



# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2021-07-15  
Łądek-Zdrój  
21 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

| Msc | Zawodnik         | Numer | Klub                           | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------|-------|--------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|-----------------|
| 1   | ŻOCHOWSKI Daniel | 7686  | ŻÓRAWSKI TEAM                  | Senior I M - 20  | 1    | 00:49:15     | <b>01:28:27.30</b>    |                      | 4:12            | 14.2 (100%)     |
| 2   | GLAPIAK Damian   | 7937  |                                | Masters M - 40   | 1    | 00:53:09     | <b>01:34:28.35</b>    | +00:06:01 (6.4%)     | 4:29            | 13.3<br>(93.7%) |
| 3   | LAGNER Sebastian | 7047  | KB SOBÓTKA                     | Senior I M - 20  | 2    | 00:53:07     | <b>01:36:59.15</b>    | +00:08:31 (8.8%)     | 4:37            | 13 (91.5%)      |
| 4   | TOMCZYK Piotr    | 7122  | #ZALINIAMETYTEAM               | Senior II M - 30 | 1    | 00:57:47     | <b>01:41:11.45</b>    | +00:12:44<br>(12.6%) | 4:49            | 12.5<br>(88.0%) |
| 5   | KOS Adrian       | 7075  | DOTI MANUFAKTURA               | Senior I M - 20  | 3    | 00:59:02     | <b>01:44:03.65</b>    | +00:15:36<br>(15.0%) | 4:57            | 12.1<br>(85.2%) |
| 6   | ZAMIELSKI Pawel  | 7284  | PRZEDWOJEWSKI TEAM             | Senior I M - 20  | 4    | 00:57:11     | <b>01:44:48.65</b>    | +00:16:21<br>(15.6%) | 4:59            | 12 (84.5%)      |
| 7   | WOLAŃSKI Jan     | 7870  |                                | Masters M - 40   | 2    | 01:01:07     | <b>01:45:23.00</b>    | +00:16:55<br>(16.1%) | 5:01            | 12 (84.5%)      |
| 8   | TOMASIAK Dominik | 7700  | AKUJO NO FUKA-NASAKE           | Masters M - 40   | 3    | 00:58:20     | <b>01:45:53.35</b>    | +00:17:26<br>(16.5%) | 5:02            | 11.9<br>(83.8%) |
| 9   | PIHIL Piotr      | 7219  |                                | Masters M - 40   | 4    | 00:59:21     | <b>01:46:15.60</b>    | +00:17:48<br>(16.8%) | 5:03            | 11.9<br>(83.8%) |
| 10  | ROSKOSZ Bartosz  | 7783  |                                | Senior II M - 30 | 2    | 01:01:38     | <b>01:47:08.25</b>    | +00:18:40<br>(17.4%) | 5:06            | 11.8<br>(83.1%) |
| 11  | RÓŻAŃSKI Łukasz  | 7562  |                                | Senior II M - 30 | 3    | 01:00:50     | <b>01:48:41.05</b>    | +00:20:13<br>(18.6%) | 5:10            | 11.6<br>(81.7%) |
| 12  | MAZEK Emilia     | 7513  | SBRT WARSZAWA / WILGA GARWOLIN | Senior I K - 20  | 1    | 01:03:15     | <b>01:49:23.85</b>    | +00:20:56<br>(19.1%) | 5:12            | 11.5<br>(81.0%) |
| 13  | MICHAŁ Targosz   | 7833  | #ADAMCZERWIŃSKITEAM            | Masters M - 40   | 5    | 01:02:14     | <b>01:49:58.25</b>    | +00:21:30<br>(19.6%) | 5:14            | 11.5<br>(81.0%) |
| 14  | GŁÓD Mateusz     | 7827  |                                | Masters M - 40   | 6    | 01:01:53     | <b>01:50:36.00</b>    | +00:22:08<br>(20.0%) | 5:16            | 11.4<br>(80.3%) |
| 15  | FALANA Sebastian | 7606  |                                | Senior II M - 30 | 4    | 01:00:42     | <b>01:50:37.60</b>    | +00:22:10<br>(20.0%) | 5:16            | 11.4<br>(80.3%) |
| 16  | TOMASIAK Natalia | 7883  | SALOMON TEAM                   | Senior II K - 30 | 1    | 01:02:41     | <b>01:51:50.95</b>    | +00:23:23<br>(20.9%) | 5:19            | 11.3<br>(79.6%) |

| Msc | Zawodnik               | Numer | Klub                      | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------|-------|---------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|-----------------|
| 17  | DUCZMAL Dominika       | 7896  |                           | Senior I K - 20  | 2    | 01:03:33     | 01:52:38.45           | +00:24:11<br>(21.5%) | 5:21            | 11.2<br>(78.9%) |
| 18  | SUDOLSKI Emil          | 7322  | GUSTAW TEŻ BIEGA          | Masters M - 40   | 7    | 01:04:06     | 01:52:39.75           | +00:24:12<br>(21.5%) | 5:21            | 11.2<br>(78.9%) |
| 19  | KOWALIK Andrzej        | 7928  | SALMING RUNNING POLSKA    | Masters M - 40   | 8    | 01:04:07     | 01:53:57.10           | +00:25:29<br>(22.4%) | 5:25            | 11.1<br>(78.2%) |
| 20  | SZKOŁA Wojciech        | 7196  | NATURAL BORN RUNNERS      | Senior II M - 30 | 5    | 01:05:15     | 01:54:28.75           | +00:26:01<br>(22.7%) | 5:27            | 11 (77.5%)      |
| 21  | STREICH Tomasz         | 7908  |                           | Senior I M - 20  | 5    | 01:03:16     | 01:54:32.05           | +00:26:04<br>(22.8%) | 5:27            | 11 (77.5%)      |
| 22  | KUSAL Tomasz           | 7074  |                           | Senior I M - 20  | 6    | 01:06:04     | 01:55:19.90           | +00:26:52<br>(23.3%) | 5:29            | 10.9<br>(76.8%) |
| 23  | NOWAK Paweł            | 7007  | LAND ROWER WROCŁAW        | Senior II M - 30 | 6    | 01:04:50     | 01:55:21.80           | +00:26:54<br>(23.3%) | 5:29            | 10.9<br>(76.8%) |
| 24  | KURZYŃSKI Piotr        | 7661  | TEAM BEROTU               | Masters M - 40   | 9    | 01:06:14     | 01:58:17.50           | +00:29:50<br>(25.2%) | 5:37            | 10.7<br>(75.4%) |
| 25  | KOTLAREK Dawid         | 7108  | VEGE RUNNERS / #SOBASTEAM | Masters M - 40   | 10   | 01:07:46     | 01:58:31.55           | +00:30:04<br>(25.4%) | 5:38            | 10.6<br>(74.6%) |
| 26  | CZAPKA Norbert         | 7840  |                           | Weteran I M - 50 | 1    | 01:06:09     | 01:58:47.25           | +00:30:19<br>(25.5%) | 5:39            | 10.6<br>(74.6%) |
| 27  | KUBISZTAL Wojciech     | 7109  | KB PIONIER SZCZECIN       | Senior II M - 30 | 7    | 01:05:04     | 01:59:06.95           | +00:30:39<br>(25.7%) | 5:40            | 10.6<br>(74.6%) |
| 28  | ZIOBROWSKI Łukasz      | 7211  | SZTUKA RUCHU              | Masters M - 40   | 11   | 01:08:02     | 01:59:08.60           | +00:30:41<br>(25.8%) | 5:40            | 10.6<br>(74.6%) |
| 29  | JACHYMSKI Krzysztof    | 7628  | VEGE RUNNERS              | Senior II M - 30 | 8    | 01:07:37     | 01:59:21.65           | +00:30:54<br>(25.9%) | 5:41            | 10.6<br>(74.6%) |
| 30  | KACZMARCZYK Przemysław | 7131  | 140MINUT.PL               | Senior I M - 20  | 7    | 01:06:29     | 01:59:29.20           | +00:31:01<br>(26.0%) | 5:41            | 10.5<br>(73.9%) |
| 31  | ŻEBROWSKI Juliusz      | 7453  | BORN TO RUN               | Senior II M - 30 | 9    | 01:10:43     | 01:59:32.00           | +00:31:04<br>(26.0%) | 5:41            | 10.5<br>(73.9%) |
| 32  | MÓLL Mateusz           | 7009  | #SOBASTEAM                | Senior II M - 30 | 10   | 01:05:58     | 01:59:36.50           | +00:31:09<br>(26.0%) | 5:41            | 10.5<br>(73.9%) |
| 33  | TOMASIAK Adam          | 7012  | KB HARCOWNIK              | Senior I M - 20  | 8    | 01:07:04     | 01:59:48.30           | +00:31:21<br>(26.2%) | 5:42            | 10.5<br>(73.9%) |
| 34  | KRAWCZYK Adriana       | 7681  |                           | Senior II K - 30 | 2    | 01:08:42     | 02:00:15.85           | +00:31:48<br>(26.4%) | 5:43            | 10.5<br>(73.9%) |
| 35  | SŁOBODZIAN Jerzy       | 7667  | NYSA BIEGA                | Weteran I M - 50 | 2    | 01:09:07     | 02:00:25.10           | +00:31:57<br>(26.5%) | 5:44            | 10.5<br>(73.9%) |
| 36  | BAGIŃSKI Łukasz        | 7581  |                           | Masters M - 40   | 12   | 01:08:19     | 02:00:37.25           | +00:32:09<br>(26.7%) | 5:44            | 10.4<br>(73.2%) |
| 37  | ZAPORA Marek           | 7537  | W POGONI ZA DUCHEM        | Masters M - 40   | 13   | 01:07:49     | 02:00:40.55           | +00:32:13<br>(26.7%) | 5:44            | 10.4<br>(73.2%) |
| 38  | BAZUŁKA Aleksandra     | 7915  | SALCO GARMIN TEAM         | Senior I K - 20  | 3    | 01:07:45     | 02:00:52.60           | +00:32:25<br>(26.8%) | 5:45            | 10.4<br>(73.2%) |
| 39  | WAŚNIEWSKI Albert      | 7687  | IG BERT87PL               | Senior II M - 30 | 11   | 01:12:28     | 02:01:24.60           | +00:32:57<br>(27.1%) | 5:46            | 10.4<br>(73.2%) |

| Msc | Zawodnik               | Numer | Klub                                 | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------|-------|--------------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|-----------------|
| 40  | KOBUSZEWSKI Artur      | 7521  | SBRT WARSZAWA                        | Masters M - 40   | 14   | 01:09:51     | 02:02:17.80           | +00:33:50<br>(27.7%) | 5:49            | 10.3<br>(72.5%) |
| 41  | SZNUROWSKI Mariusz     | 7020  | KB SOBÓTKA                           | Senior I M - 20  | 9    | 01:06:07     | 02:03:16.70           | +00:34:49<br>(28.2%) | 5:52            | 10.2<br>(71.8%) |
| 42  | KURASIK Tomasz Kurasik | 7145  |                                      | Masters M - 40   | 15   | 01:09:26     | 02:03:20.15           | +00:34:52<br>(28.3%) | 5:52            | 10.2<br>(71.8%) |
| 43  | GOLONKA Paweł          | 7341  | KB WIKON NOWA SÓL                    | Senior II M - 30 | 12   | 01:10:54     | 02:04:29.85           | +00:36:02<br>(29.0%) | 5:55            | 10.1<br>(71.1%) |
| 44  | WICHER Bartłomiej      | 7523  | SBRT WARSZAWA                        | Senior II M - 30 | 13   | 01:12:28     | 02:04:39.65           | +00:36:12<br>(29.0%) | 5:56            | 10.1<br>(71.1%) |
| 45  | SKÓRA Anastazja        | 7741  | #SOBASTEAM                           | Senior I K - 20  | 4    | 01:09:53     | 02:04:44.00           | +00:36:16<br>(29.1%) | 5:56            | 10.1<br>(71.1%) |
| 46  | CYTAWA Adrian          | 7529  | FIZJO -SPORT ŁĘCZNA/ OSP KSRG ŁĘCZNA | Senior I M - 20  | 10   | 01:11:26     | 02:05:13.85           | +00:36:46<br>(29.4%) | 5:57            | 10.1<br>(71.1%) |
| 47  | PIKOS Patryk           | 7159  |                                      | Senior II M - 30 | 14   | 01:09:55     | 02:05:53.05           | +00:37:25<br>(29.7%) | 5:59            | 10 (70.4%)      |
| 48  | FORTUNA Marcin         | 7789  | ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH         | Senior II M - 30 | 15   | 01:12:16     | 02:06:00.30           | +00:37:33<br>(29.8%) | 6:00            | 10 (70.4%)      |
| 49  | NAPARTY Zbigniew       | 7875  | KĘSY TEAM                            | Weteran I M - 50 | 3    |              | 02:06:06.00           | +00:37:38<br>(29.9%) | 6:00            | 10 (70.4%)      |
| 50  | LUTY Mariusz           | 7050  | RUUKKI                               | Masters M - 40   | 16   | 01:11:56     | 02:06:31.30           | +00:38:04<br>(30.1%) | 6:01            | 10 (70.4%)      |
| 51  | DAUKSZO Maciej         | 7354  | SBRT WARSZAWA                        | Senior I M - 20  | 11   | 01:13:56     | 02:06:35.90           | +00:38:08<br>(30.1%) | 6:01            | 10 (70.4%)      |
| 52  | PIECHOWIAK Marek       | 7608  |                                      | Senior II M - 30 | 16   | 01:12:00     | 02:06:44.10           | +00:38:16<br>(30.2%) | 6:02            | 9.9 (69.7%)     |
| 53  | KOSIŃSKI Michał        | 7619  |                                      | Senior II M - 30 | 17   | 01:11:56     | 02:07:11.35           | +00:38:44<br>(30.5%) | 6:03            | 9.9 (69.7%)     |
| 54  | GLANOWSKI Marek        | 7178  |                                      | Senior II M - 30 | 18   | 01:12:12     | 02:07:43.20           | +00:39:15<br>(30.7%) | 6:04            | 9.9 (69.7%)     |
| 55  | KOWAL Tomasz           | 7607  | FIZJOBIEGACZE SZCZECIN               | Masters M - 40   | 17   | 01:11:41     | 02:07:51.65           | +00:39:24<br>(30.8%) | 6:05            | 9.9 (69.7%)     |
| 56  | ŚNIERZYŃSKI Robert     | 7383  |                                      | Senior II M - 30 | 19   | 01:13:48     | 02:08:20.10           | +00:39:52<br>(31.1%) | 6:06            | 9.8 (69.0%)     |
| 57  | BEDNARCZYK Ewelina     | 7893  | MOCNA GRUPA CEZARA                   | Senior II K - 30 | 3    | 01:16:02     | 02:08:27.30           | +00:40:00<br>(31.1%) | 6:07            | 9.8 (69.0%)     |
| 58  | JUMA Maciej            | 7939  | KB LUPUS OLEŚNICA                    | Masters M - 40   | 18   | 01:13:34     | 02:08:27.40           | +00:40:00<br>(31.1%) | 6:07            | 9.8 (69.0%)     |
| 59  | HUCAŁ Tomasz           | 7475  |                                      | Masters M - 40   | 19   | 01:13:29     | 02:08:30.60           | +00:40:03<br>(31.2%) | 6:07            | 9.8 (69.0%)     |
| 60  | BOSAKIEWICZ Tomasz     | 7718  | OLAWS ZLOTORYJA                      | Senior II M - 30 | 20   | 01:11:41     | 02:08:48.05           | +00:40:20<br>(31.3%) | 6:08            | 9.8 (69.0%)     |
| 61  | SŁOWIŃSKI Michał       | 7538  | SKLEPBIEGACZA                        | Senior I M - 20  | 12   | 01:09:39     | 02:09:15.75           | +00:40:48<br>(31.6%) | 6:09            | 9.7 (68.3%)     |
| 62  | BUKAŁA Marcin          | 7151  | VEGE RUNNERS                         | Senior I M - 20  | 13   | 01:14:48     | 02:09:27.15           | +00:40:59<br>(31.7%) | 6:09            | 9.7 (68.3%)     |

| Msc | Zawodnik            | Numer | Klub                          | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 63  | KAWA Hubert         | 7841  | NKB CHYŻY NOWY TOMYŚL         | Senior II M - 30 | 21   | 01:16:10     | 02:09:32.95           | +00:41:05<br>(31.7%) | 6:10            | 9.7 (68.3%)   |
| 64  | STANISŁAWEK Mateusz | 7861  | SPARTA ULTRA TEAM             | Senior II M - 30 | 22   | 01:15:20     | 02:09:41.85           | +00:41:14<br>(31.8%) | 6:10            | 9.7 (68.3%)   |
| 65  | WOŹNICZKA Jolanta   | 7097  | ADAM DRACZYŃSKI RUNNING TEAM  | Masters K - 40   | 1    | 01:15:46     | 02:10:16.90           | +00:41:49<br>(32.1%) | 6:12            | 9.7 (68.3%)   |
| 66  | PRZYBYLSKI Kamil    | 7589  | 18 BATALION DOWODZENIA        | Senior II M - 30 | 23   | 01:12:29     | 02:10:45.70           | +00:42:18<br>(32.4%) | 6:13            | 9.6 (67.6%)   |
| 67  | DURAJCZYK Michał    | 7905  | ASENAYEBALEM                  | Senior II M - 30 | 24   | 01:15:14     | 02:10:55.05           | +00:42:27<br>(32.4%) | 6:14            | 9.6 (67.6%)   |
| 68  | ZĄBEK Łukasz        | 7040  | 140MINUT.PL                   | Masters M - 40   | 20   | 01:13:27     | 02:11:05.90           | +00:42:38<br>(32.5%) | 6:14            | 9.6 (67.6%)   |
| 69  | JEZUSEK Piotr       | 7460  |                               | Masters M - 40   | 21   | 01:14:11     | 02:11:09.65           | +00:42:42<br>(32.6%) | 6:14            | 9.6 (67.6%)   |
| 70  | BUCHANIEC Katarzyna | 7708  | MIRAZ RACE TEAM               | Senior II K - 30 | 4    | 01:15:23     | 02:11:32.60           | +00:43:05<br>(32.8%) | 6:15            | 9.6 (67.6%)   |
| 71  | KOLANKO Sylwia      | 7740  | NYSA BIEGA                    | Senior II K - 30 | 5    | 01:15:33     | 02:11:40.70           | +00:43:13<br>(32.8%) | 6:16            | 9.6 (67.6%)   |
| 72  | ADAMSKI Krzysztof   | 7128  |                               | Masters M - 40   | 22   | 01:10:47     | 02:11:41.25           | +00:43:13<br>(32.8%) | 6:16            | 9.6 (67.6%)   |
| 73  | KAYSIEWICZ Maciej   | 7340  | NATURAL BORN RUNNERS TEAM     | Weteran I M - 50 | 4    | 01:15:32     | 02:11:56.45           | +00:43:29<br>(33.0%) | 6:16            | 9.6 (67.6%)   |
| 74  | ŚLIWIŃSKI Karol     | 7449  | KLUCZBORSKA GRUPA TRUCHCIKOWA | Senior I M - 20  | 14   | 01:11:08     | 02:12:31.00           | +00:44:03<br>(33.2%) | 6:18            | 9.5 (66.9%)   |
| 75  | ROSŁON Cezary       | 7324  | MAMERO                        | Senior II M - 30 | 25   | 01:13:22     | 02:12:44.10           | +00:44:16<br>(33.4%) | 6:19            | 9.5 (66.9%)   |
| 76  | GACHOWSKI Łukasz    | 7434  |                               | Masters M - 40   | 23   | 01:18:23     | 02:13:06.20           | +00:44:38<br>(33.5%) | 6:20            | 9.5 (66.9%)   |
| 77  | ZIELIŃSKI Dominik   | 7885  |                               | Senior II M - 30 | 26   | 01:16:46     | 02:13:22.90           | +00:44:55<br>(33.7%) | 6:21            | 9.4 (66.2%)   |
| 78  | OLESZOWSKI Marcin   | 7466  |                               | Senior II M - 30 | 27   | 01:15:33     | 02:13:33.90           | +00:45:06<br>(33.8%) | 6:21            | 9.4 (66.2%)   |
| 79  | BROK Małgorzata     | 7204  |                               | Masters K - 40   | 2    | 01:16:51     | 02:13:37.50           | +00:45:10<br>(33.8%) | 6:21            | 9.4 (66.2%)   |
| 80  | FERET Hubert        | 7073  |                               | Senior II M - 30 | 28   | 01:15:08     | 02:13:43.15           | +00:45:15<br>(33.9%) | 6:22            | 9.4 (66.2%)   |
| 81  | MISIURKA Wiktor     | 7729  |                               | Senior I M - 20  | 15   | 01:16:46     | 02:13:49.05           | +00:45:21<br>(33.9%) | 6:22            | 9.4 (66.2%)   |
| 82  | CIEPŁY Kamil        | 7916  |                               | Senior I M - 20  | 16   | 01:17:47     | 02:14:03.25           | +00:45:35<br>(34.0%) | 6:23            | 9.4 (66.2%)   |
| 83  | KOT Klaudia         | 7662  |                               | Senior II K - 30 | 6    | 01:15:28     | 02:14:03.50           | +00:45:36<br>(34.0%) | 6:23            | 9.4 (66.2%)   |
| 84  | KOZYRSKI Mariusz    | 7551  | SKSM                          | Senior II M - 30 | 29   | 01:14:23     | 02:14:06.15           | +00:45:38<br>(34.0%) | 6:23            | 9.4 (66.2%)   |
| 85  | BOĆKO Ewa           | 7126  |                               | Masters K - 40   | 3    | 01:15:24     | 02:14:06.60           | +00:45:39<br>(34.0%) | 6:23            | 9.4 (66.2%)   |

| Msc | Zawodnik            | Numer | Klub                                    | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-----------------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 86  | TWARDOCHLEB Kamil   | 7725  |                                         | Senior I M - 20   | 17   | 01:18:07     | 02:14:10.70           | +00:45:43<br>(34.1%) | 6:23            | 9.4 (66.2%)   |
| 87  | BOROWIEC Bartek     | 7226  | PRO-RUN WROCŁAW                         | Senior II M - 30  | 30   | 01:15:42     | 02:14:27.10           | +00:45:59<br>(34.2%) | 6:24            | 9.4 (66.2%)   |
| 88  | ŚLIWIŃSKI Paweł     | 7221  |                                         | Senior II M - 30  | 31   | 01:16:30     | 02:14:28.05           | +00:46:00<br>(34.2%) | 6:24            | 9.4 (66.2%)   |
| 89  | MRUK Paweł          | 7769  | 140MINUT.PL   STARCON.COM.PL            | Senior II M - 30  | 32   | 01:16:36     | 02:15:12.10           | +00:46:44<br>(34.6%) | 6:26            | 9.3 (65.5%)   |
| 90  | KAWCZEPSKI Piotr    | 7922  | GUSTAW TEŻ BIEGA                        | Masters M - 40    | 24   | 01:17:51     | 02:15:30.10           | +00:47:02<br>(34.7%) | 6:27            | 9.3 (65.5%)   |
| 91  | SĘDZIK Kinga        | 7757  | MOK MSZANA DOLNA                        | Senior I K - 20   | 5    | 01:15:44     | 02:16:22.75           | +00:47:55<br>(35.1%) | 6:29            | 9.2 (64.8%)   |
| 92  | JESIONKOWSKI Paweł  | 7845  |                                         | Senior I M - 20   | 18   | 01:21:28     | 02:16:45.45           | +00:48:18<br>(35.3%) | 6:30            | 9.2 (64.8%)   |
| 93  | JANOWSKI Michał     | 7019  |                                         | Senior II M - 30  | 33   | 01:14:20     | 02:17:18.40           | +00:48:51<br>(35.6%) | 6:32            | 9.2 (64.8%)   |
| 94  | GROLEWSKI Karol     | 7476  | ISKRA TEAM                              | Masters M - 40    | 25   | 01:16:27     | 02:18:03.50           | +00:49:36<br>(35.9%) | 6:34            | 9.1 (64.1%)   |
| 95  | PANEK Damian        | 7857  | RAFFLES EUROPEJSKI WARSAW/MUKS JEDLICZE | Senior I M - 20   | 19   | 01:19:15     | 02:19:07.50           | +00:50:40<br>(36.4%) | 6:37            | 9.1 (64.1%)   |
| 96  | KOŁODZIEJ Roman     | 7694  |                                         | Masters M - 40    | 26   | 01:15:08     | 02:19:16.85           | +00:50:49<br>(36.5%) | 6:37            | 9 (63.4%)     |
| 97  | DUBAS Marek         | 7533  |                                         | Senior II M - 30  | 34   | 01:18:44     | 02:19:27.25           | +00:50:59<br>(36.6%) | 6:38            | 9 (63.4%)     |
| 98  | TYLKOWSKI Filip     | 7436  |                                         | Senior I M - 20   | 20   | 01:21:54     | 02:19:42.15           | +00:51:14<br>(36.7%) | 6:39            | 9 (63.4%)     |
| 99  | NIERADKA Anna       | 7733  |                                         | Senior II K - 30  | 7    | 01:17:50     | 02:19:49.30           | +00:51:22<br>(36.7%) | 6:39            | 9 (63.4%)     |
| 100 | GĘBKA Małgorzata    | 7880  |                                         | Senior II K - 30  | 8    | 01:21:35     | 02:20:07.15           | +00:51:39<br>(36.9%) | 6:40            | 9 (63.4%)     |
| 101 | CHAMALA Krzysztof   | 7162  | WEEGREE                                 | Senior II M - 30  | 35   | 01:20:53     | 02:20:07.90           | +00:51:40<br>(36.9%) | 6:40            | 9 (63.4%)     |
| 102 | OGRODNIK Tomasz     | 7758  |                                         | Senior II M - 30  | 36   | 01:18:45     | 02:20:25.60           | +00:51:58<br>(37.0%) | 6:41            | 9 (63.4%)     |
| 103 | JANOSZ Paweł        | 7017  |                                         | Senior I M - 20   | 21   | 01:19:24     | 02:20:31.35           | +00:52:04<br>(37.1%) | 6:41            | 9 (63.4%)     |
| 104 | KANCERSKI Krzysztof | 7197  |                                         | Weteran II M - 60 | 1    | 01:15:32     | 02:20:39.00           | +00:52:11<br>(37.1%) | 6:41            | 9 (63.4%)     |
| 105 | BOHAREWICZ Paweł    | 7096  | BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA    | Masters M - 40    | 27   | 01:21:12     | 02:20:46.75           | +00:52:19<br>(37.2%) | 6:42            | 9 (63.4%)     |
| 106 | BANAŚ Łukasz        | 7852  |                                         | Senior II M - 30  | 37   | 01:16:54     | 02:20:53.30           | +00:52:26<br>(37.2%) | 6:42            | 8.9 (62.7%)   |
| 107 | FLASZEWSKI Adam     | 7161  | SPORTOWY KAŻMIERZ                       | Senior II M - 30  | 38   | 01:19:44     | 02:20:56.95           | +00:52:29<br>(37.2%) | 6:42            | 8.9 (62.7%)   |
| 108 | NIŻEWSKI Paweł      | 7909  | KRAKOWIAK ULTRA TEAM                    | Masters M - 40    | 28   | 01:20:22     | 02:20:59.90           | +00:52:32<br>(37.3%) | 6:42            | 8.9 (62.7%)   |

| Msc | Zawodnik              | Numer | Klub                   | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 109 | JANUSZEWSKI Maciej    | 7003  |                        | Senior II M - 30 | 39   | 01:18:19     | 02:21:05.70           | +00:52:38<br>(37.3%) | 6:43            | 8.9 (62.7%)   |
| 110 | KUBIK Jarosław        | 7430  |                        | Senior II M - 30 | 40   | 01:16:31     | 02:21:13.70           | +00:52:46<br>(37.4%) | 6:43            | 8.9 (62.7%)   |
| 111 | GÓRECKI Krzysztof     | 7278  |                        | Senior I M - 20  | 22   | 01:20:13     | 02:21:13.75           | +00:52:46<br>(37.4%) | 6:43            | 8.9 (62.7%)   |
| 112 | KRÓL Darek            | 7063  | WYBIEGAĆ MARZENIA TEAM | Weteran I M - 50 | 5    | 01:18:26     | 02:21:15.60           | +00:52:48<br>(37.4%) | 6:43            | 8.9 (62.7%)   |
| 113 | ŁABĘDŹ Mariusz        | 7756  |                        | Masters M - 40   | 29   | 01:16:22     | 02:21:22.45           | +00:52:55<br>(37.4%) | 6:43            | 8.9 (62.7%)   |
| 114 | JASIŃSKI Paweł        | 7281  | APTENEO RUNNING TEAM   | Masters M - 40   | 30   | 01:20:45     | 02:21:26.80           | +00:52:59<br>(37.5%) | 6:44            | 8.9 (62.7%)   |
| 115 | STUDZIŃSKI Rafał      | 7621  | FOREST RUN             | Senior II M - 30 | 41   | 01:20:28     | 02:21:29.15           | +00:53:01<br>(37.5%) | 6:44            | 8.9 (62.7%)   |
| 116 | MATYLA Michał         | 7605  |                        | Senior II M - 30 | 42   | 01:20:12     | 02:21:32.65           | +00:53:05<br>(37.5%) | 6:44            | 8.9 (62.7%)   |
| 117 | KLIMEK Marek          | 7396  |                        | Senior II M - 30 | 43   | 01:18:57     | 02:21:34.05           | +00:53:06<br>(37.5%) | 6:44            | 8.9 (62.7%)   |
| 118 | LIPCZAK Amadeusz      | 7651  | BIEG OPOLSKI           | Masters M - 40   | 31   | 01:19:28     | 02:21:46.80           | +00:53:19<br>(37.6%) | 6:45            | 8.9 (62.7%)   |
| 119 | SOŁTYSIAK Karol       | 7734  |                        | Masters M - 40   | 32   | 01:22:59     | 02:22:06.00           | +00:53:38<br>(37.8%) | 6:46            | 8.9 (62.7%)   |
| 120 | BRASEL Marcin         | 7780  | TRIGYM SZCZECIN        | Weteran I M - 50 | 6    | 01:19:38     | 02:22:40.40           | +00:54:13<br>(38.0%) | 6:47            | 8.8 (62.0%)   |
| 121 | JAROSZEWSKI Arkadiusz | 7495  | ISKRA TEAM             | Senior II M - 30 | 44   | 01:20:47     | 02:22:54.95           | +00:54:27<br>(38.1%) | 6:48            | 8.8 (62.0%)   |
| 122 | WOJTKOWSKI Mateusz    | 7379  |                        | Senior II M - 30 | 45   | 01:22:21     | 02:23:10.00           | +00:54:42<br>(38.2%) | 6:49            | 8.8 (62.0%)   |
| 123 | URBANIAK Krzysztof    | 7326  |                        | Senior II M - 30 | 46   | 01:19:14     | 02:23:32.90           | +00:55:05<br>(38.4%) | 6:50            | 8.8 (62.0%)   |
| 124 | GROCHOT Edyta         | 7158  | #ADAMCZERWIŃSKITEAM    | Masters K - 40   | 4    | 01:21:58     | 02:23:46.95           | +00:55:19<br>(38.5%) | 6:50            | 8.8 (62.0%)   |
| 125 | MIKUĆ Cezary          | 7502  | TEAM EUROCASH          | Senior II M - 30 | 47   | 01:22:21     | 02:23:52.75           | +00:55:25<br>(38.5%) | 6:51            | 8.8 (62.0%)   |
| 126 | KRYSIAK Artur         | 7385  |                        | Senior II M - 30 | 48   | 01:20:03     | 02:23:55.90           | +00:55:28<br>(38.5%) | 6:51            | 8.8 (62.0%)   |
| 127 | KĘDZIERSKI Michał     | 7918  | HTF LUDWIK SIKORSKI    | Senior II M - 30 | 49   | 01:21:18     | 02:24:00.45           | +00:55:33<br>(38.6%) | 6:51            | 8.8 (62.0%)   |
| 128 | MAŁYSZKA Krzysztof    | 7186  | KRIS TRANS MAŁYSZKA    | Weteran I M - 50 | 7    | 01:21:54     | 02:24:06.05           | +00:55:38<br>(38.6%) | 6:51            | 8.7 (61.3%)   |
| 129 | ZABOROWSKI Kamil      | 7720  | ZALINIAMETY            | Senior II M - 30 | 50   | 01:23:43     | 02:24:22.45           | +00:55:55<br>(38.7%) | 6:52            | 8.7 (61.3%)   |
| 130 | BACHURSKI Tomasz      | 7785  |                        | Masters M - 40   | 33   | 01:21:24     | 02:24:23.25           | +00:55:55<br>(38.7%) | 6:52            | 8.7 (61.3%)   |
| 131 | MATAK Paweł           | 7296  | MAMERO                 | Senior II M - 30 | 51   | 01:22:20     | 02:24:31.70           | +00:56:04<br>(38.8%) | 6:52            | 8.7 (61.3%)   |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 132 | KOKOTT Agnieszka      | 7882  | 140MINUT.PL                  | Senior II K - 30 | 9    | 01:23:40     | 02:24:48.05           | +00:56:20<br>(38.9%) | 6:53            | 8.7 (61.3%)   |
| 133 | FLIS Mirosław         | 7421  |                              | Weteran I M - 50 | 8    | 01:20:14     | 02:24:55.30           | +00:56:28<br>(39.0%) | 6:54            | 8.7 (61.3%)   |
| 134 | LEWANDOWSKI Waldemar  | 7707  | LEWANDOWSCY TEAM             | Masters M - 40   | 34   | 01:18:43     | 02:25:04.65           | +00:56:37<br>(39.0%) | 6:54            | 8.7 (61.3%)   |
| 135 | GRZEBIELUCH Katarzyna | 7938  | LEDWO ZIPA                   | Masters K - 40   | 5    | 01:19:18     | 02:25:07.75           | +00:56:40<br>(39.1%) | 6:54            | 8.7 (61.3%)   |
| 136 | DUDEK Marek           | 7270  |                              | Senior II M - 30 | 52   | 01:22:50     | 02:25:08.10           | +00:56:40<br>(39.1%) | 6:54            | 8.7 (61.3%)   |
| 137 | RESZKA Marek          | 7781  | #BEERRUNNER                  | Senior II M - 30 | 53   | 01:26:32     | 02:25:08.95           | +00:56:41<br>(39.1%) | 6:54            | 8.7 (61.3%)   |
| 138 | STANULA Krzysztof     | 7836  | DOLNY ŚLĄSK                  | Masters M - 40   | 35   | 01:22:39     | 02:25:14.30           | +00:56:47<br>(39.1%) | 6:54            | 8.7 (61.3%)   |
| 139 | PALACZ Marcin         | 7807  |                              | Masters M - 40   | 36   | 01:20:07     | 02:25:23.05           | +00:56:55<br>(39.2%) | 6:55            | 8.7 (61.3%)   |
| 140 | SYNOWIEC Dawid        | 7847  |                              | Senior I M - 20  | 23   | 01:18:52     | 02:25:28.05           | +00:57:00<br>(39.2%) | 6:55            | 8.7 (61.3%)   |
| 141 | JAŚKOWIAK Michał      | 7900  |                              | Senior II M - 30 | 54   | 01:24:17     | 02:25:34.95           | +00:57:07<br>(39.2%) | 6:55            | 8.7 (61.3%)   |
| 142 | ZALIŃSKI Leszek       | 7934  |                              | Senior II M - 30 | 55   | 01:18:02     | 02:25:41.35           | +00:57:14<br>(39.3%) | 6:56            | 8.6 (60.6%)   |
| 143 | WOŹNIAK Przemysław    | 7382  | WIELISZEW HERON TEAM         | Senior II M - 30 | 56   | 01:23:18     | 02:26:01.35           | +00:57:34<br>(39.4%) | 6:57            | 8.6 (60.6%)   |
| 144 | WALAS Andrzej         | 7349  | PRORUN WROCŁAW               | Senior I M - 20  | 24   | 01:22:48     | 02:26:16.90           | +00:57:49<br>(39.5%) | 6:57            | 8.6 (60.6%)   |
| 145 | KAPROŃ Martyna        | 7152  | KB HARCOWNIK JELCZ-LASKOWICE | Senior I K - 20  | 6    | 01:25:09     | 02:26:45.65           | +00:58:18<br>(39.7%) | 6:59            | 8.6 (60.6%)   |
| 146 | JAKRZEWSKI Hubert     | 7808  |                              | Senior II M - 30 | 57   | 01:27:39     | 02:26:49.40           | +00:58:22<br>(39.8%) | 6:59            | 8.6 (60.6%)   |
| 147 | LORENC Joanna         | 7786  | ENDORFINY WĄSOSZ             | Senior II K - 30 | 10   | 01:25:06     | 02:26:53.75           | +00:58:26<br>(39.8%) | 6:59            | 8.6 (60.6%)   |
| 148 | WARAKSA Tomasz        | 7723  | VEGE RUNNERS                 | Senior II M - 30 | 58   | 01:25:54     | 02:26:59.90           | +00:58:32<br>(39.8%) | 6:59            | 8.6 (60.6%)   |
| 149 | MUSIALSKI Tomasz      | 7871  | TKM KANCELARIA               | Masters M - 40   | 37   | 01:19:08     | 02:27:00.00           | +00:58:32<br>(39.8%) | 7:00            | 8.6 (60.6%)   |
| 150 | KUCHARSKI Adrian      | 7673  |                              | Senior II M - 30 | 59   | 01:20:11     | 02:27:06.45           | +00:58:39<br>(39.9%) | 7:00            | 8.6 (60.6%)   |
| 151 | PIETRZAK Michał       | 7081  |                              | Senior II M - 30 | 60   | 01:25:16     | 02:27:08.30           | +00:58:41<br>(39.9%) | 7:00            | 8.6 (60.6%)   |
| 152 | LEWIŃSKI Filip        | 7302  | OBORYGENI                    | Masters M - 40   | 38   | 01:21:58     | 02:27:21.05           | +00:58:53<br>(40.0%) | 7:01            | 8.6 (60.6%)   |
| 153 | CHLIPAŁA Marek        | 7365  |                              | Senior II M - 30 | 61   | 01:22:33     | 02:27:29.10           | +00:59:01<br>(40.0%) | 7:01            | 8.5 (59.9%)   |
| 154 | SERAFIŃCZUK Krzysztof | 7692  |                              | Senior II M - 30 | 62   | 01:22:53     | 02:27:59.70           | +00:59:32<br>(40.2%) | 7:02            | 8.5 (59.9%)   |

| Msc | Zawodnik            | Numer | Klub                            | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|---------------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 155 | GRABSKI Konrad      | 7924  | NIEPOŁOMICE BIEGAJĄ             | Senior II M - 30 | 63   | 01:26:21     | 02:28:15.35           | +00:59:48<br>(40.3%) | 7:03            | 8.5 (59.9%)   |
| 156 | SMALEC Dominika     | 7866  | MOCNA GRUPA CEZARA/SBRT WROCŁAW | Senior I K - 20  | 7    | 01:26:58     | 02:28:20.95           | +00:59:53<br>(40.4%) | 7:03            | 8.5 (59.9%)   |
| 157 | BRUSIŁOWICZ Dagmara | 7572  |                                 | Masters K - 40   | 6    | 01:22:18     | 02:28:29.50           | +01:00:02<br>(40.4%) | 7:04            | 8.5 (59.9%)   |
| 158 | KOTOWICZ Tomasz     | 7111  |                                 | Masters M - 40   | 39   | 01:23:20     | 02:28:30.15           | +01:00:02<br>(40.4%) | 7:04            | 8.5 (59.9%)   |
| 159 | SANIUK Joanna       | 7427  |                                 | Senior II K - 30 | 11   | 01:25:08     | 02:28:31.00           | +01:00:03<br>(40.4%) | 7:04            | 8.5 (59.9%)   |
| 160 | KAJDAS Gosia        | 7049  | SŁAWA                           | Masters K - 40   | 7    | 01:27:40     | 02:28:37.45           | +01:00:10<br>(40.5%) | 7:04            | 8.5 (59.9%)   |
| 161 | FRAŃSKI Łukasz      | 7330  | NKB CHYŻY NOWY TOMYŚL           | Masters M - 40   | 40   | 01:23:00     | 02:28:58.95           | +01:00:31<br>(40.6%) | 7:05            | 8.5 (59.9%)   |
| 162 | TOMCZYK Rafał       | 7714  |                                 | Senior II M - 30 | 64   | 01:21:41     | 02:29:05.90           | +01:00:38<br>(40.7%) | 7:05            | 8.5 (59.9%)   |
| 163 | SZCZESZEK Arkadiusz | 7184  |                                 | Masters M - 40   | 41   | 01:26:54     | 02:29:17.65           | +01:00:50<br>(40.8%) | 7:06            | 8.4 (59.2%)   |
| 164 | PAŁAC Piotr         | 7573  |                                 | Weteran I M - 50 | 9    | 01:22:51     | 02:29:40.35           | +01:01:13<br>(40.9%) | 7:07            | 8.4 (59.2%)   |
| 165 | KOZYRA Dariusz      | 7544  | ADRIAN DANILEWICZ GROUP         | Masters M - 40   | 42   | 01:27:57     | 02:29:49.50           | +01:01:22<br>(41.0%) | 7:08            | 8.4 (59.2%)   |
| 166 | RATAJCZAK Tomasz    | 7821  | PALETEAM                        | Masters M - 40   | 43   | 01:23:40     | 02:29:51.60           | +01:01:24<br>(41.0%) | 7:08            | 8.4 (59.2%)   |
| 167 | KURZA Jakub         | 7229  | BIEGAMY WE WROCŁAWIU            | Senior II M - 30 | 65   | 01:21:38     | 02:29:57.50           | +01:01:30<br>(41.0%) | 7:08            | 8.4 (59.2%)   |
| 168 | OLEJNIK Agnieszka   | 7413  | ENDORFINY WĄSOSZ                | Senior II K - 30 | 12   | 01:25:09     | 02:30:05.00           | +01:01:37<br>(41.1%) | 7:08            | 8.4 (59.2%)   |
| 169 | OLEJNIK Piotr       | 7660  |                                 | Senior II M - 30 | 66   | 01:23:32     | 02:30:06.30           | +01:01:39<br>(41.1%) | 7:08            | 8.4 (59.2%)   |
| 170 | PĘCZAR Aneta Pęczar | 7188  |                                 | Senior I K - 20  | 8    | 01:25:15     | 02:30:14.05           | +01:01:46<br>(41.1%) | 7:09            | 8.4 (59.2%)   |
| 171 | KOROŃSKI Tadeusz    | 7835  | PARKRUN POZNAŃ                  | Weteran I M - 50 | 10   | 01:23:59     | 02:30:23.20           | +01:01:55<br>(41.2%) | 7:09            | 8.4 (59.2%)   |
| 172 | ZASŁONKA Hubert     | 7543  |                                 | Masters M - 40   | 44   | 01:23:38     | 02:30:27.55           | +01:02:00<br>(41.2%) | 7:09            | 8.4 (59.2%)   |
| 173 | KACZYŃSKI Tomasz    | 7067  |                                 | Masters M - 40   | 45   | 01:21:41     | 02:30:40.90           | +01:02:13<br>(41.3%) | 7:10            | 8.4 (59.2%)   |
| 174 | WASILEWSKI Michał   | 7691  |                                 | Masters M - 40   | 46   | 01:22:22     | 02:30:45.45           | +01:02:18<br>(41.3%) | 7:10            | 8.4 (59.2%)   |
| 175 | WOJTOWICZ Karolina  | 7483  |                                 | Senior II K - 30 | 13   | 01:25:35     | 02:30:48.05           | +01:02:20<br>(41.3%) | 7:10            | 8.4 (59.2%)   |
| 176 | PONITKA Paweł       | 7668  | DOCHODZIMY W 1:59               | Senior II M - 30 | 67   | 01:25:27     | 02:31:22.10           | +01:02:54<br>(41.6%) | 7:12            | 8.3 (58.5%)   |
| 177 | DUDZIK Tomek        | 7471  |                                 | Senior II M - 30 | 68   | 01:26:33     | 02:31:22.20           | +01:02:54<br>(41.6%) | 7:12            | 8.3 (58.5%)   |

| Czas netto 21km |                            |       |                                     |                  |      |           |                   |              |             |  |
|-----------------|----------------------------|-------|-------------------------------------|------------------|------|-----------|-------------------|--------------|-------------|--|
| Msc             | Zawodnik                   | Numer | Klub                                | Kategoria        | Mkat | B1 10.3km | Różn              | Tempo min/km | Tempo km/h  |  |
| 178             | CYBULSKI Piotr             | 7669  |                                     | Masters M - 40   | 47   | 01:24:51  | +01:03:04 (41.6%) | 7:12         | 8.3 (58.5%) |  |
| 179             | ANDRYSZCZUK Daniel         | 7206  |                                     | Masters M - 40   | 48   | 01:25:43  | +01:03:07 (41.6%) | 7:13         | 8.3 (58.5%) |  |
| 180             | BUCZAK Jakub               | 7672  |                                     | Senior II M - 30 | 69   | 01:23:53  | +01:03:11 (41.7%) | 7:13         | 8.3 (58.5%) |  |
| 181             | JAMROSZCZYK Przemysław     | 7201  | TEAM PLESZEW                        | Masters M - 40   | 49   | 01:26:19  | +01:03:23 (41.7%) | 7:13         | 8.3 (58.5%) |  |
| 182             | NOWICKI Bartosz            | 7224  |                                     | Masters M - 40   | 50   | 01:26:17  | +01:03:24 (41.8%) | 7:13         | 8.3 (58.5%) |  |
| 183             | MARCINIAK Magdalena        | 7577  |                                     | Masters K - 40   | 8    | 01:26:11  | +01:03:38 (41.8%) | 7:14         | 8.3 (58.5%) |  |
| 184             | MARCINIAK Wojciech         | 7578  |                                     | Masters M - 40   | 51   | 01:24:38  | +01:03:38 (41.8%) | 7:14         | 8.3 (58.5%) |  |
| 185             | KUMOR Dagmara              | 7517  |                                     | Senior II K - 30 | 14   | 01:27:02  | +01:03:40 (41.9%) | 7:14         | 8.3 (58.5%) |  |
| 186             | KUMOR Tomasz               | 7822  |                                     | Senior II M - 30 | 70   | 01:26:16  | +01:03:42 (41.9%) | 7:14         | 8.3 (58.5%) |  |
| 187             | MIŁOSZEWICZ Aleksandra     | 7778  | FIZJOBIEGACZE SZCZECIN              | Senior I K - 20  | 9    | 01:29:05  | +01:03:43 (41.9%) | 7:14         | 8.3 (58.5%) |  |
| 188             | JAZ Ernest                 | 7825  | ENDORFINY WĄSOSZ                    | Senior II M - 30 | 71   | 01:24:42  | +01:03:54 (41.9%) | 7:15         | 8.3 (58.5%) |  |
| 189             | KOŁAKOWSKA-FAŁKOWSKA Irena | 7774  |                                     | Senior II K - 30 | 15   | 01:26:48  | +01:03:55 (42.0%) | 7:15         | 8.3 (58.5%) |  |
| 190             | DEMUSZ Natalia             | 7721  |                                     | Senior II K - 30 | 16   | 01:25:11  | +01:03:56 (42.0%) | 7:15         | 8.3 (58.5%) |  |
| 191             | LANDES Patrick             | 7575  |                                     | Senior II M - 30 | 72   | 01:25:15  | +01:03:57 (42.0%) | 7:15         | 8.3 (58.5%) |  |
| 192             | KRUK Dariusz               | 7906  |                                     | Senior II M - 30 | 73   | 01:27:42  | +01:03:59 (42.0%) | 7:15         | 8.3 (58.5%) |  |
| 193             | GUSAK Vladislav            | 7816  | MATNER RUNNING TEAM                 | Masters M - 40   | 52   | 01:24:02  | +01:04:08 (42.0%) | 7:15         | 8.3 (58.5%) |  |
| 194             | KIJAS Maja                 | 7886  |                                     | Senior II K - 30 | 17   | 01:23:37  | +01:04:16 (42.1%) | 7:16         | 8.3 (58.5%) |  |
| 195             | OSEKOWSKI Michał           | 7004  | MAMY MIÓD                           | Senior II M - 30 | 74   | 01:28:49  | +01:04:19 (42.1%) | 7:16         | 8.2 (57.7%) |  |
| 196             | RUPIK Jakub                | 7463  |                                     | Senior II M - 30 | 75   | 01:27:11  | +01:04:28 (42.2%) | 7:16         | 8.2 (57.7%) |  |
| 197             | RUPIK Maria                | 7629  |                                     | Senior II K - 30 | 18   | 01:26:41  | +01:04:29 (42.2%) | 7:16         | 8.2 (57.7%) |  |
| 198             | KROSZKA Jan                | 7314  |                                     | Senior I M - 20  | 25   | 01:23:57  | +01:04:41 (42.2%) | 7:17         | 8.2 (57.7%) |  |
| 199             | MOKRZYŃSKI Marcin          | 7214  | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | Masters M - 40   | 53   | 01:21:01  | +01:04:44 (42.3%) | 7:17         | 8.2 (57.7%) |  |
| 200             | BEREZIUK Michał            | 7625  |                                     | Masters M - 40   | 54   | 01:28:58  | +01:04:48 (42.3%) | 7:17         | 8.2 (57.7%) |  |

| Czas netto 21km |                     |       |                     |                  |      |           |                   |              |             |  |
|-----------------|---------------------|-------|---------------------|------------------|------|-----------|-------------------|--------------|-------------|--|
| Msc             | Zawodnik            | Numer | Klub                | Kategoria        | Mkat | B1 10.3km | Różn              | Tempo min/km | Tempo km/h  |  |
| 201             | NOWAK Ireneusz      | 7053  |                     | Masters M - 40   | 55   | 01:26:09  | +01:04:50 (42.3%) | 7:17         | 8.2 (57.7%) |  |
| 202             | KOWALSKA Roma       | 7627  | ROKIETNICA BIEGA    | Senior II K - 30 | 19   | 01:30:10  | +01:04:53 (42.3%) | 7:18         | 8.2 (57.7%) |  |
| 203             | WIŚNIEWSKA Anna     | 7027  |                     | Senior II K - 30 | 20   | 01:32:07  | +01:05:00 (42.4%) | 7:18         | 8.2 (57.7%) |  |
| 204             | DOMAŃ Joanna        | 7054  | FEHLAU RUN TEAM     | Masters K - 40   | 9    | 01:28:55  | +01:05:02 (42.4%) | 7:18         | 8.2 (57.7%) |  |
| 205             | PIÓRKOWSKI Jarosław | 7848  | KOŁO BIEGA          | Masters M - 40   | 56   | 01:27:10  | +01:05:13 (42.4%) | 7:19         | 8.2 (57.7%) |  |
| 206             | KINASZCZUK Michał   | 7234  |                     | Senior II M - 30 | 76   | 01:24:24  | +01:05:23 (42.5%) | 7:19         | 8.2 (57.7%) |  |
| 207             | BEDNAREK Jarosław   | 7574  |                     | Senior II M - 30 | 77   | 01:23:11  | +01:05:25 (42.5%) | 7:19         | 8.2 (57.7%) |  |
| 208             | KOWALSKI Artur      | 7805  |                     | Masters M - 40   | 57   | 01:27:02  | +01:05:26 (42.5%) | 7:19         | 8.2 (57.7%) |  |
| 209             | BAHR Marzena        | 7626  |                     | Senior II K - 30 | 21   | 01:26:52  | +01:05:35 (42.6%) | 7:20         | 8.2 (57.7%) |  |
| 210             | ŁESKE Jan           | 7137  | ZA LINIĄ METY TEAM  | Masters M - 40   | 58   | 01:29:35  | +01:05:58 (42.7%) | 7:21         | 8.2 (57.7%) |  |
| 211             | SZAFER Andrzej      | 7381  |                     | Masters M - 40   | 59   | 01:28:38  | +01:06:01 (42.7%) | 7:21         | 8.2 (57.7%) |  |
| 212             | MARKOWSKI Zbigniew  | 7222  | BIEGAMDLAZDROWIA.PL | Weteran I M - 50 | 11   | 01:26:45  | +01:06:04 (42.8%) | 7:21         | 8.2 (57.7%) |  |
| 213             | HAWEŁKA Michał      | 7209  |                     | Senior II M - 30 | 78   | 01:29:18  | +01:06:11 (42.8%) | 7:21         | 8.1 (57.0%) |  |
| 214             | REPCZYŃSKI Mateusz  | 7664  |                     | Senior I M - 20  | 26   | 01:23:53  | +01:06:15 (42.8%) | 7:22         | 8.1 (57.0%) |  |
| 215             | SŁUGOCKI Mateusz    | 7498  |                     | Senior II M - 30 | 79   | 01:28:22  | +01:06:20 (42.9%) | 7:22         | 8.1 (57.0%) |  |
| 216             | BANASZAK Krzysztof  | 7503  |                     | Senior II M - 30 | 80   | 01:26:52  | +01:06:27 (42.9%) | 7:22         | 8.1 (57.0%) |  |
| 217             | BIRSKI Piotr        | 7904  |                     | Senior II M - 30 | 81   | 01:26:29  | +01:06:29 (42.9%) | 7:22         | 8.1 (57.0%) |  |
| 218             | KRZESIMOWSKI Damian | 7689  |                     | Senior II M - 30 | 82   | 01:28:19  | +01:06:35 (42.9%) | 7:22         | 8.1 (57.0%) |  |
| 219             | PRZECHRZTA Michał   | 7451  |                     | Masters M - 40   | 60   | 01:26:42  | +01:06:42 (43.0%) | 7:23         | 8.1 (57.0%) |  |
| 220             | BOBROWSKI Michał    | 7541  |                     | Masters M - 40   | 61   | 01:26:00  | +01:06:46 (43.0%) | 7:23         | 8.1 (57.0%) |  |
| 221             | BUGAJ Alan          | 7474  |                     | Senior II M - 30 | 83   | 01:26:52  | +01:06:57 (43.1%) | 7:24         | 8.1 (57.0%) |  |
| 222             | HAWROT Marta        | 7518  |                     | Masters K - 40   | 10   | 01:28:14  | +01:06:58 (43.1%) | 7:24         | 8.1 (57.0%) |  |
| 223             | PATROŃSKA Magdalena | 7558  | ŻARŁOKI             | Senior I K - 20  | 10   | 01:30:19  | +01:06:59 (43.1%) | 7:24         | 8.1 (57.0%) |  |

| Msc | Zawodnik                | Numer | Klub                    | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|-------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 224 | MJAKA Eryk              | 7753  | SYNANDOJCIEC            | Senior I M - 20  | 27   | 01:26:21     | 02:35:29.20           | +01:07:01<br>(43.1%) | 7:24            | 8.1 (57.0%)   |
| 225 | SKWIERCZYŃSKI Sylwester | 7443  |                         | Senior I M - 20  | 28   | 01:26:38     | 02:35:33.75           | +01:07:06<br>(43.1%) | 7:24            | 8.1 (57.0%)   |
| 226 | ZERBST Jacek            | 7448  | NKB CHYŻY NOWY TOMYŚL   | Masters M - 40   | 62   | 01:27:49     | 02:35:35.40           | +01:07:08<br>(43.1%) | 7:24            | 8.1 (57.0%)   |
| 227 | SPYCHAŁA Jacek          | 7029  | ROKIETNICA BIEGA        | Masters M - 40   | 63   | 01:30:05     | 02:35:36.95           | +01:07:09<br>(43.2%) | 7:24            | 8.1 (57.0%)   |
| 228 | MAJKA Jarek             | 7754  | SYNANDOJCIEC            | Masters M - 40   | 64   | 01:26:23     | 02:35:41.70           | +01:07:14<br>(43.2%) | 7:24            | 8.1 (57.0%)   |
| 229 | SZPINEK Marcin          | 7809  | TUTU TEAM               | Masters M - 40   | 65   | 01:26:37     | 02:35:42.50           | +01:07:15<br>(43.2%) | 7:24            | 8.1 (57.0%)   |
| 230 | RADOMSKI Wojciech       | 7633  |                         | Senior II M - 30 | 84   | 01:28:52     | 02:35:46.55           | +01:07:19<br>(43.2%) | 7:25            | 8.1 (57.0%)   |
| 231 | MATUSZEWSKI Mariusz     | 7076  |                         | Masters M - 40   | 66   | 01:22:34     | 02:36:04.40           | +01:07:37<br>(43.3%) | 7:25            | 8.1 (57.0%)   |
| 232 | JURDZIAK Jakub          | 7739  |                         | Senior II M - 30 | 85   | 01:27:47     | 02:36:05.20           | +01:07:37<br>(43.3%) | 7:25            | 8.1 (57.0%)   |
| 233 | PRZEDASZEK Łukasz       | 7112  |                         | Senior II M - 30 | 86   | 01:28:46     | 02:36:06.15           | +01:07:38<br>(43.3%) | 7:26            | 8.1 (57.0%)   |
| 234 | BABKIEWICZ Szymon       | 7331  | LUBELSKI BIEGACZ TEAM   | Senior II M - 30 | 87   | 01:27:28     | 02:36:07.70           | +01:07:40<br>(43.3%) | 7:26            | 8.1 (57.0%)   |
| 235 | GĄSIOROWSKA Sara        | 7763  |                         | Senior I K - 20  | 11   | 01:27:31     | 02:36:26.65           | +01:07:59<br>(43.5%) | 7:26            | 8.1 (57.0%)   |
| 235 | DOMAŃ Leszek            | 7062  | FEHLAU RUN TEAM         | Masters M - 40   | 67   | 01:28:55     | 02:36:26.65           | +01:07:59<br>(43.5%) | 7:26            | 8.1 (57.0%)   |
| 237 | KOZŁEWSKA Beata         | 7085  |                         | Masters K - 40   | 11   | 01:29:08     | 02:36:32.45           | +01:08:05<br>(43.5%) | 7:27            | 8 (56.3%)     |
| 238 | KOCISZEWSKI Łukasz      | 7313  |                         | Masters M - 40   | 68   | 01:29:27     | 02:36:33.80           | +01:08:06<br>(43.5%) | 7:27            | 8 (56.3%)     |
| 239 | ŁĄŻEWSKI Marcin         | 7038  |                         | Masters M - 40   | 69   | 01:29:34     | 02:36:44.50           | +01:08:17<br>(43.6%) | 7:27            | 8 (56.3%)     |
| 240 | ŁĄŻEWSKA Sylwia         | 7011  |                         | Masters K - 40   | 12   | 01:29:28     | 02:36:45.40           | +01:08:18<br>(43.6%) | 7:27            | 8 (56.3%)     |
| 241 | BOCZKOWSKA Marzena      | 7431  | STAN UMYSŁU LEWIN BIEGA | Senior II K - 30 | 22   | 01:33:29     | 02:36:45.50           | +01:08:18<br>(43.6%) | 7:27            | 8 (56.3%)     |
| 242 | BARYSKI Maciej          | 7791  |                         | Senior II M - 30 | 88   | 01:24:58     | 02:36:46.90           | +01:08:19<br>(43.6%) | 7:27            | 8 (56.3%)     |
| 243 | BEDLA Anna              | 7362  | SKORUPA TRIATHLON       | Masters K - 40   | 13   | 01:31:25     | 02:36:59.80           | +01:08:32<br>(43.7%) | 7:28            | 8 (56.3%)     |
| 244 | PILARSKA Olga           | 7799  | GUSTAW TEŻ BIEGA        | Senior II K - 30 | 23   | 01:25:45     | 02:37:05.55           | +01:08:38<br>(43.7%) | 7:28            | 8 (56.3%)     |
| 245 | DZIETCZYK Kamil         | 7663  | AKTYWNE CHOSZCZNO       | Senior II M - 30 | 89   | 01:25:22     | 02:37:13.00           | +01:08:45<br>(43.7%) | 7:29            | 8 (56.3%)     |
| 246 | SUCHOCKA Yana           | 7828  |                         | Senior II K - 30 | 24   | 01:28:32     | 02:37:22.75           | +01:08:55<br>(43.8%) | 7:29            | 8 (56.3%)     |

| Msc | Zawodnik                      | Numer | Klub                        | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------|-------|-----------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 247 | ZEMBATY Marek                 | 7442  |                             | Masters M - 40   | 70   | 01:29:05     | 02:37:57.30           | +01:09:30<br>(44.0%) | 7:31            | 8 (56.3%)     |
| 248 | BAL Tomasz                    | 7199  |                             | Masters M - 40   | 71   | 01:26:51     | 02:37:59.10           | +01:09:31<br>(44.0%) | 7:31            | 8 (56.3%)     |
| 249 | PŁOK Krzysztof                | 7470  | TEAMPŁOK                    | Weteran I M - 50 | 12   | 01:30:50     | 02:38:07.30           | +01:09:40<br>(44.1%) | 7:31            | 8 (56.3%)     |
| 250 | LUBELCZYK Grzegorz            | 7210  | SPELEOCLUB WROCŁAW          | Weteran I M - 50 | 13   | 01:26:24     | 02:38:08.15           | +01:09:40<br>(44.1%) | 7:31            | 8 (56.3%)     |
| 251 | KORZEC Michał                 | 7842  | MILHAUSE                    | Masters M - 40   | 72   | 01:30:07     | 02:38:16.90           | +01:09:49<br>(44.1%) | 7:32            | 8 (56.3%)     |
| 252 | ZIAJA Wojciech                | 7248  |                             | Masters M - 40   | 73   | 01:26:48     | 02:38:17.30           | +01:09:50<br>(44.1%) | 7:32            | 8 (56.3%)     |
| 253 | SZALENIEC Marcin              | 7408  | RUNNERS TEAM NYSA           | Masters M - 40   | 74   | 01:32:47     | 02:38:27.25           | +01:09:59<br>(44.2%) | 7:32            | 8 (56.3%)     |
| 254 | SZALENIEC Joanna              | 7185  | RUNNERS TEAM NYSA           | Masters K - 40   | 14   | 01:32:50     | 02:38:28.10           | +01:10:00<br>(44.2%) | 7:32            | 8 (56.3%)     |
| 255 | GRZEŚKOWIAK Rafał             | 7717  |                             | Masters M - 40   | 75   | 01:28:07     | 02:38:32.05           | +01:10:04<br>(44.2%) | 7:32            | 7.9 (55.6%)   |
| 256 | MIKRUT Paweł                  | 7839  | DOLNY ŚLĄSK                 | Senior II M - 30 | 90   | 01:25:13     | 02:38:36.30           | +01:10:09<br>(44.2%) | 7:33            | 7.9 (55.6%)   |
| 257 | KAROLCZAK Rafał               | 7561  | MARATOŃCZYK POZNAŃ          | Senior II M - 30 | 91   | 01:29:41     | 02:38:44.90           | +01:10:17<br>(44.3%) | 7:33            | 7.9 (55.6%)   |
| 258 | GRONOWSKA-KAROLCZAK Agnieszka | 7559  | MARATOŃCZYK POZNAŃ          | Senior II K - 30 | 25   | 01:29:42     | 02:38:46.15           | +01:10:18<br>(44.3%) | 7:33            | 7.9 (55.6%)   |
| 259 | MORAWSKI Wojciech             | 7334  |                             | Senior II M - 30 | 92   | 01:27:48     | 02:38:59.80           | +01:10:32<br>(44.4%) | 7:34            | 7.9 (55.6%)   |
| 260 | MOSKAL Izabela                | 7919  | TKKF MPK POZNAŃ             | Masters K - 40   | 15   | 01:31:40     | 02:39:02.20           | +01:10:34<br>(44.4%) | 7:34            | 7.9 (55.6%)   |
| 261 | SZCZEPAŃSKA-BUDA Anna         | 7684  |                             | Senior II K - 30 | 26   | 01:29:55     | 02:39:07.00           | +01:10:39<br>(44.4%) | 7:34            | 7.9 (55.6%)   |
| 262 | BERG Elwira                   | 7445  |                             | Senior II K - 30 | 27   | 01:30:03     | 02:39:11.40           | +01:10:44<br>(44.4%) | 7:34            | 7.9 (55.6%)   |
| 263 | ABULEWICZ Wojciech            | 7706  | TRENING STUDIO 17           | Weteran I M - 50 | 14   | 01:29:53     | 02:39:12.75           | +01:10:45<br>(44.4%) | 7:34            | 7.9 (55.6%)   |
| 264 | DUBAS Anna                    | 7705  | SPRAWDZAMY-NIERUCHOMOSCI.PL | Senior II K - 30 | 28   | 01:30:51     | 02:39:17.60           | +01:10:50<br>(44.5%) | 7:35            | 7.9 (55.6%)   |
| 265 | BABIŃSKA-POPIŁKA Ewelina      | 7748  |                             | Senior II K - 30 | 29   | 01:27:16     | 02:39:21.95           | +01:10:54<br>(44.5%) | 7:35            | 7.9 (55.6%)   |
| 266 | KLUSKA Rafał                  | 7437  |                             | Senior I M - 20  | 29   | 01:27:04     | 02:39:22.30           | +01:10:55<br>(44.5%) | 7:35            | 7.9 (55.6%)   |
| 267 | MARCIŃCZYK Patrycja           | 7796  |                             | Senior I K - 20  | 12   | 01:27:55     | 02:39:29.35           | +01:11:02<br>(44.5%) | 7:35            | 7.9 (55.6%)   |
| 268 | WIŚNIEWSKI Piotr              | 7187  | GVT                         | Masters M - 40   | 76   | 01:33:52     | 02:39:30.95           | +01:11:03<br>(44.5%) | 7:35            | 7.9 (55.6%)   |
| 269 | TOMYŚLAK Magdalena            | 7539  |                             | Senior II K - 30 | 30   | 01:31:05     | 02:39:32.25           | +01:11:04<br>(44.6%) | 7:35            | 7.9 (55.6%)   |

| Msc | Zawodnik                   | Numer | Klub                          | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|-------|-------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 270 | TURAJ-KACZYŃSKA Małgorzata | 7103  | GUSTAW TEŻ BIEGA              | Masters K - 40    | 16   | 01:26:47     | 02:39:33.10           | +01:11:05<br>(44.6%) | 7:35            | 7.9 (55.6%)   |
| 271 | WÓJCIK Katarzyna           | 7207  | FIZJOBIEGACZE SZCZECIN        | Senior II K - 30  | 31   | 01:31:37     | 02:39:33.35           | +01:11:06<br>(44.6%) | 7:35            | 7.9 (55.6%)   |
| 272 | OWCZARCZYK Paweł           | 7344  |                               | Masters M - 40    | 77   | 01:30:10     | 02:39:35.70           | +01:11:08<br>(44.6%) | 7:35            | 7.9 (55.6%)   |
| 273 | WIŚNIEWSKA Anna            | 7447  |                               | Senior II K - 30  | 32   | 01:32:53     | 02:39:47.80           | +01:11:20<br>(44.6%) | 7:36            | 7.9 (55.6%)   |
| 274 | WENTYKIER Piotr            | 7091  | POMYŁKA TEAM                  | Masters M - 40    | 78   | 01:30:34     | 02:39:48.55           | +01:11:21<br>(44.6%) | 7:36            | 7.9 (55.6%)   |
| 275 | POPIEL Jan                 | 7659  |                               | Masters M - 40    | 79   | 01:27:56     | 02:39:57.50           | +01:11:30<br>(44.7%) | 7:37            | 7.9 (55.6%)   |
| 276 | KACZMAREK Katarzyna        | 7567  |                               | Masters K - 40    | 17   | 01:31:20     | 02:40:01.35           | +01:11:34<br>(44.7%) | 7:37            | 7.9 (55.6%)   |
| 277 | PŁÓCIENNICZAK Jakub        | 7853  | DREAM RUN                     | Masters M - 40    | 80   | 01:24:25     | 02:40:07.50           | +01:11:40<br>(44.8%) | 7:37            | 7.9 (55.6%)   |
| 278 | GABRYEL Anna               | 7724  |                               | Masters K - 40    | 18   | 01:28:23     | 02:40:15.90           | +01:11:48<br>(44.8%) | 7:37            | 7.9 (55.6%)   |
| 279 | CHABIŃSKA Paulina          | 7301  | AKADEMIA BIEGANIA             | Senior I K - 20   | 13   | 01:33:25     | 02:40:22.20           | +01:11:54<br>(44.8%) | 7:38            | 7.9 (55.6%)   |
| 280 | MAKOLSKA-FRANKOWSKA Iwona  | 7648  |                               | Masters K - 40    | 19   | 01:30:15     | 02:40:32.70           | +01:12:05<br>(44.9%) | 7:38            | 7.8 (54.9%)   |
| 281 | JAKUB Nowaczyk             | 7133  | ROKIETNICA BIEGA              | Senior II M - 30  | 93   | 01:31:04     | 02:40:39.95           | +01:12:12<br>(44.9%) | 7:39            | 7.8 (54.9%)   |
| 282 | KUZIEL Marcin              | 7457  | BLACK RUNNING STRONIE ŚLĄSKIE | Senior II M - 30  | 94   | 01:27:58     | 02:40:40.45           | +01:12:13<br>(44.9%) | 7:39            | 7.8 (54.9%)   |
| 283 | WAJDA Maciej               | 7881  | SPELOCLUB WROCŁAW             | Senior II M - 30  | 95   | 01:24:36     | 02:40:40.55           | +01:12:13<br>(44.9%) | 7:39            | 7.8 (54.9%)   |
| 284 | LIPIŃSKA Martyna           | 7157  | ŚLĘZAK TEAM                   | Senior I K - 20   | 14   | 01:33:25     | 02:40:43.30           | +01:12:16<br>(45.0%) | 7:39            | 7.8 (54.9%)   |
| 285 | SZYMAŃSKA Magdalena        | 7339  |                               | Senior II K - 30  | 33   | 01:32:23     | 02:40:56.25           | +01:12:28<br>(45.0%) | 7:39            | 7.8 (54.9%)   |
| 286 | DZIADOWICZ Anna            | 7750  |                               | Masters K - 40    | 20   | 01:29:39     | 02:41:00.60           | +01:12:33<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 287 | ELMOLA Hamed               | 7557  | ADIDAS RUNNERS WARSAW         | Weteran I M - 50  | 15   | 01:34:51     | 02:41:01.45           | +01:12:34<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 288 | MÓLL Janusz                | 7055  |                               | Weteran I M - 50  | 16   | 01:23:59     | 02:41:01.75           | +01:12:34<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 289 | SNOCHOWSKI Leszek          | 7488  | LESZEK TEAM                   | Weteran II M - 60 | 2    | 01:33:34     | 02:41:02.25           | +01:12:34<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 290 | TAMBORSKI Grzegorz         | 7429  |                               | Senior II M - 30  | 96   | 01:32:38     | 02:41:03.60           | +01:12:36<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 291 | SOJKA Przemek              | 7032  | ORANGE POLSKA                 | Masters M - 40    | 81   | 01:28:54     | 02:41:03.85           | +01:12:36<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 292 | MIKŁUSZKA Dorota           | 7317  |                               | Masters K - 40    | 21   | 01:30:17     | 02:41:06.20           | +01:12:38<br>(45.1%) | 7:40            | 7.8 (54.9%)   |

| Msc | Zawodnik                    | Numer | Klub                  | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|-------|-----------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 293 | RUTKOWSKI Mateusz           | 7435  | WAKACYJNA DEMOLKA     | Senior II M - 30 | 97   | 01:27:50     | 02:41:10.90           | +01:12:43<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 294 | WENTYKIER Beata             | 7044  | POMYŁKA TEAM          | Masters K - 40   | 22   | 01:30:34     | 02:41:11.40           | +01:12:44<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 295 | MICHALAK Adrian             | 7397  |                       | Senior II M - 30 | 98   | 01:32:20     | 02:41:12.65           | +01:12:45<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 296 | OLZACKA Agata               | 7021  | ZA LINIĄ METY TEAM    | Senior II K - 30 | 34   | 01:34:41     | 02:41:12.75           | +01:12:45<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 297 | DRÓŻDŻ Arkadiusz            | 7401  |                       | Senior II M - 30 | 99   | 01:32:41     | 02:41:14.85           | +01:12:47<br>(45.1%) | 7:40            | 7.8 (54.9%)   |
| 298 | KICIŃSKI Patryk             | 7583  |                       | Senior I M - 20  | 30   | 01:29:17     | 02:41:33.75           | +01:13:06<br>(45.3%) | 7:41            | 7.8 (54.9%)   |
| 299 | KAWCZYŃSKA Monika           | 7794  | GUSTAW TEŻ BIEGA      | Masters K - 40   | 23   | 01:30:36     | 02:41:36.85           | +01:13:09<br>(45.3%) | 7:41            | 7.8 (54.9%)   |
| 300 | GIMZICKA Ewa                | 7361  |                       | Masters K - 40   | 24   | 01:30:59     | 02:41:37.70           | +01:13:10<br>(45.3%) | 7:41            | 7.8 (54.9%)   |
| 301 | HORODYSKI Marek             | 7352  |                       | Senior II M - 30 | 100  | 01:28:37     | 02:41:49.15           | +01:13:21<br>(45.3%) | 7:42            | 7.8 (54.9%)   |
| 302 | WILK Piotr                  | 7343  | MSPORT TEAM           | Masters M - 40   | 82   | 01:28:33     | 02:42:30.10           | +01:14:02<br>(45.6%) | 7:44            | 7.8 (54.9%)   |
| 303 | BIELAWSKI Paweł             | 7490  |                       | Senior II M - 30 | 101  | 01:27:26     | 02:42:41.70           | +01:14:14<br>(45.6%) | 7:44            | 7.7 (54.2%)   |
| 304 | KAMIŃSKI Robert             | 7102  |                       | Senior II M - 30 | 102  | 01:32:31     | 02:42:42.35           | +01:14:15<br>(45.6%) | 7:44            | 7.7 (54.2%)   |
| 305 | SZUBERT-WALENCZAK Magdalena | 7588  | TEAM ZABIEGANE DNI    | Masters K - 40   | 25   | 01:31:51     | 02:42:42.55           | +01:14:15<br>(45.6%) | 7:44            | 7.7 (54.2%)   |
| 306 | REDKIEWICZ Agnieszka        | 7587  | TEAM ZABIEGANE DNI    | Senior II K - 30 | 35   | 01:31:51     | 02:42:43.85           | +01:14:16<br>(45.6%) | 7:44            | 7.7 (54.2%)   |
| 307 | BIENIAS Anna                | 7461  |                       | Senior II K - 30 | 36   | 01:31:15     | 02:42:45.20           | +01:14:17<br>(45.7%) | 7:45            | 7.7 (54.2%)   |
| 308 | BLICHARSKI Ireneusz         | 7509  | 25 BKPOW              | Masters M - 40   | 83   | 01:31:46     | 02:42:55.35           | +01:14:28<br>(45.7%) | 7:45            | 7.7 (54.2%)   |
| 309 | DUTKOWIAK Aleksandra        | 7765  | PIĄTKOWO NA BIEGOWO   | Masters K - 40   | 26   | 01:32:59     | 02:42:59.80           | +01:14:32<br>(45.7%) | 7:45            | 7.7 (54.2%)   |
| 310 | KSIEZKA Joanna              | 7261  | STRZEGOMSKA DWUNASTKA | Senior II K - 30 | 37   | 01:27:07     | 02:43:02.05           | +01:14:34<br>(45.7%) | 7:45            | 7.7 (54.2%)   |
| 311 | JARZĄBEK Michał             | 7304  | MRUNNERS              | Senior II M - 30 | 103  | 01:32:34     | 02:43:02.30           | +01:14:35<br>(45.7%) | 7:45            | 7.7 (54.2%)   |
| 312 | TYMOSZEWSKI Waldemar        | 7935  |                       | Weteran I M - 50 | 17   | 01:31:27     | 02:43:03.20           | +01:14:35<br>(45.8%) | 7:45            | 7.7 (54.2%)   |
| 313 | KRÓLAK-DUBLAGA Dorota       | 7713  | #BIEGIWLKP            | Senior II K - 30 | 38   | 01:31:18     | 02:43:18.85           | +01:14:51<br>(45.8%) | 7:46            | 7.7 (54.2%)   |
| 314 | WOJCIECHOWSKI Maciej        | 7601  |                       | Senior II M - 30 | 104  | 01:31:07     | 02:43:24.10           | +01:14:56<br>(45.9%) | 7:46            | 7.7 (54.2%)   |
| 315 | KOPYŚCIAŃSKI Aleksander     | 7124  | FITNESS PIEKARY       | Masters M - 40   | 84   | 01:32:46     | 02:43:29.00           | +01:15:01<br>(45.9%) | 7:47            | 7.7 (54.2%)   |

| Msc | Zawodnik            | Numer | Klub                    | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 316 | SPÓLNY Robert       | 7872  |                         | Weteran I M - 50 | 18   | 01:32:51     | 02:43:34.90           | +01:15:07<br>(45.9%) | 7:47            | 7.7 (54.2%)   |
| 317 | PIELA Katarzyna     | 7936  |                         | Senior II K - 30 | 39   | 01:30:42     | 02:43:36.05           | +01:15:08<br>(45.9%) | 7:47            | 7.7 (54.2%)   |
| 318 | SOKULSKI Grzegorz   | 7391  |                         | Senior II M - 30 | 105  | 01:27:40     | 02:43:38.30           | +01:15:11<br>(45.9%) | 7:47            | 7.7 (54.2%)   |
| 319 | PAWZUN Bartek       | 7592  | PRACOWNIA FIZJOTEKA     | Senior II M - 30 | 106  | 01:25:57     | 02:43:45.70           | +01:15:18<br>(46.0%) | 7:47            | 7.7 (54.2%)   |
| 320 | SIWEK Grzegorz      | 7241  | LANRUNS                 | Masters M - 40   | 85   | 01:31:17     | 02:43:47.90           | +01:15:20<br>(46.0%) | 7:47            | 7.7 (54.2%)   |
| 321 | GOŁĄBEK Dariusz     | 7035  | BBL/BIEGATON MIKOŁÓW    | Weteran I M - 50 | 19   | 01:31:45     | 02:43:51.00           | +01:15:23<br>(46.0%) | 7:48            | 7.7 (54.2%)   |
| 322 | ZGRAJ Katarzyna     | 7286  |                         | Masters K - 40   | 27   | 01:31:47     | 02:43:52.10           | +01:15:24<br>(46.0%) | 7:48            | 7.7 (54.2%)   |
| 323 | KRZYŻYK Adam        | 7838  |                         | Masters M - 40   | 86   | 01:33:59     | 02:43:57.50           | +01:15:30<br>(46.1%) | 7:48            | 7.7 (54.2%)   |
| 324 | NOWAK Łukasz        | 7656  |                         | Masters M - 40   | 87   | 01:22:31     | 02:44:01.00           | +01:15:33<br>(46.1%) | 7:48            | 7.7 (54.2%)   |
| 325 | RABIEGA Marcin      | 7110  | ROKIETNICA BIEGA        | Masters M - 40   | 88   | 01:34:26     | 02:44:03.40           | +01:15:36<br>(46.1%) | 7:48            | 7.7 (54.2%)   |
| 326 | MIERNIK Marzena     | 7620  |                         | Masters K - 40   | 28   | 01:34:58     | 02:44:03.65           | +01:15:36<br>(46.1%) | 7:48            | 7.7 (54.2%)   |
| 327 | DZIARNOWSKA Magda   | 7100  | MECHANIKA ZDROWIA       | Senior II K - 30 | 40   | 01:32:21     | 02:44:06.20           | +01:15:38<br>(46.1%) | 7:48            | 7.7 (54.2%)   |
| 328 | BABIARZ Jacek       | 7516  |                         | Senior II M - 30 | 107  | 01:31:51     | 02:44:08.80           | +01:15:41<br>(46.1%) | 7:48            | 7.7 (54.2%)   |
| 329 | SAPIA Darek         | 7742  | TRYTON BIKE TEAM        | Masters M - 40   | 89   | 01:31:52     | 02:44:10.20           | +01:15:42<br>(46.1%) | 7:49            | 7.7 (54.2%)   |
| 330 | CHOCIAJ Daniel      | 7414  | ENDORFINY WĄSOSZ        | Masters M - 40   | 90   | 01:35:14     | 02:44:24.90           | +01:15:57<br>(46.2%) | 7:49            | 7.7 (54.2%)   |
| 331 | WOJCIECHOWSKI Roman | 7703  |                         | Weteran I M - 50 | 20   | 01:33:10     | 02:44:25.05           | +01:15:57<br>(46.2%) | 7:49            | 7.7 (54.2%)   |
| 332 | ZYDORCZAK Mateusz   | 7540  |                         | Masters M - 40   | 91   | 01:26:54     | 02:44:25.35           | +01:15:58<br>(46.2%) | 7:49            | 7.7 (54.2%)   |
| 333 | GIEL Jarosław       | 7327  |                         | Senior II M - 30 | 108  | 01:30:03     | 02:44:29.70           | +01:16:02<br>(46.2%) | 7:49            | 7.7 (54.2%)   |
| 334 | ŻABA Jacek          | 7876  |                         | Weteran I M - 50 | 21   | 01:34:08     | 02:44:39.05           | +01:16:11<br>(46.3%) | 7:50            | 7.7 (54.2%)   |
| 335 | WÓJCIK Kamila       | 7616  | STRONIE BIEGA           | Masters K - 40   | 29   | 01:29:34     | 02:44:48.70           | +01:16:21<br>(46.3%) | 7:50            | 7.6 (53.5%)   |
| 336 | BUJAK Magdalena     | 7844  | NIGHT RUNNERS PYSKOWICE | Senior II K - 30 | 41   | 01:32:50     | 02:44:53.25           | +01:16:25<br>(46.4%) | 7:51            | 7.6 (53.5%)   |
| 337 | WOLANO Marcin       | 7907  | HATTON DARTS            | Senior II M - 30 | 109  | 01:30:01     | 02:44:57.05           | +01:16:29<br>(46.4%) | 7:51            | 7.6 (53.5%)   |
| 338 | ROGOŹNICKI Paweł    | 7120  | #ZALINIAMETYTEAM        | Masters M - 40   | 92   | 01:30:27     | 02:44:57.10           | +01:16:29<br>(46.4%) | 7:51            | 7.6 (53.5%)   |

| Msc | Zawodnik                 | Numer | Klub                  | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------|-----------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 339 | KOCIUBA Katarzyna        | 7423  |                       | Senior II K - 30  | 42   | 01:34:51     | 02:44:57.80           | +01:16:30<br>(46.4%) | 7:51            | 7.6 (53.5%)   |
| 340 | HERBEĆ-LABOCHA Magdalena | 7868  |                       | Masters K - 40    | 30   | 01:36:51     | 02:44:57.90           | +01:16:30<br>(46.4%) | 7:51            | 7.6 (53.5%)   |
| 341 | LABOCHA Aleksander       | 7869  |                       | Masters M - 40    | 93   | 01:36:51     | 02:44:58.30           | +01:16:31<br>(46.4%) | 7:51            | 7.6 (53.5%)   |
| 342 | BARTKIEWICZ Ireneusz     | 7293  |                       | Masters M - 40    | 94   | 01:27:49     | 02:45:01.75           | +01:16:34<br>(46.4%) | 7:51            | 7.6 (53.5%)   |
| 343 | ZAPALSKA Aleksandra      | 7069  |                       | Senior I K - 20   | 15   | 01:35:59     | 02:45:04.90           | +01:16:37<br>(46.4%) | 7:51            | 7.6 (53.5%)   |
| 344 | ADAMSKA Karolina         | 7058  |                       | Senior I K - 20   | 16   | 01:34:23     | 02:45:15.45           | +01:16:48<br>(46.5%) | 7:52            | 7.6 (53.5%)   |
| 345 | DUBLAGA Michał           | 7712  | #BIEGIWLKP            | Senior II M - 30  | 110  | 01:31:20     | 02:45:18.30           | +01:16:51<br>(46.5%) | 7:52            | 7.6 (53.5%)   |
| 346 | BARAN Bogdan             | 7622  |                       | Weteran II M - 60 | 3    | 01:34:07     | 02:45:23.20           | +01:16:55<br>(46.5%) | 7:52            | 7.6 (53.5%)   |
| 347 | BARTEK Łukasz            | 7931  | OTK RZEŹNIK           | Masters M - 40    | 95   | 01:32:14     | 02:45:25.95           | +01:16:58<br>(46.5%) | 7:52            | 7.6 (53.5%)   |
| 348 | CABAJ Paweł              | 7154  |                       | Senior II M - 30  | 111  | 01:25:43     | 02:45:36.70           | +01:17:09<br>(46.6%) | 7:53            | 7.6 (53.5%)   |
| 349 | DREKO Krzysztof          | 7802  | PROGRES               | Masters M - 40    | 96   | 01:29:45     | 02:45:45.70           | +01:17:18<br>(46.6%) | 7:53            | 7.6 (53.5%)   |
| 350 | SIKORA Mateusz           | 7456  | BORN TO RUN           | Senior I M - 20   | 31   | 01:33:40     | 02:45:46.00           | +01:17:18<br>(46.6%) | 7:53            | 7.6 (53.5%)   |
| 351 | MACHUL Ewa               | 7524  |                       | Senior II K - 30  | 43   | 01:36:50     | 02:45:46.25           | +01:17:18<br>(46.6%) | 7:53            | 7.6 (53.5%)   |
| 352 | DREKO Anna               | 7800  | AD GROUP              | Masters K - 40    | 31   | 01:29:47     | 02:45:47.50           | +01:17:20<br>(46.6%) | 7:53            | 7.6 (53.5%)   |
| 353 | GUZERA Tomasz            | 7450  |                       | Senior II M - 30  | 112  | 01:26:26     | 02:45:47.85           | +01:17:20<br>(46.6%) | 7:53            | 7.6 (53.5%)   |
| 354 | JANCZAREK Łukasz         | 7770  | PATORUNNERS           | Senior II M - 30  | 113  | 01:31:09     | 02:45:51.95           | +01:17:24<br>(46.7%) | 7:53            | 7.6 (53.5%)   |
| 355 | BILIŃSKI Rafał           | 7584  |                       | Masters M - 40    | 97   | 01:30:43     | 02:45:58.75           | +01:17:31<br>(46.7%) | 7:54            | 7.6 (53.5%)   |
| 356 | MARYSZCZAK Maciej        | 7548  | ADIDAS RUNNERS WARSAW | Masters M - 40    | 98   | 01:34:38     | 02:46:14.75           | +01:17:47<br>(46.8%) | 7:54            | 7.6 (53.5%)   |
| 357 | KOZAK Paweł              | 7348  |                       | Senior II M - 30  | 114  | 01:30:05     | 02:46:14.80           | +01:17:47<br>(46.8%) | 7:54            | 7.6 (53.5%)   |
| 358 | KOWAL Andrzej            | 7135  |                       | Weteran I M - 50  | 22   | 01:37:27     | 02:46:15.30           | +01:17:48<br>(46.8%) | 7:55            | 7.6 (53.5%)   |
| 359 | JAKUBISIAK Renata        | 7065  | AEGONRUN              | Masters K - 40    | 32   | 01:34:56     | 02:46:20.30           | +01:17:53<br>(46.8%) | 7:55            | 7.6 (53.5%)   |
| 360 | LISOWSKA Kamila          | 7913  | YNO ULTRA             | Senior II K - 30  | 44   | 01:37:55     | 02:46:43.70           | +01:18:16<br>(46.9%) | 7:56            | 7.6 (53.5%)   |
| 361 | LEWALSKI Krzysztof       | 7585  |                       | Masters M - 40    | 99   | 01:32:21     | 02:46:44.50           | +01:18:17<br>(47.0%) | 7:56            | 7.6 (53.5%)   |

| Msc | Zawodnik            | Numer | Klub                       | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|----------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 362 | ANDRZEJCZAK Michał  | 7479  |                            | Senior II M - 30 | 115  | 01:27:27     | 02:46:48.95           | +01:18:21<br>(47.0%) | 7:56            | 7.6 (53.5%)   |
| 363 | KORCZYŃSKA Alicja   | 7360  | BIEGOWA POGORZAŁA          | Masters K - 40   | 33   | 01:38:30     | 02:47:11.85           | +01:18:44<br>(47.1%) | 7:57            | 7.5 (52.8%)   |
| 364 | LEWICKA Magdalena   | 7417  | CAŁA OLEŚNICA BIEGA        | Masters K - 40   | 34   | 01:38:11     | 02:47:13.50           | +01:18:46<br>(47.1%) | 7:57            | 7.5 (52.8%)   |
| 365 | JEKA Piotr          | 7744  |                            | Weteran I M - 50 | 23   | 01:34:11     | 02:47:21.60           | +01:18:54<br>(47.1%) | 7:58            | 7.5 (52.8%)   |
| 366 | IMIŃSKI Cezary      | 7308  |                            | Weteran I M - 50 | 24   | 01:32:28     | 02:47:28.95           | +01:19:01<br>(47.2%) | 7:58            | 7.5 (52.8%)   |
| 367 | ZAJĄCZKOWSKI Damian | 7643  |                            | Masters M - 40   | 100  | 01:36:56     | 02:47:33.90           | +01:19:06<br>(47.2%) | 7:58            | 7.5 (52.8%)   |
| 368 | ADAMCZYK Grzegorz   | 7452  | OŁAWSKA GRUPA BIEGOWA      | Masters M - 40   | 101  | 01:31:55     | 02:47:49.35           | +01:19:22<br>(47.3%) | 7:59            | 7.5 (52.8%)   |
| 369 | KRZYŻANOWSKI Marcin | 7105  | ŚWIAT MARATOŃCZYKA         | Senior II M - 30 | 116  | 01:34:43     | 02:47:55.40           | +01:19:28<br>(47.3%) | 7:59            | 7.5 (52.8%)   |
| 370 | MODZELEWSKA Anna    | 7056  |                            | Senior I K - 20  | 17   | 01:36:50     | 02:47:55.85           | +01:19:28<br>(47.3%) | 7:59            | 7.5 (52.8%)   |
| 371 | KIECOŃ Maria        | 7812  |                            | Senior II K - 30 | 45   | 01:33:49     | 02:48:08.90           | +01:19:41<br>(47.4%) | 8:00            | 7.5 (52.8%)   |
| 372 | NIERADKO Arkadiusz  | 7482  |                            | Masters M - 40   | 102  | 01:31:30     | 02:48:09.35           | +01:19:42<br>(47.4%) | 8:00            | 7.5 (52.8%)   |
| 373 | PODULKA Grzegorz    | 7795  |                            | Masters M - 40   | 103  | 01:33:34     | 02:48:15.15           | +01:19:47<br>(47.4%) | 8:00            | 7.5 (52.8%)   |
| 374 | DANKOWSKA Ewelina   | 7418  | ENDORFINY WĄSOSZ           | Masters K - 40   | 35   | 01:35:24     | 02:48:15.80           | +01:19:48<br>(47.4%) | 8:00            | 7.5 (52.8%)   |
| 375 | ALBERT Damian       | 7266  | FIZJOBIEGACZE SZCZECIN     | Senior II M - 30 | 117  | 01:33:09     | 02:48:21.90           | +01:19:54<br>(47.5%) | 8:01            | 7.5 (52.8%)   |
| 376 | WOJCIESZUK Anna     | 7350  |                            | Senior I K - 20  | 18   | 01:38:17     | 02:48:30.20           | +01:20:02<br>(47.5%) | 8:01            | 7.5 (52.8%)   |
| 377 | NICOŚ Marcin        | 7245  |                            | Senior II M - 30 | 118  | 01:38:17     | 02:48:32.35           | +01:20:05<br>(47.5%) | 8:01            | 7.5 (52.8%)   |
| 378 | MANNA Przemysław    | 7531  | RAZ SZCZECIN               | Masters M - 40   | 104  | 01:36:45     | 02:48:34.10           | +01:20:06<br>(47.5%) | 8:01            | 7.5 (52.8%)   |
| 379 | PAMUŁA Marta        | 7546  |                            | Senior I K - 20  | 19   | 01:35:21     | 02:48:45.10           | +01:20:17<br>(47.6%) | 8:02            | 7.5 (52.8%)   |
| 380 | SZCZERBA Katarzyna  | 7025  |                            | Senior II K - 30 | 46   | 01:37:35     | 02:48:55.00           | +01:20:27<br>(47.6%) | 8:02            | 7.5 (52.8%)   |
| 381 | KONCA Aleksander    | 7030  | KB OŻARÓW MAZOWIECKI BIEGA | Senior I M - 20  | 32   | 01:38:22     | 02:48:55.10           | +01:20:27<br>(47.6%) | 8:02            | 7.5 (52.8%)   |
| 382 | REWIŃSKI Sławek     | 7428  |                            | Masters M - 40   | 105  | 01:31:01     | 02:48:57.80           | +01:20:30<br>(47.6%) | 8:02            | 7.5 (52.8%)   |
| 383 | WIŚLIŃSKA Agnieszka | 7863  |                            | Senior II K - 30 | 47   | 01:36:01     | 02:49:02.00           | +01:20:34<br>(47.7%) | 8:02            | 7.5 (52.8%)   |
| 384 | MICHALAK Kamil      | 7506  | SZYNKARNIA                 | Senior II M - 30 | 119  | 01:30:24     | 02:49:02.70           | +01:20:35<br>(47.7%) | 8:02            | 7.5 (52.8%)   |

| Msc |               | Zawodnik   | Numer | Klub                     | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------|------------|-------|--------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 385 | LACHOWSKI     | Karol      | 7036  | AEGONRUN                 | Senior II M - 30 | 120  | 01:34:58     | 02:49:06.20           | +01:20:38<br>(47.7%) | 8:03            | 7.5 (52.8%)   |
| 386 | GRUSZCZYŃSKI  | Paweł      | 7253  | GRUCHY DAJĄ CZADU !!!    | Masters M - 40   | 106  | 01:41:13     | 02:49:24.75           | +01:20:57<br>(47.8%) | 8:04            | 7.4 (52.1%)   |
| 387 | MENDYKA       | Marcin     | 7856  | 12TRI                    | Masters M - 40   | 107  | 01:33:48     | 02:49:26.15           | +01:20:58<br>(47.8%) | 8:04            | 7.4 (52.1%)   |
| 388 | FERENC        | Stanisław  | 7593  |                          | Senior II M - 30 | 121  | 01:31:11     | 02:49:37.20           | +01:21:09<br>(47.9%) | 8:04            | 7.4 (52.1%)   |
| 389 | ZASADA        | Michał     | 7843  | PRO-RUN WROCŁAW          | Masters M - 40   | 108  | 01:37:45     | 02:49:38.00           | +01:21:10<br>(47.9%) | 8:04            | 7.4 (52.1%)   |
| 390 | MATUKIN       | Aleksandra | 7930  |                          | Senior II K - 30 | 48   | 01:37:13     | 02:49:41.15           | +01:21:13<br>(47.9%) | 8:04            | 7.4 (52.1%)   |
| 391 | PONIATOWSKI   | Krzysztof  | 7903  |                          | Masters M - 40   | 109  | 01:35:50     | 02:49:43.00           | +01:21:15<br>(47.9%) | 8:04            | 7.4 (52.1%)   |
| 392 | STOLPE        | Maciej     | 7046  | TKKF MPK POZNAŃ          | Weteran I M - 50 | 25   | 01:38:37     | 02:49:45.95           | +01:21:18<br>(47.9%) | 8:05            | 7.4 (52.1%)   |
| 393 | ŁĘKAWA        | Sebastian  | 7510  | 140MINUT.PL              | Masters M - 40   | 110  | 01:33:32     | 02:49:48.00           | +01:21:20<br>(47.9%) | 8:05            | 7.4 (52.1%)   |
| 394 | SŁODKIEWICZ   | Piotr      | 7716  | KNEIPPTEAM               | Senior II M - 30 | 122  | 01:35:40     | 02:49:51.80           | +01:21:24<br>(47.9%) | 8:05            | 7.4 (52.1%)   |
| 395 | SŁODKIEWICZ   | Dagmara    | 7715  | KNEIPPTEAM               | Senior II K - 30 | 49   | 01:35:45     | 02:49:51.85           | +01:21:24<br>(47.9%) | 8:05            | 7.4 (52.1%)   |
| 396 | LACHOWICZ     | Marta      | 7140  | MAE KEAGE KYOKUSHIN TEAM | Senior II K - 30 | 50   | 01:34:29     | 02:50:06.40           | +01:21:39<br>(48.0%) | 8:06            | 7.4 (52.1%)   |
| 397 | OCHEJ         | Joanna     | 7280  | APTENEO RUNNING TEAM     | Senior II K - 30 | 51   | 01:35:34     | 02:50:14.10           | +01:21:46<br>(48.0%) | 8:06            | 7.4 (52.1%)   |
| 398 | BRZOSTOWIECKA | Angelika   | 7912  |                          | Senior I K - 20  | 20   | 01:35:52     | 02:50:19.90           | +01:21:52<br>(48.1%) | 8:06            | 7.4 (52.1%)   |
| 399 | MIROWSKI      | Dominik    | 7265  |                          | Senior II M - 30 | 123  | 01:35:23     | 02:50:28.00           | +01:22:00<br>(48.1%) | 8:07            | 7.4 (52.1%)   |
| 400 | SPYTEK        | Justyna    | 7675  |                          | Masters K - 40   | 36   | 01:33:07     | 02:50:33.85           | +01:22:06<br>(48.1%) | 8:07            | 7.4 (52.1%)   |
| 401 | JAŚKOWIEC     | Michał     | 7497  |                          | Senior I M - 20  | 33   | 01:36:59     | 02:50:44.50           | +01:22:17<br>(48.2%) | 8:07            | 7.4 (52.1%)   |
| 402 | GRZĄDZIEL     | Paweł      | 7555  | ADIDAS RUNNERS WARSAW    | Weteran I M - 50 | 26   | 01:38:03     | 02:51:05.05           | +01:22:37<br>(48.3%) | 8:08            | 7.4 (52.1%)   |
| 403 | DERBICH       | Mariusz    | 7867  | KOWALEW RUNERS           | Masters M - 40   | 111  | 01:35:00     | 02:51:07.20           | +01:22:39<br>(48.3%) | 8:08            | 7.4 (52.1%)   |
| 404 | PĘKAŁA        | Dawid      | 7193  | ŻARY RUNNERS TEAM        | Masters M - 40   | 112  | 01:36:57     | 02:51:09.20           | +01:22:41<br>(48.3%) | 8:09            | 7.4 (52.1%)   |
| 404 | ORŁOWSKI      | Robert     | 7702  | BIEGNĘ NA PÓŁNOC         | Senior II M - 30 | 124  | 01:35:14     | 02:51:09.20           | +01:22:41<br>(48.3%) | 8:09            | 7.4 (52.1%)   |
| 406 | POCZTAREK     | Ewelina    | 7743  |                          | Senior II K - 30 | 52   | 01:38:50     | 02:51:10.45           | +01:22:43<br>(48.3%) | 8:09            | 7.4 (52.1%)   |
| 407 | BOMBA         | Tomasz     | 7683  |                          | Masters M - 40   | 113  | 01:34:56     | 02:51:20.50           | +01:22:53<br>(48.4%) | 8:09            | 7.4 (52.1%)   |

| Msc | Zawodnik                | Numer | Klub                                    | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|-----------------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 408 | PIÓRKOWSKA Jolanta      | 7849  | KOŁO BIEGA                              | Masters K - 40    | 37   | 01:38:07     | 02:51:26.85           | +01:22:59<br>(48.4%) | 8:09            | 7.3 (51.4%)   |
| 409 | ŻARSKA Ilona            | 7719  |                                         | Senior II K - 30  | 53   | 01:37:04     | 02:51:28.70           | +01:23:01<br>(48.4%) | 8:09            | 7.3 (51.4%)   |
| 410 | JASKÓŁKA Hubert         | 7271  | VENUS-BRUK                              | Weteran II M - 60 | 4    | 01:38:41     | 02:51:39.70           | +01:23:12<br>(48.5%) | 8:10            | 7.3 (51.4%)   |
| 411 | KRYCH Joanna            | 7291  |                                         | Masters K - 40    | 38   | 01:34:23     | 02:52:06.00           | +01:23:38<br>(48.6%) | 8:11            | 7.3 (51.4%)   |
| 412 | DOMAŃSKA Małgorzata     | 7318  | STAN UMYSŁU LEWIN BIEGA                 | Masters K - 40    | 39   | 01:35:10     | 02:52:09.90           | +01:23:42<br>(48.6%) | 8:11            | 7.3 (51.4%)   |
| 413 | PYZIO Magdalena         | 7534  |                                         | Senior II K - 30  | 54   | 01:31:52     | 02:52:11.90           | +01:23:44<br>(48.6%) | 8:11            | 7.3 (51.4%)   |
| 414 | KOŚCIELNIAK Szymon      | 7762  | CZERWONACKIE KIJANKI / ZAŁOGA GÓRSKA    | Masters M - 40    | 114  | 01:34:04     | 02:52:22.30           | +01:23:55<br>(48.7%) | 8:12            | 7.3 (51.4%)   |
| 415 | SIBIELAK Tomasz         | 7416  | BIEGOWA KUŹNIA                          | Masters M - 40    | 115  | 01:33:49     | 02:52:24.60           | +01:23:57<br>(48.7%) | 8:12            | 7.3 (51.4%)   |
| 416 | BOSY Hubert             | 7926  |                                         | Masters M - 40    | 116  | 01:32:49     | 02:52:25.00           | +01:23:57<br>(48.7%) | 8:12            | 7.3 (51.4%)   |
| 417 | BYRCZEK Daria           | 7823  |                                         | Senior II K - 30  | 55   | 01:32:52     | 02:52:25.25           | +01:23:57<br>(48.7%) | 8:12            | 7.3 (51.4%)   |
| 418 | STASIAK Łukasz          | 7701  | LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA | Masters M - 40    | 117  | 01:33:18     | 02:52:25.65           | +01:23:58<br>(48.7%) | 8:12            | 7.3 (51.4%)   |
| 419 | SZERSZEŃ Agata          | 7277  | DTR BIEGA / MARIO TEAM                  | Senior II K - 30  | 56   | 01:39:57     | 02:52:34.60           | +01:24:07<br>(48.7%) | 8:13            | 7.3 (51.4%)   |
| 420 | JÓZEFIAK Grzegorz       | 7492  |                                         | Weteran I M - 50  | 27   | 01:35:14     | 02:52:40.95           | +01:24:13<br>(48.8%) | 8:13            | 7.3 (51.4%)   |
| 421 | KUŚWIK Beata            | 7373  |                                         | Senior II K - 30  | 57   | 01:38:26     | 02:52:49.30           | +01:24:22<br>(48.8%) | 8:13            | 7.3 (51.4%)   |
| 422 | MARCINKOWSKI Przemysław | 7563  |                                         | Masters M - 40    | 118  | 01:35:17     | 02:52:52.35           | +01:24:25<br>(48.8%) | 8:13            | 7.3 (51.4%)   |
| 423 | KOWALEWSKA Anna         | 7132  |                                         | Senior II K - 30  | 58   | 01:36:05     | 02:52:53.85           | +01:24:26<br>(48.8%) | 8:13            | 7.3 (51.4%)   |
| 424 | NIEDZIELA Danuta        | 7136  | GOSTYŃ                                  | Masters K - 40    | 40   | 01:35:26     | 02:52:56.05           | +01:24:28<br>(48.9%) | 8:14            | 7.3 (51.4%)   |
| 425 | HAREMZA Bartek          | 7493  |                                         | Senior II M - 30  | 125  | 01:32:57     | 02:53:01.85           | +01:24:34<br>(48.9%) | 8:14            | 7.3 (51.4%)   |
| 426 | KAŻMIERCZAK-MOLIK Anna  | 7026  |                                         | Senior II K - 30  | 59   | 01:39:56     | 02:53:08.60           | +01:24:41<br>(48.9%) | 8:14            | 7.3 (51.4%)   |
| 427 | ANGOWSKI Andrzej        | 7393  |                                         | Senior II M - 30  | 126  | 01:35:51     | 02:53:22.25           | +01:24:54<br>(49.0%) | 8:15            | 7.3 (51.4%)   |
| 428 | CIECHOMSKA Agata        | 7652  | HTF LUDWIK SIKORSKI                     | Senior II K - 30  | 60   | 01:31:49     | 02:53:30.35           | +01:25:03<br>(49.0%) | 8:15            | 7.3 (51.4%)   |
| 429 | WYBRANIEC Tomasz        | 7459  |                                         | Senior II M - 30  | 127  | 01:33:19     | 02:53:33.30           | +01:25:06<br>(49.0%) | 8:15            | 7.3 (51.4%)   |
| 430 | ANDRZEJEWSKI Marcin     | 7732  | ŁÓDZKI KLUB WYSOKOGÓRSKI                | Senior I M - 20   | 34   | 01:28:13     | 02:53:37.15           | +01:25:09<br>(49.1%) | 8:16            | 7.3 (51.4%)   |

| Msc | Zawodnik             | Numer | Klub                             | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|----------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 431 | BURDUKIEWICZ Błażej  | 7731  |                                  | Senior I M - 20   | 35   | 01:28:13     | 02:53:38.05           | +01:25:10<br>(49.1%) | 8:16            | 7.3 (51.4%)   |
| 432 | WOJAS Justyna        | 7407  | NIEPOŁOMICE BIEGAJĄ              | Senior II K - 30  | 61   | 01:38:45     | 02:53:44.85           | +01:25:17<br>(49.1%) | 8:16            | 7.3 (51.4%)   |
| 433 | KAPELSKI Michał      | 7771  |                                  | Masters M - 40    | 119  | 01:36:18     | 02:53:50.60           | +01:25:23<br>(49.1%) | 8:16            | 7.2 (50.7%)   |
| 434 | BUDA Marek           | 7850  | VISEGRAD MARATON RYTRO NOWY SĄCZ | Weteran II M - 60 | 5    | 01:34:11     | 02:53:51.90           | +01:25:24<br>(49.1%) | 8:16            | 7.2 (50.7%)   |
| 435 | KRYSIAK Dawid        | 7316  | WIECZORNE BIEGANIE W SZCZECINIE  | Masters M - 40    | 120  | 01:36:57     | 02:53:52.50           | +01:25:25<br>(49.1%) | 8:16            | 7.2 (50.7%)   |
| 436 | SZARSKI Jacek        | 7005  | KAPCIOCHY                        | Senior I M - 20   | 36   | 01:30:29     | 02:53:52.80           | +01:25:25<br>(49.1%) | 8:16            | 7.2 (50.7%)   |
| 437 | DZIERGWA Agnieszka   | 7925  | PRZEDWOJEWSKI TEAM               | Senior II K - 30  | 62   | 01:35:46     | 02:53:54.30           | +01:25:27<br>(49.1%) | 8:16            | 7.2 (50.7%)   |
| 438 | MARCINKOWSKA Anita   | 7191  | POMIOTY SZATANA                  | Senior II K - 30  | 63   | 01:40:18     | 02:54:09.05           | +01:25:41<br>(49.2%) | 8:17            | 7.2 (50.7%)   |
| 439 | OLSZAK Maciej        | 7260  | 5 MBOT                           | Senior II M - 30  | 128  | 01:34:03     | 02:54:21.25           | +01:25:53<br>(49.3%) | 8:18            | 7.2 (50.7%)   |
| 440 | ROBAKOWSKA Joanna    | 7353  | NIGHT RUNNERS                    | Senior II K - 30  | 64   | 01:39:23     | 02:54:27.40           | +01:26:00<br>(49.3%) | 8:18            | 7.2 (50.7%)   |
| 441 | POŁCZYŃSKI Paweł     | 7697  | STAŁOWA ŁYDA                     | Senior II M - 30  | 129  | 01:32:03     | 02:54:37.60           | +01:26:10<br>(49.3%) | 8:18            | 7.2 (50.7%)   |
| 442 | JASKÓŁKA Rafał       | 7267  | VENUS-BRUK                       | Masters M - 40    | 121  | 01:38:45     | 02:54:52.40           | +01:26:25<br>(49.4%) | 8:19            | 7.2 (50.7%)   |
| 443 | BANASZYK Norbert     | 7425  |                                  | Masters M - 40    | 122  | 01:34:39     | 02:55:18.95           | +01:26:51<br>(49.5%) | 8:20            | 7.2 (50.7%)   |
| 444 | KOMADA Wojciech      | 7640  | PASTERKA PANY                    | Masters M - 40    | 123  | 01:38:01     | 02:55:20.70           | +01:26:53<br>(49.6%) | 8:20            | 7.2 (50.7%)   |
| 445 | DYCFELD Piotr        | 7647  | SZTUKA RUCHU                     | Senior II M - 30  | 130  | 01:33:03     | 02:55:21.70           | +01:26:54<br>(49.6%) | 8:21            | 7.2 (50.7%)   |
| 446 | SUDÓŁ Robert         | 7262  | RUN4FUN                          | Masters M - 40    | 124  | 01:33:02     | 02:55:21.75           | +01:26:54<br>(49.6%) | 8:21            | 7.2 (50.7%)   |
| 447 | STROJNY Łukasz       | 7693  |                                  | Masters M - 40    | 125  | 01:41:45     | 02:55:25.20           | +01:26:57<br>(49.6%) | 8:21            | 7.2 (50.7%)   |
| 448 | KOSZYKA Weronika     | 7095  | WYBIEGAĆ MARZENIA TEAM           | Senior I K - 20   | 21   | 01:40:06     | 02:55:28.65           | +01:27:01<br>(49.6%) | 8:21            | 7.2 (50.7%)   |
| 449 | WOJCIECHOWSKI Tomasz | 7644  |                                  | Masters M - 40    | 126  | 01:34:34     | 02:55:29.10           | +01:27:01<br>(49.6%) | 8:21            | 7.2 (50.7%)   |
| 450 | DANKOWSKI Bartosz    | 7412  | ENDORFINY WĄSOSZ                 | Senior II M - 30  | 131  | 01:35:55     | 02:55:50.55           | +01:27:23<br>(49.7%) | 8:22            | 7.2 (50.7%)   |
| 451 | LORENC Paweł         | 7623  | ENDROFINY WĄSOSZ                 | Senior II M - 30  | 132  | 01:35:56     | 02:55:52.90           | +01:27:25<br>(49.7%) | 8:22            | 7.2 (50.7%)   |
| 452 | BEDNORZ Monika       | 7249  |                                  | Senior II K - 30  | 65   | 01:38:26     | 02:55:53.60           | +01:27:26<br>(49.7%) | 8:22            | 7.2 (50.7%)   |
| 453 | NOWAK Filip          | 7830  |                                  | Senior II M - 30  | 133  | 01:39:43     | 02:56:08.80           | +01:27:41<br>(49.8%) | 8:23            | 7.2 (50.7%)   |

| Msc | Zawodnik                   | Numer | Klub                    | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|-------|-------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 454 | NOWAK Michał               | 7250  | WOJOWNICY WÓDY          | Senior II M - 30  | 134  | 01:40:21     | 02:56:14.70           | +01:27:47<br>(49.8%) | 8:23            | 7.1 (50.0%)   |
| 455 | KŁOPOTEK Nina              | 7320  | EXTREME FAMILY          | Senior I K - 20   | 22   | 01:40:19     | 02:56:22.25           | +01:27:54<br>(49.8%) | 8:23            | 7.1 (50.0%)   |
| 456 | NAJDEREK Robert            | 7099  | -                       | Masters M - 40    | 127  | 01:37:14     | 02:56:28.65           | +01:28:01<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 457 | ZACHARIASZ Małgorzata      | 7897  |                         | Senior II K - 30  | 66   | 01:41:29     | 02:56:37.30           | +01:28:10<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 458 | PORADA Małgorzata          | 7440  |                         | Masters K - 40    | 41   | 01:40:47     | 02:56:38.55           | +01:28:11<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 459 | CZECH Dorota               | 7106  | ASICSFRONTRUNNER POLAND | Masters K - 40    | 42   | 01:41:46     | 02:56:39.15           | +01:28:11<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 460 | KOSSOK-ZAWADA Marta        | 7141  | CAŁA OLEŚNICA BIEGA     | Senior II K - 30  | 67   | 01:44:53     | 02:56:39.90           | +01:28:12<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 461 | KLIMALA Angelika           | 7215  | CAŁA OLEŚNICA BIEGA     | Masters K - 40    | 43   | 01:44:54     | 02:56:41.60           | +01:28:14<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 462 | JÓZEF Dorota               | 7033  |                         | Senior I K - 20   | 23   | 01:38:41     | 02:56:41.75           | +01:28:14<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 463 | SIEMION Artur              | 7888  |                         | Masters M - 40    | 128  | 01:38:08     | 02:56:42.55           | +01:28:15<br>(49.9%) | 8:24            | 7.1 (50.0%)   |
| 464 | LUBOWSKA-KUCHTA Małgorzata | 7832  | RUNPROGRESSP            | Senior II K - 30  | 68   | 01:39:56     | 02:56:53.40           | +01:28:26<br>(50.0%) | 8:25            | 7.1 (50.0%)   |
| 465 | MICHALAK Tomasz            | 7042  |                         | Masters M - 40    | 129  | 01:36:16     | 02:57:07.45           | +01:28:40<br>(50.1%) | 8:26            | 7.1 (50.0%)   |
| 466 | KROGULECKI Michał          | 7273  | MIRAZ RACE TEAM         | Senior II M - 30  | 135  | 01:37:55     | 02:57:12.20           | +01:28:44<br>(50.1%) | 8:26            | 7.1 (50.0%)   |
| 467 | PŁAŻYŃSKI Bartosz          | 7797  | W POGONI ZA DUCHEM      | Masters M - 40    | 130  | 01:38:26     | 02:57:29.65           | +01:29:02<br>(50.2%) | 8:27            | 7.1 (50.0%)   |
| 468 | JÓZEF Marek                | 7014  |                         | Masters M - 40    | 131  | 01:38:42     | 02:57:37.95           | +01:29:10<br>(50.2%) | 8:27            | 7.1 (50.0%)   |
| 469 | BRZEZIŃSKI Andrzej         | 7258  |                         | Weteran II M - 60 | 6    | 01:34:56     | 02:57:42.75           | +01:29:15<br>(50.2%) | 8:27            | 7.1 (50.0%)   |
| 470 | KOZAK Ewa                  | 7590  | KOZAKI                  | Masters K - 40    | 44   | 01:35:22     | 02:57:43.55           | +01:29:16<br>(50.2%) | 8:27            | 7.1 (50.0%)   |
| 471 | PERWENIS Krzysztof         | 7246  |                         | Masters M - 40    | 132  | 01:40:55     | 02:57:49.30           | +01:29:22<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 472 | MARCINKOWSKA Katarzyna     | 7860  |                         | Masters K - 40    | 45   | 01:41:45     | 02:57:50.10           | +01:29:22<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 473 | TCHÓRZEWSKA Monika         | 7455  |                         | Masters K - 40    | 46   | 01:47:14     | 02:57:53.20           | +01:29:25<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 474 | LEWICKA Katarzyna          | 7484  |                         | Senior II K - 30  | 69   | 01:40:59     | 02:57:53.30           | +01:29:26<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 475 | GRUŻLEWSKA Patrycja        | 7698  | BIEGAM U KOLESI         | Senior I K - 20   | 24   | 01:40:58     | 02:57:53.35           | +01:29:26<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 476 | SZCZAWIŃSKI Grzegorz       | 7554  | SBRT WARSZAWA           | Masters M - 40    | 133  | 01:39:33     | 02:57:57.10           | +01:29:29<br>(50.3%) | 8:28            | 7.1 (50.0%)   |

| Msc | Zawodnik               | Numer | Klub             | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 477 | ŁOBODZIEC Monika       | 7655  |                  | Masters K - 40   | 47   | 01:40:07     | 02:57:59.80           | +01:29:32<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 478 | STACHOWIAK Danuta      | 7150  | ROKIETNICA BIEGA | Masters K - 40   | 48   | 01:43:43     | 02:58:03.50           | +01:29:36<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 479 | JANIEC Tomasz          | 7315  |                  | Senior II M - 30 | 136  | 01:35:59     | 02:58:07.75           | +01:29:40<br>(50.3%) | 8:28            | 7.1 (50.0%)   |
| 480 | KOMAN Michał           | 7078  |                  | Senior II M - 30 | 137  | 01:39:28     | 02:58:16.45           | +01:29:49<br>(50.4%) | 8:29            | 7.1 (50.0%)   |
| 481 | FILIPIŃSKI Paweł       | 7580  |                  | Senior I M - 20  | 37   | 01:39:05     | 02:58:18.45           | +01:29:51<br>(50.4%) | 8:29            | 7.1 (50.0%)   |
| 482 | GRABOWSKI Adam         | 7121  |                  | Masters M - 40   | 134  | 01:42:22     | 02:58:32.40           | +01:30:05<br>(50.5%) | 8:30            | 7.1 (50.0%)   |
| 483 | RÓŻAŃSKA Magdalena     | 7057  |                  | Masters K - 40   | 49   | 01:40:25     | 02:58:41.90           | +01:30:14<br>(50.5%) | 8:30            | 7.1 (50.0%)   |
| 484 | BAJER Karol            | 7231  |                  | Masters M - 40   | 135  | 01:37:04     | 02:58:52.80           | +01:30:25<br>(50.6%) | 8:31            | 7 (49.3%)     |
| 485 | CHOŁUJ Małgorzata      | 7115  |                  | Weteran K - 50   | 1    | 01:40:00     | 02:59:23.05           | +01:30:55<br>(50.7%) | 8:32            | 7 (49.3%)     |
| 486 | MARCINIAK Grażyna      | 7364  |                  | Senior II K - 30 | 70   | 01:42:05     | 02:59:27.00           | +01:30:59<br>(50.7%) | 8:32            | 7 (49.3%)     |
| 487 | STRZAŁKOWSKA Urszula   | 7688  | BBL OPOLE        | Senior II K - 30 | 71   | 01:38:12     | 02:59:50.70           | +01:31:23<br>(50.8%) | 8:33            | 7 (49.3%)     |
| 488 | KOZAK Bartosz          | 7591  | KOZAKI           | Masters M - 40   | 136  | 01:34:29     | 02:59:59.25           | +01:31:31<br>(50.9%) | 8:34            | 7 (49.3%)     |
| 489 | KUCHCZYŃSKI Krzysztof  | 7127  |                  | Senior II M - 30 | 138  | 01:35:54     | 03:00:01.05           | +01:31:33<br>(50.9%) | 8:34            | 7 (49.3%)     |
| 490 | ROGÓŻ Rafał            | 7570  |                  | Masters M - 40   | 137  | 01:30:15     | 03:00:03.25           | +01:31:35<br>(50.9%) | 8:34            | 7 (49.3%)     |
| 491 | MUSZYŃSKI Andrzej      | 7824  |                  | Senior II M - 30 | 139  | 01:32:45     | 03:00:11.15           | +01:31:43<br>(50.9%) | 8:34            | 7 (49.3%)     |
| 492 | SZPINEK Stella         | 7810  | TUTU TEAM        | Senior II K - 30 | 72   | 01:40:40     | 03:00:20.45           | +01:31:53<br>(51.0%) | 8:35            | 7 (49.3%)     |
| 493 | FRANKIEWICZ Łukasz     | 7305  |                  | Senior II M - 30 | 140  | 01:40:37     | 03:00:24.50           | +01:31:57<br>(51.0%) | 8:35            | 7 (49.3%)     |
| 494 | KRUK Anna              | 7751  |                  | Senior I K - 20  | 25   | 01:41:32     | 03:00:26.05           | +01:31:58<br>(51.0%) | 8:35            | 7 (49.3%)     |
| 495 | PODBOROŻNY Karol       | 7600  |                  | Senior II M - 30 | 141  | 01:47:59     | 03:00:36.65           | +01:32:09<br>(51.0%) | 8:36            | 7 (49.3%)     |
| 496 | KROSZKA Krzysztof      | 7311  |                  | Weteran I M - 50 | 28   | 01:39:27     | 03:00:42.30           | +01:32:15<br>(51.1%) | 8:36            | 7 (49.3%)     |
| 497 | STASZYŃSKA Karolina    | 7820  |                  | Masters K - 40   | 50   | 01:40:23     | 03:00:42.95           | +01:32:15<br>(51.1%) | 8:36            | 7 (49.3%)     |
| 498 | HALA Krzysztof         | 7902  |                  | Masters M - 40   | 138  | 01:45:13     | 03:01:10.75           | +01:32:43<br>(51.2%) | 8:37            | 7 (49.3%)     |
| 499 | SKIBA-DZIADYK Dominika | 7179  |                  | Masters K - 40   | 51   | 01:41:01     | 03:01:11.45           | +01:32:44<br>(51.2%) | 8:37            | 7 (49.3%)     |

| Msc | Zawodnik               | Numer | Klub                      | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|---------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 500 | KRZYŻYK Agnieszka      | 7086  | TRIO FORTIS               | Masters K - 40   | 52   | 01:39:53     | 03:01:13.55           | +01:32:46<br>(51.2%) | 8:37            | 7 (49.3%)     |
| 501 | SIKORA Agnieszka       | 7395  |                           | Senior II K - 30 | 73   | 01:36:54     | 03:01:31.90           | +01:33:04<br>(51.3%) | 8:38            | 6.9 (48.6%)   |
| 502 | KOSTECZKA Paulina      | 7309  | DRUŻYNA BIEGNAĆEGO ORIONA | Masters K - 40   | 53   | 01:39:30     | 03:01:34.70           | +01:33:07<br>(51.3%) | 8:38            | 6.9 (48.6%)   |
| 503 | KACHNIARZ Tomasz       | 7699  | NBS TEAM                  | Senior II M - 30 | 142  | 01:38:33     | 03:01:41.15           | +01:33:13<br>(51.3%) | 8:39            | 6.9 (48.6%)   |
| 504 | WOŹNY Krzysztof        | 7710  | SPORTOWY KAŻMIERZ         | Senior II M - 30 | 143  | 01:45:45     | 03:02:18.00           | +01:33:50<br>(51.5%) | 8:40            | 6.9 (48.6%)   |
| 505 | ZIARNIAK Anna          | 7192  | POMIOTY SZATANA           | Senior II K - 30 | 74   | 01:40:34     | 03:02:21.45           | +01:33:54<br>(51.5%) | 8:41            | 6.9 (48.6%)   |
| 506 | MOSKWA Martyna         | 7368  | MASZ PRZEBIEGANE          | Senior I K - 20  | 26   | 01:44:50     | 03:02:25.10           | +01:33:57<br>(51.5%) | 8:41            | 6.9 (48.6%)   |
| 507 | JURASZ Aleksandra      | 7092  |                           | Senior II K - 30 | 75   | 01:42:23     | 03:02:53.60           | +01:34:26<br>(51.6%) | 8:42            | 6.9 (48.6%)   |
| 508 | GALEWSKI Mariusz       | 7500  | KOTLIN                    | Weteran I M - 50 | 29   | 01:40:47     | 03:02:57.80           | +01:34:30<br>(51.7%) | 8:42            | 6.9 (48.6%)   |
| 509 | WŁODAREK Urszula       | 7854  | DENTALCARE                | Weteran K - 50   | 2    | 01:40:20     | 03:03:07.75           | +01:34:40<br>(51.7%) | 8:43            | 6.9 (48.6%)   |
| 510 | DUCH Aleksandra        | 7022  |                           | Senior I K - 20  | 27   | 01:45:36     | 03:03:18.75           | +01:34:51<br>(51.7%) | 8:43            | 6.9 (48.6%)   |
| 511 | KOZŁOWSKA Renata       | 7859  |                           | Senior II K - 30 | 76   | 01:42:13     | 03:03:24.45           | +01:34:57<br>(51.8%) | 8:44            | 6.9 (48.6%)   |
| 512 | LINKIEWICZ-MANNA Eliza | 7532  | RAZ SZCZECIN              | Senior II K - 30 | 77   | 01:46:22     | 03:03:32.50           | +01:35:05<br>(51.8%) | 8:44            | 6.9 (48.6%)   |
| 513 | PIETRZAK Sylwia        | 7247  | 12TRI.PL                  | Senior II K - 30 | 78   | 01:42:25     | 03:03:32.80           | +01:35:05<br>(51.8%) | 8:44            | 6.9 (48.6%)   |
| 514 | FIĄCEK Adam            | 7312  | HARTUJĘ CHARTA            | Masters M - 40   | 139  | 01:38:18     | 03:03:55.10           | +01:35:27<br>(51.9%) | 8:45            | 6.9 (48.6%)   |
| 515 | LASKOWSKI Dariusz      | 7400  | NIEPOŁOMICE BIEGAJĄ       | Weteran I M - 50 | 30   | 01:40:51     | 03:03:59.80           | +01:35:32<br>(51.9%) | 8:45            | 6.8 (47.9%)   |
| 516 | KOZŁOWSKA Anna         | 7358  |                           | Masters K - 40   | 54   | 01:44:48     | 03:04:02.85           | +01:35:35<br>(51.9%) | 8:45            | 6.8 (47.9%)   |
| 517 | WÓJCIK Justyna         | 7356  | W POGONI ZA DUCHEM        | Masters K - 40   | 55   | 01:44:49     | 03:04:02.95           | +01:35:35<br>(51.9%) | 8:45            | 6.8 (47.9%)   |
| 518 | DIUWE Marzena          | 7638  | PASTERKA PANY             | Senior II K - 30 | 79   | 01:43:54     | 03:04:04.70           | +01:35:37<br>(51.9%) | 8:45            | 6.8 (47.9%)   |
| 519 | WILKIN Mirosław        | 7722  | FUNTRI                    | Weteran I M - 50 | 31   | 01:43:33     | 03:04:07.65           | +01:35:40<br>(52.0%) | 8:46            | 6.8 (47.9%)   |
| 520 | ZARANEK Barbara        | 7887  | KĘSY TEAM                 | Weteran K - 50   | 3    | 01:47:59     | 03:04:17.15           | +01:35:49<br>(52.0%) | 8:46            | 6.8 (47.9%)   |
| 521 | MAJCHRZYCKI Sławomir   | 7746  | TKKF MPK POZNAŃ           | Senior II M - 30 | 144  | 01:42:35     | 03:04:20.30           | +01:35:53<br>(52.0%) | 8:46            | 6.8 (47.9%)   |
| 522 | KASZUBA Paweł          | 7609  |                           | Masters M - 40   | 140  | 01:42:30     | 03:04:20.65           | +01:35:53<br>(52.0%) | 8:46            | 6.8 (47.9%)   |

| Msc | Zawodnik                     | Numer | Klub                                | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------|-------|-------------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 523 | KLUZA Piotr                  | 7553  | WKTJ                                | Weteran I M - 50  | 32   | 01:42:43     | 03:04:21.55           | +01:35:54<br>(52.0%) | 8:46            | 6.8 (47.9%)   |
| 524 | KNOBLOCH Tomasz              | 7346  | THE PINDOLS                         | Masters M - 40    | 141  | 01:42:38     | 03:04:22.75           | +01:35:55<br>(52.0%) | 8:46            | 6.8 (47.9%)   |
| 525 | WOŹNIAK Mirostaw             | 7612  | TKKF MPK POZNAŃ                     | Weteran II M - 60 | 7    | 01:44:49     | 03:04:24.60           | +01:35:57<br>(52.0%) | 8:46            | 6.8 (47.9%)   |
| 526 | WINCZURA Joanna              | 7569  |                                     | Masters K - 40    | 56   | 01:41:35     | 03:04:29.05           | +01:36:01<br>(52.1%) | 8:47            | 6.8 (47.9%)   |
| 527 | PNIEWSKA Anna                | 7156  |                                     | Masters K - 40    | 57   | 01:40:40     | 03:04:29.70           | +01:36:02<br>(52.1%) | 8:47            | 6.8 (47.9%)   |
| 528 | APANOVA Ekaterina            | 7603  |                                     | Senior II K - 30  | 80   | 01:41:59     | 03:04:31.30           | +01:36:04<br>(52.1%) | 8:47            | 6.8 (47.9%)   |
| 529 | PYRAK Joanna                 | 7104  | AEGON RUN                           | Senior II K - 30  | 81   | 01:46:38     | 03:04:33.80           | +01:36:06<br>(52.1%) | 8:47            | 6.8 (47.9%)   |
| 530 | PASZKIEWICZ-ŻAK Monika       | 7256  |                                     | Senior I K - 20   | 28   | 01:43:29     | 03:04:46.55           | +01:36:19<br>(52.1%) | 8:47            | 6.8 (47.9%)   |
| 531 | WALCZAK Tomasz               | 7788  | PCH_RUN                             | Masters M - 40    | 142  | 01:38:10     | 03:04:53.20           | +01:36:25<br>(52.2%) | 8:48            | 6.8 (47.9%)   |
| 532 | WALCZAK Michał               | 7238  |                                     | Masters M - 40    | 143  | 01:43:56     | 03:04:53.50           | +01:36:26<br>(52.2%) | 8:48            | 6.8 (47.9%)   |
| 533 | WALCZAK Małgorzata           | 7787  | PCH_RUN                             | Masters K - 40    | 58   | 01:38:11     | 03:04:53.80           | +01:36:26<br>(52.2%) | 8:48            | 6.8 (47.9%)   |
| 534 | SZMIGIEL Maciej              | 7070  |                                     | Senior II M - 30  | 145  | 01:45:59     | 03:04:59.30           | +01:36:32<br>(52.2%) | 8:48            | 6.8 (47.9%)   |
| 535 | ROGE Michał                  | 7465  |                                     | Senior II M - 30  | 146  | 01:45:39     | 03:05:00.00           | +01:36:32<br>(52.2%) | 8:48            | 6.8 (47.9%)   |
| 536 | MARKOWSKA-GRUSZCZYŃSKA Hanna | 7254  | GRUCHY DAJĄ CZADU !!!               | Masters K - 40    | 59   | 01:41:22     | 03:05:38.55           | +01:37:11<br>(52.4%) | 8:50            | 6.8 (47.9%)   |
| 537 | LEWANDOWSKA Maria            | 7139  | BIEGAM BO NIE LUBIE                 | Senior II K - 30  | 82   | 01:44:54     | 03:05:39.85           | +01:37:12<br>(52.4%) | 8:50            | 6.8 (47.9%)   |
| 538 | BAŃKOWSKA Ewa                | 7347  |                                     | Senior II K - 30  | 83   | 01:41:32     | 03:05:55.10           | +01:37:27<br>(52.4%) | 8:51            | 6.8 (47.9%)   |
| 539 | JAWORSKA Magdalena           | 7183  | GB WIELKOPOLSCY BIEGACZE / TEAM KGB | Masters K - 40    | 60   | 01:39:48     | 03:05:56.45           | +01:37:29<br>(52.4%) | 8:51            | 6.8 (47.9%)   |
| 540 | SIWIASZCZYK Tomasz           | 7202  |                                     | Masters M - 40    | 144  | 01:39:47     | 03:05:57.65           | +01:37:30<br>(52.4%) | 8:51            | 6.8 (47.9%)   |
| 541 | BOROWICZ Marcin              | 7911  |                                     | Masters M - 40    | 145  | 01:46:35     | 03:05:57.80           | +01:37:30<br>(52.4%) | 8:51            | 6.8 (47.9%)   |
| 542 | IGNASZEWSKA Marta            | 7052  | DRUŻYNA SZPIKU                      | Masters K - 40    | 61   | 01:44:12     | 03:06:03.05           | +01:37:35<br>(52.5%) | 8:51            | 6.8 (47.9%)   |
| 543 | TOPIŁKO Wojciech             | 7426  | SPEEDO POLSKA                       | Masters M - 40    | 146  | 01:43:41     | 03:06:14.35           | +01:37:47<br>(52.5%) | 8:52            | 6.8 (47.9%)   |
| 544 | PACYNA Marek                 | 7489  | #BBKTS                              | Weteran I M - 50  | 33   | 01:43:48     | 03:06:14.65           | +01:37:47<br>(52.5%) | 8:52            | 6.8 (47.9%)   |
| 545 | KĘDZIA Edyta                 | 7846  |                                     | Weteran K - 50    | 4    | 01:46:33     | 03:06:21.85           | +01:37:54<br>(52.5%) | 8:52            | 6.8 (47.9%)   |

| Msc | Zawodnik           | Numer | Klub              | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------|-------|-------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 546 | ANDRZEJCZAK Łukasz | 7480  |                   | Senior II M - 30  | 147  | 01:38:02     | 03:06:23.40           | +01:37:56<br>(52.5%) | 8:52            | 6.8 (47.9%)   |
| 547 | FLISEK Jakub       | 7468  | MNTW              | Senior II M - 30  | 148  | 01:38:11     | 03:06:33.20           | +01:38:05<br>(52.6%) | 8:53            | 6.8 (47.9%)   |
| 548 | TOMAL Lidia        | 7858  |                   | Masters K - 40    | 62   | 01:41:39     | 03:06:40.55           | +01:38:13<br>(52.6%) | 8:53            | 6.8 (47.9%)   |
| 549 | DERES Julia        | 7792  | BIEGOWA KUŹNIA    | Senior I K - 20   | 29   | 01:39:35     | 03:06:48.95           | +01:38:21<br>(52.7%) | 8:53            | 6.7 (47.2%)   |
| 550 | PIÓRKOWSKI Marek   | 7194  | BIEGOWA KUŹNIA    | Weteran I M - 50  | 34   | 01:39:36     | 03:06:49.10           | +01:38:21<br>(52.7%) | 8:53            | 6.7 (47.2%)   |
| 551 | OCHLIŃSKI Tomasz   | 7363  |                   | Masters M - 40    | 147  | 01:44:24     | 03:06:56.80           | +01:38:29<br>(52.7%) | 8:54            | 6.7 (47.2%)   |
| 552 | SZCZAPA Karol      | 7790  | 12TRI.PL          | Senior II M - 30  | 149  | 01:39:17     | 03:07:01.95           | +01:38:34<br>(52.7%) | 8:54            | 6.7 (47.2%)   |
| 553 | KRYSIAK Joachim    | 7384  |                   | Weteran II M - 60 | 8    | 01:40:34     | 03:07:03.85           | +01:38:36<br>(52.7%) | 8:54            | 6.7 (47.2%)   |
| 554 | BOROWICZ Paulina   | 7542  |                   | Masters K - 40    | 63   | 01:46:38     | 03:07:05.95           | +01:38:38<br>(52.7%) | 8:54            | 6.7 (47.2%)   |
| 555 | GŁUCHOWSKA Ewelina | 7389  |                   | Senior II K - 30  | 84   | 01:40:01     | 03:07:12.35           | +01:38:45<br>(52.7%) | 8:54            | 6.7 (47.2%)   |
| 556 | MARTYNIAK Rafał    | 7342  |                   | Masters M - 40    | 148  | 01:41:50     | 03:07:12.90           | +01:38:45<br>(52.8%) | 8:54            | 6.7 (47.2%)   |
| 557 | GŁÓWKA Barbara     | 7392  |                   | Senior II K - 30  | 85   | 01:44:08     | 03:07:14.00           | +01:38:46<br>(52.8%) | 8:54            | 6.7 (47.2%)   |
| 558 | KORNACKA Monika    | 7526  |                   | Masters K - 40    | 64   | 01:48:46     | 03:07:17.20           | +01:38:49<br>(52.8%) | 8:55            | 6.7 (47.2%)   |
| 559 | ROSZCZYK Tatiana   | 7367  |                   | Masters K - 40    | 65   | 01:47:19     | 03:07:19.30           | +01:38:52<br>(52.8%) | 8:55            | 6.7 (47.2%)   |
| 560 | POSIŁA Joanna      | 7200  |                   | Masters K - 40    | 66   | 01:49:00     | 03:07:33.85           | +01:39:06<br>(52.8%) | 8:55            | 6.7 (47.2%)   |
| 561 | KRUPA Ewa          | 7087  |                   | Senior I K - 20   | 30   | 01:41:00     | 03:07:47.00           | +01:39:19<br>(52.9%) | 8:56            | 6.7 (47.2%)   |
| 562 | DROZDZ Dorota      | 7167  | #KĘSYTEAM         | Masters K - 40    | 67   | 01:51:12     | 03:07:55.70           | +01:39:28<br>(52.9%) | 8:56            | 6.7 (47.2%)   |
| 563 | KASPRZYK Rafał     | 7508  | SPORTOWY KAŻMIERZ | Masters M - 40    | 149  | 01:45:48     | 03:08:05.70           | +01:39:38<br>(53.0%) | 8:57            | 6.7 (47.2%)   |
| 564 | GOŁĄBEK Damian     | 7268  |                   | Senior II M - 30  | 150  | 01:37:42     | 03:08:11.70           | +01:39:44<br>(53.0%) | 8:57            | 6.7 (47.2%)   |
| 565 | NAWROCKI Jarosław  | 7499  |                   | Weteran I M - 50  | 35   | 01:39:05     | 03:08:29.30           | +01:40:02<br>(53.1%) | 8:58            | 6.7 (47.2%)   |
| 566 | GMEREK Zuzanna     | 7008  |                   | Senior I K - 20   | 31   | 01:42:43     | 03:08:37.00           | +01:40:09<br>(53.1%) | 8:58            | 6.7 (47.2%)   |
| 567 | JESIOŁOWSKI Robert | 7337  |                   | Weteran I M - 50  | 36   | 01:37:33     | 03:08:37.95           | +01:40:10<br>(53.1%) | 8:58            | 6.7 (47.2%)   |
| 568 | BORKOWSKI Marcel   | 7624  |                   | Senior II M - 30  | 151  | 01:38:53     | 03:08:40.05           | +01:40:12<br>(53.1%) | 8:59            | 6.7 (47.2%)   |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 569 | ŁOŚ Krzysztof         | 7665  | SBRT WARSZAWA                | Weteran II M - 60 | 9    | 01:49:37     | 03:08:46.15           | +01:40:18<br>(53.1%) | 8:59            | 6.7 (47.2%)   |
| 570 | MARCINIAK Paulina     | 7371  |                              | Senior II K - 30  | 86   | 01:47:29     | 03:08:46.85           | +01:40:19<br>(53.1%) | 8:59            | 6.7 (47.2%)   |
| 571 | GONERA-BATOR Anna     | 7747  | KB HARCOWNIK JELCZ-LASKOWICE | Senior II K - 30  | 87   | 01:44:49     | 03:08:53.05           | +01:40:25<br>(53.2%) | 8:59            | 6.7 (47.2%)   |
| 572 | MOLSKI Andrzej        | 7933  |                              | Weteran I M - 50  | 37   | 01:41:54     | 03:08:59.60           | +01:40:32<br>(53.2%) | 8:59            | 6.7 (47.2%)   |
| 573 | WISNIEWSKA Małgorzata | 7332  | FFF                          | Masters K - 40    | 68   | 01:44:44     | 03:09:10.50           | +01:40:43<br>(53.2%) | 9:00            | 6.7 (47.2%)   |
| 574 | SZUBARGA Tomasz       | 7170  | ROKIETNICA BIEGA             | Senior II M - 30  | 152  | 01:40:44     | 03:09:10.85           | +01:40:43<br>(53.2%) | 9:00            | 6.7 (47.2%)   |
| 575 | MATELSKI Karol        | 7171  | ROKIETNICA BIEGA             | Masters M - 40    | 150  | 01:40:44     | 03:09:11.15           | +01:40:43<br>(53.2%) | 9:00            | 6.7 (47.2%)   |
| 576 | WOJCIECHOWSKI Andrzej | 7772  | NIGHT RUNNERS                | Senior II M - 30  | 153  | 01:45:36     | 03:09:17.60           | +01:40:50<br>(53.3%) | 9:00            | 6.7 (47.2%)   |
| 577 | JARCZYŃSKI Piotr      | 7775  | NIGHT RUNNERS                | Senior II M - 30  | 154  | 01:45:39     | 03:09:20.40           | +01:40:53<br>(53.3%) | 9:00            | 6.7 (47.2%)   |
| 578 | NOWAKOWSKI Karol      | 7514  | SBRT WARSZAWA                | Senior II M - 30  | 155  | 01:37:37     | 03:09:22.60           | +01:40:55<br>(53.3%) | 9:01            | 6.7 (47.2%)   |
| 579 | RYBICKI Przemysław    | 7525  | SKLEP BIEGACZA               | Masters M - 40    | 151  | 01:37:37     | 03:09:23.65           | +01:40:56<br>(53.3%) | 9:01            | 6.7 (47.2%)   |
| 580 | SZCZOTKA Katarzyna    | 7088  |                              | Senior I K - 20   | 32   | 01:43:47     | 03:09:38.90           | +01:41:11<br>(53.4%) | 9:01            | 6.6 (46.5%)   |
| 581 | BARANOWSKI Szymon     | 7094  |                              | Senior II M - 30  | 156  | 01:41:25     | 03:09:39.50           | +01:41:12<br>(53.4%) | 9:01            | 6.6 (46.5%)   |
| 582 | ZIELIŃSKA Mirona      | 7153  |                              | Masters K - 40    | 69   | 01:42:32     | 03:09:41.75           | +01:41:14<br>(53.4%) | 9:01            | 6.6 (46.5%)   |
| 583 | ŻAK Piotr             | 7932  |                              | Weteran I M - 50  | 38   | 01:45:03     | 03:09:47.95           | +01:41:20<br>(53.4%) | 9:02            | 6.6 (46.5%)   |
| 584 | WICIŃSKI Grzegorz     | 7232  | G13                          | Weteran I M - 50  | 39   | 01:35:14     | 03:09:51.80           | +01:41:24<br>(53.4%) | 9:02            | 6.6 (46.5%)   |
| 585 | MIKUTANIEC Sebastian  | 7300  |                              | Masters M - 40    | 152  | 01:43:13     | 03:10:06.15           | +01:41:38<br>(53.5%) | 9:03            | 6.6 (46.5%)   |
| 586 | BRZĘCZEK Izabela      | 7768  |                              | Weteran K - 50    | 5    | 01:44:41     | 03:10:10.35           | +01:41:43<br>(53.5%) | 9:03            | 6.6 (46.5%)   |
| 587 | SOKOŁOWSKA Anna       | 7478  |                              | Senior II K - 30  | 88   | 01:42:56     | 03:10:12.70           | +01:41:45<br>(53.5%) | 9:03            | 6.6 (46.5%)   |
| 588 | KALINOWSKA Patrycja   | 7879  |                              | Senior II K - 30  | 89   | 01:45:54     | 03:10:16.10           | +01:41:48<br>(53.5%) | 9:03            | 6.6 (46.5%)   |
| 589 | FRUCZ Jacek           | 7272  |                              | Weteran I M - 50  | 40   | 01:48:30     | 03:10:38.30           | +01:42:11<br>(53.6%) | 9:04            | 6.6 (46.5%)   |
| 590 | GWORYS Katarzyna      | 7125  | ZRYW PARZYMIECHY             | Senior II K - 30  | 90   | 01:45:03     | 03:10:59.85           | +01:42:32<br>(53.7%) | 9:05            | 6.6 (46.5%)   |
| 591 | GWORYS Krzysztof      | 7130  | ZRYW PARZYMIECHY             | Senior II M - 30  | 157  | 01:45:05     | 03:11:00.60           | +01:42:33<br>(53.7%) | 9:05            | 6.6 (46.5%)   |

| Msc | Zawodnik                | Numer | Klub                    | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|-------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 592 | JAGIEŁŁO Małgorzata     | 7307  | STAN UMYSŁU LEWIN BIEGA | Weteran K - 50    | 6    | 01:48:36     | 03:11:13.75           | +01:42:46<br>(53.7%) | 9:06            | 6.6 (46.5%)   |
| 593 | PLEWA Remigiusz         | 7464  |                         | Masters M - 40    | 153  | 01:42:07     | 03:11:42.65           | +01:43:15<br>(53.9%) | 9:07            | 6.6 (46.5%)   |
| 594 | SOCHA Dorota            | 7477  |                         | Senior II K - 30  | 91   | 01:42:59     | 03:11:44.15           | +01:43:16<br>(53.9%) | 9:07            | 6.6 (46.5%)   |
| 595 | KUGLARZ Tomasz          | 7072  | BIEGACZE ZJADACZE KM    | Masters M - 40    | 154  | 01:40:26     | 03:11:47.50           | +01:43:20<br>(53.9%) | 9:07            | 6.6 (46.5%)   |
| 596 | STACIWO Justyna         | 7174  | KURACJUSZE              | Senior II K - 30  | 92   | 01:43:40     | 03:12:01.00           | +01:43:33<br>(53.9%) | 9:08            | 6.6 (46.5%)   |
| 597 | PRZYBYŁ Tomasz          | 7759  | NIGHT RUNNERS           | Masters M - 40    | 155  | 01:42:29     | 03:12:16.10           | +01:43:48<br>(54.0%) | 9:09            | 6.6 (46.5%)   |
| 598 | HYLIŃSKA Hanna          | 7064  | KOMU CZEMU              | Senior II K - 30  | 93   | 01:44:22     | 03:12:20.30           | +01:43:53<br>(54.0%) | 9:09            | 6.6 (46.5%)   |
| 599 | DZIARNOWSKI Włodzimierz | 7890  |                         | Weteran II M - 60 | 10   | 01:39:26     | 03:12:25.20           | +01:43:57<br>(54.0%) | 9:09            | 6.5 (45.8%)   |
| 600 | NIZIOŁEK Aleksander     | 7604  |                         | Masters M - 40    | 156  | 01:38:12     | 03:12:27.50           | +01:44:00<br>(54.0%) | 9:09            | 6.5 (45.8%)   |
| 601 | MARKOWSKA Lilianna      | 7223  | BIEGAMDLAZDROWIA.PL     | Weteran K - 50    | 7    | 01:53:09     | 03:12:48.10           | +01:44:20<br>(54.1%) | 9:10            | 6.5 (45.8%)   |
| 602 | WOJCIECHOWSKI Paweł     | 7602  |                         | Masters M - 40    | 157  | 01:40:12     | 03:12:50.65           | +01:44:23<br>(54.1%) | 9:10            | 6.5 (45.8%)   |
| 603 | FASZCZA Agnieszka       | 7148  | MARATOŃCZYK POZNAŃ      | Senior II K - 30  | 94   | 01:48:20     | 03:12:53.20           | +01:44:25<br>(54.1%) | 9:11            | 6.5 (45.8%)   |
| 604 | TARKA Konrad            | 7819  | MARATOŃCZYK POZNAŃ      | Senior II M - 30  | 158  | 01:48:19     | 03:12:53.95           | +01:44:26<br>(54.1%) | 9:11            | 6.5 (45.8%)   |
| 605 | POPOWICZ Justyna        | 7801  | KOBIETY WATAHY          | Masters K - 40    | 70   | 01:41:15     | 03:13:23.70           | +01:44:56<br>(54.3%) | 9:12            | 6.5 (45.8%)   |
| 606 | KAMIŃSKA Katarzyna      | 7736  |                         | Masters K - 40    | 71   | 01:48:31     | 03:14:00.30           | +01:45:33<br>(54.4%) | 9:14            | 6.5 (45.8%)   |
| 607 | SZWEJK Krzysztof        | 7752  |                         | Masters M - 40    | 158  | 01:48:21     | 03:14:37.30           | +01:46:10<br>(54.6%) | 9:16            | 6.5 (45.8%)   |
| 608 | CHOJNACKI Jakub         | 7138  |                         | Senior II M - 30  | 159  | 01:48:23     | 03:14:38.20           | +01:46:10<br>(54.6%) | 9:16            | 6.5 (45.8%)   |
| 609 | PIETRZAK Agnieszka      | 7666  | KB DĘBIEC               | Masters K - 40    | 72   | 01:47:49     | 03:14:46.60           | +01:46:19<br>(54.6%) | 9:16            | 6.5 (45.8%)   |
| 610 | KORYBUT-BARSKA Anna     | 7240  |                         | Masters K - 40    | 73   | 01:49:40     | 03:15:00.90           | +01:46:33<br>(54.6%) | 9:17            | 6.5 (45.8%)   |
| 611 | SZCZEPANIAK Marta       | 7357  |                         | Masters K - 40    | 74   | 01:49:41     | 03:15:01.65           | +01:46:34<br>(54.6%) | 9:17            | 6.5 (45.8%)   |
| 612 | ŁUŻNY Agnieszka         | 7386  | MUAY RUNNING TEAM       | Senior II K - 30  | 95   | 01:48:42     | 03:15:04.35           | +01:46:37<br>(54.7%) | 9:17            | 6.5 (45.8%)   |
| 613 | WICIŃSKA Izabela        | 7929  |                         | Weteran K - 50    | 8    | 01:47:35     | 03:15:44.60           | +01:47:17<br>(54.8%) | 9:19            | 6.4 (45.1%)   |
| 614 | BOGUSZ Marek            | 7735  | WALKA KOSTRZYN          | Weteran II M - 60 | 11   | 01:48:12     | 03:16:01.65           | +01:47:34<br>(54.9%) | 9:20            | 6.4 (45.1%)   |

| Msc |  | Zawodnik               | Numer | Klub                 | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--|------------------------|-------|----------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 615 |  | NITSCHKE Karol         | 7738  | TKKF MPK POZNAŃ      | Masters M - 40    | 159  | 01:47:57     | 03:16:17.55           | +01:47:50<br>(54.9%) | 9:20            | 6.4 (45.1%)   |
| 616 |  | NITSCHKE Grażyna       | 7598  | TKKF MPK POZNAŃ      | Masters K - 40    | 75   | 01:47:57     | 03:16:18.35           | +01:47:51<br>(54.9%) | 9:20            | 6.4 (45.1%)   |
| 617 |  | BAKOWSKA Magdalena     | 7599  | LOCO BABKI           | Senior II K - 30  | 96   | 01:47:58     | 03:16:19.85           | +01:47:52<br>(54.9%) | 9:20            | 6.4 (45.1%)   |
| 618 |  | KRUPIŃSKI Mateusz      | 7761  |                      | Senior II M - 30  | 160  | 01:46:45     | 03:17:31.35           | +01:49:04<br>(55.2%) | 9:24            | 6.4 (45.1%)   |
| 619 |  | KRUPIŃSKA Andżelika    | 7760  | CZERWONACKIE KIJANKI | Senior II K - 30  | 97   | 01:46:46     | 03:17:32.00           | +01:49:04<br>(55.2%) | 9:24            | 6.4 (45.1%)   |
| 620 |  | HUTNIK Wojciech        | 7282  | APTENEO RUNNING TEAM | Senior II M - 30  | 161  | 01:44:42     | 03:17:39.45           | +01:49:12<br>(55.2%) | 9:24            | 6.4 (45.1%)   |
| 621 |  | PIJANKA Monika         | 7399  |                      | Masters K - 40    | 76   | 01:54:38     | 03:17:44.20           | +01:49:16<br>(55.3%) | 9:24            | 6.4 (45.1%)   |
| 622 |  | PACIUCH Dorota         | 7002  |                      | Senior II K - 30  | 98   | 01:45:50     | 03:18:00.20           | +01:49:32<br>(55.3%) | 9:25            | 6.4 (45.1%)   |
| 623 |  | KALIŃSKA Dorota        | 7817  | NIEMANIE             | Senior II K - 30  | 99   | 01:48:35     | 03:18:07.80           | +01:49:40<br>(55.4%) | 9:26            | 6.4 (45.1%)   |
| 624 |  | MILCARZ Andrzej        | 7737  | FESTINA LENTE        | Weteran II M - 60 | 12   | 01:42:28     | 03:18:15.50           | +01:49:48<br>(55.4%) | 9:26            | 6.4 (45.1%)   |
| 625 |  | MICHALSKI Tomasz       | 7310  | WKURW_TEAM           | Masters M - 40    | 160  | 01:44:48     | 03:18:24.85           | +01:49:57<br>(55.4%) | 9:26            | 6.4 (45.1%)   |
| 626 |  | MARKIEWICZ Joanna Zuza | 7039  | TJ                   | Masters K - 40    | 77   | 01:50:06     | 03:18:26.45           | +01:49:59<br>(55.4%) | 9:26            | 6.3 (44.4%)   |
| 627 |  | JACHYMSKA Zofia        | 7653  |                      | Senior I K - 20   | 33   | 01:50:10     | 03:18:28.75           | +01:50:01<br>(55.4%) | 9:27            | 6.3 (44.4%)   |
| 628 |  | LUBAŃSKA Alicja        | 7116  |                      | Weteran K - 50    | 9    | 01:52:30     | 03:18:30.55           | +01:50:03<br>(55.4%) | 9:27            | 6.3 (44.4%)   |
| 629 |  | ZAKRZEWSKA Beata       | 7119  |                      | Senior II K - 30  | 100  | 01:44:44     | 03:18:43.95           | +01:50:16<br>(55.5%) | 9:27            | 6.3 (44.4%)   |
| 630 |  | WACHEL Katarzyna       | 7149  |                      | Masters K - 40    | 78   | 01:46:06     | 03:18:58.70           | +01:50:31<br>(55.5%) | 9:28            | 6.3 (44.4%)   |
| 631 |  | FILIPOWICZ Katarzyna   | 7422  |                      | Senior II K - 30  | 101  | 01:47:32     | 03:19:03.40           | +01:50:36<br>(55.6%) | 9:28            | 6.3 (44.4%)   |
| 632 |  | PODULKA Małgorzata     | 7798  |                      | Senior II K - 30  | 102  | 01:54:56     | 03:19:18.15           | +01:50:50<br>(55.6%) | 9:29            | 6.3 (44.4%)   |
| 633 |  | SZCZERBA Anna          | 7275  |                      | Masters K - 40    | 79   | 01:51:24     | 03:19:23.00           | +01:50:55<br>(55.6%) | 9:29            | 6.3 (44.4%)   |
| 634 |  | BOSY Joanna            | 7239  |                      | Senior II K - 30  | 103  | 01:47:41     | 03:19:36.35           | +01:51:09<br>(55.7%) | 9:30            | 6.3 (44.4%)   |
| 635 |  | SADOWSKA Paula         | 7420  | SADOSZCZAKI          | Senior II K - 30  | 104  | 01:50:22     | 03:19:52.80           | +01:51:25<br>(55.7%) | 9:31            | 6.3 (44.4%)   |
| 636 |  | TUCHARZ Sebastian      | 7556  | SBRT WARSZAWA        | Masters M - 40    | 161  | 01:50:28     | 03:20:09.20           | +01:51:41<br>(55.8%) | 9:31            | 6.3 (44.4%)   |
| 637 |  | ŻERKO Klaudia          | 7016  |                      | Senior II K - 30  | 105  | 01:47:05     | 03:20:34.80           | +01:52:07<br>(55.9%) | 9:33            | 6.3 (44.4%)   |

| Czas netto 21km |                           |       |                        |                   |      |           |                   |              |             |  |
|-----------------|---------------------------|-------|------------------------|-------------------|------|-----------|-------------------|--------------|-------------|--|
| Msc             | Zawodnik                  | Numer | Klub                   | Kategoria         | Mkat | B1 10.3km | Różn              | Tempo min/km | Tempo km/h  |  |
| 638             | LE FELIC Monika           | 7677  |                        | Masters K - 40    | 80   | 01:44:51  | +01:52:12 (55.9%) | 9:33         | 6.3 (44.4%) |  |
| 639             | PLASZCZAK Jarosław        | 7370  |                        | Masters M - 40    | 162  | 01:49:01  | +01:52:43 (56.0%) | 9:34         | 6.3 (44.4%) |  |
| 640             | WALIŃSKA Agata            | 7530  |                        | Senior II K - 30  | 106  | 01:49:34  | +01:52:45 (56.0%) | 9:34         | 6.3 (44.4%) |  |
| 641             | LICHEŃSKI Bartosz         | 7636  |                        | Senior I M - 20   | 38   | 01:48:48  | +01:53:05 (56.1%) | 9:35         | 6.3 (44.4%) |  |
| 642             | BARAŃSKA Małgorzata       | 7351  |                        | Weteran K - 50    | 10   | 01:53:07  | +01:53:14 (56.1%) | 9:36         | 6.2 (43.7%) |  |
| 643             | WOŹNICKA Marta            | 7155  |                        | Masters K - 40    | 81   | 01:52:23  | +01:53:33 (56.2%) | 9:37         | 6.2 (43.7%) |  |
| 643             | NIEWITECKI Krzysztof      | 7172  |                        | Masters M - 40    | 163  | 01:52:09  | +01:53:33 (56.2%) | 9:37         | 6.2 (43.7%) |  |
| 645             | BARTKIEWICZ Lech          | 7777  |                        | Masters M - 40    | 164  | 01:39:19  | +01:54:12 (56.4%) | 9:39         | 6.2 (43.7%) |  |
| 646             | KASPRZYK Marcin           | 7205  |                        | Senior I M - 20   | 39   | 01:48:08  | +01:54:20 (56.4%) | 9:39         | 6.2 (43.7%) |  |
| 647             | NOWACZYK Sylwia           | 7114  | DRUŻYNA SZPIKU         | Masters K - 40    | 82   | 01:53:10  | +01:54:21 (56.4%) | 9:39         | 6.2 (43.7%) |  |
| 648             | KMIECIKOWSKI Jakub        | 7203  |                        | Senior I M - 20   | 40   | 01:48:08  | +01:54:31 (56.4%) | 9:39         | 6.2 (43.7%) |  |
| 649             | GÓRNA Małgorzata          | 7511  |                        | Senior II K - 30  | 107  | 01:55:26  | +01:54:34 (56.4%) | 9:40         | 6.2 (43.7%) |  |
| 650             | TCHÓRZEWSKA-PIETRZYK Anna | 7454  |                        | Masters K - 40    | 83   | 01:54:35  | +01:54:37 (56.4%) | 9:40         | 6.2 (43.7%) |  |
| 651             | NAWROT Katarzyna          | 7597  | MIRAZ RACE TEAM        | Senior II K - 30  | 108  | 01:50:22  | +01:54:39 (56.5%) | 9:40         | 6.2 (43.7%) |  |
| 652             | KULAKOWSKI Tomasz         | 7618  |                        | Weteran I M - 50  | 41   | 01:50:22  | +01:55:03 (56.5%) | 9:41         | 6.2 (43.7%) |  |
| 653             | NAGAŃSKA-PILAK Małgorzata | 7263  |                        | Weteran K - 50    | 11   | 01:58:30  | +01:55:24 (56.6%) | 9:42         | 6.2 (43.7%) |  |
| 654             | WOŹNIAK MACIEJEWSKA Edyta | 7182  |                        | Masters K - 40    | 84   | 01:58:03  | +01:55:41 (56.7%) | 9:43         | 6.2 (43.7%) |  |
| 655             | KOJDECKI Radosław         | 7107  |                        | Masters M - 40    | 165  | 01:48:18  | +01:55:51 (56.7%) | 9:43         | 6.2 (43.7%) |  |
| 656             | KOWALCZYK Tadeusz         | 7472  | LUX TORPEDA MAŁOPOLSKA | Weteran II M - 60 | 13   | 01:48:46  | +01:55:56 (56.7%) | 9:43         | 6.2 (43.7%) |  |
| 657             | ŚWIĄTEK Agnieszka         | 7090  |                        | Senior II K - 30  | 109  | 01:55:05  | +01:56:21 (56.8%) | 9:45         | 6.2 (43.7%) |  |
| 658             | PURWIN Karolina           | 7083  |                        | Senior I K - 20   | 34   | 01:55:05  | +01:56:21 (56.8%) | 9:45         | 6.2 (43.7%) |  |
| 659             | GAJĘCKA Joanna            | 7093  | ONEONONE               | Senior I K - 20   | 35   |           | +01:56:32 (56.9%) | 9:45         | 6.1 (43.0%) |  |
| 660             | GADZINOWSKI Ignacy        | 7439  |                        | Weteran II M - 60 | 14   | 01:53:24  | +01:56:38 (56.9%) | 9:45         | 6.1 (43.0%) |  |

| Msc | Zawodnik                       | Numer | Klub                       | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------|-------|----------------------------|------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 661 | SITKO Grzegorz                 | 7851  |                            | Senior II M - 30 | 162  | 01:58:45     | 03:25:18.95           | +01:56:51<br>(56.9%) | 9:46            | 6.1 (43.0%)   |
| 662 | MOŃKA-PODGÓRNA Ola             | 7212  | WIECZORNE BIEGANIE W OPOLU | Senior I K - 20  | 36   | 01:57:28     | 03:25:29.10           | +01:57:01<br>(57.0%) | 9:47            | 6.1 (43.0%)   |
| 663 | SZYMAŃSKI Kamil                | 7066  |                            | Senior II M - 30 | 163  | 01:44:16     | 03:25:30.20           | +01:57:02<br>(57.0%) | 9:47            | 6.1 (43.0%)   |
| 664 | JANKOWSKA Alicja               | 7639  | GANG SŁODZIAKÓW            | Senior II K - 30 | 110  | 01:49:41     | 03:25:35.35           | +01:57:08<br>(57.0%) | 9:47            | 6.1 (43.0%)   |
| 665 | KUCZYŃSKA-LESZCZYŃSKA Joanna   | 7143  | PODLASIAKI TEAM            | Masters K - 40   | 85   | 01:59:19     | 03:26:06.20           | +01:57:38<br>(57.1%) | 9:48            | 6.1 (43.0%)   |
| 666 | PERKA Barbara                  | 7117  |                            | Masters K - 40   | 86   | 01:53:59     | 03:27:04.40           | +01:58:37<br>(57.3%) | 9:51            | 6.1 (43.0%)   |
| 667 | ZARĘBCZAN Kamil                | 7560  | OSTATNICH GRYŻĄ PSY        | Senior II M - 30 | 164  | 01:56:07     | 03:27:21.55           | +01:58:54<br>(57.3%) | 9:52            | 6.1 (43.0%)   |
| 668 | SZYMURA Izabela                | 7252  |                            | Masters K - 40   | 87   | 01:54:43     | 03:27:24.95           | +01:58:57<br>(57.4%) | 9:52            | 6.1 (43.0%)   |
| 669 | KUCZERA Łukasz                 | 7815  |                            | Senior II M - 30 | 165  | 01:54:43     | 03:27:26.70           | +01:58:59<br>(57.4%) | 9:52            | 6.1 (43.0%)   |
| 670 | PLINIEWICZ Joanna              | 7617  | STRONIE BIEGA              | Senior II K - 30 | 111  | 01:47:19     | 03:27:34.80           | +01:59:07<br>(57.4%) | 9:53            | 6.1 (43.0%)   |
| 671 | DŁUGI Martyna                  | 7274  | ***** ***                  | Senior I K - 20  | 37   | 02:01:34     | 03:27:54.75           | +01:59:27<br>(57.5%) | 9:54            | 6.1 (43.0%)   |
| 672 | PATYCKA Edyta                  | 7325  |                            | Weteran K - 50   | 12   | 01:51:45     | 03:29:54.15           | +02:01:26<br>(57.9%) | 9:59            | 6 (42.3%)     |
| 673 | ZIELIŃSKA-CZERBNIAK Izabela    | 7899  | TARNOWO PODGÓRNE BIEGA.    | Masters K - 40   | 88   | 01:57:50     | 03:29:56.75           | +02:01:29<br>(57.9%) | 9:59            | 6 (42.3%)     |
| 674 | WYPCHOŁ Piotr                  | 7811  | BIEGAJ Z TRENERAMI         | Weteran I M - 50 | 42   | 01:48:00     | 03:30:17.25           | +02:01:49<br>(57.9%) | 10:00           | 6 (42.3%)     |
| 675 | SWARŻEŃSKA - SOKOŁOWSKA Jagoda | 7917  |                            | Senior II K - 30 | 112  |              | 03:30:26.90           | +02:01:59<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 676 | SZCZAWIŃSKA Małgorzata         | 7552  | SBRT WARSZAWA              | Masters K - 40   | 89   | 02:00:35     | 03:30:34.35           | +02:02:07<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 677 | MARYSZCZAK Magda               | 7549  | ADIDAS RUNNERS WARSAW      | Masters K - 40   | 90   | 02:00:46     | 03:30:37.00           | +02:02:09<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 678 | JĘDRUCHNIEWICZ Jolanta         | 7547  | ADIDAS RUNNERS WARSAW      | Senior II K - 30 | 113  | 02:00:42     | 03:30:37.75           | +02:02:10<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 679 | TUCHARZ Anna                   | 7550  | ADIDAS RUNNERS WARSAW      | Masters K - 40   | 91   | 02:00:38     | 03:30:38.35           | +02:02:11<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 680 | ŁUCZAK Maciej                  | 7680  | BANDA RYCHA                | Masters M - 40   | 166  | 01:58:40     | 03:30:38.40           | +02:02:11<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 681 | ŁUCZAK Roma                    | 7678  |                            | Masters K - 40   | 92   | 01:58:38     | 03:30:38.75           | +02:02:11<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 682 | ŻARSKA-CYNK Patrycja           | 7242  | CAŁA OLEŚNICA BIEGA        | Masters K - 40   | 93   | 01:52:57     | 03:30:39.95           | +02:02:12<br>(58.0%) | 10:01           | 6 (42.3%)     |
| 683 | KUŹNIAK Justyna                | 7335  | KB SZAMOTUŁY               | Masters K - 40   | 94   | 01:56:16     | 03:30:56.25           | +02:02:28<br>(58.1%) | 10:02           | 6 (42.3%)     |

| Msc | Zawodnik                 | Numer | Klub                          | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------|-------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 684 | KOTLIŃSKI Tomasz         | 7336  | KB SZAMOTUŁY                  | Weteran I M - 50  | 43   | 01:56:17     | 03:30:57.15           | +02:02:29<br>(58.1%) | 10:02           | 6 (42.3%)     |
| 685 | RYPUŁA Grażyna           | 7505  | ZENRUNNINGTEAM                | Weteran II K - 60 | 1    | 01:56:07     | 03:31:16.60           | +02:02:49<br>(58.1%) | 10:03           | 6 (42.3%)     |
| 686 | SAMULSKA Agata Samulska  | 7098  |                               | Weteran K - 50    | 13   | 01:57:25     | 03:31:18.00           | +02:02:50<br>(58.1%) | 10:03           | 6 (42.3%)     |
| 687 | BARTKIEWICZ Halina       | 7168  |                               | Masters K - 40    | 95   | 01:50:57     | 03:31:30.10           | +02:03:02<br>(58.2%) | 10:04           | 6 (42.3%)     |
| 688 | PROZOROWSKA Lidia        | 7082  | MARATON LESZNO                | Weteran K - 50    | 14   | 01:57:04     | 03:31:45.10           | +02:03:17<br>(58.2%) | 10:05           | 6 (42.3%)     |
| 689 | ŁASEK Dariusz            | 7878  | BEUT RUNNER TEAM              | Weteran II M - 60 | 15   | 01:49:51     | 03:31:58.10           | +02:03:30<br>(58.3%) | 10:05           | 5.9 (41.5%)   |
| 690 | ŁASEK-PIETRZAK Agnieszka | 7877  |                               | Senior II K - 30  | 114  | 01:49:46     | 03:31:58.45           | +02:03:31<br>(58.3%) | 10:05           | 5.9 (41.5%)   |
| 691 | BOROWIK Agata            | 7160  | CAŁA OLEŚNICA BIEGA           | Senior II K - 30  | 115  | 01:54:57     | 03:32:14.70           | +02:03:47<br>(58.3%) | 10:06           | 5.9 (41.5%)   |
| 692 | GIL Marta                | 7767  |                               | Senior II K - 30  | 116  | 01:54:48     | 03:32:21.60           | +02:03:54<br>(58.3%) | 10:06           | 5.9 (41.5%)   |
| 693 | LESZKIEWICZ Katarzyna    | 7213  |                               | Senior I K - 20   | 38   | 01:51:51     | 03:32:28.00           | +02:04:00<br>(58.4%) | 10:07           | 5.9 (41.5%)   |
| 694 | MIKUTANIEC Patrycja      | 7177  |                               | Masters K - 40    | 96   | 01:56:10     | 03:32:43.60           | +02:04:16<br>(58.4%) | 10:07           | 5.9 (41.5%)   |
| 695 | KRAJEWSKA Magdalena      | 7424  |                               | Masters K - 40    | 97   | 02:03:57     | 03:33:00.25           | +02:04:32<br>(58.5%) | 10:08           | 5.9 (41.5%)   |
| 696 | NESTOROWICZ Monika       | 7372  | KLUB BIEGACZA JURUND SZCZYTNO | Masters K - 40    | 98   | 02:01:38     | 03:33:25.80           | +02:04:58<br>(58.6%) | 10:09           | 5.9 (41.5%)   |
| 697 | TARASZEWSKA Paulina      | 7894  |                               | Senior II K - 30  | 117  | 01:56:36     | 03:34:00.90           | +02:05:33<br>(58.7%) | 10:11           | 5.9 (41.5%)   |
| 698 | DANIELEK Ewa             | 7255  |                               | Senior II K - 30  | 118  | 01:56:36     | 03:34:04.10           | +02:05:36<br>(58.7%) | 10:11           | 5.9 (41.5%)   |
| 699 | SOWIŃSKA Anna            | 7411  |                               | Masters K - 40    | 99   | 01:54:08     | 03:34:23.40           | +02:05:56<br>(58.7%) | 10:12           | 5.9 (41.5%)   |
| 700 | WODAŁA Jolanta           | 7410  | KLUB BIEGACZA RTV EURO AGD    | Senior II K - 30  | 119  | 01:54:07     | 03:34:24.20           | +02:05:56<br>(58.7%) | 10:12           | 5.9 (41.5%)   |
| 701 | WALKOWIAK Marek          | 7338  | PECNA TEAM                    | Masters M - 40    | 167  | 01:53:53     | 03:34:55.05           | +02:06:27<br>(58.8%) | 10:14           | 5.9 (41.5%)   |
| 702 | JANKOWIAK Kasia          | 7813  | ORANGE POLSKA                 | Masters K - 40    | 100  | 01:53:14     | 03:35:20.65           | +02:06:53<br>(58.9%) | 10:15           | 5.9 (41.5%)   |
| 703 | KANIEWSKI Michał         | 7814  | ORANGE POLSKA                 | Masters M - 40    | 168  | 01:53:16     | 03:35:21.75           | +02:06:54<br>(58.9%) | 10:15           | 5.9 (41.5%)   |
| 704 | GOLONKA Kinga            | 7726  |                               | Senior I K - 20   | 39   | 02:02:21     | 03:35:26.10           | +02:06:58<br>(58.9%) | 10:15           | 5.8 (40.8%)   |
| 705 | NOWAK Magdalena          | 7028  |                               | Senior II K - 30  | 120  | 02:03:32     | 03:35:35.30           | +02:07:08<br>(59.0%) | 10:15           | 5.8 (40.8%)   |
| 706 | HELWICH Agnieszka        | 7467  |                               | Senior II K - 30  | 121  | 01:53:10     | 03:35:56.15           | +02:07:28<br>(59.0%) | 10:16           | 5.8 (40.8%)   |

| Msc | Zawodnik                      | Numer | Klub                         | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------|-------|------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 707 | STRZELCZYK Ilona              | 7048  | KĘSY TEAM                    | Weteran K - 50    | 15   | 01:56:59     | 03:35:58.50           | +02:07:31<br>(59.0%) | 10:17           | 5.8 (40.8%)   |
| 708 | ZIÓŁEK Teresa                 | 7749  | STAY INSANE                  | Weteran II K - 60 | 2    | 02:02:07     | 03:36:01.20           | +02:07:33<br>(59.1%) | 10:17           | 5.8 (40.8%)   |
| 709 | MUSIALSKA Anna                | 7294  | PNB                          | Masters K - 40    | 101  | 02:02:33     | 03:36:27.25           | +02:07:59<br>(59.1%) | 10:18           | 5.8 (40.8%)   |
| 710 | URBANIAK Alina                | 7236  | KURACJUSZE                   | Senior II K - 30  | 122  | 01:49:21     | 03:36:35.50           | +02:08:08<br>(59.2%) | 10:18           | 5.8 (40.8%)   |
| 711 | OGRODNIK Anna                 | 7195  | ZAKOCHAJ SIE W BIEGANIU      | Senior II K - 30  | 123  | 01:59:38     | 03:36:56.65           | +02:08:29<br>(59.2%) | 10:19           | 5.8 (40.8%)   |
| 712 | ROSLAN-KRASIŃSKA Barbara      | 7388  |                              | Masters K - 40    | 102  | 02:02:29     | 03:37:06.30           | +02:08:39<br>(59.3%) | 10:20           | 5.8 (40.8%)   |
| 713 | SMARZYŃSKA Karolina           | 7366  |                              | Masters K - 40    | 103  | 02:02:30     | 03:37:07.10           | +02:08:39<br>(59.3%) | 10:20           | 5.8 (40.8%)   |
| 714 | KĘDZIORA Alicja               | 7657  | GSK FIT PIORUNY              | Senior II K - 30  | 124  | 01:58:22     | 03:37:20.40           | +02:08:53<br>(59.3%) | 10:20           | 5.8 (40.8%)   |
| 715 | DORDZIK Małgorzata            | 7487  |                              | Weteran II K - 60 | 3    | 02:06:10     | 03:37:43.65           | +02:09:16<br>(59.4%) | 10:22           | 5.8 (40.8%)   |
| 716 | BRZEZIŃSKA Teresa             | 7895  |                              | Masters K - 40    | 104  | 02:06:24     | 03:38:29.30           | +02:10:02<br>(59.5%) | 10:24           | 5.8 (40.8%)   |
| 717 | JAKRZEWSKA Karolina           | 7818  | MAMY-BIEGAMY/LOCO BABKI      | Senior II K - 30  | 125  | 01:58:39     | 03:38:35.70           | +02:10:08<br>(59.5%) | 10:24           | 5.8 (40.8%)   |
| 718 | SOSZYŃSKA Małgorzata          | 7927  | CZŁAPACZE                    | Weteran K - 50    | 16   | 01:58:07     | 03:38:36.85           | +02:10:09<br>(59.5%) | 10:24           | 5.8 (40.8%)   |
| 719 | KOSIOREK Anna                 | 7855  |                              | Senior II K - 30  | 126  | 02:02:53     | 03:38:39.05           | +02:10:11<br>(59.5%) | 10:24           | 5.8 (40.8%)   |
| 720 | KWIT Anna                     | 7089  |                              | Masters K - 40    | 105  | 01:54:44     | 03:39:12.80           | +02:10:45<br>(59.6%) | 10:26           | 5.7 (40.1%)   |
| 721 | SZNABEL Alina                 | 7299  | RUNNING 5                    | Weteran II K - 60 | 4    | 01:58:15     | 03:39:36.70           | +02:11:09<br>(59.7%) | 10:27           | 5.7 (40.1%)   |
| 722 | JASICKI Julian                | 7288  | STROŃSKA GRUPA ROWEROWA      | Weteran II M - 60 | 16   | 01:57:35     | 03:40:01.40           | +02:11:34<br>(59.8%) | 10:28           | 5.7 (40.1%)   |
| 723 | GARBACIAK Marcin              | 7018  | KRISPOL ACTIVE TEAM          | Masters M - 40    | 169  | 01:59:04     | 03:40:31.70           | +02:12:04<br>(59.9%) | 10:30           | 5.7 (40.1%)   |
| 724 | KOZŁOWSKA-WOYCIECHOWSKA Hanna | 7793  |                              | Masters K - 40    | 106  | 01:59:33     | 03:40:39.80           | +02:12:12<br>(59.9%) | 10:30           | 5.7 (40.1%)   |
| 725 | JEZIERSKA Karina              | 7164  | 12TRI.PL / TEAM ZABIEGANEDNI | Masters K - 40    | 107  | 01:59:35     | 03:40:40.25           | +02:12:12<br>(59.9%) | 10:30           | 5.7 (40.1%)   |
| 726 | WIŚNIEWSKA Dorota             | 7163  |                              | Masters K - 40    | 108  | 02:03:49     | 03:40:52.45           | +02:12:25<br>(60.0%) | 10:31           | 5.7 (40.1%)   |
| 727 | BAJSAROWICZ Zuzanna           | 7375  |                              | Senior II K - 30  | 127  | 01:55:53     | 03:41:12.05           | +02:12:44<br>(60.0%) | 10:32           | 5.7 (40.1%)   |
| 728 | PILAK Zbigniew                | 7264  |                              | Weteran II M - 60 | 17   | 02:03:52     | 03:42:03.65           | +02:13:36<br>(60.2%) | 10:34           | 5.7 (40.1%)   |
| 729 | RAPACZ Danuta                 | 7345  | AN-MAR                       | Weteran II K - 60 | 5    | 02:03:50     | 03:42:13.05           | +02:13:45<br>(60.2%) | 10:34           | 5.7 (40.1%)   |

| Msc | Zawodnik                 | Numer | Klub                               | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------|------------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 730 | JĄSKIEWICZ Katarzyna     | 7834  |                                    | Masters K - 40    | 109  | 02:12:52     | 03:42:38.25           | +02:14:10<br>(60.3%) | 10:36           | 5.7 (40.1%)   |
| 731 | KULIK Dominika           | 7873  | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | Masters K - 40    | 110  | 02:00:34     | 03:42:50.65           | +02:14:23<br>(60.3%) | 10:36           | 5.7 (40.1%)   |
| 732 | CIARKOWSKA Maria         | 7611  |                                    | Senior I K - 20   | 40   | 01:58:19     | 03:43:24.80           | +02:14:57<br>(60.4%) | 10:38           | 5.6 (39.4%)   |
| 733 | ZELMANOWICZ - SZŁAPA Ewa | 7169  | IZBICKO W BIEGU                    | Masters K - 40    | 111  | 02:06:06     | 03:46:22.40           | +02:17:55<br>(60.9%) | 10:46           | 5.6 (39.4%)   |
| 734 | SULIGA Wioletta          | 7755  |                                    | Senior II K - 30  | 128  | 02:05:09     | 03:46:26.05           | +02:17:58<br>(60.9%) | 10:46           | 5.6 (39.4%)   |
| 735 | MATEJCZUK Julia          | 7519  | BIAŁYSTOK BIEGA TEAM               | Senior I K - 20   | 41   | 01:59:03     | 03:47:16.75           | +02:18:49<br>(61.1%) | 10:49           | 5.5 (38.7%)   |
| 736 | NOSZCZYŃSKI Kamil        | 7776  | FUNDACJA BIAŁYSTOK BIEGA           | Senior II M - 30  | 166  | 01:59:03     | 03:47:16.85           | +02:18:49<br>(61.1%) | 10:49           | 5.5 (38.7%)   |
| 737 | SZCZEPAŃSKI Wojciech     | 7779  | BIAŁYSTOK BIEGA TEAM               | Senior II M - 30  | 167  | 01:59:01     | 03:47:21.30           | +02:18:54<br>(61.1%) | 10:49           | 5.5 (38.7%)   |
| 738 | RUDA Kamila              | 7101  | KURACJUSZE                         | Senior II K - 30  | 129  | 01:59:01     | 03:49:52.95           | +02:21:25<br>(61.5%) | 10:56           | 5.5 (38.7%)   |
| 739 | SZCZEPANSKA Karolina     | 7458  | KLUB BIEGACZA RTV EURO AGD         | Senior II K - 30  | 130  | 02:09:25     | 03:51:17.20           | +02:22:49<br>(61.8%) | 11:00           | 5.4 (38.0%)   |
| 740 | HETEL Beata              | 7727  |                                    | Senior II K - 30  | 131  | 02:09:31     | 03:51:18.50           | +02:22:51<br>(61.8%) | 11:00           | 5.4 (38.0%)   |
| 741 | WIETRZYŃSKA Agnieszka    | 7369  | MASZ PRZEBIEGANE                   | Senior II K - 30  | 132  | 01:58:10     | 03:53:02.90           | +02:24:35<br>(62.0%) | 11:05           | 5.4 (38.0%)   |
| 742 | RYPUŁA Zenon             | 7504  | ZEN RUNNING TEAM                   | Weteran II M - 60 | 18   | 02:11:44     | 03:54:20.00           | +02:25:52<br>(62.3%) | 11:09           | 5.4 (38.0%)   |
| 743 | SUCHOCKI Tomasz          | 7829  |                                    | Masters M - 40    | 170  | 01:51:32     | 03:54:42.40           | +02:26:15<br>(62.3%) | 11:10           | 5.4 (38.0%)   |
| 744 | MISZCZAK Katarzyna       | 7166  | MIRAZ RACE TEAM                    | Masters K - 40    | 112  | 02:13:30     | 03:55:14.95           | +02:26:47<br>(62.4%) | 11:12           | 5.4 (38.0%)   |
| 745 | KŁOPOTEK Aneta           | 7321  | EXTREME FAMILY                     | Weteran K - 50    | 17   | 02:11:23     | 03:55:48.55           | +02:27:21<br>(62.5%) | 11:13           | 5.3 (37.3%)   |
| 746 | SZYMAŃSKI Paweł          | 7259  |                                    | Masters M - 40    | 171  | 02:06:17     | 03:56:26.80           | +02:27:59<br>(62.6%) | 11:15           | 5.3 (37.3%)   |
| 747 | SADOWSKI Andrzej         | 7654  |                                    | Weteran II M - 60 | 19   | 02:00:12     | 03:57:47.95           | +02:29:20<br>(62.8%) | 11:19           | 5.3 (37.3%)   |
| 748 | PROZOROWSKI Wiesław      | 7077  | MARATON LESZNO                     | Weteran I M - 50  | 44   | 02:14:32     | 03:58:05.60           | +02:29:38<br>(62.8%) | 11:20           | 5.3 (37.3%)   |
| 749 | ŚWISTUŃ Grzegorz         | 7180  | WKURW_TEAM                         | Masters M - 40    | 172  | 02:05:14     | 03:58:26.10           | +02:29:58<br>(62.9%) | 11:21           | 5.3 (37.3%)   |
| 750 | BARTKOWIAK Ludmiła       | 7676  |                                    | Masters K - 40    | 113  | 02:09:35     | 03:58:34.10           | +02:30:06<br>(62.9%) | 11:21           | 5.3 (37.3%)   |
| 751 | WAWRZEŁA Arkadiusz       | 7630  |                                    | Masters M - 40    | 173  | 01:59:49     | 03:58:34.95           | +02:30:07<br>(62.9%) | 11:21           | 5.3 (37.3%)   |
| 752 | TRAJDOS Agata            | 7579  |                                    | Senior II K - 30  | 133  | 02:09:38     | 03:58:38.00           | +02:30:10<br>(62.9%) | 11:21           | 5.3 (37.3%)   |

| Msc | Zawodnik               | Numer | Klub                          | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|-------------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 753 | DOBROWOLSKI Robert     | 7650  | SPORTOWI EMERYCI JELENIA GÓRA | Weteran II M - 60 | 20   | 02:15:48     | 03:59:31.80           | +02:31:04<br>(63.1%) | 11:24           | 5.3 (37.3%)   |
| 754 | RÓŻAŃSKI Robert        | 7923  |                               | Weteran I M - 50  | 45   | 02:08:32     | 03:59:33.80           | +02:31:06<br>(63.1%) | 11:24           | 5.3 (37.3%)   |
| 755 | ŻAK Artur              | 7586  |                               | Senior I M - 20   | 41   | 02:06:03     | 03:59:51.40           | +02:31:24<br>(63.1%) | 11:25           | 5.3 (37.3%)   |
| 756 | ŻAK Renata             | 7446  |                               | Masters K - 40    | 114  | 02:06:05     | 03:59:52.50           | +02:31:25<br>(63.1%) | 11:25           | 5.3 (37.3%)   |
| 757 | DOBROWOLSKA Bożena     | 7649  | SPORTOWI EMERYCI JELENIA GÓRA | Weteran II K - 60 | 6    | 02:15:48     | 04:00:13.85           | +02:31:46<br>(63.2%) | 11:26           | 5.2 (36.6%)   |
| 758 | JĘDROWSKA Emilia       | 7709  | ULTRA RZEPIN                  | Senior II K - 30  | 134  | 01:59:40     | 04:02:51.00           | +02:34:23<br>(63.6%) | 11:33           | 5.2 (36.6%)   |
| 759 | JUSZKO Monika          | 7303  |                               | Masters K - 40    | 115  | 02:15:54     | 04:04:00.25           | +02:35:32<br>(63.7%) | 11:37           | 5.2 (36.6%)   |
| 760 | PERKOWSKI Tomasz       | 7920  |                               | Masters M - 40    | 174  | 02:18:27     | 04:04:02.75           | +02:35:35<br>(63.8%) | 11:37           | 5.2 (36.6%)   |
| 761 | BIAŁOKOS Anna          | 7921  |                               | Masters K - 40    | 116  | 02:18:28     | 04:04:02.85           | +02:35:35<br>(63.8%) | 11:37           | 5.2 (36.6%)   |
| 762 | SAWICKA Izabela        | 7118  | PARKRUN                       | Senior II K - 30  | 135  | 02:20:48     | 04:05:10.25           | +02:36:42<br>(63.9%) | 11:40           | 5.1 (35.9%)   |
| 763 | BARWICKA Marta         | 7402  |                               | Masters K - 40    | 117  | 02:11:44     | 04:05:27.65           | +02:37:00<br>(64.0%) | 11:41           | 5.1 (35.9%)   |
| 764 | NOSKOWIAK-BAJNO Alicja | 7766  |                               | Masters K - 40    | 118  | 02:15:39     | 04:05:29.35           | +02:37:02<br>(64.0%) | 11:41           | 5.1 (35.9%)   |
| 765 | JACHIM-SZUBA Magdalena | 7826  |                               | Masters K - 40    | 119  | 02:13:35     | 04:05:36.15           | +02:37:08<br>(64.0%) | 11:41           | 5.1 (35.9%)   |
| 766 | BŁASZKIEWICZ Marzena   | 7129  | CHOŁE KŁÓLIKI                 | Masters K - 40    | 120  | 02:16:59     | 04:05:37.55           | +02:37:10<br>(64.0%) | 11:41           | 5.1 (35.9%)   |
| 767 | JUSZKO Aleksandra      | 7444  |                               | Senior I K - 20   | 42   | 02:18:09     | 04:08:16.75           | +02:39:49<br>(64.4%) | 11:49           | 5.1 (35.9%)   |
| 768 | DZIAŁAK Marian         | 7501  | KB AKTYWNI KONIN              | Weteran II M - 60 | 21   | 02:02:58     | 04:09:10.30           | +02:40:43<br>(64.5%) | 11:51           | 5.1 (35.9%)   |
| 769 | MACIASZEK Andrzej      | 7545  |                               | Senior II M - 30  | 168  | 02:02:57     | 04:09:10.40           | +02:40:43<br>(64.5%) | 11:51           | 5.1 (35.9%)   |
| 770 | KONIECZNA Natalia      | 7615  |                               | Senior I K - 20   | 43   | 02:12:43     | 04:09:15.80           | +02:40:48<br>(64.5%) | 11:52           | 5.1 (35.9%)   |
| 771 | CZERCZAK Andrzej       | 7378  |                               | Weteran I M - 50  | 46   | 02:15:02     | 04:09:37.80           | +02:41:10<br>(64.6%) | 11:53           | 5 (35.2%)     |
| 772 | KRYSZTOFIAK Marta      | 7679  |                               | Senior II K - 30  | 136  | 02:18:22     | 04:09:56.90           | +02:41:29<br>(64.6%) | 11:54           | 5 (35.2%)     |
| 773 | CIBOREK Ania           | 7674  |                               | Senior II K - 30  | 137  | 02:18:22     | 04:09:58.60           | +02:41:31<br>(64.6%) | 11:54           | 5 (35.2%)     |
| 774 | MYSZYWODA Monika       | 7043  |                               | Senior II K - 30  | 138  | 02:23:47     | 04:11:08.65           | +02:42:41<br>(64.8%) | 11:57           | 5 (35.2%)     |
| 775 | KARCZEWSKA Marta       | 7306  |                               | Masters K - 40    | 121  | 02:22:30     | 04:13:58.00           | +02:45:30<br>(65.2%) | 12:05           | 5 (35.2%)     |

| Msc                                | Zawodnik                        | Numer | Klub                        | Kategoria         | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|------------------------------------|---------------------------------|-------|-----------------------------|-------------------|------|--------------|-----------------------|----------------------|-----------------|---------------|
| 776                                | SZOSTAKOWSKA-BALUKIN Dorota     | 7728  | KLUB BIEGACZA RTV EURO AGD  | Masters K - 40    | 122  | 02:21:21     | 04:17:09.55           | +02:48:42<br>(65.6%) | 12:14           | 4.9 (34.5%)   |
| 777                                | SIECZKOWSKA Małgorzata          | 7704  | KLUB BIEGACZA RTV EURO AGD  | Masters K - 40    | 123  | 02:21:22     | 04:17:10.65           | +02:48:43<br>(65.6%) | 12:14           | 4.9 (34.5%)   |
| 778                                | ZIELONKA Marek                  | 7237  |                             | Weteran I M - 50  | 47   | 02:17:04     | 04:17:29.60           | +02:49:02<br>(65.6%) | 12:15           | 4.9 (34.5%)   |
| 779                                | WINIARCZYK Iwona                | 7910  | KORNELCIA TEAM              | Senior II K - 30  | 139  | 02:25:35     | 04:17:31.30           | +02:49:04<br>(65.7%) | 12:15           | 4.9 (34.5%)   |
| 780                                | SMUG Ewelina                    | 7175  |                             | Senior II K - 30  | 140  | 02:32:07     | 04:20:10.30           | +02:51:43<br>(66.0%) | 12:23           | 4.8 (33.8%)   |
| 781                                | SZYMAŃSKI Jarosław              | 7037  | FUJITSU RUNNING TEAM        | Senior II M - 30  | 169  | 02:17:05     | 04:20:28.80           | +02:52:01<br>(66.0%) | 12:24           | 4.8 (33.8%)   |
| 782                                | BALCERZAK Bogdan                | 7419  |                             | Weteran I M - 50  | 48   | 02:18:40     | 04:22:08.00           | +02:53:40<br>(66.3%) | 12:28           | 4.8 (33.8%)   |
| 783                                | GRACZYK Dąbrówka                | 7217  |                             | Senior I K - 20   | 44   | 02:32:28     | 04:22:13.85           | +02:53:46<br>(66.3%) | 12:29           | 4.8 (33.8%)   |
| 784                                | MICHALIK Katarzyna              | 7031  | PRT - PRECEL RACING TEAM    | Senior II K - 30  | 141  | 02:21:19     | 04:22:35.55           | +02:54:08<br>(66.3%) | 12:30           | 4.8 (33.8%)   |
| 785                                | WITKOWSKA Ania                  | 7134  |                             | Masters K - 40    | 124  | 02:20:48     | 04:26:50.60           | +02:58:23<br>(66.9%) | 12:42           | 4.7 (33.1%)   |
| 786                                | PAWŁOWSKA Danuta                | 7898  |                             | Masters K - 40    | 125  | 02:25:52     | 04:27:30.55           | +02:59:03<br>(66.9%) | 12:44           | 4.7 (33.1%)   |
| 787                                | DRZEWIECKI-ZARZECZNY Grzegorz   | 7080  | BIAŁYSTOK BIEGA TEAM        | Weteran II M - 60 | 22   | 02:21:08     | 04:29:47.95           | +03:01:20<br>(67.2%) | 12:50           | 4.7 (33.1%)   |
| 788                                | KRÓL Marek                      | 7257  | BIEGAMBOLUBIĘ BIAŁYSTOK     | Weteran I M - 50  | 49   | 02:21:08     | 04:29:48.65           | +03:01:21<br>(67.2%) | 12:50           | 4.7 (33.1%)   |
| 789                                | JEZIOREK Jozi                   | 7671  |                             | Masters M - 40    | 175  | 02:25:19     | 04:32:06.40           | +03:03:39<br>(67.5%) | 12:57           | 4.6 (32.4%)   |
| 790                                | OSTROWSKA Justyna               | 7251  | BZP                         | Senior II K - 30  | 142  | 02:25:44     | 04:33:37.20           | +03:05:09<br>(67.7%) | 13:01           | 4.6 (32.4%)   |
| 791                                | GRUBE Bartosz                   | 7013  | SUT - STRASZYN ULTRA TEAM   | Senior II M - 30  | 170  | 02:30:49     | 04:48:26.35           | +03:19:59<br>(69.3%) | 13:44           | 4.4 (31.0%)   |
| 792                                | PODSIADŁY Robert                | 7060  | CHATA BIEGACZA K34 ZAKOPANE | Weteran II M - 60 | 23   | 02:34:38     | 04:48:39.60           | +03:20:12<br>(69.4%) | 13:44           | 4.4 (31.0%)   |
| 793                                | LEWANDOWSKA-JACKOWSKA Katarzyna | 7208  |                             | Masters K - 40    | 126  | 02:34:52     | 04:52:00.70           | +03:23:33<br>(69.7%) | 13:54           | 4.3 (30.3%)   |
| 794                                | JANICKA Barbara                 | 7390  | STAN UMYSŁU LEWIN BIEGA     | Senior II K - 30  | 143  | 02:40:50     | 04:56:58.05           | +03:28:30<br>(70.2%) | 14:08           | 4.2 (29.6%)   |
| 795                                | KRUCZEK Ewa                     | 7233  | STAN UMYSŁU LEWIN BIEGA     | Senior II K - 30  | 144  | 02:40:52     | 04:56:58.15           | +03:28:30<br>(70.2%) | 14:08           | 4.2 (29.6%)   |
| 796                                | LATA Violetta                   | 7228  | STAN UMYSŁU LEWIN BIEGA     | Weteran K - 50    | 18   | 02:40:53     | 04:56:58.65           | +03:28:31<br>(70.2%) | 14:08           | 4.2 (29.6%)   |
| 797                                | PIETRASZEK Ewa                  | 7613  | KOBIETY WATAHY              | Weteran K - 50    | 19   | 02:36:23     | 04:58:12.80           | +03:29:45<br>(70.3%) | 14:12           | 4.2 (29.6%)   |
| Przekroczony limit czasu: 05:00:00 |                                 |       |                             |                   |      |              |                       |                      |                 |               |
| 798                                | JACKOWSKI Dariusz               | 7220  |                             | Senior II M - 30  | 171  | 02:34:59     | 05:04:02.65           | +03:35:35<br>(70.9%) | 14:28           | 4.1 (28.9%)   |

| Msc | Zawodnik            | Numer | Klub                               | Kategoria         | Mkat | B1<br>10.3km    | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|------------------------------------|-------------------|------|-----------------|-----------------------|----------------------|-----------------|---------------|
| 799 | KACZOROWSKA Anna    | 7319  | SLOW JOGGING SIEDLCE               | Weteran K - 50    | 20   | 02:49:18        | 05:05:12.60           | +03:36:45<br>(71.0%) | 14:32           | 4.1 (28.9%)   |
| 800 | JAKUBEK Karina      | 7494  |                                    | Weteran K - 50    | 21   | 02:45:49        | 05:18:11.85           | +03:49:44<br>(72.2%) | 15:09           | 4 (28.2%)     |
| 801 | WOŹNIAK Anna        | 7614  |                                    | Masters K - 40    | 127  | 02:56:43        | 05:20:19.15           | +03:51:51<br>(72.4%) | 15:15           | 3.9 (27.5%)   |
| 802 | KOŚCIELNIAK Dagmara | 7528  | CZERWONACKIE KIJANKI/ZAŁOGA GÓRSKA | Masters K - 40    | 128  | 02:54:11        | 05:24:37.00           | +03:56:09<br>(72.8%) | 15:27           | 3.9 (27.5%)   |
|     | SZPOCINSKA Sylwia   | 7147  | GT RAT                             | Senior II K - 30  |      | 01:30:03<br>DNF | DNF                   |                      | -               | - (0.0%)      |
|     | NIEZGODA Miłostawa  | 7864  |                                    | Senior II K - 30  |      | 01:37:43<br>DNF | DNF                   |                      | -               | - (0.0%)      |
|     | WESOŁOWSKI Tomasz   | 7637  |                                    | Masters M - 40    |      | 02:18:10<br>DNF | DNF                   |                      | -               | - (0.0%)      |
|     | KOLAKOWSKA Anna     | 7889  | POLACY BIEGAJĄ W NL                | Masters K - 40    |      | 02:58:08<br>DNF | DNF                   |                      | -               | - (0.0%)      |
|     | WĄSOWICZ Martyna    | 7023  | 36 MINUT WRZEŚNIA                  | Senior I K - 20   |      | 03:12:03<br>DNF | DNF                   |                      | -               | - (0.0%)      |
|     | DZIEWICKA Ewa       | 7806  |                                    | Weteran II K - 60 |      | 03:30:46<br>DNF | DNF                   |                      | -               | - (0.0%)      |
|     | CICHY Roman         | 7377  | MUAY RUNNING TEAM                  | Masters M - 40    |      | DNF             | DNF                   |                      | -               | - (0.0%)      |
|     | GAŁOSZ Łukasz       | 7914  |                                    | Senior I M - 20   |      | DNF             | DNF                   |                      | -               | - (0.0%)      |

Znaleziono 810 wynik(ów)