



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2024-07-18
Łądek-Zdrój
110 km

BIEG K-B-L - 110 KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	MASIAREK Maciej	3378	KB SOBÓTKA	Senior II M - 30	1	01:24:05	03:23:28	05:19:43	06:27:10	08:00:36	09:37:03	10:41:01.95	10:41:05.00		5:49	10.3 (100%)
2	JUREK Michał	3452	MILMET / SALOMON / SUUNTO	Masters M - 40	1	01:24:06	03:26:12	05:25:33	06:39:25	08:18:39	09:45:31	10:45:18.25	10:45:21.30	+00:04:16 (0.7%)	5:51	10.2 (99.0%)
3	TABACH Richard	3183	SPORTOVNA	Senior I M - 20	1	01:22:24	03:25:12	05:36:03	06:50:16	08:30:57	10:12:38	11:33:28.60	11:33:32.30	+00:52:27 (7.6%)	6:18	9.5 (92.2%)
4	ADLER Łukasz	3379	LESZ NO LIMITS RUNNERS	Senior II M - 30	2	01:34:02	04:00:29	06:20:46	07:38:02	09:28:49	11:04:44	12:19:03.10	12:19:08.05	+01:38:03 (13.3%)	6:43	8.9 (86.4%)
5	SOWA Łukasz	3114		Masters M - 40	2	01:30:59	03:56:59	06:26:14	07:50:32	09:35:57	11:13:01	12:28:59.80	12:29:03.30	+01:47:58 (14.4%)	6:48	8.8 (85.4%)
6	MRAZEK Jan	3301		Masters M - 40	3	01:25:28	03:38:13	06:06:21	07:33:20	09:32:34	11:21:26	12:36:41.35	12:36:45.35	+01:55:40 (15.3%)	6:52	8.7 (84.5%)
7	SKOWRON Sebastian	3252		Masters M - 40	4	01:40:49	04:12:55	06:43:52	08:03:29	09:56:58	11:34:08	12:49:58.15	12:50:14.55	+02:09:09 (16.8%)	6:59	8.6 (83.5%)
8	KOCOUREK Martin	3444	RUNCAT	Masters M - 40	5	01:30:31	04:04:54	06:36:20	08:00:25	09:56:27	11:45:30	13:05:04.30	13:05:08.45	+02:24:03 (18.3%)	7:08	8.4 (81.6%)
9	ŻUREK Jakub	3424	PRZYSPIESZ TEAM	Senior I M - 20	2	01:30:21	04:08:32	06:38:41	08:02:57	09:55:39	11:57:37	13:31:51.25	13:31:54.95	+02:50:49 (21.0%)	7:22	8.1 (78.6%)
10	TRUSZKOWSKI Damian	3439		Senior II M - 30	3	01:36:47	04:10:55	06:48:42	08:19:26	10:15:15	12:07:09	13:38:27.55	13:38:31.65	+02:57:26 (21.7%)	7:26	8.1 (78.6%)
11	ŚWIĄTEK Paweł	3303	HRW	Masters M - 40	6	01:39:35	04:21:16	07:05:05	08:30:20	10:30:06	12:15:07	13:43:02.25	13:43:11.75	+03:02:06 (22.1%)	7:28	8 (77.7%)
12	ZIELIŃSKI Mateusz	3305		Senior II M - 30	4	01:39:27	04:15:25	06:52:57	08:23:10	10:30:15	12:15:14	13:45:08.25	13:45:14.05	+03:04:09 (22.3%)	7:30	8 (77.7%)
13	MALEC Artur	3204	TRAIL IS OUR WAY	Masters M - 40	7	01:44:53	04:32:16	07:20:31	08:46:47	10:47:46	12:28:44	13:49:39.25	13:49:42.50	+03:08:37 (22.7%)	7:32	8 (77.7%)
14	RINK Jan	3254		Masters M - 40	8	01:41:58	04:15:58	06:59:42	08:31:51	10:39:47	12:28:10	13:52:55.85	13:53:06.90	+03:12:01 (23.0%)	7:34	7.9 (76.7%)
15	GRZELAK Adrian	3386	GEJZER TEAM	Senior II M - 30	5	01:59:38	04:47:42	07:23:37	08:49:29	10:50:32	12:41:09	14:08:01.35	14:08:18.85	+03:27:13 (24.4%)	7:42	7.8 (75.7%)
16	STAIN Andrei	3376		Senior II M - 30	6	01:36:48	04:18:32	07:09:25	08:51:49	11:05:51	13:10:45	14:36:39.40	14:36:45.40	+03:55:40 (26.9%)	7:58	7.5 (72.8%)
17	TOMALSKI Marcin	3071		Masters M - 40	9	01:54:03	04:49:42	07:38:54	09:12:00	11:14:24	13:08:10	14:36:59.60	14:37:16.30	+03:56:11 (26.9%)	7:58	7.5 (72.8%)
18	CZARNECKI Marcin	3394	MARKOWI BIEGACZE	Senior II M - 30	7	01:41:22	04:29:13	07:20:34	08:51:54	11:20:30	13:17:26	14:42:36.70	14:42:48.95	+04:01:43 (27.4%)	8:01	7.5 (72.8%)
19	CZUWAJ Andrzej	3381		Masters M - 40	10	01:46:45	04:31:57	07:23:33	08:51:23	11:06:46	13:10:40	14:43:10.40	14:43:35.50	+04:02:30 (27.4%)	8:01	7.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Czas brutto		Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	110km	110km			
20	NOWAK Krzysztof	3034		Senior II M - 30	8	01:45:29	04:33:27	07:25:35	09:12:07	11:16:47	13:16:27	14:50:08.95	14:50:14.15	+04:09:09 (28.0%)	8:05	7.4 (71.8%)
21	RUMIŃSKI Tomasz	3336	5K4THEWIN	Senior I M - 20	3	01:59:30	04:50:50	07:42:42	09:21:45	11:37:05		14:50:27.85	14:50:35.70	+04:09:30 (28.0%)	8:05	7.4 (71.8%)
22	SKRZYPEK Maciej	3049	RUN WITH WNPID	Senior I M - 20	4	01:39:24	04:16:06	07:05:35	08:46:43	11:10:36	13:28:24	14:54:09.05	14:54:16.45	+04:13:11 (28.3%)	8:07	7.4 (71.8%)
23	SKURA Adrian	3244	KBKS RADOMSKO	Senior II M - 30	9	01:59:50	05:13:32	08:12:13	09:42:18	11:53:10	13:40:28	15:00:07.05	15:00:46.50	+04:19:41 (28.8%)	8:10	7.3 (70.9%)
24	NAGLAK Łukasz	3022	TLENOWA RADOŚĆ TEAM	Masters M - 40	11	02:02:31	05:10:35	08:12:56	09:41:38	11:52:50	13:41:02	15:03:17.50	15:03:23.05	+04:22:18 (29.0%)	8:12	7.3 (70.9%)
25	DYMEK Gniewomir	3437	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	10	01:45:30	04:33:04	07:42:30	09:21:36	11:36:56	13:42:56	15:03:10.55	15:03:24.50	+04:22:19 (29.0%)	8:12	7.3 (70.9%)
26	CIEŚLIK Mateusz	3331	OBORNICKI KLUB LEKKOATLETYCZNY	Senior I M - 20	5	01:45:28	04:33:06	07:42:34	09:21:36	11:36:52	13:42:53	15:03:11.10	15:03:25.00	+04:22:20 (29.0%)	8:12	7.3 (70.9%)
27	KAMIŃSKI Marcin	3398		Senior II M - 30	11	01:45:29	04:33:53	07:27:25	09:11:08	11:28:15	13:35:29	15:07:46.85	15:07:53.70	+04:26:48 (29.4%)	8:15	7.3 (70.9%)
28	ŻMIJA Liliana	3037	FSD RUN DREZDENKO	Senior II K - 30	1	02:08:36	05:26:10	08:28:42	09:58:40	12:03:14	13:47:01	15:07:35.80	15:08:05.95	+04:27:00 (29.4%)	8:15	7.3 (70.9%)
29	MEJER Jarosław	3019		Senior II M - 30	12	01:48:28	04:44:11	07:34:30	09:19:42	11:43:05	13:43:47	15:10:11.50	15:10:17.90	+04:29:12 (29.6%)	8:16	7.3 (70.9%)
30	BUCZKOWSKI Krzysztof	3406		Senior I M - 20	6	01:47:11	04:43:43	07:25:49	09:08:19	11:32:48	13:34:48	15:12:38.90	15:12:42.40	+04:31:37 (29.8%)	8:17	7.2 (69.9%)
31	ZDUŃCZYK Paulina	3138	AKADEMIABIEGACZA.PL	Senior II K - 30	2	01:53:54	04:59:01	07:50:03	09:33:33	11:52:10	13:46:00	15:17:35.00	15:17:41.85	+04:36:36 (30.1%)	8:20	7.2 (69.9%)
32	RODEWALD Mateusz	3319		Senior II M - 30	13	01:42:03	04:32:16	07:18:40	08:57:44	11:31:11	13:42:50	15:23:54.15	15:23:58.15	+04:42:53 (30.6%)	8:23	7.1 (68.9%)
33	TURZYŃSKI Wojtek	3118	TLENOWA RADOŚĆ TEAM	Masters M - 40	12	02:02:31	05:09:55	08:12:52	09:41:38	11:55:47	13:50:23	15:25:08.15	15:25:14.30	+04:44:09 (30.7%)	8:24	7.1 (68.9%)
34	PAWZUN Bartosz	3032	ZRYW PARZYMIECHY MOCNA GRUPA CEZARA	Senior II M - 30	14	01:59:25	05:04:39	08:01:36	09:40:03	11:58:19	13:57:49	15:25:13.55	15:25:49.00	+04:44:44 (30.8%)	8:24	7.1 (68.9%)
35	PIOTROWSKI Mateusz	3357	SZOPA NA NARZĘDZIA	Senior II M - 30	15	01:59:40	05:05:05	08:02:23	09:40:03	11:53:25	13:50:29	15:26:14.65	15:26:49.80	+04:45:44 (30.8%)	8:25	7.1 (68.9%)
36	PIWOWOŃSKI Paweł	3395	XXXXX	Masters M - 40	13	01:46:38	04:43:32	07:42:31	09:19:27	11:41:18	13:46:41	15:27:12.25	15:27:35.05	+04:46:30 (30.9%)	8:25	7.1 (68.9%)
37	BIBKO Martin	3430	SPEEDBAR	Masters M - 40	14	01:52:18	05:11:24	08:06:06	09:44:59	12:12:25	14:04:42	15:29:16.45	15:29:36.20	+04:48:31 (31.0%)	8:26	7.1 (68.9%)
38	MIKLAS Jarek	3242	BENEFIT SYSTEMS OFF-ROAD RUNNERS	Senior II M - 30	16	01:52:51	04:54:53	07:56:19	09:41:29	11:54:53	13:55:59	15:29:31.15	15:29:56.70	+04:48:51 (31.1%)	8:27	7.1 (68.9%)
39	PIĘTA Sebastian	3443		Senior I M - 20	7	02:00:36	05:11:11	08:20:00	09:58:40	12:07:43	14:05:44	15:29:10.10	15:30:04.50	+04:48:59 (31.1%)	8:26	7.1 (68.9%)
40	CUPIAŁ Jacek	3258	GREY RUNNER	Weteran I M - 50	1	01:59:54	05:07:05	08:11:25	09:50:43	11:59:57	14:02:00	15:30:53.75	15:32:16.70	+04:51:11 (31.2%)	8:27	7.1 (68.9%)
41	GUMIENNY Grzegorz	3182	JESTEMODROMKA	Masters M - 40	15	01:41:42	04:40:07	07:50:58	09:33:48	12:01:53	14:16:01	15:32:24.85	15:32:27.70	+04:51:22 (31.2%)	8:28	7.1 (68.9%)
42	WAŚNIEWSKI Daniel	3374	VAMOS RACING TEAM	Senior II M - 30	17	01:57:24	05:04:56	08:12:08	09:51:25	12:01:02	14:04:58	15:33:29.50	15:34:10.90	+04:53:05 (31.4%)	8:29	7.1 (68.9%)
43	MURAS Mariusz	3107		Masters M - 40	16	01:53:48	04:52:58	07:58:45	09:41:33	12:16:11	14:11:38	15:38:02.80	15:38:23.60	+04:57:18 (31.7%)	8:31	7 (68.0%)
44	BŁASZCZYK Łukasz	3102		Senior II M - 30	18	01:52:17	05:02:32	08:24:47	10:03:07	12:23:39	14:16:30	15:41:15.10	15:42:29.70	+05:01:24 (32.0%)	8:33	7 (68.0%)
45	MIŚ Małgorzata	3270		Masters K - 40	1	01:59:11	05:06:24	08:10:51	09:53:10	12:12:26	14:16:22	15:42:03.90	15:42:33.85	+05:01:28 (32.0%)	8:33	7 (68.0%)
46	ZIELIŃSKI Tomasz	3139	W STRONĘ ULTRA	Masters M - 40	17	01:58:38	05:07:17	08:06:06	09:45:12	12:04:15	14:07:26	15:42:53.60	15:43:01.15	+05:01:56 (32.0%)	8:34	7 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Czas brutto		Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	110km	110km			
47	KAMIŃSKI Mariusz	3408	AZS AKADEMIA SZTUKI WOJENNEJ	Masters M - 40	18	01:59:36	05:11:06	08:31:58	10:11:15	12:16:03	14:14:51	15:43:50.40	15:44:05.15	+05:03:00 (32.1%)	8:34	7 (68.0%)
48	KOZŁOWSKA Iwona	3261	LESZ NO LIMITS RUNNERS	Weteran K - 50	1	02:04:20	05:16:13	08:21:07	10:04:19	12:17:57	14:17:27	15:47:48.65	15:47:58.00	+05:06:53 (32.4%)	8:36	7 (68.0%)
49	KOWALSKI Krzysztof	3068	TLENOWA RADOŚĆ TEAM /GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	19	01:52:55	04:57:42	07:54:38	09:39:06	12:10:41	14:18:56	15:55:51.05	15:55:56.25	+05:14:51 (32.9%)	8:41	6.9 (67.0%)
50	WOWRA Piotr	3453	ADAMIETZ	Senior II M - 30	19	01:48:29	04:35:06	07:37:26	09:21:06	11:57:50	14:20:57	16:04:23.55	16:05:23.90	+05:24:18 (33.6%)	8:46	6.8 (66.0%)
51	MACIĄG Andrzej	3440	DZIKIE MUSTANGI	Masters M - 40	20	01:51:22	04:59:56	08:11:11	09:53:26	12:14:25	14:30:38	16:05:14.75	16:05:28.50	+05:24:23 (33.6%)	8:46	6.8 (66.0%)
52	BIAŁEK Paweł	3215	GVT	Senior II M - 30	20	01:40:10	04:18:24	07:02:17	08:44:27	11:10:58	13:59:50	16:05:56.90	16:06:00.90	+05:24:55 (33.6%)	8:46	6.8 (66.0%)
53	PASTUSZEK-BOTOR Agnieszka	3268		Senior II K - 30	3	02:00:02	05:26:00	08:48:51	10:31:14	12:34:57	14:36:41	16:12:23.50	16:12:33.45	+05:31:28 (34.1%)	8:50	6.8 (66.0%)
54	KWIATEK Agnieszka	3457		Senior II K - 30	4	01:59:47	05:14:04	08:28:41	10:11:50	12:34:42	14:40:35	16:14:32.30	16:15:09.00	+05:34:04 (34.3%)	8:51	6.8 (66.0%)
55	ZYDRÓŃ Tymoteusz	3288	VISEGRAD MARATON RYTRO	Masters M - 40	21	02:08:50	05:26:10	08:37:51	10:19:47	12:43:27	14:43:33	16:15:39.70	16:16:11.95	+05:35:06 (34.3%)	8:52	6.8 (66.0%)
56	DUDEK Mariusz	3195		Masters M - 40	22	02:07:33	05:32:06	08:41:12	10:26:03	12:48:33	14:43:38	16:16:12.20	16:17:12.25	+05:36:07 (34.4%)	8:52	6.8 (66.0%)
57	WOJNAROWSKI Damian	3431	KS LENIWIEC	Senior II M - 30	21	02:10:13	05:26:19	08:43:36	10:22:54	12:42:13	14:49:39	16:18:20.75	16:18:42.95	+05:37:37 (34.5%)	8:53	6.7 (65.0%)
58	CZERWONKA Bartosz	3338	TIUGO TECHNOLOGIES	Senior II M - 30	22	01:51:29	04:53:00	07:58:45	09:41:37	12:20:43	14:40:19	16:19:06.75	16:19:23.15	+05:38:18 (34.5%)	8:54	6.7 (65.0%)
59	MUCHA Robert	3275	FSD RUN DREZDENKO	Weteran I M - 50	2	01:57:54	05:10:08	08:30:08	10:19:32	12:43:41	14:48:21	16:20:24.15	16:20:32.40	+05:39:27 (34.6%)	8:54	6.7 (65.0%)
60	RUDNICKI Krzysztof	3171	GALMET TEAM	Senior II M - 30	23	02:16:39	05:41:12	08:45:45	10:37:13	12:50:55	14:47:29	16:19:56.60	16:20:55.00	+05:39:50 (34.6%)	8:54	6.7 (65.0%)
61	HOFMAŃSKI Rafał	3099		Senior II M - 30	24	01:59:30	05:08:30	08:12:26	09:57:18	12:31:33	14:46:59	16:23:36.55	16:24:17.50	+05:43:12 (34.9%)	8:56	6.7 (65.0%)
62	MAŃSKI Robert	3106	RUN-PASSION.PL	Masters M - 40	23	01:51:23	04:53:17	07:59:11	09:43:21	12:20:42	14:30:30	16:24:13.45	16:24:34.55	+05:43:29 (34.9%)	8:56	6.7 (65.0%)
63	JURECZKO Damian	3269		Masters M - 40	24	02:02:07	05:27:10	08:39:01	10:25:37	12:43:40	14:53:18	16:24:14.10	16:24:39.50	+05:43:34 (34.9%)	8:56	6.7 (65.0%)
64	BROK Jacek	3094		Weteran I M - 50	3	01:53:35	05:13:51	08:25:02	10:12:12	12:29:16	14:47:52	16:25:19.10	16:25:53.05	+05:44:48 (35.0%)	8:57	6.7 (65.0%)
65	MAKOWSKA Maja	3345	EAZYMUT.PL/ONRUNNING	Senior II K - 30	5	02:16:46	05:31:47	08:43:22	10:37:56	12:57:14	14:54:57	16:27:51.35	16:28:51.45	+05:47:46 (35.2%)	8:58	6.7 (65.0%)
66	PACYNA Wojciech	3035	BEZ SPINY	Masters M - 40	25	02:01:00	05:17:04	08:29:25	10:14:52	12:39:38	14:50:22	16:29:29.95	16:29:38.70	+05:48:33 (35.2%)	8:59	6.7 (65.0%)
67	ADAMCZYK Tomasz	3329	RUNONLINE.PLTEAM	Weteran I M - 50	4	02:00:00	05:08:46	08:25:24	10:13:01	12:36:42	14:48:52	16:32:13.80	16:32:28.05	+05:51:23 (35.4%)	9:01	6.7 (65.0%)
68	GORYNIA Hubert	3456		Senior II M - 30	25	02:03:58	05:37:26	08:54:20	10:38:47	12:57:31	15:04:19	16:31:59.70	16:32:33.20	+05:51:28 (35.4%)	9:01	6.7 (65.0%)
69	SKRZYPCZAK Łukasz	3184		Masters M - 40	26	02:03:55	05:37:23	08:55:04	10:38:46	12:57:33	15:04:18	16:31:58.75	16:32:33.60	+05:51:28 (35.4%)	9:01	6.7 (65.0%)
70	GACEK Michał	3234		Masters M - 40	27	01:58:47	04:58:46	07:59:17	09:53:22	12:31:43	14:56:44	16:32:36.25	16:32:55.80	+05:51:50 (35.4%)	9:01	6.6 (64.1%)
71	KOPPLINGER Grzegorz	3232	ASSECO ACTIVE TEAM	Weteran I M - 50	5	02:11:49	05:22:06	08:25:01	10:11:49	12:31:29	14:51:49	16:33:23.80	16:34:27.90	+05:53:22 (35.5%)	9:01	6.6 (64.1%)
72	KLIMEK Przemysław	3448	KLUB BIEGACZA AZS UEK	Masters M - 40	28	02:00:58	05:11:15	08:22:25	10:14:20	12:51:30	14:59:15	16:35:16.15	16:36:23.80	+05:55:18 (35.7%)	9:02	6.6 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Czas brutto		Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	110km	110km			
73	KORULCZYK Łukasz	3152		Masters M - 40	29	02:02:38	05:16:54	08:28:29	10:16:23	12:51:51	15:00:27	16:37:22.45	16:38:02.30	+05:56:57 (35.8%)	9:04	6.6 (64.1%)
74	JÓZEF CZUK Piotr	3091	TLENOWA RADOŚĆ	Masters M - 40	30	01:52:00	05:10:31	08:25:15	10:20:30	12:55:10	15:09:42	16:45:59.85	16:46:02.90	+06:04:57 (36.3%)	9:08	6.6 (64.1%)
75	DZIUBAŁKA Adrian	3165	EASY RUNNERS	Masters M - 40	31	01:56:28	04:59:20	08:21:03	10:11:07	12:58:15	15:17:59	16:47:32.90	16:48:24.45	+06:07:19 (36.4%)	9:09	6.6 (64.1%)
76	LIPKA Sebastian	3082	ZABIEGANY-TATA	Masters M - 40	32	01:58:36	05:05:31	08:12:49	10:11:26	12:47:00	15:13:49	16:48:25.95	16:48:40.65	+06:07:35 (36.4%)	9:10	6.5 (63.1%)
77	MACIEJEWSKI Łukasz	3168	SUPERMARATON KALISZ	Masters M - 40	33	01:52:50	04:59:55	08:14:48	10:04:11	12:38:53	15:07:59	16:49:33.05	16:49:51.10	+06:08:46 (36.5%)	9:10	6.5 (63.1%)
78	MAĆZKA Martyna	3352		Masters K - 40	2	02:00:17	04:50:47	07:49:49	09:21:52	11:41:47	14:04:50	16:53:59.35	16:54:08.35	+06:13:03 (36.8%)	9:13	6.5 (63.1%)
79	BOROWSKI Piotr	3074		Weteran I M - 50	6	01:59:49	05:13:48	08:31:35	10:25:45	13:05:53	15:19:20	16:55:09.90	16:55:38.65	+06:14:33 (36.9%)	9:13	6.5 (63.1%)
80	PAPIERSKI Tomasz	3455		Weteran I M - 50	7	01:45:51	05:07:04	08:32:03	10:26:04		15:20:02	16:55:30.55	16:55:43.70	+06:14:38 (36.9%)	9:13	6.5 (63.1%)
81	ŻAKOWSKI Karol	3015	RENEGADE OF TRAIL	Masters M - 40	34	02:09:52	05:27:43	08:41:29	10:32:22	13:01:45	15:19:14	16:55:19.85	16:55:47.35	+06:14:42 (36.9%)	9:13	6.5 (63.1%)
82	SŁOMKOWSKI Mateusz	3413		Senior II M - 30	26	01:58:39	05:06:50	08:03:35	09:49:13	12:43:23	15:18:19	17:00:03.20	17:00:08.55	+06:19:03 (37.2%)	9:16	6.5 (63.1%)
83	JĘDRZEJCZAK Wojciech	3340		Weteran I M - 50	8	01:58:59	04:56:09	07:58:46	09:49:34	12:41:57	15:13:15	17:00:48.15	17:01:30.95	+06:20:25 (37.2%)	9:16	6.5 (63.1%)
84	TRZECIAK Andrzej	3446	PURA VIDA TEAM	Masters M - 40	35	02:01:12	05:16:08	08:48:54	10:49:14	13:16:37	15:26:15	17:02:22.55	17:02:32.50	+06:21:27 (37.3%)	9:17	6.5 (63.1%)
85	SZWAJKA Aneta	3433	STAJNIA BALONA	Weteran K - 50	2	01:58:03	05:12:08	08:26:37	10:30:50	12:57:20	15:19:46	17:02:19.95	17:02:53.25	+06:21:48 (37.3%)	9:17	6.5 (63.1%)
86	SOWIŃSKA Marta	3196	ULTRAWAY	Masters K - 40	3	02:15:30	05:52:16	08:54:24	10:44:42	13:13:56	15:25:40	17:03:37.15	17:04:49.05	+06:23:44 (37.4%)	9:18	6.4 (62.1%)
87	MIGDAL Michał	3458		Senior II M - 30	27	02:15:28	05:52:16	08:54:21	10:44:42	13:13:43	15:25:40	17:03:37.50	17:04:49.35	+06:23:44 (37.4%)	9:18	6.4 (62.1%)
88	LUTOWSKI Wojciech	3145		Senior II M - 30	28	02:03:31	05:17:52	08:33:55	10:35:22	13:10:27	15:37:41	17:06:57.65	17:07:09.40	+06:26:04 (37.6%)	9:20	6.4 (62.1%)
89	KAŁUS Maciej	3186		Masters M - 40	36	02:02:42	05:41:12	08:43:27	10:44:48	13:14:40	15:38:01	17:07:13.20	17:07:13.20	+06:26:08 (37.6%)	9:20	6.4 (62.1%)
90	GAJDOWSKI Przemysław	3123	PRZEMO TEAM	Senior II M - 30	29	01:53:33	05:07:56	08:06:11	09:46:29	12:24:08	15:17:12	17:07:41.95	17:07:48.20	+06:26:43 (37.6%)	9:20	6.4 (62.1%)
91	WILCZYŃSKI Marcin	3418		Weteran I M - 50	9	02:01:04	05:11:09	08:29:10	10:30:19	13:17:03	15:42:49	17:07:24.00	17:08:22.40	+06:27:17 (37.7%)	9:20	6.4 (62.1%)
92	KANTOROWSKI Piotr	3126		Masters M - 40	37	02:11:47		08:56:27	10:52:05	13:22:32	15:36:10	17:07:57.60	17:09:02.80	+06:27:57 (37.7%)	9:20	6.4 (62.1%)
93	WIĘCKOWSKI Dariusz	3362	AKADEMIA MISTRZÓW SPORTU	Masters M - 40	38	02:05:52	05:33:02	08:46:35	10:37:45	13:22:07	15:36:44	17:09:34.40	17:10:14.35	+06:29:09 (37.8%)	9:21	6.4 (62.1%)
94	MROTEK Katarzyna	3226	AKADEMIA MISTRZÓW SPORTU	Masters K - 40	4	02:05:54	05:33:01	08:46:32	10:37:47	13:22:15	15:36:36	17:09:41.15	17:10:19.80	+06:29:14 (37.8%)	9:21	6.4 (62.1%)
95	BRZOSKOWSKA Sylwia	3057		Senior II K - 30	6	02:17:25	05:46:45	09:08:38	10:52:41	13:19:12	15:36:42	17:10:50.30	17:11:20.65	+06:30:15 (37.8%)	9:22	6.4 (62.1%)
96	KUPRYCIUK Michał	3330		Senior II M - 30	30	01:59:11	05:10:06	08:21:07	10:16:41	12:52:29	15:32:02	17:12:18.35	17:12:56.70	+06:31:51 (37.9%)	9:23	6.4 (62.1%)
97	SURMAN Mariusz	3309	DZIKIE MUSTANGI	Senior II M - 30	31	01:58:40	05:17:37	08:36:24	10:24:31	13:02:46	15:28:27	17:13:55.70	17:14:09.75	+06:33:04 (38.0%)	9:23	6.4 (62.1%)
98	MACIĄŻEK Dawid	3354		Senior II M - 30	32	02:07:16	05:25:09	08:27:00	10:20:05	12:57:26	15:19:12	17:14:21.65	17:15:35.65	+06:34:30 (38.1%)	9:24	6.4 (62.1%)
99	PALCZYŃSKI Krzysztof	3066		Senior II M - 30	33	02:08:42	05:43:56	08:57:49	10:42:35	13:10:21	15:37:28	17:15:57.95	17:16:39.85	+06:35:34 (38.2%)	9:25	6.4 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Czas brutto		Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	110km	110km			
100	WAŚOWICZ Paweł	3036	FIZJOTERAPIA WAŚOWICZ	Senior II M - 30	34	02:21:00	05:53:04		11:06:49	13:40:19	15:38:43	17:16:03.25	17:16:53.30	+06:35:48 (38.2%)	9:25	6.4 (62.1%)
101	NADKIERNICZNY Zbyszek	3223	GRYFUS SZCZECIN	Masters M - 40	39	02:02:00	05:18:50	08:39:05	10:35:02	13:15:30	15:37:49	17:18:26.35	17:18:41.50	+06:37:36 (38.3%)	9:26	6.4 (62.1%)
102	PIEKARCZYK Paweł	3211	STAJNIAK TEAM	Senior II M - 30	35	02:03:27	05:22:01	08:39:07	10:30:23	13:05:46	15:26:14	17:17:56.55	17:18:56.90	+06:37:51 (38.3%)	9:26	6.4 (62.1%)
103	MATUSZAK Grzesiek	3280		Senior II M - 30	36	02:03:18	05:42:24	08:52:13	10:53:57	13:37:27	15:51:18	17:19:32.05	17:20:00.50	+06:38:55 (38.4%)	9:27	6.3 (61.2%)
104	KWIATKOWSKI Tomasz	3198	AKTYWNA WARSZAWA	Masters M - 40	40	02:17:22	05:58:23	09:18:13	11:12:35	13:46:40	15:51:57	17:22:06.50	17:22:31.60	+06:41:26 (38.5%)	9:28	6.3 (61.2%)
105	PŁUDOWSKI Łukasz	3402		Masters M - 40	41	02:02:01	05:23:27	08:57:08	10:58:11	13:35:39	15:45:30	17:23:14.10	17:23:25.10	+06:42:20 (38.6%)	9:29	6.3 (61.2%)
106	RATYŃSKI Marek	3385	OTWOCKI TUPTACZ	Masters M - 40	42	01:52:51	05:05:24	08:21:31	10:11:25	13:07:14	15:27:50	17:24:42.25	17:24:52.95	+06:43:47 (38.6%)	9:29	6.3 (61.2%)
107	HADUŁA Justyna	3316		Masters K - 40	5	02:19:01	06:07:55	09:13:04	11:10:10	13:41:09	15:48:09	17:24:48.95	17:25:03.65	+06:43:58 (38.7%)	9:29	6.3 (61.2%)
108	JOVANOVIĆ Marko	3265		Senior II M - 30	37	02:23:57	06:02:00	09:35:00	11:21:49	13:49:46	15:59:01	17:29:22.40	17:30:42.05	+06:49:37 (39.0%)	9:32	6.3 (61.2%)
109	KUNCEWICZ Piotr	3277		Masters M - 40	43	02:01:52	05:33:19	09:06:17	11:04:59	13:36:40	15:55:08	17:31:27.75	17:31:56.00	+06:50:51 (39.1%)	9:33	6.3 (61.2%)
110	KOST Jacek	3278		Weteran I M - 50	10	02:01:42	05:33:11	09:06:09	11:04:49	13:37:00	15:55:04	17:31:27.25	17:31:56.35	+06:50:51 (39.1%)	9:33	6.3 (61.2%)
111	WRÓBLEWSKI Michał	3212		Masters M - 40	44	02:23:22	06:16:53	09:41:49	11:26:28	13:59:23	16:04:00	17:30:58.05	17:32:07.90	+06:51:02 (39.1%)	9:33	6.3 (61.2%)
112	MALISZEWSKA Malwina	3419	ULTRA WAY TEAM	Masters K - 40	6	02:06:19	05:42:08	08:56:39	10:54:19	13:28:02	15:45:18	17:33:49.45	17:33:57.50	+06:52:52 (39.2%)	9:34	6.3 (61.2%)
112	CHRZUSZCZ Anna	3321		Senior II K - 30	7	02:12:53	05:41:33	09:00:19	10:49:58	13:25:06	15:44:43	17:33:15.60	17:33:57.50	+06:52:52 (39.2%)	9:34	6.3 (61.2%)
114	URBAŃSKI Paweł	3070	TEAMTERMINATORUN	Senior II M - 30	38	02:10:45	05:43:51	09:05:28	11:04:52	13:29:18	15:49:08	17:36:34.05	17:37:01.45	+06:55:56 (39.4%)	9:36	6.2 (60.2%)
115	KISIELEWSKI Andrzej	3050		Weteran I M - 50	11	02:13:30	05:44:47	08:57:32	10:55:41	13:35:06	15:49:31	17:37:42.15	17:38:17.20	+06:57:12 (39.4%)	9:36	6.2 (60.2%)
116	MALIGRANDA Mariusz	3062		Senior II M - 30	39	02:08:09	05:26:38	08:36:47	10:36:14	13:10:07	15:48:25	17:38:24.05	17:38:51.95	+06:57:46 (39.5%)	9:37	6.2 (60.2%)
117	MASIAREK Arkadiusz	3320	TLENOWA RADOŚĆ TEAM	Weteran I M - 50	12	02:02:26	05:17:40	08:51:53	10:50:02	13:40:02	16:00:42	17:40:23.45	17:40:33.30	+06:59:28 (39.6%)	9:38	6.2 (60.2%)
118	RADECKI Wojciech	3228		Weteran I M - 50	13	02:34:56	06:17:56	09:36:11	11:30:09	14:00:59	16:01:09	17:41:59.85	17:43:14.25	+07:02:09 (39.7%)	9:39	6.2 (60.2%)
119	ŻARKOWSKI Paweł	3335	STG-WROCŁAW	Senior I M - 20	8	01:33:54	04:51:44	08:02:57	09:59:31	13:15:23	16:02:01	17:43:47.75	17:43:52.80	+07:02:47 (39.7%)	9:40	6.2 (60.2%)
120	BOBIN Tomasz	3098	ZOCHU TEAM	Masters M - 40	45	02:01:53	05:25:44	08:54:57	10:58:03	13:46:32	16:09:51	17:46:33.15	17:46:44.60	+07:05:39 (39.9%)	9:41	6.2 (60.2%)
121	PĘCZEK Dariusz	3375		Weteran I M - 50	14	02:09:36	05:47:35	09:18:07	11:22:51	13:57:42	16:06:38	17:47:07.80	17:47:30.15	+07:06:25 (39.9%)	9:42	6.2 (60.2%)
122	RYCHLIK Tomasz	3384		Senior II M - 30	40	02:08:04	05:41:50	09:27:49	11:35:37	14:08:09	16:11:50	17:48:24.15	17:48:40.40	+07:07:35 (40.0%)	9:42	6.2 (60.2%)
123	STYSIEK Piotr	3206	BIEGIEM RADOM!	Weteran I M - 50	15	02:18:02	05:59:55	09:29:37	11:27:31	14:11:52	16:19:46	17:50:12.00	17:50:26.80	+07:09:21 (40.1%)	9:43	6.2 (60.2%)
124	GRZECH Grzegorz	3333		Weteran II M - 60	1	02:16:12	05:59:59	09:28:06	11:26:39	14:02:23	16:19:46	17:50:39.20	17:50:52.05	+07:09:47 (40.1%)	9:43	6.2 (60.2%)
125	WĘCLEWSKI Marcin	3006		Masters M - 40	46	01:57:41	05:26:39	08:45:50	10:38:26	13:24:04	15:48:08	17:53:34.30	17:53:52.65	+07:12:47 (40.3%)	9:45	6.1 (59.2%)
126	OSTROWSKI Jarek	3447	GÓRAL Z MAZUR RUNNIG TEAM	Masters M - 40	47	02:06:39	05:33:23	08:59:24	11:07:46	13:51:06	16:10:32	17:53:41.10	17:54:13.90	+07:13:08 (40.3%)	9:45	6.1 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 110km	brutto 110km			
127	KORDECKI Bartłomiej	3201	WCHSZT	Masters M - 40	48	02:11:35	05:50:23	09:27:53	11:17:52	13:56:36	16:13:54	17:54:36.55	17:54:43.90	+07:13:38 (40.3%)	9:46	6.1 (59.2%)
128	ŁUGOWSKI Maciej	3043	CROSSFIT TEAM SUSZ	Senior II M - 30	41	02:02:22	05:43:46	09:17:53	11:16:14	14:02:52	16:31:31	17:54:42.10	17:55:15.80	+07:14:10 (40.4%)	9:46	6.1 (59.2%)
129	KONCZAK Magdalena	3421	GPS TEAM	Masters K - 40	7	02:16:09	05:42:41	09:05:40	11:03:21	13:41:26	16:00:41	17:55:24.55	17:55:37.40	+07:14:32 (40.4%)	9:46	6.1 (59.2%)
130	SWORNOWSKA Anna	3339		Senior II K - 30	8	02:09:32	05:51:08	09:12:57	11:12:26	13:53:31	16:14:11	17:56:14.90	17:56:30.40	+07:15:25 (40.4%)	9:47	6.1 (59.2%)
131	WILCZYŃSKA Oliwia	3337		Senior II K - 30	9	02:10:06	05:51:09	09:13:00	11:12:33	13:53:34	16:13:49	17:56:15.20	17:56:30.85	+07:15:25 (40.4%)	9:47	6.1 (59.2%)
132	GORCZYŃSKI Norbert	3392	KUDOWIANKA RUN	Senior I M - 20	9	01:45:19	04:29:30	07:22:37	09:18:42	12:00:26	14:36:51	17:56:15.00	17:56:31.70	+07:15:26 (40.4%)	9:47	6.1 (59.2%)
133	SIENKIEWICZ Michał	3371		Masters M - 40	49	02:11:17	05:30:02	08:41:13	10:30:48	13:18:49	15:56:16	17:55:39.05	17:56:35.00	+07:15:30 (40.5%)	9:46	6.1 (59.2%)
134	KURASIEWICZ Mariusz	3251		Masters M - 40	50	01:58:48	05:33:04	09:05:54	11:00:29	13:49:22	16:35:18	17:57:17.75	17:58:12.80	+07:17:07 (40.5%)	9:47	6.1 (59.2%)
135	SURLAS Izabela	3188	PRZEDWOJEWSKI TEAM	Senior II K - 30	10	02:11:17	05:30:37	08:44:30	10:36:33	13:23:36	16:09:39	17:58:11.95	17:58:31.20	+07:17:26 (40.6%)	9:48	6.1 (59.2%)
136	BRZOZOWSKI Jakub	3176		Masters M - 40	51	02:11:34	05:50:27	09:28:08	11:18:17	13:57:12	16:13:54	17:58:46.95	17:58:54.10	+07:17:49 (40.6%)	9:48	6.1 (59.2%)
137	KUCHARSKI Michał	3007	MATNER RUNNING TEAM	Senior II M - 30	42	02:12:07	05:49:54	09:10:03	11:07:17	13:59:18	16:20:27	17:58:37.80	17:59:02.55	+07:17:57 (40.6%)	9:48	6.1 (59.2%)
138	ŚWIGOŃ Damian	3450		Senior II M - 30	43	02:15:40	05:43:47	09:07:56	11:08:47	13:39:25	16:12:12	18:00:50.45	18:01:56.05	+07:20:51 (40.7%)	9:49	6.1 (59.2%)
139	MYSZK Łukasz	3436	KUMPLE SEBANA	Masters M - 40	52	02:04:04	05:31:00	08:46:28	10:49:06	13:42:04	16:29:59	18:02:15.25	18:02:46.55	+07:21:41 (40.8%)	9:50	6.1 (59.2%)
140	SAMULSKI Krzysztof	3192		Masters M - 40	53	02:04:51	05:30:04	09:03:43	10:55:18	13:31:08	16:05:37	18:02:54.00	18:03:31.80	+07:22:26 (40.8%)	9:50	6.1 (59.2%)
141	OLEKSIUK Jakub	3416	MAKE.SOMETHING.MORE	Senior II M - 30	44	02:02:29	05:30:00	08:54:23	10:55:15	13:40:50	16:18:55	18:03:44.25	18:04:22.15	+07:23:17 (40.9%)	9:51	6.1 (59.2%)
142	MURAS Agnieszka	3202	NIGHT RUNNERS	Masters K - 40	8	02:10:32	05:43:45	09:19:46	11:09:45	13:53:33	16:27:22	18:04:43.05	18:05:04.05	+07:23:59 (40.9%)	9:51	6.1 (59.2%)
143	ZABOROWSKA-SKUPIN Paulina	3400	ASICS FRONTRUNNER POLAND	Senior I K - 20	1	02:19:30	05:50:41	09:06:12	11:16:26	13:45:50	16:15:15	18:09:23.20	18:10:12.10	+07:29:07 (41.2%)	9:54	6.1 (59.2%)
143	KUPIŃSKA Magdalena	3401	INFINITY-GYM ŁUKASZ SZAPORÓW	Senior I K - 20	1	02:19:32	05:50:37	09:06:06	11:04:47	13:45:47	16:15:16	18:09:24.25	18:10:12.10	+07:29:07 (41.2%)	9:54	6.1 (59.2%)
145	JALOWSKI Andrzej	3377	INTEC	Weteran I M - 50	16	02:06:23	05:51:18	09:26:17	11:26:17	14:02:20	16:33:47	18:11:05.60	18:11:49.45	+07:30:44 (41.3%)	9:55	6 (58.3%)
146	KNASIAK Adam	3367		Masters M - 40	54	02:01:49	05:31:52	08:54:46	10:57:38	13:43:17	16:27:15	18:12:29.65	18:12:40.65	+07:31:35 (41.3%)	9:55	6 (58.3%)
147	RODZIEWICZ Zbigniew	3414		Masters M - 40	55	02:00:06	05:14:01	08:57:26	11:03:05	13:57:15	16:24:36	18:13:17.95	18:13:30.50	+07:32:25 (41.4%)	9:56	6 (58.3%)
148	CIEPLUCH Marcin	3108		Senior II M - 30	45	02:00:06	05:14:04	08:57:30	11:03:16	13:57:25	16:24:36	18:13:32.25	18:13:44.25	+07:32:39 (41.4%)	9:56	6 (58.3%)
149	BIAŁAS Tomek	3259	CONSULTAS	Weteran I M - 50	17	02:08:54	05:58:38	09:31:05	11:23:28	14:08:38	16:25:52	18:13:38.20	18:13:46.90	+07:32:41 (41.4%)	9:56	6 (58.3%)
150	KONIECZNY Zenon	3373	T.S. OPATRUNKI TORUŃ	Weteran I M - 50	18	02:17:39	05:58:44	09:30:37	11:23:19	14:03:53	16:25:15	18:13:22.30	18:14:08.90	+07:33:03 (41.4%)	9:56	6 (58.3%)
151	ZAKRZEWSKI Krzysztof	3441	3:33 TEAM	Weteran I M - 50	19	02:13:00	05:52:13	09:21:26	11:31:45	14:12:14	16:35:05	18:13:39.85	18:14:13.90	+07:33:08 (41.4%)	9:56	6 (58.3%)
152	RĄCZKA Piotr	3178	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters M - 40	56	02:23:05	06:00:51	09:26:16	11:25:47	14:02:34	16:28:30	18:16:04.15	18:16:38.80	+07:35:33 (41.5%)	9:57	6 (58.3%)
153	SILSKA Sylwia	3157	ATRAKCYJNE TOWARZYSTWO	Weteran K - 50	3	02:10:28	05:44:00	09:05:03	11:01:56	14:03:22	16:30:15	18:16:58.10	18:17:22.10	+07:36:17 (41.6%)	9:58	6 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 110km	brutto 110km			
154	CERANKA Hubert	3146	CERANKA TEAM	Senior I M - 20	10	01:59:41	05:18:21	08:44:44	10:51:03	13:43:14	16:31:49	18:20:53.30	18:21:37.95	+07:40:32 (41.8%)	10:00	6 (58.3%)
155	CERANKA Krystian	3149	CERANKA TEAM	Senior II M - 30	46	01:59:44	05:18:21	08:44:49	10:51:05	13:43:21	16:31:54	18:20:54.60	18:21:38.20	+07:40:33 (41.8%)	10:00	6 (58.3%)
156	STAJNIAK-STELIGA Izabela	3428	OBORYGENI	Masters K - 40	9	02:16:32	05:50:31	09:12:09	11:08:52	13:53:50	16:24:04	18:22:01.45	18:23:01.50	+07:41:56 (41.9%)	10:01	6 (58.3%)
157	NEUMANN Jacek	3260	CENTRUM ŁĄKOWA 1	Weteran II M - 60	2	02:19:37	06:00:56	09:30:44	11:44:07	14:09:56	16:36:02	18:23:13.90	18:24:02.95	+07:42:57 (41.9%)	10:01	6 (58.3%)
158	HUDEREK Łukasz	3197	NIGHT RUNNERS POZNAŃ	Weteran I M - 50	20	02:09:21	06:01:15	09:16:40	11:09:09	13:51:15	16:27:23	18:26:50.05	18:27:10.40	+07:46:05 (42.1%)	10:03	6 (58.3%)
159	GAWRONSKI Hubert	3246	HUGO	Masters M - 40	57	02:12:56	05:30:05	09:03:45	11:04:34	13:50:36	16:25:54	18:27:33.10	18:28:28.35	+07:47:23 (42.2%)	10:04	6 (58.3%)
160	MUSIAŁ Piotr	3081	WIELUŃ	Masters M - 40	58	02:16:06	05:44:34	09:06:41	11:05:15	14:03:30	16:33:42	18:30:14.15	18:31:06.75	+07:50:01 (42.3%)	10:05	5.9 (57.3%)
161	SZABATOWSKI Bartłomiej	3426	BIEGAJĄCY ŚWIDNIK	Senior II M - 30	47	02:09:27	05:31:42	08:45:57	10:45:45	13:23:03	16:17:22	18:30:49.10	18:31:31.10	+07:50:26 (42.3%)	10:05	5.9 (57.3%)
162	SURMIAK Piotr	3177	CISNE ILE MOGEM	Weteran I M - 50	21	02:18:47	06:06:47	09:48:01	11:54:29	14:33:33	17:01:48	18:33:34.20	18:34:11.10	+07:53:06 (42.5%)	10:07	5.9 (57.3%)
163	KUIK Bartosz	3105		Masters M - 40	59	02:07:10	05:49:45	09:21:08	11:20:58	14:19:01	16:48:12	18:36:55.25	18:36:59.85	+07:55:54 (42.6%)	10:09	5.9 (57.3%)
164	SITEK Arkadiusz	3327	AKTYWNI WĘGRÓW	Masters M - 40	60	02:02:59	05:34:16	09:11:27	11:12:40	14:03:53	16:36:25	18:37:34.35	18:37:58.60	+07:56:53 (42.7%)	10:09	5.9 (57.3%)
165	JANIK Mateusz	3332		Senior II M - 30	48	02:16:49	06:09:00	10:04:09	12:20:49	15:12:10	17:02:21	18:39:22.25	18:39:58.65	+07:58:53 (42.8%)	10:10	5.9 (57.3%)
166	SLOSARCZYK Piotr	3445		Masters M - 40	61	02:02:34	05:40:16	09:20:48	11:27:04	14:12:27	16:45:58	18:40:17.25	18:40:22.95	+07:59:17 (42.8%)	10:11	5.9 (57.3%)
167	BEŁCZYKOWSKI Zbigniew	3151		Masters M - 40	62	02:12:03	06:03:10	09:46:39	11:41:15	14:13:52	16:44:04	18:41:16.05	18:41:28.15	+08:00:23 (42.8%)	10:11	5.9 (57.3%)
168	PACIULON Krzysztof	3080	OKI OKI TEAM	Weteran I M - 50	22	02:19:19	05:59:18	09:30:41	11:34:08	14:30:54	16:54:08	18:40:55.20	18:41:31.75	+08:00:26 (42.8%)	10:11	5.9 (57.3%)
169	BOCHEN Danuta	3314		Masters K - 40	10	02:11:14	05:41:42	09:13:56	11:26:16	14:20:30	16:55:32	18:41:10.50	18:41:41.55	+08:00:36 (42.8%)	10:11	5.9 (57.3%)
170	KUŹMA-MAJDA Malwina	3423	KB SOBÓTKA	Senior II K - 30	11	02:18:06	05:56:51	09:40:25	11:41:39	14:28:03	16:59:11	18:41:02.60	18:42:09.95	+08:01:04 (42.9%)	10:11	5.9 (57.3%)
171	MAJDA Łukasz	3422	KB SOBÓTKA	Masters M - 40	63	02:18:06	05:56:54	09:40:21	11:41:39	14:28:07	16:59:12	18:41:03.30	18:42:10.05	+08:01:05 (42.9%)	10:11	5.9 (57.3%)
172	JURKIEWICZ Sławomir	3115	ROZBIEGANY SUSZ	Masters M - 40	64	02:02:23	05:43:44	09:17:58	11:16:15	14:03:01	16:42:41	18:45:03.60	18:45:37.65	+08:04:32 (43.0%)	10:13	5.9 (57.3%)
173	ČERVENÝ David	3016		Masters M - 40	65	02:02:02	05:31:52	09:06:50	11:11:11	14:08:58	16:44:19	18:45:34.95	18:45:48.85	+08:04:43 (43.1%)	10:13	5.9 (57.3%)
174	PIASKOWSKA Dominika	3325		Senior II K - 30	12	02:19:59	06:05:33	09:40:04	11:45:06	14:37:19	17:00:28	18:46:12.90	18:46:57.75	+08:05:52 (43.1%)	10:14	5.9 (57.3%)
175	BLASZCZYK Jakub	3279		Masters M - 40	66	01:57:25	05:10:28	08:44:40	11:01:07	13:59:21	17:04:14	18:46:00.45	18:47:15.65	+08:06:10 (43.1%)	10:14	5.9 (57.3%)
176	TYLUS Rafał	3027	MORSJANKI&MORSJANIE	Masters M - 40	67	02:12:17	05:59:10	09:39:22	11:54:00	14:45:24	17:15:44	18:48:28.25	18:48:38.55	+08:07:33 (43.2%)	10:15	5.8 (56.3%)
177	PIASKOWSKI Mateusz	3160	KLUB MARATOŃCZYKA V LO W POZNANIU/GANG FIZOLI	Senior II M - 30	49	01:58:49	05:32:33	08:56:50	11:00:48	13:57:57	16:33:28	18:47:48.70	18:48:45.95	+08:07:40 (43.2%)	10:15	5.9 (57.3%)
178	SZCZĘŚNIAK Piotr	3159	MASARNIA POZNAŃ FIZJOTERAPIA I MASAŻ	Masters M - 40	68	01:58:49	05:32:32	08:59:39	11:00:18	13:57:53	16:34:35	18:47:50.20	18:48:46.45	+08:07:41 (43.2%)	10:15	5.9 (57.3%)
179	SILSKI Artur	3158	ZAKOLA OF MIGHT AND MAGIC III	Senior II M - 30	50	01:58:49	05:32:34	08:56:47	11:00:48	13:58:00	16:33:26	18:47:49.80	18:48:47.65	+08:07:42 (43.2%)	10:15	5.9 (57.3%)
180	STRUŚ Katarzyna	3233	KKM KALORYFER / WOJTEK KOTARBA RUNNING TEAM	Masters K - 40	11	02:15:28	06:14:22	10:15:58	12:05:00	15:01:44	17:19:53	18:49:04.90	18:50:17.95	+08:09:12 (43.3%)	10:15	5.8 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas		Tempo min/km	Tempo km/h	
												netto 110km	brutto 110km			Różn
181	SZYMAŃSKI Maciej	3284		Masters M - 40	69	02:03:13	05:40:52	09:38:56	11:45:07	14:44:34	17:06:43	18:52:16.90	18:52:39.35	+08:11:34 (43.4%)	10:17	5.8 (56.3%)
182	NIEDŹWIECKI Marek	3143	SKIPARK - WYSOWA	Weteran II M - 60	3	02:04:24	05:48:52	09:31:58	11:41:37	14:32:09	17:01:19	18:53:57.20	18:54:13.25	+08:13:08 (43.5%)	10:18	5.8 (56.3%)
183	KUROWSKI Artur	3293	PURAVIDATEAM	Senior II M - 30	51	02:07:52	05:48:51	09:14:56	11:27:59	14:31:12	17:18:08	18:55:12.65	18:55:23.20	+08:14:18 (43.5%)	10:19	5.8 (56.3%)
184	MITER Damian	3004	RUNNERSI	Senior II M - 30	52	02:05:00	05:32:23	08:58:04	11:06:48	14:06:08	16:45:38	18:56:44.80	18:57:01.65	+08:15:56 (43.6%)	10:20	5.8 (56.3%)
185	RAKOWSKI Krzysztof	3060	RUNNERSI	Masters M - 40	70	02:05:01	05:32:26	08:58:09	11:06:50	14:06:13	16:45:39	18:56:48.30	18:57:03.90	+08:15:58 (43.6%)	10:20	5.8 (56.3%)
186	JARZĘBOWICZ Iwona	3072		Masters K - 40	12	02:03:55	05:49:42	09:39:18	11:54:21	14:33:45	17:03:38	18:59:44.70	19:00:02.25	+08:18:57 (43.8%)	10:21	5.8 (56.3%)
187	JARZĘBOWICZ Adam	3067	YAZOMB'S	Masters M - 40	71	02:04:23	05:49:47	09:39:29	11:54:21	14:33:47	17:04:16	18:59:43.35	19:00:02.45	+08:18:57 (43.8%)	10:21	5.8 (56.3%)
188	TEKIELI Jerzy	3156		Masters M - 40	72	02:08:47	06:03:19	09:48:25	11:54:43	14:37:56	17:03:36	18:59:50.85	19:00:08.90	+08:19:03 (43.8%)	10:21	5.8 (56.3%)
189	MROZIŃSKA Albert	3141		Masters M - 40	73	02:10:43	05:57:11	09:38:10	12:15:20	14:51:12	17:12:28	19:00:17.25	19:00:43.85	+08:19:38 (43.8%)	10:21	5.8 (56.3%)
190	PEEL Christopher	3315		Masters M - 40	74	02:10:27	06:01:53	09:47:42	11:54:12	14:42:45	17:10:36	19:01:24.05	19:01:48.10	+08:20:43 (43.9%)	10:22	5.8 (56.3%)
191	BUTKIEWICZ Łukasz	3318	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30	53	02:24:45	06:17:12	09:51:01	12:01:04	14:44:35	17:13:26	19:03:23.00	19:04:18.10	+08:23:13 (44.0%)	10:23	5.8 (56.3%)
192	SZWAJKA Jakub	3110	GWIEZDNA FLOTA	Senior I M - 20	11	01:57:46	05:08:01	08:30:48	11:45:40	14:29:56	17:16:06	19:06:14.00	19:06:47.35	+08:25:42 (44.1%)	10:25	5.8 (56.3%)
193	PYZIK Tomasz	3396	DRUŻYNA MOJACUKRZYCA.PL	Masters M - 40	75	02:12:01	05:46:54	09:22:24	11:30:14	14:22:03		19:07:19.00	19:07:19.00	+08:26:14 (44.1%)	10:25	5.8 (56.3%)
194	WACHOWSKI Robert	3217		Masters M - 40	76	02:11:24	06:00:42	09:50:30	11:46:53	14:50:22	17:30:23	19:08:46.60	19:09:59.15	+08:28:54 (44.3%)	10:26	5.7 (55.3%)
194	WACHOWSKI Wiesław	3218		Weteran I M - 50	23	02:12:10	06:05:53	09:50:51	11:47:24	14:50:12	17:30:22	19:08:47.50	19:09:59.15	+08:28:54 (44.3%)	10:26	5.7 (55.3%)
196	BOBER Dorota	3344		Masters K - 40	13	02:11:28	06:12:06	09:49:56	12:00:07	14:54:23	17:33:27	19:09:51.15	19:10:47.90	+08:29:42 (44.3%)	10:27	5.7 (55.3%)
197	MASŁOWSKI Robert	3238	ANTON TEAM	Masters M - 40	77	02:07:10	05:40:16		11:17:59	14:28:45	17:18:48	19:11:00.70	19:11:12.65	+08:30:07 (44.3%)	10:27	5.7 (55.3%)
198	TYZO Aleksander	3415	WILKI MIĘDZYLESIE	Masters M - 40	78	02:04:36	05:19:17	08:34:50	10:49:44	13:51:06	17:10:47	19:11:12.90	19:12:18.05	+08:31:13 (44.4%)	10:27	5.7 (55.3%)
199	KASPERSKI Tomasz	3185		Masters M - 40	79	02:04:01	05:45:35	09:26:45	11:27:06	14:35:07	17:11:00	19:12:14.25	19:12:47.40	+08:31:42 (44.4%)	10:28	5.7 (55.3%)
200	GAŁKA Grzegorz	3390		Weteran I M - 50	24	02:09:36	05:32:31	09:24:06	11:40:08	14:43:52	17:25:42	19:12:26.65	19:13:19.60	+08:32:14 (44.4%)	10:28	5.7 (55.3%)
201	NOWAKOWSKI Robert	3017	BBL LEGNICA	Weteran I M - 50	25	02:18:58	06:05:14	09:42:36	11:59:24	14:51:02	17:33:32	19:13:34.35	19:14:14.60	+08:33:09 (44.5%)	10:29	5.7 (55.3%)
202	ŻUROWSKI Łukasz	3324	BBKS ŁAWECZKA WILANÓW	Masters M - 40	80	02:13:23	05:57:19	09:38:34	11:50:32	14:54:23	17:33:58	19:15:19.80	19:15:43.65	+08:34:38 (44.5%)	10:30	5.7 (55.3%)
203	KOPYDŁOWSKA Anna	3121	PAWKO RUNNER TEAM	Masters K - 40	14	02:20:30	06:21:36	10:04:32	12:11:54	15:02:46	17:36:58	19:16:01.55	19:16:25.10	+08:35:20 (44.6%)	10:30	5.7 (55.3%)
204	WOJCIESZYŃSKI Tomasz	3429	BBL GORZÓW	Weteran I M - 50	26	02:09:25	05:53:41	09:46:00	11:56:04	15:13:33	17:36:23	19:16:36.85	19:17:03.85	+08:35:58 (44.6%)	10:30	5.7 (55.3%)
205	KRZESZEWSKA Dorota	3205	122 BLP	Masters K - 40	15	02:27:07	06:21:27	10:05:57	12:34:04	15:17:14	17:37:52	19:17:07.70	19:17:26.95	+08:36:21 (44.6%)	10:31	5.7 (55.3%)
206	ZĄŃKO Łukasz	3203	EXPLORADOR	Masters M - 40	81	02:12:11	05:44:35	09:32:04	11:44:48	14:41:28	17:09:31	19:19:54.50	19:20:37.30	+08:39:32 (44.8%)	10:32	5.7 (55.3%)
207	KOWALCZYK-GROCHLA Agata	3026	NIGHT RUNNERS JAWORZNO/ KB MCKIS JAWORZNO	Masters K - 40	16	02:27:29	06:37:15	10:15:31	12:27:48	15:07:18	17:30:29	19:20:18.10	19:20:47.45	+08:39:42 (44.8%)	10:32	5.7 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km	110km	110km			
208	JARZYŃKA Artur	3011	NIEUMIEBIEGAĆ	Masters M - 40	82	02:27:28	06:37:12	10:15:17	12:27:45	15:07:18	17:30:26	19:20:15.55	19:20:47.50	+08:39:42 (44.8%)	10:32	5.7 (55.3%)
209	KOSIERKIEWICZ Grzegorz	3166	KAROLE	Weteran I M - 50	27	02:26:52	06:19:50	10:11:52	12:33:30	15:16:05	17:34:18	19:22:51.15	19:23:44.05	+08:42:39 (44.9%)	10:34	5.7 (55.3%)
210	STĘPIEŃ Michał	3289		Masters M - 40	83	02:17:23	06:34:11	10:07:47	12:05:35	14:48:20	17:24:41	19:26:28.55	19:27:36.20	+08:46:31 (45.1%)	10:36	5.7 (55.3%)
211	SCHUTTY Michał	3164		Masters M - 40	84	02:15:48	05:57:50	09:21:47	11:27:17	14:30:46	17:17:40	19:27:22.40	19:28:03.20	+08:46:58 (45.1%)	10:36	5.7 (55.3%)
212	JUSZCZAK Marcin	3391		Weteran I M - 50	28	02:26:25	07:02:23	10:48:47	12:50:03	15:28:40	17:46:36	19:28:34.35	19:29:21.30	+08:48:16 (45.2%)	10:37	5.6 (54.4%)
213	MUCHA Katarzyna	3030	MOCNA GRUPA CEZARA	Weteran K - 50	4	02:22:17	06:30:57	09:53:06	11:55:45	15:02:05	17:57:09	19:28:28.20	19:29:27.70	+08:48:22 (45.2%)	10:37	5.6 (54.4%)
214	SZYLKIN Wojciech	3313	IRONVET	Masters M - 40	85	02:07:20	05:50:18	09:38:26	12:04:30	14:37:31	17:35:41	19:29:53.05	19:30:33.70	+08:49:28 (45.2%)	10:38	5.6 (54.4%)
215	RZOSIŃSKI Krzysztof	3029	KWIDZYN BIEGA	Weteran I M - 50	29	02:15:10	06:02:11	09:47:56	12:02:42	14:57:00	17:33:59	19:29:52.10	19:30:37.05	+08:49:32 (45.2%)	10:38	5.6 (54.4%)
216	MONIAKOWSKI Adam	3248	BUTTONS TEAM	Weteran I M - 50	30	02:25:33	06:29:48	10:11:58	12:18:46	15:01:28	17:28:59	19:29:50.05	19:31:03.40	+08:49:58 (45.3%)	10:38	5.6 (54.4%)
217	JASIŃSKI Patryk	3076		Senior II M - 30	54	02:09:35	05:51:09	09:22:28	11:38:15	14:29:59	17:12:37	19:31:16.55	19:31:34.90	+08:50:29 (45.3%)	10:38	5.6 (54.4%)
218	ROSZAK Karolina	3380		Senior II K - 30	13	02:16:41	06:02:35	09:36:30	11:59:18	14:58:22	17:35:48	19:31:20.20	19:32:24.25	+08:51:19 (45.3%)	10:38	5.6 (54.4%)
219	BANASIK Marcin	3425		Senior II M - 30	55	02:04:53	05:34:43	09:09:24	11:18:29	14:05:56	17:02:09	19:32:42.05	19:33:03.15	+08:51:58 (45.3%)	10:39	5.6 (54.4%)
220	JAROCZYŃSKI Marian	3372		Masters M - 40	86	01:55:18	05:22:55	09:05:24	11:26:29	14:28:27	17:12:57	19:32:58.95	19:33:18.95	+08:52:13 (45.4%)	10:39	5.6 (54.4%)
221	BORKOWSKI Dawid	3286	CH10	Masters M - 40	87	02:21:32	06:10:22	09:54:38	12:17:39	15:19:17	17:53:23	19:33:54.45	19:34:44.35	+08:53:39 (45.4%)	10:40	5.6 (54.4%)
222	GRABOWICZ Paweł	3131		Weteran I M - 50	31	02:18:56	06:06:01	09:42:16	11:50:11	14:50:27	17:35:42	19:34:35.85	19:35:29.80	+08:54:24 (45.5%)	10:40	5.6 (54.4%)
223	DANOWSKI Jakub	3220		Senior II M - 30	56	02:26:34	06:18:38	10:06:17	12:16:57	15:17:08	17:40:23	19:35:16.85	19:35:34.30	+08:54:29 (45.5%)	10:41	5.6 (54.4%)
224	SZYDŁOWSKI Patryk	3130		Senior II M - 30	57	02:18:57	06:06:02	09:42:19	11:50:11	14:50:53	17:35:43	19:36:39.25	19:37:33.45	+08:56:28 (45.6%)	10:41	5.6 (54.4%)
225	SAMBORSKI Piotr	3302	WKURW_TEAM	Senior II M - 30	58	02:22:14	06:05:28	09:44:55	11:59:40	14:52:03	17:43:39	19:40:26.35	19:41:39.70	+09:00:34 (45.7%)	10:43	5.6 (54.4%)
226	WENGLORZ Wojciech	3124		Senior I M - 20	12	02:30:00	06:18:14	10:05:18	12:18:33	15:28:32	17:49:59	19:42:12.90	19:43:25.95	+09:02:20 (45.8%)	10:44	5.6 (54.4%)
227	KOWACZEK Marek	3169	OKIEM WILKA	Masters M - 40	88	02:12:46	05:59:37	10:08:03	12:26:50	15:20:28	17:53:14	19:42:36.35	19:43:32.30	+09:02:27 (45.8%)	10:45	5.6 (54.4%)
228	JUNIK Łukasz	3028	MOCNA GRUPA CEZARA	Masters M - 40	89	02:12:29	05:41:26	10:08:00	12:26:00	15:10:19	17:49:24	19:44:21.35	19:44:27.80	+09:03:22 (45.9%)	10:46	5.6 (54.4%)
229	SKOWROŃSKI Bartosz	3038		Senior II M - 30	59	02:09:24	05:41:53	09:27:56	11:36:08	14:43:30	17:37:07	19:44:26.15	19:44:41.25	+09:03:36 (45.9%)	10:46	5.6 (54.4%)
230	CZYŻYKOWSKI Łukasz	3109		Masters M - 40	90	02:10:11	05:37:43	09:26:38	11:37:56	14:56:11	17:34:43	19:44:52.20	19:45:28.05	+09:04:23 (45.9%)	10:46	5.6 (54.4%)
231	GRONOWSKA-KAROLCZAK Agnieszka	3224	MARATOŃCZYK POZNAŃ/BIEGAJĄCE KREJZOLE	Senior II K - 30	14	02:11:43	06:01:23	09:50:08	12:06:49	15:08:46	17:40:47	19:45:24.20	19:45:53.15	+09:04:48 (45.9%)	10:46	5.6 (54.4%)
232	ROGOCZ Maciej	3283	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	91	02:17:12	06:19:02	10:22:27	12:34:44	15:18:59	18:01:31	19:45:18.25	19:46:12.65	+09:05:07 (46.0%)	10:46	5.6 (54.4%)
233	WOJCIECHOWSKI Paweł	3199	BIEGI W ROGOŹNIKU	Masters M - 40	92	02:21:46	06:12:16	10:01:17	12:04:52	15:06:23	17:48:04	19:46:20.85	19:47:26.70	+09:06:21 (46.0%)	10:47	5.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 110km	brutto 110km			
234	PIOTROWIAK Tomasz	3140	ENTOPI	Masters M - 40	93	02:21:52	06:14:06	09:59:17	12:02:30	15:07:32	17:57:38	19:50:39.35	19:50:50.55	+09:09:45 (46.2%)	10:49	5.5 (53.4%)
235	KONKEL Marcin	3144	SPORT GENERATION	Masters M - 40	94	02:13:09	05:50:57	09:31:35	11:53:22	15:07:25	17:52:11	19:51:09.50	19:51:52.45	+09:10:47 (46.2%)	10:49	5.5 (53.4%)
236	SZYPROWSKI Jarek	3297	SPORT GENERATION	Masters M - 40	95	02:00:25	05:35:01	09:32:15	11:53:59	15:00:00	17:52:48	19:51:46.20	19:51:53.00	+09:10:48 (46.2%)	10:50	5.5 (53.4%)
237	BRYŚ Magdalena	3442		Senior II K - 30	15	02:25:40	06:14:40	10:07:01	12:11:09	15:04:38	17:53:04	19:50:46.85	19:51:55.40	+09:10:50 (46.2%)	10:49	5.5 (53.4%)
238	GRZYWNA Robert	3235		Masters M - 40	96	02:15:31	05:58:25	09:46:34	12:04:29	15:09:49	18:00:06	19:57:44.45	19:58:08.90	+09:17:03 (46.5%)	10:53	5.5 (53.4%)
239	CZECH Dorota	3132	ASICS FRONTRUNNER POLAND	Masters K - 40	17	02:26:15	06:29:04	10:21:28	12:32:18	15:32:10	18:14:43	19:58:40.55	19:59:28.25	+09:18:23 (46.6%)	10:53	5.5 (53.4%)
240	WRÓBEL Kelli	3133	ASICS FRONTRUNNER POLAND	Senior II K - 30	16	02:21:39	06:28:50	10:21:23	12:32:14	15:29:31	18:14:39	19:58:39.60	19:59:28.40	+09:18:23 (46.6%)	10:53	5.5 (53.4%)
241	KAMELA-KRÓL Iwona	3051	BRACTWO BIEGOWE BGK	Masters K - 40	18	02:20:42	06:17:10	10:04:50	12:18:09	15:15:04	18:09:37	20:00:46.15	20:01:07.75	+09:20:02 (46.6%)	10:54	5.5 (53.4%)
242	RAJEWSKA Magdalena	3077	ULTRA BANICI / NIGHT RUNNERS POZNAŃ	Senior II K - 30	17	02:20:40	06:17:09	10:04:52	12:18:08	15:15:05	18:09:36	20:00:45.85	20:01:08.00	+09:20:03 (46.6%)	10:54	5.5 (53.4%)
243	GRAU Joanna	3459	KWIDZYN BIEGA	Masters K - 40	19	02:25:16	06:31:14	10:41:18	12:57:38	15:54:07	18:11:31	20:01:50.15	20:02:10.10	+09:21:05 (46.7%)	10:55	5.5 (53.4%)
244	MARGAS Grzegorz	3350		Weteran I M - 50	32	02:18:39	06:02:20	09:58:09	12:17:13	15:19:51	18:05:35	20:02:24.65	20:03:39.00	+09:22:34 (46.7%)	10:55	5.5 (53.4%)
245	ZAPAŁOWSKA Jolanta	3209	SLOW JOGGING SIEDLCE/AKTYWNI WĘGRÓW	Weteran II K - 60	1	02:17:18	06:24:53	10:35:33	13:00:16	16:01:08	18:26:35	20:05:24.15	20:05:48.80	+09:24:43 (46.8%)	10:57	5.5 (53.4%)
246	MUSIAŁ Bożena	3150	WARTKIE PIERONY	Masters K - 40	20	02:25:41	06:17:47	10:20:38	12:31:15	15:34:14	18:09:11	20:06:34.95	20:07:37.15	+09:26:32 (46.9%)	10:58	5.5 (53.4%)
247	OZDARSKI Krzysztof	3085	WARTKIE PIERONY	Weteran I M - 50	33	02:25:42	06:17:47	10:20:29	12:31:12	15:34:10	18:09:20	20:06:34.65	20:07:37.65	+09:26:32 (46.9%)	10:58	5.5 (53.4%)
248	RUTKOWSKI Artur	3096		Masters M - 40	97	02:13:38	06:04:14	09:58:34	12:06:29	15:10:27	18:00:20	20:08:25.50	20:08:41.70	+09:27:36 (47.0%)	10:59	5.5 (53.4%)
249	JARCZYŃSKA-DOMINIK Jola	3210	AKTYWNI WĘGRÓW	Masters K - 40	21	02:17:19	06:24:54	10:35:23	13:00:15	16:02:21	18:26:35	20:10:58.95	20:11:24.45	+09:30:19 (47.1%)	11:00	5.5 (53.4%)
250	KLAMA Maciej	3024	KKM	Masters M - 40	98	02:13:13	05:48:44	09:31:29	12:03:58		18:30:39	20:12:31.65	20:13:14.45	+09:32:09 (47.2%)	11:01	5.4 (52.4%)
251	BUSZKOWSKI Filip	3383	SPORTOWY KAŻMIERZ	Weteran I M - 50	34	02:17:40	06:17:36	10:09:47	12:22:38	15:26:53	18:12:25	20:12:38.05	20:13:20.25	+09:32:15 (47.2%)	11:01	5.4 (52.4%)
252	SPYCHAŁA Maciej	3299	WRONIECKI KLUB BIEGACZA	Weteran I M - 50	35	02:17:38	06:17:39	10:09:43	12:22:37	15:28:08	18:13:51	20:12:39.05	20:13:21.10	+09:32:16 (47.2%)	11:01	5.4 (52.4%)
253	ZADROŻNY Piotr	3389	BIEGIEM DO 100TKI	Masters M - 40	99	02:08:28	05:39:58	09:22:07	11:38:20	14:59:15	18:15:23	20:13:52.35	20:14:18.95	+09:33:13 (47.2%)	11:02	5.4 (52.4%)
254	KWIATKOWSKA Zuzanna	3088	RNB TEAM POLANICA ZDRÓJ	Weteran K - 50	5	02:12:47	06:05:37	09:52:33	12:14:10	15:23:34	18:08:32	20:14:18.90	20:14:30.20	+09:33:25 (47.2%)	11:02	5.4 (52.4%)
255	WALCZAK Tomasz	3412	PCH_RUN	Weteran I M - 50	36	02:00:03	05:32:48	09:15:26	11:22:11	14:48:38	18:03:15	20:18:21.60	20:18:43.00	+09:37:38 (47.4%)	11:04	5.4 (52.4%)
256	WYLEGAŁA Michał	3409	PCH_RUN	Masters M - 40	100	02:00:00	05:32:46	09:15:23	11:22:11	14:48:42	18:03:12	20:18:21.80	20:18:43.05	+09:37:38 (47.4%)	11:04	5.4 (52.4%)
257	JASAK Michał	3239		Senior II M - 30	60	02:11:26	06:11:48	09:59:47	12:17:22	15:21:58	18:06:44	20:18:35.70	20:18:44.45	+09:37:39 (47.4%)	11:04	5.4 (52.4%)
258	MALIGA Katarzyna	3012		Weteran K - 50	6	02:21:26	06:31:08	10:36:22	12:57:32	15:57:47	18:18:51	20:19:27.95	20:19:53.70	+09:38:48 (47.4%)	11:05	5.4 (52.4%)
259	BAKOWSKI Tomasz	3262	AUTOLIV RUN TEAM	Masters M - 40	101	02:21:13	06:23:35	10:20:06	12:31:01		18:25:01	20:20:25.15	20:20:59.00	+09:39:54 (47.5%)	11:05	5.4 (52.4%)
260	FLORKIEWICZ Sławomir	3093		Weteran I M - 50	37	02:10:04	06:12:26	10:07:33	12:27:05	15:21:33	18:11:32	20:20:21.85	20:21:02.40	+09:39:57 (47.5%)	11:05	5.4 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km	110km	110km			
261	STYKAŁA Adrianna	3056		Senior I K - 20	3	02:17:20	06:16:22	10:11:30	12:23:23	15:20:56	18:06:24	20:20:50.65	20:21:32.85	+09:40:27 (47.5%)	11:05	5.4 (52.4%)
262	ORLICKI Wojtek	3175		Masters M - 40	102	02:11:32	05:56:00		11:58:26	15:16:23	18:14:25	20:22:24.85	20:22:33.00	+09:41:28 (47.6%)	11:06	5.4 (52.4%)
263	BANASZCZAK Dawid	3083		Senior II M - 30	61	02:17:05	05:50:35	09:29:34	12:11:05	15:11:41	18:12:52	20:24:49.65	20:25:40.90	+09:44:35 (47.7%)	11:08	5.4 (52.4%)
264	KADECKI Marek	3370	AZS PANS CIECHANÓW	Weteran I M - 50	38	02:29:32	06:33:20	10:23:28	12:38:50	15:39:20	18:15:07	20:25:11.80	20:26:12.70	+09:45:07 (47.7%)	11:08	5.4 (52.4%)
265	KAŻMIERCZAK Adam	3368		Senior II M - 30	62	02:23:29	06:38:11	10:41:36	13:04:23	16:09:46	18:41:21	20:25:51.70	20:26:47.40	+09:45:42 (47.7%)	11:08	5.4 (52.4%)
266	KOZAK Ewa	3306	GKS DŁUGOŁĘKA	Masters K - 40	22	02:35:31	06:38:18	10:41:52	13:04:31	16:09:49	18:40:59	20:26:00.45	20:26:47.90	+09:45:42 (47.7%)	11:08	5.4 (52.4%)
267	PIETRZYK Sylwester	3087		Weteran I M - 50	39	02:23:06	06:34:26	10:34:49	12:38:47	15:38:48	18:15:03	20:31:28.20	20:31:39.55	+09:50:34 (47.9%)	11:11	5.4 (52.4%)
268	PASZKIEWICZ Józef	3359		Senior II M - 30	63	02:27:12	06:05:12	09:56:02	12:20:04	15:26:40	18:29:53	20:34:40.75	20:35:42.80	+09:54:37 (48.1%)	11:13	5.3 (51.5%)
269	DĘBICKI Artur	3137		Weteran I M - 50	40	02:33:22	06:48:44	10:51:33	12:59:34	15:57:59	18:40:58	20:35:53.90	20:37:08.85	+09:56:03 (48.2%)	11:14	5.3 (51.5%)
270	DOLIŃSKI Paweł	3009		Senior II M - 30	64	02:11:49	06:08:56	10:04:09	12:20:46	15:28:42	18:22:26	20:39:06.10	20:39:47.20	+09:58:42 (48.3%)	11:15	5.3 (51.5%)
271	ŻBIKOWSKA Małgorzata	3341	ULTRAWAYRUNNINGTEAM/SPC	Weteran K - 50	7	02:27:41	06:33:17	10:28:07	12:45:13	15:57:01	18:51:07	20:44:25.15	20:45:29.05	+10:04:24 (48.5%)	11:18	5.3 (51.5%)
272	DERKOWSKA Ewelina	3287		Senior II K - 30	18	02:09:46	05:39:45	09:28:40	11:51:51	14:55:27	18:11:53	20:47:07.70	20:48:08.55	+10:07:03 (48.6%)	11:20	5.3 (51.5%)
273	PRZYWARCZAK-OLEJNIK Arleta	3129		Masters K - 40	23	02:26:31	06:34:30	10:32:12	13:04:02	16:12:55	18:59:19	21:00:20.65	21:00:50.90	+10:19:45 (49.2%)	11:27	5.2 (50.5%)
274	CIEŚŁOK Adam	3273	KLUB SPORTOWY M.E.T.A.	Senior II M - 30	65	02:33:47	06:38:51	10:38:44	13:02:25	16:14:49	19:07:39	21:01:54.15	21:03:10.70	+10:22:05 (49.2%)	11:28	5.2 (50.5%)
275	MAŁEK Arkadiusz	3245		Masters M - 40	103	02:03:37	05:33:40	09:09:48	11:30:20	14:57:27	18:09:18	21:05:40.10	21:05:52.20	+10:24:47 (49.4%)	11:30	5.2 (50.5%)
276	BOSY Hubert	3461	DRUŻYNA SZPIKU	Masters M - 40	104	02:12:15	06:34:50	10:36:24	13:04:24	16:10:32	18:59:41	21:05:57.45	21:06:05.20	+10:25:00 (49.4%)	11:30	5.2 (50.5%)
277	KACZMAREK Maciej	3435		Masters M - 40	105	02:17:19	06:06:40	09:59:30	12:18:52	15:28:05	18:36:02	21:05:18.05	21:06:07.40	+10:25:02 (49.4%)	11:30	5.2 (50.5%)
278	SATAŁA Michał	3342	DIADORA POLSKA	Senior II M - 30	66	02:20:38	06:13:54	10:02:16	12:25:36	15:48:05	18:43:25	21:05:31.15	21:06:30.30	+10:25:25 (49.4%)	11:30	5.2 (50.5%)
279	KROLS Hilde	3161	VOS SCHAFFEN	Weteran II K - 60	2	02:28:00	06:53:18	11:13:49	13:23:48	16:41:05	19:21:23	21:08:04.15	21:09:12.00	+10:28:07 (49.5%)	11:31	5.2 (50.5%)
280	GÓRA Iwona	3069		Senior II K - 30	19	02:20:26	06:15:27	10:06:04	12:20:17		18:45:36	21:11:31.45	21:11:53.15	+10:30:48 (49.6%)	11:33	5.2 (50.5%)
281	MALISIEWICZ Anna	3236		Senior II K - 30	20	02:50:57	08:11:14	11:40:52	13:30:13	16:31:15	19:17:26	21:12:41.00	21:13:35.60	+10:32:30 (49.7%)	11:34	5.2 (50.5%)
282	MOSZ Tomasz	3194	W POGONI ZA DUCHEM	Masters M - 40	106	02:27:11	06:34:44	10:34:36	12:54:40	16:08:25	19:00:48	21:13:57.85	21:14:33.40	+10:33:28 (49.7%)	11:34	5.2 (50.5%)
283	OKULICZ Anita	3135		Senior II K - 30	21	02:20:20	06:37:49	10:23:12	12:35:18	16:01:09	19:10:13	21:14:23.80	21:14:41.25	+10:33:36 (49.7%)	11:35	5.2 (50.5%)
284	RACIBORSKI Grzegorz	3142	TKKF KOLEJARZ BYDGOSZCZ	Masters M - 40	107	02:20:20	06:37:50	10:23:17	12:35:17	16:01:12	19:10:11	21:14:23.60	21:14:41.45	+10:33:36 (49.7%)	11:35	5.2 (50.5%)
285	SKROŃSKA Monika	3097	WYBIEGAJ SIEBIE	Masters K - 40	24	02:46:12	06:58:55	10:45:11	12:53:31	15:49:14	19:07:37	21:17:10.35	21:18:14.00	+10:37:09 (49.8%)	11:36	5.2 (50.5%)
286	PASZKIEWICZ Maciej	3334	DZIADEK BIEGA ULTRA	Weteran II M - 60	4	02:27:12	06:28:17	10:31:30	12:58:16	16:07:45	19:17:13	21:18:46.15	21:19:48.20	+10:38:43 (49.9%)	11:37	5.2 (50.5%)
287	SIWA Kinga	3360		Masters K - 40	25	02:31:48	06:56:25	10:54:12	13:12:49	16:14:14	19:14:02	21:19:00.50	21:19:53.55	+10:38:48 (49.9%)	11:37	5.2 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 110km	brutto 110km			
288	ZAWADZKA Agnieszka	3040	ZAWADZKA TEAM/NOCNY BÓR TEAM/AREYOUREADY	Masters K - 40	26	02:18:22	06:07:58	10:29:53	12:52:37	15:50:27	18:40:55	21:19:20.35	21:20:19.20	+10:39:14 (49.9%)	11:37	5.2 (50.5%)
289	ZAWADZKI Grzegorz	3405	BORGWARNER RUNNING TEAM	Masters M - 40	108	02:18:21	06:07:57	10:29:58	12:52:36	15:50:29	19:05:39	21:19:20.60	21:20:19.65	+10:39:14 (49.9%)	11:37	5.2 (50.5%)
290	WRZESIŃSKI Krzysztof	3001		Masters M - 40	109	02:20:59	06:30:15	10:31:06	13:02:28	16:17:38	19:28:02	21:20:06.25	21:20:29.70	+10:39:24 (49.9%)	11:38	5.2 (50.5%)
291	WIĘCKOWSKI Tomasz	3294	ORANGE POLSKA	Weteran I M - 50	41	02:14:51	06:06:00	10:05:22	12:33:24	15:49:36	18:54:39	21:21:13.10	21:22:13.70	+10:41:08 (50.0%)	11:38	5.2 (50.5%)
292	KOWALIK Marcin	3361	ROCCO SIFFREDI FUN CLUB POLAND	Senior II M - 30	67	02:21:38	06:19:05	10:15:34	12:34:20	16:00:24	19:02:10	21:26:05.15	21:26:25.45	+10:45:20 (50.2%)	11:41	5.1 (49.5%)
293	BUJARSKI Michał	3364	JAKOŚ TO BĘDZIE	Masters M - 40	110	02:21:39	06:19:03	10:15:36	12:34:17	16:00:26	19:02:07	21:26:04.65	21:26:25.75	+10:45:20 (50.2%)	11:41	5.1 (49.5%)
294	FRANKOWSKA Katarzyna	3227	MISTRZOWSKI TRENING/PRO366	Masters K - 40	27	02:14:51	06:15:14	10:22:08	12:34:38	15:49:58	19:08:11	21:25:59.15	21:26:31.00	+10:45:26 (50.2%)	11:41	5.1 (49.5%)
295	STASZEWSKI Piotr	3229	PRO366	Weteran I M - 50	42	02:14:51	06:15:16	10:22:12	12:34:39	15:50:01	19:08:10	21:25:59.10	21:26:31.10	+10:45:26 (50.2%)	11:41	5.1 (49.5%)
296	SURDAKCI Jerzy	3274	DRUŻYNA SZPIKU	Weteran I M - 50	43	02:35:35	07:04:59	11:20:41	13:38:16	16:53:42	19:32:09	21:25:57.40	21:26:50.60	+10:45:45 (50.2%)	11:41	5.1 (49.5%)
297	BACZKOWSKI Jacek	3403		Senior I M - 20	13	02:15:45	06:16:42	10:29:59	13:03:55	16:14:43	19:32:26	21:26:56.30	21:28:06.90	+10:47:01 (50.2%)	11:41	5.1 (49.5%)
298	KOŁBUC Rafał	3101		Senior II M - 30	68	02:41:57	06:53:33	10:45:17	13:12:09	16:14:18	19:27:28	21:29:01.70	21:29:28.60	+10:48:23 (50.3%)	11:43	5.1 (49.5%)
299	LUBELCZYK Grzegorz	3387	SPELEOCLUB WROCŁAW	Weteran I M - 50	44	02:12:14	06:13:10	11:26:09	13:31:26	16:31:42	19:45:29	21:29:33.45	21:29:47.30	+10:48:42 (50.3%)	11:43	5.1 (49.5%)
300	SONDEJ Mikołaj	3454		Senior I M - 20	14	02:19:47	05:59:18	09:47:03	12:15:03	15:48:26	19:18:55	21:30:42.70	21:32:56.90	+10:51:51 (50.4%)	11:44	5.1 (49.5%)
301	POPCZYK Magdalena	3349		Senior II K - 30	22	02:23:47	06:37:27	10:36:44	12:50:53	16:17:19	19:09:04	21:32:24.45	21:33:03.00	+10:51:58 (50.4%)	11:44	5.1 (49.5%)
302	MORDZIOŁEK Katarzyna	3230	BIEGOWA KUŹNIA	Masters K - 40	28	02:23:44	06:37:26	10:36:40	12:50:52	16:17:14	19:09:01	21:32:23.70	21:33:03.15	+10:51:58 (50.4%)	11:44	5.1 (49.5%)
303	LICAK Łukasz	3014		Masters M - 40	111	02:28:34	06:29:47	10:33:04	13:02:02	16:17:12	19:27:34	21:33:47.25	21:34:38.30	+10:53:33 (50.5%)	11:45	5.1 (49.5%)
304	WYLEGAŁA Izabela	3411	PCH_RUN	Masters K - 40	29	02:27:44	06:33:50	10:34:22	13:03:04	16:19:35	19:30:08	21:44:28.05	21:44:53.85	+11:03:48 (50.9%)	11:51	5.1 (49.5%)
305	WALCZAK Małgorzata	3407	PCH_RUN	Masters K - 40	30	02:27:45	06:33:51	10:34:27	13:03:05	16:19:38	19:30:13	21:44:28.15	21:44:53.90	+11:03:48 (50.9%)	11:51	5.1 (49.5%)
306	NOWAK Marta	3410	PCH_RUN	Senior II K - 30	23	02:27:47	06:33:55	10:34:41	13:03:11	16:19:50	19:30:13	21:44:29.30	21:44:54.20	+11:03:49 (50.9%)	11:51	5.1 (49.5%)
307	DYKO Jakub	3317		Senior II M - 30	69	02:20:45	06:37:09	10:27:03	12:53:22	16:05:58	19:13:50	21:45:42.05	21:46:38.90	+11:05:33 (50.9%)	11:52	5.1 (49.5%)
308	KARWACKI Krystian	3061	KRYSTIAN KA	Masters M - 40	112	02:16:33	06:13:04	10:03:04	12:25:10	15:38:44	18:59:47	21:50:53.40	21:50:59.90	+11:09:54 (51.1%)	11:55	5 (48.5%)
309	OBŁUDKA Adam	3271	BEERSPIRIT / BIEGAJĄCE ZĄBKI	Masters M - 40	113	02:28:05	06:39:58	10:41:48	13:04:06	16:40:11	19:44:30	21:50:21.00	21:51:20.90	+11:10:15 (51.1%)	11:54	5 (48.5%)
310	DRABIŃSKI Adrian	3264	BEERSPIRIT	Masters M - 40	114	02:27:41	06:39:59	10:41:53	13:04:09	16:40:15	19:44:32	21:50:22.60	21:51:21.00	+11:10:16 (51.1%)	11:54	5 (48.5%)
311	WIERUSZEWSKA Agata	3451	BIEGŁA BIEGŁA	Masters K - 40	31	02:26:21	06:50:00	11:22:36	13:41:03	16:54:21	19:50:58	21:53:18.35	21:53:29.05	+11:12:24 (51.2%)	11:56	5 (48.5%)
312	BORKOWSKI Andrzej	3064		Weteran I M - 50	45	02:07:38	05:57:19	10:10:38	12:37:13	15:57:43	19:10:03	21:54:21.45	21:54:27.10	+11:13:22 (51.2%)	11:56	5 (48.5%)
313	LIC Janusz	3292		Weteran I M - 50	46	02:26:56	06:50:52	11:13:26	13:37:14	16:50:04	19:46:25	22:04:13.85	22:04:36.25	+11:23:31 (51.6%)	12:02	5 (48.5%)
314	KĄLPOWICZ Tomasz	3240	DALI NOGI GADŻETA	Masters M - 40	115	02:17:46	06:01:07	10:22:04	12:38:39	16:16:23	19:53:58	22:04:01.85	22:04:48.00	+11:23:43 (51.6%)	12:02	5 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 110km	brutto 110km			
315	DARSKI Rafał	3073	RECAMIERE	Weteran II M - 60	5	02:18:56	06:43:06	11:02:53	13:38:45	16:49:37	19:57:50	22:05:59.80	22:06:22.95	+11:25:17 (51.7%)	12:03	5 (48.5%)
316	FELICZAK Małgorzata	3134		Masters K - 40	32	02:47:58	07:17:13	11:37:01	13:58:29	17:14:12	20:09:55	22:09:45.45	22:10:51.00	+11:29:46 (51.8%)	12:05	5 (48.5%)
317	GRAJCAR Anna	3122		Masters K - 40	33	02:47:59	07:17:12	11:37:04	13:58:29	17:14:08	20:09:55	22:09:45.45	22:10:51.60	+11:29:46 (51.8%)	12:05	5 (48.5%)
318	KRUPIŃSKI Tadeusz	3434		Weteran II M - 60	6	02:27:17	06:45:10	11:03:47	13:40:27	16:44:50	19:51:37	22:12:10.35	22:13:27.50	+11:32:22 (51.9%)	12:06	5 (48.5%)
319	ALLEN Stephen	3042	BARNET & DISTRICT AC	Weteran II M - 60	7	02:40:38	07:14:00	11:37:30	14:00:00	17:12:31	20:04:05	22:13:19.55	22:14:24.05	+11:33:19 (52.0%)	12:07	5 (48.5%)
320	GRZESIOK Wojciech	3460	KLUB WYSOKOGÓRSKI GLIWICE	Masters M - 40	116	02:16:13	06:17:01	10:29:37	13:03:43	16:47:49	20:14:45	22:14:42.70	22:15:52.40	+11:34:47 (52.0%)	12:08	4.9 (47.6%)
321	WACŁAWSKI Jacek	3399		Masters M - 40	117	02:16:13	06:16:48	10:29:43	13:03:42	16:48:06	20:14:42	22:14:41.20	22:15:52.50	+11:34:47 (52.0%)	12:08	4.9 (47.6%)
322	LIS Sławomir	3127		Weteran II M - 60	8	02:22:41	06:35:26	11:02:53	13:20:29	17:07:49	20:10:07	22:21:42.30	22:22:53.60	+11:41:48 (52.3%)	12:11	4.9 (47.6%)
323	AMBROZIAK Mateusz	3221		Senior II M - 30	70	02:20:14	06:45:47	11:30:46	13:54:58	17:47:15	20:40:35	22:24:15.65	22:25:34.40	+11:44:29 (52.4%)	12:13	4.9 (47.6%)
324	ORNACKI Łukasz	3095		Masters M - 40	118	02:26:57	06:38:04	10:43:28	12:48:10	16:22:42	19:55:29	22:30:51.35	22:31:59.85	+11:50:54 (52.6%)	12:16	4.9 (47.6%)
325	KOWALEWSKI Robert	3213		Weteran I M - 50	47	02:43:25	07:34:01	11:58:33	14:23:31	17:29:11	20:29:42	22:31:35.40	22:32:29.35	+11:51:24 (52.6%)	12:17	4.9 (47.6%)
326	ANTKOWIAK Mateusz	3154	STAJNIAKTEAM	Senior I M - 20	15	02:19:20	06:27:58	10:42:33	13:23:45	16:43:53	20:01:44	22:34:20.45	22:34:31.20	+11:53:26 (52.7%)	12:18	4.9 (47.6%)
327	MAJEWSKA Ola	3119	LUX MED SPORTS TEAM	Senior II K - 30	24	02:19:22	06:29:28	10:43:30	13:23:46	16:43:58	20:00:01	22:34:29.85	22:34:39.65	+11:53:34 (52.7%)	12:18	4.9 (47.6%)
328	SZERMENT Eryk	3323		Masters M - 40	119	02:26:14	06:37:00	11:33:50	14:19:47	17:53:16	20:56:18	22:34:25.05	22:35:09.15	+11:54:04 (52.7%)	12:18	4.9 (47.6%)
329	SZERMENT Magdalena	3322		Masters K - 40	34	02:26:17	06:36:59	11:33:56	14:19:50	17:53:20	20:56:20	22:34:26.85	22:35:10.30	+11:54:05 (52.7%)	12:18	4.9 (47.6%)
330	SZYMANIUK Maciej	3291		Senior II M - 30	71	02:20:26	06:31:02	10:44:36	13:18:11	16:39:25	20:01:11	22:35:57.90	22:36:49.25	+11:55:44 (52.8%)	12:19	4.9 (47.6%)
331	WYSOCKI Marcin	3290		Senior II M - 30	72	02:20:26	06:31:01	10:44:32	13:17:32	16:39:19	20:01:13	22:35:57.60	22:36:49.65	+11:55:44 (52.8%)	12:19	4.9 (47.6%)
332	CHOJNOWSKA Dominika	3113	#NIEZESRAJSIE	Senior II K - 30	25	02:41:27	06:53:24	11:15:11	13:43:26	17:25:10	20:23:07	22:41:22.30	22:42:38.60	+12:01:33 (53.0%)	12:22	4.8 (46.6%)
333	GILEWSKI Bartłomiej	3112	#NIEZESRAJSIĘ	Senior II M - 30	73	02:41:28	06:53:19	11:15:17	13:43:24	17:23:39	20:26:14	22:41:22.55	22:42:39.65	+12:01:34 (53.0%)	12:22	4.8 (46.6%)
334	WOJCIECHOWSKI Krzysztof	3266		Weteran I M - 50	48	02:25:58	06:48:30	11:15:35	13:53:49	17:23:48	20:34:30	22:53:32.65	22:54:09.95	+12:13:04 (53.3%)	12:29	4.8 (46.6%)
335	WOJCIECHOWSKA Wioletta	3267		Weteran K - 50	8	02:25:58	06:48:30	11:16:07	13:54:00	17:31:02	20:34:30	22:53:33.10	22:54:10.30	+12:13:05 (53.3%)	12:29	4.8 (46.6%)
336	HATAŁSKI Wojciech	3298	GÓRY LASY	Senior II M - 30	74	02:39:32	06:48:20	09:08:11	13:54:53	17:28:05	20:43:46	22:54:09.30	22:54:57.30	+12:13:52 (53.4%)	12:29	4.8 (46.6%)
337	RUSEK Mateusz	3355		Masters M - 40	120	02:31:20	07:14:57	11:37:05	14:00:52	17:26:40	20:39:51	23:05:41.30	23:06:10.05	+12:25:05 (53.8%)	12:35	4.8 (46.6%)
338	CZOPEK Agnieszka	3044	KB MCKIS JAWORZNO	Masters K - 40	35	02:31:23	07:14:58	11:37:08	14:01:11	17:26:35	20:39:48	23:05:41.90	23:06:11.70	+12:25:06 (53.8%)	12:35	4.8 (46.6%)
339	LEŚNIAK Tomasz	3170	THE FLASH IS COMING	Masters M - 40	121	02:25:14	06:54:20	11:18:22	13:58:24	17:20:27	20:38:14	23:10:22.15	23:10:26.80	+12:29:21 (53.9%)	12:38	4.7 (45.6%)
340	ŁAGOWSKI Dariusz	3326	NIGHT RUNNERS/TKKF MPK POZNAŃ	Weteran I M - 50	49	02:24:30	07:05:13	11:33:14	14:06:24	17:38:57	20:40:31	23:13:36.15	23:13:51.50	+12:32:46 (54.0%)	12:40	4.7 (45.6%)
341	MAREK Tomasz	3058	DRUŻYNA BIEGOWA	Weteran I M - 50	50	02:21:53	07:05:25	11:33:33	14:06:35	17:39:05	20:40:50	23:13:55.55	23:13:59.90	+12:32:54 (54.0%)	12:40	4.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
342	PYZIO Magda	3148	WWW.SPRAWDZAMY-NIERUCHOMOŚCI.PL	Senior II K - 30	26	02:24:21	07:04:53	12:12:31	14:35:50	18:33:42	21:28:47	23:22:57.65	23:23:48.70	+12:42:43 (54.3%)	12:45	4.7 (45.6%)
343	SIWEK Grzegorz	3021	LANRUN	Weteran I M - 50	51	02:23:49	06:45:29	11:28:33	14:12:11	17:47:11	21:00:31	23:23:25.45	23:24:13.45	+12:43:08 (54.3%)	12:45	4.7 (45.6%)
344	GOUELLAIN Olivier	3281	ORLÉANS TRIATHLON CLUB 45	Weteran I M - 50	52	02:26:58	07:12:48	11:25:24	13:57:00	18:02:17	21:23:19	23:24:26.05	23:25:18.00	+12:44:13 (54.4%)	12:46	4.7 (45.6%)
345	LIPSKI Pierre	3282	COURBEVOIE TRIATHLON	Weteran I M - 50	53	02:26:02	07:12:46	11:25:19	13:57:00	18:02:07	21:23:19	23:24:26.50	23:25:18.30	+12:44:13 (54.4%)	12:46	4.7 (45.6%)
346	NOWACKI Robert	3346		Weteran I M - 50	54	02:49:37	08:03:27	12:35:05	14:57:33	18:25:35	21:22:27	23:24:55.70	23:25:32.60	+12:44:27 (54.4%)	12:46	4.7 (45.6%)
347	SZWEDLER-NOWACKA Jolanta	3153		Masters K - 40	36	02:53:13	08:05:05	12:35:37	14:57:14	18:24:31	21:22:32	23:24:59.65	23:25:35.75	+12:44:30 (54.4%)	12:46	4.7 (45.6%)
348	CZYŻ Łukasz	3059	ES TEAM	Masters M - 40	122	02:29:24	07:19:53	11:56:19	14:29:41	18:14:18	21:29:33	23:31:01.10	23:31:30.95	+12:50:25 (54.6%)	12:49	4.7 (45.6%)
349	KOCJAN Marcin	3462		Senior II M - 30	75	02:21:52	06:47:36	11:24:18	14:12:20	17:38:42	21:02:36	23:37:55.95	23:38:34.20	+12:57:29 (54.8%)	12:53	4.7 (45.6%)
350	CHODAKOWSKI Jakub	3111		Senior II M - 30	76	02:34:09	06:48:29	10:38:07	13:49:12	17:03:36	20:36:55	23:42:06.25	23:43:15.40	+13:02:10 (55.0%)	12:55	4.6 (44.7%)
351	MIELNIK Krzysztof	3025		Senior II M - 30	77	02:37:08	07:12:13	11:59:39	14:40:21	18:07:47	21:13:09	23:44:06.00	23:45:13.40	+13:04:08 (55.0%)	12:56	4.6 (44.7%)
352	DRABARZ Jacek	3103	NIGHT RUNNERS POZNAŃ	Weteran I M - 50	55	02:20:47	06:34:01	11:21:57	13:59:44	17:43:29	21:21:17	23:50:06.75	23:50:25.80	+13:09:20 (55.2%)	13:00	4.6 (44.7%)
353	KUBÓW Jarek	3023		Masters M - 40	123	02:34:13	07:22:12	11:37:18	14:49:54	18:18:34	21:37:48	23:58:14.65	23:59:27.60	+13:18:22 (55.5%)	13:04	4.6 (44.7%)
354	DŁUGOŁĘCKI Jakub	3219	KS PRZAŚNIK	Senior I M - 20	16	02:35:37	07:09:59	11:52:26	14:49:18	18:17:07	21:32:55	23:59:00.75	23:59:47.55	+13:18:42 (55.5%)	13:04	4.6 (44.7%)
355	KOPERSKI Jakub	3276	NIGHT RUNNERS POZNAŃ	Masters M - 40	124	02:22:11	06:34:02	11:22:03	14:01:19	17:43:03	21:11:04	24:07:03.45	24:07:25.90	+13:26:20 (55.7%)	13:09	4.6 (44.7%)
356	GOŁĄB Andrzej	3304	CAŁA OLEŚNICA BIEGA	Weteran I M - 50	56	02:20:38	06:29:27	10:55:23	13:34:52	17:43:59	21:30:18	24:08:24.70	24:08:41.65	+13:27:36 (55.7%)	13:10	4.6 (44.7%)
357	BUJAK Łukasz	3180	#BIEGAMBOMAMZONE	Senior II M - 30	78	02:32:01	07:17:16	11:55:12	14:40:31	18:20:04	21:39:51	24:08:59.30	24:10:06.05	+13:29:01 (55.8%)	13:10	4.6 (44.7%)
358	KALITA Cezary	3312	KB BIAŁA BIEGA	Weteran I M - 50	57	02:27:43	07:02:25	11:41:14	14:21:45	18:08:13	21:32:03	24:19:52.65	24:20:38.60	+13:39:33 (56.1%)	13:16	4.5 (43.7%)
359	ZAKRZEWSKA Anna	3328		Masters K - 40	37	02:37:09	07:42:24	12:30:47	15:23:24	18:55:23	22:02:42	24:32:41.55	24:33:26.80	+13:52:21 (56.5%)	13:23	4.5 (43.7%)
360	ŚWIĘTONIOWSKA Justyna	3365	SAINT TEAM	Masters K - 40	38	03:01:17	08:07:57	12:45:08	15:40:57	19:15:30	22:25:37	24:34:10.90	24:34:48.70	+13:53:43 (56.5%)	13:24	4.5 (43.7%)
361	GRABIŃSKA Monika	3075	POLACY BIEGAJĄ W NL	Masters K - 40	39	02:36:25	07:05:15	11:40:19	14:29:40	18:26:23	21:58:38	24:34:23.95	24:34:55.45	+13:53:50 (56.5%)	13:24	4.5 (43.7%)
362	JENDRYSIK Kinga	3181		Masters K - 40	40	02:29:31	07:05:17	11:40:24	14:29:39	18:26:31	21:58:39	24:34:23.20	24:34:55.65	+13:53:50 (56.5%)	13:24	4.5 (43.7%)
363	WIELICZKO Rafał	3054		Senior II M - 30	79	02:34:16	07:01:55	11:47:37	14:43:51	18:24:19	21:47:45	24:36:39.95	24:36:48.40	+13:55:43 (56.6%)	13:25	4.5 (43.7%)
364	WIELICZKO Dagmara	3055		Senior II K - 30	27	02:34:17	07:01:55	11:47:43	14:43:50	18:24:24	21:47:50	24:36:39.50	24:36:49.15	+13:55:44 (56.6%)	13:25	4.5 (43.7%)
365	MASZEWSKA-WACH Mariola	3348	ULTRA PIOTRKÓW	Masters K - 40	41	02:33:13	07:07:10	11:49:41	14:29:31	18:10:49	21:39:16	24:39:28.70	24:40:21.90	+13:59:16 (56.7%)	13:26	4.5 (43.7%)
366	GŁADYSZ Rafał	3449	#BYLEPRZEDJURKIEM	Masters M - 40	125	03:06:56	08:27:28	12:54:48	15:39:20	19:30:24	22:18:50	24:42:17.60	24:43:22.30	+14:02:17 (56.8%)	13:28	4.5 (43.7%)
367	KACZOR Michał	3136	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	80	02:21:16	06:42:56	12:08:47	15:39:33	18:54:59	22:07:17	24:46:50.70	24:48:05.65	+14:07:00 (56.9%)	13:31	4.4 (42.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km	110km	110km			
368	KAŁŁAUR Krzysztof	3155		Masters M - 40	126	02:42:17	07:19:50	12:07:41	14:49:35	18:53:04	22:18:23	24:48:51.75	24:49:53.70	+14:08:48 (57.0%)	13:32	4.4 (42.7%)
369	SIWINSKA Gosia	3078		Masters K - 40	42	02:26:15	07:05:05	11:56:43	14:41:05	18:42:25	22:16:58	24:49:47.60	24:50:31.90	+14:09:26 (57.0%)	13:32	4.4 (42.7%)
370	KREFT Ewa	3039	LEŚNA RUNDA	Masters K - 40	43	02:26:16	07:05:01	11:56:36	14:41:04	18:42:17	22:08:39	24:49:48.30	24:50:32.00	+14:09:27 (57.0%)	13:32	4.4 (42.7%)
371	KLUPŚ Olga	3307	ŚREMSKI SPORT	Senior I K - 20	4	02:35:18	07:00:41	11:19:05	13:46:50	17:12:00	21:10:53	24:54:45.45	24:55:30.90	+14:14:25 (57.1%)	13:35	4.4 (42.7%)
372	KACZMAREK Mirosław	3366	RUNNER'S POWER ŚREM	Senior II M - 30	81	02:35:21	07:00:50	11:19:54	13:46:51	17:11:52	21:11:00	24:54:45.70	24:55:31.35	+14:14:26 (57.1%)	13:35	4.4 (42.7%)
373	GŁÓWCZYŃSKA Katarzyna	3417	RUNNER'S POWER ŚREM	Senior II K - 30	28	02:35:18	07:00:42	11:19:08	13:46:48	17:11:47	21:10:55	24:54:45.00	24:55:31.55	+14:14:26 (57.1%)	13:35	4.4 (42.7%)
374	MATUSZEWSKA Małgorzata	3308	RUNNER'S POWER - POWIAT ŚREMSKI	Masters K - 40	44	02:35:18	07:00:41	11:19:51	13:46:49	17:11:45	21:10:53	24:54:47.75	24:55:32.60	+14:14:27 (57.1%)	13:35	4.4 (42.7%)
375	OSSOWSKA Małgorzata	3090	KASZUBI LUZINO	Weteran K - 50	9	02:29:21	06:48:30	13:04:07	15:29:18	19:10:17	22:18:21	24:57:44.45	24:58:23.70	+14:17:18 (57.2%)	13:36	4.4 (42.7%)
376	JARZĘBOWSKI Piotr	3225		Masters M - 40	127	02:32:19	06:49:55	11:03:10	13:39:04		21:40:34	25:02:28.45	25:03:27.30	+14:22:22 (57.4%)	13:39	4.4 (42.7%)
377	OBARSKI Norbert	3172		Weteran II M - 60	9	02:57:46	08:07:42	12:44:46	15:40:41	19:20:17	22:31:17	25:04:01.95	25:04:55.80	+14:23:50 (57.4%)	13:40	4.4 (42.7%)
378	NAJDUK Daniel	3033	ROZBIEGANI CHOJNÓW	Senior II M - 30	82	02:31:37	07:18:06	12:17:00	15:23:13	19:21:41	22:46:43	25:10:11.25	25:11:22.20	+14:30:17 (57.6%)	13:43	4.4 (42.7%)
379	PODHAJNY Piotr	3046	ROZBIEGANI CHOJNÓW	Masters M - 40	128	02:31:45	07:18:09	12:16:40	15:23:15	19:21:43	22:46:46	25:10:12.90	25:11:23.25	+14:30:18 (57.6%)	13:43	4.4 (42.7%)
380	CHEŁCHOWSKI Mateusz	3053		Senior II M - 30	83	02:37:18	07:15:58	11:46:17	14:25:18	18:07:42	21:36:53	25:19:21.00	25:20:11.55	+14:39:06 (57.8%)	13:48	4.3 (41.7%)
381	BUBEL Alina	3167	KB SUPERMARATOŃCZYK	Weteran K - 50	10	02:53:42	08:37:16	13:07:17	15:42:10	19:29:22	22:49:28	25:19:37.45	25:20:40.80	+14:39:35 (57.8%)	13:48	4.3 (41.7%)
382	MAŻNICA Artur	3285		Senior I M - 20	17	02:54:51	07:56:08	12:31:37	15:27:36	19:08:40	22:49:53	25:20:38.25	25:21:05.80	+14:40:00 (57.9%)	13:49	4.3 (41.7%)
383	SOBASZKIEWICZ Rafał	3295	RUNCROSS ROZGARTY	Weteran I M - 50	58	02:39:11	07:50:21	12:38:25	15:25:51	19:32:26	22:48:55	25:25:40.65	25:26:43.80	+14:45:38 (58.0%)	13:52	4.3 (41.7%)
384	HAMPEL Maria	3272	RED LINE - STUDIO TRENINGU	Senior I K - 20	5	02:54:50	07:56:07	12:29:58	15:27:15	19:08:31	22:49:56	25:28:10.10	25:28:37.20	+14:47:32 (58.1%)	13:53	4.3 (41.7%)
385	HAMPEL Patryk	3241	RED LINE	Senior II M - 30	84	02:54:46	07:56:06	12:29:51	15:27:18	19:08:36	22:49:41	25:28:11.55	25:28:38.00	+14:47:33 (58.1%)	13:53	4.3 (41.7%)
386	MOROŃ Krzysztof	3041		Senior II M - 30	85	02:40:10	07:26:23	12:29:04	15:42:29	20:05:39	23:18:16	25:47:27.05	25:48:28.80	+15:07:23 (58.6%)	14:04	4.3 (41.7%)
387	KOŁDA Halina	3216	PCH_RUN	Weteran II K - 60	3	03:00:09	08:28:04	13:04:32	15:51:12		23:36:00	25:52:55.10	25:53:23.60	+15:12:18 (58.7%)	14:07	4.3 (41.7%)
	ŁUKAWSKI Krzysztof	3120		Masters M - 40		02:17:28 DNF	05:45:14 DNF	08:55:24 DNF	10:56:43 DNF	13:39:06 DNF	15:58:27 DNF	DNF	DNF	-	-	(0.0%)
	ZORAN Henryk	3128	WARTKIE PIERONY	Weteran I M - 50		02:25:41 DNF	08:56:59 DNF	10:49:57 DNF	13:23:34 DNF	22:49:50 DNF		DNF	DNF	-	-	(0.0%)
	KOCZOROWSKI Jakub	3388		Senior II M - 30		01:48:28 DNF	04:29:06 DNF	07:08:02 DNF	08:36:27 DNF	DNF	22:50:38 DNF	DNF	DNF	-	-	(0.0%)
	WALCZAK-WOJTKOWSKA Iwona	3351		Weteran II K - 60		03:05:53 DNF	08:37:10 DNF	13:36:40 DNF	16:29:50 DNF	20:27:21 DNF	23:51:22 DNF	DNF	DNF	-	-	(0.0%)
	JAKOWSKI Mateusz	3100		Senior II M - 30		01:34:07 DNF	04:34:26 DNF	DNF	DNF	12:35:42 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KAMOLA Maciej	3048	WYBIEGAC MARZENIA TEAM	Senior II M - 30		02:37:16 DNF	07:09:59 DNF	11:52:28 DNF	14:49:31 DNF	18:23:11 DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo	Tempo
						15km	40km	61km	70km	85km	98km	110km	110km		min/km	km/h
	MATERA Kinga	3369		Masters K - 40		03:04:44 DNF	09:40:09 DNF	14:45:19 DNF	17:24:37 DNF	21:12:50 DNF	DNF	DNF	DNF		-	- (0.0%)
	TRAMPCZYŃSKI Jakub	3296	AW - SZYBCIEJ - TEAM	Senior II M - 30		01:41:02 DNF	04:07:33 DNF	06:28:21 DNF	07:46:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GIBALSKI Tomasz	3237	OBORYGENI	Weteran I M - 50		02:14:12 DNF	05:32:03 DNF	08:56:13 DNF	11:11:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOCIOŁEK Zbigniew	3397		Weteran I M - 50		02:03:35 DNF	05:40:09 DNF	09:43:24 DNF	12:17:44 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WITKOWSKI Maciej	3065	HEXAPRO	Senior II M - 30		02:00:57 DNF	05:26:35 DNF	09:06:58 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MUCHA Adam	3382	BIEGAJĄCE KREJZOLE	Weteran I M - 50		02:17:24 DNF	05:46:47 DNF	09:08:34 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BIADASIEWICZ Andrzej	3427	HTF LUDWIK SIKORSKI	Weteran II M - 60		02:18:41 DNF	06:20:01 DNF	11:05:41 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	OWSIKOWSKI Kamil	3253		Senior II M - 30		02:05:52 DNF	05:51:03 DNF	11:16:35 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŻEHALUK Paweł	3179		Senior II M - 30		02:35:37 DNF	07:09:59 DNF	11:52:36 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWSKI Andrzej	3363		Senior II M - 30		02:34:28 DNF	07:22:27 DNF	11:58:09 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MARCINIAK Jakub	3117	TLENOWA RADOŚĆ TEAM	Senior II M - 30		01:43:37 DNF	04:33:41 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FEDORCZAK Jacek	3300	ACCENTURE	Masters M - 40		02:01:00 DNF	05:17:07 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŻŁOBIŃSKI Tomasz	3438		Senior II M - 30		02:09:34 DNF	05:32:50 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BORK Łukasz	3020	GRUPA DRUHA BORUCHA	Masters M - 40		01:55:22 DNF	05:36:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZIŃSKI Wojciech	3187	ULTRAWAY RUNNING TEAM	Senior II M - 30		02:08:52 DNF	05:44:05 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DOMINIAK Michał	3393		Masters M - 40		01:53:41 DNF	05:53:50 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KWIATEK Weronika	3191		Masters K - 40		02:12:18 DNF	06:17:25 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUZMIN Maksim	3193		Senior II M - 30		02:25:23 DNF	06:36:43 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SEGIN Marcin	3084	SPRINT ZALEWO	Masters M - 40		02:16:43 DNF	06:39:48 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHOŁOTA Marek	3005		Masters M - 40		02:21:09 DNF	06:49:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JASTRZĄB-STANDERSKA Joanna	3010		Masters K - 40		02:21:08 DNF	06:49:20 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHEŁCHOWSKA Katarzyna	3052		Senior II K - 30		02:37:18 DNF	07:16:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZEMIK Kamila	3163		Masters K - 40		02:53:10 DNF	08:05:02 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FILA Katarzyna	3231		Senior II K - 30		03:02:22 DNF	08:24:52 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DUDEK Adam	3249		Masters M - 40		01:53:54 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GACHOWSKI Łukasz	3079		Masters M - 40		01:57:54 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	PRZYBYTKOWSKI Adam	3358	RNB TEAM POLANICA ZDRÓJ	Weteran I M - 50		02:04:37 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MATYJA Rafał	3432		Senior II M - 30		02:12:28 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WALIŃSKA Agata	3147	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Masters K - 40		02:25:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	TALARCZYK Jagoda	3116	CENTRUM RUCHU CUBE	Masters K - 40		02:54:08 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOBROVSKA Anna	3008		Masters K - 40		DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KALETA Leszek	3343		Senior II M - 30		DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 425 wynik(ów)