

# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 110 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>KASZUBA Michał</b>	<b>3254</b>	GRUPA NOMAX	Masters M - 40	1	01:29:32	03:46:03	07:22:39	09:10:45	10:40:00	<b>11:46:42.20</b>		6:25	9.3 (100%)
2	<b>PRZYBYLSKI Łukasz</b>	<b>3332</b>	KS IDMAR	Masters M - 40	2	01:28:42	03:51:54	07:37:48	09:16:55	10:43:08	<b>11:49:41.95</b>	+00:02:59 (0.4%)	6:27	9.3 (100%)
3	<b>WILK Maciej</b>	<b>3144</b>	RAMBO 3	Masters M - 40	3	01:24:51	03:42:42	07:30:58	09:19:59	10:57:21	<b>12:06:42.65</b>	+00:20:00 (2.8%)	6:36	9.1 (97.8%)
4	<b>ŚCIESZKA Wojciech</b>	<b>3133</b>	13 ELT KRAKÓW-BALICE	Masters M - 40	4	01:32:27	04:05:13	07:47:56	09:35:29	11:09:22	<b>12:18:05.50</b>	+00:31:23 (4.3%)	6:42	8.9 (95.7%)
5	<b>CZERBNIAK Norbert</b>	<b>3176</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	5	01:33:43	04:09:38	07:45:48	09:35:54	11:07:13	<b>12:25:03.55</b>	+00:38:21 (5.1%)	6:46	8.9 (95.7%)
6	<b>DOSTAL Jan</b>	<b>3301</b>	BEZECKY KLUB NACHOD, VELLA NACHOD	Senior II M - 30	1	01:24:25	03:54:08	07:51:33	09:43:30	11:16:29	<b>12:27:39.45</b>	+00:40:57 (5.5%)	6:47	8.8 (94.6%)
7	<b>KIELASZEWSKI Karol</b>	<b>3233</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	2	01:41:10	04:20:19	08:03:14	09:51:58	11:30:21	<b>12:49:06.10</b>	+01:02:23 (8.1%)	6:59	8.6 (92.5%)
8	<b>ZIENTARA Adrian</b>	<b>3206</b>	KGHM ZG RUN	Senior II M - 30	3	01:40:06	04:18:22	08:04:52	10:04:46	11:45:55	<b>13:03:28.95</b>	+01:16:46 (9.8%)	7:07	8.4 (90.3%)
9	<b>KROSNY Sebastian</b>	<b>3281</b>	STS BIEGATON MIKOŁÓW / ZAŁOGA GÓRSKA	Senior II M - 30	4	01:34:13	04:03:50	08:00:20	10:10:36	11:49:01	<b>13:04:03.90</b>	+01:17:21 (9.9%)	7:07	8.4 (90.3%)
10	<b>PILARSKI Tomasz</b>	<b>3275</b>	IZERY BOGATYNIA	Senior II M - 30	5	01:38:45	04:06:25	08:02:24	10:02:02	11:45:38	<b>13:04:09.05</b>	+01:17:26 (9.9%)	7:07	8.4 (90.3%)
11	<b>JĘDRYCA Przemysław</b>	<b>3298</b>	SPARTA ULTRA TEAM	Masters M - 40	6	01:38:13	04:22:36	08:14:55	10:14:36	11:53:46	<b>13:13:01.00</b>	+01:26:18 (10.9%)	7:12	8.3 (89.2%)
12	<b>BARTYZEL Marek</b>	<b>3185</b>		Masters M - 40	7	01:32:38	04:04:55	08:01:23	09:58:26	11:48:36	<b>13:13:13.05</b>	+01:26:30 (10.9%)	7:12	8.3 (89.2%)
13	<b>MOCZULSKA Małgorzata</b>	<b>3278</b>		Masters K - 40	1	01:33:38	04:17:38	08:20:20	10:25:51	12:03:04	<b>13:18:59.65</b>	+01:32:17 (11.6%)	7:15	8.3 (89.2%)
14	<b>JOKIEL Wojciech</b>	<b>3293</b>	SPARTA ULTRA TEAM	Senior I M - 20	1	01:38:23	04:18:58	08:27:42	10:21:22	12:11:37	<b>13:38:42.55</b>	+01:52:00 (13.7%)	7:26	8.1 (87.1%)
15	<b>GRUSZKA Aleksandra</b>	<b>3299</b>	WILD ULTRA WARRIORS	Senior II K - 30	1	01:49:16	04:35:32	08:48:11	10:45:57	12:26:59	<b>13:44:36.80</b>	+01:57:54 (14.3%)	7:29	8 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
16	ZARCZUK Paweł	3337		Senior II M - 30	6	01:56:41	04:52:24	08:52:23	10:46:53	12:29:03	<b>13:45:45.25</b>	+01:59:03 (14.4%)	7:30	8 (86.0%)
17	KYCIA Piotr	3138		Masters M - 40	8	01:51:14	04:38:06	08:45:29	10:47:33	12:34:25	<b>13:52:33.70</b>	+02:05:51 (15.1%)	7:34	7.9 (84.9%)
18	KOŚCIELNIAK Wioletta	3323	RUNNERS TEAM NYSA	Masters K - 40	2	01:47:34	04:55:59	08:58:26	10:55:12	12:40:06	<b>14:03:33.00</b>	+02:16:50 (16.2%)	7:40	7.8 (83.9%)
19	KALINOWSKI Tomasz	3085		Masters M - 40	9	01:53:15	04:51:50	08:53:46	10:54:06	12:40:11	<b>14:05:38.90</b>	+02:18:56 (16.4%)	7:41	7.8 (83.9%)
20	PAPRZYCKI Rafał	3267	NBR TEAM	Masters M - 40	10	01:45:29	04:40:17	08:44:52	10:49:52	12:40:36	<b>14:08:09.85</b>	+02:21:27 (16.7%)	7:42	7.8 (83.9%)
21	DYRKA Krzysztof	3141	POLITECHNIKA POZNAŃSKA	Masters M - 40	11	01:55:08	04:54:31	08:56:29	10:57:06	12:42:51	<b>14:08:20.30</b>	+02:21:38 (16.7%)	7:42	7.8 (83.9%)
22	POLAK Stanisław	3330	SBG PODBIEG	Masters M - 40	12	01:40:40	04:33:32	08:59:24	11:04:36	12:55:00	<b>14:22:39.55</b>	+02:35:57 (18.1%)	7:50	7.7 (82.8%)
23	KRAWCZYK Karol	3140	LENIWY INACZEJ	Senior II M - 30	7	01:41:18	04:53:12	09:23:25	11:32:29	13:23:38	<b>14:43:48.50</b>	+02:57:06 (20.0%)	8:02	7.5 (80.6%)
24	SKORCZYK Adrian	3078	SPEED FEET '16	Senior II M - 30	8	01:58:11	05:07:06	09:32:46	11:35:22	13:26:24	<b>14:44:11.80</b>	+02:57:29 (20.1%)	8:02	7.5 (80.6%)
25	MICHALSKI Piotr	3018		Senior II M - 30	9	01:47:40	04:56:23	09:24:06	11:32:15	13:23:52	<b>14:47:56.70</b>	+03:01:14 (20.4%)	8:04	7.4 (79.6%)
26	MICHALOWSKI Marcin	3034	#MARCINSWIERCTEAM	Masters M - 40	13	01:49:29	04:47:28	09:21:33	11:32:22	13:23:46	<b>14:51:45.20</b>	+03:05:03 (20.8%)	8:06	7.4 (79.6%)
27	JACHYMIAK Robert	3154	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	Masters M - 40	14	01:44:48	04:46:22	09:34:03	11:42:19	13:33:31	<b>14:53:21.30</b>	+03:06:39 (20.9%)	8:07	7.4 (79.6%)
28	LONC Tomasz	3145		Masters M - 40	15	02:03:22	05:23:01	09:47:52	11:56:21	13:35:54	<b>14:56:07.25</b>	+03:09:25 (21.1%)	8:08	7.4 (79.6%)
29	WOJDANOWSKI Jan	3243	KB HARCOWNIK JELCZ-LASKOWICE	Weteran I M - 50	1	01:57:18	05:07:57	09:42:12	11:47:45	13:30:01	<b>14:58:43.90</b>	+03:12:01 (21.4%)	8:10	7.3 (78.5%)
30	KOLMAN Piotr	3256	ENDORFINA WSCHOWA	Masters M - 40	16	02:00:11	05:10:52	09:40:47	11:53:31	13:47:34	<b>14:59:07.80</b>	+03:12:25 (21.4%)	8:10	7.3 (78.5%)
31	DARCHUK Oleksandr	3285	DRPT	Masters M - 40	17	01:54:37	05:05:28	09:39:06	11:42:06	13:38:15	<b>15:05:08.95</b>	+03:18:26 (21.9%)	8:13	7.3 (78.5%)
32	LORENC Joanna	3313	ENDORFINY WAŚOSZ	Senior II K - 30	2	01:48:59	04:47:32	09:09:22	11:26:21	13:36:30	<b>15:07:07.95</b>	+03:20:25 (22.1%)	8:14	7.3 (78.5%)
33	MILEWICZ Daniel	3311	KB BOLESŁAWIEC	Senior II M - 30	10	01:53:36	04:55:04	09:30:55	11:41:14	13:38:26	<b>15:09:10.45</b>	+03:22:28 (22.3%)	8:15	7.3 (78.5%)
34	SZRAMOWIAT Marek	3329	BRITA	Masters M - 40	18	01:54:48	04:55:07	09:30:58	11:41:12	13:38:30	<b>15:09:12.85</b>	+03:22:30 (22.3%)	8:15	7.3 (78.5%)
35	DETLAFF Patrycja	3306	WILD ULTRA WARRIORS	Senior II K - 30	3	01:49:49	04:55:27	09:40:10	11:45:48	13:44:36	<b>15:09:24.00</b>	+03:22:41 (22.3%)	8:16	7.3 (78.5%)
36	MARZAŁKOWSKI Łukasz	3290	GET ACTIVE	Senior II M - 30	11	01:51:56	04:59:58	09:35:16	11:51:54	13:49:23	<b>15:16:38.45</b>	+03:29:56 (22.9%)	8:19	7.2 (77.4%)
37	SCHWITALLA Adrian	3188	MKS SIECHNICE	Masters M - 40	19	01:51:02	05:09:05	09:43:15	11:55:19	13:48:05	<b>15:16:59.20</b>	+03:30:17 (22.9%)	8:20	7.2 (77.4%)
38	GAWLIK Marcin	3113	MKS SIECHNICE	Masters M - 40	20	01:51:14	05:09:15	09:43:26	11:55:37	13:48:15	<b>15:17:07.15</b>	+03:30:24 (22.9%)	8:20	7.2 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
39	<b>GRZYBOWSKI Rafał</b>	<b>3012</b>		Masters M - 40	21	01:53:00	05:05:14	09:37:51	11:51:30	13:51:03	<b>15:17:19.35</b>	+03:30:37 (23.0%)	8:20	7.2 (77.4%)
40	<b>CHOŁKA Michał</b>	<b>3143</b>		Senior II M - 30	12	01:58:53	05:07:44	09:37:39	11:50:17	13:47:46	<b>15:19:41.25</b>	+03:32:59 (23.2%)	8:21	7.2 (77.4%)
41	<b>PRZYBYLSKA Katarzyna</b>	<b>3246</b>		Senior II K - 30	4	02:05:59	05:18:21	09:40:41	11:51:39	13:51:01	<b>15:24:08.35</b>	+03:37:26 (23.5%)	8:24	7.1 (76.3%)
42	<b>CATTI Roberto</b>	<b>3200</b>		Senior II M - 30	13	01:50:57	05:12:26	09:34:36	11:47:38	13:53:41	<b>15:24:39.35</b>	+03:37:57 (23.6%)	8:24	7.1 (76.3%)
43	<b>RÓŻAŃSKI Mateusz</b>	<b>3295</b>		Senior II M - 30	14	02:00:39	05:12:43	09:54:00	11:57:38	14:02:17	<b>15:25:04.90</b>	+03:38:22 (23.6%)	8:24	7.1 (76.3%)
44	<b>ZAJĄC Leszek</b>	<b>3178</b>	L.O.T.A.Z/SOKÓŁ BUKÓWIEC GÓRNY	Masters M - 40	22	02:00:15	05:20:13	10:00:31	12:05:25	14:01:36	<b>15:25:14.55</b>	+03:38:32 (23.6%)	8:24	7.1 (76.3%)
45	<b>GALUSKIN Alexey</b>	<b>3294</b>	GRUPA NOMAX	Senior II M - 30	15	02:01:11	05:13:02	09:54:13	11:58:57	14:02:29	<b>15:25:19.45</b>	+03:38:37 (23.6%)	8:24	7.1 (76.3%)
46	<b>SŁOTWIŃSKI Adam</b>	<b>3217</b>		Masters M - 40	23	01:55:46	05:11:27	09:54:08	12:13:22	14:02:13	<b>15:34:22.45</b>	+03:47:40 (24.4%)	8:29	7.1 (76.3%)
47	<b>KROK Sławomir</b>	<b>3333</b>		Masters M - 40	24	01:48:12	04:55:31	09:36:49	11:52:42	14:02:51	<b>15:34:31.90</b>	+03:47:49 (24.4%)	8:29	7.1 (76.3%)
48	<b>HARĘŻLAK Krzysztof</b>	<b>3148</b>	AGB TORFY	Masters M - 40	25	01:46:09	04:45:06	09:37:45	12:10:20	14:09:46	<b>15:34:55.65</b>	+03:48:13 (24.4%)	8:29	7.1 (76.3%)
49	<b>WINIARSKI Andrzej</b>	<b>3110</b>	DXTREEM RUNNING	Masters M - 40	26	01:48:55	04:50:23	09:28:21	11:59:48	14:00:59	<b>15:35:32.80</b>	+03:48:50 (24.5%)	8:30	7.1 (76.3%)
50	<b>TOMCZAK Waldek</b>	<b>3152</b>		Masters M - 40	27	01:56:34	05:16:27	09:57:48	12:02:40	14:00:58	<b>15:37:16.25</b>	+03:50:34 (24.6%)	8:31	7 (75.3%)
51	<b>MATUSIAK Michał</b>	<b>3282</b>	ROWERY MAŁGOŚKA	Senior II M - 30	16	01:59:20	05:03:08	09:37:56	11:58:20	14:08:11	<b>15:39:24.15</b>	+03:52:41 (24.8%)	8:32	7 (75.3%)
52	<b>PRAŁAT Tomasz</b>	<b>3062</b>	MARATON LESZNO	Masters M - 40	28	01:53:42	05:10:00	09:45:01	12:06:16	14:08:17	<b>15:40:43.40</b>	+03:54:01 (24.9%)	8:33	7 (75.3%)
53	<b>CIEPLIK Dawid</b>	<b>3083</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	17	01:54:42	05:11:38	09:50:59	12:08:05	14:10:34	<b>15:45:27.90</b>	+03:58:45 (25.3%)	8:35	7 (75.3%)
54	<b>GOSTYŃSKI Krzysztof</b>	<b>3196</b>		Masters M - 40	29	01:53:11	05:08:05	09:57:45	12:08:56	14:18:14	<b>15:47:21.90</b>	+04:00:39 (25.4%)	8:36	7 (75.3%)
55	<b>SPECJALSKI Przemysław</b>	<b>3046</b>		Weteran I M - 50	2	01:56:30	05:12:20	09:43:56	12:08:14	14:15:07	<b>15:51:11.45</b>	+04:04:29 (25.7%)	8:38	6.9 (74.2%)
56	<b>PAWŁOWSKI Piotr</b>	<b>3124</b>		Masters M - 40	30	01:42:13	04:24:40	08:41:18	12:08:12	14:14:11	<b>15:51:35.85</b>	+04:04:53 (25.7%)	8:39	6.9 (74.2%)
57	<b>SAWICKI Krzysztof</b>	<b>3059</b>	KOŁO BIEGA	Senior II M - 30	18	01:59:29	05:06:43	09:49:24	12:14:44	14:18:25	<b>15:52:35.45</b>	+04:05:53 (25.8%)	8:39	6.9 (74.2%)
58	<b>GRODZKI Tomasz</b>	<b>3017</b>	ULTRAS Z NAD MORZA	Masters M - 40	31	01:49:18	04:45:27	09:45:31	12:16:51	14:17:17	<b>15:54:16.45</b>	+04:07:34 (25.9%)	8:40	6.9 (74.2%)
59	<b>WOJCIECHOWICZ Jacek</b>	<b>3248</b>	WWW.STUDIOTANCAPASJA.PL	Masters M - 40	32	01:49:42	04:51:55	09:45:38	12:17:09	14:17:28	<b>15:54:26.20</b>	+04:07:44 (26.0%)	8:40	6.9 (74.2%)
60	<b>ZIMNY Tomasz</b>	<b>3025</b>		Weteran II M - 60	1	01:54:47	05:18:10	09:46:33	12:18:08	14:25:02	<b>15:57:46.55</b>	+04:11:04 (26.2%)	8:42	6.9 (74.2%)
61	<b>DWORNIK Maciej</b>	<b>3005</b>	WARCZĄCE SZPRYCHY	Senior II M - 30	19	01:45:08	04:40:39	09:22:49	12:03:36	14:20:14	<b>16:00:10.70</b>	+04:13:28 (26.4%)	8:43	6.9 (74.2%)

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						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
62	<b>PIECUCH Karolina</b>	<b>3335</b>		Senior II K - 30	5	01:56:02	05:09:26	09:57:08	12:21:31	14:26:10	<b>16:03:19.70</b>	+04:16:37 (26.6%)	8:45	6.9 (74.2%)
63	<b>TONDER Filip</b>	<b>3250</b>	WLKP MOUNTAINS ULTRA	Senior II M - 30	20	01:55:29	05:17:18	09:54:16	12:17:03	14:23:06	<b>16:03:44.75</b>	+04:17:02 (26.7%)	8:45	6.8 (73.1%)
64	<b>KONIECZNY Maciej</b>	<b>3024</b>	MK-CONNECT	Masters M - 40	33	01:42:59	04:47:34	09:43:05	12:16:14	14:23:42	<b>16:06:51.70</b>	+04:20:09 (26.9%)	8:47	6.8 (73.1%)
65	<b>STRAMOWSKI Rafał</b>	<b>3105</b>		Senior II M - 30	21	01:49:50	04:55:31	09:43:18	12:11:42	14:24:44	<b>16:07:25.10</b>	+04:20:42 (26.9%)	8:47	6.8 (73.1%)
66	<b>KOSIOREK Adam</b>	<b>3184</b>	BCAC MOKOBODY	Weteran I M - 50	3	02:01:10	05:29:53	10:18:47	12:42:26	14:45:13	<b>16:08:05.90</b>	+04:21:23 (27.0%)	8:48	6.8 (73.1%)
67	<b>STOBIŃSKI Piotr</b>	<b>3247</b>	RUNEDA	Senior II M - 30	22	01:55:23	05:13:57	10:03:26	12:30:16	14:34:02	<b>16:08:59.75</b>	+04:22:17 (27.1%)	8:48	6.8 (73.1%)
68	<b>PUCHACZ Piotr</b>	<b>3180</b>	MPK WYBIEGANIE	Masters M - 40	34	02:02:36	05:17:53	10:13:25	12:35:02	14:42:12	<b>16:17:08.30</b>	+04:30:26 (27.7%)	8:52	6.8 (73.1%)
69	<b>GUZERA Justyna</b>	<b>3114</b>		Senior II K - 30	6	01:57:37	05:14:05	09:59:41	12:22:59	14:31:38	<b>16:17:41.15</b>	+04:30:58 (27.7%)	8:53	6.8 (73.1%)
70	<b>FUDALI Jakub</b>	<b>3261</b>		Senior I M - 20	2	01:58:28	05:27:06	10:16:57	12:39:08	14:51:45	<b>16:18:19.95</b>	+04:31:37 (27.8%)	8:53	6.7 (72.0%)
71	<b>POLIWKA Mariusz</b>	<b>3319</b>	FITNES PIEKARY LEGNICA	Masters M - 40	35	01:59:50	05:19:23	10:04:48	12:21:24	14:38:16	<b>16:20:24.75</b>	+04:33:42 (27.9%)	8:54	6.7 (72.0%)
72	<b>STYPEREK Jakub</b>	<b>3167</b>	VEGE RUNNERS	Senior II M - 30	23	01:54:48	05:10:50	10:10:07	12:29:16	14:41:01	<b>16:21:16.40</b>	+04:34:34 (28.0%)	8:55	6.7 (72.0%)
73	<b>PAWLUCZUK Tomek</b>	<b>3227</b>	WŚCIEKŁE PIĘŚCI WĘŻA	Masters M - 40	36	01:55:51	05:13:43	10:13:22	12:32:04	14:44:00	<b>16:24:11.80</b>	+04:37:29 (28.2%)	8:56	6.7 (72.0%)
74	<b>GONCZAR Szymon</b>	<b>3218</b>		Senior II M - 30	24	01:53:58	05:03:52	09:37:03	12:09:14	14:23:24	<b>16:28:37.60</b>	+04:41:55 (28.5%)	8:59	6.7 (72.0%)
75	<b>GRAMACKI Maciej</b>	<b>3284</b>	WINTERCAMP.PL	Masters M - 40	37	01:56:37	05:23:31	10:22:43	12:53:21	15:01:46	<b>16:35:51.45</b>	+04:49:09 (29.0%)	9:03	6.6 (71.0%)
76	<b>BIERNACKI Benoit</b>	<b>3303</b>		Senior II M - 30	25	02:00:23	05:28:43	10:23:37	12:52:47	14:59:11	<b>16:36:54.00</b>	+04:50:11 (29.1%)	9:03	6.6 (71.0%)
77	<b>CIEŚLAK Jakub</b>	<b>3258</b>		Senior II M - 30	26	01:59:35	05:23:15	10:13:45	12:45:18	14:58:05	<b>16:38:51.30</b>	+04:52:09 (29.2%)	9:04	6.6 (71.0%)
78	<b>KŁOŚ Artur</b>	<b>3026</b>	STAY INSANE	Senior II M - 30	27	01:57:22	05:10:12	09:44:45	12:23:55	14:48:35	<b>16:39:57.85</b>	+04:53:15 (29.3%)	9:05	6.6 (71.0%)
79	<b>ZYGRY-WIŚNIEWSKA Karolina</b>	<b>3197</b>	GEMINI POLSKA TEAM	Masters K - 40	3	02:04:25	05:42:18	10:41:33	13:02:57	15:08:34	<b>16:41:47.75</b>	+04:55:05 (29.5%)	9:06	6.6 (71.0%)
80	<b>TALAGA Dawid</b>	<b>3287</b>	OLKUSZBIEGA.PL	Senior II M - 30	28	01:56:17	05:11:23	10:41:30	13:17:17	15:17:24	<b>16:42:38.95</b>	+04:55:56 (29.5%)	9:06	6.6 (71.0%)
81	<b>PRZYBYLSKI Piotr</b>	<b>3245</b>		Masters M - 40	38	02:06:06	05:33:52	10:33:58	13:00:34	15:06:39	<b>16:44:19.25</b>	+04:57:37 (29.6%)	9:07	6.6 (71.0%)
82	<b>ZAKRZEWSKI Krzysztof</b>	<b>3312</b>	3:33 TEAM	Masters M - 40	39	02:01:52	05:31:10	10:32:33	13:09:07	15:17:55	<b>16:45:25.60</b>	+04:58:43 (29.7%)	9:08	6.6 (71.0%)
83	<b>KOWALEWSKI Marcin</b>	<b>3210</b>	CRIIM	Masters M - 40	40	02:00:41	05:32:43	10:36:24	12:50:08	14:59:55	<b>16:45:27.25</b>	+04:58:45 (29.7%)	9:08	6.6 (71.0%)
84	<b>HOFMAŃSKI Rafał</b>	<b>3129</b>		Senior II M - 30	29	01:59:20	05:19:29	10:05:34	12:43:33	15:01:49	<b>16:48:53.50</b>	+05:02:11 (30.0%)	9:10	6.5 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
85	<b>RATAJCZAK Marcin</b>	<b>3112</b>		Senior II M - 30	30	01:59:46	05:19:40	10:05:27	12:43:52	15:02:03	<b>16:49:03.50</b>	+05:02:21 (30.0%)	9:10	6.5 (69.9%)
86	<b>PARA Jakub</b>	<b>3226</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	41	01:58:19	05:19:41	10:39:53	13:10:03	15:21:27	<b>16:50:06.25</b>	+05:03:24 (30.0%)	9:10	6.5 (69.9%)
87	<b>MORCINEK Marcin</b>	<b>3277</b>	BLUSZCZA	Masters M - 40	42	02:02:52	05:34:19	10:45:34	13:18:38	15:20:15	<b>16:55:18.70</b>	+05:08:36 (30.4%)	9:13	6.5 (69.9%)
88	<b>SZUBA Tomasz</b>	<b>3191</b>		Senior I M - 20	3	01:50:50	04:52:28	09:45:07	12:36:28	15:09:18	<b>16:56:15.85</b>	+05:09:33 (30.5%)	9:14	6.5 (69.9%)
89	<b>LASEK Mikołaj</b>	<b>3231</b>	PAN WUEFISTA	Senior II M - 30	31	02:07:28	05:34:53	10:52:59	13:29:09	15:25:10	<b>16:57:03.25</b>	+05:10:21 (30.5%)	9:14	6.5 (69.9%)
90	<b>LIC Janusz</b>	<b>3240</b>	BISKUPICE ULTRARUN	Weteran I M - 50	4	02:10:05	05:50:49	10:45:35	13:16:10	15:25:23	<b>17:00:30.20</b>	+05:13:48 (30.7%)	9:16	6.5 (69.9%)
91	<b>KOSTERA Tomasz</b>	<b>3060</b>	VEGE RUNNERS	Masters M - 40	43	02:02:55	05:39:30	10:46:50	13:18:20	15:30:24	<b>17:03:43.10</b>	+05:17:00 (31.0%)	9:18	6.4 (68.8%)
92	<b>KONIK Grzegorz</b>	<b>3131</b>	OKB ZADYSZKA / KS KANDAHAR	Weteran I M - 50	5	02:00:22	05:38:09	10:16:57	12:48:52	15:16:44	<b>17:05:50.20</b>	+05:19:08 (31.1%)	9:19	6.4 (68.8%)
93	<b>TRĄBICKI Adam</b>	<b>3203</b>		Senior II M - 30	32	01:59:39	05:21:04	10:20:34	13:07:57	15:18:10	<b>17:07:14.15</b>	+05:20:31 (31.2%)	9:20	6.4 (68.8%)
94	<b>GRUBICH Damian</b>	<b>3014</b>		Masters M - 40	44	02:00:45	05:49:05	10:55:44	13:17:54	15:30:50	<b>17:07:17.45</b>	+05:20:35 (31.2%)	9:20	6.4 (68.8%)
95	<b>SOBASZEK Marcin</b>	<b>3155</b>		Senior II M - 30	33	02:07:01	05:37:32	10:50:44	13:29:35	15:36:44	<b>17:10:40.05</b>	+05:23:57 (31.4%)	9:22	6.4 (68.8%)
96	<b>PASTWA Marek</b>	<b>3343</b>	OH!ZUZA.COM	Weteran I M - 50	6	02:20:59	06:18:12	11:09:37	13:30:22	15:45:26	<b>17:17:39.00</b>	+05:30:56 (31.9%)	9:25	6.4 (68.8%)
97	<b>ODIJA Leszek</b>	<b>3249</b>		Masters M - 40	45	02:03:56	05:25:30	10:08:21	13:08:20	15:27:18	<b>17:18:08.70</b>	+05:31:26 (31.9%)	9:26	6.4 (68.8%)
98	<b>KOWALCZYK Paweł</b>	<b>3305</b>	KĘCKIE HARPAGANY	Masters M - 40	46	02:00:27	05:22:14	10:24:31	13:08:47	15:30:04	<b>17:21:01.05</b>	+05:34:18 (32.1%)	9:27	6.3 (67.7%)
99	<b>BRZOZOWSKI Rafał</b>	<b>3328</b>		Masters M - 40	47	02:07:58	05:55:14	11:00:06	13:27:40	15:44:49	<b>17:22:29.30</b>	+05:35:47 (32.2%)	9:28	6.3 (67.7%)
100	<b>TONDYTKO Piotr</b>	<b>3327</b>		Weteran I M - 50	7	02:08:05	05:55:19	11:00:12	13:27:38	15:44:56	<b>17:22:35.15</b>	+05:35:52 (32.2%)	9:28	6.3 (67.7%)
101	<b>GRABICKI Sebastian</b>	<b>3069</b>		Masters M - 40	48	02:02:06	05:29:23	10:47:11	13:33:13	15:52:27	<b>17:26:04.80</b>	+05:39:22 (32.4%)	9:30	6.3 (67.7%)
102	<b>GILEWICZ-RACHOWSKA Jagoda</b>	<b>3028</b>	DGR KANCELARIA RADCÓW PRAWNYCH	Senior II K - 30	7	02:04:28	05:39:56	10:49:10	13:27:58	15:51:41	<b>17:28:18.40</b>	+05:41:36 (32.6%)	9:31	6.3 (67.7%)
103	<b>ZAWROTNIAK Paweł</b>	<b>3239</b>		Senior I M - 20	4	01:50:04	05:18:18	10:35:09	13:26:24	15:55:24	<b>17:31:42.85</b>	+05:45:00 (32.8%)	9:33	6.3 (67.7%)
104	<b>CHOJNOWSKI Andrzej</b>	<b>3019</b>		Weteran I M - 50	8	02:00:14	05:23:28	10:35:50	13:15:58	15:43:14	<b>17:32:07.90</b>	+05:45:25 (32.8%)	9:33	6.3 (67.7%)
105	<b>SZALA Krzysztof</b>	<b>3082</b>	BIEGAMGDZIECHCE.PL	Senior II M - 30	34	01:52:57	05:19:54	10:45:18	13:30:31	15:53:04	<b>17:32:46.30</b>	+05:46:04 (32.9%)	9:34	6.3 (67.7%)
106	<b>FIUK Mirosław</b>	<b>3042</b>		Senior II M - 30	35	01:58:22	05:26:42	10:53:33	13:38:42	15:57:25	<b>17:33:38.40</b>	+05:46:56 (32.9%)	9:34	6.3 (67.7%)
107	<b>HARKIEWICZ Wiola</b>	<b>3103</b>	ODDYCHAJSWOBODNIE.PL NARAMOWICE BIEGAJA	Senior II K - 30	8	02:07:55	05:52:51	11:06:37	13:34:00	15:44:01	<b>17:34:39.90</b>	+05:47:57 (33.0%)	9:35	6.3 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
108	<b>NOWAK Natalia</b>	<b>3074</b>	EKIPA Z TARNOWA	Senior II K - 30	9	02:09:32	05:41:20	11:15:44	13:52:11	15:53:13	<b>17:35:05.35</b>	+05:48:23 (33.0%)	9:35	6.3 (67.7%)
109	<b>IZYDORSKI Marcin</b>	<b>3202</b>		Senior II M - 30	36	02:09:26	05:58:23	11:14:24	13:47:14	16:02:57	<b>17:38:35.45</b>	+05:51:53 (33.2%)	9:37	6.2 (66.7%)
110	<b>LEWANDOWSKI Janusz</b>	<b>3076</b>		Masters M - 40	49	02:05:33	05:53:19	11:04:25	13:44:58	16:03:02	<b>17:44:00.65</b>	+05:57:18 (33.6%)	9:40	6.2 (66.7%)
111	<b>ZAKRZYNSKI Franciszek</b>	<b>3101</b>		Masters M - 40	50	02:01:24	05:35:00	11:15:06	13:44:57	16:07:47	<b>17:46:22.80</b>	+05:59:40 (33.7%)	9:41	6.2 (66.7%)
112	<b>RUSZCZEWSKI Andrzej</b>	<b>3001</b>	VEGE RUNNERS	Senior II M - 30	37	02:05:18	05:40:52	10:33:31	13:14:02	15:58:08	<b>17:47:05.15</b>	+06:00:22 (33.8%)	9:42	6.2 (66.7%)
113	<b>LIPCZAK Amadeusz</b>	<b>3104</b>		Masters M - 40	51	02:03:59	05:52:02	11:07:46	13:35:52	15:58:59	<b>17:48:25.70</b>	+06:01:43 (33.9%)	9:42	6.2 (66.7%)
114	<b>JANKOWSKI Marcin</b>	<b>3109</b>	FU FU FU TEAM	Senior II M - 30	38	01:59:08	06:33:34	12:28:56	14:36:21	16:29:12	<b>17:53:40.35</b>	+06:06:58 (34.2%)	9:45	6.1 (65.6%)
115	<b>MARCINKOWSKA Jadwiga</b>	<b>3189</b>		Weteran K - 50	1	02:08:54	05:55:16	11:21:55	13:49:24	16:09:03	<b>17:54:35.05</b>	+06:07:52 (34.2%)	9:46	6.1 (65.6%)
116	<b>WIŚNIEWSKI Michał</b>	<b>3198</b>	INVICTA POWER TEAM	Masters M - 40	52	02:10:49	05:46:26	11:40:49	14:10:43	16:31:03	<b>17:56:55.95</b>	+06:10:13 (34.4%)	9:47	6.1 (65.6%)
117	<b>TYŚ Radek</b>	<b>3030</b>	NOWA RUDA BIEGA	Senior II M - 30	39	02:09:43	06:00:26	11:19:26	13:51:00	16:03:28	<b>17:59:03.20</b>	+06:12:21 (34.5%)	9:48	6.1 (65.6%)
118	<b>PAWLAK Jarosław</b>	<b>3039</b>	KOŁO BIEGA	Senior II M - 30	40	02:02:23	05:40:36	11:04:32	13:44:25	16:14:49	<b>18:04:34.05</b>	+06:17:51 (34.8%)	9:51	6.1 (65.6%)
119	<b>MIKRUT Remigiusz</b>	<b>3087</b>		Masters M - 40	53	02:00:42	05:32:53	10:36:38	13:46:18	16:22:07	<b>18:06:06.10</b>	+06:19:23 (34.9%)	9:52	6.1 (65.6%)
120	<b>KACZMAREK Jędrzej</b>	<b>3052</b>	KP PSP MILICZ	Senior I M - 20	5	02:07:49	05:51:52	11:02:58	13:40:30	15:59:37	<b>18:06:54.95</b>	+06:20:12 (35.0%)	9:52	6.1 (65.6%)
121	<b>KAMIŃSKI Marek</b>	<b>3092</b>		Masters M - 40	54	02:07:30	05:49:59	11:04:50	13:58:19	16:24:38	<b>18:07:58.35</b>	+06:21:16 (35.0%)	9:53	6.1 (65.6%)
122	<b>DEINIUK Roman</b>	<b>3321</b>		Senior I M - 20	6	01:53:34	05:32:28	11:11:40	14:03:27	16:34:46	<b>18:10:12.20</b>	+06:23:30 (35.2%)	9:54	6.1 (65.6%)
123	<b>ŁUSZCZAKIEWICZ Tomasz</b>	<b>3032</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Masters M - 40	55	02:09:41	05:56:58	11:24:36	14:09:00	16:32:47	<b>18:10:27.15</b>	+06:23:44 (35.2%)	9:54	6.1 (65.6%)
124	<b>PITON Paweł</b>	<b>3080</b>	#ULTRARODZINKA	Senior II M - 30	41	02:10:06	05:50:21	11:33:14	14:11:14	16:30:01	<b>18:10:49.25</b>	+06:24:07 (35.2%)	9:54	6.1 (65.6%)
125	<b>RUDY Maciej</b>	<b>3117</b>	#ULTRARODZINKA	Senior I M - 20	7	02:10:18	05:50:30	11:33:23	14:11:21	16:30:14	<b>18:10:58.85</b>	+06:24:16 (35.2%)	9:55	6 (64.5%)
126	<b>IWASZCZYSZYN Tomasz</b>	<b>3230</b>	RATEMYTRAIL.COM / RMT TEAM	Senior II M - 30	42	01:55:21	05:15:21	10:47:24	13:53:34	16:25:20	<b>18:14:47.60</b>	+06:28:05 (35.4%)	9:57	6 (64.5%)
127	<b>FALKENBERG Ludwik</b>	<b>3044</b>	WARIAT BIEGA.	Masters M - 40	56	01:52:16	05:18:37	11:32:34	14:29:21	16:47:14	<b>18:15:12.90</b>	+06:28:30 (35.5%)	9:57	6 (64.5%)
128	<b>ZAJĄC Leszek</b>	<b>3079</b>		Senior II M - 30	43	01:49:55	05:08:29	10:08:38	13:10:53	15:45:19	<b>18:16:11.85</b>	+06:29:29 (35.5%)	9:57	6 (64.5%)
129	<b>MATYSZCZAK Włodzimierz</b>	<b>3279</b>		Weteran II M - 60	2	02:04:23	05:44:03	11:00:34	13:52:37	16:19:35	<b>18:16:37.75</b>	+06:29:55 (35.6%)	9:58	6 (64.5%)
130	<b>KORECKI Andrzej</b>	<b>3336</b>		Masters M - 40	57	01:57:49	06:30:20	11:59:10	14:33:20	16:41:51	<b>18:19:54.60</b>	+06:33:12 (35.7%)	9:59	6 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
131	<b>BILSKI Przemysław</b>	<b>3177</b>	KS MARATON OSTRÓW WLKP.	Senior II M - 30	44	02:03:51	05:44:16	10:57:46	13:37:42	16:11:53	<b>18:20:23.35</b>	+06:33:41 (35.8%)	10:00	6 (64.5%)
132	<b>CHUDA Aneta</b>	<b>3013</b>		Masters K - 40	4	02:09:54	05:59:11	11:26:56	14:09:42	16:36:31	<b>18:20:47.60</b>	+06:34:05 (35.8%)	10:00	6 (64.5%)
133	<b>KOSZAREK Maciej</b>	<b>3264</b>		Weteran I M - 50	9	01:59:58	05:59:04	11:25:48	14:14:26	16:46:09	<b>18:26:44.35</b>	+06:40:02 (36.1%)	10:03	6 (64.5%)
134	<b>GRZYWINSKI Bartosz</b>	<b>3161</b>		Masters M - 40	58	02:04:01	05:57:46	11:26:55	14:15:42	16:42:04	<b>18:27:27.75</b>	+06:40:45 (36.2%)	10:04	6 (64.5%)
135	<b>FLORKIEWICZ Sławomir</b>	<b>3049</b>		Weteran I M - 50	10	02:05:31	05:56:06	11:18:01	14:02:36	16:41:07	<b>18:28:23.05</b>	+06:41:40 (36.2%)	10:04	6 (64.5%)
136	<b>FRĄCKOWIAK Jacek</b>	<b>3289</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	59	02:06:28	05:53:30	11:26:12	14:17:20	16:46:19	<b>18:28:37.60</b>	+06:41:55 (36.3%)	10:04	6 (64.5%)
137	<b>SURKÓW Adrian</b>	<b>3047</b>	MUAY RUNNING TEAM	Senior II M - 30	45	02:18:46	06:01:39	11:10:54	14:04:59	16:38:48	<b>18:28:46.85</b>	+06:42:04 (36.3%)	10:04	6 (64.5%)
138	<b>ROSZAK-SURKÓW Sylwia</b>	<b>3045</b>	MUAY RUNNING TEAM	Masters K - 40	5	02:18:42	06:01:47	11:11:03	14:05:05	16:36:59	<b>18:28:58.45</b>	+06:42:16 (36.3%)	10:04	6 (64.5%)
139	<b>TOJZA Tomasz</b>	<b>3150</b>		Masters M - 40	60	02:01:14	05:51:21	11:25:44	14:19:01	16:41:26	<b>18:31:59.85</b>	+06:45:17 (36.4%)	10:06	5.9 (63.4%)
140	<b>KWIKERT Adrian</b>	<b>3274</b>		Senior II M - 30	46	02:11:01	06:20:40	11:30:24	14:17:19	17:01:00	<b>18:32:43.05</b>	+06:46:00 (36.5%)	10:06	5.9 (63.4%)
141	<b>KRUPIANIK Tomasz</b>	<b>3214</b>		Senior II M - 30	47	02:15:15	05:51:48	11:25:12	14:17:39	16:38:01	<b>18:33:16.75</b>	+06:46:34 (36.5%)	10:07	5.9 (63.4%)
142	<b>PTAK Adam</b>	<b>3123</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	61	02:12:55	06:05:53	11:14:47	14:08:49	16:36:21	<b>18:33:54.45</b>	+06:47:12 (36.6%)	10:07	5.9 (63.4%)
143	<b>HACUŚ Tomasz</b>	<b>3063</b>		Masters M - 40	62	02:11:49	06:04:10	11:11:17	14:03:54	16:32:17	<b>18:33:58.75</b>	+06:47:16 (36.6%)	10:07	5.9 (63.4%)
144	<b>WOJTKOWIAK Renata</b>	<b>3054</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	02:13:11	06:06:16	11:15:16	14:09:08	16:41:37	<b>18:34:17.55</b>	+06:47:35 (36.6%)	10:07	5.9 (63.4%)
145	<b>KACZOR Łukasz</b>	<b>3300</b>	WILD BUCHAYS	Senior II M - 30	48	02:07:05	05:50:28	11:27:18	14:11:15	16:32:21	<b>18:34:20.30</b>	+06:47:38 (36.6%)	10:07	5.9 (63.4%)
146	<b>TOMCZAK Dariusz</b>	<b>3265</b>	HELL'S GYM OCR PĘPOWO	Senior II M - 30	49	02:03:13	05:47:48	11:14:28	13:51:30	16:26:31	<b>18:34:21.45</b>	+06:47:39 (36.6%)	10:07	5.9 (63.4%)
147	<b>RATAJCZAK Joanna</b>	<b>3283</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	7	02:13:17	06:06:24	11:15:23	14:09:11	16:41:04	<b>18:34:24.55</b>	+06:47:42 (36.6%)	10:07	5.9 (63.4%)
148	<b>LORANC Paweł</b>	<b>3304</b>	WILD BUCHAYS	Masters M - 40	63	02:07:10	05:50:38	11:27:24	14:12:03	16:32:36	<b>18:34:25.55</b>	+06:47:43 (36.6%)	10:07	5.9 (63.4%)
149	<b>JĘDRZEJCZAK Wojciech</b>	<b>3126</b>		Weteran I M - 50	11	02:13:28	06:06:30	11:15:19	14:09:10	16:41:44	<b>18:34:26.40</b>	+06:47:44 (36.6%)	10:07	5.9 (63.4%)
150	<b>KOŁODZIEJSKI Jarek</b>	<b>3068</b>	NWZNBHC	Masters M - 40	64	02:13:17	06:06:37	11:15:26	14:09:09	16:36:56	<b>18:34:44.45</b>	+06:48:02 (36.6%)	10:08	5.9 (63.4%)
151	<b>GASIECKI Andrzej</b>	<b>3004</b>		Weteran I M - 50	12	02:11:27	05:56:47	11:22:16	14:12:50	16:43:37	<b>18:35:39.20</b>	+06:48:57 (36.7%)	10:08	5.9 (63.4%)
152	<b>BĘDŹKOWSKI Marek</b>	<b>3317</b>	MORSY OSTROŁĘKA	Weteran I M - 50	13	02:13:18	06:10:59	11:54:05	14:34:29	16:50:25	<b>18:36:36.55</b>	+06:49:54 (36.7%)	10:09	5.9 (63.4%)
153	<b>DZIENISZEWSKI Michał</b>	<b>3232</b>		Senior II M - 30	50	02:07:30	06:10:04	11:40:11	14:33:32	16:55:29	<b>18:41:17.70</b>	+06:54:35 (37.0%)	10:11	5.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
154	<b>DZIUBEK Michał</b>	<b>3171</b>	W POGONI ZA DUCHEM	Masters M - 40	65	01:56:50	05:11:47	10:37:42	13:39:47	16:31:07	<b>18:43:43.05</b>	+06:57:00 (37.1%)	10:12	5.9 (63.4%)
155	<b>SKRZEK Marcin</b>	<b>3190</b>	PRO-RUN WROCŁAW	Masters M - 40	66	02:09:26	05:58:20	11:22:07	14:25:21	17:00:51	<b>18:43:58.35</b>	+06:57:16 (37.1%)	10:13	5.9 (63.4%)
156	<b>NAPIERAŁA Marcin</b>	<b>3002</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	67	02:07:52	05:53:08	11:14:56	14:17:33	16:54:32	<b>18:44:21.50</b>	+06:57:39 (37.1%)	10:13	5.9 (63.4%)
157	<b>JERCZYŃSKI Tomasz</b>	<b>3106</b>	GRUPA BIEGOWA ŁĘKA OPATOWSKA	Masters M - 40	68	02:07:35	06:22:06	12:33:14	15:01:34	17:08:38	<b>18:45:01.80</b>	+06:58:19 (37.2%)	10:13	5.9 (63.4%)
158	<b>LENART-KŁOŚ Katarzyna</b>	<b>3015</b>	STAY INSANE	Senior II K - 30	10	02:01:59	05:40:35	11:18:59	14:20:24	16:56:27	<b>18:45:19.90</b>	+06:58:37 (37.2%)	10:13	5.9 (63.4%)
159	<b>GAŚSIOR Paweł</b>	<b>3173</b>		Senior II M - 30	51	02:00:25	06:10:56	11:40:09	14:33:50	16:54:04	<b>18:45:26.75</b>	+06:58:44 (37.2%)	10:13	5.9 (63.4%)
160	<b>JANKOWSKI Łukasz</b>	<b>3102</b>	1987	Senior II M - 30	52	02:02:10	05:40:46	11:19:09	14:20:38	16:56:38	<b>18:45:30.25</b>	+06:58:48 (37.2%)	10:13	5.9 (63.4%)
161	<b>ADAMSKI Krzysztof</b>	<b>3194</b>	JM	Senior II M - 30	53	02:06:39	06:11:54	11:56:41	14:49:50	17:10:30	<b>18:45:31.50</b>	+06:58:49 (37.2%)	10:13	5.9 (63.4%)
162	<b>BARCZYK Agnieszka</b>	<b>3307</b>		Masters K - 40	8	02:16:29	06:13:53	11:51:39	14:49:20	17:03:16	<b>18:47:05.25</b>	+07:00:23 (37.3%)	10:14	5.9 (63.4%)
163	<b>MODLISZEWSKI Dariusz</b>	<b>3119</b>	ORANGE POLSKA	Masters M - 40	69	02:03:54	05:55:24	11:26:01	14:15:46	16:53:14	<b>18:50:45.75</b>	+07:04:03 (37.5%)	10:16	5.8 (62.4%)
164	<b>DĘBICKI Mariusz</b>	<b>3122</b>	LOTTO	Masters M - 40	70	02:03:45	05:55:19	11:25:55	14:36:27	17:04:55	<b>18:50:56.45</b>	+07:04:14 (37.5%)	10:16	5.8 (62.4%)
165	<b>TRZECIAK Andrzej</b>	<b>3165</b>	KGHM COPI RUN	Masters M - 40	71	02:05:41	05:48:53	11:32:21	14:38:09	17:14:58	<b>18:54:31.05</b>	+07:07:48 (37.7%)	10:18	5.8 (62.4%)
166	<b>BOROWSKA-NAJDEREK Paulina</b>	<b>3022</b>	WLKP MOUNTAINS ULTRA	Masters K - 40	9	01:58:32	05:54:00	11:33:08	14:28:27	16:56:12	<b>18:55:17.50</b>	+07:08:35 (37.8%)	10:19	5.8 (62.4%)
167	<b>JAMROZIAK Grzegorz</b>	<b>3086</b>	AARSLEFF.BIZ RUNNING TEAM	Senior II M - 30	54	02:08:08	05:43:36	11:12:26	14:05:23	17:02:21	<b>18:56:15.05</b>	+07:09:32 (37.8%)	10:19	5.8 (62.4%)
168	<b>MAZEPA Tomasz</b>	<b>3224</b>	TOMEKM.SKÓRA	Masters M - 40	72	02:08:40	06:04:43	11:40:56	14:39:02	17:15:57	<b>18:57:28.80</b>	+07:10:46 (37.9%)	10:20	5.8 (62.4%)
169	<b>ROSPOND Piotr</b>	<b>3166</b>	TKKF MPK POZNAŃ	Weteran I M - 50	14	02:02:57	05:56:57	11:09:23	13:53:17	16:54:21	<b>18:57:52.20</b>	+07:11:10 (37.9%)	10:20	5.8 (62.4%)
170	<b>WOJTASZEK Marcin</b>	<b>3118</b>	MUCHY NA ZĘBACH	Senior II M - 30	55	02:12:12	06:02:03	11:56:41	14:53:11	17:15:25	<b>18:59:12.95</b>	+07:12:30 (38.0%)	10:21	5.8 (62.4%)
171	<b>CHOMICZ Tomasz</b>	<b>3345</b>	JACWINGOWIE ZAPOMNIANI WOJOWNICY	Masters M - 40	73	02:01:03	06:16:07	12:08:21	14:57:49	17:10:48	<b>19:00:00.60</b>	+07:13:18 (38.0%)	10:21	5.8 (62.4%)
172	<b>BUDKOWSKI Kamil</b>	<b>3008</b>		Senior II M - 30	56	02:08:37	06:04:32	11:42:10	14:44:22	17:12:00	<b>19:00:50.95</b>	+07:14:08 (38.1%)	10:22	5.8 (62.4%)
173	<b>NIESPODZIANA Anna</b>	<b>3339</b>	ROGOZIŃSKI KLUB BIEGACZA	Senior II K - 30	11	02:21:09	06:33:15	12:18:53	14:56:00	17:19:03	<b>19:03:36.85</b>	+07:16:54 (38.2%)	10:23	5.8 (62.4%)
174	<b>GRABIŃSKI Waldemar</b>	<b>3340</b>	ROGOZIŃSKI KLUB BIEGACZA	Masters M - 40	74	02:21:12	06:33:22	12:18:58	14:56:03	17:18:47	<b>19:03:42.20</b>	+07:17:00 (38.2%)	10:23	5.8 (62.4%)
175	<b>BORSZYNSKI Kuba</b>	<b>3229</b>	KC INK/NIGHT RUNNERS	Senior II M - 30	57	02:10:32	06:04:17	11:28:29	14:19:59	17:07:48	<b>19:06:06.40</b>	+07:19:24 (38.3%)	10:25	5.8 (62.4%)
176	<b>ZAJĄC Łukasz</b>	<b>3070</b>	KOMPARIO TEAM	Senior II M - 30	58	02:07:26	05:58:10	11:25:34	14:27:40	17:07:30	<b>19:06:09.55</b>	+07:19:27 (38.3%)	10:25	5.8 (62.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
177	ZABOROWSKI Kamil	3223	NIGHT RUNNERS	Senior II M - 30	59	02:10:41	06:04:26	11:28:39	14:20:11	17:08:23	<b>19:06:10.90</b>	+07:19:28 (38.3%)	10:25	5.8 (62.4%)
178	PSZENNY Łukasz	3010	ULTRINO AMATEUR	Senior II M - 30	60	02:11:08	06:08:53	11:44:29	14:43:39	17:20:44	<b>19:09:02.80</b>	+07:22:20 (38.5%)	10:26	5.7 (61.3%)
179	SZAFRAN Łukasz	3007	ULTRINO AMATEUR	Senior I M - 20	8	02:11:13	06:09:01	11:44:36	14:43:22	17:20:49	<b>19:09:04.20</b>	+07:22:22 (38.5%)	10:26	5.7 (61.3%)
180	POMIANOWSKI Szymon	3164	KURACJUSZE	Senior II M - 30	61	02:00:00	05:53:09	11:46:59	15:02:27	17:23:10	<b>19:09:34.65</b>	+07:22:52 (38.5%)	10:27	5.7 (61.3%)
181	KARAWACKI Grzegorz	3320	KĘCKIE HARPAGANY	Senior II M - 30	62	02:13:30	05:44:23	11:45:20	14:37:12	17:21:40	<b>19:10:20.75</b>	+07:23:38 (38.6%)	10:27	5.7 (61.3%)
182	KARCZMIT Daniel	3179		Senior II M - 30	63	02:14:02	05:41:00	11:14:37	14:02:57	16:57:00	<b>19:13:24.20</b>	+07:26:42 (38.7%)	10:29	5.7 (61.3%)
183	LEWANDOWSKI Wojciech	3199	TMTEAM	Senior II M - 30	64		06:22:13	11:53:01	14:38:11	17:13:11	<b>19:14:17.00</b>	+07:27:34 (38.8%)	10:29	5.7 (61.3%)
184	WODZIŃSKA Danuta	3107	INSTRUKTOR BIEGANIA TEAM	Masters K - 40	10	02:02:22	05:46:23	12:04:46	14:59:28	17:26:11	<b>19:15:58.55</b>	+07:29:16 (38.9%)	10:30	5.7 (61.3%)
185	PRUSIK Paweł	3168		Senior I M - 20	9	02:06:06	05:55:41	11:10:44	14:23:53	17:11:20	<b>19:16:39.60</b>	+07:29:57 (38.9%)	10:30	5.7 (61.3%)
186	PRUSIK Tomasz	3170		Senior I M - 20	10	02:06:34	05:56:13	11:11:11	14:24:27	17:11:14	<b>19:17:10.80</b>	+07:30:28 (38.9%)	10:31	5.7 (61.3%)
187	GRZESIAK Mateusz	3182	KLUB AA	Senior II M - 30	65	02:11:20	06:25:12	12:19:15	15:11:27	17:39:50	<b>19:17:41.00</b>	+07:30:58 (39.0%)	10:31	5.7 (61.3%)
188	KUDELSKI Ireneusz	3259	ROZBIEGANI CHOJNÓW	Weteran I M - 50	15	02:06:24	05:59:27	11:56:51	14:58:45	17:24:29	<b>19:21:04.90</b>	+07:34:22 (39.1%)	10:33	5.7 (61.3%)
189	SAMBORSKI Bartosz	3037	WKURW_TEAM	Masters M - 40	75	02:08:29	06:14:25	12:40:36	15:44:25	17:48:06	<b>19:22:36.00</b>	+07:35:53 (39.2%)	10:34	5.7 (61.3%)
190	GROCHOWSKI Tomasz	3055	SPARTA RUNNERS	Masters M - 40	76	02:05:22	05:33:41	11:36:04	14:42:59	17:21:21	<b>19:23:34.65</b>	+07:36:52 (39.3%)	10:34	5.7 (61.3%)
191	OSICA Łukasz	3207		Senior II M - 30	66	02:15:41	06:20:56	11:56:27	14:52:02	17:28:21	<b>19:24:12.80</b>	+07:37:30 (39.3%)	10:35	5.7 (61.3%)
192	ŚLUZEK Mirosław	3064		Weteran I M - 50	16	02:08:03	06:04:15	11:33:48	14:26:54	17:13:44	<b>19:25:19.80</b>	+07:38:37 (39.4%)	10:35	5.7 (61.3%)
193	DWORNICKI Tomasz	3338	RYBNICKA GRUPA BIEGOWA	Masters M - 40	77	02:13:05	06:08:57	11:57:53	14:54:27	17:28:41	<b>19:26:33.40</b>	+07:39:51 (39.4%)	10:36	5.7 (61.3%)
194	CHOMIAK Katarzyna	3315	BIEGAJ W JEDLINIE	Masters K - 40	11	02:20:07	06:03:57	11:32:21	14:32:04	16:57:15	<b>19:28:58.40</b>	+07:42:16 (39.5%)	10:37	5.6 (60.2%)
195	KOVÁCS Árpád	3195	DUV	Senior I M - 20	11	02:13:26	06:14:25	12:03:33	14:41:35	17:24:24	<b>19:32:57.55</b>	+07:46:15 (39.8%)	10:39	5.6 (60.2%)
196	WIŚNIEWSKI Mariusz	3071		Masters M - 40	78	02:05:34	05:58:14	11:38:15	14:40:45	17:31:35	<b>19:34:17.65</b>	+07:47:35 (39.8%)	10:40	5.6 (60.2%)
197	BORKO Ryszard	3146	KS PIDRINA GDYNIA	Masters M - 40	79	02:20:49	06:33:42	12:21:46	14:59:38	17:32:04	<b>19:37:09.80</b>	+07:50:27 (40.0%)	10:42	5.6 (60.2%)
198	JASICKI Krzysztof	3040		Masters M - 40	80	02:15:10	06:23:22	12:10:14	14:55:46	17:29:21	<b>19:40:02.10</b>	+07:53:19 (40.1%)	10:43	5.6 (60.2%)
199	WIŚNIEWSKA Barbara	3061	SPARTA RUNNERS	Senior II K - 30	12	02:21:59	06:27:41	11:59:31	14:55:34	17:30:39	<b>19:41:58.00</b>	+07:55:15 (40.2%)	10:44	5.6 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
200	<b>WIELGAT-KOJDECKA Magdalena</b>	<b>3035</b>	CARBON OCR RACING TEAM	Senior II K - 30	13	02:14:28	06:02:20	11:35:37	14:35:34	17:29:14	<b>19:45:49.75</b>	+07:59:07 (40.4%)	10:46	5.6 (60.2%)
201	<b>STALA-KONDRAKIEWICZ Katarzyna</b>	<b>3048</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	14	02:34:04	06:51:54	12:27:34	15:30:41	17:57:22	<b>19:45:57.05</b>	+07:59:14 (40.4%)	10:46	5.6 (60.2%)
202	<b>ŁOPOKA Przemysław</b>	<b>3116</b>		Senior I M - 20	12	02:10:52	05:55:08	11:53:01	15:08:10	18:00:10	<b>19:50:44.55</b>	+08:04:02 (40.7%)	10:49	5.5 (59.1%)
203	<b>BUTRYN Wojciech</b>	<b>3270</b>	BEZ PRZYNALEŻNOŚCI	Masters M - 40	81	02:11:17	05:44:53	11:38:28	14:40:59	17:33:46	<b>19:51:59.90</b>	+08:05:17 (40.7%)	10:50	5.5 (59.1%)
204	<b>CZUBA Robert</b>	<b>3127</b>	ORANGE POLSKA	Weteran I M - 50	17	02:09:31	06:08:20	12:00:15	15:21:42	17:53:09	<b>19:52:47.50</b>	+08:06:05 (40.8%)	10:50	5.5 (59.1%)
205	<b>GALASIŃSKI Andrzej</b>	<b>3099</b>	GRUPA SIGMEO	Weteran I M - 50	18	02:10:06	06:08:52	12:07:36	15:00:40	17:54:30	<b>19:52:55.70</b>	+08:06:13 (40.8%)	10:50	5.5 (59.1%)
206	<b>WYRWAS-ZYGARŁOWSKA Izabela</b>	<b>3098</b>	KOBIETY BIEGAJĄ	Masters K - 40	12	02:11:17	06:08:57	12:08:31	15:00:42	17:50:52	<b>19:53:03.45</b>	+08:06:21 (40.8%)	10:50	5.5 (59.1%)
207	<b>KASPRZYK Adrian</b>	<b>3344</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	82	02:18:09	06:45:22	12:38:15	15:32:01	18:00:22	<b>19:55:09.35</b>	+08:08:27 (40.9%)	10:51	5.5 (59.1%)
208	<b>BANAŚ Michał</b>	<b>3051</b>	IPA WROCŁAW	Senior II M - 30	67	02:05:50	05:48:46	11:32:47	14:43:24	17:44:48	<b>20:01:43.90</b>	+08:15:01 (41.2%)	10:55	5.5 (59.1%)
209	<b>SIKORA Grzegorz</b>	<b>3219</b>	MCBIEGACZE	Masters M - 40	83	02:06:13	05:55:17	12:05:01	15:25:55	18:14:36	<b>20:04:20.45</b>	+08:17:38 (41.3%)	10:56	5.5 (59.1%)
210	<b>BABIRECKI Krzysztof</b>	<b>3108</b>	FU FU FU TEAM	Masters M - 40	84	01:59:03	06:33:32	13:16:26	16:12:55	18:34:15	<b>20:06:44.20</b>	+08:20:02 (41.4%)	10:58	5.5 (59.1%)
211	<b>MOLENDĄ Michał</b>	<b>3135</b>		Masters M - 40	85	02:19:31	06:44:13	12:55:52	16:02:43	18:29:34	<b>20:08:32.80</b>	+08:21:50 (41.5%)	10:59	5.5 (59.1%)
212	<b>MIKOŁAJCZYK-SOWA Monika</b>	<b>3139</b>	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	13	02:17:06	06:41:14	12:48:10	15:33:21	18:03:41	<b>20:09:26.20</b>	+08:22:44 (41.6%)	10:59	5.5 (59.1%)
213	<b>ODWAŻNY Magdalena</b>	<b>3073</b>	ODWAŻNYTEAM.PL	Masters K - 40	14	02:18:11	06:42:17	12:49:27	15:34:28	18:04:44	<b>20:10:29.25</b>	+08:23:47 (41.6%)	11:00	5.5 (59.1%)
214	<b>KAROLCZAK Aleksander</b>	<b>3273</b>	WKURW_TEAM	Senior I M - 20	13	02:01:33	05:18:07	10:29:47	13:22:46	17:21:01	<b>20:10:32.35</b>	+08:23:50 (41.6%)	11:00	5.5 (59.1%)
215	<b>TOWASIK Mietek</b>	<b>3346</b>		Weteran I M - 50	19	02:14:21	06:31:04	12:27:26	15:21:01	17:56:07	<b>20:11:06.15</b>	+08:24:23 (41.6%)	11:00	5.4 (58.1%)
216	<b>NOWOSŁAWSKI Krzysztof</b>	<b>3169</b>	IRRACJONALNIE MASZERUJĄCY	Masters M - 40	86	02:16:19	06:43:41	12:39:15	15:31:46	18:06:01	<b>20:12:35.10</b>	+08:25:52 (41.7%)	11:01	5.4 (58.1%)
217	<b>LATANOWICZ Bernard</b>	<b>3331</b>		Senior II M - 30	68	02:12:05	05:48:05	11:17:17	15:47:56	18:36:13	<b>20:13:13.80</b>	+08:26:31 (41.8%)	11:01	5.4 (58.1%)
218	<b>BORC Piotr</b>	<b>3111</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	Weteran I M - 50	20	02:10:45	06:18:59	12:09:36	14:59:57	17:33:14	<b>20:15:05.90</b>	+08:28:23 (41.8%)	11:02	5.4 (58.1%)
219	<b>NIEMCZAK Basia</b>	<b>3266</b>	ULTRA KSP	Senior II K - 30	15	02:18:34	06:24:42	12:23:06	15:30:53	18:14:39	<b>20:15:50.85</b>	+08:29:08 (41.9%)	11:03	5.4 (58.1%)
220	<b>WRONKA Tymoteusz</b>	<b>3192</b>	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30	69	02:24:35	07:10:55	13:03:29	16:00:02	18:23:37	<b>20:21:31.10</b>	+08:34:48 (42.1%)	11:06	5.4 (58.1%)
221	<b>JOVANOVIĆ Marko</b>	<b>3269</b>		Senior I M - 20	14	02:22:43	06:18:44	12:51:06	16:13:33	18:47:26	<b>20:21:53.85</b>	+08:35:11 (42.2%)	11:06	5.4 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
222	<b>LESZCZYŃSKI Paweł</b>	<b>3318</b>	LASY WAWERSKIE	Weteran II M - 60	3	02:17:56	06:28:09	12:40:15	15:52:17	18:26:33	<b>20:22:14.35</b>	+08:35:32 (42.2%)	11:06	5.4 (58.1%)
223	<b>JARZEMBOWSKI Tomasz</b>	<b>3020</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	87	02:12:11	06:13:10	12:21:00	15:35:57	18:20:56	<b>20:26:30.05</b>	+08:39:47 (42.4%)	11:09	5.4 (58.1%)
224	<b>SOBCZAK Mikołaj</b>	<b>3031</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	88	02:12:31	06:13:18	12:21:11	15:37:42	18:21:03	<b>20:26:38.40</b>	+08:39:56 (42.4%)	11:09	5.4 (58.1%)
225	<b>TOMASZEWSKI Dawid</b>	<b>3252</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	89	02:12:35	06:13:34	12:21:30	15:38:07	18:21:19	<b>20:26:56.90</b>	+08:40:14 (42.4%)	11:09	5.4 (58.1%)
226	<b>ROŚLICKI Jarosław</b>	<b>3072</b>	UBEZPIECZENIA DLA AKTYWNYCH	Masters M - 40	90	02:10:47	06:16:45	12:29:58	15:39:32	18:19:02	<b>20:29:01.70</b>	+08:42:19 (42.5%)	11:10	5.4 (58.1%)
227	<b>ZNAMIEC Marcin</b>	<b>3268</b>	ULTRA KSP	Masters M - 40	91	02:14:52	06:23:36	12:21:54	15:30:03	18:19:52	<b>20:29:21.65</b>	+08:42:39 (42.5%)	11:10	5.4 (58.1%)
228	<b>WOJTANOWICZ Marcin</b>	<b>3325</b>	BRUBECK / GUMOWE KACZKI TEAM	Masters M - 40	92	02:10:47	06:02:41	12:34:42	15:46:53	18:30:10	<b>20:33:37.75</b>	+08:46:55 (42.7%)	11:12	5.4 (58.1%)
229	<b>OŚRÓDEK Piotr</b>	<b>3324</b>	BRUBECK / GUMOWE KACZKI TEAM	Masters M - 40	93	02:10:49	06:02:45	12:34:46	15:46:01	18:30:18	<b>20:33:41.35</b>	+08:46:59 (42.7%)	11:12	5.3 (57.0%)
230	<b>LIS Tomasz</b>	<b>3220</b>	MCBIEGACZE	Masters M - 40	94	02:06:29	05:55:23	12:05:15	15:26:39	18:24:03	<b>20:35:50.35</b>	+08:49:08 (42.8%)	11:14	5.3 (57.0%)
231	<b>KRÓLICKI Zbigniew</b>	<b>3183</b>		Masters M - 40	95	02:23:12	06:46:13	12:54:06	15:53:57	18:35:57	<b>20:40:28.80</b>	+08:53:46 (43.0%)	11:16	5.3 (57.0%)
232	<b>MEDUNA Zbigniew</b>	<b>3172</b>		Masters M - 40	96	02:14:55	06:18:04	11:57:09	15:08:25	18:15:00	<b>20:41:34.15</b>	+08:54:51 (43.1%)	11:17	5.3 (57.0%)
233	<b>KACZMAREK Mirosław</b>	<b>3297</b>	RUNNER'S POWER ŚREM	Senior I M - 20	15	02:22:55	06:39:26	12:54:14	15:55:55	18:49:48	<b>20:44:26.30</b>	+08:57:44 (43.2%)	11:18	5.3 (57.0%)
234	<b>MATUSZEWSKA Małgorzata</b>	<b>3296</b>	RUNNER'S POWER ŚREM	Masters K - 40	15	02:23:01	06:39:32	12:54:19	15:55:55	18:49:53	<b>20:44:33.35</b>	+08:57:51 (43.2%)	11:18	5.3 (57.0%)
235	<b>DZIERGAS Teresa</b>	<b>3225</b>	ULTRA KSP	Senior II K - 30	16	02:23:51	06:26:04	12:58:54	15:55:51	18:45:13	<b>20:50:04.90</b>	+09:03:22 (43.5%)	11:21	5.3 (57.0%)
236	<b>PROŃCZUK Adam</b>	<b>3130</b>	WEHICOOLL	Weteran I M - 50	21	02:36:27	07:09:29	13:15:54	16:13:10	18:42:57	<b>20:51:29.75</b>	+09:04:47 (43.5%)	11:22	5.3 (57.0%)
237	<b>MASZEWSKA-WACH Mariola</b>	<b>3309</b>	RAWA TIM ZAWSZE SLIM	Senior II K - 30	17	02:36:38	07:09:37	13:16:03	16:12:59	18:43:14	<b>20:51:35.65</b>	+09:04:53 (43.5%)	11:22	5.3 (57.0%)
238	<b>DOLIŃSKI Tomasz</b>	<b>3075</b>	UMAWIANIENABIEGANIE	Weteran I M - 50	22	02:22:58	06:58:38	13:06:10	16:10:26	18:56:12	<b>20:53:39.40</b>	+09:06:57 (43.6%)	11:23	5.3 (57.0%)
239	<b>FICNER Iwona</b>	<b>3021</b>	FSD RUN DREZDENKO	Masters K - 40	16	02:17:56	06:45:08	13:06:07	16:18:05	19:00:13	<b>21:03:01.15</b>	+09:16:18 (44.0%)	11:28	5.2 (55.9%)
240	<b>KARKOWSKA Wiesława</b>	<b>3341</b>		Weteran II K - 60	1	02:18:11	06:45:21	13:06:20	16:18:26	19:00:28	<b>21:03:14.35</b>	+09:16:32 (44.1%)	11:29	5.2 (55.9%)
241	<b>PAROL Paweł</b>	<b>3084</b>		Masters M - 40	97	02:11:37	06:54:56	13:21:04	16:15:10	18:50:56	<b>21:04:01.35</b>	+09:17:19 (44.1%)	11:29	5.2 (55.9%)
242	<b>MERTAS Dominik</b>	<b>3096</b>		Masters M - 40	98	02:18:19	06:47:48	12:55:49	15:45:55	18:43:09	<b>21:06:23.45</b>	+09:19:41 (44.2%)	11:30	5.2 (55.9%)
243	<b>OCHNIO Ewa</b>	<b>3006</b>		Masters K - 40	17	02:32:25	06:49:54	13:09:32	16:12:51	19:04:00	<b>21:09:43.10</b>	+09:23:00 (44.3%)	11:32	5.2 (55.9%)
244	<b>LADENBERGER Mateusz</b>	<b>3211</b>	WAWRZYTEAM	Senior II M - 30	70		07:23:51	13:16:32	16:05:24	19:08:44	<b>21:12:40.20</b>	+09:25:58 (44.5%)	11:34	5.2 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
245	<b>KUBERSKI Andrzej</b>	<b>3156</b>		Masters M - 40	99	02:07:00	06:04:10	11:59:46	15:36:08	18:40:22	<b>21:16:57.75</b>	+09:30:15 (44.7%)	11:36	5.2 (55.9%)
246	<b>JERCZYŃSKI Radosław</b>	<b>3204</b>		Masters M - 40	100	02:19:57	07:23:36	13:46:51	16:46:01	19:17:06	<b>21:22:56.00</b>	+09:36:13 (44.9%)	11:39	5.1 (54.8%)
247	<b>BONTOVICS Timea</b>	<b>3193</b>	DUV	Weteran K - 50	2	02:31:00	07:17:58	13:44:12	16:38:34	19:22:13	<b>21:27:06.95</b>	+09:40:24 (45.1%)	11:42	5.1 (54.8%)
248	<b>WACHOWSKA Alina</b>	<b>3157</b>	SMOK TRÓJGŁOWY	Weteran II K - 60	2	02:26:58	07:17:51	13:36:49	16:59:11	19:57:50	<b>21:55:19.30</b>	+10:08:37 (46.3%)	11:57	5 (53.8%)
249	<b>OLESZCZAK Piotr</b>	<b>3147</b>	BIEGAM BO SĄ TACY CO NIE MOGĄ	Masters M - 40	101	02:04:44	05:52:50	12:52:31	16:20:58	19:38:10	<b>21:57:40.70</b>	+10:10:58 (46.4%)	11:58	5 (53.8%)
250	<b>SERWADCZAK Marek</b>	<b>3272</b>		Weteran I M - 50	23	02:32:30	07:02:42	13:38:58	16:57:57	19:57:50	<b>22:03:51.60</b>	+10:17:09 (46.6%)	12:02	5 (53.8%)
251	<b>HETMAŃSKI Arek</b>	<b>3056</b>	LOVELASY	Senior II M - 30	71	02:08:18	06:12:05	12:37:40	16:04:52	19:24:55	<b>22:08:16.65</b>	+10:21:34 (46.8%)	12:04	5 (53.8%)
252	<b>ZAWADZKI Stanisław</b>	<b>3234</b>	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30	72	02:25:04	07:02:11	13:52:58	17:05:50	19:44:54	<b>22:10:10.35</b>	+10:23:28 (46.9%)	12:05	5 (53.8%)
253	<b>WRUK Remigiusz</b>	<b>3153</b>	BIEG OPOLSKI	Masters M - 40	102	02:06:46	06:56:05	13:37:42	16:58:34	19:33:21	<b>22:13:56.10</b>	+10:27:13 (47.0%)	12:07	4.9 (52.7%)
254	<b>KWINTA Maciej</b>	<b>3276</b>		Masters M - 40	103	02:16:19	06:47:21	13:10:46	16:46:01	19:52:38	<b>22:16:12.80</b>	+10:29:30 (47.1%)	12:08	4.9 (52.7%)
255	<b>RUTKOWSKI Janusz</b>	<b>3213</b>	LESZNO TEAM	Weteran I M - 50	24		07:10:36	13:38:24	16:53:09	20:06:51	<b>22:19:06.00</b>	+10:32:23 (47.2%)	12:10	4.9 (52.7%)
256	<b>PTASZYŃSKA Anna</b>	<b>3077</b>	SPEED FEET '16	Weteran K - 50	3	02:27:01	07:13:57	13:33:04	16:58:15	20:06:24	<b>22:21:10.10</b>	+10:34:27 (47.3%)	12:11	4.9 (52.7%)
257	<b>STROIŃSKA Iwona</b>	<b>3029</b>	C&C SPORTS TEAM	Masters K - 40	18	02:24:28	06:47:16	12:59:45	16:30:19	19:37:46	<b>22:22:47.40</b>	+10:36:05 (47.4%)	12:12	4.9 (52.7%)
258	<b>STROIŃSKI Wojciech</b>	<b>3027</b>	C&C SPORTS TEAM	Masters M - 40	104	02:24:39	06:47:21	12:59:47	16:30:33	19:37:45	<b>22:22:57.50</b>	+10:36:15 (47.4%)	12:12	4.9 (52.7%)
259	<b>KROLS Hilde</b>	<b>3212</b>	VOS SCHAFFEN	Weteran K - 50	4	02:23:06	07:14:54	13:50:02	17:15:43	20:15:46	<b>22:27:03.40</b>	+10:40:21 (47.5%)	12:14	4.9 (52.7%)
260	<b>SILSKA Sylwia</b>	<b>3209</b>	ATRAKCYJNE TOWARZYSTWO	Masters K - 40	19	02:24:17	07:27:55	13:51:06	18:01:43	20:36:46	<b>22:34:10.80</b>	+10:47:28 (47.8%)	12:18	4.9 (52.7%)
261	<b>MARCINKOWSKI Piotr</b>	<b>3115</b>		Weteran I M - 50	25	02:25:12	06:45:05	13:30:14	16:52:31	20:22:16	<b>22:43:27.95</b>	+10:56:45 (48.2%)	12:23	4.8 (51.6%)
262	<b>LEWANDOWSKI Rafał</b>	<b>3023</b>	SPC	Senior II M - 30	73	02:06:09	06:20:23	12:48:39	16:43:06	20:08:29	<b>22:48:12.45</b>	+11:01:30 (48.3%)	12:26	4.8 (51.6%)
263	<b>OLESZEK Magdalena</b>	<b>3088</b>	BIEGOWA KUŹNIA	Senior II K - 30	18	02:26:01	07:01:28	13:42:45	16:55:54	20:12:11	<b>22:52:11.25</b>	+11:05:29 (48.5%)	12:28	4.8 (51.6%)
264	<b>KURKOWIAK Krzysztof</b>	<b>3128</b>	WKURW_TEAM / #TEAMNICPOŃ	Senior II M - 30	74	02:08:40	06:14:29	12:40:44	16:28:49	20:10:04	<b>23:09:26.50</b>	+11:22:44 (49.1%)	12:37	4.8 (51.6%)
265	<b>KOZŁOWSKA Karolina</b>	<b>3120</b>		Masters K - 40	20	02:24:45	07:34:48	14:34:36	18:37:45	21:35:34	<b>23:37:30.25</b>	+11:50:48 (50.1%)	12:53	4.7 (50.5%)
266	<b>GUŹDZIOL Jarek</b>	<b>3221</b>	TBKM WILK SOLEC KUJAWSKI	Masters M - 40	105	02:25:01	07:34:57	14:34:46	18:38:05	21:35:44	<b>23:37:39.60</b>	+11:50:57 (50.2%)	12:53	4.7 (50.5%)
267	<b>GRZELCZAK Tomasz</b>	<b>3286</b>		Weteran I M - 50	26	02:39:24	07:43:44	14:16:28	17:44:51	20:57:15	<b>23:38:27.70</b>	+11:51:45 (50.2%)	12:53	4.7 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
268	<b>JASIŃSKI</b> Mikołaj	<b>3241</b>	UKA WARSZAWA	Weteran I M - 50	27	02:28:45	07:37:35	14:06:05	17:49:12	21:29:26	<b>23:40:45.55</b>	+11:54:03 (50.3%)	12:54	4.6 (49.5%)
269	<b>KLAR</b> Marek	<b>3151</b>	BEZ	Weteran I M - 50	28	02:35:15	08:01:21	14:47:34	18:06:35	21:27:15	<b>23:45:40.30</b>	+11:58:58 (50.4%)	12:57	4.6 (49.5%)
270	<b>STRZELECKI</b> Krzysztof	<b>3253</b>	LEŚNE DZIADY	Masters M - 40	106	02:16:32	06:57:01	13:57:08	17:28:06	21:09:59	<b>23:46:52.15</b>	+12:00:09 (50.5%)	12:58	4.6 (49.5%)
271	<b>GARBACZ</b> Marek	<b>3251</b>	LEŚNE DZIADY	Masters M - 40	107	02:16:44	06:57:10	13:57:13	17:28:01	21:11:17	<b>23:46:53.35</b>	+12:00:11 (50.5%)	12:58	4.6 (49.5%)
272	<b>RYCHŁOWSKA</b> Magdalena	<b>3091</b>		Masters K - 40	21	02:22:20	07:18:56	14:57:15	18:30:29	21:35:40	<b>23:47:27.30</b>	+12:00:45 (50.5%)	12:58	4.6 (49.5%)
273	<b>BŁASZCZYK</b> Luiza	<b>3090</b>		Senior I K - 20	1	02:20:44	07:19:02	14:57:21	18:30:28	21:35:53	<b>23:47:33.30</b>	+12:00:51 (50.5%)	12:58	4.6 (49.5%)
274	<b>DURA</b> Piotr	<b>3322</b>	PKB ENDORFINA	Weteran I M - 50	29	02:39:43	07:24:22	14:26:00	18:27:04	21:29:06	<b>23:51:29.10</b>	+12:04:46 (50.6%)	13:00	4.6 (49.5%)
275	<b>KRYCH</b> Rafał	<b>3121</b>		Masters M - 40	108	02:17:47	07:29:01	14:59:19	18:32:33	21:43:57	<b>23:55:42.60</b>	+12:09:00 (50.8%)	13:03	4.6 (49.5%)
276	<b>ŁOZIŃSKI</b> Wojciech	<b>3326</b>		Masters M - 40	109	02:13:19	06:42:08	13:41:19	17:42:53	21:21:05	<b>23:58:58.25</b>	+12:12:16 (50.9%)	13:04	4.6 (49.5%)
277	<b>MRÓZ</b> Jacek	<b>3302</b>		Weteran I M - 50	30	02:13:19	06:42:13	13:41:22	17:42:51	21:21:07	<b>23:59:03.80</b>	+12:12:21 (50.9%)	13:04	4.6 (49.5%)
278	<b>TRZPIOLA</b> Tycjan	<b>3041</b>	KURACJUSZE	Senior II M - 30	75	02:20:27	07:17:35	14:47:59	18:21:21	21:32:40	<b>24:06:08.20</b>	+12:19:26 (51.1%)	13:08	4.6 (49.5%)
279	<b>RZESZOWSKI</b> Paweł	<b>3011</b>		Weteran I M - 50	31	02:38:03	07:53:27	14:43:43	18:19:14	21:51:05	<b>24:07:22.80</b>	+12:20:40 (51.2%)	13:09	4.6 (49.5%)
280	<b>KANIA</b> Krystian	<b>3201</b>		Masters M - 40	110	02:13:24	06:56:49	14:24:09	18:10:33	21:40:01	<b>24:08:03.55</b>	+12:21:21 (51.2%)	13:09	4.6 (49.5%)
281	<b>FUNKA</b> Andrzej	<b>3057</b>	NKB CHYŻY NOWY TOMYŚL	Weteran II M - 60	4	02:46:59	08:05:58	14:59:32	18:22:33	21:52:01	<b>24:10:08.20</b>	+12:23:26 (51.3%)	13:10	4.6 (49.5%)
282	<b>PACANOWSKI</b> Robert	<b>3095</b>	WEŁNICA BIEGA	Weteran I M - 50	32	02:46:58	08:06:00	14:59:37	18:22:30	21:51:51	<b>24:10:13.50</b>	+12:23:31 (51.3%)	13:11	4.6 (49.5%)
283	<b>CHODOROWSKI</b> Arkadiusz	<b>3262</b>	ULTRA KSP	Masters M - 40	111	02:29:43	07:18:07	15:11:59	18:50:21	22:21:49	<b>24:35:25.15</b>	+12:48:42 (52.1%)	13:24	4.5 (48.4%)
284	<b>RUTKOWSKI</b> Kazimierz	<b>3149</b>	KUSY I SPÓŁKA	Weteran II M - 60	5	02:34:45	08:02:10	15:10:06	19:20:35	22:34:38	<b>24:58:51.10</b>	+13:12:08 (52.9%)	13:37	4.4 (47.3%)
285	<b>DOWNAR-ZAPOLSKA</b> Rita	<b>3097</b>	MOM&DAUGHTER RUN	Masters K - 40	22	02:40:03	08:17:13	15:42:31	20:00:17	22:45:49	<b>25:08:14.25</b>	+13:21:32 (53.1%)	13:42	4.4 (47.3%)
286	<b>ARMATYS</b> Grzegorz	<b>3244</b>		Weteran I M - 50	33	02:24:10	07:15:30	15:01:09	19:13:22	22:48:54	<b>25:08:17.20</b>	+13:21:35 (53.1%)	13:42	4.4 (47.3%)
287	<b>NORKOWSKA</b> Aleksandra	<b>3162</b>	ORANGE POLSKA	Masters K - 40	23	02:24:00	07:15:20	15:02:40	19:13:22	22:48:48	<b>25:17:22.35</b>	+13:30:40 (53.4%)	13:47	4.3 (46.2%)
288	<b>KALBARCZYK</b> Beata	<b>3163</b>	ORANGE POLSKA	Weteran K - 50	5	02:24:15	07:15:34	15:02:55	19:13:43	22:49:01	<b>25:17:36.95</b>	+13:30:54 (53.4%)	13:47	4.3 (46.2%)
289	<b>MICHNIEWSKI</b> Piotr	<b>3316</b>	GIT EKIPA!	Senior II M - 30	76	03:22:17	10:32:34	17:31:11	21:11:42	24:12:25	<b>26:09:10.80</b>	+14:22:28 (55.0%)	14:15	4.2 (45.2%)
290	<b>GNIELKA</b> Dawid	<b>3242</b>	ZAKOWIEC TOSZEK	Senior I M - 20	16	02:33:38	07:36:09	15:36:28	19:53:04	23:43:44	<b>26:40:10.60</b>	+14:53:28 (55.8%)	14:32	4.1 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
291	<b>OBARSKI Norbert</b>	<b>3065</b>		Weteran I M - 50	34	03:04:39	09:12:15	16:40:06	20:40:08	24:39:01	<b>26:58:38.70</b>	+15:11:56 (56.3%)	14:42	4.1 (44.1%)
292	<b>OBARSKA Małgorzata</b>	<b>3067</b>		Weteran K - 50	6	03:04:49	09:12:18	16:40:16	20:40:18	24:39:01	<b>26:58:43.80</b>	+15:12:01 (56.3%)	14:42	4.1 (44.1%)
293	<b>OLECHNOWICZ Maciej</b>	<b>3142</b>		Senior II M - 30	77	02:46:21	08:01:59	15:47:28	20:37:11	24:22:50	<b>27:19:30.30</b>	+15:32:48 (56.9%)	14:54	4 (43.0%)
294	<b>SKARŻYŃSKI Wojciech</b>	<b>3175</b>	1973	Masters M - 40	112	02:56:22	08:42:22	16:37:09	20:40:40	24:30:12	<b>27:26:56.80</b>	+15:40:14 (57.1%)	14:58	4 (43.0%)
295	<b>GRZELCZAK Barbara</b>	<b>3174</b>		Masters K - 40	24	02:56:27	08:42:31	16:37:16	20:40:42	24:30:21	<b>27:27:02.05</b>	+15:40:19 (57.1%)	14:58	4 (43.0%)
	<b>MAŁOLEPSZY Waldemar</b>	<b>3263</b>	SPARTA ULTRA TEAM	Senior II M - 30		01:38:56 DNF	04:19:11 DNF	08:27:33 DNF	10:43:35 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>CZERWIECKI Marcin</b>	<b>3271</b>		Senior II M - 30		01:43:04 DNF	04:44:29 DNF	09:32:55 DNF	12:31:55 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>ŁACH Seweryn</b>	<b>3342</b>	_SEWLAC_	Senior II M - 30		01:48:53 DNF	05:06:07 DNF	10:38:53 DNF	13:46:18 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>SILSKI Marek</b>	<b>3208</b>	ATRAKCYJNE TOWARZYSTWO	Weteran I M - 50		02:24:16 DNF	07:28:02 DNF	13:51:08 DNF	18:01:51 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>DOWNAR-ZAPOLSKA Laura</b>	<b>3160</b>	MOM&DAUGHTER RUN	Senior I K - 20		02:40:07 DNF	08:17:14 DNF	15:42:30 DNF	20:00:23 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>MAŚLANIK Piotr</b>	<b>3033</b>	QCE SPARTY	Masters M - 40		02:56:21 DNF	08:14:18 DNF	15:39:53 DNF	21:22:25 DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>KRZOS Piotr</b>	<b>3100</b>		Senior II M - 30		02:10:38 DNF	05:53:26 DNF	11:31:24 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>WOSZCZAK Zbigniew</b>	<b>3137</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50		02:28:12 DNF	06:50:38 DNF	12:54:40 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>WOSZCZAK Jolanta</b>	<b>3136</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50		02:28:13 DNF	06:50:44 DNF	12:55:28 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>ŚWIĘTEK-OZDOBA Sylwia</b>	<b>3003</b>		Masters K - 40		02:10:15 DNF	06:15:57 DNF	13:00:20 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>FIGAS Sebastian</b>	<b>3016</b>		Masters M - 40		02:10:38 DNF	06:16:07 DNF	13:00:30 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>FRANEK Sebastian</b>	<b>3291</b>	WLKP MOUNTAINS ULTRA	Masters M - 40		02:13:57 DNF	06:39:12 DNF	14:27:56 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>CHOPKOWICZ Piotr</b>	<b>3094</b>		Masters M - 40		02:36:08 DNF	07:58:40 DNF	16:36:41 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>ŻAK Marcin</b>	<b>3093</b>		Masters M - 40		02:36:12 DNF	07:58:47 DNF	16:36:46 DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>DYBEK Paweł</b>	<b>3308</b>	SALOMON SUUNTO TEAM	Masters M - 40		01:27:21 DNF	03:54:50 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>SOCHA Seweryn</b>	<b>3280</b>	STR POZNAŃ/DZIKIE BOBRY	Senior II M - 30		01:36:09 DNF	04:40:08 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>ĆWIKLIŃSKI Robert</b>	<b>3158</b>	IZERSKA GRUPA BIEGOWA	Senior I M - 20		02:01:42 DNF	05:29:05 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	
	<b>KISIAŁA Filip</b>	<b>3159</b>	LACHO TEAM	Masters M - 40		01:56:52 DNF	05:30:58 DNF	DNF	DNF	DNF	<b>DNF</b>	-	- (0.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
	<b>DAUKSZO Maciej</b>	<b>3238</b>	SBRT WARSZAWA	Senior I M - 20		02:00:44 DNF	05:33:06 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>DAWIDZIAK Jarosław</b>	<b>3036</b>	MARATON LESZNO	Masters M - 40		02:07:57 DNF	06:09:26 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>STAJER Mariusz</b>	<b>3288</b>	AMBIT RACE TEAM	Masters M - 40		02:07:53 DNF	06:09:32 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PIORKOWSKI Michał</b>	<b>3237</b>	IRRACJONALNIE MASZERUJACY	Senior II M - 30		02:16:16 DNF	06:48:39 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MARCHEWKA Andrzej</b>	<b>3235</b>		Masters M - 40		02:28:34 DNF	07:06:45 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KOŚCIELNIAK Marek</b>	<b>3334</b>	MUAY RUNNING TEAM	Masters M - 40		01:57:46 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KRUZEL Joanna</b>	<b>3310</b>	BIEGOWE MISIE	Senior II K - 30		DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 320 wynik(ów)