

## RZEŹNICZEK

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

## 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
2	KAŹMIERCZAK Piotr	3989	WITKOWO BIEGA	M30	1	01:22:47	02:35:38.30	02:35:40.55	+00:10:54	5:33	10.8
3	NOWAKOWSKI Tobiasz	3363	MKB DREPTAK	M30	2	01:23:54	02:36:08.15	02:36:10.80	+00:11:25	5:34	10.8
4	AUGUSTYŃSKI Sylwester	3775	LACHO TEAM	M30	3	01:23:01	02:36:51.40	02:36:55.30	+00:12:09	5:36	10.7
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	5:38	10.6
6	KAPAON Łazarz	3322	CAZZO CLUB	M20	1	01:27:02	02:40:29.45	02:40:32.70	+00:15:47	5:43	10.5
7	POŻAROWSZCZYK Adam	3354	MGK LEGIONOWO	M30	5	01:27:40	02:41:47.00	02:41:50.40	+00:17:04	5:46	10.4
8	LIPA Wojciech	3899	RZESZOWSKIE GAZELE I GEPARDY	M30	6	01:30:30	02:46:06.90	02:46:09.55	+00:21:23	5:55	10.1
9	KOŚCIELSKI Patryk	3534	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	2	01:27:54	02:46:37.15	02:46:40.85	+00:21:55	5:57	10.1
10	ZYCH Dariusz	4122	SKŁADAKI / 4 RUN TEAM	M40	3	01:29:23	02:47:49.15	02:47:51.95	+00:23:06	5:59	10
11	WALASEK Grzegorz	3585	BIEGUSIEM.PL	M40	4	01:28:27	02:48:31.95	02:48:33.95	+00:23:48	6:01	10
12	JÓZEFczyk Tomasz	4195	POSMAKUJ RUN TEAM	M30	7	01:31:04	02:48:35.05	02:48:39.50	+00:23:53	6:01	10
13	MATYSIAK Bartłomiej	3304	JACEKBIEGA RUNNING TEAM	M30	8	01:29:25	02:49:16.00	02:49:20.55	+00:24:34	6:02	9.9
14	MYŚLIŃSKI Jan	3642	BIESZCZADY	M30	9	01:30:19	02:51:39.25	02:51:43.15	+00:26:57	6:07	9.8
15	KNOLL Leszek	3654		M30	10	01:34:31	02:54:48.25	02:54:52.50	+00:30:06	6:14	9.6
16	KOCIOŁEK Witold	3755	PALMER /RUNONLINE.PL TEAM	M40	5	01:30:35	02:55:18.85	02:55:21.35	+00:30:35	6:15	9.6
17	KOWALSKI Maciej	3918	MORSY OŚNO LUBUSKIE	M40	6	01:36:39	02:57:14.85	02:57:26.50	+00:32:40	6:19	9.5
18	RESZKA Marek	4137	BANDA GRUDNIA	M30	11	01:32:27	02:57:38.15	02:57:43.05	+00:32:57	6:20	9.5
19	SOŁOWIEJ Łukasz	4005		M30	12	01:31:59	02:58:33.55	02:58:38.00	+00:33:52	6:22	9.4
20	PRZYPOLSKI Paweł	3765	IM-POSSIBLE TEAM	M40	7	01:35:10	02:58:30.95	02:58:43.45	+00:33:57	6:22	9.4
21	KOŁODZIEJCZYK Krzysztof	3822		M20	2	01:31:21	02:58:29.65	02:58:48.70	+00:34:03	6:22	9.4
22	ŻUCHOWSKI Daniel	3679		M20	3	01:38:28	03:00:16.70	03:00:26.40	+00:35:40	6:26	9.3
23	SZECÓWKA Aneta	3931		K30	1	01:31:34	03:00:28.35	03:00:35.75	+00:35:50	6:26	9.3
24	KNYCHAS Darek	3717	PZU SPORT TEAM	M40	8	01:35:05	03:00:34.75	03:00:42.30	+00:35:56	6:26	9.3
25	KUCHARSKI Paweł	3491	PLANETA NISKO	M30	13	01:32:51	03:01:07.75	03:01:16.05	+00:36:30	6:28	9.3
26	BOROWSKI Marcin	3418		M20	4	01:38:09	03:02:55.95	03:03:09.05	+00:38:23	6:32	9.2
27	BRÓG Wojciech	3836		M30	14	01:33:35	03:03:26.65	03:03:29.85	+00:38:44	6:33	9.2
28	DZIEDZIC Witold	3540	PRZEBIEGLI JAK WĘŻE	M40	9	01:35:46	03:03:35.95	03:03:38.95	+00:38:53	6:33	9.2
29	WRÓBEL Mateusz	4094		M20	5	01:41:06	03:03:34.40	03:03:40.55	+00:38:54	6:33	9.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
30	CZECH Mateusz	4184		M20	6	01:37:49	03:03:27.65	03:03:41.45	+00:38:55	6:33	9.2
31	SIEMBOR Karol	3752		M20	7	01:38:28	03:03:32.10	03:03:43.15	+00:38:57	6:33	9.2
32	ZALEWSKI Karol	3530	MKB DREPTAK	M30	15	01:33:58	03:03:46.05	03:03:49.05	+00:39:03	6:33	9.1
33	MAŚLANY Mariusz	3356	ELEKTROMETAL ENERGETYKA SA	M40	10		03:04:30.55	03:04:45.35	+00:39:59	6:35	9.1
34	BRUŚ Marcin	3601	SASKA	M40	11	01:36:41	03:04:47.20	03:04:49.35	+00:40:03	6:35	9.1
35	KOZA Jan	3301	LOKOMOTIV MAJDAN	M20	8	01:32:49	03:05:04.60	03:05:07.10	+00:40:21	6:36	9.1
36	KWAŚNY Piotr	3741		M40	12	01:46:03	03:04:51.25	03:05:13.20	+00:40:27	6:36	9.1
37	WALASZCZYK Lucyna	3985	NATURAL BORN RUNNERS	K30	2	01:37:47	03:05:36.10	03:05:40.95	+00:40:55	6:37	9.1
38	JARECKI Aleksander	4170	COCA-COLA RUNNERS	M40	13	01:38:31	03:06:29.50	03:06:35.00	+00:41:49	6:39	9
39	DYDERSKI Paweł	3670		M30	16	01:35:38	03:06:37.40	03:06:47.35	+00:42:01	6:39	9
40	SIDOR Radosław	4201		M30	17	01:38:46	03:07:06.00	03:07:11.25	+00:42:25	6:40	9
41	CIOSMAK Andrzej	3933	PZU SPORT TEAM	M40	14	01:37:37	03:08:12.20	03:08:14.80	+00:43:29	6:43	8.9
42	KOWALSKI Łukasz	3804	LUBELSKIE STOWARZYSZENIE BIEGOWE	M30	18	01:35:06	03:09:03.45	03:09:05.80	+00:44:20	6:45	8.9
43	DOBRZAŃSKI Paweł	4199	POSMAKUJ RUN TEAM	M30	19	01:31:55	03:10:42.05	03:10:47.25	+00:46:01	6:48	8.8
44	ROGAŁA Grzegorz	3458	KORAL TEAM	M40	15	01:37:17	03:11:04.75	03:11:08.35	+00:46:22	6:49	8.8
45	ZIELIŃSKA Weronika	3766	12TRI.PL / ASICS FRONTRUNNER	K30	3	01:38:19	03:11:26.05	03:11:28.05	+00:46:42	6:50	8.8
46	GAWRON Paweł	3682	FPL TEAM	M20	9	01:40:36	03:11:28.45	03:11:34.95	+00:46:49	6:50	8.8
47	PIETRZYK Maciej	4108		M30	20	01:38:14	03:13:30.00	03:13:34.70	+00:48:49	6:54	8.7
48	MERCIK Agnieszka	3770	PRZEMYSKI KLUB BIEGACZA	K30	4	01:42:11	03:13:38.10	03:13:40.35	+00:48:54	6:54	8.7
49	GNATOWSKI Przemysław	3903	AXA RUNNING TEAM	M20	10	01:38:06	03:14:41.90	03:14:46.60	+00:50:00	6:57	8.6
50	GROCHOWSKI Krystian	4119	SKŁADAKI PIŁA	M40	16	01:41:46	03:14:49.15	03:14:59.95	+00:50:14	6:57	8.6
51	ONISK Kamil	3422	MKB DREPTAK	M20	11	01:46:28	03:15:02.50	03:15:05.60	+00:50:19	6:57	8.6
52	ARUSZTOWICZ Bartosz	3479	HARDCOROWE WYCHYLYBYMY	M30	21	01:42:14	03:14:57.00	03:15:11.05	+00:50:25	6:57	8.6
53	TRYBULEC Daniel	4109	PORANNY PATROL	M30	22	01:42:32	03:15:45.05	03:15:47.95	+00:51:02	6:59	8.6
54	WNOROWSKI Stefan	3513	PARKRUN KONSTANCIN	M30	23	01:38:31	03:16:21.15	03:16:26.05	+00:51:40	7:00	8.6
55	KOSTKA Janusz	4198	POSMAKUJ RUN TEAM	M50	1	01:38:28	03:16:32.30	03:16:36.55	+00:51:50	7:01	8.5
56	TELEJKO Łukasz	4175	ROLL&RUN BYDGOSZCZ	M20	12	01:40:20	03:16:37.35	03:16:53.85	+00:52:08	7:01	8.5
57	SROMEK Dawid	4150	BB RUNNERS	M20	13	01:43:37	03:16:49.65	03:16:56.05	+00:52:10	7:01	8.5
58	BASĄG Marek	3827		M30	24	01:41:47	03:18:04.95	03:18:37.05	+00:53:51	7:04	8.5
59	GRABOŃ Radek	3943		M30	25	01:44:12	03:18:40.05	03:18:55.25	+00:54:09	7:05	8.5
60	CZARNECKI Karol	4163	COCA-COLA RUNNERS	M30	26	01:42:02	03:19:17.30	03:19:25.75	+00:54:40	7:07	8.4
61	WOŹNIAK Grzegorz	4152		M40	17	01:42:48	03:19:22.00	03:19:30.55	+00:54:44	7:07	8.4
62	BETLEJEWSKI Rafał	3748		M30	27	01:40:54	03:19:38.75	03:19:53.85	+00:55:08	7:07	8.4
63	TITZ KOZA Julita	4013		K30	5	01:45:40	03:19:48.85	03:19:58.10	+00:55:12	7:08	8.4
64	WĘGRZYŃSKI Paweł	3324		M30	28	01:49:46	03:19:48.95	03:20:14.60	+00:55:28	7:08	8.4
65	PAJĄK Andrzej	3818	BIEGAM Z ABS	M40	18	01:46:12	03:21:44.95	03:22:02.05	+00:57:16	7:12	8.3
66	SALSKI Rafał	3970		M40	19	01:46:01	03:22:02.85	03:22:06.25	+00:57:20	7:12	8.3
67	MERCIK Marek	4029		M50	2	01:42:59	03:22:21.15	03:22:23.10	+00:57:37	7:13	8.3
68	GARCZYŃSKI Darek	3684		M40	20	01:47:08	03:22:03.20	03:22:43.25	+00:57:57	7:12	8.3
69	BERTINO Francesco	3488	CAZZO CLUB	M20	14	01:46:05	03:22:45.95	03:23:04.90	+00:58:19	7:14	8.3
70	GRYMUZA Zbigniew	4155	SKPB LUBLIN	M50	3	01:45:25	03:23:29.60	03:23:36.25	+00:58:50	7:16	8.3
71	WOJCIECHOWSKI Paweł	4106	BIEGACZE JUNIORA - RUNNER TEAM	M40	21	01:46:33	03:23:41.30	03:23:46.65	+00:59:01	7:16	8.2
72	ČOVIĆ Dragomir	4200	PEU GATA	M30	29	01:43:17	03:24:25.95	03:24:25.95	+00:59:40	7:18	8.2
73	KEDŽO Hrvoje	4299	TTK STRKA	M30	30	01:43:17	03:24:26.05	03:24:26.05	+00:59:40	7:18	8.2

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74	WIERZBICKI Piotr	3622	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	22	01:46:52	03:24:30.80	03:25:06.25	+01:00:20	7:18	8.2
75	KOZIARSKI Piotr	3658	PO LINIE	M30	31	01:42:23	03:25:29.30	03:25:38.15	+01:00:52	7:20	8.2
76	POŁUDNIUK Radosław	4065	SII POWER PEOPLE	M30	32	01:44:49	03:25:33.60	03:25:41.90	+01:00:56	7:20	8.2
77	SURDAKCI Mateusz	3496		M30	33	01:47:05	03:25:54.55	03:26:14.35	+01:01:28	7:21	8.2
78	MIŚKO Andrzej	3311		M30	34	01:45:44	03:26:13.15	03:26:28.55	+01:01:42	7:21	8.1
79	MAŁKOWSKA Katarzyna	4146	PORANNY PATROL	K20	1	01:47:27	03:26:30.35	03:26:32.85	+01:01:47	7:22	8.1
80	MARCJONIAK Wojtek	4080		M40	23	01:49:44	03:26:05.45	03:26:33.80	+01:01:48	7:21	8.2
81	NAWROCKI Marcin	3490		M30	35	01:42:26	03:26:27.20	03:26:34.35	+01:01:48	7:22	8.1
82	GARSTKA Mariusz	3704		M20	15	01:51:57	03:26:43.20	03:26:57.25	+01:02:11	7:22	8.1
83	MACHALICA Agnieszka	3472		K30	6	01:50:13	03:27:21.20	03:27:22.80	+01:02:37	7:24	8.1
84	KWAŚNY Janusz	3723		M40	24	01:52:12	03:26:24.85	03:27:37.35	+01:02:51	7:22	8.1
85	TORBUS Mateusz	3357	GRASSHOPPER	M40	25	01:47:22	03:27:19.75	03:27:40.90	+01:02:55	7:24	8.1
86	MIKOŁAJCZYK Mirosław	3954	MIRAZ RACE TEAM	M30	36	01:40:09	03:27:53.95	03:27:55.70	+01:03:10	7:25	8.1
87	DUDEK Tomasz	4116	STARE BABICE BIEGAJĄ	M40	26	01:46:57	03:27:45.50	03:28:10.50	+01:03:24	7:25	8.1
88	CEGIEŁKO Paweł	3796		M40	27	01:49:53	03:28:09.45	03:28:25.50	+01:03:39	7:26	8.1
89	LIPIŃSKI Hubert	3319	KS KANAŁEK	M30	37	01:51:28	03:29:58.25	03:30:08.50	+01:05:22	7:29	8
90	SZULC Mateusz	3339		M30	38	01:51:20	03:29:49.80	03:30:09.05	+01:05:23	7:29	8
91	TRYBUCHOWICZ Michał	3921		M30	39	01:46:17	03:30:15.95	03:30:21.50	+01:05:35	7:30	8
92	KOZICKI Marcin	3851		M30	40	01:57:42	03:29:59.10	03:30:32.35	+01:05:46	7:29	8
93	ODOLIŃSKI Jacek	3456	PSZCZÓŁKOWSKI TEAM	M40	28	01:54:41	03:30:11.25	03:30:32.70	+01:05:47	7:30	8
94	SIPIERA Tomasz	3812	LACHO TEAM	M40	29	01:49:05	03:30:36.45	03:30:40.70	+01:05:55	7:31	8
95	GALKA Piotr	3940	CAZZO CLUB	M20	16	01:46:51	03:30:35.05	03:30:54.65	+01:06:09	7:31	8
96	WŁOCH Michał	3595	ZABIEGANI CZĘSTOCHOWA	M20	17	01:49:32	03:30:39.40	03:31:38.70	+01:06:53	7:31	8
97	CIEŻAR Maciej	3870	ANEMIC TURBO	M30	41	01:50:07	03:31:32.05	03:31:50.20	+01:07:04	7:33	7.9
98	GAJEWSKI Marek	3693	GRUPA ŚMIERCI RZEŹNICZEK	M30	42	01:55:50	03:31:16.20	03:31:55.40	+01:07:09	7:32	8
99	PAŁUZEWICZ Ewa	3692	VISEGRAD MARATON RYTRO	K40	1	01:52:59	03:32:03.50	03:32:07.60	+01:07:21	7:34	7.9
100	MUSZYŃSKI Dariusz	3833	RED LION CLUB	M30	43	01:51:50	03:31:57.35	03:32:17.85	+01:07:32	7:34	7.9
101	KOŚNIEWSKA Weronika	4093	OBOZYBIEGOWE.PL / PGE NARODOWY	K30	7	01:57:02	03:32:04.75	03:32:19.40	+01:07:33	7:34	7.9
102	KLIMEK Rafał	3455		M30	44	01:46:29	03:32:17.05	03:32:20.15	+01:07:34	7:34	7.9
103	SZYMAŃSKI Jarosław	3826	RED LION CLUB	M30	45	01:51:49	03:32:09.05	03:32:29.55	+01:07:43	7:34	7.9
104	KAMIŃSKA Jolanta	4136		K30	8	01:54:09	03:32:08.00	03:32:42.15	+01:07:56	7:34	7.9
105	ZABOROWSKI Filip	3613	ZABIEGANI CZĘSTOCHOWA	M20	18	01:47:11	03:31:47.65	03:32:46.30	+01:08:00	7:33	7.9
106	KRYPSKI Bartosz	3824	CROSSFIT SIEDLCE	M20	19	01:47:11	03:32:48.60	03:32:57.00	+01:08:11	7:36	7.9
107	KOWALEWSKI Mateusz	3825	CROSSFIT SIEDLCE	M20	20	01:47:13	03:32:49.15	03:32:57.25	+01:08:11	7:36	7.9
108	MURACZEWSKI Piotr	3725		M30	46	01:47:58	03:32:59.35	03:33:16.10	+01:08:30	7:36	7.9
109	NAWROT Bartłomiej	3785	KAMIENIOŁOM	M30	47	01:53:59	03:33:54.95	03:34:09.65	+01:09:24	7:38	7.9
110	WALKOSZ-BERDA Grzegorz	3904	BIEGAM Z ABS	M30	48	01:50:02	03:35:06.60	03:35:25.35	+01:10:39	7:40	7.8
111	POTAS Maciej	3835	BOLCOWNICY	M30	49	01:53:49	03:36:08.40	03:36:47.40	+01:12:01	7:43	7.8
112	KOWALSKI Tomasz	3906		M30	50	02:00:06	03:36:30.40	03:36:51.95	+01:12:06	7:43	7.8
113	CIEŚLA Dawid	3608	AGB TORFY	M40	30	02:00:49	03:36:22.95	03:36:57.65	+01:12:12	7:43	7.8
114	SIEMASZKO Wojciech	3975		M30	51	01:58:42	03:37:19.65	03:37:22.80	+01:12:37	7:45	7.7
115	PONIEWOZIK Ireneusz	3768		M30	52	01:58:41	03:37:20.55	03:37:23.35	+01:12:37	7:45	7.7
116	MACIĄG Michał	3522	BIEGUSIEM.PL	M30	53	01:49:29	03:36:41.30	03:37:34.90	+01:12:49	7:44	7.8
117	KONDZIOŁA Krzysztof	3352	PERFECT RUNNER LUBLIN	M30	54	01:56:28	03:37:30.25	03:37:51.80	+01:13:06	7:46	7.7

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						15km	28km	28km			
118	WALCZAK Marcin	3426		M30	55	01:47:27	03:37:37.35	03:37:53.00	+01:13:07	7:46	7.7
119	HOLENDER Sebastian	3314		M30	56	01:59:17	03:37:12.80	03:38:13.30	+01:13:27	7:45	7.7
120	MARCINKIEWICZ Katarzyna	3774	BÓBR TŁUSZCZ	K40	2	01:57:18	03:38:01.25	03:38:29.00	+01:13:43	7:47	7.7
121	KAJDROWICZ Grzegorz	3512	WWW.PRZEMYSLEPODROZE.PL	M40	31	01:46:44	03:38:19.85	03:38:33.90	+01:13:48	7:47	7.7
122	RIEFF Tomasz	3349		M30	57	01:55:52	03:38:22.65	03:38:39.20	+01:13:53	7:47	7.7
123	DANIEL Krzysztof	3604	WEEKENDOWY RESET	M30	58	01:58:19	03:38:20.30	03:38:51.15	+01:14:05	7:47	7.7
124	KULIGA Sławomir	3306	POSKAKUJ RUN TEAM	M30	59	01:42:51	03:38:50.55	03:38:55.25	+01:14:09	7:48	7.7
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	7:48	7.7
126	ROJEWSKI Michał	3439		M30	61	01:48:16	03:39:04.40	03:39:11.65	+01:14:26	7:49	7.7
127	POGODA Kamil	3662	ACCENTURE RUNNING TEAM	M30	62	01:54:09	03:38:42.20	03:39:16.00	+01:14:30	7:48	7.7
128	KUBIAK Adam	3671	BIEGAM BO KRZYCZY	M40	32	01:52:14	03:39:08.90	03:39:20.90	+01:14:35	7:49	7.7
129	KOTLARCZYK Ireneusz	3344		M30	63	01:54:55	03:38:27.75	03:39:26.55	+01:14:40	7:48	7.7
130	MACKIEWICZ Maurycy	3882	RUNNERS TEAM QUIBL	M30	64	01:55:25	03:38:08.80	03:39:30.00	+01:14:44	7:47	7.7
131	KURCZEK Tomasz	3657		M40	33	01:50:20	03:39:44.35	03:39:51.10	+01:15:05	7:50	7.6
132	KUCHEJDA Katarzyna	4140	RK ATHLETICS	K40	3	01:59:55	03:39:50.85	03:40:19.45	+01:15:33	7:51	7.6
133	SMOLIŃSKI Piotr	3376		M30	65	01:58:32	03:39:39.65	03:40:35.15	+01:15:49	7:50	7.6
134	DOMŻAŁA Konrad	3588		M40	34	01:46:52	03:40:27.80	03:40:39.35	+01:15:53	7:52	7.6
135	KĘDRA Piotr	3793	BRZOWSKI KLUB BIEGACZA	M20	21	01:57:19	03:40:22.30	03:40:40.60	+01:15:54	7:52	7.6
136	KASZYCKA Renata	3430		K40	4	01:57:17	03:40:31.00	03:40:49.75	+01:16:04	7:52	7.6
137	ZAJĄC Mariusz	4059		M40	35	02:04:56	03:39:56.45	03:41:13.70	+01:16:28	7:51	7.6
138	NAUDZIUNAS Agnieszka	3911	NATURAL BORN RUNNERS	K30	9	01:58:17	03:41:04.70	03:41:27.30	+01:16:41	7:53	7.6
139	ULICZNY Paweł	3763	REMBERTÓW TEAM	M40	36	01:56:27	03:41:40.90	03:41:55.25	+01:17:09	7:55	7.6
140	BUZALSKI Robert	3981	ORANGE POLSKA	M40	37	01:50:22	03:41:29.20	03:42:01.85	+01:17:16	7:54	7.6
141	KOWALSKI Sylwester	3980		M30	66		03:41:53.30	03:42:16.20	+01:17:30	7:55	7.6
142	KOWALSKA Joanna	3979		K30	10		03:41:53.55	03:42:16.25	+01:17:30	7:55	7.6
143	SŁOMKA Paweł	3386	BIEGNĘ ODCZAROWAĆ RAKA	M20	22	01:46:30	03:41:23.00	03:42:21.40	+01:17:35	7:54	7.6
144	JAKUBCZYK Jacek	3735	CONTANTE	M30	67	01:57:57	03:41:25.30	03:42:29.15	+01:17:43	7:54	7.6
145	BATRUCH Lukasz	3794		M30	68	02:00:46	03:41:59.10	03:42:34.10	+01:17:48	7:55	7.6
146	GADOMSKA Anna	3615	PZU SPORT TEAM	K30	11	01:59:21	03:42:28.15	03:42:41.70	+01:17:56	7:56	7.6
147	ŁUCZYK Janusz	3779	BÓBR TŁUSZCZ	M30	69	01:55:24	03:42:14.15	03:42:42.15	+01:17:56	7:56	7.6
148	MICHALAK Natalia	4040	WYŻSZA SZKOŁA POLICJI W SZCZYTNI	K20	2	02:00:50	03:42:21.40	03:42:46.05	+01:18:00	7:56	7.6
149	PANEK Damian	3464		M20	23	01:52:55	03:42:48.05	03:42:54.10	+01:18:08	7:57	7.5
150	PYPNO Maciej	3968	FMW RUNNERS	M30	70	01:47:43	03:43:25.30	03:43:46.25	+01:19:00	7:58	7.5
151	KOLIBABSKI Radosław	3443	HARDCOROWE WYCHYLYBYMY / TRENERBIEGANIA.PL	M20	24	01:54:39	03:44:28.35	03:44:43.30	+01:19:57	8:01	7.5
152	SMERECKI Maciej	4196		M30	71	01:55:57	03:45:01.25	03:45:06.25	+01:20:20	8:02	7.5
153	TWORZYDŁO Paweł	3320		M40	38	01:57:36	03:44:39.10	03:45:16.30	+01:20:30	8:01	7.5
154	DRZEWIECKI Michał	3877		M20	25	02:09:29	03:44:20.75	03:45:18.05	+01:20:32	8:00	7.5
155	SIÓDMIĄK Cezary	4193	KLUB SPARTANIE DZIECIOM	M40	39	01:55:01	03:45:16.10	03:45:32.85	+01:20:47	8:02	7.5
156	KOTLIŃSKI Janusz	3955		M50	4	01:55:29	03:45:31.65	03:45:50.40	+01:21:04	8:03	7.4
157	SZCZEPAŃSKI Marcin	3750	EVERRUN	M40	40	01:57:25	03:45:41.60	03:45:51.25	+01:21:05	8:03	7.4
158	TURCZYŃSKA Monika	3922	LECZO TEAM	K40	5	02:02:31	03:45:22.80	03:46:09.95	+01:21:24	8:02	7.5
159	DRAŻEK Sławomir	4194		M40	41	01:48:42	03:45:52.70	03:46:15.70	+01:21:30	8:04	7.4
160	SKUBIDA Marcin	3661	SPRINT GORZYCE	M30	72	01:57:18	03:45:01.85	03:46:21.90	+01:21:36	8:02	7.5
161	RĄCZKA Rafał	4203		M30	73	01:52:00	03:46:21.50	03:46:31.40	+01:21:45	8:05	7.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	28km			
162	BOROWIEC Arkadiusz	3398	CHEŁM BIEGA/BRACIA.B	M40	42	01:56:31	03:46:31.90	03:46:44.25	+01:21:58	8:05	7.4
163	SZANIAWSKI Marcin	3330	DZIKIE BAŃKI	M30	74	01:46:43	03:46:40.60	03:46:48.70	+01:22:03	8:05	7.4
164	KRAJEWSKI Przemysław	3923	LECZO TEAM	M40	43	02:02:33	03:46:12.70	03:46:59.55	+01:22:13	8:04	7.4
165	SŁOWIŃSKA Karolina	3419		K30	12	02:00:03	03:47:25.50	03:48:18.90	+01:23:33	8:07	7.4
166	MAZUR Marcin	3412		M30	75	01:56:21	03:47:45.15	03:48:43.65	+01:23:58	8:08	7.4
167	SIENICKI Karol	3837	BOLCOWNICY	M30	76	02:00:41	03:48:05.80	03:48:46.40	+01:24:00	8:08	7.4
168	MOSOŃ Sławomir	3874		M30	77	02:01:03	03:48:38.90	03:49:00.55	+01:24:14	8:09	7.3
169	OPALA Krzysztof	3668	ENDORFINA	M30	78	02:00:28	03:48:31.30	03:49:05.50	+01:24:19	8:09	7.4
170	PIRÓG Krzysztof	3953	ŻOŁNIERZ ZAWODOWY	M40	44	01:54:34	03:48:59.15	03:49:17.15	+01:24:31	8:10	7.3
171	WALKOWIAK Iwona	4138		K30	13	01:57:31	03:49:16.65	03:49:18.75	+01:24:33	8:11	7.3
172	WOJNAR Radek	3881	RUNNERS TEAM QUIBL	M40	45	01:57:38	03:48:04.65	03:49:24.95	+01:24:39	8:08	7.4
173	RÓŻYC Norbert	4084	WARSZAWSKI ULTRAS	M30	79	02:02:44	03:49:10.80	03:49:26.85	+01:24:41	8:11	7.3
174	BARTELOMIEJSKA Urszula	3384		K30	14	02:03:21	03:49:56.30	03:50:01.35	+01:25:15	8:12	7.3
175	SIERAKOWSKI Igor	3878		M40	46	02:05:15	03:49:24.45	03:50:31.35	+01:25:45	8:11	7.3
176	BOROWIEC Mariusz	3407	PZU SPORT TEAM	M40	47	01:52:15	03:50:39.60	03:50:53.05	+01:26:07	8:14	7.3
177	PUCHAŁA Mariusz	3845	TERNOL TEAM	M30	80	02:00:37	03:50:23.20	03:51:00.05	+01:26:14	8:13	7.3
178	SZUMIGAJ-MIŁOSZ Alicja	3872		K30	15	02:01:30	03:50:46.25	03:51:07.40	+01:26:21	8:14	7.3
179	CHOJNOWSKI Łukasz	4052	YES MEN TEAM	M20	26	01:58:55	03:51:13.55	03:51:46.85	+01:27:01	8:15	7.3
180	GUTKOWSKI Tomasz	3853	YES MEN TEAM	M20	27	02:00:49	03:51:16.30	03:51:49.30	+01:27:03	8:15	7.3
181	BRAUN Tomasz	3974	NIGHT RUNNERS	M40	48	02:05:09	03:51:23.45	03:51:50.45	+01:27:04	8:15	7.3
182	GÓRNIIEWICZ Marcin	4025	MBANK	M30	81	02:12:14	03:51:15.10	03:51:56.00	+01:27:10	8:15	7.3
183	ZARUDZKI Łukasz	3411	NOTHING TO FEAR	M40	49	02:00:03	03:51:46.35	03:52:10.15	+01:27:24	8:16	7.2
184	KĘPKA Robert	3478	BIEGUSIEM.PL	M30	82	01:53:47	03:51:23.65	03:52:17.15	+01:27:31	8:15	7.3
185	ŁUKASZKIEWICZ Michał	3942		M30	83		03:52:20.65	03:52:20.65	+01:27:35	8:17	7.2
186	BARZYK Mateusz	3605	FUDU CO. SPORT TEAM	M40	50	02:05:41	03:51:50.55	03:52:26.25	+01:27:40	8:16	7.2
187	STEFANIAK Artur	3602	FUDU&CO SPORT TEAM	M40	51	02:06:00	03:51:47.00	03:52:26.40	+01:27:40	8:16	7.2
188	POPIOŁEK Jacek	3427	BIEGUSIEM.PL	M30	84	02:04:41	03:51:35.45	03:52:36.85	+01:27:51	8:16	7.3
189	WOJTOWICZ Daniel	3321		M40	52	02:00:50	03:52:40.55	03:52:56.15	+01:28:10	8:18	7.2
189	DYREK Adam	3992		M30	85	02:00:51	03:52:40.10	03:52:56.15	+01:28:10	8:18	7.2
191	LASOTA Arkadiusz	3961		M40	53	02:02:01	03:52:28.15	03:53:00.35	+01:28:14	8:18	7.2
192	KOWALSKA Justyna	3917	MORSY OŚNO LUBUSKIE	K30	16	02:06:26	03:52:49.80	03:53:01.50	+01:28:15	8:18	7.2
193	MICHAŁEK Jacek	3551	GRUPA ŚMIERCI RZEŹNIECZEK	M30	86	02:04:07	03:52:27.65	03:53:39.95	+01:28:54	8:18	7.2
194	KOSIEK Piotr	3460	KRWAWE SUTY RUN & BIKE	M40	54	01:57:50	03:53:08.45	03:53:59.85	+01:29:14	8:19	7.2
195	SZYSZKA Anna	3486		K20	3	02:15:47	03:53:10.15	03:54:16.80	+01:29:31	8:19	7.2
196	JASNOWSKI Michal	3428		M30	87	01:54:16	03:54:21.25	03:54:29.05	+01:29:43	8:22	7.2
197	KAPUSTA Dawid	3484	PSYCHO RUNNER	M20	28	02:14:18	03:53:25.25	03:54:45.75	+01:30:00	8:20	7.2
198	TOMASZEWSKI Piotr	3511		M30	88	02:01:18	03:54:39.60	03:54:51.15	+01:30:05	8:22	7.2
199	SADOWSKA Edyta	3435	ROZBIEGANY SULEJÓWEK	K40	6	02:05:36	03:54:40.25	03:55:00.00	+01:30:14	8:22	7.2
200	TOMKIEWICZ Przemysław	3317		M40	55	02:05:51	03:54:07.70	03:55:02.25	+01:30:16	8:21	7.2
201	HALAT Andrzej	4197	POSMAKUJ RUN TEAM	M40	56	02:05:04	03:53:30.60	03:55:08.25	+01:30:22	8:20	7.2
202	AUGUSTYNIAK Marek	3744	KOLEGA RYŚKA	M50	5	01:58:23	03:54:19.55	03:55:09.90	+01:30:24	8:22	7.2
203	LISIECKA Małgorzata	4095	BIEGAM NA TARCHOMINIE	K30	17	02:12:46	03:54:24.75	03:55:11.35	+01:30:25	8:22	7.2
204	KONIK Tomasz	4003	KONIK TEAM	M40	57	02:01:51	03:54:48.10	03:55:11.60	+01:30:25	8:23	7.2
205	GRELA Kinga	3798		K30	18	02:10:56	03:54:45.05	03:55:26.95	+01:30:41	8:23	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
206	KROSNOWSKI Bartosz	3957	PBWUK	M40	58	02:05:48	03:54:53.90	03:55:35.95	+01:30:50	8:23	7.2
207	JABRZYK Mariusz	3523	PZU SPORT TEAM	M30	89	02:05:56	03:54:52.80	03:55:49.35	+01:31:03	8:23	7.2
208	DUDEK Michał	3840		M40	59	02:04:05	03:55:46.35	03:56:10.90	+01:31:25	8:25	7.1
209	SKRUDLIK Wojciech	3469	NIGHT RUNNERS	M40	60	02:03:24	03:56:10.35	03:56:19.90	+01:31:34	8:26	7.1
210	KULCZYŃSKI Rafał	3379	ORTOREH TEAM	M30	90	01:58:43	03:57:37.55	03:57:46.15	+01:33:00	8:29	7.1
211	WARZYŃSKI Beniamin	3959		M30	91	01:59:57	03:57:45.95	03:58:03.80	+01:33:18	8:29	7.1
212	KULCZYŃSKI Michał	3408		M30	92	01:58:58	03:58:18.40	03:58:27.40	+01:33:41	8:30	7
213	ANIOŁ Mateusz	3847	TERNOL TEAM	M30	93	02:05:18	03:58:31.50	03:59:09.15	+01:34:23	8:31	7
214	ZAWADZKI Mirosław	3844	TERNOL TEAM	M30	94	02:05:19	03:58:29.40	03:59:09.30	+01:34:23	8:31	7
215	MIKOŁAJCZYK Paweł	3445		M30	95		03:59:21.00	03:59:21.00	+01:34:35	8:32	7
216	DEC Piotr	3948		M50	6	02:04:39	04:00:05.50	04:00:24.40	+01:35:38	8:34	7
217	ŻOCHOWSKI Adrian	3587	MBANK	M20	29	02:03:15	04:01:00.10	04:01:11.00	+01:36:25	8:36	7
218	WIŚNIEWSKI Andrzej	3846		M30	96	02:05:56	04:01:13.10	04:01:29.70	+01:36:44	8:36	7
219	ZAJĄC Dariusz	4060		M40	61	02:05:01	04:00:21.20	04:01:36.05	+01:36:50	8:35	7
220	RORAT Artur	3350	CHEŁM BIEGA	M20	30	02:04:06	04:01:43.65	04:01:54.90	+01:37:09	8:37	7
221	KACZMARSKI Piotr	3437		M30	97	02:03:41	04:01:59.15	04:02:12.90	+01:37:27	8:38	6.9
222	GRZYMSKI Mariusz	4178	SKŁADAKI PIŁA	M30	98	01:58:03	04:01:57.50	04:02:26.50	+01:37:40	8:38	6.9
223	BUKOWSKI Rafał	3559		M40	62	02:03:41	04:02:00.85	04:02:49.35	+01:38:03	8:38	6.9
224	POPARDA Paweł	3988	PZU SPORT TEAM	M30	99	02:01:10	04:02:54.65	04:03:05.15	+01:38:19	8:40	6.9
225	SOWULA Magdalena	4028		K20	4	02:08:53	04:02:51.20	04:03:24.45	+01:38:38	8:40	6.9
226	STARZYŃSKA Katarzyna	4117	SKŁADAKI PIŁA	K30	19	02:00:57	04:03:08.30	04:03:34.15	+01:38:48	8:41	6.9
227	CUPRYJAK Adrian	4047		M30	100	02:04:21	04:02:34.00	04:03:34.70	+01:38:49	8:39	6.9
228	PYZEL Agnieszka	3574	PARKRUN KONSTANCIN	K40	7	02:07:44	04:03:30.80	04:03:48.15	+01:39:02	8:41	6.9
229	SZMAJDOWICZ Paweł	3566	FACHDOM TEAM	M40	63	02:04:40	04:03:47.95	04:04:00.05	+01:39:14	8:42	6.9
230	EPA Karolina	3967	PZU SPORT TEAM	K20	5	02:09:32	04:03:17.25	04:04:08.05	+01:39:22	8:41	6.9
231	TOKARZ Marcin	3425		M40	64	02:12:10	04:03:11.95	04:04:30.40	+01:39:44	8:41	6.9
232	KOŚCIAKIEWICZ Jarosław	3977		M20	31	02:13:57	04:03:16.55	04:04:31.40	+01:39:45	8:41	6.9
233	AUGUST Ryszard	3641	KOLEGA MARKA I KAJTKA	M50	7	02:04:52	04:03:44.25	04:04:34.00	+01:39:48	8:42	6.9
234	PIECUCH Tomasz	3383	POZYTYWNIIE ZABIEGANI SANOK	M30	101	01:58:21	04:04:22.05	04:04:36.45	+01:39:50	8:43	6.9
235	WACHOWSKI Piotr	3753		M40	65	02:12:00	04:03:43.25	04:04:39.35	+01:39:53	8:42	6.9
236	BUGAŁA Robert	3879	SOLID HOUSE	M40	66	02:06:49	04:04:20.40	04:05:05.15	+01:40:19	8:43	6.9
237	LITWORA Sebastian	3382	CROSS-SPOT	M30	102	02:00:48	04:04:37.05	04:05:14.40	+01:40:28	8:44	6.9
238	SKALNIAK Patryk	3952	PATSKATEAM	M30	103	02:08:03	04:04:55.45	04:05:22.15	+01:40:36	8:44	6.9
239	PRUSZKOWSKI Mariusz	3385	CHEŁM BIEGA ULTRA	M40	67	01:59:52	04:05:22.50	04:05:35.30	+01:40:49	8:45	6.8
240	GÓRSKI Emil	4100	HUSARIA RACE TEAM	M20	32	02:08:12	04:04:53.65	04:05:39.85	+01:40:54	8:44	6.9
241	NAPIONTEK Maria	4024		K30	20	02:13:18	04:05:01.75	04:05:43.05	+01:40:57	8:45	6.9
242	SIENIAWSKI Daniel	3586	KW LUBLIN	M30	104	02:04:27	04:05:17.30	04:05:54.20	+01:41:08	8:45	6.8
243	ŚWIDERSKI Sławomir	3669	BEMOVIA	M40	68	02:04:54	04:05:36.30	04:05:56.50	+01:41:10	8:46	6.8
244	GAJOS Anna	3571		K40	8	02:13:24	04:05:03.20	04:06:05.95	+01:41:20	8:45	6.9
245	POLOZYNSKI Andrzej	3718	ZACISZE NIGHT RUNNERS	M30	105	02:08:00	04:05:01.00	04:06:09.25	+01:41:23	8:45	6.9
246	MACIEJEC Dorota	4051		K40	9	02:10:02	04:05:56.10	04:06:12.30	+01:41:26	8:47	6.8
247	ODOLIŃSKA Agnieszka	3368	PSZCZÓŁKOWSKI TEAM	K40	10	02:13:01	04:05:52.85	04:06:14.85	+01:41:29	8:46	6.8
248	KRASOWSKI Łukasz	3649	KS JANUSZE	M30	106	02:06:08	04:05:57.20	04:06:16.80	+01:41:31	8:47	6.8
249	NAWROT Agnieszka	3333	ROZBIEGANY SULEJÓWEK	K40	11	02:04:54	04:05:57.60	04:06:16.95	+01:41:31	8:47	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
250	DRONG Marek	3867	KLUCZBORSKA GRUPA BIEGOWA	M30	107	02:07:29	04:05:49.25	04:06:20.75	+01:41:35	8:46	6.8
251	KOWALCZYK Aleksandra	3805		K20	6	02:16:07	04:05:37.60	04:06:28.00	+01:41:42	8:46	6.8
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	8:45	6.9
253	PLACHA Piotr	3782	CKB TARNOBRZEG	M40	69	02:08:04	04:05:55.25	04:06:42.95	+01:41:57	8:46	6.8
254	ZAMIATOWSKA Kinga	3404	RUN BYDGOSZCZ	K40	12	02:05:50	04:06:17.75	04:06:48.00	+01:42:02	8:47	6.8
255	IWANIEK Sebastian	3449	BIEGUSIEM.PL	M30	109	02:06:37	04:05:59.35	04:06:53.60	+01:42:07	8:47	6.8
256	TKACZ Przemysław	3434	PRZEMYŚL	M40	70	02:13:42	04:06:14.20	04:07:00.25	+01:42:14	8:47	6.8
257	OSICA Łukasz	3821		M30	110	02:09:21	04:06:23.40	04:07:25.60	+01:42:39	8:47	6.8
258	BODZIOCH Grzegorz	3334	GORLICKA GRUPA BIEGOWA	M40	71	02:11:28	04:06:43.25	04:07:37.50	+01:42:51	8:48	6.8
259	SIEDLECKA Urszula	3886	COBI TEAM POLAND	K50	1	02:09:09	04:07:27.40	04:07:44.25	+01:42:58	8:50	6.8
260	KRASOWSKI Mateusz	3652		M20	33	02:06:17	04:07:42.90	04:08:02.80	+01:43:17	8:50	6.8
261	HOŁYSZ Daniel	4008		M40	72	02:11:08	04:07:29.60	04:08:19.05	+01:43:33	8:50	6.8
262	LEDWOLORZ Anna	3691	VEGE RUNNERS	K30	21	02:13:40	04:07:35.50	04:08:20.25	+01:43:34	8:50	6.8
263	BIENIAS Tomasz	3998		M20	34	02:10:16	04:07:00.40	04:08:26.75	+01:43:41	8:49	6.8
264	ŚWIĆ Małgorzata	3932	TRUCHT TARCHOMIN TEAM	K40	13	02:06:06	04:08:21.15	04:08:39.00	+01:43:53	8:52	6.8
265	ROSZKIEWICZ Agnieszka	3807		K30	22	01:59:21	04:08:36.80	04:08:42.65	+01:43:57	8:52	6.8
266	JABŁOŃSKA Iza	3808		K30	23	02:00:17	04:08:36.90	04:08:42.80	+01:43:57	8:52	6.8
267	LESZCZYŃSKI Maciej	4010		M30	111	02:21:06	04:08:19.15	04:08:53.75	+01:44:08	8:52	6.8
268	ZALEWSKI Paweł	3521	PZU SPORT TEAM	M40	73	02:08:49	04:08:35.55	04:09:32.55	+01:44:46	8:52	6.8
269	ZAJĄC Robert	4046		M30	112	02:07:04	04:10:21.35	04:11:07.75	+01:46:22	8:56	6.7
270	WIĘCIELEWSKA Joanna	3705	BIGYELLOWFOOTADVENTURETEAM	K30	24	02:09:02	04:11:14.80	04:11:43.25	+01:46:57	8:58	6.7
271	KOLWICZ Damian	3714	BIGYELLOWFOOT ADVENTURE TEAM	M30	113	02:07:46	04:11:14.95	04:11:43.50	+01:46:57	8:58	6.7
272	BIENIAS Krzysztof	3964		M20	35	02:10:17	04:10:36.70	04:12:03.55	+01:47:17	8:57	6.7
273	WALCZAK Michał	3391	BRAVEHEARTS LEGIONOWO	M30	114	02:03:44	04:11:01.60	04:12:09.00	+01:47:23	8:57	6.7
274	BOJARSKI Paweł	3728		M40	74	02:12:27	04:12:08.25	04:12:44.20	+01:47:58	9:00	6.7
275	KUCZEWSKA Eliza	3582		K30	25	02:15:20	04:12:01.50	04:12:50.50	+01:48:04	9:00	6.7
276	KONOPKA Grzegorz	3875	DZIKIE GRUBASY SZATANA	M30	115	02:16:28	04:12:18.20	04:13:02.40	+01:48:16	9:00	6.7
277	GAWRYSZEWSKI Grzegorz	3360	ESKALADA	M30	116	02:11:28	04:12:06.75	04:13:02.70	+01:48:17	9:00	6.7
278	MIKULSKA Aneta	3353	ROZBIEGANY SULEJÓWEK	K30	26	02:15:40	04:12:49.60	04:13:12.20	+01:48:26	9:01	6.6
279	KRAMKOWSKA Agnieszka	3345		K30	27	02:12:54	04:13:23.60	04:13:49.25	+01:49:03	9:03	6.6
280	KACZMARSKI Wojciech	3457		M50	8	02:12:54	04:13:23.60	04:13:49.95	+01:49:04	9:02	6.6
281	MAJEWSKI Sebastian	3803	ODROBINĘ BLIŻEJ NIEBA	M30	117	02:04:42	04:13:26.05	04:13:50.20	+01:49:04	9:03	6.6
282	SIEDLECKI Jacek	3887	COBI TEAM POLAND	M50	9	02:04:12	04:13:46.80	04:14:04.05	+01:49:18	9:03	6.6
283	GRZANKA Marcin	3710	STUDIO27 PABIANICE	M20	36	02:09:33	04:13:27.75	04:14:16.45	+01:49:30	9:03	6.6
284	KONIECKO Łukasz	3913	WKURW_TEAM	M30	118	02:12:56	04:12:58.85	04:14:29.65	+01:49:44	9:02	6.6
285	ŁAGOŻNY Jolanta	3495	POZYTYWNIIE ZABIEGANI SANOK	K30	28	02:09:27	04:14:25.45	04:14:40.70	+01:49:55	9:05	6.6
286	RYGIEL Ryszard	4019		M40	75	02:08:51	04:14:34.85	04:14:51.60	+01:50:05	9:05	6.6
287	BOBUSIA Łukasz	4191		M30	119	02:11:35	04:13:49.05	04:15:06.30	+01:50:20	9:03	6.6
288	KALBARCZYK Wojciech	3747		M30	120	02:19:41	04:14:25.35	04:15:08.35	+01:50:22	9:05	6.6
289	LUTY Lesław	3459	PZU SPORT TEAM	M30	121	02:08:32	04:14:23.65	04:15:21.75	+01:50:36	9:05	6.6
290	MICHALAK Michał	3348	ALLIANZ RUNNING TEAM	M30	122	02:11:32	04:15:22.60	04:15:42.20	+01:50:56	9:07	6.6
290	NOBIS Anna	3380		K20	7	02:11:32	04:15:22.30	04:15:42.20	+01:50:56	9:07	6.6
292	OMYŁA Edyta	3467		K20	8	02:01:42	04:15:33.80	04:15:55.15	+01:51:09	9:07	6.6
293	BAJER Mikołaj	3573	WUEF CLUB DECATHLON SWADZIM	M30	123	02:16:31	04:15:44.50	04:16:27.55	+01:51:41	9:08	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	28km			
294	WICHERKIEWICZ Ilona	3687		K30	29	02:13:29	04:16:29.40	04:17:00.40	+01:52:14	9:09	6.6
295	SENCZENKO Waldemar	3480	NOTHING TO FEAR	M30	124	02:04:38	04:16:47.05	04:17:11.85	+01:52:26	9:10	6.5
296	WIRKUS Piotr	3557	BIGYELLOWFOOT ADVENTURE TEAM	M30	125	02:07:45	04:16:52.75	04:17:22.45	+01:52:36	9:10	6.5
297	BIAŁAS Kamil	4129		M30	126	02:09:54	04:16:59.45	04:17:38.35	+01:52:52	9:10	6.5
298	DĄBROWSKA Katarzyna	4131	HW TRI TEAM	K20	9	02:11:44	04:16:35.50	04:17:43.00	+01:52:57	9:09	6.5
299	BAKOWSKI Rafał	3606		M30	127	02:32:21	04:16:44.75	04:17:56.25	+01:53:10	9:10	6.5
300	PAWLAK Rafał	3552	AXA RUNNING TEAM	M40	76	02:07:34	04:17:05.25	04:17:58.65	+01:53:13	9:10	6.5
301	CHUDZICKI Łukasz	3760		M30	128	02:13:01	04:16:58.75	04:18:12.00	+01:53:26	9:10	6.5
301	LAZARSKA Małgorzata	3997	POWER TRAINING	K30	30	02:13:02	04:17:00.40	04:18:12.00	+01:53:26	9:10	6.5
303	OSYDA Maciej	3431		M30	129	02:23:30	04:17:14.80	04:18:39.40	+01:53:53	9:11	6.5
304	FIDALI Beata	4090	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	31	02:22:06	04:18:22.95	04:18:57.05	+01:54:11	9:13	6.5
305	NIEDZIELA Paweł	3852		M30	130	02:16:17	04:18:30.25	04:19:04.15	+01:54:18	9:13	6.5
306	RACZYŃSKA Gosia	3421	COCA-COLA RUNNERS	K40	14	02:16:12	04:18:16.70	04:19:04.90	+01:54:19	9:13	6.5
307	GONET Maciej	4165	COCA-COLA RUNNERS	M20	37	02:08:31	04:19:07.75	04:19:13.85	+01:54:28	9:15	6.5
308	KAWALEC Katarzyna	3861	BRZOSTECKIE OWIECZKI	K30	32	02:15:18	04:18:14.05	04:19:24.85	+01:54:39	9:13	6.5
309	GAȚARCZYK Mariusz	3677	DZIKIE GRUBASY SZATANA	M30	131	02:12:06	04:18:45.85	04:19:30.30	+01:54:44	9:14	6.5
310	TROJNAR Tomek	3366		M30	132	02:13:46	04:18:51.65	04:19:39.65	+01:54:54	9:14	6.5
311	JANOTA Marcin	3315		M20	38	02:16:34	04:18:59.40	04:19:41.65	+01:54:56	9:14	6.5
312	MYŚKIEWICZ Zbigniew	3990		M30	133	02:06:58	04:19:04.70	04:19:50.80	+01:55:05	9:15	6.5
313	HANDERMANDER Agnieszka	3553		K30	33	02:16:40	04:19:32.45	04:19:50.90	+01:55:05	9:16	6.5
314	SIDOROWICZ Grzegorz	3563	AXA RUNNING TEAM	M40	77	02:14:44	04:19:00.55	04:20:02.45	+01:55:16	9:15	6.5
315	NOWAK Bartłomiej	4110		M20	39	02:21:26	04:19:42.15	04:20:35.20	+01:55:49	9:16	6.5
316	MARKOWSKI Marcin	3727	BRAVEHEARTS LEGIONOWO	M30	134	02:03:38	04:19:39.70	04:20:47.10	+01:56:01	9:16	6.5
317	DADUŃ Tomasz	4182		M40	78	02:21:18	04:20:08.05	04:21:26.35	+01:56:40	9:17	6.5
318	POPŁAWSKI Arkadiusz	3676	CZARNE OWCE HIPOLITÓW	M40	79	02:15:53	04:21:38.05	04:22:08.45	+01:57:22	9:20	6.4
319	KARBOWIAK Daniel	4014	TUP TEAM	M20	40	02:14:33	04:20:43.00	04:22:17.35	+01:57:31	9:18	6.4
320	BEHRENDT Bartek	3927	NIGHT RUNNERS GLIWICE	M40	80	02:13:13	04:21:13.95	04:22:20.20	+01:57:34	9:19	6.4
321	BAJDAK Łukasz	4148		M30	135	02:19:09	04:21:43.30	04:22:41.80	+01:57:56	9:20	6.4
322	KOWALCZYK Łukasz	4147		M30	136	02:19:11	04:21:42.95	04:22:41.90	+01:57:56	9:20	6.4
323	STRĄK Monika	3938	GRUNWALD TEAM POZNAŃ	K20	10	02:16:46	04:21:39.10	04:22:44.95	+01:57:59	9:20	6.4
324	GRUSZECKI Tomasz	3362		M30	137	02:15:38	04:21:27.45	04:22:45.45	+01:57:59	9:20	6.4
325	MAZUR Andrzej	3413	TT KOMURA	M50	10	02:09:10	04:22:33.55	04:22:46.45	+01:58:00	9:22	6.4
326	BARAN Stefan	3660	VISECHRAD MARATON RYTRO	M40	81	02:11:03	04:22:49.80	04:22:53.70	+01:58:08	9:23	6.4
327	KLIŚ Wojciech	3841	DEXTERS TEAM	M40	82	02:11:31	04:22:49.50	04:22:53.75	+01:58:08	9:23	6.4
328	SZYMAŃSKA Agnieszka	3367		K30	34	02:07:07	04:23:54.55	04:24:15.55	+01:59:29	9:25	6.4
329	NIZIOŁEK Marek	4157	ZABORZE	M40	83	02:18:49	04:23:21.25	04:24:21.95	+01:59:36	9:24	6.4
330	NIZIOŁEK Robert	4133	ZADYSZKA	M20	41	02:18:49	04:23:21.95	04:24:22.05	+01:59:36	9:24	6.4
331	DEREZIŃSKI Piotr	3786		M30	138	02:23:08	04:22:57.85	04:24:25.65	+01:59:40	9:23	6.4
332	ZGOŁA Przemysław	3716	WUEF CLUB DECATHLON SWADZIM	M40	84	02:17:53	04:24:14.65	04:24:52.30	+02:00:06	9:26	6.4
332	SZCZERBAL Agnieszka	4115	TKKF MPK POZNAŃ	K40	15	02:17:54	04:24:14.65	04:24:52.30	+02:00:06	9:26	6.4
334	PAWELCZYK Anita	4067	OSTRE SROKI	K30	35	02:13:47	04:24:36.50	04:24:53.65	+02:00:08	9:27	6.3
335	WNOROWSKA Magdalena	3337		K40	16	02:16:45	04:23:44.25	04:24:58.55	+02:00:12	9:25	6.4
336	GRANDE Piotr	3639	BIGYELLOWFOOT ADVENTURE TEAM	M30	139	02:15:26	04:24:32.30	04:25:02.00	+02:00:16	9:26	6.4
337	MICHALSKI Maciej	4001	CAZZO CLUB	M20	42	02:06:33	04:24:51.50	04:25:11.85	+02:00:26	9:27	6.3



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
338	NOWAKOWSKI Sławomir	3474		M40	85	02:13:18	04:24:45.05	04:25:12.95	+02:00:27	9:27	6.3
339	NOWAKOWSKA Beata	3351		K40	17	02:13:13	04:24:45.30	04:25:13.20	+02:00:27	9:27	6.3
340	KOSIEDOWSKA Marta	3576		K30	36	02:14:55	04:24:25.20	04:25:13.80	+02:00:28	9:26	6.4
341	BRZEZIŃSKI Waldemar	4033		M50	11	02:14:36	04:25:06.20	04:25:50.15	+02:01:04	9:28	6.3
342	RAUER Maciej	3346	REAL PASSION KRAKÓW	M30	140	02:02:46	04:25:32.40	04:25:54.40	+02:01:08	9:29	6.3
343	KULTYS Łukasz	3864		M20	43	02:18:29	04:25:03.85	04:25:55.25	+02:01:09	9:28	6.3
344	KĘCKA Adrianna	3636	NIGHT RUNNERS	K20	11	02:09:04	04:26:20.40	04:26:41.35	+02:01:55	9:30	6.3
345	SURDEL Dawid	3594		M20	44	02:09:09	04:26:21.05	04:26:41.45	+02:01:55	9:30	6.3
346	KĘCKA Karolina	3578		K20	12	02:09:23	04:26:20.60	04:26:41.55	+02:01:55	9:30	6.3
347	JĘDRA Piotr	3973		M20	45	02:12:29	04:25:30.05	04:26:54.70	+02:02:09	9:28	6.3
348	MIŁOWSKA Justyna	3308		K30	37	02:14:14	04:22:53.70	04:27:00.90	+02:02:15	9:23	6.4
348	MILKOWSKI Rafał	3309		M30	141	02:14:14	04:22:52.55	04:27:00.90	+02:02:15	9:23	6.4
350	SARNOWSKA Karolina	3646	PRORUNNING PROMOTION	K30	38	02:07:07	04:26:42.10	04:27:04.75	+02:02:19	9:31	6.3
351	KRÓLICKI Konrad	3549	AXA RUNNING TEAM	M30	142	02:25:16	04:26:04.55	04:27:06.30	+02:02:20	9:30	6.3
352	GÓRSKI Piotr	3554	HARDCOROWE WYCHYLYBYMY	M40	86	02:13:25	04:26:57.95	04:27:12.75	+02:02:27	9:32	6.3
353	NORKOWSKA Aleksandra	3635	ORNAGE POLSKA	K30	39	02:21:00	04:25:48.45	04:27:13.75	+02:02:28	9:29	6.3
354	KOWALSKI Artur	3780		M40	87	02:21:02	04:25:49.30	04:27:14.85	+02:02:29	9:29	6.3
355	NIERADKA Katarzyna	4180		K30	40	02:23:13	04:25:37.90	04:27:16.05	+02:02:30	9:29	6.3
356	SMOŁA Iłona	3498		K30	41	02:21:29	04:25:52.75	04:27:19.30	+02:02:33	9:29	6.3
357	SIBIELAK Piotr	4130		M40	88	02:10:56	04:26:42.65	04:27:24.75	+02:02:39	9:31	6.3
358	BIAŁECKA Urszula	3603	AXA RUNNING TEAM	K30	42	02:16:12	04:26:25.70	04:27:27.00	+02:02:41	9:30	6.3
359	LEWCZUK Michał	4034	TUP TEAM	M20	46	02:22:17	04:25:54.05	04:27:28.45	+02:02:42	9:29	6.3
360	PIĘTKA Piotr	3470	AMERNET.EU	M40	89	02:17:16	04:26:12.45	04:27:33.20	+02:02:47	9:30	6.3
361	ŁATA Katarzyna	4156		K30	43	02:16:13	04:27:15.05	04:27:57.85	+02:03:12	9:32	6.3
362	KOWALCZUK Jakub	3719		M30	143	02:19:43	04:27:34.55	04:28:06.25	+02:03:20	9:33	6.3
363	RONDUDA Janusz	4091		M40	90	02:09:40	04:28:14.50	04:28:14.50	+02:03:28	9:34	6.3
364	RONDUDA Jakub	4096		M20	47	02:09:42	04:28:15.20	04:28:15.20	+02:03:29	9:34	6.3
365	CIESIELSKA Marta	3621		K30	44	02:23:34	04:27:30.05	04:28:18.05	+02:03:32	9:33	6.3
366	CIESIELSKI Jacek	3620		M30	144	02:23:34	04:27:30.35	04:28:18.35	+02:03:32	9:33	6.3
367	JANISZ Michał	3475		M30	145	02:16:47	04:28:17.40	04:28:33.45	+02:03:47	9:34	6.3
368	SITKO Grzegorz	4188		M20	48	02:06:59	04:28:49.55	04:29:02.05	+02:04:16	9:36	6.2
369	OSYDA Sylwia	3325		K30	45	02:23:50	04:27:39.25	04:29:03.65	+02:04:18	9:33	6.3
370	SZŁAPKA Krystian	3617	SPEED FRED '16	M40	91	02:13:02	04:28:23.85	04:29:13.90	+02:04:28	9:35	6.3
371	KUFFEL Michał	4112	DRUŻYNA POWER TRAINING	M40	92	02:17:17	04:28:11.65	04:29:23.55	+02:04:37	9:34	6.3
372	GIURG Grzegorz	3487		M30	146	02:16:35	04:28:57.55	04:29:23.70	+02:04:38	9:36	6.2
373	SIECZKA Renata	3850		K30	46	02:21:07	04:28:27.50	04:29:34.15	+02:04:48	9:35	6.3
374	SKIERA Krzysztof	3533	RUN BYDGOSZCZ	M40	93	02:09:11	04:29:36.25	04:30:07.00	+02:05:21	9:37	6.2
375	ZAJĄC Anna	3510		K30	47	02:28:02	04:29:52.00	04:30:20.20	+02:05:34	9:38	6.2
376	DUBASIEWICZ Wojciech	4145	COCA COLA RUNNERS	M40	94	02:09:16	04:30:13.90	04:30:26.05	+02:05:40	9:39	6.2
377	SZAKIEL Krzysztof	3965	BRAK	M30	147	02:16:54	04:29:51.80	04:30:28.00	+02:05:42	9:38	6.2
378	PLEŚNIAR Lucyna	4054		K40	18	02:18:59	04:29:53.55	04:30:43.00	+02:05:57	9:38	6.2
379	CZERWIŃSKI Wojciech	3338		M20	49	02:25:01	04:29:22.60	04:30:51.80	+02:06:06	9:37	6.2
380	STELMASZYK Piotr	3702	PZU SPORT TEAM	M40	95	02:05:48	04:30:34.55	04:31:31.70	+02:06:46	9:39	6.2
381	KRUK Małgorzata	3817		K40	19	02:21:22	04:30:31.65	04:31:38.30	+02:06:52	9:39	6.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
382	BOCIAGA Paweł	3616		M30	148	02:05:15	04:31:20.05	04:31:39.65	+02:06:54	9:41	6.2
383	SZPECHT Grzegorz	4086		M30	149	02:24:19	04:30:48.55	04:31:49.25	+02:07:03	9:40	6.2
384	KAWALEC Magdalena	3862	BRZOSTECKIE OWIECZKI	K30	48	02:23:02	04:30:41.70	04:31:52.30	+02:07:06	9:40	6.2
385	SOKULSKI Marcin	3377		M30	150	02:12:23	04:30:42.30	04:31:57.00	+02:07:11	9:40	6.2
386	MALINOWSKI Jacek	4171	COCA-COLA RUNNERS	M20	50	02:05:12	04:31:51.70	04:32:11.45	+02:07:25	9:42	6.2
387	MICHALCZYK Marcin	3618	MONSTON SPORT TEAM	M40	96	02:13:00	04:32:57.95	04:33:11.05	+02:08:25	9:44	6.2
388	CHOŁAŚCIŃSKI Wojciech	3347	HUSARIA RACE TEAM	M40	97	02:25:25	04:32:23.80	04:33:15.75	+02:08:30	9:43	6.2
389	SZYMANOWSKI Tomek	3732		M30	151		04:33:46.00	04:33:46.00	+02:09:00	9:46	6.1
389	BIELECKI Filip	3734		M30	152		04:33:46.00	04:33:46.00	+02:09:00	9:46	6.1
391	KRASOWSKI Marek	3507	HONEY STINGER RUNNERS	M30	153	02:16:13	04:33:02.45	04:33:49.30	+02:09:03	9:45	6.2
392	MAŁEK Hanna	3860		K20	13	02:17:14	04:33:18.60	04:33:50.40	+02:09:04	9:45	6.1
392	PARZUCH Magdalena	3342		K20	14	02:17:17	04:33:18.40	04:33:50.40	+02:09:04	9:45	6.1
394	WOŁOS Adam	3982		M20	51	02:12:04	04:32:36.50	04:34:03.90	+02:09:18	9:44	6.2
395	NOWAK Katarzyna	3666	DZIKIE GRUBASY SZATANA	K30	49	02:17:57	04:33:42.60	04:34:24.95	+02:09:39	9:46	6.1
396	KAPŁON Jacek	3907		M40	98		04:34:46.40	04:34:46.40	+02:10:00	9:48	6.1
397	MOJEK Michał	3341		M30	154	02:09:26	04:34:19.85	04:35:19.95	+02:10:34	9:47	6.1
398	KOWALCZYK Krzysztof	3485	RUN_HELPERSI	M30	155	02:20:08	04:34:47.80	04:35:23.20	+02:10:37	9:48	6.1
399	BAZYDŁO Dariusz	4186		M40	99	02:15:48	04:35:33.30	04:35:51.75	+02:11:06	9:50	6.1
400	WÓJCIK Magdalena	4126		K30	50	02:14:19	04:36:05.40	04:36:20.60	+02:11:34	9:51	6.1
401	AUGUST Kajetan	3538	KOLEGA RYŚKA	M20	52	02:14:15	04:35:50.40	04:37:12.20	+02:12:26	9:51	6.1
402	GŁUSZCZAK Jerzy	4097		M50	12	02:13:17	04:36:54.35	04:37:21.05	+02:12:35	9:53	6.1
403	BARSKA Barbara	3497		K30	51	02:12:45	04:37:10.70	04:37:38.25	+02:12:52	9:53	6.1
404	POKRYWKA Stefan	3305	NA BUCIE	M60	1	02:23:37	04:36:54.60	04:37:43.30	+02:12:57	9:53	6.1
405	NIZIOŁEK Mateusz	4104		M20	53	02:29:36	04:37:48.00	04:37:48.00	+02:13:02	9:55	6
406	LIPIŃSKI Maciej	3884	CROSSFIT SIEDLCE	M20	54	02:16:18	04:37:41.35	04:37:50.50	+02:13:04	9:55	6.1
407	GOŚCINIĄK Michał	3364		M20	55	02:16:39	04:37:37.45	04:38:01.40	+02:13:15	9:54	6.1
408	BRULIŃSKA Monika	3839	TKKF PŁOCK	K40	20	02:19:46	04:37:59.20	04:38:07.30	+02:13:21	9:55	6
409	PUJSZO Agnieszka	3537		K20	15	02:18:00	04:36:51.95	04:38:13.70	+02:13:28	9:53	6.1
410	STĘPIEŃ Marlena	4011		K30	52	02:22:10	04:38:03.30	04:38:38.10	+02:13:52	9:55	6
411	BALIŃSKA-SANOCKA Aneta	3745		K40	21	02:20:30	04:38:27.30	04:38:51.10	+02:14:05	9:56	6
412	SANOCKA Dorota	3743		K40	22	02:20:46	04:38:44.50	04:39:08.00	+02:14:22	9:57	6
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	10:00	6
414	MORAWSKA Anna	3463		K60	1	02:27:35	04:39:50.95	04:40:06.65	+02:15:21	9:59	6
415	MERCIK Mateusz	3535	MOTIVATO	M30	156	02:27:55	04:38:44.95	04:40:09.40	+02:15:23	9:57	6
416	KOZIŃSKI Dariusz	3781	PZU SPORT TEAM	M50	13	02:14:15	04:39:31.90	04:40:25.95	+02:15:40	9:58	6
417	MIŁOSZ Bartłomiej	3438		M50	14	02:21:34	04:39:13.70	04:40:31.05	+02:15:45	9:58	6
418	COFALSKI Jakub	3405		M30	157	02:22:42	04:39:23.40	04:40:37.15	+02:15:51	9:58	6
419	WACOWSKI-JASTRZĘBSKI Adam	3500		M30	158	02:22:31	04:40:11.05	04:40:37.60	+02:15:51	10:00	6
420	BEDNARCZYK Łukasz	3465	BIEGAJĄCE ŻABCIE	M30	159	02:25:16	04:39:35.85	04:40:41.35	+02:15:55	9:59	6
421	PARYS Marzena	3417	BIEGAJĄCE ŻABCIE	K30	54	02:25:33	04:39:38.15	04:40:41.50	+02:15:55	9:59	6
422	RUBIN Andrzej	3929	KB MCKIS JAWORZNO	M40	100	02:18:19	04:39:45.50	04:40:45.60	+02:15:59	9:59	6
423	KUCZYŃSKA Karolina	4020		K30	55	02:28:49	04:39:31.40	04:40:50.00	+02:16:04	9:59	6
424	BARTOSIEWICZ Daria	3673	DZIKIE GRUBASY SZATANA	K30	56	02:23:07	04:40:12.90	04:40:54.70	+02:16:09	10:00	6
425	TYLUTKI Kinga	3830		K30	57	02:14:48	04:40:10.20	04:40:57.05	+02:16:11	10:00	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
426	JANISZ Katarzyna	3448		K20	16	02:29:43	04:40:45.40	04:41:01.05	+02:16:15	10:01	6
427	CIURZYŃSKA Zuzanna	4169	COCA-COLA RUNNERS	K30	58	02:22:39	04:40:49.85	04:41:02.95	+02:16:17	10:01	6
428	STUSIŃSKA Jowita	3926	PIRORUNNERS	K30	59	02:27:25	04:39:55.95	04:41:17.95	+02:16:32	9:59	6
428	STUSIŃSKI Mariusz	3925	PIRORUNNERS	M40	101	02:27:29	04:39:55.15	04:41:17.95	+02:16:32	9:59	6
430	KONIK Sylwia	3814		K40	23	02:24:01	04:40:56.80	04:41:19.00	+02:16:33	10:02	6
431	STANOSZEK Robert	3420	COCA-COLA RUNNERS	M40	102	02:22:57	04:40:32.45	04:41:21.60	+02:16:35	10:01	6
432	KUCZAKOWSKA Joanna	4190		K30	60	02:28:18	04:41:03.20	04:41:56.25	+02:17:10	10:02	6
433	MŁODAWSKI Robert	3910	FARTOWN	M40	103	02:25:06	04:41:07.20	04:42:16.60	+02:17:30	10:02	6
434	FRANKOWSKA Anna	3401	MIECHOWICKA GRUPA BIEGOWA	K50	2	02:23:10	04:41:15.45	04:42:38.30	+02:17:52	10:02	6
435	WAŚKOWSKI Adam	3358	DOM-MAR KŁOMNICE	M30	160	02:15:05	04:42:19.25	04:42:50.85	+02:18:05	10:04	6
436	CZAWA Aneta	3890		K40	24	02:26:54	04:42:19.15	04:42:57.85	+02:18:12	10:04	6
437	MROWIEC Michał	3889		M30	161	02:26:55	04:42:20.90	04:42:59.20	+02:18:13	10:05	6
438	BOGUSZ Krzysztof	3579	MBANK SA	M30	162	02:15:58	04:43:10.30	04:43:21.10	+02:18:35	10:06	5.9
439	RÓŻAK-RUKUSZEWICZ Magdalena	3665	DZIKIE GRUBASY SZATANA	K40	25	02:29:47	04:42:57.10	04:43:41.90	+02:18:56	10:06	5.9
440	MAMCZYS Rafał	3336		M30	163	02:27:53	04:42:41.65	04:43:46.45	+02:19:00	10:05	5.9
441	JANOWSKI Tomasz	3409	CROSSFIT LUBLIN	M30	164	02:29:33	04:42:43.00	04:43:47.80	+02:19:02	10:05	5.9
442	PTASZYŃSKA Anna	3629	SPEED FEET '16	K40	26	02:20:39	04:43:00.80	04:43:49.95	+02:19:04	10:06	5.9
443	GUZEK Ewa	3697	DZIKIE GRUBASY SZATANA	K30	61	02:31:37	04:43:12.00	04:43:55.45	+02:19:09	10:06	5.9
444	TYLUTKI Kamil	3829		M30	165	02:18:41	04:44:07.10	04:44:54.30	+02:20:08	10:08	5.9
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	10:10	5.9
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	10:10	5.9
447	KUSZ Janusz	3450		M30	167	02:22:06	04:44:27.60	04:45:29.00	+02:20:43	10:09	5.9
448	WINICKA Daria	3481		K30	63	02:22:02	04:44:26.90	04:45:29.05	+02:20:43	10:09	5.9
449	KUSZ Gosia	3397		K30	64	02:22:06	04:44:28.30	04:45:29.40	+02:20:43	10:09	5.9
450	TARASIEWICZ Ryszard	3991		M60	2	02:17:05	04:44:47.70	04:45:33.20	+02:20:47	10:10	5.9
451	BOCIARSKA Magdalena	3912		K30	65	02:26:18	04:44:22.65	04:45:49.45	+02:21:03	10:09	5.9
452	WALASZEK Paweł	3506	AGB TORFY	M30	168	02:37:37	04:44:40.05	04:45:51.70	+02:21:06	10:10	5.9
453	MALETKA Joanna	3547		K30	66	02:17:53	04:45:13.65	04:45:56.00	+02:21:10	10:11	5.9
454	TUREK Paulina	3647	PRORUNNING PROMOTION	K30	67	02:18:48	04:45:35.65	04:45:58.25	+02:21:12	10:12	5.9
455	RYZNAR Jarosław	3468		M30	169	02:19:25	04:45:52.55	04:46:04.05	+02:21:18	10:12	5.9
456	SZATKOWSKA Ewa	3600	KOBIETYBIEGAJA/WOMEN'SRUNNING	K50	3	02:23:42	04:46:00.15	04:46:06.80	+02:21:21	10:12	5.9
457	PEDA Leszek	4049	KB DZIK	M60	3	02:05:08	04:45:56.00	04:46:16.90	+02:21:31	10:12	5.9
458	GÓRSKI Robert	3610	DA SIĘ	M50	15	02:16:34	04:45:46.25	04:46:23.35	+02:21:37	10:12	5.9
459	KRYGIEL Piotr	4181		M30	170	02:29:19	04:46:23.95	04:47:43.40	+02:22:57	10:13	5.9
460	KOMAR Michał	4069		M30	171	02:32:13	04:47:11.85	04:48:39.75	+02:23:54	10:15	5.8
461	GOŁOŚ Marta	3494		K20	17	02:25:04	04:47:31.55	04:48:44.95	+02:23:59	10:16	5.8
462	CHRUŚCIŃSKA Justyna	3960	NIGHTRUNNERS	K20	18	02:24:44	04:48:40.20	04:49:07.35	+02:24:21	10:18	5.8
463	FRĄCKOWIAK Aneta	3402	MAMY-BIEGAMY	K30	68	02:28:33	04:47:42.30	04:49:09.95	+02:24:24	10:16	5.8
464	NOWICKA Iwona	3947	BOOTCAMP POLSKA	K30	69	02:25:02	04:49:09.40	04:49:16.55	+02:24:30	10:19	5.8
465	WOŹNIAK Daniel	3834	CROSSFIT SIEDLCE	M20	56	02:16:40	04:49:07.50	04:49:16.75	+02:24:31	10:19	5.8
466	PRZYBYŁ Tomasz	3994	KB DĘBIEC	M20	57	02:23:15	04:48:28.35	04:49:27.60	+02:24:41	10:18	5.8
467	JANUSZAK Przemysław	3754	TEAM JANO	M40	104	02:29:26	04:48:26.70	04:49:30.80	+02:24:45	10:18	5.8
467	JANUSZAK Gosia	3759	TEAM JANO	K40	27	02:30:28	04:48:27.25	04:49:30.80	+02:24:45	10:18	5.8
469	JANUSZAK Bartek	3757	TEAM JANO	M20	58	02:29:30	04:48:27.45	04:49:31.10	+02:24:45	10:18	5.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
470	LECH Michał	3597	STRZEGOMSKA DWUNASTKA	M30	172	02:22:56	04:49:04.40	04:49:37.45	+02:24:51	10:19	5.8
471	LECH Agnieszka	3593	STRZEGOMSKA DWUNASTKA	K30	70	02:22:55	04:49:03.90	04:49:37.70	+02:24:52	10:19	5.8
472	WAŁEK Piotr	3868	RUNNERS TEAM QUIBL	M40	105	02:23:12	04:48:29.15	04:49:51.10	+02:25:05	10:18	5.8
473	PAWŁOWSKI Marcin	3707	KS STARA BIDA	M30	173	02:32:12	04:48:38.50	04:50:06.25	+02:25:20	10:18	5.8
474	KOŁOSIONEK Dorota	3539	GRUPA ŚMIERCI RZEŹNICZEK	K30	71	02:23:55	04:49:17.30	04:50:31.00	+02:25:45	10:19	5.8
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	10:21	5.8
476	ZABURKO Mateusz	3963		M30	174	02:26:32	04:49:34.60	04:50:38.00	+02:25:52	10:20	5.8
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	10:23	5.8
478	KALBARCZYK Beata	3628	ORANGE POLSKA	K50	4	02:32:26	04:50:33.40	04:51:58.45	+02:27:12	10:22	5.8
479	ARMATYS Grzegorz	3640	ORANGE POLSKA	M40	106	02:32:26	04:50:33.25	04:51:59.15	+02:27:13	10:22	5.8
480	BUKOWSKI Sebastian	3471	BIEGUSIEM.PL	M30	175	02:13:12	04:51:05.45	04:52:07.30	+02:27:21	10:23	5.8
481	BRODZIAK Arkadiusz	3962		M40	107	02:23:29	04:51:02.40	04:52:31.45	+02:27:45	10:23	5.8
482	ZAKRZEWSKA Monika	3441		K30	74	02:22:49	04:52:06.30	04:52:57.70	+02:28:12	10:25	5.8
482	ZAKRZEWSKI Marcin	3361		M30	176	02:22:50	04:52:06.05	04:52:57.70	+02:28:12	10:25	5.8
484	ZBOROWSKI Paweł	3623		M30	177	02:23:22	04:52:06.20	04:52:57.85	+02:28:12	10:25	5.8
485	DANIŁUK Andrzej	3762	ZACISZE NIGHT RUNNERS	M30	178	02:24:07	04:52:00.20	04:53:09.00	+02:28:23	10:25	5.8
486	GRABARSKA Lidia	3956		K30	75	02:31:47	04:51:51.70	04:53:12.85	+02:28:27	10:25	5.8
487	BURZYŃSKI Klaudiusz	3736		M30	179	02:28:13	04:51:52.15	04:53:32.75	+02:28:47	10:25	5.8
488	POBORCA Dawid	3335	CIĄGNAĆ CZY PCHAĆ	M20	59	02:15:17	04:52:48.35	04:53:42.10	+02:28:56	10:27	5.7
489	MARCINEK Krzysztof	3788	PZU SPORT TEAM	M30	180	02:13:29	04:53:22.85	04:53:49.35	+02:29:03	10:28	5.7
490	ZAREMBA Andrzej	3555	AXA RUNNING TEAM	M20	60	02:30:37	04:52:33.05	04:54:02.95	+02:29:17	10:26	5.7
491	MAGER Bartosz	3703		M40	108	02:30:09	04:53:14.30	04:54:27.95	+02:29:42	10:28	5.7
492	MAGER Olga	3758		K40	28	02:30:18	04:53:14.10	04:54:28.15	+02:29:42	10:28	5.7
493	GONET Sebastian	4167	COCA-COLA RUNNERS	M40	109	02:09:12	04:54:35.90	04:54:42.05	+02:29:56	10:31	5.7
494	WRÓBEL Aleksandra	3664	DIRTY SPARROWS	K20	19	02:28:22	04:53:22.05	04:54:45.30	+02:29:59	10:28	5.7
495	PAKUŁA Agata	3722		K20	20	02:30:20	04:54:31.45	04:54:53.75	+02:30:08	10:31	5.7
496	MARCZAK Grażyna	3930		K60	2	02:28:56	04:54:19.65	04:55:07.45	+02:30:21	10:30	5.7
497	KRUSZYŃSKI Marcin	3627	STADO PĘDZĄCYCH IMADEŁ	M40	110	02:18:35	04:54:13.35	04:55:20.60	+02:30:34	10:30	5.7
498	KOZERA Marcin	4118	SKŁADAKI PIŁA	M30	181	02:28:57	04:55:06.40	04:55:36.35	+02:30:50	10:32	5.7
499	TOWAROWSKI Andrzej	3577		M40	111	02:16:42	04:55:07.75	04:55:52.15	+02:31:06	10:32	5.7
500	JÓZEFOWICZ Dariusz	4141	PADŁ NA RYJ TEAM	M40	112	02:26:36	04:54:46.80	04:56:06.55	+02:31:20	10:31	5.7
501	JAGIELSKA Magdalena	3444	NGB KŁOBUCK	K30	76	02:24:46	04:56:05.10	04:56:36.30	+02:31:50	10:34	5.7
502	MŁODAWSKI Rafał	3909	KLUB POLSKA BIEGA	M40	113	02:34:49	04:55:46.05	04:56:55.55	+02:32:09	10:33	5.7
503	KRAJEWSKA Justyna	3854	YES MAN TEAM	K30	77	02:30:40	04:56:13.25	04:57:06.45	+02:32:20	10:34	5.7
504	LEWICKI Marcin	4192		M20	61	02:23:51	04:55:47.35	04:57:15.80	+02:32:30	10:33	5.7
505	KRĄPIEC Waldemar	4000		M50	16	02:26:25	04:56:45.95	04:57:25.70	+02:32:40	10:35	5.7
505	CISZAK Daria	3999	KOBIETY BIEGAJĄ	K40	29	02:26:36	04:56:45.90	04:57:25.70	+02:32:40	10:35	5.7
505	SOBAŃSKA Patrycja	4006	KOBIETY BIEGAJĄ	K40	30	02:31:21	04:56:46.45	04:57:25.70	+02:32:40	10:35	5.7
508	URZĘDOWSKI Michał	3712		M20	62	02:24:04	04:56:18.80	04:57:29.00	+02:32:43	10:34	5.7
509	POPŁAWSKA Katarzyna	3678	CZARNE OWCE HIPOLITÓW	K40	31	02:32:42	04:57:07.70	04:57:38.55	+02:32:52	10:36	5.7
510	SOSZYŃSKA Małgorzata	3937	CZŁAPACZE	K50	5	02:42:11	04:57:41.35	04:58:54.00	+02:34:08	10:37	5.6
511	ADAMCZYK Artur	3519		M20	63	02:35:58	04:58:51.20	04:59:04.80	+02:34:19	10:40	5.6
512	WIS Modesta	3493		K20	21	02:35:58	04:58:51.45	04:59:04.90	+02:34:19	10:40	5.6
513	WALCZAK Izabela	3370		K30	78	02:31:39	04:58:55.70	04:59:11.95	+02:34:26	10:40	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	28km			
514	KRAKOWSKA Katarzyna	3369		K40	32	02:38:15	04:58:32.05	04:59:12.45	+02:34:26	10:39	5.6
515	MALINOWSKI Damian	4036		M30	182	02:29:19	04:59:33.30	05:00:07.60	+02:35:21	10:41	5.6
516	MILCZAREK Marcin	3614		M30	183	02:22:18	04:59:35.40	05:00:40.40	+02:35:54	10:41	5.6
516	MILCZAREK Magdalena	3644	DRUŻYNA ORZECHA ŻYRARDÓW	K30	79	02:22:35	04:59:35.45	05:00:40.40	+02:35:54	10:42	5.6
518	MICHALKIEWICZ Monika	3545		K20	22	02:20:16	05:01:47.20	05:01:54.80	+02:37:09	10:46	5.6
519	KRUK Tomasz	3575	LSB/RUN_HELPERS	M40	114	02:24:59	05:01:26.05	05:02:01.65	+02:37:16	10:45	5.6
520	STARZYŃSKA Marta	3531	PERFECT RUNNER LUBLIN	K40	33	02:28:54	05:01:06.70	05:02:01.75	+02:37:16	10:45	5.6
521	ŁUKASIK Bartłomiej	3359		M20	64	02:28:14	05:01:03.35	05:02:16.50	+02:37:30	10:45	5.6
522	KWAŚNA Weronika	3681		K20	23	02:28:38	05:01:04.15	05:02:16.55	+02:37:30	10:45	5.6
523	RACZYŃSKA Magdalena	3987		K20	24	02:33:54	05:00:57.70	05:02:29.55	+02:37:43	10:44	5.6
524	GŁÓDŹ Małgorzata	4030		K20	25	02:33:39	05:01:57.80	05:02:32.20	+02:37:46	10:47	5.6
525	PAWŁOWSKA Katarzyna	3514		K30	80		05:02:32.75	05:02:32.75	+02:37:47	10:48	5.6
526	PAWŁOWSKI Maciej	3504		M30	184		05:02:33.55	05:02:33.55	+02:37:47	10:48	5.6
527	BOROWIEC Renata	3378	MAMY BIEGAMY KIELCE	K30	81	02:34:05	05:01:35.45	05:02:54.20	+02:38:08	10:46	5.6
528	MATOGA Lucyna	4042		K50	6	02:38:47	05:02:02.15	05:03:10.95	+02:38:25	10:47	5.6
529	PACAN Jacek	4142		M40	115	02:28:33	05:01:58.75	05:03:18.50	+02:38:32	10:47	5.6
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	10:50	5.5
531	FRONCZAK Adam	3711		M40	116	02:32:07	05:03:43.55	05:04:23.15	+02:39:37	10:50	5.5
532	GIEDROJC Przemysław	3643	SKARYMAKERSI	M30	185	02:36:57	05:04:01.55	05:04:56.70	+02:40:11	10:51	5.5
533	GIEDROJC Iwona	3451	PZU SPORT TEAM	K30	83	02:36:53	05:04:01.75	05:04:56.90	+02:40:11	10:51	5.5
534	DĄBROWSKA Edyta	4132		K30	84	02:30:38	05:04:03.00	05:05:10.75	+02:40:25	10:51	5.5
535	NIEĆ Melania	4241		K30	85	02:42:57	05:04:13.15	05:05:52.95	+02:41:07	10:51	5.5
536	PRĘDKA Magdalena	3751	OLA CLUB	K40	34	02:42:55	05:04:12.85	05:05:53.10	+02:41:07	10:51	5.5
537	BIL Janusz	4114	NEAPCOPRASZKA	M60	4	02:36:11	05:04:33.85	05:05:54.45	+02:41:08	10:52	5.5
538	BARAN Michał	4113	OSIR STRZELCE OPOLSKIE	M30	186	02:36:12	05:04:33.95	05:05:54.60	+02:41:08	10:52	5.5
539	ZAWADZKA Anna	4074		K20	26	02:36:44	05:05:09.40	05:06:07.25	+02:41:21	10:53	5.5
540	SIWEK Aleksandra	3423	COCA-COLA RUNNERS	K40	35	02:26:41	05:05:33.45	05:06:22.30	+02:41:36	10:54	5.5
541	ZARUDZKI Paweł	3461	NOTHING TO FEAR	M30	187	02:24:04	05:06:02.45	05:06:25.95	+02:41:40	10:55	5.5
542	ROSIEK Anna	3908	MKS HALICZ	K30	86	02:41:33	05:05:14.80	05:06:37.10	+02:41:51	10:54	5.5
543	KOZIELSKI Paweł	3993	HP ACTIVE CREW	M40	117	02:37:58	05:05:40.70	05:06:37.15	+02:41:51	10:55	5.5
544	CYMMER Łukasz	4082		M30	188	02:28:43	05:05:32.45	05:06:52.15	+02:42:06	10:54	5.5
545	CZEMPIŃSKI Krzysztof	4085		M40	118	02:26:20	05:05:40.70	05:06:55.25	+02:42:09	10:55	5.5
546	BAGIŃSKA Anna	3936		K30	87	02:35:57	05:05:25.10	05:06:57.25	+02:42:11	10:54	5.5
547	KAŹMIERSKI Janusz	3568	DA SIĘ	M60	5	02:29:09	05:06:29.95	05:07:07.00	+02:42:21	10:56	5.5
548	SIERPOWSKA-BARTOSIK Agnieszka	3996	VEGE RUNNERS	K40	36	02:30:23	05:06:10.10	05:07:20.25	+02:42:34	10:56	5.5
549	PIERZGALSKI Sebastian	4018		M40	119	02:29:52	05:06:11.85	05:07:22.00	+02:42:36	10:56	5.5
550	LUZAR Monika	3375	MIA	K40	37	02:36:11	05:06:01.70	05:07:24.70	+02:42:39	10:55	5.5
551	LUZAR Andrzej	3446	MIA	M40	120	02:36:13	05:06:04.00	05:07:27.10	+02:42:41	10:55	5.5
552	BOHENEK Janusz	3302	WKURW TEAM	M60	6	02:28:59	05:06:04.35	05:07:34.95	+02:42:49	10:55	5.5
553	DROZDOWSKI Dawid	3395	KB AKTYWNI KONIN	M40	121	02:30:44	05:06:29.75	05:07:45.75	+02:43:00	10:56	5.5
554	SAWCZUK Marta	3995	TUP TEAM/ SGGW RUNNERS	K20	27	02:37:30	05:06:16.55	05:07:51.45	+02:43:05	10:56	5.5
555	OKAPIEC Aleksandra	3544	AXA RUNNING TEAM	K30	88	02:36:44	05:06:56.90	05:07:58.95	+02:43:13	10:57	5.5
556	ŻÓŁW Hubert	4063		M30	189	02:32:55	05:08:10.65	05:09:08.85	+02:44:23	11:00	5.5
557	ZALEWSKA Katarzyna	3713		K30	89	02:40:18	05:08:14.95	05:09:31.25	+02:44:45	11:00	5.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	28km			
558	RIEFF Anna	3392		K30	90	02:37:48	05:08:10.10	05:09:32.15	+02:44:46	11:00	5.5
559	OSIKOWSKA Aleksandra	3440	POWER TRAINING	K30	91	02:37:49	05:08:10.25	05:09:32.40	+02:44:46	11:00	5.5
560	STANOSZEK Agnieszka	3492	COCA-COLA RUNNERS	K40	38	02:26:40	05:08:46.15	05:09:35.05	+02:44:49	11:01	5.4
561	PODOLSKI Marek	3764	BIEGAMYRAZEM.PL	M30	190	02:34:30	05:08:30.75	05:09:40.35	+02:44:54	11:01	5.4
561	WOJNAROWSKA Weronika	3731	RUNEDA	K30	92	02:34:31	05:08:31.05	05:09:40.35	+02:44:54	11:01	5.4
563	SROCZYŃSKA Justyna	4012	OSTRE SROKI	K30	93	02:37:52	05:08:47.30	05:09:41.80	+02:44:56	11:01	5.4
564	JAMRÓZ Renata	3737	BIGYELLOWFOOT	K40	39	02:23:43	05:09:16.70	05:09:45.75	+02:45:00	11:02	5.4
565	BAK Natalia	3632	BIGYELLOWFOOT ADVENTURE TEAM	K20	28	02:24:38	05:09:15.95	05:09:45.90	+02:45:00	11:02	5.4
566	NAGÓRNY Paweł	4139	COCA-COLA RUNNERS	M30	191	02:35:00	05:09:27.15	05:09:46.20	+02:45:00	11:03	5.4
567	RUTKOWSKI Grzegorz	3800	KLUB MATIEGO	M50	17	02:29:12	05:09:15.80	05:09:53.00	+02:45:07	11:02	5.4
568	SIOMAK Michał	3508		M40	122	02:28:43	05:08:54.75	05:09:54.45	+02:45:08	11:01	5.4
569	KOZŁOWSKA Anna	4185	VEGE RUNNERS	K30	94	02:46:47	05:08:47.85	05:10:15.15	+02:45:29	11:01	5.4
570	HUZIOR Roman	4222		M50	18	02:43:00	05:09:03.75	05:10:27.90	+02:45:42	11:02	5.4
571	HUZIOR Elżbieta	4224		K40	40	02:43:11	05:09:04.20	05:10:28.10	+02:45:42	11:02	5.4
572	MATYJEWICZ Klaudia	3326		K20	29	02:42:56	05:08:58.05	05:10:30.65	+02:45:45	11:02	5.4
573	RZEPECKA Justyna	3323		K20	30	02:37:35	05:09:55.60	05:11:24.20	+02:46:38	11:04	5.4
573	ROSZKOWSKI Tomek	3312		M30	192	02:37:36	05:09:55.45	05:11:24.20	+02:46:38	11:04	5.4
573	ZIÓŁEK Teresa	4242	BONDA GRUDNIA	K50	7	02:45:29	05:09:52.70	05:11:24.20	+02:46:38	11:04	5.4
576	KONOPKA Anna	3466	KASZUBSKA PONIEWIERKA	K30	95	02:32:47	05:11:27.25	05:12:35.20	+02:47:49	11:07	5.4
577	OBARSKI Norbert	4044		M50	19	02:39:30	05:12:30.80	05:13:21.20	+02:48:35	11:09	5.4
578	BAJAK Mirosław	3561		M40	123	02:38:03	05:12:24.65	05:13:34.65	+02:48:49	11:09	5.4
579	GROCHOWSKA Joanna	4124	SKŁADAKI PIŁA	K30	96	02:41:18	05:13:16.60	05:13:46.10	+02:49:00	11:11	5.4
580	PIELACHOWSKA Agata	4015		K30	97	02:37:28	05:12:45.50	05:14:04.80	+02:49:19	11:10	5.4
581	SKOREK-BILCZYŃSKA Patrycja	3653	#CZELADZBIEGA	K30	98	02:32:18	05:13:18.90	05:14:41.90	+02:49:56	11:11	5.4
582	FRANKOWSKA Monika	3389		K20	31	02:36:59	05:13:20.10	05:14:42.35	+02:49:56	11:11	5.4
583	ZAGOŃCZYK Dorota	3645		K50	8	02:37:58	05:14:14.25	05:15:16.55	+02:50:30	11:13	5.3
584	ZAGOŃCZYK Andrzej	3648		M50	20	02:37:14	05:14:13.95	05:15:16.75	+02:50:31	11:13	5.3
585	SYGUŁA Katarzyna	3920	KB MCKIS JAWORZNO	K40	41	02:44:21	05:14:17.05	05:15:17.05	+02:50:31	11:13	5.3
586	WOJCIECHOWSKI Tomasz	4166	COCA-COLA RUNNERS	M20	65	02:34:54	05:15:08.20	05:15:28.55	+02:50:42	11:15	5.3
587	DEJA Andrzej	3857	AMATORZY	M50	21	02:33:47	05:13:58.75	05:15:32.20	+02:50:46	11:12	5.4
588	ZIENTEK Wojciech	4038		M40	124	02:46:12	05:14:10.00	05:15:43.20	+02:50:57	11:13	5.3
589	PILAK Zbigniew	3453		M50	22	02:44:08	05:15:54.35	05:16:18.85	+02:51:33	11:16	5.3
590	ŚWIEŻYŃSKA Aleksandra	3589	BIGYELLOWFOOT ADVENTURE TEAM	K20	32	02:33:21	05:15:54.75	05:16:23.85	+02:51:38	11:16	5.3
591	SAWICKI Radek	3699	DZIKIE GRUBASY SZATANA	M30	193	02:25:32	05:15:56.50	05:16:39.85	+02:51:54	11:17	5.3
592	POSIŁA Joanna	3971	COCA-COLA RUNNERS	K30	99	02:43:57	05:15:16.55	05:16:41.80	+02:51:56	11:15	5.3
593	ZAJĄC Ewelina	4083		K30	100	02:37:07	05:16:51.85	05:17:20.65	+02:52:35	11:19	5.3
594	MANIARA Adam	4107	HUSARIA RACE TEAM	M20	66	02:31:56	05:16:38.65	05:17:30.20	+02:52:44	11:18	5.3
595	MACIEJAK Anna	4101	HUSARIA RACE TEAM	K20	33	02:36:46	05:16:37.95	05:17:30.35	+02:52:44	11:18	5.3
596	WOJDYŁ Anna	3599		K30	101	02:44:41	05:16:16.75	05:17:33.50	+02:52:47	11:17	5.3
597	SZWARC Barbara	3924	WKURW_TEAM	K30	102	02:38:25	05:16:40.00	05:17:37.70	+02:52:52	11:18	5.3
598	ZĘGOTA Izabela	4072		K20	34	02:36:13	05:16:08.55	05:17:42.60	+02:52:56	11:17	5.3
599	KOZIRÓG Agnieszka	3726		K40	42	02:32:06	05:17:45.55	05:18:23.80	+02:53:38	11:20	5.3
600	KUREK Aleksandra	3502		K20	35	02:50:19	05:18:28.50	05:18:28.50	+02:53:42	11:22	5.3
601	PIETRZAK Maciej	3436		M40	125	02:38:22	05:17:57.35	05:19:03.10	+02:54:17	11:21	5.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
602	PIETRZAK Agnieszka	3415		K40	43	02:38:20	05:17:57.15	05:19:03.30	+02:54:17	11:21	5.3
603	PODLEŚ Rafał	3611	GRUPA ŚMIERCI RZEŹNICZEK	M30	194	02:43:03	05:19:04.00	05:20:18.40	+02:55:32	11:23	5.3
604	JASZCZUK Edyta	4039	TUP TEAM	K20	36	02:39:26	05:20:42.85	05:22:17.95	+02:57:32	11:27	5.2
605	MRÓWKA Kasia	4105	HUSARIA RACE TEAM	K30	103	02:37:19	05:21:50.50	05:22:38.50	+02:57:52	11:29	5.2
606	KOWALEWSKA Luiza	4102	HUSARIA RACE TEAM	K20	37	02:37:06	05:21:45.60	05:22:38.60	+02:57:52	11:29	5.2
607	ZAJĄC Grzegorz	3394		M40	126	02:41:35	05:21:20.55	05:22:49.45	+02:58:03	11:28	5.2
608	MARCINCAK Anna	3388	MAMY-BIEGAMY	K30	104	02:42:27	05:21:21.75	05:22:49.75	+02:58:04	11:28	5.2
609	KLOCEK Paulina	4177	SKŁADAKI PIŁA	K20	38	02:32:17	05:22:24.85	05:22:56.00	+02:58:10	11:30	5.2
610	JASIŃSKA Justyna	4056	KOTEŁ TEAM	K20	39	02:24:21	05:22:25.40	05:23:33.75	+02:58:48	11:30	5.2
610	POWIERŻA Adrian	4055	KOTEŁ TEAM	M20	67	02:24:22	05:22:25.50	05:23:33.75	+02:58:48	11:30	5.2
612	PIETRZAK Jarosław	3695		M30	195	02:40:37	05:22:33.75	05:23:38.00	+02:58:52	11:31	5.2
613	KOWALEWSKA Katarzyna	3596		K30	105	02:40:36	05:22:33.75	05:23:38.05	+02:58:52	11:31	5.2
614	KASPRZAK Maciej	4035		M20	68	02:29:00	05:22:54.75	05:23:53.40	+02:59:07	11:31	5.2
615	SIARA Marcin	3848	WITKOWO BIEGA	M30	196	02:29:06	05:22:56.20	05:23:53.45	+02:59:07	11:32	5.2
616	KLOCEK Ewelina	4176	SKŁADAKI PIŁA	K30	106	02:47:22	05:23:41.60	05:24:12.45	+02:59:26	11:33	5.2
617	WIĘCZKOWSKI Wojciech	3675	HUSARIA RACE TEAM	M40	127	02:37:22	05:23:23.40	05:24:12.70	+02:59:27	11:32	5.2
618	PENAR Arkadiusz	3983		M40	128	02:35:38	05:24:48.35	05:25:41.15	+03:00:55	11:36	5.2
619	POSS Marcin	3715		M40	129	02:40:21	05:24:42.45	05:25:58.95	+03:01:13	11:35	5.2
620	STASIAK Waldemar	3859		M40	130	02:37:50	05:24:28.25	05:26:01.45	+03:01:15	11:35	5.2
621	KUŁAKOWSKI Piotr	3935	CZŁĄPACZE	M60	7	02:51:29	05:25:18.95	05:26:31.75	+03:01:46	11:37	5.2
622	MALDIS Marek	3892		M60	8	02:42:50	05:25:55.50	05:26:42.85	+03:01:57	11:38	5.2
623	KOŁODZIEJ Mirosław	3501	MUZEUM HISTORYCZNE MIASTA KRAKOWA	M20	69	02:36:50	05:25:20.95	05:26:57.40	+03:02:11	11:37	5.2
624	DUNIKOWSKA Olga Małgorzata	3316		K20	40	02:36:55	05:25:20.90	05:26:57.65	+03:02:12	11:37	5.2
625	KOLAJ Ewelina	3738	RUNRACE.PL	K30	107	02:27:21	05:26:13.50	05:27:24.60	+03:02:38	11:39	5.1
626	KOLAJ Krzysztof	3820	SPOCONY BATON	M30	197	02:27:30	05:26:13.90	05:27:24.90	+03:02:39	11:39	5.1
627	TABACZKA Piotr	3656	WUEF CLUB DECATHLON SWADZIM	M40	131	02:32:58	05:26:46.20	05:27:26.65	+03:02:41	11:40	5.1
628	RADZIEŃSKA Kamila	3700	MAMY-BIEGAMY	K30	108	02:43:09	05:25:52.90	05:27:30.75	+03:02:45	11:38	5.2
629	MACIASZ Weronika	3895	GRUPA ŚMIERCI RZEŹNICZEK	K20	41	02:28:31	05:27:08.00	05:28:21.40	+03:03:35	11:41	5.1
630	BANASZCZYK Maja	4031		K30	109	02:40:29	05:27:29.60	05:28:22.20	+03:03:36	11:41	5.1
631	SZTOMBER Daniel	3525	AXA RUNNING TEAM	M30	198	02:46:00	05:27:09.20	05:28:39.10	+03:03:53	11:41	5.1
632	RUDNICKI Piotr	4089	KAPIBARA	M30	199	02:28:25	05:27:29.75	05:28:59.75	+03:04:14	11:41	5.1
633	OSYDA Sabina	3729		K20	42	02:40:27	05:28:04.70	05:29:28.20	+03:04:42	11:43	5.1
634	PASZKOWSKI Jakub	3813		M30	200	02:40:26	05:28:05.30	05:29:29.30	+03:04:43	11:43	5.1
635	WIERZCHOWIAK Jarosław	3816	HUSARIA RACE TEAM	M20	70	02:27:06	05:29:06.25	05:29:57.05	+03:05:11	11:45	5.1
635	BAK Piotr	3865		M30	201	02:40:32	05:29:06.90	05:29:57.05	+03:05:11	11:45	5.1
637	PIASECKI Grzegorz	3672	AKTYWNI KONIN	M40	132	02:37:25	05:29:44.05	05:31:00.75	+03:06:15	11:46	5.1
638	MASŁOŃ Sebastian	4023		M30	202	02:46:12	05:29:34.80	05:31:06.55	+03:06:20	11:46	5.1
639	ZIELIŃSKA CZERBNIAK Izabela	4017	WUEF CLUB DECATHLON SWADZIM	K40	44	02:38:34	05:31:45.90	05:32:22.25	+03:07:36	11:50	5.1
640	JĘDRZEJCZAK Sławomir	4037		M40	133	02:46:32	05:30:52.75	05:32:25.90	+03:07:40	11:49	5.1
641	ZIENKOWSKA Izabela	3442	LUBLIN BIEGA/WW TEAM	K30	110	02:43:57	05:32:55.45	05:33:13.10	+03:08:27	11:53	5
641	LATO Karolina	3318	LUBLIN BIEGA	K30	111	02:43:57	05:32:55.25	05:33:13.10	+03:08:27	11:53	5
643	KARPIŃSKA Anna	3688	DZIKIE GRUBASY SZATANA	K40	45	02:43:40	05:33:27.40	05:34:10.35	+03:09:24	11:54	5
644	KARAŚ Robert	3536	AXA RUNNING TEAM	M30	203	02:39:21	05:32:55.80	05:34:26.45	+03:09:40	11:53	5
645	BIŃKOWSKI Andrzej	4173	COCA-COLA RUNNERS	M40	134	02:45:52	05:35:26.20	05:36:41.50	+03:11:55	11:58	5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
646	PRÓCHNIAK Joanna	3541	GRUPA ŚMIERCI RZEŹNICZEK	K30	112	02:45:57	05:35:33.35	05:36:48.40	+03:12:02	11:59	5
647	STACHOWICZ Mateusz	3526	GRUPA ŚMIERCI RZEŹNICZEK	M30	204	02:34:33	05:35:34.70	05:36:48.80	+03:12:03	11:59	5
648	BARCZAK Sylwia	3329	PERFECT RUNNER LUBLIN	K30	113	02:56:50	05:35:30.80	05:37:02.50	+03:12:16	11:58	5
649	KNAP Ewa	3888	ALBATROSY	K30	114	02:43:42	05:36:21.30	05:37:05.75	+03:12:20	12:00	5
650	ZADROŻNA Ania	3619		K30	115	02:42:42	05:36:37.10	05:37:35.10	+03:12:49	12:01	5
651	DUKAŁA Arkadiusz	3518	PZU SPORT TEAM	M40	135	02:35:30	05:37:06.55	05:38:00.05	+03:13:14	12:02	5
652	SKOŚKIEWICZ Krzysztof	4134		M40	136	02:35:25	05:37:05.50	05:38:00.10	+03:13:14	12:02	5
653	KAŹMIERCZAK Malwina	3680	DZIKIE GRUBASY SZATANA	K20	43	02:37:20	05:39:33.10	05:40:16.80	+03:15:31	12:07	4.9
654	KRZYŚ Justyna	3799	KLUB MATIEGO	K30	116	02:43:40	05:39:42.30	05:40:22.40	+03:15:36	12:07	4.9
655	BAJENA Jan	3655		M20	71	02:32:35	05:39:02.00	05:40:28.40	+03:15:42	12:06	5
656	KLEDYŃSKA Aleksandra	3651		K20	44	02:32:35	05:39:02.50	05:40:29.05	+03:15:43	12:06	5
657	HILLER Jerzy	3517	LUBELSKA GRUPA TRIATHLONU	M60	9	02:54:53	05:39:13.55	05:40:46.25	+03:16:00	12:06	5
658	ROGATKO Adam	3915	DRAMAT_TEAM	M30	205	02:49:02	05:40:09.60	05:41:18.45	+03:16:32	12:08	4.9
659	NIESIOBĘDZKA-ROGATKO Karolina	3916	DRAMAT_TEAM	K30	117	02:49:04	05:40:22.95	05:41:31.95	+03:16:46	12:09	4.9
660	STOŃ Daniel	3592	BIEGUSIEM.PL	M40	137	02:43:01	05:40:43.95	05:41:46.45	+03:17:00	12:10	4.9
661	PIELAK Agnieszka	3778	PZU SPORT TEAM	K20	45	02:57:52	05:40:55.40	05:41:48.15	+03:17:02	12:10	4.9
662	GROMADZKI Wojciech	4154		M50	23	02:30:02	05:42:36.40	05:43:24.70	+03:18:39	12:14	4.9
663	GAJEWSKI Piotr	3373	RUN_HELPERSI	M30	206	02:48:38	05:44:51.50	05:45:26.50	+03:20:40	12:18	4.9
664	DUKIEWICZ Grażyna	3454		K40	46	02:54:35	05:44:23.10	05:45:59.65	+03:21:14	12:17	4.9
665	PIĄTY Kamil	4088	SIATKATEAM	M30	207	02:54:12	05:45:08.45	05:46:49.85	+03:22:04	12:19	4.9
666	WIŚNIEWSKA-PIĄTY Katarzyna	4087	SIATKA TEAM	K30	118	02:54:12	05:45:09.25	05:46:49.90	+03:22:04	12:19	4.9
667	WOJDASIEWICZ Kasia	3659		K40	47	02:41:59	05:45:37.45	05:47:02.50	+03:22:16	12:20	4.9
668	JUREK Paulina	3543		K30	119	03:04:49	05:45:51.95	05:47:29.25	+03:22:43	12:21	4.9
669	KUHN-ZAWADZKA Joanna	3939	KRÓLICZKI W PLECAKU	K30	120	02:39:08	05:47:22.55	05:48:07.90	+03:23:22	12:24	4.8
670	SROKA Dominik	3527		M40	138	02:42:04	05:47:16.65	05:48:35.65	+03:23:50	12:24	4.8
671	PŁATEK Katarzyna	3795		K40	48	02:43:44	05:48:25.05	05:49:08.90	+03:24:23	12:26	4.8
672	NAWROCKA Aleksandra	3724		K20	46	02:47:47	05:49:20.70	05:49:58.85	+03:25:13	12:28	4.8
673	WITKOWSKA Anetta	3810	CENTRUM KETTLEBELL TARNOBRZEG	K40	49	02:55:02	05:49:21.95	05:50:17.90	+03:25:32	12:28	4.8
674	WITKOWSKI Krzysztof	3809	CENTRUM KETTLEBELL TARNOBRZEG	M40	139	02:55:00	05:49:21.65	05:50:17.95	+03:25:32	12:28	4.8
675	SZANIAWSKA Agata	3327		K20	47	02:53:41	05:50:46.20	05:51:38.60	+03:26:52	12:31	4.8
676	GRABOWICZ Anna	3806		K40	50	02:51:31	05:51:22.30	05:52:08.30	+03:27:22	12:32	4.8
676	NOWAK Katarzyna	3772		K40	51	02:51:36	05:51:22.50	05:52:08.30	+03:27:22	12:32	4.8
678	NOWAK Jarosław	3776		M40	140	02:51:35	05:51:21.50	05:52:08.45	+03:27:22	12:32	4.8
679	STRZELECKI Artur	4179		M50	24	02:43:44	05:51:41.00	05:52:16.15	+03:27:30	12:33	4.8
680	MAZUR Beata	3701	MAZUR FAMILY	K40	52	02:46:59	05:51:10.40	05:52:28.90	+03:27:43	12:32	4.8
681	MAZUR Klaudia	3706	MAZUR FAMILY	K20	48	02:43:53	05:51:10.30	05:52:29.05	+03:27:43	12:32	4.8
682	MAZUR Andrzej	3708	MAZUR FAMILY	M40	141	02:46:11	05:51:09.95	05:52:29.15	+03:27:43	12:32	4.8
683	WYSOCKA Agnieszka	3686	PRO RUN	K40	53	02:58:16	05:51:08.55	05:52:44.50	+03:27:58	12:32	4.8
684	WÓJCIK Łukasz	4073	SII POWER PEOPLE	M30	208	02:53:38	05:51:13.65	05:52:48.70	+03:28:03	12:32	4.8
685	OBARSKA Małgorzata	4043		K50	9	03:01:56	05:52:05.15	05:53:02.70	+03:28:17	12:34	4.8
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	12:35	4.8
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	12:44	4.7
688	SOWA Sylwia	4075	PZU SPORT TEAM	K40	54	02:54:03	05:56:10.50	05:57:08.60	+03:32:22	12:43	4.7
689	ŻAK Agnieszka	3609		K30	121	02:55:15	05:55:59.55	05:57:28.95	+03:32:43	12:42	4.7



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
690	ŻAK Bartłomiej	3583		M30	210	02:55:14	05:56:00.55	05:57:30.15	+03:32:44	12:42	4.7
691	ŚLĘZAK Hanna	4121	SKŁADAKI PIŁA	K30	122	03:02:25	05:57:04.40	05:57:37.05	+03:32:51	12:45	4.7
692	DONIEC Katarzyna	3696		K30	123	02:50:40	05:56:20.35	05:57:43.65	+03:32:58	12:43	4.7
693	MARKOWICZ Krzysztof	3801	KLUB MATIEGO JEŻOWE	M50	26	02:43:45	05:57:43.20	05:58:21.50	+03:33:35	12:46	4.7
694	ŚLIWIŃSKI Paweł	3838	KLUB MATIEGO	M50	27	02:44:44	05:57:46.90	05:58:23.35	+03:33:37	12:46	4.7
695	JAKÓBCZYK Andrzej	3928	SKLEPBIEGACZA.PL LUBLIN TEAM	M40	142	02:52:49	05:58:56.85	06:00:29.55	+03:35:43	12:49	4.7
696	NAROLEWSKA Dorota	3310		K30	124	03:00:14	06:01:14.90	06:01:47.55	+03:37:01	12:54	4.7
697	BALCEWICZ Magda	4125	SKŁADAKI PIŁA	K30	125	03:18:37	06:03:54.30	06:04:26.15	+03:39:40	12:59	4.6
698	RYMON Paweł	4120	SKŁADAKI PIŁA	M30	211	03:02:42	06:04:05.05	06:04:37.85	+03:39:52	13:00	4.6
699	MIŁOSZ Maria	3400		K20	49	03:02:41	06:03:34.00	06:04:51.75	+03:40:06	12:59	4.6
700	WIECZOREK Beata	3674	DZIKIE GRUBASY SZATANA	K30	126	03:10:57	06:04:09.40	06:04:53.55	+03:40:07	13:00	4.6
701	KAWSKA Ewa	3950		K40	55	02:50:48	06:03:31.45	06:05:03.85	+03:40:18	12:58	4.6
702	KUNA Katarzyna	3558		K40	56	02:58:16	06:03:34.30	06:05:13.80	+03:40:28	12:59	4.6
703	PEDA Kamila	4050	KB DZIK	K30	127	03:01:10	06:05:31.35	06:05:51.85	+03:41:06	13:03	4.6
704	RADZIEŃSKI Maciej	3740		M30	212	02:43:28	06:04:34.45	06:06:12.90	+03:41:27	13:01	4.6
705	SZCZERBIŃSKI Marcin	3790	DZIKIE GRUBASY SZATANA	M40	143	02:51:40	06:10:25.50	06:11:10.55	+03:46:24	13:13	4.5
706	JANICKA Katarzyna	3328	4EVERFASTER.PL	K30	128	02:53:42	06:12:18.10	06:13:10.40	+03:48:24	13:17	4.5
707	PANCZENKO Kamil	3343	OWM LUBLIN	M20	72	02:54:25	06:11:40.00	06:13:16.25	+03:48:30	13:16	4.5
708	SEREWA Paulina	3396	OWM LUBLIN	K20	50	02:54:41	06:11:40.60	06:13:16.55	+03:48:30	13:16	4.5
709	WYSOCKI Sebastian	4128	SKŁADAKI PIŁA	M30	213	03:02:18	06:14:17.85	06:14:48.40	+03:50:02	13:22	4.5
710	WYSOCKA Iłona	4127	SKŁADAKI PIŁA	K30	129	02:56:18	06:14:19.10	06:14:48.50	+03:50:02	13:22	4.5
711	KULLING Krystian	4187	BIEGOWI WARIACI	M30	214	03:12:35	06:14:32.45	06:14:57.70	+03:50:12	13:22	4.5
712	BAŃKOWSKA Monika	3690	BIGYELLOWFOOT ADVENTURE TEAM	K30	130	03:12:35	06:14:33.05	06:14:58.90	+03:50:13	13:22	4.5
713	GUZIK Magdalena	3570		K40	57	03:05:20	06:13:23.45	06:15:01.05	+03:50:15	13:20	4.5
714	BORKOWSKA Ewa	3869		K60	3	03:11:11	06:17:32.45	06:18:17.55	+03:53:31	13:29	4.4
715	SZCZEPANIA Lucyna	4123	SKŁADAKI PIŁA	K40	58	03:10:12	06:24:00.35	06:24:32.25	+03:59:46	13:42	4.4
716	MAJEWSKA Agnieszka	3769	GRUPA ŚMIERCI RZEŹNICZEK	K40	59	03:02:58	06:32:31.95	06:33:47.45	+04:09:01	14:01	4.3
717	PUŁKOWSKI Mirosław	4057		M40	144	03:12:35	06:50:59.20	06:51:26.50	+04:26:40	14:40	4.1
718	PUŁKOWSKA Patrycja	4058		K30	131	03:12:37	06:50:59.60	06:51:27.05	+04:26:41	14:40	4.1
	KOMUŃSKI Marcin	3720	POLONIA ŚRODA	M30		02:17:41 DNF	DNF	DNF	-	-	-
	MATRASZEK Jakub	3374	VEGE RUNNERS	M30		02:51:59 DNF	DNF	DNF	-	-	-
	MIRECKI Jan	4076		M40		DNF	DNF	DNF	-	-	-
	TADLA Mateusz	4071		M20		DNF	DNF	DNF	-	-	-
	MATUSZAK Piotr	3730		M20		DNF	DNF	DNF	-	-	-

Znaleziono 723 wynik(ów)