



# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2024-07-21  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4.4km	C1 6.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KUJAWA Zbigniew</b>	<b>9085</b>	TKKF KOLEJARZ BYDGOSZCZ	Senior II M - 30	1	00:21:43	00:32:12	<b>00:46:48.75</b>	<b>00:46:52.25</b>		4:40	12.8 (100%)
2	<b>RUTKOWSKI Damian</b>	<b>9106</b>	KS ZAMEK EXPOM KURZĘTNIK	Senior I M - 20	1	00:23:16	00:34:16	<b>00:48:44.50</b>	<b>00:48:47.30</b>	+00:01:55 (3.9%)	4:52	12.3 (96.1%)
3	<b>PERZ Jan</b>	<b>9453</b>	ULTRA TRAIL ACADEMY	Senior I M - 20	2	00:22:41	00:34:01	<b>00:48:50.80</b>	<b>00:48:53.25</b>	+00:02:01 (4.1%)	4:53	12.3 (96.1%)
4	<b>PAPROCKA Urszula</b>	<b>9370</b>		Senior II K - 30	1	00:24:11	00:35:04	<b>00:49:19.20</b>	<b>00:49:24.20</b>	+00:02:31 (5.1%)	4:55	12.2 (95.3%)
5	<b>PYZIK Krzysztof</b>	<b>9748</b>	VEGE SLONIK TEAM	Senior II M - 30	2	00:24:01	00:35:11	<b>00:49:54.10</b>	<b>00:50:00.55</b>	+00:03:08 (6.3%)	4:59	12 (93.8%)
6	<b>KAMIŃSKI Artur</b>	<b>9735</b>	PRZEDWOJEWSKI TEAM	Masters M - 40	1	00:23:56	00:35:21	<b>00:50:02.95</b>	<b>00:50:04.95</b>	+00:03:12 (6.4%)	5:00	12 (93.8%)
7	<b>TRZEPAK Łukasz</b>	<b>9526</b>		Senior II M - 30	3	00:23:53	00:35:37	<b>00:50:00.40</b>	<b>00:50:09.45</b>	+00:03:17 (6.6%)	5:00	12 (93.8%)
8	<b>OGÓREK Monika</b>	<b>9444</b>	SALOMON TEAM / BRYGADA BESKIDÓW	Senior I K - 20	1	00:24:15	00:35:49	<b>00:50:46.00</b>	<b>00:50:51.50</b>	+00:03:59 (7.8%)	5:04	11.8 (92.2%)
9	<b>MAJEWSKI Rafał</b>	<b>9588</b>	SUDECKA GRUPA GOPR	Masters M - 40	2	00:24:26	00:35:57	<b>00:52:08.95</b>	<b>00:52:11.10</b>	+00:05:18 (10.2%)	5:12	11.5 (89.8%)
10	<b>KRASZPULSKA Magdalena</b>	<b>9573</b>	TRAIL IS OUR WAY	Senior II K - 30	2	00:24:36	00:36:37	<b>00:52:11.55</b>	<b>00:52:16.85</b>	+00:05:24 (10.3%)	5:13	11.5 (89.8%)
11	<b>KUŚNIERCZAK Wiesław</b>	<b>9746</b>	AW SZYBCIEJ	Weteran I M - 50	1	00:25:26	00:37:00	<b>00:52:10.05</b>	<b>00:52:39.75</b>	+00:05:47 (11.0%)	5:13	11.5 (89.8%)
12	<b>MCKENNA Adrian</b>	<b>9204</b>	AMAGER TRIATLON KLUB	Senior II M - 30	4	00:24:48	00:36:18	<b>00:52:42.55</b>	<b>00:53:06.60</b>	+00:06:14 (11.7%)	5:16	11.4 (89.1%)
13	<b>JACHYMCZYK Norbert</b>	<b>9604</b>	KB MCKUS JAWORZNO	Masters M - 40	3	00:25:09	00:36:49	<b>00:52:56.70</b>	<b>00:53:17.60</b>	+00:06:25 (12.1%)	5:17	11.3 (88.3%)
14	<b>BEDNARSKI Marek</b>	<b>9381</b>	TEAM KOPEĆ	Senior II M - 30	5	00:26:26	00:38:21	<b>00:53:15.05</b>	<b>00:53:19.95</b>	+00:06:27 (12.1%)	5:19	11.3 (88.3%)
15	<b>GROMAŁA Krzysztof</b>	<b>9387</b>	SOBASTEAM	Masters M - 40	4	00:25:22	00:37:05	<b>00:53:34.60</b>	<b>00:53:38.45</b>	+00:06:46 (12.6%)	5:21	11.2 (87.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
16	<b>OPALIŃSKI Michał</b>	<b>9556</b>	HASCO-LEK TEAM	Senior II M - 30	6	00:25:28	00:37:04	<b>00:53:21.55</b>	<b>00:53:50.45</b>	+00:06:58 (12.9%)	5:20	11.2 (87.5%)
17	<b>PRZYSTARZ Artur</b>	<b>9069</b>	OBORYGENI	Weteran I M - 50	2	00:25:28	00:37:24	<b>00:54:01.60</b>	<b>00:54:09.25</b>	+00:07:17 (13.4%)	5:24	11.1 (86.7%)
18	<b>STRZELCZAK Robert</b>	<b>9303</b>	TRAIL IS OUR WAY TEAM	Weteran I M - 50	3	00:26:14	00:38:09	<b>00:54:14.45</b>	<b>00:54:14.45</b>	+00:07:22 (13.6%)	5:25	11.1 (86.7%)
19	<b>LEWANDOWSKI Michał</b>	<b>9472</b>	OBSTACLE CENTER TEAM	Senior I M - 20	3	00:25:30	00:37:48	<b>00:54:12.00</b>	<b>00:54:14.85</b>	+00:07:22 (13.6%)	5:25	11.1 (86.7%)
20	<b>BOCZEK Leszek</b>	<b>9495</b>		Senior II M - 30	7	00:25:41	00:37:42	<b>00:54:12.05</b>	<b>00:54:19.20</b>	+00:07:26 (13.7%)	5:25	11.1 (86.7%)
21	<b>WER Anna</b>	<b>9402</b>	TOMICA COACHING   CZENIECKIE MAKARONY	Senior II K - 30	3	00:25:59	00:37:48	<b>00:54:19.15</b>	<b>00:54:23.20</b>	+00:07:30 (13.8%)	5:25	11 (85.9%)
22	<b>KWAŚNIK Mariusz</b>	<b>9407</b>		Masters M - 40	5	00:26:43	00:39:05	<b>00:54:52.40</b>	<b>00:54:56.85</b>	+00:08:04 (14.7%)	5:29	10.9 (85.2%)
23	<b>GRYGIEL Marek</b>	<b>9595</b>	TEAM ULTRABIES/TEAM DFBG	Masters M - 40	6	00:26:32	00:39:00	<b>00:54:48.40</b>	<b>00:54:59.15</b>	+00:08:06 (14.8%)	5:28	10.9 (85.2%)
24	<b>VASINSKI Hleb</b>	<b>9389</b>		Senior I M - 20	4	00:26:10	00:38:54	<b>00:54:44.40</b>	<b>00:55:05.10</b>	+00:08:12 (14.9%)	5:28	11 (85.9%)
25	<b>GAIK Natalia</b>	<b>9059</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	Senior I K - 20	2	00:25:48	00:38:20	<b>00:55:05.95</b>	<b>00:55:09.05</b>	+00:08:16 (15.0%)	5:30	10.9 (85.2%)
26	<b>CZELEŃ Mateusz</b>	<b>9540</b>	ZAMIELSKI TEAM	Senior II M - 30	8	00:26:15	00:38:48	<b>00:55:15.50</b>	<b>00:55:22.30</b>	+00:08:30 (15.4%)	5:31	10.9 (85.2%)
27	<b>NOWAK Paweł</b>	<b>9048</b>		Senior II M - 30	9	00:25:40	00:37:58	<b>00:55:36.80</b>	<b>00:55:40.65</b>	+00:08:48 (15.8%)	5:33	10.8 (84.4%)
28	<b>PITOŃ Mateusz</b>	<b>9603</b>		Senior II M - 30	10	00:25:44	00:38:35	<b>00:56:08.85</b>	<b>00:56:16.50</b>	+00:09:24 (16.7%)	5:36	10.7 (83.6%)
29	<b>NAJDUK Jakub</b>	<b>9045</b>	ROZBIEGANI CHOJNÓW	Junior I M - 20	1	00:26:09	00:38:39	<b>00:56:20.95</b>	<b>00:56:23.75</b>	+00:09:31 (16.9%)	5:38	10.7 (83.6%)
30	<b>WRÓBEL Michał</b>	<b>9445</b>	JAN TALERZ DRUGI	Senior II M - 30	11	00:26:13	00:38:54	<b>00:56:51.65</b>	<b>00:56:56.90</b>	+00:10:04 (17.7%)	5:41	10.6 (82.8%)
31	<b>ALTEWĘGIER Jarosław</b>	<b>9172</b>	AW SZYBCIEJ TEAM	Masters M - 40	7	00:26:37	00:39:08	<b>00:56:49.45</b>	<b>00:57:00.45</b>	+00:10:08 (17.8%)	5:40	10.6 (82.8%)
32	<b>PODGÓRNY Mariusz</b>	<b>9466</b>	TEAM OZIMEK / ULTRANIEPODLEGŁA	Senior II M - 30	12	00:27:12	00:40:15	<b>00:57:06.75</b>	<b>00:57:10.20</b>	+00:10:17 (18.0%)	5:42	10.5 (82.0%)
33	<b>ZAMŁYŃSKI Bartosz</b>	<b>9328</b>		Senior II M - 30	13	00:26:34	00:39:26	<b>00:56:27.40</b>	<b>00:57:18.80</b>	+00:10:26 (18.2%)	5:38	10.6 (82.8%)
34	<b>WANAT Mateusz</b>	<b>9298</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	14	00:28:05	00:40:40	<b>00:57:12.80</b>	<b>00:57:21.85</b>	+00:10:29 (18.3%)	5:43	10.5 (82.0%)
35	<b>RUBAJ Konrad</b>	<b>9750</b>	TEAM DFBG / UMKS KWIDZYN	Junior I M - 20	2	00:27:07	00:39:54	<b>00:56:46.85</b>	<b>00:57:29.85</b>	+00:10:37 (18.5%)	5:40	10.6 (82.8%)
36	<b>KURKA Wiktoria</b>	<b>9160</b>		Junior I K - 20	1	00:26:35	00:40:23	<b>00:58:39.35</b>	<b>00:58:41.90</b>	+00:11:49 (20.1%)	5:51	10.2 (79.7%)
37	<b>PODWÓJCI Michał</b>	<b>9198</b>	GÓRAL Z MAZUR	Masters M - 40	8	00:27:12	00:40:02	<b>00:57:57.05</b>	<b>00:58:47.60</b>	+00:11:55 (20.3%)	5:47	10.4 (81.3%)
38	<b>KOCOWSKI-GÓRSKI Konrad</b>	<b>9352</b>	MŁYNARCZYK ENDURANCE TEAM	Senior II M - 30	15	00:27:41	00:40:47	<b>00:58:22.55</b>	<b>00:58:49.25</b>	+00:11:57 (20.3%)	5:50	10.3 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
39	<b>SEMENENKO Liudmyla</b>	<b>9289</b>	PRZEDWOJEWSKI TEAM	Senior II K - 30	4	00:27:48	00:40:52	<b>00:58:50.00</b>	<b>00:58:54.35</b>	+00:12:02 (20.4%)	5:53	10.2 (79.7%)
40	<b>SKÓRA Szymon</b>	<b>9336</b>		Masters M - 40	9	00:28:03	00:41:05	<b>00:58:11.95</b>	<b>00:59:04.55</b>	+00:12:12 (20.7%)	5:49	10.3 (80.5%)
41	<b>SZUBA Tomasz</b>	<b>9554</b>	HASCO-LEK TEAM	Senior II M - 30	16	00:28:19	00:41:21	<b>00:58:32.25</b>	<b>00:59:10.10</b>	+00:12:17 (20.8%)	5:51	10.3 (80.5%)
42	<b>BIAŁCZYK Marcin</b>	<b>9060</b>	MARATOŃCZYK POZNAŃ	Senior II M - 30	17	00:27:11	00:40:42	<b>00:59:08.50</b>	<b>00:59:18.30</b>	+00:12:26 (21.0%)	5:54	10.1 (78.9%)
43	<b>KRYSIK Marcin</b>	<b>9166</b>		Senior II M - 30	18	00:27:47	00:40:47	<b>00:59:04.65</b>	<b>00:59:19.10</b>	+00:12:26 (21.0%)	5:54	10.2 (79.7%)
44	<b>MIKOŁAJCZYK Mirosław</b>	<b>9284</b>	MIRAZ RACE TEAM	Masters M - 40	10	00:28:33	00:41:33	<b>00:59:18.95</b>	<b>00:59:26.00</b>	+00:12:33 (21.1%)	5:55	10.1 (78.9%)
45	<b>KŁAKOWICZ Mariusz</b>	<b>9159</b>		Masters M - 40	11	00:28:14	00:41:16	<b>00:59:26.25</b>	<b>00:59:29.35</b>	+00:12:37 (21.2%)	5:56	10.1 (78.9%)
46	<b>MAŁKIEWICZ Paweł</b>	<b>9345</b>		Masters M - 40	12	00:27:29	00:40:46	<b>00:59:14.15</b>	<b>00:59:59.85</b>	+00:13:07 (21.9%)	5:55	10.1 (78.9%)
47	<b>PŁAZIAK-KOWALSKA Magdalena</b>	<b>9185</b>	2K	Masters K - 40	1	00:28:16	00:41:34	<b>00:59:53.10</b>	<b>01:00:00.45</b>	+00:13:08 (21.9%)	5:59	10 (78.1%)
48	<b>BUKOWSKA Marta</b>	<b>9460</b>		Senior II K - 30	5	00:28:00	00:41:38	<b>01:00:04.65</b>	<b>01:00:09.30</b>	+00:13:17 (22.1%)	6:00	10 (78.1%)
49	<b>ZACHARCZUK Szczepan</b>	<b>9168</b>	ENDORFINA WSCHOWA	Weteran II M - 60	1	00:28:38	00:42:10	<b>01:00:09.75</b>	<b>01:00:16.95</b>	+00:13:24 (22.2%)	6:00	10 (78.1%)
50	<b>JAMBOR Michał</b>	<b>9359</b>	ŻÓRAWSKI TEAM	Masters M - 40	13	00:28:33	00:41:38	<b>00:59:57.30</b>	<b>01:00:23.60</b>	+00:13:31 (22.4%)	5:59	10 (78.1%)
51	<b>BOROWIAK Łukasz</b>	<b>9053</b>	#BIEGAJLESZNO	Masters M - 40	14	00:28:57	00:41:54	<b>01:00:01.65</b>	<b>01:00:50.05</b>	+00:13:57 (23.0%)	6:00	10 (78.1%)
52	<b>DORNIAK Jarosław</b>	<b>9135</b>	PZU SPORT TEAM	Weteran I M - 50	4	00:29:33	00:42:59	<b>01:00:59.30</b>	<b>01:01:05.55</b>	+00:14:13 (23.3%)	6:05	9.8 (76.6%)
53	<b>PEKALA Kamila</b>	<b>9219</b>	KOBIETY BIEGAJĄ	Senior I K - 20	3	00:29:05	00:42:45	<b>01:01:02.15</b>	<b>01:01:08.70</b>	+00:14:16 (23.3%)	6:06	9.8 (76.6%)
54	<b>JÓZEF Mateusz</b>	<b>9243</b>	ULTRAJÓZKI	Senior II M - 30	19	00:29:03	00:42:48	<b>01:00:45.75</b>	<b>01:01:09.30</b>	+00:14:17 (23.4%)	6:04	9.9 (77.3%)
55	<b>MODRZYŃSKI Paweł</b>	<b>9496</b>		Senior II M - 30	20	00:28:49	00:42:45	<b>01:01:11.75</b>	<b>01:01:30.85</b>	+00:14:38 (23.8%)	6:07	9.8 (76.6%)
56	<b>MYDŁOWSKI Piotr</b>	<b>9377</b>		Masters M - 40	15	00:28:54	00:42:31	<b>01:00:57.40</b>	<b>01:01:44.50</b>	+00:14:52 (24.1%)	6:05	9.8 (76.6%)
57	<b>ANANICH Andrey</b>	<b>9548</b>	BIĄŁ.TM	Senior I M - 20	5	00:28:40	00:43:05	<b>01:01:37.25</b>	<b>01:01:50.40</b>	+00:14:58 (24.2%)	6:09	9.7 (75.8%)
58	<b>KANIEWSKI Piotr</b>	<b>9558</b>		Senior II M - 30	21	00:29:17	00:43:17	<b>01:01:48.95</b>	<b>01:01:55.10</b>	+00:15:02 (24.3%)	6:10	9.7 (75.8%)
59	<b>VAN DER MEIJ Bart</b>	<b>9021</b>	AV ZUIDWAL, NEDERLAND	Masters M - 40	16	00:29:37	00:43:44	<b>01:01:51.50</b>	<b>01:02:03.95</b>	+00:15:11 (24.5%)	6:11	9.7 (75.8%)
60	<b>BÓRKOWSKA Ola</b>	<b>9301</b>	MARATOŃCZYK POZNAŃ	Senior II K - 30	6	00:28:57	00:43:11	<b>01:02:05.10</b>	<b>01:02:10.70</b>	+00:15:18 (24.6%)	6:12	9.7 (75.8%)
61	<b>JASICKI Krzysztof</b>	<b>9356</b>	RUNHOGS TYCHY	Masters M - 40	17	00:30:25	00:44:05	<b>01:02:10.90</b>	<b>01:02:19.25</b>	+00:15:27 (24.8%)	6:13	9.7 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
62	WIATER Tomasz	9029		Masters M - 40	18	00:30:02	00:44:00	01:02:13.15	01:02:22.80	+00:15:30 (24.9%)	6:13	9.6 (75.0%)
63	ZĄBECKI Przemysław	9736		Masters M - 40	19	00:30:31	00:44:26	01:02:18.70	01:02:26.75	+00:15:34 (24.9%)	6:13	9.6 (75.0%)
64	ZIELIŃSKI Sławomir	9601	#TEAMSZÓSTABE	Masters M - 40	20	00:30:10	00:44:49	01:02:49.75	01:02:56.55	+00:16:04 (25.5%)	6:16	9.6 (75.0%)
65	FIENKO Katarzyna	9358		Senior II K - 30	7	00:29:57	00:44:06	01:02:58.45	01:03:03.05	+00:16:10 (25.7%)	6:17	9.5 (74.2%)
66	JAWORSKI Konrad	9536		Senior II M - 30	22	00:29:56	00:44:34	01:02:44.70	01:03:18.75	+00:16:26 (26.0%)	6:16	9.6 (75.0%)
67	WIECZERZAK Magdalena	9594	TEAM ULTRABIES / TEAM DFBG	Senior II K - 30	8	00:29:52	00:44:14	01:02:56.30	01:03:21.15	+00:16:28 (26.0%)	6:17	9.5 (74.2%)
68	CIECIELĄG Adam	9214	KS PEGAZ	Senior I M - 20	6	00:29:14	00:43:56	01:03:31.00	01:03:48.95	+00:16:56 (26.6%)	6:21	9.4 (73.4%)
69	JEDRZEJEK Lukasz	9293		Masters M - 40	21	00:30:59	00:43:49	01:01:01.05	01:04:15.70	+00:17:23 (27.1%)	6:06	9.8 (76.6%)
70	WALCZAK Adrian	9138	13 ŚBOT	Senior I M - 20	7	00:29:55	00:44:41	01:03:52.40	01:04:16.90	+00:17:24 (27.1%)	6:23	9.4 (73.4%)
71	PARZNIEWSKI Maciej	9147	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	Masters M - 40	22	00:29:33	00:43:44	01:03:52.35	01:04:42.00	+00:17:49 (27.6%)	6:23	9.4 (73.4%)
72	CHUDY Michał	9425		Senior II M - 30	23	00:30:46	00:44:56	01:03:46.85	01:04:48.75	+00:17:56 (27.7%)	6:22	9.4 (73.4%)
73	DUDKIEWICZ Damian	9480	DOHEALTH	Senior II M - 30	24	00:29:05	00:43:50	01:04:18.10	01:04:57.55	+00:18:05 (27.8%)	6:25	9.3 (72.7%)
74	JAWORSKI Bartosz	9319	DOHEALTH KRAKÓW	Senior I M - 20	8	00:29:05	00:43:50	01:04:19.45	01:04:59.00	+00:18:06 (27.9%)	6:25	9.3 (72.7%)
75	KLIŚ Marcin	9373	TOMICA COACHING	Masters M - 40	23	00:30:30	00:45:03	01:05:06.35	01:05:10.55	+00:18:18 (28.1%)	6:30	9.2 (71.9%)
76	MRUGAŁA Monika	9304	TRAIL IS OUR WAY TEAM	Weteran K - 50	1	00:30:25	00:45:20	01:05:06.80	01:05:21.80	+00:18:29 (28.3%)	6:30	9.2 (71.9%)
77	KRÓL Adrian	9491		Senior II M - 30	25	00:30:40	00:45:26	01:04:26.90	01:05:23.85	+00:18:31 (28.3%)	6:26	9.3 (72.7%)
78	ULIKOWSKA Martyna	9586	TEAM DFBG	Senior II K - 30	9	00:31:05	00:46:08	01:05:19.25	01:05:26.30	+00:18:34 (28.4%)	6:31	9.2 (71.9%)
79	GRZECH Rafał	9110		Senior I M - 20	9	00:30:49	00:45:31	01:04:15.55	01:05:31.80	+00:18:39 (28.5%)	6:25	9.3 (72.7%)
80	PATALAS Mateusz	9130		Senior I M - 20	10	00:31:38	00:46:33	01:05:13.05	01:05:34.25	+00:18:42 (28.5%)	6:31	9.2 (71.9%)
81	PACEK Tomasz	9339	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	26	00:30:59	00:44:48	01:05:00.40	01:05:48.15	+00:18:55 (28.8%)	6:30	9.2 (71.9%)
82	BÓRKOWSKI Mikołaj	9515	MARATOŃCZYK POZNAŃ	Masters M - 40	24	00:31:33	00:46:17	01:05:52.90	01:05:57.85	+00:19:05 (28.9%)	6:35	9.1 (71.1%)
83	KARPINSKI Piotr	9520		Senior I M - 20	11	00:30:25	00:45:09	01:04:50.20	01:05:58.60	+00:19:06 (29.0%)	6:29	9.3 (72.7%)
84	FIENKO Dariusz	9355		Senior II M - 30	27	00:31:22	00:46:13	01:05:55.60	01:06:00.85	+00:19:08 (29.0%)	6:35	9.1 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
85	JESION Ireneusz	9581		Weteran I M - 50	5	00:31:48	00:46:14	01:05:32.00	01:06:15.50	+00:19:23 (29.3%)	6:33	9.2 (71.9%)
86	MAJKA Eryk	9182	FAMILIAMAJKA	Senior I M - 20	12	00:30:17	00:45:12	01:05:25.45	01:06:16.65	+00:19:24 (29.3%)	6:32	9.2 (71.9%)
87	GAŁEK Aleksander	9413	PRAGMATIQ.PL	Masters M - 40	25	00:32:34	00:46:46	01:05:52.20	01:06:21.90	+00:19:29 (29.4%)	6:35	9.1 (71.1%)
88	PAULI Maciej	9297		Senior I M - 20	13	00:31:21	00:46:20	01:05:45.65	01:06:23.35	+00:19:31 (29.4%)	6:34	9.1 (71.1%)
89	ZAWADA Paweł	9169		Junior I M - 20	3	00:30:44	00:45:31	01:06:12.15	01:06:40.90	+00:19:48 (29.7%)	6:37	9.1 (71.1%)
90	ŚWIĘCKA Joanna	9509	OSTATNI GASI ASFALT	Masters K - 40	2			01:06:48.00	01:06:48.00	+00:19:55 (29.8%)	6:40	9 (70.3%)
91	RYLLI Dawid	9487		Senior II M - 30	28	00:30:56	00:46:16	01:06:45.45	01:06:50.50	+00:19:58 (29.9%)	6:40	9 (70.3%)
92	POCZĄTEK Łukasz	9354	AUTOLIV RUN TEAM	Masters M - 40	26	00:30:50	00:46:13	01:06:56.70	01:07:09.05	+00:20:16 (30.2%)	6:41	9 (70.3%)
93	MOTYCZYNSKI Maciej	9052	MOTYCZYŃSKI RUNNING	Weteran I M - 50	6	00:31:25	00:46:25	01:07:24.25	01:07:29.35	+00:20:37 (30.6%)	6:44	8.9 (69.5%)
94	DĄBROWSKA Katarzyna	9450		Senior II K - 30	10	00:33:11	00:48:11	01:07:15.00	01:07:32.65	+00:20:40 (30.6%)	6:43	8.9 (69.5%)
95	KOBYLIŃSKI Bartosz	9221	MUKS SPARTAN ROKIETNICA	Junior I M - 20	4	00:31:52	00:47:31	01:07:28.15	01:07:46.05	+00:20:53 (30.8%)	6:44	8.9 (69.5%)
96	FLIS Mirosław	9392		Weteran II M - 60	2	00:32:34	00:47:57	01:07:40.05	01:07:49.85	+00:20:57 (30.9%)	6:46	8.9 (69.5%)
97	SIEMIŃSKA Adrianna	9478		Junior I K - 20	2	00:30:43	00:46:43	01:07:46.10	01:07:51.65	+00:20:59 (30.9%)	6:46	8.9 (69.5%)
98	KWIATKOWSKI Filip	9740	ZEREBSKI	Junior I M - 20	5	00:32:30	00:47:50	01:07:24.70	01:07:57.50	+00:21:05 (31.0%)	6:44	8.9 (69.5%)
99	SZYMAŃSKI Jarosław	9024		Senior I M - 20	14	00:32:43	00:47:28	01:06:37.45	01:08:02.85	+00:21:10 (31.1%)	6:39	9 (70.3%)
100	STĘPNIAK Iga	9446		Senior II K - 30	11	00:32:16	00:47:29	01:07:58.95	01:08:09.25	+00:21:17 (31.2%)	6:47	8.8 (68.8%)
101	ZYGOŃ Artur	9497	ZACHODNIOPOMORSKI URZĄD WOJEWÓDZKI	Senior II M - 30	29	00:31:01	00:45:57	01:08:07.10	01:08:11.85	+00:21:19 (31.3%)	6:48	8.8 (68.8%)
102	TOMCZYK Rafał	9565	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	30	00:31:18	00:46:17	01:07:49.45	01:08:12.60	+00:21:20 (31.3%)	6:46	8.8 (68.8%)
103	SIEWKO Piotr	9101		Weteran I M - 50	7	00:32:25	00:47:30	01:07:58.80	01:08:18.40	+00:21:26 (31.4%)	6:47	8.8 (68.8%)
104	GRUSZKOWSKI Marek	9249	OSP SIEDLNICA	Weteran I M - 50	8	00:31:38	00:46:47	01:08:00.70	01:08:27.85	+00:21:35 (31.5%)	6:48	8.8 (68.8%)
105	PINCIUREK Paulina	9190	SMAK RADOŚCI	Senior II K - 30	12	00:32:14	00:47:19	01:07:58.30	01:08:36.25	+00:21:44 (31.7%)	6:47	8.8 (68.8%)
106	MOMOT Sławomir	9191	SMAK RADOŚCI	Masters M - 40	27	00:32:14	00:47:18	01:07:58.55	01:08:36.60	+00:21:44 (31.7%)	6:47	8.8 (68.8%)
106	BUTSKO Yana	9252		Senior I K - 20	4	00:32:04	00:47:46	01:08:03.65	01:08:36.60	+00:21:44 (31.7%)	6:48	8.8 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
108	<b>PONIATOWSKA Justyna</b>	<b>9247</b>	TEBIA RUNNERS	Senior II K - 30	13	00:33:06	00:48:38	<b>01:08:37.00</b>	<b>01:08:47.20</b>	+00:21:54 (31.9%)	6:51	8.7 (68.0%)
109	<b>KOTRYSIAK Agata</b>	<b>9067</b>	ADIDAS RUNNERS POZNAŃ	Senior II K - 30	14	00:33:04	00:48:37	<b>01:08:42.10</b>	<b>01:08:48.25</b>	+00:21:56 (31.9%)	6:52	8.7 (68.0%)
110	<b>LIS Adrian</b>	<b>9546</b>	GALMET TEAM	Senior I M - 20	15	00:32:05	00:47:17	<b>01:08:07.65</b>	<b>01:08:49.15</b>	+00:21:56 (31.9%)	6:48	8.8 (68.8%)
111	<b>OWCZARCZYK Wojciech</b>	<b>9393</b>		Senior I M - 20	16	00:32:20	00:47:25	<b>01:08:01.50</b>	<b>01:08:52.15</b>	+00:21:59 (31.9%)	6:48	8.8 (68.8%)
112	<b>TOMAS Paweł</b>	<b>9741</b>		Senior I M - 20	17	00:33:22	00:48:38	<b>01:08:13.50</b>	<b>01:08:52.35</b>	+00:22:00 (31.9%)	6:49	8.8 (68.8%)
113	<b>NIEWIADOMSKI Marek</b>	<b>9096</b>	CROSS KRAPKOWICE	Senior II M - 30	31	00:31:38	00:47:07	<b>01:08:13.60</b>	<b>01:08:59.95</b>	+00:22:07 (32.1%)	6:49	8.8 (68.8%)
114	<b>ULAN Natalia</b>	<b>9530</b>		Senior II K - 30	15	00:31:28	00:47:20	<b>01:09:01.95</b>	<b>01:09:10.85</b>	+00:22:18 (32.2%)	6:54	8.7 (68.0%)
115	<b>BRONISZ Joanna</b>	<b>9374</b>	TOMICA COACHING	Senior I K - 20	5	00:32:35	00:48:44	<b>01:09:21.25</b>	<b>01:09:25.85</b>	+00:22:33 (32.5%)	6:56	8.7 (68.0%)
116	<b>GOETEL Magdalena</b>	<b>9743</b>		Masters K - 40	3	00:33:25	00:48:47	<b>01:09:00.05</b>	<b>01:09:34.30</b>	+00:22:42 (32.6%)	6:54	8.7 (68.0%)
117	<b>MILIŃSKA Lilianna</b>	<b>9335</b>		Masters K - 40	4	00:32:36	00:47:47	<b>01:08:45.15</b>	<b>01:09:38.55</b>	+00:22:46 (32.7%)	6:52	8.7 (68.0%)
118	<b>JARECKI Maciej</b>	<b>9609</b>	PARKRUN WROCŁAW	Senior II M - 30	32	00:32:30	00:47:37	<b>01:08:57.75</b>	<b>01:09:41.80</b>	+00:22:49 (32.8%)	6:53	8.7 (68.0%)
119	<b>SIEWKO Jakub</b>	<b>9062</b>		Senior I M - 20	18	00:32:36	00:48:03	<b>01:09:21.95</b>	<b>01:09:42.20</b>	+00:22:49 (32.8%)	6:56	8.7 (68.0%)
120	<b>JORDAN Jakub</b>	<b>9057</b>	TARNOWO PODGÓRNE BIEGA	Junior I M - 20	6	00:32:09	00:47:07	<b>01:08:00.10</b>	<b>01:09:56.00</b>	+00:23:03 (33.0%)	6:48	8.8 (68.8%)
121	<b>ZIĘBA Gracjan</b>	<b>9605</b>		Senior II M - 30	33	00:33:06	00:48:01	<b>01:08:23.70</b>	<b>01:10:02.65</b>	+00:23:10 (33.1%)	6:50	8.8 (68.8%)
122	<b>ŻMUDA Paweł</b>	<b>9063</b>	TEAM JUTROSIN	Masters M - 40	28	00:31:55	00:47:25	<b>01:09:55.90</b>	<b>01:10:04.50</b>	+00:23:12 (33.1%)	6:59	8.6 (67.2%)
123	<b>JANKOWSKA Jolanta</b>	<b>9420</b>		Senior II K - 30	16	00:32:18	00:47:52	<b>01:09:54.25</b>	<b>01:10:08.15</b>	+00:23:15 (33.2%)	6:59	8.6 (67.2%)
124	<b>PROŃKO Kamil</b>	<b>9375</b>	LEGNICA POKONUJE PRZESZKODY	Senior II M - 30	34	00:32:46	00:48:12	<b>01:09:41.45</b>	<b>01:10:24.30</b>	+00:23:32 (33.4%)	6:58	8.6 (67.2%)
125	<b>POZHYLENKO Vladyslav</b>	<b>9512</b>		Senior I M - 20	19	00:32:04	00:47:28	<b>01:09:12.35</b>	<b>01:10:26.05</b>	+00:23:33 (33.5%)	6:55	8.7 (68.0%)
126	<b>HLAVÁČOVÁ Eva</b>	<b>9580</b>		Weteran K - 50	2	00:32:34	00:48:25	<b>01:10:07.15</b>	<b>01:10:30.60</b>	+00:23:38 (33.5%)	7:00	8.6 (67.2%)
127	<b>KRZESIMOWSKI Damian</b>	<b>9086</b>	ENERGENT POLSKA	Masters M - 40	29	00:34:14	00:49:06	<b>01:09:55.80</b>	<b>01:10:31.65</b>	+00:23:39 (33.5%)	6:59	8.6 (67.2%)
128	<b>ROSIŃSKI Jakub</b>	<b>9555</b>	HASCO-LEK TEAM	Senior II M - 30	35	00:31:11	00:46:11	<b>01:08:43.10</b>	<b>01:10:47.65</b>	+00:23:55 (33.8%)	6:52	8.7 (68.0%)
129	<b>KASZEWIAK Karolina</b>	<b>9507</b>	TOMICA COACHING	Senior II K - 30	17	00:33:50	00:49:11	<b>01:09:40.35</b>	<b>01:10:51.90</b>	+00:23:59 (33.9%)	6:58	8.6 (67.2%)
130	<b>CYMBALISTA Adam</b>	<b>9505</b>		Senior I M - 20	20	00:33:52	00:49:38	<b>01:10:02.00</b>	<b>01:10:54.15</b>	+00:24:01 (33.9%)	7:00	8.6 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
131	<b>BULIKOWSKI Tomasz</b>	<b>9363</b>	KAMTEAM	Masters M - 40	30	00:33:10	00:48:25	<b>01:09:29.85</b>	<b>01:11:00.50</b>	+00:24:08 (34.0%)	6:56	8.6 (67.2%)
132	<b>PLOCH Weronika</b>	<b>9506</b>		Senior I K - 20	6	00:33:52	00:49:38	<b>01:10:17.45</b>	<b>01:11:09.45</b>	+00:24:17 (34.1%)	7:01	8.5 (66.4%)
133	<b>KIERUL Łukasz</b>	<b>9107</b>	HASSA TEAM SPORTY WALKI	Senior II M - 30	36	00:32:03	00:48:08	<b>01:11:07.75</b>	<b>01:11:18.85</b>	+00:24:26 (34.3%)	7:06	8.4 (65.6%)
134	<b>IWANOW Hubert</b>	<b>9432</b>		Senior II M - 30	37			<b>01:11:24.55</b>	<b>01:11:24.55</b>	+00:24:32 (34.4%)	7:08	8.4 (65.6%)
135	<b>CIECIOROWSKA Aleksandra</b>	<b>9537</b>	DYNAFIT/ SOBAS TEAM	Senior I K - 20	7	00:33:45	00:50:01	<b>01:11:21.70</b>	<b>01:11:25.45</b>	+00:24:33 (34.4%)	7:08	8.4 (65.6%)
136	<b>MITUŁA Paweł</b>	<b>9109</b>		Masters M - 40	31	00:33:12	00:48:56	<b>01:10:47.05</b>	<b>01:11:45.75</b>	+00:24:53 (34.7%)	7:04	8.5 (66.4%)
137	<b>KAŁAMAGA Agnieszka</b>	<b>9553</b>	HASCO-LEK TEAM	Masters K - 40	5	00:34:09	00:49:47	<b>01:11:12.20</b>	<b>01:11:56.35</b>	+00:25:04 (34.8%)	7:07	8.4 (65.6%)
138	<b>KABAŃSKI Adam</b>	<b>9246</b>		Senior I M - 20	21	00:34:41	00:50:02	<b>01:10:42.85</b>	<b>01:11:58.60</b>	+00:25:06 (34.9%)	7:04	8.5 (66.4%)
139	<b>KUBISZYN Paweł</b>	<b>9584</b>		Senior II M - 30	38	00:33:07	00:49:15	<b>01:11:22.85</b>	<b>01:12:03.05</b>	+00:25:10 (34.9%)	7:08	8.4 (65.6%)
140	<b>WALCZAK Andrzej</b>	<b>9351</b>		Masters M - 40	32	00:32:43	00:48:30	<b>01:11:12.95</b>	<b>01:12:04.75</b>	+00:25:12 (35.0%)	7:07	8.4 (65.6%)
141	<b>DESKA Elżbieta</b>	<b>9543</b>		Masters K - 40	6	00:32:17	00:47:57	<b>01:11:45.30</b>	<b>01:12:06.55</b>	+00:25:14 (35.0%)	7:10	8.4 (65.6%)
142	<b>MOKRZYCKI Krzysztof</b>	<b>9281</b>	ŚLĘZAKTEAM	Masters M - 40	33	00:33:17	00:49:40	<b>01:11:32.45</b>	<b>01:12:07.05</b>	+00:25:14 (35.0%)	7:09	8.4 (65.6%)
143	<b>SCHRAM Arne</b>	<b>9020</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	9	00:34:16	00:50:36	<b>01:11:51.55</b>	<b>01:12:10.70</b>	+00:25:18 (35.1%)	7:11	8.4 (65.6%)
144	<b>MIKUŁA Maciej</b>	<b>9275</b>		Weteran I M - 50	10	00:32:26	00:48:15	<b>01:11:53.10</b>	<b>01:12:13.30</b>	+00:25:21 (35.1%)	7:11	8.3 (64.8%)
145	<b>NOWAK Natalia</b>	<b>9192</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	18	00:34:11	00:50:21	<b>01:11:44.50</b>	<b>01:12:29.95</b>	+00:25:37 (35.3%)	7:10	8.4 (65.6%)
146	<b>BOGUSZ Basia</b>	<b>9596</b>	TEAM DFBG	Senior II K - 30	19	00:35:13	00:51:18	<b>01:11:55.80</b>	<b>01:12:32.20</b>	+00:25:39 (35.4%)	7:11	8.3 (64.8%)
147	<b>BARTON Adam</b>	<b>9504</b>	GALMET TEAM	Masters M - 40	34	00:33:01	00:48:53	<b>01:12:01.35</b>	<b>01:12:42.95</b>	+00:25:50 (35.5%)	7:12	8.3 (64.8%)
148	<b>GRYZ Jacek</b>	<b>9324</b>		Masters M - 40	35	00:34:38	00:50:40	<b>01:12:20.30</b>	<b>01:12:52.75</b>	+00:26:00 (35.7%)	7:14	8.3 (64.8%)
149	<b>BARTKOWIAK Hubert</b>	<b>9162</b>	KB ŻMIGRÓD	Weteran I M - 50	11	00:33:19	00:49:12	<b>01:12:21.50</b>	<b>01:12:57.05</b>	+00:26:04 (35.8%)	7:14	8.3 (64.8%)
150	<b>BAL Tomasz</b>	<b>9422</b>		Masters M - 40	36	00:34:15	00:50:13	<b>01:11:37.05</b>	<b>01:13:29.05</b>	+00:26:36 (36.2%)	7:09	8.4 (65.6%)
151	<b>TYL Radosław</b>	<b>9118</b>		Masters M - 40	37	00:33:13	00:49:12	<b>01:11:29.60</b>	<b>01:13:38.45</b>	+00:26:46 (36.4%)	7:08	8.4 (65.6%)
152	<b>JĘDRZEJEWSKI Mateusz</b>	<b>9189</b>		Senior II M - 30	39	00:33:13	00:49:41	<b>01:13:01.65</b>	<b>01:13:45.15</b>	+00:26:52 (36.4%)	7:18	8.2 (64.1%)
153	<b>KACZMAREK Łukasz</b>	<b>9310</b>		Senior II M - 30	40	00:35:53	00:52:24	<b>01:13:19.85</b>	<b>01:13:51.05</b>	+00:26:58 (36.5%)	7:19	8.2 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
154	GRZYBEK Nadia	9093		Senior I K - 20	8	00:33:47	00:49:54	01:13:14.15	01:14:01.75	+00:27:09 (36.7%)	7:19	8.2 (64.1%)
155	KRAUTFORST Karolina	9468		Senior I K - 20	9	00:35:59	00:51:55	01:12:18.40	01:14:11.60	+00:27:19 (36.8%)	7:13	8.3 (64.8%)
156	BEREST Olena	9488		Senior I K - 20	10	00:33:35	00:50:19	01:13:07.40	01:14:15.10	+00:27:22 (36.9%)	7:18	8.2 (64.1%)
157	MARKOWSKA Lidia	9199		Masters K - 40	7	00:35:24	00:51:30	01:14:18.00	01:14:18.00	+00:27:25 (36.9%)	7:25	8.1 (63.3%)
158	ŁUKASZEWSKI Michał	9171	#ZALINAMETYTEAM	Masters M - 40	38	00:35:36	00:52:12	01:13:28.95	01:14:23.45	+00:27:31 (37.0%)	7:20	8.2 (64.1%)
159	NESTEREWICZ Ryszard	9382	LKS ISKRA JASZKOWA	Weteran III M - 70	1	00:33:50	00:50:09	01:13:23.95	01:14:30.80	+00:27:38 (37.1%)	7:20	8.2 (64.1%)
160	JASKÓLSKA-PIETRZYK Kinga	9061	MICHALAK SANDRA TEAM	Masters K - 40	8	00:35:33	00:51:48	01:14:19.15	01:14:36.80	+00:27:44 (37.2%)	7:25	8.1 (63.3%)
161	SZYMAŃSKI Grzegorz	9313	RNB TEAM POLANICA ZDRÓJ	Weteran I M - 50	12	00:33:38	00:50:04	01:13:55.95	01:14:47.50	+00:27:55 (37.3%)	7:23	8.1 (63.3%)
162	KUZIEL Marcin	9233	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	41	00:34:31	00:50:10	01:12:54.05	01:15:00.95	+00:28:08 (37.5%)	7:17	8.2 (64.1%)
163	WINNIK Marek	9346	SAVAGES	Masters M - 40	39	00:35:33	00:51:14	01:13:26.20	01:15:08.95	+00:28:16 (37.6%)	7:20	8.2 (64.1%)
164	RUSEK Piotr	9464		Senior II M - 30	42	00:34:31	00:50:46	01:12:54.35	01:15:10.85	+00:28:18 (37.7%)	7:17	8.2 (64.1%)
165	WOLEK Maks	9535		Junior I M - 20	7	00:36:17	00:52:51	01:13:53.35	01:15:11.00	+00:28:18 (37.7%)	7:23	8.1 (63.3%)
166	MOLENDMA Małgorzata	9271	BBKS ŁAWECZKA WILANÓW	Masters K - 40	9	00:36:36	00:53:10	01:15:11.90	01:15:24.05	+00:28:31 (37.8%)	7:31	8 (62.5%)
167	OWCZARCZYK Bogumił	9397		Weteran I M - 50	13	00:33:47	00:50:42	01:14:34.65	01:15:26.05	+00:28:33 (37.9%)	7:27	8 (62.5%)
168	PIOTROWIAK Angelika	9479		Senior II K - 30	20	00:35:21	00:51:45	01:14:21.20	01:15:47.25	+00:28:55 (38.2%)	7:26	8.1 (63.3%)
169	BACKER Marcin	9429	TOPOLICE TEAM	Masters M - 40	40	00:35:32	00:52:20	01:14:29.85	01:15:48.90	+00:28:56 (38.2%)	7:26	8.1 (63.3%)
170	WILK Mateusz	9574	RAMBO III	Masters M - 40	41	00:35:28	00:52:14	01:15:29.70	01:16:02.75	+00:29:10 (38.4%)	7:32	7.9 (61.7%)
171	MAJKA Anna	9183	FAMILIAMAJKA	Weteran K - 50	3	00:35:40	00:52:18	01:15:10.95	01:16:05.10	+00:29:12 (38.4%)	7:31	8 (62.5%)
172	MAJKA Jarek	9181	FAMILIAMAJKA	Masters M - 40	42	00:35:41	00:52:18	01:15:11.30	01:16:05.45	+00:29:13 (38.4%)	7:31	8 (62.5%)
173	POŚWISTAJŁO Marcin	9510		Senior II M - 30	43	00:37:23	00:53:32	01:14:48.15	01:16:20.10	+00:29:27 (38.6%)	7:28	8 (62.5%)
174	RYBCZYŃSKI Paweł	9443	RYBA TEAM	Masters M - 40	43	00:36:22	00:52:59	01:15:13.40	01:16:20.70	+00:29:28 (38.6%)	7:31	8 (62.5%)
175	WILCZYŃSKA Beata	9174	#ZALINIAMETYTEAM	Senior II K - 30	21	00:35:36	00:52:12	01:15:28.70	01:16:23.55	+00:29:31 (38.6%)	7:32	8 (62.5%)
176	DURYŃ Aleksandra	9228		Senior I K - 20	11	00:36:19	00:53:03	01:15:31.15	01:16:38.80	+00:29:46 (38.8%)	7:33	7.9 (61.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
177	ZIÓŁEK Karolina	9215		Senior II K - 30	22	00:36:30	00:53:28	01:15:53.60	01:16:39.95	+00:29:47 (38.9%)	7:35	7.9 (61.7%)
178	OLEJNICZAK Leon	9544		Junior I M - 20	8	00:36:51	00:53:20	01:14:25.50	01:16:41.05	+00:29:48 (38.9%)	7:26	8.1 (63.3%)
179	SARNOWSKA Karolina	9575	PRORUNNING PROMOTION	Masters K - 40	10	00:36:01	00:52:42	01:15:44.20	01:16:46.60	+00:29:54 (39.0%)	7:34	7.9 (61.7%)
180	JÓZEF Dorota	9244	ULTRAJÓZKI	Senior II K - 30	23	00:36:36	00:53:31	01:16:08.05	01:16:47.65	+00:29:55 (39.0%)	7:36	7.9 (61.7%)
181	TOMCZAK Agnieszka	9225		Senior I K - 20	12	00:36:23	00:53:34	01:16:05.70	01:17:21.55	+00:30:29 (39.4%)	7:36	7.9 (61.7%)
182	HORSZTYŃSKA Zofia	9531		Senior II K - 30	24	00:36:14	00:52:47	01:15:59.20	01:17:23.80	+00:30:31 (39.4%)	7:35	7.9 (61.7%)
183	BIEDA Mateusz	9484		Senior II M - 30	44	00:36:26	00:52:51	01:15:42.70	01:17:25.20	+00:30:32 (39.5%)	7:34	7.9 (61.7%)
184	CZEKALSKI Bartosz	9207	NARAMOWICE BIEGAJĄ	Junior I M - 20	9	00:35:47	00:53:19	01:15:41.05	01:17:33.65	+00:30:41 (39.6%)	7:34	7.9 (61.7%)
185	ŁAMPIKA Kinga	9583	GOOD MOVE	Masters K - 40	11	00:35:36	00:52:19	01:16:12.40	01:17:39.60	+00:30:47 (39.6%)	7:37	7.9 (61.7%)
186	RUTKOWSKA Sandra	9051	SPORTOWY KAŻMIERZ	Senior I K - 20	13	00:37:10	00:54:38	01:16:05.20	01:17:39.75	+00:30:47 (39.6%)	7:36	7.9 (61.7%)
187	GÓRSKA Nikoletta	9525		Senior I K - 20	14	00:36:16	00:53:01	01:16:02.35	01:17:50.60	+00:30:58 (39.8%)	7:36	7.9 (61.7%)
188	BRZEZIŃSKI Andrzej	9217	LANRUNS	Weteran II M - 60	3	00:37:35	00:54:57	01:17:48.30	01:17:52.30	+00:31:00 (39.8%)	7:46	7.7 (60.2%)
189	KOWAL Krzysztof	9256		Weteran I M - 50	14	00:37:17	00:54:51	01:17:12.45	01:17:55.45	+00:31:03 (39.9%)	7:43	7.8 (60.9%)
190	ZIÓŁEK Błażej	9406		Senior II M - 30	45	00:36:33	00:52:35	01:16:26.75	01:18:03.50	+00:31:11 (40.0%)	7:38	7.8 (60.9%)
191	SIKORA Edward	9157		Weteran I M - 50	15	00:37:29	00:54:43	01:17:06.90	01:18:09.00	+00:31:16 (40.0%)	7:42	7.8 (60.9%)
192	LUBAŃSKA Alicja	9203	DTR BIEGA / MARIO TEAM	Weteran K - 50	4	00:36:01	00:53:19	01:18:10.50	01:18:18.15	+00:31:25 (40.1%)	7:49	7.7 (60.2%)
193	LEWANDOWSKI Tadeusz	9458	WBK PIAST	Weteran III M - 70	2	00:37:01	00:54:07	01:18:00.50	01:18:26.35	+00:31:34 (40.2%)	7:48	7.7 (60.2%)
194	BUŁACIŃSKI Filip	9562	WOŚ TEAM	Masters M - 40	44	00:37:13	00:54:37	01:17:15.30	01:18:29.15	+00:31:36 (40.3%)	7:43	7.8 (60.9%)
195	BARANOWSKA Renata	9500	KB HARCOWNIK JELCZ LASKOWICE	Senior II K - 30	25	00:36:56	00:53:58	01:16:49.45	01:18:30.10	+00:31:37 (40.3%)	7:40	7.8 (60.9%)
196	KOTAS Paweł	9417		Senior II M - 30	46	00:37:05	00:54:50	01:17:07.15	01:18:59.85	+00:32:07 (40.7%)	7:42	7.8 (60.9%)
197	DUDEK Izabela	9483		Senior I K - 20	15	00:37:23	00:55:30	01:17:45.45	01:19:02.50	+00:32:10 (40.7%)	7:46	7.7 (60.2%)
198	ZAWARTKA Małgorzata	9386		Senior II K - 30	26	00:37:46	00:54:56	01:17:36.50	01:19:06.40	+00:32:14 (40.7%)	7:45	7.7 (60.2%)
199	MICHALSKA Aleksandra	9412		Senior I K - 20	16	00:38:18	00:55:39	01:17:55.60	01:19:08.40	+00:32:16 (40.8%)	7:47	7.7 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
200	<b>NAGLER Tomasz</b>	<b>9747</b>	TEAM DFBG	Masters M - 40	45	00:34:33	00:52:05	<b>01:18:44.40</b>	<b>01:19:08.90</b>	+00:32:16 (40.8%)	7:52	7.6 (59.4%)
201	<b>IMIŃSKI Cezary</b>	<b>9116</b>		Weteran I M - 50	16	00:39:37	00:56:35	<b>01:18:55.10</b>	<b>01:19:11.10</b>	+00:32:18 (40.8%)	7:53	7.6 (59.4%)
202	<b>RODKIEWICZ Tomasz</b>	<b>9524</b>		Weteran I M - 50	17	00:36:22	00:53:48	<b>01:16:43.20</b>	<b>01:19:12.80</b>	+00:32:20 (40.8%)	7:40	7.8 (60.9%)
203	<b>KOŁODZIEJCZYK Marcin</b>	<b>9121</b>	BIAŁEOWCE	Senior I M - 20	22	00:38:00	00:55:14	<b>01:18:01.30</b>	<b>01:19:14.40</b>	+00:32:22 (40.8%)	7:48	7.7 (60.2%)
204	<b>CHAŁUPIŃSKI Adrian</b>	<b>9519</b>		Senior I M - 20	23	00:40:42	00:56:58	<b>01:17:29.10</b>	<b>01:19:17.10</b>	+00:32:24 (40.9%)	7:44	7.7 (60.2%)
205	<b>ABRAHAMEK Natalia</b>	<b>9441</b>		Senior II K - 30	27	00:37:49	00:55:43	<b>01:18:03.75</b>	<b>01:19:23.25</b>	+00:32:31 (41.0%)	7:48	7.7 (60.2%)
206	<b>KWINTA Jakub</b>	<b>9436</b>		Senior I M - 20	24	00:36:47	00:56:24	<b>01:19:13.65</b>	<b>01:19:30.85</b>	+00:32:38 (41.1%)	7:55	7.6 (59.4%)
207	<b>SZARSKI Jacek</b>	<b>9068</b>		Senior I M - 20	25	00:36:13	00:53:13	<b>01:18:12.70</b>	<b>01:19:34.40</b>	+00:32:42 (41.1%)	7:49	7.7 (60.2%)
208	<b>STOLARCZYK Teresa</b>	<b>9055</b>	SĄ WOLNIEJSI	Weteran K - 50	5	00:37:22	00:54:27	<b>01:19:06.35</b>	<b>01:19:41.85</b>	+00:32:49 (41.2%)	7:54	7.6 (59.4%)
209	<b>MACIEJEWSKI Maciej</b>	<b>9317</b>	BROWAR FORTUNA	Masters M - 40	46	00:36:18	00:53:32	<b>01:18:18.10</b>	<b>01:19:44.65</b>	+00:32:52 (41.2%)	7:49	7.7 (60.2%)
210	<b>WIZIMIRSKI Krzysztof</b>	<b>9523</b>	MATI TEAM HANIA	Masters M - 40	47	00:37:47	00:56:11	<b>01:19:57.80</b>	<b>01:20:09.35</b>	+00:33:17 (41.5%)	7:59	7.5 (58.6%)
211	<b>CZERWIŃSKI Rafał</b>	<b>9164</b>	LOVELASY	Junior I M - 20	10	00:38:09	00:55:46	<b>01:19:40.80</b>	<b>01:20:19.45</b>	+00:33:27 (41.6%)	7:58	7.5 (58.6%)
212	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>9143</b>		Weteran K - 50	6	00:38:03	00:55:26	<b>01:19:26.25</b>	<b>01:20:22.70</b>	+00:33:30 (41.7%)	7:56	7.6 (59.4%)
213	<b>HOREJDA Sara</b>	<b>9362</b>		Senior I K - 20	17	00:37:15	00:55:23	<b>01:19:57.65</b>	<b>01:20:36.25</b>	+00:33:44 (41.9%)	7:59	7.5 (58.6%)
214	<b>HUBNER Ilona</b>	<b>9201</b>	TLENOWA RADOŚĆ TEAM	Masters K - 40	12	00:38:12	00:55:50	<b>01:19:11.70</b>	<b>01:20:38.75</b>	+00:33:46 (41.9%)	7:55	7.6 (59.4%)
215	<b>JODŁOWSKI Grzegorz</b>	<b>9597</b>	NIEZRZESZONY	Weteran I M - 50	18	00:38:07	00:55:55	<b>01:19:54.45</b>	<b>01:20:43.40</b>	+00:33:51 (41.9%)	7:59	7.5 (58.6%)
216	<b>KANIA Marcin</b>	<b>9451</b>		Senior II M - 30	47			<b>01:20:44.00</b>	<b>01:20:44.00</b>	+00:33:51 (41.9%)	8:04	7.4 (57.8%)
217	<b>KULS Karolina</b>	<b>9459</b>		Masters K - 40	13	00:37:32	00:55:36	<b>01:20:26.05</b>	<b>01:20:44.40</b>	+00:33:52 (41.9%)	8:02	7.5 (58.6%)
218	<b>MARCZAK Ola</b>	<b>9323</b>	KB HARCOWNIK	Senior II K - 30	28	00:37:37	00:55:17	<b>01:19:14.20</b>	<b>01:20:54.65</b>	+00:34:02 (42.1%)	7:55	7.6 (59.4%)
219	<b>GÓRECKA Milena</b>	<b>9404</b>		Senior II K - 30	29	00:37:38	00:55:23	<b>01:19:57.25</b>	<b>01:21:01.50</b>	+00:34:09 (42.2%)	7:59	7.5 (58.6%)
220	<b>IDZENGA Hessel</b>	<b>9023</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	19	00:37:07	00:55:13	<b>01:19:15.75</b>	<b>01:21:08.95</b>	+00:34:16 (42.2%)	7:55	7.6 (59.4%)
221	<b>VAN LAERE Sibbelien</b>	<b>9017</b>	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	1	00:38:40	00:56:49	<b>01:20:55.35</b>	<b>01:21:09.15</b>	+00:34:16 (42.2%)	8:05	7.4 (57.8%)
222	<b>KRUCZKOWSKI Mateusz</b>	<b>9065</b>	AUTOLIV RUN TEAM	Senior II M - 30	48	00:38:13	00:56:39	<b>01:20:52.30</b>	<b>01:21:22.30</b>	+00:34:30 (42.4%)	8:05	7.4 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
223	<b>MULARCZYK Michał</b>	<b>9538</b>	ZADYSZKA RUDNIKI	Senior I M - 20	26	00:38:11	00:55:13	<b>01:19:25.00</b>	<b>01:21:32.95</b>	+00:34:40 (42.5%)	7:56	7.6 (59.4%)
224	<b>ŁUCIÓW Iwona</b>	<b>9115</b>		Senior II K - 30	30	00:38:35	00:56:43	<b>01:21:01.50</b>	<b>01:21:34.00</b>	+00:34:41 (42.5%)	8:06	7.4 (57.8%)
225	<b>ŻEREBECKA Marta</b>	<b>9564</b>		Senior II K - 30	31	00:38:55	00:56:27	<b>01:21:04.65</b>	<b>01:21:39.25</b>	+00:34:47 (42.6%)	8:06	7.4 (57.8%)
226	<b>FORENC Damian</b>	<b>9141</b>	OBORYGENI	Masters M - 40	48	00:37:46	00:56:16	<b>01:20:25.35</b>	<b>01:21:43.65</b>	+00:34:51 (42.6%)	8:02	7.5 (58.6%)
227	<b>POLAŃSKA Marlena</b>	<b>9119</b>	HERAKLES	Masters K - 40	14	00:37:20	00:55:05	<b>01:21:14.40</b>	<b>01:21:44.70</b>	+00:34:52 (42.7%)	8:07	7.4 (57.8%)
228	<b>BAKSALARY Lidia</b>	<b>9054</b>	#BIEGAJLESZNO	Weteran K - 50	7	00:37:52	00:55:46	<b>01:21:47.65</b>	<b>01:21:54.20</b>	+00:35:01 (42.8%)	8:10	7.3 (57.0%)
229	<b>RAJZER Renata</b>	<b>9165</b>		Senior II K - 30	32	00:39:28	00:56:59	<b>01:20:09.25</b>	<b>01:21:56.05</b>	+00:35:03 (42.8%)	8:00	7.5 (58.6%)
230	<b>DORNIAC Natalia</b>	<b>9140</b>		Senior I K - 20	18	00:39:21	00:57:54	<b>01:21:38.25</b>	<b>01:22:00.70</b>	+00:35:08 (42.8%)	8:09	7.3 (57.0%)
231	<b>ŁUŻNY Agnieszka</b>	<b>9285</b>		Senior II K - 30	33	00:38:55	00:56:55	<b>01:21:17.80</b>	<b>01:22:01.95</b>	+00:35:09 (42.9%)	8:07	7.4 (57.8%)
232	<b>ZAWADZKI Bartosz</b>	<b>9259</b>		Senior I M - 20	27	00:38:55	00:56:50	<b>01:21:08.80</b>	<b>01:22:06.30</b>	+00:35:14 (42.9%)	8:06	7.4 (57.8%)
233	<b>VAN SCHAİK Marleen</b>	<b>9015</b>	AV ZUIDWAL, NEDERLAND	Masters K - 40	15	00:38:01	00:55:47	<b>01:21:59.65</b>	<b>01:22:16.50</b>	+00:35:24 (43.0%)	8:11	7.3 (57.0%)
234	<b>TIMMERMAN Johan</b>	<b>9013</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	20	00:37:16	00:55:03	<b>01:21:15.20</b>	<b>01:22:16.55</b>	+00:35:24 (43.0%)	8:07	7.4 (57.8%)
235	<b>ŁYDKA Patryk</b>	<b>9559</b>		Senior I M - 20	28	00:37:26	00:54:44	<b>01:20:16.50</b>	<b>01:22:22.15</b>	+00:35:29 (43.1%)	8:01	7.5 (58.6%)
236	<b>GĄSKA Sandra</b>	<b>9561</b>		Senior II K - 30	34	00:37:48	00:55:46	<b>01:20:23.30</b>	<b>01:22:23.65</b>	+00:35:31 (43.1%)	8:02	7.5 (58.6%)
237	<b>WOLAK Jolanta</b>	<b>9179</b>		Masters K - 40	16	00:38:02	00:56:18	<b>01:21:36.10</b>	<b>01:22:38.25</b>	+00:35:46 (43.3%)	8:09	7.4 (57.8%)
238	<b>MOKRZYŃSKI Marcin</b>	<b>9033</b>		Masters M - 40	49	00:36:07	00:52:34	<b>01:20:01.30</b>	<b>01:22:38.60</b>	+00:35:46 (43.3%)	8:00	7.5 (58.6%)
239	<b>WUJDA Mirosław</b>	<b>9100</b>	ERNI RULEZ	Masters M - 40	50	00:34:27	00:52:59	<b>01:21:57.05</b>	<b>01:22:44.05</b>	+00:35:51 (43.3%)	8:11	7.3 (57.0%)
240	<b>MAKAROWSKI Andrzej</b>	<b>9378</b>	SZYBCY I POLICZENI, ENDORFINY WSCHOWA	Masters M - 40	51	00:38:51	00:57:22	<b>01:21:40.35</b>	<b>01:22:47.20</b>	+00:35:54 (43.4%)	8:10	7.3 (57.0%)
241	<b>IDCZAK Wojciech</b>	<b>9430</b>		Masters M - 40	52	00:38:25	00:57:59	<b>01:22:14.75</b>	<b>01:22:49.65</b>	+00:35:57 (43.4%)	8:13	7.3 (57.0%)
242	<b>PAWLĘGA Witold</b>	<b>9292</b>		Senior II M - 30	49	00:38:34	00:56:54	<b>01:22:01.85</b>	<b>01:22:59.80</b>	+00:36:07 (43.5%)	8:12	7.3 (57.0%)
243	<b>WŁODARSKI Przemysław</b>	<b>9282</b>		Masters M - 40	53	00:38:07	00:56:34	<b>01:22:38.45</b>	<b>01:23:03.70</b>	+00:36:11 (43.6%)	8:15	7.3 (57.0%)
244	<b>WYSOCZAŃSKI Rafał</b>	<b>9424</b>		Senior II M - 30	50	00:38:13	00:55:40	<b>01:21:49.40</b>	<b>01:23:12.75</b>	+00:36:20 (43.7%)	8:10	7.3 (57.0%)
245	<b>MĄDRO Robert</b>	<b>9238</b>		Masters M - 40	54	00:38:09	00:56:17	<b>01:21:05.55</b>	<b>01:23:15.80</b>	+00:36:23 (43.7%)	8:06	7.4 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
246	<b>MEDYŃSKA Małgorzata</b>	<b>9031</b>	TEAM JUTROSIN	Weteran K - 50	8	00:38:00	00:56:02	<b>01:23:07.60</b>	<b>01:23:16.80</b>	+00:36:24 (43.7%)	8:18	7.2 (56.3%)
247	<b>MEDYŃSKI Arkadiusz</b>	<b>9032</b>	TEAM JUTROSIN	Weteran I M - 50	21	00:38:00	00:57:05	<b>01:23:08.05</b>	<b>01:23:17.75</b>	+00:36:25 (43.7%)	8:18	7.2 (56.3%)
248	<b>GRZEŚKOWIAK Edyta</b>	<b>9621</b>		Senior II K - 30	35	00:37:55	00:55:56	<b>01:23:05.85</b>	<b>01:23:20.25</b>	+00:36:28 (43.8%)	8:18	7.2 (56.3%)
249	<b>OGIELSKA-MĄDRO Patrycja</b>	<b>9241</b>		Senior II K - 30	36	00:39:47	00:57:07	<b>01:21:11.50</b>	<b>01:23:21.15</b>	+00:36:28 (43.8%)	8:07	7.4 (57.8%)
250	<b>ORUBA Katarzyna</b>	<b>9291</b>		Senior II K - 30	37	00:39:36	00:58:59	<b>01:22:36.30</b>	<b>01:23:34.15</b>	+00:36:41 (43.9%)	8:15	7.3 (57.0%)
251	<b>KĘDZIOR Joanna</b>	<b>9447</b>		Masters K - 40	17	00:39:29	00:58:09	<b>01:22:44.50</b>	<b>01:23:45.65</b>	+00:36:53 (44.0%)	8:16	7.3 (57.0%)
252	<b>JASKÓŁKA Hubert</b>	<b>9343</b>	VENUS BRUK	Weteran II M - 60	4	00:39:01	00:56:45	<b>01:22:05.75</b>	<b>01:23:52.55</b>	+00:37:00 (44.1%)	8:12	7.3 (57.0%)
253	<b>JASKÓŁKA Rafał</b>	<b>9342</b>	VENUS	Masters M - 40	55	00:39:02	00:56:45	<b>01:22:06.30</b>	<b>01:23:53.15</b>	+00:37:00 (44.1%)	8:12	7.3 (57.0%)
254	<b>REMBLEWSKA Agnieszka</b>	<b>9541</b>		Senior I K - 20	19	00:39:53	00:58:02	<b>01:22:54.30</b>	<b>01:23:53.85</b>	+00:37:01 (44.1%)	8:17	7.2 (56.3%)
255	<b>RUTKOWSKA Karolina</b>	<b>9153</b>	EST	Masters K - 40	18	00:39:13	00:59:36	<b>01:23:40.05</b>	<b>01:24:04.00</b>	+00:37:11 (44.2%)	8:22	7.2 (56.3%)
256	<b>DORNIAC Agnieszka</b>	<b>9136</b>		Weteran K - 50	9	00:39:15	00:57:37	<b>01:23:40.65</b>	<b>01:24:04.60</b>	+00:37:12 (44.3%)	8:22	7.2 (56.3%)
257	<b>DREWNIAC Mariusz</b>	<b>9280</b>	MISIEK TEAM	Masters M - 40	56	00:39:36	00:57:55	<b>01:22:37.15</b>	<b>01:24:15.60</b>	+00:37:23 (44.4%)	8:15	7.3 (57.0%)
258	<b>DREWNIAC Karolina</b>	<b>9364</b>	MISIEK TEAM	Masters K - 40	19	00:39:20	00:57:55	<b>01:22:37.70</b>	<b>01:24:15.75</b>	+00:37:23 (44.4%)	8:15	7.3 (57.0%)
259	<b>ŁĄCZYŃSKI Andrzej</b>	<b>9361</b>	TRUCHTAM... TUPTAM... PEŁZNE...	Masters M - 40	57	00:38:05	00:56:25	<b>01:23:09.85</b>	<b>01:24:16.70</b>	+00:37:24 (44.4%)	8:18	7.2 (56.3%)
260	<b>WALA Patryk</b>	<b>9589</b>	TEAM DFBG	Senior II M - 30	51	00:40:22	00:59:29	<b>01:23:43.25</b>	<b>01:24:20.45</b>	+00:37:28 (44.4%)	8:22	7.2 (56.3%)
261	<b>SZYMONIK Dominika</b>	<b>9587</b>	TEAM DFBG	Senior II K - 30	38	00:39:17	00:58:04	<b>01:23:43.90</b>	<b>01:24:20.50</b>	+00:37:28 (44.4%)	8:22	7.2 (56.3%)
262	<b>WYSOCZAŃSKA Rita</b>	<b>9423</b>		Senior II K - 30	39	00:38:11	00:56:22	<b>01:23:03.75</b>	<b>01:24:27.30</b>	+00:37:35 (44.5%)	8:18	7.2 (56.3%)
263	<b>SOBÓL Piotr</b>	<b>9517</b>		Senior I M - 20	29	00:39:25	00:57:55	<b>01:23:56.35</b>	<b>01:24:37.80</b>	+00:37:45 (44.6%)	8:23	7.1 (55.5%)
264	<b>SKIBIŃSKI Przemysław</b>	<b>9571</b>		Masters M - 40	58	00:37:21	00:56:00	<b>01:24:16.80</b>	<b>01:24:38.75</b>	+00:37:46 (44.6%)	8:25	7.1 (55.5%)
265	<b>PAGÓRSKA Ilona</b>	<b>9044</b>	PAGÓR TEAM	Senior II K - 30	40	00:39:45	00:58:25	<b>01:23:27.10</b>	<b>01:24:48.15</b>	+00:37:55 (44.7%)	8:20	7.2 (56.3%)
266	<b>GRACZYK Adam</b>	<b>9549</b>		Senior II M - 30	52	00:39:57	00:57:59	<b>01:22:44.60</b>	<b>01:24:50.25</b>	+00:37:58 (44.8%)	8:16	7.3 (57.0%)
267	<b>KACZMAREK Szymon</b>	<b>9231</b>	PICTURA.SPACE	Masters M - 40	59	00:38:23	00:56:55	<b>01:22:29.35</b>	<b>01:24:51.95</b>	+00:37:59 (44.8%)	8:14	7.3 (57.0%)
268	<b>GRUSZKOWSKA Katarzyna</b>	<b>9248</b>	OSP SIEDLNICA	Weteran K - 50	10	00:38:25	00:57:21	<b>01:24:46.95</b>	<b>01:25:15.00</b>	+00:38:22 (45.0%)	8:28	7.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
269	<b>GOŁUCH Arkadiusz</b>	<b>9749</b>	WYBIEGANI ŁAGIEWNIKI	Masters M - 40	60	00:38:29	00:57:18	<b>01:24:28.45</b>	<b>01:25:53.20</b>	+00:39:00 (45.4%)	8:26	7.1 (55.5%)
270	<b>MACIĄG-MASTERNAK Marta</b>	<b>9334</b>		Senior II K - 30	41	00:40:52	00:59:53	<b>01:23:53.70</b>	<b>01:25:54.55</b>	+00:39:02 (45.4%)	8:23	7.2 (56.3%)
271	<b>SIUDA Patryk</b>	<b>9137</b>		Senior I M - 20	30	00:35:55	00:55:10	<b>01:25:44.00</b>	<b>01:26:06.65</b>	+00:39:14 (45.6%)	8:34	7 (54.7%)
272	<b>KIKLICA Marcin</b>	<b>9469</b>		Senior II M - 30	53	00:40:19	00:59:29	<b>01:24:12.70</b>	<b>01:26:11.65</b>	+00:39:19 (45.6%)	8:25	7.1 (55.5%)
273	<b>KAŻMIERCZAK Mikołaj</b>	<b>9076</b>	KAŻMIERCZAKI	Senior I M - 20	31	00:41:20	00:59:31	<b>01:25:09.30</b>	<b>01:26:16.60</b>	+00:39:24 (45.7%)	8:30	7 (54.7%)
274	<b>KAŻMIERCZAK Bronisław</b>	<b>9077</b>	KAŻMIERCZAKI	Weteran II M - 60	5	00:41:05	00:59:30	<b>01:25:08.75</b>	<b>01:26:16.85</b>	+00:39:24 (45.7%)	8:30	7 (54.7%)
275	<b>IDCZAK Magdalena</b>	<b>9576</b>		Masters K - 40	20	00:40:32	00:59:04	<b>01:24:53.05</b>	<b>01:26:18.40</b>	+00:39:26 (45.7%)	8:29	7.1 (55.5%)
276	<b>JES Karen</b>	<b>9014</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	11	00:40:14	00:58:53	<b>01:26:01.30</b>	<b>01:26:19.50</b>	+00:39:27 (45.7%)	8:36	7 (54.7%)
277	<b>DOPIERAŁA Natalia</b>	<b>9315</b>	BROWAR FORTUNA	Senior II K - 30	42	00:38:41	00:56:55	<b>01:24:53.40</b>	<b>01:26:21.55</b>	+00:39:29 (45.7%)	8:29	7.1 (55.5%)
278	<b>POPIOŁEK Agnieszka</b>	<b>9312</b>		Senior II K - 30	43	00:38:22	00:57:57	<b>01:26:21.40</b>	<b>01:26:29.75</b>	+00:39:37 (45.8%)	8:38	6.9 (53.9%)
279	<b>RYCHŁOWSKA Magdalena</b>	<b>9193</b>	W STRONĘ ULTRA	Weteran K - 50	12	00:38:13	00:57:35	<b>01:26:12.90</b>	<b>01:26:34.20</b>	+00:39:41 (45.9%)	8:37	7 (54.7%)
280	<b>PAŁKA Patrycja</b>	<b>9257</b>		Senior II K - 30	44	00:36:38	00:55:20	<b>01:24:47.60</b>	<b>01:26:35.30</b>	+00:39:43 (45.9%)	8:28	7.1 (55.5%)
281	<b>DE RAADT Peter</b>	<b>9026</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	22	00:39:29	00:58:30	<b>01:24:45.75</b>	<b>01:26:37.85</b>	+00:39:45 (45.9%)	8:28	7.1 (55.5%)
281	<b>RUGERS Ciska</b>	<b>9003</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	13	00:38:13	00:58:30	<b>01:24:44.40</b>	<b>01:26:37.85</b>	+00:39:45 (45.9%)	8:28	7.1 (55.5%)
283	<b>MACIEJEWSKI Mateusz</b>	<b>9527</b>		Senior II M - 30	54	00:40:13	00:58:30	<b>01:25:06.75</b>	<b>01:26:44.10</b>	+00:39:51 (46.0%)	8:30	7.1 (55.5%)
284	<b>PIOTROWSKA Danuta</b>	<b>9205</b>		Weteran II K - 60	2	00:40:40	00:59:49	<b>01:26:35.20</b>	<b>01:26:44.70</b>	+00:39:52 (46.0%)	8:39	6.9 (53.9%)
285	<b>KAFTANOWICZ Kamil</b>	<b>9528</b>		Senior II M - 30	55	00:40:13	00:58:31	<b>01:25:11.95</b>	<b>01:26:49.60</b>	+00:39:57 (46.0%)	8:31	7 (54.7%)
286	<b>PŁUCIENNICZAK Monika</b>	<b>9501</b>		Senior II K - 30	45	00:40:25	00:59:04	<b>01:25:06.80</b>	<b>01:26:50.45</b>	+00:39:58 (46.0%)	8:30	7.1 (55.5%)
287	<b>DRAB Adam</b>	<b>9263</b>		Junior I M - 20	11	00:40:35	00:58:58	<b>01:25:40.75</b>	<b>01:26:51.20</b>	+00:39:58 (46.0%)	8:34	7 (54.7%)
288	<b>RYCHŁOWSKI Ryszard</b>	<b>9194</b>	W STRONĘ ULTRA	Weteran I M - 50	23	00:41:15	01:00:29	<b>01:26:31.80</b>	<b>01:26:54.15</b>	+00:40:01 (46.1%)	8:39	6.9 (53.9%)
289	<b>GROMADZKA-JĘDRUSZCZAK Renata</b>	<b>9539</b>		Masters K - 40	21	00:39:37	00:58:29	<b>01:26:13.55</b>	<b>01:26:57.00</b>	+00:40:04 (46.1%)	8:37	7 (54.7%)
290	<b>SEREJ Daria</b>	<b>9383</b>		Senior II K - 30	46	00:40:34	00:59:22	<b>01:25:10.70</b>	<b>01:27:01.90</b>	+00:40:09 (46.1%)	8:31	7 (54.7%)
291	<b>CHRAPUSTA Eliza</b>	<b>9279</b>	FERAL CATS HUCISKO TEAM	Senior II K - 30	47	00:40:07	00:59:29	<b>01:25:23.50</b>	<b>01:27:08.70</b>	+00:40:16 (46.2%)	8:32	7 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
292	<b>OSTAPCZUK Lidia</b>	<b>9234</b>	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Senior II K - 30	48	00:41:17	01:00:25	<b>01:26:54.90</b>	<b>01:27:09.05</b>	+00:40:16 (46.2%)	8:41	6.9 (53.9%)
293	<b>SAMSEL Agnieszka</b>	<b>9277</b>		Senior II K - 30	49	00:40:01	00:58:40	<b>01:25:07.15</b>	<b>01:27:20.05</b>	+00:40:27 (46.3%)	8:30	7 (54.7%)
294	<b>SAJA Martyna</b>	<b>9376</b>	LEGNICA POKONUJE PRZESZKODY	Senior I K - 20	20	00:43:07	01:01:52	<b>01:26:05.65</b>	<b>01:27:20.10</b>	+00:40:27 (46.3%)	8:36	7 (54.7%)
295	<b>WOJCIECHOWSKI Mariusz</b>	<b>9145</b>	KB INTREX POZNAŃ	Masters M - 40	61	00:39:45	00:58:22	<b>01:26:25.50</b>	<b>01:27:20.70</b>	+00:40:28 (46.3%)	8:38	6.9 (53.9%)
296	<b>KOŁODZIEJ Adrian</b>	<b>9409</b>		Senior I M - 20	32	00:41:17	01:00:13	<b>01:25:17.50</b>	<b>01:27:24.90</b>	+00:40:32 (46.4%)	8:31	7 (54.7%)
297	<b>GACA Michał</b>	<b>9602</b>		Masters M - 40	62	00:41:23	01:00:50	<b>01:26:08.45</b>	<b>01:27:36.05</b>	+00:40:43 (46.5%)	8:36	7 (54.7%)
298	<b>BORKOWSKA Karolina</b>	<b>9058</b>		Senior II K - 30	50	00:41:33	01:00:48	<b>01:27:33.45</b>	<b>01:27:46.95</b>	+00:40:54 (46.6%)	8:45	6.9 (53.9%)
299	<b>ZAWODNIAK Dorota</b>	<b>9229</b>	TRITON KONIN	Weteran K - 50	14	00:40:32	00:59:34	<b>01:27:12.65</b>	<b>01:27:53.65</b>	+00:41:01 (46.7%)	8:43	6.9 (53.9%)
300	<b>SZYMAŃSKA Agnieszka</b>	<b>9314</b>	RNB TEAM POLANICA ZDRÓJ	Weteran K - 50	15	00:40:55	00:59:54	<b>01:27:01.00</b>	<b>01:27:54.90</b>	+00:41:02 (46.7%)	8:42	6.9 (53.9%)
301	<b>KRUZEL Rafał</b>	<b>9529</b>	BIEGOWE MISIE	Weteran I M - 50	24	00:40:25	00:59:49	<b>01:27:16.15</b>	<b>01:27:56.90</b>	+00:41:04 (46.7%)	8:43	6.9 (53.9%)
302	<b>FRANCIKOWSKA Dorota</b>	<b>9399</b>	MTS DRUŻYNA SZPIKU KGHM	Weteran K - 50	16	00:41:28	01:00:58	<b>01:26:32.80</b>	<b>01:27:57.05</b>	+00:41:04 (46.7%)	8:39	6.9 (53.9%)
302	<b>NAPIERAŁA Andrzej</b>	<b>9288</b>	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	6	00:41:37	01:00:28	<b>01:24:59.05</b>	<b>01:27:57.05</b>	+00:41:04 (46.7%)	8:29	7.1 (55.5%)
304	<b>KURKA Katarzyna</b>	<b>9161</b>		Masters K - 40	22	00:39:55	00:59:36	<b>01:27:36.05</b>	<b>01:27:59.30</b>	+00:41:07 (46.7%)	8:45	6.8 (53.1%)
305	<b>SKAWINA Krystyna</b>	<b>9394</b>	TOPOLICE TEAM	Masters K - 40	23	00:41:12	01:00:33	<b>01:26:57.90</b>	<b>01:28:20.15</b>	+00:41:27 (46.9%)	8:41	6.9 (53.9%)
306	<b>RUTKOWSKI Tomasz</b>	<b>9112</b>	SPORTOWY KAŻMIERZ	Weteran I M - 50	25	00:40:46	00:59:09	<b>01:26:45.20</b>	<b>01:28:22.10</b>	+00:41:29 (47.0%)	8:40	6.9 (53.9%)
307	<b>BUDZISZ Andrzej</b>	<b>9064</b>	#MOUNTAINLOVERS	Senior II M - 30	56	00:39:28	00:58:53	<b>01:27:52.50</b>	<b>01:28:24.70</b>	+00:41:32 (47.0%)	8:47	6.8 (53.1%)
308	<b>PILARSKI Ryszard</b>	<b>9099</b>	IZERY BOGATYNIA	Weteran III M - 70	3	00:40:31	00:59:51	<b>01:27:32.65</b>	<b>01:28:36.75</b>	+00:41:44 (47.1%)	8:45	6.9 (53.9%)
309	<b>WOJNOWSKA Natalia</b>	<b>9463</b>	MIRAZ RACE TEAM	Senior II K - 30	51	00:40:47	01:00:02	<b>01:26:34.15</b>	<b>01:28:41.95</b>	+00:41:49 (47.2%)	8:39	6.9 (53.9%)
310	<b>CZERNIAK Radosław</b>	<b>9300</b>		Senior II M - 30	57	00:40:33	00:59:12	<b>01:26:48.30</b>	<b>01:28:42.95</b>	+00:41:50 (47.2%)	8:40	6.9 (53.9%)
311	<b>MAĆKOWIAK Joanna</b>	<b>9129</b>	TYLKO MENTAL!	Senior I K - 20	21	00:41:13	01:01:37	<b>01:28:17.85</b>	<b>01:28:48.45</b>	+00:41:56 (47.2%)	8:49	6.8 (53.1%)
312	<b>RUTYNA Jennifer</b>	<b>9492</b>	EKO-OKNA RUNNERS	Senior I K - 20	22	00:40:43	01:00:13	<b>01:27:02.45</b>	<b>01:28:49.35</b>	+00:41:57 (47.2%)	8:42	6.9 (53.9%)
313	<b>LISZCZYŃSKI Adam</b>	<b>9606</b>	FEIFER TEAM/BUDMECH GOSTYŃ	Masters M - 40	63	00:40:49	01:00:33	<b>01:28:19.45</b>	<b>01:29:01.70</b>	+00:42:09 (47.4%)	8:49	6.8 (53.1%)
314	<b>BLOCH Agnieszka</b>	<b>9452</b>	BLUE BIRDS RUN	Senior II K - 30	52	00:41:21	01:01:11	<b>01:27:44.90</b>	<b>01:29:02.55</b>	+00:42:10 (47.4%)	8:46	6.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km					
315	<b>ROSŁAŃ Aneta</b>	<b>9039</b>		Masters K - 40	24	00:41:34	01:00:59	<b>01:28:51.90</b>	<b>01:29:05.25</b>	+00:42:13 (47.4%)	8:53	6.8 (53.1%)
316	<b>HOMA Łukasz</b>	<b>9302</b>		Masters M - 40	64	00:40:19	00:59:40	<b>01:27:27.75</b>	<b>01:29:29.45</b>	+00:42:37 (47.6%)	8:44	6.9 (53.9%)
317	<b>BUDYCH Marta</b>	<b>9276</b>		Weteran K - 50	17	00:40:17	01:00:24	<b>01:28:39.70</b>	<b>01:29:33.00</b>	+00:42:40 (47.7%)	8:51	6.8 (53.1%)
318	<b>MĄDRO Agnieszka</b>	<b>9239</b>		Masters K - 40	25	00:41:49	01:00:56	<b>01:27:25.80</b>	<b>01:29:35.50</b>	+00:42:43 (47.7%)	8:44	6.9 (53.9%)
319	<b>BOROWSKA Alina</b>	<b>9163</b>		Masters K - 40	26	00:40:46	01:01:18	<b>01:29:16.60</b>	<b>01:29:41.15</b>	+00:42:48 (47.7%)	8:55	6.7 (52.3%)
320	<b>KRAMARCZYK Jolanta</b>	<b>9154</b>	ENDORFINA WSCHOWA	Weteran II K - 60	3	00:40:34	01:00:12	<b>01:29:10.80</b>	<b>01:30:06.30</b>	+00:43:14 (48.0%)	8:55	6.7 (52.3%)
321	<b>JANICKA Marta</b>	<b>9426</b>	DZIUBANKI	Masters K - 40	27	00:40:35	01:00:14	<b>01:27:36.40</b>	<b>01:30:08.80</b>	+00:43:16 (48.0%)	8:45	6.8 (53.1%)
322	<b>DZIUBAN Łukasz</b>	<b>9477</b>	GALLOPEM CZY GALLOWAYEM? GOPR BIESZCZADY	Masters M - 40	65	00:40:35	01:00:13	<b>01:27:36.20</b>	<b>01:30:09.20</b>	+00:43:16 (48.0%)	8:45	6.8 (53.1%)
323	<b>NIEDZIELAK Paulina</b>	<b>9213</b>	PETRA PŁOCK	Senior II K - 30	53	00:41:41	01:01:40	<b>01:29:03.60</b>	<b>01:30:14.25</b>	+00:43:22 (48.1%)	8:54	6.7 (52.3%)
324	<b>DZIEDZIC Dorota</b>	<b>9200</b>		Senior II K - 30	54	00:41:53	01:01:30	<b>01:27:35.20</b>	<b>01:30:15.00</b>	+00:43:22 (48.1%)	8:45	6.9 (53.9%)
325	<b>KOCHANOWSKI Piotr</b>	<b>9357</b>		Senior II M - 30	58	00:41:52	01:01:30	<b>01:27:35.35</b>	<b>01:30:15.65</b>	+00:43:23 (48.1%)	8:45	6.9 (53.9%)
326	<b>TARACINSKA-CIFUENTES Magdalena</b>	<b>9318</b>		Masters K - 40	28	00:42:05	01:01:29	<b>01:28:38.90</b>	<b>01:30:20.85</b>	+00:43:28 (48.1%)	8:51	6.8 (53.1%)
327	<b>JĘDRZEJEWSKI Bogdan</b>	<b>9607</b>	MIRAZ RACE TEAM	Masters M - 40	66	00:42:02	01:02:02	<b>01:29:49.40</b>	<b>01:30:27.15</b>	+00:43:34 (48.2%)	8:58	6.7 (52.3%)
328	<b>PRZYBYŁAK Kasia</b>	<b>9175</b>	#ZALINIAMETYTEAM	Senior I K - 20	23	00:45:24	01:04:50	<b>01:29:36.00</b>	<b>01:30:32.30</b>	+00:43:40 (48.2%)	8:57	6.7 (52.3%)
329	<b>IWANEK Piotr</b>	<b>9270</b>	SPORTEM PRZEZ ŻYCIE	Masters M - 40	67	00:41:17	01:00:31	<b>01:29:48.60</b>	<b>01:30:39.75</b>	+00:43:47 (48.3%)	8:58	6.7 (52.3%)
330	<b>MACHULA Amadeusz</b>	<b>9329</b>	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	Junior I M - 20	12	00:42:09	01:01:56	<b>01:30:14.35</b>	<b>01:31:02.05</b>	+00:44:09 (48.5%)	9:01	6.6 (51.6%)
331	<b>KIELAR Grzegorz</b>	<b>9295</b>		Senior II M - 30	59	00:42:09	01:02:00	<b>01:28:44.35</b>	<b>01:31:05.45</b>	+00:44:13 (48.5%)	8:52	6.8 (53.1%)
332	<b>AUGUSTYNOWICZ Andrzej</b>	<b>9131</b>		Weteran I M - 50	26	00:43:17	01:02:48	<b>01:28:58.40</b>	<b>01:31:26.10</b>	+00:44:33 (48.7%)	8:53	6.7 (52.3%)
333	<b>STANKIEWICZ Przemysław</b>	<b>9261</b>		Masters M - 40	68	00:43:17	01:02:49	<b>01:28:58.70</b>	<b>01:31:27.05</b>	+00:44:34 (48.7%)	8:53	6.7 (52.3%)
334	<b>AUGUSTYNOWICZ Aurelia</b>	<b>9132</b>		Weteran K - 50	18	00:43:18	01:02:47	<b>01:29:00.35</b>	<b>01:31:28.35</b>	+00:44:36 (48.8%)	8:54	6.7 (52.3%)
335	<b>WALAC Jacek</b>	<b>9070</b>	100 MARATHON CLUB POLSKA	Masters M - 40	69	00:42:43	01:02:54	<b>01:30:50.10</b>	<b>01:31:28.65</b>	+00:44:36 (48.8%)	9:05	6.6 (51.6%)
336	<b>KOST Małgorzata</b>	<b>9232</b>		Weteran K - 50	19	00:41:23	01:01:30	<b>01:29:12.85</b>	<b>01:31:35.95</b>	+00:44:43 (48.8%)	8:55	6.7 (52.3%)
337	<b>PTASZYŃSKA Joanna</b>	<b>9223</b>		Weteran K - 50	20	00:41:35	01:01:23	<b>01:30:06.50</b>	<b>01:31:41.05</b>	+00:44:48 (48.9%)	9:00	6.7 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
338	<b>GACA Malgorzata</b>	<b>9608</b>		Masters K - 40	29	00:41:25	01:01:13	<b>01:30:25.15</b>	<b>01:31:51.75</b>	+00:44:59 (49.0%)	9:02	6.6 (51.6%)
339	<b>BIEDA Ewelina</b>	<b>9431</b>	ŚWIĘTE ŚWIRY	Senior II K - 30	55	00:41:01	01:01:19	<b>01:29:33.10</b>	<b>01:31:55.15</b>	+00:45:02 (49.0%)	8:57	6.7 (52.3%)
340	<b>MARDAUS Marta</b>	<b>9513</b>		Senior II K - 30	56	00:42:29	01:02:38	<b>01:30:06.60</b>	<b>01:32:01.65</b>	+00:45:09 (49.1%)	9:00	6.7 (52.3%)
341	<b>SITARZ Paulina</b>	<b>9408</b>		Senior II K - 30	57	00:42:37	01:02:39	<b>01:29:55.50</b>	<b>01:32:06.50</b>	+00:45:14 (49.1%)	8:59	6.7 (52.3%)
342	<b>FUDRO Agata</b>	<b>9494</b>		Senior II K - 30	58	00:41:44	01:02:44	<b>01:31:21.65</b>	<b>01:32:18.55</b>	+00:45:26 (49.2%)	9:08	6.6 (51.6%)
343	<b>KISIAŁA Filip</b>	<b>9385</b>	TATA WOJTUSIA	Masters M - 40	70	00:42:27	01:01:54	<b>01:31:09.05</b>	<b>01:32:24.45</b>	+00:45:32 (49.3%)	9:06	6.6 (51.6%)
344	<b>UCHEREK Kinga</b>	<b>9134</b>		Masters K - 40	30	00:42:06	01:02:17	<b>01:32:10.15</b>	<b>01:32:30.05</b>	+00:45:37 (49.3%)	9:13	6.5 (50.8%)
345	<b>FIŚLAK Mateusz</b>	<b>9333</b>		Senior II M - 30	60	00:40:41	01:01:00	<b>01:30:09.55</b>	<b>01:32:30.25</b>	+00:45:38 (49.3%)	9:00	6.7 (52.3%)
346	<b>DUTKIEWICZ-GAJOS Renata</b>	<b>9514</b>		Weteran II K - 60	4	00:41:56	01:02:27	<b>01:32:42.00</b>	<b>01:32:55.00</b>	+00:46:02 (49.6%)	9:16	6.5 (50.8%)
347	<b>JERCZYŃSKI Radosław</b>	<b>9403</b>		Masters M - 40	71	00:42:02	01:02:43	<b>01:31:18.90</b>	<b>01:33:05.80</b>	+00:46:13 (49.7%)	9:07	6.6 (51.6%)
348	<b>SKRZĄTEK Anna</b>	<b>9254</b>	POWSINOZI	Weteran K - 50	21	00:41:42	01:02:07	<b>01:31:16.90</b>	<b>01:33:14.00</b>	+00:46:21 (49.7%)	9:07	6.6 (51.6%)
349	<b>MICHALSKA Joanna</b>	<b>9411</b>		Senior I K - 20	24	00:42:42	01:03:57	<b>01:32:08.85</b>	<b>01:33:17.25</b>	+00:46:25 (49.8%)	9:12	6.5 (50.8%)
350	<b>KSIĄŻKIEWICZ Katarzyna</b>	<b>9533</b>		Senior II K - 30	59	00:41:54	01:02:44	<b>01:32:47.25</b>	<b>01:33:29.95</b>	+00:46:37 (49.9%)	9:16	6.5 (50.8%)
351	<b>STRANZ Karina</b>	<b>9208</b>	NARAMOWICE BIEGAJĄ	Junior I K - 20	3	00:43:18	01:03:42	<b>01:31:06.60</b>	<b>01:33:38.65</b>	+00:46:46 (49.9%)	9:06	6.6 (51.6%)
352	<b>SZCZERBA Michał</b>	<b>9414</b>		Masters M - 40	72	00:44:54	01:05:31	<b>01:31:09.25</b>	<b>01:33:41.50</b>	+00:46:49 (50.0%)	9:06	6.6 (51.6%)
353	<b>LASMANE Anna</b>	<b>9542</b>		Senior I K - 20	25	00:42:40	01:03:49	<b>01:32:18.40</b>	<b>01:33:46.25</b>	+00:46:54 (50.0%)	9:13	6.5 (50.8%)
354	<b>SPRIEDĚJA Anna Paula</b>	<b>9582</b>		Senior I K - 20	26	00:42:40	01:03:48	<b>01:32:19.00</b>	<b>01:33:46.55</b>	+00:46:54 (50.0%)	9:13	6.5 (50.8%)
355	<b>MAZUR Michał</b>	<b>9475</b>	KB SOBÓTKA	Masters M - 40	73	00:46:08	01:06:37	<b>01:32:10.55</b>	<b>01:34:05.95</b>	+00:47:13 (50.2%)	9:13	6.5 (50.8%)
356	<b>DĄBROWSKA Klaudia</b>	<b>9124</b>		Senior II K - 30	60	00:44:51	01:05:32	<b>01:34:10.35</b>	<b>01:34:17.15</b>	+00:47:24 (50.3%)	9:25	6.4 (50.0%)
357	<b>MUDRY Mateusz</b>	<b>9599</b>		Senior I M - 20	33	00:43:03	01:04:02	<b>01:33:26.65</b>	<b>01:34:20.70</b>	+00:47:28 (50.3%)	9:20	6.4 (50.0%)
358	<b>FOGIEL Katarzyna</b>	<b>9142</b>	ROZBIEGANI CHOJNÓW	Senior II K - 30	61	00:44:32	01:05:37	<b>01:33:15.35</b>	<b>01:34:21.20</b>	+00:47:28 (50.3%)	9:19	6.4 (50.0%)
359	<b>GUŻNICZAK Kinga</b>	<b>9405</b>		Senior I K - 20	27	00:45:29	01:05:37	<b>01:33:13.65</b>	<b>01:34:26.45</b>	+00:47:34 (50.4%)	9:19	6.4 (50.0%)
360	<b>KAWA Marcelina</b>	<b>9220</b>		Senior II K - 30	62	00:42:46	01:03:00	<b>01:33:19.25</b>	<b>01:34:30.10</b>	+00:47:37 (50.4%)	9:19	6.4 (50.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
361	<b>PĘSIK Paulina</b>	<b>9338</b>		Senior II K - 30	63	00:44:05	01:04:26	<b>01:32:51.85</b>	<b>01:34:31.70</b>	+00:47:39 (50.4%)	9:17	6.5 (50.8%)
362	<b>JADRYCH Magdalena</b>	<b>9049</b>		Masters K - 40	31	00:42:22	01:02:51	<b>01:33:03.25</b>	<b>01:34:32.25</b>	+00:47:40 (50.4%)	9:18	6.4 (50.0%)
362	<b>RYBIŃSKI Wojciech</b>	<b>9083</b>		Senior II M - 30	61	00:44:17	01:05:06	<b>01:33:27.05</b>	<b>01:34:32.25</b>	+00:47:40 (50.4%)	9:20	6.4 (50.0%)
364	<b>RYBIŃSKA Dagmara</b>	<b>9082</b>		Senior II K - 30	64	00:44:18	01:05:06	<b>01:33:27.75</b>	<b>01:34:32.35</b>	+00:47:40 (50.4%)	9:20	6.4 (50.0%)
365	<b>GAJEWSKI Bartosz</b>	<b>9146</b>	KB INTREX POZNAŃ	Senior II M - 30	62	00:43:29	01:04:35	<b>01:33:56.30</b>	<b>01:34:53.95</b>	+00:48:01 (50.6%)	9:23	6.4 (50.0%)
366	<b>GÓRSKA-KOCOWSKA Katarzyna</b>	<b>9353</b>		Senior II K - 30	65	00:44:20	01:04:43	<b>01:33:22.55</b>	<b>01:35:23.35</b>	+00:48:31 (50.9%)	9:20	6.4 (50.0%)
367	<b>ZIÓŁKOWSKA Monika</b>	<b>9196</b>		Masters K - 40	32	00:45:48	01:06:49	<b>01:35:15.35</b>	<b>01:36:00.15</b>	+00:49:07 (51.2%)	9:31	6.3 (49.2%)
368	<b>ZIÓŁKOWSKI Jarosław</b>	<b>9195</b>		Masters M - 40	74	00:45:47	01:06:47	<b>01:35:14.60</b>	<b>01:36:00.65</b>	+00:49:08 (51.2%)	9:31	6.3 (49.2%)
369	<b>IWANOWICZ Eliza</b>	<b>9184</b>		Junior I K - 20	4	00:45:18	01:06:33	<b>01:35:42.00</b>	<b>01:36:07.60</b>	+00:49:15 (51.2%)	9:34	6.3 (49.2%)
370	<b>MARGRAF Ewa</b>	<b>9128</b>		Masters K - 40	33	00:44:16	01:05:29	<b>01:35:37.90</b>	<b>01:36:14.95</b>	+00:49:22 (51.3%)	9:33	6.3 (49.2%)
371	<b>ŁAGOWSKI Piotr</b>	<b>9268</b>	NIGHT RUNNERS	Junior I M - 20	13	00:41:18	01:01:41	<b>01:35:03.00</b>	<b>01:36:21.65</b>	+00:49:29 (51.4%)	9:30	6.3 (49.2%)
372	<b>ZAKRZEWSKA-BEKIER Joanna</b>	<b>9075</b>		Masters K - 40	34	00:43:32	01:04:21	<b>01:34:28.10</b>	<b>01:36:37.75</b>	+00:49:45 (51.5%)	9:26	6.4 (50.0%)
373	<b>BEKIER Szymon</b>	<b>9258</b>		Masters M - 40	75	00:43:33	01:04:21	<b>01:34:29.55</b>	<b>01:36:39.20</b>	+00:49:46 (51.5%)	9:26	6.4 (50.0%)
374	<b>WALCZAK Sławomir</b>	<b>9139</b>		Weteran I M - 50	27	00:45:41	01:06:44	<b>01:35:34.90</b>	<b>01:36:41.10</b>	+00:49:48 (51.5%)	9:33	6.3 (49.2%)
375	<b>OWSIANIK Sylwia</b>	<b>9230</b>	DTR BIEGA/MARIO TEAM	Weteran K - 50	22	00:45:00	01:06:29	<b>01:36:16.60</b>	<b>01:36:43.50</b>	+00:49:51 (51.5%)	9:37	6.2 (48.4%)
376	<b>SZYMCZAK Marcin</b>	<b>9087</b>		Masters M - 40	76	00:42:12	01:03:07	<b>01:36:29.30</b>	<b>01:37:43.90</b>	+00:50:51 (52.0%)	9:38	6.2 (48.4%)
377	<b>KUCHCINSKA Diana</b>	<b>9347</b>		Masters K - 40	35	00:44:28	01:07:16	<b>01:36:53.00</b>	<b>01:37:53.15</b>	+00:51:00 (52.1%)	9:41	6.2 (48.4%)
378	<b>FALUTA Ewelina</b>	<b>9400</b>		Masters K - 40	36	00:44:26	01:07:13	<b>01:36:50.20</b>	<b>01:37:53.25</b>	+00:51:01 (52.1%)	9:41	6.2 (48.4%)
379	<b>KUROWSKA Aleksandra</b>	<b>9419</b>		Senior II K - 30	66	00:45:19	01:05:16	<b>01:35:26.40</b>	<b>01:37:54.40</b>	+00:51:02 (52.1%)	9:32	6.3 (49.2%)
380	<b>SZACHT Izabela</b>	<b>9088</b>		Masters K - 40	37	00:45:26	01:07:05	<b>01:36:44.85</b>	<b>01:37:59.45</b>	+00:51:07 (52.2%)	9:40	6.2 (48.4%)
381	<b>TARKA Konrad</b>	<b>9522</b>	DFDS POLSKA RUNNING TEAM / BIEGAJĄCE KREJZOLE	Senior II M - 30	63	00:45:11	01:04:32	<b>01:35:32.15</b>	<b>01:38:13.60</b>	+00:51:21 (52.3%)	9:33	6.3 (49.2%)
382	<b>MOSLER Martyna</b>	<b>9072</b>		Weteran K - 50	23	00:44:24	01:05:27	<b>01:36:41.95</b>	<b>01:38:23.50</b>	+00:51:31 (52.4%)	9:40	6.2 (48.4%)
383	<b>MULARCZYK Marta</b>	<b>9471</b>	WKURW_TEAM	Senior II K - 30	67	00:46:46	01:09:22	<b>01:35:52.75</b>	<b>01:38:24.10</b>	+00:51:31 (52.4%)	9:35	6.3 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
384	ZAWADA Edyta	9170		Masters K - 40	38	00:44:26	01:06:07	<b>01:37:16.25</b>	<b>01:38:37.80</b>	+00:51:45 (52.5%)	9:43	6.2 (48.4%)
385	ROMANYUK Kateryna	9272		Senior I K - 20	28	00:44:40	01:06:32	<b>01:37:11.55</b>	<b>01:38:54.35</b>	+00:52:02 (52.6%)	9:43	6.2 (48.4%)
386	DANENBERG Lianne	9025	AV ZUIDWAL, NEDERLAND	Masters K - 40	39	00:43:19	01:04:05	<b>01:38:15.95</b>	<b>01:39:17.60</b>	+00:52:25 (52.8%)	9:49	6.1 (47.7%)
387	EESTERMANS Annette	9117	AV ZUIDWAL, NEDERLAND	Weteran K - 50	24	00:44:02	01:05:02	<b>01:39:03.50</b>	<b>01:39:20.85</b>	+00:52:28 (52.8%)	9:54	6.1 (47.7%)
388	GREDEYS Marta	9577		Masters K - 40	40	00:46:44	01:08:22	<b>01:37:53.25</b>	<b>01:39:33.75</b>	+00:52:41 (52.9%)	9:47	6.1 (47.7%)
389	ROGOZIŃSKA Joanna	9490	GR22	Senior I K - 20	29	00:48:46	01:09:48	<b>01:37:50.75</b>	<b>01:39:35.65</b>	+00:52:43 (52.9%)	9:47	6.1 (47.7%)
390	CUPIAŁ Michał	9467		Senior II M - 30	64	00:45:24	01:07:04	<b>01:37:40.05</b>	<b>01:39:39.00</b>	+00:52:46 (53.0%)	9:46	6.1 (47.7%)
391	CZAJA Agnieszka	9418	VEGE RUNNERS	Masters K - 40	41	00:47:05	01:10:00	<b>01:38:58.60</b>	<b>01:40:10.15</b>	+00:53:17 (53.2%)	9:53	6.1 (47.7%)
392	BAR Aleksandra	9427	GMINA STRZELCE OPOLSKIE	Masters K - 40	42	00:46:12	01:08:22	<b>01:37:40.75</b>	<b>01:40:10.65</b>	+00:53:18 (53.2%)	9:46	6.1 (47.7%)
393	MATYJASZCZYK Natalia	9598	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	68	00:46:20	01:08:11	<b>01:37:57.60</b>	<b>01:40:12.15</b>	+00:53:19 (53.2%)	9:47	6.1 (47.7%)
394	LECHOWICZ Lukasz	9042		Masters M - 40	77	00:44:53	01:05:58	<b>01:38:38.35</b>	<b>01:40:14.45</b>	+00:53:22 (53.2%)	9:51	6.1 (47.7%)
395	ROLNIK-ŻŁOBIŃSKA Paulina	9173		Senior II K - 30	69	00:45:45	01:08:13	<b>01:39:26.90</b>	<b>01:40:16.45</b>	+00:53:24 (53.3%)	9:56	6 (46.9%)
396	MIKUŁA Anna	9274		Masters K - 40	43	00:44:55	01:07:31	<b>01:39:24.25</b>	<b>01:40:17.20</b>	+00:53:24 (53.3%)	9:56	6 (46.9%)
397	AMANOWICZ Aurelia	9380		Senior II K - 30	70	00:46:25	01:08:04	<b>01:38:32.30</b>	<b>01:40:22.55</b>	+00:53:30 (53.3%)	9:51	6.1 (47.7%)
398	CYGAN-JEŻ Patrycja	9050		Senior II K - 30	71	00:42:44	01:03:23	<b>01:39:27.10</b>	<b>01:40:22.85</b>	+00:53:30 (53.3%)	9:56	6 (46.9%)
398	CZERNAK Zuzanna	9369		Senior II K - 30	71	00:45:57	01:07:09	<b>01:38:31.40</b>	<b>01:40:22.85</b>	+00:53:30 (53.3%)	9:51	6.1 (47.7%)
400	KACZMAREK Roger	9454	PARKRUN WROCŁAW	Senior II M - 30	65	00:44:27	01:05:57	<b>01:38:04.15</b>	<b>01:40:36.40</b>	+00:53:44 (53.4%)	9:48	6.1 (47.7%)
401	KACZMAREK Maryna	9455	PARKRUN WROCŁAW	Senior I K - 20	30	00:44:29	01:06:00	<b>01:38:06.35</b>	<b>01:40:36.60</b>	+00:53:44 (53.4%)	9:48	6.1 (47.7%)
402	TOMASZEWSKA Monika	9350		Masters K - 40	44	00:48:01	01:10:28	<b>01:39:38.65</b>	<b>01:40:37.20</b>	+00:53:44 (53.4%)	9:57	6 (46.9%)
403	BASZYŃSKA Elżbieta	9348		Masters K - 40	45	00:48:01	01:10:28	<b>01:39:39.40</b>	<b>01:40:38.00</b>	+00:53:45 (53.4%)	9:57	6 (46.9%)
404	KARCZEWSKA-RĄCZKA Justyna	9123	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	46	00:46:26	01:08:07	<b>01:38:09.55</b>	<b>01:40:38.45</b>	+00:53:46 (53.4%)	9:48	6.1 (47.7%)
405	OPASKA Kasia	9384	GÓRSKIE BIEGUSIE	Masters K - 40	47	00:48:48	01:11:46	<b>01:40:05.95</b>	<b>01:40:46.65</b>	+00:53:54 (53.5%)	10:00	6 (46.9%)
406	WIECZOREK Artur	9508	GÓRSKIE BIEGUSIE	Masters M - 40	78	00:49:44	01:11:37	<b>01:40:04.60</b>	<b>01:40:47.30</b>	+00:53:55 (53.5%)	10:00	6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km					
407	<b>RYBA Monika</b>	<b>9435</b>		Masters K - 40	48	00:45:37	01:07:25	<b>01:40:35.15</b>	<b>01:40:50.20</b>	+00:53:57 (53.5%)	10:03	6 (46.9%)
408	<b>SZYMAŃSKI Marek</b>	<b>9557</b>	HASCO-LEK TEAM	Masters M - 40	79	00:46:58	01:08:56	<b>01:39:29.15</b>	<b>01:40:59.20</b>	+00:54:06 (53.6%)	9:56	6 (46.9%)
409	<b>DRYŃKOWSKA Anna</b>	<b>9552</b>	HASKO-LEK TEAM	Senior II K - 30	73	00:46:59	01:08:55	<b>01:39:30.50</b>	<b>01:40:59.35</b>	+00:54:07 (53.6%)	9:57	6 (46.9%)
410	<b>POPIELA-KUKUŚ Katarzyna</b>	<b>9551</b>	HASCO-LEK TEAM	Masters K - 40	49	00:47:00	01:08:57	<b>01:39:31.00</b>	<b>01:40:59.80</b>	+00:54:07 (53.6%)	9:57	6 (46.9%)
411	<b>WOJNOWSKA Weronika</b>	<b>9473</b>	KURDE BIEGNE	Senior I K - 20	31	00:47:30	01:10:10	<b>01:40:15.05</b>	<b>01:41:05.50</b>	+00:54:13 (53.6%)	10:01	6 (46.9%)
412	<b>JAROCZYŃSKI Szymon</b>	<b>9332</b>		Senior I M - 20	34	00:45:04	01:07:11	<b>01:40:27.40</b>	<b>01:41:14.50</b>	+00:54:22 (53.7%)	10:02	6 (46.9%)
413	<b>PĘCAK Mariola</b>	<b>9331</b>		Masters K - 40	50	00:45:04	01:07:11	<b>01:40:27.80</b>	<b>01:41:14.60</b>	+00:54:22 (53.7%)	10:02	6 (46.9%)
414	<b>MACIEJEWSKA Aldona</b>	<b>9216</b>		Masters K - 40	51	00:45:56	01:08:23	<b>01:40:08.75</b>	<b>01:41:16.40</b>	+00:54:24 (53.7%)	10:00	6 (46.9%)
415	<b>ŻMUDA Hanna</b>	<b>9066</b>	TEAM JUTROSIN	Masters K - 40	52	00:44:55	01:07:21	<b>01:41:15.40</b>	<b>01:41:23.70</b>	+00:54:31 (53.8%)	10:07	5.9 (46.1%)
416	<b>JAKUSZEK Natalia</b>	<b>9151</b>		Junior I K - 20	5	00:47:02	01:09:41	<b>01:39:00.30</b>	<b>01:41:25.25</b>	+00:54:33 (53.8%)	9:54	6.1 (47.7%)
417	<b>JAKUSZEK Krzysztof</b>	<b>9152</b>	CEGIELNIA PIASKI	Masters M - 40	80	00:47:01	01:09:39	<b>01:39:01.00</b>	<b>01:41:26.90</b>	+00:54:34 (53.8%)	9:54	6.1 (47.7%)
418	<b>DE MAN Arjan</b>	<b>9037</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	28	00:41:01	01:08:47	<b>01:41:15.80</b>	<b>01:41:32.20</b>	+00:54:39 (53.8%)	10:07	5.9 (46.1%)
419	<b>IGNASIAK Marta</b>	<b>9416</b>		Senior II K - 30	74	00:46:21	01:08:01	<b>01:39:53.70</b>	<b>01:41:39.55</b>	+00:54:47 (53.9%)	9:59	6 (46.9%)
420	<b>KUKUCKA Edyta</b>	<b>9440</b>	DZIKIE DZIKI GORZÓW WLKP	Weteran K - 50	25	00:45:35	01:07:37	<b>01:40:26.25</b>	<b>01:41:41.50</b>	+00:54:49 (53.9%)	10:02	6 (46.9%)
421	<b>KŁĘPO Małgorzata</b>	<b>9036</b>		Masters K - 40	53	00:45:59	01:08:46	<b>01:39:41.15</b>	<b>01:41:41.75</b>	+00:54:49 (53.9%)	9:58	6 (46.9%)
422	<b>JAGODZIŃSKA Barbara</b>	<b>9222</b>		Masters K - 40	54	00:46:02	01:08:54	<b>01:40:06.65</b>	<b>01:41:51.60</b>	+00:54:59 (54.0%)	10:00	6 (46.9%)
423	<b>ADAMCZYK Ewa</b>	<b>9251</b>	EMMA TEAM/#BIEGIEMWLAS/KSW TEAM POLICE/ LATINO POLICE	Masters K - 40	55	00:47:04	01:09:31	<b>01:41:03.70</b>	<b>01:41:56.35</b>	+00:55:04 (54.0%)	10:06	5.9 (46.1%)
424	<b>SLOKKER BOOR Ginnie</b>	<b>9005</b>	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	5	00:43:59	01:06:02	<b>01:41:42.75</b>	<b>01:42:02.55</b>	+00:55:10 (54.1%)	10:10	5.9 (46.1%)
425	<b>AUGUSTYNIAK Marcin</b>	<b>9197</b>		Senior II M - 30	66	00:46:31	01:08:22	<b>01:39:28.85</b>	<b>01:42:08.45</b>	+00:55:16 (54.1%)	9:56	6 (46.9%)
426	<b>DMOCHOWSKI Paweł</b>	<b>9486</b>		Masters M - 40	81	00:46:43	01:09:04	<b>01:41:37.50</b>	<b>01:42:14.10</b>	+00:55:21 (54.2%)	10:09	5.9 (46.1%)
427	<b>NAWROCKA Natalia</b>	<b>9114</b>		Senior II K - 30	75	00:45:19	01:06:55	<b>01:39:51.30</b>	<b>01:42:17.05</b>	+00:55:24 (54.2%)	9:59	6 (46.9%)
428	<b>MAZUR Maciej</b>	<b>9437</b>		Senior II M - 30	67	00:46:06	01:09:18	<b>01:41:35.50</b>	<b>01:42:25.10</b>	+00:55:32 (54.2%)	10:09	5.9 (46.1%)
428	<b>MAZUR Katarzyna</b>	<b>9438</b>		Senior II K - 30	76	00:46:06	01:09:18	<b>01:41:35.85</b>	<b>01:42:25.10</b>	+00:55:32 (54.2%)	10:09	5.9 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
430	<b>BIEZUNSKA Monika</b>	<b>9569</b>	THERMO KING RUNNING CLUB	Masters K - 40	56	00:46:10	01:08:35	<b>01:41:13.00</b>	<b>01:42:29.50</b>	+00:55:37 (54.3%)	10:07	5.9 (46.1%)
431	<b>KRAKOWIAK Joanna</b>	<b>9485</b>		Senior II K - 30	77	00:46:45	01:10:25	<b>01:41:55.20</b>	<b>01:42:31.80</b>	+00:55:39 (54.3%)	10:11	5.9 (46.1%)
432	<b>REPCZYNSKA Karolina</b>	<b>9047</b>		Senior II K - 30	78	00:45:39	01:08:16	<b>01:40:30.05</b>	<b>01:42:37.45</b>	+00:55:45 (54.3%)	10:03	6 (46.9%)
433	<b>DANOWSKA Weronika</b>	<b>9502</b>		Senior II K - 30	79	00:47:19	01:11:06	<b>01:41:25.45</b>	<b>01:42:38.55</b>	+00:55:46 (54.3%)	10:08	5.9 (46.1%)
434	<b>BAK - SPALIŃSKA Magdalena</b>	<b>9265</b>		Senior II K - 30	80	00:48:20	01:10:01	<b>01:42:40.05</b>	<b>01:42:40.05</b>	+00:55:47 (54.3%)	10:16	5.8 (45.3%)
435	<b>KOLAN Paweł</b>	<b>9273</b>	SW	Weteran I M - 50	29	00:46:24	01:08:07	<b>01:42:14.60</b>	<b>01:42:41.00</b>	+00:55:48 (54.4%)	10:13	5.9 (46.1%)
436	<b>KLIPONIS-KULCZYCKA Marta</b>	<b>9421</b>		Masters K - 40	57	00:48:19	01:11:23	<b>01:41:06.00</b>	<b>01:42:41.60</b>	+00:55:49 (54.4%)	10:06	5.9 (46.1%)
437	<b>WITKOWSKA Maria</b>	<b>9210</b>	TEAM DFBG	Weteran III K - 70	1	00:47:22	01:10:46	<b>01:41:00.35</b>	<b>01:42:55.15</b>	+00:56:02 (54.5%)	10:06	5.9 (46.1%)
438	<b>GREnda-WOŹNIAK Paulina</b>	<b>9337</b>	MENEON	Senior II K - 30	81	00:47:18	01:10:29	<b>01:41:29.55</b>	<b>01:43:00.75</b>	+00:56:08 (54.5%)	10:08	5.9 (46.1%)
439	<b>MULLER Ewelina</b>	<b>9103</b>		Senior II K - 30	82	00:47:04	01:10:37	<b>01:42:32.80</b>	<b>01:43:05.15</b>	+00:56:12 (54.5%)	10:15	5.9 (46.1%)
440	<b>MULLER Agata</b>	<b>9104</b>		Senior II K - 30	83	00:47:05	01:10:38	<b>01:42:33.50</b>	<b>01:43:05.20</b>	+00:56:12 (54.5%)	10:15	5.9 (46.1%)
441	<b>KUPCZAK Robert</b>	<b>9326</b>	SPARTA ULTRA TEAM	Weteran I M - 50	30	00:47:57	01:11:06	<b>01:42:31.90</b>	<b>01:43:37.40</b>	+00:56:45 (54.8%)	10:15	5.9 (46.1%)
442	<b>MOGA Karolina</b>	<b>9296</b>	SPARTA ULTRA TEAM	Masters K - 40	58	00:47:58	01:11:06	<b>01:42:33.35</b>	<b>01:43:37.60</b>	+00:56:45 (54.8%)	10:15	5.9 (46.1%)
443	<b>ZAWADA Maciej</b>	<b>9299</b>	KGB	Weteran I M - 50	31	00:47:52	01:11:44	<b>01:41:44.90</b>	<b>01:43:42.40</b>	+00:56:50 (54.8%)	10:10	5.9 (46.1%)
444	<b>DOMAGAŁA Konrad</b>	<b>9178</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	68	00:47:51	01:11:47	<b>01:41:45.05</b>	<b>01:43:42.60</b>	+00:56:50 (54.8%)	10:10	5.9 (46.1%)
445	<b>KUCHARSKA Kamila</b>	<b>9433</b>		Masters K - 40	59	00:46:36	01:09:32	<b>01:41:41.65</b>	<b>01:43:53.20</b>	+00:57:00 (54.9%)	10:10	5.9 (46.1%)
446	<b>ŻAK Marika</b>	<b>9206</b>		Masters K - 40	60	00:46:59	01:10:17	<b>01:42:20.50</b>	<b>01:43:54.15</b>	+00:57:01 (54.9%)	10:14	5.9 (46.1%)
447	<b>WASZAK Martyna</b>	<b>9449</b>		Senior II K - 30	84	00:46:00	01:09:54	<b>01:42:20.55</b>	<b>01:44:42.75</b>	+00:57:50 (55.2%)	10:14	5.9 (46.1%)
448	<b>KNASIECKA Karina</b>	<b>9011</b>		Weteran K - 50	26	00:46:08	01:11:01	<b>01:44:49.15</b>	<b>01:45:08.45</b>	+00:58:16 (55.4%)	10:28	5.7 (44.5%)
449	<b>KAPIJ Aleksandra</b>	<b>9235</b>		Senior I K - 20	32	00:46:16	01:09:50	<b>01:43:39.30</b>	<b>01:45:35.65</b>	+00:58:43 (55.6%)	10:21	5.8 (45.3%)
450	<b>HONING Ingrid</b>	<b>9010</b>	AV ZUIDWAL, NEDERLAND	Senior II K - 30	85	00:46:33	01:09:49	<b>01:44:04.70</b>	<b>01:45:50.20</b>	+00:58:57 (55.7%)	10:24	5.8 (45.3%)
451	<b>SĘK Julianna</b>	<b>9149</b>		Senior I K - 20	33	00:47:13	01:10:58	<b>01:43:50.90</b>	<b>01:46:11.45</b>	+00:59:19 (55.9%)	10:23	5.8 (45.3%)
452	<b>WINCENCIAK Jan</b>	<b>9150</b>		Senior I M - 20	35	00:47:13	01:10:58	<b>01:43:51.25</b>	<b>01:46:11.90</b>	+00:59:19 (55.9%)	10:23	5.8 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
453	LIPA Dominika	9390		Senior I K - 20	34	00:48:46	01:11:24	01:44:37.40	01:46:22.95	+00:59:30 (55.9%)	10:27	5.7 (44.5%)
453	GRZEGORZEWSKI Radosław	9398		Senior II M - 30	69	00:48:46	01:11:22	01:44:37.30	01:46:22.95	+00:59:30 (55.9%)	10:27	5.7 (44.5%)
455	PŁUCIENNIK Wojciech	9367		Weteran I M - 50	32	00:45:07	01:06:34	01:43:51.80	01:46:26.65	+00:59:34 (56.0%)	10:23	5.8 (45.3%)
456	CNOTALSKA Aneta	9368		Masters K - 40	61	00:45:07	01:06:34	01:43:52.55	01:46:26.95	+00:59:34 (56.0%)	10:23	5.8 (45.3%)
457	TARACIŃSKI Tomasz	9395		Masters M - 40	82	00:48:32	01:13:31	01:45:08.40	01:46:46.85	+00:59:54 (56.1%)	10:30	5.7 (44.5%)
458	PROSZOWSKA Anna	9218		Senior II K - 30	86	00:46:26	01:11:11	01:46:23.30	01:46:54.20	+01:00:01 (56.2%)	10:38	5.6 (43.8%)
459	DATA Tomasz	9578		Weteran I M - 50	33	00:50:06	01:14:16	01:44:21.75	01:47:02.30	+01:00:10 (56.2%)	10:26	5.7 (44.5%)
460	KRYGOWSKI Przemysław	9572		Senior I M - 20	36	00:46:44	01:09:32	01:44:43.05	01:47:18.05	+01:00:25 (56.3%)	10:28	5.7 (44.5%)
461	GAJEWSKA Katarzyna	9242		Senior I K - 20	35	00:50:07	01:12:50	01:45:26.05	01:47:24.70	+01:00:32 (56.4%)	10:32	5.7 (44.5%)
462	ORLIŃSKA Agnieszka	9737		Senior I K - 20	36	00:48:49	01:11:47	01:45:17.65	01:47:35.55	+01:00:43 (56.4%)	10:31	5.7 (44.5%)
463	SZPUREK Anna	9366	BUKOWSKI KLUB BIEGACZA	Masters K - 40	62	00:49:32	01:14:25	01:46:31.90	01:47:49.45	+01:00:57 (56.5%)	10:39	5.6 (43.8%)
464	SARBACZEWSKA Katarzyna	9071	KĘSY TEAM	Masters K - 40	63	00:51:16	01:15:18	01:48:06.75	01:48:15.15	+01:01:22 (56.7%)	10:48	5.6 (43.8%)
465	RAPACZ Danuta	9579	ANMAR	Weteran II K - 60	6	00:50:24	01:14:44	01:47:21.05	01:48:18.85	+01:01:26 (56.7%)	10:44	5.6 (43.8%)
466	KACZMAREK Anna	9227		Masters K - 40	64	00:53:02	01:16:42	01:47:54.60	01:48:21.50	+01:01:29 (56.7%)	10:47	5.6 (43.8%)
466	KACZMAREK Anna	9226		Masters K - 40	64	00:53:18	01:16:42	01:47:53.85	01:48:21.50	+01:01:29 (56.7%)	10:47	5.6 (43.8%)
468	BIELECKA Karola	9585	ROZGOTOVANI	Senior II K - 30	87	00:52:44	01:15:55	01:46:01.55	01:48:23.20	+01:01:30 (56.8%)	10:36	5.7 (44.5%)
469	ROZWADOWSKA-PRENETA Klaudia	9567		Senior II K - 30	88	00:52:45	01:15:56	01:46:01.85	01:48:23.40	+01:01:31 (56.8%)	10:36	5.7 (44.5%)
470	MAREK Joanna	9428		Masters K - 40	66	00:46:32	01:09:21	01:46:37.15	01:48:41.05	+01:01:48 (56.9%)	10:39	5.6 (43.8%)
471	JACHIM-SZUBA Magdalena	9493		Masters K - 40	67	00:47:09	01:11:01	01:47:14.05	01:48:43.70	+01:01:51 (56.9%)	10:43	5.6 (43.8%)
472	AGUINIGA Lizath	9269		Senior II K - 30	89	00:49:51	01:14:00	01:47:04.00	01:48:47.15	+01:01:54 (56.9%)	10:42	5.6 (43.8%)
473	JANKOWSKI Adam	9499	ULTRAWAY.PL	Senior II M - 30	70	00:53:29	01:16:49	01:48:30.20	01:48:58.25	+01:02:06 (57.0%)	10:51	5.5 (43.0%)
474	JANKOWSKA Małgorzata	9498		Senior II K - 30	90	00:53:30	01:16:49	01:48:31.00	01:48:58.85	+01:02:06 (57.0%)	10:51	5.5 (43.0%)
475	ĆWIKLIŃSKA Karolina	9250	IZERSKA GRUPA BIEGOWA	Senior II K - 30	91	00:50:00	01:14:51	01:46:34.65	01:49:01.60	+01:02:09 (57.0%)	10:39	5.6 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
475	<b>DZIK Małgorzata</b>	<b>9262</b>		Masters K - 40	68	00:48:55	01:14:51	<b>01:46:34.65</b>	<b>01:49:01.60</b>	+01:02:09 (57.0%)	10:39	5.6 (43.8%)
477	<b>KĘTRZYŃSKI Ryszard</b>	<b>9470</b>		Masters M - 40	83	00:48:25	01:11:45	<b>01:46:44.55</b>	<b>01:49:03.95</b>	+01:02:11 (57.0%)	10:40	5.6 (43.8%)
478	<b>GOŹDZICKI Marek</b>	<b>9030</b>	ZDYSZANI NA MECIE	Weteran I M - 50	34	00:48:11	01:11:09	<b>01:47:59.75</b>	<b>01:49:04.90</b>	+01:02:12 (57.0%)	10:47	5.6 (43.8%)
479	<b>BIAŁOTA Piotr</b>	<b>9489</b>		Senior I M - 20	37	00:39:17	00:57:32	<b>01:48:06.30</b>	<b>01:49:15.10</b>	+01:02:22 (57.1%)	10:48	5.6 (43.8%)
480	<b>PEREC Marcin</b>	<b>9600</b>		Masters M - 40	84	00:47:26	01:10:47	<b>01:46:59.45</b>	<b>01:49:19.40</b>	+01:02:27 (57.1%)	10:41	5.6 (43.8%)
481	<b>MALIGA Marta</b>	<b>9006</b>		Senior I K - 20	37	00:49:04	01:12:35	<b>01:46:57.05</b>	<b>01:49:20.95</b>	+01:02:28 (57.1%)	10:41	5.6 (43.8%)
482	<b>FEHÉR Dávid</b>	<b>9742</b>		Senior I M - 20	38	00:49:04	01:12:36	<b>01:46:56.10</b>	<b>01:49:21.10</b>	+01:02:28 (57.1%)	10:41	5.6 (43.8%)
483	<b>PAWŁOWSKA-HAMKAŁO Anna</b>	<b>9434</b>	HOST WROCŁAW	Masters K - 40	69	00:49:35	01:13:05	<b>01:47:15.40</b>	<b>01:49:22.00</b>	+01:02:29 (57.1%)	10:43	5.6 (43.8%)
484	<b>LIPIŃSKI Tomasz</b>	<b>9568</b>		Senior II M - 30	71	00:47:30	01:10:49	<b>01:47:04.15</b>	<b>01:49:22.80</b>	+01:02:30 (57.1%)	10:42	5.6 (43.8%)
485	<b>DREWNIAK-MATUSZEWSKA Maria</b>	<b>9365</b>	MISIEK TEAM	Senior II K - 30	92	00:48:58	01:13:49	<b>01:48:51.35</b>	<b>01:50:30.30</b>	+01:03:38 (57.6%)	10:53	5.5 (43.0%)
486	<b>MARKOCKA Maria</b>	<b>9344</b>		Weteran III K - 70	2	00:48:50	01:12:42	<b>01:48:49.00</b>	<b>01:50:43.20</b>	+01:03:50 (57.7%)	10:52	5.5 (43.0%)
487	<b>JAROSZ Agnieszka</b>	<b>9410</b>	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II K - 30	93	00:49:12	01:15:29	<b>01:50:19.15</b>	<b>01:51:53.05</b>	+01:05:00 (58.1%)	11:01	5.4 (42.2%)
488	<b>HOREMSKI Artur</b>	<b>9330</b>		Senior I M - 20	39	00:55:45	01:18:36	<b>01:49:41.85</b>	<b>01:52:11.10</b>	+01:05:18 (58.2%)	10:58	5.5 (43.0%)
489	<b>NOWICKA Iwona</b>	<b>9287</b>	PREDATORS WAŁBRZYCH	Weteran K - 50	27	00:49:01	01:13:19	<b>01:49:48.25</b>	<b>01:52:11.55</b>	+01:05:19 (58.2%)	10:58	5.5 (43.0%)
490	<b>BERNACKA Patrycja</b>	<b>9306</b>	Q TEAM	Senior II K - 30	94	00:55:46	01:23:05	<b>01:49:45.60</b>	<b>01:52:14.70</b>	+01:05:22 (58.2%)	10:58	5.5 (43.0%)
491	<b>CZARNECKA Marzena</b>	<b>9341</b>		Senior II K - 30	95	00:51:18	01:16:01	<b>01:50:06.65</b>	<b>01:52:15.20</b>	+01:05:22 (58.2%)	11:00	5.4 (42.2%)
492	<b>CZARNECKI Marcin</b>	<b>9340</b>	MARKOWI BIEGACZE	Senior II M - 30	72	00:51:14	01:16:13	<b>01:50:05.45</b>	<b>01:52:16.20</b>	+01:05:23 (58.3%)	11:00	5.5 (43.0%)
493	<b>KOLUS Zbigniew</b>	<b>9592</b>	BIEGACZ ŚWIĘTOKRZYSKI	Weteran I M - 50	35	00:52:00	01:16:53	<b>01:51:07.20</b>	<b>01:52:16.75</b>	+01:05:24 (58.3%)	11:06	5.4 (42.2%)
494	<b>KRUK Mateusz</b>	<b>9371</b>		Senior II M - 30	73	00:45:57	01:12:54	<b>01:52:17.20</b>	<b>01:52:59.60</b>	+01:06:07 (58.5%)	11:13	5.3 (41.4%)
495	<b>WIATROWSKI Jacek</b>	<b>9590</b>	BIEGACZ ŚWIĘTOKRZYSKI	Weteran I M - 50	36	00:50:42	01:15:04	<b>01:51:55.00</b>	<b>01:53:06.65</b>	+01:06:14 (58.6%)	11:11	5.4 (42.2%)
495	<b>WIATROWSKI Miłosz</b>	<b>9591</b>	BIEGACZ ŚWIĘTOKRZYSKI	Senior I M - 20	40	00:50:43	01:15:06	<b>01:51:56.50</b>	<b>01:53:06.65</b>	+01:06:14 (58.6%)	11:11	5.4 (42.2%)
497	<b>CHASZCZEWSKA Julia</b>	<b>9043</b>		Masters K - 40	70	00:52:30	01:17:37	<b>01:52:15.60</b>	<b>01:53:41.20</b>	+01:06:48 (58.8%)	11:13	5.3 (41.4%)
498	<b>RZEŹNIK Ilona</b>	<b>9253</b>		Senior II K - 30	96	00:48:45	01:15:50	<b>01:53:12.90</b>	<b>01:53:53.30</b>	+01:07:01 (58.8%)	11:19	5.3 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
499	<b>GLASSER Marek</b>	<b>9391</b>		Weteran III M - 70	4	00:49:14	01:13:35	<b>01:51:41.85</b>	<b>01:54:02.10</b>	+01:07:09 (58.9%)	11:10	5.4 (42.2%)
500	<b>SIBIELAK Tomasz</b>	<b>9148</b>	BIEGOWA KUŹNIA	Masters M - 40	85	00:49:45	01:12:33	<b>01:54:24.10</b>	<b>01:56:40.80</b>	+01:09:48 (59.8%)	11:26	5.2 (40.6%)
501	<b>PIÓRKOWSKI Marek</b>	<b>9209</b>	BIEGOWW KUŹNIA	Weteran I M - 50	37	00:48:27	01:12:40	<b>01:54:23.30</b>	<b>01:56:41.00</b>	+01:09:48 (59.8%)	11:26	5.2 (40.6%)
502	<b>POPCZYK Ewa</b>	<b>9308</b>		Weteran K - 50	28	00:48:29	01:12:39	<b>01:54:24.00</b>	<b>01:56:41.05</b>	+01:09:48 (59.8%)	11:26	5.2 (40.6%)
503	<b>FORSZPANIAK Agata</b>	<b>9211</b>		Senior II K - 30	97	00:55:22	01:20:43	<b>01:56:29.75</b>	<b>01:58:31.35</b>	+01:11:39 (60.5%)	11:38	5.2 (40.6%)
504	<b>SOBÓL Małgorzata</b>	<b>9518</b>		Masters K - 40	71	00:54:37	01:19:17	<b>01:57:50.75</b>	<b>01:58:32.25</b>	+01:11:40 (60.5%)	11:47	5.1 (39.8%)
505	<b>CZYRNIA Anna</b>	<b>9202</b>		Senior II K - 30	98	00:55:23	01:20:47	<b>01:56:44.50</b>	<b>01:58:46.25</b>	+01:11:54 (60.5%)	11:40	5.1 (39.8%)
506	<b>WYSZATYCKI Mateusz</b>	<b>9245</b>		Senior II M - 30	74	00:54:42	01:20:22	<b>01:56:25.00</b>	<b>01:58:51.35</b>	+01:11:59 (60.6%)	11:38	5.2 (40.6%)
507	<b>KOZIEL Krzysztof</b>	<b>9360</b>		Masters M - 40	86	00:51:33	01:15:34	<b>01:58:26.65</b>	<b>01:59:26.90</b>	+01:12:34 (60.8%)	11:50	5.1 (39.8%)
507	<b>KOZIEL Monika</b>	<b>9349</b>		Senior I K - 20	38	00:51:32	01:15:33	<b>01:58:26.25</b>	<b>01:59:26.90</b>	+01:12:34 (60.8%)	11:50	5.1 (39.8%)
509	<b>JORDAN Marzena</b>	<b>9056</b>	TARNOWO PODGÓRNE BIEGA	Weteran K - 50	29	00:53:06	01:20:10	<b>01:57:37.85</b>	<b>01:59:50.25</b>	+01:12:58 (60.9%)	11:45	5.1 (39.8%)
510	<b>ULEJCZYK Kamil</b>	<b>9155</b>	TUPTUP	Senior I M - 20	41	00:55:32	01:20:59	<b>01:58:38.80</b>	<b>02:00:01.65</b>	+01:13:09 (60.9%)	11:51	5.1 (39.8%)
511	<b>ULEJCZYK Marta</b>	<b>9156</b>	TUPTUP	Senior I K - 20	39	00:55:32	01:20:59	<b>01:58:38.80</b>	<b>02:00:01.80</b>	+01:13:09 (61.0%)	11:51	5.1 (39.8%)
512	<b>MAKAROWSKA Joanna</b>	<b>9177</b>	SZYBCY I POLICZENI	Masters K - 40	72	00:52:51	01:20:11	<b>01:58:58.65</b>	<b>02:00:03.15</b>	+01:13:10 (61.0%)	11:53	5 (39.1%)
513	<b>JANKOWIAK Dominika</b>	<b>9176</b>		Senior II K - 30	99	00:53:05	01:20:09	<b>01:59:00.10</b>	<b>02:00:03.40</b>	+01:13:11 (61.0%)	11:54	5 (39.1%)
514	<b>SŁOWIŃSKA Aleksandra</b>	<b>9739</b>		Masters K - 40	73	00:54:45	01:19:01	<b>01:59:52.35</b>	<b>02:00:22.65</b>	+01:13:30 (61.1%)	11:59	5 (39.1%)
515	<b>SŁOWIŃSKA Katarzyna</b>	<b>9080</b>		Masters K - 40	74	00:54:46	01:19:01	<b>01:59:52.60</b>	<b>02:00:22.70</b>	+01:13:30 (61.1%)	11:59	5 (39.1%)
516	<b>SŁOWIŃSKI Sławomir</b>	<b>9084</b>		Masters M - 40	87	00:54:45	01:19:03	<b>01:59:53.25</b>	<b>02:00:23.25</b>	+01:13:31 (61.1%)	11:59	5 (39.1%)
517	<b>SŁOWIŃSKI Paweł</b>	<b>9081</b>		Masters M - 40	88	00:54:47	01:19:21	<b>01:59:53.95</b>	<b>02:00:23.95</b>	+01:13:31 (61.1%)	11:59	5 (39.1%)
518	<b>BIERNAT Michał</b>	<b>9465</b>		Senior II M - 30	75	00:53:26	01:19:14	<b>01:58:16.50</b>	<b>02:00:30.30</b>	+01:13:38 (61.1%)	11:49	5.1 (39.8%)
519	<b>KIEŁB-SZEWCZYK Tatiana</b>	<b>9094</b>		Masters K - 40	75	00:53:08	01:20:03	<b>01:58:37.60</b>	<b>02:00:40.65</b>	+01:13:48 (61.2%)	11:51	5.1 (39.8%)
520	<b>KIEŁB Wojciech</b>	<b>9127</b>	KW DZIABKA	Senior II M - 30	76	00:53:06	01:20:03	<b>01:58:38.45</b>	<b>02:00:41.85</b>	+01:13:49 (61.2%)	11:51	5.1 (39.8%)
521	<b>JABŁOŃSKI Kazimierz</b>	<b>9570</b>	SPRINTER PRĄDY	Weteran III M - 70	5	00:51:18	01:16:12	<b>01:58:17.45</b>	<b>02:00:54.30</b>	+01:14:02 (61.2%)	11:49	5.1 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
522	<b>CHERNYKH Anastasiya</b>	<b>9476</b>		Senior I K - 20	40	00:55:20	01:19:21	<b>01:58:52.35</b>	<b>02:00:58.15</b>	+01:14:05 (61.3%)	11:53	5 (39.1%)
523	<b>MACIEJEWSKI Piotr</b>	<b>9224</b>	SUPERMARATON KALISZ	Weteran III M - 70	6	00:52:07	01:18:49	<b>01:59:49.90</b>	<b>02:00:59.50</b>	+01:14:07 (61.3%)	11:58	5 (39.1%)
524	<b>MAKSYMOWICZ Monika</b>	<b>9133</b>		Senior II K - 30	100	00:54:30	01:22:32	<b>02:00:37.50</b>	<b>02:01:12.40</b>	+01:14:20 (61.3%)	12:03	5 (39.1%)
525	<b>IGLEWSKA Karolina</b>	<b>9482</b>		Senior I K - 20	41	00:51:12	01:19:27	<b>01:59:04.10</b>	<b>02:01:31.15</b>	+01:14:38 (61.4%)	11:54	5 (39.1%)
526	<b>RODKIEWICZ Mikolaj</b>	<b>9481</b>		Senior I M - 20	42	00:51:13	01:19:26	<b>01:59:04.35</b>	<b>02:01:32.40</b>	+01:14:40 (61.4%)	11:54	5 (39.1%)
527	<b>ŻYŁOWICZ Marcin</b>	<b>9126</b>		Senior II M - 30	77	00:51:31	01:15:56	<b>02:00:47.30</b>	<b>02:01:48.60</b>	+01:14:56 (61.5%)	12:04	5 (39.1%)
528	<b>GEMZA Adrianna</b>	<b>9091</b>		Senior II K - 30	101	00:55:31	01:22:46	<b>02:01:59.45</b>	<b>02:02:47.85</b>	+01:15:55 (61.8%)	12:11	4.9 (38.3%)
529	<b>PILARSKA Elżbieta</b>	<b>9098</b>	IZERY BOGATYNIA	Weteran III K - 70	3	00:55:52	01:22:57	<b>02:03:49.85</b>	<b>02:04:24.20</b>	+01:17:31 (62.3%)	12:22	4.8 (37.5%)
530	<b>LENART Gabriela</b>	<b>9462</b>		Senior II K - 30	102	00:51:50	01:19:10	<b>02:02:19.55</b>	<b>02:04:31.65</b>	+01:17:39 (62.4%)	12:13	4.9 (38.3%)
531	<b>BIELECKA Aleksandra</b>	<b>9046</b>		Masters K - 40	76	00:49:51	01:15:55	<b>02:02:57.75</b>	<b>02:04:37.75</b>	+01:17:45 (62.4%)	12:17	4.9 (38.3%)
532	<b>ŻACZEK Justyna</b>	<b>9457</b>		Senior II K - 30	103	00:55:24	01:23:36	<b>02:03:31.00</b>	<b>02:05:35.35</b>	+01:18:43 (62.7%)	12:21	4.9 (38.3%)
533	<b>SAFA Hind</b>	<b>9007</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	30	00:48:11	01:13:00	<b>02:05:44.10</b>	<b>02:05:57.35</b>	+01:19:05 (62.8%)	12:34	4.8 (37.5%)
534	<b>BOROWIK Agata</b>	<b>9379</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	104	00:53:52	01:22:21	<b>02:05:51.50</b>	<b>02:06:28.85</b>	+01:19:36 (62.9%)	12:35	4.8 (37.5%)
535	<b>DOLATA Sylwester</b>	<b>9396</b>		Weteran II M - 60	7	00:57:03	01:24:19	<b>02:04:49.00</b>	<b>02:06:33.60</b>	+01:19:41 (63.0%)	12:28	4.8 (37.5%)
536	<b>ŁUKACZ Jakub</b>	<b>9266</b>		Senior I M - 20	43	00:58:13	01:27:16	<b>02:05:38.50</b>	<b>02:08:22.10</b>	+01:21:29 (63.5%)	12:33	4.8 (37.5%)
537	<b>WEŻYCKA Oliwia</b>	<b>9267</b>		Senior I K - 20	42	00:58:13	01:27:16	<b>02:05:39.10</b>	<b>02:08:22.15</b>	+01:21:29 (63.5%)	12:33	4.8 (37.5%)
538	<b>SPYCHAŁA Marta</b>	<b>9236</b>	WRONIECKI KLUB BIEGACZA	Weteran K - 50	31	00:58:48	01:26:12	<b>02:07:08.20</b>	<b>02:09:19.35</b>	+01:22:27 (63.8%)	12:42	4.7 (36.7%)
539	<b>ŁABOJEWSKA Katarzyna</b>	<b>9237</b>	WRONIECKI KLUB BIEGACZA	Masters K - 40	77	00:58:48	01:26:12	<b>02:07:09.90</b>	<b>02:09:21.55</b>	+01:22:29 (63.8%)	12:42	4.7 (36.7%)
540	<b>LISOWIEC Gabriela</b>	<b>9503</b>		Masters K - 40	78	00:58:46	01:27:45	<b>02:07:28.40</b>	<b>02:09:34.45</b>	+01:22:42 (63.8%)	12:44	4.7 (36.7%)
541	<b>VAN STEIJN Wim</b>	<b>9028</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	38	00:55:04	01:20:47	<b>02:09:39.80</b>	<b>02:11:53.45</b>	+01:25:01 (64.5%)	12:57	4.6 (35.9%)
542	<b>STEUR Natasha</b>	<b>9311</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	32	00:54:59	01:19:27	<b>02:09:38.15</b>	<b>02:11:53.50</b>	+01:25:01 (64.5%)	12:57	4.6 (35.9%)
543	<b>SZPERNA Katarzyna</b>	<b>9325</b>	MENEON	Senior II K - 30	105	00:56:47	01:26:25	<b>02:10:25.30</b>	<b>02:11:57.45</b>	+01:25:05 (64.5%)	13:02	4.6 (35.9%)
544	<b>DRAB Pawel</b>	<b>9264</b>	CUKROWNIA CLUB	Masters M - 40	89	00:56:41	01:26:25	<b>02:11:04.30</b>	<b>02:12:16.30</b>	+01:25:24 (64.6%)	13:06	4.6 (35.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.4km	6.4km	10km	10km			
545	<b>ŁUCKA Magdalena</b>	<b>9307</b>	Q TEAM	Weteran K - 50	33	00:55:44	01:26:08	<b>02:10:04.40</b>	<b>02:12:33.35</b>	+01:25:41 (64.6%)	13:00	4.6 (35.9%)
546	<b>SIEDLECKA Renata</b>	<b>9158</b>		Masters K - 40	79	00:58:29	01:28:25	<b>02:11:34.55</b>	<b>02:13:37.25</b>	+01:26:45 (64.9%)	13:09	4.6 (35.9%)
547	<b>BASTRZYK Tomasz</b>	<b>9079</b>		Weteran I M - 50	39	00:58:28	01:28:25	<b>02:11:34.90</b>	<b>02:13:38.55</b>	+01:26:46 (64.9%)	13:09	4.6 (35.9%)
548	<b>KOCIOŁEK Marzena</b>	<b>9566</b>		Weteran K - 50	34	01:02:57	01:33:41	<b>02:15:38.60</b>	<b>02:17:11.25</b>	+01:30:19 (65.8%)	13:33	4.4 (34.4%)
549	<b>KOCIOŁEK Patrycja</b>	<b>9560</b>		Senior I K - 20	43	01:02:57	01:33:42	<b>02:15:38.50</b>	<b>02:17:11.65</b>	+01:30:19 (65.8%)	13:33	4.4 (34.4%)
550	<b>SZKUTA Stanisław</b>	<b>9461</b>	ROVELLI TEORIA KWANTÓW	Weteran III M - 70	7	00:59:11	01:31:59	<b>02:17:13.85</b>	<b>02:17:24.75</b>	+01:30:32 (65.9%)	13:43	4.4 (34.4%)
551	<b>PACHUCKA Barbara</b>	<b>9322</b>		Senior II K - 30	106	00:54:35	01:26:54	<b>02:15:19.80</b>	<b>02:17:57.75</b>	+01:31:05 (66.0%)	13:31	4.4 (34.4%)
552	<b>LASKOWSKA Iwona</b>	<b>9321</b>		Weteran K - 50	35	00:54:33	01:26:55	<b>02:15:20.55</b>	<b>02:17:58.30</b>	+01:31:06 (66.0%)	13:32	4.4 (34.4%)
553	<b>SAMOCKI Paweł</b>	<b>9320</b>		Masters M - 40	90	00:54:34	01:26:55	<b>02:15:22.30</b>	<b>02:18:00.50</b>	+01:31:08 (66.0%)	13:32	4.4 (34.4%)
554	<b>GORDZIEJEWSKA Monika</b>	<b>9401</b>	DOLNY ŚLĄSK	Masters K - 40	80	00:58:56	01:32:02	<b>02:16:13.15</b>	<b>02:18:39.90</b>	+01:31:47 (66.2%)	13:37	4.4 (34.4%)
555	<b>NAGLIK Jadwiga</b>	<b>9516</b>		Weteran III K - 70	4	01:00:07	01:32:34	<b>02:18:29.40</b>	<b>02:18:41.75</b>	+01:31:49 (66.2%)	13:50	4.3 (33.6%)
556	<b>VISSER Inge</b>	<b>9008</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	36	00:54:55	01:23:39	<b>02:16:22.90</b>	<b>02:18:42.50</b>	+01:31:50 (66.2%)	13:38	4.4 (34.4%)
557	<b>VAN DE GEIN Carla</b>	<b>9038</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	37	00:54:57	01:23:46	<b>02:16:24.60</b>	<b>02:18:43.40</b>	+01:31:51 (66.2%)	13:38	4.4 (34.4%)
558	<b>PIEPLENBOSCH Wies</b>	<b>9018</b>	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	7	00:56:51	01:25:48	<b>02:18:22.90</b>	<b>02:18:44.00</b>	+01:31:51 (66.2%)	13:50	4.3 (33.6%)
559	<b>TUSIEŃ Artur</b>	<b>9593</b>	BIEGACZ ŚWIĘTOKRZYSKI	Weteran I M - 50	40	01:00:19	01:31:40	<b>02:23:21.15</b>	<b>02:24:33.10</b>	+01:37:40 (67.6%)	14:20	4.2 (32.8%)
560	<b>SOJKA Arleta</b>	<b>9212</b>	MIRAZ RACE TEAM	Weteran K - 50	38	01:05:00	01:37:40	<b>02:25:20.90</b>	<b>02:25:56.70</b>	+01:39:04 (67.9%)	14:32	4.1 (32.0%)
561	<b>LECHOWICZ-DYL Katarzyna</b>	<b>9041</b>		Masters K - 40	81	01:04:47	01:37:08	<b>02:25:04.00</b>	<b>02:26:43.40</b>	+01:39:51 (68.1%)	14:30	4.1 (32.0%)
	<b>PLUIM MENTZ Ingebord</b>	<b>9009</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50		00:48:13 DNF	01:12:56 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MOROŃ Krzysztof</b>	<b>9040</b>		Senior II M - 30		01:13:30 DNF	02:00:31 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 563 wynik(ów)