



SUPERMARATON  
GÓR  
STOŁOWYCH

# SGS LIGHT PÓŁMARATON 23KM

B4SPORT

**Wydarzenie:** Supermaraton Gór Stołowych 2021  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2021-06-27  
**Miejsce:** Karłów  
**Dystans:** 23 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>109</b>	MUAY RUNNING TEAM	M-40	1	01:05:44	<b>02:02:07.10</b>		5:10	11.6
2	<b>ZARZYCKI Maciej</b>	<b>294</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	1	01:09:40	<b>02:12:21.20</b>	+00:10:14	5:36	10.7
3	<b>NORBERT Michał</b>	<b>101</b>	KB SOBÓTKA	M-30	2	01:12:18	<b>02:12:58.85</b>	+00:10:51	5:38	10.6
4	<b>FRANCZAK Mariusz</b>	<b>239</b>	DTR BIEGA / MARIO TEAM	M-40	2	01:13:03	<b>02:17:13.30</b>	+00:15:06	5:48	10.3
5	<b>PIHIL Piotr</b>	<b>557</b>		M-40	3	01:13:41	<b>02:18:38.55</b>	+00:16:31	5:52	10.2
6	<b>HOŁYST Andrzej</b>	<b>126</b>	GT RAT	M-40	4	01:17:20	<b>02:19:52.15</b>	+00:17:45	5:55	10.1
7	<b>SKRAJNY Łukasz</b>	<b>354</b>	140MINUT.PL	M-40	5	01:15:09	<b>02:20:12.70</b>	+00:18:05	5:56	10.1
8	<b>RUPIŃSKI Krzysztof</b>	<b>120</b>		M-20	1	01:15:10	<b>02:20:57.80</b>	+00:18:50	5:58	10
9	<b>KRUPA Marcin</b>	<b>207</b>	AKTYWNA NOWA RUDA	M-40	6	01:16:32	<b>02:24:49.60</b>	+00:22:42	6:08	9.8
10	<b>KIEŁBASIEWICZ Dawid</b>	<b>543</b>	MOYA RACING TEAM	M-20	2	01:16:56	<b>02:26:27.10</b>	+00:24:20	6:12	9.7
11	<b>KOPYCZOK Michał</b>	<b>554</b>	DABEX BOLT	M-30	3	01:20:13	<b>02:26:42.45</b>	+00:24:35	6:12	9.7
12	<b>PIĄTEK Karolina</b>	<b>10</b>	NOGAMIDOGÓRY.PL	K-30	1	01:18:02	<b>02:27:41.40</b>	+00:25:34	6:15	9.6
13	<b>MAJCHRZAK Maciej</b>	<b>301</b>	140MINUT.PL	M-30	4	01:23:19	<b>02:28:19.35</b>	+00:26:12	6:17	9.5
14	<b>SZYMAŃCZUK Jacek</b>	<b>214</b>	NARAMOWICE BIEGAJĄ	M-30	5	01:14:47	<b>02:28:55.20</b>	+00:26:48	6:18	9.5
15	<b>STAŃKO Krystian</b>	<b>556</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	6	01:21:34	<b>02:31:24.30</b>	+00:29:17	6:24	9.4
16	<b>STARUCH Robert</b>	<b>348</b>	KUDOWANKA RUN	M-30	7	01:19:06	<b>02:31:25.65</b>	+00:29:18	6:24	9.4
17	<b>GRUDA Adam</b>	<b>353</b>	KS MARATON NOWA RUDA	M-20	3	01:20:43	<b>02:31:34.40</b>	+00:29:27	6:25	9.3
18	<b>LITWIN Michał</b>	<b>221</b>	LITEWIN	M-30	8	01:22:16	<b>02:31:39.05</b>	+00:29:31	6:25	9.3
19	<b>JACHYMSKI Krzysztof</b>	<b>310</b>	VEGE RUNNERS	M-30	9	01:22:51	<b>02:34:47.95</b>	+00:32:40	6:33	9.1
20	<b>SZYMURA Wojciech</b>	<b>404</b>		M-40	7	01:23:09	<b>02:35:37.05</b>	+00:33:29	6:35	9.1
21	<b>BIAŁOBLÓCKA Alicja</b>	<b>299</b>	SOBAS TEAM, AKADEMIA BIEGANIA	K-30	2	01:23:32	<b>02:37:46.40</b>	+00:35:39	6:41	9
22	<b>KOKOSZKO Rafał</b>	<b>370</b>		M-20	4	01:26:20	<b>02:39:53.60</b>	+00:37:46	6:46	8.9
23	<b>BŁAN Paweł</b>	<b>345</b>	GUBIN	M-40	8	01:24:14	<b>02:40:20.05</b>	+00:38:12	6:47	8.8
24	<b>DĄBROWSKI Michał</b>	<b>465</b>	CINCLUS	M-50	1	01:26:55	<b>02:40:46.10</b>	+00:38:39	6:48	8.8
25	<b>OPAŁKA Damian</b>	<b>62</b>	MYRACE	M-30	10	01:23:33	<b>02:40:52.00</b>	+00:38:44	6:48	8.8
26	<b>MÓLL Mateusz</b>	<b>74</b>	#SOBASTEAM	M-30	11	01:22:18	<b>02:41:09.15</b>	+00:39:02	6:49	8.8
27	<b>NOWICKI Marcin</b>	<b>394</b>		M-40	9	01:27:04	<b>02:42:42.55</b>	+00:40:35	6:53	8.7
28	<b>HACUŚ Tomasz</b>	<b>374</b>		M-40	10	01:27:45	<b>02:43:32.75</b>	+00:41:25	6:55	8.7
29	<b>WOJTIS Arkadiusz</b>	<b>290</b>	DZIKA BANDA ŁAKOMCZUCHÓW	M-40	11	01:27:36	<b>02:44:10.05</b>	+00:42:02	6:57	8.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
30	ZATOŃ Cezary	162		M-40	12	01:24:52	<b>02:44:21.55</b>	+00:42:14	6:57	8.6
31	WYLEŻAŁEK Alina	399		K-30	3	01:30:58	<b>02:44:43.15</b>	+00:42:36	6:58	8.6
32	POLIŃSKI Robert	55	TRAINING LAB	M-30	12	01:29:15	<b>02:44:47.50</b>	+00:42:40	6:58	8.6
33	BOSAKIEWICZ Tomasz	153	OLAWS ZŁOTORYJA	M-30	13	01:26:53	<b>02:45:03.70</b>	+00:42:56	6:59	8.6
34	RATYMIRSKI Wojciech	544	#SOBASTEAM	M-40	13	01:27:58	<b>02:45:12.30</b>	+00:43:05	7:00	8.6
35	GONCZAR Szymon	508	KW GLIWICE	M-30	14	01:25:46	<b>02:46:00.65</b>	+00:43:53	7:02	8.5
36	BIELECKI Sławomir	450	NARAMOWICE BIEGAJĄ	M-30	15	01:27:28	<b>02:46:39.45</b>	+00:44:32	7:03	8.5
37	KOTYRBA Tomasz	272		M-30	16	01:32:23	<b>02:49:47.15</b>	+00:47:40	7:11	8.3
38	BUSS Jakub	77	KUDOWANKARUN	M-40	14	01:36:24	<b>02:51:39.65</b>	+00:49:32	7:16	8.2
39	WALIGÓRA Mateusz	440		M-30	17	01:29:17	<b>02:51:57.10</b>	+00:49:50	7:17	8.2
40	ORZYSZEK Roksana	295		K-30	4	01:33:15	<b>02:52:04.35</b>	+00:49:57	7:17	8.2
41	KURZAWIAK Grzegorz	218	KUDOWANKA RUN	M-30	18	01:30:55	<b>02:52:30.85</b>	+00:50:23	7:18	8.2
42	PIETRZYK Tomasz	179	140MINUT.PL	M-40	15	01:31:17	<b>02:52:44.35</b>	+00:50:37	7:19	8.2
43	LESZCZYŃSKI Michał	520		M-40	16	01:32:29	<b>02:53:25.45</b>	+00:51:18	7:20	8.2
44	TRZECIAKIEWICZ Mieczysław	283	MLKS RADKÓW	M-50	2	01:34:44	<b>02:53:31.75</b>	+00:51:24	7:21	8.2
45	PRZYMUSIŃSKI Damian	105	OKL	M-30	19	01:31:53	<b>02:53:50.10</b>	+00:51:43	7:21	8.1
46	KANCERSKI Krzysztof	114		M-60	1	01:30:45	<b>02:54:02.85</b>	+00:51:55	7:22	8.1
47	WOŹNIAK Paweł	360	KLEP	M-40	17	01:30:24	<b>02:54:11.35</b>	+00:52:04	7:22	8.1
48	WALCZAK Adela	424	CURLING ŁÓDŹ	K-30	5	01:36:58	<b>02:54:14.35</b>	+00:52:07	7:22	8.1
49	KOŁODZIEJ Roman	511		M-40	18	01:32:31	<b>02:54:50.50</b>	+00:52:43	7:24	8.1
50	ULIKOWSKA Martyna	51	ZAŁOGA GÓRSKA	K-30	6	01:38:22	<b>02:55:03.50</b>	+00:52:56	7:25	8.1
51	PIKOS Patryk	118		M-30	20	01:28:41	<b>02:56:12.00</b>	+00:54:04	7:27	8
52	GRAD Adam	293	DZIKA BANDA ŁAKOMCZUCHÓW	M-30	21	01:36:31	<b>02:56:25.75</b>	+00:54:18	7:28	8
53	GROCHAL Marcin	392	#MARCINZDABLARZTEAM	M-40	19	01:39:40	<b>02:56:52.55</b>	+00:54:45	7:29	8
54	KUNKEL Mariusz	413	SMARUJ NA TRENING TEAM	M-40	20	01:37:00	<b>02:57:08.70</b>	+00:55:01	7:30	8
55	KNEBLOCH Kasper	435	DZIK KOMANDO	M-30	22	01:35:44	<b>02:57:10.55</b>	+00:55:03	7:30	8
56	WITKOWSKI Wojciech	485		M-20	5	01:30:41	<b>02:57:35.10</b>	+00:55:28	7:31	8
57	BOROWSKA Karolina	307	KGHM ZG RUN	K-30	7	01:29:56	<b>02:58:23.20</b>	+00:56:16	7:33	7.9
58	SASIN Dominika	525	KLUB BIEGACZA SOBÓTKA	K-20	1	01:33:21	<b>02:59:11.95</b>	+00:57:04	7:35	7.9
59	KAŁUŻNY Wojciech	172	BIEGOWA ŚWIDNICA	M-40	21	01:33:00	<b>02:59:13.70</b>	+00:57:06	7:35	7.9
60	MICHALAK Rafał	309	CZAPLA TEAM	M-20	6	01:31:47	<b>03:00:08.30</b>	+00:58:01	7:37	7.9
61	FIC Mirosław	523		M-40	22	01:38:31	<b>03:00:17.35</b>	+00:58:10	7:38	7.9
62	STEFAŃSKI Jakub	448		M-20	7	01:34:18	<b>03:00:32.55</b>	+00:58:25	7:38	7.8
63	NAPIERAŁA Marcin	65	PIĄTKOWO NA BIEGOWO/BIEGAJĄCE KREJZOLE	M-40	23	01:36:08	<b>03:00:48.40</b>	+00:58:41	7:39	7.8
64	PAWLIK Arkadiusz	171	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	23	01:31:53	<b>03:01:01.75</b>	+00:58:54	7:40	7.8
65	JARZĄBEK Michał	532		M-30	24	01:37:00	<b>03:01:14.40</b>	+00:59:07	7:40	7.8
66	PIEUCH Karolina	119		K-30	8	01:38:49	<b>03:01:45.15</b>	+00:59:38	7:42	7.8
67	TOMIAK Paulina	470	WOLSZTYŃSKA AKADEMIA BIEGOWA	K-30	9	01:34:18	<b>03:03:38.85</b>	+01:01:31	7:46	7.7
68	RÓŻYCKI Jarosław	322	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	24	01:34:18	<b>03:04:19.30</b>	+01:02:12	7:48	7.7
69	PRZYBYŁ Błażej	226		M-20	8	01:37:06	<b>03:05:10.60</b>	+01:03:03	7:50	7.6
70	WANKIEWICZ Krzysztof	429		M-40	25	01:41:21	<b>03:06:29.35</b>	+01:04:22	7:54	7.6
71	BIELECKI Tomasz	151	FAST BIKE GNIEZNO	M-20	9	01:43:17	<b>03:07:32.40</b>	+01:05:25	7:56	7.6
72	FRIDRICH Marcin	190	TRAINING LAB	M-30	25	01:35:09	<b>03:08:40.40</b>	+01:06:33	7:59	7.5
73	KOWALCZYK Marek	441	KB TKKF PROMYK CIECHANÓW	M-50	3	01:41:05	<b>03:09:14.95</b>	+01:07:07	8:01	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
74	<b>RESSEL Joanna</b>	<b>497</b>	RNB TEAM POLANICA ZDRÓJ	K-30	10	01:41:36	<b>03:09:30.65</b>	+01:07:23	8:01	7.5
75	<b>SERAFIN Ewelina</b>	<b>265</b>		K-40	1	01:41:09	<b>03:09:33.05</b>	+01:07:25	8:01	7.5
76	<b>SŁOMIAN Mikołaj</b>	<b>164</b>		M-20	10	01:43:27	<b>03:09:52.25</b>	+01:07:45	8:02	7.5
77	<b>HACUŚ Jacek</b>	<b>512</b>	JACEK HACUŚ	M-30	26	01:45:14	<b>03:10:18.90</b>	+01:08:11	8:03	7.4
78	<b>WASILEWSKI Karol</b>	<b>418</b>	SPARTA RUNNERS	M-20	11	01:38:31	<b>03:10:28.15</b>	+01:08:21	8:04	7.4
79	<b>KAŻMIERCZAK Piotr</b>	<b>194</b>	NARAMOWICE BIEGAJĄ	M-40	26	01:37:52	<b>03:10:34.30</b>	+01:08:27	8:04	7.4
80	<b>PTAK Jakub</b>	<b>182</b>		M-20	12	01:41:53	<b>03:11:27.15</b>	+01:09:20	8:06	7.4
81	<b>OLEJNIK Marcin</b>	<b>530</b>		M-30	27	01:40:56	<b>03:11:35.20</b>	+01:09:28	8:07	7.4
82	<b>TOPOROWSKI Kamil</b>	<b>323</b>	BIEGAJĄCY ŚWMDNIK	M-30	28	01:39:48	<b>03:12:17.40</b>	+01:10:10	8:08	7.4
83	<b>GUTOWSKI Dariusz</b>	<b>304</b>	BIEGAMDŁAZDROWA.PL	M-50	4	01:38:32	<b>03:12:54.35</b>	+01:10:47	8:10	7.3
84	<b>SUCHANEK Radosław</b>	<b>481</b>		M-50	5	01:40:29	<b>03:13:05.10</b>	+01:10:58	8:10	7.3
85	<b>DOLATA Maciej</b>	<b>158</b>		M-40	27	01:42:54	<b>03:13:23.80</b>	+01:11:16	8:11	7.3
86	<b>HARASIMOWICZ Sławomir</b>	<b>112</b>	GOLENIÓW	M-40	28	01:38:40	<b>03:13:31.20</b>	+01:11:24	8:11	7.3
87	<b>STEFANISZYN Marcin</b>	<b>340</b>	SZTUKA RUCHU	M-30	29	01:36:53	<b>03:13:35.45</b>	+01:11:28	8:12	7.3
88	<b>KUCZYŃSKI Szymon</b>	<b>412</b>	INSULA ZAWONIA TEAM	M-40	29	01:49:04	<b>03:13:58.50</b>	+01:11:51	8:13	7.3
89	<b>BILCZEWSKA Monika</b>	<b>13</b>		K-40	2	01:43:29	<b>03:14:30.85</b>	+01:12:23	8:14	7.3
90	<b>KARKOSZ Aurelia</b>	<b>175</b>		K-30	11	01:45:16	<b>03:15:23.35</b>	+01:13:16	8:16	7.2
91	<b>WIATR Wojciech</b>	<b>167</b>	ENDURANCE TEAM	M-40	30	01:40:48	<b>03:15:33.55</b>	+01:13:26	8:17	7.2
92	<b>GASIECKI Andrzej</b>	<b>459</b>		M-50	6	01:43:35	<b>03:15:48.55</b>	+01:13:41	8:17	7.2
93	<b>PISULA Łukasz</b>	<b>458</b>		M-30	30	01:41:46	<b>03:15:53.10</b>	+01:13:46	8:18	7.2
94	<b>SIEMIOŃCZYK Jan</b>	<b>526</b>		M-30	31	01:35:19	<b>03:15:53.50</b>	+01:13:46	8:18	7.2
95	<b>DEMKÓW Przemysław</b>	<b>559</b>		M-40	31	01:43:01	<b>03:15:54.80</b>	+01:13:47	8:18	7.2
96	<b>KOPACKA Edyta</b>	<b>534</b>		K-30	12	01:43:12	<b>03:15:55.25</b>	+01:13:48	8:18	7.2
97	<b>BARTMAŃSKA Mirosława</b>	<b>346</b>	KRÓLOWE RUNNINGU	K-40	3	01:45:28	<b>03:16:01.70</b>	+01:13:54	8:18	7.2
98	<b>PRZEPLĄTA Jarosław</b>	<b>542</b>	STRZEGOMSKA DWUNASTKA	M-30	32	01:42:42	<b>03:16:18.70</b>	+01:14:11	8:19	7.2
99	<b>GOLEK Seweryn Golek</b>	<b>3</b>	POLISH RUNNERS UK	M-40	32	01:45:18	<b>03:16:23.45</b>	+01:14:16	8:19	7.2
100	<b>MARKOWSKI Zbigniew</b>	<b>208</b>	BIEGAMDŁAZDROWA.PL	M-50	7	01:41:33	<b>03:16:31.05</b>	+01:14:23	8:19	7.2
101	<b>ČERVENÝ David</b>	<b>115</b>	ERIKA COPY SHOP	M-40	33	01:42:25	<b>03:17:15.55</b>	+01:15:08	8:21	7.2
102	<b>KABALINA Kristine</b>	<b>533</b>		K-20	2	01:46:28	<b>03:17:33.40</b>	+01:15:26	8:22	7.2
103	<b>MIELNIK Michał</b>	<b>506</b>		M-30	33	01:42:42	<b>03:17:45.15</b>	+01:15:38	8:22	7.2
104	<b>ROKSELA-MIELNIK Iwona</b>	<b>507</b>		K-30	13	01:42:41	<b>03:17:45.80</b>	+01:15:38	8:22	7.2
105	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>387</b>	SPONIEWMERANY KOGUT	M-40	34	01:39:42	<b>03:17:48.55</b>	+01:15:41	8:22	7.2
106	<b>STELMACH Mariusz</b>	<b>271</b>		M-30	34	01:39:43	<b>03:17:49.60</b>	+01:15:42	8:22	7.2
107	<b>KRUPIANIK Tomasz</b>	<b>517</b>		M-30	35	01:44:58	<b>03:18:10.50</b>	+01:16:03	8:23	7.1
108	<b>KSIEZKA Joanna</b>	<b>434</b>	STRZEGOMSKA DWUNASTKA	K-30	14	01:43:58	<b>03:18:13.60</b>	+01:16:06	8:23	7.1
109	<b>BICZKOWSKI Konrad</b>	<b>421</b>	SUT STRASZNY BIEGA	M-30	36	01:43:58	<b>03:18:16.10</b>	+01:16:09	8:24	7.1
110	<b>ZYSK Paweł</b>	<b>477</b>		M-50	8	01:40:48	<b>03:18:18.25</b>	+01:16:11	8:24	7.1
111	<b>KMIECIAK Marlena</b>	<b>449</b>		K-20	3	01:46:02	<b>03:18:26.35</b>	+01:16:19	8:24	7.1
112	<b>SOCHA Jan</b>	<b>380</b>		M-60	2	01:43:31	<b>03:18:38.30</b>	+01:16:31	8:24	7.1
113	<b>KOWALSKA-WALIŚ Agnieszka</b>	<b>252</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	4	01:44:15	<b>03:19:11.15</b>	+01:17:04	8:26	7.1
114	<b>BYLINA Bartosz</b>	<b>519</b>		M-40	35	01:39:48	<b>03:19:47.30</b>	+01:17:40	8:27	7.1
115	<b>BANACH Tomasz</b>	<b>141</b>		M-60	3	01:43:15	<b>03:19:54.30</b>	+01:17:47	8:28	7.1
116	<b>GRAD Idalia</b>	<b>291</b>	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	15	01:48:32	<b>03:19:56.55</b>	+01:17:49	8:28	7.1
117	<b>GRZESZCZAK Michał</b>	<b>546</b>		M-20	13	01:41:55	<b>03:20:07.85</b>	+01:18:00	8:28	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
118	<b>BOGDAŁ Jacek</b>	<b>417</b>	ŻERZUSZYCE	M-50	9	01:47:38	<b>03:20:22.75</b>	+01:18:15	8:29	7.1
119	<b>BARYSKI Maciej</b>	<b>531</b>		M-30	37	01:42:17	<b>03:21:21.90</b>	+01:19:14	8:31	7
120	<b>SUDER Kamil</b>	<b>539</b>	STRZEGOMSKA DWUNASTKA	M-30	38	01:45:03	<b>03:21:38.80</b>	+01:19:31	8:32	7
121	<b>ŚWINIARSKI Michał</b>	<b>474</b>	KWAŚNE ŻELKI	M-30	39	01:46:16	<b>03:21:40.75</b>	+01:19:33	8:32	7
122	<b>GŁUCHY Marek</b>	<b>206</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	40	01:44:02	<b>03:22:16.75</b>	+01:20:09	8:34	7
123	<b>HORDZIEJEWICZ Ewa</b>	<b>406</b>	CROSSBROTHERS BYTOM	K-50	1	01:43:07	<b>03:22:44.25</b>	+01:20:37	8:35	7
124	<b>CHORAŻYCZEWSKI Michał</b>	<b>168</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	36	01:44:05	<b>03:22:46.70</b>	+01:20:39	8:35	7
125	<b>PŁOK Krzysztof</b>	<b>289</b>	TEAMPŁOK	M-50	10	01:45:00	<b>03:22:55.00</b>	+01:20:47	8:35	7
126	<b>MAZIAREK Adela</b>	<b>150</b>		K-30	16	01:47:59	<b>03:23:07.35</b>	+01:21:00	8:36	7
127	<b>PACANOWSKI Łukasz</b>	<b>350</b>	BRAK KLUBU NAZWA KLUBU	M-40	37	01:45:50	<b>03:23:27.70</b>	+01:21:20	8:37	7
128	<b>BABIŃSKA- POPIŁKA Ewelina</b>	<b>251</b>		K-30	17	01:48:49	<b>03:23:42.60</b>	+01:21:35	8:37	7
129	<b>MISTUR Szymon</b>	<b>439</b>		M-30	41	01:46:17	<b>03:24:05.10</b>	+01:21:58	8:38	6.9
130	<b>PURGAL Magdalena</b>	<b>490</b>	SŁOŃCA JURY	K-30	18	01:50:38	<b>03:24:09.20</b>	+01:22:02	8:39	6.9
131	<b>WAWRZYŃIAK Mariusz</b>	<b>302</b>		M-40	38	01:47:03	<b>03:24:12.25</b>	+01:22:05	8:39	6.9
132	<b>LIZAKOWSKI Piotr</b>	<b>292</b>	NYHA IV SZCZECIN	M-40	39	01:47:04	<b>03:24:12.55</b>	+01:22:05	8:39	6.9
133	<b>ŁAŻEWSKA Sylwia</b>	<b>95</b>		K-40	5	01:50:18	<b>03:24:35.85</b>	+01:22:28	8:40	6.9
134	<b>ŁAŻEWSKI Marcin</b>	<b>134</b>		M-40	40	01:50:13	<b>03:24:36.00</b>	+01:22:28	8:40	6.9
135	<b>SZMAGIEREWSKI Wojciech</b>	<b>403</b>		M-50	11	01:47:40	<b>03:24:46.40</b>	+01:22:39	8:40	6.9
136	<b>SZTYPKA Konrad</b>	<b>306</b>	WKB MARATOŃCZYK	M-40	41	01:47:00	<b>03:25:10.95</b>	+01:23:03	8:41	6.9
137	<b>MATWIEJCZYK Gabriel</b>	<b>479</b>	OBY DOBIEC	M-40	42	01:49:04	<b>03:25:26.45</b>	+01:23:19	8:42	6.9
137	<b>KARCZEWSKI Daniel</b>	<b>480</b>	OBY DOBIEC	M-40	42	01:49:04	<b>03:25:26.45</b>	+01:23:19	8:42	6.9
139	<b>KULA Piotr</b>	<b>152</b>	ZDEZORIENTOWANI	M-40	44	01:46:11	<b>03:25:31.75</b>	+01:23:24	8:42	6.9
140	<b>REDEK Sylwia</b>	<b>192</b>	TEAM ZABIEGANEDNI	K-40	6	01:51:17	<b>03:25:46.60</b>	+01:23:39	8:43	6.9
141	<b>GAŚSIOROWSKA Agnieszka</b>	<b>285</b>	EVERRUN	K-30	19	01:47:21	<b>03:26:25.40</b>	+01:24:18	8:44	6.9
142	<b>ZAŃKO Rafał</b>	<b>324</b>		M-30	42	01:46:23	<b>03:26:50.40</b>	+01:24:43	8:45	6.8
143	<b>ROLIŃSKI Radosław</b>	<b>423</b>		M-40	45	01:47:36	<b>03:26:53.40</b>	+01:24:46	8:45	6.8
144	<b>SZYMANIK Paweł</b>	<b>344</b>		M-40	46	01:57:57	<b>03:27:09.65</b>	+01:25:02	8:46	6.8
145	<b>GRZYWACZ Tomasz</b>	<b>277</b>		M-40	47	01:49:58	<b>03:27:16.85</b>	+01:25:09	8:46	6.8
146	<b>SIKORSKI Cezary</b>	<b>31</b>	BBL GUBIN	M-50	12	01:45:25	<b>03:28:07.25</b>	+01:26:00	8:49	6.8
147	<b>BURACZYŃSKI Adam</b>	<b>76</b>	VEGE RUNNERS / HYDROMOC	M-30	43	01:53:10	<b>03:28:26.35</b>	+01:26:19	8:49	6.8
148	<b>GRUDZIEN-JURKOWSKA Małgorzata</b>	<b>516</b>		K-30	20	01:48:42	<b>03:28:40.95</b>	+01:26:33	8:50	6.8
149	<b>BEDNARCZYK Paweł</b>	<b>236</b>	PZU SPORT TEAM	M-40	48	01:43:01	<b>03:28:53.45</b>	+01:26:46	8:51	6.8
150	<b>KINSNER Zenon</b>	<b>538</b>	MOCNA GRUPA CEZARA	M-40	49	01:45:51	<b>03:29:03.80</b>	+01:26:56	8:51	6.8
151	<b>SUDÓŁ Robert</b>	<b>154</b>		M-40	50	01:45:48	<b>03:29:17.95</b>	+01:27:10	8:52	6.8
152	<b>WRÓBLEWSKI Witold</b>	<b>61</b>		M-30	44	01:46:43	<b>03:29:37.25</b>	+01:27:30	8:52	6.8
153	<b>DOMAŃSKI Mieczysław</b>	<b>342</b>		M-30	45	01:48:40	<b>03:29:57.95</b>	+01:27:50	8:53	6.7
154	<b>KÓŁKIEWICZ Jakub</b>	<b>493</b>		M-40	51	01:50:08	<b>03:30:21.50</b>	+01:28:14	8:54	6.7
155	<b>ZIMA Ryszard</b>	<b>494</b>		M-60	4	01:50:13	<b>03:30:21.70</b>	+01:28:14	8:54	6.7
156	<b>MAJEWSKI Bartek</b>	<b>385</b>	ROKIETNICA BIEGA	M-40	52	01:46:48	<b>03:30:25.50</b>	+01:28:18	8:54	6.7
157	<b>ORTYL Ewelina</b>	<b>549</b>		K-40	7	01:50:48	<b>03:30:50.45</b>	+01:28:43	8:56	6.7
158	<b>SURMIŃSKI Marcin</b>	<b>472</b>		M-30	46	01:47:22	<b>03:30:53.55</b>	+01:28:46	8:56	6.7
159	<b>KUCHCIŃSKA Monika</b>	<b>509</b>		K-40	8	01:53:47	<b>03:31:16.30</b>	+01:29:09	8:57	6.7
160	<b>ROGOWSKI Tomasz</b>	<b>276</b>	UMLAUT	M-30	47	01:49:36	<b>03:31:16.85</b>	+01:29:09	8:57	6.7
161	<b>DYR Dorota</b>	<b>416</b>		K-40	9	01:53:58	<b>03:32:12.70</b>	+01:30:05	8:59	6.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
162	<b>BARAŃSKA Monika</b>	<b>442</b>		K-50	2	01:51:52	<b>03:32:21.05</b>	+01:30:13	8:59	6.7
163	<b>WIŚNIEWSKI Tomasz</b>	<b>427</b>		M-40	53	01:52:22	<b>03:32:56.05</b>	+01:30:48	9:01	6.6
164	<b>URBAŃSKA Pola</b>	<b>188</b>	TRAINING LAB	K-30	21	01:58:09	<b>03:33:12.75</b>	+01:31:05	9:02	6.6
165	<b>NOWAK Tomasz</b>	<b>45</b>		M-30	48	01:46:18	<b>03:33:30.95</b>	+01:31:23	9:02	6.6
166	<b>RABIEJ-OLSZEWSKA Hanna</b>	<b>437</b>	ROZBIEGANI CHOJNÓW	K-30	22	01:51:08	<b>03:33:37.95</b>	+01:31:30	9:03	6.6
167	<b>ZALECH Zbigniew</b>	<b>85</b>	PŁOCKIE MORSY	M-40	54	01:53:46	<b>03:34:09.70</b>	+01:32:02	9:04	6.6
168	<b>KRAWIEC Piotr</b>	<b>108</b>	KOTWICA BRZEG	M-40	55	01:55:12	<b>03:34:28.35</b>	+01:32:21	9:05	6.6
169	<b>KLABISZ Maria</b>	<b>558</b>		K-30	23	01:53:53	<b>03:34:51.70</b>	+01:32:44	9:06	6.6
170	<b>CZARNOTA Dorota</b>	<b>363</b>	WYBIEGAJ SIEBIE	K-40	10	01:51:57	<b>03:35:39.40</b>	+01:33:32	9:08	6.6
171	<b>KAMIŃSKI Robert</b>	<b>317</b>		M-30	49	01:47:23	<b>03:35:42.55</b>	+01:33:35	9:08	6.6
172	<b>JANDY Honorata</b>	<b>35</b>	RUN&CROSS SZAMOTUŁY	K-40	11	01:54:52	<b>03:35:43.75</b>	+01:33:36	9:08	6.6
173	<b>BIŃCZARSKI Patryk</b>	<b>67</b>		M-40	56	01:55:21	<b>03:35:45.45</b>	+01:33:38	9:08	6.6
174	<b>BIŃCZARSKA Monika</b>	<b>83</b>	WKB WŁOCLĄWEK	K-40	12	01:55:24	<b>03:35:46.15</b>	+01:33:39	9:08	6.6
175	<b>MYŚLICKA-PIWKO Marta</b>	<b>352</b>	KRÓLOWE RUNNINGU	K-40	13	01:53:00	<b>03:36:34.20</b>	+01:34:27	9:10	6.5
176	<b>SKORNIAK Katarzyna</b>	<b>537</b>	WOLNE ŚLIMAKI	K-30	24	01:53:29	<b>03:36:37.70</b>	+01:34:30	9:10	6.5
177	<b>KUSTRA Klaudia</b>	<b>548</b>		K-30	25	01:52:36	<b>03:36:47.55</b>	+01:34:40	9:11	6.5
178	<b>WOJCIECHOWSKA Anna</b>	<b>137</b>	PIĄTKOWO NA BIEGOWO	K-50	3	01:55:02	<b>03:37:26.90</b>	+01:35:19	9:12	6.5
179	<b>SIKORSKA Joanna</b>	<b>29</b>		K-20	4	01:45:15	<b>03:37:58.55</b>	+01:35:51	9:14	6.5
180	<b>GARYGA Łukasz</b>	<b>84</b>	RUNHOGS TYCHY	M-40	57	01:47:29	<b>03:38:16.30</b>	+01:36:09	9:14	6.5
181	<b>RATAJCZAK Grzegorz</b>	<b>447</b>		M-50	13	01:54:35	<b>03:38:43.40</b>	+01:36:36	9:16	6.5
182	<b>BRUCH Katarzyna</b>	<b>107</b>		K-30	26	01:57:06	<b>03:38:55.65</b>	+01:36:48	9:16	6.5
183	<b>POHLAND Paweł</b>	<b>347</b>		M-30	50	01:54:26	<b>03:38:58.55</b>	+01:36:51	9:16	6.5
184	<b>PIECHOCKI Artur</b>	<b>177</b>		M-20	14	01:53:46	<b>03:39:02.55</b>	+01:36:55	9:16	6.5
185	<b>SEROCZYŃSKA Ewa</b>	<b>78</b>		K-30	27	01:55:14	<b>03:39:30.55</b>	+01:37:23	9:18	6.5
186	<b>KACZMARCZYK Natalia</b>	<b>274</b>		K-30	28	02:06:29	<b>03:39:30.60</b>	+01:37:23	9:18	6.5
187	<b>MILA Marcelli</b>	<b>510</b>		M-30	51	01:57:22	<b>03:39:47.15</b>	+01:37:40	9:18	6.4
188	<b>MARKOWSKI Tomasz</b>	<b>106</b>		M-40	58	01:54:22	<b>03:39:52.90</b>	+01:37:45	9:18	6.4
189	<b>MAKARENKO Sergii</b>	<b>79</b>		M-30	52	01:56:41	<b>03:39:54.10</b>	+01:37:47	9:19	6.4
190	<b>KOZDRÓJ Marcin</b>	<b>117</b>		M-40	59	01:55:02	<b>03:39:55.35</b>	+01:37:48	9:19	6.4
191	<b>PARDAŁA Wojciech</b>	<b>127</b>		M-40	60	01:43:58	<b>03:40:04.45</b>	+01:37:57	9:19	6.4
192	<b>KRZESIŃSKA Renata</b>	<b>333</b>		K-40	14	01:57:58	<b>03:40:58.40</b>	+01:38:51	9:21	6.4
193	<b>MICHALOWSKI Marcin</b>	<b>499</b>		M-40	61	01:54:40	<b>03:40:59.70</b>	+01:38:52	9:21	6.4
194	<b>KOWALCZYK-GROCHLA Agata</b>	<b>296</b>		K-40	15	01:56:57	<b>03:41:03.55</b>	+01:38:56	9:21	6.4
195	<b>ŁYSIAK Piotr</b>	<b>364</b>		M-40	62	02:00:58	<b>03:41:21.05</b>	+01:39:13	9:22	6.4
196	<b>CENDER Magdalena</b>	<b>495</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	16	01:52:47	<b>03:41:34.65</b>	+01:39:27	9:23	6.4
197	<b>HORODYŃSKA Mirosława</b>	<b>521</b>		K-40	17	01:57:08	<b>03:41:42.95</b>	+01:39:35	9:23	6.4
198	<b>SERAFIN Robert</b>	<b>262</b>		M-50	14	01:49:47	<b>03:42:01.65</b>	+01:39:54	9:24	6.4
199	<b>PROKOP Elżbieta</b>	<b>355</b>	BANDA Z POŁUDNIA	K-50	4	01:56:18	<b>03:42:03.95</b>	+01:39:56	9:24	6.4
200	<b>WINIECKA Ewa</b>	<b>131</b>	PARKRUN SŁODOWO WŁOCLĄWEK	K-40	18	01:57:37	<b>03:42:15.40</b>	+01:40:08	9:25	6.4
201	<b>POPEK Maciej</b>	<b>71</b>	PARKRUN SŁODOWO WŁOCLĄWEK	M-40	63	01:57:30	<b>03:42:16.70</b>	+01:40:09	9:25	6.4
202	<b>POCHWAŁA Justyna</b>	<b>219</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-40	19	01:59:20	<b>03:42:20.45</b>	+01:40:13	9:25	6.4
203	<b>SOBOTA Paweł</b>	<b>356</b>		M-30	53	01:56:17	<b>03:43:05.10</b>	+01:40:58	9:27	6.3
204	<b>WRÓBLEWSKA Olga</b>	<b>308</b>	VEGE RUNNERS	K-40	20	01:58:57	<b>03:43:37.75</b>	+01:41:30	9:28	6.3
205	<b>NUREK Łukasz</b>	<b>66</b>	PIWNE BRZUSZKI RACE TEAM	M-40	64	01:51:28	<b>03:43:59.85</b>	+01:41:52	9:29	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
206	<b>POLÁŠKOVÁ</b> Pavlína	<b>339</b>		K-40	21	01:59:01	<b>03:44:26.20</b>	+01:42:19	9:30	6.3
207	<b>DOBROCHOWSKA</b> Ilona	<b>338</b>	STRZEGOMSKA DWUNASTKA	K-40	22	01:56:44	<b>03:44:34.95</b>	+01:42:27	9:30	6.3
208	<b>JANULEWICZ</b> Wojciech	<b>541</b>	NAZWA KLUBU:	M-40	65	02:07:34	<b>03:44:54.00</b>	+01:42:46	9:31	6.3
209	<b>KRAS</b> Kaludiusz	<b>389</b>		M-40	66	01:49:44	<b>03:44:56.45</b>	+01:42:49	9:31	6.3
210	<b>PRZEDASZEK</b> Łukasz	<b>27</b>	2 OREL DZIWNÓW	M-30	54	02:03:40	<b>03:45:03.35</b>	+01:42:56	9:32	6.3
211	<b>OLEJNICZAK</b> Piotr	<b>515</b>		M-40	67	02:01:03	<b>03:45:07.20</b>	+01:43:00	9:32	6.3
212	<b>RÓŻAŃSKA</b> Magdalena	<b>94</b>		K-40	23	02:03:08	<b>03:45:41.85</b>	+01:43:34	9:33	6.3
213	<b>TOMIAK</b> Dominik	<b>471</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	M-40	68	01:55:26	<b>03:46:26.35</b>	+01:44:19	9:35	6.3
214	<b>GDOWSKA</b> Gabriela	<b>329</b>		K-20	5	02:00:11	<b>03:46:58.85</b>	+01:44:51	9:37	6.2
215	<b>PAPROCKA</b> Natalia	<b>69</b>		K-40	24	02:00:25	<b>03:47:07.35</b>	+01:45:00	9:37	6.2
216	<b>BISKUPSKI</b> Jakub	<b>319</b>		M-40	69	02:01:25	<b>03:47:15.55</b>	+01:45:08	9:37	6.2
217	<b>GUZIŃSKA</b> Aleksandra	<b>174</b>		K-40	25	02:00:30	<b>03:47:22.10</b>	+01:45:15	9:38	6.2
218	<b>ŻEMOJDZIN</b> Marcin	<b>53</b>	PIWNE BRZUSZKI RACE TEAM	M-30	55	01:56:13	<b>03:47:22.85</b>	+01:45:15	9:38	6.2
219	<b>HYŻY</b> Krzysztof	<b>68</b>	PIWNE BRZUSZKI RACE TEAM	M-40	70	01:57:13	<b>03:48:04.60</b>	+01:45:57	9:39	6.2
220	<b>MODERACKA</b> Małgorzata	<b>146</b>		K-30	29	01:59:36	<b>03:49:29.10</b>	+01:47:22	9:43	6.2
221	<b>GĄŁASZKIEWICZ</b> Grzegorz	<b>365</b>	LINDON TEAM	M-40	71	01:47:49	<b>03:49:32.00</b>	+01:47:24	9:43	6.2
222	<b>DZIURKOWSKA</b> Dorota	<b>260</b>	FUN TRI	K-30	30	01:59:34	<b>03:49:58.20</b>	+01:47:51	9:44	6.2
223	<b>FRĄCZEK</b> Iwona	<b>240</b>	FUN TRI	K-30	31	01:59:38	<b>03:50:00.05</b>	+01:47:52	9:44	6.2
224	<b>LASOŃ</b> Paweł	<b>343</b>	CHRZANOWSKI KLUB KARATE KYOKUSHIN	M-40	72	01:49:20	<b>03:50:22.05</b>	+01:48:14	9:45	6.1
225	<b>ŁUKASZCZYK</b> Łukasz	<b>211</b>	4FITER	M-30	56	01:58:47	<b>03:50:42.25</b>	+01:48:35	9:46	6.1
226	<b>KIEDROWSKI</b> Łukasz	<b>280</b>		M-30	57	01:56:54	<b>03:50:56.15</b>	+01:48:49	9:47	6.1
227	<b>NECKI</b> Łukasz	<b>553</b>	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY.	M-40	73	02:01:06	<b>03:51:04.40</b>	+01:48:57	9:47	6.1
228	<b>CZECH</b> Dorota	<b>49</b>		K-40	26	02:00:01	<b>03:51:12.60</b>	+01:49:05	9:47	6.1
229	<b>GRZYWACZ</b> Karol	<b>461</b>		M-30	58	02:03:13	<b>03:51:16.10</b>	+01:49:09	9:47	6.1
230	<b>CICHON</b> Elżbieta	<b>522</b>	STRZEGOMSKA DWUNASTKA	K-40	27	02:07:38	<b>03:51:24.70</b>	+01:49:17	9:48	6.1
231	<b>MAJKA</b> Marzena	<b>527</b>	KS JAWORZNO	K-30	32	02:07:40	<b>03:51:26.75</b>	+01:49:19	9:48	6.1
232	<b>BRZEZIŃSKI</b> Andrzej	<b>205</b>		M-60	5	01:57:10	<b>03:51:32.75</b>	+01:49:25	9:48	6.1
233	<b>STANISZEWSKA</b> Ewa	<b>224</b>		K-20	6	01:58:08	<b>03:52:17.45</b>	+01:50:10	9:50	6.1
234	<b>ŚWIERDZEWSKI</b> Grzegorz	<b>325</b>		M-30	59	02:01:18	<b>03:52:49.30</b>	+01:50:42	9:51	6.1
235	<b>SZYMURA</b> Marian	<b>401</b>	RESHAPE ZABRZE	M-40	74	01:59:42	<b>03:53:49.30</b>	+01:51:42	9:54	6.1
236	<b>CZERWIŃSKA</b> Magdalena	<b>400</b>	RESHAPE RUNNERS	K-40	28	01:59:48	<b>03:53:50.15</b>	+01:51:43	9:54	6.1
237	<b>BARTOSZEWSKA</b> Katarzyna	<b>320</b>		K-40	29	02:02:25	<b>03:53:52.15</b>	+01:51:45	9:54	6.1
238	<b>WÓJCIK</b> Kamila	<b>318</b>	LACHO TEAM	K-40	30	02:03:14	<b>03:53:57.05</b>	+01:51:49	9:54	6.1
239	<b>ORŁOWSKI</b> Daniel	<b>337</b>		M-40	75	01:59:51	<b>03:53:58.85</b>	+01:51:51	9:54	6.1
240	<b>GDOWSKA</b> Ewa	<b>328</b>		K-40	31	02:06:26	<b>03:54:03.75</b>	+01:51:56	9:55	6
241	<b>FELKEL</b> Ewa	<b>244</b>	PIĄTKOWO NA BIEGOWO	K-40	32	02:02:51	<b>03:54:19.40</b>	+01:52:12	9:55	6
242	<b>MAZUREK</b> Marita	<b>331</b>		K-30	33	02:04:57	<b>03:54:47.10</b>	+01:52:40	9:56	6
243	<b>KOWALEWSKA</b> Anna	<b>24</b>	KOBIETY W BIEGU	K-30	34	02:03:59	<b>03:55:38.25</b>	+01:53:31	9:59	6
244	<b>MAJ</b> Magdalena	<b>56</b>	GRAŻYŃKI OCR	K-30	35	02:08:16	<b>03:55:51.45</b>	+01:53:44	9:59	6
245	<b>ZAJĄCZKOWSKI</b> Damian	<b>503</b>		M-40	76	02:01:07	<b>03:56:28.00</b>	+01:54:20	10:01	6
246	<b>GONERA</b> Kazimierz	<b>60</b>	KB HARCOWNIK JELCZ -LASKOWCE	M-60	6	01:58:40	<b>03:56:43.10</b>	+01:54:36	10:01	6
247	<b>MORAWSKA</b> Anna	<b>129</b>		K-60	1	02:06:31	<b>03:58:07.05</b>	+01:55:59	10:05	5.9
248	<b>BARTOSIK</b> Tomek	<b>297</b>		M-30	60	01:57:15	<b>03:58:50.25</b>	+01:56:43	10:07	5.9
249	<b>OLEJNICZAK</b> Agnieszka	<b>514</b>		K-40	33	02:05:57	<b>03:58:57.40</b>	+01:56:50	10:07	5.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
250	<b>TENDAJ Daniel</b>	<b>454</b>		M-50	15	02:01:33	<b>03:59:02.80</b>	+01:56:55	10:07	5.9
251	<b>STAMM Tomasz</b>	<b>315</b>		M-40	77	01:58:25	<b>03:59:03.45</b>	+01:56:56	10:07	5.9
252	<b>NOWAKOWSKA Beata</b>	<b>388</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K-40	34	02:03:03	<b>03:59:22.35</b>	+01:57:15	10:08	5.9
253	<b>KRYSIAK Łukasz</b>	<b>159</b>	PIĄTKOWO NA BIEGOWO	M-40	78	02:00:17	<b>03:59:32.15</b>	+01:57:25	10:08	5.9
254	<b>SIWEK Grzegorz</b>	<b>375</b>	LANRUNS	M-40	79	01:55:18	<b>04:00:55.35</b>	+01:58:48	10:12	5.9
255	<b>NOWAKOWSKA Ewelina</b>	<b>513</b>		K-40	35	02:10:24	<b>04:02:22.50</b>	+02:00:15	10:16	5.8
256	<b>DZIEDZIC Paweł</b>	<b>371</b>		M-50	16	01:57:24	<b>04:03:21.50</b>	+02:01:14	10:18	5.8
257	<b>MALISZAK Agnieszka</b>	<b>99</b>		K-30	36	02:04:55	<b>04:04:34.95</b>	+02:02:27	10:21	5.8
258	<b>WASZCZYŻYŃ Bożena</b>	<b>181</b>	I LOVE PRZYLESIE	K-40	36	02:03:48	<b>04:05:29.05</b>	+02:03:21	10:24	5.8
259	<b>RADOMSKA Urszula</b>	<b>227</b>	I LOVE PRZYLESIE	K-40	37	02:03:48	<b>04:05:29.50</b>	+02:03:22	10:24	5.8
260	<b>BECHTA Damian</b>	<b>378</b>	ADIDAS RUNNERS WARSAW	M-20	15	02:05:08	<b>04:05:33.10</b>	+02:03:26	10:24	5.8
261	<b>ANDRZEJCZAK Paweł</b>	<b>327</b>		M-40	80	02:08:23	<b>04:05:45.15</b>	+02:03:38	10:24	5.8
262	<b>MAJEWSKA Wioleta</b>	<b>234</b>	STRZEGOMSKA DWUNASTKA	K-40	38	02:07:44	<b>04:06:01.30</b>	+02:03:54	10:25	5.8
263	<b>PATYRA Łukasz</b>	<b>9</b>	GOMIND	M-30	61	02:03:40	<b>04:06:07.35</b>	+02:04:00	10:25	5.8
264	<b>BAK Bogdan</b>	<b>381</b>		M-50	17	02:02:15	<b>04:06:08.25</b>	+02:04:01	10:25	5.8
265	<b>KOSTRZEWSKA Natalia</b>	<b>462</b>		K-30	37	02:04:42	<b>04:06:42.50</b>	+02:04:35	10:27	5.7
266	<b>TURSKI Damian</b>	<b>463</b>		M-30	62	02:04:41	<b>04:06:50.25</b>	+02:04:43	10:27	5.7
267	<b>TUREK Karolina</b>	<b>384</b>	RUCHAWIE MISIE Z BIAŁEGO DOMKU	K-40	39	02:10:03	<b>04:06:55.20</b>	+02:04:48	10:27	5.7
268	<b>WEYNA Anna</b>	<b>383</b>	BIAŁY DOMEK BIEGA	K-40	40	02:10:01	<b>04:06:55.30</b>	+02:04:48	10:27	5.7
269	<b>LUPA Mirosław</b>	<b>183</b>	LUPUSTEAM	M-50	18	02:04:06	<b>04:07:12.20</b>	+02:05:05	10:28	5.7
270	<b>POPIELSKI Grzegorz</b>	<b>87</b>	ROZBIEGANI CHOJNÓW	M-40	81	02:08:40	<b>04:07:15.40</b>	+02:05:08	10:28	5.7
271	<b>NAJDUK Daniel</b>	<b>90</b>	ROZBIEGANI CHOJNÓW	M-30	63	02:08:40	<b>04:07:16.40</b>	+02:05:09	10:28	5.7
272	<b>ADAMCZUK Feliks</b>	<b>432</b>	SZCZECIN	M-50	19	02:04:47	<b>04:07:32.15</b>	+02:05:25	10:29	5.7
273	<b>KUBICKI Mariusz</b>	<b>82</b>	KOZŁOWCKI CROSS SIS FABRYKA ZMIAN	M-40	82	02:07:00	<b>04:07:36.30</b>	+02:05:29	10:29	5.7
274	<b>SYPKO-KUBICKA Katarzyna</b>	<b>96</b>	KOZŁOWCKI CROSS SIS FABRYKA ZMIAN	K-40	41	02:07:11	<b>04:07:36.50</b>	+02:05:29	10:29	5.7
275	<b>JURAK Kasia</b>	<b>59</b>		K-30	38	02:11:41	<b>04:07:45.45</b>	+02:05:38	10:29	5.7
276	<b>CZEKALSKA Magdalena</b>	<b>128</b>	NARAMOWICE BIEGAJĄ	K-30	39	02:02:25	<b>04:08:19.90</b>	+02:06:12	10:31	5.7
277	<b>CHOŁUJ Małgorzata</b>	<b>200</b>		K-50	5	02:07:48	<b>04:08:20.30</b>	+02:06:13	10:31	5.7
278	<b>CZEKALSKI Tomasz</b>	<b>155</b>	NARAMOWICE BIEGAJĄ	M-40	83	02:02:27	<b>04:08:21.95</b>	+02:06:14	10:31	5.7
279	<b>KURNATOWSKA Magda</b>	<b>64</b>	ŚRUNDUNIA	K-30	40	02:05:43	<b>04:08:28.45</b>	+02:06:21	10:31	5.7
280	<b>WOLANO Marcin</b>	<b>58</b>	HATTON DARTS	M-30	64	02:05:09	<b>04:08:28.55</b>	+02:06:21	10:31	5.7
281	<b>MODRZYŃSKI Przemysław</b>	<b>464</b>	NGT PROBAR	M-50	20	02:11:16	<b>04:08:54.45</b>	+02:06:47	10:32	5.7
282	<b>OLESEK Magdalena</b>	<b>92</b>	BIEGOWA KUŻNIA	K-30	41	02:09:23	<b>04:08:57.65</b>	+02:06:50	10:32	5.7
283	<b>MARKOWSKA Lilianna</b>	<b>209</b>	BIEGAMDŁAZDROWA.PL	K-50	6	02:04:54	<b>04:09:04.20</b>	+02:06:57	10:33	5.7
284	<b>BISKUPSKI Andrzej</b>	<b>321</b>		M-50	21	02:03:12	<b>04:09:05.25</b>	+02:06:58	10:33	5.7
285	<b>KEGEL Zbigniew</b>	<b>250</b>	PIĄTKOWO NA BIEGOWO	M-50	22	02:06:14	<b>04:09:08.10</b>	+02:07:01	10:33	5.7
286	<b>NAJDEREK Robert</b>	<b>334</b>	-	M-40	84	02:07:16	<b>04:09:18.85</b>	+02:07:11	10:33	5.7
287	<b>CHOŁUJ Adriana</b>	<b>367</b>		K-30	42	02:22:40	<b>04:10:04.30</b>	+02:07:57	10:35	5.7
288	<b>KRZEWSKA Edyta</b>	<b>422</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K-40	42	02:04:04	<b>04:10:22.60</b>	+02:08:15	10:36	5.7
289	<b>KARŁOWSKA Olga</b>	<b>269</b>		K-40	43	02:08:17	<b>04:10:24.15</b>	+02:08:17	10:36	5.7
290	<b>SERWIK Agnieszka</b>	<b>368</b>		K-40	44	02:22:37	<b>04:10:24.95</b>	+02:08:17	10:36	5.7
291	<b>PANYŁO Małgorzata</b>	<b>201</b>		K-40	45	01:57:28	<b>04:10:29.05</b>	+02:08:21	10:36	5.7
292	<b>PANYŁO Mieczysław</b>	<b>228</b>		M-60	7	01:57:29	<b>04:10:32.30</b>	+02:08:25	10:36	5.7
293	<b>URBANIAK Izabela</b>	<b>489</b>		K-40	46	02:12:03	<b>04:10:45.40</b>	+02:08:38	10:37	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas		Tempo min/km	Tempo km/h
							netto 23.6km	Różn		
294	<b>IDZIK Angelika</b>	<b>5</b>	SPARTA RUNNERS	K-30	43	02:10:04	<b>04:10:59.75</b>	+02:08:52	10:38	5.6
295	<b>RUDNIK Katarzyna</b>	<b>165</b>		K-30	44	02:06:45	<b>04:11:21.75</b>	+02:09:14	10:39	5.6
296	<b>URBANOWICZ Łukasz</b>	<b>501</b>		M-40	85	02:06:44	<b>04:11:27.95</b>	+02:09:20	10:39	5.6
297	<b>GÓRCZAK Urszula</b>	<b>193</b>	I LOVE PRZYLESIE	K-40	47	02:05:27	<b>04:12:07.85</b>	+02:10:00	10:40	5.6
298	<b>KRAWCZYK Marcin</b>	<b>233</b>		M-30	65	02:11:55	<b>04:12:09.70</b>	+02:10:02	10:41	5.6
299	<b>POKROP Agnieszka</b>	<b>215</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	45	02:11:56	<b>04:12:10.20</b>	+02:10:03	10:41	5.6
300	<b>MAĆKIEWICZ Piotr</b>	<b>419</b>		M-60	8	02:05:54	<b>04:12:49.65</b>	+02:10:42	10:42	5.6
301	<b>KONEFAŁ Dorota</b>	<b>445</b>		K-30	46	02:04:31	<b>04:12:50.30</b>	+02:10:43	10:42	5.6
302	<b>GOŁUCH Joanna</b>	<b>524</b>		K-40	48	02:08:13	<b>04:12:51.35</b>	+02:10:44	10:42	5.6
303	<b>GOŁUCH Arkadiusz</b>	<b>498</b>		M-40	86	02:07:34	<b>04:12:53.05</b>	+02:10:45	10:42	5.6
304	<b>NOWICKI Jarosław</b>	<b>382</b>		M-50	23	02:02:16	<b>04:13:04.55</b>	+02:10:57	10:43	5.6
305	<b>MIRKIEWICZ Marcin</b>	<b>351</b>	#CZELADŹBIEGA	M-30	66	02:13:54	<b>04:13:06.20</b>	+02:10:59	10:43	5.6
306	<b>CIERLAK Elzbieta</b>	<b>376</b>	BRZYSKI TRI TEAM	K-30	47	02:14:03	<b>04:13:12.10</b>	+02:11:05	10:43	5.6
307	<b>KASPERCZYK Michał</b>	<b>377</b>	BRZYSKI TRI TEAM	M-30	67	02:13:58	<b>04:13:12.55</b>	+02:11:05	10:43	5.6
308	<b>KWIATKOWSKA Marta</b>	<b>316</b>		K-40	49	02:06:05	<b>04:13:36.20</b>	+02:11:29	10:44	5.6
309	<b>MORAWSKI Marcin</b>	<b>156</b>		M-40	87	02:07:30	<b>04:13:39.30</b>	+02:11:32	10:44	5.6
310	<b>JÓZIAK Ilona</b>	<b>408</b>		K-20	7	02:08:19	<b>04:13:46.85</b>	+02:11:39	10:45	5.6
311	<b>GAJDA Emilia</b>	<b>407</b>		K-20	8	02:08:18	<b>04:13:47.40</b>	+02:11:40	10:45	5.6
312	<b>BOSY Joanna</b>	<b>133</b>		K-30	48	02:13:17	<b>04:14:50.00</b>	+02:12:42	10:47	5.6
313	<b>ADAMSKI Bartłomiej</b>	<b>502</b>		M-40	88	02:14:37	<b>04:15:37.45</b>	+02:13:30	10:49	5.5
314	<b>NOWACKA Agata</b>	<b>203</b>	PARKRUN SŁODOWO WŁOCLAWEK	K-50	7	02:11:33	<b>04:16:00.80</b>	+02:13:53	10:50	5.5
314	<b>WILMAŃSKI Dariusz</b>	<b>148</b>	PARKRUN SŁODOWO WŁOCLAWEK	M-40	89	02:11:32	<b>04:16:00.80</b>	+02:13:53	10:50	5.5
316	<b>SZATAN Jowita</b>	<b>198</b>	KOTWICA BRZEG	K-30	49	02:10:30	<b>04:16:18.40</b>	+02:14:11	10:51	5.5
317	<b>WYSZKOWSKA Marzena</b>	<b>453</b>	BANANA TEAM	K-30	50	02:09:36	<b>04:16:42.40</b>	+02:14:35	10:52	5.5
318	<b>SZCZAPA Karol</b>	<b>529</b>	12TRI.PL	M-30	68	02:12:58	<b>04:17:17.90</b>	+02:15:10	10:54	5.5
319	<b>KOCHANOWSKA Anna</b>	<b>111</b>	CZEWARUNTIM	K-40	50	02:09:29	<b>04:17:28.20</b>	+02:15:21	10:54	5.5
320	<b>IWIŃSKI Marcin</b>	<b>547</b>	WOLNE ŚLIMAKI	M-30	69	02:07:54	<b>04:18:02.45</b>	+02:15:55	10:56	5.5
321	<b>CISICKA Daria</b>	<b>451</b>		K-30	51	02:15:50	<b>04:18:05.75</b>	+02:15:58	10:56	5.5
322	<b>MISÍ Piotr</b>	<b>220</b>	DIEHL RUNNING TEAM	M-30	70	02:15:47	<b>04:18:05.90</b>	+02:15:58	10:56	5.5
323	<b>SOKOŁOWSKI Artur</b>	<b>135</b>	TEAM ZABIEGANEDNI	M-40	90	02:10:00	<b>04:18:29.65</b>	+02:16:22	10:57	5.5
324	<b>JEZIERSKA Karina</b>	<b>256</b>	12TRI.PL / TEAM ZABIEGANEDNI	K-40	51	02:13:27	<b>04:18:36.35</b>	+02:16:29	10:57	5.5
325	<b>BANACH-SKOWRONEK Joanna</b>	<b>100</b>		K-30	52	02:09:56	<b>04:19:29.70</b>	+02:17:22	10:59	5.5
326	<b>SKOWRONEK Tomasz</b>	<b>81</b>		M-30	71	02:09:55	<b>04:19:30.85</b>	+02:17:23	10:59	5.5
327	<b>GÓRNIAK Jarosław</b>	<b>402</b>	JARBUD	M-30	72	02:08:05	<b>04:19:35.25</b>	+02:17:28	10:59	5.5
328	<b>STACHURSKA Monika</b>	<b>57</b>		K-50	8	02:14:41	<b>04:21:10.85</b>	+02:19:03	11:03	5.4
329	<b>NOWAK Marta</b>	<b>186</b>	NARAMOWICE BIEGAJĄ	K-40	52	02:18:00	<b>04:21:46.65</b>	+02:19:39	11:05	5.4
330	<b>PANYŁO Jacek</b>	<b>232</b>		M-40	91	02:07:14	<b>04:22:32.70</b>	+02:20:25	11:07	5.4
331	<b>TOMCZYK Ewa</b>	<b>263</b>		K-30	53	02:14:56	<b>04:22:33.60</b>	+02:20:26	11:07	5.4
332	<b>MISIOREK Emilia</b>	<b>43</b>	RUNIFORFUNI NSAS	K-40	53	02:13:24	<b>04:22:46.95</b>	+02:20:39	11:08	5.4
333	<b>GOMULKIEWICZ Dorota</b>	<b>47</b>	RUNIFORFUNI NSAS	K-40	54	02:13:26	<b>04:22:49.70</b>	+02:20:42	11:08	5.4
334	<b>DULNIK Małgorzata</b>	<b>213</b>	NARAMOWICE BIEGAJĄ	K-30	54	02:18:01	<b>04:23:06.60</b>	+02:20:59	11:08	5.4
335	<b>KOZAK Ewa</b>	<b>410</b>	KOZAKI	K-40	55	02:20:39	<b>04:24:11.25</b>	+02:22:04	11:11	5.4
336	<b>KOZŁOWSKI Piotr</b>	<b>483</b>		M-30	73	02:09:40	<b>04:24:28.00</b>	+02:22:20	11:12	5.4
337	<b>KOZAK Bartosz</b>	<b>411</b>	KOZAKI	M-40	92	02:18:12	<b>04:24:49.85</b>	+02:22:42	11:13	5.3



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
338	<b>MOŚ Rafał</b>	<b>560</b>	B4SPORT RUNERS	M-30	74	02:20:30	<b>04:25:49.70</b>	+02:23:42	11:15	5.3
339	<b>TRAN Nhuyen</b>	<b>275</b>	WARSAW RUN CLUB	K-20	9	02:14:41	<b>04:26:10.45</b>	+02:24:03	11:16	5.3
340	<b>SZYMCZAK Marta</b>	<b>91</b>	PIEKIELNIE ZGRANI	K-40	56	02:12:02	<b>04:27:26.70</b>	+02:25:19	11:19	5.3
341	<b>LEWICKA Bozena</b>	<b>270</b>	GONIMY	K-60	2	02:18:03	<b>04:27:42.15</b>	+02:25:35	11:20	5.3
342	<b>GRACZYK Magdalena</b>	<b>335</b>		K-40	57	02:15:42	<b>04:27:48.85</b>	+02:25:41	11:20	5.3
343	<b>KUJAWIŃSKI Krzysztof</b>	<b>6</b>		M-40	93	02:13:02	<b>04:27:54.20</b>	+02:25:47	11:21	5.3
344	<b>MIELNIK Natalia</b>	<b>261</b>		K-30	55	02:18:14	<b>04:27:55.70</b>	+02:25:48	11:21	5.3
345	<b>POCHWAŁA Piotr</b>	<b>223</b>		M-50	24	02:15:27	<b>04:29:06.50</b>	+02:26:59	11:24	5.3
346	<b>CZEKAŁA Magda</b>	<b>32</b>	RUN&CROSS SZAMOTUŁY	K-40	58	02:15:56	<b>04:30:54.35</b>	+02:28:47	11:28	5.2
347	<b>CHEŁCHOWSKA Katarzyna</b>	<b>197</b>		K-30	56	02:24:29	<b>04:31:24.10</b>	+02:29:17	11:30	5.2
348	<b>JAWORSKA Magdalena</b>	<b>196</b>	GB WELKOPOLSCY BIEGACZE/ TEAM KGB	K-40	59	02:19:14	<b>04:31:59.00</b>	+02:29:51	11:31	5.2
349	<b>SIWIASZCZYK Tomasz</b>	<b>202</b>		M-40	94	02:19:18	<b>04:32:01.25</b>	+02:29:54	11:31	5.2
350	<b>KAFKA Rafał</b>	<b>359</b>		M-40	95	02:09:19	<b>04:32:17.95</b>	+02:30:10	11:32	5.2
351	<b>PŁAŻEWSKI Paweł</b>	<b>551</b>	RUNEGADES BRWNÓW	M-40	96	02:15:53	<b>04:33:25.35</b>	+02:31:18	11:35	5.2
352	<b>ADAMCZUK Piotr</b>	<b>478</b>		M-40	97	02:15:37	<b>04:33:29.00</b>	+02:31:21	11:35	5.2
353	<b>KRUPIŃSKA Paulina</b>	<b>433</b>		K-30	57	02:18:43	<b>04:34:33.10</b>	+02:32:26	11:38	5.2
354	<b>FRĄCZEK Marcin</b>	<b>241</b>	FUNTRI	M-40	98	02:23:04	<b>04:35:48.85</b>	+02:33:41	11:41	5.1
354	<b>ZIELENKIEWICZ Agnieszka</b>	<b>341</b>	FUNTRI	K-30	58	02:24:30	<b>04:35:48.85</b>	+02:33:41	11:41	5.1
356	<b>MATYJEWICZ Klaudia</b>	<b>38</b>		K-20	10	02:22:19	<b>04:36:20.70</b>	+02:34:13	11:42	5.1
357	<b>WOJTYSIAK Dorota</b>	<b>212</b>		K-40	60	02:23:04	<b>04:36:42.90</b>	+02:34:35	11:43	5.1
358	<b>KUSIEWICZ Agnieszka</b>	<b>379</b>	PUSZCZYK BUKOWY	K-40	61	02:15:44	<b>04:37:13.05</b>	+02:35:05	11:44	5.1
359	<b>PERKA Barbara</b>	<b>204</b>		K-40	62	02:25:16	<b>04:37:22.95</b>	+02:35:15	11:45	5.1
360	<b>PRĘDKI Jarosław</b>	<b>361</b>		M-30	75	02:12:40	<b>04:37:50.70</b>	+02:35:43	11:46	5.1
361	<b>BABIŃSKA Malwina</b>	<b>199</b>		K-30	59	02:27:17	<b>04:37:52.45</b>	+02:35:45	11:46	5.1
362	<b>KOWALSKA Gabriela</b>	<b>185</b>	BIEGAJĄCY ŚWMDNIK	K-30	60	02:27:30	<b>04:38:11.35</b>	+02:36:04	11:47	5.1
363	<b>ANTOSZ Monika</b>	<b>2</b>		K-40	63	02:25:31	<b>04:39:19.45</b>	+02:37:12	11:50	5.1
364	<b>BILIŃSKI Lesław</b>	<b>258</b>	FUN TRI	M-30	76	02:24:29	<b>04:39:22.35</b>	+02:37:15	11:50	5.1
365	<b>WITKOWSKA-KOPKA Kaja</b>	<b>195</b>		K-40	64	02:27:51	<b>04:40:29.10</b>	+02:38:22	11:53	5
366	<b>GESS Magdalena</b>	<b>436</b>	ZABIEGANI GOLENIÓW	K-40	65	02:19:19	<b>04:40:32.65</b>	+02:38:25	11:53	5
367	<b>STELMACH Paulina</b>	<b>550</b>		K-30	61	02:28:28	<b>04:41:06.15</b>	+02:38:59	11:54	5
368	<b>HAJDUK Marek</b>	<b>247</b>		M-40	99	02:22:49	<b>04:41:06.35</b>	+02:38:59	11:54	5
369	<b>SŁOMKA Karolina</b>	<b>476</b>		K-20	11	02:19:47	<b>04:41:24.20</b>	+02:39:17	11:55	5
370	<b>RUTKOWSKI Konrad</b>	<b>475</b>		M-30	77	02:19:45	<b>04:41:24.25</b>	+02:39:17	11:55	5
371	<b>PACHOLSKA Justyna</b>	<b>142</b>	GOLENIÓW	K-40	66	02:19:50	<b>04:42:01.30</b>	+02:39:54	11:56	5
372	<b>GAUDYN Marcin</b>	<b>312</b>	BIEGAM BO SYLWA MI KAŻE	M-30	78	02:13:54	<b>04:42:15.90</b>	+02:40:08	11:57	5
373	<b>BIENIEK Marta</b>	<b>492</b>		K-20	12	02:24:58	<b>04:43:18.80</b>	+02:41:11	12:00	5
374	<b>BIENIEK Iwona</b>	<b>488</b>		K-50	9	02:24:42	<b>04:43:22.90</b>	+02:41:15	12:00	5
375	<b>KRAWIEC Marcin</b>	<b>287</b>		M-30	79	02:03:09	<b>04:43:48.10</b>	+02:41:41	12:01	5
376	<b>ŁĄCKI Łukasz</b>	<b>110</b>	MUD FOXES	M-40	100	02:38:44	<b>04:44:55.95</b>	+02:42:48	12:04	5
377	<b>FEDYCZKOWSKA Justyna</b>	<b>237</b>	STRZEGOMSKA DWUNASTKA	K-40	67	02:17:11	<b>04:45:34.05</b>	+02:43:26	12:06	5
378	<b>HAJDUK Danuta</b>	<b>238</b>		K-40	68	02:23:17	<b>04:45:35.95</b>	+02:43:28	12:06	5
379	<b>WIŚNIEWSKA Dorota</b>	<b>428</b>		K-40	69	02:29:15	<b>04:50:23.90</b>	+02:48:16	12:18	4.9
380	<b>GASIK Wioletta</b>	<b>552</b>	POLSKA STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K-40	70	02:32:47	<b>04:50:50.95</b>	+02:48:43	12:19	4.9
381	<b>BEDNARSKA KOZIOŁ Danuta</b>	<b>231</b>	WKURW_TEAM	K-40	71	02:26:16	<b>04:51:10.90</b>	+02:49:03	12:20	4.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	netto 23.6km			
382	<b>SZYMANOWSKI Maciej</b>	<b>255</b>		M-40	101	02:17:32	<b>04:51:40.10</b>	+02:49:33	12:21	4.9
383	<b>WASIELEWSKI Tomasz</b>	<b>225</b>		M-40	102	02:17:33	<b>04:51:40.85</b>	+02:49:33	12:21	4.9
384	<b>ŁADOŃSKA Agata</b>	<b>132</b>		K-30	62	02:33:15	<b>04:52:16.30</b>	+02:50:09	12:23	4.8
385	<b>HULEWICZ Wiola</b>	<b>70</b>	PIEKIELNIE ZGRANI	K-40	72	02:24:22	<b>04:53:00.95</b>	+02:50:53	12:24	4.8
386	<b>ŁĘGA Tomasz</b>	<b>235</b>		M-30	80	02:12:42	<b>04:53:27.20</b>	+02:51:20	12:26	4.8
387	<b>BARTOSIEWICZ Marta</b>	<b>145</b>		K-40	73	02:32:13	<b>04:53:49.40</b>	+02:51:42	12:26	4.8
388	<b>BOECKA Ola</b>	<b>170</b>		K-40	74	02:29:08	<b>04:55:32.05</b>	+02:53:24	12:31	4.8
389	<b>SZYMCZAK Jaroslaw Szymczak</b>	<b>149</b>		M-50	25	02:29:11	<b>04:55:32.75</b>	+02:53:25	12:31	4.8
390	<b>MACIAS Waldemar</b>	<b>303</b>		M-60	9	02:22:09	<b>04:56:27.55</b>	+02:54:20	12:33	4.8
391	<b>ŁADOŃSKA Ewa</b>	<b>26</b>	PARKRUN WROCŁAW	K-60	3	02:33:20	<b>04:57:11.50</b>	+02:55:04	12:35	4.8
392	<b>KOBUS-DUNAJ Lidia</b>	<b>217</b>	MEDICOVER RUNNERS	K-30	63	02:31:01	<b>04:58:44.85</b>	+02:56:37	12:39	4.7
393	<b>DUDEK Mariola</b>	<b>147</b>	STRZEGOMSKA DWUNASTKA	K-40	75	02:31:12	<b>05:00:19.50</b>	+02:58:12	12:43	4.7
394	<b>KIWIOR Izabela</b>	<b>372</b>		K-30	64	02:33:47	<b>05:00:35.95</b>	+02:58:28	12:44	4.7
395	<b>KURCZYNA GŁUSZCZAK Magdalena</b>	<b>136</b>	RUN4	K-30	65	02:36:52	<b>05:02:27.75</b>	+03:00:20	12:48	4.7
396	<b>LEŚNA Monika</b>	<b>246</b>		K-30	66	02:40:26	<b>05:03:49.95</b>	+03:01:42	12:52	4.7
397	<b>STYPUŁA Michał</b>	<b>248</b>		M-20	16	02:40:00	<b>05:03:50.20</b>	+03:01:43	12:52	4.7
398	<b>ZAŁUCKA Agnieszka</b>	<b>540</b>	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K-30	67	02:32:58	<b>05:06:06.70</b>	+03:03:59	12:58	4.6
399	<b>GOLISZ-FIORENZA Katarzyna</b>	<b>144</b>	MUD FOXES	K-30	68	02:38:28	<b>05:06:21.55</b>	+03:04:14	12:58	4.6
400	<b>PAŁASZYŃSKA Beata</b>	<b>125</b>	MUD FOXES	K-30	69	02:38:19	<b>05:06:23.50</b>	+03:04:16	12:58	4.6
401	<b>FIORENZA Roberto</b>	<b>140</b>	MUD FOXES	M-40	103	02:38:29	<b>05:06:31.05</b>	+03:04:23	12:59	4.6
402	<b>NIEDZIAŁKOWSKA Monika</b>	<b>504</b>		K-40	76	02:45:13	<b>05:10:24.10</b>	+03:08:17	13:09	4.6
403	<b>STASIAK Monika</b>	<b>505</b>		K-40	77	02:45:08	<b>05:11:08.75</b>	+03:09:01	13:11	4.6
404	<b>SIEDLIKA Anna</b>	<b>332</b>		K-30	70	02:46:56	<b>05:14:50.30</b>	+03:12:43	13:20	4.5
405	<b>PIETROWSKI Mariusz</b>	<b>121</b>		M-50	26	02:40:02	<b>05:15:01.35</b>	+03:12:54	13:20	4.5
406	<b>PIETROWSKA Hallik</b>	<b>88</b>	KTOŚTAKI BIEGAJĄ	K-50	10	02:40:04	<b>05:15:02.75</b>	+03:12:55	13:20	4.5
407	<b>ROMANOWSKA Ewa</b>	<b>102</b>	JB WARSAW	K-30	71	02:40:09	<b>05:15:29.90</b>	+03:13:22	13:22	4.5
408	<b>MAJCHRZYK Aleksandra</b>	<b>143</b>	JB WARSAW	K-30	72	02:25:42	<b>05:15:30.05</b>	+03:13:22	13:22	4.5
409	<b>MICHALIK Katarzyna</b>	<b>72</b>	PRT - PRECEL RACING TEAM	K-30	73	02:43:54	<b>05:18:58.30</b>	+03:16:51	13:30	4.4
410	<b>SOJKA Michał</b>	<b>491</b>		M-30	81	02:47:19	<b>05:25:19.85</b>	+03:23:12	13:47	4.4
411	<b>KOZA Agnieszka</b>	<b>386</b>	ZRYW PARZYMIECHY	K-40	78	02:51:43	<b>05:27:35.75</b>	+03:25:28	13:52	4.3
412	<b>GRABSKI Waldemarw</b>	<b>443</b>		M-40	104	02:55:01	<b>05:31:12.10</b>	+03:29:05	14:02	4.3
413	<b>JARZĘBSKA-MAJCHRZAK Agnieszka</b>	<b>314</b>	TU INTER POLSKA SA	K-30	74	02:48:18	<b>05:31:50.15</b>	+03:29:43	14:03	4.3
414	<b>CHWIAŁKOWSKA Elżbieta</b>	<b>75</b>		K-50	11	02:48:47	<b>05:34:39.80</b>	+03:32:32	14:10	4.2
415	<b>FUDAŁA Anna</b>	<b>93</b>		K-40	79	02:43:46	<b>05:35:11.10</b>	+03:33:04	14:12	4.2
416	<b>WOŹNICA Anna</b>	<b>545</b>		K-30	75	03:06:25	<b>05:45:55.05</b>	+03:43:47	14:39	4.1
417	<b>TOMALAK Anna</b>	<b>103</b>		K-30	76	03:06:22	<b>05:45:59.95</b>	+03:43:52	14:39	4.1
418	<b>BYSTRZYCKA Marzena</b>	<b>555</b>		K-30	77	03:06:21	<b>05:46:08.95</b>	+03:44:01	14:40	4.1
	<b>BECZKOWSKI Łukasz</b>	<b>259</b>	ZPAS GROUP	M-40		01:16:53	DNF		-	-
	<b>KOSMAŁA Monika</b>	<b>487</b>	ROWEROWA NORKA	K-40		02:59:45	DNF		-	-
	<b>WALCZAK Faustyna</b>	<b>187</b>		K-30		03:00:46	DNF		-	-
	<b>BIECUSZEK Tomasz</b>	<b>229</b>	AKTYWNA NOWA RUDA	M-40		DNF	DNF		-	-