



BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-07-16
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KRÓL Adrian	9495	LACHO TEAM	Senior I M - 20	1	00:23:46	00:34:18	00:52:36.85	00:52:42.20		5:15	11.4 (100%)
2	KUJAWA Zbigniew	9390	TKKF KOLEJARZ BYDGOSZCZ/ZAŁOGA GÓRSKA	Senior II M - 30	1	00:23:31	00:34:35	00:54:11.30	00:54:13.90	+00:01:31 (2.8%)	5:25	11.1 (97.4%)
3	DYJAK Robert	9032		Masters M - 40	1	00:24:16	00:35:19	00:54:50.35	00:54:53.35	+00:02:11 (4.0%)	5:29	10.9 (95.6%)
4	KONIECZNY Szymon	9514		Senior II M - 30	2	00:24:15	00:35:15	00:54:51.65	00:54:56.10	+00:02:13 (4.1%)	5:29	10.9 (95.6%)
5	SOKÓŁ Krzysztof	9476	TEAM EAZYMUT.PL	Senior I M - 20	2	00:23:58	00:35:40	00:55:51.05	00:55:54.45	+00:03:12 (5.7%)	5:35	10.7 (93.9%)
6	PIÓRKOWSKI Przemysław	9378	JAZDA!!!	Senior I M - 20	3	00:25:02	00:35:44	00:55:58.20	00:56:00.60	+00:03:18 (5.9%)	5:35	10.7 (93.9%)
7	PIEKARSKI Jakub	9436	ROO HATCH WILKÓW	Senior I M - 20	4	00:25:09	00:36:30	00:55:58.80	00:56:10.15	+00:03:27 (6.2%)	5:35	10.7 (93.9%)
8	RUTKOWSKI Damian	9307	ZSZ LIDZBARK WARMIŃSKI	Senior I M - 20	5	00:24:15	00:35:45	00:56:16.00	00:56:18.70	+00:03:36 (6.4%)	5:37	10.7 (93.9%)
9	TOMASIAK Dominik	9544	AKUJO NO FUKA-NASAKE	Masters M - 40	2	00:25:05	00:36:18	00:56:39.85	00:56:44.10	+00:04:01 (7.1%)	5:39	10.6 (93.0%)
10	JĘDRYCHOWSKI Piotr	9125	KB SOBÓTKA	Masters M - 40	3	00:24:38	00:35:53	00:57:42.15	00:57:45.45	+00:05:03 (8.8%)	5:46	10.4 (91.2%)
11	DUTKOWSKI Mikołaj	9037	CX-80 POLSKA	Senior II M - 30	3	00:26:22	00:38:04	00:58:31.65	00:58:37.00	+00:05:54 (10.1%)	5:51	10.3 (90.4%)
12	WIECZOREK Nina	9371	SBG SALCO	Senior I K - 20	1	00:26:31	00:38:17	00:58:51.80	00:58:55.95	+00:06:13 (10.6%)	5:53	10.2 (89.5%)
13	RACZAK Maciej	9175	42K PRO TEAM	Senior II M - 30	4	00:26:36		00:58:52.80	00:59:00.10	+00:06:17 (10.7%)	5:53	10.2 (89.5%)
14	SKORUPA Jacek	9568	EUFORIA BIEGACZA TEAM	Masters M - 40	4	00:26:23	00:38:15	00:59:10.50	00:59:15.60	+00:06:33 (11.1%)	5:55	10.1 (88.6%)
15	TOMKÓW Robert	9131	FAST FOOT OPOLE	Weteran I M - 50	1	00:27:05	00:38:49	00:59:24.25	00:59:26.60	+00:06:44 (11.3%)	5:56	10.1 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1	C1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
16	KWIATKOWSKA Kinga	9375	HOKA GARMIN TEAM	Senior II K - 30	1	00:26:56	00:38:49	00:59:57.80	01:00:02.70	+00:07:20 (12.2%)	5:59	10 (87.7%)
17	PRZYSTARZ Artur	9060	OBOROGENI	Weteran I M - 50	2	00:26:55	00:38:52	01:00:50.00	01:00:56.80	+00:08:14 (13.5%)	6:05	9.9 (86.8%)
18	FLOREK Katarzyna	9221	AW-SZYBCIEJ-TEAM	Senior II K - 30	2	00:27:34	00:40:04	01:01:14.70	01:01:18.40	+00:08:36 (14.0%)	6:07	9.8 (86.0%)
19	GOLEC Bartłomiej	9530	KS KANDAHAR	Masters M - 40	5	00:25:53		01:01:36.10	01:01:42.10	+00:08:59 (14.6%)	6:09	9.7 (85.1%)
20	LESNICKI Marek	9427	STRZEGOMSKA DWUNASTKA	Weteran I M - 50	3	00:27:16	00:39:39	01:02:15.00	01:02:23.00	+00:09:40 (15.5%)	6:13	9.6 (84.2%)
21	PODWÓJCI Michał	9298	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	6	00:27:00	00:39:43	01:02:28.30	01:02:34.70	+00:09:52 (15.8%)	6:14	9.6 (84.2%)
22	JEZIERSKI Tomasz	9217		Masters M - 40	7	00:28:11	00:40:45	01:02:42.90	01:02:47.95	+00:10:05 (16.1%)	6:16	9.6 (84.2%)
23	WROTECKA Katarzyna	9309	STAJNIAKTEAM	Senior II K - 30	3	00:27:39	00:40:09	01:02:47.55	01:02:51.45	+00:10:09 (16.2%)	6:16	9.6 (84.2%)
24	MAZUR Jan	9018		Senior I M - 20	6	00:28:43	00:41:03	01:03:03.95	01:03:12.50	+00:10:30 (16.6%)	6:18	9.5 (83.3%)
25	PODGÓRNY Mariusz	9324	TEAM OZIMEK	Senior II M - 30	5	00:28:14	00:40:49	01:03:21.55	01:03:27.50	+00:10:45 (16.9%)	6:20	9.5 (83.3%)
26	JAGNIĄTKOWSKI Jacek	9526	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	8	00:28:44	00:41:36	01:03:39.00	01:03:50.20	+00:11:08 (17.4%)	6:21	9.4 (82.5%)
27	KSIĄŻKIEWICZ Bartłomiej	9478	ROCKY BALBOA	Masters M - 40	9	00:28:33	00:41:18	01:03:51.35	01:03:55.80	+00:11:13 (17.6%)	6:23	9.4 (82.5%)
28	ROSOLSKI Dawid	9057		Senior II M - 30	6	00:28:45	00:41:35	01:04:07.55	01:04:12.30	+00:11:30 (17.9%)	6:24	9.4 (82.5%)
29	SZCZEPAŃSKI Wojciech	9205	PCH SPORT TEAM	Senior I M - 20	7	00:28:46	00:41:53	01:04:15.70	01:04:18.60	+00:11:36 (18.0%)	6:25	9.3 (81.6%)
30	KOCHAŃSKI Tomasz	9038	PARKRUN GRUDZIĄDZ	Senior II M - 30	7	00:29:01	00:42:11	01:04:22.20	01:04:27.10	+00:11:44 (18.2%)	6:26	9.3 (81.6%)
31	PAJĄK Alan	9170	ZIELONA MANUFAKTURA TEAM	Senior II M - 30	8	00:28:56	00:41:39	01:04:29.90	01:04:53.00	+00:12:10 (18.8%)	6:26	9.3 (81.6%)
32	KUCHARSKI Robert	9325	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	10	00:29:10	00:42:31	01:04:46.00	01:04:54.20	+00:12:12 (18.8%)	6:28	9.3 (81.6%)
33	PALIŃSKI Bartłomiej	9093	ROZBIEGANI CHOJNÓW	Senior I M - 20	8	00:28:40	00:41:59	01:04:43.70	01:04:55.30	+00:12:13 (18.8%)	6:28	9.3 (81.6%)
34	PIENIĄŻEK Patryk	9540		Senior II M - 30	9	00:28:31	00:41:28	01:05:02.95	01:05:06.00	+00:12:23 (19.0%)	6:30	9.2 (80.7%)
35	HUBNER Antoni	9252	TLENOWA RADOŚĆ TEAM	Masters M - 40	11	00:28:16	00:41:07	01:05:10.35	01:05:16.10	+00:12:33 (19.3%)	6:31	9.2 (80.7%)
36	PITOŃ Mateusz	9271		Senior I M - 20	9	00:28:42	00:41:30	01:05:33.40	01:05:44.15	+00:13:01 (19.8%)	6:33	9.2 (80.7%)
37	GRUSZKA Piotr	9362		Senior I M - 20	10	00:28:08	00:41:42	01:06:09.00	01:06:13.15	+00:13:30 (20.4%)	6:36	9.1 (79.8%)
38	JANUSZ Damian	9028	KUDOWIANKA RUN	Senior II M - 30	10	00:29:18	00:42:54	01:07:00.00	01:07:02.30	+00:14:20 (21.4%)	6:42	9 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	CHUDY Michał	9377		Senior II M - 30	11	00:30:22	00:43:56	01:08:07.85	01:08:14.30	+00:15:32 (22.8%)	6:48	8.8 (77.2%)
40	BRANDENBURG Michał	9030	PRZYJACIELE TEAM	Masters M - 40	12	00:30:26	00:44:00	01:08:21.60	01:08:27.65	+00:15:45 (23.0%)	6:50	8.8 (77.2%)
41	CIECIELAG Adam	9238	KS PEGAŻ	Junior I M - 20	1	00:30:04	00:44:08	01:08:32.10	01:08:39.30	+00:15:57 (23.2%)	6:51	8.8 (77.2%)
42	WOJDANOWSKI Jan	9428	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	1	00:30:15	00:43:39	01:08:31.00	01:08:47.55	+00:16:05 (23.4%)	6:51	8.8 (77.2%)
43	MACIŃSKI Waldemar	9437		Masters M - 40	13	00:29:16	00:43:11	01:07:42.20	01:08:50.70	+00:16:08 (23.4%)	6:46	8.9 (78.1%)
44	ZACHARCZUK Szczepan	9147	ENDORFINA WSCHOWA	Weteran II M - 60	2	00:30:56	00:44:52	01:08:43.75	01:08:54.00	+00:16:11 (23.5%)	6:52	8.7 (76.3%)
45	KŁAKOWICZ Mariusz	9081		Masters M - 40	14	00:29:36	00:43:10	01:08:17.50	01:09:01.45	+00:16:19 (23.6%)	6:49	8.8 (77.2%)
46	ROMANOWICZ Łukasz	9423		Senior II M - 30	12	00:28:29	00:42:28	01:09:09.40	01:09:14.80	+00:16:32 (23.9%)	6:54	8.7 (76.3%)
47	PŁAZIAK-KOWALSKA Magdalena	9194	2K	Masters K - 40	1	00:30:43	00:44:46	01:09:33.85	01:09:43.20	+00:17:01 (24.4%)	6:57	8.6 (75.4%)
48	WIWATOWSKA Dagmara	9570		Masters K - 40	2	00:30:19	00:44:07	01:09:30.50	01:09:55.00	+00:17:12 (24.6%)	6:57	8.6 (75.4%)
49	MAŁECKI Damian	9389		Senior II M - 30	13	00:30:58	00:44:44	01:09:34.20	01:09:55.30	+00:17:13 (24.6%)	6:57	8.6 (75.4%)
50	CIECIOROWSKA Aleksandra	9313	OFF-ROAD RUNNERS	Senior I K - 20	2	00:30:44	00:45:03	01:10:10.65	01:10:14.35	+00:17:32 (25.0%)	7:01	8.6 (75.4%)
51	KRYSIK Marcin	9166		Senior II M - 30	14	00:31:21	00:45:18	01:10:31.15	01:10:47.90	+00:18:05 (25.6%)	7:03	8.5 (74.6%)
52	PIETRZYK Tomasz	9327	LANIE NA ŚLĘŻY	Masters M - 40	15	00:31:19	00:45:45	01:11:02.80	01:11:10.50	+00:18:28 (26.0%)	7:06	8.4 (73.7%)
53	BIAŁCZYK Marcin	9255	MARATOŃCZYK POZNAŃ	Senior II M - 30	15	00:30:27	00:44:50	01:11:03.15	01:11:13.10	+00:18:30 (26.0%)	7:06	8.4 (73.7%)
54	LISEK Piotr	9341	LISEK TEAM	Weteran II M - 60	3	00:31:38	00:45:47	01:11:16.70	01:11:20.70	+00:18:38 (26.1%)	7:07	8.4 (73.7%)
55	ŻMIJA Liliana	9017	FSD RUN DREZDENKO	Senior II K - 30	4	00:32:30	00:46:23	01:11:11.25	01:11:25.15	+00:18:42 (26.2%)	7:07	8.4 (73.7%)
56	URBAŃSKI Michał	9379	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	16	00:31:08	00:45:26	01:11:13.45	01:11:30.80	+00:18:48 (26.3%)	7:07	8.4 (73.7%)
57	KRUK Tomasz	9347	SPORT GENERATION	Masters M - 40	16	00:30:59	00:45:25	01:11:22.65	01:11:32.75	+00:18:50 (26.3%)	7:08	8.4 (73.7%)
58	PLEŚNIARSKI Zbigniew	9579	KLUB SPORTOWY GRAŃ W KARPACZU	Weteran II M - 60	4	00:32:13	00:46:25	01:11:50.30	01:11:54.75	+00:19:12 (26.7%)	7:11	8.4 (73.7%)
59	KOTOWICZ Tomasz	9287		Masters M - 40	17	00:31:16	00:45:11	01:11:50.30	01:12:08.80	+00:19:26 (26.9%)	7:11	8.4 (73.7%)
60	CHYLINŚKI Radek	9015		Senior II M - 30	17	00:32:28	00:47:26	01:12:02.80	01:12:13.65	+00:19:31 (27.0%)	7:12	8.3 (72.8%)
61	ŁUCZKA Jacek	9041	MELON TEAM	Masters M - 40	18	00:31:26	00:45:53	01:11:51.90	01:12:23.70	+00:19:41 (27.2%)	7:11	8.4 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	JANC Kacper	9572		Senior II M - 30	18	00:30:26	00:45:06	01:10:52.20	01:12:26.70	+00:19:44 (27.3%)	7:05	8.5 (74.6%)
63	WYGONOWSKI Jacek	9264	DZIKUR CREW	Weteran I M - 50	4	00:31:11	00:46:04	01:11:40.80	01:12:28.25	+00:19:46 (27.3%)	7:10	8.4 (73.7%)
64	LEWICKI Tomasz	9067	CAŁA OLEŚNICA BIEGA	Masters M - 40	19	00:31:58	00:45:59	01:12:11.95	01:12:54.00	+00:20:11 (27.7%)	7:13	8.3 (72.8%)
65	SZYPKOWSKI Marek	9516		Masters M - 40	20	00:33:13	00:48:22	01:13:02.80	01:13:18.75	+00:20:36 (28.1%)	7:18	8.2 (71.9%)
66	PAŚNIEWSKI Piotr	9386	PRZEDWOJEWSKI TEAM	Senior II M - 30	19	00:32:14	00:46:54	01:13:12.90	01:13:20.10	+00:20:37 (28.1%)	7:19	8.2 (71.9%)
67	GIERAK Wojciech	9429	KB HARCOWNIK JELCZ-LASKOWICE	Weteran I M - 50	5	00:32:19	00:46:48	01:13:03.00	01:13:20.20	+00:20:38 (28.1%)	7:18	8.2 (71.9%)
68	SZYDŁOWSKI Andrzej	9402		Weteran II M - 60	5	00:32:34	00:47:21	01:13:18.25	01:13:26.65	+00:20:44 (28.2%)	7:19	8.2 (71.9%)
69	SALA Paweł	9574	MIZUNO TURBACZ TEAM	Masters M - 40	21	00:33:58	00:48:11	01:13:27.60	01:13:54.45	+00:21:12 (28.7%)	7:20	8.2 (71.9%)
70	WYWIĄŁ Łukasz	9367	SAINT-GOBAIN SQUAD	Senior II M - 30	20	00:32:26	00:47:19	01:13:31.55	01:13:54.95	+00:21:12 (28.7%)	7:21	8.2 (71.9%)
71	WALCZAK Adrian	9188	AKADEMIA WOJSK LĄDOWYCH	Senior I M - 20	11	00:31:21	00:47:13	01:13:46.20	01:13:55.65	+00:21:13 (28.7%)	7:22	8.1 (71.1%)
72	MAJER Bogusława	9356	VEGE RUNNERS	Masters K - 40	3	00:31:21	00:46:46	01:13:39.15	01:13:59.20	+00:21:17 (28.8%)	7:21	8.1 (71.1%)
73	KUROWSKI Aleksander	9492		Masters M - 40	22	00:33:06	00:48:09	01:13:48.25	01:14:09.20	+00:21:27 (28.9%)	7:22	8.1 (71.1%)
74	OCHMAN Paweł	9463	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	21	00:30:27	00:45:23	01:14:00.35	01:14:13.80	+00:21:31 (29.0%)	7:24	8.1 (71.1%)
75	KONECKI Damian	9556		Senior II M - 30	22	00:32:25	00:47:44	01:13:45.00	01:14:17.45	+00:21:35 (29.1%)	7:22	8.1 (71.1%)
76	JAŚKOWIEC Michał	9272		Senior I M - 20	12	00:32:54	00:47:35	01:13:44.00	01:14:34.80	+00:21:52 (29.3%)	7:22	8.1 (71.1%)
77	BÓRKOWSKA Ola	9202		Senior II K - 30	5	00:32:24	00:47:15	01:14:28.95	01:14:46.85	+00:22:04 (29.5%)	7:26	8.1 (71.1%)
78	KOWALEWSKI Krzysztof	9193		Masters M - 40	23	00:33:17	00:48:07	01:14:48.35	01:14:52.25	+00:22:10 (29.6%)	7:28	8 (70.2%)
79	TYLKOWSKI Filip	9515	TEAM DFBG	Senior I M - 20	13	00:32:44	00:47:25	01:14:24.20	01:15:07.80	+00:22:25 (29.9%)	7:26	8.1 (71.1%)
80	SADOWSKI Szymon	9519		Senior I M - 20	14	00:32:35	00:47:54	01:14:39.05	01:15:13.75	+00:22:31 (29.9%)	7:27	8 (70.2%)
81	CICHOCKI Damian	9479		Senior II M - 30	23	00:33:10	00:48:11	01:14:52.45	01:15:17.70	+00:22:35 (30.0%)	7:29	8 (70.2%)
82	OLESZCZUK Agnieszka	9537	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II K - 30	6	00:32:30	00:47:38	01:15:22.35	01:15:33.85	+00:22:51 (30.3%)	7:32	8 (70.2%)
83	SADOWSKI Piotr	9267	SADOSZCZAKI	Senior II M - 30	24	00:32:54	00:48:19	01:16:01.30	01:16:19.95	+00:23:37 (31.0%)	7:36	7.9 (69.3%)
84	JANIGA Dominik	9295		Senior II M - 30	25	00:34:57	00:50:25	01:16:11.70	01:16:21.85	+00:23:39 (31.0%)	7:37	7.9 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	SMUTEK Piotr	9258	ARCHITEKCI PLACÓW BOJU	Senior I M - 20	15	00:32:01	00:47:01	01:15:02.35	01:16:24.75	+00:23:42 (31.0%)	7:30	8 (70.2%)
86	CYGAN Paweł	9473	ROO HATCH WILKÓW	Senior II M - 30	26	00:33:35	00:48:51	01:16:13.30	01:16:25.60	+00:23:43 (31.0%)	7:37	7.9 (69.3%)
87	WAWRZY尼亚K Damian	9119		Senior II M - 30	27	00:34:52	00:49:52	01:15:32.30	01:16:25.75	+00:23:43 (31.0%)	7:33	7.9 (69.3%)
88	ŻUKIEWICZ Krzysztof	9075	TKKF MPK POZNAŃ	Weteran I M - 50	6	00:33:46	00:49:34	01:17:05.80	01:17:11.20	+00:24:29 (31.7%)	7:42	7.8 (68.4%)
89	POPADYCZ Bartosz	9363		Senior II M - 30	28	00:33:28	00:48:43	01:17:15.05	01:17:31.25	+00:24:49 (32.0%)	7:43	7.8 (68.4%)
90	KRAWCZYK Tomasz	9176		Senior II M - 30	29	00:34:31	00:51:12	01:17:26.55	01:17:39.25	+00:24:57 (32.1%)	7:44	7.7 (67.5%)
91	JASICKI Krzysztof	9213	RUNHOGS TYCHY	Masters M - 40	24	00:35:36	00:50:24	01:16:29.05	01:17:42.10	+00:24:59 (32.2%)	7:38	7.8 (68.4%)
92	KORNIEWICZ Katarzyna	9115	KASIA I TOMEK	Masters K - 40	4	00:34:44	00:50:34	01:17:53.30	01:18:02.35	+00:25:20 (32.5%)	7:47	7.7 (67.5%)
93	BAGIŃSKI Zbyszek	9162		Senior II M - 30	30	00:34:59	00:50:39	01:17:32.20	01:18:04.80	+00:25:22 (32.5%)	7:45	7.7 (67.5%)
94	BANIEL Wioleta	9278	ŚLĘZAK TEAM	Senior II K - 30	7	00:33:31	00:49:54	01:17:52.70	01:18:05.00	+00:25:22 (32.5%)	7:47	7.7 (67.5%)
95	MAZIAREK Adela	9103		Masters K - 40	5	00:34:08	00:49:44	01:18:11.30	01:18:20.00	+00:25:37 (32.7%)	7:49	7.7 (67.5%)
96	STACHOWIAK Kamil	9040	SPORT GENERATION	Senior II M - 30	31	00:32:09	00:47:57	01:18:17.95	01:18:27.15	+00:25:44 (32.8%)	7:49	7.7 (67.5%)
97	ULANOWSKI Dawid	9305	PIECHOTĄ PO SCHODACH	Senior II M - 30	32	00:35:14	00:51:33	01:18:44.15	01:19:03.60	+00:26:21 (33.3%)	7:52	7.6 (66.7%)
98	HLAVÁČOVÁ Eva	9475		Weteran K - 50	1	00:32:57	00:49:05	01:19:02.75	01:19:13.60	+00:26:31 (33.5%)	7:54	7.6 (66.7%)
99	WIWATOWSKI Karol	9571		Masters M - 40	25	00:34:16	00:49:47	01:17:57.30	01:19:15.30	+00:26:33 (33.5%)	7:47	7.7 (67.5%)
100	SIEWKO Jakub	9253		Senior I M - 20	16	00:34:49	00:50:33	01:18:56.15	01:19:16.05	+00:26:33 (33.5%)	7:53	7.6 (66.7%)
101	BOLISĘGA Rafał	9315	KS PIAST NOWA RUDA	Senior II M - 30	33	00:34:49	00:50:37	01:19:13.45	01:19:32.55	+00:26:50 (33.7%)	7:55	7.6 (66.7%)
102	ULIKOWSKA Martyna	9490	ZAŁOGA GÓRSKA	Senior II K - 30	8	00:35:04	00:51:13	01:19:25.05	01:19:34.75	+00:26:52 (33.8%)	7:56	7.6 (66.7%)
103	TONDER Jakub	9394	BUKOWSKI KLUB BIEGACZA/MKS PATRIA	Senior II M - 30	34	00:34:29	00:50:18	01:19:38.35	01:19:48.90	+00:27:06 (34.0%)	7:57	7.5 (65.8%)
104	WOŹNIAK Janusz	9035	PORMAT JEDLICZE BIEGA	Weteran II M - 60	6	00:35:51	00:52:19	01:19:38.15	01:19:54.30	+00:27:12 (34.0%)	7:57	7.5 (65.8%)
105	BRZYSKI Grzegorz	9328		Masters M - 40	26	00:35:30	00:51:37	01:19:38.20	01:20:04.05	+00:27:21 (34.2%)	7:57	7.5 (65.8%)
106	PONIATOWSKI Seweryn	9244	TEBIA RUNNERS	Masters M - 40	27	00:36:20	00:52:35	01:20:01.85	01:20:09.95	+00:27:27 (34.3%)	8:00	7.5 (65.8%)
107	PONIATOWSKA Justyna	9243	TEBIA RUNNERS	Senior II K - 30	9	00:36:17	00:52:35	01:20:01.95	01:20:10.45	+00:27:28 (34.3%)	8:00	7.5 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	MAZIAREK Michał	9118		Masters M - 40	28	00:34:00	00:49:54	01:20:06.40	01:20:15.45	+00:27:33 (34.3%)	8:00	7.5 (65.8%)
109	BARTKOWIAK Hubert	9053	KB SUKCES ŻMIGRÓD	Weteran I M - 50	7	00:35:12	00:51:03	01:20:08.75	01:20:37.95	+00:27:55 (34.6%)	8:00	7.5 (65.8%)
110	KAYSIEWICZ Maciej	9197	NATURAL BORN RUNNERS TEAM	Weteran I M - 50	8	00:35:47	00:51:33	01:20:32.10	01:20:41.95	+00:27:59 (34.7%)	8:03	7.5 (65.8%)
111	JARUS Jan	9304	JAGRO	Senior II M - 30	35	00:36:40	00:52:35	01:20:18.95	01:21:16.20	+00:28:34 (35.2%)	8:01	7.5 (65.8%)
112	WUJDA Mirosław	9080	ERNIRULEZ	Masters M - 40	29	00:33:39	00:50:07	01:21:11.40	01:21:30.35	+00:28:48 (35.3%)	8:07	7.4 (64.9%)
113	KOMAR Eliza	9146	ZAWADOWCY	Senior II K - 30	10	00:35:19	00:51:51	01:21:27.50	01:21:47.65	+00:29:05 (35.6%)	8:08	7.4 (64.9%)
114	MIELCZAREK Grzegorz	9107	AM. TRENER TEAM	Weteran I M - 50	9	00:35:57	00:51:51	01:21:31.80	01:21:47.85	+00:29:05 (35.6%)	8:09	7.4 (64.9%)
115	MARGRAF Bartosz	9187		Junior I M - 20	2	00:35:11	00:50:50	01:21:26.55	01:21:48.00	+00:29:05 (35.6%)	8:08	7.4 (64.9%)
116	GAŚIOROWSKA Sara	9184	ADDED VALUE	Senior II K - 30	11	00:36:10	00:52:30	01:21:50.75	01:21:59.95	+00:29:17 (35.7%)	8:11	7.3 (64.0%)
117	POCZWARDOWSKI Michał	9569		Senior II M - 30	36	00:35:34	00:51:40	01:21:43.65	01:22:18.25	+00:29:36 (36.0%)	8:10	7.3 (64.0%)
118	WŁODARCZYK Paweł	9273		Masters M - 40	30	00:35:47	00:51:47	01:21:28.35	01:22:18.65	+00:29:36 (36.0%)	8:08	7.4 (64.9%)
119	MOKRZYŃSKI Marcin	9536	KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	31	00:36:03	00:50:43	01:21:05.55	01:22:19.60	+00:29:37 (36.0%)	8:06	7.4 (64.9%)
120	MĄDRO Adrian	9140		Senior II M - 30	37	00:34:54	00:51:18	01:21:39.75	01:22:25.55	+00:29:43 (36.1%)	8:09	7.3 (64.0%)
121	KUZIEL Marcin	9155	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	38	00:35:33	00:50:48	01:21:03.05	01:22:27.30	+00:29:45 (36.1%)	8:06	7.4 (64.9%)
122	BIAŁAS Andrzej	9397	CZARNA TĘCZA	Masters M - 40	32	00:36:53	00:52:34	01:21:13.55	01:22:31.10	+00:29:48 (36.1%)	8:07	7.4 (64.9%)
123	MATLA-FINK Monika	9326	MORSY OŚNO LUBUSKIE	Senior II K - 30	12	00:35:42	00:51:51	01:22:32.90	01:22:54.60	+00:30:12 (36.4%)	8:15	7.3 (64.0%)
124	BRZOSTOWSKA Kama	9276		Masters K - 40	6	00:36:48	00:52:46	01:22:40.65	01:23:19.55	+00:30:37 (36.8%)	8:16	7.3 (64.0%)
125	DERDA Izabela	9122	GIRLS RUN LEIDEN	Senior II K - 30	13	00:36:45	00:53:50	01:23:15.60	01:23:20.65	+00:30:38 (36.8%)	8:19	7.2 (63.2%)
126	MITULA Paweł	9241		Masters M - 40	33	00:37:42	00:54:15	01:22:53.60	01:23:25.35	+00:30:43 (36.8%)	8:17	7.2 (63.2%)
127	BŁASZKIEWICZ Klaudia	9384		Senior II K - 30	14	00:36:30	00:53:22	01:23:26.95	01:23:44.90	+00:31:02 (37.1%)	8:20	7.2 (63.2%)
128	GÓRECKA Milena	9446	CHRIS TERZONI ULTRA RUNNERS TEAM	Senior II K - 30	15	00:37:14	00:53:46	01:22:55.50	01:23:48.85	+00:31:06 (37.1%)	8:17	7.2 (63.2%)
129	BIAŁKOWSKI Piotr	9541		Senior II M - 30	39	00:35:48	00:53:02	01:23:11.80	01:24:06.30	+00:31:24 (37.3%)	8:19	7.2 (63.2%)
130	GARNCARZ Anna	9290	ODOBENUS	Masters K - 40	7	00:37:12	00:53:21	01:23:08.60	01:24:15.30	+00:31:33 (37.4%)	8:18	7.2 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	ADAMSKA Martyna	9413		Senior II K - 30	16	00:36:39	00:53:32	01:23:45.00	01:24:19.40	+00:31:37 (37.5%)	8:22	7.2 (63.2%)
132	ŚPIEWAK-MICHALSKA Daria	9297		Masters K - 40	8	00:36:44	00:53:32	01:24:11.85	01:24:27.30	+00:31:45 (37.6%)	8:25	7.1 (62.3%)
133	ŚPIEWAK Radosław	9303		Masters M - 40	34	00:36:44	00:53:32	01:24:12.40	01:24:27.85	+00:31:45 (37.6%)	8:25	7.1 (62.3%)
134	MITIS Marek	9453		Senior II M - 30	40	00:37:12	00:54:13	01:23:39.75	01:24:30.70	+00:31:48 (37.6%)	8:21	7.2 (63.2%)
135	JACHIMEK Szymon	9575	DFBG TEAM	Masters M - 40	35	00:35:29	00:51:24	01:23:27.50	01:24:36.90	+00:31:54 (37.7%)	8:20	7.2 (63.2%)
136	BACKER Marcin	9361	TOPOLICE TEAM	Masters M - 40	36	00:36:03	00:52:31	01:24:41.00	01:24:48.90	+00:32:06 (37.9%)	8:28	7.1 (62.3%)
137	MATECKI Arkadiusz	9105		Senior II M - 30	41	00:36:21	00:53:01	01:23:41.60	01:24:50.15	+00:32:07 (37.9%)	8:22	7.2 (63.2%)
138	KUTSKO Oksana	9024		Senior I K - 20	3	00:37:18	00:54:51	01:24:48.45	01:25:00.55	+00:32:18 (38.0%)	8:28	7.1 (62.3%)
139	KAWALEC Krystian	9071		Masters M - 40	37	00:36:10	00:53:28	01:24:46.60	01:25:01.45	+00:32:19 (38.0%)	8:28	7.1 (62.3%)
140	SĄSIADK Marcin	9417	WILKI MIĘDZYLESIE	Senior I M - 20	17	00:37:26	00:54:52	01:25:03.45	01:25:35.40	+00:32:53 (38.4%)	8:30	7.1 (62.3%)
141	CHOJNACKI Mikołaj	9366	WARSAW RUN CLUB	Masters M - 40	38	00:37:45	00:54:44	01:24:19.70	01:25:52.50	+00:33:10 (38.6%)	8:25	7.1 (62.3%)
142	ZALEWA Filip	9448		Senior I M - 20	18	00:36:34	00:53:19	01:25:15.05	01:26:00.15	+00:33:17 (38.7%)	8:31	7 (61.4%)
143	DIBELKA Jakub	9265	MIĘCZAKI WOLAŃ CZTEROPAKI	Senior I M - 20	19	00:39:10	00:55:46	01:25:35.20	01:26:03.20	+00:33:21 (38.8%)	8:33	7 (61.4%)
144	NOWICKA Katarzyna	9539		Senior II K - 30	17	00:38:57	00:55:31	01:24:54.45	01:26:10.25	+00:33:28 (38.8%)	8:29	7.1 (62.3%)
145	KOTAS Paweł	9229		Senior II M - 30	42	00:37:18	00:54:53	01:25:18.90	01:26:14.60	+00:33:32 (38.9%)	8:31	7 (61.4%)
146	PINCIUREK Paulina	9282	SMAK RADOŚCI	Senior II K - 30	18	00:37:21	00:55:02	01:25:48.80	01:26:23.20	+00:33:41 (39.0%)	8:34	7 (61.4%)
147	MOMOT Sławomir	9283	SMAK RADOŚCI	Senior II M - 30	43	00:37:17	00:55:02	01:25:48.50	01:26:23.40	+00:33:41 (39.0%)	8:34	7 (61.4%)
148	CICHAŃSKI Marek	9549		Senior II M - 30	44	00:38:04	00:55:06	01:25:21.20	01:26:42.70	+00:34:00 (39.2%)	8:32	7 (61.4%)
149	KIEŻYŃSKI Tomasz	9426		Masters M - 40	39	00:37:33	00:54:47	01:26:10.05	01:26:43.25	+00:34:01 (39.2%)	8:37	7 (61.4%)
150	CICHAŃSKA Natalia	9550		Senior II K - 30	19	00:38:03	00:55:04	01:25:22.00	01:26:44.80	+00:34:02 (39.2%)	8:32	7 (61.4%)
151	POPADYCZ Damian	9404		Senior II M - 30	45	00:34:56	00:52:31	01:26:30.55	01:26:46.50	+00:34:04 (39.3%)	8:39	6.9 (60.5%)
152	ELING Wiktoria	9296		Senior I K - 20	4	00:37:26	00:54:34	01:26:03.25	01:26:51.60	+00:34:09 (39.3%)	8:36	7 (61.4%)
153	KOŁODZIEJCZYK Marcin	9266		Senior I M - 20	20	00:38:06	00:55:15	01:25:47.00	01:26:53.85	+00:34:11 (39.4%)	8:34	7 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	GOŹDZICKA Agnieszka	9020	STRZELECKA BIEGAJĄCA CZAROWNICA	Masters K - 40	9	00:38:46	00:56:06	01:26:43.85	01:26:57.75	+00:34:15 (39.4%)	8:40	6.9 (60.5%)
155	BAJONCZAK Adam	9308		Senior I M - 20	21	00:38:39	00:56:29	01:25:47.45	01:27:09.55	+00:34:27 (39.5%)	8:34	7 (61.4%)
156	POWSZEK Paweł	9289	ODOBENUS	Weteran I M - 50	10	00:38:42	00:55:17	01:26:03.25	01:27:10.15	+00:34:27 (39.5%)	8:36	7 (61.4%)
157	WACZKÓW KACZMAREK Justyna	9288	ODOBENUS	Masters K - 40	10	00:38:41	00:55:16	01:26:03.15	01:27:10.45	+00:34:28 (39.5%)	8:36	7 (61.4%)
158	LUBAŃSKA Alicja	9152	DTR BIEGA / MARIO TEAM	Weteran K - 50	2	00:36:52	00:54:01	01:27:05.20	01:27:18.00	+00:34:35 (39.6%)	8:42	6.9 (60.5%)
159	WOJCIESZAK Łukasz	9385	TEAM ZABIEGANEDNI	Junior I M - 20	3	00:38:11	00:55:57	01:26:53.35	01:27:19.20	+00:34:37 (39.6%)	8:41	6.9 (60.5%)
160	KOTRYSIAK Agata	9542	ADDIDAS RUNNER POZNAŃ	Senior II K - 30	20	00:38:07	00:55:34	01:27:07.85	01:27:25.75	+00:34:43 (39.7%)	8:42	6.9 (60.5%)
161	JARZĄBEK Magdalena	9113		Senior II K - 30	21	00:38:06	00:56:03	01:27:52.50	01:28:05.20	+00:35:23 (40.2%)	8:47	6.8 (59.6%)
162	RYBIŃSKI Wojciech	9025		Senior II M - 30	46	00:37:13	00:54:24	01:27:39.50	01:28:05.95	+00:35:23 (40.2%)	8:45	6.8 (59.6%)
163	DĄBROWSKA Iwona	9464	MATNER RUNNING TEAM	Senior II K - 30	22	00:41:20	00:57:50	01:27:17.35	01:28:13.80	+00:35:31 (40.3%)	8:43	6.9 (60.5%)
164	ZARĘBA Adam	9439	KB MANIAC POZNAŃ	Masters M - 40	40	00:39:16	00:56:10	01:27:46.40	01:28:14.10	+00:35:31 (40.3%)	8:46	6.8 (59.6%)
165	KOBIERSKI Radosław	9546	TAŃCZĄCE MUCHOMORKI	Weteran I M - 50	11	00:39:53	00:57:25	01:27:21.55	01:28:47.65	+00:36:05 (40.6%)	8:44	6.9 (60.5%)
166	MĄDRO Robert	9141		Masters M - 40	41	00:37:18	00:54:17	01:28:08.80	01:28:53.60	+00:36:11 (40.7%)	8:48	6.8 (59.6%)
167	KUŚMIDER Michał	9547	TAŃCZĄCE MUCHOMORKI	Masters M - 40	42	00:39:43	00:57:24	01:27:29.90	01:28:55.80	+00:36:13 (40.7%)	8:44	6.9 (60.5%)
168	STASZCZAK Małgorzata	9339		Senior II K - 30	23	00:39:09	00:56:51	01:28:25.80	01:29:00.20	+00:36:18 (40.8%)	8:50	6.8 (59.6%)
169	NAZIMEK Piotr	9042		Senior II M - 30	47	00:38:56	00:56:15	01:29:12.70	01:29:35.50	+00:36:53 (41.2%)	8:55	6.7 (58.8%)
170	MRÓZ Anna	9415		Senior II K - 30	24	00:39:49	00:57:13	01:27:56.40	01:29:35.65	+00:36:53 (41.2%)	8:47	6.8 (59.6%)
171	CHMIEL Sylwia	9209		Masters K - 40	11	00:38:03	00:56:05	01:29:09.05	01:29:38.70	+00:36:56 (41.2%)	8:54	6.7 (58.8%)
172	ODIJA Leszek	9338		Masters M - 40	43	00:39:34	00:57:16	01:28:51.20	01:29:43.35	+00:37:01 (41.3%)	8:53	6.8 (59.6%)
173	FALARZ Szymon	9306		Junior I M - 20	4	00:37:02	00:55:18	01:29:13.15	01:29:50.45	+00:37:08 (41.3%)	8:55	6.7 (58.8%)
174	KIERUL Łukasz	9049	MASATEAM	Senior II M - 30	48	00:36:37	00:54:34	01:29:49.85	01:30:05.60	+00:37:23 (41.5%)	8:58	6.7 (58.8%)
175	ŻEREBECKA Marta	9383		Senior II K - 30	25	00:39:48	00:57:11	01:28:33.35	01:30:07.55	+00:37:25 (41.5%)	8:51	6.8 (59.6%)
176	KOC Bartłomiej	9048		Masters M - 40	44	00:38:57	00:57:16	01:29:10.55	01:30:07.90	+00:37:25 (41.5%)	8:55	6.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	SOŁTYS Magda	9554	SALOMON	Senior II K - 30	26	00:40:26	00:57:46	01:29:37.45	01:30:13.70	+00:37:31 (41.6%)	8:57	6.7 (58.8%)
177	ROKITA Mariola	9505		Masters K - 40	12	00:40:09	00:57:45	01:29:36.75	01:30:13.70	+00:37:31 (41.6%)	8:57	6.7 (58.8%)
179	KOWALCZYK Piotr	9491	WOODHAUSE	Weteran I M - 50	12	00:36:37	00:54:32	01:29:38.05	01:30:19.35	+00:37:37 (41.6%)	8:57	6.7 (58.8%)
180	AMANOWICZ Lukasz	9520		Masters M - 40	45	00:38:39	00:57:29	01:29:44.20	01:30:28.85	+00:37:46 (41.8%)	8:58	6.7 (58.8%)
181	MYSZKIEWICZ Bartosz	9279		Weteran I M - 50	13	00:39:47	00:57:47	01:29:45.05	01:30:31.25	+00:37:49 (41.8%)	8:58	6.7 (58.8%)
182	CIECIOROWSKA Alicja	9249	OFF-ROAD RUNNERS	Masters K - 40	13	00:38:29	00:56:40	01:30:24.80	01:30:37.00	+00:37:54 (41.8%)	9:02	6.6 (57.9%)
183	BOCHAN-JACHIMEK Magdalena	9576	DFBG TEAM	Masters K - 40	14	00:40:59	00:58:03	01:29:29.75	01:30:39.10	+00:37:56 (41.9%)	8:56	6.7 (58.8%)
184	PLOCH Weronika	9223		Senior I K - 20	5	00:40:47	00:59:26	01:29:41.25	01:31:01.60	+00:38:19 (42.1%)	8:58	6.7 (58.8%)
185	WOŹNIAK Agnieszka	9497		Masters K - 40	15	00:39:02	00:57:01	01:29:56.75	01:31:12.85	+00:38:30 (42.2%)	8:59	6.7 (58.8%)
186	NAPIERAŁA Andrzej	9256	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	7	00:41:07	00:59:37	01:29:21.45	01:31:17.20	+00:38:35 (42.3%)	8:56	6.7 (58.8%)
187	JELEŃ Julia	9387	EUFORIA BIEGACZA TEAM	Senior I K - 20	6	00:40:40	00:59:10	01:30:51.00	01:31:27.25	+00:38:45 (42.4%)	9:05	6.6 (57.9%)
188	PUDŁO Magdalena	9395		Senior I K - 20	7	00:40:28	00:58:34	01:31:04.00	01:31:29.25	+00:38:47 (42.4%)	9:06	6.6 (57.9%)
189	OSZMAŁEK Sebastian	9280		Senior II M - 30	49	00:39:59	00:57:49	01:31:39.75	01:31:39.75	+00:38:57 (42.5%)	9:09	6.5 (57.0%)
190	PIENIAŻEK Patryk	9316		Senior II M - 30	50	00:39:34	00:57:46	01:31:24.90	01:31:55.40	+00:39:13 (42.7%)	9:08	6.6 (57.9%)
191	ŻYWICA Stanisław	9340		Senior I M - 20	22	00:39:11	00:56:34	01:31:18.15	01:32:02.40	+00:39:20 (42.7%)	9:07	6.6 (57.9%)
192	JOŃCZYK Paula	9150	TUPTUP	Senior II K - 30	27	00:40:46	00:58:35	01:31:32.25	01:32:06.05	+00:39:23 (42.8%)	9:09	6.6 (57.9%)
193	SZAREK Sławomir	9201		Masters M - 40	46	00:39:46	00:58:02	01:31:36.30	01:32:07.65	+00:39:25 (42.8%)	9:09	6.6 (57.9%)
194	TARNAWA-KACZOR Aneta	9430		Masters K - 40	16	00:40:35	00:58:10	01:31:28.50	01:32:32.40	+00:39:50 (43.0%)	9:08	6.6 (57.9%)
195	STEFANIAK Marcin	9509	GUMIGUTAPAJHIWO	Masters M - 40	47	00:40:37	00:58:45	01:32:17.45	01:32:36.10	+00:39:53 (43.1%)	9:13	6.5 (57.0%)
196	GRZEGORZEWSKI Maciej	9518		Senior II M - 30	51	00:39:28	00:57:39	01:32:04.80	01:32:40.60	+00:39:58 (43.1%)	9:12	6.5 (57.0%)
197	ŁOŚ Tomasz	9406		Senior II M - 30	52	00:42:54	01:01:36	01:32:27.40	01:32:44.40	+00:40:02 (43.2%)	9:14	6.5 (57.0%)
198	KUGLER Kamila	9467		Senior II K - 30	28	00:40:14	00:59:24	01:31:32.55	01:32:49.30	+00:40:07 (43.2%)	9:09	6.6 (57.9%)
199	PAULI Maciej	9354		Senior I M - 20	23	00:40:21	00:58:43	01:31:54.40	01:32:59.40	+00:40:17 (43.3%)	9:11	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	WOJCIECH Zawodniak	9294	TRITON KONIN	Weteran I M - 50	14	00:42:14	00:59:43	01:32:11.15	01:33:03.20	+00:40:21 (43.4%)	9:13	6.5 (57.0%)
201	SZYMAŃSKI Kamil	9114		Senior II M - 30	53	00:33:28	00:50:09	01:32:53.90	01:33:05.70	+00:40:23 (43.4%)	9:17	6.5 (57.0%)
202	LEWANDOWSKI Tadeusz	9360	WKB PIAST	Weteran III M - 70	1	00:39:47	00:57:54	01:32:38.90	01:33:09.70	+00:40:27 (43.4%)	9:15	6.5 (57.0%)
203	GEZELA Maria	9333	EUFORIA BIEGACZA TEAM	Senior I K - 20	8	00:40:41	00:59:10	01:32:44.40	01:33:20.65	+00:40:38 (43.5%)	9:16	6.5 (57.0%)
204	MARZEC Aleksandra	9236		Senior I K - 20	9	00:39:12	00:57:33	01:32:47.25	01:33:35.10	+00:40:52 (43.7%)	9:16	6.5 (57.0%)
205	RASZKOWSKI Piotr	9409	ŚLĘZAK TEAM	Senior II M - 30	54	00:42:18	01:01:04	01:33:08.30	01:33:46.60	+00:41:04 (43.8%)	9:18	6.4 (56.1%)
206	RASZKOWSKA Emilia	9410	ŚLĘZAK TEAM	Senior II K - 30	29	00:42:19	01:01:04	01:33:09.10	01:33:47.00	+00:41:04 (43.8%)	9:18	6.4 (56.1%)
206	MAKSYMOWICZ Rafał	9130		Masters M - 40	48			01:33:47.00	01:33:47.00	+00:41:04 (43.8%)	9:22	6.4 (56.1%)
208	KORCZYŃSKA Paulina	9392		Masters K - 40	17	00:39:54	00:57:51	01:32:35.45	01:33:53.35	+00:41:11 (43.9%)	9:15	6.5 (57.0%)
209	RAPACZ-TOPIŁKO Anna	9500		Masters K - 40	18	00:41:22	00:59:56	01:33:24.20	01:34:13.00	+00:41:30 (44.1%)	9:20	6.4 (56.1%)
210	OLEJNICZAK Paulina	9321		Senior II K - 30	30	00:42:15	01:01:08	01:33:27.30	01:34:17.60	+00:41:35 (44.1%)	9:20	6.4 (56.1%)
211	TOMAKA Patrycja	9335	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II K - 30	31	00:39:51	00:58:12	01:33:12.40	01:34:19.65	+00:41:37 (44.1%)	9:19	6.4 (56.1%)
212	ŁUCIÓW Iwona	9062		Senior II K - 30	32	00:42:18	01:01:35	01:33:42.50	01:34:33.75	+00:41:51 (44.3%)	9:22	6.4 (56.1%)
213	LEONARSKA Małgorzata	9348	BIEGAJĄCE KREJZOLE	Senior II K - 30	33	00:41:15	01:01:06	01:33:43.15	01:34:48.25	+00:42:06 (44.4%)	9:22	6.4 (56.1%)
214	KACZMAREK Mirosław	9388	RUNNER'S POWER ŚREM	Senior II M - 30	55	00:42:24	01:01:12	01:34:24.55	01:34:58.15	+00:42:15 (44.5%)	9:26	6.4 (56.1%)
215	STRONCIWILK Karolina	9274		Senior II K - 30	34	00:40:38	00:59:06	01:34:40.55	01:34:58.50	+00:42:16 (44.5%)	9:28	6.3 (55.3%)
215	DUDZIAK Katarzyna	9399		Senior I K - 20	10	00:42:24	01:01:12	01:34:24.40	01:34:58.50	+00:42:16 (44.5%)	9:26	6.4 (56.1%)
217	SEREJ Daria	9365		Senior II K - 30	35	00:42:00	01:00:45	01:34:19.50	01:35:22.10	+00:42:39 (44.7%)	9:25	6.4 (56.1%)
218	JAGIEŁŁO Aleksander	9317		Senior I M - 20	24	00:48:27	01:06:42	01:34:03.45	01:35:43.30	+00:43:01 (44.9%)	9:24	6.4 (56.1%)
219	BAGIŃSKI Marek	9457	APTENEO TEAM	Weteran I M - 50	15	00:42:02	01:01:24	01:35:07.55	01:36:27.90	+00:43:45 (45.4%)	9:30	6.3 (55.3%)
220	GÓRA Iwona	9380	PARA FIT	Senior II K - 30	36	00:41:20	01:00:21	01:35:23.75	01:36:37.00	+00:43:54 (45.5%)	9:32	6.3 (55.3%)
221	KRAWCZYK Jacek	9254		Masters M - 40	49	00:40:25	00:59:40	01:36:56.60	01:36:56.60	+00:44:14 (45.6%)	9:41	6.2 (54.4%)
222	LUBAŃSKA Monika	9481		Senior II K - 30	37	00:42:01	01:01:41	01:36:09.50	01:37:01.15	+00:44:18 (45.7%)	9:36	6.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
223	SZOPA Marek	9513	ULTRA WAY TEAM	Weteran I M - 50	16	00:42:16	01:00:50	01:35:52.05	01:37:04.70	+00:44:22 (45.7%)	9:35	6.3 (55.3%)
224	DARŁAK Joanna	9336	NAPRZÓD MŁOCINY	Senior II K - 30	38	00:42:58	01:01:49	01:35:39.70	01:37:14.35	+00:44:32 (45.8%)	9:33	6.3 (55.3%)
225	STOLARCZYK Ewelina	9480		Senior II K - 30	39	00:42:25	01:02:00	01:36:48.20	01:37:21.30	+00:44:39 (45.9%)	9:40	6.2 (54.4%)
226	KLIMOWICZ Tomasz	9529		Senior II M - 30	56	00:41:36	01:01:04	01:36:40.50	01:37:30.65	+00:44:48 (46.0%)	9:40	6.2 (54.4%)
227	JAROSIŃSKI Łukasz	9545	TAŃCZĄCE MUCHOMORKI	Masters M - 40	50	00:43:47	01:02:37	01:36:06.05	01:37:32.95	+00:44:50 (46.0%)	9:36	6.2 (54.4%)
228	SUCHOJAD Małgorzata	9508	GUMIGUTAPAJHIWO	Masters K - 40	19	00:42:55	01:02:48	01:37:30.05	01:37:43.20	+00:45:01 (46.1%)	9:45	6.2 (54.4%)
229	BRZEZIŃSKI Andrzej	9376	LANRUNS	Weteran II M - 60	8	00:42:28	01:02:15	01:37:40.65	01:37:55.25	+00:45:13 (46.2%)	9:46	6.1 (53.5%)
230	JACKOWSKA Roksana	9504		Senior II K - 30	40	00:42:40	01:02:04	01:37:16.45	01:37:57.10	+00:45:14 (46.2%)	9:43	6.2 (54.4%)
231	DORNIAC Agnieszka	9374		Weteran K - 50	3	00:43:29	01:02:35	01:37:48.40	01:37:58.95	+00:45:16 (46.2%)	9:46	6.1 (53.5%)
232	MATKOWSKA Martyna	9087	VEGE RUNNERS	Senior II K - 30	41	00:43:34	01:03:19	01:37:41.80	01:38:04.60	+00:45:22 (46.3%)	9:46	6.1 (53.5%)
233	SKAWINA Krystyna	9092	TOPOLICE TEAM	Masters K - 40	20	00:42:03	01:00:42	01:38:12.50	01:38:19.80	+00:45:37 (46.4%)	9:49	6.1 (53.5%)
234	GALEJA Rysiek	9066		Masters M - 40	51	00:42:17	01:01:48	01:37:28.10	01:38:20.60	+00:45:38 (46.4%)	9:44	6.2 (54.4%)
235	KOPCZYŃSKA Dominika	9263	DZIKUR CREW	Weteran K - 50	4	00:41:55	01:01:48	01:37:38.65	01:38:25.80	+00:45:43 (46.5%)	9:45	6.1 (53.5%)
236	HAUSMAN Magdalena	9002		Masters K - 40	21	00:43:48	01:03:31	01:38:34.45	01:38:49.45	+00:46:07 (46.7%)	9:51	6.1 (53.5%)
237	WOŹNIAK Mirosław	9337	TKKF MPK POZNAŃ	Weteran II M - 60	9	00:44:48	01:04:36	01:37:55.55	01:38:54.95	+00:46:12 (46.7%)	9:47	6.1 (53.5%)
238	SKORUPA Adam	9319	RUN AWAY TEAM	Masters M - 40	52	00:46:22	01:05:31	01:38:34.40	01:39:15.60	+00:46:33 (46.9%)	9:51	6.1 (53.5%)
239	PILARSKI Ryszard	9260	IZERY BOGATYNIA	Weteran III M - 70	2	00:41:07	01:00:45	01:39:10.30	01:39:21.95	+00:46:39 (47.0%)	9:55	6.1 (53.5%)
240	KASPEROWICZ Mateusz	9116		Senior II M - 30	57	00:42:25	01:02:07	01:38:36.60	01:39:31.80	+00:46:49 (47.0%)	9:51	6.1 (53.5%)
240	ŁOZOWSKI Paweł	9117		Senior II M - 30	57	00:42:20	01:02:08	01:38:37.50	01:39:31.80	+00:46:49 (47.0%)	9:51	6.1 (53.5%)
242	KOŚNY Damian	9009	GIT	Masters M - 40	53	00:39:56	00:58:57	01:39:08.00	01:39:40.40	+00:46:58 (47.1%)	9:54	6.1 (53.5%)
243	MATAK Kinga	9314	ŁASUCH	Senior II K - 30	42	00:43:05	01:03:02	01:39:12.40	01:39:40.90	+00:46:58 (47.1%)	9:55	6 (52.6%)
243	ROSŁON Katarzyna	9291		Senior II K - 30	42	00:43:05	01:03:01	01:39:12.15	01:39:40.90	+00:46:58 (47.1%)	9:55	6 (52.6%)
245	KOZANECKA Weronika	9047	WYBIEGAĆ MARZENIA TEAM	Senior II K - 30	44	00:42:39	01:01:50	01:38:43.40	01:39:44.10	+00:47:01 (47.2%)	9:52	6.1 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
246	KRAMARCZYK Jolanta	9148	ENDORFINA WSCHOWA	Weteran II K - 60	1	00:42:33	01:02:08	01:39:08.80	01:39:44.25	+00:47:02 (47.2%)	9:54	6.1 (53.5%)
247	KOWALSKI Krzysztof	9444	STS BIEGATON	Weteran I M - 50	17	00:43:10	01:02:43	01:39:02.70	01:40:13.10	+00:47:30 (47.4%)	9:54	6.1 (53.5%)
248	HYBA Magdalena	9445	FORMA FITNESS&GYM	Masters K - 40	22	00:43:13	01:02:44	01:39:03.90	01:40:13.60	+00:47:31 (47.4%)	9:54	6.1 (53.5%)
249	BURA Tomasz	9134		Senior II M - 30	59	00:44:15	01:04:21	01:40:11.00	01:40:16.95	+00:47:34 (47.4%)	10:01	6 (52.6%)
250	NAGLER Tomasz	9580	DFBG TEAM	Masters M - 40	54	00:41:14	01:01:02	01:40:10.80	01:40:22.60	+00:47:40 (47.5%)	10:01	6 (52.6%)
251	OSSOWSKA Malgorzata	9070	KASZUBI LUZINO	Weteran K - 50	5	00:45:25	01:04:04	01:39:35.45	01:40:41.20	+00:47:59 (47.7%)	9:57	6 (52.6%)
252	ZAKRZEWSKA Beata	9051		Senior II K - 30	45	00:41:59	01:01:44	01:39:32.00	01:40:52.00	+00:48:09 (47.7%)	9:57	6 (52.6%)
253	RATYNIAK Maciej	9052		Senior II M - 30	60	00:41:59	01:01:44	01:39:31.85	01:40:52.30	+00:48:10 (47.8%)	9:57	6 (52.6%)
254	IMIŃSKI Cezary	9089		Weteran I M - 50	18	00:45:30	01:05:29	01:40:41.25	01:40:55.25	+00:48:13 (47.8%)	10:04	6 (52.6%)
255	BOBER Sebastian	9010	SPORTOWY KAŻMIERZ	Senior I M - 20	25	00:42:15	01:03:20	01:40:23.40	01:40:57.00	+00:48:14 (47.8%)	10:02	6 (52.6%)
256	MRÓZ Radek	9414		Masters M - 40	55	00:43:43	01:02:55	01:39:20.35	01:40:58.35	+00:48:16 (47.8%)	9:56	6 (52.6%)
257	IDCZAK Wojciech	9215		Masters M - 40	56	00:42:54	01:03:10	01:39:47.80	01:41:21.85	+00:48:39 (48.0%)	9:58	6 (52.6%)
258	DRYMEL Piotr	9164	DESTYLATOR	Masters M - 40	57	00:41:05	01:00:42	01:40:29.55	01:41:28.20	+00:48:46 (48.1%)	10:02	6 (52.6%)
259	MASALSKA Anna	9543		Masters K - 40	23	00:44:35	01:04:28	01:41:14.90	01:41:38.80	+00:48:56 (48.2%)	10:07	5.9 (51.8%)
260	BUDYCH Marta	9465		Weteran K - 50	6	00:44:50	01:04:56	01:41:18.95	01:41:41.15	+00:48:58 (48.2%)	10:07	5.9 (51.8%)
261	GONTKO Marta	9178		Masters K - 40	24	00:44:28	01:05:09	01:41:33.90	01:41:55.20	+00:49:13 (48.3%)	10:09	5.9 (51.8%)
262	WÓJCIK Paulina	9127		Senior II K - 30	46	00:43:29	01:04:02	01:41:04.35	01:41:57.10	+00:49:14 (48.3%)	10:06	5.9 (51.8%)
263	PAKUŁA Konrad	9165		Senior II M - 30	61	00:51:36	01:08:55	01:41:04.00	01:42:00.50	+00:49:18 (48.3%)	10:06	5.9 (51.8%)
264	SMUGA Łukasz	9357	BIEGAJĄCE KREJZOLE	Senior II M - 30	62	00:41:35	01:01:05	01:41:23.00	01:42:28.90	+00:49:46 (48.6%)	10:08	5.9 (51.8%)
265	WAWRZYNEK Sebastian	9434	RUN AWAY TEAM	Junior I M - 20	5	00:46:21	01:05:30	01:41:58.30	01:42:38.95	+00:49:56 (48.7%)	10:11	5.9 (51.8%)
266	CEBO Agnieszka	9351	RUN AWAY TEAM	Senior II K - 30	47	00:46:21	01:05:31	01:42:03.10	01:42:43.70	+00:50:01 (48.7%)	10:12	5.9 (51.8%)
267	PUDEŁKO Jakub	9411		Senior I M - 20	26	00:43:36	01:03:42	01:42:08.25	01:42:48.15	+00:50:05 (48.7%)	10:12	5.9 (51.8%)
268	SZARSKI Jacek	9153	KAPCIOCHY	Senior I M - 20	27	00:43:01	01:02:27	01:42:06.45	01:42:55.45	+00:50:13 (48.8%)	10:12	5.9 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	OBSTARCZYK Daria	9435		Senior I K - 20	11	00:43:48	01:04:04	01:42:16.95	01:42:56.55	+00:50:14 (48.8%)	10:13	5.9 (51.8%)
270	SMOLAK Katarzyna	9403		Senior II K - 30	48	00:44:26	01:04:35	01:41:42.20	01:43:06.75	+00:50:24 (48.9%)	10:10	5.9 (51.8%)
270	WALCZAK Maciej	9097		Weteran I M - 50	19	00:43:54	01:04:09	01:42:00.40	01:43:06.75	+00:50:24 (48.9%)	10:12	5.9 (51.8%)
272	KRUK Mateusz	9422		Senior II M - 30	63	00:41:20	01:02:56	01:42:53.00	01:43:08.15	+00:50:25 (48.9%)	10:17	5.8 (50.9%)
273	ZAWODNIAK Dorota	9293	TRITON KONIN	Weteran K - 50	7	00:44:05	01:04:17	01:42:37.20	01:43:29.10	+00:50:46 (49.1%)	10:15	5.8 (50.9%)
274	RÓŻAŃSKA Magdalena	9163		Masters K - 40	25	00:49:06	01:08:37	01:43:13.00	01:43:39.80	+00:50:57 (49.2%)	10:19	5.8 (50.9%)
275	BAKOWSKA Magdalena	9472	JESTEM LOCO!	Masters K - 40	26	00:45:41	01:05:43	01:43:00.75	01:44:00.85	+00:51:18 (49.3%)	10:18	5.8 (50.9%)
276	NITSCHKE Grażyna	9433	TKKF MPK POZNAŃ	Masters K - 40	27	00:45:21	01:05:47	01:43:03.25	01:44:03.45	+00:51:21 (49.4%)	10:18	5.8 (50.9%)
277	TARKA Konrad	9226	BIEGAJĄCE KREJZOLE	Senior II M - 30	64	00:47:06	01:07:30	01:42:37.50	01:44:05.75	+00:51:23 (49.4%)	10:15	5.8 (50.9%)
278	DWORZAŃSKA Anna	9228	MARATOŃCZYK POZNAŃ	Senior II K - 30	49	00:47:03	01:07:29	01:42:37.25	01:44:05.95	+00:51:23 (49.4%)	10:15	5.8 (50.9%)
279	NOWAK Natalia	9407	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	50	00:42:36	01:02:58	01:42:56.90	01:44:08.80	+00:51:26 (49.4%)	10:17	5.8 (50.9%)
280	ZIARKO Agnieszka	9370	SDG	Masters K - 40	28	00:42:36	01:02:57	01:42:57.00	01:44:09.00	+00:51:26 (49.4%)	10:17	5.8 (50.9%)
281	GALEWSKI Mariusz	9045		Weteran I M - 50	20	00:44:17	01:05:16	01:43:57.45	01:44:17.85	+00:51:35 (49.5%)	10:23	5.8 (50.9%)
282	MAJCHRZYCKA Agnieszka	9372	TKKF MPK POZNAŃ	Senior II K - 30	51	00:47:24	01:06:33	01:43:33.65	01:44:33.95	+00:51:51 (49.6%)	10:21	5.8 (50.9%)
283	KRYPA Aleksandra	9269		Masters K - 40	29	00:45:03	01:04:40	01:43:14.50	01:44:42.00	+00:51:59 (49.7%)	10:19	5.8 (50.9%)
284	MĄDRO Agnieszka	9142		Masters K - 40	30	00:44:43	01:04:53	01:44:13.60	01:44:56.40	+00:52:14 (49.8%)	10:25	5.8 (50.9%)
285	SOBOLEWSKA Julita	9074		Masters K - 40	31	00:44:50	01:05:09	01:44:34.00	01:44:59.30	+00:52:17 (49.8%)	10:27	5.7 (50.0%)
286	SZPAK Michał	9424		Senior II M - 30	65	00:45:17	01:05:10	01:44:47.45	01:45:03.80	+00:52:21 (49.8%)	10:28	5.7 (50.0%)
287	SŁABĘCKA Martyna	9198		Senior II K - 30	52	00:48:00	01:08:18	01:44:11.25	01:45:18.80	+00:52:36 (50.0%)	10:25	5.8 (50.9%)
288	SKOCZYLAS Piotr	9527		Masters M - 40	58	00:46:16	01:05:35	01:44:54.10	01:45:38.30	+00:52:56 (50.1%)	10:29	5.7 (50.0%)
289	BŁAŻKÓW Klaudia	9432	KOCHANA CÓRCIA	Senior I K - 20	12	00:43:49	01:03:05	01:44:46.75	01:46:05.00	+00:53:22 (50.3%)	10:28	5.7 (50.0%)
290	BŁAŻKÓW Stanisław	9431		Weteran I M - 50	21	00:43:48	01:03:03	01:44:47.40	01:46:06.20	+00:53:24 (50.3%)	10:28	5.7 (50.0%)
291	THOMAS Katarzyna	9285		Senior II K - 30	53	00:45:46	01:06:30	01:44:41.00	01:46:08.30	+00:53:26 (50.3%)	10:28	5.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
292	DOSKOCZ Elżbieta	9503		Masters K - 40	32	00:45:15		01:45:40.05	01:46:21.20	+00:53:39 (50.4%)	10:34	5.7 (50.0%)
293	AUTH Kari	9462		Senior II K - 30	54	00:45:45	01:07:36	01:46:02.90	01:46:21.85	+00:53:39 (50.5%)	10:36	5.7 (50.0%)
294	ŁUKASZEWSKA Sylwia	9468		Masters K - 40	33	00:46:04	01:06:08	01:45:45.85	01:46:27.15	+00:53:44 (50.5%)	10:34	5.7 (50.0%)
295	SZOPA Małgorzata	9512	ULTRA WAY TEAM	Masters K - 40	34	00:47:07	01:07:30	01:45:20.85	01:46:32.35	+00:53:50 (50.5%)	10:32	5.7 (50.0%)
296	LORANC Katarzyna	9470		Masters K - 40	35	00:43:27	01:04:36	01:45:28.60	01:46:32.50	+00:53:50 (50.5%)	10:32	5.7 (50.0%)
297	NADOBNIK Beata	9099		Weteran K - 50	8	00:48:16	01:08:59	01:46:01.70	01:46:35.30	+00:53:53 (50.6%)	10:36	5.7 (50.0%)
298	SZPAK Michał	9563		Senior II M - 30	66	00:47:03	01:07:32	01:45:30.10	01:46:49.75	+00:54:07 (50.7%)	10:33	5.7 (50.0%)
299	DĘBSKA Marzena	9007	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	36	00:47:22	01:08:55	01:46:56.80	01:47:02.75	+00:54:20 (50.8%)	10:41	5.6 (49.1%)
300	WARZECHA Przemysław	9021		Masters M - 40	59	00:43:54	01:05:17	01:45:56.90	01:47:03.20	+00:54:21 (50.8%)	10:35	5.7 (50.0%)
301	BARCZAK Ewelina	9233		Senior I K - 20	13	00:46:30	01:07:06	01:45:46.50	01:47:05.85	+00:54:23 (50.8%)	10:34	5.7 (50.0%)
302	GRZEŚKOWIAK Edyta	9137	JUTROSIŃSKI KLUB BIEGACZY	Senior II K - 30	55	00:48:09	01:08:27	01:47:00.60	01:47:14.95	+00:54:32 (50.9%)	10:42	5.6 (49.1%)
303	CZERNAK Radosław	9268		Senior II M - 30	67	00:45:57	01:07:02	01:46:19.90	01:47:16.35	+00:54:34 (50.9%)	10:37	5.6 (49.1%)
304	KARAŚ Barbara	9138		Senior II K - 30	56	00:48:08	01:08:29	01:47:02.80	01:47:16.85	+00:54:34 (50.9%)	10:42	5.6 (49.1%)
305	GOLIŃSKI Przemysław	9192		Masters M - 40	60	00:48:18	01:08:36	01:46:03.60	01:47:17.95	+00:54:35 (50.9%)	10:36	5.7 (50.0%)
306	SZURKOWSKI Michał	9573		Masters M - 40	61	00:47:54	01:09:35	01:45:54.90	01:47:27.25	+00:54:45 (51.0%)	10:35	5.7 (50.0%)
307	DOBOSZ Leszek	9522		Masters M - 40	62	00:47:54	01:09:35	01:45:56.15	01:47:28.95	+00:54:46 (51.0%)	10:35	5.7 (50.0%)
308	GOLIŃSKA Barbara	9172	EUROCASH	Senior II K - 30	57	00:48:17	01:08:35	01:46:15.45	01:47:29.80	+00:54:47 (51.0%)	10:37	5.6 (49.1%)
309	PURWIN Karolina	9063		Senior I K - 20	14	00:46:32	01:07:06	01:46:18.55	01:47:37.65	+00:54:55 (51.0%)	10:37	5.6 (49.1%)
310	ŚWIĄTEK Agnieszka	9064		Senior II K - 30	58	00:46:31	01:07:06	01:46:18.65	01:47:38.15	+00:54:55 (51.0%)	10:37	5.6 (49.1%)
311	PIETRUCHA Marcin	9207		Masters M - 40	63	00:46:00	01:07:46	01:46:46.45	01:47:40.80	+00:54:58 (51.1%)	10:40	5.6 (49.1%)
312	KAŻMIERCZAK Łukasz	9270		Masters M - 40	64	00:44:43	01:05:44	01:46:26.55	01:47:55.70	+00:55:13 (51.2%)	10:38	5.6 (49.1%)
313	JAROCZYŃSKI Szymon	9364		Senior I M - 20	28	00:46:44	01:07:42	01:47:12.85	01:48:00.40	+00:55:18 (51.2%)	10:43	5.6 (49.1%)
314	JASIÓWKA Adrian	9450		Senior II M - 30	68	00:42:55	01:04:45	01:46:43.70	01:48:00.70	+00:55:18 (51.2%)	10:40	5.6 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	WENTYKIER Tomasz	9466	POMYŁKA TEAM	Junior I M - 20	6	00:46:52	01:07:23	01:46:30.65	01:48:04.10	+00:55:21 (51.2%)	10:39	5.6 (49.1%)
316	GONERA-BATOR Anna	9501		Senior II K - 30	59	00:48:23	01:09:23	01:48:09.70	01:48:57.25	+00:56:15 (51.6%)	10:48	5.5 (48.2%)
317	KOLAN Paweł	9239	PĘDZĄCE LENIWCE	Weteran I M - 50	22	00:46:13	01:07:12	01:48:02.05	01:49:05.25	+00:56:23 (51.7%)	10:48	5.6 (49.1%)
318	WILK Mateusz	9517	RAMBO III	Masters M - 40	65	00:49:30	01:11:49	01:48:25.00	01:49:13.45	+00:56:31 (51.7%)	10:50	5.5 (48.2%)
319	WILK Maria	9350		Senior II K - 30	60	00:49:42	01:11:48	01:48:25.30	01:49:13.90	+00:56:31 (51.8%)	10:50	5.5 (48.2%)
320	TKACZUK Anna	9022		Masters K - 40	37	00:47:19	01:08:06	01:48:45.75	01:49:15.90	+00:56:33 (51.8%)	10:52	5.5 (48.2%)
321	KOWALSKA-BARWIŃSKA Klaudia	9485	UMAWIANIENABIEGANIE	Masters K - 40	38	00:47:56	01:09:56	01:49:00.55	01:49:36.20	+00:56:54 (51.9%)	10:54	5.5 (48.2%)
322	JANECZEK Tomasz	9230	TOM	Senior II M - 30	69	00:48:26	01:09:53	01:48:34.30	01:49:42.35	+00:57:00 (52.0%)	10:51	5.5 (48.2%)
323	MAGOCSY Justyna	9521		Senior II K - 30	61	00:48:51	01:10:31	01:48:41.65	01:49:45.10	+00:57:02 (52.0%)	10:52	5.5 (48.2%)
324	OPASKA Kasia	9311		Masters K - 40	39	00:49:08	01:10:13	01:49:25.30	01:49:51.35	+00:57:09 (52.0%)	10:56	5.5 (48.2%)
325	WIECZOREK Artur	9312	BIEGACZE Z PRZYLESIA.	Masters M - 40	66	00:49:08	01:10:11	01:49:24.90	01:49:52.25	+00:57:10 (52.0%)	10:56	5.5 (48.2%)
326	NOWAK Beata	9185	NIGHT RUNNERS	Masters K - 40	40	00:49:01	01:09:50	01:49:22.15	01:50:21.70	+00:57:39 (52.2%)	10:56	5.5 (48.2%)
327	GIL Daria	9004		Senior II K - 30	62	00:49:29	01:10:08	01:48:50.45	01:50:29.15	+00:57:46 (52.3%)	10:53	5.5 (48.2%)
328	FRAŃSKI Łukasz	9058	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	67	00:48:50	01:10:26	01:49:08.70	01:50:30.90	+00:57:48 (52.3%)	10:54	5.5 (48.2%)
329	FRAŃSKA Karolina	9059		Masters K - 40	41	00:48:49	01:10:27	01:49:18.55	01:50:40.55	+00:57:58 (52.4%)	10:55	5.5 (48.2%)
330	PRZYBYLSKA Monika	9286	TRI TOMAJ	Masters K - 40	42	00:44:33	01:05:33	01:50:31.45	01:50:46.10	+00:58:03 (52.4%)	11:03	5.4 (47.4%)
331	WALENSKA Klaudia	9412		Senior II K - 30	63	00:47:15	01:09:52	01:50:10.55	01:50:47.60	+00:58:05 (52.4%)	11:01	5.4 (47.4%)
332	DUDA Łukasz	9523		Senior II M - 30	70	00:47:10	01:09:41	01:50:21.20	01:50:51.95	+00:58:09 (52.5%)	11:02	5.4 (47.4%)
333	BONA Anna	9331		Senior II K - 30	64	00:47:41	01:08:36	01:49:40.60	01:50:52.15	+00:58:09 (52.5%)	10:58	5.5 (48.2%)
334	SZEWC Katarzyna	9373		Weteran K - 50	9	00:46:07	01:07:49	01:50:55.10	01:51:05.65	+00:58:23 (52.6%)	11:05	5.4 (47.4%)
335	NOWICKA Karolina	9085		Senior I K - 20	15	00:47:52	01:10:21	01:51:04.50	01:51:27.70	+00:58:45 (52.7%)	11:06	5.4 (47.4%)
336	SZYMAŃSKA Adrianna	9343		Senior II K - 30	65	00:48:08	01:10:12	01:50:59.85	01:51:31.50	+00:58:49 (52.7%)	11:05	5.4 (47.4%)
337	SZYSZKA Agnieszka	9421	NIGHT RUNNERS	Masters K - 40	43	00:46:25	01:08:21	01:51:00.30	01:51:47.25	+00:59:05 (52.9%)	11:06	5.4 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
338	BOGUS Patrycja	9318		Senior I K - 20	16	00:48:29	01:09:35	01:50:19.80	01:51:59.40	+00:59:17 (52.9%)	11:01	5.4 (47.4%)
339	BORKOWSKI Arkadiusz	9400		Senior II M - 30	71	00:44:27	01:03:45	01:50:42.90	01:52:07.75	+00:59:25 (53.0%)	11:04	5.4 (47.4%)
340	RYCKO Maja	9161		Senior II K - 30	66	00:49:37	01:11:04	01:52:00.30	01:52:24.60	+00:59:42 (53.1%)	11:12	5.4 (47.4%)
341	DOMAŃSKA Sylwia	9149		Senior I K - 20	17	00:46:29	01:09:08	01:51:45.75	01:52:48.35	+01:00:06 (53.3%)	11:10	5.4 (47.4%)
342	KALISZ Renata	9023		Masters K - 40	44	00:48:13	01:10:03	01:52:05.15	01:53:04.65	+01:00:22 (53.4%)	11:12	5.4 (47.4%)
343	KISIAŁA Filip	9128	TATA WOJTUSIA	Masters M - 40	68	00:40:45	00:58:13	01:28:55.25	01:53:13.10	+01:00:30 (53.4%)	8:53	6.7 (58.8%)
344	WESTFAL Agata	9391	HTF LUDWIK SIKORSKI	Masters K - 40	45	00:49:42	01:11:16	01:51:44.55	01:53:18.95	+01:00:36 (53.5%)	11:10	5.4 (47.4%)
345	STEGLIŃSKA Anna	9102		Senior I K - 20	18	00:46:30	01:09:08	01:52:19.10	01:53:21.85	+01:00:39 (53.5%)	11:13	5.3 (46.5%)
346	GĄSKA Sandra	9438		Senior II K - 30	67	00:47:13	01:09:37	01:52:48.80	01:53:36.70	+01:00:54 (53.6%)	11:16	5.3 (46.5%)
347	GABERT Beata	9008	RAZ SZCZECIN	Weteran K - 50	10	00:50:28	01:12:52	01:53:44.40	01:54:23.40	+01:01:41 (53.9%)	11:22	5.3 (46.5%)
348	KUŹNIAK Martyna	9056		Weteran K - 50	11	00:51:37	01:13:45	01:53:07.55	01:54:38.65	+01:01:56 (54.0%)	11:18	5.3 (46.5%)
349	KLIMOWICZ Anna	9528		Senior II K - 30	68	00:49:02	01:11:46	01:54:26.35	01:55:16.05	+01:02:33 (54.3%)	11:26	5.2 (45.6%)
350	DUTKIEWICZ-GAJOS Renata	9557	HUNTRUN	Weteran II K - 60	2	00:49:09	01:12:22	01:54:53.65	01:55:26.05	+01:02:43 (54.3%)	11:29	5.2 (45.6%)
351	ZYCH Krystian	9108	KB DĘBIEC POZNAŃ	Masters M - 40	69	00:45:53	01:08:39	01:54:25.75	01:55:50.65	+01:03:08 (54.5%)	11:26	5.2 (45.6%)
352	FRYSIAK Agata	9019		Senior II K - 30	69	00:48:11	01:10:07	01:54:21.10	01:55:55.80	+01:03:13 (54.5%)	11:26	5.2 (45.6%)
353	OLBRICH Barbara	9353	RUN AWAY TEAM	Masters K - 40	46	00:48:05	01:11:26	01:55:18.30	01:55:59.80	+01:03:17 (54.6%)	11:31	5.2 (45.6%)
354	JACHYMSKA Zofia	9525		Senior II K - 30	70	00:50:51	01:13:18	01:55:33.05	01:56:14.35	+01:03:32 (54.7%)	11:33	5.2 (45.6%)
355	RADLAK Ida	9083		Masters K - 40	47	00:51:59	01:14:25	01:54:46.65	01:56:19.85	+01:03:37 (54.7%)	11:28	5.2 (45.6%)
356	RADLAK Marcin	9084		Masters M - 40	70	00:51:59	01:14:26	01:54:46.90	01:56:20.00	+01:03:37 (54.7%)	11:28	5.2 (45.6%)
357	PARTYKA Agnieszka	9474	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	48	00:50:15	01:12:36	01:55:06.60	01:56:25.05	+01:03:42 (54.7%)	11:30	5.2 (45.6%)
358	MAJCHRZAK KONIECZNA Joanna	9174	KOŚCIAN TEAM ULTRA	Masters K - 40	49	00:49:53	01:13:39	01:55:33.65	01:56:29.45	+01:03:47 (54.8%)	11:33	5.2 (45.6%)
359	KUJAWA Sylwia	9368		Senior II K - 30	71	00:50:04	01:14:43	01:56:13.60	01:56:40.85	+01:03:58 (54.8%)	11:37	5.2 (45.6%)
360	STASIAK-BALAS Paulina	9120		Senior II K - 30	72	00:51:53	01:16:06	01:56:07.15	01:56:52.90	+01:04:10 (54.9%)	11:36	5.2 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
361	LEMANSKA-CHYLIŃSKA Marta	9452		Senior II K - 30	73	00:50:07	01:13:52	01:56:19.55	01:57:00.40	+01:04:18 (55.0%)	11:37	5.2 (45.6%)
362	SOBOLEWSKI Marian	9310		Weteran I M - 50	23	00:51:26	01:14:23	01:55:47.10	01:57:03.40	+01:04:21 (55.0%)	11:34	5.2 (45.6%)
363	WALCZAK Sławomir	9090		Weteran I M - 50	24	00:50:13	01:13:06	01:55:54.80	01:57:15.50	+01:04:33 (55.1%)	11:35	5.2 (45.6%)
364	AMANOWICZ Aurelia	9206		Senior II K - 30	74	00:54:47	01:16:30	01:56:57.05	01:57:59.80	+01:05:17 (55.3%)	11:41	5.1 (44.7%)
365	SŁOWIŃSKA Katarzyna	9034		Masters K - 40	50	00:50:19	01:12:28	01:57:17.85	01:58:04.55	+01:05:22 (55.4%)	11:43	5.1 (44.7%)
366	SŁOWIŃSKA Aleksandra	9033		Masters K - 40	51	00:50:19	01:12:28	01:57:18.05	01:58:04.60	+01:05:22 (55.4%)	11:43	5.1 (44.7%)
367	BUJAŁA Stanisław	9072		Weteran II M - 60	10	00:51:24	01:14:07	01:56:58.70	01:58:33.65	+01:05:51 (55.5%)	11:41	5.1 (44.7%)
368	GĄSZCZAK Iwona	9158	KS LENIWIEC	Masters K - 40	52	00:49:47	01:12:51	01:57:24.80	01:58:35.05	+01:05:52 (55.6%)	11:44	5.1 (44.7%)
368	DĄBROWSKA Małgorzata	9003		Masters K - 40	52	00:50:21	01:13:34	01:57:54.20	01:58:35.05	+01:05:52 (55.6%)	11:47	5.1 (44.7%)
370	TVERDUN Ivan	9259	KS LENIWIEC	Senior II M - 30	72	01:14:40		01:58:35.70	01:58:35.70	+01:05:53 (55.6%)	11:51	5.1 (44.7%)
371	VOLODYMYR Yatsenko	9449	KS LENIWIEC	Senior I M - 20	29	00:51:03	01:13:59	01:58:36.40	01:58:36.40	+01:05:54 (55.6%)	11:51	5.1 (44.7%)
372	SKUBISZ Katarzyna	9482	BIEGACZE SPECJALNEJ TEOSKI	Masters K - 40	54	00:50:35	01:13:52	01:57:28.65	01:58:51.85	+01:06:09 (55.7%)	11:44	5.1 (44.7%)
373	SŁOWIŃSKA Małgorzata	9551		Masters K - 40	55	00:50:36	01:13:53	01:57:29.95	01:58:53.00	+01:06:10 (55.7%)	11:44	5.1 (44.7%)
374	SŁOWIŃSKI Marcin	9552	DREAM RUN	Masters M - 40	71	00:50:37	01:13:53	01:57:30.55	01:58:53.75	+01:06:11 (55.7%)	11:45	5.1 (44.7%)
375	NURKIEWICZ-KMIECIK Dominika	9079		Masters K - 40	56	00:52:20	01:15:54	01:58:12.10	01:58:54.90	+01:06:12 (55.7%)	11:49	5.1 (44.7%)
376	WOLANIN Jacek	9245		Masters M - 40	72	00:52:55	01:16:25	01:58:10.40	01:58:59.20	+01:06:17 (55.7%)	11:49	5.1 (44.7%)
377	KUCHARSKA Kamila	9369		Masters K - 40	57	00:49:44	01:12:32	01:58:26.50	01:59:11.50	+01:06:29 (55.8%)	11:50	5.1 (44.7%)
378	GAWORSKI Filip	9212	EUROCASH	Senior II M - 30	73	00:48:07	01:11:23	01:58:11.70	01:59:26.95	+01:06:44 (55.9%)	11:49	5.1 (44.7%)
379	MIKUŁA Anna	9204		Masters K - 40	58	00:50:46	01:15:36	01:59:05.95	01:59:28.65	+01:06:46 (55.9%)	11:54	5 (43.9%)
380	CZERNIAK Zuzanna	9227		Senior II K - 30	75	00:53:06	01:17:39	01:59:00.30	02:00:02.85	+01:07:20 (56.1%)	11:54	5 (43.9%)
381	SZPUREK Anna	9494	BUKOWSKI KLUB BIEGACZA	Masters K - 40	59	00:51:12	01:15:45	01:59:39.40	02:00:32.05	+01:07:49 (56.3%)	11:57	5 (43.9%)
382	KĘSICKA Katarzyna	9189		Masters K - 40	60	00:51:38	01:15:01	01:59:49.70	02:01:04.90	+01:08:22 (56.5%)	11:58	5 (43.9%)
383	JOHN Milena	9251		Masters K - 40	61	00:53:42	01:16:16	01:59:53.90	02:01:20.65	+01:08:38 (56.6%)	11:59	5 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
384	JANUSZ Tomasz	9250		Masters M - 40	73	00:53:42	01:16:16	01:59:55.00	02:01:21.10	+01:08:38 (56.6%)	11:59	5 (43.9%)
385	KUPCZYK Małgorzata	9220		Masters K - 40	62	00:50:36	01:16:48	02:00:32.25	02:01:27.90	+01:08:45 (56.6%)	12:03	5 (43.9%)
386	KUPCZYK Sylwia	9218		Masters K - 40	63	00:51:42	01:16:48	02:00:31.95	02:01:28.20	+01:08:46 (56.6%)	12:03	5 (43.9%)
387	KACZMAREK Anna	9301		Senior II K - 30	76	00:55:34	01:20:57	02:01:15.70	02:01:28.30	+01:08:46 (56.6%)	12:07	4.9 (43.0%)
388	KACZMAREK Adam	9302		Masters M - 40	74	00:55:07	01:20:56	02:01:15.00	02:01:28.45	+01:08:46 (56.6%)	12:07	4.9 (43.0%)
389	KURDYŚ Małgorzata	9342		Senior I K - 20	19	00:51:17	01:14:44	02:00:36.30	02:01:29.70	+01:08:47 (56.6%)	12:03	5 (43.9%)
390	RYCKO Karol	9160		Senior II M - 30	74	00:53:18	01:17:11	02:01:21.55	02:01:46.35	+01:09:04 (56.7%)	12:08	4.9 (43.0%)
391	CZYRNIA Emil	9502		Weteran II M - 60	11	00:52:00	01:15:04	02:00:24.05	02:01:47.45	+01:09:05 (56.7%)	12:02	5 (43.9%)
392	ROŚLANIEC Mariusz	9577		Weteran I M - 50	25	00:50:22	01:14:34	02:01:45.90	02:02:03.30	+01:09:21 (56.8%)	12:10	4.9 (43.0%)
393	KRZYWICKI Leszek	9578		Weteran I M - 50	26	00:49:38	01:15:01	02:01:46.95	02:02:04.25	+01:09:22 (56.8%)	12:10	4.9 (43.0%)
394	KACZMAREK Ania	9046	PARTYZANCI KONIN	Masters K - 40	64	00:52:28	01:16:08	02:01:32.00	02:02:24.75	+01:09:42 (56.9%)	12:09	4.9 (43.0%)
395	KACZMAREK Jk82	9121	PARTYZANCI KONIN/JK82	Masters M - 40	75	00:52:28	01:16:11	02:01:31.80	02:02:25.55	+01:09:43 (57.0%)	12:09	4.9 (43.0%)
396	DUDKIEWICZ Anna	9471	EKO-OKNA RUNNERS	Masters K - 40	65	00:51:04	01:14:09	02:02:21.60	02:02:46.55	+01:10:04 (57.1%)	12:14	4.9 (43.0%)
397	JAROSZ Agnieszka	9183	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II K - 30	77	00:51:50	01:17:27	02:01:45.65	02:02:53.90	+01:10:11 (57.1%)	12:10	4.9 (43.0%)
398	JAROSZ Katarzyna	9489	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	20	00:51:51	01:17:28	02:01:45.90	02:02:54.10	+01:10:11 (57.1%)	12:10	4.9 (43.0%)
399	SOBOŃ Marta	9094		Senior II K - 30	78	00:49:44	01:13:17	02:01:46.80	02:03:04.20	+01:10:22 (57.2%)	12:10	4.9 (43.0%)
400	WOŹNIAK Lidia	9036	PORMAT JEDLICZE BIEGA	Weteran K - 50	12	00:52:10	01:16:56	02:02:48.80	02:03:17.30	+01:10:35 (57.3%)	12:16	4.9 (43.0%)
401	STOPNICKI Ignacy	9382	TUPOT USTKA	Weteran III M - 70	3	00:49:27	01:13:18	02:02:38.75	02:03:24.20	+01:10:42 (57.3%)	12:15	4.9 (43.0%)
402	PTASZYŃSKA Anna	9496	SPEED FIT`16	Weteran K - 50	13	00:47:53	01:14:27	02:02:56.60	02:04:10.00	+01:11:27 (57.6%)	12:17	4.9 (43.0%)
403	JUSKOWIAK Mikołaj	9123		Senior II M - 30	75	00:53:24	01:17:42	02:03:22.40	02:04:25.90	+01:11:43 (57.6%)	12:20	4.9 (43.0%)
404	JOŃCZYK Elżbieta	9109	TUPTUP	Weteran K - 50	14	00:51:50	01:16:29	02:04:15.10	02:04:49.00	+01:12:06 (57.8%)	12:25	4.8 (42.1%)
405	CHASZCZEWSKA Julia	9013	TOPOLICE TEAM	Senior II K - 30	79	00:52:59	01:18:10	02:04:24.50	02:04:55.55	+01:12:13 (57.8%)	12:26	4.8 (42.1%)
406	MARGRAF Ewa	9186		Masters K - 40	66	00:52:34	01:17:42	02:03:42.30	02:04:56.05	+01:12:13 (57.8%)	12:22	4.9 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
407	KUZIOMKO Anna	9124		Masters K - 40	67	00:53:02	01:16:07	02:05:10.15	02:05:34.25	+01:12:52 (58.0%)	12:31	4.8 (42.1%)
408	DOMAŃSKA Anna	9169	AKTYWNI RAZEM	Senior II K - 30	80	00:57:47	01:21:22	02:04:34.95	02:05:35.35	+01:12:53 (58.0%)	12:27	4.8 (42.1%)
409	TYCZYŃSKA Joanna	9167	AKTYWNI RAZEM	Masters K - 40	68	00:57:47	01:21:24	02:04:35.20	02:05:35.80	+01:12:53 (58.0%)	12:27	4.8 (42.1%)
410	WINIARSKA Izabela	9562	GÓRAL Z MAZUR	Masters K - 40	69	00:56:14	01:20:31	02:04:31.55	02:05:39.90	+01:12:57 (58.1%)	12:27	4.8 (42.1%)
411	KACZMARCZYK Dominika	9532		Senior I K - 20	21	00:51:19	01:16:55	02:04:24.65	02:05:48.60	+01:13:06 (58.1%)	12:26	4.8 (42.1%)
412	SIEJKA Ewelina	9262		Senior II K - 30	81	00:54:35	01:19:51	02:05:19.45	02:05:48.95	+01:13:06 (58.1%)	12:31	4.8 (42.1%)
413	KUBICZ Bartłomiej	9560		Senior II M - 30	76	00:51:03	01:16:55	02:04:27.00	02:05:50.95	+01:13:08 (58.1%)	12:26	4.8 (42.1%)
414	JÓŹWIAKOWSKA Weronika	9441		Senior I K - 20	22	00:51:53	01:20:36	02:04:57.70	02:05:53.20	+01:13:11 (58.1%)	12:29	4.8 (42.1%)
415	SZUBIERAJSKA Edyta	9292		Senior II K - 30	82	00:54:38	01:19:32	02:05:33.80	02:06:03.20	+01:13:21 (58.2%)	12:33	4.8 (42.1%)
416	SYPNIEWSKA Hanna	9510	ULTRAWAY TEAM	Weteran II K - 60	3	00:53:19	01:18:42	02:04:59.30	02:06:04.80	+01:13:22 (58.2%)	12:29	4.8 (42.1%)
417	JASICKI Julian	9284	STROŃSKA GRUPA ROWEROWA	Weteran III M - 70	4	00:50:19	01:14:51	02:04:52.25	02:06:09.30	+01:13:27 (58.2%)	12:29	4.8 (42.1%)
418	RYBA Monika	9154		Masters K - 40	70	00:51:55	01:16:29	02:05:57.00	02:06:10.90	+01:13:28 (58.2%)	12:35	4.8 (42.1%)
419	WOROCH-MALCHRZYCKA Kamila	9110	JUTROSIŃSKI KLUB BIEGACZA	Senior II K - 30	83	00:51:56	01:16:30	02:05:57.70	02:06:11.10	+01:13:28 (58.2%)	12:35	4.8 (42.1%)
420	SZCZUKA Paweł	9442		Weteran I M - 50	27	00:54:22	01:20:20	02:05:36.50	02:06:43.20	+01:14:01 (58.4%)	12:33	4.8 (42.1%)
421	SZCZUKA Małgorzata	9443		Weteran K - 50	15	00:54:31	01:20:23	02:05:37.75	02:06:43.75	+01:14:01 (58.4%)	12:33	4.8 (42.1%)
422	KŁĘPO Małgorzata	9001	ŁUCZNIK TEAM	Masters K - 40	71	00:53:26	01:21:03	02:06:05.30	02:06:44.90	+01:14:02 (58.4%)	12:36	4.8 (42.1%)
423	REGULSKA Aneta	9456	DRUŻYNA SZPIKU	Masters K - 40	72	00:52:13	01:17:07	02:06:01.80	02:07:38.95	+01:14:56 (58.7%)	12:36	4.8 (42.1%)
424	SKOLIMOWSKA Katarzyna	9222	YRTS	Masters K - 40	73	00:55:32	01:20:00	02:08:01.30	02:08:12.15	+01:15:29 (58.9%)	12:48	4.7 (41.2%)
425	MAJOS Małgorzata	9073	RAZ SZCZECIN	Weteran K - 50	16	00:52:01	01:19:40	02:07:39.55	02:08:18.55	+01:15:36 (58.9%)	12:45	4.7 (41.2%)
426	BORKOWSKA - KOCIOŁEK Marzena	9100		Weteran K - 50	17	00:57:02	01:22:47	02:07:58.20	02:08:43.45	+01:16:01 (59.1%)	12:47	4.7 (41.2%)
427	ŻYŁOWICZ Marcin	9225		Senior II M - 30	77	00:53:40	01:21:06	02:07:58.75	02:09:00.25	+01:16:18 (59.1%)	12:47	4.7 (41.2%)
428	STRZAŚKA Katarzyna	9555		Masters K - 40	74	00:54:08	01:20:10	02:07:48.75	02:09:19.20	+01:16:37 (59.2%)	12:46	4.7 (41.2%)
429	AGUINIGA Lizath	9246		Senior II K - 30	84	00:56:01	01:20:55	02:08:09.90	02:09:41.90	+01:16:59 (59.4%)	12:48	4.7 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
430	GROCHALA Ewa	9405		Weteran K - 50	18	00:54:01	01:19:41	02:08:22.15	02:09:54.85	+01:17:12 (59.4%)	12:50	4.7 (41.2%)
431	ŁUCZAK Halina	9506		Masters K - 40	75	00:54:00	01:17:39	02:09:06.80	02:10:05.25	+01:17:23 (59.5%)	12:54	4.6 (40.4%)
432	MICHALSKA Agnieszka	9561		Masters K - 40	76	00:54:01	01:17:40	02:09:07.10	02:10:05.40	+01:17:23 (59.5%)	12:54	4.6 (40.4%)
433	MILLER Paweł	9232	BIEGAM BO LUBIĘ LASY BOGDANIEC	Senior II M - 30	78	00:55:38	01:21:25	02:09:20.95	02:10:37.05	+01:17:54 (59.7%)	12:56	4.6 (40.4%)
434	PILARSKA Elżbieta	9261	IZERY BOGATYNIA	Weteran III K - 70	1	00:55:12	01:20:40	02:10:48.20	02:10:57.95	+01:18:15 (59.8%)	13:04	4.6 (40.4%)
435	ŁABOJEWSKA Katarzyna	9111		Masters K - 40	77	00:55:23	01:20:51	02:10:46.15	02:11:07.60	+01:18:25 (59.8%)	13:04	4.6 (40.4%)
436	SPYCHAŁA Marta	9112		Masters K - 40	78	00:55:21	01:20:57	02:10:47.20	02:11:08.00	+01:18:25 (59.8%)	13:04	4.6 (40.4%)
437	BĄCZEK Krzysztof	9447		Masters M - 40	76	00:54:42	01:20:56	02:10:16.80	02:11:09.10	+01:18:26 (59.8%)	13:01	4.6 (40.4%)
438	RAPACZ Danuta	9499	ANMAR	Weteran II K - 60	4	00:54:21	01:22:25	02:11:26.90	02:12:16.10	+01:19:33 (60.2%)	13:08	4.6 (40.4%)
439	MAKSYMOWICZ Monika	9129		Senior II K - 30	85			02:12:22.00	02:12:22.00	+01:19:39 (60.2%)	13:14	4.5 (39.5%)
440	RYBKA Patrycja	9145		Junior I K - 20	1	00:55:44	01:22:16	02:11:40.70	02:12:24.30	+01:19:42 (60.2%)	13:10	4.6 (40.4%)
441	ESSI-EZINH Aleksandr	9486	SFORA BMK	Senior II M - 30	79	00:54:09	01:26:31	02:11:50.40	02:12:55.60	+01:20:13 (60.4%)	13:11	4.6 (40.4%)
442	FUDALA Marta	9487	SFORA BMK	Senior I K - 20	23	00:54:09	01:26:31	02:11:51.30	02:12:55.65	+01:20:13 (60.4%)	13:11	4.6 (40.4%)
443	PLEWIŃSKA Sylwia	9346	RUN AWAY TEAM	Masters K - 40	79	00:56:09	01:21:17	02:12:34.40	02:13:13.85	+01:20:31 (60.4%)	13:15	4.5 (39.5%)
444	KOTARBA Katarzyna	9330	RUN AWAY TEAM	Senior II K - 30	86	00:56:10	01:21:16	02:12:34.65	02:13:14.05	+01:20:31 (60.4%)	13:15	4.5 (39.5%)
445	KOCIOŁEK Patrycja	9101		Senior I K - 20	24	00:57:02	01:23:38	02:12:54.25	02:13:40.45	+01:20:58 (60.6%)	13:17	4.5 (39.5%)
446	GALUS Izabela	9300		Masters K - 40	80	00:55:11	01:20:45	02:13:41.20	02:14:01.55	+01:21:19 (60.7%)	13:22	4.5 (39.5%)
447	BERNACKA Patrycja	9419		Senior II K - 30	87	00:54:00	01:21:03	02:14:06.60	02:15:19.30	+01:22:37 (61.1%)	13:24	4.5 (39.5%)
448	ŁUCKA Magdalena	9420		Weteran K - 50	19	00:53:22	01:21:04	02:14:06.90	02:15:19.35	+01:22:37 (61.1%)	13:24	4.5 (39.5%)
449	RÓŻAŃSKI Robert	9567		Weteran I M - 50	28	00:57:24	01:24:45	02:15:01.85	02:15:28.80	+01:22:46 (61.1%)	13:30	4.4 (38.6%)
450	POKORNY Ewa	9323		Masters K - 40	81	00:57:36	01:24:38	02:16:54.30	02:18:10.75	+01:25:28 (61.9%)	13:41	4.4 (38.6%)
451	POKORNY Tomasz	9322		Weteran I M - 50	29	00:57:37	01:24:38	02:16:56.15	02:18:11.40	+01:25:29 (61.9%)	13:41	4.4 (38.6%)
452	DOBROWOLSKI Robert	9199	SPORTOWI EMERYCI JELENIA GORA	Weteran II M - 60	12	00:55:54	01:23:00	02:17:21.95	02:18:19.60	+01:25:37 (61.9%)	13:44	4.4 (38.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
453	DOBROWOLSKA Bożena	9200	SPORTOWI EMERYCI JELENIA GORA	Weteran III K - 70	2	00:55:55	01:23:15	02:17:22.75	02:18:20.00	+01:25:37 (61.9%)	13:44	4.4 (38.6%)
454	WYSZATYCKI Mateusz	9524		Senior II M - 30	80	00:57:20	01:26:09	02:18:46.25	02:19:28.30	+01:26:46 (62.2%)	13:52	4.3 (37.7%)
455	GLASSER Marek	9352		Weteran III M - 70	5	00:53:58	01:25:14	02:20:05.65	02:21:19.05	+01:28:36 (62.7%)	14:00	4.3 (37.7%)
456	RYBKA Elżbieta	9144		Masters K - 40	82	01:00:25	01:30:35	02:22:42.50	02:23:26.20	+01:30:44 (63.3%)	14:16	4.2 (36.8%)
457	WITCZAK-SPERKA Mariola	9214	RAZ SZCZECIN	Weteran II K - 60	5	00:55:14	01:25:11	02:24:14.75	02:24:53.25	+01:32:11 (63.6%)	14:25	4.2 (36.8%)
458	KARPIŃSKA Agnieszka	9168		Weteran K - 50	20	01:00:59	01:30:28	02:24:42.15	02:25:43.50	+01:33:01 (63.8%)	14:28	4.1 (36.0%)
459	KARPIŃSKI Adam	9159		Weteran I M - 50	30	01:00:57	01:30:23	02:24:42.60	02:25:44.00	+01:33:01 (63.8%)	14:28	4.1 (36.0%)
460	SZUMLAS Anna	9511	ULTRA WAY TEAM	Masters K - 40	83	00:58:06	01:27:50	02:25:58.70	02:27:09.95	+01:34:27 (64.2%)	14:35	4.1 (36.0%)
461	KUPCZYK Wojciech	9157		Senior I M - 20	30	00:58:26	01:30:13	02:26:28.60	02:27:23.70	+01:34:41 (64.2%)	14:38	4.1 (36.0%)
462	KUPCZYK Jacek	9156		Weteran I M - 50	31	00:59:01	01:30:14	02:26:29.35	02:27:24.00	+01:34:41 (64.2%)	14:38	4.1 (36.0%)
463	OWSIANIK Elwira	9460	MD_RUN	Masters K - 40	84	01:01:28	01:30:01	02:30:46.75	02:31:24.70	+01:38:42 (65.2%)	15:04	4 (35.1%)
464	DOWNAR-ZAPOLSKA Rita	9455	MD RUN	Weteran K - 50	21	01:01:18	01:30:01	02:30:47.60	02:31:24.90	+01:38:42 (65.2%)	15:04	4 (35.1%)
465	DOWNAR-ZAPOLSKA Laura	9454	MD RUN	Senior II K - 30	88	01:01:23	01:29:14	02:30:46.60	02:31:25.00	+01:38:42 (65.2%)	15:04	4 (35.1%)
466	OWSIANIK Aleksandra	9461	MD_RUN	Senior I K - 20	25	01:01:31	01:29:16	02:30:47.85	02:31:25.20	+01:38:43 (65.2%)	15:04	4 (35.1%)
467	KYC Ewa	9345		Weteran K - 50	22	01:01:12	01:31:29	02:31:25.65	02:32:38.05	+01:39:55 (65.5%)	15:08	4 (35.1%)
468	KYC Paulina	9344		Senior I K - 20	26	01:01:11	01:31:28	02:31:25.80	02:32:38.45	+01:39:56 (65.5%)	15:08	4 (35.1%)
469	BARTKIEWICZ Katarzyna	9011		Masters K - 40	85	01:04:22	01:36:35	02:36:05.45	02:36:34.15	+01:43:51 (66.3%)	15:36	3.8 (33.3%)
470	KRÓL Marta	9451		Masters K - 40	86	01:04:22	01:36:34	02:36:09.75	02:36:39.95	+01:43:57 (66.4%)	15:36	3.8 (33.3%)
471	ŁOJEWSKA Małgorzata	9055	10 WOJSKOWY SZPITAL Z POLIKLINIKOM	Masters K - 40	87	01:07:20	01:40:13	02:40:02.50	02:40:42.80	+01:48:00 (67.2%)	16:00	3.7 (32.5%)
472	SIERPIŃSKA Małgorzata	9216	AKTYWNI RAZEM	Weteran K - 50	23	01:10:27	01:45:19	02:44:08.30	02:45:08.40	+01:52:26 (68.1%)	16:24	3.7 (32.5%)
473	KRZEMIENIEWSKI Jerzy	9332	KB SZAMOTUŁY	Weteran II M - 60	13	01:08:50	01:44:56	02:47:40.65	02:49:04.60	+01:56:22 (68.8%)	16:46	3.6 (31.6%)
474	KĘSKA-PLĄSEK Małgorzata	9095	LOVELASY	Masters K - 40	88	01:12:23	01:47:50	02:50:16.65	02:50:41.60	+01:57:59 (69.1%)	17:01	3.5 (30.7%)
475	KONIECZNY Robert	9077	#ZŁOTYNAKILOMETR	Masters M - 40	77	01:05:30	01:38:01	02:49:34.95	02:50:48.50	+01:58:06 (69.1%)	16:57	3.5 (30.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
476	SOKOŁOWSKI Iwo	9076		Junior I M - 20	7	01:16:40	01:54:28	02:57:27.40	02:58:25.25	+02:05:43 (70.5%)	17:44	3.4 (29.8%)
477	SOKOŁOWSKI Kazimierz	9061		Weteran III M - 70	6	01:16:43	01:54:26	02:57:28.95	02:58:28.25	+02:05:46 (70.5%)	17:44	3.4 (29.8%)
	BODURKA Krzysztof	9493	SALOMON TEAM	Senior II M - 30		00:25:56 DNF	DNF	DNF	DNF		-	- (0.0%)
	KACZOR Jan	9488		Senior I M - 20		00:26:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	KUROWSKA Bianka	9416		Senior I K - 20		DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWICZ Tomasz	9355	OBORYGENI	Senior II M - 30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 481 wynik(ów)