

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
86	<b>ZWIERZYŃSKA Małgorzata</b>	<b>125</b>	ORTOREH	K30	4	01:37:47	<b>03:09:57.15</b>	<b>03:09:57.15</b>	+00:52:11 (27.5%)	7:02	8.5 (72.0%)
87	<b>BONDARA Sylwia</b>	<b>886</b>	JACEKBIEGA RUNNING TEAM	K20	6	01:40:04	<b>03:10:17.00</b>	<b>03:10:17.00</b>	+00:52:31 (27.6%)	7:02	8.5 (72.0%)
88	<b>MOLTZAN Zbigniew</b>	<b>124</b>	CROSSFIT TORUŃ	M30	46	01:37:55	<b>03:10:45.50</b>	<b>03:10:45.50</b>	+00:52:59 (27.8%)	7:03	8.5 (72.0%)
89	<b>MAJ Sławomir</b>	<b>372</b>	ŚWIDNIK	M30	47	01:36:30	<b>03:11:16.30</b>	<b>03:11:16.30</b>	+00:53:30 (28.0%)	7:05	8.5 (72.0%)
90	<b>TOMASZEWSKI Piotr</b>	<b>599</b>	CZARAD JEDYNKA	M40	15	01:38:22	<b>03:11:24.10</b>	<b>03:11:24.10</b>	+00:53:38 (28.0%)	7:05	8.5 (72.0%)
91	<b>GÓRA Mariusz</b>	<b>73</b>	BBL/BBM KIELCE	M40	16	01:36:52	<b>03:11:31.90</b>	<b>03:11:31.90</b>	+00:53:46 (28.1%)	7:05	8.5 (72.0%)
92	<b>PUCHAŁA Mariusz</b>	<b>30</b>		M30	48	01:33:20	<b>03:11:39.20</b>	<b>03:11:39.20</b>	+00:53:53 (28.1%)	7:05	8.5 (72.0%)
93	<b>MŁODOŻENIEC Jacek</b>	<b>97</b>	REMBERTÓW TEAM	M40	17	01:32:23	<b>03:11:41.00</b>	<b>03:11:41.00</b>	+00:53:55 (28.1%)	7:05	8.5 (72.0%)
94	<b>GAŁASZKIEWICZ Karol</b>	<b>544</b>	INTERSPORT	M20	18	01:41:28	<b>03:11:46.55</b>	<b>03:11:46.55</b>	+00:54:00 (28.2%)	7:06	8.4 (71.2%)
95	<b>KUCIŃSKI Andrzej</b>	<b>183</b>	FESTIWAL BIEGOWY	M50	2	01:40:17	<b>03:11:49.05</b>	<b>03:11:49.05</b>	+00:54:03 (28.2%)	7:06	8.4 (71.2%)
96	<b>PICHETA Magdalena</b>	<b>170</b>	DISNEY VOLUNTEARS	K30	5	01:35:40	<b>03:12:09.45</b>	<b>03:12:09.45</b>	+00:54:23 (28.3%)	7:07	8.4 (71.2%)
97	<b>BAR Tomasz</b>	<b>591</b>		M30	49	01:37:42	<b>03:12:14.95</b>	<b>03:12:14.95</b>	+00:54:29 (28.3%)	7:07	8.4 (71.2%)
97	<b>MOSIOŁEK Przemysław</b>	<b>90</b>	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	50	01:39:34	<b>03:12:14.95</b>	<b>03:12:14.95</b>	+00:54:29 (28.3%)	7:07	8.4 (71.2%)
99	<b>MOSIOŁEK Monika</b>	<b>126</b>	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	6	01:38:54	<b>03:12:15.05</b>	<b>03:12:15.05</b>	+00:54:29 (28.3%)	7:07	8.4 (71.2%)
100	<b>NERKOWSKI Paweł</b>	<b>569</b>	GDAŃSK	M30	51	01:35:01	<b>03:12:17.35</b>	<b>03:12:17.35</b>	+00:54:31 (28.4%)	7:07	8.4 (71.2%)
101	<b>BADOWSKI Jerzy</b>	<b>56</b>	BLUETEAM	M40	18	01:42:59	<b>03:12:18.15</b>	<b>03:12:18.15</b>	+00:54:32 (28.4%)	7:07	8.4 (71.2%)
102	<b>CZWERENKO Wojciech</b>	<b>261</b>	PGNIG SANOK	M30	52	01:37:36	<b>03:12:19.70</b>	<b>03:12:19.70</b>	+00:54:34 (28.4%)	7:07	8.4 (71.2%)
103	<b>SZALAK Paweł</b>	<b>676</b>	LUBLIN	M30	53	01:36:25	<b>03:12:28.70</b>	<b>03:12:28.70</b>	+00:54:43 (28.4%)	7:07	8.4 (71.2%)
104	<b>BIELEC Artur</b>	<b>71</b>	REMBERTÓW TEAM	M40	19	01:37:43	<b>03:12:40.85</b>	<b>03:12:40.85</b>	+00:54:55 (28.5%)	7:08	8.4 (71.2%)
105	<b>GŁODOWSKA Kamila</b>	<b>851</b>	NIGHT RUNNERS KRAKÓW	K20	7	01:41:20	<b>03:12:41.70</b>	<b>03:12:41.70</b>	+00:54:56 (28.5%)	7:08	8.4 (71.2%)
106	<b>MAZIARZ Damian</b>	<b>616</b>	KLUB ŻEGLARSKI ŚWIDNIK	M30	54	01:40:33	<b>03:12:45.70</b>	<b>03:12:45.70</b>	+00:55:00 (28.5%)	7:08	8.4 (71.2%)
107	<b>RUTKOWSKI Paweł</b>	<b>149</b>	OLSZTYŃSKIE USTAWKI BIEGOWE	M30	55	01:39:36	<b>03:12:49.10</b>	<b>03:12:49.10</b>	+00:55:03 (28.6%)	7:08	8.4 (71.2%)
108	<b>BARTKOWIAK Michał</b>	<b>60</b>	BEZFORMY	M20	19	01:40:25	<b>03:13:35.00</b>	<b>03:13:35.00</b>	+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	<b>OLEKSZYK Przemysław</b>	<b>99</b>	KW LUBLIN	M20	20	01:38:56	<b>03:13:35.60</b>	<b>03:13:35.60</b>	+00:55:50 (28.8%)	7:10	8.4 (71.2%)
110	<b>BORKOWSKI Bartosz</b>	<b>51</b>		M40	20	01:34:37	<b>03:13:38.85</b>	<b>03:13:38.85</b>	+00:55:53 (28.9%)	7:10	8.4 (71.2%)
111	<b>DWORNICKI Tomasz</b>	<b>61</b>	RYBNIK	M40	21	01:38:01	<b>03:13:43.70</b>	<b>03:13:43.70</b>	+00:55:58 (28.9%)	7:10	8.4 (71.2%)
112	<b>NADROWSKI Tomasz</b>	<b>91</b>	WIĘCEJ FUNKU! / BIEGIEM NA POMOC	M30	56	01:40:45	<b>03:14:48.50</b>	<b>03:14:48.50</b>	+00:57:02 (29.3%)	7:12	8.3 (70.3%)
113	<b>WROŻYNA Rafał</b>	<b>727</b>		M20	21	01:38:50	<b>03:15:27.30</b>	<b>03:15:27.30</b>	+00:57:41 (29.5%)	7:14	8.3 (70.3%)
114	<b>PIWOWARCZYK Adam</b>	<b>253</b>	MYSŁOWICE	M40	22	01:38:18	<b>03:15:37.00</b>	<b>03:15:37.00</b>	+00:57:51 (29.6%)	7:14	8.3 (70.3%)
115	<b>BARSKI Rafał</b>	<b>301</b>	MYSŁOWICE	M30	57	01:38:20	<b>03:15:46.05</b>	<b>03:15:46.05</b>	+00:58:00 (29.6%)	7:15	8.3 (70.3%)
116	<b>WALENDA Mateusz</b>	<b>64</b>	GARWOLIN	M20	22	01:44:35	<b>03:15:54.00</b>	<b>03:15:54.00</b>	+00:58:08 (29.7%)	7:15	8.3 (70.3%)
117	<b>TARNOWSKI Krzysztof</b>	<b>671</b>	KW LUBLIN	M20	23	01:39:49	<b>03:16:01.45</b>	<b>03:16:01.45</b>	+00:58:15 (29.7%)	7:15	8.3 (70.3%)
118	<b>DUBAJ Michał</b>	<b>25</b>	FIZJOPERFEKT.PL	M20	24	01:31:53	<b>03:16:32.50</b>	<b>03:16:32.50</b>	+00:58:46 (29.9%)	7:16	8.2 (69.5%)
119	<b>GAJEWSKI Michał</b>	<b>497</b>	WET ZA WET	M30	58	01:32:07	<b>03:16:38.50</b>	<b>03:16:38.50</b>	+00:58:52 (29.9%)	7:16	8.2 (69.5%)
120	<b>RACHWAŁ Michał</b>	<b>890</b>	12TRI.PL	M30	59	01:35:06	<b>03:17:10.45</b>	<b>03:17:10.45</b>	+00:59:24 (30.1%)	7:18	8.2 (69.5%)
121	<b>SOSNOWSKI Rafał</b>	<b>95</b>		M30	60	01:32:29	<b>03:17:14.70</b>	<b>03:17:14.70</b>	+00:59:29 (30.2%)	7:18	8.2 (69.5%)
122	<b>OSTAPIŃSKI Wojtek</b>	<b>54</b>	PIASECZNO	M40	23	01:38:45	<b>03:17:24.10</b>	<b>03:17:24.10</b>	+00:59:38 (30.2%)	7:18	8.2 (69.5%)
123	<b>SROCZYŃSKI Marcin</b>	<b>122</b>	PIASECZNO	M30	61	01:38:54	<b>03:17:24.40</b>	<b>03:17:24.40</b>	+00:59:38 (30.2%)	7:18	8.2 (69.5%)
124	<b>MORAWSKA Kinga</b>	<b>146</b>	ORTOREH TEAM	K30	7	01:40:25	<b>03:17:24.50</b>	<b>03:17:24.50</b>	+00:59:38 (30.2%)	7:18	8.2 (69.5%)
125	<b>KRYPSKI Bartosz</b>	<b>52</b>	CROSSFIT SIEDLCE	M20	25	01:41:10	<b>03:17:24.90</b>	<b>03:17:24.90</b>	+00:59:39 (30.2%)	7:18	8.2 (69.5%)
126	<b>KUŹLAK Grzegorz</b>	<b>100</b>	PKO BANK POLSKI SA	M30	62	01:32:44	<b>03:17:27.85</b>	<b>03:17:27.85</b>	+00:59:42 (30.2%)	7:18	8.2 (69.5%)
127	<b>NOWICKI Zbigniew</b>	<b>114</b>	BLUETEAM	M40	24	01:43:01	<b>03:17:27.90</b>	<b>03:17:27.90</b>	+00:59:42 (30.2%)	7:18	8.2 (69.5%)
128	<b>MIŚKIEWICZ Magdalena</b>	<b>159</b>	RUN EXPERT LEJDIS	K30	8	01:37:14	<b>03:17:29.60</b>	<b>03:17:29.60</b>	+00:59:44 (30.2%)	7:18	8.2 (69.5%)
129	<b>MISIAK Mateusz</b>	<b>312</b>	ZABIEGANI ROPCZYCE	M20	26	01:40:30	<b>03:17:53.15</b>	<b>03:17:53.15</b>	+01:00:07 (30.4%)	7:19	8.2 (69.5%)
130	<b>GRUZA Paweł</b>	<b>234</b>	DĘBLIN	M30	63	01:38:55	<b>03:17:58.95</b>	<b>03:17:58.95</b>	+01:00:13 (30.4%)	7:19	8.2 (69.5%)
131	<b>DUCKI Piotr</b>	<b>826</b>		M30	64	01:45:52	<b>03:18:04.35</b>	<b>03:18:04.35</b>	+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	<b>MARCINKOWSKA Eliza</b>	<b>177</b>	SZWLA/TRIRUN	K30	9	01:40:02	<b>03:18:17.30</b>	<b>03:18:17.30</b>	+01:00:31 (30.5%)	7:20	8.2 (69.5%)
133	<b>TRYZNO Jakub</b>	<b>641</b>	KAPAP GDAŃSK	M30	65	01:47:12	<b>03:18:22.80</b>	<b>03:18:22.80</b>	+01:00:37 (30.6%)	7:20	8.2 (69.5%)
134	<b>JABŁECKI Mirosław</b>	<b>907</b>	FIT FITNES	M30	66	01:37:51	<b>03:18:23.05</b>	<b>03:18:23.05</b>	+01:00:37 (30.6%)	7:20	8.2 (69.5%)
135	<b>HYJEK Elżbieta</b>	<b>766</b>	ZABIEGANI MIELEC	K40	1	01:40:31	<b>03:18:25.85</b>	<b>03:18:25.85</b>	+01:00:40 (30.6%)	7:20	8.2 (69.5%)
136	<b>KRUPA Adrian</b>	<b>405</b>	IFON	M20	27	01:38:11	<b>03:18:26.50</b>	<b>03:18:26.50</b>	+01:00:40 (30.6%)	7:20	8.2 (69.5%)
137	<b>DEMSKA Żaneta</b>	<b>814</b>	KAPAP GDAŃSK	K30	10	01:47:04	<b>03:18:26.70</b>	<b>03:18:26.70</b>	+01:00:41 (30.6%)	7:20	8.2 (69.5%)
138	<b>ŁOŚ Piotr</b>	<b>511</b>	TURLAM SIĘ TEAM	M30	67	01:42:56	<b>03:18:28.20</b>	<b>03:18:28.20</b>	+01:00:42 (30.6%)	7:21	8.2 (69.5%)
139	<b>SKOŁOŻYŃSKI Tomasz</b>	<b>647</b>	WARSZAWA	M30	68	01:42:03	<b>03:18:57.55</b>	<b>03:18:57.55</b>	+01:01:11 (30.8%)	7:22	8.1 (68.6%)
140	<b>MOSUREK Grzegorz</b>	<b>96</b>	ESKADA MASTERS	M40	25	01:40:15	<b>03:19:03.30</b>	<b>03:19:03.30</b>	+01:01:17 (30.8%)	7:22	8.1 (68.6%)
141	<b>ŁEBEK Sebastian</b>	<b>200</b>	OLKUSZBIEGA.PL	M40	26	01:38:37	<b>03:19:43.85</b>	<b>03:19:43.85</b>	+01:01:58 (31.0%)	7:23	8.1 (68.6%)
142	<b>DROZDOWSKI Daniel</b>	<b>151</b>	BIEGAMYRAZEM.PL	M20	28	01:36:50	<b>03:19:54.60</b>	<b>03:19:54.60</b>	+01:02:09 (31.1%)	7:24	8.1 (68.6%)
143	<b>PORCZYK Paweł</b>	<b>537</b>	MEDICYCLING TEAM	M20	29	01:40:02	<b>03:20:19.50</b>	<b>03:20:19.50</b>	+01:02:33 (31.2%)	7:25	8.1 (68.6%)
144	<b>PRZYGÓRZEWSKI Jarosław</b>	<b>498</b>	WET ZA WET	M30	69	01:33:57	<b>03:20:26.25</b>	<b>03:20:26.25</b>	+01:02:40 (31.3%)	7:25	8.1 (68.6%)
145	<b>CZELNY Tomasz</b>	<b>202</b>	GLIWICE	M30	70	01:46:29	<b>03:20:46.20</b>	<b>03:20:46.20</b>	+01:03:00 (31.4%)	7:26	8.1 (68.6%)
146	<b>BĄK Tymoteusz</b>	<b>600</b>		M30	71	01:44:43	<b>03:20:49.45</b>	<b>03:20:49.45</b>	+01:03:03 (31.4%)	7:26	8.1 (68.6%)
147	<b>TOMASZEWSKI Marcin</b>	<b>517</b>	BYDGOSZCZ	M40	27	01:41:46	<b>03:20:50.15</b>	<b>03:20:50.15</b>	+01:03:04 (31.4%)	7:26	8.1 (68.6%)
148	<b>LEŚNIAK Arkadiusz</b>	<b>887</b>		M30	72	01:41:54	<b>03:20:54.80</b>	<b>03:20:54.80</b>	+01:03:09 (31.4%)	7:26	8.1 (68.6%)
149	<b>TUSIŃSKA Aleksandra</b>	<b>769</b>	RADOM	K30	11	01:47:11	<b>03:21:09.30</b>	<b>03:21:09.30</b>	+01:03:23 (31.5%)	7:27	8.1 (68.6%)
150	<b>GRYCZ Darek</b>	<b>76</b>	TWIERDZA MODLIN	M20	30	01:36:00	<b>03:21:09.85</b>	<b>03:21:09.85</b>	+01:03:24 (31.5%)	7:27	8.1 (68.6%)
151	<b>BARTOSIŃSKI Mariusz</b>	<b>687</b>	CIEPŁE CHŁOPAKI	M40	28	01:44:48	<b>03:21:11.60</b>	<b>03:21:11.60</b>	+01:03:26 (31.5%)	7:27	8.1 (68.6%)
152	<b>GRUDNIK Zbigniew</b>	<b>75</b>	NIEPOŁOMICE BIEGAJĄ	M40	29	01:40:19	<b>03:21:23.95</b>	<b>03:21:23.95</b>	+01:03:38 (31.6%)	7:27	8 (67.8%)
153	<b>NIEMCZYK Damian</b>	<b>111</b>	TRENINGIBIEGOWE.PL	M30	73	01:39:03	<b>03:21:44.10</b>	<b>03:21:44.10</b>	+01:03:58 (31.7%)	7:28	8 (67.8%)
154	<b>SOBCZAK Marcin</b>	<b>561</b>		M30	74	01:47:32	<b>03:21:45.20</b>	<b>03:21:45.20</b>	+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	<b>BOBROWICZ Mateusz</b>	<b>154</b>	ACCENTURE	M30	75	01:48:19	<b>03:22:00.30</b>	<b>03:22:00.30</b>	+01:04:14 (31.8%)	7:28	8 (67.8%)
156	<b>JASEK Kamil</b>	<b>628</b>		M20	31	01:42:41	<b>03:22:19.00</b>	<b>03:22:19.00</b>	+01:04:33 (31.9%)	7:29	8 (67.8%)
157	<b>TUCZAPSKI Artur</b>	<b>617</b>	RZESZÓW	M50	3	01:47:59	<b>03:22:29.80</b>	<b>03:22:29.80</b>	+01:04:44 (32.0%)	7:29	8 (67.8%)
158	<b>MĘDREK Paulina</b>	<b>882</b>		K20	8	01:39:43	<b>03:22:33.95</b>	<b>03:22:33.95</b>	+01:04:48 (32.0%)	7:30	8 (67.8%)
159	<b>JANKOWSKI Andrzej</b>	<b>209</b>	NIGHT RUNNERS	M30	76	01:38:37	<b>03:22:36.40</b>	<b>03:22:36.40</b>	+01:04:50 (32.0%)	7:30	8 (67.8%)
160	<b>SZAMBELAN Szymon</b>	<b>53</b>	WRZEŚNIA	M20	32	01:34:12	<b>03:22:40.20</b>	<b>03:22:40.20</b>	+01:04:54 (32.0%)	7:30	8 (67.8%)
161	<b>DERKOWSKI Dawid</b>	<b>227</b>	NOWOMIESZCZANIELUBIĄBIEGANIE	M30	77	01:41:32	<b>03:22:40.65</b>	<b>03:22:40.65</b>	+01:04:55 (32.0%)	7:30	8 (67.8%)
162	<b>WATRAK Łukasz</b>	<b>345</b>	KW LUBLIN	M20	33	01:40:05	<b>03:23:13.55</b>	<b>03:23:13.55</b>	+01:05:27 (32.2%)	7:31	8 (67.8%)
163	<b>JABŁOŃSKI Bogdan</b>	<b>701</b>	WARSZAWA	M30	78	01:40:24	<b>03:23:14.35</b>	<b>03:23:14.35</b>	+01:05:28 (32.2%)	7:31	8 (67.8%)
164	<b>LANGE Zbigniew</b>	<b>68</b>	GOLKOWICE	M40	30	01:46:22	<b>03:23:18.80</b>	<b>03:23:18.80</b>	+01:05:33 (32.2%)	7:31	8 (67.8%)
165	<b>MOTYKA Jacek</b>	<b>112</b>	ZABIEGANI ROPCZYCE	M20	34	01:40:55	<b>03:23:35.55</b>	<b>03:23:35.55</b>	+01:05:49 (32.3%)	7:32	8 (67.8%)
166	<b>MASALSKA-PAWLAK Agata</b>	<b>794</b>		K30	12	01:48:36	<b>03:23:51.30</b>	<b>03:23:51.30</b>	+01:06:05 (32.4%)	7:33	7.9 (66.9%)
167	<b>ROMEJ Aleksandra</b>	<b>786</b>	CITY TRAIL TEAM	K20	9	01:40:38	<b>03:24:27.10</b>	<b>03:24:27.10</b>	+01:06:41 (32.6%)	7:34	7.9 (66.9%)
168	<b>STADNIK Justyna</b>	<b>211</b>	ZABIEGANI ROPCZYCE	K20	10	01:40:15	<b>03:24:45.95</b>	<b>03:24:45.95</b>	+01:07:00 (32.7%)	7:35	7.9 (66.9%)
169	<b>KOŁOSOWSKI Tomasz</b>	<b>504</b>		M30	79	01:40:53	<b>03:24:49.75</b>	<b>03:24:49.75</b>	+01:07:04 (32.7%)	7:35	7.9 (66.9%)
170	<b>KOZIARSKI Piotr</b>	<b>585</b>	PO LINIE	M30	80	01:46:52	<b>03:25:11.10</b>	<b>03:25:11.10</b>	+01:07:25 (32.9%)	7:35	7.9 (66.9%)
171	<b>DZIADOWIEC Krzysztof</b>	<b>668</b>	KROK ZA GROSZ	M40	31	01:38:09	<b>03:25:14.90</b>	<b>03:25:14.90</b>	+01:07:29 (32.9%)	7:36	7.9 (66.9%)
172	<b>CHOJNOWSKI Łukasz</b>	<b>107</b>	YES MAN TEAM	M20	35	01:50:06	<b>03:25:40.85</b>	<b>03:25:40.85</b>	+01:07:55 (33.0%)	7:37	7.9 (66.9%)
173	<b>NAJDEREK Maciek</b>	<b>105</b>	NIGHT RUNNERS	M30	81	01:40:45	<b>03:26:05.00</b>	<b>03:26:05.00</b>	+01:08:19 (33.2%)	7:37	7.9 (66.9%)
174	<b>GIMZICKA Ewa</b>	<b>206</b>	POZNAŃ	K30	13	01:43:46	<b>03:26:24.10</b>	<b>03:26:24.10</b>	+01:08:38 (33.3%)	7:38	7.8 (66.1%)
175	<b>BĄCZKIEWICZ Zbigniew</b>	<b>144</b>	KUJAWIACY	M20	36	01:48:37	<b>03:26:24.60</b>	<b>03:26:24.60</b>	+01:08:39 (33.3%)	7:38	7.8 (66.1%)
176	<b>PIETRUS Marcin</b>	<b>63</b>	KUJAWIACY	M30	82	01:42:51	<b>03:26:32.30</b>	<b>03:26:32.30</b>	+01:08:46 (33.3%)	7:38	7.8 (66.1%)
177	<b>ŚLEDŹ Sławomir</b>	<b>548</b>	LUBLIN	M30	83	01:34:22	<b>03:26:34.35</b>	<b>03:26:34.35</b>	+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	<b>OSYPIUK Artur</b>	<b>190</b>	BIEGUSIEM.PL	M30	84	01:38:50	<b>03:26:44.85</b>	<b>03:26:44.85</b>	+01:08:59 (33.4%)	7:39	7.8 (66.1%)
179	<b>NIELIPIŃSKI Mateusz</b>	<b>602</b>		M30	85	01:47:07	<b>03:26:47.40</b>	<b>03:26:47.40</b>	+01:09:01 (33.4%)	7:39	7.8 (66.1%)
180	<b>KICIŃSKA Zuzanna</b>	<b>173</b>	WARSZAWA	K20	11	01:50:29	<b>03:26:58.70</b>	<b>03:26:58.70</b>	+01:09:13 (33.4%)	7:39	7.8 (66.1%)
181	<b>WOJTKIEWICZ Jarosław</b>	<b>550</b>	RUNNING FAMILY	M40	32	01:43:32	<b>03:27:06.20</b>	<b>03:27:06.20</b>	+01:09:20 (33.5%)	7:40	7.8 (66.1%)
182	<b>KLESZCZ Tomasz</b>	<b>93</b>	PRO-RUN WROCŁAW	M30	86	01:43:39	<b>03:27:08.70</b>	<b>03:27:08.70</b>	+01:09:23 (33.5%)	7:40	7.8 (66.1%)
183	<b>LEWANDOWSKI Rafał</b>	<b>47</b>	VENI CUCURRI VICI	M30	87	01:37:43	<b>03:27:13.75</b>	<b>03:27:13.75</b>	+01:09:28 (33.5%)	7:40	7.8 (66.1%)
184	<b>PORĘBSKI Mariusz</b>	<b>121</b>	PZU SPORT TEAM	M40	33	01:39:09	<b>03:27:14.90</b>	<b>03:27:14.90</b>	+01:09:29 (33.5%)	7:40	7.8 (66.1%)
185	<b>BONCZAR Bogodar</b>	<b>85</b>	WIELICZKA	M30	88	01:45:07	<b>03:27:44.80</b>	<b>03:27:44.80</b>	+01:09:59 (33.7%)	7:41	7.8 (66.1%)
186	<b>SZTANDO Michał</b>	<b>678</b>	MYSZ & DZAKO	M30	89	01:48:13	<b>03:27:45.55</b>	<b>03:27:45.55</b>	+01:09:59 (33.7%)	7:41	7.8 (66.1%)
187	<b>KSIĄŻKIEWICZ Jacek</b>	<b>590</b>	CITY TRAIL TEAM	M30	90	01:46:47	<b>03:27:45.60</b>	<b>03:27:45.60</b>	+01:10:00 (33.7%)	7:41	7.8 (66.1%)
188	<b>RESZYTYŁO Grzegorz</b>	<b>716</b>		M40	34	01:40:27	<b>03:27:48.60</b>	<b>03:27:48.60</b>	+01:10:03 (33.7%)	7:41	7.8 (66.1%)
189	<b>GROCHOWALSKI Patryk</b>	<b>539</b>	WARSZAWA	M20	37	01:52:14	<b>03:27:51.70</b>	<b>03:27:51.70</b>	+01:10:06 (33.7%)	7:41	7.8 (66.1%)
190	<b>SZUMIGAJ Alicja</b>	<b>257</b>	SĘPÓLNO KRAJEŃSKIE	K30	14	01:48:50	<b>03:27:53.00</b>	<b>03:27:53.00</b>	+01:10:07 (33.7%)	7:41	7.8 (66.1%)
191	<b>KURZEJA Ewelina</b>	<b>842</b>	NORAFSPORT	K30	15	01:48:42	<b>03:27:55.80</b>	<b>03:27:55.80</b>	+01:10:10 (33.7%)	7:42	7.8 (66.1%)
192	<b>PASECKA Sylwia</b>	<b>286</b>	NIGHT RUNNERS GLIWICE	K40	2	01:48:36	<b>03:28:21.25</b>	<b>03:28:21.25</b>	+01:10:35 (33.9%)	7:43	7.8 (66.1%)
193	<b>MARCOL Mateusz</b>	<b>827</b>		M20	38	01:42:46	<b>03:28:25.55</b>	<b>03:28:25.55</b>	+01:10:39 (33.9%)	7:43	7.8 (66.1%)
194	<b>DOMAGAŁA Grażyna</b>	<b>848</b>	NIGHT RUNNERS	K20	12	01:47:43	<b>03:28:27.55</b>	<b>03:28:27.55</b>	+01:10:41 (33.9%)	7:43	7.8 (66.1%)
195	<b>GÓRECKA Katarzyna</b>	<b>823</b>	PKO BANK POLSKI	K30	16	01:49:24	<b>03:28:37.90</b>	<b>03:28:37.90</b>	+01:10:52 (34.0%)	7:43	7.8 (66.1%)
196	<b>KOWALESKI Krzysztof</b>	<b>143</b>	12TRI.PL	M30	91	01:39:52	<b>03:28:42.00</b>	<b>03:28:42.00</b>	+01:10:56 (34.0%)	7:43	7.8 (66.1%)
197	<b>STEMPIN Jan</b>	<b>674</b>	CLIMBING SPOT POZNAŃ	M20	39	01:35:26	<b>03:29:09.90</b>	<b>03:29:09.90</b>	+01:11:24 (34.1%)	7:44	7.7 (65.3%)
198	<b>FABIŃSKI Maciej</b>	<b>28</b>	VIRIVAL RUNNERS CLUB	M20	40	01:55:47	<b>03:29:10.55</b>	<b>03:29:10.55</b>	+01:11:24 (34.1%)	7:44	7.7 (65.3%)
199	<b>MŁODOŻENIEC Mirosław</b>	<b>87</b>	REMBERTÓW TEAM	M30	92	01:40:14	<b>03:29:22.80</b>	<b>03:29:22.80</b>	+01:11:37 (34.2%)	7:45	7.7 (65.3%)
200	<b>DOBROSIELSKI Maciej</b>	<b>635</b>	ALBATROSY	M30	93	01:42:20	<b>03:29:23.85</b>	<b>03:29:23.85</b>	+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	<b>IDZIAK Marcin</b>	<b>728</b>	NOWOMIESZCZANIE LUBIĄ BIEGANIE	M30	94	01:52:12	<b>03:29:24.55</b>	<b>03:29:24.55</b>	+01:11:38 (34.2%)	7:45	7.7 (65.3%)
202	<b>CIEŚLAK Dominika</b>	<b>862</b>		K30	17	01:51:49	<b>03:29:31.05</b>	<b>03:29:31.05</b>	+01:11:45 (34.2%)	7:45	7.7 (65.3%)
203	<b>MŁODOŻENIEC Rafael</b>	<b>329</b>	MÓRKOWO	M40	35	01:46:46	<b>03:29:33.55</b>	<b>03:29:33.55</b>	+01:11:47 (34.3%)	7:45	7.7 (65.3%)
204	<b>CZARNOTA Anna</b>	<b>44</b>	CZARNA JEDYNKA	K20	13	01:52:54	<b>03:29:35.65</b>	<b>03:29:35.65</b>	+01:11:50 (34.3%)	7:45	7.7 (65.3%)
205	<b>AUGUSTYŃSKI Sylwester</b>	<b>138</b>	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	M30	95	01:49:41	<b>03:29:49.50</b>	<b>03:29:49.50</b>	+01:12:03 (34.3%)	7:46	7.7 (65.3%)
206	<b>THIER Dominik</b>	<b>153</b>	WARSZAWA	M30	96	01:38:16	<b>03:29:51.40</b>	<b>03:29:51.40</b>	+01:12:05 (34.4%)	7:46	7.7 (65.3%)
207	<b>PIKIEWICZ Bartłomiej</b>	<b>398</b>	(NIE)MŁODE WILKI	M30	97	01:38:12	<b>03:29:51.55</b>	<b>03:29:51.55</b>	+01:12:05 (34.4%)	7:46	7.7 (65.3%)
208	<b>KARPIŃSKI Radosław</b>	<b>140</b>	POWIAT WARSZAWSKI ZACHODNI	M30	98	01:59:12	<b>03:29:57.20</b>	<b>03:29:57.20</b>	+01:12:11 (34.4%)	7:46	7.7 (65.3%)
209	<b>ZAŁUCKI Maciej</b>	<b>237</b>	1000 MILES	M40	36	01:49:44	<b>03:30:00.15</b>	<b>03:30:00.15</b>	+01:12:14 (34.4%)	7:46	7.7 (65.3%)
210	<b>JANOWSKI Bogdan</b>	<b>677</b>		M40	37	01:48:38	<b>03:30:01.20</b>	<b>03:30:01.20</b>	+01:12:15 (34.4%)	7:46	7.7 (65.3%)
211	<b>KĘDZIORA Magdalena</b>	<b>175</b>	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K20	14	01:49:40	<b>03:30:06.25</b>	<b>03:30:06.25</b>	+01:12:20 (34.4%)	7:46	7.7 (65.3%)
212	<b>PRUSACZYK Michał</b>	<b>115</b>	POWERADE	M20	41	01:54:56	<b>03:30:07.85</b>	<b>03:30:07.85</b>	+01:12:22 (34.4%)	7:46	7.7 (65.3%)
213	<b>KŁĘBEK Arkadiusz</b>	<b>223</b>		M30	99	01:37:59	<b>03:30:09.80</b>	<b>03:30:09.80</b>	+01:12:24 (34.5%)	7:47	7.7 (65.3%)
214	<b>WŁODARSKA Marta</b>	<b>127</b>	MAJATEAM	K30	18	01:46:18	<b>03:30:10.90</b>	<b>03:30:10.90</b>	+01:12:25 (34.5%)	7:47	7.7 (65.3%)
215	<b>GRUSZCZYŃSKA Sandra</b>	<b>354</b>	WILD FOR THE RUN	K20	15	01:47:45	<b>03:30:11.85</b>	<b>03:30:11.85</b>	+01:12:26 (34.5%)	7:47	7.7 (65.3%)
216	<b>RODRIGO PEREIRA Oswald</b>	<b>34</b>	WILD FOR THE RUN	M30	100	01:47:58	<b>03:30:11.90</b>	<b>03:30:11.90</b>	+01:12:26 (34.5%)	7:47	7.7 (65.3%)
217	<b>SWIECICKI Tomasz</b>	<b>171</b>	ACCELARATING POLAND	M30	101	01:43:58	<b>03:30:20.15</b>	<b>03:30:20.15</b>	+01:12:34 (34.5%)	7:47	7.7 (65.3%)
218	<b>KOŁODZIEJSKI Michał</b>	<b>123</b>	WARSZAWA	M40	38	01:41:45	<b>03:30:23.20</b>	<b>03:30:23.20</b>	+01:12:37 (34.5%)	7:47	7.7 (65.3%)
219	<b>KWIATKOWSKI Marek</b>	<b>185</b>	OSTROŁĘKA	M30	102	01:41:50	<b>03:31:06.10</b>	<b>03:31:06.10</b>	+01:13:20 (34.7%)	7:49	7.7 (65.3%)
220	<b>USZYŃSKI Grzegorz</b>	<b>889</b>		M40	39	01:49:28	<b>03:31:10.10</b>	<b>03:31:10.10</b>	+01:13:24 (34.8%)	7:49	7.7 (65.3%)
221	<b>ŁUKASIEWICZ Marek</b>	<b>174</b>	NIGHT RUNNERS	M30	103	01:51:52	<b>03:31:13.45</b>	<b>03:31:13.45</b>	+01:13:27 (34.8%)	7:49	7.7 (65.3%)
222	<b>ANDREJKOW Arkadiusz</b>	<b>324</b>	SANOK	M30	104	01:41:49	<b>03:31:41.30</b>	<b>03:31:41.30</b>	+01:13:55 (34.9%)	7:50	7.7 (65.3%)
223	<b>SROGA Waldek</b>	<b>156</b>	SKLEP BIEGACZA	M30	105	01:44:36	<b>03:31:59.75</b>	<b>03:31:59.75</b>	+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	<b>KRUPCZYŃSKI Szymon</b>	<b>660</b>	KRUPOLS TEAM	M20	42	01:50:37	<b>03:32:01.20</b>	<b>03:32:01.20</b>	+01:14:15 (35.0%)	7:51	7.6 (64.4%)
225	<b>ROCZNIAK Marcin</b>	<b>702</b>	RTIP	M30	106	01:41:51	<b>03:32:05.15</b>	<b>03:32:05.15</b>	+01:14:19 (35.0%)	7:51	7.6 (64.4%)
226	<b>KONARZEWSKA Marta</b>	<b>503</b>	OLSZTYŃSKIE I STAWKI BIEGOWE	K30	19	01:50:27	<b>03:32:08.00</b>	<b>03:32:08.00</b>	+01:14:22 (35.1%)	7:51	7.6 (64.4%)
227	<b>TAJAK Karol</b>	<b>699</b>	KROSNO	M20	43	01:46:23	<b>03:32:18.10</b>	<b>03:32:18.10</b>	+01:14:32 (35.1%)	7:51	7.6 (64.4%)
228	<b>LEWCZUK Michał</b>	<b>186</b>	TUP TEAM	M20	44	01:44:28	<b>03:32:19.30</b>	<b>03:32:19.30</b>	+01:14:33 (35.1%)	7:51	7.6 (64.4%)
229	<b>GŁADYSZ Jadwiga</b>	<b>757</b>	ZABIEGANI MIELEC	K50	1	01:49:26	<b>03:32:29.65</b>	<b>03:32:29.65</b>	+01:14:44 (35.2%)	7:52	7.6 (64.4%)
230	<b>WOJDA Dariusz</b>	<b>164</b>	DZIKIE DZIKI	M40	40	01:47:07	<b>03:32:37.85</b>	<b>03:32:37.85</b>	+01:14:52 (35.2%)	7:52	7.6 (64.4%)
231	<b>MOSOŃ Sławomir</b>	<b>423</b>	WARSZAWA	M30	107	01:50:32	<b>03:32:59.10</b>	<b>03:32:59.10</b>	+01:15:13 (35.3%)	7:53	7.6 (64.4%)
232	<b>PAPIEWSKA Marzena</b>	<b>388</b>		K30	20	01:51:50	<b>03:32:59.20</b>	<b>03:32:59.20</b>	+01:15:13 (35.3%)	7:53	7.6 (64.4%)
233	<b>ANIOŁ Mateusz</b>	<b>816</b>		M20	45	01:52:20	<b>03:33:25.75</b>	<b>03:33:25.75</b>	+01:15:40 (35.5%)	7:54	7.6 (64.4%)
234	<b>WAKUŁA Marek</b>	<b>129</b>		M40	41	01:46:34	<b>03:33:27.00</b>	<b>03:33:27.00</b>	+01:15:41 (35.5%)	7:54	7.6 (64.4%)
235	<b>TYRPA Jarosław</b>	<b>884</b>	BIEGIEM PO PIWO	M40	42	01:52:44	<b>03:33:29.50</b>	<b>03:33:29.50</b>	+01:15:43 (35.5%)	7:54	7.6 (64.4%)
236	<b>RUTKOWSKI Dawid</b>	<b>719</b>	ROCHE	M30	108	01:53:28	<b>03:33:29.95</b>	<b>03:33:29.95</b>	+01:15:44 (35.5%)	7:54	7.6 (64.4%)
237	<b>ZIELIŃSKI Paweł</b>	<b>69</b>		M30	109	01:41:51	<b>03:33:31.55</b>	<b>03:33:31.55</b>	+01:15:45 (35.5%)	7:54	7.6 (64.4%)
238	<b>CHLEBIŃSKA Paulina</b>	<b>833</b>	RZESZOWSKIE GAZELE I GEPARDY	K20	16	01:51:25	<b>03:33:54.40</b>	<b>03:33:54.40</b>	+01:16:08 (35.6%)	7:55	7.6 (64.4%)
239	<b>WĘGRZYN Małgorzata</b>	<b>40</b>	RZESZOWSKIE GAZELE I GEPARDY	K40	3	01:51:24	<b>03:33:54.45</b>	<b>03:33:54.45</b>	+01:16:08 (35.6%)	7:55	7.6 (64.4%)
240	<b>KONIK Jarosław</b>	<b>447</b>	BIEGAM BO LUBIĘ KRAKÓW / NORAFTRAIL	M40	43	01:59:03	<b>03:34:31.20</b>	<b>03:34:31.20</b>	+01:16:45 (35.8%)	7:56	7.6 (64.4%)
241	<b>WALOSZEK Marcin</b>	<b>391</b>	PASZCZYNA	M30	110	01:44:19	<b>03:34:31.75</b>	<b>03:34:31.75</b>	+01:16:46 (35.8%)	7:56	7.6 (64.4%)
242	<b>JASIŃSKI Filip</b>	<b>10</b>	MSZ BIEGA	M30	111	01:47:49	<b>03:34:33.30</b>	<b>03:34:33.30</b>	+01:16:47 (35.8%)	7:56	7.6 (64.4%)
242	<b>REMISIEWICZ Łukasz</b>	<b>59</b>	RUNEAT.PL	M30	112	01:52:03	<b>03:34:33.30</b>	<b>03:34:33.30</b>	+01:16:47 (35.8%)	7:56	7.6 (64.4%)
244	<b>GAŁACKA Joanna</b>	<b>239</b>		K30	21	01:53:01	<b>03:34:35.00</b>	<b>03:34:35.00</b>	+01:16:49 (35.8%)	7:56	7.5 (63.6%)
245	<b>HANUS Józef</b>	<b>180</b>	BRZOZÓW	M30	113	01:43:03	<b>03:34:39.90</b>	<b>03:34:39.90</b>	+01:16:54 (35.8%)	7:57	7.5 (63.6%)
246	<b>KAZANECKA Joanna</b>	<b>878</b>	WARSZAWA	K30	22	01:49:22	<b>03:34:41.45</b>	<b>03:34:41.45</b>	+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	<b>GUTKOWSKI Tomasz</b>	<b>556</b>	YESMEN TEAM	M20	46	01:51:21	<b>03:34:44.80</b>	<b>03:34:44.80</b>	+01:16:59 (35.8%)	7:57	7.5 (63.6%)
248	<b>MALEC Piotr</b>	<b>538</b>		M20	47	02:00:02	<b>03:34:56.65</b>	<b>03:34:56.65</b>	+01:17:11 (35.9%)	7:57	7.5 (63.6%)
249	<b>MATUSIAK Arkadiusz</b>	<b>583</b>		M40	44	01:48:22	<b>03:34:58.00</b>	<b>03:34:58.00</b>	+01:17:12 (35.9%)	7:57	7.5 (63.6%)
250	<b>KRET Michał</b>	<b>891</b>		M30	114	01:45:54	<b>03:35:00.95</b>	<b>03:35:00.95</b>	+01:17:15 (35.9%)	7:57	7.5 (63.6%)
251	<b>SZPYNDA Daniel</b>	<b>117</b>	WAŁCZ	M20	48	01:44:40	<b>03:35:25.75</b>	<b>03:35:25.75</b>	+01:17:40 (36.1%)	7:58	7.5 (63.6%)
252	<b>KOCH Michał</b>	<b>238</b>	WARSZAWA	M20	49	01:41:59	<b>03:35:49.10</b>	<b>03:35:49.10</b>	+01:18:03 (36.2%)	7:59	7.5 (63.6%)
253	<b>KAWALEC Jacek</b>	<b>217</b>	SANOK 100RK	M30	115	01:48:47	<b>03:35:50.50</b>	<b>03:35:50.50</b>	+01:18:04 (36.2%)	7:59	7.5 (63.6%)
254	<b>JĘCZMIĘŃ Marlena</b>	<b>181</b>	ŚWIDNICA	K20	17	01:51:28	<b>03:35:56.90</b>	<b>03:35:56.90</b>	+01:18:11 (36.2%)	7:59	7.5 (63.6%)
255	<b>ĆWIKLIŃSKI Maciej</b>	<b>179</b>		M40	45	01:43:37	<b>03:36:01.10</b>	<b>03:36:01.10</b>	+01:18:15 (36.2%)	8:00	7.5 (63.6%)
256	<b>KWIATKOWSKA-SITEK Ewa</b>	<b>791</b>	OPTIMTRAVEL	K30	23	01:52:14	<b>03:36:07.75</b>	<b>03:36:07.75</b>	+01:18:22 (36.3%)	8:00	7.5 (63.6%)
257	<b>JAGIELSKI Damian</b>	<b>275</b>	NGB KŁOBUCK	M30	116	01:44:38	<b>03:36:14.35</b>	<b>03:36:14.35</b>	+01:18:28 (36.3%)	8:00	7.5 (63.6%)
258	<b>KUBATEK Jolanta</b>	<b>303</b>	IRONICZNE BESTIE	K20	18	01:46:47	<b>03:36:47.40</b>	<b>03:36:47.40</b>	+01:19:01 (36.5%)	8:01	7.5 (63.6%)
259	<b>WOŹNIAK Michał</b>	<b>278</b>	LUBLIN	M30	117	01:47:23	<b>03:36:47.50</b>	<b>03:36:47.50</b>	+01:19:01 (36.5%)	8:01	7.5 (63.6%)
260	<b>JAMRÓZ Michał</b>	<b>262</b>	TUP TEAM	M20	50	01:51:49	<b>03:36:48.25</b>	<b>03:36:48.25</b>	+01:19:02 (36.5%)	8:01	7.5 (63.6%)
261	<b>PAWLIK Grzegorz</b>	<b>337</b>	NIEPOŁOMICE BIEGAJĄ	M30	118	01:48:52	<b>03:37:17.20</b>	<b>03:37:17.20</b>	+01:19:31 (36.6%)	8:02	7.5 (63.6%)
262	<b>JUSZCZĘĆ Marek</b>	<b>532</b>	KRAKÓW	M30	119	01:50:58	<b>03:37:21.35</b>	<b>03:37:21.35</b>	+01:19:35 (36.6%)	8:03	7.5 (63.6%)
263	<b>DZIUBAN Jacek</b>	<b>139</b>	SIEDLCE	M30	120	01:54:00	<b>03:37:24.50</b>	<b>03:37:24.50</b>	+01:19:38 (36.6%)	8:03	7.5 (63.6%)
264	<b>SZMYD Marek</b>	<b>646</b>	NORAFSPORT	M30	121	01:44:25	<b>03:37:25.15</b>	<b>03:37:25.15</b>	+01:19:39 (36.6%)	8:03	7.5 (63.6%)
265	<b>PLESZEWSKI Rafał</b>	<b>333</b>	SPARTAKUS BEŁCHATÓW	M30	122	02:00:07	<b>03:37:36.05</b>	<b>03:37:36.05</b>	+01:19:50 (36.7%)	8:03	7.4 (62.7%)
266	<b>TOMASZEWSKI Wojtek</b>	<b>255</b>	BRACIAT	M40	46	01:45:54	<b>03:37:40.50</b>	<b>03:37:40.50</b>	+01:19:54 (36.7%)	8:03	7.4 (62.7%)
267	<b>PLUTA Grzegorz</b>	<b>208</b>	GARBATKA	M20	51	01:41:44	<b>03:37:48.70</b>	<b>03:37:48.70</b>	+01:20:03 (36.8%)	8:04	7.4 (62.7%)
268	<b>SZAROWAR Alicja</b>	<b>825</b>	RUNPLANET TEAM	K30	24	01:52:24	<b>03:37:58.75</b>	<b>03:37:58.75</b>	+01:20:13 (36.8%)	8:04	7.4 (62.7%)
269	<b>DOBIES Agnieszka</b>	<b>789</b>	LUBLIN	K30	25	01:50:28	<b>03:38:00.50</b>	<b>03:38:00.50</b>	+01:20:14 (36.8%)	8:04	7.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 27km	brutto 27km			
269	<b>CYRANKIEWICZ Paweł</b>	<b>554</b>	CZCICIELE BOBRZEJ NORCY	M40	47	01:50:31	<b>03:38:00.50</b>	<b>03:38:00.50</b>	+01:20:14 (36.8%)	8:04	7.4 (62.7%)
271	<b>PRAŻMOWSKI Piotr</b>	<b>277</b>	AM NAT KRAKÓW	M30	123	01:49:49	<b>03:38:01.80</b>	<b>03:38:01.80</b>	+01:20:16 (36.8%)	8:04	7.4 (62.7%)
272	<b>SOBIESKA Aleksandra</b>	<b>361</b>		K30	26	01:52:10	<b>03:38:04.65</b>	<b>03:38:04.65</b>	+01:20:19 (36.8%)	8:04	7.4 (62.7%)
273	<b>GŁĘBOCKI Przemysław</b>	<b>84</b>	E-PRZEMEK.PL	M40	48	01:50:54	<b>03:38:11.60</b>	<b>03:38:11.60</b>	+01:20:26 (36.9%)	8:04	7.4 (62.7%)
274	<b>KOKOSZKA Magdalena</b>	<b>755</b>	ZABIEGANI MIELEC	K30	27	01:50:49	<b>03:38:14.45</b>	<b>03:38:14.45</b>	+01:20:28 (36.9%)	8:04	7.4 (62.7%)
275	<b>DEC Piotr</b>	<b>579</b>	OLESZYCE	M40	49	01:51:13	<b>03:38:15.25</b>	<b>03:38:15.25</b>	+01:20:29 (36.9%)	8:05	7.4 (62.7%)
276	<b>GÓRKA Emilia</b>	<b>787</b>		K20	19	01:52:50	<b>03:38:17.55</b>	<b>03:38:17.55</b>	+01:20:31 (36.9%)	8:05	7.4 (62.7%)
277	<b>SKONECZNY Artur</b>	<b>603</b>		M40	50	01:52:51	<b>03:38:19.35</b>	<b>03:38:19.35</b>	+01:20:33 (36.9%)	8:05	7.4 (62.7%)
278	<b>LECH Marek</b>	<b>137</b>		M30	124	01:47:12	<b>03:38:38.00</b>	<b>03:38:38.00</b>	+01:20:52 (37.0%)	8:05	7.4 (62.7%)
279	<b>DOMISZEWSKI Wojciech</b>	<b>672</b>	USTRZYKI DOLNE	M50	4	01:52:51	<b>03:39:19.15</b>	<b>03:39:19.15</b>	+01:21:33 (37.2%)	8:07	7.4 (62.7%)
280	<b>DOMISZEWSKA Maria</b>	<b>865</b>	USTRZYKI DOLNE	K40	4	01:52:35	<b>03:39:19.35</b>	<b>03:39:19.35</b>	+01:21:33 (37.2%)	8:07	7.4 (62.7%)
281	<b>GAJEWSKI Krzysztof</b>	<b>204</b>	ZABIERZÓW BIEGA	M30	125	02:00:46	<b>03:39:20.05</b>	<b>03:39:20.05</b>	+01:21:34 (37.2%)	8:07	7.4 (62.7%)
282	<b>FERENC Paweł</b>	<b>606</b>		M30	126	01:50:46	<b>03:39:20.30</b>	<b>03:39:20.30</b>	+01:21:34 (37.2%)	8:07	7.4 (62.7%)
283	<b>SKWAREK Marcin</b>	<b>205</b>	SMASHING PĄPKINS	M20	52	01:47:56	<b>03:39:22.30</b>	<b>03:39:22.30</b>	+01:21:36 (37.2%)	8:07	7.4 (62.7%)
284	<b>MAŃKOWSKA Anna</b>	<b>752</b>	12 TRI.PL DRUŻYNA WILKA OLSZTYN	K30	28	01:57:06	<b>03:39:30.65</b>	<b>03:39:30.65</b>	+01:21:45 (37.2%)	8:07	7.4 (62.7%)
285	<b>RÓŻYCKA Małgorzata</b>	<b>249</b>	WARSZAWA	K30	29	01:50:52	<b>03:39:34.55</b>	<b>03:39:34.55</b>	+01:21:48 (37.3%)	8:07	7.4 (62.7%)
286	<b>PODGRODZKI Marek</b>	<b>520</b>	LUBLINIEC	M30	127	01:47:35	<b>03:39:41.75</b>	<b>03:39:41.75</b>	+01:21:56 (37.3%)	8:08	7.4 (62.7%)
287	<b>HARPULA Robert</b>	<b>515</b>	PRZEMYŚL	M40	51	01:48:29	<b>03:40:00.90</b>	<b>03:40:00.90</b>	+01:22:15 (37.4%)	8:08	7.4 (62.7%)
288	<b>GODLEWSKI Cezary</b>	<b>495</b>	WARSZAWA	M30	128	01:44:09	<b>03:40:07.60</b>	<b>03:40:07.60</b>	+01:22:22 (37.4%)	8:09	7.4 (62.7%)
289	<b>SZYMANIUK Maciej</b>	<b>659</b>		M20	53	01:44:24	<b>03:40:22.45</b>	<b>03:40:22.45</b>	+01:22:36 (37.5%)	8:09	7.4 (62.7%)
290	<b>ZIELIŃSKI Grzegorz</b>	<b>147</b>	SPARTANIE DZIECIOM	M30	129	01:46:31	<b>03:40:24.50</b>	<b>03:40:24.50</b>	+01:22:38 (37.5%)	8:09	7.4 (62.7%)
291	<b>PIEKARSKI Jacek</b>	<b>574</b>	TATOKUPA	M30	130	01:51:44	<b>03:40:25.35</b>	<b>03:40:25.35</b>	+01:22:39 (37.5%)	8:09	7.3 (61.9%)
292	<b>PETA Rafał</b>	<b>586</b>		M30	131	01:50:53	<b>03:40:38.75</b>	<b>03:40:38.75</b>	+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	<b>KARMOLIŃSKA-PETA Iwona</b>	<b>754</b>		K30	30	01:50:53	<b>03:40:38.85</b>	<b>03:40:38.85</b>	+01:22:53 (37.6%)	8:10	7.3 (61.9%)
294	<b>NARLOCH Piotr</b>	<b>1</b>	INTERRISK DLA AKTYWNYCH	M40	52	01:50:43	<b>03:40:39.50</b>	<b>03:40:39.50</b>	+01:22:53 (37.6%)	8:10	7.3 (61.9%)
295	<b>WYCISŁOWSKI Krzysztof</b>	<b>274</b>	MKB DREPTAK	M60	1	01:54:39	<b>03:40:56.30</b>	<b>03:40:56.30</b>	+01:23:10 (37.6%)	8:10	7.3 (61.9%)
296	<b>RUTKOWSKI Adam</b>	<b>311</b>		M30	132	01:47:12	<b>03:40:57.25</b>	<b>03:40:57.25</b>	+01:23:11 (37.7%)	8:11	7.3 (61.9%)
297	<b>PLAZE Olga</b>	<b>289</b>	NIGHT RUNNERS	K30	31	01:53:03	<b>03:41:03.95</b>	<b>03:41:03.95</b>	+01:23:18 (37.7%)	8:11	7.3 (61.9%)
298	<b>BRZEWOWSKA Beata</b>	<b>216</b>	ALBATROSY	K40	5	01:55:21	<b>03:41:04.40</b>	<b>03:41:04.40</b>	+01:23:18 (37.7%)	8:11	7.3 (61.9%)
299	<b>ANTOSIK Igor</b>	<b>290</b>	GDYNIA	M30	133	01:50:46	<b>03:41:26.05</b>	<b>03:41:26.05</b>	+01:23:40 (37.8%)	8:12	7.3 (61.9%)
300	<b>STĘPIEŃ Wojciech</b>	<b>236</b>	NIGHT RUNNERS GLIWICE - ENERGY TEAM	M40	53	01:51:47	<b>03:42:04.40</b>	<b>03:42:04.40</b>	+01:24:18 (38.0%)	8:13	7.3 (61.9%)
301	<b>GAJEWSKA Izabella</b>	<b>230</b>	PRUSZKÓW	K30	32	01:53:31	<b>03:42:09.85</b>	<b>03:42:09.85</b>	+01:24:24 (38.0%)	8:13	7.3 (61.9%)
302	<b>BIENIAS Tomasz</b>	<b>510</b>	GARBATKA	M20	54	01:39:56	<b>03:42:12.80</b>	<b>03:42:12.80</b>	+01:24:27 (38.0%)	8:13	7.3 (61.9%)
303	<b>BRATEK Łukasz</b>	<b>57</b>	DOBRY DIETETYK	M30	134	01:48:03	<b>03:42:39.40</b>	<b>03:42:39.40</b>	+01:24:53 (38.1%)	8:14	7.3 (61.9%)
304	<b>KOWALSKI Paweł</b>	<b>142</b>	WARSZAWA	M20	55	01:40:19	<b>03:42:45.30</b>	<b>03:42:45.30</b>	+01:24:59 (38.2%)	8:15	7.3 (61.9%)
305	<b>SŁOWIK Adam</b>	<b>390</b>	PO LINIE	M20	56	01:48:17	<b>03:42:46.70</b>	<b>03:42:46.70</b>	+01:25:01 (38.2%)	8:15	7.3 (61.9%)
306	<b>CHMIEL Michał</b>	<b>611</b>	RZESZÓW	M30	135	01:49:52	<b>03:42:47.00</b>	<b>03:42:47.00</b>	+01:25:01 (38.2%)	8:15	7.3 (61.9%)
306	<b>OSIŃSKA Dominika</b>	<b>304</b>	VRC	K30	33	01:58:36	<b>03:42:47.00</b>	<b>03:42:47.00</b>	+01:25:01 (38.2%)	8:15	7.3 (61.9%)
308	<b>CAŁKA Grzegorz</b>	<b>248</b>	RADZYMIN	M40	54	02:01:17	<b>03:42:52.55</b>	<b>03:42:52.55</b>	+01:25:06 (38.2%)	8:15	7.3 (61.9%)
309	<b>CAŁKA Agnieszka</b>	<b>247</b>		K30	34	02:01:17	<b>03:42:52.70</b>	<b>03:42:52.70</b>	+01:25:07 (38.2%)	8:15	7.3 (61.9%)
310	<b>PIOTRKOWSKI Przemysław</b>	<b>150</b>		M30	136	01:57:54	<b>03:43:05.80</b>	<b>03:43:05.80</b>	+01:25:20 (38.3%)	8:15	7.3 (61.9%)
311	<b>KARBOWIAK Daniel</b>	<b>636</b>	TUP TEAM	M20	57	01:51:54	<b>03:43:10.00</b>	<b>03:43:10.00</b>	+01:25:24 (38.3%)	8:15	7.3 (61.9%)
312	<b>TKACZYK Przemysław</b>	<b>558</b>	CZCICIELE BOBRZEJ NORCY	M40	55	01:53:30	<b>03:43:35.85</b>	<b>03:43:35.85</b>	+01:25:50 (38.4%)	8:16	7.2 (61.0%)
313	<b>STARCZYŃSKI Dariusz</b>	<b>163</b>		M40	56	01:52:40	<b>03:43:41.85</b>	<b>03:43:41.85</b>	+01:25:56 (38.4%)	8:17	7.2 (61.0%)
314	<b>SZCZEPANIAK Sylwia</b>	<b>322</b>	MIDNIGHTRUN.PL	K30	35	01:51:53	<b>03:43:47.90</b>	<b>03:43:47.90</b>	+01:26:02 (38.4%)	8:17	7.2 (61.0%)
315	<b>RAMA Andrzej</b>	<b>358</b>	TATOKUPA	M30	137	01:52:50	<b>03:43:53.20</b>	<b>03:43:53.20</b>	+01:26:07 (38.5%)	8:17	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
316	<b>NOWOROLNIK Paweł</b>	<b>577</b>	GLIWICE	M30	138	01:59:10	<b>03:43:55.15</b>	<b>03:43:55.15</b>	+01:26:09 (38.5%)	8:17	7.2 (61.0%)
317	<b>HYZIAK Jakub</b>	<b>283</b>	JJ.RUNNERS GORLICE	M40	57	02:00:13	<b>03:43:57.60</b>	<b>03:43:57.60</b>	+01:26:12 (38.5%)	8:17	7.2 (61.0%)
318	<b>WOLAK Jarosław</b>	<b>196</b>	MBANK	M40	58	01:52:26	<b>03:44:14.95</b>	<b>03:44:14.95</b>	+01:26:29 (38.6%)	8:18	7.2 (61.0%)
319	<b>KOSSAKOWSKA Katarzyna</b>	<b>178</b>	WARSZAWA	K40	6	01:50:16	<b>03:44:18.20</b>	<b>03:44:18.20</b>	+01:26:32 (38.6%)	8:18	7.2 (61.0%)
320	<b>SOŁTYS Krzysztof</b>	<b>270</b>	GDAŃSK	M40	59	01:51:55	<b>03:44:25.00</b>	<b>03:44:25.00</b>	+01:26:39 (38.6%)	8:18	7.2 (61.0%)
321	<b>MAZUR Andrzej</b>	<b>906</b>		M30	139	01:50:57	<b>03:44:27.90</b>	<b>03:44:27.90</b>	+01:26:42 (38.6%)	8:18	7.2 (61.0%)
322	<b>FISZER Agnieszka</b>	<b>382</b>	12TRI.PL	K30	36	01:52:38	<b>03:44:41.80</b>	<b>03:44:41.80</b>	+01:26:56 (38.7%)	8:19	7.2 (61.0%)
323	<b>KAMIŃSKI Mateusz</b>	<b>649</b>	STROMIEC	M20	58	01:51:53	<b>03:44:43.40</b>	<b>03:44:43.40</b>	+01:26:57 (38.7%)	8:19	7.2 (61.0%)
324	<b>DOMIN Krzysztof</b>	<b>597</b>	SOPOT CURLING CLUB WA KU'TA	M30	140	02:00:51	<b>03:44:46.80</b>	<b>03:44:46.80</b>	+01:27:01 (38.7%)	8:19	7.2 (61.0%)
325	<b>SZYMCZAK Mirosław</b>	<b>221</b>	SPARTANIEDZIECIOM	M40	60	01:50:53	<b>03:44:48.20</b>	<b>03:44:48.20</b>	+01:27:02 (38.7%)	8:19	7.2 (61.0%)
326	<b>STENCEL Wiktoria</b>	<b>896</b>		K20	20	01:52:13	<b>03:44:59.70</b>	<b>03:44:59.70</b>	+01:27:14 (38.8%)	8:19	7.2 (61.0%)
327	<b>MICHAŁEK Jacek</b>	<b>469</b>		M30	141	01:58:40	<b>03:45:09.75</b>	<b>03:45:09.75</b>	+01:27:24 (38.8%)	8:20	7.2 (61.0%)
328	<b>LASKOWSKA Katarzyna</b>	<b>403</b>		K30	37	01:55:50	<b>03:45:10.90</b>	<b>03:45:10.90</b>	+01:27:25 (38.8%)	8:20	7.2 (61.0%)
329	<b>SZAPIEL Łukasz</b>	<b>35</b>		M30	142	01:50:05	<b>03:45:33.30</b>	<b>03:45:33.30</b>	+01:27:47 (38.9%)	8:21	7.2 (61.0%)
330	<b>KOT Izabela</b>	<b>879</b>		K20	21	01:52:15	<b>03:45:54.35</b>	<b>03:45:54.35</b>	+01:28:08 (39.0%)	8:22	7.2 (61.0%)
331	<b>BAKA Mateusz</b>	<b>381</b>	WITMAR	M20	59	01:55:56	<b>03:45:55.90</b>	<b>03:45:55.90</b>	+01:28:10 (39.0%)	8:22	7.2 (61.0%)
332	<b>JĘDRZEJCZYK Agnieszka</b>	<b>881</b>	RZESZOWSKIE GAZELE I GEPARDY	K30	38	01:53:57	<b>03:46:00.25</b>	<b>03:46:00.25</b>	+01:28:14 (39.0%)	8:22	7.2 (61.0%)
333	<b>BIEŃ Jan</b>	<b>116</b>		M20	60	01:51:06	<b>03:46:02.30</b>	<b>03:46:02.30</b>	+01:28:16 (39.1%)	8:22	7.2 (61.0%)
334	<b>PISKORSKI Krzysztof</b>	<b>527</b>	WARSZAWA	M30	143	01:59:14	<b>03:46:06.00</b>	<b>03:46:06.00</b>	+01:28:20 (39.1%)	8:22	7.2 (61.0%)
335	<b>BOROWSKI Sławomir</b>	<b>533</b>	WARSZAWA	M30	144	01:59:18	<b>03:46:11.10</b>	<b>03:46:11.10</b>	+01:28:25 (39.1%)	8:22	7.2 (61.0%)
336	<b>OLKIEWICZ Przemysław</b>	<b>570</b>	PALE ŁYDY	M40	61	01:52:16	<b>03:46:32.65</b>	<b>03:46:32.65</b>	+01:28:47 (39.2%)	8:23	7.2 (61.0%)
337	<b>BRZOZOWSKA Aneta</b>	<b>811</b>	TRIABLOS	K30	39	01:52:57	<b>03:46:54.85</b>	<b>03:46:54.85</b>	+01:29:09 (39.3%)	8:24	7.1 (60.2%)
338	<b>POKORNIECKI Tomasz</b>	<b>580</b>		M20	61	01:58:33	<b>03:46:58.10</b>	<b>03:46:58.10</b>	+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	<b>PALEWICZ Renata</b>	<b>773</b>		K30	45	01:56:58	<b>03:50:02.80</b>	<b>03:50:02.80</b>	+01:32:17 (40.1%)	8:31	7 (59.3%)
363	<b>KORPAK Marta</b>	<b>401</b>	MOTIVATO	K20	23	02:00:52	<b>03:50:11.05</b>	<b>03:50:11.05</b>	+01:32:25 (40.2%)	8:31	7 (59.3%)
364	<b>KUMOR Dagmara</b>	<b>327</b>	WARSZAWA	K20	24	01:59:56	<b>03:50:11.20</b>	<b>03:50:11.20</b>	+01:32:25 (40.2%)	8:31	7 (59.3%)
365	<b>JAZ Małgorzata</b>	<b>806</b>		K40	10	02:00:13	<b>03:50:12.15</b>	<b>03:50:12.15</b>	+01:32:26 (40.2%)	8:31	7 (59.3%)
366	<b>SIKORA Paweł</b>	<b>215</b>	KRABOLUDZIE	M30	151	01:57:58	<b>03:50:13.05</b>	<b>03:50:13.05</b>	+01:32:27 (40.2%)	8:31	7 (59.3%)
367	<b>PRZEPIÓRKA Rafał</b>	<b>80</b>	KRABOLUDZIE	M20	65	01:57:56	<b>03:50:13.10</b>	<b>03:50:13.10</b>	+01:32:27 (40.2%)	8:31	7 (59.3%)
368	<b>KAWALEC Krystian</b>	<b>637</b>		M40	67	01:48:45	<b>03:50:14.90</b>	<b>03:50:14.90</b>	+01:32:29 (40.2%)	8:31	7 (59.3%)
369	<b>WRÓBEL Bartłomiej</b>	<b>892</b>	CISNA	M40	68	01:58:59	<b>03:50:16.15</b>	<b>03:50:16.15</b>	+01:32:30 (40.2%)	8:31	7 (59.3%)
370	<b>MASZEWSKA Agata</b>	<b>241</b>		K30	46	01:58:30	<b>03:50:16.90</b>	<b>03:50:16.90</b>	+01:32:31 (40.2%)	8:31	7 (59.3%)
371	<b>SOSZYŃSKI Wojtek</b>	<b>291</b>	PZU SPORT TEAM	M40	69	01:58:19	<b>03:50:23.00</b>	<b>03:50:23.00</b>	+01:32:37 (40.2%)	8:31	7 (59.3%)
372	<b>ŚMIETANA Katarzyna</b>	<b>864</b>	GÓRSKIEGIRY	K30	47	02:00:48	<b>03:51:06.35</b>	<b>03:51:06.35</b>	+01:33:20 (40.4%)	8:33	7 (59.3%)
373	<b>PRZYBYŁ Sławomir</b>	<b>232</b>	CRAZY DRAGONS	M30	152	01:58:58	<b>03:51:07.10</b>	<b>03:51:07.10</b>	+01:33:21 (40.4%)	8:33	7 (59.3%)
374	<b>JAGIELSKA Magdalena</b>	<b>292</b>	NGB KŁOBUCK	K30	48	02:01:08	<b>03:51:10.70</b>	<b>03:51:10.70</b>	+01:33:25 (40.4%)	8:33	7 (59.3%)
375	<b>ŚLEDZIOWSKI Andrzej</b>	<b>251</b>	KRAKÓW	M40	70	02:03:04	<b>03:51:13.65</b>	<b>03:51:13.65</b>	+01:33:28 (40.4%)	8:33	7 (59.3%)
376	<b>SPYCHAŁA Agnieszka</b>	<b>436</b>	POZNAN	K40	11	02:01:21	<b>03:51:14.00</b>	<b>03:51:14.00</b>	+01:33:28 (40.4%)	8:33	7 (59.3%)
377	<b>BICKA Anna</b>	<b>340</b>	WARSZAWA	K30	49	01:57:20	<b>03:51:44.65</b>	<b>03:51:44.65</b>	+01:33:59 (40.6%)	8:34	7 (59.3%)
378	<b>PIWECKI Maciej</b>	<b>244</b>	SADY	M30	153	01:59:25	<b>03:51:47.90</b>	<b>03:51:47.90</b>	+01:34:02 (40.6%)	8:35	7 (59.3%)
379	<b>CZYŻEWSKI Przemysław</b>	<b>203</b>	NSZ	M30	154	01:56:44	<b>03:51:57.85</b>	<b>03:51:57.85</b>	+01:34:12 (40.6%)	8:35	7 (59.3%)
380	<b>WIŚNIEWSKA Bogumiła</b>	<b>845</b>		K20	25	01:56:16	<b>03:52:06.35</b>	<b>03:52:06.35</b>	+01:34:20 (40.6%)	8:35	7 (59.3%)
381	<b>MATUSZEWSKA Nina</b>	<b>798</b>	ALBATROSY	K20	26	01:58:41	<b>03:52:08.05</b>	<b>03:52:08.05</b>	+01:34:22 (40.7%)	8:35	7 (59.3%)
382	<b>KRAWCZYK Tomasz</b>	<b>176</b>		M30	155	01:48:08	<b>03:52:11.90</b>	<b>03:52:11.90</b>	+01:34:26 (40.7%)	8:35	7 (59.3%)
383	<b>MIAZEK Piotr</b>	<b>402</b>	CF LUBLIN	M30	156	01:58:45	<b>03:52:13.30</b>	<b>03:52:13.30</b>	+01:34:27 (40.7%)	8:36	7 (59.3%)
384	<b>MIROWSKI Konrad</b>	<b>656</b>	WWW.TELEMAGIC.PL	M20	66	02:00:42	<b>03:52:14.25</b>	<b>03:52:14.25</b>	+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	<b>BYLICA Paulina</b>	<b>768</b>	KRAKÓW	K30	50	01:59:24	<b>03:52:15.40</b>	<b>03:52:15.40</b>	+01:34:29 (40.7%)	8:36	7 (59.3%)
386	<b>DĘBICKA Brygida</b>	<b>790</b>	KRAKÓW	K30	51	01:59:29	<b>03:52:15.60</b>	<b>03:52:15.60</b>	+01:34:30 (40.7%)	8:36	7 (59.3%)
387	<b>PLISZCZYŃSKA Justyna</b>	<b>457</b>		K40	12	01:59:52	<b>03:52:23.70</b>	<b>03:52:23.70</b>	+01:34:38 (40.7%)	8:36	7 (59.3%)
388	<b>ŁUŻYŃSKA Katarzyna</b>	<b>338</b>	BBL TEAM POLICE	K30	52	01:58:47	<b>03:52:45.40</b>	<b>03:52:45.40</b>	+01:34:59 (40.8%)	8:37	7 (59.3%)
389	<b>POKRYWKA Stefan</b>	<b>894</b>		M50	5	01:59:28	<b>03:52:45.60</b>	<b>03:52:45.60</b>	+01:35:00 (40.8%)	8:37	7 (59.3%)
390	<b>DEMKÓW Katarzyna</b>	<b>466</b>	KB SOBÓTKA	K40	13	01:57:09	<b>03:52:50.10</b>	<b>03:52:50.10</b>	+01:35:04 (40.8%)	8:37	7 (59.3%)
391	<b>KOZIŃSKI Piotr</b>	<b>559</b>		M30	157	01:48:08	<b>03:52:51.45</b>	<b>03:52:51.45</b>	+01:35:05 (40.8%)	8:37	7 (59.3%)
392	<b>BERGER Janusz</b>	<b>725</b>		M40	71	01:59:23	<b>03:53:19.05</b>	<b>03:53:19.05</b>	+01:35:33 (41.0%)	8:38	6.9 (58.5%)
393	<b>JURKOWSKI Piotr</b>	<b>160</b>		M20	67	01:54:17	<b>03:53:22.05</b>	<b>03:53:22.05</b>	+01:35:36 (41.0%)	8:38	6.9 (58.5%)
394	<b>HULANICKI Andrzej</b>	<b>31</b>	GOGGLE PAE TEAM	M50	6	01:59:12	<b>03:53:22.20</b>	<b>03:53:22.20</b>	+01:35:36 (41.0%)	8:38	6.9 (58.5%)
395	<b>KOTLIŃSKI Janusz</b>	<b>588</b>	RZESZÓW	M50	7	01:53:22	<b>03:53:24.90</b>	<b>03:53:24.90</b>	+01:35:39 (41.0%)	8:38	6.9 (58.5%)
396	<b>DUDEK Małgorzata</b>	<b>813</b>	PORANNY PATROL	K30	53	02:03:08	<b>03:53:27.25</b>	<b>03:53:27.25</b>	+01:35:41 (41.0%)	8:38	6.9 (58.5%)
397	<b>NARTOWSKI Jan</b>	<b>6</b>		M50	8	02:00:38	<b>03:53:33.85</b>	<b>03:53:33.85</b>	+01:35:48 (41.0%)	8:39	6.9 (58.5%)
398	<b>MARCIAK Karol</b>	<b>429</b>	OLSZTYŃSKIE USTAWKI BIEGOWE	M30	158	02:06:18	<b>03:53:39.65</b>	<b>03:53:39.65</b>	+01:35:54 (41.0%)	8:39	6.9 (58.5%)
399	<b>MOCZYDŁOWSKI Łukasz</b>	<b>723</b>		M40	72	01:56:46	<b>03:53:45.90</b>	<b>03:53:45.90</b>	+01:36:00 (41.1%)	8:39	6.9 (58.5%)
400	<b>BURAKOWSKA Patrycja</b>	<b>396</b>		K30	54	01:52:01	<b>03:53:54.95</b>	<b>03:53:54.95</b>	+01:36:09 (41.1%)	8:39	6.9 (58.5%)
401	<b>PIETYRA Karolina</b>	<b>339</b>	LOŻA SZYDERCÓW	K30	55	02:00:37	<b>03:54:15.55</b>	<b>03:54:15.55</b>	+01:36:29 (41.2%)	8:40	6.9 (58.5%)
402	<b>KOPICZKO Mariusz</b>	<b>695</b>	AUGUSTÓW	M20	68	02:01:01	<b>03:54:28.95</b>	<b>03:54:28.95</b>	+01:36:43 (41.2%)	8:41	6.9 (58.5%)
403	<b>PAWEŁ Niedzielski</b>	<b>465</b>	ARKA LEŚNA	M30	159	01:56:04	<b>03:54:36.90</b>	<b>03:54:36.90</b>	+01:36:51 (41.3%)	8:41	6.9 (58.5%)
404	<b>ŻAK - ŁEBEK Ewa</b>	<b>302</b>	OLKUSZBIEGA.PL	K40	14	01:59:00	<b>03:54:39.30</b>	<b>03:54:39.30</b>	+01:36:53 (41.3%)	8:41	6.9 (58.5%)
405	<b>JĘDRASZEK Maciej</b>	<b>541</b>	KORONA PABIANICE	M30	160	01:57:23	<b>03:54:39.85</b>	<b>03:54:39.85</b>	+01:36:54 (41.3%)	8:41	6.9 (58.5%)
406	<b>BAZIUK Aneta</b>	<b>854</b>	CALYPSO PIŁA	K30	56	02:03:34	<b>03:54:41.00</b>	<b>03:54:41.00</b>	+01:36:55 (41.3%)	8:41	6.9 (58.5%)
407	<b>ŻYWICA1 Adam</b>	<b>118</b>	BRZOZA BIEGA	M30	161	01:57:37	<b>03:54:42.65</b>	<b>03:54:42.65</b>	+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	<b>ŚWIDEREK Kasia</b>	<b>294</b>	JÓZEFOSŁAW	K40	15	01:55:40	<b>03:54:43.70</b>	<b>03:54:43.70</b>	+01:36:58 (41.3%)	8:41	6.9 (58.5%)
409	<b>KRZEMIŃSKI Leszek</b>	<b>297</b>	WARSZAWA	M30	162	02:03:52	<b>03:54:46.90</b>	<b>03:54:46.90</b>	+01:37:01 (41.3%)	8:41	6.9 (58.5%)
410	<b>BUDNY Kinga</b>	<b>243</b>	MTB4FUN	K30	57	02:10:07	<b>03:54:47.65</b>	<b>03:54:47.65</b>	+01:37:02 (41.3%)	8:41	6.9 (58.5%)
411	<b>KŁAK Adam</b>	<b>572</b>	KIELCE	M30	163	02:01:11	<b>03:55:02.80</b>	<b>03:55:02.80</b>	+01:37:17 (41.4%)	8:42	6.9 (58.5%)
412	<b>JANUSZCZAK Wojciech</b>	<b>446</b>	STALOWA WOLA	M30	164	02:00:56	<b>03:55:05.45</b>	<b>03:55:05.45</b>	+01:37:19 (41.4%)	8:42	6.9 (58.5%)
413	<b>WOJTKOWIAK Magda</b>	<b>392</b>		K20	27	02:03:51	<b>03:55:07.65</b>	<b>03:55:07.65</b>	+01:37:22 (41.4%)	8:42	6.9 (58.5%)
414	<b>SKARŻEŃSKA Jagoda</b>	<b>807</b>		K30	58	02:01:49	<b>03:55:08.40</b>	<b>03:55:08.40</b>	+01:37:22 (41.4%)	8:42	6.9 (58.5%)
415	<b>SZYMAŃSKI Adam</b>	<b>48</b>	PKO BANK POLSKI	M40	73	02:03:42	<b>03:55:10.70</b>	<b>03:55:10.70</b>	+01:37:25 (41.4%)	8:42	6.9 (58.5%)
416	<b>SZYMAŃSKA Agnieszka</b>	<b>272</b>	PKO BANK POLSKI	K40	16	02:03:42	<b>03:55:11.75</b>	<b>03:55:11.75</b>	+01:37:26 (41.4%)	8:42	6.9 (58.5%)
417	<b>TRENTOWSKI Wojciech</b>	<b>193</b>	POSETCE	M40	74	01:56:17	<b>03:55:50.50</b>	<b>03:55:50.50</b>	+01:38:04 (41.6%)	8:44	6.9 (58.5%)
418	<b>NOBIS Anna</b>	<b>437</b>	VRC VIRTUAL RUNNER CLUB	K20	28	01:57:38	<b>03:56:03.40</b>	<b>03:56:03.40</b>	+01:38:17 (41.6%)	8:44	6.9 (58.5%)
419	<b>ORCZYK Artur</b>	<b>693</b>	W POGONI ZA DUCHEM	M30	165	01:58:03	<b>03:56:07.65</b>	<b>03:56:07.65</b>	+01:38:22 (41.7%)	8:44	6.9 (58.5%)
420	<b>KUŁAKOWSKI Grzegorz</b>	<b>226</b>	W POGONI ZA DUCHEM	M30	166	01:57:57	<b>03:56:07.80</b>	<b>03:56:07.80</b>	+01:38:22 (41.7%)	8:44	6.9 (58.5%)
421	<b>KRAUZA-DERKOWSKA Joanna</b>	<b>295</b>	NOWOMIESZCZANIELUBIĄBIEGANIE	K40	17	01:58:55	<b>03:56:31.50</b>	<b>03:56:31.50</b>	+01:38:45 (41.8%)	8:45	6.8 (57.6%)
421	<b>KOTŁOWSKA Katarzyna</b>	<b>258</b>	NOWOMIESZCZANIE	K30	59	01:58:56	<b>03:56:31.50</b>	<b>03:56:31.50</b>	+01:38:45 (41.8%)	8:45	6.8 (57.6%)
423	<b>ŁYSAKIEWICZ Paweł</b>	<b>89</b>	NSK PERON	M20	69	01:58:14	<b>03:56:33.50</b>	<b>03:56:33.50</b>	+01:38:47 (41.8%)	8:45	6.8 (57.6%)
424	<b>KRASNODĘBSKA Agnieszka</b>	<b>416</b>	ORTOREH TEAM	K40	18	01:55:31	<b>03:56:33.65</b>	<b>03:56:33.65</b>	+01:38:48 (41.8%)	8:45	6.8 (57.6%)
425	<b>BUNICZ Sebastian</b>	<b>228</b>	BKKK	M30	167	02:01:52	<b>03:56:33.90</b>	<b>03:56:33.90</b>	+01:38:48 (41.8%)	8:45	6.8 (57.6%)
426	<b>RUTKA Monika</b>	<b>873</b>	RUN RACE TEAM	K40	19	01:59:54	<b>03:56:42.70</b>	<b>03:56:42.70</b>	+01:38:57 (41.8%)	8:46	6.8 (57.6%)
427	<b>SIWIEC Karolina</b>	<b>737</b>		K30	60	02:04:21	<b>03:56:44.35</b>	<b>03:56:44.35</b>	+01:38:58 (41.8%)	8:46	6.8 (57.6%)
428	<b>MIŁKOWSKI Marcin</b>	<b>367</b>		M30	168	02:01:06	<b>03:57:17.75</b>	<b>03:57:17.75</b>	+01:39:32 (41.9%)	8:47	6.8 (57.6%)
429	<b>MALEC Dawid</b>	<b>110</b>	NIGHT RUNNERS	M20	70	01:53:49	<b>03:57:19.40</b>	<b>03:57:19.40</b>	+01:39:33 (42.0%)	8:47	6.8 (57.6%)
430	<b>OSTROWSKI Artur</b>	<b>280</b>	YULORUNTEAM	M30	169	01:53:51	<b>03:57:21.35</b>	<b>03:57:21.35</b>	+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	<b>PELCZAR Paweł</b>	<b>560</b>	KROŚCIENKO WYŻNE	M30	170	01:56:50	<b>03:57:48.95</b>	<b>03:57:48.95</b>	+01:40:03 (42.1%)	8:48	6.8 (57.6%)
432	<b>POŻOGA Marcin</b>	<b>120</b>	KIELECKI BIEGACZ	M20	71	01:54:16	<b>03:58:03.65</b>	<b>03:58:03.65</b>	+01:40:18 (42.1%)	8:49	6.8 (57.6%)
433	<b>MATUSZEWSKI Artur</b>	<b>564</b>	GDYNIA	M30	171	02:06:48	<b>03:58:07.10</b>	<b>03:58:07.10</b>	+01:40:21 (42.1%)	8:49	6.8 (57.6%)
434	<b>ŁUKAWSKA-MATUSZEWSKA Katarzyna</b>	<b>783</b>	GDYNIA	K30	61	02:05:57	<b>03:58:07.20</b>	<b>03:58:07.20</b>	+01:40:21 (42.1%)	8:49	6.8 (57.6%)
435	<b>KWASNIEWSKI Dominik</b>	<b>604</b>		M30	172	01:50:47	<b>03:58:46.05</b>	<b>03:58:46.05</b>	+01:41:00 (42.3%)	8:50	6.8 (57.6%)
436	<b>BIJOŚ Mirosław</b>	<b>346</b>	GŁOGÓW MAŁOPOLSKI	M30	173	01:56:27	<b>03:59:07.00</b>	<b>03:59:07.00</b>	+01:41:21 (42.4%)	8:51	6.8 (57.6%)
437	<b>GAWEŁ Sebastian</b>	<b>524</b>		M30	174	01:58:46	<b>03:59:08.75</b>	<b>03:59:08.75</b>	+01:41:23 (42.4%)	8:51	6.8 (57.6%)
438	<b>TUCZAPSKA Anna</b>	<b>268</b>	MYSZ & DZAKO	K20	29	02:05:26	<b>03:59:20.10</b>	<b>03:59:20.10</b>	+01:41:34 (42.4%)	8:51	6.8 (57.6%)
439	<b>BAK Marcin</b>	<b>781</b>	GOPR BIESZCZADY	M30	175	01:52:57	<b>03:59:37.20</b>	<b>03:59:37.20</b>	+01:41:51 (42.5%)	8:52	6.8 (57.6%)
440	<b>CZERWIŃSKA Magdalena</b>	<b>832</b>	GLIWICE	K40	20	01:58:39	<b>03:59:40.00</b>	<b>03:59:40.00</b>	+01:41:54 (42.5%)	8:52	6.8 (57.6%)
441	<b>KOZIELEC Tomasz</b>	<b>566</b>	GLIWICE	M40	75	02:04:30	<b>03:59:51.50</b>	<b>03:59:51.50</b>	+01:42:05 (42.6%)	8:53	6.8 (57.6%)
442	<b>URBAŃSKI Michał</b>	<b>379</b>	ŁĘCZYCA	M30	176	01:59:18	<b>04:00:12.05</b>	<b>04:00:12.05</b>	+01:42:26 (42.6%)	8:53	6.7 (56.8%)
443	<b>DĘBOWSKI Filip</b>	<b>374</b>	NIEPOŁOMICE BIEGAJĄ	M30	177	01:56:28	<b>04:00:20.00</b>	<b>04:00:20.00</b>	+01:42:34 (42.7%)	8:54	6.7 (56.8%)
444	<b>KORZENIOWSKA-DĘBOWSKA Magdalena</b>	<b>342</b>	NIEPOŁOMICE BIEGAJĄ	K30	62	01:56:25	<b>04:00:20.05</b>	<b>04:00:20.05</b>	+01:42:34 (42.7%)	8:54	6.7 (56.8%)
445	<b>KRUPIŃSKA Joanna</b>	<b>870</b>	ROCHE	K30	63	02:03:16	<b>04:00:23.20</b>	<b>04:00:23.20</b>	+01:42:37 (42.7%)	8:54	6.7 (56.8%)
446	<b>CHWALISZEWSKI Jarosław</b>	<b>310</b>	NIGHT RUNNERS GLIWICE - ENERGY TEAM	M40	76	01:55:32	<b>04:00:27.40</b>	<b>04:00:27.40</b>	+01:42:41 (42.7%)	8:54	6.7 (56.8%)
447	<b>ŚMIESZEK Małgorzata</b>	<b>780</b>	GLIWICE	K30	64	01:58:13	<b>04:00:29.15</b>	<b>04:00:29.15</b>	+01:42:43 (42.7%)	8:54	6.7 (56.8%)
448	<b>DUDEK Grzegorz</b>	<b>557</b>	GLIWICE	M30	178	01:58:11	<b>04:00:29.40</b>	<b>04:00:29.40</b>	+01:42:43 (42.7%)	8:54	6.7 (56.8%)
449	<b>LIPUS Andrzej</b>	<b>726</b>		M40	77	02:05:56	<b>04:00:42.50</b>	<b>04:00:42.50</b>	+01:42:56 (42.8%)	8:54	6.7 (56.8%)
450	<b>BANASZEK Urszula</b>	<b>229</b>	WROCŁAW	K30	65	02:04:56	<b>04:00:42.65</b>	<b>04:00:42.65</b>	+01:42:57 (42.8%)	8:54	6.7 (56.8%)
451	<b>PIENCZKE Mateusz</b>	<b>898</b>	GDAŃSK	M30	179	02:13:33	<b>04:00:42.85</b>	<b>04:00:42.85</b>	+01:42:57 (42.8%)	8:54	6.7 (56.8%)
452	<b>KRAMKOWSKA Agnieszka</b>	<b>871</b>	ROCHE	K20	30	02:07:34	<b>04:00:44.15</b>	<b>04:00:44.15</b>	+01:42:58 (42.8%)	8:54	6.7 (56.8%)
453	<b>NIEMCYK Katarzyna</b>	<b>4</b>		K30	66	02:04:22	<b>04:00:44.20</b>	<b>04:00:44.20</b>	+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	<b>GORCZYCA Aneta</b>	<b>317</b>	JASŁO	K30	67	02:00:47	<b>04:01:39.00</b>	<b>04:01:39.00</b>	+01:43:53 (43.0%)	8:57	6.7 (56.8%)
455	<b>LIĆWINKO Magdalena</b>	<b>468</b>	KRAKÓW	K30	68	02:07:42	<b>04:01:47.75</b>	<b>04:01:47.75</b>	+01:44:02 (43.0%)	8:57	6.7 (56.8%)
456	<b>ŻACZEK Anna</b>	<b>456</b>	BIEGUSIEM.PL	K40	21	02:10:11	<b>04:01:50.25</b>	<b>04:01:50.25</b>	+01:44:04 (43.0%)	8:57	6.7 (56.8%)
457	<b>ŁUKASIAK Tomasz</b>	<b>902</b>	BIEGUSIEM.PL	M40	78	02:10:11	<b>04:01:50.40</b>	<b>04:01:50.40</b>	+01:44:04 (43.0%)	8:57	6.7 (56.8%)
458	<b>CHAŁUPCZYŃSKA Małgorzata</b>	<b>7</b>	RUN VEGAN	K20	31	02:13:26	<b>04:01:57.95</b>	<b>04:01:57.95</b>	+01:44:12 (43.1%)	8:57	6.7 (56.8%)
459	<b>NAPIERAJ Grzegorz</b>	<b>8</b>	RUN VEGAN	M30	180	02:13:26	<b>04:01:58.25</b>	<b>04:01:58.25</b>	+01:44:12 (43.1%)	8:57	6.7 (56.8%)
460	<b>SUCHECKI Wojciech</b>	<b>525</b>	WARMIA I MAZURY TEAM	M40	79	01:47:31	<b>04:02:04.45</b>	<b>04:02:04.45</b>	+01:44:18 (43.1%)	8:57	6.7 (56.8%)
461	<b>KRUPCZYŃSKI Mariusz</b>	<b>306</b>	KRUPOLS TEAM	M50	9	02:06:44	<b>04:02:08.95</b>	<b>04:02:08.95</b>	+01:44:23 (43.1%)	8:58	6.7 (56.8%)
462	<b>WÓJCICKA Dorota</b>	<b>463</b>	GDAŃSK	K30	69	02:02:04	<b>04:02:11.10</b>	<b>04:02:11.10</b>	+01:44:25 (43.1%)	8:58	6.7 (56.8%)
463	<b>DROZD Ola</b>	<b>316</b>		K30	70	02:01:31	<b>04:02:13.35</b>	<b>04:02:13.35</b>	+01:44:27 (43.1%)	8:58	6.7 (56.8%)
464	<b>KAMYK Karolina</b>	<b>765</b>	HI FITNESS NOWY TARG	K30	71	01:57:23	<b>04:02:17.10</b>	<b>04:02:17.10</b>	+01:44:31 (43.1%)	8:58	6.7 (56.8%)
465	<b>SZYMAŃSKA Anna</b>	<b>460</b>	12TRI.PL	K30	72	02:03:43	<b>04:02:39.30</b>	<b>04:02:39.30</b>	+01:44:53 (43.2%)	8:59	6.7 (56.8%)
466	<b>HYDZIK Łukasz</b>	<b>633</b>	SANOK	M30	181	01:59:56	<b>04:02:45.95</b>	<b>04:02:45.95</b>	+01:45:00 (43.3%)	8:59	6.7 (56.8%)
467	<b>PAWĘZKA Mirosław</b>	<b>421</b>	LUBLIN	M30	182	01:58:48	<b>04:02:53.20</b>	<b>04:02:53.20</b>	+01:45:07 (43.3%)	8:59	6.7 (56.8%)
468	<b>MISZEWSKA-URBAŃSKA Emilia</b>	<b>815</b>	SMARUJ NA TRENING	K20	32	02:01:25	<b>04:03:08.15</b>	<b>04:03:08.15</b>	+01:45:22 (43.3%)	9:00	6.7 (56.8%)
469	<b>FALISZEWSKI Hubert</b>	<b>679</b>	BALIGRÓD	M20	72	01:51:38	<b>04:03:15.80</b>	<b>04:03:15.80</b>	+01:45:30 (43.4%)	9:00	6.7 (56.8%)
470	<b>LEU Windy</b>	<b>838</b>	WITC	K30	73	02:03:17	<b>04:03:17.10</b>	<b>04:03:17.10</b>	+01:45:31 (43.4%)	9:00	6.7 (56.8%)
471	<b>BRZEZIŃSKI Maciej</b>	<b>683</b>	WITC	M20	73	02:03:17	<b>04:03:17.25</b>	<b>04:03:17.25</b>	+01:45:31 (43.4%)	9:00	6.7 (56.8%)
472	<b>REDŁOWSKA Bożena</b>	<b>868</b>	LADIES RUN	K30	74	02:04:54	<b>04:03:22.35</b>	<b>04:03:22.35</b>	+01:45:36 (43.4%)	9:00	6.7 (56.8%)
473	<b>BUCZYŃSKA Sylwia</b>	<b>412</b>	KRAKÓW	K40	22	02:02:07	<b>04:03:23.45</b>	<b>04:03:23.45</b>	+01:45:37 (43.4%)	9:00	6.7 (56.8%)
474	<b>PAWŁOWSKI Piotr</b>	<b>265</b>	RADOM	M40	80	02:00:47	<b>04:03:25.30</b>	<b>04:03:25.30</b>	+01:45:39 (43.4%)	9:00	6.7 (56.8%)
475	<b>BĄCZEK Przemysław</b>	<b>212</b>		M40	81	02:04:01	<b>04:03:31.35</b>	<b>04:03:31.35</b>	+01:45:45 (43.4%)	9:01	6.7 (56.8%)
476	<b>LESZCZYŃSKI Radosław</b>	<b>344</b>	CELESTYNÓW	M40	82	02:05:44	<b>04:03:35.35</b>	<b>04:03:35.35</b>	+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	<b>LESZCZYŃSKA Iwona</b>	<b>371</b>	CELESTYNÓW	K40	23	02:05:43	<b>04:03:35.60</b>	<b>04:03:35.60</b>	+01:45:50 (43.4%)	9:01	6.7 (56.8%)
478	<b>JASIŃSKI Rafał</b>	<b>246</b>	SOCHACZEW	M30	183	02:09:25	<b>04:03:38.35</b>	<b>04:03:38.35</b>	+01:45:52 (43.5%)	9:01	6.6 (55.9%)
479	<b>SŁOBODA Elżbieta</b>	<b>801</b>	USTRZYKI DOLNE	K30	75	01:59:29	<b>04:03:40.50</b>	<b>04:03:40.50</b>	+01:45:54 (43.5%)	9:01	6.6 (55.9%)
480	<b>KOJDER Grzegorz</b>	<b>685</b>	PRZEWORSK	M20	74	02:07:37	<b>04:03:47.25</b>	<b>04:03:47.25</b>	+01:46:01 (43.5%)	9:01	6.6 (55.9%)
481	<b>GAWĘDA Arkadiusz</b>	<b>540</b>	CZĘSTOCHOWA	M20	75	02:11:49	<b>04:03:49.90</b>	<b>04:03:49.90</b>	+01:46:04 (43.5%)	9:01	6.6 (55.9%)
482	<b>STAFIEJ Anna</b>	<b>214</b>	ŚWINOUJSCIE	K30	76	01:55:50	<b>04:04:08.20</b>	<b>04:04:08.20</b>	+01:46:22 (43.6%)	9:02	6.6 (55.9%)
483	<b>KOWALCZUK Cezary</b>	<b>210</b>	WARSZAWA	M30	184	02:00:06	<b>04:04:24.65</b>	<b>04:04:24.65</b>	+01:46:39 (43.6%)	9:03	6.6 (55.9%)
484	<b>BALCERZAK Michał</b>	<b>528</b>	LUBIN	M30	185	01:58:17	<b>04:04:29.80</b>	<b>04:04:29.80</b>	+01:46:44 (43.7%)	9:03	6.6 (55.9%)
485	<b>KARAPUDA Natalia</b>	<b>321</b>	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	77	02:04:40	<b>04:04:30.70</b>	<b>04:04:30.70</b>	+01:46:45 (43.7%)	9:03	6.6 (55.9%)
486	<b>LAUER Jarosław</b>	<b>343</b>	KORONA PABIANICE	M40	83	02:07:08	<b>04:04:43.10</b>	<b>04:04:43.10</b>	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
487	<b>REKAWEK Artur</b>	<b>565</b>	TRUCHTACZ.PL	M40	84	02:07:01	<b>04:04:43.25</b>	<b>04:04:43.25</b>	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
488	<b>GWAREK Marzena</b>	<b>788</b>		K30	78	02:06:59	<b>04:04:43.30</b>	<b>04:04:43.30</b>	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
489	<b>ŻOŁĄDEK Anna</b>	<b>784</b>		K30	79	02:07:08	<b>04:04:43.40</b>	<b>04:04:43.40</b>	+01:46:57 (43.7%)	9:03	6.6 (55.9%)
490	<b>JARZĘBOWSKA Marlena</b>	<b>318</b>	W POGONI ZA DUCHEM	K30	80	01:57:52	<b>04:05:08.75</b>	<b>04:05:08.75</b>	+01:47:23 (43.8%)	9:04	6.6 (55.9%)
491	<b>MADEJ Ewa</b>	<b>167</b>	DEUTSCHE BANK MARATHON TEAM	K30	81	02:01:51	<b>04:05:16.80</b>	<b>04:05:16.80</b>	+01:47:31 (43.8%)	9:05	6.6 (55.9%)
492	<b>SZYMURSKI Arkadiusz</b>	<b>657</b>	ŚRODA WLKP.	M40	85	02:01:04	<b>04:05:16.90</b>	<b>04:05:16.90</b>	+01:47:31 (43.8%)	9:05	6.6 (55.9%)
493	<b>STANIEK Tomasz</b>	<b>536</b>		M40	86	02:09:21	<b>04:05:24.00</b>	<b>04:05:24.00</b>	+01:47:38 (43.9%)	9:05	6.6 (55.9%)
494	<b>BARCZEWSKA Agnieszka</b>	<b>831</b>	KOPANICA	K20	33	02:10:03	<b>04:06:01.55</b>	<b>04:06:01.55</b>	+01:48:15 (44.0%)	9:06	6.6 (55.9%)
495	<b>FIGUŁA Wioleta</b>	<b>424</b>		K30	82	02:01:55	<b>04:06:03.15</b>	<b>04:06:03.15</b>	+01:48:17 (44.0%)	9:06	6.6 (55.9%)
496	<b>WICHARY Cyprian</b>	<b>505</b>	NIGHT RUNNERS WROCLAW	M30	186	01:54:49	<b>04:06:05.20</b>	<b>04:06:05.20</b>	+01:48:19 (44.0%)	9:06	6.6 (55.9%)
497	<b>KARPINSKI Maciej</b>	<b>263</b>	BEZRZECZE	M40	87	02:04:28	<b>04:06:33.35</b>	<b>04:06:33.35</b>	+01:48:47 (44.1%)	9:07	6.6 (55.9%)
498	<b>DZIAŁO Agnieszka</b>	<b>762</b>	ZABIEGANI MIELEC	K30	83	02:08:17	<b>04:06:38.40</b>	<b>04:06:38.40</b>	+01:48:52 (44.1%)	9:08	6.6 (55.9%)
499	<b>NOWOTARSKA Anita</b>	<b>876</b>		K40	24	01:57:39	<b>04:06:56.20</b>	<b>04:06:56.20</b>	+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	<b>LASOTA Edyta</b>	<b>475</b>	ULTRA TEAM RADOM	K30	84	02:12:42	<b>04:07:15.75</b>	<b>04:07:15.75</b>	+01:49:30 (44.3%)	9:09	6.6 (55.9%)
501	<b>CZECHOSKA Magdalena</b>	<b>373</b>	BOOT CAMP POLSKA	K30	85	02:07:20	<b>04:07:23.05</b>	<b>04:07:23.05</b>	+01:49:37 (44.3%)	9:09	6.5 (55.1%)
502	<b>RÓŹNIAKOWSKA Marta</b>	<b>818</b>	SMASHING PĄPKINS	K20	34	02:07:18	<b>04:07:23.50</b>	<b>04:07:23.50</b>	+01:49:37 (44.3%)	9:09	6.5 (55.1%)
503	<b>CHUDZIK Magda</b>	<b>459</b>	NIGHT RUNNERS PŁOCK	K30	86	01:58:35	<b>04:07:40.80</b>	<b>04:07:40.80</b>	+01:49:55 (44.4%)	9:10	6.5 (55.1%)
504	<b>SKÓRA Sebastian</b>	<b>673</b>	ŁĄŃCUT	M30	187	01:51:08	<b>04:07:53.50</b>	<b>04:07:53.50</b>	+01:50:07 (44.4%)	9:10	6.5 (55.1%)
505	<b>ZIENTEK Iwona</b>	<b>407</b>	PZU SPORT TEAM	K30	87	02:10:08	<b>04:08:00.60</b>	<b>04:08:00.60</b>	+01:50:15 (44.5%)	9:11	6.5 (55.1%)
506	<b>SYGUŁA Joanna</b>	<b>802</b>	WITC	K30	88	02:17:53	<b>04:08:03.80</b>	<b>04:08:03.80</b>	+01:50:18 (44.5%)	9:11	6.5 (55.1%)
507	<b>KOWALCZUK Jakub</b>	<b>653</b>	WARSZAWA	M30	188	02:04:54	<b>04:08:09.35</b>	<b>04:08:09.35</b>	+01:50:23 (44.5%)	9:11	6.5 (55.1%)
508	<b>WOJCIECHOWSKI Krzysztof</b>	<b>360</b>	SZCZECIN	M40	88	02:02:12	<b>04:08:13.90</b>	<b>04:08:13.90</b>	+01:50:28 (44.5%)	9:11	6.5 (55.1%)
509	<b>BUCZYŃSKI Arkadiusz</b>	<b>397</b>	KRAKÓW	M40	89	02:02:34	<b>04:08:21.55</b>	<b>04:08:21.55</b>	+01:50:35 (44.5%)	9:11	6.5 (55.1%)
510	<b>CZYŻEWSKA Mariola</b>	<b>353</b>	12TRI. DRUŻYNA WILKA.OLSZTYN	K20	35	02:03:00	<b>04:08:22.75</b>	<b>04:08:22.75</b>	+01:50:37 (44.5%)	9:11	6.5 (55.1%)
511	<b>BRONOWSKA Katarzyna</b>	<b>812</b>		K20	36	02:06:36	<b>04:08:27.25</b>	<b>04:08:27.25</b>	+01:50:41 (44.6%)	9:12	6.5 (55.1%)
512	<b>GRANICA Danuta</b>	<b>349</b>	VIRTUAL RUNNER CLUB	K40	25	02:04:48	<b>04:08:30.50</b>	<b>04:08:30.50</b>	+01:50:44 (44.6%)	9:12	6.5 (55.1%)
513	<b>SIWIŃSKI Jerzy</b>	<b>348</b>	AKM OLIMP OLSZTYN/12TRI DRUŻYNA WILKA	M50	10	02:02:32	<b>04:08:33.15</b>	<b>04:08:33.15</b>	+01:50:47 (44.6%)	9:12	6.5 (55.1%)
514	<b>KRASOWSKA Matylda</b>	<b>433</b>		K20	37	02:04:53	<b>04:08:35.55</b>	<b>04:08:35.55</b>	+01:50:49 (44.6%)	9:12	6.5 (55.1%)
515	<b>POWIERŻA Adrian</b>	<b>605</b>		M20	76	01:51:56	<b>04:08:40.05</b>	<b>04:08:40.05</b>	+01:50:54 (44.6%)	9:12	6.5 (55.1%)
516	<b>BALIŃSKA Maria</b>	<b>804</b>	CISNA	K30	89	02:06:06	<b>04:09:24.20</b>	<b>04:09:24.20</b>	+01:51:38 (44.8%)	9:14	6.5 (55.1%)
517	<b>SZCZUTKOWSKI Michał</b>	<b>314</b>	KB SPARTAKUS BEŁCHATÓW	M30	189	02:03:49	<b>04:09:25.70</b>	<b>04:09:25.70</b>	+01:51:40 (44.8%)	9:14	6.5 (55.1%)
518	<b>KARŁOWICZ Anna</b>	<b>410</b>	WOLNA WOLA WARSZAWA	K60	1	02:11:20	<b>04:09:28.00</b>	<b>04:09:28.00</b>	+01:51:42 (44.8%)	9:14	6.5 (55.1%)
519	<b>NOCEN Mariusz</b>	<b>264</b>		M40	90	02:09:23	<b>04:09:32.65</b>	<b>04:09:32.65</b>	+01:51:47 (44.8%)	9:14	6.5 (55.1%)
520	<b>BIEŃKOWSKA Agnieszka</b>	<b>792</b>	PŁOCK	K30	90	02:10:43	<b>04:10:10.30</b>	<b>04:10:10.30</b>	+01:52:24 (44.9%)	9:15	6.5 (55.1%)
521	<b>PRZYBYLSKI Przemysław</b>	<b>614</b>	GNIEZNO	M40	91	01:52:24	<b>04:10:21.20</b>	<b>04:10:21.20</b>	+01:52:35 (45.0%)	9:16	6.5 (55.1%)
522	<b>KURKOWSKI Karol</b>	<b>184</b>		M30	190	02:01:16	<b>04:10:34.90</b>	<b>04:10:34.90</b>	+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	<b>BIAŁECKI Gabriel</b>	<b>473</b>	WARSZAWA	M30	191	02:09:51	<b>04:10:52.55</b>	<b>04:10:52.55</b>	+01:53:06 (45.1%)	9:17	6.5 (55.1%)
524	<b>ORLIKOWSKI Marcin</b>	<b>589</b>	MILANÓWEK	M40	92	02:02:15	<b>04:10:53.55</b>	<b>04:10:53.55</b>	+01:53:07 (45.1%)	9:17	6.5 (55.1%)
525	<b>KWIECZKO Michał</b>	<b>648</b>	KIELCE	M30	192	02:03:35	<b>04:10:56.00</b>	<b>04:10:56.00</b>	+01:53:10 (45.1%)	9:17	6.5 (55.1%)
526	<b>DREWNIK Piotr</b>	<b>11</b>	OBOZYBIEGOWE.PL	M30	193	02:06:35	<b>04:11:20.55</b>	<b>04:11:20.55</b>	+01:53:34 (45.2%)	9:18	6.4 (54.2%)
527	<b>DREWNIK Małgorzata</b>	<b>12</b>	OBOZYBIEGOWE.PL	K30	91	02:06:35	<b>04:11:20.75</b>	<b>04:11:20.75</b>	+01:53:35 (45.2%)	9:18	6.4 (54.2%)
528	<b>JABŁONOWSKI Grzegorz</b>	<b>245</b>	GTJ COACHING	M40	93	02:16:51	<b>04:11:24.05</b>	<b>04:11:24.05</b>	+01:53:38 (45.2%)	9:18	6.4 (54.2%)
529	<b>CICH Kamil</b>	<b>610</b>		M30	194	02:05:48	<b>04:11:47.45</b>	<b>04:11:47.45</b>	+01:54:01 (45.3%)	9:19	6.4 (54.2%)
530	<b>KUŁAKOWSKA Monika</b>	<b>370</b>	W POGONI ZA DUCHEM	K30	92	01:57:52	<b>04:12:24.80</b>	<b>04:12:24.80</b>	+01:54:39 (45.4%)	9:20	6.4 (54.2%)
531	<b>BANASZEK Katarzyna</b>	<b>785</b>		K30	93	02:12:41	<b>04:12:39.70</b>	<b>04:12:39.70</b>	+01:54:54 (45.5%)	9:21	6.4 (54.2%)
532	<b>ZDYBEL Piotr</b>	<b>897</b>	GDAŃSK	M20	77	02:06:49	<b>04:12:46.95</b>	<b>04:12:46.95</b>	+01:55:01 (45.5%)	9:21	6.4 (54.2%)
533	<b>MAĆKOWIAK Katarzyna</b>	<b>742</b>	SOLEC KUJAWSKI	K30	94	02:06:01	<b>04:12:49.90</b>	<b>04:12:49.90</b>	+01:55:04 (45.5%)	9:21	6.4 (54.2%)
534	<b>GRESZTA Monika</b>	<b>380</b>	ALBATROSY	K30	95	01:59:49	<b>04:12:59.50</b>	<b>04:12:59.50</b>	+01:55:13 (45.5%)	9:22	6.4 (54.2%)
535	<b>KUJAWSKA Kaja</b>	<b>778</b>	SUCHE KNEDLE	K20	38	01:59:03	<b>04:13:00.15</b>	<b>04:13:00.15</b>	+01:55:14 (45.5%)	9:22	6.4 (54.2%)
536	<b>KUJAWSKI Michał</b>	<b>581</b>	SUCHE KNEDLE	M30	195	02:00:28	<b>04:13:00.20</b>	<b>04:13:00.20</b>	+01:55:14 (45.6%)	9:22	6.4 (54.2%)
537	<b>KOŁOSIONEK Dorota</b>	<b>852</b>	WARSZAWA	K20	39	02:09:35	<b>04:13:06.65</b>	<b>04:13:06.65</b>	+01:55:21 (45.6%)	9:22	6.4 (54.2%)
538	<b>RÓŻOWICZ Eliza</b>	<b>434</b>	SPARTANIE DZIECIOM	K30	96	01:58:32	<b>04:13:13.70</b>	<b>04:13:13.70</b>	+01:55:28 (45.6%)	9:22	6.4 (54.2%)
539	<b>SIDOROWICZ Grzegorz</b>	<b>639</b>	AXA RUNNING TEAM	M40	94	02:12:13	<b>04:13:15.20</b>	<b>04:13:15.20</b>	+01:55:29 (45.6%)	9:22	6.4 (54.2%)
540	<b>OKAPIEC Aleksandra</b>	<b>810</b>	AXA RUNNING TEAM	K30	97	02:12:12	<b>04:13:15.40</b>	<b>04:13:15.40</b>	+01:55:29 (45.6%)	9:22	6.4 (54.2%)
541	<b>KORNIKOW Piotr</b>	<b>899</b>	GARMIN	M40	95	02:10:59	<b>04:13:17.10</b>	<b>04:13:17.10</b>	+01:55:31 (45.6%)	9:22	6.4 (54.2%)
542	<b>RÓŻOWICZ Maciej</b>	<b>494</b>	SPARTANIE DZIECIOM	M30	196	01:58:32	<b>04:13:18.45</b>	<b>04:13:18.45</b>	+01:55:32 (45.6%)	9:22	6.4 (54.2%)
543	<b>MARCHLEWICZ Przemysław</b>	<b>335</b>	SOPOT	M30	197	01:58:26	<b>04:13:41.80</b>	<b>04:13:41.80</b>	+01:55:56 (45.7%)	9:23	6.4 (54.2%)
544	<b>KARCZEWSKI Grzegorz</b>	<b>300</b>	BŁĘKITNI ŻEGLCE	M50	11	02:02:07	<b>04:13:50.30</b>	<b>04:13:50.30</b>	+01:56:04 (45.7%)	9:24	6.4 (54.2%)
545	<b>TOMKIEWICZ Grzegorz</b>	<b>568</b>	TATOKUPA	M30	198	01:51:46	<b>04:13:56.90</b>	<b>04:13:56.90</b>	+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	<b>STACHOWICZ Aleksandra</b>	<b>761</b>	USTRZYKI D.	K20	40	02:06:08	<b>04:13:57.10</b>	<b>04:13:57.10</b>	+01:56:11 (45.8%)	9:24	6.4 (54.2%)
547	<b>GRABALSKI Dariusz</b>	<b>722</b>		M30	199	02:04:38	<b>04:13:59.35</b>	<b>04:13:59.35</b>	+01:56:13 (45.8%)	9:24	6.4 (54.2%)
548	<b>WARMIŃSKA Anna</b>	<b>835</b>		K30	98	02:08:40	<b>04:14:01.70</b>	<b>04:14:01.70</b>	+01:56:16 (45.8%)	9:24	6.4 (54.2%)
549	<b>PETRICZKO Elżbieta</b>	<b>875</b>		K40	26	02:08:54	<b>04:14:17.30</b>	<b>04:14:17.30</b>	+01:56:31 (45.8%)	9:25	6.4 (54.2%)
550	<b>BYLINIAK Monika</b>	<b>409</b>	ORTOREH TEAM	K30	99	02:04:14	<b>04:14:33.30</b>	<b>04:14:33.30</b>	+01:56:47 (45.9%)	9:25	6.4 (54.2%)
551	<b>SOŁKOWSKA Joanna</b>	<b>285</b>	NIEPOŁOMICE BIEGAJĄ	K30	100	02:03:58	<b>04:14:43.70</b>	<b>04:14:43.70</b>	+01:56:58 (45.9%)	9:26	6.4 (54.2%)
552	<b>WASILEWSKA Joanna</b>	<b>359</b>	WITC	K40	27	02:11:18	<b>04:14:45.90</b>	<b>04:14:45.90</b>	+01:57:00 (45.9%)	9:26	6.4 (54.2%)
553	<b>BEDNARSKI Tomasz</b>	<b>368</b>	POWERADE	M40	96	02:12:26	<b>04:14:55.30</b>	<b>04:14:55.30</b>	+01:57:09 (46.0%)	9:26	6.4 (54.2%)
554	<b>KULIG Krzysztof</b>	<b>613</b>	TARNOBRZEG	M30	200	02:03:36	<b>04:15:12.50</b>	<b>04:15:12.50</b>	+01:57:26 (46.0%)	9:27	6.3 (53.4%)
555	<b>PAPROCKA Natalia</b>	<b>366</b>		K40	28	02:13:18	<b>04:15:12.70</b>	<b>04:15:12.70</b>	+01:57:27 (46.0%)	9:27	6.3 (53.4%)
556	<b>SUCHOWIECKA Anna</b>	<b>747</b>	OUB	K30	101	02:06:17	<b>04:15:15.05</b>	<b>04:15:15.05</b>	+01:57:29 (46.0%)	9:27	6.3 (53.4%)
557	<b>GAIK Michał</b>	<b>670</b>		M30	201	02:06:58	<b>04:15:19.75</b>	<b>04:15:19.75</b>	+01:57:34 (46.0%)	9:27	6.3 (53.4%)
558	<b>BRUDNICKA Kamila</b>	<b>830</b>		K20	41	02:06:58	<b>04:15:20.10</b>	<b>04:15:20.10</b>	+01:57:34 (46.0%)	9:27	6.3 (53.4%)
559	<b>STYPA Jerzy</b>	<b>336</b>	STO-NOGI MILANÓWEK	M50	12	02:09:46	<b>04:15:25.70</b>	<b>04:15:25.70</b>	+01:57:40 (46.1%)	9:27	6.3 (53.4%)
560	<b>KURP Iwo</b>	<b>623</b>	WITC	M30	202	02:17:58	<b>04:15:26.20</b>	<b>04:15:26.20</b>	+01:57:40 (46.1%)	9:27	6.3 (53.4%)
561	<b>KSIAZEK Anna</b>	<b>776</b>		K30	102	02:11:45	<b>04:15:46.75</b>	<b>04:15:46.75</b>	+01:58:01 (46.1%)	9:28	6.3 (53.4%)
562	<b>PAŻĄDKA-LIPIŃSKI Rafał</b>	<b>713</b>	CALYPSO PIŁA	M20	78	02:12:08	<b>04:15:47.05</b>	<b>04:15:47.05</b>	+01:58:01 (46.1%)	9:28	6.3 (53.4%)
563	<b>KOPER Maciej</b>	<b>546</b>	STARA BIDA	M30	203	01:50:33	<b>04:15:58.15</b>	<b>04:15:58.15</b>	+01:58:12 (46.2%)	9:28	6.3 (53.4%)
564	<b>GAJDA Ewa</b>	<b>383</b>	WARSZAWA	K30	103	02:11:14	<b>04:16:05.05</b>	<b>04:16:05.05</b>	+01:58:19 (46.2%)	9:29	6.3 (53.4%)
565	<b>GIELNIEWSKI Marcin</b>	<b>384</b>	ZOLI RUNNERS	M30	204	02:01:55	<b>04:16:38.60</b>	<b>04:16:38.60</b>	+01:58:53 (46.3%)	9:30	6.3 (53.4%)
566	<b>GRZĘDA Krzysztof</b>	<b>363</b>	KALIŃSKA TEAM	M40	97	02:07:03	<b>04:16:47.75</b>	<b>04:16:47.75</b>	+01:59:02 (46.4%)	9:30	6.3 (53.4%)
567	<b>NESTER Łukasz</b>	<b>152</b>	BIEGAM BO TAM WYSZŁO	M30	205	02:00:15	<b>04:16:53.05</b>	<b>04:16:53.05</b>	+01:59:07 (46.4%)	9:30	6.3 (53.4%)
568	<b>KUCHARSKI Piotr</b>	<b>197</b>	AKTYWNA GMINA KONSTANCIN-JEZIORNA	M20	79	02:07:03	<b>04:17:03.15</b>	<b>04:17:03.15</b>	+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	<b>JARMUŻEK Marta</b>	<b>877</b>	BYDGOSZCZ	K20	42	02:12:15	<b>04:17:12.80</b>	<b>04:17:12.80</b>	+01:59:27 (46.4%)	9:31	6.3 (53.4%)
570	<b>NOWACZYK Marek</b>	<b>189</b>	SŁYNNI KENIJCZYCY	M30	206	02:07:05	<b>04:17:24.90</b>	<b>04:17:24.90</b>	+01:59:39 (46.5%)	9:32	6.3 (53.4%)
571	<b>DERĘGOWSKI Dawid</b>	<b>281</b>	RZESZÓW	M20	80	02:05:25	<b>04:17:25.45</b>	<b>04:17:25.45</b>	+01:59:39 (46.5%)	9:32	6.3 (53.4%)
572	<b>BOBROWSKI Łukasz</b>	<b>526</b>	SŁYNNI KENIJCZYCY	M30	207	02:07:05	<b>04:17:26.10</b>	<b>04:17:26.10</b>	+01:59:40 (46.5%)	9:32	6.3 (53.4%)
573	<b>SAKOWSKA Agnieszka</b>	<b>775</b>	WARSZAWA	K20	43	02:03:36	<b>04:18:37.55</b>	<b>04:18:37.55</b>	+02:00:51 (46.7%)	9:34	6.3 (53.4%)
574	<b>SOŁKIEWICZ Marta</b>	<b>377</b>	BIESZCZADZKIE ANIOŁY	K40	29	02:15:33	<b>04:18:54.75</b>	<b>04:18:54.75</b>	+02:01:09 (46.8%)	9:35	6.3 (53.4%)
575	<b>KOZŁOWSKI Bartłomiej</b>	<b>165</b>	KKL KIELCE	M40	98	02:12:09	<b>04:18:56.10</b>	<b>04:18:56.10</b>	+02:01:10 (46.8%)	9:35	6.3 (53.4%)
576	<b>WARZYŃSKI Beniamin</b>	<b>690</b>	TARNOBRZEG	M30	208	02:12:47	<b>04:19:01.00</b>	<b>04:19:01.00</b>	+02:01:15 (46.8%)	9:35	6.3 (53.4%)
577	<b>STASZKIEWICZ Joanna</b>	<b>893</b>	SPORT GURU	K20	44	02:07:48	<b>04:19:10.50</b>	<b>04:19:10.50</b>	+02:01:24 (46.8%)	9:35	6.3 (53.4%)
578	<b>WIEWIÓRSKI Tomasz</b>	<b>485</b>	OLSZTYŃSKIE USTAWKI BIEGOWE	M40	99	02:03:47	<b>04:19:16.80</b>	<b>04:19:16.80</b>	+02:01:31 (46.9%)	9:36	6.2 (52.5%)
579	<b>WASAŃNIK Marcin</b>	<b>542</b>	SULEJÓWEK	M30	209	02:12:36	<b>04:19:17.70</b>	<b>04:19:17.70</b>	+02:01:32 (46.9%)	9:36	6.2 (52.5%)
580	<b>WACOWSKI-JASTRZĘBSKI Adam</b>	<b>418</b>	WARSZAWA	M30	210	02:11:51	<b>04:19:28.50</b>	<b>04:19:28.50</b>	+02:01:42 (46.9%)	9:36	6.2 (52.5%)
581	<b>KOJAT Bartosz</b>	<b>395</b>	KRAKOW	M30	211	02:11:01	<b>04:19:28.60</b>	<b>04:19:28.60</b>	+02:01:43 (46.9%)	9:36	6.2 (52.5%)
582	<b>ZAKRZEWSKI Marcin</b>	<b>692</b>	OTWOCK	M30	212	02:06:46	<b>04:19:30.80</b>	<b>04:19:30.80</b>	+02:01:45 (46.9%)	9:36	6.2 (52.5%)
583	<b>BOCIARSKA Magdalena</b>	<b>352</b>		K30	104	02:09:10	<b>04:19:30.95</b>	<b>04:19:30.95</b>	+02:01:45 (46.9%)	9:36	6.2 (52.5%)
584	<b>BAKA Marcin</b>	<b>450</b>	WITMAR	M40	100	02:10:32	<b>04:19:33.50</b>	<b>04:19:33.50</b>	+02:01:47 (46.9%)	9:36	6.2 (52.5%)
585	<b>WIEWIÓRA Anna</b>	<b>759</b>	BIELSKO-BIAŁA	K40	30	02:11:59	<b>04:19:50.10</b>	<b>04:19:50.10</b>	+02:02:04 (47.0%)	9:37	6.2 (52.5%)
586	<b>KOŚKA Katarzyna</b>	<b>169</b>	PLAMAS	K30	105	02:08:18	<b>04:19:56.10</b>	<b>04:19:56.10</b>	+02:02:10 (47.0%)	9:37	6.2 (52.5%)
587	<b>ADAMCZUK Jarosław</b>	<b>732</b>	PGNIG SANOK	M40	101	02:11:58	<b>04:19:58.65</b>	<b>04:19:58.65</b>	+02:02:13 (47.0%)	9:37	6.2 (52.5%)
588	<b>RĘBISZ Aneta</b>	<b>378</b>	KRAKÓW	K30	106	02:10:36	<b>04:20:15.70</b>	<b>04:20:15.70</b>	+02:02:30 (47.1%)	9:38	6.2 (52.5%)
589	<b>GAŁUSZEK Olga</b>	<b>442</b>	POZNAŃ	K40	31	02:06:50	<b>04:21:00.05</b>	<b>04:21:00.05</b>	+02:03:14 (47.2%)	9:40	6.2 (52.5%)
589	<b>SZTUREMSKA-PRZYBYŁ Agata</b>	<b>822</b>	KRAKÓW	K40	32	02:06:59	<b>04:21:00.05</b>	<b>04:21:00.05</b>	+02:03:14 (47.2%)	9:40	6.2 (52.5%)
591	<b>TOMASZEWSKA Alicja</b>	<b>413</b>	#WERUNTOGETHER	K30	107	02:16:46	<b>04:21:11.70</b>	<b>04:21:11.70</b>	+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	<b>PACANOWSKA Paula</b>	<b>471</b>	WEŁNICA BIEGA	K20	45	02:09:38	<b>04:21:12.45</b>	<b>04:21:12.45</b>	+02:03:26 (47.3%)	9:40	6.2 (52.5%)
593	<b>TOMCZYK Monika</b>	<b>393</b>	SŁUPIA POD KĘPNEM	K20	46	02:14:19	<b>04:21:18.30</b>	<b>04:21:18.30</b>	+02:03:32 (47.3%)	9:40	6.2 (52.5%)
594	<b>BAUR Żaneta</b>	<b>425</b>		K20	47	02:12:54	<b>04:21:21.25</b>	<b>04:21:21.25</b>	+02:03:35 (47.3%)	9:40	6.2 (52.5%)
595	<b>UCIŃSKA Agnieszka</b>	<b>435</b>		K30	108	02:11:44	<b>04:21:49.10</b>	<b>04:21:49.10</b>	+02:04:03 (47.4%)	9:41	6.2 (52.5%)
596	<b>ROGOWSKA-ROSZCZYK Magdalena</b>	<b>779</b>	OLSZTYŃKIE USTAWKI BIEGOWE	K30	109	02:13:31	<b>04:22:26.00</b>	<b>04:22:26.00</b>	+02:04:40 (47.5%)	9:43	6.2 (52.5%)
597	<b>BARTOSZEWICZ Marta</b>	<b>445</b>	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	110	02:13:28	<b>04:22:26.15</b>	<b>04:22:26.15</b>	+02:04:40 (47.5%)	9:43	6.2 (52.5%)
598	<b>KRZYZIŃSKI Paweł</b>	<b>350</b>	SIEDLCE	M30	213	02:12:35	<b>04:23:30.00</b>	<b>04:23:30.00</b>	+02:05:44 (47.7%)	9:45	6.1 (51.7%)
599	<b>PETRYKA Karol</b>	<b>686</b>	WARSZAWA	M30	214	02:08:17	<b>04:24:08.90</b>	<b>04:24:08.90</b>	+02:06:23 (47.8%)	9:46	6.1 (51.7%)
600	<b>WAGNER Ewa</b>	<b>837</b>		K20	48	02:13:34	<b>04:25:24.15</b>	<b>04:25:24.15</b>	+02:07:38 (48.1%)	9:49	6.1 (51.7%)
601	<b>KOZICIŃSKI Radosław</b>	<b>598</b>	NIGHT RUNERS PŁOCK	M30	215	02:10:44	<b>04:25:30.75</b>	<b>04:25:30.75</b>	+02:07:45 (48.1%)	9:50	6.1 (51.7%)
602	<b>BEZKOROWAJNY Joanna</b>	<b>866</b>		K20	49	02:11:52	<b>04:25:56.60</b>	<b>04:25:56.60</b>	+02:08:11 (48.2%)	9:50	6.1 (51.7%)
603	<b>USZYCKI Wojciech</b>	<b>417</b>	WARSZAWA	M40	102	02:12:40	<b>04:26:14.40</b>	<b>04:26:14.40</b>	+02:08:28 (48.3%)	9:51	6.1 (51.7%)
604	<b>KORZENIOWSKA Sylwia</b>	<b>490</b>	YULO RUN TEAM SIEDLCE	K30	111	02:08:43	<b>04:26:18.40</b>	<b>04:26:18.40</b>	+02:08:32 (48.3%)	9:51	6.1 (51.7%)
605	<b>MAJ Anna</b>	<b>740</b>	BIESZCZADZKIE ANIOŁY	K40	33	02:13:20	<b>04:26:31.30</b>	<b>04:26:31.30</b>	+02:08:45 (48.3%)	9:52	6.1 (51.7%)
606	<b>BARTŁOMIEJSKA Urszula</b>	<b>872</b>	ROCHE	K30	112	02:07:35	<b>04:26:54.70</b>	<b>04:26:54.70</b>	+02:09:09 (48.4%)	9:53	6.1 (51.7%)
607	<b>FARBICKA-ŻYWICA Paulina</b>	<b>415</b>	BRZOZA BIEGA	K30	113	02:16:09	<b>04:26:57.60</b>	<b>04:26:57.60</b>	+02:09:12 (48.4%)	9:53	6.1 (51.7%)
608	<b>BRZYKCY Wojciech</b>	<b>578</b>	BYDGOSZCZ	M30	216	02:16:08	<b>04:26:58.25</b>	<b>04:26:58.25</b>	+02:09:12 (48.4%)	9:53	6.1 (51.7%)
609	<b>BIENIAS Krzysztof</b>	<b>595</b>	GARBATKA LETNISKO	M20	81	02:04:57	<b>04:27:02.45</b>	<b>04:27:02.45</b>	+02:09:16 (48.4%)	9:53	6.1 (51.7%)
610	<b>KOWALEWSKI Mateusz</b>	<b>62</b>	CROSSFIT SIEDLCE	M20	82	01:41:12	<b>04:27:02.95</b>	<b>04:27:02.95</b>	+02:09:17 (48.4%)	9:53	6.1 (51.7%)
611	<b>GŁADYSZ Agnieszka</b>	<b>400</b>	SANOK	K20	50	02:07:06	<b>04:27:14.95</b>	<b>04:27:14.95</b>	+02:09:29 (48.5%)	9:53	6.1 (51.7%)
612	<b>PIANOWSKA Ewa</b>	<b>458</b>	BIURO INŻYNIERII ŚRODOWISKA	K50	2	02:09:45	<b>04:27:26.45</b>	<b>04:27:26.45</b>	+02:09:40 (48.5%)	9:54	6.1 (51.7%)
613	<b>BASARAB Grzegorz</b>	<b>516</b>	PRZEMYSŁ	M40	103	02:08:46	<b>04:27:31.40</b>	<b>04:27:31.40</b>	+02:09:45 (48.5%)	9:54	6.1 (51.7%)
614	<b>JANOWSKI Robert</b>	<b>334</b>	GDAŃSK	M30	217	02:13:42	<b>04:27:37.50</b>	<b>04:27:37.50</b>	+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	<b>MIERZEJEWSKI Jacek</b>	<b>394</b>	AMATOR	M40	104	02:11:38	<b>04:27:46.75</b>	<b>04:27:46.75</b>	+02:10:01 (48.6%)	9:55	6.1 (51.7%)
616	<b>KRÓL Grażyna</b>	<b>767</b>		K40	34	02:08:39	<b>04:27:50.60</b>	<b>04:27:50.60</b>	+02:10:05 (48.6%)	9:55	6 (50.8%)
617	<b>KRANZ Jacek</b>	<b>734</b>		M60	2	01:49:43	<b>04:28:13.80</b>	<b>04:28:13.80</b>	+02:10:28 (48.6%)	9:56	6 (50.8%)
618	<b>PRZYBYŁO Lucyna</b>	<b>883</b>		K40	35	02:03:30	<b>04:28:13.85</b>	<b>04:28:13.85</b>	+02:10:28 (48.6%)	9:56	6 (50.8%)
619	<b>PŁODZIĘŃ Tadeusz</b>	<b>703</b>		M40	105	02:12:32	<b>04:28:20.20</b>	<b>04:28:20.20</b>	+02:10:34 (48.7%)	9:56	6 (50.8%)
620	<b>FRAĆKOWIAK Magdalena</b>	<b>771</b>	POZNAŃ	K30	114	02:14:05	<b>04:28:22.40</b>	<b>04:28:22.40</b>	+02:10:36 (48.7%)	9:56	6 (50.8%)
621	<b>KWIATKOWSKI Marek</b>	<b>376</b>		M30	218	02:08:19	<b>04:28:39.10</b>	<b>04:28:39.10</b>	+02:10:53 (48.7%)	9:57	6 (50.8%)
621	<b>JODKO Magda</b>	<b>307</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	36	02:09:30	<b>04:28:39.10</b>	<b>04:28:39.10</b>	+02:10:53 (48.7%)	9:57	6 (50.8%)
623	<b>ŻYDEK Karol</b>	<b>158</b>	BIEGUSIEM.PL	M20	83	02:12:52	<b>04:29:35.30</b>	<b>04:29:35.30</b>	+02:11:49 (48.9%)	9:59	6 (50.8%)
624	<b>SMOLIŃSKA Beata</b>	<b>406</b>	OBOZYBIEGOWE.PL	K50	3	02:18:36	<b>04:29:37.25</b>	<b>04:29:37.25</b>	+02:11:51 (48.9%)	9:59	6 (50.8%)
625	<b>WIEWIÓRA Krzysztof</b>	<b>545</b>	BIELSKO-BIAŁA	M40	106	02:09:25	<b>04:29:43.55</b>	<b>04:29:43.55</b>	+02:11:57 (48.9%)	9:59	6 (50.8%)
626	<b>GUCWA Jarosław</b>	<b>496</b>		M40	107	02:01:42	<b>04:29:48.15</b>	<b>04:29:48.15</b>	+02:12:02 (48.9%)	9:59	6 (50.8%)
627	<b>KOZICKI Paweł</b>	<b>663</b>	EDC RUNNERS	M30	219	02:23:05	<b>04:29:50.20</b>	<b>04:29:50.20</b>	+02:12:04 (48.9%)	9:59	6 (50.8%)
628	<b>MORAWSKI Artur</b>	<b>347</b>	BIESZCZADZKIE ANIOŁY	M30	220	02:15:52	<b>04:29:51.60</b>	<b>04:29:51.60</b>	+02:12:06 (49.0%)	9:59	6 (50.8%)
629	<b>BARTECKA Kalina</b>	<b>3</b>	NORD CITY	K30	115	02:13:32	<b>04:29:57.70</b>	<b>04:29:57.70</b>	+02:12:12 (49.0%)	9:59	6 (50.8%)
630	<b>HORLA Roksana</b>	<b>782</b>	PECNA	K20	51	02:09:57	<b>04:30:13.15</b>	<b>04:30:13.15</b>	+02:12:27 (49.0%)	10:00	6 (50.8%)
631	<b>TWARDY Stanisław</b>	<b>895</b>	TRI-ZONE.PL	M30	221	02:05:59	<b>04:30:54.80</b>	<b>04:30:54.80</b>	+02:13:09 (49.1%)	10:02	6 (50.8%)
632	<b>ZAJĄC Daria</b>	<b>419</b>	RUN EXPERT LEJDIS	K30	116	02:13:18	<b>04:31:08.50</b>	<b>04:31:08.50</b>	+02:13:22 (49.2%)	10:02	6 (50.8%)
633	<b>RYNKOWSKA Magdalena</b>	<b>432</b>	WARSZAWA	K40	37	02:17:10	<b>04:31:09.30</b>	<b>04:31:09.30</b>	+02:13:23 (49.2%)	10:02	6 (50.8%)
634	<b>SEWERYN Barbara</b>	<b>430</b>	KRAKÓW	K20	52	02:22:50	<b>04:31:37.30</b>	<b>04:31:37.30</b>	+02:13:51 (49.3%)	10:03	6 (50.8%)
635	<b>SIÓDZIAK Cezary</b>	<b>364</b>	AKTYWNA GMINA KONSTANCIN-JEZIORNA	M40	108	02:13:16	<b>04:32:36.15</b>	<b>04:32:36.15</b>	+02:14:50 (49.5%)	10:05	5.9 (50.0%)
636	<b>CZUBIŃSKI Marek</b>	<b>231</b>	ŁÓDŹ	M60	3	02:06:53	<b>04:33:03.75</b>	<b>04:33:03.75</b>	+02:15:18 (49.6%)	10:06	5.9 (50.0%)
637	<b>ADAMCZAK Grzegorz</b>	<b>582</b>	LEGION BŁONIE	M40	109	02:09:29	<b>04:33:04.25</b>	<b>04:33:04.25</b>	+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	<b>MAĆZKA Krystyna</b>	<b>888</b>	OTK RZEŹNIK	K60	2	02:13:33	<b>04:33:17.30</b>	<b>04:33:17.30</b>	+02:15:31 (49.6%)	10:07	5.9 (50.0%)
639	<b>NITSCH Joanna</b>	<b>738</b>		K40	38	02:13:54	<b>04:33:33.75</b>	<b>04:33:33.75</b>	+02:15:48 (49.6%)	10:07	5.9 (50.0%)
640	<b>STACHOWICZ Mateusz</b>	<b>704</b>	WARSZAWA	M20	84	02:09:37	<b>04:33:47.05</b>	<b>04:33:47.05</b>	+02:16:01 (49.7%)	10:08	5.9 (50.0%)
641	<b>RYNKOWSKA Katarzyna</b>	<b>441</b>	WARSZAWA	K40	39	02:15:38	<b>04:33:56.15</b>	<b>04:33:56.15</b>	+02:16:10 (49.7%)	10:08	5.9 (50.0%)
642	<b>KLICH Katarzyna</b>	<b>420</b>	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K20	53	02:12:46	<b>04:34:03.40</b>	<b>04:34:03.40</b>	+02:16:17 (49.7%)	10:09	5.9 (50.0%)
643	<b>GŁOWIENKA Katarzyna</b>	<b>351</b>	BIEGUSIEM.PL	K20	54	02:22:50	<b>04:34:03.85</b>	<b>04:34:03.85</b>	+02:16:18 (49.7%)	10:09	5.9 (50.0%)
644	<b>KROL Grzegorz</b>	<b>182</b>	ADIDAS GROUP RUNNING TEAM	M40	110	02:08:29	<b>04:34:54.55</b>	<b>04:34:54.55</b>	+02:17:08 (49.9%)	10:10	5.9 (50.0%)
645	<b>SNARSKA Katarzyna</b>	<b>399</b>	ALBATROSY	K30	117	02:17:45	<b>04:35:11.25</b>	<b>04:35:11.25</b>	+02:17:25 (49.9%)	10:11	5.9 (50.0%)
646	<b>LEŚNIAK Urszula</b>	<b>218</b>	WARSZAWA	K30	118	02:09:54	<b>04:35:17.30</b>	<b>04:35:17.30</b>	+02:17:31 (50.0%)	10:11	5.9 (50.0%)
647	<b>ZHULKOWSKA-SHCZYPA Nataliya</b>	<b>451</b>	WARSZAWA	K30	119	02:14:26	<b>04:35:33.00</b>	<b>04:35:33.00</b>	+02:17:47 (50.0%)	10:12	5.9 (50.0%)
648	<b>MINIUR Małgorzata</b>	<b>736</b>	BIESZCZADZKIE ANIOŁY	K40	40	02:18:11	<b>04:36:06.60</b>	<b>04:36:06.60</b>	+02:18:21 (50.1%)	10:13	5.9 (50.0%)
649	<b>NOSAL Hanna</b>	<b>743</b>	BIESZCZADZKIE ANIOŁY	K30	120	02:18:12	<b>04:36:07.40</b>	<b>04:36:07.40</b>	+02:18:21 (50.1%)	10:13	5.9 (50.0%)
650	<b>SUCHANEK-KRAWIEC Agnieszka</b>	<b>462</b>		K40	41	02:10:18	<b>04:36:12.90</b>	<b>04:36:12.90</b>	+02:18:27 (50.1%)	10:13	5.9 (50.0%)
651	<b>WOLFF Dariusz</b>	<b>711</b>	CALYPSO PIŁA	M40	111	02:16:42	<b>04:36:14.00</b>	<b>04:36:14.00</b>	+02:18:28 (50.1%)	10:13	5.9 (50.0%)
652	<b>WIDZISZOWSKI Łukasz</b>	<b>326</b>	SIP	M30	222	02:20:01	<b>04:36:25.70</b>	<b>04:36:25.70</b>	+02:18:40 (50.2%)	10:14	5.9 (50.0%)
653	<b>BORKOWSKI Tomasz</b>	<b>65</b>	SZCZECIN	M40	112	01:56:59	<b>04:37:43.85</b>	<b>04:37:43.85</b>	+02:19:58 (50.4%)	10:17	5.8 (49.2%)
654	<b>ZACZEK Adam</b>	<b>507</b>	GLIWICE	M30	223	02:10:13	<b>04:37:45.70</b>	<b>04:37:45.70</b>	+02:20:00 (50.4%)	10:17	5.8 (49.2%)
655	<b>CZUK Tomasz</b>	<b>32</b>	SGOR GÓRALE Z BRANDENBURGII	M40	113	02:11:57	<b>04:37:51.90</b>	<b>04:37:51.90</b>	+02:20:06 (50.4%)	10:17	5.8 (49.2%)
656	<b>SZUKIEL Mirosław</b>	<b>250</b>	SGOR GÓRALE Z BRANDENBURGII	M40	114	02:11:56	<b>04:37:52.40</b>	<b>04:37:52.40</b>	+02:20:06 (50.4%)	10:17	5.8 (49.2%)
657	<b>TOMASZKIEWICZ Jarosław</b>	<b>319</b>	CIEPŁE CHŁOPAKI	M40	115	02:02:11	<b>04:38:00.00</b>	<b>04:38:00.00</b>	+02:20:14 (50.4%)	10:17	5.8 (49.2%)
658	<b>POPŁAWSKI Arkadiusz</b>	<b>518</b>	HALINÓW	M40	116	02:12:53	<b>04:38:04.35</b>	<b>04:38:04.35</b>	+02:20:18 (50.5%)	10:17	5.8 (49.2%)
659	<b>POPŁAWSKA Katarzyna</b>	<b>455</b>	HALINÓW	K40	42	02:11:45	<b>04:38:04.40</b>	<b>04:38:04.40</b>	+02:20:18 (50.5%)	10:17	5.8 (49.2%)
660	<b>WOŹNIACKA Joanna</b>	<b>5</b>		K20	55	02:12:16	<b>04:38:37.90</b>	<b>04:38:37.90</b>	+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	<b>MICHALCZUK Zenon</b>	<b>411</b>	SANOK	M50	13	02:13:15	<b>04:38:43.55</b>	<b>04:38:43.55</b>	+02:20:57 (50.6%)	10:19	5.8 (49.2%)
662	<b>LACHTERA Karolina</b>	<b>843</b>	KB SOBÓTKA	K30	121	02:16:45	<b>04:38:48.80</b>	<b>04:38:48.80</b>	+02:21:03 (50.6%)	10:19	5.8 (49.2%)
663	<b>KULESZA Grzegorz</b>	<b>133</b>		M30	224	02:13:37	<b>04:38:50.25</b>	<b>04:38:50.25</b>	+02:21:04 (50.6%)	10:19	5.8 (49.2%)
664	<b>SZTOMBER Daniel</b>	<b>619</b>	AXA RUNNING TEAM	M30	225	02:12:12	<b>04:38:50.90</b>	<b>04:38:50.90</b>	+02:21:05 (50.6%)	10:19	5.8 (49.2%)
665	<b>LESŁAW Lech</b>	<b>643</b>		M30	226	02:10:23	<b>04:38:53.70</b>	<b>04:38:53.70</b>	+02:21:08 (50.6%)	10:19	5.8 (49.2%)
666	<b>PASTERNAK Krzysztof</b>	<b>654</b>	PKB ENDORFINA	M40	117	02:06:09	<b>04:39:01.60</b>	<b>04:39:01.60</b>	+02:21:16 (50.6%)	10:20	5.8 (49.2%)
667	<b>SUDOŁ Damian</b>	<b>612</b>	EDC RUNNERS	M20	85	02:02:21	<b>04:39:19.90</b>	<b>04:39:19.90</b>	+02:21:34 (50.7%)	10:20	5.8 (49.2%)
668	<b>KUCAB-KLICH Katarzyna</b>	<b>13</b>	REHASPORTIVA	K30	122	02:14:36	<b>04:40:11.40</b>	<b>04:40:11.40</b>	+02:22:25 (50.8%)	10:22	5.8 (49.2%)
669	<b>BISZKONT Hubert</b>	<b>506</b>	CF LUBLIN	M30	227	02:12:08	<b>04:40:19.25</b>	<b>04:40:19.25</b>	+02:22:33 (50.9%)	10:22	5.8 (49.2%)
670	<b>WÓJTOWICZ Edyta</b>	<b>472</b>	KB DZIK	K40	43	02:18:00	<b>04:40:44.80</b>	<b>04:40:44.80</b>	+02:22:59 (50.9%)	10:23	5.8 (49.2%)
671	<b>JANOWSKI Pankracy</b>	<b>365</b>	GDAŃSK	M50	14	02:18:56	<b>04:40:54.65</b>	<b>04:40:54.65</b>	+02:23:09 (51.0%)	10:24	5.8 (49.2%)
672	<b>JABŁOŃSKI Kazimierz</b>	<b>168</b>		M60	4	02:26:39	<b>04:41:14.70</b>	<b>04:41:14.70</b>	+02:23:29 (51.0%)	10:24	5.8 (49.2%)
673	<b>POSIŁA Joanna</b>	<b>461</b>	POWERADE	K30	123	02:15:55	<b>04:41:15.25</b>	<b>04:41:15.25</b>	+02:23:29 (51.0%)	10:25	5.8 (49.2%)
674	<b>ŁABĘCKA Iwona</b>	<b>840</b>		K30	124	02:19:15	<b>04:41:30.50</b>	<b>04:41:30.50</b>	+02:23:44 (51.1%)	10:25	5.8 (49.2%)
675	<b>AURZECKI Michał</b>	<b>529</b>	ZAMOŚĆ	M30	228	02:12:37	<b>04:41:32.80</b>	<b>04:41:32.80</b>	+02:23:47 (51.1%)	10:25	5.8 (49.2%)
676	<b>CHACINSKI Marcin</b>	<b>500</b>	SIEDLCE	M20	86	02:12:34	<b>04:41:34.15</b>	<b>04:41:34.15</b>	+02:23:48 (51.1%)	10:25	5.8 (49.2%)
677	<b>GAŁUSZEK Michał</b>	<b>443</b>	POZNAŃ	M20	87	02:09:06	<b>04:41:46.10</b>	<b>04:41:46.10</b>	+02:24:00 (51.1%)	10:26	5.7 (48.3%)
678	<b>ZARZECZNA Halina</b>	<b>874</b>		K50	4	02:15:43	<b>04:42:21.00</b>	<b>04:42:21.00</b>	+02:24:35 (51.2%)	10:27	5.7 (48.3%)
679	<b>ŁOŚ Anna</b>	<b>454</b>	TURLAM SIĘ TEAM	K30	125	02:20:04	<b>04:42:21.80</b>	<b>04:42:21.80</b>	+02:24:36 (51.2%)	10:27	5.7 (48.3%)
680	<b>CHRULSKA Zuzanna</b>	<b>803</b>	OBOZYBIEGOWE.PL	K30	126	02:20:44	<b>04:43:03.50</b>	<b>04:43:03.50</b>	+02:25:17 (51.3%)	10:29	5.7 (48.3%)
681	<b>KOWNACKA Joanna</b>	<b>758</b>		K30	127	02:23:58	<b>04:43:52.40</b>	<b>04:43:52.40</b>	+02:26:06 (51.5%)	10:30	5.7 (48.3%)
682	<b>BOGUCKA Martyna</b>	<b>869</b>	JACEKBIEGA RUNNING TEAM	K40	44	02:17:36	<b>04:44:31.00</b>	<b>04:44:31.00</b>	+02:26:45 (51.6%)	10:32	5.7 (48.3%)
683	<b>BARTNIK Dominika</b>	<b>849</b>		K20	56	02:19:15	<b>04:44:34.45</b>	<b>04:44:34.45</b>	+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	<b>POLAKOW Konrad S.</b>	<b>408</b>	ADIDAS GROUP RUNNING TEAM	M40	118	02:19:31	<b>04:44:35.05</b>	<b>04:44:35.05</b>	+02:26:49 (51.6%)	10:32	5.7 (48.3%)
685	<b>LEŚNIEWSKI Michał</b>	<b>108</b>	SPARTANIE DZIECIOM	M40	119	02:03:21	<b>04:44:35.50</b>	<b>04:44:35.50</b>	+02:26:49 (51.6%)	10:32	5.7 (48.3%)
686	<b>POŁOJKO Agnieszka</b>	<b>856</b>	CALYPSO PIŁA	K20	57	02:20:10	<b>04:44:36.25</b>	<b>04:44:36.25</b>	+02:26:50 (51.6%)	10:32	5.7 (48.3%)
686	<b>ROZMARYNOWSKI Przemysław</b>	<b>707</b>	CALYPSO PIŁA	M20	88	02:20:12	<b>04:44:36.25</b>	<b>04:44:36.25</b>	+02:26:50 (51.6%)	10:32	5.7 (48.3%)
688	<b>ROZWANDOWICZ Maciej</b>	<b>422</b>	WARSZAWA	M50	15	02:13:58	<b>04:44:56.25</b>	<b>04:44:56.25</b>	+02:27:10 (51.7%)	10:33	5.7 (48.3%)
689	<b>KASJAN Alicja</b>	<b>829</b>	WARSZAWA	K20	58	02:16:36	<b>04:44:56.55</b>	<b>04:44:56.55</b>	+02:27:10 (51.7%)	10:33	5.7 (48.3%)
690	<b>WAŁCZYK Krzysztof</b>	<b>680</b>		M30	229	02:16:36	<b>04:44:56.85</b>	<b>04:44:56.85</b>	+02:27:11 (51.7%)	10:33	5.7 (48.3%)
691	<b>MARCINIAK Wojciech</b>	<b>356</b>	SZCZECIN	M40	120	02:07:01	<b>04:44:59.15</b>	<b>04:44:59.15</b>	+02:27:13 (51.7%)	10:33	5.7 (48.3%)
692	<b>BROŻEK Teresa</b>	<b>681</b>	WF SPORT RUNTEAM	K20	59	02:25:28	<b>04:45:00.35</b>	<b>04:45:00.35</b>	+02:27:14 (51.7%)	10:33	5.7 (48.3%)
693	<b>ORCZYK Magdalena</b>	<b>476</b>	W POGONI ZA DUCHEM	K30	128	02:25:28	<b>04:45:00.55</b>	<b>04:45:00.55</b>	+02:27:14 (51.7%)	10:33	5.7 (48.3%)
694	<b>NOWAK Sławomir</b>	<b>130</b>	WARSZAWA	M40	121	02:22:31	<b>04:47:18.80</b>	<b>04:47:18.80</b>	+02:29:33 (52.1%)	10:38	5.6 (47.5%)
695	<b>NOWAK Anna</b>	<b>474</b>	WARSZAWA	K40	45	02:21:20	<b>04:47:19.10</b>	<b>04:47:19.10</b>	+02:29:33 (52.1%)	10:38	5.6 (47.5%)
696	<b>KULLING Krystian</b>	<b>575</b>	MORSY GDYNIA	M30	230	02:18:14	<b>04:47:32.40</b>	<b>04:47:32.40</b>	+02:29:46 (52.1%)	10:38	5.6 (47.5%)
697	<b>WÓJCIK Jacek</b>	<b>328</b>	WRZEŚNIA	M30	231	02:14:37	<b>04:48:02.35</b>	<b>04:48:02.35</b>	+02:30:16 (52.2%)	10:40	5.6 (47.5%)
698	<b>WARDZALA Anna</b>	<b>867</b>	JACEKBIEGA RUNNING TEAM	K60	3	02:23:52	<b>04:48:06.30</b>	<b>04:48:06.30</b>	+02:30:20 (52.2%)	10:40	5.6 (47.5%)
699	<b>WOJCZAK Jarosław</b>	<b>549</b>	POZNAŃ	M50	16	02:14:12	<b>04:48:18.40</b>	<b>04:48:18.40</b>	+02:30:32 (52.2%)	10:40	5.6 (47.5%)
700	<b>PLACHA Piotr</b>	<b>675</b>	TARNOBRZEG	M40	122	02:07:09	<b>04:48:30.80</b>	<b>04:48:30.80</b>	+02:30:45 (52.3%)	10:41	5.6 (47.5%)
701	<b>OLEWNIK Łukasz</b>	<b>387</b>		M20	89	02:11:07	<b>04:49:05.75</b>	<b>04:49:05.75</b>	+02:31:20 (52.3%)	10:42	5.6 (47.5%)
702	<b>OLEWNIK Damian</b>	<b>715</b>		M30	232	02:05:59	<b>04:49:23.30</b>	<b>04:49:23.30</b>	+02:31:37 (52.4%)	10:43	5.6 (47.5%)
703	<b>PILAK Zbigniew</b>	<b>514</b>	WROCŁAW	M50	17	02:20:01	<b>04:49:54.95</b>	<b>04:49:54.95</b>	+02:32:09 (52.5%)	10:44	5.6 (47.5%)
704	<b>WOŁEJSZO Tadeusz</b>	<b>21</b>	KU AZS WAT	M60	5	02:00:44	<b>04:50:07.00</b>	<b>04:50:07.00</b>	+02:32:21 (52.5%)	10:44	5.6 (47.5%)
705	<b>LOREK Marek</b>	<b>452</b>	DĘBICA	M40	123	02:25:02	<b>04:50:53.95</b>	<b>04:50:53.95</b>	+02:33:08 (52.6%)	10:46	5.6 (47.5%)
706	<b>WRÓBLEWSKA Joanna</b>	<b>746</b>	OTK RZEŹNIK	K60	4	02:28:13	<b>04:51:43.95</b>	<b>04:51:43.95</b>	+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	<b>GMAJ Karolina</b>	<b>464</b>		K30	129	02:18:41	<b>04:51:57.90</b>	<b>04:51:57.90</b>	+02:34:12 (52.8%)	10:48	5.5 (46.6%)
708	<b>SZEWCZUK Sylwester</b>	<b>132</b>		M30	233	02:12:00	<b>04:52:40.85</b>	<b>04:52:40.85</b>	+02:34:55 (52.9%)	10:50	5.5 (46.6%)
709	<b>SUSZEK Arkadiusz</b>	<b>431</b>	RUN IS FUN	M30	234	02:12:33	<b>04:52:50.65</b>	<b>04:52:50.65</b>	+02:35:05 (53.0%)	10:50	5.5 (46.6%)
710	<b>LACHCIK Iwona</b>	<b>9</b>		K30	130	02:09:23	<b>04:52:51.75</b>	<b>04:52:51.75</b>	+02:35:06 (53.0%)	10:50	5.5 (46.6%)
711	<b>PIELACHOWSKI Piotr</b>	<b>576</b>	BOSO ALE W OSTROGACH	M50	18	02:12:19	<b>04:52:55.30</b>	<b>04:52:55.30</b>	+02:35:09 (53.0%)	10:50	5.5 (46.6%)
712	<b>PIELACHOWSKA Beata</b>	<b>772</b>	BOSO ALE W OSTROGACH	K50	5	02:12:14	<b>04:52:55.35</b>	<b>04:52:55.35</b>	+02:35:09 (53.0%)	10:50	5.5 (46.6%)
713	<b>RZESZUTKO Aleksandra</b>	<b>320</b>	MBANK	K30	131	02:14:10	<b>04:52:55.60</b>	<b>04:52:55.60</b>	+02:35:10 (53.0%)	10:50	5.5 (46.6%)
714	<b>ZAREMBA Andrzej</b>	<b>624</b>	AXA RUNNING TEAM	M20	90	02:17:39	<b>04:53:02.00</b>	<b>04:53:02.00</b>	+02:35:16 (53.0%)	10:51	5.5 (46.6%)
715	<b>NIZIOŁEK Marek</b>	<b>477</b>	ZABORZE	M40	124	02:04:35	<b>04:53:45.20</b>	<b>04:53:45.20</b>	+02:35:59 (53.1%)	10:52	5.5 (46.6%)
716	<b>RATKA-PIOSIK Monika</b>	<b>861</b>	CALYPSO PIŁA	K20	60	02:22:33	<b>04:54:05.05</b>	<b>04:54:05.05</b>	+02:36:19 (53.2%)	10:53	5.5 (46.6%)
717	<b>KOZERA Marcin</b>	<b>709</b>	CALYPSO PIŁA	M20	91	02:22:34	<b>04:54:05.25</b>	<b>04:54:05.25</b>	+02:36:19 (53.2%)	10:53	5.5 (46.6%)
717	<b>RATKA Roma</b>	<b>858</b>	CALYPSO PIŁA	K20	61	02:22:34	<b>04:54:05.25</b>	<b>04:54:05.25</b>	+02:36:19 (53.2%)	10:53	5.5 (46.6%)
719	<b>DABROWSKI Slawek</b>	<b>689</b>	WABRZEZNO	M40	125	02:19:45	<b>04:54:41.55</b>	<b>04:54:41.55</b>	+02:36:55 (53.3%)	10:54	5.5 (46.6%)
720	<b>DABROWSKA Barbara</b>	<b>846</b>	WĄBRZEŻNO	K40	46	02:19:23	<b>04:54:41.60</b>	<b>04:54:41.60</b>	+02:36:56 (53.3%)	10:54	5.5 (46.6%)
721	<b>KARBARZ Filip</b>	<b>608</b>		M40	126	02:09:38	<b>04:54:56.75</b>	<b>04:54:56.75</b>	+02:37:11 (53.3%)	10:55	5.5 (46.6%)
722	<b>SAPEK Magdalena</b>	<b>834</b>	GLIWICE	K40	47	02:17:47	<b>04:56:51.50</b>	<b>04:56:51.50</b>	+02:39:05 (53.6%)	10:59	5.5 (46.6%)
723	<b>LIPNICKI Łukasz</b>	<b>630</b>	SZCZECIN	M30	235	02:23:01	<b>04:56:58.70</b>	<b>04:56:58.70</b>	+02:39:13 (53.6%)	10:59	5.5 (46.6%)
724	<b>BEDNARZAK Tadeusz</b>	<b>315</b>		M50	19	02:29:29	<b>04:58:14.10</b>	<b>04:58:14.10</b>	+02:40:28 (53.8%)	11:02	5.4 (45.8%)
725	<b>BARANOWSKA-KUŹMA Monika</b>	<b>805</b>	YULO RUN TEAM SIEDLCE	K40	48	02:29:23	<b>04:58:17.35</b>	<b>04:58:17.35</b>	+02:40:31 (53.8%)	11:02	5.4 (45.8%)
726	<b>KUŹMA Maciej</b>	<b>622</b>	YULO RUN TEAM SIEDLCE	M40	127	02:29:24	<b>04:58:17.65</b>	<b>04:58:17.65</b>	+02:40:32 (53.8%)	11:02	5.4 (45.8%)
727	<b>SEBASTIAN Bryłka</b>	<b>629</b>	YULO RUN TEAM SIEDLCE	M30	236	02:29:22	<b>04:58:19.00</b>	<b>04:58:19.00</b>	+02:40:33 (53.8%)	11:02	5.4 (45.8%)
728	<b>ŁAGUNA Grzegorz</b>	<b>453</b>	#MUSISZSCHUĆ	M20	92	02:21:13	<b>04:59:36.70</b>	<b>04:59:36.70</b>	+02:41:51 (54.0%)	11:05	5.4 (45.8%)
729	<b>JENDRYSIK Kinga</b>	<b>841</b>	NIGHT RUNNERS GLIWICE	K30	132	02:24:21	<b>05:00:23.50</b>	<b>05:00:23.50</b>	+02:42:37 (54.1%)	11:07	5.4 (45.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
730	<b>SKUBIS Barbara</b>	<b>198</b>	NIGHT RUNNERS GLIWICE	K30	133	02:24:13	<b>05:00:23.65</b>	<b>05:00:23.65</b>	+02:42:38 (54.1%)	11:07	5.4 (45.8%)
731	<b>HULANICKA Irina</b>	<b>14</b>	GOGGLE PAE TEAM	K50	6	02:32:33	<b>05:01:19.85</b>	<b>05:01:19.85</b>	+02:43:34 (54.3%)	11:09	5.4 (45.8%)
732	<b>PIOTROWSKA Urszula</b>	<b>797</b>	TRUCHTACZ	K30	134	02:32:16	<b>05:04:05.90</b>	<b>05:04:05.90</b>	+02:46:20 (54.7%)	11:15	5.3 (44.9%)
733	<b>SZYSZKA Monika</b>	<b>449</b>	TRUCHTACZ.PL	K40	49	02:32:18	<b>05:04:05.95</b>	<b>05:04:05.95</b>	+02:46:20 (54.7%)	11:15	5.3 (44.9%)
734	<b>GOS Renata</b>	<b>817</b>	WITC	K30	135	02:36:12	<b>05:04:07.65</b>	<b>05:04:07.65</b>	+02:46:22 (54.7%)	11:15	5.3 (44.9%)
735	<b>PAPE Martin</b>	<b>191</b>	WITC	M40	128	02:36:12	<b>05:04:08.80</b>	<b>05:04:08.80</b>	+02:46:23 (54.7%)	11:15	5.3 (44.9%)
736	<b>ARENTEWICZ Aleksander</b>	<b>708</b>	CALYPSO PIŁA	M40	129	02:17:57	<b>05:04:38.85</b>	<b>05:04:38.85</b>	+02:46:53 (54.8%)	11:16	5.3 (44.9%)
737	<b>BALCEWICZ Marcin</b>	<b>710</b>	CALYPSO PIŁA	M30	237	02:20:01	<b>05:04:43.55</b>	<b>05:04:43.55</b>	+02:46:57 (54.8%)	11:17	5.3 (44.9%)
738	<b>WITKOWSKA Marta</b>	<b>483</b>	BĘDZIN	K30	136	02:31:37	<b>05:04:52.65</b>	<b>05:04:52.65</b>	+02:47:07 (54.8%)	11:17	5.3 (44.9%)
739	<b>SEWERYN Rafał</b>	<b>267</b>	ZABIEGANI PO USZY	M30	238	02:31:39	<b>05:04:52.95</b>	<b>05:04:52.95</b>	+02:47:07 (54.8%)	11:17	5.3 (44.9%)
740	<b>ZAWAL Patrycja</b>	<b>427</b>	GOLDEN TEAM	K30	137	02:25:56	<b>05:05:41.55</b>	<b>05:05:41.55</b>	+02:47:55 (54.9%)	11:19	5.3 (44.9%)
741	<b>REGULSKA Monika</b>	<b>481</b>	WARSZAWA	K20	62	02:25:21	<b>05:05:51.10</b>	<b>05:05:51.10</b>	+02:48:05 (55.0%)	11:19	5.3 (44.9%)
742	<b>FRAŃCZAK Magdalena</b>	<b>741</b>		K40	50	02:15:37	<b>05:05:51.20</b>	<b>05:05:51.20</b>	+02:48:05 (55.0%)	11:19	5.3 (44.9%)
743	<b>PIETRANIK Paweł</b>	<b>259</b>	ALBATROSY	M20	93	02:25:58	<b>05:05:52.05</b>	<b>05:05:52.05</b>	+02:48:06 (55.0%)	11:19	5.3 (44.9%)
744	<b>MULTANIAK Aleksandra</b>	<b>753</b>	RACIBÓRZ	K20	63	02:20:28	<b>05:06:49.25</b>	<b>05:06:49.25</b>	+02:49:03 (55.1%)	11:21	5.3 (44.9%)
745	<b>JAKUBOWSKI Krzysztof</b>	<b>535</b>	RACIBÓRZ	M30	239	02:20:19	<b>05:06:49.30</b>	<b>05:06:49.30</b>	+02:49:03 (55.1%)	11:21	5.3 (44.9%)
746	<b>KASPRZAK Beata</b>	<b>764</b>	RUN EXPERT LEJDIS	K40	51	02:42:55	<b>05:09:10.85</b>	<b>05:09:10.85</b>	+02:51:25 (55.4%)	11:27	5.2 (44.1%)
747	<b>PRÓCHNIAK Joanna</b>	<b>836</b>	WARSZAWA	K20	64	02:30:56	<b>05:09:19.20</b>	<b>05:09:19.20</b>	+02:51:33 (55.5%)	11:27	5.2 (44.1%)
748	<b>PODLEŚ Rafał</b>	<b>717</b>		M20	94	02:30:59	<b>05:09:19.45</b>	<b>05:09:19.45</b>	+02:51:33 (55.5%)	11:27	5.2 (44.1%)
749	<b>ŁOŚ Tomasz</b>	<b>509</b>	TURLAM SIĘ TEAM	M30	240	02:34:52	<b>05:11:10.30</b>	<b>05:11:10.30</b>	+02:53:24 (55.7%)	11:31	5.2 (44.1%)
749	<b>ŁOŚ Jagoda</b>	<b>748</b>	TURLAM SIĘ TEAM	K30	138	02:34:53	<b>05:11:10.30</b>	<b>05:11:10.30</b>	+02:53:24 (55.7%)	11:31	5.2 (44.1%)
751	<b>MOTYL Mirosława</b>	<b>488</b>	NIEPOŁOMICE BIEGAJĄ	K30	139	02:35:02	<b>05:11:33.20</b>	<b>05:11:33.20</b>	+02:53:47 (55.8%)	11:32	5.2 (44.1%)
752	<b>SZCZEPOCKI Andrzej</b>	<b>220</b>	NIEPOŁOMICE BIEGAJĄ	M40	130	02:35:02	<b>05:11:34.80</b>	<b>05:11:34.80</b>	+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	<b>LESIAK Andrzej</b>	<b>355</b>	RYSIOTEAM	M60	6	02:27:01	<b>05:12:58.65</b>	<b>05:12:58.65</b>	+02:55:13 (56.0%)	11:35	5.2 (44.1%)
754	<b>KLISZ Agnieszka</b>	<b>480</b>	LUBLIN	K30	140	02:30:05	<b>05:15:33.60</b>	<b>05:15:33.60</b>	+02:57:48 (56.3%)	11:41	5.1 (43.2%)
755	<b>MATRASZEK Jakub</b>	<b>696</b>	VEGE RUNNERS	M20	95	02:18:49	<b>05:15:35.90</b>	<b>05:15:35.90</b>	+02:57:50 (56.3%)	11:41	5.1 (43.2%)
756	<b>JAKUBASZEK Anna</b>	<b>850</b>	WARSZAWA	K30	141	02:39:26	<b>05:17:42.25</b>	<b>05:17:42.25</b>	+02:59:56 (56.6%)	11:46	5.1 (43.2%)
757	<b>PAWUSKA Jacek</b>	<b>700</b>	LĘBORK	M30	241	02:39:27	<b>05:17:42.45</b>	<b>05:17:42.45</b>	+02:59:56 (56.6%)	11:46	5.1 (43.2%)
758	<b>BEŁKOWSKA VEL KAMIŃSKA Dorota</b>	<b>745</b>		K40	52	02:39:30	<b>05:19:19.90</b>	<b>05:19:19.90</b>	+03:01:34 (56.9%)	11:49	5.1 (43.2%)
759	<b>SZACHNOWSKA Justyna</b>	<b>482</b>	ALBATROSY	K30	142	02:35:39	<b>05:19:38.95</b>	<b>05:19:38.95</b>	+03:01:53 (56.9%)	11:50	5.1 (43.2%)
760	<b>HAREZLAK Robert</b>	<b>166</b>	ALBATROSY	M40	131	02:35:37	<b>05:19:39.10</b>	<b>05:19:39.10</b>	+03:01:53 (56.9%)	11:50	5.1 (43.2%)
761	<b>WICIAK Katarzyna</b>	<b>828</b>		K20	65	02:34:43	<b>05:21:20.45</b>	<b>05:21:20.45</b>	+03:03:34 (57.1%)	11:54	5 (42.4%)
762	<b>WICIAK Ziemowit</b>	<b>662</b>		M40	132	02:34:42	<b>05:21:20.65</b>	<b>05:21:20.65</b>	+03:03:35 (57.1%)	11:54	5 (42.4%)
763	<b>MALANOWICZ Bartosz</b>	<b>669</b>		M20	96	02:08:11	<b>05:22:35.70</b>	<b>05:22:35.70</b>	+03:04:50 (57.3%)	11:56	5 (42.4%)
764	<b>MALEC Barbara</b>	<b>502</b>		K50	7	02:30:06	<b>05:24:51.30</b>	<b>05:24:51.30</b>	+03:07:05 (57.6%)	12:01	5 (42.4%)
765	<b>SZEWCZYK Kamil</b>	<b>592</b>	THE ANDRZEJS	M20	97	02:39:46	<b>05:25:02.20</b>	<b>05:25:02.20</b>	+03:07:16 (57.6%)	12:02	5 (42.4%)
766	<b>BAKA Witold</b>	<b>404</b>	WITMAR	M40	133	02:29:58	<b>05:28:24.85</b>	<b>05:28:24.85</b>	+03:10:39 (58.1%)	12:09	4.9 (41.5%)
767	<b>SMOLIŃSKI Jakub</b>	<b>688</b>	TS OUR TEAM	M20	98	02:24:33	<b>05:28:57.20</b>	<b>05:28:57.20</b>	+03:11:11 (58.1%)	12:11	4.9 (41.5%)
768	<b>ZAWADA Konrad</b>	<b>562</b>	THE ANDRZEJS	M30	242	02:40:29	<b>05:29:09.85</b>	<b>05:29:09.85</b>	+03:11:24 (58.1%)	12:11	4.9 (41.5%)
769	<b>KASPRZAK Magdalena</b>	<b>492</b>	RUN EXPERT LEJDIS	K40	53	02:42:56	<b>05:29:47.45</b>	<b>05:29:47.45</b>	+03:12:01 (58.2%)	12:12	4.9 (41.5%)
770	<b>PIANOWSKI Marek</b>	<b>493</b>	BIURO INŻYNIERII ŚRODOWISKA	M50	20	02:36:25	<b>05:30:34.55</b>	<b>05:30:34.55</b>	+03:12:48 (58.3%)	12:14	4.9 (41.5%)
771	<b>FILIPEK Sławomir</b>	<b>658</b>		M50	21	02:37:38	<b>05:36:32.55</b>	<b>05:36:32.55</b>	+03:18:46 (59.1%)	12:27	4.8 (40.7%)
772	<b>BEDNARCZYK Agnieszka</b>	<b>440</b>	FORMA MIKOŁÓW	K40	54	02:24:19	<b>05:39:59.05</b>	<b>05:39:59.05</b>	+03:22:13 (59.5%)	12:35	4.8 (40.7%)
773	<b>STANISZEWSKA Ewa</b>	<b>487</b>	BIEGAM BO LUBIĘ KRAKÓW / NORAFTRAIL	K50	8	02:40:16	<b>05:41:01.75</b>	<b>05:41:01.75</b>	+03:23:16 (59.6%)	12:37	4.8 (40.7%)
774	<b>PACANOWSKA Agnieszka</b>	<b>486</b>	WEŁNICA BIEGA	K40	55	02:39:24	<b>05:48:08.20</b>	<b>05:48:08.20</b>	+03:30:22 (60.4%)	12:53	4.7 (39.8%)
774	<b>MICHALSKA PRZYBYLSKA Żaneta</b>	<b>800</b>	GNIEZNO	K40	56	02:39:25	<b>05:48:08.20</b>	<b>05:48:08.20</b>	+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	<b>SZELEST Alicja</b>	<b>760</b>	RUN VEGAN TEAM	K30	143	02:58:47	<b>06:03:08.95</b>	<b>06:03:08.95</b>	+03:45:23 (62.1%)	13:26	4.5 (38.1%)
777	<b>PŁUCIENNIK Aleksandra</b>	<b>796</b>	WARSZAWA	K30	144	02:56:16	<b>06:23:45.45</b>	<b>06:23:45.45</b>	+04:05:59 (64.1%)	14:12	4.2 (35.6%)
778	<b>WOŁCZAK Sylwia</b>	<b>793</b>	WARSZAWA	K30	145	02:56:13	<b>06:23:45.65</b>	<b>06:23:45.65</b>	+04:06:00 (64.1%)	14:12	4.2 (35.6%)
779	<b>FARON Elżbieta</b>	<b>903</b>	NORAFSPORT	K50	9	03:06:03	<b>06:27:39.50</b>	<b>06:27:39.50</b>	+04:09:53 (64.5%)	14:21	4.2 (35.6%)
780	<b>SITKIEWICZ Bartosz</b>	<b>682</b>	SOPOT CURLING CLUB WA KU'TA	M40	134	02:47:08	<b>06:32:34.40</b>	<b>06:32:34.40</b>	+04:14:48 (64.9%)	14:32	4.1 (34.7%)
781	<b>MIRECKI Jan</b>	<b>499</b>		M40	135	03:10:44	<b>06:46:50.25</b>	<b>06:46:50.25</b>	+04:29:04 (66.1%)	15:04	4 (33.9%)
782	<b>SOT Lucjan</b>	<b>213</b>	WETLINA	M50	22	03:16:36	<b>06:52:20.40</b>	<b>06:52:20.40</b>	+04:34:34 (66.6%)	15:16	3.9 (33.1%)
	<b>KARP Pawel</b>	<b>607</b>	ACCENTURE	M30		01:37:34 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SERWACH Kamil</b>	<b>584</b>	ŁÓDŹ	M30		01:57:11 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>RUTKOWSKA Olga</b>	<b>744</b>	GOLUB-DOBRZYŃ	K20		02:38:08 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>TOMASIK Janusz</b>	<b>470</b>	NIEZRZESZONY-WARSZAWA	M60		03:03:42 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>POKORSKI Janusz</b>	<b>640</b>	DIRTRUNNER.PL	M30		03:10:49 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOZIŃSKA Sonia</b>	<b>863</b>		K20		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 788 wynik(ów)