ZŁOTY PÓŁMARATON - 21 KM

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

Klasyfikacja: OPEN

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 (100%)
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 (4.7%)	4:42	12.7 (94.8%)
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 (5.6%)	4:44	12.6 (94.0%)
4	**PODSIADŁO Mikołaj**	**6759**		Senior I M - 20	2	00:56:57	**01:40:53.65**	**01:40:55.35**	+00:06:42 (6.6%)	4:48	12.5 (93.3%)
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 (7.7%)	4:51	12.4 (92.5%)
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 (8.6%)	4:54	12.2 (91.0%)
7	**KWARTA Maciej**	**6350**	JW4846	Senior II M - 30	5	00:58:15	**01:43:40.90**	**01:43:43.90**	+00:09:31 (9.2%)	4:56	12.2 (91.0%)
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 (9.6%)	4:57	12.1 (90.3%)
9	**FLISIŃSKI Łukasz**	**6520**	1981	Senior II M - 30	7	00:58:10	**01:45:32.60**	**01:45:35.95**	+00:11:23 (10.8%)	5:01	11.9 (88.8%)
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 (10.9%)	5:00	12 (89.6%)
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 (11.9%)	5:05	11.8 (88.1%)
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 (12.7%)	5:08	11.7 (87.3%)
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 (12.8%)	5:08	11.7 (87.3%)
14	**WOLAŃSKI Jan**	**6669**		Senior II M - 30	10	01:01:14	**01:49:16.90**	**01:49:19.45**	+00:15:06 (13.8%)	5:12	11.5 (85.8%)
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 (14.8%)	5:15	11.4 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	**ZAJĄCZKOWSKA Anna**	**6593**		Senior I K - 20	1	01:03:24	**01:50:43.20**	**01:51:02.45**	+00:16:49 (15.2%)	5:16	11.4 (85.1%)
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 (15.8%)	5:19	11.3 (84.3%)
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 (16.1%)	5:20	11.2 (83.6%)
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 (16.3%)	5:21	11.2 (83.6%)
20	**BAKALARZ Emil**	**6700**		Senior II M - 30	13	01:04:10	**01:52:56.70**	**01:52:58.90**	+00:18:46 (16.6%)	5:22	11.2 (83.6%)
21	**GŁÓD Mateusz**	**6101**		Masters M - 40	2	01:01:46	**01:53:14.45**	**01:53:18.45**	+00:19:05 (16.9%)	5:23	11.1 (82.8%)
22	**ROSKOSZ Michał**	**6757**	KAC RUNNING TEAM	Senior II M - 30	14		**01:54:01.50**	**01:54:09.05**	+00:19:56 (17.5%)	5:25	11 (82.1%)
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 (18.1%)	5:28	11 (82.1%)
24	**SOBOL Tomasz**	**6689**		Masters M - 40	3	01:05:24	**01:55:08.25**	**01:55:13.85**	+00:21:01 (18.2%)	5:28	10.9 (81.3%)
25	**BAZYL Adam**	**6373**	BREMBO	Senior II M - 30	15	01:05:52	**01:56:34.00**	**01:56:38.05**	+00:22:25 (19.2%)	5:33	10.8 (80.6%)
26	**MATUŠKA Filip**	**6088**		Senior II M - 30	16	01:03:15	**01:56:56.25**	**01:57:05.85**	+00:22:53 (19.5%)	5:34	10.8 (80.6%)
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 (19.8%)	5:35	10.7 (79.9%)
28	**GORCZYŃSKI Norbert**	**6468**	KUDOWIANKA RUN	Senior I M - 20	5	01:05:24	**01:57:44.60**	**01:58:09.15**	+00:23:56 (20.3%)	5:36	10.7 (79.9%)
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 (20.3%)	5:37	10.7 (79.9%)
30	**PAWLAK Bartosz**	**6744**		Senior II M - 30	17	01:07:19	**01:58:37.75**	**01:58:42.80**	+00:24:30 (20.6%)	5:38	10.6 (79.1%)
31	**KOSTERKIEWICZ Jarosław**	**6420**		Senior II M - 30	18	01:05:18	**01:58:48.00**	**02:00:29.90**	+00:26:17 (21.8%)	5:39	10.6 (79.1%)
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 (21.9%)	5:44	10.4 (77.6%)
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 (22.0%)	5:45	10.4 (77.6%)
34	**LADENBERGER Mateusz**	**6219**	WAWRZYNTEAM	Senior II M - 30	20	01:06:35	**02:01:10.45**	**02:01:16.40**	+00:27:03 (22.3%)	5:46	10.4 (77.6%)
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 (22.4%)	5:45	10.4 (77.6%)
36	**FRANASZCZUK Wojciech**	**6746**	KB SOBÓTKA	Masters M - 40	5	01:07:38	**02:01:36.45**	**02:01:40.05**	+00:27:27 (22.6%)	5:47	10.4 (77.6%)
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 (22.9%)	5:48	10.3 (76.9%)
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 (22.9%)	5:48	10.3 (76.9%)

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39	**CATTI Roberto**	**6674**		Senior II M - 30	22	01:09:59	**02:02:17.95**	**02:03:28.55**	+00:29:15 (23.7%)	5:49	10.3 (76.9%)
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 (23.8%)	5:52	10.2 (76.1%)
41	**KOZANECKI Przemysław**	**6167**	CONSTRAVIA	Senior I M - 20	7	01:07:37	**02:03:20.50**	**02:04:25.20**	+00:30:12 (24.3%)	5:52	10.2 (76.1%)
42	**PIKOS Patryk**	**6137**		Senior II M - 30	24	01:08:17	**02:04:12.30**	**02:04:28.30**	+00:30:15 (24.3%)	5:54	10.1 (75.4%)
43	**KRAWCZYK Adriana**	**6098**		Senior II K - 30	4	01:10:57	**02:04:26.10**	**02:04:30.35**	+00:30:17 (24.3%)	5:55	10.1 (75.4%)
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 (24.5%)	5:56	10.1 (75.4%)
45	**ROZDZYNSKA Patrycja**	**6351**		Senior I K - 20	2	01:12:15	**02:05:07.40**	**02:05:12.20**	+00:30:59 (24.8%)	5:57	10.1 (75.4%)
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 (25.0%)	5:54	10.1 (75.4%)
47	**HENECZKOWSKA Anna**	**6308**	ENDŻI Z KALENJI/BORN TO RUN	Senior I K - 20	3	01:13:26	**02:05:33.40**	**02:05:41.45**	+00:31:28 (25.0%)	5:58	10 (74.6%)
48	**STRZELCZAK Robert**	**6548**		Masters M - 40	7	01:08:26	**02:05:38.85**	**02:05:45.65**	+00:31:32 (25.1%)	5:59	10 (74.6%)
49	**URBANEK Patryk**	**6638**		Senior I M - 20	9	01:10:28	**02:05:44.25**	**02:05:47.20**	+00:31:34 (25.1%)	5:59	10 (74.6%)
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 (25.8%)	6:01	10 (74.6%)
51	**KORNOBIS Monika**	**6639**	GOAPTIV!	Senior I K - 20	4	01:11:50	**02:07:03.70**	**02:07:09.60**	+00:32:56 (25.9%)	6:03	9.9 (73.9%)
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 (26.1%)	6:03	9.9 (73.9%)
53	**NOWICKI Mateusz**	**6044**		Senior I M - 20	11	01:10:50	**02:07:50.45**	**02:07:55.30**	+00:33:42 (26.4%)	6:05	9.9 (73.9%)
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 (26.5%)	6:05	9.9 (73.9%)
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 (26.7%)	6:06	9.8 (73.1%)
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 (26.8%)	6:07	9.8 (73.1%)
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 (26.9%)	6:07	9.8 (73.1%)
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 (27.1%)	6:08	9.8 (73.1%)
59	**CHRZANWSKI Paweł**	**6657**		Senior II M - 30	28	01:11:03	**02:09:15.90**	**02:09:19.95**	+00:35:07 (27.2%)	6:09	9.7 (72.4%)
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 (27.2%)	6:09	9.7 (72.4%)
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 (27.7%)	6:12	9.7 (72.4%)

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62	**MISZTAL Kamil**	**6576**		Senior II M - 30	29	01:09:44	**02:10:27.90**	**02:10:51.40**	+00:36:38 (28.0%)	6:12	9.7 (72.4%)
63	**DRESZER Paweł**	**6018**		Senior II M - 30	30		**02:10:37.00**	**02:11:06.00**	+00:36:53 (28.1%)	6:13	9.6 (71.6%)
64	**ŁOMNICKA Barbara**	**6753**	MKS SIECHNICE	Masters K - 40	1	01:13:35	**02:11:49.40**	**02:11:57.75**	+00:37:45 (28.6%)	6:16	9.6 (71.6%)
65	**KALITA Marcin**	**6732**		Senior II M - 30	31	01:14:12	**02:11:04.85**	**02:11:57.90**	+00:37:45 (28.6%)	6:14	9.6 (71.6%)
66	**SZARSKI Jacek**	**6270**		Senior I M - 20	13	01:14:08	**02:10:54.70**	**02:12:10.60**	+00:37:57 (28.7%)	6:14	9.6 (71.6%)
67	**ARUSZTOWICZ Bartosz**	**6049**	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	32	01:12:47	**02:12:07.85**	**02:12:20.60**	+00:38:07 (28.8%)	6:17	9.5 (70.9%)
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 (28.8%)	6:18	9.5 (70.9%)
69	**FLOREK Katarzyna**	**6182**		Senior II K - 30	8	01:16:38	**02:12:18.10**	**02:12:25.10**	+00:38:12 (28.9%)	6:18	9.5 (70.9%)
70	**GRABAREK Karol**	**6340**	KAROL GRABAREK	Masters M - 40	11	01:12:09	**02:12:29.80**	**02:12:42.00**	+00:38:29 (29.0%)	6:18	9.5 (70.9%)
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 (29.3%)	6:17	9.5 (70.9%)
72	**BIEL Sławomir**	**6560**		Senior II M - 30	33	01:10:00	**02:13:16.65**	**02:13:26.10**	+00:39:13 (29.4%)	6:20	9.5 (70.9%)
73	**KOWALCZYK Adam**	**6597**		Masters M - 40	13	01:14:45	**02:13:29.70**	**02:14:12.05**	+00:39:59 (29.8%)	6:21	9.4 (70.1%)
74	**KODZIK Aleksandra**	**6709**	#FITDZIADEK	Senior II K - 30	9	01:15:45	**02:13:36.35**	**02:14:16.40**	+00:40:03 (29.8%)	6:21	9.4 (70.1%)
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 (29.9%)	6:23	9.4 (70.1%)
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 (29.9%)	6:23	9.4 (70.1%)
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 (29.9%)	6:23	9.4 (70.1%)
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 (30.0%)	6:24	9.4 (70.1%)
79	**MARTOWSKI Maciej**	**6177**	EUROPA UBEZPIECZENIA	Masters M - 40	14	01:13:16	**02:14:53.65**	**02:15:02.60**	+00:40:49 (30.2%)	6:25	9.3 (69.4%)
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 (30.3%)	6:24	9.4 (70.1%)
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 (30.3%)	6:25	9.3 (69.4%)
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 (30.6%)	6:27	9.3 (69.4%)
83	**KIECOŃ Michał**	**6367**		Senior II M - 30	37	01:20:43	**02:14:37.40**	**02:15:46.80**	+00:41:34 (30.6%)	6:24	9.4 (70.1%)
84	**ANTOLAK Adam**	**6274**		Senior I M - 20	15	01:15:29	**02:15:16.00**	**02:15:52.45**	+00:41:39 (30.7%)	6:26	9.3 (69.4%)

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85	**MAGDA Katarzyna**	**6632**		Masters K - 40	3	01:18:27	**02:15:40.25**	**02:15:54.00**	+00:41:41 (30.7%)	6:27	9.3 (69.4%)
86	**SZACH Andrzej**	**6395**	22KBPG	Masters M - 40	15	01:15:27	**02:15:33.55**	**02:16:16.85**	+00:42:04 (30.9%)	6:27	9.3 (69.4%)
87	**MICHALEWSKI Paweł**	**6625**		Senior II M - 30	38		**02:15:16.65**	**02:16:41.00**	+00:42:28 (31.1%)	6:26	9.3 (69.4%)
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 (31.2%)	6:30	9.2 (68.7%)
89	**SZUMACHER Marta**	**6692**		Senior I K - 20	5	01:16:25	**02:16:54.25**	**02:17:11.85**	+00:42:59 (31.3%)	6:31	9.2 (68.7%)
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 (31.3%)	6:31	9.2 (68.7%)
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 (31.4%)	6:32	9.2 (68.7%)
92	**KURZAWIAK Grzegorz**	**6109**		Senior II M - 30	41	01:17:14	**02:17:12.55**	**02:17:27.70**	+00:43:14 (31.5%)	6:32	9.2 (68.7%)
93	**PAWELEC Mariusz**	**6296**	KUDOWIANKA RUN	Senior II M - 30	42	01:16:15	**02:17:43.40**	**02:18:07.25**	+00:43:54 (31.8%)	6:33	9.1 (67.9%)
94	**WIŚNIEWSKI Wojciech**	**6756**		Masters M - 40	17	01:17:45	**02:17:10.45**	**02:18:07.85**	+00:43:55 (31.8%)	6:31	9.2 (68.7%)
95	**BURA Tomasz**	**6433**		Senior II M - 30	43	01:15:37	**02:17:36.50**	**02:18:08.40**	+00:43:55 (31.8%)	6:33	9.2 (68.7%)
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 (31.8%)	6:33	9.2 (68.7%)
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 (32.1%)	6:35	9.1 (67.9%)
98	**SOCKI Paweł**	**6467**	KAUA	Senior II M - 30	44	01:14:45	**02:18:49.60**	**02:19:08.25**	+00:44:55 (32.3%)	6:36	9.1 (67.9%)
99	**BIAŁOBŁOCKI Marcin**	**6637**		Senior II M - 30	45	01:19:20	**02:17:25.50**	**02:19:14.80**	+00:45:02 (32.3%)	6:32	9.2 (68.7%)
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 (32.4%)	6:37	9.1 (67.9%)
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 (32.4%)	6:37	9.1 (67.9%)
102	**GROCHOLEWSKI Włodzimierz**	**6729**		Masters M - 40	20	01:18:21	**02:18:56.05**	**02:19:52.40**	+00:45:39 (32.6%)	6:36	9.1 (67.9%)
103	**WÓJTOWICZ Marcin**	**6676**		Masters M - 40	21	01:17:57	**02:18:16.90**	**02:20:02.50**	+00:45:49 (32.7%)	6:35	9.1 (67.9%)
104	**DZIEDZIC Krystian**	**6302**		Senior II M - 30	47	01:15:04	**02:19:48.85**	**02:20:07.10**	+00:45:54 (32.8%)	6:39	9 (67.2%)
105	**MACHAJ Joanna**	**6214**		Senior I K - 20	6	01:19:03	**02:20:02.60**	**02:20:11.40**	+00:45:58 (32.8%)	6:40	9 (67.2%)
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 (32.9%)	6:40	9 (67.2%)
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 (33.0%)	6:40	9 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	**HETMAŃSKI Filip**	**6295**	KUDOWIANKA RUN	Masters M - 40	22	01:15:20	**02:20:09.15**	**02:20:33.55**	+00:46:20 (33.0%)	6:40	9 (67.2%)
109	**KOŁTOWSKI Piotr**	**6688**		Masters M - 40	23	01:19:04	**02:20:29.15**	**02:20:37.55**	+00:46:24 (33.0%)	6:41	9 (67.2%)
110	**RĘKOSIEWICZ Jakub**	**6564**		Masters M - 40	24	01:16:12	**02:20:30.60**	**02:20:41.15**	+00:46:28 (33.0%)	6:41	9 (67.2%)
111	**ŚWIĘTEK Sylwia**	**6043**	LTT	Masters K - 40	5	01:18:42	**02:20:45.25**	**02:20:51.75**	+00:46:39 (33.1%)	6:42	9 (67.2%)
112	**PIWONSKI Adam**	**6594**		Senior II M - 30	48	01:21:20	**02:20:49.70**	**02:21:25.00**	+00:47:12 (33.4%)	6:42	8.9 (66.4%)
113	**NOWAK Łukasz**	**6546**		Senior II M - 30	49	01:19:33	**02:19:41.05**	**02:21:25.40**	+00:47:12 (33.4%)	6:39	9 (67.2%)
114	**DZIUBAŁKA Marcin**	**6314**		Masters M - 40	25	01:21:33	**02:19:58.45**	**02:21:27.20**	+00:47:14 (33.4%)	6:39	9 (67.2%)
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 (33.5%)	6:43	8.9 (66.4%)
116	**OPALIŃSKA-KLUSEK Małgorzata**	**6643**		Senior II K - 30	12	01:18:09	**02:21:17.85**	**02:21:47.60**	+00:47:34 (33.6%)	6:43	8.9 (66.4%)
117	**WOJNAROWSKA Weronika**	**6555**		Senior II K - 30	13	01:22:27	**02:21:15.90**	**02:21:47.80**	+00:47:35 (33.6%)	6:43	8.9 (66.4%)
118	**KŁODA Dariusz**	**6322**	DRUŻYNA SZPIKU	Masters M - 40	26	01:20:30	**02:21:11.40**	**02:22:05.00**	+00:47:52 (33.7%)	6:43	8.9 (66.4%)
119	**FLASZEWSKI Adam**	**6093**		Senior II M - 30	51	01:17:47	**02:21:30.95**	**02:22:09.65**	+00:47:56 (33.7%)	6:44	8.9 (66.4%)
120	**RATYMIRSKI Wojtek**	**6430**	#SOBASTEAM	Masters M - 40	27	01:16:22	**02:21:38.40**	**02:22:10.30**	+00:47:57 (33.7%)	6:44	8.9 (66.4%)
121	**DUPLA Konrad**	**6378**		Masters M - 40	28	01:18:47	**02:21:47.40**	**02:22:18.40**	+00:48:05 (33.8%)	6:45	8.9 (66.4%)
122	**BULIKOWSKI Tomasz**	**6711**		Masters M - 40	29	01:18:38	**02:22:00.80**	**02:22:23.35**	+00:48:10 (33.8%)	6:45	8.9 (66.4%)
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 (33.9%)	6:45	8.9 (66.4%)
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 (33.9%)	6:46	8.9 (66.4%)
125	**PRONOBIS-PROŃSKI Michał**	**6001**	SLOW JOGGING POLSKA	Senior II M - 30	52	01:14:39	**02:21:42.35**	**02:22:39.35**	+00:48:26 (34.0%)	6:44	8.9 (66.4%)
126	**FOGIEL-PAWŁOWSKA Agnieszka**	**6361**		Masters K - 40	7	01:20:37	**02:22:42.00**	**02:22:47.60**	+00:48:34 (34.0%)	6:47	8.8 (65.7%)
127	**PASZKE Maciej**	**6568**		Senior I M - 20	17	01:20:17	**02:21:48.85**	**02:22:56.55**	+00:48:43 (34.1%)	6:45	8.9 (66.4%)
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 (34.1%)	6:45	8.9 (66.4%)
129	**HENECZKOWSKI Łukasz**	**6176**	POLSKA	Masters M - 40	31	01:18:52	**02:23:00.45**	**02:23:07.35**	+00:48:54 (34.2%)	6:48	8.8 (65.7%)
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 (34.2%)	6:47	8.8 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
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 (34.2%)	6:48	8.8 (65.7%)
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 (34.3%)	6:46	8.9 (66.4%)
133	**DUDEK Maciej**	**6613**		Senior II M - 30	56	01:16:19	**02:23:25.80**	**02:23:46.30**	+00:49:33 (34.5%)	6:49	8.8 (65.7%)
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 (34.5%)	6:49	8.8 (65.7%)
135	**SKACZKOWSKA Barbara**	**6721**		Senior II K - 30	15	01:21:24	**02:23:43.10**	**02:23:59.60**	+00:49:46 (34.6%)	6:50	8.8 (65.7%)
136	**MAZUR Rafał**	**6229**		Senior II M - 30	57	01:15:18	**02:24:00.65**	**02:24:03.35**	+00:49:50 (34.6%)	6:51	8.7 (64.9%)
137	**TWARDOWSKI Krzysztof**	**6391**	AMATOR	Weteran I M - 50	3	01:20:36	**02:23:35.40**	**02:24:06.70**	+00:49:53 (34.6%)	6:50	8.8 (65.7%)
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 (34.8%)	6:47	8.8 (65.7%)
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 (34.9%)	6:53	8.7 (64.9%)
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 (35.1%)	6:54	8.7 (64.9%)
141	**SZUREK Paulina**	**6537**		Senior II K - 30	16	01:21:11	**02:25:12.90**	**02:25:16.05**	+00:51:03 (35.1%)	6:54	8.7 (64.9%)
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 (35.2%)	6:54	8.7 (64.9%)
143	**KRUK Kamil**	**6431**		Senior I M - 20	19	01:18:56	**02:24:08.90**	**02:25:30.95**	+00:51:18 (35.3%)	6:51	8.7 (64.9%)
144	**CHUDAŃSKI Maciej**	**6201**		Senior II M - 30	59	01:21:00	**02:24:48.05**	**02:25:32.50**	+00:51:19 (35.3%)	6:53	8.7 (64.9%)
145	**BYŚ Mateusz**	**6062**		Senior II M - 30	60	01:17:23	**02:25:23.50**	**02:25:51.10**	+00:51:38 (35.4%)	6:55	8.7 (64.9%)
146	**NOWOTARSKI Wojciech**	**6343**		Senior II M - 30	61	01:20:29	**02:25:33.15**	**02:25:53.75**	+00:51:41 (35.4%)	6:55	8.7 (64.9%)
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 (35.5%)	6:53	8.7 (64.9%)
148	**WIŚNIEWSKI Mariusz**	**6670**		Masters M - 40	32	01:21:51	**02:25:06.50**	**02:26:05.90**	+00:51:53 (35.5%)	6:54	8.7 (64.9%)
149	**STOLARZ Jędrzej**	**6654**		Senior I M - 20	20	01:21:02	**02:26:17.90**	**02:26:28.60**	+00:52:15 (35.7%)	6:58	8.6 (64.2%)
150	**KURCZEK Tomasz**	**6348**		Masters M - 40	33	01:21:52	**02:26:01.45**	**02:26:34.05**	+00:52:21 (35.7%)	6:57	8.6 (64.2%)
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 (35.7%)	6:54	8.7 (64.9%)
152	**WOJTASZEK Malgorzata**	**6313**		Senior II K - 30	17	01:24:17	**02:26:22.10**	**02:26:37.40**	+00:52:24 (35.7%)	6:58	8.6 (64.2%)
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 (35.9%)	6:59	8.6 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	**KASPEREK Kamila**	**6338**	RUUKKI	Senior II K - 30	19	01:21:07	**02:27:16.40**	**02:27:26.40**	+00:53:13 (36.1%)	7:00	8.6 (64.2%)
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 (36.1%)	7:01	8.6 (64.2%)
156	**GAZDA Michał**	**6179**	CONSTRAVIA	Senior I M - 20	21	01:20:39	**02:26:39.80**	**02:27:44.30**	+00:53:31 (36.2%)	6:59	8.6 (64.2%)
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 (36.2%)	7:01	8.5 (63.4%)
158	**LAZAROWICZ Krzysztof**	**6206**		Senior II M - 30	63	01:23:18	**02:26:02.60**	**02:27:47.25**	+00:53:34 (36.3%)	6:57	8.6 (64.2%)
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 (36.3%)	6:58	8.6 (64.2%)
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 (36.3%)	7:02	8.5 (63.4%)
161	**BRYŃSKI Dariusz**	**6375**	1963	Weteran I M - 50	7	01:20:07	**02:27:36.00**	**02:28:05.45**	+00:53:52 (36.4%)	7:01	8.5 (63.4%)
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 (36.4%)	7:02	8.5 (63.4%)
163	**KOCOŁ Tomasz**	**6127**		Senior II M - 30	65	01:22:35	**02:27:28.70**	**02:28:06.40**	+00:53:53 (36.4%)	7:01	8.5 (63.4%)
164	**DENYSIUK Marek**	**6522**	WATAHA	Masters M - 40	35	01:22:28	**02:27:34.95**	**02:28:10.65**	+00:53:57 (36.4%)	7:01	8.5 (63.4%)
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 (36.5%)	7:03	8.5 (63.4%)
166	**BUDA Marek**	**6216**	VISEGRAD MARATON RYTRO	Weteran I M - 50	9		**02:28:23.55**	**02:28:28.90**	+00:54:16 (36.5%)	7:03	8.5 (63.4%)
167	**JOŃCZYK Ada**	**6268**		Senior I K - 20	8	01:21:49	**02:27:31.80**	**02:28:48.40**	+00:54:35 (36.7%)	7:01	8.5 (63.4%)
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 (36.7%)	7:03	8.5 (63.4%)
169	**MAZUREK Tomasz**	**6726**		Senior II M - 30	67	01:20:10	**02:28:35.75**	**02:29:01.60**	+00:54:48 (36.8%)	7:04	8.5 (63.4%)
170	**PODSADNY Bartosz**	**6090**		Senior II M - 30	68	01:18:20	**02:28:56.40**	**02:29:18.65**	+00:55:05 (36.9%)	7:05	8.5 (63.4%)
171	**KACZOR Mariusz**	**6570**		Masters M - 40	36	01:23:50	**02:28:17.75**	**02:29:34.60**	+00:55:21 (37.0%)	7:03	8.5 (63.4%)
172	**JASICKA Ewa**	**6524**		Senior II K - 30	21	01:22:43	**02:29:19.35**	**02:29:37.60**	+00:55:24 (37.0%)	7:06	8.4 (62.7%)
173	**ROSŁON Cezary**	**6706**		Senior II M - 30	69	01:24:31	**02:29:01.80**	**02:29:40.75**	+00:55:28 (37.1%)	7:05	8.5 (63.4%)
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 (37.3%)	7:08	8.4 (62.7%)
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 (37.3%)	7:07	8.4 (62.7%)
176	**PŁÓCIENNICZAK Jakub**	**6627**	DREAM RUN	Masters M - 40	37	01:19:22	**02:30:01.15**	**02:30:18.70**	+00:56:05 (37.3%)	7:08	8.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
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 (37.4%)	7:08	8.4 (62.7%)
178	**TALARCZYK-WIECZOREK Karolina**	**6652**		Masters K - 40	9	01:24:04	**02:29:46.75**	**02:30:31.20**	+00:56:18 (37.4%)	7:07	8.4 (62.7%)
179	**WYGLĄDAŁA Michał**	**6106**		Senior II M - 30	70	01:19:54	**02:30:17.65**	**02:30:52.20**	+00:56:39 (37.6%)	7:09	8.4 (62.7%)
180	**STOŃ Wojciech**	**6478**		Senior II M - 30	71	01:19:55	**02:30:17.80**	**02:30:52.50**	+00:56:39 (37.6%)	7:09	8.4 (62.7%)
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 (37.6%)	7:07	8.4 (62.7%)
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 (37.7%)	7:11	8.3 (61.9%)
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 (37.8%)	7:09	8.4 (62.7%)
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 (37.8%)	7:10	8.4 (62.7%)
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 (37.8%)	7:12	8.3 (61.9%)
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 (37.8%)	7:09	8.4 (62.7%)
187	**MACIEJEWSKI Łukasz**	**6519**		Senior II M - 30	74	01:21:04	**02:31:14.40**	**02:31:35.90**	+00:57:23 (37.9%)	7:12	8.3 (61.9%)
187	**SZYSZKA Anna**	**6579**		Senior I K - 20	10	01:23:19	**02:31:25.70**	**02:31:35.90**	+00:57:23 (37.9%)	7:12	8.3 (61.9%)
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 (37.9%)	7:12	8.3 (61.9%)
190	**RYCHLEWICZ Tomasz**	**6033**		Senior II M - 30	75	01:23:27	**02:30:50.40**	**02:31:44.70**	+00:57:31 (37.9%)	7:10	8.4 (62.7%)
191	**SZKÓDLINSKI Bartosz**	**6080**	ODDYCHAJSWOBODNIE.PL	Masters M - 40	39	01:24:15	**02:31:36.30**	**02:31:51.40**	+00:57:38 (38.0%)	7:13	8.3 (61.9%)
192	**HETMAŃSKI Jakub**	**6055**		Senior I M - 20	24	01:21:58	**02:31:33.55**	**02:31:58.25**	+00:57:45 (38.0%)	7:13	8.3 (61.9%)
193	**ZAKRZEWICZ Marcin**	**6754**	KTB KUNY	Masters M - 40	40	01:20:44	**02:31:52.80**	**02:32:04.35**	+00:57:51 (38.0%)	7:13	8.3 (61.9%)
194	**SZUMNY Paweł**	**6163**		Senior II M - 30	76	01:23:41	**02:30:57.10**	**02:32:06.50**	+00:57:53 (38.1%)	7:11	8.3 (61.9%)
195	**STRZYŻEWSKI Paweł**	**6529**		Masters M - 40	41	01:24:01	**02:32:02.25**	**02:32:07.55**	+00:57:54 (38.1%)	7:14	8.3 (61.9%)
196	**CYL Dawid**	**6449**	FORDONRUNNERS	Senior II M - 30	77	01:25:54	**02:31:45.80**	**02:32:15.95**	+00:58:03 (38.1%)	7:13	8.3 (61.9%)
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 (38.2%)	7:11	8.3 (61.9%)
198	**SKORUPSKI Szymon**	**6648**	KURACJUSZE	Senior II M - 30	78	01:21:22	**02:32:07.80**	**02:32:39.00**	+00:58:26 (38.3%)	7:14	8.3 (61.9%)
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 (38.3%)	7:12	8.3 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	**KOTNIEWICZ Piotr**	**6760**		Senior I M - 20	26	01:26:03	**02:31:29.90**	**02:32:48.45**	+00:58:35 (38.3%)	7:12	8.3 (61.9%)
201	**HŁASKO Ania**	**6515**		Senior I K - 20	11	01:27:00	**02:31:48.90**	**02:32:54.00**	+00:58:41 (38.4%)	7:13	8.3 (61.9%)
202	**ZWOLIŃSKI Mariusz**	**6672**		Masters M - 40	42	01:26:06	**02:31:58.90**	**02:33:17.00**	+00:59:04 (38.5%)	7:14	8.3 (61.9%)
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 (38.6%)	7:17	8.2 (61.2%)
204	**DRAGANEK Ewelina**	**6222**		Senior II K - 30	24	01:23:20	**02:32:08.60**	**02:33:28.10**	+00:59:15 (38.6%)	7:14	8.3 (61.9%)
205	**WÓJCIAK Łukasz**	**6029**		Senior II M - 30	79	01:22:02	**02:33:05.15**	**02:33:38.60**	+00:59:25 (38.7%)	7:17	8.2 (61.2%)
206	**MAKOWSKI Maciej**	**6333**		Senior II M - 30	80	01:21:36	**02:32:27.90**	**02:33:40.95**	+00:59:28 (38.7%)	7:15	8.3 (61.9%)
207	**JURCZAK Szymon**	**6641**		Senior II M - 30	81	01:22:30	**02:33:00.45**	**02:33:45.20**	+00:59:32 (38.7%)	7:17	8.2 (61.2%)
208	**WYSADA Katarzyna**	**6578**		Senior II K - 30	25	01:22:48	**02:33:24.60**	**02:34:04.45**	+00:59:51 (38.9%)	7:18	8.2 (61.2%)
209	**STRĄK Izabela**	**6173**		Masters K - 40	10	01:24:07	**02:34:04.20**	**02:34:06.40**	+00:59:53 (38.9%)	7:20	8.2 (61.2%)
210	**KUBIK Jarosław**	**6145**		Senior II M - 30	82	01:24:23	**02:33:54.30**	**02:34:10.00**	+00:59:57 (38.9%)	7:19	8.2 (61.2%)
211	**MACHULA Arkadiusz**	**6275**		Masters M - 40	43	01:27:11	**02:33:45.15**	**02:34:13.05**	+01:00:00 (38.9%)	7:19	8.2 (61.2%)
212	**WISZNIEWICZ Piotr**	**6300**	BANA DZIEWIONA	Senior II M - 30	83	01:24:58	**02:32:52.35**	**02:34:33.05**	+01:00:20 (39.0%)	7:16	8.2 (61.2%)
213	**GORĄCZNIAK Maciej**	**6423**		Masters M - 40	44	01:24:48	**02:33:52.05**	**02:34:48.10**	+01:00:35 (39.1%)	7:19	8.2 (61.2%)
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 (39.1%)	7:20	8.2 (61.2%)
215	**GRABARZ Michal**	**6601**		Masters M - 40	45	01:24:25	**02:34:40.10**	**02:34:50.50**	+01:00:37 (39.2%)	7:21	8.1 (60.4%)
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 (39.2%)	7:21	8.2 (61.2%)
217	**KRUSZEK Małgorzata**	**6462**	PRZEKOTY	Senior II K - 30	27	01:27:32	**02:34:43.05**	**02:34:56.60**	+01:00:43 (39.2%)	7:22	8.1 (60.4%)
218	**PÓŁROLNICZAK Paweł**	**6644**		Senior II M - 30	84	01:24:50	**02:34:33.60**	**02:34:56.95**	+01:00:44 (39.2%)	7:21	8.2 (61.2%)
219	**RAKOCZY Jerzy**	**6727**		Masters M - 40	46	01:21:46	**02:34:32.95**	**02:35:05.95**	+01:00:53 (39.3%)	7:21	8.2 (61.2%)
220	**TOMCZYK Marta**	**6630**		Senior I K - 20	13	01:28:23	**02:34:53.90**	**02:35:10.50**	+01:00:57 (39.3%)	7:22	8.1 (60.4%)
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 (39.3%)	7:21	8.1 (60.4%)
222	**KOPACZYŃSKI Michał**	**6404**		Senior I M - 20	28	01:20:45	**02:34:42.80**	**02:35:42.50**	+01:01:29 (39.5%)	7:22	8.1 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	**PIELA Dawid**	**6755**		Senior II M - 30	85	01:26:48	**02:34:28.85**	**02:36:08.15**	+01:01:55 (39.7%)	7:21	8.2 (61.2%)
224	**DRZEWOWSKI Piotr**	**6667**		Senior II M - 30	86	01:24:20	**02:34:11.10**	**02:36:08.70**	+01:01:55 (39.7%)	7:20	8.2 (61.2%)
225	**RUDNICKI Krzysztof**	**6218**		Senior II M - 30	87	01:28:42	**02:34:47.60**	**02:36:20.80**	+01:02:08 (39.7%)	7:22	8.1 (60.4%)
226	**MARTOWSKA Barbara**	**6178**		Masters K - 40	11	01:27:50	**02:36:11.40**	**02:36:20.95**	+01:02:08 (39.7%)	7:26	8.1 (60.4%)
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 (39.9%)	7:23	8.1 (60.4%)
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 (39.9%)	7:26	8.1 (60.4%)
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 (39.9%)	7:27	8 (59.7%)
230	**CHOJNACKI Grzegorz**	**6598**	RUNNING ACADEMY	Masters M - 40	49	01:25:30	**02:36:37.20**	**02:36:50.45**	+01:02:37 (39.9%)	7:27	8 (59.7%)
231	**BRUSIŁOWICZ Dagmara**	**6383**	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	12	01:28:06	**02:36:48.25**	**02:36:51.15**	+01:02:38 (39.9%)	7:28	8 (59.7%)
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 (40.0%)	7:27	8 (59.7%)
233	**NIECHAJ Anna**	**6174**	POMIDOROWA ALTERNATYWA	Masters K - 40	13	01:26:24	**02:36:52.85**	**02:37:32.25**	+01:03:19 (40.2%)	7:28	8 (59.7%)
234	**PASZKIEWICZ Józef**	**6591**		Senior I M - 20	29	01:26:24	**02:37:20.70**	**02:37:39.15**	+01:03:26 (40.2%)	7:29	8 (59.7%)
235	**PIELA Katarzyna**	**6285**		Senior II K - 30	30	01:27:38	**02:36:16.35**	**02:37:52.90**	+01:03:40 (40.3%)	7:26	8.1 (60.4%)
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 (40.3%)	7:29	8 (59.7%)
237	**POSPIECH Michał**	**6735**		Senior I M - 20	30	01:21:38	**02:36:25.05**	**02:38:04.80**	+01:03:52 (40.4%)	7:26	8.1 (60.4%)
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 (40.5%)	7:32	8 (59.7%)
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 (40.6%)	7:31	8 (59.7%)
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 (40.6%)	7:30	8 (59.7%)
241	**MISTUR Szymon**	**6030**		Senior II M - 30	89	01:30:26	**02:37:20.10**	**02:38:44.15**	+01:04:31 (40.6%)	7:29	8 (59.7%)
242	**GIERLIK Grzegorz**	**6113**	NCDC	Masters M - 40	50	01:30:06	**02:37:37.30**	**02:39:05.00**	+01:04:52 (40.8%)	7:30	8 (59.7%)
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 (40.8%)	7:30	8 (59.7%)
244	**WITKOWSKI Witold**	**6655**		Masters M - 40	51	01:28:10	**02:37:24.90**	**02:39:19.65**	+01:05:06 (40.9%)	7:29	8 (59.7%)
245	**OBRZUD Katarzyna**	**6328**		Masters K - 40	17	01:27:08	**02:38:28.90**	**02:39:22.70**	+01:05:09 (40.9%)	7:32	8 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	**WYBRANIEC Tomasz**	**6269**		Senior II M - 30	90	01:27:48	**02:37:56.40**	**02:39:31.70**	+01:05:18 (40.9%)	7:31	8 (59.7%)
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 (41.0%)	7:33	7.9 (59.0%)
248	**MICHALAK Kamil**	**6121**		Senior II M - 30	91	01:26:04	**02:38:58.10**	**02:40:10.50**	+01:05:57 (41.2%)	7:34	7.9 (59.0%)
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 (41.3%)	7:37	7.9 (59.0%)
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 (41.3%)	7:36	7.9 (59.0%)
251	**JOŃCZYK Anna**	**6379**		Senior II K - 30	33	01:28:00	**02:39:47.65**	**02:40:39.85**	+01:06:27 (41.4%)	7:36	7.9 (59.0%)
252	**AUCH Bartłomiej**	**6712**		Senior I M - 20	31	01:28:05	**02:40:23.30**	**02:40:50.00**	+01:06:37 (41.4%)	7:38	7.9 (59.0%)
253	**JANECZEK Jarosław**	**6266**	KAJTEX RUNNERS	Masters M - 40	52	01:27:50	**02:39:24.90**	**02:40:53.80**	+01:06:41 (41.4%)	7:35	7.9 (59.0%)
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 (41.5%)	7:38	7.8 (58.2%)
255	**MAGIERECKI Krzysztof**	**6646**		Weteran I M - 50	13	01:26:52	**02:39:27.55**	**02:41:13.65**	+01:07:00 (41.6%)	7:35	7.9 (59.0%)
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 (41.6%)	7:37	7.9 (59.0%)
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 (41.6%)	7:40	7.8 (58.2%)
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 (41.7%)	7:39	7.8 (58.2%)
259	**MICHALAK-KLIMCZAK Lucyna**	**6357**		Senior II K - 30	35	01:30:03	**02:40:27.85**	**02:41:37.80**	+01:07:25 (41.7%)	7:38	7.9 (59.0%)
260	**PANCZOCHA Adam**	**6540**		Senior I M - 20	32	01:25:02	**02:40:36.55**	**02:41:43.00**	+01:07:30 (41.7%)	7:38	7.8 (58.2%)
261	**NAPIÓRKOWSKA Katarzyna**	**6135**		Masters K - 40	18	01:33:18	**02:41:19.15**	**02:41:52.60**	+01:07:39 (41.8%)	7:40	7.8 (58.2%)
262	**BŁASZKOWIAK Błażej**	**6710**		Senior II M - 30	95	01:22:42	**02:40:21.25**	**02:41:53.80**	+01:07:41 (41.8%)	7:38	7.9 (59.0%)
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 (41.8%)	7:37	7.9 (59.0%)
264	**MORAWSKI Wojciech**	**6312**		Senior II M - 30	96	01:28:32	**02:40:09.40**	**02:42:06.90**	+01:07:54 (41.9%)	7:37	7.9 (59.0%)
265	**STEFANOWSKI Mariusz**	**6685**		Masters M - 40	55	01:28:49	**02:41:19.75**	**02:42:07.95**	+01:07:55 (41.9%)	7:40	7.8 (58.2%)
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 (41.9%)	7:43	7.8 (58.2%)
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 (42.1%)	7:42	7.8 (58.2%)
268	**ZYZAŃSKI Andrzej**	**6761**		Masters M - 40	56	01:29:51	**02:42:26.15**	**02:42:51.15**	+01:08:38 (42.1%)	7:44	7.8 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	**SZAMOSI Szabolcs**	**6484**		Masters M - 40	57	01:32:08	**02:41:19.95**	**02:42:55.95**	+01:08:43 (42.2%)	7:40	7.8 (58.2%)
270	**SKONIECKI Michał**	**6331**		Masters M - 40	58	01:26:25	**02:42:20.00**	**02:43:02.30**	+01:08:49 (42.2%)	7:43	7.8 (58.2%)
271	**SROKOWSKI Łukasz**	**6713**		Senior II M - 30	97	01:35:44	**02:41:35.80**	**02:43:20.80**	+01:09:08 (42.3%)	7:41	7.8 (58.2%)
272	**LECH Marcin**	**6077**	NOA	Senior II M - 30	98	01:27:22	**02:42:11.00**	**02:43:22.65**	+01:09:09 (42.3%)	7:43	7.8 (58.2%)
273	**KOPACKA Eliza**	**6099**		Senior II K - 30	37	01:33:33	**02:43:03.00**	**02:43:32.90**	+01:09:20 (42.4%)	7:45	7.7 (57.5%)
274	**BŁASZCZYK Jacek**	**6451**	WOJART TEAM	Masters M - 40	59	01:34:41	**02:42:39.75**	**02:43:45.30**	+01:09:32 (42.5%)	7:44	7.7 (57.5%)
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 (42.5%)	7:44	7.7 (57.5%)
276	**FLAKA Paweł**	**6610**		Senior II M - 30	99	01:33:50	**02:41:59.50**	**02:43:54.85**	+01:09:42 (42.5%)	7:42	7.8 (58.2%)
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 (42.5%)	7:46	7.7 (57.5%)
278	**DANIEL Maria**	**6563**		Senior II K - 30	39	01:30:48	**02:43:23.15**	**02:43:56.70**	+01:09:43 (42.5%)	7:46	7.7 (57.5%)
279	**KUICH Aleksnadra**	**6238**		Senior II K - 30	40	01:38:36	**02:43:40.35**	**02:43:56.95**	+01:09:44 (42.5%)	7:47	7.7 (57.5%)
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 (42.6%)	7:48	7.7 (57.5%)
281	**GARBACZ Damian**	**6588**		Senior II M - 30	101	01:30:36	**02:43:10.95**	**02:44:05.55**	+01:09:52 (42.6%)	7:46	7.7 (57.5%)
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 (42.6%)	7:47	7.7 (57.5%)
283	**WŁODARCZYK Maciej**	**6436**	KB HARCIWNIK	Senior II M - 30	102	01:32:59	**02:43:28.95**	**02:44:12.75**	+01:10:00 (42.6%)	7:47	7.7 (57.5%)
284	**GAWEŁKO Janusz**	**6762**		Weteran I M - 50	14	01:27:46	**02:43:06.10**	**02:44:15.35**	+01:10:02 (42.6%)	7:46	7.7 (57.5%)
285	**CIERPIKOWSKA Agnieszka**	**6330**		Masters K - 40	19	01:35:34	**02:43:16.40**	**02:44:36.30**	+01:10:23 (42.8%)	7:46	7.7 (57.5%)
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 (42.9%)	7:50	7.7 (57.5%)
287	**BARON Przemo**	**6224**	CONSTRAVIA	Senior II M - 30	103	01:23:54	**02:43:46.50**	**02:44:53.75**	+01:10:41 (42.9%)	7:47	7.7 (57.5%)
288	**WOLEK Jerzy**	**6557**		Weteran II M - 60	2	01:31:36	**02:44:43.00**	**02:44:54.70**	+01:10:41 (42.9%)	7:50	7.6 (56.7%)
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 (43.1%)	7:52	7.6 (56.7%)
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 (43.2%)	7:48	7.7 (57.5%)
291	**FIGAS Sebastian**	**6100**	LTT	Masters M - 40	60	01:28:24	**02:45:53.10**	**02:45:59.20**	+01:11:46 (43.2%)	7:53	7.6 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
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 (43.3%)	7:52	7.6 (56.7%)
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 (43.3%)	7:53	7.6 (56.7%)
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 (43.4%)	7:50	7.7 (57.5%)
295	**OSKWAREK Bogdan**	**6583**		Masters M - 40	62	01:33:20	**02:44:54.85**	**02:46:35.25**	+01:12:22 (43.4%)	7:51	7.6 (56.7%)
296	**SIEPIELSKI Damian**	**6153**		Senior II M - 30	105	01:29:49	**02:46:08.60**	**02:46:48.20**	+01:12:35 (43.5%)	7:54	7.6 (56.7%)
297	**MUSIELAK Magdalena**	**6363**	KUPA WIARY TEJ	Senior II K - 30	45	01:37:06	**02:45:13.10**	**02:46:52.15**	+01:12:39 (43.5%)	7:52	7.6 (56.7%)
298	**DZIERGWA Agnieszka**	**6640**	#SOBASTEAM	Senior II K - 30	46	01:34:55	**02:45:42.00**	**02:46:53.45**	+01:12:40 (43.5%)	7:53	7.6 (56.7%)
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 (43.6%)	7:56	7.6 (56.7%)
300	**TWARDOWSKI Tomasz**	**6151**	TRENUJZNAMI.PL	Masters M - 40	63	01:35:29	**02:46:26.50**	**02:47:00.65**	+01:12:47 (43.6%)	7:55	7.6 (56.7%)
301	**PLISZCZYŃSKA Justyna**	**6682**		Masters K - 40	21	01:34:30	**02:46:35.15**	**02:47:12.60**	+01:12:59 (43.7%)	7:55	7.6 (56.7%)
302	**GUDZ Beata**	**6607**		Senior II K - 30	47	01:33:39	**02:46:42.20**	**02:47:50.20**	+01:13:37 (43.9%)	7:56	7.6 (56.7%)
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 (43.9%)	7:55	7.6 (56.7%)
304	**BĘDKOWSKI Paweł**	**6612**		Senior I M - 20	34	01:30:07	**02:47:52.45**	**02:48:12.45**	+01:13:59 (44.0%)	7:59	7.5 (56.0%)
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 (44.1%)	7:56	7.6 (56.7%)
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 (44.1%)	7:56	7.6 (56.7%)
307	**MARCINKIEWICZ Jerzy**	**6398**		Weteran I M - 50	16	01:42:16	**02:47:30.40**	**02:48:29.40**	+01:14:16 (44.1%)	7:58	7.5 (56.0%)
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 (44.1%)	7:59	7.5 (56.0%)
309	**KRAUSE Anna**	**6686**	HOLYFITNESS	Senior II K - 30	48	01:33:20	**02:48:14.20**	**02:48:42.20**	+01:14:29 (44.2%)	8:00	7.5 (56.0%)
310	**CHORĄŻYK Adam**	**6532**	NOWOSOLSKA GRUPA BIEGOWA	Weteran I M - 50	17	01:33:19	**02:48:21.20**	**02:48:43.40**	+01:14:30 (44.2%)	8:01	7.5 (56.0%)
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 (44.2%)	8:01	7.5 (56.0%)
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 (44.3%)	8:00	7.5 (56.0%)
313	**HRYCIUK Katarzyna**	**6195**	EKOBIEGI	Masters K - 40	22	01:39:05	**02:47:31.30**	**02:49:07.15**	+01:14:54 (44.3%)	7:58	7.5 (56.0%)
314	**SEWERYN-CZYŻ Bożena**	**6695**	CROSS KRAPKOWICE	Masters K - 40	23		**02:49:15.00**	**02:49:42.00**	+01:15:29 (44.5%)	8:03	7.4 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
314	**CZYŻ Grzegorz**	**6696**	CROSS KRAPKOWICE	Masters M - 40	66		**02:49:15.00**	**02:49:42.00**	+01:15:29 (44.5%)	8:03	7.4 (55.2%)
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 (44.8%)	8:03	7.4 (55.2%)
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 (44.8%)	8:03	7.4 (55.2%)
318	**WRÓBLEWSKA Olga**	**6139**	VEGE RUNNERS	Masters K - 40	24	01:38:12	**02:50:19.05**	**02:50:45.75**	+01:16:33 (44.8%)	8:06	7.4 (55.2%)
319	**MAJEWSKA Fabiana**	**6677**		Senior I K - 20	20	01:38:18	**02:49:18.95**	**02:50:58.80**	+01:16:46 (44.9%)	8:03	7.4 (55.2%)
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 (44.9%)	8:08	7.4 (55.2%)
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 (45.0%)	8:06	7.4 (55.2%)
322	**MAGDIJ Krzysztof**	**6543**	MEGKURSY.PL	Masters M - 40	68	01:38:29	**02:52:00.80**	**02:52:15.35**	+01:18:02 (45.3%)	8:11	7.3 (54.5%)
323	**MAGDIJ Kamila**	**6544**	MEGKURSY.PL	Masters K - 40	25	01:38:29	**02:52:00.85**	**02:52:15.45**	+01:18:02 (45.3%)	8:11	7.3 (54.5%)
324	**BERNADZIKOWSKI Michał**	**6604**		Senior II M - 30	108	01:37:22	**02:51:23.60**	**02:52:19.55**	+01:18:06 (45.3%)	8:09	7.4 (55.2%)
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 (45.3%)	8:10	7.3 (54.5%)
326	**WOWKONOWICZ Wojciech**	**6410**	BBL WROCŁAW	Weteran I M - 50	18		**02:52:36.30**	**02:52:36.30**	+01:18:23 (45.4%)	8:13	7.3 (54.5%)
327	**ANDRZEJCZAK Michał**	**6374**		Senior II M - 30	109	01:41:57	**02:51:25.45**	**02:52:38.05**	+01:18:25 (45.4%)	8:09	7.3 (54.5%)
328	**JAWORSKA Magdalena**	**6159**	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	26	01:37:08	**02:51:26.05**	**02:53:04.05**	+01:18:51 (45.6%)	8:09	7.3 (54.5%)
329	**KAMIŃSKI Marek**	**6545**		Senior I M - 20	35	01:34:02	**02:51:22.55**	**02:53:08.80**	+01:18:56 (45.6%)	8:09	7.4 (55.2%)
330	**GORĄCZNIAK Anna**	**6422**	KOBIETYBIEGAJĄ.PL	Senior I K - 20	21	01:41:18	**02:52:13.20**	**02:53:09.30**	+01:18:56 (45.6%)	8:12	7.3 (54.5%)
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 (45.6%)	8:09	7.4 (55.2%)
332	**NAJDEREK Maciej**	**6056**	NAJDERKI4	Senior II M - 30	111	01:34:06	**02:51:18.05**	**02:53:10.15**	+01:18:57 (45.6%)	8:09	7.4 (55.2%)
333	**SIWIASZCZYK Tomasz**	**6158**		Masters M - 40	69	01:37:11	**02:51:37.65**	**02:53:15.75**	+01:19:03 (45.6%)	8:10	7.3 (54.5%)
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 (45.7%)	8:12	7.3 (54.5%)
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 (45.7%)	8:12	7.3 (54.5%)
336	**GALEWSKI Mariusz**	**6738**		Weteran I M - 50	19	01:34:27	**02:53:21.00**	**02:53:33.00**	+01:19:20 (45.7%)	8:15	7.3 (54.5%)
337	**WRÓBLEWSKI Radosław**	**6530**	VELUX	Senior II M - 30	112	01:40:48	**02:52:01.60**	**02:53:34.95**	+01:19:22 (45.7%)	8:11	7.3 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	**GŁĄBICA Justyna**	**6425**		Masters K - 40	27	01:38:22	**02:52:54.20**	**02:53:56.45**	+01:19:43 (45.8%)	8:14	7.3 (54.5%)
339	**JAWOROWSKA Aneta**	**6060**	ZLB ZŁOTORYJA	Masters K - 40	28	01:38:28	**02:53:54.55**	**02:54:03.05**	+01:19:50 (45.9%)	8:16	7.2 (53.7%)
340	**MIKUTANIEC Sebastian**	**6514**		Masters M - 40	71	01:38:15	**02:52:22.10**	**02:54:03.20**	+01:19:50 (45.9%)	8:12	7.3 (54.5%)
341	**SZEWCZYK Mariusz**	**6210**		Masters M - 40	72	01:38:57	**02:52:33.65**	**02:54:29.65**	+01:20:16 (46.0%)	8:13	7.3 (54.5%)
342	**PTASZYŃSKA Joanna**	**6057**		Weteran K - 50	2	01:35:07	**02:54:33.45**	**02:54:50.55**	+01:20:37 (46.1%)	8:18	7.2 (53.7%)
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 (46.2%)	8:19	7.2 (53.7%)
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 (46.2%)	8:16	7.2 (53.7%)
345	**WOJCIECHOWSKI Maciej**	**6168**		Senior II M - 30	113	01:31:13	**02:54:23.50**	**02:55:13.25**	+01:21:00 (46.2%)	8:18	7.2 (53.7%)
346	**GROCHOT Edyta**	**6501**	#ADAMCZERWIŃSKITEAM	Masters K - 40	30	01:37:57	**02:55:19.65**	**02:55:27.80**	+01:21:15 (46.3%)	8:20	7.2 (53.7%)
347	**SZCZERBA Michał**	**6366**		Masters M - 40	73	01:42:53	**02:54:03.65**	**02:55:47.70**	+01:21:34 (46.4%)	8:17	7.2 (53.7%)
348	**LACHOWICZ Marta**	**6542**		Senior II K - 30	52		**02:54:34.55**	**02:55:58.00**	+01:21:45 (46.5%)	8:18	7.2 (53.7%)
349	**KIJAS Maja**	**6541**		Senior II K - 30	53	01:36:33	**02:54:34.45**	**02:55:58.70**	+01:21:45 (46.5%)	8:18	7.2 (53.7%)
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 (46.5%)	8:20	7.2 (53.7%)
351	**PRIGAN Anna**	**6205**		Masters K - 40	31	01:38:38	**02:55:56.55**	**02:56:08.90**	+01:21:56 (46.5%)	8:22	7.2 (53.7%)
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 (46.6%)	8:19	7.2 (53.7%)
353	**TKACZ Natalia**	**6469**		Senior I K - 20	23	01:36:01	**02:54:44.55**	**02:56:24.60**	+01:22:11 (46.6%)	8:19	7.2 (53.7%)
354	**KASSNER Ewelina**	**6053**		Senior I K - 20	24	01:43:27	**02:56:11.70**	**02:56:26.50**	+01:22:13 (46.6%)	8:23	7.2 (53.7%)
355	**MAGDA Piotr**	**6413**		Masters M - 40	75	01:36:52	**02:55:33.15**	**02:56:26.55**	+01:22:13 (46.6%)	8:21	7.2 (53.7%)
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 (46.6%)	8:19	7.2 (53.7%)
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 (46.6%)	8:20	7.2 (53.7%)
357	**KATA Aleksandra**	**6565**		Senior I K - 20	25	01:41:44	**02:55:04.10**	**02:56:35.00**	+01:22:22 (46.6%)	8:20	7.2 (53.7%)
359	**TYLKA Gosia**	**6332**		Senior II K - 30	56	01:35:03	**02:55:59.50**	**02:56:37.50**	+01:22:24 (46.7%)	8:22	7.2 (53.7%)
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 (46.7%)	8:23	7.2 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	**GONET Marek**	**6169**		Weteran I M - 50	20	01:39:06	**02:56:00.65**	**02:56:47.10**	+01:22:34 (46.7%)	8:22	7.2 (53.7%)
362	**CHOŁUJ Małgorzata**	**6352**	PRU-RUN WROCŁAW	Weteran K - 50	3	01:41:54	**02:56:09.20**	**02:56:49.95**	+01:22:37 (46.7%)	8:23	7.2 (53.7%)
363	**ZAWIS Marek**	**6240**		Weteran I M - 50	21	01:42:48	**02:55:42.60**	**02:56:54.90**	+01:22:42 (46.7%)	8:22	7.2 (53.7%)
364	**MAUSCH Joanna**	**6752**		Senior II K - 30	57	01:42:06	**02:55:13.25**	**02:56:56.85**	+01:22:44 (46.8%)	8:20	7.2 (53.7%)
365	**OLIVEIRA Jose**	**6310**		Weteran I M - 50	22	01:30:20	**02:56:14.50**	**02:57:01.90**	+01:22:49 (46.8%)	8:23	7.1 (53.0%)
366	**WARDA Justyna**	**6052**	HARDCOROWE WYCHYLYLYBYMY	Senior I K - 20	26	01:37:00	**02:56:50.15**	**02:57:03.55**	+01:22:50 (46.8%)	8:25	7.1 (53.0%)
367	**MUSIAŁ Ewa**	**6015**	EBIEGI.PL	Masters K - 40	32	01:40:42	**02:55:21.35**	**02:57:07.25**	+01:22:54 (46.8%)	8:21	7.2 (53.7%)
368	**KUŹNIAK Martyna**	**6227**		Masters K - 40	33	01:43:56	**02:56:14.50**	**02:57:18.50**	+01:23:05 (46.9%)	8:23	7.1 (53.0%)
369	**FRANKLIN Bernard**	**6634**		Weteran II M - 60	4	01:42:33	**02:55:47.95**	**02:57:19.00**	+01:23:06 (46.9%)	8:22	7.2 (53.7%)
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 (46.9%)	8:24	7.1 (53.0%)
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 (46.9%)	8:21	7.2 (53.7%)
372	**RACZEWSKA-FRANKLIN Ania**	**6635**		Masters K - 40	34	01:42:35	**02:55:52.40**	**02:57:24.20**	+01:23:11 (46.9%)	8:22	7.2 (53.7%)
373	**GŁĄBICA Adam**	**6424**		Weteran I M - 50	23	01:39:14	**02:56:59.25**	**02:58:01.00**	+01:23:48 (47.1%)	8:25	7.1 (53.0%)
374	**WÓJKOWSKI Kamil**	**6045**	PRO-RUN WROCŁAW/RAZEM TRENUJEMY SPORT	Senior II M - 30	115	01:35:48	**02:56:35.25**	**02:58:03.60**	+01:23:50 (47.1%)	8:24	7.1 (53.0%)
375	**MAGIERECKA Marta**	**6740**		Senior II K - 30	59	01:42:38	**02:56:33.65**	**02:58:15.55**	+01:24:02 (47.1%)	8:24	7.1 (53.0%)
376	**STASZEWSKI Dariusz**	**6022**		Senior II M - 30	116	01:32:11	**02:56:54.35**	**02:58:19.50**	+01:24:06 (47.2%)	8:25	7.1 (53.0%)
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 (47.2%)	8:28	7.1 (53.0%)
378	**POŚPIECH Marcin**	**6257**		Senior I M - 20	36	01:35:10	**02:58:06.45**	**02:58:24.90**	+01:24:12 (47.2%)	8:28	7.1 (53.0%)
379	**MICHALSKI Grzegorz**	**6392**	SEZONSTARTOWY.PL	Masters M - 40	76	01:39:43	**02:57:02.80**	**02:58:55.80**	+01:24:43 (47.3%)	8:25	7.1 (53.0%)
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 (47.4%)	8:30	7.1 (53.0%)
381	**KOŚCIELNIAK Szymon**	**6500**	CZERWONAK BIEGA	Masters M - 40	78	01:34:32	**02:57:56.15**	**02:59:13.60**	+01:25:00 (47.4%)	8:28	7.1 (53.0%)
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 (47.5%)	8:30	7.1 (53.0%)
383	**MROZIŃSKA Renata**	**6141**		Masters K - 40	35	01:41:11	**02:58:36.65**	**02:59:25.55**	+01:25:12 (47.5%)	8:30	7.1 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
384	**MROZIŃSKI Albert**	**6142**		Masters M - 40	79	01:41:09	**02:58:36.80**	**02:59:25.70**	+01:25:12 (47.5%)	8:30	7.1 (53.0%)
385	**ŁACHAN Patryk**	**6152**	WKURW_TEAM	Masters M - 40	80	01:42:55	**02:57:56.25**	**02:59:26.95**	+01:25:14 (47.5%)	8:28	7.1 (53.0%)
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 (47.5%)	8:29	7.1 (53.0%)
387	**SKOLASIŃSKA Olga**	**6386**		Senior II K - 30	61	01:38:06	**02:58:43.85**	**02:59:39.80**	+01:25:27 (47.6%)	8:30	7 (52.2%)
388	**PŁOTNICKI Bolesław**	**6180**		Masters M - 40	81	01:42:13	**02:58:16.25**	**02:59:41.45**	+01:25:28 (47.6%)	8:29	7.1 (53.0%)
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 (47.6%)	8:28	7.1 (53.0%)
390	**WOLSKA Dominika**	**6463**		Senior I K - 20	28	01:34:46	**02:59:24.40**	**03:00:08.05**	+01:25:55 (47.7%)	8:32	7 (52.2%)
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 (47.7%)	8:33	7 (52.2%)
392	**ŚLIWKA Beata**	**6223**	OLZA CIESZYN	Masters K - 40	36	01:41:20	**02:59:10.55**	**03:00:15.05**	+01:26:02 (47.7%)	8:31	7 (52.2%)
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 (48.0%)	8:33	7 (52.2%)
394	**KAMIŃSKI Marek**	**6004**		Senior II M - 30	119	01:43:11	**03:00:19.65**	**03:01:22.00**	+01:27:09 (48.1%)	8:35	7 (52.2%)
395	**PORTACHA Katarzyna**	**6037**		Masters K - 40	37	01:43:09	**03:00:19.65**	**03:01:22.30**	+01:27:09 (48.1%)	8:35	7 (52.2%)
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 (48.2%)	8:38	6.9 (51.5%)
397	**TASZAREK Ewa**	**6147**		Masters K - 40	38	01:41:54	**03:01:13.10**	**03:01:58.45**	+01:27:45 (48.2%)	8:37	7 (52.2%)
398	**CHMIELEWSKA-KOZIOŁ Magdalena**	**6187**		Weteran K - 50	4	01:43:26	**03:01:35.40**	**03:02:00.40**	+01:27:47 (48.2%)	8:38	6.9 (51.5%)
399	**GRUCHOT Małgorzata**	**6758**	GOGOLIN BIEGA	Masters K - 40	39	01:39:52	**03:02:02.85**	**03:02:02.85**	+01:27:50 (48.2%)	8:40	6.9 (51.5%)
400	**SMARUJ Edyta**	**6488**		Masters K - 40	40	01:46:12	**03:01:33.30**	**03:02:10.15**	+01:27:57 (48.3%)	8:38	6.9 (51.5%)
401	**RAPACZ-TOPIŁKO Anna**	**6623**	SPEEDO POLSKA	Masters K - 40	41	01:43:36	**03:01:10.00**	**03:02:20.40**	+01:28:07 (48.3%)	8:37	7 (52.2%)
402	**GRISZCZENKO Ela**	**6645**		Senior II K - 30	65	01:41:54	**03:00:33.55**	**03:02:30.35**	+01:28:17 (48.4%)	8:35	7 (52.2%)
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 (48.4%)	8:38	6.9 (51.5%)
404	**KAMIŃSKA Anna**	**6461**		Senior II K - 30	66	01:42:15	**03:01:51.00**	**03:02:46.60**	+01:28:33 (48.5%)	8:39	6.9 (51.5%)
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 (48.5%)	8:42	6.9 (51.5%)
406	**JAKOWICZ Agnieszka**	**6719**	LABOSPORT	Masters K - 40	42	01:43:31	**03:02:45.55**	**03:03:12.35**	+01:28:59 (48.6%)	8:42	6.9 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
407	**KOŁODZIEJ Aleksandra**	**6329**		Senior I K - 20	29	01:39:08	**03:03:17.05**	**03:03:30.10**	+01:29:17 (48.7%)	8:43	6.9 (51.5%)
408	**DZIUBEK Monika**	**6186**		Senior II K - 30	68	01:42:02	**03:02:24.25**	**03:03:33.45**	+01:29:20 (48.7%)	8:41	6.9 (51.5%)
409	**KOWALCZYK Katarzyna**	**6360**		Senior II K - 30	69	01:42:03	**03:02:24.70**	**03:03:33.90**	+01:29:21 (48.7%)	8:41	6.9 (51.5%)
410	**KOWALCZYK Marcin**	**6704**	VEGERUNNERS	Weteran II M - 60	5	01:43:17	**03:02:27.10**	**03:03:48.00**	+01:29:35 (48.7%)	8:41	6.9 (51.5%)
411	**ZAJĄCZKOWSKA Agnieszka**	**6699**		Senior I K - 20	30	01:38:22	**03:02:15.80**	**03:03:52.20**	+01:29:39 (48.8%)	8:40	6.9 (51.5%)
412	**KARPATI Zoltan**	**6470**		Masters M - 40	82	01:40:42	**03:02:52.70**	**03:04:29.10**	+01:30:16 (48.9%)	8:42	6.9 (51.5%)
412	**DOBROVOCZKY Peter**	**6730**		Masters M - 40	83	01:40:43	**03:02:52.90**	**03:04:29.10**	+01:30:16 (48.9%)	8:42	6.9 (51.5%)
414	**STACHURSKA Monika**	**6507**		Masters K - 40	43	01:43:17	**03:04:03.80**	**03:04:31.40**	+01:30:18 (48.9%)	8:45	6.8 (50.7%)
415	**LEWANDOWSKA Ewa**	**6671**		Masters K - 40	44	01:44:57	**03:03:12.25**	**03:04:32.95**	+01:30:20 (48.9%)	8:43	6.9 (51.5%)
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 (49.1%)	8:47	6.8 (50.7%)
417	**PLACKOWSKI Marcin**	**6261**	GOSTYŃ	Senior I M - 20	37	01:33:08	**03:04:33.15**	**03:05:08.30**	+01:30:55 (49.1%)	8:47	6.8 (50.7%)
418	**PATYRA Łukasz**	**6111**	GOMIND	Senior II M - 30	120	01:41:35	**03:04:52.20**	**03:05:13.10**	+01:31:00 (49.1%)	8:48	6.8 (50.7%)
419	**BARTKIEWICZ Ireneusz**	**6457**		Senior II M - 30	121	01:36:50	**03:05:16.10**	**03:05:54.50**	+01:31:41 (49.3%)	8:49	6.8 (50.7%)
420	**LULA Radosław**	**6244**		Masters M - 40	85	01:41:10	**03:06:29.95**	**03:06:52.15**	+01:32:39 (49.6%)	8:52	6.8 (50.7%)
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 (49.7%)	8:54	6.7 (50.0%)
422	**PRĘGOWSKI Grzegorz**	**6103**	EKOBIEGI	Weteran I M - 50	25	01:46:31	**03:05:48.15**	**03:07:24.25**	+01:33:11 (49.7%)	8:50	6.8 (50.7%)
423	**KUREK Ewa**	**6172**		Senior II K - 30	70	01:40:04	**03:07:19.65**	**03:07:29.60**	+01:33:16 (49.8%)	8:55	6.7 (50.0%)
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 (49.9%)	8:54	6.7 (50.0%)
425	**TOPIŁKO Wojciech**	**6624**	SPEEDO POLSKA	Masters M - 40	86	01:43:37	**03:07:26.30**	**03:08:36.70**	+01:34:23 (50.0%)	8:55	6.7 (50.0%)
426	**WIDMAN Paweł**	**6075**		Masters M - 40	87	01:36:26	**03:08:19.60**	**03:08:42.20**	+01:34:29 (50.1%)	8:58	6.7 (50.0%)
427	**MARCINIAK Marek**	**6230**		Masters M - 40	88	01:37:01	**03:07:51.55**	**03:09:04.90**	+01:34:52 (50.2%)	8:56	6.7 (50.0%)
428	**ZEBZDA Łukasz**	**6664**	22BPG	Senior II M - 30	124	01:43:21	**03:07:54.50**	**03:09:06.15**	+01:34:53 (50.2%)	8:56	6.7 (50.0%)
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 (50.2%)	8:56	6.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
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 (50.2%)	8:56	6.7 (50.0%)
431	**PIJANKA Monika**	**6262**	BBL OPOLE	Masters K - 40	46	01:48:29	**03:08:57.00**	**03:10:11.00**	+01:35:58 (50.5%)	8:59	6.7 (50.0%)
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 (50.5%)	9:00	6.7 (50.0%)
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 (50.5%)	9:02	6.6 (49.3%)
434	**MAŃCZAK Agnieszka**	**6365**	CZERWONAK BIEGA	Masters K - 40	47	01:46:50	**03:09:13.25**	**03:10:28.25**	+01:36:15 (50.5%)	9:00	6.7 (50.0%)
435	**WÓJCIK Joanna**	**6327**		Senior II K - 30	72	01:46:25	**03:08:47.90**	**03:10:32.85**	+01:36:20 (50.6%)	8:59	6.7 (50.0%)
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 (50.6%)	9:00	6.7 (50.0%)
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 (50.6%)	9:02	6.6 (49.3%)
438	**PERKA Barbara**	**6066**	BIEG OPOLSKI	Masters K - 40	48	01:45:13	**03:11:08.65**	**03:11:14.30**	+01:37:01 (50.7%)	9:06	6.6 (49.3%)
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 (50.7%)	9:03	6.6 (49.3%)
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 (50.7%)	9:02	6.6 (49.3%)
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 (50.9%)	9:05	6.6 (49.3%)
442	**WOŁCZEK Małgorzata**	**6707**		Senior II K - 30	74	01:48:26	**03:10:34.90**	**03:11:48.20**	+01:37:35 (50.9%)	9:04	6.6 (49.3%)
443	**BARAŃSKA Małgorzata**	**6293**	BBL OPOLE	Masters K - 40	49	01:43:35	**03:11:22.05**	**03:12:08.65**	+01:37:55 (51.0%)	9:06	6.6 (49.3%)
444	**PAŁAC Piotr**	**6384**	PROARTE	Weteran I M - 50	28	01:51:19	**03:12:06.65**	**03:12:10.55**	+01:37:57 (51.0%)	9:08	6.6 (49.3%)
445	**PAPIERNIAK Anna**	**6107**		Senior II K - 30	75	01:49:19	**03:10:33.75**	**03:12:10.85**	+01:37:58 (51.0%)	9:04	6.6 (49.3%)
446	**JAROS Aleksandra**	**6160**		Senior I K - 20	31	01:49:19	**03:10:33.40**	**03:12:11.15**	+01:37:58 (51.0%)	9:04	6.6 (49.3%)
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 (51.0%)	9:08	6.6 (49.3%)
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 (51.0%)	9:08	6.6 (49.3%)
449	**ŠVÁBENSKÁ Ladislava**	**6582**	TEAM JESENÍKY	Masters K - 40	50	01:43:34	**03:11:54.85**	**03:12:21.85**	+01:38:09 (51.0%)	9:08	6.6 (49.3%)
450	**KARPIŃSKI Grzegorz**	**6016**	MESONDŻI LAJF STAJL	Senior II M - 30	128	01:44:14	**03:10:33.80**	**03:12:25.50**	+01:38:12 (51.0%)	9:04	6.6 (49.3%)
451	**JĘDZURA Agnieszka**	**6747**		Masters K - 40	51	01:48:13	**03:12:30.95**	**03:12:45.50**	+01:38:32 (51.1%)	9:10	6.5 (48.5%)
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 (51.2%)	9:07	6.6 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
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 (51.2%)	9:08	6.6 (49.3%)
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 (51.2%)	9:06	6.6 (49.3%)
455	**KOWALSKA Małgorzata**	**6512**	KB HARCOWNIK	Masters K - 40	52	01:44:42	**03:12:16.45**	**03:13:00.90**	+01:38:48 (51.2%)	9:09	6.6 (49.3%)
456	**GRĘBOWICZ Agnieszka**	**6175**	KB HARCOWNIK JELCZ - LASKOWICE	Senior II K - 30	77	01:44:43	**03:12:17.60**	**03:13:01.10**	+01:38:48 (51.2%)	9:09	6.6 (49.3%)
457	**ŻYLUK Bożena**	**6058**	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	53	01:47:52	**03:13:00.30**	**03:13:05.70**	+01:38:52 (51.2%)	9:11	6.5 (48.5%)
458	**MAJCHRZAK Monika**	**6271**	WKURW_TEAM	Masters K - 40	54	01:50:13	**03:11:33.70**	**03:13:06.30**	+01:38:53 (51.2%)	9:07	6.6 (49.3%)
459	**SAWALA Eryk**	**6129**		Senior I M - 20	38	01:47:24	**03:12:00.80**	**03:13:08.90**	+01:38:56 (51.2%)	9:08	6.6 (49.3%)
460	**SAWALA Aneta**	**6128**	TRANCE ONLY	Masters K - 40	55	01:47:24	**03:12:00.75**	**03:13:09.40**	+01:38:56 (51.2%)	9:08	6.6 (49.3%)
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 (51.3%)	9:12	6.5 (48.5%)
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 (51.3%)	9:11	6.5 (48.5%)
463	**KWAPIŃSKA Anna**	**6095**		Senior II K - 30	78	01:48:34	**03:12:54.55**	**03:13:35.70**	+01:39:22 (51.3%)	9:11	6.5 (48.5%)
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 (51.4%)	9:10	6.5 (48.5%)
465	**PUCHALSKI Przemysław**	**6290**		Senior II M - 30	129	01:43:19	**03:13:18.50**	**03:14:14.45**	+01:40:01 (51.5%)	9:12	6.5 (48.5%)
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 (51.5%)	9:12	6.5 (48.5%)
467	**LACH Agnieszka**	**6528**		Masters K - 40	58	01:47:34	**03:13:47.45**	**03:14:24.25**	+01:40:11 (51.5%)	9:13	6.5 (48.5%)
468	**IMIŃSKI Cezary**	**6220**		Weteran I M - 50	29	01:39:22	**03:14:15.40**	**03:14:43.50**	+01:40:30 (51.6%)	9:15	6.5 (48.5%)
469	**SZELIGA Daria**	**6483**		Senior I K - 20	33	01:45:29	**03:14:00.20**	**03:14:43.80**	+01:40:31 (51.6%)	9:14	6.5 (48.5%)
470	**BARZYCKA Sylwia**	**6221**		Senior II K - 30	81	01:49:37	**03:14:09.25**	**03:14:57.75**	+01:40:45 (51.7%)	9:14	6.5 (48.5%)
471	**BANACH Sebastian**	**6562**	YNO ULTRA	Masters M - 40	92	01:47:04	**03:14:08.70**	**03:15:06.10**	+01:40:53 (51.7%)	9:14	6.5 (48.5%)
472	**ZAWADZKA Małgorzata**	**6486**		Senior II K - 30	82	01:43:06	**03:14:19.10**	**03:15:11.50**	+01:40:58 (51.7%)	9:15	6.5 (48.5%)
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 (51.8%)	9:14	6.5 (48.5%)
474	**KOZERA Kamil**	**6748**	HARPAGAN SOSNOWIEC	Senior II M - 30	131	01:45:59	**03:14:06.40**	**03:15:21.90**	+01:41:09 (51.8%)	9:14	6.5 (48.5%)
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 (51.8%)	9:14	6.5 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
476	**FRĄCZEK Rafał**	**6441**	FIT-STORY	Senior II M - 30	132	01:44:53	**03:14:02.90**	**03:15:37.90**	+01:41:25 (51.8%)	9:14	6.5 (48.5%)
477	**DROŻDŻAL Izabela**	**6442**		Senior I K - 20	34	01:44:52	**03:14:03.95**	**03:15:38.20**	+01:41:25 (51.8%)	9:14	6.5 (48.5%)
478	**JAROSZ Michał**	**6617**		Senior II M - 30	133	01:44:50	**03:14:00.15**	**03:15:39.45**	+01:41:26 (51.8%)	9:14	6.5 (48.5%)
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 (51.9%)	9:14	6.5 (48.5%)
480	**KRYPA Aleksandra**	**6693**		Senior II K - 30	84	01:49:31	**03:13:55.10**	**03:15:42.40**	+01:41:29 (51.9%)	9:14	6.5 (48.5%)
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 (51.9%)	9:17	6.5 (48.5%)
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 (51.9%)	9:19	6.4 (47.8%)
483	**KOŃKA Mariusz**	**6089**		Masters M - 40	93	01:48:22	**03:15:30.10**	**03:16:20.10**	+01:42:07 (52.0%)	9:18	6.4 (47.8%)
484	**KRZYŻAŃSKA Anna**	**6143**		Senior II K - 30	85	01:47:01	**03:15:25.55**	**03:16:33.85**	+01:42:21 (52.1%)	9:18	6.4 (47.8%)
485	**JANUSZAK Gosia**	**6155**	SKS OBORNIKI	Weteran K - 50	7	01:52:47	**03:16:06.20**	**03:16:42.70**	+01:42:29 (52.1%)	9:20	6.4 (47.8%)
486	**GRZELAKOWSKA Agata**	**6161**		Masters K - 40	59	01:50:00	**03:15:17.70**	**03:16:54.50**	+01:42:41 (52.2%)	9:18	6.5 (48.5%)
487	**ANDRZEJCZAK Łukasz**	**6376**		Senior II M - 30	136	01:41:59	**03:15:45.05**	**03:16:55.85**	+01:42:43 (52.2%)	9:19	6.4 (47.8%)
488	**KOWALEWSKA Kinga**	**6536**		Senior II K - 30	86	01:51:36	**03:16:05.40**	**03:17:04.80**	+01:42:52 (52.2%)	9:20	6.4 (47.8%)
489	**SIKORA Agnieszka**	**6273**		Senior II K - 30	87	01:46:53	**03:15:29.85**	**03:17:08.45**	+01:42:55 (52.2%)	9:18	6.4 (47.8%)
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 (52.2%)	9:20	6.4 (47.8%)
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 (52.3%)	9:22	6.4 (47.8%)
492	**MAĆKOWIAK-RYDZYŃSKA Anna**	**6448**		Masters K - 40	61	01:49:21	**03:15:41.85**	**03:17:35.70**	+01:43:22 (52.3%)	9:19	6.4 (47.8%)
493	**KOŃ Aleksandra**	**6126**		Masters K - 40	62	01:49:45	**03:16:55.55**	**03:17:36.65**	+01:43:23 (52.3%)	9:22	6.4 (47.8%)
494	**SŁABA Igor**	**6389**		Senior II M - 30	137	01:35:32	**03:17:46.20**	**03:17:52.50**	+01:43:39 (52.4%)	9:25	6.4 (47.8%)
495	**KRAWCZYK Sławomir**	**6580**		Weteran I M - 50	30	01:46:44	**03:16:36.70**	**03:17:52.60**	+01:43:39 (52.4%)	9:21	6.4 (47.8%)
496	**KONIECZNY Izabella**	**6316**		Masters K - 40	63	01:51:19	**03:17:39.30**	**03:18:01.10**	+01:43:48 (52.4%)	9:24	6.4 (47.8%)
497	**SŁUJA Paweł**	**6701**		Senior II M - 30	138	01:44:56	**03:16:32.05**	**03:18:16.55**	+01:44:03 (52.5%)	9:21	6.4 (47.8%)
498	**BĄCZYŃSKA Małgorzata**	**6458**		Masters K - 40	64	01:48:33	**03:17:53.20**	**03:18:22.35**	+01:44:09 (52.5%)	9:25	6.4 (47.8%)

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 (52.5%)	9:25	6.4 (47.8%)
500	**ORDON Dorota**	**6119**		Senior II K - 30	89	01:50:00	**03:16:56.15**	**03:18:33.55**	+01:44:20 (52.6%)	9:22	6.4 (47.8%)
501	**WIŚNIEWSKI Tomasz**	**6003**		Masters M - 40	94	01:55:36	**03:17:12.25**	**03:18:34.60**	+01:44:21 (52.6%)	9:23	6.4 (47.8%)
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 (52.6%)	9:23	6.4 (47.8%)
503	**KRZESZOWSKA Iga**	**6282**		Senior I K - 20	36	01:42:41	**03:17:20.75**	**03:18:58.45**	+01:44:45 (52.7%)	9:23	6.4 (47.8%)
504	**MANDZIAK Rafał**	**6388**		Masters M - 40	95	01:43:13	**03:18:17.25**	**03:19:00.30**	+01:44:47 (52.7%)	9:26	6.4 (47.8%)
505	**JANUSZAK Przemysław**	**6156**	TEAM JANO	Masters M - 40	96	01:52:45	**03:18:41.95**	**03:19:18.20**	+01:45:05 (52.7%)	9:27	6.3 (47.0%)
506	**URBAN Mieczysław**	**6215**	ROZBIEGANY RAWICZ	Weteran II M - 60	6	01:46:52	**03:19:12.60**	**03:19:23.40**	+01:45:10 (52.7%)	9:29	6.3 (47.0%)
507	**WOLEK Marcin**	**6558**		Masters M - 40	97	01:51:27	**03:19:13.60**	**03:19:26.55**	+01:45:13 (52.8%)	9:29	6.3 (47.0%)
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 (52.8%)	9:26	6.4 (47.8%)
509	**SZULTK Piotr**	**6411**		Weteran I M - 50	31	01:42:53	**03:18:43.65**	**03:19:37.15**	+01:45:24 (52.8%)	9:27	6.3 (47.0%)
510	**ŚRÓDKA Aleksandra**	**6134**		Senior II K - 30	90	01:51:03	**03:19:05.05**	**03:19:37.55**	+01:45:24 (52.8%)	9:28	6.3 (47.0%)
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 (52.8%)	9:26	6.4 (47.8%)
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 (52.8%)	9:26	6.4 (47.8%)
513	**SKUPNIK Anna**	**6481**		Masters K - 40	67	01:45:15	**03:19:35.20**	**03:19:49.20**	+01:45:36 (52.9%)	9:30	6.3 (47.0%)
514	**RYCHŁOWSKI Ryszard**	**6011**	DDKON BYDGOSZCZ	Masters M - 40	99	01:45:14	**03:19:35.90**	**03:19:49.30**	+01:45:36 (52.9%)	9:30	6.3 (47.0%)
515	**PODGRUDNY Radosław**	**6085**	RESCUE TEAM	Masters M - 40	100	01:42:08	**03:19:30.45**	**03:19:49.90**	+01:45:37 (52.9%)	9:30	6.3 (47.0%)
516	**OWSIANIK Sylwia**	**6493**		Masters K - 40	68	01:38:23	**03:19:39.30**	**03:19:51.40**	+01:45:38 (52.9%)	9:30	6.3 (47.0%)
517	**KOŚNY Damian**	**6087**	GIT	Masters M - 40	101	01:44:18	**03:18:04.65**	**03:19:58.20**	+01:45:45 (52.9%)	9:25	6.4 (47.8%)
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 (52.9%)	9:31	6.3 (47.0%)
518	**JAREMEK Wojtek**	**6162**		Senior II M - 30	140	01:48:22	**03:18:47.05**	**03:20:06.00**	+01:45:53 (52.9%)	9:28	6.3 (47.0%)
520	**RUDNIK Katarzyna**	**6183**		Senior II K - 30	91	01:53:26	**03:19:06.40**	**03:20:07.20**	+01:45:54 (52.9%)	9:28	6.3 (47.0%)
521	**CENDROWICZ Magdalena**	**6200**	SONKOTEAM	Senior II K - 30	92	01:49:40	**03:19:04.30**	**03:20:15.95**	+01:46:03 (53.0%)	9:28	6.3 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
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 (53.0%)	9:31	6.3 (47.0%)
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 (53.3%)	9:32	6.3 (47.0%)
524	**SENDERSKA-PŁONOWSKA Magdalena**	**6213**		Senior I K - 20	38	01:43:06	**03:20:52.75**	**03:21:51.45**	+01:47:38 (53.3%)	9:33	6.3 (47.0%)
525	**KAYSIEWICZ Joanna**	**6418**		Masters K - 40	70	01:56:03	**03:21:45.60**	**03:22:14.65**	+01:48:01 (53.4%)	9:36	6.2 (46.3%)
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 (53.5%)	9:35	6.3 (47.0%)
527	**DURAŁEK Anna**	**6492**		Masters K - 40	71	01:48:59	**03:22:19.50**	**03:22:49.70**	+01:48:36 (53.6%)	9:38	6.2 (46.3%)
528	**BILIŃSKI Marek**	**6371**	:-)	Senior II M - 30	141	01:47:38	**03:21:36.50**	**03:22:53.50**	+01:48:40 (53.6%)	9:36	6.3 (47.0%)
529	**PAKUŁA Arkadiusz**	**6728**		Masters M - 40	103	01:43:42	**03:22:46.00**	**03:22:58.70**	+01:48:45 (53.6%)	9:39	6.2 (46.3%)
530	**KOCZYK Artur**	**6407**		Senior II M - 30	142	01:55:07	**03:21:03.25**	**03:23:01.35**	+01:48:48 (53.6%)	9:34	6.3 (47.0%)
531	**MATYJEWICZ Klaudia**	**6406**		Senior I K - 20	39	01:55:07	**03:21:04.05**	**03:23:01.75**	+01:48:49 (53.6%)	9:34	6.3 (47.0%)
532	**BOSZKO Krzysztof**	**6086**	GIT	Senior II M - 30	143	01:46:09	**03:21:12.70**	**03:23:06.35**	+01:48:53 (53.6%)	9:34	6.3 (47.0%)
533	**NOWAK Iwona**	**6122**	ZLB ZŁOTORYJA	Masters K - 40	72	01:49:46	**03:23:19.05**	**03:23:27.85**	+01:49:15 (53.7%)	9:40	6.2 (46.3%)
534	**SKRZĄTEK Anna**	**6349**		Masters K - 40	73	01:52:42	**03:23:52.35**	**03:24:08.75**	+01:49:56 (53.9%)	9:42	6.2 (46.3%)
535	**STANISŁAWSKI Piotr**	**6663**		Masters M - 40	104	01:48:43	**03:23:24.60**	**03:24:10.25**	+01:49:57 (53.9%)	9:41	6.2 (46.3%)
536	**BATURA Magdalena**	**6636**		Senior II K - 30	94	01:55:24	**03:23:10.15**	**03:24:27.65**	+01:50:14 (53.9%)	9:40	6.2 (46.3%)
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 (54.0%)	9:40	6.2 (46.3%)
538	**SOSNOWSKA Barbara**	**6426**		Masters K - 40	74	01:55:41	**03:23:50.75**	**03:24:51.70**	+01:50:38 (54.0%)	9:42	6.2 (46.3%)
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 (54.0%)	9:42	6.2 (46.3%)
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 (54.2%)	9:46	6.1 (45.5%)
541	**WARA-WĄSOWSKI Maciej**	**6611**		Weteran I M - 50	32	01:49:35	**03:25:29.95**	**03:26:43.95**	+01:52:31 (54.4%)	9:47	6.1 (45.5%)
542	**KRZECZKOWSKI Roman**	**6552**	BIEGOWA ŚWIDNICA	Masters M - 40	105	01:49:33	**03:25:34.25**	**03:26:49.25**	+01:52:36 (54.4%)	9:47	6.1 (45.5%)
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 (54.5%)	9:47	6.1 (45.5%)
544	**MIKUTANIEC Patrycja**	**6513**		Masters K - 40	76	01:48:56	**03:25:29.80**	**03:27:10.70**	+01:52:57 (54.5%)	9:47	6.1 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
545	**MAKAREWICZ Sylwia**	**6567**		Senior II K - 30	95	01:52:21	**03:26:22.25**	**03:27:25.55**	+01:53:12 (54.6%)	9:49	6.1 (45.5%)
546	**KRYJAK Tomasz**	**6294**		Senior II M - 30	146	01:55:37	**03:25:49.75**	**03:27:48.05**	+01:53:35 (54.7%)	9:48	6.1 (45.5%)
547	**WÓJTOWICZ Edyta**	**6112**	LOVELASY	Masters K - 40	77	01:56:23	**03:27:28.50**	**03:27:59.80**	+01:53:47 (54.7%)	9:52	6.1 (45.5%)
548	**BALCERZAK Krysia**	**6284**		Masters K - 40	78	02:01:11	**03:27:20.35**	**03:28:11.90**	+01:53:59 (54.7%)	9:52	6.1 (45.5%)
549	**WRÓBEL Marzena**	**6498**		Senior II K - 30	96	01:57:53	**03:27:19.35**	**03:28:36.35**	+01:54:23 (54.8%)	9:52	6.1 (45.5%)
550	**PYTA Grzegorz**	**6549**	NIEZRZESZONY	Weteran I M - 50	33	01:57:47	**03:27:18.50**	**03:28:37.50**	+01:54:24 (54.8%)	9:52	6.1 (45.5%)
551	**KOZIOŁ Ewa**	**6305**	KOZIOŁKI	Masters K - 40	79	01:55:47	**03:28:53.65**	**03:29:11.65**	+01:54:58 (55.0%)	9:56	6 (44.8%)
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 (55.0%)	9:54	6.1 (45.5%)
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 (55.0%)	9:53	6.1 (45.5%)
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 (55.0%)	9:54	6.1 (45.5%)
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 (55.1%)	9:53	6.1 (45.5%)
556	**KAPAŁKA Agnieszka**	**6123**		Masters K - 40	81	01:55:37	**03:28:40.80**	**03:29:44.10**	+01:55:31 (55.1%)	9:56	6 (44.8%)
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 (55.1%)	9:56	6 (44.8%)
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 (55.1%)	9:57	6 (44.8%)
559	**WYPCHOŁ Piotr**	**6370**		Weteran I M - 50	34	01:46:54	**03:29:08.85**	**03:29:55.80**	+01:55:43 (55.1%)	9:57	6 (44.8%)
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 (55.2%)	9:55	6 (44.8%)
561	**STANOWSKA Katarzyna**	**6415**		Masters K - 40	83	01:56:59	**03:29:33.95**	**03:30:24.55**	+01:56:11 (55.2%)	9:58	6 (44.8%)
562	**ZASTAWNY Michal**	**6025**		Senior II M - 30	150	01:53:43	**03:29:23.45**	**03:30:53.00**	+01:56:40 (55.3%)	9:58	6 (44.8%)
563	**KUROWSKA Bianka**	**6038**		Senior I K - 20	40	01:55:01	**03:29:41.10**	**03:31:10.60**	+01:56:57 (55.4%)	9:59	6 (44.8%)
564	**KANIASTY Marta**	**6750**		Senior II K - 30	98	01:57:23	**03:29:23.50**	**03:31:13.20**	+01:57:00 (55.4%)	9:58	6 (44.8%)
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 (55.4%)	10:01	6 (44.8%)
566	**OLCZYK Anna**	**6136**		Masters K - 40	85	01:58:27	**03:31:16.30**	**03:31:43.90**	+01:57:31 (55.5%)	10:03	6 (44.8%)
567	**PASTUSZKA Joanna**	**6527**	RUN ŁDZ	Weteran K - 50	9	01:58:25	**03:31:16.25**	**03:31:44.05**	+01:57:31 (55.5%)	10:03	6 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
568	**GOLONKA Kinga**	**6047**	SYNGENIT	Senior I K - 20	41	01:56:37	**03:30:55.55**	**03:31:46.10**	+01:57:33 (55.5%)	10:02	6 (44.8%)
569	**KAMIŃSKA Małgorzata**	**6369**		Senior II K - 30	99	01:55:53	**03:31:31.75**	**03:32:32.45**	+01:58:19 (55.7%)	10:04	6 (44.8%)
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 (55.7%)	10:03	6 (44.8%)
571	**KARLIKOWSKI Jarek**	**6526**		Senior II M - 30	151	01:54:56	**03:31:49.85**	**03:32:41.40**	+01:58:28 (55.7%)	10:05	5.9 (44.0%)
572	**PĘCKA Beata**	**6399**		Senior II K - 30	101	01:57:57	**03:31:06.15**	**03:32:45.70**	+01:58:32 (55.7%)	10:03	6 (44.8%)
573	**SZCZODRZYŃSKA Kasia**	**6521**		Masters K - 40	86	01:58:49	**03:32:35.15**	**03:33:06.25**	+01:58:53 (55.8%)	10:07	5.9 (44.0%)
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 (55.8%)	10:07	5.9 (44.0%)
575	**MACIĄŻEK Dominik**	**6595**	MEZZOFORTE	Senior I M - 20	40	01:56:34	**03:34:58.45**	**03:35:21.50**	+02:01:08 (56.3%)	10:14	5.9 (44.0%)
576	**WALCZAK-WOJTKOWSKA Iwona**	**6586**		Weteran K - 50	10	01:59:37	**03:34:14.00**	**03:35:46.25**	+02:01:33 (56.3%)	10:12	5.9 (44.0%)
577	**MITEK Marta**	**6104**		Senior II K - 30	103	01:59:32	**03:34:24.20**	**03:36:04.05**	+02:01:51 (56.4%)	10:12	5.9 (44.0%)
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 (56.5%)	10:16	5.8 (43.3%)
579	**ANDRZEJEWSKA Karolina**	**6619**		Senior II K - 30	105	01:57:21	**03:35:26.35**	**03:37:12.45**	+02:02:59 (56.6%)	10:15	5.8 (43.3%)
580	**PŁUCIENNIK Katarzyna**	**6662**		Masters K - 40	87	01:54:49	**03:36:36.30**	**03:37:23.15**	+02:03:10 (56.7%)	10:18	5.8 (43.3%)
581	**DRYNKORN Hanna**	**6403**		Senior II K - 30	106	01:58:19	**03:36:54.40**	**03:37:48.10**	+02:03:35 (56.7%)	10:19	5.8 (43.3%)
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 (56.8%)	10:17	5.8 (43.3%)
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 (56.8%)	10:18	5.8 (43.3%)
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 (57.1%)	10:23	5.8 (43.3%)
585	**MELON Iga**	**6559**		Senior I K - 20	42	02:00:59	**03:38:33.10**	**03:40:16.75**	+02:06:04 (57.2%)	10:24	5.8 (43.3%)
586	**NOWAK Anna**	**6745**		Senior II K - 30	108	02:00:17	**03:38:24.30**	**03:40:17.20**	+02:06:04 (57.2%)	10:24	5.8 (43.3%)
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 (57.3%)	10:24	5.8 (43.3%)
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 (57.3%)	10:24	5.8 (43.3%)
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 (57.3%)	10:29	5.7 (42.5%)
590	**KAŁKA Marcin**	**6697**		Senior II M - 30	152	01:42:23	**03:38:53.40**	**03:40:38.75**	+02:06:26 (57.3%)	10:25	5.8 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
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 (57.6%)	10:30	5.7 (42.5%)
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 (57.8%)	10:33	5.7 (42.5%)
593	**PUZIO Anna**	**6739**	MARATOŃCZYK DĘBICA	Weteran K - 50	11	01:57:27	**03:41:17.70**	**03:43:08.25**	+02:08:55 (57.8%)	10:32	5.7 (42.5%)
594	**MICHALSKA Agnieszka**	**6260**		Weteran K - 50	12	01:52:31	**03:41:47.25**	**03:43:15.60**	+02:09:02 (57.8%)	10:33	5.7 (42.5%)
595	**SZAFRAŃSKA Joanna**	**6281**		Weteran K - 50	13	01:52:35	**03:41:48.20**	**03:43:16.50**	+02:09:03 (57.8%)	10:33	5.7 (42.5%)
596	**PAWŁOWSKA-LIS Maria**	**6249**		Masters K - 40	89	01:54:55	**03:42:45.55**	**03:43:27.30**	+02:09:14 (57.8%)	10:36	5.7 (42.5%)
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 (57.8%)	10:35	5.7 (42.5%)
598	**NOWICKA Iwona**	**6277**	BOOTCAMP	Senior II K - 30	111	01:52:13	**03:42:25.95**	**03:43:27.70**	+02:09:14 (57.8%)	10:35	5.7 (42.5%)
599	**JASIUL Mariola**	**6250**		Masters K - 40	90	01:58:13	**03:42:45.90**	**03:43:28.20**	+02:09:15 (57.8%)	10:36	5.7 (42.5%)
600	**ANTONIEWICZ Nataliya**	**6253**		Senior II K - 30	112	01:59:48	**03:42:47.40**	**03:43:35.80**	+02:09:23 (57.9%)	10:36	5.7 (42.5%)
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 (58.1%)	10:40	5.6 (41.8%)
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 (58.1%)	10:41	5.6 (41.8%)
603	**LECHNA Mirella**	**6718**		Masters K - 40	92	02:05:45	**03:45:09.85**	**03:45:21.95**	+02:11:09 (58.2%)	10:43	5.6 (41.8%)
604	**SKROBEK Marcin**	**6651**		Senior II M - 30	154	01:58:41	**03:42:59.90**	**03:45:29.55**	+02:11:16 (58.2%)	10:37	5.7 (42.5%)
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 (58.3%)	10:40	5.6 (41.8%)
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 (58.3%)	10:40	5.6 (41.8%)
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 (58.4%)	10:43	5.6 (41.8%)
608	**TOMALAK Anna**	**6212**		Senior II K - 30	113	02:02:48	**03:45:46.90**	**03:47:41.25**	+02:13:28 (58.6%)	10:45	5.6 (41.8%)
609	**FORMELA Justyna**	**6687**		Masters K - 40	94	02:03:01	**03:45:46.85**	**03:47:41.30**	+02:13:28 (58.6%)	10:45	5.6 (41.8%)
610	**ZIÓŁEK Teresa**	**6298**	STAIN INSANE	Weteran K - 50	16	02:06:52	**03:47:31.35**	**03:48:23.60**	+02:14:10 (58.7%)	10:50	5.5 (41.0%)
611	**WIŚNIEWSKA Dorota**	**6013**		Masters K - 40	95	02:07:47	**03:50:13.20**	**03:51:35.35**	+02:17:22 (59.3%)	10:57	5.5 (41.0%)
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 (59.3%)	10:58	5.5 (41.0%)
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 (59.4%)	10:59	5.5 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
614	**RAJCZAKOWSKA Anna**	**6131**		Weteran K - 50	17	02:06:31	**03:51:06.40**	**03:52:19.40**	+02:18:06 (59.4%)	11:00	5.5 (41.0%)
615	**SKRZYPIEC Karolina**	**6237**		Senior II K - 30	115	02:04:06	**03:51:44.25**	**03:52:37.00**	+02:18:24 (59.5%)	11:02	5.4 (40.3%)
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 (59.7%)	11:05	5.4 (40.3%)
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 (59.8%)	11:05	5.4 (40.3%)
618	**SPOZ Magdalena**	**6372**	NEST TEAM	Masters K - 40	97	02:01:49	**03:55:27.70**	**03:55:54.30**	+02:21:41 (60.1%)	11:12	5.4 (40.3%)
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 (60.1%)	11:08	5.4 (40.3%)
619	**ŚNIEŻAWSKA Gabriela**	**6279**		Masters K - 40	98	02:06:17	**03:53:58.40**	**03:55:54.70**	+02:21:41 (60.1%)	11:08	5.4 (40.3%)
621	**KALLAS-LIPSKA Anetta**	**6067**		Masters K - 40	99	02:06:15	**03:56:16.65**	**03:56:30.95**	+02:22:18 (60.2%)	11:15	5.3 (39.6%)
622	**ROLIŃSKI Radosław**	**6317**		Masters M - 40	109	02:34:13	**03:56:06.90**	**03:56:40.75**	+02:22:28 (60.2%)	11:14	5.3 (39.6%)
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 (60.3%)	11:15	5.3 (39.6%)
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 (60.3%)	11:15	5.3 (39.6%)
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 (60.3%)	11:16	5.3 (39.6%)
626	**SUCHANKO Alicja**	**6485**	NIGHT RUNNERS	Masters K - 40	100	02:11:07	**03:56:49.90**	**03:57:09.55**	+02:22:56 (60.3%)	11:16	5.3 (39.6%)
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 (60.3%)	11:16	5.3 (39.6%)
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 (60.3%)	11:16	5.3 (39.6%)
629	**ANIOŁ Michał**	**6556**		Senior II M - 30	156	02:02:57	**03:57:28.45**	**03:58:49.65**	+02:24:36 (60.6%)	11:18	5.3 (39.6%)
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 (61.3%)	11:31	5.2 (38.8%)
631	**WIŚNIEWSKA Ewelina**	**6054**	HARDCOROWE WYCHYLYLYBYMY	Senior II K - 30	121	02:10:26	**04:03:05.35**	**04:04:04.60**	+02:29:51 (61.4%)	11:34	5.2 (38.8%)
632	**JUSZKO Aleksandra**	**6325**		Senior I K - 20	43	02:12:33	**04:08:58.80**	**04:09:24.45**	+02:35:11 (62.2%)	11:51	5.1 (38.1%)
632	**JUSZKO Monika**	**6070**		Masters K - 40	102	02:12:46	**04:08:58.90**	**04:09:24.45**	+02:35:11 (62.2%)	11:51	5.1 (38.1%)
634	**SZCZEPANIAK Sławomir**	**6523**	KS LENIWIEC	Weteran I M - 50	37	02:09:41	**04:10:34.75**	**04:12:09.10**	+02:37:56 (62.6%)	11:55	5 (37.3%)
635	**PAWŁOWSKA Danuta**	**6039**	WKURW_TEAM	Masters K - 40	103	02:16:09	**04:11:44.10**	**04:12:33.90**	+02:38:21 (62.7%)	11:59	5 (37.3%)
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 (63.1%)	12:08	4.9 (36.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
637	**PRZYBYŁ Jolanta**	**6125**	EASY RUNNERS	Masters K - 40	104	02:09:01	**04:14:51.35**	**04:15:43.70**	+02:41:30 (63.2%)	12:08	4.9 (36.6%)
638	**KACZMAREK Agnieszka**	**6188**		Masters K - 40	105	02:23:42	**04:18:55.50**	**04:19:20.70**	+02:45:07 (63.7%)	12:19	4.9 (36.6%)
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 (64.3%)	12:34	4.8 (35.8%)
640	**CIESIELSKI Tomasz**	**6306**		Senior II M - 30	157	02:20:07	**04:27:33.70**	**04:28:41.20**	+02:54:28 (64.9%)	12:44	4.7 (35.1%)
641	**MAZUR Marta**	**6024**		Senior II K - 30	123	01:59:52	**04:31:16.50**	**04:32:33.10**	+02:58:20 (65.4%)	12:55	4.6 (34.3%)
	KOCERKA Jacek	**6614**		Masters M - 40		01:46:18 DNF	**DNF**	**DNF**		-	- (0.0%)
	ANTOSZCZUK Aneta	**6377**	PRO-RUN WROCŁAW	Masters K - 40		DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 643 wynik(ów)