



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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2022-07-14  
Lądek-Zdrój  
110 km

## BIEG K-B-L - 110 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	<b>NEHRING Karol</b>	<b>3051</b>	BREAKING3	Senior I M - 20	1	00:00:03	01:22:34	03:44:14	07:06:18	10:12:13	<b>11:18:16.50</b>	<b>11:18:16.50</b>		6:09	9.7 (100%)
2	<b>WOLEK Szymon</b>	<b>3438</b>		Senior II M - 30	1	00:00:02	01:26:44	03:59:35	07:28:47	10:33:33	<b>11:39:10.20</b>	<b>11:39:10.20</b>	+00:20:53 (3.0%)	6:21	9.4 (96.9%)
3	<b>KOMRAUS Krzysztof</b>	<b>3361</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	Senior II M - 30	2	00:00:02	01:31:24	04:00:22	07:28:38	10:31:13	<b>11:39:51.85</b>	<b>11:39:51.85</b>	+00:21:35 (3.1%)	6:21	9.4 (96.9%)
4	<b>PERYKASZA Paweł</b>	<b>3477</b>	GRUPALUKTRANS	Masters M - 40	1	00:00:03	01:31:23	04:03:13	07:28:37	10:44:49	<b>11:56:30.90</b>	<b>11:56:30.90</b>	+00:38:14 (5.3%)	6:30	9.2 (94.8%)
5	<b>OLEKSIEWICZ Maurycy</b>	<b>3030</b>	ALPIN SPORT TEAM	Masters M - 40	2	00:00:02	01:22:23	03:46:39	07:23:51	10:50:32	<b>12:04:26.05</b>	<b>12:04:26.05</b>	+00:46:09 (6.4%)	6:35	9.1 (93.8%)
6	<b>MORAWA Mateusz</b>	<b>3316</b>	LACHO TEAM	Masters M - 40	3	00:00:03	01:31:26	04:07:45	07:40:56	11:03:35	<b>12:11:56.05</b>	<b>12:11:56.05</b>	+00:53:39 (7.3%)	6:39	9 (92.8%)
7	<b>KRÓL Adrian</b>	<b>3448</b>		Senior I M - 20	2	00:00:02	01:32:09	04:07:47	07:48:52	11:03:38	<b>12:15:18.60</b>	<b>12:15:18.60</b>	+00:57:02 (7.8%)	6:41	9 (92.8%)
8	<b>PASTUSZKA Paweł</b>	<b>3188</b>	EX TEAM	Senior II M - 30	3	00:00:04	01:22:37	03:52:35	07:29:29	11:18:17	<b>12:38:54.75</b>	<b>12:38:54.75</b>	+01:20:38 (10.6%)	6:53	8.7 (89.7%)
9	<b>STYPEREK Jakub</b>	<b>3120</b>	VEGE RUNNERS	Masters M - 40	4	00:00:03	01:31:54	04:11:26	08:11:10	11:33:29	<b>12:49:20.50</b>	<b>12:49:20.50</b>	+01:31:04 (11.8%)	6:59	8.6 (88.7%)
10	<b>SKORUPA Jacek</b>	<b>3427</b>	EUFORABIIEGACZ	Masters M - 40	5	00:00:01	01:36:25	04:33:31	08:40:12	11:43:51	<b>12:50:01.25</b>	<b>12:50:01.25</b>	+01:31:44 (11.9%)	7:00	8.6 (88.7%)
11	<b>BASISTA Wojciech</b>	<b>3404</b>	WILKI MIĘDZYLESKIE	Senior II M - 30	4	00:00:06	01:41:56	04:30:29	08:23:02	11:45:57	<b>13:02:22.95</b>	<b>13:02:22.95</b>	+01:44:06 (13.3%)	7:06	8.4 (86.6%)
12	<b>BERNAT Katarzyna</b>	<b>3177</b>	BIEGOWA ŚWIDNICA	Weteran K - 50	1	00:00:02	01:40:43	04:23:44	08:14:17	11:53:49	<b>13:13:25.10</b>	<b>13:13:25.10</b>	+01:55:08 (14.5%)	7:12	8.3 (85.6%)
13	<b>MASTYGA Andrzej</b>	<b>3332</b>	ANDREA TEAM	Masters M - 40	6	00:00:24	01:35:28	04:19:10	08:45:27	11:55:17	<b>13:15:35.00</b>	<b>13:15:35.00</b>	+01:57:18 (14.7%)	7:13	8.3 (85.6%)
14	<b>RYBIŃSKI Radosław</b>	<b>3400</b>	VOSS AUTOMOTIVE PL	Senior II M - 30	5	00:00:02	01:39:27	04:19:02	08:30:01	12:01:51	<b>13:20:21.50</b>	<b>13:20:21.50</b>	+02:02:05 (15.3%)	7:16	8.2 (84.5%)
14	<b>ZIENTARA Adrian</b>	<b>3444</b>	KGHM ZG RUN	Senior II M - 30	5	00:00:02	01:39:29	04:19:13	08:30:00	12:01:49	<b>13:20:21.50</b>	<b>13:20:21.50</b>	+02:02:05 (15.3%)	7:16	8.2 (84.5%)
16	<b>ZAWADZKI Andrzej</b>	<b>3326</b>	MKS SIECHNICE	Senior II M - 30	7	00:00:05	01:32:41	04:22:17	08:25:46	12:06:34	<b>13:31:38.70</b>	<b>13:31:38.70</b>	+02:13:22 (16.4%)	7:22	8.1 (83.5%)
16	<b>SZRAMOWIAT Marek</b>	<b>3489</b>	BRITA	Masters M - 40	7	00:00:03	01:35:23	04:17:06	08:25:33	12:06:36	<b>13:31:38.70</b>	<b>13:31:38.70</b>	+02:13:22 (16.4%)	7:22	8.1 (83.5%)
18	<b>WIECZOREK Łukasz</b>	<b>3353</b>		Senior II M - 30	8		01:39:46	04:26:41	08:35:39	12:11:45	<b>13:32:25.50</b>	<b>13:32:25.50</b>	+02:14:09 (16.5%)	7:23	8.1 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
19	<b>WIERZBOWY Przemek</b>	<b>3123</b>	KOKO DŻAMBO I DO PRZODU	Senior II M - 30	9	00:00:16	01:37:52	04:25:51	08:42:11	12:11:45	<b>13:32:25.75</b>	<b>13:32:25.75</b>	+02:14:09 (16.5%)	7:23	8.1 (83.5%)
20	<b>JANAS Kacper</b>	<b>3288</b>	PUSZCZYK BUKOWY	Senior II M - 30	10	00:00:11	01:37:48	04:22:11	08:25:32	12:12:20	<b>13:35:53.65</b>	<b>13:35:53.65</b>	+02:17:37 (16.9%)	7:25	8.1 (83.5%)
21	<b>ŻEBROWSKI Juliusz</b>	<b>3269</b>	CZARNECKI RUN TEAM	Senior II M - 30	11	00:00:21	01:42:47	04:22:18	08:20:58	12:17:30	<b>13:37:35.15</b>	<b>13:37:35.15</b>	+02:19:18 (17.0%)	7:25	8.1 (83.5%)
22	<b>ŁUKOMSKI Krzysztof</b>	<b>3270</b>		Senior II M - 30	12	00:00:21	01:42:49	04:22:19	08:20:58	12:17:32	<b>13:37:35.55</b>	<b>13:37:35.55</b>	+02:19:19 (17.0%)	7:25	8.1 (83.5%)
23	<b>KOGUT Stanisław</b>	<b>3457</b>	BIEGOWA ŚWIDNICA	Masters M - 40	8	00:00:02	01:40:47	04:29:27	08:37:12	12:24:53	<b>13:42:02.95</b>	<b>13:42:02.95</b>	+02:23:46 (17.5%)	7:28	8 (82.5%)
24	<b>BERG Aleksander</b>	<b>3267</b>		Masters M - 40	9	00:00:04	01:45:06	04:34:19	08:40:12	12:20:42	<b>13:45:21.30</b>	<b>13:45:21.30</b>	+02:27:04 (17.8%)	7:30	8 (82.5%)
25	<b>GREDEYS Grzegorz</b>	<b>3369</b>		Masters M - 40	10	00:00:04	01:45:07	04:34:19	08:40:11	12:20:42	<b>13:45:21.35</b>	<b>13:45:21.35</b>	+02:27:04 (17.8%)	7:30	8 (82.5%)
26	<b>MICHALSKI Piotr</b>	<b>3458</b>		Senior II M - 30	13	00:00:18	01:41:06	04:26:25	08:40:51	12:22:44	<b>13:46:02.55</b>	<b>13:46:02.55</b>	+02:27:46 (17.9%)	7:30	8 (82.5%)
27	<b>BEŁDOWSKI Sławomir</b>	<b>3491</b>		Weteran I M - 50	1	00:00:02	01:40:24	04:30:30	08:40:12	12:23:08	<b>13:46:02.75</b>	<b>13:46:02.75</b>	+02:27:46 (17.9%)	7:30	8 (82.5%)
28	<b>MISZTAŁ Kamil</b>	<b>3341</b>		Senior II M - 30	14	00:00:06	01:50:00	04:46:54	08:55:52	12:30:38	<b>13:46:05.50</b>	<b>13:46:05.50</b>	+02:27:49 (17.9%)	7:30	8 (82.5%)
29	<b>IWAŃCIÓW Katarzyna</b>	<b>3160</b>		Senior II K - 30	1	00:00:04	01:48:01	04:42:08	08:58:08	12:30:40	<b>13:51:54.10</b>	<b>13:51:54.10</b>	+02:33:37 (18.5%)	7:33	7.9 (81.4%)
30	<b>NIEZGÓDKA Tomasz</b>	<b>3500</b>	ZAŁOGA GÓRSKA	Weteran I M - 50	2	00:00:11	01:48:03	04:47:32	09:03:22	12:36:29	<b>13:58:26.70</b>	<b>13:58:26.70</b>	+02:40:10 (19.1%)	7:37	7.9 (81.4%)
31	<b>HIBNER Jacek</b>	<b>3373</b>		Weteran I M - 50	3	00:00:06	01:39:40	04:25:39	08:39:56	12:38:00	<b>14:05:09.50</b>	<b>14:05:09.50</b>	+02:46:53 (19.7%)	7:40	7.8 (80.4%)
32	<b>MATLOK Marek</b>	<b>3476</b>	RESHAPE RUNNERS	Masters M - 40	11	00:00:04	01:38:02	04:31:54	08:36:17	12:33:04	<b>14:08:03.10</b>	<b>14:08:03.10</b>	+02:49:46 (20.0%)	7:42	7.8 (80.4%)
33	<b>RYZHYNSKYI Vitalii</b>	<b>3442</b>		Senior II M - 30	15	00:00:26	01:50:46	04:50:36	09:03:15	12:48:23	<b>14:09:27.65</b>	<b>14:09:27.65</b>	+02:51:11 (20.2%)	7:43	7.8 (80.4%)
34	<b>STEFANIAK Łukasz</b>	<b>3337</b>		Masters M - 40	12	00:00:05	01:37:54	04:31:57	08:53:19	12:53:12	<b>14:15:50.25</b>	<b>14:15:50.25</b>	+02:57:33 (20.7%)	7:46	7.7 (79.4%)
35	<b>LUBAŃSKI Robert</b>	<b>3437</b>		Weteran I M - 50	4	00:00:07	01:43:13	04:34:29	08:54:57	12:48:12	<b>14:16:39.05</b>	<b>14:16:39.05</b>	+02:58:22 (20.8%)	7:47	7.7 (79.4%)
36	<b>WOŁOSZYN Artur</b>	<b>3173</b>		Senior II M - 30	16	00:00:09	02:02:01	05:15:20	09:26:57	12:58:09	<b>14:17:02.25</b>	<b>14:17:02.25</b>	+02:58:45 (20.9%)	7:47	7.7 (79.4%)
37	<b>GŁOWACKI Artur</b>	<b>3099</b>	KGHM ZG RUN	Masters M - 40	13	00:00:04	01:41:54	04:50:39	09:22:11	13:01:51	<b>14:18:51.70</b>	<b>14:18:51.70</b>	+03:00:35 (21.0%)	7:48	7.7 (79.4%)
38	<b>WEINERT Artur</b>	<b>3061</b>	RUNNER'S POWER	Masters M - 40	14	00:00:03	01:40:36	04:36:01	08:54:45	12:53:48	<b>14:21:50.50</b>	<b>14:21:50.50</b>	+03:03:34 (21.3%)	7:50	7.7 (79.4%)
39	<b>LAWRENC Artur</b>	<b>3210</b>	MASATEAM	Senior II M - 30	17	00:00:04	01:48:07	04:56:20	09:14:57	13:01:56	<b>14:23:23.30</b>	<b>14:23:23.30</b>	+03:05:06 (21.4%)	7:50	7.6 (78.4%)
40	<b>PODLEŚ Rafał</b>	<b>3309</b>	SPYROSOFT SYNERGY	Senior I M - 20	3	00:00:06	01:43:54	04:47:42	08:52:43	12:56:27	<b>14:24:45.50</b>	<b>14:24:45.50</b>	+03:06:29 (21.6%)	7:51	7.6 (78.4%)
41	<b>GEZELA Robert</b>	<b>3403</b>	EUFORIA BIEGACZA TEAM	Masters M - 40	15	00:00:01	01:37:52	04:33:33	08:54:44	12:55:41	<b>14:28:35.55</b>	<b>14:28:35.55</b>	+03:10:19 (21.9%)	7:53	7.6 (78.4%)
42	<b>SIETKIEWICZ Piotr</b>	<b>3314</b>	GLEIPNIR	Senior II M - 30	18	00:00:17	01:43:13	04:40:29	08:58:08	13:05:12	<b>14:30:24.90</b>	<b>14:30:24.90</b>	+03:12:08 (22.1%)	7:54	7.6 (78.4%)
43	<b>ŁASKARZEWSKI Jarosław</b>	<b>3413</b>		Weteran I M - 50	5	00:00:05	01:41:24	04:54:41	09:13:20	13:03:33	<b>14:31:03.45</b>	<b>14:31:03.45</b>	+03:12:46 (22.1%)	7:55	7.6 (78.4%)
44	<b>GAŁUSZKA Rafał</b>	<b>3401</b>		Masters M - 40	16	00:00:01	01:42:42	04:40:28	09:09:12	13:06:18	<b>14:31:48.30</b>	<b>14:31:48.30</b>	+03:13:31 (22.2%)	7:55	7.6 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
45	<b>BEDNAREK Anna</b>	<b>3436</b>	SPARTAN TRAINING GROUP WARSZAWA	Senior II K - 30	2	00:00:05	01:48:23	04:47:56	09:16:44	13:04:15	<b>14:32:46.70</b>	<b>14:32:46.70</b>	+03:14:30 (22.3%)	7:56	7.6 (78.4%)
46	<b>POSADOWSKI Szymon</b>	<b>3164</b>		Senior II M - 30	19	00:00:03	01:41:47	04:40:28	08:58:51	13:06:17	<b>14:34:31.30</b>	<b>14:34:31.30</b>	+03:16:14 (22.4%)	7:57	7.5 (77.3%)
47	<b>MAJCHRZAK Jacek</b>	<b>3026</b>	KOŚCIAN TEAM ULTRA	Masters M - 40	17	00:00:09	01:48:04	04:56:57	09:13:14	13:06:31	<b>14:34:35.80</b>	<b>14:34:35.80</b>	+03:16:19 (22.4%)	7:57	7.5 (77.3%)
48	<b>ROSZCZYK Karol</b>	<b>3190</b>		Masters M - 40	18	00:00:16	01:46:17	04:40:37	09:08:44	13:13:05	<b>14:38:34.25</b>	<b>14:38:34.25</b>	+03:20:17 (22.8%)	7:59	7.5 (77.3%)
49	<b>CHOŁKA Michał</b>	<b>3412</b>		Senior II M - 30	20	00:00:07	01:48:10	04:51:21	09:07:32	13:08:46	<b>14:39:24.55</b>	<b>14:39:24.55</b>	+03:21:08 (22.9%)	7:59	7.5 (77.3%)
50	<b>CZAJKA Tomasz</b>	<b>3340</b>		Masters M - 40	19	00:00:15	01:50:38	04:54:42	09:18:55	13:14:02	<b>14:40:15.10</b>	<b>14:40:15.10</b>	+03:21:58 (22.9%)	8:00	7.5 (77.3%)
51	<b>MARCINKOWSKA-CHOLEWA Katarzyna</b>	<b>3468</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters K - 40	1	00:00:07	01:57:59	05:21:01	09:42:34	13:18:32	<b>14:40:38.45</b>	<b>14:40:38.45</b>	+03:22:21 (23.0%)	8:00	7.5 (77.3%)
52	<b>KUROWSKI Maciej</b>	<b>3343</b>	NATIONALE-NEDERLANDEN RUNNING TEAM	Masters M - 40	20	00:00:13	01:56:34	05:02:24	09:36:38	13:20:55	<b>14:44:32.45</b>	<b>14:44:32.45</b>	+03:26:15 (23.3%)	8:02	7.5 (77.3%)
53	<b>RZEŹNICZEK Anna</b>	<b>3433</b>	STOWARZYSZENIE DZIAŁAMY RAZEM	Senior II K - 30	3	00:00:19	01:52:25	04:58:52	09:16:43	13:17:32	<b>14:45:14.95</b>	<b>14:45:14.95</b>	+03:26:58 (23.4%)	8:02	7.5 (77.3%)
54	<b>PTASIŃSKI Tomasz</b>	<b>3180</b>	CZAJKERSI - OSAKTRANSPORT	Masters M - 40	21	00:00:02	01:34:10	04:22:12	08:52:00	13:10:09	<b>14:49:16.85</b>	<b>14:49:16.85</b>	+03:31:00 (23.7%)	8:05	7.4 (76.3%)
55	<b>NAPARTY Zbigniew</b>	<b>3056</b>	KĘSY TEAM	Weteran I M - 50	6	00:00:08	01:53:20	05:22:30	09:42:32	13:31:52	<b>14:50:45.70</b>	<b>14:50:45.70</b>	+03:32:29 (23.9%)	8:05	7.4 (76.3%)
56	<b>BIADASZ Andrzej Michał</b>	<b>3232</b>	POLITECHNIKA POZNAŃSKA	Masters M - 40	22	00:00:07	01:58:04	05:15:24	09:30:44	13:23:03	<b>14:51:24.25</b>	<b>14:51:24.25</b>	+03:33:07 (23.9%)	8:06	7.4 (76.3%)
57	<b>PASTERNOK Marian</b>	<b>3399</b>	RESHAPE RUNNERS	Masters M - 40	23	00:00:23	01:56:07	05:00:52	09:20:41	13:27:36	<b>14:57:47.75</b>	<b>14:57:47.75</b>	+03:39:31 (24.5%)	8:09	7.4 (76.3%)
58	<b>MELLER Joanna</b>	<b>3391</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters K - 40	2	00:00:07	01:57:54	05:15:22	09:44:29	13:33:56	<b>14:59:40.80</b>	<b>14:59:40.80</b>	+03:41:24 (24.6%)	8:10	7.3 (75.3%)
59	<b>MŁYNARSKI Mateusz</b>	<b>3205</b>	TRITOGO	Senior II M - 30	21	00:00:19	01:47:30	04:57:02	09:42:47	13:41:23	<b>15:08:45.55</b>	<b>15:08:45.55</b>	+03:50:29 (25.4%)	8:15	7.3 (75.3%)
60	<b>TIETZ Przemysław</b>	<b>3048</b>		Masters M - 40	24	00:00:56	01:52:30	05:16:18	09:47:47	13:43:34	<b>15:10:20.00</b>	<b>15:10:20.00</b>	+03:52:03 (25.5%)	8:16	7.3 (75.3%)
61	<b>WŁODARCZYK Michał</b>	<b>3425</b>		Masters M - 40	25	00:00:06	01:43:19	04:54:18	09:32:04	13:41:16	<b>15:10:33.95</b>	<b>15:10:33.95</b>	+03:52:17 (25.5%)	8:16	7.2 (74.2%)
62	<b>LITWIN Michał</b>	<b>3322</b>	LITEWIN	Masters M - 40	26	00:00:13	01:42:59	04:41:51	09:19:14	13:46:58	<b>15:13:19.05</b>	<b>15:13:19.05</b>	+03:55:02 (25.7%)	8:18	7.2 (74.2%)
63	<b>ŁUKACKI Daniel</b>	<b>3243</b>	#SOBASTEAM	Masters M - 40	27	00:00:16	01:42:50	04:41:51	09:19:15	13:46:58	<b>15:13:19.35</b>	<b>15:13:19.35</b>	+03:55:02 (25.7%)	8:18	7.2 (74.2%)
64	<b>TYLIŃSKI Arkadiusz</b>	<b>3263</b>	LESZ NO LIMITS RUNNERS	Weteran I M - 50	7	00:00:08	01:52:32	05:01:26	09:32:48	13:46:46	<b>15:13:34.95</b>	<b>15:13:34.95</b>	+03:55:18 (25.8%)	8:18	7.2 (74.2%)
65	<b>KUPCZYK Jacek</b>	<b>3336</b>	MOL RUNNERS	Weteran I M - 50	8	00:00:25	02:01:58	05:21:04	09:48:08	13:41:21	<b>15:15:03.55</b>	<b>15:15:03.55</b>	+03:56:47 (25.9%)	8:19	7.2 (74.2%)
66	<b>KONIECZNA Paulina</b>	<b>3396</b>	CH10	Senior II K - 30	4	00:00:28	01:53:53	05:00:48	09:37:37	13:43:00	<b>15:16:28.20</b>	<b>15:16:28.20</b>	+03:58:11 (26.0%)	8:19	7.2 (74.2%)
67	<b>STANISZ Marcin</b>	<b>3106</b>	GÓRAL Z MAZUR RUNNING TEAM / NR PYSKOWICE	Senior II M - 30	22	00:00:03	01:43:50	04:54:54	09:28:03	13:44:07	<b>15:16:39.05</b>	<b>15:16:39.05</b>	+03:58:22 (26.0%)	8:19	7.2 (74.2%)
68	<b>BURZYŃSKI Łukasz</b>	<b>3101</b>	BIEGAJĄCE KREJZOLE	Senior II M - 30	23	00:00:25	01:52:02	05:00:25	09:28:05	13:44:14	<b>15:16:56.25</b>	<b>15:16:56.25</b>	+03:58:39 (26.0%)	8:20	7.2 (74.2%)
69	<b>BIŃCZARSKI Patryk</b>	<b>3042</b>		Masters M - 40	28	00:00:05	01:54:10	05:14:05	09:49:37	13:46:51	<b>15:22:25.85</b>	<b>15:22:25.85</b>	+04:04:09 (26.5%)	8:23	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
70	<b>BATOR Michał</b>	<b>3302</b>		Senior II M - 30	24	00:00:30	01:56:25	04:53:39	09:13:06	13:46:39	<b>15:22:50.95</b>	<b>15:22:50.95</b>	+04:04:34 (26.5%)	8:23	7.2 (74.2%)
71	<b>KOZŁOWSKA Iwona</b>	<b>3129</b>	LESZNO LIMITS RUNNERS	Masters K - 40	3	00:00:08	01:58:26	05:13:32	09:48:23	13:51:37	<b>15:24:11.30</b>	<b>15:24:11.30</b>	+04:05:54 (26.6%)	8:24	7.1 (73.2%)
72	<b>PIWKO Mateusz</b>	<b>3029</b>		Senior II M - 30	25	00:00:26	02:10:06	05:24:28	09:49:29	13:52:10	<b>15:25:03.80</b>	<b>15:25:03.80</b>	+04:06:47 (26.7%)	8:24	7.1 (73.2%)
73	<b>MORAWSKI Filip</b>	<b>3418</b>	KRAKOWIAK ULTRA TEAM	Masters M - 40	29	00:00:09	01:54:17	05:15:19	10:02:02	13:59:32	<b>15:26:13.65</b>	<b>15:26:13.65</b>	+04:07:57 (26.8%)	8:25	7.1 (73.2%)
74	<b>WOJCIECHOWSKI Dariusz</b>	<b>3416</b>	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	30	00:00:09	01:54:16	05:15:21	10:03:24	14:12:53	<b>15:28:12.75</b>	<b>15:28:12.75</b>	+04:09:56 (26.9%)	8:26	7.1 (73.2%)
75	<b>PAŻUCHA Wojciech</b>	<b>3321</b>		Masters M - 40	31	00:00:09	01:54:17	05:15:20	10:03:23	14:12:54	<b>15:29:58.00</b>	<b>15:29:58.00</b>	+04:11:41 (27.1%)	8:27	7.1 (73.2%)
76	<b>MENDYKA Łukasz</b>	<b>3155</b>	KB AKTYWNI ŚRODA WLKP.	Senior II M - 30	26	00:00:33	02:05:07	05:24:42	09:56:25	14:06:55	<b>15:30:04.90</b>	<b>15:30:04.90</b>	+04:11:48 (27.1%)	8:27	7.1 (73.2%)
77	<b>MELLER Wojciech</b>	<b>3392</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	32	00:00:07	01:57:44	05:15:23	09:44:30	13:51:30	<b>15:30:29.00</b>	<b>15:30:29.00</b>	+04:12:12 (27.1%)	8:27	7.1 (73.2%)
78	<b>OGŁAZA Rafał</b>	<b>3394</b>		Senior II M - 30	27		01:46:20	04:51:47	09:49:15	13:51:42	<b>15:30:57.85</b>	<b>15:30:57.85</b>	+04:12:41 (27.1%)	8:27	7.1 (73.2%)
79	<b>WETHACZ Dariusz</b>	<b>3426</b>	GANG BIESA / ON RUNNING POLSKA	Senior II M - 30	28	00:00:04	01:43:50	04:51:50	09:37:23	13:51:41	<b>15:30:59.85</b>	<b>15:30:59.85</b>	+04:12:43 (27.1%)	8:27	7.1 (73.2%)
80	<b>WOJTYCZKA Wojciech</b>	<b>3320</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	29	00:00:03	01:54:35	05:15:25	09:59:56	14:05:04	<b>15:31:18.65</b>	<b>15:31:18.65</b>	+04:13:02 (27.2%)	8:27	7.1 (73.2%)
81	<b>MATUSZEWSKI Marek</b>	<b>3432</b>	RUNNER'S POWER	Weteran I M - 50	9		01:48:51	05:01:21	09:53:04	14:05:33	<b>15:34:05.55</b>	<b>15:34:05.55</b>	+04:15:49 (27.4%)	8:29	7.1 (73.2%)
82	<b>ŻARNIEWSKI Wojciech</b>	<b>3278</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	33	00:00:40	02:06:36	05:18:21	09:42:35	13:58:18	<b>15:34:22.20</b>	<b>15:34:22.20</b>	+04:16:05 (27.4%)	8:29	7.1 (73.2%)
83	<b>GADOMSKI Radosław</b>	<b>3330</b>	ŻÓRAWSKI TEAM / PKO BP	Senior II M - 30	30	00:00:13	01:56:35	05:02:24	09:36:38	14:02:52	<b>15:34:29.15</b>	<b>15:34:29.15</b>	+04:16:12 (27.4%)	8:29	7.1 (73.2%)
84	<b>CZYŚCIAK Krzysztof</b>	<b>3139</b>	KB SOBÓTKA	Masters M - 40	34	00:00:07	01:49:51	05:09:53	09:42:02	13:58:15	<b>15:34:43.50</b>	<b>15:34:43.50</b>	+04:16:27 (27.4%)	8:29	7.1 (73.2%)
85	<b>GIL Mirosław</b>	<b>3290</b>	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	35	00:00:40	02:04:25	05:24:14	09:53:47	14:12:59	<b>15:35:24.15</b>	<b>15:35:24.15</b>	+04:17:07 (27.5%)	8:30	7.1 (73.2%)
86	<b>PIETRZAK Paweł</b>	<b>3293</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	36	00:00:39	02:01:25	05:12:43	09:44:18	14:03:47	<b>15:36:35.50</b>	<b>15:36:35.50</b>	+04:18:19 (27.6%)	8:30	7 (72.2%)
87	<b>MIŚ Mateusz</b>	<b>3193</b>	SŁAWA	Masters M - 40	37	00:00:21	01:57:27	05:18:43	10:01:53	14:16:45	<b>15:43:16.00</b>	<b>15:43:16.00</b>	+04:24:59 (28.1%)	8:34	7 (72.2%)
88	<b>KWIATEK Agnieszka</b>	<b>3461</b>		Senior II K - 30	5	00:00:16	01:55:54	05:14:12	09:47:12	14:03:16	<b>15:43:27.05</b>	<b>15:43:27.05</b>	+04:25:10 (28.1%)	8:34	7 (72.2%)
89	<b>SENDOBRY Artur</b>	<b>3239</b>		Masters M - 40	38	00:00:02	01:48:55	05:01:51	09:45:04	14:03:58	<b>15:44:44.10</b>	<b>15:44:44.10</b>	+04:26:27 (28.2%)	8:35	7 (72.2%)
90	<b>RUSIN Krzysztof</b>	<b>3298</b>	LECE Z PANTALONEM	Masters M - 40	39	00:00:10	01:48:25	04:56:11	09:32:49	14:03:26	<b>15:44:49.60</b>	<b>15:44:49.60</b>	+04:26:33 (28.2%)	8:35	7 (72.2%)
91	<b>MISZTAL Rafał</b>	<b>3273</b>	LOS PANTALONES ROJOS	Weteran I M - 50	10	00:00:12	01:48:28	04:56:13	09:32:48	14:03:27	<b>15:44:49.65</b>	<b>15:44:49.65</b>	+04:26:33 (28.2%)	8:35	7 (72.2%)
92	<b>SOBCZAK Antoni</b>	<b>3091</b>	CROSSACTIVE NYSA	Weteran I M - 50	11	00:00:19	01:52:47	05:11:52	09:48:21	14:08:53	<b>15:46:36.45</b>	<b>15:46:36.45</b>	+04:28:19 (28.3%)	8:36	7 (72.2%)
93	<b>PAWLUCZUK Tomasz</b>	<b>3478</b>	WŚCIEKŁE PIĘŚCI WĘŻA	Weteran I M - 50	12	00:00:15	01:54:59	05:12:58	09:57:38	14:08:20	<b>15:48:34.55</b>	<b>15:48:34.55</b>	+04:30:18 (28.5%)	8:37	7 (72.2%)
94	<b>JEZIORSKI Wojciech</b>	<b>3259</b>	MALUTKA ŻMERYNKA	Senior I M - 20	4	00:00:37	01:48:52	05:01:03	09:46:50	14:20:43	<b>15:48:53.50</b>	<b>15:48:53.50</b>	+04:30:37 (28.5%)	8:37	7 (72.2%)
95	<b>KASPERKIEWICZ Wojtek</b>	<b>3096</b>		Senior II M - 30	31	00:00:03	01:46:43	05:16:16	09:55:12	14:12:48	<b>15:49:21.20</b>	<b>15:49:21.20</b>	+04:31:04 (28.6%)	8:37	7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
95	<b>KUCHARSKI Adrian Kucharski</b>	<b>3103</b>		Senior II M - 30	31	00:00:02	01:43:05	05:10:45	09:55:10	14:12:24	<b>15:49:21.20</b>	<b>15:49:21.20</b>	+04:31:04 (28.6%)	8:37	7 (72.2%)
97	<b>GIBAS Michał</b>	<b>3113</b>		Senior II M - 30	33	00:00:22	01:52:07	05:12:30	09:53:48	14:11:42	<b>15:49:34.35</b>	<b>15:49:34.35</b>	+04:31:17 (28.6%)	8:37	7 (72.2%)
98	<b>BUCZKOWSKI Krzysztof</b>	<b>3271</b>		Senior I M - 20	5	00:00:16	01:54:30	05:01:24	09:39:10	14:12:55	<b>15:55:04.25</b>	<b>15:55:04.25</b>	+04:36:47 (29.0%)	8:40	6.9 (71.1%)
99	<b>PYREK Krzysztof</b>	<b>3012</b>	1 RBLOG	Masters M - 40	40	00:00:05	01:42:45	04:58:14	09:54:27	14:23:39	<b>15:58:17.45</b>	<b>15:58:17.45</b>	+04:40:00 (29.2%)	8:42	6.9 (71.1%)
100	<b>SALAMON Mateusz</b>	<b>3473</b>	POWER TRAINING	Senior II M - 30	34	00:00:24	01:50:48	04:40:39	08:42:21	13:43:39	<b>15:59:53.15</b>	<b>15:59:53.15</b>	+04:41:36 (29.3%)	8:43	6.9 (71.1%)
101	<b>BASTRZYK Tomasz</b>	<b>3032</b>		Masters M - 40	41	00:00:10	01:56:31	05:09:49	09:54:46	14:26:12	<b>16:00:05.90</b>	<b>16:00:05.90</b>	+04:41:49 (29.4%)	8:43	6.9 (71.1%)
102	<b>NAGLAK Łukasz</b>	<b>3095</b>	KOŹMIN BIEGA ULTRA RUNNERS	Masters M - 40	42	00:00:17	02:04:56	05:21:02	10:25:34	14:32:29	<b>16:02:21.25</b>	<b>16:02:21.25</b>	+04:44:04 (29.5%)	8:44	6.9 (71.1%)
103	<b>GAŁEK Wojciech</b>	<b>3049</b>	NO PAIN NO GAIN	Masters M - 40	43	00:00:12	02:04:50	05:45:45	10:30:53	14:33:26	<b>16:05:17.30</b>	<b>16:05:17.30</b>	+04:47:00 (29.7%)	8:46	6.8 (70.1%)
104	<b>POLACZEK Daniel</b>	<b>3131</b>	IZBICKO W BIEGU	Senior I M - 20	6	00:00:28	01:58:24	05:19:22	10:32:13	14:36:16	<b>16:08:04.85</b>	<b>16:08:04.85</b>	+04:49:48 (29.9%)	8:48	6.8 (70.1%)
105	<b>LUTOMSKA Dorota</b>	<b>3010</b>	OFIX.PL BIKE TEAM	Masters K - 40	4	00:00:07	01:53:22	05:22:31	09:42:32	14:39:35	<b>16:11:41.90</b>	<b>16:11:41.90</b>	+04:53:25 (30.2%)	8:50	6.8 (70.1%)
106	<b>DOMERADZKI Grzegorz</b>	<b>3256</b>		Senior II M - 30	35	00:00:19	02:06:30	05:39:26	10:33:31	14:45:47	<b>16:15:01.95</b>	<b>16:15:01.95</b>	+04:56:45 (30.4%)	8:51	6.8 (70.1%)
107	<b>HRONOWSKI Kamil</b>	<b>3487</b>	BLACK HAT TEAM	Senior I M - 20	7	00:00:39	02:03:46	05:21:04	10:14:56	14:45:42	<b>16:15:02.05</b>	<b>16:15:02.05</b>	+04:56:45 (30.4%)	8:51	6.8 (70.1%)
108	<b>PARUCKI Michał</b>	<b>3166</b>	VEGE RUNNERS	Masters M - 40	44	00:00:49	02:00:08	05:20:35	10:21:07	14:43:52	<b>16:22:20.40</b>	<b>16:22:20.40</b>	+05:04:03 (31.0%)	8:55	6.7 (69.1%)
109	<b>SIEMIEŃCZUK Robert</b>	<b>3090</b>		Weteran I M - 50	13	00:00:18	01:58:02	05:16:19	10:01:39	14:48:46	<b>16:22:21.50</b>	<b>16:22:21.50</b>	+05:04:05 (31.0%)	8:55	6.7 (69.1%)
110	<b>MITIS Marek</b>	<b>3033</b>		Senior II M - 30	36	00:00:30	02:10:53	05:37:39	10:30:53	14:45:33	<b>16:23:33.80</b>	<b>16:23:33.80</b>	+05:05:17 (31.0%)	8:56	6.7 (69.1%)
111	<b>ŁYCZKO Anna</b>	<b>3087</b>	PODIUM	Senior II K - 30	6	00:00:11	02:08:54	05:44:15	10:27:47	14:50:50	<b>16:23:47.20</b>	<b>16:23:47.20</b>	+05:05:30 (31.1%)	8:56	6.7 (69.1%)
112	<b>JAGIELSKI Jerzy</b>	<b>3346</b>	JKS SALAMANDRA	Senior II M - 30	37	00:00:40	02:03:56	05:37:20	10:27:48	14:50:50	<b>16:23:47.25</b>	<b>16:23:47.25</b>	+05:05:30 (31.1%)	8:56	6.7 (69.1%)
113	<b>MIKRUT Remigiusz</b>	<b>3324</b>		Masters M - 40	45	00:00:07	01:48:00	05:07:05	10:17:53	15:03:55	<b>16:33:08.90</b>	<b>16:33:08.90</b>	+05:14:52 (31.7%)	9:01	6.6 (68.0%)
114	<b>KAKOSZKA Marcin</b>	<b>3142</b>	MAŁA PANEW TEAM ZAWADZKIE	Senior II M - 30	38	00:00:03	01:40:42	05:19:37	10:53:38	15:08:21	<b>16:33:19.85</b>	<b>16:33:19.85</b>	+05:15:03 (31.7%)	9:01	6.6 (68.0%)
115	<b>KRUPA Piotr</b>	<b>3493</b>	LAF_CAMPERVAN	Senior II M - 30	39	00:00:22	02:02:00	05:13:33	10:18:54	15:03:30	<b>16:33:33.45</b>	<b>16:33:33.45</b>	+05:15:16 (31.7%)	9:01	6.6 (68.0%)
116	<b>KOWCZYK Łukasz</b>	<b>3481</b>	DRUŻYNA CHROBREGO	Masters M - 40	46	00:00:33	02:08:51	05:43:06	10:43:03	14:58:52	<b>16:36:14.15</b>	<b>16:36:14.15</b>	+05:17:57 (31.9%)	9:03	6.6 (68.0%)
117	<b>GAŁKA Krzysztof</b>	<b>3409</b>	WKURW_TEAM	Senior II M - 30	40	00:00:54	02:09:02	05:19:14	10:15:42	14:48:42	<b>16:37:28.65</b>	<b>16:37:28.65</b>	+05:19:12 (32.0%)	9:04	6.6 (68.0%)
118	<b>PELJAK Mariusz</b>	<b>3227</b>	GRZMOTOMOCNI SOBÓTKA	Senior II M - 30	41	00:00:16	02:01:23	05:47:52	10:55:08	15:03:30	<b>16:38:25.70</b>	<b>16:38:25.70</b>	+05:20:09 (32.1%)	9:04	6.6 (68.0%)
119	<b>BUDZYŃSKI Przemysław</b>	<b>3127</b>	BUDZYŃSCY TEAM	Masters M - 40	47	00:00:10	01:54:28	05:24:17	10:17:47	14:55:56	<b>16:40:17.95</b>	<b>16:40:17.95</b>	+05:22:01 (32.2%)	9:05	6.6 (68.0%)
120	<b>PIETRZAK Sławomir</b>	<b>3158</b>		Masters M - 40	48	00:00:11	01:54:48	05:21:29	10:28:52	14:58:51	<b>16:40:19.10</b>	<b>16:40:19.10</b>	+05:22:02 (32.2%)	9:05	6.6 (68.0%)
121	<b>KĘDZIELEWSKI Łukasz</b>	<b>3349</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	49	00:00:10	01:54:26	05:24:15	10:17:45	14:55:54	<b>16:40:21.55</b>	<b>16:40:21.55</b>	+05:22:05 (32.2%)	9:05	6.6 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
122	<b>SZYNAWA Marcin</b>	<b>3100</b>	ENDURANCE TEAM	Masters M - 40	50	00:00:55	02:14:57	05:52:50	10:53:42	15:17:57	<b>16:40:24.35</b>	<b>16:40:24.35</b>	+05:22:07 (32.2%)	9:05	6.6 (68.0%)
123	<b>CHOMA Marek</b>	<b>3260</b>	PĘDZĄCE LENIWCE	Masters M - 40	51	00:00:14	01:56:54	05:29:33	10:18:51	14:56:24	<b>16:41:52.40</b>	<b>16:41:52.40</b>	+05:23:35 (32.3%)	9:06	6.6 (68.0%)
124	<b>GAWKOWSKI Artur</b>	<b>3255</b>	OSTRÓW BIEGA	Senior II M - 30	42	00:00:55	02:16:50	05:50:44	10:46:33	15:05:49	<b>16:42:09.25</b>	<b>16:42:09.25</b>	+05:23:52 (32.3%)	9:06	6.6 (68.0%)
125	<b>JAGNIĄTKOWSKI Jacek</b>	<b>3351</b>	TEAM KURORT ŁĄDKU ZDRÓJ	Masters M - 40	52	00:00:20	01:56:45	05:18:12	10:15:07	15:25:22	<b>16:42:16.30</b>	<b>16:42:16.30</b>	+05:23:59 (32.3%)	9:06	6.6 (68.0%)
126	<b>KINOWSKA Katarzyna</b>	<b>3238</b>	GRUPA BIEGOWA 65	Masters K - 40	5	00:00:20	02:05:11	05:24:19	10:01:56	14:52:39	<b>16:42:24.10</b>	<b>16:42:24.10</b>	+05:24:07 (32.3%)	9:06	6.6 (68.0%)
127	<b>KOŁODZIEJ Paweł</b>	<b>3077</b>		Masters M - 40	53	00:00:07	02:01:41	05:22:33	10:15:41	14:57:03	<b>16:42:54.10</b>	<b>16:42:54.10</b>	+05:24:37 (32.4%)	9:07	6.6 (68.0%)
128	<b>KOSIN Marcin</b>	<b>3211</b>	PGB SPORTOWA PACZKA	Senior II M - 30	43	00:00:16	02:02:13	05:37:47	10:34:59	15:13:01	<b>16:43:11.50</b>	<b>16:43:11.50</b>	+05:24:55 (32.4%)	9:07	6.6 (68.0%)
129	<b>DĄBKOWSKI Wojciech</b>	<b>3291</b>	ARP E-VEHICLES	Masters M - 40	54	00:00:31	02:04:51	05:33:42	10:28:34	15:04:18	<b>16:44:32.90</b>	<b>16:44:32.90</b>	+05:26:16 (32.5%)	9:07	6.6 (68.0%)
130	<b>PRZYBYŁ Piotr</b>	<b>3191</b>	EASY RUNNERS	Weteran I M - 50	14	00:00:31	02:04:24	05:36:44	10:45:44	15:13:48	<b>16:47:18.35</b>	<b>16:47:18.35</b>	+05:29:01 (32.7%)	9:09	6.6 (68.0%)
131	<b>MIELECKI Maciej</b>	<b>3175</b>	PAIN IS MY FRIEND	Senior II M - 30	44	00:00:33	02:07:53	05:28:52	10:21:40	15:07:56	<b>16:49:30.20</b>	<b>16:49:30.20</b>	+05:31:13 (32.8%)	9:10	6.5 (67.0%)
132	<b>KANDEFER Beata</b>	<b>3195</b>	KB „ATHLETIC" ZRĘCIN	Weteran K - 50	2	00:00:15	02:01:31	05:33:25	10:41:55	15:11:51	<b>16:51:13.35</b>	<b>16:51:13.35</b>	+05:32:56 (32.9%)	9:11	6.5 (67.0%)
133	<b>BIESZCZAD Mateusz</b>	<b>3143</b>	KB ATHLETIC ZRĘCIN	Senior II M - 30	45	00:00:16	02:01:31	05:33:26	10:43:57	15:11:50	<b>16:51:13.55</b>	<b>16:51:13.55</b>	+05:32:57 (32.9%)	9:11	6.5 (67.0%)
134	<b>BIAŁCZYK Marcin</b>	<b>3202</b>	MARATOŃCZYK POZNAŃ	Senior II M - 30	46	00:00:37	01:48:58	05:24:42	10:40:34	15:27:58	<b>16:52:53.65</b>	<b>16:52:53.65</b>	+05:34:37 (33.0%)	9:12	6.5 (67.0%)
135	<b>ŚWIERCZYŃSKI Kacper</b>	<b>3395</b>	STAJNIA CROSSFIT	Senior II M - 30	47	00:00:04	01:48:48	05:00:21	10:03:58	15:10:47	<b>16:54:16.35</b>	<b>16:54:16.35</b>	+05:35:59 (33.1%)	9:13	6.5 (67.0%)
136	<b>FRYSIAK Artur</b>	<b>3262</b>	WIELUŃ ULTRA	Weteran I M - 50	15	00:00:09	01:54:24	05:21:09	10:31:05	15:16:31	<b>16:55:29.40</b>	<b>16:55:29.40</b>	+05:37:12 (33.2%)	9:13	6.5 (67.0%)
137	<b>MUCHA Robert</b>	<b>3417</b>		Masters M - 40	55	00:00:15	02:08:53	05:42:43	10:34:41	15:12:19	<b>16:55:34.60</b>	<b>16:55:34.60</b>	+05:37:18 (33.2%)	9:13	6.5 (67.0%)
138	<b>KROK Sławomir</b>	<b>3424</b>		Masters M - 40	56	00:00:52	02:09:03	05:58:51	10:38:15	15:16:45	<b>16:56:01.00</b>	<b>16:56:01.00</b>	+05:37:44 (33.2%)	9:14	6.5 (67.0%)
139	<b>BRONIEWSKI Piotr</b>	<b>3011</b>		Senior II M - 30	48	00:00:11	01:54:37	05:26:58	10:26:02	15:18:02	<b>16:56:35.85</b>	<b>16:56:35.85</b>	+05:38:19 (33.3%)	9:14	6.5 (67.0%)
140	<b>JASINIAK Bartosz</b>	<b>3053</b>		Masters M - 40	57	00:00:11	01:54:39	05:26:58	10:26:02	15:19:08	<b>16:56:37.65</b>	<b>16:56:37.65</b>	+05:38:21 (33.3%)	9:14	6.5 (67.0%)
141	<b>KUBICKA Magdalena</b>	<b>3389</b>		Masters K - 40	6	00:00:43	02:20:28	05:55:31	11:00:23	15:22:27	<b>16:57:35.75</b>	<b>16:57:35.75</b>	+05:39:19 (33.3%)	9:15	6.5 (67.0%)
142	<b>HACHOŁ Justyna</b>	<b>3004</b>		Masters K - 40	7	00:00:18	02:04:11	05:42:54	10:38:49	15:22:06	<b>16:59:50.85</b>	<b>16:59:50.85</b>	+05:41:34 (33.5%)	9:16	6.5 (67.0%)
143	<b>KLIGLICH Paweł</b>	<b>3019</b>		Masters M - 40	58	00:00:13	02:00:21	05:42:51	10:38:49	15:28:37	<b>16:59:51.65</b>	<b>16:59:51.65</b>	+05:41:35 (33.5%)	9:16	6.5 (67.0%)
144	<b>BIECUSZEK Tomasz</b>	<b>3110</b>	AKTYWNA NOWA RUDA	Masters M - 40	59	00:00:21	01:57:22	05:36:29	10:53:08	15:32:32	<b>17:01:44.45</b>	<b>17:01:44.45</b>	+05:43:27 (33.6%)	9:17	6.5 (67.0%)
145	<b>SIWIEC Stanisław</b>	<b>3162</b>		Weteran II M - 60	1	00:00:10	01:58:21	05:27:00	10:29:30	15:23:22	<b>17:04:27.20</b>	<b>17:04:27.20</b>	+05:46:10 (33.8%)	9:18	6.4 (66.0%)
146	<b>BUCHHOLTZ Tomasz</b>	<b>3122</b>	PORANNY BESKID RUN	Masters M - 40	60	00:00:32	02:11:46	05:56:07	11:00:19	15:29:00	<b>17:05:25.55</b>	<b>17:05:25.55</b>	+05:47:09 (33.9%)	9:19	6.4 (66.0%)
147	<b>HELLER Karina</b>	<b>3258</b>	PORANNY BESKID RUN	Masters K - 40	8	00:00:32	02:11:48	05:56:07	11:00:22	15:28:24	<b>17:05:26.50</b>	<b>17:05:26.50</b>	+05:47:10 (33.9%)	9:19	6.4 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
148	<b>BŁASZCZYK Mariusz</b>	<b>3308</b>	SNG WILD DUCKS	Senior II M - 30	49	00:00:45	01:57:19	05:19:23	10:32:14	15:28:39	<b>17:05:27.30</b>	<b>17:05:27.30</b>	+05:47:10 (33.9%)	9:19	6.4 (66.0%)
149	<b>GIBALSKI Tomasz</b>	<b>3310</b>	OBORYGENI	Weteran I M - 50	16	00:00:36	02:24:12	06:47:56	11:31:21	15:41:07	<b>17:07:09.25</b>	<b>17:07:09.25</b>	+05:48:52 (34.0%)	9:20	6.4 (66.0%)
150	<b>PIETRUCHA Jakub</b>	<b>3453</b>	STG WARSZAWA	Senior II M - 30	50	00:00:22	01:48:24	04:54:31	09:54:28	15:02:59	<b>17:07:51.55</b>	<b>17:07:51.55</b>	+05:49:35 (34.0%)	9:20	6.4 (66.0%)
151	<b>KRZYSZTOŃ Maciej</b>	<b>3299</b>	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	61	00:00:40	02:04:26	05:24:19	10:20:43	15:28:09	<b>17:10:40.30</b>	<b>17:10:40.30</b>	+05:52:23 (34.2%)	9:22	6.4 (66.0%)
152	<b>HOFSTRA Tsjeard</b>	<b>3247</b>	FRYSMAN	Masters M - 40	62	00:00:33	02:02:03	05:15:22	09:46:46	15:03:09	<b>17:11:23.10</b>	<b>17:11:23.10</b>	+05:53:06 (34.2%)	9:22	6.4 (66.0%)
153	<b>CZERNIACHOWSKI Artur</b>	<b>3074</b>	ULTRA TEAM ZIELONA GÓRA	Masters M - 40	63	00:00:12	02:04:53	05:45:35	10:45:53	15:32:35	<b>17:11:29.05</b>	<b>17:11:29.05</b>	+05:53:12 (34.2%)	9:22	6.4 (66.0%)
154	<b>DRAGANEK Ewelina</b>	<b>3387</b>		Masters K - 40	9	00:00:27	02:00:28	05:33:36	10:40:35	15:28:42	<b>17:11:42.40</b>	<b>17:11:42.40</b>	+05:53:25 (34.3%)	9:22	6.4 (66.0%)
155	<b>PAUL Violetta</b>	<b>3219</b>	BIEGAMY W GÓRACH	Masters K - 40	10	00:00:29	02:09:10	05:46:01	10:33:58	15:22:44	<b>17:13:13.40</b>	<b>17:13:13.40</b>	+05:54:56 (34.4%)	9:23	6.4 (66.0%)
156	<b>ŻMIJEWSKI Dariusz</b>	<b>3488</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	Weteran I M - 50	17	00:00:29	02:09:08	05:46:01	10:46:19	15:22:46	<b>17:13:13.55</b>	<b>17:13:13.55</b>	+05:54:57 (34.4%)	9:23	6.4 (66.0%)
157	<b>WIERZCHOŃ Michał</b>	<b>3439</b>	MR. DOC	Masters M - 40	64	00:00:16	01:55:06	05:19:00	10:33:00	15:30:20	<b>17:14:57.05</b>	<b>17:14:57.05</b>	+05:56:40 (34.5%)	9:24	6.4 (66.0%)
158	<b>WOJTCZAK Krzysztof</b>	<b>3264</b>	WKB PIAST WROCŁAW	Weteran I M - 50	18	00:00:13	01:57:01	05:29:36	10:46:46	15:34:02	<b>17:16:56.85</b>	<b>17:16:56.85</b>	+05:58:40 (34.6%)	9:25	6.4 (66.0%)
159	<b>NAWROT Artur</b>	<b>3480</b>		Masters M - 40	65	00:00:22	01:49:03	05:16:15	10:29:21	15:33:59	<b>17:19:34.75</b>	<b>17:19:34.75</b>	+06:01:18 (34.8%)	9:27	6.3 (64.9%)
160	<b>KOSTERA Katarzyna</b>	<b>3335</b>	VEGE RUNNERS	Masters K - 40	11	00:00:09	02:09:20	06:02:20	11:01:00	15:49:22	<b>17:26:13.05</b>	<b>17:26:13.05</b>	+06:07:56 (35.2%)	9:30	6.3 (64.9%)
161	<b>SŁOWIK Grzegorz</b>	<b>3144</b>	NIE WIEM GDZIE JESTEM	Masters M - 40	66	00:00:03	01:54:47	05:35:23	10:46:30	15:35:06	<b>17:31:59.20</b>	<b>17:31:59.20</b>	+06:13:42 (35.5%)	9:33	6.3 (64.9%)
162	<b>JASIAK Karol</b>	<b>3141</b>	NIE WIEM GDZIE JESTEM	Senior II M - 30	51	00:00:03	01:54:46	05:21:57	10:31:18	15:35:07	<b>17:31:59.35</b>	<b>17:31:59.35</b>	+06:13:42 (35.5%)	9:33	6.3 (64.9%)
163	<b>KOZŁOWSKI Artur</b>	<b>3184</b>		Masters M - 40	67	00:00:08	01:58:25	05:22:43	10:28:55	15:40:37	<b>17:32:35.30</b>	<b>17:32:35.30</b>	+06:14:18 (35.6%)	9:34	6.3 (64.9%)
164	<b>KONS Katarzyna</b>	<b>3105</b>		Senior II K - 30	7	00:00:27	02:17:20	06:04:14	11:29:15	15:57:21	<b>17:35:18.50</b>	<b>17:35:18.50</b>	+06:17:02 (35.7%)	9:35	6.3 (64.9%)
165	<b>PIETRZAK Agnieszka</b>	<b>3294</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	12	00:00:37	02:17:05	06:22:00	11:29:12	16:00:11	<b>17:37:26.05</b>	<b>17:37:26.05</b>	+06:19:09 (35.9%)	9:36	6.2 (63.9%)
166	<b>SZCZEPAŃSKI Marcin</b>	<b>3246</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II M - 30	52	00:00:27	02:04:28	05:36:34	10:35:50	15:36:10	<b>17:37:26.35</b>	<b>17:37:26.35</b>	+06:19:09 (35.9%)	9:36	6.2 (63.9%)
167	<b>GŁOWACKI Rafał</b>	<b>3098</b>		Masters M - 40	68	00:00:20	02:01:54	05:47:44	11:14:14	15:58:48	<b>17:37:33.30</b>	<b>17:37:33.30</b>	+06:19:16 (35.9%)	9:36	6.2 (63.9%)
168	<b>WALASZCZYK Anna</b>	<b>3266</b>		Masters K - 40	13	00:00:10	02:05:02	05:51:23	10:44:33	15:53:59	<b>17:39:05.15</b>	<b>17:39:05.15</b>	+06:20:48 (36.0%)	9:37	6.2 (63.9%)
169	<b>SMIESZKOŁ BRYKOWSKA Sonia</b>	<b>3244</b>		Masters K - 40	14	00:00:10	02:05:03	05:51:24	10:44:34	15:53:59	<b>17:39:05.35</b>	<b>17:39:05.35</b>	+06:20:48 (36.0%)	9:37	6.2 (63.9%)
170	<b>MARKOWSKI Marek</b>	<b>3490</b>	KS LENIWIEC	Masters M - 40	69	00:00:27	02:06:59	05:44:17	11:00:17	15:59:47	<b>17:42:45.40</b>	<b>17:42:45.40</b>	+06:24:28 (36.2%)	9:39	6.2 (63.9%)
171	<b>SMOLAK Agata</b>	<b>3133</b>		Masters K - 40	15	00:00:31	02:14:18	06:02:28	11:15:15	16:02:36	<b>17:42:47.65</b>	<b>17:42:47.65</b>	+06:24:31 (36.2%)	9:39	6.2 (63.9%)
172	<b>DECHNIK Łukasz</b>	<b>3297</b>	I W GÓRĘ I W DÓŁ	Masters M - 40	70	00:00:17	02:02:16	05:42:03	10:48:54	15:57:04	<b>17:47:35.05</b>	<b>17:47:35.05</b>	+06:29:18 (36.5%)	9:42	6.2 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
173	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>3485</b>		Senior II M - 30	53	00:00:33	01:58:50	05:13:13	09:58:57	15:30:25	<b>17:48:14.95</b>	<b>17:48:14.95</b>	+06:29:58 (36.5%)	9:42	6.2 (63.9%)
174	<b>PĘCHRA Mateusz</b>	<b>3281</b>		Senior II M - 30	54	00:00:19	02:11:03	06:04:15	11:43:13	15:58:21	<b>17:48:30.20</b>	<b>17:48:30.20</b>	+06:30:13 (36.5%)	9:42	6.2 (63.9%)
175	<b>CHRZANOWSKI Paweł</b>	<b>3431</b>		Masters M - 40	71	00:00:31	02:09:46	05:37:52	11:11:04	15:54:10	<b>17:49:36.20</b>	<b>17:49:36.20</b>	+06:31:19 (36.6%)	9:43	6.2 (63.9%)
176	<b>GRZELAK Justyna</b>	<b>3486</b>	MARATON LESZNO	Masters K - 40	16	00:00:32	02:24:31	06:13:14	11:29:16	16:17:23	<b>17:50:51.55</b>	<b>17:50:51.55</b>	+06:32:35 (36.7%)	9:44	6.2 (63.9%)
177	<b>SUSZ Marian</b>	<b>3338</b>	GRZMOTOMOCNI SOBÓTKA	Masters M - 40	72	00:00:17	02:01:26	05:48:26	11:06:43	15:59:39	<b>17:51:55.35</b>	<b>17:51:55.35</b>	+06:33:38 (36.7%)	9:44	6.2 (63.9%)
178	<b>SZNAJDER Joanna</b>	<b>3088</b>		Masters K - 40	17	00:00:25	02:06:58	05:59:20	11:00:16	15:58:00	<b>17:51:59.85</b>	<b>17:51:59.85</b>	+06:33:43 (36.7%)	9:44	6.2 (63.9%)
179	<b>FILIPIAK Hieronim</b>	<b>3209</b>	MIECHOWICKA GRUPA BIEGOWA	Masters M - 40	73	00:00:18	02:00:11	05:33:37	11:18:53	16:19:49	<b>17:53:04.55</b>	<b>17:53:04.55</b>	+06:34:48 (36.8%)	9:45	6.2 (63.9%)
180	<b>KADŁUBOWSKI Piotr</b>	<b>3494</b>	RUN100LOVE / GÓRYLASY / KOTWICA BRZEG	Masters M - 40	74	00:00:01	02:07:31	05:50:23	11:33:28	16:22:41	<b>17:53:35.00</b>	<b>17:53:35.00</b>	+06:35:18 (36.8%)	9:45	6.1 (62.9%)
181	<b>GRYCMAN Magdalena</b>	<b>3440</b>	SPARTA ULTRA TEAM	Masters K - 40	18	00:00:23	02:06:10	06:10:01	11:16:33	16:13:48	<b>17:56:23.75</b>	<b>17:56:23.75</b>	+06:38:07 (37.0%)	9:47	6.1 (62.9%)
182	<b>GRYCMAN Łukasz</b>	<b>3441</b>		Masters M - 40	75	00:00:23	02:07:01	06:10:01	11:16:33	16:13:47	<b>17:56:23.80</b>	<b>17:56:23.80</b>	+06:38:07 (37.0%)	9:47	6.1 (62.9%)
183	<b>KRÓLAK Krystian</b>	<b>3374</b>	#TEAMKRÓLAK	Senior I M - 20	8	00:00:55	02:11:53	05:52:48	11:11:14	16:09:46	<b>17:58:17.65</b>	<b>17:58:17.65</b>	+06:40:01 (37.1%)	9:48	6.1 (62.9%)
184	<b>BERNAT Arkadiusz</b>	<b>3178</b>	BIEGOWA ŚWIDNICA	Weteran I M - 50	19	00:00:06	01:58:13	05:12:41	10:07:31	16:08:59	<b>17:59:02.30</b>	<b>17:59:02.30</b>	+06:40:45 (37.1%)	9:48	6.1 (62.9%)
185	<b>HORŁUKOWICZ Kamil</b>	<b>3483</b>	KPP ŚWIDNICA	Senior I M - 20	9	00:00:08	01:57:56	05:47:49	11:26:13	16:23:42	<b>18:00:26.15</b>	<b>18:00:26.15</b>	+06:42:09 (37.2%)	9:49	6.1 (62.9%)
186	<b>PANTOŁ Mirosław</b>	<b>3194</b>		Masters M - 40	76	00:00:09	02:14:51	06:05:02	11:01:27	16:18:36	<b>18:03:08.65</b>	<b>18:03:08.65</b>	+06:44:52 (37.4%)	9:50	6.1 (62.9%)
187	<b>SZYSZŁOWSKI Waldemar</b>	<b>3345</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	55	00:00:02	02:05:59	05:44:15	11:09:31	16:25:17	<b>18:08:49.85</b>	<b>18:08:49.85</b>	+06:50:33 (37.7%)	9:53	6.1 (62.9%)
188	<b>ZAWADZKI Paweł</b>	<b>3187</b>		Senior II M - 30	56	00:00:40	02:20:10	06:35:32	12:30:05	16:47:00	<b>18:16:41.50</b>	<b>18:16:41.50</b>	+06:58:25 (38.2%)	9:58	6 (61.9%)
189	<b>ANDRZEJCZUK Marzena</b>	<b>3398</b>		Masters K - 40	19	00:00:17	02:05:57	05:50:44	11:12:58	16:33:14	<b>18:16:54.75</b>	<b>18:16:54.75</b>	+06:58:38 (38.2%)	9:58	6 (61.9%)
190	<b>STELMACH Krzysztof</b>	<b>3407</b>		Masters M - 40	77	00:00:09	02:05:27	05:56:44	11:12:58	16:33:30	<b>18:16:55.95</b>	<b>18:16:55.95</b>	+06:58:39 (38.2%)	9:58	6 (61.9%)
191	<b>ZACHARYASZ Miłosz</b>	<b>3312</b>	KOCHAM MONICZKE	Senior I M - 20	10	00:00:57	02:08:38	05:33:18	10:45:15	16:40:58	<b>18:17:36.15</b>	<b>18:17:36.15</b>	+06:59:19 (38.2%)	9:58	6 (61.9%)
192	<b>LEWANDOWSKI Grzegorz</b>	<b>3009</b>	GOLENIÓW	Masters M - 40	78	00:00:22	02:11:55	05:56:46	11:15:18	16:31:55	<b>18:18:24.90</b>	<b>18:18:24.90</b>	+07:00:08 (38.2%)	9:59	6 (61.9%)
193	<b>PASIEKA Agnieszka</b>	<b>3072</b>	KB ATHLETIC ZRĘCIN	Masters K - 40	20	00:00:09	02:09:40	06:05:07	11:42:19	16:44:27	<b>18:19:07.45</b>	<b>18:19:07.45</b>	+07:00:50 (38.3%)	9:59	6 (61.9%)
194	<b>WITUSIK Dorota</b>	<b>3450</b>		Masters K - 40	21	00:00:09	02:09:44	06:05:08	11:42:19	16:44:28	<b>18:19:07.75</b>	<b>18:19:07.75</b>	+07:00:51 (38.3%)	9:59	6 (61.9%)
195	<b>NICPOŃ Sebastian</b>	<b>3430</b>	PATOBIEGACZE	Masters M - 40	79	00:00:02	02:05:58	05:44:16	11:09:31	16:25:17	<b>18:20:46.00</b>	<b>18:20:46.00</b>	+07:02:29 (38.4%)	10:00	6 (61.9%)
196	<b>WELTER Przemysław</b>	<b>3306</b>	KB SZAMOTUŁY	Senior II M - 30	57	00:00:13	01:58:30	05:43:03	11:18:19	16:33:46	<b>18:22:36.65</b>	<b>18:22:36.65</b>	+07:04:20 (38.5%)	10:01	6 (61.9%)
197	<b>BIĘCZAK Zuzanna</b>	<b>3295</b>	ASICS FRONTRUNNER POLAND	Senior II K - 30	8	00:00:14	02:00:03	05:46:48	11:18:16	16:33:45	<b>18:22:36.75</b>	<b>18:22:36.75</b>	+07:04:20 (38.5%)	10:01	6 (61.9%)
198	<b>CZYRNIA Andrzej</b>	<b>3242</b>		Senior II M - 30	58	00:00:19	02:11:04	06:04:16	11:15:31	16:34:44	<b>18:27:35.45</b>	<b>18:27:35.45</b>	+07:09:18 (38.8%)	10:04	6 (61.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
199	<b>KARCZ Anna</b>	<b>3475</b>		Senior II K - 30	9	00:00:24	02:00:33	05:52:40	11:14:49	16:40:55	<b>18:27:52.50</b>	<b>18:27:52.50</b>	+07:09:36 (38.8%)	10:04	6 (61.9%)
200	<b>KANIA Paweł</b>	<b>3479</b>	BIEGAM NA TARCHOMINIE	Weteran I M - 50	20	00:00:47	02:22:25	06:14:15	11:40:34	16:49:05	<b>18:29:55.75</b>	<b>18:29:55.75</b>	+07:11:39 (38.9%)	10:05	5.9 (60.8%)
201	<b>BRZOZOWSKI Rafał</b>	<b>3474</b>		Masters M - 40	80	00:00:39	02:15:18	05:58:59	11:21:21	16:41:23	<b>18:30:22.05</b>	<b>18:30:22.05</b>	+07:12:05 (38.9%)	10:05	5.9 (60.8%)
202	<b>GAWLAS Przemysław</b>	<b>3495</b>		Weteran I M - 50	21	00:00:14	02:06:52	05:54:33	11:17:41	16:44:30	<b>18:33:09.00</b>	<b>18:33:09.00</b>	+07:14:52 (39.1%)	10:07	5.9 (60.8%)
203	<b>MIKUŁAN Mikołaj</b>	<b>3024</b>		Senior II M - 30	59	00:00:28	02:23:11	06:31:40	12:11:03	16:58:43	<b>18:34:43.35</b>	<b>18:34:43.35</b>	+07:16:26 (39.2%)	10:08	5.9 (60.8%)
204	<b>JAROSIŃSKI Łukasz</b>	<b>3132</b>	TAŃCZACE MUCHOMORKI	Masters M - 40	81	00:00:12	02:01:39	05:50:45	11:49:20	16:51:35	<b>18:36:10.60</b>	<b>18:36:10.60</b>	+07:17:54 (39.2%)	10:08	5.9 (60.8%)
205	<b>BRAUN Zbigniew</b>	<b>3362</b>	WKB MARATOŃCZYK	Masters M - 40	82	00:00:06	01:54:16	05:14:11	10:22:58	16:31:57	<b>18:37:09.40</b>	<b>18:37:09.40</b>	+07:18:52 (39.3%)	10:09	5.9 (60.8%)
206	<b>DAWIDZIAK Jarosław</b>	<b>3414</b>	MARATON LESZNO /AMBIT	Weteran I M - 50	22	00:00:32	02:07:43	05:43:26	10:51:54	16:35:38	<b>18:37:12.75</b>	<b>18:37:12.75</b>	+07:18:56 (39.3%)	10:09	5.9 (60.8%)
207	<b>SKRZYPIŃSKI Arkadiusz</b>	<b>3102</b>	PSI PATROL	Masters M - 40	83	00:00:32	02:07:45	05:43:27	11:21:20	16:35:39	<b>18:37:13.10</b>	<b>18:37:13.10</b>	+07:18:56 (39.3%)	10:09	5.9 (60.8%)
208	<b>JUSZCZAK Zbigniew</b>	<b>3350</b>	PKB KMP KALISZ	Weteran I M - 50	23	00:00:38	02:26:28	06:58:33	11:52:42	16:17:04	<b>18:41:00.20</b>	<b>18:41:00.20</b>	+07:22:43 (39.5%)	10:11	5.9 (60.8%)
209	<b>RAFA Asia</b>	<b>3280</b>	RUNNERS TEAM NYSA	Masters K - 40	22	00:00:25	02:22:27	06:21:54	11:44:37	16:41:53	<b>18:41:57.05</b>	<b>18:41:57.05</b>	+07:23:40 (39.5%)	10:11	5.9 (60.8%)
210	<b>STANGIERSKI Adam</b>	<b>3231</b>	KORNELCIA TEAM	Senior II M - 30	60	00:00:34	02:10:58	06:10:11	11:22:10	16:58:21	<b>18:42:13.45</b>	<b>18:42:13.45</b>	+07:23:56 (39.6%)	10:12	5.9 (60.8%)
211	<b>NIEMIRO Paweł</b>	<b>3421</b>	JAGODOWO-KALINOWY TEAM	Masters M - 40	84	00:00:34	02:13:53	06:19:39	11:57:32	16:54:08	<b>18:46:30.25</b>	<b>18:46:30.25</b>	+07:28:13 (39.8%)	10:14	5.9 (60.8%)
212	<b>PAWLIK Joanna</b>	<b>3054</b>		Senior II K - 30	10	00:00:29	02:15:13	06:19:43	11:37:58	16:54:07	<b>18:46:30.65</b>	<b>18:46:30.65</b>	+07:28:14 (39.8%)	10:14	5.9 (60.8%)
213	<b>KRACZKOWSKI Przemysław</b>	<b>3251</b>	142BLP TRZEBIATÓW	Masters M - 40	85	00:00:20	02:14:40	06:19:47	11:37:59	16:54:06	<b>18:46:31.10</b>	<b>18:46:31.10</b>	+07:28:14 (39.8%)	10:14	5.9 (60.8%)
214	<b>TALAR Marek</b>	<b>3017</b>	KĘSY TEAM	Senior II M - 30	61	00:00:29	02:15:07	06:19:41	11:37:52	16:54:56	<b>18:46:31.40</b>	<b>18:46:31.40</b>	+07:28:14 (39.8%)	10:14	5.9 (60.8%)
215	<b>KRAUSE Kuba</b>	<b>3364</b>	NATURAL BORN RUNNERS	Masters M - 40	86	00:00:26	01:58:48	05:20:57	11:33:11	16:55:11	<b>18:48:30.45</b>	<b>18:48:30.45</b>	+07:30:13 (39.9%)	10:15	5.8 (59.8%)
216	<b>MAŁKOWSKI Krzysztof</b>	<b>3163</b>		Masters M - 40	87	00:00:26	01:58:49	05:20:58	11:33:13	16:55:14	<b>18:48:33.05</b>	<b>18:48:33.05</b>	+07:30:16 (39.9%)	10:15	5.8 (59.8%)
217	<b>DADELSKI Mariusz</b>	<b>3045</b>	RUNCROSS ROZGARTY	Masters M - 40	88	00:00:36	02:24:32	06:26:30	11:39:50	16:52:59	<b>18:49:38.95</b>	<b>18:49:38.95</b>	+07:31:22 (40.0%)	10:16	5.8 (59.8%)
218	<b>GOKIERT-SKRENTNA Justyna</b>	<b>3047</b>	GÓRSKIE KOZICE	Masters K - 40	23	00:00:18	02:05:25	05:48:32	11:15:17	16:43:37	<b>18:54:08.80</b>	<b>18:54:08.80</b>	+07:35:52 (40.2%)	10:18	5.8 (59.8%)
219	<b>OLSZAŃSKI Krzysztof</b>	<b>3108</b>	RUNNING FREE	Masters M - 40	89	00:01:04	02:30:21	06:45:15	12:41:16	17:07:54	<b>18:55:21.70</b>	<b>18:55:21.70</b>	+07:37:05 (40.3%)	10:19	5.8 (59.8%)
220	<b>RACZYŃSKI Bogusz</b>	<b>3446</b>	ZEMAT TECHNOLOGY GROUP	Senior II M - 30	62	00:00:06	02:01:37	05:49:35	11:46:15	17:15:25	<b>18:56:08.30</b>	<b>18:56:08.30</b>	+07:37:51 (40.3%)	10:19	5.8 (59.8%)
221	<b>GUMIENNY Grzegorz</b>	<b>3411</b>		Masters M - 40	90	00:00:24	01:41:28	04:36:31	09:33:20	15:34:14	<b>18:56:45.75</b>	<b>18:56:45.75</b>	+07:38:29 (40.3%)	10:20	5.8 (59.8%)
222	<b>CIECIELĄG Piotr</b>	<b>3149</b>		Weteran I M - 50	24	00:00:47	02:31:02	06:16:47	11:42:14	17:08:26	<b>18:57:37.90</b>	<b>18:57:37.90</b>	+07:39:21 (40.4%)	10:20	5.8 (59.8%)
223	<b>KOREK Krystian</b>	<b>3174</b>		Masters M - 40	91	00:00:52	02:31:56	06:44:59	11:53:55	17:03:24	<b>18:59:17.05</b>	<b>18:59:17.05</b>	+07:41:00 (40.5%)	10:21	5.8 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
224	<b>PIGUŁA Daria</b>	<b>3435</b>	CARBON SILESIA SPORT	Masters K - 40	24	00:00:30	02:13:57	06:11:31	11:53:43	17:11:48	<b>18:59:37.55</b>	<b>18:59:37.55</b>	+07:41:21 (40.5%)	10:21	5.8 (59.8%)
225	<b>ZATAJ Igor</b>	<b>3015</b>	KB MANIAC POZNAŃ	Masters M - 40	92	00:00:44	02:18:13	06:32:04	12:07:17	17:21:49	<b>18:59:56.05</b>	<b>18:59:56.05</b>	+07:41:39 (40.5%)	10:21	5.8 (59.8%)
226	<b>WRÓBEL Maciej</b>	<b>3167</b>	VEGERUNNERS	Senior II M - 30	63	00:00:50	02:24:29	06:16:12	11:45:01	16:55:33	<b>19:00:06.10</b>	<b>19:00:06.10</b>	+07:41:49 (40.5%)	10:21	5.8 (59.8%)
227	<b>BOGUCKA Zuzanna</b>	<b>3296</b>		Senior II K - 30	11	00:00:42	02:25:28	06:46:22	12:18:13	17:13:22	<b>19:00:46.20</b>	<b>19:00:46.20</b>	+07:42:29 (40.5%)	10:22	5.8 (59.8%)
228	<b>LUTY Mariusz</b>	<b>3140</b>	KĘSY TEAM	Masters M - 40	93	00:00:07	01:53:24	05:22:31	11:45:38	17:10:56	<b>19:01:45.75</b>	<b>19:01:45.75</b>	+07:43:29 (40.6%)	10:22	5.8 (59.8%)
229	<b>KWIECIEN Krzysztof</b>	<b>3196</b>	MEGAWONSZ	Masters M - 40	94	00:00:38	02:21:22	05:55:44	11:14:41	16:40:45	<b>19:02:30.65</b>	<b>19:02:30.65</b>	+07:44:14 (40.6%)	10:23	5.8 (59.8%)
230	<b>SZCZUREK Mariusz</b>	<b>3492</b>	AGROAS TEAM	Masters M - 40	95	00:00:07	02:02:10	06:07:04	11:49:25	17:09:49	<b>19:03:24.95</b>	<b>19:03:24.95</b>	+07:45:08 (40.7%)	10:23	5.8 (59.8%)
231	<b>LESZCZYNOWICZ Jacek</b>	<b>3114</b>	POLACY BIEGAJĄ W UK	Senior II M - 30	64	00:00:09	02:13:29	06:21:46	12:16:31	17:26:11	<b>19:04:43.20</b>	<b>19:04:43.20</b>	+07:46:26 (40.7%)	10:24	5.8 (59.8%)
232	<b>PALIŃSKI Bartłomiej</b>	<b>3275</b>	ROZBIEGANI CHOJNÓW	Senior I M - 20	11	00:00:16	02:07:28	06:08:02	12:04:01	17:20:18	<b>19:05:52.20</b>	<b>19:05:52.20</b>	+07:47:35 (40.8%)	10:25	5.8 (59.8%)
233	<b>SZPYT Andrzej</b>	<b>3402</b>		Weteran I M - 50	25	00:00:15	02:00:32	05:42:01	11:50:11	17:16:58	<b>19:07:47.85</b>	<b>19:07:47.85</b>	+07:49:31 (40.9%)	10:26	5.8 (59.8%)
234	<b>ZIELIŃSKI Tomasz</b>	<b>3031</b>	ULTRAPIOTRKÓW	Masters M - 40	96	00:00:04	02:28:59	06:37:04	12:11:27	17:20:18	<b>19:10:55.85</b>	<b>19:10:55.85</b>	+07:52:39 (41.1%)	10:27	5.7 (58.8%)
235	<b>KUŚMIDER Michał</b>	<b>3348</b>	TAŃCZĄCE MUCHOMORKI	Masters M - 40	97	00:00:15	02:01:41	05:50:42	11:59:59	17:37:08	<b>19:11:49.15</b>	<b>19:11:49.15</b>	+07:53:32 (41.1%)	10:28	5.7 (58.8%)
236	<b>MARCINIAK Rafał</b>	<b>3128</b>	8A.PL	Senior II M - 30	65	00:00:33	02:17:58	06:00:09	11:29:40	17:15:24	<b>19:13:40.15</b>	<b>19:13:40.15</b>	+07:55:23 (41.2%)	10:29	5.7 (58.8%)
237	<b>KOTYCZKA Dominik</b>	<b>3375</b>	ASICS FRONTRUNNER POLAND	Senior I M - 20	12	00:00:15	02:05:06	06:05:12	11:48:55	17:38:56	<b>19:13:42.60</b>	<b>19:13:42.60</b>	+07:55:26 (41.2%)	10:29	5.7 (58.8%)
238	<b>STRAMOWSKA-JARCZEWSKA Sandra</b>	<b>3451</b>	MONSTER CROSS TEAM WOŁCZYN	Senior II K - 30	12	00:00:13	02:06:22	06:03:03	11:55:47	17:27:40	<b>19:14:19.15</b>	<b>19:14:19.15</b>	+07:56:02 (41.2%)	10:29	5.7 (58.8%)
239	<b>SZYROCKI Krzysztof</b>	<b>3347</b>	ONE PERSON TEAM	Senior II M - 30	66	00:00:41	02:18:01	06:03:05	11:55:48	17:27:41	<b>19:14:33.30</b>	<b>19:14:33.30</b>	+07:56:16 (41.3%)	10:29	5.7 (58.8%)
240	<b>WIATER Tomasz</b>	<b>3130</b>		Masters M - 40	98	00:00:42	02:24:25	06:31:35	12:21:11	17:37:12	<b>19:15:23.90</b>	<b>19:15:23.90</b>	+07:57:07 (41.3%)	10:30	5.7 (58.8%)
241	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>3151</b>	ZĄLOGA GÓRSKA	Masters K - 40	25	00:00:42	02:24:28	06:31:35	12:21:10	17:37:14	<b>19:15:24.90</b>	<b>19:15:24.90</b>	+07:57:08 (41.3%)	10:30	5.7 (58.8%)
242	<b>PASZKIEWICZ Maciej</b>	<b>3408</b>	DZIADEK BIEGA ULTRA	Weteran II M - 60	2	00:00:17	02:20:24	06:14:22	11:59:15	17:17:50	<b>19:16:16.25</b>	<b>19:16:16.25</b>	+07:57:59 (41.3%)	10:30	5.7 (58.8%)
243	<b>PIWOWARCZYK Wojciech</b>	<b>3135</b>	WLKP MOUNTAINS ULTRA	Senior II M - 30	67	00:00:05	01:55:46	05:33:41	10:39:17	16:42:36	<b>19:18:00.30</b>	<b>19:18:00.30</b>	+07:59:43 (41.4%)	10:31	5.7 (58.8%)
244	<b>ŚMICHURSKI Krzysztof</b>	<b>3044</b>	FIZJOTERAPIA BIEGACZA	Senior II M - 30	68	00:00:06	01:55:57	05:33:40	10:39:17	16:42:35	<b>19:18:07.55</b>	<b>19:18:07.55</b>	+07:59:51 (41.4%)	10:31	5.7 (58.8%)
245	<b>CAŁKA Krystian</b>	<b>3038</b>	ULTRINO AMATEUR	Senior II M - 30	69		01:55:48	05:34:28	10:39:14	16:42:35	<b>19:18:08.75</b>	<b>19:18:08.75</b>	+07:59:52 (41.4%)	10:31	5.7 (58.8%)
246	<b>HAAS Przemysław</b>	<b>3065</b>	BACKPACKING OKAPI TEAM	Senior II M - 30	70	00:00:46	02:20:51	06:21:45	12:11:29	17:26:54	<b>19:20:10.40</b>	<b>19:20:10.40</b>	+08:01:53 (41.5%)	10:32	5.7 (58.8%)
247	<b>KOCIOŁEK Zbigniew</b>	<b>3331</b>		Masters M - 40	99	00:00:47	02:24:15	06:31:51	12:08:24	17:27:04	<b>19:20:32.95</b>	<b>19:20:32.95</b>	+08:02:16 (41.6%)	10:33	5.7 (58.8%)
248	<b>POPCZYK Ewelina</b>	<b>3388</b>	HEALTHY BODY ŻELAZNY&ŻELAZNY	Masters K - 40	26	00:00:31	02:16:47	06:18:30	11:53:44	17:48:01	<b>19:20:37.70</b>	<b>19:20:37.70</b>	+08:02:21 (41.6%)	10:33	5.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
249	<b>KŁAK Wojciech</b>	<b>3327</b>	SZYBKE ŻÓŁWIE OPATÓW	Masters M - 40	100	00:00:36	02:26:13	06:56:22	12:27:35	17:42:03	<b>19:21:17.15</b>	<b>19:21:17.15</b>	+08:03:00 (41.6%)	10:33	5.7 (58.8%)
250	<b>SITAK Adam</b>	<b>3146</b>	CZEWKA ULTRA SQUAD	Masters M - 40	101	00:00:20	01:59:55	05:35:24	11:55:59	17:37:32	<b>19:21:38.75</b>	<b>19:21:38.75</b>	+08:03:22 (41.6%)	10:33	5.7 (58.8%)
251	<b>ADAMCZEWSKI Jakub</b>	<b>3081</b>	NIGHT RUNNERS / NBR TEAM	Senior II M - 30	71	00:00:41	02:10:55	06:13:16	12:06:48	17:41:53	<b>19:23:29.60</b>	<b>19:23:29.60</b>	+08:05:13 (41.7%)	10:34	5.7 (58.8%)
252	<b>CWOJDZIŃSKI Piotr</b>	<b>3274</b>	NIGHT RUNNERS / NO PROBLAMA TEAM	Masters M - 40	102	00:00:41	02:10:57	06:13:15	12:06:47	17:41:57	<b>19:23:29.90</b>	<b>19:23:29.90</b>	+08:05:13 (41.7%)	10:34	5.7 (58.8%)
253	<b>KIERZEK Artur</b>	<b>3094</b>	BIEGACZE KOSMOSU	Masters M - 40	103	00:00:44	02:26:45	06:31:31	12:03:58	17:00:04	<b>19:26:36.85</b>	<b>19:26:36.85</b>	+08:08:20 (41.9%)	10:36	5.7 (58.8%)
254	<b>KIERZEK Ewa</b>	<b>3093</b>	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	27	00:00:43	02:26:49	06:31:33	12:18:57	17:00:09	<b>19:26:37.30</b>	<b>19:26:37.30</b>	+08:08:20 (41.9%)	10:36	5.7 (58.8%)
255	<b>ROSOŁOWSKI Grzegorz</b>	<b>3283</b>	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	26	00:00:45	02:21:53	06:21:44	12:28:38	17:35:54	<b>19:33:04.60</b>	<b>19:33:04.60</b>	+08:14:48 (42.2%)	10:39	5.6 (57.7%)
256	<b>CIPORA Katarzyna</b>	<b>3377</b>	K&M TEAM	Masters K - 40	28	00:00:11	02:35:17	06:50:57	12:10:10	17:42:31	<b>19:35:18.55</b>	<b>19:35:18.55</b>	+08:17:02 (42.3%)	10:41	5.6 (57.7%)
257	<b>CIPORA Maciej</b>	<b>3376</b>	K&M TEAM	Weteran I M - 50	27	00:00:11	02:35:52	06:50:59	12:10:17	17:42:50	<b>19:35:20.15</b>	<b>19:35:20.15</b>	+08:17:03 (42.3%)	10:41	5.6 (57.7%)
258	<b>ŚWIĘTONIOWSKA Justyna</b>	<b>3016</b>	PODIUM	Masters K - 40	29	00:00:11	02:18:35	06:27:30	12:06:48	17:46:03	<b>19:36:29.35</b>	<b>19:36:29.35</b>	+08:18:12 (42.3%)	10:41	5.6 (57.7%)
259	<b>WÓJCIAK Ewelina</b>	<b>3393</b>	WARRIORS ŁÓDŹ	Senior II K - 30	13	00:00:46	02:26:01	06:30:02	11:44:38	17:26:51	<b>19:37:46.55</b>	<b>19:37:46.55</b>	+08:19:30 (42.4%)	10:42	5.6 (57.7%)
260	<b>MADALIŃSKI Mariusz</b>	<b>3223</b>		Senior I M - 20	13	00:00:44	02:11:34	06:05:32	11:42:01	17:12:50	<b>19:39:14.15</b>	<b>19:39:14.15</b>	+08:20:57 (42.5%)	10:43	5.6 (57.7%)
261	<b>JANIA Przemysław</b>	<b>3147</b>	CZEWKA ULTRA SQUAD	Senior II M - 30	72	00:00:20	02:07:32	06:21:47	12:01:38	17:45:09	<b>19:39:59.65</b>	<b>19:39:59.65</b>	+08:21:43 (42.5%)	10:43	5.6 (57.7%)
262	<b>BARTOSIK Michał</b>	<b>3157</b>	CZEWKA ULTRA SQUAD	Senior II M - 30	73	00:00:20	02:07:31	06:21:48	12:01:37	17:45:11	<b>19:39:59.85</b>	<b>19:39:59.85</b>	+08:21:43 (42.5%)	10:43	5.6 (57.7%)
263	<b>ŻYWICA Marcin</b>	<b>3237</b>	CORORUN	Senior II M - 30	74	00:00:08	02:02:11	05:49:00	11:41:51	17:33:29	<b>19:40:50.55</b>	<b>19:40:50.55</b>	+08:22:34 (42.6%)	10:44	5.6 (57.7%)
264	<b>RYCHEL-MANTUR Dominika</b>	<b>3018</b>		Senior II K - 30	14	00:00:48	02:06:02	05:54:41	11:36:21	17:26:26	<b>19:43:06.90</b>	<b>19:43:06.90</b>	+08:24:50 (42.7%)	10:45	5.6 (57.7%)
265	<b>BOROWIEC Bartek</b>	<b>3315</b>	ATLAS RUNNIG TEAM	Senior II M - 30	75	00:00:39	02:07:35	06:16:54	12:38:36	18:05:46	<b>19:44:57.20</b>	<b>19:44:57.20</b>	+08:26:40 (42.8%)	10:46	5.6 (57.7%)
266	<b>SUT Iwona</b>	<b>3248</b>		Masters K - 40	30	00:00:46	02:31:17	06:59:43	12:36:57	17:56:00	<b>19:45:36.00</b>	<b>19:45:36.00</b>	+08:27:19 (42.8%)	10:46	5.6 (57.7%)
267	<b>BLIŹNIEWSKI Marek</b>	<b>3126</b>		Weteran I M - 50	28	00:00:46	02:31:25	06:59:49	12:36:58	17:56:12	<b>19:45:36.50</b>	<b>19:45:36.50</b>	+08:27:20 (42.8%)	10:46	5.6 (57.7%)
267	<b>ROŹNIATA Iwona</b>	<b>3467</b>	SNG WILD DUCKS	Masters K - 40	31	00:00:46	02:31:23	06:59:42	12:36:57	17:55:44	<b>19:45:36.50</b>	<b>19:45:36.50</b>	+08:27:20 (42.8%)	10:46	5.6 (57.7%)
269	<b>JAKRZEWSKI Mikołaj</b>	<b>3057</b>		Senior II M - 30	76	00:00:18	02:12:11	06:22:54	12:06:56	17:40:21	<b>19:47:09.30</b>	<b>19:47:09.30</b>	+08:28:52 (42.9%)	10:47	5.6 (57.7%)
270	<b>WEWIOR Tomasz</b>	<b>3121</b>		Masters M - 40	104	00:00:08	02:09:01	06:18:59	12:16:05	17:59:31	<b>19:49:34.35</b>	<b>19:49:34.35</b>	+08:31:17 (43.0%)	10:48	5.5 (56.7%)
271	<b>RADOMSKI Grzegorz</b>	<b>3059</b>	MOKRE RUN	Masters M - 40	105	00:00:05	01:54:52	05:46:41	11:34:07	17:26:43	<b>19:50:05.65</b>	<b>19:50:05.65</b>	+08:31:49 (43.0%)	10:49	5.5 (56.7%)
272	<b>WOSZTYL Alicja</b>	<b>3043</b>	FOR-REST-RUN	Senior II K - 30	15	00:00:19	02:04:32	05:47:11	11:37:58	17:49:05	<b>19:51:55.80</b>	<b>19:51:55.80</b>	+08:33:39 (43.1%)	10:50	5.5 (56.7%)
273	<b>PODAWCA Łukasz</b>	<b>3041</b>		Senior II M - 30	77	00:00:19	02:04:29	05:47:12	12:17:01	17:49:06	<b>19:51:56.15</b>	<b>19:51:56.15</b>	+08:33:39 (43.1%)	10:50	5.5 (56.7%)
274	<b>MILEJSKA Joanna</b>	<b>3279</b>	BBL OPOLE	Masters K - 40	32			06:33:50	12:29:03	17:54:05	<b>19:52:19.35</b>	<b>19:52:19.35</b>	+08:34:02 (43.1%)	10:50	5.5 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
275	<b>ZAWADZKA Marzena</b>	<b>3070</b>		Weteran K - 50	3	00:00:13	02:26:01	06:53:57	12:38:10	17:52:44	<b>19:52:52.05</b>	<b>19:52:52.05</b>	+08:34:35 (43.1%)	10:50	5.5 (56.7%)
276	<b>SZARF Paweł</b>	<b>3040</b>	ZĄŁOGA GÓRSKA	Senior II M - 30	78	00:00:01	02:05:24	05:58:24	11:38:03	17:37:58	<b>19:53:58.70</b>	<b>19:53:58.70</b>	+08:35:42 (43.2%)	10:51	5.5 (56.7%)
277	<b>STAJNIAK-STELIGA Izabela</b>	<b>3313</b>	OBORYGENI	Masters K - 40	33	00:00:36	02:24:12	06:51:42	12:27:16	17:47:48	<b>19:58:03.05</b>	<b>19:58:03.05</b>	+08:39:46 (43.4%)	10:53	5.5 (56.7%)
278	<b>MACKIEWICZ Maciej</b>	<b>3008</b>	KRM LAW	Senior II M - 30	79	00:00:22	02:14:26	06:23:17	12:18:17	18:02:46	<b>19:58:08.20</b>	<b>19:58:08.20</b>	+08:39:51 (43.4%)	10:53	5.5 (56.7%)
279	<b>KNAP Damian</b>	<b>3236</b>	PGB SPORTOWA PACZKA	Senior II M - 30	80	00:00:31	02:16:50	06:18:32	11:54:50	17:48:05	<b>19:59:24.55</b>	<b>19:59:24.55</b>	+08:41:08 (43.4%)	10:54	5.5 (56.7%)
280	<b>KOCHANOWSKI Jerzy</b>	<b>3249</b>	OSTRÓW BIEGA	Weteran I M - 50	29	00:00:57	02:16:49	05:51:34	11:30:48	17:33:41	<b>20:00:45.60</b>	<b>20:00:45.60</b>	+08:42:29 (43.5%)	10:54	5.5 (56.7%)
281	<b>ISKRA Arkadiusz</b>	<b>3241</b>	SZAKALE BAŁUT ŁÓDŹ	Masters M - 40	106	00:00:44	02:16:41	06:50:56	12:41:35	18:06:54	<b>20:01:08.40</b>	<b>20:01:08.40</b>	+08:42:51 (43.5%)	10:55	5.5 (56.7%)
282	<b>BUJALSKA Agata</b>	<b>3172</b>		Senior II K - 30	16	00:00:21	02:18:19	06:14:18	12:10:04	18:13:34	<b>20:07:40.45</b>	<b>20:07:40.45</b>	+08:49:23 (43.8%)	10:58	5.5 (56.7%)
283	<b>BUJALSKI Szymon</b>	<b>3171</b>		Masters M - 40	107	00:00:21	02:18:15	06:14:19	12:09:57	18:13:30	<b>20:07:40.60</b>	<b>20:07:40.60</b>	+08:49:24 (43.8%)	10:58	5.5 (56.7%)
284	<b>KOBIERSKI Radosław</b>	<b>3154</b>	TAŃCZĄCE MUCHOMORKI	Weteran I M - 50	30	00:00:15	02:04:22	05:56:45	11:53:56	18:14:01	<b>20:18:05.45</b>	<b>20:18:05.45</b>	+08:59:48 (44.3%)	11:04	5.4 (55.7%)
285	<b>PASZKOWSKI Piotr</b>	<b>3063</b>	WKURW_TEAM	Masters M - 40	108	00:00:14	01:39:43	05:26:17	12:33:11	18:42:35	<b>20:18:39.20</b>	<b>20:18:39.20</b>	+09:00:22 (44.3%)	11:04	5.4 (55.7%)
286	<b>SMYKOWSKA Magdalena</b>	<b>3198</b>	RYKOWISKOTEAM	Senior II K - 30	17	00:00:24	01:58:27	06:52:16	13:16:39	18:28:46	<b>20:22:03.65</b>	<b>20:22:03.65</b>	+09:03:47 (44.5%)	11:06	5.4 (55.7%)
287	<b>SIKORSKI Grzegorz</b>	<b>3076</b>		Weteran I M - 50	31	00:00:14	02:17:48	06:38:00	12:34:59	18:09:30	<b>20:22:11.20</b>	<b>20:22:11.20</b>	+09:03:54 (44.5%)	11:06	5.4 (55.7%)
288	<b>DZIADOŃ Łukasz</b>	<b>3455</b>	BITKA O ZIVOT	Senior II M - 30	81	00:00:56	02:37:15	06:50:44	12:34:05	18:41:56	<b>20:26:06.55</b>	<b>20:26:06.55</b>	+09:07:50 (44.7%)	11:08	5.4 (55.7%)
289	<b>TROJAN Paweł</b>	<b>3460</b>	SZCZYTNA BIEGA	Senior II M - 30	82	00:00:44	02:23:54	07:00:05	12:54:04	18:59:05	<b>20:31:16.65</b>	<b>20:31:16.65</b>	+09:13:00 (44.9%)	11:11	5.4 (55.7%)
290	<b>SKRYNKOWSKI Michał</b>	<b>3466</b>		Masters M - 40	109	00:00:43	02:20:35	07:00:03	12:54:03	18:59:18	<b>20:31:16.80</b>	<b>20:31:16.80</b>	+09:13:00 (44.9%)	11:11	5.4 (55.7%)
291	<b>NOWAKOWSKI Mirosław</b>	<b>3055</b>		Weteran I M - 50	32	00:00:40	02:23:06	06:49:11	12:58:22	18:45:51	<b>20:34:26.60</b>	<b>20:34:26.60</b>	+09:16:10 (45.1%)	11:13	5.3 (54.6%)
292	<b>STOŁOWSKI Robert</b>	<b>3257</b>	AMICA	Masters M - 40	110	00:00:41	02:23:08	06:49:13	12:58:36	18:45:51	<b>20:34:26.65</b>	<b>20:34:26.65</b>	+09:16:10 (45.1%)	11:13	5.3 (54.6%)
293	<b>NIKOLIN Andrzej</b>	<b>3261</b>	TRITOGO	Senior II M - 30	83	00:00:18	02:08:13	06:50:03	12:58:06	18:47:59	<b>20:34:58.30</b>	<b>20:34:58.30</b>	+09:16:41 (45.1%)	11:13	5.3 (54.6%)
294	<b>PIÓRKOWSKI Marek</b>	<b>3034</b>	BIEGOWA KUŹNIA	Weteran I M - 50	33	00:00:22	02:21:59	06:43:06	12:42:14	18:42:46	<b>20:37:00.40</b>	<b>20:37:00.40</b>	+09:18:43 (45.2%)	11:14	5.3 (54.6%)
295	<b>ZACHARIASZ Agnieszka</b>	<b>3282</b>	BIEGOWA KUŹNIA	Senior II K - 30	18	00:00:22	02:21:57	06:43:06	12:42:19	18:42:45	<b>20:37:00.55</b>	<b>20:37:00.55</b>	+09:18:44 (45.2%)	11:14	5.3 (54.6%)
296	<b>ŻOŁDAK Magdalena</b>	<b>3225</b>	#BIEGIEMWLAS	Masters K - 40	34	00:00:27	02:23:12	06:31:39	12:11:24	18:26:15	<b>20:37:49.65</b>	<b>20:37:49.65</b>	+09:19:33 (45.2%)	11:15	5.3 (54.6%)
297	<b>DOLNY Marcin</b>	<b>3213</b>	FOREST GANG	Masters M - 40	111	00:00:35	02:25:21	06:37:35	12:54:37	18:43:14	<b>20:39:34.95</b>	<b>20:39:34.95</b>	+09:21:18 (45.3%)	11:16	5.3 (54.6%)
298	<b>KAMYSZ Robert</b>	<b>3339</b>	KW KRAKÓW	Weteran I M - 50	34	00:00:14	02:13:35	06:23:24	12:19:49	18:22:26	<b>20:39:42.55</b>	<b>20:39:42.55</b>	+09:21:26 (45.3%)	11:16	5.3 (54.6%)
299	<b>FILIPIAK Sebastian</b>	<b>3118</b>	EKIPA LIPA	Masters M - 40	112	00:00:21	02:20:40	06:36:18	12:30:25	18:37:42	<b>20:40:23.95</b>	<b>20:40:23.95</b>	+09:22:07 (45.3%)	11:16	5.3 (54.6%)
300	<b>GONERA Kazimierz</b>	<b>3035</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	3	00:00:30	02:27:17	07:00:18	13:09:57	18:47:34	<b>20:41:43.75</b>	<b>20:41:43.75</b>	+09:23:27 (45.4%)	11:17	5.3 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
301	<b>WALAC Jacek</b>	<b>3217</b>	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	84	00:00:24	02:22:34	06:28:29	12:34:45	18:23:11	<b>20:42:20.20</b>	<b>20:42:20.20</b>	+09:24:03 (45.4%)	11:17	5.3 (54.6%)
302	<b>KURKUS Aleksander</b>	<b>3229</b>	DOGOŃ GRODZISK MAZOWIECKI	Weteran I M - 50	35	00:00:24	02:22:32	06:28:21	12:34:43	18:24:10	<b>20:42:20.55</b>	<b>20:42:20.55</b>	+09:24:04 (45.4%)	11:17	5.3 (54.6%)
303	<b>KUSY Rafał</b>	<b>3325</b>	PBRUN	Masters M - 40	113	00:00:32	02:11:51	06:16:41	12:45:50	18:41:22	<b>20:43:18.80</b>	<b>20:43:18.80</b>	+09:25:02 (45.4%)	11:18	5.3 (54.6%)
304	<b>BURY Marek</b>	<b>3212</b>		Weteran I M - 50	36	00:00:54	02:26:03	06:37:41	12:49:33	18:46:53	<b>20:44:56.05</b>	<b>20:44:56.05</b>	+09:26:39 (45.5%)	11:19	5.3 (54.6%)
305	<b>TOMASZEWSKA Ewa</b>	<b>3039</b>		Masters K - 40	35	00:00:31	02:24:17	06:27:25	12:38:08	18:46:25	<b>20:45:45.55</b>	<b>20:45:45.55</b>	+09:27:29 (45.6%)	11:19	5.3 (54.6%)
306	<b>GRABCZAK Jarosław</b>	<b>3005</b>		Senior II M - 30	85	00:00:31	02:22:29	06:26:30	12:37:32	18:48:25	<b>20:45:49.80</b>	<b>20:45:49.80</b>	+09:27:33 (45.6%)	11:19	5.3 (54.6%)
307	<b>HOJCZYK Karol</b>	<b>3014</b>	EXPLORADOR & WOLNE ŚLIMAKI	Masters M - 40	114	00:00:37	02:32:17	06:56:21	12:27:33	18:41:28	<b>20:46:29.65</b>	<b>20:46:29.65</b>	+09:28:13 (45.6%)	11:19	5.3 (54.6%)
308	<b>WIJAS Mariusz</b>	<b>3405</b>		Masters M - 40	115	00:00:23	02:26:50	06:47:33	12:41:57	18:43:22	<b>20:46:45.70</b>	<b>20:46:45.70</b>	+09:28:29 (45.6%)	11:20	5.3 (54.6%)
309	<b>KWIATKOWSKA Zuzanna</b>	<b>3109</b>	RNB TEAM POLANICA ZDRÓJ	Masters K - 40	36	00:00:44	02:20:37	07:00:02	12:54:01	18:59:06	<b>20:46:48.50</b>	<b>20:46:48.50</b>	+09:28:32 (45.6%)	11:20	5.3 (54.6%)
310	<b>KUTRZYK Przemysław</b>	<b>3073</b>		Masters M - 40	116	00:00:13	02:08:23	06:35:52	14:00:00	18:45:30	<b>20:47:28.30</b>	<b>20:47:28.30</b>	+09:29:11 (45.6%)	11:20	5.3 (54.6%)
311	<b>MAGOCZY Justyna</b>	<b>3069</b>		Senior II K - 30	19	00:00:15	02:33:39	06:47:35	13:11:21	18:35:52	<b>20:50:39.70</b>	<b>20:50:39.70</b>	+09:32:23 (45.8%)	11:22	5.3 (54.6%)
312	<b>MAGOCZY Adam</b>	<b>3228</b>		Senior II M - 30	86	00:00:15	02:33:32	06:47:34	13:07:34	18:34:56	<b>20:50:40.25</b>	<b>20:50:40.25</b>	+09:32:23 (45.8%)	11:22	5.3 (54.6%)
313	<b>DRYMEL Piotr</b>	<b>3368</b>		Senior II M - 30	87	00:00:39	02:33:22	06:53:56	13:00:10	18:35:59	<b>20:53:18.20</b>	<b>20:53:18.20</b>	+09:35:01 (45.9%)	11:23	5.3 (54.6%)
314	<b>BARANIAK Beata</b>	<b>3136</b>	DRUŻYNA SZPIKU	Masters K - 40	37	00:00:53	02:43:54	07:28:04	13:07:08	18:57:12	<b>20:54:28.55</b>	<b>20:54:28.55</b>	+09:36:12 (45.9%)	11:24	5.3 (54.6%)
315	<b>WSUŁ Monia</b>	<b>3415</b>		Masters K - 40	38	00:00:28	02:01:49	05:34:39	12:15:41	18:26:44	<b>20:55:00.35</b>	<b>20:55:00.35</b>	+09:36:43 (46.0%)	11:24	5.3 (54.6%)
316	<b>JASIŃSKI Mikołaj</b>	<b>3469</b>		Weteran I M - 50	37	00:00:17	02:18:32	06:34:55	12:43:18	19:02:43	<b>21:05:33.70</b>	<b>21:05:33.70</b>	+09:47:17 (46.4%)	11:30	5.2 (53.6%)
317	<b>KOSZAREK Andrzej</b>	<b>3023</b>		Weteran I M - 50	38	00:00:54	02:43:56	07:00:13	13:01:23	19:05:37	<b>21:05:36.85</b>	<b>21:05:36.85</b>	+09:47:20 (46.4%)	11:30	5.2 (53.6%)
318	<b>STODULSKI Tomasz</b>	<b>3197</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	117	00:00:38	02:17:07	06:49:47	12:50:00	18:47:25	<b>21:06:25.05</b>	<b>21:06:25.05</b>	+09:48:08 (46.4%)	11:30	5.2 (53.6%)
319	<b>BOCHM Szymon</b>	<b>3182</b>		Senior II M - 30	88	00:00:05	02:19:31	06:45:28	12:52:00	18:47:26	<b>21:06:25.40</b>	<b>21:06:25.40</b>	+09:48:08 (46.4%)	11:30	5.2 (53.6%)
320	<b>AMANOWICZ Lukasz</b>	<b>3459</b>		Masters M - 40	118	00:00:26	02:12:50	06:19:38	12:06:40	19:20:08	<b>21:06:47.65</b>	<b>21:06:47.65</b>	+09:48:31 (46.5%)	11:30	5.2 (53.6%)
321	<b>LENART Joanna</b>	<b>3111</b>	ZADYSZKA OŚWIĘCIM	Weteran K - 50	4	00:00:08	02:09:05	06:06:48	13:08:39	19:03:37	<b>21:08:27.15</b>	<b>21:08:27.15</b>	+09:50:10 (46.5%)	11:31	5.2 (53.6%)
322	<b>KADECKI Marek</b>	<b>3272</b>		Masters M - 40	119	00:00:13	02:24:37	06:52:28	12:52:10	18:58:18	<b>21:08:40.45</b>	<b>21:08:40.45</b>	+09:50:23 (46.5%)	11:32	5.2 (53.6%)
323	<b>DOLSKI Marcin</b>	<b>3115</b>		Senior II M - 30	89	00:00:52	02:31:42	06:51:32	13:02:26	19:16:22	<b>21:09:09.95</b>	<b>21:09:09.95</b>	+09:50:53 (46.6%)	11:32	5.2 (53.6%)
324	<b>FRYBES Agnieszka</b>	<b>3079</b>		Senior II K - 30	20	00:00:40	02:25:53	07:01:55	14:27:16	19:34:56	<b>21:14:39.65</b>	<b>21:14:39.65</b>	+09:56:23 (46.8%)	11:35	5.2 (53.6%)
325	<b>KUNERT Krzysztof</b>	<b>3358</b>		Masters M - 40	120	00:00:09	02:16:33	06:31:20	12:50:32	18:56:11	<b>21:15:25.50</b>	<b>21:15:25.50</b>	+09:57:09 (46.8%)	11:35	5.2 (53.6%)
326	<b>ZIENIEWICZ Wojciech</b>	<b>3221</b>		Masters M - 40	121	00:00:04	02:03:40	06:14:09	12:47:54	19:13:16	<b>21:16:57.70</b>	<b>21:16:57.70</b>	+09:58:41 (46.9%)	11:36	5.2 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
327	<b>SKOCZYLAS Piotr</b>	<b>3104</b>	ENDURANCE TEAM	Masters M - 40	122	00:00:54	02:19:30	06:44:54	12:58:05	19:11:17	<b>21:18:23.45</b>	<b>21:18:23.45</b>	+10:00:06 (46.9%)	11:37	5.2 (53.6%)
328	<b>STEFAŃSKI Marcin</b>	<b>3075</b>		Senior II M - 30	90	00:00:38	02:26:31	06:58:34	13:05:36	19:22:00	<b>21:26:00.85</b>	<b>21:26:00.85</b>	+10:07:44 (47.3%)	11:41	5.1 (52.6%)
329	<b>WICIAK Ziemowit</b>	<b>3185</b>	AKTYWNI KOCIEWIACY	Weteran I M - 50	39	00:00:48	02:31:26	07:23:51	13:26:35	19:12:00	<b>21:26:36.15</b>	<b>21:26:36.15</b>	+10:08:19 (47.3%)	11:41	5.1 (52.6%)
329	<b>KACZYŃSKI Janusz</b>	<b>3183</b>	AKTYWNI KOCIEWIACY	Weteran II M - 60	4	00:00:48	02:31:28	07:24:06	13:26:34	19:12:01	<b>21:26:36.15</b>	<b>21:26:36.15</b>	+10:08:19 (47.3%)	11:41	5.1 (52.6%)
331	<b>KROLS Hilde</b>	<b>3406</b>	HAMOK	Weteran K - 50	5	00:00:39	02:23:44	07:03:30	13:24:04	19:23:48	<b>21:27:08.90</b>	<b>21:27:08.90</b>	+10:08:52 (47.3%)	11:42	5.1 (52.6%)
332	<b>MICHAŁOWSKI Tomasz</b>	<b>3304</b>		Masters M - 40	123	00:00:29	02:13:26	06:33:34	13:47:44	19:24:43	<b>21:28:17.90</b>	<b>21:28:17.90</b>	+10:10:01 (47.4%)	11:42	5.1 (52.6%)
333	<b>PACZUSZKA Anna</b>	<b>3220</b>	KLUB BIEGACZA WARTA	Senior II K - 30	21	00:00:20	02:11:58	06:57:40	13:23:18	19:25:45	<b>21:29:03.95</b>	<b>21:29:03.95</b>	+10:10:47 (47.4%)	11:43	5.1 (52.6%)
334	<b>GRABOWY Mateusz</b>	<b>3169</b>	NADAKTYWNI NOWE MIASTECZKO	Senior II M - 30	91	00:00:45	02:21:51	06:23:23	13:41:35	19:35:16	<b>21:37:28.05</b>	<b>21:37:28.05</b>	+10:19:11 (47.7%)	11:47	5.1 (52.6%)
335	<b>CIOSEK Beata</b>	<b>3329</b>	AUGUSTEAM	Weteran K - 50	6	00:00:37	02:19:21	06:27:27	12:56:18	18:48:46	<b>21:38:32.10</b>	<b>21:38:32.10</b>	+10:20:15 (47.8%)	11:48	5.1 (52.6%)
336	<b>MURCHA Paweł</b>	<b>3328</b>	AUGUSTEAM	Masters M - 40	124	00:00:38	02:19:19	06:27:28	12:39:26	18:47:38	<b>21:38:32.35</b>	<b>21:38:32.35</b>	+10:20:15 (47.8%)	11:48	5.1 (52.6%)
337	<b>KILIAN Mariusz</b>	<b>3463</b>		Weteran I M - 50	40	00:00:48	02:13:58	06:21:52	12:36:03	19:20:20	<b>21:38:54.65</b>	<b>21:38:54.65</b>	+10:20:38 (47.8%)	11:48	5.1 (52.6%)
338	<b>JAKÓBCZYK Ewelina</b>	<b>3454</b>		Senior II K - 30	22	00:00:51	02:16:03	06:37:15	12:24:14	19:26:07	<b>21:48:06.95</b>	<b>21:48:06.95</b>	+10:29:50 (48.1%)	11:53	5 (51.5%)
338	<b>PIKUŁA Sebastain</b>	<b>3470</b>		Masters M - 40	125	00:00:51	02:16:02	06:37:16	12:24:14	19:26:06	<b>21:48:06.95</b>	<b>21:48:06.95</b>	+10:29:50 (48.1%)	11:53	5 (51.5%)
340	<b>HALINIAK Marek</b>	<b>3064</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	126	00:00:34	02:25:11	07:08:53	13:12:58	19:56:05	<b>21:51:53.35</b>	<b>21:51:53.35</b>	+10:33:36 (48.3%)	11:55	5 (51.5%)
341	<b>DARSKI Rafał</b>	<b>3083</b>	RECAMIERE	Weteran I M - 50	41	00:00:11	02:08:57	06:32:34	13:29:08	19:56:05	<b>21:51:53.65</b>	<b>21:51:53.65</b>	+10:33:37 (48.3%)	11:55	5 (51.5%)
342	<b>OWCZARZAK Tomasz</b>	<b>3276</b>	OWCE NA WYPASIE	Senior II M - 30	92	00:00:35	02:25:56	07:03:29	13:14:27	19:35:32	<b>21:56:45.80</b>	<b>21:56:45.80</b>	+10:38:29 (48.5%)	11:58	5 (51.5%)
343	<b>OWCZARZAK Katarzyna</b>	<b>3277</b>	OWCE NA WYPASIE	Senior II K - 30	23	00:00:35	02:25:58	07:03:28	13:14:27	19:35:32	<b>21:56:46.00</b>	<b>21:56:46.00</b>	+10:38:29 (48.5%)	11:58	5 (51.5%)
344	<b>ŚWIĄTEK Arkadiusz</b>	<b>3419</b>		Senior II M - 30	93	00:00:24	02:15:10	06:19:44	13:32:49	19:44:19	<b>21:58:02.15</b>	<b>21:58:02.15</b>	+10:39:45 (48.5%)	11:58	5 (51.5%)
345	<b>ŁYCZKOWSKI Łukasz</b>	<b>3420</b>		Senior II M - 30	94	00:00:24	02:15:25	06:53:27	13:09:46	19:44:28	<b>21:58:12.55</b>	<b>21:58:12.55</b>	+10:39:56 (48.5%)	11:59	5 (51.5%)
346	<b>PLASZCZYK Bartłomiej</b>	<b>3464</b>		Senior II M - 30	95	00:00:32	02:26:23	07:06:26	13:21:50	19:39:37	<b>21:58:14.95</b>	<b>21:58:14.95</b>	+10:39:58 (48.5%)	11:59	5 (51.5%)
347	<b>SAMBORSKI Daniel</b>	<b>3020</b>	KBKS RADOMSKO	Masters M - 40	127	00:00:32	02:24:36	06:36:03	12:37:28	19:28:36	<b>22:06:38.15</b>	<b>22:06:38.15</b>	+10:48:21 (48.9%)	12:03	5 (51.5%)
348	<b>SAMBORSKA Monika</b>	<b>3027</b>	KBKS RADOMSKO	Masters K - 40	39	00:00:32	02:24:37	06:36:05	12:38:00	19:28:35	<b>22:06:38.20</b>	<b>22:06:38.20</b>	+10:48:21 (48.9%)	12:03	5 (51.5%)
349	<b>ROGUT Katarzyna</b>	<b>3382</b>	AGB TORFY	Weteran K - 50	7	00:00:41	02:34:58	07:25:16	13:42:33	19:59:35	<b>22:12:39.85</b>	<b>22:12:39.85</b>	+10:54:23 (49.1%)	12:06	5 (51.5%)
349	<b>ZIMINSKA Joanna</b>	<b>3384</b>	HAPPYRUNNERS	Weteran K - 50	7	00:00:41	02:34:56	07:25:16		19:59:45	<b>22:12:39.85</b>	<b>22:12:39.85</b>	+10:54:23 (49.1%)	12:06	5 (51.5%)
351	<b>KOPKA Elżbieta</b>	<b>3381</b>		Masters K - 40	40	00:00:41	02:34:55	07:25:15	13:42:41	20:00:13	<b>22:12:40.15</b>	<b>22:12:40.15</b>	+10:54:23 (49.1%)	12:06	5 (51.5%)
352	<b>KOPKA Tomasz</b>	<b>3397</b>		Weteran I M - 50	42	00:00:43	02:34:39	07:25:14	13:42:45	20:00:47	<b>22:12:40.45</b>	<b>22:12:40.45</b>	+10:54:23 (49.1%)	12:06	5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
353	<b>BĘDŹKOWSKI Marek</b>	<b>3456</b>	GÓRAL Z MAZUR RUNNING TEAM - SIWY ULTRA MORS	Weteran I M - 50	43	00:00:12	02:31:13	07:22:28	13:42:51	19:35:12	<b>22:22:45.25</b>	<b>22:22:45.25</b>	+11:04:28 (49.5%)	12:12	4.9 (50.5%)
354	<b>HORAK Lesław</b>	<b>3371</b>	KRYZYS WIEKU ŚREDNIEGO	Masters M - 40	128	00:00:41	02:32:58	07:19:50	14:03:47	20:18:07	<b>22:28:33.35</b>	<b>22:28:33.35</b>	+11:10:16 (49.7%)	12:15	4.9 (50.5%)
355	<b>PIEKAROWICZ Magdalena</b>	<b>3357</b>		Weteran K - 50	9	00:00:27	02:33:00	07:27:50	14:03:48	20:13:48	<b>22:29:43.95</b>	<b>22:29:43.95</b>	+11:11:27 (49.7%)	12:16	4.9 (50.5%)
356	<b>SZEWCZYK Mariusz</b>	<b>3222</b>		Weteran I M - 50	44	00:00:51	02:40:47	07:38:13	14:08:30	20:34:18	<b>22:29:59.85</b>	<b>22:29:59.85</b>	+11:11:43 (49.8%)	12:16	4.9 (50.5%)
357	<b>KLUZA-HOWIL Lila</b>	<b>3153</b>	BIEGOWE KAIZEN	Masters K - 40	41	00:00:34	02:25:59	07:21:36	13:52:12	20:02:00	<b>22:30:53.65</b>	<b>22:30:53.65</b>	+11:12:37 (49.8%)	12:16	4.9 (50.5%)
358	<b>HOWIL Waldemar</b>	<b>3152</b>	BIEGOWE KAIZEN	Masters M - 40	129	00:00:35	02:25:57	07:21:36	13:52:16	20:02:02	<b>22:30:54.95</b>	<b>22:30:54.95</b>	+11:12:38 (49.8%)	12:16	4.9 (50.5%)
359	<b>KOPYRA Tomasz</b>	<b>3058</b>	#BIEGAMWOLNOALEDOKŁADNIE	Masters M - 40	130	00:00:52	02:21:43	06:30:38	13:17:22	19:47:59	<b>22:31:07.10</b>	<b>22:31:07.10</b>	+11:12:50 (49.8%)	12:16	4.9 (50.5%)
360	<b>LEWICKA Bożena</b>	<b>3168</b>	GONIMY	Weteran II K - 60	1	00:00:36	02:43:53	07:33:59	13:51:26	20:08:41	<b>22:32:02.20</b>	<b>22:32:02.20</b>	+11:13:45 (49.8%)	12:17	4.9 (50.5%)
361	<b>MATYSZKOWICZ Janusz</b>	<b>3071</b>	GONIMY	Weteran II M - 60	5	00:00:36	02:43:52	07:34:00	13:51:26	20:08:02	<b>22:32:03.15</b>	<b>22:32:03.15</b>	+11:13:46 (49.8%)	12:17	4.9 (50.5%)
362	<b>RZESZOT Łukasz</b>	<b>3379</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ.	Senior II M - 30	96	00:00:39	02:26:33	06:20:29	13:39:24	20:54:03	<b>22:35:05.20</b>	<b>22:35:05.20</b>	+11:16:48 (49.9%)	12:19	4.9 (50.5%)
363	<b>HACZKIEWICZ Bartosz</b>	<b>3447</b>	HOLIMO	Senior II M - 30	97	00:00:09	02:35:33	07:28:42	13:43:08	20:04:05	<b>22:35:34.95</b>	<b>22:35:34.95</b>	+11:17:18 (50.0%)	12:19	4.9 (50.5%)
364	<b>BEDNARSKA Kaśka</b>	<b>3380</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	Masters K - 40	42	00:00:39	02:30:02	06:43:01	13:39:22	20:54:03	<b>22:38:28.30</b>	<b>22:38:28.30</b>	+11:20:11 (50.1%)	12:20	4.9 (50.5%)
365	<b>SZURKOWSKI Michał</b>	<b>3410</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	98	00:00:40	02:25:49	07:01:57	14:27:16	20:43:04	<b>22:50:57.75</b>	<b>22:50:57.75</b>	+11:32:41 (50.5%)	12:27	4.8 (49.5%)
366	<b>ŻOŁYNIAK Szymon</b>	<b>3036</b>		Masters M - 40	131	00:00:10	02:15:51	06:31:00	13:05:34	20:08:14	<b>22:51:01.15</b>	<b>22:51:01.15</b>	+11:32:44 (50.5%)	12:27	4.8 (49.5%)
367	<b>ŁASKAWSKA Justyna</b>	<b>3434</b>		Masters K - 40	43	00:00:10	02:15:53	06:31:01	13:05:33	20:08:05	<b>22:51:12.15</b>	<b>22:51:12.15</b>	+11:32:55 (50.5%)	12:27	4.8 (49.5%)
368	<b>CUPIAŁ Dariusz</b>	<b>3204</b>	W POGONI ZA DUCHEM	Weteran I M - 50	45	00:00:55	02:20:30	07:13:29	13:59:04	20:40:15	<b>23:04:34.05</b>	<b>23:04:34.05</b>	+11:46:17 (51.0%)	12:35	4.8 (49.5%)
369	<b>ŻABA Jacek</b>	<b>3137</b>		Weteran I M - 50	46	00:00:33	02:31:50	07:26:20	13:44:22	20:35:28	<b>23:11:49.05</b>	<b>23:11:49.05</b>	+11:53:32 (51.3%)	12:39	4.7 (48.5%)
370	<b>OLECHNOWICZ Magda</b>	<b>3138</b>	BBL GORZÓW	Masters K - 40	44	00:00:33	02:31:53	07:26:17	13:44:31	20:35:29	<b>23:11:49.45</b>	<b>23:11:49.45</b>	+11:53:32 (51.3%)	12:39	4.7 (48.5%)
371	<b>LUBIŃSKI Mikołaj</b>	<b>3086</b>	BIEGAM BO NIE LUBIE...	Senior II M - 30	99	00:00:26	02:08:11	06:03:05	12:59:53	20:27:39	<b>23:16:02.25</b>	<b>23:16:02.25</b>	+11:57:45 (51.4%)	12:41	4.7 (48.5%)
372	<b>ADAMSKI Lukasz</b>	<b>3284</b>	CAFFE DEL SUD/BIEGAM BO NIE LUBIE	Senior II M - 30	100	00:00:26	02:08:09	06:03:03	12:59:55	20:27:41	<b>23:16:02.60</b>	<b>23:16:02.60</b>	+11:57:46 (51.4%)	12:41	4.7 (48.5%)
373	<b>MYRCIK Pawel</b>	<b>3334</b>		Senior II M - 30	101	00:00:47	02:56:03	08:27:28	15:12:15	21:11:16	<b>23:16:09.15</b>	<b>23:16:09.15</b>	+11:57:52 (51.4%)	12:41	4.7 (48.5%)
374	<b>SURDAKCI Jerzy</b>	<b>3107</b>	DRUŻYNA SZPIKU	Weteran I M - 50	47	00:00:53	02:38:50	07:31:49	14:25:21	21:13:18	<b>23:17:48.80</b>	<b>23:17:48.80</b>	+11:59:32 (51.5%)	12:42	4.7 (48.5%)
375	<b>STRZELEC Tomasz</b>	<b>3208</b>	KB HERMES GRYFINO	Masters M - 40	132	00:00:53	02:38:46	07:32:18	14:25:23	21:13:21	<b>23:17:52.90</b>	<b>23:17:52.90</b>	+11:59:36 (51.5%)	12:42	4.7 (48.5%)
376	<b>FUNKA Andrzej</b>	<b>3046</b>	NKB CHYŻY	Weteran II M - 60	6	00:00:33	02:42:01	07:44:17	14:38:41	20:56:20	<b>23:18:17.55</b>	<b>23:18:17.55</b>	+12:00:01 (51.5%)	12:42	4.7 (48.5%)
377	<b>KAMIŃSKI Tonasz</b>	<b>3050</b>		Masters M - 40	133	00:00:17	02:30:00	07:47:53	14:38:43	20:54:29	<b>23:18:17.90</b>	<b>23:18:17.90</b>	+12:00:01 (51.5%)	12:42	4.7 (48.5%)
378	<b>RESPONDEK Dariusz</b>	<b>3170</b>		Masters M - 40	134	00:00:39	02:20:43	06:54:43	14:13:47	21:08:37	<b>23:18:51.15</b>	<b>23:18:51.15</b>	+12:00:34 (51.5%)	12:43	4.7 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
379	<b>RUSINEK Piotrek</b>	<b>3240</b>		Senior II M - 30	102	00:00:47	02:26:21	07:13:30	14:37:20	21:12:29	<b>23:19:32.10</b>	<b>23:19:32.10</b>	+12:01:15 (51.5%)	12:43	4.7 (48.5%)
380	<b>GAWORECKI Sławomir</b>	<b>3116</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40	135	00:00:23	02:26:33	07:23:17	14:52:03	21:12:30	<b>23:20:16.15</b>	<b>23:20:16.15</b>	+12:01:59 (51.6%)	12:43	4.7 (48.5%)
381	<b>GRAFENDER Michał</b>	<b>3203</b>		Masters M - 40	136	00:00:37	02:31:46	07:32:31	14:54:38	20:58:11	<b>23:20:59.60</b>	<b>23:20:59.60</b>	+12:02:43 (51.6%)	12:44	4.7 (48.5%)
382	<b>TUREK Paweł</b>	<b>3028</b>		Weteran I M - 50	48	00:00:48	02:39:11	07:31:03	14:37:13	20:48:33	<b>23:21:10.90</b>	<b>23:21:10.90</b>	+12:02:54 (51.6%)	12:44	4.7 (48.5%)
383	<b>PRZYBYŁA Adam</b>	<b>3292</b>	WOLFMOTO TEAM	Masters M - 40	137	00:00:44	02:27:18	07:11:54	13:42:56	20:50:18	<b>23:22:43.45</b>	<b>23:22:43.45</b>	+12:04:26 (51.6%)	12:45	4.7 (48.5%)
384	<b>POPCZYK Magdalena</b>	<b>3021</b>	BIEGOWA KUŹNIA	Senior II K - 30	24	00:00:22	02:51:51	08:02:34	14:53:41	21:10:06	<b>23:30:07.60</b>	<b>23:30:07.60</b>	+12:11:51 (51.9%)	12:49	4.7 (48.5%)
385	<b>POŚPIECH Anna</b>	<b>3462</b>	BIEGOWA KUŹNIA	Senior II K - 30	25	00:00:21	02:51:54	08:02:35	14:53:41		<b>23:30:07.70</b>	<b>23:30:07.70</b>	+12:11:51 (51.9%)	12:49	4.7 (48.5%)
386	<b>BIAŁEK Mirosław</b>	<b>3085</b>	WRONIECKI KLUB BIEGACZA / PANDA TEAM	Senior II M - 30	103	00:00:18	02:16:44	06:44:53	13:10:30	20:46:42	<b>23:32:22.15</b>	<b>23:32:22.15</b>	+12:14:05 (52.0%)	12:50	4.7 (48.5%)
387	<b>HOFFMANN Mariusz</b>	<b>3254</b>	WRONIECKI KLUB BIEGACZA	Weteran I M - 50	49	00:00:17	02:16:46	06:44:55	13:10:31	20:46:51	<b>23:32:22.55</b>	<b>23:32:22.55</b>	+12:14:06 (52.0%)	12:50	4.7 (48.5%)
388	<b>KRUPA Daniel</b>	<b>3200</b>		Masters M - 40	138	00:00:36	02:45:52	07:37:50	14:20:45	21:16:14	<b>23:39:30.50</b>	<b>23:39:30.50</b>	+12:21:14 (52.2%)	12:54	4.6 (47.4%)
389	<b>RADOŻYCKI Radek</b>	<b>3201</b>		Masters M - 40	139	00:00:37	02:45:53	07:37:48	14:20:44	21:16:17	<b>23:39:37.75</b>	<b>23:39:37.75</b>	+12:21:21 (52.2%)	12:54	4.6 (47.4%)
390	<b>DOMINIAK-LESZCZYŃSKA Elżbieta</b>	<b>3422</b>	LASY WAWERSKIE	Weteran II K - 60	2	00:00:28	03:12:20	08:47:33	15:38:35	21:26:53	<b>23:49:29.20</b>	<b>23:49:29.20</b>	+12:31:12 (52.6%)	12:59	4.6 (47.4%)
391	<b>WIŚNIEWSKI Sławomir</b>	<b>3285</b>	KS LENIWIEC	Senior II M - 30	104	00:00:28	02:53:05	07:54:36	15:08:26	21:47:57	<b>24:06:10.80</b>	<b>24:06:10.80</b>	+12:47:54 (53.1%)	13:08	4.6 (47.4%)
392	<b>MRÓWCZYŃSKI Tomasz</b>	<b>3207</b>		Masters M - 40	140	00:00:57	02:26:10	06:38:12	13:32:51	21:01:22	<b>24:12:21.65</b>	<b>24:12:21.65</b>	+12:54:05 (53.3%)	13:12	4.5 (46.4%)
393	<b>KURENDA Radosław</b>	<b>3265</b>	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	105	00:00:28	02:14:42	06:35:11	13:32:42	21:02:51	<b>24:12:22.95</b>	<b>24:12:22.95</b>	+12:54:06 (53.3%)	13:12	4.5 (46.4%)
394	<b>MALIGA Katarzyna</b>	<b>3006</b>		Masters K - 40	45	00:00:41	02:39:15	07:31:05	15:06:34	21:51:20	<b>24:14:21.05</b>	<b>24:14:21.05</b>	+12:56:04 (53.4%)	13:13	4.5 (46.4%)
395	<b>KOPCZYŃSKA Marta</b>	<b>3181</b>	BIEGAJĄCE KREJZOLE	Senior II K - 30	26	00:00:54	02:36:09	07:06:27	13:28:22	21:21:28	<b>24:30:12.05</b>	<b>24:30:12.05</b>	+13:11:55 (53.9%)	13:21	4.5 (46.4%)
396	<b>SZMANIA Jakub</b>	<b>3179</b>	HKT AZYMUT	Masters M - 40	141	00:01:20	02:31:08	06:56:51	14:23:29	21:21:30	<b>24:30:13.80</b>	<b>24:30:13.80</b>	+13:11:57 (53.9%)	13:21	4.5 (46.4%)
397	<b>KUCHMECKI Maciej</b>	<b>3189</b>		Senior II M - 30	106	00:00:55	02:24:26	07:05:56	13:22:28	21:21:19	<b>24:30:13.95</b>	<b>24:30:13.95</b>	+13:11:57 (53.9%)	13:21	4.5 (46.4%)
398	<b>KANDORA Piotr</b>	<b>3253</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran I M - 50	50	00:00:35	02:32:11	07:23:50	14:19:59	21:51:17	<b>24:31:41.90</b>	<b>24:31:41.90</b>	+13:13:25 (53.9%)	13:22	4.5 (46.4%)
399	<b>KANDORA Joanna</b>	<b>3252</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	46	00:00:35	02:32:13	07:23:49	14:19:59	21:51:16	<b>24:31:42.15</b>	<b>24:31:42.15</b>	+13:13:25 (53.9%)	13:22	4.5 (46.4%)
400	<b>DZIERGWA Agnieszka</b>	<b>3354</b>	PRZEDWOJEWSKI TEAM	Senior II K - 30	27	00:00:30	02:34:33	08:03:06	15:37:20	22:15:01	<b>24:38:55.65</b>	<b>24:38:55.65</b>	+13:20:39 (54.1%)	13:26	4.5 (46.4%)
401	<b>IWAŃCZUK Zbigniew</b>	<b>3062</b>		Weteran I M - 50	51	00:00:49	02:29:15	07:53:32	15:22:55	22:29:39	<b>24:39:47.50</b>	<b>24:39:47.50</b>	+13:21:31 (54.2%)	13:27	4.5 (46.4%)
402	<b>ZAMOJSKA Iwona</b>	<b>3216</b>	MIECHOWICKA GRUPA BUEGOWA	Masters K - 40	47	00:00:35	02:34:21	07:47:53	15:27:55	22:14:44	<b>24:44:31.20</b>	<b>24:44:31.20</b>	+13:26:14 (54.3%)	13:29	4.4 (45.4%)
403	<b>DOWNAR-ZAPOLSKA Laura</b>	<b>3003</b>	@MD_RUN	Senior I K - 20	1	00:00:29	02:34:32	08:03:10	15:37:22	22:18:02	<b>24:48:23.25</b>	<b>24:48:23.25</b>	+13:30:06 (54.4%)	13:31	4.4 (45.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
404	<b>DOWNAR-ZAPOLSKA</b> Rita	<b>3001</b>	@MD_RUN	Masters K - 40	48	00:00:31	02:34:38	08:03:11	15:37:30	22:18:06	<b>24:48:23.55</b>	<b>24:48:23.55</b>	+13:30:07 (54.4%)	13:31	4.4 (45.4%)
405	<b>DOWNAR-ZAPOLSKI</b> Bolesław	<b>3002</b>		Weteran I M - 50	52	00:00:30	02:34:34	08:03:08	15:37:24	22:18:08	<b>24:48:25.75</b>	<b>24:48:25.75</b>	+13:30:09 (54.4%)	13:31	4.4 (45.4%)
406	<b>CZECHOSKA</b> Magdalena	<b>3230</b>	64 BATALION LEKKIEJ PIECHOTY	Masters K - 40	49	00:00:44	02:35:30	07:28:35	14:54:45	22:29:17	<b>25:06:18.65</b>	<b>25:06:18.65</b>	+13:48:02 (55.0%)	13:41	4.4 (45.4%)
407	<b>KOBLAŃSKI</b> Tomasz	<b>3022</b>		Masters M - 40	142	00:00:51	02:23:16	07:00:33	15:49:01	22:44:18	<b>25:11:40.70</b>	<b>25:11:40.70</b>	+13:53:24 (55.1%)	13:44	4.4 (45.4%)
408	<b>BEDNARSKA-KOZIOŁ</b> Danuta	<b>3052</b>	NIENAWIDZĘ BUBICZA	Masters K - 40	50	00:00:50	02:59:27	08:53:39	16:39:43	22:50:08	<b>25:11:48.35</b>	<b>25:11:48.35</b>	+13:53:31 (55.1%)	13:44	4.4 (45.4%)
409	<b>GNIELKA</b> Dawid	<b>3372</b>	ZAMKOWIEC TOSZEK	Senior I M - 20	14	00:00:59	02:43:59	07:50:19	15:51:39	22:49:21	<b>25:15:48.90</b>	<b>25:15:48.90</b>	+13:57:32 (55.3%)	13:46	4.4 (45.4%)
410	<b>WALCZAK-WOJTKOWSKA</b> Iwona	<b>3317</b>		Weteran II K - 60	3	00:00:29	03:13:54	08:54:53	16:17:13	22:42:23	<b>25:16:07.55</b>	<b>25:16:07.55</b>	+13:57:51 (55.3%)	13:46	4.4 (45.4%)
411	<b>PIGŁA</b> Michał	<b>3303</b>	SPORTOWY KAŻMIERZ	Masters M - 40	143	00:00:50	02:35:18	07:24:33	14:21:52	22:27:39	<b>25:16:52.55</b>	<b>25:16:52.55</b>	+13:58:36 (55.3%)	13:47	4.4 (45.4%)
412	<b>OWCZARCZAK</b> Monika	<b>3305</b>	SPORTOWY KAŻMIERZ	Senior II K - 30	28	00:00:49	02:35:27	07:24:32	14:22:08	22:27:38	<b>25:16:56.65</b>	<b>25:16:56.65</b>	+13:58:40 (55.3%)	13:47	4.4 (45.4%)
413	<b>KAŻMIERCZAK</b> Aleksandra	<b>3199</b>	SKORUPA TEAM	Masters K - 40	51	00:00:45	03:12:24	09:26:29	17:55:26	23:29:36	<b>25:20:06.45</b>	<b>25:20:06.45</b>	+14:01:49 (55.4%)	13:49	4.3 (44.3%)
414	<b>SCHLAPPA</b> Sebastian	<b>3215</b>	IZBICKO W BIEGU	Masters M - 40	144	00:00:29	02:35:48	07:28:38	15:17:55	22:58:47	<b>25:20:40.10</b>	<b>25:20:40.10</b>	+14:02:23 (55.4%)	13:49	4.3 (44.3%)
415	<b>SYPNIEWSKA</b> Hanna	<b>3218</b>	SPARTANIE DZIECIOM/ FESTIWAL BIEGOWY ULTRAWAY	Weteran II K - 60	4	00:00:45	03:12:44	10:02:12	16:51:38	23:27:35	<b>25:27:27.95</b>	<b>25:27:27.95</b>	+14:09:11 (55.6%)	13:53	4.3 (44.3%)
416	<b>OBARSKA</b> Małgorzata	<b>3124</b>		Weteran II K - 60	5	00:00:43	02:56:06	08:27:25	15:51:48	23:07:49	<b>25:38:59.35</b>	<b>25:38:59.35</b>	+14:20:42 (55.9%)	13:59	4.3 (44.3%)
417	<b>OBARSKI</b> Norbert	<b>3125</b>		Weteran II M - 60	7	00:00:43	02:55:35	08:27:26	15:51:38	23:07:47	<b>25:38:59.65</b>	<b>25:38:59.65</b>	+14:20:43 (55.9%)	13:59	4.3 (44.3%)
418	<b>ROSÓŁ</b> Roman	<b>3013</b>	WYBIEGAĆ MARZENIA TEAM	Weteran I M - 50	53	00:00:19	02:36:25	07:47:50	16:39:42	23:30:29	<b>25:48:04.15</b>	<b>25:48:04.15</b>	+14:29:47 (56.2%)	14:04	4.3 (44.3%)
419	<b>NIZIOŁ</b> Marian	<b>3289</b>		Weteran II M - 60	8	00:00:42	03:28:31	09:54:58	17:21:54	23:36:02	<b>25:48:18.50</b>	<b>25:48:18.50</b>	+14:30:02 (56.2%)	14:04	4.3 (44.3%)
	<b>ŁOPATYŃSKI</b> Ireneusz	<b>3286</b>	REMA SPORT TEAM	Weteran I M - 50		00:00:26 DNF	01:40:22 DNF	04:19:10 DNF	08:37:35 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PENIOWICZ</b> Justyna	<b>3224</b>	ASICS FRONTRUNNER POLAND	Senior II K - 30		00:00:14 DNF	01:51:27 DNF	04:41:57 DNF	08:56:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PTASZYŃSKI</b> Wojciech	<b>3428</b>		Masters M - 40		00:00:19 DNF	01:40:24 DNF	04:31:54 DNF	09:40:09 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WAGNER</b> Krystian	<b>3383</b>		Senior I M - 20		00:00:17 DNF	01:58:29 DNF	05:20:26 DNF	10:31:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MIRSKI</b> Jerzy	<b>3268</b>	WATAHA	Senior I M - 20		00:00:42 DNF	02:09:11 DNF	05:49:37 DNF	11:24:41 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>POŁCZYŃSKI</b> Paweł	<b>3037</b>	STALOWA ŁYDA	Senior II M - 30		00:00:52 DNF	02:10:24 DNF	05:52:55 DNF	11:30:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOWAL</b> Sebastian	<b>3301</b>		Senior I M - 20		00:00:14 DNF	01:53:58 DNF	05:25:12 DNF	11:33:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CHROMIEC</b> Mateusz	<b>3300</b>	MEGA BOYS	Senior II M - 30		00:00:15 DNF	01:55:42 DNF	05:40:49 DNF	11:46:14 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NOWACKI</b> Adam	<b>3443</b>	STG WARSZAWA	Senior I M - 20		00:00:23 DNF	01:59:47 DNF	05:43:37 DNF	11:56:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo	Tempo	
						0.01km	15km	40km	70km	98km	110km	110km		min/km	km/h	
	<b>DYCKOWSKI Andrzej</b>	<b>3360</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40		00:00:24 DNF	02:20:48 DNF	06:43:05 DNF	12:52:27 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>WITLICKI Kacper</b>	<b>3025</b>	KROŚNIEŃSKIE WYDARZENIA	Senior I M - 20		00:00:28 DNF	02:18:01 DNF	06:35:36 DNF	13:00:11 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>KOZŁOWSKI Piotr</b>	<b>3112</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40		00:00:23 DNF	02:29:36 DNF	07:23:18 DNF	14:52:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>SUŁEK Aldona</b>	<b>3471</b>	KLUB ZOELLER TECH	Masters K - 40		00:00:18 DNF	02:26:23 DNF	07:33:41 DNF	14:54:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>SZUMLAS Marcin</b>	<b>3352</b>	ULTRA WAY TEAM	Masters M - 40		00:00:45 DNF	02:35:28 DNF	07:34:01 DNF	14:54:47 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>POSYNIAK Anna</b>	<b>3449</b>	NIENAWIDZĘ BUBICZA	Masters K - 40		00:00:50 DNF	02:59:29 DNF	08:53:41 DNF	17:55:26 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>KŁOS Aneta</b>	<b>3359</b>		Masters K - 40		00:00:45 DNF	03:12:29 DNF	09:26:31 DNF	17:55:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>WAŚKO Paweł</b>	<b>3082</b>	CENTRUM MASAŻU	Masters M - 40		00:00:01 DNF	01:27:07 DNF	04:23:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>GAWLIK Sławek</b>	<b>3366</b>	DYNAFIT POLARSPORT.PL	Senior II M - 30		00:00:01 DNF	01:27:18 DNF	04:23:58 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>BANAŚ Radosław</b>	<b>3355</b>	IZERY BOGATYNIA	Masters M - 40		00:00:11 DNF	01:40:00 DNF	04:29:43 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>ZBORUCKI Jan</b>	<b>3068</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30		00:00:04 DNF	01:39:39 DNF	04:43:54 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>RŹIČKA Lukáš</b>	<b>3385</b>	RUNSPORT TEAM	Senior II M - 30		00:00:18 DNF	01:51:55 DNF	05:03:28 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>STRUK Agnieszka</b>	<b>3066</b>	W POGONI ZA DUCHEM	Senior II K - 30		00:00:05 DNF	02:01:29 DNF	05:29:31 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>JAKIMIEC Tadeusz</b>	<b>3423</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Weteran I M - 50		00:00:05 DNF	01:51:00 DNF	05:37:09 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>MISZTAL Tomasz</b>	<b>3150</b>	WIELISZEW HERON TEAM	Senior II M - 30		00:00:05 DNF	01:46:56 DNF	05:43:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>WALKOWIAK Jacek</b>	<b>3484</b>	SPORT2002.PL	Weteran I M - 50		00:00:11 DNF	02:04:54 DNF	05:59:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>WÓJCIK Artur</b>	<b>3250</b>	W POGONI ZA DUCHEM	Masters M - 40		00:00:06 DNF	01:58:23 DNF	06:09:10 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>WIERZBICKI Mateusz</b>	<b>3472</b>		Senior II M - 30		00:00:25 DNF	02:02:00 DNF	06:09:37 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>GRUNDKOWSKI Oskar</b>	<b>3089</b>		Senior I M - 20		00:00:04 DNF	02:00:34 DNF	06:24:43 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>BARTKIEWICZ Lech</b>	<b>3117</b>		Masters M - 40		00:00:12 DNF	02:09:01 DNF	07:02:23 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>KULA Sebastian</b>	<b>3148</b>		Masters M - 40		00:00:45 DNF	02:25:56 DNF	07:19:53 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>3092</b>	DRUŻYNA SZPIKU	Masters K - 40		00:00:53 DNF	02:43:55 DNF	07:28:04 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>KOCHOWICZ Filip</b>	<b>3007</b>	WLKP MOUNTAINS ULTRA	Senior II M - 30		00:00:36 DNF	02:31:44 DNF	07:32:32 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>BUBEL Sebastian</b>	<b>3333</b>		Masters M - 40		00:00:47 DNF	02:56:08 DNF	08:54:55 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>JAZY Szymon</b>	<b>3234</b>		Senior II M - 30		00:00:29 DNF	02:30:17 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)
	<b>PIOTROWSKI Karol</b>	<b>3161</b>	ŁOCHOWO I OKOLICE BIEGAJĄ	Senior II M - 30		00:00:25 DNF	02:30:41 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	<b>KRANZ Grzegorz</b>	<b>3390</b>		Weteran I M - 50		00:00:53 DNF	02:31:59 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BĄDZIUL Dorota</b>	<b>3482</b>		Senior II K - 30		00:00:48 DNF	03:05:37 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TEJWAN Leszek</b>	<b>3452</b>	STG WARSZAWA	Masters M - 40		00:00:23 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIAZEK Łukasz</b>	<b>3067</b>		Masters M - 40		00:00:35 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 458 wynik(ów)