

BIEG K-B-L - 110 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2019-07-18
Łądek-Zdrój
110 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

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	UZNAŃSKI Piotr	3228	PAMTRANS / EUROCLEAR RUNNING TEAM	Senior II M - 30	1	01:26:34	03:35:48	05:36:43	06:43:18	08:11:40	09:34:22	10:36:24.75	10:36:26.35		5:47	10.4 (100%)
2	FRANKOWSKI Michał	3262		Senior II M - 30	2	01:21:55	03:40:55	06:01:09	07:17:42	08:50:59	10:15:42	11:28:04.05	11:28:04.05	+00:51:37 (7.5%)	6:15	9.6 (92.3%)
3	KOCIOŁOWICZ Piotr	3084	BIEGAM W GÓRACH BARDZKICH / WKURW_TEAM	Senior II M - 30	3	01:24:15	03:48:34	06:05:03	07:18:49	09:00:18	10:30:33	11:35:20.45	11:35:22.70	+00:58:56 (8.5%)	6:19	9.5 (91.3%)
4	GONCZARENKO Jarek	3281		Senior II M - 30	4	01:25:02	03:38:37	06:00:12	07:18:42	08:58:39	10:27:02	11:38:47.00	11:38:48.80	+01:02:22 (8.9%)	6:21	9.4 (90.4%)
5	MARCINIAK Przemysław	3211	ATHLETICS NYSA	Senior II M - 30	5	01:29:07	03:58:12	06:10:17	07:24:22	09:05:11	10:32:20	11:44:37.10	11:44:39.95	+01:08:13 (9.7%)	6:24	9.4 (90.4%)
6	PIĄTEK Mateusz	3079	SM KAMOS/ HERCOG RUNNING TEAM	Senior I M - 20	1	01:32:55	03:58:08	06:14:51	07:30:24	09:10:22	10:38:55	11:53:09.75	11:53:13.10	+01:16:46 (10.8%)	6:29	9.3 (89.4%)
7	SZCZEPANIAK Angelika	3174	CERI/AKADEMIABIEGACZA.PL S.L. SALOS-WODNA	Senior II K - 30	1	01:32:03	04:13:45	06:37:34	07:58:09	09:47:53	11:23:49	12:42:32.20	12:42:35.55	+02:06:09 (16.5%)	6:55	8.7 (83.7%)
8	KOMZA Radosław	3210		Masters M - 40	1	01:31:53	04:04:57	06:30:51	07:55:46	09:48:21	11:32:16	12:49:00.95	12:49:11.10	+02:12:44 (17.3%)	6:59	8.6 (82.7%)
9	DYJAK Robert	3111		Senior II M - 30	6	01:30:47	04:13:47	06:43:42	08:08:00	09:55:31	11:34:03	12:49:23.50	12:49:28.10	+02:13:01 (17.3%)	6:59	8.6 (82.7%)
10	STAŃCZAK Piotr	3225	CZERWONAK BIEGA	Senior II M - 30	7	01:33:23	04:13:44	06:46:05	08:07:53	09:55:21	11:33:58	12:49:18.40	12:49:28.25	+02:13:01 (17.3%)	6:59	8.6 (82.7%)
11	KUŹNIAK Marcin	3261		Masters M - 40	2	01:33:54	04:11:09	06:37:42	07:58:33	09:51:28	11:32:42	12:54:29.05	12:54:32.65	+02:18:06 (17.8%)	7:02	8.5 (81.7%)
12	GOŚCINIEWICZ Paweł	3282	ZIEMOWIT TEAM	Masters M - 40	3	01:33:52	04:12:27	06:41:38	08:01:42	09:57:21	11:41:29	13:14:47.05	13:14:53.70	+02:38:27 (19.9%)	7:13	8.3 (79.8%)
13	STOKŁOSA Sebastian	3257	LESZ NO LIMITS RUNNERS	Senior II M - 30	8	01:34:37	04:17:28	06:53:01	08:21:56	10:14:21	11:56:47	13:17:33.10	13:17:38.85	+02:41:12 (20.2%)	7:15	8.3 (79.8%)
14	BŁACHUT Radosław	3280	ML TEAM	Masters M - 40	4	01:32:23	04:13:44	06:43:47	08:08:02	10:04:54	11:56:55	13:18:47.60	13:18:50.60	+02:42:24 (20.3%)	7:15	8.3 (79.8%)
15	GRZELAK Kamila	3249	TEAM ALTRA RED	Senior I K - 20	1	01:38:16	04:19:10	06:54:27	08:21:48	10:13:30	11:59:35	13:22:11.30	13:22:16.75	+02:45:50 (20.7%)	7:17	8.2 (78.8%)
16	OSTAPSKI Kamil	3306	TC WROCLAW / VEGE RUNNERS	Senior II M - 30	9	01:30:50	04:00:31	06:51:12	08:20:45	10:14:13	11:59:37	13:26:33.10	13:26:37.40	+02:50:11 (21.1%)	7:19	8.2 (78.8%)
17	GRZELAK Adrian	3258		Senior II M - 30	10	01:38:36	04:26:52	07:07:21	08:36:54	10:33:30	12:16:42	13:40:08.55	13:40:14.40	+03:03:48 (22.4%)	7:27	8 (76.9%)
18	KAROLAK Ania	3303	MUAY RUNNING TEAM	Senior II K - 30	2	01:38:20	04:22:04	07:07:20	08:44:31	10:38:19	12:21:42	13:43:56.45	13:43:59.30	+03:07:32 (22.8%)	7:29	8 (76.9%)
19	MAKOWSKI Mateusz	3263		Senior I M - 20	2	01:38:16	04:19:37	07:07:27	08:57:19	10:46:17	12:33:58	13:54:25.35	13:54:29.45	+03:18:03 (23.7%)	7:35	7.9 (76.0%)

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
20	REJ Mirosław	3076	M &T WYJADACZE PARÓWKÓW	Senior II M - 30	11	01:41:16	04:28:59	07:16:49	08:46:51	10:46:42	12:30:44	13:54:52.80	13:54:57.45	+03:18:31 (23.8%)	7:35	7.9 (76.0%)
21	DZIUBIŃSKI Michał	3142	FAMILY EXTREME	Senior II M - 30	12	01:38:16	04:19:37	07:07:30	08:57:20	11:01:37	12:44:45	14:09:33.80	14:09:38.20	+03:33:11 (25.1%)	7:43	7.8 (75.0%)
22	CAŁY Patryk	3307	#KFD FALLOUT TEAM	Senior II M - 30	13	01:45:51	04:37:02	07:23:50	08:47:47	10:48:55	12:40:26	14:10:57.60	14:11:14.20	+03:34:47 (25.2%)	7:44	7.8 (75.0%)
23	KIELASZEWSKI Karol	3273	LESZNO LIMITS RUNNERS	Senior II M - 30	14	01:36:35	04:32:28	07:32:56	08:55:41	10:54:46	12:47:34	14:20:27.60	14:20:39.15	+03:44:12 (26.1%)	7:49	7.7 (74.0%)
24	ADLER Łukasz	3214	LESZ NO LIMITS RUNNERS	Senior II M - 30	15	01:48:19	04:51:03	07:33:14	09:01:05	10:57:34	12:47:40	14:20:33.00	14:20:39.65	+03:44:13 (26.1%)	7:49	7.7 (74.0%)
25	GÓRNIAK-ANTKOWIAK Agnieszka	3122	GSM OBORNIKI ŚLĄSKIE	Masters K - 40	1	01:37:30	04:32:31	07:22:30	08:53:54	10:56:38	12:51:33	14:22:54.80	14:23:04.35	+03:46:38 (26.3%)	7:50	7.6 (73.1%)
26	KONIECZNY Szymon	3135	CHOSZCZENSKA 10	Senior II M - 30	16	01:48:25	04:38:18	07:33:44	09:06:48	11:12:08	13:00:04	14:24:40.35	14:25:05.65	+03:48:39 (26.4%)	7:51	7.6 (73.1%)
27	MARZEC Grzegorz	3276	GMINA STRZELCE OPOLSKIE	Masters M - 40	5	01:33:58	04:18:12	07:07:04	08:44:05	10:39:18	12:38:36	14:26:09.60	14:26:18.90	+03:49:52 (26.5%)	7:52	7.6 (73.1%)
28	BALWIERCZAK Piotr	3053	HERCOG RUNNING TEAM	Senior I M - 20	3	01:37:34	04:32:36	07:22:40	08:53:59	10:58:45	12:52:44	14:27:19.70	14:27:25.25	+03:50:58 (26.6%)	7:53	7.6 (73.1%)
29	PAWLIK Jakub	3045	1X1	Senior II M - 30	17	01:49:03	04:48:47	07:34:01	09:07:09	11:12:45	13:00:25	14:28:25.70	14:28:28.35	+03:52:02 (26.7%)	7:53	7.6 (73.1%)
30	KRAKOWCZYK Marta	3234		Senior I K - 20	2	01:43:49	04:34:11	07:25:25	08:49:27	11:05:20	13:03:11	14:29:43.60	14:29:58.20	+03:53:31 (26.8%)	7:54	7.6 (73.1%)
31	FURMAN Sławomir	3088		Masters M - 40	6	01:32:12	04:31:36	07:25:43	09:04:31	11:14:56	13:03:39	14:33:30.70	14:33:35.80	+03:57:09 (27.1%)	7:56	7.6 (73.1%)
32	GAJDA Sebastian	3139	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	7	01:42:35	04:37:12	07:48:04	09:22:06	11:19:52	13:09:28	14:35:14.55	14:35:31.00	+03:59:04 (27.3%)	7:57	7.5 (72.1%)
33	BORÓWKA Ryszard	3082		Masters M - 40	8	01:36:10	04:34:26	07:22:01	08:54:00	11:02:30	13:04:13	14:36:51.80	14:36:55.50	+04:00:29 (27.4%)	7:58	7.5 (72.1%)
34	KOWALIK Andrzej	3219	BIEG OPOLSKI	Masters M - 40	9	01:27:06	04:03:53	06:59:32	08:51:45	11:02:33	13:04:13	14:36:56.25	14:37:00.15	+04:00:33 (27.4%)	7:58	7.5 (72.1%)
35	WYLEGAŁA Michał	3017	PCH_RUN	Masters M - 40	10	01:42:01	04:34:55	07:33:24	09:01:56	11:13:57	13:09:50	14:43:44.30	14:43:52.05	+04:07:25 (28.0%)	8:02	7.5 (72.1%)
36	LONC Tomasz	3078		Masters M - 40	11	01:41:15	04:37:10	07:42:07	09:12:13	11:20:59	13:09:52	14:46:51.25	14:46:56.70	+04:10:30 (28.2%)	8:03	7.4 (71.2%)
37	ANUSZ Adam	3066	ŻARÓW BIEGA	Senior II M - 30	18	01:46:47	04:49:09	07:56:44	09:29:14	11:25:27	13:15:01	14:49:23.95	14:49:41.30	+04:13:14 (28.5%)	8:05	7.4 (71.2%)
38	ZIMKOWSKI Marcin	3298	KGHM ZG RUN	Senior II M - 30	19	01:31:55	04:21:52	07:25:42	09:04:33	11:20:47	13:19:20	14:50:10.80	14:50:13.15	+04:13:46 (28.5%)	8:05	7.4 (71.2%)
39	BAR Stanisław	3275	GMINA STRZELCE OPOLSKIE	Masters M - 40	12	01:40:25	04:42:04	07:39:13	09:36:30	11:39:10	13:27:33	14:52:33.55	14:52:42.45	+04:16:16 (28.7%)	8:06	7.4 (71.2%)
40	BIENIECKA Anna	3309		Masters K - 40	2	01:41:53	04:51:45	07:47:32	09:24:34	11:25:05	13:20:24	14:53:30.10	14:53:33.20	+04:17:06 (28.8%)	8:07	7.4 (71.2%)
41	SZEMIEL Maciej	3154		Senior II M - 30	20	01:33:31	04:43:56	07:49:41	09:34:09	11:36:13	13:24:10	14:53:58.50	14:54:04.25	+04:17:37 (28.8%)	8:07	7.4 (71.2%)
42	ORACZ Mateusz	3251	BEZ LITOŚCI	Senior II M - 30	21	01:44:24	04:37:21	07:41:45	09:22:55	11:41:04	13:33:38	14:54:24.25	14:54:27.60	+04:18:01 (28.8%)	8:07	7.4 (71.2%)
43	SIKORA Michał	3207	BLUSZCZA	Masters M - 40	13	01:43:37	04:40:26	07:39:54	09:14:56	11:26:31	13:22:47	15:01:28.60	15:01:36.00	+04:25:09 (29.4%)	8:11	7.3 (70.2%)
44	SCHWITALLA Adrian	3130	MKS SIECHNICE	Masters M - 40	14	01:47:37	04:53:22	07:56:50	09:37:12	11:51:53	13:40:13	15:11:03.50	15:11:11.70	+04:34:45 (30.2%)	8:16	7.2 (69.2%)
45	POBORSKI Dariusz	3026		Masters M - 40	15	01:42:28	04:41:30	07:46:54	09:24:19	11:40:18	13:39:52	15:14:29.60	15:14:44.00	+04:38:17 (30.4%)	8:18	7.2 (69.2%)

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
46	OBIDOWSKI Łukasz	3080	NARAMOWICE BIEGAJĄ	Senior II M - 30	22	01:45:06	04:45:31	07:38:50	09:11:46	11:25:05	13:28:59	15:14:54.90	15:15:01.10	+04:38:34 (30.4%)	8:19	7.2 (69.2%)
47	MIGACZ Dawid	3022	1X1	Senior II M - 30	23	01:51:41	05:07:08	08:00:41	09:26:12	11:26:40	13:25:21	15:17:38.70	15:17:41.40	+04:41:15 (30.6%)	8:20	7.2 (69.2%)
48	SIKORSKI Marcin	3116	TT SZCZECIN	Masters M - 40	16	01:49:03	04:58:05	08:02:25	09:42:15	12:04:46	13:56:59	15:21:17.15	15:21:31.45	+04:45:05 (30.9%)	8:22	7.2 (69.2%)
49	MILEWSKI Maciek	3208	SAMOTNY WILK	Masters M - 40	17	01:32:51	04:19:35	07:35:34	09:33:28	11:55:51	13:52:36	15:22:27.35	15:22:35.35	+04:46:09 (31.0%)	8:23	7.2 (69.2%)
50	PRZYSIWEK Patryk	3109		Senior II M - 30	24	01:52:23	05:06:59	08:16:20	09:49:53	11:58:23	13:53:28	15:24:30.15	15:24:38.65	+04:48:12 (31.2%)	8:24	7.1 (68.3%)
51	KAROLAK Asia	3301	MUAY RUNNING TEAM	Senior II K - 30	3	01:47:01	04:53:38	07:51:10	09:22:21	11:37:47	13:47:49	15:25:22.35	15:25:27.80	+04:49:01 (31.2%)	8:24	7.1 (68.3%)
52	SZCZEPAŃSKI Norman	3288	AS-PL	Senior I M - 20	4	01:37:12	04:34:15	07:47:13	09:22:32	11:36:39	13:47:43	15:25:18.00	15:25:30.35	+04:49:04 (31.2%)	8:24	7.1 (68.3%)
53	KURPIEWSKA Anna	3223	GT RAT	Masters K - 40	3	01:49:01	04:58:04	08:02:19	09:42:10	12:04:49	13:57:03	15:26:22.80	15:26:37.10	+04:50:10 (31.3%)	8:25	7.1 (68.3%)
54	SOIŃSKI Przemysław	3131	KB MANIAC POZNAŃ	Masters M - 40	18	01:50:23	05:09:24	08:28:57	09:55:31	11:58:01	13:52:57	15:27:14.50	15:27:42.00	+04:51:15 (31.4%)	8:25	7.1 (68.3%)
55	TOMICZEK Tomasz	3238	ZDYSKWALIFIKOWANI	Senior II M - 30	25	02:05:19	05:13:02	08:12:01	09:47:15	12:06:07	14:01:12	15:39:01.00	15:39:35.50	+05:03:09 (32.3%)	8:32	7 (67.3%)
56	MIKOŁAJCZYK Marcin	3124	DROGA DO ULTRA	Senior II M - 30	26	01:51:32	04:41:14	07:37:32	09:33:52	11:54:09	13:58:24	15:40:23.80	15:40:29.25	+05:04:02 (32.3%)	8:32	7 (67.3%)
57	FRĄCKOWIAK Michał	3179	CZERWONAK BIEGA	Masters M - 40	19	01:49:24	05:13:42	08:47:05	10:14:40	12:21:55	14:10:41	15:40:42.10	15:40:51.25	+05:04:24 (32.4%)	8:33	7 (67.3%)
58	HUEBNER Maria	3008		Senior I K - 20	3	01:50:32	05:04:18	07:52:43	09:34:10	12:05:44	14:12:45	15:41:08.60	15:41:22.40	+05:04:56 (32.4%)	8:33	7 (67.3%)
59	KUPCZYK Jacek	3181	MOL RUNNERS	Masters M - 40	20	01:53:39	05:01:35	08:03:44	09:44:22	11:59:46	13:56:57	15:41:24.25	15:41:30.60	+05:05:04 (32.4%)	8:33	7 (67.3%)
60	KOWALSKI Maciej	3216	LOTOS RUNNING TEAM	Masters M - 40	21	01:50:11	04:57:13	07:51:57	09:35:08	11:54:22	13:59:09	15:41:32.35	15:41:45.40	+05:05:19 (32.4%)	8:33	7 (67.3%)
61	PANEK Krzysztof	3296	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	Masters M - 40	22	01:43:04	04:45:52	07:49:52	09:36:58	12:01:35	14:07:43	15:42:45.10	15:42:55.80	+05:06:29 (32.5%)	8:34	7 (67.3%)
62	JĘDRZEJEWSKI Łukasz	3039	WATAHA	Masters M - 40	23	01:49:58	04:56:28	07:57:01	09:44:01	11:59:31	14:02:24	15:49:18.20	15:49:29.00	+05:13:02 (33.0%)	8:37	7 (67.3%)
63	KRUPA Piotr	3030	PCH-RUN	Masters M - 40	24	02:00:32	05:13:50	08:23:45	09:59:19	12:13:27	14:16:03	15:51:39.80	15:51:50.10	+05:15:23 (33.1%)	8:39	6.9 (66.3%)
64	KRUPA Sławomir	3107	PCH_RUN	Senior II M - 30	27	01:54:03	05:13:55	08:23:44	09:59:21	12:13:21	14:16:01	15:51:42.15	15:51:50.40	+05:15:24 (33.1%)	8:39	6.9 (66.3%)
65	CIEMBOROWICZ Karol	3101	#KFD	Senior II M - 30	28		05:00:05	08:06:05	09:42:29	11:57:06	14:08:08	15:55:07.60	15:55:23.30	+05:18:56 (33.4%)	8:40	6.9 (66.3%)
66	BOROWCZYK Marcin	3037		Masters M - 40	25	01:51:26	05:04:26	08:19:03	09:59:39	12:19:49	14:20:51	16:01:30.55	16:01:39.40	+05:25:13 (33.8%)	8:44	6.9 (66.3%)
67	KNAPIK Piotr	3217	KURORT ŁĄDEK ZDRÓJ TEAM	Masters M - 40	26	01:55:31	05:15:44	08:19:42	09:59:15	12:22:24	14:20:47	16:01:23.55	16:01:39.70	+05:25:13 (33.8%)	8:44	6.9 (66.3%)
68	ZWOLIŃSKI Łukasz	3148	KASZUBSKA PONIEWIERKA	Senior II M - 30	29	01:47:09	04:43:56	07:36:53	10:04:19	11:57:04	14:11:23	16:06:33.40	16:06:37.00	+05:30:10 (34.2%)	8:47	6.8 (65.4%)
69	RAJTAR Zbigniew	3086	RONTIL - COMPASS	Weteran II M - 60	1	01:41:55	04:39:58	07:52:29	09:43:34	12:24:56	14:31:52	16:08:22.55	16:08:26.45	+05:32:00 (34.3%)	8:48	6.8 (65.4%)
70	KUBICA Bartosz	3149		Masters M - 40	27	01:50:36	05:03:09	08:07:52	10:04:27	12:20:29	14:30:26	16:16:30.35	16:16:41.05	+05:40:14 (34.8%)	8:52	6.8 (65.4%)
71	WŁODARCZYK Michał	3176	EVERRUN	Senior II M - 30	30	01:38:03	04:40:15	07:47:34	09:33:21	12:11:58	14:29:35	16:16:37.15	16:16:42.25	+05:40:15 (34.8%)	8:52	6.8 (65.4%)
72	KOSTRZEWSKI Sławomir	3065		Masters M - 40	28	01:37:17	04:55:03		09:47:34	12:15:37	14:30:47	16:18:33.95	16:18:41.95	+05:42:15 (35.0%)	8:53	6.7 (64.4%)

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
73	ZGRAJ Leszek	3266	STS BIEGATON MIKOŁÓW	Masters M - 40	29	01:48:59	05:03:17	08:13:40	09:52:33	12:17:26	14:29:24	16:19:11.50	16:19:16.80	+05:42:50 (35.0%)	8:54	6.7 (64.4%)
74	KUTYBA Mariusz	3155	WOLNE ŚLIMAKI	Senior II M - 30	31	01:37:24	04:39:15	07:49:22	09:36:49	12:10:25	14:34:39	16:20:03.80	16:20:16.85	+05:43:50 (35.1%)	8:54	6.7 (64.4%)
75	GOLA Daniel	3237		Senior I M - 20	5	01:45:41	04:46:11	07:52:00	09:39:13	12:24:38	14:46:35	16:20:39.50	16:20:46.00	+05:44:19 (35.1%)	8:54	6.7 (64.4%)
76	BANACH Magda	3236		Senior I K - 20	4	01:45:40	04:46:06	07:51:57	09:39:12	12:24:48	14:46:34	16:20:38.85	16:20:46.20	+05:44:19 (35.1%)	8:54	6.7 (64.4%)
77	STOLIŃSKI Przemysław	3092		Senior II M - 30	32	01:38:05	04:44:57	08:00:44	09:33:37	12:15:35	14:33:48	16:27:33.35	16:27:38.45	+05:51:12 (35.6%)	8:58	6.7 (64.4%)
78	PIECUCH Karolina	3190	LACHO TEAM	Senior II K - 30	4	01:45:48	05:03:21	08:29:04	10:14:35	12:41:39	14:51:35	16:31:09.10	16:31:14.05	+05:54:47 (35.8%)	9:00	6.7 (64.4%)
79	MAJKOWSKI Jacek	3129		Senior II M - 30	33	02:14:11	05:50:09	09:02:30	10:43:11	12:50:51	14:51:06	16:33:23.20	16:33:51.75	+05:57:25 (36.0%)	9:01	6.6 (63.5%)
80	LIPIŃSKI Marek	3098		Masters M - 40	30	01:48:44	05:01:15	08:09:52	10:00:24	12:20:49	14:51:08	16:40:30.45	16:41:01.40	+06:04:35 (36.4%)	9:05	6.6 (63.5%)
81	JACKOWICZ Rafał	3157	JACKOWICZ TEAM	Masters M - 40	31	01:58:50	05:31:47	08:48:24	10:40:29	12:54:46	14:58:34	16:42:09.10	16:42:29.20	+06:06:02 (36.5%)	9:06	6.6 (63.5%)
82	MARCINIAK Janusz	3046	NIGHT RUNNERS	Masters M - 40	32	01:59:25	05:24:57	08:56:28	10:35:44	13:09:19	15:14:16	16:52:51.85	16:53:10.50	+06:16:44 (37.2%)	9:12	6.5 (62.5%)
83	MATCZAK Maciej	3242	KLUB SPORTOWY FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	Senior II M - 30	34	01:50:26	05:11:37	08:38:00	10:23:30	12:48:48	14:59:18	16:55:22.75	16:55:40.90	+06:19:14 (37.3%)	9:13	6.5 (62.5%)
84	PIECUCH Marcin	3182	LACHO TEAM	Senior II M - 30	35	01:45:49	05:10:04	08:29:07	10:07:22	12:50:35	14:58:13	16:56:09.20	16:56:15.25	+06:19:48 (37.4%)	9:14	6.5 (62.5%)
85	LEWANDOWSKI Filip	3284		Senior II M - 30	36	02:03:22	05:54:32	09:22:28	11:01:03	13:15:19	15:23:07	17:02:47.10	17:02:51.70	+06:26:25 (37.8%)	9:17	6.5 (62.5%)
86	DUDEK Remigiusz	3077	ZIĘBICE	Senior II M - 30	37	01:57:34	05:41:40	09:11:28	10:56:16	13:14:22	15:19:15	17:05:19.20	17:05:40.65	+06:29:14 (37.9%)	9:19	6.4 (61.5%)
87	JAROSŁAWSKI Marcin	3229	KB-HARCOWNIK	Senior II M - 30	38	01:49:02	04:54:53	08:17:44	10:16:06	13:04:15	15:28:22	17:08:40.15	17:08:57.50	+06:32:31 (38.1%)	9:21	6.4 (61.5%)
88	BUK Sławomir	3040	LESZ NO LIMITS RUNNERS	Senior II M - 30	39	01:49:10	05:25:22	08:53:53	10:36:34	13:03:29	15:15:14	17:11:50.90	17:12:03.50	+06:35:37 (38.3%)	9:22	6.4 (61.5%)
89	NOWICKI Zbigniew	3145		Masters M - 40	33	01:53:39	04:53:38	08:25:19	10:15:57	12:59:32	15:24:35	17:13:47.50	17:13:50.15	+06:37:23 (38.4%)	9:23	6.4 (61.5%)
90	MACKIEWICZ Artur	3042	DŁUGOBIEGANIE	Masters M - 40	34	01:47:02	05:05:13	08:39:16	10:30:18	13:08:11	15:27:17	17:14:22.10	17:14:27.30	+06:38:00 (38.5%)	9:24	6.4 (61.5%)
91	MROZIAK Maciek	3230	RUNPASSION.PLTEAM	Masters M - 40	35	01:47:00	05:05:13	08:39:07	10:30:18	13:08:07	15:27:05	17:14:21.40	17:14:27.45	+06:38:01 (38.5%)	9:24	6.4 (61.5%)
92	LECHOWSKI Bartłomiej	3004	WKURW_TEAM	Senior II M - 30	40	01:59:00	05:14:23	08:25:06	10:17:08	13:03:38	15:17:35	17:15:56.30	17:16:08.05	+06:39:41 (38.6%)	9:25	6.4 (61.5%)
93	PROZOROWSKI Wiesław	3094	MARATON LESZNO	Weteran I M - 50	1	01:51:15	05:11:51	08:31:08	10:20:14	13:03:30	15:40:59	17:16:12.35	17:16:26.70	+06:40:00 (38.6%)	9:25	6.4 (61.5%)
94	DYDUCH Maciej	3232	KB ORANGE	Masters M - 40	36	01:52:58	05:06:52	08:45:57	10:35:24	13:09:11	15:29:18	17:16:59.50	17:17:20.55	+06:40:54 (38.6%)	9:25	6.4 (61.5%)
95	GŁOWACKA Edyta	3057	MATNER RUNNING TEAM	Masters K - 40	4	01:57:05	05:25:19	08:52:22	10:38:03	13:12:59	15:37:09	17:21:27.10	17:21:40.30	+06:45:13 (38.9%)	9:28	6.3 (60.6%)
96	KOSZAREK Maciej	3300		Weteran I M - 50	2	01:52:32	05:25:19	08:52:30	10:38:04	13:12:57	15:37:09	17:23:32.90	17:23:46.25	+06:47:19 (39.0%)	9:29	6.3 (60.6%)
97	HADAŁA Ignacy	3185		Senior II M - 30	41	02:06:23	05:49:09	09:16:52	11:04:45	13:41:15	15:54:10	17:38:45.90	17:39:09.65	+07:02:43 (39.9%)	9:37	6.2 (59.6%)
98	SIWEK Jarek	3060	RAZ SZCZECIN	Masters M - 40	37	01:50:33	05:29:37	08:56:10	10:42:26	13:38:34	15:56:16	17:40:02.00	17:40:20.90	+07:03:54 (40.0%)	9:38	6.2 (59.6%)
99	SUSMARSKA Ewa	3299	MUAY RUNNING TEAM	Senior I K - 20	5	02:03:56	06:03:56	09:44:25	11:32:25	13:52:18	16:02:36	17:41:39.15	17:41:59.15	+07:05:32 (40.1%)	9:39	6.2 (59.6%)

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
100	JAZŁOCKI Łukasz	3048	TWDW	Senior II M - 30	42	02:03:48	06:03:49	09:44:14	11:32:16	13:50:55	16:02:15	17:41:33.10	17:42:00.30	+07:05:33 (40.1%)	9:39	6.2 (59.6%)
101	ROSA Jarosław	3075	NATURAL BORN RUNNERS	Masters M - 40	38	02:04:06	05:57:47	09:21:53	11:04:32	13:50:18	15:57:46	17:43:04.35	17:43:25.20	+07:06:58 (40.2%)	9:39	6.2 (59.6%)
102	PIETRASZEWSKI Witold	3099	GOSTYŃ EASY TRAIL	Senior II M - 30	43	01:59:51	05:34:02	09:05:18	10:51:31	13:18:16	15:37:07	17:43:38.85	17:43:52.20	+07:07:25 (40.2%)	9:40	6.2 (59.6%)
103	KACZMAREK Maria	3245		Senior II K - 30	5	02:25:41	06:15:15	09:36:26	11:22:00	13:54:38	16:04:52	17:44:56.85	17:45:18.80	+07:08:52 (40.3%)	9:40	6.2 (59.6%)
104	GRYCMAN Magda	3270	SPARTA ULTRA TEAM	Masters K - 40	5	02:05:23	05:56:17	09:27:45	11:22:51	13:54:22	16:07:20	17:47:24.10	17:47:41.75	+07:11:15 (40.4%)	9:42	6.2 (59.6%)
105	OSAKOWICZ Mateusz	3191		Senior II M - 30	44	02:01:48	05:17:06	08:36:28	10:23:30	13:10:57	15:37:53	17:52:23.65	17:52:52.75	+07:16:26 (40.7%)	9:44	6.2 (59.6%)
106	MOSIEK Andrzej	3193		Senior II M - 30	45	01:58:30	05:24:03	08:49:18	10:44:24	13:30:21	15:56:41	17:52:41.75	17:52:54.70	+07:16:28 (40.7%)	9:45	6.2 (59.6%)
107	ŁAMPIKA Kinga	3052		Senior II K - 30	6	02:03:00	05:39:54	09:10:19	10:52:40	13:36:08	16:00:53	17:56:15.50	17:56:38.85	+07:20:12 (40.9%)	9:47	6.1 (58.7%)
108	SZUBA Tadeusz	3302		Weteran II M - 60	2	02:01:46	05:44:36	09:15:41	11:03:19	13:45:39	16:03:04	18:10:28.90	18:10:33.55	+07:34:07 (41.6%)	9:54	6.1 (58.7%)
109	SZUBA Teofil	3290	MARATOŃCZYK SZCZECIN	Masters M - 40	39	02:01:41	05:44:38	09:15:49	11:03:20	13:45:24	16:02:52	18:10:30.10	18:10:34.00	+07:34:07 (41.6%)	9:54	6.1 (58.7%)
110	POTOCKI Maciej	3265	ORANGE POLSKA	Masters M - 40	40	02:09:53	05:55:11	09:29:31	11:19:25	13:56:49	16:22:41	18:17:48.30	18:18:04.75	+07:41:38 (42.0%)	9:58	6 (57.7%)
111	SULIN Marek	3100	SPARTANIE DZIECIOM	Masters M - 40	41	02:01:48	05:55:21	09:22:04	11:05:31	13:56:55	16:32:11	18:22:53.35	18:23:06.20	+07:46:39 (42.3%)	10:01	6 (57.7%)
112	ZAKRZEWSKI Marek	3248	EKOBIEGI	Masters M - 40	42	02:01:23	05:28:51	08:54:38	10:49:55	13:45:32	16:24:12	18:24:30.00	18:24:36.05	+07:48:09 (42.4%)	10:02	6 (57.7%)
113	BRZOZOWSKI Rafał	3313		Masters M - 40	43	02:10:10	05:54:57	09:21:57	11:06:05	13:56:49	16:32:24	18:24:27.75	18:24:50.60	+07:48:24 (42.4%)	10:02	6 (57.7%)
114	DADAŚ Janusz	3083	NIGHT RUNNERS GLIWICE	Masters M - 40	44	01:46:34	05:19:25	08:45:49	10:44:04	13:28:09	16:11:34	18:30:01.30	18:30:13.95	+07:53:47 (42.7%)	10:05	5.9 (56.7%)
115	PAŚ Tomasz	3183	PASIOŁ TEAM WROCŁAW	Masters M - 40	45	02:01:07	05:49:46	09:18:31	11:09:00	14:06:24	16:32:48	18:30:22.95	18:30:33.25	+07:54:06 (42.7%)	10:05	5.9 (56.7%)
116	KWIECIEŃ Michał	3103		Senior II M - 30	46	02:10:53	05:58:22	09:33:47	11:32:26	14:01:41	16:25:59	18:34:03.15	18:34:24.65	+07:57:58 (42.9%)	10:07	5.9 (56.7%)
117	DERMINE Nicolas	3243		Senior II M - 30	47	02:01:34	04:52:49		09:55:34	13:14:18	15:55:21	18:35:21.90	18:35:52.70	+07:59:26 (43.0%)	10:08	5.9 (56.7%)
118	SMOLAK Agata	3285		Senior II K - 30	7	02:11:17	05:59:59	09:28:41	11:22:45	13:57:26	16:34:26	18:43:12.30	18:43:35.50	+08:07:09 (43.4%)	10:12	5.9 (56.7%)
119	BĘDŹKOWSKI Marek	3197	MORSY OSTROŁĘKA	Weteran I M - 50	3	02:09:27	06:19:03	09:48:59	11:34:34	14:19:58	16:33:01	18:43:57.05	18:44:09.35	+08:07:43 (43.4%)	10:13	5.9 (56.7%)
120	TÓRZ Paweł	3250		Senior I M - 20	6	02:03:57	06:02:41	09:38:49	11:44:51	14:15:40	16:46:41	18:45:48.25	18:46:09.95	+08:09:43 (43.5%)	10:14	5.9 (56.7%)
121	ANDRZEJEWSKI Paweł	3093		Masters M - 40	46	02:04:28	05:55:19	09:36:48	11:28:08	14:37:01	17:01:59	18:52:40.85	18:52:44.65	+08:16:18 (43.8%)	10:17	5.8 (55.8%)
122	MALIŃSKI Marek	3027		Weteran I M - 50	4	02:17:34	06:25:25	10:10:18	12:02:51	14:48:57	17:01:53	18:55:06.30	18:55:30.40	+08:19:04 (44.0%)	10:19	5.8 (55.8%)
123	SMOLEŃ Tomasz	3260	TMTEAM	Masters M - 40	47	02:04:38	05:48:35	09:18:26	11:17:42	14:11:38	16:55:49	18:55:29.35	18:55:49.85	+08:19:23 (44.0%)	10:19	5.8 (55.8%)
124	HRAB Wojciech	3246		Senior II M - 30	48	01:59:25	05:25:31	09:01:07	11:01:59	14:11:59	16:53:32	18:55:53.55	18:56:13.15	+08:19:46 (44.0%)	10:19	5.8 (55.8%)
125	KOSMOWSKI Wiesław	3049		Senior II M - 30	49	02:03:28	05:47:17	09:15:21	11:01:21	13:57:40	16:53:16	18:56:57.40	18:57:25.80	+08:20:59 (44.0%)	10:20	5.8 (55.8%)
126	POPRAWSKI Mateusz	3015	MUKS SZOK BOJANOWO	Senior II M - 30	50	02:03:29	05:47:17	09:15:29	11:01:23	13:57:44	16:53:24	18:56:59.60	18:57:27.35	+08:21:01 (44.0%)	10:20	5.8 (55.8%)

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
127	KUNKE Tomasz	3156	13WOG GRUDZIĄDZ	Masters M - 40	48	01:46:01	05:16:17	08:48:28	10:56:18	13:54:25	16:38:37	18:57:58.85	18:58:18.40	+08:21:52 (44.1%)	10:20	5.8 (55.8%)
128	SOKOŁOWSKA Adriana	3029	VEGE RUNNERS	Senior II K - 30	8	02:11:30	06:11:22	09:48:39	11:42:41	14:33:48	17:08:10	19:08:55.55	19:09:04.10	+08:32:37 (44.6%)	10:26	5.7 (54.8%)
129	PAWŁOWSKI Robert	3023	VEGE RUNNERS	Masters M - 40	49	02:11:33	06:11:24	09:48:33	11:42:41	14:33:42	17:08:10	19:08:55.80	19:09:04.60	+08:32:38 (44.6%)	10:26	5.7 (54.8%)
130	KŁOPOTEK Marcin	3144	EXTREME FAMILY	Masters M - 40	50	01:45:44	05:04:54	08:31:23	10:56:15	14:10:34	16:54:55	19:09:59.95	19:10:04.60	+08:33:38 (44.7%)	10:27	5.7 (54.8%)
131	TUCHOŁKA Marta	3316	POCO LOCO/ZUK	Senior II K - 30	9	02:00:41	05:49:24	09:20:20	11:22:07	14:26:18	17:07:08	19:13:48.20	19:13:58.95	+08:37:32 (44.8%)	10:29	5.7 (54.8%)
132	GAWLAS Przemysław	3315		Masters M - 40	51	01:56:43	05:41:10	09:18:41	11:17:41	14:12:00	16:55:58	19:13:49.85	19:13:59.05	+08:37:32 (44.8%)	10:29	5.7 (54.8%)
133	KRAWISZ Maciej	3221	LP500	Masters M - 40	52	01:45:54	04:50:21	08:09:54	10:10:49	13:15:27	16:30:43	19:14:36.55	19:14:43.80	+08:38:17 (44.9%)	10:29	5.7 (54.8%)
134	KRZEMIŃSKI Jacek	3205	KW OPOLE	Senior II M - 30	51	02:02:17	05:42:17	09:17:13	11:20:17	14:15:38	17:04:21	19:21:12.65	19:21:22.95	+08:44:56 (45.2%)	10:33	5.7 (54.8%)
135	KRZEMIŃSKA Aleksandra	3206	KW OPOLE	Senior II K - 30	10	02:02:20	05:42:19	09:17:18	11:20:19	14:15:35	17:04:10	19:21:14.15	19:21:24.45	+08:44:58 (45.2%)	10:33	5.7 (54.8%)
136	KRUPIŃSKI Tadeusz	3200		Weteran I M - 50	5	02:05:40	06:01:07	09:34:33	11:21:34	14:38:26	17:11:03	19:21:05.95	19:21:41.45	+08:45:15 (45.2%)	10:33	5.7 (54.8%)
137	WOŹNIAK Ryszard	3062	BIERUTOWSKA GRUPA BIEGOWA	Weteran I M - 50	6	02:11:14	05:58:22	09:38:30	11:37:32	14:33:15	17:00:25	19:21:24.45	19:21:46.45	+08:45:20 (45.2%)	10:33	5.7 (54.8%)
138	DEC Rafał	3003	BIERUTOWSKA GRUPA BIEGOWA	Masters M - 40	53	02:10:56	05:58:25	09:33:52	11:32:28	14:11:15	17:00:26	19:21:25.95	19:21:46.50	+08:45:20 (45.2%)	10:33	5.7 (54.8%)
138	SZANDAŁA Jacek	3089	CAŁA OLEŚNICA BIEGA	Masters M - 40	54	02:09:45	05:58:29	09:38:36	11:37:33	14:33:02	17:00:36	19:21:25.15	19:21:46.50	+08:45:20 (45.2%)	10:33	5.7 (54.8%)
140	KONIECZNY Tomasz	3050	TEAM KTW	Senior II M - 30	52	02:06:37	06:01:15	09:45:28	11:47:08	14:48:57	17:16:35	19:22:34.25	19:22:52.95	+08:46:26 (45.3%)	10:34	5.7 (54.8%)
141	NARECKI Jarosław	3272		Masters M - 40	55	02:06:22	05:41:45	09:22:26	11:17:06	14:18:28	17:15:45	19:24:03.65	19:24:30.50	+08:48:04 (45.3%)	10:34	5.7 (54.8%)
142	SIECZKOWSKI Artur	3058	NATURAL BORN RUNNERS TEAM	Masters M - 40	56	02:16:27	06:17:33	09:51:35	11:56:03	14:47:06	17:20:01	19:25:06.30	19:25:34.10	+08:49:07 (45.4%)	10:35	5.7 (54.8%)
143	PĘKALA Paweł	3072	AMATOR RYTWIANY	Masters M - 40	57	02:13:48	06:08:12	09:44:16	11:46:45	14:46:16	17:15:46	19:25:48.00	19:26:10.15	+08:49:43 (45.4%)	10:35	5.7 (54.8%)
144	BIAŁEK Olaf	3177	MEGATEL.COM.PL	Weteran I M - 50	7	02:20:39	06:03:42	09:34:56	11:34:19	14:31:25	17:19:54	19:30:05.25	19:30:37.30	+08:54:10 (45.6%)	10:38	5.6 (53.8%)
145	KWIECIEŃ - LIPIŃSKA Kamila	3227	TIGERS TEAM	Masters K - 40	6	02:10:14	06:09:31	09:51:56	11:46:47	14:45:37	17:26:29	19:32:56.85	19:33:05.95	+08:56:39 (45.7%)	10:39	5.6 (53.8%)
146	BIAŁECKI Zbigniew	3226	ŁÓDŹ RUNNING TEAM	Weteran I M - 50	8	02:10:16	06:09:37	09:52:00	11:47:06	14:45:03	17:26:32	19:32:57.70	19:33:07.00	+08:56:40 (45.7%)	10:39	5.6 (53.8%)
147	GODLEWSKI Jakub	3158	RUNNERS TEAM QUIBL	Senior II M - 30	53	02:16:08	06:25:22	10:09:03	11:55:13	15:01:47	17:48:42	19:33:51.25	19:34:22.80	+08:57:56 (45.8%)	10:40	5.6 (53.8%)
148	PIŁAT Jarosław	3153	CH10	Masters M - 40	58	02:12:20	05:55:16	09:26:54	11:23:13	14:22:32	17:13:33	19:34:49.60	19:35:14.60	+08:58:48 (45.8%)	10:40	5.6 (53.8%)
149	KONIECZNA Paulina	3134	CH10	Senior II K - 30	11	02:12:20	05:55:20	09:26:59	11:23:16	14:22:40	17:13:37	19:34:50.30	19:35:14.75	+08:58:48 (45.8%)	10:40	5.6 (53.8%)
150	CZAJKOWSKI Rafał	3180	EKOBIEGI	Masters M - 40	59	02:11:04	06:05:25	09:53:09	11:52:16	14:48:29	17:19:37	19:36:20.90	19:36:29.90	+09:00:03 (45.9%)	10:41	5.6 (53.8%)
151	APANOWICZ Angelika	3173	EKOBIEGI	Masters K - 40	7	02:11:08	06:05:24	09:53:09	11:52:23	14:48:35	17:19:37	19:36:22.55	19:36:29.95	+09:00:03 (45.9%)	10:41	5.6 (53.8%)
152	BUCHALSKA Ewa	3108	EKOBIEGI	Masters K - 40	8	02:11:09	06:05:33	09:53:15	11:52:30	14:48:39	17:19:38	19:36:22.70	19:36:30.25	+09:00:03 (45.9%)	10:41	5.6 (53.8%)
153	KOCIOŁEK Zbigniew	3239		Masters M - 40	60	02:03:52	05:41:26	09:20:39	11:46:14	14:51:01	17:39:58	19:36:28.90	19:36:39.40	+09:00:13 (45.9%)	10:41	5.6 (53.8%)

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			
154	PRZYBYŁ Tomasz	3070		Masters M - 40	61	02:03:48	05:41:07	09:17:55	11:17:39	14:11:46	16:56:19	19:37:27.10	19:37:46.40	+09:01:20 (46.0%)	10:42	5.6 (53.8%)
155	LASZCZYŃSKI Tomasz	3188	TATA. NATALKI	Masters M - 40	62	02:22:10	06:43:26	10:34:21	12:31:59	15:28:01	17:49:15	19:37:35.40	19:37:52.60	+09:01:26 (46.0%)	10:42	5.6 (53.8%)
156	WOSZCZAK Jolanta	3090	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50	1	02:22:19	06:43:32	10:34:32	12:32:14	15:28:09	17:49:21	19:37:36.40	19:37:52.90	+09:01:26 (46.0%)	10:42	5.6 (53.8%)
157	ZIEMKIEWICZ Jarek	3033	UKS RUNNING TEAM	Masters M - 40	63	02:10:15	05:56:10	09:47:55	11:54:00	14:58:43	17:41:49	19:38:19.25	19:38:41.50	+09:02:15 (46.0%)	10:42	5.6 (53.8%)
158	LIPSKI Krzysztof	3091		Masters M - 40	64	02:05:10	06:04:38	09:46:17	11:48:20	15:03:07	17:39:46	19:40:19.10	19:40:25.75	+09:03:59 (46.1%)	10:43	5.6 (53.8%)
159	BAK Andrzej	3117	SPC	Masters M - 40	65	02:16:51	06:32:40	10:06:30	12:01:47	14:58:06	17:35:42	19:41:44.30	19:42:09.70	+09:05:43 (46.2%)	10:44	5.6 (53.8%)
160	WŁODARCZYK Teresa	3120	SPC	Weteran K - 50	2	02:16:51	06:32:37	10:06:34	12:01:47	14:58:04	17:35:41	19:41:43.85	19:42:09.75	+09:05:43 (46.2%)	10:44	5.6 (53.8%)
161	SZULC-ŁĄTKOWSKA Urszula	3305	KB MANIAC POZNAN	Masters K - 40	9	02:13:27	06:27:17	10:03:14	12:05:46	15:04:23	17:42:33	19:43:44.45	19:44:10.50	+09:07:44 (46.3%)	10:45	5.6 (53.8%)
162	ŁĄTKOWSKI Maciej	3032	KB MANIAC POZNAŃ	Masters M - 40	66	02:13:32	06:27:21	10:03:19	12:05:48	15:04:41	17:42:32	19:43:46.60	19:44:11.80	+09:07:45 (46.3%)	10:45	5.6 (53.8%)
163	WEISSENSTEINER Dawid	3186		Senior II M - 30	54	01:56:55	05:41:44	09:27:34	11:44:47	14:57:02	17:28:53	19:44:22.40	19:44:48.00	+09:08:21 (46.3%)	10:46	5.6 (53.8%)
164	ROSZAK Waldemar	3095	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	Weteran I M - 50	9	02:28:00	06:42:43	10:32:54	12:36:59	15:40:50	17:59:33	19:46:51.75	19:47:01.90	+09:10:35 (46.4%)	10:47	5.6 (53.8%)
165	ZYCH Michał	3291	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	55	01:54:03	05:52:45	09:40:12	11:47:38	14:49:18	17:29:29	19:37:02.20	19:48:48.10	+09:12:21 (46.5%)	10:42	5.6 (53.8%)
166	KLATKA Arleta	3071	BIEGAM BO LUBIĘ	Masters K - 40	10	02:03:56	06:04:43	09:56:56	12:01:30	15:31:46	17:58:40	19:49:18.85	19:49:41.00	+09:13:14 (46.5%)	10:48	5.5 (52.9%)
167	KWIATKOWSKA Aleksandra	3069	WIECZORNE BIEGANIE W SZCZECINIE	Senior I K - 20	6	01:59:01	05:22:37	08:54:36	10:45:50	13:50:54	16:20:07	19:50:40.20	19:50:56.15	+09:14:29 (46.6%)	10:49	5.5 (52.9%)
168	LIPERTOWICZ Sebastian	3169	LOVELASY	Senior II M - 30	56	01:59:02	05:22:48	08:54:47	10:45:51	13:50:50	16:20:08	19:50:39.55	19:50:56.20	+09:14:29 (46.6%)	10:49	5.5 (52.9%)
169	MARGASIŃSKI Michał	3035		Senior II M - 30	57	02:03:24	06:08:12	09:56:13	12:00:46	15:02:16	17:50:03	19:51:56.40	19:52:11.75	+09:15:45 (46.6%)	10:50	5.5 (52.9%)
170	ZYDORCZAK Mateusz	3295	REMOVE	Senior II M - 30	58	02:02:55	06:14:51	10:44:14	12:33:53	15:24:43	18:01:41	19:53:14.60	19:53:25.65	+09:16:59 (46.7%)	10:50	5.5 (52.9%)
171	MOREVA Daria	3195		Senior II K - 30	12	02:13:50	06:20:56	10:08:26	12:00:59	15:08:54	17:51:41	19:54:33.65	19:54:43.45	+09:18:17 (46.7%)	10:51	5.5 (52.9%)
172	BURDAJEWICZ Magdalena	3264		Senior II K - 30	13	02:17:01	06:20:23	10:17:09	12:06:10	15:03:59	17:51:59	19:56:48.20	19:57:14.75	+09:20:48 (46.8%)	10:52	5.5 (52.9%)
173	TOMCZAK Mariusz	3292		Masters M - 40	67	02:03:37	06:08:16	09:56:12	12:00:47	15:02:40	17:49:39	19:57:01.25	19:57:15.05	+09:20:48 (46.8%)	10:52	5.5 (52.9%)
174	RELEWICZ Maciej	3168	WOLNE ŚLIMAKI	Masters M - 40	68	02:03:34	06:08:13	09:56:07	12:00:45	15:02:21	17:50:15	19:57:02.30	19:57:17.50	+09:20:51 (46.8%)	10:52	5.5 (52.9%)
175	KROLS Hilde	3119	VOS SCHAFFEN	Weteran K - 50	3	02:12:22	06:20:05	10:17:28	12:29:20		18:14:16	20:06:32.00	20:06:55.65	+09:30:29 (47.3%)	10:58	5.5 (52.9%)
176	FILIPIAK Sebastian	3056	LZS LIPA	Masters M - 40	69	02:03:35	05:53:19	09:48:53	11:46:37	14:51:54	17:37:54	20:07:29.85	20:07:55.15	+09:31:28 (47.3%)	10:58	5.5 (52.9%)
177	KONIECZNY Andrzej Konieczny	3034		Masters M - 40	70	02:12:31	06:39:48	10:18:35	12:12:13	15:11:53	17:51:51	20:07:42.55	20:07:55.40	+09:31:29 (47.3%)	10:58	5.5 (52.9%)
178	RYTYCH Grzegorz	3097	DROGA DO ULTRA	Senior II M - 30	59	02:12:22	06:18:00	09:54:54	11:53:06	14:45:41	17:30:08	20:07:49.30	20:08:03.90	+09:31:37 (47.3%)	10:58	5.5 (52.9%)
179	KLATE Łukasz	3068	DROGA DO ULTRA	Masters M - 40	71	02:02:57	06:03:15	09:54:58	11:53:05	14:45:38	17:30:05	20:07:49.50	20:08:04.40	+09:31:38 (47.3%)	10:58	5.5 (52.9%)

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			
180	GULCZYŃSKI Tomasz	3317		Senior II M - 30	60	02:01:45	06:12:26	10:06:37	12:07:36	15:38:55	18:20:18	20:13:50.70	20:14:02.45	+09:37:36 (47.6%)	11:02	5.4 (51.9%)
181	BUDA Marzena	3231	ALPACA TEAM	Senior I K - 20	7	02:01:10	06:05:33	09:53:22	12:00:13	15:39:38	18:43:11	20:28:49.45	20:29:06.80	+09:52:40 (48.2%)	11:10	5.4 (51.9%)
182	WYLEGAŁA Izabela	3024	PCH_RUN	Senior II K - 30	14	02:22:08	06:34:25	10:18:00	12:28:07	15:31:25	18:23:30	20:29:45.60	20:29:53.25	+09:53:26 (48.3%)	11:10	5.4 (51.9%)
183	WYKA Angelika	3001	PCH_RUN	Senior II K - 30	15	02:22:09	06:34:24	10:18:04	12:28:08	15:31:20	18:23:30	20:29:45.75	20:29:53.30	+09:53:26 (48.3%)	11:10	5.4 (51.9%)
184	CELEJEWSKI Przemysław	3192		Senior II M - 30	61	02:10:46	06:05:33	09:46:18	12:01:06	15:16:08	18:08:03	20:35:51.80	20:36:15.35	+09:59:49 (48.5%)	11:14	5.3 (51.0%)
185	KARCZ Anna	3222		Senior I K - 20	8	02:09:17	06:48:44	10:52:42	13:23:37	16:27:27	18:59:44	20:47:07.80	20:47:37.10	+10:11:10 (49.0%)	11:20	5.3 (51.0%)
186	SERWADCZAK Marek	3259		Weteran I M - 50	10	02:11:46	06:15:03	10:02:17	12:16:37	15:20:29	18:18:48	20:48:33.55	20:49:05.65	+10:12:39 (49.0%)	11:21	5.3 (51.0%)
187	SZERSZENIEWSKI Marek	3199	ŻÓRAWSKI TEAM	Weteran I M - 50	11	02:12:23	06:33:00	10:19:21	12:09:10	15:01:18	18:21:26	20:51:21.90	20:51:47.95	+10:15:21 (49.2%)	11:22	5.3 (51.0%)
188	LUBIK Adam	3184	KSE ON-SIGHT/ SPUCHLAKI TEAM	Senior II M - 30	62	02:01:45	06:12:23	10:06:32	12:07:36	15:38:04	18:25:59	20:52:22.40	20:52:35.05	+10:16:08 (49.2%)	11:23	5.3 (51.0%)
189	NAMIOTA Urszula	3171	KB MARATOŃCZYK	Weteran K - 50	4	02:11:45	06:34:19	10:36:52	12:42:09	16:05:26	18:43:20	20:53:09.65	20:53:36.20	+10:17:09 (49.2%)	11:23	5.3 (51.0%)
190	OPALIŃSKI Michał	3172	DĘBICKI KLUB BIEGACZA MARATOŃCZYK	Senior II M - 30	63	02:32:21	07:00:41	11:13:26	13:13:54	16:10:05	18:33:39	20:53:11.70	20:53:38.90	+10:17:12 (49.2%)	11:23	5.3 (51.0%)
191	KAWA Barbara	3170	KB MARATOŃCZYK DĘBICA	Senior II K - 30	16	02:32:22	07:00:41	11:13:20	13:13:55	16:10:02	18:33:41	20:53:13.05	20:53:39.70	+10:17:13 (49.2%)	11:23	5.3 (51.0%)
192	STAWSKI Michał	3220	TRUCHT.COM	Senior II M - 30	64	01:35:11	04:49:45	08:41:58	11:18:46	15:02:18	18:16:04	20:55:44.80	20:55:49.75	+10:19:23 (49.3%)	11:24	5.3 (51.0%)
193	JĘDRYCHA Artur	3085		Masters M - 40	72	02:08:45	06:08:43	10:07:42	12:36:39	15:52:24	18:40:34	21:04:11.15	21:04:45.10	+10:28:18 (49.7%)	11:29	5.2 (50.0%)
194	OSTACH Daria	3009		Masters K - 40	11	02:14:02	06:49:02	10:36:04	12:31:50	15:34:39	18:22:07	21:06:18.65	21:06:34.50	+10:30:08 (49.8%)	11:30	5.2 (50.0%)
195	PRUSIEWICZ Beata	3018		Weteran K - 50	5	02:14:22	06:52:36	10:36:06	12:31:52	15:34:55	18:28:27	21:06:18.35	21:06:34.80	+10:30:08 (49.8%)	11:30	5.2 (50.0%)
196	WASIL Joanna	3021		Senior II K - 30	17	02:14:23	06:52:36	10:49:16	12:53:05	16:09:41	18:55:41	21:16:05.35	21:16:17.55	+10:39:51 (50.1%)	11:36	5.2 (50.0%)
197	SAMOLAK Łukasz	3002	22 KARPACKI BATALION PIECHOTY GÓRSKIEJ	Senior II M - 30	65	02:13:49	06:49:45	10:52:15	13:05:05	16:13:27	19:01:36	21:16:48.50	21:17:22.15	+10:40:55 (50.2%)	11:36	5.2 (50.0%)
198	SAMOLAK Maciek	3141	PREDATORS WAŁBRZYCH	Masters M - 40	73	02:13:47	06:49:47	10:52:24	13:05:05	16:13:32	19:08:35	21:19:35.80	21:20:08.80	+10:43:42 (50.3%)	11:37	5.2 (50.0%)
199	MOŃKA Łukasz	3278	SPARTA ULTRA TEAM	Senior II M - 30	66	02:05:24	06:02:59	09:53:37	12:16:40	15:59:14	18:59:43	21:31:35.90	21:31:54.00	+10:55:27 (50.7%)	11:44	5.1 (49.0%)
200	ŁĄCKA Ilona	3096	EKOBIEGI	Masters K - 40	12	02:28:09	06:42:42	10:35:58	12:50:47	16:17:26	19:14:07	21:32:09.85	21:32:18.40	+10:55:52 (50.8%)	11:44	5.1 (49.0%)
201	SIKORSKA Agnieszka	3189	EKBIEGI	Masters K - 40	13	02:14:08	06:27:16	10:33:50	12:50:55	16:18:03	19:14:23	21:32:08.85	21:32:18.55	+10:55:52 (50.8%)	11:44	5.1 (49.0%)
202	KOREK Krystian	3213		Masters M - 40	74	02:15:35	06:50:13	11:06:24	13:26:17	16:44:48	19:24:46	21:40:32.85	21:41:02.65	+11:04:36 (51.1%)	11:49	5.1 (49.0%)
202	KRANZ Grzegorz	3212		Masters M - 40	75	02:15:34	06:52:05	11:05:02	13:26:17	16:45:12	19:24:54	21:40:33.05	21:41:02.65	+11:04:36 (51.1%)	11:49	5.1 (49.0%)
204	PIETRZAK Tomasz	3198	WILD TRAIL RUNNER	Senior II M - 30	67	02:10:52	06:02:28	10:07:42	12:12:45	15:51:56	19:01:29	21:43:21.40	21:43:48.40	+11:07:22 (51.2%)	11:50	5.1 (49.0%)
205	JANUĆ Wojciech	3110	ARKA LEŚNA	Senior I M - 20	7	02:10:53	06:02:28	10:07:40	12:12:47	15:52:00	19:01:41	21:43:23.90	21:43:50.60	+11:07:24 (51.2%)	11:50	5.1 (49.0%)
206	KRAWCZYK Jakub	3055		Senior I M - 20	8	01:45:10	05:23:37	08:59:11	11:28:10	14:57:28	18:12:23	21:47:13.10	21:47:17.50	+11:10:51 (51.3%)	11:53	5 (48.1%)

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
207	GRUSZCZYŃSKI Marcin	3287	GRUSZKOWYTEAM	Masters M - 40	76	02:06:07	06:18:05	10:58:03	13:25:21	16:38:04	19:43:21	21:47:17.65	21:47:29.65	+11:11:03 (51.3%)	11:53	5 (48.1%)
208	GMAJ Karolina	3126		Senior II K - 30	18	02:11:30	06:21:18	10:29:02	12:45:12	16:23:58	19:30:23	21:51:14.25	21:51:37.25	+11:15:10 (51.5%)	11:55	5 (48.1%)
209	GMAJ Daniel	3127	1983	Senior II M - 30	68	02:11:30	06:21:17	10:29:06	12:45:12	16:23:52	19:30:30	21:51:14.10	21:51:37.70	+11:15:11 (51.5%)	11:55	5 (48.1%)
210	KÓZKA Przemco	3133	BIEGAM, BO NIE LUBIĘ	Masters M - 40	77	02:04:06	06:18:37	10:43:55	13:15:10	16:22:11	19:32:12	21:51:18.05	21:51:39.40	+11:15:13 (51.5%)	11:55	5 (48.1%)
211	ROSA Bartosz	3152	SMASHING PAPKINS	Senior II M - 30	69	02:21:11	06:49:35	10:43:52	12:59:30	16:27:50	19:30:38	21:59:06.80	21:59:34.90	+11:23:08 (51.8%)	11:59	5 (48.1%)
212	SULIMA Janusz	3311		Weteran I M - 50	12	02:04:39	06:15:39	10:38:11	12:56:05	16:50:52	19:43:01	22:00:17.40	22:00:21.90	+11:23:55 (51.8%)	12:00	5 (48.1%)
213	SZURKOWSKI Michał	3160	GRUNWALD TEAM POZNAŃ	Senior II M - 30	70	02:13:55	06:12:19	10:38:08	13:05:38	16:50:43	19:50:48	22:01:43.15	22:02:04.20	+11:25:37 (51.9%)	12:00	5 (48.1%)
214	BAKOWICZ Kamil	3044	AKTYWNI KAMIENSK	Senior II M - 30	71	02:09:52	06:12:27	10:38:19	13:06:00	16:51:06	19:51:10	22:03:34.70	22:03:51.60	+11:27:25 (51.9%)	12:01	5 (48.1%)
215	ZIEMNIAK Marcin	3140		Senior II M - 30	72	02:13:09	06:35:47	11:03:22	13:38:57	16:57:47	19:45:44	22:05:44.80	22:06:04.00	+11:29:37 (52.0%)	12:03	5 (48.1%)
216	WAŁEK Piotr	3020	RUNNERS TEAM QUIBL	Masters M - 40	78	02:32:10	07:12:27	11:23:20	13:45:06		19:56:51	22:13:11.65	22:13:41.90	+11:37:15 (52.3%)	12:07	5 (48.1%)
217	GAŚSIOROWSKA Dorota	3054	MPK WYBIEGANIE / ŚNIĘTY SUM	Weteran K - 50	6	02:32:49	07:12:30	11:23:16	13:44:07	17:04:32	19:56:28	22:13:12.35	22:13:42.05	+11:37:15 (52.3%)	12:07	5 (48.1%)
218	MARKOWSKI Piotr	3087	MARKOTNYSKOWRONEK	Masters M - 40	79	02:11:55	06:25:14	10:28:55	12:53:10	16:28:05	19:35:14	22:16:41.40	22:17:01.50	+11:40:35 (52.4%)	12:09	4.9 (47.1%)
219	STAWSKA Anna	3241	WKURW_TEAM	Masters K - 40	14	02:21:52	06:36:20	10:37:54	13:12:46	16:39:23	19:35:31	22:17:20.50	22:17:27.35	+11:41:01 (52.4%)	12:09	4.9 (47.1%)
220	SKOWRONEK Artur	3132	MARKOTNYSKOWRONEK	Masters M - 40	80	02:11:57	06:25:17	10:29:21	12:59:16	16:36:41	19:43:21	22:21:18.75	22:21:38.30	+11:45:11 (52.6%)	12:11	4.9 (47.1%)
221	FRĄCKOWIAK Jacek	3136	RUNNER'S POWER ŚREM	Masters M - 40	81	02:11:58	06:15:53	10:15:22	12:36:38	16:17:09	19:47:34	22:27:23.35	22:27:38.40	+11:51:12 (52.8%)	12:14	4.9 (47.1%)
222	DĘBEK Piotr	3064	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	82	02:11:58	06:15:55	10:15:28	12:36:39	16:17:00	19:53:14	22:27:24.50	22:27:39.30	+11:51:12 (52.8%)	12:14	4.9 (47.1%)
223	SZACHEWICZ Sławek	3143	JEŻOZWIERZE GROUP	Masters M - 40	83	02:16:13	06:25:18	10:38:18	13:16:28	17:13:16	20:23:48	22:34:08.50	22:34:39.30	+11:58:12 (53.0%)	12:18	4.9 (47.1%)
224	GRYGIER Robert	3215		Senior I M - 20	9	02:12:15	06:20:27	10:13:31	12:32:40	16:02:28	19:32:59	22:36:49.30	22:36:56.15	+12:00:29 (53.1%)	12:20	4.9 (47.1%)
225	STOLPE Maciej	3028		Weteran I M - 50	13	02:21:36	07:00:12		13:35:19	17:05:05	20:05:53	22:39:18.15	22:39:47.80	+12:03:21 (53.2%)	12:21	4.9 (47.1%)
226	HOFFMANN Grzegorz	3036		Masters M - 40	84	02:21:42	07:00:12	11:04:39	13:35:21	17:07:05	20:06:43	22:40:02.65	22:40:31.20	+12:04:04 (53.2%)	12:21	4.9 (47.1%)
227	SIELUTIN Wadim	3297	KB LEW LEGNICA 2000	Weteran II M - 60	3	02:15:04	06:49:25	11:02:53	13:26:27	17:25:23	20:22:28	22:40:49.65	22:41:14.25	+12:04:47 (53.2%)	12:22	4.8 (46.2%)
228	KAMROWSKI Dawid	3102	ROCHE RUNNERS	Senior II M - 30	73	02:40:43	07:37:27	12:02:29	14:39:10	17:37:10	20:27:08	22:51:30.60	22:52:02.45	+12:15:36 (53.6%)	12:28	4.8 (46.2%)
229	RECZUCH Adam	3194		Masters M - 40	85	02:27:59	06:18:18		12:10:28		19:45:35	22:51:50.30	22:52:21.40	+12:15:55 (53.6%)	12:28	4.8 (46.2%)
230	CIECIELĄG Piotr	3006		Masters M - 40	86	02:04:05	05:53:44	09:49:32	12:10:27	16:10:07	20:21:36	23:00:56.65	23:01:10.95	+12:24:44 (53.9%)	12:33	4.8 (46.2%)
231	KONOWROCKA Wioletta	3012	SEE YOU LATER TEAM	Masters K - 40	15	02:10:20	06:18:18	10:15:32	12:33:12	15:59:51	19:36:23	23:03:04.20	23:03:29.20	+12:27:02 (54.0%)	12:34	4.8 (46.2%)
232	BIELSKI Janusz	3010	SEE YOU LATER TEAM	Senior II M - 30	74	02:03:43	06:18:05	10:15:25	12:33:00	15:59:05	19:35:17	23:03:05.40	23:03:29.80	+12:27:03 (54.0%)	12:34	4.8 (46.2%)
233	RYCHŁOWSKA Magdalena	3067		Masters K - 40	16	02:16:14	06:45:27	10:59:08	13:27:56	17:21:06	20:28:13	23:07:36.05	23:07:54.95	+12:31:28 (54.1%)	12:36	4.8 (46.2%)

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
234	KALBARCZYK Beata	3162	ORANGE POLSKA	Weteran K - 50	7	02:33:23	06:52:05	11:30:14	14:05:13	17:38:17	20:39:03	23:07:44.25	23:08:03.75	+12:31:37 (54.1%)	12:36	4.8 (46.2%)
235	WRZESIŃSKA Joanna	3115		Masters K - 40	17	02:09:39	06:14:36	10:04:12	12:23:02	15:50:42	19:21:19	23:10:14.00	23:10:22.20	+12:33:55 (54.2%)	12:38	4.7 (45.2%)
236	BORIS Aneta	3016	EL - AKTYWNI	Senior II K - 30	19	02:32:47	07:48:11	12:08:25	14:32:48	18:07:39	21:08:49	23:16:13.50	23:16:33.60	+12:40:07 (54.4%)	12:41	4.7 (45.2%)
237	MARCINEK Łukasz	3007	NIE TERAZ, POTEM	Senior II M - 30	75	02:11:48	06:38:16	10:52:30	13:43:32	17:14:41	20:50:52	23:31:02.90	23:31:13.85	+12:54:47 (54.9%)	12:49	4.7 (45.2%)
238	HANGIEL Urszula	3318		Senior II K - 30	20	02:32:42	07:48:39	12:08:19	14:37:17	18:06:07	21:08:41	23:31:54.55	23:32:25.35	+12:55:59 (54.9%)	12:50	4.7 (45.2%)
239	SOSZYŃSKA Małgorzata	3314		Weteran K - 50	8	02:32:41	07:48:38	12:08:10	14:37:17	18:06:03	21:08:41	23:31:55.05	23:32:25.55	+12:55:59 (54.9%)	12:50	4.7 (45.2%)
240	GRZESIAK Rafał	3081		Masters M - 40	87	02:09:37	07:31:40	12:02:59	14:41:31	17:35:36	20:41:07	23:52:03.65	23:52:17.05	+13:15:50 (55.6%)	13:01	4.6 (44.2%)
241	KOSMIDER Tomasz	3209	SPARTANIE DZIECIOM	Masters M - 40	88	02:19:35	06:47:58	11:02:40	13:58:31	17:37:19	20:56:39	23:58:28.15	23:58:59.90	+13:22:33 (55.8%)	13:04	4.6 (44.2%)
242	OHLA Justyna	3112	BIEGAM, BO NIE LUBIĘ...	Masters K - 40	18	02:06:13	06:18:40	10:50:55	13:42:41	17:41:24	21:14:27	23:58:57.60	23:59:17.20	+13:22:50 (55.8%)	13:04	4.6 (44.2%)
242	MADAJ Paweł	3118	BIEGAM, BO NIE LUBIĘ	Masters M - 40	89	02:06:13	06:18:41	10:51:02	13:42:42	17:41:29	21:14:30	23:58:57.70	23:59:17.20	+13:22:50 (55.8%)	13:04	4.6 (44.2%)
244	ZACHARZYŃSKA Katarzyna	3161	ORANGE POLSKA	Senior II K - 30	21	02:21:46	06:51:21	11:30:18	14:06:19	17:57:30	21:18:47	24:05:21.50	24:05:41.75	+13:29:15 (56.0%)	13:08	4.6 (44.2%)
245	CECUŁA Andrzej	3202		Senior I M - 20	10	02:09:34	07:31:37	12:02:51	14:41:31	17:35:30	20:41:23	24:13:18.50	24:13:32.80	+13:37:06 (56.2%)	13:12	4.5 (43.3%)
246	PIKUSA Michał	3104		Senior II M - 30	76	02:40:43	07:37:25	12:03:00	14:45:50	18:15:23	21:29:03	24:14:58.10	24:15:30.50	+13:39:04 (56.3%)	13:13	4.5 (43.3%)
247	HAUTON Monika	3013	NIE TERAZ, POTEM	Masters K - 40	19	02:37:21	08:11:19	12:30:25	15:12:51	18:44:59	21:57:02	24:18:45.85	24:18:57.10	+13:42:30 (56.4%)	13:15	4.5 (43.3%)
248	WITECKA Milena	3312		Senior II K - 30	22	02:15:18	07:13:55	12:32:37	15:12:29	18:54:22	22:00:39	24:29:57.30	24:30:21.60	+13:53:55 (56.7%)	13:21	4.5 (43.3%)
249	RURKA Grzegorz	3146	SAMBIEGAM	Weteran I M - 50	14	02:25:48	07:16:42	11:46:50	14:39:59	19:04:05	22:15:43	24:31:49.40	24:32:17.45	+13:55:51 (56.8%)	13:22	4.5 (43.3%)
250	ŻRÓDLEWSKA Anna	3308		Senior II K - 30	23	02:15:39	07:04:26	12:03:11	14:56:31	18:42:18	21:56:51	24:36:58.50	24:37:13.90	+14:00:47 (56.9%)	13:25	4.5 (43.3%)
251	KAPA Patrycja	3310	K.S. MARATON OSTRÓW WIELKOPOLSKI	Senior I K - 20	9	02:15:36	07:04:24	12:03:03	14:56:28	18:43:23	21:56:53	24:36:59.75	24:37:14.95	+14:00:48 (56.9%)	13:25	4.5 (43.3%)
252	ŚWITALSKI Andrzej	3166	KAPITAN POLSKA/ŻYCIE CZĘSTOCHOWY TEAM	Senior II M - 30	77	02:15:37	07:04:24	12:03:10	14:56:30	18:45:27	22:01:06	24:42:26.10	24:42:44.40	+14:06:18 (57.1%)	13:28	4.5 (43.3%)
253	STEFANOWSKI Marcin	3019	ŻARÓW BIEGA	Masters M - 40	90	02:41:02	07:50:28	12:38:40	15:15:02	18:42:40	21:56:02	24:43:42.65	24:44:01.65	+14:07:35 (57.1%)	13:29	4.4 (42.3%)
254	ZIEMKOWSKA Monika	3014		Masters K - 40	20	02:41:13	07:50:33	12:39:07	15:15:06	18:42:51	21:56:03	24:43:44.40	24:44:01.95	+14:07:35 (57.1%)	13:29	4.4 (42.3%)
255	WYSTRYCHOWSKI Marcin	3121	BFAGENCJA.PL	Senior II M - 30	78	02:32:33	07:59:55	12:21:47	15:04:08	19:24:02	22:24:55	24:55:44.70	24:56:03.25	+14:19:36 (57.5%)	13:35	4.4 (42.3%)
256	TALARCZYK Mikołaj	3254		Masters M - 40	91	02:10:39	06:25:10	10:19:09	12:57:13	17:01:37	21:46:09	25:21:10.30	25:21:39.40	+14:45:13 (58.2%)	13:49	4.3 (41.3%)
257	BOHDZIEWICZ Izabela	3283	WKURW_TEAM	Senior I K - 20	10	02:38:59	09:14:00	13:34:33	16:43:56	20:49:04	23:54:02	25:22:14.55	25:22:36.55	+14:46:10 (58.2%)	13:50	4.3 (41.3%)
258	OBARSKA Małgorzata	3031		Weteran K - 50	9	02:54:18	08:11:32	12:34:40	15:19:36	19:26:47	22:41:11	25:23:46.00	25:24:08.75	+14:47:42 (58.2%)	13:51	4.3 (41.3%)
259	OBARSKI Norbert	3043		Weteran I M - 50	15	02:54:16	08:11:08	12:34:36	15:19:34	19:26:42	22:41:11	25:23:46.90	25:24:09.90	+14:47:43 (58.2%)	13:51	4.3 (41.3%)
260	BOCHENEK Janusz	3063	WKURW_TEAM	Weteran II M - 60	4	02:38:59	09:13:59	13:13:03	16:01:00	19:31:07	22:48:10	25:31:47.65	25:32:09.50	+14:55:43 (58.5%)	13:55	4.3 (41.3%)

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			
261	MAŁEK Tomasz	3269		Senior I M - 20	11	01:38:19								+00:11:50	6:33	9.2 (88.5%)
	KAMIŃSKI Bartosz	3204		Masters M - 40		02:09:13 DNF	06:00:25 DNF	09:47:34 DNF	12:19:17 DNF	15:13:14 DNF	18:21:31 DNF	DNF	DNF		-	- (0.0%)
	MULARCZYK Marta	3165	WKURW_TEAM	Senior I K - 20		02:23:35 DNF	06:25:00 DNF	10:16:39 DNF	13:07:45 DNF	16:49:14 DNF	21:46:23 DNF	DNF	DNF		-	- (0.0%)
	GNIELKA Dawid	3286	ZAMKOWIEC TOSZEK	Senior I M - 20		02:26:25 DNF	06:51:06 DNF	11:40:36 DNF	14:39:38 DNF	19:00:13 DNF	23:58:18 DNF	DNF	DNF		-	- (0.0%)
	ŚWIERAD Dariusz	3279	ASICS FRONTRUNNER POLAND / CAMELBAK POLSKA	Senior II M - 30		01:38:19 DNF	04:13:09 DNF	06:43:52 DNF	08:07:45 DNF	10:04:47 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIETRASZEWSKI Robert	3106	BIEGAM BO LUBIEŃ - TOMASZÓW MAZOWIECKI	Masters M - 40		02:04:05 DNF	06:04:57 DNF	09:57:46 DNF	12:01:29 DNF	15:41:41 DNF	DNF	DNF	DNF		-	- (0.0%)
	DROŹDZIEL Mariusz	3247		Senior II M - 30		01:43:34 DNF	04:57:54 DNF	08:15:22 DNF	11:01:15 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MACHUL Ewa	3293	DREAM RUN	Senior II K - 30		01:47:04 DNF	05:05:49 DNF	09:03:47 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHRZAN Andrzej	3323	AA TARNÓW	Senior I M - 20		02:03:53 DNF	05:40:50 DNF	09:30:16 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TALAGA Dawid	3061	OLKUSZBIEGA.PL	Senior II M - 30		01:47:48 DNF	05:25:25 DNF	09:47:45 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PISKORZ Ireneusz	3277		Senior II M - 30		01:48:51 DNF	05:45:30 DNF	10:02:07 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WERNER Kamil	3164	BIEGAM NA TARCHOMINIE/ULTRA PASTERZE	Senior II M - 30		01:29:19 DNF	04:13:45 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JĘDZURA Daniel	3255	NIGHT RUNNERS GLIWICE	Senior II M - 30		01:45:07 DNF	04:49:17 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JANIK Rafał	3167	GMINA STRZELCE OPOLSKIE	Masters M - 40		01:30:47 DNF	04:51:21 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PIASECKA - WSZOŁA Anna	3304	MUAY RUNNING TEAM	Senior II K - 30		01:49:00 DNF	04:58:07 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SŁOWINSKI Grzegorz	3175		Senior II M - 30		02:05:17 DNF	05:13:32 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŁĘCKI Piotruś	3252	NIGHT RUNNERS GLIWICE	Senior II M - 30		01:41:47 DNF	05:22:18 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHRZAN Daniel	3322		Senior II M - 30		01:56:06 DNF	05:25:16 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BOREJSZO Karol	3274		Senior I M - 20		02:06:35 DNF	05:34:18 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FIJAŁKOWSKI Artur	3159	EKOBIEGI	Senior II M - 30		02:01:24 DNF	05:40:13 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	REJMAN Grzegorz	3138	DREAM RUN	Senior II M - 30		01:47:37 DNF	05:48:32 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWSKI Bartłomiej	3320		Masters M - 40		02:11:07 DNF	06:17:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOJSZEWSKA Anika	3319		Senior II K - 30		02:10:36 DNF	06:17:06 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LIEBCHEN Piotr	3187		Masters M - 40		02:11:10 DNF	06:17:07 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ARMATYS Grzegorz	3253	ORANGE POLSKA	Weteran I M - 50		02:26:53 DNF	07:55:17 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RUTKOWSKI Łukasz	3051		Masters M - 40		01:46:57 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GÓRA Marcin	3244	TWM-TERMO MARCIN GÓRA, JANUSZ SZUBA SP.J.	Masters M - 40		01:59:08 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
	CZERNIAK Tobiasz	3240		Senior II M - 30		02:00:05 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 288 wynik(ów)