



# BIEG TROJAK TRAIL - 10 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2022-07-17  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>LAGNER Sebastian</b>	<b>8444</b>	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	Senior II M - 30	1	00:00:01	00:20:19	00:30:12	<b>00:47:54.85</b>	<b>00:47:54.85</b>		4:47	12.5 (100%)
2	<b>PACHUT Jerzy</b>	<b>8459</b>	WOT	Senior I M - 20	1	00:00:01	00:20:26	00:30:54	<b>00:48:32.40</b>	<b>00:48:32.40</b>	+00:00:37 (1.3%)	4:51	12.4 (99.2%)
3	<b>CHRZANOWSKI Patryk</b>	<b>8302</b>	PCH SPORT TEAM	Senior II M - 30	2	00:00:01	00:20:43	00:31:01	<b>00:48:36.75</b>	<b>00:48:36.75</b>	+00:00:41 (1.4%)	4:51	12.3 (98.4%)
4	<b>TWOREK Bartłomiej</b>	<b>8557</b>	10 ŚBOT	Senior I M - 20	2	00:00:01	00:20:39	00:30:54	<b>00:49:14.15</b>	<b>00:49:14.15</b>	+00:01:19 (2.7%)	4:55	12.2 (97.6%)
5	<b>KUJAWA Zbigniew</b>	<b>8594</b>	TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA	Senior II M - 30	3	00:00:03	00:21:59	00:32:26	<b>00:50:40.60</b>	<b>00:50:40.60</b>	+00:02:45 (5.5%)	5:04	11.8 (94.4%)
6	<b>DUTKOWSKI Mikołaj</b>	<b>8209</b>	WKS ŚLĄSK WROCŁAW	Senior II M - 30	4	00:00:01	00:21:54	00:32:25	<b>00:50:50.40</b>	<b>00:50:50.40</b>	+00:02:55 (5.8%)	5:05	11.8 (94.4%)
7	<b>MONZO David</b>	<b>8088</b>		Senior II M - 30	5	00:00:02	00:20:40	00:31:36	<b>00:50:55.15</b>	<b>00:50:55.15</b>	+00:03:00 (5.9%)	5:05	11.8 (94.4%)
8	<b>SIERADZKI Krzysztof</b>	<b>8270</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	6	00:00:02	00:21:27	00:32:25	<b>00:51:28.65</b>	<b>00:51:28.65</b>	+00:03:33 (6.9%)	5:08	11.7 (93.6%)
9	<b>FRANCZAK Mariusz</b>	<b>8434</b>	DTR BIEGA / MARIO TEAM	Masters M - 40	1	00:00:01	00:21:32	00:32:26	<b>00:52:23.95</b>	<b>00:52:23.95</b>	+00:04:29 (8.6%)	5:14	11.5 (92.0%)
10	<b>KANTOR Martyna</b>	<b>8575</b>	SALOMON SUNNTO TEAM	Senior II K - 30	1	00:00:02	00:21:54	00:32:47	<b>00:52:50.90</b>	<b>00:52:50.90</b>	+00:04:56 (9.3%)	5:17	11.4 (91.2%)
11	<b>STASIUKIEWICZ Rafał</b>	<b>8556</b>	7 KLOG	Masters M - 40	2	00:00:02	00:21:48	00:33:20	<b>00:52:55.10</b>	<b>00:52:55.10</b>	+00:05:00 (9.5%)	5:17	11.3 (90.4%)
12	<b>GROMAŁA Krzysztof</b>	<b>8360</b>	WOSIEKTEAM	Masters M - 40	3	00:00:03	00:22:35	00:33:33	<b>00:53:13.90</b>	<b>00:53:13.90</b>	+00:05:19 (10.0%)	5:19	11.3 (90.4%)
13	<b>ŻUREK Jakub</b>	<b>8565</b>	BEZ ZBĘDNYCH PYTAŃ	Senior I M - 20	3	00:00:01	00:21:44	00:33:12	<b>00:53:25.85</b>	<b>00:53:25.85</b>	+00:05:31 (10.3%)	5:20	11.2 (89.6%)
14	<b>JĘDRYCHOWSKI Piotr</b>	<b>8467</b>	KB SOBÓTKA / PRZEDWOJEWSKI TEAM	Masters M - 40	4	00:00:03	00:22:28	00:33:39	<b>00:53:57.80</b>	<b>00:53:57.80</b>	+00:06:02 (11.2%)	5:23	11.1 (88.8%)
15	<b>RUTKOWSKI Damian</b>	<b>8468</b>	LIDZBARK WARMIŃSKI	Senior I M - 20	4	00:00:11	00:22:54	00:34:29	<b>00:55:43.15</b>	<b>00:55:43.15</b>	+00:07:48 (14.0%)	5:34	10.8 (86.4%)
16	<b>PRZYSTARZ Artur</b>	<b>8173</b>	OBORYGENI	Weteran I M - 50	1	00:00:04	00:22:54	00:34:28	<b>00:55:46.30</b>	<b>00:55:46.30</b>	+00:07:51 (14.1%)	5:34	10.8 (86.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
17	<b>BUKSA Tomasz</b>	<b>8460</b>	WOT	Senior II M - 30	7	00:00:04	00:23:05	00:34:31	<b>00:55:55.65</b>	<b>00:55:55.65</b>	+00:08:00 (14.3%)	5:35	10.7 (85.6%)
18	<b>PIEKARSKI Jakub</b>	<b>8036</b>		Senior I M - 20	5	00:00:10	00:24:08	00:35:52	<b>00:55:57.35</b>	<b>00:55:57.35</b>	+00:08:02 (14.4%)	5:35	10.7 (85.6%)
19	<b>BEDNARZ Krzysztof</b>	<b>8094</b>	PRZEDWOJEWSKI TEAM	Masters M - 40	5		00:23:24	00:35:14	<b>00:56:04.65</b>	<b>00:56:04.65</b>	+00:08:09 (14.6%)	5:36	10.7 (85.6%)
20	<b>SZNUROWSKI Mariusz</b>	<b>8455</b>	KB SOBÓTKA	Senior I M - 20	6	00:00:02	00:23:54	00:35:33	<b>00:56:09.05</b>	<b>00:56:09.05</b>	+00:08:14 (14.7%)	5:36	10.7 (85.6%)
21	<b>WOJCIECHOWSKI Mateusz</b>	<b>8484</b>	NULL	Senior II M - 30	8	00:00:02	00:23:51	00:35:25	<b>00:56:16.70</b>	<b>00:56:16.70</b>	+00:08:21 (14.9%)	5:37	10.7 (85.6%)
22	<b>TARGOSZ Michał</b>	<b>8252</b>	#ADAMCZERWIŃSKITEAM	Masters M - 40	6	00:00:02	00:23:30	00:35:07	<b>00:56:21.15</b>	<b>00:56:21.15</b>	+00:08:26 (15.0%)	5:38	10.6 (84.8%)
23	<b>TRZEPAK Łukasz</b>	<b>8426</b>		Senior II M - 30	9	00:01:00	00:24:04	00:35:32	<b>00:56:27.70</b>	<b>00:56:27.70</b>	+00:08:32 (15.1%)	5:38	10.6 (84.8%)
24	<b>KAŹMIERCZAK Marta</b>	<b>8595</b>	ZAŁOGA GÓRSKA	Masters K - 40	1	00:00:02	00:24:22	00:36:14	<b>00:56:31.75</b>	<b>00:56:31.75</b>	+00:08:36 (15.2%)	5:39	10.6 (84.8%)
25	<b>KOŁODZIEJ Roman</b>	<b>8192</b>		Masters M - 40	7	00:00:02	00:24:32	00:36:11	<b>00:56:54.45</b>	<b>00:56:54.45</b>	+00:08:59 (15.8%)	5:41	10.5 (84.0%)
26	<b>LASEK Jakub</b>	<b>8047</b>	RMT TEAM	Senior II M - 30	10	00:00:02	00:24:43	00:36:39	<b>00:56:54.75</b>	<b>00:56:54.75</b>	+00:08:59 (15.8%)	5:41	10.5 (84.0%)
27	<b>KLIMCZAK Piotr</b>	<b>8477</b>	GIMPAS PASŁĘK	Weteran I M - 50	2	00:00:11	00:24:42	00:36:32	<b>00:57:23.90</b>	<b>00:57:23.90</b>	+00:09:29 (16.5%)	5:44	10.5 (84.0%)
28	<b>SZYMANOWSKI Łukasz</b>	<b>8420</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	8	00:00:02	00:23:33	00:36:04	<b>00:58:05.20</b>	<b>00:58:05.20</b>	+00:10:10 (17.5%)	5:48	10.3 (82.4%)
29	<b>SAMIEC Janusz</b>	<b>8424</b>		Senior II M - 30	11	00:00:18	00:24:37	00:36:49	<b>00:58:25.75</b>	<b>00:58:25.75</b>	+00:10:30 (18.0%)	5:50	10.3 (82.4%)
30	<b>STRZELCZAK Robert</b>	<b>8373</b>	EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM	Masters M - 40	9	00:00:05	00:25:10	00:37:14	<b>00:58:32.60</b>	<b>00:58:32.60</b>	+00:10:37 (18.2%)	5:51	10.3 (82.4%)
31	<b>ŁASKOWSKA Marzena</b>	<b>8479</b>	WOT	Weteran K - 50	1	00:00:04	00:24:51	00:37:12	<b>00:58:41.55</b>	<b>00:58:41.55</b>	+00:10:46 (18.4%)	5:52	10.2 (81.6%)
32	<b>BUKOWSKI Edward</b>	<b>8384</b>	CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	3	00:00:09	00:25:00	00:37:25	<b>00:59:15.60</b>	<b>00:59:15.60</b>	+00:11:20 (19.1%)	5:55	10.1 (80.8%)
33	<b>MIKOŁAJCZYK Mirosław</b>	<b>8070</b>	MIRAZ RACE TEAM	Masters M - 40	10	00:00:03	00:25:39	00:37:52	<b>00:59:16.75</b>	<b>00:59:16.75</b>	+00:11:21 (19.2%)	5:55	10.1 (80.8%)
34	<b>ALTEWĘGIER Jarosław</b>	<b>8243</b>	140MINUT.PL	Masters M - 40	11	00:00:07	00:25:12	00:37:35	<b>00:59:45.05</b>	<b>00:59:45.05</b>	+00:11:50 (19.8%)	5:58	10 (80.0%)
35	<b>PIĘKOŚ Błażej</b>	<b>8480</b>		Senior II M - 30	12	00:00:08	00:25:02	00:37:37	<b>01:00:00.50</b>	<b>01:00:00.50</b>	+00:12:05 (20.2%)	6:00	10 (80.0%)
36	<b>WITEK Paweł</b>	<b>8397</b>	KOWARY BIEGAJĄ	Masters M - 40	12	00:00:07	00:25:25	00:37:55	<b>01:00:13.65</b>	<b>01:00:13.65</b>	+00:12:18 (20.4%)	6:01	10 (80.0%)
37	<b>TOMASZKIEWICZ Wojciech</b>	<b>8055</b>	RUN FOREST	Senior II M - 30	13	00:00:07	00:25:37	00:38:17	<b>01:01:01.45</b>	<b>01:01:01.45</b>	+00:13:06 (21.5%)	6:06	9.8 (78.4%)
38	<b>KONRAD Artur</b>	<b>8333</b>	BRACIA TEAM ZAWIERCIE	Masters M - 40	13	00:00:07	00:26:07	00:39:01	<b>01:01:22.10</b>	<b>01:01:22.10</b>	+00:13:27 (21.9%)	6:08	9.8 (78.4%)
39	<b>KAMIŃSKI Karol</b>	<b>8571</b>	FUNDACJA KIERUNEK ULTRA	Senior I M - 20	7	00:00:04	00:25:28	00:39:01	<b>01:01:23.85</b>	<b>01:01:23.85</b>	+00:13:29 (22.0%)	6:08	9.8 (78.4%)
40	<b>KARCZEWSKA Joanna</b>	<b>8580</b>	KIERUNEK ULTRA	Masters K - 40	2	00:00:04	00:26:13	00:39:04	<b>01:01:41.05</b>	<b>01:01:41.05</b>	+00:13:46 (22.3%)	6:10	9.7 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
41	<b>WIERZCHOWIAK Karolina</b>	<b>8469</b>	TRAIL IS OUR WAY TEAM	Senior II K - 30	2	00:00:02	00:26:04	00:39:34	<b>01:02:36.45</b>	<b>01:02:36.45</b>	+00:14:41 (23.5%)	6:15	9.6 (76.8%)
42	<b>CITKO Maciej</b>	<b>8259</b>	BIEG OPOLSKI	Senior II M - 30	14	00:00:05	00:26:50	00:40:24	<b>01:03:11.75</b>	<b>01:03:11.75</b>	+00:15:16 (24.2%)	6:19	9.5 (76.0%)
43	<b>CICHY Krzysztof</b>	<b>8436</b>	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	4	00:00:08	00:27:07	00:40:27	<b>01:03:24.60</b>	<b>01:03:24.60</b>	+00:15:29 (24.4%)	6:20	9.5 (76.0%)
44	<b>PAJĄK Alan</b>	<b>8136</b>		Senior II M - 30	15	00:00:29	00:28:09	00:41:13	<b>01:04:02.25</b>	<b>01:04:02.25</b>	+00:16:07 (25.2%)	6:24	9.4 (75.2%)
45	<b>KOTOWICZ Tomasz</b>	<b>8463</b>		Masters M - 40	14	00:00:06	00:27:20	00:40:50	<b>01:04:05.90</b>	<b>01:04:05.90</b>	+00:16:11 (25.2%)	6:24	9.4 (75.2%)
46	<b>WROTECKA Katarzyna</b>	<b>8324</b>	STAJNIAKTEAM	Senior II K - 30	3	00:00:03	00:26:56	00:40:43	<b>01:04:24.80</b>	<b>01:04:24.80</b>	+00:16:29 (25.6%)	6:26	9.3 (74.4%)
47	<b>BARTUŚ Monika</b>	<b>8408</b>		Senior I K - 20	1	00:00:03	00:27:02	00:40:43	<b>01:04:41.75</b>	<b>01:04:41.75</b>	+00:16:46 (25.9%)	6:28	9.3 (74.4%)
48	<b>SIEK Kazimierz</b>	<b>8470</b>	10ŚBOT	Weteran I M - 50	5	00:00:02	00:27:10	00:41:20	<b>01:05:22.65</b>	<b>01:05:22.65</b>	+00:17:27 (26.7%)	6:32	9.2 (73.6%)
49	<b>SIKORA Sylwia</b>	<b>8301</b>	PGB SPORTOWA PACZKA	Senior II K - 30	4	00:00:04	00:27:59	00:42:09	<b>01:05:44.25</b>	<b>01:05:44.25</b>	+00:17:49 (27.1%)	6:34	9.1 (72.8%)
50	<b>KAROLCZAK Aleksander</b>	<b>8574</b>		Senior I M - 20	8	00:00:08	00:29:10	00:43:44	<b>01:05:59.65</b>	<b>01:05:59.65</b>	+00:18:04 (27.4%)	6:35	9.1 (72.8%)
51	<b>GNITECKA Katarzyna</b>	<b>8009</b>	KUDOWIANKA RUN	Senior II K - 30	5	00:00:04	00:28:05	00:42:20	<b>01:06:06.60</b>	<b>01:06:06.60</b>	+00:18:11 (27.5%)	6:36	9.1 (72.8%)
52	<b>MIKOŁAJCZAK Dawid</b>	<b>8471</b>	SPORTOWY KAŻMIERZ	Senior I M - 20	9	00:00:26	00:26:59	00:42:09	<b>01:06:36.00</b>	<b>01:06:36.00</b>	+00:18:41 (28.1%)	6:39	9 (72.0%)
53	<b>BRANDENBURG Michał</b>	<b>8015</b>	PRZYJACIELE TEAM	Masters M - 40	15	00:00:36	00:28:54	00:42:47	<b>01:07:07.15</b>	<b>01:07:07.15</b>	+00:19:12 (28.6%)	6:42	8.9 (71.2%)
54	<b>ULIKOWSKA Martyna</b>	<b>8500</b>	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:00:04	00:28:59	00:43:05	<b>01:07:13.85</b>	<b>01:07:13.85</b>	+00:19:19 (28.7%)	6:43	8.9 (71.2%)
55	<b>SZUSTAK Mateusz</b>	<b>8328</b>	AZS UP WROCŁAW	Senior I M - 20	10	00:00:27	00:28:46	00:42:47	<b>01:07:22.80</b>	<b>01:07:22.80</b>	+00:19:27 (28.9%)	6:44	8.9 (71.2%)
56	<b>SZYMCZAK Bartłomiej</b>	<b>8414</b>	ŻARY RUNNRS TEAM	Senior II M - 30	16	00:00:13	00:28:00	00:42:23	<b>01:07:30.10</b>	<b>01:07:30.10</b>	+00:19:35 (29.0%)	6:45	8.9 (71.2%)
57	<b>BEDNAREK Karolina</b>	<b>8179</b>		Senior II K - 30	7	00:00:09	00:27:45	00:42:10	<b>01:07:33.45</b>	<b>01:07:33.45</b>	+00:19:38 (29.1%)	6:45	8.9 (71.2%)
58	<b>ADAMCZYK-NOWAK Beata</b>	<b>8280</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	3	00:00:09	00:29:15	00:43:30	<b>01:07:40.55</b>	<b>01:07:40.55</b>	+00:19:45 (29.2%)	6:46	8.9 (71.2%)
59	<b>HRYCAJ Mariusz</b>	<b>8031</b>	REBELLION OF FREE RUNNERS	Masters M - 40	16	00:00:06	00:29:23	00:43:21	<b>01:07:51.40</b>	<b>01:07:51.40</b>	+00:19:56 (29.4%)	6:47	8.8 (70.4%)
60	<b>BUŁACZ Jacek</b>	<b>8040</b>	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	Masters M - 40	17	00:00:27	00:28:10	00:42:11	<b>01:07:54.80</b>	<b>01:07:54.80</b>	+00:19:59 (29.4%)	6:47	8.8 (70.4%)
61	<b>HAWRYLAK Wojciech</b>	<b>8562</b>		Senior I M - 20	11	00:00:16	00:29:37	00:44:19	<b>01:08:06.70</b>	<b>01:08:06.70</b>	+00:20:11 (29.7%)	6:48	8.8 (70.4%)
62	<b>ZAWADA Zbigniew</b>	<b>8196</b>		Masters M - 40	18	00:00:19	00:29:17	00:43:39	<b>01:08:07.00</b>	<b>01:08:07.00</b>	+00:20:12 (29.7%)	6:48	8.8 (70.4%)
63	<b>STYK Marek</b>	<b>8023</b>		Senior II M - 30	17	00:00:31	00:28:06	00:42:24	<b>01:08:11.65</b>	<b>01:08:11.65</b>	+00:20:16 (29.7%)	6:49	8.8 (70.4%)
64	<b>OSICA Łukasz</b>	<b>8108</b>		Senior II M - 30	18	00:00:15	00:29:03	00:43:43	<b>01:08:28.25</b>	<b>01:08:28.25</b>	+00:20:33 (30.0%)	6:50	8.8 (70.4%)

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						Lądek 0.01km	C1 3.7km	C1 5.8km					
65	<b>BŁASZKOWSKI Daniel</b>	<b>8582</b>	ŚLEDZIKI	Masters M - 40	19	00:00:03	00:29:00	00:43:13	<b>01:09:04.65</b>	<b>01:09:04.65</b>	+00:21:09 (30.6%)	6:54	8.7 (69.6%)
66	<b>OCIEPKA-CIESIELSKA Katarzyna</b>	<b>8311</b>		Senior II K - 30	8	00:00:12	00:29:19	00:43:36	<b>01:09:06.05</b>	<b>01:09:06.05</b>	+00:21:11 (30.7%)	6:54	8.7 (69.6%)
67	<b>MOKRZYŃSKI Marcin</b>	<b>8570</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	20	00:00:12	00:30:31	00:44:24	<b>01:09:10.90</b>	<b>01:09:10.90</b>	+00:21:16 (30.7%)	6:55	8.7 (69.6%)
68	<b>FRERIKS Jeroen</b>	<b>8248</b>	LEIDEN ATLETIEK	Senior II M - 30	19	00:00:11	00:29:13	00:43:51	<b>01:09:12.10</b>	<b>01:09:12.10</b>	+00:21:17 (30.8%)	6:55	8.7 (69.6%)
69	<b>TOMAS Paweł</b>	<b>8262</b>		Senior I M - 20	12	00:00:11	00:29:36	00:44:03	<b>01:09:12.85</b>	<b>01:09:12.85</b>	+00:21:18 (30.8%)	6:55	8.7 (69.6%)
70	<b>GÓRNA Anita</b>	<b>8206</b>	LPP TEAM	Senior II K - 30	9	00:00:20	00:30:32	00:44:41	<b>01:09:32.80</b>	<b>01:09:32.80</b>	+00:21:37 (31.1%)	6:57	8.6 (68.8%)
71	<b>CHOJNACKI Tomasz</b>	<b>8065</b>		Masters M - 40	21	00:01:02	00:31:09	00:45:16	<b>01:09:53.40</b>	<b>01:09:53.40</b>	+00:21:58 (31.4%)	6:59	8.6 (68.8%)
72	<b>MAJKA Eryk</b>	<b>8097</b>	FAMILIAMAJKA	Senior I M - 20	13	00:00:20	00:29:08	00:44:26	<b>01:10:16.15</b>	<b>01:10:16.15</b>	+00:22:21 (31.8%)	7:01	8.5 (68.0%)
73	<b>SAŁDYKA Marcin</b>	<b>8451</b>		Senior II M - 30	20	00:00:34	00:30:03	00:44:33	<b>01:10:21.65</b>	<b>01:10:21.65</b>	+00:22:26 (31.9%)	7:02	8.5 (68.0%)
73	<b>HONCZA Tomasz</b>	<b>8139</b>	MOCNA GRUPA CEZARA	Senior II M - 30	20	00:00:33	00:31:12	00:45:49	<b>01:10:21.65</b>	<b>01:10:21.65</b>	+00:22:26 (31.9%)	7:02	8.5 (68.0%)
75	<b>RAKOCZY Krzysztof</b>	<b>8450</b>		Senior I M - 20	14	00:00:34	00:29:43	00:44:21	<b>01:10:22.85</b>	<b>01:10:22.85</b>	+00:22:28 (31.9%)	7:02	8.5 (68.0%)
76	<b>REGULSKA Natalia</b>	<b>8400</b>	ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM	Senior II K - 30	10	00:00:03	00:30:57	00:45:28	<b>01:10:24.35</b>	<b>01:10:24.35</b>	+00:22:29 (31.9%)	7:02	8.5 (68.0%)
77	<b>BACKER Marcin</b>	<b>8224</b>	TOPOLICE TEAM	Masters M - 40	22	00:00:18	00:30:21	00:45:29	<b>01:10:28.60</b>	<b>01:10:28.60</b>	+00:22:33 (32.0%)	7:02	8.5 (68.0%)
78	<b>PISCO Tiago</b>	<b>8377</b>	LUSITANIA ARMADA	Senior II M - 30	22	00:01:20	00:31:15	00:45:15	<b>01:11:08.70</b>	<b>01:11:08.70</b>	+00:23:13 (32.7%)	7:06	8.4 (67.2%)
79	<b>ZATORSKA Karolina</b>	<b>8497</b>	TREC TEAM	Senior II K - 30	11	00:00:09	00:30:23	00:45:33	<b>01:11:28.75</b>	<b>01:11:28.75</b>	+00:23:33 (33.0%)	7:08	8.4 (67.2%)
80	<b>PLUTA Kinga</b>	<b>8095</b>		Senior I K - 20	2	00:00:49	00:30:41	00:45:27	<b>01:11:30.55</b>	<b>01:11:30.55</b>	+00:23:35 (33.0%)	7:09	8.4 (67.2%)
81	<b>TRZPIOLA Tycjan</b>	<b>8003</b>	KURACJUSZE	Senior II M - 30	23	00:00:11	00:29:39	00:44:53	<b>01:11:31.50</b>	<b>01:11:31.50</b>	+00:23:36 (33.0%)	7:09	8.4 (67.2%)
82	<b>JARMUŻEK Tomasz</b>	<b>8346</b>		Senior II M - 30	24	00:00:58	00:32:30	00:46:59	<b>01:11:38.65</b>	<b>01:11:38.65</b>	+00:23:43 (33.1%)	7:09	8.4 (67.2%)
83	<b>BARTKOWIAK Hubert</b>	<b>8060</b>		Weteran I M - 50	6	00:00:26	00:30:09	00:45:18	<b>01:11:48.30</b>	<b>01:11:48.30</b>	+00:23:53 (33.3%)	7:10	8.4 (67.2%)
84	<b>SIERGIEJ Zbigniew</b>	<b>8561</b>	RUN TEAM TYGRYSY ORZYSZ	Weteran I M - 50	7	00:00:01	00:29:41	00:45:03	<b>01:11:54.30</b>	<b>01:11:54.30</b>	+00:23:59 (33.4%)	7:11	8.3 (66.4%)
85	<b>KACPRZYCKA Paulina</b>	<b>8482</b>	WOT	Senior II K - 30	12	00:00:04	00:30:11	00:45:45	<b>01:12:08.95</b>	<b>01:12:08.95</b>	+00:24:14 (33.6%)	7:12	8.3 (66.4%)
86	<b>WIDUN Grzegorz</b>	<b>8200</b>	WIDUN KETTELHELL CLUB	Senior II M - 30	25	00:01:33	00:31:41	00:46:23	<b>01:12:20.15</b>	<b>01:12:20.15</b>	+00:24:25 (33.8%)	7:14	8.3 (66.4%)
87	<b>HAJDAMOWICZ Adam</b>	<b>8406</b>		Senior I M - 20	15	00:00:55	00:32:16	00:47:26	<b>01:12:20.75</b>	<b>01:12:20.75</b>	+00:24:25 (33.8%)	7:14	8.3 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.01km	3.7km	5.8km					
88	<b>MAZIAREK Adela</b>	<b>8093</b>		Masters K - 40	4	00:00:09	00:30:10	00:45:27	<b>01:12:22.65</b>	<b>01:12:22.65</b>	+00:24:27 (33.8%)	7:14	8.3 (66.4%)
89	<b>BARANOW Tomasz</b>	<b>8587</b>	LEWANDOWSCY T	Masters M - 40	23	00:00:06	00:30:21	00:45:48	<b>01:12:34.75</b>	<b>01:12:34.75</b>	+00:24:39 (34.0%)	7:15	8.3 (66.4%)
90	<b>JARZĄBEK Magdalena</b>	<b>8110</b>		Senior II K - 30	13	00:00:04	00:31:27	00:46:33	<b>01:12:47.60</b>	<b>01:12:47.60</b>	+00:24:52 (34.2%)	7:16	8.2 (65.6%)
91	<b>WOŹNIAK Jakub</b>	<b>8160</b>	TEAM LIDL	Senior II M - 30	26	00:00:45	00:31:28	00:45:56	<b>01:12:56.45</b>	<b>01:12:56.45</b>	+00:25:01 (34.3%)	7:17	8.2 (65.6%)
91	<b>GOS Sebastian</b>	<b>8449</b>		Senior II M - 30	26	00:00:35	00:31:14	00:46:16	<b>01:12:56.45</b>	<b>01:12:56.45</b>	+00:25:01 (34.3%)	7:17	8.2 (65.6%)
93	<b>MARGRAF Bartosz</b>	<b>8357</b>		Senior I M - 20	16	00:00:10	00:29:57	00:45:44	<b>01:13:08.75</b>	<b>01:13:08.75</b>	+00:25:13 (34.5%)	7:18	8.2 (65.6%)
94	<b>ZIMNY Tomasz</b>	<b>8265</b>	FARTY PUSZCZY	Weteran II M - 60	1	00:00:08	00:32:25	00:47:53	<b>01:13:25.70</b>	<b>01:13:25.70</b>	+00:25:30 (34.7%)	7:20	8.2 (65.6%)
95	<b>FUCHS Dariusz</b>	<b>8598</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Weteran I M - 50	8	00:01:19	00:32:36	00:47:46	<b>01:13:38.75</b>	<b>01:13:38.75</b>	+00:25:43 (34.9%)	7:21	8.1 (64.8%)
96	<b>WIELGOSZ-MATUŁA Maria</b>	<b>8250</b>		Senior I K - 20	3	00:00:10	00:29:31	00:44:50	<b>01:13:40.55</b>	<b>01:13:40.55</b>	+00:25:45 (35.0%)	7:22	8.1 (64.8%)
97	<b>WOJTAS Łukasz</b>	<b>8198</b>	GRUPA OLX TEAM	Masters M - 40	24	00:00:47	00:30:48	00:46:15	<b>01:13:43.40</b>	<b>01:13:43.40</b>	+00:25:48 (35.0%)	7:22	8.1 (64.8%)
98	<b>CIEŚLAK Krzysztof</b>	<b>8563</b>	ULTRAFAZA.PL	Senior II M - 30	28	00:00:43	00:32:37	00:48:05	<b>01:13:44.75</b>	<b>01:13:44.75</b>	+00:25:49 (35.0%)	7:22	8.1 (64.8%)
99	<b>WOŹNIAK Janusz</b>	<b>8222</b>	PORMAT JEDLICZE BIEGA	Weteran I M - 50	9	00:00:10	00:30:47	00:46:33	<b>01:13:54.45</b>	<b>01:13:54.45</b>	+00:25:59 (35.2%)	7:23	8.1 (64.8%)
100	<b>ZIENDARA Michalina</b>	<b>8331</b>	ZAŁOGA GÓRSKA	Senior I K - 20	4	00:00:34	00:31:56	00:47:14	<b>01:14:16.90</b>	<b>01:14:16.90</b>	+00:26:22 (35.5%)	7:25	8.1 (64.8%)
101	<b>BIESZCZAD Regina</b>	<b>8202</b>	KB ATHLETIC ZRĘCIN	Senior I K - 20	5	00:00:26	00:33:09	00:48:19	<b>01:14:48.45</b>	<b>01:14:48.45</b>	+00:26:53 (36.0%)	7:28	8 (64.0%)
102	<b>BOSEK Leszek</b>	<b>8286</b>		Weteran II M - 60	2	00:00:29	00:32:28	00:48:02	<b>01:14:53.90</b>	<b>01:14:53.90</b>	+00:26:59 (36.0%)	7:29	8 (64.0%)
103	<b>MAZIAREK Michał</b>	<b>8276</b>		Masters M - 40	25	00:00:12	00:31:07	00:47:12	<b>01:14:59.20</b>	<b>01:14:59.20</b>	+00:27:04 (36.1%)	7:29	8 (64.0%)
104	<b>GRZYB Krzysztof</b>	<b>8370</b>	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	26		00:33:08	00:48:52	<b>01:15:00.25</b>	<b>01:15:00.25</b>	+00:27:05 (36.1%)	7:30	8 (64.0%)
105	<b>PAKUŁA Tomasz</b>	<b>8111</b>		Senior II M - 30	29	00:00:51	00:32:56	00:48:17	<b>01:15:07.30</b>	<b>01:15:07.30</b>	+00:27:12 (36.2%)	7:30	8 (64.0%)
106	<b>SZCZUDLAK Michał</b>	<b>8445</b>		Senior II M - 30	30	00:00:20	00:33:49	00:49:34	<b>01:15:07.45</b>	<b>01:15:07.45</b>	+00:27:12 (36.2%)	7:30	8 (64.0%)
107	<b>PILONIS Eleonora</b>	<b>8474</b>	BIEGOSTACJA	Masters K - 40	5	00:00:13	00:31:47	00:47:44	<b>01:15:14.00</b>	<b>01:15:14.00</b>	+00:27:19 (36.3%)	7:31	8 (64.0%)
108	<b>SMOLEŃ Sebastian</b>	<b>8588</b>		Masters M - 40	27	00:00:15	00:32:41	00:48:39	<b>01:15:21.55</b>	<b>01:15:21.55</b>	+00:27:26 (36.4%)	7:32	8 (64.0%)
109	<b>JANOSZ Paweł</b>	<b>8288</b>		Senior I M - 20	17	00:00:23	00:32:37	00:48:08	<b>01:15:38.75</b>	<b>01:15:38.75</b>	+00:27:43 (36.7%)	7:33	7.9 (63.2%)
110	<b>MAŁKOWSKI Piotr</b>	<b>8372</b>	AMATOR	Weteran III M - 70	1	00:00:13	00:32:17	00:47:43	<b>01:15:52.25</b>	<b>01:15:52.25</b>	+00:27:57 (36.8%)	7:35	7.9 (63.2%)
111	<b>MAJKA Jarek</b>	<b>8058</b>	FAMILIAMAJKA	Masters M - 40	28	00:00:22	00:34:07	00:49:31	<b>01:16:02.45</b>	<b>01:16:02.45</b>	+00:28:07 (37.0%)	7:36	7.9 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
112	<b>MAJKA Anna</b>	<b>8057</b>	FAMILIAMAJKA	Masters K - 40	6	00:00:22	00:34:00	00:49:31	<b>01:16:02.60</b>	<b>01:16:02.60</b>	+00:28:07 (37.0%)	7:36	7.9 (63.2%)
113	<b>BASTRZYK Tomasz</b>	<b>8005</b>		Masters M - 40	29	00:00:37	00:33:20	00:47:57	<b>01:16:06.60</b>	<b>01:16:06.60</b>	+00:28:11 (37.0%)	7:36	7.9 (63.2%)
114	<b>STAWORZYŃSKI Dawid</b>	<b>8285</b>	PAN KORBKA	Senior II M - 30	31	00:00:16	00:32:20	00:48:31	<b>01:16:08.40</b>	<b>01:16:08.40</b>	+00:28:13 (37.1%)	7:36	7.9 (63.2%)
115	<b>MALOCCO Monika</b>	<b>8188</b>		Masters K - 40	7	00:00:25	00:32:26	00:48:13	<b>01:16:18.25</b>	<b>01:16:18.25</b>	+00:28:23 (37.2%)	7:37	7.9 (63.2%)
116	<b>KLIN Robert</b>	<b>8338</b>	WATAHA	Weteran I M - 50	10	00:01:06	00:33:15	00:49:12	<b>01:16:27.35</b>	<b>01:16:27.35</b>	+00:28:32 (37.3%)	7:38	7.8 (62.4%)
117	<b>MACKIEWICZ Karol</b>	<b>8048</b>		Senior II M - 30	32	00:00:30	00:33:12	00:49:14	<b>01:16:38.35</b>	<b>01:16:38.35</b>	+00:28:43 (37.5%)	7:39	7.8 (62.4%)
118	<b>NOWAKOWSKA Ewelina</b>	<b>8071</b>		Senior I K - 20	6	00:00:13	00:33:36	00:49:14	<b>01:16:38.85</b>	<b>01:16:38.85</b>	+00:28:44 (37.5%)	7:39	7.8 (62.4%)
119	<b>BEDLA Anna</b>	<b>8568</b>		Masters K - 40	8	00:00:11	00:32:52	00:49:15	<b>01:16:40.10</b>	<b>01:16:40.10</b>	+00:28:45 (37.5%)	7:40	7.8 (62.4%)
120	<b>TYMOSZEWSKI Waldemar</b>	<b>8569</b>		Weteran I M - 50	11	00:00:12	00:32:53	00:49:15	<b>01:16:40.25</b>	<b>01:16:40.25</b>	+00:28:45 (37.5%)	7:40	7.8 (62.4%)
121	<b>MATYSIAK Marcin</b>	<b>8401</b>	T.S. IRON MAN GOGOLIN	Masters M - 40	30	00:00:20	00:31:43	00:48:12	<b>01:16:56.60</b>	<b>01:16:56.60</b>	+00:29:01 (37.7%)	7:41	7.8 (62.4%)
122	<b>SZYMAŃSKI Grzegorz</b>	<b>8297</b>	RNB POLANICA ZDRÓJ	Masters M - 40	31	00:00:28	00:32:08	00:48:16	<b>01:17:14.30</b>	<b>01:17:14.30</b>	+00:29:19 (38.0%)	7:43	7.8 (62.4%)
123	<b>BAKSALARY Lidia</b>	<b>8254</b>	#BIEGAJLESZNO	Masters K - 40	9	00:00:03	00:31:11	00:47:15	<b>01:17:34.60</b>	<b>01:17:34.60</b>	+00:29:39 (38.2%)	7:45	7.7 (61.6%)
124	<b>DYBYSŁAWSKI Adam</b>	<b>8335</b>	KOJOTY TEAM	Masters M - 40	32	00:00:05	00:30:39	00:47:22	<b>01:17:40.60</b>	<b>01:17:40.60</b>	+00:29:45 (38.3%)	7:46	7.7 (61.6%)
125	<b>WOJTKIEWICZ Adam</b>	<b>8344</b>	STAJNIAK#TEAM	Masters M - 40	33	00:00:32	00:34:09	00:49:33	<b>01:17:47.10</b>	<b>01:17:47.10</b>	+00:29:52 (38.4%)	7:46	7.7 (61.6%)
126	<b>SAWICKI Piotr</b>	<b>8558</b>	MOTOR LUBLIN	Masters M - 40	34	00:00:30	00:37:01	00:52:21	<b>01:17:49.70</b>	<b>01:17:49.70</b>	+00:29:54 (38.4%)	7:46	7.7 (61.6%)
127	<b>SCHAFFARCZYK Michał</b>	<b>8326</b>		Senior I M - 20	18	00:00:08	00:34:15	00:51:07	<b>01:17:51.40</b>	<b>01:17:51.40</b>	+00:29:56 (38.5%)	7:47	7.7 (61.6%)
128	<b>WIŚNIEWSKI Robert</b>	<b>8159</b>	METAL CHERRY	Senior I M - 20	19	00:00:14	00:34:17	00:50:44	<b>01:17:57.40</b>	<b>01:17:57.40</b>	+00:30:02 (38.5%)	7:47	7.7 (61.6%)
129	<b>BAJER Mikołaj</b>	<b>8056</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	35	00:00:25	00:32:25	00:48:33	<b>01:18:08.40</b>	<b>01:18:08.40</b>	+00:30:13 (38.7%)	7:48	7.7 (61.6%)
130	<b>PEREIRA Ruben</b>	<b>8381</b>	LUSITANIA ARMADA	Senior II M - 30	33	00:01:21	00:34:32	00:50:43	<b>01:18:26.55</b>	<b>01:18:26.55</b>	+00:30:31 (38.9%)	7:50	7.6 (60.8%)
131	<b>BILICKI Wojtek</b>	<b>8217</b>		Senior II M - 30	34	00:00:05	00:34:25	00:50:10	<b>01:18:28.20</b>	<b>01:18:28.20</b>	+00:30:33 (38.9%)	7:50	7.6 (60.8%)
132	<b>KRAWCZYKOWSKI Jacek</b>	<b>8135</b>		Senior II M - 30	35	00:01:27	00:35:59	00:51:45	<b>01:18:32.20</b>	<b>01:18:32.20</b>	+00:30:37 (39.0%)	7:51	7.6 (60.8%)
133	<b>ZASŁAWSKI Lech</b>	<b>8087</b>		Masters M - 40	36	00:00:08	00:31:50	00:48:27	<b>01:18:42.25</b>	<b>01:18:42.25</b>	+00:30:47 (39.1%)	7:52	7.6 (60.8%)
134	<b>SENIÓW Joanna</b>	<b>8255</b>		Masters K - 40	10	00:00:08	00:32:17	00:49:15	<b>01:18:44.65</b>	<b>01:18:44.65</b>	+00:30:49 (39.2%)	7:52	7.6 (60.8%)
135	<b>WUJDA Mirosław</b>	<b>8102</b>	ERNI RULEZ	Masters M - 40	37	00:00:48	00:31:44	00:48:34	<b>01:18:46.45</b>	<b>01:18:46.45</b>	+00:30:51 (39.2%)	7:52	7.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.01km	3.7km	5.8km					
136	<b>OZIMINA Hubert</b>	<b>8156</b>	OBORYGENI	Masters M - 40	38	00:00:12	00:34:15	00:51:16	<b>01:18:49.60</b>	<b>01:18:49.60</b>	+00:30:54 (39.2%)	7:52	7.6 (60.8%)
137	<b>SZARSKI Jacek</b>	<b>8068</b>	KAPCIOCHY	Senior I M - 20	20	00:00:23	00:33:08	00:49:08	<b>01:19:06.15</b>	<b>01:19:06.15</b>	+00:31:11 (39.4%)	7:54	7.6 (60.8%)
138	<b>MUČA Māris</b>	<b>8204</b>	LBNB	Weteran I M - 50	12	00:00:06	00:33:57	00:50:03	<b>01:19:12.45</b>	<b>01:19:12.45</b>	+00:31:17 (39.5%)	7:55	7.6 (60.8%)
139	<b>CIECHOMSKA Agata Ciechomska</b>	<b>8132</b>	HTF LUDWIK SIKORSKI	Senior II K - 30	14	00:00:11	00:33:50	00:49:47	<b>01:19:17.90</b>	<b>01:19:17.90</b>	+00:31:23 (39.6%)	7:55	7.6 (60.8%)
140	<b>JANOSZ Ada</b>	<b>8421</b>		Senior I K - 20	7	00:00:28	00:34:18	00:51:08	<b>01:19:20.95</b>	<b>01:19:20.95</b>	+00:31:26 (39.6%)	7:56	7.6 (60.8%)
141	<b>BIENKOWSKI Kamil</b>	<b>8282</b>		Senior II M - 30	36	00:01:23	00:35:47	00:51:12	<b>01:19:35.70</b>	<b>01:19:35.70</b>	+00:31:40 (39.8%)	7:57	7.5 (60.0%)
142	<b>KARKOSZKA Dawid</b>	<b>8388</b>		Senior I M - 20	21	00:00:30	00:35:00	00:51:32	<b>01:19:46.95</b>	<b>01:19:46.95</b>	+00:31:52 (39.9%)	7:58	7.5 (60.0%)
143	<b>SIWEK Grzegorz</b>	<b>8044</b>	LANRUNS	Masters M - 40	39	00:00:29	00:35:47	00:52:15	<b>01:20:07.75</b>	<b>01:20:07.75</b>	+00:32:12 (40.2%)	8:00	7.5 (60.0%)
144	<b>KOTAS Paweł</b>	<b>8233</b>		Senior I M - 20	22	00:01:08	00:34:41	00:51:04	<b>01:20:18.30</b>	<b>01:20:18.30</b>	+00:32:23 (40.3%)	8:01	7.5 (60.0%)
145	<b>ZADORA Borys</b>	<b>8214</b>	OLDBOYS TROJAN ŁĄDEK ZDRÓJ	Senior II M - 30	37	00:03:27	00:37:33	00:52:56	<b>01:20:19.05</b>	<b>01:20:19.05</b>	+00:32:24 (40.3%)	8:01	7.5 (60.0%)
146	<b>STASIAK Antoni</b>	<b>8462</b>	LEŚNE DZIKI PGB	Senior I M - 20	23	00:00:11	00:32:58	00:49:58	<b>01:20:19.15</b>	<b>01:20:19.15</b>	+00:32:24 (40.3%)	8:01	7.5 (60.0%)
147	<b>MAJŁOWSKI Aleksander</b>	<b>8121</b>		Weteran III M - 70	2	00:00:20	00:33:17	00:49:55	<b>01:20:31.55</b>	<b>01:20:31.55</b>	+00:32:36 (40.5%)	8:03	7.5 (60.0%)
148	<b>STASIAK Łukasz</b>	<b>8461</b>	LEŚNE DZIKI PGB	Masters M - 40	40	00:00:12	00:33:35	00:50:33	<b>01:20:46.00</b>	<b>01:20:46.00</b>	+00:32:51 (40.7%)	8:04	7.4 (59.2%)
149	<b>LUBAŃSKA Alicja</b>	<b>8318</b>		Weteran K - 50	2	00:00:15	00:33:13	00:50:04	<b>01:21:03.85</b>	<b>01:21:03.85</b>	+00:33:09 (40.9%)	8:06	7.4 (59.2%)
150	<b>CICHAŃSKI Marek</b>	<b>8199</b>		Senior II M - 30	38	00:00:40	00:34:50	00:52:11	<b>01:21:08.05</b>	<b>01:21:08.05</b>	+00:33:13 (40.9%)	8:06	7.4 (59.2%)
151	<b>KIERUL Łukasz</b>	<b>8403</b>	MASA TEAM	Senior II M - 30	39	00:00:29	00:34:11	00:51:18	<b>01:21:09.35</b>	<b>01:21:09.35</b>	+00:33:14 (41.0%)	8:06	7.4 (59.2%)
152	<b>KOMISARCZYK Krzysztof</b>	<b>8321</b>		Senior I M - 20	24	00:00:40	00:34:50	00:52:05	<b>01:21:10.15</b>	<b>01:21:10.15</b>	+00:33:15 (41.0%)	8:07	7.4 (59.2%)
153	<b>JANUS Tomasz</b>	<b>8351</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	40	00:01:14	00:37:13	00:53:43	<b>01:21:13.20</b>	<b>01:21:13.20</b>	+00:33:18 (41.0%)	8:07	7.4 (59.2%)
154	<b>SAWICKI Adrian</b>	<b>8256</b>		Masters M - 40	41	00:01:09	00:35:22	00:52:13	<b>01:21:14.65</b>	<b>01:21:14.65</b>	+00:33:19 (41.0%)	8:07	7.4 (59.2%)
155	<b>WÓJCIAK Łukasz</b>	<b>8073</b>	UMAWIANIENABIEGANIETEAM	Senior II M - 30	41	00:00:32	00:34:20	00:51:09	<b>01:21:34.65</b>	<b>01:21:34.65</b>	+00:33:39 (41.3%)	8:09	7.4 (59.2%)
156	<b>DEMBIŃSKI Arkadiusz</b>	<b>8409</b>		Senior II M - 30	42	00:00:53	00:36:32	00:53:14	<b>01:21:53.20</b>	<b>01:21:53.20</b>	+00:33:58 (41.5%)	8:11	7.3 (58.4%)
157	<b>NAZIMEK Piotr</b>	<b>8287</b>		Senior II M - 30	43	00:00:34	00:35:34	00:52:34	<b>01:22:00.60</b>	<b>01:22:00.60</b>	+00:34:05 (41.6%)	8:12	7.3 (58.4%)
158	<b>BURA Tomasz</b>	<b>8475</b>		Senior II M - 30	44	00:00:09	00:35:15	00:52:20	<b>01:22:02.75</b>	<b>01:22:02.75</b>	+00:34:07 (41.6%)	8:12	7.3 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
159	<b>MRÓZ Urszula</b>	<b>8077</b>		Weteran II K - 60	1	00:01:06	00:36:46	00:53:12	<b>01:22:06.65</b>	<b>01:22:06.65</b>	+00:34:11 (41.6%)	8:12	7.3 (58.4%)
160	<b>RASZKOWSKA Emilia</b>	<b>8429</b>	ŚLĘZAK TEAM	Senior II K - 30	15	00:00:38	00:35:56	00:53:18	<b>01:22:13.80</b>	<b>01:22:13.80</b>	+00:34:18 (41.7%)	8:13	7.3 (58.4%)
161	<b>KUZIEL Marcin</b>	<b>8113</b>	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	45	00:01:23	00:39:16	00:55:22	<b>01:22:17.00</b>	<b>01:22:17.00</b>	+00:34:22 (41.8%)	8:13	7.3 (58.4%)
162	<b>PALMOWSKI Rafał</b>	<b>8313</b>		Masters M - 40	42	00:00:16	00:34:43	00:52:07	<b>01:22:20.25</b>	<b>01:22:20.25</b>	+00:34:25 (41.8%)	8:14	7.3 (58.4%)
163	<b>BOCIĄGA Paweł</b>	<b>8312</b>	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	Masters M - 40	43	00:00:16	00:34:51	00:52:02	<b>01:22:21.90</b>	<b>01:22:21.90</b>	+00:34:27 (41.8%)	8:14	7.3 (58.4%)
164	<b>ŻUKIEWICZ Krzysztof</b>	<b>8281</b>	TKKF MPK POZNAŃ	Masters M - 40	44	00:00:18	00:34:38	00:52:03	<b>01:22:34.00</b>	<b>01:22:34.00</b>	+00:34:39 (42.0%)	8:15	7.3 (58.4%)
165	<b>MAJŁOWSKA Irena</b>	<b>8120</b>		Weteran II K - 60	2	00:00:21	00:34:54	00:52:09	<b>01:22:36.40</b>	<b>01:22:36.40</b>	+00:34:41 (42.0%)	8:15	7.3 (58.4%)
166	<b>WASZAK Tomasz</b>	<b>8314</b>		Senior I M - 20	25	00:01:25	00:37:07	00:54:07	<b>01:22:40.30</b>	<b>01:22:40.30</b>	+00:34:45 (42.0%)	8:16	7.3 (58.4%)
167	<b>NAPIERAŁA Andrzej</b>	<b>8430</b>	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	3	00:01:49	00:37:33	00:54:38	<b>01:22:50.15</b>	<b>01:22:50.15</b>	+00:34:55 (42.2%)	8:17	7.2 (57.6%)
168	<b>PIGŁA Aleksander</b>	<b>8306</b>	SPORTOWY KAŻMIERZ	Senior I M - 20	26	00:00:42	00:34:08	00:51:29	<b>01:22:52.45</b>	<b>01:22:52.45</b>	+00:34:57 (42.2%)	8:17	7.2 (57.6%)
169	<b>HANSZ Donat</b>	<b>8464</b>	NETBOX BIEGA	Senior I M - 20	27	00:00:28	00:34:51	00:52:19	<b>01:23:15.90</b>	<b>01:23:15.90</b>	+00:35:21 (42.5%)	8:19	7.2 (57.6%)
170	<b>MADAJCZYK Tomasz</b>	<b>8128</b>		Senior II M - 30	46	00:00:23	00:34:29	00:51:52	<b>01:23:20.80</b>	<b>01:23:20.80</b>	+00:35:25 (42.5%)	8:20	7.2 (57.6%)
171	<b>MERAK Krzysztof</b>	<b>8363</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	45	00:01:19	00:37:26	00:54:00	<b>01:23:57.65</b>	<b>01:23:57.65</b>	+00:36:02 (42.9%)	8:23	7.1 (56.8%)
172	<b>NOWACZYK Marta</b>	<b>8126</b>		Senior II K - 30	16	00:01:12	00:36:19	00:53:20	<b>01:23:57.75</b>	<b>01:23:57.75</b>	+00:36:02 (42.9%)	8:23	7.1 (56.8%)
173	<b>WINKOWSKI Adrian</b>	<b>8001</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	47	00:00:06	00:35:01	00:52:11	<b>01:24:08.35</b>	<b>01:24:08.35</b>	+00:36:13 (43.1%)	8:24	7.1 (56.8%)
174	<b>KISIAŁA Filip</b>	<b>8240</b>		Masters M - 40	46	00:00:21	00:34:42	00:52:16	<b>01:24:13.95</b>	<b>01:24:13.95</b>	+00:36:19 (43.1%)	8:25	7.1 (56.8%)
175	<b>DWORAK Sabrina</b>	<b>8419</b>	MAXIMUS KROSNOWICE	Senior II K - 30	17	00:00:24	00:36:44	00:54:30	<b>01:24:20.65</b>	<b>01:24:20.65</b>	+00:36:25 (43.2%)	8:26	7.1 (56.8%)
176	<b>SAMOLAK Łukasz</b>	<b>8228</b>		Masters M - 40	47	00:01:28	00:40:38	00:56:38	<b>01:24:23.55</b>	<b>01:24:23.55</b>	+00:36:28 (43.2%)	8:26	7.1 (56.8%)
177	<b>HEJNA Małgorzata</b>	<b>8266</b>		Weteran K - 50	3	00:00:08	00:35:17	00:53:47	<b>01:24:26.60</b>	<b>01:24:26.60</b>	+00:36:31 (43.3%)	8:26	7.1 (56.8%)
178	<b>MAKIOŁA Agnieszka</b>	<b>8037</b>		Senior I K - 20	8	00:00:12	00:35:22	00:53:05	<b>01:24:30.00</b>	<b>01:24:30.00</b>	+00:36:35 (43.3%)	8:27	7.1 (56.8%)
179	<b>KMIECIK Roma</b>	<b>8425</b>	KUDOWIANKA RUN	Masters K - 40	11	00:01:02	00:37:47	00:55:18	<b>01:24:34.75</b>	<b>01:24:34.75</b>	+00:36:39 (43.3%)	8:27	7.1 (56.8%)
180	<b>GACIOCH Jarosław</b>	<b>8398</b>	RUN TEAM TYGRYSY ORZYSZ	Weteran I M - 50	13	00:00:05	00:35:11	00:53:42	<b>01:24:41.00</b>	<b>01:24:41.00</b>	+00:36:46 (43.4%)	8:28	7.1 (56.8%)
181	<b>PTASZYŃSKA Joanna</b>	<b>8086</b>		Weteran K - 50	4	00:00:23	00:35:29	00:53:18	<b>01:24:44.35</b>	<b>01:24:44.35</b>	+00:36:49 (43.5%)	8:28	7.1 (56.8%)
182	<b>SKAWINA Krystyna</b>	<b>8075</b>	TOPOLICE TEAM	Senior II K - 30	18	00:00:17	00:34:37	00:51:59	<b>01:24:46.50</b>	<b>01:24:46.50</b>	+00:36:51 (43.5%)	8:28	7.1 (56.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	3.7km	5.8km	netto 10km	brutto 10km			
183	<b>POZNAR Adam</b>	<b>8354</b>		Senior II M - 30	48	00:01:17	00:38:22	00:55:54	<b>01:24:57.90</b>	<b>01:24:57.90</b>	+00:37:03 (43.6%)	8:29	7.1 (56.8%)
184	<b>KONIECZNA Anna</b>	<b>8155</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	12	00:00:06	00:35:54	00:53:57	<b>01:24:58.85</b>	<b>01:24:58.85</b>	+00:37:04 (43.6%)	8:29	7.1 (56.8%)
185	<b>GÓRSKI Bartek</b>	<b>8441</b>		Senior I M - 20	28	00:00:14	00:37:02	00:54:08	<b>01:25:01.75</b>	<b>01:25:01.75</b>	+00:37:06 (43.6%)	8:30	7.1 (56.8%)
186	<b>JURA Ewelina</b>	<b>8473</b>	TOPOLICE TEAM	Senior II K - 30	19	00:00:18	00:35:43	00:53:55	<b>01:25:26.40</b>	<b>01:25:26.40</b>	+00:37:31 (43.9%)	8:32	7 (56.0%)
187	<b>KOŁTON Justyna</b>	<b>8284</b>		Senior I K - 20	9	00:00:28	00:36:55	00:54:18	<b>01:25:26.95</b>	<b>01:25:26.95</b>	+00:37:32 (43.9%)	8:32	7 (56.0%)
188	<b>PRUSICKI Rafał</b>	<b>8122</b>		Masters M - 40	48	00:00:17	00:35:13	00:53:31	<b>01:25:37.60</b>	<b>01:25:37.60</b>	+00:37:42 (44.0%)	8:33	7 (56.0%)
189	<b>SZCZYPCZYK-PRUSICKA Małgorzata</b>	<b>8123</b>		Masters K - 40	13	00:00:16	00:35:14	00:53:30	<b>01:25:37.80</b>	<b>01:25:37.80</b>	+00:37:42 (44.0%)	8:33	7 (56.0%)
190	<b>PIETRUCHA Jagoda</b>	<b>8175</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	20	00:00:07	00:35:04	00:53:22	<b>01:25:49.55</b>	<b>01:25:49.55</b>	+00:37:54 (44.2%)	8:34	7 (56.0%)
191	<b>DZIĘGIELEWSKA Dominika</b>	<b>8577</b>		Senior II K - 30	21	00:00:11	00:37:01	00:55:05	<b>01:26:05.35</b>	<b>01:26:05.35</b>	+00:38:10 (44.3%)	8:36	7 (56.0%)
192	<b>MARTYN Olga</b>	<b>8488</b>	SPINKO LESZNO	Senior II K - 30	22	00:00:46	00:37:18	00:55:10	<b>01:26:08.70</b>	<b>01:26:08.70</b>	+00:38:13 (44.4%)	8:36	7 (56.0%)
193	<b>BACHURSKA Ewa</b>	<b>8043</b>	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	14	00:00:18	00:36:46	00:54:57	<b>01:26:16.45</b>	<b>01:26:16.45</b>	+00:38:21 (44.5%)	8:37	7 (56.0%)
194	<b>KIEPIEL Agata</b>	<b>8293</b>	ADIDAS RUNNERS WARSAW	Senior II K - 30	23	00:00:58	00:38:11	00:56:12	<b>01:26:16.95</b>	<b>01:26:16.95</b>	+00:38:22 (44.5%)	8:37	7 (56.0%)
195	<b>BŁACHNIO Krzysztof</b>	<b>8375</b>		Weteran I M - 50	14	00:00:08	00:35:10	00:53:07	<b>01:26:18.55</b>	<b>01:26:18.55</b>	+00:38:23 (44.5%)	8:37	7 (56.0%)
196	<b>WORYTKIEWICZ Małgorzata</b>	<b>8319</b>		Senior I K - 20	10	00:00:59	00:38:08	00:55:45	<b>01:26:22.85</b>	<b>01:26:22.85</b>	+00:38:28 (44.5%)	8:38	6.9 (55.2%)
197	<b>ŁASZKIEWICZ Piotr</b>	<b>8010</b>	ATHLETICS TEM PRUSICE	Weteran II M - 60	4	00:00:14	00:36:49	00:54:45	<b>01:26:25.10</b>	<b>01:26:25.10</b>	+00:38:30 (44.6%)	8:38	6.9 (55.2%)
198	<b>RZYWUCKA Jolanta</b>	<b>8272</b>	4 RUN TEAM PIŁA	Masters K - 40	15	00:00:14	00:35:51	00:54:34	<b>01:26:50.15</b>	<b>01:26:50.15</b>	+00:38:55 (44.8%)	8:41	6.9 (55.2%)
199	<b>BARTNIK Patryk</b>	<b>8168</b>		Senior I M - 20	29	00:00:11	00:36:23	00:54:54	<b>01:26:51.20</b>	<b>01:26:51.20</b>	+00:38:56 (44.8%)	8:41	6.9 (55.2%)
200	<b>MATUSZCZYK Grażyna</b>	<b>8271</b>	RYBNICKA GRUPA BIEGOWA	Masters K - 40	16	00:00:24	00:36:06	00:54:36	<b>01:26:54.55</b>	<b>01:26:54.55</b>	+00:38:59 (44.9%)	8:41	6.9 (55.2%)
201	<b>WILK Tomasz</b>	<b>8038</b>		Senior II M - 30	49	00:01:01	00:38:23	00:56:48	<b>01:26:55.35</b>	<b>01:26:55.35</b>	+00:39:00 (44.9%)	8:41	6.9 (55.2%)
201	<b>GRZELIŃSKA Malwina</b>	<b>8490</b>		Senior II K - 30	24	00:00:15	00:37:19	00:55:48	<b>01:26:55.35</b>	<b>01:26:55.35</b>	+00:39:00 (44.9%)	8:41	6.9 (55.2%)
203	<b>OSUCH Marcin</b>	<b>8345</b>		Masters M - 40	49	00:00:58	00:37:50	00:55:29	<b>01:27:16.85</b>	<b>01:27:16.85</b>	+00:39:22 (45.1%)	8:43	6.9 (55.2%)
204	<b>KRZONKALLA-BARTNIK Katarzyna</b>	<b>8169</b>		Senior I K - 20	11	00:00:10	00:36:23	00:54:54	<b>01:27:20.50</b>	<b>01:27:20.50</b>	+00:39:25 (45.1%)	8:44	6.9 (55.2%)
205	<b>WITKE Elżbieta</b>	<b>8109</b>		Weteran II K - 60	3	00:00:10	00:35:06	00:53:16	<b>01:27:26.95</b>	<b>01:27:26.95</b>	+00:39:32 (45.2%)	8:44	6.9 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.01km	3.7km	5.8km					
206	<b>SZYMAŁA Marcin</b>	<b>8465</b>	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	15	00:00:44	00:36:19	00:53:17	<b>01:27:41.30</b>	<b>01:27:41.30</b>	+00:39:46 (45.4%)	8:46	6.8 (54.4%)
207	<b>WOŹNIAK Mirosław</b>	<b>8339</b>	TKKF MPK POZNAŃ	Weteran II M - 60	5	00:01:00	00:39:27	00:57:10	<b>01:27:48.65</b>	<b>01:27:48.65</b>	+00:39:53 (45.4%)	8:46	6.8 (54.4%)
208	<b>KUCHARSKA Anna</b>	<b>8458</b>		Senior II K - 30	25	00:00:18	00:37:30	00:55:50	<b>01:28:01.20</b>	<b>01:28:01.20</b>	+00:40:06 (45.6%)	8:48	6.8 (54.4%)
209	<b>HOJA Ilona</b>	<b>8448</b>		Senior II K - 30	26	00:00:17	00:37:30	00:55:50	<b>01:28:01.35</b>	<b>01:28:01.35</b>	+00:40:06 (45.6%)	8:48	6.8 (54.4%)
210	<b>URBANIAK Józef</b>	<b>8576</b>	ULKS CZARNA GÓRA	Weteran I M - 50	16	00:01:04	00:39:09	00:57:07	<b>01:28:16.45</b>	<b>01:28:16.45</b>	+00:40:21 (45.7%)	8:49	6.8 (54.4%)
211	<b>GRODZIŃSKA Magdalena</b>	<b>8407</b>		Senior I K - 20	12	00:01:10	00:41:05	00:59:24	<b>01:28:19.35</b>	<b>01:28:19.35</b>	+00:40:24 (45.8%)	8:49	6.8 (54.4%)
212	<b>KRZECZKOWSKI Roman</b>	<b>8176</b>	BIEGOWA ŚWIDNICA	Weteran I M - 50	17		00:38:41	00:56:53	<b>01:28:29.75</b>	<b>01:28:29.75</b>	+00:40:34 (45.9%)	8:50	6.8 (54.4%)
213	<b>WAWER Marcin</b>	<b>8493</b>	STOWARZYSZENIE BIEG OPOLSKI	Senior II M - 30	50	00:01:22	00:40:58	00:58:40	<b>01:28:52.65</b>	<b>01:28:52.65</b>	+00:40:57 (46.1%)	8:53	6.8 (54.4%)
214	<b>GĄSIOROWSKA Sara</b>	<b>8294</b>		Senior I K - 20	13	00:00:49	00:39:19	00:57:06	<b>01:28:55.10</b>	<b>01:28:55.10</b>	+00:41:00 (46.1%)	8:53	6.7 (53.6%)
215	<b>KOZŁOWSKA Małgorzata</b>	<b>8046</b>	KB ODRA OPOLE	Masters K - 40	17	00:00:30	00:37:39	00:56:01	<b>01:28:55.60</b>	<b>01:28:55.60</b>	+00:41:00 (46.1%)	8:53	6.7 (53.6%)
216	<b>KOZŁOWSKI Mariusz</b>	<b>8045</b>	KB ODRA OPOLE	Masters M - 40	50	00:00:30	00:37:33	00:56:00	<b>01:28:56.25</b>	<b>01:28:56.25</b>	+00:41:01 (46.1%)	8:53	6.7 (53.6%)
217	<b>BIAŁEK Marcin</b>	<b>8115</b>		Masters M - 40	51	00:01:04	00:40:19	00:58:49	<b>01:28:58.10</b>	<b>01:28:58.10</b>	+00:41:03 (46.1%)	8:53	6.7 (53.6%)
218	<b>BRZEZIŃSKI Andrzej</b>	<b>8062</b>	LANRUNS	Weteran II M - 60	6	00:00:05	00:38:16	00:57:23	<b>01:29:03.85</b>	<b>01:29:03.85</b>	+00:41:09 (46.2%)	8:54	6.7 (53.6%)
219	<b>IMIŃSKI Cezary</b>	<b>8104</b>		Weteran I M - 50	18	00:00:15	00:38:20	00:55:44	<b>01:29:05.65</b>	<b>01:29:05.65</b>	+00:41:10 (46.2%)	8:54	6.7 (53.6%)
220	<b>KUTYCKA KUREK Elżbieta</b>	<b>8498</b>	CHOJRAK TEAM WROCŁAW	Senior II K - 30	27	00:00:43	00:37:54	00:56:54	<b>01:29:39.60</b>	<b>01:29:39.60</b>	+00:41:44 (46.6%)	8:57	6.7 (53.6%)
221	<b>MASALSKA Anna</b>	<b>8578</b>		Masters K - 40	18	00:00:27	00:37:36	00:55:49	<b>01:29:41.10</b>	<b>01:29:41.10</b>	+00:41:46 (46.6%)	8:58	6.7 (53.6%)
222	<b>PUSZEK Jacek</b>	<b>8195</b>		Senior II M - 30	51	00:00:06	00:37:46	00:56:56	<b>01:29:54.15</b>	<b>01:29:54.15</b>	+00:41:59 (46.7%)	8:59	6.7 (53.6%)
223	<b>SZWACZKA Sebastian</b>	<b>8300</b>	BW BIEGOWY WARIAT	Masters M - 40	52	00:01:11	00:37:54	00:56:26	<b>01:30:02.30</b>	<b>01:30:02.30</b>	+00:42:07 (46.8%)	9:00	6.7 (53.6%)
224	<b>SENDER Jakub</b>	<b>8317</b>	BW RUNNING TEAM	Senior II M - 30	52	00:01:11	00:37:55	00:56:28	<b>01:30:02.85</b>	<b>01:30:02.85</b>	+00:42:08 (46.8%)	9:00	6.7 (53.6%)
225	<b>NAZARY Piotr</b>	<b>8383</b>	OBORYGENI	Masters M - 40	53	00:00:27	00:38:55	00:57:06	<b>01:30:03.50</b>	<b>01:30:03.50</b>	+00:42:08 (46.8%)	9:00	6.7 (53.6%)
226	<b>DĄBKOWSKI Adam</b>	<b>8124</b>		Masters M - 40	54	00:00:42	00:40:07	00:57:13	<b>01:30:12.35</b>	<b>01:30:12.35</b>	+00:42:17 (46.9%)	9:01	6.7 (53.6%)
227	<b>KORNASZEWSKI Wojciech</b>	<b>8559</b>		Senior II M - 30	53	00:00:30	00:38:16	00:56:45	<b>01:30:15.15</b>	<b>01:30:15.15</b>	+00:42:20 (46.9%)	9:01	6.6 (52.8%)
228	<b>BUGAJSKI Marcin</b>	<b>8187</b>		Masters M - 40	55	00:00:25	00:38:01	00:56:46	<b>01:30:24.80</b>	<b>01:30:24.80</b>	+00:42:29 (47.0%)	9:02	6.6 (52.8%)
229	<b>KRUK Mateusz</b>	<b>8203</b>	MAXIMUS KROSNOWICE	Senior II M - 30	54	00:00:24	00:36:43	00:56:02	<b>01:31:26.65</b>	<b>01:31:26.65</b>	+00:43:31 (47.6%)	9:08	6.6 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
230	WIKŁO Paweł	8296		Senior I M - 20	30	00:01:26	00:42:15	01:01:45	<b>01:31:29.65</b>	<b>01:31:29.65</b>	+00:43:34 (47.6%)	9:08	6.6 (52.8%)
231	DULIK Radosław	8604	OPOLE	Masters M - 40	56	00:00:57	00:41:33	01:00:30	<b>01:31:33.20</b>	<b>01:31:33.20</b>	+00:43:38 (47.7%)	9:09	6.6 (52.8%)
232	RUTKOWSKA Izabela	8349	SPORTOWY KAŻMIERZ	Masters K - 40	19	00:01:04	00:41:02	01:00:17	<b>01:32:06.70</b>	<b>01:32:06.70</b>	+00:44:11 (48.0%)	9:12	6.5 (52.0%)
233	MATAK Kinga	8437	ŁASUCH	Senior II K - 30	28	00:01:23	00:40:51	01:00:10	<b>01:32:22.65</b>	<b>01:32:22.65</b>	+00:44:27 (48.1%)	9:14	6.5 (52.0%)
234	LEWANDOWSKA Kamila	8143	LEWANDOWSCY TEAM	Senior II K - 30	29	00:00:59	00:40:04	00:59:57	<b>01:32:26.60</b>	<b>01:32:26.60</b>	+00:44:31 (48.2%)	9:14	6.5 (52.0%)
235	GABOR Maciej	8368		Masters M - 40	57	00:01:20	00:41:04	01:00:29	<b>01:32:34.20</b>	<b>01:32:34.20</b>	+00:44:39 (48.2%)	9:15	6.5 (52.0%)
236	STEMPIN Sylwia	8358		Senior II K - 30	30	00:00:11	00:39:29	00:59:16	<b>01:32:39.65</b>	<b>01:32:39.65</b>	+00:44:44 (48.3%)	9:15	6.5 (52.0%)
237	SZCZEPIŃSKA Aneta	8583		Senior II K - 30	31	00:00:27	00:40:13	00:59:45	<b>01:32:43.05</b>	<b>01:32:43.05</b>	+00:44:48 (48.3%)	9:16	6.5 (52.0%)
238	LEŚNICZAK Barbara	8457	#WKURWTEAM	Masters K - 40	20	00:01:12	00:40:40	01:00:01	<b>01:32:46.95</b>	<b>01:32:46.95</b>	+00:44:52 (48.4%)	9:16	6.5 (52.0%)
239	SZAREK Sławomir	8067	K.S. OBSTAWIMY TYŁY	Masters M - 40	58	00:00:55	00:42:55	01:01:44	<b>01:32:54.75</b>	<b>01:32:54.75</b>	+00:44:59 (48.4%)	9:17	6.5 (52.0%)
240	SZYMAŁA Jan	8125		Weteran III M - 70	3	00:00:23	00:37:57	00:57:36	<b>01:32:59.80</b>	<b>01:32:59.80</b>	+00:45:04 (48.5%)	9:17	6.5 (52.0%)
241	MICHALSKA Agnieszka	8353		Senior I K - 20	14	00:01:25	00:41:07	01:00:58	<b>01:33:10.05</b>	<b>01:33:10.05</b>	+00:45:15 (48.6%)	9:19	6.4 (51.2%)
242	POŁAWSKA Ewa	8454		Senior II K - 30	32	00:01:04	00:42:01	01:01:00	<b>01:33:13.30</b>	<b>01:33:13.30</b>	+00:45:18 (48.6%)	9:19	6.4 (51.2%)
243	WOJTCZAK Mateusz	8456		Senior II M - 30	55	00:01:04	00:42:04	01:01:00	<b>01:33:13.70</b>	<b>01:33:13.70</b>	+00:45:18 (48.6%)	9:19	6.4 (51.2%)
244	BLANIK Marek	8239		Senior II M - 30	56	00:00:31	00:39:25	00:58:30	<b>01:33:29.75</b>	<b>01:33:29.75</b>	+00:45:34 (48.8%)	9:20	6.4 (51.2%)
244	BLANIK Agnieszka	8238		Masters K - 40	21	00:00:31	00:39:25	00:58:36	<b>01:33:29.75</b>	<b>01:33:29.75</b>	+00:45:34 (48.8%)	9:20	6.4 (51.2%)
246	ZAJĄC Aga	8379	77CATS	Masters K - 40	22	00:00:38	00:41:30	01:01:03	<b>01:33:32.50</b>	<b>01:33:32.50</b>	+00:45:37 (48.8%)	9:21	6.4 (51.2%)
247	REIJMERS Agnieszka	8251	LEIDEN ATLETIEK	Masters K - 40	23	00:00:39	00:39:57	00:58:36	<b>01:33:47.80</b>	<b>01:33:47.80</b>	+00:45:52 (48.9%)	9:22	6.4 (51.2%)
248	KALIŃSKA Dorota	8486		Senior II K - 30	33	00:01:28	00:42:30	01:01:09	<b>01:33:55.45</b>	<b>01:33:55.45</b>	+00:46:00 (49.0%)	9:23	6.4 (51.2%)
249	SOBOLEWSKA Julita	8369		Masters K - 40	24	00:00:13	00:39:11	00:58:26	<b>01:34:02.20</b>	<b>01:34:02.20</b>	+00:46:07 (49.0%)	9:24	6.4 (51.2%)
250	GALEWSKI Mariusz	8074	KOTLIN	Weteran I M - 50	19	00:00:17	00:39:10	00:59:08	<b>01:34:02.65</b>	<b>01:34:02.65</b>	+00:46:07 (49.1%)	9:24	6.4 (51.2%)
251	URBAN Alicja	8041	KACZKATEAM	Senior I K - 20	15	00:00:37	00:37:47	00:57:12	<b>01:34:06.75</b>	<b>01:34:06.75</b>	+00:46:11 (49.1%)	9:24	6.4 (51.2%)
252	RADZIEJEWSKA Milena	8355	SZWAGRY I SZWAGIERKI	Senior I K - 20	16	00:00:25	00:39:54	01:00:18	<b>01:34:17.10</b>	<b>01:34:17.10</b>	+00:46:22 (49.2%)	9:25	6.4 (51.2%)
253	ŚWIĘCH Aneta	8427	EAZYMUT.PL	Senior II K - 30	34	00:00:27	00:40:22	01:01:43	<b>01:34:26.75</b>	<b>01:34:26.75</b>	+00:46:31 (49.3%)	9:26	6.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.01km	C1 3.7km	C1 5.8km					
254	<b>KOWAL Dawid</b>	<b>8025</b>		Senior I M - 20	31	00:00:45	00:41:31	01:00:19	<b>01:34:31.65</b>	<b>01:34:31.65</b>	+00:46:36 (49.3%)	9:27	6.3 (50.4%)
255	<b>STROIŃSKI Wojciech</b>	<b>8081</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	59	00:00:50	00:41:03	01:00:19	<b>01:34:33.15</b>	<b>01:34:33.15</b>	+00:46:38 (49.3%)	9:27	6.3 (50.4%)
256	<b>BEDNAREK-KWIATKOWSKA Anna</b>	<b>8163</b>	SAMO ZDROWIE	Masters K - 40	25	00:00:53	00:40:33	01:00:52	<b>01:34:43.50</b>	<b>01:34:43.50</b>	+00:46:48 (49.4%)	9:28	6.3 (50.4%)
257	<b>BUDA Małgorzata</b>	<b>8260</b>		Masters K - 40	26	00:00:19	00:38:27	00:58:08	<b>01:34:45.70</b>	<b>01:34:45.70</b>	+00:46:50 (49.4%)	9:28	6.3 (50.4%)
258	<b>TOMAKA Patrycja</b>	<b>8347</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:01:10	00:41:32	01:00:59	<b>01:34:48.15</b>	<b>01:34:48.15</b>	+00:46:53 (49.5%)	9:28	6.3 (50.4%)
259	<b>BŁACHNIO Dorota</b>	<b>8072</b>	RAZ SZCZECIN	Weteran K - 50	5	00:00:08	00:39:27	00:59:33	<b>01:34:53.50</b>	<b>01:34:53.50</b>	+00:46:58 (49.5%)	9:29	6.3 (50.4%)
260	<b>BIENIARZ Ilona</b>	<b>8396</b>	MAKEMAROFITAGAIN!	Senior II K - 30	36	00:00:15	00:38:57	00:58:55	<b>01:35:13.70</b>	<b>01:35:13.70</b>	+00:47:18 (49.7%)	9:31	6.3 (50.4%)
261	<b>JANSON Marleen</b>	<b>8249</b>	LEIDEN ATLETIEK	Senior II K - 30	37	00:00:39	00:42:18	01:02:34	<b>01:35:17.15</b>	<b>01:35:17.15</b>	+00:47:22 (49.7%)	9:31	6.3 (50.4%)
262	<b>BURA Karolina</b>	<b>8227</b>	#BIEGAJLESZNO	Senior II K - 30	38	00:00:12	00:39:05	00:59:30	<b>01:35:18.85</b>	<b>01:35:18.85</b>	+00:47:24 (49.7%)	9:31	6.3 (50.4%)
263	<b>KUCIŃSKI Andrzej</b>	<b>8064</b>	BAZA ZDROWIA FRESCO	Weteran II M - 60	7	00:00:44	00:41:53	01:01:36	<b>01:35:21.40</b>	<b>01:35:21.40</b>	+00:47:26 (49.8%)	9:32	6.3 (50.4%)
264	<b>SZELIGA Agnieszka</b>	<b>8264</b>		Senior II K - 30	39	00:00:34	00:40:35	01:00:39	<b>01:35:35.20</b>	<b>01:35:35.20</b>	+00:47:40 (49.9%)	9:33	6.3 (50.4%)
265	<b>SKARŻEŃSKA-SOKOŁOWSKA Jagoda</b>	<b>8599</b>		Senior II K - 30	40		00:40:46		<b>01:36:03.95</b>	<b>01:36:03.95</b>	+00:48:09 (50.1%)	9:36	6.2 (49.6%)
266	<b>CHOMĄTOWSKI Daniel</b>	<b>8127</b>		Senior II M - 30	57	00:00:23	00:42:07	01:02:46	<b>01:36:07.80</b>	<b>01:36:07.80</b>	+00:48:12 (50.2%)	9:36	6.2 (49.6%)
267	<b>OSIKA Aleksandra</b>	<b>8002</b>		Senior I K - 20	17	00:00:36	00:40:12	01:00:30	<b>01:36:12.95</b>	<b>01:36:12.95</b>	+00:48:18 (50.2%)	9:37	6.2 (49.6%)
268	<b>KRYSKA Paweł</b>	<b>8237</b>		Senior I M - 20	32	00:01:09	00:42:21	01:02:13	<b>01:36:24.95</b>	<b>01:36:24.95</b>	+00:48:30 (50.3%)	9:38	6.2 (49.6%)
269	<b>KOPYSTAŃSKA Basia</b>	<b>8329</b>		Senior II K - 30	41	00:01:26	00:42:54	01:03:41	<b>01:36:26.70</b>	<b>01:36:26.70</b>	+00:48:31 (50.3%)	9:38	6.2 (49.6%)
270	<b>WESTPHAL Magdalena</b>	<b>8236</b>		Senior II K - 30	42	00:00:28	00:40:14	01:00:27	<b>01:36:28.35</b>	<b>01:36:28.35</b>	+00:48:33 (50.3%)	9:38	6.2 (49.6%)
271	<b>IGNASZEWSKA Marta</b>	<b>8380</b>		Masters K - 40	27	00:00:42	00:41:23	01:01:10	<b>01:36:29.15</b>	<b>01:36:29.15</b>	+00:48:34 (50.3%)	9:38	6.2 (49.6%)
272	<b>ROBAK Natalia</b>	<b>8304</b>		Senior I K - 20	18	00:01:04	00:42:12	01:02:32	<b>01:36:31.20</b>	<b>01:36:31.20</b>	+00:48:36 (50.4%)	9:39	6.2 (49.6%)
273	<b>IGNASZEWSKI Michał</b>	<b>8566</b>		Masters M - 40	60	00:00:51	00:41:24	01:01:10	<b>01:36:32.90</b>	<b>01:36:32.90</b>	+00:48:38 (50.4%)	9:39	6.2 (49.6%)
274	<b>STRZYŻOWSKI Nikodem</b>	<b>8092</b>		Senior I M - 20	33	00:00:26	00:40:01	00:59:45	<b>01:36:39.55</b>	<b>01:36:39.55</b>	+00:48:44 (50.4%)	9:39	6.2 (49.6%)
275	<b>SZYMAŁA Karolina</b>	<b>8103</b>		Senior I K - 20	19	00:00:44	00:40:55	01:01:15	<b>01:36:42.35</b>	<b>01:36:42.35</b>	+00:48:47 (50.5%)	9:40	6.2 (49.6%)
276	<b>KLUSKA Rafał</b>	<b>8387</b>	KS DŁUGOŁĘKA 2000	Senior I M - 20	34	00:00:16	00:39:58	01:00:32	<b>01:36:52.70</b>	<b>01:36:52.70</b>	+00:48:57 (50.5%)	9:41	6.2 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
277	<b>GRABKOWSKA Paulina</b>	<b>8376</b>		Senior II K - 30	43	00:01:05	00:40:47	01:01:07	<b>01:37:14.40</b>	<b>01:37:14.40</b>	+00:49:19 (50.7%)	9:43	6.2 (49.6%)
278	<b>SYCZ-LANGNER Honorata</b>	<b>8145</b>		Senior II K - 30	44	00:00:36	00:40:45	01:02:35	<b>01:37:15.30</b>	<b>01:37:15.30</b>	+00:49:20 (50.7%)	9:43	6.2 (49.6%)
279	<b>KUKUŁA Karolina</b>	<b>8443</b>		Senior II K - 30	45	00:00:13	00:40:13	01:00:28	<b>01:37:15.75</b>	<b>01:37:15.75</b>	+00:49:20 (50.7%)	9:43	6.2 (49.6%)
280	<b>ODIJA Leszek</b>	<b>8412</b>		Masters M - 40	61	00:01:18	00:43:13	01:02:26	<b>01:37:18.70</b>	<b>01:37:18.70</b>	+00:49:23 (50.8%)	9:43	6.2 (49.6%)
281	<b>GRUCHALSKA Marta</b>	<b>8494</b>	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	28	00:01:22	00:45:17	01:05:02	<b>01:37:20.30</b>	<b>01:37:20.30</b>	+00:49:25 (50.8%)	9:44	6.2 (49.6%)
282	<b>SKRZYPEK Marta</b>	<b>8221</b>		Senior II K - 30	46	00:00:05	00:40:46	01:01:40	<b>01:37:29.15</b>	<b>01:37:29.15</b>	+00:49:34 (50.9%)	9:44	6.2 (49.6%)
283	<b>JOŃCZYK Paula</b>	<b>8422</b>		Senior I K - 20	20	00:01:04	00:43:09	01:02:31	<b>01:37:34.90</b>	<b>01:37:34.90</b>	+00:49:40 (50.9%)	9:45	6.1 (48.8%)
284	<b>PAWLUS Marek</b>	<b>8395</b>	MAKEMAROFITAGAIN!	Senior II M - 30	58	00:00:15	00:40:31	01:01:41	<b>01:37:41.90</b>	<b>01:37:41.90</b>	+00:49:47 (51.0%)	9:46	6.1 (48.8%)
285	<b>BURNETKO Magdalena</b>	<b>8405</b>	HUTASY RUNNERS TEAM	Senior II K - 30	47	00:00:45	00:42:02	01:02:49	<b>01:37:49.25</b>	<b>01:37:49.25</b>	+00:49:54 (51.0%)	9:46	6.1 (48.8%)
286	<b>SZCZEPIŃSKI Krzysztof</b>	<b>8584</b>		Senior II M - 30	59	00:00:27	00:40:17	01:01:28	<b>01:38:10.00</b>	<b>01:38:10.00</b>	+00:50:15 (51.2%)	9:49	6.1 (48.8%)
287	<b>MARKIEWICZ Jagoda</b>	<b>8167</b>	KUŹNIA TALENTÓW KAMIENIEC	Senior I K - 20	21	00:01:02	00:43:31	01:03:47	<b>01:38:33.45</b>	<b>01:38:33.45</b>	+00:50:38 (51.4%)	9:51	6.1 (48.8%)
288	<b>BIELEWICZ Aleksandra</b>	<b>8231</b>	PANKORBKA - MOBILNY SERWIS ROWEROWY	Senior I K - 20	22	00:00:31	00:42:12	01:02:58	<b>01:38:48.05</b>	<b>01:38:48.05</b>	+00:50:53 (51.5%)	9:52	6.1 (48.8%)
289	<b>WARCHOŁ Kamil</b>	<b>8220</b>		Senior I M - 20	35	00:01:07	00:45:47	01:06:31	<b>01:38:51.95</b>	<b>01:38:51.95</b>	+00:50:57 (51.5%)	9:53	6.1 (48.8%)
290	<b>JOŃCZYK Patryk</b>	<b>8433</b>		Senior I M - 20	36	00:01:07	00:45:47	01:06:31	<b>01:38:53.65</b>	<b>01:38:53.65</b>	+00:50:58 (51.6%)	9:53	6.1 (48.8%)
291	<b>NOWAK - KASPRZAK Anna</b>	<b>8431</b>		Senior II K - 30	48	00:01:10	00:42:11	01:01:58	<b>01:39:17.60</b>	<b>01:39:17.60</b>	+00:51:22 (51.7%)	9:55	6 (48.0%)
292	<b>KASPRZAK Łukasz</b>	<b>8432</b>		Senior II M - 30	60	00:01:10	00:42:11	01:01:58	<b>01:39:18.65</b>	<b>01:39:18.65</b>	+00:51:23 (51.8%)	9:55	6 (48.0%)
293	<b>NAGLER Tomasz</b>	<b>8147</b>		Masters M - 40	62	00:00:49	00:37:17	00:57:00	<b>01:39:18.80</b>	<b>01:39:18.80</b>	+00:51:23 (51.8%)	9:55	6 (48.0%)
294	<b>CZERNICKA Magdalena</b>	<b>8423</b>		Masters K - 40	29	00:01:08	00:43:43	01:03:36	<b>01:39:28.60</b>	<b>01:39:28.60</b>	+00:51:33 (51.8%)	9:56	6 (48.0%)
295	<b>SOJA-WAWRYSZEWICZ Agata</b>	<b>8230</b>		Masters K - 40	30	00:00:54	00:42:06	01:02:21	<b>01:39:35.95</b>	<b>01:39:35.95</b>	+00:51:41 (51.9%)	9:57	6 (48.0%)
296	<b>WAWER Kasia</b>	<b>8495</b>	STOWARZYSZENIE BIEG OPOLSKI	Senior II K - 30	49	00:01:22	00:45:18	01:05:03	<b>01:39:36.55</b>	<b>01:39:36.55</b>	+00:51:41 (51.9%)	9:57	6 (48.0%)
297	<b>WĘGRZYNOWSKA Renata</b>	<b>8340</b>		Weteran K - 50	6	00:00:51	00:40:32	01:01:18	<b>01:39:39.15</b>	<b>01:39:39.15</b>	+00:51:44 (51.9%)	9:57	6 (48.0%)
298	<b>MACIEJEWSKI Piotr</b>	<b>8210</b>	SUPERMARATON KALISZ	Weteran II M - 60	8	00:00:20	00:41:59	01:01:47	<b>01:39:53.65</b>	<b>01:39:53.65</b>	+00:51:58 (52.0%)	9:59	6 (48.0%)
299	<b>KOWAL Ireneusz</b>	<b>8024</b>		Masters M - 40	63	00:00:45	00:41:46	01:01:51	<b>01:39:54.45</b>	<b>01:39:54.45</b>	+00:51:59 (52.0%)	9:59	6 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
300	<b>SZAŁAJSKA Magdalena</b>	<b>8564</b>		Senior I K - 20	23	00:00:55	00:42:04	01:02:44	<b>01:39:55.25</b>	<b>01:39:55.25</b>	+00:52:00 (52.0%)	9:59	6 (48.0%)
301	<b>ŁĘKAWA Mateusz</b>	<b>8483</b>		Senior II M - 30	61	00:01:13	00:45:44	01:06:30	<b>01:39:58.35</b>	<b>01:39:58.35</b>	+00:52:03 (52.1%)	9:59	6 (48.0%)
302	<b>JURCZYK Anna</b>	<b>8491</b>		Senior I K - 20	24	00:01:13	00:45:43	01:06:30	<b>01:39:58.40</b>	<b>01:39:58.40</b>	+00:52:03 (52.1%)	9:59	6 (48.0%)
303	<b>DABKOWSKA Patrycja</b>	<b>8472</b>	SPEEDFEED'16	Masters K - 40	31	00:00:42	00:42:05	01:02:51	<b>01:40:00.35</b>	<b>01:40:00.35</b>	+00:52:05 (52.1%)	10:00	6 (48.0%)
304	<b>AMANOWICZ Aurelia</b>	<b>8234</b>		Senior II K - 30	50	00:01:09	00:43:38	01:03:54	<b>01:40:11.80</b>	<b>01:40:11.80</b>	+00:52:16 (52.2%)	10:01	6 (48.0%)
305	<b>DAGIEL Janusz</b>	<b>8334</b>		Senior II M - 30	62	00:00:54	00:41:52	01:04:01	<b>01:40:16.05</b>	<b>01:40:16.05</b>	+00:52:21 (52.2%)	10:01	6 (48.0%)
306	<b>RELIGA Liliana</b>	<b>8332</b>		Senior II K - 30	51	00:00:52	00:42:03	01:04:01	<b>01:40:16.40</b>	<b>01:40:16.40</b>	+00:52:21 (52.2%)	10:01	6 (48.0%)
307	<b>PACUŁT Dominika</b>	<b>8101</b>		Senior I K - 20	25	00:00:18	00:41:51	01:03:49	<b>01:40:19.65</b>	<b>01:40:19.65</b>	+00:52:24 (52.2%)	10:01	6 (48.0%)
308	<b>DZIURA Kamil</b>	<b>8100</b>		Senior I M - 20	37	00:00:19	00:41:51	01:03:49	<b>01:40:19.75</b>	<b>01:40:19.75</b>	+00:52:24 (52.2%)	10:01	6 (48.0%)
309	<b>MAZURKIEWICZ Joanna</b>	<b>8061</b>		Masters K - 40	32	00:00:11	00:40:12	01:02:02	<b>01:40:40.10</b>	<b>01:40:40.10</b>	+00:52:45 (52.4%)	10:04	6 (48.0%)
310	<b>GRZYBEK Sławomir</b>	<b>8130</b>	BARTOSZ GORCZYCA RUNNING TEAM	Senior II M - 30	63	00:00:41	00:45:10	01:05:48	<b>01:40:52.75</b>	<b>01:40:52.75</b>	+00:52:57 (52.5%)	10:05	5.9 (47.2%)
311	<b>DĄBROWSKA GRZYBEK Joanna</b>	<b>8131</b>		Masters K - 40	33	00:00:41	00:45:10	01:05:47	<b>01:40:55.15</b>	<b>01:40:55.15</b>	+00:53:00 (52.5%)	10:05	5.9 (47.2%)
312	<b>WIECZOREK Mikołaj</b>	<b>8567</b>	DZIKIE GRUBASY SZATANA	Senior I M - 20	38	00:00:32	00:45:40	01:08:12	<b>01:40:57.70</b>	<b>01:40:57.70</b>	+00:53:02 (52.5%)	10:05	5.9 (47.2%)
313	<b>KRAJEWSKA Irmína</b>	<b>8435</b>		Senior II K - 30	52	00:00:49	00:44:27	01:04:59	<b>01:41:02.70</b>	<b>01:41:02.70</b>	+00:53:07 (52.6%)	10:06	5.9 (47.2%)
314	<b>KUBAŚ Dawid</b>	<b>8492</b>	NADLEŚNICTWO ZDROJE	Senior II M - 30	64	00:00:44	00:44:51	01:05:41	<b>01:41:05.15</b>	<b>01:41:05.15</b>	+00:53:10 (52.6%)	10:06	5.9 (47.2%)
315	<b>TÓRZ Anna</b>	<b>8292</b>		Masters K - 40	34	00:00:53	00:44:19	01:05:40	<b>01:41:06.20</b>	<b>01:41:06.20</b>	+00:53:11 (52.6%)	10:06	5.9 (47.2%)
316	<b>BINKIEWICZ-KOWALCZYK Agnieszka</b>	<b>8189</b>		Senior II K - 30	53	00:00:19	00:42:33	01:04:23	<b>01:41:14.55</b>	<b>01:41:14.55</b>	+00:53:19 (52.7%)	10:07	5.9 (47.2%)
317	<b>GAWLAS Roman</b>	<b>8078</b>		Masters M - 40	64	00:00:39	00:45:49	01:09:05	<b>01:41:24.55</b>	<b>01:41:24.55</b>	+00:53:29 (52.8%)	10:08	5.9 (47.2%)
318	<b>JASIEWICZ Karolina</b>	<b>8350</b>		Senior II K - 30	54	00:00:52	00:42:00	01:02:50	<b>01:41:39.70</b>	<b>01:41:39.70</b>	+00:53:44 (52.9%)	10:09	5.9 (47.2%)
319	<b>MOŃKA-PODGÓRNA Aleksandra</b>	<b>8299</b>	#POBIEGANI	Senior I K - 20	26	00:00:37	00:41:59	01:03:20	<b>01:41:40.70</b>	<b>01:41:40.70</b>	+00:53:45 (52.9%)	10:10	5.9 (47.2%)
320	<b>LACHOR Anna</b>	<b>8275</b>		Weteran K - 50	7	00:01:31	00:45:31	01:06:28	<b>01:41:44.60</b>	<b>01:41:44.60</b>	+00:53:49 (52.9%)	10:10	5.9 (47.2%)
321	<b>PRUS Dorota</b>	<b>8052</b>		Masters K - 40	35	00:01:27	00:45:18	01:04:57	<b>01:41:45.80</b>	<b>01:41:45.80</b>	+00:53:50 (52.9%)	10:10	5.9 (47.2%)
322	<b>WEBER Agata</b>	<b>8581</b>	VELO ŁOSIE NA SZOSIE	Masters K - 40	36	00:00:30	00:43:14	01:03:56	<b>01:41:50.25</b>	<b>01:41:50.25</b>	+00:53:55 (53.0%)	10:11	5.9 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.01km	C1 3.7km	C1 5.8km					
323	<b>ROSA Izabela</b>	<b>8560</b>	ROXY	Senior II K - 30	55	00:00:59	00:45:31	01:06:30	<b>01:42:05.40</b>	<b>01:42:05.40</b>	+00:54:10 (53.1%)	10:12	5.9 (47.2%)
324	<b>DĘBSKA Marzena</b>	<b>8035</b>	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	37	00:00:09	00:45:21	01:06:32	<b>01:42:17.50</b>	<b>01:42:17.50</b>	+00:54:22 (53.2%)	10:13	5.9 (47.2%)
325	<b>KRYSA Dorota</b>	<b>8322</b>	POMYŁKA TEAM	Masters K - 40	38	00:01:29	00:44:45	01:06:27	<b>01:42:20.65</b>	<b>01:42:20.65</b>	+00:54:25 (53.2%)	10:14	5.9 (47.2%)
326	<b>WASILEWSKA Agnieszka</b>	<b>8226</b>	AROMAT NÓG	Masters K - 40	39	00:00:12	00:40:53	01:04:16	<b>01:42:35.10</b>	<b>01:42:35.10</b>	+00:54:40 (53.3%)	10:15	5.8 (46.4%)
327	<b>JÓŹWIAKOWSKA Weronika</b>	<b>8245</b>		Senior I K - 20	27	00:00:32	00:43:17	01:05:15	<b>01:42:48.30</b>	<b>01:42:48.30</b>	+00:54:53 (53.4%)	10:16	5.8 (46.4%)
328	<b>WIRTEK Magdalena</b>	<b>8305</b>		Senior II K - 30	56	00:00:13	00:42:02	01:04:10	<b>01:43:05.30</b>	<b>01:43:05.30</b>	+00:55:10 (53.5%)	10:18	5.8 (46.4%)
329	<b>LESNIAK Sylwia</b>	<b>8320</b>		Masters K - 40	40	00:00:07	00:42:31	01:04:39	<b>01:43:08.35</b>	<b>01:43:08.35</b>	+00:55:13 (53.5%)	10:18	5.8 (46.4%)
330	<b>MRÓZ Anna</b>	<b>8382</b>		Senior II K - 30	57	00:19:05	01:13:13		<b>01:43:22.70</b>	<b>01:43:22.70</b>	+00:55:27 (53.7%)	10:20	5.8 (46.4%)
331	<b>TOMERA Dorota</b>	<b>8496</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	41	00:01:10	00:45:48	01:06:33	<b>01:43:35.45</b>	<b>01:43:35.45</b>	+00:55:40 (53.7%)	10:21	5.8 (46.4%)
332	<b>GURGUL Dorota</b>	<b>8205</b>	AROMAT NÓG	Masters K - 40	42	00:00:12	00:40:52	01:04:15	<b>01:43:51.00</b>	<b>01:43:51.00</b>	+00:55:56 (53.9%)	10:23	5.8 (46.4%)
333	<b>KUROWSKA Bianka</b>	<b>8341</b>		Senior I K - 20	28	00:01:09	00:45:01	01:06:58	<b>01:43:56.80</b>	<b>01:43:56.80</b>	+00:56:01 (53.9%)	10:23	5.8 (46.4%)
334	<b>JAKUBOWSKA Judyta</b>	<b>8076</b>		Masters K - 40	43	00:00:25	00:42:51	01:05:01	<b>01:44:07.45</b>	<b>01:44:07.45</b>	+00:56:12 (54.0%)	10:24	5.8 (46.4%)
335	<b>MŁYNARSKI Marian</b>	<b>8309</b>		Weteran III M - 70	4	00:00:19	00:43:46	01:05:39	<b>01:44:21.20</b>	<b>01:44:21.20</b>	+00:56:26 (54.1%)	10:26	5.7 (45.6%)
336	<b>MIECZKOWSKA Nina</b>	<b>8039</b>		Senior II K - 30	58	00:01:02	00:44:29	01:06:36	<b>01:44:31.05</b>	<b>01:44:31.05</b>	+00:56:36 (54.2%)	10:27	5.7 (45.6%)
337	<b>WOJCIECHOWSKA Paulina</b>	<b>8185</b>		Senior II K - 30	59	00:00:50	00:43:49	01:04:52	<b>01:44:51.95</b>	<b>01:44:51.95</b>	+00:56:57 (54.3%)	10:29	5.7 (45.6%)
338	<b>SUDER Maciej</b>	<b>8364</b>	3M RUNNING TEAM POLAND	Senior II M - 30	65	00:00:36	00:42:09	01:03:52	<b>01:44:55.50</b>	<b>01:44:55.50</b>	+00:57:00 (54.3%)	10:29	5.7 (45.6%)
339	<b>BOCHYŃSKA Adrianna</b>	<b>8146</b>		Senior II K - 30	60	00:00:58	00:45:31	01:06:39	<b>01:44:57.45</b>	<b>01:44:57.45</b>	+00:57:02 (54.3%)	10:29	5.7 (45.6%)
340	<b>RZYSZKIEWICZ Małgorzata</b>	<b>8274</b>	PĘDZĄCE LENIWCE	Masters K - 40	44	00:00:53	00:43:58	01:05:39	<b>01:45:08.75</b>	<b>01:45:08.75</b>	+00:57:13 (54.4%)	10:30	5.7 (45.6%)
341	<b>WOŹNIAK Lidia</b>	<b>8223</b>	PORMAT JEDLICZE BIEGA	Weteran K - 50	8	00:00:34	00:43:49	01:05:26	<b>01:45:11.80</b>	<b>01:45:11.80</b>	+00:57:16 (54.5%)	10:31	5.7 (45.6%)
342	<b>OLEJ Robert</b>	<b>8193</b>		Senior I M - 20	39	00:00:14	00:42:12	01:05:54	<b>01:45:13.55</b>	<b>01:45:13.55</b>	+00:57:18 (54.5%)	10:31	5.7 (45.6%)
343	<b>KOCHANOWSKA Grażyna</b>	<b>8476</b>		Weteran K - 50	9	00:00:35	00:42:29	01:03:59	<b>01:45:28.90</b>	<b>01:45:28.90</b>	+00:57:34 (54.6%)	10:32	5.7 (45.6%)
344	<b>BOBIN Anna</b>	<b>8084</b>	ZOCHU TEAM	Masters K - 40	45	00:00:50	00:45:16	01:07:19	<b>01:45:36.35</b>	<b>01:45:36.35</b>	+00:57:41 (54.6%)	10:33	5.7 (45.6%)
345	<b>HAMPEL Maria</b>	<b>8316</b>	BODY POWER	Senior I K - 20	29	00:00:24	00:43:24	01:05:55	<b>01:45:39.30</b>	<b>01:45:39.30</b>	+00:57:44 (54.7%)	10:33	5.7 (45.6%)
346	<b>GONERA Janina</b>	<b>8014</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:00:51	00:45:52	01:07:40	<b>01:45:40.95</b>	<b>01:45:40.95</b>	+00:57:46 (54.7%)	10:34	5.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.01km	3.7km	5.8km					
347	<b>HOJDA Agnieszka</b>	<b>8572</b>		Senior II K - 30	61	00:00:23	00:43:25	01:06:37	<b>01:46:04.80</b>	<b>01:46:04.80</b>	+00:58:09 (54.8%)	10:36	5.7 (45.6%)
348	<b>ZWYDAK Anna</b>	<b>8134</b>	WKURW_TEAM	Senior II K - 30	62	00:00:34	00:44:53	01:06:46	<b>01:46:15.80</b>	<b>01:46:15.80</b>	+00:58:20 (54.9%)	10:37	5.6 (44.8%)
349	<b>NITSCHKE Karol</b>	<b>8359</b>	TKKF MPK POZNAŃ	Masters M - 40	65	00:01:00	00:43:34	01:06:26	<b>01:46:19.15</b>	<b>01:46:19.15</b>	+00:58:24 (54.9%)	10:37	5.6 (44.8%)
350	<b>NITSCHKE Grażyna</b>	<b>8390</b>	MPK-POZNAŃ	Masters K - 40	46	00:00:56	00:43:50	01:06:25	<b>01:46:19.35</b>	<b>01:46:19.35</b>	+00:58:24 (54.9%)	10:37	5.6 (44.8%)
351	<b>IWANOW Małgorzata</b>	<b>8428</b>		Senior II K - 30	63	00:01:23	00:45:56	01:08:14	<b>01:46:21.95</b>	<b>01:46:21.95</b>	+00:58:27 (55.0%)	10:38	5.6 (44.8%)
352	<b>GAWRON Monika</b>	<b>8481</b>	MIRAZ RACE TEAM	Masters K - 40	47	00:00:07	00:47:20	01:09:08	<b>01:46:45.05</b>	<b>01:46:45.05</b>	+00:58:50 (55.1%)	10:40	5.6 (44.8%)
353	<b>BIAŁEK Wioletta</b>	<b>8114</b>		Masters K - 40	48	00:01:03	00:45:35	01:08:03	<b>01:47:13.85</b>	<b>01:47:13.85</b>	+00:59:19 (55.3%)	10:43	5.6 (44.8%)
354	<b>STELMASZCZYK Michalina</b>	<b>8573</b>		Senior I K - 20	30	00:00:39	00:45:09	01:06:57	<b>01:47:25.35</b>	<b>01:47:25.35</b>	+00:59:30 (55.4%)	10:44	5.6 (44.8%)
355	<b>KRZYWICKI Leszek</b>	<b>8579</b>	KIERUNEK ULTRA	Weteran I M - 50	20	00:00:30	00:42:50	01:05:54	<b>01:47:32.85</b>	<b>01:47:32.85</b>	+00:59:38 (55.4%)	10:45	5.6 (44.8%)
356	<b>GABERT Beata</b>	<b>8028</b>	RAZ SZCZECIN	Weteran K - 50	10	00:00:08	00:44:22	01:07:15	<b>01:47:53.65</b>	<b>01:47:53.65</b>	+00:59:58 (55.6%)	10:47	5.6 (44.8%)
357	<b>SROCZYŃSKI Maciej</b>	<b>8235</b>		Masters M - 40	66	00:01:16	00:44:28	01:06:36	<b>01:47:57.25</b>	<b>01:47:57.25</b>	+01:00:02 (55.6%)	10:47	5.6 (44.8%)
358	<b>RADWAN Mateusz</b>	<b>8106</b>		Senior II M - 30	66	00:00:45	00:46:33	01:10:29	<b>01:48:54.75</b>	<b>01:48:54.75</b>	+01:00:59 (56.0%)	10:53	5.5 (44.0%)
359	<b>MORAWSKA-KREKORA Anna</b>	<b>8453</b>		Senior II K - 30	64	00:01:24	00:46:09	01:09:17	<b>01:49:08.75</b>	<b>01:49:08.75</b>	+01:01:13 (56.1%)	10:54	5.5 (44.0%)
360	<b>DYBAŁA Michał</b>	<b>8177</b>	NULL	Masters M - 40	67	00:00:32	00:45:28	01:08:13	<b>01:49:21.60</b>	<b>01:49:21.60</b>	+01:01:26 (56.2%)	10:56	5.5 (44.0%)
361	<b>DYBAŁA Beata</b>	<b>8174</b>	DZIKIE GRUBASY SZATANA	Senior II K - 30	65	00:00:31	00:45:28	01:08:18	<b>01:49:21.95</b>	<b>01:49:21.95</b>	+01:01:27 (56.2%)	10:56	5.5 (44.0%)
362	<b>DZIUBAŁA Ilona</b>	<b>8247</b>		Weteran K - 50	11	00:00:24	00:46:39	01:09:56	<b>01:49:28.30</b>	<b>01:49:28.30</b>	+01:01:33 (56.2%)	10:56	5.5 (44.0%)
363	<b>SIP Sabina</b>	<b>8157</b>	FSD RUN DREZDENKO	Masters K - 40	49	00:00:22	00:45:50	01:09:16	<b>01:49:30.45</b>	<b>01:49:30.45</b>	+01:01:35 (56.2%)	10:57	5.5 (44.0%)
364	<b>WITCZAK-SPERKA Mariola</b>	<b>8059</b>	RAZ SZCZECIN	Weteran II K - 60	5	00:00:22	00:44:09	01:07:19	<b>01:51:40.35</b>	<b>01:51:40.35</b>	+01:03:45 (57.1%)	11:10	5.4 (43.2%)
365	<b>PLASZCZAK Jarosław</b>	<b>8161</b>		Masters M - 40	68	00:00:32	00:46:03	01:09:07	<b>01:51:42.55</b>	<b>01:51:42.55</b>	+01:03:47 (57.1%)	11:10	5.4 (43.2%)
365	<b>PLASZCZAK Bogumiła</b>	<b>8162</b>	PIEKIELNIE ZGRANI	Masters K - 40	50	00:00:32	00:45:37	01:09:01	<b>01:51:42.55</b>	<b>01:51:42.55</b>	+01:03:47 (57.1%)	11:10	5.4 (43.2%)
367	<b>JOŃCZYK Elżbieta</b>	<b>8098</b>	TUP TUP	Weteran K - 50	12	00:01:08	00:49:33	01:12:22	<b>01:51:47.00</b>	<b>01:51:47.00</b>	+01:03:52 (57.1%)	11:10	5.4 (43.2%)
368	<b>MĄDRO Agnieszka</b>	<b>8417</b>		Masters K - 40	51	00:01:32	00:49:36	01:12:29	<b>01:52:07.80</b>	<b>01:52:07.80</b>	+01:04:12 (57.3%)	11:12	5.4 (43.2%)
369	<b>LEWANDOWSKA Anna</b>	<b>8027</b>	BORKOŚ TEAM	Senior II K - 30	66	00:01:15	00:46:49	01:09:36	<b>01:52:24.45</b>	<b>01:52:24.45</b>	+01:04:29 (57.4%)	11:14	5.3 (42.4%)
370	<b>JAROSZ Agnieszka</b>	<b>8343</b>	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	31	00:01:11	00:47:56	01:11:53	<b>01:52:34.55</b>	<b>01:52:34.55</b>	+01:04:39 (57.4%)	11:15	5.3 (42.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.01km	C1 3.7km	C1 5.8km					
371	<b>WYCISZKIEWICZ Gabriela</b>	<b>8371</b>	TEAM KURORT ŁĄDEK ZDRÓJ	Masters K - 40	52	00:01:11	00:47:54	01:11:53	<b>01:52:35.15</b>	<b>01:52:35.15</b>	+01:04:40 (57.4%)	11:15	5.3 (42.4%)
372	<b>PARTYKA Agnieszka</b>	<b>8017</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	53	00:01:23	00:48:11	01:11:56	<b>01:53:13.80</b>	<b>01:53:13.80</b>	+01:05:18 (57.7%)	11:19	5.3 (42.4%)
373	<b>SOWA Marta</b>	<b>8053</b>	WKURW_TEAM	Senior II K - 30	67	00:01:24	00:48:01	01:13:17	<b>01:53:34.60</b>	<b>01:53:34.60</b>	+01:05:39 (57.8%)	11:21	5.3 (42.4%)
374	<b>NAIT MANSOUR Izabela</b>	<b>8325</b>		Masters K - 40	54	00:00:52	00:46:14	01:11:00	<b>01:53:46.50</b>	<b>01:53:46.50</b>	+01:05:51 (57.9%)	11:22	5.3 (42.4%)
375	<b>KLIN Aneta</b>	<b>8402</b>		Masters K - 40	55	00:01:06	00:48:13	01:13:02	<b>01:53:52.75</b>	<b>01:53:52.75</b>	+01:05:57 (57.9%)	11:23	5.3 (42.4%)
376	<b>HETAK Monika</b>	<b>8211</b>		Masters K - 40	56	00:00:40	00:46:44	01:10:59	<b>01:53:56.50</b>	<b>01:53:56.50</b>	+01:06:01 (57.9%)	11:23	5.3 (42.4%)
377	<b>HEŁMIK Katarzyna</b>	<b>8440</b>	POMYŁKA TEAM	Masters K - 40	57	00:01:31	00:49:25	01:13:22	<b>01:54:05.45</b>	<b>01:54:05.45</b>	+01:06:10 (58.0%)	11:24	5.3 (42.4%)
378	<b>GÓRCZYŃSKA Barbara</b>	<b>8229</b>		Masters K - 40	58	00:01:29	00:48:47	01:13:23	<b>01:54:09.85</b>	<b>01:54:09.85</b>	+01:06:15 (58.0%)	11:24	5.3 (42.4%)
379	<b>BIENIEK Iwona</b>	<b>8295</b>		Weteran K - 50	13	00:00:16	00:45:37	01:09:31	<b>01:54:14.10</b>	<b>01:54:14.10</b>	+01:06:19 (58.1%)	11:25	5.3 (42.4%)
380	<b>ROGACZ Ewa</b>	<b>8181</b>		Senior II K - 30	68	00:00:47	00:50:35	01:13:35	<b>01:54:25.00</b>	<b>01:54:25.00</b>	+01:06:30 (58.1%)	11:26	5.2 (41.6%)
381	<b>CHASZCZEWSKA Julia</b>	<b>8066</b>	TOPOLICE TEAM	Senior II K - 30	69	00:00:55	00:48:01	01:12:53	<b>01:54:35.30</b>	<b>01:54:35.30</b>	+01:06:40 (58.2%)	11:27	5.2 (41.6%)
382	<b>MAJCHRZYCKA Agnieszka</b>	<b>8374</b>	TKKF MPK POZNAŃ	Senior II K - 30	70	00:00:55	00:49:34	01:13:05	<b>01:54:44.90</b>	<b>01:54:44.90</b>	+01:06:50 (58.2%)	11:28	5.2 (41.6%)
383	<b>TOCZEK Grażyna</b>	<b>8144</b>	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	14	00:01:08	00:47:17	01:11:31	<b>01:54:51.45</b>	<b>01:54:51.45</b>	+01:06:56 (58.3%)	11:29	5.2 (41.6%)
384	<b>KRÓL Karolina</b>	<b>8133</b>		Senior I K - 20	32	00:01:22	00:49:35	01:13:45	<b>01:54:52.20</b>	<b>01:54:52.20</b>	+01:06:57 (58.3%)	11:29	5.2 (41.6%)
385	<b>GRÖGER Karolina</b>	<b>8149</b>		Senior I K - 20	33	00:00:39	00:46:43	01:11:00	<b>01:55:02.20</b>	<b>01:55:02.20</b>	+01:07:07 (58.3%)	11:30	5.2 (41.6%)
386	<b>SZCZERBIEŃ Jacek</b>	<b>8150</b>		Masters M - 40	69	00:00:51	00:47:09	01:11:00	<b>01:55:02.80</b>	<b>01:55:02.80</b>	+01:07:07 (58.4%)	11:30	5.2 (41.6%)
387	<b>DATA Tomasz</b>	<b>8090</b>	HRMAX ŻORY	Weteran I M - 50	21	00:01:27	00:49:38	01:13:46	<b>01:55:26.75</b>	<b>01:55:26.75</b>	+01:07:31 (58.5%)	11:32	5.2 (41.6%)
388	<b>MIKOŁAJCZAK Magdalena</b>	<b>8089</b>	HRMAX ŻORY	Masters K - 40	59	00:01:27	00:49:38	01:13:48	<b>01:55:29.50</b>	<b>01:55:29.50</b>	+01:07:34 (58.5%)	11:32	5.2 (41.6%)
389	<b>MORAWSKA Edyta</b>	<b>8386</b>	BIEGNIJ OŁAWO	Masters K - 40	60	00:00:35	00:45:07	01:08:23	<b>01:55:39.45</b>	<b>01:55:39.45</b>	+01:07:44 (58.6%)	11:33	5.2 (41.6%)
390	<b>MORAWSKI Jarosław</b>	<b>8385</b>	BIEGNIJ OŁAWO	Masters M - 40	70	00:00:36	00:45:11	01:08:23	<b>01:55:40.30</b>	<b>01:55:40.30</b>	+01:07:45 (58.6%)	11:34	5.2 (41.6%)
391	<b>BOGUSŁAWSKA Elżbieta</b>	<b>8215</b>		Masters K - 40	61	00:00:45	00:46:47	01:12:38	<b>01:55:54.90</b>	<b>01:55:54.90</b>	+01:08:00 (58.7%)	11:35	5.2 (41.6%)
392	<b>FILIPIAK Sebastian</b>	<b>8219</b>	EKIPA LIPA	Masters M - 40	71	00:00:52	00:52:30	01:15:19	<b>01:56:00.20</b>	<b>01:56:00.20</b>	+01:08:05 (58.7%)	11:36	5.2 (41.6%)
393	<b>SZYMCZAK Katarzyna</b>	<b>8218</b>		Senior II K - 30	71	00:00:52	00:52:30	01:15:18	<b>01:56:00.70</b>	<b>01:56:00.70</b>	+01:08:05 (58.7%)	11:36	5.2 (41.6%)
394	<b>SZAFLIK Anna</b>	<b>8216</b>		Masters K - 40	62	00:00:46	00:46:48	01:12:38	<b>01:56:08.95</b>	<b>01:56:08.95</b>	+01:08:14 (58.7%)	11:36	5.2 (41.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
395	<b>GÓRAL Agnieszka</b>	<b>8082</b>	ALSTOM KATOWICE	Senior II K - 30	72	00:01:03	00:49:39	01:14:37	<b>01:56:33.45</b>	<b>01:56:33.45</b>	+01:08:38 (58.9%)	11:39	5.1 (40.8%)
396	<b>PIEKARCZYK Katarzyna</b>	<b>8418</b>		Senior II K - 30	73	00:01:32	00:50:18	01:13:38	<b>01:56:37.50</b>	<b>01:56:37.50</b>	+01:08:42 (58.9%)	11:39	5.1 (40.8%)
397	<b>SYPNIEWSKA Hanna</b>	<b>8327</b>	ULTRA WAY TEAM	Weteran II K - 60	6	00:01:25	00:49:39	01:14:04	<b>01:56:38.60</b>	<b>01:56:38.60</b>	+01:08:43 (58.9%)	11:39	5.1 (40.8%)
398	<b>RZESZOWSKA Iwona</b>	<b>8283</b>	MIRAZ RACE TEAM	Masters K - 40	63	00:00:07	00:47:51	01:13:14	<b>01:56:51.10</b>	<b>01:56:51.10</b>	+01:08:56 (59.0%)	11:41	5.1 (40.8%)
399	<b>ROMANOWSKA Anna</b>	<b>8586</b>		Masters K - 40	64	00:00:29	00:48:19	01:14:20	<b>01:57:45.60</b>	<b>01:57:45.60</b>	+01:09:50 (59.3%)	11:46	5.1 (40.8%)
400	<b>ZIELIŃSKA Magdalena</b>	<b>8585</b>		Senior II K - 30	74	00:00:30	00:48:20	01:14:20	<b>01:57:45.95</b>	<b>01:57:45.95</b>	+01:09:51 (59.3%)	11:46	5.1 (40.8%)
401	<b>DULIK Aleksandra</b>	<b>8303</b>	OPOLE	Masters K - 40	65	00:00:57	00:48:40	01:13:17	<b>01:58:07.35</b>	<b>01:58:07.35</b>	+01:10:12 (59.4%)	11:48	5.1 (40.8%)
402	<b>LECHOWSKA Monika</b>	<b>8083</b>	ALSTOM KATOWICE	Masters K - 40	66	00:01:03	00:49:49	01:14:37	<b>01:58:14.95</b>	<b>01:58:14.95</b>	+01:10:20 (59.5%)	11:49	5.1 (40.8%)
403	<b>PRZYŁUSKA Mirosława</b>	<b>8032</b>	RAZ SZCZECIN	Weteran III K - 70	1	00:00:24	00:47:21	01:12:53	<b>01:58:27.75</b>	<b>01:58:27.75</b>	+01:10:32 (59.6%)	11:50	5.1 (40.8%)
404	<b>GLASSER Marek</b>	<b>8478</b>		Weteran III M - 70	5	00:01:14	00:49:37	01:14:22	<b>01:58:47.40</b>	<b>01:58:47.40</b>	+01:10:52 (59.7%)	11:52	5.1 (40.8%)
405	<b>WASILEWSKA Joanna</b>	<b>8361</b>	PARKRUN GRUDZIĄDZ	Senior II K - 30	75	00:00:57	00:47:58	01:12:17	<b>01:58:58.40</b>	<b>01:58:58.40</b>	+01:11:03 (59.7%)	11:53	5 (40.0%)
406	<b>LIS Ewelina</b>	<b>8008</b>		Masters K - 40	67	00:00:56	00:47:57	01:09:11	<b>01:59:01.15</b>	<b>01:59:01.15</b>	+01:11:06 (59.7%)	11:54	5 (40.0%)
407	<b>MODRAK Maciej</b>	<b>8007</b>	PARKRUN GRUDZIĄDZ	Weteran I M - 50	22	00:00:57	00:47:57	01:08:50	<b>01:59:02.75</b>	<b>01:59:02.75</b>	+01:11:07 (59.8%)	11:54	5 (40.0%)
408	<b>KOLASA Andrzej</b>	<b>8129</b>	KLUB J.SŁOWACKIEGO	Weteran III M - 70	6	00:00:02	00:46:52	01:14:10	<b>01:59:49.80</b>	<b>01:59:49.80</b>	+01:11:54 (60.0%)	11:58	5 (40.0%)
409	<b>SZCZUKA Paweł</b>	<b>8366</b>		Weteran I M - 50	23	00:00:54	00:49:43	01:14:48	<b>01:59:54.10</b>	<b>01:59:54.10</b>	+01:11:59 (60.0%)	11:59	5 (40.0%)
410	<b>SZCZUKA Małgorzata</b>	<b>8365</b>		Weteran K - 50	15	00:00:48	00:49:37	01:14:51	<b>01:59:54.85</b>	<b>01:59:54.85</b>	+01:12:00 (60.0%)	11:59	5 (40.0%)
411	<b>PILARSKI Ryszard</b>	<b>8446</b>	IZERY BOGATYNIA	Weteran II M - 60	9	00:00:17	00:48:02	01:13:25	<b>02:01:58.05</b>	<b>02:01:58.05</b>	+01:14:03 (60.7%)	12:11	4.9 (39.2%)
412	<b>PILARSKA Elżbieta</b>	<b>8410</b>	IZERY BOGATYNIA	Weteran III K - 70	2	00:00:17	00:48:03	01:13:26	<b>02:01:58.10</b>	<b>02:01:58.10</b>	+01:14:03 (60.7%)	12:11	4.9 (39.2%)
413	<b>BORIS Aneta</b>	<b>8348</b>		Senior II K - 30	76	00:01:25	00:51:03	01:17:03	<b>02:02:24.55</b>	<b>02:02:24.55</b>	+01:14:29 (60.9%)	12:14	4.9 (39.2%)
414	<b>SZPUREK Anna</b>	<b>8597</b>	BUKOWSKI KLUB BIEGACZA	Masters K - 40	68	00:00:32	00:47:25	01:14:18	<b>02:04:33.65</b>	<b>02:04:33.65</b>	+01:16:38 (61.5%)	12:27	4.8 (38.4%)
415	<b>WOJTKOWSKA Katarzyna</b>	<b>8207</b>		Senior I K - 20	34	00:01:07	00:49:27	01:13:40	<b>02:04:34.55</b>	<b>02:04:34.55</b>	+01:16:39 (61.5%)	12:27	4.8 (38.4%)
416	<b>ZARZECZNY Radosław</b>	<b>8413</b>	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	67	00:00:49	00:47:59	01:13:30	<b>02:04:57.10</b>	<b>02:04:57.10</b>	+01:17:02 (61.7%)	12:29	4.8 (38.4%)
417	<b>MITIS Marek</b>	<b>8232</b>		Senior II M - 30	68	00:00:48	00:48:00	01:13:31	<b>02:04:57.25</b>	<b>02:04:57.25</b>	+01:17:02 (61.7%)	12:29	4.8 (38.4%)
418	<b>PŁOŃSKA Klaudia</b>	<b>8165</b>		Senior I K - 20	35	00:01:07	00:49:28	01:13:43	<b>02:05:00.25</b>	<b>02:05:00.25</b>	+01:17:05 (61.7%)	12:30	4.8 (38.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
419	<b>BUDZISZEWSKI Jakub</b>	<b>8164</b>		Senior I M - 20	40	00:01:08	00:49:33	01:14:53	<b>02:05:00.75</b>	<b>02:05:00.75</b>	+01:17:05 (61.7%)	12:30	4.8 (38.4%)
420	<b>AGATA Bagrowska</b>	<b>8257</b>		Masters K - 40	69	00:01:15	00:51:33	01:18:20	<b>02:05:36.05</b>	<b>02:05:36.05</b>	+01:17:41 (61.9%)	12:33	4.8 (38.4%)
421	<b>WEKA Krzysztof</b>	<b>8555</b>	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	69	00:00:10	00:39:20	01:05:57	<b>02:06:04.65</b>	<b>02:06:04.65</b>	+01:18:09 (62.0%)	12:36	4.8 (38.4%)
422	<b>ANACZKOWSKA Krystyna</b>	<b>8307</b>	ZANTYR SZTUM	Weteran II K - 60	7	00:00:35	00:51:29	01:17:38	<b>02:06:13.55</b>	<b>02:06:13.55</b>	+01:18:18 (62.0%)	12:37	4.8 (38.4%)
423	<b>ŚLEDZIK Joanna</b>	<b>8085</b>	ALSTOM KATOWICE	Masters K - 40	70	00:01:15	00:51:32	01:15:32	<b>02:06:27.25</b>	<b>02:06:27.25</b>	+01:18:32 (62.1%)	12:38	4.7 (37.6%)
424	<b>WALCZAK Sławomir</b>	<b>8118</b>		Weteran I M - 50	24	00:06:08	00:52:24	01:17:11	<b>02:06:32.55</b>	<b>02:06:32.55</b>	+01:18:37 (62.1%)	12:39	4.7 (37.6%)
425	<b>DOMINIAK Agnieszka</b>	<b>8030</b>		Masters K - 40	71	00:01:05	00:52:24	01:18:29	<b>02:07:17.05</b>	<b>02:07:17.05</b>	+01:19:22 (62.4%)	12:43	4.7 (37.6%)
426	<b>NURKIEWICZ- KMIECIK Dominika</b>	<b>8186</b>		Masters K - 40	72	00:00:50	00:52:09	01:18:28	<b>02:07:37.55</b>	<b>02:07:37.55</b>	+01:19:42 (62.5%)	12:45	4.7 (37.6%)
427	<b>SZYMAŃSKA Ania</b>	<b>8225</b>		Weteran K - 50	16	00:01:01	00:50:39	01:16:41	<b>02:10:40.15</b>	<b>02:10:40.15</b>	+01:22:45 (63.3%)	13:04	4.6 (36.8%)
428	<b>KARCZYŃSKA Sylwia</b>	<b>8352</b>		Masters K - 40	73	00:01:04	00:54:20	01:21:44	<b>02:11:47.35</b>	<b>02:11:47.35</b>	+01:23:52 (63.6%)	13:10	4.6 (36.8%)
429	<b>GIERSZEWSKI Marek</b>	<b>8591</b>	HRT	Masters M - 40	72	00:01:03	00:54:33	01:21:43	<b>02:11:48.20</b>	<b>02:11:48.20</b>	+01:23:53 (63.6%)	13:10	4.6 (36.8%)
430	<b>SZKUTA Stanisław</b>	<b>8308</b>	ROVELLI TEORIA KWANTÓW	Weteran II M - 60	10	00:00:21	00:51:03	01:20:36	<b>02:12:06.80</b>	<b>02:12:06.80</b>	+01:24:11 (63.7%)	13:12	4.5 (36.0%)
431	<b>WIŚNIEWSKI Michał</b>	<b>8119</b>	K.S OBSTAWIAMY TYŁY	Masters M - 40	73	00:00:59	00:49:36	01:18:00	<b>02:12:37.70</b>	<b>02:12:37.70</b>	+01:24:42 (63.9%)	13:15	4.5 (36.0%)
432	<b>SOWIŃSKI Robert</b>	<b>8117</b>	K.S. OBSTAWIAMY TYŁY	Masters M - 40	74	00:01:00	00:48:37	01:18:00	<b>02:12:39.35</b>	<b>02:12:39.35</b>	+01:24:44 (63.9%)	13:15	4.5 (36.0%)
433	<b>RYMSKA Anna</b>	<b>8290</b>		Masters K - 40	74	00:00:52	00:53:06	01:22:37	<b>02:13:32.90</b>	<b>02:13:32.90</b>	+01:25:38 (64.1%)	13:21	4.5 (36.0%)
434	<b>SMYCZ Anna</b>	<b>8291</b>		Masters K - 40	75	00:00:53	00:53:11	01:22:39	<b>02:13:33.45</b>	<b>02:13:33.45</b>	+01:25:38 (64.1%)	13:21	4.5 (36.0%)
435	<b>BĄCZEK Krzysztof</b>	<b>8310</b>		Masters M - 40	75	00:01:17	00:55:53	01:22:34	<b>02:14:42.10</b>	<b>02:14:42.10</b>	+01:26:47 (64.4%)	13:28	4.5 (36.0%)
436	<b>ŁOZIENKO Anna</b>	<b>8411</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	77	00:01:24	00:56:06	01:24:38	<b>02:15:40.15</b>	<b>02:15:40.15</b>	+01:27:45 (64.7%)	13:34	4.4 (35.2%)
437	<b>JANOSZ Marzena</b>	<b>8099</b>		Weteran K - 50	17	00:01:08	00:54:21	01:23:14	<b>02:20:24.55</b>	<b>02:20:24.55</b>	+01:32:29 (65.9%)	14:02	4.3 (34.4%)
438	<b>MAKSYMOWICZ Monika</b>	<b>8415</b>		Senior II K - 30	78	00:01:32	00:56:29	01:28:31	<b>02:20:29.20</b>	<b>02:20:29.20</b>	+01:32:34 (65.9%)	14:02	4.3 (34.4%)
439	<b>RYBKA Elżbieta</b>	<b>8416</b>		Senior II K - 30	79	00:01:32	00:56:23	01:27:18	<b>02:20:43.70</b>	<b>02:20:43.70</b>	+01:32:48 (66.0%)	14:04	4.3 (34.4%)
440	<b>KUBIATOWICZ Małgorzata</b>	<b>8006</b>		Masters K - 40	76	00:01:26	01:01:58	01:31:35	<b>02:20:50.75</b>	<b>02:20:50.75</b>	+01:32:55 (66.0%)	14:05	4.3 (34.4%)
441	<b>MAJCHRZAK Monika</b>	<b>8022</b>	WKURW_TEAM	Weteran K - 50	18	00:01:13	00:59:27	01:28:22	<b>02:21:40.90</b>	<b>02:21:40.90</b>	+01:33:46 (66.2%)	14:10	4.2 (33.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
442	<b>STRZYŻOWSKA Monika</b>	<b>8091</b>		Masters K - 40	77	00:00:26	00:53:59	01:25:19	<b>02:24:23.55</b>	<b>02:24:23.55</b>	+01:36:28 (66.8%)	14:26	4.2 (33.6%)
443	<b>WITKIEWICZ- ŁUKASZEK Sandra</b>	<b>8018</b>	ŁUKASZKI TEAM	Senior II K - 30	80	00:00:27	00:53:58	01:25:20	<b>02:24:24.20</b>	<b>02:24:24.20</b>	+01:36:29 (66.8%)	14:26	4.2 (33.6%)
444	<b>KRZEMIENIEWSKI Jerzy</b>	<b>8054</b>	KB SZAMOTUŁY	Weteran II M - 60	11	00:01:16	01:00:08	01:33:22	<b>02:31:04.55</b>	<b>02:31:04.55</b>	+01:43:09 (68.3%)	15:06	4 (32.0%)
445	<b>ZALESZCZAK Renata</b>	<b>8011</b>	KB SZAMOTUŁY	Weteran K - 50	19	00:00:52	01:04:02	01:37:19	<b>02:31:34.75</b>	<b>02:31:34.75</b>	+01:43:39 (68.4%)	15:09	4 (32.0%)
446	<b>MICHALSKI Dariusz</b>	<b>8020</b>	ALFA TEAM GOSTYŃ	Weteran I M - 50	25	00:01:18	01:03:24	01:35:55	<b>02:32:13.85</b>	<b>02:32:13.85</b>	+01:44:19 (68.5%)	15:13	3.9 (31.2%)
447	<b>MROWCA Paweł</b>	<b>8439</b>		Senior II M - 30	70	00:01:17	00:56:38	01:29:35	<b>02:33:10.85</b>	<b>02:33:10.85</b>	+01:45:16 (68.7%)	15:19	3.9 (31.2%)
448	<b>SZAFRANIEC- MROWCA Dorota</b>	<b>8438</b>		Masters K - 40	78	00:01:16	00:56:38	01:29:56	<b>02:33:11.30</b>	<b>02:33:11.30</b>	+01:45:16 (68.7%)	15:19	3.9 (31.2%)
449	<b>SZYMAŃSKI Paweł</b>	<b>8378</b>		Masters M - 40	76	00:01:20	01:02:58	01:36:41	<b>02:39:28.45</b>	<b>02:39:28.45</b>	+01:51:33 (70.0%)	15:56	3.8 (30.4%)
450	<b>SZYMAŃSKA Agnieszka</b>	<b>8244</b>		Masters K - 40	79	00:01:20	01:02:57	01:36:40	<b>02:39:28.80</b>	<b>02:39:28.80</b>	+01:51:33 (70.0%)	15:56	3.8 (30.4%)
451	<b>GRZELAKOWSKA Iwona</b>	<b>8442</b>		Masters K - 40	80	00:01:13	01:06:59	01:39:33	<b>02:41:34.10</b>	<b>02:41:34.10</b>	+01:53:39 (70.3%)	16:09	3.7 (29.6%)
452	<b>KOCIUBA Katarzyna</b>	<b>8170</b>		Senior II K - 30	81	00:01:00	00:55:45	01:28:22	<b>02:41:35.65</b>	<b>02:41:35.65</b>	+01:53:40 (70.3%)	16:09	3.7 (29.6%)
453	<b>KOWAL Marzena</b>	<b>8026</b>		Masters K - 40	81	00:00:45	01:04:41	01:41:21	<b>02:42:31.70</b>	<b>02:42:31.70</b>	+01:54:36 (70.5%)	16:15	3.7 (29.6%)
454	<b>STROIŃSKA Iwona</b>	<b>8080</b>	LESZ NO LIMITS RUNNERS	Masters K - 40	82	00:00:47	01:04:42	01:41:22	<b>02:42:33.45</b>	<b>02:42:33.45</b>	+01:54:38 (70.5%)	16:15	3.7 (29.6%)
455	<b>KONIECZNY Robert</b>	<b>8021</b>	WKURW_TEAM	Masters M - 40	77	00:01:15	00:52:13	01:15:37	<b>02:45:35.95</b>	<b>02:45:35.95</b>	+01:57:41 (71.1%)	16:33	3.6 (28.8%)
456	<b>MIELEC Marta</b>	<b>8447</b>	#ZŁOTYNAKILOMETR	Senior II K - 30	82	00:01:15	00:52:13	01:15:37	<b>02:45:36.80</b>	<b>02:45:36.80</b>	+01:57:41 (71.1%)	16:33	3.6 (28.8%)
<b>Przekroczony limit czasu: 03:00:00</b>													
457	<b>ROBAK Aneta</b>	<b>8152</b>		Masters K - 40	83	00:00:49	01:10:13		<b>03:12:11.20</b>	<b>03:12:11.20</b>	+02:24:16 (75.1%)	19:13	3.1 (24.8%)
458	<b>MRÓWCZYŃSKA Ewa</b>	<b>8392</b>		Weteran K - 50	20	00:00:33	01:10:39		<b>03:12:13.20</b>	<b>03:12:13.20</b>	+02:24:18 (75.1%)	19:13	3.1 (24.8%)
DNC	<b>ŚWIRGOŃ Adam</b>	<b>8596</b>	ZAŁOGA GÓRSKA	Senior I M - 20		00:00:01							(0.0%)
	<b>ZAKRZEWICZ- PODLECKA Agnieszka</b>	<b>8180</b>	ROKIETNICA BIEGA	Senior II K - 30		00:00:04 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POŚWISTAJŁO Marcin</b>	<b>8452</b>		Senior I M - 20		00:00:33 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 461 wynik(ów)