

BIEG RZEŹNICZEK 2016

B4SPORT

Organizator: Fundacja Rzeźnika
Data: 2016-05-28
Miejsce: Cisna
Dystans: 27 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	GORCZYCA Bartosz	4011	SALCO SPORT TEAM	M20	1	00:00:00	01:13:08	02:13:19.30	02:13:19.30		4:56	12.2 (100%)
2	DOMISZEWSKI Ignacy	3987	MKS HALICZ PAMO-PLAST USTRZYKI DOLNE	M20	2	00:00:00	01:13:47	02:18:40.70	02:18:40.70	+00:05:21 (3.9%)	5:08	11.7 (95.9%)
3	FARON Robert	3981	SALCO SPORT TEAM	M40	1	00:00:00	01:14:41	02:20:48.10	02:20:48.10	+00:07:28 (5.3%)	5:12	11.5 (94.3%)
4	KAROLKIEWICZ Daniel	3766	ENTRE.PL TEAM	M30	1	00:00:00	01:18:09	02:25:11.65	02:25:11.65	+00:11:52 (8.2%)	5:22	11.2 (91.8%)
5	BELCIK Paweł	3353		M20	3	00:00:06	01:17:59	02:28:44.65	02:28:51.55	+00:15:25 (10.4%)	5:30	10.9 (89.3%)
6	POLAŃSKI Tomasz	3990	B4SPORT	M40	2	00:00:00		02:29:09.55	02:29:09.55	+00:15:50 (10.6%)	5:31	10.9 (89.3%)
7	LUBASZEWSKI Zbigniew	3055		M30	2	00:00:00	01:22:42	02:32:50.70	02:32:50.70	+00:19:31 (12.8%)	5:39	10.6 (86.9%)
8	KRZYWANIA Bartłomiej	3781	OBOZYBIEGOWE.PL	M30	3	00:00:13	01:24:58	02:36:02.10	02:36:15.70	+00:22:42 (14.6%)	5:46	10.4 (85.2%)
9	WACKO Marcin	3217		M30	4	00:00:00	01:23:38	02:36:04.15	02:36:04.15	+00:22:44 (14.6%)	5:46	10.4 (85.2%)
10	GRONEK Adrian	3978	ORTOREH TEAM	M20	4	00:00:00	01:22:41	02:37:11.00	02:37:11.00	+00:23:51 (15.2%)	5:49	10.3 (84.4%)
11	MARCINIEC Damian	3013	SMASHING PĄPKINS	M30	5	00:00:08	01:26:19	02:38:19.35	02:38:28.10	+00:25:00 (15.8%)	5:51	10.2 (83.6%)
12	BAKALARZ Emil	3877		M20	5	00:00:00	01:27:50	02:39:01.70	02:39:01.70	+00:25:42 (16.2%)	5:53	10.2 (83.6%)
13	ZAJĄC Robert	3602	ORANGE POLSKA	M40	3	00:00:00	01:23:11	02:40:18.95	02:40:18.95	+00:26:59 (16.8%)	5:56	10.1 (82.8%)
14	MAJER Ewa	4010	SOLGAR.PL	K30	1	00:00:00	01:30:02	02:47:30.70	02:47:30.70	+00:34:11 (20.4%)	6:12	9.7 (79.5%)
15	DĄBROWSKI Marcin	3575	OBOZYBIEGOWE.PL	M30	6	00:00:00	01:30:31	02:47:53.25	02:47:53.25	+00:34:33 (20.6%)	6:13	9.6 (78.7%)
16	KONOPIŃSKI Tomasz	3476		M30	7	00:00:08	01:29:58	02:47:58.70	02:48:06.75	+00:34:39 (20.6%)	6:13	9.6 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
17	BŁASZYK Mateusz	3998	POCO LOCO AT	M20	6	00:00:06	01:26:54	02:48:27.80	02:48:34.70	+00:35:08 (20.9%)	6:14	9.6 (78.7%)
18	JANUSZCZAK Tomasz	4038	SANOK	M20	7	00:00:07	01:31:15	02:48:33.45	02:48:40.75	+00:35:14 (20.9%)	6:14	9.6 (78.7%)
19	CIUPIŃSKI Michał	3983		M20	8	00:00:04	01:27:56	02:48:54.35	02:48:59.05	+00:35:35 (21.1%)	6:15	9.6 (78.7%)
20	LIPA Wojciech	3852	RZESZOWSKIE GAZELE I GEPARDY	M30	8	00:00:00	01:27:46	02:48:58.45	02:48:58.45	+00:35:39 (21.1%)	6:15	9.6 (78.7%)
21	ZYCH Dariusz	3018	4 RUN TEAM PIŁA	M40	4	00:00:07	01:30:58	02:49:11.30	02:49:18.40	+00:35:52 (21.2%)	6:15	9.6 (78.7%)
22	WIĘCH Piotr	4019		M30	9	00:00:12	01:30:21	02:49:26.25	02:49:38.45	+00:36:06 (21.3%)	6:16	9.6 (78.7%)
23	POŻAROWSZCZYK Adam	3279		M30	10	00:00:00	01:30:04	02:50:05.25	02:50:05.25	+00:36:45 (21.6%)	6:17	9.5 (77.9%)
24	DYBIŻBAŃSKI Wojciech	3967	CITY TRAIL TEAM	M20	9	00:00:08	01:30:37	02:50:40.55	02:50:48.60	+00:37:21 (21.9%)	6:19	9.5 (77.9%)
25	NITKIEWICZ Marcin	3930	TASOWANIE	M30	11	00:00:11	01:27:31	02:51:35.90	02:51:47.80	+00:38:16 (22.3%)	6:21	9.4 (77.0%)
26	MYŚLIŃSKI Jan	3492	BIESZCZADY	M30	12	00:00:06	01:33:08	02:52:56.65	02:53:03.45	+00:39:37 (22.9%)	6:24	9.4 (77.0%)
27	SKARUZ Jarosław	3036		M30	13	00:00:26	01:37:55	02:53:15.55	02:53:42.50	+00:39:56 (23.1%)	6:25	9.3 (76.2%)
28	GRZYŚ Piotr	3745		M20	10	00:00:27	01:32:49	02:53:43.65	02:54:11.35	+00:40:24 (23.3%)	6:26	9.3 (76.2%)
29	WINIARSKA Katarzyna	3484	PRZEMYSKI KLUB BIEGACZA/SZAFKA BIEGACZA TEAM	K30	2	00:00:07	01:33:00	02:54:02.75	02:54:10.50	+00:40:43 (23.4%)	6:26	9.3 (76.2%)
30	CZARNY Tomasz	3180		M20	11	00:00:12	01:35:30	02:54:03.50	02:54:16.20	+00:40:44 (23.4%)	6:26	9.3 (76.2%)
31	WAŁCZYK Krzysztof	3674		M30	14	00:00:13	01:35:51	02:54:39.85	02:54:52.95	+00:41:20 (23.7%)	6:28	9.3 (76.2%)
32	PYTLOS Marcin	3099		M30	15	00:00:11	01:34:00	02:54:42.00	02:54:53.80	+00:41:22 (23.7%)	6:28	9.3 (76.2%)
33	NOWAKOWSKI Tobiasz	3037	MKB DREPTAK	M20	12	00:00:11	01:30:56	02:54:42.60	02:54:53.60	+00:41:23 (23.7%)	6:28	9.3 (76.2%)
34	BARAŃSKI Grzegorz	3802	RAIFFEISEN POLBANK	M30	16	00:00:00	01:29:51	02:55:00.05	02:55:00.05	+00:41:40 (23.8%)	6:28	9.3 (76.2%)
35	PUCZYŃSKI Damian	3705		M20	13	00:00:00	01:30:38	02:55:27.30	02:55:27.30	+00:42:08 (24.0%)	6:29	9.2 (75.4%)
36	MOSIOŁEK Monika	3139		K30	3	00:00:12	01:36:42	02:55:45.85	02:55:58.55	+00:42:26 (24.1%)	6:30	9.2 (75.4%)
37	ŚLĘCZKA Damian	3788	DIT PRO	M30	17	00:00:06	01:33:09	02:55:46.10	02:55:52.75	+00:42:26 (24.1%)	6:30	9.2 (75.4%)
38	KIBART Krzysztof	3532	BUBBA GUMP RUN TEAM	M30	18	00:00:13	01:33:58	02:56:01.40	02:56:15.20	+00:42:42 (24.3%)	6:31	9.2 (75.4%)
39	GRZYWACZEWSKA Justyna	3929	CITY TRAIL TEAM	K20	1	00:00:07	01:32:31	02:56:07.75	02:56:14.75	+00:42:48 (24.3%)	6:31	9.2 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
40	SUROWIEC Grzegorz	3324	BESTA SP. Z O.O.	M30	19	00:00:00	01:33:12	02:56:27.25	02:56:27.25	+00:43:07 (24.4%)	6:32	9.2 (75.4%)
41	ŻEBROWSKI Jakub	3426	PZU SPORT TEAM	M20	14	00:00:09	01:38:49	02:57:20.40	02:57:30.30	+00:44:01 (24.8%)	6:34	9.1 (74.6%)
42	RODRIGO PEREIRA Oswald	3259	WILD FOR THE RUN	M30	20	00:00:06	01:37:25	02:57:40.75	02:57:47.65	+00:44:21 (25.0%)	6:34	9.1 (74.6%)
43	KRAWCZYK Daniel	3649	AZS UJK KIELCE	M20	15	00:01:22	01:37:03	02:58:50.40	03:00:12.60	+00:45:31 (25.5%)	6:37	9.1 (74.6%)
44	MATEJCZUK Jarosław	3487	KS ALASKA ŁÓDŹ	M30	21	00:00:00	01:27:46	02:59:12.60	02:59:12.60	+00:45:53 (25.6%)	6:38	9 (73.8%)
45	DŁUGOSIELSKI Piotr	3875	ENDOMONDO	M30	22	00:00:24	01:37:10	03:00:31.70	03:00:56.00	+00:47:12 (26.1%)	6:41	9 (73.8%)
46	FABISIAK Andrzej	3144	ROZBIEGANY SULEJÓWEK	M50	1	00:00:10	01:35:35	03:00:42.05	03:00:52.65	+00:47:22 (26.2%)	6:41	9 (73.8%)
47	RESZKA Marek	3349	BANDA GRUDNIA	M20	16	00:00:12	01:37:37	03:00:52.90	03:01:05.65	+00:47:33 (26.3%)	6:41	9 (73.8%)
48	MORAWSKI Filip	3174	FILIP MORAWSKI	M40	5	00:00:00	01:33:22	03:01:22.90	03:01:22.90	+00:48:03 (26.5%)	6:43	8.9 (73.0%)
49	GAPSKI Mateusz	3973		M20	17	00:00:00	01:30:01	03:01:40.15	03:01:40.15	+00:48:20 (26.6%)	6:43	8.9 (73.0%)
50	KAPAON Łazarz	3110		M20	18	00:00:12	01:33:53	03:01:55.25	03:02:07.45	+00:48:35 (26.7%)	6:44	8.9 (73.0%)
51	PIĄTEK Mateusz	3419	WKURW_TEAM	M20	19	00:00:07	01:34:14	03:02:06.20	03:02:13.50	+00:48:46 (26.8%)	6:44	8.9 (73.0%)
52	ILKIEWICZ Adam	3792	3BRO	M30	23	00:00:18	01:37:28	03:03:25.45	03:03:44.40	+00:50:06 (27.3%)	6:47	8.8 (72.1%)
53	MOSIOŁEK Przemysław	3156		M30	24	00:00:33	01:39:32	03:03:35.45	03:04:08.75	+00:50:16 (27.4%)	6:47	8.8 (72.1%)
54	BRUŚ Marcin	3299	SASKA	M30	25	00:00:00	01:34:37	03:03:45.65	03:03:45.65	+00:50:26 (27.4%)	6:48	8.8 (72.1%)
55	BIENIEK Damian	3129	TRI AKTYWNY PIOTRKÓW	M30	26	00:00:12	01:37:08	03:03:54.65	03:04:07.35	+00:50:35 (27.5%)	6:48	8.8 (72.1%)
56	PIECUCH Tomasz	3057	JEST MOC!	M30	27	00:00:09	01:35:13	03:03:54.75	03:04:03.85	+00:50:35 (27.5%)	6:48	8.8 (72.1%)
57	MOĆKO Jacek	3138		M20	20	00:00:27	01:41:12	03:03:55.75	03:04:23.30	+00:50:36 (27.5%)	6:48	8.8 (72.1%)
58	PYSZ Grzegorz	3219	HRMAX ŻORY	M40	6	00:00:21	01:38:01	03:04:24.90	03:04:46.20	+00:51:05 (27.7%)	6:49	8.8 (72.1%)
59	DUCKI Piotr	3838	OTK RZEŹNIK	M30	28	00:00:14	01:41:00	03:05:32.35	03:05:46.80	+00:52:13 (28.1%)	6:52	8.7 (71.3%)
60	SOBORSKI Krzysztof	3901		M30	29	00:00:09	01:37:03	03:05:57.35	03:06:06.55	+00:52:38 (28.3%)	6:53	8.7 (71.3%)
61	ADAMSKI Maciej	3911	OBOZYBIEGOWE.PL	M30	30	00:00:10	01:37:21	03:06:45.10	03:06:55.35	+00:53:25 (28.6%)	6:55	8.7 (71.3%)
62	CHOŁKA Michał	3839		M30	31	00:00:31	01:42:06	03:06:58.20	03:07:29.20	+00:53:38 (28.7%)	6:55	8.7 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	14km	27km	27km			
63	DOMISZEWSKA Maria	3846		K50	1	00:00:35	01:44:49	03:07:28.90	03:08:04.25	+00:54:09 (28.9%)	6:56	8.6 (70.5%)
64	SZCZEPANIAK Kuba	3256	MIDNIGHTRUN.PL	M30	32	00:00:12	01:36:26	03:07:36.50	03:07:49.20	+00:54:17 (28.9%)	6:56	8.6 (70.5%)
65	JARZĄB Marcin	3423		M30	33	00:00:15	01:40:37	03:07:38.10	03:07:53.10	+00:54:18 (28.9%)	6:56	8.6 (70.5%)
66	GOLBA Łukasz	3118	ZABIEGANI MIELEC	M30	34	00:00:11	01:42:38	03:07:40.85	03:07:52.75	+00:54:21 (29.0%)	6:57	8.6 (70.5%)
67	SALETRA Grzegorz	3380	OLKUSZBIEGA.PL	M30	35	00:00:08	01:38:13	03:07:52.25	03:08:01.00	+00:54:32 (29.0%)	6:57	8.6 (70.5%)
68	PAŁKA Robert	3620	ZSL LESKO	M40	7	00:00:09	01:39:12	03:08:34.60	03:08:44.00	+00:55:15 (29.3%)	6:59	8.6 (70.5%)
69	FILIPEK Wojciech	3851		M40	8	00:00:16	01:42:32	03:08:55.70	03:09:12.60	+00:55:36 (29.4%)	6:59	8.6 (70.5%)
70	NOWAK Piotr	3700	BOOTCAMP POLSKA	M30	36	00:00:09	01:34:28	03:08:59.50	03:09:08.70	+00:55:40 (29.5%)	6:59	8.6 (70.5%)
71	ŁOMIAK Piotr	3637		M40	9	00:00:08	01:38:49	03:09:04.35	03:09:12.55	+00:55:45 (29.5%)	7:00	8.6 (70.5%)
72	NOWAK Piotr	3765	BIESZCZADY	M40	10	00:00:10	01:41:43	03:09:43.00	03:09:53.45	+00:56:23 (29.7%)	7:01	8.5 (69.7%)
73	WNOROWSKI Stefan	3599		M30	37	00:00:22	01:40:36	03:10:08.60	03:10:31.40	+00:56:49 (29.9%)	7:02	8.5 (69.7%)
74	ROBAKOWSKI Michał	4057		M20	21	00:00:45	01:44:29	03:10:08.65	03:10:54.05	+00:56:49 (29.9%)	7:02	8.5 (69.7%)
75	KOŁODZIEJ Andrzej	3577	OBOZYBIEGOWE.PL	M20	22	00:00:10	01:40:43	03:10:36.20	03:10:46.90	+00:57:16 (30.1%)	7:03	8.5 (69.7%)
76	GOLEC Ireneusz	3309	VEGE RUNNERS / KRASNYSTAW BIEGA	M30	38	00:00:09	01:39:20	03:10:41.05	03:10:50.45	+00:57:21 (30.1%)	7:03	8.5 (69.7%)
77	NIEMIRO Dominika	3512	JAGODOWO-KALINOWY TEAM	K30	4	00:00:35	01:45:49	03:10:41.90	03:11:17.05	+00:57:22 (30.1%)	7:03	8.5 (69.7%)
78	HUBNER Antoni	3334	HUBNER TEAM	M30	39	00:00:33	01:40:46	03:10:42.60	03:11:16.30	+00:57:23 (30.1%)	7:03	8.5 (69.7%)
79	BUKIEL Justyna	3785	MAPA-TURYSTYCZNA.PL	K30	5	00:00:38	01:48:09	03:10:58.15	03:11:36.90	+00:57:38 (30.2%)	7:04	8.5 (69.7%)
80	MORAWSKI Filip	3304		M20	23	00:00:44	01:50:51	03:11:01.80	03:11:46.40	+00:57:42 (30.2%)	7:04	8.5 (69.7%)
81	LATAROWSKI Grzegorz	3379	RÜBEZAHL	M30	40	00:00:15	01:44:07	03:11:24.05	03:11:39.20	+00:58:04 (30.3%)	7:05	8.5 (69.7%)
82	PANEK Bartosz	3198		M20	24	00:00:39	01:45:58	03:11:25.05	03:12:04.55	+00:58:05 (30.4%)	7:05	8.5 (69.7%)
83	STARZYK Michał	3634	BĄBLE I ODCISKI	M30	41	00:00:43	01:42:29	03:12:07.70	03:12:51.35	+00:58:48 (30.6%)	7:06	8.4 (68.9%)
84	SZCZEPANIAK Michał	4054	KSIĘŻYC	M40	11	00:01:27	01:43:57	03:12:18.30	03:13:45.50	+00:58:59 (30.7%)	7:07	8.4 (68.9%)
85	MUCKUS Filip	3417	WACA	M20	25	00:00:21	01:45:53	03:12:29.45	03:12:51.25	+00:59:10 (30.7%)	7:07	8.4 (68.9%)

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86	ŚWIĘCICKI Tomasz	3367	ACCELERATING POLAND	M30	42	00:00:08	01:38:52	03:12:42.00	03:12:50.65	+00:59:22 (30.8%)	7:08	8.4 (68.9%)
87	KOSZYK Daniel	3734	VISEGRAD MARATON RYTRO	M30	43	00:00:05	01:44:28	03:12:45.15	03:12:50.95	+00:59:25 (30.8%)	7:08	8.4 (68.9%)
88	NOWICKI Zbigniew	3712	BLUETEAM	M40	12	00:00:17	01:39:21	03:13:25.20	03:13:42.80	+01:00:05 (31.1%)	7:09	8.4 (68.9%)
89	BADOWSKI Jerzy	3607	PZU SPORT TEAM	M40	13	00:00:18	01:39:20	03:13:25.95	03:13:43.95	+01:00:06 (31.1%)	7:09	8.4 (68.9%)
90	BLAJCHERT Adam	3014	4 RUN TEAM PIŁA	M40	14	00:00:11	01:44:12	03:13:31.00	03:13:42.20	+01:00:11 (31.1%)	7:10	8.4 (68.9%)
91	DOMIN Tomasz	3593	NIGHT RUNNERS	M40	15	00:00:33	01:45:02	03:13:37.65	03:14:10.95	+01:00:18 (31.1%)	7:10	8.4 (68.9%)
92	MALEC Bartosz	4030		M30	44	00:00:00	01:37:02	03:13:42.40	03:13:42.40	+01:00:23 (31.2%)	7:10	8.4 (68.9%)
93	BURAŚ Bartek	3533		M30	45	00:00:08	01:36:25	03:13:48.80	03:13:56.90	+01:00:29 (31.2%)	7:10	8.4 (68.9%)
94	PABICH Krzysztof	3015	4 RUN TEAM PIŁA	M40	16	00:00:10	01:42:21	03:14:05.15	03:14:15.60	+01:00:45 (31.3%)	7:11	8.3 (68.0%)
95	GRUPA Marcin	3490	R2G	M30	46	00:00:22	01:48:57	03:14:08.05	03:14:30.80	+01:00:48 (31.3%)	7:11	8.3 (68.0%)
96	MIKULSKI Hubert	3729	BLUE DOGS	M30	47	00:00:16	01:42:42	03:14:11.10	03:14:27.70	+01:00:51 (31.3%)	7:11	8.3 (68.0%)
97	MIKULSKI Artur	3093	BLUE DOGS	M40	17	00:00:16	01:42:43	03:14:11.25	03:14:27.65	+01:00:51 (31.3%)	7:11	8.3 (68.0%)
98	RYWACKI Emil	3365	BBL_PIONKI	M30	48	00:00:23	01:46:17	03:14:16.65	03:14:39.75	+01:00:57 (31.4%)	7:11	8.3 (68.0%)
99	KUŚMIDER Jakub	3896		M30	49	00:01:07	01:50:55	03:14:30.15	03:15:37.40	+01:01:10 (31.5%)	7:12	8.3 (68.0%)
100	ŚMIŁOWSKA Marzena	3580	OBOZYBIEGOWE.PL	K30	6	00:00:17	01:46:17	03:14:31.25	03:14:48.50	+01:01:11 (31.5%)	7:12	8.3 (68.0%)
101	SACEWICZ Marek	3090	RUN EXPERT TEAM	M40	18	00:00:00	01:42:49	03:14:55.10	03:14:55.10	+01:01:35 (31.6%)	7:13	8.3 (68.0%)
102	PACZKA Michał	3538	GLIWICE	M40	19	00:00:38	01:46:30	03:14:58.15	03:15:36.15	+01:01:38 (31.6%)	7:13	8.3 (68.0%)
103	GOLAS Grażyna	3520	TRI LADIES	K40	1	00:00:27	01:46:11	03:15:09.30	03:15:36.75	+01:01:50 (31.7%)	7:13	8.3 (68.0%)
104	GROCHOWALSKI Tomasz	3009	POGOTOWIE ENERGETYCZNE	M40	20	00:00:42	01:41:48	03:15:15.20	03:15:58.05	+01:01:55 (31.7%)	7:13	8.3 (68.0%)
105	BARTKOWIAK Michał	3968	CITY TRAIL TEAM	M20	26	00:00:08	01:46:44	03:15:20.55	03:15:28.65	+01:02:01 (31.7%)	7:14	8.3 (68.0%)
106	KOWALSKI Wojciech	3539		M30	50	00:00:06	01:39:02	03:15:31.95	03:15:38.90	+01:02:12 (31.8%)	7:14	8.3 (68.0%)
107	BOROWSKI Marcin	3834		M20	27	00:00:41	01:47:20	03:15:33.90	03:16:15.60	+01:02:14 (31.8%)	7:14	8.3 (68.0%)
108	GREŃ Wacław	3248		M20	28	00:00:30	01:45:57	03:15:43.90	03:16:14.80	+01:02:24 (31.9%)	7:14	8.3 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
109	REJ Mirosław	3376	MT WYJADACZE PARÓWKÓW	M30	51	00:00:27	01:48:33	03:15:48.95	03:16:16.50	+01:02:29 (31.9%)	7:15	8.3 (68.0%)
110	LONC Tomasz	3364	MT WYJADACZE PARÓWKÓW	M30	52	00:00:27	01:48:34	03:15:54.55	03:16:22.10	+01:02:35 (31.9%)	7:15	8.3 (68.0%)
111	ŚCIUBA Aneta	3537		K20	2	00:00:18	01:45:32	03:15:58.80	03:16:16.80	+01:02:39 (32.0%)	7:15	8.3 (68.0%)
112	BUŁDAK Krzysztof	3862		M30	53	00:00:10	01:41:45	03:16:04.80	03:16:15.05	+01:02:45 (32.0%)	7:15	8.3 (68.0%)
113	SZAKIEL Jerzy	3891		M40	21	00:00:07	01:43:04	03:16:11.70	03:16:19.30	+01:02:52 (32.0%)	7:16	8.3 (68.0%)
114	SENK Aleksander	3448	OBOZYBIEGOWE.PL	M30	54	00:00:13		03:16:13.45	03:16:26.60	+01:02:54 (32.1%)	7:16	8.3 (68.0%)
115	GAWRON Maciej	3813		M30	55	00:00:18	01:40:31	03:16:15.10	03:16:33.10	+01:02:55 (32.1%)	7:16	8.3 (68.0%)
116	ĆWIKLIŃSKI Maciej	3579		M40	22	00:00:15	01:45:45	03:16:16.00	03:16:31.20	+01:02:56 (32.1%)	7:16	8.3 (68.0%)
117	JARECKI Aleksander	3999	RK ATHLETICS	M40	23	00:00:19	01:45:52	03:16:20.20	03:16:39.95	+01:03:00 (32.1%)	7:16	8.3 (68.0%)
118	WALKOSZ BEREDA Grzegorz	3961	BIEGAM Z ABS	M30	56	00:00:19	01:47:31	03:16:25.45	03:16:44.60	+01:03:06 (32.1%)	7:16	8.2 (67.2%)
119	KIEDROWSKI Bartosz	3969	87031205019	M20	29	00:00:45	01:45:53	03:17:32.95	03:18:18.45	+01:04:13 (32.5%)	7:19	8.2 (67.2%)
120	SALACHNA-NOWAK Magdalena	3964	BIEGAM Z ABS	K30	7	00:00:17	01:47:43	03:18:07.65	03:18:25.30	+01:04:48 (32.7%)	7:20	8.2 (67.2%)
121	FIUPIAK Mateusz	3618	ORTOREH	M30	57	00:00:00		03:18:13.00	03:18:13.00	+01:04:53 (32.7%)	7:20	8.2 (67.2%)
122	WYLEŻAŁEK Alina	3943		K30	8	00:00:34	01:50:21	03:18:26.85	03:19:01.70	+01:05:07 (32.8%)	7:21	8.2 (67.2%)
123	SOSNOWSKI Rafał	3952		M30	58	00:01:00	01:47:26	03:18:40.10	03:19:40.40	+01:05:20 (32.9%)	7:21	8.2 (67.2%)
124	ZASINA Sebastian	3386	RÜBEZAHL	M30	59	00:00:15	01:49:01	03:18:53.20	03:19:08.70	+01:05:33 (33.0%)	7:21	8.1 (66.4%)
125	BODZON Marcin	3079	ŻÓŁWULTRAS TEAM WOŁOMIN	M30	60	00:00:33	01:52:38	03:19:44.10	03:20:17.35	+01:06:24 (33.3%)	7:23	8.1 (66.4%)
126	BINDER Piotr	3949	OTK RZEŹNIK	M30	61	00:00:14	01:45:54	03:20:03.95	03:20:17.95	+01:06:44 (33.4%)	7:24	8.1 (66.4%)
127	WÓJCIAK Wojtek	3640	BIESZCZADZKIE WILKI	M40	24	00:00:08	01:40:15	03:20:07.25	03:20:15.75	+01:06:47 (33.4%)	7:24	8.1 (66.4%)
128	SZTOMBER Daniel	3350	AXA RUNNING TEAM	M30	62	00:00:45	01:51:09	03:20:30.15	03:21:15.55	+01:07:10 (33.5%)	7:25	8.1 (66.4%)
129	KĘCKI Sylwester	3133	BBL	M20	30	00:00:35	01:44:51	03:20:33.20	03:21:08.30	+01:07:13 (33.5%)	7:25	8.1 (66.4%)
130	ZASADA Edwin	3306	ZABIJGRUBASA.PL	M20	31	00:00:23	01:45:41	03:20:37.80	03:21:01.00	+01:07:18 (33.5%)	7:25	8.1 (66.4%)
131	TABER Konrad	3525	STO-NOGI MILANÓWEK/ ACTIVE PROSPERIA RUNNING TEAM	M20	32	00:00:12	01:47:14	03:20:43.90	03:20:56.20	+01:07:24 (33.6%)	7:26	8.1 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
132	PAJĄK Malwina	3024	GOLDEN TEAM BIEGAJMY RAZEM	K30	9	00:00:17	01:47:38	03:20:50.55	03:21:08.15	+01:07:31 (33.6%)	7:26	8.1 (66.4%)
133	KĘCKI Marcin	3103	BBL	M20	33	00:00:34	01:40:55	03:20:51.55	03:21:26.25	+01:07:32 (33.6%)	7:26	8.1 (66.4%)
134	TABER Jerzy	3812	STO-NOGI MILANÓWEK/ ACTIVE PROSPERIA RUNNING TEAM	M50	2	00:00:11	01:47:17	03:20:52.15	03:21:04.05	+01:07:32 (33.6%)	7:26	8.1 (66.4%)
135	SKOMRA Krzysztof	3414	BANDA LULUSIA	M30	63	00:00:23	01:46:16	03:21:08.80	03:21:32.00	+01:07:49 (33.7%)	7:27	8.1 (66.4%)
136	KAZIMIERSKI Michał	3148		M40	25	00:00:00	01:41:07	03:21:20.60	03:21:20.60	+01:08:01 (33.8%)	7:27	8 (65.6%)
137	KSIĄŻKIEWICZ Jacek	3926	CITY TRAIL TEAM	M30	64	00:00:09	01:46:19	03:21:45.05	03:21:54.35	+01:08:25 (33.9%)	7:28	8 (65.6%)
138	PIĘTKA Marta	3278		K30	10	00:00:34	01:50:14	03:21:46.85	03:22:21.15	+01:08:27 (33.9%)	7:28	8 (65.6%)
139	CHWAŁA Artur	3666		M30	65	00:00:20	01:49:37	03:21:51.65	03:22:12.00	+01:08:32 (34.0%)	7:28	8 (65.6%)
140	BRÓG Wojciech	3581		M30	66	00:00:19	01:43:39	03:22:10.15	03:22:29.55	+01:08:50 (34.1%)	7:29	8 (65.6%)
141	WRÓBEL Mateusz	3001	UHERCE	M20	34	00:00:08	01:51:29	03:22:10.45	03:22:19.30	+01:08:51 (34.1%)	7:29	8 (65.6%)
142	DERKOWSKI Dawid	3391	NOWOMIESZCZANIELUBIĄBIEGANIE	M30	67	00:00:20	01:47:09	03:22:14.95	03:22:35.50	+01:08:55 (34.1%)	7:29	8 (65.6%)
143	SOŁTYS Jan	3679	FMW RUNNERS	M30	68	00:00:12	01:39:24	03:22:29.20	03:22:41.40	+01:09:09 (34.2%)	7:29	8 (65.6%)
144	PALEJ Piotr	3275		M30	69	00:00:07	01:43:06	03:22:42.35	03:22:49.95	+01:09:23 (34.2%)	7:30	8 (65.6%)
145	KAWECZYŃSKI Krzysztof	3403	TEAM KOPEĆ	M30	70	00:00:23	01:54:25	03:22:43.50	03:23:07.30	+01:09:24 (34.2%)	7:30	8 (65.6%)
146	KOTŁOWSKA Katarzyna	3354	NOWOMIESZCZANIE L.B.	K30	11	00:00:23	01:54:24	03:22:43.95	03:23:07.25	+01:09:24 (34.2%)	7:30	8 (65.6%)
147	HARATYNOWICZ Tomasz	3962	BIEGAM Z ABS	M30	71	00:00:18	01:46:24	03:22:55.85	03:23:14.30	+01:09:36 (34.3%)	7:30	8 (65.6%)
148	JURKIEWICZ Jakub	3768		M30	72	00:00:36	01:46:08	03:23:00.05	03:23:36.20	+01:09:40 (34.3%)	7:31	8 (65.6%)
149	SAWA Piotr	3631	WW TEAM	M20	35	00:00:11	01:39:29	03:23:30.35	03:23:41.95	+01:10:11 (34.5%)	7:32	8 (65.6%)
150	ZASĘPA Sebastian	3906		M30	73	00:00:25	01:37:10	03:23:34.45	03:23:59.90	+01:10:15 (34.5%)	7:32	8 (65.6%)
151	PAWŁOWSKI Rafał	3171	KB DLUGOSIODLO	M30	74	00:00:25	01:48:58	03:23:38.50	03:24:03.75	+01:10:19 (34.5%)	7:32	8 (65.6%)
152	KRUPIŃSKI Maciej	3821		M30	75	00:00:30	01:45:00	03:24:03.20	03:24:33.80	+01:10:43 (34.7%)	7:33	7.9 (64.8%)
153	SZAPIEL Łukasz	3845	MAD RABBIT	M30	76	00:00:26	01:46:26	03:24:06.20	03:24:32.60	+01:10:46 (34.7%)	7:33	7.9 (64.8%)
154	WÓJCIK Robert	3855	OTK RZEŹNIK	M20	36	00:00:22	01:36:39	03:24:22.25	03:24:45.05	+01:11:02 (34.8%)	7:34	7.9 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
155	LENGIEWICZ Jakub	2042	OTK RZEŹNIK	M30	77	00:00:13	01:44:25	03:24:31.05	03:24:44.80	+01:11:11 (34.8%)	7:34	7.9 (64.8%)
156	ROMEJ Aleksandra	3925	CITY TRAIL TEAM	K20	3	00:00:09	01:49:58	03:24:43.90	03:24:53.75	+01:11:24 (34.9%)	7:34	7.9 (64.8%)
157	MIKLAS Piotr	3878		M30	78	00:00:11	01:52:36	03:24:48.90	03:25:00.25	+01:11:29 (34.9%)	7:35	7.9 (64.8%)
158	FOLTA Sławomir	3101	ORANGE POLSKA	M40	26	00:00:12	01:46:28	03:25:07.25	03:25:19.30	+01:11:47 (35.0%)	7:35	7.9 (64.8%)
159	KUDŁACZ Grzegorz	3526	RZESZOWSKI KLUB WYSOKOGÓRSKI	M30	79	00:00:24	01:44:59	03:25:11.45	03:25:35.90	+01:11:52 (35.0%)	7:35	7.9 (64.8%)
160	ŁUKASIAK Bartek	3984		M30	80	00:00:28	02:01:38	03:25:15.25	03:25:43.25	+01:11:55 (35.0%)	7:36	7.9 (64.8%)
161	BIELAWSKI Leszek	3108	ROZBIEGANY SULEJÓWEK	M40	27	00:00:34	01:45:18	03:25:23.25	03:25:57.55	+01:12:03 (35.1%)	7:36	7.9 (64.8%)
162	PIRÓG Krzysztof	3521		M40	28	00:00:48	01:47:36	03:25:27.95	03:26:16.20	+01:12:08 (35.1%)	7:36	7.9 (64.8%)
163	PORĘBA Jacek	3594	MS UBEZPIECZENIA SP. Z O.O.	M40	29	00:00:06	01:48:53	03:25:33.00	03:25:39.05	+01:12:13 (35.1%)	7:36	7.9 (64.8%)
164	CZARNECKI Karol	3874	POWERADE	M30	81	00:00:52	01:50:03	03:25:54.75	03:26:47.45	+01:12:35 (35.3%)	7:37	7.9 (64.8%)
165	PIETRAS Ryszard	3960	BIEGAM Z ABS	M40	30	00:00:00	01:45:17	03:25:57.10	03:25:57.10	+01:12:37 (35.3%)	7:37	7.9 (64.8%)
166	BRZEZIŃSKI Paweł	3491	R2G	M30	82	00:00:22	01:49:00	03:25:57.15	03:26:20.05	+01:12:37 (35.3%)	7:37	7.9 (64.8%)
167	KAWALEC Jacek	3302	AMASON - BIEGAM SERCEM	M30	83	00:00:11	01:51:19	03:26:07.65	03:26:18.95	+01:12:48 (35.3%)	7:38	7.9 (64.8%)
168	WOJCIECHOWSKI Jarosław	3698	CZASEM BIEGAM	M50	3	00:00:30	01:50:10	03:26:09.60	03:26:40.05	+01:12:50 (35.3%)	7:38	7.9 (64.8%)
169	SOCHA Katarzyna	3710	CZASEM BIEGAM	K30	12	00:00:29	01:50:29	03:26:11.05	03:26:40.20	+01:12:51 (35.3%)	7:38	7.9 (64.8%)
170	ZARZYŃSKI Artur	4029	FUNFLY	M40	31	00:00:16	01:49:14	03:26:42.60	03:26:59.50	+01:13:23 (35.5%)	7:39	7.8 (63.9%)
171	MAREK Wojciech	3772		M40	32	00:00:13	01:46:03	03:26:49.65	03:27:03.35	+01:13:30 (35.5%)	7:39	7.8 (63.9%)
172	CZAPLICKI Piotr	3630	PZU SPORT TEAM	M20	37	00:00:20	01:46:28	03:26:51.80	03:27:12.45	+01:13:32 (35.6%)	7:39	7.8 (63.9%)
173	PASZEK Jacek	3114		M30	84	00:00:00		03:26:58.65	03:26:58.65	+01:13:39 (35.6%)	7:39	7.8 (63.9%)
174	PALLACH Lech	3216	BIEGAMYRAZEM.PL	M30	85	00:00:27	01:51:47	03:27:07.30	03:27:34.30	+01:13:48 (35.6%)	7:40	7.8 (63.9%)
175	BOSEK Robert	3815	ORANGE POLSKA	M30	86	00:00:08	01:48:57	03:27:08.55	03:27:17.20	+01:13:49 (35.6%)	7:40	7.8 (63.9%)
176	KALINOWSKI Piotr	3578		M30	87	00:00:54	01:49:26	03:27:10.40	03:28:05.20	+01:13:51 (35.6%)	7:40	7.8 (63.9%)
177	GIMZICKA Ewa	3774	BANDA I WANDA	K30	13	00:00:18	01:53:02	03:27:14.20	03:27:33.15	+01:13:54 (35.7%)	7:40	7.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	14km	27km	27km			
178	GRYMUZA Zbigniew	3994	POLSKA	M50	4	00:00:20	01:52:11	03:27:21.80	03:27:42.50	+01:14:02 (35.7%)	7:40	7.8 (63.9%)
179	KACZOREK Dominik	3743	NAPIERAJ.PL	M30	88	00:00:10	01:39:33	03:27:36.70	03:27:46.95	+01:14:17 (35.8%)	7:41	7.8 (63.9%)
180	MYSZKOWSKI Sebastian	3435	KALIŃSKATEAM	M30	89	00:00:25	01:51:22	03:27:50.60	03:28:16.05	+01:14:31 (35.9%)	7:41	7.8 (63.9%)
181	GAJDOWSKI Tomasz	3318		M20	38	00:01:00	01:56:38	03:27:53.20	03:28:54.15	+01:14:33 (35.9%)	7:42	7.8 (63.9%)
182	GRZEGORCZYK Wojciech	3861	KONDYCJA	M40	33	00:00:35	01:58:07	03:28:45.35	03:29:21.30	+01:15:26 (36.1%)	7:43	7.8 (63.9%)
183	DZIADOWIEC Krzysztof	3583	KROK ZA GROSZ	M40	34	00:00:15	01:49:30	03:29:22.80	03:29:38.00	+01:16:03 (36.3%)	7:45	7.7 (63.1%)
184	JASTER Anna	3783	BOOT CAMP POLSKA	K30	14	00:00:13	01:48:49	03:29:23.45	03:29:37.05	+01:16:04 (36.3%)	7:45	7.7 (63.1%)
185	ŚWITALSKA Jowita	3892	NIGHT RUNNERS	K30	15	00:01:04	01:56:53	03:29:37.35	03:30:41.55	+01:16:18 (36.4%)	7:45	7.7 (63.1%)
186	SIDOROWICZ Grzegorz	3711	AXA RUNNING TEAM	M40	35	00:00:43	01:51:56	03:29:38.60	03:30:22.10	+01:16:19 (36.4%)	7:45	7.7 (63.1%)
186	STRZELECKI Michał	3647	PZSF	M30	90	00:01:38	01:56:53	03:29:38.60	03:31:16.60	+01:16:19 (36.4%)	7:45	7.7 (63.1%)
188	BIELAWIEC Bartłomiej	3796	BIAŁOSTOCKA SEKTA BIEGACZY	M30	91	00:01:11	01:56:44	03:29:40.00	03:30:51.60	+01:16:20 (36.4%)	7:45	7.7 (63.1%)
189	SZUMIGAJ Alicja	3518		K30	16	00:00:36	01:52:41	03:30:05.55	03:30:41.75	+01:16:46 (36.5%)	7:46	7.7 (63.1%)
190	SZEREMETA Andrzej	3069	PZU SPORT TEAM	M40	36	00:00:21	01:49:25	03:30:19.60	03:30:41.20	+01:17:00 (36.6%)	7:47	7.7 (63.1%)
191	DĄBKOWSKI Andrzej	3136		M40	37	00:00:21	01:42:33	03:30:21.00	03:30:42.40	+01:17:01 (36.6%)	7:47	7.7 (63.1%)
192	KUC Wojciech	3820		M30	92	00:00:40	01:45:13	03:30:32.10	03:31:13.00	+01:17:12 (36.7%)	7:47	7.7 (63.1%)
193	WOŁOWSKI Filip	3567		M40	38	00:00:00	01:47:19	03:30:49.85	03:30:49.85	+01:17:30 (36.8%)	7:48	7.7 (63.1%)
194	KOZIARSKI Piotr	3806	PO LINIE	M30	93	00:00:28	01:51:31	03:32:01.75	03:32:30.30	+01:18:42 (37.1%)	7:51	7.6 (62.3%)
195	ZAWIŚLAK Kazimierz	3540		M30	94	00:00:14	01:47:50	03:32:03.20	03:32:17.45	+01:18:43 (37.1%)	7:51	7.6 (62.3%)
196	KAMIŃSKA Jolanta	3777	12TRI.PL	K20	4	00:01:06	01:50:22	03:32:03.35	03:33:09.35	+01:18:44 (37.1%)	7:51	7.6 (62.3%)
197	JANKOWIAK Marta	3513	RAJSPOK ACTIVE ANTON TEAM	K20	5	00:00:17	01:49:43	03:32:17.65	03:32:35.00	+01:18:58 (37.2%)	7:51	7.6 (62.3%)
198	LECH Marek	3330		M30	95	00:00:39	01:55:20	03:32:18.00	03:32:57.20	+01:18:58 (37.2%)	7:51	7.6 (62.3%)
199	MIECH Szymon	3254		M30	96	00:00:31	01:49:18	03:32:33.65	03:33:04.70	+01:19:14 (37.3%)	7:52	7.6 (62.3%)
200	MACIASZCZYK Magda	3238	UKL ÓSEMKA POLICE	K40	2	00:00:17	01:54:31	03:32:37.95	03:32:54.95	+01:19:18 (37.3%)	7:52	7.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
201	BOBROWICZ Mateusz	3724		M30	97	00:00:24	01:51:02	03:32:55.85	03:33:20.75	+01:19:36 (37.4%)	7:53	7.6 (62.3%)
202	STAŚKIEWICZ Marcin	3328	OLSZTYŃSKIE USTAWKI BIEGOWE/TRI NEGU	M30	98	00:00:28	01:58:42	03:33:12.90	03:33:41.25	+01:19:53 (37.5%)	7:53	7.6 (62.3%)
203	TOMCZAK Agnieszka	3374		K40	3	00:00:14	01:52:38	03:33:21.30	03:33:35.80	+01:20:02 (37.5%)	7:54	7.6 (62.3%)
204	KŁĘBEK Arkadiusz	3819	KB WYSZKÓW	M30	99	00:00:57	01:52:42	03:33:26.00	03:34:23.50	+01:20:06 (37.5%)	7:54	7.6 (62.3%)
205	RONKOWSKA Małgorzata	3660		K20	6	00:00:39	01:55:30	03:33:37.15	03:34:16.30	+01:20:17 (37.6%)	7:54	7.6 (62.3%)
206	DYCKOWSKI Andrzej	3084	TYGRYSKI KUBUSIA PUCHATKA	M50	5	00:00:32	01:53:42	03:33:43.85	03:34:16.15	+01:20:24 (37.6%)	7:54	7.6 (62.3%)
207	PLEWA Tomasz	3314		M40	39	00:00:34	01:46:00	03:33:51.15	03:34:25.95	+01:20:31 (37.7%)	7:55	7.6 (62.3%)
208	KULIGA Sławomir	3762	POSMAKUJ RUN TEAM	M30	100	00:00:17	01:51:57	03:34:03.95	03:34:21.10	+01:20:44 (37.7%)	7:55	7.6 (62.3%)
209	WOJTKIEWICZ Jarosław	4045		M40	40	00:00:19	01:53:45	03:34:16.35	03:34:35.85	+01:20:57 (37.8%)	7:56	7.6 (62.3%)
210	JĘDRZEJCZAK Artur	3511	SOLEC WLKP	M30	101	00:01:00	01:52:59	03:34:31.45	03:35:31.50	+01:21:12 (37.9%)	7:56	7.6 (62.3%)
211	SZOPIŃSKA Agnieszka	3389		K30	17	00:00:15	01:52:36	03:34:40.35	03:34:55.45	+01:21:21 (37.9%)	7:57	7.5 (61.5%)
212	PAJĄK Andrzej	3966	BIEGAM Z ABS	M40	41	00:00:18	01:47:37	03:34:55.40	03:35:14.15	+01:21:36 (38.0%)	7:57	7.5 (61.5%)
213	TUCHOŁKA Marta	3997	POCO LOCO AT	K30	18	00:00:11	01:51:55	03:35:07.30	03:35:18.60	+01:21:48 (38.0%)	7:58	7.5 (61.5%)
214	CHAŁUPA Daniel	3165	KLUB BIEGACZA GOCH	M40	42	00:00:06	01:47:41	03:35:11.90	03:35:18.85	+01:21:52 (38.0%)	7:58	7.5 (61.5%)
215	MIODUSZEWSKI Paweł	4055	ARPWAVE	M40	43	00:01:26	01:46:34	03:35:15.25	03:36:41.90	+01:21:55 (38.1%)	7:58	7.5 (61.5%)
216	ZAŁUCKI Maciej	3709	1000 MILES	M40	44	00:00:21	01:54:39	03:35:48.00	03:36:09.80	+01:22:28 (38.2%)	7:59	7.5 (61.5%)
217	KOLANKO Michał	3284	INFOSOFTWARE POLSKA	M30	102	00:00:18	01:47:33	03:35:55.35	03:36:13.35	+01:22:36 (38.3%)	7:59	7.5 (61.5%)
218	DOMISZEWSKI Wojciech	3847		M50	6	00:00:35	01:53:44	03:35:57.90	03:36:33.65	+01:22:38 (38.3%)	7:59	7.5 (61.5%)
219	MAŁYSIAK Julian	3194		M20	39	00:00:39	01:57:22	03:35:58.25	03:36:38.10	+01:22:38 (38.3%)	7:59	7.5 (61.5%)
220	PLACHA Piotr	3446		M40	45	00:00:28	01:50:30	03:36:09.90	03:36:38.85	+01:22:50 (38.3%)	8:00	7.5 (61.5%)
221	CZERNIAK Anna	3317	VEGE RUNNERS / KRASNYSTAW BIEGA	K20	7	00:00:29	02:02:12	03:36:18.05	03:36:47.95	+01:22:58 (38.4%)	8:00	7.5 (61.5%)
222	MAJOR Zby	3699	NIGHT RUNNERS	M40	46	00:01:01	01:54:03	03:36:38.20	03:37:39.85	+01:23:18 (38.5%)	8:01	7.5 (61.5%)
223	ZAJDEL Karolina	4056	AZS KRAKÓW	K20	8	00:00:24	01:53:30	03:37:01.85	03:37:26.65	+01:23:42 (38.6%)	8:02	7.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
224	GŁOGOWSKI Adam	3776	NBP / NIGHT RUNNERS KABATY	M30	103	00:00:22	01:49:40	03:37:11.25	03:37:33.70	+01:23:51 (38.6%)	8:02	7.5 (61.5%)
225	ŁOPIAN Wojciech	3944		M30	104	00:01:23	02:14:05	03:37:13.00	03:38:36.10	+01:23:53 (38.6%)	8:02	7.5 (61.5%)
226	PODOLSKI Marek	3215	BIEGAMYRAZEM.PL	M30	105	00:00:27	01:49:11	03:37:29.75	03:37:57.70	+01:24:10 (38.7%)	8:03	7.4 (60.7%)
227	MATUSIAK Arkadiusz	3185		M40	47	00:00:15	01:47:43	03:37:37.00	03:37:52.60	+01:24:17 (38.7%)	8:03	7.4 (60.7%)
228	CHUDY Michał	3899		M30	106	00:01:18	01:56:38	03:37:51.95	03:39:10.60	+01:24:32 (38.8%)	8:04	7.4 (60.7%)
229	SZULC Sebastian	3040		M20	40	00:00:30	01:50:54	03:37:57.50	03:38:27.75	+01:24:38 (38.8%)	8:04	7.4 (60.7%)
230	POLANOWSKI Daniel	3264		M30	107	00:00:35	01:52:14	03:38:03.15	03:38:39.05	+01:24:43 (38.9%)	8:04	7.4 (60.7%)
231	BEKIER Pawel	3368	BUBBA GUMP RUN TEAM	M30	108	00:00:14	01:53:19	03:38:40.25	03:38:55.00	+01:25:20 (39.0%)	8:05	7.4 (60.7%)
232	GODYŃ Jan	3465	DELOITTE ADVENTURE CLUB	M30	109	00:00:42	01:54:28	03:38:45.35	03:39:27.35	+01:25:26 (39.1%)	8:06	7.4 (60.7%)
233	ADAMCZYK Julia	3075	12TRI.PL	K20	9	00:00:35	01:58:41	03:38:50.65	03:39:26.55	+01:25:31 (39.1%)	8:06	7.4 (60.7%)
234	IDZIAK Marcin	3659	NOWOMIESZCZANIE LUBIĄ BIEGANIE	M30	110	00:00:20	01:52:02	03:39:06.70	03:39:26.75	+01:25:47 (39.2%)	8:06	7.4 (60.7%)
235	MAŁECKI Piotr	3190	NAPRZÓD MŁOCINY	M20	41	00:01:10	01:50:39	03:39:10.30	03:40:20.80	+01:25:51 (39.2%)	8:07	7.4 (60.7%)
236	SMERECKI Maciej	3274	POSMAKUJ RUN TEAM	M30	111	00:00:16	01:56:35	03:39:23.10	03:39:39.40	+01:26:03 (39.2%)	8:07	7.4 (60.7%)
237	ANDRUSZKIEWICZ-ĆWIK Natalia	3370	12TRI.PL DRUŻYNA WILKA	K30	19	00:00:25	01:59:50	03:39:38.80	03:40:04.20	+01:26:19 (39.3%)	8:08	7.4 (60.7%)
238	KASZYCKA Renata	3519		K40	4	00:00:51	02:03:18	03:39:43.50	03:40:34.80	+01:26:24 (39.3%)	8:08	7.4 (60.7%)
239	KRAMER Rafał	3957	NAUCZYCIEL	M40	48	00:00:31	02:00:13	03:39:45.75	03:40:17.45	+01:26:26 (39.3%)	8:08	7.4 (60.7%)
240	WIECZOREK Ola	3615		K20	10	00:00:07	01:55:01	03:40:05.00	03:40:12.95	+01:26:45 (39.4%)	8:09	7.4 (60.7%)
241	MIŁUŃSKI Filip	3732		M30	112	00:00:30	02:01:24	03:40:28.15	03:40:58.60	+01:27:08 (39.5%)	8:09	7.3 (59.8%)
242	WRÓBEL Bartłomiej	3002	CISNA GÓRY	M40	49	00:00:09	01:51:30	03:40:59.65	03:41:08.70	+01:27:40 (39.7%)	8:11	7.3 (59.8%)
243	BRZozowski Andrzej	3588	WKZ	M60	1	00:00:32	01:57:43	03:41:01.10	03:41:33.70	+01:27:41 (39.7%)	8:11	7.3 (59.8%)
244	PAWLUS Piotr	3805	GRUNWALD TEAM POZNAŃ	M30	113	00:00:32	02:02:21	03:41:04.80	03:41:37.50	+01:27:45 (39.7%)	8:11	7.3 (59.8%)
245	BEDNARCZYK Paulina	3832	MADRABBIT	K30	20	00:00:28	01:56:25	03:41:05.35	03:41:34.25	+01:27:46 (39.7%)	8:11	7.3 (59.8%)
246	BEDNARCZYK Maciej	3835	MADRABBIT	M30	114	00:00:28	01:51:49	03:41:06.00	03:41:34.30	+01:27:46 (39.7%)	8:11	7.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
247	WALASZCZYK Anna	3995		K30	21	00:00:34	01:55:09	03:41:11.40	03:41:45.90	+01:27:52 (39.7%)	8:11	7.3 (59.8%)
248	DZIEDZINA Tomasz	3844	NIGHT RUNNERS	M30	115	00:00:30	01:58:29	03:41:23.55	03:41:54.00	+01:28:04 (39.8%)	8:12	7.3 (59.8%)
249	KAWALEC Krystian	3143		M40	50	00:00:11	01:50:49	03:41:25.10	03:41:36.40	+01:28:05 (39.8%)	8:12	7.3 (59.8%)
250	JĘDRASZEK Maciej	3439	KORONA PABIANICE	M30	116	00:00:10	01:54:51	03:41:28.00	03:41:38.80	+01:28:08 (39.8%)	8:12	7.3 (59.8%)
251	MICHALSKA Agnieszka	3557		K30	22	00:01:31	02:04:41	03:41:31.35	03:43:02.55	+01:28:12 (39.8%)	8:12	7.3 (59.8%)
252	JAZŁOCKI Łukasz	3696		M30	117	00:00:09	01:47:48	03:41:40.70	03:41:50.20	+01:28:21 (39.9%)	8:12	7.3 (59.8%)
253	KRACZKOWSKI Przemysław	3474		M30	118	00:00:47	01:57:52	03:41:50.60	03:42:38.50	+01:28:31 (39.9%)	8:13	7.3 (59.8%)
254	DYLEWSKI Paweł	3400	FIZJO-SPORT ŁĘCZNA	M30	119	00:00:23	01:56:11	03:41:59.05	03:42:22.90	+01:28:39 (39.9%)	8:13	7.3 (59.8%)
255	SZYMKOWIAK Tomasz	3271		M20	42	00:00:29	01:48:13	03:42:03.25	03:42:32.65	+01:28:43 (40.0%)	8:13	7.3 (59.8%)
256	PECIAK Robert	3266	WW TEAM	M50	7	00:00:25	01:55:55	03:42:05.65	03:42:30.70	+01:28:46 (40.0%)	8:13	7.3 (59.8%)
257	CZAPIEWSKI Paweł	3910		M30	120	00:00:26	01:49:15	03:42:08.45	03:42:34.60	+01:28:49 (40.0%)	8:13	7.3 (59.8%)
258	MANEL Mariusz	3475	NETBOX BIEGA	M40	51	00:00:48	01:54:15	03:42:13.70	03:43:02.40	+01:28:54 (40.0%)	8:13	7.3 (59.8%)
259	LESIEWICZ Jarosław	3207	ORANGE POLSKA	M40	52	00:00:40	01:55:29	03:42:18.75	03:42:59.70	+01:28:59 (40.0%)	8:14	7.3 (59.8%)
260	MAJCHRZAK Jakub	3644		M30	121	00:00:21	01:58:08	03:42:23.65	03:42:45.45	+01:29:04 (40.1%)	8:14	7.3 (59.8%)
261	WASYLÓW Jacek	3881	KLUB BIEGOWY IC PRZEMYSŁ	M30	122	00:00:14	01:47:25	03:42:33.25	03:42:47.30	+01:29:13 (40.1%)	8:14	7.3 (59.8%)
262	ZALEWSKA Marta	3416	ŻÓRAWSKI TEAM	K20	11	00:00:27	02:02:08	03:42:39.30	03:43:06.30	+01:29:20 (40.1%)	8:14	7.3 (59.8%)
263	GŁODOWSKI Michał	3424	ŻÓRAWSKI TEAM	M20	43	00:00:26	02:02:09	03:42:39.40	03:43:06.20	+01:29:20 (40.1%)	8:14	7.3 (59.8%)
264	NOWICKI Bartosz	4052	PODROZNICY.EU TEAM	M30	123	00:01:00	01:56:03	03:42:40.00	03:43:40.70	+01:29:20 (40.1%)	8:14	7.3 (59.8%)
265	PITEK Grzegorz	3965	BIEGAM Z ABS	M40	53	00:00:18	01:49:25	03:42:43.55	03:43:01.70	+01:29:24 (40.1%)	8:14	7.3 (59.8%)
266	NERKOWSKI Paweł	3116		M30	124	00:00:14	01:47:48	03:42:46.85	03:43:01.50	+01:29:27 (40.2%)	8:15	7.3 (59.8%)
266	CHMIELEWSKI Marcin	3121		M40	54	00:00:14	01:47:49	03:42:46.85	03:43:01.70	+01:29:27 (40.2%)	8:15	7.3 (59.8%)
268	JĘDRZEJCZYK Agnieszka	3200	RZESZOWSKIE GAZELE I GEPARDY	K40	5	00:00:15	02:02:02	03:42:51.85	03:43:07.30	+01:29:32 (40.2%)	8:15	7.3 (59.8%)
269	PĘKALA Magda	3652	NIGHT RUNNERS	K20	12	00:01:08	01:58:44	03:42:51.90	03:44:00.25	+01:29:32 (40.2%)	8:15	7.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
270	THIER Dominik	3172	PZSF	M30	125	00:01:39	01:56:55	03:43:00.40	03:44:39.70	+01:29:41 (40.2%)	8:15	7.3 (59.8%)
271	JAGIELSKI Damian	3565	NGB KŁOBUCK	M30	126	00:00:18	01:49:25	03:43:05.45	03:43:23.95	+01:29:46 (40.2%)	8:15	7.3 (59.8%)
272	WAŚ Marcin	3132		M20	44	00:00:49	02:01:23	03:43:26.90	03:44:16.15	+01:30:07 (40.3%)	8:16	7.2 (59.0%)
273	SZYDŁOWSKI Mateusz	3690		M20	45	00:00:49	02:01:22	03:43:27.05	03:44:16.35	+01:30:07 (40.3%)	8:16	7.2 (59.0%)
274	DZIERWA Sylwia	4009		K20	13	00:00:54	02:01:10	03:43:38.50	03:44:33.30	+01:30:19 (40.4%)	8:17	7.2 (59.0%)
275	ULATOWSKI Rafal	3912	360GYM.DK	M30	127	00:00:55	02:00:14	03:43:38.55	03:44:33.60	+01:30:19 (40.4%)	8:16	7.2 (59.0%)
276	KOBYŁKA Rafał	3452		M30	128	00:00:26	01:51:26	03:43:39.25	03:44:06.10	+01:30:19 (40.4%)	8:17	7.2 (59.0%)
277	KOTLIŃSKI Janusz	3731		M50	8	00:00:48	01:58:56	03:43:50.95	03:44:39.45	+01:30:31 (40.4%)	8:17	7.2 (59.0%)
278	BEDNARSKI Tomasz	4001	COCA-COLA RUNNERS CLUB	M40	55	00:00:19	01:55:04	03:43:57.95	03:44:17.50	+01:30:38 (40.5%)	8:17	7.2 (59.0%)
279	SZAFRAŃSKI Mateusz	3907	ALSTAR	M20	46	00:01:06	02:01:53	03:43:58.15	03:45:04.15	+01:30:38 (40.5%)	8:17	7.2 (59.0%)
280	ŚLIWIŃSKI Piotr	4047	YOUNG SHUFFLERS TEAM	M50	9	00:01:05	02:03:52	03:44:04.85	03:45:10.35	+01:30:45 (40.5%)	8:17	7.2 (59.0%)
281	HEMMERLING Roman	3193		M20	47	00:00:31	01:59:09	03:44:06.50	03:44:37.80	+01:30:47 (40.5%)	8:18	7.2 (59.0%)
282	KOCHMAN Karol	3422		M20	48	00:00:31	01:59:09	03:44:06.60	03:44:37.95	+01:30:47 (40.5%)	8:18	7.2 (59.0%)
283	KASPRZYK Szymon	3548	IDŹ SOBIE	M30	129	00:01:09	01:52:16	03:44:08.35	03:45:18.00	+01:30:49 (40.5%)	8:18	7.2 (59.0%)
284	WIELECHOWSKA Magdalena	3272	NAPRZÓD MŁOCINY	K30	23	00:01:10	02:05:27	03:44:08.45	03:45:18.80	+01:30:49 (40.5%)	8:18	7.2 (59.0%)
285	SZYMANEK Anna	3472	NAPRZÓD MŁOCINY	K30	24	00:01:09	02:05:28	03:44:09.15	03:45:18.80	+01:30:49 (40.5%)	8:18	7.2 (59.0%)
286	ZATORSKI Paweł	3059		M30	130	00:01:03	02:03:13	03:44:14.20	03:45:18.00	+01:30:54 (40.5%)	8:18	7.2 (59.0%)
287	MARCHUT Rafał	3823		M40	56	00:00:50	01:58:02	03:44:19.15	03:45:09.30	+01:30:59 (40.6%)	8:18	7.2 (59.0%)
288	JANOWSKI Tomasz	3822		M30	131	00:00:49	01:58:04	03:44:19.45	03:45:09.40	+01:31:00 (40.6%)	8:18	7.2 (59.0%)
289	KORPAK Marta	3246	TEAM MOTIVATO	K30	25	00:00:29	02:06:17	03:44:20.00	03:44:49.55	+01:31:00 (40.6%)	8:18	7.2 (59.0%)
290	GAWĘDA Arek	3902		M20	49	00:00:53	01:59:19	03:44:25.15	03:45:18.90	+01:31:05 (40.6%)	8:18	7.2 (59.0%)
291	DZIAMSKI Ryszard	3624	FUNDACJA ISKIERKA - BIEGAM DLA MIRKI	M40	57	00:01:00	02:01:22	03:44:25.90	03:45:26.55	+01:31:06 (40.6%)	8:18	7.2 (59.0%)
292	LIGĘZA - CHYŁEK Irmina	3905		K30	26	00:00:00	01:57:47	03:44:31.50	03:44:31.50	+01:31:12 (40.6%)	8:18	7.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
293	PIECUCH Tomasz	3460		M30	132	00:00:35	01:57:26	03:44:34.55	03:45:10.20	+01:31:15 (40.6%)	8:19	7.2 (59.0%)
294	SZANIAWSKI Marcin	3800		M30	133	00:00:13	01:46:48	03:44:39.10	03:44:52.85	+01:31:19 (40.7%)	8:19	7.2 (59.0%)
295	KOWALCZYK Rafał	3642	ELEKTROMOC	M20	50	00:00:20	01:50:32	03:44:48.15	03:45:08.95	+01:31:28 (40.7%)	8:19	7.2 (59.0%)
296	LIS Anna	3658	OD GRUBASA DO ULTRASA	K30	27	00:00:24	02:01:20	03:44:49.60	03:45:14.25	+01:31:30 (40.7%)	8:19	7.2 (59.0%)
297	PAŚNIEWSKI Piotr	3189	CHIIR.PL	M20	51	00:00:22	01:57:35	03:44:54.45	03:45:16.90	+01:31:35 (40.7%)	8:19	7.2 (59.0%)
298	NOWACKI Michał	3829	NOWORKTEAM	M40	58	00:00:21	02:00:41	03:44:54.50	03:45:16.30	+01:31:35 (40.7%)	8:19	7.2 (59.0%)
299	FAJDEK Anna	3582	PEŁZACZ NIZINNY	K30	28	00:00:17	02:01:45	03:44:55.20	03:45:12.50	+01:31:35 (40.7%)	8:19	7.2 (59.0%)
300	GRUSZCZYŃSKA Sandra	3262	WILD FOR THE RUN	K30	29	00:00:13	01:57:48	03:44:56.80	03:45:09.90	+01:31:37 (40.7%)	8:19	7.2 (59.0%)
301	SZUMSKA Anna	3974		K20	14	00:00:25	02:01:28	03:44:59.05	03:45:24.60	+01:31:39 (40.7%)	8:19	7.2 (59.0%)
302	KAPUŚCIK Jakub	3827	CHŁOPAKI OD MARIANA	M20	52	00:00:08	02:01:56	03:45:03.00	03:45:11.50	+01:31:43 (40.8%)	8:20	7.2 (59.0%)
303	BOROWSKI Roman	3063		M40	59	00:01:41	02:00:39	03:45:05.80	03:46:47.50	+01:31:46 (40.8%)	8:20	7.2 (59.0%)
304	ARUSZTOWICZ Bartek	3176		M30	134	00:01:24	02:06:24	03:45:06.10	03:46:30.20	+01:31:46 (40.8%)	8:20	7.2 (59.0%)
305	KALARUS Jacek	3733	PĘDZĄCE MISIE	M30	135	00:00:06	02:03:19	03:45:06.25	03:45:12.60	+01:31:46 (40.8%)	8:20	7.2 (59.0%)
306	AUGUST Ryszard	3810		M40	60	00:00:18	01:56:56	03:45:08.70	03:45:27.15	+01:31:49 (40.8%)	8:20	7.2 (59.0%)
307	WRÓBLEWSKA Katarzyna	3909		K30	30	00:00:19	02:01:50	03:45:11.95	03:45:31.00	+01:31:52 (40.8%)	8:20	7.2 (59.0%)
308	ZEDELSKI Michał	3868	SZWLA STARGARD	M40	61	00:00:12	01:56:51	03:45:25.90	03:45:38.60	+01:32:06 (40.9%)	8:20	7.2 (59.0%)
309	SEREDYN Aldona	3329		K30	31	00:00:36	01:57:41	03:45:27.75	03:46:03.90	+01:32:08 (40.9%)	8:21	7.2 (59.0%)
310	RENKEL-BUCHA Ewa	3719	NOWOMIESZCZANIE LUBIĄ BIEGANIE	K30	32	00:00:21	01:54:17	03:45:36.75	03:45:58.05	+01:32:17 (40.9%)	8:21	7.2 (59.0%)
311	GOSTKOWSKI Wiesław	3352		M50	10	00:00:20	01:54:19	03:45:39.60	03:45:59.70	+01:32:20 (40.9%)	8:21	7.2 (59.0%)
312	SŁOBODA Elżbieta	3032		K30	33	00:00:49	02:03:39	03:45:42.65	03:46:32.60	+01:32:23 (40.9%)	8:21	7.2 (59.0%)
313	MARCINIAK Wojciech	3430		M40	62	00:00:41	02:09:14	03:45:47.50	03:46:29.10	+01:32:28 (41.0%)	8:21	7.2 (59.0%)
314	GESZPRYCH Marek	3635		M40	63	00:00:35	02:04:26	03:45:51.20	03:46:26.25	+01:32:31 (41.0%)	8:21	7.2 (59.0%)
315	BUZALSKI Robert	3623	ORANGE POLSKA	M40	64	00:00:33	01:57:38	03:45:52.45	03:46:26.15	+01:32:33 (41.0%)	8:21	7.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
316	MALEC Piotr	3277		M20	53	00:00:53	01:59:21	03:45:58.65	03:46:52.25	+01:32:39 (41.0%)	8:22	7.2 (59.0%)
317	INDYKA Kornelia	3331	NIGHT RUNNERS	K20	15	00:01:07	02:12:06	03:46:05.60	03:47:12.60	+01:32:46 (41.0%)	8:22	7.2 (59.0%)
318	KIBART Robert	3070	BUBBA GUMP RUN TEAM	M40	65	00:00:17	01:53:58	03:46:06.70	03:46:24.25	+01:32:47 (41.0%)	8:22	7.2 (59.0%)
319	KONDZIOŁA Krzysztof	4026	PERFECT RUNNER LUBLIN	M30	136	00:00:18	01:55:20	03:46:22.00	03:46:40.15	+01:33:02 (41.1%)	8:23	7.2 (59.0%)
320	LEŚNIAK-POPEI Marta	3848		K40	6	00:00:59	02:03:48	03:46:30.95	03:47:30.20	+01:33:11 (41.1%)	8:23	7.2 (59.0%)
321	SACHARUK Robert	3837		M40	66	00:00:57	01:53:09	03:46:33.30	03:47:30.55	+01:33:14 (41.2%)	8:23	7.2 (59.0%)
322	PYTA Krzysiek	3942	WELNOWIETZ	M30	137	00:00:56	01:56:09	03:46:36.00	03:47:32.85	+01:33:16 (41.2%)	8:23	7.1 (58.2%)
323	KURASZKIEWICZ Robert	3471		M40	67	00:00:54	02:03:23	03:46:37.40	03:47:31.65	+01:33:18 (41.2%)	8:23	7.1 (58.2%)
324	ZIĘBA Witold	3753	MKS BŁĘKITNI ROPCZYCE	M40	68	00:00:53	02:03:24	03:46:38.20	03:47:31.80	+01:33:18 (41.2%)	8:23	7.1 (58.2%)
325	MATUSIAK Małgorzata	3342		K20	16	00:00:24	02:06:43	03:46:40.75	03:47:05.50	+01:33:21 (41.2%)	8:23	7.1 (58.2%)
326	PASZEK Tomasz	3042		M40	69	00:00:46	02:01:04	03:46:41.20	03:47:27.90	+01:33:21 (41.2%)	8:23	7.1 (58.2%)
327	ZIÓŁEK Mirosław	4049	PERFEKT RUNNER	M50	11	00:01:12	02:01:30	03:46:44.40	03:47:56.45	+01:33:25 (41.2%)	8:23	7.1 (58.2%)
328	LENKOWSKA Adrianna	3164	BIEGAM BO NIE LUBIĘ	K20	17	00:00:26	02:03:36	03:47:00.45	03:47:26.90	+01:33:41 (41.3%)	8:24	7.1 (58.2%)
329	WAWRZYNIAK Zofia	3091	KOBIETY BIEGAJĄ	K30	34	00:00:26	02:03:35	03:47:00.55	03:47:27.00	+01:33:41 (41.3%)	8:24	7.1 (58.2%)
330	JANKOWSKI Rafał	3043		M30	138	00:00:33	01:55:12	03:47:02.95	03:47:36.75	+01:33:43 (41.3%)	8:24	7.1 (58.2%)
331	SZABELAK Witold	4008		M30	139	00:01:20	02:06:18	03:47:03.50	03:48:23.80	+01:33:44 (41.3%)	8:24	7.1 (58.2%)
332	KĘCKI Karol	3791		M30	140	00:00:34	01:54:38	03:47:04.15	03:47:38.55	+01:33:44 (41.3%)	8:24	7.1 (58.2%)
333	ZIEMBLA Jakub	3233	NIGHT RUNNERS	M30	141	00:01:07	02:06:17	03:47:16.90	03:48:24.20	+01:33:57 (41.3%)	8:25	7.1 (58.2%)
334	APOSTOLSKI Wojciech	3718	HARPAGAN SOSNOWIEC	M30	142	00:00:20	01:56:56	03:47:18.15	03:47:38.80	+01:33:58 (41.3%)	8:25	7.1 (58.2%)
335	MARCIAK Karol	3880	OLSZTYŃSKIE USTAWKI BIEGOWE OUB	M30	143	00:00:23	01:58:49	03:47:23.25	03:47:47.10	+01:34:03 (41.4%)	8:25	7.1 (58.2%)
336	SKIBA Daniel	3535	KB DŁUGOSIODŁO	M20	54	00:00:26	02:01:44	03:47:33.55	03:47:59.70	+01:34:14 (41.4%)	8:25	7.1 (58.2%)
337	DREWNIK Piotr	3348	OBOZYBIEGOWE.PL	M30	144	00:00:17	01:57:55	03:47:37.30	03:47:54.60	+01:34:18 (41.4%)	8:25	7.1 (58.2%)
338	CIESZKO Marek	3939	KW WARSZAWA	M30	145	00:00:16	01:59:56	03:47:39.75	03:47:56.00	+01:34:20 (41.4%)	8:25	7.1 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
339	MAZURCZAK Anna	3938	KW WARSZAWA	K20	18	00:00:15	01:59:54	03:47:42.65	03:47:58.40	+01:34:23 (41.5%)	8:26	7.1 (58.2%)
340	SKORCZYK Adrian	3670	TGV RUNNING TEAM	M30	146	00:01:17	02:01:26	03:47:53.05	03:49:10.85	+01:34:33 (41.5%)	8:26	7.1 (58.2%)
341	DAWID-SAWICKA Monika	3459		K30	35	00:00:15	02:01:28	03:48:08.20	03:48:23.20	+01:34:48 (41.6%)	8:26	7.1 (58.2%)
342	BAUER Artur	3807	SM RYKI	M30	147	00:00:57	02:12:51	03:48:15.65	03:49:13.50	+01:34:56 (41.6%)	8:27	7.1 (58.2%)
343	LEMIESZKA Marta	3097	ROZBIEGANY SULEJÓWEK	K20	19	00:01:13	02:02:00	03:48:20.80	03:49:33.90	+01:35:01 (41.6%)	8:27	7.1 (58.2%)
344	FURS Teodor	3953	PIERDZĄCE ZAJĄCE	M40	70	00:01:08	02:00:48	03:48:25.05	03:49:33.30	+01:35:05 (41.6%)	8:27	7.1 (58.2%)
345	KUFEL Magdalena	3191		K20	20	00:00:25	01:59:50	03:48:26.25	03:48:51.85	+01:35:06 (41.6%)	8:27	7.1 (58.2%)
346	JAKUBOWSKA Natalia	3958		K30	36	00:01:00	02:04:35	03:48:36.60	03:49:36.90	+01:35:17 (41.7%)	8:28	7.1 (58.2%)
347	KUBICKI Mikołaj	3970		M30	148	00:00:40	01:57:29	03:48:51.25	03:49:31.80	+01:35:31 (41.7%)	8:28	7.1 (58.2%)
348	KANIA Przemysław	3843		M30	149	00:00:40	01:57:27	03:48:51.65	03:49:32.00	+01:35:32 (41.7%)	8:28	7.1 (58.2%)
349	MAŁKOWSKI Witold	3316		M30	150	00:00:14	01:57:56	03:48:52.75	03:49:06.85	+01:35:33 (41.8%)	8:28	7.1 (58.2%)
350	WOCH Ewelina	3541		K20	21	00:00:30	02:17:09	03:48:54.75	03:49:25.20	+01:35:35 (41.8%)	8:28	7.1 (58.2%)
351	PRUSACZYK Michał	3884	POWERADE TEAM	M20	55	00:00:19	02:02:20	03:48:59.75	03:49:19.55	+01:35:40 (41.8%)	8:28	7.1 (58.2%)
352	PETRUSEWICZ Paweł	3959	BIEGAM Z ABS	M40	71	00:00:20	02:00:58	03:49:02.80	03:49:22.90	+01:35:43 (41.8%)	8:28	7.1 (58.2%)
353	SERWIŃSKI Włodzimierz	3584	MYŚLI W BIEGU	M40	72	00:01:07	02:01:31	03:49:05.40	03:50:12.40	+01:35:46 (41.8%)	8:29	7.1 (58.2%)
354	ULICZNY Paweł	3895	REMBERTÓW TEAM	M40	73	00:00:38	02:02:31	03:49:10.70	03:49:49.45	+01:35:51 (41.8%)	8:29	7.1 (58.2%)
355	IWANIEC Marcin	3784	PRO-RUN WROCŁAW	M20	56	00:00:24	01:58:15	03:49:12.25	03:49:36.85	+01:35:52 (41.8%)	8:29	7.1 (58.2%)
356	ODOLIŃSKI Jacek	4033	BRZozowski TEAM	M40	74	00:00:58	02:15:17	03:49:17.25	03:50:15.45	+01:35:57 (41.9%)	8:29	7.1 (58.2%)
357	KRUPCZYŃSKI Mariusz	3188	KRUPOLS TEAM	M50	12	00:00:55	02:03:40	03:49:19.45	03:50:14.50	+01:36:00 (41.9%)	8:29	7.1 (58.2%)
358	ADAMCZAK Grzegorz	3359		M30	151	00:00:57	02:08:14	03:49:21.85	03:50:19.45	+01:36:02 (41.9%)	8:29	7.1 (58.2%)
359	BOROWSKI Robert	3479	TEAM KOPEĆ	M30	152	00:00:23	02:01:15	03:49:28.25	03:49:51.75	+01:36:08 (41.9%)	8:29	7.1 (58.2%)
360	KAWAŁKO Patrycja	3457	TEAM KOPEĆ	K40	7	00:00:22	02:01:16	03:49:28.70	03:49:51.45	+01:36:09 (41.9%)	8:29	7.1 (58.2%)
361	GŁĘBOCKA Marta	4018	E-PRZEMEK.PL	K40	8	00:01:17	02:01:15	03:49:34.70	03:50:52.45	+01:36:15 (41.9%)	8:30	7.1 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
362	DUCH Emil	3613		Mężczyźni	1	00:01:07	02:12:25	03:49:37.80	03:50:45.10	+01:36:18 (41.9%)	8:30	7.1 (58.2%)
363	KRUPCZYŃSKI Szymon	4058	KRUPOLS TEAM	M20	57	00:01:06	02:02:10	03:49:41.15	03:50:48.05	+01:36:21 (42.0%)	8:30	7.1 (58.2%)
364	MORAWSKI Artur	3033	BIEGNĘ	M30	153	00:00:30	01:59:43	03:49:53.55	03:50:24.00	+01:36:34 (42.0%)	8:30	7 (57.4%)
365	RESIAK Maciej	3728		M30	154	00:00:19	02:02:35	03:49:55.40	03:50:15.20	+01:36:36 (42.0%)	8:30	7 (57.4%)
366	KAMIŃSKI Mateusz	3897	TUP TEAM	M20	58	00:00:37	02:05:12	03:49:56.25	03:50:34.20	+01:36:36 (42.0%)	8:31	7 (57.4%)
367	STARCZYNOWSKI Dariusz	3954		M40	75	00:00:31	01:58:12	03:50:08.90	03:50:40.10	+01:36:49 (42.1%)	8:31	7 (57.4%)
368	KADŁUBICKA Dorota	3339		K30	37	00:00:58	02:08:26	03:50:09.20	03:51:07.40	+01:36:49 (42.1%)	8:31	7 (57.4%)
369	KACZMARCZYK Urszula	3632	PRO RUN WROCŁAW	K30	38	00:00:23	02:01:45	03:50:09.45	03:50:33.30	+01:36:50 (42.1%)	8:31	7 (57.4%)
370	SZYMAŃSKA Edyta	3199	12TRI.PL DRUŻYNA WILKA	K20	22	00:00:24	02:01:19	03:50:23.70	03:50:48.50	+01:37:04 (42.1%)	8:32	7 (57.4%)
371	MARUSIAK Piotr	3344	JAROSŁAWSKA GRUPA BIEGOWA	M30	155	00:00:18	01:59:14	03:50:34.90	03:50:53.30	+01:37:15 (42.2%)	8:32	7 (57.4%)
372	URBAŃSKA Agnieszka	3671	LUBAWA KOCHA BIEGAĆ	K20	23	00:00:19	01:54:21	03:50:36.05	03:50:55.90	+01:37:16 (42.2%)	8:32	7 (57.4%)
373	PROKOP Jacek	3253	BIEGAM U KOLESI	M40	76	00:00:19	01:54:55	03:50:36.15	03:50:56.00	+01:37:16 (42.2%)	8:32	7 (57.4%)
374	DEC Piotr	3523	OLESZYCE	M40	77	00:00:47	02:05:26	03:50:43.70	03:51:31.60	+01:37:24 (42.2%)	8:32	7 (57.4%)
375	SADY Sebastian	3047		M30	156	00:00:10	01:58:40	03:50:48.20	03:50:58.20	+01:37:28 (42.2%)	8:32	7 (57.4%)
376	GAJDA Piotr	3586	ORANGE POLSKA	M50	13	00:00:40	02:01:20	03:50:50.10	03:51:30.90	+01:37:30 (42.2%)	8:32	7 (57.4%)
377	ŻYWICKI Maciej	3481		M30	157	00:00:35	02:02:01	03:50:57.55	03:51:32.70	+01:37:38 (42.3%)	8:33	7 (57.4%)
378	OBŁĄK Agnieszka	3735	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	39	00:00:20	01:58:09	03:51:09.75	03:51:30.45	+01:37:50 (42.3%)	8:33	7 (57.4%)
379	ROWIŃSKI Tomasz	3502		M40	78	00:00:39	02:09:22	03:51:11.40	03:51:50.85	+01:37:52 (42.3%)	8:33	7 (57.4%)
380	WÓJCIK Renata	3879		K30	40	00:01:12	02:07:48	03:51:22.05	03:52:34.20	+01:38:02 (42.4%)	8:34	7 (57.4%)
381	RESZYTYŁO Grzegorz	3857		M40	79	00:00:18	01:57:14	03:51:34.40	03:51:53.00	+01:38:15 (42.4%)	8:34	7 (57.4%)
382	CIUBA Patrycja	3458	NAPRZÓD MŁOCINY	K20	24	00:01:10	02:09:09	03:51:35.85	03:52:46.05	+01:38:16 (42.4%)	8:34	7 (57.4%)
383	ŻURAWSKI Patryk	3789		M20	59	00:00:11	02:06:28	03:51:40.40	03:51:52.30	+01:38:21 (42.5%)	8:34	7 (57.4%)
384	MATICH Karolina	3245		K30	41	00:00:30	02:06:17	03:51:46.65	03:52:17.15	+01:38:27 (42.5%)	8:35	7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
385	KULIS Aleksandra	3394		K30	42	00:00:31	02:03:33	03:52:06.65	03:52:38.25	+01:38:47 (42.6%)	8:35	7 (57.4%)
386	KOT Klaudia	3661	NIGHT RUNNERS	K20	25	00:01:07	01:58:23	03:52:14.20	03:53:21.40	+01:38:54 (42.6%)	8:36	7 (57.4%)
387	BARCZEWSKA Agnieszka	3919		K20	26	00:00:20	02:04:05	03:52:19.55	03:52:40.40	+01:39:00 (42.6%)	8:36	7 (57.4%)
388	JENDRYSIK Kinga	3988	NIGHT RUNNERS GLIWICE	K30	43	00:01:08	02:07:20	03:52:30.80	03:53:39.20	+01:39:11 (42.7%)	8:36	7 (57.4%)
389	RYBCZYŃSKI Przemysław	3775	NIGHT RUNNERS KRAKÓW	M50	14	00:00:50		03:52:31.00	03:53:21.00	+01:39:11 (42.7%)	8:36	7 (57.4%)
390	RYSZ Tomasz	3437		M30	158	00:01:34	02:00:38	03:52:36.30	03:54:11.20	+01:39:17 (42.7%)	8:36	7 (57.4%)
391	SARZAŁA Artur	3197	TORUŃSKIE WIEPRZE	M30	159	00:00:37	01:58:32	03:52:53.05	03:53:30.70	+01:39:33 (42.8%)	8:37	7 (57.4%)
392	DURKIEWICZ Tomasz	3071	DOM KULTURY JOGI	M40	80	00:01:12	02:03:54	03:53:05.50	03:54:17.55	+01:39:46 (42.8%)	8:37	7 (57.4%)
393	NAWROT Bartłomiej	3888		M30	160	00:00:47	02:05:00	03:53:07.20	03:53:54.30	+01:39:47 (42.8%)	8:38	6.9 (56.6%)
394	GAŁKA Marcin	3406		M30	161	00:00:22	02:09:50	03:53:36.30	03:53:58.90	+01:40:17 (42.9%)	8:39	6.9 (56.6%)
395	KRET Michał	3864		M40	81	00:01:10	02:08:50	03:53:42.15	03:54:52.35	+01:40:22 (43.0%)	8:39	6.9 (56.6%)
396	PASECKA Sylwia	3920		K40	9	00:01:09	02:01:28	03:53:48.65	03:54:58.55	+01:40:29 (43.0%)	8:39	6.9 (56.6%)
397	STOLARCZYK Robert	3089	NIGHT RUNNERS GLIWICE	M30	162	00:01:10	02:08:14	03:53:49.00	03:54:59.45	+01:40:29 (43.0%)	8:39	6.9 (56.6%)
398	ROGULSKA - SŁOMIŃSKA Agnieszka	3945	AGIZ/ PSZCZ?ŁKOWSKI TEAM	K30	44	00:00:09	02:02:00	03:53:55.05	03:54:05.00	+01:40:35 (43.0%)	8:39	6.9 (56.6%)
399	KRASOWSKI Jakub	3065	ATAK KRETA	M30	163	00:00:23	01:59:37	03:53:56.95	03:54:20.60	+01:40:37 (43.0%)	8:39	6.9 (56.6%)
400	KUROWSKI Michał	3225	NIGHT RUNNERS GLIWICE	M20	60	00:01:14	02:06:50	03:54:00.20	03:55:14.75	+01:40:40 (43.0%)	8:40	6.9 (56.6%)
401	GRĘZIAK Magdalena	3799	BIAŁOSTOCKA SEKTA BIEGACZY	K20	27	00:01:11	02:05:58	03:54:09.80	03:55:20.80	+01:40:50 (43.1%)	8:40	6.9 (56.6%)
402	HANDERMANDER Agnieszka	3573		K30	45	00:00:52	02:07:05	03:54:13.25	03:55:05.40	+01:40:53 (43.1%)	8:40	6.9 (56.6%)
403	NYCZ Sławomir	3569		M20	61	00:00:33	02:01:28	03:54:29.40	03:55:02.40	+01:41:10 (43.1%)	8:41	6.9 (56.6%)
404	PIETRZAK Maciej	3052		M40	82	00:00:42	02:07:54	03:54:31.40	03:55:13.95	+01:41:12 (43.2%)	8:41	6.9 (56.6%)
405	LIPIŃSKI Hubert	3780		M30	164	00:00:21	01:50:53	03:54:36.70	03:54:58.60	+01:41:17 (43.2%)	8:41	6.9 (56.6%)
406	SIWIŃSKI Jerzy	3134	12TRI.PL DRUŻYNA WILKA	M50	15	00:00:26	02:04:45	03:54:41.10	03:55:07.40	+01:41:21 (43.2%)	8:41	6.9 (56.6%)
407	ZARĘBA Beata	3760	ORANGE POLSKA	K30	46	00:00:18	02:01:22	03:54:46.15	03:55:04.50	+01:41:26 (43.2%)	8:41	6.9 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
408	WRÓBEL Radosław	3721		M30	165	00:00:44	02:04:24	03:55:03.80	03:55:48.50	+01:41:44 (43.3%)	8:42	6.9 (56.6%)
409	BUNK Daria	3713		K30	47	00:00:26	02:04:11	03:55:09.90	03:55:35.95	+01:41:50 (43.3%)	8:42	6.9 (56.6%)
410	KASZYCKA Dorota	4004	WKURW_TEAM	K20	28	00:01:00	02:05:44	03:55:19.60	03:56:20.55	+01:42:00 (43.3%)	8:42	6.9 (56.6%)
411	BARTŁOMIEJSKA Urszula	3918		K30	48	00:00:36	02:04:35	03:55:20.00	03:55:56.60	+01:42:00 (43.3%)	8:42	6.9 (56.6%)
412	DOMAGAŁA Joanna	3867	KB SOBÓTKA	K30	49	00:01:22	02:14:35	03:55:50.50	03:57:13.35	+01:42:31 (43.5%)	8:44	6.9 (56.6%)
413	KRÓLICKI Konrad	3371	AXA RUNNING TEAM	M30	166	00:02:52	02:12:07	03:56:22.45	03:59:14.80	+01:43:03 (43.6%)	8:45	6.9 (56.6%)
414	FABISIAK Ewa	3131	ROZBIEGANY SULEJÓWEK	K40	10	00:00:35	02:06:26	03:56:30.60	03:57:05.75	+01:43:11 (43.6%)	8:45	6.8 (55.7%)
415	GRUMBIANIN Paulina	3948		K40	11	00:00:32	02:09:15	03:56:40.25	03:57:12.95	+01:43:20 (43.7%)	8:45	6.8 (55.7%)
416	ZARUDZKI Łukasz	3104	NOTHING TO FEAR	M40	83	00:00:58	02:08:44	03:56:40.55	03:57:39.30	+01:43:21 (43.7%)	8:45	6.8 (55.7%)
417	KWIECIŃSKA Izabela	3928		K20	29	00:00:50	02:04:02	03:56:44.70	03:57:34.90	+01:43:25 (43.7%)	8:46	6.8 (55.7%)
418	HARNIK Michal	3531	HARNIK RUNNER	M30	167	00:00:28	02:02:21	03:56:44.90	03:57:13.35	+01:43:25 (43.7%)	8:46	6.8 (55.7%)
419	ŚLUSARCZYK-BARAN Magdalena	3937		K30	50	00:00:28	02:00:53	03:57:08.65	03:57:36.95	+01:43:49 (43.8%)	8:46	6.8 (55.7%)
420	KIELAR Marcin	3654	IDEO.PL	M20	62	00:00:22	01:58:13	03:57:12.75	03:57:35.50	+01:43:53 (43.8%)	8:47	6.8 (55.7%)
421	TRENTOWSKI Wojciech	3203	KB DLUGOSIODLO	M40	84	00:00:25	01:56:02	03:57:18.15	03:57:43.75	+01:43:58 (43.8%)	8:47	6.8 (55.7%)
422	PISARCZYK Grzegorz	3676	NAPRZÓD MŁOCINY	M30	168	00:01:11	02:05:05	03:57:21.05	03:58:32.10	+01:44:01 (43.8%)	8:47	6.8 (55.7%)
423	PAJĄCZEK Dominika	3853		K30	51	00:00:30	02:11:07	03:57:21.40	03:57:52.30	+01:44:02 (43.8%)	8:47	6.8 (55.7%)
424	ZDUNEK Maciej	3951	CALYPSO PIŁA	M20	63	00:01:16	02:07:19	03:57:26.90	03:58:43.80	+01:44:07 (43.9%)	8:47	6.8 (55.7%)
425	MILCZAREK Jacek	3341	PEŁZACZ NIZINNY	M30	169	00:00:15	02:00:47	03:57:40.50	03:57:56.40	+01:44:21 (43.9%)	8:48	6.8 (55.7%)
426	DOBRZENIECKI Adrian	3756		M20	64	00:00:28	01:55:13	03:57:45.50	03:58:14.05	+01:44:26 (43.9%)	8:48	6.8 (55.7%)
427	PALEWICZ Renata	3451		K30	52	00:00:35	02:06:49	03:58:32.85	03:59:07.90	+01:45:13 (44.1%)	8:50	6.8 (55.7%)
428	JACH-BALICKA Aleksandra	4027		K30	53	00:00:31	02:11:24	03:58:35.40	03:59:06.75	+01:45:16 (44.1%)	8:50	6.8 (55.7%)
429	GĄTARCZYK Mariusz	3717	DZIKIE GRUBASY SZATANA	M30	170	00:01:37	02:14:34	03:58:36.35	04:00:14.20	+01:45:17 (44.1%)	8:50	6.8 (55.7%)
430	KRZEMIŃSKI Leszek	3633		M30	171	00:00:32	02:00:33	03:58:38.30	03:59:10.60	+01:45:19 (44.1%)	8:50	6.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
431	SOŁKIEWICZ Robert	4016	BIEGNĘ	M40	85	00:00:30	02:02:21	03:58:39.05	03:59:09.80	+01:45:19 (44.1%)	8:50	6.8 (55.7%)
432	PIKIEWICZ Bartłomiej	3508	PZSF	M30	172	00:01:39	02:10:12	03:58:39.30	04:00:18.40	+01:45:20 (44.1%)	8:50	6.8 (55.7%)
433	AURZECKI Michał	3173		M30	173	00:01:33	02:02:19	03:58:40.60	04:00:14.45	+01:45:21 (44.1%)	8:50	6.8 (55.7%)
434	MROZOWSKA Magdalena	3247	MARŻĘ O RZEŹNIKU	K40	12	00:00:46	02:08:03	03:58:44.55	03:59:31.20	+01:45:25 (44.2%)	8:50	6.8 (55.7%)
435	HOLEWA Rafał	3286	CABALLO BLANCO TEAM	M40	86	00:00:39	02:02:59	03:59:06.50	03:59:45.85	+01:45:47 (44.2%)	8:51	6.8 (55.7%)
436	KUJAWSKA Małgorzata	3787		K30	54	00:00:47	02:11:13	03:59:07.10	03:59:54.90	+01:45:47 (44.2%)	8:51	6.8 (55.7%)
437	KOBIERSKI Szymon	3751		M40	87	00:00:45	02:05:44	03:59:09.25	03:59:55.05	+01:45:49 (44.3%)	8:51	6.8 (55.7%)
438	KOSEDOWSKI Krzysztof	3935		M50	16	00:00:00	01:47:16	03:59:17.05	03:59:17.05	+01:45:57 (44.3%)	8:51	6.8 (55.7%)
438	RYZIŃSKI Ryszard	3934		M40	88	00:00:00	01:48:45	03:59:17.05	03:59:17.05	+01:45:57 (44.3%)	8:51	6.8 (55.7%)
440	SZLOSER Anna	3680	MAMY RUSZAMY	K30	55	00:01:29	02:13:41	03:59:18.35	04:00:48.25	+01:45:59 (44.3%)	8:51	6.8 (55.7%)
441	PASTERZ Piotr	3026		M30	174	00:00:24	02:01:20	03:59:24.80	03:59:49.30	+01:46:05 (44.3%)	8:52	6.8 (55.7%)
442	BAKA Mateusz	3128	GTS TRADYCJA	M20	65	00:00:47	02:08:59	03:59:27.55	04:00:14.55	+01:46:08 (44.3%)	8:52	6.8 (55.7%)
443	DULIK Arkadiusz	3727		M30	175	00:01:40	02:19:34	03:59:33.55	04:01:14.20	+01:46:14 (44.3%)	8:52	6.8 (55.7%)
444	STRZELECKI Jakub	3462	RYSIOTEAM	M50	17	00:00:21	02:08:48	03:59:37.15	03:59:58.65	+01:46:17 (44.4%)	8:52	6.8 (55.7%)
445	KWIECIEŃ Kamila	3478	AMBITNE TYGRYSICE	K40	13	00:00:20	02:08:47	03:59:37.35	03:59:58.30	+01:46:18 (44.4%)	8:52	6.8 (55.7%)
446	BAKA` Marcin	3096	GTS TRADYCJA	M40	89	00:00:47	02:08:59	03:59:40.70	04:00:27.70	+01:46:21 (44.4%)	8:52	6.8 (55.7%)
447	SENCZENKO Waldemar	3142	NOTHING TO FEAR	M30	176	00:00:58	02:08:41	03:59:43.00	04:00:41.30	+01:46:23 (44.4%)	8:52	6.8 (55.7%)
448	PARTYKA Maja	3016	4 RUN TEAM PIŁA	K30	56	00:00:11	02:06:28	03:59:46.55	03:59:58.15	+01:46:27 (44.4%)	8:52	6.8 (55.7%)
449	STRZĘPEK Bartosz	3603		M20	66	00:00:00		03:59:47.00	03:59:47.00	+01:46:27 (44.4%)	8:52	6.8 (55.7%)
450	ODOLIŃSKA Agnieszka	3050	BRZozowski TEAM	K40	14	00:00:58	02:16:19	03:59:49.20	04:00:48.15	+01:46:29 (44.4%)	8:52	6.8 (55.7%)
451	WITKOWSKI Krzysztof	3617		M40	90	00:00:28	02:13:48	03:59:49.35	04:00:18.00	+01:46:30 (44.4%)	8:52	6.8 (55.7%)
452	ZIEMLEWSKA Ewa	3667		K30	57	00:01:15	02:06:51	03:59:50.55	04:01:05.85	+01:46:31 (44.4%)	8:52	6.8 (55.7%)
453	BRUDNICKA Kamila	3596		K20	30	00:00:32	02:09:25	03:59:51.20	04:00:23.25	+01:46:31 (44.4%)	8:53	6.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
454	RÓŻOWICZ Maciej	3917	SPARTANIE DZIECIOM	M30	177	00:00:53	02:16:26	03:59:54.20	04:00:47.50	+01:46:34 (44.4%)	8:53	6.8 (55.7%)
455	JAWORSKI Łukasz	3750		M30	178	00:00:19	02:04:21	03:59:58.70	04:00:18.25	+01:46:39 (44.4%)	8:53	6.8 (55.7%)
456	DYKTYŃSKA Agnieszka	4046		K30	58	00:00:40	02:10:54	04:00:02.90	04:00:42.95	+01:46:43 (44.5%)	8:53	6.7 (54.9%)
457	KACZOREK Beata	3332		K40	15	00:00:14	02:03:56	04:00:06.95	04:00:21.30	+01:46:47 (44.5%)	8:53	6.7 (54.9%)
458	LEŚNIAK Marcin	3088	ROZBIEGANY SULEJÓWEK	M30	179	00:00:34	01:50:20	04:00:14.50	04:00:49.20	+01:46:55 (44.5%)	8:53	6.7 (54.9%)
459	CHARKOT Sławomir	3976	BIEGUSIEM.PL	M40	91	00:00:26	02:11:07	04:00:22.55	04:00:49.50	+01:47:03 (44.5%)	8:54	6.7 (54.9%)
460	SOSZYŃSKI Wojtek	3195	PZU SPORT TEAM/PRALINY Z PONURZYCY	M40	92	00:00:37	02:06:35	04:00:30.70	04:01:08.05	+01:47:11 (44.6%)	8:54	6.7 (54.9%)
461	TYMOSIEWICZ Piotr	3797	YULO RUN TEAM SIEDLCE	M30	180	00:00:36	02:00:38	04:00:39.55	04:01:16.00	+01:47:20 (44.6%)	8:54	6.7 (54.9%)
462	BIELSKI Bartłomiej	3313	WW TEAM	M30	181	00:00:24	02:03:54	04:00:44.15	04:01:08.35	+01:47:24 (44.6%)	8:54	6.7 (54.9%)
463	AUGUSTYNIAK Marek	3816		M50	18	00:00:20	02:08:42	04:00:50.35	04:01:10.50	+01:47:31 (44.6%)	8:55	6.7 (54.9%)
464	PALUCH Andrzej	3149	ZABIEGANI MIELEC	M40	93	00:00:12	01:54:55	04:00:59.30	04:01:11.40	+01:47:40 (44.7%)	8:55	6.7 (54.9%)
465	FUKS Wiktoria	3749		K20	31	00:01:07	02:12:29	04:01:07.80	04:02:15.60	+01:47:48 (44.7%)	8:55	6.7 (54.9%)
466	SIUDA Krzysztof	3871		M20	67	00:00:29	02:06:18	04:01:07.90	04:01:37.80	+01:47:48 (44.7%)	8:55	6.7 (54.9%)
467	POTYKANOWICZ Aleksandra	3996	SMASHING PĄPKINS	K30	59	00:00:29	02:15:52	04:01:14.70	04:01:44.40	+01:47:55 (44.7%)	8:56	6.7 (54.9%)
468	NOWOTARSKA Anita	3498	USTRZYKI DOLNE	K40	16	00:00:52	02:08:54	04:01:27.00	04:02:19.00	+01:48:07 (44.8%)	8:56	6.7 (54.9%)
469	KALINOWSKA Dorota	3638		K30	60	00:01:39	02:10:13	04:01:41.70	04:03:21.50	+01:48:22 (44.8%)	8:57	6.7 (54.9%)
470	ROSA Bartosz	4006	WKURW_TEAM	M30	182	00:01:02	02:04:39	04:01:55.15	04:02:57.60	+01:48:35 (44.9%)	8:57	6.7 (54.9%)
471	JODEŁKA Andrzej	3086		M30	183	00:00:34	01:57:09	04:01:57.20	04:02:31.50	+01:48:37 (44.9%)	8:57	6.7 (54.9%)
472	PODLASIŃSKA Paulina	3346		K30	61	00:00:22	02:06:16	04:01:57.65	04:02:20.10	+01:48:38 (44.9%)	8:57	6.7 (54.9%)
473	KUZIOR Tomasz	3883	MYSZKÓW	M40	94	00:00:11	01:52:36	04:02:04.85	04:02:16.35	+01:48:45 (44.9%)	8:57	6.7 (54.9%)
474	WASAŹNIK Marcin	3412		M30	184	00:01:35	02:14:36	04:02:06.00	04:03:41.05	+01:48:46 (44.9%)	8:58	6.7 (54.9%)
475	BRYŁKA Sebastian	3522		M30	185	00:00:37	02:08:00	04:02:07.55	04:02:44.65	+01:48:48 (44.9%)	8:58	6.7 (54.9%)
476	CAŁKA Agnieszka	3793	RADZYMIN RUN TEAM	K30	62	00:00:37	02:12:44	04:02:07.85	04:02:45.80	+01:48:48 (44.9%)	8:58	6.7 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
477	CAŁKA Grzegorz	3794	RADZYMIN RUN TEAM	M40	95	00:00:38	02:12:44	04:02:08.45	04:02:46.65	+01:48:49 (44.9%)	8:58	6.7 (54.9%)
478	BAI Jozsef	4000	RK ATHLETICS	M40	96	00:00:20	02:04:18	04:02:18.05	04:02:38.85	+01:48:58 (45.0%)	8:58	6.7 (54.9%)
479	KOŁODZIEJCZYK Maciej	3384	FIZJO-SPORT ŁĘCZNA	M30	186	00:00:23	01:56:06	04:02:23.25	04:02:46.65	+01:49:03 (45.0%)	8:58	6.7 (54.9%)
480	HOŁYSZ Daniel	3141		M40	97	00:00:37	02:15:16	04:02:27.10	04:03:04.95	+01:49:07 (45.0%)	8:58	6.7 (54.9%)
481	JAZ Małgorzata	3048	KM TEAM	K40	17	00:00:27	02:10:07	04:02:37.15	04:03:04.70	+01:49:17 (45.0%)	8:59	6.7 (54.9%)
482	TROCIŃSKI Marcin	3564	KB DŁUGOSIODŁO	M30	187	00:01:10	02:09:35	04:02:41.30	04:03:51.70	+01:49:22 (45.1%)	8:59	6.7 (54.9%)
483	GARGAS-MARUT Małgorzata	3288	PZU SPORT TEAM	K40	18	00:00:47	02:17:30	04:02:42.90	04:03:30.80	+01:49:23 (45.1%)	8:59	6.7 (54.9%)
484	MURAS Michał	3029		M40	98	00:00:15	02:00:46	04:02:45.50	04:03:01.20	+01:49:26 (45.1%)	8:59	6.7 (54.9%)
485	JAGIELSKA Magdalena	3551	NBG KŁOBUCK	K30	63	00:00:36	02:06:23	04:02:50.50	04:03:27.25	+01:49:31 (45.1%)	8:59	6.7 (54.9%)
486	ZALEŚKIEWICZ Krzysztof	3068	TORUŃSKIE WIEPRZE	M40	99	00:00:38	02:13:06	04:02:54.65	04:03:33.15	+01:49:35 (45.1%)	8:59	6.7 (54.9%)
487	DOMARADZKA Violetta	3831		K30	64	00:00:29	02:00:32	04:02:58.65	04:03:28.45	+01:49:39 (45.1%)	8:59	6.7 (54.9%)
488	ARTOWICZ Jacek	3159	TORUŃSKIE WIEPRZE	M30	188	00:00:38	02:13:05	04:03:01.75	04:03:40.25	+01:49:42 (45.1%)	9:00	6.7 (54.9%)
489	CHOJNOWSKI Łukasz	3023		M20	68	00:00:13	01:47:58	04:03:18.70	04:03:31.80	+01:49:59 (45.2%)	9:00	6.7 (54.9%)
490	SZYMOT Adrian	3900		M20	69	00:00:56	02:04:14	04:03:30.00	04:04:26.45	+01:50:10 (45.2%)	9:01	6.7 (54.9%)
491	BANASZEK Dominika	3924	BIEGUSIEM.PL	K30	65	00:01:24	02:13:04	04:03:37.90	04:05:02.05	+01:50:18 (45.3%)	9:01	6.6 (54.1%)
492	GOGÓŁ-IŻOWSKA Edyta	3381		K20	32	00:00:18	02:08:26	04:03:49.80	04:04:08.50	+01:50:30 (45.3%)	9:01	6.6 (54.1%)
493	BEZKOROWAJNY Mateusz	3415		M20	70	00:01:16	02:08:34	04:04:02.80	04:05:19.25	+01:50:43 (45.4%)	9:02	6.6 (54.1%)
494	CYBULA Dominik	3922		M20	71	00:00:43	02:12:16	04:04:10.75	04:04:54.70	+01:50:51 (45.4%)	9:02	6.6 (54.1%)
495	KONIK Sylwia	3591	KONIK TEAM	K40	19	00:00:57	02:14:14	04:04:17.30	04:05:15.20	+01:50:58 (45.4%)	9:02	6.6 (54.1%)
496	KACZMARSKI Wojciech	3355		M50	19	00:00:31	02:14:36	04:04:26.90	04:04:58.15	+01:51:07 (45.5%)	9:03	6.6 (54.1%)
497	MOSOŃ Sławek	3527		M30	189	00:01:05	02:13:21	04:04:33.50	04:05:38.85	+01:51:14 (45.5%)	9:03	6.6 (54.1%)
498	WÓJCICKI Bartosz	3265		M30	190	00:01:23	02:10:06	04:04:35.95	04:05:59.35	+01:51:16 (45.5%)	9:03	6.6 (54.1%)
499	ANIOŁ Mateusz	3915	TERNOL TEAM	M30	191	00:00:56	02:12:53	04:04:59.65	04:05:55.75	+01:51:40 (45.6%)	9:04	6.6 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
500	PYZEL Agnieszka	3923		K40	20	00:01:36	02:14:29	04:05:13.10	04:06:49.30	+01:51:53 (45.6%)	9:04	6.6 (54.1%)
501	JANICZEK Maciej	3682		M30	192	00:01:01	02:14:11	04:05:30.15	04:06:32.05	+01:52:10 (45.7%)	9:05	6.6 (54.1%)
502	JANICZEK Martyna	3685		K30	66	00:01:02	02:14:10	04:05:32.65	04:06:34.95	+01:52:13 (45.7%)	9:05	6.6 (54.1%)
503	BOGUTA Cezary	3963	BIEGAM Z ABS	M30	193	00:00:18	01:57:51	04:06:02.05	04:06:21.00	+01:52:42 (45.8%)	9:06	6.6 (54.1%)
504	KRASOWSKI Marek	3808		M30	194	00:01:34	02:09:34	04:06:12.15	04:07:46.45	+01:52:52 (45.8%)	9:07	6.6 (54.1%)
505	DROZD Sławomir	3655	JAK NIE MY TO KTO? ROPCZYCE	M30	195	00:00:51	02:07:05	04:06:23.60	04:07:14.90	+01:53:04 (45.9%)	9:07	6.6 (54.1%)
506	GÓRA Marek	3663	JAK NIE MY TO KTO?	M40	100	00:00:51	02:07:05	04:06:23.70	04:07:14.70	+01:53:04 (45.9%)	9:07	6.6 (54.1%)
507	ZYMRÓZ Tomek	3737	JAK NIE MY TO KTO?	M20	72	00:00:50	02:07:05	04:06:24.15	04:07:14.85	+01:53:04 (45.9%)	9:07	6.6 (54.1%)
508	KIELEK Jakub	3122		M20	73	00:00:49	02:18:10	04:06:25.75	04:07:15.15	+01:53:06 (45.9%)	9:07	6.6 (54.1%)
509	ZAWADA Mateusz	3081	ROZBIEGANY SULEJÓWEK	M20	74	00:00:34	01:58:32	04:06:29.25	04:07:04.05	+01:53:09 (45.9%)	9:07	6.6 (54.1%)
510	SZYSZ Łukasz	3669	METRO WARSZAWSKIE	M30	196	00:00:38	02:10:12	04:06:30.95	04:07:09.55	+01:53:11 (45.9%)	9:07	6.6 (54.1%)
511	GULBINOWICZ Ewelina	3604		K30	67	00:01:19	02:13:52	04:06:39.70	04:07:59.60	+01:53:20 (45.9%)	9:08	6.6 (54.1%)
512	SKARUZ Anna	3031		K30	68	00:01:17	02:14:42	04:06:47.15	04:08:04.15	+01:53:27 (46.0%)	9:08	6.6 (54.1%)
513	MAJ Anna	3251		K40	21	00:00:29	02:13:06	04:07:06.40	04:07:36.30	+01:53:47 (46.0%)	9:09	6.6 (54.1%)
514	TARASIEWICZ Ryszard	3543		M60	2	00:00:55	02:14:35	04:07:06.50	04:08:01.95	+01:53:47 (46.0%)	9:09	6.6 (54.1%)
515	PARYS Michał	3183		M30	197	00:00:33	02:07:46	04:07:09.35	04:07:43.10	+01:53:50 (46.1%)	9:09	6.6 (54.1%)
516	RACZKOWSKI Jacek	3382		M50	20	00:00:29	02:17:14	04:07:09.40	04:07:39.30	+01:53:50 (46.1%)	9:09	6.6 (54.1%)
517	RACZKOWSKA Beata	3375	KIELCE	K40	22	00:00:29	02:17:13	04:07:10.00	04:07:39.00	+01:53:50 (46.1%)	9:09	6.6 (54.1%)
518	CHABROWSKA Anita	3684	MUVMENT MARKETING	K30	69	00:01:33	02:16:46	04:07:16.60	04:08:50.05	+01:53:57 (46.1%)	9:09	6.6 (54.1%)
519	KONOPKA Anna	3322		K30	70	00:00:25	02:14:36	04:07:32.75	04:07:58.00	+01:54:13 (46.1%)	9:10	6.5 (53.3%)
520	SYGIET Andrzej	3505		M40	101	00:00:17	02:08:05	04:07:37.40	04:07:54.90	+01:54:18 (46.2%)	9:10	6.5 (53.3%)
521	SOKOŁOWSKI Krzysztof	3688		M30	198	00:00:07	02:04:15	04:07:40.95	04:07:48.40	+01:54:21 (46.2%)	9:10	6.5 (53.3%)
522	LEWANDOWSKI Stefan	3817		M30	199	00:00:28	02:08:54	04:07:50.05	04:08:18.60	+01:54:30 (46.2%)	9:10	6.5 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
523	LEPCZAK Michał	3392	NAPRZÓD MŁOCINY	M40	102	00:01:10	02:12:50	04:08:13.90	04:09:24.45	+01:54:54 (46.3%)	9:11	6.5 (53.3%)
524	WITKOWSKA Anna	3407		K30	71	00:00:51	02:12:45	04:08:28.55	04:09:20.40	+01:55:09 (46.3%)	9:12	6.5 (53.3%)
525	KORDYS Krzysztof	3115	ZABIERZÓW BIEGA	M30	200	00:00:31	02:12:55	04:08:40.05	04:09:11.70	+01:55:20 (46.4%)	9:12	6.5 (53.3%)
526	MILER Lidia	3135	ZABIERZÓW BIEGA	K30	72	00:00:19		04:08:54.00	04:09:13.00	+01:55:34 (46.4%)	9:13	6.5 (53.3%)
527	SALA Edyta	3979		K40	23	00:00:26	02:11:33	04:08:55.25	04:09:21.60	+01:55:35 (46.4%)	9:13	6.5 (53.3%)
528	RADECKA Alicja	3393		K30	73	00:01:01	02:14:42	04:08:55.75	04:09:56.85	+01:55:36 (46.4%)	9:13	6.5 (53.3%)
529	KACZMAREK Norbert	3035		M30	201	00:00:23	02:05:12	04:09:02.55	04:09:26.25	+01:55:43 (46.5%)	9:13	6.5 (53.3%)
530	BASIŃSKA Anna	3552	NIGHT RUNNERS	K20	33	00:01:06	02:15:11	04:09:11.90	04:10:18.75	+01:55:52 (46.5%)	9:13	6.5 (53.3%)
531	NORKOWSKA Aleksandra	3106	ORANGE	K30	74	00:01:11	02:15:26	04:09:14.40	04:10:26.25	+01:55:55 (46.5%)	9:13	6.5 (53.3%)
532	ELTANBOULI-JABŁOŃSKA Iwona	3004	NATIONAL GEOGRAPHIC POLSKA	K40	24	00:00:55	02:15:21	04:09:15.00	04:10:10.35	+01:55:55 (46.5%)	9:13	6.5 (53.3%)
533	PREJS Beata Marta	3544	NIGHT RUNNERS	K30	75	00:01:09	02:18:01	04:09:15.90	04:10:25.75	+01:55:56 (46.5%)	9:13	6.5 (53.3%)
534	TROJNAR Tomek	3833		M30	202	00:01:34	02:11:33	04:09:16.90	04:10:51.00	+01:55:57 (46.5%)	9:13	6.5 (53.3%)
535	KOWALCZUK Jakub	3425		M30	203	00:01:06	02:10:10	04:09:18.70	04:10:25.40	+01:55:59 (46.5%)	9:14	6.5 (53.3%)
536	WASILEWSKA Iwona	3840	NA MAXA TEAM	K30	76	00:00:56	02:02:19	04:09:23.20	04:10:19.80	+01:56:03 (46.5%)	9:14	6.5 (53.3%)
537	GÓRSKA Justyna	3841	NA MAXA TEAM	K30	77	00:00:56	02:02:19	04:09:23.25	04:10:19.80	+01:56:03 (46.5%)	9:14	6.5 (53.3%)
538	SIERAKOWSKI Igor	3066		M40	103	00:01:17	02:29:00	04:09:24.50	04:10:42.45	+01:56:05 (46.5%)	9:14	6.5 (53.3%)
539	ZARUDZKI Paweł	3127	NOTHING TO FEAR	M30	204	00:00:59	02:08:43	04:09:26.95	04:10:25.95	+01:56:07 (46.6%)	9:14	6.5 (53.3%)
540	KOZŁOWSKI Bartłomiej	3616	KKL/BBM	M40	104	00:01:21	02:07:20	04:09:28.65	04:10:50.00	+01:56:09 (46.6%)	9:14	6.5 (53.3%)
541	WĄSOWSKA Jagoda	4039		K50	2	00:01:36	02:21:45	04:09:29.55	04:11:05.70	+01:56:10 (46.6%)	9:14	6.5 (53.3%)
542	MAZIAKOWSKI Adam	3039		M20	75	00:00:54	01:58:09	04:09:40.85	04:10:35.40	+01:56:21 (46.6%)	9:14	6.5 (53.3%)
543	KLADZIŃSKA Anna	3619		K20	34	00:00:36	02:12:11	04:09:50.25	04:10:26.40	+01:56:30 (46.6%)	9:15	6.5 (53.3%)
544	PUCHLIK Paweł	3869		M30	205	00:01:34	02:23:20	04:09:51.25	04:11:25.45	+01:56:31 (46.6%)	9:15	6.5 (53.3%)
545	ARKUSZYŃSKA Beata	3335	TIME4RUNNING	K40	25	00:00:43	02:08:26	04:10:05.25	04:10:49.20	+01:56:45 (46.7%)	9:15	6.5 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
546	SZCZEPKOWSKI Paweł	3209	ARTEQUIPMENT	M60	3	00:01:16	02:14:35	04:10:05.65	04:11:21.65	+01:56:46 (46.7%)	9:15	6.5 (53.3%)
547	SZADKOWSKI Paweł	3321	NIGHT RUNNERS GLIWICE	M30	206	00:01:10	02:08:16	04:10:06.65	04:11:17.55	+01:56:47 (46.7%)	9:15	6.5 (53.3%)
548	PYTKA Konrad	3366	NAPRZÓD MŁOCINY	M30	207	00:01:10	02:05:06	04:10:09.30	04:11:19.65	+01:56:50 (46.7%)	9:15	6.5 (53.3%)
549	KUBAŃSKI Rafał	3946	INTERRISK TEAM	M40	105	00:00:58	02:11:25	04:10:23.05	04:11:21.90	+01:57:03 (46.8%)	9:16	6.5 (53.3%)
550	WRÓBLEWSKA Katarzyna	3467		K30	78	00:00:54	02:09:30	04:10:33.15	04:11:27.45	+01:57:13 (46.8%)	9:16	6.5 (53.3%)
551	KUCIŃSKA Magdalena	3694		K30	79	00:00:23	02:09:17	04:10:40.15	04:11:03.70	+01:57:20 (46.8%)	9:17	6.5 (53.3%)
552	MOŹDŻONEK Michał	3296		M30	208	00:01:30	02:29:57	04:10:45.50	04:12:15.60	+01:57:26 (46.8%)	9:17	6.5 (53.3%)
553	HYCZKO Paweł	3125	CSWIICH	M20	76	00:01:12	02:17:47	04:10:50.75	04:12:02.80	+01:57:31 (46.9%)	9:17	6.5 (53.3%)
554	DOPIERAŁA Kinga	3113		K20	35	00:01:11	02:17:48	04:10:51.30	04:12:02.80	+01:57:32 (46.9%)	9:17	6.5 (53.3%)
555	ŻURAWSKI Arkadiusz	3461		M40	106	00:01:03	02:05:52	04:10:51.55	04:11:55.45	+01:57:32 (46.9%)	9:17	6.5 (53.3%)
556	KOCÓJ Dominika	3163	NIGHT RUNNER'S GLIWICE	K20	36	00:01:15	02:18:23	04:10:57.60	04:12:13.20	+01:57:38 (46.9%)	9:17	6.5 (53.3%)
557	GRYLEWICZ Tomasz	3686	RUN BYDGOSZCZ	M30	209	00:00:16	02:14:06	04:11:11.20	04:11:27.80	+01:57:51 (46.9%)	9:18	6.4 (52.5%)
558	FUNKA Andrzej	3235	NKB CHYŻY NOWY TOMYŚL	M50	21	00:01:01	02:19:18	04:11:12.00	04:12:13.50	+01:57:52 (46.9%)	9:18	6.4 (52.5%)
559	BARTECKI Tomasz	3323		M30	210	00:01:11	02:15:13	04:11:21.75	04:12:33.10	+01:58:02 (47.0%)	9:18	6.4 (52.5%)
560	SZPAIDEL Paweł	3534	NIGHT RUNNERS	M30	211	00:01:28	02:07:35	04:11:23.60	04:12:51.80	+01:58:04 (47.0%)	9:18	6.4 (52.5%)
561	WNUK Dominik	3627		M20	77	00:00:49	02:18:12	04:11:24.40	04:12:13.65	+01:58:05 (47.0%)	9:18	6.4 (52.5%)
562	RAUER Maciej	3297	REAL PASSION KRAKÓW	M20	78	00:00:32	02:11:24	04:11:31.60	04:12:03.80	+01:58:12 (47.0%)	9:18	6.4 (52.5%)
563	DĄBROWSKI Łukasz	3536		M30	212	00:00:58	02:13:25	04:11:32.75	04:12:31.50	+01:58:13 (47.0%)	9:19	6.4 (52.5%)
564	CZYŻEWSKI Krzysztof	3798		M40	107	00:01:40	02:14:24	04:11:34.20	04:13:14.65	+01:58:14 (47.0%)	9:19	6.4 (52.5%)
565	ODYA Marian	3109		M40	108	00:00:58	02:08:46	04:11:36.50	04:12:35.10	+01:58:17 (47.0%)	9:19	6.4 (52.5%)
566	SZAFRUGA Piotr	3420		M30	213	00:00:41	02:05:15	04:11:38.10	04:12:19.30	+01:58:18 (47.0%)	9:19	6.4 (52.5%)
567	DOBRZYŃSKA Daria	3849	BBL	K30	80	00:01:19	02:18:03	04:11:41.95	04:13:00.95	+01:58:22 (47.0%)	9:19	6.4 (52.5%)
568	BAZYDŁO Dariusz	3117		M40	109	00:00:34	02:14:42	04:11:42.60	04:12:16.80	+01:58:23 (47.0%)	9:19	6.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
569	PLAZE Olga	3205	NIGHT RUNNERS	K30	81	00:01:03	02:16:31	04:11:43.60	04:12:47.55	+01:58:24 (47.0%)	9:19	6.4 (52.5%)
570	TOMKIEWICZ Przemysław	3730		M40	110	00:01:04	02:20:06	04:11:49.10	04:12:53.70	+01:58:29 (47.1%)	9:19	6.4 (52.5%)
571	TKACZYK Przemysław	3463		M40	111	00:00:49	02:17:12	04:12:03.45	04:12:52.80	+01:58:44 (47.1%)	9:20	6.4 (52.5%)
572	TKACZYK Jolanta	3456		K40	26	00:00:48	02:17:28	04:12:04.10	04:12:52.85	+01:58:44 (47.1%)	9:20	6.4 (52.5%)
573	PLICHTA Karolina	4035	WARSZAWA	K20	37	00:00:44	02:15:28	04:12:08.00	04:12:52.15	+01:58:48 (47.1%)	9:20	6.4 (52.5%)
574	ZIELIŃSKI Adam	4036	WARSZAWA	M20	79	00:00:43	02:15:31	04:12:08.90	04:12:51.95	+01:58:49 (47.1%)	9:20	6.4 (52.5%)
575	SŁOMIŃSKI Piotr	3270	AGIZ TEAM	M30	214	00:00:48	02:03:12	04:12:12.50	04:13:01.40	+01:58:53 (47.1%)	9:20	6.4 (52.5%)
576	LASOTA Edyta	3692		K30	82	00:00:21	02:14:30	04:12:39.55	04:13:00.65	+01:59:20 (47.2%)	9:21	6.4 (52.5%)
577	BARTKOWIAK Anna	3495		K20	38	00:01:14	02:19:15	04:12:50.40	04:14:05.10	+01:59:31 (47.3%)	9:21	6.4 (52.5%)
578	PARUZEL Ireneusz	3243		M40	112	00:04:04	02:16:51	04:13:22.85	04:17:27.40	+02:00:03 (47.4%)	9:23	6.4 (52.5%)
579	KASPRZAK Radek	3589	BUFF	M30	215	00:01:21	02:20:25	04:13:33.05	04:14:54.25	+02:00:13 (47.4%)	9:23	6.4 (52.5%)
580	HORBACZ Hanna	3702		K30	83	00:01:19	02:18:36	04:13:33.50	04:14:53.05	+02:00:14 (47.4%)	9:23	6.4 (52.5%)
581	PYŻYŃSKA-WÓJTOWICZ Marta	4031	DRUŻYNA SZPIKU / KOBIETYBIEGAJA.PL	K30	84	00:01:19	02:18:36	04:13:33.65	04:14:53.35	+02:00:14 (47.4%)	9:23	6.4 (52.5%)
582	TRZCIŃSKI Sebastian	3192	PEŁZACZ NIZINNY	M30	216	00:00:15	02:00:56	04:13:50.10	04:14:05.55	+02:00:30 (47.5%)	9:24	6.4 (52.5%)
583	ZDANOWICZ Michał	3155	NOTHING TO FEAR	M30	217	00:00:58	02:11:08	04:13:54.40	04:14:52.85	+02:00:35 (47.5%)	9:24	6.4 (52.5%)
584	KOWALSKA Justyna	3863	STOWARZYSZENIE MORSY OŚNO LUBUSKIE	K30	85	00:01:17	02:21:00	04:13:59.70	04:15:17.25	+02:00:40 (47.5%)	9:24	6.4 (52.5%)
585	BIL Janusz	3372	NEAPCO PRASZKA	M50	22	00:00:37	02:15:16	04:14:00.35	04:14:38.25	+02:00:41 (47.5%)	9:24	6.4 (52.5%)
586	LITWORA Sebastian	3742	CROSS SPOT	M30	218	00:00:53	02:16:00	04:14:00.55	04:14:53.70	+02:00:41 (47.5%)	9:24	6.4 (52.5%)
587	WOJTOWICZ Daniel	3267		M40	113	00:00:22	02:02:46	04:14:02.40	04:14:24.85	+02:00:43 (47.5%)	9:24	6.4 (52.5%)
588	SAMBORSKA Anna	3250	ULKS LIPINKI	K40	27	00:01:30	02:12:57	04:14:03.10	04:15:33.55	+02:00:43 (47.5%)	9:24	6.4 (52.5%)
589	KOZUBAŁA Piotr	3828	ŻÓŁW ULTRAS TEAM	M30	219	00:00:33	02:08:18	04:14:10.95	04:14:44.70	+02:00:51 (47.5%)	9:24	6.4 (52.5%)
590	KASPRZYK-KUŹNIAK Michalina	3592		K30	86	00:00:53	02:15:33	04:14:11.25	04:15:05.00	+02:00:51 (47.5%)	9:24	6.4 (52.5%)
591	LUDWIKOWSKI Adam	3668		M30	220	00:00:50	02:04:18	04:14:35.80	04:15:26.20	+02:01:16 (47.6%)	9:25	6.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
592	JAŁOWIEC Agnieszka	4020		K30	87	00:00:35	02:19:51	04:14:44.70	04:15:20.35	+02:01:25 (47.7%)	9:26	6.4 (52.5%)
593	DRWIĘGA Beata	3704		K40	28	00:01:45	02:14:38	04:15:09.50	04:16:54.85	+02:01:50 (47.7%)	9:27	6.3 (51.6%)
594	BUJAKIEWICZ Marta	3547	OBOZYBIEGOWE.PL	K30	88	00:00:49	02:17:45	04:15:21.40	04:16:11.10	+02:02:02 (47.8%)	9:27	6.3 (51.6%)
595	ADAMCZUK Jarosław	3980	PGNIG SANOK	M40	114	00:01:15	02:19:12	04:15:39.30	04:16:55.00	+02:02:20 (47.9%)	9:28	6.3 (51.6%)
596	WNUCZYŃSKI Andrzej	3646	ORANGE POLSKA	M40	115	00:00:33	02:04:00	04:15:41.05	04:16:14.65	+02:02:21 (47.9%)	9:28	6.3 (51.6%)
597	DARMOCHWAŁ Jerzy	3517	SAMOTNY WILK GANIA PO KASZUBACH	M60	4	00:00:21	02:11:17	04:15:54.95	04:16:16.55	+02:02:35 (47.9%)	9:28	6.3 (51.6%)
598	BEZKOROWAJNY Joanna	3413		K20	39	00:01:16	02:16:24	04:16:17.00	04:17:33.40	+02:02:57 (48.0%)	9:29	6.3 (51.6%)
599	MICHALSKI Marek	3542		M30	221	00:01:31	02:04:56	04:16:29.45	04:18:01.00	+02:03:10 (48.0%)	9:30	6.3 (51.6%)
600	KRUZEL Rafal	3795	BIEGOWE MISIE	M40	116	00:00:37	02:18:20	04:16:38.50	04:17:16.35	+02:03:19 (48.1%)	9:30	6.3 (51.6%)
601	BOGACZEWICZ Dawid	3187		M20	80	00:01:05	02:18:10	04:16:41.65	04:17:47.00	+02:03:22 (48.1%)	9:30	6.3 (51.6%)
602	LACHOWICZ Julia	3005	NATIONAL GEOGRAPHIC POLSKA	Kobiety	1	00:00:55	02:13:55	04:16:46.00	04:17:41.40	+02:03:26 (48.1%)	9:30	6.3 (51.6%)
603	RACZYŃSKA Małgorzata	3885	POWERADE TEAM	K40	29	00:01:03	02:16:01	04:16:55.55	04:17:58.60	+02:03:36 (48.1%)	9:30	6.3 (51.6%)
604	GOŁĘBIOWSKA Barbara	3598	CHEŁM BIEGA	K40	30	00:00:52	02:15:13	04:16:59.85	04:17:51.95	+02:03:40 (48.1%)	9:31	6.3 (51.6%)
605	GOŁĘBIOWSKI Krzysztof	3601	CHEŁM BIEGA	M40	117	00:00:51	02:15:14	04:17:00.05	04:17:51.70	+02:03:40 (48.1%)	9:31	6.3 (51.6%)
606	DUDEK Michał	3405	RGR ŁÓDŹ	M40	118	00:00:42	02:08:55	04:17:01.55	04:17:44.00	+02:03:42 (48.1%)	9:31	6.3 (51.6%)
607	PUCHAŁA Mariusz	3916	TERNOL TEAM	M30	222	00:00:55	02:12:54	04:17:01.65	04:17:57.40	+02:03:42 (48.1%)	9:31	6.3 (51.6%)
608	POŚNIK Michał	3046	CROSSFIT ELEKTROMOC	M30	223	00:00:49	02:13:24	04:17:11.80	04:18:01.50	+02:03:52 (48.2%)	9:31	6.3 (51.6%)
609	ŻBIKOWSKI Artur	3082		M40	119	00:00:21	02:09:37	04:17:18.60	04:17:40.20	+02:03:59 (48.2%)	9:31	6.3 (51.6%)
610	BICZKOWSKA Magdalena	3175	RUN BYDGOSZCZ	K30	89	00:00:27	02:16:50	04:17:33.05	04:18:00.60	+02:04:13 (48.2%)	9:32	6.3 (51.6%)
611	POPŁAWSKA Katarzyna	3483	PĘDZIWIATR HIPOLITÓW	K40	31	00:01:04	02:10:27	04:17:33.55	04:18:37.75	+02:04:14 (48.2%)	9:32	6.3 (51.6%)
612	POPŁAWSKI Arkadiusz	3347	PĘDZIWIATR HIPOLITÓW	M40	120	00:01:03	02:11:38	04:17:34.00	04:18:37.90	+02:04:14 (48.2%)	9:32	6.3 (51.6%)
613	SPRAWKA Marcin	3184	SKLEP BIEGACZA LUBLIN / WW TEAM	M30	224	00:00:27	02:13:08	04:17:35.95	04:18:03.50	+02:04:16 (48.2%)	9:32	6.3 (51.6%)
614	ŁUKASZEWSKA Anna	3992		K40	32	00:01:21	02:26:48	04:17:53.25	04:19:14.55	+02:04:33 (48.3%)	9:33	6.3 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
615	GĄTKIEWICZ Paweł	3626		M30	225	00:01:22	02:20:12	04:18:02.35	04:19:24.85	+02:04:43 (48.3%)	9:33	6.3 (51.6%)
616	MIKUŁA Paweł	3556	RISE&SHINE	M30	226	00:00:41	02:08:10	04:18:26.35	04:19:08.10	+02:05:07 (48.4%)	9:34	6.3 (51.6%)
617	WINIARZ Witold	3105	PRZEMYSKI KLUB BIEGACZA	M30	227	00:00:23	02:12:01	04:18:38.20	04:19:02.05	+02:05:18 (48.5%)	9:34	6.3 (51.6%)
618	BALICKI Marcin	4022		M30	228	00:00:31	02:11:34	04:18:41.50	04:19:13.20	+02:05:22 (48.5%)	9:34	6.3 (51.6%)
619	SMOŁA Angelina	3072		K30	90	00:00:19	02:13:27	04:18:47.60	04:19:06.75	+02:05:28 (48.5%)	9:35	6.3 (51.6%)
620	MERCIK Marta	3252		K30	91	00:00:29	02:10:14	04:18:48.40	04:19:18.35	+02:05:29 (48.5%)	9:35	6.3 (51.6%)
621	KORBA Michał	3570		M40	121	00:00:54	02:11:44	04:19:07.60	04:20:01.95	+02:05:48 (48.5%)	9:35	6.3 (51.6%)
622	STAWIŃSKA Zuzanna	3161		K30	92	00:01:06	02:21:18	04:19:16.95	04:20:23.55	+02:05:57 (48.6%)	9:36	6.2 (50.8%)
623	STAWIŃSKI Piotr	3162		M30	229	00:01:05	02:22:18	04:19:18.60	04:20:24.50	+02:05:59 (48.6%)	9:36	6.2 (50.8%)
624	SZYL Marek	3814		M30	230	00:00:40	02:17:01	04:19:18.95	04:19:59.90	+02:05:59 (48.6%)	9:36	6.2 (50.8%)
625	MIKRUT Małgorzata	3450		K40	33	00:00:26	02:17:55	04:19:30.50	04:19:56.50	+02:06:11 (48.6%)	9:36	6.2 (50.8%)
626	SIENIAWSKA Karolina	3645		K30	93	00:01:29	02:22:15	04:19:57.25	04:21:27.15	+02:06:37 (48.7%)	9:37	6.2 (50.8%)
627	MIARA Maciej	3590	TSH	M20	81	00:01:42	02:20:30	04:20:19.15	04:22:01.40	+02:06:59 (48.8%)	9:38	6.2 (50.8%)
628	POŁCZYŃSKA Zuzanna	3440	TAKBIEGAMY	K20	40	00:00:44	02:13:18	04:20:22.90	04:21:07.50	+02:07:03 (48.8%)	9:38	6.2 (50.8%)
629	STANOSZEK Agnieszka	3886	POWERADE TEAM	K40	34	00:01:02	02:15:28	04:20:35.90	04:21:38.65	+02:07:16 (48.8%)	9:39	6.2 (50.8%)
630	KOTWA Arkadiusz	3236		M30	231	00:01:05	02:14:27	04:20:36.55	04:21:42.20	+02:07:17 (48.8%)	9:39	6.2 (50.8%)
631	LUKOWIEC Dagmara	3237	KRZYWDA TEAM	K30	94	00:01:05	02:14:25	04:20:37.00	04:21:42.30	+02:07:17 (48.8%)	9:39	6.2 (50.8%)
632	JATCZAK Michał	3608	BĄBLE I ODCISKI	M30	232	00:00:44	02:06:37	04:20:47.90	04:21:32.20	+02:07:28 (48.9%)	9:39	6.2 (50.8%)
633	PAWŁOWICZ Dorota	3767	KUŹNIA TRIATHLONU	K30	95	00:01:34	02:23:20	04:20:50.90	04:22:25.00	+02:07:31 (48.9%)	9:39	6.2 (50.8%)
634	SOŁTYSIK Anna	3643	NIGHT RUNNERS	K20	41	00:00:32	02:10:15	04:20:52.55	04:21:25.45	+02:07:33 (48.9%)	9:39	6.2 (50.8%)
635	BĄK Maciej	3157	ORANGE POLSKA / NIGHT RUNNERS	M40	122	00:01:03	02:15:30	04:20:59.50	04:22:03.05	+02:07:40 (48.9%)	9:40	6.2 (50.8%)
636	OKAPIEC Aleksandra	3708	AXA RUNNING TEAM	K30	96	00:01:19	02:25:49	04:21:07.20	04:22:27.10	+02:07:47 (48.9%)	9:40	6.2 (50.8%)
637	MAREK Magdalena	3769		K40	35	00:01:22	02:23:58	04:21:13.85	04:22:35.85	+02:07:54 (49.0%)	9:40	6.2 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
638	ROBAK Marlena	3433	ALBATROSY	K20	42	00:00:33	02:18:42	04:21:16.55	04:21:50.00	+02:07:57 (49.0%)	9:40	6.2 (50.8%)
639	PŁOTEK Tomasz	3418		M30	233	00:00:38	02:20:01	04:21:22.35	04:22:00.75	+02:08:03 (49.0%)	9:40	6.2 (50.8%)
640	BODZIOCH Grzegorz	4014		M40	123	00:13:26	02:16:03	04:21:23.60	04:34:49.60	+02:08:04 (49.0%)	9:40	6.2 (50.8%)
641	BIELECKI Karol	4007		M30	234	00:00:55	02:12:54	04:21:28.40	04:22:24.10	+02:08:09 (49.0%)	9:41	6.2 (50.8%)
642	SIECZKOWSKI Artur	3169	POLISHBOYS	M40	124	00:00:22	02:05:21	04:21:28.90	04:21:51.00	+02:08:09 (49.0%)	9:41	6.2 (50.8%)
643	GUCWA Jarosław	3842	JAREK GUCWA	M40	125	00:00:49	02:11:41	04:21:30.50	04:22:19.90	+02:08:11 (49.0%)	9:41	6.2 (50.8%)
644	ŚWISTAK Piotr	3285		M30	235	00:00:47	02:15:28	04:21:38.50	04:22:26.40	+02:08:19 (49.0%)	9:41	6.2 (50.8%)
645	KUŁAKOWSKI Piotr	3244	CZŁAPACZE	M50	23	00:01:50	02:28:09	04:22:01.00	04:23:51.20	+02:08:41 (49.1%)	9:42	6.2 (50.8%)
646	TRZCIŃSKA Jolanta	3914	TUP TUŚ	K30	97	00:00:40	02:24:18	04:22:27.35	04:23:07.60	+02:09:08 (49.2%)	9:43	6.2 (50.8%)
647	PRZYBYŚLAWSKI Miłosz	3320	SŁYNNI KENIJCZYCY	M30	236	00:01:09	02:22:38	04:22:27.90	04:23:37.20	+02:09:08 (49.2%)	9:43	6.2 (50.8%)
648	KIEŁBOWICZ Aneta	3326	SŁYNNI KENIJCZYCY	K30	98	00:01:09	02:22:38	04:22:28.20	04:23:37.30	+02:09:08 (49.2%)	9:43	6.2 (50.8%)
649	ZABOROWSKA-SOŁTYS Małgorzata	4015		K40	36	00:01:01	02:18:40	04:22:59.20	04:24:01.15	+02:09:39 (49.3%)	9:44	6.2 (50.8%)
650	ZAJĄC Daria	3020	RUN EXPERT LEJDIS	K30	99	00:00:23	02:22:26	04:22:59.35	04:23:23.15	+02:09:40 (49.3%)	9:44	6.2 (50.8%)
651	JANUSZ Grzegorz	3363	BIBA TEAM	M40	126	00:01:07	02:08:48	04:23:04.70	04:24:12.45	+02:09:45 (49.3%)	9:44	6.2 (50.8%)
652	JAWOROWICZ Dobrochna	3378	KALIŃSKA TEAM	K40	37	00:01:35	02:21:47	04:23:11.20	04:24:47.10	+02:09:51 (49.3%)	9:44	6.2 (50.8%)
653	SAMOJLUK ŚLUSARSKA Bożena	3714		K50	3	00:01:23	02:17:08	04:23:14.45	04:24:37.95	+02:09:55 (49.4%)	9:44	6.2 (50.8%)
654	PRANDZIOCH Karolina	3908		K30	100	00:01:00	02:23:51	04:23:14.70	04:24:15.05	+02:09:55 (49.4%)	9:45	6.2 (50.8%)
655	ŻAK Bartosz	4043	WKURW_TEAM	M20	82	00:01:02	02:23:58	04:23:17.45	04:24:19.95	+02:09:58 (49.4%)	9:45	6.2 (50.8%)
656	OLEWNIK Łukasz	3325		M20	83	00:00:14	02:16:09	04:23:20.95	04:23:35.85	+02:10:01 (49.4%)	9:45	6.2 (50.8%)
657	ROGÓŻ Elżbieta	3449	PRORUNNING.PL	K30	101	00:01:17	02:22:27	04:23:24.65	04:24:41.90	+02:10:05 (49.4%)	9:45	6.2 (50.8%)
658	KOWALSKI Przemysław	3305		M30	237	00:00:28	02:09:03	04:23:32.05	04:24:00.85	+02:10:12 (49.4%)	9:45	6.1 (50.0%)
659	WASILEWSKI Marcin	3087	WW TEAM	M30	238	00:00:25	02:08:24	04:23:32.80	04:23:58.05	+02:10:13 (49.4%)	9:45	6.1 (50.0%)
660	BORC Marzanna	3754	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	38	00:00:20	02:12:59	04:23:41.55	04:24:01.90	+02:10:22 (49.4%)	9:45	6.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
661	NAPIERAŁA Katarzyna	3150		K40	39	00:00:15	02:23:55	04:23:43.35	04:23:59.15	+02:10:24 (49.4%)	9:46	6.1 (50.0%)
662	KMIEC Cezary	3146	NAPRZÓD MŁOCINY	M40	127	00:01:10	02:09:12	04:23:45.95	04:24:56.05	+02:10:26 (49.5%)	9:46	6.1 (50.0%)
663	JATA Marta	3746	WW TEAM	K30	102	00:00:26	02:21:15	04:23:47.90	04:24:14.30	+02:10:28 (49.5%)	9:46	6.1 (50.0%)
664	ADAMCZYK Edyta	3500		K30	103	00:00:40	02:15:14	04:24:03.15	04:24:43.60	+02:10:43 (49.5%)	9:46	6.1 (50.0%)
665	ADAMCZYK Daniel	3514		M40	128	00:00:40	02:15:15	04:24:04.20	04:24:45.05	+02:10:44 (49.5%)	9:46	6.1 (50.0%)
666	STĘPKOWSKA Berta	3307		K30	104	00:01:26	02:27:23	04:24:05.90	04:25:31.95	+02:10:46 (49.5%)	9:46	6.1 (50.0%)
667	OGÓREK Monika	3234		K20	43	00:01:13	02:26:38	04:24:08.40	04:25:22.10	+02:10:49 (49.5%)	9:47	6.1 (50.0%)
668	NIERADKA Katarzyna	3858		K30	105	00:01:37	02:23:07	04:24:09.40	04:25:46.40	+02:10:50 (49.5%)	9:47	6.1 (50.0%)
669	KOSMAŁA Iwona	3298		K20	44	00:01:14	02:26:37	04:24:17.50	04:25:31.60	+02:10:58 (49.6%)	9:47	6.1 (50.0%)
670	SMOŁA Ilona	3206		K30	106	00:00:19	02:18:11	04:24:24.15	04:24:43.55	+02:11:04 (49.6%)	9:47	6.1 (50.0%)
671	KONIECZNY Piotr	3232	NKB CHYŻY NOWY TOMYŚL	M30	239	00:01:01	02:29:45	04:24:30.75	04:25:32.50	+02:11:11 (49.6%)	9:47	6.1 (50.0%)
672	SOSZYŃSKA Małgorzata	3242	CZŁAPACZE	K50	4	00:01:44	02:28:16	04:24:37.70	04:26:21.70	+02:11:18 (49.6%)	9:48	6.1 (50.0%)
673	KUKAWSKA Joanna	3893	RK ATHLETICS	K50	5	00:01:05	02:24:56	04:24:41.90	04:25:47.85	+02:11:22 (49.6%)	9:48	6.1 (50.0%)
674	MISZEWSKI Jan	3213	GTW GEDANIA GDAŃSK	M50	24	00:01:21	02:20:04	04:24:42.60	04:26:03.60	+02:11:23 (49.6%)	9:48	6.1 (50.0%)
674	MISZEWSKA-URBAŃSKA Emilia	3208	SMARUJ NA TRENING TEAM	K30	107	00:01:20	02:21:11	04:24:42.60	04:26:03.50	+02:11:23 (49.6%)	9:48	6.1 (50.0%)
676	ZYCH Anna	3098		K40	40	00:00:26	02:21:16	04:25:05.45	04:25:31.65	+02:11:46 (49.7%)	9:49	6.1 (50.0%)
677	PIECYK Artur	3614	BLUE DOGS	M40	129	00:00:31	02:17:24	04:25:05.75	04:25:37.40	+02:11:46 (49.7%)	9:49	6.1 (50.0%)
678	MAZUREK Katarzyna	3054	SKLEP BIEGACZA LUBLIN / LSB	K40	41	00:00:25	02:21:16	04:25:06.75	04:25:31.80	+02:11:47 (49.7%)	9:49	6.1 (50.0%)
679	SKRZYNIARZ Jarek	4034		M50	25	00:01:40	02:25:43	04:25:11.45	04:26:51.60	+02:11:52 (49.7%)	9:49	6.1 (50.0%)
680	JURAŚ-KMIEĆ Marzena	3741		K40	42	00:00:49	02:16:32	04:25:16.15	04:26:06.00	+02:11:56 (49.7%)	9:49	6.1 (50.0%)
681	BOBROWICZ Małgorzata	3782	ACCEWTURE	K30	108	00:01:27	02:16:32	04:25:20.60	04:26:48.10	+02:12:01 (49.8%)	9:49	6.1 (50.0%)
682	WOLAREK Marzena	4048		K40	43	00:00:16	02:24:47	04:25:48.05	04:26:04.60	+02:12:28 (49.8%)	9:50	6.1 (50.0%)
683	JEGER Wojtek	3010	SKLEPBIEGOWY.PL/JEGERMAJSTER	M40	130	00:01:20	02:23:28	04:26:03.70	04:27:24.10	+02:12:44 (49.9%)	9:51	6.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
684	KOZŁOWSKA Joanna	3153	12TRI.PL DRUŻYNA WILKA	K30	109	00:01:19	02:23:30	04:26:04.40	04:27:24.10	+02:12:45 (49.9%)	9:51	6.1 (50.0%)
685	KRAUZA-DERKOWSKA Joanna	3385	NOWOMIESZCZANIELUBIĄBIEGANIE	K40	44	00:00:37	02:14:42	04:26:12.75	04:26:50.60	+02:12:53 (49.9%)	9:51	6.1 (50.0%)
686	FIRAZA Łukasz	3073		M30	240	00:01:28	02:14:44	04:26:19.40	04:27:47.80	+02:13:00 (49.9%)	9:51	6.1 (50.0%)
687	KAWCZYŃSKI Piotr	3025		M30	241	00:01:29	02:14:43	04:26:30.20	04:27:59.30	+02:13:10 (50.0%)	9:52	6.1 (50.0%)
688	STANOSZEK Robert	3887	POWERADE TEAM	M40	131	00:01:03	02:16:18	04:26:48.90	04:27:52.25	+02:13:29 (50.0%)	9:52	6.1 (50.0%)
689	ŻAKIEWICZ Magdalena	3482		K20	45	00:00:35	02:15:44	04:26:50.05	04:27:25.40	+02:13:30 (50.0%)	9:52	6.1 (50.0%)
690	KIEŁTYKA Karolina	3672	HUSARIA RACE TEAM	K30	110	00:00:37	02:16:34	04:27:00.45	04:27:38.40	+02:13:41 (50.1%)	9:53	6.1 (50.0%)
691	HADUCH Tomasz	3625	DIGITAL_WARSZAWA	M50	26	00:01:25	02:21:32	04:27:08.50	04:28:34.35	+02:13:49 (50.1%)	9:53	6.1 (50.0%)
692	KISIEL Mateusz	3012	SMASHING PĄPKINS	M30	242	00:00:18	02:09:57	04:27:24.65	04:27:43.40	+02:14:05 (50.1%)	9:54	6.1 (50.0%)
693	BARTOSIEWICZ Daria	3336	DZIKIE GRUBASY SZATANA	K20	46	00:01:37	02:28:33	04:27:31.20	04:29:08.50	+02:14:11 (50.2%)	9:54	6.1 (50.0%)
694	GAJEWSKA Katarzyna	3657	ALBATROSY	K30	111	00:01:11	02:26:15	04:27:31.50	04:28:43.00	+02:14:12 (50.2%)	9:54	6.1 (50.0%)
694	NOWAK Katarzyna	3610	DZIKIE GRUBASY SZATANA	K20	47	00:01:37	02:28:33	04:27:31.50	04:29:08.60	+02:14:12 (50.2%)	9:54	6.1 (50.0%)
696	SUDOL Damian	3628	ONEKOTAN	M20	84	00:01:07	02:26:06	04:27:33.95	04:28:41.10	+02:14:14 (50.2%)	9:54	6.1 (50.0%)
697	GÓRSKA-KORBA Ewa	4059	4RUN TEAM PIŁA	K40	45	00:01:04	02:31:47	04:27:37.90	04:28:42.80	+02:14:18 (50.2%)	9:54	6.1 (50.0%)
698	PYTLARZ Waldemar	3017	4 RUN TEAM PIŁA	M50	27	00:01:04	02:31:46	04:27:38.20	04:28:42.60	+02:14:18 (50.2%)	9:54	6.1 (50.0%)
699	SZNABEL Alina	3019	4 RUN TEAM PIŁA	K60	1	00:01:04	02:31:46	04:27:38.50	04:28:42.70	+02:14:19 (50.2%)	9:54	6.1 (50.0%)
700	MAZUR Katarzyna	3224	NIGHT RUNNERS	K30	112	00:01:29	02:23:27	04:27:39.95	04:29:09.20	+02:14:20 (50.2%)	9:54	6.1 (50.0%)
701	ŚPIEWAK Aleksander	3434		M30	243	00:00:42	02:17:01	04:28:01.50	04:28:44.05	+02:14:42 (50.3%)	9:55	6 (49.2%)
702	BIELICKA Daria	3477	NIGHT RUNNERS	K20	48	00:01:28	02:23:29	04:28:03.25	04:29:32.10	+02:14:43 (50.3%)	9:55	6 (49.2%)
703	RORAT Artur	3404	SKLEP BIEGACZA LUBLIN TEAM	M20	85	00:00:40	02:17:21	04:28:03.45	04:28:43.60	+02:14:44 (50.3%)	9:55	6 (49.2%)
704	KAŁUŻNA Aneta	3362		K30	113	00:00:38	02:16:38	04:28:24.50	04:29:02.65	+02:15:05 (50.3%)	9:56	6 (49.2%)
705	PINTSCHER Paulina	3008	RUNMAGEDDON	K30	114	00:00:09	02:25:31	04:28:35.05	04:28:44.90	+02:15:15 (50.4%)	9:56	6 (49.2%)
706	SALA Paweł	3007	RUNMAGEDDON	M30	244	00:00:10	02:25:24	04:28:35.40	04:28:45.55	+02:15:16 (50.4%)	9:56	6 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
707	GAJOS Anna	3606		K40	46	00:00:29	02:24:27	04:28:39.25	04:29:08.40	+02:15:19 (50.4%)	9:57	6 (49.2%)
708	KOWALEWSKA Katarzyna	3600		K30	115	00:00:29	02:24:27	04:28:39.70	04:29:08.70	+02:15:20 (50.4%)	9:57	6 (49.2%)
709	SALONI-SADOWSKA Maria	3553	OBOZYBIEGOWE.PL	K40	47	00:01:25	02:25:43	04:28:47.25	04:30:13.05	+02:15:27 (50.4%)	9:57	6 (49.2%)
710	MICHALSKA Anna	3687		K50	6	00:01:26	02:25:45	04:28:50.30	04:30:16.80	+02:15:31 (50.4%)	9:57	6 (49.2%)
711	KOLASA Andrzej	3447	KLUB J.SŁOWACKIEGO	M60	5	00:00:13	02:11:35	04:28:53.25	04:29:06.55	+02:15:33 (50.4%)	9:57	6 (49.2%)
712	DZIUŁA Marcin	3126	IM	M30	245	00:00:52	02:24:40	04:29:27.60	04:30:19.60	+02:16:08 (50.5%)	9:58	6 (49.2%)
713	SZCZEPANIUK Dawid	3656		M20	86	00:00:44	02:12:15	04:29:34.55	04:30:18.65	+02:16:15 (50.5%)	9:59	6 (49.2%)
714	WALASZEK Paweł	3120	AGB TORFY	M30	246	00:01:21	02:24:56	04:29:40.20	04:31:02.00	+02:16:20 (50.6%)	9:59	6 (49.2%)
714	BIAŁECKI Gabriel	3263		M30	247	00:01:03	02:29:04	04:29:40.20	04:30:43.40	+02:16:20 (50.6%)	9:59	6 (49.2%)
716	CZAWA Aneta	3859		K40	48	00:01:15	02:26:24	04:29:44.10	04:30:59.50	+02:16:24 (50.6%)	9:59	6 (49.2%)
717	WOJCIECHOWSKI Rafał	3707	PEŁZACZ NIZINNY	M40	132	00:00:17	02:04:51	04:30:01.80	04:30:18.85	+02:16:42 (50.6%)	10:00	6 (49.2%)
718	KULIG Robert	3636	NIGHT RUNNERS	M30	248	00:01:01	02:16:20	04:30:04.50	04:31:06.30	+02:16:45 (50.6%)	10:00	6 (49.2%)
719	NARLOCH Piotr	3000	INTERRISK	M40	133	00:01:30	02:14:01	04:30:11.90	04:31:42.85	+02:16:52 (50.7%)	10:00	6 (49.2%)
720	SUCHOWIECKA Anna	3308	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	116	00:00:23	02:18:10	04:30:13.45	04:30:37.00	+02:16:54 (50.7%)	10:00	6 (49.2%)
721	GÓRSKI Robert	4003		M50	28	00:01:25	02:16:11	04:30:23.25	04:31:48.80	+02:17:03 (50.7%)	10:00	6 (49.2%)
722	ARMATYS Grzegorz	3473	ORANGE POLSKA	M40	134	00:01:12	02:19:21	04:30:23.80	04:31:36.30	+02:17:04 (50.7%)	10:00	6 (49.2%)
723	KALBARCZYK Beata	3124	ORANGE	K40	49	00:01:11	02:19:22	04:30:24.45	04:31:36.10	+02:17:05 (50.7%)	10:00	6 (49.2%)
724	KRÓL Grażyna	3488		K40	50	00:00:17	02:17:53	04:30:29.80	04:30:47.30	+02:17:10 (50.7%)	10:01	6 (49.2%)
725	FIDALI Beata	3986	ŚRÓDZIEMIE	K30	117	00:00:34	02:19:45	04:30:29.85	04:31:04.65	+02:17:10 (50.7%)	10:01	6 (49.2%)
726	HRYŃ Agata	3611	NIGHT RUNNERS	K30	118	00:01:08	02:22:59	04:30:33.75	04:31:42.15	+02:17:14 (50.7%)	10:01	6 (49.2%)
727	BŁACHOWICZ Rafał	3239	ZABIEGANI MIELEC	M40	135	00:01:26	02:20:52	04:30:42.70	04:32:09.55	+02:17:23 (50.8%)	10:01	6 (49.2%)
728	MAROSZYŃSKI Maciej	3076	IM	M20	87	00:00:51	02:25:31	04:30:56.20	04:31:47.60	+02:17:36 (50.8%)	10:02	6 (49.2%)
729	MAJCHROWICZ Patrycjusz	3683	SM RYKI	M40	136	00:00:43	02:18:20	04:31:00.20	04:31:43.20	+02:17:40 (50.8%)	10:02	6 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
730	BYKOWSKI Andrzej	3077		M40	137	00:00:53	02:15:22	04:31:20.85	04:32:14.10	+02:18:01 (50.9%)	10:03	6 (49.2%)
731	WACOWSKI-JASTRZĘBSKI Adam	3361		M30	249	00:00:30	02:22:59	04:31:39.85	04:32:10.80	+02:18:20 (50.9%)	10:03	6 (49.2%)
732	SACZUK Joanna	3218		K20	49	00:01:31	02:37:49	04:31:44.80	04:33:15.85	+02:18:25 (50.9%)	10:03	6 (49.2%)
733	GAWRON Tomasz	4053	ARPWAVE	M50	29	00:01:27	02:10:55	04:31:47.55	04:33:14.95	+02:18:28 (50.9%)	10:03	6 (49.2%)
734	DYCKOWSKI Adam	3083		M20	88	00:00:32	02:14:15	04:32:06.05	04:32:38.45	+02:18:46 (51.0%)	10:04	6 (49.2%)
735	KAŻMIERSKI Janusz	3612	DA ŚIĘ	M60	6	00:01:26	02:24:49	04:32:19.15	04:33:45.25	+02:18:59 (51.0%)	10:05	5.9 (48.4%)
736	JANIK Tomasz	3107	ORANGE POLSKA	M40	138	00:00:46	02:37:16	04:32:28.55	04:33:15.20	+02:19:09 (51.1%)	10:05	5.9 (48.4%)
737	KORNICKA Dorota	3044	ORANGE POLSKA	K30	119	00:00:46	02:37:14	04:32:29.00	04:33:15.20	+02:19:09 (51.1%)	10:05	5.9 (48.4%)
738	RYNKOWSKA Katarzyna	3506		K40	51	00:00:45	02:27:59	04:32:31.40	04:33:16.50	+02:19:12 (51.1%)	10:05	5.9 (48.4%)
739	KUCHKO Irena	3809		K40	52	00:00:36	02:11:29	04:32:33.40	04:33:09.90	+02:19:14 (51.1%)	10:05	5.9 (48.4%)
740	WAŚOWICZ Olgierd	3665	ALBATROSY	M40	139	00:01:11	02:26:16	04:32:38.60	04:33:50.10	+02:19:19 (51.1%)	10:05	5.9 (48.4%)
741	GAJEWSKI Piotr	3693		M30	250	00:01:19	02:21:28	04:32:38.65	04:33:57.90	+02:19:19 (51.1%)	10:05	5.9 (48.4%)
742	KISIELEWSKI Konrad	3276	CK	M30	251	00:00:59	02:08:29	04:32:50.95	04:33:50.80	+02:19:31 (51.1%)	10:06	5.9 (48.4%)
743	WIECZOREK Aleksandra	3186	MOKOBIEGACZE	K20	50	00:01:25	02:26:16	04:32:58.00	04:34:23.80	+02:19:38 (51.2%)	10:06	5.9 (48.4%)
744	KWIATKOWSKI Michal	3931		M30	252	00:00:51	02:17:27	04:33:03.15	04:33:55.05	+02:19:43 (51.2%)	10:06	5.9 (48.4%)
745	KUREK Aleksandra	3095	IM	K20	51	00:00:51	02:25:29	04:33:05.20	04:33:56.25	+02:19:45 (51.2%)	10:06	5.9 (48.4%)
746	NAWROCKA Natalia	3528		K30	120	00:01:04	02:27:55	04:33:16.40	04:34:21.20	+02:19:57 (51.2%)	10:07	5.9 (48.4%)
747	KOŁODZIEJ Jacek	3258	NIGHT RUNNERS GLIWICE	M40	140	00:01:11	02:08:16	04:33:30.05	04:34:41.25	+02:20:10 (51.3%)	10:07	5.9 (48.4%)
748	RYŁKO Mariola	3650	SOLINA TEAM	K40	53	00:00:19	02:17:26	04:33:36.55	04:33:55.95	+02:20:17 (51.3%)	10:08	5.9 (48.4%)
749	PAUL Violetta	4024	NIGHT RUNNERS GLIWICE	K40	54	00:01:14	02:29:14	04:33:45.75	04:35:00.35	+02:20:26 (51.3%)	10:08	5.9 (48.4%)
749	BRZEZIŃSKA Teresa	3049	NIGHT RUNNERS GLIWICE	K40	55	00:01:14	02:33:30	04:33:45.75	04:35:00.65	+02:20:26 (51.3%)	10:08	5.9 (48.4%)
749	GABRYŚ Jolanta	3102	NIGHT RUNNERS GLIWICE	K40	56	00:01:14	02:33:31	04:33:45.75	04:35:00.60	+02:20:26 (51.3%)	10:08	5.9 (48.4%)
752	GIEDROJC Iwona	3629	PZU SPORT TEAM	K30	121	00:00:48	02:24:58	04:33:47.95	04:34:36.25	+02:20:28 (51.3%)	10:08	5.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
753	MAJOR Sandra	3725		K20	52	00:01:14	02:29:40	04:33:51.40	04:35:05.50	+02:20:32 (51.3%)	10:08	5.9 (48.4%)
754	PASIK Jacek	3678		M30	253	00:00:38	02:12:05	04:34:04.65	04:34:43.60	+02:20:45 (51.4%)	10:09	5.9 (48.4%)
755	MILDNER Jolanta	3387	BANK SPÓŁDZIELCZY JASTRZĘBIE ZDRÓJ	K40	57	00:01:05	02:26:08	04:34:10.80	04:35:16.20	+02:20:51 (51.4%)	10:09	5.9 (48.4%)
756	LIS Marcin	3752	OUTSIDERS KRAKÓW	M40	141	00:01:04	02:26:09	04:34:12.05	04:35:16.75	+02:20:52 (51.4%)	10:09	5.9 (48.4%)
757	SARNOWSKA Martyna	3503	NOWOMIESZCZANIE LUBIĄ BIEGANIE	K20	53	00:00:37	02:24:12	04:34:34.00	04:35:11.20	+02:21:14 (51.4%)	10:10	5.9 (48.4%)
757	IDZIAK Magdalena	3675	NOWOMIESZCZANIE LUBIĄ BIEGANIE	K30	122	00:00:37	02:24:13	04:34:34.00	04:35:11.20	+02:21:14 (51.4%)	10:10	5.9 (48.4%)
759	KOSTRZEWA Dariusz	3431		M20	89	00:00:34	02:21:41	04:34:40.50	04:35:14.60	+02:21:21 (51.5%)	10:10	5.9 (48.4%)
760	SOWA Jacek	3860	RKM SOPELEK	M30	254	00:00:37	02:11:39	04:34:41.80	04:35:19.20	+02:21:22 (51.5%)	10:10	5.9 (48.4%)
761	KOJAT Bartosz	3428		M30	255	00:00:20	02:21:25	04:34:43.75	04:35:04.55	+02:21:24 (51.5%)	10:10	5.9 (48.4%)
762	KIJOWSKA Małgorzata	3493	NIGHT RUNNERS	K30	123	00:01:09	02:31:03	04:34:45.30	04:35:54.45	+02:21:26 (51.5%)	10:10	5.9 (48.4%)
763	CIURZYNSKA Zuzanna	3409	RK ATHLETICS	K30	124	00:00:49	02:25:21	04:34:53.60	04:35:43.30	+02:21:34 (51.5%)	10:10	5.9 (48.4%)
764	KURAS- SMOLNIK Magdalena	3597	SIERADZBIEGA.PL	K30	125	00:00:44	02:25:19	04:34:58.85	04:35:43.00	+02:21:39 (51.5%)	10:11	5.9 (48.4%)
765	KRASOŃ Janusz	3971	RKM SOPELEK	M30	256	00:00:37	02:11:39	04:35:04.75	04:35:42.40	+02:21:45 (51.5%)	10:11	5.9 (48.4%)
766	GOMÓLKA Wiesław	3972	RKM SOPELEK	M50	30	00:00:37	02:11:39	04:35:04.90	04:35:42.40	+02:21:45 (51.5%)	10:11	5.9 (48.4%)
767	MARKIEWICZ Tomasz	3444	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	142	00:01:32	02:28:03	04:35:19.75	04:36:52.25	+02:22:00 (51.6%)	10:11	5.9 (48.4%)
768	MARCOL Dominika	3716	RYBNICKA GRUPA BIEGOWA	K20	54	00:01:31	02:28:04	04:35:20.10	04:36:51.90	+02:22:00 (51.6%)	10:11	5.9 (48.4%)
769	ZIEMECKI Piotr	3703	HAPPY WIFE HAPPY LIFE	M30	257	00:01:18	02:21:30	04:35:24.40	04:36:43.35	+02:22:05 (51.6%)	10:12	5.9 (48.4%)
770	ZABŁOCKA Magdalena	3720	PAMIĘTNIK BIEGAJĄCEJ DZIEWCZYNY	K30	126	00:01:41	02:29:21	04:35:55.95	04:37:37.35	+02:22:36 (51.7%)	10:13	5.9 (48.4%)
771	PIECUCH Kinga	3160	JEST MOC!	K30	127	00:00:11	02:23:17	04:36:21.65	04:36:32.70	+02:23:02 (51.8%)	10:14	5.9 (48.4%)
772	GAC-KARELUS Katarzyna	3850	NOWOSARZYŃSKA GRUPA BIEGOWA	K30	128	00:01:19	02:31:13	04:37:28.10	04:38:47.10	+02:24:08 (52.0%)	10:16	5.8 (47.5%)
773	MICHALCZYK Marcin	3021	MONSTON SPORT TEAM	M40	143	00:00:47	02:17:31	04:37:32.55	04:38:20.05	+02:24:13 (52.0%)	10:16	5.8 (47.5%)
774	GADOMSKA Anna	3034	PZU SPORT TEAM	K30	129	00:00:47	02:17:31	04:37:32.60	04:38:20.20	+02:24:13 (52.0%)	10:16	5.8 (47.5%)
775	BALCERZAK Michał	3818		M30	258	00:01:42	02:24:55	04:37:50.85	04:39:33.60	+02:24:31 (52.0%)	10:17	5.8 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
776	GĘBALA Leszek	3151		M60	7	00:01:20	02:23:29	04:38:10.55	04:39:30.95	+02:24:51 (52.1%)	10:18	5.8 (47.5%)
777	GŁADYSZ Urszula	3836		K20	55	00:01:28	02:31:08	04:38:29.40	04:39:57.80	+02:25:10 (52.1%)	10:18	5.8 (47.5%)
778	GŁADYSZ Agnieszka	3947		K20	56	00:01:28	02:31:08	04:38:29.60	04:39:57.80	+02:25:10 (52.1%)	10:18	5.8 (47.5%)
779	ŚNIATAŁA Natalia	3494		K20	57	00:01:14	02:19:16	04:38:33.65	04:39:48.50	+02:25:14 (52.1%)	10:19	5.8 (47.5%)
780	MATOGA Lucyna	3429		K40	58	00:01:21	02:31:41	04:38:34.15	04:39:55.60	+02:25:14 (52.1%)	10:19	5.8 (47.5%)
781	MATUZIK Mateusz	3758	NIGHT RUNNERS	M20	90	00:01:08	02:24:38	04:38:42.20	04:39:50.25	+02:25:22 (52.2%)	10:19	5.8 (47.5%)
782	GÓRZYŃSKI Paweł	3524		M30	259	00:00:56	02:29:18	04:38:44.10	04:39:40.55	+02:25:24 (52.2%)	10:19	5.8 (47.5%)
783	GNIOT Joanna	3563	DIABELKOWA AŚ	K40	59	00:00:25	02:27:07	04:39:17.85	04:39:43.55	+02:25:58 (52.3%)	10:20	5.8 (47.5%)
784	ŁAGOWSKA Magdalena	3028	PRALINY Z PONURZYCY	K20	58	00:00:40	02:24:17	04:39:57.40	04:40:37.70	+02:26:38 (52.4%)	10:22	5.8 (47.5%)
785	KOZERA Marcin	3064	CALYPSO PIŁA	M30	260	00:01:17	02:38:19	04:40:00.50	04:41:18.15	+02:26:41 (52.4%)	10:22	5.8 (47.5%)
786	SOKULSKI Marcin	3094	RED TIGER	M30	261	00:00:38	02:09:14	04:40:13.00	04:40:51.35	+02:26:53 (52.4%)	10:22	5.8 (47.5%)
787	SZPORNA Darek	3196		M40	144	00:01:41	02:42:26	04:41:17.45	04:42:58.95	+02:27:58 (52.6%)	10:25	5.8 (47.5%)
788	SOŻYŃSKI Maciej	3408		M50	31	00:01:39	02:42:16	04:41:19.65	04:42:59.15	+02:28:00 (52.6%)	10:25	5.8 (47.5%)
789	TANJGA Konstancja	3691	PLL LOT	K30	130	00:01:13	02:32:07	04:41:25.50	04:42:38.65	+02:28:06 (52.6%)	10:25	5.8 (47.5%)
790	LISSEWSKA Konstancja	3722	REWOR.WORDPRESS.COM	K30	131	00:01:41	02:29:23	04:41:27.90	04:43:09.85	+02:28:08 (52.6%)	10:25	5.8 (47.5%)
791	LASKOWSKA Maja	3231	RUNNERSCLUB.PL	K30	132	00:00:45	02:30:50	04:41:48.10	04:42:33.85	+02:28:28 (52.7%)	10:26	5.7 (46.7%)
792	DREWNIK Małgorzata	3343	OBOZYBIEGOWE.PL	K30	133	00:00:50	02:22:23	04:41:57.40	04:42:47.75	+02:28:38 (52.7%)	10:26	5.7 (46.7%)
793	KORWIN-MIKKE Kacper	3761	BLUE DOGS	M40	145	00:00:29	02:15:59	04:41:59.65	04:42:29.55	+02:28:40 (52.7%)	10:26	5.7 (46.7%)
794	KUBIAK Dariusz	3402	BIEGACZ NOWOSOLNA	M30	262	00:00:56	02:20:25	04:42:04.00	04:43:00.00	+02:28:44 (52.7%)	10:26	5.7 (46.7%)
795	ROGALA Magdalena	3993		K30	134	00:00:16	02:25:11	04:42:04.20	04:42:20.30	+02:28:44 (52.7%)	10:26	5.7 (46.7%)
796	WALENTYNOWICZ Marzena	3178		K30	135	00:00:46	02:30:00	04:42:14.50	04:43:00.55	+02:28:55 (52.8%)	10:27	5.7 (46.7%)
797	RZEŹNICZEK Krzysztof	3950		M30	263	00:00:20	02:08:50	04:42:29.65	04:42:50.45	+02:29:10 (52.8%)	10:27	5.7 (46.7%)
798	ROSIEK Anna	3921	USTRZYKI DOLNE	K30	136	00:00:51	02:32:26	04:42:52.45	04:43:44.35	+02:29:33 (52.9%)	10:28	5.7 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
799	SZKUTA Adrianna	3221	NKB CHYŻY NOWY TOMYŚL	K30	137	00:01:01	02:29:43	04:43:02.05	04:44:03.80	+02:29:42 (52.9%)	10:28	5.7 (46.7%)
800	AURZECKI Mateusz	3166		M20	91	00:01:33	02:23:20	04:43:09.60	04:44:43.10	+02:29:50 (52.9%)	10:29	5.7 (46.7%)
801	POLAK Michalina	3051		K20	59	00:01:32	02:25:22	04:44:24.80	04:45:57.00	+02:31:05 (53.1%)	10:32	5.7 (46.7%)
802	DOMINIAK Waldemar	3337	SŁYNNI KENIJCZYCY	M40	146	00:01:09	02:32:39	04:44:25.65	04:45:34.85	+02:31:06 (53.1%)	10:32	5.7 (46.7%)
803	JAŚKIEWICZ Szymon	3622	SŁYNNI KENIJCZYCY	M20	92	00:01:09	02:32:36	04:44:27.35	04:45:36.55	+02:31:08 (53.1%)	10:32	5.7 (46.7%)
804	MALCZEWSKA Anna	3621	SŁYNNI KENIJCZYCY	K30	138	00:01:09	02:32:35	04:44:27.50	04:45:36.80	+02:31:08 (53.1%)	10:32	5.7 (46.7%)
805	ZACHARZYŃSKA Katarzyna	3080	ORANGE POLSKA	K30	139	00:00:45	02:38:53	04:44:33.70	04:45:19.00	+02:31:14 (53.1%)	10:32	5.7 (46.7%)
806	MAZIEC Dariusz	3220	NKB CHYŻY NOWY TOMYŚL	M30	264	00:01:03	02:31:14	04:44:41.15	04:45:44.15	+02:31:21 (53.2%)	10:32	5.7 (46.7%)
807	MAZIAKOWSKI Krzysztof	4025	MAZIAKOWSKI RUNNING TEAM	M40	147	00:01:32	02:26:59	04:44:44.25	04:46:16.25	+02:31:24 (53.2%)	10:32	5.7 (46.7%)
808	WYSOKIŃSKI Jerzy	3111	ORANGE POLSKA	M50	32	00:00:47	02:38:54	04:44:45.80	04:45:33.30	+02:31:26 (53.2%)	10:32	5.7 (46.7%)
809	RYNKOWSKA Magdalena	3469		K40	60	00:00:46	02:27:58	04:44:50.50	04:45:37.10	+02:31:31 (53.2%)	10:33	5.7 (46.7%)
810	GRZYBOWSKA Wiktoria	3605		K20	60	00:00:57	02:27:02	04:44:55.40	04:45:52.80	+02:31:36 (53.2%)	10:33	5.7 (46.7%)
811	DĄBROWSKI Sławomir	3639		M40	148	00:00:57	02:27:03	04:44:55.75	04:45:53.30	+02:31:36 (53.2%)	10:33	5.7 (46.7%)
812	KWIECIŃSKI Łukasz	3555		M30	265	00:00:34	02:23:30	04:45:09.85	04:45:44.75	+02:31:50 (53.2%)	10:33	5.7 (46.7%)
813	CICHECKA Anna	3421		K40	61	00:00:26	02:30:49	04:45:16.45	04:45:42.80	+02:31:57 (53.3%)	10:33	5.7 (46.7%)
814	JĘDRYS Marta	3554	BBM KIELCE/ ZABIEGANI	K30	140	00:01:21	02:30:34	04:46:15.40	04:47:36.75	+02:32:56 (53.4%)	10:36	5.7 (46.7%)
815	CZEPIEC Agata	3292		K30	141	00:01:07	02:34:55	04:46:31.60	04:47:39.40	+02:33:12 (53.5%)	10:36	5.7 (46.7%)
816	KUCAB - KLICH Katarzyna	3653		K30	142	00:01:23	02:26:58	04:47:17.80	04:48:41.65	+02:33:58 (53.6%)	10:38	5.6 (45.9%)
817	KARAŚ Robert	3395	AXA RUNNING TEAM	M30	266	00:01:28	02:40:33	04:47:18.35	04:48:46.75	+02:33:59 (53.6%)	10:38	5.6 (45.9%)
818	MIKULAK Jakub	3936		M30	267	00:00:27	02:19:31	04:47:40.85	04:48:08.40	+02:34:21 (53.7%)	10:39	5.6 (45.9%)
819	FABIANOWICZ Przemysław	3041		M30	268	00:01:04	02:22:40	04:48:00.60	04:49:05.20	+02:34:41 (53.7%)	10:40	5.6 (45.9%)
820	TOMASZEWSKA Magda	3398		K30	143	00:00:40	02:34:30	04:48:07.45	04:48:47.75	+02:34:48 (53.7%)	10:40	5.6 (45.9%)
821	WEŁPA Katarzyna	3786		K40	62	00:00:47	02:28:33	04:48:08.45	04:48:56.40	+02:34:49 (53.7%)	10:40	5.6 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
822	STARZYŃSKA Marta	3509	PERFECT RUNNER LUBLIN	K40	63	00:00:41	02:30:31	04:48:16.90	04:48:58.80	+02:34:57 (53.8%)	10:40	5.6 (45.9%)
823	MATAREWICZ-WIAK Maryna	3223	TASOWANIE	K30	144	00:01:20	02:21:15	04:48:31.90	04:49:52.10	+02:35:12 (53.8%)	10:41	5.6 (45.9%)
824	DEJA Andrzej	3061		M50	33	00:00:58	02:14:49	04:48:52.10	04:49:50.85	+02:35:32 (53.8%)	10:41	5.6 (45.9%)
825	KOPICZKO Mariusz	4021		M20	93	00:00:25	02:20:18	04:48:58.85	04:49:23.90	+02:35:39 (53.9%)	10:42	5.6 (45.9%)
826	POLISHCHUK Mariya	3045		K20	61	00:00:24	02:20:17	04:48:59.55	04:49:24.05	+02:35:40 (53.9%)	10:42	5.6 (45.9%)
827	KOTLIŃSKI Łukasz	3739		M20	94	00:00:48	02:21:44	04:49:32.45	04:50:21.00	+02:36:13 (54.0%)	10:43	5.6 (45.9%)
828	ŁUKASZEWSKI Szymon	3228	RUN EXPERT LEJDIS	M40	149	00:01:20	02:26:49	04:49:43.65	04:51:04.20	+02:36:24 (54.0%)	10:43	5.6 (45.9%)
829	DOWLASZEWICZ Małgorzata	3764		K30	145	00:01:24	02:32:00	04:49:58.20	04:51:22.35	+02:36:38 (54.0%)	10:44	5.6 (45.9%)
830	KOZŁOWSKA Anna	3571	VEGE RUNNERS	K20	62	00:01:17	02:33:03	04:50:10.75	04:51:27.90	+02:36:51 (54.1%)	10:44	5.6 (45.9%)
831	MATRASZEK Jakub	3562	VEGE RUNNERS	M30	269	00:01:16	02:33:05	04:50:11.00	04:51:27.90	+02:36:51 (54.1%)	10:44	5.6 (45.9%)
832	MINIUR Małgorzata	3152	BIEGNĘ	K40	64	00:01:01	02:30:39	04:50:13.40	04:51:14.95	+02:36:54 (54.1%)	10:44	5.6 (45.9%)
833	NOSAL Hanna	3214	BIEGNĘ	K30	146	00:01:01	02:30:39	04:50:13.90	04:51:15.55	+02:36:54 (54.1%)	10:44	5.6 (45.9%)
834	GIURG Grzegorz	3454		M30	270	00:01:13	02:30:59	04:50:32.05	04:51:45.10	+02:37:12 (54.1%)	10:45	5.6 (45.9%)
835	ZAWADZKA Marzena	4060	4RUN TEAM PIŁA	K40	65	00:01:04	02:32:32	04:50:42.95	04:51:47.85	+02:37:23 (54.1%)	10:46	5.6 (45.9%)
836	MAGER Bartosz	3438		M40	150	00:01:26	02:21:33	04:50:49.55	04:52:15.60	+02:37:30 (54.2%)	10:46	5.6 (45.9%)
837	KARBARZ Filip	3255		M40	151	00:01:26	02:21:35	04:50:49.75	04:52:16.15	+02:37:30 (54.2%)	10:46	5.6 (45.9%)
838	PAJĄK Karolina	3865	PUSZCZYK BUKOWY	K30	147	00:00:22	02:43:41	04:50:52.45	04:51:14.75	+02:37:33 (54.2%)	10:46	5.6 (45.9%)
839	MOŹDŻONEK Anna	3294		K30	148	00:01:30	02:30:26	04:50:54.00	04:52:24.00	+02:37:34 (54.2%)	10:46	5.6 (45.9%)
840	KLISZ Agnieszka	3595	CROSSFIT LUBLIN	K30	149	00:01:24	02:31:55	04:51:05.55	04:52:30.50	+02:37:46 (54.2%)	10:46	5.6 (45.9%)
841	BARCZAK Sylwia	4032	PERFECT RUNNER LUBLIN	K30	150	00:00:59	02:36:44	04:51:28.15	04:52:28.05	+02:38:08 (54.3%)	10:47	5.6 (45.9%)
842	KAPUSTA Grzegorz	3715	SM RYKI	M50	34	00:00:43	02:25:09	04:52:30.65	04:53:14.30	+02:39:11 (54.4%)	10:50	5.5 (45.1%)
843	KĘPKA Robert	3201	BIEGUSIEM.PL	M30	271	00:00:42	02:25:11	04:52:31.80	04:53:14.30	+02:39:12 (54.4%)	10:50	5.5 (45.1%)
844	SZWEDA-LEWANDOWSKA Zofia	3770		K30	151	00:00:35	02:30:21	04:52:38.60	04:53:14.35	+02:39:19 (54.4%)	10:50	5.5 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
845	JAWOROWICZ Tomasz	3397	KALIŃSKA TEAM	M30	272	00:01:36	02:32:20	04:53:41.50	04:55:18.00	+02:40:22 (54.6%)	10:52	5.5 (45.1%)
846	JABŁKIEWICZ Rafał	4051		M30	273	00:01:32	02:44:50	04:53:49.25	04:55:22.05	+02:40:29 (54.6%)	10:52	5.5 (45.1%)
847	AURZECKI Łukasz	3182		M30	274	00:01:35	02:39:24	04:54:22.80	04:55:58.75	+02:41:03 (54.7%)	10:54	5.5 (45.1%)
848	KRAKOWSKA - TWORZYDŁO Katarzyna	3529	NIGHT RUNNERS KRAKÓW	K40	66	00:00:53	02:40:22	04:54:27.30	04:55:20.30	+02:41:08 (54.7%)	10:54	5.5 (45.1%)
849	TWORZYDŁO Paweł	3560		M40	152	00:00:52	02:40:37	04:54:27.55	04:55:20.50	+02:41:08 (54.7%)	10:54	5.5 (45.1%)
850	WIKTOREK Jadwiga	3873	ŁÓDŹ RUNNING TEAM	K60	2	00:00:37	02:28:58	04:54:28.20	04:55:05.60	+02:41:08 (54.7%)	10:54	5.5 (45.1%)
851	JAKUBOWSKI Piotr	3287	DZIKIE GRUBASY SZATANA	M20	95	00:01:37	02:39:22	04:54:28.75	04:56:05.75	+02:41:09 (54.7%)	10:54	5.5 (45.1%)
852	PAWELEC Andrzej	3872	NIEZRZESZONY	M50	35	00:00:37	02:28:59	04:54:30.20	04:55:07.75	+02:41:10 (54.7%)	10:54	5.5 (45.1%)
853	DYKMAN Małgorzata	3804	PILATES POWER	K20	63	00:01:17	02:36:41	04:55:09.50	04:56:26.85	+02:41:50 (54.8%)	10:55	5.5 (45.1%)
854	KOSTRZEWA Elwira	3401	PZU SPORT TEAM	K40	67	00:00:48	02:33:41	04:55:24.50	04:56:13.20	+02:42:05 (54.9%)	10:56	5.5 (45.1%)
855	BAK Andrzej	3576	BOOT CAMP POLSKA	M40	153	00:00:55	02:30:46	04:55:31.00	04:56:26.90	+02:42:11 (54.9%)	10:56	5.5 (45.1%)
856	ŚLUSARSKA Włodzimierz	3773		M50	36	00:01:23	02:11:44	04:55:37.80	04:57:01.50	+02:42:18 (54.9%)	10:56	5.5 (45.1%)
857	POSIŁA Joanna	3856	POLSKA	K30	152	00:01:06	02:35:08	04:55:53.30	04:56:59.65	+02:42:34 (54.9%)	10:57	5.5 (45.1%)
858	BORKOWSKI Mariusz	3677		M40	154	00:00:36	02:19:20	04:55:54.05	04:56:30.80	+02:42:34 (54.9%)	10:57	5.5 (45.1%)
859	SZOŁTYSEK Beata	3546		K40	68	00:02:26	02:40:23	04:56:02.30	04:58:29.15	+02:42:43 (55.0%)	10:57	5.5 (45.1%)
860	ŻYWIECKI Szymon	3803		M30	275	00:00:32	02:35:40	04:56:03.60	04:56:36.10	+02:42:44 (55.0%)	10:57	5.5 (45.1%)
861	SZOŁTYSEK Wojciech	3558		M40	155	00:02:23	02:40:26	04:56:05.80	04:58:28.90	+02:42:46 (55.0%)	10:57	5.5 (45.1%)
862	NIZIOŁEK Marek	3747	DAMY RADE	M40	156	00:01:16	02:36:38	04:56:06.80	04:57:23.20	+02:42:47 (55.0%)	10:58	5.5 (45.1%)
863	NIZIOŁEK Gabriela	3744	DAMY RADE	K30	153	00:01:16	02:36:56	04:56:06.95	04:57:23.05	+02:42:47 (55.0%)	10:58	5.5 (45.1%)
864	GRANICA Dani	3303	VIRTUAL RUNNER CLUB	K40	69	00:00:24	02:35:11	04:56:10.10	04:56:34.70	+02:42:50 (55.0%)	10:58	5.5 (45.1%)
865	JODKO Magda	3158		K40	70	00:00:24	02:39:01	04:56:10.55	04:56:35.00	+02:42:51 (55.0%)	10:58	5.5 (45.1%)
866	IGNASZEWSKI Przemysław	3568		M30	276	00:00:24	02:39:09	04:56:10.60	04:56:34.80	+02:42:51 (55.0%)	10:58	5.5 (45.1%)
867	MAŃKOWSKI Krzysztof	3241	12TRI.PL MAKERUNEASIER	M30	277	00:00:23	02:39:01	04:56:11.10	04:56:35.00	+02:42:51 (55.0%)	10:58	5.5 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
868	HEJMAN Maciej	4005	WKURW_TEAM	M40	157	00:01:02	02:23:59	04:56:45.30	04:57:47.90	+02:43:26 (55.1%)	10:59	5.5 (45.1%)
869	FIUK Krzysztof	3436	BIJ	M50	37	00:01:21	02:36:38	04:56:55.95	04:58:17.40	+02:43:36 (55.1%)	10:59	5.5 (45.1%)
870	SADZA Adrianna	3689		K30	154	00:01:21	02:35:23	04:56:56.15	04:58:17.50	+02:43:36 (55.1%)	10:59	5.5 (45.1%)
871	ZIÓŁEK Teresa	4042	BANDA GRUDNIA	K50	7	00:01:24	02:38:36	04:57:53.15	04:59:17.75	+02:44:33 (55.2%)	11:01	5.4 (44.3%)
872	NAGAŃSKA-PILAK Małgorzata	3293		K50	8	00:01:13	02:40:21	04:58:06.00	04:59:19.60	+02:44:46 (55.3%)	11:02	5.4 (44.3%)
872	PILAK Zbigniew	3291		M50	38	00:01:13	02:40:22	04:58:06.00	04:59:19.75	+02:44:46 (55.3%)	11:02	5.4 (44.3%)
874	KAYYALI Mira	4028		K20	64	00:00:59	02:29:50	04:58:20.50	04:59:19.50	+02:45:01 (55.3%)	11:02	5.4 (44.3%)
875	MAJOS Małgorzata	3991		K40	71	00:01:20	02:28:49	04:58:29.65	04:59:50.20	+02:45:10 (55.3%)	11:03	5.4 (44.3%)
876	WRÓBLEWSKA Joanna	3904	OTK RZEŹNIK	K60	3	00:01:42	02:39:38	04:58:40.45	05:00:23.35	+02:45:21 (55.4%)	11:03	5.4 (44.3%)
877	FURMAN Agnieszka	3053		K30	155	00:01:13	02:41:38	04:59:10.00	05:00:23.80	+02:45:50 (55.4%)	11:04	5.4 (44.3%)
878	JANICKA Aneta	3486	PRO-RUN WROCŁAW	K40	72	00:01:40	02:36:58	04:59:16.10	05:00:57.05	+02:45:56 (55.5%)	11:05	5.4 (44.3%)
879	MIROCHA Michał	3351	NIGHT RUNNERS	M30	278	00:01:09	02:31:04	04:59:26.25	05:00:35.45	+02:46:06 (55.5%)	11:05	5.4 (44.3%)
880	KARPIŃSKI Paweł	3755		M30	279	00:01:38	02:39:21	05:00:11.30	05:01:49.80	+02:46:52 (55.6%)	11:07	5.4 (44.3%)
881	GAŚIOROWSKA Dorota	3078	WARSZAWA	K40	73	00:01:24	02:40:21	05:00:25.85	05:01:50.55	+02:47:06 (55.6%)	11:07	5.4 (44.3%)
882	MAĆZKA Krystyna	3003	OTK RZEŹNIK	K60	4	00:00:46	02:39:27	05:01:03.20	05:01:49.65	+02:47:43 (55.7%)	11:09	5.4 (44.3%)
883	CYWIŃSKI Bartłomiej	3396	PRO-RUN WROCŁAW	M30	280	00:01:41	02:36:58	05:01:43.30	05:03:24.45	+02:48:24 (55.8%)	11:10	5.4 (44.3%)
884	TURCZANIK Aneta	3411		K40	74	00:01:26	02:33:23	05:01:48.95	05:03:15.90	+02:48:29 (55.8%)	11:10	5.4 (44.3%)
885	PIKOR Agata	3427	POLSKA	K40	75	00:01:26	02:33:21	05:01:49.05	05:03:15.90	+02:48:29 (55.8%)	11:10	5.4 (44.3%)
886	TWARDOSZ Maja	3566		K40	76	00:01:03	02:39:29	05:02:12.05	05:03:15.25	+02:48:52 (55.9%)	11:11	5.4 (44.3%)
887	BAUMANN-POPCZYK Anna	3311		K30	156	00:01:00	02:39:08	05:02:23.45	05:03:23.65	+02:49:04 (55.9%)	11:11	5.4 (44.3%)
888	TABAT Leszek	3222		M30	281	00:00:59	02:38:19	05:02:27.15	05:03:26.75	+02:49:07 (55.9%)	11:12	5.4 (44.3%)
889	KOZICKI Paweł	3179		M30	282	00:01:35	02:39:03	05:03:04.65	05:04:40.10	+02:49:45 (56.0%)	11:13	5.3 (43.4%)
890	JAWORSKI Bartłomiej	3559	BOOT CAMP POLSKA	M20	96	00:00:55	02:31:13	05:03:51.95	05:04:47.45	+02:50:32 (56.1%)	11:15	5.3 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
891	BINIAŚ -PASTUSIAK Anna	3067		K30	157	00:00:42	02:39:22	05:04:01.70	05:04:43.80	+02:50:42 (56.1%)	11:15	5.3 (43.4%)
892	BRONOWICKA Dorota	3510		K20	65	00:00:31	02:20:18	05:04:14.40	05:04:45.40	+02:50:55 (56.2%)	11:16	5.3 (43.4%)
893	DECZKOWSKI Dariusz	3530	METRO WARSZAWSKIE	M40	158	00:01:19	02:43:30	05:04:29.10	05:05:48.80	+02:51:09 (56.2%)	11:16	5.3 (43.4%)
894	PIOTROWSKA Urszula	3726		K30	158	00:01:26	02:44:41	05:04:41.70	05:06:08.15	+02:51:22 (56.2%)	11:17	5.3 (43.4%)
895	SZYSZKA Monika	3975	TRUCHTACZ.PL	K40	77	00:01:26	02:44:41	05:04:45.80	05:06:12.00	+02:51:26 (56.3%)	11:17	5.3 (43.4%)
896	ŁOSIEWICZ Anna	3662	MORENKA TEAM	K30	159	00:00:53	02:32:28	05:04:59.05	05:05:52.90	+02:51:39 (56.3%)	11:17	5.3 (43.4%)
897	KASPRZAK Beata	3123	RUN EXPERT LEJDIS	K40	78	00:00:22	02:43:37	05:05:03.85	05:05:26.45	+02:51:44 (56.3%)	11:17	5.3 (43.4%)
898	MZYK Fabian	3312	BBL MIKOŁÓW	M40	159	00:00:53	02:31:49	05:05:05.75	05:05:59.65	+02:51:46 (56.3%)	11:18	5.3 (43.4%)
899	MIERZEJEWSKI Jacek	4023	AMATOR	M40	160	00:00:39	02:38:58	05:06:18.50	05:06:58.05	+02:52:59 (56.5%)	11:20	5.3 (43.4%)
900	GORGOL Renata	3515	RUN BYDGOSZCZ	K40	79	00:00:56	02:36:35	05:06:35.60	05:07:31.70	+02:53:16 (56.5%)	11:21	5.3 (43.4%)
901	CIECIERA Paweł	3011	PRZEŁAJOWIEC.PL	M40	161	00:01:29	02:37:26	05:07:17.55	05:08:46.95	+02:53:58 (56.6%)	11:22	5.3 (43.4%)
902	CIECIERA Aneta	3955	PRZELAJOWIEC.PL	K40	80	00:01:29	02:37:25	05:07:17.75	05:08:47.15	+02:53:58 (56.6%)	11:22	5.3 (43.4%)
903	ŚWIECZKOWSKI Wiesław	3757		M30	283	00:00:57	02:37:11	05:07:27.10	05:08:25.00	+02:54:07 (56.6%)	11:23	5.3 (43.4%)
904	BALCERZAK Krysia	3202		K50	9	00:01:41	02:42:20	05:07:36.40	05:09:17.60	+02:54:17 (56.7%)	11:23	5.3 (43.4%)
905	SOZYNSKA Edyta	3399		K40	81	00:01:38	02:42:19	05:07:38.40	05:09:17.30	+02:54:19 (56.7%)	11:23	5.3 (43.4%)
906	WIŚNIEWSKI Paweł	3240	NIGHT RUNNERS GLIWICE	M20	97	00:01:15	02:20:08	05:08:20.20	05:09:35.40	+02:55:00 (56.8%)	11:25	5.3 (43.4%)
907	CABAJ Rafał	3736	BIEGUSIEM.PL	M30	284	00:01:32	02:29:11	05:08:39.05	05:10:11.10	+02:55:19 (56.8%)	11:25	5.2 (42.6%)
908	ZAMIATOWSKA Kinga	3585	RUN BYDGOSZCZ	K30	160	00:00:16	02:34:22	05:08:56.40	05:09:12.80	+02:55:37 (56.8%)	11:26	5.2 (42.6%)
909	KONOPIŃSKA Agnieszka	3466	RUN BYDGOSZCZ	K30	161	00:00:16	02:34:32	05:08:56.70	05:09:12.70	+02:55:37 (56.8%)	11:26	5.2 (42.6%)
910	BASARAB Grzegorz	3496		M40	162	00:00:17	02:18:53	05:08:57.80	05:09:15.45	+02:55:38 (56.8%)	11:26	5.2 (42.6%)
911	GADOMSKA Martyna	3058	BRAK	K30	162	00:00:46	02:43:23	05:09:28.55	05:10:14.65	+02:56:09 (56.9%)	11:27	5.2 (42.6%)
912	SANKOWSKA Anna	3181		K20	66	00:00:45	02:43:25	05:09:31.80	05:10:17.70	+02:56:12 (56.9%)	11:27	5.2 (42.6%)
913	SZACHNOWSKA Justyna	3210	ALBATROSY	K30	163	00:01:11	02:39:06	05:11:12.35	05:12:23.75	+02:57:53 (57.2%)	11:31	5.2 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
914	GURECZNY Krzysztof	3283	ALBATROSY	M30	285	00:01:11	02:39:06	05:11:12.45	05:12:24.05	+02:57:53 (57.2%)	11:31	5.2 (42.6%)
915	MIKOŁAJCZEWSKI Krzysztof	3211		M30	286	00:00:57	02:43:54	05:11:35.85	05:12:33.15	+02:58:16 (57.2%)	11:32	5.2 (42.6%)
916	SKOCZYLAS Artur	4037	WIĄZOWNA	M40	163	00:01:31	02:37:48	05:11:42.35	05:13:14.00	+02:58:23 (57.2%)	11:32	5.2 (42.6%)
917	RATKA Roma	3056	CALYPSO PIŁA	K30	164	00:01:18	02:38:19	05:11:45.75	05:13:04.25	+02:58:26 (57.2%)	11:32	5.2 (42.6%)
918	MALEC Barbara	3373		K50	10	00:01:24	02:31:05	05:12:33.00	05:13:57.65	+02:59:13 (57.3%)	11:34	5.2 (42.6%)
919	LIPIŃSKA Żaneta	3748	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	82	00:01:12	02:39:11	05:12:56.35	05:14:09.25	+02:59:37 (57.4%)	11:35	5.2 (42.6%)
920	KUCHARCZYK Radosław	3549		M30	287	00:01:06	02:45:13	05:13:05.10	05:14:11.15	+02:59:45 (57.4%)	11:35	5.2 (42.6%)
921	REJENT Bartosz	3545		M30	288	00:01:06	02:45:12	05:13:11.70	05:14:17.85	+02:59:52 (57.4%)	11:35	5.2 (42.6%)
922	BALCEWICZ Marcin	3212	CALYPSO PIŁA	M30	289	00:01:17	02:43:20	05:13:24.40	05:14:42.15	+03:00:05 (57.5%)	11:36	5.2 (42.6%)
923	SIERAKOWSKA Małgorzata	3085	CALYPSO	K50	11	00:01:18	02:38:19	05:14:27.60	05:15:45.90	+03:01:08 (57.6%)	11:38	5.2 (42.6%)
924	WYSZYŃSKA Małgorzata	4017		K50	12	00:01:03	02:47:04	05:16:19.10	05:17:22.30	+03:02:59 (57.9%)	11:42	5.1 (41.8%)
925	SADOWIŃSKA Adriana	3167	POKOJOWY PATROL	K40	83	00:00:33	02:46:34	05:16:27.55	05:17:01.15	+03:03:08 (57.9%)	11:43	5.1 (41.8%)
926	STASIAK Waldemar	3092		M40	164	00:00:59	02:47:04	05:16:36.25	05:17:35.50	+03:03:16 (57.9%)	11:43	5.1 (41.8%)
927	MIŁOSZ Maria	3170		K20	67	00:00:39	02:49:50	05:16:55.75	05:17:34.95	+03:03:36 (57.9%)	11:44	5.1 (41.8%)
928	BAZIUK Aneta	3204	CALYPSO PIŁA	K30	165	00:01:18	02:31:50	05:19:10.75	05:20:29.25	+03:05:51 (58.2%)	11:49	5.1 (41.8%)
929	SABATOWSKA Magda	3410		K40	84	00:00:40	02:42:11	05:19:48.60	05:20:29.55	+03:06:29 (58.3%)	11:50	5.1 (41.8%)
930	RYMON Paweł	3168	CALYPSO PIŁA	M30	290	00:01:18	02:52:25	05:21:14.60	05:22:33.00	+03:07:55 (58.5%)	11:53	5 (41.0%)
931	ROZMARYNOWSKI Przemek	3177	CALYPSO	M20	98	00:01:18	02:44:53	05:21:21.80	05:22:39.95	+03:08:02 (58.5%)	11:54	5 (41.0%)
932	LECH Lesław	3876	DALEKO PONAD SOLINĄ	M30	291	00:01:22	02:34:55	05:21:32.05	05:22:54.60	+03:08:12 (58.5%)	11:54	5 (41.0%)
933	ROKITA Marek	3140	PARKRUN CHRZANÓW	M50	39	00:01:39	02:53:57	05:24:09.65	05:25:49.55	+03:10:50 (58.9%)	12:00	5 (41.0%)
934	SKRZYNIARZ Luiza	3074		K50	13	00:01:39	02:54:02	05:24:10.25	05:25:49.30	+03:10:50 (58.9%)	12:00	5 (41.0%)
935	SĘKOWSKA Dorota	4041	STOWARZYSZENIE MARATON LUBELSKI	K30	166	00:01:15	02:48:23	05:26:18.45	05:27:34.15	+03:12:59 (59.1%)	12:05	5 (41.0%)
936	ZAREMBA Andrzej	3369	AXA RUNNING TEAM	M20	99	00:01:28	02:49:44	05:26:21.05	05:27:49.45	+03:13:01 (59.1%)	12:05	5 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
937	JANAS Edyta	3112	IM	K40	85	00:00:51	02:59:23	05:26:31.60	05:27:22.95	+03:13:12 (59.2%)	12:05	5 (41.0%)
938	SŁOWIŃSKA Karolina	3022	IM	K30	167	00:00:51	02:51:07	05:26:31.80	05:27:23.00	+03:13:12 (59.2%)	12:05	5 (41.0%)
939	ZAWAL Patrycja	3038		K30	168	00:00:33	02:40:32	05:27:02.10	05:27:35.25	+03:13:42 (59.2%)	12:06	5 (41.0%)
940	ROGOWSKA-ROSZCZYK Magdalena	3310	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	169	00:00:23	02:45:35	05:27:14.95	05:27:38.90	+03:13:55 (59.3%)	12:07	5 (41.0%)
941	SZCZEPANIAK Lucyna	3100	CALYPSO PIŁA	K40	86	00:01:18	02:49:16	05:27:44.45	05:29:03.20	+03:14:25 (59.3%)	12:08	4.9 (40.2%)
942	POWIERŻA Adrian	3137	KOTEŁ TEAM	M20	100	00:00:48	02:17:37	05:28:10.65	05:28:59.20	+03:14:51 (59.4%)	12:09	4.9 (40.2%)
943	JASIŃSKA Justyna	3147	KOTEŁ TEAM	K20	68	00:00:48	02:17:38	05:28:11.10	05:28:59.35	+03:14:51 (59.4%)	12:09	4.9 (40.2%)
944	SNARSKA Katarzyna	4012	SPARTANIE DZIECIOM	K30	170	00:00:14	02:47:59	05:28:18.15	05:28:32.80	+03:14:58 (59.4%)	12:09	4.9 (40.2%)
945	RYBAŁTOWSKI Mirosław	3982		Mężczyźni	2	00:00:15	02:48:06	05:28:18.45	05:28:34.05	+03:14:59 (59.4%)	12:09	4.9 (40.2%)
946	KARPIŃSKI Robert	3898	SPARTANIE DZIECIOM	M40	165	00:00:16	02:49:28	05:28:18.65	05:28:34.90	+03:14:59 (59.4%)	12:09	4.9 (40.2%)
947	KOWALEWSKA Dorota	3825	SPARTANIE DZIECIOM	K40	87	00:00:14	02:49:10	05:28:18.75	05:28:33.45	+03:14:59 (59.4%)	12:09	4.9 (40.2%)
948	LEŚNIEWSKI Michał	3989	SPARTANIE DZIECIOM	M40	166	00:00:11	02:49:11	05:28:19.25	05:28:31.00	+03:14:59 (59.4%)	12:09	4.9 (40.2%)
949	SYPNIEWSKA Hanna	3282	SPARTANIE DZIECIOM	K60	5	00:00:12	02:44:30	05:28:19.60	05:28:32.30	+03:15:00 (59.4%)	12:09	4.9 (40.2%)
950	KĘCIK Janusz	3889	SPARTANIE DZIECIOM	M60	8	00:00:13	02:49:21	05:28:22.20	05:28:35.60	+03:15:02 (59.4%)	12:09	4.9 (40.2%)
951	POBŁOCKI Jan	3281	SPARTANIE DZIECIOM	M50	40	00:00:17	02:45:55	05:28:22.85	05:28:40.10	+03:15:03 (59.4%)	12:09	4.9 (40.2%)
952	GAŁĘZIAK Grzegorz	3890	SPARTANIE DZIECIOM	M40	167	00:00:10		05:28:30.15	05:28:40.85	+03:15:10 (59.4%)	12:10	4.9 (40.2%)
953	WOJCIECHOWSKI Michał	3956	SPARTANIE DZIECIOM	M40	168	00:00:11		05:28:30.25	05:28:41.45	+03:15:10 (59.4%)	12:10	4.9 (40.2%)
954	KAJAK Anna	3738	TRUCHTACZ.PL	K20	69	00:00:52	02:47:16	05:28:40.00	05:29:32.50	+03:15:20 (59.4%)	12:10	4.9 (40.2%)
955	G Maciej	3830	SPARTANIE DZIECIOM	M30	292	00:00:13	02:51:18	05:28:52.75	05:29:06.70	+03:15:33 (59.5%)	12:10	4.9 (40.2%)
956	MARONOEŁ Katarzyna	3230	SILESIA RUNNING TEAM / FESTIWAL BIEGÓW	K30	171	00:00:33	02:44:31	05:28:59.20	05:29:32.95	+03:15:39 (59.5%)	12:11	4.9 (40.2%)
957	CHOJNOWSKA Monika	3338	RUNNERSCLUB WARSZAWA/BIEGAM BO LUBIĘ ZĄBKI TEAM	K20	70	00:00:47	02:49:02	05:30:40.65	05:31:28.05	+03:17:21 (59.7%)	12:14	4.9 (40.2%)
958	MAZUR Klaudia	3507	MAZUR FAMILY	K20	71	00:00:28	02:51:16	05:31:58.00	05:32:26.80	+03:18:38 (59.8%)	12:17	4.9 (40.2%)
959	MAZUR Beata	3501	MAZUR FAMILY	K40	88	00:00:29	02:51:15	05:32:49.05	05:33:18.45	+03:19:29 (59.9%)	12:19	4.9 (40.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
960	KUKLINSKA Joanna	3985		K40	89	00:00:39	02:46:00	05:33:12.45	05:33:52.35	+03:19:53 (60.0%)	12:20	4.9 (40.2%)
961	CHACIŃSKA Marta	3261	DZIKIE GRUBASY	K30	172	00:01:37	02:39:20	05:33:54.95	05:35:32.60	+03:20:35 (60.1%)	12:22	4.9 (40.2%)
962	CHACIŃSKI Marcin	3260	DZIKIE GRUBASY	M30	293	00:01:37	02:39:20	05:33:55.55	05:35:32.65	+03:20:36 (60.1%)	12:22	4.9 (40.2%)
963	WIŚNIEWSKA Ewela	3327	TRENERBIEGANIA.PL	K30	173	00:01:24	02:51:57	05:43:54.35	05:45:19.30	+03:30:35 (61.2%)	12:44	4.7 (38.5%)
964	MAKOSA Konrad	3790	CROSSFIT ELEKTROMOC	M40	169	00:00:49	02:50:20	05:45:36.65	05:46:25.85	+03:32:17 (61.4%)	12:48	4.7 (38.5%)
965	KUŻMA Maciej	3550		M40	170	00:01:01	02:45:03	05:48:31.10	05:49:32.35	+03:35:11 (61.7%)	12:54	4.6 (37.7%)
966	BARANOWSKA-KUŻMA Monika	3561		K40	90	00:01:00	02:45:03	05:48:31.45	05:49:32.40	+03:35:12 (61.7%)	12:54	4.6 (37.7%)
967	WAŁEK Piotr	3811		M40	171	00:00:41	02:47:54	05:49:04.50	05:49:46.15	+03:35:45 (61.8%)	12:55	4.6 (37.7%)
968	LABA Anna	3932	IM	M30	294	00:00:52	02:59:26	05:55:14.55	05:56:07.00	+03:41:55 (62.5%)	13:09	4.6 (37.7%)
969	ROSIAK Agnieszka	3697	IM	K30	174	00:00:50	02:59:25	05:55:16.45	05:56:07.15	+03:41:57 (62.5%)	13:09	4.6 (37.7%)
970	ZAGROBELNA Magdalena	3826	DRUŻYNA SZPIKU	K30	175	00:01:02	03:18:14	06:00:48.00	06:01:50.40	+03:47:28 (63.0%)	13:21	4.5 (36.9%)
971	BORKOWSKA Ewa	3681		K60	6	00:01:33	03:17:43	06:01:16.90	06:02:50.35	+03:47:57 (63.1%)	13:22	4.5 (36.9%)
972	SOT Lucjan	3249		M50	41	00:00:05	02:59:55	06:05:48.70	06:05:54.25	+03:52:29 (63.6%)	13:32	4.4 (36.1%)
973	KUNA Katarzyna	3641	ROZBIEGANY SULEJÓWEK	K40	91	00:01:13	02:53:35	06:06:57.55	06:08:11.30	+03:53:38 (63.7%)	13:35	4.4 (36.1%)
974	HILLER Jerzy	3445	PERFECT RUNNER LUBLIN	M60	9	00:01:25	02:48:55	06:10:27.90	06:11:53.65	+03:57:08 (64.0%)	13:43	4.4 (36.1%)
975	PANCZENKO Kamil	3609		M20	101	00:00:57	03:08:16	06:19:21.60	06:20:19.20	+04:06:02 (64.9%)	14:03	4.3 (35.2%)
976	CHAŁUPA Ola	3060	KLUB BIEGACZA GOCH	K40	92	00:01:27	03:02:28	06:20:41.15	06:22:08.95	+04:07:21 (65.0%)	14:05	4.3 (35.2%)
977	CHAŁUPA Włodzimierz	3130	KLUB BIEGACZA GOCH	M30	295	00:01:27	03:02:29	06:20:41.55	06:22:08.75	+04:07:22 (65.0%)	14:05	4.3 (35.2%)
978	LACHTERA Karolina	3866	KB SOBÓTKA	K30	176	00:01:22	02:27:05	06:24:41.85	06:26:04.75	+04:11:22 (65.3%)	14:14	4.2 (34.4%)
979	SKRZYPCZAK Marta	3227	RUN EXPERT LEJDIS	K30	177	00:00:28	03:19:55	06:27:50.50	06:28:19.10	+04:14:31 (65.6%)	14:21	4.2 (34.4%)
980	KASPRZAK Magdalena	3226	RUN EXPERT LEJDIS	K40	93	00:00:27	03:19:41	06:27:51.50	06:28:19.20	+04:14:32 (65.6%)	14:21	4.2 (34.4%)
	MARCOL Wojciech	4050		M40		DNF	02:44:50 DNF	DNF	DNF		-	- (0.0%)
	ŁUBKOWSKI Adam	4002	POWERADE/KB WYSZKÓW	M40		DNF	02:59:32 DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
	CZARNECKA Jolanta	3648		K40		DNF	03:06:52 DNF	DNF	DNF	-	-	(0.0%)
	SKOCZYLAS Małgorzata	3229		K40		DNF	03:07:14 DNF	DNF	DNF	-	-	(0.0%)
	JANICKA Katarzyna	3801		K30		DNF	03:16:11 DNF	DNF	DNF	-	-	(0.0%)
	KOZAR Wojciech	3763		M40		DNF	DNF	DNF	DNF	-	-	(0.0%)
	FABIŃSKI Maciej	4044	VRC	M20		DNF	DNF	DNF	DNF	-	-	(0.0%)
	MIŚKIEWICZ Magdalena	3499	CITYRULERS SZCZECIN	K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	ADAMI Gabriele	3771		M30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOCZUŁA Justyna	3273		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	HYDZIK Łukasz	3516		M30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	STRZELECKI Artur	3651		M50		DNF	DNF	DNF	DNF	-	-	(0.0%)
	PEKACKI Robert	3356		M30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOŹNY Łukasz	3913		M30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	MARCINCZAK Anna	3333		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	KWIATKOWSKI Marek	4040		M40		DNF	DNF	DNF	DNF	-	-	(0.0%)
	PÓŁTORAK Katarzyna	3497		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	HOLOVIN Hanna	3290		K40		DNF	DNF	DNF	DNF	-	-	(0.0%)
	WIATER Krzysztof	3870		M40		DNF	DNF	DNF	DNF	-	-	(0.0%)
	ORNATOWSKI Michał	3388		M30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	KRUSZEWSKA-SENK Agnieszka	3464	OBOZYBIEGOWE.PL	K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	MICHALSKA Anna	3778		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 1002 wynik(ów)