

# VI ZIMOWY MARATON BIESZCZADZKI 2020 - 44KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Zimowy Maraton Bieszczadzki 2020  
Fundacja Bieg Rzeźnika  
2020-01-25  
Cisna  
44 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
1	ZIEJEWSKI Grzegorz	552		M40	1	01:16:40	01:55:05	02:26:03	02:52:15		<b>03:06:44.35</b>	<b>03:06:45.35</b>		4:14	14.1
2	ŻUCHOWSKI Daniel	3	MUAY RUNNING TEAM	M30	1	01:15:48	01:55:06	02:26:03	02:53:43		<b>03:07:42.10</b>	<b>03:07:43.40</b>	+00:00:58	4:15	14.1
3	KOT Rafał	562	MUAY RUNNING TEAM	M40	2	01:16:44	01:55:13	02:26:14	02:53:25		<b>03:07:42.95</b>	<b>03:07:44.75</b>	+00:00:59	4:15	14.1
4	ZIAJKA Karol	524	FINISZ RYMANÓW	M20	1	01:16:33	01:55:34	02:26:38	02:54:02		<b>03:07:38.95</b>	<b>03:07:46.15</b>	+00:01:00	4:15	14.1
5	KRUBA Marcin	5	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	2	01:16:53	01:55:31	02:26:28	02:54:15		<b>03:08:29.55</b>	<b>03:08:31.45</b>	+00:01:46	4:17	14
6	SEDLAK Michał	391		M40	3	01:16:39	01:56:29	02:29:16	02:59:24		<b>03:15:14.00</b>	<b>03:15:15.00</b>	+00:08:29	4:26	13.5
7	SZWAJA Mateusz	7	OTK RZEŹNIK & T.S. AKS CHORZÓW	M20	2	01:16:35	01:56:17	02:31:09	03:02:08		<b>03:17:08.60</b>	<b>03:17:10.00</b>	+00:10:24	4:28	13.4
8	FLISIŃSKI Łukasz	101		M30	3	01:16:39	01:57:21	02:31:28	03:03:05		<b>03:19:32.70</b>	<b>03:19:33.60</b>	+00:12:48	4:32	13.2
9	SYCHOWICZ Daniel	432		M40	4	01:18:01	01:59:23	02:33:06	03:03:40		<b>03:19:57.65</b>	<b>03:19:59.35</b>	+00:13:14	4:32	13.2
10	KOBIERSKI Piotr	213	UKA ULTRAS RUNNERS	M40	5	01:20:43	02:02:17	02:37:07	03:08:19		<b>03:25:26.55</b>	<b>03:25:32.00</b>	+00:18:46	4:40	12.8
11	MARZEC Grzegorz	289	GMINA STRZELCE OPOLSKIE	M40	6	01:25:07	02:09:02	02:42:57	03:12:49		<b>03:28:26.95</b>	<b>03:28:30.40</b>	+00:21:45	4:44	12.7
12	KUDŁAK Paweł	250	PORANNY PATROL	M30	4	01:20:56	02:04:13	02:40:04	03:13:48		<b>03:30:50.55</b>	<b>03:30:56.25</b>	+00:24:10	4:47	12.5
13	BRZĄKAŁSKI Krzysiek	47	TEAM EAZYMUT.PL	M20	3	01:21:13	02:04:29	02:40:44	03:14:11		<b>03:33:18.30</b>	<b>03:33:22.85</b>	+00:26:37	4:50	12.4
14	STROŃSKI Daniel	423		M30	5	01:25:11	02:09:33	02:46:35	03:20:05		<b>03:37:04.85</b>	<b>03:37:07.05</b>	+00:30:21	4:56	12.2
15	KUBASIK Łukasz	246		M30	6	01:30:23	02:15:50	02:51:50	03:22:25		<b>03:37:26.00</b>	<b>03:37:37.10</b>	+00:30:51	4:56	12.1
16	SZCZEPANIAK Witold	439		M40	7	01:28:06	02:12:49	02:48:34	03:21:43		<b>03:38:47.10</b>	<b>03:38:49.30</b>	+00:32:03	4:58	12.1
17	KRZEMIŃSKI Marcin	241	SPRINT GORZYCE	M40	8	01:27:35	02:12:58	02:48:40	03:21:10		<b>03:38:35.85</b>	<b>03:38:50.90</b>	+00:32:05	4:58	12.1
18	DYREK Michał	88	MOK MSZANA DOLNA	M30	7	01:26:31	02:12:38	02:49:12	03:22:27		<b>03:40:04.55</b>	<b>03:40:09.65</b>	+00:33:24	5:00	12
19	WILK Katarzyna	555		K30	1	01:27:06	02:13:18	02:51:11	03:23:59		<b>03:41:52.05</b>	<b>03:41:54.70</b>	+00:35:09	5:02	11.9
20	MORAWA Mateusz	308	LACHO TEAM	M40	9	01:22:33	02:08:24	02:44:23	03:21:27		<b>03:41:36.45</b>	<b>03:41:56.25</b>	+00:35:10	5:02	11.9
21	MEISSNER Paweł	297	TIGERS TEAM / REEBOKRUNCREWLDZ	M30	8	01:26:49	02:15:38	02:52:21	03:26:02		<b>03:42:22.25</b>	<b>03:42:22.25</b>	+00:35:36	5:03	11.9
22	DOMISZEWSKA Maria	2		K50	1	01:28:38	02:15:07	02:52:59	03:25:43		<b>03:43:15.85</b>	<b>03:43:18.45</b>	+00:36:33	5:04	11.8
23	PRUCNAL Zbigniew	365	JASIELSKIE PIORUNY	M40	10	01:34:06	02:18:52	02:54:45	03:27:33		<b>03:44:49.05</b>	<b>03:45:14.00</b>	+00:38:28	5:06	11.7
24	ŁĘCKI Piotr	273	BP RUNNING TEAM GLIWICE	M30	9	01:27:37	02:13:27	02:52:05	03:28:38		<b>03:47:03.00</b>	<b>03:47:18.05</b>	+00:40:32	5:09	11.6
25	TKACZEWSKI Piotr	456		M40	11	01:31:38	02:18:32	02:56:01	03:29:35		<b>03:47:01.30</b>	<b>03:47:24.35</b>	+00:40:39	5:09	11.6
26	DYREK Mateusz	89		M30	10	01:27:53	02:16:22	02:54:23	03:29:41		<b>03:47:41.15</b>	<b>03:47:45.65</b>	+00:41:00	5:10	11.6
27	SZAPAR Przemysław	6		M40	12	01:24:16	02:07:03	02:48:27	03:26:56		<b>03:47:46.55</b>	<b>03:48:06.55</b>	+00:41:21	5:10	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km					
28	<b>FELUCH Krzysztof</b>	<b>95</b>	JACEK BIEGA RUNNING TEAM	M40	13	01:30:37	02:16:23	02:54:56	03:30:28	<b>03:47:57.35</b>	<b>03:48:15.50</b>	+00:41:30	5:10	11.6
29	<b>BAR Stanisław</b>	<b>21</b>	GMINA STRZELCE OPOLSKIE	M40	14	01:26:19	02:13:16	02:51:46	03:27:46	<b>03:48:17.80</b>	<b>03:48:22.15</b>	+00:41:36	5:11	11.6
30	<b>KONKEL Katarzyna</b>	<b>221</b>	DECATHLON LUBLIN CZECHÓW/ MAJA TEAM	K20	1	01:27:43	02:14:54	02:53:30	03:29:58	<b>03:50:07.75</b>	<b>03:50:10.65</b>	+00:43:25	5:13	11.5
31	<b>URBANEK Patryk</b>	<b>469</b>		M20	4	01:30:49	02:18:11	02:57:58	03:32:26	<b>03:50:56.95</b>	<b>03:51:08.35</b>	+00:44:23	5:14	11.4
32	<b>MIELCZAREK Dawid</b>	<b>302</b>	DAVID_STEP_BY_STEP / OBOZYGORSKIE.PLL	M30	11	01:28:41	02:16:39	02:58:06	03:33:41	<b>03:51:10.40</b>	<b>03:51:16.50</b>	+00:44:31	5:15	11.4
33	<b>SMOLEŃ Janusz</b>	<b>405</b>	FOXTEAM	M40	15	01:32:53	02:20:24	02:59:20	03:34:14	<b>03:51:46.35</b>	<b>03:52:31.60</b>	+00:45:46	5:16	11.4
34	<b>JASŁOWSKA Justyna</b>	<b>1</b>	SCOTT TEAM	K30	2	01:31:44	02:20:25	02:59:43	03:34:47	<b>03:53:09.00</b>	<b>03:53:12.45</b>	+00:46:27	5:17	11.3
35	<b>KĄKOL Michał</b>	<b>195</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	12	01:35:16	02:24:28	03:03:25	03:36:43	<b>03:53:12.20</b>	<b>03:53:19.80</b>	+00:46:34	5:18	11.3
36	<b>GIERSZEWSKI Jarosław</b>	<b>125</b>	ZAŁOGA G	M40	16	01:29:16	02:19:01	02:59:49	03:35:47	<b>03:54:20.95</b>	<b>03:54:23.45</b>	+00:47:38	5:19	11.3
37	<b>JUSZCZAK Marcin</b>	<b>176</b>		M30	13	01:35:16	02:24:28	03:03:30	03:36:48	<b>03:54:30.70</b>	<b>03:54:37.00</b>	+00:47:51	5:19	11.3
38	<b>BAJOREK Jan</b>	<b>19</b>		M40	17	01:37:13	02:28:57	03:08:28	03:39:17	<b>03:55:37.00</b>	<b>03:55:51.00</b>	+00:49:05	5:21	11.2
39	<b>ZIEBA Tomek</b>	<b>525</b>	JACEKBIEGA RUNNING TEAM	M40	18	01:30:31	02:19:00	02:57:13	03:34:40	<b>03:55:50.85</b>	<b>03:56:03.15</b>	+00:49:17	5:21	11.2
40	<b>JĘDZURA Daniel</b>	<b>168</b>	BP RUNNING TEAM GLIMWCE	M40	19	01:33:15	02:23:47	03:03:39	03:38:15	<b>03:56:10.55</b>	<b>03:56:26.30</b>	+00:49:40	5:22	11.2
41	<b>ŻYWICKI Maciej</b>	<b>538</b>	DROGA DO ULTRA	M30	14	01:33:25	02:21:49	03:01:42	03:37:36	<b>03:56:03.15</b>	<b>03:56:54.35</b>	+00:50:09	5:21	11.2
42	<b>MATYSIAK Bartłomiej</b>	<b>294</b>	JACEKBIEGA RUNNING TEAM	M40	20	01:29:10	02:19:48	03:02:10	03:38:36	<b>03:56:57.80</b>	<b>03:57:09.65</b>	+00:50:24	5:23	11.1
43	<b>JONCZYK Rafał</b>	<b>169</b>	JACEKBIEGA RUNNING TEAM	M40	21	01:33:15	02:21:34	03:01:30	03:37:24	<b>03:56:49.45</b>	<b>03:57:45.30</b>	+00:50:59	5:22	11.1
44	<b>NIEZNAJSKI Adrian</b>	<b>325</b>		M30	15	01:39:34	02:28:31	03:06:25	03:39:16	<b>03:57:06.10</b>	<b>03:58:48.10</b>	+00:52:02	5:23	11.1
45	<b>STAŃKO Paweł</b>	<b>419</b>	BIESY I CZORTY	M40	22	01:33:39	02:23:50	03:05:18	03:41:08	<b>03:58:59.50</b>	<b>03:59:15.90</b>	+00:52:30	5:25	11
46	<b>PETRYNA Jagoda</b>	<b>8</b>	NOA	K30	3	01:36:22	02:25:52	03:06:19	03:41:17	<b>03:59:13.90</b>	<b>03:59:17.65</b>	+00:52:32	5:26	11
47	<b>PIASECZNY Marcin</b>	<b>355</b>	RUN-G	M40	23	01:33:28	02:23:06	03:05:12	03:40:37	<b>03:57:53.50</b>	<b>03:59:26.60</b>	+00:52:41	5:24	11.1
48	<b>BUŁAWA Filip</b>	<b>551</b>	UKS KOMETA	M20	5	01:34:33	02:23:31	03:04:05	03:40:13	<b>03:59:26.00</b>	<b>03:59:31.05</b>	+00:52:45	5:26	11
49	<b>KMAK Sławek</b>	<b>212</b>		M40	24	01:30:35	02:19:19	02:59:31	03:37:34	<b>03:59:29.50</b>	<b>03:59:33.40</b>	+00:52:48	5:26	11
50	<b>FLĄDRO Daniel</b>	<b>100</b>		M40	25	01:30:24	02:20:36	03:02:36	03:40:28	<b>03:59:34.45</b>	<b>03:59:36.85</b>	+00:52:51	5:26	11
51	<b>DRABIŃSKI Mariusz</b>	<b>78</b>	KB MCKIS JAWORZNO	M30	16	01:28:57	02:19:24	03:03:32	03:41:02	<b>04:00:19.25</b>	<b>04:00:24.25</b>	+00:53:38	5:27	11
52	<b>WEREMKO Grzegorz</b>	<b>485</b>	MULTIMEDIA RUNNERS PUŁAWY	M40	26	01:35:05		03:06:02		<b>03:59:59.20</b>	<b>04:00:26.35</b>	+00:53:41	5:27	11
53	<b>FORREITER Oskar</b>	<b>104</b>		M20	6	01:29:20	02:23:01	03:08:15	03:43:39	<b>04:00:49.40</b>	<b>04:00:52.85</b>	+00:54:07	5:28	11
54	<b>ZIĘBA Sabina</b>	<b>529</b>	FOREVER TEAM	K30	4	01:37:10	02:27:08	03:07:43	03:43:51	<b>04:02:03.20</b>	<b>04:02:10.20</b>	+00:55:24	5:30	10.9
55	<b>PACHO Sylwester</b>	<b>342</b>	PAPIKI	M40	27	01:36:39	02:28:19	03:10:08	03:47:53	<b>04:06:22.95</b>	<b>04:06:31.05</b>	+00:59:45	5:35	10.7
56	<b>JANDZIŚ Wiesław</b>	<b>156</b>	AKTYWNY DYNÓW	M40	28	01:36:35	02:29:45	03:10:37	03:48:17	<b>04:06:12.65</b>	<b>04:06:40.95</b>	+00:59:55	5:35	10.7
57	<b>WIERZBICKI Tomasz</b>	<b>488</b>		M40	29	01:36:06	02:30:03	03:10:48	03:46:22	<b>04:05:39.35</b>	<b>04:06:42.85</b>	+00:59:57	5:34	10.7
58	<b>KOCOŃ Mariusz</b>	<b>559</b>	10BLOG	M50	1	01:38:41	02:29:16	03:10:57	03:46:42	<b>04:05:02.45</b>	<b>04:06:51.35</b>	+01:00:06	5:34	10.8
59	<b>KARPIŃSKI Tomasz</b>	<b>189</b>		M40	30	01:36:43	02:27:48	03:09:07	03:47:12	<b>04:07:15.65</b>	<b>04:07:25.05</b>	+01:00:39	5:37	10.7
60	<b>BARAN Bernard</b>	<b>23</b>	OCR TEAM DĘBICA	M40	31	01:37:06	02:27:32	03:09:53	03:46:26	<b>04:05:51.00</b>	<b>04:07:29.45</b>	+01:00:44	5:35	10.7
61	<b>RYCHTER Karol</b>	<b>549</b>	THE RYCHTERS	M40	32	01:24:47	02:39:21	03:20:36	03:51:42	<b>04:07:38.50</b>	<b>04:07:42.10</b>	+01:00:56	5:37	10.7
62	<b>BORYS Andrzej</b>	<b>556</b>		M40	33	01:31:44	02:26:55	03:07:48	03:46:14	<b>04:08:39.65</b>	<b>04:08:52.30</b>	+01:02:06	5:39	10.6
63	<b>POTONIEC Grzegorz</b>	<b>363</b>	RODZENSTO	M30	17	01:29:20	02:20:07	03:06:04	03:47:00	<b>04:08:48.00</b>	<b>04:09:10.85</b>	+01:02:25	5:39	10.6
64	<b>WADAS Grzegorz</b>	<b>474</b>		M40	34	01:34:08	02:26:42	03:11:45	03:48:37	<b>04:08:53.15</b>	<b>04:09:19.65</b>	+01:02:34	5:39	10.6
65	<b>KAJA Gracjan</b>	<b>557</b>	BYDGOŚCIE	M40	35	01:35:24	02:27:14	03:11:19	03:50:30	<b>04:09:39.55</b>	<b>04:10:06.55</b>	+01:03:21	5:40	10.6
66	<b>RUTA Jaromir</b>	<b>381</b>	KLUB POD WSIENKĄ	M30	18	01:46:31	02:36:00	03:15:38	03:50:43	<b>04:09:13.95</b>	<b>04:10:25.05</b>	+01:03:39	5:39	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
67	<b>STACHURSKI Arek</b>	<b>417</b>		M30	19	01:39:55	02:32:23	03:14:19	03:49:16		<b>04:08:29.05</b>	<b>04:10:41.35</b>	+01:03:56	5:38	10.6
68	<b>DONIEC Sebastian</b>	<b>76</b>	MARCIN ŚWERC TEAM	M40	36	01:34:39	02:27:23	03:14:55	03:52:15		<b>04:10:38.40</b>	<b>04:11:03.55</b>	+01:04:18	5:41	10.5
69	<b>WOŹNIAK Łukasz</b>	<b>507</b>	PORANNY PATROL	M40	37	01:40:15	02:34:43	03:19:30	03:52:53		<b>04:09:37.70</b>	<b>04:11:04.60</b>	+01:04:19	5:40	10.6
70	<b>WOŹNIAK Dawid</b>	<b>508</b>		M30	20	01:39:56	02:33:24	03:15:41	03:52:23		<b>04:10:54.55</b>	<b>04:11:37.15</b>	+01:04:51	5:42	10.5
71	<b>PECIO Mariusz</b>	<b>353</b>	SGSP	M40	38	01:33:12	02:23:03	03:14:01	03:51:33		<b>04:11:59.45</b>	<b>04:12:09.70</b>	+01:05:24	5:43	10.5
72	<b>BIESZCZAD Mateusz</b>	<b>9</b>	NOWY STYL GROUP RUNNING TEAM	M30	21	01:31:20	02:23:51	03:08:28	03:50:55		<b>04:13:18.90</b>	<b>04:13:25.85</b>	+01:06:40	5:45	10.4
73	<b>DRAŃKO Piotr</b>	<b>79</b>		M30	22	01:35:09	02:26:18	03:12:33	03:53:03		<b>04:13:19.80</b>	<b>04:13:35.80</b>	+01:06:50	5:45	10.4
74	<b>DĄBROWSKI Tomasz</b>	<b>72</b>	CARPATHIAN RUNNERS	M30	23	01:34:50	02:28:47	03:11:37	03:51:17		<b>04:13:56.00</b>	<b>04:14:16.55</b>	+01:07:31	5:46	10.4
75	<b>MESJASZ Marek</b>	<b>298</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	24	01:40:48	02:35:36	03:19:02	03:55:23		<b>04:13:54.55</b>	<b>04:14:42.75</b>	+01:07:57	5:46	10.4
76	<b>JASTRZĄB Piotr</b>	<b>163</b>	DEKAN LESKO	M50	2	01:36:43	02:28:39	03:14:40	03:54:43		<b>04:15:13.05</b>	<b>04:15:23.10</b>	+01:08:37	5:48	10.3
77	<b>FRYSIAK Artur</b>	<b>107</b>	WIELUŃ ULTRA	M50	3	01:35:17	02:27:43	03:13:54	03:53:43		<b>04:15:47.55</b>	<b>04:15:58.45</b>	+01:09:13	5:48	10.3
78	<b>MISZTAL Rafał</b>	<b>307</b>	LOS PANTALONES ROJOS	M40	39	01:34:39	02:28:08	03:16:05	03:57:07		<b>04:16:17.45</b>	<b>04:16:22.70</b>	+01:09:37	5:49	10.3
79	<b>KOLANO Agnieszka</b>	<b>217</b>	WAY2CHAMP/KUŹNIA TRIATHLONU	K30	5	01:40:42	02:34:48	03:17:36	03:56:10		<b>04:16:32.85</b>	<b>04:16:41.20</b>	+01:09:55	5:49	10.3
80	<b>SIWAK Ryszard</b>	<b>398</b>	TEAM RYŚ SKI	M40	40	01:41:36	02:35:16	03:19:22	03:55:44		<b>04:15:43.40</b>	<b>04:17:07.15</b>	+01:10:21	5:48	10.3
81	<b>ŁĘCKA Agnieszka</b>	<b>272</b>	JACEKBIEGA RUNNING TEAM	K30	6	01:36:58	02:29:34	03:16:14	03:56:47		<b>04:17:17.90</b>	<b>04:17:30.60</b>	+01:10:45	5:50	10.3
82	<b>JÓŹWIAK Rafał</b>	<b>172</b>	JACEKBIEGA RUNNING TEAM	M30	25	01:35:29	02:27:28	03:14:50	03:56:48		<b>04:17:26.55</b>	<b>04:17:38.25</b>	+01:10:52	5:51	10.3
83	<b>PELA Dariusz</b>	<b>541</b>	TMT TORUŃ	M30	26	01:42:55	02:38:34	03:21:09	03:57:39		<b>04:17:07.85</b>	<b>04:18:03.35</b>	+01:11:18	5:50	10.3
84	<b>AŚLANOWICZ Marcin</b>	<b>17</b>		M40	41	01:38:18	02:33:14	03:19:57	03:58:13		<b>04:18:01.20</b>	<b>04:18:14.00</b>	+01:11:28	5:51	10.2
85	<b>PSIUCH Bartosz</b>	<b>367</b>	WM TRISELF	M30	27	01:38:05	02:30:44	03:18:30	03:58:22		<b>04:18:12.60</b>	<b>04:18:25.40</b>	+01:11:40	5:52	10.2
86	<b>KASKA- ŁOBODOWSKA Ewelina</b>	<b>191</b>	RACE FIGHTER GOSIR DĘBE WIELKIE	K30	7	01:41:49	02:38:24	03:22:11	03:59:42		<b>04:18:24.95</b>	<b>04:18:31.45</b>	+01:11:46	5:52	10.2
87	<b>KIERNICKI Łukasz</b>	<b>197</b>	FUN&RUN	M30	28	01:37:17	02:30:55	03:18:54	03:58:24		<b>04:18:48.45</b>	<b>04:18:58.50</b>	+01:12:13	5:52	10.2
88	<b>KANTOROWSKI Piotr</b>	<b>185</b>		M30	29	01:37:06	02:31:17	03:19:16	03:59:08		<b>04:18:44.15</b>	<b>04:19:06.05</b>	+01:12:20	5:52	10.2
89	<b>MAKSELON Anna</b>	<b>281</b>		K40	1	01:43:32	02:39:24	03:22:17	04:00:18		<b>04:19:13.50</b>	<b>04:19:48.55</b>	+01:13:03	5:53	10.2
90	<b>GARCZYŃSKI Darek</b>	<b>116</b>		M40	42	01:36:38	02:28:03	03:14:56	03:57:01		<b>04:19:43.30</b>	<b>04:20:00.50</b>	+01:13:15	5:54	10.2
91	<b>STANKIEWICZ Anna</b>	<b>418</b>	DOGOŃ GRODZISK MAZOWECKI	K30	8	01:44:00	02:38:20	03:21:58	03:59:59		<b>04:19:52.75</b>	<b>04:20:07.25</b>	+01:13:21	5:54	10.2
92	<b>CHOWANIEC Sebastian</b>	<b>59</b>	DOGOŃ GRODZISK MAZOWECKI	M30	30	01:44:00	02:38:21	03:22:13	04:00:09		<b>04:19:53.50</b>	<b>04:20:08.30</b>	+01:13:22	5:54	10.2
93	<b>GOTFRYD Adam</b>	<b>133</b>		M40	43	01:47:23	02:42:38	03:25:26	04:01:57		<b>04:20:05.60</b>	<b>04:20:31.70</b>	+01:13:46	5:54	10.2
94	<b>TERLECKI Krzysztof</b>	<b>455</b>	CHEŁ BIEGA	M50	4	01:42:57	02:36:39	03:20:55	04:00:28		<b>04:20:37.95</b>	<b>04:21:02.70</b>	+01:14:17	5:55	10.1
95	<b>CHILICKA Marta</b>	<b>55</b>	RED LION CLUB	K30	9	01:42:51	02:37:46	03:22:27	04:01:16		<b>04:20:56.90</b>	<b>04:21:05.00</b>	+01:14:19	5:55	10.1
96	<b>ROŹNIATA Iwona</b>	<b>378</b>	SNG WILD DUCKS	K40	2	01:42:57	02:39:33	03:23:33	04:01:37		<b>04:20:57.55</b>	<b>04:21:22.60</b>	+01:14:37	5:55	10.1
97	<b>STROIŃSKI Maciej</b>	<b>424</b>		M30	31	01:43:28	02:37:13	03:20:03	03:59:18		<b>04:21:14.35</b>	<b>04:22:09.25</b>	+01:15:23	5:56	10.1
98	<b>GĘSICH Kamil</b>	<b>123</b>	KS ZIELONO - CZARNI	M30	32	01:35:12	02:29:38	03:16:38	04:00:38		<b>04:21:44.50</b>	<b>04:22:25.35</b>	+01:15:40	5:56	10.1
99	<b>NEUFELD Marcin</b>	<b>319</b>	INTEL RUNNERS / RUN-PASSION.PL	M40	44	01:33:37	02:27:16	03:16:42	04:01:23		<b>04:22:44.65</b>	<b>04:22:53.90</b>	+01:16:08	5:58	10
100	<b>WOJTOWICZ Emil</b>	<b>503</b>	PGE OBRÓT RUN	M40	45	01:48:58	02:42:31	03:25:46	04:03:31		<b>04:22:38.70</b>	<b>04:23:26.40</b>	+01:16:41	5:58	10.1
101	<b>PANTOŁ Miroslaw</b>	<b>343</b>		M40	46	01:38:28	02:32:51	03:21:36	04:02:29		<b>04:23:40.80</b>	<b>04:23:50.35</b>	+01:17:05	5:59	10
102	<b>OLEŚ Daniel</b>	<b>335</b>		M30	33	01:37:10	02:36:04	03:21:48	04:03:00		<b>04:24:52.75</b>	<b>04:25:01.55</b>	+01:18:16	6:01	10
103	<b>SERAFIN Robert</b>	<b>394</b>		M40	47	01:39:45	02:33:49	03:20:52	04:03:53		<b>04:25:00.30</b>	<b>04:25:07.70</b>	+01:18:22	6:01	10
104	<b>BEDNARSKA Katarzyna</b>	<b>29</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ/SIEBIEGA	K40	3	01:46:43	02:44:24	03:28:01	04:05:43		<b>04:26:31.85</b>	<b>04:26:50.60</b>	+01:20:05	6:03	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
105	ZAJĄC Grzegorz	518		M40	48	01:40:53	02:38:14	03:23:44	04:05:11		04:27:05.20	04:27:24.95	+01:20:39	6:04	9.9
106	PYRKOSZ Damian	369	AMBASADOR FESTIWALU BIEGÓW KRYNICA	M40	49	01:41:21	02:35:03	03:20:22	04:04:19		04:26:31.80	04:27:33.70	+01:20:48	6:03	9.9
107	JANERKA Marzka	157	DZIABNIĘCI	K40	4	01:45:15	02:41:01	03:26:06	04:06:17		04:27:45.60	04:27:51.60	+01:21:06	6:05	9.9
108	KIRILENKO Aneta	199		K40	5	01:41:09	02:38:13	03:26:19	04:06:55		04:27:25.60	04:27:55.70	+01:21:10	6:04	9.9
109	KIRILENKO Marcin	200		M40	50	01:41:09	02:38:14	03:26:19	04:06:59		04:27:27.95	04:27:57.90	+01:21:12	6:04	9.9
110	BARĆ Piotr	26	PLANETA NISKO	M50	5	01:41:36	02:36:12	03:22:39	04:05:30		04:27:33.75	04:27:59.75	+01:21:14	6:04	9.9
111	MAJEWICZ Grzegorz	277		M40	51	01:43:53	02:41:09	03:26:04	04:06:24		04:27:55.35	04:28:19.00	+01:21:33	6:05	9.9
112	JANIK Piotr	159		M40	52	01:46:43	02:40:03	03:26:20	04:07:03		04:27:37.20	04:28:43.70	+01:21:58	6:04	9.9
113	KRAUZE Tomasz	236	GB WROCŁAWSKIE MORSY	M50	6	01:45:44	02:42:30	03:27:31	04:08:03		04:27:51.60	04:28:50.15	+01:22:04	6:05	9.9
114	KALISZ Jakub	179		M30	34	01:45:21	02:41:00	03:29:58	04:09:11		04:28:22.15	04:28:50.55	+01:22:05	6:05	9.8
115	GRZYBOWSKI Rafał	139		M40	53	01:44:49	02:40:32	03:26:34	04:08:10		04:27:27.85	04:29:02.65	+01:22:17	6:04	9.9
116	PAŁKA Tomasz	545		M40	54	01:42:53	02:40:43	03:27:49	04:07:44		04:29:00.75	04:29:14.60	+01:22:29	6:06	9.8
117	BORUSZEWSKA Beata	44		K40	6	01:47:08	02:45:22	03:30:22	04:09:18		04:28:51.00	04:30:02.15	+01:23:16	6:06	9.8
118	BŁĘDOWSKI Mariusz	39	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M40	55	01:40:56	02:38:26	03:26:01	04:09:04		04:29:24.25	04:30:06.45	+01:23:21	6:07	9.8
119	OSZCZĘDA Wojciech	341	GMINA STRZELCE OPOLSKIE	M40	56	01:43:25	02:38:35	03:27:46	04:09:51		04:29:09.80	04:30:42.20	+01:23:56	6:07	9.8
120	KLAMUT Ryszard	203	KGB KORCZYNA	M60	1	01:46:58	02:41:17	03:27:10	04:08:52		04:30:53.55	04:31:01.75	+01:24:16	6:09	9.7
121	JUREK Przemysław	174	KS STASZEWCY	M40	57	01:43:58	02:40:22	03:25:28	04:08:41		04:31:02.55	04:31:27.25	+01:24:41	6:09	9.7
122	SUWEZDA Jacek	431	DZIKA CZEWA	M50	7	01:40:36	02:35:49	03:25:47	04:09:08		04:31:03.00	04:31:41.95	+01:24:56	6:09	9.7
123	LANGER Waldemar	258		M50	8	01:43:15	02:42:20	03:28:45	04:10:29		04:31:22.85	04:31:52.65	+01:25:07	6:10	9.7
124	CHOŁKA Michał	58		M30	35	01:44:54	02:39:29	03:28:25	04:10:02		04:31:45.10	04:32:26.55	+01:25:41	6:10	9.7
125	KOLACHA Patryk	216	STUDIO GTS	M20	7	01:39:06	02:35:08	03:25:24	04:08:58		04:32:37.80	04:32:49.30	+01:26:03	6:11	9.7
126	GAŚSIOR Kamil	122	UNDEFEATED RUNNING TEAM	M30	36	01:33:49	02:29:21	03:30:38	04:13:04		04:32:47.15	04:33:18.50	+01:26:33	6:11	9.7
127	KALTENBERG Janusz	180		M50	9	01:52:07	02:47:52	03:30:49	04:12:00		04:32:28.15	04:33:21.30	+01:26:35	6:11	9.7
128	WALKOWSKI Tomasz	477	JACEKBIEGA RUNNING TEAM	M50	10	01:43:31	02:42:48	03:32:18	04:13:07		04:33:03.10	04:34:28.40	+01:27:43	6:12	9.7
129	NICGORSKI Piotr	320		M40	58	01:45:40	02:39:16	03:26:13	04:12:22		04:32:26.20	04:34:37.10	+01:27:51	6:11	9.7
130	SKORUPKA Leszek	400	M3 SIEDLCE	M40	59	01:45:43	02:41:30	03:31:34	04:11:20		04:33:39.40	04:34:41.50	+01:27:56	6:13	9.6
131	SZPOTON Monika	444	ADIDAS RUNNERS WARSAW	K30	10	01:46:32	02:44:21	03:32:55	04:13:44		04:34:20.65	04:35:07.95	+01:28:22	6:14	9.6
132	OLSZEWSKI Jakub	337	MAFIA TEAM LUBLINIEC	M30	37	01:43:06	02:42:06	03:32:02	04:13:40		04:35:13.70	04:35:50.60	+01:29:05	6:15	9.6
133	KOSIN Paweł	544	WKURW_TEAM	M40	60	01:45:38	02:43:27	03:28:04	04:10:52		04:35:44.35	04:36:03.00	+01:29:17	6:16	9.6
134	SKUBIS Wojciech	402	SKUBIS ŻĄDZI	M40	61	01:41:26	02:37:12	03:25:02	04:10:20		04:34:38.55	04:36:42.25	+01:29:56	6:14	9.6
135	ŚWIERCZEWSKI Marcin	450		M20	8	01:40:48	02:36:30	03:33:01	04:17:06		04:36:51.40	04:37:02.20	+01:30:16	6:17	9.5
136	GÓRNY Robert	135	JUMP_IN_THE_FIRE	M40	62	01:45:25	02:43:50	03:33:00	04:16:02		04:37:18.55	04:37:31.95	+01:30:46	6:18	9.5
137	GODLEWSKA Marta	129	FITSMILE	K30	11	01:50:47	02:47:54	03:34:20	04:15:53		04:36:16.65	04:37:40.30	+01:30:54	6:16	9.6
138	KUŚ Jan	255		M20	9	01:52:16	02:48:10	03:35:43	04:15:33		04:35:47.80	04:37:51.65	+01:31:06	6:16	9.6
139	SADY Sebastian	388	OBY2	M40	63	01:48:42	02:47:06	03:36:58	04:17:20		04:37:00.95	04:38:03.85	+01:31:18	6:17	9.5
140	URACZ Łukasz	468	HARPAGAN SOSNOWIEC	M40	64	01:49:12	02:50:14	03:37:43	04:17:17		04:37:49.05	04:39:00.75	+01:32:15	6:18	9.5
141	ŚWIGOŃSKI Piotr	451		M30	38	01:41:05	02:39:40	03:34:36	04:17:10		04:38:35.65	04:39:10.75	+01:32:25	6:19	9.5
142	CZAJA Alicja	64	RODZENSTWO	K40	7	01:42:58	02:40:47	03:33:38	04:17:12		04:39:37.85	04:39:59.65	+01:33:14	6:21	9.4
143	FILIPEK Przemysław	98	KB MCKIS JAWORZNO	M40	65	01:44:39	02:43:44	03:34:34	04:18:02		04:39:49.60	04:40:28.75	+01:33:43	6:21	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km		netto 44km	Czas brutto 44km			Różn
144	<b>DUPLA Konrad</b>	<b>86</b>		M40	66	01:52:43	02:49:50	03:38:30	04:19:45		<b>04:40:18.05</b>	<b>04:40:51.70</b>	+01:34:06	6:22	9.4
145	<b>WIÓREK Maciej</b>	<b>497</b>	TEAM BIEGOWY SZCZECINEK	M30	39	01:44:29	02:39:58	03:34:34	04:17:30		<b>04:41:05.55</b>	<b>04:41:41.15</b>	+01:34:55	6:23	9.4
146	<b>DORDZIK Katarzyna</b>	<b>77</b>		K30	12	01:47:29	02:45:50	03:37:19	04:20:56		<b>04:41:37.30</b>	<b>04:41:48.30</b>	+01:35:02	6:24	9.4
147	<b>BARDAN Michał</b>	<b>27</b>	ŻELAZO NIE KLĘKA	M30	40	01:43:31	02:42:48	03:34:02	04:19:39		<b>04:40:29.45</b>	<b>04:41:54.60</b>	+01:35:09	6:22	9.4
148	<b>JURCZAK Roman</b>	<b>173</b>	GEFARDY I GAZELE RZESZÓW	M60	2	01:39:05	02:37:06	03:27:30	04:17:14		<b>04:42:02.60</b>	<b>04:42:06.70</b>	+01:35:21	6:24	9.4
149	<b>TOMAS Dariusz</b>	<b>462</b>	TRIATHLON JAROSŁAW	M50	11	01:52:21	02:50:59	03:38:01	04:19:15		<b>04:41:15.75</b>	<b>04:42:08.35</b>	+01:35:23	6:23	9.4
150	<b>BARTKOWIAK Rafał</b>	<b>28</b>	ORTIMED RUNNERS TEAM	M40	67	01:47:35	02:50:09	03:40:51	04:21:14		<b>04:41:22.55</b>	<b>04:42:08.45</b>	+01:35:23	6:23	9.4
151	<b>PAWELEC Piotr</b>	<b>351</b>		M50	12	01:39:04	02:39:13	03:39:54	04:20:47		<b>04:41:51.40</b>	<b>04:42:16.75</b>	+01:35:31	6:24	9.4
152	<b>MICHALIK Michał</b>	<b>300</b>	NOWA HUTA TEAM	M20	10	01:47:55	02:44:37	03:39:40	04:21:04		<b>04:41:36.30</b>	<b>04:42:36.80</b>	+01:35:51	6:24	9.4
153	<b>KANCLERZ-MAZURCZUK Monika</b>	<b>182</b>	CROSSFITTER BOX CHEŁM	K40	8	01:50:32	02:50:28	03:39:46	04:19:41		<b>04:42:01.70</b>	<b>04:42:38.65</b>	+01:35:53	6:24	9.4
154	<b>BIERNAT Agnieszka</b>	<b>35</b>	KOSMICZNE MUMINKI	K20	2	01:43:48	02:43:31	03:36:02	04:18:45		<b>04:42:26.25</b>	<b>04:42:44.15</b>	+01:35:58	6:25	9.3
155	<b>SACHANBINSKI Olek</b>	<b>387</b>	LABOSPORT POLSKA	M50	13	01:45:44	02:44:25	03:36:38	04:19:01		<b>04:41:31.00</b>	<b>04:42:46.05</b>	+01:36:00	6:23	9.4
156	<b>GAWRON Tomasz</b>	<b>120</b>		M30	41	01:47:52	02:47:23	03:39:22	04:22:19		<b>04:41:38.05</b>	<b>04:42:53.45</b>	+01:36:08	6:24	9.4
157	<b>TUTAJ Krzysztof</b>	<b>467</b>		M50	14	01:55:54	02:56:13	03:42:06	04:21:46		<b>04:42:00.85</b>	<b>04:43:00.05</b>	+01:36:14	6:24	9.4
158	<b>MICHALAK Katarzyna</b>	<b>299</b>	ORANGE POLSKA	K40	9	01:52:07	02:51:43	03:39:24	04:21:20		<b>04:42:57.25</b>	<b>04:43:18.35</b>	+01:36:33	6:25	9.3
159	<b>RADWAŃSKA Justyna</b>	<b>371</b>		K30	13	01:49:02	02:46:04	03:38:16	04:20:01		<b>04:42:01.00</b>	<b>04:43:20.50</b>	+01:36:35	6:24	9.4
160	<b>CHLUPKA Krzysztof</b>	<b>56</b>		M30	42	01:45:59	02:47:15	03:42:25	04:22:17		<b>04:42:27.20</b>	<b>04:43:31.25</b>	+01:36:45	6:25	9.3
161	<b>WAŻNY Andrzej</b>	<b>483</b>	TYNEXPOL	M40	68	01:54:42	02:51:27	03:37:59	04:20:02		<b>04:41:40.65</b>	<b>04:43:48.65</b>	+01:37:03	6:24	9.4
162	<b>ĆWIAKAŁA Halina</b>	<b>69</b>	ATHLETIC ZRĘCIN	K40	10	01:47:44	02:47:28	03:40:30	04:23:05		<b>04:44:03.30</b>	<b>04:44:10.50</b>	+01:37:25	6:27	9.3
163	<b>KOZŁOWSKI Tomasz</b>	<b>233</b>	PIASECZNO RUNNING	M60	3	01:48:46	02:47:47	03:38:14	04:21:36		<b>04:45:01.75</b>	<b>04:45:38.35</b>	+01:38:53	6:28	9.3
164	<b>BIGAJCZYK Bartosz</b>	<b>37</b>		M30	43	01:47:25	02:45:15	03:37:47	04:20:18		<b>04:44:14.95</b>	<b>04:45:54.85</b>	+01:39:09	6:27	9.3
165	<b>GARNCARZ Paweł</b>	<b>118</b>		M40	69	01:43:20	02:42:06	03:38:01	04:22:29		<b>04:45:17.15</b>	<b>04:45:56.10</b>	+01:39:10	6:29	9.3
166	<b>BIEL Sebastian</b>	<b>32</b>	BIEGANIE SZYDERCÓW	M30	44	01:49:48	02:55:08	03:46:53	04:25:55		<b>04:45:12.65</b>	<b>04:46:16.75</b>	+01:39:31	6:28	9.3
167	<b>PORĘBA Eugeniusz</b>	<b>362</b>	MIECHÓW	M50	15	01:47:19	02:47:28	03:39:26	04:22:43		<b>04:46:10.15</b>	<b>04:46:32.95</b>	+01:39:47	6:30	9.2
168	<b>TOKARZ Krzysztof</b>	<b>460</b>	SSW TEAM KROŚNICE	M30	45	01:44:41	02:48:40	03:45:09	04:24:26		<b>04:46:15.30</b>	<b>04:46:34.05</b>	+01:39:48	6:30	9.2
169	<b>FALKOWSKI Piotr</b>	<b>550</b>	KS PEGAZ PIASECZNO	M50	16	01:47:45	02:48:42	03:44:11	04:25:02		<b>04:45:00.10</b>	<b>04:46:44.10</b>	+01:39:58	6:28	9.3
170	<b>STEPANIAK Grzegorz</b>	<b>421</b>	SWOBODA	M40	70	01:49:33	02:50:03	03:43:29	04:23:53		<b>04:45:01.70</b>	<b>04:47:14.35</b>	+01:40:29	6:28	9.3
171	<b>WOLANIN Tomasz</b>	<b>504</b>		M40	71	01:45:13	02:44:27	03:39:23	04:23:54		<b>04:47:11.65</b>	<b>04:47:45.85</b>	+01:41:00	6:31	9.2
172	<b>GIERSZEWSKI Czarek</b>	<b>124</b>	ZĄŁOGA G	M50	17	01:51:27	02:50:48	03:42:09	04:25:55		<b>04:47:42.20</b>	<b>04:47:58.10</b>	+01:41:12	6:32	9.2
173	<b>MASŁOŃ Stanisław</b>	<b>290</b>	DĘBNO	M30	46	01:43:44	02:42:04	03:40:10	04:22:54		<b>04:47:47.00</b>	<b>04:48:51.40</b>	+01:42:06	6:32	9.2
174	<b>JASNOWSKI Michał</b>	<b>162</b>		M40	72	01:45:56	02:47:24	03:41:45	04:25:04		<b>04:48:25.20</b>	<b>04:48:55.25</b>	+01:42:09	6:33	9.2
175	<b>BOGDAŃSKA Katarzyna</b>	<b>40</b>	SMASHING PĄPKINS	K20	3	01:46:37	02:47:29	03:41:45	04:26:07		<b>04:48:25.85</b>	<b>04:48:56.65</b>	+01:42:11	6:33	9.2
176	<b>KWIECIŃSKA Małgorzata</b>	<b>257</b>	BRAVEHEARTS LEGIONOWO	K30	14	01:52:45	02:52:33	03:44:43	04:27:54		<b>04:47:48.50</b>	<b>04:49:06.95</b>	+01:42:21	6:32	9.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za			Przed		Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km	Kara/ bonifikata					
177	<b>KAZIMIERZ Rafał</b>	<b>194</b>	NOA	M30	47	01:45:57	02:47:37	03:39:24	04:24:59		<b>04:48:46.10</b>	<b>04:49:11.95</b>	+01:42:26	6:33	9.1
178	<b>FRĄCKOWIAK Ewelina</b>	<b>105</b>	AMAT*ORKA	K40	11	01:52:50	02:52:59	03:45:47	04:27:15		<b>04:48:02.10</b>	<b>04:49:12.95</b>	+01:42:27	6:32	9.2
179	<b>FURTEK Iwona</b>	<b>108</b>		K30	15	01:47:14	02:50:49	03:45:13	04:26:42		<b>04:49:06.95</b>	<b>04:49:26.15</b>	+01:42:40	6:34	9.1
180	<b>GARBOWSKA Monika</b>	<b>114</b>	COMPÑEROS ASFALT TEAM	K40	12	01:52:52	02:55:28	03:48:30	04:28:02		<b>04:47:59.55</b>	<b>04:49:33.15</b>	+01:42:47	6:32	9.2
181	<b>RYKOWSKI Grzegorz</b>	<b>386</b>	DARK SIDE	M40	73	01:46:53	02:48:56	03:49:51	04:29:23		<b>04:49:28.90</b>	<b>04:49:36.95</b>	+01:42:51	6:34	9.1
182	<b>WILK Paweł</b>	<b>494</b>		M40	74	01:54:32	02:57:08	03:48:55	04:28:57		<b>04:49:31.55</b>	<b>04:49:56.40</b>	+01:43:11	6:34	9.1
183	<b>GORCZYŃSKI Wojciech</b>	<b>131</b>	AIRBUS	M30	48	01:52:07	02:53:42	03:45:13	04:27:29		<b>04:47:38.10</b>	<b>04:49:59.15</b>	+01:43:13	6:32	9.2
184	<b>POREMBSKI Leszek</b>	<b>361</b>		M50	18	01:48:26	02:48:59	03:43:48	04:27:03		<b>04:50:01.15</b>	<b>04:50:38.55</b>	+01:43:53	6:35	9.1
185	<b>KANTOROWSKI Marcin</b>	<b>184</b>		M40	75	01:52:11	02:54:30	03:44:47	04:27:53		<b>04:49:07.00</b>	<b>04:50:39.80</b>	+01:43:54	6:34	9.1
186	<b>ROGACZEWSKI Kamil</b>	<b>375</b>		M20	11	01:55:01	02:57:16	03:50:56	04:30:23		<b>04:49:01.55</b>	<b>04:50:40.20</b>	+01:43:54	6:34	9.1
187	<b>PAŚNICKA Marta</b>	<b>348</b>		K40	13	01:52:13	02:54:30	03:46:44	04:28:14		<b>04:49:15.55</b>	<b>04:50:45.30</b>	+01:43:59	6:34	9.1
188	<b>GÓRECNZY Rafał</b>	<b>134</b>		M40	76	01:46:33	02:51:12	03:49:41	04:30:12		<b>04:50:20.00</b>	<b>04:50:48.05</b>	+01:44:02	6:35	9.1
189	<b>LEŚNIAK Dariusz</b>	<b>261</b>		M50	19	01:49:08	02:52:30	03:45:39	04:27:51		<b>04:50:18.45</b>	<b>04:50:58.50</b>	+01:44:13	6:35	9.1
190	<b>KOŁODZIEJCZYK Maciej</b>	<b>220</b>	FIZJO-SPORT	M40	77	01:47:44	02:48:01	03:40:38	04:25:39		<b>04:50:11.30</b>	<b>04:51:02.25</b>	+01:44:16	6:35	9.1
191	<b>SOWA-OKRASA Sylwia</b>	<b>412</b>	DOGOŃ GRODZISK MAZOWECKI	K40	14	01:53:07	02:56:46	03:49:14	04:30:11		<b>04:50:44.80</b>	<b>04:51:11.65</b>	+01:44:26	6:36	9.1
192	<b>MACKO Mariusz</b>	<b>276</b>	MORSY OSTROŁĘKA	M40	78	01:47:26	02:48:55	03:49:50	04:30:38		<b>04:51:06.40</b>	<b>04:51:14.75</b>	+01:44:29	6:36	9.1
193	<b>RADYK Jakub</b>	<b>372</b>	PRZEMYSKI KLUB BIEGACZA	M30	49	01:49:48	02:54:24	03:44:45	04:28:03		<b>04:49:46.25</b>	<b>04:51:16.30</b>	+01:44:30	6:35	9.1
194	<b>KUCHARSKI Paweł</b>	<b>248</b>	PLANETA NISKO	M40	79	01:44:42	02:53:48	03:46:52	04:30:22		<b>04:50:52.50</b>	<b>04:51:19.50</b>	+01:44:34	6:36	9.1
195	<b>MAKUCH Marcin</b>	<b>283</b>		M30	50	01:47:45	02:49:05	03:45:41	04:28:10		<b>04:50:17.75</b>	<b>04:51:23.95</b>	+01:44:38	6:35	9.1
196	<b>KLUBA Magdalena</b>	<b>206</b>	FALSTART RUDNIKI	K20	4	01:53:08	02:54:35	03:46:12	04:28:53		<b>04:50:46.25</b>	<b>04:51:33.95</b>	+01:44:48	6:36	9.1
197	<b>WŁOCH Mariusz</b>	<b>540</b>	5 BSP	M20	12	01:47:30	02:46:44	03:39:18	04:27:21		<b>04:50:44.30</b>	<b>04:52:00.80</b>	+01:45:15	6:36	9.1
198	<b>HOŁÓWKA Sławomir</b>	<b>149</b>		M40	80	01:46:09	02:50:55	03:40:52	04:27:32		<b>04:52:08.00</b>	<b>04:52:28.05</b>	+01:45:42	6:38	9
199	<b>BOROWIECKI Łukasz</b>	<b>43</b>		M30	51	01:51:23	02:52:21	03:43:25	04:28:17		<b>04:51:12.35</b>	<b>04:52:33.20</b>	+01:45:47	6:37	9.1
200	<b>GRANDA Paweł</b>	<b>137</b>	21 DAPLOT	M30	52	01:52:51	02:54:13	03:46:33	04:29:45		<b>04:51:35.30</b>	<b>04:52:34.50</b>	+01:45:49	6:37	9.1
201	<b>SOWIŃSKI Kamil</b>	<b>413</b>		M30	53	01:50:12	02:53:21	03:47:20	04:30:07		<b>04:51:34.10</b>	<b>04:52:36.15</b>	+01:45:50	6:37	9.1
202	<b>GWIZDAK Bartosz</b>	<b>141</b>	PIJEBIMBERNONSTOP	M30	54	01:43:47	02:48:02	03:43:12	04:28:37		<b>04:51:42.65</b>	<b>04:52:46.45</b>	+01:46:01	6:37	9
203	<b>PAŃTAK Sławomir</b>	<b>344</b>	21DAPLOT JAROSŁAW	M40	81	01:52:57	02:54:13	03:46:30	04:29:44		<b>04:51:57.90</b>	<b>04:52:58.05</b>	+01:46:12	6:38	9
204	<b>KARUŚ Waldemar</b>	<b>190</b>	14 DAS JAROSŁAW IM.GEN. BRYG. WACŁAWA WECZORKIEWICZA	M40	82	01:52:56	02:54:20	03:46:31	04:29:45		<b>04:51:59.05</b>	<b>04:52:59.40</b>	+01:46:14	6:38	9
205	<b>ŻUREK Andrzej</b>	<b>537</b>		M40	83	01:52:44	02:55:27	03:47:20	04:28:37		<b>04:50:54.65</b>	<b>04:53:04.50</b>	+01:46:19	6:36	9.1
206	<b>JEDLIŃSKI Bartosz</b>	<b>165</b>	MARATOŃCZYK DĘBICA	M40	84	01:51:50	02:58:13	03:50:37	04:32:22		<b>04:52:43.05</b>	<b>04:53:09.90</b>	+01:46:24	6:39	9
207	<b>RENKIEL Tomasz</b>	<b>543</b>		M40	85	01:49:05	02:54:33	03:48:33	04:29:58		<b>04:52:18.55</b>	<b>04:53:50.55</b>	+01:47:05	6:38	9
208	<b>STĘPIEŃ Wojciech</b>	<b>422</b>	COMPÑEROS ASFALT TEAM	M40	86	01:49:05	02:54:35	03:48:33	04:29:58		<b>04:52:22.90</b>	<b>04:53:55.85</b>	+01:47:10	6:38	9
209	<b>LIK Marek</b>	<b>265</b>	CHEŁM BIEGA	M50	20	01:52:03	02:51:05	03:43:24	04:28:17		<b>04:53:24.95</b>	<b>04:53:57.30</b>	+01:47:11	6:40	9
210	<b>OLEJNIK Krzysztof</b>	<b>333</b>	ROZBIEGAMY NOWY DWÓR	M50	21	02:03:41	03:04:39	03:51:43	04:31:24		<b>04:52:02.30</b>	<b>04:54:01.90</b>	+01:47:16	6:38	9
211	<b>DUDEK Łukasz</b>	<b>84</b>		M30	55	01:41:04	02:45:56	03:46:09	04:30:38		<b>04:53:36.70</b>	<b>04:54:14.10</b>	+01:47:28	6:40	9
212	<b>TOMCZYK Grzegorz</b>	<b>463</b>	AIRBUS	M20	13	01:49:17	02:48:13	03:44:15	04:29:07		<b>04:52:35.50</b>	<b>04:54:56.05</b>	+01:48:10	6:39	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
213	WINIARSKI Krystian	496	WSD RZESZÓW	M30	56	01:46:14	02:47:01	03:42:36	04:29:25		04:53:42.55	04:55:03.70	+01:48:18	6:40	9
214	GRYZ Jacek	138	BRAVEHEARTS LEGIONOWO	M40	87	01:48:42	02:52:31	03:42:08	04:28:15		04:54:38.90	04:55:57.20	+01:49:11	6:41	9
215	FLOREK Tomasz	102	BIEGANIE SZYDERCÓW	M40	88	01:49:55	02:55:07	03:46:21	04:31:52		04:54:58.75	04:56:02.20	+01:49:16	6:42	8.9
216	KOSZOREK Marek	228		M40	89	01:47:42	02:53:25	03:50:09	04:32:42		04:56:15.25	04:56:26.95	+01:49:41	6:43	8.9
217	KRUKAR Adam	548	FINISZ RYMANÓW	M40	90	01:50:40	02:54:32	03:49:02	04:33:29		04:55:23.60	04:56:40.30	+01:49:54	6:42	8.9
218	PASZKIEL Artur	347		M50	22	01:53:21	02:55:27	03:49:51	04:33:06		04:55:23.45	04:56:44.40	+01:49:59	6:42	8.9
219	HAŁACZKIEWICZ Adam	144	EXTREMEWOLF	M40	91	01:57:26	02:55:09	03:48:52	04:34:31		04:55:45.05	04:56:47.25	+01:50:01	6:43	8.9
220	KRASOWSKI Mateusz	235	PROSWM	M30	57	01:48:08	02:53:01	03:49:09	04:33:41		04:56:37.50	04:56:57.05	+01:50:11	6:44	8.9
221	KRASOWSKI Łukasz	234	PROSWM	M30	58	01:48:09	02:53:02	03:49:02	04:33:23		04:56:39.10	04:56:58.15	+01:50:12	6:44	8.9
222	BOKŁAK Mariusz	42	KLUB BIEGACZA FARTLEK	M40	92	01:46:41	02:55:48	03:50:35	04:34:55		04:56:19.50	04:56:59.65	+01:50:14	6:44	8.9
223	ŻEBROWSKA Jolanta	536	POTRNUJEMY?, CHEMIK NOXY PUŁAWY	K50	2	01:49:17	02:56:14	03:52:43	04:36:26		04:56:52.50	04:57:20.10	+01:50:34	6:44	8.9
224	URBANEK Dariusz	470	OBY PRZED LIMITEM	M40	93	01:48:48	02:53:56	03:49:59	04:34:45		04:55:50.60	04:57:24.65	+01:50:39	6:43	8.9
225	KOWALCZYK Mariusz	230	WOLFPACK	M40	94	01:50:24	02:53:20	03:43:12	04:28:51		04:55:06.15	04:57:36.80	+01:50:51	6:42	8.9
226	KAMIŃSKI Bartosz	181		M40	95	01:59:36	03:03:36	03:51:50	04:35:09		04:56:40.40	04:57:41.70	+01:50:56	6:44	8.9
227	KLOCEK Konrad	205		M30	59	01:51:59	02:51:45	03:51:08	04:34:07		04:57:22.70	04:57:52.20	+01:51:06	6:45	8.9
228	PODPŁOMYK Andrzej	360	SPORTCZESNA	M40	96	01:41:13	02:42:07	03:31:59	04:23:27		04:57:33.00	04:58:09.60	+01:51:24	6:45	8.9
229	SUŁKOWSKI Maciej	429	TRIATHLON JAROSŁAW	M40	97	01:52:22	02:50:11	03:47:25	04:34:57		04:57:43.85	04:58:35.65	+01:51:50	6:46	8.9
230	ŻARCZYŃSKI Mariusz	535	3:33 TEAM	M50	23	01:58:04	03:00:40	03:50:21	04:35:37		04:58:00.15	04:58:46.50	+01:52:01	6:46	8.9
231	SIEMIĘCZUK Robert	395		M50	24	01:58:04	03:00:40	03:53:15	04:34:59		04:58:00.45	04:58:47.10	+01:52:01	6:46	8.9
232	BEHRENDT Bartek	554		M50	25	02:02:32	03:07:35	03:55:43	04:36:55		04:57:43.75	04:59:21.05	+01:52:35	6:46	8.9
233	SZUBARTOWSKI Paweł	445	BEŁŻYCE I OKOLICE BIEGAJĄ	M20	14	01:49:12	02:56:12	03:54:03	04:36:38		04:59:06.40	04:59:34.00	+01:52:48	6:47	8.8
234	GARBARCZYK Daniel	113	1 BATALION KAWALERII POMIETRZNEJ	M20	15	01:55:00	02:57:14	03:50:41	04:34:32		04:58:00.55	04:59:39.80	+01:52:54	6:46	8.9
235	TOCZEWSKA Anna	457	JACEKBIEGA RUNNING TEAM	K50	3	01:55:16	02:58:39	03:54:05	04:36:48		04:59:02.20	04:59:58.05	+01:53:12	6:47	8.8
236	LEWCZUK Norbert	264	BIEGACZE POMAGACZE	M30	60	01:46:10	02:50:19	03:48:41	04:34:13		04:58:16.85	04:59:59.75	+01:53:14	6:46	8.9
237	KOCHANIEC Waldemar	214	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	M50	26	01:46:51	02:51:18	03:51:05	04:36:14		04:59:00.40	05:00:08.40	+01:53:23	6:47	8.8
238	LASEK Joanna	259		K30	16	01:48:21	02:54:23	03:51:28	04:37:23		05:00:15.30	05:00:29.50	+01:53:44	6:49	8.8
239	JAMA Rafał	155	WATER TEAM	M40	98	01:48:05	02:55:38	03:52:10	04:37:03		04:59:50.65	05:00:54.45	+01:54:09	6:48	8.8
240	FEDAK Bohdan	93		M40	99	01:53:01	03:00:27	03:58:04	04:40:08		04:59:44.70	05:00:56.10	+01:54:10	6:48	8.8
240	KRAWCZYK Jan	237	KLUB POD WSIENKĄ	M30	61	01:53:02	03:00:27	03:58:12	04:40:08		04:59:44.20	05:00:56.10	+01:54:10	6:48	8.8
242	PISKORZ Ireneusz	359		M30	62	01:42:46	02:48:48	03:45:08	04:34:12		05:01:19.10	05:01:40.30	+01:54:54	6:50	8.8
243	GAWROŃSKI Hubert	121	HUGO	M40	100	01:53:33	02:54:29	03:49:32	04:35:37		05:00:57.45	05:02:11.05	+01:55:25	6:50	8.8
244	DŁUGOSZ-SAWICKA Marta	74	ON THE MOVE	K30	17	01:52:53	03:03:39	04:02:23	04:41:47		05:01:01.75	05:02:22.50	+01:55:37	6:50	8.8
244	MROTEK Katarzyna	312	ON THE MOVE	K30	17	01:52:53	03:03:43	04:02:21	04:41:48		05:01:02.25	05:02:22.50	+01:55:37	6:50	8.8
246	PESZEK Bogdan	354	ULTRA PRZESILENIE	M40	101	01:57:02	03:02:38	03:54:37	04:38:52		05:02:11.50	05:02:40.10	+01:55:54	6:52	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
247	<b>PIEKARSKI Wojciech</b>	<b>357</b>		M50	27	01:55:57	03:00:27	03:57:01	04:39:53		<b>05:01:42.00</b>	<b>05:02:44.80</b>	+01:55:59	6:51	8.8
248	<b>KARKUT Michał</b>	<b>188</b>	FUN&RUN	M30	63	01:56:30	03:03:33	03:59:59	04:41:58		<b>05:02:43.80</b>	<b>05:02:55.35</b>	+01:56:10	6:52	8.7
249	<b>STELMACH Dariusz</b>	<b>420</b>	BIEGANIE SZYDERCÓW	M30	64	01:49:52	02:57:00	03:56:18	04:41:44		<b>05:02:11.15</b>	<b>05:03:15.50</b>	+01:56:30	6:52	8.7
250	<b>KOCZUR Kamila</b>	<b>215</b>		K30	19	02:00:05	03:06:23	03:59:26	04:41:20		<b>05:01:54.80</b>	<b>05:03:27.40</b>	+01:56:42	6:51	8.7
251	<b>GARCZYŃSKA Ania</b>	<b>117</b>		K40	15	01:55:08	02:59:59	03:54:12	04:39:44		<b>05:02:40.50</b>	<b>05:03:40.95</b>	+01:56:55	6:52	8.7
252	<b>SYDOR Piotr</b>	<b>433</b>		M30	65	01:52:46	03:04:48	04:03:51	04:43:31		<b>05:03:09.40</b>	<b>05:03:50.00</b>	+01:57:04	6:53	8.7
253	<b>BILSKI Marek</b>	<b>38</b>	VEGEDOG	M40	102	01:52:17	02:56:33	03:53:44	04:38:39		<b>05:03:33.60</b>	<b>05:04:11.95</b>	+01:57:26	6:53	8.7
254	<b>SROKA Krzysztof</b>	<b>414</b>		M40	103	01:54:55	02:56:20	03:53:09	04:39:32		<b>05:01:58.95</b>	<b>05:04:17.95</b>	+01:57:32	6:51	8.7
255	<b>MROTEK Michał</b>	<b>313</b>	ATG - QUAPRO	M40	104	01:52:54	03:03:43	04:02:32	04:42:04		<b>05:04:01.95</b>	<b>05:05:22.10</b>	+01:58:36	6:54	8.7
256	<b>MOSTOWSKA Joanna</b>	<b>311</b>		K30	20	01:52:53	02:57:48	03:55:29	04:41:09		<b>05:04:44.10</b>	<b>05:06:26.85</b>	+01:59:41	6:55	8.7
256	<b>APOLLO Michał</b>	<b>15</b>	KMW ZAKOPANE	M30	66	01:52:23	02:57:47	03:55:27	04:41:09		<b>05:04:43.75</b>	<b>05:06:26.85</b>	+01:59:41	6:55	8.7
258	<b>BRUSŁO Bartosz</b>	<b>45</b>	MAMY RUSZAMY	M30	67	01:54:49	03:05:29	04:00:09	04:41:38		<b>05:05:13.80</b>	<b>05:06:36.35</b>	+01:59:51	6:56	8.6
259	<b>WARZYCHA Krzysztof</b>	<b>481</b>	MAXEL	M50	28	01:59:32	03:05:25	03:58:11	04:43:21		<b>05:05:46.90</b>	<b>05:06:45.20</b>	+01:59:59	6:56	8.6
260	<b>WARZYCHA Dawid</b>	<b>480</b>	PKP INTERCITY	M20	16	01:59:35	03:05:28	03:58:11	04:43:22		<b>05:05:47.45</b>	<b>05:06:45.55</b>	+02:00:00	6:56	8.6
261	<b>ZMYJ Danuta</b>	<b>532</b>	LACHO TEAM	K40	16	01:56:06	03:02:28	04:02:38	04:43:52		<b>05:07:06.05</b>	<b>05:07:26.30</b>	+02:00:40	6:58	8.6
262	<b>WACH Zdzisław</b>	<b>472</b>		M60	4	01:56:11	03:00:27	03:57:00	04:42:47		<b>05:06:23.30</b>	<b>05:07:26.45</b>	+02:00:41	6:57	8.6
263	<b>KUCIA Łukasz</b>	<b>249</b>	BIEGACZE TUREK	M30	68	01:58:47	03:06:44	04:06:08	04:47:57		<b>05:05:54.60</b>	<b>05:07:41.20</b>	+02:00:55	6:57	8.6
264	<b>KANDEFER Beata</b>	<b>183</b>	KB „ATHLETIC”ZRĘCIN	K40	17	01:50:03	02:53:28	03:59:41	04:43:27		<b>05:08:04.20</b>	<b>05:08:10.60</b>	+02:01:25	7:00	8.6
265	<b>BIESZCZAD Ilona</b>	<b>36</b>	KB ATHLETIC ZRĘCIN	K30	21	01:50:06	02:53:42	03:54:37	04:43:35		<b>05:08:04.55</b>	<b>05:08:11.10</b>	+02:01:25	7:00	8.6
266	<b>ZIELIŃSKI Łukasz</b>	<b>527</b>	J&Ł	M40	105	02:01:44	03:07:06	03:58:18	04:44:34		<b>05:08:16.65</b>	<b>05:08:59.40</b>	+02:02:14	7:00	8.6
267	<b>PATRZYK Jacek</b>	<b>349</b>	J&Ł	M40	106	02:01:25	03:07:05	03:59:09	04:44:33		<b>05:08:17.90</b>	<b>05:09:01.00</b>	+02:02:15	7:00	8.6
268	<b>WOLF Weronika</b>	<b>505</b>	3PBOT POZYTYWNE ZABIEGANI SANOK	K40	18	02:02:19	03:12:32	04:02:02	04:46:00		<b>05:07:58.00</b>	<b>05:09:25.40</b>	+02:02:40	6:59	8.6
269	<b>HETMAN Maciej</b>	<b>148</b>	KONKURS BIEGAMBOLUBIĘ	M30	69	01:55:05	03:01:50	04:01:11	04:45:59		<b>05:07:22.70</b>	<b>05:09:27.80</b>	+02:02:42	6:59	8.6
270	<b>MAJTYKA Tomasz</b>	<b>279</b>	LOS TREPOS COMPANIEROS	M50	29	02:01:48	03:08:44	04:07:16	04:48:16		<b>05:08:12.50</b>	<b>05:09:39.85</b>	+02:02:54	7:00	8.6
271	<b>SYGIET Andrzej</b>	<b>434</b>		M40	107	01:54:04	03:04:55	04:03:51	04:47:27		<b>05:09:18.70</b>	<b>05:09:58.40</b>	+02:03:13	7:01	8.5
272	<b>SAWICKI Robert</b>	<b>390</b>	BEE RUNS WITH RUN4FUN WARYJOTY TEAM	M40	108	01:57:05	03:07:22	04:03:21	04:47:26		<b>05:08:18.60</b>	<b>05:10:11.30</b>	+02:03:25	7:00	8.6
273	<b>KOŁODZIEJ Jacek</b>	<b>219</b>	COMPANEROS ASFALT TEAM	M40	109	01:52:51	02:58:30	03:54:35	04:42:28		<b>05:08:46.30</b>	<b>05:10:20.40</b>	+02:03:35	7:01	8.6
274	<b>MALETA Marcin</b>	<b>285</b>	LPP TEAM	M30	70	01:56:29	03:05:40	03:59:50	04:47:02		<b>05:09:57.30</b>	<b>05:10:21.90</b>	+02:03:36	7:02	8.5
275	<b>SIENNICA Joanna</b>	<b>396</b>	ŚWMDNICKA GRUPA BIEGOWA	K40	19	01:54:53	03:02:56	04:01:10	04:46:14		<b>05:09:36.15</b>	<b>05:10:26.85</b>	+02:03:41	7:02	8.5
276	<b>ZŁOTNICKA Olga</b>	<b>530</b>	ŚWMDNICKA GRUPA BIEGOWA	K40	20	01:54:54	03:02:58	04:02:12	04:46:16		<b>05:09:36.45</b>	<b>05:10:27.10</b>	+02:03:41	7:02	8.5
277	<b>BRYŚ Rafał</b>	<b>46</b>	ŚWMDNICKA GRUPA BIEGOWA	M40	110	01:54:54	03:02:57	04:02:19	04:46:16		<b>05:09:37.80</b>	<b>05:10:29.05</b>	+02:03:43	7:02	8.5
278	<b>BIENKOWSKI Stanisław</b>	<b>33</b>	WODNIAK	M40	111	01:58:22	03:04:37	03:59:45	04:44:17		<b>05:10:27.05</b>	<b>05:10:51.60</b>	+02:04:06	7:03	8.5
279	<b>BAJUR Barbara</b>	<b>20</b>		K30	22	02:01:43	03:04:53	03:58:22	04:46:05		<b>05:09:26.30</b>	<b>05:10:54.85</b>	+02:04:09	7:01	8.5
280	<b>KŁOSEK Jacek</b>	<b>209</b>	INSTAL-TECH TEAM	M30	71	02:03:16	03:09:53	04:03:54	04:47:23		<b>05:09:34.50</b>	<b>05:10:58.20</b>	+02:04:12	7:02	8.5
281	<b>RYCHLIK Zbigniew</b>	<b>385</b>	MIŁOŚĆ JEST CIERPLIWA	M50	30	01:52:25	02:59:32	04:01:57	04:47:57		<b>05:09:37.35</b>	<b>05:11:00.50</b>	+02:04:15	7:02	8.5
282	<b>KARCZ Anna</b>	<b>187</b>	PIES TO BIEGAŁ	K20	5	02:00:02	03:10:35	04:04:38	04:48:49		<b>05:11:08.00</b>	<b>05:11:29.20</b>	+02:04:43	7:04	8.5
283	<b>ANTOSZ Mateusz</b>	<b>14</b>	ŚMIGAJĄCEZIOME CZKI	M20	17	01:54:22	03:04:35	04:02:47	04:46:01		<b>05:09:30.25</b>	<b>05:11:32.35</b>	+02:04:47	7:02	8.5
284	<b>TEPER Bartosz</b>	<b>454</b>	ŚMIGAJĄCEZIOME CZKI	M20	18	01:54:22	03:04:36	04:02:48	04:46:03		<b>05:09:33.20</b>	<b>05:11:34.45</b>	+02:04:49	7:02	8.5
285	<b>PAPROCKA Kamila</b>	<b>553</b>		K20	6	01:54:42	03:07:34	04:03:36	04:48:05		<b>05:10:15.95</b>	<b>05:12:23.95</b>	+02:05:38	7:03	8.5
286	<b>MATERNIA Karolina</b>	<b>291</b>		K30	23	01:59:53	03:08:09	04:04:16	04:48:16		<b>05:11:02.80</b>	<b>05:12:29.00</b>	+02:05:43	7:04	8.5
287	<b>DERLAGA Wojciech</b>	<b>73</b>		M30	72	01:55:57	03:03:36	04:04:28	04:48:28		<b>05:11:30.90</b>	<b>05:12:29.75</b>	+02:05:44	7:04	8.5



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za			Przed		Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km	Kara/ bonifikata					
288	WANDZEL Tomasz	478		M40	112	01:57:06	03:05:36	04:08:27	04:48:29		05:11:00.40	05:12:30.45	+02:05:45	7:04	8.5
289	NIEDŹWIEDŹ Tomasz	322		M40	113	01:52:16	03:01:12	03:58:54	04:48:24		05:12:48.40	05:12:56.60	+02:06:11	7:06	8.4
290	DYREK Marcin	90		M30	73	01:55:07	03:06:46	04:04:23	04:48:57		05:12:57.45	05:13:14.25	+02:06:28	7:06	8.4
291	OKON Michał	331	SPORT PASJE - MICHAŁ OKON	M40	114	02:03:55	03:23:51	04:12:37	04:51:38		05:12:28.00	05:14:36.90	+02:07:51	7:06	8.4
292	SZALACHA Katarzyna	437		K30	24	01:57:39	03:04:27	04:03:06	04:48:17		05:13:14.25	05:14:40.75	+02:07:55	7:07	8.4
293	WRÓBEL Sebastian	512	APTEKA GEMINI TEAM	M40	115	02:01:13	03:11:01	04:03:18	04:48:48		05:13:10.50	05:14:42.70	+02:07:57	7:07	8.4
293	WEREMJEWICZ Marcin Wiktor	484	SZAPAR RUN & EXPEDITION	M40	115	01:57:30	03:01:58	04:00:23	04:47:21		05:12:26.30	05:14:42.70	+02:07:57	7:06	8.4
295	WOJCIESZEK Andrzej	502	GEMINI POLSKA TEAM	M40	117	01:44:09	02:50:34	03:51:17	04:44:45		05:14:23.85	05:14:43.20	+02:07:57	7:08	8.4
296	WACŁAWIK Jan	473		M40	118	01:58:41	03:06:39	04:06:07	04:48:26		05:13:17.70	05:15:08.75	+02:08:23	7:07	8.4
297	MYGA Michał	315	HEARTLESS	M30	74	02:04:15	03:14:11	04:09:13	04:53:05		05:13:19.15	05:15:14.05	+02:08:28	7:07	8.4
298	MYGA Anna	316	HEARTLESS	K30	25	02:04:15	03:14:11	04:05:48	04:53:06		05:13:24.25	05:15:19.10	+02:08:33	7:07	8.4
299	DZIEWA Przemysław	92	ATS WHEELS	M40	119	01:55:42	02:58:28	03:55:39	04:45:02		05:13:57.60	05:15:28.45	+02:08:43	7:08	8.4
300	KRUPA Jacek	239	ATS WHEELS	M40	120	01:55:45	02:58:26	03:55:37	04:45:01		05:13:57.60	05:15:28.85	+02:08:43	7:08	8.4
301	BARAŃSKI Michał	25		M50	31	01:59:51	03:06:40	04:05:34	04:51:11		05:15:26.60	05:15:44.75	+02:08:59	7:10	8.4
302	MALINOWSKI Marcin	286		M40	121	01:55:52	03:03:30	04:02:50	04:50:33		05:14:42.70	05:15:52.25	+02:09:06	7:09	8.4
303	PAUL Violetta	350	BPRT	K40	21	02:04:09	03:11:15	04:07:52	04:51:59		05:15:30.50	05:16:20.50	+02:09:35	7:10	8.4
304	SEKUŁA Mirek	392	INFINITY RUNNER'S TEAM GRYBÓW	M40	122	01:53:21	03:06:48	04:11:24	04:56:04		05:18:22.10	05:18:31.05	+02:11:45	7:14	8.3
305	GWOŹDZIOWSKI Marcin	142		M40	123	01:57:26	03:12:19	04:08:54	04:53:30		05:18:41.95	05:19:09.25	+02:12:23	7:14	8.3
306	LISAK Krzysztof	269		M30	75	01:41:26	02:40:02	04:29:14	05:01:39		05:19:06.05	05:19:29.50	+02:12:44	7:15	8.3
307	CZENCZEK Krystian	67		M40	124	01:55:14	03:07:31	04:03:32	04:51:20		05:17:22.55	05:19:33.75	+02:12:48	7:12	8.3
308	ROSIK Robert	377	LUMBERJACKS	M30	76	01:53:57	03:03:26	04:03:41	04:51:23		05:19:07.75	05:20:02.45	+02:13:17	7:15	8.3
309	KOPISZKA Tomasz	223	STOWARZYSZENIE KULTURY FIZYCZNEJ KLUB PIŁKARSKI HUBERTUS	M40	125	01:54:23	03:03:27	04:03:58	04:51:20		05:19:10.35	05:20:05.25	+02:13:19	7:15	8.3
310	TUROSZ Zbigniew	466		M60	5	01:55:08	03:03:56	04:04:43	04:53:55		05:19:49.70	05:20:22.65	+02:13:37	7:16	8.3
311	KRZYŻEWSKI Roger	243		M30	77	01:56:44	03:06:31	04:05:55	04:53:57		05:19:50.85	05:20:24.50	+02:13:39	7:16	8.3
312	LORISZ Damian	270	BPRT GLIWICE, OPP KATOWICE	M30	78	01:57:59	03:12:01	04:09:44	04:56:10		05:19:41.55	05:20:31.20	+02:13:45	7:15	8.3
313	HEBDA-OLSZÓWKA Aleksandra	146	BP RUNNING TEAM GLIWICE	K30	26	01:57:59	03:12:03	04:09:41	04:56:06		05:19:41.95	05:20:32.10	+02:13:46	7:15	8.3
314	GAŁEK Grzegorz	112		M40	126	01:59:53	03:08:09	04:05:33	04:54:20		05:20:07.15	05:21:33.60	+02:14:48	7:16	8.2
315	WALECZEK Sławomir	476		M40	127	01:52:57	03:04:52	04:08:06	04:55:21		05:21:23.60	05:22:04.45	+02:15:19	7:18	8.2
316	MAJKOWSKI Marcin	278		M40	128	01:55:31	03:05:38	04:04:17	04:54:45		05:20:43.90	05:22:07.00	+02:15:21	7:17	8.2
317	WALAC Jacek	475	DOGOŃ GRODZISK MAZOWECKI	M30	79	01:58:52	03:09:26	04:05:20	04:55:14		05:21:40.50	05:22:09.55	+02:15:24	7:18	8.2
318	LATO-KSIĄŻEK Karolina	260	LUBLIN BIEGA	K30	27	02:09:22	03:21:42	04:17:06	04:59:22		05:21:12.45	05:22:22.15	+02:15:36	7:18	8.2
319	KSIĄŻEK Dawid	244	LUBLIN BIEGA	M30	80	02:09:24	03:21:44	04:17:08	04:59:25		05:21:13.65	05:22:22.60	+02:15:37	7:18	8.2
320	SMOCZYK Wojciech	404	SSW TEAM KROŚNICE	M20	19	01:55:09	03:09:39	04:07:49	04:56:42		05:22:40.70	05:22:59.15	+02:16:13	7:20	8.2
321	JEZIERSKI Jakub	166	ORANGE POLSKA	M40	129	01:59:23	03:10:02	04:10:19	04:56:40		05:21:46.85	05:23:56.85	+02:17:11	7:18	8.2
322	KIN Rafał	198	AZS PWSZ KROSNO	M40	130	02:04:12	03:12:45	04:10:32	04:57:15		05:23:10.65	05:24:10.10	+02:17:24	7:20	8.2
323	JUROSZEK Józef	175		M40	131	01:46:42	02:49:05	03:42:55	04:22:58	00:40:00	05:23:33.00	05:24:12.00	+02:17:26	6:26	9.3
324	PAROL Paweł	345		M40	132	01:53:21	03:01:09	04:09:05	04:57:12		05:22:38.35	05:24:13.90	+02:17:28	7:19	8.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
325	JARZEMBOWSKI Tomasz	160	WLKP MOUNTAINS ULTRA	M40	133	02:03:25	03:13:20	04:11:13	05:00:04		05:24:05.65	05:24:21.10	+02:17:35	7:21	8.1
326	DUCH Emil	81	JB WARSAW	M30	81	02:02:36	03:13:49	04:09:52	04:57:17		05:22:31.55	05:24:28.00	+02:17:42	7:19	8.2
327	SOBCZAK Mikołaj	409	WLKP ULTRA MOUNTAINS	M40	134	02:03:27	03:13:23	04:11:15	05:00:09		05:24:12.85	05:24:28.25	+02:17:42	7:22	8.1
328	KOTOWSKI Andrzej	229		M50	32	01:53:02	03:04:50	04:08:50	04:56:49		05:23:48.35	05:24:29.55	+02:17:44	7:21	8.2
329	FRĄC Dariusz	106	NIGHT RUNNERS GLIWICE	M40	135	02:00:45	03:09:23	04:09:17	04:57:48		05:24:45.20	05:25:51.05	+02:19:05	7:22	8.1
330	KLAWIKOWSKI Mateusz	204	JACEKBIEGA RUNNIG TEAM	M20	20	01:55:57	03:05:10	04:04:30	04:55:14		05:25:57.25	05:26:11.25	+02:19:25	7:24	8.1
331	JAKUBOWSKA Renata	154		K60	1	02:03:03	03:14:14	04:13:32	05:00:33		05:25:15.70	05:26:13.75	+02:19:28	7:23	8.1
332	NAZIMEK Lilianna	318	SUO TEMPORE	K40	22	01:59:36	03:11:12	04:10:58	04:59:24		05:25:08.30	05:26:28.75	+02:19:43	7:23	8.1
333	TUCHOWSKI Janusz	465		M40	136	01:50:54	03:02:34	04:09:10	04:59:47		05:26:19.90	05:27:02.65	+02:20:17	7:25	8.1
334	SURDACKI Mateusz	430		M30	82	01:55:20	03:08:23	04:07:27	04:52:38		05:25:14.30	05:27:12.65	+02:20:27	7:23	8.1
335	ROŻNIATA Andrzej	379	SNG WILD DUCKS	M40	137	01:55:56	03:09:13	04:12:40	05:02:03		05:27:17.95	05:27:44.15	+02:20:58	7:26	8.1
336	KŁOSOK Adam	210	INŻYNIERIA BIEGANIA	M40	138	01:54:51	03:08:07	04:10:33	05:03:11		05:27:59.35	05:28:40.15	+02:21:54	7:27	8
337	MAKSELON Maciej	280	TORPEDO SZCZECINEK	M30	83	01:54:58	03:08:13	04:06:53	05:03:16		05:28:05.10	05:28:40.70	+02:21:55	7:27	8
338	SALIŃSKI Bartosz	389	WKURW_TEAM	M30	84	01:57:27	03:13:03	04:16:09	05:03:46		05:28:47.35	05:29:03.25	+02:22:17	7:28	8
339	LIK Michał	266		M30	85	01:55:01	03:03:03	04:00:18	04:57:54		05:27:21.95	05:29:24.55	+02:22:39	7:26	8.1
340	KRZEPKOWSKI Radosław	242	ADIDAS RUNNERS WARSAW	M40	139	02:01:41	03:13:57	04:16:31	05:03:59		05:27:48.30	05:29:25.85	+02:22:40	7:27	8.1
341	JEZIORNY Ryszard	167	WIELUŃ BIEGA	M50	33	02:04:52	03:18:59	04:21:54	05:06:49		05:28:37.60	05:29:33.70	+02:22:48	7:28	8
342	KUŁAKOWSKI Piotr	251	CZŁAPACZE	M60	6	02:09:10	03:20:40	04:19:03	05:05:46		05:28:18.20	05:30:37.20	+02:23:51	7:27	8
343	RĘKOSIEWICZ-TOKARZ Monika	373	TKKF SOKÓŁ	K40	23	02:07:13	03:17:50	04:16:30	05:05:20		05:29:55.40	05:31:03.40	+02:24:18	7:29	8
344	JOZEFIAK Marta	170	1992	K20	7	02:00:30	03:15:54	04:13:55	05:02:58		05:29:36.65	05:31:22.20	+02:24:36	7:29	8
345	ZWAAN Johan	534	LOS AFRICANOS	M30	86	02:00:14	03:15:56	04:13:55	05:03:01		05:29:41.55	05:31:26.60	+02:24:41	7:29	8
346	KUSZTAL Justyna	254	ESKADRA KRAKÓW	K40	24	02:02:12	03:10:10	04:14:38	05:05:30		05:31:06.20	05:31:30.15	+02:24:44	7:31	8
347	BELKOT Arkadiusz	30		M40	140	02:01:52	03:09:50	04:14:18	05:05:10		05:30:47.30	05:31:30.30	+02:24:44	7:31	8
348	ZAJĄC Marzena	520		K40	25	02:01:15	03:12:00	04:14:54	05:06:10		05:32:21.20	05:32:41.65	+02:25:56	7:33	7.9
349	WILECZEK Antoni	489		M30	87	02:09:12	03:17:32	04:15:33	05:05:51		05:30:25.20	05:32:42.75	+02:25:57	7:30	8
350	ROCH Kamil	374	WAT	M20	21	01:52:48	03:05:35	04:10:21	05:02:59		05:32:38.10	05:33:03.55	+02:26:18	7:33	7.9
351	CZUBA Michał	68		M30	88	02:05:15	03:19:36	04:20:22	05:08:53		05:32:52.05	05:33:27.10	+02:26:41	7:33	7.9
352	OLEKSAK Grzegorz	334		M30	89	01:55:26	03:08:47	04:19:12	05:09:07		05:33:13.90	05:33:46.90	+02:27:01	7:34	7.9
353	BURY Marek	51		M50	34	02:05:15	03:14:17	04:17:56	05:07:58		05:32:40.20	05:33:52.80	+02:27:07	7:33	7.9
354	PYZEL Agnieszka	370	KS PEGAZ	K50	4	02:13:05	03:23:50	04:22:33	05:10:13		05:32:12.35	05:33:54.75	+02:27:09	7:33	7.9
355	DZIERGAS Teresa	91	IPA PAŁAC MOSTOWSKICH KSP	K30	28	02:06:49	03:18:59	04:15:43	05:06:44		05:31:50.70	05:33:58.90	+02:27:13	7:32	8
356	MIKOŁAJCZYK Mariusz	304	IPA PAŁAC MOSTOWSKICH KSP	M40	141	02:06:46	03:18:56	04:15:44	05:06:42		05:31:48.55	05:33:59.05	+02:27:13	7:32	8
357	ZAJĄC Paweł	521	CROSS HEROES - OGIENI!	M30	90	01:58:02	03:14:24	04:22:30	05:10:59		05:33:53.80	05:34:38.30	+02:27:52	7:35	7.9
358	CICHORACKI Patryk	61	INTO THE WILD	M30	91	01:56:57	03:06:20	04:11:49	05:05:49		05:34:23.30	05:34:54.50	+02:28:09	7:35	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
359	<b>ZIELONKA Mariusz</b>	<b>528</b>	CENTRUM SZKOLENIA WOJSK LĄDOWYCH POZNAŃ	M50	35	02:12:04	03:23:04	04:18:52	05:08:25		<b>05:33:51.50</b>	<b>05:35:44.10</b>	+02:28:58	7:35	7.9
360	<b>KAJA Robert</b>	<b>178</b>	WIELUN BIEGA	M50	36	02:04:52	03:19:14	04:20:02	05:09:21		<b>05:34:50.80</b>	<b>05:35:47.65</b>	+02:29:02	7:36	7.9
361	<b>ZAJĄC Łukasz</b>	<b>519</b>	KOMPARIO TEAM	M30	92	01:55:21	03:12:53	04:18:34	05:08:20		<b>05:35:43.20</b>	<b>05:35:56.90</b>	+02:29:11	7:37	7.9
362	<b>KLUS Piotr</b>	<b>207</b>	PIĘKNE I BRODACZE	M30	93	01:58:29	03:09:46	04:12:25	05:04:45		<b>05:33:59.00</b>	<b>05:36:13.10</b>	+02:29:27	7:35	7.9
363	<b>MISZCZYK Marcin</b>	<b>306</b>		M40	142	02:06:23	03:17:15	04:18:02	05:07:41		<b>05:34:22.50</b>	<b>05:36:25.90</b>	+02:29:40	7:35	7.9
364	<b>DYLEWSKI Paweł</b>	<b>87</b>	FIZJO-SPORT	M40	143	02:03:04	03:12:18	04:16:37	05:09:28		<b>05:35:53.15</b>	<b>05:36:43.90</b>	+02:29:58	7:38	7.9
365	<b>PRZYGODA Michał</b>	<b>366</b>		M30	94	01:57:40	03:09:39	04:11:17	05:05:58		<b>05:36:12.45</b>	<b>05:36:53.90</b>	+02:30:08	7:38	7.9
366	<b>KIDA Andrzej</b>	<b>4</b>	LOS TREPOS COMPANIEROS	M40	144	02:06:09	03:14:19	04:13:29	05:06:37		<b>05:35:39.25</b>	<b>05:37:07.45</b>	+02:30:22	7:37	7.9
367	<b>ZAKRZEWSKI Szymon</b>	<b>522</b>		M30	95	01:56:07	03:06:25	04:15:14	05:12:51		<b>05:37:09.10</b>	<b>05:37:28.85</b>	+02:30:43	7:39	7.8
368	<b>MICHALSKA Klementyna</b>	<b>301</b>		K30	29	02:10:40	03:25:44	04:24:01	05:13:47		<b>05:37:18.70</b>	<b>05:38:16.65</b>	+02:31:31	7:39	7.8
369	<b>KOSZAŁKA Marcin</b>	<b>226</b>	FUN&RUN!	M20	22	02:03:59	03:09:56	04:14:39	05:12:34		<b>05:37:34.00</b>	<b>05:38:27.10</b>	+02:31:41	7:40	7.8
370	<b>BAR Aleksandra</b>	<b>22</b>	GMINA STRZELCE OPOLSKIE	K40	26	02:03:24	03:21:23	04:24:46	05:13:07		<b>05:36:58.80</b>	<b>05:38:30.60</b>	+02:31:45	7:39	7.8
371	<b>NITSCH Tomasz</b>	<b>326</b>	UNTS	M40	145	02:12:06	03:28:34	04:33:14	05:17:42		<b>05:37:40.70</b>	<b>05:39:24.85</b>	+02:32:39	7:40	7.8
372	<b>WĘDRYCHOWICZ Grzegorz</b>	<b>486</b>	RUN4FUN WARYJOTY TEAM	M40	146	01:57:05	03:13:05	04:16:46	05:09:19		<b>05:37:59.10</b>	<b>05:39:51.90</b>	+02:33:06	7:40	7.8
373	<b>ZBICIAK Grzegorz</b>	<b>523</b>	ŁĘCZNA BIEGA	M40	147	02:09:40	03:24:48	04:24:42	05:14:23		<b>05:40:02.10</b>	<b>05:40:53.35</b>	+02:34:08	7:43	7.8
374	<b>GŁÓWKA Alfred</b>	<b>126</b>	KARCZMA U FREDA	M50	37	02:02:31	03:19:03	04:24:42	05:15:37		<b>05:40:20.15</b>	<b>05:41:05.25</b>	+02:34:19	7:44	7.8
375	<b>MARKIEWICZ Rafał</b>	<b>287</b>		M40	148	02:03:56	03:23:51	04:26:33	05:15:21		<b>05:39:11.45</b>	<b>05:41:21.45</b>	+02:34:36	7:42	7.8
376	<b>RYBAK Łukasz</b>	<b>383</b>		M40	149	01:58:01	03:14:26	04:22:33	05:13:38		<b>05:40:41.70</b>	<b>05:41:24.35</b>	+02:34:39	7:44	7.7
377	<b>KISIŃSKI Jarosław</b>	<b>202</b>	VISEGRAD MARATON RYTRO	M40	150	01:59:58	03:12:49	04:17:44	05:14:02		<b>05:41:53.30</b>	<b>05:42:44.05</b>	+02:35:58	7:46	7.7
378	<b>KISIŃSKA Irena</b>	<b>201</b>	VISEGRAD MARATON RYTRO	K50	5	02:00:01	03:12:52	04:17:46	05:14:29		<b>05:42:01.30</b>	<b>05:42:51.75</b>	+02:36:06	7:46	7.7
379	<b>HALMANN Mirosław</b>	<b>143</b>	PGB SPORTOWA PACZKA	M30	96	02:04:36	03:19:18	04:30:51	05:17:24		<b>05:43:50.75</b>	<b>05:44:02.35</b>	+02:37:17	7:48	7.7
380	<b>ADAMSKA Agnieszka</b>	<b>11</b>	AKTYWNY OSTRZESZÓW: KS STASZEWSY	K40	27	02:01:27	03:19:21	04:35:33	05:22:22		<b>05:43:25.10</b>	<b>05:44:12.60</b>	+02:37:27	7:48	7.7
381	<b>BEDNARCZYK Dariusz</b>	<b>542</b>		M40	151	01:57:11	03:07:23	04:18:31	05:10:16		<b>05:43:23.35</b>	<b>05:44:21.95</b>	+02:37:36	7:48	7.7
382	<b>JADESZKO Michał</b>	<b>153</b>		M20	23	02:05:42	03:21:09	04:25:56	05:15:56		<b>05:42:34.00</b>	<b>05:44:41.10</b>	+02:37:55	7:47	7.7
383	<b>ŁACHACZ Robert</b>	<b>271</b>		M40	152	02:05:37	03:21:13	04:24:38	05:15:57		<b>05:42:34.85</b>	<b>05:44:41.40</b>	+02:37:56	7:47	7.7
384	<b>KOSECKA Justyna</b>	<b>224</b>	ORTIMED RUNNERS TEAM	K40	28	02:16:05	03:31:49	04:28:02	05:17:56		<b>05:44:04.30</b>	<b>05:44:49.20</b>	+02:38:03	7:49	7.7
385	<b>ARENT-STEFANSKA Jolanta</b>	<b>16</b>		K40	29	02:11:09	03:23:07	04:25:33	05:17:11		<b>05:44:11.10</b>	<b>05:44:55.25</b>	+02:38:09	7:49	7.7
386	<b>TRETER Sebastian</b>	<b>464</b>		M20	24	02:01:02	03:16:40	04:20:44	05:13:01		<b>05:43:01.65</b>	<b>05:45:21.95</b>	+02:38:36	7:47	7.7
387	<b>JÓZEFIAK Jakub</b>	<b>171</b>	BOKONIONI	M50	38	02:08:08	03:28:14	04:29:11	05:19:25		<b>05:43:49.15</b>	<b>05:45:34.05</b>	+02:38:48	7:48	7.7
388	<b>BARANOWSKI Łukasz</b>	<b>24</b>		M30	97	02:04:19	03:18:07	04:25:13	05:15:09		<b>05:44:14.90</b>	<b>05:45:35.55</b>	+02:38:50	7:49	7.7
389	<b>WILK Wiktoria</b>	<b>492</b>	WLKI	K30	30	02:09:28	03:26:28	04:30:36	05:19:49		<b>05:44:11.25</b>	<b>05:45:42.85</b>	+02:38:57	7:49	7.7
390	<b>WILK Krzysztof</b>	<b>493</b>	WLKI :)	M30	98	02:09:28	03:26:31	04:30:36	05:19:49		<b>05:44:13.85</b>	<b>05:45:45.20</b>	+02:38:59	7:49	7.7
391	<b>SUCHOWIECKA Sabina</b>	<b>427</b>		K20	8	02:05:27	03:22:28	04:24:47	05:14:31		<b>05:45:14.00</b>	<b>05:45:59.65</b>	+02:39:14	7:50	7.6
392	<b>ZIELINSKI Grzegorz</b>	<b>526</b>		M40	153	02:01:22	03:19:21	04:35:35	05:22:23		<b>05:45:14.05</b>	<b>05:46:01.25</b>	+02:39:15	7:50	7.6
393	<b>DUCZMAŁ Wojciech</b>	<b>82</b>		M40	154	02:04:23	03:19:01	04:19:36	05:14:04		<b>05:44:07.70</b>	<b>05:46:11.90</b>	+02:39:26	7:49	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za			Przed		Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km	Kara/ bonifikata					
394	<b>NIEZNALSKA Ewelina</b>	<b>324</b>		K30	31	02:09:03	03:22:34	04:25:15	05:17:39		<b>05:45:40.05</b>	<b>05:47:21.00</b>	+02:40:35	7:51	7.6
395	<b>FERTACZ Szymon</b>	<b>96</b>		M30	99	02:09:04	03:22:32	04:25:31	05:19:29		<b>05:45:42.70</b>	<b>05:47:23.55</b>	+02:40:38	7:51	7.6
396	<b>PUZIO Waldemar</b>	<b>368</b>	MARATOŃCZYK DĘBICA	M60	7	02:07:43	03:27:40	04:30:34	05:21:01		<b>05:46:44.65</b>	<b>05:48:10.85</b>	+02:41:25	7:52	7.6
397	<b>LEWANDOWSKI Paweł</b>	<b>263</b>		M30	100	02:11:53	03:26:44	04:33:31	05:22:06		<b>05:47:07.35</b>	<b>05:48:40.25</b>	+02:41:54	7:53	7.6
398	<b>LEWANDOWSKA Olga</b>	<b>262</b>		K30	32	02:11:54	03:26:44	04:33:34	05:22:07		<b>05:47:27.15</b>	<b>05:48:59.35</b>	+02:42:14	7:53	7.6
399	<b>KOWALEWSKA Dorota</b>	<b>231</b>	SPARTANIE DZIECIOM	K50	6	02:15:09	03:29:48	04:31:44	05:20:50		<b>05:48:31.40</b>	<b>05:50:13.10</b>	+02:43:27	7:55	7.6
400	<b>PARYSZ Anna</b>	<b>346</b>	STARE BABICE BIEGAJA	K50	7	02:11:08	03:27:27	04:32:00	05:23:41		<b>05:50:34.60</b>	<b>05:51:33.25</b>	+02:44:47	7:58	7.5
401	<b>BAC Żaneta</b>	<b>18</b>	JACEKBIEGA TRAINERS TEAM	K30	33	01:56:01	03:08:44	04:11:09	05:16:20		<b>05:51:46.55</b>	<b>05:51:50.05</b>	+02:45:04	7:59	7.5
402	<b>GÓRZYŃSKI Piotr</b>	<b>136</b>		M40	155	02:01:01	03:24:55	04:29:43	05:23:54		<b>05:52:19.25</b>	<b>05:52:39.95</b>	+02:45:54	8:00	7.5
403	<b>KUBASIEWICZ Paweł</b>	<b>245</b>		M50	39	01:59:47	03:24:54	04:31:18	05:23:55		<b>05:52:20.05</b>	<b>05:52:40.20</b>	+02:45:54	8:00	7.5
404	<b>KOSEWSKA Monika</b>	<b>225</b>	BRAVEHEARTS LEGIONOWO	K40	30	02:08:34	03:27:43	04:32:51	05:21:57		<b>05:51:26.60</b>	<b>05:52:44.70</b>	+02:45:59	7:59	7.5
405	<b>RYBICKI Tomasz</b>	<b>384</b>	BRAVEHEARTS LEGIONOWO	M40	156	02:04:46	03:27:44	04:28:37	05:21:57		<b>05:51:28.05</b>	<b>05:52:45.40</b>	+02:46:00	7:59	7.5
406	<b>SZEWCZYK Artur</b>	<b>441</b>	DOKĄD TAK CIĄGLE BIEGNĘ?	M40	157	02:08:46	03:26:52	04:26:58	05:22:13		<b>05:51:29.50</b>	<b>05:52:49.80</b>	+02:46:04	7:59	7.5
407	<b>STUSIŃSKI Mariusz</b>	<b>426</b>		M40	158	02:12:07	03:28:25	04:33:14	05:24:50		<b>05:51:09.80</b>	<b>05:52:53.00</b>	+02:46:07	7:58	7.5
408	<b>CHRUŚCIEL Dorota</b>	<b>60</b>		K50	8	02:13:25	03:29:29	04:37:58	05:27:04		<b>05:51:55.70</b>	<b>05:53:15.40</b>	+02:46:30	7:59	7.5
409	<b>BOHDZIEWICZ Izabela</b>	<b>41</b>	WKURW_TEAM	K30	34	02:08:17	03:21:35	04:29:51	05:23:12		<b>05:52:07.30</b>	<b>05:53:47.45</b>	+02:47:02	8:00	7.5
410	<b>GALUS Jacek</b>	<b>111</b>		M40	159	02:13:50	03:30:52	04:36:23	05:28:23		<b>05:53:32.75</b>	<b>05:54:05.45</b>	+02:47:20	8:02	7.5
411	<b>GARCARZ Monika</b>	<b>115</b>		K40	31	02:11:58	03:29:23	04:33:12	05:28:43		<b>05:55:11.70</b>	<b>05:55:25.85</b>	+02:48:40	8:04	7.4
412	<b>DRABIK Jacek</b>	<b>558</b>		M50	40	02:04:09	03:23:34	04:33:14	05:28:00		<b>05:55:07.45</b>	<b>05:55:36.90</b>	+02:48:51	8:04	7.4
413	<b>WOŁODKO Michał</b>	<b>506</b>	FORM FITNESS	M30	101	01:55:42	03:14:20	04:37:20	05:31:22		<b>05:55:39.50</b>	<b>05:57:54.00</b>	+02:51:08	8:05	7.4
414	<b>GESING Jacek</b>	<b>539</b>	5 BSP	M20	25	02:06:36	03:28:46	04:35:25	05:28:40		<b>05:57:00.05</b>	<b>05:58:17.25</b>	+02:51:31	8:06	7.4
415	<b>NIEMCZAK Basia</b>	<b>323</b>	IPA PAŁAC MOSTOWSKICH KSP	K30	35	02:13:05	03:31:43	04:36:18	05:28:46		<b>05:56:22.25</b>	<b>05:58:29.95</b>	+02:51:44	8:05	7.4
416	<b>MOREK Krzysztof</b>	<b>310</b>		M50	41	02:08:15	03:28:45	04:34:51	05:29:21		<b>05:59:10.00</b>	<b>05:59:19.60</b>	+02:52:34	8:09	7.4
417	<b>WYSOKIŃSKI Jerzy</b>	<b>516</b>	ORANGE POLSKA	M50	42	02:14:51	03:32:34	04:48:48	05:37:09		<b>05:57:23.15</b>	<b>05:59:25.55</b>	+02:52:40	8:07	7.4
418	<b>WITCZAK Paweł</b>	<b>499</b>	WIELUŃ BIEGA	M40	160	02:08:46	03:29:05	04:33:10	05:31:26		<b>05:59:09.55</b>	<b>06:00:06.55</b>	+02:53:21	8:09	7.4
419	<b>TOMAKA Agnieszka</b>	<b>461</b>		K40	32	02:04:16	03:18:49	04:29:56	05:29:27		<b>05:59:50.55</b>	<b>06:00:46.95</b>	+02:54:01	8:10	7.3
420	<b>SKAŁA Sabina</b>	<b>399</b>	THE FORT	K40	33	02:11:49	03:25:58	04:31:07	05:29:28		<b>06:00:03.30</b>	<b>06:00:59.05</b>	+02:54:13	8:11	7.3
421	<b>GAJDA Jacek</b>	<b>110</b>		M40	161	02:08:56	03:23:09	04:33:22	05:28:48		<b>05:59:45.60</b>	<b>06:01:01.65</b>	+02:54:16	8:10	7.3
422	<b>KWIECIEŃ Zbigniew</b>	<b>256</b>	FAUDANA	M60	8	02:14:59	03:32:20	04:39:10	05:35:12		<b>06:01:24.70</b>	<b>06:02:48.20</b>	+02:56:02	8:12	7.3
423	<b>ORMAN Kamil</b>	<b>339</b>		M30	102	02:05:43	03:25:25	04:35:29	05:31:10		<b>06:02:23.00</b>	<b>06:03:01.40</b>	+02:56:16	8:14	7.3
424	<b>ADAMSKI Bartłomiej</b>	<b>12</b>		M40	162	02:09:00	03:29:48	04:40:22	05:35:18		<b>06:02:01.55</b>	<b>06:03:40.65</b>	+02:56:55	8:13	7.3
425	<b>ZACHARZYŃSKA Katarzyna</b>	<b>517</b>	ORANGE POLSKA	K30	36	02:14:49	03:32:34	04:45:45	05:37:10		<b>06:02:50.75</b>	<b>06:04:52.20</b>	+02:58:06	8:14	7.3
426	<b>IBRAHIM Shadi</b>	<b>150</b>		M30	103	02:11:54	03:26:50	04:33:32	05:31:30		<b>06:03:48.25</b>	<b>06:05:21.70</b>	+02:58:36	8:16	7.3
427	<b>KOLASA Andrzej</b>	<b>218</b>	KLUB J.SŁOWACKIEGO	M60	9	02:06:13	03:24:41	04:48:12	05:40:21		<b>06:06:01.30</b>	<b>06:06:40.55</b>	+02:59:55	8:19	7.2
428	<b>FORMA Bartosz</b>	<b>103</b>		M30	104	02:05:01	03:31:53	04:44:11	05:38:46		<b>06:05:14.90</b>	<b>06:06:52.00</b>	+03:00:06	8:18	7.2
429	<b>BUJAKOWSKI Patryk</b>	<b>49</b>		M40	163	02:06:49	03:32:12	04:44:13	05:38:51		<b>06:05:25.15</b>	<b>06:07:00.10</b>	+03:00:14	8:18	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za			Przed		Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km	Kara/ bonifikata					
430	<b>KAWA Barbara</b>	<b>192</b>	MARATOŃCZYK DĘBICA	K30	37	02:16:30	03:41:36	04:47:40	05:40:24		<b>06:05:59.75</b>	<b>06:07:25.20</b>	+03:00:39	8:19	7.2
431	<b>DOBROWOLSKA Grażyna</b>	<b>75</b>	MARATONCZYK DĘBICA	K40	34	02:16:03	03:41:34	04:47:40	05:40:09		<b>06:05:58.50</b>	<b>06:07:25.50</b>	+03:00:40	8:19	7.2
432	<b>WRZOSEK Justyna</b>	<b>513</b>	TSA SANDOMIERZ	K30	38	02:12:11	03:31:42	04:48:05	05:42:42		<b>06:07:15.10</b>	<b>06:08:03.55</b>	+03:01:18	8:20	7.2
433	<b>PAWELEC Justyna</b>	<b>352</b>	TSA SANDOMIERZ	K30	39	02:12:11	03:31:43	04:47:59	05:42:42		<b>06:07:15.40</b>	<b>06:08:04.15</b>	+03:01:18	8:20	7.2
434	<b>JASIŃSKI Bartłomiej</b>	<b>161</b>		M30	105	02:08:00	03:20:59	04:30:02	05:32:17		<b>06:05:49.70</b>	<b>06:08:05.65</b>	+03:01:20	8:18	7.2
435	<b>KUC Małgorzata</b>	<b>247</b>		K40	35	02:06:50	03:26:34	04:40:24	05:37:37		<b>06:08:59.10</b>	<b>06:10:24.95</b>	+03:03:39	8:23	7.2
436	<b>KICWAK Krzysztof</b>	<b>196</b>	WLCZY DUCH	M30	106	01:58:14	03:03:26	04:05:49	04:55:56	00:40:00	<b>06:08:29.00</b>	<b>06:10:40.00</b>	+03:03:54	7:27	8
437	<b>GŁUCHOWSKA Natalia</b>	<b>127</b>		K20	9	02:07:49	03:31:29	04:39:32	05:41:19		<b>06:11:05.25</b>	<b>06:11:41.45</b>	+03:04:56	8:26	7.1
438	<b>SIKORSKA Agnieszka</b>	<b>397</b>	EKOBIEGI WARSZAWA	K40	36	02:18:49	03:36:14	04:47:37	05:41:40		<b>06:11:11.90</b>	<b>06:12:48.05</b>	+03:06:02	8:26	7.1
439	<b>URBANOWICZ Łukasz</b>	<b>471</b>		M40	164	02:09:25	03:31:28	04:42:01	05:39:12		<b>06:12:56.60</b>	<b>06:12:56.60</b>	+03:06:11	8:28	7.1
440	<b>TOKARSKA Bożena</b>	<b>458</b>	#ADAMCZERWIŃSKITEAM	K40	37	02:10:43	03:34:43	04:51:22	05:42:07		<b>06:12:17.25</b>	<b>06:13:13.75</b>	+03:06:28	8:27	7.1
441	<b>CAPINSKA Anna</b>	<b>53</b>		K40	38	02:10:54	03:34:40	04:51:23	05:42:16		<b>06:12:17.70</b>	<b>06:13:14.70</b>	+03:06:29	8:27	7.1
442	<b>TOKARSKI Rafał</b>	<b>459</b>		M40	165	02:10:43	03:34:43	04:51:23	05:42:08		<b>06:12:20.70</b>	<b>06:13:18.95</b>	+03:06:33	8:27	7.1
443	<b>WYDRO Rafał</b>	<b>514</b>	FUN&RUN	M40	166	02:16:04	03:45:06	04:58:03	05:47:35		<b>06:13:18.40</b>	<b>06:14:11.50</b>	+03:07:26	8:29	7.1
443	<b>SZPAKOWSKI Andrzej</b>	<b>442</b>	FUN&RUN	M40	166	02:13:18	03:37:24	04:58:04	05:47:31		<b>06:13:20.00</b>	<b>06:14:11.50</b>	+03:07:26	8:29	7.1
443	<b>WYDRO Agata</b>	<b>515</b>	FUN & RUN	K40	39	02:13:20	03:37:23	04:58:02	05:47:30		<b>06:13:18.95</b>	<b>06:14:11.50</b>	+03:07:26	8:29	7.1
446	<b>ORNACKA Magdalena</b>	<b>340</b>		K30	40	02:16:34	03:43:17	04:53:13	05:46:37		<b>06:15:34.25</b>	<b>06:15:49.65</b>	+03:09:04	8:32	7
447	<b>SZEWCZYK Katarzyna</b>	<b>440</b>	MONKEYS' TEAM	K40	40	02:21:18	03:45:44	04:53:02	05:46:19		<b>06:15:16.35</b>	<b>06:16:29.90</b>	+03:09:44	8:31	7
448	<b>SZUMNA Aleksandra</b>	<b>447</b>	MONKEYS' TEAM	K30	41	02:21:18	03:45:44	04:53:02	05:46:20		<b>06:15:17.35</b>	<b>06:16:30.60</b>	+03:09:45	8:31	7
449	<b>WARDA Agnieszka</b>	<b>479</b>		K30	42	02:23:09	03:45:52	04:56:02	05:48:41		<b>06:16:48.40</b>	<b>06:17:31.95</b>	+03:10:46	8:33	7
450	<b>MALEC Basia</b>	<b>284</b>		K50	9	02:23:00	03:45:50	04:56:02	05:48:41		<b>06:16:53.05</b>	<b>06:17:36.95</b>	+03:10:51	8:33	7
451	<b>DANIŁ Monika</b>	<b>71</b>		K40	41	02:16:30	03:44:47	04:57:18	05:47:59		<b>06:16:46.20</b>	<b>06:18:02.30</b>	+03:11:16	8:33	7
452	<b>CHODOROWSKI Arkadiusz</b>	<b>57</b>	IPA PAŁAC MOSTOWSKICH KSP	M40	168	02:19:06	03:41:10	04:45:42	05:42:24		<b>06:16:57.25</b>	<b>06:19:09.95</b>	+03:12:24	8:34	7
453	<b>ZNAMIEC Marcin</b>	<b>533</b>	IPA PAŁAC MOSTOWSKICH KSP	M40	169	02:19:12	03:40:52	04:45:46	05:42:28		<b>06:17:04.65</b>	<b>06:19:12.35</b>	+03:12:27	8:34	7
454	<b>KRÓL Michał</b>	<b>238</b>	IPA PAŁAC MOSTOWSKICH KSP	M30	107	02:19:09	03:40:51	04:47:12	05:43:03		<b>06:17:04.60</b>	<b>06:19:14.15</b>	+03:12:28	8:34	7
455	<b>WÓJCIK Monika</b>	<b>511</b>		K40	42	02:13:58	03:40:34	04:59:47	05:52:39		<b>06:19:12.70</b>	<b>06:19:20.45</b>	+03:12:35	8:37	7
456	<b>WILIMSKI Tomasz</b>	<b>490</b>	NIGHT RUNNERS GLIWICE	M40	170	02:14:39	03:38:00	04:55:38	05:52:46		<b>06:18:40.85</b>	<b>06:19:47.35</b>	+03:13:02	8:36	7
457	<b>FIDALI Beata</b>	<b>97</b>	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	43	02:19:31	03:42:16	04:51:02	05:46:36		<b>06:18:37.75</b>	<b>06:20:02.90</b>	+03:13:17	8:36	7
458	<b>ZMYJ Mariusz</b>	<b>531</b>	#ADAMCZERWIŃSKITEAM	M50	43	02:07:17	03:27:51	04:43:49	05:42:09		<b>06:20:15.50</b>	<b>06:20:37.10</b>	+03:13:51	8:38	6.9
459	<b>KARBOWSKA Beata</b>	<b>186</b>		K40	43	02:14:44	03:40:28	04:59:44	05:53:05		<b>06:21:48.35</b>	<b>06:21:55.90</b>	+03:15:10	8:40	6.9
460	<b>SZCZEPANIAK Agnieszka</b>	<b>438</b>		K40	44	02:16:32	03:44:48	04:57:20	05:52:15		<b>06:23:07.55</b>	<b>06:24:22.75</b>	+03:17:37	8:42	6.9
461	<b>MATYSEK Ireneusz</b>	<b>293</b>	KOMANDOS WAŁECKI	M60	10	02:04:46	03:18:36	04:25:40	05:15:37	00:40:00	<b>06:25:05.00</b>	<b>06:25:58.00</b>	+03:19:12	7:50	7.7
462	<b>MIKOWSKI Grzegorz</b>	<b>305</b>	NIEZRZESZONY	M40	171	02:16:17	03:39:37	04:58:27	05:54:01		<b>06:24:17.60</b>	<b>06:26:12.30</b>	+03:19:26	8:44	6.9
463	<b>KŁOPOTOWSKA-SOSNA Katarzyna</b>	<b>208</b>	UNLIMITED TRIATHLON TEAM	K50	10	02:18:43	03:40:37	04:59:39	05:55:03		<b>06:26:30.30</b>	<b>06:26:39.10</b>	+03:19:53	8:47	6.8
464	<b>DUDEK Dominik</b>	<b>83</b>		M40	172	02:29:05	03:53:21	05:02:20	06:00:13		<b>06:28:27.10</b>	<b>06:28:46.60</b>	+03:22:01	8:49	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za			Przed		Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km	Kara/ bonifikata					
465	<b>SYGUŁA Katarzyna</b>	<b>435</b>	WKURW_TEAM	K40	45	02:19:33	03:39:35	04:59:01	05:59:40		<b>06:27:24.90</b>	<b>06:28:53.85</b>	+03:22:08	8:48	6.8
466	<b>KACZKIEWICZ Damian</b>	<b>177</b>	NIGHT RUNNERS GLIWICE	M40	173	02:09:29	03:37:59	04:55:43	05:58:52		<b>06:28:30.00</b>	<b>06:29:37.20</b>	+03:22:51	8:49	6.8
467	<b>OKSIEJUK-WASILEWSKA Anna</b>	<b>332</b>		K40	46	02:26:52	03:46:54	05:05:15	06:01:35		<b>06:30:57.10</b>	<b>06:32:55.75</b>	+03:26:10	8:53	6.8
468	<b>WASILEWSKI Grzegorz</b>	<b>482</b>	ACCENTURE RUNNERS CLUB	M40	174	02:26:53	03:46:56	05:05:15	06:01:35		<b>06:30:59.65</b>	<b>06:32:58.00</b>	+03:26:12	8:53	6.8
469	<b>WINIARSKA Izabela</b>	<b>495</b>	EKOBIEGI	K40	47	02:18:56	03:54:42	05:10:16	06:03:31		<b>06:31:48.45</b>	<b>06:33:25.85</b>	+03:26:40	8:54	6.7
470	<b>JAWORSKI Piotr</b>	<b>164</b>	EKOBIEGI	M40	175	02:18:55	03:54:43	05:10:14	06:03:31		<b>06:31:49.90</b>	<b>06:33:27.45</b>	+03:26:42	8:54	6.7
471	<b>ROPEL Mirosław</b>	<b>376</b>	KIS TRANSPORT	M60	11	02:14:23	03:39:12	04:58:38	06:00:46		<b>06:34:31.40</b>	<b>06:34:42.50</b>	+03:27:57	8:57	6.7
472	<b>ADAMCZYK Wojciech</b>	<b>10</b>	WEST COAST RUNNERS CYPRUS	M50	44	02:17:11	03:43:14	05:08:44	06:06:57		<b>06:37:07.90</b>	<b>06:38:36.75</b>	+03:31:51	9:01	6.6
473	<b>ANDRZEJEWSKI Maciej</b>	<b>13</b>		M30	108	02:19:57	03:46:32	05:04:59	06:08:19		<b>06:39:30.65</b>	<b>06:41:07.15</b>	+03:34:21	9:04	6.6
474	<b>GŁUSZCZAK Jerzy</b>	<b>128</b>		M60	12	02:26:08	03:52:14	05:04:46	06:05:53		<b>06:39:39.55</b>	<b>06:41:09.00</b>	+03:34:23	9:05	6.6
475	<b>OBARSKI Norbert</b>	<b>329</b>		M50	45	02:18:03	03:48:04	05:04:26	06:05:24		<b>06:39:26.85</b>	<b>06:41:24.45</b>	+03:34:39	9:04	6.6
476	<b>MARONDEL Katarzyna</b>	<b>288</b>	FESTIWAL BIEGOWY	K30	44	02:28:32	03:52:49	05:08:51	06:10:43		<b>06:41:34.55</b>	<b>06:42:48.10</b>	+03:36:02	9:07	6.6
477	<b>KAZANOWSKI Marcin</b>	<b>193</b>	OFIARY KAMIEŃCA	M40	176	02:28:32	03:52:39	05:08:54	06:10:45		<b>06:41:35.10</b>	<b>06:42:49.85</b>	+03:36:04	9:07	6.6
478	<b>JEDLIŃSKA Izabela</b>	<b>547</b>	MARATOŃCZYK DĘBICA	K40	48	02:23:44	03:48:20	05:02:06	06:08:54		<b>06:41:10.50</b>	<b>06:43:25.85</b>	+03:36:40	9:07	6.6
479	<b>ŁUCHNIAK Kuba</b>	<b>274</b>	DROGA DO ULTRA	M20	26	02:05:47	03:34:49	05:11:00	06:17:11		<b>06:52:31.35</b>	<b>06:53:21.00</b>	+03:46:35	9:22	6.4
480	<b>CYMBORSKA Jolanta</b>	<b>63</b>	WARSAW RUN CLUB	K30	45	02:19:19	03:58:59	05:29:02	06:24:17		<b>06:52:53.80</b>	<b>06:54:09.50</b>	+03:47:24	9:23	6.4
481	<b>SOBOTKA Monika</b>	<b>411</b>	WARSAW RUN CLUB	K40	49	02:19:21	03:58:59	05:29:03	06:24:17		<b>06:52:55.15</b>	<b>06:54:11.35</b>	+03:47:26	9:23	6.4
482	<b>OLSZAK Zenon</b>	<b>336</b>		M50	46	02:19:18	03:58:59	05:29:02	06:24:15		<b>06:52:54.00</b>	<b>06:54:12.10</b>	+03:47:26	9:23	6.4
483	<b>BIERNACKI Tomasz</b>	<b>34</b>	FREE HUNTERS POLAND & ADVENTURE SEEKERS	M50	47	02:31:06	03:54:47	05:10:41	06:18:16		<b>06:54:19.90</b>	<b>06:56:07.80</b>	+03:49:22	9:25	6.4
484	<b>SZUKALSKI Maciej</b>	<b>446</b>		M20	27	02:05:31	03:34:44	05:11:08	06:17:06		<b>06:59:32.50</b>	<b>07:00:25.30</b>	+03:53:39	9:32	6.3
485	<b>FEDOR Alicja</b>	<b>94</b>	FITSMILE	K30	46	02:38:31	04:03:15	05:23:56	06:23:57		<b>07:03:04.35</b>	<b>07:04:27.85</b>	+03:57:42	9:36	6.2
486	<b>OKARMA Wojtek</b>	<b>330</b>	BESKID.TV	M30	109	02:31:53	03:58:53	05:22:15	06:31:02		<b>07:09:39.25</b>	<b>07:11:22.90</b>	+04:04:37	9:45	6.1
487	<b>WOŹNIAK Michał</b>	<b>509</b>		M40	177	02:43:35	04:03:14	05:39:49	06:43:21		<b>07:16:33.90</b>	<b>07:18:47.20</b>	+04:12:01	9:55	6
487	<b>WOŹNIAK Sylwia</b>	<b>510</b>		K30	47	02:43:34	04:03:15	05:39:44	06:43:22		<b>07:16:34.70</b>	<b>07:18:47.20</b>	+04:12:01	9:55	6
489	<b>CHABROS Jacek</b>	<b>54</b>	ETREMEWOLF	M50	48	02:34:31	04:00:20	05:42:18	06:48:19		<b>07:21:30.50</b>	<b>07:22:30.30</b>	+04:15:44	10:02	6
489	<b>ŚWISZCZ Sylwia</b>	<b>452</b>	EXTREME WOLF	K30	48	02:34:33	04:01:35	05:42:13	06:48:19		<b>07:21:30.85</b>	<b>07:22:30.30</b>	+04:15:44	10:02	6
491	<b>SZYMANIAK Paweł</b>	<b>449</b>	DANFOSS / GRODZISK	M40	178	02:25:33	03:54:06	05:52:55	07:04:28		<b>07:42:01.50</b>	<b>07:43:54.70</b>	+04:37:09	10:30	5.7
491	<b>KURKUS Aleksander</b>	<b>253</b>	DOGOŃ GRODZISK MAZOWECKI	M40	178	02:18:43	03:31:26	05:52:52	07:04:26		<b>07:42:00.70</b>	<b>07:43:54.70</b>	+04:37:09	10:30	5.7
493	<b>ŁYSUNIAK-STRAUCH Aleksandra</b>	<b>275</b>	DOGOŃ GRODZISK MAZOWECKI	K30	49	02:25:33	03:54:08	05:53:39	07:04:28		<b>07:42:01.10</b>	<b>07:43:54.80</b>	+04:37:09	10:30	5.7
494	<b>DUNIEC Małgorzata</b>	<b>85</b>	DOGOŃ GRODZISK MAZOWECKI	K30	50	02:25:30	03:54:02	05:52:50	07:04:26		<b>07:42:01.20</b>	<b>07:43:54.85</b>	+04:37:09	10:30	5.7
495	<b>FUS Maciej</b>	<b>109</b>		M30	110										
	<b>SUDACKI Sebastian</b>	<b>428</b>		M20		01:19:53 DNF	02:04:40 DNF	03:01:16 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>LATUSEK Wioletta</b>	<b>560</b>		K30		02:57:30 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	-

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
	<b>ZIELIŃSKA Ewelina</b>	<b>561</b>		K30		02:57:32 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	-
	<b>LECKI Seweryn</b>	<b>546</b>	TEAM BIEGOWY SZCZECINEK	M30		DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 499 wynik(ów)