



SGS LIGHT PÓŁMARATON 23KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	109	MUAY RUNNING TEAM	M-40	1	01:05:44	02:02:07.10		5:10	11.6 (100%)
2	ZARZYCKI Maciej	294	DOGOŃ GRODZISK MAZOWIECKI	M-30	1	01:09:40	02:12:21.20	+00:10:14 (7.7%)	5:36	10.7 (92.2%)
3	NORBERT Michał	101	KB SOBÓTKA	M-30	2	01:12:18	02:12:58.85	+00:10:51 (8.2%)	5:38	10.6 (91.4%)
4	FRANCZAK Mariusz	239	DTR BIEGA / MARIO TEAM	M-40	2	01:13:03	02:17:13.30	+00:15:06 (11.0%)	5:48	10.3 (88.8%)
5	PIHIL Piotr	557		M-40	3	01:13:41	02:18:38.55	+00:16:31 (11.9%)	5:52	10.2 (87.9%)
6	HOŁYST Andrzej	126	GT RAT	M-40	4	01:17:20	02:19:52.15	+00:17:45 (12.7%)	5:55	10.1 (87.1%)
7	SKRAJNY Łukasz	354	140MINUT.PL	M-40	5	01:15:09	02:20:12.70	+00:18:05 (12.9%)	5:56	10.1 (87.1%)
8	RUPIŃSKI Krzysztof	120		M-20	1	01:15:10	02:20:57.80	+00:18:50 (13.4%)	5:58	10 (86.2%)
9	KRUPA Marcin	207	AKTYWNA NOWA RUDA	M-40	6	01:16:32	02:24:49.60	+00:22:42 (15.7%)	6:08	9.8 (84.5%)
10	KIEŁBASIEWICZ Dawid	543	MOYA RACING TEAM	M-20	2	01:16:56	02:26:27.10	+00:24:20 (16.6%)	6:12	9.7 (83.6%)
11	KOPYCZOK Michał	554	DABEX BOLT	M-30	3	01:20:13	02:26:42.45	+00:24:35 (16.8%)	6:12	9.7 (83.6%)
12	PIĄTEK Karolina	10	NOGAMIDOGÓRY.PL	K-30	1	01:18:02	02:27:41.40	+00:25:34 (17.3%)	6:15	9.6 (82.8%)
13	MAJCHRZAK Maciej	301	140MINUT.PL	M-30	4	01:23:19	02:28:19.35	+00:26:12 (17.7%)	6:17	9.5 (81.9%)
14	SZYMAŃCZUK Jacek	214	NARAMOWICE BIEGAJĄ	M-30	5	01:14:47	02:28:55.20	+00:26:48 (18.0%)	6:18	9.5 (81.9%)
15	STAŃKO Krystian	556	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	6	01:21:34	02:31:24.30	+00:29:17 (19.3%)	6:24	9.4 (81.0%)
16	STARUCH Robert	348	KUDOWIANKA RUN	M-30	7	01:19:06	02:31:25.65	+00:29:18 (19.4%)	6:24	9.4 (81.0%)
17	GRUDA Adam	353	KS MARATON NOWA RUDA	M-20	3	01:20:43	02:31:34.40	+00:29:27 (19.4%)	6:25	9.3 (80.2%)
18	LITWIN Michał	221	LITEWIN	M-30	8	01:22:16	02:31:39.05	+00:29:31 (19.5%)	6:25	9.3 (80.2%)
19	JACHYMSKI Krzysztof	310	VEGE RUNNERS	M-30	9	01:22:51	02:34:47.95	+00:32:40 (21.1%)	6:33	9.1 (78.4%)
20	SZYMURA Wojciech	404		M-40	7	01:23:09	02:35:37.05	+00:33:29 (21.5%)	6:35	9.1 (78.4%)
21	BIAŁOŁOCKA Alicja	299	SOBAS TEAM, AKADEMIA BIEGANIA	K-30	2	01:23:32	02:37:46.40	+00:35:39 (22.6%)	6:41	9 (77.6%)
22	KOKOSZKO Rafał	370		M-20	4	01:26:20	02:39:53.60	+00:37:46 (23.6%)	6:46	8.9 (76.7%)
23	BIŁAN Paweł	345	GUBIN	M-40	8	01:24:14	02:40:20.05	+00:38:12 (23.8%)	6:47	8.8 (75.9%)
24	DĄBROWSKI Michał	465	CINCLUS	M-50	1	01:26:55	02:40:46.10	+00:38:39 (24.0%)	6:48	8.8 (75.9%)
25	OPĄŁKA Damian	62	MYRACE	M-30	10	01:23:33	02:40:52.00	+00:38:44 (24.1%)	6:48	8.8 (75.9%)
26	MÓLL Mateusz	74	#SOBASTEAM	M-30	11	01:22:18	02:41:09.15	+00:39:02 (24.2%)	6:49	8.8 (75.9%)
27	NOWICKI Marcin	394		M-40	9	01:27:04	02:42:42.55	+00:40:35 (24.9%)	6:53	8.7 (75.0%)
28	HACUŚ Tomasz	374		M-40	10	01:27:45	02:43:32.75	+00:41:25 (25.3%)	6:55	8.7 (75.0%)
29	WOJTIS Arkadiusz	290	DZIKA BANDA ŁAKOMCZUCHÓW	M-40	11	01:27:36	02:44:10.05	+00:42:02 (25.6%)	6:57	8.6 (74.1%)

Czas netto										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	23.6km	Różn	Tempo min/km	Tempo km/h
30	ZATOŃ Cezary	162		M-40	12	01:24:52	02:44:21.55	+00:42:14 (25.7%)	6:57	8.6 (74.1%)
31	WYLEŻAŁEK Alina	399		K-30	3	01:30:58	02:44:43.15	+00:42:36 (25.9%)	6:58	8.6 (74.1%)
32	POLIŃSKI Robert	55	TRAINING LAB	M-30	12	01:29:15	02:44:47.50	+00:42:40 (25.9%)	6:58	8.6 (74.1%)
33	BOSAKIEWICZ Tomasz	153	OLAWS ZŁOTORYJA	M-30	13	01:26:53	02:45:03.70	+00:42:56 (26.0%)	6:59	8.6 (74.1%)
34	RATYMIRSKI Wojciech	544	#SOBASTEAM	M-40	13	01:27:58	02:45:12.30	+00:43:05 (26.1%)	7:00	8.6 (74.1%)
35	GONCZAR Szymon	508	KW GLIWICE	M-30	14	01:25:46	02:46:00.65	+00:43:53 (26.4%)	7:02	8.5 (73.3%)
36	BIELECKI Sławomir	450	NARAMOWICE BIEGAJĄ	M-30	15	01:27:28	02:46:39.45	+00:44:32 (26.7%)	7:03	8.5 (73.3%)
37	KOTYRBA Tomasz	272		M-30	16	01:32:23	02:49:47.15	+00:47:40 (28.1%)	7:11	8.3 (71.6%)
38	BUSS Jakub	77	KUDOWIANKARUN	M-40	14	01:36:24	02:51:39.65	+00:49:32 (28.9%)	7:16	8.2 (70.7%)
39	WALIGÓRA Mateusz	440		M-30	17	01:29:17	02:51:57.10	+00:49:50 (29.0%)	7:17	8.2 (70.7%)
40	ORZYSZEK Roksana	295		K-30	4	01:33:15	02:52:04.35	+00:49:57 (29.0%)	7:17	8.2 (70.7%)
41	KURZAWIAK Grzegorz	218	KUDOWIANKA RUN	M-30	18	01:30:55	02:52:30.85	+00:50:23 (29.2%)	7:18	8.2 (70.7%)
42	PIETRZYK Tomasz	179	140MINUT.PL	M-40	15	01:31:17	02:52:44.35	+00:50:37 (29.3%)	7:19	8.2 (70.7%)
43	LESZCZYŃSKI Michał	520		M-40	16	01:32:29	02:53:25.45	+00:51:18 (29.6%)	7:20	8.2 (70.7%)
44	TRZECIAKIEWICZ Mieczysław	283	MLKS RADKÓW	M-50	2	01:34:44	02:53:31.75	+00:51:24 (29.6%)	7:21	8.2 (70.7%)
45	PRZYMUSIŃSKI Damian	105	OKL	M-30	19	01:31:53	02:53:50.10	+00:51:43 (29.8%)	7:21	8.1 (69.8%)
46	KANCERSKI Krzysztof	114		M-60	1	01:30:45	02:54:02.85	+00:51:55 (29.8%)	7:22	8.1 (69.8%)
47	WOŹNIAK Paweł	360	KLEP	M-40	17	01:30:24	02:54:11.35	+00:52:04 (29.9%)	7:22	8.1 (69.8%)
48	WALCZAK Adela	424	CURLING ŁÓDŹ	K-30	5	01:36:58	02:54:14.35	+00:52:07 (29.9%)	7:22	8.1 (69.8%)
49	KOŁODZIEJ Roman	511		M-40	18	01:32:31	02:54:50.50	+00:52:43 (30.2%)	7:24	8.1 (69.8%)
50	ULIKOWSKA Martyna	51	ZAŁOGA GÓRSKA	K-30	6	01:38:22	02:55:03.50	+00:52:56 (30.2%)	7:25	8.1 (69.8%)
51	PIKOS Patryk	118		M-30	20	01:28:41	02:56:12.00	+00:54:04 (30.7%)	7:27	8 (69.0%)
52	GRAD Adam	293	DZIKA BANDA ŁAKOMCZUCHÓW	M-30	21	01:36:31	02:56:25.75	+00:54:18 (30.8%)	7:28	8 (69.0%)
53	GROCHAL Marcin	392	#MARCINZDABLARZTEAM	M-40	19	01:39:40	02:56:52.55	+00:54:45 (31.0%)	7:29	8 (69.0%)
54	KUNKEL Mariusz	413	SMARUJ NA TRENING TEAM	M-40	20	01:37:00	02:57:08.70	+00:55:01 (31.1%)	7:30	8 (69.0%)
55	KNEBLOCH Kasper	435	DZIK KOMANDO	M-30	22	01:35:44	02:57:10.55	+00:55:03 (31.1%)	7:30	8 (69.0%)
56	WITKOWSKI Wojciech	485		M-20	5	01:30:41	02:57:35.10	+00:55:28 (31.2%)	7:31	8 (69.0%)
57	BOROWSKA Karolina	307	KGHM ZG RUN	K-30	7	01:29:56	02:58:23.20	+00:56:16 (31.5%)	7:33	7.9 (68.1%)
58	SASIN Dominika	525	KLUB BIEGACZA SOBÓTKA	K-20	1	01:33:21	02:59:11.95	+00:57:04 (31.9%)	7:35	7.9 (68.1%)
59	KĄŁUŻNY Wojciech	172	BIEGOWA ŚWIDNICA	M-40	21	01:33:00	02:59:13.70	+00:57:06 (31.9%)	7:35	7.9 (68.1%)
60	MICHALAK Rafał	309	CZAPLA TEAM	M-20	6	01:31:47	03:00:08.30	+00:58:01 (32.2%)	7:37	7.9 (68.1%)
61	FIC Mirosław	523		M-40	22	01:38:31	03:00:17.35	+00:58:10 (32.3%)	7:38	7.9 (68.1%)
62	STEFAŃSKI Jakub	448		M-20	7	01:34:18	03:00:32.55	+00:58:25 (32.4%)	7:38	7.8 (67.2%)
63	NAPIERAŁA Marcin	65	PIĄTKOWO NA BIEGOWO/BIEGAJĄCE KREJZOLE	M-40	23	01:36:08	03:00:48.40	+00:58:41 (32.5%)	7:39	7.8 (67.2%)
64	PAWLIK Arkadiusz	171	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	23	01:31:53	03:01:01.75	+00:58:54 (32.5%)	7:40	7.8 (67.2%)
65	JARZĄBEK Michał	532		M-30	24	01:37:00	03:01:14.40	+00:59:07 (32.6%)	7:40	7.8 (67.2%)
66	PIECUCH Karolina	119		K-30	8	01:38:49	03:01:45.15	+00:59:38 (32.8%)	7:42	7.8 (67.2%)
67	TOMIAK Paulina	470	WOLSZTYŃSKA AKADEMIA BIEGOWA	K-30	9	01:34:18	03:03:38.85	+01:01:31 (33.5%)	7:46	7.7 (66.4%)
68	RÓŻYCKI Jarosław	322	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	24	01:34:18	03:04:19.30	+01:02:12 (33.7%)	7:48	7.7 (66.4%)
69	PRZYBYŁ Błażej	226		M-20	8	01:37:06	03:05:10.60	+01:03:03 (34.1%)	7:50	7.6 (65.5%)
70	WANKIEWICZ Krzysztof	429		M-40	25	01:41:21	03:06:29.35	+01:04:22 (34.5%)	7:54	7.6 (65.5%)
71	BIELECKI Tomasz	151	FAST BIKE GNIEZNO	M-20	9	01:43:17	03:07:32.40	+01:05:25 (34.9%)	7:56	7.6 (65.5%)
72	FRIDRICH Marcin	190	TRAINING LAB	M-30	25	01:35:09	03:08:40.40	+01:06:33 (35.3%)	7:59	7.5 (64.7%)
73	KOWALCZYK Marek	441	KB TTKF PROMYK CIECHANÓW	M-50	3	01:41:05	03:09:14.95	+01:07:07 (35.5%)	8:01	7.5 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka	Czas	Różn	Tempo min/km	Tempo km/h
						14.4km	netto 23.6km			
74	RESSEL Joanna	497	RNB TEAM POLANICA ZDRÓJ	K-30	10	01:41:36	03:09:30.65	+01:07:23 (35.6%)	8:01	7.5 (64.7%)
75	SERAFIN Ewelina	265		K-40	1	01:41:09	03:09:33.05	+01:07:25 (35.6%)	8:01	7.5 (64.7%)
76	SŁOMIAN Mikołaj	164		M-20	10	01:43:27	03:09:52.25	+01:07:45 (35.7%)	8:02	7.5 (64.7%)
77	HACUŚ Jacek	512	JACEK HACUŚ	M-30	26	01:45:14	03:10:18.90	+01:08:11 (35.8%)	8:03	7.4 (63.8%)
78	WASILEWSKI Karol	418	SPARTA RUNNERS	M-20	11	01:38:31	03:10:28.15	+01:08:21 (35.9%)	8:04	7.4 (63.8%)
79	KAŻMIERCZAK Piotr	194	NARAMOWICE BIEGAJĄ	M-40	26	01:37:52	03:10:34.30	+01:08:27 (35.9%)	8:04	7.4 (63.8%)
80	PTAK Jakub	182		M-20	12	01:41:53	03:11:27.15	+01:09:20 (36.2%)	8:06	7.4 (63.8%)
81	OLEJNIK Marcin	530		M-30	27	01:40:56	03:11:35.20	+01:09:28 (36.3%)	8:07	7.4 (63.8%)
82	TOPOROWSKI Kamil	323	BIEGAJĄCY ŚWIDNIK	M-30	28	01:39:48	03:12:17.40	+01:10:10 (36.5%)	8:08	7.4 (63.8%)
83	GUTOWSKI Dariusz	304	BIEGAMDŁAZDROWIA.PL	M-50	4	01:38:32	03:12:54.35	+01:10:47 (36.7%)	8:10	7.3 (62.9%)
84	SUCHANEK Radosław	481		M-50	5	01:40:29	03:13:05.10	+01:10:58 (36.8%)	8:10	7.3 (62.9%)
85	DOLATA Maciej	158		M-40	27	01:42:54	03:13:23.80	+01:11:16 (36.9%)	8:11	7.3 (62.9%)
86	HARASIMOWICZ Sławomir	112	GOLENIÓW	M-40	28	01:38:40	03:13:31.20	+01:11:24 (36.9%)	8:11	7.3 (62.9%)
87	STEFANISZYN Marcin	340	SZTUKA RUCHU	M-30	29	01:36:53	03:13:35.45	+01:11:28 (36.9%)	8:12	7.3 (62.9%)
88	KUCZYŃSKI Szymon	412	INSULA ZAWONIA TEAM	M-40	29	01:49:04	03:13:58.50	+01:11:51 (37.0%)	8:13	7.3 (62.9%)
89	BILCZEWSKA Monika	13		K-40	2	01:43:29	03:14:30.85	+01:12:23 (37.2%)	8:14	7.3 (62.9%)
90	KARKOSZ Aurelia	175		K-30	11	01:45:16	03:15:23.35	+01:13:16 (37.5%)	8:16	7.2 (62.1%)
91	WIATR Wojciech	167	ENDURANCE TEAM	M-40	30	01:40:48	03:15:33.55	+01:13:26 (37.6%)	8:17	7.2 (62.1%)
92	GASIECKI Andrzej	459		M-50	6	01:43:35	03:15:48.55	+01:13:41 (37.6%)	8:17	7.2 (62.1%)
93	PISULA Łukasz	458		M-30	30	01:41:46	03:15:53.10	+01:13:46 (37.7%)	8:18	7.2 (62.1%)
94	SIEMIONCZYK Jan	526		M-30	31	01:35:19	03:15:53.50	+01:13:46 (37.7%)	8:18	7.2 (62.1%)
95	DEMKÓW Przemysław	559		M-40	31	01:43:01	03:15:54.80	+01:13:47 (37.7%)	8:18	7.2 (62.1%)
96	KOPACKA Edyta	534		K-30	12	01:43:12	03:15:55.25	+01:13:48 (37.7%)	8:18	7.2 (62.1%)
97	BARTMAŃSKA Mirosława	346	KRÓLOWE RUNNINGU	K-40	3	01:45:28	03:16:01.70	+01:13:54 (37.7%)	8:18	7.2 (62.1%)
98	PRZEPLATA Jarosław	542	STRZEGOMSKA DWUNASTKA	M-30	32	01:42:42	03:16:18.70	+01:14:11 (37.8%)	8:19	7.2 (62.1%)
99	GOLEK Seweryn Golek	3	POLISH RUNNERS UK	M-40	32	01:45:18	03:16:23.45	+01:14:16 (37.8%)	8:19	7.2 (62.1%)
100	MARKOWSKI Zbigniew	208	BIEGAMDŁAZDROWIA.PL	M-50	7	01:41:33	03:16:31.05	+01:14:23 (37.9%)	8:19	7.2 (62.1%)
101	ČERVENÝ David	115	ERIKA COPY SHOP	M-40	33	01:42:25	03:17:15.55	+01:15:08 (38.1%)	8:21	7.2 (62.1%)
102	KABALINA Kristine	533		K-20	2	01:46:28	03:17:33.40	+01:15:26 (38.2%)	8:22	7.2 (62.1%)
103	MIELNIK Michał	506		M-30	33	01:42:42	03:17:45.15	+01:15:38 (38.2%)	8:22	7.2 (62.1%)
104	ROKSELA-MIELNIK Iwona	507		K-30	13	01:42:41	03:17:45.80	+01:15:38 (38.3%)	8:22	7.2 (62.1%)
105	KOŁODZIEJCZYK Krzysztof	387	SPONIEWIERANY KOGUT	M-40	34	01:39:42	03:17:48.55	+01:15:41 (38.3%)	8:22	7.2 (62.1%)
106	STELMACH Mariusz	271		M-30	34	01:39:43	03:17:49.60	+01:15:42 (38.3%)	8:22	7.2 (62.1%)
107	KRUPIANIK Tomasz	517		M-30	35	01:44:58	03:18:10.50	+01:16:03 (38.4%)	8:23	7.1 (61.2%)
108	KSIEZKA Joanna	434	STRZEGOMSKA DWUNASTKA	K-30	14	01:43:58	03:18:13.60	+01:16:06 (38.4%)	8:23	7.1 (61.2%)
109	BICZKOWSKI Konrad	421	SUT STRASZNY BIEGA	M-30	36	01:43:58	03:18:16.10	+01:16:09 (38.4%)	8:24	7.1 (61.2%)
110	ZYSK Paweł	477		M-50	8	01:40:48	03:18:18.25	+01:16:11 (38.4%)	8:24	7.1 (61.2%)
111	KMIECIAK Marlena	449		K-20	3	01:46:02	03:18:26.35	+01:16:19 (38.5%)	8:24	7.1 (61.2%)
112	SOCHA Jan	380		M-60	2	01:43:31	03:18:38.30	+01:16:31 (38.5%)	8:24	7.1 (61.2%)
113	KOWALSKA-WALIŚ Agnieszka	252	DOGOŃ GRODZISK MAZOWIECKI	K-40	4	01:44:15	03:19:11.15	+01:17:04 (38.7%)	8:26	7.1 (61.2%)
114	BYLINA Bartosz	519		M-40	35	01:39:48	03:19:47.30	+01:17:40 (38.9%)	8:27	7.1 (61.2%)
115	BANACH Tomasz	141		M-60	3	01:43:15	03:19:54.30	+01:17:47 (38.9%)	8:28	7.1 (61.2%)
116	GRAD Idalia	291	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	15	01:48:32	03:19:56.55	+01:17:49 (38.9%)	8:28	7.1 (61.2%)
117	GRZESZCZAK Michał	546		M-20	13	01:41:55	03:20:07.85	+01:18:00 (39.0%)	8:28	7.1 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto		Tempo min/km	Tempo km/h
							23.6km	Różn		
118	BOGDAŁ Jacek	417	ŻERZUSZYCE	M-50	9	01:47:38	03:20:22.75	+01:18:15 (39.1%)	8:29	7.1 (61.2%)
119	BARYSKI Maciej	531		M-30	37	01:42:17	03:21:21.90	+01:19:14 (39.4%)	8:31	7 (60.3%)
120	SUDER Kamil	539	STRZEGOMSKA DWUNASTKA	M-30	38	01:45:03	03:21:38.80	+01:19:31 (39.4%)	8:32	7 (60.3%)
121	ŚWINIARSKI Michał	474	KWAŚNE ŻELKI	M-30	39	01:46:16	03:21:40.75	+01:19:33 (39.4%)	8:32	7 (60.3%)
122	GŁUCHY Marek	206	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	40	01:44:02	03:22:16.75	+01:20:09 (39.6%)	8:34	7 (60.3%)
123	HORDZIEJEWICZ Ewa	406	CROSSBROTHERS BYTOM	K-50	1	01:43:07	03:22:44.25	+01:20:37 (39.8%)	8:35	7 (60.3%)
124	CHORAŻYCZEWSKI Michał	168	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	36	01:44:05	03:22:46.70	+01:20:39 (39.8%)	8:35	7 (60.3%)
125	PŁOK Krzysztof	289	TEAMPŁOK	M-50	10	01:45:00	03:22:55.00	+01:20:47 (39.8%)	8:35	7 (60.3%)
126	MAZIAREK Adela	150		K-30	16	01:47:59	03:23:07.35	+01:21:00 (39.9%)	8:36	7 (60.3%)
127	PACANOWSKI Łukasz	350	BRĄK KLUBU NAZWA KLUBU	M-40	37	01:45:50	03:23:27.70	+01:21:20 (40.0%)	8:37	7 (60.3%)
128	BABIŃSKA- POPIŁKA Ewelina	251		K-30	17	01:48:49	03:23:42.60	+01:21:35 (40.1%)	8:37	7 (60.3%)
129	MISTUR Szymon	439		M-30	41	01:46:17	03:24:05.10	+01:21:58 (40.2%)	8:38	6.9 (59.5%)
130	PURGAL Magdalena	490	SŁOŃCA JURY	K-30	18	01:50:38	03:24:09.20	+01:22:02 (40.2%)	8:39	6.9 (59.5%)
131	WAWRZYŃIAK Mariusz	302		M-40	38	01:47:03	03:24:12.25	+01:22:05 (40.2%)	8:39	6.9 (59.5%)
132	LIZAKOWSKI Piotr	292	NYHA IV SZCZECIN	M-40	39	01:47:04	03:24:12.55	+01:22:05 (40.2%)	8:39	6.9 (59.5%)
133	ŁĄŻEWSKA Sylwia	95		K-40	5	01:50:18	03:24:35.85	+01:22:28 (40.3%)	8:40	6.9 (59.5%)
134	ŁĄŻEWSKI Marcin	134		M-40	40	01:50:13	03:24:36.00	+01:22:28 (40.3%)	8:40	6.9 (59.5%)
135	SZMAGIEREWSKI Wojciech	403		M-50	11	01:47:40	03:24:46.40	+01:22:39 (40.4%)	8:40	6.9 (59.5%)
136	SZTYPKA Konrad	306	WKB MARATOŃCZYK	M-40	41	01:47:00	03:25:10.95	+01:23:03 (40.5%)	8:41	6.9 (59.5%)
137	MATWIEJCZYK Gabriel	479	OBY DOBIEC	M-40	42	01:49:04	03:25:26.45	+01:23:19 (40.6%)	8:42	6.9 (59.5%)
137	KARCZEWSKI Daniel	480	OBY DOBIEC	M-40	42	01:49:04	03:25:26.45	+01:23:19 (40.6%)	8:42	6.9 (59.5%)
139	KULA Piotr	152	ZDEZORIENTOWANI	M-40	44	01:46:11	03:25:31.75	+01:23:24 (40.6%)	8:42	6.9 (59.5%)
140	REDEK Sylwia	192	TEAM ZABIEGANEDNI	K-40	6	01:51:17	03:25:46.60	+01:23:39 (40.7%)	8:43	6.9 (59.5%)
141	GAŚSIOROWSKA Agnieszka	285	EVERRUN	K-30	19	01:47:21	03:26:25.40	+01:24:18 (40.8%)	8:44	6.9 (59.5%)
142	ZĄŃKO Rafał	324		M-30	42	01:46:23	03:26:50.40	+01:24:43 (41.0%)	8:45	6.8 (58.6%)
143	ROLIŃSKI Radosław	423		M-40	45	01:47:36	03:26:53.40	+01:24:46 (41.0%)	8:45	6.8 (58.6%)
144	SZYMANIK Paweł	344		M-40	46	01:57:57	03:27:09.65	+01:25:02 (41.1%)	8:46	6.8 (58.6%)
145	GRZYWACZ Tomasz	277		M-40	47	01:49:58	03:27:16.85	+01:25:09 (41.1%)	8:46	6.8 (58.6%)
146	SIKORSKI Cezary	31	BBL GUBIN	M-50	12	01:45:25	03:28:07.25	+01:26:00 (41.3%)	8:49	6.8 (58.6%)
147	BURACZYŃSKI Adam	76	VEGE RUNNERS / HYDROMOC	M-30	43	01:53:10	03:28:26.35	+01:26:19 (41.4%)	8:49	6.8 (58.6%)
148	GRUDZIEN-JURKOWSKA Małgorzata	516		K-30	20	01:48:42	03:28:40.95	+01:26:33 (41.5%)	8:50	6.8 (58.6%)
149	BEDNARCZYK Paweł	236	PZU SPORT TEAM	M-40	48	01:43:01	03:28:53.45	+01:26:46 (41.5%)	8:51	6.8 (58.6%)
150	KINSNER Zenon	538	MOCNA GRUPA CEZARA	M-40	49	01:45:51	03:29:03.80	+01:26:56 (41.6%)	8:51	6.8 (58.6%)
151	SUDÓŁ Robert	154		M-40	50	01:45:48	03:29:17.95	+01:27:10 (41.7%)	8:52	6.8 (58.6%)
152	WRÓBLEWSKI Witold	61		M-30	44	01:46:43	03:29:37.25	+01:27:30 (41.7%)	8:52	6.8 (58.6%)
153	DOMAŃSKI Mieczysław	342		M-30	45	01:48:40	03:29:57.95	+01:27:50 (41.8%)	8:53	6.7 (57.8%)
154	KÓŁKIEWICZ Jakub	493		M-40	51	01:50:08	03:30:21.50	+01:28:14 (41.9%)	8:54	6.7 (57.8%)
155	ZIMA Ryszard	494		M-60	4	01:50:13	03:30:21.70	+01:28:14 (41.9%)	8:54	6.7 (57.8%)
156	MAJEWSKI Bartek	385	ROKIETNICA BIEGA	M-40	52	01:46:48	03:30:25.50	+01:28:18 (42.0%)	8:54	6.7 (57.8%)
157	ORTYL Ewelina	549		K-40	7	01:50:48	03:30:50.45	+01:28:43 (42.1%)	8:56	6.7 (57.8%)
158	SURMIŃSKI Marcin	472		M-30	46	01:47:22	03:30:53.55	+01:28:46 (42.1%)	8:56	6.7 (57.8%)
159	KUCHCIŃSKA Monika	509		K-40	8	01:53:47	03:31:16.30	+01:29:09 (42.2%)	8:57	6.7 (57.8%)
160	ROGOWSKI Tomasz	276	UMLAUT	M-30	47	01:49:36	03:31:16.85	+01:29:09 (42.2%)	8:57	6.7 (57.8%)
161	DYR Dorota	416		K-40	9	01:53:58	03:32:12.70	+01:30:05 (42.5%)	8:59	6.7 (57.8%)

Czas netto										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	23.6km	Różn	Tempo min/km	Tempo km/h
162	BARAŃSKA Monika	442		K-50	2	01:51:52	03:32:21.05	+01:30:13 (42.5%)	8:59	6.7 (57.8%)
163	WIŚNIEWSKI Tomasz	427		M-40	53	01:52:22	03:32:56.05	+01:30:48 (42.6%)	9:01	6.6 (56.9%)
164	URBAŃSKA Pola	188	TRAINING LAB	K-30	21	01:58:09	03:33:12.75	+01:31:05 (42.7%)	9:02	6.6 (56.9%)
165	NOWAK Tomasz	45		M-30	48	01:46:18	03:33:30.95	+01:31:23 (42.8%)	9:02	6.6 (56.9%)
166	RABIEJ-OLSZEWSKA Hanna	437	ROZBIEGANI CHOJNÓW	K-30	22	01:51:08	03:33:37.95	+01:31:30 (42.8%)	9:03	6.6 (56.9%)
167	ZAŁECH Zbigniew	85	PŁOCKIE MORSY	M-40	54	01:53:46	03:34:09.70	+01:32:02 (43.0%)	9:04	6.6 (56.9%)
168	KRAWIEC Piotr	108	KOTWICA BRZEG	M-40	55	01:55:12	03:34:28.35	+01:32:21 (43.1%)	9:05	6.6 (56.9%)
169	KLABISZ Maria	558		K-30	23	01:53:53	03:34:51.70	+01:32:44 (43.2%)	9:06	6.6 (56.9%)
170	CZARNOTA Dorota	363	WYBIEGAJ SIEBIE	K-40	10	01:51:57	03:35:39.40	+01:33:32 (43.4%)	9:08	6.6 (56.9%)
171	KAMIŃSKI Robert	317		M-30	49	01:47:23	03:35:42.55	+01:33:35 (43.4%)	9:08	6.6 (56.9%)
172	JANDY Honorata	35	RUN&CROSS SZAMOTUŁY	K-40	11	01:54:52	03:35:43.75	+01:33:36 (43.4%)	9:08	6.6 (56.9%)
173	BIŃCZARSKI Patryk	67		M-40	56	01:55:21	03:35:45.45	+01:33:38 (43.4%)	9:08	6.6 (56.9%)
174	BIŃCZARSKA Monika	83	WKB WŁOCŁAWEK	K-40	12	01:55:24	03:35:46.15	+01:33:39 (43.4%)	9:08	6.6 (56.9%)
175	MYŚLICKA-PIWKO Marta	352	KRÓLOWE RUNNINGU	K-40	13	01:53:00	03:36:34.20	+01:34:27 (43.6%)	9:10	6.5 (56.0%)
176	SKORNIAC Katarzyna	537	WOLNE ŚLIMAKI	K-30	24	01:53:29	03:36:37.70	+01:34:30 (43.6%)	9:10	6.5 (56.0%)
177	KUSTRA Klaudia	548		K-30	25	01:52:36	03:36:47.55	+01:34:40 (43.7%)	9:11	6.5 (56.0%)
178	WOJCIECHOWSKA Anna	137	PIĄTKOWO NA BIEGOWO	K-50	3	01:55:02	03:37:26.90	+01:35:19 (43.8%)	9:12	6.5 (56.0%)
179	SIKORSKA Joanna	29		K-20	4	01:45:15	03:37:58.55	+01:35:51 (44.0%)	9:14	6.5 (56.0%)
180	GARYGA Łukasz	84	RUNHOGS TYCHY	M-40	57	01:47:29	03:38:16.30	+01:36:09 (44.1%)	9:14	6.5 (56.0%)
181	RATAJCZAK Grzegorz	447		M-50	13	01:54:35	03:38:43.40	+01:36:36 (44.2%)	9:16	6.5 (56.0%)
182	BRUCH Katarzyna	107		K-30	26	01:57:06	03:38:55.65	+01:36:48 (44.2%)	9:16	6.5 (56.0%)
183	POHLAND Paweł	347		M-30	50	01:54:26	03:38:58.55	+01:36:51 (44.2%)	9:16	6.5 (56.0%)
184	PIECHOCKI Artur	177		M-20	14	01:53:46	03:39:02.55	+01:36:55 (44.2%)	9:16	6.5 (56.0%)
185	SEROCZYŃSKA Ewa	78		K-30	27	01:55:14	03:39:30.55	+01:37:23 (44.4%)	9:18	6.5 (56.0%)
186	KACZMARCZYK Natalia	274		K-30	28	02:06:29	03:39:30.60	+01:37:23 (44.4%)	9:18	6.5 (56.0%)
187	MILA Marcelli	510		M-30	51	01:57:22	03:39:47.15	+01:37:40 (44.4%)	9:18	6.4 (55.2%)
188	MARKOWSKI Tomasz	106		M-40	58	01:54:22	03:39:52.90	+01:37:45 (44.5%)	9:18	6.4 (55.2%)
189	MAKARENKO Sergii	79		M-30	52	01:56:41	03:39:54.10	+01:37:47 (44.5%)	9:19	6.4 (55.2%)
190	KOZDRÓJ Marcin	117		M-40	59	01:55:02	03:39:55.35	+01:37:48 (44.5%)	9:19	6.4 (55.2%)
191	PARDAŁA Wojciech	127		M-40	60	01:43:58	03:40:04.45	+01:37:57 (44.5%)	9:19	6.4 (55.2%)
192	KRZESIŃSKA Renata	333		K-40	14	01:57:58	03:40:58.40	+01:38:51 (44.7%)	9:21	6.4 (55.2%)
193	MICHALOWSKI Marcin	499		M-40	61	01:54:40	03:40:59.70	+01:38:52 (44.7%)	9:21	6.4 (55.2%)
194	KOWALCZYK-GROCHLA Agata	296		K-40	15	01:56:57	03:41:03.55	+01:38:56 (44.8%)	9:21	6.4 (55.2%)
195	ŁYSIAK Piotr	364		M-40	62	02:00:58	03:41:21.05	+01:39:13 (44.8%)	9:22	6.4 (55.2%)
196	CENDER Magdalena	495	DOGOŃ GRODZISK MAZOWIECKI	K-40	16	01:52:47	03:41:34.65	+01:39:27 (44.9%)	9:23	6.4 (55.2%)
197	HORODYŃSKA Mirosława	521		K-40	17	01:57:08	03:41:42.95	+01:39:35 (44.9%)	9:23	6.4 (55.2%)
198	SERAFIN Robert	262		M-50	14	01:49:47	03:42:01.65	+01:39:54 (45.0%)	9:24	6.4 (55.2%)
199	PROKOP Elżbieta	355	BANDA Z POŁUDNIA	K-50	4	01:56:18	03:42:03.95	+01:39:56 (45.0%)	9:24	6.4 (55.2%)
200	WINIECKA Ewa	131	PARKRUN SŁODOWO WŁOCŁAWEK	K-40	18	01:57:37	03:42:15.40	+01:40:08 (45.1%)	9:25	6.4 (55.2%)
201	POPEK Maciej	71	PARKRUN SŁODOWO WŁOCŁAWEK	M-40	63	01:57:30	03:42:16.70	+01:40:09 (45.1%)	9:25	6.4 (55.2%)
202	POCHWAŁA Justyna	219	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-40	19	01:59:20	03:42:20.45	+01:40:13 (45.1%)	9:25	6.4 (55.2%)
203	SOBOTA Paweł	356		M-30	53	01:56:17	03:43:05.10	+01:40:58 (45.3%)	9:27	6.3 (54.3%)
204	WRÓBLEWSKA Olga	308	VEGE RUNNERS	K-40	20	01:58:57	03:43:37.75	+01:41:30 (45.4%)	9:28	6.3 (54.3%)
205	NUREK Łukasz	66	PIWNE BRZUSZKI RACE TEAM	M-40	64	01:51:28	03:43:59.85	+01:41:52 (45.5%)	9:29	6.3 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka	Czas	Różn	Tempo min/km	Tempo km/h
						14.4km	netto 23.6km			
206	POLÁŠKOVÁ Pavlína	339		K-40	21	01:59:01	03:44:26.20	+01:42:19 (45.6%)	9:30	6.3 (54.3%)
207	DOBROCHOWSKA Ilona	338	STRZEGOMSKA DWUNASTKA	K-40	22	01:56:44	03:44:34.95	+01:42:27 (45.6%)	9:30	6.3 (54.3%)
208	JANULEWICZ Wojciech	541	NAZWA KLUBU:	M-40	65	02:07:34	03:44:54.00	+01:42:46 (45.7%)	9:31	6.3 (54.3%)
209	KRAS Kaludiusz	389		M-40	66	01:49:44	03:44:56.45	+01:42:49 (45.7%)	9:31	6.3 (54.3%)
210	PRZEDASZEK Łukasz	27	2 OREL DZIWNÓW	M-30	54	02:03:40	03:45:03.35	+01:42:56 (45.7%)	9:32	6.3 (54.3%)
211	OLEJNICZAK Piotr	515		M-40	67	02:01:03	03:45:07.20	+01:43:00 (45.8%)	9:32	6.3 (54.3%)
212	RÓŻAŃSKA Magdalena	94		K-40	23	02:03:08	03:45:41.85	+01:43:34 (45.9%)	9:33	6.3 (54.3%)
213	TOMIAK Dominik	471	WOLSZTYŃSKA AKADEMIA BIEGOWA	M-40	68	01:55:26	03:46:26.35	+01:44:19 (46.1%)	9:35	6.3 (54.3%)
214	GDOWSKA Gabriela	329		K-20	5	02:00:11	03:46:58.85	+01:44:51 (46.2%)	9:37	6.2 (53.4%)
215	PAPROCKA Natalia	69		K-40	24	02:00:25	03:47:07.35	+01:45:00 (46.2%)	9:37	6.2 (53.4%)
216	BISKUPSKI Jakub	319		M-40	69	02:01:25	03:47:15.55	+01:45:08 (46.3%)	9:37	6.2 (53.4%)
217	GUZIŃSKA Aleksandra	174		K-40	25	02:00:30	03:47:22.10	+01:45:15 (46.3%)	9:38	6.2 (53.4%)
218	ŻEMOJDZIN Marcin	53	PIWNE BRZUSZKI RACE TEAM	M-30	55	01:56:13	03:47:22.85	+01:45:15 (46.3%)	9:38	6.2 (53.4%)
219	HYŻY Krzysztof	68	PIWNE BRZUSZKI RACE TEAM	M-40	70	01:57:13	03:48:04.60	+01:45:57 (46.5%)	9:39	6.2 (53.4%)
220	MODERACKA Małgorzata	146		K-30	29	01:59:36	03:49:29.10	+01:47:22 (46.8%)	9:43	6.2 (53.4%)
221	GAŁASZKIEWICZ Grzegorz	365	LINDON TEAM	M-40	71	01:47:49	03:49:32.00	+01:47:24 (46.8%)	9:43	6.2 (53.4%)
222	DZIURKOWSKA Dorota	260	FUN TRI	K-30	30	01:59:34	03:49:58.20	+01:47:51 (46.9%)	9:44	6.2 (53.4%)
223	FRĄCZEK Iwona	240	FUN TRI	K-30	31	01:59:38	03:50:00.05	+01:47:52 (46.9%)	9:44	6.2 (53.4%)
224	LASON Paweł	343	CHRZANOWSKI KLUB KARATE KYOKUSHIN	M-40	72	01:49:20	03:50:22.05	+01:48:14 (47.0%)	9:45	6.1 (52.6%)
225	ŁUKASZCZYK Łukasz	211	4FITER	M-30	56	01:58:47	03:50:42.25	+01:48:35 (47.1%)	9:46	6.1 (52.6%)
226	KIEDROWSKI Łukasz	280		M-30	57	01:56:54	03:50:56.15	+01:48:49 (47.1%)	9:47	6.1 (52.6%)
227	NĘCKI Łukasz	553	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY.	M-40	73	02:01:06	03:51:04.40	+01:48:57 (47.2%)	9:47	6.1 (52.6%)
228	CZECH Dorota	49		K-40	26	02:00:01	03:51:12.60	+01:49:05 (47.2%)	9:47	6.1 (52.6%)
229	GRZYWACZ Karol	461		M-30	58	02:03:13	03:51:16.10	+01:49:09 (47.2%)	9:47	6.1 (52.6%)
230	CICHOŃ Elżbieta	522	STRZEGOMSKA DWUNASTKA	K-40	27	02:07:38	03:51:24.70	+01:49:17 (47.2%)	9:48	6.1 (52.6%)
231	MAJKA Marzena	527	KS JAWORZNO	K-30	32	02:07:40	03:51:26.75	+01:49:19 (47.2%)	9:48	6.1 (52.6%)
232	BRZEZIŃSKI Andrzej	205		M-60	5	01:57:10	03:51:32.75	+01:49:25 (47.3%)	9:48	6.1 (52.6%)
233	STANISZEWSKA Ewa	224		K-20	6	01:58:08	03:52:17.45	+01:50:10 (47.4%)	9:50	6.1 (52.6%)
234	ŚWIERDZEWSKI Grzegorz	325		M-30	59	02:01:18	03:52:49.30	+01:50:42 (47.5%)	9:51	6.1 (52.6%)
235	SZYMURA Marian	401	RESHAPE ZABRZE	M-40	74	01:59:42	03:53:49.30	+01:51:42 (47.8%)	9:54	6.1 (52.6%)
236	CZERWIŃSKA Magdalena	400	RESHAPE RUNNERS	K-40	28	01:59:48	03:53:50.15	+01:51:43 (47.8%)	9:54	6.1 (52.6%)
237	BARTOSZEWSKA Katarzyna	320		K-40	29	02:02:25	03:53:52.15	+01:51:45 (47.8%)	9:54	6.1 (52.6%)
238	WÓJCIK Kamila	318	LACHO TEAM	K-40	30	02:03:14	03:53:57.05	+01:51:49 (47.8%)	9:54	6.1 (52.6%)
239	ORŁOWSKI Daniel	337		M-40	75	01:59:51	03:53:58.85	+01:51:51 (47.8%)	9:54	6.1 (52.6%)
240	GDOWSKA Ewa	328		K-40	31	02:06:26	03:54:03.75	+01:51:56 (47.8%)	9:55	6 (51.7%)
241	FELKEL Ewa	244	PIĄTKOWO NA BIEGOWO	K-40	32	02:02:51	03:54:19.40	+01:52:12 (47.9%)	9:55	6 (51.7%)
242	MAZUREK Marita	331		K-30	33	02:04:57	03:54:47.10	+01:52:40 (48.0%)	9:56	6 (51.7%)
243	KOWALEWSKA Anna	24	KOBIETY W BIEGU	K-30	34	02:03:59	03:55:38.25	+01:53:31 (48.2%)	9:59	6 (51.7%)
244	MAJ Magdalena	56	GRAŻYNKI OCR	K-30	35	02:08:16	03:55:51.45	+01:53:44 (48.2%)	9:59	6 (51.7%)
245	ZAJĄCZKOWSKI Damian	503		M-40	76	02:01:07	03:56:28.00	+01:54:20 (48.4%)	10:01	6 (51.7%)
246	GONERA Kazimierz	60	KB HARCOWNIK JELCZ-LASKOWICE	M-60	6	01:58:40	03:56:43.10	+01:54:36 (48.4%)	10:01	6 (51.7%)
247	MORAWSKA Anna	129		K-60	1	02:06:31	03:58:07.05	+01:55:59 (48.7%)	10:05	5.9 (50.9%)
248	BARTOSIK Tomek	297		M-30	60	01:57:15	03:58:50.25	+01:56:43 (48.9%)	10:07	5.9 (50.9%)
249	OLEJNICZAK Agnieszka	514		K-40	33	02:05:57	03:58:57.40	+01:56:50 (48.9%)	10:07	5.9 (50.9%)

						Czas					
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	netto 23.6km	Różn	Tempo min/km	Tempo km/h	
250	TENDAJ Daniel	454		M-50	15	02:01:33	03:59:02.80	+01:56:55 (48.9%)	10:07	5.9 (50.9%)	
251	STAMM Tomasz	315		M-40	77	01:58:25	03:59:03.45	+01:56:56 (48.9%)	10:07	5.9 (50.9%)	
252	NOWAKOWSKA Beata	388	RACEFIGHTER GOSIR DĘBE WIELKIE	K-40	34	02:03:03	03:59:22.35	+01:57:15 (49.0%)	10:08	5.9 (50.9%)	
253	KRYSIAK Łukasz	159	PIĄTKOWO NA BIEGOWO	M-40	78	02:00:17	03:59:32.15	+01:57:25 (49.0%)	10:08	5.9 (50.9%)	
254	SIWEK Grzegorz	375	LANRUNS	M-40	79	01:55:18	04:00:55.35	+01:58:48 (49.3%)	10:12	5.9 (50.9%)	
255	NOWAKOWSKA Ewelina	513		K-40	35	02:10:24	04:02:22.50	+02:00:15 (49.6%)	10:16	5.8 (50.0%)	
256	DZIEDZIC Paweł	371		M-50	16	01:57:24	04:03:21.50	+02:01:14 (49.8%)	10:18	5.8 (50.0%)	
257	MALISZAK Agnieszka	99		K-30	36	02:04:55	04:04:34.95	+02:02:27 (50.1%)	10:21	5.8 (50.0%)	
258	WASZCZYSZYN Bożena	181	I LOVE PRZYLESIE	K-40	36	02:03:48	04:05:29.05	+02:03:21 (50.3%)	10:24	5.8 (50.0%)	
259	RADOMSKA Urszula	227	I LOVE PRZYLESIE	K-40	37	02:03:48	04:05:29.50	+02:03:22 (50.3%)	10:24	5.8 (50.0%)	
260	BECHTA Damian	378	ADIDAS RUNNERS WARSAW	M-20	15	02:05:08	04:05:33.10	+02:03:26 (50.3%)	10:24	5.8 (50.0%)	
261	ANDRZEJCZAK Paweł	327		M-40	80	02:08:23	04:05:45.15	+02:03:38 (50.3%)	10:24	5.8 (50.0%)	
262	MAJEWSKA Wioleta	234	STRZEGOMSKA DWUNASTKA	K-40	38	02:07:44	04:06:01.30	+02:03:54 (50.4%)	10:25	5.8 (50.0%)	
263	PATYRA Łukasz	9	GOMIND	M-30	61	02:03:40	04:06:07.35	+02:04:00 (50.4%)	10:25	5.8 (50.0%)	
264	BĄK Bogdan	381		M-50	17	02:02:15	04:06:08.25	+02:04:01 (50.4%)	10:25	5.8 (50.0%)	
265	KOSTRZEWSKA Natalia	462		K-30	37	02:04:42	04:06:42.50	+02:04:35 (50.5%)	10:27	5.7 (49.1%)	
266	TURSKI Damian	463		M-30	62	02:04:41	04:06:50.25	+02:04:43 (50.5%)	10:27	5.7 (49.1%)	
267	TUREK Karolina	384	RUCHAWIE MISIE Z BIAŁEGO DOMKU	K-40	39	02:10:03	04:06:55.20	+02:04:48 (50.5%)	10:27	5.7 (49.1%)	
268	WEYNA Anna	383	BIAŁY DOMEK BIEGA	K-40	40	02:10:01	04:06:55.30	+02:04:48 (50.5%)	10:27	5.7 (49.1%)	
269	LUPA Mirosław	183	LUPUSTEAM	M-50	18	02:04:06	04:07:12.20	+02:05:05 (50.6%)	10:28	5.7 (49.1%)	
270	POPIELSKI Grzegorz	87	ROZBIEGANI CHOJNÓW	M-40	81	02:08:40	04:07:15.40	+02:05:08 (50.6%)	10:28	5.7 (49.1%)	
271	NAJDUK Daniel	90	ROZBIEGANI CHOJNÓW	M-30	63	02:08:40	04:07:16.40	+02:05:09 (50.6%)	10:28	5.7 (49.1%)	
272	ADAMCZUK Feliks	432	SZCZECIN	M-50	19	02:04:47	04:07:32.15	+02:05:25 (50.7%)	10:29	5.7 (49.1%)	
273	KUBICKI Mariusz	82	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	M-40	82	02:07:00	04:07:36.30	+02:05:29 (50.7%)	10:29	5.7 (49.1%)	
274	SYPKO-KUBICKA Katarzyna	96	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	K-40	41	02:07:11	04:07:36.50	+02:05:29 (50.7%)	10:29	5.7 (49.1%)	
275	JURAK Kasia	59		K-30	38	02:11:41	04:07:45.45	+02:05:38 (50.7%)	10:29	5.7 (49.1%)	
276	CZEKALSKA Magdalena	128	NARAMOWICE BIEGAJĄ	K-30	39	02:02:25	04:08:19.90	+02:06:12 (50.8%)	10:31	5.7 (49.1%)	
277	CHOŁUJ Małgorzata	200		K-50	5	02:07:48	04:08:20.30	+02:06:13 (50.8%)	10:31	5.7 (49.1%)	
278	CZEKALSKI Tomasz	155	NARAMOWICE BIEGAJĄ	M-40	83	02:02:27	04:08:21.95	+02:06:14 (50.8%)	10:31	5.7 (49.1%)	
279	KURNATOWSKA Magda	64	ŚRUNDUNIA	K-30	40	02:05:43	04:08:28.45	+02:06:21 (50.9%)	10:31	5.7 (49.1%)	
280	WOLANO Marcin	58	HATTON DARTS	M-30	64	02:05:09	04:08:28.55	+02:06:21 (50.9%)	10:31	5.7 (49.1%)	
281	MODRZYŃSKI Przemysław	464	NGT PROBAR	M-50	20	02:11:16	04:08:54.45	+02:06:47 (50.9%)	10:32	5.7 (49.1%)	
282	OLESEK Magdalena	92	BIEGOWA KUŹNIA	K-30	41	02:09:23	04:08:57.65	+02:06:50 (50.9%)	10:32	5.7 (49.1%)	
283	MARKOWSKA Lilianna	209	BIEGAMDLAZDROWIA.PL	K-50	6	02:04:54	04:09:04.20	+02:06:57 (51.0%)	10:33	5.7 (49.1%)	
284	BISKUPSKI Andrzej	321		M-50	21	02:03:12	04:09:05.25	+02:06:58 (51.0%)	10:33	5.7 (49.1%)	
285	KEGEL Zbigniew	250	PIĄTKOWO NA BIEGOWO	M-50	22	02:06:14	04:09:08.10	+02:07:01 (51.0%)	10:33	5.7 (49.1%)	
286	NAJDEREK Robert	334	-	M-40	84	02:07:16	04:09:18.85	+02:07:11 (51.0%)	10:33	5.7 (49.1%)	
287	CHOŁUJ Adriana	367		K-30	42	02:22:40	04:10:04.30	+02:07:57 (51.2%)	10:35	5.7 (49.1%)	
288	KRZEWSKA Edyta	422	RACEFIGHTER GOSIR DĘBE WIELKIE	K-40	42	02:04:04	04:10:22.60	+02:08:15 (51.2%)	10:36	5.7 (49.1%)	
289	KARŁOWSKA Olga	269		K-40	43	02:08:17	04:10:24.15	+02:08:17 (51.2%)	10:36	5.7 (49.1%)	
290	SERWIK Agnieszka	368		K-40	44	02:22:37	04:10:24.95	+02:08:17 (51.2%)	10:36	5.7 (49.1%)	
291	PANYŁO Małgorzata	201		K-40	45	01:57:28	04:10:29.05	+02:08:21 (51.2%)	10:36	5.7 (49.1%)	
292	PANYŁO Mieczysław	228		M-60	7	01:57:29	04:10:32.30	+02:08:25 (51.3%)	10:36	5.7 (49.1%)	
293	URBANIAK Izabela	489		K-40	46	02:12:03	04:10:45.40	+02:08:38 (51.3%)	10:37	5.6 (48.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto		Tempo min/km	Tempo km/h
							23.6km	Różn		
294	IDZIK Angelika	5	SPARTA RUNNERS	K-30	43	02:10:04	04:10:59.75	+02:08:52 (51.3%)	10:38	5.6 (48.3%)
295	RUDNIK Katarzyna	165		K-30	44	02:06:45	04:11:21.75	+02:09:14 (51.4%)	10:39	5.6 (48.3%)
296	URBANOWICZ Łukasz	501		M-40	85	02:06:44	04:11:27.95	+02:09:20 (51.4%)	10:39	5.6 (48.3%)
297	GÓRCZAK Urszula	193	I LOVE PRZYLESIE	K-40	47	02:05:27	04:12:07.85	+02:10:00 (51.6%)	10:40	5.6 (48.3%)
298	KRAWCZYK Marcin	233		M-30	65	02:11:55	04:12:09.70	+02:10:02 (51.6%)	10:41	5.6 (48.3%)
299	POKROP Agnieszka	215	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	45	02:11:56	04:12:10.20	+02:10:03 (51.6%)	10:41	5.6 (48.3%)
300	MAĆKIEWICZ Piotr	419		M-60	8	02:05:54	04:12:49.65	+02:10:42 (51.7%)	10:42	5.6 (48.3%)
301	KONEFAŁ Dorota	445		K-30	46	02:04:31	04:12:50.30	+02:10:43 (51.7%)	10:42	5.6 (48.3%)
302	GOŁUCH Joanna	524		K-40	48	02:08:13	04:12:51.35	+02:10:44 (51.7%)	10:42	5.6 (48.3%)
303	GOŁUCH Arkadiusz	498		M-40	86	02:07:34	04:12:53.05	+02:10:45 (51.7%)	10:42	5.6 (48.3%)
304	NOWICKI Jarosław	382		M-50	23	02:02:16	04:13:04.55	+02:10:57 (51.7%)	10:43	5.6 (48.3%)
305	MIRKIEWICZ Marcin	351	#CZELADŹBIEGA	M-30	66	02:13:54	04:13:06.20	+02:10:59 (51.8%)	10:43	5.6 (48.3%)
306	CIERLAK Elżbieta	376	BRZYSKI TRI TEAM	K-30	47	02:14:03	04:13:12.10	+02:11:05 (51.8%)	10:43	5.6 (48.3%)
307	KASPERCZYK Michał	377	BRZYSKI TRI TEAM	M-30	67	02:13:58	04:13:12.55	+02:11:05 (51.8%)	10:43	5.6 (48.3%)
308	KWIATKOWSKA Marta	316		K-40	49	02:06:05	04:13:36.20	+02:11:29 (51.8%)	10:44	5.6 (48.3%)
309	MORAWSKI Marcin	156		M-40	87	02:07:30	04:13:39.30	+02:11:32 (51.9%)	10:44	5.6 (48.3%)
310	JÓZIAK Ilona	408		K-20	7	02:08:19	04:13:46.85	+02:11:39 (51.9%)	10:45	5.6 (48.3%)
311	GAJDA Emilia	407		K-20	8	02:08:18	04:13:47.40	+02:11:40 (51.9%)	10:45	5.6 (48.3%)
312	BOSY Joanna	133		K-30	48	02:13:17	04:14:50.00	+02:12:42 (52.1%)	10:47	5.6 (48.3%)
313	ADAMSKI Bartłomiej	502		M-40	88	02:14:37	04:15:37.45	+02:13:30 (52.2%)	10:49	5.5 (47.4%)
314	NOWACKA Agata	203	PARKRUN SŁODOWO WŁOCŁAWEK	K-50	7	02:11:33	04:16:00.80	+02:13:53 (52.3%)	10:50	5.5 (47.4%)
314	WILMAŃSKI Dariusz	148	PARKRUN SŁODOWO WŁOCŁAWEK	M-40	89	02:11:32	04:16:00.80	+02:13:53 (52.3%)	10:50	5.5 (47.4%)
316	SZATAN Jowita	198	KOTWICA BRZEG	K-30	49	02:10:30	04:16:18.40	+02:14:11 (52.4%)	10:51	5.5 (47.4%)
317	WYSZKOWSKA Marzena	453	BANANA TEAM	K-30	50	02:09:36	04:16:42.40	+02:14:35 (52.4%)	10:52	5.5 (47.4%)
318	SZCZAPA Karol	529	12TRI.PL	M-30	68	02:12:58	04:17:17.90	+02:15:10 (52.5%)	10:54	5.5 (47.4%)
319	KOCHANOWSKA Anna	111	CZEWARUNTIM	K-40	50	02:09:29	04:17:28.20	+02:15:21 (52.6%)	10:54	5.5 (47.4%)
320	IWIŃSKI Marcin	547	WOLNE ŚLIMAKI	M-30	69	02:07:54	04:18:02.45	+02:15:55 (52.7%)	10:56	5.5 (47.4%)
321	CISICKA Daria	451		K-30	51	02:15:50	04:18:05.75	+02:15:58 (52.7%)	10:56	5.5 (47.4%)
322	MIŚ Piotr	220	DIEHL RUNNING TEAM	M-30	70	02:15:47	04:18:05.90	+02:15:58 (52.7%)	10:56	5.5 (47.4%)
323	SOKOŁOWSKI Artur	135	TEAM ZABIEGANEDNI	M-40	90	02:10:00	04:18:29.65	+02:16:22 (52.8%)	10:57	5.5 (47.4%)
324	JEZIERSKA Karina	256	12TRI.PL / TEAM ZABIEGANEDNI	K-40	51	02:13:27	04:18:36.35	+02:16:29 (52.8%)	10:57	5.5 (47.4%)
325	BANACH-SKOWRONEK Joanna	100		K-30	52	02:09:56	04:19:29.70	+02:17:22 (52.9%)	10:59	5.5 (47.4%)
326	SKOWRONEK Tomasz	81		M-30	71	02:09:55	04:19:30.85	+02:17:23 (52.9%)	10:59	5.5 (47.4%)
327	GÓRNIAK Jarosław	402	JARBUD	M-30	72	02:08:05	04:19:35.25	+02:17:28 (53.0%)	10:59	5.5 (47.4%)
328	STACHURSKA Monika	57		K-50	8	02:14:41	04:21:10.85	+02:19:03 (53.2%)	11:03	5.4 (46.6%)
329	NOWAK Marta	186	NARAMOWICE BIEGAJĄ	K-40	52	02:18:00	04:21:46.65	+02:19:39 (53.4%)	11:05	5.4 (46.6%)
330	PANYŁO Jacek	232		M-40	91	02:07:14	04:22:32.70	+02:20:25 (53.5%)	11:07	5.4 (46.6%)
331	TOMCZYK Ewa	263		K-30	53	02:14:56	04:22:33.60	+02:20:26 (53.5%)	11:07	5.4 (46.6%)
332	MISIOREK Emilia	43	RUNIFORFUNI NSAS	K-40	53	02:13:24	04:22:46.95	+02:20:39 (53.5%)	11:08	5.4 (46.6%)
333	GOMULKIEWICZ Dorota	47	RUNIFORFUNI NSAS	K-40	54	02:13:26	04:22:49.70	+02:20:42 (53.5%)	11:08	5.4 (46.6%)
334	DULNIK Małgorzata	213	NARAMOWICE BIEGAJĄ	K-30	54	02:18:01	04:23:06.60	+02:20:59 (53.6%)	11:08	5.4 (46.6%)
335	KOZAK Ewa	410	KOZAKI	K-40	55	02:20:39	04:24:11.25	+02:22:04 (53.8%)	11:11	5.4 (46.6%)
336	KOŻŁOWSKI Piotr	483		M-30	73	02:09:40	04:24:28.00	+02:22:20 (53.8%)	11:12	5.4 (46.6%)
337	KOZAK Bartosz	411	KOZAKI	M-40	92	02:18:12	04:24:49.85	+02:22:42 (53.9%)	11:13	5.3 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto		Tempo min/km	Tempo km/h
							23.6km	Różn		
338	MOŚ Rafał	560	B4SPORT RUNERS	M-30	74	02:20:30	04:25:49.70	+02:23:42 (54.1%)	11:15	5.3 (45.7%)
339	TRAN Nhuyen	275	WARSAW RUN CLUB	K-20	9	02:14:41	04:26:10.45	+02:24:03 (54.1%)	11:16	5.3 (45.7%)
340	SZYMCZAK Marta	91	PIEKIELNIE ZGRANI	K-40	56	02:12:02	04:27:26.70	+02:25:19 (54.3%)	11:19	5.3 (45.7%)
341	LEWICKA Bozena	270	GONIMY	K-60	2	02:18:03	04:27:42.15	+02:25:35 (54.4%)	11:20	5.3 (45.7%)
342	GRACZYK Magdalena	335		K-40	57	02:15:42	04:27:48.85	+02:25:41 (54.4%)	11:20	5.3 (45.7%)
343	KUJAWIŃSKI Krzysztof	6		M-40	93	02:13:02	04:27:54.20	+02:25:47 (54.4%)	11:21	5.3 (45.7%)
344	MIELNIK Natalia	261		K-30	55	02:18:14	04:27:55.70	+02:25:48 (54.4%)	11:21	5.3 (45.7%)
345	POCHWAŁA Piotr	223		M-50	24	02:15:27	04:29:06.50	+02:26:59 (54.6%)	11:24	5.3 (45.7%)
346	CZEKAŁA Magda	32	RUN&CROSS SZAMOTUŁY	K-40	58	02:15:56	04:30:54.35	+02:28:47 (54.9%)	11:28	5.2 (44.8%)
347	CHEŁCHOWSKA Katarzyna	197		K-30	56	02:24:29	04:31:24.10	+02:29:17 (55.0%)	11:30	5.2 (44.8%)
348	JAWORSKA Magdalena	196	GB WIELKOPOLSCY BIEGACZE/ TEAM KGB	K-40	59	02:19:14	04:31:59.00	+02:29:51 (55.1%)	11:31	5.2 (44.8%)
349	SIWIASZCZYK Tomasz	202		M-40	94	02:19:18	04:32:01.25	+02:29:54 (55.1%)	11:31	5.2 (44.8%)
350	KAFKA Rafał	359		M-40	95	02:09:19	04:32:17.95	+02:30:10 (55.2%)	11:32	5.2 (44.8%)
351	PŁAŻEWSKI Paweł	551	RUNEGADES BRWINÓW	M-40	96	02:15:53	04:33:25.35	+02:31:18 (55.3%)	11:35	5.2 (44.8%)
352	ADAMCZUK Piotr	478		M-40	97	02:15:37	04:33:29.00	+02:31:21 (55.3%)	11:35	5.2 (44.8%)
353	KRUPIŃSKA Paulina	433		K-30	57	02:18:43	04:34:33.10	+02:32:26 (55.5%)	11:38	5.2 (44.8%)
354	FRĄCZEK Marcin	241	FUNTRI	M-40	98	02:23:04	04:35:48.85	+02:33:41 (55.7%)	11:41	5.1 (44.0%)
354	ZIELENKIEWICZ Agnieszka	341	FUNTRI	K-30	58	02:24:30	04:35:48.85	+02:33:41 (55.7%)	11:41	5.1 (44.0%)
356	MATYJEWICZ Klaudia	38		K-20	10	02:22:19	04:36:20.70	+02:34:13 (55.8%)	11:42	5.1 (44.0%)
357	WOJTYSIAK Dorota	212		K-40	60	02:23:04	04:36:42.90	+02:34:35 (55.9%)	11:43	5.1 (44.0%)
358	KUSIEWICZ Agnieszka	379	PUSZCZYK BUKOWY	K-40	61	02:15:44	04:37:13.05	+02:35:05 (55.9%)	11:44	5.1 (44.0%)
359	PERKA Barbara	204		K-40	62	02:25:16	04:37:22.95	+02:35:15 (56.0%)	11:45	5.1 (44.0%)
360	PRĘDKI Jarosław	361		M-30	75	02:12:40	04:37:50.70	+02:35:43 (56.0%)	11:46	5.1 (44.0%)
361	BABIŃSKA Malwina	199		K-30	59	02:27:17	04:37:52.45	+02:35:45 (56.1%)	11:46	5.1 (44.0%)
362	KOWALSKA Gabriela	185	BIEGAJĄCY ŚWIDNIK	K-30	60	02:27:30	04:38:11.35	+02:36:04 (56.1%)	11:47	5.1 (44.0%)
363	ANTOSZ Monika	2		K-40	63	02:25:31	04:39:19.45	+02:37:12 (56.3%)	11:50	5.1 (44.0%)
364	BILIŃSKI Lesław	258	FUN TRI	M-30	76	02:24:29	04:39:22.35	+02:37:15 (56.3%)	11:50	5.1 (44.0%)
365	WITKOWSKA-KOPKA Kaja	195		K-40	64	02:27:51	04:40:29.10	+02:38:22 (56.5%)	11:53	5 (43.1%)
366	GESS Magdalena	436	ZABIEGANI GOLENIÓW	K-40	65	02:19:19	04:40:32.65	+02:38:25 (56.5%)	11:53	5 (43.1%)
367	STELMACH Paulina	550		K-30	61	02:28:28	04:41:06.15	+02:38:59 (56.6%)	11:54	5 (43.1%)
368	HAJDUK Marek	247		M-40	99	02:22:49	04:41:06.35	+02:38:59 (56.6%)	11:54	5 (43.1%)
369	SŁOMKA Karolina	476		K-20	11	02:19:47	04:41:24.20	+02:39:17 (56.6%)	11:55	5 (43.1%)
370	RUTKOWSKI Konrad	475		M-30	77	02:19:45	04:41:24.25	+02:39:17 (56.6%)	11:55	5 (43.1%)
371	PACHOLSKA Justyna	142	GOLENIÓW	K-40	66	02:19:50	04:42:01.30	+02:39:54 (56.7%)	11:56	5 (43.1%)
372	GAUDYN Marcin	312	BIEGAM BO SYLWIA MI KAŻE	M-30	78	02:13:54	04:42:15.90	+02:40:08 (56.7%)	11:57	5 (43.1%)
373	BIENIEK Marta	492		K-20	12	02:24:58	04:43:18.80	+02:41:11 (56.9%)	12:00	5 (43.1%)
374	BIENIEK Iwona	488		K-50	9	02:24:42	04:43:22.90	+02:41:15 (56.9%)	12:00	5 (43.1%)
375	KRAWIEC Marcin	287		M-30	79	02:03:09	04:43:48.10	+02:41:41 (57.0%)	12:01	5 (43.1%)
376	ŁĄCKI Łukasz	110	MUD FOXES	M-40	100	02:38:44	04:44:55.95	+02:42:48 (57.1%)	12:04	5 (43.1%)
377	FEDYCZKOWSKA Justyna	237	STRZEGOMSKA DWUNASTKA	K-40	67	02:17:11	04:45:34.05	+02:43:26 (57.2%)	12:06	5 (43.1%)
378	HAJDUK Danuta	238		K-40	68	02:23:17	04:45:35.95	+02:43:28 (57.2%)	12:06	5 (43.1%)
379	WIŚNIEWSKA Dorota	428		K-40	69	02:29:15	04:50:23.90	+02:48:16 (57.9%)	12:18	4.9 (42.2%)
380	GASIK Wioletta	552	POLSKA STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K-40	70	02:32:47	04:50:50.95	+02:48:43 (58.0%)	12:19	4.9 (42.2%)
381	BEDNARSKA KOZIOŁ Danuta	231	WKURW_TEAM	K-40	71	02:26:16	04:51:10.90	+02:49:03 (58.1%)	12:20	4.9 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
382	SZYMANOWSKI Maciej	255		M-40	101	02:17:32	04:51:40.10	+02:49:33 (58.1%)	12:21	4.9 (42.2%)
383	WASIELEWSKI Tomasz	225		M-40	102	02:17:33	04:51:40.85	+02:49:33 (58.1%)	12:21	4.9 (42.2%)
384	ŁADOŃSKA Agata	132		K-30	62	02:33:15	04:52:16.30	+02:50:09 (58.2%)	12:23	4.8 (41.4%)
385	HULEWICZ Wiola	70	PIEKIELNIE ZGRANI	K-40	72	02:24:22	04:53:00.95	+02:50:53 (58.3%)	12:24	4.8 (41.4%)
386	ŁĘGA Tomasz	235		M-30	80	02:12:42	04:53:27.20	+02:51:20 (58.4%)	12:26	4.8 (41.4%)
387	BARTOSIEWICZ Marta	145		K-40	73	02:32:13	04:53:49.40	+02:51:42 (58.4%)	12:26	4.8 (41.4%)
388	BORECKA Ola	170		K-40	74	02:29:08	04:55:32.05	+02:53:24 (58.7%)	12:31	4.8 (41.4%)
389	SZYMCZAK Jaroslaw Szymczak	149		M-50	25	02:29:11	04:55:32.75	+02:53:25 (58.7%)	12:31	4.8 (41.4%)
390	MACIAS Waldemar	303		M-60	9	02:22:09	04:56:27.55	+02:54:20 (58.8%)	12:33	4.8 (41.4%)
391	ŁADOŃSKA Ewa	26	PARKRUN WROCŁAW	K-60	3	02:33:20	04:57:11.50	+02:55:04 (58.9%)	12:35	4.8 (41.4%)
392	KOBUS-DUNAJ Lidia	217	MEDICOVER RUNNERS	K-30	63	02:31:01	04:58:44.85	+02:56:37 (59.1%)	12:39	4.7 (40.5%)
393	DUDEK Mariola	147	STRZEGOMSKA DWUNASTKA	K-40	75	02:31:12	05:00:19.50	+02:58:12 (59.3%)	12:43	4.7 (40.5%)
394	KIWIOR Izabela	372		K-30	64	02:33:47	05:00:35.95	+02:58:28 (59.4%)	12:44	4.7 (40.5%)
395	KURCZYNA GŁUSZCZAK Magdalena	136	RUN4	K-30	65	02:36:52	05:02:27.75	+03:00:20 (59.6%)	12:48	4.7 (40.5%)
396	LEŚNA Monika	246		K-30	66	02:40:26	05:03:49.95	+03:01:42 (59.8%)	12:52	4.7 (40.5%)
397	STYPUŁA Michał	248		M-20	16	02:40:00	05:03:50.20	+03:01:43 (59.8%)	12:52	4.7 (40.5%)
398	ZAŁUCKA Agnieszka	540	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K-30	67	02:32:58	05:06:06.70	+03:03:59 (60.1%)	12:58	4.6 (39.7%)
399	GOLISZ-FIORENZA Katarzyna	144	MUD FOXES	K-30	68	02:38:28	05:06:21.55	+03:04:14 (60.1%)	12:58	4.6 (39.7%)
400	PAŁASZYŃSKA Beata	125	MUD FOXES	K-30	69	02:38:19	05:06:23.50	+03:04:16 (60.1%)	12:58	4.6 (39.7%)
401	FIORENZA Roberto	140	MUD FOXES	M-40	103	02:38:29	05:06:31.05	+03:04:23 (60.2%)	12:59	4.6 (39.7%)
402	NIEDZIAŁKOWSKA Monika	504		K-40	76	02:45:13	05:10:24.10	+03:08:17 (60.7%)	13:09	4.6 (39.7%)
403	STASIAK Monika	505		K-40	77	02:45:08	05:11:08.75	+03:09:01 (60.8%)	13:11	4.6 (39.7%)
404	SIEDLIŚKA Anna	332		K-30	70	02:46:56	05:14:50.30	+03:12:43 (61.2%)	13:20	4.5 (38.8%)
405	PIETROWSKI Mariusz	121		M-50	26	02:40:02	05:15:01.35	+03:12:54 (61.2%)	13:20	4.5 (38.8%)
406	PIETROWSKA Hallik	88	KTOŚTAKI BIEGAJĄ	K-50	10	02:40:04	05:15:02.75	+03:12:55 (61.2%)	13:20	4.5 (38.8%)
407	ROMANOWSKA Ewa	102	JB WARSAW	K-30	71	02:40:09	05:15:29.90	+03:13:22 (61.3%)	13:22	4.5 (38.8%)
408	MAJCHRZYK Aleksandra	143	JB WARSAW	K-30	72	02:25:42	05:15:30.05	+03:13:22 (61.3%)	13:22	4.5 (38.8%)
409	MICHALIK Katarzyna	72	PRT - PRECEL RACING TEAM	K-30	73	02:43:54	05:18:58.30	+03:16:51 (61.7%)	13:30	4.4 (37.9%)
410	SOJKA Michał	491		M-30	81	02:47:19	05:25:19.85	+03:23:12 (62.5%)	13:47	4.4 (37.9%)
411	KOZA Agnieszka	386	ZRYW PARZYMIECHY	K-40	78	02:51:43	05:27:35.75	+03:25:28 (62.7%)	13:52	4.3 (37.1%)
412	GRABSKI Waldemarw	443		M-40	104	02:55:01	05:31:12.10	+03:29:05 (63.1%)	14:02	4.3 (37.1%)
413	JARZĘBSKA-MAJCHRZAK Agnieszka	314	TU INTER POLSKA SA	K-30	74	02:48:18	05:31:50.15	+03:29:43 (63.2%)	14:03	4.3 (37.1%)
414	CHWIAŁKOWSKA Elżbieta	75		K-50	11	02:48:47	05:34:39.80	+03:32:32 (63.5%)	14:10	4.2 (36.2%)
415	FUDAŁA Anna	93		K-40	79	02:43:46	05:35:11.10	+03:33:04 (63.6%)	14:12	4.2 (36.2%)
416	WOŹNICA Anna	545		K-30	75	03:06:25	05:45:55.05	+03:43:47 (64.7%)	14:39	4.1 (35.3%)
417	TOMALAK Anna	103		K-30	76	03:06:22	05:45:59.95	+03:43:52 (64.7%)	14:39	4.1 (35.3%)
418	BYSTRZYCKA Marzena	555		K-30	77	03:06:21	05:46:08.95	+03:44:01 (64.7%)	14:40	4.1 (35.3%)
	BECZKOWSKI Łukasz	259	ZPAS GROUP	M-40		01:16:53 DNF	DNF		-	- (0.0%)
	KOSMAŁA Monika	487	ROWEROWA NORKA	K-40		02:59:45 DNF	DNF		-	- (0.0%)
	WALCZAK Faustyna	187		K-30		03:00:46 DNF	DNF		-	- (0.0%)
	BIECUSZEK Tomasz	229	AKTYWNA NOWA RUDA	M-40		DNF	DNF		-	- (0.0%)