



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	SKUPIEŃ Tomasz	6702	MUAY RUNNING TEAM / XRUN	Senior II M - 30	1	00:51:59	01:34:11.00	01:34:12.75		4:29	13.4
2	SOBCZAK Daniel	6272	KB SOBÓTKA	Senior II M - 30	2	00:56:11	01:38:50.15	01:38:53.65	+00:04:40	4:42	12.7
3	GAWRON Paweł	6495	ADIDAS RUNNERS WARSAW	Senior I M - 20	1	00:58:09	01:39:41.75	01:39:46.70	+00:05:33	4:44	12.6
4	PODSIADŁO Mikołaj	6759		Senior I M - 20	2	00:56:57	01:40:53.65	01:40:55.35	+00:06:42	4:48	12.5
5	ROSKOSZ Bartosz	6749	JELCZ TRIATHLON PROJECT	Senior II M - 30	3	00:56:03	01:41:59.95	01:42:02.15	+00:07:49	4:51	12.4
6	LANGNER Radosław	6409	VEGE RUNNERS	Senior II M - 30	4	00:58:14	01:43:02.05	01:43:04.65	+00:08:51	4:54	12.2
7	KWARTA Maciej	6350	JW4846	Senior II M - 30	5	00:58:15	01:43:40.90	01:43:43.90	+00:09:31	4:56	12.2
8	GÓRAK Przemysław	6691	KB SOBÓTKA	Senior II M - 30	6	00:59:21	01:44:08.75	01:44:10.85	+00:09:58	4:57	12.1
9	FLISIŃSKI Łukasz	6520	1981	Senior II M - 30	7	00:58:10	01:45:32.60	01:45:35.95	+00:11:23	5:01	11.9
10	PIEGOWSKI Adam	6364	EUROVENT ATHLETICS	Senior II M - 30	8	00:58:10	01:45:02.05	01:45:45.40	+00:11:32	5:00	12
11	WYKA Błażej	6553	PCH_RUN	Senior II M - 30	9	01:00:49	01:46:53.70	01:46:55.40	+00:12:42	5:05	11.8
12	TOMASIAK Natalia	6000	SALOMON SUUNTO TEAM	Senior II K - 30	1	01:00:13	01:47:50.65	01:47:53.20	+00:13:40	5:08	11.7
13	GLINKA Szymon	6382	RUNNING ACADEMY	Senior I M - 20	3	00:58:31	01:47:56.25	01:47:59.60	+00:13:46	5:08	11.7
14	WOLAŃSKI Jan	6669		Senior II M - 30	10	01:01:14	01:49:16.90	01:49:19.45	+00:15:06	5:12	11.5
15	GRUCEL Sławomir	6574	NOWAK-TEAM	Senior II M - 30	11	01:02:00	01:50:31.55	01:50:35.00	+00:16:22	5:15	11.4
16	ZAJĄCZKOWSKA Anna	6593		Senior I K - 20	1	01:03:24	01:50:43.20	01:51:02.45	+00:16:49	5:16	11.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	TOMASIAK Dominik	6385	DIE KUNST DER FUGE	Masters M - 40	1	01:01:56	01:51:51.65	01:51:54.50	+00:17:41	5:19	11.3
18	SKALSKA Anna	6280	FESTIWAL BIEGOWY KRYNICA ZDRÓJ CARBON OCR RACING TEAM	Senior II K - 30	2	01:03:00	01:52:14.75	01:52:16.75	+00:18:04	5:20	11.2
19	PAJĄK Tomasz	6629	VEGE RUNNERS	Senior II M - 30	12	01:03:02	01:52:27.25	01:52:30.90	+00:18:18	5:21	11.2
20	BAKALARZ Emil	6700		Senior II M - 30	13	01:04:10	01:52:56.70	01:52:58.90	+00:18:46	5:22	11.2
21	GŁÓD Mateusz	6101		Masters M - 40	2	01:01:46	01:53:14.45	01:53:18.45	+00:19:05	5:23	11.1
22	ROSKOSZ Michał	6757	KAC RUNNING TEAM	Senior II M - 30	14		01:54:01.50	01:54:09.05	+00:19:56	5:25	11
23	GARDENER Jacek	6658	JACEKBIEGA RUNNING TEAM	Weteran I M - 50	1	01:04:47	01:54:54.35	01:55:00.55	+00:20:47	5:28	11
24	SOBOL Tomasz	6689		Masters M - 40	3	01:05:24	01:55:08.25	01:55:13.85	+00:21:01	5:28	10.9
25	BAZYL Adam	6373	BREMBO	Senior II M - 30	15	01:05:52	01:56:34.00	01:56:38.05	+00:22:25	5:33	10.8
26	MATUŠKA Filip	6088		Senior II M - 30	16	01:03:15	01:56:56.25	01:57:05.85	+00:22:53	5:34	10.8
27	HOLA Artur	6506	ACTIVRUN NAMYSŁÓW	Senior I M - 20	4	01:03:09	01:57:21.55	01:57:27.15	+00:23:14	5:35	10.7
28	GORCZYŃSKI Norbert	6468	KUDOWANKA RUN	Senior I M - 20	5	01:05:24	01:57:44.60	01:58:09.15	+00:23:56	5:36	10.7
29	BIHUN Natalia	6763	GT RAT	Senior II K - 30	3	01:05:22	01:58:08.75	01:58:12.80	+00:24:00	5:37	10.7
30	PAWLAK Bartosz	6744		Senior II M - 30	17	01:07:19	01:58:37.75	01:58:42.80	+00:24:30	5:38	10.6
31	KOSTERKIEWICZ Jarosław	6420		Senior II M - 30	18	01:05:18	01:58:48.00	02:00:29.90	+00:26:17	5:39	10.6
32	LATAK Michał	6642	JACEKBIEGA RUNNING TEAM	Masters M - 40	4	01:07:36	02:00:35.30	02:00:42.00	+00:26:29	5:44	10.4
33	PRZYBYLSKI Tomasz	6661	W POGONI ZA DUCHEM	Senior II M - 30	19	01:06:55	02:00:45.85	02:00:49.10	+00:26:36	5:45	10.4
34	LADENBERGER Mateusz	6219	WAWRZYNTTEAM	Senior II M - 30	20	01:06:35	02:01:10.45	02:01:16.40	+00:27:03	5:46	10.4
35	OŚWIĘCIMKA Rafał	6621	ITMBW KRAKÓW	Senior I M - 20	6	01:07:22	02:01:00.60	02:01:25.90	+00:27:13	5:45	10.4
36	FRANASZCZUK Wojciech	6746	KB SOBÓTKA	Masters M - 40	5	01:07:38	02:01:36.45	02:01:40.05	+00:27:27	5:47	10.4
37	HARKIEWICZ Piotr	6150	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	21	01:09:03	02:01:52.35	02:02:07.75	+00:27:55	5:48	10.3
38	WOJTKOWIAK Stefan	6321	PIĄTKOWO NA BIEGOWO	Masters M - 40	6	01:05:08	02:01:59.60	02:02:08.60	+00:27:55	5:48	10.3
39	CATTI Roberto	6674		Senior II M - 30	22	01:09:59	02:02:17.95	02:03:28.55	+00:29:15	5:49	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
40	MOLIK Jakub	6626	STR POZNAŃ	Senior II M - 30	23	01:08:16	02:03:27.85	02:03:35.60	+00:29:22	5:52	10.2
41	KOZANECKI Przemysław	6167	CONSTRAVIA	Senior I M - 20	7	01:07:37	02:03:20.50	02:04:25.20	+00:30:12	5:52	10.2
42	PIKOS Patryk	6137		Senior II M - 30	24	01:08:17	02:04:12.30	02:04:28.30	+00:30:15	5:54	10.1
43	KRAWCZYK Adriana	6098		Senior II K - 30	4	01:10:57	02:04:26.10	02:04:30.35	+00:30:17	5:55	10.1
44	NOWAK Katarzyna	6466	BIEGANIE NA ŚNIADANIE ŚMIGIEL	Senior II K - 30	5	01:08:53	02:04:47.40	02:04:51.60	+00:30:38	5:56	10.1
45	ROZDZYNSKA Patrycja	6351		Senior I K - 20	2	01:12:15	02:05:07.40	02:05:12.20	+00:30:59	5:57	10.1
46	RZEŹNIK Przemysław	6437	EDITEAM ZGORZELEC	Senior I M - 20	8	01:09:30	02:04:11.85	02:05:34.00	+00:31:21	5:54	10.1
47	HENECZKOWSKA Anna	6308	ENDŹI Z KALENJI/BORN TO RUN	Senior I K - 20	3	01:13:26	02:05:33.40	02:05:41.45	+00:31:28	5:58	10
48	STRZELCZAK Robert	6548		Masters M - 40	7	01:08:26	02:05:38.85	02:05:45.65	+00:31:32	5:59	10
49	URBANEK Patryk	6638		Senior I M - 20	9	01:10:28	02:05:44.25	02:05:47.20	+00:31:34	5:59	10
50	JABŁOŃSKI Paweł	6189	KUDOWSCY MIŁOŚNICY BIEGANIA	Masters M - 40	8	01:10:42	02:06:35.75	02:06:59.40	+00:32:46	6:01	10
51	KORNOBIS Monika	6639	GOAPTIV!	Senior I K - 20	4	01:11:50	02:07:03.70	02:07:09.60	+00:32:56	6:03	9.9
52	JOKIEL Wojciech	6533	SPARTA ULTRA TEAM	Senior I M - 20	10	01:12:09	02:07:06.65	02:07:25.60	+00:33:12	6:03	9.9
53	NOWICKI Mateusz	6044		Senior I M - 20	11	01:10:50	02:07:50.45	02:07:55.30	+00:33:42	6:05	9.9
54	MAŁOLEPSZY Damian	6680	SPARTA ULTRA TEAM	Senior II M - 30	25	01:09:46	02:07:49.15	02:08:08.25	+00:33:55	6:05	9.9
55	OSTASZEWSKI Arek	6518	KALENJI BY DECATHLON	Senior I M - 20	12	01:13:26	02:08:20.25	02:08:28.90	+00:34:16	6:06	9.8
56	KURZAWSKI Michał	6102	SZYBKI KURZ	Senior II M - 30	26	01:13:00	02:08:37.85	02:08:44.65	+00:34:31	6:07	9.8
57	ŚLEZIAK Jarek	6547	MATNER RUNNING TEAM	Masters M - 40	9	01:12:14	02:08:44.30	02:08:48.70	+00:34:35	6:07	9.8
58	STAWIARZ Paweł	6032	MATNER RUNNING TEAM	Senior II M - 30	27	01:11:16	02:09:08.45	02:09:18.60	+00:35:05	6:08	9.8
59	CHRZANWSKI Paweł	6657		Senior II M - 30	28	01:11:03	02:09:15.90	02:09:19.95	+00:35:07	6:09	9.7
60	DUDEK Monika	6510	PASJA CHRZANKA RUNNING TEAM	Senior II K - 30	6	01:12:16	02:09:23.70	02:09:26.40	+00:35:13	6:09	9.7
61	KAYSIEWICZ Maciej	6417	NATURAL BORN RUNNERS TEAM	Masters M - 40	10	01:13:02	02:10:18.00	02:10:23.10	+00:36:10	6:12	9.7
62	MISZTAL Kamil	6576		Senior II M - 30	29	01:09:44	02:10:27.90	02:10:51.40	+00:36:38	6:12	9.7
63	DRESZER Paweł	6018		Senior II M - 30	30		02:10:37.00	02:11:06.00	+00:36:53	6:13	9.6
64	ŁOMNICKA Barbara	6753	MKS SIECHNICE	Masters K - 40	1	01:13:35	02:11:49.40	02:11:57.75	+00:37:45	6:16	9.6

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65	KALITA Marcin	6732		Senior II M - 30	31	01:14:12	02:11:04.85	02:11:57.90	+00:37:45	6:14	9.6
66	SZARSKI Jacek	6270		Senior I M - 20	13	01:14:08	02:10:54.70	02:12:10.60	+00:37:57	6:14	9.6
67	ARUSZTOWICZ Bartosz	6049	HARDCOROWE WYCHYLYBYMY	Senior II M - 30	32	01:12:47	02:12:07.85	02:12:20.60	+00:38:07	6:17	9.5
68	SALWA Ewelina	6021	4 RUN TEAM PIŁA	Senior II K - 30	7	01:15:03	02:12:18.05	02:12:22.60	+00:38:09	6:18	9.5
69	FLOREK Katarzyna	6182		Senior II K - 30	8	01:16:38	02:12:18.10	02:12:25.10	+00:38:12	6:18	9.5
70	GRABAREK Karol	6340	KAROL GRABAREK	Masters M - 40	11	01:12:09	02:12:29.80	02:12:42.00	+00:38:29	6:18	9.5
71	ZAWAL Przemysław	6149	TAK, TAK, CHCĘ JESZCZE	Masters M - 40	12	01:16:34	02:12:14.70	02:13:18.30	+00:39:05	6:17	9.5
72	BIEL Sławomir	6560		Senior II M - 30	33	01:10:00	02:13:16.65	02:13:26.10	+00:39:13	6:20	9.5
73	KOWALCZYK Adam	6597		Masters M - 40	13	01:14:45	02:13:29.70	02:14:12.05	+00:39:59	6:21	9.4
74	KODZIK Aleksandra	6709	#FITDZIADEK	Senior II K - 30	9	01:15:45	02:13:36.35	02:14:16.40	+00:40:03	6:21	9.4
75	PUCHALSKI Maciej	6380	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	34	01:16:00	02:14:04.40	02:14:20.30	+00:40:07	6:23	9.4
76	ŻEBROWSKI Juliusz	6309	BORN TO RUN	Senior I M - 20	14	01:16:29	02:14:14.40	02:14:21.90	+00:40:09	6:23	9.4
77	BOSAKIEWICZ Tomasz	6358	OLAWS ZŁOTORYJA	Senior II M - 30	35	01:12:07	02:14:20.10	02:14:28.45	+00:40:15	6:23	9.4
78	JARASZKIEWICZ Hanna	6690	FEHLAU RUN TEAM	Senior II K - 30	10	01:11:44	02:14:23.95	02:14:32.35	+00:40:19	6:24	9.4
79	MARTOWSKI Maciej	6177	EUROPA UBEZPIECZENIA	Masters M - 40	14	01:13:16	02:14:53.65	02:15:02.60	+00:40:49	6:25	9.3
80	WOJTKOWSKI Ireneusz	6606	ASSECO ACTIVE TEAM	Weteran I M - 50	2	01:16:10	02:14:42.55	02:15:06.50	+00:40:53	6:24	9.4
81	DROŹDZIK Magdalena	6132	WKB META LUBLINIEC	Masters K - 40	2	01:16:11	02:15:04.00	02:15:10.80	+00:40:58	6:25	9.3
82	HABERNIK Łukasz	6504	HELIOS CZEMPIŃ	Senior II M - 30	36	01:14:00	02:15:30.50	02:15:41.90	+00:41:29	6:27	9.3
83	KIECOŃ Michał	6367		Senior II M - 30	37	01:20:43	02:14:37.40	02:15:46.80	+00:41:34	6:24	9.4
84	ANTOLAK Adam	6274		Senior I M - 20	15	01:15:29	02:15:16.00	02:15:52.45	+00:41:39	6:26	9.3
85	MAGDA Katarzyna	6632		Masters K - 40	3	01:18:27	02:15:40.25	02:15:54.00	+00:41:41	6:27	9.3
86	SZACH Andrzej	6395	22KBPG	Masters M - 40	15	01:15:27	02:15:33.55	02:16:16.85	+00:42:04	6:27	9.3
87	MICHALEWSKI Paweł	6625		Senior II M - 30	38		02:15:16.65	02:16:41.00	+00:42:28	6:26	9.3

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88	ŁAZNIOWSKI Dawid	6105	EBIEGI.PL	Senior II M - 30	39	01:15:12	02:16:34.20	02:16:58.05	+00:42:45	6:30	9.2
89	SZUMACHER Marta	6692		Senior I K - 20	5	01:16:25	02:16:54.25	02:17:11.85	+00:42:59	6:31	9.2
90	STRZELCZYK Wiktor	6226	HUSARIA RACE TEAM	Senior II M - 30	40	01:17:17	02:16:58.55	02:17:12.70	+00:42:59	6:31	9.2
91	ZĄBEK Łukasz	6209	MATNER RUNNING TEAM	Masters M - 40	16	01:15:53	02:17:12.85	02:17:23.00	+00:43:10	6:32	9.2
92	KURZAWIAK Grzegorz	6109		Senior II M - 30	41	01:17:14	02:17:12.55	02:17:27.70	+00:43:14	6:32	9.2
93	PAWELEC Mariusz	6296	KUDOWANKA RUN	Senior II M - 30	42	01:16:15	02:17:43.40	02:18:07.25	+00:43:54	6:33	9.1
94	WIŚNIEWSKI Wojciech	6756		Masters M - 40	17	01:17:45	02:17:10.45	02:18:07.85	+00:43:55	6:31	9.2
95	BURA Tomasz	6433		Senior II M - 30	43	01:15:37	02:17:36.50	02:18:08.40	+00:43:55	6:33	9.2
96	LEKSY Robert	6600	TRAJLOWE BIEGI DUCHOWE	Masters M - 40	18	01:16:09	02:17:33.90	02:18:09.45	+00:43:56	6:33	9.2
97	JĘDRYCA Przemysław	6724	SPARTA ULTRA TEAM	Masters M - 40	19	01:15:44	02:18:31.70	02:18:50.65	+00:44:37	6:35	9.1
98	SOCKI Paweł	6467	KAUA	Senior II M - 30	44	01:14:45	02:18:49.60	02:19:08.25	+00:44:55	6:36	9.1
99	BIAŁOBLÓCKI Marcin	6637		Senior II M - 30	45	01:19:20	02:17:25.50	02:19:14.80	+00:45:02	6:32	9.2
100	HENDRYS Marek	6668	SPARTA ULTRA TEAM	Senior I M - 20	16	01:15:48	02:19:00.20	02:19:19.70	+00:45:06	6:37	9.1
101	TYSZER Łukasz	6538	HAPPY SMILE	Senior II M - 30	46	01:17:50	02:19:10.90	02:19:23.05	+00:45:10	6:37	9.1
102	GROCHOLEWSKI Włodzimierz	6729		Masters M - 40	20	01:18:21	02:18:56.05	02:19:52.40	+00:45:39	6:36	9.1
103	WÓJTOWICZ Marcin	6676		Masters M - 40	21	01:17:57	02:18:16.90	02:20:02.50	+00:45:49	6:35	9.1
104	DZIEDZIC Krystian	6302		Senior II M - 30	47	01:15:04	02:19:48.85	02:20:07.10	+00:45:54	6:39	9
105	MACHAJ Joanna	6214		Senior I K - 20	6	01:19:03	02:20:02.60	02:20:11.40	+00:45:58	6:40	9
106	MALIK Agnieszka	6675	ZUMBA AGA MALIK TEAM	Masters K - 40	4	01:18:34	02:20:11.00	02:20:20.10	+00:46:07	6:40	9
107	HARKIEWICZ Wiola	6154	NARAMOWICE BIEGAJĄ / ODDYCHAJSWOBODNIE.PL	Senior II K - 30	11	01:19:11	02:20:16.60	02:20:32.60	+00:46:19	6:40	9
108	HETMAŃSKI Filip	6295	KUDOWANKA RUN	Masters M - 40	22	01:15:20	02:20:09.15	02:20:33.55	+00:46:20	6:40	9
109	KOŁTOWSKI Piotr	6688		Masters M - 40	23	01:19:04	02:20:29.15	02:20:37.55	+00:46:24	6:41	9
110	RĘKOSIEWICZ Jakub	6564		Masters M - 40	24	01:16:12	02:20:30.60	02:20:41.15	+00:46:28	6:41	9
111	ŚWIĘTEK Sylwia	6043	LTT	Masters K - 40	5	01:18:42	02:20:45.25	02:20:51.75	+00:46:39	6:42	9

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112	PIWONSKI Adam	6594		Senior II M - 30	48	01:21:20	02:20:49.70	02:21:25.00	+00:47:12	6:42	8.9
113	NOWAK Łukasz	6546		Senior II M - 30	49	01:19:33	02:19:41.05	02:21:25.40	+00:47:12	6:39	9
114	DZIUBAŁKA Marcin	6314		Masters M - 40	25	01:21:33	02:19:58.45	02:21:27.20	+00:47:14	6:39	9
115	DZIEDZIŃSKI Łukasz	6503	WOLNY BIEGACZ	Senior II M - 30	50	01:18:09	02:21:15.90	02:21:46.00	+00:47:33	6:43	8.9
116	OPALIŃSKA-KLUSEK Małgorzata	6643		Senior II K - 30	12	01:18:09	02:21:17.85	02:21:47.60	+00:47:34	6:43	8.9
117	WOJNAROWSKA Weronika	6555		Senior II K - 30	13	01:22:27	02:21:15.90	02:21:47.80	+00:47:35	6:43	8.9
118	KŁODA Dariusz	6322	DRUŻYNA SZPIKU	Masters M - 40	26	01:20:30	02:21:11.40	02:22:05.00	+00:47:52	6:43	8.9
119	FLASZEWSKI Adam	6093		Senior II M - 30	51	01:17:47	02:21:30.95	02:22:09.65	+00:47:56	6:44	8.9
120	RATYMIRSKI Wojtek	6430	#SOBASTEAM	Masters M - 40	27	01:16:22	02:21:38.40	02:22:10.30	+00:47:57	6:44	8.9
121	DUPLA Konrad	6378		Masters M - 40	28	01:18:47	02:21:47.40	02:22:18.40	+00:48:05	6:45	8.9
122	BULIKOWSKI Tomasz	6711		Masters M - 40	29	01:18:38	02:22:00.80	02:22:23.35	+00:48:10	6:45	8.9
123	KUPCZAK Ewa	6534	SPARTA ULTRA TEAM	Masters K - 40	6	01:21:57	02:21:48.95	02:22:29.55	+00:48:16	6:45	8.9
124	SKÓRA Mirosław	6539	SPARTA ULTRA TEAM	Masters M - 40	30	01:15:44	02:22:16.10	02:22:33.95	+00:48:21	6:46	8.9
125	PRONOBIS-PROŃSKI Michał	6001	SLOWJOGGING POLSKA	Senior II M - 30	52	01:14:39	02:21:42.35	02:22:39.35	+00:48:26	6:44	8.9
126	FOGIEL-PAWŁOWSKA Agnieszka	6361		Masters K - 40	7	01:20:37	02:22:42.00	02:22:47.60	+00:48:34	6:47	8.8
127	PASZKE Maciej	6568		Senior I M - 20	17	01:20:17	02:21:48.85	02:22:56.55	+00:48:43	6:45	8.9
128	KAWA Hubert	6596	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	53	01:21:19	02:21:51.85	02:22:59.05	+00:48:46	6:45	8.9
129	HENECZKOWSKI Łukasz	6176	POLSKA	Masters M - 40	31	01:18:52	02:23:00.45	02:23:07.35	+00:48:54	6:48	8.8
130	PODOLSKI Marek	6554	BIEGAMYRAZEM.PL	Senior II M - 30	54	01:20:51	02:22:41.30	02:23:13.10	+00:49:00	6:47	8.8
131	KOLANKO Sylwia	6446	NYSA BIEGA	Senior II K - 30	14	01:21:26	02:23:07.75	02:23:15.05	+00:49:02	6:48	8.8
132	STYŁA Kamil	6731	LOS PILOTOS	Senior II M - 30	55	01:20:11	02:22:08.20	02:23:18.95	+00:49:06	6:46	8.9
133	DUDEK Maciej	6613		Senior II M - 30	56	01:16:19	02:23:25.80	02:23:46.30	+00:49:33	6:49	8.8
134	RYCHLIK Magdalena	6620	ITMBW KRAKÓW	Senior I K - 20	7	01:22:14	02:23:22.85	02:23:49.35	+00:49:36	6:49	8.8
135	SKACZKOWSKA Barbara	6721		Senior II K - 30	15	01:21:24	02:23:43.10	02:23:59.60	+00:49:46	6:50	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
136	MAZUR Rafał	6229		Senior II M - 30	57	01:15:18	02:24:00.65	02:24:03.35	+00:49:50	6:51	8.7
137	TWARDOWSKI Krzysztof	6391	AMATOR	Weteran I M - 50	3	01:20:36	02:23:35.40	02:24:06.70	+00:49:53	6:50	8.8
138	KWACZ Paweł	6734	BALLUFF RUNNING TEAM	Senior II M - 30	58	01:20:09	02:22:40.05	02:24:28.50	+00:50:15	6:47	8.8
139	DESKA Michał	6286	DESAK TEAM	Senior I M - 20	18	01:17:43	02:24:36.35	02:24:40.80	+00:50:28	6:53	8.7
140	PODLEŚ Robert	6114	COBI POLAND TEAM	Weteran I M - 50	4	01:17:22	02:25:06.30	02:25:12.50	+00:50:59	6:54	8.7
141	SZUREK Paulina	6537		Senior II K - 30	16	01:21:11	02:25:12.90	02:25:16.05	+00:51:03	6:54	8.7
142	ABULEWICZ Wojciech	6647	TRENING STUDIO 17	Weteran I M - 50	5	01:20:24	02:25:09.55	02:25:19.95	+00:51:07	6:54	8.7
143	KRUK Kamil	6431		Senior I M - 20	19	01:18:56	02:24:08.90	02:25:30.95	+00:51:18	6:51	8.7
144	CHUDAŃSKI Maciej	6201		Senior II M - 30	59	01:21:00	02:24:48.05	02:25:32.50	+00:51:19	6:53	8.7
145	BYŚ Mateusz	6062		Senior II M - 30	60	01:17:23	02:25:23.50	02:25:51.10	+00:51:38	6:55	8.7
146	NOWOTARSKI Wojciech	6343		Senior II M - 30	61	01:20:29	02:25:33.15	02:25:53.75	+00:51:41	6:55	8.7
147	ROSPOND Piotr	6511	TKKF MPK POZNAŃ	Weteran I M - 50	6	01:21:01	02:24:35.20	02:26:00.10	+00:51:47	6:53	8.7
148	WIŚNIEWSKI Mariusz	6670		Masters M - 40	32	01:21:51	02:25:06.50	02:26:05.90	+00:51:53	6:54	8.7
149	STOLARZ Jędrzej	6654		Senior I M - 20	20	01:21:02	02:26:17.90	02:26:28.60	+00:52:15	6:58	8.6
150	KURCZEK Tomasz	6348		Masters M - 40	33	01:21:52	02:26:01.45	02:26:34.05	+00:52:21	6:57	8.6
151	JAROSŁAWSKI Mariusz	6720	TERMY JAKYBA - OŁAWSKI PARK WODNY	Masters M - 40	34	01:23:24	02:24:56.55	02:26:37.15	+00:52:24	6:54	8.7
152	WOJTASZEK Malgorzata	6313		Senior II K - 30	17	01:24:17	02:26:22.10	02:26:37.40	+00:52:24	6:58	8.6
153	DĄBROWSKA Natalia	6020	BIEG OPOLSKI ZAŁOGA GÓRSKA	Senior II K - 30	18	01:25:02	02:26:50.65	02:26:54.40	+00:52:41	6:59	8.6
154	KASPEREK Kamila	6338	RUUKKI	Senior II K - 30	19	01:21:07	02:27:16.40	02:27:26.40	+00:53:13	7:00	8.6
155	KSIĄŻKIEWICZ Bartłomiej	6585	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	62	01:16:14	02:27:20.65	02:27:30.00	+00:53:17	7:01	8.6
156	GAZDA Michał	6179	CONSTRAVIA	Senior I M - 20	21	01:20:39	02:26:39.80	02:27:44.30	+00:53:31	6:59	8.6
157	BISKUP Anna	6307	STS BIEGATON MIKOŁÓW	Masters K - 40	8	01:20:52	02:27:30.35	02:27:46.35	+00:53:33	7:01	8.5
158	LAZAROWICZ Krzysztof	6206		Senior II M - 30	63	01:23:18	02:26:02.60	02:27:47.25	+00:53:34	6:57	8.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
159	NESTEREWICZ Ryszard	6736	LKS ISKRA JASZKOWA	Weteran II M - 60	1	01:23:12	02:26:28.85	02:27:53.10	+00:53:40	6:58	8.6
160	PUSDROWSKI Michał	6516	KALENJI BY DECATHLON	Senior II M - 30	64	01:22:22	02:27:49.15	02:27:57.70	+00:53:44	7:02	8.5
161	BRYŃSKI Dariusz	6375	1963	Weteran I M - 50	7	01:20:07	02:27:36.00	02:28:05.45	+00:53:52	7:01	8.5
162	KORONA-SIERADZKA Bogusława	6006	WKURWTEAM	Senior II K - 30	20	01:24:12	02:27:49.00	02:28:06.00	+00:53:53	7:02	8.5
163	KOCOŁ Tomasz	6127		Senior II M - 30	65	01:22:35	02:27:28.70	02:28:06.40	+00:53:53	7:01	8.5
164	DENYSIUK Marek	6522	WATAHA	Masters M - 40	35	01:22:28	02:27:34.95	02:28:10.65	+00:53:57	7:01	8.5
165	KUBIŃSKI Sławomir	6258	KB TKKF PROMYK CIECHANÓW	Weteran I M - 50	8	01:24:26	02:28:06.30	02:28:24.65	+00:54:11	7:03	8.5
166	BUDA Marek	6216	VISEGRAD MARATON RYTRO	Weteran I M - 50	9		02:28:23.55	02:28:28.90	+00:54:16	7:03	8.5
167	JOŃCZYK Ada	6268		Senior I K - 20	8	01:21:49	02:27:31.80	02:28:48.40	+00:54:35	7:01	8.5
168	PONIATOWSKI Seweryn	6009	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	66	01:22:27	02:28:14.80	02:28:53.45	+00:54:40	7:03	8.5
169	MAZUREK Tomasz	6726		Senior II M - 30	67	01:20:10	02:28:35.75	02:29:01.60	+00:54:48	7:04	8.5
170	PODSADNY Bartosz	6090		Senior II M - 30	68	01:18:20	02:28:56.40	02:29:18.65	+00:55:05	7:05	8.5
171	KACZOR Mariusz	6570		Masters M - 40	36	01:23:50	02:28:17.75	02:29:34.60	+00:55:21	7:03	8.5
172	JASICKA Ewa	6524		Senior II K - 30	21	01:22:43	02:29:19.35	02:29:37.60	+00:55:24	7:06	8.4
173	ROŚŁON Cezary	6706		Senior II M - 30	69	01:24:31	02:29:01.80	02:29:40.75	+00:55:28	7:05	8.5
174	ŁUNIEWSKA Katarzyna	6048	HARDCOROWE WYCHYLYLYBYMY	Senior II K - 30	22	01:24:06	02:29:58.45	02:30:11.85	+00:55:59	7:08	8.4
175	KULER Bartosz	6551	PGB SPORTOWA PACZKA	Senior I M - 20	22	01:19:42	02:29:44.45	02:30:14.60	+00:56:01	7:07	8.4
176	PŁÓCIENNICZAK Jakub	6627	DREAM RUN	Masters M - 40	37	01:19:22	02:30:01.15	02:30:18.70	+00:56:05	7:08	8.4
177	BUDZIŃSKA Damiam	6133	WKB META LUBLINIEC	Masters M - 40	38	01:21:06	02:29:53.35	02:30:23.85	+00:56:11	7:08	8.4
178	TALARCZYK-WIECZOREK Karolina	6652		Masters K - 40	9	01:24:04	02:29:46.75	02:30:31.20	+00:56:18	7:07	8.4
179	WYGLĄDAŁA Michał	6106		Senior II M - 30	70	01:19:54	02:30:17.65	02:30:52.20	+00:56:39	7:09	8.4
180	STOŃ Wojciech	6478		Senior II M - 30	71	01:19:55	02:30:17.80	02:30:52.50	+00:56:39	7:09	8.4
181	BIELAWA Kamila	6287	NKB CHYZY NOWY TOMYŚL	Senior II K - 30	23	01:25:33	02:29:46.15	02:30:52.80	+00:56:40	7:07	8.4
182	NOWAK Paweł	6508	LAND ROWER WROCŁAW	Senior II M - 30	72	01:21:22	02:30:58.10	02:31:19.30	+00:57:06	7:11	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
183	NOWAK Krystian	6602	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	23	01:21:50	02:30:17.90	02:31:27.55	+00:57:14	7:09	8.4
184	LASEK Mikołaj	6649	PAN WUEFISTA	Senior II M - 30	73	01:25:05	02:30:46.80	02:31:28.80	+00:57:16	7:10	8.4
185	OGRODOWCZYK Daria	6569	KALENJI BY DECATHLON	Senior I K - 20	9	01:24:00	02:31:22.05	02:31:29.80	+00:57:17	7:12	8.3
186	KALISZEWSKI Adam	6464	MPK POZNAŃ	Weteran I M - 50	10	01:22:59	02:30:11.10	02:31:31.20	+00:57:18	7:09	8.4
187	MACIEJEWSKI Łukasz	6519		Senior II M - 30	74	01:21:04	02:31:14.40	02:31:35.90	+00:57:23	7:12	8.3
187	SZYSZKA Anna	6579		Senior I K - 20	10	01:23:19	02:31:25.70	02:31:35.90	+00:57:23	7:12	8.3
189	PASZKIEWICZ Maciej	6615	PARK DZIEJE	Weteran I M - 50	11	01:26:59	02:31:20.40	02:31:38.05	+00:57:25	7:12	8.3
190	RYCHLEWICZ Tomasz	6033		Senior II M - 30	75	01:23:27	02:30:50.40	02:31:44.70	+00:57:31	7:10	8.4
191	SZKÓDLINSKI Bartosz	6080	ODDYCHAJSWOBODNIE.PL	Masters M - 40	39	01:24:15	02:31:36.30	02:31:51.40	+00:57:38	7:13	8.3
192	HETMAŃSKI Jakub	6055		Senior I M - 20	24	01:21:58	02:31:33.55	02:31:58.25	+00:57:45	7:13	8.3
193	ZAKRZEWICZ Marcin	6754	KTB KUNY	Masters M - 40	40	01:20:44	02:31:52.80	02:32:04.35	+00:57:51	7:13	8.3
194	SZUMNY Paweł	6163		Senior II M - 30	76	01:23:41	02:30:57.10	02:32:06.50	+00:57:53	7:11	8.3
195	STRZYŻEWSKI Paweł	6529		Masters M - 40	41	01:24:01	02:32:02.25	02:32:07.55	+00:57:54	7:14	8.3
196	CYL Dawid	6449	FORDONRUNNERS	Senior II M - 30	77	01:25:54	02:31:45.80	02:32:15.95	+00:58:03	7:13	8.3
197	JANKOWSKI Krzysztof	6715	MUAY RUNNING TEAM	Senior I M - 20	25	01:23:19	02:31:01.20	02:32:22.70	+00:58:09	7:11	8.3
198	SKORUPSKI Szymon	6648	KURACJUSZE	Senior II M - 30	78	01:21:22	02:32:07.80	02:32:39.00	+00:58:26	7:14	8.3
199	SADOWSKI Marek	6393	MUKS SZOK BOJANOWO	Weteran I M - 50	12	01:23:34	02:31:20.85	02:32:47.65	+00:58:34	7:12	8.3
200	KOTNIEWICZ Piotr	6760		Senior I M - 20	26	01:26:03	02:31:29.90	02:32:48.45	+00:58:35	7:12	8.3
201	HŁASKO Ania	6515		Senior I K - 20	11	01:27:00	02:31:48.90	02:32:54.00	+00:58:41	7:13	8.3
202	ZWOLIŃSKI Mariusz	6672		Masters M - 40	42	01:26:06	02:31:58.90	02:33:17.00	+00:59:04	7:14	8.3
203	BARTNICKI Bartosz	6631	SCM POLANICA-ZDRÓJ	Senior I M - 20	27	01:22:18	02:33:00.80	02:33:24.00	+00:59:11	7:17	8.2
204	DRAGANEK Ewelina	6222		Senior II K - 30	24	01:23:20	02:32:08.60	02:33:28.10	+00:59:15	7:14	8.3
205	WÓJCIAK Łukasz	6029		Senior II M - 30	79	01:22:02	02:33:05.15	02:33:38.60	+00:59:25	7:17	8.2
206	MAKOWSKI Maciej	6333		Senior II M - 30	80	01:21:36	02:32:27.90	02:33:40.95	+00:59:28	7:15	8.3
207	JURCZAK Szymon	6641		Senior II M - 30	81	01:22:30	02:33:00.45	02:33:45.20	+00:59:32	7:17	8.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
208	WYSADA Katarzyna	6578		Senior II K - 30	25	01:22:48	02:33:24.60	02:34:04.45	+00:59:51	7:18	8.2
209	STRĄK Izabela	6173		Masters K - 40	10	01:24:07	02:34:04.20	02:34:06.40	+00:59:53	7:20	8.2
210	KUBIK Jarosław	6145		Senior II M - 30	82	01:24:23	02:33:54.30	02:34:10.00	+00:59:57	7:19	8.2
211	MACHULA Arkadiusz	6275		Masters M - 40	43	01:27:11	02:33:45.15	02:34:13.05	+01:00:00	7:19	8.2
212	WISZNIEWICZ Piotr	6300	BANA DZIEWONA	Senior II M - 30	83	01:24:58	02:32:52.35	02:34:33.05	+01:00:20	7:16	8.2
213	GORĄCZNIAK Maciej	6423		Masters M - 40	44	01:24:48	02:33:52.05	02:34:48.10	+01:00:35	7:19	8.2
214	WĄSOWICZ Magdalena	6714	HUSARIA RACE TEAM	Senior I K - 20	12	01:28:06	02:34:14.05	02:34:48.70	+01:00:35	7:20	8.2
215	GRABARZ Michał	6601		Masters M - 40	45	01:24:25	02:34:40.10	02:34:50.50	+01:00:37	7:21	8.1
216	SMORAWSKA Lidia	6248	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	26	01:26:59	02:34:23.85	02:34:56.20	+01:00:43	7:21	8.2
217	KRUSZEK Małgorzata	6462	PRZEKOTY	Senior II K - 30	27	01:27:32	02:34:43.05	02:34:56.60	+01:00:43	7:22	8.1
218	PÓŁROLNICZAK Paweł	6644		Senior II M - 30	84	01:24:50	02:34:33.60	02:34:56.95	+01:00:44	7:21	8.2
219	RAKOCZY Jerzy	6727		Masters M - 40	46	01:21:46	02:34:32.95	02:35:05.95	+01:00:53	7:21	8.2
220	TOMCZYK Marta	6630		Senior I K - 20	13	01:28:23	02:34:53.90	02:35:10.50	+01:00:57	7:22	8.1
221	SNIEGOCKI Paweł	6208	TARNOWO PODGÓRNE BIEGA	Masters M - 40	47	01:21:32	02:34:37.70	02:35:10.80	+01:00:58	7:21	8.1
222	KOPACZYŃSKI Michał	6404		Senior I M - 20	28	01:20:45	02:34:42.80	02:35:42.50	+01:01:29	7:22	8.1
223	PIELA Dawid	6755		Senior II M - 30	85	01:26:48	02:34:28.85	02:36:08.15	+01:01:55	7:21	8.2
224	DRZEWOWSKI Piotr	6667		Senior II M - 30	86	01:24:20	02:34:11.10	02:36:08.70	+01:01:55	7:20	8.2
225	RUDNICKI Krzysztof	6218		Senior II M - 30	87	01:28:42	02:34:47.60	02:36:20.80	+01:02:08	7:22	8.1
226	MARTOWSKA Barbara	6178		Masters K - 40	11	01:27:50	02:36:11.40	02:36:20.95	+01:02:08	7:26	8.1
227	SOBIERAJ Aleksander	6590	BRUPA BIEGOWA WALIM	Masters M - 40	48	01:31:05	02:35:22.70	02:36:40.20	+01:02:27	7:23	8.1
228	KUCHARSKA Aleksandra	6014	DREAM RUN	Senior II K - 30	28	01:29:13	02:36:07.15	02:36:42.40	+01:02:29	7:26	8.1
229	WOŹNIAK Łukasz	6170	NIGHT RUNNERS	Senior II M - 30	88	01:29:22	02:36:41.75	02:36:46.70	+01:02:33	7:27	8
230	CHOJNACKI Grzegorz	6598	RUNNING ACADEMY	Masters M - 40	49	01:25:30	02:36:37.20	02:36:50.45	+01:02:37	7:27	8
231	BRUSŁOWICZ Dagmara	6383	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	12	01:28:06	02:36:48.25	02:36:51.15	+01:02:38	7:28	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
232	DUTKOWIAK Aleksandra	6303	PIĄTKOWO NA BIEGOWO	Senior II K - 30	29	01:27:02	02:36:33.15	02:37:06.05	+01:02:53	7:27	8
233	NIEHAJ Anna	6174	POMIDOROWA ALTERNATYWA	Masters K - 40	13	01:26:24	02:36:52.85	02:37:32.25	+01:03:19	7:28	8
234	PASZKIEWICZ Józef	6591		Senior I M - 20	29	01:26:24	02:37:20.70	02:37:39.15	+01:03:26	7:29	8
235	PIELA Katarzyna	6285		Senior II K - 30	30	01:27:38	02:36:16.35	02:37:52.90	+01:03:40	7:26	8.1
236	ŁUBIK Renata	6339	PRO-RUN WROCŁAW	Masters K - 40	14	01:28:32	02:37:14.10	02:37:55.30	+01:03:42	7:29	8
237	POSPIECH Michał	6735		Senior I M - 20	30	01:21:38	02:36:25.05	02:38:04.80	+01:03:52	7:26	8.1
238	ZAMIATOWSKA Kinga	6115	BELLA LINE BDG	Masters K - 40	15	01:27:22	02:38:19.85	02:38:27.70	+01:04:14	7:32	8
239	POCHWAŁA Justyna	6079	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	31	01:30:36	02:37:58.85	02:38:34.60	+01:04:21	7:31	8
240	DWORCZYŃSKA Martyna	6490	ADIDAS RUNNERS WARSAW	Senior I K - 20	14	01:30:27	02:37:29.65	02:38:37.50	+01:04:24	7:30	8
241	MISTUR Szymon	6030		Senior II M - 30	89	01:30:26	02:37:20.10	02:38:44.15	+01:04:31	7:29	8
242	GIERLIK Grzegorz	6113	NCDC	Masters M - 40	50	01:30:06	02:37:37.30	02:39:05.00	+01:04:52	7:30	8
243	NOGANOWICZ Agata	6342	PRO-RUN WROCŁAW	Masters K - 40	16	01:32:20	02:37:37.55	02:39:05.10	+01:04:52	7:30	8
244	WITKOWSKI Witold	6655		Masters M - 40	51	01:28:10	02:37:24.90	02:39:19.65	+01:05:06	7:29	8
245	OBRZUD Katarzyna	6328		Masters K - 40	17	01:27:08	02:38:28.90	02:39:22.70	+01:05:09	7:32	8
246	WYBRANIEC Tomasz	6269		Senior II M - 30	90	01:27:48	02:37:56.40	02:39:31.70	+01:05:18	7:31	8
247	ZAWADZKA Monika	6684	MKS SIECHNICE	Senior II K - 30	32	01:33:03	02:38:51.05	02:39:33.05	+01:05:20	7:33	7.9
248	MICHALAK Kamil	6121		Senior II M - 30	91	01:26:04	02:38:58.10	02:40:10.50	+01:05:57	7:34	7.9
249	KARAŚ Jacek	6743	ZAŁOGA GÓRSKA	Senior II M - 30	92	01:21:28	02:40:10.15	02:40:22.30	+01:06:09	7:37	7.9
250	PŁUCIENNICZAK Bartosz	6031	KOŁO BIEGA	Senior II M - 30	93	01:24:17	02:39:56.20	02:40:35.45	+01:06:22	7:36	7.9
251	JOŃCZYK Anna	6379		Senior II K - 30	33	01:28:00	02:39:47.65	02:40:39.85	+01:06:27	7:36	7.9
252	AUCH Bartłomiej	6712		Senior I M - 20	31	01:28:05	02:40:23.30	02:40:50.00	+01:06:37	7:38	7.9
253	JANECZEK Jarosław	6266	KAJTEX RUNNERS	Masters M - 40	52	01:27:50	02:39:24.90	02:40:53.80	+01:06:41	7:35	7.9
254	CHOLEWA Agnieszka	6633	MATNER RUNNING TEAM	Senior II K - 30	34	01:29:03	02:40:33.55	02:40:55.45	+01:06:42	7:38	7.8
255	MAGIERECKI Krzysztof	6646		Weteran I M - 50	13	01:26:52	02:39:27.55	02:41:13.65	+01:07:00	7:35	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
256	POPŁAWSKI Krzysiek	6046	REEBOK RUN CREW	Masters M - 40	53	01:26:55	02:40:10.20	02:41:15.55	+01:07:02	7:37	7.9
257	PRAWDA Sebastian	6679	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	54	01:27:18	02:41:15.00	02:41:19.85	+01:07:07	7:40	7.8
258	SKRZELINSKI Pawel	6428	FAURECIA SPORTS TEAM	Senior II M - 30	94	01:28:52	02:40:49.50	02:41:37.20	+01:07:24	7:39	7.8
259	MICHALAK-KLIMCZAK Lucyna	6357		Senior II K - 30	35	01:30:03	02:40:27.85	02:41:37.80	+01:07:25	7:38	7.9
260	PANCZOCHA Adam	6540		Senior I M - 20	32	01:25:02	02:40:36.55	02:41:43.00	+01:07:30	7:38	7.8
261	NAPIÓRKOWSKA Katarzyna	6135		Masters K - 40	18	01:33:18	02:41:19.15	02:41:52.60	+01:07:39	7:40	7.8
262	BŁASZKOWIAK Błażej	6710		Senior II M - 30	95	01:22:42	02:40:21.25	02:41:53.80	+01:07:41	7:38	7.9
263	MAJEROWSKA Magdalena	6447	BAUMAT TEAM	Senior I K - 20	15	01:29:59	02:40:08.25	02:41:58.90	+01:07:46	7:37	7.9
264	MORAWSKI Wojciech	6312		Senior II M - 30	96	01:28:32	02:40:09.40	02:42:06.90	+01:07:54	7:37	7.9
265	STEFANOWSKI Mariusz	6685		Masters M - 40	55	01:28:49	02:41:19.75	02:42:07.95	+01:07:55	7:40	7.8
266	KUBÓW Agnieszka	6324	ZLB ZŁOTORYJA	Senior II K - 30	36	01:33:54	02:42:05.70	02:42:14.85	+01:08:02	7:43	7.8
267	WOLAK Izabela	6439	JKS SALAMANDRA	Senior I K - 20	16	01:27:14	02:41:56.40	02:42:44.50	+01:08:31	7:42	7.8
268	ZYZAŃSKI Andrzej	6761		Masters M - 40	56	01:29:51	02:42:26.15	02:42:51.15	+01:08:38	7:44	7.8
269	SZAMOSI Szabolcs	6484		Masters M - 40	57	01:32:08	02:41:19.95	02:42:55.95	+01:08:43	7:40	7.8
270	SKONIECKI Michał	6331		Masters M - 40	58	01:26:25	02:42:20.00	02:43:02.30	+01:08:49	7:43	7.8
271	SROKOWSKI Łukasz	6713		Senior II M - 30	97	01:35:44	02:41:35.80	02:43:20.80	+01:09:08	7:41	7.8
272	LECH Marcin	6077	NOA	Senior II M - 30	98	01:27:22	02:42:11.00	02:43:22.65	+01:09:09	7:43	7.8
273	KOPACKA Eliza	6099		Senior II K - 30	37	01:33:33	02:43:03.00	02:43:32.90	+01:09:20	7:45	7.7
274	BŁASZCZYK Jacek	6451	WOJART TEAM	Masters M - 40	59	01:34:41	02:42:39.75	02:43:45.30	+01:09:32	7:44	7.7
275	NOWICKA-BŁASZCZYK Izabela	6452	WOJART TEAM	Senior II K - 30	38	01:34:42	02:42:39.60	02:43:45.45	+01:09:32	7:44	7.7
276	FLAKA Paweł	6610		Senior II M - 30	99	01:33:50	02:41:59.50	02:43:54.85	+01:09:42	7:42	7.8
277	SOBAŃSKI Roman	6235	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	100	01:29:11	02:43:22.60	02:43:55.50	+01:09:42	7:46	7.7
278	DANIEL Maria	6563		Senior II K - 30	39	01:30:48	02:43:23.15	02:43:56.70	+01:09:43	7:46	7.7
279	KUICH Aleksnadra	6238		Senior II K - 30	40	01:38:36	02:43:40.35	02:43:56.95	+01:09:44	7:47	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
280	STRĘK Joanna	6065	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	41	01:30:58	02:43:59.95	02:44:03.70	+01:09:50	7:48	7.7
281	GARBACZ Damian	6588		Senior II M - 30	101	01:30:36	02:43:10.95	02:44:05.55	+01:09:52	7:46	7.7
282	SZAWARA-ZIÓŁKOWSKA Ewelina	6289	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	42	01:33:01	02:43:28.15	02:44:12.65	+01:09:59	7:47	7.7
283	WŁODARCZYK Maciej	6436	KB HARCOWNIK	Senior II M - 30	102	01:32:59	02:43:28.95	02:44:12.75	+01:10:00	7:47	7.7
284	GAWĘŁKO Janusz	6762		Weteran I M - 50	14	01:27:46	02:43:06.10	02:44:15.35	+01:10:02	7:46	7.7
285	CIERPIKOWSKA Agnieszka	6330		Masters K - 40	19	01:35:34	02:43:16.40	02:44:36.30	+01:10:23	7:46	7.7
286	ADAMCZYK Wojciech	6068	WEST COAST RUNNERS CYPRUS	Weteran I M - 50	15	01:30:50	02:44:40.00	02:44:51.10	+01:10:38	7:50	7.7
287	BARON Przem	6224	CONSTRAVIA	Senior II M - 30	103	01:23:54	02:43:46.50	02:44:53.75	+01:10:41	7:47	7.7
288	WOLEK Jerzy	6557		Weteran II M - 60	2	01:31:36	02:44:43.00	02:44:54.70	+01:10:41	7:50	7.6
289	PIOTROWSKA Magdalena	6751	KB JURUNT SZCZYTNO	Senior II K - 30	43	01:30:09	02:45:29.50	02:45:35.10	+01:11:22	7:52	7.6
290	ŚWIERCZYŃSKI Radosław	6304	BIEGIEM PO PIWO	Senior I M - 20	33	01:35:52	02:43:53.15	02:45:47.00	+01:11:34	7:48	7.7
291	FIGAS Sebastian	6100	LTT	Masters M - 40	60	01:28:24	02:45:53.10	02:45:59.20	+01:11:46	7:53	7.6
292	POGORZELSKI Grzegorz	6656	BWM TEAM	Senior II M - 30	104	01:26:34	02:45:29.45	02:46:06.90	+01:11:54	7:52	7.6
293	KOSTECZKA Paulina	6211	DRUŻYNA BIEGNĄCEGO ORIONA	Senior II K - 30	44	01:35:15	02:45:39.10	02:46:07.80	+01:11:55	7:53	7.6
294	MAŃCZAK Bartłomiej	6609	ŚWIDNICKA GRUPA BIEGOWA	Masters M - 40	61	01:33:49	02:44:29.70	02:46:25.45	+01:12:12	7:50	7.7
295	OSKWAREK Bogdan	6583		Masters M - 40	62	01:33:20	02:44:54.85	02:46:35.25	+01:12:22	7:51	7.6
296	SIEPIELSKI Damian	6153		Senior II M - 30	105	01:29:49	02:46:08.60	02:46:48.20	+01:12:35	7:54	7.6
297	MUSIELAK Magdalena	6363	KUPA WARY TEJ	Senior II K - 30	45	01:37:06	02:45:13.10	02:46:52.15	+01:12:39	7:52	7.6
298	DZIERGWA Agnieszka	6640	#SOBASTEAM	Senior II K - 30	46	01:34:55	02:45:42.00	02:46:53.45	+01:12:40	7:53	7.6
299	PYZIK Ewa	6255	MATNER RUNNING TEAM	Masters K - 40	20	01:34:33	02:46:36.65	02:46:57.90	+01:12:45	7:56	7.6
300	TWARDOWSKI Tomasz	6151	TRENUJZNAMI.PL	Masters M - 40	63	01:35:29	02:46:26.50	02:47:00.65	+01:12:47	7:55	7.6
301	PLISZCZYŃSKA Justyna	6682		Masters K - 40	21	01:34:30	02:46:35.15	02:47:12.60	+01:12:59	7:55	7.6
302	GUDZ Beata	6607		Senior II K - 30	47	01:33:39	02:46:42.20	02:47:50.20	+01:13:37	7:56	7.6
303	RZEPKA Aleksandra	6622	WKURW_TEAM	Senior I K - 20	17	01:33:33	02:46:25.20	02:47:58.10	+01:13:45	7:55	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
304	BĘDKOWSKI Paweł	6612		Senior I M - 20	34	01:30:07	02:47:52.45	02:48:12.45	+01:13:59	7:59	7.5
305	BUSS Jakub	6012	KUDOWSCY MIŁOŚNICY BIEGANIA	Masters M - 40	64	01:36:57	02:46:40.75	02:48:28.80	+01:14:16	7:56	7.6
306	BUSS Konrad	6475	KUDOWIANKA RUN	Senior II M - 30	106	01:36:53	02:46:41.55	02:48:29.05	+01:14:16	7:56	7.6
307	MARCINKIEWICZ Jerzy	6398		Weteran I M - 50	16	01:42:16	02:47:30.40	02:48:29.40	+01:14:16	7:58	7.5
308	ZIĘBA Emilia	6440	ŚLĄSK WROCŁAW	Senior I K - 20	18	01:30:47	02:47:46.55	02:48:30.55	+01:14:17	7:59	7.5
309	KRAUSE Anna	6686	HOLYFITNESS	Senior II K - 30	48	01:33:20	02:48:14.20	02:48:42.20	+01:14:29	8:00	7.5
310	CHORAŻYK Adam	6532	NOWOSOLSKA GRUPA BIEGOWA	Weteran I M - 50	17	01:33:19	02:48:21.20	02:48:43.40	+01:14:30	8:01	7.5
311	SZMYT Piotr	6072	4 RUNNERS GROUP	Masters M - 40	65	01:30:07	02:48:25.30	02:48:49.55	+01:14:36	8:01	7.5
312	CZESKA Karolina	6561	LAMPART TRENING	Senior I K - 20	19	01:35:08	02:48:20.15	02:49:04.40	+01:14:51	8:00	7.5
313	HRYCIUK Katarzyna	6195	EKOBIEGI	Masters K - 40	22	01:39:05	02:47:31.30	02:49:07.15	+01:14:54	7:58	7.5
314	SEWERYN-CZYŻ Bożena	6695	CROSS KRAPKOWICE	Masters K - 40	23		02:49:15.00	02:49:42.00	+01:15:29	8:03	7.4
314	CZYŻ Grzegorz	6696	CROSS KRAPKOWICE	Masters M - 40	66		02:49:15.00	02:49:42.00	+01:15:29	8:03	7.4
316	MAJCHRZYCKI Sławomir	6450	TKKF MPK POZNAŃ	Senior II M - 30	107	01:28:28	02:49:20.95	02:50:43.60	+01:16:30	8:03	7.4
316	ROSZYK Tomasz	6456	TKKF MPK POZNAŃ	Masters M - 40	67	01:28:32	02:49:17.75	02:50:43.60	+01:16:30	8:03	7.4
318	WRÓBLEWSKA Olga	6139	VEGE RUNNERS	Masters K - 40	24	01:38:12	02:50:19.05	02:50:45.75	+01:16:33	8:06	7.4
319	MAJEWSKA Fabiana	6677		Senior I K - 20	20	01:38:18	02:49:18.95	02:50:58.80	+01:16:46	8:03	7.4
320	LUBAŃSKA Alicja	6494	SSW TEAM KROŚNICE	Weteran K - 50	1	01:34:44	02:50:55.70	02:51:07.25	+01:16:54	8:08	7.4
321	MALEK- BERNADZIKOWSKA Marta	6603	EUROPA UBEZPIECZENIA	Senior II K - 30	49	01:37:21	02:50:14.10	02:51:09.40	+01:16:56	8:06	7.4
322	MAGDIJ Krzysztof	6543	MEGKURSY.PL	Masters M - 40	68	01:38:29	02:52:00.80	02:52:15.35	+01:18:02	8:11	7.3
323	MAGDIJ Kamila	6544	MEGKURSY.PL	Masters K - 40	25	01:38:29	02:52:00.85	02:52:15.45	+01:18:02	8:11	7.3
324	BERNADZIKOWSKI Michał	6604		Senior II M - 30	108	01:37:22	02:51:23.60	02:52:19.55	+01:18:06	8:09	7.4
325	PLEWA Katarzyna	6191	NORDIC16.COM	Senior II K - 30	50	01:33:03	02:51:45.45	02:52:23.15	+01:18:10	8:10	7.3
326	WOWKONOWICZ Wojciech	6410	BBL WROCŁAW	Weteran I M - 50	18		02:52:36.30	02:52:36.30	+01:18:23	8:13	7.3
327	ANDRZEJCZAK Michał	6374		Senior II M - 30	109	01:41:57	02:51:25.45	02:52:38.05	+01:18:25	8:09	7.3
328	JAWORSKA Magdalena	6159	GB WELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	26	01:37:08	02:51:26.05	02:53:04.05	+01:18:51	8:09	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
329	KAMIŃSKI Marek	6545		Senior I M - 20	35	01:34:02	02:51:22.55	02:53:08.80	+01:18:56	8:09	7.4
330	GORĄCZNIAK Anna	6422	KOBIETYBIEGAJA.PL	Senior I K - 20	21	01:41:18	02:52:13.20	02:53:09.30	+01:18:56	8:12	7.3
331	KLESZCZ Tomek	6346	KLESZCZE TRZY	Senior II M - 30	110	01:34:02	02:51:17.60	02:53:09.90	+01:18:57	8:09	7.4
332	NAJDEREK Maciej	6056	NAJDERKI4	Senior II M - 30	111	01:34:06	02:51:18.05	02:53:10.15	+01:18:57	8:09	7.4
333	SIWIASZCZYK Tomasz	6158		Masters M - 40	69	01:37:11	02:51:37.65	02:53:15.75	+01:19:03	8:10	7.3
334	PASŁAWSKA Olga	6381	PRZEBIEGA.PL	Senior II K - 30	51	01:36:31	02:52:27.30	02:53:22.30	+01:19:09	8:12	7.3
335	ŁOAZA Krzysztof	6414	NIGHT RUNNERS PYSKOWICE	Masters M - 40	70	01:27:03	02:52:29.70	02:53:24.00	+01:19:11	8:12	7.3
336	GALEWSKI Mariusz	6738		Weteran I M - 50	19	01:34:27	02:53:21.00	02:53:33.00	+01:19:20	8:15	7.3
337	WRÓBLEWSKI Radosław	6530	VELUX	Senior II M - 30	112	01:40:48	02:52:01.60	02:53:34.95	+01:19:22	8:11	7.3
338	GŁĄBICA Justyna	6425		Masters K - 40	27	01:38:22	02:52:54.20	02:53:56.45	+01:19:43	8:14	7.3
339	JAWOROWSKA Aneta	6060	ZLB ZŁOTORYJA	Masters K - 40	28	01:38:28	02:53:54.55	02:54:03.05	+01:19:50	8:16	7.2
340	MIKUTANIEC Sebastian	6514		Masters M - 40	71	01:38:15	02:52:22.10	02:54:03.20	+01:19:50	8:12	7.3
341	SZEWCZYK Mariusz	6210		Masters M - 40	72	01:38:57	02:52:33.65	02:54:29.65	+01:20:16	8:13	7.3
342	PTASZYŃSKA Joanna	6057		Weteran K - 50	2	01:35:07	02:54:33.45	02:54:50.55	+01:20:37	8:18	7.2
343	NASARZEWSKA Joanna	6184	WEST COAST RUNNERS CYPRUS	Masters K - 40	29	01:33:35	02:54:49.30	02:55:00.70	+01:20:47	8:19	7.2
344	GŁĘBOWSKA Daria	6192	KB MANIAC POZNAŃ	Senior I K - 20	22	01:41:11	02:53:54.65	02:55:08.25	+01:20:55	8:16	7.2
345	WOJCIECHOWSKI Maciej	6168		Senior II M - 30	113	01:31:13	02:54:23.50	02:55:13.25	+01:21:00	8:18	7.2
346	GROCHOT Edyta	6501	#ADAMCZERWIŃSKITEAM	Masters K - 40	30	01:37:57	02:55:19.65	02:55:27.80	+01:21:15	8:20	7.2
347	SZCZERBA Michał	6366		Masters M - 40	73	01:42:53	02:54:03.65	02:55:47.70	+01:21:34	8:17	7.2
348	LACHOWICZ Marta	6542		Senior II K - 30	52		02:54:34.55	02:55:58.00	+01:21:45	8:18	7.2
349	KIJAS Maja	6541		Senior II K - 30	53	01:36:33	02:54:34.45	02:55:58.70	+01:21:45	8:18	7.2
350	WACŁAWEK Marta	6434	POWER TRAINING	Senior II K - 30	54	01:39:05	02:55:19.15	02:56:05.40	+01:21:52	8:20	7.2
351	PRIGAN Anna	6205		Masters K - 40	31	01:38:38	02:55:56.55	02:56:08.90	+01:21:56	8:22	7.2
352	KLIN Robert	6157	WATAHA GRUPA TRENINGOWA	Masters M - 40	74	01:30:57	02:54:47.50	02:56:22.75	+01:22:10	8:19	7.2
353	TKACZ Natalia	6469		Senior I K - 20	23	01:36:01	02:54:44.55	02:56:24.60	+01:22:11	8:19	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
354	KASSNER Ewelina	6053		Senior I K - 20	24	01:43:27	02:56:11.70	02:56:26.50	+01:22:13	8:23	7.2
355	MAGDA Piotr	6413		Masters M - 40	75	01:36:52	02:55:33.15	02:56:26.55	+01:22:13	8:21	7.2
356	SZULC Rafał	6396	RUN BYDGOSZCZ	Senior II M - 30	114	01:46:23	02:54:44.30	02:56:27.75	+01:22:15	8:19	7.2
357	BIELECKA Iwona	6042	PRO RUN WROCLAW	Senior II K - 30	55	01:41:43	02:55:04.20	02:56:35.00	+01:22:22	8:20	7.2
357	KATA Aleksandra	6565		Senior I K - 20	25	01:41:44	02:55:04.10	02:56:35.00	+01:22:22	8:20	7.2
359	TYLKA Gosia	6332		Senior II K - 30	56	01:35:03	02:55:59.50	02:56:37.50	+01:22:24	8:22	7.2
360	GONERA Kazimierz	6078	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	3	01:35:29	02:56:09.80	02:56:45.05	+01:22:32	8:23	7.2
361	GONET Marek	6169		Weteran I M - 50	20	01:39:06	02:56:00.65	02:56:47.10	+01:22:34	8:22	7.2
362	CHOŁUJ Małgorzata	6352	PRU-RUN WROCLAW	Weteran K - 50	3	01:41:54	02:56:09.20	02:56:49.95	+01:22:37	8:23	7.2
363	ZAWIS Marek	6240		Weteran I M - 50	21	01:42:48	02:55:42.60	02:56:54.90	+01:22:42	8:22	7.2
364	MAUSCH Joanna	6752		Senior II K - 30	57	01:42:06	02:55:13.25	02:56:56.85	+01:22:44	8:20	7.2
365	OLIVEIRA Jose	6310		Weteran I M - 50	22	01:30:20	02:56:14.50	02:57:01.90	+01:22:49	8:23	7.1
366	WARDA Justyna	6052	HARDCOROWE WYCHYLILYBYMY	Senior I K - 20	26	01:37:00	02:56:50.15	02:57:03.55	+01:22:50	8:25	7.1
367	MUSIAŁ Ewa	6015	EBIEGI.PL	Masters K - 40	32	01:40:42	02:55:21.35	02:57:07.25	+01:22:54	8:21	7.2
368	KUŹNIAK Martyna	6227		Masters K - 40	33	01:43:56	02:56:14.50	02:57:18.50	+01:23:05	8:23	7.1
369	FRANKLIN Bernard	6634		Weteran II M - 60	4	01:42:33	02:55:47.95	02:57:19.00	+01:23:06	8:22	7.2
370	MOŃKA Karolina	6575	SPARTA ULTRA TEAM	Senior I K - 20	27	01:31:07	02:56:40.75	02:57:21.55	+01:23:08	8:24	7.1
371	SZOJDA Małgorzata	6421	INŻYNIERIA BIEGANIA TEAM	Senior II K - 30	58	01:45:06	02:55:38.75	02:57:21.75	+01:23:09	8:21	7.2
372	RACZEWSKA-FRANKLIN Ania	6635		Masters K - 40	34	01:42:35	02:55:52.40	02:57:24.20	+01:23:11	8:22	7.2
373	GŁĄBICA Adam	6424		Weteran I M - 50	23	01:39:14	02:56:59.25	02:58:01.00	+01:23:48	8:25	7.1
374	WÓJKOWSKI Kamil	6045	PRO-RUN WROCLAW/RAZEM TRENUJEMY SPORT	Senior II M - 30	115	01:35:48	02:56:35.25	02:58:03.60	+01:23:50	8:24	7.1
375	MAGIERECKA Marta	6740		Senior II K - 30	59	01:42:38	02:56:33.65	02:58:15.55	+01:24:02	8:24	7.1
376	STASZEWSKI Dariusz	6022		Senior II M - 30	116	01:32:11	02:56:54.35	02:58:19.50	+01:24:06	8:25	7.1
377	KOZIARA Maciek	6435	SKLEP BIEGACZA RUNNING TEAM	Senior II M - 30	117	01:43:26	02:58:04.80	02:58:20.90	+01:24:08	8:28	7.1
378	POŚPIECH Marcin	6257		Senior I M - 20	36	01:35:10	02:58:06.45	02:58:24.90	+01:24:12	8:28	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
379	MICHALSKI Grzegorz	6392	SEZONSTARTOWY.PL	Masters M - 40	76	01:39:43	02:57:02.80	02:58:55.80	+01:24:43	8:25	7.1
380	KRYCZEK Piotr	6438	TEAM URODZENI BIEGACZE	Masters M - 40	77	01:34:57	02:58:34.95	02:59:04.15	+01:24:51	8:30	7.1
381	KOŚCIELNIAK Szymon	6500	CZERWONAK BIEGA	Masters M - 40	78	01:34:32	02:57:56.15	02:59:13.60	+01:25:00	8:28	7.1
382	ZAWADZKA Anna	6207	MARATON TEAM	Senior II K - 30	60	01:37:59	02:58:31.00	02:59:23.70	+01:25:10	8:30	7.1
383	MROZIŃSKA Renata	6141		Masters K - 40	35	01:41:11	02:58:36.65	02:59:25.55	+01:25:12	8:30	7.1
384	MROZIŃSKI Albert	6142		Masters M - 40	79	01:41:09	02:58:36.80	02:59:25.70	+01:25:12	8:30	7.1
385	ŁACHAN Patryk	6152	WKURW_TEAM	Masters M - 40	80	01:42:55	02:57:56.25	02:59:26.95	+01:25:14	8:28	7.1
386	PIETRZYK Janusz	6666	NIGHT RUNNERS	Weteran I M - 50	24	01:35:41	02:58:12.05	02:59:35.00	+01:25:22	8:29	7.1
387	SKOLASIŃSKA Olga	6386		Senior II K - 30	61	01:38:06	02:58:43.85	02:59:39.80	+01:25:27	8:30	7
388	PŁOTNICKI Bolesław	6180		Masters M - 40	81	01:42:13	02:58:16.25	02:59:41.45	+01:25:28	8:29	7.1
389	STRONIKOWSKI Wojciech	6716	MUAY RUNNING TEAM	Senior II M - 30	118	01:40:38	02:58:04.40	02:59:47.25	+01:25:34	8:28	7.1
390	WOLSKA Dominika	6463		Senior I K - 20	28	01:34:46	02:59:24.40	03:00:08.05	+01:25:55	8:32	7
391	DARMOCHWAŁ Alina	6146	DZIKIE BOBRY	Senior II K - 30	62	01:41:55	02:59:43.40	03:00:09.15	+01:25:56	8:33	7
392	ŚLIWKA Beata	6223	OLZA CIESZYN	Masters K - 40	36	01:41:20	02:59:10.55	03:00:15.05	+01:26:02	8:31	7
393	KWECZKA-JANECZEK Anna	6265	KAJTEX RUNNERS	Senior II K - 30	63	01:40:28	02:59:37.05	03:01:05.90	+01:26:53	8:33	7
394	KAMIŃSKI Marek	6004		Senior II M - 30	119	01:43:11	03:00:19.65	03:01:22.00	+01:27:09	8:35	7
395	PORTACHA Katarzyna	6037		Masters K - 40	37	01:43:09	03:00:19.65	03:01:22.30	+01:27:09	8:35	7
396	ANUSZ Roksana	6698	ŻARÓW BIEGA	Senior II K - 30	64	01:37:03	03:01:28.25	03:01:45.60	+01:27:32	8:38	6.9
397	TASZAREK Ewa	6147		Masters K - 40	38	01:41:54	03:01:13.10	03:01:58.45	+01:27:45	8:37	7
398	CHMIELEWSKA-KOZIOŁ Magdalena	6187		Weteran K - 50	4	01:43:26	03:01:35.40	03:02:00.40	+01:27:47	8:38	6.9
399	GRUCHOT Małgorzata	6758	GOGOLIN BIEGA	Masters K - 40	39	01:39:52	03:02:02.85	03:02:02.85	+01:27:50	8:40	6.9
400	SMARUJ Edyta	6488		Masters K - 40	40	01:46:12	03:01:33.30	03:02:10.15	+01:27:57	8:38	6.9
401	RAPACZ-TOPILKO Anna	6623	SPEEDO POLSKA	Masters K - 40	41	01:43:36	03:01:10.00	03:02:20.40	+01:28:07	8:37	7
402	GRISZCZENKO Ela	6645		Senior II K - 30	65	01:41:54	03:00:33.55	03:02:30.35	+01:28:17	8:35	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
403	TOCZEWSKA Anna	6681	JACEK BIEGA RUNNING TEAM	Weteran K - 50	5	01:40:55	03:01:33.05	03:02:33.10	+01:28:20	8:38	6.9
404	KAMIŃSKA Anna	6461		Senior II K - 30	66	01:42:15	03:01:51.00	03:02:46.60	+01:28:33	8:39	6.9
405	KUJAWA Magdalena	6185	GRAŻKA TEAM	Senior II K - 30	67	01:42:32	03:02:44.50	03:02:58.35	+01:28:45	8:42	6.9
406	JAKOWICZ Agnieszka	6719	LABOSPORT	Masters K - 40	42	01:43:31	03:02:45.55	03:03:12.35	+01:28:59	8:42	6.9
407	KOŁODZIEJ Aleksandra	6329		Senior I K - 20	29	01:39:08	03:03:17.05	03:03:30.10	+01:29:17	8:43	6.9
408	DZIUBEK Monika	6186		Senior II K - 30	68	01:42:02	03:02:24.25	03:03:33.45	+01:29:20	8:41	6.9
409	KOWALCZYK Katarzyna	6360		Senior II K - 30	69	01:42:03	03:02:24.70	03:03:33.90	+01:29:21	8:41	6.9
410	KOWALCZYK Marcin	6704	VEGERUNNERS	Weteran II M - 60	5	01:43:17	03:02:27.10	03:03:48.00	+01:29:35	8:41	6.9
411	ZAJĄCZKOWSKA Agnieszka	6699		Senior I K - 20	30	01:38:22	03:02:15.80	03:03:52.20	+01:29:39	8:40	6.9
412	KARPATI Zoltan	6470		Masters M - 40	82	01:40:42	03:02:52.70	03:04:29.10	+01:30:16	8:42	6.9
412	DOBROVOCZKY Peter	6730		Masters M - 40	83	01:40:43	03:02:52.90	03:04:29.10	+01:30:16	8:42	6.9
414	STACHURSKA Monika	6507		Masters K - 40	43	01:43:17	03:04:03.80	03:04:31.40	+01:30:18	8:45	6.8
415	LEWANDOWSKA Ewa	6671		Masters K - 40	44	01:44:57	03:03:12.25	03:04:32.95	+01:30:20	8:43	6.9
416	STASZCZUK Jarosław	6217	WATAHA-ŁĄCZY NAS BIEGANIE	Masters M - 40	84	01:41:42	03:04:35.10	03:05:02.10	+01:30:49	8:47	6.8
417	PLACKOWSKI Marcin	6261	GOSTYŃ	Senior I M - 20	37	01:33:08	03:04:33.15	03:05:08.30	+01:30:55	8:47	6.8
418	PATYRA Łukasz	6111	GOMIND	Senior II M - 30	120	01:41:35	03:04:52.20	03:05:13.10	+01:31:00	8:48	6.8
419	BARTKIEWICZ Ireneusz	6457		Senior II M - 30	121	01:36:50	03:05:16.10	03:05:54.50	+01:31:41	8:49	6.8
420	LULA Radosław	6244		Masters M - 40	85	01:41:10	03:06:29.95	03:06:52.15	+01:32:39	8:52	6.8
421	CICHY Roman	6116	MUAY RUNNING TEAM	Senior II M - 30	122	01:38:29	03:07:10.90	03:07:18.20	+01:33:05	8:54	6.7
422	PRĘGOWSKI Grzegorz	6103	EKOBIEGI	Weteran I M - 50	25	01:46:31	03:05:48.15	03:07:24.25	+01:33:11	8:50	6.8
423	KUREK Ewa	6172		Senior II K - 30	70	01:40:04	03:07:19.65	03:07:29.60	+01:33:16	8:55	6.7
424	BRZEZIŃSKI Paweł	6064	BIEG OPOLSKI	Senior II M - 30	123	01:32:44	03:07:05.00	03:08:01.85	+01:33:49	8:54	6.7
425	TOPIŁKO Wojciech	6624	SPEEDO POLSKA	Masters M - 40	86	01:43:37	03:07:26.30	03:08:36.70	+01:34:23	8:55	6.7
426	WIDMAN Paweł	6075		Masters M - 40	87	01:36:26	03:08:19.60	03:08:42.20	+01:34:29	8:58	6.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
427	MARCINIAK Marek	6230		Masters M - 40	88	01:37:01	03:07:51.55	03:09:04.90	+01:34:52	8:56	6.7
428	ZEBZDA Łukasz	6664	22BPG	Senior II M - 30	124	01:43:21	03:07:54.50	03:09:06.15	+01:34:53	8:56	6.7
429	GRYGIEL Agnieszka	6347	KARKONOSZ RAUNNING TEAM	Masters K - 40	45	01:48:12	03:07:48.00	03:09:14.65	+01:35:01	8:56	6.7
430	ORŁOWSKI Robert	6589	BIEGNĘ DO MORDORU	Senior II M - 30	125	01:38:57	03:07:55.20	03:09:15.80	+01:35:03	8:56	6.7
431	PIJANKA Monika	6262	BBL OPOLE	Masters K - 40	46	01:48:29	03:08:57.00	03:10:11.00	+01:35:58	8:59	6.7
432	WOŹNIAK Mirosław	6444	TKKF MPK POZNAŃ	Weteran I M - 50	26	01:50:14	03:08:59.35	03:10:14.20	+01:36:01	9:00	6.7
433	RASZCZUK Martyna	6203	POMIDOROWA ALTERNATYWA	Senior II K - 30	71	01:49:26	03:09:48.30	03:10:27.65	+01:36:14	9:02	6.6
434	MAŃCZAK Agnieszka	6365	CZERWONAK BIEGA	Masters K - 40	47	01:46:50	03:09:13.25	03:10:28.25	+01:36:15	9:00	6.7
435	WÓJCIK Joanna	6327		Senior II K - 30	72	01:46:25	03:08:47.90	03:10:32.85	+01:36:20	8:59	6.7
436	SUWALD Andrzej	6076	JACEK BIEGA RUNNING TEAM	Weteran I M - 50	27	01:42:04	03:09:15.20	03:10:35.20	+01:36:22	9:00	6.7
437	POKROP Agnieszka	6097	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	73	01:50:02	03:10:02.15	03:10:39.15	+01:36:26	9:02	6.6
438	PERKA Barbara	6066	BIEG OPOLSKI	Masters K - 40	48	01:45:13	03:11:08.65	03:11:14.30	+01:37:01	9:06	6.6
439	MAZUR Michał	6659	KB SOBÓTKA	Senior II M - 30	126	01:50:48	03:10:17.30	03:11:15.80	+01:37:03	9:03	6.6
440	GŁOWACKI Dariusz	6197	TRI AKTYWNY PIOTRKÓW	Masters M - 40	89	01:47:46	03:09:49.45	03:11:17.20	+01:37:04	9:02	6.6
441	LADEK Marcin	6010	GRUNWALD TEAM POZNAŃ	Senior II M - 30	127	01:47:02	03:10:46.35	03:11:41.50	+01:37:28	9:05	6.6
442	WOŁCZEK Małgorzata	6707		Senior II K - 30	74	01:48:26	03:10:34.90	03:11:48.20	+01:37:35	9:04	6.6
443	BARAŃSKA Małgorzata	6293	BBL OPOLE	Masters K - 40	49	01:43:35	03:11:22.05	03:12:08.65	+01:37:55	9:06	6.6
444	PAŁAC Piotr	6384	PROARTE	Weteran I M - 50	28	01:51:19	03:12:06.65	03:12:10.55	+01:37:57	9:08	6.6
445	PAPIERNIAK Anna	6107		Senior II K - 30	75	01:49:19	03:10:33.75	03:12:10.85	+01:37:58	9:04	6.6
446	JAROS Aleksandra	6160		Senior I K - 20	31	01:49:19	03:10:33.40	03:12:11.15	+01:37:58	9:04	6.6
447	KLÁROVÁ Andrea	6581	TEAM JESENÍKY	Senior II K - 30	76	01:43:32	03:11:53.10	03:12:21.45	+01:38:08	9:08	6.6
448	KRYSIAK Łukasz	6650	PIĄTKOWO NA BIEGOWO	Masters M - 40	90	01:44:35	03:11:53.15	03:12:21.55	+01:38:08	9:08	6.6
449	ŠVÁBENSKÁ Ladislava	6582	TEAM JESENÍKY	Masters K - 40	50	01:43:34	03:11:54.85	03:12:21.85	+01:38:09	9:08	6.6
450	KARPIŃSKI Grzegorz	6016	MESONDŽI LAJF STAJL	Senior II M - 30	128	01:44:14	03:10:33.80	03:12:25.50	+01:38:12	9:04	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
451	JĘDZURA Agnieszka	6747		Masters K - 40	51	01:48:13	03:12:30.95	03:12:45.50	+01:38:32	9:10	6.5
452	DOWNAR-ZAPOLSKA Laura	6291	MOM&DAUGHTER RUN	Senior I K - 20	32	01:44:27	03:11:45.90	03:12:56.80	+01:38:44	9:07	6.6
453	CIEMNY Wojciech	6071	NIGHT RUNNERS PYSKOWICE	Masters M - 40	91	01:34:06	03:12:05.70	03:12:58.70	+01:38:45	9:08	6.6
454	JÓZEFIAK Magdalena	6408	ASSECO ACTIVE TEAM	Weteran K - 50	6	01:48:50	03:11:08.60	03:12:59.05	+01:38:46	9:06	6.6
455	KOWALSKA Małgorzata	6512	KB HARCOWNIK	Masters K - 40	52	01:44:42	03:12:16.45	03:13:00.90	+01:38:48	9:09	6.6
456	GRĘBOWICZ Agnieszka	6175	KB HARCOWNIK JELCZ - LASKOWCE	Senior II K - 30	77	01:44:43	03:12:17.60	03:13:01.10	+01:38:48	9:09	6.6
457	ŻYLUK Bożena	6058	WECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	53	01:47:52	03:13:00.30	03:13:05.70	+01:38:52	9:11	6.5
458	MAJCHRZAK Monika	6271	WKURW_TEAM	Masters K - 40	54	01:50:13	03:11:33.70	03:13:06.30	+01:38:53	9:07	6.6
459	SAWALA Eryk	6129		Senior I M - 20	38	01:47:24	03:12:00.80	03:13:08.90	+01:38:56	9:08	6.6
460	SAWALA Aneta	6128	TRANCE ONLY	Masters K - 40	55	01:47:24	03:12:00.75	03:13:09.40	+01:38:56	9:08	6.6
461	WEBER Agata	6660	JACEKBIEGA RUNNING TEAM	Masters K - 40	56	01:52:26	03:13:12.15	03:13:19.45	+01:39:06	9:12	6.5
462	CZECH Dorota	6094	PRO-RUN WROCŁAW	Masters K - 40	57	01:45:10	03:12:54.65	03:13:35.50	+01:39:22	9:11	6.5
463	KWAPIŃSKA Anna	6095		Senior II K - 30	78	01:48:34	03:12:54.55	03:13:35.70	+01:39:22	9:11	6.5
464	TANJGA-NAWROT Konstancja	6572	DELOITTE ADVENTURE TEAM	Senior II K - 30	79	01:47:18	03:12:31.40	03:14:01.40	+01:39:48	9:10	6.5
465	PUCHALSKI Przemysław	6290		Senior II M - 30	129	01:43:19	03:13:18.50	03:14:14.45	+01:40:01	9:12	6.5
466	KUDLIŃSKA Marlena	6723	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	80	01:46:58	03:13:11.80	03:14:18.00	+01:40:05	9:12	6.5
467	LACH Agnieszka	6528		Masters K - 40	58	01:47:34	03:13:47.45	03:14:24.25	+01:40:11	9:13	6.5
468	IMIŃSKI Cezary	6220		Weteran I M - 50	29	01:39:22	03:14:15.40	03:14:43.50	+01:40:30	9:15	6.5
469	SZELIGA Daria	6483		Senior I K - 20	33	01:45:29	03:14:00.20	03:14:43.80	+01:40:31	9:14	6.5
470	BARZYCKA Sylwia	6221		Senior II K - 30	81	01:49:37	03:14:09.25	03:14:57.75	+01:40:45	9:14	6.5
471	BANACH Sebastian	6562	YNO ULTRA	Masters M - 40	92	01:47:04	03:14:08.70	03:15:06.10	+01:40:53	9:14	6.5
472	ZAWADZKA Małgorzata	6486		Senior II K - 30	82	01:43:06	03:14:19.10	03:15:11.50	+01:40:58	9:15	6.5
473	KONIECZNY Piotr	6259	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	130	01:47:22	03:14:11.90	03:15:20.50	+01:41:07	9:14	6.5
474	KOZERA Kamil	6748	HARPAGAN SOSNOWEC	Senior II M - 30	131	01:45:59	03:14:06.40	03:15:21.90	+01:41:09	9:14	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
475	JASKOT Joanna	6443	FIT STORY	Senior II K - 30	83	01:44:54	03:14:02.75	03:15:37.70	+01:41:24	9:14	6.5
476	FRAŃCZEK Rafał	6441	FIT-STORY	Senior II M - 30	132	01:44:53	03:14:02.90	03:15:37.90	+01:41:25	9:14	6.5
477	DROŹDŻAL Izabela	6442		Senior I K - 20	34	01:44:52	03:14:03.95	03:15:38.20	+01:41:25	9:14	6.5
478	JAROSZ Michał	6617		Senior II M - 30	133	01:44:50	03:14:00.15	03:15:39.45	+01:41:26	9:14	6.5
479	CISZAK Karol	6694	DELOITTE ADVENTURE TEAM	Senior II M - 30	134	01:49:30	03:13:55.15	03:15:42.25	+01:41:29	9:14	6.5
480	KRYPA Aleksandra	6693		Senior II K - 30	84	01:49:31	03:13:55.10	03:15:42.40	+01:41:29	9:14	6.5
481	CZESKI Wojciech	6573	MOSINA BIEGA	Senior II M - 30	135	01:43:53	03:14:58.10	03:15:43.30	+01:41:30	9:17	6.5
482	TALAGA Alicja	6708	OLKUSZBIEGA.PL	Senior I K - 20	35	01:48:39	03:15:46.70	03:16:04.10	+01:41:51	9:19	6.4
483	KOŃKA Mariusz	6089		Masters M - 40	93	01:48:22	03:15:30.10	03:16:20.10	+01:42:07	9:18	6.4
484	KRZYŻAŃSKA Anna	6143		Senior II K - 30	85	01:47:01	03:15:25.55	03:16:33.85	+01:42:21	9:18	6.4
485	JANUSZAK Gosia	6155	SKS OBORNIKI	Weteran K - 50	7	01:52:47	03:16:06.20	03:16:42.70	+01:42:29	9:20	6.4
486	GRZELAKOWSKA Agata	6161		Masters K - 40	59	01:50:00	03:15:17.70	03:16:54.50	+01:42:41	9:18	6.5
487	ANDRZEJCZAK Łukasz	6376		Senior II M - 30	136	01:41:59	03:15:45.05	03:16:55.85	+01:42:43	9:19	6.4
488	KOWALEWSKA Kinga	6536		Senior II K - 30	86	01:51:36	03:16:05.40	03:17:04.80	+01:42:52	9:20	6.4
489	SIKORA Agnieszka	6273		Senior II K - 30	87	01:46:53	03:15:29.85	03:17:08.45	+01:42:55	9:18	6.4
490	TARASZEWSKA Paulina	6069	PWPW S.A.	Senior II K - 30	88	01:50:13	03:16:09.20	03:17:12.35	+01:42:59	9:20	6.4
491	PTASZYŃSKA Anna	6608	SPEED FEET'16	Masters K - 40	60	01:52:58	03:16:59.40	03:17:35.30	+01:43:22	9:22	6.4
492	MAĆKOWIAK-RYDZYŃSKA Anna	6448		Masters K - 40	61	01:49:21	03:15:41.85	03:17:35.70	+01:43:22	9:19	6.4
493	KOŃ Aleksandra	6126		Masters K - 40	62	01:49:45	03:16:55.55	03:17:36.65	+01:43:23	9:22	6.4
494	SŁABA Igor	6389		Senior II M - 30	137	01:35:32	03:17:46.20	03:17:52.50	+01:43:39	9:25	6.4
495	KRAWCZYK Sławomir	6580		Weteran I M - 50	30	01:46:44	03:16:36.70	03:17:52.60	+01:43:39	9:21	6.4
496	KONIECZNY Izabella	6316		Masters K - 40	63	01:51:19	03:17:39.30	03:18:01.10	+01:43:48	9:24	6.4
497	SŁUJA Paweł	6701		Senior II M - 30	138	01:44:56	03:16:32.05	03:18:16.55	+01:44:03	9:21	6.4
498	BĄCZYŃSKA Małgorzata	6458		Masters K - 40	64	01:48:33	03:17:53.20	03:18:22.35	+01:44:09	9:25	6.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
499	ŁUSIAK Ewa	6509		Masters K - 40	65	01:51:42	03:17:58.70	03:18:26.80	+01:44:14	9:25	6.4
500	ORDON Dorota	6119		Senior II K - 30	89	01:50:00	03:16:56.15	03:18:33.55	+01:44:20	9:22	6.4
501	WIŚNIEWSKI Tomasz	6003		Masters M - 40	94	01:55:36	03:17:12.25	03:18:34.60	+01:44:21	9:23	6.4
502	KRAJEWSKA-KŁODA Katarzyna	6323	DRUŻYNA SZPIKU	Masters K - 40	66	01:55:27	03:17:16.55	03:18:49.65	+01:44:36	9:23	6.4
503	KRZESZOWSKA Iga	6282		Senior I K - 20	36	01:42:41	03:17:20.75	03:18:58.45	+01:44:45	9:23	6.4
504	MANDZIAK Rafał	6388		Masters M - 40	95	01:43:13	03:18:17.25	03:19:00.30	+01:44:47	9:26	6.4
505	JANUSZAK Przemysław	6156	TEAM JANO	Masters M - 40	96	01:52:45	03:18:41.95	03:19:18.20	+01:45:05	9:27	6.3
506	URBAN Mieczysław	6215	ROZBIEGANY RAWCZ	Weteran II M - 60	6	01:46:52	03:19:12.60	03:19:23.40	+01:45:10	9:29	6.3
507	WOLEK Marcin	6558		Masters M - 40	97	01:51:27	03:19:13.60	03:19:26.55	+01:45:13	9:29	6.3
508	KRUSZEWSKI Jacek	6124	MUKAINADA RUNNING TEAM	Masters M - 40	98	01:48:25	03:18:09.50	03:19:30.00	+01:45:17	9:26	6.4
509	SZULTK Piotr	6411		Weteran I M - 50	31	01:42:53	03:18:43.65	03:19:37.15	+01:45:24	9:27	6.3
510	ŚRÓDKA Aleksandra	6134		Senior II K - 30	90	01:51:03	03:19:05.05	03:19:37.55	+01:45:24	9:28	6.3
511	RUCIŃSKA Magdalena	6246	WKURW_TEAM	Senior I K - 20	37	01:42:22	03:18:25.15	03:19:37.70	+01:45:24	9:26	6.4
512	SWOROWSKI Adam	6247	WKURW_TEAM	Senior II M - 30	139	01:42:21	03:18:25.40	03:19:38.45	+01:45:25	9:26	6.4
513	SKUPNIK Anna	6481		Masters K - 40	67	01:45:15	03:19:35.20	03:19:49.20	+01:45:36	9:30	6.3
514	RYCHŁOWSKI Ryszard	6011	DDKON BYDGOSZCZ	Masters M - 40	99	01:45:14	03:19:35.90	03:19:49.30	+01:45:36	9:30	6.3
515	PODGRUDNY Radosław	6085	RESCUE TEAM	Masters M - 40	100	01:42:08	03:19:30.45	03:19:49.90	+01:45:37	9:30	6.3
516	OWSIANIK Sylwia	6493		Masters K - 40	68	01:38:23	03:19:39.30	03:19:51.40	+01:45:38	9:30	6.3
517	KOŚNY Damian	6087	GIT	Masters M - 40	101	01:44:18	03:18:04.65	03:19:58.20	+01:45:45	9:25	6.4
518	GRABARZ Emila	6605	O CO BIEGA	Masters K - 40	69	01:47:54	03:19:56.05	03:20:06.00	+01:45:53	9:31	6.3
518	JAREMEK Wojtek	6162		Senior II M - 30	140	01:48:22	03:18:47.05	03:20:06.00	+01:45:53	9:28	6.3
520	RUDNIK Katarzyna	6183		Senior II K - 30	91	01:53:26	03:19:06.40	03:20:07.20	+01:45:54	9:28	6.3
521	CENDROWICZ Magdalena	6200	SONKOTEAM	Senior II K - 30	92	01:49:40	03:19:04.30	03:20:15.95	+01:46:03	9:28	6.3
522	HANSZ Donat	6683	NETBOX BIEGA	Senior I M - 20	39	01:42:59	03:20:04.40	03:20:36.70	+01:46:23	9:31	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
523	LESZKO Tomasz	6232	AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ	Masters M - 40	102	01:52:47	03:20:32.60	03:21:36.65	+01:47:23	9:32	6.3
524	SENDERSKA-PŁONOWSKA Magdalena	6213		Senior I K - 20	38	01:43:06	03:20:52.75	03:21:51.45	+01:47:38	9:33	6.3
525	KAYSIEWICZ Joanna	6418		Masters K - 40	70	01:56:03	03:21:45.60	03:22:14.65	+01:48:01	9:36	6.2
526	WISZNIOWSKA Agata	6019	NIGHT RUNNERS WROCŁAW	Senior II K - 30	93	01:57:51	03:21:24.45	03:22:48.00	+01:48:35	9:35	6.3
527	DURALEK Anna	6492		Masters K - 40	71	01:48:59	03:22:19.50	03:22:49.70	+01:48:36	9:38	6.2
528	BILIŃSKI Marek	6371	:-)	Senior II M - 30	141	01:47:38	03:21:36.50	03:22:53.50	+01:48:40	9:36	6.3
529	PAKUŁA Arkadiusz	6728		Masters M - 40	103	01:43:42	03:22:46.00	03:22:58.70	+01:48:45	9:39	6.2
530	KOCZYK Artur	6407		Senior II M - 30	142	01:55:07	03:21:03.25	03:23:01.35	+01:48:48	9:34	6.3
531	MATYJEWICZ Klaudia	6406		Senior I K - 20	39	01:55:07	03:21:04.05	03:23:01.75	+01:48:49	9:34	6.3
532	BOSZKO Krzysztof	6086	GIT	Senior II M - 30	143	01:46:09	03:21:12.70	03:23:06.35	+01:48:53	9:34	6.3
533	NOWAK Iwona	6122	ZLB ZŁOTORYJA	Masters K - 40	72	01:49:46	03:23:19.05	03:23:27.85	+01:49:15	9:40	6.2
534	SKRZĄTEK Anna	6349		Masters K - 40	73	01:52:42	03:23:52.35	03:24:08.75	+01:49:56	9:42	6.2
535	STANISŁAWSKI Piotr	6663		Masters M - 40	104	01:48:43	03:23:24.60	03:24:10.25	+01:49:57	9:41	6.2
536	BATURA Magdalena	6636		Senior II K - 30	94	01:55:24	03:23:10.15	03:24:27.65	+01:50:14	9:40	6.2
537	NEUMANN Beata	6241	CENTRUM ŁĄKOWA 1	Weteran K - 50	8	01:52:35	03:23:00.05	03:24:50.40	+01:50:37	9:40	6.2
538	SOSNOWSKA Barbara	6426		Masters K - 40	74	01:55:41	03:23:50.75	03:24:51.70	+01:50:38	9:42	6.2
539	SZPONAR Bartłomiej	6204	OTORI OŁAWA	Senior II M - 30	144	01:42:48	03:23:52.20	03:24:53.00	+01:50:40	9:42	6.2
540	NESTOROWICZ Monika	6234	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	75	01:58:51	03:25:16.45	03:25:44.55	+01:51:31	9:46	6.1
541	WARA-WĄSOWSKI Maciej	6611		Weteran I M - 50	32	01:49:35	03:25:29.95	03:26:43.95	+01:52:31	9:47	6.1
542	KRZECZKOWSKI Roman	6552	BIEGOWA ŚWMDNICA	Masters M - 40	105	01:49:33	03:25:34.25	03:26:49.25	+01:52:36	9:47	6.1
543	BŁASZCZYK Michał	6445	TKKF MPK POZNAŃ	Senior II M - 30	145	01:55:25	03:25:34.85	03:26:50.75	+01:52:38	9:47	6.1
544	MIKUTANIEC Patrycja	6513		Masters K - 40	76	01:48:56	03:25:29.80	03:27:10.70	+01:52:57	9:47	6.1
545	MAKAREWICZ Sylwia	6567		Senior II K - 30	95	01:52:21	03:26:22.25	03:27:25.55	+01:53:12	9:49	6.1
546	KRYJAK Tomasz	6294		Senior II M - 30	146	01:55:37	03:25:49.75	03:27:48.05	+01:53:35	9:48	6.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
547	WÓJTOWICZ Edyta	6112	LOVELASY	Masters K - 40	77	01:56:23	03:27:28.50	03:27:59.80	+01:53:47	9:52	6.1
548	BALCERZAK Krysia	6284		Masters K - 40	78	02:01:11	03:27:20.35	03:28:11.90	+01:53:59	9:52	6.1
549	WRÓBEL Marzena	6498		Senior II K - 30	96	01:57:53	03:27:19.35	03:28:36.35	+01:54:23	9:52	6.1
550	PYTA Grzegorz	6549	NIEZRZESZONY	Weteran I M - 50	33	01:57:47	03:27:18.50	03:28:37.50	+01:54:24	9:52	6.1
551	KOZIOŁ Ewa	6305	KOZIOŁKI	Masters K - 40	79	01:55:47	03:28:53.65	03:29:11.65	+01:54:58	9:56	6
552	FIKSA Katarzyna	6453	BIEGAJĄCY WOJART TEAM	Masters K - 40	80	01:55:25	03:28:13.20	03:29:19.65	+01:55:06	9:54	6.1
553	CHMIELEWSKI Paweł	6416	WKURW_TEAM	Senior II M - 30	147	01:57:21	03:27:51.95	03:29:25.20	+01:55:12	9:53	6.1
554	MARCZUKIEWICZ Aleksandra	6228	WKURW_TEAM	Senior II K - 30	97	01:57:24	03:27:55.55	03:29:27.85	+01:55:15	9:54	6.1
555	PODSIADŁY Robert	6084	CHATA BIEGACZA K34	Weteran II M - 60	7	01:54:39	03:27:48.80	03:29:37.60	+01:55:24	9:53	6.1
556	KAPAŁKA Agnieszka	6123		Masters K - 40	81	01:55:37	03:28:40.80	03:29:44.10	+01:55:31	9:56	6
557	KWAŚNIOK Rafał	6073	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	148	01:55:03	03:28:54.85	03:29:49.70	+01:55:36	9:56	6
558	MAZUR Ewelina	6412	BIEGAJ Z TRENERAMI	Masters K - 40	82	01:55:49	03:28:57.75	03:29:52.15	+01:55:39	9:57	6
559	WYPCHOŁ Piotr	6370		Weteran I M - 50	34	01:46:54	03:29:08.85	03:29:55.80	+01:55:43	9:57	6
560	ŚWITA Tomasz	6035	PRO-RUN WROCŁAW	Senior II M - 30	149	01:50:04	03:28:34.20	03:30:08.35	+01:55:55	9:55	6
561	STANOWSKA Katarzyna	6415		Masters K - 40	83	01:56:59	03:29:33.95	03:30:24.55	+01:56:11	9:58	6
562	ZASTAWNY Michał	6025		Senior II M - 30	150	01:53:43	03:29:23.45	03:30:53.00	+01:56:40	9:58	6
563	KUROWSKA Bianka	6038		Senior I K - 20	40	01:55:01	03:29:41.10	03:31:10.60	+01:56:57	9:59	6
564	KANIASTY Marta	6750		Senior II K - 30	98	01:57:23	03:29:23.50	03:31:13.20	+01:57:00	9:58	6
565	GEZELA Joanna	6096	EUFORIA BIEGACZA TEAM	Masters K - 40	84	01:59:05	03:30:31.30	03:31:17.25	+01:57:04	10:01	6
566	OLCZYK Anna	6136		Masters K - 40	85	01:58:27	03:31:16.30	03:31:43.90	+01:57:31	10:03	6
567	PASTUSZKA Joanna	6527	RUN ŁDZ	Weteran K - 50	9	01:58:25	03:31:16.25	03:31:44.05	+01:57:31	10:03	6
568	GOLONKA Kinga	6047	SYNGENIT	Senior I K - 20	41	01:56:37	03:30:55.55	03:31:46.10	+01:57:33	10:02	6
569	KAMIŃSKA Małgorzata	6369		Senior II K - 30	99	01:55:53	03:31:31.75	03:32:32.45	+01:58:19	10:04	6
570	BARADZIEJ Barbara	6130	TERMINAL LOGISTYCZNY PROMONT	Senior II K - 30	100	01:50:19	03:31:09.75	03:32:35.60	+01:58:22	10:03	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
571	KARLIKOWSKI Jarek	6526		Senior II M - 30	151	01:54:56	03:31:49.85	03:32:41.40	+01:58:28	10:05	5.9
572	PĘCKA Beata	6399		Senior II K - 30	101	01:57:57	03:31:06.15	03:32:45.70	+01:58:32	10:03	6
573	SZCZODRZYŃSKA Kasia	6521		Masters K - 40	86	01:58:49	03:32:35.15	03:33:06.25	+01:58:53	10:07	5.9
574	MRÓZ Izabela	6616	WOLNE ŚLIMAKI	Senior II K - 30	102	01:58:41	03:32:36.25	03:33:07.10	+01:58:54	10:07	5.9
575	MACIĄŻEK Dominik	6595	MEZZOFORTE	Senior I M - 20	40	01:56:34	03:34:58.45	03:35:21.50	+02:01:08	10:14	5.9
576	WALCZAK-WOJTKOWSKA Iwona	6586		Weteran K - 50	10	01:59:37	03:34:14.00	03:35:46.25	+02:01:33	10:12	5.9
577	MITEK Marta	6104		Senior II K - 30	103	01:59:32	03:34:24.20	03:36:04.05	+02:01:51	10:12	5.9
578	LORENC-KRUSZYŃSKA Sylwia	6061	WKURW_TEAM	Senior II K - 30	104	01:56:21	03:35:45.60	03:36:22.40	+02:02:09	10:16	5.8
579	ANDRZEJEWSKA Karolina	6619		Senior II K - 30	105	01:57:21	03:35:26.35	03:37:12.45	+02:02:59	10:15	5.8
580	PŁUCIENNIK Katarzyna	6662		Masters K - 40	87	01:54:49	03:36:36.30	03:37:23.15	+02:03:10	10:18	5.8
581	DRYNKORN Hanna	6403		Senior II K - 30	106	01:58:19	03:36:54.40	03:37:48.10	+02:03:35	10:19	5.8
582	HERBUT Malwina	6703	IZERSKA GRUPA BIEGOWA	Senior II K - 30	107	01:56:35	03:36:10.00	03:37:54.00	+02:03:41	10:17	5.8
583	GWAJ Dominika	6359	IZERSKA GRUPA BIEGOWA	Masters K - 40	88	01:57:26	03:36:19.20	03:38:03.30	+02:03:50	10:18	5.8
584	SARNOWSKI Maciej	6429	TKKF MPK POZNAŃ	Masters M - 40	106	01:55:20	03:38:17.80	03:39:41.20	+02:05:28	10:23	5.8
585	MELON Iga	6559		Senior I K - 20	42	02:00:59	03:38:33.10	03:40:16.75	+02:06:04	10:24	5.8
586	NOWAK Anna	6745		Senior II K - 30	108	02:00:17	03:38:24.30	03:40:17.20	+02:06:04	10:24	5.8
587	MAŁEK Piotr	6571	KB MARATON TUREK	Masters M - 40	107	02:00:17	03:38:30.35	03:40:23.40	+02:06:10	10:24	5.8
588	OLEK-WYSOCKA Monika	6264	MORSY TUREK	Senior II K - 30	109	02:00:16	03:38:30.80	03:40:23.90	+02:06:11	10:24	5.8
589	OGRODNIK Anna	6082	RUNNING ACADEMY	Senior II K - 30	110	01:59:20	03:40:22.00	03:40:36.50	+02:06:23	10:29	5.7
590	KAŁKA Marcin	6697		Senior II M - 30	152	01:42:23	03:38:53.40	03:40:38.75	+02:06:26	10:25	5.8
591	TWARDOWSKI Wojciech	6397	RUN BYDGOSZCZ	Weteran I M - 50	35	01:57:52	03:40:31.80	03:42:15.25	+02:08:02	10:30	5.7
592	KOŚCIELNIAK Maciej	6502	CZERWONAK BIEGA	Senior I M - 20	41	02:00:57	03:41:51.10	03:43:05.60	+02:08:52	10:33	5.7
593	PUZIO Anna	6739	MARATOŃCZYK DĘBICA	Weteran K - 50	11	01:57:27	03:41:17.70	03:43:08.25	+02:08:55	10:32	5.7
594	MICHALSKA Agnieszka	6260		Weteran K - 50	12	01:52:31	03:41:47.25	03:43:15.60	+02:09:02	10:33	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
595	SZAFRAŃSKA Joanna	6281		Weteran K - 50	13	01:52:35	03:41:48.20	03:43:16.50	+02:09:03	10:33	5.7
596	PAWŁOWSKA-LIS Maria	6249		Masters K - 40	89	01:54:55	03:42:45.55	03:43:27.30	+02:09:14	10:36	5.7
597	PIECHACZEK Marek	6387	BOOT CAMP	Senior II M - 30	153	01:52:15	03:42:24.75	03:43:27.35	+02:09:14	10:35	5.7
598	NOWICKA Iwona	6277	BOOTCAMP	Senior II K - 30	111	01:52:13	03:42:25.95	03:43:27.70	+02:09:14	10:35	5.7
599	JASIUL Mariola	6250		Masters K - 40	90	01:58:13	03:42:45.90	03:43:28.20	+02:09:15	10:36	5.7
600	ANTONIEWICZ Nataliya	6253		Senior II K - 30	112	01:59:48	03:42:47.40	03:43:35.80	+02:09:23	10:36	5.7
601	WITKO Dorota	6531	NOWOSOLSKA GRUPA BIEGOWA	Weteran K - 50	14	02:02:29	03:44:13.55	03:44:36.40	+02:10:23	10:40	5.6
602	ZIELIŃSKA CZERBNIAK Izabela	6356	TARNOWO PODGÓRNE BIEGA	Masters K - 40	91	01:59:43	03:44:30.95	03:45:05.50	+02:10:52	10:41	5.6
603	LECHNA Mirella	6718		Masters K - 40	92	02:05:45	03:45:09.85	03:45:21.95	+02:11:09	10:43	5.6
604	SKROBEK Marcin	6651		Senior II M - 30	154	01:58:41	03:42:59.90	03:45:29.55	+02:11:16	10:37	5.7
605	PRZYBYLSKI Witold	6231	MUAY RUNNING TEAM	Masters M - 40	108	02:06:02	03:44:06.30	03:45:48.50	+02:11:35	10:40	5.6
606	ARCHANIOŁOWICZ Joanna	6717	MUAY RUNNING TEAM	Masters K - 40	93	02:06:03	03:44:06.40	03:45:49.05	+02:11:36	10:40	5.6
607	DOMINIAK - LESZCZYŃSKA Elżbieta	6725	LASY WAWERSKIE	Weteran K - 50	15	02:04:57	03:45:07.55	03:46:39.35	+02:12:26	10:43	5.6
608	TOMALAK Anna	6212		Senior II K - 30	113	02:02:48	03:45:46.90	03:47:41.25	+02:13:28	10:45	5.6
609	FORMELA Justyna	6687		Masters K - 40	94	02:03:01	03:45:46.85	03:47:41.30	+02:13:28	10:45	5.6
610	ZIÓŁEK Teresa	6298	STAIN INSANE	Weteran K - 50	16	02:06:52	03:47:31.35	03:48:23.60	+02:14:10	10:50	5.5
611	WIŚNIEWSKA Dorota	6013		Masters K - 40	95	02:07:47	03:50:13.20	03:51:35.35	+02:17:22	10:57	5.5
612	GŁOWACKA Aleksandra	6140	MŁODY VS. STARY	Masters K - 40	96	02:02:27	03:50:23.55	03:51:44.85	+02:17:32	10:58	5.5
613	REGULSKA Aneta	6007	DRUŻYNA SZPIKU	Senior II K - 30	114	02:06:31	03:50:41.05	03:51:53.60	+02:17:40	10:59	5.5
614	RAJZAKOWSKA Anna	6131		Weteran K - 50	17	02:06:31	03:51:06.40	03:52:19.40	+02:18:06	11:00	5.5
615	SKRZYPIEC Karolina	6237		Senior II K - 30	115	02:04:06	03:51:44.25	03:52:37.00	+02:18:24	11:02	5.4
616	GRZYWACZ Ryszard	6742	BOOT CAMP POLSKA	Weteran I M - 50	36	02:00:59	03:52:49.25	03:53:52.10	+02:19:39	11:05	5.4
617	MAKOWSKA Magdalena	6737	BOOTCAMP JAWORZNO	Senior II K - 30	116	02:02:12	03:53:00.00	03:54:34.65	+02:20:21	11:05	5.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
618	SPOZ Magdalena	6372	NEST TEAM	Masters K - 40	97	02:01:49	03:55:27.70	03:55:54.30	+02:21:41	11:12	5.4
619	SOSULSKA Janina	6733	TIGERS PRUDNIK/RUNNERS TEAM NYSA	Weteran K - 50	18	02:06:16	03:53:57.80	03:55:54.70	+02:21:41	11:08	5.4
619	ŚNIEŻAWSKA Gabriela	6279		Masters K - 40	98	02:06:17	03:53:58.40	03:55:54.70	+02:21:41	11:08	5.4
621	KALLAS-LIPSKA Anetta	6067		Masters K - 40	99	02:06:15	03:56:16.65	03:56:30.95	+02:22:18	11:15	5.3
622	ROLIŃSKI Radosław	6317		Masters M - 40	109	02:34:13	03:56:06.90	03:56:40.75	+02:22:28	11:14	5.3
623	ŚLIWAK Katarzyna	6460	KATARZYNA ŚLIWAK	Senior II K - 30	117	01:51:35	03:56:15.05	03:57:04.40	+02:22:51	11:15	5.3
624	ŚLIWAK Tomasz	6459	TOMASZ ŚLIWAK	Senior II M - 30	155	01:51:47	03:56:15.40	03:57:04.60	+02:22:51	11:15	5.3
625	SPRINGER Marta	6479	NIGHT RUNNERS	Senior II K - 30	118	02:11:43	03:56:48.45	03:57:08.25	+02:22:55	11:16	5.3
626	SUCHANKO Alicja	6485	NIGHT RUNNERS	Masters K - 40	100	02:11:07	03:56:49.90	03:57:09.55	+02:22:56	11:16	5.3
627	WASZKIEWICZ Joanna	6705	NIGHT RUNNERS	Senior II K - 30	119	02:11:38	03:56:50.30	03:57:10.70	+02:22:57	11:16	5.3
628	LECIEJEWSKA Małgorzata	6480	NIGHT RUNNERS POZNAŃ	Masters K - 40	101	02:10:37	03:56:51.25	03:57:12.35	+02:22:59	11:16	5.3
629	ANIOŁ Michał	6556		Senior II M - 30	156	02:02:57	03:57:28.45	03:58:49.65	+02:24:36	11:18	5.3
630	MUSIELAK Maria	6362	KUPA WIARY TEJ	Senior II K - 30	120	02:15:27	04:02:05.45	04:03:44.60	+02:29:31	11:31	5.2
631	WIŚNIEWSKA Ewelina	6054	HARDCOROWE WYCHYLYBYMY	Senior II K - 30	121	02:10:26	04:03:05.35	04:04:04.60	+02:29:51	11:34	5.2
632	JUSZKO Aleksandra	6325		Senior I K - 20	43	02:12:33	04:08:58.80	04:09:24.45	+02:35:11	11:51	5.1
632	JUSZKO Monika	6070		Masters K - 40	102	02:12:46	04:08:58.90	04:09:24.45	+02:35:11	11:51	5.1
634	SZCZEPANIAK Sławomir	6523	KS LENIWEC	Weteran I M - 50	37	02:09:41	04:10:34.75	04:12:09.10	+02:37:56	11:55	5
635	PAWŁOWSKA Danuta	6039	WKURW_TEAM	Masters K - 40	103	02:16:09	04:11:44.10	04:12:33.90	+02:38:21	11:59	5
636	GOŁĄBEK Dariusz	6138	BIEGATON/BBL MIKOŁÓW	Weteran I M - 50	38	02:14:11	04:14:48.20	04:15:22.05	+02:41:09	12:08	4.9
637	PRZYBYŁ Jolanta	6125	EASY RUNNERS	Masters K - 40	104	02:09:01	04:14:51.35	04:15:43.70	+02:41:30	12:08	4.9
638	KACZMAREK Agnieszka	6188		Masters K - 40	105	02:23:42	04:18:55.50	04:19:20.70	+02:45:07	12:19	4.9
639	RATAJCZAK Aurelia	6193	ŻÓŁTO KRÓLEWSKCY	Senior II K - 30	122	02:24:16	04:23:55.60	04:24:11.50	+02:49:58	12:34	4.8
640	CIESIELSKI Tomasz	6306		Senior II M - 30	157	02:20:07	04:27:33.70	04:28:41.20	+02:54:28	12:44	4.7
641	MAZUR Marta	6024		Senior II K - 30	123	01:59:52	04:31:16.50	04:32:33.10	+02:58:20	12:55	4.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
	KOCERKA Jacek	6614		Masters M - 40		01:46:18 DNF	DNF	DNF		-	-
	ANTOSZCZUK Aneta	6377	PRO-RUN WROCŁAW	Masters K - 40		DNF	DNF	DNF		-	-

Znaleziono 643 wynik(ów)