RZEŹNICZEK

Wydarzenie: Festiwal Biegu Rzeźnika
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-06-17
Miejsce: Bieszczady
Dystans: 28 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	**FARON Robert**	**4183**	SALCO GARMIN TEAM	M40	1	01:18:52	**02:24:43.75**	**02:24:45.65**		5:10	11.6 (100%)
2	**KAŹMIERCZAK Piotr**	**3989**	WITKOWO BIEGA	M30	1	01:22:47	**02:35:38.30**	**02:35:40.55**	+00:10:54 (7.0%)	5:33	10.8 (93.1%)
3	**NOWAKOWSKI Tobiasz**	**3363**	MKB DREPTAK	M30	2	01:23:54	**02:36:08.15**	**02:36:10.80**	+00:11:25 (7.3%)	5:34	10.8 (93.1%)
4	**AUGUSTYŃSKI Sylwester**	**3775**	LACHO TEAM	M30	3	01:23:01	**02:36:51.40**	**02:36:55.30**	+00:12:09 (7.7%)	5:36	10.7 (92.2%)
5	**KOT Rafał**	**4004**	WAY BEHIND HORIZON // KB JURUND SZCZYTNO	M30	4	01:26:34	**02:38:08.75**	**02:38:11.55**	+00:13:25 (8.5%)	5:38	10.6 (91.4%)
6	**KAPAON Łazarz**	**3322**	CAZZO CLUB	M20	1	01:27:02	**02:40:29.45**	**02:40:32.70**	+00:15:47 (9.8%)	5:43	10.5 (90.5%)
7	**POŻAROWSZCZYK Adam**	**3354**	MGK LEGIONOWO	M30	5	01:27:40	**02:41:47.00**	**02:41:50.40**	+00:17:04 (10.6%)	5:46	10.4 (89.7%)
8	**LIPA Wojciech**	**3899**	RZESZOWSKIE GAZELE I GEPARDY	M30	6	01:30:30	**02:46:06.90**	**02:46:09.55**	+00:21:23 (12.9%)	5:55	10.1 (87.1%)
9	**KOŚCIELSKI Patryk**	**3534**	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	2	01:27:54	**02:46:37.15**	**02:46:40.85**	+00:21:55 (13.2%)	5:57	10.1 (87.1%)
10	**ZYCH Dariusz**	**4122**	SKŁADAKI / 4 RUN TEAM	M40	3	01:29:23	**02:47:49.15**	**02:47:51.95**	+00:23:06 (13.8%)	5:59	10 (86.2%)
11	**WALASEK Grzegorz**	**3585**	BIEGUSIEM.PL	M40	4	01:28:27	**02:48:31.95**	**02:48:33.95**	+00:23:48 (14.1%)	6:01	10 (86.2%)
12	**JÓZEFCZYK Tomasz**	**4195**	POSMAKUJ RUN TEAM	M30	7	01:31:04	**02:48:35.05**	**02:48:39.50**	+00:23:53 (14.2%)	6:01	10 (86.2%)
13	**MATYSIAK Bartłomiej**	**3304**	JACEKBIEGA RUNNING TEAM	M30	8	01:29:25	**02:49:16.00**	**02:49:20.55**	+00:24:34 (14.5%)	6:02	9.9 (85.3%)
14	**MYŚLIŃSKI Jan**	**3642**	BIESZCZADY	M30	9	01:30:19	**02:51:39.25**	**02:51:43.15**	+00:26:57 (15.7%)	6:07	9.8 (84.5%)
15	**KNOLL Leszek**	**3654**		M30	10	01:34:31	**02:54:48.25**	**02:54:52.50**	+00:30:06 (17.2%)	6:14	9.6 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	**KOCIOŁEK Witold**	**3755**	PALMER /RUNONLINE.PL TEAM	M40	5	01:30:35	**02:55:18.85**	**02:55:21.35**	+00:30:35 (17.4%)	6:15	9.6 (82.8%)
17	**KOWALSKI Maciej**	**3918**	MORSY OŚNO LUBUSKIE	M40	6	01:36:39	**02:57:14.85**	**02:57:26.50**	+00:32:40 (18.4%)	6:19	9.5 (81.9%)
18	**RESZKA Marek**	**4137**	BANDA GRUDNIA	M30	11	01:32:27	**02:57:38.15**	**02:57:43.05**	+00:32:57 (18.5%)	6:20	9.5 (81.9%)
19	**SOŁOWIEJ Łukasz**	**4005**		M30	12	01:31:59	**02:58:33.55**	**02:58:38.00**	+00:33:52 (19.0%)	6:22	9.4 (81.0%)
20	**PRZYPOLSKI Paweł**	**3765**	IM-POSSIBLE TEAM	M40	7	01:35:10	**02:58:30.95**	**02:58:43.45**	+00:33:57 (19.0%)	6:22	9.4 (81.0%)
21	**KOŁODZIEJCZYK Krzysztof**	**3822**		M20	2	01:31:21	**02:58:29.65**	**02:58:48.70**	+00:34:03 (19.0%)	6:22	9.4 (81.0%)
22	**ŻUCHOWSKI Daniel**	**3679**		M20	3	01:38:28	**03:00:16.70**	**03:00:26.40**	+00:35:40 (19.8%)	6:26	9.3 (80.2%)
23	**SZECÓWKA Aneta**	**3931**		K30	1	01:31:34	**03:00:28.35**	**03:00:35.75**	+00:35:50 (19.8%)	6:26	9.3 (80.2%)
24	**KNYCHAS Darek**	**3717**	PZU SPORT TEAM	M40	8	01:35:05	**03:00:34.75**	**03:00:42.30**	+00:35:56 (19.9%)	6:26	9.3 (80.2%)
25	**KUCHARSKI Paweł**	**3491**	PLANETA NISKO	M30	13	01:32:51	**03:01:07.75**	**03:01:16.05**	+00:36:30 (20.1%)	6:28	9.3 (80.2%)
26	**BOROWSKI Marcin**	**3418**		M20	4	01:38:09	**03:02:55.95**	**03:03:09.05**	+00:38:23 (21.0%)	6:32	9.2 (79.3%)
27	**BRÓG Wojciech**	**3836**		M30	14	01:33:35	**03:03:26.65**	**03:03:29.85**	+00:38:44 (21.1%)	6:33	9.2 (79.3%)
28	**DZIEDZIC Witold**	**3540**	PRZEBIEGLI JAK WĘŻE	M40	9	01:35:46	**03:03:35.95**	**03:03:38.95**	+00:38:53 (21.2%)	6:33	9.2 (79.3%)
29	**WRÓBEL Mateusz**	**4094**		M20	5	01:41:06	**03:03:34.40**	**03:03:40.55**	+00:38:54 (21.2%)	6:33	9.2 (79.3%)
30	**CZECH Mateusz**	**4184**		M20	6	01:37:49	**03:03:27.65**	**03:03:41.45**	+00:38:55 (21.2%)	6:33	9.2 (79.3%)
31	**SIEMBOR Karol**	**3752**		M20	7	01:38:28	**03:03:32.10**	**03:03:43.15**	+00:38:57 (21.2%)	6:33	9.2 (79.3%)
32	**ZALEWSKI Karol**	**3530**	MKB DREPTAK	M30	15	01:33:58	**03:03:46.05**	**03:03:49.05**	+00:39:03 (21.2%)	6:33	9.1 (78.4%)
33	**MAŚLANY Mariusz**	**3356**	ELEKTROMETAL ENERGETYKA SA	M40	10		**03:04:30.55**	**03:04:45.35**	+00:39:59 (21.6%)	6:35	9.1 (78.4%)
34	**BRUŚ Marcin**	**3601**	SASKA	M40	11	01:36:41	**03:04:47.20**	**03:04:49.35**	+00:40:03 (21.7%)	6:35	9.1 (78.4%)
35	**KOZA Jan**	**3301**	LOKOMOTIV MAJDAN	M20	8	01:32:49	**03:05:04.60**	**03:05:07.10**	+00:40:21 (21.8%)	6:36	9.1 (78.4%)
36	**KWAŚNY Piotr**	**3741**		M40	12	01:46:03	**03:04:51.25**	**03:05:13.20**	+00:40:27 (21.8%)	6:36	9.1 (78.4%)
37	**WALASZCZYK Lucyna**	**3985**	NATURAL BORN RUNNERS	K30	2	01:37:47	**03:05:36.10**	**03:05:40.95**	+00:40:55 (22.0%)	6:37	9.1 (78.4%)
38	**JARECKI Aleksander**	**4170**	COCA-COLA RUNNERS	M40	13	01:38:31	**03:06:29.50**	**03:06:35.00**	+00:41:49 (22.4%)	6:39	9 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
39	**DYDERSKI Paweł**	**3670**		M30	16	01:35:38	**03:06:37.40**	**03:06:47.35**	+00:42:01 (22.5%)	6:39	9 (77.6%)
40	**SIDOR Radosław**	**4201**		M30	17	01:38:46	**03:07:06.00**	**03:07:11.25**	+00:42:25 (22.7%)	6:40	9 (77.6%)
41	**CIOSMAK Andrzej**	**3933**	PZU SPORT TEAM	M40	14	01:37:37	**03:08:12.20**	**03:08:14.80**	+00:43:29 (23.1%)	6:43	8.9 (76.7%)
42	**KOWALSKI Łukasz**	**3804**	LUBELSKIE STOWARZYSZENIE BIEGOWE	M30	18	01:35:06	**03:09:03.45**	**03:09:05.80**	+00:44:20 (23.4%)	6:45	8.9 (76.7%)
43	**DOBRZAŃSKI Paweł**	**4199**	POSMAKUJ RUN TEAM	M30	19	01:31:55	**03:10:42.05**	**03:10:47.25**	+00:46:01 (24.1%)	6:48	8.8 (75.9%)
44	**ROGALA Grzegorz**	**3458**	KORAL TEAM	M40	15	01:37:17	**03:11:04.75**	**03:11:08.35**	+00:46:22 (24.3%)	6:49	8.8 (75.9%)
45	**ZIELIŃSKA Weronika**	**3766**	12TRI.PL / ASICS FRONTRUNNER	K30	3	01:38:19	**03:11:26.05**	**03:11:28.05**	+00:46:42 (24.4%)	6:50	8.8 (75.9%)
46	**GAWRON Paweł**	**3682**	FPL TEAM	M20	9	01:40:36	**03:11:28.45**	**03:11:34.95**	+00:46:49 (24.4%)	6:50	8.8 (75.9%)
47	**PIETRZYK Maciej**	**4108**		M30	20	01:38:14	**03:13:30.00**	**03:13:34.70**	+00:48:49 (25.2%)	6:54	8.7 (75.0%)
48	**MERCIK Agnieszka**	**3770**	PRZEMYSKI KLUB BIEGACZA	K30	4	01:42:11	**03:13:38.10**	**03:13:40.35**	+00:48:54 (25.3%)	6:54	8.7 (75.0%)
49	**GNATOWSKI Przemysław**	**3903**	AXA RUNNING TEAM	M20	10	01:38:06	**03:14:41.90**	**03:14:46.60**	+00:50:00 (25.7%)	6:57	8.6 (74.1%)
50	**GROCHOWSKI Krystian**	**4119**	SKŁADAKI PIŁA	M40	16	01:41:46	**03:14:49.15**	**03:14:59.95**	+00:50:14 (25.8%)	6:57	8.6 (74.1%)
51	**ONISK Kamil**	**3422**	MKB DREPTAK	M20	11	01:46:28	**03:15:02.50**	**03:15:05.60**	+00:50:19 (25.8%)	6:57	8.6 (74.1%)
52	**ARUSZTOWICZ Bartosz**	**3479**	HARDCOROWE WYCHYLYLYBYMY	M30	21	01:42:14	**03:14:57.00**	**03:15:11.05**	+00:50:25 (25.8%)	6:57	8.6 (74.1%)
53	**TRYBULEC Daniel**	**4109**	PORANNY PATROL	M30	22	01:42:32	**03:15:45.05**	**03:15:47.95**	+00:51:02 (26.1%)	6:59	8.6 (74.1%)
54	**WNOROWSKI Stefan**	**3513**	PARKRUN KONSTANCIN	M30	23	01:38:31	**03:16:21.15**	**03:16:26.05**	+00:51:40 (26.3%)	7:00	8.6 (74.1%)
55	**KOSTKA Janusz**	**4198**	POSMAKUJ RUN TEAM	M50	1	01:38:28	**03:16:32.30**	**03:16:36.55**	+00:51:50 (26.4%)	7:01	8.5 (73.3%)
56	**TELEJKO Łukasz**	**4175**	ROLL&RUN BYDGOSZCZ	M20	12	01:40:20	**03:16:37.35**	**03:16:53.85**	+00:52:08 (26.5%)	7:01	8.5 (73.3%)
57	**SROMEK Dawid**	**4150**	BB RUNNERS	M20	13	01:43:37	**03:16:49.65**	**03:16:56.05**	+00:52:10 (26.5%)	7:01	8.5 (73.3%)
58	**BASĄG Marek**	**3827**		M30	24	01:41:47	**03:18:04.95**	**03:18:37.05**	+00:53:51 (27.1%)	7:04	8.5 (73.3%)
59	**GRABOŃ Radek**	**3943**		M30	25	01:44:12	**03:18:40.05**	**03:18:55.25**	+00:54:09 (27.2%)	7:05	8.5 (73.3%)
60	**CZARNECKI Karol**	**4163**	COCA-COLA RUNNERS	M30	26	01:42:02	**03:19:17.30**	**03:19:25.75**	+00:54:40 (27.4%)	7:07	8.4 (72.4%)
61	**WOŹNIAK Grzegorz**	**4152**		M40	17	01:42:48	**03:19:22.00**	**03:19:30.55**	+00:54:44 (27.4%)	7:07	8.4 (72.4%)

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62	**BETLEJEWSKI Rafał**	**3748**		M30	27	01:40:54	**03:19:38.75**	**03:19:53.85**	+00:55:08 (27.6%)	7:07	8.4 (72.4%)
63	**TITZ KOZA Julita**	**4013**		K30	5	01:45:40	**03:19:48.85**	**03:19:58.10**	+00:55:12 (27.6%)	7:08	8.4 (72.4%)
64	**WĘGRZYŃSKI Paweł**	**3324**		M30	28	01:49:46	**03:19:48.95**	**03:20:14.60**	+00:55:28 (27.7%)	7:08	8.4 (72.4%)
65	**PAJĄK Andrzej**	**3818**	BIEGAM Z ABS	M40	18	01:46:12	**03:21:44.95**	**03:22:02.05**	+00:57:16 (28.3%)	7:12	8.3 (71.6%)
66	**SALSKI Rafał**	**3970**		M40	19	01:46:01	**03:22:02.85**	**03:22:06.25**	+00:57:20 (28.4%)	7:12	8.3 (71.6%)
67	**MERCIK Marek**	**4029**		M50	2	01:42:59	**03:22:21.15**	**03:22:23.10**	+00:57:37 (28.5%)	7:13	8.3 (71.6%)
68	**GARCZYŃSKI Darek**	**3684**		M40	20	01:47:08	**03:22:03.20**	**03:22:43.25**	+00:57:57 (28.6%)	7:12	8.3 (71.6%)
69	**BERTINO Francesco**	**3488**	CAZZO CLUB	M20	14	01:46:05	**03:22:45.95**	**03:23:04.90**	+00:58:19 (28.7%)	7:14	8.3 (71.6%)
70	**GRYMUZA Zbigniew**	**4155**	SKPB LUBLIN	M50	3	01:45:25	**03:23:29.60**	**03:23:36.25**	+00:58:50 (28.9%)	7:16	8.3 (71.6%)
71	**WOJCIECHOWSKI Paweł**	**4106**	BIEGACZE JUNIORA - RUNNER TEAM	M40	21	01:46:33	**03:23:41.30**	**03:23:46.65**	+00:59:01 (29.0%)	7:16	8.2 (70.7%)
72	**ČOVIĆ Dragomir**	**4200**	PEU GATA	M30	29	01:43:17	**03:24:25.95**	**03:24:25.95**	+00:59:40 (29.2%)	7:18	8.2 (70.7%)
73	**KEDŽO Hrvoje**	**4299**	TTK STRKA	M30	30	01:43:17	**03:24:26.05**	**03:24:26.05**	+00:59:40 (29.2%)	7:18	8.2 (70.7%)
74	**WIERZBICKI Piotr**	**3622**	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	22	01:46:52	**03:24:30.80**	**03:25:06.25**	+01:00:20 (29.4%)	7:18	8.2 (70.7%)
75	**KOZIARSKI Piotr**	**3658**	PO LINIE	M30	31	01:42:23	**03:25:29.30**	**03:25:38.15**	+01:00:52 (29.6%)	7:20	8.2 (70.7%)
76	**POŁUDNIUK Radosław**	**4065**	SII POWER PEOPLE	M30	32	01:44:49	**03:25:33.60**	**03:25:41.90**	+01:00:56 (29.6%)	7:20	8.2 (70.7%)
77	**SURDACKI Mateusz**	**3496**		M30	33	01:47:05	**03:25:54.55**	**03:26:14.35**	+01:01:28 (29.8%)	7:21	8.2 (70.7%)
78	**MIŚKO Andrzej**	**3311**		M30	34	01:45:44	**03:26:13.15**	**03:26:28.55**	+01:01:42 (29.9%)	7:21	8.1 (69.8%)
79	**MAŁKOWSKA Katarzyna**	**4146**	PORANNY PATROL	K20	1	01:47:27	**03:26:30.35**	**03:26:32.85**	+01:01:47 (29.9%)	7:22	8.1 (69.8%)
80	**MARCJONIAK Wojtek**	**4080**		M40	23	01:49:44	**03:26:05.45**	**03:26:33.80**	+01:01:48 (29.9%)	7:21	8.2 (70.7%)
81	**NAWROCKI Marcin**	**3490**		M30	35	01:42:26	**03:26:27.20**	**03:26:34.35**	+01:01:48 (29.9%)	7:22	8.1 (69.8%)
82	**GARSTKA Mariusz**	**3704**		M20	15	01:51:57	**03:26:43.20**	**03:26:57.25**	+01:02:11 (30.1%)	7:22	8.1 (69.8%)
83	**MACHALICA Agnieszka**	**3472**		K30	6	01:50:13	**03:27:21.20**	**03:27:22.80**	+01:02:37 (30.2%)	7:24	8.1 (69.8%)
84	**KWAŚNY Janusz**	**3723**		M40	24	01:52:12	**03:26:24.85**	**03:27:37.35**	+01:02:51 (30.3%)	7:22	8.1 (69.8%)

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85	**TORBUS Mateusz**	**3357**	GRASSHOPPER	M40	25	01:47:22	**03:27:19.75**	**03:27:40.90**	+01:02:55 (30.3%)	7:24	8.1 (69.8%)
86	**MIKOŁAJCZYK Mirosław**	**3954**	MIRAZ RACE TEAM	M30	36	01:40:09	**03:27:53.95**	**03:27:55.70**	+01:03:10 (30.4%)	7:25	8.1 (69.8%)
87	**DUDEK Tomasz**	**4116**	STARE BABICE BIEGAJĄ	M40	26	01:46:57	**03:27:45.50**	**03:28:10.50**	+01:03:24 (30.5%)	7:25	8.1 (69.8%)
88	**CEGIEŁKO Paweł**	**3796**		M40	27	01:49:53	**03:28:09.45**	**03:28:25.50**	+01:03:39 (30.5%)	7:26	8.1 (69.8%)
89	**LIPIŃSKI Hubert**	**3319**	KS KANAŁEK	M30	37	01:51:28	**03:29:58.25**	**03:30:08.50**	+01:05:22 (31.1%)	7:29	8 (69.0%)
90	**SZULC Mateusz**	**3339**		M30	38	01:51:20	**03:29:49.80**	**03:30:09.05**	+01:05:23 (31.1%)	7:29	8 (69.0%)
91	**TRYBUCHOWICZ Michał**	**3921**		M30	39	01:46:17	**03:30:15.95**	**03:30:21.50**	+01:05:35 (31.2%)	7:30	8 (69.0%)
92	**KOZICKI Marcin**	**3851**		M30	40	01:57:42	**03:29:59.10**	**03:30:32.35**	+01:05:46 (31.2%)	7:29	8 (69.0%)
93	**ODOLIŃSKI Jacek**	**3456**	PSZCZÓŁKOWSKI TEAM	M40	28	01:54:41	**03:30:11.25**	**03:30:32.70**	+01:05:47 (31.2%)	7:30	8 (69.0%)
94	**SIPIERA Tomasz**	**3812**	LACHO TEAM	M40	29	01:49:05	**03:30:36.45**	**03:30:40.70**	+01:05:55 (31.3%)	7:31	8 (69.0%)
95	**GALKA Piotr**	**3940**	CAZZO CLUB	M20	16	01:46:51	**03:30:35.05**	**03:30:54.65**	+01:06:09 (31.4%)	7:31	8 (69.0%)
96	**WŁOCH Michał**	**3595**	ZABIEGANI CZĘSTOCHOWA	M20	17	01:49:32	**03:30:39.40**	**03:31:38.70**	+01:06:53 (31.6%)	7:31	8 (69.0%)
97	**CIĘŻAR Maciej**	**3870**	ANEMIC TURBO	M30	41	01:50:07	**03:31:32.05**	**03:31:50.20**	+01:07:04 (31.7%)	7:33	7.9 (68.1%)
98	**GAJEWSKI Marek**	**3693**	GRUPA ŚMIERCI RZEŹNICZEK	M30	42	01:55:50	**03:31:16.20**	**03:31:55.40**	+01:07:09 (31.7%)	7:32	8 (69.0%)
99	**PAŁUZEWICZ Ewa**	**3692**	VISEGRAD MARATON RYTRO	K40	1	01:52:59	**03:32:03.50**	**03:32:07.60**	+01:07:21 (31.8%)	7:34	7.9 (68.1%)
100	**MUSZYŃSKI Dariusz**	**3833**	RED LION CLUB	M30	43	01:51:50	**03:31:57.35**	**03:32:17.85**	+01:07:32 (31.8%)	7:34	7.9 (68.1%)
101	**KOŚNIEWSKA Weronika**	**4093**	OBOZYBIEGOWE.PL / PGE NARODOWY	K30	7	01:57:02	**03:32:04.75**	**03:32:19.40**	+01:07:33 (31.8%)	7:34	7.9 (68.1%)
102	**KLIMEK Rafał**	**3455**		M30	44	01:46:29	**03:32:17.05**	**03:32:20.15**	+01:07:34 (31.8%)	7:34	7.9 (68.1%)
103	**SZYMAŃSKI Jarosław**	**3826**	RED LION CLUB	M30	45	01:51:49	**03:32:09.05**	**03:32:29.55**	+01:07:43 (31.9%)	7:34	7.9 (68.1%)
104	**KAMIŃSKA Jolanta**	**4136**		K30	8	01:54:09	**03:32:08.00**	**03:32:42.15**	+01:07:56 (31.9%)	7:34	7.9 (68.1%)
105	**ZABOROWSKI Filip**	**3613**	ZABIEGANI CZĘSTOCHOWA	M20	18	01:47:11	**03:31:47.65**	**03:32:46.30**	+01:08:00 (32.0%)	7:33	7.9 (68.1%)
106	**KRYPSKI Bartosz**	**3824**	CROSSFIT SIEDLCE	M20	19	01:47:11	**03:32:48.60**	**03:32:57.00**	+01:08:11 (32.0%)	7:36	7.9 (68.1%)
107	**KOWALEWSKI Mateusz**	**3825**	CROSSFIT SIEDLCE	M20	20	01:47:13	**03:32:49.15**	**03:32:57.25**	+01:08:11 (32.0%)	7:36	7.9 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	**MURACZEWSKI Piotr**	**3725**		M30	46	01:47:58	**03:32:59.35**	**03:33:16.10**	+01:08:30 (32.1%)	7:36	7.9 (68.1%)
109	**NAWROT Bartłomiej**	**3785**	KAMIENIOŁOM	M30	47	01:53:59	**03:33:54.95**	**03:34:09.65**	+01:09:24 (32.4%)	7:38	7.9 (68.1%)
110	**WALKOSZ-BERDA Grzegorz**	**3904**	BIEGAM Z ABS	M30	48	01:50:02	**03:35:06.60**	**03:35:25.35**	+01:10:39 (32.8%)	7:40	7.8 (67.2%)
111	**POTAS Maciej**	**3835**	BOLCOWNICY	M30	49	01:53:49	**03:36:08.40**	**03:36:47.40**	+01:12:01 (33.2%)	7:43	7.8 (67.2%)
112	**KOWALSKI Tomasz**	**3906**		M30	50	02:00:06	**03:36:30.40**	**03:36:51.95**	+01:12:06 (33.2%)	7:43	7.8 (67.2%)
113	**CIEŚLA Dawid**	**3608**	AGB TORFY	M40	30	02:00:49	**03:36:22.95**	**03:36:57.65**	+01:12:12 (33.3%)	7:43	7.8 (67.2%)
114	**SIEMASZKO Wojciech**	**3975**		M30	51	01:58:42	**03:37:19.65**	**03:37:22.80**	+01:12:37 (33.4%)	7:45	7.7 (66.4%)
115	**PONIEWOZIK Ireneusz**	**3768**		M30	52	01:58:41	**03:37:20.55**	**03:37:23.35**	+01:12:37 (33.4%)	7:45	7.7 (66.4%)
116	**MACIĄG Michał**	**3522**	BIEGUSIEM.PL	M30	53	01:49:29	**03:36:41.30**	**03:37:34.90**	+01:12:49 (33.5%)	7:44	7.8 (67.2%)
117	**KONDZIOŁA Krzysztof**	**3352**	PERFECT RUNNER LUBLIN	M30	54	01:56:28	**03:37:30.25**	**03:37:51.80**	+01:13:06 (33.6%)	7:46	7.7 (66.4%)
118	**WALCZAK Marcin**	**3426**		M30	55	01:47:27	**03:37:37.35**	**03:37:53.00**	+01:13:07 (33.6%)	7:46	7.7 (66.4%)
119	**HOLENDER Sebastian**	**3314**		M30	56	01:59:17	**03:37:12.80**	**03:38:13.30**	+01:13:27 (33.7%)	7:45	7.7 (66.4%)
120	**MARCINKIEWICZ Katarzyna**	**3774**	BÓBR TŁUSZCZ	K40	2	01:57:18	**03:38:01.25**	**03:38:29.00**	+01:13:43 (33.7%)	7:47	7.7 (66.4%)
121	**KAJDROWICZ Grzegorz**	**3512**	WWW.PRZEMYSLNEPODROZE.PL	M40	31	01:46:44	**03:38:19.85**	**03:38:33.90**	+01:13:48 (33.8%)	7:47	7.7 (66.4%)
122	**RIEFF Tomasz**	**3349**		M30	57	01:55:52	**03:38:22.65**	**03:38:39.20**	+01:13:53 (33.8%)	7:47	7.7 (66.4%)
123	**DANIEL Krzysztof**	**3604**	WEEKENDOWY RESET	M30	58	01:58:19	**03:38:20.30**	**03:38:51.15**	+01:14:05 (33.9%)	7:47	7.7 (66.4%)
124	**KULIGA Sławomir**	**3306**	POSMAKUJ RUN TEAM	M30	59	01:42:51	**03:38:50.55**	**03:38:55.25**	+01:14:09 (33.9%)	7:48	7.7 (66.4%)
125	**GÓRSKI Mateusz**	**4153**	BIG YELLOW FOOT ADVENTURE TEAM	M30	60	01:55:55	**03:38:37.90**	**03:39:05.35**	+01:14:19 (33.9%)	7:48	7.7 (66.4%)
126	**ROJEWSKI Michał**	**3439**		M30	61	01:48:16	**03:39:04.40**	**03:39:11.65**	+01:14:26 (34.0%)	7:49	7.7 (66.4%)
127	**POGODA Kamil**	**3662**	ACCENTURE RUNNING TEAM	M30	62	01:54:09	**03:38:42.20**	**03:39:16.00**	+01:14:30 (34.0%)	7:48	7.7 (66.4%)
128	**KUBIAK Adam**	**3671**	BIEGAM BO KRZYCZY	M40	32	01:52:14	**03:39:08.90**	**03:39:20.90**	+01:14:35 (34.0%)	7:49	7.7 (66.4%)
129	**KOTLARCZYK Ireneusz**	**3344**		M30	63	01:54:55	**03:38:27.75**	**03:39:26.55**	+01:14:40 (34.0%)	7:48	7.7 (66.4%)
130	**MACKIEWICZ Maurycy**	**3882**	RUNNERS TEAM QUIBL	M30	64	01:55:25	**03:38:08.80**	**03:39:30.00**	+01:14:44 (34.0%)	7:47	7.7 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	**KURCZEK Tomasz**	**3657**		M40	33	01:50:20	**03:39:44.35**	**03:39:51.10**	+01:15:05 (34.2%)	7:50	7.6 (65.5%)
132	**KUCHEJDA Katarzyna**	**4140**	RK ATHLETICS	K40	3	01:59:55	**03:39:50.85**	**03:40:19.45**	+01:15:33 (34.3%)	7:51	7.6 (65.5%)
133	**SMOLIŃSKI Piotr**	**3376**		M30	65	01:58:32	**03:39:39.65**	**03:40:35.15**	+01:15:49 (34.4%)	7:50	7.6 (65.5%)
134	**DOMŻAŁA Konrad**	**3588**		M40	34	01:46:52	**03:40:27.80**	**03:40:39.35**	+01:15:53 (34.4%)	7:52	7.6 (65.5%)
135	**KĘDRA Piotr**	**3793**	BRZOZOWSKI KLUB BIEGACZA	M20	21	01:57:19	**03:40:22.30**	**03:40:40.60**	+01:15:54 (34.4%)	7:52	7.6 (65.5%)
136	**KASZYCKA Renata**	**3430**		K40	4	01:57:17	**03:40:31.00**	**03:40:49.75**	+01:16:04 (34.4%)	7:52	7.6 (65.5%)
137	**ZAJĄC Mariusz**	**4059**		M40	35	02:04:56	**03:39:56.45**	**03:41:13.70**	+01:16:28 (34.6%)	7:51	7.6 (65.5%)
138	**NAUDZIUNAS Agnieszka**	**3911**	NATURAL BORN RUNNERS	K30	9	01:58:17	**03:41:04.70**	**03:41:27.30**	+01:16:41 (34.6%)	7:53	7.6 (65.5%)
139	**ULICZNY Paweł**	**3763**	REMBERTÓW TEAM	M40	36	01:56:27	**03:41:40.90**	**03:41:55.25**	+01:17:09 (34.8%)	7:55	7.6 (65.5%)
140	**BUZALSKI Robert**	**3981**	ORANGE POLSKA	M40	37	01:50:22	**03:41:29.20**	**03:42:01.85**	+01:17:16 (34.8%)	7:54	7.6 (65.5%)
141	**KOWALSKI Sylwester**	**3980**		M30	66		**03:41:53.30**	**03:42:16.20**	+01:17:30 (34.9%)	7:55	7.6 (65.5%)
142	**KOWALSKA Joanna**	**3979**		K30	10		**03:41:53.55**	**03:42:16.25**	+01:17:30 (34.9%)	7:55	7.6 (65.5%)
143	**SŁOMKA Paweł**	**3386**	BIEGNĘ ODCZAROWAĆ RAKA	M20	22	01:46:30	**03:41:23.00**	**03:42:21.40**	+01:17:35 (34.9%)	7:54	7.6 (65.5%)
144	**JAKUBCZYK Jacek**	**3735**	CONTANTE	M30	67	01:57:57	**03:41:25.30**	**03:42:29.15**	+01:17:43 (34.9%)	7:54	7.6 (65.5%)
145	**BATRUCH Lukasz**	**3794**		M30	68	02:00:46	**03:41:59.10**	**03:42:34.10**	+01:17:48 (35.0%)	7:55	7.6 (65.5%)
146	**GADOMSKA Anna**	**3615**	PZU SPORT TEAM	K30	11	01:59:21	**03:42:28.15**	**03:42:41.70**	+01:17:56 (35.0%)	7:56	7.6 (65.5%)
147	**ŁUCZYK Janusz**	**3779**	BÓBR TŁUSZCZ	M30	69	01:55:24	**03:42:14.15**	**03:42:42.15**	+01:17:56 (35.0%)	7:56	7.6 (65.5%)
148	**MICHALAK Natalia**	**4040**	WYŻSZA SZKOŁA POLICJI W SZCZYTNIE	K20	2	02:00:50	**03:42:21.40**	**03:42:46.05**	+01:18:00 (35.0%)	7:56	7.6 (65.5%)
149	**PANEK Damian**	**3464**		M20	23	01:52:55	**03:42:48.05**	**03:42:54.10**	+01:18:08 (35.1%)	7:57	7.5 (64.7%)
150	**PYPNO Maciej**	**3968**	FMW RUNNERS	M30	70	01:47:43	**03:43:25.30**	**03:43:46.25**	+01:19:00 (35.3%)	7:58	7.5 (64.7%)
151	**KOLIBABSKI Radosław**	**3443**	HARDCOROWE WYCHYLYLYBYMY / TRENERBIEGANIA.PL	M20	24	01:54:39	**03:44:28.35**	**03:44:43.30**	+01:19:57 (35.6%)	8:01	7.5 (64.7%)
152	**SMERECKI Maciej**	**4196**		M30	71	01:55:57	**03:45:01.25**	**03:45:06.25**	+01:20:20 (35.7%)	8:02	7.5 (64.7%)
153	**TWORZYDŁO Paweł**	**3320**		M40	38	01:57:36	**03:44:39.10**	**03:45:16.30**	+01:20:30 (35.7%)	8:01	7.5 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	**DRZEWIECKI Michał**	**3877**		M20	25	02:09:29	**03:44:20.75**	**03:45:18.05**	+01:20:32 (35.7%)	8:00	7.5 (64.7%)
155	**SIÓDMIAK Cezary**	**4193**	KLUB SPARTANIE DZIECIOM	M40	39	01:55:01	**03:45:16.10**	**03:45:32.85**	+01:20:47 (35.8%)	8:02	7.5 (64.7%)
156	**KOTLIŃSKI Janusz**	**3955**		M50	4	01:55:29	**03:45:31.65**	**03:45:50.40**	+01:21:04 (35.9%)	8:03	7.4 (63.8%)
157	**SZCZEPAŃSKI Marcin**	**3750**	EVERRUN	M40	40	01:57:25	**03:45:41.60**	**03:45:51.25**	+01:21:05 (35.9%)	8:03	7.4 (63.8%)
158	**TURCZYŃSKA Monika**	**3922**	LECZO TEAM	K40	5	02:02:31	**03:45:22.80**	**03:46:09.95**	+01:21:24 (36.0%)	8:02	7.5 (64.7%)
159	**DRĄŻEK Sławomir**	**4194**		M40	41	01:48:42	**03:45:52.70**	**03:46:15.70**	+01:21:30 (36.0%)	8:04	7.4 (63.8%)
160	**SKUBIDA Marcin**	**3661**	SPRINT GORZYCE	M30	72	01:57:18	**03:45:01.85**	**03:46:21.90**	+01:21:36 (36.0%)	8:02	7.5 (64.7%)
161	**RĄCZKA Rafał**	**4203**		M30	73	01:52:00	**03:46:21.50**	**03:46:31.40**	+01:21:45 (36.1%)	8:05	7.4 (63.8%)
162	**BOROWIEC Arkadiusz**	**3398**	CHEŁM BIEGA/BRACIA.B	M40	42	01:56:31	**03:46:31.90**	**03:46:44.25**	+01:21:58 (36.2%)	8:05	7.4 (63.8%)
163	**SZANIAWSKI Marcin**	**3330**	DZIKIE BĄKI	M30	74	01:46:43	**03:46:40.60**	**03:46:48.70**	+01:22:03 (36.2%)	8:05	7.4 (63.8%)
164	**KRAJEWSKI Przemysław**	**3923**	LECZO TEAM	M40	43	02:02:33	**03:46:12.70**	**03:46:59.55**	+01:22:13 (36.2%)	8:04	7.4 (63.8%)
165	**SŁOWIŃSKA Karolina**	**3419**		K30	12	02:00:03	**03:47:25.50**	**03:48:18.90**	+01:23:33 (36.6%)	8:07	7.4 (63.8%)
166	**MAZUR Marcin**	**3412**		M30	75	01:56:21	**03:47:45.15**	**03:48:43.65**	+01:23:58 (36.7%)	8:08	7.4 (63.8%)
167	**SIENICKI Karol**	**3837**	BOLCOWNICY	M30	76	02:00:41	**03:48:05.80**	**03:48:46.40**	+01:24:00 (36.7%)	8:08	7.4 (63.8%)
168	**MOSOŃ Sławomir**	**3874**		M30	77	02:01:03	**03:48:38.90**	**03:49:00.55**	+01:24:14 (36.8%)	8:09	7.3 (62.9%)
169	**OPALA Krzysztof**	**3668**	ENDORFINA	M30	78	02:00:28	**03:48:31.30**	**03:49:05.50**	+01:24:19 (36.8%)	8:09	7.4 (63.8%)
170	**PIRÓG Krzysztof**	**3953**	ŻOŁNIERZ ZAWODOWY	M40	44	01:54:34	**03:48:59.15**	**03:49:17.15**	+01:24:31 (36.9%)	8:10	7.3 (62.9%)
171	**WALKOWIAK Iwona**	**4138**		K30	13	01:57:31	**03:49:16.65**	**03:49:18.75**	+01:24:33 (36.9%)	8:11	7.3 (62.9%)
172	**WOJNAR Radek**	**3881**	RUNNERS TEAM QUIBL	M40	45	01:57:38	**03:48:04.65**	**03:49:24.95**	+01:24:39 (36.9%)	8:08	7.4 (63.8%)
173	**RÓŻYC Norbert**	**4084**	WARSZAWSKI ULTRAS	M30	79	02:02:44	**03:49:10.80**	**03:49:26.85**	+01:24:41 (36.9%)	8:11	7.3 (62.9%)
174	**BARTŁOMIEJSKA Urszula**	**3384**		K30	14	02:03:21	**03:49:56.30**	**03:50:01.35**	+01:25:15 (37.1%)	8:12	7.3 (62.9%)
175	**SIERAKOWSKI Igor**	**3878**		M40	46	02:05:15	**03:49:24.45**	**03:50:31.35**	+01:25:45 (37.2%)	8:11	7.3 (62.9%)
176	**BOROWIEC Mariusz**	**3407**	PZU SPORT TEAM	M40	47	01:52:15	**03:50:39.60**	**03:50:53.05**	+01:26:07 (37.3%)	8:14	7.3 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	**PUCHAŁA Mariusz**	**3845**	TERNOL TEAM	M30	80	02:00:37	**03:50:23.20**	**03:51:00.05**	+01:26:14 (37.3%)	8:13	7.3 (62.9%)
178	**SZUMIGAJ-MIŁOSZ Alicja**	**3872**		K30	15	02:01:30	**03:50:46.25**	**03:51:07.40**	+01:26:21 (37.4%)	8:14	7.3 (62.9%)
179	**CHOJNOWSKI Łukasz**	**4052**	YES MEN TEAM	M20	26	01:58:55	**03:51:13.55**	**03:51:46.85**	+01:27:01 (37.5%)	8:15	7.3 (62.9%)
180	**GUTKOWSKI Tomasz**	**3853**	YES MEN TEAM	M20	27	02:00:49	**03:51:16.30**	**03:51:49.30**	+01:27:03 (37.6%)	8:15	7.3 (62.9%)
181	**BRAUN Tomasz**	**3974**	NIGHT RUNNERS	M40	48	02:05:09	**03:51:23.45**	**03:51:50.45**	+01:27:04 (37.6%)	8:15	7.3 (62.9%)
182	**GÓRNIEWICZ Marcin**	**4025**	MBANK	M30	81	02:12:14	**03:51:15.10**	**03:51:56.00**	+01:27:10 (37.6%)	8:15	7.3 (62.9%)
183	**ZARUDZKI Łukasz**	**3411**	NOTHING TO FEAR	M40	49	02:00:03	**03:51:46.35**	**03:52:10.15**	+01:27:24 (37.6%)	8:16	7.2 (62.1%)
184	**KĘPKA Robert**	**3478**	BIEGUSIEM.PL	M30	82	01:53:47	**03:51:23.65**	**03:52:17.15**	+01:27:31 (37.7%)	8:15	7.3 (62.9%)
185	**ŁUKASZKIEWICZ Michał**	**3942**		M30	83		**03:52:20.65**	**03:52:20.65**	+01:27:35 (37.7%)	8:17	7.2 (62.1%)
186	**BARZYK Mateusz**	**3605**	FUDU CO. SPORT TEAM	M40	50	02:05:41	**03:51:50.55**	**03:52:26.25**	+01:27:40 (37.7%)	8:16	7.2 (62.1%)
187	**STEFANIAK Artur**	**3602**	FUDU&CO SPORT TEAM	M40	51	02:06:00	**03:51:47.00**	**03:52:26.40**	+01:27:40 (37.7%)	8:16	7.2 (62.1%)
188	**POPIOŁEK Jacek**	**3427**	BIEGUSIEM.PL	M30	84	02:04:41	**03:51:35.45**	**03:52:36.85**	+01:27:51 (37.8%)	8:16	7.3 (62.9%)
189	**WOJTOWICZ Daniel**	**3321**		M40	52	02:00:50	**03:52:40.55**	**03:52:56.15**	+01:28:10 (37.9%)	8:18	7.2 (62.1%)
189	**DYREK Adam**	**3992**		M30	85	02:00:51	**03:52:40.10**	**03:52:56.15**	+01:28:10 (37.9%)	8:18	7.2 (62.1%)
191	**LASOTA Arkadiusz**	**3961**		M40	53	02:02:01	**03:52:28.15**	**03:53:00.35**	+01:28:14 (37.9%)	8:18	7.2 (62.1%)
192	**KOWALSKA Justyna**	**3917**	MORSY OŚNO LUBUSKIE	K30	16	02:06:26	**03:52:49.80**	**03:53:01.50**	+01:28:15 (37.9%)	8:18	7.2 (62.1%)
193	**MICHAŁEK Jacek**	**3551**	GRUPA ŚMIERCI RZEŹNIECZEK	M30	86	02:04:07	**03:52:27.65**	**03:53:39.95**	+01:28:54 (38.0%)	8:18	7.2 (62.1%)
194	**KOSIEK Piotr**	**3460**	KRWAWE SUTY RUN & BIKE	M40	54	01:57:50	**03:53:08.45**	**03:53:59.85**	+01:29:14 (38.1%)	8:19	7.2 (62.1%)
195	**SZYSZKA Anna**	**3486**		K20	3	02:15:47	**03:53:10.15**	**03:54:16.80**	+01:29:31 (38.2%)	8:19	7.2 (62.1%)
196	**JASNOWSKI Michal**	**3428**		M30	87	01:54:16	**03:54:21.25**	**03:54:29.05**	+01:29:43 (38.3%)	8:22	7.2 (62.1%)
197	**KAPUSTA Dawid**	**3484**	PSYCHO RUNNER	M20	28	02:14:18	**03:53:25.25**	**03:54:45.75**	+01:30:00 (38.3%)	8:20	7.2 (62.1%)
198	**TOMASZEWSKI Piotr**	**3511**		M30	88	02:01:18	**03:54:39.60**	**03:54:51.15**	+01:30:05 (38.4%)	8:22	7.2 (62.1%)
199	**SADOWSKA Edyta**	**3435**	ROZBIEGANY SULEJÓWEK	K40	6	02:05:36	**03:54:40.25**	**03:55:00.00**	+01:30:14 (38.4%)	8:22	7.2 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	**TOMKIEWICZ Przemysław**	**3317**		M40	55	02:05:51	**03:54:07.70**	**03:55:02.25**	+01:30:16 (38.4%)	8:21	7.2 (62.1%)
201	**HALAT Andrzej**	**4197**	POSMAKUJ RUN TEAM	M40	56	02:05:04	**03:53:30.60**	**03:55:08.25**	+01:30:22 (38.4%)	8:20	7.2 (62.1%)
202	**AUGUSTYNIAK Marek**	**3744**	KOLEGA RYŚKA	M50	5	01:58:23	**03:54:19.55**	**03:55:09.90**	+01:30:24 (38.4%)	8:22	7.2 (62.1%)
203	**LISIECKA Małgorzata**	**4095**	BIEGAM NA TARCHOMINIE	K30	17	02:12:46	**03:54:24.75**	**03:55:11.35**	+01:30:25 (38.4%)	8:22	7.2 (62.1%)
204	**KONIK Tomasz**	**4003**	KONIK TEAM	M40	57	02:01:51	**03:54:48.10**	**03:55:11.60**	+01:30:25 (38.5%)	8:23	7.2 (62.1%)
205	**GRELA Kinga**	**3798**		K30	18	02:10:56	**03:54:45.05**	**03:55:26.95**	+01:30:41 (38.5%)	8:23	7.2 (62.1%)
206	**KROSNOWSKI Bartosz**	**3957**	PBWUK	M40	58	02:05:48	**03:54:53.90**	**03:55:35.95**	+01:30:50 (38.6%)	8:23	7.2 (62.1%)
207	**JABRZYK Mariusz**	**3523**	PZU SPORT TEAM	M30	89	02:05:56	**03:54:52.80**	**03:55:49.35**	+01:31:03 (38.6%)	8:23	7.2 (62.1%)
208	**DUDEK Michał**	**3840**		M40	59	02:04:05	**03:55:46.35**	**03:56:10.90**	+01:31:25 (38.7%)	8:25	7.1 (61.2%)
209	**SKRUDLIK Wojciech**	**3469**	NIGHT RUNNERS	M40	60	02:03:24	**03:56:10.35**	**03:56:19.90**	+01:31:34 (38.7%)	8:26	7.1 (61.2%)
210	**KULCZYŃSKI Rafał**	**3379**	ORTOREH TEAM	M30	90	01:58:43	**03:57:37.55**	**03:57:46.15**	+01:33:00 (39.1%)	8:29	7.1 (61.2%)
211	**WARZYŃSKI Beniamin**	**3959**		M30	91	01:59:57	**03:57:45.95**	**03:58:03.80**	+01:33:18 (39.2%)	8:29	7.1 (61.2%)
212	**KULCZYŃSKI Michał**	**3408**		M30	92	01:58:58	**03:58:18.40**	**03:58:27.40**	+01:33:41 (39.3%)	8:30	7 (60.3%)
213	**ANIOŁ Mateusz**	**3847**	TERNOL TEAM	M30	93	02:05:18	**03:58:31.50**	**03:59:09.15**	+01:34:23 (39.5%)	8:31	7 (60.3%)
214	**ZAWADZKI Mirosław**	**3844**	TERNOL TEAM	M30	94	02:05:19	**03:58:29.40**	**03:59:09.30**	+01:34:23 (39.5%)	8:31	7 (60.3%)
215	**MIKOŁAJCZYK Paweł**	**3445**		M30	95		**03:59:21.00**	**03:59:21.00**	+01:34:35 (39.5%)	8:32	7 (60.3%)
216	**DEC Piotr**	**3948**		M50	6	02:04:39	**04:00:05.50**	**04:00:24.40**	+01:35:38 (39.8%)	8:34	7 (60.3%)
217	**ŻOCHOWSKI Adrian**	**3587**	MBANK	M20	29	02:03:15	**04:01:00.10**	**04:01:11.00**	+01:36:25 (40.0%)	8:36	7 (60.3%)
218	**WIŚNIEWSKI Andrzej**	**3846**		M30	96	02:05:56	**04:01:13.10**	**04:01:29.70**	+01:36:44 (40.1%)	8:36	7 (60.3%)
219	**ZAJĄC Dariusz**	**4060**		M40	61	02:05:01	**04:00:21.20**	**04:01:36.05**	+01:36:50 (40.1%)	8:35	7 (60.3%)
220	**RORAT Artur**	**3350**	CHEŁM BIEGA	M20	30	02:04:06	**04:01:43.65**	**04:01:54.90**	+01:37:09 (40.2%)	8:37	7 (60.3%)
221	**KACZMARSKI Piotr**	**3437**		M30	97	02:03:41	**04:01:59.15**	**04:02:12.90**	+01:37:27 (40.2%)	8:38	6.9 (59.5%)
222	**GRZYMSKI Mariusz**	**4178**	SKŁADAKI PIŁA	M30	98	01:58:03	**04:01:57.50**	**04:02:26.50**	+01:37:40 (40.3%)	8:38	6.9 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	**BUKOWSKI Rafał**	**3559**		M40	62	02:03:41	**04:02:00.85**	**04:02:49.35**	+01:38:03 (40.4%)	8:38	6.9 (59.5%)
224	**POPARDA Paweł**	**3988**	PZU SPORT TEAM	M30	99	02:01:10	**04:02:54.65**	**04:03:05.15**	+01:38:19 (40.4%)	8:40	6.9 (59.5%)
225	**SOWULA Magdalena**	**4028**		K20	4	02:08:53	**04:02:51.20**	**04:03:24.45**	+01:38:38 (40.5%)	8:40	6.9 (59.5%)
226	**STARZYŃSKA Katarzyna**	**4117**	SKŁADAKI PIŁA	K30	19	02:00:57	**04:03:08.30**	**04:03:34.15**	+01:38:48 (40.6%)	8:41	6.9 (59.5%)
227	**CUPRYJAK Adrian**	**4047**		M30	100	02:04:21	**04:02:34.00**	**04:03:34.70**	+01:38:49 (40.6%)	8:39	6.9 (59.5%)
228	**PYZEL Agnieszka**	**3574**	PARKRUN KONSTANCIN	K40	7	02:07:44	**04:03:30.80**	**04:03:48.15**	+01:39:02 (40.6%)	8:41	6.9 (59.5%)
229	**SZMAJDOWICZ Paweł**	**3566**	FACHDOM TEAM	M40	63	02:04:40	**04:03:47.95**	**04:04:00.05**	+01:39:14 (40.7%)	8:42	6.9 (59.5%)
230	**EPA Karolina**	**3967**	PZU SPORT TEAM	K20	5	02:09:32	**04:03:17.25**	**04:04:08.05**	+01:39:22 (40.7%)	8:41	6.9 (59.5%)
231	**TOKARZ Marcin**	**3425**		M40	64	02:12:10	**04:03:11.95**	**04:04:30.40**	+01:39:44 (40.8%)	8:41	6.9 (59.5%)
232	**KOŚCIAKIEWICZ Jarosław**	**3977**		M20	31	02:13:57	**04:03:16.55**	**04:04:31.40**	+01:39:45 (40.8%)	8:41	6.9 (59.5%)
233	**AUGUST Ryszard**	**3641**	KOLEGA MARKA I KAJTKA	M50	7	02:04:52	**04:03:44.25**	**04:04:34.00**	+01:39:48 (40.8%)	8:42	6.9 (59.5%)
234	**PIECUCH Tomasz**	**3383**	POZYTYWNIE ZABIEGANI SANOK	M30	101	01:58:21	**04:04:22.05**	**04:04:36.45**	+01:39:50 (40.8%)	8:43	6.9 (59.5%)
235	**WACHOWSKI Piotr**	**3753**		M40	65	02:12:00	**04:03:43.25**	**04:04:39.35**	+01:39:53 (40.8%)	8:42	6.9 (59.5%)
236	**BUGAŁA Robert**	**3879**	SOLID HOUSE	M40	66	02:06:49	**04:04:20.40**	**04:05:05.15**	+01:40:19 (40.9%)	8:43	6.9 (59.5%)
237	**LITWORA Sebastian**	**3382**	CROSS-SPOT	M30	102	02:00:48	**04:04:37.05**	**04:05:14.40**	+01:40:28 (41.0%)	8:44	6.9 (59.5%)
238	**SKALNIAK Patryk**	**3952**	PATSKATEAM	M30	103	02:08:03	**04:04:55.45**	**04:05:22.15**	+01:40:36 (41.0%)	8:44	6.9 (59.5%)
239	**PRUSZKOWSKI Mariusz**	**3385**	CHEŁM BIEGA ULTRA	M40	67	01:59:52	**04:05:22.50**	**04:05:35.30**	+01:40:49 (41.1%)	8:45	6.8 (58.6%)
240	**GÓRSKI Emil**	**4100**	HUSARIA RACE TEAM	M20	32	02:08:12	**04:04:53.65**	**04:05:39.85**	+01:40:54 (41.1%)	8:44	6.9 (59.5%)
241	**NAPIONTEK Maria**	**4024**		K30	20	02:13:18	**04:05:01.75**	**04:05:43.05**	+01:40:57 (41.1%)	8:45	6.9 (59.5%)
242	**SIENIAWSKI Daniel**	**3586**	KW LUBLIN	M30	104	02:04:27	**04:05:17.30**	**04:05:54.20**	+01:41:08 (41.1%)	8:45	6.8 (58.6%)
243	**ŚWIDERSKI Sławomir**	**3669**	BEMOVIA	M40	68	02:04:54	**04:05:36.30**	**04:05:56.50**	+01:41:10 (41.1%)	8:46	6.8 (58.6%)
244	**GAJOS Anna**	**3571**		K40	8	02:13:24	**04:05:03.20**	**04:06:05.95**	+01:41:20 (41.2%)	8:45	6.9 (59.5%)
245	**POLOZYNSKI Andrzej**	**3718**	ZACISZE NIGHT RUNNERS	M30	105	02:08:00	**04:05:01.00**	**04:06:09.25**	+01:41:23 (41.2%)	8:45	6.9 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	**MACIEJEC Dorota**	**4051**		K40	9	02:10:02	**04:05:56.10**	**04:06:12.30**	+01:41:26 (41.2%)	8:47	6.8 (58.6%)
247	**ODOLIŃSKA Agnieszka**	**3368**	PSZCZÓŁKOWSKI TEAM	K40	10	02:13:01	**04:05:52.85**	**04:06:14.85**	+01:41:29 (41.2%)	8:46	6.8 (58.6%)
248	**KRASOWSKI Łukasz**	**3649**	KS JANUSZE	M30	106	02:06:08	**04:05:57.20**	**04:06:16.80**	+01:41:31 (41.2%)	8:47	6.8 (58.6%)
249	**NAWROT Agnieszka**	**3333**	ROZBIEGANY SULEJÓWEK	K40	11	02:04:54	**04:05:57.60**	**04:06:16.95**	+01:41:31 (41.2%)	8:47	6.8 (58.6%)
250	**DRONG Marek**	**3867**	KLUCZBORSKA GRUPA BIEGOWA	M30	107	02:07:29	**04:05:49.25**	**04:06:20.75**	+01:41:35 (41.2%)	8:46	6.8 (58.6%)
251	**KOWALCZYK Aleksandra**	**3805**		K20	6	02:16:07	**04:05:37.60**	**04:06:28.00**	+01:41:42 (41.3%)	8:46	6.8 (58.6%)
252	**RYGIEL Grzegorz**	**3503**	WSPARCIE TECHNICZNE MAMY-BIEGAMY KIELCE	M30	108	02:11:37	**04:05:13.55**	**04:06:31.55**	+01:41:45 (41.3%)	8:45	6.9 (59.5%)
253	**PLACHA Piotr**	**3782**	CKB TARNOBRZEG	M40	69	02:08:04	**04:05:55.25**	**04:06:42.95**	+01:41:57 (41.3%)	8:46	6.8 (58.6%)
254	**ZAMIATOWSKA Kinga**	**3404**	RUN BYDGOSZCZ	K40	12	02:05:50	**04:06:17.75**	**04:06:48.00**	+01:42:02 (41.3%)	8:47	6.8 (58.6%)
255	**IWANEK Sebastian**	**3449**	BIEGUSIEM.PL	M30	109	02:06:37	**04:05:59.35**	**04:06:53.60**	+01:42:07 (41.4%)	8:47	6.8 (58.6%)
256	**TKACZ Przemysław**	**3434**	PRZEMYŚL	M40	70	02:13:42	**04:06:14.20**	**04:07:00.25**	+01:42:14 (41.4%)	8:47	6.8 (58.6%)
257	**OSICA Łukasz**	**3821**		M30	110	02:09:21	**04:06:23.40**	**04:07:25.60**	+01:42:39 (41.5%)	8:47	6.8 (58.6%)
258	**BODZIOCH Grzegorz**	**3334**	GORLICKA GRUPA BIEGOWA	M40	71	02:11:28	**04:06:43.25**	**04:07:37.50**	+01:42:51 (41.5%)	8:48	6.8 (58.6%)
259	**SIEDLECKA Urszula**	**3886**	COBI TEAM POLAND	K50	1	02:09:09	**04:07:27.40**	**04:07:44.25**	+01:42:58 (41.6%)	8:50	6.8 (58.6%)
260	**KRASOWSKI Mateusz**	**3652**		M20	33	02:06:17	**04:07:42.90**	**04:08:02.80**	+01:43:17 (41.6%)	8:50	6.8 (58.6%)
261	**HOŁYSZ Daniel**	**4008**		M40	72	02:11:08	**04:07:29.60**	**04:08:19.05**	+01:43:33 (41.7%)	8:50	6.8 (58.6%)
262	**LEDWOLORZ Anna**	**3691**	VEGE RUNNERS	K30	21	02:13:40	**04:07:35.50**	**04:08:20.25**	+01:43:34 (41.7%)	8:50	6.8 (58.6%)
263	**BIENIAS Tomasz**	**3998**		M20	34	02:10:16	**04:07:00.40**	**04:08:26.75**	+01:43:41 (41.7%)	8:49	6.8 (58.6%)
264	**ŚWIĆ Małgorzata**	**3932**	TRUCHT TARCHOMIN TEAM	K40	13	02:06:06	**04:08:21.15**	**04:08:39.00**	+01:43:53 (41.8%)	8:52	6.8 (58.6%)
265	**ROSZKIEWICZ Agnieszka**	**3807**		K30	22	01:59:21	**04:08:36.80**	**04:08:42.65**	+01:43:57 (41.8%)	8:52	6.8 (58.6%)
266	**JABŁOŃSKA Iza**	**3808**		K30	23	02:00:17	**04:08:36.90**	**04:08:42.80**	+01:43:57 (41.8%)	8:52	6.8 (58.6%)
267	**LESZCZYŃSKI Maciej**	**4010**		M30	111	02:21:06	**04:08:19.15**	**04:08:53.75**	+01:44:08 (41.8%)	8:52	6.8 (58.6%)
268	**ZALEWSKI Paweł**	**3521**	PZU SPORT TEAM	M40	73	02:08:49	**04:08:35.55**	**04:09:32.55**	+01:44:46 (42.0%)	8:52	6.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	**ZAJĄC Robert**	**4046**		M30	112	02:07:04	**04:10:21.35**	**04:11:07.75**	+01:46:22 (42.4%)	8:56	6.7 (57.8%)
270	**WIĘCIELEWSKA Joanna**	**3705**	BIGYELLOWFOOTADVENTURETEAM	K30	24	02:09:02	**04:11:14.80**	**04:11:43.25**	+01:46:57 (42.5%)	8:58	6.7 (57.8%)
271	**KOLWICZ Damian**	**3714**	BIGYELLOWFOOT ADVENTURE TEAM	M30	113	02:07:46	**04:11:14.95**	**04:11:43.50**	+01:46:57 (42.5%)	8:58	6.7 (57.8%)
272	**BIENIAS Krzysztof**	**3964**		M20	35	02:10:17	**04:10:36.70**	**04:12:03.55**	+01:47:17 (42.6%)	8:57	6.7 (57.8%)
273	**WALCZAK Michał**	**3391**	BRAVEHEARTS LEGIONOWO	M30	114	02:03:44	**04:11:01.60**	**04:12:09.00**	+01:47:23 (42.6%)	8:57	6.7 (57.8%)
274	**BOJARSKI Paweł**	**3728**		M40	74	02:12:27	**04:12:08.25**	**04:12:44.20**	+01:47:58 (42.7%)	9:00	6.7 (57.8%)
275	**KUCZEWSKA Eliza**	**3582**		K30	25	02:15:20	**04:12:01.50**	**04:12:50.50**	+01:48:04 (42.7%)	9:00	6.7 (57.8%)
276	**KONOPKA Grzegorz**	**3875**	DZIKIE GRUBASY SZATANA	M30	115	02:16:28	**04:12:18.20**	**04:13:02.40**	+01:48:16 (42.8%)	9:00	6.7 (57.8%)
277	**GAWRYSZEWSKI Grzegorz**	**3360**	ESKALADA	M30	116	02:11:28	**04:12:06.75**	**04:13:02.70**	+01:48:17 (42.8%)	9:00	6.7 (57.8%)
278	**MIKULSKA Aneta**	**3353**	ROZBIEGANY SULEJÓWEK	K30	26	02:15:40	**04:12:49.60**	**04:13:12.20**	+01:48:26 (42.8%)	9:01	6.6 (56.9%)
279	**KRAMKOWSKA Agnieszka**	**3345**		K30	27	02:12:54	**04:13:23.60**	**04:13:49.25**	+01:49:03 (43.0%)	9:03	6.6 (56.9%)
280	**KACZMARSKI Wojciech**	**3457**		M50	8	02:12:54	**04:13:23.60**	**04:13:49.95**	+01:49:04 (43.0%)	9:02	6.6 (56.9%)
281	**MAJEWSKI Sebastian**	**3803**	ODROBINĘ BLIŻEJ NIEBA	M30	117	02:04:42	**04:13:26.05**	**04:13:50.20**	+01:49:04 (43.0%)	9:03	6.6 (56.9%)
282	**SIEDLECKI Jacek**	**3887**	COBI TEAM POLAND	M50	9	02:04:12	**04:13:46.80**	**04:14:04.05**	+01:49:18 (43.0%)	9:03	6.6 (56.9%)
283	**GRZANKA Marcin**	**3710**	STUDIO27 PABIANICE	M20	36	02:09:33	**04:13:27.75**	**04:14:16.45**	+01:49:30 (43.1%)	9:03	6.6 (56.9%)
284	**KONIECKO Łukasz**	**3913**	WKURW_TEAM	M30	118	02:12:56	**04:12:58.85**	**04:14:29.65**	+01:49:44 (43.1%)	9:02	6.6 (56.9%)
285	**ŁAGOŻNY Jolanta**	**3495**	POZYTYWNIE ZABIEGANI SANOK	K30	28	02:09:27	**04:14:25.45**	**04:14:40.70**	+01:49:55 (43.2%)	9:05	6.6 (56.9%)
286	**RYGIEL Ryszard**	**4019**		M40	75	02:08:51	**04:14:34.85**	**04:14:51.60**	+01:50:05 (43.2%)	9:05	6.6 (56.9%)
287	**BOBUSIA Łukasz**	**4191**		M30	119	02:11:35	**04:13:49.05**	**04:15:06.30**	+01:50:20 (43.3%)	9:03	6.6 (56.9%)
288	**KALBARCZYK Wojciech**	**3747**		M30	120	02:19:41	**04:14:25.35**	**04:15:08.35**	+01:50:22 (43.3%)	9:05	6.6 (56.9%)
289	**LUTY Lesław**	**3459**	PZU SPORT TEAM	M30	121	02:08:32	**04:14:23.65**	**04:15:21.75**	+01:50:36 (43.3%)	9:05	6.6 (56.9%)
290	**MICHALAK Michał**	**3348**	ALLIANZ RUNNING TEAM	M30	122	02:11:32	**04:15:22.60**	**04:15:42.20**	+01:50:56 (43.4%)	9:07	6.6 (56.9%)
290	**NOBIS Anna**	**3380**		K20	7	02:11:32	**04:15:22.30**	**04:15:42.20**	+01:50:56 (43.4%)	9:07	6.6 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	**OMYŁA Edyta**	**3467**		K20	8	02:01:42	**04:15:33.80**	**04:15:55.15**	+01:51:09 (43.4%)	9:07	6.6 (56.9%)
293	**BAJER Mikołaj**	**3573**	WUEF CLUB DECATHLON SWADZIM	M30	123	02:16:31	**04:15:44.50**	**04:16:27.55**	+01:51:41 (43.6%)	9:08	6.6 (56.9%)
294	**WICHERKIEWICZ Ilona**	**3687**		K30	29	02:13:29	**04:16:29.40**	**04:17:00.40**	+01:52:14 (43.7%)	9:09	6.6 (56.9%)
295	**SENCZENKO Waldemar**	**3480**	NOTHING TO FEAR	M30	124	02:04:38	**04:16:47.05**	**04:17:11.85**	+01:52:26 (43.7%)	9:10	6.5 (56.0%)
296	**WIRKUS Piotr**	**3557**	BIGYELLOWFOOT ADVENTURE TEAM	M30	125	02:07:45	**04:16:52.75**	**04:17:22.45**	+01:52:36 (43.8%)	9:10	6.5 (56.0%)
297	**BIAŁAS Kamil**	**4129**		M30	126	02:09:54	**04:16:59.45**	**04:17:38.35**	+01:52:52 (43.8%)	9:10	6.5 (56.0%)
298	**DĄBROWSKA Katarzyna**	**4131**	HW TRI TEAM	K20	9	02:11:44	**04:16:35.50**	**04:17:43.00**	+01:52:57 (43.8%)	9:09	6.5 (56.0%)
299	**BĄKOWSKI Rafał**	**3606**		M30	127	02:32:21	**04:16:44.75**	**04:17:56.25**	+01:53:10 (43.9%)	9:10	6.5 (56.0%)
300	**PAWLAK Rafał**	**3552**	AXA RUNNING TEAM	M40	76	02:07:34	**04:17:05.25**	**04:17:58.65**	+01:53:13 (43.9%)	9:10	6.5 (56.0%)
301	**CHUDZICKI Łukasz**	**3760**		M30	128	02:13:01	**04:16:58.75**	**04:18:12.00**	+01:53:26 (43.9%)	9:10	6.5 (56.0%)
301	**LAZARSKA Małgorzata**	**3997**	POWER TRAINING	K30	30	02:13:02	**04:17:00.40**	**04:18:12.00**	+01:53:26 (43.9%)	9:10	6.5 (56.0%)
303	**OSYDA Maciej**	**3431**		M30	129	02:23:30	**04:17:14.80**	**04:18:39.40**	+01:53:53 (44.0%)	9:11	6.5 (56.0%)
304	**FIDALI Beata**	**4090**	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	31	02:22:06	**04:18:22.95**	**04:18:57.05**	+01:54:11 (44.1%)	9:13	6.5 (56.0%)
305	**NIEDZIELA Pawel**	**3852**		M30	130	02:16:17	**04:18:30.25**	**04:19:04.15**	+01:54:18 (44.1%)	9:13	6.5 (56.0%)
306	**RACZYŃSKA Gosia**	**3421**	COCA-COLA RUNNERS	K40	14	02:16:12	**04:18:16.70**	**04:19:04.90**	+01:54:19 (44.1%)	9:13	6.5 (56.0%)
307	**GONET Maciej**	**4165**	COCA-COLA RUNNERS	M20	37	02:08:31	**04:19:07.75**	**04:19:13.85**	+01:54:28 (44.2%)	9:15	6.5 (56.0%)
308	**KAWALEC Katarzyna**	**3861**	BRZOSTECKIE OWIECZKI	K30	32	02:15:18	**04:18:14.05**	**04:19:24.85**	+01:54:39 (44.2%)	9:13	6.5 (56.0%)
309	**GĄTARCZYK Mariusz**	**3677**	DZIKIE GRUBASY SZATANA	M30	131	02:12:06	**04:18:45.85**	**04:19:30.30**	+01:54:44 (44.2%)	9:14	6.5 (56.0%)
310	**TROJNAR Tomek**	**3366**		M30	132	02:13:46	**04:18:51.65**	**04:19:39.65**	+01:54:54 (44.3%)	9:14	6.5 (56.0%)
311	**JANOTA Marcin**	**3315**		M20	38	02:16:34	**04:18:59.40**	**04:19:41.65**	+01:54:56 (44.3%)	9:14	6.5 (56.0%)
312	**MYŚKIEWICZ Zbigniew**	**3990**		M30	133	02:06:58	**04:19:04.70**	**04:19:50.80**	+01:55:05 (44.3%)	9:15	6.5 (56.0%)
313	**HANDERMANDER Agnieszka**	**3553**		K30	33	02:16:40	**04:19:32.45**	**04:19:50.90**	+01:55:05 (44.3%)	9:16	6.5 (56.0%)
314	**SIDOROWICZ Grzegorz**	**3563**	AXA RUNNING TEAM	M40	77	02:14:44	**04:19:00.55**	**04:20:02.45**	+01:55:16 (44.3%)	9:15	6.5 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	**NOWAK Bartłomiej**	**4110**		M20	39	02:21:26	**04:19:42.15**	**04:20:35.20**	+01:55:49 (44.4%)	9:16	6.5 (56.0%)
316	**MARKOWSKI Marcin**	**3727**	BRAVEHEARTS LEGIONOWO	M30	134	02:03:38	**04:19:39.70**	**04:20:47.10**	+01:56:01 (44.5%)	9:16	6.5 (56.0%)
317	**DADUŃ Tomasz**	**4182**		M40	78	02:21:18	**04:20:08.05**	**04:21:26.35**	+01:56:40 (44.6%)	9:17	6.5 (56.0%)
318	**POPŁAWSKI Arkadiusz**	**3676**	CZARNE OWCE HIPOLITÓW	M40	79	02:15:53	**04:21:38.05**	**04:22:08.45**	+01:57:22 (44.8%)	9:20	6.4 (55.2%)
319	**KARBOWIAK Daniel**	**4014**	TUP TEAM	M20	40	02:14:33	**04:20:43.00**	**04:22:17.35**	+01:57:31 (44.8%)	9:18	6.4 (55.2%)
320	**BEHRENDT Bartek**	**3927**	NIGHT RUNNERS GLIWICE	M40	80	02:13:13	**04:21:13.95**	**04:22:20.20**	+01:57:34 (44.8%)	9:19	6.4 (55.2%)
321	**BAJDAK Łukasz**	**4148**		M30	135	02:19:09	**04:21:43.30**	**04:22:41.80**	+01:57:56 (44.9%)	9:20	6.4 (55.2%)
322	**KOWALCZYK Łukasz**	**4147**		M30	136	02:19:11	**04:21:42.95**	**04:22:41.90**	+01:57:56 (44.9%)	9:20	6.4 (55.2%)
323	**STRĄK Monika**	**3938**	GRUNWALD TEAM POZNAŃ	K20	10	02:16:46	**04:21:39.10**	**04:22:44.95**	+01:57:59 (44.9%)	9:20	6.4 (55.2%)
324	**GRUSZECKI Tomasz**	**3362**		M30	137	02:15:38	**04:21:27.45**	**04:22:45.45**	+01:57:59 (44.9%)	9:20	6.4 (55.2%)
325	**MAZUR Andrzej**	**3413**	TT KOMURA	M50	10	02:09:10	**04:22:33.55**	**04:22:46.45**	+01:58:00 (44.9%)	9:22	6.4 (55.2%)
326	**BARAN Stefan**	**3660**	VISECHRAD MARATON RYTRO	M40	81	02:11:03	**04:22:49.80**	**04:22:53.70**	+01:58:08 (44.9%)	9:23	6.4 (55.2%)
327	**KLIŚ Wojciech**	**3841**	DEXTERS TEAM	M40	82	02:11:31	**04:22:49.50**	**04:22:53.75**	+01:58:08 (44.9%)	9:23	6.4 (55.2%)
328	**SZYMAŃSKA Agnieszka**	**3367**		K30	34	02:07:07	**04:23:54.55**	**04:24:15.55**	+01:59:29 (45.2%)	9:25	6.4 (55.2%)
329	**NIZIOŁEK Marek**	**4157**	ZABORZE	M40	83	02:18:49	**04:23:21.25**	**04:24:21.95**	+01:59:36 (45.2%)	9:24	6.4 (55.2%)
330	**NIZIOŁEK Robert**	**4133**	ZADYSZKA	M20	41	02:18:49	**04:23:21.95**	**04:24:22.05**	+01:59:36 (45.2%)	9:24	6.4 (55.2%)
331	**DEREZIŃSKI Piotr**	**3786**		M30	138	02:23:08	**04:22:57.85**	**04:24:25.65**	+01:59:40 (45.3%)	9:23	6.4 (55.2%)
332	**ZGOŁA Przemysław**	**3716**	WUEF CLUB DECATHLON SWADZIM	M40	84	02:17:53	**04:24:14.65**	**04:24:52.30**	+02:00:06 (45.3%)	9:26	6.4 (55.2%)
332	**SZCZERBAL Agnieszka**	**4115**	TKKF MPK POZNAŃ	K40	15	02:17:54	**04:24:14.65**	**04:24:52.30**	+02:00:06 (45.3%)	9:26	6.4 (55.2%)
334	**PAWELCZYK Anita**	**4067**	OSTRE SROKI	K30	35	02:13:47	**04:24:36.50**	**04:24:53.65**	+02:00:08 (45.4%)	9:27	6.3 (54.3%)
335	**WNOROWSKA Magdalena**	**3337**		K40	16	02:16:45	**04:23:44.25**	**04:24:58.55**	+02:00:12 (45.4%)	9:25	6.4 (55.2%)
336	**GRANDE Piotr**	**3639**	BIGYELLOWFOOT ADVENTURE TEAM	M30	139	02:15:26	**04:24:32.30**	**04:25:02.00**	+02:00:16 (45.4%)	9:26	6.4 (55.2%)
337	**MICHALSKI Maciej**	**4001**	CAZZO CLUB	M20	42	02:06:33	**04:24:51.50**	**04:25:11.85**	+02:00:26 (45.4%)	9:27	6.3 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	**NOWAKOWSKI Sławomir**	**3474**		M40	85	02:13:18	**04:24:45.05**	**04:25:12.95**	+02:00:27 (45.4%)	9:27	6.3 (54.3%)
339	**NOWAKOWSKA Beata**	**3351**		K40	17	02:13:13	**04:24:45.30**	**04:25:13.20**	+02:00:27 (45.4%)	9:27	6.3 (54.3%)
340	**KOSIEDOWSKA Marta**	**3576**		K30	36	02:14:55	**04:24:25.20**	**04:25:13.80**	+02:00:28 (45.4%)	9:26	6.4 (55.2%)
341	**BRZEZIŃSKI Waldemar**	**4033**		M50	11	02:14:36	**04:25:06.20**	**04:25:50.15**	+02:01:04 (45.5%)	9:28	6.3 (54.3%)
342	**RAUER Maciej**	**3346**	REAL PASSION KRAKÓW	M30	140	02:02:46	**04:25:32.40**	**04:25:54.40**	+02:01:08 (45.6%)	9:29	6.3 (54.3%)
343	**KULTYS Łukasz**	**3864**		M20	43	02:18:29	**04:25:03.85**	**04:25:55.25**	+02:01:09 (45.6%)	9:28	6.3 (54.3%)
344	**KĘCKA Adrianna**	**3636**	NIGHT RUNNERS	K20	11	02:09:04	**04:26:20.40**	**04:26:41.35**	+02:01:55 (45.7%)	9:30	6.3 (54.3%)
345	**SURDEL Dawid**	**3594**		M20	44	02:09:09	**04:26:21.05**	**04:26:41.45**	+02:01:55 (45.7%)	9:30	6.3 (54.3%)
346	**KĘCKA Karolina**	**3578**		K20	12	02:09:23	**04:26:20.60**	**04:26:41.55**	+02:01:55 (45.7%)	9:30	6.3 (54.3%)
347	**JĘDRA Piotr**	**3973**		M20	45	02:12:29	**04:25:30.05**	**04:26:54.70**	+02:02:09 (45.8%)	9:28	6.3 (54.3%)
348	**MIŁOWSKA Justyna**	**3308**		K30	37	02:14:14	**04:22:53.70**	**04:27:00.90**	+02:02:15 (45.8%)	9:23	6.4 (55.2%)
348	**MILKOWSKI Rafał**	**3309**		M30	141	02:14:14	**04:22:52.55**	**04:27:00.90**	+02:02:15 (45.8%)	9:23	6.4 (55.2%)
350	**SARNOWSKA Karolina**	**3646**	PRORUNNING PROMOTION	K30	38	02:07:07	**04:26:42.10**	**04:27:04.75**	+02:02:19 (45.8%)	9:31	6.3 (54.3%)
351	**KRÓLICKI Konrad**	**3549**	AXA RUNNING TEAM	M30	142	02:25:16	**04:26:04.55**	**04:27:06.30**	+02:02:20 (45.8%)	9:30	6.3 (54.3%)
352	**GÓRSKI Piotr**	**3554**	HARDCOROWE WYCHYLYLYBYMY	M40	86	02:13:25	**04:26:57.95**	**04:27:12.75**	+02:02:27 (45.8%)	9:32	6.3 (54.3%)
353	**NORKOWSKA Aleksandra**	**3635**	ORNAGE POLSKA	K30	39	02:21:00	**04:25:48.45**	**04:27:13.75**	+02:02:28 (45.8%)	9:29	6.3 (54.3%)
354	**KOWALSKI Artur**	**3780**		M40	87	02:21:02	**04:25:49.30**	**04:27:14.85**	+02:02:29 (45.8%)	9:29	6.3 (54.3%)
355	**NIERADKA Katarzyna**	**4180**		K30	40	02:23:13	**04:25:37.90**	**04:27:16.05**	+02:02:30 (45.8%)	9:29	6.3 (54.3%)
356	**SMOŁA Ilona**	**3498**		K30	41	02:21:29	**04:25:52.75**	**04:27:19.30**	+02:02:33 (45.8%)	9:29	6.3 (54.3%)
357	**SIBIELAK Piotr**	**4130**		M40	88	02:10:56	**04:26:42.65**	**04:27:24.75**	+02:02:39 (45.9%)	9:31	6.3 (54.3%)
358	**BIAŁECKA Urszula**	**3603**	AXA RUNNING TEAM	K30	42	02:16:12	**04:26:25.70**	**04:27:27.00**	+02:02:41 (45.9%)	9:30	6.3 (54.3%)
359	**LEWCZUK Michał**	**4034**	TUP TEAM	M20	46	02:22:17	**04:25:54.05**	**04:27:28.45**	+02:02:42 (45.9%)	9:29	6.3 (54.3%)
360	**PIĘTKA Piotr**	**3470**	AMERNET.EU	M40	89	02:17:16	**04:26:12.45**	**04:27:33.20**	+02:02:47 (45.9%)	9:30	6.3 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	**ŁATA Katarzyna**	**4156**		K30	43	02:16:13	**04:27:15.05**	**04:27:57.85**	+02:03:12 (46.0%)	9:32	6.3 (54.3%)
362	**KOWALCZUK Jakub**	**3719**		M30	143	02:19:43	**04:27:34.55**	**04:28:06.25**	+02:03:20 (46.0%)	9:33	6.3 (54.3%)
363	**RONDUDA Janusz**	**4091**		M40	90	02:09:40	**04:28:14.50**	**04:28:14.50**	+02:03:28 (46.0%)	9:34	6.3 (54.3%)
364	**RONDUDA Jakub**	**4096**		M20	47	02:09:42	**04:28:15.20**	**04:28:15.20**	+02:03:29 (46.0%)	9:34	6.3 (54.3%)
365	**CIESIELSKA Marta**	**3621**		K30	44	02:23:34	**04:27:30.05**	**04:28:18.05**	+02:03:32 (46.0%)	9:33	6.3 (54.3%)
366	**CIESIELSKI Jacek**	**3620**		M30	144	02:23:34	**04:27:30.35**	**04:28:18.35**	+02:03:32 (46.0%)	9:33	6.3 (54.3%)
367	**JANISZ Michał**	**3475**		M30	145	02:16:47	**04:28:17.40**	**04:28:33.45**	+02:03:47 (46.1%)	9:34	6.3 (54.3%)
368	**SITKO Grzegorz**	**4188**		M20	48	02:06:59	**04:28:49.55**	**04:29:02.05**	+02:04:16 (46.2%)	9:36	6.2 (53.4%)
369	**OSYDA Sylwia**	**3325**		K30	45	02:23:50	**04:27:39.25**	**04:29:03.65**	+02:04:18 (46.2%)	9:33	6.3 (54.3%)
370	**SZŁAPKA Krystian**	**3617**	SPEED FRED '16	M40	91	02:13:02	**04:28:23.85**	**04:29:13.90**	+02:04:28 (46.2%)	9:35	6.3 (54.3%)
371	**KUFFEL Michał**	**4112**	DRUŻYNA POWER TRAINING	M40	92	02:17:17	**04:28:11.65**	**04:29:23.55**	+02:04:37 (46.3%)	9:34	6.3 (54.3%)
372	**GIURG Grzegorz**	**3487**		M30	146	02:16:35	**04:28:57.55**	**04:29:23.70**	+02:04:38 (46.3%)	9:36	6.2 (53.4%)
373	**SIECZKA Renata**	**3850**		K30	46	02:21:07	**04:28:27.50**	**04:29:34.15**	+02:04:48 (46.3%)	9:35	6.3 (54.3%)
374	**SKIERA Krzysztof**	**3533**	RUN BYDGOSZCZ	M40	93	02:09:11	**04:29:36.25**	**04:30:07.00**	+02:05:21 (46.4%)	9:37	6.2 (53.4%)
375	**ZAJĄC Anna**	**3510**		K30	47	02:28:02	**04:29:52.00**	**04:30:20.20**	+02:05:34 (46.5%)	9:38	6.2 (53.4%)
376	**DUBASIEWICZ Wojciech**	**4145**	COCA COLA RUNNERS	M40	94	02:09:16	**04:30:13.90**	**04:30:26.05**	+02:05:40 (46.5%)	9:39	6.2 (53.4%)
377	**SZAKIEL Krzysztof**	**3965**	BRAK	M30	147	02:16:54	**04:29:51.80**	**04:30:28.00**	+02:05:42 (46.5%)	9:38	6.2 (53.4%)
378	**PLEŚNIAR Lucyna**	**4054**		K40	18	02:18:59	**04:29:53.55**	**04:30:43.00**	+02:05:57 (46.5%)	9:38	6.2 (53.4%)
379	**CZERWIŃSKI Wojciech**	**3338**		M20	49	02:25:01	**04:29:22.60**	**04:30:51.80**	+02:06:06 (46.6%)	9:37	6.2 (53.4%)
380	**STELMASZYK Piotr**	**3702**	PZU SPORT TEAM	M40	95	02:05:48	**04:30:34.55**	**04:31:31.70**	+02:06:46 (46.7%)	9:39	6.2 (53.4%)
381	**KRUK Malgorzata**	**3817**		K40	19	02:21:22	**04:30:31.65**	**04:31:38.30**	+02:06:52 (46.7%)	9:39	6.2 (53.4%)
382	**BOCIĄGA Paweł**	**3616**		M30	148	02:05:15	**04:31:20.05**	**04:31:39.65**	+02:06:54 (46.7%)	9:41	6.2 (53.4%)
383	**SZPECHT Grzegorz**	**4086**		M30	149	02:24:19	**04:30:48.55**	**04:31:49.25**	+02:07:03 (46.7%)	9:40	6.2 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
384	**KAWALEC Magdalena**	**3862**	BRZOSTECKIE OWIECZKI	K30	48	02:23:02	**04:30:41.70**	**04:31:52.30**	+02:07:06 (46.8%)	9:40	6.2 (53.4%)
385	**SOKULSKI Marcin**	**3377**		M30	150	02:12:23	**04:30:42.30**	**04:31:57.00**	+02:07:11 (46.8%)	9:40	6.2 (53.4%)
386	**MALINOWSKI Jacek**	**4171**	COCA-COLA RUNNERS	M20	50	02:05:12	**04:31:51.70**	**04:32:11.45**	+02:07:25 (46.8%)	9:42	6.2 (53.4%)
387	**MICHALCZYK Marcin**	**3618**	MONSTON SPORT TEAM	M40	96	02:13:00	**04:32:57.95**	**04:33:11.05**	+02:08:25 (47.0%)	9:44	6.2 (53.4%)
388	**CHOŁAŚCIŃSKI Wojciech**	**3347**	HUSARIA RACE TEAM	M40	97	02:25:25	**04:32:23.80**	**04:33:15.75**	+02:08:30 (47.0%)	9:43	6.2 (53.4%)
389	**SZYMANOWSKI Tomek**	**3732**		M30	151		**04:33:46.00**	**04:33:46.00**	+02:09:00 (47.1%)	9:46	6.1 (52.6%)
389	**BIELECKI Filip**	**3734**		M30	152		**04:33:46.00**	**04:33:46.00**	+02:09:00 (47.1%)	9:46	6.1 (52.6%)
391	**KRASOWSKI Marek**	**3507**	HONEY STINGER RUNNERS	M30	153	02:16:13	**04:33:02.45**	**04:33:49.30**	+02:09:03 (47.1%)	9:45	6.2 (53.4%)
392	**MAŁEK Hanna**	**3860**		K20	13	02:17:14	**04:33:18.60**	**04:33:50.40**	+02:09:04 (47.1%)	9:45	6.1 (52.6%)
392	**PARZOCH Magdalena**	**3342**		K20	14	02:17:17	**04:33:18.40**	**04:33:50.40**	+02:09:04 (47.1%)	9:45	6.1 (52.6%)
394	**WOŁOS Adam**	**3982**		M20	51	02:12:04	**04:32:36.50**	**04:34:03.90**	+02:09:18 (47.2%)	9:44	6.2 (53.4%)
395	**NOWAK Katarzyna**	**3666**	DZIKIE GRUBASY SZATANA	K30	49	02:17:57	**04:33:42.60**	**04:34:24.95**	+02:09:39 (47.2%)	9:46	6.1 (52.6%)
396	**KAPŁON Jacek**	**3907**		M40	98		**04:34:46.40**	**04:34:46.40**	+02:10:00 (47.3%)	9:48	6.1 (52.6%)
397	**MOJEK Michał**	**3341**		M30	154	02:09:26	**04:34:19.85**	**04:35:19.95**	+02:10:34 (47.4%)	9:47	6.1 (52.6%)
398	**KOWALCZYK Krzysztof**	**3485**	RUN_HELPERSI	M30	155	02:20:08	**04:34:47.80**	**04:35:23.20**	+02:10:37 (47.4%)	9:48	6.1 (52.6%)
399	**BAZYDŁO Dariusz**	**4186**		M40	99	02:15:48	**04:35:33.30**	**04:35:51.75**	+02:11:06 (47.5%)	9:50	6.1 (52.6%)
400	**WÓJCIK Magdalena**	**4126**		K30	50	02:14:19	**04:36:05.40**	**04:36:20.60**	+02:11:34 (47.6%)	9:51	6.1 (52.6%)
401	**AUGUST Kajetan**	**3538**	KOLEGA RYŚKA	M20	52	02:14:15	**04:35:50.40**	**04:37:12.20**	+02:12:26 (47.8%)	9:51	6.1 (52.6%)
402	**GŁUSZCZAK Jerzy**	**4097**		M50	12	02:13:17	**04:36:54.35**	**04:37:21.05**	+02:12:35 (47.8%)	9:53	6.1 (52.6%)
403	**BARSKA Barbara**	**3497**		K30	51	02:12:45	**04:37:10.70**	**04:37:38.25**	+02:12:52 (47.9%)	9:53	6.1 (52.6%)
404	**POKRYWKA Stefan**	**3305**	NA BUCIE	M60	1	02:23:37	**04:36:54.60**	**04:37:43.30**	+02:12:57 (47.9%)	9:53	6.1 (52.6%)
405	**NIZIOŁEK Mateusz**	**4104**		M20	53	02:29:36	**04:37:48.00**	**04:37:48.00**	+02:13:02 (47.9%)	9:55	6 (51.7%)
406	**LIPIŃSKI Maciej**	**3884**	CROSSFIT SIEDLCE	M20	54	02:16:18	**04:37:41.35**	**04:37:50.50**	+02:13:04 (47.9%)	9:55	6.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
407	**GOŚCINIAK Michał**	**3364**		M20	55	02:16:39	**04:37:37.45**	**04:38:01.40**	+02:13:15 (47.9%)	9:54	6.1 (52.6%)
408	**BRULIŃSKA Monika**	**3839**	TKKF PŁOCK	K40	20	02:19:46	**04:37:59.20**	**04:38:07.30**	+02:13:21 (48.0%)	9:55	6 (51.7%)
409	**PUJSZO Agnieszka**	**3537**		K20	15	02:18:00	**04:36:51.95**	**04:38:13.70**	+02:13:28 (48.0%)	9:53	6.1 (52.6%)
410	**STĘPIEŃ Marlena**	**4011**		K30	52	02:22:10	**04:38:03.30**	**04:38:38.10**	+02:13:52 (48.0%)	9:55	6 (51.7%)
411	**BALIŃSKA-SANOCKA Aneta**	**3745**		K40	21	02:20:30	**04:38:27.30**	**04:38:51.10**	+02:14:05 (48.1%)	9:56	6 (51.7%)
412	**SANOCKA Dorota**	**3743**		K40	22	02:20:46	**04:38:44.50**	**04:39:08.00**	+02:14:22 (48.1%)	9:57	6 (51.7%)
413	**SOBORSKA Sylwia**	**3447**	SAINT-GOBAIN INNOVATIVE MATERIALS POLSKA SP. Z O.O.	K30	53	02:13:47	**04:40:00.55**	**04:40:04.25**	+02:15:18 (48.3%)	10:00	6 (51.7%)
414	**MORAWSKA Anna**	**3463**		K60	1	02:27:35	**04:39:50.95**	**04:40:06.65**	+02:15:21 (48.3%)	9:59	6 (51.7%)
415	**MERCIK Mateusz**	**3535**	MOTIVATO	M30	156	02:27:55	**04:38:44.95**	**04:40:09.40**	+02:15:23 (48.3%)	9:57	6 (51.7%)
416	**KOZIŃSKI Dariusz**	**3781**	PZU SPORT TEAM	M50	13	02:14:15	**04:39:31.90**	**04:40:25.95**	+02:15:40 (48.4%)	9:58	6 (51.7%)
417	**MIŁOSZ Bartłomiej**	**3438**		M50	14	02:21:34	**04:39:13.70**	**04:40:31.05**	+02:15:45 (48.4%)	9:58	6 (51.7%)
418	**COFALSKI Jakub**	**3405**		M30	157	02:22:42	**04:39:23.40**	**04:40:37.15**	+02:15:51 (48.4%)	9:58	6 (51.7%)
419	**WACOWSKI-JASTRZĘBSKI Adam**	**3500**		M30	158	02:22:31	**04:40:11.05**	**04:40:37.60**	+02:15:51 (48.4%)	10:00	6 (51.7%)
420	**BEDNARCZYK Łukasz**	**3465**	BIEGAJĄCE ŻABCIE	M30	159	02:25:16	**04:39:35.85**	**04:40:41.35**	+02:15:55 (48.4%)	9:59	6 (51.7%)
421	**PARYS Marzena**	**3417**	BIEGAJĄCE ŻABCIE	K30	54	02:25:33	**04:39:38.15**	**04:40:41.50**	+02:15:55 (48.4%)	9:59	6 (51.7%)
422	**RUBIN Andrzej**	**3929**	KB MCKIS JAWORZNO	M40	100	02:18:19	**04:39:45.50**	**04:40:45.60**	+02:15:59 (48.4%)	9:59	6 (51.7%)
423	**KUCZYŃSKA Karolina**	**4020**		K30	55	02:28:49	**04:39:31.40**	**04:40:50.00**	+02:16:04 (48.5%)	9:59	6 (51.7%)
424	**BARTOSIEWICZ Daria**	**3673**	DZIKIE GRUBASY SZATANA	K30	56	02:23:07	**04:40:12.90**	**04:40:54.70**	+02:16:09 (48.5%)	10:00	6 (51.7%)
425	**TYLUTKI Kinga**	**3830**		K30	57	02:14:48	**04:40:10.20**	**04:40:57.05**	+02:16:11 (48.5%)	10:00	6 (51.7%)
426	**JANISZ Katarzyna**	**3448**		K20	16	02:29:43	**04:40:45.40**	**04:41:01.05**	+02:16:15 (48.5%)	10:01	6 (51.7%)
427	**CIURZYNSKA Zuzanna**	**4169**	COCA-COLA RUNNERS	K30	58	02:22:39	**04:40:49.85**	**04:41:02.95**	+02:16:17 (48.5%)	10:01	6 (51.7%)
428	**STUSIŃSKA Jowita**	**3926**	PIRORUNNERS	K30	59	02:27:25	**04:39:55.95**	**04:41:17.95**	+02:16:32 (48.5%)	9:59	6 (51.7%)
428	**STUSIŃSKI Mariusz**	**3925**	PIRORUNNERS	M40	101	02:27:29	**04:39:55.15**	**04:41:17.95**	+02:16:32 (48.5%)	9:59	6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
430	**KONIK Sylwia**	**3814**		K40	23	02:24:01	**04:40:56.80**	**04:41:19.00**	+02:16:33 (48.5%)	10:02	6 (51.7%)
431	**STANOSZEK Robert**	**3420**	COCA-COLA RUNNERS	M40	102	02:22:57	**04:40:32.45**	**04:41:21.60**	+02:16:35 (48.5%)	10:01	6 (51.7%)
432	**KUCZAKOWSKA Joanna**	**4190**		K30	60	02:28:18	**04:41:03.20**	**04:41:56.25**	+02:17:10 (48.7%)	10:02	6 (51.7%)
433	**MŁODAWSKI Robert**	**3910**	FARTOWN	M40	103	02:25:06	**04:41:07.20**	**04:42:16.60**	+02:17:30 (48.7%)	10:02	6 (51.7%)
434	**FRANKOWSKA Anna**	**3401**	MIECHOWICKA GRUPA BIEGOWA	K50	2	02:23:10	**04:41:15.45**	**04:42:38.30**	+02:17:52 (48.8%)	10:02	6 (51.7%)
435	**WĄSIKOWSKI Adam**	**3358**	DOM-MAR KŁOMNICE	M30	160	02:15:05	**04:42:19.25**	**04:42:50.85**	+02:18:05 (48.8%)	10:04	6 (51.7%)
436	**CZAWA Aneta**	**3890**		K40	24	02:26:54	**04:42:19.15**	**04:42:57.85**	+02:18:12 (48.8%)	10:04	6 (51.7%)
437	**MROWIEC Michał**	**3889**		M30	161	02:26:55	**04:42:20.90**	**04:42:59.20**	+02:18:13 (48.8%)	10:05	6 (51.7%)
438	**BOGUSZ Krzysztof**	**3579**	MBANK SA	M30	162	02:15:58	**04:43:10.30**	**04:43:21.10**	+02:18:35 (48.9%)	10:06	5.9 (50.9%)
439	**RÓŻAK-RUKUSZEWICZ Magdalena**	**3665**	DZIKIE GRUBASY SZATANA	K40	25	02:29:47	**04:42:57.10**	**04:43:41.90**	+02:18:56 (49.0%)	10:06	5.9 (50.9%)
440	**MAMCZYS Rafał**	**3336**		M30	163	02:27:53	**04:42:41.65**	**04:43:46.45**	+02:19:00 (49.0%)	10:05	5.9 (50.9%)
441	**JANOWSKI Tomasz**	**3409**	CROSSFIT LUBLIN	M30	164	02:29:33	**04:42:43.00**	**04:43:47.80**	+02:19:02 (49.0%)	10:05	5.9 (50.9%)
442	**PTASZYŃSKA Anna**	**3629**	SPEED FEET '16	K40	26	02:20:39	**04:43:00.80**	**04:43:49.95**	+02:19:04 (49.0%)	10:06	5.9 (50.9%)
443	**GUZEK Ewa**	**3697**	DZIKIE GRUBASY SZATANA	K30	61	02:31:37	**04:43:12.00**	**04:43:55.45**	+02:19:09 (49.0%)	10:06	5.9 (50.9%)
444	**TYLUTKI Kamil**	**3829**		M30	165	02:18:41	**04:44:07.10**	**04:44:54.30**	+02:20:08 (49.2%)	10:08	5.9 (50.9%)
445	**ŻOŁNIEROWICZ Joanna**	**3873**	BIEGAM BO LUBIĘ ZĄBKI TEAM	K30	62	02:29:40	**04:45:02.15**	**04:45:27.25**	+02:20:41 (49.3%)	10:10	5.9 (50.9%)
446	**ŻOŁNIEROWICZ Hubert**	**3791**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	166	02:29:40	**04:45:01.65**	**04:45:27.35**	+02:20:41 (49.3%)	10:10	5.9 (50.9%)
447	**KUSZ Janusz**	**3450**		M30	167	02:22:06	**04:44:27.60**	**04:45:29.00**	+02:20:43 (49.3%)	10:09	5.9 (50.9%)
448	**WINICKA Daria**	**3481**		K30	63	02:22:02	**04:44:26.90**	**04:45:29.05**	+02:20:43 (49.3%)	10:09	5.9 (50.9%)
449	**KUSZ Gosia**	**3397**		K30	64	02:22:06	**04:44:28.30**	**04:45:29.40**	+02:20:43 (49.3%)	10:09	5.9 (50.9%)
450	**TARASIEWICZ Ryszard**	**3991**		M60	2	02:17:05	**04:44:47.70**	**04:45:33.20**	+02:20:47 (49.3%)	10:10	5.9 (50.9%)
451	**BOCIARSKA Magdalena**	**3912**		K30	65	02:26:18	**04:44:22.65**	**04:45:49.45**	+02:21:03 (49.4%)	10:09	5.9 (50.9%)
452	**WALASZEK Paweł**	**3506**	AGB TORFY	M30	168	02:37:37	**04:44:40.05**	**04:45:51.70**	+02:21:06 (49.4%)	10:10	5.9 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
453	**MALETKA Joanna**	**3547**		K30	66	02:17:53	**04:45:13.65**	**04:45:56.00**	+02:21:10 (49.4%)	10:11	5.9 (50.9%)
454	**TUREK Paulina**	**3647**	PRORUNNING PROMOTION	K30	67	02:18:48	**04:45:35.65**	**04:45:58.25**	+02:21:12 (49.4%)	10:12	5.9 (50.9%)
455	**RYZNAR Jarosław**	**3468**		M30	169	02:19:25	**04:45:52.55**	**04:46:04.05**	+02:21:18 (49.4%)	10:12	5.9 (50.9%)
456	**SZATKOWSKA Ewa**	**3600**	KOBIETYBIEGAJA/WOMEN'SRUNNING	K50	3	02:23:42	**04:46:00.15**	**04:46:06.80**	+02:21:21 (49.4%)	10:12	5.9 (50.9%)
457	**PEDA Leszek**	**4049**	KB DZIK	M60	3	02:05:08	**04:45:56.00**	**04:46:16.90**	+02:21:31 (49.4%)	10:12	5.9 (50.9%)
458	**GÓRSKI Robert**	**3610**	DA SIĘ	M50	15	02:16:34	**04:45:46.25**	**04:46:23.35**	+02:21:37 (49.5%)	10:12	5.9 (50.9%)
459	**KRYGIEL Piotr**	**4181**		M30	170	02:29:19	**04:46:23.95**	**04:47:43.40**	+02:22:57 (49.7%)	10:13	5.9 (50.9%)
460	**KOMAR Michał**	**4069**		M30	171	02:32:13	**04:47:11.85**	**04:48:39.75**	+02:23:54 (49.9%)	10:15	5.8 (50.0%)
461	**GOŁOŚ Marta**	**3494**		K20	17	02:25:04	**04:47:31.55**	**04:48:44.95**	+02:23:59 (49.9%)	10:16	5.8 (50.0%)
462	**CHRUŚCIŃSKA Justyna**	**3960**	NIGHTRUNNERS	K20	18	02:24:44	**04:48:40.20**	**04:49:07.35**	+02:24:21 (49.9%)	10:18	5.8 (50.0%)
463	**FRĄCKOWIAK Aneta**	**3402**	MAMY-BIEGAMY	K30	68	02:28:33	**04:47:42.30**	**04:49:09.95**	+02:24:24 (49.9%)	10:16	5.8 (50.0%)
464	**NOWICKA Iwona**	**3947**	BOOTCAMP POLSKA	K30	69	02:25:02	**04:49:09.40**	**04:49:16.55**	+02:24:30 (50.0%)	10:19	5.8 (50.0%)
465	**WOŹNIAK Daniel**	**3834**	CROSSFIT SIEDLCE	M20	56	02:16:40	**04:49:07.50**	**04:49:16.75**	+02:24:31 (50.0%)	10:19	5.8 (50.0%)
466	**PRZYBYŁ Tomasz**	**3994**	KB DĘBIEC	M20	57	02:23:15	**04:48:28.35**	**04:49:27.60**	+02:24:41 (50.0%)	10:18	5.8 (50.0%)
467	**JANUSZAK Przemysław**	**3754**	TEAM JANO	M40	104	02:29:26	**04:48:26.70**	**04:49:30.80**	+02:24:45 (50.0%)	10:18	5.8 (50.0%)
467	**JANUSZAK Gosia**	**3759**	TEAM JANO	K40	27	02:30:28	**04:48:27.25**	**04:49:30.80**	+02:24:45 (50.0%)	10:18	5.8 (50.0%)
469	**JANUSZAK Bartek**	**3757**	TEAM JANO	M20	58	02:29:30	**04:48:27.45**	**04:49:31.10**	+02:24:45 (50.0%)	10:18	5.8 (50.0%)
470	**LECH Michał**	**3597**	STRZEGOMSKA DWUNASTKA	M30	172	02:22:56	**04:49:04.40**	**04:49:37.45**	+02:24:51 (50.0%)	10:19	5.8 (50.0%)
471	**LECH Agnieszka**	**3593**	STRZEGOMSKA DWUNASTKA	K30	70	02:22:55	**04:49:03.90**	**04:49:37.70**	+02:24:52 (50.0%)	10:19	5.8 (50.0%)
472	**WAŁEK Piotr**	**3868**	RUNNERS TEAM QUIBL	M40	105	02:23:12	**04:48:29.15**	**04:49:51.10**	+02:25:05 (50.1%)	10:18	5.8 (50.0%)
473	**PAWŁOWSKI Marcin**	**3707**	KS STARA BIDA	M30	173	02:32:12	**04:48:38.50**	**04:50:06.25**	+02:25:20 (50.1%)	10:18	5.8 (50.0%)
474	**KOŁOSIONEK Dorota**	**3539**	GRUPA ŚMIERCI RZEŹNICZEK	K30	71	02:23:55	**04:49:17.30**	**04:50:31.00**	+02:25:45 (50.2%)	10:19	5.8 (50.0%)
475	**BARON-CZERWIŃSKA Magda**	**3663**	WUEF CLUB DECATHLON SWADZIM	K30	72	02:22:42	**04:49:53.20**	**04:50:35.10**	+02:25:49 (50.2%)	10:21	5.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
476	**ZABURKO Mateusz**	**3963**		M30	174	02:26:32	**04:49:34.60**	**04:50:38.00**	+02:25:52 (50.2%)	10:20	5.8 (50.0%)
477	**ŚNIEGOCKA Magdalena**	**3433**	WUEF CLUB SWADZIM DECATLON/STADO PEDZĄCYCH ŚLIMAKÓW	K30	73	02:29:56	**04:50:51.35**	**04:51:27.85**	+02:26:42 (50.3%)	10:23	5.8 (50.0%)
478	**KALBARCZYK Beata**	**3628**	ORANGE POLSKA	K50	4	02:32:26	**04:50:33.40**	**04:51:58.45**	+02:27:12 (50.4%)	10:22	5.8 (50.0%)
479	**ARMATYS Grzegorz**	**3640**	ORANGE POLSKA	M40	106	02:32:26	**04:50:33.25**	**04:51:59.15**	+02:27:13 (50.4%)	10:22	5.8 (50.0%)
480	**BUKOWSKI Sebastian**	**3471**	BIEGUSIEM.PL	M30	175	02:13:12	**04:51:05.45**	**04:52:07.30**	+02:27:21 (50.4%)	10:23	5.8 (50.0%)
481	**BRODZIAK Arkadiusz**	**3962**		M40	107	02:23:29	**04:51:02.40**	**04:52:31.45**	+02:27:45 (50.5%)	10:23	5.8 (50.0%)
482	**ZAKRZEWSKA Monika**	**3441**		K30	74	02:22:49	**04:52:06.30**	**04:52:57.70**	+02:28:12 (50.6%)	10:25	5.8 (50.0%)
482	**ZAKRZEWSKI Marcin**	**3361**		M30	176	02:22:50	**04:52:06.05**	**04:52:57.70**	+02:28:12 (50.6%)	10:25	5.8 (50.0%)
484	**ZBOROWSKI Paweł**	**3623**		M30	177	02:23:22	**04:52:06.20**	**04:52:57.85**	+02:28:12 (50.6%)	10:25	5.8 (50.0%)
485	**DANILUK Andrzej**	**3762**	ZACISZE NIGHT RUNNERS	M30	178	02:24:07	**04:52:00.20**	**04:53:09.00**	+02:28:23 (50.6%)	10:25	5.8 (50.0%)
486	**GRABARSKA Lidia**	**3956**		K30	75	02:31:47	**04:51:51.70**	**04:53:12.85**	+02:28:27 (50.6%)	10:25	5.8 (50.0%)
487	**BURZYŃSKI Klaudiusz**	**3736**		M30	179	02:28:13	**04:51:52.15**	**04:53:32.75**	+02:28:47 (50.7%)	10:25	5.8 (50.0%)
488	**POBORCA Dawid**	**3335**	CIĄGNĄĆ CZY PCHAĆ	M20	59	02:15:17	**04:52:48.35**	**04:53:42.10**	+02:28:56 (50.7%)	10:27	5.7 (49.1%)
489	**MARCINEK Krzysztof**	**3788**	PZU SPORT TEAM	M30	180	02:13:29	**04:53:22.85**	**04:53:49.35**	+02:29:03 (50.7%)	10:28	5.7 (49.1%)
490	**ZAREMBA Andrzej**	**3555**	AXA RUNNING TEAM	M20	60	02:30:37	**04:52:33.05**	**04:54:02.95**	+02:29:17 (50.8%)	10:26	5.7 (49.1%)
491	**MAGER Bartosz**	**3703**		M40	108	02:30:09	**04:53:14.30**	**04:54:27.95**	+02:29:42 (50.8%)	10:28	5.7 (49.1%)
492	**MAGER Olga**	**3758**		K40	28	02:30:18	**04:53:14.10**	**04:54:28.15**	+02:29:42 (50.8%)	10:28	5.7 (49.1%)
493	**GONET Sebastian**	**4167**	COCA-COLA RUNNERS	M40	109	02:09:12	**04:54:35.90**	**04:54:42.05**	+02:29:56 (50.9%)	10:31	5.7 (49.1%)
494	**WRÓBEL Aleksandra**	**3664**	DIRTY SPARROWS	K20	19	02:28:22	**04:53:22.05**	**04:54:45.30**	+02:29:59 (50.9%)	10:28	5.7 (49.1%)
495	**PAKUŁA Agata**	**3722**		K20	20	02:30:20	**04:54:31.45**	**04:54:53.75**	+02:30:08 (50.9%)	10:31	5.7 (49.1%)
496	**MARCZAK Grażyna**	**3930**		K60	2	02:28:56	**04:54:19.65**	**04:55:07.45**	+02:30:21 (50.9%)	10:30	5.7 (49.1%)
497	**KRUSZYŃSKI Marcin**	**3627**	STADO PĘDZĄCYCH IMADEŁ	M40	110	02:18:35	**04:54:13.35**	**04:55:20.60**	+02:30:34 (51.0%)	10:30	5.7 (49.1%)
498	**KOZERA Marcin**	**4118**	SKŁADAKI PIŁA	M30	181	02:28:57	**04:55:06.40**	**04:55:36.35**	+02:30:50 (51.0%)	10:32	5.7 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
499	**TOWAROWSKI Andrzej**	**3577**		M40	111	02:16:42	**04:55:07.75**	**04:55:52.15**	+02:31:06 (51.1%)	10:32	5.7 (49.1%)
500	**JÓZEFOWICZ Dariusz**	**4141**	PADŁ NA RYJ TEAM	M40	112	02:26:36	**04:54:46.80**	**04:56:06.55**	+02:31:20 (51.1%)	10:31	5.7 (49.1%)
501	**JAGIELSKA Magdalena**	**3444**	NGB KŁOBUCK	K30	76	02:24:46	**04:56:05.10**	**04:56:36.30**	+02:31:50 (51.2%)	10:34	5.7 (49.1%)
502	**MŁODAWSKI Rafał**	**3909**	KLUB POLSKA BIEGA	M40	113	02:34:49	**04:55:46.05**	**04:56:55.55**	+02:32:09 (51.2%)	10:33	5.7 (49.1%)
503	**KRAJEWSKA Justyna**	**3854**	YES MAN TEAM	K30	77	02:30:40	**04:56:13.25**	**04:57:06.45**	+02:32:20 (51.3%)	10:34	5.7 (49.1%)
504	**LEWICKI Marcin**	**4192**		M20	61	02:23:51	**04:55:47.35**	**04:57:15.80**	+02:32:30 (51.3%)	10:33	5.7 (49.1%)
505	**KRĄPIEC Waldemar**	**4000**		M50	16	02:26:25	**04:56:45.95**	**04:57:25.70**	+02:32:40 (51.3%)	10:35	5.7 (49.1%)
505	**CISZAK Daria**	**3999**	KOBIETY BIEGAJĄ	K40	29	02:26:36	**04:56:45.90**	**04:57:25.70**	+02:32:40 (51.3%)	10:35	5.7 (49.1%)
505	**SOBAŃSKA Patrycja**	**4006**	KOBIETY BIEGAJĄ	K40	30	02:31:21	**04:56:46.45**	**04:57:25.70**	+02:32:40 (51.3%)	10:35	5.7 (49.1%)
508	**URZĘDOWSKI Michał**	**3712**		M20	62	02:24:04	**04:56:18.80**	**04:57:29.00**	+02:32:43 (51.3%)	10:34	5.7 (49.1%)
509	**POPŁAWSKA Katarzyna**	**3678**	CZARNE OWCE HIPOLITÓW	K40	31	02:32:42	**04:57:07.70**	**04:57:38.55**	+02:32:52 (51.4%)	10:36	5.7 (49.1%)
510	**SOSZYŃSKA Małgorzta**	**3937**	CZŁAPACZE	K50	5	02:42:11	**04:57:41.35**	**04:58:54.00**	+02:34:08 (51.6%)	10:37	5.6 (48.3%)
511	**ADAMCZYK Artur**	**3519**		M20	63	02:35:58	**04:58:51.20**	**04:59:04.80**	+02:34:19 (51.6%)	10:40	5.6 (48.3%)
512	**WIS Modesta**	**3493**		K20	21	02:35:58	**04:58:51.45**	**04:59:04.90**	+02:34:19 (51.6%)	10:40	5.6 (48.3%)
513	**WALCZAK Izabela**	**3370**		K30	78	02:31:39	**04:58:55.70**	**04:59:11.95**	+02:34:26 (51.6%)	10:40	5.6 (48.3%)
514	**KRAKOWSKA Katarzyna**	**3369**		K40	32	02:38:15	**04:58:32.05**	**04:59:12.45**	+02:34:26 (51.6%)	10:39	5.6 (48.3%)
515	**MALINOWSKI Damian**	**4036**		M30	182	02:29:19	**04:59:33.30**	**05:00:07.60**	+02:35:21 (51.8%)	10:41	5.6 (48.3%)
516	**MILCZAREK Marcin**	**3614**		M30	183	02:22:18	**04:59:35.40**	**05:00:40.40**	+02:35:54 (51.9%)	10:41	5.6 (48.3%)
516	**MILCZAREK Magdalena**	**3644**	DRUŻYNA ORZECHA ŻYRARDÓW	K30	79	02:22:35	**04:59:35.45**	**05:00:40.40**	+02:35:54 (51.9%)	10:42	5.6 (48.3%)
518	**MICHALKIEWICZ Monika**	**3545**		K20	22	02:20:16	**05:01:47.20**	**05:01:54.80**	+02:37:09 (52.1%)	10:46	5.6 (48.3%)
519	**KRUK Tomasz**	**3575**	LSB/RUN_HELPERS	M40	114	02:24:59	**05:01:26.05**	**05:02:01.65**	+02:37:16 (52.1%)	10:45	5.6 (48.3%)
520	**STARZYŃSKA Marta**	**3531**	PERFECT RUNNER LUBLIN	K40	33	02:28:54	**05:01:06.70**	**05:02:01.75**	+02:37:16 (52.1%)	10:45	5.6 (48.3%)
521	**ŁUKASIK Bartłomiej**	**3359**		M20	64	02:28:14	**05:01:03.35**	**05:02:16.50**	+02:37:30 (52.1%)	10:45	5.6 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
522	**KWAŚNA Weronika**	**3681**		K20	23	02:28:38	**05:01:04.15**	**05:02:16.55**	+02:37:30 (52.1%)	10:45	5.6 (48.3%)
523	**RACZYŃSKA Magdalena**	**3987**		K20	24	02:33:54	**05:00:57.70**	**05:02:29.55**	+02:37:43 (52.1%)	10:44	5.6 (48.3%)
524	**GŁÓDŹ Małgorzata**	**4030**		K20	25	02:33:39	**05:01:57.80**	**05:02:32.20**	+02:37:46 (52.2%)	10:47	5.6 (48.3%)
525	**PAWŁOWSKA Katarzyna**	**3514**		K30	80		**05:02:32.75**	**05:02:32.75**	+02:37:47 (52.2%)	10:48	5.6 (48.3%)
526	**PAWŁOWSKI Maciej**	**3504**		M30	184		**05:02:33.55**	**05:02:33.55**	+02:37:47 (52.2%)	10:48	5.6 (48.3%)
527	**BOROWIEC Renata**	**3378**	MAMY BIEGAMY KIELCE	K30	81	02:34:05	**05:01:35.45**	**05:02:54.20**	+02:38:08 (52.2%)	10:46	5.6 (48.3%)
528	**MATOGA Lucyna**	**4042**		K50	6	02:38:47	**05:02:02.15**	**05:03:10.95**	+02:38:25 (52.3%)	10:47	5.6 (48.3%)
529	**PACAN Jacek**	**4142**		M40	115	02:28:33	**05:01:58.75**	**05:03:18.50**	+02:38:32 (52.3%)	10:47	5.6 (48.3%)
530	**KAWECKA Magdalena**	**3789**	BIEGAM BO LUBIĘ ZĄBKI TEAM	K30	82	02:37:00	**05:03:26.35**	**05:03:52.05**	+02:39:06 (52.4%)	10:50	5.5 (47.4%)
531	**FRONCZAK Adam**	**3711**		M40	116	02:32:07	**05:03:43.55**	**05:04:23.15**	+02:39:37 (52.4%)	10:50	5.5 (47.4%)
532	**GIEDROJC Przemysław**	**3643**	SKARYMAKERSI	M30	185	02:36:57	**05:04:01.55**	**05:04:56.70**	+02:40:11 (52.5%)	10:51	5.5 (47.4%)
533	**GIEDROJC Iwona**	**3451**	PZU SPORT TEAM	K30	83	02:36:53	**05:04:01.75**	**05:04:56.90**	+02:40:11 (52.5%)	10:51	5.5 (47.4%)
534	**DĄBROWSKA Edyta**	**4132**		K30	84	02:30:38	**05:04:03.00**	**05:05:10.75**	+02:40:25 (52.6%)	10:51	5.5 (47.4%)
535	**NIEĆ Melania**	**4241**		K30	85	02:42:57	**05:04:13.15**	**05:05:52.95**	+02:41:07 (52.7%)	10:51	5.5 (47.4%)
536	**PRĘDKA Magdalena**	**3751**	OLA CLUB	K40	34	02:42:55	**05:04:12.85**	**05:05:53.10**	+02:41:07 (52.7%)	10:51	5.5 (47.4%)
537	**BIL Janusz**	**4114**	NEAPCOPRASZKA	M60	4	02:36:11	**05:04:33.85**	**05:05:54.45**	+02:41:08 (52.7%)	10:52	5.5 (47.4%)
538	**BARAN Michał**	**4113**	OSIR STRZELCE OPOLSKIE	M30	186	02:36:12	**05:04:33.95**	**05:05:54.60**	+02:41:08 (52.7%)	10:52	5.5 (47.4%)
539	**ZAWADZKA Anna**	**4074**		K20	26	02:36:44	**05:05:09.40**	**05:06:07.25**	+02:41:21 (52.7%)	10:53	5.5 (47.4%)
540	**SIWEK Aleksandra**	**3423**	COCA-COLA RUNNERS	K40	35	02:26:41	**05:05:33.45**	**05:06:22.30**	+02:41:36 (52.7%)	10:54	5.5 (47.4%)
541	**ZARUDZKI Paweł**	**3461**	NOTHING TO FEAR	M30	187	02:24:04	**05:06:02.45**	**05:06:25.95**	+02:41:40 (52.8%)	10:55	5.5 (47.4%)
542	**ROSIEK Anna**	**3908**	MKS HALICZ	K30	86	02:41:33	**05:05:14.80**	**05:06:37.10**	+02:41:51 (52.8%)	10:54	5.5 (47.4%)
543	**KOZIELSKI Paweł**	**3993**	HP ACTIVE CREW	M40	117	02:37:58	**05:05:40.70**	**05:06:37.15**	+02:41:51 (52.8%)	10:55	5.5 (47.4%)
544	**CYMMER Łukasz**	**4082**		M30	188	02:28:43	**05:05:32.45**	**05:06:52.15**	+02:42:06 (52.8%)	10:54	5.5 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
545	**CZEMPIŃSKI Krzysztof**	**4085**		M40	118	02:26:20	**05:05:40.70**	**05:06:55.25**	+02:42:09 (52.8%)	10:55	5.5 (47.4%)
546	**BAGIŃSKA Anna**	**3936**		K30	87	02:35:57	**05:05:25.10**	**05:06:57.25**	+02:42:11 (52.8%)	10:54	5.5 (47.4%)
547	**KAŹMIERSKI Janusz**	**3568**	DA SIĘ	M60	5	02:29:09	**05:06:29.95**	**05:07:07.00**	+02:42:21 (52.9%)	10:56	5.5 (47.4%)
548	**SIERPOWSKA-BARTOSIK Agnieszka**	**3996**	VEGE RUNNERS	K40	36	02:30:23	**05:06:10.10**	**05:07:20.25**	+02:42:34 (52.9%)	10:56	5.5 (47.4%)
549	**PIERZGALSKI Sebastian**	**4018**		M40	119	02:29:52	**05:06:11.85**	**05:07:22.00**	+02:42:36 (52.9%)	10:56	5.5 (47.4%)
550	**LUZAR Monika**	**3375**	MIA	K40	37	02:36:11	**05:06:01.70**	**05:07:24.70**	+02:42:39 (52.9%)	10:55	5.5 (47.4%)
551	**LUZAR Andrzej**	**3446**	MIA	M40	120	02:36:13	**05:06:04.00**	**05:07:27.10**	+02:42:41 (52.9%)	10:55	5.5 (47.4%)
552	**BOHENEK Janusz**	**3302**	WKURW TEAM	M60	6	02:28:59	**05:06:04.35**	**05:07:34.95**	+02:42:49 (52.9%)	10:55	5.5 (47.4%)
553	**DROZDOWSKI Dawid**	**3395**	KB AKTYWNI KONIN	M40	121	02:30:44	**05:06:29.75**	**05:07:45.75**	+02:43:00 (53.0%)	10:56	5.5 (47.4%)
554	**SAWCZUK Marta**	**3995**	TUP TEAM/ SGGW RUNNERS	K20	27	02:37:30	**05:06:16.55**	**05:07:51.45**	+02:43:05 (53.0%)	10:56	5.5 (47.4%)
555	**OKAPIEC Aleksandra**	**3544**	AXA RUNNING TEAM	K30	88	02:36:44	**05:06:56.90**	**05:07:58.95**	+02:43:13 (53.0%)	10:57	5.5 (47.4%)
556	**ŻÓŁW Hubert**	**4063**		M30	189	02:32:55	**05:08:10.65**	**05:09:08.85**	+02:44:23 (53.2%)	11:00	5.5 (47.4%)
557	**ZALEWSKA Katarzyna**	**3713**		K30	89	02:40:18	**05:08:14.95**	**05:09:31.25**	+02:44:45 (53.2%)	11:00	5.5 (47.4%)
558	**RIEFF Anna**	**3392**		K30	90	02:37:48	**05:08:10.10**	**05:09:32.15**	+02:44:46 (53.2%)	11:00	5.5 (47.4%)
559	**OSIKOWSKA Aleksandra**	**3440**	POWER TRAINING	K30	91	02:37:49	**05:08:10.25**	**05:09:32.40**	+02:44:46 (53.2%)	11:00	5.5 (47.4%)
560	**STANOSZEK Agnieszka**	**3492**	COCA-COLA RUNNERS	K40	38	02:26:40	**05:08:46.15**	**05:09:35.05**	+02:44:49 (53.2%)	11:01	5.4 (46.6%)
561	**PODOLSKI Marek**	**3764**	BIEGAMYRAZEM.PL	M30	190	02:34:30	**05:08:30.75**	**05:09:40.35**	+02:44:54 (53.3%)	11:01	5.4 (46.6%)
561	**WOJNAROWSKA Weronika**	**3731**	RUNEDA	K30	92	02:34:31	**05:08:31.05**	**05:09:40.35**	+02:44:54 (53.3%)	11:01	5.4 (46.6%)
563	**SROCZYŃSKA Justyna**	**4012**	OSTRE SROKI	K30	93	02:37:52	**05:08:47.30**	**05:09:41.80**	+02:44:56 (53.3%)	11:01	5.4 (46.6%)
564	**JAMRÓZ Renata**	**3737**	BIGYELLOWFOOT	K40	39	02:23:43	**05:09:16.70**	**05:09:45.75**	+02:45:00 (53.3%)	11:02	5.4 (46.6%)
565	**BĄK Natalia**	**3632**	BIGYELLOWFOOT ADVENTURE TEAM	K20	28	02:24:38	**05:09:15.95**	**05:09:45.90**	+02:45:00 (53.3%)	11:02	5.4 (46.6%)
566	**NAGÓRNY Pawel**	**4139**	COCA-COLA RUNNERS	M30	191	02:35:00	**05:09:27.15**	**05:09:46.20**	+02:45:00 (53.3%)	11:03	5.4 (46.6%)
567	**RUTKOWSKI Grzegorz**	**3800**	KLUB MATIEGO	M50	17	02:29:12	**05:09:15.80**	**05:09:53.00**	+02:45:07 (53.3%)	11:02	5.4 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
568	**SIOMAK Michał**	**3508**		M40	122	02:28:43	**05:08:54.75**	**05:09:54.45**	+02:45:08 (53.3%)	11:01	5.4 (46.6%)
569	**KOZŁOWSKA Anna**	**4185**	VEGE RUNNERS	K30	94	02:46:47	**05:08:47.85**	**05:10:15.15**	+02:45:29 (53.3%)	11:01	5.4 (46.6%)
570	**HUZIOR Roman**	**4222**		M50	18	02:43:00	**05:09:03.75**	**05:10:27.90**	+02:45:42 (53.4%)	11:02	5.4 (46.6%)
571	**HUZIOR Elżbieta**	**4224**		K40	40	02:43:11	**05:09:04.20**	**05:10:28.10**	+02:45:42 (53.4%)	11:02	5.4 (46.6%)
572	**MATYJEWICZ Klaudia**	**3326**		K20	29	02:42:56	**05:08:58.05**	**05:10:30.65**	+02:45:45 (53.4%)	11:02	5.4 (46.6%)
573	**RZEPECKA Justyna**	**3323**		K20	30	02:37:35	**05:09:55.60**	**05:11:24.20**	+02:46:38 (53.5%)	11:04	5.4 (46.6%)
573	**ROSZKOWSKI Tomek**	**3312**		M30	192	02:37:36	**05:09:55.45**	**05:11:24.20**	+02:46:38 (53.5%)	11:04	5.4 (46.6%)
573	**ZIÓŁEK Teresa**	**4242**	BONDA GRUDNIA	K50	7	02:45:29	**05:09:52.70**	**05:11:24.20**	+02:46:38 (53.5%)	11:04	5.4 (46.6%)
576	**KONOPKA Anna**	**3466**	KASZUBSKA PONIEWIERKA	K30	95	02:32:47	**05:11:27.25**	**05:12:35.20**	+02:47:49 (53.7%)	11:07	5.4 (46.6%)
577	**OBARSKI Norbert**	**4044**		M50	19	02:39:30	**05:12:30.80**	**05:13:21.20**	+02:48:35 (53.8%)	11:09	5.4 (46.6%)
578	**BAJAK Mirosław**	**3561**		M40	123	02:38:03	**05:12:24.65**	**05:13:34.65**	+02:48:49 (53.8%)	11:09	5.4 (46.6%)
579	**GROCHOWSKA Joanna**	**4124**	SKŁADAKI PIŁA	K30	96	02:41:18	**05:13:16.60**	**05:13:46.10**	+02:49:00 (53.9%)	11:11	5.4 (46.6%)
580	**PIELACHOWSKA Agata**	**4015**		K30	97	02:37:28	**05:12:45.50**	**05:14:04.80**	+02:49:19 (53.9%)	11:10	5.4 (46.6%)
581	**SKOREK-BILCZYŃSKA Patrycja**	**3653**	#CZELADZBIEGA	K30	98	02:32:18	**05:13:18.90**	**05:14:41.90**	+02:49:56 (54.0%)	11:11	5.4 (46.6%)
582	**FRANKOWSKA Monika**	**3389**		K20	31	02:36:59	**05:13:20.10**	**05:14:42.35**	+02:49:56 (54.0%)	11:11	5.4 (46.6%)
583	**ZAGOŃCZYK Dorota**	**3645**		K50	8	02:37:58	**05:14:14.25**	**05:15:16.55**	+02:50:30 (54.1%)	11:13	5.3 (45.7%)
584	**ZAGOŃCZYK Andrzej**	**3648**		M50	20	02:37:14	**05:14:13.95**	**05:15:16.75**	+02:50:31 (54.1%)	11:13	5.3 (45.7%)
585	**SYGUŁA Katarzyna**	**3920**	KB MCKIS JAWORZNO	K40	41	02:44:21	**05:14:17.05**	**05:15:17.05**	+02:50:31 (54.1%)	11:13	5.3 (45.7%)
586	**WOJCIECHOWSKI Tomasz**	**4166**	COCA-COLA RUNNERS	M20	65	02:34:54	**05:15:08.20**	**05:15:28.55**	+02:50:42 (54.1%)	11:15	5.3 (45.7%)
587	**DEJA Andrzej**	**3857**	AMATORZY	M50	21	02:33:47	**05:13:58.75**	**05:15:32.20**	+02:50:46 (54.1%)	11:12	5.4 (46.6%)
588	**ZIENTEK Wojciech**	**4038**		M40	124	02:46:12	**05:14:10.00**	**05:15:43.20**	+02:50:57 (54.1%)	11:13	5.3 (45.7%)
589	**PILAK Zbigniew**	**3453**		M50	22	02:44:08	**05:15:54.35**	**05:16:18.85**	+02:51:33 (54.2%)	11:16	5.3 (45.7%)
590	**ŚWIEŻYŃSKA Aleksandra**	**3589**	BIGYELLOWFOOT ADVENTURE TEAM	K20	32	02:33:21	**05:15:54.75**	**05:16:23.85**	+02:51:38 (54.2%)	11:16	5.3 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
591	**SAWICKI Radek**	**3699**	DZIKIE GRUBASY SZATANA	M30	193	02:25:32	**05:15:56.50**	**05:16:39.85**	+02:51:54 (54.3%)	11:17	5.3 (45.7%)
592	**POSIŁA Joanna**	**3971**	COCA-COLA RUNNERS	K30	99	02:43:57	**05:15:16.55**	**05:16:41.80**	+02:51:56 (54.3%)	11:15	5.3 (45.7%)
593	**ZAJĄC Ewelina**	**4083**		K30	100	02:37:07	**05:16:51.85**	**05:17:20.65**	+02:52:35 (54.4%)	11:19	5.3 (45.7%)
594	**MANIARA Adam**	**4107**	HUSARIA RACE TEAM	M20	66	02:31:56	**05:16:38.65**	**05:17:30.20**	+02:52:44 (54.4%)	11:18	5.3 (45.7%)
595	**MACIEJAK Anna**	**4101**	HUSARIA RACE TEAM	K20	33	02:36:46	**05:16:37.95**	**05:17:30.35**	+02:52:44 (54.4%)	11:18	5.3 (45.7%)
596	**WOJDYŁ Anna**	**3599**		K30	101	02:44:41	**05:16:16.75**	**05:17:33.50**	+02:52:47 (54.4%)	11:17	5.3 (45.7%)
597	**SZWARC Barbara**	**3924**	WKURW_TEAM	K30	102	02:38:25	**05:16:40.00**	**05:17:37.70**	+02:52:52 (54.4%)	11:18	5.3 (45.7%)
598	**ZĘGOTA Izabela**	**4072**		K20	34	02:36:13	**05:16:08.55**	**05:17:42.60**	+02:52:56 (54.4%)	11:17	5.3 (45.7%)
599	**KOZIRÓG Agnieszka**	**3726**		K40	42	02:32:06	**05:17:45.55**	**05:18:23.80**	+02:53:38 (54.5%)	11:20	5.3 (45.7%)
600	**KUREK Aleksandra**	**3502**		K20	35	02:50:19	**05:18:28.50**	**05:18:28.50**	+02:53:42 (54.5%)	11:22	5.3 (45.7%)
601	**PIETRZAK Maciej**	**3436**		M40	125	02:38:22	**05:17:57.35**	**05:19:03.10**	+02:54:17 (54.6%)	11:21	5.3 (45.7%)
602	**PIETRZAK Agnieszka**	**3415**		K40	43	02:38:20	**05:17:57.15**	**05:19:03.30**	+02:54:17 (54.6%)	11:21	5.3 (45.7%)
603	**PODLEŚ Rafał**	**3611**	GRUPA ŚMIERCI RZEŹNICZEK	M30	194	02:43:03	**05:19:04.00**	**05:20:18.40**	+02:55:32 (54.8%)	11:23	5.3 (45.7%)
604	**JASZCZUK Edyta**	**4039**	TUP TEAM	K20	36	02:39:26	**05:20:42.85**	**05:22:17.95**	+02:57:32 (55.1%)	11:27	5.2 (44.8%)
605	**MRÓWKA Kasia**	**4105**	HUSARIA RACE TEAM	K30	103	02:37:19	**05:21:50.50**	**05:22:38.50**	+02:57:52 (55.1%)	11:29	5.2 (44.8%)
606	**KOWALEWSKA Luiza**	**4102**	HUSARIA RACE TEAM	K20	37	02:37:06	**05:21:45.60**	**05:22:38.60**	+02:57:52 (55.1%)	11:29	5.2 (44.8%)
607	**ZAJĄC Grzegorz**	**3394**		M40	126	02:41:35	**05:21:20.55**	**05:22:49.45**	+02:58:03 (55.2%)	11:28	5.2 (44.8%)
608	**MARCINCZAK Anna**	**3388**	MAMY-BIEGAMY	K30	104	02:42:27	**05:21:21.75**	**05:22:49.75**	+02:58:04 (55.2%)	11:28	5.2 (44.8%)
609	**KLOCEK Paulina**	**4177**	SKŁADAKI PIŁA	K20	38	02:32:17	**05:22:24.85**	**05:22:56.00**	+02:58:10 (55.2%)	11:30	5.2 (44.8%)
610	**JASIŃSKA Justyna**	**4056**	KOTEŁ TEAM	K20	39	02:24:21	**05:22:25.40**	**05:23:33.75**	+02:58:48 (55.3%)	11:30	5.2 (44.8%)
610	**POWIERŻA Adrian**	**4055**	KOTEŁ TEAM	M20	67	02:24:22	**05:22:25.50**	**05:23:33.75**	+02:58:48 (55.3%)	11:30	5.2 (44.8%)
612	**PIETRZAK Jarosław**	**3695**		M30	195	02:40:37	**05:22:33.75**	**05:23:38.00**	+02:58:52 (55.3%)	11:31	5.2 (44.8%)
613	**KOWALEWSKA Katarzyna**	**3596**		K30	105	02:40:36	**05:22:33.75**	**05:23:38.05**	+02:58:52 (55.3%)	11:31	5.2 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
614	**KASPRZAK Maciej**	**4035**		M20	68	02:29:00	**05:22:54.75**	**05:23:53.40**	+02:59:07 (55.3%)	11:31	5.2 (44.8%)
615	**SIARA Marcin**	**3848**	WITKOWO BIEGA	M30	196	02:29:06	**05:22:56.20**	**05:23:53.45**	+02:59:07 (55.3%)	11:32	5.2 (44.8%)
616	**KLOCEK Ewelina**	**4176**	SKŁADAKI PIŁA	K30	106	02:47:22	**05:23:41.60**	**05:24:12.45**	+02:59:26 (55.3%)	11:33	5.2 (44.8%)
617	**WIĘCZKOWSKI Wojciech**	**3675**	HUSARIA RACE TEAM	M40	127	02:37:22	**05:23:23.40**	**05:24:12.70**	+02:59:27 (55.3%)	11:32	5.2 (44.8%)
618	**PENAR Arkadiusz**	**3983**		M40	128	02:35:38	**05:24:48.35**	**05:25:41.15**	+03:00:55 (55.6%)	11:36	5.2 (44.8%)
619	**POSS Marcin**	**3715**		M40	129	02:40:21	**05:24:42.45**	**05:25:58.95**	+03:01:13 (55.6%)	11:35	5.2 (44.8%)
620	**STASIAK Waldemar**	**3859**		M40	130	02:37:50	**05:24:28.25**	**05:26:01.45**	+03:01:15 (55.6%)	11:35	5.2 (44.8%)
621	**KUŁAKOWSKI Piotr**	**3935**	CZŁĄPACZE	M60	7	02:51:29	**05:25:18.95**	**05:26:31.75**	+03:01:46 (55.7%)	11:37	5.2 (44.8%)
622	**MALDIS Marek**	**3892**		M60	8	02:42:50	**05:25:55.50**	**05:26:42.85**	+03:01:57 (55.7%)	11:38	5.2 (44.8%)
623	**KOŁODZIEJ Mirosław**	**3501**	MUZEUM HISTORYCZNE MIASTA KRAKOWA	M20	69	02:36:50	**05:25:20.95**	**05:26:57.40**	+03:02:11 (55.7%)	11:37	5.2 (44.8%)
624	**DUNIKOWSKA Olga Małgorzata**	**3316**		K20	40	02:36:55	**05:25:20.90**	**05:26:57.65**	+03:02:12 (55.7%)	11:37	5.2 (44.8%)
625	**KOLAJ Ewelina**	**3738**	RUNRACE.PL	K30	107	02:27:21	**05:26:13.50**	**05:27:24.60**	+03:02:38 (55.8%)	11:39	5.1 (44.0%)
626	**KOLAJ Krzysztof**	**3820**	SPOCONY BATON	M30	197	02:27:30	**05:26:13.90**	**05:27:24.90**	+03:02:39 (55.8%)	11:39	5.1 (44.0%)
627	**TABACZKA Piotr**	**3656**	WUEF CLUB DECATHLON SWADZIM	M40	131	02:32:58	**05:26:46.20**	**05:27:26.65**	+03:02:41 (55.8%)	11:40	5.1 (44.0%)
628	**RADZIEŃSKA Kamila**	**3700**	MAMY-BIEGAMY	K30	108	02:43:09	**05:25:52.90**	**05:27:30.75**	+03:02:45 (55.8%)	11:38	5.2 (44.8%)
629	**MACIASZ Weronika**	**3895**	GRUPA ŚMIERCI RZEŹNICZEK	K20	41	02:28:31	**05:27:08.00**	**05:28:21.40**	+03:03:35 (55.9%)	11:41	5.1 (44.0%)
630	**BANASZCZYK Maja**	**4031**		K30	109	02:40:29	**05:27:29.60**	**05:28:22.20**	+03:03:36 (55.9%)	11:41	5.1 (44.0%)
631	**SZTOMBER Daniel**	**3525**	AXA RUNNING TEAM	M30	198	02:46:00	**05:27:09.20**	**05:28:39.10**	+03:03:53 (56.0%)	11:41	5.1 (44.0%)
632	**RUDNICKI Piotr**	**4089**	KAPIBARA	M30	199	02:28:25	**05:27:29.75**	**05:28:59.75**	+03:04:14 (56.0%)	11:41	5.1 (44.0%)
633	**OSYDA Sabina**	**3729**		K20	42	02:40:27	**05:28:04.70**	**05:29:28.20**	+03:04:42 (56.1%)	11:43	5.1 (44.0%)
634	**PASZKOWSKI Jakub**	**3813**		M30	200	02:40:26	**05:28:05.30**	**05:29:29.30**	+03:04:43 (56.1%)	11:43	5.1 (44.0%)
635	**WIERZCHOWIAK Jarosław**	**3816**	HUSARIA RACE TEAM	M20	70	02:27:06	**05:29:06.25**	**05:29:57.05**	+03:05:11 (56.1%)	11:45	5.1 (44.0%)
635	**BĄK Piotr**	**3865**		M30	201	02:40:32	**05:29:06.90**	**05:29:57.05**	+03:05:11 (56.1%)	11:45	5.1 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
637	**PIASECKI Grzegorz**	**3672**	AKTYWNI KONIN	M40	132	02:37:25	**05:29:44.05**	**05:31:00.75**	+03:06:15 (56.3%)	11:46	5.1 (44.0%)
638	**MASŁOŃ Sebastian**	**4023**		M30	202	02:46:12	**05:29:34.80**	**05:31:06.55**	+03:06:20 (56.3%)	11:46	5.1 (44.0%)
639	**ZIELIŃSKA CZERBNIAK Izabela**	**4017**	WUEF CLUB DECATHALON SWADZIM	K40	44	02:38:34	**05:31:45.90**	**05:32:22.25**	+03:07:36 (56.4%)	11:50	5.1 (44.0%)
640	**JĘDRZEJCZAK Sławomir**	**4037**		M40	133	02:46:32	**05:30:52.75**	**05:32:25.90**	+03:07:40 (56.5%)	11:49	5.1 (44.0%)
641	**ZIEŃKOWSKA Izabela**	**3442**	LUBLIN BIEGA/WW TEAM	K30	110	02:43:57	**05:32:55.45**	**05:33:13.10**	+03:08:27 (56.6%)	11:53	5 (43.1%)
641	**LATO Karolina**	**3318**	LUBLIN BIEGA	K30	111	02:43:57	**05:32:55.25**	**05:33:13.10**	+03:08:27 (56.6%)	11:53	5 (43.1%)
643	**KARPIŃSKA Anna**	**3688**	DZIKIE GRUBASY SZATANA	K40	45	02:43:40	**05:33:27.40**	**05:34:10.35**	+03:09:24 (56.7%)	11:54	5 (43.1%)
644	**KARAŚ Robert**	**3536**	AXA RUNNING TEAM	M30	203	02:39:21	**05:32:55.80**	**05:34:26.45**	+03:09:40 (56.7%)	11:53	5 (43.1%)
645	**BIŃKOWSKI Andrzej**	**4173**	COCA-COLA RUNNERS	M40	134	02:45:52	**05:35:26.20**	**05:36:41.50**	+03:11:55 (57.0%)	11:58	5 (43.1%)
646	**PRÓCHNIAK Joanna**	**3541**	GRUPA ŚMIERCI RZEŹNICZEK	K30	112	02:45:57	**05:35:33.35**	**05:36:48.40**	+03:12:02 (57.0%)	11:59	5 (43.1%)
647	**STACHOWICZ Mateusz**	**3526**	GRUPA ŚMIERCI RZEŹNICZEK	M30	204	02:34:33	**05:35:34.70**	**05:36:48.80**	+03:12:03 (57.0%)	11:59	5 (43.1%)
648	**BARCZAK Sylwia**	**3329**	PERFECT RUNNER LUBLIN	K30	113	02:56:50	**05:35:30.80**	**05:37:02.50**	+03:12:16 (57.0%)	11:58	5 (43.1%)
649	**KNAP Ewa**	**3888**	ALBATROSY	K30	114	02:43:42	**05:36:21.30**	**05:37:05.75**	+03:12:20 (57.1%)	12:00	5 (43.1%)
650	**ZADROŻNA Ania**	**3619**		K30	115	02:42:42	**05:36:37.10**	**05:37:35.10**	+03:12:49 (57.1%)	12:01	5 (43.1%)
651	**DUKAŁA Arkadiusz**	**3518**	PZU SPORT TEAM	M40	135	02:35:30	**05:37:06.55**	**05:38:00.05**	+03:13:14 (57.2%)	12:02	5 (43.1%)
652	**SKOŚKIEWICZ Krzysztof**	**4134**		M40	136	02:35:25	**05:37:05.50**	**05:38:00.10**	+03:13:14 (57.2%)	12:02	5 (43.1%)
653	**KAŹMIERCZAK Malwina**	**3680**	DZIKIE GRUBASY SZATANA	K20	43	02:37:20	**05:39:33.10**	**05:40:16.80**	+03:15:31 (57.5%)	12:07	4.9 (42.2%)
654	**KRZYŚ Justyna**	**3799**	KLUB MATIEGO	K30	116	02:43:40	**05:39:42.30**	**05:40:22.40**	+03:15:36 (57.5%)	12:07	4.9 (42.2%)
655	**BAJENA Jan**	**3655**		M20	71	02:32:35	**05:39:02.00**	**05:40:28.40**	+03:15:42 (57.5%)	12:06	5 (43.1%)
656	**KLEDYŃSKA Aleksandra**	**3651**		K20	44	02:32:35	**05:39:02.50**	**05:40:29.05**	+03:15:43 (57.5%)	12:06	5 (43.1%)
657	**HILLER Jerzy**	**3517**	LUBELSKA GRUPA TRIATHLONU	M60	9	02:54:53	**05:39:13.55**	**05:40:46.25**	+03:16:00 (57.5%)	12:06	5 (43.1%)
658	**ROGATKO Adam**	**3915**	DRAMAT_TEAM	M30	205	02:49:02	**05:40:09.60**	**05:41:18.45**	+03:16:32 (57.6%)	12:08	4.9 (42.2%)
659	**NIESIOBĘDZKA-ROGATKO Karolina**	**3916**	DRAMAT_TEAM	K30	117	02:49:04	**05:40:22.95**	**05:41:31.95**	+03:16:46 (57.6%)	12:09	4.9 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
660	**STOŃ Daniel**	**3592**	BIEGUSIEM.PL	M40	137	02:43:01	**05:40:43.95**	**05:41:46.45**	+03:17:00 (57.6%)	12:10	4.9 (42.2%)
661	**PIELAK Agnieszka**	**3778**	PZU SPORT TEAM	K20	45	02:57:52	**05:40:55.40**	**05:41:48.15**	+03:17:02 (57.6%)	12:10	4.9 (42.2%)
662	**GROMADZKI Wojciech**	**4154**		M50	23	02:30:02	**05:42:36.40**	**05:43:24.70**	+03:18:39 (57.8%)	12:14	4.9 (42.2%)
663	**GAJEWSKI Piotr**	**3373**	RUN_HELPERSI	M30	206	02:48:38	**05:44:51.50**	**05:45:26.50**	+03:20:40 (58.1%)	12:18	4.9 (42.2%)
664	**DUKIEWICZ Grażyna**	**3454**		K40	46	02:54:35	**05:44:23.10**	**05:45:59.65**	+03:21:14 (58.2%)	12:17	4.9 (42.2%)
665	**PIĄTY Kamil**	**4088**	5IATKATEAM	M30	207	02:54:12	**05:45:08.45**	**05:46:49.85**	+03:22:04 (58.3%)	12:19	4.9 (42.2%)
666	**WIŚNIEWSKA-PIĄTY Katarzyna**	**4087**	5IATKA TEAM	K30	118	02:54:12	**05:45:09.25**	**05:46:49.90**	+03:22:04 (58.3%)	12:19	4.9 (42.2%)
667	**WOJDASIEWICZ Kasia**	**3659**		K40	47	02:41:59	**05:45:37.45**	**05:47:02.50**	+03:22:16 (58.3%)	12:20	4.9 (42.2%)
668	**JUREK Paulina**	**3543**		K30	119	03:04:49	**05:45:51.95**	**05:47:29.25**	+03:22:43 (58.3%)	12:21	4.9 (42.2%)
669	**KUHN-ZAWADZKA Joanna**	**3939**	KRÓLICZKI W PLECAKU	K30	120	02:39:08	**05:47:22.55**	**05:48:07.90**	+03:23:22 (58.4%)	12:24	4.8 (41.4%)
670	**SROKA Dominik**	**3527**		M40	138	02:42:04	**05:47:16.65**	**05:48:35.65**	+03:23:50 (58.5%)	12:24	4.8 (41.4%)
671	**PŁATEK Katarzyna**	**3795**		K40	48	02:43:44	**05:48:25.05**	**05:49:08.90**	+03:24:23 (58.5%)	12:26	4.8 (41.4%)
672	**NAWROCKA Aleksandra**	**3724**		K20	46	02:47:47	**05:49:20.70**	**05:49:58.85**	+03:25:13 (58.6%)	12:28	4.8 (41.4%)
673	**WITKOWSKA Anetta**	**3810**	CENTRUM KETTLEBELL TARNOBRZEG	K40	49	02:55:02	**05:49:21.95**	**05:50:17.90**	+03:25:32 (58.7%)	12:28	4.8 (41.4%)
674	**WITKOWSKI Krzysztof**	**3809**	CENTRUM KETTLEBELL TARNOBRZEG	M40	139	02:55:00	**05:49:21.65**	**05:50:17.95**	+03:25:32 (58.7%)	12:28	4.8 (41.4%)
675	**SZANIAWSKA Agata**	**3327**		K20	47	02:53:41	**05:50:46.20**	**05:51:38.60**	+03:26:52 (58.8%)	12:31	4.8 (41.4%)
676	**GRABOWICZ Anna**	**3806**		K40	50	02:51:31	**05:51:22.30**	**05:52:08.30**	+03:27:22 (58.9%)	12:32	4.8 (41.4%)
676	**NOWAK Katarzyna**	**3772**		K40	51	02:51:36	**05:51:22.50**	**05:52:08.30**	+03:27:22 (58.9%)	12:32	4.8 (41.4%)
678	**NOWAK Jarosław**	**3776**		M40	140	02:51:35	**05:51:21.50**	**05:52:08.45**	+03:27:22 (58.9%)	12:32	4.8 (41.4%)
679	**STRZELECKI Artur**	**4179**		M50	24	02:43:44	**05:51:41.00**	**05:52:16.15**	+03:27:30 (58.9%)	12:33	4.8 (41.4%)
680	**MAZUR Beata**	**3701**	MAZUR FAMILY	K40	52	02:46:59	**05:51:10.40**	**05:52:28.90**	+03:27:43 (58.9%)	12:32	4.8 (41.4%)
681	**MAZUR Klaudia**	**3706**	MAZUR FAMILY	K20	48	02:43:53	**05:51:10.30**	**05:52:29.05**	+03:27:43 (58.9%)	12:32	4.8 (41.4%)
682	**MAZUR Andrzej**	**3708**	MAZUR FAMILY	M40	141	02:46:11	**05:51:09.95**	**05:52:29.15**	+03:27:43 (58.9%)	12:32	4.8 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
683	**WYSOCKA Agnieszka**	**3686**	PRO RUN	K40	53	02:58:16	**05:51:08.55**	**05:52:44.50**	+03:27:58 (59.0%)	12:32	4.8 (41.4%)
684	**WÓJCIK Łukasz**	**4073**	SII POWER PEOPLE	M30	208	02:53:38	**05:51:13.65**	**05:52:48.70**	+03:28:03 (59.0%)	12:32	4.8 (41.4%)
685	**OBARSKA Małgorzata**	**4043**		K50	9	03:01:56	**05:52:05.15**	**05:53:02.70**	+03:28:17 (59.0%)	12:34	4.8 (41.4%)
686	**PEŁSZYŃSKI Marek**	**3572**	ZOŚKA RUNNING TEAM / LPP TEAM	M30	209	02:50:10	**05:52:28.00**	**05:54:05.50**	+03:29:19 (59.1%)	12:35	4.8 (41.4%)
687	**SOT Lucjan**	**4045**	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	25	02:59:59	**05:56:33.35**	**05:56:55.35**	+03:32:09 (59.4%)	12:44	4.7 (40.5%)
688	**SOWA Sylwia**	**4075**	PZU SPORT TEAM	K40	54	02:54:03	**05:56:10.50**	**05:57:08.60**	+03:32:22 (59.5%)	12:43	4.7 (40.5%)
689	**ŻAK Agnieszka**	**3609**		K30	121	02:55:15	**05:55:59.55**	**05:57:28.95**	+03:32:43 (59.5%)	12:42	4.7 (40.5%)
690	**ŻAK Bartłomiej**	**3583**		M30	210	02:55:14	**05:56:00.55**	**05:57:30.15**	+03:32:44 (59.5%)	12:42	4.7 (40.5%)
691	**ŚLĘZAK Hanna**	**4121**	SKŁADAKI PIŁA	K30	122	03:02:25	**05:57:04.40**	**05:57:37.05**	+03:32:51 (59.5%)	12:45	4.7 (40.5%)
692	**DONIEC Katarzyna**	**3696**		K30	123	02:50:40	**05:56:20.35**	**05:57:43.65**	+03:32:58 (59.5%)	12:43	4.7 (40.5%)
693	**MARKOWICZ Krzysztof**	**3801**	KLUB MATIEGO JEŻOWE	M50	26	02:43:45	**05:57:43.20**	**05:58:21.50**	+03:33:35 (59.6%)	12:46	4.7 (40.5%)
694	**ŚLIWIŃSKI Paweł**	**3838**	KLUB MATIEGO	M50	27	02:44:44	**05:57:46.90**	**05:58:23.35**	+03:33:37 (59.6%)	12:46	4.7 (40.5%)
695	**JAKÓBCZYK Andrzej**	**3928**	SKLEPBIEGACZA.PL LUBLIN TEAM	M40	142	02:52:49	**05:58:56.85**	**06:00:29.55**	+03:35:43 (59.8%)	12:49	4.7 (40.5%)
696	**NAROLEWSKA Dorota**	**3310**		K30	124	03:00:14	**06:01:14.90**	**06:01:47.55**	+03:37:01 (60.0%)	12:54	4.7 (40.5%)
697	**BALCEWICZ Magda**	**4125**	SKŁADAKI PILA	K30	125	03:18:37	**06:03:54.30**	**06:04:26.15**	+03:39:40 (60.3%)	12:59	4.6 (39.7%)
698	**RYMON Paweł**	**4120**	SKŁADAKI PIŁA	M30	211	03:02:42	**06:04:05.05**	**06:04:37.85**	+03:39:52 (60.3%)	13:00	4.6 (39.7%)
699	**MIŁOSZ Maria**	**3400**		K20	49	03:02:41	**06:03:34.00**	**06:04:51.75**	+03:40:06 (60.3%)	12:59	4.6 (39.7%)
700	**WIECZOREK Beata**	**3674**	DZIKIE GRUBASY SZATANA	K30	126	03:10:57	**06:04:09.40**	**06:04:53.55**	+03:40:07 (60.3%)	13:00	4.6 (39.7%)
701	**KAWSKA Ewa**	**3950**		K40	55	02:50:48	**06:03:31.45**	**06:05:03.85**	+03:40:18 (60.3%)	12:58	4.6 (39.7%)
702	**KUNA Katarzyna**	**3558**		K40	56	02:58:16	**06:03:34.30**	**06:05:13.80**	+03:40:28 (60.4%)	12:59	4.6 (39.7%)
703	**PEDA Kamila**	**4050**	KB DZIK	K30	127	03:01:10	**06:05:31.35**	**06:05:51.85**	+03:41:06 (60.4%)	13:03	4.6 (39.7%)
704	**RADZIEŃSKI Maciej**	**3740**		M30	212	02:43:28	**06:04:34.45**	**06:06:12.90**	+03:41:27 (60.5%)	13:01	4.6 (39.7%)
705	**SZCZERBIŃSKI Marcin**	**3790**	DZIKIE GRUBASY SZATANA	M40	143	02:51:40	**06:10:25.50**	**06:11:10.55**	+03:46:24 (61.0%)	13:13	4.5 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
706	**JANICKA Katarzyna**	**3328**	4EVERFASTER.PL	K30	128	02:53:42	**06:12:18.10**	**06:13:10.40**	+03:48:24 (61.2%)	13:17	4.5 (38.8%)
707	**PANCZENKO Kamil**	**3343**	OWM LUBLIN	M20	72	02:54:25	**06:11:40.00**	**06:13:16.25**	+03:48:30 (61.2%)	13:16	4.5 (38.8%)
708	**SEREWA Paulina**	**3396**	OWM LUBLIN	K20	50	02:54:41	**06:11:40.60**	**06:13:16.55**	+03:48:30 (61.2%)	13:16	4.5 (38.8%)
709	**WYSOCKI Sebastian**	**4128**	SKŁADAKI PIŁA	M30	213	03:02:18	**06:14:17.85**	**06:14:48.40**	+03:50:02 (61.4%)	13:22	4.5 (38.8%)
710	**WYSOCKA Ilona**	**4127**	SKŁADAKI PIŁA	K30	129	02:56:18	**06:14:19.10**	**06:14:48.50**	+03:50:02 (61.4%)	13:22	4.5 (38.8%)
711	**KULLING Krystian**	**4187**	BIEGOWI WARIACI	M30	214	03:12:35	**06:14:32.45**	**06:14:57.70**	+03:50:12 (61.4%)	13:22	4.5 (38.8%)
712	**BAŃKOWSKA Monika**	**3690**	BIGYELLOWFOOT ADVENTURE TEAM	K30	130	03:12:35	**06:14:33.05**	**06:14:58.90**	+03:50:13 (61.4%)	13:22	4.5 (38.8%)
713	**GUZIK Magdalena**	**3570**		K40	57	03:05:20	**06:13:23.45**	**06:15:01.05**	+03:50:15 (61.4%)	13:20	4.5 (38.8%)
714	**BORKOWSKA Ewa**	**3869**		K60	3	03:11:11	**06:17:32.45**	**06:18:17.55**	+03:53:31 (61.7%)	13:29	4.4 (37.9%)
715	**SZCZEPANIA Lucyna**	**4123**	SKŁADAKI PIŁA	K40	58	03:10:12	**06:24:00.35**	**06:24:32.25**	+03:59:46 (62.4%)	13:42	4.4 (37.9%)
716	**MAJEWSKA Agnieszka**	**3769**	GRUPA ŚMIERCI RZEŹNICZEK	K40	59	03:02:58	**06:32:31.95**	**06:33:47.45**	+04:09:01 (63.2%)	14:01	4.3 (37.1%)
717	**PUŁKOWSKI Mirosław**	**4057**		M40	144	03:12:35	**06:50:59.20**	**06:51:26.50**	+04:26:40 (64.8%)	14:40	4.1 (35.3%)
718	**PUŁKOWSKA Patrycja**	**4058**		K30	131	03:12:37	**06:50:59.60**	**06:51:27.05**	+04:26:41 (64.8%)	14:40	4.1 (35.3%)
	KOMUŃSKI Marcin	**3720**	POLONIA ŚRODA	M30		02:17:41 DNF	**DNF**	**DNF**		-	- (0.0%)
	MATRASZEK Jakub	**3374**	VEGE RUNNERS	M30		02:51:59 DNF	**DNF**	**DNF**		-	- (0.0%)
	MIRECKI Jan	**4076**		M40		DNF	**DNF**	**DNF**		-	- (0.0%)
	TADLA Mateusz	**4071**		M20		DNF	**DNF**	**DNF**		-	- (0.0%)
	MATUSZAK Piotr	**3730**		M20		DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 723 wynik(ów)