

LIGHT SGS 21KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Supermaraton Gór Stołowych 2019
Organizator: Fundacja Maratony Górskie
Data: 2019-06-30
Miejsce: Karłów
Dystans: 21 km

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
1	**BRÝDL Pavel**	**293**		M-30	1	00:36:44	01:10:01	**01:45:29.50**	**01:45:31.55**		5:11	11.5 (100%)
2	**OLEKSIEWICZ Maurycy**	**502**	TRUCHT/SZAKALE BAŁUT	M-30	2	00:37:08	01:11:46	**01:47:46.40**	**01:47:48.60**	+00:02:17 (2.1%)	5:18	11.3 (98.3%)
3	**KITA Michał**	**234**	PĘDZĄCY W MIEJSCU	M-40	1	00:39:20	01:15:58	**01:54:50.50**	**01:54:52.70**	+00:09:21 (8.1%)	5:39	10.6 (92.2%)
4	**KLIMCZAK Mikołaj**	**512**	JUVENIA GŁUCHOŁAZY	M-20	1	00:38:42	01:17:35	**01:57:25.85**	**01:57:29.15**	+00:11:57 (10.2%)	5:47	10.4 (90.4%)
5	**KRUPA Marcin**	**201**	AKTYWNA NOWA RUDA	M-40	2	00:40:46	01:20:09	**02:02:04.20**	**02:02:05.95**	+00:16:34 (13.6%)	6:00	10 (87.0%)
6	**CHODOROWSKI Krzysztof**	**14**	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	3	00:43:24	01:23:07	**02:06:45.35**	**02:06:49.45**	+00:21:17 (16.8%)	6:14	9.6 (83.5%)
7	**NOWAK Mariusz**	**528**		M-30	4	00:42:52	01:24:43	**02:08:25.65**	**02:08:28.30**	+00:22:56 (17.9%)	6:19	9.5 (82.6%)
8	**PRZYBYSZEWSKI Łukasz**	**561**	PCHSPORT COMPLEX	M-30	5	00:42:55	01:23:54	**02:08:29.40**	**02:08:38.70**	+00:23:07 (18.0%)	6:19	9.5 (82.6%)
9	**OLKIS Rafał**	**118**	RATEMYTRAIL.COM TEAM	M-30	6	00:43:11	01:25:23	**02:10:50.45**	**02:10:53.55**	+00:25:22 (19.4%)	6:26	9.3 (80.9%)
10	**KOZIEŁ Tomasz**	**55**	KUDOWIANKA RUN	M-40	3	00:45:34	01:28:18	**02:12:05.60**	**02:12:08.15**	+00:26:36 (20.1%)	6:30	9.2 (80.0%)
11	**BORKOWSKI Mariusz**	**84**	NAPRZÓD MŁOCINY	M-30	7	00:47:16		**02:12:19.85**	**02:12:27.70**	+00:26:56 (20.3%)	6:31	9.2 (80.0%)
12	**PIĄTEK Karolina**	**285**	NOGAMIDOGORY.PL	K-30	1	00:45:30	01:28:21	**02:12:35.00**	**02:12:40.10**	+00:27:08 (20.5%)	6:31	9.2 (80.0%)
13	**MAZIARZ Artur**	**39**	RUN FOR FUN	M-30	8	00:44:24	01:28:10	**02:13:10.55**	**02:13:14.95**	+00:27:43 (20.8%)	6:33	9.1 (79.1%)
14	**GUSTAW Łukasz**	**497**	KUDOWIANKA RUN	M-20	2	00:44:41	01:29:23	**02:16:27.85**	**02:16:30.50**	+00:30:58 (22.7%)	6:43	8.9 (77.4%)
15	**TRZECIAKIEWICZ Mieczysław**	**36**	MLKS RADKÓW	M-50	1	00:45:25	01:29:16	**02:16:43.70**	**02:16:45.90**	+00:31:14 (22.8%)	6:44	8.9 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
16	**GORCZYŃSKI Norbert**	**535**		M-20	3	00:44:57	01:29:50	**02:17:22.25**	**02:17:24.75**	+00:31:53 (23.2%)	6:46	8.9 (77.4%)
17	**GŁÓD Mateusz**	**224**	RATEMYTRAIL.COM TEAM	M-40	4	00:45:04	01:30:25	**02:18:08.00**	**02:18:12.00**	+00:32:40 (23.6%)	6:48	8.8 (76.5%)
18	**SOBCZAK-PAŁASZEWSKA Karolina**	**4**		K-30	2	00:47:08	01:30:22	**02:18:12.35**	**02:18:16.60**	+00:32:45 (23.7%)	6:48	8.8 (76.5%)
19	**PIKUL Piotr**	**555**	ING RUNNING	M-30	9	00:48:05	01:33:32	**02:18:33.05**	**02:18:35.10**	+00:33:03 (23.9%)	6:49	8.8 (76.5%)
20	**DETTLAFF Mariusz**	**499**	ĄĘ TRI CLUB	M-30	10	00:47:32	01:32:13	**02:20:41.80**	**02:20:47.95**	+00:35:16 (25.1%)	6:55	8.7 (75.7%)
21	**HOŁYST Andrzej**	**81**	AKTYWNA NOWA RUDA	M-30	11	00:48:02	01:34:05	**02:20:50.80**	**02:20:53.60**	+00:35:22 (25.1%)	6:56	8.6 (74.8%)
22	**EWERT-KRZEMIENIEWSKI Adam**	**344**	DOBRE JUDO DUŻO BIEGAĆ	M-20	4	00:48:41	01:33:42	**02:21:10.05**	**02:21:15.85**	+00:35:44 (25.3%)	6:57	8.6 (74.8%)
23	**KORCZ Daniel**	**560**	KB MCKIS JAWORZNO	M-40	5	00:47:02	01:33:56	**02:22:19.15**	**02:22:22.45**	+00:36:50 (25.9%)	7:00	8.6 (74.8%)
24	**MARTOWSKI Maciej**	**185**	EUROPA UBEZPIECZENIA	M-40	6	00:47:24	01:33:59	**02:24:33.25**	**02:24:37.90**	+00:39:06 (27.0%)	7:07	8.4 (73.0%)
25	**MIKA Andrzej**	**416**		M-30	12	00:47:30	01:34:22	**02:25:00.60**	**02:25:06.10**	+00:39:34 (27.3%)	7:08	8.4 (73.0%)
26	**SWORNOWSKA Anna**	**120**		K-20	1	00:49:06	01:34:39	**02:25:30.85**	**02:25:35.80**	+00:40:04 (27.5%)	7:10	8.4 (73.0%)
27	**KAŁUŻNY Wojciech**	**386**	1977	M-40	7	00:55:04	01:39:39	**02:25:26.80**	**02:25:48.00**	+00:40:16 (27.6%)	7:09	8.4 (73.0%)
28	**ŁAŹNIOWSKI Dawid**	**63**	EBIEGI.PL	M-30	13	00:48:47	01:35:37	**02:25:57.95**	**02:26:01.85**	+00:40:30 (27.7%)	7:11	8.3 (72.2%)
29	**BIAŁOBŁOCKA Alicja**	**422**		K-30	3	00:53:02		**02:26:07.70**	**02:26:16.20**	+00:40:44 (27.9%)	7:11	8.3 (72.2%)
30	**BOSAKIEWICZ Tomasz**	**500**	OLAWS ZŁOTORYJA	M-30	14	00:48:42	01:34:36	**02:26:13.35**	**02:26:19.10**	+00:40:47 (27.9%)	7:12	8.3 (72.2%)
31	**TRZECIAKIEWICZ Marek**	**43**	MLKS RADKÓW	M-20	5	00:50:24	01:38:56	**02:26:53.20**	**02:26:56.50**	+00:41:24 (28.2%)	7:14	8.3 (72.2%)
32	**BRZĄKAŁA Katarzyna**	**305**	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	2	00:49:06	01:35:45	**02:26:54.65**	**02:26:59.50**	+00:41:27 (28.2%)	7:14	8.3 (72.2%)
33	**MALINOWSKI Adrian**	**221**	#CZELADZBIEGA	M-40	8	00:52:21	01:39:10	**02:27:39.30**	**02:27:56.40**	+00:42:24 (28.7%)	7:16	8.2 (71.3%)
34	**WIELOGÓRSKA Natalia**	**539**		K-30	4	00:49:26	01:36:20	**02:28:32.45**	**02:28:39.70**	+00:43:08 (29.0%)	7:19	8.2 (71.3%)
35	**PODOLAK Ula**	**531**	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	3	00:49:57	01:39:32	**02:29:28.15**	**02:29:30.80**	+00:43:59 (29.4%)	7:21	8.1 (70.4%)
36	**MOCCHEGIAHI Andrea**	**557**		M-50	2	00:52:34		**02:29:28.50**	**02:29:37.10**	+00:44:05 (29.5%)	7:21	8.1 (70.4%)
37	**KUBICKI Mariusz**	**207**	KLUCZBORSKA GRUPA BIEGOWA	M-40	9	00:48:48	01:37:15	**02:29:47.80**	**02:29:55.25**	+00:44:23 (29.6%)	7:22	8.1 (70.4%)
38	**URBANIAK Daniel**	**496**		M-40	10	00:54:24	01:39:42	**02:29:33.05**	**02:30:03.60**	+00:44:32 (29.7%)	7:22	8.1 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
39	**STĘPIEŃ Małgorzata**	**391**	STAJNIA BALONA	K-20	4	00:52:09	01:39:17	**02:30:09.40**	**02:30:16.15**	+00:44:44 (29.8%)	7:23	8.1 (70.4%)
40	**LIPCZAK Amadeusz**	**208**		M-40	11	00:51:07	01:38:47	**02:29:56.65**	**02:30:19.50**	+00:44:47 (29.8%)	7:23	8.1 (70.4%)
41	**GROCHOWSKA Aleksandra**	**538**		K-20	5	00:55:00	01:41:14	**02:29:57.30**	**02:30:20.80**	+00:44:49 (29.8%)	7:23	8.1 (70.4%)
42	**OPAŁKA Damian**	**489**	MYRACE	M-30	15	00:48:34	01:36:55	**02:30:53.10**	**02:30:58.55**	+00:45:27 (30.1%)	7:25	8.1 (70.4%)
43	**CHRZANOWSKI Paweł**	**145**		M-30	16	00:50:42	01:39:51	**02:31:40.00**	**02:31:50.90**	+00:46:19 (30.5%)	7:28	8 (69.6%)
44	**PETA Rafał**	**427**		M-40	12	00:52:45	01:40:22	**02:31:47.15**	**02:31:56.70**	+00:46:25 (30.5%)	7:28	8 (69.6%)
45	**KUŚNIERCZAK Wiesław**	**503**		M-40	13	00:49:01	01:35:17	**02:31:54.05**	**02:31:59.20**	+00:46:27 (30.6%)	7:28	8 (69.6%)
46	**PIKOS Patryk**	**353**		M-30	17	00:51:50	01:39:14	**02:31:32.55**	**02:32:04.95**	+00:46:33 (30.6%)	7:27	8 (69.6%)
47	**PRZYBYSZ Ryszard**	**423**		M-50	3	00:53:44	01:41:17	**02:31:36.50**	**02:32:11.45**	+00:46:39 (30.7%)	7:28	8 (69.6%)
48	**CITKO Maciej**	**530**	BIEG OPOLSKI	M-30	18	00:52:36	01:39:33	**02:32:29.05**	**02:32:40.65**	+00:47:09 (30.9%)	7:30	8 (69.6%)
49	**PIECUCH Karolina**	**559**	LACHO TEAM	K-30	5	00:52:00	01:41:25	**02:32:52.15**	**02:32:56.35**	+00:47:24 (31.0%)	7:31	8 (69.6%)
50	**SZYMANOWSKI Paweł**	**435**		M-30	19	00:52:30	01:41:01	**02:33:33.35**	**02:33:41.20**	+00:48:09 (31.3%)	7:33	7.9 (68.7%)
51	**CHOROSTKOWSKI Bartosz**	**177**	CHATA BIEGACZA K34 ZAKOPANE	M-30	20	00:55:09	01:43:26	**02:33:20.20**	**02:33:46.45**	+00:48:14 (31.4%)	7:33	7.9 (68.7%)
52	**DROBCZYŃSKI Bartosz**	**537**	PUSZCZYK BUKOWY	M-30	21	00:51:37	01:39:23	**02:33:21.35**	**02:33:53.30**	+00:48:21 (31.4%)	7:33	7.9 (68.7%)
53	**HETMAŃSKI Filip**	**452**	KUDOWSCY MIŁOSNICY BIEGANIA	M-40	14	00:52:07	01:41:27	**02:33:52.65**	**02:33:57.35**	+00:48:25 (31.5%)	7:34	7.9 (68.7%)
54	**HERMAN Michał**	**313**		M-20	6	00:54:56	01:43:44	**02:33:36.35**	**02:34:03.20**	+00:48:31 (31.5%)	7:34	7.9 (68.7%)
55	**FERENC-SZMUC Edyta**	**526**	KUDOWIANKA RUN	K-30	6	00:49:09		**02:34:16.10**	**02:34:19.05**	+00:48:47 (31.6%)	7:36	7.9 (68.7%)
56	**GAJEWSKI Marek**	**556**		M-30	22	00:52:20	01:41:09	**02:33:25.35**	**02:34:20.00**	+00:48:48 (31.6%)	7:33	7.9 (68.7%)
57	**BEDNARZ Paweł**	**255**		M-40	15	00:50:36	01:39:51	**02:34:15.60**	**02:34:20.60**	+00:48:49 (31.6%)	7:35	7.9 (68.7%)
58	**SIWEK Piotr**	**132**		M-30	23	00:52:50	01:42:05	**02:34:13.85**	**02:34:39.00**	+00:49:07 (31.8%)	7:35	7.9 (68.7%)
59	**JAKUBOWSKI Marcin**	**437**	GRUNWALD TEAM POZNAŃ	M-30	24	00:51:03	01:40:23	**02:35:07.15**	**02:35:10.75**	+00:49:39 (32.0%)	7:38	7.9 (68.7%)
60	**PAWELEC Mariusz**	**450**	KUDOWIANKA RUN	M-30	25	00:56:14	01:44:56	**02:35:04.80**	**02:35:13.30**	+00:49:41 (32.0%)	7:38	7.9 (68.7%)
61	**RYCERSKI Rafał**	**169**		M-30	26	00:51:43	01:42:19	**02:35:38.55**	**02:35:43.20**	+00:50:11 (32.2%)	7:40	7.8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
62	**GRZEGORCZYK Wojciech**	**429**	TRIACTIV RIDLEY	M-30	27	00:53:22	01:43:30	**02:35:38.30**	**02:35:46.90**	+00:50:15 (32.3%)	7:40	7.8 (67.8%)
63	**KUSZELA Mateusz**	**562**		M-30	28	00:52:35	01:44:04	**02:36:36.60**	**02:36:45.25**	+00:51:13 (32.7%)	7:42	7.8 (67.8%)
64	**UCIEKLAK Dominik**	**554**		M-40	16	00:50:06	01:38:48	**02:36:58.15**	**02:37:08.05**	+00:51:36 (32.8%)	7:43	7.8 (67.8%)
65	**ROSOCHACZ Krzysztof**	**275**		M-40	17	00:53:38	01:43:56	**02:37:12.60**	**02:37:36.55**	+00:52:05 (33.0%)	7:44	7.7 (67.0%)
66	**JAWORSKA Magdalena**	**377**	GB WIELKOPOLSCY BIEGACZE	K-40	1	00:53:14	01:43:41	**02:37:34.20**	**02:37:37.95**	+00:52:06 (33.1%)	7:45	7.7 (67.0%)
67	**OSTROUCH Tymon**	**403**		M-30	29	01:01:04		**02:38:47.00**	**02:38:47.00**	+00:53:15 (33.5%)	7:49	7.7 (67.0%)
68	**FILIPEK Wojciech**	**543**		M-20	7	00:53:52	01:43:50	**02:38:49.95**	**02:38:57.20**	+00:53:25 (33.6%)	7:49	7.7 (67.0%)
69	**WYBRANOWSKI Sylwester**	**480**	DOM DEVELOPMENT ADVENTURE TEAM	M-40	18	00:56:46	01:47:05	**02:39:24.20**	**02:39:34.50**	+00:54:02 (33.9%)	7:51	7.6 (66.1%)
70	**WYWROT Grzegorz**	**188**		M-30	30	00:55:02	01:46:31	**02:39:05.20**	**02:39:35.00**	+00:54:03 (33.9%)	7:50	7.7 (67.0%)
71	**MROWIEC Michal**	**35**	KORDAKI	M-40	19	00:53:57	01:45:38	**02:39:38.65**	**02:39:47.75**	+00:54:16 (34.0%)	7:51	7.6 (66.1%)
72	**DZIUBA Piotr**	**166**		M-40	20	00:52:22	01:42:48	**02:39:28.75**	**02:39:52.35**	+00:54:20 (34.0%)	7:51	7.6 (66.1%)
73	**KOT Klaudia**	**548**		K-20	6	00:55:42	01:48:01	**02:39:54.20**	**02:40:05.25**	+00:54:33 (34.1%)	7:52	7.6 (66.1%)
74	**CHOJNOWSKA Magdalena**	**451**	ROGOŹNIK	K-20	7	00:59:31		**02:39:16.90**	**02:40:06.85**	+00:54:35 (34.1%)	7:50	7.6 (66.1%)
75	**BRODA Dominik**	**11**		M-30	31	00:56:21	01:47:09	**02:40:12.50**	**02:40:20.85**	+00:54:49 (34.2%)	7:53	7.6 (66.1%)
76	**POPIELA Sebastian**	**491**		M-30	32	00:54:31	01:45:08	**02:40:49.05**	**02:41:32.70**	+00:56:01 (34.7%)	7:55	7.6 (66.1%)
77	**BIERNACIK Piotr**	**328**		M-40	21	00:56:32	01:48:33	**02:43:37.10**	**02:43:45.90**	+00:58:14 (35.6%)	8:03	7.4 (64.3%)
78	**ŻURAWSKI Kamil**	**162**	ZURAWSKI_ULTRA	M-20	8	00:44:31	01:55:43	**02:43:47.85**	**02:43:50.90**	+00:58:19 (35.6%)	8:04	7.4 (64.3%)
79	**TRAWICKI Patryk**	**297**	PIEROGI ADAMUSA	M-20	9	01:00:20	01:49:38	**02:43:10.20**	**02:43:51.25**	+00:58:19 (35.6%)	8:02	7.5 (65.2%)
80	**JABŁOŃSKI Paweł**	**127**		M-40	22	00:51:46	01:44:05	**02:44:26.55**	**02:44:29.95**	+00:58:58 (35.9%)	8:06	7.4 (64.3%)
81	**RZESZOT Łukasz**	**475**	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	33			**02:44:14.85**	**02:44:37.10**	+00:59:05 (35.9%)	8:05	7.4 (64.3%)
82	**LEŚNIEWSKA Justyna**	**48**	AKTYWNA NOWA RUDA	K-30	7	00:53:49	01:47:40	**02:44:36.00**	**02:44:38.50**	+00:59:06 (35.9%)	8:06	7.4 (64.3%)
83	**KASZUBA Łukasz**	**202**	#CZELADZBIEGA	M-40	23	00:58:13	01:49:45	**02:44:49.00**	**02:45:06.35**	+00:59:34 (36.1%)	8:07	7.4 (64.3%)
84	**SROKA Marcin**	**520**		M-40	24	01:00:41	01:50:16	**02:45:07.95**	**02:45:22.55**	+00:59:51 (36.2%)	8:08	7.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
85	**GARCZYŃSKI Darek**	**199**		M-40	25	00:54:17	01:48:36	**02:45:41.80**	**02:45:49.35**	+01:00:17 (36.4%)	8:09	7.4 (64.3%)
86	**ŁASZCZYŃSKI Szymon**	**18**		M-30	34	00:58:50	01:51:27	**02:45:05.70**	**02:46:01.05**	+01:00:29 (36.4%)	8:07	7.4 (64.3%)
87	**SIPIERA Tomasz**	**104**		M-40	26	00:55:15	01:47:51	**02:46:07.25**	**02:46:11.15**	+01:00:39 (36.5%)	8:11	7.3 (63.5%)
88	**SKRZYPIŃSKA Olga**	**176**	CHATA BIEGACZA K34 ZAKOPANE	K-30	8	00:59:19	01:49:43	**02:46:00.25**	**02:46:26.80**	+01:00:55 (36.6%)	8:10	7.3 (63.5%)
89	**CĄKAŁA Zuzanna**	**116**		K-20	8	00:58:00	01:49:45	**02:46:11.25**	**02:46:42.80**	+01:01:11 (36.7%)	8:11	7.3 (63.5%)
90	**LAR Bartosz**	**428**	LECYMY DURŚ	M-20	10	00:59:30		**02:46:23.70**	**02:47:13.35**	+01:01:41 (36.9%)	8:11	7.3 (63.5%)
91	**PIETRZYK Tomasz**	**312**		M-40	27	00:57:07	01:49:18	**02:47:08.55**	**02:47:29.10**	+01:01:57 (37.0%)	8:14	7.3 (63.5%)
92	**GÓRKA Piotr**	**332**		M-30	35	00:53:32	01:47:45	**02:47:22.90**	**02:47:34.20**	+01:02:02 (37.0%)	8:14	7.3 (63.5%)
93	**PIĄTKOWSKI Wojciech**	**304**		M-30	36	00:56:29	01:47:39	**02:46:57.05**	**02:47:38.00**	+01:02:06 (37.0%)	8:13	7.3 (63.5%)
94	**NARUCKI Wojciech**	**76**		M-40	28	00:58:38	01:50:04	**02:46:56.90**	**02:47:39.10**	+01:02:07 (37.1%)	8:13	7.3 (63.5%)
95	**KARCZYŃSKA Monika**	**498**	POWER TRAINING	K-30	9	01:00:11	01:52:24	**02:47:45.10**	**02:47:51.75**	+01:02:20 (37.1%)	8:15	7.3 (63.5%)
96	**STRAUCHOLD Anna**	**242**	PRO-RUN WROCŁAW	K-40	2	00:56:36	01:50:38	**02:48:02.40**	**02:48:07.95**	+01:02:36 (37.2%)	8:16	7.2 (62.6%)
97	**ANTKOWIAK Sebastian**	**546**	SUPERMARATON KALISZ	M-40	29	00:57:54	01:51:39	**02:48:11.40**	**02:48:17.55**	+01:02:46 (37.3%)	8:17	7.2 (62.6%)
98	**STANKOWIAK Maciej**	**289**	STS BIEGATON	M-40	30	00:57:40	01:51:34	**02:48:16.35**	**02:48:30.05**	+01:02:58 (37.4%)	8:17	7.2 (62.6%)
99	**KOLANKO Sylwia**	**521**	NYSA BIEGA	K-30	10	00:57:20	01:52:31	**02:48:38.00**	**02:48:45.25**	+01:03:13 (37.5%)	8:18	7.2 (62.6%)
100	**DUDA Monika**	**54**	RAZ SZCZECIN	K-40	3	01:00:44	01:53:02	**02:48:57.55**	**02:49:16.60**	+01:03:45 (37.7%)	8:19	7.2 (62.6%)
101	**CETNAROWSKI Kamil**	**379**	SZYBKIE STOPY	M-40	31	00:54:47	01:46:53	**02:49:34.00**	**02:49:43.10**	+01:04:11 (37.8%)	8:21	7.2 (62.6%)
102	**MARCINKOWSKI Maciej**	**473**	ULTIMA	M-40	32	01:02:27		**02:49:31.65**	**02:49:47.50**	+01:04:15 (37.8%)	8:21	7.2 (62.6%)
103	**NOWACKI Michał**	**190**	MORSY POZNAŃ	M-40	33	01:02:30		**02:49:37.15**	**02:49:52.85**	+01:04:21 (37.9%)	8:21	7.2 (62.6%)
104	**DOLATA Maciej**	**469**		M-40	34	00:59:04	01:51:27	**02:49:41.85**	**02:49:53.80**	+01:04:22 (37.9%)	8:21	7.2 (62.6%)
105	**GOS Piotr**	**310**	NARAMOWICE BIEGAJĄ	M-40	35	00:58:27	01:52:02	**02:49:54.30**	**02:50:03.70**	+01:04:32 (37.9%)	8:22	7.2 (62.6%)
106	**KUCZYŃSKI Szymon**	**381**	1978	M-40	36	00:58:10	01:53:18	**02:50:15.80**	**02:50:46.20**	+01:05:14 (38.2%)	8:23	7.2 (62.6%)
107	**DĄBROWSKA Natalia**	**173**	BIEG OPOLSKI	K-30	11	00:58:01	01:52:47	**02:50:33.80**	**02:50:49.90**	+01:05:18 (38.2%)	8:24	7.1 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
108	**GIEL Jarosław**	**393**		M-30	37	01:00:18	01:51:29	**02:50:47.20**	**02:51:22.30**	+01:05:50 (38.4%)	8:24	7.1 (61.7%)
109	**BARAN Grzegorz**	**167**	NAPRZÓD MŁOCINY	M-40	37	00:55:20	01:50:18	**02:51:13.45**	**02:51:23.05**	+01:05:51 (38.4%)	8:26	7.1 (61.7%)
110	**SKAŁECKI Przemysław Skałecki**	**3**	WIERZBICKI RUNNING PROJECT	M-30	38	01:00:57	01:56:44	**02:51:27.50**	**02:51:33.85**	+01:06:02 (38.5%)	8:26	7.1 (61.7%)
111	**TOMCZAK-CZUWAŁ Sylwia**	**93**	KARKONOSZ RUNNING TEAM	K-40	4	01:01:17	01:54:08	**02:51:36.30**	**02:51:52.80**	+01:06:21 (38.6%)	8:27	7.1 (61.7%)
112	**ZIEWIEC Marcin**	**541**		M-30	39	01:00:55	01:52:20	**02:51:15.05**	**02:51:53.80**	+01:06:22 (38.6%)	8:26	7.1 (61.7%)
113	**HOTAŁA Sylwia**	**517**	KUDOWIANKA RUN.	K-30	12	00:55:48	01:51:33	**02:52:09.80**	**02:52:12.85**	+01:06:41 (38.7%)	8:28	7.1 (61.7%)
114	**PANEK Kuba**	**364**		M-40	38	00:58:01	01:51:42	**02:52:09.25**	**02:52:21.85**	+01:06:50 (38.8%)	8:28	7.1 (61.7%)
115	**KONOPKA-LULEK Agnieszka**	**390**	RUN IS FUN	K-30	13	01:01:24	01:55:39	**02:52:33.25**	**02:52:43.45**	+01:07:11 (38.9%)	8:30	7.1 (61.7%)
116	**KLEJSZTA Grzegorz**	**463**	#CZELADZBIEGA	M-40	39	00:57:20	01:49:55	**02:52:55.80**	**02:53:12.60**	+01:07:41 (39.1%)	8:31	7 (60.9%)
117	**MURZYN Krysia**	**355**	DOBCZYCKI KLUB BIEGACZA	K-40	5	01:01:57	01:55:13	**02:52:51.15**	**02:53:18.80**	+01:07:47 (39.1%)	8:30	7 (60.9%)
118	**SZYMAŃSKA Agata**	**138**		K-30	14	01:06:10	01:58:42	**02:52:33.00**	**02:53:20.50**	+01:07:48 (39.1%)	8:30	7.1 (61.7%)
119	**BIEDRZYŃSKI Michał**	**97**		M-30	40	01:02:09	01:55:58	**02:53:06.85**	**02:53:38.15**	+01:08:06 (39.2%)	8:31	7 (60.9%)
120	**GUTOWSKI Dariusz**	**306**	BIEGAMDLAZDROWIA.PL	M-50	4	00:56:36	01:50:49	**02:53:12.65**	**02:53:40.60**	+01:08:09 (39.2%)	8:31	7 (60.9%)
121	**GAJDOWSKI Przemysław**	**536**		M-30	41	01:01:47	01:54:17	**02:53:01.55**	**02:53:41.85**	+01:08:10 (39.2%)	8:31	7 (60.9%)
122	**MICHALAK Sylwester**	**389**	DOGOŃ GRODZISK MAZOWIECKI	M-40	40	00:53:04	01:48:42	**02:54:58.05**	**02:55:07.50**	+01:09:35 (39.7%)	8:37	7 (60.9%)
123	**GŁOWACKA Edyta**	**424**	MATNER RUNNING TEAM	K-40	6	01:00:57	01:56:22	**02:55:25.75**	**02:55:29.45**	+01:09:57 (39.9%)	8:38	6.9 (60.0%)
124	**SANDRYK Adam**	**504**		M-40	41	00:58:45		**02:55:02.15**	**02:55:33.55**	+01:10:02 (39.9%)	8:37	7 (60.9%)
125	**DARIUSZ Hanas**	**251**	DRUŻYNA WILKA	M-40	42	00:56:18	01:51:10	**02:55:21.15**	**02:55:44.80**	+01:10:13 (40.0%)	8:38	6.9 (60.0%)
126	**JARZĘBSKI Grzegorz**	**184**		M-40	43	01:07:32	01:58:57	**02:56:08.50**	**02:57:04.85**	+01:11:33 (40.4%)	8:40	6.9 (60.0%)
127	**KORPUS-MIELCZARSKA Katarzyna**	**72**	SGB SAMO SIĘ NIE PRZEBIEGNIE	K-30	15	01:01:52	01:56:41	**02:56:46.60**	**02:57:20.85**	+01:11:49 (40.5%)	8:42	6.9 (60.0%)
128	**SIEJKOWSKI Krzysztof**	**342**		M-30	42	01:00:13	01:57:10	**02:56:53.55**	**02:57:31.90**	+01:12:00 (40.6%)	8:42	6.9 (60.0%)
129	**JASIŃSKI Marcin**	**67**		M-40	44	00:59:01	01:54:34	**02:57:15.70**	**02:57:34.05**	+01:12:02 (40.6%)	8:43	6.9 (60.0%)
130	**PYŚKIEWICZ Jan**	**321**	PIEROGI ADAMUSA	M-20	11	01:05:45	02:02:01	**02:58:07.90**	**02:58:49.70**	+01:13:18 (41.0%)	8:46	6.8 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
131	**CHUDY Ariel**	**79**	R-TEAM	M-30	43	01:04:15	01:58:42	**02:58:21.90**	**02:59:06.05**	+01:13:34 (41.1%)	8:47	6.8 (59.1%)
132	**KUBIAK Karolina**	**358**	EXCALIBUR	K-40	7	01:02:55	02:00:14	**02:59:05.80**	**02:59:30.40**	+01:13:58 (41.2%)	8:49	6.8 (59.1%)
133	**PIĄTKOWSKI Tomasz**	**273**	ST RUNNERS	M-40	45	01:02:18	01:58:07	**02:59:39.70**	**02:59:55.00**	+01:14:23 (41.3%)	8:51	6.8 (59.1%)
134	**DOBROCHOWSKI Marek**	**2**	STRZEGOMSKA DWUNASTKA	M-30	44	01:00:12	01:56:43	**02:59:56.60**	**03:00:49.95**	+01:15:18 (41.6%)	8:51	6.8 (59.1%)
135	**ADAMSKI Piotr**	**151**	PKBI TEAM	M-40	46	01:04:26	01:59:05	**03:00:00.30**	**03:00:56.65**	+01:15:25 (41.7%)	8:52	6.8 (59.1%)
136	**KEMPA Piotr**	**455**		M-40	47	01:06:23		**03:00:11.55**	**03:00:59.50**	+01:15:27 (41.7%)	8:52	6.8 (59.1%)
137	**GOLON Marlena**	**37**	RUN PASJA	K-40	8	01:05:04	02:02:12	**03:00:48.75**	**03:01:01.40**	+01:15:29 (41.7%)	8:54	6.7 (58.3%)
138	**FRAŃSKI Łukasz**	**399**	NIBY CHYŻY	M-40	48	01:04:38	02:00:32	**03:01:16.15**	**03:01:49.90**	+01:16:18 (42.0%)	8:55	6.7 (58.3%)
139	**WRONA Anna**	**278**		K-30	16	01:04:36	02:00:59	**03:01:52.15**	**03:02:06.90**	+01:16:35 (42.1%)	8:57	6.7 (58.3%)
140	**KRUBA-WRÓBLEWSKA Beata**	**29**	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-40	9	01:04:59	02:02:08	**03:02:12.85**	**03:02:33.90**	+01:17:02 (42.2%)	8:58	6.7 (58.3%)
141	**SEKLECKI Bogumił**	**9**		M-40	49	01:01:58	01:58:07	**03:02:04.90**	**03:02:46.80**	+01:17:15 (42.3%)	8:58	6.7 (58.3%)
142	**MARTOWSKA Barbara**	**186**		K-40	10	01:01:21	01:57:58	**03:02:45.95**	**03:02:58.90**	+01:17:27 (42.3%)	9:00	6.7 (58.3%)
143	**LATOS Bartłomiej**	**100**		M-40	50	00:59:33	01:55:20	**03:02:29.25**	**03:03:00.75**	+01:17:29 (42.3%)	8:59	6.7 (58.3%)
144	**PAŹDZIOR Wojciech**	**515**	ACTIVE STRATEGY	M-30	45	01:02:09	01:59:07	**03:02:26.25**	**03:03:08.80**	+01:17:37 (42.4%)	8:59	6.7 (58.3%)
145	**KLIMCZAK Pawel**	**407**		M-40	51	01:01:22	01:59:24	**03:02:59.25**	**03:03:10.20**	+01:17:38 (42.4%)	9:00	6.7 (58.3%)
146	**TYŃSKA SITEK Aleksandra**	**235**	DROGA DO ULTRA	K-30	17	01:06:42	02:04:53	**03:02:46.00**	**03:03:13.75**	+01:17:42 (42.4%)	9:00	6.7 (58.3%)
147	**BADOWSKI Artur**	**236**		M-40	52	01:06:44		**03:02:45.65**	**03:03:13.85**	+01:17:42 (42.4%)	9:00	6.7 (58.3%)
148	**WIŚNIEWSKI Rafał**	**372**		M-30	46	01:02:14	01:59:50	**03:03:12.90**	**03:03:34.55**	+01:18:03 (42.5%)	9:01	6.6 (57.4%)
149	**CZUBAK Marcin**	**146**	KUDOWSCY MIŁOŚNICY BIEGANIA	M-50	5	00:59:20	01:54:10	**03:03:13.80**	**03:03:36.50**	+01:18:04 (42.5%)	9:01	6.6 (57.4%)
150	**OTRĘBA Maciej**	**311**	PIEROGI ADAMUSA	M-20	12	01:05:52	02:01:46	**03:03:09.50**	**03:03:50.25**	+01:18:18 (42.6%)	9:01	6.6 (57.4%)
151	**BUDNY Tomasz**	**564**		M-40	53	01:03:14	01:59:13	**03:03:06.85**	**03:03:51.55**	+01:18:20 (42.6%)	9:01	6.7 (58.3%)
152	**ŚWIATOWIEC Anna**	**445**	IMPERIUM SPORTU	K-40	11	01:06:54	02:04:18	**03:03:23.65**	**03:04:16.30**	+01:18:44 (42.7%)	9:02	6.6 (57.4%)
153	**GARCZYŃSKA Ania**	**200**		K-40	12	01:07:40		**03:03:49.25**	**03:04:23.25**	+01:18:51 (42.8%)	9:03	6.6 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
154	**PAPROCKA Natalia**	**294**	RUDA I ŁYSY	K-40	13	01:03:27	02:02:13	**03:04:14.20**	**03:05:05.50**	+01:19:33 (43.0%)	9:04	6.6 (57.4%)
155	**MAJER Maja**	**130**	BIEGAMDLAZDROWIA.PL	K-30	18	01:05:43	02:04:58	**03:04:44.20**	**03:05:14.10**	+01:19:42 (43.0%)	9:06	6.6 (57.4%)
156	**NOWAK Łukasz**	**60**	#CZELADZBIEGA	M-30	47	01:03:36	02:02:43	**03:05:17.55**	**03:05:43.50**	+01:20:11 (43.2%)	9:07	6.6 (57.4%)
157	**TKACZYK Mariusz**	**252**		M-40	54	01:08:23		**03:04:53.10**	**03:05:47.85**	+01:20:16 (43.2%)	9:06	6.6 (57.4%)
158	**BEDNARZ Małgorzata**	**61**	OTM.B	K-40	14	01:00:38	01:57:48	**03:05:46.10**	**03:05:58.25**	+01:20:26 (43.3%)	9:09	6.6 (57.4%)
159	**BOROWIK Bożena**	**42**	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-50	1	01:05:31	02:02:13	**03:05:39.05**	**03:05:59.60**	+01:20:28 (43.3%)	9:08	6.6 (57.4%)
160	**JAROSZUK Ania**	**172**		K-30	19	01:00:39	01:59:35	**03:05:45.50**	**03:06:11.10**	+01:20:39 (43.3%)	9:09	6.6 (57.4%)
161	**LACHOWICZ Marta**	**129**	NIGHT RUNNERS WROCŁAW	K-30	20	01:03:49	02:01:16	**03:06:05.00**	**03:06:29.70**	+01:20:58 (43.4%)	9:10	6.5 (56.5%)
162	**FURMANIAK Mateusz**	**248**	HUSARIA RACE TEAM	M-30	48	01:02:34	02:02:08	**03:06:22.10**	**03:06:32.70**	+01:21:01 (43.4%)	9:10	6.5 (56.5%)
163	**POCHWAŁA Justyna**	**53**	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	21	01:05:33	02:03:44	**03:06:21.05**	**03:06:35.35**	+01:21:03 (43.4%)	9:10	6.5 (56.5%)
164	**KOSMALSKI Rafał**	**525**		M-40	55	01:08:50	02:06:32	**03:06:04.90**	**03:06:49.80**	+01:21:18 (43.5%)	9:10	6.5 (56.5%)
165	**SKRĘTEK Monika**	**103**	BIEGAMDLAZDROWIA. PL	K-40	15	01:06:48	02:05:52	**03:06:24.20**	**03:06:59.35**	+01:21:27 (43.6%)	9:10	6.5 (56.5%)
166	**MACKIEWICZ Magdalena**	**20**	DŁUGOBIEGANIE	K-40	16	01:04:22	02:03:16	**03:06:55.45**	**03:07:03.95**	+01:21:32 (43.6%)	9:12	6.5 (56.5%)
167	**BADOWSKI Sebastian**	**142**	ZAWONIA TEAM	M-40	56	00:58:44	01:58:57	**03:06:38.70**	**03:07:05.75**	+01:21:34 (43.6%)	9:11	6.5 (56.5%)
168	**ROKOSZ Robert**	**324**	BBKTS	M-30	49	01:05:12	02:02:49	**03:06:35.50**	**03:07:14.10**	+01:21:42 (43.6%)	9:11	6.5 (56.5%)
169	**WIENCIS Małgorzata**	**209**	RAZ SZCZECIN	K-40	17	01:06:45	02:04:14	**03:06:59.70**	**03:07:19.20**	+01:21:47 (43.7%)	9:12	6.5 (56.5%)
170	**IWANOWSKI Wojtek**	**249**	OPOLE G.R.U.	M-40	57	01:06:41	02:05:42	**03:06:47.95**	**03:07:22.15**	+01:21:50 (43.7%)	9:12	6.5 (56.5%)
171	**BELOWSKI Dariusz**	**241**		M-50	6	01:09:27	02:06:51	**03:07:10.90**	**03:07:41.40**	+01:22:09 (43.8%)	9:13	6.5 (56.5%)
172	**BŁOŃSKI Piotr**	**340**		M-50	7	01:01:30	02:03:14	**03:07:56.60**	**03:08:03.45**	+01:22:31 (43.9%)	9:15	6.5 (56.5%)
173	**BISKUPSKI Jakub**	**362**		M-40	58	01:09:10	02:06:39	**03:07:33.50**	**03:08:20.85**	+01:22:49 (44.0%)	9:14	6.5 (56.5%)
174	**SURGIEL Dariusz**	**464**		M-50	8	01:08:32		**03:07:32.85**	**03:08:21.15**	+01:22:49 (44.0%)	9:14	6.5 (56.5%)
175	**OGÓRKIEWICZ Michał**	**421**		M-40	59	01:10:06		**03:07:48.10**	**03:08:41.85**	+01:23:10 (44.1%)	9:15	6.5 (56.5%)
176	**SASIN Marek**	**148**		M-40	60	01:05:20	02:04:06	**03:08:25.90**	**03:08:58.60**	+01:23:27 (44.2%)	9:16	6.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
177	**GĘSIAREK Grzegorz**	**74**		M-40	61	01:02:04	01:59:44	**03:08:40.30**	**03:09:00.60**	+01:23:29 (44.2%)	9:17	6.5 (56.5%)
178	**IWANIEC-KOPACZEWSKA Anna**	**456**	WITKOWO BIEGA	K-40	18	01:08:49	02:07:08	**03:09:20.85**	**03:09:37.50**	+01:24:05 (44.4%)	9:19	6.4 (55.7%)
179	**KALISZ Rafał**	**383**	SKURCZE ŁYDEK	M-40	62	01:09:36	02:07:36	**03:08:52.75**	**03:09:41.90**	+01:24:10 (44.4%)	9:18	6.4 (55.7%)
180	**SASIN Dariusz**	**153**		M-20	13	01:05:16	02:04:10	**03:09:36.65**	**03:10:08.90**	+01:24:37 (44.5%)	9:20	6.4 (55.7%)
181	**JAWORSKI Marcin**	**134**		M-40	63	01:03:36	02:03:07	**03:09:57.75**	**03:10:22.35**	+01:24:50 (44.6%)	9:21	6.4 (55.7%)
182	**ADAMCZYK Wojciech**	**144**	WEST COAST RUNNERS CYPRUS	M-50	9	01:01:59	02:00:32	**03:10:00.15**	**03:10:37.60**	+01:25:06 (44.6%)	9:21	6.4 (55.7%)
183	**MIKOŁAJCZYK Sławomir**	**139**		M-30	50	01:06:22	02:05:37	**03:10:14.90**	**03:10:47.75**	+01:25:16 (44.7%)	9:22	6.4 (55.7%)
184	**ROLIŃSKI Radosław**	**191**		M-40	64	01:03:37	02:03:12	**03:10:23.80**	**03:10:49.00**	+01:25:17 (44.7%)	9:22	6.4 (55.7%)
185	**KUCHARSKA Aleksandra**	**490**	DREAM RUN	K-30	22	01:09:59		**03:10:41.00**	**03:10:57.75**	+01:25:26 (44.7%)	9:23	6.4 (55.7%)
186	**WOŹNIAK Łukasz**	**363**	NIGHT RUNNERS	M-30	51	01:08:55	02:10:56	**03:10:32.05**	**03:11:06.55**	+01:25:35 (44.8%)	9:23	6.4 (55.7%)
187	**ULIKOWSKA Martyna**	**505**	ZAŁOGA GÓRSKA	K-20	9	01:04:26	02:04:34	**03:10:44.45**	**03:11:15.30**	+01:25:43 (44.8%)	9:23	6.4 (55.7%)
188	**SZKWAREK Anna**	**426**		K-40	19	01:06:19	02:07:44	**03:11:18.85**	**03:11:32.85**	+01:26:01 (44.9%)	9:25	6.4 (55.7%)
189	**WALA Patryk**	**506**	ZAŁOGA GÓRSKA	M-20	14	01:01:27		**03:11:18.00**	**03:11:34.45**	+01:26:02 (44.9%)	9:25	6.4 (55.7%)
190	**KAZIMIERCZAK Filip**	**458**		M-30	52	01:05:36	02:05:31	**03:11:45.90**	**03:11:57.50**	+01:26:25 (45.0%)	9:26	6.4 (55.7%)
191	**PIDANTY Grzegorz**	**96**	STRZEGOM	M-40	65	01:06:27	02:07:55	**03:11:47.80**	**03:12:42.35**	+01:27:10 (45.2%)	9:26	6.4 (55.7%)
192	**DYCZKA Jakub**	**256**		M-20	15	01:07:19	02:08:30	**03:11:49.85**	**03:12:47.30**	+01:27:15 (45.3%)	9:26	6.3 (54.8%)
193	**ZIELIŃSKA Mirona**	**49**	NIGHT RUNNERS WROCŁAW	K-40	20	01:05:34	01:31:53	**03:12:29.55**	**03:12:52.70**	+01:27:21 (45.3%)	9:28	6.3 (54.8%)
194	**SUCHENIA Daniel**	**295**		M-40	66	01:12:37		**03:12:16.55**	**03:13:11.00**	+01:27:39 (45.4%)	9:28	6.3 (54.8%)
195	**LECH Marcin**	**308**		M-30	53	01:08:44	02:08:39	**03:12:31.45**	**03:13:13.90**	+01:27:42 (45.4%)	9:29	6.3 (54.8%)
196	**BARAŃSKA Aleksandra**	**518**		K-20	10	01:01:56		**03:13:14.20**	**03:13:24.95**	+01:27:53 (45.4%)	9:31	6.3 (54.8%)
197	**OLBRYCHOWSKA Małgorzata**	**87**		K-30	23	01:10:35	02:09:03	**03:12:56.05**	**03:13:25.05**	+01:27:53 (45.4%)	9:30	6.3 (54.8%)
198	**STEPANIUK Agneiszka**	**527**	ASICS FRONTRUNNER POLAND	K-30	24	01:02:57	02:05:30	**03:13:26.70**	**03:13:49.25**	+01:28:17 (45.6%)	9:31	6.3 (54.8%)
199	**FONFERKO Daria**	**404**	GRUPA BIEGOWA 'BEZ GRANIC'	K-30	25	01:06:40	02:06:45	**03:13:42.15**	**03:14:16.15**	+01:28:44 (45.7%)	9:32	6.3 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
200	**ABRAMCZYK Marta**	**323**	HUSARIA RACE TEAM	K-20	11	01:05:10	02:05:47	**03:14:02.65**	**03:14:20.40**	+01:28:48 (45.7%)	9:33	6.3 (54.8%)
201	**TAPEREK Mariusz**	**296**	HUSARIA RACE TEAM	M-40	67	01:05:10	02:05:38	**03:14:03.00**	**03:14:21.10**	+01:28:49 (45.7%)	9:33	6.3 (54.8%)
202	**STARUCH Sylwia**	**123**		K-30	26	01:09:22	02:09:25	**03:14:05.55**	**03:14:21.65**	+01:28:50 (45.7%)	9:33	6.3 (54.8%)
203	**STYCZEŃ Ewelina**	**239**	CK_BABCIE\WOŹNIAKRUNNINGTEAM	K-30	27	01:09:35	02:10:13	**03:14:04.00**	**03:14:23.00**	+01:28:51 (45.7%)	9:33	6.3 (54.8%)
204	**KOŁODZIEJCZYK Adam**	**246**	#CZELADZBIEGA	M-30	54	01:01:25	02:01:04	**03:13:57.95**	**03:14:23.85**	+01:28:52 (45.7%)	9:33	6.3 (54.8%)
205	**GAŁĘSKA Katarzyna**	**300**	DZIKIE MAŁŻONY	K-30	28	01:13:37	02:12:54	**03:13:54.90**	**03:14:27.25**	+01:28:55 (45.7%)	9:33	6.3 (54.8%)
206	**ANTKOWIAK Monika**	**301**	DZIKIE MAŁŻONY	K-30	29	01:14:30		**03:13:55.30**	**03:14:27.65**	+01:28:56 (45.7%)	9:33	6.3 (54.8%)
207	**PARYSEK Arkadiusz**	**466**		M-40	68	01:08:00	02:07:41	**03:13:58.75**	**03:14:29.70**	+01:28:58 (45.7%)	9:33	6.3 (54.8%)
208	**KAŹMIERCZAK-MOLIK Anna**	**56**	MMA DEVIL MIĘDZYCHÓD / WKURW_TEAM	K-30	30	01:08:18	02:10:03	**03:13:58.00**	**03:14:30.95**	+01:28:59 (45.7%)	9:33	6.3 (54.8%)
209	**BIELECKI Mariusz**	**325**	#CZELADZBIEGA	M-50	10	01:05:32	02:03:58	**03:14:02.75**	**03:14:39.15**	+01:29:07 (45.8%)	9:33	6.3 (54.8%)
210	**KARCZYŃSKA Eliza**	**287**	MUD GOATS	K-30	31	01:01:24	01:52:27	**03:14:53.20**	**03:15:00.75**	+01:29:29 (45.9%)	9:36	6.2 (53.9%)
211	**POMIANOWSKI Szymon**	**95**	KURACJUSZE	M-30	55	01:08:17	02:09:54	**03:14:12.35**	**03:15:02.00**	+01:29:30 (45.9%)	9:34	6.3 (54.8%)
212	**PAWLACZYK Tomasz**	**231**		M-40	69	01:08:54	02:08:39	**03:14:26.20**	**03:15:16.70**	+01:29:45 (46.0%)	9:34	6.3 (54.8%)
213	**SKRZYPIŃSKI Arkadiusz**	**375**	PSI PATROL	M-40	70	01:08:24	02:09:19	**03:14:50.85**	**03:15:21.70**	+01:29:50 (46.0%)	9:35	6.3 (54.8%)
214	**NOWICKA Anna**	**157**	PKO BANK POLSKI S.A.	K-30	32	01:05:48	02:11:22	**03:15:25.80**	**03:15:32.35**	+01:30:00 (46.0%)	9:37	6.2 (53.9%)
215	**BUJAK Marek**	**453**	#CZELADZBIEGA	M-40	71	01:08:42	02:07:32	**03:14:52.50**	**03:15:34.10**	+01:30:02 (46.0%)	9:36	6.2 (53.9%)
216	**OKRASKA Grzegorz**	**258**		M-30	56	01:08:52		**03:14:51.70**	**03:15:34.85**	+01:30:03 (46.0%)	9:35	6.3 (54.8%)
217	**TELEŃCZUK Tomasz**	**384**	SZYBKIE STOPY	M-40	72	01:02:20	02:04:36	**03:16:17.10**	**03:16:25.90**	+01:30:54 (46.3%)	9:40	6.2 (53.9%)
218	**PYREK Iwona**	**23**		K-30	33	01:08:25	02:10:47	**03:16:10.45**	**03:16:32.40**	+01:31:00 (46.3%)	9:39	6.2 (53.9%)
219	**PYREK Krzysztof**	**1**	1 RBLOG	M-30	57	01:08:23	02:10:25	**03:16:11.25**	**03:16:32.70**	+01:31:01 (46.3%)	9:39	6.2 (53.9%)
220	**EWERT-KRZEMIENIEWSKA Katarzyna**	**302**		K-30	34	01:05:43	02:08:47	**03:16:23.15**	**03:16:41.45**	+01:31:09 (46.3%)	9:40	6.2 (53.9%)
221	**SMOCZEK Marlena**	**156**		K-40	21	01:06:48	02:08:10	**03:16:21.35**	**03:16:43.20**	+01:31:11 (46.4%)	9:40	6.2 (53.9%)
222	**KOMOROWSKA Monika**	**17**	DOBROMIEJSKI KLUB BIEGACZA ODCISK	K-40	22	01:07:22	02:09:01	**03:16:22.85**	**03:16:43.95**	+01:31:12 (46.4%)	9:40	6.2 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
223	**PASŁAWSKA Olga**	**119**	PRZEBIEGA.PL	K-30	35	01:08:15	02:08:39	**03:16:52.45**	**03:17:05.50**	+01:31:33 (46.5%)	9:41	6.2 (53.9%)
224	**MATYJA Grzegorz**	**370**		M-40	73	01:15:29	02:13:23	**03:16:08.65**	**03:17:06.25**	+01:31:34 (46.5%)	9:39	6.2 (53.9%)
225	**FIJAK Karolina**	**219**		K-30	36	01:10:34	02:11:39	**03:16:41.65**	**03:17:07.65**	+01:31:36 (46.5%)	9:41	6.2 (53.9%)
226	**DĘBICKI Adrian**	**122**	FENIKS LEGNICA	M-40	74	01:13:43		**03:16:13.85**	**03:17:11.10**	+01:31:39 (46.5%)	9:40	6.2 (53.9%)
227	**WINCZURA Leszek**	**158**		M-40	75	01:13:10	02:16:29	**03:17:01.35**	**03:17:43.20**	+01:32:11 (46.6%)	9:42	6.2 (53.9%)
228	**FRYDRYCKI Dariusz**	**159**		M-40	76	01:14:49	02:13:12	**03:16:52.85**	**03:17:48.80**	+01:32:17 (46.7%)	9:41	6.2 (53.9%)
229	**SZYMAŃSKA Jolanta**	**547**		K-30	37	01:08:34	02:11:06	**03:18:18.15**	**03:18:32.65**	+01:33:01 (46.9%)	9:46	6.1 (53.0%)
230	**DOŁASIŃSKI Jarek**	**154**	RUNATTACK CHOCIANÓW	M-30	58	01:08:27		**03:17:56.65**	**03:18:40.60**	+01:33:09 (46.9%)	9:45	6.2 (53.9%)
231	**ŁÓJ-KONIECZNA Edyta**	**339**	INFINITY GYM	K-40	23	01:08:47		**03:18:09.05**	**03:18:40.75**	+01:33:09 (46.9%)	9:45	6.1 (53.0%)
232	**KWIATKOWSKA Zuzanna**	**542**		K-40	24	01:07:37	02:09:55	**03:18:52.05**	**03:19:02.80**	+01:33:31 (47.0%)	9:47	6.1 (53.0%)
233	**GUSTA Dominik**	**412**		M-40	77	01:10:18	02:11:23	**03:18:18.90**	**03:19:07.35**	+01:33:35 (47.0%)	9:46	6.1 (53.0%)
234	**BUSS Jakub**	**31**	KUDOWSCY MIŁOŚNICY BIEGANIA	M-40	78	01:08:51	02:10:01	**03:18:33.60**	**03:19:13.60**	+01:33:42 (47.0%)	9:46	6.1 (53.0%)
235	**SZYMCZAK Marcin**	**198**		M-40	79	01:09:54	02:10:45	**03:18:26.15**	**03:19:16.05**	+01:33:44 (47.0%)	9:46	6.1 (53.0%)
236	**WACHOWSKA Katarzyna**	**545**	SMOK TRÓJGŁOWY	K-30	38	01:12:35	02:15:47	**03:19:11.55**	**03:19:30.30**	+01:33:58 (47.1%)	9:48	6.1 (53.0%)
237	**PACIOREK Paweł**	**436**	BIEGAJ POD OKIEM TRENERA	M-30	59	01:04:27	02:07:50	**03:19:45.20**	**03:19:51.05**	+01:34:19 (47.2%)	9:50	6.1 (53.0%)
238	**FARION Marzena**	**117**	THE FARIONS	K-30	39	01:10:44	02:13:28	**03:19:24.20**	**03:20:19.50**	+01:34:47 (47.3%)	9:49	6.1 (53.0%)
239	**RADECKI Adam**	**430**		M-30	60	01:10:45	02:13:31	**03:19:25.05**	**03:20:19.70**	+01:34:48 (47.3%)	9:49	6.1 (53.0%)
240	**DURNOWSKI Paweł**	**329**		M-30	61	01:10:46	02:12:14	**03:19:37.40**	**03:20:24.00**	+01:34:52 (47.3%)	9:50	6.1 (53.0%)
241	**BABICKA Sylwia**	**149**		K-40	25	01:12:49	02:14:35	**03:20:51.85**	**03:21:11.35**	+01:35:39 (47.5%)	9:53	6.1 (53.0%)
242	**BORUTA Marcin**	**106**	#CZELADZBIEGA	M-40	80	01:07:23	02:10:10	**03:20:49.20**	**03:21:14.10**	+01:35:42 (47.6%)	9:53	6.1 (53.0%)
243	**KRAWIEC Piotr**	**263**	KOTWICA BRZEG	M-30	62	01:10:54		**03:20:50.90**	**03:21:27.05**	+01:35:55 (47.6%)	9:53	6.1 (53.0%)
244	**GRABOWICZ Paweł**	**196**		M-40	81	01:14:17	02:18:22	**03:20:34.05**	**03:21:29.40**	+01:35:57 (47.6%)	9:52	6.1 (53.0%)
245	**JASICKI Krzysztof**	**331**		M-30	63	01:08:47		**03:21:25.50**	**03:21:38.25**	+01:36:06 (47.7%)	9:55	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
246	**LIBERACKA-KOPYTEK Ewa**	**298**	DZIKIE MAŁŻONY	K-30	40	01:13:36		**03:21:25.05**	**03:21:58.30**	+01:36:26 (47.8%)	9:55	6 (52.2%)
247	**DUNAL Tomasz**	**343**	SZ JAK GEPARD	M-20	16	01:12:39	02:11:50	**03:21:09.60**	**03:21:59.40**	+01:36:27 (47.8%)	9:54	6.1 (53.0%)
248	**SZYCH Katarzyna**	**83**	RAZ-SZCZECIN	K-40	26	01:08:53	02:10:09	**03:21:44.30**	**03:22:04.40**	+01:36:32 (47.8%)	9:56	6 (52.2%)
249	**PUZICKI Tomasz**	**551**		M-40	82	01:02:29	02:06:33	**03:22:02.80**	**03:22:08.20**	+01:36:36 (47.8%)	9:57	6 (52.2%)
250	**ŁAŻEWSKA Sylwia**	**27**		K-40	27	01:06:14	02:11:17	**03:21:56.75**	**03:22:11.05**	+01:36:39 (47.8%)	9:56	6 (52.2%)
251	**CHROSTEK Dorota**	**415**		K-40	28	01:10:18	02:12:37	**03:21:25.00**	**03:22:18.35**	+01:36:46 (47.8%)	9:55	6 (52.2%)
252	**CHROSTEK Adam**	**417**		M-40	83	01:10:20	02:12:35	**03:21:26.70**	**03:22:20.85**	+01:36:49 (47.8%)	9:55	6 (52.2%)
253	**FIJAK Remigiusz**	**220**		M-30	64	01:12:14	02:13:24	**03:22:22.75**	**03:22:49.30**	+01:37:17 (48.0%)	9:58	6 (52.2%)
254	**CHOLEWIŃSKI Wojciech**	**66**	HERNIK TEAM	M-50	11	01:08:12	02:13:41	**03:22:41.45**	**03:22:54.20**	+01:37:22 (48.0%)	9:59	6 (52.2%)
255	**NAPIERAŁA Marcin**	**361**	PIĄTKOWO NA BIEGOWO	M-30	65	01:09:07	02:20:44	**03:22:36.70**	**03:22:58.65**	+01:37:27 (48.0%)	9:58	6 (52.2%)
256	**MAK Hubert**	**442**		M-40	84	01:10:04	02:12:21	**03:22:23.60**	**03:23:07.40**	+01:37:35 (48.0%)	9:58	6 (52.2%)
257	**LEWANDOWSKA Ewelina**	**204**	NIGHT RUNNERS WROCŁAW	K-30	41	01:14:01		**03:22:54.50**	**03:23:19.10**	+01:37:47 (48.1%)	9:59	6 (52.2%)
258	**NAJDEK Michał**	**192**	CAPGEMINI	M-20	17	01:06:58	02:12:09	**03:23:22.00**	**03:23:30.00**	+01:37:58 (48.1%)	10:01	6 (52.2%)
259	**GIEMZA Ewelina**	**254**	MIODOWICE.PL	K-30	42	01:10:10	02:12:31	**03:22:55.25**	**03:23:33.40**	+01:38:01 (48.2%)	9:59	6 (52.2%)
260	**MIERNICKI Tomasz**	**267**	GRUPA BIEGOWA CHTMO	M-50	12	01:12:03		**03:23:24.85**	**03:23:45.55**	+01:38:14 (48.2%)	10:01	6 (52.2%)
261	**BELOWSKA Anna**	**240**		K-40	29	01:13:22	02:17:10	**03:23:27.90**	**03:23:59.35**	+01:38:27 (48.3%)	10:01	6 (52.2%)
262	**GAPSKI Piotr**	**524**	LOFTTEAMEXTREME	M-30	66	01:14:30		**03:23:40.10**	**03:24:23.75**	+01:38:52 (48.4%)	10:01	6 (52.2%)
263	**NOWACZYK Dominika**	**485**	HUSARIA RACE TEAM	K-20	12	01:06:07		**03:24:18.25**	**03:24:27.50**	+01:38:55 (48.4%)	10:03	6 (52.2%)
264	**KOŚKA Aleksandra**	**226**	HUSARIA RACE TEAM	K-20	13	01:06:12	02:12:36	**03:24:17.95**	**03:24:27.70**	+01:38:56 (48.4%)	10:03	6 (52.2%)
265	**ŚWIĄTEK Agnieszka**	**432**		K-20	14	01:13:52	02:16:43	**03:23:39.20**	**03:24:30.65**	+01:38:59 (48.4%)	10:01	6 (52.2%)
265	**PURWIN Karolina**	**431**		K-20	15	01:13:50	02:16:46	**03:23:38.45**	**03:24:30.65**	+01:38:59 (48.4%)	10:01	6 (52.2%)
267	**SZYMAŃSKA Karolina**	**137**		K-30	43	01:13:18	02:17:20	**03:24:24.20**	**03:24:53.00**	+01:39:21 (48.5%)	10:04	6 (52.2%)
268	**MICHAŁOWSKI Marcin**	**19**		M-30	67	01:09:51	02:13:09	**03:24:10.65**	**03:25:02.45**	+01:39:30 (48.5%)	10:03	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
269	**BEDNAREK Dariusz**	**385**		M-40	85	01:13:18		**03:24:28.50**	**03:25:12.25**	+01:39:40 (48.6%)	10:04	6 (52.2%)
270	**NOWICKA Katarzyna**	**115**		K-40	30	01:08:47	02:13:14	**03:25:06.85**	**03:25:13.20**	+01:39:41 (48.6%)	10:06	5.9 (51.3%)
271	**NOWICKI Szymon**	**335**		M-20	18	01:10:28	02:12:19	**03:24:40.85**	**03:25:15.35**	+01:39:43 (48.6%)	10:04	6 (52.2%)
272	**CHOJECKA Agnieszka**	**108**		K-40	31	01:08:49	02:13:10	**03:25:09.15**	**03:25:17.00**	+01:39:45 (48.6%)	10:06	5.9 (51.3%)
273	**STRAMEK Łukasz**	**501**		M-30	68	01:09:17	02:13:52	**03:25:06.35**	**03:25:23.85**	+01:39:52 (48.6%)	10:06	5.9 (51.3%)
274	**BRZEZIŃSKA Marta**	**21**		K-40	32	01:12:49	02:13:46	**03:25:16.25**	**03:25:56.85**	+01:40:25 (48.8%)	10:06	5.9 (51.3%)
275	**LEŚNIEWSKI Sławomir**	**280**		M-50	13	01:05:35	02:08:02	**03:26:05.30**	**03:26:23.60**	+01:40:52 (48.9%)	10:09	5.9 (51.3%)
276	**MARCINKIEWICZ Jerzy**	**99**		M-50	14	01:07:31	02:11:37	**03:26:15.05**	**03:26:30.15**	+01:40:58 (48.9%)	10:09	5.9 (51.3%)
277	**PRZEMYSŁAW Żełobowski**	**441**		M-30	69	01:09:20	02:17:21	**03:26:02.70**	**03:26:42.10**	+01:41:10 (48.9%)	10:09	5.9 (51.3%)
278	**STEC Aneta**	**8**	FCMISIENIECHCE	K-30	44	01:13:34		**03:26:06.25**	**03:26:47.00**	+01:41:15 (49.0%)	10:09	5.9 (51.3%)
279	**BŁACHNIO Krzysztof**	**33**	RAZ SZCZECIN	M-50	15	01:06:46	02:10:12	**03:26:55.35**	**03:27:11.30**	+01:41:39 (49.1%)	10:11	5.9 (51.3%)
280	**ANTKOWIAK Katarzyna**	**484**		K-40	33	01:10:32	02:14:45	**03:27:22.25**	**03:27:28.60**	+01:41:57 (49.1%)	10:12	5.9 (51.3%)
281	**BRANIEWSKA Paulina**	**392**		K-20	16	01:06:55	02:13:13	**03:27:17.50**	**03:27:38.05**	+01:42:06 (49.2%)	10:12	5.9 (51.3%)
282	**KĘPSKI Grzegorz**	**62**		M-30	70	01:06:52	02:11:39	**03:27:28.65**	**03:27:58.10**	+01:42:26 (49.3%)	10:13	5.9 (51.3%)
283	**SIWIASZCZYK Tomasz**	**376**		M-40	86	01:14:19	02:16:22	**03:27:20.05**	**03:28:01.40**	+01:42:29 (49.3%)	10:12	5.9 (51.3%)
284	**DOJS Aleksandra**	**511**		K-30	45	01:17:06	02:20:31	**03:27:56.80**	**03:28:33.40**	+01:43:01 (49.4%)	10:14	5.9 (51.3%)
285	**KRUSZYNA Adam**	**354**	-	M-50	16	01:07:38	02:11:42	**03:28:19.95**	**03:28:35.05**	+01:43:03 (49.4%)	10:15	5.8 (50.4%)
286	**ODOLIŃSKA Agnieszka**	**34**	PSZCZÓŁKOWSKI TEAM	K-40	34	01:10:13	02:16:43	**03:28:04.50**	**03:28:41.50**	+01:43:09 (49.4%)	10:14	5.9 (51.3%)
287	**BUDNY Aleksandra**	**402**		K-40	35	01:13:41	02:18:38	**03:28:48.60**	**03:29:25.65**	+01:43:54 (49.6%)	10:17	5.8 (50.4%)
288	**STAŃCZYK Sławomir**	**367**	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	71	01:17:12	02:22:25	**03:28:33.95**	**03:29:28.10**	+01:43:56 (49.6%)	10:16	5.8 (50.4%)
289	**OLESZEK Krzysztof**	**549**	STARGARD JA SIĘ NIE ŚCIGAM	M-30	72	01:16:40	02:22:33	**03:28:32.95**	**03:29:28.70**	+01:43:57 (49.6%)	10:16	5.8 (50.4%)
290	**KRUPA Daniel**	**352**	STARGARD.JA SIĘ NIE ŚCIGAM.	M-40	87	01:16:41	02:22:28	**03:28:39.45**	**03:29:32.90**	+01:44:01 (49.6%)	10:16	5.8 (50.4%)
291	**SZCZEPAŃSKA Anna**	**277**	CZERWONAK BIEGA	K-40	36	01:11:54	02:18:26	**03:29:16.35**	**03:29:33.50**	+01:44:01 (49.6%)	10:18	5.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
292	**SIANKIEWICZ Marzena**	**495**	CZERWONAK BIEGA	K-40	37	01:08:52	02:12:44	**03:29:21.25**	**03:29:33.80**	+01:44:02 (49.6%)	10:18	5.8 (50.4%)
293	**ANUSZ Roksana**	**77**	ŻARÓW BIEGA	K-30	46	01:09:10	02:12:21	**03:29:14.80**	**03:29:36.75**	+01:44:05 (49.7%)	10:18	5.8 (50.4%)
294	**ŁADOŃSKI Ryszard**	**259**	PRO-RUN WROCŁAW	M-60	1	01:00:53	02:07:14	**03:29:32.70**	**03:29:37.55**	+01:44:06 (49.7%)	10:19	5.8 (50.4%)
295	**SKRZYPIEC Karol**	**80**	ŻARÓW BIEGA	M-30	73	01:09:11	02:12:13	**03:29:15.90**	**03:29:37.60**	+01:44:06 (49.7%)	10:18	5.8 (50.4%)
296	**BAJOŁEK Aleksandra**	**126**	NIGHT RUNNERS	K-50	2	01:09:19	02:17:06	**03:29:15.85**	**03:29:39.40**	+01:44:07 (49.7%)	10:18	5.8 (50.4%)
297	**MONASTYRSKYI Mykola**	**232**		M-30	74	01:13:18	02:17:22	**03:29:10.60**	**03:29:40.50**	+01:44:08 (49.7%)	10:18	5.8 (50.4%)
298	**BOROWCZYK Andrzej**	**124**		M-40	88	01:05:22	02:13:43	**03:29:45.60**	**03:29:59.30**	+01:44:27 (49.7%)	10:20	5.8 (50.4%)
299	**WRÓBLEWSKA Olga**	**349**	VEGE RUNNERS	K-40	38	01:14:22	02:19:34	**03:29:12.85**	**03:30:00.80**	+01:44:29 (49.8%)	10:18	5.8 (50.4%)
300	**MARCZEWSKI Marcin**	**326**	RESILIA BEMOWO	M-40	89	01:11:23	02:17:06	**03:29:14.10**	**03:30:06.40**	+01:44:34 (49.8%)	10:18	5.8 (50.4%)
301	**JANCZAK Piotr**	**315**		M-40	90	01:08:54	02:11:41	**03:30:34.05**	**03:30:55.25**	+01:45:23 (50.0%)	10:22	5.8 (50.4%)
302	**POKROP Agnieszka**	**68**	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	47	01:16:14	02:20:14	**03:32:06.25**	**03:32:20.90**	+01:46:49 (50.3%)	10:26	5.7 (49.6%)
303	**PAWLAK Małgorzata**	**274**		K-40	39	01:12:21	02:18:36	**03:31:54.60**	**03:32:21.15**	+01:46:49 (50.3%)	10:26	5.7 (49.6%)
304	**ISASI Gorka**	**523**	BILBAO	M-40	91	01:09:57	02:16:29	**03:31:36.25**	**03:32:21.95**	+01:46:50 (50.3%)	10:25	5.8 (50.4%)
305	**ZYCHOWICZ Paweł**	**243**	OTM.B	M-40	92	01:09:15	02:15:24	**03:33:00.00**	**03:33:13.40**	+01:47:41 (50.5%)	10:29	5.7 (49.6%)
306	**TYRAŁA Gaweł**	**395**		M-30	75	01:14:45	02:19:35	**03:32:52.80**	**03:33:36.25**	+01:48:04 (50.6%)	10:29	5.7 (49.6%)
307	**RĘBECKA Violetta**	**52**	BIEGAMDLAZDROWIA.PL	K-40	40	01:11:50	02:19:17	**03:33:33.50**	**03:34:08.15**	+01:48:36 (50.7%)	10:31	5.7 (49.6%)
308	**KORZENIOWSKI Krzysztof**	**269**	MARATON LESZNO	M-40	93	01:08:49	02:11:41	**03:33:49.60**	**03:34:09.40**	+01:48:37 (50.7%)	10:32	5.7 (49.6%)
309	**WACHOWSKI Piotr**	**418**		M-40	94	01:09:09		**03:34:02.10**	**03:34:19.55**	+01:48:48 (50.8%)	10:32	5.7 (49.6%)
310	**SZYMCZAK Zbigniew**	**400**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-50	17	01:10:03	02:16:55	**03:34:09.05**	**03:34:47.10**	+01:49:15 (50.9%)	10:32	5.7 (49.6%)
311	**STASZAK Szymon**	**303**	ODLOTY KRUSZYN KRAJEŃSKI	M-30	76	01:15:26	02:19:48	**03:34:13.10**	**03:35:10.20**	+01:49:38 (51.0%)	10:33	5.7 (49.6%)
312	**STACHURSKI Daniel**	**28**	KOBYŁKI	M-40	95	01:18:45	02:26:43	**03:34:35.65**	**03:35:31.30**	+01:49:59 (51.0%)	10:34	5.7 (49.6%)
313	**PIĘTA Łukasz**	**225**		M-40	96	01:15:54	02:22:02	**03:34:40.90**	**03:35:36.50**	+01:50:04 (51.1%)	10:34	5.7 (49.6%)
314	**BRYKSA Iwona**	**165**		K-50	3	01:16:01	02:24:15	**03:35:25.90**	**03:35:39.70**	+01:50:08 (51.1%)	10:36	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
315	**PORADA Małgorzata**	**178**		K-40	41	01:16:05	02:24:26	**03:35:26.40**	**03:35:39.90**	+01:50:08 (51.1%)	10:36	5.7 (49.6%)
316	**SZPYT Dawid**	**414**	WKURW_TEAM	M-20	19	01:15:53	02:23:07	**03:34:54.65**	**03:35:40.45**	+01:50:08 (51.1%)	10:35	5.7 (49.6%)
317	**NITA Wiesław**	**212**	VILLAGE PUNK RUN	M-40	97	01:14:20	02:21:51	**03:35:15.75**	**03:35:50.40**	+01:50:18 (51.1%)	10:36	5.7 (49.6%)
318	**MACIAS Waldemar**	**419**		M-60	2	01:18:02	02:24:50	**03:35:43.80**	**03:36:35.30**	+01:51:03 (51.3%)	10:37	5.6 (48.7%)
319	**TYNIEC-TYRAŁA Helena**	**394**		K-20	17	01:15:52	02:19:55	**03:35:52.60**	**03:36:37.05**	+01:51:05 (51.3%)	10:38	5.6 (48.7%)
320	**BABICKI Adam**	**147**		M-30	77	01:15:05	02:21:33	**03:36:22.55**	**03:36:41.00**	+01:51:09 (51.3%)	10:39	5.6 (48.7%)
321	**POCHWAŁA Maciej**	**286**		M-20	20	01:05:18	02:13:26	**03:36:37.15**	**03:36:53.00**	+01:51:21 (51.3%)	10:40	5.6 (48.7%)
322	**SOBIŃSKI Waldemar**	**16**	BIEGAMDLAZDROWIA.PL	M-50	18	01:11:14	02:19:34	**03:36:56.65**	**03:37:29.00**	+01:51:57 (51.5%)	10:41	5.6 (48.7%)
323	**ŁACHAN Patryk**	**210**	WKURW_TEAM	M-40	98	01:12:06	02:23:33	**03:36:52.85**	**03:37:31.95**	+01:52:00 (51.5%)	10:40	5.6 (48.7%)
324	**KWIATKOWSKA Marta**	**288**		K-30	48	01:14:02	02:20:37	**03:36:45.25**	**03:37:32.70**	+01:52:01 (51.5%)	10:40	5.6 (48.7%)
325	**CENDER Magdalena**	**406**	DOGOŃ GRODZISK MAZOWIECKI	K-40	42	01:16:03	02:24:03	**03:37:01.85**	**03:37:36.65**	+01:52:05 (51.5%)	10:41	5.6 (48.7%)
326	**WRÓBLEWSKI Jarosław**	**6**	RAZ SZCZECIN	M-40	99	01:15:30	02:21:52	**03:37:20.85**	**03:37:39.60**	+01:52:08 (51.5%)	10:42	5.6 (48.7%)
327	**SZCZYPEK Ola**	**113**	ADRENALINA TEAM	K-30	49	01:15:00	02:23:51	**03:37:32.60**	**03:37:40.80**	+01:52:09 (51.5%)	10:42	5.6 (48.7%)
328	**BĘC Dominika**	**279**	CB163	K-20	18	01:10:54	02:20:02	**03:37:23.30**	**03:38:12.00**	+01:52:40 (51.6%)	10:42	5.6 (48.7%)
329	**BŁAŻEJEWSKI Kacper**	**276**	CB163	M-30	78	01:13:54	02:20:23	**03:37:32.05**	**03:38:22.60**	+01:52:51 (51.7%)	10:42	5.6 (48.7%)
330	**FEDOROWICZ Jowita**	**73**	KOTWICA BRZEG	K-30	50	01:16:43	02:26:07	**03:37:48.35**	**03:38:24.05**	+01:52:52 (51.7%)	10:43	5.6 (48.7%)
331	**KOZDROJ Wioletta**	**309**	DOGOŃ GRODZISK MAZOWIECKI	K-40	43	01:17:06	02:26:13	**03:38:04.10**	**03:38:31.35**	+01:52:59 (51.7%)	10:44	5.6 (48.7%)
332	**NITA Katarzyna**	**213**	VILLAGE PUNK RUN	K-40	44	01:14:20	02:22:01	**03:38:37.05**	**03:39:10.80**	+01:53:39 (51.9%)	10:46	5.6 (48.7%)
333	**JUSZCZAK Natalia**	**228**	WRODZINIESIŁA	K-30	51	01:13:13		**03:39:04.95**	**03:39:22.00**	+01:53:50 (51.9%)	10:47	5.6 (48.7%)
334	**WYSZKOWSKA Marzena**	**253**	BANANA TEAM	K-30	52	01:17:38	02:25:13	**03:38:32.35**	**03:39:24.85**	+01:53:53 (51.9%)	10:45	5.6 (48.7%)
334	**BRODAWKA Olga**	**471**		K-30	53	01:17:47	02:26:20	**03:38:38.45**	**03:39:24.85**	+01:53:53 (51.9%)	10:46	5.6 (48.7%)
336	**RASZCZUK Martyna**	**476**	POMIDOROWA ALTERNATYWA	K-30	54		02:23:14	**03:39:25.00**	**03:39:25.00**	+01:53:53 (51.9%)	10:48	5.6 (48.7%)
337	**KRUSZKA Stanisław**	**374**		M-40	100	01:14:24	02:21:44	**03:39:03.95**	**03:39:37.10**	+01:54:05 (52.0%)	10:47	5.6 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
338	**DUDEK Mariola**	**69**	STRZEGOMSKA DWUNASTKA	K-40	45	01:17:30	02:26:51	**03:38:54.30**	**03:39:46.30**	+01:54:14 (52.0%)	10:46	5.6 (48.7%)
339	**ZABOROWSKA Aleksandra**	**440**		K-40	46	01:23:30	02:32:10	**03:39:35.35**	**03:40:08.30**	+01:54:36 (52.1%)	10:49	5.5 (47.8%)
340	**ADAMCZUK Piotr**	**470**		M-40	101	01:18:14	02:24:58	**03:39:50.55**	**03:40:47.80**	+01:55:16 (52.2%)	10:49	5.5 (47.8%)
341	**PISOWŁODZKA Dagmara**	**552**		K-40	47	01:19:46	02:28:17	**03:40:55.80**	**03:41:16.25**	+01:55:44 (52.3%)	10:53	5.5 (47.8%)
342	**WOJCIECHOWSKA Anna**	**348**	PIĄTKOWO NA BIEGOWO	K-40	48	01:11:07	02:22:22	**03:40:57.70**	**03:41:19.05**	+01:55:47 (52.3%)	10:53	5.5 (47.8%)
343	**WOJCIECHOWSKA Dorota**	**366**	DOGOŃ GRODZISK MAZOWIECKI	K-40	49	01:17:34	02:26:18	**03:41:39.70**	**03:42:08.25**	+01:56:36 (52.5%)	10:55	5.5 (47.8%)
344	**GŁUCHOWSKI Jacek**	**160**	BB RUNNERS	M-40	102	01:15:06	02:26:56	**03:42:14.50**	**03:42:19.50**	+01:56:47 (52.5%)	10:56	5.5 (47.8%)
345	**RAJCZAK Łukasz**	**214**		M-30	79	01:07:05	02:07:52	**03:42:13.75**	**03:42:27.60**	+01:56:56 (52.6%)	10:56	5.5 (47.8%)
346	**STASZCZUK Jarek**	**281**	WATAHA-ŁĄCZY NAS BIEGANIE	M-40	103	01:16:06	02:25:27	**03:42:19.40**	**03:42:46.85**	+01:57:15 (52.6%)	10:57	5.5 (47.8%)
347	**KRZESIMOWSKI Damian**	**454**		M-30	80	01:10:24	02:21:00	**03:42:43.15**	**03:43:11.00**	+01:57:39 (52.7%)	10:58	5.5 (47.8%)
348	**FABIAŃSKI Czesław**	**50**	SUPERMARATON KALISZ	M-60	3	01:14:34	02:23:09	**03:43:04.60**	**03:43:12.15**	+01:57:40 (52.7%)	10:59	5.5 (47.8%)
349	**BARTOSZEWSKA Justyna**	**533**		K-20	19	01:20:39	02:26:52	**03:42:41.30**	**03:43:32.00**	+01:58:00 (52.8%)	10:58	5.5 (47.8%)
350	**DRANKA-BOJAROWSKA Daria**	**350**		K-40	50	01:13:40	02:24:57	**03:43:20.50**	**03:43:51.00**	+01:58:19 (52.9%)	11:00	5.5 (47.8%)
351	**BOJAROWSKI Marcin**	**351**		M-40	104	01:13:29	02:25:00	**03:43:22.15**	**03:43:51.45**	+01:58:19 (52.9%)	11:00	5.5 (47.8%)
352	**OLEKSIEWICZ Beata**	**508**	SZAKALE BAŁUT ŁÓDŹ	K-30	55	01:20:56	02:30:36	**03:43:34.40**	**03:44:20.05**	+01:58:48 (53.0%)	11:00	5.4 (47.0%)
353	**LE FELIC Monika**	**411**	ADIDAS RUNNERS WARSAW	K-40	51		02:32:44	**03:44:20.85**	**03:44:20.85**	+01:58:49 (53.0%)	11:03	5.4 (47.0%)
354	**CHOJECKI Paweł**	**110**		M-40	105	01:07:20	02:23:19	**03:45:16.30**	**03:45:23.35**	+01:59:51 (53.2%)	11:05	5.4 (47.0%)
355	**SZYMCZAK Katarzyna**	**174**		K-50	4	01:16:23	02:27:24	**03:46:06.00**	**03:46:18.35**	+02:00:46 (53.4%)	11:08	5.4 (47.0%)
356	**MAJEWSKA Anna**	**114**	AKG ŁÓDŹ	K-20	20	01:15:34	02:26:57	**03:45:41.25**	**03:46:19.00**	+02:00:47 (53.4%)	11:07	5.4 (47.0%)
357	**ROSZYK Sylwia**	**41**	PARKRUN POZNAŃ	K-40	52	01:14:39	02:25:07	**03:46:47.65**	**03:47:00.80**	+02:01:29 (53.5%)	11:10	5.4 (47.0%)
358	**SIARKIEWICZ Jola**	**111**	BIEGAMDLAZDROWIA.PL	K-50	5	01:20:51	02:31:57	**03:47:06.35**	**03:47:37.50**	+02:02:05 (53.6%)	11:11	5.4 (47.0%)
359	**WRZESIŃSKI Piotr**	**553**	GAPPAG TEAM	M-40	106	01:10:13	02:20:08	**03:48:06.45**	**03:48:23.90**	+02:02:52 (53.8%)	11:14	5.3 (46.1%)
360	**WYSOCKI Marek**	**487**		M-30	81	01:17:13	02:28:27	**03:49:01.25**	**03:49:53.20**	+02:04:21 (54.1%)	11:16	5.3 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
361	**KOPCZYŃSKI Michał**	**7**		M-30	82	01:16:44	02:26:28	**03:49:01.25**	**03:49:57.30**	+02:04:25 (54.1%)	11:16	5.3 (46.1%)
362	**PŁUCIENNIK Katarzyna**	**75**		K-40	53	01:21:32	02:31:57	**03:49:18.25**	**03:50:09.15**	+02:04:37 (54.1%)	11:17	5.3 (46.1%)
363	**BARTOSZEWSKA Katarzyna**	**534**		K-30	56	01:18:35	02:30:53	**03:49:43.75**	**03:50:09.50**	+02:04:37 (54.2%)	11:19	5.3 (46.1%)
364	**PERKA Barbara**	**135**	BIEG OPOLSKI	K-40	54	01:17:23	02:33:42	**03:50:20.50**	**03:50:35.40**	+02:05:03 (54.2%)	11:20	5.3 (46.1%)
365	**FILIK Anna**	**260**	#CZELADZBIEGA	K-20	21	01:20:34	02:31:22	**03:51:19.70**	**03:52:02.65**	+02:06:31 (54.5%)	11:23	5.3 (46.1%)
366	**SZCZĘŚNIAK Małgorzata**	**334**	#CZELADZBIEGA	K-40	55	01:19:21	02:31:24	**03:51:20.60**	**03:52:03.15**	+02:06:31 (54.5%)	11:23	5.3 (46.1%)
367	**KĘPA Jakub**	**519**	DOGOŃ GRODZISK MAZOWIECKI	M-40	107	01:22:40	02:37:41	**03:51:27.90**	**03:52:03.65**	+02:06:32 (54.5%)	11:24	5.3 (46.1%)
368	**KACZMAREK Paulina**	**299**	DZIKIE MAŁŻONY	K-30	57	01:14:29	02:26:55	**03:51:37.50**	**03:52:11.70**	+02:06:40 (54.6%)	11:24	5.3 (46.1%)
369	**SZUDERA Kamila**	**90**	WIECZORNE BIEGANIE W SZCZECINIE	K-30	58	01:21:53	02:36:13	**03:52:04.95**	**03:52:15.35**	+02:06:43 (54.6%)	11:25	5.2 (45.2%)
369	**KOPKA Tomasz**	**365**		M-30	83	01:21:44	02:41:58	**03:51:36.70**	**03:52:15.35**	+02:06:43 (54.6%)	11:24	5.3 (46.1%)
371	**SZYSZKA Konrad**	**82**	WIECZORNE BIEGANIE W SZCZECINIE	M-30	84	01:21:53	02:36:10	**03:52:04.80**	**03:52:15.60**	+02:06:44 (54.6%)	11:25	5.2 (45.2%)
372	**JAMRÓZ Robert**	**45**	JAMERKI	M-40	108	01:20:04	02:36:56	**03:51:36.90**	**03:52:16.90**	+02:06:45 (54.6%)	11:24	5.3 (46.1%)
373	**ŻBEL Michał**	**218**	HRMAX ŻORY	M-40	109	01:19:18	02:34:01	**03:52:33.45**	**03:53:03.20**	+02:07:31 (54.7%)	11:27	5.2 (45.2%)
374	**GOLON Leszek**	**88**	KRAV MAGA	M-30	85	01:20:58	02:36:14	**03:52:36.05**	**03:53:13.90**	+02:07:42 (54.8%)	11:27	5.2 (45.2%)
375	**MACH Dawid**	**271**	ONE PERSON TEAM	M-30	86	01:21:32	02:34:35	**03:52:40.50**	**03:53:26.90**	+02:07:55 (54.8%)	11:27	5.2 (45.2%)
376	**JAMRÓZ Joanna**	**51**	JAMERKI	K-40	56	01:20:56	02:36:58	**03:52:49.40**	**03:53:29.70**	+02:07:58 (54.8%)	11:28	5.2 (45.2%)
377	**URBAŃSKA Agnieszka**	**266**		K-30	59	01:16:05	02:25:08	**03:53:49.90**	**03:54:06.40**	+02:08:34 (54.9%)	11:31	5.2 (45.2%)
378	**STACHURSKA Monika**	**13**	KOBYŁKI	K-40	57	01:21:17	02:34:05	**03:53:32.50**	**03:54:27.80**	+02:08:56 (55.0%)	11:30	5.2 (45.2%)
379	**WĄSIK Izabela**	**141**		K-40	58	01:21:26	02:33:22	**03:55:10.15**	**03:55:51.55**	+02:10:20 (55.3%)	11:35	5.2 (45.2%)
380	**LIPSKA Iwona**	**10**		K-40	59	01:21:27	02:34:03	**03:56:02.60**	**03:56:42.10**	+02:11:10 (55.4%)	11:37	5.2 (45.2%)
381	**ŻBEL Ania**	**217**	HRMAX ŻORY	K-30	60	01:19:19	02:34:11	**03:56:15.40**	**03:56:42.95**	+02:11:11 (55.4%)	11:38	5.2 (45.2%)
382	**IDZIK Angelika**	**341**	HUSARIA RACE TEAM	K-20	22	01:13:38	02:32:17	**03:57:29.35**	**03:57:39.45**	+02:12:07 (55.6%)	11:41	5.1 (44.3%)
383	**WTULICH Diana**	**24**		K-50	6	01:26:57	02:17:57	**03:57:09.60**	**03:57:51.70**	+02:12:20 (55.6%)	11:40	5.1 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
384	**SAWICKA Izabela**	**38**	PARKRUN	K-30	61	01:29:12	02:42:15	**03:57:57.90**	**03:58:47.35**	+02:13:15 (55.8%)	11:43	5.1 (44.3%)
385	**JACHYMSKA Zofia**	**479**		K-20	23	01:25:45	02:41:11	**03:58:46.15**	**03:59:25.85**	+02:13:54 (55.9%)	11:45	5.1 (44.3%)
386	**KAMIŃSKA Magdalena**	**223**		K-30	62	01:21:46	02:35:40	**03:58:48.65**	**03:59:35.65**	+02:14:04 (56.0%)	11:45	5.1 (44.3%)
387	**KAMIŃSKI Łukasz**	**222**		M-30	87	01:22:33	02:35:41	**03:58:48.40**	**03:59:35.70**	+02:14:04 (56.0%)	11:45	5.1 (44.3%)
388	**ŁAGOWSKA Agnieszka**	**513**		K-30	63	01:21:01	02:36:03	**03:59:25.15**	**03:59:44.50**	+02:14:12 (56.0%)	11:47	5.1 (44.3%)
389	**DANIELAK Radosław**	**558**	DANIELAK AND KRUSZYNA	M-40	110	01:22:04		**04:02:02.40**	**04:02:18.00**	+02:16:46 (56.4%)	11:55	5 (43.5%)
390	**ŚWIDER-KRÓLIKIEWICZ Joanna**	**244**	1982	K-30	64	01:27:17	02:40:54	**04:02:32.75**	**04:03:02.05**	+02:17:30 (56.6%)	11:56	5 (43.5%)
391	**SZEWCZENKO Agnieszka**	**563**		K-30	65	01:27:17	02:41:06	**04:02:32.40**	**04:03:02.15**	+02:17:30 (56.6%)	11:56	5 (43.5%)
392	**MIZGAJSKA-KĘPA Katarzyna**	**182**	DOGOŃ GRODZISK MAZOWIECKI	K-40	60	01:22:40	02:38:30	**04:02:29.10**	**04:03:05.40**	+02:17:33 (56.6%)	11:56	5 (43.5%)
393	**WITKOWSKA-KOPKA Kaja**	**187**		K-30	66	01:21:47	02:42:04	**04:02:28.25**	**04:03:05.70**	+02:17:34 (56.6%)	11:56	5 (43.5%)
394	**GAJOCHA Olga**	**516**	HARPAGAN SOSNOWIEC	K-30	67	01:24:41	02:37:51	**04:02:34.30**	**04:03:11.65**	+02:17:40 (56.6%)	11:56	5 (43.5%)
395	**KURIATA Andżelika**	**492**		K-30	68	01:25:05		**04:03:41.15**	**04:03:48.10**	+02:18:16 (56.7%)	12:00	5 (43.5%)
396	**WISZNIOWSKA Agata**	**32**	NIGHT RUNNERS WROCŁAW	K-30	69	01:24:41	02:38:40	**04:04:14.10**	**04:04:37.70**	+02:19:06 (56.9%)	12:01	5 (43.5%)
397	**SUDÓŁ Robert**	**483**	KOTWICA BRZEG	M-30	88	01:20:24	02:34:42	**04:04:04.85**	**04:04:40.55**	+02:19:09 (56.9%)	12:01	5 (43.5%)
398	**PULKOWSKI Dariusz**	**179**	OSTRÓDA RUNNERS	M-50	19	01:19:08	02:42:24	**04:04:48.95**	**04:05:24.80**	+02:19:53 (57.0%)	12:03	5 (43.5%)
399	**KRAWIEC Marcin**	**89**		M-30	89	01:16:01	02:36:33	**04:05:34.15**	**04:05:55.25**	+02:20:23 (57.1%)	12:05	5 (43.5%)
400	**ŁADOŃSKA Ewa**	**261**	PARKRUN WROCŁAW	K-60	1	01:23:55	02:43:06	**04:05:44.70**	**04:06:04.65**	+02:20:33 (57.1%)	12:06	5 (43.5%)
401	**PRZYŁUSKA Miroslawa**	**136**	RAZ SZCZECIN	K-60	2	01:27:18	02:41:49	**04:05:52.25**	**04:06:10.35**	+02:20:38 (57.1%)	12:06	5 (43.5%)
402	**BROKOS Tomasz**	**510**	DCT DRUŻYNA BIEGOWA	M-30	90	01:21:42	02:36:43	**04:05:34.00**	**04:06:24.70**	+02:20:53 (57.2%)	12:05	5 (43.5%)
403	**MACHNACKI Michał**	**272**	GRUPA BIEGOWA CHTMO	M-40	111	01:21:36	02:38:25	**04:06:49.65**	**04:07:13.75**	+02:21:42 (57.3%)	12:09	4.9 (42.6%)
404	**PATEREK Anna**	**382**	SKURCZE ŁYDEK	K-30	70	01:22:07	02:34:15	**04:06:26.40**	**04:07:16.25**	+02:21:44 (57.3%)	12:08	4.9 (42.6%)
405	**SZENKIN Michał**	**509**	SKURCZE ŁYDEK	M-30	91	01:22:08	02:34:18	**04:06:27.45**	**04:07:17.25**	+02:21:45 (57.3%)	12:08	4.9 (42.6%)
406	**LIS-MONASTYRSKA Katarzyna**	**233**		K-30	71	01:24:44	02:44:04	**04:06:53.40**	**04:07:23.00**	+02:21:51 (57.3%)	12:09	4.9 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
407	**GÓRNIAK Joanna**	**205**		K-40	61	01:26:43	02:42:52	**04:08:29.90**	**04:09:07.95**	+02:23:36 (57.6%)	12:14	4.9 (42.6%)
408	**ORZECHOWSKA Karolina**	**152**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-30	72	01:26:01	02:45:01	**04:08:55.55**	**04:09:18.85**	+02:23:47 (57.7%)	12:15	4.9 (42.6%)
409	**ZAŁUCKA Agnieszka**	**474**		K-30	73	01:25:55	02:45:11	**04:09:18.55**	**04:09:41.30**	+02:24:09 (57.7%)	12:16	4.9 (42.6%)
410	**KRZYWOKULSKI Krzysztof**	**180**		M-40	112	01:24:18	02:43:44	**04:09:17.10**	**04:10:01.20**	+02:24:29 (57.8%)	12:16	4.9 (42.6%)
411	**CISZOWSKI Łukasz**	**262**	#CZELADZBIEGA	M-30	92	01:25:51	02:48:07	**04:09:26.70**	**04:10:06.10**	+02:24:34 (57.8%)	12:17	4.9 (42.6%)
412	**MICHALSKI Karol**	**282**		M-20	21	01:29:52	02:55:28	**04:09:42.45**	**04:10:07.75**	+02:24:36 (57.8%)	12:18	4.9 (42.6%)
413	**KRAINSKI Piotr**	**245**	#CZELADZBIEGA	M-40	113	01:25:36	02:42:47	**04:09:25.00**	**04:10:10.30**	+02:24:38 (57.8%)	12:17	4.9 (42.6%)
414	**SZYLIŃSKI Katarzyna**	**292**	TWARDZIELE TEAM BOGATYNIA	K-40	62	01:26:08	02:47:38	**04:10:28.30**	**04:11:04.90**	+02:25:33 (58.0%)	12:20	4.9 (42.6%)
415	**WIECZYŃSKI Jerzy**	**319**	TWARDZIELE TEAM BOGATYNIA	M-50	20	01:26:05	02:47:40	**04:10:28.75**	**04:11:05.05**	+02:25:33 (58.0%)	12:20	4.9 (42.6%)
416	**NASTAWSKA Monika**	**85**		K-40	63	01:23:58	02:44:08	**04:12:12.50**	**04:12:27.10**	+02:26:55 (58.2%)	12:25	4.8 (41.7%)
417	**BERNAS-KUJAWIŃSKA Magdalena**	**30**	MAMA BIEGA	K-40	64	01:24:10	02:44:03	**04:12:11.40**	**04:12:27.35**	+02:26:55 (58.2%)	12:25	4.8 (41.7%)
418	**GODZISZ Ewa**	**150**	VEGE RUNNERS	K-30	74	01:29:27	02:42:45	**04:12:10.75**	**04:12:59.80**	+02:27:28 (58.3%)	12:25	4.8 (41.7%)
419	**KOCHMAN Iwona**	**522**	VEGE RUNNERS	K-50	7	01:25:46	02:41:28	**04:12:09.40**	**04:13:00.10**	+02:27:28 (58.3%)	12:25	4.8 (41.7%)
420	**OSZCZĘDA Marzena**	**105**	ZARAZIĆ PASJĄ	K-40	65	01:24:24	02:46:47	**04:15:16.15**	**04:15:49.50**	+02:30:17 (58.8%)	12:34	4.8 (41.7%)
421	**BARTOSIK Monika**	**465**	#CZELADZBIEGA	K-30	75	01:29:14	02:47:40	**04:16:35.55**	**04:17:20.20**	+02:31:48 (59.0%)	12:38	4.7 (40.9%)
421	**KUBACZKA-LIGENZA Sylwia**	**462**	#CZELADZBIEGA	K-30	76	01:29:06	02:47:48	**04:16:35.25**	**04:17:20.20**	+02:31:48 (59.0%)	12:38	4.7 (40.9%)
423	**BUJAK-KAPA Dorota**	**461**	#CZELADZBIEGA	K-30	77	01:29:18	02:47:47	**04:16:37.70**	**04:17:20.65**	+02:31:49 (59.0%)	12:38	4.7 (40.9%)
424	**SKWAREK Sylwia**	**112**		K-20	24	01:22:00	02:43:34	**04:17:53.15**	**04:18:11.25**	+02:32:39 (59.1%)	12:42	4.7 (40.9%)
424	**WISNIEWSKA Aldona**	**409**		K-40	66	01:22:04	02:53:53	**04:18:00.00**	**04:18:11.25**	+02:32:39 (59.1%)	12:42	4.7 (40.9%)
426	**ZIÓŁKOWSKI Krzysztof**	**58**	ZAKOCHAJ SIĘ W BIEGANIU	M-60	4	01:29:57	02:52:37	**04:19:17.40**	**04:19:36.95**	+02:34:05 (59.4%)	12:46	4.7 (40.9%)
427	**SIERANT Marian**	**155**	ŻÓŁTOKRÓLEWSCY	M-60	5	01:23:38	02:37:47	**04:19:02.65**	**04:19:39.60**	+02:34:08 (59.4%)	12:45	4.7 (40.9%)
428	**PIECUCH Małgorzata**	**15**	PRZEWORSKA GRUPA BIEGOWA	K-50	8	01:24:28	02:39:52	**04:18:58.25**	**04:19:46.80**	+02:34:15 (59.4%)	12:45	4.7 (40.9%)
429	**CHWIAŁKOWSKA Elżbieta**	**57**		K-50	9	01:27:10	02:50:07	**04:22:13.00**	**04:22:52.85**	+02:37:21 (59.9%)	12:55	4.6 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
430	**MACIEJEWSKI Piotr**	**161**	SUPERMARATON - KALISZ	M-60	6	01:25:16	02:49:31	**04:25:05.50**	**04:25:12.55**	+02:39:41 (60.2%)	13:03	4.6 (40.0%)
431	**WASZKIEWICZ Ewa**	**170**	GANG ANIELIC	K-40	67	01:28:54	02:53:29	**04:26:25.00**	**04:26:35.00**	+02:41:03 (60.4%)	13:07	4.6 (40.0%)
432	**WYSOCKA Edyta**	**163**	HUSARIA RACE TEAM	K-30	78	01:31:52	02:57:04	**04:27:53.90**	**04:28:19.20**	+02:42:47 (60.7%)	13:11	4.5 (39.1%)
433	**SAJDYK Justyna**	**540**		K-20	25	01:29:10	02:52:11	**04:28:28.50**	**04:29:23.60**	+02:43:52 (60.8%)	13:13	4.5 (39.1%)
434	**WIŚNIEWSKI Tomasz**	**229**		M-40	114	01:34:07	03:01:05	**04:29:03.95**	**04:29:32.95**	+02:44:01 (60.9%)	13:15	4.5 (39.1%)
435	**WIŚNIEWSKA Dorota**	**230**		K-40	68	01:34:46	03:01:35	**04:29:04.35**	**04:29:33.35**	+02:44:01 (60.9%)	13:15	4.5 (39.1%)
436	**KIERZKOWSKA Aniela**	**206**	BIAŁOSTOCKA SEKTA BIEGACZY	K-40	69	01:33:37	02:59:50	**04:29:17.55**	**04:30:11.50**	+02:44:39 (60.9%)	13:15	4.5 (39.1%)
437	**DULIASZ Cezary**	**59**		M-50	21	01:22:16	02:51:50	**04:29:50.90**	**04:30:16.70**	+02:44:45 (61.0%)	13:17	4.5 (39.1%)
438	**WIŚNIEWSKA Magdalena**	**378**	ZMASAKROWANI	K-30	79	01:33:33	02:56:11	**04:32:43.60**	**04:32:55.45**	+02:47:23 (61.3%)	13:26	4.5 (39.1%)
439	**PIETROWSKA Hallik**	**47**		K-50	10	01:28:22	02:54:25	**04:34:51.75**	**04:35:31.90**	+02:50:00 (61.7%)	13:32	4.4 (38.3%)
440	**WROTNIAK Sylwia**	**373**	BLIŹNIACY	K-40	70	01:33:42	03:00:03	**04:37:32.15**	**04:37:43.45**	+02:52:11 (62.0%)	13:40	4.4 (38.3%)
441	**MACKIEWICZ Katarzyna**	**65**		K-30	80	01:33:43	02:59:57	**04:40:45.30**	**04:41:34.35**	+02:56:02 (62.5%)	13:49	4.3 (37.4%)
442	**SOKOŁOWSKA Anna**	**457**	PARKRUN GORZÓW WIELKOPOLSKI	K-40	71	01:33:46	03:00:40	**04:40:46.15**	**04:41:34.60**	+02:56:03 (62.5%)	13:49	4.3 (37.4%)
443	**WITKOWSKA Ania**	**40**		K-30	81	01:33:45	03:00:33	**04:40:45.85**	**04:41:34.70**	+02:56:03 (62.5%)	13:49	4.3 (37.4%)
444	**PAWLIK Anna**	**216**	OSTRÓDA RUNNERS	K-40	72	01:17:51	02:53:14	**04:54:53.30**	**04:55:30.60**	+03:09:59 (64.3%)	14:31	4.1 (35.7%)
445	**OSSOWSKA Monika**	**327**	#TRILOSZKI	K-30	82	01:36:39	03:15:09	**04:55:07.00**	**04:55:43.35**	+03:10:11 (64.3%)	14:32	4.1 (35.7%)
Przekroczony limit czasu: 05:00:00												
446	**SZUMLAS Anna**	**337**	#SZUMITEAM	K-30	83	01:37:46	03:16:39	**05:05:05.75**	**05:05:43.00**	+03:20:11 (65.5%)	15:01	4 (34.8%)
447	**GŁOWACKI Maciej**	**425**	MATNER RUNNING TEAM	M-40	115	01:00:57	01:56:19			+00:46:20	8:43	6.9 (60.0%)
448	**KLIMZA Andrzej**	**211**		M-40	116		01:56:19			+00:46:16	8:43	6.9 (60.0%)
449	**BONIEC Radosław**	**314**		M-20	22		02:02:20			+00:52:17	9:10	6.5 (56.5%)
450	**URBANOWICZ Andrzej**	**193**		M-30	93		02:14:02			+01:03:59	10:03	6 (52.2%)
451	**KROPIDŁOWSKA Magdalena**	**107**	OCELOTY KRUSZYN KRAJEŃSKI	K-30	84		02:21:02			+01:10:59	10:34	5.7 (49.6%)
	NOWICKI Kamil	**143**		M-30		00:52:39 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
	BAŁA Anna	**345**	KLUB BIEGOWY KOPYTO OLSZTYN	K-20		00:56:43 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOSTERKIEWICZ Ryszard	**320**		M-60		DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	NOWACKA-WOŁCZEK Jagoda	**5**	GRUPA BIEGOWA 'BEZ GRANIC'	K-30		DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	STAMM Tomasz	**330**		M-40		DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHORZĘPA Adam	**507**		M-50		DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 457 wynik(ów)