



BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-18
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
INTELEGNTE 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	CHRZANOWSKI Patryk	8571	PCH SPORT COMPLEX	Senior II M - 30	1	00:20:28	00:30:52	00:49:26.00		4:56	12.1 (100%)
2	KOKOT Daniel	8543	15	Senior I M - 20	1	00:21:02	00:31:43	00:50:29.90	+00:01:03 (2.1%)	5:02	11.9 (98.3%)
3	BACHLEDA Łukasz	8497	GORĄCY POTOK TEAM	Senior I M - 20	2	00:21:36	00:32:27	00:50:49.55	+00:01:23 (2.7%)	5:04	11.8 (97.5%)
4	ŁĘŻNIAK Aleksander	8480	MONK SANDALS TEAM	Senior II M - 30	2	00:21:52	00:32:25	00:51:14.30	+00:01:48 (3.5%)	5:07	11.7 (96.7%)
5	NORBERT Michał	8334	KB SOBÓTKA/PRZEDWOJEWSKI TEAM	Senior II M - 30	3	00:21:49	00:32:26	00:51:19.70	+00:01:53 (3.7%)	5:07	11.7 (96.7%)
6	MIESZCZAK Marcin	8371		Senior II M - 30	4	00:21:14	00:32:16	00:52:30.80	+00:03:04 (5.9%)	5:15	11.4 (94.2%)
7	SZYMCZAK Arkadiusz	8534		Senior I M - 20	3	00:22:22	00:33:41	00:52:43.15	+00:03:17 (6.2%)	5:16	11.4 (94.2%)
8	MIKULSKI Tomasz	8017	UKS FILIPIDES TERESIN	Senior I M - 20	4	00:21:45	00:33:36	00:53:06.25	+00:03:40 (6.9%)	5:18	11.3 (93.4%)
9	SOLIŃSKA Katarzyna	8576	SALOMON SUUNTO TEAM POLSKA	Senior II K - 30	1	00:22:05	00:33:33	00:53:21.80	+00:03:55 (7.4%)	5:20	11.2 (92.6%)
10	GROMALA Krzysztof	8326	SOBASTEAM	Masters M - 40	1	00:22:44	00:33:56	00:53:40.30	+00:04:14 (7.9%)	5:22	11.2 (92.6%)
11	KMIECIK Tomasz	8572	GOPR SUDETY	Masters M - 40	2	00:22:59	00:34:45	00:54:53.40	+00:05:27 (9.9%)	5:29	10.9 (90.1%)
12	KRUPIŃSKI Bogumił	8455		Masters M - 40	3	00:22:21	00:34:09	00:54:58.20	+00:05:32 (10.1%)	5:29	10.9 (90.1%)
13	WRZESZCZ Mariusz	8132	PRZEDWOJEWSKI TEAM / FUNTRI	Senior II M - 30	5	00:23:08	00:35:04	00:55:04.15	+00:05:38 (10.2%)	5:30	10.9 (90.1%)
14	SZYMAŃSKI Paweł	8181	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	6	00:22:34	00:34:21	00:55:11.80	+00:05:45 (10.4%)	5:31	10.9 (90.1%)
15	MIKOŁAJCZYK Tomasz	8378		Masters M - 40	4	00:23:19	00:35:02	00:55:13.85	+00:05:47 (10.5%)	5:31	10.9 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
16	SIERADZKI Krzysztof	8257	PRZEDWOJEWSKI TEAM	Senior II M - 30	7	00:23:03	00:35:00	00:55:18.45	+00:05:52 (10.6%)	5:31	10.8 (89.3%)
17	SZKOŁA Wojciech	8143	NATURAL BORN RUNNERS	Senior II M - 30	8	00:23:43	00:35:38	00:56:43.80	+00:07:17 (12.9%)	5:40	10.6 (87.6%)
18	KOCANDA Alina	8426	RAJSPOORT ACTIVE	Senior II K - 30	2	00:23:42	00:35:39	00:56:56.80	+00:07:30 (13.2%)	5:41	10.5 (86.8%)
19	STREICH Tomasz	8487		Senior I M - 20	5	00:24:28	00:37:16	00:58:31.55	+00:09:05 (15.5%)	5:51	10.3 (85.1%)
20	JĘDRZEJEWSKI Dawid	8525	OLEJ RUNNING TEAM	Senior I M - 20	6	00:24:16	00:37:18	00:58:40.50	+00:09:14 (15.8%)	5:52	10.2 (84.3%)
21	KOWALIK Ewelina	8182	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	3	00:24:39	00:37:09	00:58:46.55	+00:09:20 (15.9%)	5:52	10.2 (84.3%)
22	KUJAWA Zbigniew	8591	ZAŁOGA GÓRSKA	Senior II M - 30	9	00:25:02	00:37:52	00:59:00.60	+00:09:34 (16.2%)	5:54	10.2 (84.3%)
23	MICHAŁ Targosz	8324	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	00:24:10	00:37:09	00:59:10.80	+00:09:44 (16.5%)	5:55	10.1 (83.5%)
24	CHODOROWSKI Krzysztof	8210	PRZEDWOJEWSKI TEAM	Senior II M - 30	10	00:25:04	00:37:51	00:59:31.50	+00:10:05 (17.0%)	5:57	10.1 (83.5%)
25	JAZ Marcin	8389	RNB TEAM POLANICA ZDRÓJ	Senior II M - 30	11	00:24:48	00:37:35	00:59:34.85	+00:10:08 (17.0%)	5:57	10.1 (83.5%)
26	STRZELCZAK Robert	8044	EUROVENT ATHLETICS	Masters M - 40	6	00:25:28	00:38:05	00:59:38.85	+00:10:12 (17.1%)	5:57	10.1 (83.5%)
27	PIEKAJ Łukasz	8331		Senior II M - 30	12	00:24:55	00:37:51	00:59:39.80	+00:10:13 (17.1%)	5:57	10.1 (83.5%)
28	SŁOBODZIAN Jerzy	8273	NYSA BIEGA	Weteran I M - 50	1	00:24:53	00:37:33	00:59:45.10	+00:10:19 (17.3%)	5:58	10 (82.6%)
29	GORCZYŃSKI Norbert	8376	KUDOWIANKA RUN	Senior I M - 20	7	00:25:07	00:38:03	00:59:53.50	+00:10:27 (17.5%)	5:59	10 (82.6%)
30	BEDNARZ Marcin	8352	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	13	00:26:08	00:39:03	01:00:02.25	+00:10:36 (17.7%)	6:00	10 (82.6%)
31	GRZEGOREK Grzegorz	8337	KB KĄTY WROCŁAWSKIE	Weteran I M - 50	2	00:26:03	00:38:42	01:00:38.65	+00:11:12 (18.5%)	6:03	9.9 (81.8%)
32	GLANOWSKI Marek	8045		Senior II M - 30	14	00:25:35	00:38:51	01:01:01.55	+00:11:35 (19.0%)	6:06	9.8 (81.0%)
33	NIEWCZAS Robert	8586	FUNDACJA KIERUNEK ULTRA	Masters M - 40	7	00:26:05	00:38:33	01:01:06.40	+00:11:40 (19.1%)	6:06	9.8 (81.0%)
34	KARCZEWSKA Joanna	8581	FUNDACJA KIERUNEK ULTRA	Masters K - 40	1	00:25:50	00:38:44	01:01:07.05	+00:11:41 (19.1%)	6:06	9.8 (81.0%)
35	BIERNACKA Katarzyna	8161	SBRT WROCŁAW	Senior II K - 30	4	00:26:37	00:39:44	01:01:17.95	+00:11:51 (19.4%)	6:07	9.8 (81.0%)
36	MATUSZEWSKI Marek	8010	RUNNER'S POWER ŚREM	Masters M - 40	8	00:26:02	00:38:54	01:01:27.15	+00:12:01 (19.6%)	6:08	9.8 (81.0%)
37	PAWŁOWSKI Mirosław	8532	FIGHT-GYM STRONIE ŚLĄSKIE	Senior I M - 20	8	00:25:15	00:39:25	01:02:06.00	+00:12:40 (20.4%)	6:12	9.7 (80.2%)
38	CZELEŃ Mateusz	8221		Senior II M - 30	15	00:26:47	00:40:02	01:02:09.30	+00:12:43 (20.5%)	6:12	9.7 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
39	ROZDZYNSKA Patrycja	8456	RUNPROGRESS TEAM	Senior I K - 20	1	00:26:47	00:40:32	01:02:52.75	+00:13:26 (21.4%)	6:17	9.5 (78.5%)
40	KRUK Emilia	8360	RYKOWISKO TEAM	Senior I K - 20	2	00:26:14	00:40:32	01:02:54.45	+00:13:28 (21.4%)	6:17	9.5 (78.5%)
41	MARZEC Tomasz	8026	RUNNERS TEAM NYSA	Masters M - 40	9	00:26:40	00:40:16	01:03:12.35	+00:13:46 (21.8%)	6:19	9.5 (78.5%)
42	BUDZIEWSKA Katarzyna	8174	ŁAB ŁAGIEWNIKI	Senior II K - 30	5	00:26:27	00:39:51	01:03:28.85	+00:14:02 (22.1%)	6:20	9.5 (78.5%)
43	SOBCZAK-PAŁASZEWSKA Karolina	8028		Senior II K - 30	6	00:25:55	00:39:36	01:03:36.85	+00:14:10 (22.3%)	6:21	9.4 (77.7%)
44	OLSZEWSKI Tomek	8169		Masters M - 40	10	00:26:59	00:40:44	01:03:40.35	+00:14:14 (22.4%)	6:22	9.4 (77.7%)
45	BIEL Sławomir	8150	WWW.42K.COM.PL	Masters M - 40	11	00:26:27	00:40:09	01:04:08.75	+00:14:42 (22.9%)	6:24	9.4 (77.7%)
46	SZTURO Jan	8507	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	Weteran I M - 50	3	00:27:14	00:41:12	01:05:02.15	+00:15:36 (24.0%)	6:30	9.2 (76.0%)
47	BUDYCH Arek	8529		Masters M - 40	12	00:28:06	00:41:59	01:05:57.95	+00:16:31 (25.1%)	6:35	9.1 (75.2%)
48	KOŁODZIEJ Roman	8289		Masters M - 40	13	00:28:20	00:42:17	01:06:03.80	+00:16:37 (25.2%)	6:36	9.1 (75.2%)
49	SZTURO Filip	8508	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	Senior I M - 20	9	00:27:43	00:42:35	01:06:08.40	+00:16:42 (25.3%)	6:36	9.1 (75.2%)
50	KONDRACIUK Paweł	8214	KONDRACIUK TEAM	Senior I M - 20	10	00:28:01	00:42:07	01:06:11.00	+00:16:45 (25.3%)	6:37	9.1 (75.2%)
51	MOKRZYŃSKI Marcin	8069	KLUB LEKKOATLETYCZNY ZIEMI KŁODZKIEJ	Masters M - 40	14	00:28:27	00:42:01	01:06:21.80	+00:16:55 (25.5%)	6:38	9 (74.4%)
52	CIEPŁY Maciej	8119		Senior II M - 30	16	00:26:44	00:41:50	01:06:22.85	+00:16:56 (25.5%)	6:38	9 (74.4%)
53	PIJANOWSKI Paweł	8263		Masters M - 40	15	00:28:04	00:41:57	01:06:26.05	+00:17:00 (25.6%)	6:38	9 (74.4%)
54	PIETRZYK Tomasz	8250	140MINUT.PL	Masters M - 40	16	00:27:59	00:42:06	01:06:43.75	+00:17:17 (25.9%)	6:40	9 (74.4%)
55	WANOWSKI Przemysław	8387	KRWIOBIEG(ANIE) ZIELONA GÓRA	Senior II M - 30	17	00:26:57	00:42:50	01:07:07.10	+00:17:41 (26.3%)	6:42	8.9 (73.6%)
56	PLEŚNIARSKI Zbigniew	8325	KLUB SPORTOWY GRAŃ W KARPACZU	Weteran II M - 60	1	00:28:04	00:42:29	01:07:26.15	+00:18:00 (26.7%)	6:44	8.9 (73.6%)
57	ULIKOWSKA Martyna	8481	ZAŁOGA GÓRSKA	Senior II K - 30	7	00:29:21	00:43:51	01:07:44.95	+00:18:18 (27.0%)	6:46	8.9 (73.6%)
58	TOMASZKIEWICZ Wojciech	8442	RUN FOREST	Senior II M - 30	18	00:27:59	00:42:11	01:07:59.10	+00:18:33 (27.3%)	6:47	8.8 (72.7%)
59	ŚLADCZYK Dominik	8276	MKST	Senior II M - 30	19	00:29:35	00:44:26	01:08:02.65	+00:18:36 (27.4%)	6:48	8.8 (72.7%)
60	WAGNER Mateusz	8568		Senior II M - 30	20	00:29:28	00:43:51	01:08:17.20	+00:18:51 (27.6%)	6:49	8.8 (72.7%)
61	ROGÓŻ Jan	8363		Senior I M - 20	11	00:27:38	00:43:47	01:08:27.00	+00:19:01 (27.8%)	6:50	8.8 (72.7%)

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						3.7km	5.8km	10km			
62	PASIK Kamila	8575		Senior II K - 30	8	00:28:44	00:43:52	01:08:40.70	+00:19:14 (28.0%)	6:52	8.7 (71.9%)
63	ŚWIATOWY Filip	8431	RONAL POLSKA RUN	Senior II M - 30	21	00:30:29	00:45:00	01:09:12.30	+00:19:46 (28.6%)	6:55	8.7 (71.9%)
64	HAWRYŁAK Wojciech	8562	GMINNE STOWARZYSZENIE SPORTOWE KLUBU SPORTOWEGO DŁUGOŁĘKA 2000	Senior I M - 20	12	00:26:47	00:41:24	01:09:22.55	+00:19:56 (28.7%)	6:56	8.6 (71.1%)
65	POLIWO CZAK Patryk	8139		Senior II M - 30	22	00:29:06	00:44:13	01:09:33.30	+00:20:07 (28.9%)	6:57	8.6 (71.1%)
66	ZIENDARA Michalina	8597	ZAŁOGA GÓRSKA	Senior I K - 20	3	00:28:23	00:43:52	01:09:44.20	+00:20:18 (29.1%)	6:58	8.6 (71.1%)
67	KUSAL Tomasz	8018		Senior I M - 20	13	00:29:27	00:44:37	01:09:51.00	+00:20:25 (29.2%)	6:59	8.6 (71.1%)
68	NOWICKI Mateusz	8029		Senior I M - 20	14	00:29:28	00:44:39	01:09:51.30	+00:20:25 (29.2%)	6:59	8.6 (71.1%)
69	JAZ Joanna	8278	RNB TEAM POLANICA ZDRÓJ	Senior II K - 30	9	00:28:31	00:43:48	01:10:06.80	+00:20:40 (29.5%)	7:00	8.6 (71.1%)
70	KIELASZEWSKI Karol	8479	LESZNO LIMITS RUNNERS	Senior II M - 30	23	00:29:31	00:46:04	01:10:16.50	+00:20:50 (29.7%)	7:01	8.5 (70.2%)
71	CHRZANOWSKI Paweł	8423		Masters M - 40	17	00:31:27	00:45:55	01:10:25.20	+00:20:59 (29.8%)	7:02	8.5 (70.2%)
72	CIEKAŃSKI Michał	8549	35PLUS	Masters M - 40	18	00:29:04	00:44:28	01:10:30.25	+00:21:04 (29.9%)	7:03	8.5 (70.2%)
73	MAŁYJASIAK Jakub	8384		Senior I M - 20	15	00:32:50	00:47:35	01:10:31.25	+00:21:05 (29.9%)	7:03	8.5 (70.2%)
74	KOSMOWSKI Wiesław	8077		Senior II M - 30	24	00:30:40	00:45:28	01:10:38.15	+00:21:12 (30.0%)	7:03	8.5 (70.2%)
75	GRĄDZKA Marianna	8178	KNEIPP TEAM ŁÓDŹ	Senior I K - 20	4	00:30:17	00:45:48	01:11:07.75	+00:21:41 (30.5%)	7:06	8.4 (69.4%)
76	SZCZESZEK Arkadiusz	8359		Masters M - 40	19	00:30:38	00:46:00	01:11:27.15	+00:22:01 (30.8%)	7:08	8.4 (69.4%)
77	BRZAKAŁA Katarzyna	8379	PAN JAGODA TEAM	Senior II K - 30	10	00:29:51	00:45:13	01:11:32.95	+00:22:06 (30.9%)	7:09	8.4 (69.4%)
78	ZAKRZEWICZ-PODLECKA Agnieszka	8007	ROKIETNICA BIEGA	Senior II K - 30	11	00:31:03	00:45:50	01:11:34.10	+00:22:08 (30.9%)	7:09	8.4 (69.4%)
79	GOŚCIŃSKI Sławomir	8570	WWW.ICE4MED.PL	Senior II M - 30	25	00:31:42	00:46:14	01:11:36.70	+00:22:10 (31.0%)	7:09	8.4 (69.4%)
80	FRYBES Agnieszka	8583	FUNDACJA KIERUNEK ULTRA	Senior II K - 30	12	00:30:54	00:45:38	01:11:48.80	+00:22:22 (31.2%)	7:10	8.4 (69.4%)
81	TOMAKA Maciej	8601		Senior II M - 30	26	00:30:27	00:46:34	01:11:49.40	+00:22:23 (31.2%)	7:10	8.4 (69.4%)
82	MIELCZAREK Grzegorz	8062		Weteran I M - 50	4	00:30:37	00:45:08	01:12:08.10	+00:22:42 (31.5%)	7:12	8.3 (68.6%)
83	CIECIELĄG Adam	8468		Senior I M - 20	16	00:31:07	00:45:53	01:12:15.35	+00:22:49 (31.6%)	7:13	8.3 (68.6%)
84	SZUBA Przemysław	8407		Masters M - 40	20	00:31:01	00:46:10	01:12:18.95	+00:22:52 (31.6%)	7:13	8.3 (68.6%)

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						3.7km	5.8km	10km			
85	SZYMAŃSKI Jarosław	8030		Senior I M - 20	17	00:31:20	00:46:53	01:12:30.80	+00:23:04 (31.8%)	7:15	8.3 (68.6%)
86	BACKER Marcin	8368	TOPOLICE TEAM	Masters M - 40	21	00:31:21	00:46:58	01:12:36.10	+00:23:10 (31.9%)	7:15	8.3 (68.6%)
87	MIKOŁAJCZAK Bartek	8419	FRIENDS GOSTYŃ	Senior I M - 20	18	00:31:26	00:47:13	01:12:41.85	+00:23:15 (32.0%)	7:16	8.3 (68.6%)
88	KUCZYŃSKI Zbigniew	8439	CROSS STRACEŃCÓW	Weteran II M - 60	2	00:29:43	00:46:25	01:12:45.05	+00:23:19 (32.1%)	7:16	8.2 (67.8%)
89	ŚLADCZYK Seweryn	8277	MKST	Senior I M - 20	19	00:30:59	00:47:24	01:13:01.80	+00:23:35 (32.3%)	7:18	8.2 (67.8%)
90	TEKIELI Jerzy	8170	TEKIELI FAMILY	Masters M - 40	22	00:32:32	00:47:49	01:13:04.85	+00:23:38 (32.4%)	7:18	8.2 (67.8%)
91	FUCHS Dariusz	8430	TEAM KURORT ŁĄDEK-ZDRÓJ	Weteran I M - 50	5	00:30:35	00:46:33	01:13:05.30	+00:23:39 (32.4%)	7:18	8.2 (67.8%)
92	KADŁUBOWSKI Piotr	8286		Masters M - 40	23	00:30:30	00:45:48	01:13:17.55	+00:23:51 (32.6%)	7:19	8.2 (67.8%)
93	WALCZAK Adrian	8076	WOJSKOWA AKADEMIA TECHNICZNA	Senior I M - 20	20	00:29:53	00:46:07	01:13:48.95	+00:24:22 (33.0%)	7:22	8.1 (66.9%)
94	SAŁDYKA Marcin	8519		Senior I M - 20	21	00:31:58	00:48:03	01:14:01.85	+00:24:35 (33.2%)	7:24	8.1 (66.9%)
95	RAKOCZY Krzysztof	8518		Senior I M - 20	22	00:31:59	00:48:04	01:14:02.90	+00:24:36 (33.2%)	7:24	8.1 (66.9%)
96	ZALEWSKI Karol	8091		Senior II M - 30	27	00:30:48	00:46:40	01:14:06.10	+00:24:40 (33.3%)	7:24	8.1 (66.9%)
97	MAZIAREK Adela	8034		Senior II K - 30	13	00:31:41	00:47:12	01:14:12.15	+00:24:46 (33.4%)	7:25	8.1 (66.9%)
98	UPTAS Tomasz	8046	FITNESS & SQUASH COMPLEX	Masters M - 40	24	00:30:05	00:48:23	01:14:16.25	+00:24:50 (33.4%)	7:25	8.1 (66.9%)
99	SZUMNY Nina	8558		Senior II K - 30	14	00:32:18	00:47:56	01:14:20.70	+00:24:54 (33.5%)	7:26	8.1 (66.9%)
100	BRYŃSKI Dariusz	8333		Weteran I M - 50	6	00:29:21	00:46:51	01:14:21.00	+00:24:55 (33.5%)	7:26	8.1 (66.9%)
101	LUBAŃSKI Mateusz	8523	KS BARYCZ MILICZ	Senior II M - 30	28	00:31:31	00:47:54	01:14:22.45	+00:24:56 (33.5%)	7:26	8.1 (66.9%)
102	OCIEPKA Michał	8509	EL GATO	Senior II M - 30	29	00:30:54	00:47:55	01:14:36.30	+00:25:10 (33.7%)	7:27	8 (66.1%)
103	LIPIŃSKI Oskar	8364		Senior II M - 30	30	00:32:13	00:48:30	01:14:56.80	+00:25:30 (34.0%)	7:29	8 (66.1%)
104	MUCHA Orest	8191		Senior II M - 30	31	00:32:16	00:48:23	01:15:09.90	+00:25:43 (34.2%)	7:30	8 (66.1%)
105	WODKOWSKI Bartosz	8207		Senior II M - 30	32	00:32:39	00:49:18	01:15:16.20	+00:25:50 (34.3%)	7:31	8 (66.1%)
106	BARTKOWIAK Hubert	8078	KB SUKCES ŻMIGRÓD	Weteran I M - 50	7	00:31:03	00:47:18	01:15:17.05	+00:25:51 (34.3%)	7:31	8 (66.1%)
107	PODGÓRNY Mariusz	8122	TEAM OZIMEK	Senior I M - 20	23	00:31:18	00:47:37	01:15:25.90	+00:25:59 (34.5%)	7:32	8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
108	TOMZA Iwona	8566	SBRT WROCŁAW	Senior II K - 30	15	00:32:17	00:48:48	01:15:37.50	+00:26:11 (34.6%)	7:33	7.9 (65.3%)
109	ZALEWSKA Agnieszka	8512		Masters K - 40	2	00:31:57	00:47:45	01:15:41.70	+00:26:15 (34.7%)	7:34	7.9 (65.3%)
110	DROŻYŃSKA Iwona	8296		Senior II K - 30	16	00:32:02	00:48:12	01:15:49.35	+00:26:23 (34.8%)	7:34	7.9 (65.3%)
111	PLUTA Kinga	8528		Senior I K - 20	5	00:31:21	00:48:29	01:16:00.45	+00:26:34 (35.0%)	7:36	7.9 (65.3%)
112	JARZĄBEK Magdalena	8115	MRUNNERS	Senior II K - 30	17	00:32:31	00:49:24	01:16:13.75	+00:26:47 (35.2%)	7:37	7.9 (65.3%)
113	BARNAŚ Maciej	8188		Weteran I M - 50	8	00:31:36	00:48:00	01:16:34.85	+00:27:08 (35.4%)	7:39	7.8 (64.5%)
114	MUSIAŁ Rafał	8381		Senior I M - 20	24	00:33:10	00:49:48	01:16:47.10	+00:27:21 (35.6%)	7:40	7.8 (64.5%)
115	HYZYK Tomasz	8545		Masters M - 40	25	00:33:49	00:50:09	01:16:48.05	+00:27:22 (35.6%)	7:40	7.8 (64.5%)
116	JUNCZYK Michał Junczyk	8205		Senior II M - 30	33	00:32:39	00:49:42	01:17:00.10	+00:27:34 (35.8%)	7:42	7.8 (64.5%)
117	GRUNTOWSKI Mateusz	8553	NIEMO ADVENTURE	Senior II M - 30	34	00:32:38	00:49:02	01:17:00.20	+00:27:34 (35.8%)	7:42	7.8 (64.5%)
118	CHODÓR-KOPECKA Barbara	8420		Senior I K - 20	6	00:32:49	00:49:29	01:17:03.95	+00:27:37 (35.9%)	7:42	7.8 (64.5%)
119	KULA Sebastian	8533		Masters M - 40	26	00:33:36	00:49:30	01:17:04.55	+00:27:38 (35.9%)	7:42	7.8 (64.5%)
120	WALA Patryk	8593	ZĄŁOGA GÓRSKA	Senior II M - 30	35	00:33:42	00:50:08	01:17:05.10	+00:27:39 (35.9%)	7:42	7.8 (64.5%)
121	MACHULA Arkadiusz	8547		Masters M - 40	27	00:31:58	00:49:28	01:17:10.60	+00:27:44 (35.9%)	7:43	7.8 (64.5%)
122	ZIMNY Tomasz	8390		Weteran II M - 60	3	00:33:27	00:50:04	01:17:17.30	+00:27:51 (36.0%)	7:43	7.8 (64.5%)
123	KĘDZIOR Bartłomiej	8472		Masters M - 40	28	00:31:25	00:47:48	01:17:31.85	+00:28:05 (36.2%)	7:45	7.7 (63.6%)
124	KORBANEK Witold	8275	POZYTYWNIIE ZAKRĘCENI	Masters M - 40	29	00:32:41	00:49:36	01:17:37.00	+00:28:11 (36.3%)	7:45	7.7 (63.6%)
125	MAZIAREK Michał	8135		Senior II M - 30	36	00:32:48	00:49:22	01:17:38.25	+00:28:12 (36.3%)	7:45	7.7 (63.6%)
126	BIESZCZAD Regina	8233	KB ATHLETIC ZRĘCIN	Senior I K - 20	7	00:34:58	00:51:30	01:17:42.40	+00:28:16 (36.4%)	7:46	7.7 (63.6%)
127	SUSZCZYŃSKI Krzysztof	8148		Masters M - 40	30	00:32:34	00:49:27	01:17:44.65	+00:28:18 (36.4%)	7:46	7.7 (63.6%)
128	MATYSIAK Maciej	8440	OLD SCHOOL HOOLIGANS	Masters M - 40	31	00:32:14	00:49:09	01:17:45.00	+00:28:19 (36.4%)	7:46	7.7 (63.6%)
129	FRAŃCZYK Sabina	8599	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	18	00:32:51	00:49:17	01:17:50.15	+00:28:24 (36.5%)	7:47	7.7 (63.6%)
130	NOWAKOWSKA Ewelina	8251		Senior I K - 20	8	00:33:10	00:50:09	01:17:59.20	+00:28:33 (36.6%)	7:47	7.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						C1 3.7km	C1 5.8km				
131	MITIS Marek	8560		Senior II M - 30	37	00:33:34	00:50:00	01:18:02.65	+00:28:36 (36.7%)	7:48	7.7 (63.6%)
132	NIEMCZAK Kamil	8252	FLYING HIPPOCORNIS	Senior II M - 30	38	00:32:42	00:49:05	01:18:12.55	+00:28:46 (36.8%)	7:49	7.7 (63.6%)
133	KMIECIK Jakub	8223	TARNOWO PODGÓRNE BIEGA	Masters M - 40	32	00:34:16	00:51:34	01:18:17.45	+00:28:51 (36.9%)	7:49	7.7 (63.6%)
134	LEWICKI Tomasz	8438	CAŁA OLEŚNICA BIEGA	Masters M - 40	33	00:32:56	00:49:29	01:18:24.55	+00:28:58 (37.0%)	7:50	7.7 (63.6%)
135	KEMPA Karolina	8454		Senior I K - 20	9	00:30:58	00:49:58	01:18:30.25	+00:29:04 (37.0%)	7:51	7.6 (62.8%)
136	SKULIMA Szymon	8022		Senior I M - 20	25	00:32:59	00:50:26	01:18:48.95	+00:29:22 (37.3%)	7:52	7.6 (62.8%)
137	MALCÁNKOVÁ Kateřina	8433		Senior I K - 20	10	00:34:28	00:52:18	01:18:55.80	+00:29:29 (37.4%)	7:53	7.6 (62.8%)
138	GRABIŃSKA Gizela	8596	ZAŁOGA GÓRSKA	Weteran K - 50	1	00:32:37	00:49:21	01:18:56.10	+00:29:30 (37.4%)	7:53	7.6 (62.8%)
139	PLINIEWICZ Krzysztof	8459	STRONIE BIEGA	Senior II M - 30	39	00:32:54	00:49:07	01:18:58.70	+00:29:32 (37.4%)	7:53	7.6 (62.8%)
140	SZARSKI Jacek	8421		Senior I M - 20	26	00:33:09	00:49:43	01:19:00.35	+00:29:34 (37.4%)	7:54	7.6 (62.8%)
141	MATYSIK Marta	8283	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	19	00:32:57	00:50:05	01:19:04.75	+00:29:38 (37.5%)	7:54	7.6 (62.8%)
142	SAMBORSKI Bartosz	8037	ZAŁOGA GÓRSKA	Masters M - 40	34	00:34:28	00:50:38	01:19:06.55	+00:29:40 (37.5%)	7:54	7.6 (62.8%)
143	NAKRASZEWICZ Dawid	8097		Senior I M - 20	27	00:35:08	00:52:37	01:19:16.50	+00:29:50 (37.6%)	7:55	7.6 (62.8%)
144	WUJDA Mirosław	8123	ERNI RULEZ	Masters M - 40	35	00:31:03	00:48:35	01:19:19.60	+00:29:53 (37.7%)	7:55	7.6 (62.8%)
145	WIŚNIEWSKI Mariusz	8156		Masters M - 40	36	00:34:11	00:51:01	01:19:19.90	+00:29:53 (37.7%)	7:55	7.6 (62.8%)
146	KĘDZIOR Joanna	8321	KB HARCOWNIK	Masters K - 40	3	00:33:19	00:51:05	01:19:39.55	+00:30:13 (37.9%)	7:57	7.5 (62.0%)
147	AUGUSTYNOWICZ Andrzej	8200	RCI BYDGOSZCZ	Masters M - 40	37	00:32:13	00:49:54	01:19:45.85	+00:30:19 (38.0%)	7:58	7.5 (62.0%)
148	SPOREK Piotr	8410		Senior II M - 30	40	00:34:00	00:51:26	01:19:52.40	+00:30:26 (38.1%)	7:59	7.5 (62.0%)
149	JANUS Tomasz	8354	TEAM KURORT LADEK-ZDRÓJ	Senior II M - 30	41	00:33:53	00:51:39	01:20:02.05	+00:30:36 (38.2%)	8:00	7.5 (62.0%)
150	BARANIAK Adam	8242		Masters M - 40	38	00:34:05	00:51:25	01:20:07.50	+00:30:41 (38.3%)	8:00	7.5 (62.0%)
151	MAŁKOWSKI Piotr	8294		Weteran II M - 60	4	00:33:57	00:51:05	01:20:15.20	+00:30:49 (38.4%)	8:01	7.5 (62.0%)
152	GĄSOWSKA Ula	8347		Senior II K - 30	20	00:33:59	00:51:55	01:20:22.60	+00:30:56 (38.5%)	8:02	7.5 (62.0%)
153	KOSIOREK Wiesław	8604		Weteran I M - 50	9	00:32:31	00:50:47	01:20:30.20	+00:31:04 (38.6%)	8:03	7.5 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
154	BOSEK Leszek	8216		Weteran II M - 60	5	00:33:22	00:50:44	01:20:37.20	+00:31:11 (38.7%)	8:03	7.4 (61.2%)
155	MACIEJOWSKA Alicja	8436		Senior II K - 30	21	00:34:16	00:51:05	01:20:40.05	+00:31:14 (38.7%)	8:04	7.4 (61.2%)
156	SZÓSTAK Krzysztof	8318	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	6	00:32:49	00:50:56	01:20:44.95	+00:31:18 (38.8%)	8:04	7.4 (61.2%)
157	PILARSKI Ryszard	8094	IZERY BOGATYNIA	Weteran II M - 60	7	00:33:48	00:51:15	01:20:58.75	+00:31:32 (39.0%)	8:05	7.4 (61.2%)
158	SIEMIENIUCH Łukasz	8443		Masters M - 40	39	00:35:14	00:52:45	01:21:06.75	+00:31:40 (39.1%)	8:06	7.4 (61.2%)
159	GAŚSIOR Paweł	8391	ROZBIEGANY SUSZ	Senior II M - 30	42	00:32:58	00:51:43	01:21:24.15	+00:31:58 (39.3%)	8:08	7.4 (61.2%)
160	WALENCIAK Michał	8220	TARNOWO PODGÓRNE BIEGA	Masters M - 40	40	00:36:25	00:54:01	01:21:30.75	+00:32:04 (39.4%)	8:09	7.4 (61.2%)
161	GOS Sebastian	8515		Senior II M - 30	43	00:33:22	00:49:52	01:21:33.40	+00:32:07 (39.4%)	8:09	7.4 (61.2%)
162	MAZUREK Piotr	8002		Senior II M - 30	44	00:34:08	00:52:05	01:21:38.80	+00:32:12 (39.5%)	8:09	7.3 (60.3%)
163	ŻUROWSKI Mikołaj	8465	GVT	Senior I M - 20	28	00:33:47	00:50:49	01:21:39.15	+00:32:13 (39.5%)	8:09	7.3 (60.3%)
164	PILICH-ZAREMBA Magdalena	8190		Senior II K - 30	22	00:33:32	00:52:50	01:21:40.40	+00:32:14 (39.5%)	8:10	7.3 (60.3%)
165	ŁUKASZEK Marek	8005		Senior II M - 30	45	00:34:12	00:51:15	01:21:47.45	+00:32:21 (39.6%)	8:10	7.3 (60.3%)
166	SZABAT Daniel	8422		Masters M - 40	41	00:34:54	00:52:50	01:21:47.75	+00:32:21 (39.6%)	8:10	7.3 (60.3%)
167	PAŃCZYSZYN Mariusz	8269	BRAK	Masters M - 40	42	00:34:23	00:51:50	01:21:50.95	+00:32:24 (39.6%)	8:11	7.3 (60.3%)
168	KOMAR Eliza	8217		Senior II K - 30	23	00:33:01	00:50:34	01:22:03.40	+00:32:37 (39.8%)	8:12	7.3 (60.3%)
169	RACZKOWSKI Adrian	8516		Senior I M - 20	29	00:33:20	00:53:05	01:22:05.75	+00:32:39 (39.8%)	8:12	7.3 (60.3%)
170	ZYGNER Sławomir	8414	LEŚNE DZIKI PGB	Weteran I M - 50	10	00:35:59	00:53:30	01:22:13.50	+00:32:47 (39.9%)	8:13	7.3 (60.3%)
171	DEREŃ Agata	8595		Senior II K - 30	24	00:34:52	00:52:33	01:22:13.75	+00:32:47 (39.9%)	8:13	7.3 (60.3%)
172	TEŚLAK Dawid	8209		Senior II M - 30	46	00:34:40	00:52:26	01:22:16.45	+00:32:50 (39.9%)	8:13	7.3 (60.3%)
173	SZYMAŃSKI Grzegorz	8323	ZWYCIĘZCÓW 6F	Masters M - 40	43	00:33:46	00:52:06	01:22:20.45	+00:32:54 (40.0%)	8:14	7.3 (60.3%)
174	GÓRSKI Grzegorz	8345	MSE FEHLAU RUN TEAM	Masters M - 40	44	00:36:16	00:54:37	01:22:24.40	+00:32:58 (40.0%)	8:14	7.3 (60.3%)
175	MRÓZ Urszula	8249	GORSKIE BABKI	Weteran K - 50	2	00:34:34	00:52:12	01:22:29.85	+00:33:03 (40.1%)	8:14	7.3 (60.3%)
176	GWÓZDŹ Szymon	8544		Senior I M - 20	30	00:33:47	00:51:25	01:22:39.80	+00:33:13 (40.2%)	8:15	7.3 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
177	KOŁODKO Natalia	8067	TARNOWO PODGÓRNE BIEGA	Masters K - 40	4	00:36:54	00:54:18	01:22:49.65	+00:33:23 (40.3%)	8:16	7.2 (59.5%)
178	SZNEJDER Anita	8582		Masters K - 40	5	00:33:18	00:51:47	01:23:01.60	+00:33:35 (40.5%)	8:18	7.2 (59.5%)
179	GÓRECKI Konrad	8413		Senior II M - 30	47	00:33:30	00:52:23	01:23:01.85	+00:33:35 (40.5%)	8:18	7.2 (59.5%)
180	PTASZYŃSKA Joanna	8295	JOANNA PTASZYŃSKA	Weteran K - 50	3	00:33:32	00:51:34	01:23:02.50	+00:33:36 (40.5%)	8:18	7.2 (59.5%)
181	TYL Radoslaw	8486	SYSPOL	Masters M - 40	45	00:34:16	00:52:14	01:23:06.25	+00:33:40 (40.5%)	8:18	7.2 (59.5%)
182	CURULO Maria	8300	BAKALOVE	Senior II K - 30	25	00:33:37	00:52:26	01:23:10.00	+00:33:44 (40.6%)	8:19	7.2 (59.5%)
183	RATAJCZYK Katarzyna	8290		Senior II K - 30	26	00:32:16	00:53:04	01:23:16.75	+00:33:50 (40.6%)	8:19	7.2 (59.5%)
184	HUSAK Mateusz	8116		Senior I M - 20	31	00:35:10	00:52:59	01:23:19.20	+00:33:53 (40.7%)	8:19	7.2 (59.5%)
185	KONDRACIUK Mariusz	8215	KONDRACIUK TEAM	Masters M - 40	46	00:37:02	00:53:59	01:23:20.80	+00:33:54 (40.7%)	8:20	7.2 (59.5%)
186	OSKWAREK Bogdan	8555		Weteran I M - 50	11	00:35:29	00:53:16	01:23:25.60	+00:33:59 (40.7%)	8:20	7.2 (59.5%)
187	HONSZA Tomasz	8329		Senior II M - 30	48	00:33:11	00:51:55	01:23:27.05	+00:34:01 (40.8%)	8:20	7.2 (59.5%)
188	SKAWINA Krystyna	8176	TOPOLICE TEAM	Senior II K - 30	27	00:34:37	00:52:47	01:23:38.80	+00:34:12 (40.9%)	8:21	7.2 (59.5%)
189	JASKÓLSKA Joanna	8344	JASKÓŁY	Masters K - 40	6	00:34:41	00:53:13	01:23:46.30	+00:34:20 (41.0%)	8:22	7.2 (59.5%)
190	TYLKA Gosia	8458		Senior II K - 30	28	00:35:27	00:53:23	01:23:48.85	+00:34:22 (41.0%)	8:22	7.2 (59.5%)
191	MATUSZCZYK Grażyna	8166	RYBNICKA GRUPA BIEGOWA	Masters K - 40	7	00:34:17	00:52:42	01:24:09.45	+00:34:43 (41.3%)	8:24	7.1 (58.7%)
192	MATUKIN-SZUMLIŃSKA Aleksandra	8567		Senior II K - 30	29	00:34:52	00:52:46	01:24:21.65	+00:34:55 (41.4%)	8:26	7.1 (58.7%)
193	CHUDAŃSKI Maciej	8000		Senior II M - 30	49	00:34:38	00:52:33	01:24:24.05	+00:34:58 (41.4%)	8:26	7.1 (58.7%)
194	BATHKE Rafał	8587	GO PATI	Senior II M - 30	50	00:35:35	00:54:04	01:24:29.50	+00:35:03 (41.5%)	8:26	7.1 (58.7%)
195	DERBICH Mariusz	8520	KOWALEW RUNERS	Masters M - 40	47	00:35:54	00:54:21	01:24:33.50	+00:35:07 (41.5%)	8:27	7.1 (58.7%)
196	MACKIEWICZ Artur	8564	DŁUGOBIEGANIE	Masters M - 40	48	00:34:49	00:53:26	01:24:37.10	+00:35:11 (41.6%)	8:27	7.1 (58.7%)
197	URBAN Alicja	8120	KACZKATEAM	Senior I K - 20	11	00:33:04	00:51:46	01:24:40.70	+00:35:14 (41.6%)	8:28	7.1 (58.7%)
198	MALESZKA-BAGIŃSKA Kinga	8227	GRUPA BIEGOWA MELO-ŚMIACZ	Senior II K - 30	30	00:36:28	00:54:49	01:24:49.60	+00:35:23 (41.7%)	8:28	7.1 (58.7%)
199	SŁOWIK Kamila	8238	TRITOGO	Senior I K - 20	12	00:35:49	00:54:04	01:25:10.20	+00:35:44 (42.0%)	8:31	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
200	SKAWINA-POŁĘĆ Anna	8279	TOPOLICE TEAM	Senior II K - 30	31	00:36:13	00:55:54	01:25:18.45	+00:35:52 (42.1%)	8:31	7 (57.9%)
201	SIWEK Grzegorz	8213	LANRUNS	Masters M - 40	49	00:36:37	00:54:06	01:25:18.70	+00:35:52 (42.1%)	8:31	7 (57.9%)
202	PASTWA Maciej	8510		Senior II M - 30	51	00:35:22	00:54:06	01:25:41.45	+00:36:15 (42.3%)	8:34	7 (57.9%)
203	PASTWA Katarzyna	8511		Senior II K - 30	32	00:35:19	00:54:08	01:25:44.55	+00:36:18 (42.3%)	8:34	7 (57.9%)
204	GORAL Jakub	8437		Senior II M - 30	52	00:34:53	00:54:10	01:25:57.80	+00:36:31 (42.5%)	8:35	7 (57.9%)
205	CHĘCIŃSKA Dorota	8499		Senior II K - 30	33	00:36:49	00:55:04	01:25:59.00	+00:36:33 (42.5%)	8:35	7 (57.9%)
206	KRALIK Sylwia	8403		Senior II K - 30	34	00:35:56	00:55:25	01:26:06.95	+00:36:40 (42.6%)	8:36	7 (57.9%)
207	MARCINKOWSKA Anita	8140	POMIOTY SZATANA	Senior II K - 30	35	00:36:31	00:55:08	01:26:08.90	+00:36:42 (42.6%)	8:36	7 (57.9%)
208	KUCHARCZYK Kamil	8244	TRI NOT TO DIE	Senior II M - 30	53	00:35:40	00:56:23	01:26:14.40	+00:36:48 (42.7%)	8:37	7 (57.9%)
209	KULAK Paulina	8526	OBORYGENI	Senior II K - 30	36	00:36:09	00:54:56	01:26:14.65	+00:36:48 (42.7%)	8:37	7 (57.9%)
210	WIERZBICKA Natalia	8243		Senior I K - 20	13	00:35:40	00:56:23	01:26:14.85	+00:36:48 (42.7%)	8:37	7 (57.9%)
211	SOBCZAK Megi	8441		Senior II K - 30	37	00:38:08	00:56:53	01:26:15.35	+00:36:49 (42.7%)	8:37	7 (57.9%)
212	SIEMIŃSKA Marta	8623A	MARTA I ADA	Masters K - 40	8	00:35:17	00:54:07	01:26:23.50	+00:36:57 (42.8%)	8:38	6.9 (57.0%)
213	ŁOBASIUK Iwona	8585	FUNDACJA KIERUNEK ULTRA	Masters K - 40	9	00:35:05	00:54:10	01:26:23.80	+00:36:57 (42.8%)	8:38	6.9 (57.0%)
214	PODJUK Patryk	8541	FRIENDS GOSTYŃ	Senior I M - 20	32	00:35:33	00:55:50	01:26:35.55	+00:37:09 (42.9%)	8:39	6.9 (57.0%)
215	NADOBNIK Bartek	8059	SPORTOWY KAŻMIERZ	Senior I M - 20	33	00:39:08	00:57:03	01:27:27.35	+00:38:01 (43.5%)	8:44	6.9 (57.0%)
216	ORLIKOWSKI Jacek	8246		Masters M - 40	50	00:34:44	00:54:27	01:27:35.40	+00:38:09 (43.6%)	8:45	6.9 (57.0%)
217	PĘCZKOWSKA Magdalena	8057		Masters K - 40	10	00:34:04	00:54:43	01:27:35.50	+00:38:09 (43.6%)	8:45	6.9 (57.0%)
218	WITKE Elżbieta	8239		Weteran II K - 60	1	00:34:45	00:54:30	01:27:35.75	+00:38:09 (43.6%)	8:45	6.9 (57.0%)
219	MATYNIAK Barbara	8282	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	38	00:35:31	00:54:52	01:27:42.65	+00:38:16 (43.6%)	8:46	6.8 (56.2%)
220	PLEWA Paulina	8137	PBK	Senior I K - 20	14	00:36:44	00:56:01	01:27:44.55	+00:38:18 (43.7%)	8:46	6.8 (56.2%)
221	PIGŁA Aleksander	8237	SPORTOWY KAŻMIERZ	Senior I M - 20	34	00:34:20	00:55:31	01:27:46.70	+00:38:20 (43.7%)	8:46	6.8 (56.2%)
222	KAMPA Paweł	8245		Senior II M - 30	54	00:36:32	00:56:14	01:27:55.60	+00:38:29 (43.8%)	8:47	6.8 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
223	KLIN Robert	8527	WATAHA	Weteran I M - 50	12	00:37:01	00:55:14	01:27:58.05	+00:38:32 (43.8%)	8:47	6.8 (56.2%)
224	STASZKOWIAN Magda	8357	ŁAB	Senior II K - 30	39	00:35:34	00:54:34	01:28:04.65	+00:38:38 (43.9%)	8:48	6.8 (56.2%)
225	WOLSKI Teodor	8476		Senior I M - 20	35	00:37:54	00:57:52	01:28:07.50	+00:38:41 (43.9%)	8:48	6.8 (56.2%)
226	CZAPSKI Wojciech	8303		Masters M - 40	51	00:35:45	00:54:59	01:28:22.65	+00:38:56 (44.1%)	8:50	6.8 (56.2%)
227	PINIARSKA Magda	8432		Senior I K - 20	15	00:36:32	00:54:52	01:28:23.25	+00:38:57 (44.1%)	8:50	6.8 (56.2%)
228	MOMOT Anna	8340	ŁAB	Masters K - 40	11	00:37:28	00:56:31	01:28:24.70	+00:38:58 (44.1%)	8:50	6.8 (56.2%)
229	SAMOLAK Łukasz	8538		Senior II M - 30	55	00:36:42	00:53:58	01:28:32.40	+00:39:06 (44.2%)	8:51	6.8 (56.2%)
230	BRZEZIŃSKI Andrzej	8084		Weteran II M - 60	8	00:36:35	00:54:45	01:28:32.65	+00:39:06 (44.2%)	8:51	6.8 (56.2%)
231	MIKOŁAJCZAK Rafał	8417	FRIENDS GOSTYŃ	Masters M - 40	52	00:36:10	00:56:44	01:28:38.45	+00:39:12 (44.2%)	8:51	6.8 (56.2%)
232	MIKOŁAJCZAK Agnieszka	8418	FRIENDS GOSTYŃ	Masters K - 40	12	00:36:13	00:56:45	01:28:41.95	+00:39:15 (44.3%)	8:52	6.8 (56.2%)
233	KUS Andrzej	8229		Masters M - 40	53	00:39:16	01:00:08	01:28:53.70	+00:39:27 (44.4%)	8:53	6.8 (56.2%)
234	WYSZYŃSKA Agnieszka	8225		Senior II K - 30	40	00:36:32	00:55:18	01:29:08.65	+00:39:42 (44.5%)	8:54	6.7 (55.4%)
235	SIP Mirosław	8208		Weteran I M - 50	13	00:36:19	00:54:56	01:29:10.95	+00:39:44 (44.6%)	8:55	6.7 (55.4%)
236	JORDAN Robert	8218	TARNOWO PODGÓRNE BIEGA	Masters M - 40	54	00:36:22	00:56:08	01:29:12.30	+00:39:46 (44.6%)	8:55	6.7 (55.4%)
237	CHMIELEWSKI Mariusz	8023	RUNPROGRESS	Senior II M - 30	56	00:37:20	00:56:57	01:29:16.15	+00:39:50 (44.6%)	8:55	6.7 (55.4%)
238	ZAWADA Magdalena	8194	JJFIT RUNNING TEAM	Masters K - 40	13	00:36:56	00:55:45	01:29:21.55	+00:39:55 (44.7%)	8:56	6.7 (55.4%)
239	SERAFIN Michał	8230	HWBC	Masters M - 40	55	00:39:16	01:00:09	01:29:22.25	+00:39:56 (44.7%)	8:56	6.7 (55.4%)
240	KOŚCIÓŁEK Jadwiga	8467		Senior II K - 30	41	00:35:32	00:57:40	01:29:38.25	+00:40:12 (44.9%)	8:57	6.7 (55.4%)
241	KIECOŃ Michał	8373	RUN MOUNTAINS TRAVELS	Senior II M - 30	57	00:37:19	00:57:02	01:29:38.40	+00:40:12 (44.9%)	8:57	6.7 (55.4%)
242	LIMANÓWKA Paweł	8482		Masters M - 40	56	00:37:21	00:58:02	01:29:41.50	+00:40:15 (44.9%)	8:58	6.7 (55.4%)
243	MENDAK Magdalena	8536		Masters K - 40	14	00:37:40	00:58:14	01:29:44.75	+00:40:18 (44.9%)	8:58	6.7 (55.4%)
244	SZUSTER Kasia	8048	BIEGANIE NA ŚNIADANIE	Senior II K - 30	42	00:36:56	00:57:23	01:29:46.95	+00:40:20 (44.9%)	8:58	6.7 (55.4%)
245	BUBICZ Krzysztof	8031	BIEGAJĄCY ŚWIDNIK	Masters M - 40	57	00:38:32	00:57:59	01:29:47.50	+00:40:21 (44.9%)	8:58	6.7 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
246	SZYMAŁA Karolina	8405		Senior I K - 20	16	00:37:41	00:56:40	01:30:11.70	+00:40:45 (45.2%)	9:01	6.7 (55.4%)
247	ŁUKASIEWICZ Marek	8032	ROKIETNICA BIEGA	Masters M - 40	58	00:36:38	00:56:23	01:30:18.95	+00:40:52 (45.3%)	9:01	6.6 (54.5%)
248	KUBAŚ Dawid	8366	NADLEŚNICTWO ZDROJE	Senior II M - 30	58	00:38:12	00:59:43	01:30:20.20	+00:40:54 (45.3%)	9:02	6.6 (54.5%)
249	DERA Izabela	8392		Senior I K - 20	17	00:37:14	00:57:49	01:30:28.20	+00:41:02 (45.4%)	9:02	6.6 (54.5%)
250	MAZUR Agnieszka	8312		Senior II K - 30	43	00:38:27	00:58:05	01:30:28.80	+00:41:02 (45.4%)	9:02	6.6 (54.5%)
251	IMIŃSKI Cezary	8117		Weteran I M - 50	14	00:36:59	00:56:41	01:30:29.30	+00:41:03 (45.4%)	9:02	6.6 (54.5%)
252	BAŃKOWSKI Igor	8460		Weteran II M - 60	9	00:36:53	00:56:22	01:30:35.30	+00:41:09 (45.4%)	9:03	6.6 (54.5%)
253	JAWORSKA Izabela	8064		Masters K - 40	15	00:37:00	00:56:51	01:30:39.90	+00:41:13 (45.5%)	9:03	6.6 (54.5%)
254	MOŻEJKO Jadwiga	8130		Senior II K - 30	44	00:36:57	00:58:01	01:30:48.65	+00:41:22 (45.6%)	9:04	6.6 (54.5%)
255	KOTECKI Marcin	8332		Masters M - 40	59	00:36:56	00:58:02	01:30:51.15	+00:41:25 (45.6%)	9:05	6.6 (54.5%)
256	ZADORA Borys	8517		Senior II M - 30	59	00:38:01	00:57:30	01:30:53.00	+00:41:27 (45.6%)	9:05	6.6 (54.5%)
257	MICHALIK Kamila	8446	TRUPOSZE	Senior I K - 20	18	00:38:17	00:58:02	01:30:55.30	+00:41:29 (45.6%)	9:05	6.6 (54.5%)
258	PRUSICKI Rafał	8144	BP RUNNING TEAM	Masters M - 40	60	00:35:36	00:56:28	01:30:56.30	+00:41:30 (45.6%)	9:05	6.6 (54.5%)
259	BELTER Agnieszka	8159		Senior II K - 30	45	00:37:53	00:58:27	01:30:57.35	+00:41:31 (45.7%)	9:05	6.6 (54.5%)
260	RODZIŃSKA Anita	8361		Weteran K - 50	4	00:37:07	00:57:22	01:31:05.60	+00:41:39 (45.7%)	9:06	6.6 (54.5%)
261	CIEKAŃSKA Joanna	8051	35PLUD	Masters K - 40	16	00:37:55	00:57:34	01:31:09.80	+00:41:43 (45.8%)	9:06	6.6 (54.5%)
262	SPECHT Karolina	8535		Masters K - 40	17	00:36:36	00:56:29	01:31:36.80	+00:42:10 (46.0%)	9:09	6.6 (54.5%)
263	KUGLER Kamila	8474		Senior II K - 30	46	00:37:27	00:59:15	01:31:41.85	+00:42:15 (46.1%)	9:10	6.5 (53.7%)
264	JURKIEWICZ Dominika	8196	PROGRES	Senior II K - 30	47	00:38:34	00:59:39	01:31:44.25	+00:42:18 (46.1%)	9:10	6.5 (53.7%)
265	TEKIELI Ewelina	8168	TEKIELI FAMILY	Masters K - 40	18	00:37:10	00:57:36	01:31:53.45	+00:42:27 (46.2%)	9:11	6.5 (53.7%)
266	TOPOLEWSKA Agnieszka	8330		Senior II K - 30	48	00:39:53	00:59:38	01:31:56.00	+00:42:30 (46.2%)	9:11	6.5 (53.7%)
267	JESIONKOWSKI Paweł	8388		Senior I M - 20	36	00:37:20	01:00:00	01:32:00.25	+00:42:34 (46.3%)	9:12	6.5 (53.7%)
268	FIRLEJ Anna	8400	KRWIOBIEG(ANIE) ZIELONA GÓRA	Senior I K - 20	19	00:37:19	00:59:58	01:32:02.50	+00:42:36 (46.3%)	9:12	6.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
269	ROSZYK Tomasz	8350	TKKF MPK POZNAŃ	Masters M - 40	61	00:38:59	01:01:25	01:32:12.05	+00:42:46 (46.4%)	9:13	6.5 (53.7%)
270	SZCZYPCZYK-PRUSICKA Małgorzata	8147	BP RUNNING TEAM	Masters K - 40	19	00:35:39	00:56:29	01:32:21.05	+00:42:55 (46.5%)	9:14	6.5 (53.7%)
271	ŁASZKIEWICZ Piotr	8165		Weteran II M - 60	10	00:38:14	00:58:58	01:32:26.90	+00:43:00 (46.5%)	9:14	6.5 (53.7%)
272	DWORZAŃSKA - GUL Anna	8285		Senior II K - 30	49	00:38:32	00:58:47	01:32:45.10	+00:43:19 (46.7%)	9:16	6.5 (53.7%)
273	GUL Paweł	8284		Senior II M - 30	60	00:38:34	00:58:46	01:32:45.70	+00:43:19 (46.7%)	9:16	6.5 (53.7%)
274	KACZMAREK Michał	8445	TRUPOSZE	Senior I M - 20	37	00:38:18	00:58:47	01:32:57.15	+00:43:31 (46.8%)	9:17	6.5 (53.7%)
275	KWIECIEŃ Dorota	8199		Masters K - 40	20	00:38:53	01:00:40	01:32:58.50	+00:43:32 (46.8%)	9:17	6.5 (53.7%)
276	RZAŚA Marta	8411		Senior II K - 30	50	00:38:40	00:58:59	01:33:00.55	+00:43:34 (46.9%)	9:18	6.5 (53.7%)
277	SKIBA Anna	8557	HARCOWNIK	Masters K - 40	21	00:37:32	00:58:34	01:33:05.30	+00:43:39 (46.9%)	9:18	6.4 (52.9%)
278	IDASZAK Patryk	8434		Senior II M - 30	61	00:38:44	00:59:46	01:33:05.70	+00:43:39 (46.9%)	9:18	6.4 (52.9%)
279	SADOWSKI Michał	8129		Senior II M - 30	62	00:39:12	00:58:38	01:33:05.95	+00:43:39 (46.9%)	9:18	6.4 (52.9%)
280	NOLAS Jolanta	8319		Weteran K - 50	5	00:36:01	00:57:08	01:33:11.85	+00:43:45 (47.0%)	9:19	6.4 (52.9%)
281	BEM Jolanta	8072		Senior II K - 30	51	00:37:47	00:57:35	01:33:24.55	+00:43:58 (47.1%)	9:20	6.4 (52.9%)
282	RZYWUCKA Jolanta	8256	4 RUN TEAM PIŁA	Masters K - 40	22	00:37:12	01:00:12	01:33:32.85	+00:44:06 (47.2%)	9:21	6.4 (52.9%)
283	SZCZEPANIAK Małgorzata	8152	RKS PIŁA PODLASIE	Weteran K - 50	6	00:38:36	00:58:56	01:33:44.70	+00:44:18 (47.3%)	9:22	6.4 (52.9%)
283	ROGOWSKI Robert	8598	BIEG OPOLSKI	Masters M - 40	62	00:40:20	00:58:31	01:33:44.70	+00:44:18 (47.3%)	9:22	6.4 (52.9%)
285	NOGA Olga	8264		Senior II K - 30	52	00:38:20	00:59:33	01:33:48.75	+00:44:22 (47.3%)	9:22	6.4 (52.9%)
286	ZARZECZNY Radosław	8559	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	63	00:38:22	00:59:55	01:33:51.75	+00:44:25 (47.3%)	9:23	6.4 (52.9%)
287	ROKICKI Łukasz	8450	MIŁOŚNIKÓW WIŚNIÓWKI :).	Masters M - 40	63	00:41:01	01:03:39	01:33:53.05	+00:44:27 (47.3%)	9:23	6.4 (52.9%)
288	ŁATWIŃSKI Mateusz	8338		Senior I M - 20	38	00:39:57	01:01:44	01:34:01.95	+00:44:35 (47.4%)	9:24	6.4 (52.9%)
289	GALEWSKI Mariusz	8203		Weteran I M - 50	15	00:38:23	00:59:26	01:34:05.05	+00:44:39 (47.5%)	9:24	6.4 (52.9%)
290	DZIERGWA Agnieszka	8561	PRZEDWOJEWSKI TEAM	Senior II K - 30	53	00:39:49	01:00:33	01:34:05.30	+00:44:39 (47.5%)	9:24	6.4 (52.9%)
291	STEPUCH Włodzimierz	8204		Masters M - 40	64	00:39:59	01:00:55	01:34:11.95	+00:44:45 (47.5%)	9:25	6.4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
292	KANDEFER Kacper	8578		Senior I M - 20	39	00:39:08	00:58:33	01:34:22.85	+00:44:56 (47.6%)	9:26	6.4 (52.9%)
293	KUTYCKA KUREK Elżbieta	8171	CHOJRAK TEAM WROCŁAW	Senior II K - 30	54	00:37:16	00:57:52	01:34:23.30	+00:44:57 (47.6%)	9:26	6.4 (52.9%)
294	PASIEKA Agnieszka	8579		Masters K - 40	23	00:39:07	00:58:28	01:34:24.20	+00:44:58 (47.6%)	9:26	6.4 (52.9%)
294	KANDEFER Beata	8580	KLUB BIEGACZA ATHLETIC ZRĘCIN	Weteran K - 50	7	00:39:07	00:58:29	01:34:24.20	+00:44:58 (47.6%)	9:26	6.4 (52.9%)
296	CIŚWICKI Jarosław	8399		Masters M - 40	65	00:37:56	00:59:13	01:34:34.70	+00:45:08 (47.7%)	9:27	6.3 (52.1%)
297	GAWRECKA Beata	8164	JUTROSIŃSKI KLUB BIEGACZY	Senior II K - 30	55	00:39:42	01:01:36	01:34:49.85	+00:45:23 (47.9%)	9:28	6.3 (52.1%)
298	WARYSZAK Joanna	8301	BAKALOVE	Senior II K - 30	56	00:36:40	00:57:18	01:34:53.10	+00:45:27 (47.9%)	9:29	6.3 (52.1%)
299	MOŚ Dariusz	8192		Masters M - 40	66	00:39:00	01:00:46	01:35:01.45	+00:45:35 (48.0%)	9:30	6.3 (52.1%)
300	WRÓBEL Zbigniew	8042	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	16	00:38:08	00:59:12	01:35:06.15	+00:45:40 (48.0%)	9:30	6.3 (52.1%)
301	WRÓBEL Marzena	8088	TARNOWO PODGÓRNE BIEGA	Masters K - 40	24	00:38:08	00:59:12	01:35:06.20	+00:45:40 (48.0%)	9:30	6.3 (52.1%)
302	CHOJECKA Magdalena	8006	ZBUCKI RUCH	Masters K - 40	25	00:39:24	01:00:32	01:35:14.15	+00:45:48 (48.1%)	9:31	6.3 (52.1%)
303	KALINA Adam	8254		Senior II M - 30	64	00:37:18	00:59:39	01:35:18.40	+00:45:52 (48.1%)	9:31	6.3 (52.1%)
304	ORDYNIEC Alicja	8425	KĘSY TEAM	Masters K - 40	26	00:39:04	01:00:22	01:35:19.65	+00:45:53 (48.1%)	9:31	6.3 (52.1%)
305	MATAK Kinga	8111	MAMERO	Senior II K - 30	57	00:39:37	01:01:00	01:35:19.90	+00:45:53 (48.1%)	9:31	6.3 (52.1%)
306	NAPARTY Zbigniew	8424	KĘSY TEAM	Weteran I M - 50	17	00:39:05	01:00:22	01:35:20.05	+00:45:54 (48.1%)	9:32	6.3 (52.1%)
307	KULA Damian	8177		Senior II M - 30	65	00:38:07	01:00:14	01:35:25.45	+00:45:59 (48.2%)	9:32	6.3 (52.1%)
308	MOŚ Dorota	8193		Masters K - 40	27	00:39:00	01:00:46	01:35:26.65	+00:46:00 (48.2%)	9:32	6.3 (52.1%)
309	RZEPKA Joanna	8015		Senior II K - 30	58	00:38:50	01:00:58	01:35:43.15	+00:46:17 (48.4%)	9:34	6.3 (52.1%)
310	PRYSTASZ Krzysztof	8394		Masters M - 40	67	00:41:47	01:01:24	01:35:45.05	+00:46:19 (48.4%)	9:34	6.3 (52.1%)
311	KRYSA Łukasz	8025	POMYŁKA TEAM	Masters M - 40	68	00:41:22	01:01:53	01:35:57.50	+00:46:31 (48.5%)	9:35	6.3 (52.1%)
312	MAKOWCZYŃSKA Agata	8109	OBORYGENI	Senior II K - 30	59	00:40:28		01:36:11.00	+00:46:45 (48.6%)	9:37	6.2 (51.2%)
313	STRZYŻOWSKI Paweł	8008		Masters M - 40	69	00:38:47	00:59:50	01:36:18.90	+00:46:52 (48.7%)	9:37	6.2 (51.2%)
314	AUGUSTYNOWICZ Aurelia	8201	RCI BYDGOSZCZ	Masters K - 40	28	00:38:56	00:59:51	01:36:29.25	+00:47:03 (48.8%)	9:38	6.2 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
315	ANTKOWIAK-BRONOWICKA Agnieszka	8453	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Senior II K - 30	60	00:38:06	01:00:17	01:36:29.70	+00:47:03 (48.8%)	9:38	6.2 (51.2%)
316	LUBAŃSKA Alicja	8501		Weteran K - 50	8	00:39:50	01:01:20	01:36:32.95	+00:47:06 (48.8%)	9:39	6.2 (51.2%)
317	KUKUŁA Karolina	8550		Senior II K - 30	61	00:38:17	01:00:10	01:36:47.65	+00:47:21 (48.9%)	9:40	6.2 (51.2%)
318	BACHURSKA Ewa	8322	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	29	00:39:24	01:01:20	01:36:54.50	+00:47:28 (49.0%)	9:41	6.2 (51.2%)
319	NAGLER Tomasz	8577		Masters M - 40	70	00:34:11	00:55:36	01:36:55.00	+00:47:29 (49.0%)	9:41	6.2 (51.2%)
320	KORYTNA Romana	8184	FRIENDS GOSTYŃ	Masters K - 40	30	00:39:48	01:02:12	01:36:59.85	+00:47:33 (49.0%)	9:41	6.2 (51.2%)
321	KORYTNY Tomasz	8183	FRIENDS GOSTYŃ	Masters M - 40	71	00:39:48	01:02:11	01:37:00.00	+00:47:34 (49.0%)	9:42	6.2 (51.2%)
322	NOWAKOWSKA Karolina	8530		Masters K - 40	31	00:39:27	01:00:55	01:37:03.05	+00:47:37 (49.1%)	9:42	6.2 (51.2%)
323	SZCZERBIEŃ Jacek	8271		Masters M - 40	72	00:39:08	01:00:49	01:37:15.60	+00:47:49 (49.2%)	9:43	6.2 (51.2%)
324	BARANIAK Jarosław	8234		Senior II M - 30	66	00:39:41	01:01:11	01:37:16.60	+00:47:50 (49.2%)	9:43	6.2 (51.2%)
325	LUDZIŃSKI Adam	8260		Masters M - 40	73	00:39:09	01:00:50	01:37:17.55	+00:47:51 (49.2%)	9:43	6.2 (51.2%)
326	WROZYNA Agnieszka	8341	ŁAB ŁAGIEWNIKI	Masters K - 40	32	00:40:43	01:02:42	01:37:18.40	+00:47:52 (49.2%)	9:43	6.2 (51.2%)
327	CZYŻAK Błażej	8573		Masters M - 40	74	00:46:48	01:05:57	01:37:20.50	+00:47:54 (49.2%)	9:44	6.2 (51.2%)
328	GARBACZ Kamila	8464		Masters K - 40	33	00:40:19	01:02:22	01:37:25.85	+00:47:59 (49.3%)	9:44	6.2 (51.2%)
329	KORGÓL Mariusz	8198	RUN WISZNIA RUN	Senior II M - 30	67	00:40:37	01:01:33	01:37:36.40	+00:48:10 (49.4%)	9:45	6.1 (50.4%)
330	KORGÓL Anna	8195	RUN WISZNIA RUN	Senior II K - 30	62	00:40:30	01:01:38	01:37:39.00	+00:48:13 (49.4%)	9:45	6.1 (50.4%)
331	KACZMAREK Mariusz	8336	7822885258	Weteran II M - 60	11	00:39:00	01:01:24	01:37:40.95	+00:48:14 (49.4%)	9:46	6.1 (50.4%)
332	ALEXEENKOVA Tatyana	8484		Senior II K - 30	63	00:40:06	01:02:46	01:37:43.40	+00:48:17 (49.4%)	9:46	6.1 (50.4%)
333	NASALSKA Anna	8584	FUNDACJA KIERUNEK ULTRA	Masters K - 40	34	00:39:06	01:00:15	01:37:43.90	+00:48:17 (49.4%)	9:46	6.1 (50.4%)
334	SZURKOWSKI Michał	8462	GRUNWALD TEAM POZNAŃ	Senior II M - 30	68	00:40:50	01:02:04	01:37:56.45	+00:48:30 (49.5%)	9:47	6.1 (50.4%)
335	PIGŁA Maja	8236	SPORTOWY KAŻMIERZ	Senior II K - 30	64	00:40:23	01:03:25	01:38:02.20	+00:48:36 (49.6%)	9:48	6.1 (50.4%)
336	BECHTA Damian	8298		Senior I M - 20	40	00:40:11	01:01:41	01:38:05.60	+00:48:39 (49.6%)	9:48	6.1 (50.4%)
337	BECHTA Katarzyna	8297	BRACHTWO BIEGOWE BGK	Senior I K - 20	20	00:40:12	01:01:55	01:38:05.95	+00:48:39 (49.6%)	9:48	6.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
338	BIECHOWIAK Artur	8386		Senior II M - 30	69	00:39:42	01:01:36	01:38:12.65	+00:48:46 (49.7%)	9:49	6.1 (50.4%)
339	KUCHCINSKA Diana	8052		Masters K - 40	35	00:38:02	01:00:11	01:38:18.80	+00:48:52 (49.7%)	9:49	6.1 (50.4%)
340	LEHMANN Artur	8444		Senior II M - 30	70	00:39:39	01:00:55	01:38:30.40	+00:49:04 (49.8%)	9:51	6.1 (50.4%)
341	POLNIK Klaudia	8314		Senior II K - 30	65	00:39:06	01:02:39	01:38:33.75	+00:49:07 (49.8%)	9:51	6.1 (50.4%)
342	BLANIK Agnieszka	8308		Masters K - 40	36	00:39:04	01:02:01	01:38:41.45	+00:49:15 (49.9%)	9:52	6.1 (50.4%)
343	CZAJA Agnieszka	8266		Senior II K - 30	66	00:41:36	01:03:58	01:38:42.60	+00:49:16 (49.9%)	9:52	6.1 (50.4%)
344	JUREWICZ Agata	8267	VEGE RUNNERS	Senior II K - 30	67	00:41:37	01:03:38	01:38:53.60	+00:49:27 (50.0%)	9:53	6.1 (50.4%)
345	KACZMAREK Anna	8451		Senior II K - 30	68	00:40:29	01:02:35	01:38:55.75	+00:49:29 (50.0%)	9:53	6.1 (50.4%)
346	KACZMAREK Adam	8452		Masters M - 40	75	00:40:29	01:02:35	01:38:56.15	+00:49:30 (50.0%)	9:53	6.1 (50.4%)
347	BUJAK Dagmara	8348		Senior II K - 30	69	00:39:58	01:01:52	01:38:59.35	+00:49:33 (50.1%)	9:53	6.1 (50.4%)
348	HYLIŃSKA Hanna	8020	KOMU CZEMU	Senior II K - 30	70	00:40:23	01:01:33	01:39:13.60	+00:49:47 (50.2%)	9:55	6 (49.6%)
349	WYROBIEC-LIPIŃSKA Joanna	8365		Senior I K - 20	21	00:41:06	01:02:53	01:39:23.40	+00:49:57 (50.3%)	9:56	6 (49.6%)
350	SŁOWIKOWSKI Tomasz	8600		Masters M - 40	76	00:40:11	01:01:36	01:39:24.05	+00:49:58 (50.3%)	9:56	6 (49.6%)
351	LACHOR Anna	8358	ANRO SC ANNA ROBERT LACHOR	Weteran K - 50	9	00:41:55	01:03:44	01:39:25.30	+00:49:59 (50.3%)	9:56	6 (49.6%)
352	RASZKOWSKA Emilia	8395	ŚLĘZAK TEAM	Senior II K - 30	71	00:42:05	01:04:34	01:39:36.55	+00:50:10 (50.4%)	9:57	6 (49.6%)
353	SERWACKA Dominika	8500	STALOWOWOLSKI KLUB BIEGACZA	Senior II K - 30	72	00:39:10	01:03:22	01:39:37.90	+00:50:11 (50.4%)	9:57	6 (49.6%)
354	RASZKOWSKI Piotr	8396	ŚLĘZAK TEAM PIOTRBIEGACZ.PL	Senior II M - 30	71	00:42:00	01:04:34	01:39:38.05	+00:50:12 (50.4%)	9:57	6 (49.6%)
355	SZPUREK Anna	8133	BUKOWSKI KLUB BIEGACZA	Masters K - 40	37	00:41:15	01:03:58	01:39:43.10	+00:50:17 (50.4%)	9:58	6 (49.6%)
356	AUTH Kari	8429		Senior I K - 20	22	00:40:01	01:02:37	01:39:49.25	+00:50:23 (50.5%)	9:58	6 (49.6%)
357	GRADEK Agnieszka	8306		Senior I K - 20	23	00:42:06	01:04:06	01:39:49.60	+00:50:23 (50.5%)	9:58	6 (49.6%)
358	BALNER Sebastian	8477		Masters M - 40	77	00:41:32	01:03:50	01:39:51.80	+00:50:25 (50.5%)	9:59	6 (49.6%)
359	PIWOWARCZYK Kamila	8397	DZIABONG TEAM	Senior II K - 30	73	00:41:14	01:04:33	01:40:04.15	+00:50:38 (50.6%)	10:00	6 (49.6%)
360	ŚMICHURSKA Malwina	8385	FIZJOTERAPIA BIEGACZA	Senior II K - 30	74	00:41:14	01:04:33	01:40:04.25	+00:50:38 (50.6%)	10:00	6 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
361	DZIADOWICZ Andrzej	8328		Masters M - 40	78	00:41:56	01:04:55	01:40:13.75	+00:50:47 (50.7%)	10:01	6 (49.6%)
362	NIZIO Kamil	8070		Masters M - 40	79	00:41:54	01:04:19	01:40:28.30	+00:51:02 (50.8%)	10:02	6 (49.6%)
363	RADWAN Anna	8103	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	75	00:41:53	01:04:32	01:40:34.80	+00:51:08 (50.9%)	10:03	6 (49.6%)
364	MĘTLAK Małgorzata	8552		Senior I K - 20	24	00:41:41	01:05:00	01:40:37.85	+00:51:11 (50.9%)	10:03	6 (49.6%)
365	URBAŃCZYK Krzysztof	8058	IZBICKO W BIEGU	Senior I M - 20	41	00:40:04	01:01:12	01:40:47.45	+00:51:21 (51.0%)	10:04	6 (49.6%)
366	BURZYŃSKA Emilia	8222	MAMY-BIEGAMY	Senior II K - 30	76	00:41:26	01:03:48	01:40:50.75	+00:51:24 (51.0%)	10:05	6 (49.6%)
367	WEJCHAN Jagoda	8398		Senior I K - 20	25	00:40:10	01:03:28	01:41:07.55	+00:51:41 (51.1%)	10:06	5.9 (48.8%)
368	JASIŃSKA Marzena	8172		Senior II K - 30	77	00:41:22	01:04:21	01:41:21.80	+00:51:55 (51.2%)	10:08	5.9 (48.8%)
369	KRAWCZAK Karolina	8053		Senior II K - 30	78	00:40:38	01:03:30	01:41:28.15	+00:52:02 (51.3%)	10:08	5.9 (48.8%)
370	IGNASIAK Marta	8272		Senior II K - 30	79	00:41:33	01:04:01	01:41:42.35	+00:52:16 (51.4%)	10:10	5.9 (48.8%)
371	JAROSZ Agnieszka	8355	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior I K - 20	26	00:43:34	01:04:56	01:41:54.00	+00:52:28 (51.5%)	10:11	5.9 (48.8%)
372	TOMERA Dorota	8356	TEAM KURORT ŁĄDEK- ZDRÓJ	Masters K - 40	38	00:43:35	01:04:50	01:41:54.10	+00:52:28 (51.5%)	10:11	5.9 (48.8%)
373	MAZURKIEWICZ Joanna	8021		Masters K - 40	39	00:40:21	01:02:52	01:42:00.15	+00:52:34 (51.5%)	10:12	5.9 (48.8%)
374	KUMASZKA Anna	8449	DOLNY ŚLĄSK	Senior II K - 30	80	00:41:08	01:02:54	01:42:12.30	+00:52:46 (51.6%)	10:13	5.9 (48.8%)
375	KAMIONOWSKI Mariusz-Jacek	8448		Weteran I M - 50	18	00:43:47	01:05:43	01:42:15.00	+00:52:49 (51.7%)	10:13	5.9 (48.8%)
376	LEŚNIAK Wiktor	8409		Senior II M - 30	72	00:41:31	01:05:56	01:42:15.95	+00:52:49 (51.7%)	10:13	5.9 (48.8%)
377	GRZELKA-ZEMBATY Katarzyna	8175		Senior II K - 30	81	00:41:14	01:04:03	01:42:17.70	+00:52:51 (51.7%)	10:13	5.9 (48.8%)
378	SZUMIGALSKI Radosław	8524	RADOSŁAW SZUMIGALSKI PRIV	Masters M - 40	80	00:40:42	01:03:51	01:42:25.05	+00:52:59 (51.7%)	10:14	5.9 (48.8%)
379	STACHAŃCZYK Wojciech Stachanczyk	8563	MATNER RUNNING TEAM	Masters M - 40	81	00:40:41	01:04:15	01:42:40.25	+00:53:14 (51.9%)	10:16	5.8 (47.9%)
380	MRÓZ Anna	8288		Senior II K - 30	82	01:04:09		01:42:41.25	+00:53:15 (51.9%)	10:16	5.8 (47.9%)
381	KRZUŚ Michał	8305		Senior I M - 20	42	00:43:36	01:05:28	01:42:47.75	+00:53:21 (51.9%)	10:16	5.8 (47.9%)
382	MRÓZ Radek	8287		Senior II M - 30	73	00:42:01	01:05:25	01:42:50.80	+00:53:24 (51.9%)	10:17	5.8 (47.9%)
383	KAYSIEWICZ Joanna	8505		Masters K - 40	40	00:42:08	01:05:45	01:42:54.85	+00:53:28 (52.0%)	10:17	5.8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
384	WITKOWSKA Katarzyna	8393		Masters K - 40	41	00:42:54	01:04:51	01:43:08.60	+00:53:42 (52.1%)	10:18	5.8 (47.9%)
385	JOŃCZYK Beata	8602	BIEG OPOLSKI	Senior II K - 30	83	00:43:39	01:06:21	01:43:09.60	+00:53:43 (52.1%)	10:18	5.8 (47.9%)
386	GRYDZIUSZKO Aneta	8179		Masters K - 40	42	00:41:15	01:04:16	01:43:20.25	+00:53:54 (52.2%)	10:20	5.8 (47.9%)
387	WINIARSKA Monika	8307	DXTREEM RUNNING	Masters K - 40	43	00:42:39	01:06:44	01:44:11.25	+00:54:45 (52.6%)	10:25	5.8 (47.9%)
388	STRZELEC Weronika	8012		Senior I K - 20	27	00:40:40	01:04:33	01:44:16.00	+00:54:50 (52.6%)	10:25	5.8 (47.9%)
389	KULESZA Dagmara	8079		Senior II K - 30	84	00:40:51	01:04:44	01:44:22.75	+00:54:56 (52.6%)	10:26	5.7 (47.1%)
390	ŁOKAJ Marcin	8187		Senior II M - 30	74	00:43:51	01:07:10	01:44:51.95	+00:55:25 (52.9%)	10:29	5.7 (47.1%)
391	KOCHAN Piotr	8375	NIEMANIE	Masters M - 40	82	00:43:37	01:06:46	01:45:11.25	+00:55:45 (53.0%)	10:31	5.7 (47.1%)
392	LEMBICZ Paweł	8163		Masters M - 40	83	00:42:43	01:07:39	01:45:15.95	+00:55:49 (53.0%)	10:31	5.7 (47.1%)
393	KLECHA Katarzyna	8162		Masters K - 40	44	00:42:39	01:07:39	01:45:16.65	+00:55:50 (53.0%)	10:31	5.7 (47.1%)
394	BARYSKA Basia	8370		Senior II K - 30	85	00:44:03	01:05:39	01:45:43.40	+00:56:17 (53.2%)	10:34	5.7 (47.1%)
395	CZERNIAK Zuzanna	8556		Senior I K - 20	28	00:43:22	01:06:20	01:45:58.95	+00:56:32 (53.4%)	10:35	5.7 (47.1%)
396	AMANOWICZ Aurelia	8554		Senior I K - 20	29	00:43:26	01:06:24	01:46:03.00	+00:56:37 (53.4%)	10:36	5.7 (47.1%)
397	LUGOWSKI Karol	8504		Masters M - 40	84	00:43:25	01:06:30	01:46:03.25	+00:56:37 (53.4%)	10:36	5.7 (47.1%)
398	MIKICKA Monika	8346		Senior II K - 30	86	00:43:29	01:07:02	01:46:36.60	+00:57:10 (53.6%)	10:39	5.6 (46.3%)
399	WALCZAK Sławomir	8485		Weteran I M - 50	19	00:43:09	01:06:13	01:46:37.30	+00:57:11 (53.6%)	10:39	5.6 (46.3%)
400	KUZIOMKO Anna	8261		Masters K - 40	45	00:42:30	01:05:58	01:46:43.90	+00:57:17 (53.7%)	10:40	5.6 (46.3%)
401	GÓRALSKI Krzysztof	8313		Masters M - 40	85	00:41:15	01:03:39	01:47:11.85	+00:57:45 (53.9%)	10:43	5.6 (46.3%)
402	MIKOŁAJCZAK Magdalena	8435		Masters K - 40	46	00:44:00	01:07:23	01:47:34.00	+00:58:08 (54.0%)	10:45	5.6 (46.3%)
403	ŚWITALSKA Edyta	8265		Masters K - 40	47	00:44:53	01:09:37	01:47:37.65	+00:58:11 (54.1%)	10:45	5.6 (46.3%)
404	OSZCZEDA Marzena	8428		Masters K - 40	48	00:45:21	01:09:27	01:48:08.80	+00:58:42 (54.3%)	10:48	5.5 (45.5%)
405	ŁATWIŃSKA Marzena	8343	WYBIERZ...	Masters K - 40	49	00:41:30	01:05:58	01:48:41.75	+00:59:15 (54.5%)	10:52	5.5 (45.5%)
406	SZÓSTAK Marzena	8320	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	2	00:45:28	01:09:44	01:49:01.30	+00:59:35 (54.7%)	10:54	5.5 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						C1 3.7km	C1 5.8km				
407	KIECON Zuzanna	8372		Senior I K - 20	30	00:43:10	01:08:09	01:49:08.35	+00:59:42 (54.7%)	10:54	5.5 (45.5%)
408	KIECOŃ Maria	8374		Senior II K - 30	87	00:43:11	01:08:09	01:49:12.05	+00:59:46 (54.7%)	10:55	5.5 (45.5%)
409	DWORNICKA Magda	7862	RGB	Masters K - 40	50	00:44:48	01:08:09	01:49:13.55	+00:59:47 (54.7%)	10:55	5.5 (45.5%)
410	BLICHERT Anna	8335	I DON'T KURWA CARE	Senior II K - 30	88	00:47:06	01:08:40	01:49:13.90	+00:59:47 (54.7%)	10:55	5.5 (45.5%)
411	ZAJĄC Paulina	8085		Senior II K - 30	89	00:45:40	01:09:55	01:49:28.00	+01:00:02 (54.8%)	10:56	5.5 (45.5%)
412	DATA Tomasz	8542	HRMAX ŻORY	Masters M - 40	86	00:55:39	01:20:43	01:50:01.35	+01:00:35 (55.1%)	11:00	5.5 (45.5%)
413	DZIUBAŁA Ilona	8362		Weteran K - 50	10	00:45:25	01:10:10	01:50:47.45	+01:01:21 (55.4%)	11:04	5.4 (44.6%)
414	KRYSA Dorota	8027	POMYŁKA TEAM	Masters K - 40	51	00:45:18	01:10:42	01:51:05.20	+01:01:39 (55.5%)	11:06	5.4 (44.6%)
415	SOŁYGA Magdalena	8212		Senior II K - 30	90	00:44:09	01:09:36	01:51:10.30	+01:01:44 (55.5%)	11:07	5.4 (44.6%)
416	GÓRCZYŃSKA Barbara	8537		Masters K - 40	52	00:45:22	01:10:47	01:51:15.50	+01:01:49 (55.6%)	11:07	5.4 (44.6%)
417	AUGUSTYN Monika	8211	SPORTOWY KAŻMIERZ	Masters K - 40	53	00:44:05	01:08:53	01:51:21.85	+01:01:55 (55.6%)	11:08	5.4 (44.6%)
418	SMORAWSKA Lidia	8189	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	91	00:45:55	01:10:54	01:51:29.00	+01:02:03 (55.7%)	11:08	5.4 (44.6%)
419	SOŁTYS Ewelina	8342		Senior II K - 30	92	00:41:39	01:08:19	01:51:36.65	+01:02:10 (55.7%)	11:09	5.4 (44.6%)
420	KONONIUK Łukasz	8592	FUNDACJA KIERUNEK ULTRA	Senior II M - 30	75	00:39:38	01:09:14	01:51:43.50	+01:02:17 (55.8%)	11:10	5.4 (44.6%)
421	MYSŁOWSKA Agnieszka	8408		Senior II K - 30	93	00:43:37	01:08:39	01:52:25.65	+01:02:59 (56.0%)	11:14	5.3 (43.8%)
422	GARDZIEJCZYK Aldona	8311		Masters K - 40	54	00:43:24	01:08:41	01:52:26.65	+01:03:00 (56.0%)	11:14	5.3 (43.8%)
423	HRYCZYŃSKA Kamila	8603		Senior I K - 20	31	00:47:26	01:10:11	01:52:51.20	+01:03:25 (56.2%)	11:17	5.3 (43.8%)
424	KRZECZKOWSKI Roman	8304	BIEGOWA ŚWIDNICA	Masters M - 40	87	00:46:31	01:11:51	01:53:26.65	+01:04:00 (56.4%)	11:20	5.3 (43.8%)
425	BOROŃ-KOSIK Magda	8302		Masters K - 40	55	00:46:33	01:11:52	01:53:27.05	+01:04:01 (56.4%)	11:20	5.3 (43.8%)
426	PLAZIŃSKA Agnieszka	8416	FLEXLINK RUNNING TEAM	Senior II K - 30	94	01:11:03		01:53:41.45	+01:04:15 (56.5%)	11:22	5.3 (43.8%)
427	LEMBICZ Agnieszka	8415	FLEXLINK RUNNING TEAM	Senior II K - 30	95	00:44:41	01:11:06	01:53:41.60	+01:04:15 (56.5%)	11:22	5.3 (43.8%)
428	CHYBICKI Wojciech	8506		Senior II M - 30	76	00:48:58	01:13:57	01:53:46.85	+01:04:20 (56.6%)	11:22	5.3 (43.8%)
429	VOGEL Kamil	8153	NOWY TOMYŚL	Senior I M - 20	43	00:43:39	01:09:14	01:54:22.55	+01:04:56 (56.8%)	11:26	5.2 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
430	SZYMAŃSKA Katarzyna	8157		Senior II K - 30	96	00:45:37	01:11:10	01:54:26.05	+01:05:00 (56.8%)	11:26	5.2 (43.0%)
431	SZYMAŃSKI Łukasz	8158		Senior II M - 30	77	00:45:36	01:11:10	01:54:27.15	+01:05:01 (56.8%)	11:26	5.2 (43.0%)
432	ADACH Magdalena	8186	ENDORFINA WSCHOWA	Senior I K - 20	32	00:40:29	01:08:35	01:55:03.25	+01:05:37 (57.0%)	11:30	5.2 (43.0%)
433	GADZINOWSKI Ignacy	8248		Weteran III M - 70	1	00:46:16	01:12:48	01:55:59.35	+01:06:33 (57.4%)	11:35	5.2 (43.0%)
434	CHODERA Ewelina	8160		Senior II K - 30	97	00:42:49	01:10:30	01:56:07.80	+01:06:41 (57.4%)	11:36	5.2 (43.0%)
435	RYTYCH Justyna	8235		Masters K - 40	56	00:42:49	01:10:31	01:56:08.90	+01:06:42 (57.4%)	11:36	5.2 (43.0%)
436	JANIK Piotr	8141		Masters M - 40	88	00:47:52	01:12:51	01:58:50.10	+01:09:24 (58.4%)	11:53	5 (41.3%)
437	DUBIŃSKA Magdalena	8142		Senior II K - 30	98	00:47:55	01:13:01	01:58:50.35	+01:09:24 (58.4%)	11:53	5 (41.3%)
438	KUTNA Agnieszka	8565	ALUSIAKI	Senior II K - 30	99	00:48:48	01:16:13	01:59:09.95	+01:09:43 (58.5%)	11:54	5 (41.3%)
439	WESOŁOWSKI Damian	8104		Masters M - 40	89	00:47:42	01:14:18	01:59:53.55	+01:10:27 (58.8%)	11:59	5 (41.3%)
440	KWIATKOWSKA Honorata	8105	TOMASZÓW MAZ.	Masters K - 40	57	00:47:43	01:14:21	01:59:54.90	+01:10:28 (58.8%)	11:59	5 (41.3%)
441	SZYMAŁA Jan	8309	SAM GNAM OD 1949	Weteran III M - 70	2	00:52:22	01:18:45	02:01:06.90	+01:11:40 (59.2%)	12:06	5 (41.3%)
442	ŁUKWIŃSKI Bogusław	8488	UKS SZUWAREK	Weteran I M - 50	20	00:45:43	01:13:10	02:02:01.40	+01:12:35 (59.5%)	12:12	4.9 (40.5%)
443	MIELCZAREK Halina	8063		Weteran K - 50	11	00:47:19	01:17:03	02:02:18.65	+01:12:52 (59.6%)	12:13	4.9 (40.5%)
444	GODLEWSKA Agnieszka	8473		Masters K - 40	58	00:49:58	01:17:25	02:02:19.40	+01:12:53 (59.6%)	12:13	4.9 (40.5%)
445	NOSKO Justyna	8151		Masters K - 40	59	00:48:39	01:16:44	02:02:27.35	+01:13:01 (59.6%)	12:14	4.9 (40.5%)
446	PRZEPIÓRKA Jolanta	8149		Masters K - 40	60	00:48:40	01:16:44	02:02:32.15	+01:13:06 (59.7%)	12:15	4.9 (40.5%)
447	PRZYŁUSKA Mirosława	8503	RAZ SZCZECIN	Weteran II K - 60	3	00:47:40	01:16:14	02:03:07.45	+01:13:41 (59.9%)	12:18	4.9 (40.5%)
448	KICZKA Maria	8036	ROKIETNICA BIEGA	Senior II K - 30	100	00:46:23	01:18:58	02:03:46.50	+01:14:20 (60.1%)	12:22	4.8 (39.7%)
449	WOJCIECH Stańczuk	8457		Weteran I M - 50	21	00:48:22	01:15:43	02:03:52.75	+01:14:26 (60.1%)	12:23	4.8 (39.7%)
450	GARCZYK Marzena	8406		Masters K - 40	61	00:51:30	01:19:09	02:04:09.80	+01:14:43 (60.2%)	12:24	4.8 (39.7%)
451	LASEK Karina	8039		Senior II K - 30	101	00:51:29	01:19:10	02:04:10.35	+01:14:44 (60.2%)	12:25	4.8 (39.7%)
452	JANECZEK Tomasz	8258		Senior II M - 30	78	00:50:50	01:18:10	02:05:01.15	+01:15:35 (60.5%)	12:30	4.8 (39.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
453	MAJCHRZYCKA Agnieszka	8498	TKKF MPK POZNAŃ	Senior II K - 30	102	00:52:00	01:19:07	02:05:12.05	+01:15:46 (60.5%)	12:31	4.8 (39.7%)
454	BATURA Magdalena	8349	TKKF MPK POZNAŃ	Senior II K - 30	103	00:51:59	01:19:07	02:05:12.15	+01:15:46 (60.5%)	12:31	4.8 (39.7%)
455	ZJAWIN Katarzyna	8107		Senior II K - 30	104	00:47:07	01:17:35	02:05:23.30	+01:15:57 (60.6%)	12:32	4.8 (39.7%)
456	JANICKA Danuta	8494	SZYBKIE I WŚCIEKŁY	Senior II K - 30	105	00:47:34	01:16:03	02:06:16.10	+01:16:50 (60.9%)	12:37	4.8 (39.7%)
457	PIEKARCZYK Katarzyna	8490	SZYBKIE I WŚCIEKŁY	Senior II K - 30	106	00:47:38	01:16:05	02:06:19.70	+01:16:53 (60.9%)	12:37	4.7 (38.8%)
458	PILARSKA Elżbieta	8095		Weteran III K - 70	1	00:49:41	01:18:48	02:07:15.05	+01:17:49 (61.2%)	12:43	4.7 (38.8%)
459	PYTEL Anna	8136	IZBICKO W BIEGU	Masters K - 40	62	00:50:15	01:19:38	02:07:43.75	+01:18:17 (61.3%)	12:46	4.7 (38.8%)
460	CHYBICKA Magdalena	8367		Senior II K - 30	107	00:49:08	01:17:31	02:07:47.00	+01:18:21 (61.3%)	12:46	4.7 (38.8%)
461	CZYŻAK Justyna	8574		Senior II K - 30	108	00:49:07	01:17:30	02:07:48.50	+01:18:22 (61.3%)	12:46	4.7 (38.8%)
462	PODJUK Kinga	8540	FRIENDS GOSTYŃ	Masters K - 40	63	00:48:12	01:18:50	02:08:02.80	+01:18:36 (61.4%)	12:48	4.7 (38.8%)
463	SZYPULSKA Katarzyna	8138	SKS CHMIELOWICE	Masters K - 40	64	00:50:15	01:19:51	02:08:24.90	+01:18:58 (61.5%)	12:50	4.7 (38.8%)
464	MATYLLA-HEJZA Gracja-Maria	8108		Senior I K - 20	33	00:45:32	01:22:27	02:08:26.15	+01:19:00 (61.5%)	12:50	4.7 (38.8%)
465	HACZYK Gabriela	8590	BIEG OPOLSKI	Weteran III K - 70	2	00:48:57	01:19:48	02:08:38.00	+01:19:12 (61.6%)	12:51	4.7 (38.8%)
466	REGULSKA Aneta Regulska	8551	DRUŻYNA SZPIKU	Senior II K - 30	109	00:49:45	01:19:33	02:09:26.55	+01:20:00 (61.8%)	12:56	4.6 (38.0%)
467	RAJZAKOWSKA Kamila	8299		Senior II K - 30	110	00:49:39	01:19:31	02:09:27.25	+01:20:01 (61.8%)	12:56	4.6 (38.0%)
468	ZABROCKI Andrzej	8014	PODLASIAKI TEAM	Weteran I M - 50	22	00:50:54	01:20:50	02:09:47.45	+01:20:21 (61.9%)	12:58	4.6 (38.0%)
469	ZABROCKA Jolanta	8011	PODLASIAKI TEAM	Weteran K - 50	12	00:50:53	01:20:50	02:09:47.70	+01:20:21 (61.9%)	12:58	4.6 (38.0%)
470	KAYSIEWICZ Agata	8124		Senior I K - 20	34	00:54:54	01:22:38	02:10:15.20	+01:20:49 (62.0%)	13:01	4.6 (38.0%)
471	KAYSIEWICZ Maciej	8125	NATURAL BORN RUNNERS	Weteran I M - 50	23	00:54:54	01:22:38	02:10:19.45	+01:20:53 (62.1%)	13:01	4.6 (38.0%)
472	RAJZAKOWSKA Anna	8546		Weteran K - 50	13	00:49:42	01:19:36	02:10:52.20	+01:21:26 (62.2%)	13:05	4.6 (38.0%)
473	WĄSOWICZ Patryk	8232	CHIVAS TEAM	Senior II M - 30	79	00:47:05	01:18:29	02:11:35.95	+01:22:09 (62.4%)	13:09	4.6 (38.0%)
474	WOŁOSIEWICZ Teresa	8066	PODLASIAKI TEAM	Weteran II K - 60	4	00:51:11	01:20:47	02:12:08.55	+01:22:42 (62.6%)	13:12	4.5 (37.2%)
475	PRASAL Konrad	8594		Senior I M - 20	44	00:46:59	01:19:01	02:14:18.20	+01:24:52 (63.2%)	13:25	4.5 (37.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km			
476	MORAWSKI Jarosław	8521	BIEGNIJ OŁAWO	Masters M - 40	90	00:54:13	01:25:14	02:14:56.60	+01:25:30 (63.4%)	13:29	4.4 (36.4%)
477	MORAWSKA Edyta	8522	BIEGNIJ OŁAWO	Masters K - 40	65	00:54:12	01:25:23	02:14:57.35	+01:25:31 (63.4%)	13:29	4.4 (36.4%)
478	KARCZMARCZYK Beata	8588		Weteran K - 50	14	00:51:52	01:22:35	02:15:43.90	+01:26:17 (63.6%)	13:34	4.4 (36.4%)
479	KACZMARCZYK Roman	8589		Weteran I M - 50	24	00:51:55	01:22:36	02:15:44.00	+01:26:18 (63.6%)	13:34	4.4 (36.4%)
480	SZPERNA Katarzyna	8126	JAROCIN	Senior I K - 20	35	00:54:40	01:24:46	02:16:06.55	+01:26:40 (63.7%)	13:36	4.4 (36.4%)
481	PIETRUCHA Marta	8087		Senior II K - 30	111	00:54:43	01:24:57	02:16:09.40	+01:26:43 (63.7%)	13:36	4.4 (36.4%)
482	KOWALEWSKA Katarzyna	8112		Masters K - 40	66	00:51:19	01:22:04	02:16:31.65	+01:27:05 (63.8%)	13:39	4.4 (36.4%)
483	TALAR Marek	8281	KĘSY TEAM	Senior II M - 30	80	00:49:30	01:23:23	02:19:20.75	+01:29:54 (64.5%)	13:56	4.3 (35.5%)
484	MOCYDLARZ Agata	8280		Senior I K - 20	36	00:49:30	01:23:25	02:19:21.70	+01:29:55 (64.5%)	13:56	4.3 (35.5%)
485	STRZYŻOWSKA Monika	8003		Masters K - 40	67	00:52:37	01:26:11	02:23:02.65	+01:33:36 (65.4%)	14:18	4.2 (34.7%)
486	CZECH Dominika	8009		Senior I K - 20	37	00:52:38	01:26:12	02:23:03.10	+01:33:37 (65.4%)	14:18	4.2 (34.7%)
486	WITKIEWICZ-ŁUKASZEK Sandra	8001		Senior II K - 30	112	00:52:54	01:26:24	02:23:03.10	+01:33:37 (65.4%)	14:18	4.2 (34.7%)
488	BARGIEL-DYGA Monika	8470	NIEPOŁOMICE BIEGAJĄ	Weteran K - 50	15	00:52:55	01:24:47	02:24:12.15	+01:34:46 (65.7%)	14:25	4.2 (34.7%)
489	RYBKA Elżbieta	8495	SZYBKIE I WŚCIEKŁY	Senior II K - 30	113	00:54:18	01:24:26	02:25:03.45	+01:35:37 (65.9%)	14:30	4.1 (33.9%)
490	BERNACKA Anna	8489		Senior II K - 30	114	00:51:53	01:26:57	02:27:40.90	+01:38:14 (66.5%)	14:46	4.1 (33.9%)
491	IWASZKIEWICZ Dominika	8466		Senior II K - 30	115	00:51:59	01:26:59	02:27:44.55	+01:38:18 (66.5%)	14:46	4.1 (33.9%)
492	MICHALSKI Dariusz	8380	ALFA TEAM GOSTYŃ	Weteran I M - 50	25	01:04:13	01:39:07	02:38:27.35	+01:49:01 (68.8%)	15:50	3.8 (31.4%)
493	SZYMAŃSKA Agnieszka	8089		Masters K - 40	68	01:02:33	01:38:21	02:38:35.00	+01:49:09 (68.8%)	15:51	3.8 (31.4%)
494	SZYMAŃSKI Paweł	8083		Masters M - 40	91	01:02:34	01:38:52	02:38:35.30	+01:49:09 (68.8%)	15:51	3.8 (31.4%)
495	LIMAN Andrzej	8080	PODLASIAKI TEAM	Masters M - 40	92	01:06:13	01:40:59	02:41:29.35	+01:52:03 (69.4%)	16:08	3.7 (30.6%)
496	WOŁOSIEWICZ Jarosław	8060	PODLASIAKI TEAM	Weteran II M - 60	12	01:06:15	01:44:26	02:50:21.90	+02:00:55 (71.0%)	17:02	3.5 (28.9%)
497	LIMAN Dorota	8081	PODLASIAKI TEAM	Masters K - 40	69	01:06:15	01:44:27	02:50:23.40	+02:00:57 (71.0%)	17:02	3.5 (28.9%)
498	KATARYŃCZUK-BOROWIK Dorota	8180	CAŁA OLEŚNICA BIEGA	Masters K - 40	70	01:07:56	01:45:49	02:51:51.50	+02:02:25 (71.2%)	17:11	3.5 (28.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
499	BOCZAR Waldemar	8228		Senior II M - 30	81	01:06:42	01:46:38	02:52:25.60	+02:02:59 (71.3%)	17:14	3.5 (28.9%)
500	MAKSYMOWICZ Monika	8496	SZYBKIE I WŚCIEKŁY	Senior II K - 30	116	01:07:52	01:50:03	03:00:16.40	+02:10:50 (72.6%)	18:01	3.3 (27.3%)
501	GROGER Karolina	8270		Senior I K - 20	38	01:09:02	01:50:39	03:03:56.55	+02:14:30 (73.1%)	18:23	3.3 (27.3%)
502	ROBAK Aneta	8259		Senior II K - 30	117	01:09:07	01:50:43	03:04:03.75	+02:14:37 (73.1%)	18:24	3.3 (27.3%)
503	WINIARSKI Robert	8024		Weteran I M - 50	26	01:39:58			+01:19:30	27:01	2.2 (18.2%)

Znaleziono 503 wynik(ów)