



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	LAGNER Sebastian	8444	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	Senior II M - 30	1	00:00:01	00:20:19	00:30:12	00:47:54.85	00:47:54.85		4:47	12.5 (100%)
2	PACHUT Jerzy	8459	WOT	Senior I M - 20	1	00:00:01	00:20:26	00:30:54	00:48:32.40	00:48:32.40	+00:00:37 (1.3%)	4:51	12.4 (99.2%)
3	CHRZANOWSKI Patryk	8302	PCH SPORT TEAM	Senior II M - 30	2	00:00:01	00:20:43	00:31:01	00:48:36.75	00:48:36.75	+00:00:41 (1.4%)	4:51	12.3 (98.4%)
4	TWOREK Bartłomiej	8557	10 ŚBOT	Senior I M - 20	2	00:00:01	00:20:39	00:30:54	00:49:14.15	00:49:14.15	+00:01:19 (2.7%)	4:55	12.2 (97.6%)
5	KUJAWA Zbigniew	8594	TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA	Senior II M - 30	3	00:00:03	00:21:59	00:32:26	00:50:40.60	00:50:40.60	+00:02:45 (5.5%)	5:04	11.8 (94.4%)
6	DUTKOWSKI Mikołaj	8209	WKS ŚLĄSK WROCŁAW	Senior II M - 30	4	00:00:01	00:21:54	00:32:25	00:50:50.40	00:50:50.40	+00:02:55 (5.8%)	5:05	11.8 (94.4%)
7	MONZO David	8088		Senior II M - 30	5	00:00:02	00:20:40	00:31:36	00:50:55.15	00:50:55.15	+00:03:00 (5.9%)	5:05	11.8 (94.4%)
8	SIERADZKI Krzysztof	8270	PRZEDWOJEWSKI TEAM	Senior II M - 30	6	00:00:02	00:21:27	00:32:25	00:51:28.65	00:51:28.65	+00:03:33 (6.9%)	5:08	11.7 (93.6%)
9	FRANCZAK Mariusz	8434	DTR BIEGA / MARIO TEAM	Masters M - 40	1	00:00:01	00:21:32	00:32:26	00:52:23.95	00:52:23.95	+00:04:29 (8.6%)	5:14	11.5 (92.0%)
10	KANTOR Martyna	8575	SALOMON SUNNTO TEAM	Senior II K - 30	1	00:00:02	00:21:54	00:32:47	00:52:50.90	00:52:50.90	+00:04:56 (9.3%)	5:17	11.4 (91.2%)
11	STASIUKIEWICZ Rafał	8556	7 KLOG	Masters M - 40	2	00:00:02	00:21:48	00:33:20	00:52:55.10	00:52:55.10	+00:05:00 (9.5%)	5:17	11.3 (90.4%)
12	GROMAŁA Krzysztof	8360	WOSIEKTEAM	Masters M - 40	3	00:00:03	00:22:35	00:33:33	00:53:13.90	00:53:13.90	+00:05:19 (10.0%)	5:19	11.3 (90.4%)
13	ŻUREK Jakub	8565	BEZ ZBĘDNYCH PYTAŃ	Senior I M - 20	3	00:00:01	00:21:44	00:33:12	00:53:25.85	00:53:25.85	+00:05:31 (10.3%)	5:20	11.2 (89.6%)
14	JĘDRYCHOWSKI Piotr	8467	KB SOBÓTKA / PRZEDWOJEWSKI TEAM	Masters M - 40	4	00:00:03	00:22:28	00:33:39	00:53:57.80	00:53:57.80	+00:06:02 (11.2%)	5:23	11.1 (88.8%)
15	RUTKOWSKI Damian	8468	LIDZBARK WARMIŃSKI	Senior I M - 20	4	00:00:11	00:22:54	00:34:29	00:55:43.15	00:55:43.15	+00:07:48 (14.0%)	5:34	10.8 (86.4%)
16	PRZYSTARZ Artur	8173	OBORYGENI	Weteran I M - 50	1	00:00:04	00:22:54	00:34:28	00:55:46.30	00:55:46.30	+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	BUKSA Tomasz	8460	WOT	Senior II M - 30	7	00:00:04	00:23:05	00:34:31	00:55:55.65	00:55:55.65	+00:08:00 (14.3%)	5:35	10.7 (85.6%)
18	PIEKARSKI Jakub	8036		Senior I M - 20	5		00:24:08	00:35:52	00:55:57.35	00:55:57.35	+00:08:02 (14.4%)	5:35	10.7 (85.6%)
19	BEDNARZ Krzysztof	8094	PRZEDWOJEWSKI TEAM	Masters M - 40	5		00:23:24	00:35:14	00:56:04.65	00:56:04.65	+00:08:09 (14.6%)	5:36	10.7 (85.6%)
20	SZNUROWSKI Mariusz	8455	KB SOBÓTKA	Senior I M - 20	6	00:00:02	00:23:54	00:35:33	00:56:09.05	00:56:09.05	+00:08:14 (14.7%)	5:36	10.7 (85.6%)
21	WOJCIECHOWSKI Mateusz	8484	NULL	Senior II M - 30	8	00:00:02	00:23:51	00:35:25	00:56:16.70	00:56:16.70	+00:08:21 (14.9%)	5:37	10.7 (85.6%)
22	TARGOSZ Michał	8252	#ADAMCZERWIŃSKITEAM	Masters M - 40	6	00:00:02	00:23:30	00:35:07	00:56:21.15	00:56:21.15	+00:08:26 (15.0%)	5:38	10.6 (84.8%)
23	TRZEPAK Łukasz	8426		Senior II M - 30	9	00:01:00	00:24:04	00:35:32	00:56:27.70	00:56:27.70	+00:08:32 (15.1%)	5:38	10.6 (84.8%)
24	KAŹMIERCZAK Marta	8595	ZAŁOGA GÓRSKA	Masters K - 40	1	00:00:02	00:24:22	00:36:14	00:56:31.75	00:56:31.75	+00:08:36 (15.2%)	5:39	10.6 (84.8%)
25	KOŁODZIEJ Roman	8192		Masters M - 40	7	00:00:02	00:24:32	00:36:11	00:56:54.45	00:56:54.45	+00:08:59 (15.8%)	5:41	10.5 (84.0%)
26	LASEK Jakub	8047	RMT TEAM	Senior II M - 30	10	00:00:02	00:24:43	00:36:39	00:56:54.75	00:56:54.75	+00:08:59 (15.8%)	5:41	10.5 (84.0%)
27	KLIMCZAK Piotr	8477	GIMPAS PASŁĘK	Weteran I M - 50	2	00:00:11	00:24:42	00:36:32	00:57:23.90	00:57:23.90	+00:09:29 (16.5%)	5:44	10.5 (84.0%)
28	SZYMANOWSKI Łukasz	8420	LESZ NO LIMITS RUNNERS	Masters M - 40	8	00:00:02	00:23:33	00:36:04	00:58:05.20	00:58:05.20	+00:10:10 (17.5%)	5:48	10.3 (82.4%)
29	SAMIEC Janusz	8424		Senior II M - 30	11	00:00:18	00:24:37	00:36:49	00:58:25.75	00:58:25.75	+00:10:30 (18.0%)	5:50	10.3 (82.4%)
30	STRZELCZAK Robert	8373	EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM	Masters M - 40	9	00:00:05	00:25:10	00:37:14	00:58:32.60	00:58:32.60	+00:10:37 (18.2%)	5:51	10.3 (82.4%)
31	ŁASKOWSKA Marzena	8479	WOT	Weteran K - 50	1	00:00:04	00:24:51	00:37:12	00:58:41.55	00:58:41.55	+00:10:46 (18.4%)	5:52	10.2 (81.6%)
32	BUKOWSKI Edward	8384	CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	3	00:00:09	00:25:00	00:37:25	00:59:15.60	00:59:15.60	+00:11:20 (19.1%)	5:55	10.1 (80.8%)
33	MIKOŁAJCZYK Mirosław	8070	MIRAZ RACE TEAM	Masters M - 40	10	00:00:03	00:25:39	00:37:52	00:59:16.75	00:59:16.75	+00:11:21 (19.2%)	5:55	10.1 (80.8%)
34	ALTEWĘGIER Jarosław	8243	140MINUT.PL	Masters M - 40	11	00:00:07	00:25:12	00:37:35	00:59:45.05	00:59:45.05	+00:11:50 (19.8%)	5:58	10 (80.0%)
35	PIĘKOŚ Błażej	8480		Senior II M - 30	12	00:00:08	00:25:02	00:37:37	01:00:00.50	01:00:00.50	+00:12:05 (20.2%)	6:00	10 (80.0%)
36	WITEK Paweł	8397	KOWARY BIEGAJĄ	Masters M - 40	12	00:00:07	00:25:25	00:37:55	01:00:13.65	01:00:13.65	+00:12:18 (20.4%)	6:01	10 (80.0%)
37	TOMASZKIEWICZ Wojciech	8055	RUN FOREST	Senior II M - 30	13	00:00:07	00:25:37	00:38:17	01:01:01.45	01:01:01.45	+00:13:06 (21.5%)	6:06	9.8 (78.4%)
38	KONRAD Artur	8333	BRACIA TEAM ZAWIERCIE	Masters M - 40	13	00:00:07	00:26:07	00:39:01	01:01:22.10	01:01:22.10	+00:13:27 (21.9%)	6:08	9.8 (78.4%)
39	KAMIŃSKI Karol	8571	FUNDACJA KIERUNEK ULTRA	Senior I M - 20	7	00:00:04	00:25:28	00:39:01	01:01:23.85	01:01:23.85	+00:13:29 (22.0%)	6:08	9.8 (78.4%)
40	KARCZEWSKA Joanna	8580	KIERUNEK ULTRA	Masters K - 40	2	00:00:04	00:26:13	00:39:04	01:01:41.05	01:01:41.05	+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	WIERZCHOWIAK Karolina	8469	TRAIL IS OUR WAY TEAM	Senior II K - 30	2	00:00:02	00:26:04	00:39:34	01:02:36.45	01:02:36.45	+00:14:41 (23.5%)	6:15	9.6 (76.8%)
42	CITKO Maciej	8259	BIEG OPOLSKI	Senior II M - 30	14	00:00:05	00:26:50	00:40:24	01:03:11.75	01:03:11.75	+00:15:16 (24.2%)	6:19	9.5 (76.0%)
43	CICHY Krzysztof	8436	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	4	00:00:08	00:27:07	00:40:27	01:03:24.60	01:03:24.60	+00:15:29 (24.4%)	6:20	9.5 (76.0%)
44	PAJĄK Alan	8136		Senior II M - 30	15	00:00:29	00:28:09	00:41:13	01:04:02.25	01:04:02.25	+00:16:07 (25.2%)	6:24	9.4 (75.2%)
45	KOTOWICZ Tomasz	8463		Masters M - 40	14	00:00:06	00:27:20	00:40:50	01:04:05.90	01:04:05.90	+00:16:11 (25.2%)	6:24	9.4 (75.2%)
46	WROTECKA Katarzyna	8324	STAJNIAKTEAM	Senior II K - 30	3	00:00:03	00:26:56	00:40:43	01:04:24.80	01:04:24.80	+00:16:29 (25.6%)	6:26	9.3 (74.4%)
47	BARTUŚ Monika	8408		Senior I K - 20	1	00:00:03	00:27:02	00:40:43	01:04:41.75	01:04:41.75	+00:16:46 (25.9%)	6:28	9.3 (74.4%)
48	SIEK Kazimierz	8470	10ŚBOT	Weteran I M - 50	5	00:00:02	00:27:10	00:41:20	01:05:22.65	01:05:22.65	+00:17:27 (26.7%)	6:32	9.2 (73.6%)
49	SIKORA Sylwia	8301	PGB SPORTOWA PACZKA	Senior II K - 30	4	00:00:04	00:27:59	00:42:09	01:05:44.25	01:05:44.25	+00:17:49 (27.1%)	6:34	9.1 (72.8%)
50	KAROLCZAK Aleksander	8574		Senior I M - 20	8	00:00:08	00:29:10	00:43:44	01:05:59.65	01:05:59.65	+00:18:04 (27.4%)	6:35	9.1 (72.8%)
51	GNITECKA Katarzyna	8009	KUDOWIANKA RUN	Senior II K - 30	5	00:00:04	00:28:05	00:42:20	01:06:06.60	01:06:06.60	+00:18:11 (27.5%)	6:36	9.1 (72.8%)
52	MIKOŁAJCZAK Dawid	8471	SPORTOWY KAŻMIERZ	Senior I M - 20	9	00:00:26	00:26:59	00:42:09	01:06:36.00	01:06:36.00	+00:18:41 (28.1%)	6:39	9 (72.0%)
53	BRANDENBURG Michał	8015	PRZYJACIELE TEAM	Masters M - 40	15	00:00:36	00:28:54	00:42:47	01:07:07.15	01:07:07.15	+00:19:12 (28.6%)	6:42	8.9 (71.2%)
54	ULIKOWSKA Martyna	8500	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:00:04	00:28:59	00:43:05	01:07:13.85	01:07:13.85	+00:19:19 (28.7%)	6:43	8.9 (71.2%)
55	SZUSTAK Mateusz	8328	AZS UP WROCŁAW	Senior I M - 20	10	00:00:27	00:28:46	00:42:47	01:07:22.80	01:07:22.80	+00:19:27 (28.9%)	6:44	8.9 (71.2%)
56	SZYMCZAK Bartłomiej	8414	ŻARY RUNNRS TEAM	Senior II M - 30	16	00:00:13	00:28:00	00:42:23	01:07:30.10	01:07:30.10	+00:19:35 (29.0%)	6:45	8.9 (71.2%)
57	BEDNAREK Karolina	8179		Senior II K - 30	7	00:00:09	00:27:45	00:42:10	01:07:33.45	01:07:33.45	+00:19:38 (29.1%)	6:45	8.9 (71.2%)
58	ADAMCZYK-NOWAK Beata	8280	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	3	00:00:09	00:29:15	00:43:30	01:07:40.55	01:07:40.55	+00:19:45 (29.2%)	6:46	8.9 (71.2%)
59	HRYCAJ Mariusz	8031	REBELLION OF FREE RUNNERS	Masters M - 40	16	00:00:06	00:29:23	00:43:21	01:07:51.40	01:07:51.40	+00:19:56 (29.4%)	6:47	8.8 (70.4%)
60	BUŁACZ Jacek	8040	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	Masters M - 40	17	00:00:27	00:28:10	00:42:11	01:07:54.80	01:07:54.80	+00:19:59 (29.4%)	6:47	8.8 (70.4%)
61	HAWRYLAK Wojciech	8562		Senior I M - 20	11	00:00:16	00:29:37	00:44:19	01:08:06.70	01:08:06.70	+00:20:11 (29.7%)	6:48	8.8 (70.4%)
62	ZAWADA Zbigniew	8196		Masters M - 40	18	00:00:19	00:29:17	00:43:39	01:08:07.00	01:08:07.00	+00:20:12 (29.7%)	6:48	8.8 (70.4%)
63	STYK Marek	8023		Senior II M - 30	17	00:00:31	00:28:06	00:42:24	01:08:11.65	01:08:11.65	+00:20:16 (29.7%)	6:49	8.8 (70.4%)
64	OSICA Łukasz	8108		Senior II M - 30	18	00:00:15	00:29:03	00:43:43	01:08:28.25	01:08:28.25	+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	BŁASZKOWSKI Daniel	8582	ŚLEDZIKI	Masters M - 40	19	00:00:03	00:29:00	00:43:13	01:09:04.65	01:09:04.65	+00:21:09 (30.6%)	6:54	8.7 (69.6%)
66	OCIEPKA-CIESIELSKA Katarzyna	8311		Senior II K - 30	8	00:00:12	00:29:19	00:43:36	01:09:06.05	01:09:06.05	+00:21:11 (30.7%)	6:54	8.7 (69.6%)
67	MOKRZYŃSKI Marcin	8570	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	20	00:00:12	00:30:31	00:44:24	01:09:10.90	01:09:10.90	+00:21:16 (30.7%)	6:55	8.7 (69.6%)
68	FRERIKS Jeroen	8248	LEIDEN ATLETIEK	Senior II M - 30	19	00:00:11	00:29:13	00:43:51	01:09:12.10	01:09:12.10	+00:21:17 (30.8%)	6:55	8.7 (69.6%)
69	TOMAS Paweł	8262		Senior I M - 20	12	00:00:11	00:29:36	00:44:03	01:09:12.85	01:09:12.85	+00:21:18 (30.8%)	6:55	8.7 (69.6%)
70	GÓRNA Anita	8206	LPP TEAM	Senior II K - 30	9	00:00:20	00:30:32	00:44:41	01:09:32.80	01:09:32.80	+00:21:37 (31.1%)	6:57	8.6 (68.8%)
71	CHOJNACKI Tomasz	8065		Masters M - 40	21	00:01:02	00:31:09	00:45:16	01:09:53.40	01:09:53.40	+00:21:58 (31.4%)	6:59	8.6 (68.8%)
72	MAJKA Eryk	8097	FAMILIAMAJKA	Senior I M - 20	13	00:00:20	00:29:08	00:44:26	01:10:16.15	01:10:16.15	+00:22:21 (31.8%)	7:01	8.5 (68.0%)
73	SAŁDYKA Marcin	8451		Senior II M - 30	20	00:00:34	00:30:03	00:44:33	01:10:21.65	01:10:21.65	+00:22:26 (31.9%)	7:02	8.5 (68.0%)
73	HONCZA Tomasz	8139	MOCNA GRUPA CEZARA	Senior II M - 30	20	00:00:33	00:31:12	00:45:49	01:10:21.65	01:10:21.65	+00:22:26 (31.9%)	7:02	8.5 (68.0%)
75	RAKOCZY Krzysztof	8450		Senior I M - 20	14	00:00:34	00:29:43	00:44:21	01:10:22.85	01:10:22.85	+00:22:28 (31.9%)	7:02	8.5 (68.0%)
76	REGULSKA Natalia	8400	ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM	Senior II K - 30	10	00:00:03	00:30:57	00:45:28	01:10:24.35	01:10:24.35	+00:22:29 (31.9%)	7:02	8.5 (68.0%)
77	BACKER Marcin	8224	TOPOLICE TEAM	Masters M - 40	22	00:00:18	00:30:21	00:45:29	01:10:28.60	01:10:28.60	+00:22:33 (32.0%)	7:02	8.5 (68.0%)
78	PISCO Tiago	8377	LUSITANIA ARMADA	Senior II M - 30	22	00:01:20	00:31:15	00:45:15	01:11:08.70	01:11:08.70	+00:23:13 (32.7%)	7:06	8.4 (67.2%)
79	ZATORSKA Karolina	8497	TREC TEAM	Senior II K - 30	11	00:00:09	00:30:23	00:45:33	01:11:28.75	01:11:28.75	+00:23:33 (33.0%)	7:08	8.4 (67.2%)
80	PLUTA Kinga	8095		Senior I K - 20	2	00:00:49	00:30:41	00:45:27	01:11:30.55	01:11:30.55	+00:23:35 (33.0%)	7:09	8.4 (67.2%)
81	TRZPIOLA Tycjan	8003	KURACJUSZE	Senior II M - 30	23	00:00:11	00:29:39	00:44:53	01:11:31.50	01:11:31.50	+00:23:36 (33.0%)	7:09	8.4 (67.2%)
82	JARMUŻEK Tomasz	8346		Senior II M - 30	24	00:00:58	00:32:30	00:46:59	01:11:38.65	01:11:38.65	+00:23:43 (33.1%)	7:09	8.4 (67.2%)
83	BARTKOWIAK Hubert	8060		Weteran I M - 50	6	00:00:26	00:30:09	00:45:18	01:11:48.30	01:11:48.30	+00:23:53 (33.3%)	7:10	8.4 (67.2%)
84	SIERGIEJ Zbigniew	8561	RUN TEAM TYGRYSY ORZYSZ	Weteran I M - 50	7	00:00:01	00:29:41	00:45:03	01:11:54.30	01:11:54.30	+00:23:59 (33.4%)	7:11	8.3 (66.4%)
85	KACPRZYCKA Paulina	8482	WOT	Senior II K - 30	12	00:00:04	00:30:11	00:45:45	01:12:08.95	01:12:08.95	+00:24:14 (33.6%)	7:12	8.3 (66.4%)
86	WIDUN Grzegorz	8200	WIDUN KETTELBEEL CLUB	Senior II M - 30	25	00:01:33	00:31:41	00:46:23	01:12:20.15	01:12:20.15	+00:24:25 (33.8%)	7:14	8.3 (66.4%)
87	HAJDAMOWICZ Adam	8406		Senior I M - 20	15	00:00:55	00:32:16	00:47:26	01:12:20.75	01:12:20.75	+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	MAZIAREK Adela	8093		Masters K - 40	4	00:00:09	00:30:10	00:45:27	01:12:22.65	01:12:22.65	+00:24:27 (33.8%)	7:14	8.3 (66.4%)
89	BARANOW Tomasz	8587	LEWANDOWSCY T	Masters M - 40	23	00:00:06	00:30:21	00:45:48	01:12:34.75	01:12:34.75	+00:24:39 (34.0%)	7:15	8.3 (66.4%)
90	JARZĄBEK Magdalena	8110		Senior II K - 30	13	00:00:04	00:31:27	00:46:33	01:12:47.60	01:12:47.60	+00:24:52 (34.2%)	7:16	8.2 (65.6%)
91	WOŹNIAK Jakub	8160	TEAM LIDL	Senior II M - 30	26	00:00:45	00:31:28	00:45:56	01:12:56.45	01:12:56.45	+00:25:01 (34.3%)	7:17	8.2 (65.6%)
91	GOS Sebastian	8449		Senior II M - 30	26	00:00:35	00:31:14	00:46:16	01:12:56.45	01:12:56.45	+00:25:01 (34.3%)	7:17	8.2 (65.6%)
93	MARGRAF Bartosz	8357		Senior I M - 20	16	00:00:10	00:29:57	00:45:44	01:13:08.75	01:13:08.75	+00:25:13 (34.5%)	7:18	8.2 (65.6%)
94	ZIMNY Tomasz	8265	FARTY PUSZCZY	Weteran II M - 60	1	00:00:08	00:32:25	00:47:53	01:13:25.70	01:13:25.70	+00:25:30 (34.7%)	7:20	8.2 (65.6%)
95	FUCHS Dariusz	8598	TEAM KURORT ŁĄDEK-ZDRÓJ	Weteran I M - 50	8	00:01:19	00:32:36	00:47:46	01:13:38.75	01:13:38.75	+00:25:43 (34.9%)	7:21	8.1 (64.8%)
96	WIELGOSZ-MATUŁA Maria	8250		Senior I K - 20	3	00:00:10	00:29:31	00:44:50	01:13:40.55	01:13:40.55	+00:25:45 (35.0%)	7:22	8.1 (64.8%)
97	WOJTAS Łukasz	8198	GRUPA OLX TEAM	Masters M - 40	24	00:00:47	00:30:48	00:46:15	01:13:43.40	01:13:43.40	+00:25:48 (35.0%)	7:22	8.1 (64.8%)
98	CIEŚLAK Krzysztof	8563	ULTRAFAZA.PL	Senior II M - 30	28	00:00:43	00:32:37	00:48:05	01:13:44.75	01:13:44.75	+00:25:49 (35.0%)	7:22	8.1 (64.8%)
99	WOŹNIAK Janusz	8222	PORMAT JEDLICZE BIEGA	Weteran I M - 50	9	00:00:10	00:30:47	00:46:33	01:13:54.45	01:13:54.45	+00:25:59 (35.2%)	7:23	8.1 (64.8%)
100	ZIENDARA Michalina	8331	ZĄŁOGA GÓRSKA	Senior I K - 20	4	00:00:34	00:31:56	00:47:14	01:14:16.90	01:14:16.90	+00:26:22 (35.5%)	7:25	8.1 (64.8%)
101	BIESZCZAD Regina	8202	KB ATHLETIC ZRĘCIN	Senior I K - 20	5	00:00:26	00:33:09	00:48:19	01:14:48.45	01:14:48.45	+00:26:53 (36.0%)	7:28	8 (64.0%)
102	BOSEK Leszek	8286		Weteran II M - 60	2	00:00:29	00:32:28	00:48:02	01:14:53.90	01:14:53.90	+00:26:59 (36.0%)	7:29	8 (64.0%)
103	MAZIAREK Michał	8276		Masters M - 40	25	00:00:12	00:31:07	00:47:12	01:14:59.20	01:14:59.20	+00:27:04 (36.1%)	7:29	8 (64.0%)
104	GRZYB Krzysztof	8370	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	26		00:33:08	00:48:52	01:15:00.25	01:15:00.25	+00:27:05 (36.1%)	7:30	8 (64.0%)
105	PAKUŁA Tomasz	8111		Senior II M - 30	29	00:00:51	00:32:56	00:48:17	01:15:07.30	01:15:07.30	+00:27:12 (36.2%)	7:30	8 (64.0%)
106	SZCZUDLAK Michał	8445		Senior II M - 30	30	00:00:20	00:33:49	00:49:34	01:15:07.45	01:15:07.45	+00:27:12 (36.2%)	7:30	8 (64.0%)
107	PILONIS Eleonora	8474	BIEGOSTACJA	Masters K - 40	5	00:00:13	00:31:47	00:47:44	01:15:14.00	01:15:14.00	+00:27:19 (36.3%)	7:31	8 (64.0%)
108	SMOLEŃ Sebastian	8588		Masters M - 40	27	00:00:15	00:32:41	00:48:39	01:15:21.55	01:15:21.55	+00:27:26 (36.4%)	7:32	8 (64.0%)
109	JANOSZ Paweł	8288		Senior I M - 20	17	00:00:23	00:32:37	00:48:08	01:15:38.75	01:15:38.75	+00:27:43 (36.7%)	7:33	7.9 (63.2%)
110	MAŁKOWSKI Piotr	8372	AMATOR	Weteran III M - 70	1	00:00:13	00:32:17	00:47:43	01:15:52.25	01:15:52.25	+00:27:57 (36.8%)	7:35	7.9 (63.2%)
111	MAJKA Jarek	8058	FAMILIAMAJKA	Masters M - 40	28	00:00:22	00:34:07	00:49:31	01:16:02.45	01:16:02.45	+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	MAJKA Anna	8057	FAMILIAMAJKA	Masters K - 40	6	00:00:22	00:34:00	00:49:31	01:16:02.60	01:16:02.60	+00:28:07 (37.0%)	7:36	7.9 (63.2%)
113	BASTRZYK Tomasz	8005		Masters M - 40	29	00:00:37	00:33:20	00:47:57	01:16:06.60	01:16:06.60	+00:28:11 (37.0%)	7:36	7.9 (63.2%)
114	STAWORZYŃSKI Dawid	8285	PAN KORBKA	Senior II M - 30	31	00:00:16	00:32:20	00:48:31	01:16:08.40	01:16:08.40	+00:28:13 (37.1%)	7:36	7.9 (63.2%)
115	MALOCCO Monika	8188		Masters K - 40	7	00:00:25	00:32:26	00:48:13	01:16:18.25	01:16:18.25	+00:28:23 (37.2%)	7:37	7.9 (63.2%)
116	KLIN Robert	8338	WATAHA	Weteran I M - 50	10	00:01:06	00:33:15	00:49:12	01:16:27.35	01:16:27.35	+00:28:32 (37.3%)	7:38	7.8 (62.4%)
117	MACKIEWICZ Karol	8048		Senior II M - 30	32	00:00:30	00:33:12	00:49:14	01:16:38.35	01:16:38.35	+00:28:43 (37.5%)	7:39	7.8 (62.4%)
118	NOWAKOWSKA Ewelina	8071		Senior I K - 20	6	00:00:13	00:33:36	00:49:14	01:16:38.85	01:16:38.85	+00:28:44 (37.5%)	7:39	7.8 (62.4%)
119	BEDLA Anna	8568		Masters K - 40	8	00:00:11	00:32:52	00:49:15	01:16:40.10	01:16:40.10	+00:28:45 (37.5%)	7:40	7.8 (62.4%)
120	TYMOSZEWSKI Waldemar	8569		Weteran I M - 50	11	00:00:12	00:32:53	00:49:15	01:16:40.25	01:16:40.25	+00:28:45 (37.5%)	7:40	7.8 (62.4%)
121	MATYSIAK Marcin	8401	T.S. IRON MAN GOGOLIN	Masters M - 40	30	00:00:20	00:31:43	00:48:12	01:16:56.60	01:16:56.60	+00:29:01 (37.7%)	7:41	7.8 (62.4%)
122	SZYMAŃSKI Grzegorz	8297	RNB POLANICA ZDRÓJ	Masters M - 40	31	00:00:28	00:32:08	00:48:16	01:17:14.30	01:17:14.30	+00:29:19 (38.0%)	7:43	7.8 (62.4%)
123	BAKSALARY Lidia	8254	#BIEGAJLESZNO	Masters K - 40	9	00:00:03	00:31:11	00:47:15	01:17:34.60	01:17:34.60	+00:29:39 (38.2%)	7:45	7.7 (61.6%)
124	DYBYSŁAWSKI Adam	8335	KOJOTY TEAM	Masters M - 40	32	00:00:05	00:30:39	00:47:22	01:17:40.60	01:17:40.60	+00:29:45 (38.3%)	7:46	7.7 (61.6%)
125	WOJTKIEWICZ Adam	8344	STAJNIAK#TEAM	Masters M - 40	33	00:00:32	00:34:09	00:49:33	01:17:47.10	01:17:47.10	+00:29:52 (38.4%)	7:46	7.7 (61.6%)
126	SAWICKI Piotr	8558	MOTOR LUBLIN	Masters M - 40	34	00:00:30	00:37:01	00:52:21	01:17:49.70	01:17:49.70	+00:29:54 (38.4%)	7:46	7.7 (61.6%)
127	SCHAFFARCZYK Michał	8326		Senior I M - 20	18	00:00:08	00:34:15	00:51:07	01:17:51.40	01:17:51.40	+00:29:56 (38.5%)	7:47	7.7 (61.6%)
128	WIŚNIEWSKI Robert	8159	METAL CHERRY	Senior I M - 20	19	00:00:14	00:34:17	00:50:44	01:17:57.40	01:17:57.40	+00:30:02 (38.5%)	7:47	7.7 (61.6%)
129	BAJER Mikołaj	8056	TARNOWO PODGÓRNE BIEGA	Masters M - 40	35	00:00:25	00:32:25	00:48:33	01:18:08.40	01:18:08.40	+00:30:13 (38.7%)	7:48	7.7 (61.6%)
130	PEREIRA Ruben	8381	LUSITANIA ARMADA	Senior II M - 30	33	00:01:21	00:34:32	00:50:43	01:18:26.55	01:18:26.55	+00:30:31 (38.9%)	7:50	7.6 (60.8%)
131	BILICKI Wojtek	8217		Senior II M - 30	34	00:00:05	00:34:25	00:50:10	01:18:28.20	01:18:28.20	+00:30:33 (38.9%)	7:50	7.6 (60.8%)
132	KRAWCZYKOWSKI Jacek	8135		Senior II M - 30	35	00:01:27	00:35:59	00:51:45	01:18:32.20	01:18:32.20	+00:30:37 (39.0%)	7:51	7.6 (60.8%)
133	ZASŁAWSKI Lech	8087		Masters M - 40	36	00:00:08	00:31:50	00:48:27	01:18:42.25	01:18:42.25	+00:30:47 (39.1%)	7:52	7.6 (60.8%)
134	SENIÓW Joanna	8255		Masters K - 40	10	00:00:08	00:32:17	00:49:15	01:18:44.65	01:18:44.65	+00:30:49 (39.2%)	7:52	7.6 (60.8%)
135	WUJDA Mirosław	8102	ERNI RULEZ	Masters M - 40	37	00:00:48	00:31:44	00:48:34	01:18:46.45	01:18:46.45	+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	OZIMINA Hubert	8156	OBORYGENI	Masters M - 40	38	00:00:12	00:34:15	00:51:16	01:18:49.60	01:18:49.60	+00:30:54 (39.2%)	7:52	7.6 (60.8%)
137	SZARSKI Jacek	8068	KAPCIOCHY	Senior I M - 20	20	00:00:23	00:33:08	00:49:08	01:19:06.15	01:19:06.15	+00:31:11 (39.4%)	7:54	7.6 (60.8%)
138	MUČA Māris	8204	LBNB	Weteran I M - 50	12	00:00:06	00:33:57	00:50:03	01:19:12.45	01:19:12.45	+00:31:17 (39.5%)	7:55	7.6 (60.8%)
139	CIECHOMSKA Agata Ciechomska	8132	HTF LUDWIK SIKORSKI	Senior II K - 30	14	00:00:11	00:33:50	00:49:47	01:19:17.90	01:19:17.90	+00:31:23 (39.6%)	7:55	7.6 (60.8%)
140	JANOSZ Ada	8421		Senior I K - 20	7	00:00:28	00:34:18	00:51:08	01:19:20.95	01:19:20.95	+00:31:26 (39.6%)	7:56	7.6 (60.8%)
141	BIENKOWSKI Kamil	8282		Senior II M - 30	36	00:01:23	00:35:47	00:51:12	01:19:35.70	01:19:35.70	+00:31:40 (39.8%)	7:57	7.5 (60.0%)
142	KARKOSZKA Dawid	8388		Senior I M - 20	21	00:00:30	00:35:00	00:51:32	01:19:46.95	01:19:46.95	+00:31:52 (39.9%)	7:58	7.5 (60.0%)
143	SIWEK Grzegorz	8044	LANRUNS	Masters M - 40	39	00:00:29	00:35:47	00:52:15	01:20:07.75	01:20:07.75	+00:32:12 (40.2%)	8:00	7.5 (60.0%)
144	KOTAS Paweł	8233		Senior I M - 20	22	00:01:08	00:34:41	00:51:04	01:20:18.30	01:20:18.30	+00:32:23 (40.3%)	8:01	7.5 (60.0%)
145	ZADORA Borys	8214	OLDBOYS TROJAN ŁĄDEK ZDRÓJ	Senior II M - 30	37	00:03:27	00:37:33	00:52:56	01:20:19.05	01:20:19.05	+00:32:24 (40.3%)	8:01	7.5 (60.0%)
146	STASIAK Antoni	8462	LEŚNE DZIKI PGB	Senior I M - 20	23	00:00:11	00:32:58	00:49:58	01:20:19.15	01:20:19.15	+00:32:24 (40.3%)	8:01	7.5 (60.0%)
147	MAJŁOWSKI Aleksander	8121		Weteran III M - 70	2	00:00:20	00:33:17	00:49:55	01:20:31.55	01:20:31.55	+00:32:36 (40.5%)	8:03	7.5 (60.0%)
148	STASIAK Łukasz	8461	LEŚNE DZIKI PGB	Masters M - 40	40	00:00:12	00:33:35	00:50:33	01:20:46.00	01:20:46.00	+00:32:51 (40.7%)	8:04	7.4 (59.2%)
149	LUBAŃSKA Alicja	8318		Weteran K - 50	2	00:00:15	00:33:13	00:50:04	01:21:03.85	01:21:03.85	+00:33:09 (40.9%)	8:06	7.4 (59.2%)
150	CICHAŃSKI Marek	8199		Senior II M - 30	38	00:00:40	00:34:50	00:52:11	01:21:08.05	01:21:08.05	+00:33:13 (40.9%)	8:06	7.4 (59.2%)
151	KIERUL Łukasz	8403	MASA TEAM	Senior II M - 30	39	00:00:29	00:34:11	00:51:18	01:21:09.35	01:21:09.35	+00:33:14 (41.0%)	8:06	7.4 (59.2%)
152	KOMISARCZYK Krzysztof	8321		Senior I M - 20	24	00:00:40	00:34:50	00:52:05	01:21:10.15	01:21:10.15	+00:33:15 (41.0%)	8:07	7.4 (59.2%)
153	JANUS Tomasz	8351	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	40	00:01:14	00:37:13	00:53:43	01:21:13.20	01:21:13.20	+00:33:18 (41.0%)	8:07	7.4 (59.2%)
154	SAWICKI Adrian	8256		Masters M - 40	41	00:01:09	00:35:22	00:52:13	01:21:14.65	01:21:14.65	+00:33:19 (41.0%)	8:07	7.4 (59.2%)
155	WÓJCIAK Łukasz	8073	UMAWIANIENABIEGANIETEAM	Senior II M - 30	41	00:00:32	00:34:20	00:51:09	01:21:34.65	01:21:34.65	+00:33:39 (41.3%)	8:09	7.4 (59.2%)
156	DEMBIŃSKI Arkadiusz	8409		Senior II M - 30	42	00:00:53	00:36:32	00:53:14	01:21:53.20	01:21:53.20	+00:33:58 (41.5%)	8:11	7.3 (58.4%)
157	NAZIMEK Piotr	8287		Senior II M - 30	43	00:00:34	00:35:34	00:52:34	01:22:00.60	01:22:00.60	+00:34:05 (41.6%)	8:12	7.3 (58.4%)
158	BURA Tomasz	8475		Senior II M - 30	44	00:00:09	00:35:15	00:52:20	01:22:02.75	01:22:02.75	+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	MRÓZ Urszula	8077		Weteran II K - 60	1	00:01:06	00:36:46	00:53:12	01:22:06.65	01:22:06.65	+00:34:11 (41.6%)	8:12	7.3 (58.4%)
160	RASZKOWSKA Emilia	8429	ŚLĘZAK TEAM	Senior II K - 30	15	00:00:38	00:35:56	00:53:18	01:22:13.80	01:22:13.80	+00:34:18 (41.7%)	8:13	7.3 (58.4%)
161	KUZIEL Marcin	8113	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	45	00:01:23	00:39:16	00:55:22	01:22:17.00	01:22:17.00	+00:34:22 (41.8%)	8:13	7.3 (58.4%)
162	PALMOWSKI Rafał	8313		Masters M - 40	42	00:00:16	00:34:43	00:52:07	01:22:20.25	01:22:20.25	+00:34:25 (41.8%)	8:14	7.3 (58.4%)
163	BOCIĄGA Paweł	8312	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	Masters M - 40	43	00:00:16	00:34:51	00:52:02	01:22:21.90	01:22:21.90	+00:34:27 (41.8%)	8:14	7.3 (58.4%)
164	ŻUKIEWICZ Krzysztof	8281	TKKF MPK POZNAŃ	Masters M - 40	44	00:00:18	00:34:38	00:52:03	01:22:34.00	01:22:34.00	+00:34:39 (42.0%)	8:15	7.3 (58.4%)
165	MAJŁOWSKA Irena	8120		Weteran II K - 60	2	00:00:21	00:34:54	00:52:09	01:22:36.40	01:22:36.40	+00:34:41 (42.0%)	8:15	7.3 (58.4%)
166	WASZAK Tomasz	8314		Senior I M - 20	25	00:01:25	00:37:07	00:54:07	01:22:40.30	01:22:40.30	+00:34:45 (42.0%)	8:16	7.3 (58.4%)
167	NAPIERAŁA Andrzej	8430	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	3	00:01:49	00:37:33	00:54:38	01:22:50.15	01:22:50.15	+00:34:55 (42.2%)	8:17	7.2 (57.6%)
168	PIGŁA Aleksander	8306	SPORTOWY KAŻMIERZ	Senior I M - 20	26	00:00:42	00:34:08	00:51:29	01:22:52.45	01:22:52.45	+00:34:57 (42.2%)	8:17	7.2 (57.6%)
169	HANSZ Donat	8464	NETBOX BIEGA	Senior I M - 20	27	00:00:28	00:34:51	00:52:19	01:23:15.90	01:23:15.90	+00:35:21 (42.5%)	8:19	7.2 (57.6%)
170	MADAJCZYK Tomasz	8128		Senior II M - 30	46	00:00:23	00:34:29	00:51:52	01:23:20.80	01:23:20.80	+00:35:25 (42.5%)	8:20	7.2 (57.6%)
171	MERAK Krzysztof	8363	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	45	00:01:19	00:37:26	00:54:00	01:23:57.65	01:23:57.65	+00:36:02 (42.9%)	8:23	7.1 (56.8%)
172	NOWACZYK Marta	8126		Senior II K - 30	16	00:01:12	00:36:19	00:53:20	01:23:57.75	01:23:57.75	+00:36:02 (42.9%)	8:23	7.1 (56.8%)
173	WINKOWSKI Adrian	8001	PRZEDWOJEWSKI TEAM	Senior II M - 30	47	00:00:06	00:35:01	00:52:11	01:24:08.35	01:24:08.35	+00:36:13 (43.1%)	8:24	7.1 (56.8%)
174	KISIAŁA Filip	8240		Masters M - 40	46	00:00:21	00:34:42	00:52:16	01:24:13.95	01:24:13.95	+00:36:19 (43.1%)	8:25	7.1 (56.8%)
175	DWORAK Sabrina	8419	MAXIMUS KROSNOWICE	Senior II K - 30	17	00:00:24	00:36:44	00:54:30	01:24:20.65	01:24:20.65	+00:36:25 (43.2%)	8:26	7.1 (56.8%)
176	SAMOLAK Łukasz	8228		Masters M - 40	47	00:01:28	00:40:38	00:56:38	01:24:23.55	01:24:23.55	+00:36:28 (43.2%)	8:26	7.1 (56.8%)
177	HEJNA Małgorzata	8266		Weteran K - 50	3	00:00:08	00:35:17	00:53:47	01:24:26.60	01:24:26.60	+00:36:31 (43.3%)	8:26	7.1 (56.8%)
178	MAKIOŁA Agnieszka	8037		Senior I K - 20	8	00:00:12	00:35:22	00:53:05	01:24:30.00	01:24:30.00	+00:36:35 (43.3%)	8:27	7.1 (56.8%)
179	KMIECIK Roma	8425	KUDOWIANKA RUN	Masters K - 40	11	00:01:02	00:37:47	00:55:18	01:24:34.75	01:24:34.75	+00:36:39 (43.3%)	8:27	7.1 (56.8%)
180	GACIOCH Jarosław	8398	RUN TEAM TYGRYSY ORZYSZ	Weteran I M - 50	13	00:00:05	00:35:11	00:53:42	01:24:41.00	01:24:41.00	+00:36:46 (43.4%)	8:28	7.1 (56.8%)
181	PTASZYŃSKA Joanna	8086		Weteran K - 50	4	00:00:23	00:35:29	00:53:18	01:24:44.35	01:24:44.35	+00:36:49 (43.5%)	8:28	7.1 (56.8%)
182	SKAWINA Krystyna	8075	TOPOLICE TEAM	Senior II K - 30	18	00:00:17	00:34:37	00:51:59	01:24:46.50	01:24:46.50	+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	POZNAR Adam	8354		Senior II M - 30	48	00:01:17	00:38:22	00:55:54	01:24:57.90	01:24:57.90	+00:37:03 (43.6%)	8:29	7.1 (56.8%)
184	KONIECZNA Anna	8155	TARNOWO PODGÓRNE BIEGA	Masters K - 40	12	00:00:06	00:35:54	00:53:57	01:24:58.85	01:24:58.85	+00:37:04 (43.6%)	8:29	7.1 (56.8%)
185	GÓRSKI Bartek	8441		Senior I M - 20	28	00:00:14	00:37:02	00:54:08	01:25:01.75	01:25:01.75	+00:37:06 (43.6%)	8:30	7.1 (56.8%)
186	JURA Ewelina	8473	TOPOLICE TEAM	Senior II K - 30	19	00:00:18	00:35:43	00:53:55	01:25:26.40	01:25:26.40	+00:37:31 (43.9%)	8:32	7 (56.0%)
187	KOŁTON Justyna	8284		Senior I K - 20	9	00:00:28	00:36:55	00:54:18	01:25:26.95	01:25:26.95	+00:37:32 (43.9%)	8:32	7 (56.0%)
188	PRUSICKI Rafał	8122		Masters M - 40	48	00:00:17	00:35:13	00:53:31	01:25:37.60	01:25:37.60	+00:37:42 (44.0%)	8:33	7 (56.0%)
189	SZCZYPCZYK-PRUSICKA Małgorzata	8123		Masters K - 40	13	00:00:16	00:35:14	00:53:30	01:25:37.80	01:25:37.80	+00:37:42 (44.0%)	8:33	7 (56.0%)
190	PIETRUCHA Jagoda	8175	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	20	00:00:07	00:35:04	00:53:22	01:25:49.55	01:25:49.55	+00:37:54 (44.2%)	8:34	7 (56.0%)
191	DZIĘGIELEWSKA Dominika	8577		Senior II K - 30	21	00:00:11	00:37:01	00:55:05	01:26:05.35	01:26:05.35	+00:38:10 (44.3%)	8:36	7 (56.0%)
192	MARTYN Olga	8488	SPINKO LESZNO	Senior II K - 30	22	00:00:46	00:37:18	00:55:10	01:26:08.70	01:26:08.70	+00:38:13 (44.4%)	8:36	7 (56.0%)
193	BACHURSKA Ewa	8043	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	14	00:00:18	00:36:46	00:54:57	01:26:16.45	01:26:16.45	+00:38:21 (44.5%)	8:37	7 (56.0%)
194	KIEPIEL Agata	8293	ADIDAS RUNNERS WARSAW	Senior II K - 30	23	00:00:58	00:38:11	00:56:12	01:26:16.95	01:26:16.95	+00:38:22 (44.5%)	8:37	7 (56.0%)
195	BŁACHNIO Krzysztof	8375		Weteran I M - 50	14	00:00:08	00:35:10	00:53:07	01:26:18.55	01:26:18.55	+00:38:23 (44.5%)	8:37	7 (56.0%)
196	WORYTKIEWICZ Małgorzata	8319		Senior I K - 20	10	00:00:59	00:38:08	00:55:45	01:26:22.85	01:26:22.85	+00:38:28 (44.5%)	8:38	6.9 (55.2%)
197	ŁASZKIEWICZ Piotr	8010	ATHLETICS TEM PRUSICE	Weteran II M - 60	4	00:00:14	00:36:49	00:54:45	01:26:25.10	01:26:25.10	+00:38:30 (44.6%)	8:38	6.9 (55.2%)
198	RZYWUCKA Jolanta	8272	4 RUN TEAM PIŁA	Masters K - 40	15	00:00:14	00:35:51	00:54:34	01:26:50.15	01:26:50.15	+00:38:55 (44.8%)	8:41	6.9 (55.2%)
199	BARTNIK Patryk	8168		Senior I M - 20	29	00:00:11	00:36:23	00:54:54	01:26:51.20	01:26:51.20	+00:38:56 (44.8%)	8:41	6.9 (55.2%)
200	MATUSZCZYK Grażyna	8271	RYBNICKA GRUPA BIEGOWA	Masters K - 40	16	00:00:24	00:36:06	00:54:36	01:26:54.55	01:26:54.55	+00:38:59 (44.9%)	8:41	6.9 (55.2%)
201	WILK Tomasz	8038		Senior II M - 30	49	00:01:01	00:38:23	00:56:48	01:26:55.35	01:26:55.35	+00:39:00 (44.9%)	8:41	6.9 (55.2%)
201	GRZELIŃSKA Malwina	8490		Senior II K - 30	24	00:00:15	00:37:19	00:55:48	01:26:55.35	01:26:55.35	+00:39:00 (44.9%)	8:41	6.9 (55.2%)
203	OSUCH Marcin	8345		Masters M - 40	49	00:00:58	00:37:50	00:55:29	01:27:16.85	01:27:16.85	+00:39:22 (45.1%)	8:43	6.9 (55.2%)
204	KRZONKALLA-BARTNIK Katarzyna	8169		Senior I K - 20	11	00:00:10	00:36:23	00:54:54	01:27:20.50	01:27:20.50	+00:39:25 (45.1%)	8:44	6.9 (55.2%)
205	WITKE Elżbieta	8109		Weteran II K - 60	3	00:00:10	00:35:06	00:53:16	01:27:26.95	01:27:26.95	+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	SZYMAŁA Marcin	8465	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	15	00:00:44	00:36:19	00:53:17	01:27:41.30	01:27:41.30	+00:39:46 (45.4%)	8:46	6.8 (54.4%)
207	WOŹNIAK Mirosław	8339	TKKF MPK POZNAŃ	Weteran II M - 60	5	00:01:00	00:39:27	00:57:10	01:27:48.65	01:27:48.65	+00:39:53 (45.4%)	8:46	6.8 (54.4%)
208	KUCHARSKA Anna	8458		Senior II K - 30	25	00:00:18	00:37:30	00:55:50	01:28:01.20	01:28:01.20	+00:40:06 (45.6%)	8:48	6.8 (54.4%)
209	HOJA Ilona	8448		Senior II K - 30	26	00:00:17	00:37:30	00:55:50	01:28:01.35	01:28:01.35	+00:40:06 (45.6%)	8:48	6.8 (54.4%)
210	URBANIAK Józef	8576	ULKS CZARNA GÓRA	Weteran I M - 50	16	00:01:04	00:39:09	00:57:07	01:28:16.45	01:28:16.45	+00:40:21 (45.7%)	8:49	6.8 (54.4%)
211	GRODZIŃSKA Magdalena	8407		Senior I K - 20	12	00:01:10	00:41:05	00:59:24	01:28:19.35	01:28:19.35	+00:40:24 (45.8%)	8:49	6.8 (54.4%)
212	KRZECZKOWSKI Roman	8176	BIEGOWA ŚWIDNICA	Weteran I M - 50	17		00:38:41	00:56:53	01:28:29.75	01:28:29.75	+00:40:34 (45.9%)	8:50	6.8 (54.4%)
213	WAWER Marcin	8493	STOWARZYSZENIE BIEG OPOLSKI	Senior II M - 30	50	00:01:22	00:40:58	00:58:40	01:28:52.65	01:28:52.65	+00:40:57 (46.1%)	8:53	6.8 (54.4%)
214	GĄSIOROWSKA Sara	8294		Senior I K - 20	13	00:00:49	00:39:19	00:57:06	01:28:55.10	01:28:55.10	+00:41:00 (46.1%)	8:53	6.7 (53.6%)
215	KOZŁOWSKA Małgorzata	8046	KB ODRA OPOLE	Masters K - 40	17	00:00:30	00:37:39	00:56:01	01:28:55.60	01:28:55.60	+00:41:00 (46.1%)	8:53	6.7 (53.6%)
216	KOZŁOWSKI Mariusz	8045	KB ODRA OPOLE	Masters M - 40	50	00:00:30	00:37:33	00:56:00	01:28:56.25	01:28:56.25	+00:41:01 (46.1%)	8:53	6.7 (53.6%)
217	BIAŁEK Marcin	8115		Masters M - 40	51	00:01:04	00:40:19	00:58:49	01:28:58.10	01:28:58.10	+00:41:03 (46.1%)	8:53	6.7 (53.6%)
218	BRZEZIŃSKI Andrzej	8062	LANRUNS	Weteran II M - 60	6	00:00:05	00:38:16	00:57:23	01:29:03.85	01:29:03.85	+00:41:09 (46.2%)	8:54	6.7 (53.6%)
219	IMIŃSKI Cezary	8104		Weteran I M - 50	18	00:00:15	00:38:20	00:55:44	01:29:05.65	01:29:05.65	+00:41:10 (46.2%)	8:54	6.7 (53.6%)
220	KUTYCKA KUREK Elżbieta	8498	CHOJRAK TEAM WROCŁAW	Senior II K - 30	27	00:00:43	00:37:54	00:56:54	01:29:39.60	01:29:39.60	+00:41:44 (46.6%)	8:57	6.7 (53.6%)
221	MASALSKA Anna	8578		Masters K - 40	18	00:00:27	00:37:36	00:55:49	01:29:41.10	01:29:41.10	+00:41:46 (46.6%)	8:58	6.7 (53.6%)
222	PUSZEK Jacek	8195		Senior II M - 30	51	00:00:06	00:37:46	00:56:56	01:29:54.15	01:29:54.15	+00:41:59 (46.7%)	8:59	6.7 (53.6%)
223	SZWACZKA Sebastian	8300	BW BIEGOWY WARIAT	Masters M - 40	52	00:01:11	00:37:54	00:56:26	01:30:02.30	01:30:02.30	+00:42:07 (46.8%)	9:00	6.7 (53.6%)
224	SENDER Jakub	8317	BW RUNNING TEAM	Senior II M - 30	52	00:01:11	00:37:55	00:56:28	01:30:02.85	01:30:02.85	+00:42:08 (46.8%)	9:00	6.7 (53.6%)
225	NAZARY Piotr	8383	OBORYGENI	Masters M - 40	53	00:00:27	00:38:55	00:57:06	01:30:03.50	01:30:03.50	+00:42:08 (46.8%)	9:00	6.7 (53.6%)
226	DĄBKOWSKI Adam	8124		Masters M - 40	54	00:00:42	00:40:07	00:57:13	01:30:12.35	01:30:12.35	+00:42:17 (46.9%)	9:01	6.7 (53.6%)
227	KORNASZEWSKI Wojciech	8559		Senior II M - 30	53	00:00:30	00:38:16	00:56:45	01:30:15.15	01:30:15.15	+00:42:20 (46.9%)	9:01	6.6 (52.8%)
228	BUGAJSKI Marcin	8187		Masters M - 40	55	00:00:25	00:38:01	00:56:46	01:30:24.80	01:30:24.80	+00:42:29 (47.0%)	9:02	6.6 (52.8%)
229	KRUK Mateusz	8203	MAXIMUS KROSNOWICE	Senior II M - 30	54	00:00:24	00:36:43	00:56:02	01:31:26.65	01:31:26.65	+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	01:31:29.65	01:31:29.65	+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	01:31:33.20	01:31:33.20	+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	01:32:06.70	01:32:06.70	+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	01:32:22.65	01:32:22.65	+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	01:32:26.60	01:32:26.60	+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	01:32:34.20	01:32:34.20	+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	01:32:39.65	01:32:39.65	+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	01:32:43.05	01:32:43.05	+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	01:32:46.95	01:32:46.95	+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	01:32:54.75	01:32:54.75	+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	01:32:59.80	01:32:59.80	+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	01:33:10.05	01:33:10.05	+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	01:33:13.30	01:33:13.30	+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	01:33:13.70	01:33:13.70	+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	01:33:29.75	01:33:29.75	+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	01:33:29.75	01:33:29.75	+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	01:33:32.50	01:33:32.50	+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	01:33:47.80	01:33:47.80	+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	01:33:55.45	01:33:55.45	+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	01:34:02.20	01:34:02.20	+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	01:34:02.65	01:34:02.65	+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	01:34:06.75	01:34:06.75	+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	01:34:17.10	01:34:17.10	+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	01:34:26.75	01:34:26.75	+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	3.7km	5.8km					
254	KOWAL Dawid	8025		Senior I M - 20	31	00:00:45	00:41:31	01:00:19	01:34:31.65	01:34:31.65	+00:46:36 (49.3%)	9:27	6.3 (50.4%)
255	STROIŃSKI Wojciech	8081	LESZ NO LIMITS RUNNERS	Masters M - 40	59	00:00:50	00:41:03	01:00:19	01:34:33.15	01:34:33.15	+00:46:38 (49.3%)	9:27	6.3 (50.4%)
256	BEDNAREK-KWIATKOWSKA Anna	8163	SAMO ZDROWIE	Masters K - 40	25	00:00:53	00:40:33	01:00:52	01:34:43.50	01:34:43.50	+00:46:48 (49.4%)	9:28	6.3 (50.4%)
257	BUDA Małgorzata	8260		Masters K - 40	26	00:00:19	00:38:27	00:58:08	01:34:45.70	01:34:45.70	+00:46:50 (49.4%)	9:28	6.3 (50.4%)
258	TOMAKA Patrycja	8347	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:01:10	00:41:32	01:00:59	01:34:48.15	01:34:48.15	+00:46:53 (49.5%)	9:28	6.3 (50.4%)
259	BŁACHNIO Dorota	8072	RAZ SZCZECIN	Weteran K - 50	5	00:00:08	00:39:27	00:59:33	01:34:53.50	01:34:53.50	+00:46:58 (49.5%)	9:29	6.3 (50.4%)
260	BIENIARZ Ilona	8396	MAKEMAROFITAGAIN!	Senior II K - 30	36	00:00:15	00:38:57	00:58:55	01:35:13.70	01:35:13.70	+00:47:18 (49.7%)	9:31	6.3 (50.4%)
261	JANSON Marleen	8249	LEIDEN ATLETIEK	Senior II K - 30	37	00:00:39	00:42:18	01:02:34	01:35:17.15	01:35:17.15	+00:47:22 (49.7%)	9:31	6.3 (50.4%)
262	BURA Karolina	8227	#BIEGAJLESZNO	Senior II K - 30	38	00:00:12	00:39:05	00:59:30	01:35:18.85	01:35:18.85	+00:47:24 (49.7%)	9:31	6.3 (50.4%)
263	KUCIŃSKI Andrzej	8064	BAZA ZDROWIA FRESCO	Weteran II M - 60	7	00:00:44	00:41:53	01:01:36	01:35:21.40	01:35:21.40	+00:47:26 (49.8%)	9:32	6.3 (50.4%)
264	SZELIGA Agnieszka	8264		Senior II K - 30	39	00:00:34	00:40:35	01:00:39	01:35:35.20	01:35:35.20	+00:47:40 (49.9%)	9:33	6.3 (50.4%)
265	SKARŻEŃSKA-SOKOŁOWSKA Jagoda	8599		Senior II K - 30	40		00:40:46		01:36:03.95	01:36:03.95	+00:48:09 (50.1%)	9:36	6.2 (49.6%)
266	CHOMĄTOWSKI Daniel	8127		Senior II M - 30	57	00:00:23	00:42:07	01:02:46	01:36:07.80	01:36:07.80	+00:48:12 (50.2%)	9:36	6.2 (49.6%)
267	OSIKA Aleksandra	8002		Senior I K - 20	17	00:00:36	00:40:12	01:00:30	01:36:12.95	01:36:12.95	+00:48:18 (50.2%)	9:37	6.2 (49.6%)
268	KRYSKA Paweł	8237		Senior I M - 20	32	00:01:09	00:42:21	01:02:13	01:36:24.95	01:36:24.95	+00:48:30 (50.3%)	9:38	6.2 (49.6%)
269	KOPYSTAŃSKA Basia	8329		Senior II K - 30	41	00:01:26	00:42:54	01:03:41	01:36:26.70	01:36:26.70	+00:48:31 (50.3%)	9:38	6.2 (49.6%)
270	WESTPHAL Magdalena	8236		Senior II K - 30	42	00:00:28	00:40:14	01:00:27	01:36:28.35	01:36:28.35	+00:48:33 (50.3%)	9:38	6.2 (49.6%)
271	IGNASZEWSKA Marta	8380		Masters K - 40	27	00:00:42	00:41:23	01:01:10	01:36:29.15	01:36:29.15	+00:48:34 (50.3%)	9:38	6.2 (49.6%)
272	ROBAK Natalia	8304		Senior I K - 20	18	00:01:04	00:42:12	01:02:32	01:36:31.20	01:36:31.20	+00:48:36 (50.4%)	9:39	6.2 (49.6%)
273	IGNASZEWSKI Michał	8566		Masters M - 40	60	00:00:51	00:41:24	01:01:10	01:36:32.90	01:36:32.90	+00:48:38 (50.4%)	9:39	6.2 (49.6%)
274	STRZYŻOWSKI Nikodem	8092		Senior I M - 20	33	00:00:26	00:40:01	00:59:45	01:36:39.55	01:36:39.55	+00:48:44 (50.4%)	9:39	6.2 (49.6%)
275	SZYMAŁA Karolina	8103		Senior I K - 20	19	00:00:44	00:40:55	01:01:15	01:36:42.35	01:36:42.35	+00:48:47 (50.5%)	9:40	6.2 (49.6%)
276	KLUSKA Rafał	8387	KS DŁUGOŁĘKA 2000	Senior I M - 20	34	00:00:16	00:39:58	01:00:32	01:36:52.70	01:36:52.70	+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	GRABKOWSKA Paulina	8376		Senior II K - 30	43	00:01:05	00:40:47	01:01:07	01:37:14.40	01:37:14.40	+00:49:19 (50.7%)	9:43	6.2 (49.6%)
278	SYCZ-LANGNER Honorata	8145		Senior II K - 30	44	00:00:36	00:40:45	01:02:35	01:37:15.30	01:37:15.30	+00:49:20 (50.7%)	9:43	6.2 (49.6%)
279	KUKUŁA Karolina	8443		Senior II K - 30	45	00:00:13	00:40:13	01:00:28	01:37:15.75	01:37:15.75	+00:49:20 (50.7%)	9:43	6.2 (49.6%)
280	ODIJA Leszek	8412		Masters M - 40	61	00:01:18	00:43:13	01:02:26	01:37:18.70	01:37:18.70	+00:49:23 (50.8%)	9:43	6.2 (49.6%)
281	GRUCHALSKA Marta	8494	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	28	00:01:22	00:45:17	01:05:02	01:37:20.30	01:37:20.30	+00:49:25 (50.8%)	9:44	6.2 (49.6%)
282	SKRZYPEK Marta	8221		Senior II K - 30	46	00:00:05	00:40:46	01:01:40	01:37:29.15	01:37:29.15	+00:49:34 (50.9%)	9:44	6.2 (49.6%)
283	JOŃCZYK Paula	8422		Senior I K - 20	20	00:01:04	00:43:09	01:02:31	01:37:34.90	01:37:34.90	+00:49:40 (50.9%)	9:45	6.1 (48.8%)
284	PAWLUS Marek	8395	MAKEMAROFITAGAIN!	Senior II M - 30	58	00:00:15	00:40:31	01:01:41	01:37:41.90	01:37:41.90	+00:49:47 (51.0%)	9:46	6.1 (48.8%)
285	BURNETKO Magdalena	8405	HUTASY RUNNERS TEAM	Senior II K - 30	47	00:00:45	00:42:02	01:02:49	01:37:49.25	01:37:49.25	+00:49:54 (51.0%)	9:46	6.1 (48.8%)
286	SZCZEPIŃSKI Krzysztof	8584		Senior II M - 30	59	00:00:27	00:40:17	01:01:28	01:38:10.00	01:38:10.00	+00:50:15 (51.2%)	9:49	6.1 (48.8%)
287	MARKIEWICZ Jagoda	8167	KUŹNIA TALENTÓW KAMIENIEC	Senior I K - 20	21	00:01:02	00:43:31	01:03:47	01:38:33.45	01:38:33.45	+00:50:38 (51.4%)	9:51	6.1 (48.8%)
288	BIELEWICZ Aleksandra	8231	PANKORBKA - MOBILNY SERWIS ROWEROWY	Senior I K - 20	22	00:00:31	00:42:12	01:02:58	01:38:48.05	01:38:48.05	+00:50:53 (51.5%)	9:52	6.1 (48.8%)
289	WARCHOŁ Kamil	8220		Senior I M - 20	35	00:01:07	00:45:47	01:06:31	01:38:51.95	01:38:51.95	+00:50:57 (51.5%)	9:53	6.1 (48.8%)
290	JOŃCZYK Patryk	8433		Senior I M - 20	36	00:01:07	00:45:47	01:06:31	01:38:53.65	01:38:53.65	+00:50:58 (51.6%)	9:53	6.1 (48.8%)
291	NOWAK - KASPRZAK Anna	8431		Senior II K - 30	48	00:01:10	00:42:11	01:01:58	01:39:17.60	01:39:17.60	+00:51:22 (51.7%)	9:55	6 (48.0%)
292	KASPRZAK Łukasz	8432		Senior II M - 30	60	00:01:10	00:42:11	01:01:58	01:39:18.65	01:39:18.65	+00:51:23 (51.8%)	9:55	6 (48.0%)
293	NAGLER Tomasz	8147		Masters M - 40	62	00:00:49	00:37:17	00:57:00	01:39:18.80	01:39:18.80	+00:51:23 (51.8%)	9:55	6 (48.0%)
294	CZERNICKA Magdalena	8423		Masters K - 40	29	00:01:08	00:43:43	01:03:36	01:39:28.60	01:39:28.60	+00:51:33 (51.8%)	9:56	6 (48.0%)
295	SOJA-WAWRYSZEWICZ Agata	8230		Masters K - 40	30	00:00:54	00:42:06	01:02:21	01:39:35.95	01:39:35.95	+00:51:41 (51.9%)	9:57	6 (48.0%)
296	WAWER Kasia	8495	STOWARZYSZENIE BIEG OPOLSKI	Senior II K - 30	49	00:01:22	00:45:18	01:05:03	01:39:36.55	01:39:36.55	+00:51:41 (51.9%)	9:57	6 (48.0%)
297	WĘGRZYNOWSKA Renata	8340		Weteran K - 50	6	00:00:51	00:40:32	01:01:18	01:39:39.15	01:39:39.15	+00:51:44 (51.9%)	9:57	6 (48.0%)
298	MACIEJEWSKI Piotr	8210	SUPERMARATON KALISZ	Weteran II M - 60	8	00:00:20	00:41:59	01:01:47	01:39:53.65	01:39:53.65	+00:51:58 (52.0%)	9:59	6 (48.0%)
299	KOWAL Ireneusz	8024		Masters M - 40	63	00:00:45	00:41:46	01:01:51	01:39:54.45	01:39:54.45	+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	SZAŁAJSKA Magdalena	8564		Senior I K - 20	23	00:00:55	00:42:04	01:02:44	01:39:55.25	01:39:55.25	+00:52:00 (52.0%)	9:59	6 (48.0%)
301	ŁĘKAWA Mateusz	8483		Senior II M - 30	61	00:01:13	00:45:44	01:06:30	01:39:58.35	01:39:58.35	+00:52:03 (52.1%)	9:59	6 (48.0%)
302	JURCZYK Anna	8491		Senior I K - 20	24	00:01:13	00:45:43	01:06:30	01:39:58.40	01:39:58.40	+00:52:03 (52.1%)	9:59	6 (48.0%)
303	DABKOWSKA Patrycja	8472	SPEEDFEED'16	Masters K - 40	31	00:00:42	00:42:05	01:02:51	01:40:00.35	01:40:00.35	+00:52:05 (52.1%)	10:00	6 (48.0%)
304	AMANOWICZ Aurelia	8234		Senior II K - 30	50	00:01:09	00:43:38	01:03:54	01:40:11.80	01:40:11.80	+00:52:16 (52.2%)	10:01	6 (48.0%)
305	DAGIEL Janusz	8334		Senior II M - 30	62	00:00:54	00:41:52	01:04:01	01:40:16.05	01:40:16.05	+00:52:21 (52.2%)	10:01	6 (48.0%)
306	RELIGA Liliana	8332		Senior II K - 30	51	00:00:52	00:42:03	01:04:01	01:40:16.40	01:40:16.40	+00:52:21 (52.2%)	10:01	6 (48.0%)
307	PACUŁT Dominika	8101		Senior I K - 20	25	00:00:18	00:41:51	01:03:49	01:40:19.65	01:40:19.65	+00:52:24 (52.2%)	10:01	6 (48.0%)
308	DZIURA Kamil	8100		Senior I M - 20	37	00:00:19	00:41:51	01:03:49	01:40:19.75	01:40:19.75	+00:52:24 (52.2%)	10:01	6 (48.0%)
309	MAZURKIEWICZ Joanna	8061		Masters K - 40	32	00:00:11	00:40:12	01:02:02	01:40:40.10	01:40:40.10	+00:52:45 (52.4%)	10:04	6 (48.0%)
310	GRZYBEK Sławomir	8130	BARTOSZ GORCZYCA RUNNING TEAM	Senior II M - 30	63	00:00:41	00:45:10	01:05:48	01:40:52.75	01:40:52.75	+00:52:57 (52.5%)	10:05	5.9 (47.2%)
311	DĄBROWSKA GRZYBEK Joanna	8131		Masters K - 40	33	00:00:41	00:45:10	01:05:47	01:40:55.15	01:40:55.15	+00:53:00 (52.5%)	10:05	5.9 (47.2%)
312	WIECZOREK Mikołaj	8567	DZIKIE GRUBASY SZATANA	Senior I M - 20	38	00:00:32	00:45:40	01:08:12	01:40:57.70	01:40:57.70	+00:53:02 (52.5%)	10:05	5.9 (47.2%)
313	KRAJEWSKA Irmína	8435		Senior II K - 30	52	00:00:49	00:44:27	01:04:59	01:41:02.70	01:41:02.70	+00:53:07 (52.6%)	10:06	5.9 (47.2%)
314	KUBAŚ Dawid	8492	NADLEŚNICTWO ZDROJE	Senior II M - 30	64	00:00:44	00:44:51	01:05:41	01:41:05.15	01:41:05.15	+00:53:10 (52.6%)	10:06	5.9 (47.2%)
315	TÓRZ Anna	8292		Masters K - 40	34	00:00:53	00:44:19	01:05:40	01:41:06.20	01:41:06.20	+00:53:11 (52.6%)	10:06	5.9 (47.2%)
316	BINKIEWICZ-KOWALCZYK Agnieszka	8189		Senior II K - 30	53	00:00:19	00:42:33	01:04:23	01:41:14.55	01:41:14.55	+00:53:19 (52.7%)	10:07	5.9 (47.2%)
317	GAWLAS Roman	8078		Masters M - 40	64	00:00:39	00:45:49	01:09:05	01:41:24.55	01:41:24.55	+00:53:29 (52.8%)	10:08	5.9 (47.2%)
318	JASIEWICZ Karolina	8350		Senior II K - 30	54	00:00:52	00:42:00	01:02:50	01:41:39.70	01:41:39.70	+00:53:44 (52.9%)	10:09	5.9 (47.2%)
319	MOŃKA-PODGÓRNA Aleksandra	8299	#POBIEGANI	Senior I K - 20	26	00:00:37	00:41:59	01:03:20	01:41:40.70	01:41:40.70	+00:53:45 (52.9%)	10:10	5.9 (47.2%)
320	LACHOR Anna	8275		Weteran K - 50	7	00:01:31	00:45:31	01:06:28	01:41:44.60	01:41:44.60	+00:53:49 (52.9%)	10:10	5.9 (47.2%)
321	PRUS Dorota	8052		Masters K - 40	35	00:01:27	00:45:18	01:04:57	01:41:45.80	01:41:45.80	+00:53:50 (52.9%)	10:10	5.9 (47.2%)
322	WEBER Agata	8581	VELO ŁOSIE NA SZOSIE	Masters K - 40	36	00:00:30	00:43:14	01:03:56	01:41:50.25	01:41:50.25	+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	ROSA Izabela	8560	ROXY	Senior II K - 30	55	00:00:59	00:45:31	01:06:30	01:42:05.40	01:42:05.40	+00:54:10 (53.1%)	10:12	5.9 (47.2%)
324	DĘBSKA Marzena	8035	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	37	00:00:09	00:45:21	01:06:32	01:42:17.50	01:42:17.50	+00:54:22 (53.2%)	10:13	5.9 (47.2%)
325	KRYSA Dorota	8322	POMYŁKA TEAM	Masters K - 40	38	00:01:29	00:44:45	01:06:27	01:42:20.65	01:42:20.65	+00:54:25 (53.2%)	10:14	5.9 (47.2%)
326	WASILEWSKA Agnieszka	8226	AROMAT NÓG	Masters K - 40	39	00:00:12	00:40:53	01:04:16	01:42:35.10	01:42:35.10	+00:54:40 (53.3%)	10:15	5.8 (46.4%)
327	JÓŹWIAKOWSKA Weronika	8245		Senior I K - 20	27	00:00:32	00:43:17	01:05:15	01:42:48.30	01:42:48.30	+00:54:53 (53.4%)	10:16	5.8 (46.4%)
328	WIRTEK Magdalena	8305		Senior II K - 30	56	00:00:13	00:42:02	01:04:10	01:43:05.30	01:43:05.30	+00:55:10 (53.5%)	10:18	5.8 (46.4%)
329	LESNIAK Sylwia	8320		Masters K - 40	40	00:00:07	00:42:31	01:04:39	01:43:08.35	01:43:08.35	+00:55:13 (53.5%)	10:18	5.8 (46.4%)
330	MRÓZ Anna	8382		Senior II K - 30	57	00:19:05	01:13:13		01:43:22.70	01:43:22.70	+00:55:27 (53.7%)	10:20	5.8 (46.4%)
331	TOMERA Dorota	8496	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	41	00:01:10	00:45:48	01:06:33	01:43:35.45	01:43:35.45	+00:55:40 (53.7%)	10:21	5.8 (46.4%)
332	GURGUL Dorota	8205	AROMAT NÓG	Masters K - 40	42	00:00:12	00:40:52	01:04:15	01:43:51.00	01:43:51.00	+00:55:56 (53.9%)	10:23	5.8 (46.4%)
333	KUROWSKA Bianka	8341		Senior I K - 20	28	00:01:09	00:45:01	01:06:58	01:43:56.80	01:43:56.80	+00:56:01 (53.9%)	10:23	5.8 (46.4%)
334	JAKUBOWSKA Judyta	8076		Masters K - 40	43	00:00:25	00:42:51	01:05:01	01:44:07.45	01:44:07.45	+00:56:12 (54.0%)	10:24	5.8 (46.4%)
335	MŁYNARSKI Marian	8309		Weteran III M - 70	4	00:00:19	00:43:46	01:05:39	01:44:21.20	01:44:21.20	+00:56:26 (54.1%)	10:26	5.7 (45.6%)
336	MIECZKOWSKA Nina	8039		Senior II K - 30	58	00:01:02	00:44:29	01:06:36	01:44:31.05	01:44:31.05	+00:56:36 (54.2%)	10:27	5.7 (45.6%)
337	WOJCIECHOWSKA Paulina	8185		Senior II K - 30	59	00:00:50	00:43:49	01:04:52	01:44:51.95	01:44:51.95	+00:56:57 (54.3%)	10:29	5.7 (45.6%)
338	SUDER Maciej	8364	3M RUNNING TEAM POLAND	Senior II M - 30	65	00:00:36	00:42:09	01:03:52	01:44:55.50	01:44:55.50	+00:57:00 (54.3%)	10:29	5.7 (45.6%)
339	BOCHYŃSKA Adrianna	8146		Senior II K - 30	60	00:00:58	00:45:31	01:06:39	01:44:57.45	01:44:57.45	+00:57:02 (54.3%)	10:29	5.7 (45.6%)
340	RZYSZKIEWICZ Małgorzata	8274	PĘDZĄCE LENIWCE	Masters K - 40	44	00:00:53	00:43:58	01:05:39	01:45:08.75	01:45:08.75	+00:57:13 (54.4%)	10:30	5.7 (45.6%)
341	WOŹNIAK Lidia	8223	PORMAT JEDLICZE BIEGA	Weteran K - 50	8	00:00:34	00:43:49	01:05:26	01:45:11.80	01:45:11.80	+00:57:16 (54.5%)	10:31	5.7 (45.6%)
342	OLEJ Robert	8193		Senior I M - 20	39	00:00:14	00:42:12	01:05:54	01:45:13.55	01:45:13.55	+00:57:18 (54.5%)	10:31	5.7 (45.6%)
343	KOCHANOWSKA Grażyna	8476		Weteran K - 50	9	00:00:35	00:42:29	01:03:59	01:45:28.90	01:45:28.90	+00:57:34 (54.6%)	10:32	5.7 (45.6%)
344	BOBIN Anna	8084	ZOCHU TEAM	Masters K - 40	45	00:00:50	00:45:16	01:07:19	01:45:36.35	01:45:36.35	+00:57:41 (54.6%)	10:33	5.7 (45.6%)
345	HAMPEL Maria	8316	BODY POWER	Senior I K - 20	29	00:00:24	00:43:24	01:05:55	01:45:39.30	01:45:39.30	+00:57:44 (54.7%)	10:33	5.7 (45.6%)
346	GONERA Janina	8014	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:00:51	00:45:52	01:07:40	01:45:40.95	01:45:40.95	+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	HOJDA Agnieszka	8572		Senior II K - 30	61	00:00:23	00:43:25	01:06:37	01:46:04.80	01:46:04.80	+00:58:09 (54.8%)	10:36	5.7 (45.6%)
348	ZWYDAK Anna	8134	WKURW_TEAM	Senior II K - 30	62	00:00:34	00:44:53	01:06:46	01:46:15.80	01:46:15.80	+00:58:20 (54.9%)	10:37	5.6 (44.8%)
349	NITSCHKE Karol	8359	TKKF MPK POZNAŃ	Masters M - 40	65	00:01:00	00:43:34	01:06:26	01:46:19.15	01:46:19.15	+00:58:24 (54.9%)	10:37	5.6 (44.8%)
350	NITSCHKE Grażyna	8390	MPK-POZNAŃ	Masters K - 40	46	00:00:56	00:43:50	01:06:25	01:46:19.35	01:46:19.35	+00:58:24 (54.9%)	10:37	5.6 (44.8%)
351	IWANOW Małgorzata	8428		Senior II K - 30	63	00:01:23	00:45:56	01:08:14	01:46:21.95	01:46:21.95	+00:58:27 (55.0%)	10:38	5.6 (44.8%)
352	GAWRON Monika	8481	MIRAZ RACE TEAM	Masters K - 40	47	00:00:07	00:47:20	01:09:08	01:46:45.05	01:46:45.05	+00:58:50 (55.1%)	10:40	5.6 (44.8%)
353	BIAŁEK Wioletta	8114		Masters K - 40	48	00:01:03	00:45:35	01:08:03	01:47:13.85	01:47:13.85	+00:59:19 (55.3%)	10:43	5.6 (44.8%)
354	STELMASZCZYK Michalina	8573		Senior I K - 20	30	00:00:39	00:45:09	01:06:57	01:47:25.35	01:47:25.35	+00:59:30 (55.4%)	10:44	5.6 (44.8%)
355	KRZYWICKI Leszek	8579	KIERUNEK ULTRA	Weteran I M - 50	20	00:00:30	00:42:50	01:05:54	01:47:32.85	01:47:32.85	+00:59:38 (55.4%)	10:45	5.6 (44.8%)
356	GABERT Beata	8028	RAZ SZCZECIN	Weteran K - 50	10	00:00:08	00:44:22	01:07:15	01:47:53.65	01:47:53.65	+00:59:58 (55.6%)	10:47	5.6 (44.8%)
357	SROCZYŃSKI Maciej	8235		Masters M - 40	66	00:01:16	00:44:28	01:06:36	01:47:57.25	01:47:57.25	+01:00:02 (55.6%)	10:47	5.6 (44.8%)
358	RADWAN Mateusz	8106		Senior II M - 30	66	00:00:45	00:46:33	01:10:29	01:48:54.75	01:48:54.75	+01:00:59 (56.0%)	10:53	5.5 (44.0%)
359	MORAWSKA-KREKORA Anna	8453		Senior II K - 30	64	00:01:24	00:46:09	01:09:17	01:49:08.75	01:49:08.75	+01:01:13 (56.1%)	10:54	5.5 (44.0%)
360	DYBAŁA Michał	8177	NULL	Masters M - 40	67	00:00:32	00:45:28	01:08:13	01:49:21.60	01:49:21.60	+01:01:26 (56.2%)	10:56	5.5 (44.0%)
361	DYBAŁA Beata	8174	DZIKIE GRUBASY SZATANA	Senior II K - 30	65	00:00:31	00:45:28	01:08:18	01:49:21.95	01:49:21.95	+01:01:27 (56.2%)	10:56	5.5 (44.0%)
362	DZIUBAŁA Ilona	8247		Weteran K - 50	11	00:00:24	00:46:39	01:09:56	01:49:28.30	01:49:28.30	+01:01:33 (56.2%)	10:56	5.5 (44.0%)
363	SIP Sabina	8157	FSD RUN DREZDENKO	Masters K - 40	49	00:00:22	00:45:50	01:09:16	01:49:30.45	01:49:30.45	+01:01:35 (56.2%)	10:57	5.5 (44.0%)
364	WITCZAK-SPERKA Mariola	8059	RAZ SZCZECIN	Weteran II K - 60	5	00:00:22	00:44:09	01:07:19	01:51:40.35	01:51:40.35	+01:03:45 (57.1%)	11:10	5.4 (43.2%)
365	PLASZCZAK Jarosław	8161		Masters M - 40	68	00:00:32	00:46:03	01:09:07	01:51:42.55	01:51:42.55	+01:03:47 (57.1%)	11:10	5.4 (43.2%)
365	PLASZCZAK Bogumiła	8162	PIEKIELNIE ZGRANI	Masters K - 40	50	00:00:32	00:45:37	01:09:01	01:51:42.55	01:51:42.55	+01:03:47 (57.1%)	11:10	5.4 (43.2%)
367	JOŃCZYK Elżbieta	8098	TUP TUP	Weteran K - 50	12	00:01:08	00:49:33	01:12:22	01:51:47.00	01:51:47.00	+01:03:52 (57.1%)	11:10	5.4 (43.2%)
368	MĄDRO Agnieszka	8417		Masters K - 40	51	00:01:32	00:49:36	01:12:29	01:52:07.80	01:52:07.80	+01:04:12 (57.3%)	11:12	5.4 (43.2%)
369	LEWANDOWSKA Anna	8027	BORKOŚ TEAM	Senior II K - 30	66	00:01:15	00:46:49	01:09:36	01:52:24.45	01:52:24.45	+01:04:29 (57.4%)	11:14	5.3 (42.4%)
370	JAROSZ Agnieszka	8343	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	31	00:01:11	00:47:56	01:11:53	01:52:34.55	01:52:34.55	+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	3.7km	5.8km					
371	WYCISZKIEWICZ Gabriela	8371	TEAM KURORT ŁĄDEK ZDRÓJ	Masters K - 40	52	00:01:11	00:47:54	01:11:53	01:52:35.15	01:52:35.15	+01:04:40 (57.4%)	11:15	5.3 (42.4%)
372	PARTYKA Agnieszka	8017	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	53	00:01:23	00:48:11	01:11:56	01:53:13.80	01:53:13.80	+01:05:18 (57.7%)	11:19	5.3 (42.4%)
373	SOWA Marta	8053	WKURW_TEAM	Senior II K - 30	67	00:01:24	00:48:01	01:13:17	01:53:34.60	01:53:34.60	+01:05:39 (57.8%)	11:21	5.3 (42.4%)
374	NAIT MANSOUR Izabela	8325		Masters K - 40	54	00:00:52	00:46:14	01:11:00	01:53:46.50	01:53:46.50	+01:05:51 (57.9%)	11:22	5.3 (42.4%)
375	KLIN Aneta	8402		Masters K - 40	55	00:01:06	00:48:13	01:13:02	01:53:52.75	01:53:52.75	+01:05:57 (57.9%)	11:23	5.3 (42.4%)
376	HETAK Monika	8211		Masters K - 40	56	00:00:40	00:46:44	01:10:59	01:53:56.50	01:53:56.50	+01:06:01 (57.9%)	11:23	5.3 (42.4%)
377	HEŁMIK Katarzyna	8440	POMYŁKA TEAM	Masters K - 40	57	00:01:31	00:49:25	01:13:22	01:54:05.45	01:54:05.45	+01:06:10 (58.0%)	11:24	5.3 (42.4%)
378	GÓRCZYŃSKA Barbara	8229		Masters K - 40	58	00:01:29	00:48:47	01:13:23	01:54:09.85	01:54:09.85	+01:06:15 (58.0%)	11:24	5.3 (42.4%)
379	BIENIEK Iwona	8295		Weteran K - 50	13	00:00:16	00:45:37	01:09:31	01:54:14.10	01:54:14.10	+01:06:19 (58.1%)	11:25	5.3 (42.4%)
380	ROGACZ Ewa	8181		Senior II K - 30	68	00:00:47	00:50:35	01:13:35	01:54:25.00	01:54:25.00	+01:06:30 (58.1%)	11:26	5.2 (41.6%)
381	CHASZCZEWSKA Julia	8066	TOPOLICE TEAM	Senior II K - 30	69	00:00:55	00:48:01	01:12:53	01:54:35.30	01:54:35.30	+01:06:40 (58.2%)	11:27	5.2 (41.6%)
382	MAJCHRZYCKA Agnieszka	8374	TKKF MPK POZNAŃ	Senior II K - 30	70	00:00:55	00:49:34	01:13:05	01:54:44.90	01:54:44.90	+01:06:50 (58.2%)	11:28	5.2 (41.6%)
383	TOCZEK Grażyna	8144	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	14	00:01:08	00:47:17	01:11:31	01:54:51.45	01:54:51.45	+01:06:56 (58.3%)	11:29	5.2 (41.6%)
384	KRÓL Karolina	8133		Senior I K - 20	32	00:01:22	00:49:35	01:13:45	01:54:52.20	01:54:52.20	+01:06:57 (58.3%)	11:29	5.2 (41.6%)
385	GRÖGER Karolina	8149		Senior I K - 20	33	00:00:39	00:46:43	01:11:00	01:55:02.20	01:55:02.20	+01:07:07 (58.3%)	11:30	5.2 (41.6%)
386	SZCZERBIEŃ Jacek	8150		Masters M - 40	69	00:00:51	00:47:09	01:11:00	01:55:02.80	01:55:02.80	+01:07:07 (58.4%)	11:30	5.2 (41.6%)
387	DATA Tomasz	8090	HRMAX ŻORY	Weteran I M - 50	21	00:01:27	00:49:38	01:13:46	01:55:26.75	01:55:26.75	+01:07:31 (58.5%)	11:32	5.2 (41.6%)
388	MIKOŁAJCZAK Magdalena	8089	HRMAX ŻORY	Masters K - 40	59	00:01:27	00:49:38	01:13:48	01:55:29.50	01:55:29.50	+01:07:34 (58.5%)	11:32	5.2 (41.6%)
389	MORAWSKA Edyta	8386	BIEGNIJ OŁAWO	Masters K - 40	60	00:00:35	00:45:07	01:08:23	01:55:39.45	01:55:39.45	+01:07:44 (58.6%)	11:33	5.2 (41.6%)
390	MORAWSKI Jarosław	8385	BIEGNIJ OŁAWO	Masters M - 40	70	00:00:36	00:45:11	01:08:23	01:55:40.30	01:55:40.30	+01:07:45 (58.6%)	11:34	5.2 (41.6%)
391	BOGUSŁAWSKA Elżbieta	8215		Masters K - 40	61	00:00:45	00:46:47	01:12:38	01:55:54.90	01:55:54.90	+01:08:00 (58.7%)	11:35	5.2 (41.6%)
392	FILIPIAK Sebastian	8219	EKIPA LIPA	Masters M - 40	71	00:00:52	00:52:30	01:15:19	01:56:00.20	01:56:00.20	+01:08:05 (58.7%)	11:36	5.2 (41.6%)
393	SZYMCZAK Katarzyna	8218		Senior II K - 30	71	00:00:52	00:52:30	01:15:18	01:56:00.70	01:56:00.70	+01:08:05 (58.7%)	11:36	5.2 (41.6%)
394	SZAFLIK Anna	8216		Masters K - 40	62	00:00:46	00:46:48	01:12:38	01:56:08.95	01:56:08.95	+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	GÓRAL Agnieszka	8082	ALSTOM KATOWICE	Senior II K - 30	72	00:01:03	00:49:39	01:14:37	01:56:33.45	01:56:33.45	+01:08:38 (58.9%)	11:39	5.1 (40.8%)
396	PIEKARCZYK Katarzyna	8418		Senior II K - 30	73	00:01:32	00:50:18	01:13:38	01:56:37.50	01:56:37.50	+01:08:42 (58.9%)	11:39	5.1 (40.8%)
397	SYPNIEWSKA Hanna	8327	ULTRA WAY TEAM	Weteran II K - 60	6	00:01:25	00:49:39	01:14:04	01:56:38.60	01:56:38.60	+01:08:43 (58.9%)	11:39	5.1 (40.8%)
398	RZESZOWSKA Iwona	8283	MIRAZ RACE TEAM	Masters K - 40	63	00:00:07	00:47:51	01:13:14	01:56:51.10	01:56:51.10	+01:08:56 (59.0%)	11:41	5.1 (40.8%)
399	ROMANOWSKA Anna	8586		Masters K - 40	64	00:00:29	00:48:19	01:14:20	01:57:45.60	01:57:45.60	+01:09:50 (59.3%)	11:46	5.1 (40.8%)
400	ZIELIŃSKA Magdalena	8585		Senior II K - 30	74	00:00:30	00:48:20	01:14:20	01:57:45.95	01:57:45.95	+01:09:51 (59.3%)	11:46	5.1 (40.8%)
401	DULIK Aleksandra	8303	OPOLE	Masters K - 40	65	00:00:57	00:48:40	01:13:17	01:58:07.35	01:58:07.35	+01:10:12 (59.4%)	11:48	5.1 (40.8%)
402	LECHOWSKA Monika	8083	ALSTOM KATOWICE	Masters K - 40	66	00:01:03	00:49:49	01:14:37	01:58:14.95	01:58:14.95	+01:10:20 (59.5%)	11:49	5.1 (40.8%)
403	PRZYŁUSKA Mirosława	8032	RAZ SZCZECIN	Weteran III K - 70	1	00:00:24	00:47:21	01:12:53	01:58:27.75	01:58:27.75	+01:10:32 (59.6%)	11:50	5.1 (40.8%)
404	GLASSER Marek	8478		Weteran III M - 70	5	00:01:14	00:49:37	01:14:22	01:58:47.40	01:58:47.40	+01:10:52 (59.7%)	11:52	5.1 (40.8%)
405	WASILEWSKA Joanna	8361	PARKRUN GRUDZIĄDZ	Senior II K - 30	75	00:00:57	00:47:58	01:12:17	01:58:58.40	01:58:58.40	+01:11:03 (59.7%)	11:53	5 (40.0%)
406	LIS Ewelina	8008		Masters K - 40	67	00:00:56	00:47:57	01:09:11	01:59:01.15	01:59:01.15	+01:11:06 (59.7%)	11:54	5 (40.0%)
407	MODRAK Maciej	8007	PARKRUN GRUDZIĄDZ	Weteran I M - 50	22	00:00:57	00:47:57	01:08:50	01:59:02.75	01:59:02.75	+01:11:07 (59.8%)	11:54	5 (40.0%)
408	KOLASA Andrzej	8129	KLUB J.SŁOWACKIEGO	Weteran III M - 70	6	00:00:02	00:46:52	01:14:10	01:59:49.80	01:59:49.80	+01:11:54 (60.0%)	11:58	5 (40.0%)
409	SZCZUKA Paweł	8366		Weteran I M - 50	23	00:00:54	00:49:43	01:14:48	01:59:54.10	01:59:54.10	+01:11:59 (60.0%)	11:59	5 (40.0%)
410	SZCZUKA Małgorzata	8365		Weteran K - 50	15	00:00:48	00:49:37	01:14:51	01:59:54.85	01:59:54.85	+01:12:00 (60.0%)	11:59	5 (40.0%)
411	PILARSKI Ryszard	8446	IZERY BOGATYNIA	Weteran II M - 60	9	00:00:17	00:48:02	01:13:25	02:01:58.05	02:01:58.05	+01:14:03 (60.7%)	12:11	4.9 (39.2%)
412	PILARSKA Elżbieta	8410	IZERY BOGATYNIA	Weteran III K - 70	2	00:00:17	00:48:03	01:13:26	02:01:58.10	02:01:58.10	+01:14:03 (60.7%)	12:11	4.9 (39.2%)
413	BORIS Aneta	8348		Senior II K - 30	76	00:01:25	00:51:03	01:17:03	02:02:24.55	02:02:24.55	+01:14:29 (60.9%)	12:14	4.9 (39.2%)
414	SZPUREK Anna	8597	BUKOWSKI KLUB BIEGACZA	Masters K - 40	68	00:00:32	00:47:25	01:14:18	02:04:33.65	02:04:33.65	+01:16:38 (61.5%)	12:27	4.8 (38.4%)
415	WOJTKOWSKA Katarzyna	8207		Senior I K - 20	34	00:01:07	00:49:27	01:13:40	02:04:34.55	02:04:34.55	+01:16:39 (61.5%)	12:27	4.8 (38.4%)
416	ZARZECZNY Radosław	8413	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	67	00:00:49	00:47:59	01:13:30	02:04:57.10	02:04:57.10	+01:17:02 (61.7%)	12:29	4.8 (38.4%)
417	MITIS Marek	8232		Senior II M - 30	68	00:00:48	00:48:00	01:13:31	02:04:57.25	02:04:57.25	+01:17:02 (61.7%)	12:29	4.8 (38.4%)
418	PŁOŃSKA Klaudia	8165		Senior I K - 20	35	00:01:07	00:49:28	01:13:43	02:05:00.25	02:05:00.25	+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	BUDZISZEWSKI Jakub	8164		Senior I M - 20	40	00:01:08	00:49:33	01:14:53	02:05:00.75	02:05:00.75	+01:17:05 (61.7%)	12:30	4.8 (38.4%)
420	AGATA Bagrowska	8257		Masters K - 40	69	00:01:15	00:51:33	01:18:20	02:05:36.05	02:05:36.05	+01:17:41 (61.9%)	12:33	4.8 (38.4%)
421	WEKA Krzysztof	8555	BIALYSTOK BIEGA TEAM	Senior II M - 30	69	00:00:10	00:39:20	01:05:57	02:06:04.65	02:06:04.65	+01:18:09 (62.0%)	12:36	4.8 (38.4%)
422	ANACZKOWSKA Krystyna	8307	ZANTYR SZTUM	Weteran II K - 60	7	00:00:35	00:51:29	01:17:38	02:06:13.55	02:06:13.55	+01:18:18 (62.0%)	12:37	4.8 (38.4%)
423	ŚLEDZIK Joanna	8085	ALSTOM KATOWICE	Masters K - 40	70	00:01:15	00:51:32	01:15:32	02:06:27.25	02:06:27.25	+01:18:32 (62.1%)	12:38	4.7 (37.6%)
424	WALCZAK Sławomir	8118		Weteran I M - 50	24	00:06:08	00:52:24	01:17:11	02:06:32.55	02:06:32.55	+01:18:37 (62.1%)	12:39	4.7 (37.6%)
425	DOMINIAK Agnieszka	8030		Masters K - 40	71	00:01:05	00:52:24	01:18:29	02:07:17.05	02:07:17.05	+01:19:22 (62.4%)	12:43	4.7 (37.6%)
426	NURKIEWICZ- KMIECIK Dominika	8186		Masters K - 40	72	00:00:50	00:52:09	01:18:28	02:07:37.55	02:07:37.55	+01:19:42 (62.5%)	12:45	4.7 (37.6%)
427	SZYMAŃSKA Ania	8225		Weteran K - 50	16	00:01:01	00:50:39	01:16:41	02:10:40.15	02:10:40.15	+01:22:45 (63.3%)	13:04	4.6 (36.8%)
428	KARCZYŃSKA Sylwia	8352		Masters K - 40	73	00:01:04	00:54:20	01:21:44	02:11:47.35	02:11:47.35	+01:23:52 (63.6%)	13:10	4.6 (36.8%)
429	GIERSZEWSKI Marek	8591	HRT	Masters M - 40	72	00:01:03	00:54:33	01:21:43	02:11:48.20	02:11:48.20	+01:23:53 (63.6%)	13:10	4.6 (36.8%)
430	SZKUTA Stanisław	8308	ROVELLI TEORIA KWANTÓW	Weteran II M - 60	10	00:00:21	00:51:03	01:20:36	02:12:06.80	02:12:06.80	+01:24:11 (63.7%)	13:12	4.5 (36.0%)
431	WIŚNIEWSKI Michał	8119	K.S OBSTAWIAMY TYŁY	Masters M - 40	73	00:00:59	00:49:36	01:18:00	02:12:37.70	02:12:37.70	+01:24:42 (63.9%)	13:15	4.5 (36.0%)
432	SOWIŃSKI Robert	8117	K.S. OBSTAWIAMY TYŁY	Masters M - 40	74	00:01:00	00:48:37	01:18:00	02:12:39.35	02:12:39.35	+01:24:44 (63.9%)	13:15	4.5 (36.0%)
433	RYMSKA Anna	8290		Masters K - 40	74	00:00:52	00:53:06	01:22:37	02:13:32.90	02:13:32.90	+01:25:38 (64.1%)	13:21	4.5 (36.0%)
434	SMYCZ Anna	8291		Masters K - 40	75	00:00:53	00:53:11	01:22:39	02:13:33.45	02:13:33.45	+01:25:38 (64.1%)	13:21	4.5 (36.0%)
435	BĄCZEK Krzysztof	8310		Masters M - 40	75	00:01:17	00:55:53	01:22:34	02:14:42.10	02:14:42.10	+01:26:47 (64.4%)	13:28	4.5 (36.0%)
436	ŁOZIENKO Anna	8411	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	77	00:01:24	00:56:06	01:24:38	02:15:40.15	02:15:40.15	+01:27:45 (64.7%)	13:34	4.4 (35.2%)
437	JANOSZ Marzena	8099		Weteran K - 50	17	00:01:08	00:54:21	01:23:14	02:20:24.55	02:20:24.55	+01:32:29 (65.9%)	14:02	4.3 (34.4%)
438	MAKSYMOWICZ Monika	8415		Senior II K - 30	78	00:01:32	00:56:29	01:28:31	02:20:29.20	02:20:29.20	+01:32:34 (65.9%)	14:02	4.3 (34.4%)
439	RYBKA Elżbieta	8416		Senior II K - 30	79	00:01:32	00:56:23	01:27:18	02:20:43.70	02:20:43.70	+01:32:48 (66.0%)	14:04	4.3 (34.4%)
440	KUBIATOWICZ Małgorzata	8006		Masters K - 40	76	00:01:26	01:01:58	01:31:35	02:20:50.75	02:20:50.75	+01:32:55 (66.0%)	14:05	4.3 (34.4%)
441	MAJCHRZAK Monika	8022	WKURW_TEAM	Weteran K - 50	18	00:01:13	00:59:27	01:28:22	02:21:40.90	02:21:40.90	+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	STRZYŻOWSKA Monika	8091		Masters K - 40	77	00:00:26	00:53:59	01:25:19	02:24:23.55	02:24:23.55	+01:36:28 (66.8%)	14:26	4.2 (33.6%)
443	WITKIEWICZ- ŁUKASZEK Sandra	8018	ŁUKASZKI TEAM	Senior II K - 30	80	00:00:27	00:53:58	01:25:20	02:24:24.20	02:24:24.20	+01:36:29 (66.8%)	14:26	4.2 (33.6%)
444	KRZEMIENIEWSKI Jerzy	8054	KB SZAMOTUŁY	Weteran II M - 60	11	00:01:16	01:00:08	01:33:22	02:31:04.55	02:31:04.55	+01:43:09 (68.3%)	15:06	4 (32.0%)
445	ZALESZCZAK Renata	8011	KB SZAMOTUŁY	Weteran K - 50	19	00:00:52	01:04:02	01:37:19	02:31:34.75	02:31:34.75	+01:43:39 (68.4%)	15:09	4 (32.0%)
446	MICHALSKI Dariusz	8020	ALFA TEAM GOSTYŃ	Weteran I M - 50	25	00:01:18	01:03:24	01:35:55	02:32:13.85	02:32:13.85	+01:44:19 (68.5%)	15:13	3.9 (31.2%)
447	MROWCA Paweł	8439		Senior II M - 30	70	00:01:17	00:56:38	01:29:35	02:33:10.85	02:33:10.85	+01:45:16 (68.7%)	15:19	3.9 (31.2%)
448	SZAFRANIEC- MROWCA Dorota	8438		Masters K - 40	78	00:01:16	00:56:38	01:29:56	02:33:11.30	02:33:11.30	+01:45:16 (68.7%)	15:19	3.9 (31.2%)
449	SZYMAŃSKI Paweł	8378		Masters M - 40	76	00:01:20	01:02:58	01:36:41	02:39:28.45	02:39:28.45	+01:51:33 (70.0%)	15:56	3.8 (30.4%)
450	SZYMAŃSKA Agnieszka	8244		Masters K - 40	79	00:01:20	01:02:57	01:36:40	02:39:28.80	02:39:28.80	+01:51:33 (70.0%)	15:56	3.8 (30.4%)
451	GRZELAKOWSKA Iwona	8442		Masters K - 40	80	00:01:13	01:06:59	01:39:33	02:41:34.10	02:41:34.10	+01:53:39 (70.3%)	16:09	3.7 (29.6%)
452	KOCIUBA Katarzyna	8170		Senior II K - 30	81	00:01:00	00:55:45	01:28:22	02:41:35.65	02:41:35.65	+01:53:40 (70.3%)	16:09	3.7 (29.6%)
453	KOWAL Marzena	8026		Masters K - 40	81	00:00:45	01:04:41	01:41:21	02:42:31.70	02:42:31.70	+01:54:36 (70.5%)	16:15	3.7 (29.6%)
454	STROIŃSKA Iwona	8080	LESZ NO LIMITS RUNNERS	Masters K - 40	82	00:00:47	01:04:42	01:41:22	02:42:33.45	02:42:33.45	+01:54:38 (70.5%)	16:15	3.7 (29.6%)
455	KONIECZNY Robert	8021	WKURW_TEAM	Masters M - 40	77	00:01:15	00:52:13	01:15:37	02:45:35.95	02:45:35.95	+01:57:41 (71.1%)	16:33	3.6 (28.8%)
456	MIELEC Marta	8447	#ZŁOTYNAKILOMETR	Senior II K - 30	82	00:01:15	00:52:13	01:15:37	02:45:36.80	02:45:36.80	+01:57:41 (71.1%)	16:33	3.6 (28.8%)
Przekroczony limit czasu: 03:00:00													
457	ROBAK Aneta	8152		Masters K - 40	83	00:00:49	01:10:13		03:12:11.20	03:12:11.20	+02:24:16 (75.1%)	19:13	3.1 (24.8%)
458	MRÓWCZYŃSKA Ewa	8392		Weteran K - 50	20	00:00:33	01:10:39		03:12:13.20	03:12:13.20	+02:24:18 (75.1%)	19:13	3.1 (24.8%)
DNC	ŚWIRGOŃ Adam	8596	ZAŁOGA GÓRSKA	Senior I M - 20		00:00:01							(0.0%)
	ZAKRZEWICZ- PODLECKA Agnieszka	8180	ROKIETNICA BIEGA	Senior II K - 30		00:00:04 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	POŚWISTAJŁO Marcin	8452		Senior I M - 20		00:00:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 461 wynik(ów)