

BIEG RZEŹNICZEK

B4SPORT

Organizator: OTK Rzeźnik
Data: 2015-06-06
Miejsce: Solinka - Cisna
Dystans: 27 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	POLAŃSKI Tomasz	705	B4SPORT	M40	1	01:09:34	02:17:45.60	02:17:45.60		5:06	11.8 (100%)
2	ŻYTO Maciej	18	POLSKABIEGA.PL	M40	2	01:15:22	02:25:52.30	02:25:52.30	+00:08:06 (5.6%)	5:24	11.1 (94.1%)
3	LUBASZEWSKI Zbigniew	698	AUGUSTÓW	M30	1	01:18:55	02:27:08.20	02:27:08.20	+00:09:22 (6.4%)	5:26	11 (93.2%)
4	RAKOCZY Marcin	17	KKL KIELCE- MOTOINTEGRATOR	M30	2	01:16:37	02:27:16.45	02:27:16.45	+00:09:30 (6.5%)	5:27	11 (93.2%)
5	GARDENER Jacek	885	JACEKBIEGA RUNNING TEAM	M40	3	01:17:45	02:30:37.80	02:30:37.80	+00:12:52 (8.5%)	5:34	10.8 (91.5%)
6	DĄBROWA Andrzej	20	ADB TEAM	M30	3	01:19:05	02:31:58.20	02:31:58.20	+00:14:12 (9.4%)	5:37	10.7 (90.7%)
7	BARCZYK Mariusz	24	OLKUSZBIEGA.PL	M30	4	01:18:39	02:34:25.55	02:34:25.55	+00:16:39 (10.8%)	5:43	10.5 (89.0%)
8	STĘPIEŃ Krzysztof	38	KORONA PABIANICE	M30	5	01:23:01	02:36:07.90	02:36:07.90	+00:18:22 (11.8%)	5:46	10.4 (88.1%)
9	KAROLKIEWICZ Daniel	15	ENTRE.PL TEAM	M20	1	01:12:19	02:37:53.55	02:37:53.55	+00:20:07 (12.8%)	5:50	10.3 (87.3%)
10	LIPA Wojciech	187	RDK WILKOWYJA	M30	6	01:18:53	02:37:56.70	02:37:56.70	+00:20:11 (12.8%)	5:50	10.3 (87.3%)
11	SKWAREK Piotr	694		M20	2	01:22:58	02:38:00.65	02:38:00.65	+00:20:15 (12.8%)	5:51	10.3 (87.3%)
12	WIĘCH Piotr	594	WOŁOMIN	M30	7	01:23:56	02:38:23.90	02:38:23.90	+00:20:38 (13.0%)	5:51	10.2 (86.4%)
13	PIĘDEL Michał	102	ALBATROSY	M30	8	01:18:38	02:40:04.15	02:40:04.15	+00:22:18 (13.9%)	5:55	10.1 (85.6%)
14	LIPA Tomasz	735		M30	9	01:20:30	02:40:47.15	02:40:47.15	+00:23:01 (14.3%)	5:57	10.1 (85.6%)
15	PIASECKI Marcin	49	AKB MORT	M20	3	01:24:16	02:43:36.80	02:43:36.80	+00:25:51 (15.8%)	6:03	9.9 (83.9%)
16	KNOPEK Robert	508	GLIWICE	M30	10	01:20:27	02:43:56.00	02:43:56.00	+00:26:10 (16.0%)	6:04	9.9 (83.9%)

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							netto 27km	brutto 27km			
17	WINIARSKA Katarzyna	777	PRZEMYSKI KLUB BIEGACZA	K30	1	01:25:06	02:45:22.10	02:45:22.10	+00:27:36 (16.7%)	6:07	9.8 (83.1%)
18	KOSTERKIEWICZ Marcin	555		M30	11	01:25:27	02:45:24.60	02:45:24.60	+00:27:39 (16.7%)	6:07	9.8 (83.1%)
19	GRUND Marek	22	MARATONYPOLSKIE.PL TEAM	M20	4	01:22:54	02:45:44.35	02:45:44.35	+00:27:58 (16.9%)	6:08	9.8 (83.1%)
20	CZARNOTA Piotr	45	OBOZYBIEGOWE.PL	M30	12	01:25:30	02:45:57.90	02:45:57.90	+00:28:12 (17.0%)	6:08	9.8 (83.1%)
21	BARCEWICZ Marta	853	12TRI.PL DRUŻYNA WILKA OLSZTYN	K20	1	01:25:03	02:46:15.60	02:46:15.60	+00:28:30 (17.1%)	6:09	9.7 (82.2%)
22	DĄBROWSKI Marcin	46	OBOZYBIEGOWE.PL	M30	13	01:25:49	02:47:46.40	02:47:46.40	+00:30:00 (17.9%)	6:12	9.7 (82.2%)
23	CAŁKA Bartłomiej	50	PILAWA/WARSZAWA	M30	14	01:22:46	02:48:11.05	02:48:11.05	+00:30:25 (18.1%)	6:13	9.6 (81.4%)
24	SITNIK Bartłomiej	43	ORTOREH TEAM	M30	15	01:21:48	02:48:14.60	02:48:14.60	+00:30:29 (18.1%)	6:13	9.6 (81.4%)
25	WILCZYŃSKI Mateusz	27	SIEDLCE	M30	16	01:24:48	02:49:06.60	02:49:06.60	+00:31:21 (18.5%)	6:15	9.6 (81.4%)
26	CZARNY Tomasz	72	PRZEWORSK	M20	5	01:31:56	02:51:24.10	02:51:24.10	+00:33:38 (19.6%)	6:20	9.5 (80.5%)
27	GNATOWSKI Przemysław	621	AXA RUNNING TEAM	M20	6	01:28:06	02:51:24.30	02:51:24.30	+00:33:38 (19.6%)	6:20	9.5 (80.5%)
28	MORAWSKI Filip	41		M40	4	01:26:21	02:53:05.20	02:53:05.20	+00:35:19 (20.4%)	6:24	9.4 (79.7%)
29	RYMKIEWICZ Bartosz	16	BIEGANIE.PL	M20	7	01:27:49	02:54:10.10	02:54:10.10	+00:36:24 (20.9%)	6:27	9.3 (78.8%)
30	BURAŚ Bartłomiej	98	WARSZAWA	M20	8	01:32:09	02:54:35.00	02:54:35.00	+00:36:49 (21.1%)	6:27	9.3 (78.8%)
31	LEBIODA Adam	199	WUJEK BIEGA KATOWICE	M40	5	01:25:16	02:54:39.30	02:54:39.30	+00:36:53 (21.1%)	6:28	9.3 (78.8%)
32	PALUSZEK Piotr	83	GDAŃSK	M30	17	01:30:55	02:54:40.85	02:54:40.85	+00:36:55 (21.1%)	6:28	9.3 (78.8%)
33	MADEJSKI Sławomir	67	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	18	01:26:43	02:55:06.50	02:55:06.50	+00:37:20 (21.3%)	6:29	9.3 (78.8%)
34	SZCZEPANIAK Jakub	36	MIDNIGHTRUN.PL	M30	19	01:26:40	02:55:10.50	02:55:10.50	+00:37:24 (21.4%)	6:29	9.2 (78.0%)
35	CHMIEL Przemysław	266	ALBATROSY	M30	20	01:29:47	02:55:13.05	02:55:13.05	+00:37:27 (21.4%)	6:29	9.2 (78.0%)
36	ZARZYŃSKI Artur	587	FUNFLY	M30	21	01:29:44	02:55:49.70	02:55:49.70	+00:38:04 (21.7%)	6:30	9.2 (78.0%)
37	ZIELIŃSKA Weronika	39	12TRI.PL	K20	2	01:29:31	02:55:52.40	02:55:52.40	+00:38:06 (21.7%)	6:30	9.2 (78.0%)
38	POŻAROWSZCZYK Adam	192	LEGIONOWO	M30	22	01:23:41	02:56:39.50	02:56:39.50	+00:38:53 (22.0%)	6:32	9.2 (78.0%)
39	TOMASZCZAK Maciej	141	KB SOBÓTKA	M20	9	01:32:38	02:57:10.15	02:57:10.15	+00:39:24 (22.2%)	6:33	9.1 (77.1%)

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							netto 27km	brutto 27km			
40	MYŚLIWSKI Jan	276		M30	23	01:30:34	02:57:56.35	02:57:56.35	+00:40:10 (22.6%)	6:35	9.1 (77.1%)
41	WĘGRZYN Marcin	58	RR RUNNERS	M20	10	01:31:20	02:58:16.00	02:58:16.00	+00:40:30 (22.7%)	6:36	9.1 (77.1%)
42	WENTLAND Tomasz	650	NOWA HUTA TEAM	M30	24	01:35:20	02:58:17.95	02:58:17.95	+00:40:32 (22.7%)	6:36	9.1 (77.1%)
43	WŁODARCZYK Michał	109		M30	25	01:29:36	02:58:58.30	02:58:58.30	+00:41:12 (23.0%)	6:37	9.1 (77.1%)
44	ĆWIKLEWSKI Łukasz	489	VEGE RUNNERS	M30	26	01:27:11	02:59:12.35	02:59:12.35	+00:41:26 (23.1%)	6:38	9 (76.3%)
45	PRZEŹDZIECKA Katarzyna	148	SMASHING PAPKINS	K30	2	01:33:26	02:59:18.00	02:59:18.00	+00:41:32 (23.2%)	6:38	9 (76.3%)
46	FARON Dawid	904	SHOWDOWN	M20	11	01:37:58	03:00:28.60	03:00:28.60	+00:42:43 (23.7%)	6:41	9 (76.3%)
47	WOŹNIAK Grzegorz	543	KOŚCIELISKO	M40	6	01:29:32	03:01:00.70	03:01:00.70	+00:43:15 (23.9%)	6:42	9 (76.3%)
48	BISIKIEWICZ Michał	55	PSZCZÓŁKOWSKI TEAM	M30	27	01:33:28	03:01:24.35	03:01:24.35	+00:43:38 (24.1%)	6:43	8.9 (75.4%)
49	DEC Piotr	905		M40	7	01:33:40	03:01:40.45	03:01:40.45	+00:43:54 (24.2%)	6:43	8.9 (75.4%)
50	KRZYCKI Rafał	42	KB ERGO	M30	28	01:39:51	03:01:41.60	03:01:41.60	+00:43:56 (24.2%)	6:43	8.9 (75.4%)
51	KUBICZ Mikołaj	104	ENTRE.PL TEAM * RUN VEGAN TEAM	M30	29	01:28:44	03:01:59.90	03:01:59.90	+00:44:14 (24.3%)	6:44	8.9 (75.4%)
52	JÓZWIK Paweł	33	LUBLIN	M30	30	01:26:44	03:02:50.80	03:02:50.80	+00:45:05 (24.7%)	6:46	8.9 (75.4%)
53	RYZIŃSKI Ryszard	625	WARSZAWA	M40	8	01:33:42	03:02:51.75	03:02:51.75	+00:45:06 (24.7%)	6:46	8.9 (75.4%)
54	KNOPKIEWICZ Wacław	37	POZNAŃ	M40	9	01:33:46	03:02:54.90	03:02:54.90	+00:45:09 (24.7%)	6:46	8.9 (75.4%)
55	DREWNIK Dariusz	638	WARSZAWA	M20	12	01:32:33	03:03:10.55	03:03:10.55	+00:45:24 (24.8%)	6:47	8.8 (74.6%)
56	MARCINIAK Paweł	531	PALĘ ŁYDY	M30	31	01:40:26	03:03:24.50	03:03:24.50	+00:45:38 (24.9%)	6:47	8.8 (74.6%)
57	TABER Konrad	23	STO-NOGI MILANÓWEK	M20	13	01:31:48	03:03:25.70	03:03:25.70	+00:45:40 (24.9%)	6:47	8.8 (74.6%)
58	MĄDZIK Aleksandra	92	ALBATROSY	K30	3	01:33:36	03:03:56.00	03:03:56.00	+00:46:10 (25.1%)	6:48	8.8 (74.6%)
59	WÓJCIAK Wojciech	66	BIESZCZADZKIE WILKI	M40	10	01:32:00	03:04:28.90	03:04:28.90	+00:46:43 (25.3%)	6:49	8.8 (74.6%)
60	KORNAK Dariusz	642	MUNINA	M40	11	01:30:38	03:04:33.85	03:04:33.85	+00:46:48 (25.4%)	6:50	8.8 (74.6%)
61	NOWAKOWSKI Konrad	519	MOTOBIEGACZE	M20	14	01:36:01	03:04:35.75	03:04:35.75	+00:46:50 (25.4%)	6:50	8.8 (74.6%)
62	KIESIO Przemysław	720	ROCHE	M30	32	01:35:58	03:04:38.05	03:04:38.05	+00:46:52 (25.4%)	6:50	8.8 (74.6%)

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								netto 27km	brutto 27km			
63	DAWID Tomasz	74	ASAP24		M40	12	01:31:18	03:05:08.60	03:05:08.60	+00:47:23 (25.6%)	6:51	8.8 (74.6%)
64	SMOLIŃSKI Paweł	162	RUGBY KLUB SANOK		M30	33	01:34:32	03:05:09.20	03:05:09.20	+00:47:23 (25.6%)	6:51	8.7 (73.7%)
65	ROSZCZYK Michał	593	OLSZTYŃKIE USTAWKI BIEGOWE		M30	34	01:38:59	03:05:09.35	03:05:09.35	+00:47:23 (25.6%)	6:51	8.7 (73.7%)
66	KOZERA Waldemar	596	KRAKOW		M30	35	01:33:39	03:06:01.40	03:06:01.40	+00:48:15 (25.9%)	6:53	8.7 (73.7%)
67	ŻUK Marzena	161	ALBATROSY		K20	3	01:33:20	03:06:44.95	03:06:44.95	+00:48:59 (26.2%)	6:54	8.7 (73.7%)
68	JASIŃSKI Tomasz	77	KROSNO		M40	13	01:35:56	03:07:06.35	03:07:06.35	+00:49:20 (26.4%)	6:55	8.7 (73.7%)
69	REK Iwona	86	ORTOREH TEAM		K20	4	01:32:53	03:07:07.10	03:07:07.10	+00:49:21 (26.4%)	6:55	8.7 (73.7%)
70	GOSTKOWSKI Wiesław	308	LEGIONOWO		M50	1	01:36:56	03:07:13.30	03:07:13.30	+00:49:27 (26.4%)	6:56	8.7 (73.7%)
71	GADOMSKI Radosław	82	PKO BANK POLSKI		M30	36	01:31:53	03:07:15.00	03:07:15.00	+00:49:29 (26.4%)	6:56	8.7 (73.7%)
72	DZIADCZYK Jarosław	134	RZEKI MAŁE		M30	37	01:33:58	03:07:17.25	03:07:17.25	+00:49:31 (26.4%)	6:56	8.6 (72.9%)
73	MAŚLANKA Piotr	724			M30	38	01:35:26	03:07:45.90	03:07:45.90	+00:50:00 (26.6%)	6:57	8.6 (72.9%)
74	WARSKI Patryk	233			M30	39	01:37:41	03:07:54.05	03:07:54.05	+00:50:08 (26.7%)	6:57	8.6 (72.9%)
75	GRZYWACZEWSKA Justyna	774	CITY TRAIL TEAM		K20	5	01:32:43	03:07:58.60	03:07:58.60	+00:50:13 (26.7%)	6:57	8.6 (72.9%)
76	BURZYŃSKI Paweł	254	HIGH LEVEL TRIATHLON TEAM		M30	40	01:36:54	03:08:07.35	03:08:07.35	+00:50:21 (26.8%)	6:58	8.6 (72.9%)
77	DOBZEAŃSKI Paweł	651	POSMAKUJ RUN TEAM		M30	41	01:34:27	03:08:10.40	03:08:10.40	+00:50:24 (26.8%)	6:58	8.6 (72.9%)
78	PRĘCIKOWSKI Ryszard	136	WIELICZKA		M40	14	01:35:15	03:08:18.95	03:08:18.95	+00:50:33 (26.8%)	6:58	8.6 (72.9%)
79	BASZAK Tomasz	523	SIŁA OGRA		M30	42	01:37:41	03:08:36.50	03:08:36.50	+00:50:50 (27.0%)	6:59	8.6 (72.9%)
80	GRAJEK Przemysław	103	WARSZAWA		M30	43	01:32:18	03:08:52.35	03:08:52.35	+00:51:06 (27.1%)	6:59	8.6 (72.9%)
81	BULANDA Bartłomiej	730	PAŃSTWOWA STRAŻ POŻARNA W USTRZYKACH DOLNYCH		M20	15	01:31:56	03:09:02.25	03:09:02.25	+00:51:16 (27.1%)	7:00	8.6 (72.9%)
82	ARMACIŃSKI Patrick	729	PAŃSTWOWA STRAŻ POŻARNA W USTRZYKACH DOLNYCH		M20	16	01:32:00	03:09:02.35	03:09:02.35	+00:51:16 (27.1%)	7:00	8.6 (72.9%)
83	POWALSKI Grzegorz	299	FITBACK.PL		M20	17	01:34:04	03:09:16.00	03:09:16.00	+00:51:30 (27.2%)	7:00	8.6 (72.9%)
84	CHABRZYK Paweł	29	WARSZAWA		M30	44	01:32:45	03:09:16.85	03:09:16.85	+00:51:31 (27.2%)	7:00	8.6 (72.9%)
85	KOLANKO Michał	235	INFOSOFTWARE		M30	45	01:38:19	03:09:41.55	03:09:41.55	+00:51:55 (27.4%)	7:01	8.5 (72.0%)

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86	ZWIERZYŃSKA Małgorzata	125	ORTOREH	K30	4	01:37:47	03:09:57.15	03:09:57.15	+00:52:11 (27.5%)	7:02	8.5 (72.0%)
87	BONDARA Sylwia	886	JACEKBIEGA RUNNING TEAM	K20	6	01:40:04	03:10:17.00	03:10:17.00	+00:52:31 (27.6%)	7:02	8.5 (72.0%)
88	MOLTZAN Zbigniew	124	CROSSFIT TORUŃ	M30	46	01:37:55	03:10:45.50	03:10:45.50	+00:52:59 (27.8%)	7:03	8.5 (72.0%)
89	MAJ Sławomir	372	ŚWIDNIK	M30	47	01:36:30	03:11:16.30	03:11:16.30	+00:53:30 (28.0%)	7:05	8.5 (72.0%)
90	TOMASZEWSKI Piotr	599	CZARAD JEDYNKA	M40	15	01:38:22	03:11:24.10	03:11:24.10	+00:53:38 (28.0%)	7:05	8.5 (72.0%)
91	GÓRA Mariusz	73	BBL/BBM KIELCE	M40	16	01:36:52	03:11:31.90	03:11:31.90	+00:53:46 (28.1%)	7:05	8.5 (72.0%)
92	PUCHAŁA Mariusz	30		M30	48	01:33:20	03:11:39.20	03:11:39.20	+00:53:53 (28.1%)	7:05	8.5 (72.0%)
93	MŁODOŻENIEC Jacek	97	REMBERTÓW TEAM	M40	17	01:32:23	03:11:41.00	03:11:41.00	+00:53:55 (28.1%)	7:05	8.5 (72.0%)
94	GAŁASZKIEWICZ Karol	544	INTERSPORT	M20	18	01:41:28	03:11:46.55	03:11:46.55	+00:54:00 (28.2%)	7:06	8.4 (71.2%)
95	KUCIŃSKI Andrzej	183	FESTIWAL BIEGOWY	M50	2	01:40:17	03:11:49.05	03:11:49.05	+00:54:03 (28.2%)	7:06	8.4 (71.2%)
96	PICHETA Magdalena	170	DISNEY VOLUNTEARS	K30	5	01:35:40	03:12:09.45	03:12:09.45	+00:54:23 (28.3%)	7:07	8.4 (71.2%)
97	BAR Tomasz	591		M30	49	01:37:42	03:12:14.95	03:12:14.95	+00:54:29 (28.3%)	7:07	8.4 (71.2%)
97	MOSIOŁEK Przemysław	90	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	50	01:39:34	03:12:14.95	03:12:14.95	+00:54:29 (28.3%)	7:07	8.4 (71.2%)
99	MOSIOŁEK Monika	126	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	6	01:38:54	03:12:15.05	03:12:15.05	+00:54:29 (28.3%)	7:07	8.4 (71.2%)
100	NERKOWSKI Paweł	569	GDAŃSK	M30	51	01:35:01	03:12:17.35	03:12:17.35	+00:54:31 (28.4%)	7:07	8.4 (71.2%)
101	BADOWSKI Jerzy	56	BLUETEAM	M40	18	01:42:59	03:12:18.15	03:12:18.15	+00:54:32 (28.4%)	7:07	8.4 (71.2%)
102	CZWERENKO Wojciech	261	PGNIG SANOK	M30	52	01:37:36	03:12:19.70	03:12:19.70	+00:54:34 (28.4%)	7:07	8.4 (71.2%)
103	SZALAK Paweł	676	LUBLIN	M30	53	01:36:25	03:12:28.70	03:12:28.70	+00:54:43 (28.4%)	7:07	8.4 (71.2%)
104	BIELEC Artur	71	REMBERTÓW TEAM	M40	19	01:37:43	03:12:40.85	03:12:40.85	+00:54:55 (28.5%)	7:08	8.4 (71.2%)
105	GŁODOWSKA Kamila	851	NIGHT RUNNERS KRAKÓW	K20	7	01:41:20	03:12:41.70	03:12:41.70	+00:54:56 (28.5%)	7:08	8.4 (71.2%)
106	MAZIARZ Damian	616	KLUB ŻEGLARSKI ŚWIDNIK	M30	54	01:40:33	03:12:45.70	03:12:45.70	+00:55:00 (28.5%)	7:08	8.4 (71.2%)
107	RUTKOWSKI Paweł	149	OLSZTYŃSKIE USTAWKI BIEGOWE	M30	55	01:39:36	03:12:49.10	03:12:49.10	+00:55:03 (28.6%)	7:08	8.4 (71.2%)
108	BARTKOWIAK Michał	60	BEZFORMY	M20	19	01:40:25	03:13:35.00	03:13:35.00	+00:55:49 (28.8%)	7:10	8.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
109	OLEKSZYK Przemysław	99	KW LUBLIN	M20	20	01:38:56	03:13:35.60	03:13:35.60	+00:55:50 (28.8%)	7:10	8.4 (71.2%)
110	BORKOWSKI Bartosz	51		M40	20	01:34:37	03:13:38.85	03:13:38.85	+00:55:53 (28.9%)	7:10	8.4 (71.2%)
111	DWORNICKI Tomasz	61	RYBNIK	M40	21	01:38:01	03:13:43.70	03:13:43.70	+00:55:58 (28.9%)	7:10	8.4 (71.2%)
112	NADROWSKI Tomasz	91	WIĘCEJ FUNKU! / BIEGIEM NA POMOC	M30	56	01:40:45	03:14:48.50	03:14:48.50	+00:57:02 (29.3%)	7:12	8.3 (70.3%)
113	WROŻYNA Rafał	727		M20	21	01:38:50	03:15:27.30	03:15:27.30	+00:57:41 (29.5%)	7:14	8.3 (70.3%)
114	PIWOWARCZYK Adam	253	MYSŁOWICE	M40	22	01:38:18	03:15:37.00	03:15:37.00	+00:57:51 (29.6%)	7:14	8.3 (70.3%)
115	BARSKI Rafał	301	MYSŁOWICE	M30	57	01:38:20	03:15:46.05	03:15:46.05	+00:58:00 (29.6%)	7:15	8.3 (70.3%)
116	WALENDA Mateusz	64	GARWOLIN	M20	22	01:44:35	03:15:54.00	03:15:54.00	+00:58:08 (29.7%)	7:15	8.3 (70.3%)
117	TARNOWSKI Krzysztof	671	KW LUBLIN	M20	23	01:39:49	03:16:01.45	03:16:01.45	+00:58:15 (29.7%)	7:15	8.3 (70.3%)
118	DUBAJ Michał	25	FIZJOPERFEKT.PL	M20	24	01:31:53	03:16:32.50	03:16:32.50	+00:58:46 (29.9%)	7:16	8.2 (69.5%)
119	GAJEWSKI Michał	497	WET ZA WET	M30	58	01:32:07	03:16:38.50	03:16:38.50	+00:58:52 (29.9%)	7:16	8.2 (69.5%)
120	RACHWAŁ Michał	890	12TRI.PL	M30	59	01:35:06	03:17:10.45	03:17:10.45	+00:59:24 (30.1%)	7:18	8.2 (69.5%)
121	SOSNOWSKI Rafał	95		M30	60	01:32:29	03:17:14.70	03:17:14.70	+00:59:29 (30.2%)	7:18	8.2 (69.5%)
122	OSTAPIŃSKI Wojtek	54	PIASECZNO	M40	23	01:38:45	03:17:24.10	03:17:24.10	+00:59:38 (30.2%)	7:18	8.2 (69.5%)
123	SROCZYŃSKI Marcin	122	PIASECZNO	M30	61	01:38:54	03:17:24.40	03:17:24.40	+00:59:38 (30.2%)	7:18	8.2 (69.5%)
124	MORAWSKA Kinga	146	ORTOREH TEAM	K30	7	01:40:25	03:17:24.50	03:17:24.50	+00:59:38 (30.2%)	7:18	8.2 (69.5%)
125	KRYPSKI Bartosz	52	CROSSFIT SIEDLCE	M20	25	01:41:10	03:17:24.90	03:17:24.90	+00:59:39 (30.2%)	7:18	8.2 (69.5%)
126	KUŹLAK Grzegorz	100	PKO BANK POLSKI SA	M30	62	01:32:44	03:17:27.85	03:17:27.85	+00:59:42 (30.2%)	7:18	8.2 (69.5%)
127	NOWICKI Zbigniew	114	BLUETEAM	M40	24	01:43:01	03:17:27.90	03:17:27.90	+00:59:42 (30.2%)	7:18	8.2 (69.5%)
128	MIŚKIEWICZ Magdalena	159	RUN EXPERT LEJDIS	K30	8	01:37:14	03:17:29.60	03:17:29.60	+00:59:44 (30.2%)	7:18	8.2 (69.5%)
129	MISIAK Mateusz	312	ZABIEGANI ROPCZYCE	M20	26	01:40:30	03:17:53.15	03:17:53.15	+01:00:07 (30.4%)	7:19	8.2 (69.5%)
130	GRUZA Paweł	234	DĘBLIN	M30	63	01:38:55	03:17:58.95	03:17:58.95	+01:00:13 (30.4%)	7:19	8.2 (69.5%)
131	DUCKI Piotr	826		M30	64	01:45:52	03:18:04.35	03:18:04.35	+01:00:18 (30.4%)	7:20	8.2 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
132	MARCINKOWSKA Eliza	177	SZWLA/TRIRUN	K30	9	01:40:02	03:18:17.30	03:18:17.30	+01:00:31 (30.5%)	7:20	8.2 (69.5%)
133	TRYZNO Jakub	641	KAPAP GDAŃSK	M30	65	01:47:12	03:18:22.80	03:18:22.80	+01:00:37 (30.6%)	7:20	8.2 (69.5%)
134	JABŁECKI Mirosław	907	FIT FITNES	M30	66	01:37:51	03:18:23.05	03:18:23.05	+01:00:37 (30.6%)	7:20	8.2 (69.5%)
135	HYJEK Elżbieta	766	ZABIEGANI MIELEC	K40	1	01:40:31	03:18:25.85	03:18:25.85	+01:00:40 (30.6%)	7:20	8.2 (69.5%)
136	KRUPA Adrian	405	IFON	M20	27	01:38:11	03:18:26.50	03:18:26.50	+01:00:40 (30.6%)	7:20	8.2 (69.5%)
137	DEMSKA Żaneta	814	KAPAP GDAŃSK	K30	10	01:47:04	03:18:26.70	03:18:26.70	+01:00:41 (30.6%)	7:20	8.2 (69.5%)
138	ŁOŚ Piotr	511	TURLAM SIĘ TEAM	M30	67	01:42:56	03:18:28.20	03:18:28.20	+01:00:42 (30.6%)	7:21	8.2 (69.5%)
139	SKOŁOŻYŃSKI Tomasz	647	WARSZAWA	M30	68	01:42:03	03:18:57.55	03:18:57.55	+01:01:11 (30.8%)	7:22	8.1 (68.6%)
140	MOSUREK Grzegorz	96	ESKADA MASTERS	M40	25	01:40:15	03:19:03.30	03:19:03.30	+01:01:17 (30.8%)	7:22	8.1 (68.6%)
141	ŁEBEK Sebastian	200	OLKUSZBIEGA.PL	M40	26	01:38:37	03:19:43.85	03:19:43.85	+01:01:58 (31.0%)	7:23	8.1 (68.6%)
142	DROZDOWSKI Daniel	151	BIEGAMYRAZEM.PL	M20	28	01:36:50	03:19:54.60	03:19:54.60	+01:02:09 (31.1%)	7:24	8.1 (68.6%)
143	PORCZYK Paweł	537	MEDICYCLING TEAM	M20	29	01:40:02	03:20:19.50	03:20:19.50	+01:02:33 (31.2%)	7:25	8.1 (68.6%)
144	PRZYGÓRZEWSKI Jarosław	498	WET ZA WET	M30	69	01:33:57	03:20:26.25	03:20:26.25	+01:02:40 (31.3%)	7:25	8.1 (68.6%)
145	CZELNY Tomasz	202	GLIWICE	M30	70	01:46:29	03:20:46.20	03:20:46.20	+01:03:00 (31.4%)	7:26	8.1 (68.6%)
146	BĄK Tymoteusz	600		M30	71	01:44:43	03:20:49.45	03:20:49.45	+01:03:03 (31.4%)	7:26	8.1 (68.6%)
147	TOMASZEWSKI Marcin	517	BYDGOSZCZ	M40	27	01:41:46	03:20:50.15	03:20:50.15	+01:03:04 (31.4%)	7:26	8.1 (68.6%)
148	LEŚNIAK Arkadiusz	887		M30	72	01:41:54	03:20:54.80	03:20:54.80	+01:03:09 (31.4%)	7:26	8.1 (68.6%)
149	TUSIŃSKA Aleksandra	769	RADOM	K30	11	01:47:11	03:21:09.30	03:21:09.30	+01:03:23 (31.5%)	7:27	8.1 (68.6%)
150	GRYCZ Darek	76	TWIERDZA MODLIN	M20	30	01:36:00	03:21:09.85	03:21:09.85	+01:03:24 (31.5%)	7:27	8.1 (68.6%)
151	BARTOSIŃSKI Mariusz	687	CIEPŁE CHŁOPAKI	M40	28	01:44:48	03:21:11.60	03:21:11.60	+01:03:26 (31.5%)	7:27	8.1 (68.6%)
152	GRUDNIK Zbigniew	75	NIEPOŁOMICE BIEGAJĄ	M40	29	01:40:19	03:21:23.95	03:21:23.95	+01:03:38 (31.6%)	7:27	8 (67.8%)
153	NIEMCZYK Damian	111	TRENINGIBIEGOWE.PL	M30	73	01:39:03	03:21:44.10	03:21:44.10	+01:03:58 (31.7%)	7:28	8 (67.8%)
154	SOBCZAK Marcin	561		M30	74	01:47:32	03:21:45.20	03:21:45.20	+01:03:59 (31.7%)	7:28	8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
155	BOBROWICZ Mateusz	154	ACCENTURE	M30	75	01:48:19	03:22:00.30	03:22:00.30	+01:04:14 (31.8%)	7:28	8 (67.8%)
156	JASEK Kamil	628		M20	31	01:42:41	03:22:19.00	03:22:19.00	+01:04:33 (31.9%)	7:29	8 (67.8%)
157	TUCZAPSKI Artur	617	RZESZÓW	M50	3	01:47:59	03:22:29.80	03:22:29.80	+01:04:44 (32.0%)	7:29	8 (67.8%)
158	MĘDREK Paulina	882		K20	8	01:39:43	03:22:33.95	03:22:33.95	+01:04:48 (32.0%)	7:30	8 (67.8%)
159	JANKOWSKI Andrzej	209	NIGHT RUNNERS	M30	76	01:38:37	03:22:36.40	03:22:36.40	+01:04:50 (32.0%)	7:30	8 (67.8%)
160	SZAMBELAN Szymon	53	WRZEŚNIA	M20	32	01:34:12	03:22:40.20	03:22:40.20	+01:04:54 (32.0%)	7:30	8 (67.8%)
161	DERKOWSKI Dawid	227	NOWOMIESZCZANIELUBIĄBIEGANIE	M30	77	01:41:32	03:22:40.65	03:22:40.65	+01:04:55 (32.0%)	7:30	8 (67.8%)
162	WATRAK Łukasz	345	KW LUBLIN	M20	33	01:40:05	03:23:13.55	03:23:13.55	+01:05:27 (32.2%)	7:31	8 (67.8%)
163	JABŁOŃSKI Bogdan	701	WARSZAWA	M30	78	01:40:24	03:23:14.35	03:23:14.35	+01:05:28 (32.2%)	7:31	8 (67.8%)
164	LANGE Zbigniew	68	GOLKOWICE	M40	30	01:46:22	03:23:18.80	03:23:18.80	+01:05:33 (32.2%)	7:31	8 (67.8%)
165	MOTYKA Jacek	112	ZABIEGANI ROPCZYCE	M20	34	01:40:55	03:23:35.55	03:23:35.55	+01:05:49 (32.3%)	7:32	8 (67.8%)
166	MASALSKA-PAWLAK Agata	794		K30	12	01:48:36	03:23:51.30	03:23:51.30	+01:06:05 (32.4%)	7:33	7.9 (66.9%)
167	ROMEJ Aleksandra	786	CITY TRAIL TEAM	K20	9	01:40:38	03:24:27.10	03:24:27.10	+01:06:41 (32.6%)	7:34	7.9 (66.9%)
168	STADNIK Justyna	211	ZABIEGANI ROPCZYCE	K20	10	01:40:15	03:24:45.95	03:24:45.95	+01:07:00 (32.7%)	7:35	7.9 (66.9%)
169	KOŁOSOWSKI Tomasz	504		M30	79	01:40:53	03:24:49.75	03:24:49.75	+01:07:04 (32.7%)	7:35	7.9 (66.9%)
170	KOZIARSKI Piotr	585	PO LINIE	M30	80	01:46:52	03:25:11.10	03:25:11.10	+01:07:25 (32.9%)	7:35	7.9 (66.9%)
171	DZIADOWIEC Krzysztof	668	KROK ZA GROSZ	M40	31	01:38:09	03:25:14.90	03:25:14.90	+01:07:29 (32.9%)	7:36	7.9 (66.9%)
172	CHOJNOWSKI Łukasz	107	YES MAN TEAM	M20	35	01:50:06	03:25:40.85	03:25:40.85	+01:07:55 (33.0%)	7:37	7.9 (66.9%)
173	NAJDEREK Maciek	105	NIGHT RUNNERS	M30	81	01:40:45	03:26:05.00	03:26:05.00	+01:08:19 (33.2%)	7:37	7.9 (66.9%)
174	GIMZICKA Ewa	206	POZNAŃ	K30	13	01:43:46	03:26:24.10	03:26:24.10	+01:08:38 (33.3%)	7:38	7.8 (66.1%)
175	BĄCZKIEWICZ Zbigniew	144	KUJAWIACY	M20	36	01:48:37	03:26:24.60	03:26:24.60	+01:08:39 (33.3%)	7:38	7.8 (66.1%)
176	PIETRUS Marcin	63	KUJAWIACY	M30	82	01:42:51	03:26:32.30	03:26:32.30	+01:08:46 (33.3%)	7:38	7.8 (66.1%)
177	ŚLEDŹ Sławomir	548	LUBLIN	M30	83	01:34:22	03:26:34.35	03:26:34.35	+01:08:48 (33.3%)	7:39	7.8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
178	OSYPIUK Artur	190	BIEGUSIEM.PL	M30	84	01:38:50	03:26:44.85	03:26:44.85	+01:08:59 (33.4%)	7:39	7.8 (66.1%)
179	NIELIPIŃSKI Mateusz	602		M30	85	01:47:07	03:26:47.40	03:26:47.40	+01:09:01 (33.4%)	7:39	7.8 (66.1%)
180	KICIŃSKA Zuzanna	173	WARSZAWA	K20	11	01:50:29	03:26:58.70	03:26:58.70	+01:09:13 (33.4%)	7:39	7.8 (66.1%)
181	WOJTKIEWICZ Jarosław	550	RUNNING FAMILY	M40	32	01:43:32	03:27:06.20	03:27:06.20	+01:09:20 (33.5%)	7:40	7.8 (66.1%)
182	KLESZCZ Tomasz	93	PRO-RUN WROCŁAW	M30	86	01:43:39	03:27:08.70	03:27:08.70	+01:09:23 (33.5%)	7:40	7.8 (66.1%)
183	LEWANDOWSKI Rafał	47	VENI CUCURRI VICI	M30	87	01:37:43	03:27:13.75	03:27:13.75	+01:09:28 (33.5%)	7:40	7.8 (66.1%)
184	PORĘBSKI Mariusz	121	PZU SPORT TEAM	M40	33	01:39:09	03:27:14.90	03:27:14.90	+01:09:29 (33.5%)	7:40	7.8 (66.1%)
185	BONCZAR Bogodar	85	WIELICZKA	M30	88	01:45:07	03:27:44.80	03:27:44.80	+01:09:59 (33.7%)	7:41	7.8 (66.1%)
186	SZTANDO Michał	678	MYSZ & DZAKO	M30	89	01:48:13	03:27:45.55	03:27:45.55	+01:09:59 (33.7%)	7:41	7.8 (66.1%)
187	KSIĄŻKIEWICZ Jacek	590	CITY TRAIL TEAM	M30	90	01:46:47	03:27:45.60	03:27:45.60	+01:10:00 (33.7%)	7:41	7.8 (66.1%)
188	RESZYTYŁO Grzegorz	716		M40	34	01:40:27	03:27:48.60	03:27:48.60	+01:10:03 (33.7%)	7:41	7.8 (66.1%)
189	GROCHOWALSKI Patryk	539	WARSZAWA	M20	37	01:52:14	03:27:51.70	03:27:51.70	+01:10:06 (33.7%)	7:41	7.8 (66.1%)
190	SZUMIGAJ Alicja	257	SĘPÓLNO KRAJEŃSKIE	K30	14	01:48:50	03:27:53.00	03:27:53.00	+01:10:07 (33.7%)	7:41	7.8 (66.1%)
191	KURZEJA Ewelina	842	NORAFSPORT	K30	15	01:48:42	03:27:55.80	03:27:55.80	+01:10:10 (33.7%)	7:42	7.8 (66.1%)
192	PASECKA Sylwia	286	NIGHT RUNNERS GLIWICE	K40	2	01:48:36	03:28:21.25	03:28:21.25	+01:10:35 (33.9%)	7:43	7.8 (66.1%)
193	MARCOL Mateusz	827		M20	38	01:42:46	03:28:25.55	03:28:25.55	+01:10:39 (33.9%)	7:43	7.8 (66.1%)
194	DOMAGAŁA Grażyna	848	NIGHT RUNNERS	K20	12	01:47:43	03:28:27.55	03:28:27.55	+01:10:41 (33.9%)	7:43	7.8 (66.1%)
195	GÓRECKA Katarzyna	823	PKO BANK POLSKI	K30	16	01:49:24	03:28:37.90	03:28:37.90	+01:10:52 (34.0%)	7:43	7.8 (66.1%)
196	KOWALESKI Krzysztof	143	12TRI.PL	M30	91	01:39:52	03:28:42.00	03:28:42.00	+01:10:56 (34.0%)	7:43	7.8 (66.1%)
197	STEMPIN Jan	674	CLIMBING SPOT POZNAŃ	M20	39	01:35:26	03:29:09.90	03:29:09.90	+01:11:24 (34.1%)	7:44	7.7 (65.3%)
198	FABIŃSKI Maciej	28	VIRIVAL RUNNERS CLUB	M20	40	01:55:47	03:29:10.55	03:29:10.55	+01:11:24 (34.1%)	7:44	7.7 (65.3%)
199	MŁODOŻENIEC Mirosław	87	REMBERTÓW TEAM	M30	92	01:40:14	03:29:22.80	03:29:22.80	+01:11:37 (34.2%)	7:45	7.7 (65.3%)
200	DOBROSIELSKI Maciej	635	ALBATROSY	M30	93	01:42:20	03:29:23.85	03:29:23.85	+01:11:38 (34.2%)	7:45	7.7 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
201	IDZIAK Marcin	728	NOWOMIESZCZANIE LUBIĄ BIEGANIE	M30	94	01:52:12	03:29:24.55	03:29:24.55	+01:11:38 (34.2%)	7:45	7.7 (65.3%)
202	CIEŚLAK Dominika	862		K30	17	01:51:49	03:29:31.05	03:29:31.05	+01:11:45 (34.2%)	7:45	7.7 (65.3%)
203	MŁODOŻENIEC Rafael	329	MÓRKOWO	M40	35	01:46:46	03:29:33.55	03:29:33.55	+01:11:47 (34.3%)	7:45	7.7 (65.3%)
204	CZARNOTA Anna	44	CZARNA JEDYNKA	K20	13	01:52:54	03:29:35.65	03:29:35.65	+01:11:50 (34.3%)	7:45	7.7 (65.3%)
205	AUGUSTYŃSKI Sylwester	138	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	M30	95	01:49:41	03:29:49.50	03:29:49.50	+01:12:03 (34.3%)	7:46	7.7 (65.3%)
206	THIER Dominik	153	WARSZAWA	M30	96	01:38:16	03:29:51.40	03:29:51.40	+01:12:05 (34.4%)	7:46	7.7 (65.3%)
207	PIKIEWICZ Bartłomiej	398	(NIE)MŁODE WILKI	M30	97	01:38:12	03:29:51.55	03:29:51.55	+01:12:05 (34.4%)	7:46	7.7 (65.3%)
208	KARPIŃSKI Radosław	140	POWIAT WARSZAWSKI ZACHODNI	M30	98	01:59:12	03:29:57.20	03:29:57.20	+01:12:11 (34.4%)	7:46	7.7 (65.3%)
209	ZAŁUCKI Maciej	237	1000 MILES	M40	36	01:49:44	03:30:00.15	03:30:00.15	+01:12:14 (34.4%)	7:46	7.7 (65.3%)
210	JANOWSKI Bogdan	677		M40	37	01:48:38	03:30:01.20	03:30:01.20	+01:12:15 (34.4%)	7:46	7.7 (65.3%)
211	KĘDZIORA Magdalena	175	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K20	14	01:49:40	03:30:06.25	03:30:06.25	+01:12:20 (34.4%)	7:46	7.7 (65.3%)
212	PRUSACZYK Michał	115	POWERADE	M20	41	01:54:56	03:30:07.85	03:30:07.85	+01:12:22 (34.4%)	7:46	7.7 (65.3%)
213	KŁĘBEK Arkadiusz	223		M30	99	01:37:59	03:30:09.80	03:30:09.80	+01:12:24 (34.5%)	7:47	7.7 (65.3%)
214	WŁODARSKA Marta	127	MAJATEAM	K30	18	01:46:18	03:30:10.90	03:30:10.90	+01:12:25 (34.5%)	7:47	7.7 (65.3%)
215	GRUSZCZYŃSKA Sandra	354	WILD FOR THE RUN	K20	15	01:47:45	03:30:11.85	03:30:11.85	+01:12:26 (34.5%)	7:47	7.7 (65.3%)
216	RODRIGO PEREIRA Oswald	34	WILD FOR THE RUN	M30	100	01:47:58	03:30:11.90	03:30:11.90	+01:12:26 (34.5%)	7:47	7.7 (65.3%)
217	SWIECICKI Tomasz	171	ACCELARATING POLAND	M30	101	01:43:58	03:30:20.15	03:30:20.15	+01:12:34 (34.5%)	7:47	7.7 (65.3%)
218	KOŁODZIEJSKI Michał	123	WARSZAWA	M40	38	01:41:45	03:30:23.20	03:30:23.20	+01:12:37 (34.5%)	7:47	7.7 (65.3%)
219	KWIATKOWSKI Marek	185	OSTROŁĘKA	M30	102	01:41:50	03:31:06.10	03:31:06.10	+01:13:20 (34.7%)	7:49	7.7 (65.3%)
220	USZYŃSKI Grzegorz	889		M40	39	01:49:28	03:31:10.10	03:31:10.10	+01:13:24 (34.8%)	7:49	7.7 (65.3%)
221	ŁUKASIEWICZ Marek	174	NIGHT RUNNERS	M30	103	01:51:52	03:31:13.45	03:31:13.45	+01:13:27 (34.8%)	7:49	7.7 (65.3%)
222	ANDREJKOW Arkadiusz	324	SANOK	M30	104	01:41:49	03:31:41.30	03:31:41.30	+01:13:55 (34.9%)	7:50	7.7 (65.3%)
223	SROGA Waldek	156	SKLEP BIEGACZA	M30	105	01:44:36	03:31:59.75	03:31:59.75	+01:14:14 (35.0%)	7:51	7.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
224	KRUPCZYŃSKI Szymon	660	KRUPOLS TEAM	M20	42	01:50:37	03:32:01.20	03:32:01.20	+01:14:15 (35.0%)	7:51	7.6 (64.4%)
225	ROCZNIAK Marcin	702	RTIP	M30	106	01:41:51	03:32:05.15	03:32:05.15	+01:14:19 (35.0%)	7:51	7.6 (64.4%)
226	KONARZEWSKA Marta	503	OLSZTYŃSKIE I STAWKI BIEGOWE	K30	19	01:50:27	03:32:08.00	03:32:08.00	+01:14:22 (35.1%)	7:51	7.6 (64.4%)
227	TAJAK Karol	699	KROSNO	M20	43	01:46:23	03:32:18.10	03:32:18.10	+01:14:32 (35.1%)	7:51	7.6 (64.4%)
228	LEWCZUK Michał	186	TUP TEAM	M20	44	01:44:28	03:32:19.30	03:32:19.30	+01:14:33 (35.1%)	7:51	7.6 (64.4%)
229	GŁADYSZ Jadwiga	757	ZABIEGANI MIELEC	K50	1	01:49:26	03:32:29.65	03:32:29.65	+01:14:44 (35.2%)	7:52	7.6 (64.4%)
230	WOJDA Dariusz	164	DZIKIE DZIKI	M40	40	01:47:07	03:32:37.85	03:32:37.85	+01:14:52 (35.2%)	7:52	7.6 (64.4%)
231	MOSOŃ Sławomir	423	WARSZAWA	M30	107	01:50:32	03:32:59.10	03:32:59.10	+01:15:13 (35.3%)	7:53	7.6 (64.4%)
232	PAPIEWSKA Marzena	388		K30	20	01:51:50	03:32:59.20	03:32:59.20	+01:15:13 (35.3%)	7:53	7.6 (64.4%)
233	ANIOŁ Mateusz	816		M20	45	01:52:20	03:33:25.75	03:33:25.75	+01:15:40 (35.5%)	7:54	7.6 (64.4%)
234	WAKUŁA Marek	129		M40	41	01:46:34	03:33:27.00	03:33:27.00	+01:15:41 (35.5%)	7:54	7.6 (64.4%)
235	TYRPA Jarosław	884	BIEGIEM PO PIWO	M40	42	01:52:44	03:33:29.50	03:33:29.50	+01:15:43 (35.5%)	7:54	7.6 (64.4%)
236	RUTKOWSKI Dawid	719	ROCHE	M30	108	01:53:28	03:33:29.95	03:33:29.95	+01:15:44 (35.5%)	7:54	7.6 (64.4%)
237	ZIELIŃSKI Paweł	69		M30	109	01:41:51	03:33:31.55	03:33:31.55	+01:15:45 (35.5%)	7:54	7.6 (64.4%)
238	CHLEBIŃSKA Paulina	833	RZESZOWSKIE GAZELE I GEPARDY	K20	16	01:51:25	03:33:54.40	03:33:54.40	+01:16:08 (35.6%)	7:55	7.6 (64.4%)
239	WĘGRZYN Małgorzata	40	RZESZOWSKIE GAZELE I GEPARDY	K40	3	01:51:24	03:33:54.45	03:33:54.45	+01:16:08 (35.6%)	7:55	7.6 (64.4%)
240	KONIK Jarosław	447	BIEGAM BO LUBIĘ KRAKÓW / NORAFTRAIL	M40	43	01:59:03	03:34:31.20	03:34:31.20	+01:16:45 (35.8%)	7:56	7.6 (64.4%)
241	WALOSZEK Marcin	391	PASZCZYNA	M30	110	01:44:19	03:34:31.75	03:34:31.75	+01:16:46 (35.8%)	7:56	7.6 (64.4%)
242	JASIŃSKI Filip	10	MSZ BIEGA	M30	111	01:47:49	03:34:33.30	03:34:33.30	+01:16:47 (35.8%)	7:56	7.6 (64.4%)
242	REMISIEWICZ Łukasz	59	RUNEAT.PL	M30	112	01:52:03	03:34:33.30	03:34:33.30	+01:16:47 (35.8%)	7:56	7.6 (64.4%)
244	GAŁACKA Joanna	239		K30	21	01:53:01	03:34:35.00	03:34:35.00	+01:16:49 (35.8%)	7:56	7.5 (63.6%)
245	HANUS Józef	180	BRZOZÓW	M30	113	01:43:03	03:34:39.90	03:34:39.90	+01:16:54 (35.8%)	7:57	7.5 (63.6%)
246	KAZANECKA Joanna	878	WARSZAWA	K30	22	01:49:22	03:34:41.45	03:34:41.45	+01:16:55 (35.8%)	7:57	7.5 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
247	GUTKOWSKI Tomasz	556	YESMEN TEAM	M20	46	01:51:21	03:34:44.80	03:34:44.80	+01:16:59 (35.8%)	7:57	7.5 (63.6%)
248	MALEC Piotr	538		M20	47	02:00:02	03:34:56.65	03:34:56.65	+01:17:11 (35.9%)	7:57	7.5 (63.6%)
249	MATUSIAK Arkadiusz	583		M40	44	01:48:22	03:34:58.00	03:34:58.00	+01:17:12 (35.9%)	7:57	7.5 (63.6%)
250	KRET Michał	891		M30	114	01:45:54	03:35:00.95	03:35:00.95	+01:17:15 (35.9%)	7:57	7.5 (63.6%)
251	SZPYNDA Daniel	117	WAŁCZ	M20	48	01:44:40	03:35:25.75	03:35:25.75	+01:17:40 (36.1%)	7:58	7.5 (63.6%)
252	KOCH Michał	238	WARSZAWA	M20	49	01:41:59	03:35:49.10	03:35:49.10	+01:18:03 (36.2%)	7:59	7.5 (63.6%)
253	KAWALEC Jacek	217	SANOK 100RK	M30	115	01:48:47	03:35:50.50	03:35:50.50	+01:18:04 (36.2%)	7:59	7.5 (63.6%)
254	JĘCZMIEŃ Marlena	181	ŚWIDNICA	K20	17	01:51:28	03:35:56.90	03:35:56.90	+01:18:11 (36.2%)	7:59	7.5 (63.6%)
255	ĆWIKLIŃSKI Maciej	179		M40	45	01:43:37	03:36:01.10	03:36:01.10	+01:18:15 (36.2%)	8:00	7.5 (63.6%)
256	KWIATKOWSKA-SITEK Ewa	791	OPTIMTRAVEL	K30	23	01:52:14	03:36:07.75	03:36:07.75	+01:18:22 (36.3%)	8:00	7.5 (63.6%)
257	JAGIELSKI Damian	275	NGB KŁOBUCK	M30	116	01:44:38	03:36:14.35	03:36:14.35	+01:18:28 (36.3%)	8:00	7.5 (63.6%)
258	KUBATEK Jolanta	303	IRONICZNE BESTIE	K20	18	01:46:47	03:36:47.40	03:36:47.40	+01:19:01 (36.5%)	8:01	7.5 (63.6%)
259	WOŹNIAK Michał	278	LUBLIN	M30	117	01:47:23	03:36:47.50	03:36:47.50	+01:19:01 (36.5%)	8:01	7.5 (63.6%)
260	JAMRÓZ Michał	262	TUP TEAM	M20	50	01:51:49	03:36:48.25	03:36:48.25	+01:19:02 (36.5%)	8:01	7.5 (63.6%)
261	PAWLIK Grzegorz	337	NIEPOŁOMICE BIEGAJĄ	M30	118	01:48:52	03:37:17.20	03:37:17.20	+01:19:31 (36.6%)	8:02	7.5 (63.6%)
262	JUSZCZĘC Marek	532	KRAKÓW	M30	119	01:50:58	03:37:21.35	03:37:21.35	+01:19:35 (36.6%)	8:03	7.5 (63.6%)
263	DZIUBAN Jacek	139	SIEDLCE	M30	120	01:54:00	03:37:24.50	03:37:24.50	+01:19:38 (36.6%)	8:03	7.5 (63.6%)
264	SZMYD Marek	646	NORAFSPORT	M30	121	01:44:25	03:37:25.15	03:37:25.15	+01:19:39 (36.6%)	8:03	7.5 (63.6%)
265	PLESZEWSKI Rafał	333	SPARTAKUS BEŁCHATÓW	M30	122	02:00:07	03:37:36.05	03:37:36.05	+01:19:50 (36.7%)	8:03	7.4 (62.7%)
266	TOMASZEWSKI Wojtek	255	BRACIAT	M40	46	01:45:54	03:37:40.50	03:37:40.50	+01:19:54 (36.7%)	8:03	7.4 (62.7%)
267	PLUTA Grzegorz	208	GARBATKA	M20	51	01:41:44	03:37:48.70	03:37:48.70	+01:20:03 (36.8%)	8:04	7.4 (62.7%)
268	SZAROWAR Alicja	825	RUNPLANET TEAM	K30	24	01:52:24	03:37:58.75	03:37:58.75	+01:20:13 (36.8%)	8:04	7.4 (62.7%)
269	DOBIES Agnieszka	789	LUBLIN	K30	25	01:50:28	03:38:00.50	03:38:00.50	+01:20:14 (36.8%)	8:04	7.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
269	CYRANKIEWICZ Paweł	554	CZCICIELE BOBRZEJ NORCY	M40	47	01:50:31	03:38:00.50	03:38:00.50	+01:20:14 (36.8%)	8:04	7.4 (62.7%)
271	PRAŻMOWSKI Piotr	277	AM NAT KRAKÓW	M30	123	01:49:49	03:38:01.80	03:38:01.80	+01:20:16 (36.8%)	8:04	7.4 (62.7%)
272	SOBIESKA Aleksandra	361		K30	26	01:52:10	03:38:04.65	03:38:04.65	+01:20:19 (36.8%)	8:04	7.4 (62.7%)
273	GŁĘBOCKI Przemysław	84	E-PRZEMEK.PL	M40	48	01:50:54	03:38:11.60	03:38:11.60	+01:20:26 (36.9%)	8:04	7.4 (62.7%)
274	KOKOSZKA Magdalena	755	ZABIEGANI MIELEC	K30	27	01:50:49	03:38:14.45	03:38:14.45	+01:20:28 (36.9%)	8:04	7.4 (62.7%)
275	DEC Piotr	579	OLESZYCE	M40	49	01:51:13	03:38:15.25	03:38:15.25	+01:20:29 (36.9%)	8:05	7.4 (62.7%)
276	GÓRKA Emilia	787		K20	19	01:52:50	03:38:17.55	03:38:17.55	+01:20:31 (36.9%)	8:05	7.4 (62.7%)
277	SKONECZNY Artur	603		M40	50	01:52:51	03:38:19.35	03:38:19.35	+01:20:33 (36.9%)	8:05	7.4 (62.7%)
278	LECH Marek	137		M30	124	01:47:12	03:38:38.00	03:38:38.00	+01:20:52 (37.0%)	8:05	7.4 (62.7%)
279	DOMISZEWSKI Wojciech	672	USTRZYKI DOLNE	M50	4	01:52:51	03:39:19.15	03:39:19.15	+01:21:33 (37.2%)	8:07	7.4 (62.7%)
280	DOMISZEWSKA Maria	865	USTRZYKI DOLNE	K40	4	01:52:35	03:39:19.35	03:39:19.35	+01:21:33 (37.2%)	8:07	7.4 (62.7%)
281	GAJEWSKI Krzysztof	204	ZABIERZÓW BIEGA	M30	125	02:00:46	03:39:20.05	03:39:20.05	+01:21:34 (37.2%)	8:07	7.4 (62.7%)
282	FERENC Paweł	606		M30	126	01:50:46	03:39:20.30	03:39:20.30	+01:21:34 (37.2%)	8:07	7.4 (62.7%)
283	SKWAREK Marcin	205	SMASHING PĄPKINS	M20	52	01:47:56	03:39:22.30	03:39:22.30	+01:21:36 (37.2%)	8:07	7.4 (62.7%)
284	MAŃKOWSKA Anna	752	12 TRI.PL DRUŻYNA WILKA OLSZTYN	K30	28	01:57:06	03:39:30.65	03:39:30.65	+01:21:45 (37.2%)	8:07	7.4 (62.7%)
285	RÓŻYCKA Małgorzata	249	WARSZAWA	K30	29	01:50:52	03:39:34.55	03:39:34.55	+01:21:48 (37.3%)	8:07	7.4 (62.7%)
286	PODGRODZKI Marek	520	LUBLINIEC	M30	127	01:47:35	03:39:41.75	03:39:41.75	+01:21:56 (37.3%)	8:08	7.4 (62.7%)
287	HARPULA Robert	515	PRZEMYŚL	M40	51	01:48:29	03:40:00.90	03:40:00.90	+01:22:15 (37.4%)	8:08	7.4 (62.7%)
288	GODLEWSKI Cezary	495	WARSZAWA	M30	128	01:44:09	03:40:07.60	03:40:07.60	+01:22:22 (37.4%)	8:09	7.4 (62.7%)
289	SZYMANIUK Maciej	659		M20	53	01:44:24	03:40:22.45	03:40:22.45	+01:22:36 (37.5%)	8:09	7.4 (62.7%)
290	ZIELIŃSKI Grzegorz	147	SPARTANIE DZIECIOM	M30	129	01:46:31	03:40:24.50	03:40:24.50	+01:22:38 (37.5%)	8:09	7.4 (62.7%)
291	PIEKARSKI Jacek	574	TATOKUPA	M30	130	01:51:44	03:40:25.35	03:40:25.35	+01:22:39 (37.5%)	8:09	7.3 (61.9%)
292	PETA Rafał	586		M30	131	01:50:53	03:40:38.75	03:40:38.75	+01:22:53 (37.6%)	8:10	7.3 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
293	KARMOLIŃSKA-PETA Iwona	754		K30	30	01:50:53	03:40:38.85	03:40:38.85	+01:22:53 (37.6%)	8:10	7.3 (61.9%)
294	NARLOCH Piotr	1	INTERRISK DLA AKTYWNYCH	M40	52	01:50:43	03:40:39.50	03:40:39.50	+01:22:53 (37.6%)	8:10	7.3 (61.9%)
295	WYCISŁOWSKI Krzysztof	274	MKB DREPTAK	M60	1	01:54:39	03:40:56.30	03:40:56.30	+01:23:10 (37.6%)	8:10	7.3 (61.9%)
296	RUTKOWSKI Adam	311		M30	132	01:47:12	03:40:57.25	03:40:57.25	+01:23:11 (37.7%)	8:11	7.3 (61.9%)
297	PLAZE Olga	289	NIGHT RUNNERS	K30	31	01:53:03	03:41:03.95	03:41:03.95	+01:23:18 (37.7%)	8:11	7.3 (61.9%)
298	BRZEWOWSKA Beata	216	ALBATROSY	K40	5	01:55:21	03:41:04.40	03:41:04.40	+01:23:18 (37.7%)	8:11	7.3 (61.9%)
299	ANTOSIK Igor	290	GDYNIA	M30	133	01:50:46	03:41:26.05	03:41:26.05	+01:23:40 (37.8%)	8:12	7.3 (61.9%)
300	STĘPIEŃ Wojciech	236	NIGHT RUNNERS GLIWICE - ENERGY TEAM	M40	53	01:51:47	03:42:04.40	03:42:04.40	+01:24:18 (38.0%)	8:13	7.3 (61.9%)
301	GAJEWSKA Izabella	230	PRUSZKÓW	K30	32	01:53:31	03:42:09.85	03:42:09.85	+01:24:24 (38.0%)	8:13	7.3 (61.9%)
302	BIENIAS Tomasz	510	GARBATKA	M20	54	01:39:56	03:42:12.80	03:42:12.80	+01:24:27 (38.0%)	8:13	7.3 (61.9%)
303	BRATEK Łukasz	57	DOBRY DIETETYK	M30	134	01:48:03	03:42:39.40	03:42:39.40	+01:24:53 (38.1%)	8:14	7.3 (61.9%)
304	KOWALSKI Paweł	142	WARSZAWA	M20	55	01:40:19	03:42:45.30	03:42:45.30	+01:24:59 (38.2%)	8:15	7.3 (61.9%)
305	SŁOWIK Adam	390	PO LINIE	M20	56	01:48:17	03:42:46.70	03:42:46.70	+01:25:01 (38.2%)	8:15	7.3 (61.9%)
306	CHMIEL Michał	611	RZESZÓW	M30	135	01:49:52	03:42:47.00	03:42:47.00	+01:25:01 (38.2%)	8:15	7.3 (61.9%)
306	OSIŃSKA Dominika	304	VRC	K30	33	01:58:36	03:42:47.00	03:42:47.00	+01:25:01 (38.2%)	8:15	7.3 (61.9%)
308	CAŁKA Grzegorz	248	RADZYMIN	M40	54	02:01:17	03:42:52.55	03:42:52.55	+01:25:06 (38.2%)	8:15	7.3 (61.9%)
309	CAŁKA Agnieszka	247		K30	34	02:01:17	03:42:52.70	03:42:52.70	+01:25:07 (38.2%)	8:15	7.3 (61.9%)
310	PIOTRKOWSKI Przemysław	150		M30	136	01:57:54	03:43:05.80	03:43:05.80	+01:25:20 (38.3%)	8:15	7.3 (61.9%)
311	KARBOWIAK Daniel	636	TUP TEAM	M20	57	01:51:54	03:43:10.00	03:43:10.00	+01:25:24 (38.3%)	8:15	7.3 (61.9%)
312	TKACZYK Przemysław	558	CZCICIELE BOBRZEJ NORCY	M40	55	01:53:30	03:43:35.85	03:43:35.85	+01:25:50 (38.4%)	8:16	7.2 (61.0%)
313	STARCZYNOWSKI Dariusz	163		M40	56	01:52:40	03:43:41.85	03:43:41.85	+01:25:56 (38.4%)	8:17	7.2 (61.0%)
314	SZCZEPANIAK Sylwia	322	MIDNIGHTRUN.PL	K30	35	01:51:53	03:43:47.90	03:43:47.90	+01:26:02 (38.4%)	8:17	7.2 (61.0%)
315	RAMA Andrzej	358	TATOKUPA	M30	137	01:52:50	03:43:53.20	03:43:53.20	+01:26:07 (38.5%)	8:17	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
316	NOWOROLNIK Paweł	577	GLIWICE	M30	138	01:59:10	03:43:55.15	03:43:55.15	+01:26:09 (38.5%)	8:17	7.2 (61.0%)
317	HYZIAK Jakub	283	JJ.RUNNERS GORLICE	M40	57	02:00:13	03:43:57.60	03:43:57.60	+01:26:12 (38.5%)	8:17	7.2 (61.0%)
318	WOLAK Jarosław	196	MBANK	M40	58	01:52:26	03:44:14.95	03:44:14.95	+01:26:29 (38.6%)	8:18	7.2 (61.0%)
319	KOSSAKOWSKA Katarzyna	178	WARSZAWA	K40	6	01:50:16	03:44:18.20	03:44:18.20	+01:26:32 (38.6%)	8:18	7.2 (61.0%)
320	SOŁTYS Krzysztof	270	GDAŃSK	M40	59	01:51:55	03:44:25.00	03:44:25.00	+01:26:39 (38.6%)	8:18	7.2 (61.0%)
321	MAZUR Andrzej	906		M30	139	01:50:57	03:44:27.90	03:44:27.90	+01:26:42 (38.6%)	8:18	7.2 (61.0%)
322	FISZER Agnieszka	382	12TRI.PL	K30	36	01:52:38	03:44:41.80	03:44:41.80	+01:26:56 (38.7%)	8:19	7.2 (61.0%)
323	KAMIŃSKI Mateusz	649	STROMIEC	M20	58	01:51:53	03:44:43.40	03:44:43.40	+01:26:57 (38.7%)	8:19	7.2 (61.0%)
324	DOMIN Krzysztof	597	SOPOT CURLING CLUB WA KU'TA	M30	140	02:00:51	03:44:46.80	03:44:46.80	+01:27:01 (38.7%)	8:19	7.2 (61.0%)
325	SZYMCZAK Mirosław	221	SPARTANIEDZIECIOM	M40	60	01:50:53	03:44:48.20	03:44:48.20	+01:27:02 (38.7%)	8:19	7.2 (61.0%)
326	STENCEL Wiktoria	896		K20	20	01:52:13	03:44:59.70	03:44:59.70	+01:27:14 (38.8%)	8:19	7.2 (61.0%)
327	MICHAŁEK Jacek	469		M30	141	01:58:40	03:45:09.75	03:45:09.75	+01:27:24 (38.8%)	8:20	7.2 (61.0%)
328	LASKOWSKA Katarzyna	403		K30	37	01:55:50	03:45:10.90	03:45:10.90	+01:27:25 (38.8%)	8:20	7.2 (61.0%)
329	SZAPIEL Łukasz	35		M30	142	01:50:05	03:45:33.30	03:45:33.30	+01:27:47 (38.9%)	8:21	7.2 (61.0%)
330	KOT Izabela	879		K20	21	01:52:15	03:45:54.35	03:45:54.35	+01:28:08 (39.0%)	8:22	7.2 (61.0%)
331	BAKA Mateusz	381	WITMAR	M20	59	01:55:56	03:45:55.90	03:45:55.90	+01:28:10 (39.0%)	8:22	7.2 (61.0%)
332	JĘDRZEJCZYK Agnieszka	881	RZESZOWSKIE GAZELE I GEPARDY	K30	38	01:53:57	03:46:00.25	03:46:00.25	+01:28:14 (39.0%)	8:22	7.2 (61.0%)
333	BIEŃ Jan	116		M20	60	01:51:06	03:46:02.30	03:46:02.30	+01:28:16 (39.1%)	8:22	7.2 (61.0%)
334	PISKORSKI Krzysztof	527	WARSZAWA	M30	143	01:59:14	03:46:06.00	03:46:06.00	+01:28:20 (39.1%)	8:22	7.2 (61.0%)
335	BOROWSKI Sławomir	533	WARSZAWA	M30	144	01:59:18	03:46:11.10	03:46:11.10	+01:28:25 (39.1%)	8:22	7.2 (61.0%)
336	OLKIEWICZ Przemysław	570	PALE ŁYDY	M40	61	01:52:16	03:46:32.65	03:46:32.65	+01:28:47 (39.2%)	8:23	7.2 (61.0%)
337	BRZOZOWSKA Aneta	811	TRIABLOS	K30	39	01:52:57	03:46:54.85	03:46:54.85	+01:29:09 (39.3%)	8:24	7.1 (60.2%)
338	POKORNIECKI Tomasz	580		M20	61	01:58:33	03:46:58.10	03:46:58.10	+01:29:12 (39.3%)	8:24	7.1 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
339	ZARZYCKA Ewa	362	ZABIEGANI PO USZY	K30	40	01:55:24	03:47:01.10	03:47:01.10	+01:29:15 (39.3%)	8:24	7.1 (60.2%)
340	KRZEMIŃSKI Hubert Szczepan	113	AKS POLONIA WARSZAWA	M20	62	01:53:16	03:47:06.05	03:47:06.05	+01:29:20 (39.3%)	8:24	7.1 (60.2%)
341	STARZYŃSKA Katarzyna	855	CALYPSO PIŁA	K30	41	02:03:34	03:47:31.85	03:47:31.85	+01:29:46 (39.5%)	8:25	7.1 (60.2%)
342	BEDNARCZYK Paulina	207	JOZEFOSLAW	K30	42	01:53:11	03:47:34.60	03:47:34.60	+01:29:49 (39.5%)	8:25	7.1 (60.2%)
343	ZBOROWSKI Paweł	484	RAIFFEISEN POLBANK	M30	145	01:59:29	03:47:39.85	03:47:39.85	+01:29:54 (39.5%)	8:25	7.1 (60.2%)
344	JANOWSKA Anna	296		K30	43	02:02:57	03:48:25.30	03:48:25.30	+01:30:39 (39.7%)	8:27	7.1 (60.2%)
345	KOZŁOWSKA Joanna	252	AKM OLIMP OLSZTYN/12TRI DRUŻYNA WILKA	K30	44	02:02:59	03:48:25.60	03:48:25.60	+01:30:40 (39.7%)	8:27	7.1 (60.2%)
346	STARZYŃSKI Stefan	309	PERFECT RUNNER LUBLIN	M40	62	01:54:19	03:48:41.55	03:48:41.55	+01:30:55 (39.8%)	8:28	7.1 (60.2%)
347	FLORCZYK Jacek	323	RADOM	M40	63	01:48:16	03:49:16.50	03:49:16.50	+01:31:30 (39.9%)	8:29	7.1 (60.2%)
348	OSSERA Adam	313	GLIWICE	M40	64	01:50:48	03:49:30.90	03:49:30.90	+01:31:45 (40.0%)	8:30	7.1 (60.2%)
349	SZYBIAK Joanna	491	AGONA WM	K40	7	01:56:11	03:49:32.35	03:49:32.35	+01:31:46 (40.0%)	8:30	7.1 (60.2%)
350	CHUDZIK Adam	260	NIGHT RUNNERS PŁOCK	M30	146	01:48:37	03:49:33.50	03:49:33.50	+01:31:47 (40.0%)	8:30	7.1 (60.2%)
351	SZYDLIK Grzegorz	269	DŁUGOSIODŁO	M20	63	01:56:17	03:49:36.20	03:49:36.20	+01:31:50 (40.0%)	8:30	7.1 (60.2%)
352	PAWŁOWSKI Rafał	225	POSETCE	M30	147	01:56:21	03:49:36.60	03:49:36.60	+01:31:51 (40.0%)	8:30	7.1 (60.2%)
353	KIEL Katarzyna	157	GDAŃSK	K20	22	01:55:27	03:49:36.85	03:49:36.85	+01:31:51 (40.0%)	8:30	7.1 (60.2%)
354	KOBYŁKA Rafał	70		M30	148	02:00:50	03:49:39.55	03:49:39.55	+01:31:53 (40.0%)	8:30	7.1 (60.2%)
355	GRĄDZIK Rafał	645	WROCŁAW	M20	64	01:56:26	03:49:40.45	03:49:40.45	+01:31:54 (40.0%)	8:30	7.1 (60.2%)
356	NOWICKI Bartosz	900	PODRÓŻNICY.EU	M30	149	02:03:38	03:49:53.30	03:49:53.30	+01:32:07 (40.1%)	8:30	7 (59.3%)
357	HEJMAN Maciej	282	WKURW_TEAM	M40	65	01:52:22	03:49:53.35	03:49:53.35	+01:32:07 (40.1%)	8:30	7 (59.3%)
358	LEWANDOWSKI Damian	479	GROSZEK KULA SIĘ Z MARCHEWKĄ	M40	66	01:54:40	03:49:54.10	03:49:54.10	+01:32:08 (40.1%)	8:30	7 (59.3%)
359	GURAK-STENCEL Izabela	901		K40	8	01:59:05	03:49:54.85	03:49:54.85	+01:32:09 (40.1%)	8:30	7 (59.3%)
360	WĘCŁAWSKA Aneta	293	BRACTWO BIEGOWE BGK / RUNPLANET TEAM	K40	9	01:58:47	03:49:55.55	03:49:55.55	+01:32:09 (40.1%)	8:30	7 (59.3%)
361	PAPIEWSKI Przemysław	389		M30	150	01:51:52	03:49:57.65	03:49:57.65	+01:32:12 (40.1%)	8:31	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
362	PALEWICZ Renata	773		K30	45	01:56:58	03:50:02.80	03:50:02.80	+01:32:17 (40.1%)	8:31	7 (59.3%)
363	KORPAK Marta	401	MOTIVATO	K20	23	02:00:52	03:50:11.05	03:50:11.05	+01:32:25 (40.2%)	8:31	7 (59.3%)
364	KUMOR Dagmara	327	WARSZAWA	K20	24	01:59:56	03:50:11.20	03:50:11.20	+01:32:25 (40.2%)	8:31	7 (59.3%)
365	JAZ Małgorzata	806		K40	10	02:00:13	03:50:12.15	03:50:12.15	+01:32:26 (40.2%)	8:31	7 (59.3%)
366	SIKORA Paweł	215	KRABOLUDZIE	M30	151	01:57:58	03:50:13.05	03:50:13.05	+01:32:27 (40.2%)	8:31	7 (59.3%)
367	PRZEPIÓRKA Rafał	80	KRABOLUDZIE	M20	65	01:57:56	03:50:13.10	03:50:13.10	+01:32:27 (40.2%)	8:31	7 (59.3%)
368	KAWALEC Krystian	637		M40	67	01:48:45	03:50:14.90	03:50:14.90	+01:32:29 (40.2%)	8:31	7 (59.3%)
369	WRÓBEL Bartłomiej	892	CISNA	M40	68	01:58:59	03:50:16.15	03:50:16.15	+01:32:30 (40.2%)	8:31	7 (59.3%)
370	MASZEWSKA Agata	241		K30	46	01:58:30	03:50:16.90	03:50:16.90	+01:32:31 (40.2%)	8:31	7 (59.3%)
371	SOSZYŃSKI Wojtek	291	PZU SPORT TEAM	M40	69	01:58:19	03:50:23.00	03:50:23.00	+01:32:37 (40.2%)	8:31	7 (59.3%)
372	ŚMIETANA Katarzyna	864	GÓRSKIEGIRY	K30	47	02:00:48	03:51:06.35	03:51:06.35	+01:33:20 (40.4%)	8:33	7 (59.3%)
373	PRZYBYŁ Sławomir	232	CRAZY DRAGONS	M30	152	01:58:58	03:51:07.10	03:51:07.10	+01:33:21 (40.4%)	8:33	7 (59.3%)
374	JAGIELSKA Magdalena	292	NGB KŁOBUCK	K30	48	02:01:08	03:51:10.70	03:51:10.70	+01:33:25 (40.4%)	8:33	7 (59.3%)
375	ŚLEDZIOWSKI Andrzej	251	KRAKÓW	M40	70	02:03:04	03:51:13.65	03:51:13.65	+01:33:28 (40.4%)	8:33	7 (59.3%)
376	SPYCHAŁA Agnieszka	436	POZNAN	K40	11	02:01:21	03:51:14.00	03:51:14.00	+01:33:28 (40.4%)	8:33	7 (59.3%)
377	BICKA Anna	340	WARSZAWA	K30	49	01:57:20	03:51:44.65	03:51:44.65	+01:33:59 (40.6%)	8:34	7 (59.3%)
378	PIWECKI Maciej	244	SADY	M30	153	01:59:25	03:51:47.90	03:51:47.90	+01:34:02 (40.6%)	8:35	7 (59.3%)
379	CZYŻEWSKI Przemysław	203	NSZ	M30	154	01:56:44	03:51:57.85	03:51:57.85	+01:34:12 (40.6%)	8:35	7 (59.3%)
380	WIŚNIEWSKA Bogumiła	845		K20	25	01:56:16	03:52:06.35	03:52:06.35	+01:34:20 (40.6%)	8:35	7 (59.3%)
381	MATUSZEWSKA Nina	798	ALBATROSY	K20	26	01:58:41	03:52:08.05	03:52:08.05	+01:34:22 (40.7%)	8:35	7 (59.3%)
382	KRAWCZYK Tomasz	176		M30	155	01:48:08	03:52:11.90	03:52:11.90	+01:34:26 (40.7%)	8:35	7 (59.3%)
383	MIAZEK Piotr	402	CF LUBLIN	M30	156	01:58:45	03:52:13.30	03:52:13.30	+01:34:27 (40.7%)	8:36	7 (59.3%)
384	MIROWSKI Konrad	656	WWW.TELEMAGIC.PL	M20	66	02:00:42	03:52:14.25	03:52:14.25	+01:34:28 (40.7%)	8:36	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
385	BYLICA Paulina	768	KRAKÓW	K30	50	01:59:24	03:52:15.40	03:52:15.40	+01:34:29 (40.7%)	8:36	7 (59.3%)
386	DĘBICKA Brygida	790	KRAKÓW	K30	51	01:59:29	03:52:15.60	03:52:15.60	+01:34:30 (40.7%)	8:36	7 (59.3%)
387	PLISZCZYŃSKA Justyna	457		K40	12	01:59:52	03:52:23.70	03:52:23.70	+01:34:38 (40.7%)	8:36	7 (59.3%)
388	ŁUŻYŃSKA Katarzyna	338	BBL TEAM POLICE	K30	52	01:58:47	03:52:45.40	03:52:45.40	+01:34:59 (40.8%)	8:37	7 (59.3%)
389	POKRYWKA Stefan	894		M50	5	01:59:28	03:52:45.60	03:52:45.60	+01:35:00 (40.8%)	8:37	7 (59.3%)
390	DEMKÓW Katarzyna	466	KB SOBÓTKA	K40	13	01:57:09	03:52:50.10	03:52:50.10	+01:35:04 (40.8%)	8:37	7 (59.3%)
391	KOZIŃSKI Piotr	559		M30	157	01:48:08	03:52:51.45	03:52:51.45	+01:35:05 (40.8%)	8:37	7 (59.3%)
392	BERGER Janusz	725		M40	71	01:59:23	03:53:19.05	03:53:19.05	+01:35:33 (41.0%)	8:38	6.9 (58.5%)
393	JURKOWSKI Piotr	160		M20	67	01:54:17	03:53:22.05	03:53:22.05	+01:35:36 (41.0%)	8:38	6.9 (58.5%)
394	HULANICKI Andrzej	31	GOGGLE PAE TEAM	M50	6	01:59:12	03:53:22.20	03:53:22.20	+01:35:36 (41.0%)	8:38	6.9 (58.5%)
395	KOTLIŃSKI Janusz	588	RZESZÓW	M50	7	01:53:22	03:53:24.90	03:53:24.90	+01:35:39 (41.0%)	8:38	6.9 (58.5%)
396	DUDEK Małgorzata	813	PORANNY PATROL	K30	53	02:03:08	03:53:27.25	03:53:27.25	+01:35:41 (41.0%)	8:38	6.9 (58.5%)
397	NARTOWSKI Jan	6		M50	8	02:00:38	03:53:33.85	03:53:33.85	+01:35:48 (41.0%)	8:39	6.9 (58.5%)
398	MARCIAK Karol	429	OLSZTYŃSKIE USTAWKI BIEGOWE	M30	158	02:06:18	03:53:39.65	03:53:39.65	+01:35:54 (41.0%)	8:39	6.9 (58.5%)
399	MOCZYDŁOWSKI Łukasz	723		M40	72	01:56:46	03:53:45.90	03:53:45.90	+01:36:00 (41.1%)	8:39	6.9 (58.5%)
400	BURAKOWSKA Patrycja	396		K30	54	01:52:01	03:53:54.95	03:53:54.95	+01:36:09 (41.1%)	8:39	6.9 (58.5%)
401	PIETYRA Karolina	339	LOŻA SZYDERCÓW	K30	55	02:00:37	03:54:15.55	03:54:15.55	+01:36:29 (41.2%)	8:40	6.9 (58.5%)
402	KOPICZKO Mariusz	695	AUGUSTÓW	M20	68	02:01:01	03:54:28.95	03:54:28.95	+01:36:43 (41.2%)	8:41	6.9 (58.5%)
403	PAWEŁ Niedzielski	465	ARKA LEŚNA	M30	159	01:56:04	03:54:36.90	03:54:36.90	+01:36:51 (41.3%)	8:41	6.9 (58.5%)
404	ŻAK - ŁEBEK Ewa	302	OLKUSZBIEGA.PL	K40	14	01:59:00	03:54:39.30	03:54:39.30	+01:36:53 (41.3%)	8:41	6.9 (58.5%)
405	JĘDRASZEK Maciej	541	KORONA PABIANICE	M30	160	01:57:23	03:54:39.85	03:54:39.85	+01:36:54 (41.3%)	8:41	6.9 (58.5%)
406	BAZIUK Aneta	854	CALYPSO PIŁA	K30	56	02:03:34	03:54:41.00	03:54:41.00	+01:36:55 (41.3%)	8:41	6.9 (58.5%)
407	ŻYWICA1 Adam	118	BRZOZA BIEGA	M30	161	01:57:37	03:54:42.65	03:54:42.65	+01:36:57 (41.3%)	8:41	6.9 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
408	ŚWIDEREK Kasia	294	JÓZEFOSŁAW	K40	15	01:55:40	03:54:43.70	03:54:43.70	+01:36:58 (41.3%)	8:41	6.9 (58.5%)
409	KRZEMIŃSKI Leszek	297	WARSZAWA	M30	162	02:03:52	03:54:46.90	03:54:46.90	+01:37:01 (41.3%)	8:41	6.9 (58.5%)
410	BUDNY Kinga	243	MTB4FUN	K30	57	02:10:07	03:54:47.65	03:54:47.65	+01:37:02 (41.3%)	8:41	6.9 (58.5%)
411	KŁAK Adam	572	KIELCE	M30	163	02:01:11	03:55:02.80	03:55:02.80	+01:37:17 (41.4%)	8:42	6.9 (58.5%)
412	JANUSZCZAK Wojciech	446	STALOWA WOLA	M30	164	02:00:56	03:55:05.45	03:55:05.45	+01:37:19 (41.4%)	8:42	6.9 (58.5%)
413	WOJTKOWIAK Magda	392		K20	27	02:03:51	03:55:07.65	03:55:07.65	+01:37:22 (41.4%)	8:42	6.9 (58.5%)
414	SKARŻEŃSKA Jagoda	807		K30	58	02:01:49	03:55:08.40	03:55:08.40	+01:37:22 (41.4%)	8:42	6.9 (58.5%)
415	SZYMAŃSKI Adam	48	PKO BANK POLSKI	M40	73	02:03:42	03:55:10.70	03:55:10.70	+01:37:25 (41.4%)	8:42	6.9 (58.5%)
416	SZYMAŃSKA Agnieszka	272	PKO BANK POLSKI	K40	16	02:03:42	03:55:11.75	03:55:11.75	+01:37:26 (41.4%)	8:42	6.9 (58.5%)
417	TRENTOWSKI Wojciech	193	POSETCE	M40	74	01:56:17	03:55:50.50	03:55:50.50	+01:38:04 (41.6%)	8:44	6.9 (58.5%)
418	NOBIS Anna	437	VRC VIRTUAL RUNNER CLUB	K20	28	01:57:38	03:56:03.40	03:56:03.40	+01:38:17 (41.6%)	8:44	6.9 (58.5%)
419	ORCZYK Artur	693	W POGONI ZA DUCHEM	M30	165	01:58:03	03:56:07.65	03:56:07.65	+01:38:22 (41.7%)	8:44	6.9 (58.5%)
420	KUŁAKOWSKI Grzegorz	226	W POGONI ZA DUCHEM	M30	166	01:57:57	03:56:07.80	03:56:07.80	+01:38:22 (41.7%)	8:44	6.9 (58.5%)
421	KRAUZA-DERKOWSKA Joanna	295	NOWOMIESZCZANIELUBIĄBIEGANIE	K40	17	01:58:55	03:56:31.50	03:56:31.50	+01:38:45 (41.8%)	8:45	6.8 (57.6%)
421	KOTŁOWSKA Katarzyna	258	NOWOMIESZCZANIE	K30	59	01:58:56	03:56:31.50	03:56:31.50	+01:38:45 (41.8%)	8:45	6.8 (57.6%)
423	ŁYSAKIEWICZ Paweł	89	NSK PERON	M20	69	01:58:14	03:56:33.50	03:56:33.50	+01:38:47 (41.8%)	8:45	6.8 (57.6%)
424	KRASNODĘBSKA Agnieszka	416	ORTOREH TEAM	K40	18	01:55:31	03:56:33.65	03:56:33.65	+01:38:48 (41.8%)	8:45	6.8 (57.6%)
425	BUNICZ Sebastian	228	BKKK	M30	167	02:01:52	03:56:33.90	03:56:33.90	+01:38:48 (41.8%)	8:45	6.8 (57.6%)
426	RUTKA Monika	873	RUN RACE TEAM	K40	19	01:59:54	03:56:42.70	03:56:42.70	+01:38:57 (41.8%)	8:46	6.8 (57.6%)
427	SIWIEC Karolina	737		K30	60	02:04:21	03:56:44.35	03:56:44.35	+01:38:58 (41.8%)	8:46	6.8 (57.6%)
428	MIŁKOWSKI Marcin	367		M30	168	02:01:06	03:57:17.75	03:57:17.75	+01:39:32 (41.9%)	8:47	6.8 (57.6%)
429	MALEC Dawid	110	NIGHT RUNNERS	M20	70	01:53:49	03:57:19.40	03:57:19.40	+01:39:33 (42.0%)	8:47	6.8 (57.6%)
430	OSTROWSKI Artur	280	YULORUNTEAM	M30	169	01:53:51	03:57:21.35	03:57:21.35	+01:39:35 (42.0%)	8:47	6.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
431	PELCZAR Paweł	560	KROŚCIENKO WYŻNE	M30	170	01:56:50	03:57:48.95	03:57:48.95	+01:40:03 (42.1%)	8:48	6.8 (57.6%)
432	POŻOGA Marcin	120	KIELECKI BIEGACZ	M20	71	01:54:16	03:58:03.65	03:58:03.65	+01:40:18 (42.1%)	8:49	6.8 (57.6%)
433	MATUSZEWSKI Artur	564	GDYNIA	M30	171	02:06:48	03:58:07.10	03:58:07.10	+01:40:21 (42.1%)	8:49	6.8 (57.6%)
434	ŁUKAWSKA-MATUSZEWSKA Katarzyna	783	GDYNIA	K30	61	02:05:57	03:58:07.20	03:58:07.20	+01:40:21 (42.1%)	8:49	6.8 (57.6%)
435	KWASNIEWSKI Dominik	604		M30	172	01:50:47	03:58:46.05	03:58:46.05	+01:41:00 (42.3%)	8:50	6.8 (57.6%)
436	BIJOŚ Mirosław	346	GŁOGÓW MAŁOPOLSKI	M30	173	01:56:27	03:59:07.00	03:59:07.00	+01:41:21 (42.4%)	8:51	6.8 (57.6%)
437	GAWEŁ Sebastian	524		M30	174	01:58:46	03:59:08.75	03:59:08.75	+01:41:23 (42.4%)	8:51	6.8 (57.6%)
438	TUCZAPSKA Anna	268	MYSZ & DZAKO	K20	29	02:05:26	03:59:20.10	03:59:20.10	+01:41:34 (42.4%)	8:51	6.8 (57.6%)
439	BAK Marcin	781	GOPR BIESZCZADY	M30	175	01:52:57	03:59:37.20	03:59:37.20	+01:41:51 (42.5%)	8:52	6.8 (57.6%)
440	CZERWIŃSKA Magdalena	832	GLIWICE	K40	20	01:58:39	03:59:40.00	03:59:40.00	+01:41:54 (42.5%)	8:52	6.8 (57.6%)
441	KOZIELEC Tomasz	566	GLIWICE	M40	75	02:04:30	03:59:51.50	03:59:51.50	+01:42:05 (42.6%)	8:53	6.8 (57.6%)
442	URBAŃSKI Michał	379	ŁĘCZYCA	M30	176	01:59:18	04:00:12.05	04:00:12.05	+01:42:26 (42.6%)	8:53	6.7 (56.8%)
443	DĘBOWSKI Filip	374	NIEPOŁOMICE BIEGAJĄ	M30	177	01:56:28	04:00:20.00	04:00:20.00	+01:42:34 (42.7%)	8:54	6.7 (56.8%)
444	KORZENIOWSKA-DĘBOWSKA Magdalena	342	NIEPOŁOMICE BIEGAJĄ	K30	62	01:56:25	04:00:20.05	04:00:20.05	+01:42:34 (42.7%)	8:54	6.7 (56.8%)
445	KRUPIŃSKA Joanna	870	ROCHE	K30	63	02:03:16	04:00:23.20	04:00:23.20	+01:42:37 (42.7%)	8:54	6.7 (56.8%)
446	CHWALISZEWSKI Jarosław	310	NIGHT RUNNERS GLIWICE - ENERGY TEAM	M40	76	01:55:32	04:00:27.40	04:00:27.40	+01:42:41 (42.7%)	8:54	6.7 (56.8%)
447	ŚMIESZEK Małgorzata	780	GLIWICE	K30	64	01:58:13	04:00:29.15	04:00:29.15	+01:42:43 (42.7%)	8:54	6.7 (56.8%)
448	DUDEK Grzegorz	557	GLIWICE	M30	178	01:58:11	04:00:29.40	04:00:29.40	+01:42:43 (42.7%)	8:54	6.7 (56.8%)
449	LIPUS Andrzej	726		M40	77	02:05:56	04:00:42.50	04:00:42.50	+01:42:56 (42.8%)	8:54	6.7 (56.8%)
450	BANASZEK Urszula	229	WROCŁAW	K30	65	02:04:56	04:00:42.65	04:00:42.65	+01:42:57 (42.8%)	8:54	6.7 (56.8%)
451	PIENCZKE Mateusz	898	GDAŃSK	M30	179	02:13:33	04:00:42.85	04:00:42.85	+01:42:57 (42.8%)	8:54	6.7 (56.8%)
452	KRAMKOWSKA Agnieszka	871	ROCHE	K20	30	02:07:34	04:00:44.15	04:00:44.15	+01:42:58 (42.8%)	8:54	6.7 (56.8%)
453	NIEMCYK Katarzyna	4		K30	66	02:04:22	04:00:44.20	04:00:44.20	+01:42:58 (42.8%)	8:54	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
454	GORCZYCA Aneta	317	JASŁO	K30	67	02:00:47	04:01:39.00	04:01:39.00	+01:43:53 (43.0%)	8:57	6.7 (56.8%)
455	LIĆWINKO Magdalena	468	KRAKÓW	K30	68	02:07:42	04:01:47.75	04:01:47.75	+01:44:02 (43.0%)	8:57	6.7 (56.8%)
456	ŻACZEK Anna	456	BIEGUSIEM.PL	K40	21	02:10:11	04:01:50.25	04:01:50.25	+01:44:04 (43.0%)	8:57	6.7 (56.8%)
457	ŁUKASIAK Tomasz	902	BIEGUSIEM.PL	M40	78	02:10:11	04:01:50.40	04:01:50.40	+01:44:04 (43.0%)	8:57	6.7 (56.8%)
458	CHAŁUPCZYŃSKA Małgorzata	7	RUN VEGAN	K20	31	02:13:26	04:01:57.95	04:01:57.95	+01:44:12 (43.1%)	8:57	6.7 (56.8%)
459	NAPIERAJ Grzegorz	8	RUN VEGAN	M30	180	02:13:26	04:01:58.25	04:01:58.25	+01:44:12 (43.1%)	8:57	6.7 (56.8%)
460	SUCHECKI Wojciech	525	WARMIA I MAZURY TEAM	M40	79	01:47:31	04:02:04.45	04:02:04.45	+01:44:18 (43.1%)	8:57	6.7 (56.8%)
461	KRUPCZYŃSKI Mariusz	306	KRUPOLS TEAM	M50	9	02:06:44	04:02:08.95	04:02:08.95	+01:44:23 (43.1%)	8:58	6.7 (56.8%)
462	WÓJCICKA Dorota	463	GDAŃSK	K30	69	02:02:04	04:02:11.10	04:02:11.10	+01:44:25 (43.1%)	8:58	6.7 (56.8%)
463	DROZD Ola	316		K30	70	02:01:31	04:02:13.35	04:02:13.35	+01:44:27 (43.1%)	8:58	6.7 (56.8%)
464	KAMYK Karolina	765	HI FITNESS NOWY TARG	K30	71	01:57:23	04:02:17.10	04:02:17.10	+01:44:31 (43.1%)	8:58	6.7 (56.8%)
465	SZYMAŃSKA Anna	460	12TRI.PL	K30	72	02:03:43	04:02:39.30	04:02:39.30	+01:44:53 (43.2%)	8:59	6.7 (56.8%)
466	HYDZIK Łukasz	633	SANOK	M30	181	01:59:56	04:02:45.95	04:02:45.95	+01:45:00 (43.3%)	8:59	6.7 (56.8%)
467	PAWĘZKA Mirosław	421	LUBLIN	M30	182	01:58:48	04:02:53.20	04:02:53.20	+01:45:07 (43.3%)	8:59	6.7 (56.8%)
468	MISZEWSKA-URBAŃSKA Emilia	815	SMARUJ NA TRENING	K20	32	02:01:25	04:03:08.15	04:03:08.15	+01:45:22 (43.3%)	9:00	6.7 (56.8%)
469	FALISZEWSKI Hubert	679	BALIGRÓD	M20	72	01:51:38	04:03:15.80	04:03:15.80	+01:45:30 (43.4%)	9:00	6.7 (56.8%)
470	LEU Windy	838	WITC	K30	73	02:03:17	04:03:17.10	04:03:17.10	+01:45:31 (43.4%)	9:00	6.7 (56.8%)
471	BRZEZIŃSKI Maciej	683	WITC	M20	73	02:03:17	04:03:17.25	04:03:17.25	+01:45:31 (43.4%)	9:00	6.7 (56.8%)
472	REDŁOWSKA Bożena	868	LADIES RUN	K30	74	02:04:54	04:03:22.35	04:03:22.35	+01:45:36 (43.4%)	9:00	6.7 (56.8%)
473	BUCZYŃSKA Sylwia	412	KRAKÓW	K40	22	02:02:07	04:03:23.45	04:03:23.45	+01:45:37 (43.4%)	9:00	6.7 (56.8%)
474	PAWŁOWSKI Piotr	265	RADOM	M40	80	02:00:47	04:03:25.30	04:03:25.30	+01:45:39 (43.4%)	9:00	6.7 (56.8%)
475	BĄCZEK Przemysław	212		M40	81	02:04:01	04:03:31.35	04:03:31.35	+01:45:45 (43.4%)	9:01	6.7 (56.8%)
476	LESZCZYŃSKI Radosław	344	CELESTYNÓW	M40	82	02:05:44	04:03:35.35	04:03:35.35	+01:45:49 (43.4%)	9:01	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
477	LESZCZYŃSKA Iwona	371	CELESTYNÓW	K40	23	02:05:43	04:03:35.60	04:03:35.60	+01:45:50 (43.4%)	9:01	6.7 (56.8%)
478	JASIŃSKI Rafał	246	SOCHACZEW	M30	183	02:09:25	04:03:38.35	04:03:38.35	+01:45:52 (43.5%)	9:01	6.6 (55.9%)
479	SŁOBODA Elżbieta	801	USTRZYKI DOLNE	K30	75	01:59:29	04:03:40.50	04:03:40.50	+01:45:54 (43.5%)	9:01	6.6 (55.9%)
480	KOJDER Grzegorz	685	PRZEWORSK	M20	74	02:07:37	04:03:47.25	04:03:47.25	+01:46:01 (43.5%)	9:01	6.6 (55.9%)
481	GAWĘDA Arkadiusz	540	CZĘSTOCHOWA	M20	75	02:11:49	04:03:49.90	04:03:49.90	+01:46:04 (43.5%)	9:01	6.6 (55.9%)
482	STAFIEJ Anna	214	ŚWINOUJSCIE	K30	76	01:55:50	04:04:08.20	04:04:08.20	+01:46:22 (43.6%)	9:02	6.6 (55.9%)
483	KOWALCZUK Cezary	210	WARSZAWA	M30	184	02:00:06	04:04:24.65	04:04:24.65	+01:46:39 (43.6%)	9:03	6.6 (55.9%)
484	BALCERZAK Michał	528	LUBIN	M30	185	01:58:17	04:04:29.80	04:04:29.80	+01:46:44 (43.7%)	9:03	6.6 (55.9%)
485	KARAPUDA Natalia	321	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	77	02:04:40	04:04:30.70	04:04:30.70	+01:46:45 (43.7%)	9:03	6.6 (55.9%)
486	LAUER Jarosław	343	KORONA PABIANICE	M40	83	02:07:08	04:04:43.10	04:04:43.10	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
487	REKAWEK Artur	565	TRUCHTACZ.PL	M40	84	02:07:01	04:04:43.25	04:04:43.25	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
488	GWAREK Marzena	788		K30	78	02:06:59	04:04:43.30	04:04:43.30	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
489	ŻOŁĄDEK Anna	784		K30	79	02:07:08	04:04:43.40	04:04:43.40	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
490	JARZĘBOWSKA Marlena	318	W POGONI ZA DUCHEM	K30	80	01:57:52	04:05:08.75	04:05:08.75	+01:47:23 (43.8%)	9:04	6.6 (55.9%)
491	MADEJ Ewa	167	DEUTSCHE BANK MARATHON TEAM	K30	81	02:01:51	04:05:16.80	04:05:16.80	+01:47:31 (43.8%)	9:05	6.6 (55.9%)
492	SZYMURSKI Arkadiusz	657	ŚRODA WLKP.	M40	85	02:01:04	04:05:16.90	04:05:16.90	+01:47:31 (43.8%)	9:05	6.6 (55.9%)
493	STANIEK Tomasz	536		M40	86	02:09:21	04:05:24.00	04:05:24.00	+01:47:38 (43.9%)	9:05	6.6 (55.9%)
494	BARCZEWSKA Agnieszka	831	KOPANICA	K20	33	02:10:03	04:06:01.55	04:06:01.55	+01:48:15 (44.0%)	9:06	6.6 (55.9%)
495	FIGUŁA Wioleta	424		K30	82	02:01:55	04:06:03.15	04:06:03.15	+01:48:17 (44.0%)	9:06	6.6 (55.9%)
496	WICHARY Cyprian	505	NIGHT RUNNERS WROCLAW	M30	186	01:54:49	04:06:05.20	04:06:05.20	+01:48:19 (44.0%)	9:06	6.6 (55.9%)
497	KARPINSKI Maciej	263	BEZRZECZE	M40	87	02:04:28	04:06:33.35	04:06:33.35	+01:48:47 (44.1%)	9:07	6.6 (55.9%)
498	DZIAŁO Agnieszka	762	ZABIEGANI MIELEC	K30	83	02:08:17	04:06:38.40	04:06:38.40	+01:48:52 (44.1%)	9:08	6.6 (55.9%)
499	NOWOTARSKA Anita	876		K40	24	01:57:39	04:06:56.20	04:06:56.20	+01:49:10 (44.2%)	9:08	6.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
500	LASOTA Edyta	475	ULTRA TEAM RADOM	K30	84	02:12:42	04:07:15.75	04:07:15.75	+01:49:30 (44.3%)	9:09	6.6 (55.9%)
501	CZECHOSKA Magdalena	373	BOOT CAMP POLSKA	K30	85	02:07:20	04:07:23.05	04:07:23.05	+01:49:37 (44.3%)	9:09	6.5 (55.1%)
502	RÓŻNIAKOWSKA Marta	818	SMASHING PĄPKINS	K20	34	02:07:18	04:07:23.50	04:07:23.50	+01:49:37 (44.3%)	9:09	6.5 (55.1%)
503	CHUDZIK Magda	459	NIGHT RUNNERS PŁOCK	K30	86	01:58:35	04:07:40.80	04:07:40.80	+01:49:55 (44.4%)	9:10	6.5 (55.1%)
504	SKÓRA Sebastian	673	ŁĄNCUT	M30	187	01:51:08	04:07:53.50	04:07:53.50	+01:50:07 (44.4%)	9:10	6.5 (55.1%)
505	ZIENTEK Iwona	407	PZU SPORT TEAM	K30	87	02:10:08	04:08:00.60	04:08:00.60	+01:50:15 (44.5%)	9:11	6.5 (55.1%)
506	SYGUŁA Joanna	802	WITC	K30	88	02:17:53	04:08:03.80	04:08:03.80	+01:50:18 (44.5%)	9:11	6.5 (55.1%)
507	KOWALCZUK Jakub	653	WARSZAWA	M30	188	02:04:54	04:08:09.35	04:08:09.35	+01:50:23 (44.5%)	9:11	6.5 (55.1%)
508	WOJCIECHOWSKI Krzysztof	360	SZCZECIN	M40	88	02:02:12	04:08:13.90	04:08:13.90	+01:50:28 (44.5%)	9:11	6.5 (55.1%)
509	BUCZYŃSKI Arkadiusz	397	KRAKÓW	M40	89	02:02:34	04:08:21.55	04:08:21.55	+01:50:35 (44.5%)	9:11	6.5 (55.1%)
510	CZYŻEWSKA Mariola	353	12TRI. DRUŻYNA WILKA.OLSZTYN	K20	35	02:03:00	04:08:22.75	04:08:22.75	+01:50:37 (44.5%)	9:11	6.5 (55.1%)
511	BRONOWSKA Katarzyna	812		K20	36	02:06:36	04:08:27.25	04:08:27.25	+01:50:41 (44.6%)	9:12	6.5 (55.1%)
512	GRANICA Danuta	349	VIRTUAL RUNNER CLUB	K40	25	02:04:48	04:08:30.50	04:08:30.50	+01:50:44 (44.6%)	9:12	6.5 (55.1%)
513	SIWIŃSKI Jerzy	348	AKM OLIMP OLSZTYN/12TRI DRUŻYNA WILKA	M50	10	02:02:32	04:08:33.15	04:08:33.15	+01:50:47 (44.6%)	9:12	6.5 (55.1%)
514	KRASOWSKA Matylda	433		K20	37	02:04:53	04:08:35.55	04:08:35.55	+01:50:49 (44.6%)	9:12	6.5 (55.1%)
515	POWIERŻA Adrian	605		M20	76	01:51:56	04:08:40.05	04:08:40.05	+01:50:54 (44.6%)	9:12	6.5 (55.1%)
516	BALIŃSKA Maria	804	CISNA	K30	89	02:06:06	04:09:24.20	04:09:24.20	+01:51:38 (44.8%)	9:14	6.5 (55.1%)
517	SZCZUTKOWSKI Michał	314	KB SPARTAKUS BEŁCHATÓW	M30	189	02:03:49	04:09:25.70	04:09:25.70	+01:51:40 (44.8%)	9:14	6.5 (55.1%)
518	KARŁOWICZ Anna	410	WOLNA WOLA WARSZAWA	K60	1	02:11:20	04:09:28.00	04:09:28.00	+01:51:42 (44.8%)	9:14	6.5 (55.1%)
519	NOCEN Mariusz	264		M40	90	02:09:23	04:09:32.65	04:09:32.65	+01:51:47 (44.8%)	9:14	6.5 (55.1%)
520	BIEŃKOWSKA Agnieszka	792	PŁOCK	K30	90	02:10:43	04:10:10.30	04:10:10.30	+01:52:24 (44.9%)	9:15	6.5 (55.1%)
521	PRZYBYLSKI Przemysław	614	GNIEZNO	M40	91	01:52:24	04:10:21.20	04:10:21.20	+01:52:35 (45.0%)	9:16	6.5 (55.1%)
522	KURKOWSKI Karol	184		M30	190	02:01:16	04:10:34.90	04:10:34.90	+01:52:49 (45.0%)	9:16	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
523	BIAŁECKI Gabriel	473	WARSZAWA	M30	191	02:09:51	04:10:52.55	04:10:52.55	+01:53:06 (45.1%)	9:17	6.5 (55.1%)
524	ORLIKOWSKI Marcin	589	MILANÓWEK	M40	92	02:02:15	04:10:53.55	04:10:53.55	+01:53:07 (45.1%)	9:17	6.5 (55.1%)
525	KWIECZKO Michał	648	KIELCE	M30	192	02:03:35	04:10:56.00	04:10:56.00	+01:53:10 (45.1%)	9:17	6.5 (55.1%)
526	DREWNIK Piotr	11	OBOZYBIEGOWE.PL	M30	193	02:06:35	04:11:20.55	04:11:20.55	+01:53:34 (45.2%)	9:18	6.4 (54.2%)
527	DREWNIK Małgorzata	12	OBOZYBIEGOWE.PL	K30	91	02:06:35	04:11:20.75	04:11:20.75	+01:53:35 (45.2%)	9:18	6.4 (54.2%)
528	JABŁONOWSKI Grzegorz	245	GTJ COACHING	M40	93	02:16:51	04:11:24.05	04:11:24.05	+01:53:38 (45.2%)	9:18	6.4 (54.2%)
529	CICH Kamil	610		M30	194	02:05:48	04:11:47.45	04:11:47.45	+01:54:01 (45.3%)	9:19	6.4 (54.2%)
530	KUŁAKOWSKA Monika	370	W POGONI ZA DUCHEM	K30	92	01:57:52	04:12:24.80	04:12:24.80	+01:54:39 (45.4%)	9:20	6.4 (54.2%)
531	BANASZEK Katarzyna	785		K30	93	02:12:41	04:12:39.70	04:12:39.70	+01:54:54 (45.5%)	9:21	6.4 (54.2%)
532	ZDYBEL Piotr	897	GDAŃSK	M20	77	02:06:49	04:12:46.95	04:12:46.95	+01:55:01 (45.5%)	9:21	6.4 (54.2%)
533	MAĆKOWIAK Katarzyna	742	SOLEC KUJAWSKI	K30	94	02:06:01	04:12:49.90	04:12:49.90	+01:55:04 (45.5%)	9:21	6.4 (54.2%)
534	GRESZTA Monika	380	ALBATROSY	K30	95	01:59:49	04:12:59.50	04:12:59.50	+01:55:13 (45.5%)	9:22	6.4 (54.2%)
535	KUJAWSKA Kaja	778	SUCHE KNEDLE	K20	38	01:59:03	04:13:00.15	04:13:00.15	+01:55:14 (45.5%)	9:22	6.4 (54.2%)
536	KUJAWSKI Michał	581	SUCHE KNEDLE	M30	195	02:00:28	04:13:00.20	04:13:00.20	+01:55:14 (45.6%)	9:22	6.4 (54.2%)
537	KOŁOSIONEK Dorota	852	WARSZAWA	K20	39	02:09:35	04:13:06.65	04:13:06.65	+01:55:21 (45.6%)	9:22	6.4 (54.2%)
538	RÓŻOWICZ Eliza	434	SPARTANIE DZIECIOM	K30	96	01:58:32	04:13:13.70	04:13:13.70	+01:55:28 (45.6%)	9:22	6.4 (54.2%)
539	SIDOROWICZ Grzegorz	639	AXA RUNNING TEAM	M40	94	02:12:13	04:13:15.20	04:13:15.20	+01:55:29 (45.6%)	9:22	6.4 (54.2%)
540	OKAPIEC Aleksandra	810	AXA RUNNING TEAM	K30	97	02:12:12	04:13:15.40	04:13:15.40	+01:55:29 (45.6%)	9:22	6.4 (54.2%)
541	KORNIKOW Piotr	899	GARMIN	M40	95	02:10:59	04:13:17.10	04:13:17.10	+01:55:31 (45.6%)	9:22	6.4 (54.2%)
542	RÓŻOWICZ Maciej	494	SPARTANIE DZIECIOM	M30	196	01:58:32	04:13:18.45	04:13:18.45	+01:55:32 (45.6%)	9:22	6.4 (54.2%)
543	MARCHLEWICZ Przemysław	335	SOPOT	M30	197	01:58:26	04:13:41.80	04:13:41.80	+01:55:56 (45.7%)	9:23	6.4 (54.2%)
544	KARCZEWSKI Grzegorz	300	BŁĘKITNI ŻEGLCE	M50	11	02:02:07	04:13:50.30	04:13:50.30	+01:56:04 (45.7%)	9:24	6.4 (54.2%)
545	TOMKIEWICZ Grzegorz	568	TATOKUPA	M30	198	01:51:46	04:13:56.90	04:13:56.90	+01:56:11 (45.8%)	9:24	6.4 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
546	STACHOWICZ Aleksandra	761	USTRZYKI D.	K20	40	02:06:08	04:13:57.10	04:13:57.10	+01:56:11 (45.8%)	9:24	6.4 (54.2%)
547	GRABALSKI Dariusz	722		M30	199	02:04:38	04:13:59.35	04:13:59.35	+01:56:13 (45.8%)	9:24	6.4 (54.2%)
548	WARMIŃSKA Anna	835		K30	98	02:08:40	04:14:01.70	04:14:01.70	+01:56:16 (45.8%)	9:24	6.4 (54.2%)
549	PETRICZKO Elżbieta	875		K40	26	02:08:54	04:14:17.30	04:14:17.30	+01:56:31 (45.8%)	9:25	6.4 (54.2%)
550	BYLINIAK Monika	409	ORTOREH TEAM	K30	99	02:04:14	04:14:33.30	04:14:33.30	+01:56:47 (45.9%)	9:25	6.4 (54.2%)
551	SOŁKOWSKA Joanna	285	NIEPOŁOMICE BIEGAJĄ	K30	100	02:03:58	04:14:43.70	04:14:43.70	+01:56:58 (45.9%)	9:26	6.4 (54.2%)
552	WASILEWSKA Joanna	359	WITC	K40	27	02:11:18	04:14:45.90	04:14:45.90	+01:57:00 (45.9%)	9:26	6.4 (54.2%)
553	BEDNARSKI Tomasz	368	POWERADE	M40	96	02:12:26	04:14:55.30	04:14:55.30	+01:57:09 (46.0%)	9:26	6.4 (54.2%)
554	KULIG Krzysztof	613	TARNOBRZEG	M30	200	02:03:36	04:15:12.50	04:15:12.50	+01:57:26 (46.0%)	9:27	6.3 (53.4%)
555	PAPROCKA Natalia	366		K40	28	02:13:18	04:15:12.70	04:15:12.70	+01:57:27 (46.0%)	9:27	6.3 (53.4%)
556	SUCHOWIECKA Anna	747	OUB	K30	101	02:06:17	04:15:15.05	04:15:15.05	+01:57:29 (46.0%)	9:27	6.3 (53.4%)
557	GAIK Michał	670		M30	201	02:06:58	04:15:19.75	04:15:19.75	+01:57:34 (46.0%)	9:27	6.3 (53.4%)
558	BRUDNICKA Kamila	830		K20	41	02:06:58	04:15:20.10	04:15:20.10	+01:57:34 (46.0%)	9:27	6.3 (53.4%)
559	STYPA Jerzy	336	STO-NOGI MILANÓWEK	M50	12	02:09:46	04:15:25.70	04:15:25.70	+01:57:40 (46.1%)	9:27	6.3 (53.4%)
560	KURP Iwo	623	WITC	M30	202	02:17:58	04:15:26.20	04:15:26.20	+01:57:40 (46.1%)	9:27	6.3 (53.4%)
561	KSIAZEK Anna	776		K30	102	02:11:45	04:15:46.75	04:15:46.75	+01:58:01 (46.1%)	9:28	6.3 (53.4%)
562	PAŻĄDKA-LIPIŃSKI Rafał	713	CALYPSO PIŁA	M20	78	02:12:08	04:15:47.05	04:15:47.05	+01:58:01 (46.1%)	9:28	6.3 (53.4%)
563	KOPER Maciej	546	STARA BIDA	M30	203	01:50:33	04:15:58.15	04:15:58.15	+01:58:12 (46.2%)	9:28	6.3 (53.4%)
564	GAJDA Ewa	383	WARSZAWA	K30	103	02:11:14	04:16:05.05	04:16:05.05	+01:58:19 (46.2%)	9:29	6.3 (53.4%)
565	GIELNIEWSKI Marcin	384	ZOLI RUNNERS	M30	204	02:01:55	04:16:38.60	04:16:38.60	+01:58:53 (46.3%)	9:30	6.3 (53.4%)
566	GRZĘDA Krzysztof	363	KALIŃSKA TEAM	M40	97	02:07:03	04:16:47.75	04:16:47.75	+01:59:02 (46.4%)	9:30	6.3 (53.4%)
567	NESTER Łukasz	152	BIEGAM BO TAM WYSZŁO	M30	205	02:00:15	04:16:53.05	04:16:53.05	+01:59:07 (46.4%)	9:30	6.3 (53.4%)
568	KUCHARSKI Piotr	197	AKTYWNA GMINA KONSTANCIN-JEZIORNA	M20	79	02:07:03	04:17:03.15	04:17:03.15	+01:59:17 (46.4%)	9:31	6.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
569	JARMUŻEK Marta	877	BYDGOSZCZ	K20	42	02:12:15	04:17:12.80	04:17:12.80	+01:59:27 (46.4%)	9:31	6.3 (53.4%)
570	NOWACZYK Marek	189	SŁYNNI KENIJCZYCY	M30	206	02:07:05	04:17:24.90	04:17:24.90	+01:59:39 (46.5%)	9:32	6.3 (53.4%)
571	DERĘGOWSKI Dawid	281	RZESZÓW	M20	80	02:05:25	04:17:25.45	04:17:25.45	+01:59:39 (46.5%)	9:32	6.3 (53.4%)
572	BOBROWSKI Łukasz	526	SŁYNNI KENIJCZYCY	M30	207	02:07:05	04:17:26.10	04:17:26.10	+01:59:40 (46.5%)	9:32	6.3 (53.4%)
573	SAKOWSKA Agnieszka	775	WARSZAWA	K20	43	02:03:36	04:18:37.55	04:18:37.55	+02:00:51 (46.7%)	9:34	6.3 (53.4%)
574	SOŁKIEWICZ Marta	377	BIESZCZADZKIE ANIOŁY	K40	29	02:15:33	04:18:54.75	04:18:54.75	+02:01:09 (46.8%)	9:35	6.3 (53.4%)
575	KOZŁOWSKI Bartłomiej	165	KKL KIELCE	M40	98	02:12:09	04:18:56.10	04:18:56.10	+02:01:10 (46.8%)	9:35	6.3 (53.4%)
576	WARZYŃSKI Beniamin	690	TARNOBRZEG	M30	208	02:12:47	04:19:01.00	04:19:01.00	+02:01:15 (46.8%)	9:35	6.3 (53.4%)
577	STASZKIEWICZ Joanna	893	SPORT GURU	K20	44	02:07:48	04:19:10.50	04:19:10.50	+02:01:24 (46.8%)	9:35	6.3 (53.4%)
578	WIEWIÓRSKI Tomasz	485	OLSZTYŃSKIE USTAWKI BIEGOWE	M40	99	02:03:47	04:19:16.80	04:19:16.80	+02:01:31 (46.9%)	9:36	6.2 (52.5%)
579	WASAŃNIK Marcin	542	SULEJÓWEK	M30	209	02:12:36	04:19:17.70	04:19:17.70	+02:01:32 (46.9%)	9:36	6.2 (52.5%)
580	WACOWSKI-JASTRZĘBSKI Adam	418	WARSZAWA	M30	210	02:11:51	04:19:28.50	04:19:28.50	+02:01:42 (46.9%)	9:36	6.2 (52.5%)
581	KOJAT Bartosz	395	KRAKOW	M30	211	02:11:01	04:19:28.60	04:19:28.60	+02:01:43 (46.9%)	9:36	6.2 (52.5%)
582	ZAKRZEWSKI Marcin	692	OTWOCK	M30	212	02:06:46	04:19:30.80	04:19:30.80	+02:01:45 (46.9%)	9:36	6.2 (52.5%)
583	BOCIARSKA Magdalena	352		K30	104	02:09:10	04:19:30.95	04:19:30.95	+02:01:45 (46.9%)	9:36	6.2 (52.5%)
584	BAKA Marcin	450	WITMAR	M40	100	02:10:32	04:19:33.50	04:19:33.50	+02:01:47 (46.9%)	9:36	6.2 (52.5%)
585	WIEWIÓRA Anna	759	BIELSKO-BIAŁA	K40	30	02:11:59	04:19:50.10	04:19:50.10	+02:02:04 (47.0%)	9:37	6.2 (52.5%)
586	KOŚKA Katarzyna	169	PLAMAS	K30	105	02:08:18	04:19:56.10	04:19:56.10	+02:02:10 (47.0%)	9:37	6.2 (52.5%)
587	ADAMCZUK Jarosław	732	PGNIG SANOK	M40	101	02:11:58	04:19:58.65	04:19:58.65	+02:02:13 (47.0%)	9:37	6.2 (52.5%)
588	RĘBISZ Aneta	378	KRAKÓW	K30	106	02:10:36	04:20:15.70	04:20:15.70	+02:02:30 (47.1%)	9:38	6.2 (52.5%)
589	GAŁUSZEK Olga	442	POZNAŃ	K40	31	02:06:50	04:21:00.05	04:21:00.05	+02:03:14 (47.2%)	9:40	6.2 (52.5%)
589	SZTUREMSKA-PRZYBYŁ Agata	822	KRAKÓW	K40	32	02:06:59	04:21:00.05	04:21:00.05	+02:03:14 (47.2%)	9:40	6.2 (52.5%)
591	TOMASZEWSKA Alicja	413	#WERUNTOGETHER	K30	107	02:16:46	04:21:11.70	04:21:11.70	+02:03:26 (47.3%)	9:40	6.2 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
592	PACANOWSKA Paula	471	WEŁNICA BIEGA	K20	45	02:09:38	04:21:12.45	04:21:12.45	+02:03:26 (47.3%)	9:40	6.2 (52.5%)
593	TOMCZYK Monika	393	SŁUPIA POD KĘPNEM	K20	46	02:14:19	04:21:18.30	04:21:18.30	+02:03:32 (47.3%)	9:40	6.2 (52.5%)
594	BAUR Żaneta	425		K20	47	02:12:54	04:21:21.25	04:21:21.25	+02:03:35 (47.3%)	9:40	6.2 (52.5%)
595	UCIŃSKA Agnieszka	435		K30	108	02:11:44	04:21:49.10	04:21:49.10	+02:04:03 (47.4%)	9:41	6.2 (52.5%)
596	ROGOWSKA-ROSZCZYK Magdalena	779	OLSZTYŃKIE USTAWKI BIEGOWE	K30	109	02:13:31	04:22:26.00	04:22:26.00	+02:04:40 (47.5%)	9:43	6.2 (52.5%)
597	BARTOSZEWICZ Marta	445	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	110	02:13:28	04:22:26.15	04:22:26.15	+02:04:40 (47.5%)	9:43	6.2 (52.5%)
598	KRZYZIŃSKI Pawel	350	SIEDLCE	M30	213	02:12:35	04:23:30.00	04:23:30.00	+02:05:44 (47.7%)	9:45	6.1 (51.7%)
599	PETRYKA Karol	686	WARSZAWA	M30	214	02:08:17	04:24:08.90	04:24:08.90	+02:06:23 (47.8%)	9:46	6.1 (51.7%)
600	WAGNER Ewa	837		K20	48	02:13:34	04:25:24.15	04:25:24.15	+02:07:38 (48.1%)	9:49	6.1 (51.7%)
601	KOZICIŃSKI Radosław	598	NIGHT RUNERS PŁOCK	M30	215	02:10:44	04:25:30.75	04:25:30.75	+02:07:45 (48.1%)	9:50	6.1 (51.7%)
602	BEZKOROWAJNY Joanna	866		K20	49	02:11:52	04:25:56.60	04:25:56.60	+02:08:11 (48.2%)	9:50	6.1 (51.7%)
603	USZYCKI Wojciech	417	WARSZAWA	M40	102	02:12:40	04:26:14.40	04:26:14.40	+02:08:28 (48.3%)	9:51	6.1 (51.7%)
604	KORZENIOWSKA Sylwia	490	YULO RUN TEAM SIEDLCE	K30	111	02:08:43	04:26:18.40	04:26:18.40	+02:08:32 (48.3%)	9:51	6.1 (51.7%)
605	MAJ Anna	740	BIESZCZADZKIE ANIOŁY	K40	33	02:13:20	04:26:31.30	04:26:31.30	+02:08:45 (48.3%)	9:52	6.1 (51.7%)
606	BARTŁOMIEJSKA Urszula	872	ROCHE	K30	112	02:07:35	04:26:54.70	04:26:54.70	+02:09:09 (48.4%)	9:53	6.1 (51.7%)
607	FARBICKA-ŻYWICA Paulina	415	BRZOZA BIEGA	K30	113	02:16:09	04:26:57.60	04:26:57.60	+02:09:12 (48.4%)	9:53	6.1 (51.7%)
608	BRZYKCY Wojciech	578	BYDGOSZCZ	M30	216	02:16:08	04:26:58.25	04:26:58.25	+02:09:12 (48.4%)	9:53	6.1 (51.7%)
609	BIENIAS Krzysztof	595	GARBATKA LETNISKO	M20	81	02:04:57	04:27:02.45	04:27:02.45	+02:09:16 (48.4%)	9:53	6.1 (51.7%)
610	KOWALEWSKI Mateusz	62	CROSSFIT SIEDLCE	M20	82	01:41:12	04:27:02.95	04:27:02.95	+02:09:17 (48.4%)	9:53	6.1 (51.7%)
611	GŁADYSZ Agnieszka	400	SANOK	K20	50	02:07:06	04:27:14.95	04:27:14.95	+02:09:29 (48.5%)	9:53	6.1 (51.7%)
612	PIANOWSKA Ewa	458	BIURO INŻYNIERII ŚRODOWISKA	K50	2	02:09:45	04:27:26.45	04:27:26.45	+02:09:40 (48.5%)	9:54	6.1 (51.7%)
613	BASARAB Grzegorz	516	PRZEMYSŁ	M40	103	02:08:46	04:27:31.40	04:27:31.40	+02:09:45 (48.5%)	9:54	6.1 (51.7%)
614	JANOWSKI Robert	334	GDAŃSK	M30	217	02:13:42	04:27:37.50	04:27:37.50	+02:09:51 (48.5%)	9:54	6.1 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
615	MIERZEJEWSKI Jacek	394	AMATOR	M40	104	02:11:38	04:27:46.75	04:27:46.75	+02:10:01 (48.6%)	9:55	6.1 (51.7%)
616	KRÓL Grażyna	767		K40	34	02:08:39	04:27:50.60	04:27:50.60	+02:10:05 (48.6%)	9:55	6 (50.8%)
617	KRANZ Jacek	734		M60	2	01:49:43	04:28:13.80	04:28:13.80	+02:10:28 (48.6%)	9:56	6 (50.8%)
618	PRZYBYŁO Lucyna	883		K40	35	02:03:30	04:28:13.85	04:28:13.85	+02:10:28 (48.6%)	9:56	6 (50.8%)
619	PŁODZIĘŃ Tadeusz	703		M40	105	02:12:32	04:28:20.20	04:28:20.20	+02:10:34 (48.7%)	9:56	6 (50.8%)
620	FRAĆKOWIAK Magdalena	771	POZNAŃ	K30	114	02:14:05	04:28:22.40	04:28:22.40	+02:10:36 (48.7%)	9:56	6 (50.8%)
621	KWIATKOWSKI Marek	376		M30	218	02:08:19	04:28:39.10	04:28:39.10	+02:10:53 (48.7%)	9:57	6 (50.8%)
621	JODKO Magda	307	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	36	02:09:30	04:28:39.10	04:28:39.10	+02:10:53 (48.7%)	9:57	6 (50.8%)
623	ŻYDEK Karol	158	BIEGUSIEM.PL	M20	83	02:12:52	04:29:35.30	04:29:35.30	+02:11:49 (48.9%)	9:59	6 (50.8%)
624	SMOLIŃSKA Beata	406	OBOZYBIEGOWE.PL	K50	3	02:18:36	04:29:37.25	04:29:37.25	+02:11:51 (48.9%)	9:59	6 (50.8%)
625	WIEWIÓRA Krzysztof	545	BIELSKO-BIAŁA	M40	106	02:09:25	04:29:43.55	04:29:43.55	+02:11:57 (48.9%)	9:59	6 (50.8%)
626	GUCWA Jarosław	496		M40	107	02:01:42	04:29:48.15	04:29:48.15	+02:12:02 (48.9%)	9:59	6 (50.8%)
627	KOZICKI Paweł	663	EDC RUNNERS	M30	219	02:23:05	04:29:50.20	04:29:50.20	+02:12:04 (48.9%)	9:59	6 (50.8%)
628	MORAWSKI Artur	347	BIESZCZADZKIE ANIOŁY	M30	220	02:15:52	04:29:51.60	04:29:51.60	+02:12:06 (49.0%)	9:59	6 (50.8%)
629	BARTECKA Kalina	3	NORD CITY	K30	115	02:13:32	04:29:57.70	04:29:57.70	+02:12:12 (49.0%)	9:59	6 (50.8%)
630	HORLA Roksana	782	PECNA	K20	51	02:09:57	04:30:13.15	04:30:13.15	+02:12:27 (49.0%)	10:00	6 (50.8%)
631	TWARDY Stanisław	895	TRI-ZONE.PL	M30	221	02:05:59	04:30:54.80	04:30:54.80	+02:13:09 (49.1%)	10:02	6 (50.8%)
632	ZAJĄC Daria	419	RUN EXPERT LEJDIS	K30	116	02:13:18	04:31:08.50	04:31:08.50	+02:13:22 (49.2%)	10:02	6 (50.8%)
633	RYNKOWSKA Magdalena	432	WARSZAWA	K40	37	02:17:10	04:31:09.30	04:31:09.30	+02:13:23 (49.2%)	10:02	6 (50.8%)
634	SEWERYN Barbara	430	KRAKÓW	K20	52	02:22:50	04:31:37.30	04:31:37.30	+02:13:51 (49.3%)	10:03	6 (50.8%)
635	SIÓDZIAK Cezary	364	AKTYWNA GMINA KONSTANCIN-JEZIORNA	M40	108	02:13:16	04:32:36.15	04:32:36.15	+02:14:50 (49.5%)	10:05	5.9 (50.0%)
636	CZUBIŃSKI Marek	231	ŁÓDŹ	M60	3	02:06:53	04:33:03.75	04:33:03.75	+02:15:18 (49.6%)	10:06	5.9 (50.0%)
637	ADAMCZAK Grzegorz	582	LEGION BŁONIE	M40	109	02:09:29	04:33:04.25	04:33:04.25	+02:15:18 (49.6%)	10:06	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
638	MAĆZKA Krystyna	888	OTK RZEŹNIK	K60	2	02:13:33	04:33:17.30	04:33:17.30	+02:15:31 (49.6%)	10:07	5.9 (50.0%)
639	NITSCH Joanna	738		K40	38	02:13:54	04:33:33.75	04:33:33.75	+02:15:48 (49.6%)	10:07	5.9 (50.0%)
640	STACHOWICZ Mateusz	704	WARSZAWA	M20	84	02:09:37	04:33:47.05	04:33:47.05	+02:16:01 (49.7%)	10:08	5.9 (50.0%)
641	RYNKOWSKA Katarzyna	441	WARSZAWA	K40	39	02:15:38	04:33:56.15	04:33:56.15	+02:16:10 (49.7%)	10:08	5.9 (50.0%)
642	KLICH Katarzyna	420	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K20	53	02:12:46	04:34:03.40	04:34:03.40	+02:16:17 (49.7%)	10:09	5.9 (50.0%)
643	GŁOWIENKA Katarzyna	351	BIEGUSIEM.PL	K20	54	02:22:50	04:34:03.85	04:34:03.85	+02:16:18 (49.7%)	10:09	5.9 (50.0%)
644	KROL Grzegorz	182	ADIDAS GROUP RUNNING TEAM	M40	110	02:08:29	04:34:54.55	04:34:54.55	+02:17:08 (49.9%)	10:10	5.9 (50.0%)
645	SNARSKA Katarzyna	399	ALBATROSY	K30	117	02:17:45	04:35:11.25	04:35:11.25	+02:17:25 (49.9%)	10:11	5.9 (50.0%)
646	LEŚNIAK Urszula	218	WARSZAWA	K30	118	02:09:54	04:35:17.30	04:35:17.30	+02:17:31 (50.0%)	10:11	5.9 (50.0%)
647	ZHULKOWSKA-SHCZYPA Nataliya	451	WARSZAWA	K30	119	02:14:26	04:35:33.00	04:35:33.00	+02:17:47 (50.0%)	10:12	5.9 (50.0%)
648	MINIUR Małgorzata	736	BIESZCZADZKIE ANIOŁY	K40	40	02:18:11	04:36:06.60	04:36:06.60	+02:18:21 (50.1%)	10:13	5.9 (50.0%)
649	NOSAL Hanna	743	BIESZCZADZKIE ANIOŁY	K30	120	02:18:12	04:36:07.40	04:36:07.40	+02:18:21 (50.1%)	10:13	5.9 (50.0%)
650	SUCHANEK-KRAWIEC Agnieszka	462		K40	41	02:10:18	04:36:12.90	04:36:12.90	+02:18:27 (50.1%)	10:13	5.9 (50.0%)
651	WOLFF Dariusz	711	CALYPSO PIŁA	M40	111	02:16:42	04:36:14.00	04:36:14.00	+02:18:28 (50.1%)	10:13	5.9 (50.0%)
652	WIDZISZOWSKI Łukasz	326	SIP	M30	222	02:20:01	04:36:25.70	04:36:25.70	+02:18:40 (50.2%)	10:14	5.9 (50.0%)
653	BORKOWSKI Tomasz	65	SZCZECIN	M40	112	01:56:59	04:37:43.85	04:37:43.85	+02:19:58 (50.4%)	10:17	5.8 (49.2%)
654	ZACZEK Adam	507	GLIWICE	M30	223	02:10:13	04:37:45.70	04:37:45.70	+02:20:00 (50.4%)	10:17	5.8 (49.2%)
655	CZUK Tomasz	32	SGOR GÓRALE Z BRANDENBURGII	M40	113	02:11:57	04:37:51.90	04:37:51.90	+02:20:06 (50.4%)	10:17	5.8 (49.2%)
656	SZUKIEL Mirosław	250	SGOR GÓRALE Z BRANDENBURGII	M40	114	02:11:56	04:37:52.40	04:37:52.40	+02:20:06 (50.4%)	10:17	5.8 (49.2%)
657	TOMASZKIEWICZ Jarosław	319	CIEPŁE CHŁOPAKI	M40	115	02:02:11	04:38:00.00	04:38:00.00	+02:20:14 (50.4%)	10:17	5.8 (49.2%)
658	POPŁAWSKI Arkadiusz	518	HALINÓW	M40	116	02:12:53	04:38:04.35	04:38:04.35	+02:20:18 (50.5%)	10:17	5.8 (49.2%)
659	POPŁAWSKA Katarzyna	455	HALINÓW	K40	42	02:11:45	04:38:04.40	04:38:04.40	+02:20:18 (50.5%)	10:17	5.8 (49.2%)
660	WOŹNIACKA Joanna	5		K20	55	02:12:16	04:38:37.90	04:38:37.90	+02:20:52 (50.6%)	10:19	5.8 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
661	MICHALCZUK Zenon	411	SANOK	M50	13	02:13:15	04:38:43.55	04:38:43.55	+02:20:57 (50.6%)	10:19	5.8 (49.2%)
662	LACHTERA Karolina	843	KB SOBÓTKA	K30	121	02:16:45	04:38:48.80	04:38:48.80	+02:21:03 (50.6%)	10:19	5.8 (49.2%)
663	KULESZA Grzegorz	133		M30	224	02:13:37	04:38:50.25	04:38:50.25	+02:21:04 (50.6%)	10:19	5.8 (49.2%)
664	SZTOMBER Daniel	619	AXA RUNNING TEAM	M30	225	02:12:12	04:38:50.90	04:38:50.90	+02:21:05 (50.6%)	10:19	5.8 (49.2%)
665	LESŁAW Lech	643		M30	226	02:10:23	04:38:53.70	04:38:53.70	+02:21:08 (50.6%)	10:19	5.8 (49.2%)
666	PASTERNAK Krzysztof	654	PKB ENDORFINA	M40	117	02:06:09	04:39:01.60	04:39:01.60	+02:21:16 (50.6%)	10:20	5.8 (49.2%)
667	SUDOŁ Damian	612	EDC RUNNERS	M20	85	02:02:21	04:39:19.90	04:39:19.90	+02:21:34 (50.7%)	10:20	5.8 (49.2%)
668	KUCAB-KLICH Katarzyna	13	REHASPORTIVA	K30	122	02:14:36	04:40:11.40	04:40:11.40	+02:22:25 (50.8%)	10:22	5.8 (49.2%)
669	BISZKONT Hubert	506	CF LUBLIN	M30	227	02:12:08	04:40:19.25	04:40:19.25	+02:22:33 (50.9%)	10:22	5.8 (49.2%)
670	WÓJTOWICZ Edyta	472	KB DZIK	K40	43	02:18:00	04:40:44.80	04:40:44.80	+02:22:59 (50.9%)	10:23	5.8 (49.2%)
671	JANOWSKI Pankracy	365	GDAŃSK	M50	14	02:18:56	04:40:54.65	04:40:54.65	+02:23:09 (51.0%)	10:24	5.8 (49.2%)
672	JABŁOŃSKI Kazimierz	168		M60	4	02:26:39	04:41:14.70	04:41:14.70	+02:23:29 (51.0%)	10:24	5.8 (49.2%)
673	POSIŁA Joanna	461	POWERADE	K30	123	02:15:55	04:41:15.25	04:41:15.25	+02:23:29 (51.0%)	10:25	5.8 (49.2%)
674	ŁABĘCKA Iwona	840		K30	124	02:19:15	04:41:30.50	04:41:30.50	+02:23:44 (51.1%)	10:25	5.8 (49.2%)
675	AURZECKI Michał	529	ZAMOŚĆ	M30	228	02:12:37	04:41:32.80	04:41:32.80	+02:23:47 (51.1%)	10:25	5.8 (49.2%)
676	CHACINSKI Marcin	500	SIEDLCE	M20	86	02:12:34	04:41:34.15	04:41:34.15	+02:23:48 (51.1%)	10:25	5.8 (49.2%)
677	GAŁUSZEK Michał	443	POZNAŃ	M20	87	02:09:06	04:41:46.10	04:41:46.10	+02:24:00 (51.1%)	10:26	5.7 (48.3%)
678	ZARZECZNA Halina	874		K50	4	02:15:43	04:42:21.00	04:42:21.00	+02:24:35 (51.2%)	10:27	5.7 (48.3%)
679	ŁOŚ Anna	454	TURLAM SIĘ TEAM	K30	125	02:20:04	04:42:21.80	04:42:21.80	+02:24:36 (51.2%)	10:27	5.7 (48.3%)
680	CHRULSKA Zuzanna	803	OBOZYBIEGOWE.PL	K30	126	02:20:44	04:43:03.50	04:43:03.50	+02:25:17 (51.3%)	10:29	5.7 (48.3%)
681	KOWNACKA Joanna	758		K30	127	02:23:58	04:43:52.40	04:43:52.40	+02:26:06 (51.5%)	10:30	5.7 (48.3%)
682	BOGUCKA Martyna	869	JACEKBIEGA RUNNING TEAM	K40	44	02:17:36	04:44:31.00	04:44:31.00	+02:26:45 (51.6%)	10:32	5.7 (48.3%)
683	BARTNIK Dominika	849		K20	56	02:19:15	04:44:34.45	04:44:34.45	+02:26:48 (51.6%)	10:32	5.7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
684	POLAKOW Konrad S.	408	ADIDAS GROUP RUNNING TEAM	M40	118	02:19:31	04:44:35.05	04:44:35.05	+02:26:49 (51.6%)	10:32	5.7 (48.3%)
685	LEŚNIEWSKI Michał	108	SPARTANIE DZIECIOM	M40	119	02:03:21	04:44:35.50	04:44:35.50	+02:26:49 (51.6%)	10:32	5.7 (48.3%)
686	POŁOJKO Agnieszka	856	CALYPSO PIŁA	K20	57	02:20:10	04:44:36.25	04:44:36.25	+02:26:50 (51.6%)	10:32	5.7 (48.3%)
686	ROZMARYNOWSKI Przemysław	707	CALYPSO PIŁA	M20	88	02:20:12	04:44:36.25	04:44:36.25	+02:26:50 (51.6%)	10:32	5.7 (48.3%)
688	ROZWANDOWICZ Maciej	422	WARSZAWA	M50	15	02:13:58	04:44:56.25	04:44:56.25	+02:27:10 (51.7%)	10:33	5.7 (48.3%)
689	KASJAN Alicja	829	WARSZAWA	K20	58	02:16:36	04:44:56.55	04:44:56.55	+02:27:10 (51.7%)	10:33	5.7 (48.3%)
690	WAŁCZYK Krzysztof	680		M30	229	02:16:36	04:44:56.85	04:44:56.85	+02:27:11 (51.7%)	10:33	5.7 (48.3%)
691	MARCINIAK Wojciech	356	SZCZECIN	M40	120	02:07:01	04:44:59.15	04:44:59.15	+02:27:13 (51.7%)	10:33	5.7 (48.3%)
692	BROŻEK Teresa	681	WF SPORT RUNTEAM	K20	59	02:25:28	04:45:00.35	04:45:00.35	+02:27:14 (51.7%)	10:33	5.7 (48.3%)
693	ORCZYK Magdalena	476	W POGONI ZA DUCHEM	K30	128	02:25:28	04:45:00.55	04:45:00.55	+02:27:14 (51.7%)	10:33	5.7 (48.3%)
694	NOWAK Sławomir	130	WARSZAWA	M40	121	02:22:31	04:47:18.80	04:47:18.80	+02:29:33 (52.1%)	10:38	5.6 (47.5%)
695	NOWAK Anna	474	WARSZAWA	K40	45	02:21:20	04:47:19.10	04:47:19.10	+02:29:33 (52.1%)	10:38	5.6 (47.5%)
696	KULLING Krystian	575	MORSY GDYNIA	M30	230	02:18:14	04:47:32.40	04:47:32.40	+02:29:46 (52.1%)	10:38	5.6 (47.5%)
697	WÓJCIK Jacek	328	WRZEŚNIA	M30	231	02:14:37	04:48:02.35	04:48:02.35	+02:30:16 (52.2%)	10:40	5.6 (47.5%)
698	WARDZALA Anna	867	JACEKBIEGA RUNNING TEAM	K60	3	02:23:52	04:48:06.30	04:48:06.30	+02:30:20 (52.2%)	10:40	5.6 (47.5%)
699	WOJCZAK Jarosław	549	POZNAŃ	M50	16	02:14:12	04:48:18.40	04:48:18.40	+02:30:32 (52.2%)	10:40	5.6 (47.5%)
700	PLACHA Piotr	675	TARNOBRZEG	M40	122	02:07:09	04:48:30.80	04:48:30.80	+02:30:45 (52.3%)	10:41	5.6 (47.5%)
701	OLEWNIK Łukasz	387		M20	89	02:11:07	04:49:05.75	04:49:05.75	+02:31:20 (52.3%)	10:42	5.6 (47.5%)
702	OLEWNIK Damian	715		M30	232	02:05:59	04:49:23.30	04:49:23.30	+02:31:37 (52.4%)	10:43	5.6 (47.5%)
703	PILAK Zbigniew	514	WROCŁAW	M50	17	02:20:01	04:49:54.95	04:49:54.95	+02:32:09 (52.5%)	10:44	5.6 (47.5%)
704	WOŁEJSZO Tadeusz	21	KU AZS WAT	M60	5	02:00:44	04:50:07.00	04:50:07.00	+02:32:21 (52.5%)	10:44	5.6 (47.5%)
705	LOREK Marek	452	DĘBICA	M40	123	02:25:02	04:50:53.95	04:50:53.95	+02:33:08 (52.6%)	10:46	5.6 (47.5%)
706	WRÓBLEWSKA Joanna	746	OTK RZEŹNIK	K60	4	02:28:13	04:51:43.95	04:51:43.95	+02:33:58 (52.8%)	10:48	5.6 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
707	GMAJ Karolina	464		K30	129	02:18:41	04:51:57.90	04:51:57.90	+02:34:12 (52.8%)	10:48	5.5 (46.6%)
708	SZEWCZUK Sylwester	132		M30	233	02:12:00	04:52:40.85	04:52:40.85	+02:34:55 (52.9%)	10:50	5.5 (46.6%)
709	SUSZEK Arkadiusz	431	RUN IS FUN	M30	234	02:12:33	04:52:50.65	04:52:50.65	+02:35:05 (53.0%)	10:50	5.5 (46.6%)
710	LACHCIK Iwona	9		K30	130	02:09:23	04:52:51.75	04:52:51.75	+02:35:06 (53.0%)	10:50	5.5 (46.6%)
711	PIELACHOWSKI Piotr	576	BOSO ALE W OSTROGACH	M50	18	02:12:19	04:52:55.30	04:52:55.30	+02:35:09 (53.0%)	10:50	5.5 (46.6%)
712	PIELACHOWSKA Beata	772	BOSO ALE W OSTROGACH	K50	5	02:12:14	04:52:55.35	04:52:55.35	+02:35:09 (53.0%)	10:50	5.5 (46.6%)
713	RZESZUTKO Aleksandra	320	MBANK	K30	131	02:14:10	04:52:55.60	04:52:55.60	+02:35:10 (53.0%)	10:50	5.5 (46.6%)
714	ZAREMBA Andrzej	624	AXA RUNNING TEAM	M20	90	02:17:39	04:53:02.00	04:53:02.00	+02:35:16 (53.0%)	10:51	5.5 (46.6%)
715	NIZIOŁEK Marek	477	ZABORZE	M40	124	02:04:35	04:53:45.20	04:53:45.20	+02:35:59 (53.1%)	10:52	5.5 (46.6%)
716	RATKA-PIOSIK Monika	861	CALYPSO PIŁA	K20	60	02:22:33	04:54:05.05	04:54:05.05	+02:36:19 (53.2%)	10:53	5.5 (46.6%)
717	KOZERA Marcin	709	CALYPSO PIŁA	M20	91	02:22:34	04:54:05.25	04:54:05.25	+02:36:19 (53.2%)	10:53	5.5 (46.6%)
717	RATKA Roma	858	CALYPSO PIŁA	K20	61	02:22:34	04:54:05.25	04:54:05.25	+02:36:19 (53.2%)	10:53	5.5 (46.6%)
719	DABROWSKI Slawek	689	WABRZEZNO	M40	125	02:19:45	04:54:41.55	04:54:41.55	+02:36:55 (53.3%)	10:54	5.5 (46.6%)
720	DABROWSKA Barbara	846	WĄBRZEŻNO	K40	46	02:19:23	04:54:41.60	04:54:41.60	+02:36:56 (53.3%)	10:54	5.5 (46.6%)
721	KARBARZ Filip	608		M40	126	02:09:38	04:54:56.75	04:54:56.75	+02:37:11 (53.3%)	10:55	5.5 (46.6%)
722	SAPEK Magdalena	834	GLIWICE	K40	47	02:17:47	04:56:51.50	04:56:51.50	+02:39:05 (53.6%)	10:59	5.5 (46.6%)
723	LIPNICKI Łukasz	630	SZCZECIN	M30	235	02:23:01	04:56:58.70	04:56:58.70	+02:39:13 (53.6%)	10:59	5.5 (46.6%)
724	BEDNARZAK Tadeusz	315		M50	19	02:29:29	04:58:14.10	04:58:14.10	+02:40:28 (53.8%)	11:02	5.4 (45.8%)
725	BARANOWSKA-KUŻMA Monika	805	YULO RUN TEAM SIEDLCE	K40	48	02:29:23	04:58:17.35	04:58:17.35	+02:40:31 (53.8%)	11:02	5.4 (45.8%)
726	KUŻMA Maciej	622	YULO RUN TEAM SIEDLCE	M40	127	02:29:24	04:58:17.65	04:58:17.65	+02:40:32 (53.8%)	11:02	5.4 (45.8%)
727	SEBASTIAN Bryłka	629	YULO RUN TEAM SIEDLCE	M30	236	02:29:22	04:58:19.00	04:58:19.00	+02:40:33 (53.8%)	11:02	5.4 (45.8%)
728	ŁAGUNA Grzegorz	453	#MUSISZSCHUĆ	M20	92	02:21:13	04:59:36.70	04:59:36.70	+02:41:51 (54.0%)	11:05	5.4 (45.8%)
729	JENDRYSIK Kinga	841	NIGHT RUNNERS GLIWICE	K30	132	02:24:21	05:00:23.50	05:00:23.50	+02:42:37 (54.1%)	11:07	5.4 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
730	SKUBIS Barbara	198	NIGHT RUNNERS GLIWICE	K30	133	02:24:13	05:00:23.65	05:00:23.65	+02:42:38 (54.1%)	11:07	5.4 (45.8%)
731	HULANICKA Irina	14	GOGGLE PAE TEAM	K50	6	02:32:33	05:01:19.85	05:01:19.85	+02:43:34 (54.3%)	11:09	5.4 (45.8%)
732	PIOTROWSKA Urszula	797	TRUCHTACZ	K30	134	02:32:16	05:04:05.90	05:04:05.90	+02:46:20 (54.7%)	11:15	5.3 (44.9%)
733	SZYSZKA Monika	449	TRUCHTACZ.PL	K40	49	02:32:18	05:04:05.95	05:04:05.95	+02:46:20 (54.7%)	11:15	5.3 (44.9%)
734	GOS Renata	817	WITC	K30	135	02:36:12	05:04:07.65	05:04:07.65	+02:46:22 (54.7%)	11:15	5.3 (44.9%)
735	PAPE Martin	191	WITC	M40	128	02:36:12	05:04:08.80	05:04:08.80	+02:46:23 (54.7%)	11:15	5.3 (44.9%)
736	ARENTEWICZ Aleksander	708	CALYPSO PIŁA	M40	129	02:17:57	05:04:38.85	05:04:38.85	+02:46:53 (54.8%)	11:16	5.3 (44.9%)
737	BALCEWICZ Marcin	710	CALYPSO PIŁA	M30	237	02:20:01	05:04:43.55	05:04:43.55	+02:46:57 (54.8%)	11:17	5.3 (44.9%)
738	WITKOWSKA Marta	483	BĘDZIN	K30	136	02:31:37	05:04:52.65	05:04:52.65	+02:47:07 (54.8%)	11:17	5.3 (44.9%)
739	SEWERYN Rafał	267	ZABIEGANI PO USZY	M30	238	02:31:39	05:04:52.95	05:04:52.95	+02:47:07 (54.8%)	11:17	5.3 (44.9%)
740	ZAWAL Patrycja	427	GOLDEN TEAM	K30	137	02:25:56	05:05:41.55	05:05:41.55	+02:47:55 (54.9%)	11:19	5.3 (44.9%)
741	REGULSKA Monika	481	WARSZAWA	K20	62	02:25:21	05:05:51.10	05:05:51.10	+02:48:05 (55.0%)	11:19	5.3 (44.9%)
742	FRAŃCZAK Magdalena	741		K40	50	02:15:37	05:05:51.20	05:05:51.20	+02:48:05 (55.0%)	11:19	5.3 (44.9%)
743	PIETRANIK Paweł	259	ALBATROSY	M20	93	02:25:58	05:05:52.05	05:05:52.05	+02:48:06 (55.0%)	11:19	5.3 (44.9%)
744	MULTANIAK Aleksandra	753	RACIBÓRZ	K20	63	02:20:28	05:06:49.25	05:06:49.25	+02:49:03 (55.1%)	11:21	5.3 (44.9%)
745	JAKUBOWSKI Krzysztof	535	RACIBÓRZ	M30	239	02:20:19	05:06:49.30	05:06:49.30	+02:49:03 (55.1%)	11:21	5.3 (44.9%)
746	KASPRZAK Beata	764	RUN EXPERT LEJDIS	K40	51	02:42:55	05:09:10.85	05:09:10.85	+02:51:25 (55.4%)	11:27	5.2 (44.1%)
747	PRÓCHNIAK Joanna	836	WARSZAWA	K20	64	02:30:56	05:09:19.20	05:09:19.20	+02:51:33 (55.5%)	11:27	5.2 (44.1%)
748	PODLEŚ Rafał	717		M20	94	02:30:59	05:09:19.45	05:09:19.45	+02:51:33 (55.5%)	11:27	5.2 (44.1%)
749	ŁOŚ Tomasz	509	TURLAM SIĘ TEAM	M30	240	02:34:52	05:11:10.30	05:11:10.30	+02:53:24 (55.7%)	11:31	5.2 (44.1%)
749	ŁOŚ Jagoda	748	TURLAM SIĘ TEAM	K30	138	02:34:53	05:11:10.30	05:11:10.30	+02:53:24 (55.7%)	11:31	5.2 (44.1%)
751	MOTYL Mirosława	488	NIEPOŁOMICE BIEGAJĄ	K30	139	02:35:02	05:11:33.20	05:11:33.20	+02:53:47 (55.8%)	11:32	5.2 (44.1%)
752	SZCZEPOCKI Andrzej	220	NIEPOŁOMICE BIEGAJĄ	M40	130	02:35:02	05:11:34.80	05:11:34.80	+02:53:49 (55.8%)	11:32	5.2 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
753	LESIAK Andrzej	355	RYSIOTEAM	M60	6	02:27:01	05:12:58.65	05:12:58.65	+02:55:13 (56.0%)	11:35	5.2 (44.1%)
754	KLISZ Agnieszka	480	LUBLIN	K30	140	02:30:05	05:15:33.60	05:15:33.60	+02:57:48 (56.3%)	11:41	5.1 (43.2%)
755	MATRASZEK Jakub	696	VEGE RUNNERS	M20	95	02:18:49	05:15:35.90	05:15:35.90	+02:57:50 (56.3%)	11:41	5.1 (43.2%)
756	JAKUBASZEK Anna	850	WARSZAWA	K30	141	02:39:26	05:17:42.25	05:17:42.25	+02:59:56 (56.6%)	11:46	5.1 (43.2%)
757	PAWUSKA Jacek	700	LĘBORK	M30	241	02:39:27	05:17:42.45	05:17:42.45	+02:59:56 (56.6%)	11:46	5.1 (43.2%)
758	BEŁKOWSKA VEL KAMIŃSKA Dorota	745		K40	52	02:39:30	05:19:19.90	05:19:19.90	+03:01:34 (56.9%)	11:49	5.1 (43.2%)
759	SZACHNOWSKA Justyna	482	ALBATROSY	K30	142	02:35:39	05:19:38.95	05:19:38.95	+03:01:53 (56.9%)	11:50	5.1 (43.2%)
760	HAREZLAK Robert	166	ALBATROSY	M40	131	02:35:37	05:19:39.10	05:19:39.10	+03:01:53 (56.9%)	11:50	5.1 (43.2%)
761	WICIAK Katarzyna	828		K20	65	02:34:43	05:21:20.45	05:21:20.45	+03:03:34 (57.1%)	11:54	5 (42.4%)
762	WICIAK Ziemowit	662		M40	132	02:34:42	05:21:20.65	05:21:20.65	+03:03:35 (57.1%)	11:54	5 (42.4%)
763	MALANOWICZ Bartosz	669		M20	96	02:08:11	05:22:35.70	05:22:35.70	+03:04:50 (57.3%)	11:56	5 (42.4%)
764	MALEC Barbara	502		K50	7	02:30:06	05:24:51.30	05:24:51.30	+03:07:05 (57.6%)	12:01	5 (42.4%)
765	SZEWCZYK Kamil	592	THE ANDRZEJS	M20	97	02:39:46	05:25:02.20	05:25:02.20	+03:07:16 (57.6%)	12:02	5 (42.4%)
766	BAKA Witold	404	WITMAR	M40	133	02:29:58	05:28:24.85	05:28:24.85	+03:10:39 (58.1%)	12:09	4.9 (41.5%)
767	SMOLIŃSKI Jakub	688	TS OUR TEAM	M20	98	02:24:33	05:28:57.20	05:28:57.20	+03:11:11 (58.1%)	12:11	4.9 (41.5%)
768	ZAWADA Konrad	562	THE ANDRZEJS	M30	242	02:40:29	05:29:09.85	05:29:09.85	+03:11:24 (58.1%)	12:11	4.9 (41.5%)
769	KASPRZAK Magdalena	492	RUN EXPERT LEJDIS	K40	53	02:42:56	05:29:47.45	05:29:47.45	+03:12:01 (58.2%)	12:12	4.9 (41.5%)
770	PIANOWSKI Marek	493	BIURO INŻYNIERII ŚRODOWISKA	M50	20	02:36:25	05:30:34.55	05:30:34.55	+03:12:48 (58.3%)	12:14	4.9 (41.5%)
771	FILIPEK Sławomir	658		M50	21	02:37:38	05:36:32.55	05:36:32.55	+03:18:46 (59.1%)	12:27	4.8 (40.7%)
772	BEDNARCZYK Agnieszka	440	FORMA MIKOŁÓW	K40	54	02:24:19	05:39:59.05	05:39:59.05	+03:22:13 (59.5%)	12:35	4.8 (40.7%)
773	STANISZEWSKA Ewa	487	BIEGAM BO LUBIĘ KRAKÓW / NORAFTRAIL	K50	8	02:40:16	05:41:01.75	05:41:01.75	+03:23:16 (59.6%)	12:37	4.8 (40.7%)
774	PACANOWSKA Agnieszka	486	WEŁNICA BIEGA	K40	55	02:39:24	05:48:08.20	05:48:08.20	+03:30:22 (60.4%)	12:53	4.7 (39.8%)
774	MICHALSKA PRZYBYLSKA Żaneta	800	GNIEZNO	K40	56	02:39:25	05:48:08.20	05:48:08.20	+03:30:22 (60.4%)	12:53	4.7 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
776	SZELEST Alicja	760	RUN VEGAN TEAM	K30	143	02:58:47	06:03:08.95	06:03:08.95	+03:45:23 (62.1%)	13:26	4.5 (38.1%)
777	PŁUCIENNIK Aleksandra	796	WARSZAWA	K30	144	02:56:16	06:23:45.45	06:23:45.45	+04:05:59 (64.1%)	14:12	4.2 (35.6%)
778	WOŁCZAK Sylwia	793	WARSZAWA	K30	145	02:56:13	06:23:45.65	06:23:45.65	+04:06:00 (64.1%)	14:12	4.2 (35.6%)
779	FARON Elżbieta	903	NORAFSPORT	K50	9	03:06:03	06:27:39.50	06:27:39.50	+04:09:53 (64.5%)	14:21	4.2 (35.6%)
780	SITKIEWICZ Bartosz	682	SOPOT CURLING CLUB WA KU'TA	M40	134	02:47:08	06:32:34.40	06:32:34.40	+04:14:48 (64.9%)	14:32	4.1 (34.7%)
781	MIRECKI Jan	499		M40	135	03:10:44	06:46:50.25	06:46:50.25	+04:29:04 (66.1%)	15:04	4 (33.9%)
782	SOT Lucjan	213	WETLINA	M50	22	03:16:36	06:52:20.40	06:52:20.40	+04:34:34 (66.6%)	15:16	3.9 (33.1%)
	KARP Pawel	607	ACCENTURE	M30		01:37:34 DNF	DNF	DNF	-	-	- (0.0%)
	SERWACH Kamil	584	ŁÓDŹ	M30		01:57:11 DNF	DNF	DNF	-	-	- (0.0%)
	RUTKOWSKA Olga	744	GOLUB-DOBRZYŃ	K20		02:38:08 DNF	DNF	DNF	-	-	- (0.0%)
	TOMASIK Janusz	470	NIEZRZESZONY-WARSZAWA	M60		03:03:42 DNF	DNF	DNF	-	-	- (0.0%)
	POKORSKI Janusz	640	DIRTRUNNER.PL	M30		03:10:49 DNF	DNF	DNF	-	-	- (0.0%)
	KOZIŃSKA Sonia	863		K20		DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 788 wynik(ów)