



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Lądek-Zdrój
110 km

BIEG K-B-L - 110 KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: [OPEN](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
1	MAŁYGA Grzegorz	3323	RMT TEAM PRO	Senior II M - 30	1	01:30:39	03:49:30	07:15:42	08:54:35	10:22:40	11:36:09.50		6:19	9.5 (100%)
2	ŠTVERÁK Tomáš	3474	INOV-8 TEAM	Senior I M - 20	1	01:25:45	03:47:01	07:19:22	09:04:03	10:38:28	11:51:07.90	+00:14:58 (2.1%)	6:27	9.3 (97.9%)
3	JUREK Michał	3175	RMT TEAM PRO	Senior II M - 30	2	01:27:53	03:49:34	07:33:57	09:16:56	10:46:05	11:59:08.30	+00:22:58 (3.2%)	6:32	9.2 (96.8%)
4	WENTA Marta	3470	KASZUBSKA PONIEWIERKA	Senior II K - 30	1	01:31:06	04:08:29	07:53:59	09:40:20	11:10:43	12:25:21.60	+00:49:12 (6.6%)	6:46	8.9 (93.7%)
5	SZCZEPAŃSKI Andrzej	3494	WILD SKUNKS	Masters M - 40	1	01:35:14	04:07:10	07:58:01	09:46:00	11:26:33	12:52:26.00	+01:16:16 (9.9%)	7:01	8.5 (89.5%)
6	ŁUKSZA Robert	3216		Weteran I M - 50	1	01:34:29	04:11:24	08:00:52	09:51:10	11:34:06	12:59:00.35	+01:22:50 (10.6%)	7:04	8.5 (89.5%)
7	MORMUL Przemek	3389	DSV	Masters M - 40	2	01:34:20	04:08:32	08:01:03	09:51:08	11:36:31	13:03:09.25	+01:26:59 (11.1%)	7:07	8.4 (88.4%)
8	ŚCIESZKA Wojciech	3306	13 ELT KRAKÓW - BALICE	Masters M - 40	3	01:36:38	04:28:09	08:23:56	10:14:02	11:49:28	13:05:44.35	+01:29:34 (11.4%)	7:08	8.4 (88.4%)
9	KAMERDUŁA Łukasz	3077	#TEAMCZTERY	Masters M - 40	4	01:32:01	04:18:06	08:24:47	10:19:23	12:07:03	13:18:42.90	+01:42:33 (12.8%)	7:15	8.3 (87.4%)
10	SZAFRAŃSKI Jan	3480	PANTHERS WROCŁAW	Masters M - 40	5	01:36:17	04:12:17	08:06:24	10:10:24	12:01:51	13:21:02.80	+01:44:53 (13.1%)	7:16	8.2 (86.3%)
11	WIERZCHOWIAK Karolina	3009		Senior I K - 20	1	01:39:49	04:23:26	08:24:48	10:22:15	12:04:52	13:26:14.20	+01:50:04 (13.7%)	7:19	8.2 (86.3%)
12	ROSOLSKI Dawid	3193		Senior II M - 30	3	01:44:34	04:37:47	08:48:08	10:45:38	12:28:21	13:45:59.55	+02:09:50 (15.7%)	7:30	8 (84.2%)
13	MICHAŁSKI Piotrek	3132		Senior II M - 30	4	01:38:18	04:28:12	08:40:17	10:40:59	12:24:53	13:56:27.65	+02:20:18 (16.8%)	7:36	7.9 (83.2%)
14	JĘDRZEJKO Tomasz	3472	KS SPRONT BIELSKO-BIAŁA_SIDOR TEAM POLSKA	Masters M - 40	6	01:42:44		09:07:04	11:06:26	12:47:39	14:02:01.80	+02:25:52 (17.3%)	7:39	7.8 (82.1%)
15	SZRAMOWIAT Marek	3433	BRITA	Masters M - 40	7	01:42:27	04:38:09	09:06:08	11:03:24	12:47:34	14:08:59.65	+02:32:50 (18.0%)	7:43	7.8 (82.1%)
16	ARDELLI Ewa	3280	BIELAWSKA AKADEMIA BIEGANIA	Masters K - 40	1	01:46:45	04:46:58	09:01:17	10:59:38	12:48:13	14:10:36.20	+02:34:26 (18.2%)	7:43	7.8 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
17	BUŁANOW Leszek	3467		Weteran I M - 50	2	01:41:03	04:38:36	09:03:24	11:03:54	12:57:39	14:19:08.55	+02:42:59 (19.0%)	7:48	7.7 (81.1%)
18	WIERZBOWY Przemek	3292	KOKO DŻAMBO I DO PRZODU	Senior II M - 30	5	01:48:39	04:55:05	09:15:05	11:15:11	13:07:13	14:19:23.85	+02:43:14 (19.0%)	7:48	7.7 (81.1%)
19	STYPUŁKOWSKI Darek	3483		Weteran I M - 50	3	01:40:56	04:41:38	09:12:07	11:06:32	12:54:29	14:20:19.55	+02:44:10 (19.1%)	7:49	7.7 (81.1%)
20	WYLĘGA Dominik	3293	KS GEPARD KĘPNO	Senior II M - 30	6	01:42:14	04:37:52	09:05:50	11:05:49	13:06:42	14:27:22.05	+02:51:12 (19.7%)	7:53	7.6 (80.0%)
21	POPRAWSKI Mateusz	3191	KILIŃSKIEGO TEAM	Senior II M - 30	7	01:47:33	04:54:41	09:12:33	11:21:24	13:04:50	14:31:08.30	+02:54:58 (20.1%)	7:55	7.6 (80.0%)
22	GRUSZKA Aleksandra	3401	WILD ULTRA WARRIORS	Senior II K - 30	2	01:52:24	05:05:19	09:27:12	11:23:29	13:10:56	14:38:22.35	+03:02:12 (20.7%)	7:59	7.5 (78.9%)
23	SCHUSTER Martin	3361	CZAJLANDIA	Senior II M - 30	8	01:38:12	04:46:14	09:11:55	11:12:00	13:12:40	14:42:18.00	+03:06:08 (21.1%)	8:01	7.5 (78.9%)
24	KUPIŃSKI Cezary	3108	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Weteran I M - 50	4	01:44:54	04:48:34	09:10:55	11:16:43	13:15:03	14:42:50.90	+03:06:41 (21.1%)	8:01	7.5 (78.9%)
25	ŚLEZIAK Jarek	3332	DANIEL WOSIK TERVEL TEAM ŻŁOTY STOK	Masters M - 40	8	01:43:46	04:44:52	09:16:17	11:22:47	13:23:07	14:46:45.25	+03:10:35 (21.5%)	8:03	7.4 (77.9%)
26	KARAMON Marcin	3340		Masters M - 40	9	01:45:37	04:57:18	09:28:33	11:31:57	13:23:18	14:49:07.85	+03:12:58 (21.7%)	8:04	7.4 (77.9%)
27	MIKULSKI Grzegorz	3318		Masters M - 40	10	01:43:56	04:44:55	09:11:49	11:19:44	13:20:47	14:50:14.90	+03:14:05 (21.8%)	8:05	7.4 (77.9%)
28	OTRĘBSKI Maciej	3325	VEGE RUNNERS	Senior II M - 30	9	01:47:56	04:54:07	09:24:06	11:37:31	13:30:37	14:54:41.45	+03:18:31 (22.2%)	8:08	7.4 (77.9%)
29	EFIMOV Aleksandr	3316	VEGE RUNNERS	Senior II M - 30	10	01:47:55	04:54:08	09:24:05	11:36:40	13:30:38	14:54:42.85	+03:18:33 (22.2%)	8:08	7.4 (77.9%)
30	STEFANIAK Łukasz	3382		Masters M - 40	11	01:44:02	04:49:53	09:28:31	11:36:07	13:29:50	14:55:48.90	+03:19:39 (22.3%)	8:08	7.4 (77.9%)
31	KRYGIER Tomasz	3265	EUROCASH	Senior I M - 20	2	01:56:00	05:04:20	09:30:30	11:33:48	13:27:18	14:57:19.15	+03:21:09 (22.4%)	8:09	7.4 (77.9%)
32	GUZERA Justyna	3103	MATNER RUNNING TEAM	Senior II K - 30	3	02:00:40	05:07:47	09:33:57	11:37:18	13:30:24	15:01:21.30	+03:25:11 (22.8%)	8:11	7.3 (76.8%)
33	BORYCKI Łukasz	3284	BIEGAJĄCE WŁÓCZYKIJE	Senior II M - 30	11	01:51:54	04:52:48	09:27:35	11:34:14	13:39:11	15:02:59.90	+03:26:50 (22.9%)	8:12	7.3 (76.8%)
34	ŚLUSARCZYK Katarzyna	3398		Senior II K - 30	4	01:51:28	05:10:04	09:54:11	11:50:58	13:40:04	15:03:24.00	+03:27:14 (22.9%)	8:12	7.3 (76.8%)
35	CHMIELOWIEC Daniel	3195	GORLICKA GRUPA BIEGOWA	Senior II M - 30	12	01:45:23	04:50:45	09:32:52	11:38:45	13:39:51	15:04:26.20	+03:28:16 (23.0%)	8:13	7.3 (76.8%)
36	SKROBAŁA Dariusz	3333	KB SOBÓTKA	Masters M - 40	12	01:43:12	04:55:57	09:21:59	11:36:50	13:34:50	15:09:38.75	+03:33:29 (23.5%)	8:16	7.3 (76.8%)
37	ŚLIŹ Sylwia	3412		Senior II K - 30	5	01:56:35	04:55:59	09:26:02	11:39:03	13:41:31	15:13:47.30	+03:37:37 (23.8%)	8:18	7.2 (75.8%)
38	RINK Jan	3144		Masters M - 40	13	01:47:31	05:13:04	10:01:18	12:18:02	14:03:46	15:18:29.05	+03:42:19 (24.2%)	8:20	7.2 (75.8%)
39	SCHRODER Patryk	3355		Masters M - 40	14	01:56:51	05:19:59	10:00:52	12:04:55	13:58:46	15:20:07.75	+03:43:58 (24.3%)	8:21	7.2 (75.8%)
40	OSTROWSKI Marcin	3179	PZU SPORT TEAM	Senior II M - 30	13	02:01:19	05:13:18	09:38:41	11:57:48	13:57:37	15:20:28.25	+03:44:18 (24.4%)	8:22	7.2 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
41	JÓZEF Tomasz	3087		Senior II M - 30	14	01:48:43	04:59:24	09:41:12	11:53:14	13:51:43	15:21:24.25	+03:45:14 (24.4%)	8:22	7.2 (75.8%)
42	PASTUSZKA Marek	3439		Senior II M - 30	15	01:40:24	04:49:07	09:29:41		13:45:54	15:22:02.05	+03:45:52 (24.5%)	8:22	7.2 (75.8%)
43	KOWALSKI Łukasz	3221	MARELLI	Masters M - 40	15	01:55:32	05:12:15	09:44:25	12:04:25	13:59:04	15:22:56.90	+03:46:47 (24.6%)	8:23	7.2 (75.8%)
44	NESTOROWICZ Marek	3270	KLUB BIEGACZA JURUND SZCZYTNO	Weteran I M - 50	5	01:42:35	04:50:26	10:04:26	12:08:42	14:00:10	15:32:22.30	+03:56:12 (25.3%)	8:28	7.1 (74.7%)
45	MICHALSKA Agnieszka	3413		Masters K - 40	2	01:48:50	05:01:59	09:49:24	12:20:12	14:19:00	15:43:12.20	+04:07:02 (26.2%)	8:34	7 (73.7%)
46	SIWEK Jarek	3208		Masters M - 40	16	01:50:21	05:15:54	09:52:32	12:21:30	14:21:02	15:48:41.75	+04:12:32 (26.6%)	8:37	7 (73.7%)
47	BARCZAK Robert	3415	MOCNA GRUPA CEZARA	Masters M - 40	17	01:59:18	05:14:04	09:57:56	12:17:05	14:15:48	15:49:32.95	+04:13:23 (26.7%)	8:37	7 (73.7%)
48	WITKE-ORLIKOWSKA Marta	3376		Senior II K - 30	6	01:57:21	05:14:47	09:59:53	12:12:45	14:16:21	15:49:36.10	+04:13:26 (26.7%)	8:37	7 (73.7%)
49	FRANKIEWICZ Artur	3374		Senior II M - 30	16	02:01:58	05:14:04	10:13:07	12:15:39	14:24:46	15:52:03.45	+04:15:53 (26.9%)	8:39	6.9 (72.6%)
50	MARKOWSKI Tomasz	3220	RYKOWISKO TEAM	Senior II M - 30	17	01:54:09	05:17:05	10:07:10	12:32:00	14:30:43	15:52:09.70	+04:16:00 (26.9%)	8:39	6.9 (72.6%)
51	GÓRNA Anita	3341	LPP TEAM	Senior II K - 30	7	02:00:41	05:14:55	09:43:40	12:09:33	14:20:23	15:54:47.70	+04:18:38 (27.1%)	8:40	6.9 (72.6%)
52	WINIARSKI Andrzej	3420	DXTREEM	Masters M - 40	18	01:46:52	04:58:49	09:51:59	12:16:27	14:27:37	15:58:58.80	+04:22:49 (27.4%)	8:43	6.9 (72.6%)
53	CHYBOWSKI Jarek	3244		Masters M - 40	19	01:54:31	05:20:02	10:32:33	12:36:22	14:35:36	15:59:44.80	+04:23:35 (27.5%)	8:43	6.9 (72.6%)
54	MIREK Grzegorz	3448	MOVE STUDIO	Masters M - 40	20	01:57:40	05:13:08	09:51:01	12:09:46	14:17:51	16:04:57.45	+04:28:47 (27.9%)	8:46	6.8 (71.6%)
55	ROSTAFIŃSKI Jerzy	3477	WASZA WYSOKOŚĆ / MILO OF CLIMBING	Senior II M - 30	18	02:02:33	05:19:44	10:22:39	12:42:31	14:42:05	16:05:54.55	+04:29:45 (27.9%)	8:46	6.8 (71.6%)
56	TOKARCZYK Marcin	3313		Masters M - 40	21	01:51:11	05:05:24	09:53:54	12:06:58	14:23:21	16:06:03.50	+04:29:54 (27.9%)	8:46	6.8 (71.6%)
57	HARASIUK Adam	3432	ALIANCA DE MISERICORDIA EQUIPE DE CORRIDA	Senior II M - 30	19	01:39:12	04:51:48	09:53:03		14:38:58	16:07:33.30	+04:31:23 (28.0%)	8:47	6.8 (71.6%)
58	ŁUCJANEK Andrzej	3170	KAJA TEAM	Masters M - 40	22	01:46:21	04:57:06	09:19:14	11:59:38	14:31:03	16:12:24.60	+04:36:15 (28.4%)	8:50	6.8 (71.6%)
59	KOPCZYŃSKI Łukasz	3099	K-TEAM	Senior II M - 30	20	01:59:49	05:47:19	10:40:22	12:47:03	14:44:38	16:16:51.45	+04:40:41 (28.7%)	8:52	6.8 (71.6%)
60	GWOZDECKI Tomasz	3089	PRZEDWOJEWSKI TEAM	Senior II M - 30	21	01:59:47	05:47:20	10:40:23	12:46:40	14:44:53	16:16:52.00	+04:40:42 (28.7%)	8:52	6.8 (71.6%)
61	KARCZ Tomasz	3476	TEALTREE.PL	Masters M - 40	23	02:02:03	05:23:29	10:16:42	12:40:12	14:40:01	16:17:31.20	+04:41:21 (28.8%)	8:53	6.8 (71.6%)
62	MARZEC Karolina	3315	DZIKIE DZIKI GORZÓW	Masters K - 40	3	01:51:40	05:02:40	10:03:19	12:25:33	14:40:30	16:20:23.30	+04:44:13 (29.0%)	8:54	6.7 (70.5%)
63	OBRZUD Krzysztof	3255		Masters M - 40	24	01:59:02	05:29:26	10:22:27	12:39:45	14:39:44	16:24:23.25	+04:48:13 (29.3%)	8:56	6.7 (70.5%)
64	ŻABIEREK Tomasz	3447		Masters M - 40	25	01:59:28	05:25:27	10:30:23	12:58:35	14:56:10	16:25:36.55	+04:49:27 (29.4%)	8:57	6.7 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
65	BOROWSKA Karolina	3142	MONIA GYM	Senior II K - 30	8	01:56:42	05:28:31	10:22:24	12:55:27	14:58:02	16:29:20.90	+04:53:11 (29.6%)	8:59	6.7 (70.5%)
66	CIENIAWSKI Piotr	3092	CSRG	Masters M - 40	26	01:54:34	05:14:30	10:26:22	12:45:27	14:52:44	16:29:35.75	+04:53:26 (29.7%)	8:59	6.7 (70.5%)
67	ZERZUT Jarosław	3225		Weteran I M - 50	6	01:57:12	05:26:03	10:14:15	12:42:24	14:48:07	16:34:27.10	+04:58:17 (30.0%)	9:02	6.6 (69.5%)
68	GOŁĘBIEWSKA Katarzyna	3450		Masters K - 40	4	01:49:16	05:11:47	10:04:48	12:47:21	15:03:19	16:36:43.65	+05:00:34 (30.2%)	9:03	6.6 (69.5%)
69	SOWA Dariusz	3213	RZESZOWSKIE GAZELE I GEPARDY/CZARNECKI RUN TEAM	Weteran II M - 60	1	02:09:18	05:42:30	10:35:30	13:00:52	15:06:02	16:41:59.55	+05:05:50 (30.5%)	9:06	6.6 (69.5%)
70	GULCZYŃSKI Tomasz	3425		Senior II M - 30	22	01:52:07	05:22:45	10:29:04	12:58:49	15:14:30	16:43:21.00	+05:07:11 (30.6%)	9:07	6.6 (69.5%)
71	CZYŚCIAK Krzysztof	3346	KB SOBÓTKA	Masters M - 40	27	01:52:30	05:19:39	10:16:50	12:45:19	14:52:28	16:43:27.15	+05:07:17 (30.6%)	9:07	6.6 (69.5%)
72	KONIECZNA Paulina	3263	CH10	Senior II K - 30	9	01:50:46	05:10:10	10:03:10	12:47:08	15:01:41	16:44:15.70	+05:08:06 (30.7%)	9:07	6.6 (69.5%)
73	LISIK Wojciech	3017	KS WINO	Masters M - 40	28	02:05:41	05:41:32	10:35:14	13:02:26	15:12:10	16:44:41.05	+05:08:31 (30.7%)	9:08	6.6 (69.5%)
74	LOREK Adam	3033		Masters M - 40	29	01:50:50	05:15:14	10:12:53	12:34:21	15:06:45	16:45:15.85	+05:09:06 (30.7%)	9:08	6.6 (69.5%)
75	PODBIELSKI Krystian	3098	KAJA TEAM	Masters M - 40	30	01:51:16	05:12:21	09:52:05	12:32:30	15:03:44	16:45:22.25	+05:09:12 (30.8%)	9:08	6.6 (69.5%)
76	MANELSKI Pawel	3118		Senior II M - 30	23	02:06:03	05:42:38	10:38:01	13:07:41	15:19:57	16:50:21.70	+05:14:12 (31.1%)	9:11	6.5 (68.4%)
77	ZORAN Henryk	3254		Weteran I M - 50	7	02:13:24	06:03:52	11:12:39	13:22:53	15:21:24	16:53:42.55	+05:17:33 (31.3%)	9:12	6.5 (68.4%)
78	NOGA Krystian	3051	FORMA WODZISŁAW ŚLĄSKI	Senior II M - 30	24	01:59:47	05:28:32	10:32:02	13:08:35	15:22:20	16:56:20.30	+05:20:10 (31.5%)	9:14	6.5 (68.4%)
79	POLNIK Rafał	3031	FORMA WODZISŁAW ŚLĄSKI	Senior II M - 30	25	01:59:40	05:28:31	10:32:02	13:10:11	15:22:20	16:56:20.60	+05:20:11 (31.5%)	9:14	6.5 (68.4%)
80	SZYMCZYK Michał	3148	DRUŻYNA CHROBREGO	Masters M - 40	31	02:17:23	06:05:48	11:00:03	13:17:02	15:20:20	16:57:15.30	+05:21:05 (31.6%)	9:14	6.5 (68.4%)
81	WAŃKOWICZ Adrian	3233		Senior II M - 30	26	01:59:45	05:41:50	10:41:09	13:07:13	15:23:06	16:58:03.60	+05:21:54 (31.6%)	9:15	6.5 (68.4%)
82	ZIMNY Tomasz	3168		Weteran II M - 60	2	01:59:38	05:46:44	10:41:43	13:03:58	15:14:35	16:59:22.60	+05:23:13 (31.7%)	9:16	6.5 (68.4%)
83	WIERZBIŃSKI Karol	3488	ULTRADZICZKI I ULTRALISICZKI	Masters M - 40	32	02:06:45	06:08:53	10:57:30	13:22:27	15:27:00	16:59:51.35	+05:23:41 (31.7%)	9:16	6.5 (68.4%)
84	BEDNARSKA Kaśka	3072	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	Masters K - 40	5	02:10:28	05:52:33	10:29:15	12:45:05	15:06:15	17:00:06.95	+05:23:57 (31.8%)	9:16	6.5 (68.4%)
85	IGNACZAK Marek	3020	1ON1 TEAM	Senior II M - 30	27	02:04:12	05:50:35	10:48:07	13:20:54	15:29:00	17:01:16.30	+05:25:06 (31.8%)	9:17	6.5 (68.4%)
86	ZIOBROWSKI Mateusz	3252		Senior II M - 30	28	02:08:08	05:46:34	10:59:35	13:17:58	15:14:04	17:02:14.20	+05:26:04 (31.9%)	9:17	6.5 (68.4%)
87	HELWICH Pawel	3330		Senior II M - 30	29	01:42:22	04:55:42	09:45:58	12:32:40	15:13:43	17:02:31.75	+05:26:22 (31.9%)	9:17	6.5 (68.4%)
88	GARBOWSKA Monika	3186	COMPAÑEROS ASFALT TEAM	Masters K - 40	6	02:08:09	06:05:27	11:02:17	13:30:39	15:34:25	17:03:15.30	+05:27:05 (32.0%)	9:18	6.5 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A13	A14	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						15km	40km	70km	85km	98km	110km			
89	FALDZINSKI Bartosz	3396	POLACY BIEGAJA W NL	Senior II M - 30	30	02:14:49	05:47:46	10:49:02	13:24:11	15:26:51	17:05:09.85	+05:29:00 (32.1%)	9:19	6.4 (67.4%)
90	TOKARZ Robert	3194		Masters M - 40	33	01:55:10	05:29:05	10:48:10	13:19:36	15:32:27	17:06:12.80	+05:30:03 (32.2%)	9:19	6.4 (67.4%)
91	WOJEWODA Maciek	3305	VEGE RUNNERS	Senior II M - 30	31	02:01:28	05:48:10	10:49:28	13:21:48	15:33:00	17:06:39.05	+05:30:29 (32.2%)	9:19	6.4 (67.4%)
92	LUBIK Adam	3427		Senior II M - 30	32	01:56:21	05:22:55	10:37:13	13:13:49	15:25:47	17:06:46.95	+05:30:37 (32.2%)	9:20	6.4 (67.4%)
93	WODZIŃSKA Danuta	3107	INSTRUKTOR BIEGANIA TEAM	Masters K - 40	7	01:58:42	05:30:30	10:20:06	13:06:50	15:26:23	17:07:26.00	+05:31:16 (32.2%)	9:20	6.4 (67.4%)
94	PARSZEWSKA Aleksandra	3328		Senior II K - 30	10	02:09:22	05:45:30	10:47:05	13:12:22	15:23:57	17:08:12.40	+05:32:02 (32.3%)	9:20	6.4 (67.4%)
95	KANIA Marcin	3210		Senior I M - 20	3	01:50:00	05:13:01	10:35:01	13:10:44	15:27:49	17:09:48.75	+05:33:39 (32.4%)	9:21	6.4 (67.4%)
96	PRZYSTOLIK Magdalena	3365		Senior II K - 30	11	02:08:14	05:51:40	10:53:00	13:25:18	15:36:05	17:10:12.90	+05:34:03 (32.4%)	9:21	6.4 (67.4%)
97	BIAŁECKI Byszek	3348	ŁÓDŹ RUNNING TEAM	Weteran I M - 50	8	01:57:19	05:34:48	10:55:32	13:19:01	15:31:59	17:10:49.85	+05:34:40 (32.5%)	9:22	6.4 (67.4%)
98	BRZOZOWSKI Rafał	3496		Masters M - 40	34	02:03:46	05:30:19	10:40:02	13:10:45	15:24:59	17:12:02.60	+05:35:53 (32.5%)	9:22	6.4 (67.4%)
99	FINKBEINER Lukasz	3485	HURAGAN LIGOTA	Senior II M - 30	33	02:03:08	05:32:16	10:42:00	13:15:46	15:32:11	17:12:26.10	+05:36:16 (32.6%)	9:23	6.4 (67.4%)
100	NOWAK Krystian	3105	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	4	02:02:12	05:37:50	10:36:24	13:17:45	15:31:59	17:13:15.30	+05:37:05 (32.6%)	9:23	6.4 (67.4%)
101	SZCZEPAŃSKI Sebastian	3404	KOPYTKO	Masters M - 40	35	02:06:32	05:50:19	10:55:48	13:36:52	15:37:12	17:15:28.95	+05:39:19 (32.8%)	9:24	6.4 (67.4%)
102	TOMASZEWSKI Michał	3140		Masters M - 40	36	02:09:32	05:45:42	10:47:48	13:17:01	15:33:39	17:15:36.30	+05:39:26 (32.8%)	9:24	6.4 (67.4%)
103	ZALEWSKI Daniel	3038		Senior I M - 20	5	01:53:30	05:23:21	10:47:11	13:16:50	15:32:59	17:16:56.65	+05:40:47 (32.9%)	9:25	6.4 (67.4%)
104	ANTKOWIAK Monika	3509	MUAY RUNNING TEAM	Senior II K - 30	12	02:06:53	05:57:06	11:02:05	13:24:16	15:34:28	17:17:56.90	+05:41:47 (32.9%)	9:26	6.4 (67.4%)
105	ANTKOWIAK Michał	3508	MUAY RUNNING TEAM	Senior II M - 30	34	02:06:54	05:57:07	11:02:07	13:24:19	15:34:26	17:17:57.50	+05:41:48 (32.9%)	9:26	6.4 (67.4%)
106	STROJEK Grzegorz	3334		Masters M - 40	37	01:56:05	05:42:01	10:52:54	13:18:32	15:34:01	17:18:37.50	+05:42:28 (33.0%)	9:26	6.4 (67.4%)
107	MOSKAŁA Remigiusz	3468		Masters M - 40	38	02:12:04	05:57:31	10:55:13	13:24:15	15:35:24	17:19:09.80	+05:43:00 (33.0%)	9:26	6.4 (67.4%)
108	PRZYBYSZ Ryszard	3076		Weteran I M - 50	9	02:09:27	05:53:55	11:17:55	13:46:04	15:48:58	17:21:30.35	+05:45:20 (33.2%)	9:28	6.3 (66.3%)
109	KOCEMBA Kamil	3189	KĘCKIE HARPAGANY	Senior II M - 30	35	02:09:27	05:53:55	11:17:55	13:46:12	15:48:58	17:21:30.55	+05:45:21 (33.2%)	9:28	6.3 (66.3%)
110	PIWOWARCZYK Wojciech	3211	DZIABONG TEAM	Senior II M - 30	36	01:56:05	05:22:43	10:33:36	13:05:17	15:31:09	17:21:56.40	+05:45:46 (33.2%)	9:28	6.3 (66.3%)
111	PIECZARA Błażej	3357	HARPAGAN BEAST	Masters M - 40	39	01:50:58	05:19:17	10:44:31	13:28:06	15:43:06	17:21:56.90	+05:45:47 (33.2%)	9:28	6.3 (66.3%)
112	CHOJECKI Paweł	3047	ZBUCKI RUCH	Weteran I M - 50	10	01:57:59	05:39:59	10:46:30	13:16:57	15:37:33	17:22:00.25	+05:45:50 (33.2%)	9:28	6.3 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
113	DZIURKA Rafal	3459	SKAVEN DANMARK	Masters M - 40	40	02:11:41	05:46:36	11:01:59	13:31:53	15:54:58	17:22:19.30	+05:46:09 (33.2%)	9:28	6.3 (66.3%)
114	TONDYTKO Piotr	3493		Weteran I M - 50	11	02:03:53	05:30:17	10:40:00	13:09:43	15:27:49	17:22:21.30	+05:46:11 (33.2%)	9:28	6.3 (66.3%)
115	WESOŁEK Marek	3177	SENTE	Masters M - 40	41	02:02:21	05:28:07	10:27:47	13:14:18	15:26:54	17:22:38.25	+05:46:28 (33.2%)	9:28	6.3 (66.3%)
116	SOKOŁOWSKI Marcin	3128		Senior II M - 30	37	02:09:56	05:51:58	10:53:05	13:29:30	15:41:39	17:22:49.70	+05:46:40 (33.2%)	9:28	6.3 (66.3%)
117	ROJEWSKI Paweł	3032	EVERRUN	Senior II M - 30	38	01:46:18	05:17:28	10:34:35	13:09:15	15:35:42	17:22:58.35	+05:46:48 (33.3%)	9:28	6.3 (66.3%)
118	KUBLIK Łukasz	3062		Senior I M - 20	6	01:50:48	05:07:39	10:41:38	13:17:13	15:35:03	17:23:14.75	+05:47:05 (33.3%)	9:29	6.3 (66.3%)
119	NAPIERAŁA Marcin	3044	BIEGAJĄCE KREJZOLE	Masters M - 40	42	02:08:13	06:04:28	11:20:56	13:48:14	15:51:32	17:24:31.50	+05:48:22 (33.4%)	9:29	6.3 (66.3%)
120	SURDEL Dawid	3164	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	Senior II M - 30	39	01:52:05	05:10:47	10:29:13	12:55:59	15:22:11	17:28:06.75	+05:51:57 (33.6%)	9:31	6.3 (66.3%)
121	KOŁODZIEJ Paweł	3056		Masters M - 40	43	02:02:40	05:46:56	11:08:07	13:27:47	15:43:51	17:28:13.10	+05:52:03 (33.6%)	9:31	6.3 (66.3%)
122	NĘDZUSIAK Dariusz	3471	DBN SUKURS	Weteran I M - 50	12	02:06:28	05:47:52	10:58:04	13:30:58	15:42:30	17:28:40.40	+05:52:30 (33.6%)	9:32	6.3 (66.3%)
123	GRZEŚKOWIAK Zbigniew	3258		Masters M - 40	44	02:09:49	06:48:59	11:38:16	13:56:07	15:54:40	17:28:50.75	+05:52:41 (33.6%)	9:32	6.3 (66.3%)
124	MIELNIK Krzysztof	3023	LESZ NO LIMITS RUNNERS	Masters M - 40	45	02:03:25	05:43:50	11:03:53	13:40:41	15:56:17	17:29:16.45	+05:53:06 (33.7%)	9:32	6.3 (66.3%)
125	KOSTRZEWSKI Sławomir	3109		Masters M - 40	46	01:49:12	05:16:26	11:30:48	13:53:50	15:56:04	17:30:01.05	+05:53:51 (33.7%)	9:32	6.3 (66.3%)
126	GRYS Paweł	3101	WAWRZYTEAM	Senior II M - 30	40	02:14:04	06:03:22	10:51:59	13:39:35	15:54:51	17:30:14.35	+05:54:04 (33.7%)	9:32	6.3 (66.3%)
127	JAKUBCZYK Rafał	3353	TRIBOYS	Masters M - 40	47	02:07:28	05:53:19	11:11:48	13:33:03	15:45:48	17:31:35.15	+05:55:25 (33.8%)	9:33	6.3 (66.3%)
128	KUBICA Bartosz	3445		Masters M - 40	48	02:04:43	05:40:41	10:55:07	13:35:21	15:49:47	17:34:23.85	+05:58:14 (34.0%)	9:35	6.3 (66.3%)
129	HAMPEL Hubert	3338		Senior I M - 20	7	02:08:07	05:46:36	11:00:00	13:28:34	15:54:55	17:35:11.90	+05:59:02 (34.0%)	9:35	6.3 (66.3%)
130	ZIELIŃSKI Bartek	3377	TT SZCZECIN	Weteran I M - 50	13	02:17:38	05:57:20	10:54:31	13:27:58	15:52:23	17:37:00.00	+06:00:50 (34.1%)	9:36	6.2 (65.3%)
131	JOVANOVIĆ-DOBRZYŃSKA Marta	3446		Senior I K - 20	2	02:21:30	06:33:52	11:39:42	14:10:24	16:13:02	17:39:44.90	+06:03:35 (34.3%)	9:38	6.2 (65.3%)
132	RYBARCZYK Ilona	3153	SPARTA RUNNERS	Senior II K - 30	13	01:57:53	05:17:51	10:18:29	13:10:43	15:34:45	17:40:42.05	+06:04:32 (34.4%)	9:38	6.2 (65.3%)
133	ŁĘCKI Piotr	3436	BP RUNNING TEAM GLIWICE	Masters M - 40	49	01:49:08	05:08:00	10:33:18	13:11:16	15:39:50	17:41:37.55	+06:05:28 (34.4%)	9:39	6.2 (65.3%)
134	BIAŁAS Tomek	3253	CONSULTAS	Masters M - 40	50	02:02:06	05:51:10	11:26:07	13:50:35	16:04:54	17:47:01.95	+06:10:52 (34.8%)	9:42	6.2 (65.3%)
135	MELLER Wojciech	3182	DRUŻYNA WILKA	Masters M - 40	51	02:14:58	06:40:31	12:00:29	14:15:49	16:18:17	17:49:14.80	+06:13:05 (34.9%)	9:43	6.2 (65.3%)
136	DŻUGAN Witold	3409		Weteran I M - 50	14	02:11:16	05:59:02	11:21:33	11:34:22	16:15:47	17:51:03.70	+06:14:54 (35.0%)	9:44	6.2 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
137	GĄSZCZAK Mariusz	3086	KS LENIWIEC	Masters M - 40	52	02:11:08	06:08:09	11:26:07	13:51:43	16:05:07	17:51:56.00	+06:15:46 (35.1%)	9:44	6.2 (65.3%)
138	ŁUCZYŃSKI Maciej	3288		Masters M - 40	53	02:04:42	05:29:02	10:40:04	13:20:20	15:53:31	17:52:01.35	+06:15:51 (35.1%)	9:44	6.2 (65.3%)
139	BRODA Dominik	3053		Senior II M - 30	41	01:51:02	05:31:41	11:30:47	13:55:07	16:03:00	17:52:32.40	+06:16:22 (35.1%)	9:45	6.2 (65.3%)
140	ŁUKAWSKI Krzysztof	3188		Senior II M - 30	42	02:15:12	06:04:47	11:16:04	13:44:46	16:13:51	17:53:55.90	+06:17:46 (35.2%)	9:45	6.1 (64.2%)
141	BATOR Michał	3001	#SOBASTEAM	Senior II M - 30	43	02:15:58	05:50:55	10:58:26	13:50:48	16:14:34	17:54:28.70	+06:18:19 (35.2%)	9:46	6.1 (64.2%)
142	ISZCZAK Kazimierz	3190		Masters M - 40	54	02:02:05	05:58:34	11:11:35	13:48:10	16:04:33	17:54:33.15	+06:18:23 (35.2%)	9:46	6.1 (64.2%)
143	LECHAŃSKI Łukasz	3397	KS ULTRA TEAM ŁÓDŹ	Masters M - 40	55	01:54:44	05:20:13	10:45:42	13:37:09	16:15:48	17:55:10.50	+06:19:01 (35.3%)	9:46	6.1 (64.2%)
144	OLSZEWSKI Jarosław	3367	NIGHT RUNNERS	Weteran I M - 50	15	02:07:19	06:03:57	11:45:26	14:15:24	16:24:32	17:55:23.45	+06:19:13 (35.3%)	9:46	6.1 (64.2%)
145	KOZICZAK Katarzyna	3078		Senior II K - 30	14	02:14:05	05:56:29	10:56:37	13:45:22	16:07:33	17:56:28.30	+06:20:18 (35.3%)	9:47	6.1 (64.2%)
146	DORNIAK Jarosław	3117	PZU SPORT TEAM	Masters M - 40	56	02:06:00	05:42:33	11:31:11	14:10:39	16:26:22	17:58:37.95	+06:22:28 (35.5%)	9:48	6.1 (64.2%)
147	PLEWA Sylwia	3286	RKS PIŁA PODLASIE	Weteran K - 50	1	02:08:18	06:12:54	11:46:02	14:11:08	16:22:14	18:00:17.35	+06:24:07 (35.6%)	9:49	6.1 (64.2%)
148	RADZIWOŃ Anna	3082	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	8	02:16:22	06:16:04	11:28:09	14:06:15	16:17:41	18:00:32.95	+06:24:23 (35.6%)	9:49	6.1 (64.2%)
149	JURA Mariusz	3490	ZŁOWIESZCZE ZGRZYTNIECIE ZWIERACZA	Masters M - 40	57	02:09:22	06:08:20	11:32:50	14:04:03	16:22:17	18:06:54.75	+06:30:45 (36.0%)	9:52	6.1 (64.2%)
150	GRYCMAN Magda	3040	SPARTA ULTRA TEAM	Masters K - 40	9	02:07:02	05:56:34	11:14:52	13:50:56	16:17:52	18:07:09.75	+06:31:00 (36.0%)	9:52	6.1 (64.2%)
151	SZCZERBAL Agnieszka	3052	TKKF MPK POZNAŃ	Masters K - 40	10	02:18:32	06:14:28	11:29:52	14:06:25	16:19:46	18:08:07.65	+06:31:58 (36.0%)	9:53	6.1 (64.2%)
152	QUIRINI Ewa	3393		Senior II K - 30	15	02:14:54	06:04:15	11:34:35	14:04:53	16:24:04	18:08:58.10	+06:32:48 (36.1%)	9:53	6.1 (64.2%)
153	ANZEL Dawid	3026	KURZĘTNIK BIEGA	Senior II M - 30	44	02:22:52	06:24:49	11:32:52	14:01:43	16:21:04	18:10:21.45	+06:34:11 (36.2%)	9:54	6.1 (64.2%)
154	BOROWSKA-NAJDEREK Paulina	3067	WLKP MOUNTAINS ULTRA /FREE RUN	Masters K - 40	11	01:58:51	05:29:17	10:43:08	13:24:06	16:03:05	18:11:54.65	+06:35:45 (36.2%)	9:55	6 (63.2%)
155	ŁĄK Tomasz	3134	NOA	Masters M - 40	58	02:00:14	05:53:19	11:32:16	14:39:06	16:53:50	18:12:47.65	+06:36:38 (36.3%)	9:56	6 (63.2%)
156	MICHALSKI Marek	3414		Masters M - 40	59	02:12:20	06:10:11	11:55:48	14:21:44	16:33:02	18:12:51.35	+06:36:41 (36.3%)	9:56	6 (63.2%)
157	KAMIŃSKI Daniel	3027	KS GRUCHA	Senior II M - 30	45	01:59:31	05:47:27	11:17:38	14:10:41	16:31:28	18:13:58.25	+06:37:48 (36.4%)	9:56	6 (63.2%)
158	WINNIK Ela	3424		Senior II K - 30	16	01:58:37	05:31:55	10:45:46	13:27:00	16:05:42	18:14:12.70	+06:38:03 (36.4%)	9:56	6 (63.2%)
159	NOWAK Bartłomiej	3319		Senior I M - 20	8	02:14:47	06:10:54	11:38:41	14:15:23	16:32:50	18:15:01.25	+06:38:51 (36.4%)	9:57	6 (63.2%)
160	ZGOŁA Przemysław	3029	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	16	02:18:33	06:14:31	11:34:25	14:08:57	16:25:59	18:22:54.25	+06:46:44 (36.9%)	10:01	6 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Różn	Tempo min/km	Tempo km/h	
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				netto 110km
161	JACHIMOWSKI Jarosław	3218	POZYTYWNIIE ZABIEGANI SANOK	Senior II M - 30	46	02:18:49	06:33:14	11:53:37	14:38:27	16:50:41	18:23:42.90	+06:47:33 (36.9%)	10:02	6 (63.2%)
162	CEBRAT Ewa	3024		Masters K - 40	12	02:18:52	06:33:30	11:53:40	14:38:42	16:50:43	18:23:44.90	+06:47:35 (36.9%)	10:02	6 (63.2%)
163	SUDUŁ Jarosław	3310	WIERZBICKI RUNNING PROJECT	Masters M - 40	60	02:07:38	06:00:50	11:12:51	14:07:40	16:29:20	18:23:57.20	+06:47:47 (36.9%)	10:02	6 (63.2%)
164	MUCHA Michał	3119	QCE SPARTY - MONIA GYM	Masters M - 40	61	02:03:50	05:45:55	10:58:59	14:00:28	16:25:55	18:24:36.55	+06:48:27 (37.0%)	10:02	6 (63.2%)
165	ŁATAK - SKRABUT Basia	3080	MUSTANGI	Masters K - 40	13	02:08:28	06:08:24	11:14:44	14:09:23	16:29:42	18:25:48.80	+06:49:39 (37.0%)	10:03	6 (63.2%)
166	KORECKI Andrzej	3241	ŁOCHOWO I OKOLICE BIEGAJĄ	Masters M - 40	62	02:08:15	06:13:46	11:48:51	14:33:43	16:39:51	18:28:33.55	+06:52:24 (37.2%)	10:04	6 (63.2%)
167	ŚNIEGOCKA Magdalena	3326	TARNOWO PODGÓRNE BIEGA	Masters K - 40	14	02:19:21	06:43:37	12:13:11	14:28:31	16:45:23	18:29:47.60	+06:53:38 (37.3%)	10:05	5.9 (62.1%)
168	MACIEJEWICZ Krzysztof	3014	K2	Weteran I M - 50	17	02:14:08	06:08:31	11:29:54	14:25:46	16:53:32	18:30:13.20	+06:54:03 (37.3%)	10:05	5.9 (62.1%)
168	JARZYŃKA Krzysztof	3055	K2	Weteran I M - 50	17	02:14:05	06:08:29	11:29:53	14:25:40	16:53:31	18:30:13.20	+06:54:03 (37.3%)	10:05	5.9 (62.1%)
170	WYDRYCH Barbara	3434	PARKRUN GRUDZIĄDZ	Senior II K - 30	17	02:15:46	06:24:11	11:43:54	14:15:11	16:37:54	18:30:20.25	+06:54:10 (37.3%)	10:05	5.9 (62.1%)
171	MARCHWICKI Arkadiusz	3291	FEHLAU RUN TEAM	Masters M - 40	63	02:15:32	06:11:20	11:46:23	14:32:04	16:49:09	18:31:36.45	+06:55:26 (37.4%)	10:06	5.9 (62.1%)
172	SMYK Kamil	3256		Senior II M - 30	47	01:59:09	05:47:27	11:13:15	14:11:21	16:37:26	18:32:00.15	+06:55:50 (37.4%)	10:06	5.9 (62.1%)
173	MARGOL Paweł	3373		Senior II M - 30	48	02:04:10		10:18:33	13:24:34	16:36:05	18:34:13.40	+06:58:03 (37.5%)	10:07	5.9 (62.1%)
174	KORYTEK Piotr	3120	WITKOWO BIEGA	Masters M - 40	64	02:03:57	05:37:06	10:55:05	13:50:10	16:33:53	18:34:47.90	+06:58:38 (37.6%)	10:08	5.9 (62.1%)
175	GRZESZCZAK Marek	3473		Weteran II M - 60	3	02:17:25	06:02:53	11:09:29	14:18:43	16:48:40	18:34:55.30	+06:58:45 (37.6%)	10:08	5.9 (62.1%)
176	GORALEWSKI Mateusz	3215		Senior II M - 30	49	02:05:57	06:00:04	11:13:36	13:51:05	16:29:26	18:35:02.35	+06:58:52 (37.6%)	10:08	5.9 (62.1%)
177	WALCZAK Dariusz	3196	OLKUSZBIEGA	Masters M - 40	65	02:12:27	05:57:45	11:34:59	14:11:29	16:40:04	18:37:24.80	+07:01:15 (37.7%)	10:09	5.9 (62.1%)
178	WALCZAK Agnieszka	3217	OLKUSZBIEGA	Masters K - 40	15	02:09:16	05:57:45	11:35:01	14:11:34	16:40:07	18:37:25.85	+07:01:16 (37.7%)	10:09	5.9 (62.1%)
179	BULIKOWSKI Tomasz	3277		Masters M - 40	66	02:06:37	05:58:47	11:14:11	14:01:17	16:38:03	18:42:29.45	+07:06:19 (38.0%)	10:12	5.9 (62.1%)
180	ORLICZ Michał	3123		Weteran I M - 50	19	02:00:37	05:47:47	11:27:33	14:10:09	16:52:01	18:44:03.75	+07:07:54 (38.1%)	10:13	5.9 (62.1%)
181	GRZYWACZ Rafał	3369	NIGHT RUNNERS	Senior II M - 30	50	02:00:25	05:45:56	11:33:36	14:19:13	17:01:20	18:44:54.25	+07:08:44 (38.1%)	10:13	5.9 (62.1%)
182	SMOŁUCH Tomasz	3178	SAINT-GOBAIN SQUAD	Masters M - 40	67	02:15:07	06:10:16	11:34:13	14:14:55	16:45:51	18:45:33.25	+07:09:23 (38.1%)	10:13	5.9 (62.1%)
183	RADZIWOŃ Krzysiek	3088	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40	68	02:16:26	06:25:19	11:54:22	14:42:02	16:55:48	18:46:04.35	+07:09:54 (38.2%)	10:14	5.9 (62.1%)
184	KLONOWSKI Sławomir	3096		Masters M - 40	69	02:08:05	06:06:50	12:09:41	14:26:53	17:09:38	18:46:23.05	+07:10:13 (38.2%)	10:14	5.9 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
185	NOWACKI Michał	3417	MORSY POZNAŃ	Masters M - 40	70	02:17:43	06:15:19	11:22:32	14:18:33	16:45:30	18:47:03.00	+07:10:53 (38.2%)	10:14	5.9 (62.1%)
186	ZIMNIEWICZ Jacek	3309		Masters M - 40	71	02:17:46	06:15:21	11:22:32	14:19:03	16:45:30	18:47:03.20	+07:10:53 (38.2%)	10:14	5.9 (62.1%)
187	SIERŻANT Karol	3356	FIKU-MIKU GOSTYŃ	Masters M - 40	72	02:01:40	05:54:37	11:35:32	14:19:46	17:05:18	18:48:38.90	+07:12:29 (38.3%)	10:15	5.8 (61.1%)
188	KACZYŃSKI Artur	3500		Masters M - 40	73	02:04:12	06:06:33	11:38:36	14:26:21	16:57:20	18:51:23.20	+07:15:13 (38.5%)	10:17	5.8 (61.1%)
189	STODULSKI Krzysztof	3283	ULTRA KUTNO	Masters M - 40	74	02:03:05	05:49:30	11:33:34	14:14:30	16:58:27	18:55:41.30	+07:19:31 (38.7%)	10:19	5.8 (61.1%)
190	KUCHARSKI Waldemar	3285	TT-SZCZECIN	Weteran I M - 50	20	02:12:57	05:55:41	11:43:33	14:39:29	17:10:02	18:55:55.65	+07:19:46 (38.7%)	10:19	5.8 (61.1%)
191	GAŁKA Jacek	3166	VEGE RUNNERS	Masters M - 40	75	02:12:19	06:05:18	11:50:24	14:47:19	17:16:03	18:57:01.00	+07:20:51 (38.8%)	10:20	5.8 (61.1%)
192	WAROWNY Dawid	3271	WAWRZYTEAM	Masters M - 40	76	02:07:19	05:58:39	11:46:35	14:39:42	17:13:01	18:58:59.25	+07:22:49 (38.9%)	10:21	5.8 (61.1%)
193	AZAREWICZ Grzegorz	3489		Masters M - 40	77	02:08:41	06:05:30	12:00:01	14:46:48	17:17:23	18:59:56.45	+07:23:46 (38.9%)	10:21	5.8 (61.1%)
194	KONOPKA Bartosz	3479	BIEGAMBOLUBIĘ	Masters M - 40	78	02:03:43	05:46:51	11:22:09	14:23:25	16:58:31	19:00:29.25	+07:24:19 (39.0%)	10:22	5.8 (61.1%)
195	JAUMOTTE Laurent	3461	UNIQA	Masters M - 40	79	01:55:24	05:18:58	10:56:47	14:00:33	16:52:20	19:01:44.45	+07:25:34 (39.0%)	10:22	5.8 (61.1%)
196	LEWANDOWSKA Marlena	3364	PODGÓRZ TORUŃ	Masters K - 40	16	02:03:57	06:02:33	11:36:59	14:15:05	17:09:31	19:03:50.85	+07:27:41 (39.1%)	10:23	5.8 (61.1%)
197	CURZYDŁO Bogdan	3192	POZYTYWNE ZABIEGANI SANOK	Masters M - 40	80	02:19:51	06:33:14	11:56:52	14:44:08	17:20:50	19:03:58.75	+07:27:49 (39.1%)	10:23	5.8 (61.1%)
198	DOMARADZKA-KASZUBOWICZ Wiktoria	3018		Senior II K - 30	18	02:19:56	06:33:16	11:58:18	14:44:32	17:20:53	19:03:59.15	+07:27:49 (39.1%)	10:23	5.8 (61.1%)
199	LEŚNIAK-POPIEL Marta	3110	POZYTYWNE ZABIEGANI SANOK	Masters K - 40	17	02:20:01	06:33:30	11:56:55	14:44:14	17:20:52	19:04:01.05	+07:27:51 (39.1%)	10:24	5.8 (61.1%)
200	ZYGNER Sławomir	3030	LEŚNE DZIKI PGB	Weteran I M - 50	21	02:05:50	06:06:21	11:43:37	14:30:12	16:54:07	19:12:31.55	+07:36:22 (39.6%)	10:28	5.7 (60.0%)
201	LESZCZYŃSKI Krzysztof	3104	PODLASIAKI	Masters M - 40	81	02:13:38	06:12:01	11:25:57	14:42:04	17:21:21	19:15:48.20	+07:39:38 (39.8%)	10:30	5.7 (60.0%)
202	KIERSKI Dariusz	3060		Weteran I M - 50	22	02:14:55	06:22:53	12:10:15	15:06:11	17:39:59	19:22:24.05	+07:46:14 (40.1%)	10:34	5.7 (60.0%)
203	BARAN Stanisław	3403	SAINT-GOBAIN SQUAD	Masters M - 40	82	02:10:42	06:10:36	11:37:29	14:55:51	17:27:20	19:22:57.20	+07:46:47 (40.1%)	10:34	5.7 (60.0%)
204	PRZEWŁOKA Wojciech	3399	SAINT-GOBAIN SQUAD	Masters M - 40	83	02:14:17	06:07:36	11:37:28	14:54:29	17:26:58	19:22:59.85	+07:46:50 (40.1%)	10:34	5.7 (60.0%)
205	ŁABĘDZKI Mariusz	3046	STARGARD JA SIĘ NIE ŚCIGAM	Masters M - 40	84	02:21:11	06:40:41	12:31:29	15:21:39	17:37:13	19:23:35.35	+07:47:25 (40.2%)	10:34	5.7 (60.0%)
206	BEDNARCZYK Bogusław	3497	PRO-RUN WROCŁAW	Weteran I M - 50	23	02:21:17	06:37:55	12:42:48	15:29:54	17:47:00	19:23:58.35	+07:47:48 (40.2%)	10:34	5.7 (60.0%)
207	PIĄTOŃ Piotr	3224	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	85	02:07:35	05:55:48	11:24:10	14:43:37	17:35:11	19:25:05.05	+07:48:55 (40.2%)	10:35	5.7 (60.0%)
208	RYBACKI Dariusz	3202	NAUCZYCIEL	Masters M - 40	86	02:11:22	06:28:12	12:17:45	15:12:29	17:44:40	19:25:35.50	+07:49:26 (40.3%)	10:35	5.7 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
209	WOSZCZAK Zbigniew	3407	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50	24	02:30:18	06:58:41	12:28:39	15:22:06	17:46:18	19:29:46.20	+07:53:36 (40.5%)	10:38	5.6 (58.9%)
210	WOSZCZAK Jolanta	3408	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50	2	02:30:53	06:58:53	12:28:41	15:23:23	17:46:20	19:29:47.55	+07:53:38 (40.5%)	10:38	5.6 (58.9%)
211	GRZESIAK Mateusz	3387	KLUB AA	Senior II M - 30	51	02:15:56	06:37:31	12:24:37	15:12:46	17:40:48	19:29:55.70	+07:53:46 (40.5%)	10:38	5.6 (58.9%)
212	BIAŁEK Adam	3484		Weteran I M - 50	25	02:22:50	06:44:31	12:32:01	15:17:10	17:44:08	19:32:51.60	+07:56:42 (40.6%)	10:39	5.6 (58.9%)
213	BALCERZAK Mariusz	3320	DROGA DO ULTRA / SZAKALE BAŁUT	Masters M - 40	87	02:22:51	06:44:33	12:32:04	15:17:16	17:44:14	19:32:54.05	+07:56:44 (40.6%)	10:39	5.6 (58.9%)
214	NOWAK Jarosław	3441		Weteran I M - 50	26	02:13:46	06:23:24	12:05:23	14:56:09	17:43:12	19:33:46.40	+07:57:36 (40.7%)	10:40	5.6 (58.9%)
215	GRABOWICZ Paweł	3444		Masters M - 40	88	02:19:17	06:23:26	12:05:23	15:04:56	17:43:10	19:33:47.25	+07:57:37 (40.7%)	10:40	5.6 (58.9%)
216	LITEWKA Jacek	3421	KUMPLE ŻWIRKA	Masters M - 40	89	02:06:30	06:07:59	12:05:03	15:03:21	17:43:45	19:38:50.85	+08:02:41 (40.9%)	10:43	5.6 (58.9%)
217	GŁÓWKA Maciej	3264		Senior II M - 30	52	02:16:39	06:36:44	12:36:14	15:35:31	18:00:12	19:39:50.80	+08:03:41 (41.0%)	10:43	5.6 (58.9%)
218	GARSTKA Zbigniew	3281	WRONIECKI KLUB BIEGACZA	Masters M - 40	90	02:12:39	06:43:50	12:34:54	15:18:19	18:01:34	19:42:36.20	+08:06:26 (41.1%)	10:45	5.6 (58.9%)
219	ZDANOWICZ Elżbieta	3223	VEGE RUNNERS	Masters K - 40	18	02:18:24	06:35:09	12:20:15	15:16:00	17:52:37	19:42:46.15	+08:06:36 (41.1%)	10:45	5.6 (58.9%)
220	KOBIEC Elzbieta	3405		Masters K - 40	19	02:10:36	06:34:49	12:12:24	15:13:37	17:51:39	19:42:59.25	+08:06:49 (41.2%)	10:45	5.6 (58.9%)
221	MINIUR Jacek	3406		Weteran I M - 50	27	02:10:37	06:34:50	12:12:24	15:13:47	17:51:40	19:43:00.15	+08:06:50 (41.2%)	10:45	5.6 (58.9%)
222	WÓJCIK Artur	3050	W POGONI ZA DUCHEM	Masters M - 40	91	02:06:29	05:50:30	11:33:33		17:17:25	19:43:32.70	+08:07:23 (41.2%)	10:45	5.6 (58.9%)
223	SUROWIEC Robert	3419		Weteran I M - 50	28	02:18:39	06:34:24	12:24:31	15:23:30	18:02:28	19:46:11.25	+08:10:01 (41.3%)	10:47	5.6 (58.9%)
224	KACZMAREK Dagmara	3462	HURAGAN LIGOTA	Senior II K - 30	19	02:20:53	06:39:02	12:05:17	14:58:23	17:53:49	19:51:23.00	+08:15:13 (41.6%)	10:49	5.5 (57.9%)
225	GŁADYSZ Robert	3167	SCE24.PL	Masters M - 40	92	02:10:36	06:08:21	12:11:49	15:18:08	18:05:19	19:56:28.70	+08:20:19 (41.8%)	10:52	5.5 (57.9%)
226	RYBCZYŃSKI Przemysław	3048		Weteran I M - 50	29	02:10:33	06:08:17	12:11:48	15:17:51	18:05:17	19:56:29.30	+08:20:19 (41.8%)	10:52	5.5 (57.9%)
227	SZYMKOWIAK Mariusz	3203		Weteran I M - 50	30	02:09:23	06:08:42	12:12:13	15:18:21	18:05:42	19:56:53.30	+08:20:43 (41.8%)	10:52	5.5 (57.9%)
228	MUCHA Adam	3261		Weteran I M - 50	31	02:14:50	06:26:21	12:22:09	15:27:24	18:02:48	19:59:42.50	+08:23:33 (42.0%)	10:54	5.5 (57.9%)
229	BUDKOWSKI Kamil	3478		Senior II M - 30	53	02:07:12	06:25:52	12:30:23	15:20:35	17:54:10	20:08:47.85	+08:32:38 (42.4%)	10:59	5.5 (57.9%)
230	DUDEK Bartłomiej	3359	12TRI.PL	Senior II M - 30	54	02:35:01	06:42:55	12:15:50	15:12:34	17:53:04	20:10:24.75	+08:34:15 (42.5%)	11:00	5.5 (57.9%)
231	ŚLUZEK Mirosław	3095		Weteran I M - 50	32	02:08:12	06:34:33	12:13:19	15:21:53	18:05:58	20:15:41.85	+08:39:32 (42.7%)	11:03	5.4 (56.8%)
232	SADOWSKI Grzegorz	3058	NA WYBIEGU	Senior II M - 30	55	02:08:27	06:29:58	12:30:46	15:16:18	17:59:36	20:18:49.55	+08:42:40 (42.9%)	11:04	5.4 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
233	BURZYŃSKA Ewelina	3084	NATURA BIEDRUSKO	Masters K - 40	20	02:18:04	06:38:43	13:03:02	15:49:54	18:21:40	20:18:53.90	+08:42:44 (42.9%)	11:04	5.4 (56.8%)
234	SZYSZŁOWSKI Waldemar	3206	PATOBIEGACZE	Senior II M - 30	56	02:08:17	06:12:53	11:47:08	14:53:43	17:50:55	20:19:01.95	+08:42:52 (42.9%)	11:04	5.4 (56.8%)
235	IGNASZEWSKI Michał	3042	DRUŻYNA SZPIKU	Senior II M - 30	57	02:23:34	06:41:52	12:26:01	15:18:13	18:22:05	20:26:27.50	+08:50:18 (43.2%)	11:08	5.4 (56.8%)
236	WOJTAS Ryszard	3073		Weteran I M - 50	33	02:23:36	06:41:54	12:26:01	15:18:29	18:22:15	20:26:30.00	+08:50:20 (43.2%)	11:09	5.4 (56.8%)
237	PEKALA Julita	3295		Masters K - 40	21	02:15:53	06:43:22	12:47:10	15:53:21	18:26:02	20:26:46.10	+08:50:36 (43.3%)	11:09	5.4 (56.8%)
238	HOFSTRA Tsjeard	3430		Masters M - 40	93	02:16:28	06:11:25	11:39:54	15:14:51	18:11:51	20:27:21.65	+08:51:12 (43.3%)	11:09	5.4 (56.8%)
239	BUJLIS Eugeniusz	3443	GIENO BIEGA	Masters M - 40	94	02:12:13	06:51:41	13:06:09	16:16:35	18:34:11	20:28:17.30	+08:52:07 (43.3%)	11:09	5.4 (56.8%)
240	ZAJĄC Rafał	3437	KP ZIELONA GÓRA	Senior II M - 30	58	02:12:07	06:23:45	12:28:54	15:49:56	18:26:24	20:29:26.45	+08:53:16 (43.4%)	11:10	5.4 (56.8%)
241	SŁAWOMIR Chyliński	3321	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	34	02:12:10	06:23:56	12:35:37	15:50:01	18:27:13	20:29:26.55	+08:53:17 (43.4%)	11:10	5.4 (56.8%)
242	KUŻEL Adrian	3204	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	95	02:12:07	06:23:48	12:29:01	15:50:06	18:31:06	20:29:26.95	+08:53:17 (43.4%)	11:10	5.4 (56.8%)
243	NOWICKI Marek	3174	PORANNI BIEGACZE	Weteran I M - 50	35	02:21:01	06:34:59	12:26:56	15:28:49	18:19:56	20:30:39.60	+08:54:30 (43.4%)	11:11	5.4 (56.8%)
244	WOŹNIAK Paweł	3037	ENDORFINA WSCHOWA	Masters M - 40	96	02:14:07	06:57:21	12:53:38	15:59:12	18:31:10	20:33:18.90	+08:57:09 (43.6%)	11:12	5.4 (56.8%)
245	DEKIERT Agnieszka	3411		Masters K - 40	22	02:18:22	06:35:11	12:21:14	15:17:03	18:21:11	20:33:41.75	+08:57:32 (43.6%)	11:12	5.3 (55.8%)
246	BAR Aleksandra	3449	GMINA STRZELCE OPOLSKIE	Masters K - 40	23	02:09:38	06:23:24	12:12:21	15:17:45	18:29:21	20:34:13.35	+08:58:03 (43.6%)	11:13	5.3 (55.8%)
247	ZBYRYT Marek	3150	AKTYWNA NOWA RUDA	Weteran I M - 50	36	02:11:50	06:27:58	12:34:34	15:18:34	18:02:53	20:34:41.60	+08:58:32 (43.6%)	11:13	5.3 (55.8%)
248	DEIGSLER Przemysław	3155		Masters M - 40	97	02:09:31	06:19:51	12:20:31		18:22:32	20:35:20.30	+08:59:10 (43.6%)	11:13	5.3 (55.8%)
249	ZAMBRZYCKI Maciej	3344	SAP LABS POLAND TEAM	Masters M - 40	98	02:09:18	05:52:52	11:57:57	15:17:02	18:15:52	20:36:59.75	+09:00:50 (43.7%)	11:14	5.3 (55.8%)
250	KOSIERKIEWICZ Grzegorz	3501		Masters M - 40	99	02:21:17	06:42:28	12:51:09	15:51:07	18:37:22	20:38:32.30	+09:02:22 (43.8%)	11:15	5.3 (55.8%)
251	SKŁADZIŃ Bartosz	3339		Senior II M - 30	59	02:07:54	05:50:03	11:32:08	14:46:34	18:08:04	20:43:32.40	+09:07:22 (44.0%)	11:18	5.3 (55.8%)
252	JAKUBIEC Bartłomiej	3294	ROZPIERDOLSI	Senior II M - 30	60	02:07:54	05:49:58	11:32:14	14:39:36	18:09:31	20:43:36.05	+09:07:26 (44.0%)	11:18	5.3 (55.8%)
253	JEKA Mateusz	3312	***** ***	Senior II M - 30	61	02:07:54	05:50:07	11:32:11	14:39:44	18:08:08	20:43:37.75	+09:07:28 (44.0%)	11:18	5.3 (55.8%)
254	NIKEL Jacek	3458		Senior II M - 30	62	02:18:04	06:36:34	12:48:11	15:37:42	18:37:06	20:46:57.60	+09:10:48 (44.2%)	11:20	5.3 (55.8%)
255	KRAŃSKA Sandra	3440		Senior II K - 30	20	02:18:09	06:36:45	12:48:21	15:45:00	18:37:15	20:47:50.40	+09:11:40 (44.2%)	11:20	5.3 (55.8%)
256	PRONOBIS-PROŃSKI Michał	3102	SLOW JOGGING	Masters M - 40	100	02:10:36	06:38:55	12:50:12	15:59:21	18:31:58	20:49:13.10	+09:13:03 (44.3%)	11:21	5.3 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas		Tempo min/km	Tempo km/h
											netto 110km	Różn		
257	RABSCH Patrycja	3068		Senior II K - 30	21	02:30:54	06:43:55	12:44:00	15:52:43	18:38:26	20:49:13.70	+09:13:04 (44.3%)	11:21	5.3 (55.8%)
258	PAKUŁA Konrad	3371		Senior II M - 30	63	02:00:31	05:47:51	12:20:57	16:00:13	18:50:13	20:50:23.85	+09:14:14 (44.3%)	11:22	5.3 (55.8%)
259	BIELECKI Damian	3372		Senior I M - 20	9	02:00:30	05:47:50	12:20:56	16:00:24	18:50:16	20:50:23.90	+09:14:14 (44.3%)	11:22	5.3 (55.8%)
260	PIĄTEK Tomasz	3146	WILD BUCHAYS	Masters M - 40	101	02:10:53	06:17:01	12:09:02	15:14:07	18:28:31	20:50:49.35	+09:14:39 (44.3%)	11:22	5.3 (55.8%)
261	BATOR Monika	3019		Senior II K - 30	22	02:11:28	06:29:19	12:30:34	15:38:29	18:39:07	20:52:41.05	+09:16:31 (44.4%)	11:23	5.3 (55.8%)
262	NOWAK Rafał	3400	NIEPOŁOMICIE BIEGAJĄ	Senior II M - 30	64	02:26:21	06:54:55	12:50:52	15:53:30	18:49:01	20:53:56.25	+09:17:46 (44.5%)	11:23	5.3 (55.8%)
263	PASISZ Artur	3360	NIEPOŁOMICIE BIEGAJĄ	Masters M - 40	102	02:27:33	06:55:13	12:53:46	15:54:42	18:46:08	20:54:04.40	+09:17:54 (44.5%)	11:24	5.3 (55.8%)
264	KUPIEC Maciej	3061	#ŻEBERKATEAM	Masters M - 40	103	02:19:31	06:50:18	12:50:02	15:58:20	18:50:26	20:55:06.30	+09:18:56 (44.5%)	11:24	5.3 (55.8%)
265	PIOTROWSKI Michał	3115	#ŻEBERKATEAM	Masters M - 40	104	02:19:35	06:50:16	12:49:52	15:58:10	18:58:44	20:55:07.70	+09:18:58 (44.5%)	11:24	5.3 (55.8%)
266	PÓŁGRABIA Dawid	3151	#ŻEBERKATEAM	Masters M - 40	105	02:19:36	06:50:16	12:50:01	15:58:20	18:50:14	20:55:09.70	+09:19:00 (44.5%)	11:24	5.3 (55.8%)
267	NAPIERAŁA Katarzyna	3426		Masters K - 40	24	02:18:11	06:39:00	13:23:54	16:35:10	19:09:19	20:55:44.05	+09:19:34 (44.6%)	11:24	5.3 (55.8%)
268	DOBEK Tomasz	3268	BIEGAMPŁOCKTEAM	Weteran I M - 50	37	02:18:54	06:22:36	12:32:03	15:28:26	18:26:38	20:55:56.00	+09:19:46 (44.6%)	11:25	5.3 (55.8%)
269	MALIK Robert	3013	NEWATER	Masters M - 40	106	02:25:39	06:39:11	12:33:00	16:08:34	18:51:10	20:56:25.80	+09:20:16 (44.6%)	11:25	5.3 (55.8%)
270	RZEPKA Aleksandra	3116	WKURW_TEAM	Senior II K - 30	23	02:09:59	06:38:28	12:47:56	16:17:34	18:54:28	20:56:40.90	+09:20:31 (44.6%)	11:25	5.3 (55.8%)
271	WITEK Eryk	3138	QCE SPARTY - MONIA GYM	Masters M - 40	107	02:03:51	06:08:17	12:16:12	15:18:25	18:24:57	20:57:20.05	+09:21:10 (44.6%)	11:25	5.2 (54.7%)
272	WRONA Sylwester	3388		Masters M - 40	108	02:11:24	06:26:29	12:16:03	15:39:52	18:42:18	20:57:26.45	+09:21:16 (44.6%)	11:25	5.2 (54.7%)
273	WILK Jarosław	3147	BEMOWO BIEGA	Weteran I M - 50	38	02:08:34	06:29:21	12:36:38	15:37:36	18:39:07	20:57:56.80	+09:21:47 (44.7%)	11:26	5.2 (54.7%)
274	GAWLAS Przemysław	3507		Masters M - 40	109	02:20:46	06:43:38	12:38:12	15:43:46	18:48:49	20:58:12.55	+09:22:03 (44.7%)	11:26	5.2 (54.7%)
275	STAJNIAK-STELIGA Izabela	3214	OBORYGENI	Masters K - 40	25	02:56:15	07:55:06	13:58:01	16:53:54	19:19:03	21:00:01.30	+09:23:51 (44.8%)	11:27	5.2 (54.7%)
276	POLIWKA Mariusz	3300	FITNESS PIEKARY LEGNICA	Masters M - 40	110	02:10:15	06:29:30	13:29:08	16:31:28	19:15:27	21:00:31.30	+09:24:21 (44.8%)	11:27	5.2 (54.7%)
277	KRUPIŃSKI Marek	3503	DĄBROWSKI TEAM/ MARO RUNNER	Senior I M - 20	10	01:51:36	06:02:12	13:06:04	16:06:00	18:43:32	21:02:35.50	+09:26:26 (44.9%)	11:28	5.2 (54.7%)
278	RUDY Iwona	3299		Senior II K - 30	24	02:11:32	06:29:19	12:30:34	15:40:34	18:39:04	21:06:08.80	+09:29:59 (45.0%)	11:30	5.2 (54.7%)
279	GRZYB Krzysztof	3245	KLUB BIEGACZA RTV EURO AGD/ SMASHING PĄPKINS	Masters M - 40	111	02:34:26	07:42:05	13:46:24	16:40:19	19:13:48	21:07:35.70	+09:31:26 (45.1%)	11:31	5.2 (54.7%)
280	SZMYT Piotr	3273	WLKP MOUNTAINS ULTRA	Masters M - 40	112	02:15:36	06:49:11	13:06:08	16:15:26	19:12:48	21:10:06.45	+09:33:56 (45.2%)	11:32	5.2 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
281	ZYZAŃSKI Andrzej	3331	ZIZU	Masters M - 40	113	02:15:48	06:49:07	13:06:05	16:15:29	19:12:49	21:10:21.15	+09:34:11 (45.2%)	11:32	5.2 (54.7%)
282	RZYHA Hubert	3262	RUNNER'S POWER	Senior II M - 30	65	02:28:56	06:44:40	12:23:07	15:34:40	18:51:10	21:10:26.00	+09:34:16 (45.2%)	11:32	5.2 (54.7%)
283	MRÓZ Anna	3395		Senior II K - 30	25	02:28:50	06:44:39	12:23:04	15:34:33	18:51:07	21:10:29.40	+09:34:19 (45.2%)	11:32	5.2 (54.7%)
284	MAĆKOWIAK Łukasz	3345	MATNER RUNNING TEAM	Senior II M - 30	66	02:04:19	06:17:23	12:29:40	15:39:19	18:37:50	21:12:16.85	+09:36:07 (45.3%)	11:33	5.2 (54.7%)
285	STRZYŻEWSKI Paweł	3028	BEMOWO BIEGA	Masters M - 40	114	02:11:32	06:29:20	12:36:38	15:38:39	18:39:04	21:13:36.95	+09:37:27 (45.3%)	11:34	5.2 (54.7%)
286	GAŃSKA-KARAMON Monika Gańska-Karamon	3121	BEMOWO BIEGA	Masters K - 40	26	02:11:23	06:29:19	12:30:36	15:37:40	18:39:10	21:13:39.85	+09:37:30 (45.3%)	11:34	5.2 (54.7%)
287	SERWADCZAK Marek	3491		Weteran I M - 50	39	02:17:54	06:39:05	13:02:48	16:11:25	19:04:56	21:14:51.80	+09:38:42 (45.4%)	11:35	5.2 (54.7%)
288	BIELEŃ Agnieszka	3428	OWOCBIEGATEAM/MUAY RUNNING TEAM	Senior II K - 30	26	02:23:54	06:41:09	13:06:04	16:01:10	18:53:24	21:16:50.20	+09:40:40 (45.5%)	11:36	5.2 (54.7%)
289	LUBANSKI Mateusz	3431	TEAM ZABIEGANEDNI	Senior I M - 20	11	02:14:47	06:37:37	12:56:31	16:35:16	19:25:32	21:17:34.70	+09:41:25 (45.5%)	11:36	5.2 (54.7%)
290	SILSKA Sylwia	3230		Masters K - 40	27	02:27:20	07:20:06	13:24:37	16:24:11	19:09:19	21:19:09.45	+09:42:59 (45.6%)	11:37	5.2 (54.7%)
291	WÓJCICKI Kamil	3460	EX TEAM	Senior II M - 30	67	02:15:23	06:53:52	13:18:34	16:46:35	19:31:04	21:25:46.65	+09:49:37 (45.9%)	11:41	5.1 (53.7%)
292	GÓRCZYŃSKI Rafał	3090		Masters M - 40	115	02:15:53	06:47:29	13:09:35	16:42:16	19:34:17	21:29:12.10	+09:53:02 (46.0%)	11:43	5.1 (53.7%)
293	RECZUCH Adam	3317		Masters M - 40	116			11:47:36			21:30:40.45	+09:54:30 (46.1%)	11:44	5.1 (53.7%)
294	HAMOT Artur	3131	BIEGOWA KUŹNIA	Senior II M - 30	68	02:15:46	06:44:11	13:21:11	16:37:07	19:24:01	21:31:13.50	+09:55:04 (46.1%)	11:44	5.1 (53.7%)
295	PRUCHNIEWSKA Agnieszka	3176	ROKIETNICA BIEGA	Masters K - 40	28	02:15:50	06:26:56	12:47:47	16:12:16	18:56:49	21:31:49.65	+09:55:40 (46.1%)	11:44	5.1 (53.7%)
296	KOWAL Sebastian	3012	IM-POSSIBLE TEAM	Senior I M - 20	12	02:05:29	06:28:37	12:47:54	16:31:09	19:51:47	21:32:30.70	+09:56:21 (46.1%)	11:45	5.1 (53.7%)
297	KRUZEL Rafał	3498	BIEGOWE MISIE	Weteran I M - 50	40	02:41:40	07:35:57	14:15:52	17:06:17	19:40:13	21:32:38.95	+09:56:29 (46.1%)	11:45	5.1 (53.7%)
298	ODOLAK Piotr	3010		Senior II M - 30	69	02:38:48	07:36:55	14:34:45	17:26:39	20:14:42	21:41:43.25	+10:05:33 (46.5%)	11:50	5.1 (53.7%)
299	GINTER Grzegorz	3492	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	70	02:24:31	06:45:32	13:16:49	17:14:11	19:52:59	21:42:35.55	+10:06:26 (46.6%)	11:50	5.1 (53.7%)
300	WOJNO Małgorzata	3071	DROGA DO ULTRA	Senior II K - 30	27	02:34:20	07:09:14	13:30:32	16:41:24	19:27:49	21:43:52.15	+10:07:42 (46.6%)	11:51	5.1 (53.7%)
301	SZCZUKA Joanna	3113		Senior I K - 20	3	02:37:54	07:47:31	14:17:25	17:11:56	19:57:53	21:47:22.55	+10:11:13 (46.8%)	11:53	5 (52.6%)
302	PROŃCZUK Adam	3145	ZBIEG OKOLICZNOŚCI	Weteran I M - 50	41	02:40:03	07:30:36	13:52:58	16:49:40	19:40:53	21:50:58.70	+10:14:49 (46.9%)	11:55	5 (52.6%)
303	LEŚNOWOLSKI Piotr	3246	KLUB BIEGACZA RTV EURO AGD	Weteran I M - 50	42	02:34:17	07:42:01	13:49:34	16:48:15	19:35:29	21:54:35.25	+10:18:25 (47.0%)	11:57	5 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
304	HETEL Adam	3267	KLUB BIEGACZA RTV EURO AGD	Senior II M - 30	71	02:34:26	07:42:06	13:46:29	16:48:10	19:33:17	21:54:41.90	+10:18:32 (47.0%)	11:57	5 (52.6%)
305	JUCHA Jacek	3198	CARBO ASECURA/CA AKTYWNI	Masters M - 40	117	02:39:26	07:30:33	13:48:40	16:54:55	19:51:54	21:57:37.70	+10:21:28 (47.2%)	11:58	5 (52.6%)
306	BUGAJSKA-JUCHA Renata	3199	CARBO ASECURA/CA AKTYWNI	Masters K - 40	29	02:39:29	07:30:35	13:48:41	16:54:58	19:52:30	21:57:38.65	+10:21:29 (47.2%)	11:58	5 (52.6%)
307	BRUZDA Piotr	3091	BIEGOWA KUŹNIA	Masters M - 40	118	02:11:14	06:26:32	12:53:55	16:32:58	19:44:12	21:58:03.55	+10:21:54 (47.2%)	11:58	5 (52.6%)
308	BRUZDA Joanna	3085	BIEGOWA KUŹNIA	Masters K - 40	30	02:11:15	06:26:32	12:53:55	16:33:08	19:43:41	21:58:03.70	+10:21:54 (47.2%)	11:58	5 (52.6%)
309	RESPONDEK Dariusz	3049		Masters M - 40	119	02:10:12	06:25:51	13:01:22	16:24:01	19:36:35	21:58:35.35	+10:22:25 (47.2%)	11:59	5 (52.6%)
310	HANSZ Donat	3302	NETBOX BIEGA	Senior I M - 20	13	02:19:41	06:42:28	13:19:51	16:36:38	19:46:39	22:09:18.50	+10:33:09 (47.6%)	12:05	5 (52.6%)
311	LEŃCZUK Waldemar	3453		Weteran I M - 50	43	02:07:28	06:23:29	13:06:26	16:18:07	19:32:01	22:09:54.15	+10:33:44 (47.7%)	12:05	5 (52.6%)
312	TATYS Łukasz	3173		Senior II M - 30	72	02:07:28	06:15:58	13:09:12	16:28:37	19:32:47	22:10:41.55	+10:34:32 (47.7%)	12:05	5 (52.6%)
313	WOŹNIAK Paweł	3011	KLEP	Masters M - 40	120	02:01:07	05:46:27	13:36:05	16:21:36	19:12:50	22:20:08.65	+10:43:59 (48.1%)	12:10	4.9 (51.6%)
314	HANGIEL Urszula	3422	ŻWAWĘ ŻÓŁWIE	Senior II K - 30	28	02:38:29	07:38:59	14:14:40	17:30:35	20:29:41	22:23:18.20	+10:47:08 (48.2%)	12:12	4.9 (51.6%)
315	CZACHOWSKI Michał	3423		Weteran I M - 50	44	02:38:54	07:39:25	14:14:58	17:30:29	20:32:55	22:25:30.40	+10:49:20 (48.3%)	12:13	4.9 (51.6%)
316	SZEWCZYK Marek	3161	CYBINA TEAM	Weteran II M - 60	4	02:30:42	07:15:15	13:47:28	17:00:08	19:57:43	22:28:04.70	+10:51:55 (48.4%)	12:15	4.9 (51.6%)
317	JEDYNAK-DOROSZ Izabela	3495	KB MANIAC POZNAŃ/OWOCBIEGA	Masters K - 40	31	02:37:39	07:06:05	13:20:58	16:20:21	19:25:05	22:30:06.35	+10:53:56 (48.4%)	12:16	4.9 (51.6%)
318	BARAŃSKI Rafał	3227	BIEGAM BO MUSZĘ OPOLE	Weteran I M - 50	45	02:28:05	07:20:38	14:00:47	17:10:11	20:09:51	22:32:19.45	+10:56:09 (48.5%)	12:17	4.9 (51.6%)
319	BŁASZKOWSKI Daniel	3335	MAJ.R RAWICZ	Masters M - 40	121	02:25:41	07:28:17	14:01:21	17:18:24	20:15:21	22:33:06.25	+10:56:56 (48.6%)	12:18	4.9 (51.6%)
320	WIECZOREK Monika	3232		Masters K - 40	32	02:25:57	07:27:46	14:01:20	17:18:40	20:15:19	22:33:07.70	+10:56:58 (48.6%)	12:18	4.9 (51.6%)
321	WOLSZCZAK Konrad	3343	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	73	02:20:20	06:38:44	13:42:30	17:13:53	20:11:50	22:37:18.50	+11:01:09 (48.7%)	12:20	4.9 (51.6%)
322	CHWIAŁKOWSKI Łukasz	3301		Masters M - 40	122	02:20:21	06:25:46	13:42:30	17:12:58	20:11:48	22:37:18.85	+11:01:09 (48.7%)	12:20	4.9 (51.6%)
323	BAGIŃSKI Jakub	3350	WILD DOGS TEAM	Senior II M - 30	74	02:19:48	06:21:37	12:59:17	16:11:23	19:44:08	22:41:15.75	+11:05:06 (48.9%)	12:22	4.8 (50.5%)
324	ZAJDEL Karolina	3349	WILD DOGS TEAM	Senior I K - 20	4	02:19:47	06:21:38	12:59:17	16:11:30	19:44:08	22:41:16.80	+11:05:07 (48.9%)	12:22	4.8 (50.5%)
325	IHNATOWICZ Łukasz	3272		Senior II M - 30	75	02:33:18	06:56:33	13:47:00	17:11:41	20:09:52	22:43:26.35	+11:07:16 (48.9%)	12:23	4.8 (50.5%)
326	PÖPKE Anna	3259	UKS AKADEMIA SPORTU GARNEK/ RUNDOMSKO	Senior I K - 20	5	02:10:55	06:56:15	13:22:41	17:08:04	20:06:08	22:46:54.25	+11:10:44 (49.1%)	12:25	4.8 (50.5%)
327	PELJAK Mariusz	3236		Senior II M - 30	76	02:18:14	07:00:56	13:20:33	16:50:41	20:11:39	22:47:16.15	+11:11:06 (49.1%)	12:25	4.8 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
328	KOPACKA Edyta	3243	KB SOBÓTKA	Senior II K - 30	29		07:01:01	13:20:35	16:50:50	20:14:56	22:47:17.95	+11:11:08 (49.1%)	12:25	4.8 (50.5%)
329	KORNAŚ Marcin	3016	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	123	02:19:52	07:04:21	13:52:27	17:31:45	20:26:40	22:48:20.35	+11:12:10 (49.1%)	12:26	4.8 (50.5%)
330	STAŃCZYKOWSKI Rafał	3282		Masters M - 40	124	02:32:48	07:09:07	13:29:13	17:23:38	20:43:38	22:48:54.90	+11:12:45 (49.1%)	12:26	4.8 (50.5%)
331	ŁASKAWSKA Justyna	3469		Masters K - 40	33	02:18:17	06:43:50	13:11:35	17:18:00	20:19:14	22:50:08.25	+11:13:58 (49.2%)	12:27	4.8 (50.5%)
332	ZDUNEK Mariusz	3358		Senior II M - 30	77	02:12:01	06:22:31	13:14:06	17:28:45	20:43:30	22:58:54.65	+11:22:45 (49.5%)	12:32	4.8 (50.5%)
333	CZERWIŃSKI Łukasz	3329	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	125	02:12:02	06:22:32	13:14:13	17:28:51	20:43:29	22:58:55.90	+11:22:46 (49.5%)	12:32	4.8 (50.5%)
334	KOPACZYŃSKA Beata	3454	CROSSFIT ZIELONA GÓRA	Weteran K - 50	3	02:16:54	06:58:41	14:18:52	18:08:05	21:09:22	23:13:16.20	+11:37:06 (50.0%)	12:39	4.7 (49.5%)
335	LOMAGISTRO Pietro	3455	A.S.D. GRUPPO PODISTICO SAN PIO X	Masters M - 40	126	02:16:56	06:58:45	14:18:55	18:08:08	21:09:29	23:13:16.70	+11:37:07 (50.0%)	12:39	4.7 (49.5%)
336	ŻUKOWSKI Cezary	3036	FOR-REST-RUN	Senior II M - 30	78	02:18:18	06:31:55	13:36:22	17:22:46	20:46:40	23:13:56.60	+11:37:47 (50.1%)	12:40	4.7 (49.5%)
337	CHOŁUJ Jarosław	3066	FOR-REST-RUN	Masters M - 40	127	02:18:16	06:31:58	13:36:22	17:23:00	20:46:35	23:13:56.85	+11:37:47 (50.1%)	12:40	4.7 (49.5%)
338	GUZIK Daniel	3303		Masters M - 40	128	02:20:01	07:28:22	14:04:12	17:39:08	20:39:49	23:16:08.50	+11:39:59 (50.1%)	12:41	4.7 (49.5%)
339	JERCZYŃSKI Radosław	3289		Masters M - 40	129	02:35:00	08:00:50	14:46:49	17:58:04	20:56:13	23:20:12.70	+11:44:03 (50.3%)	12:43	4.7 (49.5%)
340	JUSZCZYK Małgorzata	3226	NIEPOŁOMICE BIEGAJA	Masters K - 40	34	02:41:43	07:53:03	15:27:33	18:32:08	21:17:24	23:21:43.30	+11:45:33 (50.3%)	12:44	4.7 (49.5%)
341	DĄBROWSKI Michał	3504	ULTRAPOŚLADACH/ TEAM ZABIEGANE DNI	Masters M - 40	130	02:14:31	06:41:30	13:20:23	17:29:50	20:47:33	23:22:49.35	+11:46:39 (50.4%)	12:45	4.7 (49.5%)
342	WILK Magdalena	3322	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	Masters K - 40	35	02:15:20	06:41:34	13:20:30	17:31:00	20:50:19	23:22:50.05	+11:46:40 (50.4%)	12:45	4.7 (49.5%)
343	SOKOŁOWSKI Artur	3416	TEAM ZABIEGANEDNI	Masters M - 40	131	02:30:53	07:14:04	14:05:00	17:49:11	21:03:50	23:26:13.80	+11:50:04 (50.5%)	12:47	4.7 (49.5%)
344	SOBAŃSKA Paulina	3314	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	30	02:47:08	08:14:12	15:06:48	18:37:19	21:21:43	23:31:41.95	+11:55:32 (50.7%)	12:50	4.7 (49.5%)
345	TARNOWSKI Tomasz	3184	KS SOŚNICA	Masters M - 40	132	02:51:43	07:44:30	14:28:27	17:51:59	20:45:23	23:32:04.70	+11:55:55 (50.7%)	12:50	4.7 (49.5%)
346	KOWALSKI Adam	3240	ZŁOTE KLOCKI NA SZNURKU	Senior II M - 30	79	02:37:04	07:37:49	14:27:00	18:05:48	21:08:49	23:32:32.85	+11:56:23 (50.7%)	12:50	4.7 (49.5%)
347	BACA Bartosz	3238	ZŁOTE KLOCKI NA SZNURKU	Senior II M - 30	80	02:37:02	07:37:44	14:26:37	17:36:42	21:08:46	23:32:32.90	+11:56:23 (50.7%)	12:50	4.7 (49.5%)
348	KRUK Jacek	3139	TOTALNIE BIEGNIĘCI	Masters M - 40	133	02:18:46	06:53:05	13:51:07	17:35:52	20:51:59	23:32:48.80	+11:56:39 (50.7%)	12:50	4.7 (49.5%)
349	ŁUGOWSKI Marek	3456		Masters M - 40	134	02:17:02	06:58:33	14:18:48	17:58:28		23:34:58.90	+11:58:49 (50.8%)	12:51	4.7 (49.5%)
350	FUNKA Andrzej	3228	NKB CHYŻY NOWY TOMYŚL	Weteran II M - 60	5	02:56:17	08:18:36	15:05:20	18:34:05	21:25:34	23:39:39.40	+12:03:29 (51.0%)	12:54	4.6 (48.4%)
351	GAWRON Bartłomiej	3137		Masters M - 40	135	02:35:10	07:21:32	14:01:46	17:42:49	21:15:42	23:40:15.45	+12:04:05 (51.0%)	12:54	4.6 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
352	GRĘZEL-GAWRON Jolanta	3136		Masters K - 40	36	02:35:09	07:21:25	14:01:47	17:42:59	21:15:44	23:40:15.75	+12:04:06 (51.0%)	12:54	4.6 (48.4%)
353	BEDNARCZYK Daria	3169		Masters K - 40	37	02:40:16	07:17:50	14:21:29	17:58:27	21:22:44	23:42:57.35	+12:06:47 (51.1%)	12:56	4.6 (48.4%)
354	HERRMANN-JANKOWSKI Piotr	3381		Senior II M - 30	81	02:12:13	06:01:18	12:01:14	16:09:42	20:29:25	23:43:55.10	+12:07:45 (51.1%)	12:56	4.6 (48.4%)
355	PIWOŃSKA Agnieszka	3278		Masters K - 40	38	02:28:58	08:04:58	15:40:19	19:05:22	21:49:17	23:45:12.30	+12:09:02 (51.2%)	12:57	4.6 (48.4%)
356	MIĘTEK Agnieszka	3127	BYLE NIE POD GÓRKĘ	Masters K - 40	39	02:45:04	08:13:45	14:59:29	18:18:15	21:19:13	23:45:28.80	+12:09:19 (51.2%)	12:57	4.6 (48.4%)
357	MIĘTEK Dariusz	3124	BYLE NIE POD GÓRKĘ	Masters M - 40	136	02:45:03	08:13:21	14:59:34	18:19:20	21:19:00	23:45:32.35	+12:09:22 (51.2%)	12:57	4.6 (48.4%)
358	GRZESIAK Rafał	3129	EMERYT	Masters M - 40	137	02:28:50	07:48:18	14:54:43	18:07:15	21:18:57	23:48:50.50	+12:12:41 (51.3%)	12:59	4.6 (48.4%)
359	OLSZEWSKI Michał	3266	MSPORTTEAM	Masters M - 40	138	02:30:06	07:48:17	14:54:41	18:07:22	21:18:23	23:50:14.90	+12:14:05 (51.3%)	13:00	4.6 (48.4%)
360	WAŚCIŃSKI Roman	3379	PĘDZI - PARA	Weteran I M - 50	46	02:30:39	07:23:59	14:19:28	17:15:37	20:40:56	23:50:46.35	+12:14:36 (51.3%)	13:00	4.6 (48.4%)
361	WAŚCIŃSKA Edyta	3378	PĘDZI - PARA	Weteran K - 50	4	02:31:00	07:24:06	14:19:32	17:45:35	20:58:42	23:50:47.40	+12:14:37 (51.3%)	13:00	4.6 (48.4%)
362	JACHIMECKI Rafał	3249	TUPU-TUPU GŁOGÓW	Masters M - 40	139	02:30:03	07:48:14	14:54:40	18:07:19	21:20:31	23:51:34.95	+12:15:25 (51.4%)	13:00	4.6 (48.4%)
363	JAWORSKI Bartomiej	3251	WHO DARES WINS,	Weteran I M - 50	47	02:18:36	06:55:57	14:03:39	18:36:40	21:38:56	23:51:48.25	+12:15:38 (51.4%)	13:00	4.6 (48.4%)
364	DUMIŃSKI Tomasz	3035	STRZEGOMSKA DWUNASTKA	Masters M - 40	140	02:28:30	07:28:18	13:42:19	17:28:13	21:05:22	23:53:44.95	+12:17:35 (51.4%)	13:02	4.6 (48.4%)
365	BAGIŃSKA Paulina	3380		Masters K - 40	40	02:18:50	06:50:46	14:19:27	17:25:22	20:55:54	23:56:12.00	+12:20:02 (51.5%)	13:03	4.6 (48.4%)
366	TKACZEW Paweł	3141	OBORYGENI	Masters M - 40	141	02:56:14	07:55:10	14:12:00	17:11:17	20:39:07	23:57:41.65	+12:21:32 (51.6%)	13:04	4.6 (48.4%)
367	KAMIŃSKI Tomasz	3126		Masters M - 40	142	02:41:35	08:00:27	15:01:12	18:22:11	21:30:02	23:57:47.70	+12:21:38 (51.6%)	13:04	4.6 (48.4%)
368	NOWAKOWSKI Mirosław	3063		Weteran I M - 50	48	02:32:32	07:38:22	14:58:45	18:39:21	21:30:22	23:58:12.25	+12:22:02 (51.6%)	13:04	4.6 (48.4%)
369	NOWAK Tomasz	3054		Masters M - 40	143	02:28:49	07:13:46	13:46:51	17:06:54	21:03:15	24:03:15.65	+12:27:06 (51.8%)	13:07	4.6 (48.4%)
370	WACHOWIAK Sebastian	3034	BIEGAJĄCE KREJZOLE	Senior II M - 30	82	02:34:47	07:13:52	13:47:01	17:07:42	21:04:21	24:03:21.90	+12:27:12 (51.8%)	13:07	4.6 (48.4%)
371	NADOBNIK Beata	3156	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Masters K - 40	41	02:47:07	08:14:11	15:06:50	18:41:38	21:39:03	24:16:51.75	+12:40:42 (52.2%)	13:14	4.5 (47.4%)
372	TOMASIK Mieczysław	3506		Weteran II M - 60	6	02:28:16	06:57:42	13:32:03	17:44:30	21:32:27	24:17:03.60	+12:40:54 (52.2%)	13:14	4.5 (47.4%)
373	MACZUGA Monika	3057	MUSTANGI GLIWICE	Senior II K - 30	31	02:15:24	07:11:33	15:39:24	18:51:03	22:09:54	24:22:37.00	+12:46:27 (52.4%)	13:17	4.5 (47.4%)
374	KUNA Katarzyna	3083	BIEGOWA KUŹNIA	Masters K - 40	42	02:36:02	07:41:23	15:10:34	19:02:20	22:15:01	24:22:45.55	+12:46:36 (52.4%)	13:17	4.5 (47.4%)
375	MORDZIOŁEK Katarzyna	3094	BIEGOWA KUŹNIA	Masters K - 40	43	02:36:01	07:41:21	15:10:33	19:02:14	22:15:00	24:22:45.90	+12:46:36 (52.4%)	13:17	4.5 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A13	A14	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						15km	40km	70km	85km	98km	110km			
376	MAKAREWICZ Sylwia	3298		Masters K - 40	44	02:51:15	08:56:15	15:52:44	19:25:36	22:12:05	24:35:09.50	+12:59:00 (52.8%)	13:24	4.5 (47.4%)
377	ZIENIEWICZ Wojciech	3392		Masters M - 40	144	02:09:23	06:48:26	13:59:33	17:22:44	20:45:58	24:35:33.10	+12:59:23 (52.8%)	13:24	4.5 (47.4%)
378	FILIPOWICZ Dominik	3163		Senior II M - 30	83	02:38:27	07:50:22	14:58:37	18:22:05	21:46:36	24:38:36.45	+13:02:26 (52.9%)	13:26	4.5 (47.4%)
379	KOSTYK Grzegorz	3100		Masters M - 40	145	02:38:39	07:50:29	15:01:29	18:23:13	21:46:36	24:38:41.25	+13:02:31 (52.9%)	13:26	4.5 (47.4%)
380	WASIK Krzysztof	3269		Masters M - 40	146	02:39:28	07:39:22	14:55:57	18:45:55	22:03:17	24:41:07.05	+13:04:57 (53.0%)	13:27	4.5 (47.4%)
381	SZWARGOT Marta	3159	SPORTOWY KAŻMIERZ/ TARNOWO PODGÓRNE BIEGA	Senior II K - 30	32	02:47:10	08:14:14	15:06:53	18:56:31	22:09:47	24:44:15.00	+13:08:05 (53.1%)	13:29	4.4 (46.3%)
382	BEŻYK Bartosz	3475	GOPR GRUPA SUDECKA	Senior I M - 20	14	02:33:48	07:49:07	15:02:13	18:48:56	22:24:54	24:50:01.10	+13:13:51 (53.3%)	13:32	4.4 (46.3%)
383	NAPIERAŁA Mikołaj	3059		Senior I M - 20	15	02:04:23	06:11:12	15:03:20	18:20:42	22:22:11	25:15:32.15	+13:39:22 (54.1%)	13:46	4.4 (46.3%)
384	BUBEL Alina	3351		Weteran K - 50	5	03:05:13	08:48:31	15:57:47	19:35:32	22:49:14	25:20:16.00	+13:44:06 (54.2%)	13:49	4.3 (45.3%)
385	OBARSKI Norbert	3274		Weteran II M - 60	7	02:55:28	08:28:00	15:30:06	19:20:41	22:52:48	25:21:31.65	+13:45:22 (54.2%)	13:49	4.3 (45.3%)
386	OBARSKA Małgorzata	3275		Weteran II K - 60	1	02:55:26	08:28:02	15:30:08	19:20:33	22:52:46	25:21:33.90	+13:45:24 (54.2%)	13:49	4.3 (45.3%)
387	SERAFIŃSKI Mirosław	3336		Masters M - 40	147	02:44:35	07:48:44	14:28:28	18:02:10	22:21:11	25:26:55.35	+13:50:45 (54.4%)	13:52	4.3 (45.3%)
388	STACHOWIAK Grzegorz	3130		Masters M - 40	148	02:13:43	07:09:52	15:37:34	19:42:31	23:37:09	25:37:23.15	+14:01:13 (54.7%)	13:58	4.3 (45.3%)
389	HEŁMECKI Marcin	3502		Senior I M - 20	16	03:07:51	08:22:20	15:44:55	19:18:20	23:01:44	25:44:18.40	+14:08:08 (54.9%)	14:02	4.3 (45.3%)
390	MAŚLANIK Piotr	3122	QCE SPARTY- WIECZORNE BIEGANIE W SZCZECINIE- MONIAGYM	Masters M - 40	149	02:43:11	08:06:27	15:56:40	20:25:39	23:32:43	25:46:56.85	+14:10:47 (55.0%)	14:03	4.3 (45.3%)
391	OLESIŃSKI Piotr	3165	DRUŻYNA ORZECHA ŻYRARDÓW	Masters M - 40	150	02:15:56	07:16:09	15:10:29	19:44:15	23:34:59	25:52:43.90	+14:16:34 (55.2%)	14:06	4.3 (45.3%)
392	WALCZAK- WOJTKOWSKA Iwona	3342		Weteran II K - 60	2	03:00:53	08:44:17	16:21:58	20:01:44	23:20:32	25:53:12.75	+14:17:03 (55.2%)	14:07	4.2 (44.2%)
393	RUNOWICZ Magdalena	3487		Masters K - 40	45	02:48:31	10:56:12	17:40:44	21:00:34	23:48:07	25:57:25.00	+14:21:15 (55.3%)	14:09	4.2 (44.2%)
394	SZCZEPOCKI Andrzej	3235	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	49	02:41:46	07:53:09	15:27:39	19:41:06	23:34:29	26:03:20.75	+14:27:11 (55.5%)	14:12	4.2 (44.2%)
395	WĄDOŁOWSKI Remigiusz	3070		Senior II M - 30	84	02:41:16	08:20:58	16:24:33	20:41:56	23:48:07	26:04:26.10	+14:28:16 (55.5%)	14:13	4.2 (44.2%)
396	WĄDOŁOWSKA Joanna	3075		Senior II K - 30	33	02:41:18	08:21:00	16:24:36	20:41:54	23:48:11	26:04:26.20	+14:28:16 (55.5%)	14:13	4.2 (44.2%)
397	FIEDOROWICZ Marcin	3352		Senior II M - 30	85	02:34:22	07:42:00	15:25:12	19:25:22	23:16:33	26:11:42.25	+14:35:32 (55.7%)	14:17	4.2 (44.2%)
398	KOCHMAŃSKA Marta	3015	SOWY	Senior II K - 30	34	02:22:14	07:35:00	15:29:19	20:14:16	24:19:17	26:13:15.75	+14:37:06 (55.8%)	14:18	4.2 (44.2%)
399	MICHNIEWSKI Piotr	3505	GIT EKIPA!	Senior II M - 30	86	03:47:33	11:02:00	18:29:23	22:21:12		26:23:15.10	+14:47:05 (56.0%)	14:23	4.2 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A13 70km	A14 85km	A15 98km				
400	KWIATKOWSKA Zuzanna	3386		Masters K - 40	46	02:42:52	09:43:38	17:56:42	21:56:55	24:40:51	26:23:37.40	+14:47:27 (56.0%)	14:23	4.2 (44.2%)
401	KUJAWA Marek	3290		Masters M - 40	151	02:42:54	09:43:41	17:56:44	21:57:24	24:44:18	27:23:06.80	+15:46:57 (57.6%)	14:56	4 (42.1%)
	KŁAK Wojciech	3219	SZYBKE ŻÓŁWIE OPATÓW	Masters M - 40		02:07:20 DNF	05:42:45 DNF	11:17:09 DNF	13:53:22 DNF	DNF	DNF	-	-	(0.0%)
	NIEDZIELA Krzysztof	3111	GOSTYŃ	Masters M - 40		02:16:59 DNF	06:41:59 DNF	13:26:39 DNF	16:56:58 DNF	DNF	DNF	-	-	(0.0%)
	PILARSKI Tomasz	3451	IZERY BOGATYNIA	Masters M - 40		01:36:32 DNF	04:21:02 DNF	08:06:37 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MOSSUR Kacper	3157		Senior I M - 20		02:00:33 DNF	05:45:26 DNF	12:06:34 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ROŻNIATA Iwona	3158		Masters K - 40		02:21:29 DNF	06:30:45 DNF	12:11:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PODSADNY Bartosz	3180		Senior II M - 30		02:18:46 DNF	06:18:21 DNF	12:29:56 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WRÓBLEWSKI Radosław	3135	VELUX	Masters M - 40		02:05:36 DNF	05:49:25 DNF	12:30:35 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MICHOŃ Kacper	3368	NIGHT RUNNERS	Senior I M - 20		02:01:03 DNF	06:03:14 DNF	12:50:21 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZWOLIŃSKI Rafał	3248		Masters M - 40		02:12:06 DNF	06:46:40 DNF	13:40:33 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MROZIŃSKI Błażej	3237	ZŁOTE KLOCKI NA SZNURKU	Senior II M - 30		02:37:04 DNF	07:37:49 DNF	14:27:01 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SILSKI Marek	3229		Weteran I M - 50		02:27:15 DNF	07:20:04 DNF	15:16:50 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOJEWODA Renata	3481	KAZIKI	Masters K - 40		02:32:18 DNF	07:24:21 DNF	15:23:24 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOJEWODA Michał	3482	KAZIKI	Masters M - 40		02:32:15 DNF	07:24:20 DNF	15:23:25 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MAGOCSY Justyna	3097		Senior II K - 30		02:49:48 DNF	07:44:20 DNF	15:31:14 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WÓDKIEWICZ Maciej	3438	WLKP MOUNTAINS ULTRA	Weteran I M - 50		02:30:31 DNF	07:53:44 DNF	15:38:58 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DREWICZ Kinga	3125	BYLE NIE POD GÓRKĘ RUNNER TEAM	Masters K - 40		02:13:30 DNF	07:09:55 DNF	15:39:47 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOWNAR-ZAPOLSKA Rita	3201		Masters K - 40		02:40:41 DNF	08:17:34 DNF	15:42:05 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KLIMEK Arkadiusz	3308		Masters M - 40		02:38:55 DNF	08:00:35 DNF	17:10:29 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOBLAŃSKI Tomasz	3065		Masters M - 40		02:55:55 DNF	08:47:45 DNF	17:40:01 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZAGROBELNA Magdalena	3391	DRUŻYNA SZPIKU	Masters K - 40		03:29:36 DNF	10:04:57 DNF	19:19:55 DNF	DNF	DNF	DNF	-	-	(0.0%)
	LANGNER Radosław	3064	RMT TEAM PRO	Senior II M - 30		01:38:00 DNF	04:09:53 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZAWADZKI Andrzej	3239	MKS SIECHNICE	Senior II M - 30		01:36:53 DNF	04:32:39 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A13	A14	A15	Czas	Różn	Tempo	Tempo
						15km	40km	70km	85km	98km	netto		min/km	km/h
	ŻARECKI Łukasz	3260		Senior II M	- 30	01:37:00 DNF	04:32:45 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MARCINIAK Jakub	3045		Senior II M	- 30	01:48:40 DNF	04:55:29 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PALUSZKIEWICZ Robert	3402		Masters M	- 40	01:45:29 DNF	05:04:56 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NEHRING Karol	3143		Senior I M	- 20	01:38:54 DNF	05:06:41 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PIKUL Piotr	3279		Masters M	- 40	01:52:52 DNF	05:08:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PROSZAK Sebastian	3442	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M	- 40	01:53:57 DNF	05:13:19 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUBERA Paweł	3106		Senior II M	- 30	01:54:13 DNF	05:16:20 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BŁĄDEK Sławomir	3394		Senior II M	- 30	01:55:25 DNF	05:22:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SIKORSKI Szymon	3209	NOA	Senior II M	- 30	01:49:17 DNF	05:29:30 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RZESZOT Łukasz	3112	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ ☐	Senior II M	- 30	02:10:23 DNF	05:52:44 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HULBÓJ Sebastian	3390	WKS TEAM	Masters M	- 40	01:59:31 DNF	05:56:30 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JANOWSKA Anna	3452		Masters K	- 40	02:09:14 DNF	06:00:03 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WALASZCZYK Anna	3384		Masters K	- 40	02:06:18 DNF	06:06:35 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JĘDZURA Daniel	3383	BPRT GLIWICE	Masters M	- 40	02:06:15 DNF	06:06:36 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BIERNACKI Sławomir	3457	ŁOCHOWO I OKOLICE BIEGAJĄ	Masters M	- 40	02:08:15 DNF	06:13:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUDELSKI Ireneusz	3133	ROZBIEGANI CHOJNÓW	Weteran I	M - 50	02:08:14 DNF	06:22:50 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PURCZYŃSKI Grzegorz	3337		Masters M	- 40	02:12:04 DNF	06:23:53 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MELLER Joanna	3181	DRUŻYNA WILKA	Masters K	- 40	02:14:56 DNF	06:40:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CIECIELĄG Piotr	3006		Masters M	- 40	02:18:53 DNF	06:42:28 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUŚ Jan	3366		Senior I M	- 20	02:29:12 DNF	06:47:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WERNO Bartłomiej	3222		Senior II M	- 30	02:09:55 DNF	06:48:59 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MACKIEWICZ Magdalena	3021	DŁUGOBIEGANIE	Masters K	- 40	02:25:03 DNF	06:56:18 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRUZEL Joanna	3499	BIEGOWE MISIE	Senior II K	- 30	02:41:40 DNF	07:35:58 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GNIELKA Dawid	3363	ZAMKOWIEC TOSZEK	Senior I M	- 20	02:43:55 DNF	07:53:57 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Różn	Tempo min/km	Tempo km/h
	KANIASTY Marta	3307		Senior II K	- 30	02:38:54 DNF	08:00:53 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PACANOWSKI Robert	3114	WEŁNICA BIEGA	Weteran I	M - 50	02:56:06 DNF	08:18:28 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WĄCHAŁA Damian	3362		Senior II M	- 30	01:38:33 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ROLBIECKI Piotr	3200	GEOINGS POLSKA	Senior II M	- 30	01:40:21 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STYPEREK Jakub	3304	VEGE RUNNERS	Senior II M	- 30	01:42:32 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GRZEGÓRZEK Krzysztof	3247		Masters M	- 40	01:57:54 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HALINIAK Marek	3069	NKB CHYŻY NOWY TOMYŚL	Masters M	- 40	02:06:19 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 454 wynik(ów)