19:53.80**	+00:55:15 (39.5%)	6:38	9 (60.4%)
77	**PLEŚNIAR Paweł**	**2061**	NIEFORMALNY KLUB TYGRYSKÓW	Weteran I M - 50	4	01:20:22	**02:19:40.00**	**02:19:53.80**	+00:55:15 (39.5%)	6:39	9 (60.4%)
79	**SAJEWICZ Grzegorz**	**2261**		Senior II M - 30	37	01:21:18	**02:19:37.55**	**02:19:55.20**	+00:55:16 (39.5%)	6:38	9 (60.4%)
80	**SWIETEK-OZDOBA Sylwia**	**2037**	LTT	Masters K - 40	2	01:19:57	**02:19:48.70**	**02:19:57.55**	+00:55:19 (39.5%)	6:39	9 (60.4%)
81	**ORZECHOWSKI Daniel**	**2320**	I-SPORT	Senior II M - 30	38	01:22:07	**02:19:43.05**	**02:20:06.45**	+00:55:28 (39.6%)	6:39	9 (60.4%)
82	**FUKS Michał**	**2315**	GRUPA FUX	Senior II M - 30	39	01:21:44	**02:20:06.75**	**02:20:35.55**	+00:55:57 (39.8%)	6:40	9 (60.4%)
83	**SUCH Arkadiusz**	**2389**	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	40	01:20:44	**02:20:00.45**	**02:20:47.70**	+00:56:09 (39.9%)	6:40	9 (60.4%)
84	**WILGAT Adam**	**2053**	DZIKIE SKRZYDŁO	Masters M - 40	18	01:19:39	**02:20:30.85**	**02:20:54.70**	+00:56:16 (39.9%)	6:41	9 (60.4%)

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85	**PIENIĘŻNY Marek**	**2251**	KOŹMIN BIEGA	Senior II M - 30	41	01:21:59	**02:20:56.40**	**02:21:08.10**	+00:56:29 (40.0%)	6:42	8.9 (59.7%)
86	**NOLBRZYK Adrian**	**2080**	GREATGRATULA (SP)	Masters M - 40	19	01:21:20	**02:20:56.00**	**02:21:10.00**	+00:56:31 (40.0%)	6:42	8.9 (59.7%)
87	**OCHMAN Paweł**	**2361**	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	42	01:20:41	**02:20:56.15**	**02:21:12.20**	+00:56:33 (40.1%)	6:42	8.9 (59.7%)
88	**WOJCZUK Paweł**	**2106**		Senior II M - 30	43	01:15:40	**02:21:00.20**	**02:21:24.30**	+00:56:45 (40.1%)	6:42	8.9 (59.7%)
89	**FĄFARA Marek**	**2284**	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Senior II M - 30	44	01:23:22	**02:21:15.90**	**02:21:26.15**	+00:56:47 (40.2%)	6:43	8.9 (59.7%)
90	**FERCHMIN Alicja**	**2292**	JESUS IS MY LEADER	Senior II K - 30	6	01:19:48	**02:21:32.40**	**02:21:42.95**	+00:57:04 (40.3%)	6:44	8.9 (59.7%)
91	**KUCZERA Paweł**	**2242**		Senior I M - 20	13	01:21:17	**02:21:33.80**	**02:22:02.80**	+00:57:24 (40.4%)	6:44	8.9 (59.7%)
92	**SŁOWIKOWSKA Klaudia**	**2047**		Senior I K - 20	4	01:21:30	**02:22:21.00**	**02:22:27.95**	+00:57:49 (40.6%)	6:46	8.9 (59.7%)
93	**CZEBOTAR Barbara**	**2385**		Masters K - 40	3	01:21:24	**02:22:33.65**	**02:22:55.40**	+00:58:17 (40.8%)	6:47	8.8 (59.1%)
94	**BIERNACKA Kasia**	**2415**	SPELEO KLUB WARSZAWSKI	Masters K - 40	4		**02:22:53.65**	**02:22:59.80**	+00:58:21 (40.8%)	6:48	8.8 (59.1%)
95	**OZIMEK Michał**	**2378**	PRO RUN WROCŁAW	Senior II M - 30	45	01:22:19	**02:22:47.40**	**02:23:00.70**	+00:58:22 (40.8%)	6:47	8.8 (59.1%)
96	**RACZKIEWICZ Jarek**	**2056**	BE3 CITYZEN POZNAŃ	Masters M - 40	20	01:21:36	**02:23:09.35**	**02:23:22.65**	+00:58:44 (41.0%)	6:49	8.8 (59.1%)
97	**TUCHOŁKA Marta**	**2270**	POCO LOCO ADVENTURE TEAM	Senior II K - 30	7	01:23:19	**02:22:56.75**	**02:23:23.00**	+00:58:44 (41.0%)	6:48	8.8 (59.1%)
98	**BURTNY Przemysław**	**2169**	BIZON BĄKOWICE	Masters M - 40	21	01:22:30	**02:23:21.05**	**02:23:31.30**	+00:58:52 (41.0%)	6:49	8.8 (59.1%)
99	**NAJDEREK Maciej**	**2201**	PIĘKNA HELENA	Senior II M - 30	46	01:18:21	**02:23:14.55**	**02:23:33.80**	+00:58:55 (41.0%)	6:49	8.8 (59.1%)
100	**CZERWONKA Zbigniew**	**2324**	1983	Senior II M - 30	47	01:24:38	**02:23:28.10**	**02:23:34.90**	+00:58:56 (41.1%)	6:49	8.8 (59.1%)
101	**KACZMARCZYK Urszula**	**2158**	KARKONOSZ RUNNING TEAM / PRO RUN WROCŁAW	Senior II K - 30	8	01:21:36	**02:23:15.75**	**02:23:44.80**	+00:59:06 (41.1%)	6:49	8.8 (59.1%)
102	**HACZKIEWICZ Bartosz**	**2357**	MILKY2017	Senior II M - 30	48	01:17:51	**02:23:14.05**	**02:23:52.25**	+00:59:13 (41.2%)	6:49	8.8 (59.1%)
103	**MIZERNY Maria**	**2072**	PI	Senior I K - 20	5	01:23:57	**02:23:30.65**	**02:24:06.90**	+00:59:28 (41.3%)	6:50	8.8 (59.1%)
104	**FALANDYSZ Piotr**	**2073**		Senior I M - 20	14	01:20:07	**02:23:31.65**	**02:24:07.95**	+00:59:29 (41.3%)	6:50	8.8 (59.1%)
105	**KRUPA Bartłomiej**	**2110**		Senior II M - 30	49	01:22:31	**02:23:50.90**	**02:24:23.55**	+00:59:45 (41.4%)	6:51	8.8 (59.1%)
106	**PIOTROWSKI Rafael**	**2418**		Senior II M - 30	50	01:20:47	**02:24:47.00**	**02:24:57.00**	+01:00:18 (41.6%)	6:53	8.7 (58.4%)
107	**LASZCZYŃSKI Michał**	**2240**		Senior II M - 30	51	01:23:30	**02:25:12.25**	**02:25:42.20**	+01:01:03 (41.9%)	6:54	8.7 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	**ABULEWICZ Wojciech**	**2327**	STP SYNERGIA	Masters M - 40	22	01:22:25	**02:25:35.00**	**02:25:46.55**	+01:01:08 (41.9%)	6:55	8.7 (58.4%)
109	**RYBARSKA Marta**	**2017**		Senior I K - 20	6	01:18:42	**02:25:51.60**	**02:26:00.80**	+01:01:22 (42.0%)	6:56	8.6 (57.7%)
110	**GRĘDA Mariusz**	**2134**		Senior II M - 30	52	01:20:30	**02:25:55.75**	**02:26:01.45**	+01:01:23 (42.0%)	6:56	8.6 (57.7%)
111	**SZARLEJ Piotr**	**2319**	FUDU&CO. SPORT TEAM	Senior II M - 30	53	01:19:42	**02:25:53.00**	**02:26:07.85**	+01:01:29 (42.1%)	6:56	8.6 (57.7%)
112	**MALENDOWICZ Przemysław**	**2151**		Senior II M - 30	54	01:21:48	**02:26:35.25**	**02:27:05.45**	+01:02:27 (42.5%)	6:58	8.6 (57.7%)
113	**PUSTELNIK Karolina**	**2419**	AK6	Senior II K - 30	9	01:21:07	**02:26:40.30**	**02:27:12.80**	+01:02:34 (42.5%)	6:59	8.6 (57.7%)
114	**GRABIŃSKA Gizela**	**2206**	DREAM RUN/ AZS UW	Masters K - 40	5	01:24:36	**02:27:03.15**	**02:27:15.55**	+01:02:37 (42.5%)	7:00	8.6 (57.7%)
115	**GAWRON Bartłomiej**	**2085**		Masters M - 40	23	01:21:40	**02:27:08.65**	**02:27:20.75**	+01:02:42 (42.6%)	7:00	8.6 (57.7%)
116	**OSKWAREK Bogdan**	**2322**		Masters M - 40	24	01:24:19	**02:27:11.85**	**02:27:53.75**	+01:03:15 (42.8%)	7:00	8.6 (57.7%)
117	**MACHETA Patrycja**	**2068**		Senior I K - 20	7	01:23:42	**02:27:23.45**	**02:27:56.70**	+01:03:18 (42.8%)	7:01	8.5 (57.0%)
118	**WYSTRYCHOWSKI Marcin**	**2220**	BFAGENCJA.PL	Senior II M - 30	55	01:16:27	**02:28:12.95**	**02:28:18.80**	+01:03:40 (42.9%)	7:03	8.5 (57.0%)
119	**WOJTKOWIAK Renata**	**2156**	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:21:16	**02:28:16.25**	**02:28:39.05**	+01:04:00 (43.1%)	7:03	8.5 (57.0%)
120	**WOJTKOWIAK Stefan**	**2157**	PIĄTKOWO NA BIEGOWO	Masters M - 40	25	01:21:15	**02:28:15.80**	**02:28:39.20**	+01:04:00 (43.1%)	7:03	8.5 (57.0%)
121	**HOFMAN Paweł**	**2381**		Senior II M - 30	56	01:22:32	**02:28:30.95**	**02:28:42.85**	+01:04:04 (43.1%)	7:04	8.5 (57.0%)
122	**BANDUROWSKA Agnieszka**	**2067**	KB SPOCENI NOWA SÓL	Masters K - 40	7	01:29:11	**02:28:36.45**	**02:28:45.20**	+01:04:06 (43.1%)	7:04	8.5 (57.0%)
123	**ŻUREK Żaneta**	**2001**	POKERUN	Senior II K - 30	10	01:26:28	**02:28:28.50**	**02:28:45.80**	+01:04:07 (43.1%)	7:04	8.5 (57.0%)
124	**ŚRÓDKA Bartłomiej**	**2245**		Senior II M - 30	57	01:26:55	**02:28:45.85**	**02:29:13.85**	+01:04:35 (43.3%)	7:05	8.5 (57.0%)
125	**SKRZYPIEC Katarzyna**	**2019**		Senior II K - 30	11	01:21:46	**02:29:13.40**	**02:29:19.65**	+01:04:41 (43.3%)	7:06	8.4 (56.4%)
126	**KWIATKOWSKI Paweł**	**2167**	CENEO RUNNING TEAM	Senior I M - 20	15	01:27:00	**02:28:40.95**	**02:29:20.25**	+01:04:41 (43.3%)	7:04	8.5 (57.0%)
127	**KUCHARCZYK Anna**	**2337**	WILLA SŁONECZKO TORPEDOS	Senior II K - 30	12	01:28:16	**02:28:49.85**	**02:29:29.00**	+01:04:50 (43.4%)	7:05	8.5 (57.0%)
128	**CIESIELSKI Sebastian**	**2021**	KIBOLE W BIEGU / PAKIECIARZE TEAM	Senior II M - 30	58	01:27:09	**02:29:53.40**	**02:30:12.25**	+01:05:33 (43.7%)	7:08	8.4 (56.4%)
129	**GAWRON Piotr**	**2267**	KB GOCH BYTÒW	Masters M - 40	26	01:29:13	**02:30:01.05**	**02:30:22.80**	+01:05:44 (43.7%)	7:08	8.4 (56.4%)
130	**RYCHLEWICZ Tomasz**	**2078**		Senior II M - 30	59	01:25:08	**02:30:07.30**	**02:30:27.80**	+01:05:49 (43.7%)	7:08	8.4 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	**KOSZAREK Maciej**	**2345**		Weteran I M - 50	5	01:28:50	**02:30:02.20**	**02:30:36.15**	+01:05:57 (43.8%)	7:08	8.4 (56.4%)
132	**JĘDRYCA Przemysław**	**2412**	SPARTA ULTRA TEAM	Senior II M - 30	60	01:22:11	**02:30:23.85**	**02:30:58.60**	+01:06:20 (43.9%)	7:09	8.4 (56.4%)
133	**JAŃSKI Tomasz**	**2194**		Masters M - 40	27	01:27:15	**02:30:30.05**	**02:30:59.05**	+01:06:20 (43.9%)	7:10	8.4 (56.4%)
134	**KOSTROWICKI Jakub**	**2121**	SIERADZBIEGA.PL	Senior II M - 30	61	01:25:40	**02:31:09.45**	**02:31:15.80**	+01:06:37 (44.0%)	7:11	8.3 (55.7%)
135	**GĄSIOROWSKI Andrzej**	**2329**	RÓŻOWE GŻEGŻÓŁKI ŚMIERCI	Senior I M - 20	16	01:27:36	**02:31:09.50**	**02:31:18.60**	+01:06:40 (44.1%)	7:11	8.3 (55.7%)
136	**BURANT Agnieszka**	**2065**		Senior II K - 30	13	01:27:37	**02:31:21.75**	**02:31:28.35**	+01:06:49 (44.1%)	7:12	8.3 (55.7%)
137	**TROJANOWSKI Jakub**	**2273**		Senior II M - 30	62	01:26:10	**02:31:11.20**	**02:31:29.25**	+01:06:50 (44.1%)	7:11	8.3 (55.7%)
138	**PYTEL Mateusz**	**2070**	NETBOX BIEGA	Senior II M - 30	63	01:28:57	**02:30:51.80**	**02:31:36.10**	+01:06:57 (44.2%)	7:11	8.4 (56.4%)
139	**GINTER Grzegorz**	**2390**	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	64	01:31:36	**02:31:28.80**	**02:31:40.10**	+01:07:01 (44.2%)	7:12	8.3 (55.7%)
140	**CHĘCIŃSKI Łukasz**	**2063**		Senior II M - 30	65	01:24:43	**02:31:28.05**	**02:31:50.05**	+01:07:11 (44.3%)	7:12	8.3 (55.7%)
141	**WONKO Ewa**	**2400**		Senior II K - 30	14	01:28:31	**02:31:40.40**	**02:32:00.80**	+01:07:22 (44.3%)	7:13	8.3 (55.7%)
142	**JANUSZEK Leon**	**2413**		Weteran I M - 50	6	01:27:15	**02:31:19.70**	**02:32:07.90**	+01:07:29 (44.4%)	7:12	8.3 (55.7%)
143	**BARZYK Mateusz**	**2323**	FUDU&CO. SPORT TEAM	Masters M - 40	28	01:23:55	**02:31:56.60**	**02:32:10.60**	+01:07:32 (44.4%)	7:14	8.3 (55.7%)
144	**CHWIAŁKOWSKI Wiesław**	**2042**		Weteran I M - 50	7	01:26:36	**02:32:21.35**	**02:32:37.55**	+01:07:59 (44.5%)	7:15	8.3 (55.7%)
145	**POMASKI Paweł**	**2300**	POMASCY BIEGAJĄ	Masters M - 40	29	01:28:54	**02:32:36.05**	**02:32:39.95**	+01:08:01 (44.6%)	7:16	8.3 (55.7%)
146	**WOJCIECHOWSKI Mateusz**	**2117**		Senior II M - 30	66	01:25:23	**02:32:12.50**	**02:32:46.90**	+01:08:08 (44.6%)	7:14	8.3 (55.7%)
147	**MICHAŁOWICZ Marek**	**2392**		Senior II M - 30	67	01:26:15	**02:32:35.65**	**02:32:48.45**	+01:08:10 (44.6%)	7:16	8.3 (55.7%)
148	**SUSMARSKA Ewa**	**2384**	NO WOMAN NO TRI	Senior I K - 20	8	01:27:00	**02:32:53.15**	**02:33:24.95**	+01:08:46 (44.8%)	7:16	8.2 (55.0%)
149	**SKACZKOWSKA Barbara**	**2298**	POLSKI KLUB MTB	Senior II K - 30	15	01:28:07	**02:33:17.50**	**02:33:25.00**	+01:08:46 (44.8%)	7:18	8.2 (55.0%)
150	**GAŁKA Stanisław**	**2283**	FLUNKYBALL TEAM LĄDEK ZDRÓJ	Senior II M - 30	68	01:25:10	**02:33:18.40**	**02:33:31.55**	+01:08:53 (44.9%)	7:18	8.2 (55.0%)
151	**DRAMIŃSKI Adam**	**2383**		Masters M - 40	30	01:22:59	**02:33:13.10**	**02:33:31.60**	+01:08:53 (44.9%)	7:17	8.2 (55.0%)
152	**SZMAJDA Dominik**	**2297**	NIE MAM POMYSŁU	Senior II M - 30	69	01:25:36	**02:33:43.45**	**02:33:49.10**	+01:09:10 (45.0%)	7:19	8.2 (55.0%)
153	**TALAREK Robert**	**2182**		Masters M - 40	31	01:29:24	**02:33:12.80**	**02:33:57.10**	+01:09:18 (45.0%)	7:17	8.2 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	**PASTUSZKA Mirosław**	**2403**		Weteran I M - 50	8	01:29:41	**02:33:49.60**	**02:34:14.65**	+01:09:36 (45.1%)	7:19	8.2 (55.0%)
155	**NOWAK Barbara**	**2193**	MARCINSWIERCTEAM	Senior II K - 30	16	01:27:05	**02:33:48.30**	**02:34:15.35**	+01:09:36 (45.1%)	7:19	8.2 (55.0%)
156	**CZEKALSKA Maria**	**2064**		Senior II K - 30	17	01:27:37	**02:34:16.30**	**02:34:23.20**	+01:09:44 (45.2%)	7:20	8.2 (55.0%)
157	**KARDAS Piotr**	**2077**	TKK STARA PAKA	Masters M - 40	32	01:24:55	**02:34:12.75**	**02:34:24.95**	+01:09:46 (45.2%)	7:20	8.2 (55.0%)
158	**MAZUR Rafał**	**2204**		Senior I M - 20	17	01:21:59	**02:34:32.15**	**02:34:36.80**	+01:09:58 (45.3%)	7:21	8.2 (55.0%)
159	**SADOWSKI Piotr**	**2016**	OSTRÓDA RESCUE TEAM	Senior II M - 30	70		**02:35:11.30**	**02:35:32.30**	+01:10:53 (45.6%)	7:23	8.1 (54.4%)
160	**LĄCZAK Justyna**	**2029**		Senior II K - 30	18	01:30:14	**02:35:35.20**	**02:35:48.20**	+01:11:09 (45.7%)	7:24	8.1 (54.4%)
161	**TYRPA Jaroslaw**	**2335**	BIEGIEM PO PIWO	Masters M - 40	33	01:29:16	**02:35:42.05**	**02:36:03.15**	+01:11:24 (45.8%)	7:24	8.1 (54.4%)
162	**MAZIEC Roman**	**2340**		Senior II M - 30	71	01:28:58	**02:36:06.40**	**02:36:10.05**	+01:11:31 (45.8%)	7:26	8.1 (54.4%)
163	**OLESZAK Jacek**	**2279**	POLLINE	Senior II M - 30	72	01:27:39	**02:36:19.70**	**02:36:38.70**	+01:12:00 (46.0%)	7:26	8.1 (54.4%)
164	**SIP Mirosław**	**2125**		Weteran I M - 50	9	01:27:39	**02:36:20.95**	**02:36:39.85**	+01:12:01 (46.0%)	7:26	8.1 (54.4%)
165	**LUDWINIAK Arkadiusz**	**2249**		Masters M - 40	34	01:26:37	**02:36:52.25**	**02:37:21.15**	+01:12:42 (46.2%)	7:28	8 (53.7%)
166	**GRYCMAN Magdalena**	**2362**	SPARTA ULTRA TEAM	Senior II K - 30	19	01:29:19	**02:37:10.80**	**02:37:25.80**	+01:12:47 (46.2%)	7:29	8 (53.7%)
167	**HADZICKA Sylwia**	**2376**		Senior II K - 30	20	01:28:04	**02:36:40.05**	**02:37:25.85**	+01:12:47 (46.2%)	7:27	8 (53.7%)
168	**RUSIECKI Łukasz**	**2333**	RÓŻOWE GŻEGŻÓŁKI ŚMIERCI	Senior I M - 20	18	01:29:19	**02:37:41.85**	**02:37:51.40**	+01:13:13 (46.4%)	7:30	8 (53.7%)
169	**KULAK Michal**	**2230**		Senior II M - 30	73	01:28:02	**02:37:30.45**	**02:37:52.45**	+01:13:14 (46.4%)	7:30	8 (53.7%)
170	**SKORUPSKI Szymon**	**2353**	KURACJUSZE	Senior II M - 30	74	01:29:12	**02:38:14.40**	**02:38:22.30**	+01:13:43 (46.6%)	7:32	8 (53.7%)
171	**KOSZAREK Andrzej**	**2237**	ZABIEGANE ŚREPOLE	Masters M - 40	35	01:29:48	**02:38:00.45**	**02:38:33.10**	+01:13:54 (46.6%)	7:31	8 (53.7%)
172	**KWIATKOWSKA Zuzanna**	**2317**		Masters K - 40	8	01:31:29	**02:38:34.60**	**02:38:51.50**	+01:14:13 (46.7%)	7:33	7.9 (53.0%)
173	**CZERWIŃSKI Wojciech**	**2254**		Senior I M - 20	19	01:32:22	**02:38:18.65**	**02:38:54.15**	+01:14:15 (46.7%)	7:32	8 (53.7%)
174	**SYNOWIEC Dorota**	**2211**		Senior II K - 30	21	01:31:04	**02:38:42.15**	**02:39:05.70**	+01:14:27 (46.8%)	7:33	7.9 (53.0%)
175	**SAJEWICZ Piotr**	**2257**	TURBINA BALAKOWO	Senior II M - 30	75	01:30:19	**02:39:12.10**	**02:39:31.55**	+01:14:53 (46.9%)	7:34	7.9 (53.0%)
176	**BORUTA-KOŁODZIEJ Emilia**	**2314**	PRO RUN WROCŁAW	Senior II K - 30	22	01:31:14	**02:39:24.85**	**02:39:48.70**	+01:15:10 (47.0%)	7:35	7.9 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	**STACHLIK Dawid**	**2410**		Senior II M - 30	76	01:31:23	**02:39:49.25**	**02:40:02.05**	+01:15:23 (47.1%)	7:36	7.9 (53.0%)
178	**CZARNECKA Kamila**	**2006**		Senior II K - 30	23	01:35:14	**02:40:05.70**	**02:40:22.70**	+01:15:44 (47.2%)	7:37	7.9 (53.0%)
179	**MROWCA Joanna**	**2057**		Senior I K - 20	9	01:29:15	**02:40:07.40**	**02:40:28.70**	+01:15:50 (47.3%)	7:37	7.9 (53.0%)
180	**MICHALSKA Edyta**	**2214**	ZABIEGANE ŚREPOLE	Senior II K - 30	24	01:28:50	**02:39:58.70**	**02:40:32.00**	+01:15:53 (47.3%)	7:37	7.9 (53.0%)
181	**BARTKIEWICZ Ireneusz**	**2250**		Senior II M - 30	77	01:28:57	**02:40:12.90**	**02:40:40.95**	+01:16:02 (47.3%)	7:37	7.9 (53.0%)
182	**MATAK Paweł**	**2186**		Senior II M - 30	78	01:29:20	**02:40:14.35**	**02:40:41.10**	+01:16:02 (47.3%)	7:37	7.9 (53.0%)
183	**ROSŁON Cezary**	**2187**		Senior II M - 30	79		**02:40:11.65**	**02:40:41.25**	+01:16:02 (47.3%)	7:37	7.9 (53.0%)
184	**SIELUTIN Wadim**	**2203**	KB LEW LEGNICA	Weteran II M - 60	1	01:30:56	**02:40:15.00**	**02:41:01.85**	+01:16:23 (47.4%)	7:37	7.9 (53.0%)
185	**BURDAJEWICZ Magdalena**	**2369**		Senior II K - 30	25	01:34:31	**02:40:27.50**	**02:41:05.10**	+01:16:26 (47.5%)	7:38	7.9 (53.0%)
186	**GRUSZCZYŃSKA Sandra**	**2325**	WILD FOR THE RUN / HERCOG RUNNING TEAM	Senior II K - 30	26	01:33:17	**02:40:52.65**	**02:41:13.15**	+01:16:34 (47.5%)	7:39	7.8 (52.3%)
187	**LUBAŃSKA Alicja**	**2129**		Masters K - 40	9	01:30:48	**02:41:11.50**	**02:41:16.95**	+01:16:38 (47.5%)	7:40	7.8 (52.3%)
188	**BĄKOWSKI Piotr**	**2330**	ZAPARKOWANI/ OŚLA ŁAWKA	Senior II M - 30	80	01:32:11	**02:40:50.35**	**02:41:18.50**	+01:16:40 (47.5%)	7:39	7.8 (52.3%)
189	**BIEDROŃ Marcin**	**2139**		Senior I M - 20	20		**02:41:06.25**	**02:41:31.70**	+01:16:53 (47.6%)	7:40	7.8 (52.3%)
190	**LIPOWCZYK Eugeniusz**	**2126**	KB KĄTY WROCŁAWSKIE	Weteran II M - 60	2	01:31:33	**02:40:57.25**	**02:41:37.90**	+01:16:59 (47.6%)	7:39	7.8 (52.3%)
191	**PIEKIELNA Angelika**	**2388**	WIERUNSZÓW	Senior I K - 20	10	01:31:32	**02:41:51.20**	**02:42:00.55**	+01:17:22 (47.8%)	7:42	7.8 (52.3%)
192	**PLEWA Katarzyna**	**2082**	DOBSOM	Senior II K - 30	27	01:29:44	**02:42:01.25**	**02:42:13.35**	+01:17:34 (47.8%)	7:42	7.8 (52.3%)
193	**KUŁACZKOWSKA Magdalena**	**2221**		Senior I K - 20	11	01:34:45	**02:41:42.55**	**02:42:15.35**	+01:17:36 (47.8%)	7:42	7.8 (52.3%)
194	**WYBRAWIEC Tomasz**	**2409**		Senior II M - 30	81	01:29:21	**02:42:06.00**	**02:42:19.20**	+01:17:40 (47.9%)	7:43	7.8 (52.3%)
194	**WESOLOWSKA Marta**	**2111**		Senior II K - 30	28	01:34:45	**02:41:46.60**	**02:42:19.20**	+01:17:40 (47.9%)	7:42	7.8 (52.3%)
196	**PIWOWARCZYK Andrzej**	**2075**		Masters M - 40	36	01:33:10	**02:42:08.30**	**02:42:43.05**	+01:18:04 (48.0%)	7:43	7.8 (52.3%)
197	**BULIŃSKA Iwona**	**2405**	NIGHT RUNNERS	Senior II K - 30	29	01:32:49	**02:42:37.90**	**02:42:46.10**	+01:18:07 (48.0%)	7:44	7.7 (51.7%)
198	**WARYCH Andrzej**	**2120**		Weteran I M - 50	10	01:30:25	**02:43:05.95**	**02:43:26.95**	+01:18:48 (48.2%)	7:45	7.7 (51.7%)
199	**ASPERSKA Julia**	**2281**		Senior II K - 30	30	01:34:02	**02:43:02.75**	**02:43:36.25**	+01:18:57 (48.3%)	7:45	7.7 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	**SKWIERCZYŃSKI Sylwester**	**2227**		Senior I M - 20	21	01:35:06	**02:43:15.75**	**02:43:40.10**	+01:19:01 (48.3%)	7:46	7.7 (51.7%)
201	**WESOLOWSKA-KRUPA Paulina**	**2109**		Senior II K - 30	31	01:27:15	**02:43:24.80**	**02:43:57.15**	+01:19:18 (48.4%)	7:46	7.7 (51.7%)
202	**MICHALSKI Grzegorz**	**2277**	SEZONSTARTOWY.PL	Senior II M - 30	82	01:34:12	**02:43:42.80**	**02:44:02.10**	+01:19:23 (48.4%)	7:47	7.7 (51.7%)
203	**DĄBROWSKI Roman**	**2289**		Senior II M - 30	83	01:28:48	**02:43:49.80**	**02:44:04.10**	+01:19:25 (48.4%)	7:48	7.7 (51.7%)
204	**KORDALEWSKI Łukasz**	**2140**	NC+	Senior II M - 30	84	01:34:46	**02:43:20.50**	**02:44:09.90**	+01:19:31 (48.4%)	7:46	7.7 (51.7%)
205	**MISIAK Dorota**	**2285**	-	Senior II K - 30	32	01:33:01	**02:43:44.15**	**02:44:15.65**	+01:19:37 (48.5%)	7:47	7.7 (51.7%)
206	**DRYGAS Mariola**	**2331**		Senior II K - 30	33	01:31:55	**02:44:44.35**	**02:44:58.60**	+01:20:20 (48.7%)	7:50	7.6 (51.0%)
207	**CZESKI Wojciech**	**2013**	MOSINA BIEGA	Senior II M - 30	85	01:34:47	**02:44:39.40**	**02:45:07.30**	+01:20:28 (48.7%)	7:50	7.7 (51.7%)
208	**ZYGMUNT Małgorzata**	**2153**	ZYGI&PRZEMO	Senior II K - 30	34	01:31:40	**02:45:02.45**	**02:45:32.45**	+01:20:54 (48.9%)	7:51	7.6 (51.0%)
209	**RABSZTYN Andrzej**	**2356**	TRIATHLON MIETKÓW TEAM	Senior II M - 30	86	01:31:59	**02:45:20.90**	**02:45:32.70**	+01:20:54 (48.9%)	7:52	7.6 (51.0%)
210	**FILIPOWICZ Aleksandra**	**2316**		Masters K - 40	10	01:36:43	**02:45:09.25**	**02:45:34.20**	+01:20:55 (48.9%)	7:51	7.6 (51.0%)
211	**KUCZERA Tadeusz**	**2241**		Weteran I M - 50	11	01:34:30	**02:46:07.40**	**02:46:10.30**	+01:21:31 (49.1%)	7:54	7.6 (51.0%)
212	**PRZETAKIEWICZ Maciej**	**2334**	MARCINŚWIERCTEAM	Senior II M - 30	87	01:32:43	**02:46:17.05**	**02:46:43.60**	+01:22:05 (49.2%)	7:55	7.6 (51.0%)
213	**GARCZEWSKA-PASZKO Joanna**	**2069**		Masters K - 40	11	01:34:54	**02:46:52.75**	**02:47:10.65**	+01:22:32 (49.4%)	7:56	7.6 (51.0%)
214	**DRESZER Bartosz**	**2103**		Senior II M - 30	88	01:25:25	**02:47:06.80**	**02:47:31.30**	+01:22:52 (49.5%)	7:57	7.5 (50.3%)
215	**SYNORADZKA Agata**	**2180**		Senior I K - 20	12		**02:47:52.00**	**02:47:57.00**	+01:23:18 (49.6%)	7:59	7.5 (50.3%)
216	**KRZECZKOWSKI Roman**	**2015**		Masters M - 40	37	01:33:56	**02:48:03.10**	**02:48:28.80**	+01:23:50 (49.8%)	8:00	7.5 (50.3%)
217	**GRZELKA Agata**	**2162**		Senior II K - 30	35	01:39:19	**02:48:14.85**	**02:48:30.70**	+01:23:52 (49.8%)	8:00	7.5 (50.3%)
218	**ZIELIŃSKI Michał**	**2406**		Masters M - 40	38	01:39:15	**02:48:14.50**	**02:48:54.20**	+01:24:15 (49.9%)	8:00	7.5 (50.3%)
219	**ZUBIK Anna**	**2301**	JB WARSZAWA	Senior II K - 30	36	01:36:24	**02:48:19.60**	**02:48:56.60**	+01:24:18 (49.9%)	8:00	7.5 (50.3%)
220	**MORAWSKI Ryszard**	**2090**		Senior II M - 30	89	01:31:40	**02:48:50.75**	**02:49:00.10**	+01:24:21 (49.9%)	8:02	7.5 (50.3%)
221	**URBAN Mieczysław**	**2161**	ROZBIEGANY RAWICZ	Weteran II M - 60	3	01:35:13	**02:48:45.85**	**02:49:00.70**	+01:24:22 (49.9%)	8:02	7.5 (50.3%)
222	**HĄCIA Sylwia**	**2235**		Senior I K - 20	13	01:33:38	**02:48:46.45**	**02:49:01.90**	+01:24:23 (49.9%)	8:02	7.5 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	**BARAŃSKA Małgorzata**	**2086**	BBL OPOLE	Masters K - 40	12	01:38:05	**02:49:13.60**	**02:49:41.00**	+01:25:02 (50.1%)	8:03	7.4 (49.7%)
224	**RATAJCZAK Tomasz**	**2364**	TERAZ ALBO NIGDY	Senior II M - 30	90	01:43:57	**02:48:48.00**	**02:49:42.90**	+01:25:04 (50.1%)	8:02	7.5 (50.3%)
225	**PIETRASZEWSKI Tomasz**	**2005**	TSG MŁÓCKARNIA	Senior II M - 30	91	01:34:20	**02:49:15.65**	**02:49:46.75**	+01:25:08 (50.1%)	8:03	7.4 (49.7%)
226	**GAPSKA Anna**	**2262**		Senior I K - 20	14	01:40:15	**02:49:33.50**	**02:49:59.55**	+01:25:21 (50.2%)	8:04	7.4 (49.7%)
227	**BEDNARCZYK Bogusław**	**2048**	PRO-RUN WROCŁAW	Weteran I M - 50	12	01:28:56	**02:49:51.95**	**02:50:24.20**	+01:25:45 (50.3%)	8:05	7.4 (49.7%)
228	**PISKORZ Robert**	**2355**		Masters M - 40	39	01:44:50	**02:49:44.15**	**02:50:31.45**	+01:25:53 (50.4%)	8:04	7.4 (49.7%)
229	**KLINKE Arkadiusz**	**2171**	GRZMIĄCE KIJE	Masters M - 40	40	01:36:01	**02:49:53.20**	**02:50:35.40**	+01:25:57 (50.4%)	8:05	7.4 (49.7%)
230	**NORWA Sylwester**	**2352**	3N PATKÓW	Masters M - 40	41	01:37:52	**02:50:05.25**	**02:51:00.60**	+01:26:22 (50.5%)	8:05	7.4 (49.7%)
231	**PASŁAWSKA Olga**	**2266**	PRZEBIEGA.PL	Senior II K - 30	37	01:38:16	**02:50:45.65**	**02:51:02.75**	+01:26:24 (50.5%)	8:07	7.4 (49.7%)
232	**ZAGASKA Linda**	**2258**	WATAHA TEAM	Senior I K - 20	15	01:36:43	**02:50:48.30**	**02:51:09.60**	+01:26:31 (50.5%)	8:08	7.4 (49.7%)
233	**KOSTERA Katarzyna**	**2026**	VEGE RUNNERS	Senior II K - 30	38	01:39:49	**02:50:48.25**	**02:51:15.40**	+01:26:37 (50.6%)	8:08	7.4 (49.7%)
234	**SZCZERBA Kasia**	**2062**	FANS OF FARAWAY	Senior II K - 30	39	01:41:20	**02:50:34.70**	**02:51:25.75**	+01:26:47 (50.6%)	8:07	7.4 (49.7%)
235	**GÓRSKI Piotr**	**2095**	HARDCOROWE WYCHYLYLYBYMY	Masters M - 40	42	01:39:38	**02:51:31.05**	**02:51:36.25**	+01:26:57 (50.7%)	8:10	7.3 (49.0%)
236	**PACAN Jacek**	**2360**		Masters M - 40	43	01:39:06	**02:50:56.35**	**02:51:37.50**	+01:26:59 (50.7%)	8:08	7.4 (49.7%)
237	**JÓZEFOWSKI Karol**	**2137**		Senior I M - 20	22	01:40:40	**02:51:42.20**	**02:52:21.90**	+01:27:43 (50.9%)	8:10	7.3 (49.0%)
238	**KOZIEŁ Marta**	**2136**		Senior I K - 20	16	01:40:39	**02:51:41.95**	**02:52:22.05**	+01:27:43 (50.9%)	8:10	7.3 (49.0%)
239	**KOWALSKI Mariusz**	**2147**		Senior II M - 30	92	01:35:54	**02:51:52.50**	**02:52:35.00**	+01:27:56 (51.0%)	8:11	7.3 (49.0%)
240	**BANASIK Karolina**	**2253**	WKURW_TEAM	Senior II K - 30	40	01:35:37	**02:52:09.50**	**02:52:37.40**	+01:27:59 (51.0%)	8:11	7.3 (49.0%)
241	**KRAWCZYK Jakub**	**2219**	GO SPORT	Senior I M - 20	23	01:39:45	**02:52:07.85**	**02:52:48.40**	+01:28:10 (51.0%)	8:11	7.3 (49.0%)
242	**ŚWIDEREK Kasia**	**2368**		Masters K - 40	13	01:37:48	**02:52:43.95**	**02:52:50.85**	+01:28:12 (51.0%)	8:13	7.3 (49.0%)
243	**OSICA Łukasz**	**2328**		Senior II M - 30	93	01:35:13	**02:52:00.60**	**02:52:50.90**	+01:28:12 (51.0%)	8:11	7.3 (49.0%)
244	**DRABIK Jacek**	**2373**		Weteran I M - 50	13	01:39:54	**02:52:30.60**	**02:52:58.80**	+01:28:20 (51.1%)	8:12	7.3 (49.0%)
245	**POCIĘGIEL Michał**	**2083**		Senior II M - 30	94	01:37:38	**02:52:55.35**	**02:53:06.70**	+01:28:28 (51.1%)	8:14	7.3 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	**LASKOWSKA Maja**	**2130**	OBOZYBIEGOWE.PL	Senior II K - 30	41	01:43:05	**02:53:12.90**	**02:53:47.65**	+01:29:09 (51.3%)	8:14	7.3 (49.0%)
247	**MOKRZYCKA Weronika**	**2379**		Senior II K - 30	42	01:40:26	**02:53:34.55**	**02:53:49.60**	+01:29:11 (51.3%)	8:15	7.3 (49.0%)
248	**FRANKOWSKI Piotr**	**2146**		Masters M - 40	44	01:40:42	**02:53:08.90**	**02:53:51.00**	+01:29:12 (51.3%)	8:14	7.3 (49.0%)
249	**CZERWONKA Katarzyna**	**2122**	AZS COLLEGIUM MEDICUM UJ	Senior II K - 30	43	01:40:37	**02:53:34.65**	**02:53:56.55**	+01:29:18 (51.3%)	8:15	7.3 (49.0%)
250	**NOWICKI Andrzej**	**2209**	POMIOTY SZATANA	Senior I M - 20	24	01:42:08	**02:53:51.20**	**02:54:00.75**	+01:29:22 (51.4%)	8:16	7.2 (48.3%)
251	**PAWLIK Tomasz**	**2282**	JB WARSAW	Senior II M - 30	95	01:41:34	**02:53:33.05**	**02:54:10.05**	+01:29:31 (51.4%)	8:15	7.3 (49.0%)
252	**KOSTERA Tomasz**	**2025**	VEGE RUNNERS	Masters M - 40	45	01:33:22	**02:54:22.70**	**02:54:50.60**	+01:30:12 (51.6%)	8:18	7.2 (48.3%)
253	**KOCZAJA Malgorzata**	**2248**		Senior I K - 20	17	01:37:38	**02:55:15.15**	**02:55:36.15**	+01:30:57 (51.8%)	8:20	7.2 (48.3%)
254	**RAPACZ - TOPIŁKO Anna**	**2401**	ODLO POLSKA	Senior II K - 30	44	01:39:58	**02:55:28.60**	**02:55:38.90**	+01:31:00 (51.8%)	8:21	7.2 (48.3%)
255	**ZAKRZEWSKI Grzegorz**	**2349**	POWER TRAINING	Weteran II M - 60	4	01:42:16	**02:55:51.60**	**02:56:26.40**	+01:31:48 (52.0%)	8:22	7.2 (48.3%)
256	**PORADA Magdalena**	**2184**		Senior II K - 30	45	01:40:25	**02:55:57.70**	**02:56:26.60**	+01:31:48 (52.0%)	8:22	7.2 (48.3%)
257	**STASZEWSKI Dariusz**	**2022**		Senior II M - 30	96	01:36:52	**02:56:12.90**	**02:56:56.25**	+01:32:17 (52.2%)	8:23	7.2 (48.3%)
258	**DUDZIAK Bartłomiej**	**2247**	GREATGRATULA OSIECZNA	Masters M - 40	46	01:39:29	**02:56:30.35**	**02:57:01.15**	+01:32:22 (52.2%)	8:24	7.1 (47.7%)
258	**SEREDA Andrii**	**2178**		Senior I M - 20	25	01:45:52	**02:56:16.25**	**02:57:01.15**	+01:32:22 (52.2%)	8:23	7.1 (47.7%)
260	**BAŃKA Grzegorz**	**2092**		Senior II M - 30	97	01:36:56	**02:56:33.05**	**02:57:07.25**	+01:32:28 (52.2%)	8:24	7.1 (47.7%)
261	**MOŃKA Karolina**	**2326**	SPARTA ULTRA TEAM	Senior I K - 20	18	01:39:45	**02:57:10.30**	**02:57:25.90**	+01:32:47 (52.3%)	8:26	7.1 (47.7%)
262	**KOJDER Iwona**	**2079**		Senior I K - 20	19	01:41:41	**02:57:38.15**	**02:57:49.30**	+01:33:10 (52.4%)	8:27	7.1 (47.7%)
262	**PISKORZ Daria**	**2354**	DRUŻYNA SZPIKU SITECH	Masters K - 40	14	01:44:50	**02:57:01.90**	**02:57:49.30**	+01:33:10 (52.4%)	8:25	7.1 (47.7%)
264	**GRISZCZENKO Ela**	**2229**		Senior I K - 20	20	01:40:13	**02:57:21.00**	**02:58:02.35**	+01:33:23 (52.5%)	8:26	7.1 (47.7%)
265	**MILEJSKA Joanna**	**2087**	BBL OPOLE	Masters K - 40	15	01:44:00	**02:57:23.15**	**02:58:08.60**	+01:33:30 (52.5%)	8:26	7.1 (47.7%)
266	**KOSZYK Rafał**	**2088**		Senior II M - 30	98	01:44:00	**02:57:24.50**	**02:58:09.50**	+01:33:31 (52.5%)	8:26	7.1 (47.7%)
267	**RUTKOWSKA Hanna**	**2185**	-	Senior I K - 20	21	01:40:43	**02:58:04.55**	**02:58:24.60**	+01:33:46 (52.6%)	8:28	7.1 (47.7%)
268	**WRONA Agnieszka**	**2236**		Senior II K - 30	46	01:40:06	**02:58:07.55**	**02:58:43.05**	+01:34:04 (52.6%)	8:28	7.1 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	**NIEDZIELA Kamil**	**2020**	W POGONI ZA DUCHEM	Senior I M - 20	26	01:35:35	**02:59:15.15**	**02:59:46.35**	+01:35:07 (52.9%)	8:32	7 (47.0%)
270	**ŻARSKA Izabela**	**2307**	FUDU&CO SPORT TEAM	Masters K - 40	16	01:44:33	**03:01:03.90**	**03:01:17.50**	+01:36:39 (53.3%)	8:37	7 (47.0%)
271	**SOSZYŃSKA Gosia**	**2052**	CZŁAPACZE	Weteran K - 50	1	01:44:28	**03:01:10.85**	**03:01:48.70**	+01:37:10 (53.4%)	8:37	7 (47.0%)
272	**WOŁOS Marcin**	**2071**		Senior II M - 30	99	01:40:32	**03:01:33.45**	**03:02:09.60**	+01:37:31 (53.5%)	8:38	6.9 (46.3%)
273	**LUBOCH Agnieszka**	**2108**		Masters K - 40	17	01:43:23	**03:02:02.00**	**03:02:13.85**	+01:37:35 (53.6%)	8:40	6.9 (46.3%)
274	**BALICKI Jakub**	**2350**	ASAP RUNNERS	Masters M - 40	47	01:46:52	**03:01:24.75**	**03:02:15.40**	+01:37:37 (53.6%)	8:38	6.9 (46.3%)
275	**PATYRA Łukasz**	**2119**		Senior II M - 30	100	01:42:58	**03:02:09.00**	**03:02:30.35**	+01:37:51 (53.6%)	8:40	6.9 (46.3%)
276	**STĘPIEŃ Wojciech**	**2091**	NIGHT RUNNERS GLIWICE	Masters M - 40	48	01:44:33	**03:02:34.50**	**03:02:57.45**	+01:38:19 (53.7%)	8:41	6.9 (46.3%)
277	**GARBOWSKA Monika**	**2089**	NIGHT RUNNERS GLIWICE	Senior II K - 30	47	01:44:32	**03:02:34.55**	**03:02:57.55**	+01:38:19 (53.7%)	8:41	6.9 (46.3%)
278	**HETKA Magdalena**	**2302**	1991	Senior I K - 20	22	01:43:45	**03:02:19.80**	**03:03:00.05**	+01:38:21 (53.7%)	8:40	6.9 (46.3%)
279	**TRZPIOŁA Tycjan**	**2318**	KURACJUSZE	Senior II M - 30	101	01:40:10	**03:02:37.55**	**03:03:00.15**	+01:38:21 (53.7%)	8:41	6.9 (46.3%)
280	**TERZONI Karina**	**2339**		Senior II K - 30	48	01:43:15	**03:03:03.90**	**03:03:37.70**	+01:38:59 (53.9%)	8:43	6.9 (46.3%)
281	**PIELICHOWSKA Justyna**	**2164**	BIEGAJĄC Z WILKAMI	Senior II K - 30	49	01:41:03	**03:03:20.05**	**03:03:37.95**	+01:38:59 (53.9%)	8:43	6.9 (46.3%)
282	**SZYMAŁA Marek**	**2404**	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	49	01:45:15	**03:03:15.00**	**03:03:47.60**	+01:39:09 (53.9%)	8:43	6.9 (46.3%)
283	**KRZACZKOWSKA Joanna**	**2233**		Senior II K - 30	50	01:46:12	**03:03:03.70**	**03:03:52.80**	+01:39:14 (54.0%)	8:43	6.9 (46.3%)
284	**MARZYCKI Wojciech**	**2234**		Senior II M - 30	102	01:46:17	**03:03:03.25**	**03:03:53.10**	+01:39:14 (54.0%)	8:43	6.9 (46.3%)
285	**SOBAŃSKA Paulina**	**2040**	WUEF CLUB DECATHLON SWADZIM	Senior II K - 30	51	01:43:18	**03:04:13.70**	**03:04:30.20**	+01:39:51 (54.1%)	8:46	6.8 (45.6%)
286	**TOMCZYK Marek**	**2372**		Senior II M - 30	103	01:40:17	**03:03:46.80**	**03:04:40.90**	+01:40:02 (54.2%)	8:45	6.9 (46.3%)
287	**KRZYWICKI Tomasz**	**2371**	VEGE RUNNERS	Masters M - 40	50	01:42:55	**03:04:37.05**	**03:05:15.20**	+01:40:36 (54.3%)	8:47	6.8 (45.6%)
288	**RYNKOWSKA Katarzyna**	**2177**		Masters K - 40	18	01:45:19	**03:05:33.25**	**03:05:57.65**	+01:41:19 (54.5%)	8:50	6.8 (45.6%)
289	**WOŹNIAK Paulina**	**2265**	CKBABCIE	Senior II K - 30	52	01:44:06	**03:05:39.45**	**03:06:03.15**	+01:41:24 (54.5%)	8:50	6.8 (45.6%)
289	**GRĘZEL-GAWRON Jolanta**	**2084**		Masters K - 40	19	01:44:16	**03:05:49.95**	**03:06:03.15**	+01:41:24 (54.5%)	8:50	6.8 (45.6%)
291	**PRZYSIWEK Magdalena**	**2196**		Senior II K - 30	53	01:45:27	**03:05:46.80**	**03:06:17.40**	+01:41:39 (54.6%)	8:50	6.8 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
292	**MĄCZKA Krystyna**	**2395**	OTK RZEŹNIK	Weteran II K - 60	1	01:45:05	**03:06:26.70**	**03:06:34.20**	+01:41:55 (54.6%)	8:52	6.8 (45.6%)
293	**OLSZEWSKA Anna**	**2287**		Senior II K - 30	54	01:46:08	**03:05:40.40**	**03:06:35.05**	+01:41:56 (54.6%)	8:50	6.8 (45.6%)
294	**DZIAŁAK Marian**	**2124**	KB AKTYWNI KONIN	Weteran II M - 60	5	01:42:07	**03:06:46.35**	**03:07:05.60**	+01:42:27 (54.8%)	8:53	6.7 (45.0%)
295	**MRÓZ Izabela**	**2094**	WOLNE ŚLIMAKI	Senior II K - 30	55	01:52:59	**03:06:49.60**	**03:07:28.90**	+01:42:50 (54.9%)	8:53	6.7 (45.0%)
296	**ZARĘBA Julia**	**2291**	NIE ZA DALEKO	Senior I K - 20	23	01:49:38	**03:07:16.65**	**03:07:35.15**	+01:42:56 (54.9%)	8:55	6.7 (45.0%)
297	**BAŁYS Dariusz**	**2207**	WK GOPR	Masters M - 40	51	01:49:16	**03:08:17.35**	**03:08:28.35**	+01:43:49 (55.1%)	8:57	6.7 (45.0%)
298	**ŚLEMP Bernadetta**	**2375**		Masters K - 40	20	01:51:58	**03:07:55.15**	**03:08:44.55**	+01:44:06 (55.2%)	8:56	6.7 (45.0%)
299	**MUSIELAK Magdalena**	**2231**	M&M&M	Senior II K - 30	56	01:41:40	**03:09:04.75**	**03:09:10.40**	+01:44:32 (55.3%)	9:00	6.7 (45.0%)
300	**GÓRSKA-NOWAK Tatiana**	**2255**	AGB TORFY	Masters K - 40	21	01:47:30	**03:08:50.40**	**03:09:18.00**	+01:44:39 (55.3%)	8:59	6.7 (45.0%)
301	**ŚLIWAK Katarzyna**	**2359**		Senior I K - 20	24	01:53:26	**03:09:13.50**	**03:09:28.40**	+01:44:50 (55.3%)	9:00	6.7 (45.0%)
302	**KULIBERDA Sylwia**	**2308**		Masters K - 40	22	01:53:02	**03:08:58.30**	**03:09:43.00**	+01:45:04 (55.4%)	8:59	6.7 (45.0%)
303	**NOWACZYK Zuzanna**	**2293**		Senior I K - 20	25	01:46:41	**03:09:09.20**	**03:09:52.20**	+01:45:13 (55.4%)	9:00	6.7 (45.0%)
304	**PIETROWICZ Weronika**	**2336**	ZABIEGANI LUSÓWKO	Senior I K - 20	26	01:46:42	**03:09:09.40**	**03:09:52.40**	+01:45:14 (55.4%)	9:00	6.7 (45.0%)
305	**KUCZERA Hanna**	**2239**		Senior II K - 30	57	01:52:18	**03:09:52.85**	**03:10:23.50**	+01:45:45 (55.5%)	9:02	6.6 (44.3%)
306	**PRIGAN Anna**	**2154**		Senior II K - 30	58	01:53:25	**03:10:53.85**	**03:11:08.55**	+01:46:30 (55.7%)	9:05	6.6 (44.3%)
307	**WITKOWSKA Maria**	**2009**	KLUB KRÓLIKA STEFANA	Weteran II K - 60	2	01:49:46	**03:10:16.35**	**03:11:10.05**	+01:46:31 (55.7%)	9:03	6.6 (44.3%)
308	**BAJAK Mirosław**	**2004**		Masters M - 40	52	01:51:49	**03:10:48.30**	**03:11:24.55**	+01:46:46 (55.8%)	9:05	6.6 (44.3%)
309	**WIĘCZKOWSKI Wojciech**	**2380**	HUSARIA RACE TEAM	Masters M - 40	53	01:45:05	**03:11:42.90**	**03:12:22.30**	+01:47:43 (56.0%)	9:07	6.6 (44.3%)
310	**GARGAS-DZIEDZINA Joanna**	**2276**	NIGHT RUNNERS	Senior II K - 30	59	01:51:50	**03:12:14.80**	**03:12:22.90**	+01:47:44 (56.0%)	9:09	6.6 (44.3%)
311	**ŻEBRAK Anna**	**2033**		Senior I K - 20	27	01:46:34	**03:11:44.50**	**03:12:32.45**	+01:47:54 (56.0%)	9:07	6.6 (44.3%)
312	**LAZAR Joanna**	**2155**	MIROTRANS	Senior II K - 30	60	01:51:47	**03:11:44.75**	**03:12:34.15**	+01:47:55 (56.0%)	9:07	6.6 (44.3%)
313	**KĘSY Krystian**	**2003**	MRS96	Senior I M - 20	27	01:49:25	**03:13:46.55**	**03:14:15.30**	+01:49:36 (56.4%)	9:13	6.5 (43.6%)
314	**DUDARONEK Paulina**	**2217**		Senior I K - 20	28	01:43:37	**03:15:14.65**	**03:15:22.60**	+01:50:44 (56.7%)	9:17	6.5 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	**PRĘDKA Magdalena**	**2045**	OLA CLUB	Masters K - 40	23	01:50:23	**03:14:33.85**	**03:15:25.15**	+01:50:46 (56.7%)	9:15	6.5 (43.6%)
316	**PUSTELNIK Piotr**	**2310**	AKG ŁÓDŹ	Weteran II M - 60	6	01:52:25	**03:15:45.85**	**03:16:04.35**	+01:51:25 (56.8%)	9:19	6.4 (43.0%)
317	**DEMBNY Bogdan**	**2288**		Senior II M - 30	104	01:46:49	**03:15:34.05**	**03:16:25.00**	+01:51:46 (56.9%)	9:18	6.4 (43.0%)
318	**SALONI-SADOWSKA Maria**	**2274**	OBOZYBIEGOWE.PL	Masters K - 40	24	01:51:16	**03:16:26.40**	**03:16:50.60**	+01:52:12 (57.0%)	9:21	6.4 (43.0%)
319	**FLORCZAK Monika**	**2407**	KOBIETA W BIEGU	Senior I K - 20	29	01:51:54	**03:16:04.55**	**03:16:50.80**	+01:52:12 (57.0%)	9:20	6.4 (43.0%)
320	**KAŁWA Anna**	**2099**		Senior II K - 30	61	01:48:30	**03:16:43.30**	**03:17:29.80**	+01:52:51 (57.1%)	9:22	6.4 (43.0%)
321	**JAŹNIECKI Marcin**	**2391**	MUAY RUNNING TEAM	Senior II M - 30	105	01:47:27	**03:17:11.50**	**03:17:48.70**	+01:53:10 (57.2%)	9:23	6.4 (43.0%)
322	**LESZCZYŃSKA Lidia**	**2002**	POKERUN	Masters K - 40	25	01:52:24	**03:17:35.75**	**03:17:52.85**	+01:53:14 (57.2%)	9:24	6.4 (43.0%)
323	**BARTOSIEWICZ Dorota**	**2202**		Senior II K - 30	62	01:48:13	**03:17:48.85**	**03:17:57.60**	+01:53:19 (57.2%)	9:25	6.4 (43.0%)
324	**MADAJ Jagoda**	**2115**		Senior I K - 20	30	01:58:05	**03:17:33.20**	**03:18:13.45**	+01:53:35 (57.3%)	9:24	6.4 (43.0%)
325	**PRZYBYŁ Jolanta**	**2028**	BIEGOLOGIA.PL / EASY RUNNERS	Masters K - 40	26	01:52:09	**03:18:36.80**	**03:18:52.95**	+01:54:14 (57.4%)	9:27	6.3 (42.3%)
326	**SZULC Joanna**	**2031**	ALBATROSY	Masters K - 40	27	01:59:42	**03:20:06.70**	**03:20:33.15**	+01:55:54 (57.8%)	9:31	6.3 (42.3%)
327	**KUKUŁA Maciej**	**2096**		Senior I M - 20	28	01:49:01	**03:19:59.80**	**03:20:43.70**	+01:56:05 (57.8%)	9:31	6.3 (42.3%)
328	**KUKUŁA Patrycja**	**2097**		Senior I K - 20	31	01:49:00	**03:20:00.25**	**03:20:44.15**	+01:56:05 (57.8%)	9:31	6.3 (42.3%)
329	**KURDZIEL Tomasz**	**2144**		Masters M - 40	54	01:52:38	**03:20:15.35**	**03:20:55.90**	+01:56:17 (57.9%)	9:32	6.3 (42.3%)
330	**WALCZAK-WOJTKOWSKA Iwona**	**2173**		Weteran K - 50	2	01:57:55	**03:23:22.40**	**03:23:59.40**	+01:59:21 (58.5%)	9:41	6.2 (41.6%)
331	**PODSIADŁY Robert**	**2023**	CHATA BIEGACZA K34	Weteran I M - 50	14	01:51:20	**03:23:09.45**	**03:24:02.30**	+01:59:23 (58.5%)	9:40	6.2 (41.6%)
332	**ŚWIĄTEK Karolina**	**2198**		Senior I K - 20	32	01:57:18	**03:25:57.65**	**03:26:36.50**	+02:01:58 (59.0%)	9:48	6.1 (40.9%)
333	**ŚWIĄTEK Agnieszka**	**2199**		Senior I K - 20	33	01:57:19	**03:25:58.30**	**03:26:36.70**	+02:01:58 (59.0%)	9:48	6.1 (40.9%)
334	**KOTYSZ Katarzyna**	**2197**	BBL OPOLE	Weteran K - 50	3	01:59:29	**03:28:16.65**	**03:29:02.75**	+02:04:24 (59.5%)	9:55	6 (40.3%)
335	**RYNKOWSKA Magdalena**	**2176**		Masters K - 40	28	02:01:18	**03:29:33.15**	**03:29:57.00**	+02:05:18 (59.7%)	9:58	6 (40.3%)
336	**KRAWCZAK Karolina**	**2263**	BIEGAM BO LUBIĘ GŁOGÓW	Senior I K - 20	34	01:52:24	**03:29:43.95**	**03:30:09.10**	+02:05:30 (59.7%)	9:59	6 (40.3%)
337	**KACZMAREK Agata**	**2034**	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	29	02:07:27	**03:29:55.25**	**03:30:22.05**	+02:05:43 (59.8%)	9:59	6 (40.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	**MUSZYŃSKI Wojciech**	**2205**		Masters M - 40	55	01:57:58	**03:29:54.35**	**03:30:44.25**	+02:06:05 (59.8%)	9:59	6 (40.3%)
339	**KACZYŃSKI Michał**	**2228**	MEGAVISION	Masters M - 40	56	01:56:54	**03:31:00.90**	**03:31:44.50**	+02:07:06 (60.0%)	10:02	6 (40.3%)
340	**MICHALSKA Małgorzata**	**2066**	FUDU&CO. SPORT TEAM	Masters K - 40	30	01:59:58	**03:31:54.00**	**03:32:08.30**	+02:07:29 (60.1%)	10:05	5.9 (39.6%)
341	**ZAGROBELNA Magdalena**	**2116**	DRUŻYNA SZPIKU	Senior II K - 30	63	02:12:41	**03:35:50.75**	**03:36:21.20**	+02:11:42 (60.9%)	10:16	5.8 (38.9%)
342	**KUCZAKOWSKA Joanna**	**2399**	BIEGOWE MISIE	Senior II K - 30	64	01:58:33	**03:36:24.55**	**03:36:39.75**	+02:12:01 (60.9%)	10:18	5.8 (38.9%)
343	**KRUZEL Rafał**	**2398**	BIEGOWE MISIE	Masters M - 40	57	01:58:28	**03:36:24.30**	**03:36:40.10**	+02:12:01 (60.9%)	10:18	5.8 (38.9%)
344	**HRYŃKA Tomek**	**2397**		Masters M - 40	58	01:58:35	**03:36:46.95**	**03:37:02.85**	+02:12:24 (61.0%)	10:19	5.8 (38.9%)
345	**ZAJDLIC Renata**	**2172**		Masters K - 40	31	02:10:56	**03:37:10.35**	**03:37:30.40**	+02:12:52 (61.1%)	10:20	5.8 (38.9%)
346	**STRZELECKI Artur**	**2408**		Weteran I M - 50	15	02:07:25	**03:37:06.30**	**03:37:32.05**	+02:12:53 (61.1%)	10:20	5.8 (38.9%)
347	**CHROMIŃSKI Maciej**	**2032**	BRAK	Senior II M - 30	106	01:56:57	**03:37:05.20**	**03:37:40.60**	+02:13:02 (61.1%)	10:20	5.8 (38.9%)
348	**REJMISZ Rafał**	**2348**	UNIMAT RUNNERS	Weteran I M - 50	16	02:01:19	**03:38:22.85**	**03:38:39.30**	+02:14:00 (61.3%)	10:23	5.8 (38.9%)
349	**KACZMARKIEWICZ Krzysztof**	**2278**	ITAKA STUDIO FILMOE	Weteran I M - 50	17	01:57:03	**03:38:41.90**	**03:38:48.80**	+02:14:10 (61.3%)	10:24	5.8 (38.9%)
350	**CHOJNOWSKA Monika**	**2131**	BIEGAM BO LUBIĘ ZĄBKITEAM	Senior II K - 30	65	02:02:35	**03:38:36.45**	**03:39:11.50**	+02:14:33 (61.4%)	10:24	5.8 (38.9%)
351	**KUKLIŃSKA Joanna**	**2294**		Weteran K - 50	4	02:06:42	**03:40:52.85**	**03:41:31.45**	+02:16:53 (61.8%)	10:31	5.7 (38.3%)
352	**ROSZAK Romana**	**2100**	KURACJUSZE	Senior II K - 30	66	02:05:34	**03:42:43.30**	**03:42:50.00**	+02:18:11 (62.0%)	10:36	5.7 (38.3%)
353	**SOSULSKA Janina**	**2238**	ATHLETICS NYSA	Weteran K - 50	5	02:12:27	**03:44:04.00**	**03:44:50.25**	+02:20:11 (62.4%)	10:40	5.6 (37.6%)
354	**POMIANOWSKA Anna**	**2107**		Senior II K - 30	67	01:58:45	**03:44:05.00**	**03:44:50.30**	+02:20:11 (62.4%)	10:40	5.6 (37.6%)
355	**SPOZ Magdalena**	**2039**	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	32	02:07:27	**03:49:06.25**	**03:49:32.40**	+02:24:54 (63.1%)	10:54	5.5 (36.9%)
356	**KUTNA Agnieszka**	**2101**		Senior II K - 30	68	02:12:41	**03:59:15.40**	**03:59:44.65**	+02:35:06 (64.7%)	11:23	5.3 (35.6%)
357	**JUSZKO Monika**	**2225**		Masters K - 40	33	02:09:51	**04:04:48.80**	**04:05:20.55**	+02:40:42 (65.5%)	11:39	5.1 (34.2%)
358	**JUSZKO Aleksandra**	**2226**		Senior I K - 20	35	02:09:52	**04:05:06.75**	**04:05:38.30**	+02:40:59 (65.5%)	11:40	5.1 (34.2%)
359	**GORGOL Renia**	**2342**		Masters K - 40	34	02:20:00	**04:24:55.30**	**04:25:37.85**	+03:00:59 (68.1%)	12:36	4.8 (32.2%)
360	**ANDRYSZAK Karolina**	**2341**	#TEAMFARFALLA	Masters K - 40	35	02:20:04	**04:24:55.75**	**04:25:38.50**	+03:01:00 (68.1%)	12:36	4.8 (32.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	**NOWICKI Amdrzej**	**2256**	ZJEDNOCZENI ZWYCIĘŻAMY	Masters M - 40	59	02:20:11	**04:31:02.00**	**04:31:40.90**	+03:07:02 (68.8%)	12:54	4.6 (30.9%)
	TOWAROWSKI Andrzej	**2264**		Masters M - 40		01:46:25 DNF	**DNF**	**DNF**		-	- (0.0%)
	POLUS Magdalena	**2141**		Senior II K - 30		DNF	**DNF**	**DNF**		-	- (0.0%)
	CORREIA Andre	**2272**	QVC RUNNERS	Senior I M - 20		DNF	**DNF**	**DNF**		-	- (0.0%)
	SZKWAREK Adrian	**2118**		Senior II M - 30		DNF	**DNF**	**DNF**		-	- (0.0%)
	KIERZKOWSKI Przemysław	**2142**		Senior II M - 30		DNF	**DNF**	**DNF**		-	- (0.0%)
	BANASZEK Adam	**2393**	BIEGUSIEM.PL	Senior II M - 30		DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 367 wynik(ów)