

# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-19  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZEDWOJEWSKI Bartłomiej</b>	<b>8307</b>	TEAM SALOMON	Senior I M - 20	1	00:18:34	00:27:54	<b>00:44:18.35</b>		4:25	13.5 (100%)
2	<b>BEDNAREK Adrian</b>	<b>8367</b>		Senior II M - 30	1	00:20:06	00:30:27	<b>00:48:19.00</b>	+00:04:00 (8.3%)	4:49	12.4 (91.9%)
3	<b>TARASEK Wojciech</b>	<b>8095</b>	#ANDRZEJDLUGOSZTEAM / ELEMENO.PL	Senior I M - 20	2	00:20:37	00:31:13	<b>00:49:03.35</b>	+00:04:45 (9.7%)	4:54	12.2 (90.4%)
4	<b>KLIMCZAK Mikołaj</b>	<b>8283</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior I M - 20	3	00:20:29	00:31:17	<b>00:49:33.10</b>	+00:05:14 (10.6%)	4:57	12.1 (89.6%)
5	<b>WYTWER Błażej</b>	<b>8384</b>	PĘDZIKIEM DO METY	Senior II M - 30	2	00:21:49	00:34:23	<b>00:54:50.00</b>	+00:10:31 (19.2%)	5:29	10.9 (80.7%)
6	<b>TABER Konrad</b>	<b>8359</b>	ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK	Senior I M - 20	4	00:23:10	00:34:47	<b>00:55:11.85</b>	+00:10:53 (19.7%)	5:31	10.9 (80.7%)
7	<b>JAROSZ Dariusz</b>	<b>8348</b>	U.K.S. PIAST BOLKÓW	Senior I M - 20	5	00:22:34	00:34:22	<b>00:55:14.90</b>	+00:10:56 (19.8%)	5:31	10.9 (80.7%)
8	<b>GROMALA Krzysztof</b>	<b>8260</b>	#AKADEMIABIEGANIA.PL	Senior II M - 30	3	00:23:32	00:35:01	<b>00:55:48.80</b>	+00:11:30 (20.6%)	5:34	10.7 (79.3%)
9	<b>WOLEK Szymon</b>	<b>8374</b>		Senior II M - 30	4	00:23:24	00:35:47	<b>00:56:17.10</b>	+00:11:58 (21.3%)	5:37	10.7 (79.3%)
10	<b>TOMASIAK Dominik</b>	<b>8155</b>	DIE KUNST DER FUGE	Masters M - 40	1	00:23:51	00:36:02	<b>00:56:42.40</b>	+00:12:24 (21.9%)	5:40	10.6 (78.5%)
11	<b>WRZESZCZ Mariusz</b>	<b>8176</b>	TMTEAM/TEAMDKMS	Senior I M - 20	6	00:23:34	00:35:51	<b>00:56:50.60</b>	+00:12:32 (22.1%)	5:41	10.6 (78.5%)
12	<b>GAJEWSKI Marek</b>	<b>8254</b>	ADIDAS RUNNERS WARSAW	Senior II M - 30	5	00:22:53	00:36:28	<b>00:57:24.30</b>	+00:13:05 (22.8%)	5:44	10.4 (77.0%)
13	<b>PIENIAŻEK Patryk</b>	<b>8262</b>	KGHM ZG RUN	Senior I M - 20	7	00:24:30	00:37:05	<b>00:58:23.75</b>	+00:14:05 (24.1%)	5:50	10.3 (76.3%)
14	<b>PIHIL Piotr</b>	<b>8282</b>	ENDORFINA WSCHOWA	Masters M - 40	2	00:24:02	00:36:51	<b>00:58:49.05</b>	+00:14:30 (24.7%)	5:52	10.2 (75.6%)
15	<b>ŁABYS Mateusz</b>	<b>8285</b>	NOA	Senior I M - 20	8	00:25:25	00:37:47	<b>00:59:18.55</b>	+00:15:00 (25.3%)	5:55	10.1 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>KITA Michał</b>	<b>8066</b>	PĘDZĄCY W MIEJSCU	Masters M - 40	3	00:23:52	00:36:49	<b>00:59:19.70</b>	+00:15:01 (25.3%)	5:56	10.1 (74.8%)
17	<b>PIEKARSKI Jakub</b>	<b>8160</b>		Senior I M - 20	9	00:25:19	00:38:17	<b>00:59:53.55</b>	+00:15:35 (26.0%)	5:59	10 (74.1%)
18	<b>MĘDYGRAŁ Krystian</b>	<b>8178</b>	WATAHA	Senior I M - 20	10	00:25:22	00:37:56	<b>01:00:01.10</b>	+00:15:42 (26.2%)	6:00	10 (74.1%)
19	<b>MAZUR Mateusz</b>	<b>8317</b>	MULKS JUVENIA GŁUCHOŁAZY	Senior I M - 20	11	00:24:36	00:37:52	<b>01:00:38.75</b>	+00:16:20 (26.9%)	6:03	9.9 (73.3%)
20	<b>BOCZEK Leszek</b>	<b>8350</b>	ZAŁOGA GÓRSKA	Senior II M - 30	6	00:24:42	00:38:14	<b>01:00:43.05</b>	+00:16:24 (27.0%)	6:04	9.9 (73.3%)
21	<b>KACZMARCZYK Przemysław</b>	<b>8008</b>	140MINUT.PL	Senior I M - 20	12	00:24:51	00:38:08	<b>01:00:55.80</b>	+00:16:37 (27.3%)	6:05	9.8 (72.6%)
22	<b>KLATKA Michał</b>	<b>8353</b>	BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI	Masters M - 40	4	00:26:31	00:40:19	<b>01:02:12.80</b>	+00:17:54 (28.8%)	6:13	9.6 (71.1%)
23	<b>WITULSKI Waldemar</b>	<b>8397</b>	TEAM PODGÓRZYŃ	Weteran II M - 60	1	00:25:21	00:38:45	<b>01:02:15.30</b>	+00:17:56 (28.8%)	6:13	9.6 (71.1%)
24	<b>PRYSTASZ Krzysztof</b>	<b>8393</b>		Masters M - 40	5	00:26:42	00:40:06	<b>01:02:30.60</b>	+00:18:12 (29.1%)	6:15	9.6 (71.1%)
25	<b>ROZDZYŃSKA Patrycja</b>	<b>8245</b>	ADRIANBEDNAREK.PL	Senior I K - 20	1	00:26:01	00:40:05	<b>01:02:43.40</b>	+00:18:25 (29.4%)	6:16	9.6 (71.1%)
26	<b>GŁOWACKI Artur</b>	<b>8256</b>	KGHM ZG RUN	Masters M - 40	6	00:25:22	00:39:10	<b>01:02:44.90</b>	+00:18:26 (29.4%)	6:16	9.6 (71.1%)
27	<b>JAGNIĄTKOWSKI Jacek</b>	<b>8231</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	7	00:26:42	00:40:36	<b>01:02:45.00</b>	+00:18:26 (29.4%)	6:16	9.6 (71.1%)
28	<b>WĄSOWICZ Artur</b>	<b>8117</b>		Senior I M - 20	13	00:24:32	00:39:27	<b>01:03:08.65</b>	+00:18:50 (29.8%)	6:18	9.5 (70.4%)
29	<b>PERKA Michał</b>	<b>8412</b>		Senior I M - 20	14	00:25:16	00:39:08	<b>01:03:24.20</b>	+00:19:05 (30.1%)	6:20	9.5 (70.4%)
30	<b>CHLEBOWICZ Marcin</b>	<b>8329</b>	DOBRY-TRENER.PL	Senior II M - 30	7	00:25:48	00:40:18	<b>01:03:26.60</b>	+00:19:08 (30.2%)	6:20	9.5 (70.4%)
31	<b>PIŁAT Maciej</b>	<b>8313</b>	ORŁY WROCŁAW	Senior I M - 20	15	00:26:17	00:40:42	<b>01:03:30.20</b>	+00:19:11 (30.2%)	6:21	9.4 (69.6%)
32	<b>KRUPA Norbert</b>	<b>8250</b>	TEAM KURORT- ŁĄDEK ZDRÓJ	Masters M - 40	8	00:26:16	00:40:05	<b>01:03:38.05</b>	+00:19:19 (30.4%)	6:21	9.4 (69.6%)
33	<b>GRUBIAK Bartosz</b>	<b>8311</b>	JUVENIA GŁUCHOŁAZY	Senior I M - 20	16	00:26:09	00:40:19	<b>01:03:53.50</b>	+00:19:35 (30.7%)	6:23	9.4 (69.6%)
34	<b>SZTURO Jan</b>	<b>8316</b>		Weteran I M - 50	1	00:25:41	00:40:05	<b>01:04:05.80</b>	+00:19:47 (30.9%)	6:24	9.4 (69.6%)
35	<b>NIEZGÓDKA Tomasz</b>	<b>8404</b>	ZAŁOGA GÓRSKA	Weteran I M - 50	2	00:27:44	00:41:51	<b>01:04:10.60</b>	+00:19:52 (31.0%)	6:25	9.4 (69.6%)
36	<b>GAWLIK Sławek</b>	<b>8022</b>	DYNAFIT TEAM POLAND	Senior II M - 30	8	00:26:26	00:39:43	<b>01:04:33.35</b>	+00:20:15 (31.4%)	6:27	9.3 (68.9%)
37	<b>RZEŃNIK Dacjan</b>	<b>8140</b>	BOHAR PALETY RUNNERS	Senior II M - 30	9	00:24:42	00:40:21	<b>01:04:33.60</b>	+00:20:15 (31.4%)	6:27	9.3 (68.9%)
38	<b>BUDZIEWSKA Katarzyna</b>	<b>8104</b>		Senior II K - 30	1	00:26:45	00:40:55	<b>01:04:41.95</b>	+00:20:23 (31.5%)	6:28	9.3 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>KUJAWA Zbigniew</b>	<b>8399</b>	ZAŁOGA GÓRSKA	Senior II M - 30	10	00:26:40	00:41:38	<b>01:05:09.95</b>	+00:20:51 (32.0%)	6:31	9.2 (68.1%)
40	<b>PAPIÓR Jolanta</b>	<b>8389</b>	WATAHA / MKS-PARASOL WROCLAW	Senior I K - 20	2	00:28:14	00:42:31	<b>01:05:53.10</b>	+00:21:34 (32.8%)	6:35	9.1 (67.4%)
41	<b>KURASIK Tomasz</b>	<b>8219</b>		Masters M - 40	9	00:27:25	00:42:24	<b>01:06:02.65</b>	+00:21:44 (32.9%)	6:36	9.1 (67.4%)
42	<b>STANIA Paweł</b>	<b>8212</b>		Senior II M - 30	11	00:27:33	00:42:23	<b>01:06:03.95</b>	+00:21:45 (32.9%)	6:36	9.1 (67.4%)
43	<b>ŚLIWIŃSKI Kamil</b>	<b>8092</b>		Senior I M - 20	17	00:26:16	00:42:17	<b>01:06:25.85</b>	+00:22:07 (33.3%)	6:38	9 (66.7%)
44	<b>BEDNARZ Marcin</b>	<b>8214</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	12	00:28:16	00:43:05	<b>01:06:50.40</b>	+00:22:32 (33.7%)	6:41	9 (66.7%)
45	<b>KOSZYKOWSKI Daniel</b>	<b>8270</b>	PIECHOTA PO SCHODACH	Senior I M - 20	18	00:33:32	00:45:59	<b>01:07:02.65</b>	+00:22:44 (33.9%)	6:42	9 (66.7%)
46	<b>URBAŃSKI Michał</b>	<b>8182</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	13	00:29:14	00:43:46	<b>01:07:26.80</b>	+00:23:08 (34.3%)	6:44	8.9 (65.9%)
47	<b>HOJA Joanna</b>	<b>8186</b>	ALPIN SPORT HOKA ONE ONE TEAM	Senior II K - 30	2	00:27:18	00:42:38	<b>01:07:51.60</b>	+00:23:33 (34.7%)	6:47	8.8 (65.2%)
48	<b>KUBIK Maciej</b>	<b>8183</b>		Senior I M - 20	19	00:27:45	00:43:26	<b>01:07:56.35</b>	+00:23:38 (34.8%)	6:47	8.8 (65.2%)
49	<b>KOMISARCZYK Krzysztof</b>	<b>8368</b>		Senior I M - 20	20	00:27:07	00:42:28	<b>01:08:06.80</b>	+00:23:48 (35.0%)	6:48	8.8 (65.2%)
50	<b>KUSAL Tomasz</b>	<b>8001</b>		Senior I M - 20	21	00:27:25	00:42:28	<b>01:08:20.90</b>	+00:24:02 (35.2%)	6:50	8.8 (65.2%)
51	<b>CHROMIEC Filip</b>	<b>8403</b>		Senior I M - 20	22	00:27:29	00:42:46	<b>01:08:41.75</b>	+00:24:23 (35.5%)	6:52	8.7 (64.4%)
52	<b>LUBAŃSKI Mateusz</b>	<b>8251</b>		Senior I M - 20	23	00:27:20	00:44:04	<b>01:08:45.75</b>	+00:24:27 (35.6%)	6:52	8.7 (64.4%)
53	<b>JAROSŁAWSKI Marcin</b>	<b>8021</b>	KB-HARCOWNIK	Senior II M - 30	14	00:30:16	00:44:55	<b>01:09:06.60</b>	+00:24:48 (35.9%)	6:54	8.7 (64.4%)
54	<b>MIELCAREK Bartłomiej</b>	<b>8161</b>	MATNERRUNNINGTEAM	Masters M - 40	10	00:27:27	00:43:04	<b>01:09:53.80</b>	+00:25:35 (36.6%)	6:59	8.6 (63.7%)
55	<b>GAJDECKI Tomek</b>	<b>8084</b>	ACCENTURE	Masters M - 40	11	00:29:14	00:44:30	<b>01:09:54.45</b>	+00:25:36 (36.6%)	6:59	8.6 (63.7%)
56	<b>PERENC Michał</b>	<b>8180</b>	CARPATHIAN RUNNERS	Senior I M - 20	24	00:29:48	00:44:45	<b>01:10:03.95</b>	+00:25:45 (36.8%)	7:00	8.6 (63.7%)
57	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>8291</b>		Masters K - 40	1	00:29:23	00:44:59	<b>01:10:39.95</b>	+00:26:21 (37.3%)	7:04	8.5 (63.0%)
58	<b>POPRAWSKI Mateusz</b>	<b>8012</b>	KILIŃSKIEGO TEAM	Senior II M - 30	15	00:29:32	00:45:20	<b>01:11:00.40</b>	+00:26:42 (37.6%)	7:06	8.4 (62.2%)
59	<b>TATKA Marcin</b>	<b>8340</b>	ABY DO METY	Masters M - 40	12	00:29:49	00:45:06	<b>01:11:13.80</b>	+00:26:55 (37.8%)	7:07	8.4 (62.2%)
60	<b>ROZNEKSKA Dagmara</b>	<b>8225</b>	KB SOBÓTKA	Senior II K - 30	3	00:29:37	00:45:07	<b>01:11:49.45</b>	+00:27:31 (38.3%)	7:11	8.4 (62.2%)
61	<b>CZŁONKOWSKI Grzegorz</b>	<b>8247</b>	DZIKI Z MORASKA	Masters M - 40	13	00:29:06	00:45:04	<b>01:11:54.25</b>	+00:27:35 (38.4%)	7:11	8.3 (61.5%)

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62	LIPA Patryk	8281		Senior II M - 30	16	00:30:58	00:45:49	01:11:54.50	+00:27:36 (38.4%)	7:11	8.3 (61.5%)
63	KORCZYŃSKA Agata	8292		Senior II K - 30	4	00:28:47	00:44:50	01:11:58.00	+00:27:39 (38.4%)	7:11	8.3 (61.5%)
64	BOGACKI Maciej	8327	ORŁY WROCŁAW	Senior II M - 30	17	00:30:17	00:46:35	01:12:09.30	+00:27:50 (38.6%)	7:13	8.3 (61.5%)
65	STEC Bogumił	8263	BIKE TEAM CENTROWENT	Masters M - 40	14	00:29:39	00:46:13	01:12:35.40	+00:28:17 (39.0%)	7:15	8.3 (61.5%)
66	OLEJNIK Piotr	8165		Senior I M - 20	25	00:29:18	00:46:17	01:12:50.70	+00:28:32 (39.2%)	7:17	8.2 (60.7%)
67	ZIMOŃ Norbert	8011	WATAHA	Senior II M - 30	18	00:30:54	00:46:42	01:12:55.85	+00:28:37 (39.2%)	7:17	8.2 (60.7%)
68	SYNOWIEC Dawid	8369		Senior I M - 20	26	00:27:51	00:45:21	01:12:57.75	+00:28:39 (39.3%)	7:17	8.2 (60.7%)
69	SZARSKI Jacek	8370		Senior I M - 20	27	00:28:35	00:46:02	01:12:59.40	+00:28:41 (39.3%)	7:17	8.2 (60.7%)
70	ZYWER Urszula	8003	WATAHA	Senior I K - 20	3	00:30:00	00:47:36	01:13:20.00	+00:29:01 (39.6%)	7:20	8.2 (60.7%)
71	RATAJCZAK Tomasz	8168	PALETEAM	Masters M - 40	15	00:30:14	00:47:05	01:13:21.75	+00:29:03 (39.6%)	7:20	8.2 (60.7%)
72	PĘCZAR Aneta	8398	FITNESSROAD TEAM	Senior I K - 20	4	00:29:59	00:46:33	01:14:20.50	+00:30:02 (40.4%)	7:26	8.1 (60.0%)
73	TABER Jerzy	8358	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	Weteran I M - 50	3	00:30:52	00:46:57	01:14:28.90	+00:30:10 (40.5%)	7:26	8.1 (60.0%)
74	KOSMALA Szymon	8164		Senior II M - 30	19	00:30:24	00:47:15	01:14:31.15	+00:30:12 (40.5%)	7:27	8.1 (60.0%)
75	JASIŃSKI Paweł	8346	APTENEO RUNNING TEAM	Masters M - 40	16	00:30:51	00:47:53	01:14:54.30	+00:30:35 (40.9%)	7:29	8 (59.3%)
76	WARAKSA Tomasz	8162	VEGE RUNNERS	Senior II M - 30	20	00:31:35	00:48:18	01:15:06.75	+00:30:48 (41.0%)	7:30	8 (59.3%)
77	PAWŁOWSKI Mirosław	8361		Senior I M - 20	28	00:28:48	00:48:02	01:15:07.75	+00:30:49 (41.0%)	7:30	8 (59.3%)
78	PLEŚNIARSKI Zbigniew	8396	KLUB SPORTOWY GRAŃ W KARPACZU	Weteran II M - 60	2	00:30:44	00:47:50	01:15:24.35	+00:31:06 (41.2%)	7:32	8 (59.3%)
79	ALTEWĘGIER Jarosław	8278		Masters M - 40	17	00:30:30	00:49:12	01:15:38.35	+00:31:20 (41.4%)	7:33	7.9 (58.5%)
80	WALCZAK Adrian	8061		Senior I M - 20	29	00:29:47	00:47:24	01:15:38.75	+00:31:20 (41.4%)	7:33	7.9 (58.5%)
81	BOHAREWICZ Paweł	8277	BOHAR PALETY RUNNERS	Masters M - 40	18	00:31:55	00:48:24	01:15:42.55	+00:31:24 (41.5%)	7:34	7.9 (58.5%)
82	URBAN Alicja	8150		Senior I K - 20	5	00:30:08	00:47:46	01:15:48.00	+00:31:29 (41.5%)	7:34	7.9 (58.5%)
83	TYSZER Łukasz	8202		Senior II M - 30	21	00:31:26	00:48:48	01:15:58.75	+00:31:40 (41.7%)	7:35	7.9 (58.5%)
84	ULIKOWSKA Martyna	8352	ZAŁOGA GÓRSKA	Senior I K - 20	6	00:32:01	00:48:54	01:16:09.95	+00:31:51 (41.8%)	7:37	7.9 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
85	<b>FRYBES Agnieszka</b>	<b>8379</b>	FUNDACJA KIERUNEK ULTRA	Senior II K - 30	5	00:31:47	00:48:56	<b>01:16:13.30</b>	+00:31:54 (41.9%)	7:37	7.9 (58.5%)
86	<b>KUBAŚ Dawid</b>	<b>8204</b>	NADLEŚNICTWO ZDROJE	Senior II M - 30	22	00:32:31	00:49:20	<b>01:16:52.85</b>	+00:32:34 (42.4%)	7:41	7.8 (57.8%)
87	<b>KLIMEK Marek</b>	<b>8139</b>		Senior II M - 30	23	00:31:23	00:48:48	<b>01:16:53.80</b>	+00:32:35 (42.4%)	7:41	7.8 (57.8%)
88	<b>KADŁUBOWSKI Piotr</b>	<b>8335</b>	SRC TEAM, KOTWICA BRZEG	Masters M - 40	19	00:32:41	00:50:52	<b>01:17:01.40</b>	+00:32:43 (42.5%)	7:42	7.8 (57.8%)
89	<b>GOŚCIŃSKI Sławomir</b>	<b>8320</b>	ICE4B.PL	Senior II M - 30	24	00:32:31	00:48:57	<b>01:17:14.95</b>	+00:32:56 (42.6%)	7:43	7.8 (57.8%)
90	<b>WÓJCIK Kamila</b>	<b>8364</b>	NIEDŹWIEDZIE POLARNE	Masters K - 40	2	00:32:09	00:49:47	<b>01:17:42.95</b>	+00:33:24 (43.0%)	7:46	7.7 (57.0%)
91	<b>TOMASZKIEWICZ Wojciech</b>	<b>8298</b>	RUN FOREST	Senior II M - 30	25	00:33:25	00:51:05	<b>01:17:54.45</b>	+00:33:36 (43.1%)	7:47	7.7 (57.0%)
92	<b>WZOREK Ewa</b>	<b>8410</b>		Senior I K - 20	7	00:32:07	00:49:12	<b>01:17:59.95</b>	+00:33:41 (43.2%)	7:48	7.7 (57.0%)
93	<b>MOKRZYŃSKI Marcin</b>	<b>8255</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	26	00:38:56	00:53:01	<b>01:18:12.15</b>	+00:33:53 (43.3%)	7:49	7.7 (57.0%)
94	<b>BOSEK Leszek</b>	<b>8067</b>		Weteran I M - 50	4	00:32:25	00:49:47	<b>01:18:14.70</b>	+00:33:56 (43.4%)	7:49	7.7 (57.0%)
95	<b>TUST Kamil</b>	<b>8299</b>		Masters M - 40	20	00:32:53	00:50:36	<b>01:18:15.35</b>	+00:33:57 (43.4%)	7:49	7.7 (57.0%)
96	<b>GŁĄB Daria</b>	<b>8416</b>		Senior I K - 20	8	00:29:43	00:48:23	<b>01:18:28.50</b>	+00:34:10 (43.5%)	7:50	7.6 (56.3%)
97	<b>HACZYK Natalia</b>	<b>8378</b>	GOGGLE PAE TEAM	Masters K - 40	3	00:32:10	00:50:04	<b>01:18:38.80</b>	+00:34:20 (43.7%)	7:51	7.6 (56.3%)
98	<b>GRZYBOWSKA Aneta</b>	<b>8357</b>	ZGRUPKA TEAM	Masters K - 40	4	00:32:05	00:50:36	<b>01:18:52.70</b>	+00:34:34 (43.8%)	7:53	7.6 (56.3%)
99	<b>BARTKOWIAK Hubert</b>	<b>8101</b>	KB SUKCES ŻMIGRÓD	Weteran I M - 50	5	00:31:23	00:48:51	<b>01:18:55.15</b>	+00:34:36 (43.9%)	7:53	7.6 (56.3%)
100	<b>DUDEK Mariusz</b>	<b>8332</b>		Masters M - 40	21	00:31:04	00:50:04	<b>01:18:55.70</b>	+00:34:37 (43.9%)	7:53	7.6 (56.3%)
101	<b>ROGÓŻ Rafał</b>	<b>8121</b>		Masters M - 40	22	00:30:49	00:48:09	<b>01:19:19.50</b>	+00:35:01 (44.1%)	7:55	7.6 (56.3%)
102	<b>WALA Patryk</b>	<b>8417</b>	ZĄLOGA GÓRSKA/ BIEG OPOLSKI	Senior I M - 20	30	00:31:55	00:50:43	<b>01:19:22.20</b>	+00:35:03 (44.2%)	7:56	7.6 (56.3%)
103	<b>TOMASZEWSKA Paulina</b>	<b>8420</b>	STOWARZYSZENIE BIEG OPOLSKI	Senior I K - 20	9	00:34:00	00:51:14	<b>01:19:30.00</b>	+00:35:11 (44.3%)	7:57	7.5 (55.6%)
104	<b>SEMENIUK Marzena</b>	<b>8336</b>	KOTWICA BRZEG	Senior II K - 30	6	00:32:52	00:51:01	<b>01:19:34.55</b>	+00:35:16 (44.3%)	7:57	7.5 (55.6%)
105	<b>LECZKOWSKA Mirella</b>	<b>8065</b>		Weteran K - 50	1	00:32:28	00:50:19	<b>01:19:57.80</b>	+00:35:39 (44.6%)	7:59	7.5 (55.6%)
106	<b>MRÓZ Urszula</b>	<b>8151</b>	NIEDZWIEDZIE POLARNE	Weteran K - 50	2	00:33:52	00:51:29	<b>01:20:47.05</b>	+00:36:28 (45.2%)	8:04	7.4 (54.8%)
107	<b>JAMROSZCZYK Przemysław</b>	<b>8172</b>	TEAM PLESZEW	Senior II M - 30	27	00:31:41	00:51:18	<b>01:20:57.00</b>	+00:36:38 (45.3%)	8:05	7.4 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>RAJZER Piotr</b>	<b>8156</b>		Senior II M - 30	28	00:33:01	00:52:05	<b>01:20:57.80</b>	+00:36:39 (45.3%)	8:05	7.4 (54.8%)
109	<b>BESZTOCHA Jadwiga</b>	<b>8056</b>	ZEN RUNNING TEAM	Senior II K - 30	7	00:32:17	00:51:05	<b>01:20:58.25</b>	+00:36:39 (45.3%)	8:05	7.4 (54.8%)
110	<b>NOWICKI Bartosz</b>	<b>8173</b>		Senior II M - 30	29	00:31:51	00:51:27	<b>01:21:05.85</b>	+00:36:47 (45.4%)	8:06	7.4 (54.8%)
111	<b>PŁOTKA Mateusz</b>	<b>8194</b>		Senior I M - 20	31	00:33:02	00:51:25	<b>01:21:12.45</b>	+00:36:54 (45.4%)	8:07	7.4 (54.8%)
112	<b>KOLBUS Tomek</b>	<b>8235</b>	BIKE TEAM CENTROWENT	Masters M - 40	23	00:33:59	00:52:07	<b>01:21:24.25</b>	+00:37:05 (45.6%)	8:08	7.4 (54.8%)
113	<b>BUDZIAK Michał</b>	<b>8171</b>		Senior II M - 30	30	00:33:18	00:52:14	<b>01:21:24.80</b>	+00:37:06 (45.6%)	8:08	7.4 (54.8%)
114	<b>KAWALEC Krystian</b>	<b>8148</b>		Masters M - 40	24	00:32:43	00:50:59	<b>01:21:33.00</b>	+00:37:14 (45.7%)	8:09	7.4 (54.8%)
115	<b>ZATKE Dorota</b>	<b>8226</b>	AKADEMIA BIEGACZA SALOS WODNAP	Masters K - 40	5	00:30:42	00:50:50	<b>01:21:45.65</b>	+00:37:27 (45.8%)	8:10	7.3 (54.1%)
116	<b>WACHOWSKA Katarzyna</b>	<b>8091</b>	SMOK TRÓJGŁOWY	Senior II K - 30	8	00:34:28	00:52:13	<b>01:21:46.05</b>	+00:37:27 (45.8%)	8:10	7.3 (54.1%)
117	<b>PEKAŁA Dawid</b>	<b>8318</b>	ŻARY RUNNERS TEAM	Masters M - 40	25	00:34:47	00:53:20	<b>01:21:55.20</b>	+00:37:36 (45.9%)	8:11	7.3 (54.1%)
118	<b>PILARSKI Ryszard</b>	<b>8312</b>	IZERY BOGATYNIA	Weteran II M - 60	3	00:32:53	00:50:29	<b>01:22:02.00</b>	+00:37:43 (46.0%)	8:12	7.3 (54.1%)
119	<b>PAŁAC Piotr</b>	<b>8068</b>	WIECZORNE BIEGANIE W SZCZECINIE	Weteran I M - 50	6	00:32:53	00:51:57	<b>01:22:09.90</b>	+00:37:51 (46.1%)	8:13	7.3 (54.1%)
120	<b>BRUSIŁOWICZ Dagmara</b>	<b>8069</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	6	00:33:04	00:52:06	<b>01:22:19.25</b>	+00:38:00 (46.2%)	8:13	7.3 (54.1%)
121	<b>KURENDA Radek</b>	<b>8304</b>	KLUB BIEGACZA RTVEUROAGD,KW OPOLE	Senior II M - 30	31	00:31:53	00:51:13	<b>01:22:26.70</b>	+00:38:08 (46.3%)	8:14	7.3 (54.1%)
122	<b>KUZIEL Marcin</b>	<b>8085</b>	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	32	00:32:33	00:52:51	<b>01:22:30.65</b>	+00:38:12 (46.3%)	8:15	7.3 (54.1%)
123	<b>MIKLER Marcin</b>	<b>8127</b>		Masters M - 40	26	00:32:39	00:52:07	<b>01:22:34.15</b>	+00:38:15 (46.3%)	8:15	7.3 (54.1%)
124	<b>WUJDA Mirosław</b>	<b>8062</b>	ERNI RULEZ	Masters M - 40	27	00:30:24	00:49:40	<b>01:22:43.60</b>	+00:38:25 (46.4%)	8:16	7.3 (54.1%)
125	<b>GARNIEWICZ Weronika</b>	<b>8239</b>		Senior I K - 20	10	00:33:18	00:52:03	<b>01:22:44.25</b>	+00:38:25 (46.5%)	8:16	7.3 (54.1%)
126	<b>AMANOWICZ Lukasz</b>	<b>8395</b>		Senior II M - 30	33	00:34:02	00:51:13	<b>01:23:01.30</b>	+00:38:42 (46.6%)	8:18	7.2 (53.3%)
127	<b>ZIÓŁKOWSKI Piotr</b>	<b>8134</b>		Masters M - 40	28	00:33:41	00:52:58	<b>01:23:02.40</b>	+00:38:44 (46.6%)	8:18	7.2 (53.3%)
128	<b>MAZIAREK Michał</b>	<b>8057</b>		Senior II M - 30	34	00:32:56	00:52:01	<b>01:23:05.35</b>	+00:38:47 (46.7%)	8:18	7.2 (53.3%)
129	<b>BACKER Marcin</b>	<b>8027</b>	TOPOLICE TEAM	Masters M - 40	29	00:34:45	00:53:51	<b>01:23:09.95</b>	+00:38:51 (46.7%)	8:18	7.2 (53.3%)
130	<b>KLIN Robert</b>	<b>8242</b>	WATAHA	Masters M - 40	30	00:34:09	00:52:50	<b>01:23:46.15</b>	+00:39:27 (47.1%)	8:22	7.2 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
131	<b>PLINIEWICZ Krzysztof</b>	<b>8143</b>	STROŃSKA GRUPA ROWEROWA	Senior II M - 30	35	00:33:25	00:51:25	<b>01:23:46.45</b>	+00:39:28 (47.1%)	8:22	7.2 (53.3%)
132	<b>DZIADOWICZ Anna</b>	<b>8383</b>	ADRIAN DANILEWICZ GROUP	Masters K - 40	7	00:33:02	00:53:28	<b>01:23:55.75</b>	+00:39:37 (47.2%)	8:23	7.1 (52.6%)
133	<b>MICHALAK Adrian</b>	<b>8094</b>		Senior II M - 30	36	00:34:27	00:52:25	<b>01:23:59.70</b>	+00:39:41 (47.3%)	8:23	7.1 (52.6%)
134	<b>WESOŁY Maciej</b>	<b>8196</b>	KOLO BIEGA	Senior II M - 30	37	00:33:49	00:54:23	<b>01:24:12.30</b>	+00:39:53 (47.4%)	8:25	7.1 (52.6%)
135	<b>GREDA Mariusz</b>	<b>8099</b>		Masters M - 40	31	00:36:08	00:54:15	<b>01:24:14.20</b>	+00:39:55 (47.4%)	8:25	7.1 (52.6%)
136	<b>PALKA Natalia</b>	<b>8385</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior I K - 20	11	00:33:47	00:55:05	<b>01:24:25.20</b>	+00:40:06 (47.5%)	8:26	7.1 (52.6%)
137	<b>JARUS Andrzej</b>	<b>8411</b>	WKURW_TEAM	Masters M - 40	32	00:34:42	00:54:04	<b>01:24:30.30</b>	+00:40:11 (47.6%)	8:27	7.1 (52.6%)
138	<b>WENTYKIER Beata</b>	<b>8024</b>		Masters K - 40	8	00:33:00	00:52:41	<b>01:24:35.25</b>	+00:40:16 (47.6%)	8:27	7.1 (52.6%)
139	<b>SAMOLAK Maciek</b>	<b>8362</b>		Masters M - 40	33	00:34:27	00:53:48	<b>01:24:43.15</b>	+00:40:24 (47.7%)	8:28	7.1 (52.6%)
140	<b>GRĘDA Elżbieta</b>	<b>8100</b>	TIM JEST TIM	Masters K - 40	9	00:34:19	00:55:17	<b>01:24:47.30</b>	+00:40:28 (47.7%)	8:28	7.1 (52.6%)
141	<b>KOSTYK Grzegorz</b>	<b>8331</b>		Masters M - 40	34	00:32:06	00:51:25	<b>01:25:03.95</b>	+00:40:45 (47.9%)	8:30	7.1 (52.6%)
142	<b>MRÓZ Marta</b>	<b>8174</b>		Senior I K - 20	12	00:33:01	00:51:55	<b>01:25:04.60</b>	+00:40:46 (47.9%)	8:30	7.1 (52.6%)
143	<b>DOLECKA Elżbieta</b>	<b>8377</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	10	00:34:09	00:53:03	<b>01:25:19.00</b>	+00:41:00 (48.1%)	8:31	7 (51.9%)
144	<b>SKAWINA POŁEĆ Anna</b>	<b>8286</b>		Senior II K - 30	9	00:35:15	00:54:19	<b>01:25:30.20</b>	+00:41:11 (48.2%)	8:33	7 (51.9%)
145	<b>GRĄDZKA Marianna</b>	<b>8290</b>		Senior I K - 20	13	00:37:28	00:57:00	<b>01:25:47.30</b>	+00:41:28 (48.4%)	8:34	7 (51.9%)
146	<b>MAZIAREK Adela</b>	<b>8009</b>		Senior II K - 30	10	00:35:11	00:54:08	<b>01:25:54.60</b>	+00:41:36 (48.4%)	8:35	7 (51.9%)
147	<b>GŁÓWKA Barbara</b>	<b>8284</b>		Senior II K - 30	11	00:35:04	00:55:03	<b>01:26:03.90</b>	+00:41:45 (48.5%)	8:36	7 (51.9%)
148	<b>GŁUCHOWSKA Ewelina</b>	<b>8293</b>		Senior II K - 30	12	00:35:03	00:55:09	<b>01:26:09.75</b>	+00:41:51 (48.6%)	8:37	7 (51.9%)
149	<b>CIEŚLIŃSKA Katarzyna</b>	<b>8146</b>		Senior II K - 30	13	00:33:32	00:53:18	<b>01:26:16.85</b>	+00:41:58 (48.6%)	8:37	7 (51.9%)
150	<b>MAŁKOWSKI Piotr</b>	<b>8159</b>		Weteran II M - 60	4	00:34:36	00:54:56	<b>01:26:36.90</b>	+00:42:18 (48.8%)	8:39	6.9 (51.1%)
151	<b>TADROWSKI Tomasz</b>	<b>8096</b>		Masters M - 40	35	00:35:16	00:54:29	<b>01:26:58.00</b>	+00:42:39 (49.1%)	8:41	6.9 (51.1%)
152	<b>MAJ Marek</b>	<b>8153</b>	ŚLĘZAK TEAM	Masters M - 40	36	00:36:26	00:55:26	<b>01:27:12.00</b>	+00:42:53 (49.2%)	8:43	6.9 (51.1%)
153	<b>ABULEWICZ Wojciech</b>	<b>8044</b>	TRENING STUDIO 17	Weteran I M - 50	7	00:34:02	00:54:16	<b>01:27:12.45</b>	+00:42:54 (49.2%)	8:43	6.9 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
154	<b>KONCA Aleksander</b>	<b>8081</b>	603779236	Senior I M - 20	32	00:37:30	00:56:19	<b>01:27:16.30</b>	+00:42:57 (49.2%)	8:43	6.9 (51.1%)
155	<b>HAUSER-GIERS Monika</b>	<b>8041</b>	KOŚCIAN TEAM	Masters K - 40	11	00:34:02	00:53:53	<b>01:27:16.40</b>	+00:42:58 (49.2%)	8:43	6.9 (51.1%)
156	<b>MICHAŁEK Jarosław</b>	<b>8363</b>	ONE WAY TICKET	Weteran I M - 50	8	00:36:15	00:55:02	<b>01:27:27.80</b>	+00:43:09 (49.3%)	8:44	6.9 (51.1%)
157	<b>BAGIŃSKI Marek</b>	<b>8347</b>	APTENEO RUNNING TEAM	Weteran I M - 50	9	00:34:21	00:53:25	<b>01:27:56.15</b>	+00:43:37 (49.6%)	8:47	6.8 (50.4%)
158	<b>JASKÓŁKA Rafał</b>	<b>8029</b>		Senior II M - 30	38	00:35:09	00:56:19	<b>01:28:01.75</b>	+00:43:43 (49.7%)	8:48	6.8 (50.4%)
159	<b>OCHEJ Joanna</b>	<b>8376</b>	APTENEO RUNNING TEAM	Senior II K - 30	14	00:35:03	00:55:36	<b>01:28:10.20</b>	+00:43:51 (49.7%)	8:49	6.8 (50.4%)
160	<b>JASKÓŁKA Hubert</b>	<b>8078</b>	AMATOR	Weteran II M - 60	5	00:35:25	00:56:35	<b>01:28:15.90</b>	+00:43:57 (49.8%)	8:49	6.8 (50.4%)
161	<b>GACH Marcin</b>	<b>8315</b>	TEAM TI-RIN-TIN	Senior I M - 20	33	00:35:18	00:54:58	<b>01:28:16.65</b>	+00:43:58 (49.8%)	8:49	6.8 (50.4%)
162	<b>CIEŚLAK Magdalena</b>	<b>8302</b>	CIEŚLAK TEAM	Senior II K - 30	15	00:34:03	00:53:56	<b>01:28:16.70</b>	+00:43:58 (49.8%)	8:49	6.8 (50.4%)
163	<b>MARTYNIAK Rafał</b>	<b>8232</b>		Senior II M - 30	39	00:35:33	00:56:30	<b>01:28:21.55</b>	+00:44:03 (49.9%)	8:50	6.8 (50.4%)
164	<b>UPTAS Tomasz</b>	<b>8258</b>		Masters M - 40	37	00:34:32	00:55:34	<b>01:28:28.75</b>	+00:44:10 (49.9%)	8:50	6.8 (50.4%)
165	<b>LEWANDOWSKI Tadeusz</b>	<b>8213</b>	1949 WKB PIAST WROCŁAW	Weteran III M - 70	1	00:36:06	00:56:25	<b>01:28:44.15</b>	+00:44:25 (50.1%)	8:52	6.8 (50.4%)
166	<b>HUTNIK Wojciech</b>	<b>8375</b>	APTENEO RUNNING TEAM	Senior II M - 30	40	00:37:39	00:57:37	<b>01:28:45.45</b>	+00:44:27 (50.1%)	8:52	6.8 (50.4%)
167	<b>MODZELEWSKA Anna</b>	<b>8181</b>		Senior I K - 20	14	00:34:57	00:54:12	<b>01:28:53.90</b>	+00:44:35 (50.2%)	8:53	6.8 (50.4%)
168	<b>ROGOWSKI Robert</b>	<b>8419</b>		Masters M - 40	38	00:35:15	00:56:00	<b>01:29:01.60</b>	+00:44:43 (50.2%)	8:54	6.7 (49.6%)
169	<b>PIATEK Magdalena</b>	<b>8237</b>	PROGRES	Senior II K - 30	16	00:34:11	00:58:37	<b>01:29:08.95</b>	+00:44:50 (50.3%)	8:54	6.7 (49.6%)
170	<b>KUBÓW Jarek</b>	<b>8301</b>		Senior II M - 30	41	00:34:00	00:55:44	<b>01:29:24.60</b>	+00:45:06 (50.4%)	8:56	6.7 (49.6%)
171	<b>ADAMSKA Sylwia</b>	<b>8275</b>		Senior II K - 30	17	00:36:29	00:56:48	<b>01:29:25.50</b>	+00:45:07 (50.5%)	8:56	6.7 (49.6%)
172	<b>SKAWINA Krystyna</b>	<b>8026</b>	TOPOLICE TEAM	Senior II K - 30	18	00:35:18	00:54:07	<b>01:29:55.60</b>	+00:45:37 (50.7%)	8:59	6.7 (49.6%)
173	<b>ROGÓŻ Jan</b>	<b>8122</b>		Senior I M - 20	34	00:41:01	01:00:10	<b>01:30:00.05</b>	+00:45:41 (50.8%)	9:00	6.7 (49.6%)
174	<b>TEKIELI Ewelina</b>	<b>8018</b>	TEKIELI FAMILY	Masters K - 40	12	00:35:00	00:55:40	<b>01:30:02.40</b>	+00:45:44 (50.8%)	9:00	6.7 (49.6%)
175	<b>PIGUŁA Agnieszka</b>	<b>8356</b>		Masters K - 40	13	00:36:17	00:57:14	<b>01:30:07.85</b>	+00:45:49 (50.8%)	9:00	6.7 (49.6%)
176	<b>JOŃCZYK Paula</b>	<b>8106</b>		Senior I K - 20	15	00:37:17	00:57:42	<b>01:30:15.25</b>	+00:45:56 (50.9%)	9:01	6.6 (48.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
177	<b>PFAJFER Marek</b>	<b>8125</b>	MARATONYPOLSKIE.PL TEAM	Senior II M - 30	42	00:38:08	00:58:35	<b>01:30:17.75</b>	+00:45:59 (50.9%)	9:01	6.6 (48.9%)
178	<b>BURY Roman</b>	<b>8152</b>		Masters M - 40	39	00:35:58	00:56:26	<b>01:30:20.15</b>	+00:46:01 (51.0%)	9:02	6.6 (48.9%)
179	<b>RAPACZ-TOPIŁKO Anna</b>	<b>8360</b>		Masters K - 40	14	00:36:41	00:57:33	<b>01:30:30.40</b>	+00:46:12 (51.0%)	9:03	6.6 (48.9%)
180	<b>PLOK Krzysztof</b>	<b>8257</b>	TEAMPLOK	Weteran I M - 50	10	00:36:53	00:58:44	<b>01:30:33.25</b>	+00:46:14 (51.1%)	9:03	6.6 (48.9%)
181	<b>STASIAK Łukasz</b>	<b>8221</b>	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	43	00:36:45	00:56:44	<b>01:30:33.55</b>	+00:46:15 (51.1%)	9:03	6.6 (48.9%)
182	<b>LUBAŃSKA Alicja</b>	<b>8033</b>		Weteran K - 50	3	00:36:09	00:56:51	<b>01:30:36.15</b>	+00:46:17 (51.1%)	9:03	6.6 (48.9%)
183	<b>DERBICH Mariusz</b>	<b>8391</b>	KOWALEW	Masters M - 40	40	00:36:42	00:57:57	<b>01:30:38.30</b>	+00:46:19 (51.1%)	9:03	6.6 (48.9%)
184	<b>MERAK Krzysztof</b>	<b>8240</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	41	00:37:10	00:58:06	<b>01:30:40.15</b>	+00:46:21 (51.1%)	9:04	6.6 (48.9%)
185	<b>KORYTNY Tomasz</b>	<b>8355</b>	FRIENDS GOSTYŃ	Masters M - 40	42	00:34:42	00:57:57	<b>01:31:11.70</b>	+00:46:53 (51.4%)	9:07	6.6 (48.9%)
186	<b>PODJUK Patryk</b>	<b>8191</b>	FRIENDS GOSTYŃ	Senior I M - 20	35	00:35:49	00:57:14	<b>01:31:20.85</b>	+00:47:02 (51.5%)	9:08	6.6 (48.9%)
187	<b>BŁAŻKÓW Gosia</b>	<b>8388</b>		Senior II K - 30	19	00:34:11	00:58:03	<b>01:31:23.85</b>	+00:47:05 (51.5%)	9:08	6.6 (48.9%)
188	<b>HOTAŁA Marta</b>	<b>8238</b>		Senior II K - 30	20	00:35:47	00:58:11	<b>01:31:30.75</b>	+00:47:12 (51.6%)	9:09	6.6 (48.9%)
189	<b>BIŃCZARSKA Monika</b>	<b>8015</b>		Senior II K - 30	21	00:33:59	00:56:48	<b>01:31:31.15</b>	+00:47:12 (51.6%)	9:09	6.6 (48.9%)
190	<b>BRZEZIŃSKI Andrzej</b>	<b>8013</b>		Weteran II M - 60	6	00:37:44	00:58:19	<b>01:31:43.60</b>	+00:47:25 (51.7%)	9:10	6.5 (48.1%)
191	<b>CHYLIŃSKI Bartosz</b>	<b>8227</b>		Senior II M - 30	44	00:35:59	00:57:40	<b>01:31:56.05</b>	+00:47:37 (51.8%)	9:11	6.5 (48.1%)
192	<b>SŁODKIEWICZ Dagmara</b>	<b>8223</b>		Senior II K - 30	22	00:37:21	00:58:57	<b>01:32:05.85</b>	+00:47:47 (51.9%)	9:12	6.5 (48.1%)
193	<b>RĄCZKOWIAK Mateusz</b>	<b>8216</b>	MATNERRUNNINGTEAM	Senior II M - 30	45	00:36:04	00:58:04	<b>01:32:06.70</b>	+00:47:48 (51.9%)	9:12	6.5 (48.1%)
194	<b>TRZEŚNIEWSKI Krzysztof</b>	<b>8280</b>	VEGE RUNNERS	Senior II M - 30	46	00:35:22	00:57:47	<b>01:32:10.45</b>	+00:47:52 (51.9%)	9:13	6.5 (48.1%)
195	<b>MIKOŁAJCZAK Rafał</b>	<b>8343</b>	FRIENDS GOSTYŃ	Masters M - 40	43	00:35:46	00:59:40	<b>01:32:22.75</b>	+00:48:04 (52.0%)	9:14	6.5 (48.1%)
196	<b>MIKOŁAJCZAK Agnieszka</b>	<b>8344</b>	FRIENDS GOSTYŃ	Masters K - 40	15	00:35:54	00:59:50	<b>01:32:32.05</b>	+00:48:13 (52.1%)	9:15	6.5 (48.1%)
197	<b>BISKUPSKI Jakub</b>	<b>8373</b>		Masters M - 40	44	00:37:04	00:59:25	<b>01:32:37.20</b>	+00:48:18 (52.2%)	9:15	6.5 (48.1%)
198	<b>HORODYŃSKA Mirosława</b>	<b>8339</b>	KOTWICA BRZEG	Masters K - 40	16	00:36:38	00:59:14	<b>01:32:37.95</b>	+00:48:19 (52.2%)	9:15	6.5 (48.1%)
199	<b>BUTRYM Iga</b>	<b>8409</b>		Senior I K - 20	16	00:37:21	00:59:39	<b>01:32:48.50</b>	+00:48:30 (52.3%)	9:16	6.5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
200	<b>PAINTA Ewa</b>	<b>8402</b>		Senior II K - 30	23	00:36:39	00:59:32	<b>01:32:54.10</b>	+00:48:35 (52.3%)	9:17	6.5 (48.1%)
201	<b>GUTOWSKI Piotr</b>	<b>8294</b>		Senior II M - 30	47	00:35:49	00:58:24	<b>01:32:59.60</b>	+00:48:41 (52.4%)	9:18	6.5 (48.1%)
202	<b>CIESIELCZYK Marek</b>	<b>8070</b>	TKKF MPK POZNAŃ	Weteran I M - 50	11	00:36:40	00:59:15	<b>01:33:00.35</b>	+00:48:42 (52.4%)	9:18	6.5 (48.1%)
203	<b>MĘTLAK Małgorzata</b>	<b>8264</b>		Senior I K - 20	17	00:39:02	01:00:34	<b>01:33:02.50</b>	+00:48:44 (52.4%)	9:18	6.4 (47.4%)
204	<b>SZALA Janusz</b>	<b>8211</b>		Weteran II M - 60	7	00:36:35	00:58:12	<b>01:33:05.05</b>	+00:48:46 (52.4%)	9:18	6.4 (47.4%)
205	<b>GALEWSKI Mariusz</b>	<b>8040</b>		Weteran I M - 50	12	00:38:10	00:59:00	<b>01:33:06.05</b>	+00:48:47 (52.4%)	9:18	6.4 (47.4%)
206	<b>WENTYKIER Piotr</b>	<b>8017</b>		Masters M - 40	45	00:37:45	00:59:07	<b>01:33:10.60</b>	+00:48:52 (52.4%)	9:19	6.4 (47.4%)
207	<b>PUCHALSKA Magdalena</b>	<b>8089</b>		Senior II K - 30	24	00:37:23	00:57:03	<b>01:33:16.00</b>	+00:48:57 (52.5%)	9:19	6.4 (47.4%)
208	<b>MAŁECKI Kamil</b>	<b>8274</b>		Senior II M - 30	48	00:34:46	00:59:48	<b>01:33:18.65</b>	+00:49:00 (52.5%)	9:19	6.4 (47.4%)
209	<b>TEKIELA Łukasz</b>	<b>8046</b>		Senior II M - 30	49	00:36:33	00:57:12	<b>01:33:20.15</b>	+00:49:01 (52.5%)	9:20	6.4 (47.4%)
210	<b>STAŃCZAK Paweł</b>	<b>8269</b>		Weteran I M - 50	13	00:38:05	00:58:36	<b>01:33:44.70</b>	+00:49:26 (52.7%)	9:22	6.4 (47.4%)
211	<b>GULCZYŃSKI Dawid</b>	<b>8400</b>		Senior II M - 30	50	00:36:08	00:57:19	<b>01:33:52.45</b>	+00:49:34 (52.8%)	9:23	6.4 (47.4%)
212	<b>MATUKIN-SZUMLIŃSKA Aleksandra</b>	<b>8334</b>		Senior II K - 30	25	00:38:22	01:00:01	<b>01:34:11.25</b>	+00:49:52 (53.0%)	9:25	6.4 (47.4%)
213	<b>ŁOBASIUK Iwona</b>	<b>8382</b>	FUNDACJA KIERUNEK ULTRA	Masters K - 40	17	00:37:58	00:59:31	<b>01:34:17.00</b>	+00:49:58 (53.0%)	9:25	6.4 (47.4%)
214	<b>CELICHOWSKI Stanisław</b>	<b>8206</b>		Senior II M - 30	51	00:39:41	00:59:37	<b>01:34:31.15</b>	+00:50:12 (53.1%)	9:27	6.3 (46.7%)
215	<b>TURAJ-KACZYŃSKA Małgorzata</b>	<b>8113</b>	GUSTAW TEŻ BIEGA	Masters K - 40	18	00:35:16	00:57:54	<b>01:34:50.85</b>	+00:50:32 (53.3%)	9:29	6.3 (46.7%)
216	<b>ŁYGASŁO Paulina</b>	<b>8421</b>		Senior I K - 20	18	00:37:59	01:01:15	<b>01:34:52.00</b>	+00:50:33 (53.3%)	9:29	6.3 (46.7%)
217	<b>MARON Agnieszka</b>	<b>8321</b>	ADIDAS RUNNERS WARSAW / JACK TEAM	Masters K - 40	19	00:37:21	00:59:48	<b>01:34:54.15</b>	+00:50:35 (53.3%)	9:29	6.3 (46.7%)
218	<b>TUREK Paulina</b>	<b>8128</b>	PRORUNNING PROMOTION	Senior II K - 30	26	00:37:46	01:00:13	<b>01:34:56.90</b>	+00:50:38 (53.3%)	9:29	6.3 (46.7%)
219	<b>KAWCZYŃSKA Monika</b>	<b>8279</b>	GUSTAW TEŻ BIEGA	Masters K - 40	20	00:35:20	00:58:01	<b>01:34:58.35</b>	+00:50:40 (53.3%)	9:29	6.3 (46.7%)
220	<b>FRAŃSKI Łukasz</b>	<b>8007</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	46	00:40:19	01:01:54	<b>01:35:26.45</b>	+00:51:08 (53.6%)	9:32	6.3 (46.7%)
221	<b>KWIECIEŃ Dorota</b>	<b>8115</b>		Masters K - 40	21	00:39:53	01:01:35	<b>01:35:32.05</b>	+00:51:13 (53.6%)	9:33	6.3 (46.7%)
222	<b>KAJDANIAK Paulina</b>	<b>8192</b>		Masters K - 40	22	00:39:45	01:02:55	<b>01:35:33.70</b>	+00:51:15 (53.6%)	9:33	6.3 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
223	<b>TABACZYŃSKA Monika</b>	<b>8288</b>		Senior I K - 20	19	00:38:55	01:01:57	<b>01:36:04.20</b>	+00:51:45 (53.9%)	9:36	6.2 (45.9%)
224	<b>KORF Tomasz</b>	<b>8059</b>		Senior II M - 30	52	00:39:44	01:00:38	<b>01:36:16.80</b>	+00:51:58 (54.0%)	9:37	6.2 (45.9%)
225	<b>KORF Weronika</b>	<b>8058</b>		Senior II K - 30	27	00:39:44	01:00:55	<b>01:36:24.60</b>	+00:52:06 (54.0%)	9:38	6.2 (45.9%)
226	<b>CYRWUS Jakub</b>	<b>8326</b>	RÓŻOWE LANDRYNY	Senior I M - 20	36	00:38:40	01:03:29	<b>01:36:29.70</b>	+00:52:11 (54.1%)	9:39	6.2 (45.9%)
227	<b>RATAJSKA Monika</b>	<b>8296</b>		Senior I K - 20	20	00:38:42	01:03:32	<b>01:36:36.80</b>	+00:52:18 (54.1%)	9:39	6.2 (45.9%)
228	<b>SOBCZAK Aleksander</b>	<b>8154</b>	BIELAWSKA AKADEMIA BIEGANIA	Senior II M - 30	53	00:39:41	01:03:48	<b>01:36:41.75</b>	+00:52:23 (54.2%)	9:40	6.2 (45.9%)
229	<b>SZCZOTKA Katarzyna</b>	<b>8002</b>		Senior I K - 20	21	00:40:12	01:01:49	<b>01:36:48.35</b>	+00:52:30 (54.2%)	9:40	6.2 (45.9%)
230	<b>SZYMAŁA Karolina</b>	<b>8351</b>		Senior I K - 20	22	00:38:20	01:00:30	<b>01:36:52.75</b>	+00:52:34 (54.3%)	9:41	6.2 (45.9%)
231	<b>KUCZYŃSKA Małgorzata</b>	<b>8199</b>	INSULA ZAWONIA TEAM	Masters K - 40	23	00:37:50	00:59:30	<b>01:37:01.60</b>	+00:52:43 (54.3%)	9:42	6.2 (45.9%)
232	<b>GAJDA Mateusz</b>	<b>8039</b>	SPRÓCHNIALI HERKULESI	Senior II M - 30	54	00:39:39	01:00:58	<b>01:37:03.85</b>	+00:52:45 (54.4%)	9:42	6.2 (45.9%)
233	<b>MARCINIAK Paulina</b>	<b>8209</b>		Senior II K - 30	28	00:38:40	01:02:28	<b>01:37:13.20</b>	+00:52:54 (54.4%)	9:43	6.2 (45.9%)
234	<b>KUSTRA Klaudia</b>	<b>8207</b>		Senior II K - 30	29	00:37:24	01:00:15	<b>01:37:44.40</b>	+00:53:26 (54.7%)	9:46	6.1 (45.2%)
235	<b>SZUBA Dagmara</b>	<b>8380</b>		Masters K - 40	24	00:40:53	01:03:11	<b>01:38:22.45</b>	+00:54:04 (55.0%)	9:50	6.1 (45.2%)
236	<b>WILK Tomasz</b>	<b>8060</b>		Senior II M - 30	55	00:38:35	01:02:59	<b>01:38:36.80</b>	+00:54:18 (55.1%)	9:51	6.1 (45.2%)
237	<b>UCHEREK Kinga</b>	<b>8031</b>		Masters K - 40	25	00:39:21	01:01:45	<b>01:38:38.65</b>	+00:54:20 (55.1%)	9:51	6.1 (45.2%)
238	<b>DOMOSŁAWSKI Paweł</b>	<b>8218</b>		Weteran I M - 50	14	00:38:28	01:01:14	<b>01:38:51.00</b>	+00:54:32 (55.2%)	9:53	6.1 (45.2%)
239	<b>KRYCH Joanna</b>	<b>8215</b>		Masters K - 40	26	00:39:02	01:01:56	<b>01:38:56.05</b>	+00:54:37 (55.2%)	9:53	6.1 (45.2%)
240	<b>KAŁKA Marcin</b>	<b>8394</b>		Senior II M - 30	56	00:38:28	01:01:32	<b>01:39:11.20</b>	+00:54:52 (55.3%)	9:55	6 (44.4%)
241	<b>BĄCZKOWSKA Grażyna</b>	<b>8297</b>	POLACY BIEGAJĄ W NL	Masters K - 40	27	00:37:41	01:00:04	<b>01:39:51.30</b>	+00:55:32 (55.6%)	9:59	6 (44.4%)
242	<b>PELCZER Agnieszka</b>	<b>8035</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	28	00:39:47	01:03:55	<b>01:39:56.45</b>	+00:55:38 (55.7%)	9:59	6 (44.4%)
243	<b>GAJEWSKA Magdalena</b>	<b>8267</b>	LAFIRYNDY I GAMONIE	Masters K - 40	29	00:39:54	01:03:25	<b>01:39:58.40</b>	+00:55:40 (55.7%)	9:59	6 (44.4%)
244	<b>HELMAN Filip</b>	<b>8169</b>		Senior I M - 20	37	00:39:34	01:02:50	<b>01:40:10.70</b>	+00:55:52 (55.8%)	10:01	6 (44.4%)
244	<b>OLSZEWSKA Natalia</b>	<b>8179</b>		Senior I K - 20	23	00:38:00	01:01:50	<b>01:40:10.70</b>	+00:55:52 (55.8%)	10:01	6 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
246	<b>FILAWSKA Agata</b>	<b>8050</b>		Senior I K - 20	24	00:38:09	01:02:01	<b>01:40:21.25</b>	+00:56:02 (55.9%)	10:02	6 (44.4%)
247	<b>STĘPIEŃ Małgorzata</b>	<b>8246</b>		Senior II K - 30	30	00:38:33	01:01:59	<b>01:40:27.15</b>	+00:56:08 (55.9%)	10:02	6 (44.4%)
248	<b>DZIEKOŃSKA Magdalena</b>	<b>8049</b>	KU PRZYGDZIE	Senior II K - 30	31	00:38:19	01:02:09	<b>01:40:30.55</b>	+00:56:12 (55.9%)	10:03	6 (44.4%)
249	<b>ŁUSIAK Ewa</b>	<b>8187</b>	KNEIPTEAM	Masters K - 40	30	00:42:24	01:04:07	<b>01:40:42.70</b>	+00:56:24 (56.0%)	10:04	6 (44.4%)
250	<b>PACIOREK Paweł</b>	<b>8131</b>	PAWKO RUNNER TEAM	Masters M - 40	47	00:39:13	01:03:36	<b>01:40:56.35</b>	+00:56:38 (56.1%)	10:05	5.9 (43.7%)
251	<b>BALICKI Jacek</b>	<b>8276</b>	BIEGACZ NOWOSOLNA	Weteran I M - 50	15	00:42:52	01:05:16	<b>01:41:02.80</b>	+00:56:44 (56.2%)	10:06	5.9 (43.7%)
252	<b>BAJSAROWICZ Zuzanna</b>	<b>8201</b>		Senior II K - 30	32	00:42:12	01:05:22	<b>01:41:20.60</b>	+00:57:02 (56.3%)	10:08	5.9 (43.7%)
253	<b>PĘCZKOWSKA Magdalena</b>	<b>8051</b>		Masters K - 40	31	00:40:04	01:03:37	<b>01:41:43.85</b>	+00:57:25 (56.4%)	10:10	5.9 (43.7%)
254	<b>SZKUDLAREK Arkadiusz</b>	<b>8289</b>		Masters M - 40	48	00:39:36	01:02:50	<b>01:42:11.55</b>	+00:57:53 (56.6%)	10:13	5.9 (43.7%)
255	<b>ŻUKIEWICZ Krzysztof</b>	<b>8163</b>	TKKF MPK POZNAŃ	Masters M - 40	49	00:41:19	01:05:31	<b>01:42:55.70</b>	+00:58:37 (57.0%)	10:17	5.8 (43.0%)
256	<b>JERMAK Anna</b>	<b>8097</b>	BOHAR PALETY RUNNERS	Masters K - 40	32	00:41:02	01:05:16	<b>01:43:07.55</b>	+00:58:49 (57.0%)	10:18	5.8 (43.0%)
257	<b>KIELASZEWSKI Mirosław</b>	<b>8188</b>		Weteran II M - 60	8	00:41:32	01:02:54	<b>01:43:24.55</b>	+00:59:06 (57.2%)	10:20	5.8 (43.0%)
258	<b>SAMULSKA Agata</b>	<b>8324</b>		Weteran K - 50	4	00:39:41	01:05:17	<b>01:43:26.05</b>	+00:59:07 (57.2%)	10:20	5.8 (43.0%)
259	<b>NIECHAJ Anna</b>	<b>8036</b>	POMIDOROWA ALTERNATYWA	Masters K - 40	33	00:41:58	01:07:42	<b>01:43:29.45</b>	+00:59:11 (57.2%)	10:21	5.8 (43.0%)
260	<b>CHOJECKA Magdalena</b>	<b>8193</b>	ZBUCKI RUCH	Masters K - 40	34	00:42:15	01:05:38	<b>01:43:35.40</b>	+00:59:17 (57.2%)	10:21	5.8 (43.0%)
261	<b>RASZCZUK Martyna</b>	<b>8014</b>	POMIDOROWA ALTERNATYWA	Senior II K - 30	33	00:42:01	01:07:44	<b>01:43:42.90</b>	+00:59:24 (57.3%)	10:22	5.8 (43.0%)
262	<b>KIELASZEWSKI Karol</b>	<b>8272</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	57	00:42:33	01:03:24	<b>01:43:54.65</b>	+00:59:36 (57.4%)	10:23	5.8 (43.0%)
263	<b>PIASECKA Agata</b>	<b>8415</b>	ZAŁOGA GÓRSKA	Senior I K - 20	25	00:40:42	01:04:53	<b>01:44:13.15</b>	+00:59:54 (57.5%)	10:25	5.8 (43.0%)
264	<b>BREARD Emilie</b>	<b>8208</b>	TOUT CHAILLES COURT	Senior II K - 30	34	00:39:15	01:05:20	<b>01:44:15.80</b>	+00:59:57 (57.5%)	10:25	5.8 (43.0%)
265	<b>PIOTROWSKA ANCEW Joanna</b>	<b>8075</b>		Weteran K - 50	5	00:41:08	01:04:00	<b>01:44:23.20</b>	+01:00:04 (57.6%)	10:26	5.7 (42.2%)
266	<b>KONIECZNA Natalia</b>	<b>8149</b>	CHOSZCZEŃSKA DZIESIĄTKA	Senior I K - 20	26	00:42:43	01:05:29	<b>01:44:36.10</b>	+01:00:17 (57.6%)	10:27	5.7 (42.2%)
267	<b>ROGOWSKA Izabela</b>	<b>8418</b>	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	35	00:41:06	01:05:50	<b>01:44:48.10</b>	+01:00:29 (57.7%)	10:28	5.7 (42.2%)
268	<b>SOWIŃSKA Magdalena</b>	<b>8413</b>	BOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	36	00:40:52	01:06:05	<b>01:45:01.70</b>	+01:00:43 (57.8%)	10:30	5.7 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
269	<b>GAJEWSKA-POLAK Iwona</b>	<b>8323</b>		Weteran K - 50	6	00:42:34	01:05:43	<b>01:45:24.30</b>	+01:01:05 (58.0%)	10:32	5.7 (42.2%)
270	<b>JEDYNAK Monika</b>	<b>8252</b>		Senior I K - 20	27	00:40:47	01:07:14	<b>01:45:45.85</b>	+01:01:27 (58.1%)	10:34	5.7 (42.2%)
271	<b>LEŚNIEWSKI Tomek</b>	<b>8268</b>	LAFIRYNDY I GAMONIE	Masters M - 40	50	00:42:57	01:06:03	<b>01:45:46.65</b>	+01:01:28 (58.1%)	10:34	5.7 (42.2%)
272	<b>GÓRALSKI Krzysztof</b>	<b>8124</b>		Senior II M - 30	58	00:39:32	01:05:02	<b>01:45:48.00</b>	+01:01:29 (58.1%)	10:34	5.7 (42.2%)
273	<b>LEWANDOWSKA Patrycja</b>	<b>8248</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:43:01	01:08:03	<b>01:45:56.10</b>	+01:01:37 (58.2%)	10:35	5.7 (42.2%)
274	<b>TOMERA Dorota</b>	<b>8253</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	37	00:43:11	01:08:12	<b>01:46:05.95</b>	+01:01:47 (58.2%)	10:36	5.7 (42.2%)
275	<b>FOLARON Julia</b>	<b>8300</b>		Senior I K - 20	28	00:39:24	01:06:51	<b>01:46:14.50</b>	+01:01:56 (58.3%)	10:37	5.6 (41.5%)
276	<b>IMIŃSKI Cezary</b>	<b>8077</b>		Weteran I M - 50	16	00:41:27	01:06:01	<b>01:46:58.30</b>	+01:02:39 (58.6%)	10:41	5.6 (41.5%)
277	<b>KUCZYŃSKA Agnieszka</b>	<b>8220</b>	BIAŁYSTOK BIEGA TEAM	Masters K - 40	38	00:40:00	01:08:53	<b>01:47:21.45</b>	+01:03:03 (58.7%)	10:44	5.6 (41.5%)
278	<b>JANUR Joanna</b>	<b>8325</b>	RÓŻOWE LANDRYNY	Senior I K - 20	29	00:43:34	01:09:01	<b>01:47:28.25</b>	+01:03:09 (58.8%)	10:44	5.6 (41.5%)
279	<b>KIERAT Dominika</b>	<b>8306</b>		Senior II K - 30	36	00:41:24	01:05:35	<b>01:47:30.45</b>	+01:03:12 (58.8%)	10:45	5.6 (41.5%)
280	<b>CYBULA Ewa</b>	<b>8138</b>	X-TEAM	Senior II K - 30	37	00:41:47	01:07:36	<b>01:47:52.35</b>	+01:03:34 (58.9%)	10:47	5.6 (41.5%)
281	<b>KOŁACZ Mariusz</b>	<b>8266</b>	LAFIRYNDY I GAMONIE	Weteran I M - 50	17	00:41:58	01:06:39	<b>01:47:54.25</b>	+01:03:35 (58.9%)	10:47	5.6 (41.5%)
282	<b>BUGAJSKA-JUCHA Renata</b>	<b>8200</b>	CARBO ASECURA/CA AKTYWNI	Masters K - 40	39	00:43:22	01:07:42	<b>01:48:02.80</b>	+01:03:44 (59.0%)	10:48	5.6 (41.5%)
283	<b>KOWALCZYK Dawid</b>	<b>8108</b>		Senior II M - 30	59	00:44:26	01:08:26	<b>01:48:04.55</b>	+01:03:46 (59.0%)	10:48	5.6 (41.5%)
284	<b>WILGUS-KUBICA Katarzyna</b>	<b>8210</b>		Masters K - 40	40	00:43:35	01:07:50	<b>01:48:10.80</b>	+01:03:52 (59.0%)	10:49	5.5 (40.7%)
285	<b>SZYMAŁA Jan</b>	<b>8043</b>	NIEZRZESZONY KO	Weteran III M - 70	2	00:42:55	01:07:14	<b>01:48:15.95</b>	+01:03:57 (59.1%)	10:49	5.5 (40.7%)
286	<b>SZPUREK Anna</b>	<b>8365</b>	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	38	00:44:35	01:10:24	<b>01:48:20.60</b>	+01:04:02 (59.1%)	10:50	5.5 (40.7%)
287	<b>JAGUSZEWSKA Agnieszka</b>	<b>8109</b>		Senior II K - 30	39	00:44:46	01:08:46	<b>01:48:23.60</b>	+01:04:05 (59.1%)	10:50	5.5 (40.7%)
288	<b>PRASAL Konrad</b>	<b>8405</b>		Senior I M - 20	38	00:49:28	01:12:27	<b>01:48:34.40</b>	+01:04:16 (59.2%)	10:51	5.5 (40.7%)
289	<b>ŻOŁYNIAK Szymon</b>	<b>8330</b>		Masters M - 40	51	00:49:18	01:11:08	<b>01:48:38.85</b>	+01:04:20 (59.2%)	10:51	5.5 (40.7%)
290	<b>CHADZULIS Kostas</b>	<b>8195</b>		Senior II M - 30	60	00:43:40	01:08:15	<b>01:48:39.90</b>	+01:04:21 (59.2%)	10:52	5.5 (40.7%)
291	<b>WITKOWSKA Maria</b>	<b>8019</b>	KLUB KRÓLIKA STEFANA	Weteran II K - 60	1	00:44:25	01:08:33	<b>01:48:45.10</b>	+01:04:26 (59.3%)	10:52	5.5 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
292	ZIELIŃSKA - KASZAM Magdalena	8408		Masters K - 40	41	00:42:40	01:05:08	<b>01:48:54.75</b>	+01:04:36 (59.3%)	10:53	5.5 (40.7%)
293	KRÓL Mieczysław	8422		Masters M - 40	52	00:40:17	01:00:37	<b>01:49:05.60</b>	+01:04:47 (59.4%)	10:54	5.5 (40.7%)
294	STRZELCZYK Ilona	8047	KĘSY TEAM	Weteran K - 50	7	00:41:44	01:08:47	<b>01:49:07.30</b>	+01:04:48 (59.4%)	10:54	5.5 (40.7%)
295	NIESTERUK Paulina	8249		Senior II K - 30	40	00:41:00	01:08:08	<b>01:49:52.85</b>	+01:05:34 (59.7%)	10:59	5.5 (40.7%)
296	KOŁACZ Wiola	8265	LAFIRYNDY I GAMONIE	Masters K - 40	42	00:45:00	01:10:23	<b>01:50:27.50</b>	+01:06:09 (59.9%)	11:02	5.4 (40.0%)
297	MALISZ Agnieszka	8322		Senior II K - 30	41	00:44:00	01:07:11	<b>01:50:40.35</b>	+01:06:22 (60.0%)	11:04	5.4 (40.0%)
298	SŁOMKA Mariusz	8303		Senior II M - 30	61	00:35:28	01:01:38	<b>01:50:43.85</b>	+01:06:25 (60.0%)	11:04	5.4 (40.0%)
299	NOWAK Teresa	8386		Weteran II K - 60	2	00:42:33	01:10:02	<b>01:50:44.95</b>	+01:06:26 (60.0%)	11:04	5.4 (40.0%)
300	MAJ Magdalena	8004	GRAŻYŃKI OCR	Senior II K - 30	42	00:44:03	01:11:57	<b>01:50:52.60</b>	+01:06:34 (60.0%)	11:05	5.4 (40.0%)
301	RAJCZAK Monika	8166		Senior II K - 30	43	00:43:04	01:09:22	<b>01:50:58.60</b>	+01:06:40 (60.1%)	11:05	5.4 (40.0%)
302	KUŻNIAK Justyna	8142	KB SZAMOTUŁY	Masters K - 40	43	00:43:38	01:12:07	<b>01:51:13.90</b>	+01:06:55 (60.2%)	11:07	5.4 (40.0%)
303	MARIN IRIGARAY Alberto	8158		Senior II M - 30	62	00:43:36	01:09:45	<b>01:51:21.05</b>	+01:07:02 (60.2%)	11:08	5.4 (40.0%)
304	GÓRNA Małgorzata	8103		Senior II K - 30	44	00:43:42	01:10:01	<b>01:51:29.55</b>	+01:07:11 (60.3%)	11:08	5.4 (40.0%)
305	KOLBUS Julita	8236		Senior II K - 30	45	00:44:46	01:12:35	<b>01:51:33.05</b>	+01:07:14 (60.3%)	11:09	5.4 (40.0%)
306	DORDZIK Małgorzata	8337		Weteran II K - 60	3	00:44:12	01:09:35	<b>01:51:46.35</b>	+01:07:28 (60.4%)	11:10	5.4 (40.0%)
307	PLUTA Michalina	8189		Senior II K - 30	46	00:41:57	01:10:35	<b>01:51:48.30</b>	+01:07:29 (60.4%)	11:10	5.4 (40.0%)
308	JAKUBOWSKA Judyta	8038		Masters K - 40	44	00:43:42	01:10:36	<b>01:52:31.95</b>	+01:08:13 (60.6%)	11:15	5.3 (39.3%)
309	DANYLOVA Alina	8271		Senior II K - 30	47	00:46:10	01:12:01	<b>01:53:35.70</b>	+01:09:17 (61.0%)	11:21	5.3 (39.3%)
310	KMONK Magdalena	8052		Masters K - 40	45	00:42:47	01:11:20	<b>01:53:36.35</b>	+01:09:18 (61.0%)	11:21	5.3 (39.3%)
311	FIKSA Piotr	8185	WOJART TEAM	Masters M - 40	53	00:43:28	01:09:56	<b>01:53:49.95</b>	+01:09:31 (61.1%)	11:23	5.3 (39.3%)
312	OGRODNIK Anna	8102	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	48	00:46:21	01:12:41	<b>01:54:03.85</b>	+01:09:45 (61.2%)	11:24	5.3 (39.3%)
313	MATEJCZUK Julia	8401	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	30	00:44:30	01:11:32	<b>01:54:32.50</b>	+01:10:14 (61.3%)	11:27	5.2 (38.5%)
314	GAJDZIŃSKA Magdalena	8230	BIAŁYSTOK BIEGA TEAM	Masters K - 40	46	00:44:51	01:11:52	<b>01:54:53.40</b>	+01:10:35 (61.4%)	11:29	5.2 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
315	<b>KIEPURA Olga</b>	<b>8328</b>		Senior I K - 20	31	00:42:35	01:13:12	<b>01:55:02.20</b>	+01:10:43 (61.5%)	11:30	5.2 (38.5%)
316	<b>JANKOWSKI Rafał</b>	<b>8345</b>	KOŁO BIEGA	Senior II M - 30	63	00:49:45	01:16:26	<b>01:55:11.15</b>	+01:10:52 (61.5%)	11:31	5.2 (38.5%)
317	<b>BUCHALIK Patrycja</b>	<b>8366</b>		Senior I K - 20	32	00:42:43	01:13:22	<b>01:55:12.25</b>	+01:10:53 (61.5%)	11:31	5.2 (38.5%)
318	<b>TALAREK Robert</b>	<b>8233</b>	TELERANEK	Masters M - 40	54	00:45:41	01:13:21	<b>01:55:20.10</b>	+01:11:01 (61.6%)	11:32	5.2 (38.5%)
319	<b>WYSMOLINSKA Karolina</b>	<b>8319</b>		Masters K - 40	47	00:45:48	01:13:29	<b>01:55:25.05</b>	+01:11:06 (61.6%)	11:32	5.2 (38.5%)
320	<b>MRÓZ Radosław</b>	<b>8342</b>		Senior II M - 30	64	00:44:25	01:14:38	<b>01:55:26.55</b>	+01:11:08 (61.6%)	11:32	5.2 (38.5%)
321	<b>NADOBNIK Bartek</b>	<b>8120</b>	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior I M - 20	39	00:46:25	01:13:25	<b>01:55:39.60</b>	+01:11:21 (61.7%)	11:33	5.2 (38.5%)
322	<b>MRÓZ Anna</b>	<b>8341</b>		Senior II K - 30	49	00:54:48	01:17:27	<b>01:55:39.95</b>	+01:11:21 (61.7%)	11:34	5.2 (38.5%)
323	<b>MADAJ-LEJA Jagoda</b>	<b>8087</b>	LEJOWIE	Senior I K - 20	33	00:44:45	01:10:19	<b>01:55:45.85</b>	+01:11:27 (61.7%)	11:34	5.2 (38.5%)
324	<b>ŁUKASIK Natalia</b>	<b>8309</b>		Senior II K - 30	50	00:39:18	01:15:01	<b>01:55:50.10</b>	+01:11:31 (61.8%)	11:35	5.2 (38.5%)
325	<b>KRUPIŃSKA Wiola</b>	<b>8197</b>	TRUCHT TARCHOMIN TEAM	Senior I K - 20	34	00:52:54	01:17:32	<b>01:55:51.80</b>	+01:11:33 (61.8%)	11:35	5.2 (38.5%)
326	<b>SZWARGOT Marta</b>	<b>8119</b>	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior II K - 30	51	00:46:14	01:13:15	<b>01:55:59.65</b>	+01:11:41 (61.8%)	11:35	5.2 (38.5%)
327	<b>ENGEL-ABULEWICZ Elżbieta</b>	<b>8261</b>	TRENING STUDIO 17	Weteran K - 50	8	00:44:38	01:12:22	<b>01:56:12.70</b>	+01:11:54 (61.9%)	11:37	5.2 (38.5%)
328	<b>GAGAS Aleksandra</b>	<b>8372</b>		Masters K - 40	48	00:44:10	01:13:45	<b>01:56:23.80</b>	+01:12:05 (61.9%)	11:38	5.2 (38.5%)
329	<b>LASEK Karina</b>	<b>8184</b>		Senior II K - 30	52	00:44:34	01:13:55	<b>01:56:33.45</b>	+01:12:15 (62.0%)	11:39	5.1 (37.8%)
330	<b>WIELADEK Lukasz</b>	<b>8132</b>		Senior II M - 30	65	00:46:35	01:16:33	<b>01:57:59.40</b>	+01:13:41 (62.4%)	11:47	5.1 (37.8%)
331	<b>STAWSKA-KISIAŁA Natalia</b>	<b>8083</b>		Senior II K - 30	53	00:46:06	01:14:37	<b>01:58:03.90</b>	+01:13:45 (62.5%)	11:48	5.1 (37.8%)
332	<b>KISIAŁA Filip</b>	<b>8079</b>	LACHO TEAM	Masters M - 40	55	00:46:16	01:14:27	<b>01:58:13.05</b>	+01:13:54 (62.5%)	11:49	5.1 (37.8%)
333	<b>SŁONINA-TAMUL Olga</b>	<b>8295</b>	ZAŁOGA GÓRSKA	Senior I K - 20	35	00:49:15	01:15:59	<b>01:58:16.65</b>	+01:13:58 (62.5%)	11:49	5.1 (37.8%)
334	<b>DOMBROWSKI Maciej</b>	<b>8371</b>	ATTIQ TEAM	Senior II M - 30	66	00:49:58	01:16:10	<b>01:58:26.60</b>	+01:14:08 (62.6%)	11:50	5.1 (37.8%)
335	<b>WIELĄDEK Piotr</b>	<b>8130</b>		Senior II M - 30	67	00:48:54	01:17:53	<b>01:58:34.80</b>	+01:14:16 (62.6%)	11:51	5.1 (37.8%)
336	<b>BŁĄDEK-GRZELCZAK Katarzyna</b>	<b>8198</b>		Weteran K - 50	9	00:46:46	01:14:05	<b>01:59:55.90</b>	+01:15:37 (63.1%)	11:59	5 (37.0%)
337	<b>WINIARSKA Monika</b>	<b>8042</b>	DXTREEM RUNNING	Masters K - 40	49	00:44:20	01:13:05	<b>02:01:35.95</b>	+01:17:17 (63.6%)	12:09	4.9 (36.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
338	<b>RYDZYŃSKI Jacek</b>	<b>8310</b>	KNEIPPTEAM	Senior II M - 30	68	00:47:13	01:14:01	<b>02:02:30.85</b>	+01:18:12 (63.8%)	12:15	4.9 (36.3%)
339	<b>LOJOWSKI Bartosz</b>	<b>8082</b>		Senior II M - 30	69	00:47:00	01:16:31	<b>02:03:34.05</b>	+01:19:15 (64.1%)	12:21	4.9 (36.3%)
340	<b>PAWŁOWICZ Julia</b>	<b>8406</b>		Senior I K - 20	36	00:49:37	01:18:42	<b>02:03:42.95</b>	+01:19:24 (64.2%)	12:22	4.8 (35.6%)
341	<b>RAKUS Justyna</b>	<b>8006</b>		Masters K - 40	50	00:48:54	01:18:20	<b>02:03:45.35</b>	+01:19:27 (64.2%)	12:22	4.8 (35.6%)
342	<b>BOBIN Anna</b>	<b>8055</b>	ZOCHU TEAM	Masters K - 40	51	00:47:23	01:19:08	<b>02:03:50.85</b>	+01:19:32 (64.2%)	12:23	4.8 (35.6%)
343	<b>MACUR Agnieszka</b>	<b>8088</b>		Masters K - 40	52	00:47:19	01:16:48	<b>02:03:53.85</b>	+01:19:35 (64.2%)	12:23	4.8 (35.6%)
344	<b>GONERA Janina</b>	<b>8010</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:50:20	01:19:33	<b>02:04:26.60</b>	+01:20:08 (64.4%)	12:26	4.8 (35.6%)
345	<b>MRÓZ Izabela</b>	<b>8338</b>	WOLNE ŚLIMAKI	Senior II K - 30	54	00:50:16	01:20:31	<b>02:05:52.80</b>	+01:21:34 (64.8%)	12:35	4.8 (35.6%)
346	<b>FRAĆKOWIAK Anna</b>	<b>8034</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran K - 50	10	00:50:06	01:19:24	<b>02:06:20.30</b>	+01:22:01 (64.9%)	12:38	4.7 (34.8%)
347	<b>LASEK Jakub</b>	<b>8141</b>	KW OPOLE	Senior II M - 30	70	00:51:46	01:22:17	<b>02:06:24.50</b>	+01:22:06 (65.0%)	12:38	4.7 (34.8%)
348	<b>POSPIESZNA Anna</b>	<b>8224</b>		Senior II K - 30	55	00:51:18	01:22:25	<b>02:06:28.15</b>	+01:22:09 (65.0%)	12:38	4.7 (34.8%)
349	<b>WINIARSKI Andrzej</b>	<b>8129</b>	DXTREEM RUNNING	Masters M - 40	56	00:49:10	01:19:38	<b>02:07:21.45</b>	+01:23:03 (65.2%)	12:44	4.7 (34.8%)
350	<b>PSZCZOLIŃSKA Alicja</b>	<b>8086</b>		Weteran K - 50	11	00:47:59	01:19:47	<b>02:07:22.40</b>	+01:23:04 (65.2%)	12:44	4.7 (34.8%)
351	<b>PIECHOWIAK Oliwia</b>	<b>8414</b>	ZAŁOGA GÓRSKA	Senior I K - 20	37	00:48:57	01:14:26	<b>02:07:55.50</b>	+01:23:37 (65.4%)	12:47	4.7 (34.8%)
352	<b>KOWALEWSKA Katarzyna</b>	<b>8023</b>		Masters K - 40	53	00:47:21	01:17:03	<b>02:09:07.00</b>	+01:24:48 (65.7%)	12:54	4.6 (34.1%)
353	<b>JACHIM-SZUBA Magdalena</b>	<b>8390</b>		Masters K - 40	54	00:47:38	01:18:37	<b>02:10:03.10</b>	+01:25:44 (65.9%)	13:00	4.6 (34.1%)
354	<b>CHMIELEWSKI Marcin</b>	<b>8387</b>	BIEGAM BEZ SPINY	Masters M - 40	57	00:51:54	01:23:40	<b>02:11:40.80</b>	+01:27:22 (66.4%)	13:10	4.6 (34.1%)
355	<b>MIELCZAREK Grzegorz</b>	<b>8305</b>		Weteran I M - 50	18	00:50:26	01:25:00	<b>02:12:05.85</b>	+01:27:47 (66.5%)	13:12	4.5 (33.3%)
356	<b>MIELCZAREK Halina</b>	<b>8020</b>		Weteran K - 50	12	00:50:34	01:25:10	<b>02:12:15.60</b>	+01:27:57 (66.5%)	13:13	4.5 (33.3%)
357	<b>ADACH Magdalena</b>	<b>8116</b>	ENDORFINA WSCHOWA	Senior I K - 20	38	00:45:34	01:16:39	<b>02:13:01.95</b>	+01:28:43 (66.7%)	13:18	4.5 (33.3%)
358	<b>ROŻKO Ela</b>	<b>8203</b>	4ROŻKI	Masters K - 40	55	00:47:17	01:17:02	<b>02:13:14.10</b>	+01:28:55 (66.7%)	13:19	4.5 (33.3%)
359	<b>KASPRZAK Tomasz</b>	<b>8273</b>		Masters M - 40	58	00:50:55	01:21:32	<b>02:13:14.85</b>	+01:28:56 (66.7%)	13:19	4.5 (33.3%)
360	<b>FRAĆCZAK Ireneusz</b>	<b>8259</b>	GMINA GRĘBOCICE	Masters M - 40	59	00:51:03	01:21:40	<b>02:13:24.75</b>	+01:29:06 (66.8%)	13:20	4.5 (33.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
361	<b>OLMA Katarzyna</b>	<b>8228</b>		Masters K - 40	56	00:55:56	01:24:17	<b>02:15:54.50</b>	+01:31:36 (67.4%)	13:35	4.4 (32.6%)
362	<b>WOLEK Dagmara</b>	<b>8229</b>		Senior II K - 30	56	00:49:53	01:21:56	<b>02:17:00.50</b>	+01:32:42 (67.7%)	13:42	4.4 (32.6%)
363	<b>CZUBA Jadwiga</b>	<b>8314</b>		Senior II K - 30	57	00:54:40	01:29:23	<b>02:20:57.60</b>	+01:36:39 (68.6%)	14:05	4.3 (31.9%)
364	<b>TUREK Monika</b>	<b>8381</b>		Senior II K - 30	58	00:54:50	01:29:35	<b>02:21:08.55</b>	+01:36:50 (68.6%)	14:06	4.3 (31.9%)
365	<b>HACZYK Gabriela</b>	<b>8407</b>		Weteran III K - 70	1	00:51:46	01:29:42	<b>02:22:21.60</b>	+01:38:03 (68.9%)	14:14	4.2 (31.1%)
366	<b>PODJUK Kinga</b>	<b>8190</b>	FRIENDS GOSTYŃ	Masters K - 40	57	00:54:06	01:30:32	<b>02:30:02.15</b>	+01:45:43 (70.5%)	15:00	4 (29.6%)
367	<b>MICHALSKI Dariusz</b>	<b>8114</b>	ALFA TEAM GOSTYŃ	Weteran I M - 50	19	01:10:45	01:52:51	<b>02:54:26.70</b>	+02:10:08 (74.6%)	17:26	3.4 (25.2%)
368	<b>WINIARSKI Robert</b>	<b>8048</b>		Weteran I M - 50	20	00:58:46	01:48:44	<b>02:55:39.00</b>	+02:11:20 (74.8%)	17:33	3.4 (25.2%)
369	<b>GADZINOWSKI Ignacy</b>	<b>8028</b>		Weteran III M - 70	3	01:13:56	02:01:32	<b>03:06:03.75</b>	+02:21:45 (76.2%)	18:36	3.2 (23.7%)
370	<b>GADZINOWSKA Małgorzata</b>	<b>8053</b>		Weteran II K - 60	5	01:14:02	02:01:41	<b>03:06:13.55</b>	+02:21:55 (76.2%)	18:37	3.2 (23.7%)
371	<b>SZYMAŃSKI Paweł</b>	<b>8137</b>	MUAY RUNNING TEAM	Masters M - 40	60	01:19:13	02:01:15	<b>03:07:08.80</b>	+02:22:50 (76.3%)	18:42	3.2 (23.7%)
372	<b>SZYMAŃSKA Agnieszka</b>	<b>8074</b>	MUAY RUNNING TEAM	Masters K - 40	58	01:19:22	02:01:24	<b>03:07:19.15</b>	+02:23:00 (76.3%)	18:43	3.2 (23.7%)
373	<b>NIZIOŁ Marcin</b>	<b>8037</b>		Masters M - 40	61	01:18:18	02:03:08	<b>03:12:22.00</b>	+02:28:03 (77.0%)	19:14	3.1 (23.0%)
374	<b>JAWORSKA-NIZIOŁ Magdalena</b>	<b>8093</b>		Senior II K - 30	59	01:18:33	02:03:18	<b>03:12:32.10</b>	+02:28:13 (77.0%)	19:15	3.1 (23.0%)
375	<b>TALAREK JĘDRULAK Katarzyna</b>	<b>8234</b>	TELERANEK	Senior II K - 30	60	01:14:06	02:04:06	<b>03:30:48.30</b>	+02:46:29 (79.0%)	21:04	2.8 (20.7%)
376	<b>BAHRANOWSKA-KILIAN Maria</b>	<b>8110</b>	AZS AWF KRAKÓW MASTERS	Senior I K - 20	39						(0.0%)

Znaleziono 376 wynik(ów)