

BIEG K-B-L - 110 KM

Organizator: Fundacja MARATONY GÓRSKIE

Data: 2020-07-16

Miejsce: Łądek-Zdrój

Dystans: 110 km

Klasyfikacja wg czasów netto.

**BIEG K-B-L - 110 KM, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	KASZUBA MICHAŁ	3254	GRUPA NOMAX	PIEKARY ŚLĄSKIE	POL	MASTERS M - 40	1	M 1	01:29:32	03:46:03	07:22:39	09:10:45	10:40:00	11:46:42.20	6:25	9.3
2	PRZYBYLSKI ŁUKASZ	3332	KS IDMAR	MOSINA	POL	MASTERS M - 40	2	M 2	01:28:42	03:51:54	07:37:48	09:16:55	10:43:08	11:49:41.95	6:27	9.3
3	WILK MACIEJ	3144	RAMBO 3	BYTOM	POL	MASTERS M - 40	3	M 3	01:24:51	03:42:42	07:30:58	09:19:59	10:57:21	12:06:42.65	6:36	9.1
4	ŚCIESZKA WOJCIECH	3133	13 ELT KRAKÓW-BALICE	KRAKÓW	POL	MASTERS M - 40	4	M 4	01:32:27	04:05:13	07:47:56	09:35:29	11:09:22	12:18:05.50	6:42	8.9
5	CZERBIAK NORBERT	3176	TARNOWO PODGÓRNE BIEGA	SKÓRZEWO	POL	MASTERS M - 40	5	M 5	01:33:43	04:09:38	07:45:48	09:35:54	11:07:13	12:25:03.55	6:46	8.9
6	DOSTAL JAN	3301	BEZECKY KLUB NACHOD, VELLA NACHOD	NACHOD	CZE	SENIOR II M - 30	1	M 6	01:24:25	03:54:08	07:51:33	09:43:30	11:16:29	12:27:39.45	6:47	8.8
7	KIELASZEWSKI KAROL	3233	LESZNO LIMITS RUNNERS	LESZNO	POL	SENIOR II M - 30	2	M 7	01:41:10	04:20:19	08:03:14	09:51:58	11:30:21	12:49:06.10	6:59	8.6
8	ZIENTARA ADRIAN	3206	KGHM ZG RUN	LEGNICA	POL	SENIOR II M - 30	3	M 8	01:40:06	04:18:22	08:04:52	10:04:46	11:45:55	13:03:28.95	7:07	8.4
9	KROSNY SEBASTIAN	3281	STS BIEGATON MIKOŁÓW / ZAŁOGA GÓRSKA	MIKOŁÓW	POL	SENIOR II M - 30	4	M 9	01:34:13	04:03:50	08:00:20	10:10:36	11:49:01	13:04:03.90	7:07	8.4
10	PILARSKI TOMASZ	3275	IZERY BOGATYNIA	BOGATYNIA	POL	SENIOR II M - 30	5	M 10	01:38:45	04:06:25	08:02:24	10:02:02	11:45:38	13:04:09.05	7:07	8.4
11	JĘDRZYCA PRZEMYSŁAW	3298	SPARTA ULTRA TEAM	LASKI	POL	MASTERS M - 40	6	M 11	01:38:13	04:22:36	08:14:55	10:14:36	11:53:46	13:13:01.00	7:12	8.3
12	BARTYZEL MAREK	3185		ZAWOJA	POL	MASTERS M - 40	7	M 12	01:32:38	04:04:55	08:01:23	09:58:26	11:48:36	13:13:13.05	7:12	8.3
13	MOCZULSKA MAŁGORZATA	3278		ŻARÓW	POL	MASTERS K - 40	1	K 1	01:33:38	04:17:38	08:20:20	10:25:51	12:03:04	13:18:59.65	7:15	8.3
14	JOKIEL WOJCIECH	3293	SPARTA ULTRA TEAM	GRANICE	POL	SENIOR I M - 20	1	M 13	01:38:23	04:18:58	08:27:42	10:21:22	12:11:37	13:38:42.55	7:26	8.1
15	GRUSZKA ALEKSANDRA	3299	WILD ULTRA WARRIORS	BOGUSZÓW - GORCE	POL	SENIOR II K - 30	1	K 2	01:49:16	04:35:32	08:48:11	10:45:57	12:26:59	13:44:36.80	7:29	8
16	ZARCZUK PAWEŁ	3337		OLAWA	POL	SENIOR II M - 30	6	M 14	01:56:41	04:52:24	08:52:23	10:46:53	12:29:03	13:45:45.25	7:30	8
17	KYCIA PIOTR	3138		RAWICZ	POL	MASTERS M - 40	8	M 15	01:51:14	04:38:06	08:45:29	10:47:33	12:34:25	13:52:33.70	7:34	7.9
18	KOŚCIELNIAK WIOLETTA	3323	RUNNERS TEAM NYSA	NYSA	POL	MASTERS K - 40	2	K 3	01:47:34	04:55:59	08:58:26	10:55:12	12:40:06	14:03:33.00	7:40	7.8
19	KALINOWSKI TOMASZ	3085		WODZISŁAW ŚLĄSKI	POL	MASTERS M - 40	9	M 16	01:53:15	04:51:50	08:53:46	10:54:06	12:40:11	14:05:38.90	7:41	7.8
20	PAPRZYCKI RAFAŁ	3267	NBR TEAM	POZNAŃ	POL	MASTERS M - 40	10	M 17	01:45:29	04:40:17	08:44:52	10:49:52	12:40:36	14:08:09.85	7:42	7.8
21	DYRKA KRZYSZTOF	3141	POLITECHNIKA POZNAŃSKA	POZNAŃ	POL	MASTERS M - 40	11	M 18	01:55:08	04:54:31	08:56:29	10:57:06	12:42:51	14:08:20.30	7:42	7.8
22	POLAK STANISŁAW	3330	SBG PODBIEG	KRAKÓW	POL	MASTERS M - 40	12	M 19	01:40:40	04:33:32	08:59:24	11:04:36	12:55:00	14:22:39.55	7:50	7.7
23	KRAWCZYK KAROL	3140	LENIWI INACZEJ	JAWORZNO	POL	SENIOR II M - 30	7	M 20	01:41:18	04:53:12	09:23:25	11:32:29	13:23:38	14:43:48.50	8:02	7.5
24	SKORCZYK ADRIAN	3078	SPEED FEET '16	KOŚCIAN	POL	SENIOR II M - 30	8	M 21	01:58:11	05:07:06	09:32:46	11:35:22	13:26:24	14:44:11.80	8:02	7.5
25	MICHAŁSKI PIOTR	3018		WROCŁAW	POL	SENIOR II M - 30	9	M 22	01:47:40	04:56:23	09:24:06	11:32:15	13:23:52	14:47:56.70	8:04	7.4
26	MICHAŁOWSKI MARCIN	3034	#MARCINSWIERCTEAM	ŚWIEȚOSZÓW	POL	MASTERS M - 40	13	M 23	01:49:29	04:47:28	09:21:33	11:32:22	13:23:46	14:51:45.20	8:06	7.4
27	JACHYMIK ROBERT	3154	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	NOWY TARG	POL	MASTERS M - 40	14	M 24	01:44:48	04:46:22	09:34:03	11:42:19	13:33:31	14:53:21.30	8:07	7.4
28	LONC TOMASZ	3145		RZESZÓW	POL	MASTERS M - 40	15	M 25	02:03:22	05:23:01	09:47:52	11:56:21	13:35:54	14:56:07.25	8:08	7.4
29	WOJDANOWSKI JAN	3243	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	WETERAN I M - 50	1	M 26	01:57:18	05:07:57	09:42:12	11:47:45	13:30:01	14:58:43.90	8:10	7.3
30	KOLMAN PIOTR	3256	ENDORFINA WSCHOWA	WSCHOWA	POL	MASTERS M - 40	16	M 27	02:00:11	05:10:52	09:40:47	11:53:31	13:47:34	14:59:07.80	8:10	7.3
31	DARCHUK OLEKSANDR	3285	DRPT	WĘGRZCE	UKR	MASTERS M - 40	17	M 28	01:54:37	05:05:28	09:39:06	11:42:06	13:38:15	15:05:08.95	8:13	7.3
32	LORENC JOANNA	3313	ENDORFINY WĄSOSZ	WĄSOSZ	POL	SENIOR II K - 30	2	K 4	01:48:59	04:47:32	09:09:22	11:26:21	13:36:30	15:07:07.95	8:14	7.3
33	MILEWICZ DANIEL	3311	KB BOLESŁAWIEC	BOLESŁAWIEC	POL	SENIOR II M - 30	10	M 29	01:53:36	04:55:04	09:30:55	11:41:14	13:38:26	15:09:10.45	8:15	7.3
34	SZRAMOWIAT MAREK	3329	BRITA	LWÓWEK ŚLĄSKI	POL	MASTERS M - 40	18	M 30	01:54:48	04:55:07	09:30:58	11:41:12	13:38:30	15:09:12.85	8:15	7.3
35	DETLAUF PATRYCJA	3306	WILD ULTRA WARRIORS	NOWA IWICZNA	POL	SENIOR II K - 30	3	K 5	01:49:49	04:55:27	09:40:10	11:45:48	13:44:36	15:09:24.00	8:16	7.3
36	MARSAŁKOWSKI ŁUKASZ	3290	GET ACTIVE	GDAŃSK	POL	SENIOR II M - 30	11	M 31	01:51:56	04:59:58	09:35:16	11:51:54	13:49:23	15:16:38.45	8:19	7.2
37	SCHWITALLA ADRIAN	3188	MKS SIECHNICE	SIECHNICE	POL	MASTERS M - 40	19	M 32	01:51:02	05:09:05	09:43:15	11:55:19	13:48:05	15:16:59.20	8:20	7.2
38	GAWLIK MARCIN	3113	MKS SIECHNICE	SIECHNICE	POL	MASTERS M - 40	20	M 33	01:51:14	05:09:15	09:43:26	11:55:37	13:48:15	15:17:07.15	8:20	7.2
39	GRZYBOWSKI RAFAŁ	3012		WARSZAWA	POL	MASTERS M - 40	21	M 34	01:53:00	05:05:14	09:37:51	11:51:30	13:51:03	15:17:19.35	8:20	7.2
40	CHOŁKA MICHAŁ	3143		RZESZÓW	POL	SENIOR II M - 30	12	M 35	01:58:53	05:07:44	09:37:39	11:50:17	13:47:46	15:19:41.25	8:21	7.2
41	PRZYBYLSKA KATARZYNA	3246		OPOLE	POL	SENIOR II K - 30	4	K 6	02:05:59	05:18:21	09:40:41	11:51:39	13:51:01	15:24:08.35	8:24	7.1
42	CATTI ROBERTO	3200		WROCŁAW	ITA	SENIOR II M - 30	13	M 36	01:50:57	05:12:26	09:34:36	11:47:38	13:53:41	15:24:39.35	8:24	7.1

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
43	RÓŻAŃSKI MATEUSZ	3295		KATOWICE	POL	SENIOR II M - 30	14	M 37	02:00:39	05:12:43	09:54:00	11:57:38	14:02:17	15:25:04.90	8:24	7.1
44	ZAJĄC LESZEK	3178	L.O.T.A.Z/SOKOŁ BUKOWIEC GÓRNY	WŁOSZAKOWICE	POL	MASTERS M - 40	22	M 38	02:00:15	05:20:13	10:00:31	12:05:25	14:01:36	15:25:14.55	8:24	7.1
45	GALUSKIN ALEXEY	3294	GRUPA NOMAX	TARNOWSKIE GÓRY	POL	SENIOR II M - 30	15	M 39	02:01:11	05:13:02	09:54:13	11:58:57	14:02:29	15:25:19.45	8:24	7.1
46	SŁOTWIŃSKI ADAM	3217		ELK	POL	MASTERS M - 40	23	M 40	01:55:46	05:11:27	09:54:08	12:13:22	14:02:13	15:34:22.45	8:29	7.1
47	KROK SŁAWOMIR	3333		JĘDRZYCHÓW	POL	MASTERS M - 40	24	M 41	01:48:12	04:55:31	09:36:49	11:52:42	14:02:51	15:34:31.90	8:29	7.1
48	HAREŹŁAK KRZYSZTOF	3148	AGB TORFY	ŁÓDŹ	POL	MASTERS M - 40	25	M 42	01:46:09	04:45:06	09:37:45	12:10:20	14:09:46	15:34:55.65	8:29	7.1
49	WINIARSKI ANDRZEJ	3110	DXTREEM RUNNING	WARSZAWA	POL	MASTERS M - 40	26	M 43	01:48:55	04:50:23	09:28:21	11:59:48	14:00:59	15:35:32.80	8:30	7.1
50	TOMCZAK WALDEK	3152		KŁODZKO	POL	MASTERS M - 40	27	M 44	01:56:34	05:16:27	09:57:48	12:02:40	14:00:58	15:37:16.25	8:31	7
51	MATUSIAK MICHAŁ	3282	ROWERY MAŁGOŚKA	POZNAŃ	POL	SENIOR II M - 30	16	M 45	01:59:20	05:03:08	09:37:56	11:58:20	14:08:11	15:39:24.15	8:32	7
52	PRAŁAT TOMASZ	3062	MARATON LESZNO	LIPNO	POL	MASTERS M - 40	28	M 46	01:53:42	05:10:00	09:45:01	12:06:16	14:08:17	15:40:43.40	8:33	7
53	CIEPLIK DAWID	3083	LESZNO LIMITS RUNNERS	RYDZYNA	POL	SENIOR II M - 30	17	M 47	01:54:42	05:11:38	09:50:59	12:08:05	14:10:34	15:45:27.90	8:35	7
54	GOSTYŃSKI KRZYSZTOF	3196		KRAKÓW	POL	MASTERS M - 40	29	M 48	01:53:11	05:08:05	09:57:45	12:08:56	14:18:14	15:47:21.90	8:36	7
55	SPECJAŁSKI PRZEMYSŁAW	3046		GDAŃSK	POL	WETERAN I M - 50	2	M 49	01:56:30	05:12:20	09:43:56	12:08:14	14:15:07	15:51:11.45	8:38	6.9
56	PAWŁOWSKI PIOTR	3124		SIEDLCE	POL	MASTERS M - 40	30	M 50	01:42:13	04:24:40	08:41:18	12:08:12	14:14:11	15:51:35.85	8:39	6.9
57	SAWICKI KRZYSZTOF	3059	KOŁO BIEGA	KOŚCIELEC	POL	SENIOR II M - 30	18	M 51	01:59:29	05:06:43	09:49:24	12:14:44	14:18:25	15:52:35.45	8:39	6.9
58	GRODZKI TOMASZ	3017	ULTRAS Z NAD MORZA	DARŁOWO	POL	MASTERS M - 40	31	M 52	01:49:18	04:45:27	09:45:31	12:16:51	14:17:17	15:54:16.45	8:40	6.9
59	WOJCIECHOWICZ JACEK	3248	WWW.STUDIOTANCAPASJA.PL	KOSZALIN	POL	MASTERS M - 40	32	M 53	01:49:42	04:51:55	09:45:38	12:17:09	14:17:28	15:54:26.20	8:40	6.9
60	ZIMNY TOMASZ	3025		SZCZECIN	POL	WETERAN II M - 60	1	M 54	01:54:47	05:18:10	09:46:33	12:18:08	14:25:02	15:57:46.55	8:42	6.9
61	DWORNIK MACIEJ	3005	WARCZĄCE SZPRYCHY	KRAKÓW	POL	SENIOR II M - 30	19	M 55	01:45:08	04:40:39	09:22:49	12:03:36	14:20:14	16:00:10.70	8:43	6.9
62	PIECUCH KAROLINA	3335		PRZEWORSK	POL	SENIOR II K - 30	5	K 7	01:56:02	05:09:26	09:57:08	12:21:31	14:26:10	16:03:19.70	8:45	6.9
63	TONDER FILIP	3250	WLKP MOUNTAINS ULTRA	POZNAŃ	POL	SENIOR II M - 30	20	M 56	01:55:29	05:17:18	09:54:16	12:17:03	14:23:06	16:03:44.75	8:45	6.8
64	KONIECZNY MACIEJ	3024	MK-CONNECT	POZNAŃ	POL	MASTERS M - 40	33	M 57	01:42:59	04:47:34	09:43:05	12:16:14	14:23:42	16:06:51.70	8:47	6.8
65	STRAMOWSKI RAFAŁ	3105		ŁĘKA OPATOWSKA	POL	SENIOR II M - 30	21	M 58	01:49:50	04:55:31	09:43:18	12:11:42	14:24:44	16:07:25.10	8:47	6.8
66	KOSIOREK ADAM	3184	BCAC MOKOBODY	MOKOBODY	POL	WETERAN I M - 50	3	M 59	02:01:10	05:29:53	10:18:47	12:42:26	14:45:13	16:08:05.90	8:48	6.8
67	STOBIŃSKI PIOTR	3247	RUNEDA	REDA	POL	SENIOR II M - 30	22	M 60	01:55:23	05:13:57	10:03:26	12:30:16	14:34:02	16:08:59.75	8:48	6.8
68	PUCHACZ PIOTR	3180	MPK WYBIEGANIE	WARSZAWA	POL	MASTERS M - 40	34	M 61	02:02:36	05:17:53	10:13:25	12:35:02	14:42:12	16:17:08.30	8:52	6.8
69	GUZERA JUSTYNA	3114		WROCŁAW	POL	SENIOR II K - 30	6	K 8	01:57:37	05:14:05	09:59:41	12:22:59	14:31:38	16:17:41.15	8:53	6.8
70	FUDALI JAKUB	3261		KRAKÓW	POL	SENIOR I M - 20	2	M 62	01:58:28	05:27:06	10:16:57	12:39:08	14:51:45	16:18:19.95	8:53	6.7
71	POLIWKI MARIUSZ	3319	FITNES PIEKARY LEGNICA	SPALONA	POL	MASTERS M - 40	35	M 63	01:59:50	05:19:23	10:04:48	12:21:24	14:38:16	16:20:24.75	8:54	6.7
72	STYPEREK JAKUB	3167	VEGE RUNNERS	PSARSKIE	POL	SENIOR II M - 30	23	M 64	01:54:48	05:10:50	10:10:07	12:29:16	14:41:01	16:21:16.40	8:55	6.7
73	PAWLUCZUK TOMEK	3227	WŚCIEKŁE PIĘŚCI WĘŻA	ELK	POL	MASTERS M - 40	36	M 65	01:55:51	05:13:43	10:13:22	12:32:04	14:44:00	16:24:11.80	8:56	6.7
74	GONCZAR SZYMON	3218		RYBNIK	POL	SENIOR II M - 30	24	M 66	01:53:58	05:03:52	09:37:03	12:09:14	14:23:24	16:28:37.60	8:59	6.7
75	GRAMACKI MACIEJ	3284	WINTERCAMP.PL	RAKOWNIA	POL	MASTERS M - 40	37	M 67	01:56:37	05:23:31	10:22:43	12:53:21	15:01:46	16:35:51.45	9:03	6.6
76	BIERNACKI BENOIT	3303		MOUVAUX	FRA	SENIOR II M - 30	25	M 68	02:00:23	05:28:43	10:23:37	12:52:47	14:59:11	16:36:54.00	9:03	6.6
77	CIEŚŁAK JAKUB	3258		RZEPIN	POL	SENIOR II M - 30	26	M 69	01:59:35	05:23:15	10:13:45	12:45:18	14:58:05	16:38:51.30	9:04	6.6
78	KŁOŚ ARTUR	3026	STAY INSANE	LUBLIN	POL	SENIOR II M - 30	27	M 70	01:57:22	05:10:12	09:44:45	12:23:55	14:48:35	16:39:57.85	9:05	6.6
79	ZYGRY-WIŚNIEWSKA KAROLINA	3197	GEMINI POLSKA TEAM	GDAŃSK	POL	MASTERS K - 40	3	K 9	02:04:25	05:42:18	10:41:33	13:02:57	15:08:34	16:41:47.75	9:06	6.6
80	TALAGA DAWID	3287	OLKUSZBIEGA.PL	OLKUSZ	POL	SENIOR II M - 30	28	M 71	01:56:17	05:11:23	10:41:30	13:17:17	15:17:24	16:42:38.95	9:06	6.6
81	PRZYBYLSKI PIOTR	3245		OPOLE	POL	MASTERS M - 40	38	M 72	02:06:06	05:33:52	10:33:58	13:00:34	15:06:39	16:44:19.25	9:07	6.6
82	ZAKRZEWSKI KRZYSZTOF	3312	3:33 TEAM	PAŁĘDZIE	POL	MASTERS M - 40	39	M 73	02:01:52	05:31:10	10:32:33	13:09:07	15:17:55	16:45:25.60	9:08	6.6
83	KOWALEWSKI MARCIN	3210	CRIM	GDYNIA	POL	MASTERS M - 40	40	M 74	02:00:41	05:32:43	10:36:24	12:50:08	14:59:55	16:45:27.25	9:08	6.6
84	HOFMAŃSKI RAFAŁ	3129		KOTLIN	POL	SENIOR II M - 30	29	M 75	01:59:20	05:19:29	10:05:34	12:43:33	15:01:49	16:48:53.50	9:10	6.5
85	RATAJCZAK MARCIN	3112		KOTLIN	POL	SENIOR II M - 30	30	M 76	01:59:46	05:19:40	10:05:27	12:43:52	15:02:03	16:49:03.50	9:10	6.5
86	PARA JAKUB	3226	LESZ NO LIMITS RUNNERS	LESZNO	POL	MASTERS M - 40	41	M 77	01:58:19	05:19:41	10:39:53	13:10:03	15:21:27	16:50:06.25	9:10	6.5
87	MORCINEK MARCIN	3277	BLUSZCZA	KATOWICE	POL	MASTERS M - 40	42	M 78	02:02:52	05:34:19	10:45:34	13:18:38	15:20:15	16:55:18.70	9:13	6.5
88	SZUBA TOMASZ	3191		WROCŁAW	POL	SENIOR I M - 20	3	M 79	01:50:50	04:52:28	09:45:07	12:36:28	15:09:18	16:56:15.85	9:14	6.5
89	ŁASEK MIKOŁAJ	3231	PAN WUEFISTA	CZMOŃ	POL	SENIOR II M - 30	31	M 80	02:07:28	05:34:53	10:52:59	13:29:09	15:25:10	16:57:03.25	9:14	6.5
90	LIC JANUSZ	3240	BISKUPICE ULTRARUN	ZABRZE	POL	WETERAN I M - 50	4	M 81	02:10:05	05:50:49	10:45:35	13:16:10	15:25:23	17:00:30.20	9:16	6.5
91	KOSTERA TOMASZ	3060	VEGE RUNNERS	WARSZAWA	POL	MASTERS M - 40	43	M 82	02:02:55	05:39:30	10:46:50	13:18:20	15:30:24	17:03:43.10	9:18	6.4
92	KONIK GRZEGORZ	3131	OKB ZADYSZKA / KS KANDAHAR	PRZECISZÓW	POL	WETERAN I M - 50	5	M 83	02:00:22	05:38:09	10:16:57	12:48:52	15:16:44	17:05:50.20	9:19	6.4
93	TRĄBICKI ADAM	3203		WARSZAWA	POL	SENIOR II M - 30	32	M 84	01:59:39	05:21:04	10:20:34	13:07:57	15:18:10	17:07:14.15	9:20	6.4
94	GRUBICH DAMIAN	3014		GRUDZIĄDZ	POL	MASTERS M - 40	44	M 85	02:00:45	05:49:05	10:55:44	13:17:54	15:30:50	17:07:17.45	9:20	6.4
95	SOBASZEK MARCIN	3155		KROTOSZYCE	POL	SENIOR II M - 30	33	M 86	02:07:01	05:37:32	10:50:44	13:29:35	15:36:44	17:10:40.05	9:22	6.4
96	PASTWA MAREK	3343	OH!ZUZA.COM	ŁÓDŹ	POL	WETERAN I M - 50	6	M 87	02:20:59	06:18:12	11:09:37	13:30:22	15:45:26	17:17:39.00	9:25	6.4
97	ODIJA LESZEK	3249		WIRY	POL	MASTERS M - 40	45	M 88	02:03:56	05:25:30	10:08:21	13:08:20	15:27:18	17:18:08.70	9:26	6.4

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
98	KOWALCZYK PAWEŁ	3305	KĘCKIE HARPAGANY	KĘTY	POL	MASTERS M - 40	46	M 89	02:00:27	05:22:14	10:24:31	13:08:47	15:30:04	17:21:01.05	9:27	6.3
99	BRZOZOWSKI RAFAŁ	3328		KŁODZKO	POL	MASTERS M - 40	47	M 90	02:07:58	05:55:14	11:00:06	13:27:40	15:44:49	17:22:29.30	9:28	6.3
100	TONDYTKO PIOTR	3327		KŁODZKO	POL	WETERAN I M - 50	7	M 91	02:08:05	05:55:19	11:00:12	13:27:38	15:44:56	17:22:35.15	9:28	6.3
101	GRABICKI SEBASTIAN	3069		WĄGROWIEC	POL	MASTERS M - 40	48	M 92	02:02:06	05:29:23	10:47:11	13:33:13	15:52:27	17:26:04.80	9:30	6.3
102	GILEWICZ-RACHOWSKA JAGODA	3028	DGR KANCELARIA RADCÓW PRAWNYCH	POZNAŃ	POL	SENIOR II K - 30	7	K 10	02:04:28	05:39:56	10:49:10	13:27:58	15:51:41	17:28:18.40	9:31	6.3
103	ZAWROTNIK PAWEŁ	3239		KRAKÓW	POL	SENIOR I M - 20	4	M 93	01:50:04	05:18:18	10:35:09	13:26:24	15:55:24	17:31:42.85	9:33	6.3
104	CHOJNOWSKI ANDRZEJ	3019		ILAWA	POL	WETERAN I M - 50	8	M 94	02:00:14	05:23:28	10:35:50	13:15:58	15:43:14	17:32:07.90	9:33	6.3
105	SZALA KRZYSZTOF	3082	BIEGAMGDZIECHCE.PL	ŁĄZISKA GÓRNE	POL	SENIOR II M - 30	34	M 95	01:52:57	05:19:54	10:45:18	13:30:31	15:53:04	17:32:46.30	9:34	6.3
106	FIUK MIROSLAW	3042		MILICZ	POL	SENIOR II M - 30	35	M 96	01:58:22	05:26:42	10:53:33	13:38:42	15:57:25	17:33:38.40	9:34	6.3
107	HARKIEWICZ WIOLA	3103	ODDYCHAJSWOBODNIE.PL NARAMOWICE BIEGAJĄ	POZNAŃ	POL	SENIOR II K - 30	8	K 11	02:07:55	05:52:51	11:06:37	13:34:00	15:44:01	17:34:39.90	9:35	6.3
108	NOWAK NATALIA	3074	EKIPA Z TARNOWA	TARNÓW	POL	SENIOR II K - 30	9	K 12	02:09:32	05:41:20	11:15:44	13:52:11	15:53:13	17:35:05.35	9:35	6.3
109	IZYDORSKI MARCIN	3202		WROCŁAW	POL	SENIOR II M - 30	36	M 97	02:09:26	05:58:23	11:14:24	13:47:14	16:02:57	17:38:35.45	9:37	6.2
110	LEWANDOWSKI JANUSZ	3076		TARNOWSKIE GÓRY	POL	MASTERS M - 40	49	M 98	02:05:33	05:53:19	11:04:25	13:44:58	16:03:02	17:44:00.65	9:40	6.2
111	ZAKRZYŃSKI FRANCISZEK	3101		BOLECHOWICE	POL	MASTERS M - 40	50	M 99	02:01:24	05:35:00	11:15:06	13:44:57	16:07:47	17:46:22.80	9:41	6.2
112	RUSZCZEWSKI ANDRZEJ	3001	VEGE RUNNERS	WARSZAWA	POL	SENIOR II M - 30	37	M 100	02:05:18	05:40:52	10:33:31	13:14:02	15:58:08	17:47:05.15	9:42	6.2
113	LIPCZAK AMADEUSZ	3104		OPOLE	POL	MASTERS M - 40	51	M 101	02:03:59	05:52:02	11:07:46	13:35:52	15:58:59	17:48:25.70	9:42	6.2
114	JANKOWSKI MARCIN	3109	FU FU FU TEAM	GŁOGÓW	POL	SENIOR II M - 30	38	M 102	01:59:08	06:33:34	12:28:56	14:36:21	16:29:12	17:53:40.35	9:45	6.1
115	MARCINKOWSKA JADWIGA	3189		ROZGARTY	POL	WETERAN K - 50	1	K 13	02:08:54	05:55:16	11:21:55	13:49:24	16:09:03	17:54:35.05	9:46	6.1
116	WIŚNIEWSKI MICHAŁ	3198	INVICTA POWER TEAM	GDAŃSK	POL	MASTERS M - 40	52	M 103	02:10:49	05:46:26	11:40:49	14:10:43	16:31:03	17:56:55.95	9:47	6.1
117	TYŚ RADEK	3030	NOWA RUDA BIEGA	NOWA RUDA	POL	SENIOR II M - 30	39	M 104	02:09:43	06:00:26	11:19:26	13:51:00	16:03:28	17:59:03.20	9:48	6.1
118	PAWLAK JAROSŁAW	3039	KOŁO BIEGA	KOŁO	POL	SENIOR II M - 30	40	M 105	02:02:23	05:40:36	11:04:32	13:44:25	16:14:49	18:04:34.05	9:51	6.1
119	MIKRUT REMIGIUSZ	3087		CHEŁMNO	POL	MASTERS M - 40	53	M 106	02:00:42	05:32:53	10:36:38	13:46:18	16:22:07	18:06:06.10	9:52	6.1
120	KACZMAREK JĘDRZEJ	3052	KP PSP MILICZ	KOWALEW	POL	SENIOR I M - 20	5	M 107	02:07:49	05:51:52	11:02:58	13:40:30	15:59:37	18:06:54.95	9:52	6.1
121	KAMIŃSKI MAREK	3092		WARSZAWA	POL	MASTERS M - 40	54	M 108	02:07:30	05:49:59	11:04:50	13:58:19	16:24:38	18:07:58.35	9:53	6.1
122	DEINIUK ROMAN	3321		WARSZAWA	UKR	SENIOR I M - 20	6	M 109	01:53:34	05:32:28	11:11:40	14:03:27	16:34:46	18:10:12.20	9:54	6.1
123	ŁUSZCZAKIEWICZ TOMASZ	3032	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	POL	MASTERS M - 40	55	M 110	02:09:41	05:56:58	11:24:36	14:09:00	16:32:47	18:10:27.15	9:54	6.1
124	PITOŃ PAWEŁ	3080	#ULTRARODZINKA	SZKLARY	POL	SENIOR II M - 30	41	M 111	02:10:06	05:50:21	11:33:14	14:11:14	16:30:01	18:10:49.25	9:54	6.1
125	RUDY MACIEJ	3117	#ULTRARODZINKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	7	M 112	02:10:18	05:50:30	11:33:23	14:11:21	16:30:14	18:10:58.85	9:55	6
126	IWASZCZYSZYN TOMASZ	3230	RATEMYTRAIL.COM / RMT TEAM	WROCŁAW	POL	SENIOR II M - 30	42	M 113	01:55:21	05:15:21	10:47:24	13:53:34	16:25:20	18:14:47.60	9:57	6
127	FALKENBERG LUDWIK	3044	WARIAT BIEGA.	KRAPKOWICE	POL	MASTERS M - 40	56	M 114	01:52:16	05:18:37	11:32:34	14:29:21	16:47:14	18:15:12.90	9:57	6
128	ZAJĄC LESZEK	3079		ŚWIEBODZICE	POL	SENIOR II M - 30	43	M 115	01:49:55	05:08:29	10:08:38	13:10:53	15:45:19	18:16:11.85	9:57	6
129	MATYSZCZAK WŁODZIMIERZ	3279		BRZEG	POL	WETERAN II M - 60	2	M 116	02:04:23	05:44:03	11:00:34	13:52:37	16:19:35	18:16:37.75	9:58	6
130	KORECKI ANDRZEJ	3336		MUROWANIEC	POL	MASTERS M - 40	57	M 117	01:57:49	06:30:20	11:59:10	14:33:20	16:41:51	18:19:54.60	9:59	6
131	BILSKI PRZEMYSŁAW	3177	KS MARATON OSTRÓW WLKP.	OSTRÓW WIELKOPOLSKI	POL	SENIOR II M - 30	44	M 118	02:03:51	05:44:16	10:57:46	13:37:42	16:11:53	18:20:23.35	10:00	6
132	CHUDA ANETA	3013		WROCŁAW	POL	MASTERS K - 40	4	K 14	02:09:54	05:59:11	11:26:56	14:09:42	16:36:31	18:20:47.60	10:00	6
133	KOSZAREK MACIEJ	3264		POZNAŃ	POL	WETERAN I M - 50	9	M 119	01:59:58	05:59:04	11:25:48	14:14:26	16:46:09	18:26:44.35	10:03	6
134	GRZYWIŃSKI BARTOSZ	3161		TORUŃ	POL	MASTERS M - 40	58	M 120	02:04:01	05:57:46	11:26:55	14:15:42	16:42:04	18:27:27.75	10:04	6
135	FLORKIEWICZ SŁAWOMIR	3049		SOSNOWIEC	POL	WETERAN I M - 50	10	M 121	02:05:31	05:56:06	11:18:01	14:02:36	16:41:07	18:28:23.05	10:04	6
136	FRĄCZKOWIAK JACEK	3289	PRZEDWOJEWSKI MOUNTAIN TEAM	KRZYŻANOWO	POL	MASTERS M - 40	59	M 122	02:06:28	05:53:30	11:26:12	14:17:20	16:46:19	18:28:37.60	10:04	6
137	SURKÓW ADRIAN	3047	MUAY RUNNING TEAM	SWARZĘDZ	POL	SENIOR II M - 30	45	M 123	02:18:46	06:01:39	11:10:54	14:04:59	16:38:48	18:28:46.85	10:04	6
138	ROSZAK-SURKÓW SYLWIA	3045	MUAY RUNNING TEAM	SWARZĘDZ	POL	MASTERS K - 40	5	K 15	02:18:42	06:01:47	11:11:03	14:05:05	16:36:59	18:28:58.45	10:04	6
139	TOJZA TOMASZ	3150		DOBRZYCA	POL	MASTERS M - 40	60	M 124	02:01:14	05:51:21	11:25:44	14:19:01	16:41:26	18:31:59.85	10:06	5.9
140	KWIKERT ADRIAN	3274		KOBYLA GÓRA	POL	SENIOR II M - 30	46	M 125	02:11:01	06:20:40	11:30:24	14:17:19	17:01:00	18:32:43.05	10:06	5.9
141	KRUPIANIK TOMASZ	3214		WROCŁAW	POL	SENIOR II M - 30	47	M 126	02:15:15	05:51:48	11:25:12	14:17:39	16:38:01	18:33:16.75	10:07	5.9
142	PTAK ADAM	3123	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS M - 40	61	M 127	02:12:55	06:05:53	11:14:47	14:08:49	16:36:21	18:33:54.45	10:07	5.9
143	HACUŚ TOMASZ	3063		WROCŁAW	POL	MASTERS M - 40	62	M 128	02:11:49	06:04:10	11:11:17	14:03:54	16:32:17	18:33:58.75	10:07	5.9
144	WOJTKOWIAK RENATA	3054	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	6	K 16	02:13:11	06:06:16	11:15:16	14:09:08	16:41:37	18:34:17.55	10:07	5.9
145	KACZOR ŁUKASZ	3300	WILD BUCHAYS	BUCZKOWICE	POL	SENIOR II M - 30	48	M 129	02:07:05	05:50:28	11:27:18	14:11:15	16:32:21	18:34:20.30	10:07	5.9
146	TOMCZAK DARIUSZ	3265	HELL'S GYM OCR PĘPOWO	GOSTYŃ	POL	SENIOR II M - 30	49	M 130	02:03:13	05:47:48	11:14:28	13:51:30	16:26:31	18:34:21.45	10:07	5.9
147	RATAJCZAK JOANNA	3283	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	7	K 17	02:13:17	06:06:24	11:15:23	14:09:11	16:41:04	18:34:24.55	10:07	5.9
148	LORANC PAWEŁ	3304	WILD BUCHAYS	KOZY	POL	MASTERS M - 40	63	M 131	02:07:10	05:50:38	11:27:24	14:12:03	16:32:36	18:34:25.55	10:07	5.9
149	JEŃDRZEJCZAK WOJCIECH	3126		ŁÓDŹ	POL	WETERAN I M - 50	11	M 132	02:13:28	06:06:30	11:15:19	14:09:10	16:41:44	18:34:26.40	10:07	5.9

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
150	KOŁODZIEJSKI JAREK	3068	NWZNBHC	POZNAN	POL	MASTERS M - 40	64	M 133	02:13:17	06:06:37	11:15:26	14:09:09	16:36:56	18:34:44.45	10:08	5.9
151	GASIECKI ANDRZEJ	3004		SZCZECIN	POL	WETERAN I M - 50	12	M 134	02:11:27	05:56:47	11:22:16	14:12:50	16:43:37	18:35:39.20	10:08	5.9
152	BĘDŹKOWSKI MAREK	3317	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	WETERAN I M - 50	13	M 135	02:13:18	06:10:59	11:54:05	14:34:29	16:50:25	18:36:36.55	10:09	5.9
153	DZIENISZEWSKI MICHAŁ	3232		KONSTANCIN-JEZIORNA	POL	SENIOR II M - 30	50	M 136	02:07:30	06:10:04	11:40:11	14:33:32	16:55:29	18:41:17.70	10:11	5.9
154	DZIUBEK MICHAŁ	3171	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	MASTERS M - 40	65	M 137	01:56:50	05:11:47	10:37:42	13:39:47	16:31:07	18:43:43.05	10:12	5.9
155	SKRZEK MARCIN	3190	PRO-RUN WROCŁAW	WROCŁAW	POL	MASTERS M - 40	66	M 138	02:09:26	05:58:20	11:22:07	14:25:21	17:00:51	18:43:58.35	10:13	5.9
156	NAPIERAŁA MARCIN	3002	PIĄTKOWO NA BIEGOWO	KOZIEGŁOWY	POL	MASTERS M - 40	67	M 139	02:07:52	05:53:08	11:14:56	14:17:33	16:54:32	18:44:21.50	10:13	5.9
157	JERCZYŃSKI TOMASZ	3106	GRUPA BIEGOWA ŁĘKA OPATOWSKA	ŁĘKA OPATOWSKA	POL	MASTERS M - 40	68	M 140	02:07:35	06:22:06	12:33:14	15:01:34	17:08:38	18:45:01.80	10:13	5.9
158	LENART-KŁOŚ KATARZYNA	3015	STAY INSANE	LUBLIN	POL	SENIOR II K - 30	10	K 18	02:01:59	05:40:35	11:18:59	14:20:24	16:56:27	18:45:19.90	10:13	5.9
159	GAŚIOR PAWEŁ	3173		OLAWA	POL	SENIOR II M - 30	51	M 141	02:00:25	06:10:56	11:40:09	14:33:50	16:54:04	18:45:26.75	10:13	5.9
160	JANKOWSKI ŁUKASZ	3102	1987	OLSZANKA	POL	SENIOR II M - 30	52	M 142	02:02:10	05:40:46	11:19:09	14:20:38	16:56:38	18:45:30.25	10:13	5.9
161	ADAMSKI KRZYSZTOF	3194	JM	PRZYSZOWICE	POL	SENIOR II M - 30	53	M 143	02:06:39	06:11:54	11:56:41	14:49:50	17:10:30	18:45:31.50	10:13	5.9
162	BARCZYK AGNIESZKA	3307		WOLBROM	POL	MASTERS K - 40	8	K 19	02:16:29	06:13:53	11:51:39	14:49:20	17:03:16	18:47:05.25	10:14	5.9
163	MODLISZEWSKI DARIUSZ	3119	ORANGE POLSKA	SUCHY LAS	POL	MASTERS M - 40	69	M 144	02:03:54	05:55:24	11:26:01	14:15:46	16:53:14	18:50:45.75	10:16	5.8
164	DĘBICKI MARIUSZ	3122	LOTTO	WRZEŚNIA	POL	MASTERS M - 40	70	M 145	02:03:45	05:55:19	11:25:55	14:36:27	17:04:55	18:50:56.45	10:16	5.8
165	TRZECIAK ANDRZEJ	3165	KGHM COPI RUN	LEGNICA	POL	MASTERS M - 40	71	M 146	02:05:41	05:48:53	11:32:21	14:38:09	17:14:58	18:54:31.05	10:18	5.8
166	BOROWSKA-NAJDEREK PAULINA	3022	WLKP MOUNTAINS ULTRA	ROKIETNICA	POL	MASTERS K - 40	9	K 20	01:58:32	05:54:00	11:33:08	14:28:27	16:56:12	18:55:17.50	10:19	5.8
167	JAMROZIAK GRZEGORZ	3086	AARSLEFF.BIZ RUNNING TEAM	KAMIEŃ POMORSKI	POL	SENIOR II M - 30	54	M 147	02:08:08	05:43:36	11:12:26	14:05:23	17:02:21	18:56:15.05	10:19	5.8
168	MAZEPA TOMASZ	3224	TOMEKM.SKÓRA	OLAWA	POL	MASTERS M - 40	72	M 148	02:08:40	06:04:43	11:40:56	14:39:02	17:15:57	18:57:28.80	10:20	5.8
169	ROSPOND PIOTR	3166	TKKF MPK POZNAŃ	POZNAŃ	POL	WETERAN I M - 50	14	M 149	02:02:57	05:56:57	11:09:23	13:53:17	16:54:21	18:57:52.20	10:20	5.8
170	WOJTASZEK MARCIN	3118	MUCHY NA ZĘBACH	WĄGROWIEC	POL	SENIOR II M - 30	55	M 150	02:12:12	06:02:03	11:56:41	14:53:11	17:15:25	18:59:12.95	10:21	5.8
171	CHOMICZ TOMASZ	3345	JĄCWIŃGOWIE ZAPOMNIANI WOJOWNICY	SUWAŁKI	POL	MASTERS M - 40	73	M 151	02:01:03	06:16:07	12:08:21	14:57:49	17:10:48	19:00:00.60	10:21	5.8
172	BUDKOWSKI KAMIL	3008		SIECHNICE	POL	SENIOR II M - 30	56	M 152	02:08:37	06:04:32	11:42:10	14:44:22	17:12:00	19:00:50.95	10:22	5.8
173	NIESPODZIANA ANNA	3339	ROGOZIŃSKI KLUB BIEGACZA	ROGOŻNO	POL	SENIOR II K - 30	11	K 21	02:21:09	06:33:15	12:18:53	14:56:00	17:19:03	19:03:36.85	10:23	5.8
174	GRABIŃSKI WALDEMAR	3340	ROGOZIŃSKI KLUB BIEGACZA	ROGOŻNO	POL	MASTERS M - 40	74	M 153	02:21:12	06:33:22	12:18:58	14:56:03	17:18:47	19:03:42.20	10:23	5.8
175	BORSZYŃSKI KUBA	3229	KC INK/NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	57	M 154	02:10:32	06:04:17	11:28:29	14:19:59	17:07:48	19:06:06.40	10:25	5.8
176	ZAJĄC ŁUKASZ	3070	KOMPARIO TEAM	KRAKÓW	POL	SENIOR II M - 30	58	M 155	02:07:26	05:58:10	11:25:34	14:27:40	17:07:30	19:06:09.55	10:25	5.8
177	ZABOROWSKI KAMIL	3223	NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	59	M 156	02:10:41	06:04:26	11:28:39	14:20:11	17:08:23	19:06:10.90	10:25	5.8
178	PSZENNY ŁUKASZ	3010	ULTRINO AMATEUR	LUBLIN	POL	SENIOR II M - 30	60	M 157	02:11:08	06:08:53	11:44:29	14:43:39	17:20:44	19:09:02.80	10:26	5.7
179	SZAFRAŃ ŁUKASZ	3007	ULTRINO AMATEUR	OPOLE LUBELSKIE	POL	SENIOR I M - 20	8	M 158	02:11:13	06:09:01	11:44:36	14:43:22	17:20:49	19:09:04.20	10:26	5.7
180	POMIANOWSKI SZYMON	3164	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	61	M 159	02:00:00	05:53:09	11:46:59	15:02:27	17:23:10	19:09:34.65	10:27	5.7
181	KARAWACKI GRZEGORZ	3320	KECKIE HARPAGANY	KĘTY	POL	SENIOR II M - 30	62	M 160	02:13:30	05:44:23	11:45:20	14:37:12	17:21:40	19:10:20.75	10:27	5.7
182	KARCZMIT DANIEL	3179		WROCŁAW	POL	SENIOR II M - 30	63	M 161	02:14:02	05:41:00	11:14:37	14:02:57	16:57:00	19:13:24.20	10:29	5.7
183	LEWANDOWSKI WOJCIECH	3199	TMTEAM	ŻERNIKI WROCŁAWSKIE	POL	SENIOR II M - 30	64	M 162	06:22:13	11:53:01	14:38:11	17:13:11	19:14:17.00	10:29	5.7	
184	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	10	K 22	02:02:22	05:46:23	12:04:46	14:59:28	17:26:11	19:15:58.55	10:30	5.7
185	PRUSIK PAWEŁ	3168		BARANOWO	POL	SENIOR I M - 20	9	M 163	02:06:06	05:55:41	11:10:44	14:23:53	17:11:20	19:16:39.60	10:30	5.7
186	PRUSIK TOMASZ	3170		ŻAGAŃ	POL	SENIOR I M - 20	10	M 164	02:06:34	05:56:13	11:11:11	14:24:27	17:11:14	19:17:10.80	10:31	5.7
187	GRZESIAK MATEUSZ	3182	KLUB AA	KĘPNO	POL	SENIOR II M - 30	65	M 165	02:11:20	06:25:12	12:19:15	15:11:27	17:39:50	19:17:41.00	10:31	5.7
188	KUDELSKI IRENEUSZ	3259	ROZBIEGANI CHOJNÓW	OSETNICA	POL	WETERAN I M - 50	15	M 166	02:06:24	05:59:27	11:56:51	14:58:45	17:24:29	19:21:04.90	10:33	5.7
189	SAMBORSKI BARTOSZ	3037	WKURW_TEAM	WARSZAWA	POL	MASTERS M - 40	75	M 167	02:08:29	06:14:25	12:40:36	15:44:25	17:48:06	19:22:36.00	10:34	5.7
190	GROCHOWSKI TOMASZ	3055	SPARTA RUNNERS	POZNAŃ	POL	MASTERS M - 40	76	M 168	02:05:22	05:33:41	11:36:04	14:42:59	17:21:21	19:23:34.65	10:34	5.7
191	OSICA ŁUKASZ	3207		ŚWIĘTOCHŁOWICE	POL	SENIOR II M - 30	66	M 169	02:15:41	06:20:56	11:56:27	14:52:02	17:28:21	19:24:12.80	10:35	5.7
192	ŚLUZEK MIROSLAW	3064		WARSZAWA	POL	WETERAN I M - 50	16	M 170	02:08:03	06:04:15	11:33:48	14:26:54	17:13:44	19:25:19.80	10:35	5.7
193	DWORNICKI TOMASZ	3338	RYBNICKA GRUPA BIEGOWA	RYBNIK	POL	MASTERS M - 40	77	M 171	02:13:05	06:08:57	11:57:53	14:54:27	17:28:41	19:26:33.40	10:36	5.7
194	CHOMIAK KATARZYNA	3315	BIEGAJ W JEDLINIE	JEDLINA-ZDRÓJ	POL	MASTERS K - 40	11	K 23	02:20:07	06:03:57	11:32:21	14:32:04	16:57:15	19:28:58.40	10:37	5.6
195	KOVÁCS ÁRPÁD	3195	DUV	GRABEN	GER	SENIOR I M - 20	11	M 172	02:13:26	06:14:25	12:03:33	14:41:35	17:24:24	19:32:57.55	10:39	5.6
196	WIŚNIEWSKI MARIUSZ	3071		DĄBROWA NIEMODLIŃSKA	POL	MASTERS M - 40	78	M 173	02:05:34	05:58:14	11:38:15	14:40:45	17:31:35	19:34:17.65	10:40	5.6
197	BORKO RYSZARD	3146	KS PIDRINA GDYNIA	GDYNIA	POL	MASTERS M - 40	79	M 174	02:20:49	06:33:42	12:21:46	14:59:38	17:32:04	19:37:09.80	10:42	5.6
198	JASICKI KRZYSZTOF	3040		TYCHY	POL	MASTERS M - 40	80	M 175	02:15:10	06:23:22	12:10:14	14:55:46	17:29:21	19:40:02.10	10:43	5.6
199	WIŚNIEWSKA BARBARA	3061	SPARTA RUNNERS	KAZIMIERZ BISKUPI	POL	SENIOR II K - 30	12	K 24	02:21:59	06:27:41	11:59:31	14:55:34	17:30:39	19:41:58.00	10:44	5.6
200	WIELGAT-KOJDECKA MAGDALENA	3035	CARBON OCR RACING TEAM	TYCHY	POL	SENIOR II K - 30	13	K 25	02:14:28	06:02:20	11:35:37	14:35:34	17:29:14	19:45:49.75	10:46	5.6
201	STAŁA-KONDRAKIEWICZ KATARZYNA	3048	KB HARCOWNIK JELCZ-LASKOWICE	MŁOŚZYCE	POL	SENIOR II K - 30	14	K 26	02:34:04	06:51:54	12:27:34	15:30:41	17:57:22	19:45:57.05	10:46	5.6
202	ŁOPOKA PRZEMYSŁAW	3116		ZIEBICE	POL	SENIOR I M - 20	12	M 176	02:10:52	05:55:08	11:53:01	15:08:10	18:00:10	19:50:44.55	10:49	5.5

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
203	BUTRYN WOJCIECH	3270	BEZ PRZYNALEŻNOŚCI	KRAKÓW	POL	MASTERS M - 40	81	M 177	02:11:17	05:44:53	11:38:28	14:40:59	17:33:46	19:51:59.90	10:50	5.5
204	CZUBA ROBERT	3127	ORANGE POLSKA	PUSZCZYKOWO	POL	WETERAN I M - 50	17	M 178	02:09:31	06:08:20	12:00:15	15:21:42	17:53:09	19:52:47.50	10:50	5.5
205	GALAŚIŃSKI ANDRZEJ	3099	GRUPA SIGMEO	LUBOŃ	POL	WETERAN I M - 50	18	M 179	02:10:06	06:08:52	12:07:36	15:00:40	17:54:30	19:52:55.70	10:50	5.5
206	WYRWAS-ZYGARŁOWSKA IZABELA	3098	KOBIETY BIEGAJĄ	POZNAŃ	POL	MASTERS K - 40	12	K 27	02:11:17	06:08:57	12:08:31	15:00:42	17:50:52	19:53:03.45	10:50	5.5
207	KASPRZYK ADRIAN	3344	LESZ NO LIMITS RUNNERS	LESZNO	POL	MASTERS M - 40	82	M 180	02:18:09	06:45:22	12:38:15	15:32:01	18:00:22	19:55:09.35	10:51	5.5
208	BANAŚ MICHAŁ	3051	IPA WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	67	M 181	02:05:50	05:48:46	11:32:47	14:43:24	17:44:48	20:01:43.90	10:55	5.5
209	SIKORA GRZEGORZ	3219	MCBIEGACZE	WARSZAWA	POL	MASTERS M - 40	83	M 182	02:06:13	05:55:17	12:05:01	15:25:55	18:14:36	20:04:20.45	10:56	5.5
210	BABIRECKI KRZYSZTOF	3108	FU FU FU TEAM	GŁOGÓW	POL	MASTERS M - 40	84	M 183	01:59:03	06:33:32	13:16:26	16:12:55	18:34:15	20:06:44.20	10:58	5.5
211	MOLENDNA MICHAŁ	3135		WROCŁAW	POL	MASTERS M - 40	85	M 184	02:19:31	06:44:13	12:55:52	16:02:43	18:29:34	20:08:32.80	10:59	5.5
212	MIKOŁAJCZYK-SOWA MONIKA	3139	SZAKALE BAŁUT ŁÓDŹ	JUSTYNÓW	POL	MASTERS K - 40	13	K 28	02:17:06	06:41:14	12:48:10	15:33:21	18:03:41	20:09:26.20	10:59	5.5
213	ODWAŻNY MAGDALENA	3073	ODWAŻNYTEAM.PL	STRONIE ŚLĄSKIE	POL	MASTERS K - 40	14	K 29	02:18:11	06:42:17	12:49:27	15:34:28	18:04:44	20:10:29.25	11:00	5.5
214	KAROLCZAK ALEKSANDER	3273	WKURW_TEAM	WARSZAWA	POL	SENIOR I M - 20	13	M 185	02:01:33	05:18:07	10:29:47	13:22:46	17:21:01	20:10:32.35	11:00	5.5
215	TOWASIK MIĘTEK	3346		DUSZNIKI ZDRÓJ	POL	WETERAN I M - 50	19	M 186	02:14:21	06:31:04	12:27:26	15:21:01	17:56:07	20:11:06.15	11:00	5.4
216	NOWOSŁAWSKI KRZYSZTOF	3169	IRRACJONALNIE MASZERUJĄCY	WROCŁAW	POL	MASTERS M - 40	86	M 187	02:16:19	06:43:41	12:39:15	15:31:46	18:06:01	20:12:35.10	11:01	5.4
217	LATANOWICZ BERNARD	3331		POZNAŃ	POL	SENIOR II M - 30	68	M 188	02:12:05	05:48:05	11:17:17	15:47:56	18:36:13	20:13:13.80	11:01	5.4
218	BORC PIOTR	3111	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	WETERAN I M - 50	20	M 189	02:10:45	06:18:59	12:09:36	14:59:57	17:33:14	20:15:05.90	11:02	5.4
219	NIEMCZAK BASIA	3266	ULTRA KSP	WARSZAWA	POL	SENIOR II K - 30	15	K 30	02:18:34	06:24:42	12:23:06	15:30:53	18:14:39	20:15:50.85	11:03	5.4
220	WRONKA TYMOTEUSZ	3192	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30	69	M 190	02:24:35	07:10:55	13:03:29	16:00:02	18:23:37	20:21:31.10	11:06	5.4
221	JOVANOVIĆ MARKO	3269		ALEKSINAC	SRB	SENIOR I M - 20	14	M 191	02:22:43	06:18:44	12:51:06	16:13:33	18:47:26	20:21:53.85	11:06	5.4
222	LESZCZYŃSKI PAWEŁ	3318	LASY WAWERSKIE	WARSZAWA	POL	WETERAN II M - 60	3	M 192	02:17:56	06:28:09	12:40:15	15:52:17	18:26:33	20:22:14.35	11:06	5.4
223	JARZEMBOWSKI TOMASZ	3020	WLKP MOUNTAINS ULTRA	PLEWISKA	POL	MASTERS M - 40	87	M 193	02:12:11	06:13:10	12:21:00	15:35:57	18:20:56	20:26:30.05	11:09	5.4
224	SOBCZAK MIKOŁAJ	3031	WLKP MOUNTAINS ULTRA	SKÓRZEWO	POL	MASTERS M - 40	88	M 194	02:12:31	06:13:18	12:21:11	15:37:42	18:21:03	20:26:38.40	11:09	5.4
225	TOMASZEWSKI DAWID	3252	WLKP MOUNTAINS ULTRA	KOMORNIKI	POL	MASTERS M - 40	89	M 195	02:12:35	06:13:34	12:21:30	15:38:07	18:21:19	20:26:56.90	11:09	5.4
226	ROŚLICKI JAROSŁAW	3072	UBEZPIECZENIA DLA AKTYWNYCH	OZOROWICE	POL	MASTERS M - 40	90	M 196	02:10:47	06:16:45	12:29:58	15:39:32	18:19:02	20:29:01.70	11:10	5.4
227	ZNAMIEC MARCIN	3268	ULTRA KSP	WARSZAWA	POL	MASTERS M - 40	91	M 197	02:14:52	06:23:36	12:21:54	15:30:03	18:19:52	20:29:21.65	11:10	5.4
228	WOJTANOWICZ MARCIN	3325	BRUBECK / GUMOWE KACZKI TEAM	ZDUŃSKA WOLA	POL	MASTERS M - 40	92	M 198	02:10:47	06:02:41	12:34:42	15:46:53	18:30:10	20:33:37.75	11:12	5.4
229	OŚRÓDEK PIOTR	3324	BRUBECK / GUMOWE KACZKI TEAM	ZDUŃSKA WOLA	POL	MASTERS M - 40	93	M 199	02:10:49	06:02:45	12:34:46	15:46:01	18:30:18	20:33:41.35	11:12	5.3
230	LIŚ TOMASZ	3220	MCBIEGACZE	WARSZAWA	POL	MASTERS M - 40	94	M 200	02:06:29	05:55:23	12:05:15	15:26:39	18:24:03	20:35:50.35	11:14	5.3
231	KRÓLICKI ZBIGNIEW	3183		LUTOMIA	POL	MASTERS M - 40	95	M 201	02:23:12	06:46:13	12:54:06	15:53:57	18:35:57	20:40:28.80	11:16	5.3
232	MEDUNA ZBIGNIEW	3172		POZNAŃ	POL	MASTERS M - 40	96	M 202	02:14:55	06:18:04	11:57:09	15:08:25	18:15:00	20:41:34.15	11:17	5.3
233	KACZMAREK MIROŚŁAW	3297	RUNNER'S POWER ŚREM	ŚREM	POL	SENIOR I M - 20	15	M 203	02:22:55	06:39:26	12:54:14	15:55:55	18:49:48	20:44:26.30	11:18	5.3
234	MATUSZEWSKA MAŁGORZATA	3296	RUNNER'S POWER ŚREM	ŚREM	POL	MASTERS K - 40	15	K 31	02:23:01	06:39:32	12:54:19	15:55:55	18:49:53	20:44:33.35	11:18	5.3
235	DZIERGAS TERESA	3225	ULTRA KSP	TWARDORZECZKA	POL	SENIOR II K - 30	16	K 32	02:23:51	06:26:04	12:58:54	15:55:51	18:45:13	20:50:04.90	11:21	5.3
236	PROŃCZUK ADAM	3130	WEHICOOLL	CZECHOWICE-DZIEDZICE	POL	WETERAN I M - 50	21	M 204	02:36:27	07:09:29	13:15:54	16:13:10	18:42:57	20:51:29.75	11:22	5.3
237	MASZEWSKA-WACH MARIOLA	3309	RAWA TIM ZAWSZE SLIM	RAWA MAZOWIECKA	POL	SENIOR II K - 30	17	K 33	02:36:38	07:09:37	13:16:03	16:12:59	18:43:14	20:51:35.65	11:22	5.3
238	DOLIŃSKI TOMASZ	3075	UMAWIANIENABIEGANIE	WROCŁAW	POL	WETERAN I M - 50	22	M 205	02:22:58	06:58:38	13:06:10	16:10:26	18:56:12	20:53:39.40	11:23	5.3
239	FICNER IWONA	3021	FSD RUN DREZDENKO	STARE KUROWO	POL	MASTERS K - 40	16	K 34	02:17:56	06:45:08	13:06:07	16:18:05	19:00:13	21:03:01.15	11:28	5.2
240	KARKOWSKA WIESŁAWA	3341		BARANOWO	POL	WETERAN II K - 60	1	K 35	02:18:11	06:45:21	13:06:20	16:18:26	19:00:28	21:03:14.35	11:29	5.2
241	PAROL PAWEŁ	3084		SZYMANKOWSZCZYŻNA	POL	MASTERS M - 40	97	M 206	02:11:37	06:54:56	13:21:04	16:15:10	18:50:56	21:04:01.35	11:29	5.2
242	MERTAS DOMINIK	3096	BABICE GM.NĘDZA	POL	MASTERS M - 40	98	M 207	02:18:19	06:47:48	12:55:49	15:45:55	18:43:09	21:06:23.45	11:30	5.2	
243	OCHNIO EWA	3006		BOLESŁAWIEC	POL	MASTERS K - 40	17	K 36	02:32:25	06:49:54	13:09:32	16:12:51	19:04:00	21:09:43.10	11:32	5.2
244	LADENBERGER MATEUSZ	3211	WAWRZYNTTEAM	JACZKÓW	POL	SENIOR II M - 30	70	M 208	07:23:51	13:16:32	16:05:24	19:08:44	21:12:40.20	11:34	5.2	
245	KUBERSKI ANDRZEJ	3156		SOSNOWIE	POL	MASTERS M - 40	99	M 209	02:07:00	06:04:10	11:59:46	15:36:08	18:40:22	21:16:57.75	11:36	5.2
246	JERCZYŃSKI RADOSŁAW	3204		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	100	M 210	02:19:57	07:23:36	13:46:51	16:46:01	19:17:06	21:22:56.00	11:39	5.1
247	BONTOVICS TIMEA	3193	DUV	GRABEN	GER	WETERAN K - 50	2	K 37	02:31:00	07:17:58	13:44:12	16:38:34	19:22:13	21:27:06.95	11:42	5.1
248	WACHOWSKA ALINA	3157	SMOK TRÓJGŁOWY	POZNAŃ	POL	WETERAN II K - 60	2	K 38	02:26:58	07:17:51	13:36:49	16:59:11	19:57:50	21:55:19.30	11:57	5
249	OLESZCZAK PIOTR	3147	BIEGAM BO SĄ TACY CO NIE MOGĄ	POZNAŃ	POL	MASTERS M - 40	101	M 211	02:04:44	05:52:50	12:52:31	16:20:58	19:38:10	21:57:40.70	11:58	5
250	SERWADCZAK MAREK	3272		DROGOSZOWICE	POL	WETERAN I M - 50	23	M 212	02:32:30	07:02:42	13:38:58	16:57:57	19:57:50	22:03:51.60	12:02	5
251	HETMAŃSKI AREK	3056	LOVELASY	BARTOSZEWO	POL	SENIOR II M - 30	71	M 213	02:08:18	06:12:05	12:37:40	16:04:52	19:24:55	22:08:16.65	12:04	5

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
252	ZAWADZKI STANISŁAW	3234	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30	72	M 214	02:25:04	07:02:11	13:52:58	17:05:50	19:44:54	22:10:10.35	12:05	5
253	WRUK REMIGIUSZ	3153	BIEG OPOLSKI	OPOLE	POL	MASTERS M - 40	102	M 215	02:06:46	06:56:05	13:37:42	16:58:34	19:33:21	22:13:56.10	12:07	4.9
254	KWINTA MACIEJ	3276		WROCŁAW	POL	MASTERS M - 40	103	M 216	02:16:19	06:47:21	13:10:46	16:46:01	19:52:38	22:16:12.80	12:08	4.9
255	RUTKOWSKI JANUSZ	3213	LESZNO TEAM	LESZNO	POL	WETERAN I M - 50	24	M 217		07:10:36	13:38:24	16:53:09	20:06:51	22:19:06.00	12:10	4.9
256	PTASZYŃSKA ANNA	3077	SPEED FEET '16	KOŚCIAN	POL	WETERAN K - 50	3	K 39	02:27:01	07:13:57	13:33:04	16:58:15	20:06:24	22:21:10.10	12:11	4.9
257	STROIŃSKA IWONA	3029	C&C SPORTS TEAM	WILKOWICE	POL	MASTERS K - 40	18	K 40	02:24:28	06:47:16	12:59:45	16:30:19	19:37:46	22:22:47.40	12:12	4.9
258	STROIŃSKI WOJCIECH	3027	C&C SPORTS TEAM	WILKOWICE	POL	MASTERS M - 40	104	M 218	02:24:39	06:47:21	12:59:47	16:30:33	19:37:45	22:22:57.50	12:12	4.9
259	KROLS HILDE	3212	VOS SCHAFFEN	MOL	BEL	WETERAN K - 50	4	K 41	02:23:06	07:14:54	13:50:02	17:15:43	20:15:46	22:27:03.40	12:14	4.9
260	SILSKA SYLWIA	3209	ATRAKCYJNE TOWARZYSTWO	POTASZE	POL	MASTERS K - 40	19	K 42	02:24:17	07:27:55	13:51:06	18:01:43	20:36:46	22:34:10.80	12:18	4.9
261	MARCINKOWSKI PIOTR	3115		ROZGARTY	POL	WETERAN I M - 50	25	M 219	02:25:12	06:45:05	13:30:14	16:52:31	20:22:16	22:43:27.95	12:23	4.8
262	LEWANDOWSKI RAFAŁ	3023	SPC	TORUŃ	POL	SENIOR II M - 30	73	M 220	02:06:09	06:20:23	12:48:39	16:43:06	20:08:29	22:48:12.45	12:26	4.8
263	OLESZEK MAGDALENA	3088	BIEGOWA KUŹNIA	CZELADŹ	POL	SENIOR II K - 30	18	K 43	02:26:01	07:01:28	13:42:45	16:55:54	20:12:11	22:52:11.25	12:28	4.8
264	KURKOWIAK KRZYSZTOF	3128	WKURW_TEAM / #TEAMNICPOŃ	WROCŁAW	GER	SENIOR II M - 30	74	M 221	02:08:40	06:14:29	12:40:44	16:28:49	20:10:04	23:09:26.50	12:37	4.8
265	KOZŁOWSKA KAROLINA	3120		BYDGOSZCZ	POL	MASTERS K - 40	20	K 44	02:24:45	07:34:48	14:34:36	18:37:45	21:35:34	23:37:30.25	12:53	4.7
266	GUŹDZIOL JAREK	3221	TBKM WILK SOLEC KUJAWSKI	SOLEC KUJAWSKI	POL	MASTERS M - 40	105	M 222	02:25:01	07:34:57	14:34:46	18:38:05	21:35:44	23:37:39.60	12:53	4.7
267	GRZELCZAK TOMASZ	3286		ŁÓDŹ	POL	WETERAN I M - 50	26	M 223	02:39:24	07:43:44	14:16:28	17:44:51	20:57:15	23:38:27.70	12:53	4.7
268	JASIŃSKI MIKOŁAJ	3241	UKA WARSZAWA	WARSZAWA	POL	WETERAN I M - 50	27	M 224	02:28:45	07:37:35	14:06:05	17:49:12	21:29:26	23:40:45.55	12:54	4.6
269	KLAR MAREK	3151	BEZ	ŁĄZIKA GÓRNE	POL	WETERAN I M - 50	28	M 225	02:35:15	08:01:21	14:47:34	18:06:35	21:27:15	23:45:40.30	12:57	4.6
270	STRZELECKI KRZYSZTOF	3253	LEŚNE DZIADY	WROCŁAW	POL	MASTERS M - 40	106	M 226	02:16:32	06:57:01	13:57:08	17:28:06	21:09:59	23:46:52.15	12:58	4.6
271	GARBACZ MAREK	3251	LEŚNE DZIADY	OLAWA	POL	MASTERS M - 40	107	M 227	02:16:44	06:57:10	13:57:13	17:28:01	21:11:17	23:46:53.35	12:58	4.6
272	RYCHŁOWSKA MAGDALENA	3091	PIŁA		POL	MASTERS K - 40	21	K 45	02:22:20	07:18:56	14:57:15	18:30:29	21:35:40	23:47:27.30	12:58	4.6
273	BŁASZCZYK LUIZA	3090		ŚREM	POL	SENIOR I K - 20	1	K 46	02:20:44	07:19:02	14:57:21	18:30:28	21:35:53	23:47:33.30	12:58	4.6
274	DURA PIOTR	3322	PKB ENDORFINA	RAKÓW	POL	WETERAN I M - 50	29	M 228	02:39:43	07:24:22	14:26:00	18:27:04	21:29:06	23:51:29.10	13:00	4.6
275	KRYCH RAFAŁ	3121	CZMOŃ		POL	MASTERS M - 40	108	M 229	02:17:47	07:29:01	14:59:19	18:32:33	21:43:57	23:55:42.60	13:03	4.6
276	ŁOZIŃSKI WOJCIECH	3326		ZŁOTORYJA	POL	MASTERS M - 40	109	M 230	02:13:19	06:42:08	13:41:19	17:42:53	21:21:05	23:58:58.25	13:04	4.6
277	MRÓZ JACEK	3302		ZŁOTORYJA	POL	WETERAN I M - 50	30	M 231	02:13:19	06:42:13	13:41:22	17:42:51	21:21:07	23:59:03.80	13:04	4.6
278	TRZPIOLA TYCJAN	3041	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	75	M 232	02:20:27	07:17:35	14:47:59	18:21:21	21:32:40	24:06:08.20	13:08	4.6
279	RZESZOWSKI PAWEŁ	3011		WIELUŃ	POL	WETERAN I M - 50	31	M 233	02:38:03	07:53:27	14:43:43	18:19:14	21:51:05	24:07:22.80	13:09	4.6
280	KANIA KRYSZTIAN	3201		MESSSTETTEN	GER	MASTERS M - 40	110	M 234	02:13:24	06:56:49	14:24:09	18:10:33	21:40:01	24:08:03.55	13:09	4.6
281	FUNKA ANDRZEJ	3057	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	WETERAN II M - 60	4	M 235	02:46:59	08:05:58	14:59:32	18:22:33	21:52:01	24:10:08.20	13:10	4.6
282	PACANOWSKI ROBERT	3095	WEŁNICA BIEGA	WEŁNICA	POL	WETERAN I M - 50	32	M 236	02:46:58	08:06:00	14:59:37	18:22:30	21:51:51	24:10:13.50	13:11	4.6
283	CHODOROWSKI ARKADIUSZ	3262	ULTRA KSP	ALEKSANDRÓW	POL	MASTERS M - 40	111	M 237	02:29:43	07:18:07	15:11:59	18:50:21	22:21:49	24:35:25.15	13:24	4.5
284	RUTKOWSKI KAZIMIERZ	3149	KUSY I SPÓŁKA	ŚLIWNO	POL	WETERAN II M - 60	5	M 238	02:34:45	08:02:10	15:10:06	19:20:35	22:34:38	24:58:51.10	13:37	4.4
285	DOWNAR-ZAPOLSKA RITA	3097	MOM&DAUGHTER RUN	WROCŁAW	POL	MASTERS K - 40	22	K 47	02:40:03	08:17:13	15:42:31	20:00:17	22:45:49	25:08:14.25	13:42	4.4
286	ARMATYS GRZEGORZ	3244		DĄBROWA GÓRNICZA	POL	WETERAN I M - 50	33	M 239	02:24:10	07:15:30	15:01:09	19:13:22	22:48:54	25:08:17.20	13:42	4.4
287	NORKOWSKA ALEKSANDRA	3162	ORANGE POLSKA	WARSZAWA	POL	MASTERS K - 40	23	K 48	02:24:00	07:15:20	15:02:40	19:13:22	22:48:48	25:17:22.35	13:47	4.3
288	KALBARCZYK BEATA	3163	ORANGE POLSKA	OTWOCK	POL	WETERAN K - 50	5	K 49	02:24:15	07:15:34	15:02:55	19:13:43	22:49:01	25:17:36.95	13:47	4.3
289	MICHNIEWSKI PIOTR	3316	GIT EKIPA!	ZAWIERCIE	POL	SENIOR II M - 30	76	M 240	03:22:17	10:32:34	17:31:11	21:11:42	24:12:25	26:09:10.80	14:15	4.2
290	GNIELKA DAWID	3242	ZAKOWIEC TOSZEK	TOSZEK	POL	SENIOR I M - 20	16	M 241	02:33:38	07:36:09	15:36:28	19:53:04	23:43:44	26:40:10.60	14:32	4.1
291	OBARSKI NORBERT	3065		KIELCE	POL	WETERAN I M - 50	34	M 242	03:04:39	09:12:15	16:40:06	20:40:08	24:39:01	26:58:38.70	14:42	4.1
292	OBARSKA MAŁGORZATA	3067		STARACHOWICE	POL	WETERAN K - 50	6	K 50	03:04:49	09:12:18	16:40:16	20:40:18	24:39:01	26:58:43.80	14:42	4.1
293	OLECHNOWICZ MACIEJ	3142		BIĄŁYSTOK	POL	SENIOR II M - 30	77	M 243	02:46:21	08:01:59	15:47:28	20:37:11	24:22:50	27:19:30.30	14:54	4
294	SKARŻYŃSKI WOJCIECH	3175	1973	SIECHNICE	POL	MASTERS M - 40	112	M 244	02:56:22	08:42:22	16:37:09	20:40:40	24:30:12	27:26:56.80	14:58	4
295	GRZELCZAK BARBARA	3174		SIECHNICE	POL	MASTERS K - 40	24	K 51	02:56:27	08:42:31	16:37:16	20:40:42	24:30:21	27:27:02.05	14:58	4
	MAŁOLEPSZY WALDEMAR	3263	SPARTA ULTRA TEAM	BARANÓW	POL	SENIOR II M - 30			01:38:56	04:19:11	08:27:33	10:43:35	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	CZERWIECKI MARCIN	3271		STRZEGOM	POL	SENIOR II M - 30			01:43:04	04:44:29	09:32:55	12:31:55	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	ŁACH SEWERYN	3342	_SEWLAC_	WIELICZKA	POL	SENIOR II M - 30			01:48:53	05:06:07	10:38:53	13:46:18	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	SILSKI MAREK	3208	ATRAKCYJNE TOWARZYSTWO	POTASZE	POL	WETERAN I M - 50			02:24:16	07:28:02	13:51:08	18:01:51	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	DOWNAR-ZAPOLSKA LAURA	3160	MOM&DAUGHTER RUN	WROCŁAW	POL	SENIOR I K - 20			02:40:07	08:17:14	15:42:30	20:00:23	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	MAŚLANIK PIOTR	3033	QCE SPARTY	SCHWEDT/ODER	GER	MASTERS M - 40			02:56:21	08:14:18	15:39:53	21:22:25	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	KRZOS PIOTR	3100		ZABRZE	POL	SENIOR II M - 30			02:10:38 DNF	05:53:26 DNF	11:31:24 DNF	DNF	DNF	DNF	-	-
	WOSZCZAK ZBIGNIEW	3137	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN I M - 50			02:28:12 DNF	06:50:38 DNF	12:54:40 DNF	DNF	DNF	DNF	-	-
	WOSZCZAK JOLANTA	3136	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN K - 50			02:28:13 DNF	06:50:44 DNF	12:55:28 DNF	DNF	DNF	DNF	-	-
	ŚWIĘTEK-OZDOBA SYLWIA	3003		WROCŁAW	POL	MASTERS K - 40			02:10:15 DNF	06:15:57 DNF	13:00:20 DNF	DNF	DNF	DNF	-	-
	FIGAS SEBASTIAN	3016		WROCŁAW	POL	MASTERS M - 40			02:10:38 DNF	06:16:07 DNF	13:00:30 DNF	DNF	DNF	DNF	-	-
	FRANEK SEBASTIAN	3291	WLKP MOUNTAINS ULTRA	LUBOŃ	POL	MASTERS M - 40			02:13:57 DNF	06:39:12 DNF	14:27:56 DNF	DNF	DNF	DNF	-	-
	CHOPKOWICZ PIOTR	3094		PACZKÓW	POL	MASTERS M - 40			02:36:08 DNF	07:58:40 DNF	16:36:41 DNF	DNF	DNF	DNF	-	-
	ŻAK MARCIN	3093		PACZKÓW	POL	MASTERS M - 40			02:36:12 DNF	07:58:47 DNF	16:36:46 DNF	DNF	DNF	DNF	-	-
	DYBEK PAWEŁ	3308	SALOMON SUUNTO TEAM	MIELEC	POL	MASTERS M - 40			01:27:21 DNF	03:54:50 DNF	DNF	DNF	DNF	DNF	-	-
	SOCHA SEWERYN	3280	STR POZNAŃ/DZIKIE BOBRY	POZNAŃ	POL	SENIOR II M - 30			01:36:09 DNF	04:40:08 DNF	DNF	DNF	DNF	DNF	-	-
	ĆWIKLIŃSKI ROBERT	3158	IZERSKA GRUPA BIEGOWA	KOLONOWSKIE	POL	SENIOR I M - 20			02:01:42 DNF	05:29:05 DNF	DNF	DNF	DNF	DNF	-	-
	KISIAŁA FILIP	3159	LACHO TEAM	KRAKÓW	POL	MASTERS M - 40			01:56:52 DNF	05:30:58 DNF	DNF	DNF	DNF	DNF	-	-
	DAUKSZO MACIEJ	3238	SBRT WARSZAWA	WARSZAWA	POL	SENIOR I M - 20			02:00:44 DNF	05:33:06 DNF	DNF	DNF	DNF	DNF	-	-
	DAWIDZIAK JAROSŁAW	3036	MARATON LESZNO	LESZNO	POL	MASTERS M - 40			02:07:57 DNF	06:09:26 DNF	DNF	DNF	DNF	DNF	-	-
	STAJER MARIUSZ	3288	AMBIT RACE TEAM	LESZNO	POL	MASTERS M - 40			02:07:53 DNF	06:09:32 DNF	DNF	DNF	DNF	DNF	-	-
	PIORKOWSKI MICHAŁ	3237	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30			02:16:16 DNF	06:48:39 DNF	DNF	DNF	DNF	DNF	-	-
	MARCHEWKA ANDRZEJ	3235		CZERNICHÓW	POL	MASTERS M - 40			02:28:34 DNF	07:06:45 DNF	DNF	DNF	DNF	DNF	-	-
	KOŚCIELNIAK MAREK	3334	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40			01:57:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	KRUZEL JOANNA	3310	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			DNF	DNF	DNF	DNF	DNF	DNF	-	-
0	KASZUBA MICHAŁ	3254	GRUPA NOMAX	PIEKARY ŚLĄSKIE	POL	MASTERS M - 40	1	M 1	01:29:32	03:46:03	07:22:39	09:10:45	10:40:00	11:46:42.20	6:25	9.3
1	PRZYBYLSKI ŁUKASZ	3332	KS IDMAR	MOSINA	POL	MASTERS M - 40	2	M 2	01:28:42	03:51:54	07:37:48	09:16:55	10:43:08	11:49:41.95	6:27	9.3
2	WILK MACIEJ	3144	RAMBO 3	BYTOM	POL	MASTERS M - 40	3	M 3	01:24:51	03:42:42	07:30:58	09:19:59	10:57:21	12:06:42.65	6:36	9.1
3	ŚCIESZKA WOJCIECH	3133	13 ELT KRAKÓW-BALICE	KRAKÓW	POL	MASTERS M - 40	4	M 4	01:32:27	04:05:13	07:47:56	09:35:29	11:09:22	12:18:05.50	6:42	8.9
4	CZERBIAK NORBERT	3176	TARNOWO PODGÓRNE BIEGA	SKÓRZEWO	POL	MASTERS M - 40	5	M 5	01:33:43	04:09:38	07:45:48	09:35:54	11:07:13	12:25:03.55	6:46	8.9
5	DOSTAL JAN	3301	BEZECKY KLUB NACHOD, VELLA NACHOD	NACHOD	CZE	SENIOR II M - 30	1	M 6	01:24:25	03:54:08	07:51:33	09:43:30	11:16:29	12:27:39.45	6:47	8.8
6	KIELASZEWSKI KAROL	3233	LESZNO LIMITS RUNNERS	LESZNO	POL	SENIOR II M - 30	2	M 7	01:41:10	04:20:19	08:03:14	09:51:58	11:30:21	12:49:06.10	6:59	8.6
7	ZIENTARA ADRIAN	3206	KGHM ZG RUN	LEGNICA	POL	SENIOR II M - 30	3	M 8	01:40:06	04:18:22	08:04:52	10:04:46	11:45:55	13:03:28.95	7:07	8.4
8	KROSNY SEBASTIAN	3281	STS BIEGATON MIKOŁÓW / ZAŁOGA GÓRSKA	MIKOŁÓW	POL	SENIOR II M - 30	4	M 9	01:34:13	04:03:50	08:00:20	10:10:36	11:49:01	13:04:03.90	7:07	8.4
9	PILARSKI TOMASZ	3275	IZERY BOGATYNIA	BOGATYNIA	POL	SENIOR II M - 30	5	M 10	01:38:45	04:06:25	08:02:24	10:02:02	11:45:38	13:04:09.05	7:07	8.4
10	JĘDRZYCA PRZEMYSŁAW	3298	SPARTA ULTRA TEAM	LASKI	POL	MASTERS M - 40	6	M 11	01:38:13	04:22:36	08:14:55	10:14:36	11:53:46	13:13:01.00	7:12	8.3
11	BARTYZEL MAREK	3185		ZAWOJA	POL	MASTERS M - 40	7	M 12	01:32:38	04:04:55	08:01:23	09:58:26	11:48:36	13:13:13.05	7:12	8.3
12	MOCZULSKA MAŁGORZATA	3278		ŻARÓW	POL	MASTERS K - 40	1	K 1	01:33:38	04:17:38	08:20:20	10:25:51	12:03:04	13:18:59.65	7:15	8.3
13	JOKIEL WOJCIECH	3293	SPARTA ULTRA TEAM	GRANICE	POL	SENIOR I M - 20	1	M 13	01:38:23	04:18:58	08:27:42	10:21:22	12:11:37	13:38:42.55	7:26	8.1
14	GRUSZKA ALEKSANDRA	3299	WILD ULTRA WARRIORS	BOGUSZÓW - GORCE	POL	SENIOR II K - 30	1	K 2	01:49:16	04:35:32	08:48:11	10:45:57	12:26:59	13:44:36.80	7:29	8
15	ZARCZUK PAWEŁ	3337		OLAWA	POL	SENIOR II M - 30	6	M 14	01:56:41	04:52:24	08:52:23	10:46:53	12:29:03	13:45:45.25	7:30	8
16	KYCIA PIOTR	3138		RAWICZ	POL	MASTERS M - 40	8	M 15	01:51:14	04:38:06	08:45:29	10:47:33	12:34:25	13:52:33.70	7:34	7.9
17	KOŚCIELNIAK WIOLETTA	3323	RUNNERS TEAM NYSA	NYSA	POL	MASTERS K - 40	2	K 3	01:47:34	04:55:59	08:58:26	10:55:12	12:40:06	14:03:33.00	7:40	7.8

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
18	KALINOWSKI TOMASZ	3085		WODZISŁAW ŚLĄSKI	POL	MASTERS M - 40	9	M 16	01:53:15	04:51:50	08:53:46	10:54:06	12:40:11	14:05:38.90	7:41	7.8
19	PAPRZYCKI RAFAŁ	3267	NBR TEAM	POZNAŃ	POL	MASTERS M - 40	10	M 17	01:45:29	04:40:17	08:44:52	10:49:52	12:40:36	14:08:09.85	7:42	7.8
20	DYRKA KRZYSZTOF	3141	POLITECHNIKA POZNAŃSKA	POZNAŃ	POL	MASTERS M - 40	11	M 18	01:55:08	04:54:31	08:56:29	10:57:06	12:42:51	14:08:20.30	7:42	7.8
21	POLAK STANISŁAW	3330	SBG PODBIEG	KRAKÓW	POL	MASTERS M - 40	12	M 19	01:40:40	04:33:32	08:59:24	11:04:36	12:55:00	14:22:39.55	7:50	7.7
22	KRAWCZYK KAROL	3140	LENIWY INACZEJ	JAWORZNO	POL	SENIOR II M - 30	7	M 20	01:41:18	04:53:12	09:23:25	11:32:29	13:23:38	14:43:48.50	8:02	7.5
23	SKORCZYK ADRIAN	3078	SPEED FEET '16	KOŚCIAN	POL	SENIOR II M - 30	8	M 21	01:58:11	05:07:06	09:32:46	11:35:22	13:26:24	14:44:11.80	8:02	7.5
24	MICHAŁSKI PIOTR	3018		WROCŁAW	POL	SENIOR II M - 30	9	M 22	01:47:40	04:56:23	09:24:06	11:32:15	13:23:52	14:47:56.70	8:04	7.4
25	MICHAŁOWSKI MARCIN	3034	#MARCINSWIERCTEAM	ŚWIĘTOSZÓW	POL	MASTERS M - 40	13	M 23	01:49:29	04:47:28	09:21:33	11:32:22	13:23:46	14:51:45.20	8:06	7.4
26	JACHYMIAK ROBERT	3154	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	NOWY TARG	POL	MASTERS M - 40	14	M 24	01:44:48	04:46:22	09:34:03	11:42:19	13:33:31	14:53:21.30	8:07	7.4
27	LONC TOMASZ	3145		RZESZÓW	POL	MASTERS M - 40	15	M 25	02:03:22	05:23:01	09:47:52	11:56:21	13:35:54	14:56:07.25	8:08	7.4
28	WOJDANOWSKI JAN	3243	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	WETERAN I M - 50	1	M 26	01:57:18	05:07:57	09:42:12	11:47:45	13:30:01	14:58:43.90	8:10	7.3
29	KOLMAN PIOTR	3256	ENDORFINA WSCHOWA	WSCHOWA	POL	MASTERS M - 40	16	M 27	02:00:11	05:10:52	09:40:47	11:53:31	13:47:34	14:59:07.80	8:10	7.3
30	DARCHUK OLEKSANDR	3285	DRPT	WĘGRZCE	UKR	MASTERS M - 40	17	M 28	01:54:37	05:05:28	09:39:06	11:42:06	13:38:15	15:05:08.95	8:13	7.3
31	LORENC JOANNA	3313	ENDORFINY WĄSOSZ	WĄSOSZ	POL	SENIOR II K - 30	2	K 4	01:48:59	04:47:32	09:09:22	11:26:21	13:36:30	15:07:07.95	8:14	7.3
32	MILEWICZ DANIEL	3311	KB BOLESŁAWIEC	BOLESŁAWIEC	POL	SENIOR II M - 30	10	M 29	01:53:36	04:55:04	09:30:55	11:41:14	13:38:26	15:09:10.45	8:15	7.3
33	SZRAMOWIAT MAREK	3329	BRITA	LWÓWEK ŚLĄSKI	POL	MASTERS M - 40	18	M 30	01:54:48	04:55:07	09:30:58	11:41:12	13:38:30	15:09:12.85	8:15	7.3
34	DETLAFF PATRYCJA	3306	WILD ULTRA WARRIORS	NOWA IWICZNA	POL	SENIOR II K - 30	3	K 5	01:49:49	04:55:27	09:40:10	11:45:48	13:44:36	15:09:24.00	8:16	7.3
35	MARSZAŁKOWSKI ŁUKASZ	3290	GET ACTIVE	GDAŃSK	POL	SENIOR II M - 30	11	M 31	01:51:56	04:59:58	09:35:16	11:51:54	13:49:23	15:16:38.45	8:19	7.2
36	SCHWITALLA ADRIAN	3188	MKS SIECHNICE	SIECHNICE	POL	MASTERS M - 40	19	M 32	01:51:02	05:09:05	09:43:15	11:55:19	13:48:05	15:16:59.20	8:20	7.2
37	GAWLIC MARCIN	3113	MKS SIECHNICE	SIECHNICE	POL	MASTERS M - 40	20	M 33	01:51:14	05:09:15	09:43:26	11:55:37	13:48:15	15:17:07.15	8:20	7.2
38	GRZYBOWSKI RAFAŁ	3012		WARSZAWA	POL	MASTERS M - 40	21	M 34	01:53:00	05:05:14	09:37:51	11:51:30	13:51:03	15:17:19.35	8:20	7.2
39	CHOŁKA MICHAŁ	3143		RZESZÓW	POL	SENIOR II M - 30	12	M 35	01:58:53	05:07:44	09:37:39	11:50:17	13:47:46	15:19:41.25	8:21	7.2
40	PRZYBYLSKA KATARZYNA	3246		OPOLE	POL	SENIOR II K - 30	4	K 6	02:05:59	05:18:21	09:40:41	11:51:39	13:51:01	15:24:08.35	8:24	7.1
41	CATTI ROBERTO	3200		WROCŁAW	ITA	SENIOR II M - 30	13	M 36	01:50:57	05:12:26	09:34:36	11:47:38	13:53:41	15:24:39.35	8:24	7.1
42	RÓŻAŃSKI MATEUSZ	3295		KATOWICE	POL	SENIOR II M - 30	14	M 37	02:00:39	05:12:43	09:54:00	11:57:38	14:02:17	15:25:04.90	8:24	7.1
43	ZAJĄC LESZEK	3178	L.O.T.A.Z/SOKÓŁ BUKOWIEC GÓRNY	WŁOSZAKOWICE	POL	MASTERS M - 40	22	M 38	02:00:15	05:20:13	10:00:31	12:05:25	14:01:36	15:25:14.55	8:24	7.1
44	GALUSKIN ALEXEY	3294	GRUPA NOMAX	TARNOWSKIE GÓRY	POL	SENIOR II M - 30	15	M 39	02:01:11	05:13:02	09:54:13	11:58:57	14:02:29	15:25:19.45	8:24	7.1
45	SŁOTWIŃSKI ADAM	3217		ELK	POL	MASTERS M - 40	23	M 40	01:55:46	05:11:27	09:54:08	12:13:22	14:02:13	15:34:22.45	8:29	7.1
46	KROK SŁAWOMIR	3333		JĘDRZYCHÓW	POL	MASTERS M - 40	24	M 41	01:48:12	04:55:31	09:36:49	11:52:42	14:02:51	15:34:31.90	8:29	7.1
47	HARĘŻLAK KRZYSZTOF	3148	AGB TORFY	ŁÓDŹ	POL	MASTERS M - 40	25	M 42	01:46:09	04:45:06	09:37:45	12:10:20	14:09:46	15:34:55.65	8:29	7.1
48	WINIARSKI ANDRZEJ	3110	DXTREEM RUNNING	WARSZAWA	POL	MASTERS M - 40	26	M 43	01:48:55	04:50:23	09:28:21	11:59:48	14:00:59	15:35:32.80	8:30	7.1
49	TOMCZAK WALDEK	3152		KŁODZKO	POL	MASTERS M - 40	27	M 44	01:56:34	05:16:27	09:57:48	12:02:40	14:00:58	15:37:16.25	8:31	7
50	MATUSIAK MICHAŁ	3282	ROWERY MAŁGOŚKA	POZNAŃ	POL	SENIOR II M - 30	16	M 45	01:59:20	05:03:08	09:37:56	11:58:20	14:08:11	15:39:24.15	8:32	7
51	PRAŁAT TOMASZ	3062	MARATON LESZNO	LIPNO	POL	MASTERS M - 40	28	M 46	01:53:42	05:10:00	09:45:01	12:06:16	14:08:17	15:40:43.40	8:33	7
52	CIEPLIK DAWID	3083	LESZNO LIMITS RUNNERS	RYDZYNA	POL	SENIOR II M - 30	17	M 47	01:54:42	05:11:38	09:50:59	12:08:05	14:10:34	15:45:27.90	8:35	7
53	GOSTYŃSKI KRZYSZTOF	3196		KRAKÓW	POL	MASTERS M - 40	29	M 48	01:53:11	05:08:05	09:57:45	12:08:56	14:18:14	15:47:21.90	8:36	7
54	SPECJALSKI PRZEMYSŁAW	3046		GDAŃSK	POL	WETERAN I M - 50	2	M 49	01:56:30	05:12:20	09:43:56	12:08:14	14:15:07	15:51:11.45	8:38	6.9
55	PAWŁOWSKI PIOTR	3124		SIEDLCE	POL	MASTERS M - 40	30	M 50	01:42:13	04:24:40	08:41:18	12:08:12	14:14:11	15:51:35.85	8:39	6.9
56	SAWICKI KRZYSZTOF	3059	KOŁO BIEGA	KOŚCIELEC	POL	SENIOR II M - 30	18	M 51	01:59:29	05:06:43	09:49:24	12:14:44	14:18:25	15:52:35.45	8:39	6.9
57	GRODZKI TOMASZ	3017	ULTRAS Z NAD MORZA	DARŁOWO	POL	MASTERS M - 40	31	M 52	01:49:18	04:45:27	09:45:31	12:16:51	14:17:17	15:54:16.45	8:40	6.9
58	WOJCIECHOWICZ JACEK	3248	WWW.STUDIOTANCAPASJA.PL	KOSZALIN	POL	MASTERS M - 40	32	M 53	01:49:42	04:51:55	09:45:38	12:17:09	14:17:28	15:54:26.20	8:40	6.9
59	ZIMNY TOMASZ	3025		SZCZECIN	POL	WETERAN II M - 60	1	M 54	01:54:47	05:18:10	09:46:33	12:18:08	14:25:02	15:57:46.55	8:42	6.9
60	DWORNIK MACIEJ	3005	WARCZĄCE SZPRYCHY	KRAKÓW	POL	SENIOR II M - 30	19	M 55	01:45:08	04:40:39	09:22:49	12:03:36	14:20:14	16:00:10.70	8:43	6.9
61	PIECUCH KAROLINA	3335		PRZEWORSK	POL	SENIOR II K - 30	5	K 7	01:56:02	05:09:26	09:57:08	12:21:31	14:26:10	16:03:19.70	8:45	6.9
62	TONDER FILIP	3250	WLKP MOUNTAINS ULTRA	POZNAŃ	POL	SENIOR II M - 30	20	M 56	01:55:29	05:17:18	09:54:16	12:17:03	14:23:06	16:03:44.75	8:45	6.8
63	KONIECZNY MACIEJ	3024	MK-CONNECT	POZNAŃ	POL	MASTERS M - 40	33	M 57	01:42:59	04:47:34	09:43:05	12:16:14	14:23:42	16:06:51.70	8:47	6.8
64	STRAMOWSKI RAFAŁ	3105		ŁĘKA OPATOWSKA	POL	SENIOR II M - 30	21	M 58	01:49:50	04:55:31	09:43:18	12:11:42	14:24:44	16:07:25.10	8:47	6.8
65	KOSIOREK ADAM	3184	BCAC MOKOBODY	MOKOBODY	POL	WETERAN I M - 50	3	M 59	02:01:10	05:29:53	10:18:47	12:42:26	14:45:13	16:08:05.90	8:48	6.8
66	STOBIŃSKI PIOTR	3247	RUNEDA	REDA	POL	SENIOR II M - 30	22	M 60	01:55:23	05:13:57	10:03:26	12:30:16	14:34:02	16:08:59.75	8:48	6.8
67	PUCHACZ PIOTR	3180	MPK WYBIEGANIE	WARSZAWA	POL	MASTERS M - 40	34	M 61	02:02:36	05:17:53	10:13:25	12:35:02	14:42:12	16:17:08.30	8:52	6.8
68	GUZERA JUSTYNA	3114		WROCŁAW	POL	SENIOR II K - 30	6	K 8	01:57:37	05:14:05	09:59:41	12:22:59	14:31:38	16:17:41.15	8:53	6.8
69	FUDALI JAKUB	3261		KRAKÓW	POL	SENIOR I M - 20	2	M 62	01:58:28	05:27:06	10:16:57	12:39:08	14:51:45	16:18:19.95	8:53	6.7
70	POLIWKI MARIUSZ	3319	FITNES PIEKARY LEGNICA	SPALONA	POL	MASTERS M - 40	35	M 63	01:59:50	05:19:23	10:04:48	12:21:24	14:38:16	16:20:24.75	8:54	6.7
71	STYPEREK JAKUB	3167	VEGE RUNNERS	PSARSKIE	POL	SENIOR II M - 30	23	M 64	01:54:48	05:10:50	10:10:07	12:29:16	14:41:01	16:21:16.40	8:55	6.7

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
72	PAWLUCZUK TOMEK	3227	WŚCIEKŁE PIĘŚCI WĘŻA	ELK	POL	MASTERS M - 40	36	M 65	01:55:51	05:13:43	10:13:22	12:32:04	14:44:00	16:24:11.80	8:56	6.7
73	GONCZAR SZYMON	3218		RYBNIK	POL	SENIOR II M - 30	24	M 66	01:53:58	05:03:52	09:37:03	12:09:14	14:23:24	16:28:37.60	8:59	6.7
74	GRAMACKI MACIEJ	3284	WINTERCAMP.PL	RAKOWNIA	POL	MASTERS M - 40	37	M 67	01:56:37	05:23:31	10:22:43	12:53:21	15:01:46	16:35:51.45	9:03	6.6
75	BIERNACKI BENOIT	3303		MOUVVAUX	FRA	SENIOR II M - 30	25	M 68	02:00:23	05:28:43	10:23:37	12:52:47	14:59:11	16:36:54.00	9:03	6.6
76	CIEŚLAK JAKUB	3258		RZEPIN	POL	SENIOR II M - 30	26	M 69	01:59:35	05:23:15	10:13:45	12:45:18	14:58:05	16:38:51.30	9:04	6.6
77	KŁOŚ ARTUR	3026	STAY INSANE	LUBLIN	POL	SENIOR II M - 30	27	M 70	01:57:22	05:10:12	09:44:45	12:23:55	14:48:35	16:39:57.85	9:05	6.6
78	ZYGRY-WISNIEWSKA KAROLINA	3197	GEMINI POLSKA TEAM	GDAŃSK	POL	MASTERS K - 40	3	K 9	02:04:25	05:42:18	10:41:33	13:02:57	15:08:34	16:41:47.75	9:06	6.6
79	TALAGA DAWID	3287	OLKUSZBIEGA.PL	OLKUSZ	POL	SENIOR II M - 30	28	M 71	01:56:17	05:11:23	10:41:30	13:17:17	15:17:24	16:42:38.95	9:06	6.6
80	PRZYBYLSKI PIOTR	3245		OPOLE	POL	MASTERS M - 40	38	M 72	02:06:06	05:33:52	10:33:58	13:00:34	15:06:39	16:44:19.25	9:07	6.6
81	ZAKRZEWSKI KRZYSZTOF	3312	3:33 TEAM	PAŁĘDZIE	POL	MASTERS M - 40	39	M 73	02:01:52	05:31:10	10:32:33	13:09:07	15:17:55	16:45:25.60	9:08	6.6
82	KOWALEWSKI MARCIN	3210	CRIIM	GDYNIA	POL	MASTERS M - 40	40	M 74	02:00:41	05:32:43	10:36:24	12:50:08	14:59:55	16:45:27.25	9:08	6.6
83	HOFMAŃSKI RAFAŁ	3129		KOTLIN	POL	SENIOR II M - 30	29	M 75	01:59:20	05:19:29	10:05:34	12:43:33	15:01:49	16:48:53.50	9:10	6.5
84	RATAJCZAK MARCIN	3112		KOTLIN	POL	SENIOR II M - 30	30	M 76	01:59:46	05:19:40	10:05:27	12:43:52	15:02:03	16:49:03.50	9:10	6.5
85	PARA JAKUB	3226	LESZ NO LIMITS RUNNERS	LESZNO	POL	MASTERS M - 40	41	M 77	01:58:19	05:19:41	10:39:53	13:10:03	15:21:27	16:50:06.25	9:10	6.5
86	MORCINEK MARCIN	3277	BLUSZCZA	KATOWICE	POL	MASTERS M - 40	42	M 78	02:02:52	05:34:19	10:45:34	13:18:38	15:20:15	16:55:18.70	9:13	6.5
87	SZUBA TOMASZ	3191		WROCŁAW	POL	SENIOR I M - 20	3	M 79	01:50:50	04:52:28	09:45:07	12:36:28	15:09:18	16:56:15.85	9:14	6.5
88	LASEK MIKOŁAJ	3231	PAN WUEFISTA	CZMOŃ	POL	SENIOR II M - 30	31	M 80	02:07:28	05:34:53	10:52:59	13:29:09	15:25:10	16:57:03.25	9:14	6.5
89	LIC JANUSZ	3240	BISKUPICE ULTRARUN	ZABRZE	POL	WETERAN I M - 50	4	M 81	02:10:05	05:50:49	10:45:35	13:16:10	15:25:23	17:00:30.20	9:16	6.5
90	KOSTERA TOMASZ	3060	VEGE RUNNERS	WARSZAWA	POL	MASTERS M - 40	43	M 82	02:02:55	05:39:30	10:46:50	13:18:20	15:30:24	17:03:43.10	9:18	6.4
91	KONIK GRZEGORZ	3131	OKB ZADYSZKA / KS KANDAHAR	PRZECISZÓW	POL	WETERAN I M - 50	5	M 83	02:00:22	05:38:09	10:16:57	12:48:52	15:16:44	17:05:50.20	9:19	6.4
92	TRĄBICKI ADAM	3203		WARSZAWA	POL	SENIOR II M - 30	32	M 84	01:59:39	05:21:04	10:20:34	13:07:57	15:18:10	17:07:14.15	9:20	6.4
93	GRUBICH DAMIAN	3014		GRUDZIĄDZ	POL	MASTERS M - 40	44	M 85	02:00:45	05:49:05	10:55:44	13:17:54	15:30:50	17:07:17.45	9:20	6.4
94	SOBASZEK MARCIN	3155		KROTOSZYCE	POL	SENIOR II M - 30	33	M 86	02:07:01	05:37:32	10:50:44	13:29:35	15:36:44	17:10:40.05	9:22	6.4
95	PASTWA MAREK	3343	OH!ZUZA.COM	ŁÓDŹ	POL	WETERAN I M - 50	6	M 87	02:20:59	06:18:12	11:09:37	13:30:22	15:45:26	17:17:39.00	9:25	6.4
96	ODIJA LESZEK	3249		WIRY	POL	MASTERS M - 40	45	M 88	02:03:56	05:25:30	10:08:21	13:08:20	15:27:18	17:18:08.70	9:26	6.4
97	KOWALCZYK PAWEŁ	3305	KĘCKIE HARPAGANY	KĘTY	POL	MASTERS M - 40	46	M 89	02:00:27	05:22:14	10:24:31	13:08:47	15:30:04	17:21:01.05	9:27	6.3
98	BRZOZOWSKI RAFAŁ	3328		KŁODZKO	POL	MASTERS M - 40	47	M 90	02:07:58	05:55:14	11:00:06	13:27:40	15:44:49	17:22:29.30	9:28	6.3
99	TONDYTKO PIOTR	3327		KŁODZKO	POL	WETERAN I M - 50	7	M 91	02:08:05	05:55:19	11:00:12	13:27:38	15:44:56	17:22:35.15	9:28	6.3
100	GRABICKI SEBASTIAN	3069		WĄGROWIEC	POL	MASTERS M - 40	48	M 92	02:02:06	05:29:23	10:47:11	13:33:13	15:52:27	17:26:04.80	9:30	6.3
101	GILEWICZ-RACHOWSKA JAGODA	3028	DGR KANCELARIA RADCÓW PRAWNYCH	POZNAŃ	POL	SENIOR II K - 30	7	K 10	02:04:28	05:39:56	10:49:10	13:27:58	15:51:41	17:28:18.40	9:31	6.3
102	ZAWROTNIAK PAWEŁ	3239		KRAKÓW	POL	SENIOR I M - 20	4	M 93	01:50:04	05:18:18	10:35:09	13:26:24	15:55:24	17:31:42.85	9:33	6.3
103	CHOJNOWSKI ANDRZEJ	3019		ŁAWA	POL	WETERAN I M - 50	8	M 94	02:00:14	05:23:28	10:35:50	13:15:58	15:43:14	17:32:07.90	9:33	6.3
104	SZAŁA KRZYSZTOF	3082	BIEGAMGDZIECHCE.PL	ŁAZISKA GÓRNE	POL	SENIOR II M - 30	34	M 95	01:52:57	05:19:54	10:45:18	13:30:31	15:53:04	17:32:46.30	9:34	6.3
105	FIUK MIROSLAW	3042		MILICZ	POL	SENIOR II M - 30	35	M 96	01:58:22	05:26:42	10:53:33	13:38:42	15:57:25	17:33:38.40	9:34	6.3
106	HARKIEWICZ WIOLA	3103	ODDYCHAJSWOBODNIE.PL NARAMOWICE BIEGAJĄ	POZNAŃ	POL	SENIOR II K - 30	8	K 11	02:07:55	05:52:51	11:06:37	13:34:00	15:44:01	17:34:39.90	9:35	6.3
107	NOWAK NATALIA	3074	EKIPA Z TARNOWA	TARNÓW	POL	SENIOR II K - 30	9	K 12	02:09:32	05:41:20	11:15:44	13:52:11	15:53:13	17:35:05.35	9:35	6.3
108	IZYDORSKI MARCIN	3202		WROCŁAW	POL	SENIOR II M - 30	36	M 97	02:09:26	05:58:23	11:14:24	13:47:14	16:02:57	17:38:35.45	9:37	6.2
109	LEWANDOWSKI JANUSZ	3076		TARNOWSKIE GÓRY	POL	MASTERS M - 40	49	M 98	02:05:33	05:53:19	11:04:25	13:44:58	16:03:02	17:44:00.65	9:40	6.2
110	ZAKRZYŃSKI FRANCISZEK	3101		BOLECHOWICE	POL	MASTERS M - 40	50	M 99	02:01:24	05:35:00	11:15:06	13:44:57	16:07:47	17:46:22.80	9:41	6.2
111	RUSZCZEWSKI ANDRZEJ	3001	VEGE RUNNERS	WARSZAWA	POL	SENIOR II M - 30	37	M 100	02:05:18	05:40:52	10:33:31	13:14:02	15:58:08	17:47:05.15	9:42	6.2
112	LIPCZAK AMADEUSZ	3104		OPOLE	POL	MASTERS M - 40	51	M 101	02:03:59	05:52:02	11:07:46	13:35:52	15:58:59	17:48:25.70	9:42	6.2
113	JANKOWSKI MARCIN	3109	FU FU FU TEAM	GŁOGÓW	POL	SENIOR II M - 30	38	M 102	01:59:08	06:33:34	12:28:56	14:36:21	16:29:12	17:53:40.35	9:45	6.1
114	MARCINKOWSKA JADWIGA	3189		ROZGARTY	POL	WETERAN K - 50	1	K 13	02:08:54	05:55:16	11:21:55	13:49:24	16:09:03	17:54:35.05	9:46	6.1
115	WIŚNIEWSKI MICHAŁ	3198	INVICTA POWER TEAM	GDAŃSK	POL	MASTERS M - 40	52	M 103	02:10:49	05:46:26	11:40:49	14:10:43	16:31:03	17:56:55.95	9:47	6.1
116	TYŚ RADEK	3030	NOWA RUDA BIEGA	NOWA RUDA	POL	SENIOR II M - 30	39	M 104	02:09:43	06:00:26	11:19:26	13:51:00	16:03:28	17:59:03.20	9:48	6.1
117	PAWLAK JAROSŁAW	3039	KOŁO BIEGA	KOŁO	POL	SENIOR II M - 30	40	M 105	02:02:23	05:40:36	11:04:32	13:44:25	16:14:49	18:04:34.05	9:51	6.1
118	MIKRUT REMIGIUSZ	3087		CHEŁMNO	POL	MASTERS M - 40	53	M 106	02:00:42	05:32:53	10:36:38	13:46:18	16:22:07	18:06:06.10	9:52	6.1
119	KACZMAREK JĘDRZEJ	3052	KP PSP MILICZ	KOWALEW	POL	SENIOR I M - 20	5	M 107	02:07:49	05:51:52	11:02:58	13:40:30	15:59:37	18:06:54.95	9:52	6.1
120	KAMIŃSKI MAREK	3092		WARSZAWA	POL	MASTERS M - 40	54	M 108	02:07:30	05:49:59	11:04:50	13:58:19	16:24:38	18:07:58.35	9:53	6.1
121	DEINIUK ROMAN	3321		WARSZAWA	UKR	SENIOR I M - 20	6	M 109	01:53:34	05:32:28	11:11:40	14:03:27	16:34:46	18:10:12.20	9:54	6.1
122	ŁUSZCZAKIEWICZ TOMASZ	3032	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	POL	MASTERS M - 40	55	M 110	02:09:41	05:56:58	11:24:36	14:09:00	16:32:47	18:10:27.15	9:54	6.1
123	PITOŃ PAWEŁ	3080	#ULTRARODZINKA	SZKLARY	POL	SENIOR II M - 30	41	M 111	02:10:06	05:50:21	11:33:14	14:11:14	16:30:01	18:10:49.25	9:54	6.1
124	RUDY MACIEJ	3117	#ULTRARODZINKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	7	M 112	02:10:18	05:50:30	11:33:23	14:11:21	16:30:14	18:10:58.85	9:55	6

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
125	IWASZCZYSZYN TOMASZ	3230	RATEMYTRAIL.COM / RMT TEAM	WROCŁAW	POL	SENIOR II M - 30	42	M 113	01:55:21	05:15:21	10:47:24	13:53:34	16:25:20	18:14:47.60	9:57	6
126	FALKENBERG LUDWIK	3044	WARIAT BIEGA.	KRAPKOWICE	POL	MASTERS M - 40	56	M 114	01:52:16	05:18:37	11:32:34	14:29:21	16:47:14	18:15:12.90	9:57	6
127	ZAJĄC LESZEK	3079		ŚWIEBODZICE	POL	SENIOR II M - 30	43	M 115	01:49:55	05:08:29	10:08:38	13:10:53	15:45:19	18:16:11.85	9:57	6
128	MATYSZCZAK WŁODZIMIERZ	3279		BRZEŃ	POL	WETERAN II M - 60	2	M 116	02:04:23	05:44:03	11:00:34	13:52:37	16:19:35	18:16:37.75	9:58	6
129	KORECKI ANDRZEJ	3336		MUROWANIEC	POL	MASTERS M - 40	57	M 117	01:57:49	06:30:20	11:59:10	14:33:20	16:41:51	18:19:54.60	9:59	6
130	BILSKI PRZEMYSŁAW	3177	KS MARATON OSTRÓW WLKP.	OSTRÓW WIELKOPOLSKI	POL	SENIOR II M - 30	44	M 118	02:03:51	05:44:16	10:57:46	13:37:42	16:11:53	18:20:23.35	10:00	6
131	CHUDA ANETA	3013		WROCŁAW	POL	MASTERS K - 40	4	K 14	02:09:54	05:59:11	11:26:56	14:09:42	16:36:31	18:20:47.60	10:00	6
132	KOSZAREK MACIEJ	3264		POZNAŃ	POL	WETERAN I M - 50	9	M 119	01:59:58	05:59:04	11:25:48	14:14:26	16:46:09	18:26:44.35	10:03	6
133	GRZYWIŃSKI BARTOSZ	3161		TORUŃ	POL	MASTERS M - 40	58	M 120	02:04:01	05:57:46	11:26:55	14:15:42	16:42:04	18:27:27.75	10:04	6
134	FLORKIEWICZ SŁAWOMIR	3049		SOSNOWIEC	POL	WETERAN I M - 50	10	M 121	02:05:31	05:56:06	11:18:01	14:02:36	16:41:07	18:28:23.05	10:04	6
135	FRĄCKOWIAK JACEK	3289	PRZEDWOJEWSKI MOUNTAIN TEAM	KRZYŻANOWO	POL	MASTERS M - 40	59	M 122	02:06:28	05:53:30	11:26:12	14:17:20	16:46:19	18:28:37.60	10:04	6
136	SURKÓW ADRIAN	3047	MUAY RUNNING TEAM	SWARZĘDZ	POL	SENIOR II M - 30	45	M 123	02:18:46	06:01:39	11:10:54	14:04:59	16:38:48	18:28:46.85	10:04	6
137	ROSZAK-SURKÓW SYLWIA	3045	MUAY RUNNING TEAM	SWARZĘDZ	POL	MASTERS K - 40	5	K 15	02:18:42	06:01:47	11:11:03	14:05:05	16:36:59	18:28:58.45	10:04	6
138	TOJZA TOMASZ	3150		DOBRYCA	POL	MASTERS M - 40	60	M 124	02:01:14	05:51:21	11:25:44	14:19:01	16:41:26	18:31:59.85	10:06	5.9
139	KWIKERT ADRIAN	3274		KOBYLA GÓRA	POL	SENIOR II M - 30	46	M 125	02:11:01	06:20:40	11:30:24	14:17:19	17:01:00	18:32:43.05	10:06	5.9
140	KRUPIAŃSKI TOMASZ	3214		WROCŁAW	POL	SENIOR II M - 30	47	M 126	02:15:15	05:51:48	11:25:12	14:17:39	16:38:01	18:33:16.75	10:07	5.9
141	PTAK ADAM	3123	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS M - 40	61	M 127	02:12:55	06:05:53	11:14:47	14:08:49	16:36:21	18:33:54.45	10:07	5.9
142	HACUŚ TOMASZ	3063		WROCŁAW	POL	MASTERS M - 40	62	M 128	02:11:49	06:04:10	11:11:17	14:03:54	16:32:17	18:33:58.75	10:07	5.9
143	WOJTKOWIAK RENATA	3054	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	6	K 16	02:13:11	06:06:16	11:15:16	14:09:08	16:41:37	18:34:17.55	10:07	5.9
144	KACZOR ŁUKASZ	3300	WILD BUCHAYS	BUCCZKOWICE	POL	SENIOR II M - 30	48	M 129	02:07:05	05:50:28	11:27:18	14:11:15	16:32:21	18:34:20.30	10:07	5.9
145	TOMCZAK DARIUSZ	3265	HELL'S GYM OCR PĘPOWO	GOSTYŃ	POL	SENIOR II M - 30	49	M 130	02:03:13	05:47:48	11:14:28	13:51:30	16:26:31	18:34:21.45	10:07	5.9
146	RATAJCZAK JOANNA	3283	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	7	K 17	02:13:17	06:06:24	11:15:23	14:09:11	16:41:04	18:34:24.55	10:07	5.9
147	LORANC PAWEŁ	3304	WILD BUCHAYS	KOZY	POL	MASTERS M - 40	63	M 131	02:07:10	05:50:38	11:27:24	14:12:03	16:32:36	18:34:25.55	10:07	5.9
148	JĘDRZEJCZAK WOJCIECH	3126		ŁÓDŹ	POL	WETERAN I M - 50	11	M 132	02:13:28	06:06:30	11:15:19	14:09:10	16:41:44	18:34:26.40	10:07	5.9
149	KOŁODZIEJSKI JAREK	3068	NWZNBHC	POZNAN	POL	MASTERS M - 40	64	M 133	02:13:17	06:06:37	11:15:26	14:09:09	16:36:56	18:34:44.45	10:08	5.9
150	GASIECKI ANDRZEJ	3004		SZCZECIN	POL	WETERAN I M - 50	12	M 134	02:11:27	05:56:47	11:22:16	14:12:50	16:43:37	18:35:39.20	10:08	5.9
151	BĘDŹKOWSKI MAREK	3317	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	WETERAN I M - 50	13	M 135	02:13:18	06:10:59	11:54:05	14:34:29	16:50:25	18:36:36.55	10:09	5.9
152	DZIENISZEWSKI MICHAŁ	3232		KONSTANCJA-JEZIORNA	POL	SENIOR II M - 30	50	M 136	02:07:30	06:10:04	11:40:11	14:33:32	16:55:29	18:41:17.70	10:11	5.9
153	DZIUBEK MICHAŁ	3171	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	MASTERS M - 40	65	M 137	01:56:50	05:11:47	10:37:42	13:39:47	16:31:07	18:43:43.05	10:12	5.9
154	SKRZEK MARCIN	3190	PRO-RUN WROCŁAW	WROCŁAW	POL	MASTERS M - 40	66	M 138	02:09:26	05:58:20	11:22:07	14:25:21	17:00:51	18:43:58.35	10:13	5.9
155	NAPIERAŁA MARCIN	3002	PIĄTKOWO NA BIEGOWO	KOZIEGŁOWY	POL	MASTERS M - 40	67	M 139	02:07:52	05:53:08	11:14:56	14:17:33	16:54:32	18:44:21.50	10:13	5.9
156	JERCZYŃSKI TOMASZ	3106	GRUPA BIEGOWA ŁĘKA OPATOWSKA	ŁĘKA OPATOWSKA	POL	MASTERS M - 40	68	M 140	02:07:35	06:22:06	12:33:14	15:01:34	17:08:38	18:45:01.80	10:13	5.9
157	LENART-KŁOŚ KATARZYNA	3015	STAY INSANE	LUBLIN	POL	SENIOR II K - 30	10	K 18	02:01:59	05:40:35	11:18:59	14:20:24	16:56:27	18:45:19.90	10:13	5.9
158	GĄSIOR PAWEŁ	3173		OLAWA	POL	SENIOR II M - 30	51	M 141	02:00:25	06:10:56	11:40:09	14:33:50	16:54:04	18:45:26.75	10:13	5.9
159	JANKOWSKI ŁUKASZ	3102	1987	OLSZANKA	POL	SENIOR II M - 30	52	M 142	02:02:10	05:40:46	11:19:09	14:20:38	16:56:38	18:45:30.25	10:13	5.9
160	ADAMSKI KRZYSZTOF	3194	JM	PRZYSZOWICE	POL	SENIOR II M - 30	53	M 143	02:06:39	06:11:54	11:56:41	14:49:50	17:10:30	18:45:31.50	10:13	5.9
161	BARCZYK AGNIESZKA	3307		WOLBROM	POL	MASTERS K - 40	8	K 19	02:16:29	06:13:53	11:51:39	14:49:20	17:03:16	18:47:05.25	10:14	5.9
162	MODLIŃSKI DARIUSZ	3119	ORANGE POLSKA	SUCHY LAS	POL	MASTERS M - 40	69	M 144	02:03:54	05:55:24	11:26:01	14:15:46	16:53:14	18:50:45.75	10:16	5.8
163	DĘBICKI MARIUSZ	3122	LOTTO	WRZEŚNIA	POL	MASTERS M - 40	70	M 145	02:03:45	05:55:19	11:25:55	14:36:27	17:04:55	18:50:56.45	10:16	5.8
164	TRZECIAK ANDRZEJ	3165	KGHM COPI RUN	LEGNICA	POL	MASTERS M - 40	71	M 146	02:05:41	05:48:53	11:32:21	14:38:09	17:14:58	18:54:31.05	10:18	5.8
165	BOROWSKA-NAJDEREK PAULINA	3022	WLKP MOUNTAINS ULTRA	ROKIETNICA	POL	MASTERS K - 40	9	K 20	01:58:32	05:54:00	11:33:08	14:28:27	16:56:12	18:55:17.50	10:19	5.8
166	JAMROZIAK GRZEGORZ	3086	AARSLEFF.BIZ RUNNING TEAM	KAMIEŃ POMORSKI	POL	SENIOR II M - 30	54	M 147	02:08:08	05:43:36	11:12:26	14:05:23	17:02:21	18:56:15.05	10:19	5.8
167	MAZEPA TOMASZ	3224	TOMEKM.SKÓRA	OLAWA	POL	MASTERS M - 40	72	M 148	02:08:40	06:04:43	11:40:56	14:39:02	17:15:57	18:57:28.80	10:20	5.8
168	ROSPOND PIOTR	3166	TKKF MPK POZNAŃ	POZNAŃ	POL	WETERAN I M - 50	14	M 149	02:02:57	05:56:57	11:09:23	13:53:17	16:54:21	18:57:52.20	10:20	5.8
169	WOJTASZEK MARCIN	3118	MUCHY NA ZĘBACH	WĄGROWIEC	POL	SENIOR II M - 30	55	M 150	02:12:12	06:02:03	11:56:41	14:53:11	17:15:25	18:59:12.95	10:21	5.8
170	CHOMICZ TOMASZ	3345	JĄCWINOWIE ZAPOMNIANI WOJOWNICY	SUWAŃKI	POL	MASTERS M - 40	73	M 151	02:01:03	06:16:07	12:08:21	14:57:49	17:10:48	19:00:00.60	10:21	5.8
171	BUDKOWSKI KAMIL	3008		SIECHNICE	POL	SENIOR II M - 30	56	M 152	02:08:37	06:04:32	11:42:10	14:44:22	17:12:00	19:00:50.95	10:22	5.8
172	NIESPODZIANA ANNA	3339	ROGOZIŃSKI KLUB BIEGACZA	ROGOŹNO	POL	SENIOR II K - 30	11	K 21	02:21:09	06:33:15	12:18:53	14:56:00	17:19:03	19:03:36.85	10:23	5.8
173	GRABIŃSKI WALDEMAR	3340	ROGOZIŃSKI KLUB BIEGACZA	ROGOŹNO	POL	MASTERS M - 40	74	M 153	02:21:12	06:33:22	12:18:58	14:56:03	17:18:47	19:03:42.20	10:23	5.8
174	BORSZYŃSKI KUBA	3229	KC INK/NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	57	M 154	02:10:32	06:04:17	11:28:29	14:19:59	17:07:48	19:06:06.40	10:25	5.8
175	ZAJĄC ŁUKASZ	3070	KOMPARIO TEAM	KRAKÓW	POL	SENIOR II M - 30	58	M 155	02:07:26	05:58:10	11:25:34	14:27:40	17:07:30	19:06:09.55	10:25	5.8
176	ZABOROWSKI KAMIL	3223	NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	59	M 156	02:10:41	06:04:26	11:28:39	14:20:11	17:08:23	19:06:10.90	10:25	5.8
177	PSZENNY ŁUKASZ	3010	ULTRINO AMATEUR	LUBLIN	POL	SENIOR II M - 30	60	M 157	02:11:08	06:08:53	11:44:29	14:43:39	17:20:44	19:09:02.80	10:26	5.7

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
178	SZAFRAN ŁUKASZ	3007	ULTRINO AMATEUR	OPOLE LUBELSKIE	POL	SENIOR I M - 20	8	M 158	02:11:13	06:09:01	11:44:36	14:43:22	17:20:49	19:09:04.20	10:26	5.7
179	POMIANOWSKI SZYMON	3164	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	61	M 159	02:00:00	05:53:09	11:46:59	15:02:27	17:23:10	19:09:34.65	10:27	5.7
180	KARAWACKI GRZEGORZ	3320	KĘCKIE HARPAGANY	KĘTY	POL	SENIOR II M - 30	62	M 160	02:13:30	05:44:23	11:45:20	14:37:12	17:21:40	19:10:20.75	10:27	5.7
181	KARCZMIT DANIEL	3179		WROCŁAW	POL	SENIOR II M - 30	63	M 161	02:14:02	05:41:00	11:14:37	14:02:57	16:57:00	19:13:24.20	10:29	5.7
182	LEWANDOWSKI WOJCIECH	3199	TMTEAM	ŻERNIKI WROCŁAWSKIE	POL	SENIOR II M - 30	64	M 162		06:22:13	11:53:01	14:38:11	17:13:11	19:14:17.00	10:29	5.7
183	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	10	K 22	02:02:22	05:46:23	12:04:46	14:59:28	17:26:11	19:15:58.55	10:30	5.7
184	PRUSIK PAWEŁ	3168		BARANOWO	POL	SENIOR I M - 20	9	M 163	02:06:06	05:55:41	11:10:44	14:23:53	17:11:20	19:16:39.60	10:30	5.7
185	PRUSIK TOMASZ	3170		ŻAGAŃ	POL	SENIOR I M - 20	10	M 164	02:06:34	05:56:13	11:11:11	14:24:27	17:11:14	19:17:10.80	10:31	5.7
186	GRZESIAK MATEUSZ	3182	KLUB AA		POL	SENIOR II M - 30	65	M 165	02:11:20	06:25:12	12:19:15	15:11:27	17:39:50	19:17:41.00	10:31	5.7
187	KUDELSKI IRENEUSZ	3259	ROZBIEGANI CHOJNÓW	OSETNICA	POL	WETERAN I M - 50	15	M 166	02:06:24	05:59:27	11:56:51	14:58:45	17:24:29	19:21:04.90	10:33	5.7
188	SAMBORSKI BARTOSZ	3037	WKURW_TEAM	WARSZAWA	POL	MASTERS M - 40	75	M 167	02:08:29	06:14:25	12:40:36	15:44:25	17:48:06	19:22:36.00	10:34	5.7
189	GROCHOWSKI TOMASZ	3055	SPARTA RUNNERS	POZNAŃ	POL	MASTERS M - 40	76	M 168	02:05:22	05:33:41	11:36:04	14:42:59	17:21:21	19:23:34.65	10:34	5.7
190	OSICA ŁUKASZ	3207		ŚWIĘTOCHŁOWICE	POL	SENIOR II M - 30	66	M 169	02:15:41	06:20:56	11:56:27	14:52:02	17:28:21	19:24:12.80	10:35	5.7
191	ŚLUZEK MIROSLAW	3064		WARSZAWA	POL	WETERAN I M - 50	16	M 170	02:08:03	06:04:15	11:33:48	14:26:54	17:13:44	19:25:19.80	10:35	5.7
192	DWORNICKI TOMASZ	3338	RYBNICKA GRUPA BIEGOWA	RYBNIK	POL	MASTERS M - 40	77	M 171	02:13:05	06:08:57	11:57:53	14:54:27	17:28:41	19:26:33.40	10:36	5.7
193	CHOMIAK KATARZYNA	3315	BIEGAJ W JEDLINIE	JEDLINA-ZDRÓJ	POL	MASTERS K - 40	11	K 23	02:20:07	06:03:57	11:32:21	14:32:04	16:57:15	19:28:58.40	10:37	5.6
194	KOVÁCS ÁRPÁD	3195	DUV	GRABEN	GER	SENIOR I M - 20	11	M 172	02:13:26	06:14:25	12:03:33	14:41:35	17:24:24	19:32:57.55	10:39	5.6
195	WIŚNIEWSKI MARIUSZ	3071		DĄBROWA NIEMODLIŃSKA	POL	MASTERS M - 40	78	M 173	02:05:34	05:58:14	11:38:15	14:40:45	17:31:35	19:34:17.65	10:40	5.6
196	BORKO RYSZARD	3146	KS PIDRINA GDYNIA	GDYNIA	POL	MASTERS M - 40	79	M 174	02:20:49	06:33:42	12:21:46	14:59:38	17:32:04	19:37:09.80	10:42	5.6
197	JASICKI KRZYSZTOF	3040		TYCHY	POL	MASTERS M - 40	80	M 175	02:15:10	06:23:22	12:10:14	14:55:46	17:29:21	19:40:02.10	10:43	5.6
198	WIŚNIEWSKA BARBARA	3061	SPARTA RUNNERS	KAZIMIERZ BISKUPI	POL	SENIOR II K - 30	12	K 24	02:21:59	06:27:41	11:59:31	14:55:34	17:30:39	19:41:58.00	10:44	5.6
199	WIELGAT-KOJDECKA MAGDALENA	3035	CARBON OCR RACING TEAM	TYCHY	POL	SENIOR II K - 30	13	K 25	02:14:28	06:02:20	11:35:37	14:55:34	17:29:14	19:45:49.75	10:46	5.6
200	STAŁA-KONDRAKIEWICZ KATARZYNA	3048	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	SENIOR II K - 30	14	K 26	02:34:04	06:51:54	12:27:34	15:30:41	17:57:22	19:45:57.05	10:46	5.6
201	ŁOPOKA PRZEMYSŁAW	3116		ZIĘBICE	POL	SENIOR I M - 20	12	M 176	02:10:52	05:55:08	11:53:01	15:08:10	18:00:10	19:50:44.55	10:49	5.5
202	BUTRYN WOJCIECH	3270	BEZ PRZYNALEŻNOŚCI	KRAKÓW	POL	MASTERS M - 40	81	M 177	02:11:17	05:44:53	11:38:28	14:40:59	17:33:46	19:51:59.90	10:50	5.5
203	CZUBA ROBERT	3127	ORANGE POLSKA	PUSZCZYKOWO	POL	WETERAN I M - 50	17	M 178	02:09:31	06:08:20	12:00:15	15:21:42	17:53:09	19:52:47.50	10:50	5.5
204	GALAŚIŃSKI ANDRZEJ	3099	GRUPA SIGMEO	LUBOŃ	POL	WETERAN I M - 50	18	M 179	02:10:06	06:08:52	12:07:36	15:00:40	17:54:30	19:52:55.70	10:50	5.5
205	WYRWAS-ZYGARŁOWSKA IZABELA	3098	KOBIETY BIEGAJĄ	POZNAŃ	POL	MASTERS K - 40	12	K 27	02:11:17	06:08:57	12:08:31	15:00:42	17:50:52	19:53:03.45	10:50	5.5
206	KASPRZYK ADRIAN	3344	LESZ NO LIMITS RUNNERS	LESZNO	POL	MASTERS M - 40	82	M 180	02:18:09	06:45:22	12:38:15	15:32:01	18:00:22	19:55:09.35	10:51	5.5
207	BANAŚ MICHAŁ	3051	IPA WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	67	M 181	02:05:50	05:48:46	11:32:47	14:43:24	17:44:48	20:01:43.90	10:55	5.5
208	SIKORA GRZEGORZ	3219	MCBIEGACZE	WARSZAWA	POL	MASTERS M - 40	83	M 182	02:06:13	05:55:17	12:05:01	15:25:55	18:14:36	20:04:20.45	10:56	5.5
209	BABIRECKI KRZYSZTOF	3108	FU FU FU TEAM	GŁOGÓW	POL	MASTERS M - 40	84	M 183	01:59:03	06:33:32	13:16:26	16:12:55	18:34:15	20:06:44.20	10:58	5.5
210	MOLENDNA MICHAŁ	3135		WROCŁAW	POL	MASTERS M - 40	85	M 184	02:19:31	06:44:13	12:55:52	16:02:43	18:29:34	20:08:32.80	10:59	5.5
211	MIKOŁAJCZYK-SOWA MONIKA	3139	SZAKALE BAŁUT ŁÓDŹ	JUSTYNÓW	POL	MASTERS K - 40	13	K 28	02:17:06	06:41:14	12:48:10	15:33:21	18:03:41	20:09:26.20	10:59	5.5
212	ODWAŻNY MAGDALENA	3073	ODWAŻNYTEAM.PL	STRONIE ŚLASKIE	POL	MASTERS K - 40	14	K 29	02:18:11	06:42:17	12:49:27	15:34:28	18:04:44	20:10:29.25	11:00	5.5
213	KAROLCZAK ALEKSANDER	3273	WKURW_TEAM	WARSZAWA	POL	SENIOR I M - 20	13	M 185	02:01:33	05:18:07	10:29:47	13:22:46	17:21:01	20:10:32.35	11:00	5.5
214	TOWASIK MIETEK	3346		DUSZNIKI ZDRÓJ	POL	WETERAN I M - 50	19	M 186	02:14:21	06:31:04	12:27:26	15:21:01	17:56:07	20:11:06.15	11:00	5.4
215	NOWOSŁAWSKI KRZYSZTOF	3169	IRRACJONALNIE MASZERUJĄCY	WROCŁAW	POL	MASTERS M - 40	86	M 187	02:16:19	06:43:41	12:39:15	15:31:46	18:06:01	20:12:35.10	11:01	5.4
216	LATANOWICZ BERNARD	3331		POZNAŃ	POL	SENIOR II M - 30	68	M 188	02:12:05	05:48:05	11:17:17	15:47:56	18:36:13	20:13:13.80	11:01	5.4
217	BORC PIOTR	3111	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	WETERAN I M - 50	20	M 189	02:10:45	06:18:59	12:09:36	14:59:57	17:33:14	20:15:05.90	11:02	5.4
218	NIEMCZAK BASIA	3266	ULTRA KSP	WARSZAWA	POL	SENIOR II K - 30	15	K 30	02:18:34	06:24:42	12:23:06	15:30:53	18:14:39	20:15:50.85	11:03	5.4
219	WRONKA TYMOTEUSZ	3192	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30	69	M 190	02:24:35	07:10:55	13:03:29	16:00:02	18:23:37	20:21:31.10	11:06	5.4
220	JOVANOVIĆ MARKO	3269		ALEKSINAC	SRB	SENIOR I M - 20	14	M 191	02:22:43	06:18:44	12:51:06	16:13:33	18:47:26	20:21:53.85	11:06	5.4
221	LESZCZYŃSKI PAWEŁ	3318	LASY WAWERSKIE	WARSZAWA	POL	WETERAN II M - 60	3	M 192	02:17:56	06:28:09	12:40:15	15:52:17	18:26:33	20:22:14.35	11:06	5.4
222	JARZEMBOWSKI TOMASZ	3020	WLKP MOUNTAINS ULTRA	PLEWISKA	POL	MASTERS M - 40	87	M 193	02:12:11	06:13:10	12:21:00	15:35:57	18:20:56	20:26:30.05	11:09	5.4
223	SOBCZAK MIKOŁAJ	3031	WLKP MOUNTAINS ULTRA	SKÓRZEWO	POL	MASTERS M - 40	88	M 194	02:12:31	06:13:18	12:21:11	15:37:42	18:21:03	20:26:38.40	11:09	5.4
224	TOMASZEWSKI DAWID	3252	WLKP MOUNTAINS ULTRA	KOMORNIKI	POL	MASTERS M - 40	89	M 195	02:12:35	06:13:34	12:21:30	15:38:07	18:21:19	20:26:56.90	11:09	5.4
225	ROŚLICKI JAROSŁAW	3072	UBEZPIECZENIA DLA AKTYWNYCH	OZOROWICE	POL	MASTERS M - 40	90	M 196	02:10:47	06:16:45	12:29:58	15:39:32	18:19:02	20:29:01.70	11:10	5.4
226	ZNAMIEC MARCIN	3268	ULTRA KSP	WARSZAWA	POL	MASTERS M - 40	91	M 197	02:14:52	06:23:36	12:21:54	15:30:03	18:19:52	20:29:21.65	11:10	5.4
227	WOJTANOWICZ MARCIN	3325	BRUBECK / GUMOWE KACZKI TEAM	ZDUŃSKA WOLA	POL	MASTERS M - 40	92	M 198	02:10:47	06:02:41	12:34:42	15:46:53	18:30:10	20:33:37.75	11:12	5.4

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
228	OSRÓDEK PIOTR	3324	BRUBECK / GUMOWE KACZKI TEAM	ZDUŃSKA WOLA	POL	MASTERS M - 40	93	M 199	02:10:49	06:02:45	12:34:46	15:46:01	18:30:18	20:33:41.35	11:12	5.3
229	LIS TOMASZ	3220	MCBIEGACZE	WARSZAWA	POL	MASTERS M - 40	94	M 200	02:06:29	05:55:23	12:05:15	15:26:39	18:24:03	20:35:50.35	11:14	5.3
230	KRÓLICKI ZBIGNIEW	3183		LUTOMIA	POL	MASTERS M - 40	95	M 201	02:23:12	06:46:13	12:54:06	15:53:57	18:35:57	20:40:28.80	11:16	5.3
231	MEDUNA ZBIGNIEW	3172		POZNAŃ	POL	MASTERS M - 40	96	M 202	02:14:55	06:18:04	11:57:09	15:08:25	18:15:00	20:41:34.15	11:17	5.3
232	KACZMAREK MIROSŁAW	3297	RUNNER'S POWER ŚREM	ŚREM	POL	SENIOR I M - 20	15	M 203	02:22:55	06:39:26	12:54:14	15:55:55	18:49:48	20:44:26.30	11:18	5.3
233	MATUSZEWSKA MAŁGORZATA	3296	RUNNER'S POWER ŚREM	ŚREM	POL	MASTERS K - 40	15	K 31	02:23:01	06:39:32	12:54:19	15:55:55	18:49:53	20:44:33.35	11:18	5.3
234	DZIERGAS TERESA	3225	ULTRA KSP	TWARDORZECZKA	POL	SENIOR II K - 30	16	K 32	02:23:51	06:26:04	12:58:54	15:55:51	18:45:13	20:50:04.90	11:21	5.3
235	PROŃCZUK ADAM	3130	WEHICOOLL	CZECHOWICE-DZIEDZICE	POL	WETERAN I M - 50	21	M 204	02:36:27	07:09:29	13:15:54	16:13:10	18:42:57	20:51:29.75	11:22	5.3
236	MASZEWSKA-WACH MARIOLA	3309	RAWA TIM ZAWSZE SLIM	RAWA MAZOWIECKA	POL	SENIOR II K - 30	17	K 33	02:36:38	07:09:37	13:16:03	16:12:59	18:43:14	20:51:35.65	11:22	5.3
237	DOLIŃSKI TOMASZ	3075	UMAWIANIENABIEGANIE	WROCŁAW	POL	WETERAN I M - 50	22	M 205	02:22:58	06:58:38	13:06:10	16:10:26	18:56:12	20:53:39.40	11:23	5.3
238	FICNER IWONA	3021	FSD RUN DREZDENKO	STARE KUROWO	POL	MASTERS K - 40	16	K 34	02:17:56	06:45:08	13:06:07	16:18:05	19:00:13	21:03:01.15	11:28	5.2
239	KARKOWSKA WIESŁAWA	3341		BARANOWO	POL	WETERAN II K - 60	1	K 35	02:18:11	06:45:21	13:06:20	16:18:26	19:00:28	21:03:14.35	11:29	5.2
240	PAROL PAWEŁ	3084		SZYMANKOWSZCZYNA	POL	MASTERS M - 40	97	M 206	02:11:37	06:54:56	13:21:04	16:15:10	18:50:56	21:04:01.35	11:29	5.2
241	MERTAS DOMINIK	3096		BABICE GM.NĘDZA	POL	MASTERS M - 40	98	M 207	02:18:19	06:47:48	12:55:49	15:45:55	18:43:09	21:06:23.45	11:30	5.2
242	OCHNIO EWA	3006		BOLEŚLAWIEC	POL	MASTERS K - 40	17	K 36	02:32:25	06:49:54	13:09:32	16:12:51	19:04:00	21:09:43.10	11:32	5.2
243	LADENBERGER MATEUSZ	3211	WAWRZYNTTEAM	JACZKÓW	POL	SENIOR II M - 30	70	M 208		07:23:51	13:16:32	16:05:24	19:08:44	21:12:40.20	11:34	5.2
244	KUBERSKI ANDRZEJ	3156		SOSNOWIE	POL	MASTERS M - 40	99	M 209	02:07:00	06:04:10	11:59:46	15:36:08	18:40:22	21:16:57.75	11:36	5.2
245	JERCZYŃSKI RADOŚŁAW	3204		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	100	M 210	02:19:57	07:23:36	13:46:51	16:46:01	19:17:06	21:22:56.00	11:39	5.1
246	BONTOVICS TIMEA	3193	DUV	GRABEN	GER	WETERAN K - 50	2	K 37	02:31:00	07:17:58	13:44:12	16:38:34	19:22:13	21:27:06.95	11:42	5.1
247	WACHOWSKA ALINA	3157	SMOK TRÓJGŁOWY	POZNAŃ	POL	WETERAN II K - 60	2	K 38	02:26:58	07:17:51	13:36:49	16:59:11	19:57:50	21:55:19.30	11:57	5
248	OLESZCZAK PIOTR	3147	BIEGAM BO SĄ TACY CO NIE MOGĄ	POZNAŃ	POL	MASTERS M - 40	101	M 211	02:04:44	05:52:50	12:52:31	16:20:58	19:38:10	21:57:40.70	11:58	5
249	SERWADCZAK MAREK	3272		DROGOSZOWICE	POL	WETERAN I M - 50	23	M 212	02:32:30	07:02:42	13:38:58	16:57:57	19:57:50	22:03:51.60	12:02	5
250	HETMAŃSKI AREK	3056	LOVELASY	BARTOSZEWO	POL	SENIOR II M - 30	71	M 213	02:08:18	06:12:05	12:37:40	16:04:52	19:24:55	22:08:16.65	12:04	5
251	ZAWADZKI STANISŁAW	3234	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30	72	M 214	02:25:04	07:02:11	13:52:58	17:05:50	19:44:54	22:10:10.35	12:05	5
252	WRUK REMIGIUSZ	3153	BIEG OPOLSKI	OPOLE	POL	MASTERS M - 40	102	M 215	02:06:46	06:56:05	13:37:42	16:58:34	19:33:21	22:13:56.10	12:07	4.9
253	KWINTA MACIEJ	3276		WROCŁAW	POL	MASTERS M - 40	103	M 216	02:16:19	06:47:21	13:10:46	16:46:01	19:52:38	22:16:12.80	12:08	4.9
254	RUTKOWSKI JANUSZ	3213	LESZNO TEAM	LESZNO	POL	WETERAN I M - 50	24	M 217	07:10:36	13:38:24	20:06:51	22:19:06.00	20:06:51	22:19:06.00	12:10	4.9
255	PTASZYŃSKA ANNA	3077	SPEED FEET '16	KOŚCIAN	POL	WETERAN K - 50	3	K 39	02:27:01	07:13:57	13:33:04	16:58:15	20:06:24	22:21:10.10	12:11	4.9
256	STROIŃSKA IWONA	3029	C&C SPORTS TEAM	WILKOWICE	POL	MASTERS K - 40	18	K 40	02:24:28	06:47:16	12:59:45	16:30:19	19:37:46	22:22:47.40	12:12	4.9
257	STROIŃSKI WOJCIECH	3027	C&C SPORTS TEAM	WILKOWICE	POL	MASTERS M - 40	104	M 218	02:24:39	06:47:21	12:59:47	16:30:33	19:37:45	22:22:57.50	12:12	4.9
258	KROLS HILDE	3212	VOS SCHAFFEN	MOL	BEL	WETERAN K - 50	4	K 41	02:23:06	07:14:54	13:50:02	17:15:43	20:15:46	22:27:03.40	12:14	4.9
259	SILSKA SYLWIA	3209	ATRAKCYJNE TOWARZYSTWO	POTASZE	POL	MASTERS K - 40	19	K 42	02:24:17	07:27:55	13:51:06	18:01:43	20:36:46	22:34:10.80	12:18	4.9
260	MARCINKOWSKI PIOTR	3115		ROZGARTY	POL	WETERAN I M - 50	25	M 219	02:25:12	06:45:05	13:30:14	16:52:31	20:22:16	22:43:27.95	12:23	4.8
261	LEWANDOWSKI RAFAŁ	3023	SPC	TORUŃ	POL	SENIOR II M - 30	73	M 220	02:06:09	06:20:23	12:48:39	16:43:06	20:08:29	22:48:12.45	12:26	4.8
262	OLESZEK MAGDALENA	3088	BIEGOWA KUŹNIA	CZELADŹ	POL	SENIOR II K - 30	18	K 43	02:26:01	07:01:28	13:42:45	16:55:54	20:12:11	22:52:11.25	12:28	4.8
263	KURKOWIAK KRZYSZTOF	3128	WKURW_TEAM / #TEAMNICPOŃ	WROCŁAW	GER	SENIOR II M - 30	74	M 221	02:08:40	06:14:29	12:40:44	16:28:49	20:10:04	23:09:26.50	12:37	4.8
264	KOZŁOWSKA KAROLINA	3120		BYDGOSZCZ	POL	MASTERS K - 40	20	K 44	02:24:45	07:34:48	14:34:36	18:37:45	21:35:34	23:37:30.25	12:53	4.7
265	GUZDZIOL JAREK	3221	TBKM WILK SOLEC KUJAWSKI	SOLEC KUJAWSKI	POL	MASTERS M - 40	105	M 222	02:25:01	07:34:57	14:34:46	18:38:05	21:35:44	23:37:39.60	12:53	4.7
266	GRZELCZAK TOMASZ	3286		ŁÓDŹ	POL	WETERAN I M - 50	26	M 223	02:39:24	07:43:44	14:16:28	17:44:51	20:57:15	23:38:27.70	12:53	4.7
267	JASIŃSKI MIKOŁAJ	3241	UKA WARSZAWA	WARSZAWA	POL	WETERAN I M - 50	27	M 224	02:28:45	07:37:35	14:06:05	17:49:12	21:29:26	23:40:45.55	12:54	4.6
268	KLAR MAREK	3151	BEZ	ŁAZISKA GÓRNE	POL	WETERAN I M - 50	28	M 225	02:35:15	08:01:21	14:47:34	18:06:35	21:27:15	23:45:40.30	12:57	4.6
269	STRZELECKI KRZYSZTOF	3253	LEŚNE DZIADY	WROCŁAW	POL	MASTERS M - 40	106	M 226	02:16:32	06:57:01	13:57:08	17:28:06	21:09:59	23:46:52.15	12:58	4.6
270	GARBACZ MAREK	3251	LEŚNE DZIADY	OLAWA	POL	MASTERS M - 40	107	M 227	02:16:44	06:57:10	13:57:13	17:28:01	21:11:17	23:46:53.35	12:58	4.6
271	RYCHŁOWSKA MAGDALENA	3091		PIEŁA	POL	MASTERS K - 40	21	K 45	02:22:20	07:18:56	14:57:15	18:30:29	21:35:40	23:47:27.30	12:58	4.6
272	BŁASZCZYK LUIZA	3090		ŚREM	POL	SENIOR I K - 20	1	K 46	02:20:44	07:19:02	14:57:21	18:30:28	21:35:53	23:47:33.30	12:58	4.6
273	DURA PIOTR	3322	PKB ENDORFINA	RAKÓW	POL	WETERAN I M - 50	29	M 228	02:39:43	07:24:22	14:26:00	18:27:04	21:29:06	23:51:29.10	13:00	4.6
274	KRYCH RAFAŁ	3121		CZMOŃ	POL	MASTERS M - 40	108	M 229	02:17:47	07:29:01	14:59:19	18:32:33	21:43:57	23:55:42.60	13:03	4.6
275	ŁOZIŃSKI WOJCIECH	3326		ZŁOTORYJA	POL	MASTERS M - 40	109	M 230	02:13:19	06:42:08	13:41:19	17:42:53	21:21:05	23:58:58.25	13:04	4.6
276	MRÓZ JACEK	3302		ZŁOTORYJA	POL	WETERAN I M - 50	30	M 231	02:13:19	06:42:13	13:41:22	17:42:51	21:21:07	23:59:03.80	13:04	4.6
277	TRZPIOLA TYCJAN	3041	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	75	M 232	02:20:27	07:17:35	14:47:59	18:21:21	21:32:40	24:06:08.20	13:08	4.6
278	RZESZOWSKI PAWEŁ	3011		WIELUŃ	POL	WETERAN I M - 50	31	M 233	02:38:03	07:53:27	14:43:43	18:19:14	21:51:05	24:07:22.80	13:09	4.6
279	KANIA KRYSZTIAN	3201		MESSSTETTEN	GER	MASTERS M - 40	110	M 234	02:13:24	06:56:49	14:24:09	18:10:33	21:40:01	24:08:03.55	13:09	4.6
280	FUNKA ANDRZEJ	3057	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	WETERAN II M - 60	4	M 235	02:46:59	08:05:58	14:59:32	18:22:33	21:52:01	24:10:08.20	13:10	4.6

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
281	PACANOWSKI ROBERT	3095	WEŁNICA BIEGA	WEŁNICA	POL	WETERAN I M - 50	32	M 236	02:46:58	08:06:00	14:59:37	18:22:30	21:51:51	24:10:13.50	13:11	4.6
282	CHODOROWSKI ARKADIUSZ	3262	ULTRA KSP	ALEKSANDRÓW	POL	MASTERS M - 40	111	M 237	02:29:43	07:18:07	15:11:59	18:50:21	22:21:49	24:35:25.15	13:24	4.5
283	RUTKOWSKI KAZIMIERZ	3149	KUSY I SPÓŁKA	ŚLIWNO	POL	WETERAN II M - 60	5	M 238	02:34:45	08:02:10	15:10:06	19:20:35	22:34:38	24:58:51.10	13:37	4.4
284	DOWNAR-ZAPOLSKA RITA	3097	MOM&DAUGHTER RUN	WROCŁAW	POL	MASTERS K - 40	22	K 47	02:40:03	08:17:13	15:42:31	20:00:17	22:45:49	25:08:14.25	13:42	4.4
285	ARMATYS GRZEGORZ	3244		DĄBROWA GÓRNICZA	POL	WETERAN I M - 50	33	M 239	02:24:10	07:15:30	15:01:09	19:13:22	22:48:54	25:08:17.20	13:42	4.4
286	NORKOWSKA ALEKSANDRA	3162	ORANGE POLSKA	WARSZAWA	POL	MASTERS K - 40	23	K 48	02:24:00	07:15:20	15:02:40	19:13:22	22:48:48	25:17:22.35	13:47	4.3
287	KALBARCZYK BEATA	3163	ORANGE POLSKA	OTWOCK	POL	WETERAN K - 50	5	K 49	02:24:15	07:15:34	15:02:55	19:13:43	22:49:01	25:17:36.95	13:47	4.3
288	MICHNIEWSKI PIOTR	3316	GIT EKIPA!	ZAWIERCIE	POL	SENIOR II M - 30	76	M 240	03:22:17	10:32:34	17:31:11	21:11:42	24:12:25	26:09:10.80	14:15	4.2
289	GNIELKA DAWID	3242	ZAKOWIEC TOSZEK	TOSZEK	POL	SENIOR I M - 20	16	M 241	02:33:38	07:36:09	15:36:28	19:53:04	23:43:44	26:40:10.60	14:32	4.1
290	OBARSKI NORBERT	3065		KIELCE	POL	WETERAN I M - 50	34	M 242	03:04:39	09:12:15	16:40:06	20:40:08	24:39:01	26:58:38.70	14:42	4.1
291	OBARSKA MAŁGORZATA	3067		STARACHOWICE	POL	WETERAN K - 50	6	K 50	03:04:49	09:12:18	16:40:16	20:40:18	24:39:01	26:58:43.80	14:42	4.1
292	OLECHNOWICZ MACIEJ	3142		BIAŁYSTOK	POL	SENIOR II M - 30	77	M 243	02:46:21	08:01:59	15:47:28	20:37:11	24:22:50	27:19:30.30	14:54	4
293	SKARŻYŃSKI WOJCIECH	3175	1973	SIECHNICE	POL	MASTERS M - 40	112	M 244	02:56:22	08:42:22	16:37:09	20:40:40	24:30:12	27:26:56.80	14:58	4
294	GRZELCZAK BARBARA	3174		SIECHNICE	POL	MASTERS K - 40	24	K 51	02:56:27	08:42:31	16:37:16	20:40:42	24:30:21	27:27:02.05	14:58	4
	MAŁOLEPSZY WALDEMAR	3263	SPARTA ULTRA TEAM	BARANÓW	POL	SENIOR II M - 30			01:38:56	04:19:11	08:27:33	10:43:35	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	CZERWIECKI MARCIN	3271		STRZEGOM	POL	SENIOR II M - 30			01:43:04	04:44:29	09:32:55	12:31:55	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	ŁACH SEWERYN	3342	_SEWLAC_	WIELICZKA	POL	SENIOR II M - 30			01:48:53	05:06:07	10:38:53	13:46:18	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	SILSKI MAREK	3208	ATRAKCYJNE TOWARZYSTWO	POTASZE	POL	WETERAN I M - 50			02:24:16	07:28:02	13:51:08	18:01:51	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	DOWNAR-ZAPOLSKA LAURA	3160	MOM&DAUGHTER RUN	WROCŁAW	POL	SENIOR I K - 20			02:40:07	08:17:14	15:42:30	20:00:23	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	MAŚLANIK PIOTR	3033	QCE SPARTY	SCHWEDT/ODER	GER	MASTERS M - 40			02:56:21	08:14:18	15:39:53	21:22:25	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	KRZOS PIOTR	3100		ZABRZE	POL	SENIOR II M - 30			02:10:38	05:53:26	11:31:24	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	WOSZCZAK ZBIGNIEW	3137	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN I M - 50			02:28:12	06:50:38	12:54:40	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	WOSZCZAK JOLANTA	3136	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN K - 50			02:28:13	06:50:44	12:55:28	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	ŚWIĘTEK-OZDOBA SYLWIA	3003		WROCŁAW	POL	MASTERS K - 40			02:10:15	06:15:57	13:00:20	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	FIGAS SEBASTIAN	3016		WROCŁAW	POL	MASTERS M - 40			02:10:38	06:16:07	13:00:30	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	FRANEK SEBASTIAN	3291	WLKP MOUNTAINS ULTRA	LUBOŃ	POL	MASTERS M - 40			02:13:57	06:39:12	14:27:56	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	CHOPKOWICZ PIOTR	3094		PACZKÓW	POL	MASTERS M - 40			02:36:08	07:58:40	16:36:41	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	ŻAK MARCIN	3093		PACZKÓW	POL	MASTERS M - 40			02:36:12	07:58:47	16:36:46	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	DYBEK PAWEŁ	3308	SALOMON SUUNTO TEAM	MIELEC	POL	MASTERS M - 40			01:27:21	03:54:50	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	SOCHA SEWERYN	3280	STR POZNAŃ/DZIKIE BOBRY	POZNAŃ	POL	SENIOR II M - 30			01:36:09	04:40:08	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	ĆWIKLIŃSKI ROBERT	3158	IZERSKA GRUPA BIEGOWA	KOLONOWSKIE	POL	SENIOR I M - 20			02:01:42	05:29:05	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	KISIAŁA FILIP	3159	LACHO TEAM	KRAKÓW	POL	MASTERS M - 40			01:56:52	05:30:58	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	DAUKSZO MACIEJ	3238	SBRT WARSZAWA	WARSZAWA	POL	SENIOR I M - 20			02:00:44	05:33:06	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	DAWIDZIAK JAROSŁAW	3036	MARATON LESZNO	LESZNO	POL	MASTERS M - 40			02:07:57	06:09:26	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	STAJER MARIUSZ	3288	AMBIT RACE TEAM	LESZNO	POL	MASTERS M - 40			02:07:53	06:09:32	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	PIORKOWSKI MICHAŁ	3237	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30			02:16:16	06:48:39	DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	MARCHEWKA ANDRZEJ	3235		CZERNICHÓW	POL	MASTERS M - 40			02:28:34 DNF	07:06:45 DNF	DNF	DNF	DNF	DNF	-	-
	KOŚCIELNIAK MAREK	3334	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40			01:57:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	KRUZEL JOANNA	3310	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			DNF	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, OPEN Kobiet

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	MOCZULSKA MAŁGORZATA	3278		ŻARÓW	POL	MASTERS K - 40	1	K 1	01:33:38	04:17:38	08:20:20	10:25:51	12:03:04	13:18:59.65	7:15	8.3
2	GRUSZKA ALEKSANDRA	3299	WILD ULTRA WARRIORS	BOGUSZÓW - GORCE	POL	SENIOR II K - 30	1	K 2	01:49:16	04:35:32	08:48:11	10:45:57	12:26:59	13:44:36.80	7:29	8
3	KOŚCIELNIAK WIOLETTA	3323	RUNNERS TEAM NYSA	NYSA	POL	MASTERS K - 40	2	K 3	01:47:34	04:55:59	08:58:26	10:55:12	12:40:06	14:03:33.00	7:40	7.8
4	LORENC JOANNA	3313	ENDORFINY WĄSOSZ	WĄSOSZ	POL	SENIOR II K - 30	2	K 4	01:48:59	04:47:32	09:09:22	11:26:21	13:36:30	15:07:07.95	8:14	7.3
5	DETLAUF PATRYCJA	3306	WILD ULTRA WARRIORS	NOWA IWICZNA	POL	SENIOR II K - 30	3	K 5	01:49:49	04:55:27	09:40:10	11:45:48	13:44:36	15:09:24.00	8:16	7.3
6	PRZYBYLSKA KATARZYNA	3246		OPOLE	POL	SENIOR II K - 30	4	K 6	02:05:59	05:18:21	09:40:41	11:51:39	13:51:01	15:24:08.35	8:24	7.1
7	PIECUCH KAROLINA	3335		PRZEWORSK	POL	SENIOR II K - 30	5	K 7	01:56:02	05:09:26	09:57:08	12:21:31	14:26:10	16:03:19.70	8:45	6.9
8	GUZERA JUSTYNA	3114		WROCŁAW	POL	SENIOR II K - 30	6	K 8	01:57:37	05:14:05	09:59:41	12:22:59	14:31:38	16:17:41.15	8:53	6.8
9	ZYGRY-WISNIEWSKA KAROLINA	3197	GEMINI POLSKA TEAM	GDAŃSK	POL	MASTERS K - 40	3	K 9	02:04:25	05:42:18	10:41:33	13:02:57	15:08:34	16:41:47.75	9:06	6.6
10	GILEWICZ-RACHOWSKA JAGODA	3028	DGR KANCELARIA RADCÓW PRAWNYCH	POZNAŃ	POL	SENIOR II K - 30	7	K 10	02:04:28	05:39:56	10:49:10	13:27:58	15:51:41	17:28:18.40	9:31	6.3
11	HARKIEWICZ WIOLA	3103	ODDYCHAJSWOBODNIE.PL NARAMOWICE BIEGAJĄ	POZNAŃ	POL	SENIOR II K - 30	8	K 11	02:07:55	05:52:51	11:06:37	13:34:00	15:44:01	17:34:39.90	9:35	6.3
12	NOWAK NATALIA	3074	EKIPA Z TARNOWA	TARNÓW	POL	SENIOR II K - 30	9	K 12	02:09:32	05:41:20	11:15:44	13:52:11	15:53:13	17:35:05.35	9:35	6.3
13	MARCINKOWSKA JADWIGA	3189		ROZGARTY	POL	WETERAN K - 50	1	K 13	02:08:54	05:55:16	11:21:55	13:49:24	16:09:03	17:54:35.05	9:46	6.1
14	CHUDA ANETA	3013		WROCŁAW	POL	MASTERS K - 40	4	K 14	02:09:54	05:59:11	11:26:56	14:09:42	16:36:31	18:20:47.60	10:00	6
15	ROSZAK-SURKÓW SYLWIA	3045	MUAY RUNNING TEAM	SWARZĘDZ	POL	MASTERS K - 40	5	K 15	02:18:42	06:01:47	11:11:03	14:05:05	16:36:59	18:28:58.45	10:04	6
16	WOJTKOWIAK RENATA	3054	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	6	K 16	02:13:11	06:06:16	11:15:16	14:09:08	16:41:37	18:34:17.55	10:07	5.9
17	RATAJCZAK JOANNA	3283	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	7	K 17	02:13:17	06:06:24	11:15:23	14:09:11	16:41:04	18:34:24.55	10:07	5.9
18	LENART-KŁOŚ KATARZYNA	3015	STAY INSANE	LUBLIN	POL	SENIOR II K - 30	10	K 18	02:01:59	05:40:35	11:18:59	14:20:24	16:56:27	18:45:19.90	10:13	5.9
19	BARCZYK AGNIESZKA	3307		WOLBROM	POL	MASTERS K - 40	8	K 19	02:16:29	06:13:53	11:51:39	14:49:20	17:03:16	18:47:05.25	10:14	5.9
20	BOROWSKA-NAJDEREK PAULINA	3022	WLKP MOUNTAINS ULTRA	ROKIETNICA	POL	MASTERS K - 40	9	K 20	01:58:32	05:54:00	11:33:08	14:28:27	16:56:12	18:55:17.50	10:19	5.8
21	NIESPODZIANA ANNA	3339	ROGOZIŃSKI KLUB BIEGACZA	ROGOŻNO	POL	SENIOR II K - 30	11	K 21	02:21:09	06:33:15	12:18:53	14:56:00	17:19:03	19:03:36.85	10:23	5.8
22	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	10	K 22	02:02:22	05:46:23	12:04:46	14:59:28	17:26:11	19:15:58.55	10:30	5.7
23	CHOMIAK KATARZYNA	3315	BIEGAJ W JEDLINIE	JEDLINA-ZDRÓJ	POL	MASTERS K - 40	11	K 23	02:20:07	06:03:57	11:32:21	14:32:04	16:57:15	19:28:58.40	10:37	5.6
24	WIŚNIEWSKA BARBARA	3061	SPARTA RUNNERS	KAZIMIERZ BISKUPI	POL	SENIOR II K - 30	12	K 24	02:21:59	06:27:41	11:59:31	14:55:34	17:30:39	19:41:58.00	10:44	5.6
25	WIELGAT-KOJDECKA MAGDALENA	3035	CARBON OCR RACING TEAM	TYCHY	POL	SENIOR II K - 30	13	K 25	02:14:28	06:02:20	11:35:37	14:35:34	17:29:14	19:45:49.75	10:46	5.6
26	STAŁA-KONDRAKIEWICZ KATARZYNA	3048	KB HARCOWNIK JELCZ-LASKOWICE	MIEOSZYCE	POL	SENIOR II K - 30	14	K 26	02:34:04	06:51:54	12:27:34	15:30:41	17:57:22	19:45:57.05	10:46	5.6
27	WYRWAS-ZYGARŁOWSKA IZABELA	3098	KOBIETY BIEGAJĄ	POZNAŃ	POL	MASTERS K - 40	12	K 27	02:11:17	06:08:57	12:08:31	15:00:42	17:50:52	19:53:03.45	10:50	5.5
28	MIKOŁAJCZYK-SOWA MONIKA	3139	SZAKALE BAŁUT ŁÓDŹ	JUSTYNÓW	POL	MASTERS K - 40	13	K 28	02:17:06	06:41:14	12:48:10	15:33:21	18:03:41	20:09:26.20	10:59	5.5
29	ODWAŻNY MAGDALENA	3073	ODWAŻNYTEAM.PL	STRONIE ŚLĄSKIE	POL	MASTERS K - 40	14	K 29	02:18:11	06:42:17	12:49:27	15:34:28	18:04:44	20:10:29.25	11:00	5.5
30	NIEMCZAK BASIA	3266	ULTRA KSP	WARSZAWA	POL	SENIOR II K - 30	15	K 30	02:18:34	06:24:42	12:23:06	15:30:53	18:14:39	20:15:50.85	11:03	5.4
31	MATUSZEWSKA MAŁGORZATA	3296	RUNNER'S POWER ŚREM	ŚREM	POL	MASTERS K - 40	15	K 31	02:23:01	06:39:32	12:54:19	15:55:55	18:49:53	20:44:33.35	11:18	5.3
32	DZIERGAS TERESA	3225	ULTRA KSP	TWARDORZECZKA	POL	SENIOR II K - 30	16	K 32	02:23:51	06:26:04	12:58:54	15:55:51	18:45:13	20:50:04.90	11:21	5.3
33	MASZEWSKA-WACH MARIOLA	3309	RAWA TIM ZAWSZE SLIM	RAWA MAZOWIECKA	POL	SENIOR II K - 30	17	K 33	02:36:38	07:09:37	13:16:03	16:12:59	18:43:14	20:51:35.65	11:22	5.3
34	FICNER IWONA	3021	FSD RUN DREZDENKO	STARE KUROWO	POL	MASTERS K - 40	16	K 34	02:17:56	06:45:08	13:06:07	16:18:05	19:00:13	21:03:01.15	11:28	5.2
35	KARKOWSKA WIESŁAWA	3341		BARANOWO	POL	WETERAN II K - 60	1	K 35	02:18:11	06:45:21	13:06:20	16:18:26	19:00:28	21:03:14.35	11:29	5.2
36	OCHNIO EWA	3006		BOLESŁAWIEC	POL	MASTERS K - 40	17	K 36	02:32:25	06:49:54	13:09:32	16:12:51	19:04:00	21:09:43.10	11:32	5.2
37	BONTOVICS TIMEA	3193	DUV	GRABEN	GER	WETERAN K - 50	2	K 37	02:31:00	07:17:58	13:44:12	16:38:34	19:22:13	21:27:06.95	11:42	5.1
38	WACHOWSKA ALINA	3157	SMOK TRÓJGŁOWY	POZNAŃ	POL	WETERAN II K - 60	2	K 38	02:26:58	07:17:51	13:36:49	16:59:11	19:57:50	21:55:19.30	11:57	5
39	PTASZYŃSKA ANNA	3077	SPEED FEET '16	KOŚCIAN	POL	WETERAN K - 50	3	K 39	02:27:01	07:13:57	13:33:04	16:58:15	20:06:24	22:21:10.10	12:11	4.9
40	STROIŃSKA IWONA	3029	C&C SPORTS TEAM	WILKOWICE	POL	MASTERS K - 40	18	K 40	02:24:28	06:47:16	12:59:45	16:30:19	19:37:46	22:22:47.40	12:12	4.9
41	KROLS HILDE	3212	VOS SCHAFFEN	MOL	BEL	WETERAN K - 50	4	K 41	02:23:06	07:14:54	13:50:02	17:15:43	20:15:46	22:27:03.40	12:14	4.9
42	SILSKA SYLWIA	3209	ATRAKCYJNE TOWARZYSTWO	POTASZE	POL	MASTERS K - 40	19	K 42	02:24:17	07:27:55	13:51:06	18:01:43	20:36:46	22:34:10.80	12:18	4.9
43	OLESZEK MAGDALENA	3088	BIEGOWA KUŹNIA	CZELADŹ	POL	SENIOR II K - 30	18	K 43	02:26:01	07:01:28	13:42:45	16:55:54	20:12:11	22:52:11.25	12:28	4.8

BIEG K-B-L - 110 KM, OPEN KOBIET c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
44	KOZŁOWSKA KAROLINA	3120		BYDGOSZCZ	POL	MASTERS K - 40	20	K 44	02:24:45	07:34:48	14:34:36	18:37:45	21:35:34	23:37:30.25	12:53	4.7
45	RYCHŁOWSKA MAGDALENA	3091		PIŁA	POL	MASTERS K - 40	21	K 45	02:22:20	07:18:56	14:57:15	18:30:29	21:35:40	23:47:27.30	12:58	4.6
46	BŁASZCZYK LUIZA	3090		ŚREM	POL	SENIOR I K - 20	1	K 46	02:20:44	07:19:02	14:57:21	18:30:28	21:35:53	23:47:33.30	12:58	4.6
47	DOWNAR-ZAPOLSKA RITA	3097	MOM&DAUGHTER RUN	WROCŁAW	POL	MASTERS K - 40	22	K 47	02:40:03	08:17:13	15:42:31	20:00:17	22:45:49	25:08:14.25	13:42	4.4
48	NORKOWSKA ALEKSANDRA	3162		WARSZAWA	POL	MASTERS K - 40	23	K 48	02:24:00	07:15:20	15:02:40	19:13:22	22:48:48	25:17:22.35	13:47	4.3
49	KALBARCZYK BEATA	3163	ORANGE POLSKA	OTWOCK	POL	WETERAN K - 50	5	K 49	02:24:15	07:15:34	15:02:55	19:13:43	22:49:01	25:17:36.95	13:47	4.3
50	OBARSKA MAŁGORZATA	3067		STARACHOWICE	POL	WETERAN K - 50	6	K 50	03:04:49	09:12:18	16:40:16	20:40:18	24:39:01	26:58:43.80	14:42	4.1
51	GRZELCZAK BARBARA	3174		SIECHNICE	POL	MASTERS K - 40	24	K 51	02:56:27	08:42:31	16:37:16	20:40:42	24:30:21	27:27:02.05	14:58	4
	DOWNAR-ZAPOLSKA LAURA	3160	MOM&DAUGHTER RUN	WROCŁAW	POL	SENIOR I K - 20			02:40:07	08:17:14	15:42:30	20:00:23	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	WOSZCZAK JOLANTA	3136	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN K - 50			02:28:13	06:50:44	12:55:28	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					
	ŚWIĘTEK-OZDOBA SYLWIA	3003		WROCŁAW	POL	MASTERS K - 40			02:10:15	06:15:57	13:00:20	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					
	KRUZEL JOANNA	3310	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			DNF	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Senior I K - 20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	BŁASZCZYK LUIZA	3090		ŚREM	POL	SENIOR I K - 20	1	K 46	02:20:44	07:19:02	14:57:21	18:30:28	21:35:53	23:47:33.30	12:58	4.6
	DOWNAR-ZAPOLSKA LAURA	3160	MOM&DAUGHTER RUN	WROCŁAW	POL	SENIOR I K - 20			02:40:07	08:17:14	15:42:30	20:00:23	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				

BIEG K-B-L - 110 KM, Senior I M - 20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	JOKIEL WOJCIECH	3293	SPARTA ULTRA TEAM	GRANICE	POL	SENIOR I M - 20	1	M 13	01:38:23	04:18:58	08:27:42	10:21:22	12:11:37	13:38:42.55	7:26	8.1
2	FUDALI JAKUB	3261		KRAKÓW	POL	SENIOR I M - 20	2	M 62	01:58:28	05:27:06	10:16:57	12:39:08	14:51:45	16:18:19.95	8:53	6.7
3	SZUBA TOMASZ	3191		WROCŁAW	POL	SENIOR I M - 20	3	M 79	01:50:50	04:52:28	09:45:07	12:36:28	15:09:18	16:56:15.85	9:14	6.5
4	ZAWROTNIAK PAWEŁ	3239		KRAKÓW	POL	SENIOR I M - 20	4	M 93	01:50:04	05:18:18	10:35:09	13:26:24	15:55:24	17:31:42.85	9:33	6.3
5	KACZMAREK JĘDRZEJ	3052	KP PSP MILICZ	KOWALEW	POL	SENIOR I M - 20	5	M 107	02:07:49	05:51:52	11:02:58	13:40:30	15:59:37	18:06:54.95	9:52	6.1
6	DEINIUK ROMAN	3321		WARSZAWA	UKR	SENIOR I M - 20	6	M 109	01:53:34	05:32:28	11:11:40	14:03:27	16:34:46	18:10:12.20	9:54	6.1
7	RUDY MACIEJ	3117	#ULTRARODZINKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	7	M 112	02:10:18	05:50:30	11:33:23	14:11:21	16:30:14	18:10:58.85	9:55	6
8	SZAFRAN ŁUKASZ	3007	ULTRINO AMATEUR	OPOLE LUBELSKIE	POL	SENIOR I M - 20	8	M 158	02:11:13	06:09:01	11:44:36	14:43:22	17:20:49	19:09:04.20	10:26	5.7
9	PRUSIK PAWEŁ	3168		BARANOWO	POL	SENIOR I M - 20	9	M 163	02:06:06	05:55:41	11:10:44	14:23:53	17:11:20	19:16:39.60	10:30	5.7
10	PRUSIK TOMASZ	3170		ŻAGAŃ	POL	SENIOR I M - 20	10	M 164	02:06:34	05:56:13	11:11:11	14:24:27	17:11:14	19:17:10.80	10:31	5.7
11	KOVÁCS ÁRPÁD	3195	DUV	GRABEN	GER	SENIOR I M - 20	11	M 172	02:13:26	06:14:25	12:03:33	14:41:35	17:24:24	19:32:57.55	10:39	5.6
12	ŁOPOKA PRZEMYSŁAW	3116		ZIĘBICE	POL	SENIOR I M - 20	12	M 176	02:10:52	05:55:08	11:53:01	15:08:10	18:00:10	19:50:44.55	10:49	5.5
13	KAROLCZAK ALEKSANDER	3273	WKURW_TEAM	WARSZAWA	POL	SENIOR I M - 20	13	M 185	02:01:33	05:18:07	10:29:47	13:22:46	17:21:01	20:10:32.35	11:00	5.5
14	JOVANOVIĆ MARKO	3269		ALEKSINAC	SRB	SENIOR I M - 20	14	M 191	02:22:43	06:18:44	12:51:06	16:13:33	18:47:26	20:21:53.85	11:06	5.4
15	KACZMAREK MIROŚLAW	3297	RUNNER'S POWER ŚREM	ŚREM	POL	SENIOR I M - 20	15	M 203	02:22:55	06:39:26	12:54:14	15:55:55	18:49:48	20:44:26.30	11:18	5.3
16	GNIELKA DAWID	3242	ZAKOWIEC TOSZEK	TOSZEK	POL	SENIOR I M - 20	16	M 241	02:33:38	07:36:09	15:36:28	19:53:04	23:43:44	26:40:10.60	14:32	4.1
	ĆWIKLIŃSKI ROBERT	3158	IZERSKA GRUPA BIEGOWA	KOLONOWSKIE	POL	SENIOR I M - 20			02:01:42	05:29:05	DNF	DNF	DNF	DNF	-	-
									DNF	DNF						
	DAUKSZO MACIEJ	3238	SBRT WARSZAWA	WARSZAWA	POL	SENIOR I M - 20			02:00:44	05:33:06	DNF	DNF	DNF	DNF	-	-
									DNF	DNF						

BIEG K-B-L - 110 KM, Senior II K - 30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	GRUSZKA ALEKSANDRA	3299	WILD ULTRA WARRIORS	BOGUSZÓW - GORCE	POL	SENIOR II K - 30	1	K 2	01:49:16	04:35:32	08:48:11	10:45:57	12:26:59	13:44:36.80	7:29	8
2	LORENC JOANNA	3313	ENDORFNY WĄSOSZ	WĄSOSZ	POL	SENIOR II K - 30	2	K 4	01:48:59	04:47:32	09:09:22	11:26:21	13:36:30	15:07:07.95	8:14	7.3

BIEG K-B-L - 110 KM, Senior II K - 30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
3	DETLAFF PATRYCJA	3306	WILD ULTRA WARRIORS	NOWA IWICZNA	POL	SENIOR II K - 30	3	K 5	01:49:49	04:55:27	09:40:10	11:45:48	13:44:36	15:09:24.00	8:16	7.3
4	PRZYBYLSKA KATARZYNA	3246		OPOLE	POL	SENIOR II K - 30	4	K 6	02:05:59	05:18:21	09:40:41	11:51:39	13:51:01	15:24:08.35	8:24	7.1
5	PIECUCH KAROLINA	3335		PRZEWORSK	POL	SENIOR II K - 30	5	K 7	01:56:02	05:09:26	09:57:08	12:21:31	14:26:10	16:03:19.70	8:45	6.9
6	GUZERA JUSTYNA	3114		WROCŁAW	POL	SENIOR II K - 30	6	K 8	01:57:37	05:14:05	09:59:41	12:22:59	14:31:38	16:17:41.15	8:53	6.8
7	GILEWICZ-RACHOWSKA JAGODA	3028	DGR KANCELARIA RADCÓW PRAWNYCH	POZNAŃ	POL	SENIOR II K - 30	7	K 10	02:04:28	05:39:56	10:49:10	13:27:58	15:51:41	17:28:18.40	9:31	6.3
8	HARKIEWICZ WIOLA	3103	ODDYCHAJSWOBODNIE.PL NARAMOWICE BIEGAJĄ	POZNAŃ	POL	SENIOR II K - 30	8	K 11	02:07:55	05:52:51	11:06:37	13:34:00	15:44:01	17:34:39.90	9:35	6.3
9	NOWAK NATALIA	3074	EKIPA Z TARNOWA	TARNÓW	POL	SENIOR II K - 30	9	K 12	02:09:32	05:41:20	11:15:44	13:52:11	15:53:13	17:35:05.35	9:35	6.3
10	LENART-KŁOŚ KATARZYNA	3015	STAY INSANE	LUBLIN	POL	SENIOR II K - 30	10	K 18	02:01:59	05:40:35	11:18:59	14:20:24	16:56:27	18:45:19.90	10:13	5.9
11	NIESPODZIANA ANNA	3339	ROGOZIŃSKI KLUB BIEGACZA	ROGOŻNO	POL	SENIOR II K - 30	11	K 21	02:21:09	06:33:15	12:18:53	14:56:00	17:19:03	19:03:36.85	10:23	5.8
12	WIŚNIEWSKA BARBARA	3061	SPARTA RUNNERS	KAZIMIERZ BISKUPI	POL	SENIOR II K - 30	12	K 24	02:21:59	06:27:41	11:59:31	14:55:34	17:30:39	19:41:58.00	10:44	5.6
13	WIELGAT-KOJDECKA MAGDALENA	3035	CARBON OCR RACING TEAM	TYCHY	POL	SENIOR II K - 30	13	K 25	02:14:28	06:02:20	11:35:37	14:35:34	17:29:14	19:45:49.75	10:46	5.6
14	STAŁA-KONDRAKIEWICZ KATARZYNA	3048	KB HARCOWNIK JELCZ-LASKOWICE	MŁOSZYCE	POL	SENIOR II K - 30	14	K 26	02:34:04	06:51:54	12:27:34	15:30:41	17:57:22	19:45:57.05	10:46	5.6
15	NIEMCZAK BASIA	3266	ULTRA KSP	WARSZAWA	POL	SENIOR II K - 30	15	K 30	02:18:34	06:24:42	12:23:06	15:30:53	18:14:39	20:15:50.85	11:03	5.4
16	DZIERGAS TERESA	3225	ULTRA KSP	TWARDORZECZKA	POL	SENIOR II K - 30	16	K 32	02:23:51	06:26:04	12:58:54	15:55:51	18:45:13	20:50:04.90	11:21	5.3
17	MASZEWSKA-WACH MARIOLA	3309	RAWA TIM ZAWSZE SLIM	RAWA MAZOWIECKA	POL	SENIOR II K - 30	17	K 33	02:36:38	07:09:37	13:16:03	16:12:59	18:43:14	20:51:35.65	11:22	5.3
18	OLESZEK MAGDALENA	3088	BIEGOWA KUŹNIA	CZELADŹ	POL	SENIOR II K - 30	18	K 43	02:26:01	07:01:28	13:42:45	16:55:54	20:12:11	22:52:11.25	12:28	4.8
	KRUZEL JOANNA	3310	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			DNF	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Senior II M - 30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	DOSTAL JAN	3301	BEZECKY KLUB NACHOD, VELLA NACHOD	NACHOD	CZE	SENIOR II M - 30	1	M 6	01:24:25	03:54:08	07:51:33	09:43:30	11:16:29	12:27:39.45	6:47	8.8
2	KIELASZEWSKI KAROL	3233	LESZNO LIMITS RUNNERS	LESZNO	POL	SENIOR II M - 30	2	M 7	01:41:10	04:20:19	08:03:14	09:51:58	11:30:21	12:49:06.10	6:59	8.6
3	ZIENTARA ADRIAN	3206	KGHM ZG RUN	LEGNICA	POL	SENIOR II M - 30	3	M 8	01:40:06	04:18:22	08:04:52	10:04:46	11:45:55	13:03:28.95	7:07	8.4
4	KROSNY SEBASTIAN	3281	STS BIEGATON MIKOŁÓW / ZAŁOGA GÓRSKA	MIKOŁÓW	POL	SENIOR II M - 30	4	M 9	01:34:13	04:03:50	08:00:20	10:10:36	11:49:01	13:04:03.90	7:07	8.4
5	PILARSKI TOMASZ	3275	IZERY BOGATYNIA	BOGATYNIA	POL	SENIOR II M - 30	5	M 10	01:38:45	04:06:25	08:02:24	10:02:02	11:45:38	13:04:09.05	7:07	8.4
6	ZARCZUK PAWEŁ	3337		OLAWA	POL	SENIOR II M - 30	6	M 14	01:56:41	04:52:24	08:52:23	10:46:53	12:29:03	13:45:45.25	7:30	8
7	KRAWCZYK KAROL	3140	LENIWI INACZEJ	JAWORZNO	POL	SENIOR II M - 30	7	M 20	01:41:18	04:53:12	09:23:25	11:32:29	13:23:38	14:43:48.50	8:02	7.5
8	SKORCZYK ADRIAN	3078	SPEED FEET '16	KOŚCIAN	POL	SENIOR II M - 30	8	M 21	01:58:11	05:07:06	09:32:46	11:35:22	13:26:24	14:44:11.80	8:02	7.5
9	MICHAŁSKI PIOTR	3018		WROCŁAW	POL	SENIOR II M - 30	9	M 22	01:47:40	04:56:23	09:24:06	11:32:15	13:23:52	14:47:56.70	8:04	7.4
10	MILEWICZ DANIEL	3311	KB BOLESŁAWIEC	BOLESŁAWIEC	POL	SENIOR II M - 30	10	M 29	01:53:36	04:55:04	09:30:55	11:41:14	13:38:26	15:09:10.45	8:15	7.3
11	MARSAŁKOWSKI ŁUKASZ	3290	GET ACTIVE	GDAŃSK	POL	SENIOR II M - 30	11	M 31	01:51:56	04:59:58	09:35:16	11:51:54	13:49:23	15:16:38.45	8:19	7.2
12	CHOŁKA MICHAŁ	3143		RZESZÓW	POL	SENIOR II M - 30	12	M 35	01:58:53	05:07:44	09:37:39	11:50:17	13:47:46	15:19:41.25	8:21	7.2
13	CATTI ROBERTO	3200		WROCŁAW	ITA	SENIOR II M - 30	13	M 36	01:50:57	05:12:26	09:34:36	11:47:38	13:53:41	15:24:39.35	8:24	7.1
14	RÓŻAŃSKI MATEUSZ	3295		KATOWICE	POL	SENIOR II M - 30	14	M 37	02:00:39	05:12:43	09:54:00	11:57:38	14:02:17	15:25:04.90	8:24	7.1
15	GALUSKIN ALEXEY	3294	GRUPA NOMAX	TARNOWSKIE GÓRY	POL	SENIOR II M - 30	15	M 39	02:01:11	05:13:02	09:54:13	11:58:57	14:02:29	15:25:19.45	8:24	7.1
16	MATUSIAK MICHAŁ	3282	ROWERY MAŁGOŚKA	POZNAŃ	POL	SENIOR II M - 30	16	M 45	01:59:20	05:03:08	09:37:56	11:58:20	14:08:11	15:39:24.15	8:32	7
17	CIEPLIK DAWID	3083	LESZNO LIMITS RUNNERS	RYDZYNA	POL	SENIOR II M - 30	17	M 47	01:54:42	05:11:38	09:50:59	12:08:05	14:10:34	15:45:27.90	8:35	7
18	SAWICKI KRZYSZTOF	3059	KOŁO BIEGA	KOŚCIELEC	POL	SENIOR II M - 30	18	M 51	01:59:29	05:06:43	09:49:24	12:14:44	14:18:25	15:52:35.45	8:39	6.9
19	DWORNIK MACIEJ	3005	WARCZĄCE SZPRYCHY	KRAKÓW	POL	SENIOR II M - 30	19	M 55	01:45:08	04:40:39	09:22:49	12:03:36	14:20:14	16:00:10.70	8:43	6.9
20	TONDER FILIP	3250	WLKP MOUNTAINS ULTRA	POZNAŃ	POL	SENIOR II M - 30	20	M 56	01:55:29	05:17:18	09:54:16	12:17:03	14:23:06	16:03:44.75	8:45	6.8
21	STRAMOWSKI RAFAŁ	3105		ŁĘKA OPATOWSKA	POL	SENIOR II M - 30	21	M 58	01:49:50	04:55:31	09:43:18	12:11:42	14:24:44	16:07:25.10	8:47	6.8
22	STOBIŃSKI PIOTR	3247	RUNEDA	REDA	POL	SENIOR II M - 30	22	M 60	01:55:23	05:13:57	10:03:26	12:30:16	14:34:02	16:08:59.75	8:48	6.8
23	STYPEREK JAKUB	3167	VEGE RUNNERS	PSARSKIE	POL	SENIOR II M - 30	23	M 64	01:54:48	05:10:50	10:10:07	12:29:16	14:41:01	16:21:16.40	8:55	6.7
24	GONCZAR SZYMON	3218		RYBNIK	POL	SENIOR II M - 30	24	M 66	01:53:58	05:03:52	09:37:03	12:09:14	14:23:24	16:28:37.60	8:59	6.7
25	BIERNACKI BENOIT	3303		MOUVAUX	FRA	SENIOR II M - 30	25	M 68	02:00:23	05:28:43	10:23:37	12:52:47	14:59:11	16:36:54.00	9:03	6.6
26	CIEŚLAK JAKUB	3258		RZEPIN	POL	SENIOR II M - 30	26	M 69	01:59:35	05:23:15	10:13:45	12:45:18	14:58:05	16:38:51.30	9:04	6.6
27	KŁOŚ ARTUR	3026	STAY INSANE	LUBLIN	POL	SENIOR II M - 30	27	M 70	01:57:22	05:10:12	09:44:45	12:23:55	14:48:35	16:39:57.85	9:05	6.6
28	TALAGA DAWID	3287	OLKUSZBIEGA.PL	OLKUSZ	POL	SENIOR II M - 30	28	M 71	01:56:17	05:11:23	10:41:30	13:17:17	15:17:24	16:42:38.95	9:06	6.6
29	HOFMAŃSKI RAFAŁ	3129		KOTLIN	POL	SENIOR II M - 30	29	M 75	01:59:20	05:19:29	10:05:34	12:43:33	15:01:49	16:48:53.50	9:10	6.5
30	RATAJCZAK MARCIN	3112		KOTLIN	POL	SENIOR II M - 30	30	M 76	01:59:46	05:19:40	10:05:27	12:43:52	15:02:03	16:49:03.50	9:10	6.5

BIEG K-B-L - 110 KM, Senior II M - 30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
31	LASEK MIKOŁAJ	3231	PAN WUEFISTA	CZMOŃ	POL	SENIOR II M - 30	31	M 80	02:07:28	05:34:53	10:52:59	13:29:09	15:25:10	16:57:03.25	9:14	6.5
32	TRĄBICKI ADAM	3203		WARSZAWA	POL	SENIOR II M - 30	32	M 84	01:59:39	05:21:04	10:20:34	13:07:57	15:18:10	17:07:14.15	9:20	6.4
33	SOBASZEK MARCIN	3155		KROTOSZYCE	POL	SENIOR II M - 30	33	M 86	02:07:01	05:37:32	10:50:44	13:29:35	15:36:44	17:10:40.05	9:22	6.4
34	SZALA KRZYSZTOF	3082	BIEGAMGDZIECHCE.PL	ŁĄZISKA GÓRNE	POL	SENIOR II M - 30	34	M 95	01:52:57	05:19:54	10:45:18	13:30:31	15:53:04	17:32:46.30	9:34	6.3
35	FIUK MIROSLAW	3042		MILICZ	POL	SENIOR II M - 30	35	M 96	01:58:22	05:26:42	10:53:33	13:38:42	15:57:25	17:33:38.40	9:34	6.3
36	IZYDORSKI MARCIN	3202		WROCŁAW	POL	SENIOR II M - 30	36	M 97	02:09:26	05:58:23	11:14:24	13:47:14	16:02:57	17:38:35.45	9:37	6.2
37	RUSZCZEWSKI ANDRZEJ	3001	VEGE RUNNERS	WARSZAWA	POL	SENIOR II M - 30	37	M 100	02:05:18	05:40:52	10:33:31	13:14:02	15:58:08	17:47:05.15	9:42	6.2
38	JANKOWSKI MARCIN	3109	FU FU FU TEAM	GŁOGÓW	POL	SENIOR II M - 30	38	M 102	01:59:08	06:33:34	12:28:56	14:36:21	16:29:12	17:53:40.35	9:45	6.1
39	TYŚ RADEK	3030	NOWA RUDA BIEGA	NOWA RUDA	POL	SENIOR II M - 30	39	M 104	02:09:43	06:00:26	11:19:26	13:51:00	16:03:28	17:59:03.20	9:48	6.1
40	PAWLAK JAROSŁAW	3039	KOŁO BIEGA	KOŁO	POL	SENIOR II M - 30	40	M 105	02:02:23	05:40:36	11:04:32	13:44:25	16:14:49	18:04:34.05	9:51	6.1
41	PITON PAWEŁ	3080	#ULTRARODZINKA	SZKLARY	POL	SENIOR II M - 30	41	M 111	02:10:06	05:50:21	11:33:14	14:11:14	16:30:01	18:10:49.25	9:54	6.1
42	IWASZCZYSZYN TOMASZ	3230	RATEMYTRAIL.COM / RMT TEAM	WROCŁAW	POL	SENIOR II M - 30	42	M 113	01:55:21	05:15:21	10:47:24	13:53:34	16:25:20	18:14:47.60	9:57	6
43	ZAJĄC LESZEK	3079		ŚWIEBODZICE	POL	SENIOR II M - 30	43	M 115	01:49:55	05:08:29	10:08:38	13:10:53	15:45:19	18:16:11.85	9:57	6
44	BILSKI PRZEMYSŁAW	3177	KS MARATON OSTRÓW WLKP.	OSTRÓW WIELKOPOLSKI	POL	SENIOR II M - 30	44	M 118	02:03:51	05:44:16	10:57:46	13:37:42	16:11:53	18:20:23.35	10:00	6
45	SURKÓW ADRIAN	3047	MUAY RUNNING TEAM	SWARZĘDZ	POL	SENIOR II M - 30	45	M 123	02:18:46	06:01:39	11:10:54	14:04:59	16:38:48	18:28:46.85	10:04	6
46	KWIKERT ADRIAN	3274		KOBYLA GÓRA	POL	SENIOR II M - 30	46	M 125	02:11:01	06:20:40	11:30:24	14:17:19	17:01:00	18:32:43.05	10:06	5.9
47	KRUPIANIK TOMASZ	3214		WROCŁAW	POL	SENIOR II M - 30	47	M 126	02:15:15	05:51:48	11:25:12	14:17:39	16:38:01	18:33:16.75	10:07	5.9
48	KACZOR ŁUKASZ	3300	WILD BUCHAYS	BUCCZKOWICE	POL	SENIOR II M - 30	48	M 129	02:07:05	05:50:28	11:27:18	14:11:15	16:32:21	18:34:20.30	10:07	5.9
49	TOMCZAK DARIUSZ	3265	HELL'S GYM OCR PĘPOWO	GOSTYŃ	POL	SENIOR II M - 30	49	M 130	02:03:13	05:47:48	11:14:28	13:51:30	16:26:31	18:34:21.45	10:07	5.9
50	DZIEŃSZEWSKI MICHAŁ	3232		KONSTANCIN-JEZIORNA	POL	SENIOR II M - 30	50	M 136	02:07:30	06:10:04	11:40:11	14:33:32	16:55:29	18:41:17.70	10:11	5.9
51	GAŚIOR PAWEŁ	3173		OLAWA	POL	SENIOR II M - 30	51	M 141	02:00:25	06:10:56	11:40:09	14:33:50	16:54:04	18:45:26.75	10:13	5.9
52	JANKOWSKI ŁUKASZ	3102	1987	OLSZANKA	POL	SENIOR II M - 30	52	M 142	02:02:10	05:40:46	11:19:09	14:20:38	16:56:38	18:45:30.25	10:13	5.9
53	ADAMSKI KRZYSZTOF	3194	JM	PRZYSZOWICE	POL	SENIOR II M - 30	53	M 143	02:06:39	06:11:54	11:56:41	14:49:50	17:10:30	18:45:31.50	10:13	5.9
54	JAMROZIAK GRZEGORZ	3086	AARSLEFF.BIZ RUNNING TEAM	KAMIEŃ POMORSKI	POL	SENIOR II M - 30	54	M 147	02:08:08	05:43:36	11:12:26	14:05:23	17:02:21	18:56:15.05	10:19	5.8
55	WOJTASZEK MARCIN	3118	MUCHY NA ZĘBACH	WĄGROWIEC	POL	SENIOR II M - 30	55	M 150	02:12:12	06:02:03	11:56:41	14:53:11	17:15:25	18:59:12.95	10:21	5.8
56	BUDKOWSKI KAMIL	3008		SIECHNICE	POL	SENIOR II M - 30	56	M 152	02:08:37	06:04:32	11:42:10	14:44:22	17:12:00	19:00:50.95	10:22	5.8
57	BORSZYŃSKI KUBA	3229	KC INK/NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	57	M 154	02:10:32	06:04:17	11:28:29	14:19:59	17:07:48	19:06:06.40	10:25	5.8
58	ZAJĄC ŁUKASZ	3070	KOMPARIO TEAM	KRAKÓW	POL	SENIOR II M - 30	58	M 155	02:07:26	05:58:10	11:25:34	14:27:40	17:07:30	19:06:09.55	10:25	5.8
59	ZABOROWSKI KAMIL	3223	NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	59	M 156	02:10:41	06:04:26	11:28:39	14:20:11	17:08:23	19:06:10.90	10:25	5.8
60	PSZENNY ŁUKASZ	3010	ULTRINO AMATEUR	LUBLIN	POL	SENIOR II M - 30	60	M 157	02:11:08	06:08:53	11:44:29	14:43:39	17:20:44	19:09:02.80	10:26	5.7
61	POMIANOWSKI SZYMON	3164	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	61	M 159	02:00:00	05:53:09	11:46:59	15:02:27	17:23:10	19:09:34.65	10:27	5.7
62	KARAWACKI GRZEGORZ	3320	KEĆKIE HARPAGANY	KĘTY	POL	SENIOR II M - 30	62	M 160	02:13:30	05:44:23	11:45:20	14:37:12	17:21:40	19:10:20.75	10:27	5.7
63	KARCZMIT DANIEL	3179		WROCŁAW	POL	SENIOR II M - 30	63	M 161	02:14:02	05:41:00	11:14:37	14:02:57	16:57:00	19:13:24.20	10:29	5.7
64	LEWANDOWSKI WOJCIECH	3199	TMTEAM	ŻERNIKI WROCŁAWSKIE	POL	SENIOR II M - 30	64	M 162		06:22:13	11:53:01	14:38:11	17:13:11	19:14:17.00	10:29	5.7
65	GRZESIAK MATEUSZ	3182	KLUB AA	KEPNO	POL	SENIOR II M - 30	65	M 165	02:11:20	06:25:12	12:19:15	15:11:27	17:39:50	19:17:41.00	10:31	5.7
66	OSICA ŁUKASZ	3207		ŚWIĘTOCHŁOWICE	POL	SENIOR II M - 30	66	M 169	02:15:41	06:20:56	11:56:27	14:52:02	17:28:21	19:24:12.80	10:35	5.7
67	BANAŚ MICHAŁ	3051	IPA WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	67	M 181	02:05:50	05:48:46	11:32:47	14:43:24	17:44:48	20:01:43.90	10:55	5.5
68	LATANOWICZ BERNARD	3331		POZNAŃ	POL	SENIOR II M - 30	68	M 188	02:12:05	05:48:05	11:17:17	15:47:56	18:36:13	20:13:13.80	11:01	5.4
69	WRONKA TYMOTEUSZ	3192	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30	69	M 190	02:24:35	07:10:55	13:03:29	16:00:02	18:23:37	20:21:31.10	11:06	5.4
70	LADENBERGER MATEUSZ	3211	WAWRZYNTTEAM	JACZKÓW	POL	SENIOR II M - 30	70	M 208		07:23:51	13:16:32	16:05:24	19:08:44	21:12:40.20	11:34	5.2
71	HETMAŃSKI AREK	3056	LOVELASY	BARTOSZEWO	POL	SENIOR II M - 30	71	M 213	02:08:18	06:12:05	12:37:40	16:04:52	19:24:55	22:08:16.65	12:04	5
72	ZAWADZKI STANISŁAW	3234	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30	72	M 214	02:25:04	07:02:11	13:52:58	17:05:50	19:44:54	22:10:10.35	12:05	5
73	LEWANDOWSKI RAFAŁ	3023	SPC	TORUŃ	POL	SENIOR II M - 30	73	M 220	02:06:09	06:20:23	12:48:39	16:43:06	20:08:29	22:48:12.45	12:26	4.8
74	KURKOWIAK KRZYSZTOF	3128	WKURW_TEAM / #TEAMNICPOŃ	WROCŁAW	GER	SENIOR II M - 30	74	M 221	02:08:40	06:14:29	12:40:44	16:28:49	20:10:04	23:09:26.50	12:37	4.8
75	TRZPIOLA TYCJAN	3041	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	75	M 232	02:20:27	07:17:35	14:47:59	18:21:21	21:32:40	24:06:08.20	13:08	4.6
76	MICHNIEWSKI PIOTR	3316	GIT EKIPA!	ZAWIERCIE	POL	SENIOR II M - 30	76	M 240	03:22:17	10:32:34	17:31:11	21:11:42	24:12:25	26:09:10.80	14:15	4.2
77	OLECHNOWICZ MACIEJ	3142		BIAŁYSTOK	POL	SENIOR II M - 30	77	M 243	02:46:21	08:01:59	15:47:28	20:37:11	24:22:50	27:19:30.30	14:54	4
	MAŁOLEPSZY WALDEMAR	3263	SPARTA ULTRA TEAM	BARANÓW	POL	SENIOR II M - 30			01:38:56 DNF	04:19:11 DNF	08:27:33 DNF	10:43:35 DNF	DNF	DNF	-	-
	CZERWIECKI MARCIN	3271		STRZEGOM	POL	SENIOR II M - 30			01:43:04 DNF	04:44:29 DNF	09:32:55 DNF	12:31:55 DNF	DNF	DNF	-	-
	ŁACH SEWERYN	3342	_SEWLAC_	WIELICZKA	POL	SENIOR II M - 30			01:48:53 DNF	05:06:07 DNF	10:38:53 DNF	13:46:18 DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Senior II M - 30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	KRZOS PIOTR	3100		ZABRZE	POL	SENIOR II M - 30			02:10:38 DNF	05:53:26 DNF	11:31:24 DNF	DNF	DNF	DNF	-	-
	SOCHA SEWERYN	3280	STR POZNAŃ/DZIKIE BOBRY	POZNAŃ	POL	SENIOR II M - 30			01:36:09 DNF	04:40:08 DNF	DNF	DNF	DNF	DNF	-	-
	PIORKOWSKI MICHAŁ	3237	IRRACJONALNIE MASZERUJĄCY	WARSZAWA	POL	SENIOR II M - 30			02:16:16 DNF	06:48:39 DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Masters K - 40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	MOCZULSKA MAŁGORZATA	3278		ŻARÓW	POL	MASTERS K - 40	1	K 1	01:33:38	04:17:38	08:20:20	10:25:51	12:03:04	13:18:59.65	7:15	8.3
2	KOŚCIELNIAK WIOLETTA	3323	RUNNERS TEAM NYSA	NYSA	POL	MASTERS K - 40	2	K 3	01:47:34	04:55:59	08:58:26	10:55:12	12:40:06	14:03:33.00	7:40	7.8
3	ZYGRY-WISNIEWSKA KAROLINA	3197	GEMINI POLSKA TEAM	GDAŃSK	POL	MASTERS K - 40	3	K 9	02:04:25	05:42:18	10:41:33	13:02:57	15:08:34	16:41:47.75	9:06	6.6
4	CHUDA ANETA	3013		WROCŁAW	POL	MASTERS K - 40	4	K 14	02:09:54	05:59:11	11:26:56	14:09:42	16:36:31	18:20:47.60	10:00	6
5	ROSZAK-SURKÓW SYLWIA	3045	MUAY RUNNING TEAM	SWARZĘDZ	POL	MASTERS K - 40	5	K 15	02:18:42	06:01:47	11:11:03	14:05:05	16:36:59	18:28:58.45	10:04	6
6	WOJTKOWIAK RENATA	3054	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	6	K 16	02:13:11	06:06:16	11:15:16	14:09:08	16:41:37	18:34:17.55	10:07	5.9
7	RATAJCZAK JOANNA	3283	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	7	K 17	02:13:17	06:06:24	11:15:23	14:09:11	16:41:04	18:34:24.55	10:07	5.9
8	BARCZYK AGNIESZKA	3307		WOLBROM	POL	MASTERS K - 40	8	K 19	02:16:29	06:13:53	11:51:39	14:49:20	17:03:16	18:47:05.25	10:14	5.9
9	BOROWSKA-NAJDEREK PAULINA	3022	WLKP MOUNTAINS ULTRA	ROKIETNICA	POL	MASTERS K - 40	9	K 20	01:58:32	05:54:00	11:33:08	14:28:27	16:56:12	18:55:17.50	10:19	5.8
10	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	10	K 22	02:02:22	05:46:23	12:04:46	14:59:28	17:26:11	19:15:58.55	10:30	5.7
11	CHOMIAK KATARZYNA	3315	BIEGAJ W JEDLINIE	JEDLINA-ZDRÓJ	POL	MASTERS K - 40	11	K 23	02:20:07	06:03:57	11:32:21	14:32:04	16:57:15	19:28:58.40	10:37	5.6
12	WYRWAS-ZYGARŁOWSKA IZABELA	3098	KOBIETY BIEGAJĄ	POZNAŃ	POL	MASTERS K - 40	12	K 27	02:11:17	06:08:57	12:08:31	15:00:42	17:50:52	19:53:03.45	10:50	5.5
13	MIKOŁAJCZYK-SOWA MONIKA	3139	SZAKALE BAŁUT ŁÓDŹ	JUSTYNÓW	POL	MASTERS K - 40	13	K 28	02:17:06	06:41:14	12:48:10	15:33:21	18:03:41	20:09:26.20	10:59	5.5
14	ODWAŻNY MAGDALENA	3073	ODWAŻNYTEAM.PL	STRONIE ŚLASKIE	POL	MASTERS K - 40	14	K 29	02:18:11	06:42:17	12:49:27	15:34:28	18:04:44	20:10:29.25	11:00	5.5
15	MATUSZEWSKA MAŁGORZATA	3296	RUNNER'S POWER ŚREM	ŚREM	POL	MASTERS K - 40	15	K 31	02:23:01	06:39:32	12:54:19	15:55:55	18:49:53	20:44:33.35	11:18	5.3
16	FICNER IWONA	3021	FSD RUN DREZDENKO	STARE KUROWO	POL	MASTERS K - 40	16	K 34	02:17:56	06:45:08	13:06:07	16:18:05	19:00:13	21:03:01.15	11:28	5.2
17	OCHNIO EWA	3006		BOLESŁAWIEC	POL	MASTERS K - 40	17	K 36	02:32:25	06:49:54	13:09:32	16:12:51	19:04:00	21:09:43.10	11:32	5.2
18	STROIŃSKA IWONA	3029	C&C SPORTS TEAM	WILKOWICE	POL	MASTERS K - 40	18	K 40	02:24:28	06:47:16	12:59:45	16:30:19	19:37:46	22:22:47.40	12:12	4.9
19	SILSKA SYLWIA	3209	ATRAKCYJNE TOWARZYSTWO	POTASZE	POL	MASTERS K - 40	19	K 42	02:24:17	07:27:55	13:51:06	18:01:43	20:36:46	22:34:10.80	12:18	4.9
20	KOZŁOWSKA KAROLINA	3120		BYDGOSZCZ	POL	MASTERS K - 40	20	K 44	02:24:45	07:34:48	14:34:36	18:37:45	21:35:34	23:37:30.25	12:53	4.7
21	RYCHŁOWSKA MAGDALENA	3091		PILA	POL	MASTERS K - 40	21	K 45	02:22:20	07:18:56	14:57:15	18:30:29	21:35:40	23:47:27.30	12:58	4.6
22	DOWNAR-ZAPOLSKA RITA	3097	MOM&DAUGHTER RUN	WROCŁAW	POL	MASTERS K - 40	22	K 47	02:40:03	08:17:13	15:42:31	20:00:17	22:45:49	25:08:14.25	13:42	4.4
23	NORKOWSKA ALEKSANDRA	3162	ORANGE POLSKA	WARSZAWA	POL	MASTERS K - 40	23	K 48	02:24:00	07:15:20	15:02:40	19:13:22	22:48:48	25:17:22.35	13:47	4.3
24	GRZELCZAK BARBARA	3174		SIECHNICE	POL	MASTERS K - 40	24	K 51	02:56:27	08:42:31	16:37:16	20:40:42	24:30:21	27:27:02.05	14:58	4
	ŚWIĘTEK-OZDOBA SYLWIA	3003		WROCŁAW	POL	MASTERS K - 40			02:10:15 DNF	06:15:57 DNF	13:00:20 DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Masters M - 40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	KASZUBA MICHAŁ	3254	GRUPA NOMAX	PIEKARY ŚLĄSKIE	POL	MASTERS M - 40	1	M 1	01:29:32	03:46:03	07:22:39	09:10:45	10:40:00	11:46:42.20	6:25	9.3
2	PRZYBYLSKI ŁUKASZ	3332	KS IDMAR	MOSINA	POL	MASTERS M - 40	2	M 2	01:28:42	03:51:54	07:37:48	09:16:55	10:43:08	11:49:41.95	6:27	9.3
3	WILK MACIEJ	3144	RAMBO 3	BYTOM	POL	MASTERS M - 40	3	M 3	01:24:51	03:42:42	07:30:58	09:19:59	10:57:21	12:06:42.65	6:36	9.1
4	ŚCIESZKA WOJCIECH	3133	13 ELT KRAKÓW-BALICE	KRAKÓW	POL	MASTERS M - 40	4	M 4	01:32:27	04:05:13	07:47:56	09:35:29	11:09:22	12:18:05.50	6:42	8.9
5	CZERBIAK NORBERT	3176	TARNOWO PODGÓRNE BIEGA	SKÓRZEWO	POL	MASTERS M - 40	5	M 5	01:33:43	04:09:38	07:45:48	09:35:54	11:07:13	12:25:03.55	6:46	8.9
6	JĘDRZYCA PRZEMYSŁAW	3298	SPARTA ULTRA TEAM	LASKI	POL	MASTERS M - 40	6	M 11	01:38:13	04:22:36	08:14:55	10:14:36	11:53:46	13:13:01.00	7:12	8.3
7	BARTYZEL MAREK	3185		ZAWOJA	POL	MASTERS M - 40	7	M 12	01:32:38	04:04:55	08:01:23	09:58:26	11:48:36	13:13:13.05	7:12	8.3
8	KYCIA PIOTR	3138		RAWICZ	POL	MASTERS M - 40	8	M 15	01:51:14	04:38:06	08:45:29	10:47:33	12:34:25	13:52:33.70	7:34	7.9
9	KALINOWSKI TOMASZ	3085		WODZISŁAW ŚLĄSKI	POL	MASTERS M - 40	9	M 16	01:53:15	04:51:50	08:53:46	10:54:06	12:40:11	14:05:38.90	7:41	7.8
10	PAPRZYCKI RAFAŁ	3267	NBR TEAM	POZNAŃ	POL	MASTERS M - 40	10	M 17	01:45:29	04:40:17	08:44:52	10:49:52	12:40:36	14:08:09.85	7:42	7.8
11	DYRKA KRZYSZTOF	3141	POLITECHNIKA POZNAŃSKA	POZNAŃ	POL	MASTERS M - 40	11	M 18	01:55:08	04:54:31	08:56:29	10:57:06	12:42:51	14:08:20.30	7:42	7.8
12	POLAK STANISŁAW	3330	SBG PODBIEG	KRAKÓW	POL	MASTERS M - 40	12	M 19	01:40:40	04:33:32	08:59:24	11:04:36	12:55:00	14:22:39.55	7:50	7.7
13	MICHAŁOWSKI MARCIN	3034	#MARCINSWIERCTEAM	ŚWIĘTOSZÓW	POL	MASTERS M - 40	13	M 23	01:49:29	04:47:28	09:21:33	11:32:22	13:23:46	14:51:45.20	8:06	7.4

BIEG K-B-L - 110 KM, Masters M - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
14	JACHYMIAK ROBERT	3154	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	NOWY TARG	POL	MASTERS M - 40	14	M 24	01:44:48	04:46:22	09:34:03	11:42:19	13:33:31	14:53:21.30	8:07	7.4
15	LONC TOMASZ	3145		RZESZÓW	POL	MASTERS M - 40	15	M 25	02:03:22	05:23:01	09:47:52	11:56:21	13:35:54	14:56:07.25	8:08	7.4
16	KOLMAN PIOTR	3256	ENDORFINA WSCHOWA	WSCHOWA	POL	MASTERS M - 40	16	M 27	02:00:11	05:10:52	09:40:47	11:53:31	13:47:34	14:59:07.80	8:10	7.3
17	DARCHUK OLEKSANDR	3285	DRPT	WĘGRZCE	UKR	MASTERS M - 40	17	M 28	01:54:37	05:05:28	09:39:06	11:42:06	13:38:15	15:05:08.95	8:13	7.3
18	SZRAMOWIAT MAREK	3329	BRITA	ŁWÓWEK ŚLĄSKI	POL	MASTERS M - 40	18	M 30	01:54:48	04:55:07	09:30:58	11:41:12	13:38:30	15:09:12.85	8:15	7.3
19	SCHWITALLA ADRIAN	3188	MKS SIECHNICE	SIECHNICE	POL	MASTERS M - 40	19	M 32	01:51:02	05:09:05	09:43:15	11:55:19	13:48:05	15:16:59.20	8:20	7.2
20	GAWLIK MARCIN	3113	MKS SIECHNICE	SIECHNICE	POL	MASTERS M - 40	20	M 33	01:51:14	05:09:15	09:43:26	11:55:37	13:48:15	15:17:07.15	8:20	7.2
21	GRZYBOWSKI RAFAŁ	3012		WARSZAWA	POL	MASTERS M - 40	21	M 34	01:53:00	05:05:14	09:37:51	11:51:30	13:51:03	15:17:19.35	8:20	7.2
22	ZAJĄC LESZEK	3178	L.O.T.A.Z/SOKÓŁ BUKÓWIEC GÓRNY	WŁOSZAKOWICE	POL	MASTERS M - 40	22	M 38	02:00:15	05:20:13	10:00:31	12:05:25	14:01:36	15:25:14.55	8:24	7.1
23	SŁOTWIŃSKI ADAM	3217		ELK	POL	MASTERS M - 40	23	M 40	01:55:46	05:11:27	09:54:08	12:13:22	14:02:13	15:34:22.45	8:29	7.1
24	KROK SŁAWOMIR	3333		JĘDRZYCHÓW	POL	MASTERS M - 40	24	M 41	01:48:12	04:55:31	09:36:49	11:52:42	14:02:51	15:34:31.90	8:29	7.1
25	HAREŻŁAK KRZYSZTOF	3148	AGB TORFY	ŁÓDŹ	POL	MASTERS M - 40	25	M 42	01:46:09	04:45:06	09:37:45	12:10:20	14:09:46	15:34:55.65	8:29	7.1
26	WINIARSKI ANDRZEJ	3110	DXTREEM RUNNING	WARSZAWA	POL	MASTERS M - 40	26	M 43	01:48:55	04:50:23	09:28:21	11:59:48	14:00:59	15:35:32.80	8:30	7.1
27	TOMCZAK WALDEK	3152		KŁODZKO	POL	MASTERS M - 40	27	M 44	01:56:34	05:16:27	09:57:48	12:02:40	14:00:58	15:37:16.25	8:31	7
28	PRAŁAT TOMASZ	3062	MARATON LESZNO	LIPNO	POL	MASTERS M - 40	28	M 46	01:53:42	05:10:00	09:45:01	12:06:16	14:08:17	15:40:43.40	8:33	7
29	GOSTYŃSKI KRZYSZTOF	3196		KRAKÓW	POL	MASTERS M - 40	29	M 48	01:53:11	05:08:05	09:57:45	12:08:56	14:18:14	15:47:21.90	8:36	7
30	PAWŁOWSKI PIOTR	3124		SIEDLCE	POL	MASTERS M - 40	30	M 50	01:42:13	04:24:40	08:41:18	12:08:12	14:14:11	15:51:35.85	8:39	6.9
31	GRODZKI TOMASZ	3017	ULTRAS Z NAD MORZA	DARŁOWO	POL	MASTERS M - 40	31	M 52	01:49:18	04:45:27	09:45:31	12:16:51	14:17:17	15:54:16.45	8:40	6.9
32	WOJCIECHOWICZ JACEK	3248	WWW.STUDIOTANCAPASJA.PL	KOSZALIN	POL	MASTERS M - 40	32	M 53	01:49:42	04:51:55	09:45:38	12:17:09	14:17:28	15:54:26.20	8:40	6.9
33	KONIECZNY MACIEJ	3024	MK-CONNECT	POZNAŃ	POL	MASTERS M - 40	33	M 57	01:42:59	04:47:34	09:43:05	12:16:14	14:23:42	16:06:51.70	8:47	6.8
34	PUCHACZ PIOTR	3180	MPK WYBIEGANIE	WARSZAWA	POL	MASTERS M - 40	34	M 61	02:02:36	05:17:53	10:13:25	12:35:02	14:42:12	16:17:08.30	8:52	6.8
35	POLIWKI MARIUSZ	3319	FITNES PIEKARY LEGNICA	SPALONA	POL	MASTERS M - 40	35	M 63	01:59:50	05:19:23	10:04:48	12:21:24	14:38:16	16:20:24.75	8:54	6.7
36	PAWLUCZUK TOMEK	3227	WŚCIEKŁE PIĘŚCI WĘŻA	ELK	POL	MASTERS M - 40	36	M 65	01:55:51	05:13:43	10:13:22	12:32:04	14:44:00	16:24:11.80	8:56	6.7
37	GRAMACKI MACIEJ	3284	WINTERCAMP.PL	RAKOWNIA	POL	MASTERS M - 40	37	M 67	01:56:37	05:23:31	10:22:43	12:53:21	15:01:46	16:35:51.45	9:03	6.6
38	PRZYBYLSKI PIOTR	3245		OPOLE	POL	MASTERS M - 40	38	M 72	02:06:06	05:33:52	10:33:58	13:00:34	15:06:39	16:44:19.25	9:07	6.6
39	ZAKRZEWSKI KRZYSZTOF	3312	3:33 TEAM	PAŁĘDZIE	POL	MASTERS M - 40	39	M 73	02:01:52	05:31:10	10:32:33	13:09:07	15:17:55	16:45:25.60	9:08	6.6
40	KOWALEWSKI MARCIN	3210	CRIIM	GDYNIA	POL	MASTERS M - 40	40	M 74	02:00:41	05:32:43	10:36:24	12:50:08	14:59:55	16:45:27.25	9:08	6.6
41	PARA JAKUB	3226	LESZ NO LIMITS RUNNERS	LESZNO	POL	MASTERS M - 40	41	M 77	01:58:19	05:19:41	10:39:53	13:10:03	15:21:27	16:50:06.25	9:10	6.5
42	MORCINEK MARCIN	3277	BLUSZCZA	KATOWICE	POL	MASTERS M - 40	42	M 78	02:02:52	05:34:19	10:45:34	13:18:38	15:20:15	16:55:18.70	9:13	6.5
43	KOSTERA TOMASZ	3060	VEGE RUNNERS	WARSZAWA	POL	MASTERS M - 40	43	M 82	02:02:55	05:39:30	10:46:50	13:18:20	15:30:24	17:03:43.10	9:18	6.4
44	GRUBICH DAMIAN	3014		GRUDZIĄDZ	POL	MASTERS M - 40	44	M 85	02:00:45	05:49:05	10:55:44	13:17:54	15:30:50	17:07:17.45	9:20	6.4
45	ODIJA LESZEK	3249		WIRY	POL	MASTERS M - 40	45	M 88	02:03:56	05:25:30	10:08:21	13:08:20	15:27:18	17:18:08.70	9:26	6.4
46	KOWALCZYK PAWEŁ	3305	KĘCKIE HARPAGANY	KĘTY	POL	MASTERS M - 40	46	M 89	02:00:27	05:22:14	10:24:31	13:08:47	15:30:04	17:21:01.05	9:27	6.3
47	BRZOZOWSKI RAFAŁ	3328		KŁODZKO	POL	MASTERS M - 40	47	M 90	02:07:58	05:55:14	11:00:06	13:27:40	15:44:49	17:22:29.30	9:28	6.3
48	GRABICKI SEBASTIAN	3069		WĄGROWIEC	POL	MASTERS M - 40	48	M 92	02:02:06	05:29:23	10:47:11	13:33:13	15:52:27	17:26:04.80	9:30	6.3
49	LEWANDOWSKI JANUSZ	3076		TARNOWSKIE GÓRY	POL	MASTERS M - 40	49	M 98	02:05:33	05:53:19	11:04:25	13:44:58	16:03:02	17:44:00.65	9:40	6.2
50	ZAKRZYŃSKI FRANCISZEK	3101		BOLECHOWICE	POL	MASTERS M - 40	50	M 99	02:01:24	05:35:00	11:15:06	13:44:57	16:07:47	17:46:22.80	9:41	6.2
51	LIPCZAK AMADEUSZ	3104		OPOLE	POL	MASTERS M - 40	51	M 101	02:03:59	05:52:02	11:07:46	13:35:52	15:58:59	17:48:25.70	9:42	6.2
52	WIŚNIEWSKI MICHAŁ	3198	INVICTA POWER TEAM	GDAŃSK	POL	MASTERS M - 40	52	M 103	02:10:49	05:46:26	11:40:49	14:10:43	16:31:03	17:56:55.95	9:47	6.1
53	MIKRUT REMIGIUSZ	3087		CHEŁMNO	POL	MASTERS M - 40	53	M 106	02:00:42	05:32:53	10:36:38	13:46:18	16:22:07	18:06:06.10	9:52	6.1
54	KAMIŃSKI MAREK	3092		WARSZAWA	POL	MASTERS M - 40	54	M 108	02:07:30	05:49:59	11:04:50	13:58:19	16:24:38	18:07:58.35	9:53	6.1
55	ŁUSZCZAKIEWICZ TOMASZ	3032	BIEGĄJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	POL	MASTERS M - 40	55	M 110	02:09:41	05:56:58	11:24:36	14:09:00	16:32:47	18:10:27.15	9:54	6.1
56	FALKENBERG LUDWIK	3044	WARIAT BIEGA.	KRAPKOWICE	POL	MASTERS M - 40	56	M 114	01:52:16	05:18:37	11:32:34	14:29:21	16:47:14	18:15:12.90	9:57	6
57	KORECKI ANDRZEJ	3336		MUROWANIEC	POL	MASTERS M - 40	57	M 117	01:57:49	06:30:20	11:59:10	14:33:20	16:41:51	18:19:54.60	9:59	6
58	GRZYWIŃSKI BARTOSZ	3161		TORUŃ	POL	MASTERS M - 40	58	M 120	02:04:01	05:57:46	11:26:55	14:15:42	16:42:04	18:27:27.75	10:04	6
59	FRĄCZKOWIAK JACEK	3289	PRZEDWOJEWSKI MOUNTAIN TEAM	KRZYŻANOWO	POL	MASTERS M - 40	59	M 122	02:06:28	05:53:30	11:26:12	14:17:20	16:46:19	18:28:37.60	10:04	6
60	TOJZA TOMASZ	3150		DOBRYCZA	POL	MASTERS M - 40	60	M 124	02:01:14	05:51:21	11:25:44	14:19:01	16:41:26	18:31:59.85	10:06	5.9
61	PTAK ADAM	3123	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS M - 40	61	M 127	02:12:55	06:05:53	11:14:47	14:08:49	16:36:21	18:33:54.45	10:07	5.9
62	HACUŚ TOMASZ	3063		WROCŁAW	POL	MASTERS M - 40	62	M 128	02:11:49	06:04:10	11:11:17	14:03:54	16:32:17	18:33:58.75	10:07	5.9
63	LORANC PAWEŁ	3304	WILD BUCHAYS	KOZY	POL	MASTERS M - 40	63	M 131	02:07:10	05:50:38	11:27:24	14:12:03	16:32:36	18:34:25.55	10:07	5.9
64	KOŁODZIEJSKI JAREK	3068	NWZNBHC	POZNAN	POL	MASTERS M - 40	64	M 133	02:13:17	06:06:37	11:15:26	14:09:09	16:36:56	18:34:44.45	10:08	5.9
65	DZIUBEK MICHAŁ	3171	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	MASTERS M - 40	65	M 137	01:56:50	05:11:47	10:37:42	13:39:47	16:31:07	18:43:43.05	10:12	5.9
66	SKRZEK MARCIN	3190	PRO-RUN WROCŁAW	WROCŁAW	POL	MASTERS M - 40	66	M 138	02:09:26	05:58:20	11:22:07	14:25:21	17:00:51	18:43:58.35	10:13	5.9

BIEG K-B-L - 110 KM, Masters M - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
67	NAPIERAŁA MARCIN	3002	PIĄTKOWO NA BIEGOWO	KOZIEGŁOWY	POL	MASTERS M - 40	67	M 139	02:07:52	05:53:08	11:14:56	14:17:33	16:54:32	18:44:21.50	10:13	5.9
68	JERCZYŃSKI TOMASZ	3106	GRUPA BIEGOWA ŁĘKA OPATOWSKA	ŁĘKA OPATOWSKA	POL	MASTERS M - 40	68	M 140	02:07:35	06:22:06	12:33:14	15:01:34	17:08:38	18:45:01.80	10:13	5.9
69	MODLISZEWSKI DARIUSZ	3119	ORANGE POLSKA	SUCHY LAS	POL	MASTERS M - 40	69	M 144	02:03:54	05:55:24	11:26:01	14:15:46	16:53:14	18:50:45.75	10:16	5.8
70	DĘBICKI MARIUSZ	3122	LOTTO	WRZEŚNIA	POL	MASTERS M - 40	70	M 145	02:03:45	05:55:19	11:25:55	14:36:27	17:04:55	18:50:56.45	10:16	5.8
71	TRZECIAK ANDRZEJ	3165	KGHM COPI RUN	LEGNICA	POL	MASTERS M - 40	71	M 146	02:05:41	05:48:53	11:32:21	14:38:09	17:14:58	18:54:31.05	10:18	5.8
72	MAZEPA TOMASZ	3224	TOMEKM.SKÓRA	OLAWA	POL	MASTERS M - 40	72	M 148	02:08:40	06:04:43	11:40:56	14:39:02	17:15:57	18:57:28.80	10:20	5.8
73	CHOMICZ TOMASZ	3345	JĄCWIŃGOWIE ZAPOMNIANI WOJOWNICY	SUWAŁKI	POL	MASTERS M - 40	73	M 151	02:01:03	06:16:07	12:08:21	14:57:49	17:10:48	19:00:00.60	10:21	5.8
74	GRABIŃSKI WALDEMAR	3340	ROGOZIŃSKI KLUB BIEGACZA	ROGOŹNO	POL	MASTERS M - 40	74	M 153	02:21:12	06:33:22	12:18:58	14:56:03	17:18:47	19:03:42.20	10:23	5.8
75	SAMBORSKI BARTOSZ	3037	WKURW_TEAM	WARSZAWA	POL	MASTERS M - 40	75	M 167	02:08:29	06:14:25	12:40:36	15:44:25	17:48:06	19:22:36.00	10:34	5.7
76	GROCHOWSKI TOMASZ	3055	SPARTA RUNNERS	POZNAN	POL	MASTERS M - 40	76	M 168	02:05:22	05:33:41	11:36:04	14:42:59	17:21:21	19:23:34.65	10:34	5.7
77	DWORNICKI TOMASZ	3338	RYBNICKA GRUPA BIEGOWA	RYBNIK	POL	MASTERS M - 40	77	M 171	02:13:05	06:08:57	11:57:53	14:54:27	17:28:41	19:26:33.40	10:36	5.7
78	WIŚNIEWSKI MARIUSZ	3071		DĄBROWA NIEMODLIŃSKA	POL	MASTERS M - 40	78	M 173	02:05:34	05:58:14	11:38:15	14:40:45	17:31:35	19:34:17.65	10:40	5.6
79	BORKO RYSZARD	3146	KS PIDRINA GDYNIA	GDYNIA	POL	MASTERS M - 40	79	M 174	02:20:49	06:33:42	12:21:46	14:59:38	17:32:04	19:37:09.80	10:42	5.6
80	JASICKI KRZYSZTOF	3040		TYCHY	POL	MASTERS M - 40	80	M 175	02:15:10	06:23:22	12:10:14	14:55:46	17:29:21	19:40:02.10	10:43	5.6
81	BUTRYN WOJCIECH	3270	BEZ PRZYNALEŻNOŚCI	KRAKÓW	POL	MASTERS M - 40	81	M 177	02:11:17	05:44:53	11:38:28	14:40:59	17:33:46	19:51:59.90	10:50	5.5
82	KASPRZYK ADRIAN	3344	LESZ NO LIMITS RUNNERS	LESZNO	POL	MASTERS M - 40	82	M 180	02:18:09	06:45:22	12:38:15	15:32:01	18:00:22	19:55:09.35	10:51	5.5
83	SIKORA GRZEGORZ	3219	MCBIEGACZE	WARSZAWA	POL	MASTERS M - 40	83	M 182	02:06:13	05:55:17	12:05:01	15:25:55	18:14:36	20:04:20.45	10:56	5.5
84	BABIRECKI KRZYSZTOF	3108	FU FU FU TEAM	GŁOGÓW	POL	MASTERS M - 40	84	M 183	01:59:03	06:33:32	13:16:26	16:12:55	18:34:15	20:06:44.20	10:58	5.5
85	MOLENDĄ MICHAŁ	3135		WROCŁAW	POL	MASTERS M - 40	85	M 184	02:19:31	06:44:13	12:55:52	16:02:43	18:29:34	20:08:32.80	10:59	5.5
86	NOWOSŁAWSKI KRZYSZTOF	3169	IRRACJONALNIE MASZERUJĄCY	WROCŁAW	POL	MASTERS M - 40	86	M 187	02:16:19	06:43:41	12:39:15	15:31:46	18:06:01	20:12:35.10	11:01	5.4
87	JARZEMBOWSKI TOMASZ	3020	WLKP MOUNTAINS ULTRA	PLEWISKA	POL	MASTERS M - 40	87	M 193	02:12:11	06:13:10	12:21:00	15:35:57	18:20:56	20:26:30.05	11:09	5.4
88	SOBCZAK MIKOŁAJ	3031	WLKP MOUNTAINS ULTRA	KÓRZEWO	POL	MASTERS M - 40	88	M 194	02:12:31	06:13:18	12:21:11	15:37:42	18:21:03	20:26:38.40	11:09	5.4
89	TOMASZEWSKI DAWID	3252	WLKP MOUNTAINS ULTRA	KOMORNIKI	POL	MASTERS M - 40	89	M 195	02:12:35	06:13:34	12:21:30	15:38:07	18:21:19	20:26:56.90	11:09	5.4
90	ROŚLICKI JAROSŁAW	3072	UBEZPIECZENIA DLA AKTYWNYCH	OZOROWICE	POL	MASTERS M - 40	90	M 196	02:10:47	06:16:45	12:29:58	15:39:32	18:19:02	20:29:01.70	11:10	5.4
91	ZNAMIEC MARCIN	3268	ULTRA KSP	WARSZAWA	POL	MASTERS M - 40	91	M 197	02:14:52	06:23:36	12:21:54	15:30:03	18:19:52	20:29:21.65	11:10	5.4
92	WOJTANOWICZ MARCIN	3325	BRUBECK / GUMOWE KACZKI TEAM	ZDUŃSKA WOLA	POL	MASTERS M - 40	92	M 198	02:10:47	06:02:41	12:34:42	15:46:53	18:30:10	20:33:37.75	11:12	5.4
93	OŚRÓDEK PIOTR	3324	BRUBECK / GUMOWE KACZKI TEAM	ZDUŃSKA WOLA	POL	MASTERS M - 40	93	M 199	02:10:49	06:02:45	12:34:46	15:46:01	18:30:18	20:33:41.35	11:12	5.3
94	LIŚ TOMASZ	3220	MCBIEGACZE	WARSZAWA	POL	MASTERS M - 40	94	M 200	02:06:29	05:55:23	12:05:15	15:26:39	18:24:03	20:35:50.35	11:14	5.3
95	KRÓLICKI ZBIGNIEW	3183		LUTOMIA	POL	MASTERS M - 40	95	M 201	02:23:12	06:46:13	12:54:06	15:53:57	18:35:57	20:40:28.80	11:16	5.3
96	MEDUNA ZBIGNIEW	3172		POZNAN	POL	MASTERS M - 40	96	M 202	02:14:55	06:18:04	11:57:09	15:08:25	18:15:00	20:41:34.15	11:17	5.3
97	PAROL PAWEŁ	3084		SZYMANOWSKOZCZYNA	POL	MASTERS M - 40	97	M 206	02:11:37	06:54:56	13:21:04	16:15:10	18:50:56	21:04:01.35	11:29	5.2
98	MERTAS DOMINIK	3096		BABICE GM.NĘDZA	POL	MASTERS M - 40	98	M 207	02:18:19	06:47:48	12:55:49	15:45:55	18:43:09	21:06:23.45	11:30	5.2
99	KUBERSKI ANDRZEJ	3156		SOSNOWIE	POL	MASTERS M - 40	99	M 209	02:07:00	06:04:10	11:59:46	15:36:08	18:40:22	21:16:57.75	11:36	5.2
100	JERCZYŃSKI RADOŚLAW	3204		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	100	M 210	02:19:57	07:23:36	13:46:51	16:46:01	19:17:06	21:22:56.00	11:39	5.1
101	OLESZCZAK PIOTR	3147	BIEGAM BO SĄ TACY CO NIE MOGĄ	POZNAN	POL	MASTERS M - 40	101	M 211	02:04:44	05:52:50	12:52:31	16:20:58	19:38:10	21:57:40.70	11:58	5
102	WRUK REMIGIUSZ	3153	BIEG OPOLSKI	OPOLE	POL	MASTERS M - 40	102	M 215	02:06:46	06:56:05	13:37:42	16:58:34	19:33:21	22:13:56.10	12:07	4.9
103	KWINTA MACIEJ	3276		WROCŁAW	POL	MASTERS M - 40	103	M 216	02:16:19	06:47:21	13:10:46	16:46:01	19:52:38	22:16:12.80	12:08	4.9
104	STROIŃSKI WOJCIECH	3027	C&C SPORTS TEAM	WILKOWICE	POL	MASTERS M - 40	104	M 218	02:24:39	06:47:21	12:59:47	16:30:33	19:37:45	22:22:57.50	12:12	4.9
105	GUZDZIOŁ JAREK	3221	TBKM WILK SOLEC KUJAWSKI	SOLEC KUJAWSKI	POL	MASTERS M - 40	105	M 222	02:25:01	07:34:57	14:34:46	18:38:05	21:35:44	23:37:39.60	12:53	4.7
106	STRZELECKI KRZYSZTOF	3253		WROCŁAW	POL	MASTERS M - 40	106	M 226	02:16:32	06:57:01	13:57:08	17:28:06	21:09:59	23:46:52.15	12:58	4.6
107	GARBACZ MAREK	3251	LEŚNE DZIADY	OLAWA	POL	MASTERS M - 40	107	M 227	02:16:44	06:57:10	13:57:13	17:28:01	21:11:17	23:46:53.35	12:58	4.6
108	KRYCH RAFAŁ	3121		CZMOŃ	POL	MASTERS M - 40	108	M 229	02:17:47	07:29:01	14:59:19	18:32:33	21:43:57	23:55:42.60	13:03	4.6
109	ŁOZIŃSKI WOJCIECH	3326		ZŁOTORYJA	POL	MASTERS M - 40	109	M 230	02:13:19	06:42:08	13:41:19	17:42:53	21:21:05	23:58:58.25	13:04	4.6
110	KANIA KRYSZTIAN	3201		MESSSTETTEN	GER	MASTERS M - 40	110	M 234	02:13:24	06:56:49	14:24:09	18:10:33	21:40:01	24:08:03.55	13:09	4.6
111	CHODOROWSKI ARKADIUSZ	3262	ULTRA KSP	ALEKSANDRÓW	POL	MASTERS M - 40	111	M 237	02:29:43	07:18:07	15:11:59	18:50:21	22:21:49	24:35:25.15	13:24	4.5
112	SKARŻYŃSKI WOJCIECH	3175	1973	SIECHNICE	POL	MASTERS M - 40	112	M 244	02:56:22	08:42:22	16:37:09	20:40:40	24:30:12	27:26:56.80	14:58	4
	MAŚLANIK PIOTR	3033	QCE SPARTY	SCHWEDT/ODER	GER	MASTERS M - 40			02:56:21	08:14:18	15:39:53	21:22:25	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	FIGAS SEBASTIAN	3016		WROCŁAW	POL	MASTERS M - 40			02:10:38	06:16:07	13:00:30	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

BIEG K-B-L - 110 KM, Masters M - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	FRANEK SEBASTIAN	3291	WLKP MOUNTAINS ULTRA	LUBON	POL	MASTERS M - 40			02:13:57 DNF	06:39:12 DNF	14:27:56 DNF	DNF	DNF	DNF	-	-
	CHOPKOWICZ PIOTR	3094		PACZKÓW	POL	MASTERS M - 40			02:36:08 DNF	07:58:40 DNF	16:36:41 DNF	DNF	DNF	DNF	-	-
	ŻAK MARCIN	3093		PACZKÓW	POL	MASTERS M - 40			02:36:12 DNF	07:58:47 DNF	16:36:46 DNF	DNF	DNF	DNF	-	-
	DYBEK PAWEŁ	3308	SALOMON SUUNTO TEAM	MIELEC	POL	MASTERS M - 40			01:27:21 DNF	03:54:50 DNF	DNF	DNF	DNF	DNF	-	-
	KISIAŁA FILIP	3159	LACHO TEAM	KRAKÓW	POL	MASTERS M - 40			01:56:52 DNF	05:30:58 DNF	DNF	DNF	DNF	DNF	-	-
	DAWIDZIAK JAROSŁAW	3036	MARATON LESZNO	LESZNO	POL	MASTERS M - 40			02:07:57 DNF	06:09:26 DNF	DNF	DNF	DNF	DNF	-	-
	STAJER MARIUSZ	3288	AMBIT RACE TEAM	LESZNO	POL	MASTERS M - 40			02:07:53 DNF	06:09:32 DNF	DNF	DNF	DNF	DNF	-	-
	MARCHEWKA ANDRZEJ	3235		CZERNICHÓW	POL	MASTERS M - 40			02:28:34 DNF	07:06:45 DNF	DNF	DNF	DNF	DNF	-	-
	KOŚCIELNIAK MAREK	3334	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40			01:57:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Weteran K - 50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	MARCINKOWSKA JADWIGA	3189		ROZGARTY	POL	WETERAN K - 50	1	K 13	02:08:54	05:55:16	11:21:55	13:49:24	16:09:03	17:54:35.05	9:46	6.1
2	BONTOVICS TIMEA	3193	DUV	GRABEN	GER	WETERAN K - 50	2	K 37	02:31:00	07:17:58	13:44:12	16:38:34	19:22:13	21:27:06.95	11:42	5.1
3	PTASZYŃSKA ANNA	3077	SPEED FEET '16	KOŚCIAN	POL	WETERAN K - 50	3	K 39	02:27:01	07:13:57	13:33:04	16:58:15	20:06:24	22:21:10.10	12:11	4.9
4	KROLS HILDE	3212	VOS SCHAFFEN	MOL	BEL	WETERAN K - 50	4	K 41	02:23:06	07:14:54	13:50:02	17:15:43	20:15:46	22:27:03.40	12:14	4.9
5	KALBARCZYK BEATA	3163	ORANGE POLSKA	OTWOCK	POL	WETERAN K - 50	5	K 49	02:24:15	07:15:34	15:02:55	19:13:43	22:49:01	25:17:36.95	13:47	4.3
6	OBARSKA MAŁGORZATA	3067		STARACHOWICE	POL	WETERAN K - 50	6	K 50	03:04:49	09:12:18	16:40:16	20:40:18	24:39:01	26:58:43.80	14:42	4.1
	WOSZCZAK JOLANTA	3136	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN K - 50			02:28:13 DNF	06:50:44 DNF	12:55:28 DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Weteran I M - 50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	WOJDANOWSKI JAN	3243	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	WETERAN I M - 50	1	M 26	01:57:18	05:07:57	09:42:12	11:47:45	13:30:01	14:58:43.90	8:10	7.3
2	SPECJAŁSKI PRZEMYSŁAW	3046		GDAŃSK	POL	WETERAN I M - 50	2	M 49	01:56:30	05:12:20	09:43:56	12:08:14	14:15:07	15:51:11.45	8:38	6.9
3	KOSIOREK ADAM	3184	BCAC MOKOBODY	MOKOBODY	POL	WETERAN I M - 50	3	M 59	02:01:10	05:29:53	10:18:47	12:42:26	14:45:13	16:08:05.90	8:48	6.8
4	LIC JANUSZ	3240	BISKUPICE ULTRARUN	ZABRZE	POL	WETERAN I M - 50	4	M 81	02:10:05	05:50:49	10:45:35	13:16:10	15:25:23	17:00:30.20	9:16	6.5
5	KONIK GRZEGORZ	3131	OKB ZADYSZKA / KS KANDAHAR	PRZECISZÓW	POL	WETERAN I M - 50	5	M 83	02:00:22	05:38:09	10:16:57	12:48:52	15:16:44	17:05:50.20	9:19	6.4
6	PASTWA MAREK	3343	OH!ZUZA.COM	ŁÓDŹ	POL	WETERAN I M - 50	6	M 87	02:20:59	06:18:12	11:09:37	13:30:22	15:45:26	17:17:39.00	9:25	6.4
7	TONDYTKO PIOTR	3327		KŁODZKO	POL	WETERAN I M - 50	7	M 91	02:08:05	05:55:19	11:00:12	13:27:38	15:44:56	17:22:35.15	9:28	6.3
8	CHOJNOWSKI ANDRZEJ	3019		IŁAWA	POL	WETERAN I M - 50	8	M 94	02:00:14	05:23:28	10:35:50	13:15:58	15:43:14	17:32:07.90	9:33	6.3
9	KOSZAREK MACIEJ	3264		POZNAŃ	POL	WETERAN I M - 50	9	M 119	01:59:58	05:59:04	11:25:48	14:14:26	16:46:09	18:26:44.35	10:03	6
10	FLORKIEWICZ SŁAWOMIR	3049		SOSNOWIEC	POL	WETERAN I M - 50	10	M 121	02:05:31	05:56:06	11:18:01	14:02:36	16:41:07	18:28:23.05	10:04	6
11	JĘDRZEJCZAK WOJCIECH	3126		ŁÓDŹ	POL	WETERAN I M - 50	11	M 132	02:13:28	06:06:30	11:15:19	14:09:10	16:41:44	18:34:26.40	10:07	5.9
12	GASIECKI ANDRZEJ	3004		SZCZECIN	POL	WETERAN I M - 50	12	M 134	02:11:27	05:56:47	11:22:16	14:12:50	16:43:37	18:35:39.20	10:08	5.9
13	BĘDŹKOWSKI MAREK	3317	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	WETERAN I M - 50	13	M 135	02:13:18	06:10:59	11:54:05	14:34:29	16:50:25	18:36:36.55	10:09	5.9
14	ROSPOND PIOTR	3166	TKKF MPK POZNAŃ	POZNAŃ	POL	WETERAN I M - 50	14	M 149	02:02:57	05:56:57	11:09:23	13:53:17	16:54:21	18:57:52.20	10:20	5.8
15	KUDELSKI IRENEUSZ	3259	ROZBIEGANI CHOJNÓW	OSETNICA	POL	WETERAN I M - 50	15	M 166	02:06:24	05:59:27	11:56:51	14:58:45	17:24:29	19:21:04.90	10:33	5.7
16	ŚLUZEK MIROŚŁAW	3064		WARSZAWA	POL	WETERAN I M - 50	16	M 170	02:08:03	06:04:15	11:33:48	14:26:54	17:13:44	19:25:19.80	10:35	5.7
17	CZUBA ROBERT	3127	ORANGE POLSKA	PUSZCZYKOWO	POL	WETERAN I M - 50	17	M 178	02:09:31	06:08:20	12:00:15	15:21:42	17:53:09	19:52:47.50	10:50	5.5
18	GALAŚIŃSKI ANDRZEJ	3099	GRUPA SIGMEO	LUBON	POL	WETERAN I M - 50	18	M 179	02:10:06	06:08:52	12:07:36	15:00:40	17:54:30	19:52:55.70	10:50	5.5

BIEG K-B-L - 110 KM, Weteran I M - 50 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
19	TOWASIK MIITEK	3346		DUSZNIKI ZDRÓJ	POL	WETERAN I M - 50	19	M 186	02:14:21	06:31:04	12:27:26	15:21:01	17:56:07	20:11:06.15	11:00	5.4
20	BORC PIOTR	3111	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	WETERAN I M - 50	20	M 189	02:10:45	06:18:59	12:09:36	14:59:57	17:33:14	20:15:05.90	11:02	5.4
21	PROŃCZUK ADAM	3130	WEHICOOLL	CZECHOWICE-DZIEDZICE	POL	WETERAN I M - 50	21	M 204	02:36:27	07:09:29	13:15:54	16:13:10	18:42:57	20:51:29.75	11:22	5.3
22	DOLIŃSKI TOMASZ	3075	UMAWIANIENABIEGANIE	WROCŁAW	POL	WETERAN I M - 50	22	M 205	02:22:58	06:58:38	13:06:10	16:10:26	18:56:12	20:53:39.40	11:23	5.3
23	SERWADCZAK MAREK	3272		DROGOSZOWICE	POL	WETERAN I M - 50	23	M 212	02:32:30	07:02:42	13:38:58	16:57:57	19:57:50	22:03:51.60	12:02	5
24	RUTKOWSKI JANUSZ	3213	LESZNO TEAM	LESZNO	POL	WETERAN I M - 50	24	M 217		07:10:36	13:38:24	16:53:09	20:06:51	22:19:06.00	12:10	4.9
25	MARCINKOWSKI PIOTR	3115		ROZGARTY	POL	WETERAN I M - 50	25	M 219	02:25:12	06:45:05	13:30:14	16:52:31	20:22:16	22:43:27.95	12:23	4.8
26	GRZELCZAK TOMASZ	3286		ŁÓDŹ	POL	WETERAN I M - 50	26	M 223	02:39:24	07:43:44	14:16:28	17:44:51	20:57:15	23:38:27.70	12:53	4.7
27	JASIŃSKI MIKOŁAJ	3241	UKA WARSZAWA	WARSZAWA	POL	WETERAN I M - 50	27	M 224	02:28:45	07:37:35	14:06:05	17:49:12	21:29:26	23:40:45.55	12:54	4.6
28	KLAR MAREK	3151	BEZ	ŁAZISKA GÓRNE	POL	WETERAN I M - 50	28	M 225	02:35:15	08:01:21	14:47:34	18:06:35	21:27:15	23:45:40.30	12:57	4.6
29	DURA PIOTR	3322	PKB ENDORFINA	RAKÓW	POL	WETERAN I M - 50	29	M 228	02:39:43	07:24:22	14:26:00	18:27:04	21:29:06	23:51:29.10	13:00	4.6
30	MRÓZ JACEK	3302		ZŁOTORYJA	POL	WETERAN I M - 50	30	M 231	02:13:19	06:42:13	13:41:22	17:42:51	21:21:07	23:59:03.80	13:04	4.6
31	RZESZOWSKI PAWEŁ	3011		WIELUŃ	POL	WETERAN I M - 50	31	M 233	02:38:03	07:53:27	14:43:43	18:19:14	21:51:05	24:07:22.80	13:09	4.6
32	PACANOWSKI ROBERT	3095	WEŁNICA BIEGA	WEŁNICA	POL	WETERAN I M - 50	32	M 236	02:46:58	08:06:00	14:59:37	18:22:30	21:51:51	24:10:13.50	13:11	4.6
33	ARMATYS GRZEGORZ	3244		DĄBROWA GÓRNICZA	POL	WETERAN I M - 50	33	M 239	02:24:10	07:15:30	15:01:09	19:13:22	22:48:54	25:08:17.20	13:42	4.4
34	OBARSKI NORBERT	3065		KIELCE	POL	WETERAN I M - 50	34	M 242	03:04:39	09:12:15	16:40:06	20:40:08	24:39:01	26:58:38.70	14:42	4.1
	SILSKI MAREK	3208	ATRAKCYJNE TOWARZYSTWO	POTASZE	POL	WETERAN I M - 50			02:24:16	07:28:02	13:51:08	18:01:51	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	DNF	-	-
	WOSZCZAK ZBIGNIEW	3137	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN I M - 50			02:28:12	06:50:38	12:54:40	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Weteran II K - 60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	KARKOWSKA WIESŁAWA	3341		BARANOWO	POL	WETERAN II K - 60	1	K 35	02:18:11	06:45:21	13:06:20	16:18:26	19:00:28	21:03:14.35	11:29	5.2
2	WACHOWSKA ALINA	3157	SMOK TRÓJGŁOWY	POZNAŃ	POL	WETERAN II K - 60	2	K 38	02:26:58	07:17:51	13:36:49	16:59:11	19:57:50	21:55:19.30	11:57	5

BIEG K-B-L - 110 KM, Weteran II M - 60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	ZIMNY TOMASZ	3025		SZCZECIN	POL	WETERAN II M - 60	1	M 54	01:54:47	05:18:10	09:46:33	12:18:08	14:25:02	15:57:46.55	8:42	6.9
2	MATYSZCZAK WŁODZIMIERZ	3279		BRZEG	POL	WETERAN II M - 60	2	M 116	02:04:23	05:44:03	11:00:34	13:52:37	16:19:35	18:16:37.75	9:58	6
3	LESZCZYŃSKI PAWEŁ	3318	LASY WAWERSKIE	WARSZAWA	POL	WETERAN II M - 60	3	M 192	02:17:56	06:28:09	12:40:15	15:52:17	18:26:33	20:22:14.35	11:06	5.4
4	FUNKA ANDRZEJ	3057	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	WETERAN II M - 60	4	M 235	02:46:59	08:05:58	14:59:32	18:22:33	21:52:01	24:10:08.20	13:10	4.6
5	RUTKOWSKI KAZIMIERZ	3149	KUSY I SPÓŁKA	ŚLIWNO	POL	WETERAN II M - 60	5	M 238	02:34:45	08:02:10	15:10:06	19:20:35	22:34:38	24:58:51.10	13:37	4.4