



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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2023-07-13  
Lądek-Zdrój  
110 km

## BIEG K-B-L - 110 KM

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	WILK Maciej	3187	RAMBO 3	Masters M - 40	1	01:24:44	03:34:42	05:44:07	06:56:36	08:37:01	09:52:12		<b>10:59:13.25</b>	<b>10:59:17.30</b>		5:59	10 (100%)
2	WENTA Marta	3235	KASZUBSKA PONIEWIERKA	Senior II K - 30	1	01:29:23	03:58:50	06:11:01	07:22:59	08:57:58	10:17:02		<b>11:25:35.55</b>	<b>11:25:40.10</b>	+00:26:22 (3.8%)	6:13	9.6 (96.0%)
3	KACZMARCZYK Łukasz	3198	ELITE RUNNERS	Senior II M - 30	1	01:31:47	04:02:49	06:19:18	07:36:54	09:18:11	10:51:19		<b>12:06:24.30</b>	<b>12:06:26.60</b>	+01:07:09 (9.2%)	6:36	9.1 (91.0%)
4	GRZESIEK Góral	3071	HEJ HEJ GUURALU!	Senior II M - 30	2	01:35:03	04:07:55	06:29:52	07:50:34	09:38:07	11:17:11		<b>12:37:48.25</b>	<b>12:37:55.85</b>	+01:38:38 (13.0%)	6:53	8.7 (87.0%)
5	GRYCZKA Mateusz	3384	AMBIT RACING TEAM	Masters M - 40	2	01:24:53	03:59:54	06:30:10	07:51:32	09:46:55	11:31:35		<b>12:49:23.25</b>	<b>12:49:27.40</b>	+01:50:10 (14.3%)	6:59	8.6 (86.0%)
6	TATAREK-KONIK Agnieszka	3132	ALPIN SPORT TEAM	Senior II K - 30	2	01:31:47	04:16:54	06:52:22	08:11:48	09:57:15	11:34:54		<b>12:52:52.15</b>	<b>12:52:55.75</b>	+01:53:38 (14.7%)	7:01	8.5 (85.0%)
7	KAMERDUŁA Łukasz	3379		Masters M - 40	3	01:29:29	04:19:12	06:55:05	08:12:24	09:55:43	11:39:08		<b>12:53:49.10</b>	<b>12:53:55.15</b>	+01:54:37 (14.8%)	7:02	8.5 (85.0%)
8	MÜLLER Christoph	3302	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	3	01:29:14	04:05:26	06:34:54	08:07:21	09:55:16	11:42:51		<b>12:54:21.30</b>	<b>12:54:26.05</b>	+01:55:08 (14.9%)	7:02	8.5 (85.0%)
9	KRUPICKA Katarzyna	3305	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	3	01:36:59	04:16:52	06:47:50	08:07:23	10:07:57	11:51:24		<b>13:10:02.05</b>	<b>13:10:05.80</b>	+02:10:48 (16.6%)	7:10	8.4 (84.0%)
10	KOMISARCZYK Anna	3477		Senior II K - 30	4	01:38:56	04:27:31	06:53:27	08:17:11	10:08:15	11:54:18		<b>13:16:03.15</b>	<b>13:16:08.95</b>	+02:16:51 (17.2%)	7:14	8.3 (83.0%)
11	BOTKIEWICZ Jarosław	3502	STOKOWCZYKI / WKURW_TEAM	Masters M - 40	4	01:36:19	04:17:51	06:55:45	08:28:56	10:23:55	12:01:05		<b>13:21:40.15</b>	<b>13:21:45.30</b>	+02:22:28 (17.8%)	7:17	8.2 (82.0%)
12	KABAJA Jiří	3145	LOS KŘUPOS	Masters M - 40	5	01:41:46	04:36:21	07:13:43	08:40:58	10:33:45	12:12:55		<b>13:26:46.20</b>	<b>13:26:55.30</b>	+02:27:38 (18.3%)	7:20	8.2 (82.0%)
13	KASIEL Paweł	3522	MATNER RUNNING TEAM	Masters M - 40	6	01:36:52	04:17:54	06:56:19	08:35:30	10:38:02	12:15:55		<b>13:29:16.05</b>	<b>13:29:19.60</b>	+02:30:02 (18.5%)	7:21	8.2 (82.0%)
14	NARWOJSZ Arkadiusz	3397	INŻYNIERIA BIEGANIA	Masters M - 40	7	01:43:13	04:35:46	07:23:56	08:42:51	10:33:02	12:18:08		<b>13:37:31.15</b>	<b>13:37:47.65</b>	+02:38:30 (19.4%)	7:25	8.1 (81.0%)
15	JAKOWSKI Mateusz	3174		Senior II M - 30	4	01:31:32	04:19:23	07:01:30	08:23:47	10:19:19	12:06:15		<b>13:37:51.30</b>	<b>13:37:54.50</b>	+02:38:37 (19.4%)	7:26	8.1 (81.0%)
16	DZIESZUK Grzegorz	3521	PODZAMCZE WAŁBRZYCH	Masters M - 40	8	01:43:04	04:39:25	07:24:38	08:54:22	10:44:00	12:22:54		<b>13:38:49.45</b>	<b>13:38:55.10</b>	+02:39:37 (19.5%)	7:26	8.1 (81.0%)
17	LEKI Krzysztof	3485		Masters M - 40	9	01:37:41	04:24:42	06:59:44	08:28:56	10:27:29	12:15:45		<b>13:39:35.20</b>	<b>13:39:44.85</b>	+02:40:27 (19.6%)	7:27	8.1 (81.0%)
18	ŁUKOMSKI Krzysztof	3506	MISTRZOWSKI TRENING	Senior II M - 30	5	01:32:44	04:31:01	07:13:08	08:43:36	10:40:42	12:21:10		<b>13:42:39.20</b>	<b>13:42:42.65</b>	+02:43:25 (19.9%)	7:28	8 (80.0%)
19	KOCOUREK Martin	3337	RUNCAT	Masters M - 40	10	01:28:56	04:05:19	06:41:28	08:07:28	10:08:51	12:08:16		<b>13:43:57.25</b>	<b>13:44:03.75</b>	+02:44:46 (20.0%)	7:29	8 (80.0%)
20	WĄCHAŁA Damian	3422		Senior II M - 30	6	01:29:31	04:24:28	07:15:46	08:41:02	10:39:29	12:21:20		<b>13:44:36.90</b>	<b>13:44:42.55</b>	+02:45:25 (20.1%)	7:29	8 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
													netto 110km	brutto 110km			Różn
21	<b>GUZERA Justyna</b>	<b>3289</b>	MATNER RUNNING TEAM	Senior II K - 30	5	01:40:03	04:32:01	07:07:45	08:38:07	10:41:18	12:23:28		<b>13:45:03.15</b>	<b>13:45:10.15</b>	+02:45:52 (20.1%)	7:30	8 (80.0%)
22	<b>MARVAN Rostislav</b>	<b>3119</b>		Weteran I M - 50	1	01:44:29	04:40:16	07:14:32	08:41:44	10:40:17	12:22:04		<b>13:45:48.90</b>	<b>13:45:58.85</b>	+02:46:41 (20.2%)	7:30	8 (80.0%)
23	<b>FILIP Paweł</b>	<b>3386</b>	MOCNA GRUPA CEZARA	Senior II M - 30	7	01:37:18	04:30:54	07:16:54	08:47:32	10:40:58	12:31:33		<b>13:51:06.45</b>	<b>13:51:11.90</b>	+02:51:54 (20.7%)	7:33	7.9 (79.0%)
24	<b>SKUPIN Grzegorz</b>	<b>3165</b>		Senior II M - 30	8	01:29:21	04:18:22	07:07:48	08:33:59	10:35:22	12:27:35		<b>13:59:28.45</b>	<b>13:59:36.50</b>	+03:00:19 (21.5%)	7:37	7.9 (79.0%)
25	<b>KOSECKI Krzysztof</b>	<b>3144</b>	NSZZFSG	Senior II M - 30	9	01:40:13	04:31:05	07:09:07	08:41:10	10:44:36	12:34:38		<b>14:01:32.15</b>	<b>14:01:40.20</b>	+03:02:22 (21.7%)	7:39	7.8 (78.0%)
26	<b>JĘDRZEJKO Dominik</b>	<b>3128</b>	BIEGAM SOBIE	Senior II M - 30	10	01:32:10	04:21:53	07:07:48	08:37:55	10:44:17	12:33:14		<b>14:02:26.15</b>	<b>14:02:26.15</b>	+03:03:08 (21.7%)	7:39	7.8 (78.0%)
27	<b>KSIĄŻEK Sebastian</b>	<b>3205</b>	RUNNER SAM PO LESIE	Masters M - 40	11	01:42:33	04:34:09	07:19:15	08:50:05	10:54:04	12:52:37		<b>14:12:18.85</b>	<b>14:12:25.20</b>	+03:13:07 (22.7%)	7:44	7.7 (77.0%)
28	<b>MELON Krzysztof</b>	<b>3504</b>		Senior II M - 30	11	01:39:35	04:34:19	07:20:52	08:48:15	10:45:22	12:40:23		<b>14:12:59.25</b>	<b>14:13:12.50</b>	+03:13:55 (22.7%)	7:45	7.7 (77.0%)
29	<b>DĄBROWICZ Jakub</b>	<b>3442</b>		Masters M - 40	12	01:43:20	04:40:02	07:27:18	09:04:16	11:02:07	12:52:33		<b>14:17:37.90</b>	<b>14:17:48.85</b>	+03:18:31 (23.1%)	7:47	7.7 (77.0%)
30	<b>GRABOŚ Nina</b>	<b>3401</b>		Masters K - 40	1	01:38:47	04:33:44	07:15:43	08:50:40	10:55:39	12:56:43		<b>14:21:22.35</b>	<b>14:21:43.35</b>	+03:22:26 (23.5%)	7:49	7.7 (77.0%)
31	<b>STASZCZAK Łukasz</b>	<b>3161</b>	TRI TEAM LUBAŃ / SPORT GENERATION	Masters M - 40	13	01:37:30	04:23:03	06:55:33	08:28:41	10:42:53	12:46:39		<b>14:25:22.20</b>	<b>14:25:44.75</b>	+03:26:27 (23.8%)	7:52	7.6 (76.0%)
32	<b>PRZYSTARZ Grzegorz</b>	<b>3163</b>	OBORYGENI	Weteran I M - 50	2	01:53:24	05:01:54	07:55:13	09:22:48	11:19:02	13:06:49		<b>14:28:01.40</b>	<b>14:28:11.05</b>	+03:28:53 (24.1%)	7:53	7.6 (76.0%)
33	<b>WOLBACH Tomasz</b>	<b>3455</b>	WOLNE ŚLIMAKI	Masters M - 40	14	01:38:48	04:32:12	07:40:34	09:22:47	11:13:49	12:56:56		<b>14:28:53.50</b>	<b>14:29:03.45</b>	+03:29:46 (24.1%)	7:53	7.6 (76.0%)
34	<b>RZEŹNICZEK Anna</b>	<b>3320</b>	STOWARZYSZENIE DZIAŁAMY RAZEM	Senior II K - 30	6	01:52:22	04:47:39	07:29:16	09:00:47	11:04:16	13:01:18		<b>14:30:47.50</b>	<b>14:31:02.25</b>	+03:31:44 (24.3%)	7:54	7.6 (76.0%)
35	<b>GAWROŃSKI Paweł</b>	<b>3417</b>		Masters M - 40	15	01:40:35	04:40:05	07:23:33	09:00:55	11:03:30	13:01:30		<b>14:30:56.00</b>	<b>14:31:02.35</b>	+03:31:45 (24.3%)	7:55	7.6 (76.0%)
36	<b>DYSARZ Przemysław</b>	<b>3025</b>		Masters M - 40	16	01:55:24	05:09:25	07:50:09	09:17:02	11:12:05	13:05:46		<b>14:36:11.05</b>	<b>14:36:23.85</b>	+03:37:06 (24.8%)	7:57	7.5 (75.0%)
37	<b>BOGUCKA Emilia</b>	<b>3486</b>	WLKP MOUNTAINS ULTRA	Masters K - 40	2	01:44:27	04:50:02	07:33:15	09:04:24	11:11:24	13:06:19		<b>14:36:19.95</b>	<b>14:36:30.25</b>	+03:37:12 (24.8%)	7:57	7.5 (75.0%)
38	<b>TRĄBCZYŃSKI Michał</b>	<b>3393</b>	KB SZAMOTUŁY	Masters M - 40	17	01:38:34	04:27:39	07:19:02	08:54:29	11:03:13	13:07:54		<b>14:36:54.45</b>	<b>14:37:02.15</b>	+03:37:44 (24.8%)	7:58	7.5 (75.0%)
39	<b>WITKE-ORLIKOWSKA Marta</b>	<b>3315</b>		Senior II K - 30	7	01:44:26	04:54:54	07:47:54	09:19:47	11:17:36	13:10:48		<b>14:37:10.70</b>	<b>14:37:16.15</b>	+03:37:58 (24.8%)	7:58	7.5 (75.0%)
40	<b>GRUSZKA Janusz</b>	<b>3346</b>	KITA TEAM BRZEZINKI	Senior II M - 30	12	01:32:40	04:43:47	07:42:58	09:12:13	11:13:43	13:15:16		<b>14:41:16.40</b>	<b>14:41:25.55</b>	+03:42:08 (25.2%)	8:00	7.5 (75.0%)
41	<b>ŻEBROWSKI Juliusz</b>	<b>3343</b>		Senior II M - 30	13	01:32:43	04:32:05	07:13:22	08:44:13	10:51:51	12:58:59		<b>14:42:55.55</b>	<b>14:42:58.60</b>	+03:43:41 (25.3%)	8:01	7.5 (75.0%)
42	<b>MIKOŁAJCZYK Rafał</b>	<b>3288</b>	DZG RUNNERS ZGORZELEC	Masters M - 40	18	01:50:15	05:01:24	08:07:58	09:39:10	11:39:10	13:25:45		<b>14:44:00.20</b>	<b>14:44:08.85</b>	+03:44:51 (25.4%)	8:02	7.5 (75.0%)
43	<b>DOMAGAŁA Grzegorz</b>	<b>3419</b>		Masters M - 40	19	01:35:08	04:30:15	07:30:41	09:26:24	11:29:20	13:19:20		<b>14:44:24.00</b>	<b>14:44:29.75</b>	+03:45:12 (25.5%)	8:02	7.5 (75.0%)
43	<b>TRZASKA Wojciech</b>	<b>3321</b>	FUCHS OIL TEAM	Senior I M - 20	1	01:50:47	04:49:23	07:55:01	09:22:50	11:29:13	13:18:49		<b>14:44:22.50</b>	<b>14:44:29.75</b>	+03:45:12 (25.5%)	8:02	7.5 (75.0%)
45	<b>GRYCMAN Marek</b>	<b>3517</b>	SILESIAN TRIATHLON TEAM	Masters M - 40	20	01:36:29	04:19:35	06:58:42	08:35:26	10:47:56	13:01:42		<b>14:45:03.10</b>	<b>14:45:18.25</b>	+03:46:00 (25.5%)	8:02	7.5 (75.0%)
46	<b>KARCZMARCZYK Mateusz</b>	<b>3333</b>		Senior II M - 30	14	01:46:30	04:47:23	07:36:52	09:03:31	11:14:25	13:09:58		<b>14:45:42.85</b>	<b>14:46:16.45</b>	+03:46:59 (25.6%)	8:03	7.5 (75.0%)
47	<b>MAŁOLEPSZY Waldemar</b>	<b>3509</b>	SPARTA ULTRA TEAM	Senior II M - 30	15	01:49:11	04:55:47	08:07:13	09:41:03	11:38:17	13:23:19		<b>14:47:00.55</b>	<b>14:47:09.20</b>	+03:47:51 (25.7%)	8:03	7.4 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
48	<b>OBERLAN-MARON</b> Joanna	<b>3042</b>	PODGÓRZ TORUŃ	Masters K - 40	3	01:39:31	04:52:11	07:50:10	09:35:37	11:38:25	13:25:45		<b>14:49:09.25</b>	<b>14:49:23.70</b>	+03:50:06 (25.9%)	8:04	7.4 (74.0%)
49	<b>MIELEWCZYK</b> Tomasz	<b>3197</b>	VERGE RUNNING TEAM	Masters M - 40	21	01:49:11	04:42:55	07:32:57	09:06:21	11:20:35	13:17:37		<b>14:52:35.50</b>	<b>14:53:07.60</b>	+03:53:50 (26.2%)	8:06	7.4 (74.0%)
50	<b>KONIECZNA</b> Paulina	<b>3383</b>		Senior II K - 30	8	01:42:28	04:43:26	07:31:18	09:07:59	11:22:43	13:23:09		<b>14:57:39.30</b>	<b>14:57:52.00</b>	+03:58:34 (26.6%)	8:09	7.4 (74.0%)
51	<b>ŚNIERZYŃSKI</b> Robert	<b>3284</b>		Senior II M - 30	16	01:43:51	04:49:13	07:43:01	09:19:20	11:31:23	13:26:31		<b>14:57:45.55</b>	<b>14:57:57.90</b>	+03:58:40 (26.6%)	8:09	7.4 (74.0%)
52	<b>BONECKI</b> Sylwester	<b>3122</b>	K. S. META	Masters M - 40	22	01:58:31	05:13:48	08:09:47	09:37:56	11:48:39	13:39:17		<b>15:01:05.60</b>	<b>15:01:12.10</b>	+04:01:54 (26.8%)	8:11	7.3 (73.0%)
53	<b>CHWIŁKA</b> Daniel	<b>3292</b>	ASSECO ACTIVE TEAM	Masters M - 40	23	01:47:18	04:54:54	07:44:47	09:22:28	11:31:26	13:33:24		<b>15:05:31.75</b>	<b>15:05:35.40</b>	+04:06:18 (27.2%)	8:13	7.3 (73.0%)
54	<b>WATROS</b> Eryk	<b>3107</b>	31 BAZA LOTNICTWA TAKTYCZNEGO	Senior II M - 30	17	01:36:20	04:39:46	07:42:53	09:22:25	11:38:16	13:43:31		<b>15:10:28.90</b>	<b>15:10:34.05</b>	+04:11:16 (27.6%)	8:16	7.2 (72.0%)
55	<b>JANKOWSKI</b> Marcin	<b>3311</b>	FU FU FU TEAM	Masters M - 40	24	01:48:19	05:01:24	08:08:00	09:39:09	11:49:07	13:46:20		<b>15:13:44.35</b>	<b>15:13:53.40</b>	+04:14:36 (27.9%)	8:18	7.2 (72.0%)
56	<b>SŁOMIAN</b> Mikołaj	<b>3476</b>		Senior I M - 20	2	01:53:47	05:05:47	07:59:09	09:41:59	11:50:01	13:50:44		<b>15:19:01.00</b>	<b>15:19:28.00</b>	+04:20:10 (28.3%)	8:21	7.2 (72.0%)
57	<b>WESOŁEK</b> Marek	<b>3210</b>	SENTE	Masters M - 40	25	01:49:51	04:50:42	07:40:18	09:15:00	11:27:15	13:35:50		<b>15:19:33.45</b>	<b>15:19:50.40</b>	+04:20:33 (28.3%)	8:21	7.2 (72.0%)
58	<b>KLIMA</b> Dariusz	<b>3294</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II M - 30	18	01:38:16	04:38:48	07:54:58	09:37:35	12:07:35	14:01:13		<b>15:22:20.30</b>	<b>15:22:48.00</b>	+04:23:30 (28.6%)	8:23	7.2 (72.0%)
59	<b>KANIA</b> Marian	<b>3543</b>	LEDWOZIPIA	Weteran I M - 50	3	01:47:50	05:01:16	08:07:56	09:40:29	11:53:38	13:51:45		<b>15:24:09.15</b>	<b>15:24:26.75</b>	+04:25:09 (28.7%)	8:24	7.1 (71.0%)
60	<b>MIKOŁAJCZYK</b> Krzysztof	<b>3275</b>		Masters M - 40	26	01:39:53	04:40:00	07:33:26	09:12:12	11:40:20	13:51:03		<b>15:30:45.80</b>	<b>15:30:56.05</b>	+04:31:38 (29.2%)	8:27	7.1 (71.0%)
61	<b>JUSZKO</b> Krzysztof	<b>3127</b>		Weteran I M - 50	4	01:51:45	05:03:51	07:55:32	09:31:24	11:40:43	13:48:45		<b>15:30:48.55</b>	<b>15:31:02.85</b>	+04:31:45 (29.2%)	8:27	7.1 (71.0%)
62	<b>PALUCH</b> Daniel	<b>3149</b>	STAJNIA BALONA	Masters M - 40	27	01:57:10	05:13:52	08:02:53	09:35:16		13:58:02		<b>15:30:52.65</b>	<b>15:31:16.60</b>	+04:31:59 (29.2%)	8:27	7.1 (71.0%)
63	<b>RYSKALOK</b> Piotr	<b>3362</b>	OKIEM WILKA TEAM	Senior II M - 30	19	01:59:56	05:20:23	08:12:10	09:46:48	12:10:00	14:06:22		<b>15:39:02.25</b>	<b>15:39:06.30</b>	+04:39:49 (29.8%)	8:32	7 (70.0%)
64	<b>WOŹNIAK</b> Jerzy	<b>3182</b>	#ZALINIAMETYTEAM	Senior II M - 30	20	01:49:52	05:03:20	07:54:51	09:38:23	11:54:46	13:59:57		<b>15:39:02.05</b>	<b>15:39:28.45</b>	+04:40:11 (29.8%)	8:32	7 (70.0%)
65	<b>GUMIENNY</b> Grzegorz	<b>3308</b>		Masters M - 40	28	01:36:47	04:34:30	07:27:11	09:12:40	11:48:55	14:09:02		<b>15:39:40.25</b>	<b>15:39:49.40</b>	+04:40:32 (29.8%)	8:32	7 (70.0%)
66	<b>ŚLIWA</b> Grzegorz	<b>3370</b>	AZS AWF KRAKÓW MASTERS	Senior II M - 30	21	01:36:19	04:29:30	07:31:01	09:16:27	11:47:13	14:05:13		<b>15:44:14.10</b>	<b>15:44:16.65</b>	+04:44:59 (30.2%)	8:35	7 (70.0%)
66	<b>SKOTNICZNY</b> Jakub	<b>3360</b>	WINE&MORE	Senior II M - 30	21	01:36:19	04:29:29	07:30:57	09:16:27	11:47:01	14:05:16		<b>15:44:14.35</b>	<b>15:44:16.65</b>	+04:44:59 (30.2%)	8:35	7 (70.0%)
68	<b>KICH</b> Marek	<b>3251</b>		Senior II M - 30	23	01:49:57	04:52:05	07:44:20	09:28:42	11:53:42	14:05:38		<b>15:44:16.00</b>	<b>15:44:33.20</b>	+04:45:15 (30.2%)	8:35	7 (70.0%)
69	<b>KOWALCZYK</b> Marek	<b>3445</b>		Masters M - 40	29	01:56:14	05:00:04	08:00:39	09:39:31	12:01:23	14:16:27		<b>15:43:06.65</b>	<b>15:44:36.35</b>	+04:45:19 (30.2%)	8:34	7 (70.0%)
70	<b>SZOTA</b> Maciej	<b>3351</b>		Masters M - 40	30	01:40:21	04:40:56	07:42:59	09:22:37	11:48:09	14:10:06		<b>15:44:45.60</b>	<b>15:44:51.50</b>	+04:45:34 (30.2%)	8:35	7 (70.0%)
71	<b>ŁĘCKI</b> Piotruś	<b>3306</b>	JEVO	Masters M - 40	31	01:57:05	05:08:01	08:06:47	09:43:12	12:09:18	14:09:08		<b>15:46:19.15</b>	<b>15:46:33.90</b>	+04:47:16 (30.3%)	8:36	7 (70.0%)
72	<b>WYSOCZAŃSKI</b> Adrian	<b>3505</b>		Masters M - 40	32	01:49:36	05:14:48	08:39:39	10:05:17	12:07:23	14:14:28		<b>15:49:18.35</b>	<b>15:49:29.45</b>	+04:50:12 (30.6%)	8:37	7 (70.0%)
73	<b>DOBROŚ</b> Tomasz	<b>3003</b>		Masters M - 40	33	02:01:55	05:19:40	08:18:17	09:59:24	12:18:23	14:25:04		<b>15:57:17.50</b>	<b>15:57:38.15</b>	+04:58:20 (31.2%)	8:42	6.9 (69.0%)
74	<b>RATAJCZAK</b> Dorota	<b>3094</b>	RATAJCZAK RUN	Masters K - 40	4	02:01:45	05:35:17	08:47:05	10:27:27	12:45:31	14:35:38		<b>16:09:31.25</b>	<b>16:09:44.90</b>	+05:10:27 (32.0%)	8:48	6.8 (68.0%)
75	<b>SOBCZAK</b> Witold	<b>3392</b>	KB SZAMOTUŁY/ VEGE RUNNERS	Masters M - 40	34	01:55:11	05:20:28	08:47:29	10:07:10	12:25:26	14:33:08		<b>16:10:15.40</b>	<b>16:10:32.00</b>	+05:11:14 (32.1%)	8:49	6.8 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
76	<b>BIENIEK Patryk</b>	<b>3323</b>	TREC TEAM	Masters M - 40	35	01:47:53	05:01:03	08:13:51	10:01:23	12:20:51	14:27:58		<b>16:10:25.45</b>	<b>16:10:41.15</b>	+05:11:23 (32.1%)	8:49	6.8 (68.0%)
77	<b>KUJAWSKA-FREJLICH Joanna</b>	<b>3528</b>		Senior II K - 30	9	01:54:42	05:21:54	08:31:27	10:13:47	12:41:09	14:42:54		<b>16:10:49.05</b>	<b>16:10:58.90</b>	+05:11:41 (32.1%)	8:49	6.8 (68.0%)
78	<b>PINIARSKI Paweł</b>	<b>3236</b>	DPKJIP / STR POZNAŃ	Senior II M - 30	24	01:58:13	05:12:15	08:06:12	09:40:00	12:02:25	14:17:03		<b>16:11:00.95</b>	<b>16:11:38.65</b>	+05:12:21 (32.1%)	8:49	6.8 (68.0%)
79	<b>LESIAK Tomasz</b>	<b>3526</b>		Masters M - 40	36	01:49:44	05:00:54	08:04:14	09:40:28	12:02:34	14:23:29		<b>16:12:12.10</b>	<b>16:12:46.75</b>	+05:13:29 (32.2%)	8:50	6.8 (68.0%)
80	<b>ROSZAK Piotr</b>	<b>3120</b>	SZUKAM KLUBU	Masters M - 40	37	01:54:07	05:10:39	08:16:05	09:49:55	12:25:45	14:42:31		<b>16:12:50.95</b>	<b>16:12:55.30</b>	+05:13:38 (32.2%)	8:50	6.8 (68.0%)
81	<b>PIWOWOŃSKI Paweł</b>	<b>3507</b>		Masters M - 40	38	01:47:43	04:52:00	07:47:38	09:23:05	11:50:43	14:19:00		<b>16:12:56.85</b>	<b>16:13:25.15</b>	+05:14:07 (32.3%)	8:50	6.8 (68.0%)
82	<b>SZYMANOWSKI Karol</b>	<b>3233</b>		Senior II M - 30	25	01:38:45	04:40:20	08:01:55	09:40:59	12:02:50	14:29:31		<b>16:15:32.00</b>	<b>16:15:37.00</b>	+05:16:19 (32.4%)	8:52	6.8 (68.0%)
83	<b>MARKOWSKI Łukasz</b>	<b>3108</b>		Masters M - 40	39	01:36:55	04:43:33	08:05:37	09:38:03	12:04:20	14:29:41		<b>16:15:35.05</b>	<b>16:15:40.05</b>	+05:16:22 (32.4%)	8:52	6.8 (68.0%)
84	<b>JAKUBOWSKI Przemysław</b>	<b>3118</b>		Masters M - 40	40	01:38:46	04:40:19	08:02:00	09:41:00	12:02:42	14:29:13		<b>16:15:36.80</b>	<b>16:15:41.60</b>	+05:16:24 (32.4%)	8:52	6.8 (68.0%)
85	<b>STRUK Agnieszka</b>	<b>3290</b>	W POGONI ZA DUCHEM	Senior II K - 30	10	01:55:59	05:13:02	08:25:18	10:21:49	12:53:15	14:49:51		<b>16:15:41.65</b>	<b>16:15:51.10</b>	+05:16:33 (32.4%)	8:52	6.8 (68.0%)
86	<b>RATAJCZAK Paweł</b>	<b>3096</b>	RATAJCZAK RUN	Masters M - 40	41	02:01:49	05:35:16	08:46:48	10:27:16	12:47:50	14:41:58		<b>16:17:03.25</b>	<b>16:17:18.50</b>	+05:18:01 (32.5%)	8:52	6.8 (68.0%)
87	<b>BIEGANOWSKI Krzysztof</b>	<b>3221</b>		Masters M - 40	42	02:01:54	05:35:58	08:35:35	10:11:43	12:30:30	14:42:00		<b>16:16:45.85</b>	<b>16:17:24.45</b>	+05:18:07 (32.5%)	8:52	6.8 (68.0%)
88	<b>KARLIK Łukasz</b>	<b>3035</b>	ES TEAM	Masters M - 40	43	01:54:48	05:28:12	08:36:23	10:15:44	12:32:08	14:40:27		<b>16:18:09.00</b>	<b>16:18:29.25</b>	+05:19:11 (32.6%)	8:53	6.7 (67.0%)
89	<b>GIBAŁA Marcin</b>	<b>3191</b>	BIEGAM I POMAGAM ALI I HANI ŁAZARZ	Weteran I M - 50	5	01:53:10	05:16:50	08:19:47	10:08:08	12:31:51	14:47:32		<b>16:20:25.80</b>	<b>16:20:47.65</b>	+05:21:30 (32.8%)	8:54	6.7 (67.0%)
90	<b>STANKIEWICZ Paweł</b>	<b>3125</b>	AKTYWNI RAZEM	Masters M - 40	44	01:56:59	05:24:57	08:52:04	10:34:57	12:54:41	14:51:12		<b>16:23:24.45</b>	<b>16:23:42.40</b>	+05:24:25 (33.0%)	8:56	6.7 (67.0%)
91	<b>WALCZAK Witold</b>	<b>3080</b>	ULTRA KUTNO	Senior II M - 30	26	02:00:09	05:20:48	08:14:26	09:58:15	12:13:37	14:35:41		<b>16:23:26.80</b>	<b>16:25:14.25</b>	+05:25:56 (33.1%)	8:56	6.7 (67.0%)
92	<b>KURASZKIEWICZ Błażej</b>	<b>3057</b>		Masters M - 40	45	01:47:05	05:11:43	08:22:23	10:10:22	12:34:32	14:51:15		<b>16:27:46.65</b>	<b>16:28:29.55</b>	+05:29:12 (33.3%)	8:58	6.7 (67.0%)
93	<b>LANGE Paweł</b>	<b>3263</b>	INŻYNIERIA BIEGANIA	Senior II M - 30	27	01:52:07	05:14:29	08:19:24	10:07:32	12:39:50	14:59:22		<b>16:29:02.50</b>	<b>16:29:21.75</b>	+05:30:04 (33.4%)	8:59	6.7 (67.0%)
94	<b>BŁAŻUK Jarosław</b>	<b>3176</b>	PIWNICA ŚWIDNICKA WROCŁAW	Masters M - 40	46	02:00:05	05:15:04	08:25:10	10:05:40	12:50:35	14:49:55		<b>16:29:31.55</b>	<b>16:29:57.95</b>	+05:30:40 (33.4%)	8:59	6.7 (67.0%)
95	<b>RUSOŁ Tomasz</b>	<b>3277</b>		Masters M - 40	47	01:54:05	05:20:34	08:46:17	10:23:45	12:30:36	14:46:38		<b>16:30:16.05</b>	<b>16:31:08.75</b>	+05:31:51 (33.5%)	9:00	6.7 (67.0%)
96	<b>CHORAZKIEWICZ Damian</b>	<b>3365</b>		Senior II M - 30	28	01:53:34	05:10:31	08:16:12	09:59:47	12:25:51	14:44:28		<b>16:31:07.30</b>	<b>16:31:19.95</b>	+05:32:02 (33.5%)	9:00	6.7 (67.0%)
97	<b>WERNO Bartłomiej</b>	<b>3267</b>		Masters M - 40	48	01:50:10	05:01:36	08:05:10	09:49:00	12:38:21	14:58:30		<b>16:33:03.40</b>	<b>16:33:07.25</b>	+05:33:49 (33.6%)	9:01	6.6 (66.0%)
98	<b>KWIATEK Agnieszka</b>	<b>3349</b>		Senior II K - 30	11	01:54:45	05:14:00	08:20:56	10:07:48	12:34:02	14:53:49		<b>16:38:13.10</b>	<b>16:38:40.80</b>	+05:39:23 (34.0%)	9:04	6.6 (66.0%)
99	<b>KACZMARCZYK Piotr</b>	<b>3287</b>	SOLPARK KLESZCZÓW	Masters M - 40	49	02:05:29	05:34:40	08:48:11	10:25:15	12:47:14	15:02:40		<b>16:38:07.05</b>	<b>16:38:48.45</b>	+05:39:31 (34.0%)	9:04	6.6 (66.0%)
100	<b>KARCZYŃSKA Eliza</b>	<b>3418</b>	MARATOŃCZYK POZNAŃ	Masters K - 40	5	01:58:41	05:29:47	08:41:52	10:34:15	12:57:51	15:00:48		<b>16:39:31.25</b>	<b>16:39:44.90</b>	+05:40:27 (34.1%)	9:05	6.6 (66.0%)
101	<b>MATUSIAK Michał</b>	<b>3514</b>	ROWERY MALGOSKA	Masters M - 40	50	02:07:39	05:36:48	08:34:38	10:12:26	12:45:27	15:03:02		<b>16:39:02.75</b>	<b>16:39:52.35</b>	+05:40:35 (34.1%)	9:04	6.6 (66.0%)
102	<b>MISTYGACZ Jakub</b>	<b>3427</b>	ANTONTEAM ACTIVDIAB	Masters M - 40	51	02:09:18	05:51:23	08:51:23	10:25:40	12:53:28	14:59:43		<b>16:38:38.60</b>	<b>16:40:04.50</b>	+05:40:47 (34.1%)	9:04	6.6 (66.0%)
103	<b>GIBALSKI Tomasz</b>	<b>3424</b>	OBORYGENI	Weteran I M - 50	6	01:57:32	05:26:37	08:31:23	10:13:47	12:34:00	15:01:51		<b>16:40:56.75</b>	<b>16:41:07.25</b>	+05:41:49 (34.1%)	9:05	6.6 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
													netto 110km	brutto 110km			Różn
104	<b>KUBIK Jarosław</b>	<b>3322</b>	KOŁO BIEGA	Masters M - 40	52	01:58:39	05:37:55	08:48:50	10:17:47	12:31:00	14:35:29		<b>16:41:44.65</b>	<b>16:41:49.45</b>	+05:42:32 (34.2%)	9:06	6.6 (66.0%)
105	<b>DUBINSKAS Arunas</b>	<b>3494</b>		Masters M - 40	53	01:50:04	05:26:03	09:07:03	10:45:59	13:04:46	15:12:22		<b>16:43:45.70</b>	<b>16:44:02.60</b>	+05:44:45 (34.3%)	9:07	6.6 (66.0%)
106	<b>MAZUR Anna</b>	<b>3232</b>	ULTRANQA	Masters K - 40	6	01:56:31	05:32:08	08:53:11	10:27:04	12:52:28	15:02:54		<b>16:44:02.20</b>	<b>16:44:18.35</b>	+05:45:01 (34.4%)	9:07	6.6 (66.0%)
107	<b>WOŹNIAK Paweł</b>	<b>3299</b>	W POGONI ZA DUCHEM	Masters M - 40	54	01:44:56	05:08:13	08:17:52	10:06:46	12:49:28	15:02:57		<b>16:45:46.10</b>	<b>16:45:56.30</b>	+05:46:39 (34.5%)	9:08	6.6 (66.0%)
108	<b>GILEWICZ-RACHOWSKA Jagoda</b>	<b>3449</b>	MAKSFLY	Senior II K - 30	12	02:02:51	05:52:23	08:58:04	10:36:34	12:59:37	15:13:17		<b>16:46:39.75</b>	<b>16:46:56.05</b>	+05:47:38 (34.5%)	9:09	6.6 (66.0%)
109	<b>KUCIA Łukasz</b>	<b>3324</b>	KB MARATON TUREK	Senior II M - 30	29	02:15:47	06:04:19	09:09:18	10:47:29	13:04:30	15:08:26		<b>16:48:33.85</b>	<b>16:49:02.75</b>	+05:49:45 (34.7%)	9:10	6.5 (65.0%)
110	<b>SOBCZAK Marcin</b>	<b>3298</b>	SMASHING PĄPKINS	Masters M - 40	55	02:00:15	05:42:11	08:53:32	10:38:11	12:52:19	15:07:56		<b>16:48:59.55</b>	<b>16:49:21.50</b>	+05:50:04 (34.7%)	9:10	6.5 (65.0%)
111	<b>WAJDZIK Adam</b>	<b>3104</b>	IG: POSPIESZNY_DO_METY	Senior II M - 30	30	02:05:18	05:40:47	08:57:00	10:40:43	13:04:09	15:12:23		<b>16:49:08.95</b>	<b>16:49:30.95</b>	+05:50:13 (34.7%)	9:10	6.5 (65.0%)
112	<b>JARZĄBEK Grzegorz</b>	<b>3300</b>	W POGONI ZA DUCHEM	Senior II M - 30	31	01:44:59	05:08:24	08:17:58	10:06:42	12:49:23	15:00:49		<b>16:54:45.25</b>	<b>16:54:54.00</b>	+05:55:36 (35.0%)	9:13	6.5 (65.0%)
113	<b>ŚWITAŁA Marcin</b>	<b>3547</b>		Weteran I M - 50	7	01:51:41	05:24:04	08:34:15	10:16:27	12:40:49	15:01:34		<b>16:54:50.50</b>	<b>16:55:12.90</b>	+05:55:55 (35.1%)	9:13	6.5 (65.0%)
114	<b>CHRZAN Daniel</b>	<b>3487</b>	AA TARNÓW	Senior II M - 30	32	01:57:13	05:03:09	08:16:23	10:11:12	13:01:37	15:11:58		<b>16:54:51.20</b>	<b>16:56:50.40</b>	+05:57:33 (35.2%)	9:13	6.5 (65.0%)
115	<b>ZIĘTEK Katarzyna</b>	<b>3032</b>		Senior II K - 30	13	02:18:56	05:53:39	09:07:44	10:45:56	13:04:42	15:18:19		<b>16:57:28.60</b>	<b>16:58:00.20</b>	+05:58:42 (35.2%)	9:14	6.5 (65.0%)
116	<b>JADRYCH Zbigniew</b>	<b>3223</b>		Masters M - 40	56	01:54:31	05:30:15	08:37:03	10:22:55	12:52:20	15:12:32		<b>16:58:23.15</b>	<b>16:58:40.85</b>	+05:59:23 (35.3%)	9:15	6.5 (65.0%)
117	<b>HEJZNER Arkadiusz</b>	<b>3190</b>		Senior II M - 30	33	01:50:01	05:12:03	08:17:14	10:01:04	12:40:05	15:19:09		<b>16:59:25.65</b>	<b>16:59:44.60</b>	+06:00:27 (35.3%)	9:16	6.5 (65.0%)
118	<b>ORŁOWSKI Kacper</b>	<b>3326</b>	SEKCJA BOKSU WKS ŚLĄSK	Senior II M - 30	34	01:44:49	05:07:39	08:22:44	10:10:31	12:47:42	15:28:25		<b>17:05:22.60</b>	<b>17:05:27.35</b>	+06:06:10 (35.7%)	9:19	6.4 (64.0%)
119	<b>TELEON Piotr</b>	<b>3216</b>	JACEKBIEGA RUNNING TEAM	Masters M - 40	57	01:40:12	04:49:20	08:07:26	09:56:09		15:11:15		<b>17:07:31.35</b>	<b>17:08:02.35</b>	+06:08:45 (35.9%)	9:20	6.4 (64.0%)
120	<b>GRUSZCZYŃSKI Przemysław</b>	<b>3093</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	58	01:57:43	05:42:58	08:52:29	10:27:50	13:04:04	15:18:22		<b>17:08:16.45</b>	<b>17:08:28.05</b>	+06:09:10 (35.9%)	9:20	6.4 (64.0%)
121	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>3007</b>		Senior II K - 30	14	02:01:10	05:17:39	08:49:36	10:52:48	12:58:22	15:13:20		<b>17:07:33.95</b>	<b>17:09:10.05</b>	+06:09:52 (35.9%)	9:20	6.4 (64.0%)
122	<b>BUCZYŃSKI Radosław</b>	<b>3457</b>	COMPANEROS ASFALT TEAM	Senior II M - 30	35	01:56:43	05:25:29	08:45:10	10:30:06	13:00:56	15:27:34		<b>17:12:13.50</b>	<b>17:13:00.20</b>	+06:13:42 (36.2%)	9:23	6.4 (64.0%)
123	<b>PIELATOWSKI Adam</b>	<b>3465</b>	DIRTY SPARROWS	Senior II M - 30	36	01:57:05	05:25:17	08:47:50	10:33:14	12:43:48	15:02:34		<b>17:12:30.90</b>	<b>17:13:07.85</b>	+06:13:50 (36.2%)	9:23	6.4 (64.0%)
124	<b>ŚLUSARZ Tomasz</b>	<b>3062</b>	DIEHL RUNNING TEAM	Senior II M - 30	37	01:56:37	05:01:37	08:14:21	10:02:38		15:19:15		<b>17:12:32.00</b>	<b>17:13:26.05</b>	+06:14:08 (36.2%)	9:23	6.4 (64.0%)
125	<b>WYLOTEK Mariusz</b>	<b>3211</b>	BIEGOWA KUŹNIA	Masters M - 40	59	01:53:05	05:15:18	08:25:21	10:02:58	12:40:28	15:03:37		<b>17:14:30.40</b>	<b>17:14:40.25</b>	+06:15:22 (36.3%)	9:24	6.4 (64.0%)
126	<b>DYMARSKI Mariusz</b>	<b>3101</b>	AKTYWNI RAZEM	Weteran I M - 50	8	01:57:00	05:25:00	08:51:54	10:34:52	13:01:30	15:27:33		<b>17:14:29.00</b>	<b>17:14:47.20</b>	+06:15:29 (36.3%)	9:24	6.4 (64.0%)
127	<b>KOTOWSKI Paweł</b>	<b>3488</b>	CAT TEAM	Senior II M - 30	38	01:54:10	05:18:17	08:36:00	10:23:04	13:07:20	15:17:42		<b>17:17:15.30</b>	<b>17:17:21.35</b>	+06:18:04 (36.4%)	9:25	6.4 (64.0%)
128	<b>ŻURKOWSKI Daniel</b>	<b>3500</b>	GT RAT	Senior II M - 30	39	01:54:05	05:18:16	08:36:03	10:23:04	13:07:24	15:25:35		<b>17:17:15.20</b>	<b>17:17:21.40</b>	+06:18:04 (36.4%)	9:25	6.4 (64.0%)
129	<b>MATUSZEWSKI Łukasz</b>	<b>3014</b>	BIEGOWY WARIAT RUNNING TEAM	Senior II M - 30	40	02:01:30	05:29:47	08:48:35	10:36:47	13:17:20	15:41:13		<b>17:20:49.60</b>	<b>17:21:14.45</b>	+06:21:57 (36.7%)	9:27	6.3 (63.0%)
130	<b>ABRAMOWICZ Agata</b>	<b>3264</b>		Senior I K - 20	1	01:56:17	05:39:31	08:52:25	10:37:42	13:17:10	15:42:18		<b>17:21:40.05</b>	<b>17:21:45.95</b>	+06:22:28 (36.7%)	9:28	6.3 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
131	<b>PLONOWSKI Maciej</b>	<b>3408</b>	PSZCZÓŁKOWSKI TEAM	Senior II M - 30	41	01:44:17	04:43:53	08:02:46	09:46:35	12:51:21	15:25:13		<b>17:23:41.95</b>	<b>17:23:59.65</b>	+06:24:42 (36.8%)	9:29	6.3 (63.0%)
132	<b>SAJAK Kamil</b>	<b>3446</b>	ROZBIEGANE DOBCZYCE	Senior II M - 30	42	01:37:45	04:48:33	08:07:48	09:51:04	12:32:20	15:12:09		<b>17:25:20.70</b>	<b>17:25:23.45</b>	+06:26:06 (36.9%)	9:30	6.3 (63.0%)
133	<b>GRUBICH Damian</b>	<b>3050</b>	PARKRUN GRUDZIĄDZ	Masters M - 40	60	02:06:27	05:35:40	08:59:55	10:51:54	13:19:58	15:39:53		<b>17:25:22.75</b>	<b>17:25:34.65</b>	+06:26:17 (36.9%)	9:30	6.3 (63.0%)
134	<b>KUIK Bartosz</b>	<b>3421</b>		Senior II M - 30	43	01:57:28	05:34:56	08:53:24	10:40:02	13:09:21	15:35:41		<b>17:27:45.95</b>	<b>17:27:57.20</b>	+06:28:39 (37.1%)	9:31	6.3 (63.0%)
135	<b>BOGUMIŁOW Marcin</b>	<b>3075</b>	DZIK ZE SŁUPSKA	Senior II M - 30	44	01:56:42	05:32:11	08:59:30	10:46:40	13:22:17	15:39:05		<b>17:28:57.30</b>	<b>17:29:00.15</b>	+06:29:42 (37.2%)	9:32	6.3 (63.0%)
136	<b>HACUŚ Jacek</b>	<b>3005</b>		Senior II M - 30	45	02:01:35	05:46:11	09:00:58	10:47:51	13:18:54	15:30:23		<b>17:28:59.50</b>	<b>17:29:04.55</b>	+06:29:47 (37.2%)	9:32	6.3 (63.0%)
137	<b>WIECZOREK Maksymilian</b>	<b>3389</b>		Senior II M - 30	46	01:57:35	05:19:34	08:45:40	10:34:11	13:01:25	15:27:06		<b>17:28:55.90</b>	<b>17:29:08.85</b>	+06:29:51 (37.2%)	9:32	6.3 (63.0%)
138	<b>WASILEWSKI Marcin</b>	<b>3186</b>		Senior II M - 30	47	01:49:43	05:03:02	08:10:09	10:13:09	12:40:04	15:08:22		<b>17:29:16.55</b>	<b>17:29:29.90</b>	+06:30:12 (37.2%)	9:32	6.3 (63.0%)
139	<b>KALEMBA Kamil</b>	<b>3318</b>		Senior II M - 30	48	01:57:25	05:29:18	09:00:57	10:38:52	13:15:54	15:48:27		<b>17:28:52.60</b>	<b>17:29:31.95</b>	+06:30:14 (37.2%)	9:32	6.3 (63.0%)
140	<b>SZEIB Robert</b>	<b>3146</b>		Masters M - 40	61	02:06:38	05:55:50	09:10:49	11:00:20	11:50:48	15:44:09		<b>17:32:05.55</b>	<b>17:32:22.50</b>	+06:33:05 (37.4%)	9:33	6.3 (63.0%)
141	<b>SKORUPIŃSKA Katarzyna</b>	<b>3133</b>	SKORUPKI TEAM	Masters K - 40	7	02:01:34	05:31:54	08:53:30	10:43:25	13:24:47	15:53:52		<b>17:32:27.70</b>	<b>17:32:45.85</b>	+06:33:28 (37.4%)	9:34	6.3 (63.0%)
142	<b>GRABEK Maciej</b>	<b>3276</b>	SPORTOWA BANDA	Senior II M - 30	49	01:48:51	05:07:37	08:12:02	09:56:39	12:27:35	15:25:04		<b>17:33:02.90</b>	<b>17:33:18.70</b>	+06:34:01 (37.4%)	9:34	6.3 (63.0%)
143	<b>GMYREK Jacek</b>	<b>3269</b>		Masters M - 40	62	02:09:25	05:55:08	09:24:36	11:23:22	13:56:34	16:01:18		<b>17:32:56.35</b>	<b>17:33:20.20</b>	+06:34:02 (37.4%)	9:34	6.3 (63.0%)
144	<b>MAZANKA Jakub</b>	<b>3361</b>		Masters M - 40	63	01:52:18	05:27:08	08:53:33	10:43:28	13:29:37	15:49:41		<b>17:37:39.65</b>	<b>17:37:54.85</b>	+06:38:37 (37.7%)	9:36	6.2 (62.0%)
145	<b>KORNALSKI Grzegorz</b>	<b>3492</b>	POLACY BIEGAJĄ W UK	Masters M - 40	64	01:52:42	05:39:09	08:48:50	10:36:18		15:53:57		<b>17:37:34.25</b>	<b>17:37:55.15</b>	+06:38:37 (37.7%)	9:36	6.2 (62.0%)
146	<b>WÓJCIO Hubert</b>	<b>3105</b>	ULTRASZSZCZAWNICY	Masters M - 40	65	02:05:23	05:35:00	08:58:36	10:49:13	13:25:33	15:53:01		<b>17:39:58.85</b>	<b>17:40:20.40</b>	+06:41:03 (37.8%)	9:38	6.2 (62.0%)
147	<b>ŁABĘCKA Agata</b>	<b>3070</b>	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	8	02:14:05	06:02:23	09:24:33	11:04:33	13:45:48	16:03:55		<b>17:40:24.35</b>	<b>17:40:59.60</b>	+06:41:42 (37.9%)	9:38	6.2 (62.0%)
148	<b>CZYŻ Tomasz</b>	<b>3538</b>	LAS PAPAS	Senior II M - 30	50	02:21:54	06:01:20	09:18:56	11:06:19	13:15:09	15:28:24		<b>17:39:12.05</b>	<b>17:41:11.20</b>	+06:41:53 (37.9%)	9:37	6.2 (62.0%)
149	<b>OLEKSIUK Jakub</b>	<b>3363</b>	CARPE DIEM	Senior II M - 30	51	02:00:08	05:40:24	09:09:58	10:51:43	13:24:36	15:51:01		<b>17:42:29.20</b>	<b>17:43:04.15</b>	+06:43:46 (38.0%)	9:39	6.2 (62.0%)
150	<b>KŁODA Dariusz</b>	<b>3154</b>	DRUŻYNA SZPIKU/SPORT GENERATION	Masters M - 40	66	01:58:59	05:34:42	08:55:54	10:51:12	13:30:04	15:53:26		<b>17:42:43.40</b>	<b>17:43:05.70</b>	+06:43:48 (38.0%)	9:39	6.2 (62.0%)
151	<b>WOJCIECHOWSKI Arkadiusz</b>	<b>3327</b>	KTÓRĘDYNADMORSKIEOKO	Masters M - 40	67	02:03:22	05:31:50	08:45:58	10:36:13	13:10:32	15:38:07		<b>17:43:07.10</b>	<b>17:43:28.45</b>	+06:44:11 (38.0%)	9:39	6.2 (62.0%)
152	<b>MAKARENKOV Sergii</b>	<b>3044</b>	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	52	02:14:57	06:22:48	10:05:22	11:39:29	14:06:18	16:12:03		<b>17:43:40.55</b>	<b>17:44:06.35</b>	+06:44:49 (38.0%)	9:40	6.2 (62.0%)
153	<b>LIC Janusz</b>	<b>3339</b>		Weteran I M - 50	9	02:07:36	05:55:05	09:22:17	11:06:07	13:42:24	15:55:57		<b>17:46:43.50</b>	<b>17:47:00.45</b>	+06:47:43 (38.2%)	9:41	6.2 (62.0%)
154	<b>SOBCZAK Grzegorz</b>	<b>3091</b>		Weteran I M - 50	10	01:53:26	05:23:17	08:46:05	10:37:37	13:09:03	15:42:12		<b>17:46:50.55</b>	<b>17:47:01.05</b>	+06:47:43 (38.2%)	9:41	6.2 (62.0%)
155	<b>SZMIGIEL Mariusz</b>	<b>3109</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II M - 30	53	02:02:06	05:34:26	08:49:12	10:42:34	13:18:56	15:39:14		<b>17:48:34.10</b>	<b>17:49:18.30</b>	+06:50:01 (38.3%)	9:42	6.2 (62.0%)
156	<b>CHODKIEWICZ Tomasz</b>	<b>3255</b>	GARDENFLORA MTB TEAM	Masters M - 40	68	02:08:52	05:58:21	09:32:52	11:27:28	13:39:25	15:58:04		<b>17:51:03.45</b>	<b>17:51:31.85</b>	+06:52:14 (38.5%)	9:44	6.2 (62.0%)
157	<b>MAZUREK Łukasz</b>	<b>3073</b>	DZG RUNNERS ZGORZELEC	Masters M - 40	69	01:50:43	05:25:00	08:49:16	10:32:03	13:39:25	16:01:40		<b>17:51:35.85</b>	<b>17:51:43.95</b>	+06:52:26 (38.5%)	9:44	6.2 (62.0%)
158	<b>KONDYCKI Adam</b>	<b>3312</b>	DZG RUNNERS ZGORZELEC	Weteran I M - 50	11	01:50:44	05:24:56	08:49:07	10:32:03	13:39:32	16:01:20		<b>17:51:35.75</b>	<b>17:51:44.15</b>	+06:52:26 (38.5%)	9:44	6.2 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
159	<b>GARCZYŃSKI Darek</b>	<b>3129</b>		Weteran I M - 50	12	02:13:02	06:02:55	09:17:50	11:05:34	13:47:17	16:14:06		<b>17:50:40.35</b>	<b>17:52:15.70</b>	+06:52:58 (38.5%)	9:44	6.2 (62.0%)
160	<b>GARCZYŃSKA Ania</b>	<b>3131</b>		Weteran K - 50	1	02:13:04	06:02:54	09:17:47	11:05:34	13:47:32	16:14:00		<b>17:50:40.55</b>	<b>17:52:15.75</b>	+06:52:58 (38.5%)	9:44	6.2 (62.0%)
161	<b>JAROCKA Agata</b>	<b>3364</b>		Masters K - 40	9	02:17:53	06:03:43	09:18:06	11:00:58	13:36:13	16:00:35		<b>17:51:20.50</b>	<b>17:52:17.90</b>	+06:53:00 (38.5%)	9:44	6.2 (62.0%)
162	<b>SZAŁAŚNY Piotr</b>	<b>3055</b>	TESTYOUTDOOROWE.PL	Senior II M - 30	54	02:04:23	05:52:30	09:08:13	10:55:17	13:30:58	16:09:39		<b>17:52:43.35</b>	<b>17:52:53.55</b>	+06:53:36 (38.6%)	9:45	6.2 (62.0%)
163	<b>LEPIARZ Szymon</b>	<b>3270</b>	NEVER GIVE UP	Weteran I M - 50	13	02:04:19	06:00:22	09:16:29	11:07:07	13:34:42	16:01:06		<b>17:53:13.20</b>	<b>17:53:24.05</b>	+06:54:06 (38.6%)	9:45	6.1 (61.0%)
164	<b>DYSZKIEWICZ Tomasz</b>	<b>3166</b>	ULTRA KUTNO	Senior II M - 30	55	02:00:26	05:36:27	08:52:59	10:43:51	13:34:27	16:04:37		<b>17:52:43.20</b>	<b>17:54:31.00</b>	+06:55:13 (38.6%)	9:45	6.2 (62.0%)
165	<b>PLUTA Kinga</b>	<b>3227</b>		Senior I K - 20	2	02:05:08	05:49:07	08:59:45	10:45:45	13:39:48	16:05:47		<b>17:55:07.05</b>	<b>17:55:33.95</b>	+06:56:16 (38.7%)	9:46	6.1 (61.0%)
166	<b>CHEŁCHOWSKI Norbert</b>	<b>3260</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	56	02:17:01	06:00:16	09:26:21	11:10:02	13:48:14	16:08:52		<b>17:55:15.00</b>	<b>17:56:32.75</b>	+06:57:15 (38.8%)	9:46	6.1 (61.0%)
167	<b>NOWAK Krzysztof</b>	<b>3398</b>		Weteran I M - 50	14	01:57:23	05:41:46	09:12:18	10:50:54	13:31:41	16:11:47		<b>17:57:49.30</b>	<b>17:58:12.60</b>	+06:58:55 (38.9%)	9:47	6.1 (61.0%)
168	<b>SOBCZAK Aleksandra</b>	<b>3410</b>		Senior II K - 30	15	02:05:11	05:49:10	09:32:55	11:19:22	13:48:17	16:11:47		<b>17:57:50.75</b>	<b>17:58:13.25</b>	+06:58:55 (38.9%)	9:47	6.1 (61.0%)
169	<b>WALENDA Mateusz</b>	<b>3371</b>	KS KANAŁEK	Senior II M - 30	57	02:06:55	05:35:37	08:45:52	10:26:17	13:09:55	15:52:32		<b>18:00:43.80</b>	<b>18:00:59.65</b>	+07:01:42 (39.0%)	9:49	6.1 (61.0%)
170	<b>KOCIOŁEK Zbigniew</b>	<b>3280</b>		Weteran I M - 50	15	01:55:09	06:02:19	09:22:54	11:00:12	13:33:40	16:00:26		<b>18:02:38.35</b>	<b>18:02:45.60</b>	+07:03:28 (39.1%)	9:50	6.1 (61.0%)
171	<b>WALKOWIAK Jacek</b>	<b>3010</b>	TEAM KOTLAREK RUNNERS	Weteran I M - 50	16	02:02:15	05:43:45	08:56:30	10:45:47	13:20:43	16:03:01		<b>18:03:36.10</b>	<b>18:03:50.95</b>	+07:04:33 (39.2%)	9:51	6.1 (61.0%)
172	<b>WYKA Mariusz</b>	<b>3463</b>	LEGIA	Masters M - 40	70	02:10:15	05:50:30	08:59:58	10:44:07	13:25:03	16:03:27		<b>18:03:33.75</b>	<b>18:03:52.60</b>	+07:04:35 (39.2%)	9:51	6.1 (61.0%)
173	<b>CIEŚLIK Paweł</b>	<b>3367</b>	CHÂTEAU CHALIN	Masters M - 40	71	01:57:50	05:43:05	09:14:46	11:04:58	13:46:33	16:21:28		<b>18:06:48.80</b>	<b>18:07:01.15</b>	+07:07:43 (39.3%)	9:52	6.1 (61.0%)
174	<b>BARAN Dariusz</b>	<b>3201</b>		Masters M - 40	72	02:00:52	05:40:24	09:09:00	10:56:35	13:40:05	16:06:10		<b>18:07:45.30</b>	<b>18:08:10.45</b>	+07:08:53 (39.4%)	9:53	6.1 (61.0%)
175	<b>HALMAN Krzysztof</b>	<b>3490</b>	LEJ MI PÓŁ	Masters M - 40	73	01:49:59	05:10:28	08:14:54	10:04:19	12:33:38	15:28:57		<b>18:09:27.15</b>	<b>18:09:54.75</b>	+07:10:37 (39.5%)	9:54	6.1 (61.0%)
176	<b>ŚWIĄTEK Ewelina</b>	<b>3301</b>	SPARTANIE DZIECIOM	Masters K - 40	10	02:02:06	05:52:09	09:07:39	10:54:01	13:33:23	16:15:13		<b>18:09:55.05</b>	<b>18:10:02.30</b>	+07:10:45 (39.5%)	9:54	6.1 (61.0%)
177	<b>GAWOT Piotr</b>	<b>3243</b>		Masters M - 40	74	01:53:55	05:27:15	08:50:36	10:35:31	13:40:04	16:12:34		<b>18:09:46.50</b>	<b>18:10:04.15</b>	+07:10:46 (39.5%)	9:54	6.1 (61.0%)
178	<b>WITEK Bogusław</b>	<b>3540</b>	AA TARNÓW	Weteran I M - 50	17	02:08:02	05:47:38	09:17:09	11:03:05	13:39:21	16:02:40		<b>18:09:18.15</b>	<b>18:10:57.60</b>	+07:11:40 (39.6%)	9:54	6.1 (61.0%)
179	<b>OTTO Marcin</b>	<b>3136</b>	FUNDACJA PIASTUN	Senior II M - 30	58	02:02:20	05:34:58	08:50:43	10:44:04	13:41:48	16:05:43		<b>18:10:38.65</b>	<b>18:11:27.95</b>	+07:12:10 (39.6%)	9:54	6.1 (61.0%)
180	<b>GÓRSKI Tomasz</b>	<b>3167</b>		Senior II M - 30	59	01:37:27	04:55:52	08:45:43	10:45:57	13:36:48	16:18:57		<b>18:12:21.65</b>	<b>18:12:38.00</b>	+07:13:20 (39.7%)	9:55	6 (60.0%)
181	<b>WOJCIECHOWSKI Michał</b>	<b>3382</b>		Weteran I M - 50	18	02:07:01	05:59:33	09:18:30	11:05:37	13:47:09	16:25:27		<b>18:14:52.05</b>	<b>18:15:31.80</b>	+07:16:14 (39.8%)	9:57	6 (60.0%)
182	<b>KATRYCZ Krzysztof</b>	<b>3038</b>		Senior I M - 20	3	02:06:06	05:37:15	09:00:07	10:53:09	13:46:03	16:25:50		<b>18:15:48.75</b>	<b>18:16:49.20</b>	+07:17:31 (39.9%)	9:57	6 (60.0%)
183	<b>KĄKOL Kacper</b>	<b>3047</b>	ASICS FRONTRUNNER POLAND	Senior II M - 30	60	02:02:36	05:37:08	08:56:26	10:53:21		15:59:28		<b>18:16:10.00</b>	<b>18:16:50.05</b>	+07:17:32 (39.9%)	9:57	6 (60.0%)
184	<b>WESOŁOWSKA Kinga</b>	<b>3046</b>	ASICSFRONTRUNNERPOLAND	Senior I K - 20	3	02:02:38	05:37:15	08:56:24	10:53:22	13:31:01	15:59:21		<b>18:16:11.95</b>	<b>18:16:51.70</b>	+07:17:34 (39.9%)	9:57	6 (60.0%)
185	<b>SROKA Marcin</b>	<b>3173</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	75	01:54:42	05:34:33	08:53:22	10:47:05	13:44:26	16:21:31		<b>18:18:16.70</b>	<b>18:18:28.80</b>	+07:19:11 (40.0%)	9:59	6 (60.0%)
186	<b>SKŁADANOWSKA Beata</b>	<b>3403</b>	ARW/EUROCASH TEAM/DZIKI TEAM	Senior II K - 30	16	02:16:42	06:12:10	09:29:16	11:10:27	13:43:32	16:21:26		<b>18:18:10.15</b>	<b>18:18:46.70</b>	+07:19:29 (40.0%)	9:59	6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km		110km	110km			
187	KONDRATOWICZ Sebastian	3475		Masters M - 40	76	02:16:42	06:12:11	09:29:23	11:10:27	13:43:42	16:21:40		18:18:10.15	18:18:46.95	+07:19:29 (40.0%)	9:59	6 (60.0%)
188	TKACZ Łukasz	3520		Senior II M - 30	61	02:06:44	05:39:00	09:10:31	11:07:21	13:56:48	16:46:24		18:18:10.35	18:19:38.30	+07:20:21 (40.0%)	9:59	6 (60.0%)
189	BARDAN Michał	3489		Masters M - 40	77	02:07:04	05:58:31	09:34:14	11:21:19	14:03:45	16:32:18		18:19:35.00	18:19:59.65	+07:20:42 (40.1%)	9:59	6 (60.0%)
190	KOS Paweł	3406	EAZYMUT.PL	Weteran I M - 50	19	02:15:33	06:03:39	09:27:14	11:15:49	13:46:40	16:18:43		18:20:27.40	18:20:43.10	+07:21:25 (40.1%)	10:00	6 (60.0%)
191	JAZUKIEWICZ Ewa	3405	EAZYMUT.PL	Weteran K - 50	2	02:15:34	06:03:37	09:27:08	11:15:54	13:46:36	16:18:42		18:20:28.40	18:20:43.25	+07:21:25 (40.1%)	10:00	6 (60.0%)
192	POPCZYK Ewelina	3045	HEALTHY BODY ŻELAZNY&ŻELAZNY	Masters K - 40	11	02:08:28	05:58:38	09:34:15	11:21:25	14:03:55	16:32:24		18:20:59.60	18:21:18.55	+07:22:01 (40.1%)	10:00	6 (60.0%)
193	RATYMIRSKI Wojtek	3181		Masters M - 40	78	02:00:10	05:46:37	09:16:57	11:07:31	13:43:46	16:12:31		18:21:00.55	18:21:40.90	+07:22:23 (40.2%)	10:00	6 (60.0%)
194	POMIANOWSKI Szymon	3330	KURACJUSZE	Senior II M - 30	62	01:54:01	05:39:11	09:09:01	11:25:57	13:46:07	16:31:39		18:22:23.15	18:22:52.35	+07:23:35 (40.2%)	10:01	6 (60.0%)
195	FELIŃSKI Jarosław	3529		Weteran II M - 60	1	02:07:20	06:13:03	09:49:56	11:44:15	14:26:06	16:40:08		18:22:45.05	18:22:58.65	+07:23:41 (40.2%)	10:01	6 (60.0%)
196	KOPACZ Katarzyna	3304		Senior II K - 30	17	02:04:13	05:42:46	09:07:42	11:04:51	13:52:47	16:36:45		18:22:45.55	18:22:58.80	+07:23:41 (40.2%)	10:01	6 (60.0%)
197	JĘDZURA Daniel	3303	BPRT GLIWICE	Masters M - 40	79	02:04:14	05:42:47	09:07:37	11:04:52	13:52:51	16:36:47		18:22:48.15	18:23:01.90	+07:23:44 (40.2%)	10:01	6 (60.0%)
198	STODOLNY Krzysztof	3355		Weteran II M - 60	2	02:08:46	05:58:09	09:19:15	11:06:22	13:48:30	16:26:41		18:24:51.45	18:25:05.50	+07:25:48 (40.3%)	10:02	6 (60.0%)
199	POKORSKI Piotr	3456	NO NAME PRASZKA	Weteran I M - 50	20	02:00:39	05:48:00	09:37:42	11:19:24	13:49:23	16:25:25		18:25:07.10	18:25:27.50	+07:26:10 (40.4%)	10:02	6 (60.0%)
200	WOJCIECHOWSKA Dorota	3381	CAŁA OLEŚNICA BIEGA	Masters K - 40	12	02:06:36	05:36:43	08:48:40	10:45:34	13:36:03	16:17:21		18:26:29.85	18:27:10.60	+07:27:53 (40.5%)	10:03	6 (60.0%)
201	SZCZEPAŃSKI Marcin	3344	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II M - 30	63	02:15:17	06:19:06	09:45:37	11:33:23	14:16:29	16:48:15		18:26:54.00	18:28:08.90	+07:28:51 (40.5%)	10:03	6 (60.0%)
202	WISNIEWSKI Bartłomiej	3204		Masters M - 40	80	02:07:08	05:36:03	08:46:03	10:36:07	13:10:37	15:54:09		18:28:39.75	18:28:59.55	+07:29:42 (40.6%)	10:04	6 (60.0%)
203	MASŁOWSKI Robert	3230	ANTON TEAM	Masters M - 40	81	02:09:19	05:51:23	09:08:29	11:02:17		16:20:37		18:29:24.10	18:30:51.05	+07:31:33 (40.7%)	10:05	5.9 (59.0%)
204	PAPIERSKI Tomasz	3175		Masters M - 40	82	01:48:59	05:36:28	08:52:30	10:46:45	13:24:49	16:20:43		18:29:51.90	18:31:04.05	+07:31:46 (40.7%)	10:05	5.9 (59.0%)
205	RACIBORSKI Grzegorz	3282	TKKF KOLEJARZ BYDGOSZCZ	Masters M - 40	83	02:12:50	06:28:24	09:47:49	11:33:29	14:07:04	16:49:27		18:30:27.45	18:31:29.00	+07:32:11 (40.7%)	10:05	5.9 (59.0%)
206	PAWLAK Maciej	3498	3 TEAM KONIN MPEC KONIN	Weteran I M - 50	21	02:07:17	06:05:28	09:55:44	11:36:11	14:13:03	16:55:25		18:32:13.30	18:32:34.50	+07:33:17 (40.7%)	10:06	5.9 (59.0%)
207	WŁODARCZYK Krzysztof	3499	3TEAM CIEPEŁKO	Masters M - 40	84	02:07:19	06:05:29	09:55:52	11:36:13	14:13:09	16:55:04		18:32:14.15	18:32:34.80	+07:33:17 (40.7%)	10:06	5.9 (59.0%)
208	NECKAR Michał	3139	HWBC	Masters M - 40	85	01:54:21	05:23:23	08:46:00	10:43:13	13:24:47	16:15:57		18:32:07.55	18:32:56.10	+07:33:38 (40.8%)	10:06	5.9 (59.0%)
209	RUTKOWSKA Agnieszka	3400	NAKRĘCONA NA BIEGANIE	Senior II K - 30	18	02:23:56	06:33:15	09:57:21	11:53:53	14:19:46	16:43:26		18:33:45.45	18:34:05.50	+07:34:48 (40.8%)	10:07	5.9 (59.0%)
210	WILGAT Adam	3048	NBRC	Weteran I M - 50	22	02:02:46	05:55:03	09:24:24	11:15:07	13:57:26	16:34:01		18:34:22.80	18:34:35.25	+07:35:17 (40.8%)	10:07	5.9 (59.0%)
211	SZYMKOWIAK Mariusz	3467		Weteran I M - 50	23	02:13:23	06:15:18	09:37:44	11:27:40	14:03:52	16:47:57		18:35:02.65	18:35:33.00	+07:36:15 (40.9%)	10:08	5.9 (59.0%)
212	MATUSZCZAK-SZULC Iwona	3541		Weteran K - 50	3	02:15:05	06:02:38	09:30:31	11:25:52	14:11:08	16:43:23		18:36:47.80	18:37:28.65	+07:38:11 (41.0%)	10:09	5.9 (59.0%)
213	TYCZYŃSKI Krzysztof	3332	AKTYWNI RAZEM	Masters M - 40	86	01:58:28	05:45:57	09:21:12	11:14:31	14:03:57	16:48:54		18:38:10.60	18:38:30.65	+07:39:13 (41.1%)	10:09	5.9 (59.0%)
214	WEYNA Rafał	3148	AKTYWNI RAZEM	Weteran I M - 50	24	01:58:29	05:45:58	09:21:11	11:14:36	14:04:08	16:48:55		18:38:11.45	18:38:31.10	+07:39:13 (41.1%)	10:09	5.9 (59.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
215	<b>KOPPLINGER Grzegorz</b>	<b>3250</b>	ASSECO ACTIVE TEAM	Weteran I M - 50	25	01:41:55	05:10:57	08:37:05	10:23:06	13:08:31	16:12:17		<b>18:38:25.80</b>	<b>18:38:34.05</b>	+07:39:16 (41.1%)	10:10	5.9 (59.0%)
216	<b>WALCZAK Krystian</b>	<b>3329</b>	BIEGAJĄCE WALCZAKI	Masters M - 40	87	01:49:05	05:16:33	08:56:47	10:48:39	13:43:14	16:35:13		<b>18:41:46.90</b>	<b>18:41:56.15</b>	+07:42:38 (41.2%)	10:11	5.9 (59.0%)
217	<b>BRODA Dominik</b>	<b>3354</b>		Senior II M - 30	64	01:53:04	05:23:27	08:51:54	10:44:32	13:18:39	16:19:47		<b>18:42:31.10</b>	<b>18:42:37.75</b>	+07:43:20 (41.3%)	10:12	5.9 (59.0%)
218	<b>JANKOWSKA Paulina</b>	<b>3313</b>	EY RUN4FUN	Senior II K - 30	19	02:24:58	06:29:51	09:50:16	11:36:59	14:14:09	16:47:22		<b>18:42:19.80</b>	<b>18:42:58.25</b>	+07:43:40 (41.3%)	10:12	5.9 (59.0%)
219	<b>JEZIORSKI Zbigniew</b>	<b>3441</b>		Masters M - 40	88	02:00:43	05:36:48	08:58:48	10:46:39	13:44:28	16:37:26		<b>18:43:41.30</b>	<b>18:43:45.75</b>	+07:44:28 (41.3%)	10:12	5.9 (59.0%)
220	<b>SKWIERCZYŃSKI Sylwester</b>	<b>3341</b>		Senior I M - 20	4	02:11:25	05:50:29	09:22:26	11:14:59	13:49:39	16:49:29		<b>18:45:19.70</b>	<b>18:45:34.05</b>	+07:46:16 (41.4%)	10:13	5.9 (59.0%)
221	<b>MADEJSKI Piotr</b>	<b>3185</b>		Senior II M - 30	65	02:18:43	06:22:19	09:58:21	11:46:22	14:14:00	16:48:08		<b>18:45:45.10</b>	<b>18:46:41.25</b>	+07:47:23 (41.5%)	10:14	5.9 (59.0%)
222	<b>ROZNEFSKI Łukasz</b>	<b>3262</b>	KB SOBÓTKA	Senior II M - 30	66	02:08:38	06:09:52	10:02:56	12:02:35	14:35:09	17:23:11		<b>18:48:26.80</b>	<b>18:48:58.90</b>	+07:49:41 (41.6%)	10:15	5.8 (58.0%)
223	<b>URBAŃSKI Bartek</b>	<b>3429</b>	KARUSIN RUNNING TEAM	Senior II M - 30	67	02:12:29	06:01:44	09:23:46	11:13:41	13:52:30	16:47:09		<b>18:47:53.90</b>	<b>18:49:12.45</b>	+07:49:55 (41.6%)	10:15	5.9 (59.0%)
224	<b>BUDNICKI Andrzej</b>	<b>3501</b>		Masters M - 40	89	02:17:05	06:10:39	09:42:52	11:37:02	14:24:57	16:55:44		<b>18:52:02.20</b>	<b>18:52:24.70</b>	+07:53:07 (41.8%)	10:17	5.8 (58.0%)
225	<b>KULCZYŃSKI Michał</b>	<b>3209</b>		Masters M - 40	90	02:14:44	06:01:43	09:32:25	11:26:53	14:23:48	16:55:45		<b>18:52:30.70</b>	<b>18:53:47.45</b>	+07:54:30 (41.9%)	10:17	5.8 (58.0%)
226	<b>ŁATWIŃSKI Łukasz</b>	<b>3097</b>	MOCNA GRUPA CEZARA	Senior II M - 30	68	02:04:59	05:53:07	09:16:45	11:10:19	13:56:32	16:49:37		<b>18:53:56.10</b>	<b>18:54:02.35</b>	+07:54:45 (41.9%)	10:18	5.8 (58.0%)
227	<b>SZYMANIEWICZ Kalina</b>	<b>3059</b>	PROJEKT 1000UP	Weteran K - 50	4	02:16:54	06:15:50	09:55:45	11:52:19	14:48:55	17:07:11		<b>18:55:47.20</b>	<b>18:56:19.25</b>	+07:57:01 (42.0%)	10:19	5.8 (58.0%)
228	<b>KONSTANCIUK Dariusz</b>	<b>3404</b>	JAZDAAAAA	Masters M - 40	91	02:12:45	06:15:43	09:55:40	11:52:11	14:48:51	17:07:04		<b>18:55:38.70</b>	<b>18:56:19.45</b>	+07:57:02 (42.0%)	10:19	5.8 (58.0%)
229	<b>MATYSZKOWICZ Janusz</b>	<b>3525</b>	GONIMY	Weteran II M - 60	3	02:14:46	06:18:07	09:38:00	11:34:30	14:22:08	16:58:25		<b>18:56:03.30</b>	<b>18:56:30.60</b>	+07:57:13 (42.0%)	10:19	5.8 (58.0%)
230	<b>MALOTTA Konrad</b>	<b>3215</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters M - 40	92	02:13:59	06:28:46	09:57:37	11:39:17	14:30:44	16:56:00		<b>18:55:41.95</b>	<b>18:56:32.20</b>	+07:57:14 (42.0%)	10:19	5.8 (58.0%)
231	<b>MIĄZEK Łukasz</b>	<b>3278</b>		Masters M - 40	93	02:09:40	06:10:44	09:42:57	11:55:01	14:29:19	17:01:50		<b>18:56:45.95</b>	<b>18:57:12.85</b>	+07:57:55 (42.0%)	10:20	5.8 (58.0%)
232	<b>KOZŁOWSKI Rafał</b>	<b>3137</b>		Masters M - 40	94	02:06:29	06:05:15	09:38:24			16:37:33	00:15:00	<b>18:58:09.80</b>	<b>18:58:45.75</b>	+07:59:28 (42.1%)	10:12	5.9 (59.0%)
233	<b>KACZMAREK Jarosław</b>	<b>3082</b>	PARTYZANCI KONIN/JK82	Masters M - 40	95	02:20:52	06:14:20	09:46:04	11:39:43	14:23:35	17:00:07		<b>19:02:35.75</b>	<b>19:03:44.80</b>	+08:04:27 (42.4%)	10:23	5.8 (58.0%)
234	<b>KANIEWSKI Michał</b>	<b>3345</b>	ORANGE POLSKA	Masters M - 40	96	02:19:16	06:26:47	09:54:19	11:50:19	14:40:17	17:08:30		<b>19:02:47.40</b>	<b>19:03:51.30</b>	+08:04:34 (42.4%)	10:23	5.8 (58.0%)
235	<b>ADACH Dariusz</b>	<b>3076</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	97	02:02:27	05:43:27	09:20:50	11:29:43	14:28:59	17:07:08		<b>19:03:39.60</b>	<b>19:04:15.80</b>	+08:04:58 (42.4%)	10:23	5.8 (58.0%)
236	<b>LUBELCZYK Grzegorz</b>	<b>3130</b>	SPELEOCLUB WROCŁAW	Weteran I M - 50	26	02:16:25	06:18:45	09:44:28	11:35:53	14:29:49	17:09:57		<b>19:05:38.35</b>	<b>19:07:34.15</b>	+08:08:16 (42.5%)	10:24	5.8 (58.0%)
237	<b>PIGUŁA Daria</b>	<b>3438</b>	CARBON SILESIA SPORT	Masters K - 40	13	02:03:10	05:57:08	09:27:48	11:21:31	14:14:27	17:05:55		<b>19:08:24.10</b>	<b>19:08:38.25</b>	+08:09:20 (42.6%)	10:26	5.7 (57.0%)
238	<b>JAROSIŃSKA Katarzyna</b>	<b>3279</b>	STAJNIAK TEAM	Senior I K - 20	4	02:03:45	05:50:38	09:27:36	11:21:08		17:05:57		<b>19:08:21.35</b>	<b>19:08:39.45</b>	+08:09:22 (42.6%)	10:26	5.7 (57.0%)
239	<b>KOZDRÓJ Wioletta</b>	<b>3162</b>	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	Masters K - 40	14	02:14:59	06:30:27	10:05:05	11:59:19	14:50:08	17:17:44		<b>19:09:18.60</b>	<b>19:09:44.70</b>	+08:10:27 (42.7%)	10:26	5.7 (57.0%)
240	<b>SZPONDER Artur</b>	<b>3142</b>	KBKS RADOMSKO	Senior II M - 30	69	02:17:47	06:31:43	09:57:12	11:45:48	14:42:30	17:13:32		<b>19:09:31.15</b>	<b>19:09:55.40</b>	+08:10:38 (42.7%)	10:27	5.7 (57.0%)
241	<b>MIROWSKI Przemysław</b>	<b>3358</b>		Weteran I M - 50	27	02:22:05	06:15:59	09:43:50	11:30:54	14:52:53	17:13:23		<b>19:09:28.65</b>	<b>19:11:18.50</b>	+08:12:01 (42.7%)	10:26	5.7 (57.0%)
242	<b>CIECHAROWSKA Justyna</b>	<b>3234</b>	RUN DE GIRARD	Senior II K - 30	20	02:11:05	06:19:43	09:49:54	11:29:40	14:42:47	17:10:36		<b>19:11:09.25</b>	<b>19:11:47.75</b>	+08:12:30 (42.8%)	10:27	5.7 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
													netto 110km	brutto 110km			Różn
243	<b>WAŚKO Rafał</b>	<b>3254</b>		Senior II M - 30	70	02:31:55	06:38:58	10:02:07	11:52:18	14:36:59	17:04:06		<b>19:10:54.75</b>	<b>19:12:27.15</b>	+08:13:09 (42.8%)	10:27	5.7 (57.0%)
244	<b>CHUDY Tobiasz</b>	<b>3114</b>	RUN TEAM RYDZYNA	Senior II M - 30	71	02:10:37	05:52:21	09:27:28	11:06:55	13:55:37	17:08:21		<b>19:13:08.20</b>	<b>19:13:37.95</b>	+08:14:20 (42.9%)	10:28	5.7 (57.0%)
245	<b>DUCHOŃ Marcin</b>	<b>3172</b>		Masters M - 40	98	02:07:26	06:00:04	09:26:38	11:20:31	14:13:49	17:16:05		<b>19:14:09.25</b>	<b>19:14:18.40</b>	+08:15:01 (42.9%)	10:29	5.7 (57.0%)
246	<b>BAUER Bartosz</b>	<b>3199</b>	SWORDSATHLETICS	Masters M - 40	99	01:50:34	05:26:05	09:08:26	11:14:58	14:22:38	17:37:31		<b>19:18:37.15</b>	<b>19:19:02.15</b>	+08:19:44 (43.1%)	10:31	5.7 (57.0%)
247	<b>CHYLIŃSKI Łukasz</b>	<b>3116</b>		Senior II M - 30	72	02:15:48	06:23:34	09:55:42	11:59:20	14:41:08	17:29:04		<b>19:17:40.40</b>	<b>19:19:21.40</b>	+08:20:04 (43.1%)	10:31	5.7 (57.0%)
248	<b>PODLEWSKI Wojciech</b>	<b>3016</b>	KS SPORTIVA	Weteran I M - 50	28	02:22:07	06:32:29	10:10:09	11:54:31	14:51:31	17:30:10		<b>19:19:10.95</b>	<b>19:19:37.95</b>	+08:20:20 (43.1%)	10:32	5.7 (57.0%)
249	<b>HULBÓJ Sebastian</b>	<b>3532</b>	WKS TEAM	Masters M - 40	100	01:57:44	05:40:21	09:11:56	11:08:41	13:58:51	16:48:26		<b>19:21:12.05</b>	<b>19:21:20.30</b>	+08:22:03 (43.2%)	10:33	5.7 (57.0%)
250	<b>BUSS Jakub</b>	<b>3121</b>	KUDOWIANKA RUN	Weteran I M - 50	29	02:18:19	06:25:30	09:55:56	11:40:59	14:24:37	17:19:17		<b>19:22:47.85</b>	<b>19:23:21.00</b>	+08:24:03 (43.3%)	10:34	5.7 (57.0%)
251	<b>SOWIŃSKA-JANECZEK Joanna</b>	<b>3019</b>	KB MARATON TUREK	Senior II K - 30	21	02:15:10	06:20:25	09:57:17	11:46:23	14:40:27	17:22:28		<b>19:24:47.45</b>	<b>19:25:15.65</b>	+08:25:58 (43.4%)	10:35	5.7 (57.0%)
252	<b>TUREK Marcin</b>	<b>3039</b>	KĘSY TEAM	Senior II M - 30	73	02:00:06	05:40:26	09:10:04	10:51:46	13:53:50	16:56:43		<b>19:24:48.55</b>	<b>19:25:23.20</b>	+08:26:05 (43.4%)	10:35	5.7 (57.0%)
253	<b>SAMUŚ Dariusz</b>	<b>3179</b>	BIESZCZADZKIE MORSY	Masters M - 40	101	02:11:28	06:20:35	09:57:27	11:46:29	14:40:40	17:22:57		<b>19:25:08.80</b>	<b>19:25:30.35</b>	+08:26:13 (43.4%)	10:35	5.7 (57.0%)
254	<b>DAWIDOWICZ Wojciech</b>	<b>3283</b>	ŚLĘZAKTEAM	Senior II M - 30	74	02:04:19	05:53:59	09:19:58	11:14:36	14:07:37	17:06:08		<b>19:27:41.55</b>	<b>19:27:54.35</b>	+08:28:37 (43.5%)	10:36	5.7 (57.0%)
255	<b>STOLARSKA Monika</b>	<b>3081</b>	KBKS RADOMSKO	Senior II K - 30	22	02:10:31	06:12:41	09:53:44	11:43:38	14:41:16	17:31:52		<b>19:28:13.25</b>	<b>19:28:37.60</b>	+08:29:20 (43.6%)	10:37	5.6 (56.0%)
256	<b>DUDA Dariusz</b>	<b>3037</b>		Senior II M - 30	75	02:10:46	06:22:41	09:52:56	11:45:50	14:43:31	17:19:38		<b>19:29:11.80</b>	<b>19:29:35.45</b>	+08:30:18 (43.6%)	10:37	5.6 (56.0%)
257	<b>GRABKOWSKI Rafał</b>	<b>3399</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	102	02:11:31	06:28:14	10:05:26	11:52:22	14:43:16	17:17:32		<b>19:29:41.65</b>	<b>19:30:08.70</b>	+08:30:51 (43.7%)	10:38	5.6 (56.0%)
257	<b>WARACHOWSKI Stefan</b>	<b>3249</b>		Masters M - 40	102	02:12:08	06:28:13	10:04:59	11:52:24	14:43:23	17:17:33		<b>19:29:42.25</b>	<b>19:30:08.70</b>	+08:30:51 (43.7%)	10:38	5.6 (56.0%)
259	<b>OLIŃSKI Paweł</b>	<b>3177</b>		Senior II M - 30	76	02:16:22	06:11:08	09:45:00	11:46:30	14:44:37	17:26:02		<b>19:30:13.90</b>	<b>19:31:23.70</b>	+08:32:06 (43.7%)	10:38	5.6 (56.0%)
260	<b>SIKORSKI Dariusz</b>	<b>3523</b>	INSERT TEAM	Masters M - 40	104	02:08:56	05:40:13	08:59:38	10:56:00	13:48:23	17:01:41		<b>19:31:55.25</b>	<b>19:32:34.05</b>	+08:33:16 (43.8%)	10:39	5.6 (56.0%)
261	<b>HERDZINA Wojciech</b>	<b>3049</b>	RUN AWAY TEAM	Masters M - 40	105	02:10:47	06:27:32	10:02:50	11:59:58	14:50:40	17:45:20		<b>19:32:32.05</b>	<b>19:32:56.30</b>	+08:33:39 (43.8%)	10:39	5.6 (56.0%)
262	<b>STĘPNOWSKI Jakub</b>	<b>3281</b>	ORTHOS TEAM	Senior II M - 30	77	02:22:16	06:18:44	10:02:19	12:02:27	14:49:52	17:46:19		<b>19:37:26.45</b>	<b>19:39:13.40</b>	+08:39:56 (44.1%)	10:42	5.6 (56.0%)
263	<b>SEKMAN Tomasz</b>	<b>3077</b>		Masters M - 40	106	02:00:50	05:34:24	09:12:55	11:23:00	14:30:10	17:20:35		<b>19:40:01.80</b>	<b>19:40:08.95</b>	+08:40:51 (44.1%)	10:43	5.6 (56.0%)
264	<b>SZKODA Mariusz</b>	<b>3164</b>	3:33 TEAM	Weteran I M - 50	30	02:22:42	06:30:56	10:08:41	12:09:23	14:49:14	17:27:59		<b>19:40:29.75</b>	<b>19:42:01.00</b>	+08:42:43 (44.2%)	10:43	5.6 (56.0%)
265	<b>GAŁACKA Joanna</b>	<b>3471</b>		Masters K - 40	15	02:08:53	06:10:58	09:43:06	11:55:15	14:38:38	17:13:47		<b>19:42:23.40</b>	<b>19:42:36.35</b>	+08:43:19 (44.3%)	10:44	5.6 (56.0%)
266	<b>PUCHALSKI Zbigniew</b>	<b>3253</b>		Senior II M - 30	78	02:06:51	05:56:35	09:26:38	11:19:51	14:32:33	17:39:58		<b>19:43:52.35</b>	<b>19:44:57.15</b>	+08:45:39 (44.4%)	10:45	5.6 (56.0%)
267	<b>MICHALAK Mateusz</b>	<b>3240</b>		Senior II M - 30	79	02:10:01	05:59:34	09:31:55	11:27:07	14:30:37	17:37:07		<b>19:43:01.15</b>	<b>19:44:57.25</b>	+08:45:39 (44.4%)	10:45	5.6 (56.0%)
268	<b>MICHAŁOWSKI Maciej</b>	<b>3241</b>	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	80	02:10:00	05:59:33	09:31:50	11:26:55	14:31:36	17:37:05		<b>19:43:01.90</b>	<b>19:44:57.55</b>	+08:45:40 (44.4%)	10:45	5.6 (56.0%)
269	<b>CIERCZEK Rafał</b>	<b>3482</b>		Senior II M - 30	81	02:09:38	05:48:38	09:21:11	11:20:13	14:21:50	17:24:37		<b>19:50:53.35</b>	<b>19:51:34.20</b>	+08:52:16 (44.7%)	10:49	5.5 (55.0%)
270	<b>HORZELA Adam</b>	<b>3207</b>	HURAGAN LIGOTA	Senior II M - 30	82	02:05:06	06:20:04	09:52:18	12:08:08	15:05:51	17:55:13		<b>19:51:23.75</b>	<b>19:51:38.50</b>	+08:52:21 (44.7%)	10:49	5.5 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
													netto 110km	brutto 110km			Różn
271	<b>BRZozowski Rafał</b>	<b>3537</b>		Weteran I M - 50	31	02:12:21	06:16:47	09:51:15	11:58:11	15:00:03	17:50:44		<b>19:53:36.15</b>	<b>19:54:04.25</b>	+08:54:46 (44.8%)	10:51	5.5 (55.0%)
272	<b>WRZESIŃSKI Łukasz</b>	<b>3374</b>	POWER&PAKER	Masters M - 40	107	02:14:32	06:20:31	09:53:02	11:50:26	14:56:40	17:48:02		<b>19:55:13.90</b>	<b>19:55:16.85</b>	+08:55:59 (44.8%)	10:51	5.5 (55.0%)
273	<b>MIŚ Piotr</b>	<b>3002</b>	DIEHL RUNNING TEAM	Senior II M - 30	83	02:14:59	06:21:48	10:04:18	12:03:32	14:47:57	17:35:34		<b>19:55:11.70</b>	<b>19:56:06.20</b>	+08:56:48 (44.9%)	10:51	5.5 (55.0%)
274	<b>CIEŚLAK Krzysztof</b>	<b>3423</b>	ULTRAFAZA.PL	Senior II M - 30	84	02:15:04	06:21:42	10:07:45	12:08:00	14:58:49	18:04:43		<b>19:56:10.25</b>	<b>19:57:11.70</b>	+08:57:54 (44.9%)	10:52	5.5 (55.0%)
275	<b>CIEŚLAK Jakub</b>	<b>3420</b>		Masters M - 40	108	02:15:04	06:21:40	10:07:43	12:08:00	14:58:47	18:04:42		<b>19:56:26.00</b>	<b>19:57:27.00</b>	+08:58:09 (44.9%)	10:52	5.5 (55.0%)
276	<b>BŁASZCZYK Luiza</b>	<b>3152</b>		Senior II K - 30	23	02:17:08	06:31:32	10:11:02	12:03:47	15:07:07	18:05:13		<b>19:56:49.05</b>	<b>19:57:34.55</b>	+08:58:17 (44.9%)	10:52	5.5 (55.0%)
277	<b>JARZĘBSKI Mateusz</b>	<b>3153</b>		Senior II M - 30	85	02:17:09	06:31:32	10:11:04	12:03:49	15:07:17	18:05:24		<b>19:56:50.10</b>	<b>19:57:35.65</b>	+08:58:18 (44.9%)	10:52	5.5 (55.0%)
278	<b>GRAD Łukasz</b>	<b>3052</b>	FITNESS PIEKARY LEGNICA	Masters M - 40	109	02:06:30	06:39:51	10:46:48	12:41:02	15:26:12	17:58:21		<b>19:57:35.05</b>	<b>19:58:03.90</b>	+08:58:46 (45.0%)	10:53	5.5 (55.0%)
279	<b>DOBek Mateusz</b>	<b>3246</b>	JAWOR RIVER GYM	Masters M - 40	110	02:06:40	06:39:51	10:46:42	12:41:01	15:26:04	17:58:44		<b>19:57:34.65</b>	<b>19:58:04.40</b>	+08:58:47 (45.0%)	10:53	5.5 (55.0%)
280	<b>WOŻNIAK Andrzej</b>	<b>3099</b>		Weteran I M - 50	32	01:56:03	05:31:08	09:02:11	11:03:31	14:13:32	17:26:50		<b>20:04:12.00</b>	<b>20:04:18.90</b>	+09:05:01 (45.3%)	10:56	5.5 (55.0%)
281	<b>OZIMINA Hubert</b>	<b>3194</b>	OBORYGENI	Masters M - 40	111	02:09:29	06:20:27	10:06:49	12:12:04	15:11:42	17:59:59		<b>20:04:28.90</b>	<b>20:04:39.55</b>	+09:05:22 (45.3%)	10:56	5.5 (55.0%)
282	<b>LIS Sławomir</b>	<b>3018</b>		Weteran II M - 60	4	02:14:03	06:11:02	09:53:47	11:38:48	15:01:24	17:53:54		<b>20:03:39.75</b>	<b>20:05:27.55</b>	+09:06:10 (45.3%)	10:56	5.5 (55.0%)
283	<b>DOMAGAŁA Grażyna</b>	<b>3372</b>		Senior II K - 30	24	01:55:36	05:29:35	09:01:15	10:51:40	14:07:24	17:58:34		<b>20:05:43.15</b>	<b>20:06:04.35</b>	+09:06:47 (45.3%)	10:57	5.5 (55.0%)
284	<b>ROSZYK Tomasz</b>	<b>3317</b>	TKKF MPK POZNAŃ	Masters M - 40	112	02:16:26	06:49:28	10:30:10	12:30:46	15:25:16	18:15:57		<b>20:07:51.50</b>	<b>20:08:23.10</b>	+09:09:05 (45.4%)	10:58	5.5 (55.0%)
285	<b>ROSZYK Magdalena</b>	<b>3454</b>	TKKF MPK POZNAŃ/BIEGAJĄCE KREJZOLE	Masters K - 40	16	02:16:40	06:49:30	10:30:03	12:30:46	15:25:40	18:16:03		<b>20:07:59.90</b>	<b>20:08:30.95</b>	+09:09:13 (45.4%)	10:58	5.5 (55.0%)
286	<b>TYLMAN Małgorzata</b>	<b>3237</b>		Masters K - 40	17	02:07:28	06:12:11	10:06:15	12:17:15		18:06:54		<b>20:08:21.30</b>	<b>20:08:39.95</b>	+09:09:22 (45.5%)	10:59	5.5 (55.0%)
287	<b>OLEJNIK Marcin</b>	<b>3530</b>		Masters M - 40	113	02:16:23	06:26:07	10:09:48	12:02:27	15:08:32	18:04:13		<b>20:08:03.60</b>	<b>20:09:32.25</b>	+09:10:14 (45.5%)	10:58	5.5 (55.0%)
288	<b>GRYCMAN Magda</b>	<b>3426</b>	SPARTA ULTRA TEAM	Masters K - 40	18	02:03:08	06:15:31	09:42:08	11:42:11	14:55:43	17:52:08		<b>20:09:21.90</b>	<b>20:09:36.80</b>	+09:10:19 (45.5%)	10:59	5.5 (55.0%)
289	<b>KUPCZAK Ewa</b>	<b>3453</b>	SPARTA ULTRA TEAM	Weteran K - 50	5	02:03:10	06:15:32	09:42:04	11:42:11	14:55:45	17:52:21		<b>20:09:22.10</b>	<b>20:09:37.15</b>	+09:10:19 (45.5%)	10:59	5.5 (55.0%)
290	<b>JÓZEF Mateusz</b>	<b>3069</b>	ULTRAJÓZKI	Senior II M - 30	86	02:10:10	06:19:36	10:10:01	12:15:02	15:18:32	18:19:57		<b>20:10:55.15</b>	<b>20:11:41.25</b>	+09:12:23 (45.6%)	11:00	5.5 (55.0%)
291	<b>SZCZERBAKOWICZ Kamil</b>	<b>3402</b>		Senior II M - 30	87	02:11:10	05:56:56	09:32:54	11:51:36	15:06:17	18:17:18		<b>20:12:05.50</b>	<b>20:12:37.10</b>	+09:13:19 (45.6%)	11:01	5.4 (54.0%)
292	<b>FILIPEK Małgorzata</b>	<b>3017</b>		Senior II K - 30	25	02:11:49	06:11:53	09:49:56	11:50:06	14:43:41	17:37:33		<b>20:13:07.05</b>	<b>20:13:25.55</b>	+09:14:08 (45.7%)	11:01	5.4 (54.0%)
293	<b>SKORUPA Adam</b>	<b>3126</b>		Senior II M - 30	88	01:43:18	05:16:29	08:37:40	10:26:52	13:12:39	18:14:09		<b>20:17:42.70</b>	<b>20:17:51.40</b>	+09:18:34 (45.9%)	11:04	5.4 (54.0%)
294	<b>HOLIK Iwona</b>	<b>3437</b>	GORLICKA GRUPA BIEGOWA	Masters K - 40	19	02:21:25	06:28:53	10:18:54	12:23:53		18:18:55		<b>20:16:57.60</b>	<b>20:18:17.00</b>	+09:18:59 (45.9%)	11:03	5.4 (54.0%)
295	<b>DYLAĞ Katarzyna</b>	<b>3466</b>	GGB	Masters K - 40	20	02:21:22	06:28:52	10:18:55	12:23:51	15:30:42	18:14:38		<b>20:16:55.70</b>	<b>20:18:17.30</b>	+09:19:00 (45.9%)	11:03	5.4 (54.0%)
296	<b>MARZEC Dominik</b>	<b>3259</b>		Senior II M - 30	89	02:15:03	06:12:56	09:50:29	11:57:57	15:16:49	18:13:48		<b>20:18:00.40</b>	<b>20:18:29.55</b>	+09:19:12 (45.9%)	11:04	5.4 (54.0%)
297	<b>BALUTA Paweł</b>	<b>3519</b>	BARUNOWCE	Masters M - 40	114	02:10:02	06:26:52	10:13:31	12:14:24	15:10:42	18:28:17		<b>20:22:15.50</b>	<b>20:22:38.20</b>	+09:23:20 (46.1%)	11:06	5.4 (54.0%)
298	<b>JURCZAK Robert</b>	<b>3195</b>		Weteran I M - 50	33	02:11:18	06:20:50	10:08:54	12:14:05	15:31:48	18:11:18		<b>20:28:12.95</b>	<b>20:28:41.90</b>	+09:29:24 (46.3%)	11:09	5.4 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
299	<b>RYCHEL-MANTUR Dominika</b>	<b>3079</b>		Senior II K - 30	26	02:06:01	05:56:50	09:14:47	11:21:48	14:51:56	18:02:09		<b>20:31:48.80</b>	<b>20:32:29.40</b>	+09:33:12 (46.5%)	11:11	5.4 (54.0%)
300	<b>ZYCH Michał</b>	<b>3432</b>		Masters M - 40	115	02:17:39	06:57:16	10:49:43	12:51:18	15:40:30	18:16:29		<b>20:33:04.80</b>	<b>20:33:39.85</b>	+09:34:22 (46.6%)	11:12	5.4 (54.0%)
301	<b>PODBIELSKA Małgorzata</b>	<b>3434</b>		Senior II K - 30	27	02:17:40	06:57:20	10:49:48	12:51:24	15:40:38	18:16:57		<b>20:33:05.90</b>	<b>20:33:40.15</b>	+09:34:22 (46.6%)	11:12	5.4 (54.0%)
302	<b>DOLSKI Marcin</b>	<b>3376</b>		Senior II M - 30	90	02:24:39	06:30:32	10:11:15	12:12:29	15:30:19	18:18:55		<b>20:32:13.20</b>	<b>20:34:04.30</b>	+09:34:47 (46.6%)	11:12	5.4 (54.0%)
303	<b>GŁAZ Marek</b>	<b>3141</b>	FORFITERY	Senior II M - 30	91	02:17:00	06:37:23	10:16:50	12:15:28	15:30:52	18:20:23		<b>20:35:06.20</b>	<b>20:35:40.45</b>	+09:36:23 (46.6%)	11:13	5.3 (53.0%)
304	<b>KAMIŃSKI Krystian</b>	<b>3219</b>	DARKO NIESTEPOWO	Masters M - 40	116	02:31:44	07:12:18	11:02:28	13:04:26		18:58:48		<b>20:44:55.00</b>	<b>20:46:00.95</b>	+09:46:43 (47.1%)	11:19	5.3 (53.0%)
305	<b>SYREK Rafał</b>	<b>3244</b>		Weteran I M - 50	34	02:19:04	06:28:55	10:19:47	12:24:35		18:32:33		<b>20:46:23.05</b>	<b>20:46:57.10</b>	+09:47:39 (47.1%)	11:19	5.3 (53.0%)
306	<b>MATECKI Adrian</b>	<b>3291</b>	YOGAHOME.PL	Senior I M - 20	5	02:05:56	05:41:56	09:23:06	11:36:40	14:54:12	18:20:16		<b>20:48:06.15</b>	<b>20:49:05.90</b>	+09:49:48 (47.2%)	11:20	5.3 (53.0%)
307	<b>LEWANDOWSKI Adrian</b>	<b>3286</b>		Senior II M - 30	92	02:08:19	05:41:57	09:23:10	11:36:40	14:54:17	18:20:25		<b>20:48:07.90</b>	<b>20:49:07.05</b>	+09:49:49 (47.2%)	11:20	5.3 (53.0%)
308	<b>GRUNDKOWSKI Oskar</b>	<b>3030</b>		Senior I M - 20	6	02:07:24	06:15:20	10:09:16	12:17:25	15:07:49	18:14:48		<b>20:49:22.25</b>	<b>20:49:40.25</b>	+09:50:22 (47.2%)	11:21	5.3 (53.0%)
309	<b>KALISZEWICZ Piotr</b>	<b>3159</b>		Masters M - 40	117	02:34:11	06:55:05	10:52:04	12:59:43	15:57:31	19:01:16		<b>20:49:56.65</b>	<b>20:50:33.75</b>	+09:51:16 (47.3%)	11:21	5.3 (53.0%)
310	<b>KOŁODZIEJ Mirosław</b>	<b>3331</b>	WOLNY KRAFT	Senior II M - 30	93	02:05:28	05:55:02	10:10:17	12:17:05	15:53:18	19:19:22		<b>20:50:25.85</b>	<b>20:50:52.25</b>	+09:51:34 (47.3%)	11:22	5.3 (53.0%)
311	<b>POŁCZYŃSKI Paweł</b>	<b>3009</b>	STALOWA ŁYDA	Senior II M - 30	94	02:06:20	05:58:26	09:41:46	11:59:55	15:17:09	18:15:34		<b>20:51:43.75</b>	<b>20:51:59.20</b>	+09:52:41 (47.3%)	11:22	5.3 (53.0%)
312	<b>KRAWCZYK Mirosław</b>	<b>3140</b>		Weteran II M - 60	5	02:21:26	06:45:54	10:32:17	12:37:41	15:54:04	18:43:38		<b>20:52:36.65</b>	<b>20:53:02.10</b>	+09:53:44 (47.4%)	11:23	5.3 (53.0%)
313	<b>ŁOWICKA Maja</b>	<b>3111</b>	AKTYWNI RAZEM	Senior II K - 30	28	02:15:58	07:00:23	11:40:33	13:45:26	16:32:18	19:07:53		<b>20:55:10.60</b>	<b>20:55:29.40</b>	+09:56:12 (47.5%)	11:24	5.3 (53.0%)
314	<b>KALISZEWICZ Ewa</b>	<b>3156</b>		Masters K - 40	21	02:34:45	06:55:47	10:52:32	13:04:26	16:07:55	19:01:27		<b>20:55:27.85</b>	<b>20:56:05.25</b>	+09:56:47 (47.5%)	11:24	5.3 (53.0%)
315	<b>NOSEK Maciej</b>	<b>3061</b>	STALOWA ŁYDA	Senior II M - 30	95	02:07:22	05:55:48	09:33:19	11:43:33	15:25:20	18:43:08		<b>20:57:04.45</b>	<b>20:57:19.00</b>	+09:58:01 (47.6%)	11:25	5.3 (53.0%)
316	<b>JABKOWSKI Łukasz</b>	<b>3015</b>	KHG GROUP	Senior I M - 20	7	02:21:24	06:43:18	10:06:19	12:11:55	15:36:33	18:41:42		<b>20:55:51.55</b>	<b>20:57:37.85</b>	+09:58:20 (47.6%)	11:25	5.3 (53.0%)
317	<b>FRANKOWSKI Dariusz</b>	<b>3491</b>	SZAMANI W TRANSIE	Weteran I M - 50	35	02:21:52	06:43:38	10:29:39	12:33:01	15:52:54	18:47:43		<b>21:02:11.45</b>	<b>21:02:44.55</b>	+10:03:27 (47.8%)	11:28	5.2 (52.0%)
318	<b>GÓRNY Przemysław</b>	<b>3072</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	Masters M - 40	118	02:18:16	06:39:05	10:33:47	12:37:33	15:37:40	18:53:30		<b>21:12:24.10</b>	<b>21:13:28.45</b>	+10:14:11 (48.2%)	11:34	5.2 (52.0%)
319	<b>GÓRNY Magdalena</b>	<b>3074</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	Masters K - 40	22	02:18:16	06:39:05	10:33:45	12:37:34	15:37:37	18:53:35		<b>21:12:25.70</b>	<b>21:13:28.60</b>	+10:14:11 (48.2%)	11:34	5.2 (52.0%)
320	<b>BOCIEJ Arkadiusz</b>	<b>3378</b>		Senior I M - 20	8	01:55:19	05:35:48	09:27:48	11:35:17	14:56:59	18:01:40		<b>21:14:12.10</b>	<b>21:14:30.85</b>	+10:15:13 (48.3%)	11:35	5.2 (52.0%)
321	<b>STAJNIAK-STELIGA Izabela</b>	<b>3451</b>	OBORYGENI	Masters K - 40	23	02:32:28	06:58:00	11:02:29	13:01:43	15:53:23	18:57:38		<b>21:15:35.75</b>	<b>21:15:47.15</b>	+10:16:29 (48.3%)	11:35	5.2 (52.0%)
322	<b>PARYSZ Anna</b>	<b>3450</b>	STARE BABICE BIEGAJA	Weteran II K - 60	1	02:26:08	06:57:20	10:43:14	12:59:13	15:53:58	19:05:28		<b>21:16:10.00</b>	<b>21:16:29.65</b>	+10:17:12 (48.4%)	11:36	5.2 (52.0%)
323	<b>PIERZCHAŁSKI Sebastian</b>	<b>3063</b>	KBKS RADOMSKO	Senior II M - 30	96	02:10:47	06:12:42	10:05:17	12:09:07	15:31:58	19:00:00		<b>21:16:29.95</b>	<b>21:16:54.95</b>	+10:17:37 (48.4%)	11:36	5.2 (52.0%)
324	<b>WALCZAK Michał</b>	<b>3258</b>		Masters M - 40	119	02:13:17	06:31:21	10:46:07	12:55:28	15:55:30	18:56:11		<b>21:17:17.45</b>	<b>21:17:55.45</b>	+10:18:38 (48.4%)	11:36	5.2 (52.0%)
325	<b>MATUSZEWSKA Małgorzata</b>	<b>3481</b>	RUNNER'S POWER - POWIAT ŚREMSKI	Masters K - 40	24	02:32:47	06:57:50	10:46:22	12:55:48	15:55:45	18:55:55		<b>21:17:38.15</b>	<b>21:17:55.65</b>	+10:18:38 (48.4%)	11:36	5.2 (52.0%)
326	<b>KACZMAREK Mirosław</b>	<b>3480</b>	RUNNER'S POWER	Senior II M - 30	97	02:32:49	06:57:49	10:46:32	12:55:51	15:56:33	18:55:55		<b>21:17:37.85</b>	<b>21:17:55.85</b>	+10:18:38 (48.4%)	11:36	5.2 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
													netto 110km	brutto 110km			Różn
327	<b>DOMINIAK Bartosz</b>	<b>3027</b>	#BARTEKBIEGA	Masters M - 40	120	02:10:46	06:29:58	10:28:43	12:40:58	16:08:57	19:20:39		<b>21:17:29.70</b>	<b>21:17:57.15</b>	+10:18:39 (48.4%)	11:36	5.2 (52.0%)
328	<b>RUTKOWSKA Małgorzata</b>	<b>3188</b>		Weteran K - 50	6	02:59:44	08:43:37	13:22:27	15:28:07		19:50:37		<b>21:18:34.00</b>	<b>21:19:34.00</b>	+10:20:16 (48.5%)	11:37	5.2 (52.0%)
329	<b>KUTYŁA Agnieszka</b>	<b>3411</b>	NIEPOŁOMICE BIEGAJĄ	Weteran K - 50	7	02:22:19	06:33:03	10:14:21	12:29:56	15:58:56	19:07:34		<b>21:18:49.75</b>	<b>21:19:43.35</b>	+10:20:26 (48.5%)	11:37	5.2 (52.0%)
329	<b>KUTYŁA Stanisław</b>	<b>3412</b>	ORANGE POLSKA	Weteran I M - 50	36	02:22:20	06:33:02	10:14:18	12:29:55	15:58:51	19:07:31		<b>21:18:49.60</b>	<b>21:19:43.35</b>	+10:20:26 (48.5%)	11:37	5.2 (52.0%)
331	<b>POŹNIAK Marcin</b>	<b>3036</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	98	02:31:43	07:07:54	10:56:12	12:50:31	16:12:06	19:29:04		<b>21:19:19.35</b>	<b>21:20:44.45</b>	+10:21:27 (48.5%)	11:37	5.2 (52.0%)
332	<b>KOCJAN Marcin</b>	<b>3516</b>		Senior II M - 30	99	02:14:32	06:19:34	10:19:04	12:17:22	15:27:45	18:39:22		<b>21:19:59.60</b>	<b>21:20:46.30</b>	+10:21:29 (48.5%)	11:38	5.2 (52.0%)
333	<b>SZUMSKI Waldemar</b>	<b>3271</b>	4RUN BROOKS TEAM GDAŃSK	Masters M - 40	121	02:18:22	06:50:39		12:50:22	14:13:28	18:57:34		<b>21:22:26.95</b>	<b>21:23:42.45</b>	+10:24:25 (48.6%)	11:39	5.1 (51.0%)
334	<b>SAMBORSKI Piotr</b>	<b>3041</b>	WKURW_TEAM	Senior II M - 30	100	02:12:56	05:54:56	09:34:15	11:51:59	15:20:37	19:03:04		<b>21:23:26.50</b>	<b>21:24:55.10</b>	+10:25:37 (48.7%)	11:40	5.1 (51.0%)
335	<b>MATYJA Rafał</b>	<b>3531</b>		Senior II M - 30	101	02:17:26	07:28:46	11:00:44	13:05:44	16:27:58	19:30:43		<b>21:26:29.90</b>	<b>21:26:41.65</b>	+10:27:24 (48.8%)	11:41	5.1 (51.0%)
336	<b>ŁUCZAK Marcin</b>	<b>3325</b>		Masters M - 40	122	02:15:50	06:40:11	10:10:27	12:18:15	15:38:24	18:56:16		<b>21:29:09.00</b>	<b>21:29:39.15</b>	+10:30:21 (48.9%)	11:43	5.1 (51.0%)
337	<b>NORAS Alina</b>	<b>3224</b>	ENDURANCE TEAM	Senior II K - 30	29	02:24:37	06:39:37	10:09:21	12:17:02	15:35:23	18:42:25		<b>21:28:03.25</b>	<b>21:29:47.90</b>	+10:30:30 (48.9%)	11:42	5.1 (51.0%)
338	<b>KAROLEWSKI Maciej</b>	<b>3319</b>	KROTOSZYŃSKA GRUPA BIEGOWA	Masters M - 40	123	02:04:25	05:48:08	09:43:30	11:52:54	15:22:28	18:56:52		<b>21:29:32.00</b>	<b>21:30:47.50</b>	+10:31:30 (48.9%)	11:43	5.1 (51.0%)
339	<b>BIES Andżeju Jakcinaimię</b>	<b>3460</b>	ZDRAJCY METALU	Masters M - 40	124	02:16:00	06:31:00	10:34:46	12:51:09	16:23:37	19:18:17		<b>21:35:54.85</b>	<b>21:37:34.75</b>	+10:38:17 (49.2%)	11:46	5.1 (51.0%)
340	<b>SOCHAJ Anna</b>	<b>3113</b>	FUKUNDA	Senior II K - 30	30	02:18:02	06:29:14	10:20:26	12:55:38	16:19:19	19:16:23		<b>21:35:56.25</b>	<b>21:37:35.10</b>	+10:38:17 (49.2%)	11:46	5.1 (51.0%)
341	<b>PAPIEROWSKA Dagmara</b>	<b>3023</b>		Senior II K - 30	31	02:29:00	07:11:39	11:07:26	13:03:49	16:19:45	19:21:05		<b>21:37:32.15</b>	<b>21:38:00.90</b>	+10:38:43 (49.2%)	11:47	5.1 (51.0%)
342	<b>TERETYKA Dorota</b>	<b>3024</b>	BIEGAJĄCE KREJZOLE	Masters K - 40	25	02:29:00	07:11:44	11:07:25	13:03:50	16:19:25	19:23:10		<b>21:37:33.70</b>	<b>21:38:01.05</b>	+10:38:43 (49.2%)	11:47	5.1 (51.0%)
343	<b>LIS Sebastian</b>	<b>3064</b>	KB DĘBIEC	Senior II M - 30	102	02:29:01	07:11:41	11:07:31	13:03:53	16:19:49	19:23:10		<b>21:37:32.65</b>	<b>21:38:01.80</b>	+10:38:44 (49.2%)	11:47	5.1 (51.0%)
344	<b>DATA Dariusz</b>	<b>3252</b>	KUGUAR XTREME RUNNERS	Weteran I M - 50	37	03:13:49	07:16:39	11:07:11	13:05:00	16:18:50	19:21:43		<b>21:36:49.65</b>	<b>21:38:28.50</b>	+10:39:11 (49.2%)	11:47	5.1 (51.0%)
345	<b>KUBICA Anna</b>	<b>3387</b>		Masters K - 40	26	02:25:17	07:17:17	11:04:29	12:53:31	16:02:54	19:22:47		<b>21:37:20.00</b>	<b>21:38:34.20</b>	+10:39:16 (49.2%)	11:47	5.1 (51.0%)
346	<b>LORYŚ Adam</b>	<b>3150</b>	FORFITERY / PLANETA NISKO	Senior II M - 30	103	02:15:22	06:31:46	11:01:54	13:25:55	16:26:53	19:32:02		<b>21:38:11.25</b>	<b>21:38:45.10</b>	+10:39:27 (49.2%)	11:48	5.1 (51.0%)
347	<b>KOSZAŁKA Marcin</b>	<b>3051</b>	FORFITERY	Senior II M - 30	104	02:17:02	06:37:22	11:01:56		16:27:05	19:31:58		<b>21:38:12.05</b>	<b>21:38:46.15</b>	+10:39:28 (49.2%)	11:48	5.1 (51.0%)
348	<b>MICHALSKA Joanna</b>	<b>3222</b>	VELUX	Masters K - 40	27	02:11:33	06:30:03	10:34:45	12:59:59	16:20:20	19:34:13		<b>21:42:17.25</b>	<b>21:42:34.80</b>	+10:43:17 (49.4%)	11:50	5.1 (51.0%)
349	<b>STRZELEC Tomasz</b>	<b>3135</b>		Masters M - 40	125	02:31:15	07:01:59	11:02:19	13:34:13	16:48:40	19:43:04		<b>21:41:48.90</b>	<b>21:42:59.20</b>	+10:43:41 (49.4%)	11:50	5.1 (51.0%)
350	<b>LUBAŃSKI Mateusz</b>	<b>3472</b>	KS DŁUGOŁĘKA 2000	Senior II M - 30	105	02:13:39	06:30:56	10:19:03	12:29:39	16:06:08	19:37:49		<b>21:42:36.75</b>	<b>21:43:19.35</b>	+10:44:02 (49.4%)	11:50	5.1 (51.0%)
351	<b>WĘCLEWSKI Marcin</b>	<b>3178</b>		Masters M - 40	126	02:11:42	06:40:39	11:03:07	13:39:03	17:02:55	19:49:47		<b>21:49:59.15</b>	<b>21:50:18.40</b>	+10:51:01 (49.7%)	11:54	5 (50.0%)
352	<b>PASTWA Grzegorz</b>	<b>3524</b>		Senior II M - 30	106	02:26:55	06:48:32	11:18:41	13:41:38	16:28:38	19:29:39		<b>21:53:50.50</b>	<b>21:53:52.10</b>	+10:54:34 (49.8%)	11:56	5 (50.0%)
353	<b>SUŁEK Aldona</b>	<b>3428</b>	ZOELLER TECH	Masters K - 40	28	02:38:47	07:20:01	11:14:44	13:28:33	16:46:34	19:43:26		<b>21:54:13.85</b>	<b>21:54:43.70</b>	+10:55:26 (49.9%)	11:56	5 (50.0%)
354	<b>LAJTER Jerzy</b>	<b>3214</b>	4 RUN TEAM PIŁA	Weteran II M - 60	6	02:40:22	07:32:21	11:39:34	13:54:02	17:13:25	19:54:17		<b>21:53:30.60</b>	<b>21:55:02.10</b>	+10:55:44 (49.9%)	11:56	5 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
355	<b>MAJCHRZYCKI Sławomir</b>	<b>3515</b>	TKKF MPK POZNAŃ	Masters M - 40	127	02:13:21	06:29:57	10:35:37	12:59:54	16:20:47	19:34:23		<b>21:56:57.20</b>	<b>21:57:20.20</b>	+10:58:02 (50.0%)	11:58	5 (50.0%)
356	<b>FARBISZEWSKI Marek</b>	<b>3510</b>	ORANGE POLSKA	Masters M - 40	128	02:20:49	06:26:47	10:12:25	12:30:33	15:43:32	19:11:21		<b>22:03:52.50</b>	<b>22:04:56.20</b>	+11:05:38 (50.2%)	12:02	5 (50.0%)
357	<b>SOBKOWIAK Sławomir Locco</b>	<b>3385</b>	WRONIECKI KLUB BIEGACZA	Weteran I M - 50	38	02:17:52	06:47:42	11:01:45	13:29:11	16:55:25	19:55:17		<b>22:06:04.80</b>	<b>22:06:35.55</b>	+11:07:18 (50.3%)	12:03	5 (50.0%)
358	<b>STOŁOWSKI Robert</b>	<b>3012</b>		Masters M - 40	129	02:17:54	06:54:52	11:01:40	13:29:23	16:56:03	19:55:03		<b>22:06:05.70</b>	<b>22:06:35.75</b>	+11:07:18 (50.3%)	12:03	5 (50.0%)
359	<b>PIETRUCHA Adam</b>	<b>3425</b>	DRUŻYNA SZPIKU	Senior II M - 30	107	02:22:06	06:45:17	10:41:47	13:00:09		19:46:36		<b>22:08:44.35</b>	<b>22:10:26.75</b>	+11:11:09 (50.4%)	12:04	5 (50.0%)
360	<b>MUCHA Katarzyna</b>	<b>3208</b>	NOA	Weteran K - 50	8	02:32:03	06:49:36	10:19:18	12:25:19		19:26:44		<b>22:13:23.35</b>	<b>22:14:08.10</b>	+11:14:50 (50.6%)	12:07	4.9 (49.0%)
361	<b>ŻEBROWSKI Piotr</b>	<b>3464</b>		Senior II M - 30	108	02:19:00	06:35:22	10:19:26	12:25:25	15:50:12	19:18:18		<b>22:16:10.80</b>	<b>22:16:52.95</b>	+11:17:35 (50.7%)	12:08	4.9 (49.0%)
362	<b>FRĄCKOWIAK Dominik</b>	<b>3068</b>		Senior II M - 30	109	02:10:52	06:22:21	10:19:32	12:34:42	15:59:39	19:52:53		<b>22:16:29.95</b>	<b>22:16:53.15</b>	+11:17:35 (50.7%)	12:08	4.9 (49.0%)
363	<b>JANKOWSKI Szymon</b>	<b>3353</b>		Masters M - 40	130	02:34:09	06:51:04	10:47:35	13:17:29		19:52:25		<b>22:16:51.50</b>	<b>22:18:45.10</b>	+11:19:27 (50.8%)	12:09	4.9 (49.0%)
364	<b>BIEDA Bernard</b>	<b>3407</b>		Senior II M - 30	110	02:12:26	06:40:41	11:04:17	13:39:04	17:03:08	20:05:02		<b>22:21:26.70</b>	<b>22:21:45.45</b>	+11:22:28 (50.9%)	12:11	4.9 (49.0%)
365	<b>NOWAK Iwona</b>	<b>3157</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	29	02:30:46	07:49:14	11:40:59	13:45:16	17:00:25	20:04:20		<b>22:23:28.25</b>	<b>22:24:17.35</b>	+11:25:00 (51.0%)	12:12	4.9 (49.0%)
366	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>3155</b>	DRUŻYNA SZPIKU	Masters K - 40	30	02:29:57	07:19:45	11:27:05	13:58:55	17:17:45	20:19:12		<b>22:25:54.55</b>	<b>22:27:35.25</b>	+11:28:17 (51.1%)	12:14	4.9 (49.0%)
367	<b>BARANIAK Beata</b>	<b>3160</b>	DRUŻYNA SZPIKU	Weteran K - 50	9	02:29:58	07:19:42	11:26:57	13:58:55	17:17:52	20:19:27		<b>22:25:55.20</b>	<b>22:27:36.35</b>	+11:28:19 (51.1%)	12:14	4.9 (49.0%)
368	<b>DARSKI Rafał</b>	<b>3124</b>	RECAMIERE	Weteran II M - 60	7	02:09:39	07:09:00	11:13:45	13:31:50	16:47:55	20:13:19		<b>22:28:52.90</b>	<b>22:29:17.55</b>	+11:30:00 (51.1%)	12:15	4.9 (49.0%)
369	<b>SKIBA Anna</b>	<b>3335</b>	KB HARCOWNIK	Masters K - 40	31	02:25:40	06:48:38	10:50:23	13:05:01	16:44:59	20:00:22		<b>22:31:05.95</b>	<b>22:31:51.00</b>	+11:32:33 (51.2%)	12:16	4.9 (49.0%)
370	<b>SOSZYŃSKA Katarzyna</b>	<b>3533</b>	ULTRA WAY TEAM	Masters K - 40	32	02:17:26	06:47:41	10:26:39	12:34:41	16:04:40	19:26:47		<b>22:31:24.80</b>	<b>22:31:54.95</b>	+11:32:37 (51.2%)	12:17	4.9 (49.0%)
371	<b>SZUMLAS Marcin</b>	<b>3008</b>	ULTRA WAY TEAM	Masters M - 40	131	02:29:37	06:46:56	10:26:04	12:33:47	16:04:02	19:25:47		<b>22:30:39.40</b>	<b>22:31:55.50</b>	+11:32:38 (51.2%)	12:16	4.9 (49.0%)
372	<b>SZANDAŁA Jacek</b>	<b>3225</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	132	02:06:35	05:58:23	09:29:06	11:26:07	14:44:59	18:05:04		<b>22:32:06.10</b>	<b>22:32:47.55</b>	+11:33:30 (51.3%)	12:17	4.9 (49.0%)
373	<b>KONIECZKO Rafał</b>	<b>3031</b>		Weteran I M - 50	39	02:15:22	06:58:18	11:03:24	13:06:40	16:43:26	20:15:26		<b>22:32:57.90</b>	<b>22:33:18.95</b>	+11:34:01 (51.3%)	12:17	4.9 (49.0%)
374	<b>KAŻMIERCZAK Aleksandra</b>	<b>3100</b>	SKORUPA SPORT	Masters K - 40	33	02:30:17	07:27:02	11:42:20	13:46:00	17:16:04	20:09:22		<b>22:32:47.70</b>	<b>22:33:19.00</b>	+11:34:01 (51.3%)	12:17	4.9 (49.0%)
375	<b>CHOŁOTA Marek</b>	<b>3033</b>		Masters M - 40	133	02:15:20	06:58:21	11:03:35	13:08:36	16:50:15	20:06:47		<b>22:33:21.60</b>	<b>22:33:41.65</b>	+11:34:24 (51.3%)	12:18	4.9 (49.0%)
376	<b>JASTRZĄB-STANDERSKA Joanna</b>	<b>3013</b>		Masters K - 40	34	02:15:26	06:58:19	11:03:31	13:07:37	16:49:11	20:13:35		<b>22:33:20.80</b>	<b>22:33:41.75</b>	+11:34:24 (51.3%)	12:18	4.9 (49.0%)
377	<b>OBŁUDKA Adam</b>	<b>3297</b>	BEERSPIRIT	Masters M - 40	134	02:41:30	07:25:58	11:24:01	13:32:45	17:27:50	20:22:38		<b>22:32:03.50</b>	<b>22:33:47.75</b>	+11:34:30 (51.3%)	12:17	4.9 (49.0%)
378	<b>WIECZOREK Sławomir</b>	<b>3388</b>		Masters M - 40	135	02:17:51	06:54:54	11:01:54	13:30:17	17:11:32	20:07:53		<b>22:34:13.70</b>	<b>22:34:44.55</b>	+11:35:27 (51.3%)	12:18	4.9 (49.0%)
379	<b>ŚCIEGOSZ Daniel</b>	<b>3518</b>	STANWEX II	Senior II M - 30	111	02:19:00	06:37:11	11:16:14	13:48:12	18:03:43	20:43:35		<b>22:38:08.65</b>	<b>22:38:34.80</b>	+11:39:17 (51.5%)	12:20	4.9 (49.0%)
380	<b>CISZEWSKI Krzysztof</b>	<b>3134</b>		Masters M - 40	136	02:19:39	06:39:22	10:45:29	12:54:31	16:35:24	20:12:53		<b>22:38:54.90</b>	<b>22:40:34.50</b>	+11:41:17 (51.5%)	12:21	4.9 (49.0%)
381	<b>LEPIARZ Beata</b>	<b>3347</b>	W KOBIECIE SIŁA	Weteran K - 50	10	02:20:52	06:43:04	10:49:08	13:27:36	16:49:41	20:09:20		<b>22:44:21.70</b>	<b>22:44:53.05</b>	+11:45:35 (51.7%)	12:24	4.8 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
													netto 110km	brutto 110km			Różn
382	<b>SOBCZYK Grzesiu</b>	<b>3310</b>	WIELUŃ BIEGA	Masters M - 40	137	02:14:50	06:05:09	09:44:42	11:44:41	15:08:18			<b>22:52:14.00</b>	<b>22:52:14.00</b>	+11:52:56 (52.0%)	12:28	4.8 (48.0%)
383	<b>SURDAKCI Jerzy</b>	<b>3143</b>	DRUŻYNA SZPIKU	Weteran I M - 50	40	02:34:06	07:39:33	11:53:03	14:34:14		20:58:33		<b>22:52:26.60</b>	<b>22:53:33.10</b>	+11:54:15 (52.0%)	12:28	4.8 (48.0%)
384	<b>BOTTCHER Andrzej</b>	<b>3247</b>		Masters M - 40	138	02:25:39	06:54:34	11:04:34	13:32:18	17:32:43	20:35:55		<b>22:54:35.45</b>	<b>22:55:51.45</b>	+11:56:34 (52.1%)	12:29	4.8 (48.0%)
385	<b>MUSZYŃSKI Jakub</b>	<b>3248</b>		Senior II M - 30	112	02:25:38	06:54:37	11:04:39	13:32:20		20:35:55		<b>22:54:38.80</b>	<b>22:55:53.85</b>	+11:56:36 (52.1%)	12:29	4.8 (48.0%)
386	<b>PROCHNO Piotr</b>	<b>3001</b>	TRAIL IS OUR WAY	Senior II M - 30	113	02:10:45	06:20:22	09:57:37	12:06:59	16:09:29	20:03:33		<b>22:56:14.25</b>	<b>22:56:46.95</b>	+11:57:29 (52.1%)	12:30	4.8 (48.0%)
387	<b>CZYŻ Łukasz</b>	<b>3034</b>	ES TEAM	Masters M - 40	139	02:09:36	06:32:27	10:36:10	13:02:21	16:41:21	20:16:21		<b>22:57:10.20</b>	<b>22:57:30.15</b>	+11:58:12 (52.1%)	12:31	4.8 (48.0%)
388	<b>WĘGIERSKA Małgorzata</b>	<b>3496</b>		Senior II K - 30	32	02:05:30	05:55:04	10:21:46	12:55:26	16:31:37	19:54:46		<b>22:57:32.85</b>	<b>22:57:59.25</b>	+11:58:41 (52.2%)	12:31	4.8 (48.0%)
389	<b>WITKOWSKA Maria</b>	<b>3095</b>	TEAM DFBG	Weteran II K - 60	2	02:42:03	07:22:40	11:15:21	13:42:10	17:13:42	20:26:30		<b>23:02:18.10</b>	<b>23:03:09.55</b>	+12:03:52 (52.3%)	12:33	4.8 (48.0%)
390	<b>STROMIDŁO Anna</b>	<b>3078</b>	BROWAR DOMOWY HATAK	Masters K - 40	35	02:31:44	07:40:42	11:41:33	14:04:55	17:30:02	20:37:24		<b>23:04:21.65</b>	<b>23:04:31.05</b>	+12:05:13 (52.4%)	12:35	4.8 (48.0%)
391	<b>STROMIDŁO Sebastian</b>	<b>3065</b>	BR - W STRONĘ ULTRA (PODCAST)	Masters M - 40	140	02:31:36	07:40:41	11:41:30	14:04:52	17:30:09	20:37:22		<b>23:04:22.15</b>	<b>23:04:31.30</b>	+12:05:14 (52.4%)	12:35	4.8 (48.0%)
392	<b>DEM CZAR Jacek</b>	<b>3092</b>		Weteran I M - 50	41	02:28:03	07:22:57	11:15:53	13:40:12	17:03:38	20:36:02		<b>23:03:35.95</b>	<b>23:05:06.30</b>	+12:05:49 (52.4%)	12:34	4.8 (48.0%)
393	<b>GINTER Grzegorz</b>	<b>3196</b>	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	114	02:22:26	07:32:55	12:40:13	14:47:44	18:04:41	21:10:53		<b>23:04:49.05</b>	<b>23:05:17.30</b>	+12:06:00 (52.4%)	12:35	4.8 (48.0%)
394	<b>WARSZYCKI Artur</b>	<b>3314</b>	BIEGAJĄCE KREJZOLE	Senior II M - 30	115	02:27:55	07:00:06	11:08:06	13:33:19	18:11:04	21:02:43		<b>23:06:04.30</b>	<b>23:06:39.10</b>	+12:07:21 (52.5%)	12:36	4.8 (48.0%)
395	<b>KROLS Hilde</b>	<b>3440</b>	VOS SCHAFFEN	Weteran II K - 60	3	02:33:14	07:31:42	11:52:19	14:14:29	17:56:14	21:09:57		<b>23:05:44.05</b>	<b>23:07:21.65</b>	+12:08:04 (52.5%)	12:35	4.8 (48.0%)
396	<b>WITLICKI Kacper</b>	<b>3193</b>		Senior I M - 20	9	02:07:15	05:48:27	09:24:34	11:21:55	14:41:12	20:40:24		<b>23:07:10.10</b>	<b>23:07:30.85</b>	+12:08:13 (52.5%)	12:36	4.8 (48.0%)
397	<b>SERAFIN Michał</b>	<b>3151</b>	HWBC	Masters M - 40	141	02:16:36	06:51:57	11:07:27	13:38:14	17:03:28	20:57:01		<b>23:12:23.05</b>	<b>23:13:11.90</b>	+12:13:54 (52.7%)	12:39	4.7 (47.0%)
398	<b>SZEMIK Kamila</b>	<b>3462</b>		Masters K - 40	36	02:43:30	07:35:50	11:39:37	14:07:03	17:23:46	20:34:57		<b>23:11:34.40</b>	<b>23:13:23.65</b>	+12:14:06 (52.7%)	12:39	4.7 (47.0%)
399	<b>MARUT Kaśka</b>	<b>3350</b>		Masters K - 40	37	02:31:48	07:07:49	11:14:55	13:31:01	17:22:17	20:40:24		<b>23:11:59.25</b>	<b>23:13:26.20</b>	+12:14:08 (52.7%)	12:39	4.7 (47.0%)
400	<b>MAJEWSKA Gizela</b>	<b>3366</b>	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	11	02:35:49	07:15:47	11:15:31	13:34:05	17:32:47	20:40:32		<b>23:12:02.45</b>	<b>23:13:26.95</b>	+12:14:09 (52.7%)	12:39	4.7 (47.0%)
400	<b>BURLIGA Marzena</b>	<b>3368</b>		Masters K - 40	38	02:35:49	07:16:07	11:16:25	13:34:07	17:32:56	20:40:21		<b>23:12:06.15</b>	<b>23:13:26.95</b>	+12:14:09 (52.7%)	12:39	4.7 (47.0%)
402	<b>GORCZYCA Łukasz</b>	<b>3340</b>		Masters M - 40	142	02:28:31	07:19:23	11:42:02	13:45:49	17:27:50	20:46:36		<b>23:16:40.65</b>	<b>23:17:24.35</b>	+12:18:07 (52.8%)	12:41	4.7 (47.0%)
403	<b>CHOMICZ Andrzej</b>	<b>3226</b>	NADAKTYWNI NOWE MIASTECZKO	Senior II M - 30	116	02:28:35	07:19:27	11:42:06	13:45:50	17:25:59	20:47:50		<b>23:16:43.65</b>	<b>23:17:24.75</b>	+12:18:07 (52.8%)	12:41	4.7 (47.0%)
404	<b>SUCHOCKI Grzegorz</b>	<b>3228</b>	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	42	02:28:30	07:19:23	11:41:56	13:45:50	17:18:10	20:46:43		<b>23:16:42.90</b>	<b>23:17:25.20</b>	+12:18:07 (52.8%)	12:41	4.7 (47.0%)
405	<b>JONCZYK Jerzy</b>	<b>3285</b>	TUPTUP	Weteran I M - 50	43	02:34:43	07:29:21	11:40:09	14:03:19	17:36:28	20:52:14		<b>23:17:17.65</b>	<b>23:17:31.20</b>	+12:18:13 (52.8%)	12:42	4.7 (47.0%)
406	<b>SZWEDLER-NOWACKA Jolanta</b>	<b>3394</b>		Masters K - 40	39	02:43:34	07:35:53	11:39:42	14:07:10	17:24:12	20:35:03		<b>23:15:47.95</b>	<b>23:17:37.10</b>	+12:18:19 (52.8%)	12:41	4.7 (47.0%)
407	<b>GOGOLIŃSKI Przemysław</b>	<b>3458</b>		Masters M - 40	143	02:43:35	07:34:07	11:39:43	14:07:10	17:23:40	20:34:59		<b>23:15:50.45</b>	<b>23:17:41.10</b>	+12:18:23 (52.8%)	12:41	4.7 (47.0%)
408	<b>ZEMANEK Arkadiusz</b>	<b>3459</b>		Masters M - 40	144	02:43:34	07:34:17	11:39:46	14:07:12	17:24:00	20:34:54		<b>23:15:53.30</b>	<b>23:17:43.75</b>	+12:18:26 (52.8%)	12:41	4.7 (47.0%)
409	<b>OSTASZEWSKI Mariusz</b>	<b>3256</b>		Masters M - 40	145	02:22:43	07:20:49	12:07:26	14:26:35	18:04:57	21:18:12		<b>23:19:27.15</b>	<b>23:20:06.90</b>	+12:20:49 (52.9%)	12:43	4.7 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						15km	40km	61km	70km	85km	98km		netto 110km	brutto 110km			Różn
410	<b>KALUZIŃSKI Dominik</b>	<b>3067</b>		Senior II M - 30	117	02:39:16	07:34:53	12:04:02	14:25:42		20:56:01		<b>23:20:59.65</b>	<b>23:21:20.00</b>	+12:22:02 (53.0%)	12:44	4.7 (47.0%)
411	<b>PIETRZYK Sylwester</b>	<b>3115</b>	BIEGOWA KUŹNIA	Weteran I M - 50	44	02:28:43	07:01:30	11:21:01	13:34:52	17:16:03	20:46:07		<b>23:23:13.70</b>	<b>23:23:36.55</b>	+12:24:19 (53.0%)	12:45	4.7 (47.0%)
412	<b>JASKÓLSKA-PIETRZYK Kinga</b>	<b>3415</b>	BIEGOWA KUŹNIA	Masters K - 40	40	02:28:45	07:01:33	11:21:04	13:34:54	17:17:09	20:46:12		<b>23:23:13.00</b>	<b>23:23:36.65</b>	+12:24:19 (53.0%)	12:45	4.7 (47.0%)
413	<b>PUCZYŁOWSKI Patryk</b>	<b>3546</b>		Senior II M - 30	118	02:34:26	07:14:25	11:23:15	13:43:57	17:12:31	20:51:02		<b>23:22:39.15</b>	<b>23:23:50.80</b>	+12:24:33 (53.0%)	12:45	4.7 (47.0%)
414	<b>BALNER Sebastian</b>	<b>3087</b>	CZARNA TĘCZA	Weteran I M - 50	45	02:08:42	06:53:21	11:21:06	14:14:51	17:28:20	20:48:54		<b>23:24:15.70</b>	<b>23:24:22.85</b>	+12:25:05 (53.1%)	12:45	4.7 (47.0%)
415	<b>KOWAL Sebastian</b>	<b>3479</b>		Senior I M - 20	10	01:55:27	05:34:11	09:32:28	11:27:41	14:51:02	19:31:17		<b>23:24:32.65</b>	<b>23:24:59.05</b>	+12:25:41 (53.1%)	12:46	4.7 (47.0%)
416	<b>ZARZECZNY Radosław</b>	<b>3085</b>	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	119	02:34:46	07:16:22	11:15:58	13:41:51	17:13:00	20:36:43		<b>23:29:47.20</b>	<b>23:30:35.05</b>	+12:31:17 (53.3%)	12:48	4.7 (47.0%)
417	<b>STEC Iwona</b>	<b>3029</b>		Senior II K - 30	33	02:29:53	06:57:41	11:13:58	13:41:11	17:28:09	20:46:18		<b>23:30:21.25</b>	<b>23:31:59.50</b>	+12:32:42 (53.3%)	12:49	4.7 (47.0%)
418	<b>ŁYSIAK Kasia</b>	<b>3273</b>		Senior II K - 30	34	02:29:51	06:57:38	11:13:54	13:41:11	17:28:13	20:46:21		<b>23:30:21.35</b>	<b>23:31:59.60</b>	+12:32:42 (53.3%)	12:49	4.7 (47.0%)
419	<b>KICZINSKA Izabela</b>	<b>3443</b>	4 PUŁK CHEMICZNY	Masters K - 40	41	02:19:09	06:48:22	10:59:35	13:25:09	16:48:18	20:34:56		<b>23:43:41.50</b>	<b>23:43:49.95</b>	+12:44:32 (53.7%)	12:56	4.6 (46.0%)
420	<b>PAŁYSA Robert</b>	<b>3527</b>	STANWEX II	Senior I M - 20	11	02:19:04	06:37:57	11:16:24	13:46:19	18:19:17	21:11:14		<b>23:44:01.75</b>	<b>23:44:27.55</b>	+12:45:10 (53.7%)	12:56	4.6 (46.0%)
421	<b>FUNKA Andrzej</b>	<b>3430</b>	NKB CHYŻY	Weteran II M - 60	8	02:48:54	07:51:37	12:15:29	14:50:17	18:17:36	21:31:27		<b>23:50:46.25</b>	<b>23:52:03.40</b>	+12:52:46 (54.0%)	13:00	4.6 (46.0%)
422	<b>ZALEWSKI Marcin</b>	<b>3391</b>	ULTRA WAY TEAM	Masters M - 40	146	02:30:50	07:27:12	11:15:30	13:35:59				<b>23:53:05.00</b>	<b>23:53:05.00</b>	+12:53:47 (54.0%)	13:01	4.6 (46.0%)
423	<b>HOJDA Mariusz</b>	<b>3542</b>	COOL GUYS	Masters M - 40	147	02:20:57	06:58:37	11:56:27	15:07:45	18:51:33	21:59:31		<b>23:58:09.10</b>	<b>23:58:43.75</b>	+12:59:26 (54.2%)	13:04	4.6 (46.0%)
424	<b>ALLEN Stephen</b>	<b>3369</b>	BARNET & DISTRICT AC	Weteran II M - 60	9	02:43:05	07:42:00	12:02:05	14:28:15	18:27:32	21:40:21		<b>24:02:38.55</b>	<b>24:03:51.25</b>	+13:04:33 (54.3%)	13:06	4.6 (46.0%)
425	<b>SYPNIEWSKA Hanna</b>	<b>3512</b>	ULTRAWAY TEAM	Weteran II K - 60	4	02:50:27	08:03:59	12:17:26	14:44:25	18:08:38	21:42:04		<b>24:13:16.15</b>	<b>24:14:08.65</b>	+13:14:51 (54.7%)	13:12	4.5 (45.0%)
426	<b>OSSOWSKI Arkadiusz</b>	<b>3342</b>	PROJEKT1000UP/RUNEDA	Masters M - 40	148	02:30:18	07:27:35	11:45:06	14:05:39	18:10:00	21:42:27		<b>24:13:36.50</b>	<b>24:14:08.85</b>	+13:14:51 (54.7%)	13:12	4.5 (45.0%)
427	<b>MROZIK Mariusz</b>	<b>3356</b>	DZIKIE DZIKI GORZÓW	Masters M - 40	149	02:31:07	07:13:59	11:34:09	14:16:53	18:12:25	21:47:19		<b>24:20:48.95</b>	<b>24:21:08.90</b>	+13:21:51 (54.9%)	13:16	4.5 (45.0%)
428	<b>KOLEJ Monika</b>	<b>3348</b>	DZIKIE DZIKI GORZÓW	Masters K - 40	42	02:31:07	07:14:00	11:34:01	14:16:51	18:12:19	21:47:17		<b>24:20:49.75</b>	<b>24:21:09.10</b>	+13:21:51 (54.9%)	13:16	4.5 (45.0%)
429	<b>SOBASZKIEWICZ Rafał</b>	<b>3206</b>	RUNCROSS ROZGARTY	Weteran I M - 50	46	02:34:36	07:28:02	11:41:29	14:20:40	18:03:04	21:29:07		<b>24:20:17.20</b>	<b>24:21:16.50</b>	+13:21:59 (54.9%)	13:16	4.5 (45.0%)
430	<b>RUTKOWSKI Kazimierz</b>	<b>3272</b>	KUSY I SPÓŁKA	Weteran II M - 60	10	02:56:25	08:33:00	12:34:40	14:54:45	18:49:30	22:10:37		<b>24:25:59.05</b>	<b>24:27:33.00</b>	+13:28:15 (55.1%)	13:19	4.5 (45.0%)
431	<b>ZYGMUNT Monika</b>	<b>3336</b>		Weteran K - 50	12	02:31:12	07:19:01	11:35:22	14:14:10	18:05:55	21:26:04		<b>24:28:05.40</b>	<b>24:29:30.95</b>	+13:30:13 (55.1%)	13:20	4.5 (45.0%)
432	<b>ICIEK Mariusz</b>	<b>3469</b>	AKTYWNI KAMIEŃSK	Masters M - 40	150	03:00:35	08:03:06	12:28:45	15:12:51	18:32:49	22:09:09		<b>24:27:53.25</b>	<b>24:29:46.25</b>	+13:30:28 (55.1%)	13:20	4.5 (45.0%)
433	<b>POKOJSKA Ewa</b>	<b>3416</b>	WYBIEGAJ SIEBIE	Masters K - 40	43	02:43:38	07:32:13	11:56:11	14:41:02	18:16:01	22:00:11		<b>24:29:54.35</b>	<b>24:30:52.90</b>	+13:31:35 (55.2%)	13:21	4.5 (45.0%)
434	<b>MYRCIK Pawel</b>	<b>3218</b>		Senior II M - 30	120	02:49:35	08:17:01	13:16:29	15:51:19	19:07:52	22:07:28		<b>24:29:50.50</b>	<b>24:31:12.85</b>	+13:31:55 (55.2%)	13:21	4.5 (45.0%)
435	<b>KALŁAUR Krzysztof</b>	<b>3098</b>		Senior II M - 30	121	02:32:36	07:16:50	11:54:51	14:32:25	18:36:41	22:21:59		<b>24:34:37.75</b>	<b>24:35:19.75</b>	+13:36:02 (55.3%)	13:24	4.5 (45.0%)
436	<b>JĘDRZEJEWSKA Beata</b>	<b>3316</b>	MIRAZ RACE TEAM	Masters K - 40	44	02:49:50	08:43:50	13:03:30	15:45:18	19:16:12	22:26:58		<b>24:47:09.10</b>	<b>24:47:27.85</b>	+13:48:10 (55.7%)	13:31	4.4 (44.0%)
437	<b>ŚWIĘTONIOWSKA Justyna</b>	<b>3056</b>	SAINT TEAM	Masters K - 40	45	02:45:51	07:39:43	11:55:14	14:31:05	18:43:08	22:27:01		<b>24:47:18.95</b>	<b>24:48:44.25</b>	+13:49:26 (55.7%)	13:31	4.4 (44.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
438	<b>WOJCIESZAK</b> Klaudia	<b>3192</b>	TEAM ZABIEGANEDNI	Masters K - 40	46	02:31:43	07:13:13	11:37:09	14:34:09	18:14:58	21:46:01		<b>24:47:46.80</b>	<b>24:48:47.55</b>	+13:49:30 (55.7%)	13:31	4.4 (44.0%)
439	<b>BIEŃ</b> Małgorzata	<b>3011</b>		Masters K - 40	47	02:31:43	07:13:16	11:37:06	14:34:14	18:14:49	21:46:08		<b>24:47:50.35</b>	<b>24:48:47.70</b>	+13:49:30 (55.7%)	13:31	4.4 (44.0%)
440	<b>REKOSIEWICZ- TOKARZ</b> Monika	<b>3395</b>	ZAWADZKA TEAM/NOCNY BÓR	Masters K - 40	48	02:45:45	07:39:43	11:55:32	14:31:12	18:43:50	22:26:36		<b>24:47:33.70</b>	<b>24:48:57.95</b>	+13:49:40 (55.7%)	13:31	4.4 (44.0%)
441	<b>FURYK</b> Karol	<b>3021</b>	PAKOŚĆ BIEGA	Senior II M - 30	122	02:42:36	07:56:17	12:15:17	14:39:35	18:35:21	22:00:38		<b>24:50:32.60</b>	<b>24:51:15.80</b>	+13:51:58 (55.8%)	13:33	4.4 (44.0%)
442	<b>SCHUMACHER</b> Małgorzata	<b>3022</b>	PAKOŚĆ BIEGA	Senior II K - 30	35	02:42:38	07:56:17	12:15:20	14:39:37	18:35:17	22:00:41		<b>24:50:33.05</b>	<b>24:51:16.30</b>	+13:51:59 (55.8%)	13:33	4.4 (44.0%)
443	<b>JAGODZIŃSKA</b> Paulina	<b>3043</b>	GANGBIESA/ LOVE'LAS	Masters K - 40	49	02:33:13	07:22:08	12:02:23	14:33:04	17:53:06	22:27:15		<b>24:52:29.55</b>	<b>24:53:56.05</b>	+13:54:38 (55.9%)	13:34	4.4 (44.0%)
444	<b>POSYNIAK</b> Anna	<b>3171</b>		Masters K - 40	50	02:34:20	07:22:07	12:02:29	14:32:50	18:38:46	22:27:51		<b>24:52:29.90</b>	<b>24:53:56.30</b>	+13:54:39 (55.9%)	13:34	4.4 (44.0%)
445	<b>KOCHAN</b> Grzegorz	<b>3539</b>	KTO DOGONI PSA	Masters M - 40	151	02:43:05	07:34:03	12:11:29	14:41:19	18:29:21	21:56:35		<b>24:54:53.95</b>	<b>24:55:26.15</b>	+13:56:08 (55.9%)	13:35	4.4 (44.0%)
446	<b>PRZYBYSZEWSKA</b> Dominika	<b>3054</b>	ŚWIERCZEWO RUN	Senior II K - 30	36	02:29:04	07:11:40	11:15:13	13:44:41	18:04:14	22:12:07		<b>24:56:14.15</b>	<b>24:56:42.45</b>	+13:57:25 (56.0%)	13:36	4.4 (44.0%)
447	<b>PYZIO</b> Magdalena	<b>3203</b>		Senior II K - 30	37	02:28:14	07:14:10	12:27:30	14:52:46	19:34:04	22:31:29		<b>24:56:05.10</b>	<b>24:57:50.70</b>	+13:58:33 (56.0%)	13:36	4.4 (44.0%)
448	<b>WALIŃSKA</b> Agata	<b>3202</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.COM	Senior II K - 30	38	02:28:24	07:14:13	12:27:27	14:53:02	19:34:00	22:30:52		<b>24:56:07.35</b>	<b>24:57:53.05</b>	+13:58:35 (56.0%)	13:36	4.4 (44.0%)
449	<b>HEJNA</b> Łukasz	<b>3380</b>		Masters M - 40	152	02:34:11	07:23:14	12:05:18	14:41:23	18:43:05	22:30:34		<b>24:59:10.50</b>	<b>25:01:04.50</b>	+14:01:47 (56.1%)	13:37	4.4 (44.0%)
450	<b>HOFFMANN</b> Grzegorz	<b>3461</b>	KOŚCIAN TEAM	Masters M - 40	153	02:46:06	07:57:59	12:20:42	15:11:00	19:02:16	22:28:37		<b>25:04:40.60</b>	<b>25:05:47.25</b>	+14:06:29 (56.2%)	13:40	4.4 (44.0%)
451	<b>HELWICH</b> Agnes	<b>3448</b>	HELTEAM	Masters K - 40	51	02:19:31	06:57:28	12:05:35	15:24:46	19:33:24	22:37:47		<b>25:05:16.30</b>	<b>25:06:00.65</b>	+14:06:43 (56.2%)	13:41	4.4 (44.0%)
452	<b>PAWĘZOWSKA</b> Anna	<b>3086</b>	BIEGOWA KUŹNIA	Masters K - 40	52	02:34:14	07:46:31	12:19:04	15:05:30	19:11:40	22:27:02		<b>25:15:33.00</b>	<b>25:16:09.95</b>	+14:16:52 (56.5%)	13:46	4.4 (44.0%)
453	<b>POŚPIECH</b> Anna	<b>3439</b>	BIEGOWA KUŹNIA	Senior II K - 30	39	02:36:02	07:46:31	12:18:55	15:05:29	19:08:32	22:15:32		<b>25:15:34.20</b>	<b>25:16:10.15</b>	+14:16:52 (56.5%)	13:46	4.4 (44.0%)
453	<b>MORDZIOŁEK</b> Katarzyna	<b>3053</b>	BIEGOWA KUŹNIA	Masters K - 40	53	02:34:02	07:46:27	12:18:45	15:05:27	19:08:26	22:27:01		<b>25:15:33.80</b>	<b>25:16:10.15</b>	+14:16:52 (56.5%)	13:46	4.4 (44.0%)
455	<b>POPCZYK</b> Magdalena	<b>3089</b>	BIEGOWA KUŹNIA	Senior II K - 30	40	02:36:00	07:46:28	12:18:48	15:05:29	19:07:40	22:28:00		<b>25:15:35.95</b>	<b>25:16:12.45</b>	+14:16:55 (56.5%)	13:46	4.4 (44.0%)
456	<b>GÓRNY</b> Robert	<b>3168</b>	THE-SKY-IS-THE-LIMIT	Senior II M - 30	123	02:17:25	06:38:55	11:43:00	14:43:39	19:24:55	22:30:22		<b>25:20:02.75</b>	<b>25:20:18.75</b>	+14:21:01 (56.6%)	13:49	4.3 (43.0%)
457	<b>BUBEL</b> Sebastian	<b>3183</b>		Masters M - 40	154	02:49:40	08:17:03	13:16:24	15:51:28	19:33:10			<b>25:20:07.25</b>	<b>25:21:29.35</b>	+14:22:12 (56.7%)	13:49	4.3 (43.0%)
458	<b>WALCZAK- WOJTKOWSKA</b> Iwona	<b>3309</b>		Weteran II K - 60	5	03:05:01	08:43:01	13:02:44	15:45:18	19:16:38	22:46:33		<b>25:21:16.55</b>	<b>25:22:27.45</b>	+14:23:10 (56.7%)	13:49	4.3 (43.0%)
459	<b>GNIELKA</b> Dawid	<b>3433</b>	CHATKA SKALANKA	Senior II M - 30	124	02:46:22	07:37:46	12:53:30	15:50:19	19:51:23			<b>25:21:19.75</b>	<b>25:23:13.75</b>	+14:23:56 (56.7%)	13:49	4.3 (43.0%)
460	<b>WINCZURA</b> Leszek	<b>3213</b>		Weteran I M - 50	47	02:42:50	08:19:17	13:09:46	15:38:44	19:10:53	22:26:20		<b>25:26:39.95</b>	<b>25:27:46.40</b>	+14:28:29 (56.8%)	13:52	4.3 (43.0%)
461	<b>SZULC</b> Adam	<b>3217</b>	A ŻĄDŁEM CHCESZ?	Masters M - 40	155	02:42:43	08:19:11	13:09:37	15:37:56	19:10:38	22:26:21		<b>25:26:40.80</b>	<b>25:27:51.60</b>	+14:28:34 (56.8%)	13:52	4.3 (43.0%)
462	<b>TEREBECKI</b> Kamil	<b>3478</b>	BIESZCZADZKIE WILKI	Senior II M - 30	125	02:57:21	08:36:14		16:45:57	20:27:55			<b>25:27:44.90</b>	<b>25:28:17.60</b>	+14:29:00 (56.9%)	13:53	4.3 (43.0%)
463	<b>TOPOREK</b> Ewa	<b>3106</b>	WYLOTANE	Senior II K - 30	41	03:04:02	08:55:23	13:34:04	16:16:42	20:27:22			<b>25:34:03.25</b>	<b>25:34:41.35</b>	+14:35:24 (57.0%)	13:56	4.3 (43.0%)
464	<b>TOPOREK</b> Krzysztof	<b>3103</b>	WYLOTANE	Senior II M - 30	126	03:04:04	08:55:24	13:34:02	16:16:46	20:27:18			<b>25:34:03.20</b>	<b>25:34:41.50</b>	+14:35:24 (57.0%)	13:56	4.3 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
465	<b>CZARNECKI Robert</b>	<b>3265</b>		Weteran I M - 50	48	02:38:11	07:39:33	11:52:30	14:27:26	18:43:55			<b>25:36:39.50</b>	<b>25:37:53.00</b>	+14:38:35 (57.1%)	13:58	4.3 (43.0%)
466	<b>THEUER-CZARNECKA Małgorzata</b>	<b>3266</b>		Weteran K - 50	13	02:38:07	07:39:32	11:52:52	14:27:28				<b>25:36:39.55</b>	<b>25:37:53.45</b>	+14:38:36 (57.1%)	13:58	4.3 (43.0%)
	<b>ŻUREK Jakub</b>	<b>3508</b>	BEZ ZBĘDNYCH PYTAŃ	Senior I M - 20		01:30:40 DNF	04:34:27 DNF	07:13:15 DNF	08:47:38 DNF	11:14:18 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GAWLAS Przemysław</b>	<b>3535</b>		Weteran I M - 50		02:04:59 DNF	05:56:09 DNF	09:37:38 DNF	11:41:49 DNF	14:57:15 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOSZAREK Maciej</b>	<b>3503</b>		Weteran I M - 50		02:16:16 DNF	06:28:31 DNF	10:18:29 DNF	12:24:43 DNF	16:15:19 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STASZYŃSKA Karolina</b>	<b>3468</b>	BIEGAJĄCE KREJZOLE	Masters K - 40		02:14:30 DNF	06:28:30 DNF	10:18:25 DNF	12:24:42 DNF	16:19:53 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DRABIŃSKI Adrian</b>	<b>3296</b>	BEERSPIRIT	Masters M - 40		02:41:32 DNF	07:25:53 DNF	11:23:49 DNF	13:32:46 DNF	17:27:36 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WACHNIENKO Błażej</b>	<b>3338</b>	ZG RUN #ŚLĘZAKTEAM	Senior II M - 30		02:12:36 DNF	06:36:14 DNF	11:00:55 DNF	13:32:01 DNF	17:55:42 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOWACZEK Marek</b>	<b>3239</b>		Masters M - 40		02:00:46 DNF	06:11:11 DNF	10:41:08 DNF	13:45:14 DNF	18:05:23 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>OBARSKI Norbert</b>	<b>3169</b>		Weteran II M - 60		03:09:57 DNF	08:59:48 DNF	13:31:41 DNF	16:22:09 DNF	20:35:22 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PILARSKI Tomasz</b>	<b>3473</b>	MARCIN ŚWIERC TEAM	Masters M - 40		01:23:38 DNF	03:46:13 DNF	06:19:09 DNF	07:39:30 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SARNOWSKI Paweł</b>	<b>3544</b>	BUDIO.PL / AKTYWNY OSTRZESZÓW	Senior II M - 30		01:24:39 DNF	03:59:14 DNF	06:30:18 DNF	07:49:37 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DURAJCZYK Michał</b>	<b>3307</b>		Senior II M - 30		02:18:30 DNF	06:30:57 DNF	10:10:22 DNF	12:12:39 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SUCHODOLA Piotr</b>	<b>3447</b>		Masters M - 40		02:18:50 DNF	06:23:55 DNF	10:27:06 DNF	12:54:03 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOWALIŃSKI Marek</b>	<b>3452</b>	SPARTA ULTRA TEAM	Weteran I M - 50		02:03:17 DNF	06:35:42 DNF	11:05:26 DNF	13:25:13 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PRZYBYLSKI Tomasz</b>	<b>3189</b>	TRI TOMAJ	Masters M - 40		02:08:52 DNF	06:27:51 DNF	10:50:38 DNF	13:35:49 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POPIELSKI Grzegorz</b>	<b>3040</b>	ROZBIEGANI CHOJNÓW	Masters M - 40		02:32:12 DNF	07:23:49 DNF	11:39:17 DNF	14:15:25 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MATERA Kinga</b>	<b>3220</b>	GRUPA JURA PL	Masters K - 40		02:51:33 DNF	08:32:28 DNF	13:48:09 DNF	17:04:56 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MOROŃ Krzysztof</b>	<b>3495</b>		Senior II M - 30		02:30:03 DNF	08:32:01 DNF	13:23:06 DNF	17:18:56 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SKORUPA Jacek</b>	<b>3484</b>	EUFORIA BIEGACZA	Masters M - 40		01:28:19 DNF	04:08:01 DNF	07:14:10 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŁOPATYŃSKI Ireneusz</b>	<b>3513</b>	REMA SPORT TEAM	Weteran I M - 50		01:40:19 DNF	04:29:39 DNF	07:17:52 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STEFANIAK Łukasz</b>	<b>3180</b>		Masters M - 40		01:43:42 DNF	04:43:19 DNF	07:41:05 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>RŹIĆKA Lukáš</b>	<b>3474</b>	RUNSPORT TEAM	Senior II M - 30		01:50:44 DNF	04:56:51 DNF	08:12:51 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SŁOMKOWSKI Mateusz</b>	<b>3295</b>		Senior II M - 30		02:10:07 DNF	05:35:23 DNF	09:08:03 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JÓZEFIAK Beata</b>	<b>3112</b>		Senior II K - 30		01:54:45 DNF	05:36:54 DNF	10:57:44 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PAWŁOWSKI Marcin</b>	<b>3493</b>		Masters M - 40		01:32:01 DNF	04:14:54 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TOCHA Andrzej</b>	<b>3200</b>	BIEGAJĄCY TCZEW	Senior II M - 30		01:29:21 DNF	04:18:21 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Kara/ bonifikata	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	<b>KRYGIER Tomasz</b>	<b>3117</b>	EUROCASH	Senior II M - 30		01:40:00 DNF	04:49:17 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>RATYŃSKI Marek</b>	<b>3373</b>	OTWOCKI TUPTACZ	Masters M - 40		01:42:35 DNF	05:05:05 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MAŃSKI Robert</b>	<b>3245</b>	RUN-PASSION.PL	Masters M - 40		01:48:59 DNF	05:08:49 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KACZMAREK Jędrzej</b>	<b>3396</b>	KP PSP MILICZ	Senior I M - 20		01:50:55 DNF	05:36:23 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>CIELOCH Tomasz</b>	<b>3090</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	Senior I M - 20		01:56:46 DNF	05:49:50 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>GAŁKOWSKI Krzysztof</b>	<b>3084</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	Senior II M - 30		02:00:52 DNF	05:49:58 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MAKOWSKA Maja</b>	<b>3497</b>	EAZYMUT.PL/ ON RUNNING	Senior II K - 30		02:10:55 DNF	06:05:53 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>PISAREK Michał</b>	<b>3444</b>		Senior II M - 30		02:19:41 DNF	06:18:49 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BODZIOCH Grzegorz</b>	<b>3102</b>	GORLICKA GRUPA BIEGOWA	Weteran I M - 50		02:16:53 DNF	06:34:54 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOĆWIN Michał</b>	<b>3483</b>	ROZBBIEGANI	Senior II M - 30		02:17:43 DNF	06:39:59 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STOKŁOSA Michał</b>	<b>3470</b>		Senior II M - 30		02:17:44 DNF	06:40:00 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JUNIK Łukasz</b>	<b>3083</b>	MOCNA GRUPA CEZARA	Senior II M - 30		02:06:37 DNF	06:57:19 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>REGINIA Piotr</b>	<b>3257</b>	4RUN BROOKS TEAM GDAŃSK	Masters M - 40		02:18:38 DNF	06:59:56 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>HAMPEL Patryk</b>	<b>3184</b>	BODY POWER	Senior II M - 30		02:17:27 DNF	07:28:48 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WIELICZKO Rafał</b>	<b>3004</b>		Senior II M - 30		02:31:03 DNF	07:37:38 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WIELICZKO Dagmara</b>	<b>3020</b>		Senior II K - 30		02:31:06 DNF	07:37:40 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KSIĄDZ Karol</b>	<b>3534</b>		Senior II M - 30		02:32:15 DNF	07:46:54 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KURBIEL Sylwia</b>	<b>3110</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40		02:30:44 DNF	07:49:14 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MALINOWSKI Kamil</b>	<b>3390</b>		Senior I M - 20		02:30:28 DNF	08:21:42 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>OBARSKA Małgorzata</b>	<b>3170</b>		Weteran II K - 60		03:10:01 DNF	08:59:47 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MAŁECKI Mariusz</b>	<b>3328</b>	OWOCOWE ŻYCIE	Masters M - 40		01:37:20 DNF	DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOZIŃSKI Wojciech</b>	<b>3261</b>		Senior II M - 30		02:14:10 DNF	DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>TRZCIŃSKI Paweł</b>	<b>3414</b>		Masters M - 40		02:14:38 DNF	DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MATYSIAK Agnieszka</b>	<b>3413</b>		Masters K - 40		02:14:39 DNF	DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KĘDZIORA Marta</b>	<b>3357</b>	ŻUBRY RACE TEAM	Senior II K - 30		02:16:40 DNF	DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ŁUKASIK Marcin</b>	<b>3431</b>	BIEGNIJ OLAWO	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 517 wynik(ów)