

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	01:05:57 B1	02:26:53 B2	03:35:32 A15	04:49:02.20 netto 45km	04:49:11.05 brutto 45km	+01:06:17 Różn	6:25 Tempo min/km	9.3 Tempo km/h	
16	NEHRING Karol	5355			20	4	01:05:57	02:26:53	03:35:32	04:49:02.20	04:49:11.05	+01:06:17	6:25	9.3
17	WINZARONIK Katarzyna	5415	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Masters M - 30	2	01:06:02	02:27:00	03:36:03	04:56:14.90	04:56:19.40	+01:13:25	6:50	9.0	
18	WUJDA Mirosław	5121	ERNI RULEZ	Masters M - 40	6	01:12:59	02:45:09	03:56:58	05:01:08.95	05:01:15.60	+01:18:21	6:41	9	
19	KOSTASZ Mariusz	5451		Senior II M - 30	7	01:06:00	02:28:51	03:45:20	05:05:23.40	05:05:26.55	+01:22:32	6:47	8.8	
20	PAWŁOWSKI Marek	5348		Weteran I M - 50	1	01:10:52	02:39:59	03:50:55	05:07:43.15	05:08:11.15	+01:25:17	6:50	8.8	
21	POPIEL Andrzej	5241	POPSMART.PL	Senior II M - 30	8	01:10:15	02:37:47	03:54:01	05:12:05.50	05:12:09.90	+01:29:16	6:56	8.7	
22	OLEJNIK Adam	5000	REFERICON	Senior II M - 30	9	01:16:08	02:47:54	04:02:18	05:14:32.60	05:14:40.05	+01:31:46	6:59	8.6	
23	BLANIK Marek	5134		Senior II M - 30	10	01:19:39	02:51:37	04:03:50	05:14:06.65	05:14:40.20	+01:31:46	6:58	8.6	
24	KARAMON Marcin	5331		Masters M - 40	7	01:12:00	02:36:44	03:54:25	05:16:28.25	05:16:40.40	+01:33:46	7:01	8.5	
25	SZAFRAŃSKI Jan	5404	PANTHERS WROCŁAW	Senior II M - 30	11	01:12:01	02:38:38	03:56:53	05:16:32.35	05:16:47.40	+01:33:53	7:02	8.5	
26	WITOSŁAWSKI Maciej	5227		Senior II M - 30	12	01:15:40	02:47:16	04:05:42	05:18:28.35	05:19:23.05	+01:36:29	7:04	8.5	
27	KĘPSKI Robert	5286		Masters M - 40	8	01:11:43	02:42:01	03:57:24	05:19:06.70	05:19:35.90	+01:36:42	7:05	8.5	
28	STĘPIEŃ Paweł	5213		Senior I M - 20	5	01:09:04	02:32:57	03:56:13	05:20:20.05	05:20:27.50	+01:37:33	7:07	8.4	
29	ŚRODA Michał	5164	TMTEAM	Senior II M - 30	13	01:07:19	02:30:16	03:52:59	05:20:22.10	05:20:51.25	+01:37:57	7:07	8.4	
30	KOTYRBA Tomasz	5155		Senior II M - 30	14	01:12:14	02:44:57	04:03:46	05:23:24.95	05:23:35.10	+01:40:41	7:11	8.3	
31	SKURATKO Adrian	5158	RONAL POLSKA RUN	Senior II M - 30	15	01:09:04	02:36:17	03:57:21	05:24:26.00	05:24:30.25	+01:41:36	7:12	8.3	
32	GREIVELDINGER Gilles	5381	ŚMAT BIEGACZA FEHLAU RUN TEAM	Masters M - 40	9	01:12:18	02:43:00	04:03:57	05:24:25.80	05:24:56.30	+01:42:02	7:12	8.3	
33	WILK Jacek	5433		Weteran I M - 50	2	01:11:42	02:44:23	04:02:16	05:25:13.50	05:25:20.15	+01:42:26	7:13	8.3	
34	HIBNER Jacek	5437	HIBI TEAM	Masters M - 40	10	01:07:00	02:38:51	04:03:33	05:27:09.30	05:27:12.75	+01:44:19	7:16	8.3	
35	PASZCZAK Alicja	5454	KLUB WYSOKOGÓRSKI WARSZAWA	Weteran K - 50	1	01:14:19	02:49:52	04:11:00	05:27:14.30	05:27:18.25	+01:44:24	7:16	8.3	
36	PAPROCKA Urszula	5419	MUAY RUNNING TEAM	Senior I K - 20	1	01:20:48	02:54:48	04:10:41	05:27:28.25	05:27:50.65	+01:44:57	7:16	8.2	
37	ŁUCZYŃSKI Maciej	5357		Masters M - 40	11	01:12:22	02:37:07	03:58:28	05:28:00.25	05:28:14.80	+01:45:21	7:17	8.2	
38	MEZYNSKI Szymon	5327	KUDOWANKA RUN	Senior I M - 20	6	01:18:42	02:52:55	04:10:52	05:28:17.45	05:28:43.10	+01:45:49	7:17	8.2	
39	ŁACH Seweryn	5408	BIEGAM DLA CIASTEK	Senior II M - 30	16	01:13:48	02:45:32	04:03:29	05:28:28.30	05:28:46.45	+01:45:52	7:17	8.2	
40	BARANOWSKI Jacek	5302	JACEKBIEGA RUNNING TEAM	Senior II M - 30	17	01:17:32	02:49:33	04:07:01	05:29:13.45	05:29:26.15	+01:46:32	7:18	8.2	
41	BARTOSZ Marek	5272	JCI RUNNING TEAM	Masters M - 40	12	01:21:55	02:56:58	04:13:32	05:29:22.85	05:29:34.00	+01:46:40	7:19	8.2	
42	LISEK Andrzej	5330	LISEK	Senior II M - 30	18	01:12:34	02:44:00	04:06:59	05:31:52.65	05:32:40.75	+01:49:47	7:22	8.1	
43	JĘCEK Maciej	5182	GET ADVISED MACIEJ JĘCEK	Senior II M - 30	19	01:13:39	02:44:29	04:08:01	05:32:30.25	05:32:41.80	+01:49:48	7:23	8.1	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	01:09:04 B1 10km	02:38:20 B2 22km	04:05:19 A15 33km	05:32:47.05 Czas netto	05:32:59.70 Czas brutto	+01:49:57 Różn	7:23 Tempo min/km	8.1 Tempo km/h
44	OLKIS Rafał	5253	PRZEBIEGA.PL	Senior II M - 30	20	01:09:04	02:38:20	04:05:19	05:32:47.05	05:32:59.70	+01:49:57	7:23	8.1
45	KOŁODZIEJ Andrzej	5023	TRIWAWA	Senior II M - 30	21	01:18:50	02:49:11	04:07:50	05:32:48.45	05:33:17.00	+01:50:23	7:23	8.1
46	PRZYBYŁ Piotr	5090	EASY RUNNERS	Masters M - 40	13	01:16:16	02:47:33	04:09:21	05:33:03.10	05:33:17.55	+01:50:23	7:24	8.1
47	LEWANDOWSKI Piotr	5216		Senior I M - 20	7	01:11:56	02:40:32	04:02:22	05:35:22.40	05:35:29.65	+01:52:36	7:27	8.1
48	NESTOROWICZ Marek	5150	KLUB BIEGACZA JURUND SZCZYTNO	Masters M - 40	14	01:17:13	02:50:23	04:09:49	05:35:22.10	05:35:39.15	+01:52:45	7:27	8.1
49	CHMIELINSKI Piotr	5244		Senior II M - 30	22	01:10:40	02:38:51	04:01:11	05:35:01.10	05:35:41.70	+01:52:48	7:26	8.1
50	MIKA Andrzej	5281		Senior II M - 30	23	01:08:56	02:31:28	03:57:17	05:36:06.90	05:36:19.30	+01:53:25	7:28	8
51	ZAGÓRSKI Mariusz	5397	KORNEL TEAM	Masters M - 40	15	01:11:23	02:47:11	04:09:53	05:37:35.75	05:38:18.70	+01:55:25	7:30	8
52	IWASZCZYSZYN Tomasz	5242		Senior II M - 30	24	01:14:56	02:48:35	04:11:17	05:38:49.55	05:38:57.45	+01:56:03	7:31	8
53	SZUKAŁA Piotr	5005		Senior II M - 30	25	01:17:38	02:52:59	04:15:57	05:39:04.45	05:39:11.40	+01:56:17	7:32	8
54	BUJALSKI Szymon	5280		Masters M - 40	16	01:18:41	02:54:15	04:16:59	05:39:32.45	05:39:40.25	+01:56:46	7:32	8
55	PŁONOWSKI Maciej	5127		Senior II M - 30	26	01:13:05	02:44:04	04:06:55	05:39:09.95	05:40:12.85	+01:57:19	7:32	8
56	DZIĘCZKOWSKA-NIKLEWICZ Joanna	5269	ROKIETNICA BIEGA	Senior II K - 30	3	01:22:24	02:57:56	04:20:21	05:45:02.95	05:45:26.15	+02:02:32	7:40	7.8
57	BARAN Mateusz	5420	GORLICKA GRUPA BIEGOWA	Senior II M - 30	27	01:16:02	02:52:47	04:17:04	05:45:18.05	05:45:48.60	+02:02:54	7:40	7.8
58	DEREŃ Beata	5456	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	2	01:24:01	03:00:54	04:23:27	05:45:15.20	05:46:10.75	+02:03:17	7:40	7.8
59	DRYJA Monika	5069	OBOZYBIEGOWE.PL	Masters K - 40	1	01:21:52	02:58:53	04:23:39	05:46:30.70	05:46:44.90	+02:03:51	7:42	7.8
60	DWORNICKI Tomasz	5434	RYBNICKA GRUPA BIEGOWA	Masters M - 40	17	01:22:31	03:02:54	04:22:43	05:47:24.05	05:47:41.70	+02:04:48	7:43	7.8
61	ŚMIECH Daniel	5304	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	18	01:17:01	02:56:18	04:22:55	05:48:50.55	05:49:08.20	+02:06:14	7:45	7.7
62	ZAŁUBSKI Jacek	5317	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	28	01:16:59	02:56:17	04:22:39	05:48:50.80	05:49:08.70	+02:06:15	7:45	7.7
63	FRANCZYK Robert	5375		Masters M - 40	19	01:25:44	03:04:49	04:26:52	05:49:20.50	05:50:04.40	+02:07:10	7:45	7.7
64	MALENDOWICZ Przemysław	5130		Senior II M - 30	29	01:16:05	02:58:31	04:23:37	05:50:00.65	05:50:29.35	+02:07:35	7:46	7.7
65	ŚMIECHOWSKI Michał	5405	PANTHERS WROCŁAW	Senior II M - 30	30	01:14:10	02:53:14	04:20:49	05:50:29.65	05:50:44.80	+02:07:51	7:47	7.7
66	ZACHMYC Damian	5208		Senior II M - 30	31	01:13:43	02:45:53	04:22:06	05:50:56.95	05:51:50.15	+02:08:56	7:47	7.7
67	WŁOSKOWICZ Marcin	5065		Masters M - 40	20	01:16:26	02:52:02	04:20:23	05:52:41.90	05:52:52.15	+02:09:58	7:50	7.7
68	SOBCZYŃSKA Magdalena	5173	#TEAMBIEGIWLKP	Senior I K - 20	3	01:28:12	03:07:03	04:31:42	05:52:15.85	05:52:53.35	+02:09:59	7:49	7.7
69	FERENC-SZMUC Edyta	5232	KUDOWANKA RUN	Senior II K - 30	4	01:28:16	03:05:41	04:27:02	05:52:33.50	05:53:00.20	+02:10:06	7:50	7.7
70	LIPCZAK Amadeusz	5057		Masters M - 40	21	01:16:21	02:57:35	04:26:53	05:52:39.75	05:53:13.00	+02:10:19	7:50	7.7

Msc	KOCH Pawel Zawodnik	5259 Numer	PITREAVIE AMATEUR ATHLETICS CLUB Klub	Masters M 40 Kategoria	22 Mkat	01:09:06 B1 10km	02:57:39 B2 22km	04:32:10 A15 33km	05:52:47.10 netto 45km	05:53:18.25 brutto 45km	+02:10:24 Różn	7:50 Tempo min/km	7.7 Tempo km/h
72	ZIEBA Tomasz	5402	JACEKBIEGA RUNNING TEAM	Masters M - 40	23	01:19:12	02:57:57	04:22:43	05:53:23.45	05:53:37.15	+02:10:43	7:51	7.6
73	ŚLEZIAK Tomasz	5273	TECZA	Masters M - 40	24	01:23:16	03:04:02	04:31:04	05:53:33.65	05:54:10.40	+02:11:16	7:51	7.6
74	URBAŃSKI Michał	5370	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	32	01:17:05	02:53:47	04:20:51	05:53:57.55	05:54:12.05	+02:11:18	7:51	7.6
75	OKOŃ Kamila	5267	FALSTART RUDNIKI / FITKOOP	Senior II K - 30	5	01:17:26	02:55:14	04:24:08	05:54:17.20	05:54:22.80	+02:11:29	7:52	7.6
76	PIOTROWSKI Krzysztof	5154		Masters M - 40	25	01:18:55	02:56:46	04:24:04	05:54:43.30	05:54:56.60	+02:12:02	7:52	7.6
77	WAWRZEŃ Tomasz	5191	STS BIEGATON MIKOŁÓW	Masters M - 40	26	01:21:28	03:06:29	04:30:23	05:57:23.95	05:57:33.65	+02:14:40	7:56	7.6
78	BATURO Artur	5043	MARCINOWICE TEAM	Masters M - 40	27	01:15:26	03:02:21	04:31:40	05:56:43.85	05:57:53.40	+02:14:59	7:55	7.6
79	DYGA Sebastian	5442	MUAY RUNNING TEAM	Masters M - 40	28	01:28:01	03:06:29	04:33:07	05:58:31.95	05:59:18.90	+02:16:25	7:58	7.5
80	KAROLCZAK Aleksander	5371	WKURW_TEAM	Senior I M - 20	8	01:24:31	02:59:31	04:31:16	05:59:03.70	05:59:53.65	+02:17:00	7:58	7.5
81	BOHDANOWICZ Krzystian	5366	ATLAS RUNNING TEAM	Senior II M - 30	33	01:28:33	03:25:54	04:42:20	06:01:42.85	06:01:50.60	+02:18:56	8:02	7.5
82	JUNIK Łukasz	5038	MKS SIECHNICE	Senior II M - 30	34	01:33:46	03:25:00	04:43:58	06:03:02.00	06:03:27.95	+02:20:34	8:04	7.4
83	WIELGAT- KOJDECKA Magdalena	5321		Senior II K - 30	6	01:29:11	03:11:35	04:40:51	06:03:37.50	06:04:03.10	+02:21:09	8:04	7.4
84	BOROWSKA- NAJDEREK Paulina	5233	FREE RUN	Senior II K - 30	7	01:20:52	02:55:55	04:26:46	06:05:05.70	06:05:38.00	+02:22:44	8:06	7.4
85	OSTROWSKI Sławomir	5059	FREE RUN	Senior II M - 30	35	01:20:51	02:55:54	04:26:47	06:05:07.20	06:05:40.20	+02:22:46	8:06	7.4
86	WALKOWIAK Joanna	5445	MUAY RUNNING TEAM	Senior II K - 30	8	01:28:26	03:16:44	04:43:33	06:05:02.10	06:05:44.90	+02:22:51	8:06	7.4
87	MRÓZ Marcin	5377	DZIKIE BOBRY	Masters M - 40	29	01:18:43	02:59:14	04:36:56	06:05:27.00	06:05:53.45	+02:22:59	8:07	7.4
88	KONSTANTY Katarzyna	5051	JACKIPLACKI	Masters K - 40	2	01:29:02	03:11:35	04:42:04	06:07:49.05	06:07:59.90	+02:25:06	8:10	7.3
89	BŁASZKIEWICZ Bogusz	5422	DZIEKI BOBRY/STR POZNAN	Senior II M - 30	36	01:22:43	03:12:15	04:39:11	06:08:33.85	06:09:01.30	+02:26:07	8:11	7.3
90	ŁUKOWIAK Karol	5165	MUKS SZOK BOJANOWO	Senior II M - 30	37	01:20:43	03:04:36	04:40:10	06:09:17.85	06:09:21.60	+02:26:27	8:12	7.3
91	GŁÓD Łukasz	5318	KLUB BIEGACZA AZS UEK	Senior I M - 20	9	01:20:39	03:00:53	04:33:33	06:09:48.00	06:09:57.10	+02:27:03	8:13	7.3
92	MISZCZAK Szymon	5441		Senior II M - 30	38	01:28:23	03:07:26	04:37:26	06:09:15.80	06:10:07.15	+02:27:13	8:12	7.3
93	OSUCH Piotr	5457	NYSA BIEGA	Masters M - 40	30	01:28:03	03:10:30	04:37:03	06:09:21.35	06:10:31.90	+02:27:38	8:12	7.3
94	CZYCZERSKI Jacek	5188	GRUPA BIEGOWA BEZ GRANIC	Weteran I M - 50	3	01:14:25	02:50:06	04:30:51	06:09:51.15	06:10:36.30	+02:27:42	8:13	7.3
95	KUŻMA Przemysław	5156		Weteran I M - 50	4	01:21:35	03:04:21	04:37:57	06:10:25.40	06:10:41.30	+02:27:47	8:13	7.3
96	LIPINA Rafał	5409		Masters M - 40	31	01:22:27	03:02:31	04:33:29	06:11:14.70	06:11:37.40	+02:28:43	8:15	7.3
97	ANTKOWIAK	5444	MUAY RUNNING TEAM	Senior II K -	9	01:23:57	03:05:51	04:39:06	06:11:01.10	06:11:43.25	+02:28:49	8:14	7.3

Plec	Monika JURCZAK Roman		Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas Netto 45km	Czas Brutto 45km	Różn	Tempo min/km	Tempo Km/h
	Number	GPARDY I GAZELE RZESZÓW											
99		KARPOWICZ Rafal	5379		32	01:13:06	02:59:57	04:37:24	06:12:30.15	06:12:44.90	+02:29:51	8:16	7.2
100		NIZAR Wioletta	5367	CSC ADWENTURE ACADEMY	3	01:28:51	03:17:47	04:47:08	06:13:16.60	06:13:23.85	+02:30:30	8:17	7.2
101		FUKS Michał	5186	GRUPA FUX	39	01:24:19	03:09:26	04:37:25	06:13:10.95	06:13:24.95	+02:30:31	8:17	7.2
102		KACZMAREK Jędrzej	5018	KP PSP MILICZ	10	01:10:15	02:51:19	04:24:10	06:13:31.90	06:13:38.10	+02:30:44	8:18	7.2
103		BIELECKI Robert	5004	KEEN ON RUNNING	5	01:18:47	03:03:04	04:40:28	06:13:48.35	06:14:30.65	+02:31:37	8:18	7.2
104		ŻERKO Klaudia	5056		4	01:24:35	03:11:41	04:41:04	06:15:33.50	06:15:45.10	+02:32:51	8:20	7.2
105		KOTKIEWICZ Karol	5260	LOTOS RUNNNING TEAM	40	01:17:38	03:01:02	04:32:21	06:15:42.60	06:15:48.20	+02:32:54	8:20	7.2
106		KOZŁOWSKA Iwona	5028		4	01:32:01	03:17:24	04:47:59	06:15:54.30	06:16:03.00	+02:33:09	8:21	7.2
107		KIRILENKO Aneta	5054		5	01:19:20	03:13:10		06:16:19.80	06:16:25.10	+02:33:31	8:21	7.2
108		KIRILENKO Marcin	5053		33	01:19:21	03:13:14	04:42:24	06:16:21.40	06:16:25.15	+02:33:31	8:21	7.2
109		MAGIERECKA Agnieszka	5245		10	01:28:35	03:14:39	04:47:20	06:15:54.25	06:16:35.65	+02:33:42	8:21	7.2
110		HOTAŁA Sylwia	5239	KUDOWANKA RUN	11	01:34:17	03:17:36	04:46:42	06:16:28.85	06:16:57.05	+02:34:03	8:21	7.2
111		MAKOCKI Michał	5136		34	01:19:44	03:01:14	04:38:46	06:16:29.90	06:17:41.60	+02:34:47	8:22	7.2
112		FIREK Rafał	5240	LACHO TEAM	35	01:30:08	03:10:04	04:41:06	06:17:01.25	06:17:54.05	+02:35:00	8:22	7.2
113		WYBRANOWSKI Sylwester	5135	DOM DEVELOPMENT ADVENTURE TEAM	36	01:24:47	03:08:28	04:44:26	06:17:40.65	06:18:15.35	+02:35:21	8:23	7.1
114		SZUBIŃSKI Adam	5055	12 BRYGADA ZMECHANIZOWANA	41	01:24:02	03:02:41	04:40:36	06:18:13.45	06:18:46.10	+02:35:52	8:24	7.1
115		DZIUBEK Michał	5106	W POGONI ZA DUCHEM	42	01:27:57	03:10:44	04:50:34	06:18:21.15	06:19:12.60	+02:36:18	8:24	7.1
116		BORUTA-KOŁODZIEJ Emilia	5265	PRO-RUN WROCŁAW	12	01:27:45	03:15:09	04:49:56	06:18:34.55	06:19:35.20	+02:36:41	8:24	7.1
117		MAŚLANKA Jarosław	5400	PEGA RUNNERS	37	01:16:55	02:57:26	04:37:04	06:20:15.15	06:20:47.85	+02:37:54	8:27	7.1
118		OBRZUD Krzysztof	5166		38	01:15:56	02:57:47	04:31:52	06:20:34.15	06:21:08.65	+02:38:15	8:27	7.1
119		GIERADA Mateusz	5092	NIGHT RUNNERS GLIWCE	11	01:21:19	03:09:08	04:47:26	06:20:27.50	06:21:19.95	+02:38:26	8:27	7.1
120		GARBOWSKA Monika	5243	BIEGUSIEM PRZEZ ŻYCIE	6	01:29:33	03:23:56	04:55:18	06:20:26.75	06:21:20.55	+02:38:26	8:27	7.1
121		STĘPIEŃ Wojciech	5246	BIEGUSIEM PRZEZ ŻYCIE	39	01:29:34	03:23:55	04:55:13	06:20:26.65	06:21:20.60	+02:38:26	8:27	7.1
122		GARCZYŃSKI Darek	5061		40	01:21:05	03:02:53	04:42:15	06:21:36.95	06:21:55.40	+02:39:01	8:28	7.1
123		KWIATEK Agnieszka	5113		5	01:29:19	03:15:38	04:47:53	06:21:44.85	06:22:07.65	+02:39:14	8:29	7.1
124		SKAŁECKI Przemysław Skątecki	5042	WERZBICKI RUNNING PROJECT	43	01:28:55	03:16:03	04:47:57	06:22:44.55	06:22:48.50	+02:39:54	8:30	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	01:01:25 10km	03:02:29 22km	04:47:52 33km	06:23:39.10 45km Czas netto	06:23:45.15 45km Czas brutto	+02:40:51 Różn	Tempo min/km	Tempo km/h
125	GŁOWACKA Renata	5009	TRIAKTYWNY PIOTRKÓW		7								
126	KWIKERT Adrian	5282		Senior II M - 30	44	01:26:15	03:11:34	04:40:24	06:23:14.35	06:23:56.60	+02:41:02	8:30	7
127	SZCZUKA Joanna	5249	POLITECHNIKA POZNAŃSKA	Senior I K - 20	6	01:37:20	03:22:47	04:54:25	06:22:51.25	06:24:04.90	+02:41:11	8:30	7.1
128	KSIĄŻKIEWICZ Tomasz	5003	RUSZ4LITERY	Masters M - 40	41	01:23:46	03:02:41	04:43:06	06:23:05.15	06:24:18.05	+02:41:24	8:30	7
129	BUDYCH Arkadiusz	5226	RĄCZE LACZKI	Senior II M - 30	45	01:28:37	03:09:49	04:44:41	06:24:10.00	06:24:48.10	+02:41:54	8:32	7
130	LESZCZYŃSKI Paweł	5440	LASY WAWERSKIE	Weteran I M - 50	6	01:36:27	03:23:19	04:55:11	06:24:52.60	06:25:33.05	+02:42:39	8:33	7
131	GAŁEK Aleksander	5168	PRAGMATIQ.PL	Senior II M - 30	46	01:30:56	03:20:52	04:54:05	06:26:03.20	06:26:29.80	+02:43:36	8:34	7
132	BODZIOCH Grzegorz	5353	GORLICKA GRUPA BIEGOWA	Masters M - 40	42	01:34:31	03:20:49	04:52:11	06:26:18.10	06:26:48.95	+02:43:55	8:35	7
133	KONIK Tomasz	5014	FORTIVA	Senior II M - 30	47	01:27:18	03:13:15	04:47:53	06:25:55.10	06:26:51.45	+02:43:57	8:34	7
134	KACZMAREK Mirosław	5128		Senior I M - 20	12	01:28:51	03:10:40	04:52:17	06:26:35.40	06:27:07.40	+02:44:13	8:35	7
135	SPRAWKA Marta	5325	KALENJI BY DECATHLON	Senior I K - 20	7	01:28:41	03:09:32	04:51:51	06:26:35.85	06:27:17.20	+02:44:23	8:35	7
136	CUKROWSKI Marcin	5197	BALLUFF RUNNING TEAM	Senior II M - 30	48	01:22:04	03:16:59	04:55:26	06:28:10.70	06:29:14.05	+02:46:20	8:37	7
137	KAKOSZKA Marcin	5039		Senior II M - 30	49	01:20:07	03:07:20	04:50:47	06:28:35.15	06:29:26.30	+02:46:32	8:38	6.9
138	SMYK Kamil	5163		Senior II M - 30	50	01:21:03	03:09:48	04:52:20	06:29:20.50	06:29:55.95	+02:47:02	8:39	6.9
139	GRZYBOWSKI Rafał	5341		Masters M - 40	43	01:20:38	03:06:16	04:53:40	06:29:40.75	06:30:15.10	+02:47:21	8:39	6.9
140	KAPAŁKA Adrian	5076	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	44	01:31:30	03:23:23	04:56:27	06:30:14.90	06:30:20.20	+02:47:26	8:40	6.9
141	KORF Tomasz	5022		Senior II M - 30	51	01:28:49	03:17:43	04:50:57	06:29:49.30	06:30:34.65	+02:47:41	8:39	6.9
142	ŁYSIAK Bartek	5335		Senior II M - 30	52	01:23:49	03:06:36	04:43:18	06:30:13.25	06:31:01.05	+02:48:07	8:40	6.9
143	PETRYKOWSKI Karol	5111	HASAJTO!	Senior II M - 30	53	01:28:58	03:12:06	04:55:40	06:31:08.60	06:31:13.40	+02:48:19	8:41	6.9
144	CIEŚLAK Krzysztof	5413	ULTRAFAZA	Senior II M - 30	54	01:29:26	03:24:53	04:59:17	06:31:22.60	06:31:30.50	+02:48:36	8:41	6.9
145	BAJDAK Łukasz	5389		Senior II M - 30	55	01:30:11	03:18:56	04:53:38	06:31:35.00	06:32:13.30	+02:49:19	8:42	6.9
146	WASIEWICZ Jolanta	5395	MEE	Senior II K - 30	13	01:34:13	03:25:08	04:57:52	06:31:35.85	06:32:18.75	+02:49:25	8:42	6.9
146	WASIEWICZ Adam	5291	TRENERBIEGANIA.PL	Senior II M - 30	56	01:20:30	02:56:58	04:57:55	06:31:37.05	06:32:18.75	+02:49:25	8:42	6.9
148	SKRZYPIEC Katarzyna	5431		Senior II K - 30	14	01:24:27	03:15:05	04:54:02	06:32:28.45	06:32:34.35	+02:49:40	8:43	6.9
149	PROSOWIECKA SMAK Katarzyna	5198	BBL	Masters K - 40	8	01:26:43	03:18:53	04:51:33	06:32:28.20	06:32:34.50	+02:49:40	8:43	6.9
150	IGNATOWSKA Justyna	5369	CAFFEDELMONDO.PL	Senior II K - 30	15	01:24:47	03:17:12	04:50:39	06:32:34.60	06:32:43.15	+02:49:49	8:43	6.9
151	MASZEWSKA Agata	5279		Senior II K - 30	16	01:35:00	03:26:49	05:03:55	06:32:52.50	06:33:07.70	+02:50:14	8:43	6.9
152	HOLECZEK	5047	STS BIEGATON MIKOŁÓW	Masters K -	9	01:30:35	03:31:06	05:05:22	06:35:22.05	06:35:31.00	+02:52:37	8:47	6.8

Msc	Olimpia Zawodnik	Numer	Klub	40 Masters M - 40	Kat	B1 01:07:02	B2 02:28:05	A15 03:56:04	Czas netto 06:34:48.90	Czas brutto 06:35:52.20	Różn 02:52:38	Tempo 8:46/km	Tempo 6:40/h
153	GALECKI Tomasz	5310											
154	CHOJNOWSKI Andrzej	5034		Weteran I M - 50	7	01:27:50	03:18:32	04:59:31	06:35:28.40	06:36:16.50	+02:53:22	8:47	6.8
155	KORDECKI Bartłomiej	5398	WCHSZT	Senior II M - 30	57	01:26:54	03:11:13	04:58:15	06:35:44.70	06:36:40.75	+02:53:47	8:47	6.8
156	NOWIK Jagoda	5238	EKOBIEGI	Senior II K - 30	17	01:34:17	03:20:14	05:00:52	06:35:57.70	06:37:04.50	+02:54:10	8:47	6.8
157	NIMSZ Kamila	5178	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	18	01:28:42	03:27:34	05:12:21	06:37:20.45	06:37:41.10	+02:54:47	8:49	6.8
158	KRUPIANIK Tomasz	5401		Senior II M - 30	58	01:28:28	03:17:58	04:54:00	06:37:12.80	06:38:10.05	+02:55:16	8:49	6.8
159	GONCERZEWICZ Anna	5133	BASSET ROLLING TEAM/STARE BABICE BIEGAJA	Senior II K - 30	19	01:41:43	03:40:10	05:12:14	06:37:35.25	06:38:13.15	+02:55:19	8:50	6.8
160	WNENT Bartosz	5453	SILAOGRA.PL	Senior II M - 30	59	01:20:42	03:16:22	04:54:22	06:38:09.30	06:38:14.90	+02:55:21	8:50	6.8
161	STACHOWIAK Łukasz	5388	STR POZNAŃ / DZIKIE BOBRY	Senior II M - 30	60	01:16:00	03:39:28	05:11:44	06:39:21.60	06:39:37.50	+02:56:43	8:52	6.8
162	GRZESZCZYK Michał	5079	EKOBIEGI	Senior II M - 30	61	01:24:04	03:17:45	04:56:45	06:39:59.20	06:40:29.45	+02:57:35	8:53	6.8
163	PIJANKA Mariusz	5170	BBL OPOLE	Masters M - 40	46	01:33:06	03:25:53	05:02:36	06:40:48.75	06:41:58.25	+02:59:04	8:54	6.7
164	HANARZ Jacek	5315	DRUŻYNA SZPIKU	Masters M - 40	47	01:34:37	03:26:37	05:00:01	06:41:28.80	06:42:21.50	+02:59:27	8:55	6.7
165	CHODARCEWICZ Aleksandra	5209		Masters K - 40	10	01:29:57	03:32:24	05:05:57	06:41:44.90	06:42:44.50	+02:59:50	8:55	6.7
166	SZYMAŃSKI Piotr	5193		Masters M - 40	48	01:37:59	03:34:26	05:07:46	06:42:08.60	06:43:09.55	+03:00:15	8:56	6.7
167	SULIKOWSKI Rafał	5328		Senior I M - 20	13	01:41:48	03:34:36	05:05:43	06:41:52.05	06:43:10.40	+03:00:16	8:55	6.7
168	BŁASZCZYK Luiza	5102		Senior I K - 20	8	01:34:43	03:28:52	05:03:34	06:43:09.65	06:43:17.85	+03:00:24	8:57	6.7
169	DRABIK Jacek	5283		Weteran I M - 50	8	01:31:51	03:32:46	05:08:22	06:43:19.05	06:43:33.95	+03:00:40	8:57	6.7
170	IWANOWSKI Wojtek	5181	OPOLE G.R.U.	Masters M - 40	49	01:34:22	03:23:30	05:00:38	06:42:47.80	06:43:48.45	+03:00:54	8:57	6.7
171	JANKOWIAK Krzysztof	5116	MARCO	Masters M - 40	50	01:29:09	03:24:05	05:00:34	06:43:29.65	06:43:56.15	+03:01:02	8:58	6.7
172	LEWANDOWSKI Janusz	5410		Masters M - 40	51	01:30:11	03:30:50	05:06:29	06:44:02.75	06:44:24.55	+03:01:30	8:58	6.7
173	WILK Magdalena	5288	DZIADY OCR	Masters K - 40	11	01:26:37	03:23:20	04:58:24	06:44:11.05	06:44:27.10	+03:01:33	8:58	6.7
174	DEREŃ Agata	5266	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	9	01:35:49	03:29:38	05:10:33	06:43:44.85	06:44:40.90	+03:01:47	8:58	6.7
175	SYGIEL Andrzej	5077		Masters M - 40	52	01:29:35	03:27:21	05:03:25	06:45:56.60	06:46:14.85	+03:03:21	9:01	6.7
176	BASIŃSKI Hubert	5118		Masters M - 40	53	01:37:24	03:27:06	05:05:39	06:45:10.45	06:46:26.80	+03:03:33	9:00	6.7
177	SĄŁEK Mateusz	5358	ADIDAS RUNNERS WARSAW	Senior I M - 20	14	01:17:19	03:09:00	05:00:49	06:47:01.00	06:47:10.65	+03:04:17	9:02	6.6
178	LIS Tomasz	5308		Senior II M - 30	62	01:28:41	03:35:36	05:10:27	06:46:31.05	06:47:28.40	+03:04:34	9:02	6.6
179	ŚLIWKA Arkadiusz	5146	OLZA CIESZYN	Masters M - 40	54	01:20:31	03:12:57	05:01:24	06:47:11.35	06:47:43.55	+03:04:49	9:02	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	06:47:54.10 netto	06:48:38.70 brutto	+03:05:45 Różn	9:03 Tempo min/km	6.6 Tempo km/h
180	KANDORA Joanna	5103	MIECHOWCKA GRUPA BIEGOWA	Masters K - 40	12	01:35:22	03:31:09	05:10:06	06:47:54.10	06:48:38.70	+03:05:45	9:03	6.6
181	KANDORA Piotr	5104	MIECHOWCKA GRUPA BIEGOWA	Masters M - 40	55	01:35:18	03:31:32	05:10:05	06:47:54.10	06:48:38.75	+03:05:45	9:03	6.6
182	PAWLIK Paweł Alibaba	5406	CAŁA OLEŚNICA BIEGA	Masters M - 40	56	01:29:07	03:31:06	05:07:26	06:48:16.35	06:48:55.40	+03:06:01	9:04	6.6
183	RUTKOWSKI Maciej	5361	KB PIAST MIĘDZYRZECZ/ TURBO WILKI/ ULTRA DIABŁY	Senior I M - 20	15	01:21:11	03:10:16	05:03:24	06:48:51.95	06:48:58.55	+03:06:04	9:05	6.6
184	KIŃCZYK Tomasz	5151	TERNY JAKUBA-OŁAWSKI PARK WODNY	Senior II M - 30	63	01:26:37	03:21:07	04:59:09	06:48:42.60	06:49:02.85	+03:06:09	9:04	6.6
185	DITMAROVÁ Lucie	5365	TEAM JESENÍKY	Senior II K - 30	20	01:21:32	03:20:56	05:01:20	06:48:57.55	06:49:25.60	+03:06:31	9:05	6.6
186	BAŤA Tomáš	5363	TEAM JESENÍKY	Masters M - 40	57	01:21:30	03:20:55	05:01:26	06:48:57.95	06:49:25.75	+03:06:32	9:05	6.6
187	ŠVÁBENSKÝ Jan	5364	TEAM JESENÍKY	Senior II M - 30	64	01:21:34	03:20:57	05:00:50	06:48:58.35	06:49:25.85	+03:06:32	9:05	6.6
188	CZYRNIA Andrzej	5220	RAJSPOORT ACTIVE	Senior II M - 30	65	01:28:24	03:47:15	05:11:14	06:49:35.50	06:50:35.65	+03:07:42	9:06	6.6
189	WRÓBEL Paweł	5105	MKS SIECHNICE	Senior II M - 30	66	01:33:46	03:41:06	05:18:36	06:50:47.75	06:51:14.00	+03:08:20	9:07	6.6
190	KOSTERA Katarzyna	5099	VEGE RUNNERS	Masters K - 40	13	01:37:47	03:42:45	05:19:22	06:50:36.90	06:51:21.30	+03:08:27	9:07	6.6
191	BIERNACIK Piotr	5447		Masters M - 40	58	01:28:20	03:19:22	04:58:52	06:51:26.10	06:51:51.10	+03:08:57	9:08	6.6
192	PURWIN Karolina	5144		Senior I K - 20	10	01:34:51	03:35:24	05:13:55	06:51:45.65	06:52:12.55	+03:09:18	9:09	6.6
193	ŚWIĄTEK Agnieszka	5145		Senior I K - 20	11	01:34:49	03:35:23	05:13:55	06:51:45.50	06:52:12.70	+03:09:19	9:09	6.6
194	RUŚKIEWICZ Wojciech	5225	DELOITTE ADVENTURE TEAM	Senior II M - 30	67	01:20:45	03:20:52	04:58:55	06:52:24.75	06:52:54.55	+03:10:00	9:09	6.5
195	WOLENTARSKI Roman	5179		Weteran I M - 50	9	01:33:06	03:23:36	05:00:27	06:52:12.55	06:53:21.15	+03:10:27	9:09	6.5
196	STOLINSKI Dominik	5085	RADOSNY CHMIEL	Masters M - 40	59	01:28:12	03:27:25	05:12:06	06:52:42.30	06:53:39.00	+03:10:45	9:10	6.5
197	PODWÓJCI Michał	5354		Senior II M - 30	68	01:18:09	03:10:57	05:03:22	06:54:08.40	06:54:18.30	+03:11:24	9:12	6.5
198	SOBIERAJ Kamil	5416	MKS 'WIERNA' MAŁOGOSZCZ-SEKCJA BIEGOWA	Senior I M - 20	16	01:22:35	03:15:21	05:06:53	06:54:26.20	06:54:37.40	+03:11:43	9:12	6.5
199	GŁÓWKA Maciej	5138		Senior II M - 30	69	01:37:25	03:33:53	05:12:59	06:53:54.35	06:54:48.55	+03:11:54	9:11	6.5
200	PASTUSZKA Mirosław	5329	RUN ŁDZ	Weteran I M - 50	10	01:29:45	03:33:42	05:16:00	06:54:14.90	06:55:16.90	+03:12:23	9:12	6.5
201	DRAJERCZAK Marlena	5417	MUAY RUNNING TEAM	Masters K - 40	14	01:37:53	03:41:56	05:21:02	06:55:09.15	06:55:54.70	+03:13:01	9:13	6.5
202	SUSŁOWSKI Paweł	5452		Senior II M - 30	70	01:28:47	03:23:24	05:09:04	06:55:17.20	06:56:19.95	+03:13:26	9:13	6.5
203	LACHOR Katarzyna	5387		Senior I K - 20	12	01:29:07	03:31:33	05:14:10	06:56:20.10	06:56:30.80	+03:13:37	9:15	6.5
204	SMURA Rafał	5261		Senior II M - 30	71	01:29:05	03:18:19	05:06:03	06:55:39.70	06:56:39.40	+03:13:45	9:14	6.5
205	TOKARCZYK Tomasz	5075	DRUŻYNA SZPIKU	Masters M - 40	60	01:37:31	03:30:14	05:08:08	06:55:37.65	06:56:48.75	+03:13:55	9:14	6.5
206	BEDNAREK Krzysztof	5320		Masters M - 40	61	01:33:12	03:41:43	05:17:21	06:57:27.45	06:57:55.15	+03:15:01	9:16	6.5
207	GRABOWSKA	5086	EKOBIEGI	Masters K - 40	15	01:40:53	03:41:45	05:20:29	06:57:11.20	06:58:17.75	+03:15:24	9:16	6.5

Msc	Osoba	Numer	DRUZYNA SZPIKU	Klub	40 Kategoria	21 Mkat	01:53:21 10km	03:09:58 22km	05:15:48 33km	Czas netto 06:58:13.05 45km	Czas brutto 06:58:33.30 45km	+03:15:39 Rozn	Tempo min/km	Tempo km/h
208	ROSIK Magdalena	5297			Senior II K - 30	21	01:53:21	03:09:58	05:15:48	06:58:13.05	06:58:33.30	+03:15:39	9:18	6.4
209	SZUKALA Izabela	5008			Senior II K - 30	22	01:34:15	03:31:14	05:16:05	06:59:05.40	06:59:12.05	+03:16:18	9:18	6.4
210	PODJUK Juliusz	5167			Masters M - 40	62	01:36:33	03:28:48	05:14:08	06:58:59.95	06:59:13.25	+03:16:19	9:18	6.4
211	GNACY Agnieszka	5122			Senior II K - 30	23	01:38:19	03:40:07	05:19:56	06:59:00.80	06:59:14.10	+03:16:20	9:18	6.4
212	SZYSZŁOWSKI Waldemar	5131			Senior II M - 30	72	01:28:11	03:33:02	05:13:12	06:58:25.80	06:59:38.20	+03:16:44	9:17	6.5
213	ŁOŻYŃSKI Kamil	5194	KW GLIWICE		Senior II M - 30	73	01:34:06	03:29:01	05:09:44	06:59:04.20	06:59:41.30	+03:16:47	9:18	6.4
214	PAKULSKA- TOMZA Dorota	5430			Masters K - 40	16	01:36:05	03:37:39	05:20:06	06:59:02.85	06:59:50.65	+03:16:57	9:18	6.4
215	KRAWCZYK Karol	5264			Senior II M - 30	74	01:15:41	03:13:39	05:02:48	07:00:07.45	07:00:26.65	+03:17:33	9:20	6.4
216	PTAK Jarek	5423			Masters M - 40	63	01:29:14	03:36:16	05:20:39	07:01:03.40	07:01:26.55	+03:18:32	9:21	6.4
217	OSTROUCH Tymon	5248			Senior II M - 30	75	01:17:30	02:59:58	04:48:58	07:00:31.05	07:01:55.30	+03:19:01	9:20	6.4
218	LUDA Żaneta	5157	WAWRZYNTTEAM		Senior II K - 30	24	01:33:09	03:39:52	05:19:47	07:01:30.50	07:01:58.85	+03:19:05	9:22	6.4
219	KULIG Tomasz	5386			Masters M - 40	64	01:33:27	03:40:54	05:41:40	07:02:07.40	07:03:27.05	+03:20:33	9:22	6.4
220	GACEK Michał	5083	NOA		Senior II M - 30	76	01:16:24	03:14:39	04:59:12	07:04:08.85	07:04:13.90	+03:21:20	9:25	6.4
221	MIELECKA Agnieszka	5294	IDMAR RACING TEAM		Weteran K - 50	2	01:36:46	03:53:47	05:36:26	07:03:15.30	07:04:14.10	+03:21:20	9:24	6.4
222	MACKIEWICZ Magdalena	5024	DŁUGOBIEGANIE		Masters K - 40	17	01:35:12	03:28:06	05:09:39	07:04:07.95	07:04:22.00	+03:21:28	9:25	6.4
223	PIOTROWSKI Michał	5373			Senior II M - 30	77	01:27:54	03:29:47	05:16:55	07:03:43.70	07:04:22.80	+03:21:29	9:24	6.4
223	PÓŁGRABIA Dawid	5374			Masters M - 40	65	01:27:51	03:29:46	05:16:58	07:03:42.95	07:04:22.80	+03:21:29	9:24	6.4
225	KARDAS Piotr	5285			Masters M - 40	66	01:29:17	03:22:04	05:10:03	07:03:48.50	07:04:24.75	+03:21:31	9:25	6.4
226	KUPIEC Maciej	5372			Senior II M - 30	78	01:27:51	03:29:46		07:04:13.80	07:04:52.80	+03:21:59	9:25	6.4
227	MAŁKOWSKI Piotr	5169			Weteran II M - 60	2	01:25:53	03:22:41	05:13:46	07:04:53.45	07:05:03.95	+03:22:10	9:26	6.4
228	GRĘBOWICZ Andrzej	5052	KB HARCOWNIK JELCZ-LASKOWICE		Masters M - 40	67	01:28:40	03:28:02	05:17:05	07:05:27.10	07:05:46.80	+03:22:53	9:27	6.3
229	KOŁBUC Rafał	5074			Senior I M - 20	17	01:32:07	03:35:05	05:17:37	07:05:39.10	07:05:58.00	+03:23:04	9:27	6.3
230	NAPIERAŁA Katarzyna	5396			Masters K - 40	18	01:43:08	03:49:00	05:29:12	07:06:25.10	07:07:12.30	+03:24:18	9:28	6.3
231	KOSTERA Tomasz	5095	VEGE RUNNERS		Masters M - 40	68	01:37:46	03:42:31	05:21:05	07:06:38.25	07:07:21.65	+03:24:28	9:28	6.3
232	PORADA Małgorzata	5224			Masters K - 40	19	01:38:24	03:45:28	05:28:15	07:07:28.95	07:08:37.95	+03:25:44	9:29	6.3
233	MROTEK Michał	5298	QUAPRO TEAM		Masters M - 40	69	01:29:01	03:34:02	05:21:47	07:08:41.45	07:08:51.05	+03:25:57	9:31	6.3
234	POPIELA Sebastian	5350	OPTYK BARTKOWIAK TEAM		Senior II M - 30	79	01:26:53	03:36:27	05:19:18	07:09:13.90	07:09:31.10	+03:26:37	9:32	6.3

Msc	Imię i Nazwisko	Numer	Klub	Kategoria	Mkat	01:00km	02:00km	03:00km	04:00km	05:00km	06:00km	07:00km	08:00km	09:00km	Różn	Tempo min/km	Tempo km/h
235	WOŹNIAK Paweł GRUPOWA Mateusz	5344 5114	CROSSFIT LESZNO	Senior II M - 30	80	01:26:55	03:36:29	05:19:21	07:09:16	09:00	07:09:16.00	07:09:32.60	+03:26:38	9:32	6.3		
237	MRÓZ Agata	5218	UKS KUMA WAŁCZ	Senior II K - 30	25	01:34:33	03:40:28	05:20:47	07:10:09.95		07:10:34.35	+03:27:40	9:33	6.3			
238	MRÓZ Adrian	5217	UKS KUMA WAŁCZ	Senior II M - 30	82	01:34:35	03:40:27	05:20:55	07:10:09.75		07:10:34.50	+03:27:40	9:33	6.3			
239	JASICKI Krzysztof	5063		Senior II M - 30	83	01:35:04	03:42:02	05:21:41	07:10:42.40		07:11:07.25	+03:28:13	9:34	6.3			
240	SZABAT Daniel	5044		Masters M - 40	70	01:35:31	03:38:26	05:20:50	07:12:48.45		07:13:25.85	+03:30:32	9:37	6.2			
241	CHECIŃSKI Łukasz	5160		Senior II M - 30	84	01:33:07	03:33:14	05:21:24	07:13:27.75		07:14:01.65	+03:31:08	9:37	6.2			
242	STRZAŁKOWSKA Urszula	5196		Senior II K - 30	26	01:37:09	03:46:23	05:30:51	07:13:37.65		07:14:46.35	+03:31:52	9:38	6.2			
243	SZCZĘSNA-SOBCZYK Marle	5311	BIEGOWA KUŹNIA	Masters K - 40	20	01:37:42	03:39:48	05:29:35	07:14:11.25		07:14:46.55	+03:31:52	9:38	6.2			
244	TKACZ Rafał	5110	HASAJTO!	Senior II M - 30	85	01:28:52	03:28:11	05:20:18	07:14:47.30		07:14:52.05	+03:31:58	9:39	6.2			
245	BARAN Jędrzej	5115	HASAJTO!	Senior II M - 30	86	01:28:58	03:32:47	05:21:36	07:14:46.80		07:14:52.20	+03:31:58	9:39	6.2			
246	DRYMEL Piotr	5189	DESTYLATOR	Senior II M - 30	87	01:53:53	03:52:52	05:42:20	07:13:45.45		07:14:56.80	+03:32:03	9:38	6.2			
247	PASZKOWSKI Paweł	5204		Senior II M - 30	88	01:19:08	03:13:17	05:22:43	07:14:34.55		07:15:18.15	+03:32:24	9:39	6.2			
248	PUZIO Waldemar	5438	MARATOŃCZYK DĘBICA	Weteran II M - 60	3	01:35:31	03:34:54	05:22:23	07:14:51.20		07:16:06.80	+03:33:13	9:39	6.2			
249	KAMIŃSKI Paweł	5058	CAŁA OLEŚNICA BIEGA	Masters M - 40	71	01:29:11	03:32:22	05:20:27	07:15:49.95		07:16:28.95	+03:33:35	9:41	6.2			
250	JANKOWSKI Rafał	5436	KOŁO BIEGA	Senior II M - 30	89	01:33:48	03:42:24	05:25:59	07:16:29.70		07:16:52.25	+03:33:58	9:42	6.2			
251	JELEŃSKA Barbara	5125		Senior II K - 30	27	01:37:22	03:40:50	05:24:15	07:16:38.85		07:17:56.50	+03:35:02	9:42	6.2			
252	MARMUROWICZ Krystian	5036	KOLOROWA DRUŻYNA NESSI	Masters M - 40	72	01:35:13	03:37:24	05:25:05	07:18:01.30		07:18:45.90	+03:35:52	9:44	6.2			
253	MRÓWCZYŃSKI Tomasz	5324	BIEGAJĄCE	Senior II M - 30	90	01:35:46	03:28:09	05:18:09	07:18:13.40		07:19:14.75	+03:36:21	9:44	6.2			
254	KNOFEL-LASZCZYŃSKA Agata	5081	STRZELIŃSKI KLUB BIEGACZA GRANIT	Masters K - 40	21	01:37:40	03:50:07	05:36:45	07:19:07.05		07:19:44.25	+03:36:50	9:45	6.1			
255	PRUSIK Paweł	5262		Senior I M - 20	18	01:30:26	03:52:22	05:32:08	07:19:49.55		07:20:10.55	+03:37:16	9:46	6.1			
256	PRUSIK Tomasz	5250		Senior I M - 20	19	01:30:27	03:52:20	05:32:08	07:19:49.85		07:20:11.05	+03:37:17	9:46	6.1			
257	BŁASZCZYK Mariusz	5202	SNG WLD DUCKS	Senior II M - 30	91	01:30:20	03:35:58	05:27:38	07:19:34.25		07:20:12.25	+03:37:18	9:46	6.1			
258	OLCZYK Andrzej	5097		Weteran I M - 50	11	01:35:47	03:47:15	05:31:57	07:19:54.80		07:20:56.70	+03:38:03	9:46	6.1			
259	BAR Aleksandra	5305	GMINA STRZELCE OPOLSKIE	Masters K - 40	22	01:38:33	03:51:21	05:37:27	07:22:54.85		07:23:06.70	+03:40:13	9:50	6.1			
260	KĘPSKI Grzegorz	5142	1984	Senior II M - 30	92	01:36:34	03:41:43	05:27:43	07:22:18.20		07:23:08.45	+03:40:14	9:49	6.1			
261	WITKOWSKA Beata	5068		Senior II K - 30	28	01:39:11	03:41:25	05:31:17	07:23:00.55		07:23:36.30	+03:40:42	9:50	6.1			
262	SZCZERBAL	5256	TKKF MPK POZNAŃ	Masters K -	23	01:41:35	03:52:48	05:40:16	07:24:06.50		07:24:26.45	+03:41:32	9:52	6.1			

Pos	Agneszka SZYŻAK-Marek	5159	STS BIEGATON	Klub	40 Senior II M - 30	Kat	B1 10km	B2 22km	A15 33km	Czas 45km	Czas 45km	+03:42:04	Tempo min/km	Tempo km/h
264	GRZELKA Tomasz	5326	RUNNER'S POWER		Masters M - 40	73	01:29:10	03:37:45	05:36:26	07:24:52.75	07:25:19.15	+03:42:25	9:53	6.1
265	CUKROWSKI Andrzej	5064	ZLB OLAWA ZŁOTORYJA		Masters M - 40	74	01:30:59	03:41:30	05:29:08	07:25:48.75	07:26:47.75	+03:43:54	9:54	6.1
266	MORAWSKI Ryszard	5185			Senior II M - 30	94	01:35:21	03:41:56	05:31:49	07:26:32.20	07:27:11.75	+03:44:18	9:55	6
267	SZULC Edyta	5112			Masters K - 40	24	01:43:01	03:55:06	05:36:26	07:26:31.35	07:27:50.15	+03:44:56	9:55	6
268	GLINSKA Beata	5263	AK FORCA/OK KAPELA		Masters K - 40	25	01:38:23	03:50:40	05:40:31	07:27:36.15	07:27:51.10	+03:44:57	9:56	6
269	KRAKOWSKI Paweł	5399	GÓRA I CZAPALA TEAM		Senior II M - 30	95	01:27:34	03:42:20	05:32:27	07:27:24.05	07:28:26.05	+03:45:32	9:56	6
270	BOCHAN Lidia	5236			Masters K - 40	26	01:38:46	03:49:35	05:36:46	07:27:52.75	07:28:27.40	+03:45:33	9:57	6
271	MARCINIAK Anna	5013			Masters K - 40	27	01:39:19	03:53:51	05:38:52	07:27:25.75	07:28:34.30	+03:45:40	9:56	6
272	WASACZ Arkadiusz	5275	ALPAK TEAM		Senior I M - 20	20	01:30:03	03:15:23	04:44:34	07:27:21.40	07:28:38.95	+03:45:45	9:56	6
273	SOŁDON Katarzyna	5141			Senior I K - 20	13	01:42:41	03:52:14	05:38:33	07:27:52.30	07:29:12.60	+03:46:18	9:57	6
274	SUŁEK Tomek	5336			Masters M - 40	75	01:36:16	03:41:15	05:28:22	07:29:05.35	07:29:45.20	+03:46:51	9:58	6
275	KLIMEK Arkadiusz	5450			Masters M - 40	76	01:37:28	03:48:30	05:39:28	07:28:46.65	07:29:59.65	+03:47:06	9:58	6
276	MYŚLIŃSKA Magdalena	5148			Senior II K - 30	29	01:34:04	03:36:59	05:28:21	07:29:57.50	07:30:07.05	+03:47:13	9:59	6
277	SKWIERCZYŃSKI Sylwester	5221			Senior I M - 20	21	01:32:13	03:39:31	05:36:15	07:29:28.25	07:30:14.25	+03:47:20	9:59	6
278	JESIOŁOWSKI Robert	5126			Masters M - 40	77	01:34:08	03:39:03	05:35:55	07:29:17.60	07:30:35.35	+03:47:41	9:59	6
279	GUŹDZIOL Jarek	5295	TBKM WLK SOLEC KUJAWSKI		Masters M - 40	78	01:36:25	03:52:51	05:41:45	07:30:32.85	07:30:57.10	+03:48:03	10:00	6
280	TOMCZAK Justyna	5143			Senior I K - 20	14	01:41:11	04:00:51	05:42:54	07:30:24.60	07:31:24.00	+03:48:30	10:00	6
281	PAKUŁA Grzegorz	5293			Weteran I M - 50	12			05:32:19	07:31:20.20	07:31:36.20	+03:48:42	10:01	6
282	TUREK Magdalena	5177	CHAMPIONMAN TEAM		Senior II K - 30	30	01:38:29	03:51:59	05:36:21	07:31:18.10	07:32:23.90	+03:49:30	10:01	6
283	PIASECKI Wojciech	5214	CHAMPIONMAN TEAM		Masters M - 40	79	01:38:30	03:51:46	05:36:22	07:31:20.00	07:32:25.40	+03:49:31	10:01	6
284	GLAPIAK-PRZYTUŁA Agnieszka	5414			Masters K - 40	28	01:34:41	03:44:37	05:39:47	07:32:42.60	07:32:45.95	+03:49:52	10:03	6
285	KRUK Jacek	5296			Masters M - 40	80	01:39:30	03:51:01	05:38:58	07:32:46.95	07:33:43.95	+03:50:50	10:03	6
286	SAWALA Sławomir	5094	TRANCE ONLY		Masters M - 40	81	01:34:31	03:41:44	05:35:14	07:33:12.20	07:34:03.05	+03:51:09	10:04	6
287	GAIK Maciej	5184	BIEGNIJ BRACIE ZTZ		Masters M - 40	82	01:26:55	03:25:43	05:28:45	07:34:30.20	07:34:43.25	+03:51:49	10:06	5.9
288	NEUMANN Jacek	5152	CENTRUM ŁĄKOWA 1		Weteran I M - 50	13	01:37:46	03:50:53	05:40:21	07:33:36.20	07:34:48.15	+03:51:54	10:04	6
289	GARBACZ Marek	5455	TULIP RUNNERS		Masters M	83	01:35:14	03:34:10	05:23:55	07:34:40.80	07:35:30.00	+03:52:36	10:06	5.9

Msc	Imię i Nazwisko	Numer	Klub	Kategoria	Wiek	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	Różn	Tempo	Tempo
						B1	B2	A15	netto	brutto					min/km	km/h
317	AGNIESZKA WYSZOMIRSKI Adam	5333				30	39	01:48:01	04:12:12	06:01:39	07:51:05.35	07:52:01.40	+04:09:07	10:28	5.7	
318	JAWORSKI Bartłomiej	5351		Weteran I M - 50	105	01:29:00	03:51:00	05:45:54	07:52:13.45	07:52:20.25	+04:09:10	10:29	5.7			
320	ZAROBIAK Piotr	5206	WECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	86	01:43:18	04:07:31	05:58:26	07:53:00.20	07:53:21.60	+04:10:27	10:30	5.7			
321	ZAROBIAK Katarzyna	5205	WECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	32	01:43:18	04:07:31	05:58:27	07:53:00.80	07:53:22.00	+04:10:28	10:30	5.7			
322	KORONKIEWICZ Adam	5323		Masters M - 40	87	01:41:40	04:01:53	05:49:50	07:53:31.95	07:54:08.30	+04:11:14	10:31	5.7			
323	ADAM Piotr	5029	WROCLAW MARATHON TEAM	Masters M - 40	88	01:41:35	04:01:35	05:48:59	07:53:32.80	07:54:09.60	+04:11:15	10:31	5.7			
324	JAWOROWICZ Tomasz	5087	KS PEGAZ	Masters M - 40	89	01:50:53	04:12:54	06:00:49	07:53:33.10	07:54:13.85	+04:11:20	10:31	5.7			
325	JAWOROWICZ Dobrochna	5088	KS PEGAZ	Masters K - 40	33	01:51:07	04:12:55	06:02:46	07:53:32.25	07:54:14.05	+04:11:20	10:31	5.7			
326	KLACZYŃSKI Norbert	5101		Senior I M - 20	23	01:34:41	03:40:25	05:46:59	07:56:13.50	07:56:21.60	+04:13:27	10:34	5.7			
327	MASŁOWSKA Aleksandra	5390		Senior I K - 20	16	01:39:58	04:12:20	05:59:31	07:55:12.70	07:56:22.80	+04:13:29	10:33	5.7			
328	JUSZCZYK Paweł	5319		Senior I M - 20	24	01:28:20	03:47:17	05:54:30	07:56:24.55	07:57:24.85	+04:14:31	10:35	5.7			
329	STAWSKA Natalia	5172		Senior II K - 30	40	01:49:56	04:16:37	06:05:08	07:56:19.50	07:57:30.85	+04:14:37	10:35	5.7			
330	BLIŹNIEWSKI Marek	5109	KS GŁÓWNO W BIEGU	Masters M - 40	90	01:40:01	03:51:46	05:39:51	07:59:26.60	08:00:15.70	+04:17:22	10:39	5.6			
331	KRAKOWSKI Sebastian	5137	MIECHOWCKA GRUPA BIEGOWA	Senior I M - 20	25	01:36:57	03:59:31	06:03:04	08:02:18.05	08:03:06.15	+04:20:12	10:43	5.6			
332	SZYMAŃSKA Asia	5192		Masters K - 40	34	01:43:36	04:11:02	06:09:23	08:03:18.90	08:04:20.15	+04:21:26	10:44	5.6			
333	KLIMEK Paweł	5162		Senior I M - 20	26	01:39:49	03:57:10	05:54:04	08:03:19.40	08:04:27.45	+04:21:33	10:44	5.6			
334	TOBERA Alicja	5258		Senior II K - 30	41	01:44:00	04:14:13	06:13:35	08:04:49.20	08:05:23.60	+04:22:29	10:46	5.6			
335	ZDYB Grzegorz	5030		Masters M - 40	91	01:41:57	04:09:41	06:03:25	08:04:30.15	08:05:43.30	+04:22:49	10:46	5.6			
336	PIETROWICZ Marek	5359		Weteran I M - 50	17	01:51:16	04:17:12	06:06:10	08:06:43.60	08:07:16.85	+04:24:23	10:48	5.5			
337	SOKOŁOWSKI Artur	5289	DZIADY OCR	Masters M - 40	92	01:43:02	04:04:10	06:05:34	08:07:16.55	08:07:33.45	+04:24:39	10:49	5.5			
338	WIŚNIEWSKI Marcin	5270		Senior II M - 30	106	01:41:36	04:04:06	06:03:19	08:06:09.60	08:07:36.10	+04:24:42	10:48	5.6			
339	NOWAK Natalia	5274	EKIPA Z TARNOWA	Senior II K - 30	42	01:37:10	03:59:38	06:04:26	08:10:47.45	08:11:18.80	+04:28:25	10:54	5.5			
340	NIEDŹWIECKA Kasia	5080	EKOBIEGI	Masters K - 40	35	01:51:36	04:17:02	06:13:02	08:10:54.95	08:12:02.80	+04:29:09	10:54	5.5			
341	PRZYBYŁAK Michał	5345		Masters M - 40	93	01:45:51	04:12:42	06:20:09	08:13:51.75	08:14:15.20	+04:31:21	10:58	5.5			
342	KNOBLOCH Ewa	5277		Masters K - 40	36	01:49:55	04:19:33	06:18:54	08:14:04.20	08:14:20.30	+04:31:26	10:58	5.5			
343	MARCINKOWSKA Anita	5199		Senior II K - 30	43	01:39:43	04:00:19	06:05:08	08:14:15.30	08:14:27.00	+04:31:33	10:59	5.5			
344	KOBIERECKA Monika	5180	KS GŁÓWNO W BIEGU	Masters K - 40	37	01:42:57	04:03:36	06:14:41	08:14:57.15	08:15:46.05	+04:32:52	10:59	5.5			

Msc	Msc	CIEPLICKA Magdalena	5376	FOREST GANG BYDGOSZCZ Klub	Senior I K - Kategoria	17	01:01:25	03:52:39	06:41:09	08:13:35 netto	08:16:45 brutto	+04:33:24	Tempo min/km	Tempo km/h
		DROSIK- KWAŚNIEWSKA Anna	5427		Masters K - 40	38	01:47:13	04:15:08	06:15:22	08:16:26.80	08:16:58.10	+04:34:04	11:01	5.4
346		KWAŚNIEWSKI Andrzej	5426		Masters M - 40	94	01:47:12	04:15:07	06:15:34	08:16:26.55	08:16:58.20	+04:34:04	11:01	5.4
347		SZWARGOT Marta	5149	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	44	01:48:05	04:22:01	06:18:53	08:17:01.65	08:17:57.50	+04:35:03	11:02	5.4
348		NADOBNIK Beata	5100	TARNOWO PODGÓRNE BIEGA	Masters K - 40	39	01:48:07	04:21:54	06:18:51	08:17:03.70	08:17:59.85	+04:35:06	11:02	5.4
349		BUĆKO Karolina	5316	TARNOWO PODGÓRNE BIEGA	Masters K - 40	40	01:48:05	04:22:09	06:19:17	08:17:04.00	08:18:00.35	+04:35:06	11:02	5.4
350		PIECUCH Małgorzata	5007		Weteran K - 50	3	01:53:03	04:30:37	06:24:54	08:16:41.85	08:18:02.10	+04:35:08	11:02	5.4
351		WIERZBICKA Natalia	5098	PCH_RUN	Senior II K - 30	45	01:54:21	04:24:30	06:21:39	08:19:58.55	08:20:48.15	+04:37:54	11:06	5.4
352		CZUBA Michał	5425		Senior II M - 30	107	01:40:56	03:55:11	05:55:03	08:24:25.70	08:24:44.80	+04:41:51	11:12	5.4
353		GONCERZEWICZ Marek	5338	BASSET ROLLING TEAM	Senior II M - 30	108	01:37:55	04:05:06	06:11:33	08:26:38.55	08:27:17.95	+04:44:24	11:15	5.3
354		SZULC Joanna	5176	1971	Masters K - 40	41	02:00:59	04:37:47	06:33:30	08:27:14.05	08:28:19.25	+04:45:25	11:16	5.3
355		SIENKIEWICZ Gabrysia	5021	OGARY DOLORES	Senior I K - 20	18	01:47:45	04:10:56	06:07:59	08:27:00.05	08:28:19.60	+04:45:25	11:16	5.3
356		ZGOŁA Przemysław	5268	TARNOWO PODGÓRNE BIEGA	Masters M - 40	95	01:41:36	03:59:02	05:40:19	08:28:39.75	08:29:00.70	+04:46:07	11:18	5.3
357		BĄDZIUL Dorota	5001		Senior II K - 30	46	01:56:50	04:28:24	06:27:38	08:29:50.55	08:31:01.70	+04:48:08	11:19	5.3
358		MUCHAJER Dawid	5235	CSWŁĄD	Masters M - 40	96	01:48:44	04:20:20	06:24:07	08:31:31.20	08:31:53.30	+04:48:59	11:22	5.3
359		PRUCHNIEWSKA Agnieszka	5234	ROKIETNICA BIEGA	Masters K - 40	42	01:48:42	04:20:19	06:24:09	08:31:30.10	08:31:53.85	+04:49:00	11:22	5.3
360		LISOWSKA Kamila	5231		Senior II K - 30	47	01:49:13	04:27:35	06:27:41	08:31:28.20	08:32:18.45	+04:49:24	11:21	5.3
361		SZAŁAJSKA Monika	5026		Senior I K - 20	19	01:49:47	04:27:17	06:30:38	08:32:45.25	08:33:46.65	+04:50:53	11:23	5.3
362		KWAŚNIEWSKI Marcin	5393		Masters M - 40	97	01:42:59	04:19:33	06:23:26	08:32:35.10	08:33:49.90	+04:50:56	11:23	5.3
363		WAWIERNIA Dorota	5347		Masters K - 40	43	01:43:45	04:10:33	06:27:36	08:34:03.15	08:34:14.05	+04:51:20	11:25	5.3
364		OBSTARCZYK Andrzej	5190	ZADYSZKA OŚWIĘCIM	Weteran II M - 60	5	01:49:44	04:20:18	06:24:13	08:33:37.20	08:34:39.95	+04:51:46	11:24	5.3
365		DUDA-RELIGA Ewelina	5287	OZKB	Masters K - 40	44	01:44:25	04:30:00	06:29:55	08:36:07.30	08:36:31.10	+04:53:37	11:28	5.2
366		BARZAK Justyna	5300		Senior II K - 30	48	01:46:15	04:15:21	06:28:59	08:36:42.00	08:37:25.40	+04:54:31	11:28	5.2
367		SABOK- MUSZYŃSKA Katarzyna	5107		Senior II K - 30	49	01:46:16	04:15:20	06:28:58	08:36:42.10	08:37:25.60	+04:54:31	11:28	5.2
368		STASZEWSKA Sylwia	5303		Masters K - 40	45	01:51:53	04:32:12	06:30:00	08:38:42.20	08:38:58.00	+04:56:04	11:31	5.2
369		KRAJEWSKA- PALUCH Ewa	5119	BIEGOWA KUŹNIA	Masters K - 40	46	01:48:20	04:32:31	06:30:51	08:38:32.95	08:39:08.85	+04:56:15	11:31	5.2
370		KOŚCIELNIAK	5255	CZERWONAK BIEGA	Masters K -	47	01:56:56	04:34:38	06:31:15	08:39:48.40	08:40:05.40	+04:57:11	11:33	5.2

398	Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	+02:51:04 Różn	12:56 Tempo min/km	4.6 Tempo -km/h
		Slawomir JANKOWSKI Tom	5203	DESTYLATOR	- 30	110	01:53:54	04:44:48						
			5391	MECZORNE BIEGANIE W SZCZECINIE	- 40		DNF	DNF	DNF	DNF	DNF			
		GODYŃ Jan	5412	DELOITTE ADVENTURE CLUB	Senior II M - 30		01:21:28	03:08:29	04:53:34	DNF	DNF		-	-
		DUNAL Tomasz	5222	SZ JAK GEPARD	Senior I M - 20		01:39:34	04:05:36	06:15:02	DNF	DNF		-	-
		GŁOWACKI Krzysztof	5050	WDZEW RUNNING TEAM	Senior II M - 30		01:28:34	03:32:41	DNF	DNF	DNF		-	-
		SERAFIŃCZUK Krzysztof	5343	HEXAWALL	Senior II M - 30		01:37:57	04:03:11	DNF	DNF	DNF		-	-
		STRZELECKI Krzysztof	5037		Masters M - 40		01:39:03	04:35:26	DNF	DNF	DNF		-	-
		KACZMAREK Agata	5124	NEST TEAM	Masters K - 40		01:55:10	04:43:41	DNF	DNF	DNF		-	-
		FURTACZ Marek	5228	NIE ZRZESZONY	Weteran II M - 60		02:10:51	05:47:53	DNF	DNF	DNF		-	-
		DOBOSZ Leszek	5411		Senior II M - 30		01:36:02	DNF	DNF	DNF	DNF		-	-

Znaleziono 407 wynik(ów)