

BIEG ULTRA TRAIL - 68 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2018-07-19
Lądek-Zdrój
68 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	WOLEK Szymon	324	KS ŚCINKA	Senior II M - 30	1	00:53:57	02:05:18	03:09:04	04:24:54	05:35:49		06:40:55.70	06:40:56.70		5:53	10.2 (100%)
2	TOMASIK Stanisław	413	GORLICKA GRUPA BIEGOWA	Senior II M - 30	2	00:56:32	02:14:53	03:19:05	04:43:44	05:53:12		07:02:33.70	07:02:43.35	+00:21:46 (5.2%)	6:12	9.7 (95.1%)
3	KOCZAJA Artur	6		Senior II M - 30	3	00:56:22	02:12:48	03:18:05	04:43:17	05:58:52		07:07:49.40	07:07:53.85	+00:26:57 (6.3%)	6:17	9.5 (93.1%)
4	SOLIŃSKA Katarzyna	339	CISOWIANKA TEAM	Senior I K - 20	1	01:00:02	02:17:05	03:25:07	04:46:58	06:01:05		07:08:22.20	07:08:28.05	+00:27:31 (6.4%)	6:17	9.5 (93.1%)
5	NIEDŹWIADEK Kamil	353	NIEDŹWIADKI RUNNING TEAM	Senior I M - 20	1	00:59:03	02:14:31	03:19:08	04:44:46	06:00:11		07:09:59.40	07:10:05.10	+00:29:08 (6.8%)	6:19	9.5 (93.1%)
6	BADOWSKI Aleksander	379	TEAM MOUNTAIN FUEL POLSKA	Senior II M - 30	4	00:55:29	01:57:00	03:03:30	04:21:53	05:33:50	00:20:00	07:10:45.95	07:10:48.65	+00:29:51 (6.9%)	6:02	9.9 (97.1%)
7	KOPCEWICZ Tomasz	349		Senior II M - 30	5	00:57:13	02:16:39	03:25:10	04:52:49	06:11:55		07:22:14.40	07:22:17.95	+00:41:21 (9.3%)	6:30	9.2 (90.2%)
8	PIECHA Artur	335	HERCOG RUNNING TEAM	Masters M - 40	1	00:59:37	02:17:17	03:26:36	04:55:23	06:15:35		07:23:11.10	07:23:14.65	+00:42:17 (9.5%)	6:31	9.2 (90.2%)
9	GAPSKI Mateusz	219		Senior II M - 30	6	00:55:59	02:13:23	03:16:34	04:43:29	06:00:12		07:23:30.95	07:23:34.85	+00:42:38 (9.6%)	6:31	9.2 (90.2%)
10	MAJER Janusz	443		Masters M - 40	2	00:56:30	02:12:48	03:16:37	04:44:33	06:08:29		07:25:38.00	07:25:40.95	+00:44:44 (10.0%)	6:33	9.2 (90.2%)
11	JURGA Marcin	435		Senior II M - 30	7	00:59:37	02:18:29	03:28:06	05:00:28	06:16:42		07:29:06.45	07:29:18.25	+00:48:21 (10.8%)	6:36	9.1 (89.2%)
12	MARCINIAK Przemysław	13	ATHLETICS NYSA	Senior II M - 30	8	00:59:36	02:17:11	03:27:47	04:57:34	06:21:13		07:37:47.55	07:37:54.20	+00:56:57 (12.4%)	6:43	8.9 (87.3%)
13	URBAŃCZYK Karol	157	NIGHT RUNNERS GLIWICE	Senior I M - 20	2	00:56:04	02:16:07	03:25:10	04:51:20	06:12:39		07:42:06.95	07:42:10.30	+01:01:13 (13.2%)	6:47	8.8 (86.3%)
14	ZAJĄC Robert	164	ORANGE POLSKA	Masters M - 40	3	00:58:44	02:17:09	03:26:43	05:03:18	06:28:07		07:46:10.55	07:46:13.35	+01:05:16 (14.0%)	6:51	8.8 (86.3%)
15	BAK Jarek	394	ZABIEGANY WOŁOMIN	Masters M - 40	4	01:08:05	02:33:28	03:43:33	05:14:57	06:38:57		07:51:30.50	07:51:47.50	+01:10:50 (15.0%)	6:56	8.7 (85.3%)
16	HYŻY Piotr	23	-	Senior II M - 30	9	01:10:34	02:41:13	03:55:02	05:25:51	06:41:42		07:54:49.60	07:54:56.25	+01:13:59 (15.6%)	6:58	8.6 (84.3%)
17	BRYSZ Michał	336		Senior II M - 30	10	01:03:44	02:27:17	03:40:03	05:09:13	06:38:47		07:54:48.45	07:55:09.70	+01:14:13 (15.6%)	6:58	8.6 (84.3%)
18	ŻUBIŃSKI Piotr	418	ACCELERATING POLAND	Masters M - 40	5	01:04:43	02:32:07	03:47:02	05:20:26	06:41:43		07:56:32.20	07:56:34.85	+01:15:38 (15.9%)	7:00	8.6 (84.3%)
19	KWIATKOWSKI Michael	383		Senior II M - 30	11	01:01:09	02:24:19	03:38:38	05:19:03	06:42:12		07:56:49.80	07:56:54.85	+01:15:58 (15.9%)	7:00	8.6 (84.3%)
20	SOBLIK Łukasz	388		Senior II M - 30	12	01:04:48	02:30:57	03:49:07	05:20:38	06:43:20		07:58:19.85	07:58:25.95	+01:17:29 (16.2%)	7:02	8.5 (83.3%)
21	TRĄMPCZYŃSKI Jakub	411	AHOJBABY.PL	Senior II M - 30	13	01:00:47	02:22:44	03:36:04	05:14:06	06:41:20		07:58:56.00	07:59:02.30	+01:18:05 (16.3%)	7:02	8.5 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		netto 68km	brutto 68km			
22	SKOREK Adam	295		Senior II M - 30	14	00:59:42	02:18:50	03:29:24	05:08:35	06:39:52		07:59:42.60	07:59:46.45	+01:18:49 (16.4%)	7:03	8.5 (83.3%)
23	MCCONNELL Andrew	439	RUN CREW	Senior II M - 30	15	01:01:24	02:23:01	03:42:45	05:13:08	06:41:27		08:00:07.25	08:00:11.40	+01:19:14 (16.5%)	7:03	8.5 (83.3%)
24	KMAK Sławek	365	PAPIKI	Masters M - 40	6	01:07:13	02:33:59	03:49:46	05:25:21	06:45:40		08:01:44.20	08:01:54.45	+01:20:57 (16.8%)	7:05	8.5 (83.3%)
25	HERDZINA Przemysław	410		Senior II M - 30	16	01:04:30	02:24:14	03:36:05	05:10:33	06:39:57		08:02:42.90	08:02:48.65	+01:21:51 (17.0%)	7:05	8.5 (83.3%)
26	RADZEVIČIUS Vaidotas	288	RUNGLORIOUS BASTARDS	Senior II M - 30	17	01:04:00	02:26:35	03:42:38	05:21:04	06:45:40		08:03:29.90	08:03:39.55	+01:22:42 (17.1%)	7:06	8.4 (82.4%)
27	JANIK Rafał	163	GMINA STRZELCE OPOLSKIE	Masters M - 40	7	00:59:50	02:23:46	03:37:05	05:19:21	06:46:45		08:09:03.30	08:09:08.05	+01:28:11 (18.0%)	7:11	8.3 (81.4%)
28	BARTOSIŃSKI Mariusz	28	ZAŁOGA GÓRSKA	Masters M - 40	8	01:07:39	02:35:24	03:53:39	05:30:31	06:54:53		08:09:20.65	08:09:27.60	+01:28:30 (18.1%)	7:11	8.3 (81.4%)
29	OSTAPCZUK Karol	290	RUNNERSCLUB.PL	Senior I M - 20	3	00:58:38	02:18:37	03:38:18	05:18:50	06:53:55		08:12:07.40	08:12:12.75	+01:31:16 (18.5%)	7:14	8.3 (81.4%)
30	SZAŁ Tomasz	213	ETA UPS TEAM / NIE ZA DALEKO	Senior II M - 30	18	01:11:05	02:41:32	03:57:03	05:33:07	06:55:35		08:12:35.65	08:13:09.45	+01:32:12 (18.7%)	7:14	8.3 (81.4%)
31	SNARSKI Bogdan	302	ALBATROSY	Senior II M - 30	19	01:04:16	02:27:51	03:45:21	05:21:35	06:49:39		08:13:34.80	08:13:42.95	+01:32:46 (18.8%)	7:15	8.3 (81.4%)
32	PERYKASZA Paweł	294	MUAY RUNNING TEAM	Senior II M - 30	20	01:03:59	02:29:28	03:51:11	05:31:58	06:54:05		08:16:22.60	08:16:26.45	+01:35:29 (19.2%)	7:17	8.2 (80.4%)
33	BIENIECKA Anna	442	OTK RZEŹNIK	Senior II K - 30	1	01:07:21	02:36:16	03:53:15	05:31:57	06:54:58		08:16:20.80	08:16:26.60	+01:35:29 (19.2%)	7:17	8.2 (80.4%)
34	MYSZCZYSZYN Łukasz	71	KUDOWA BIEGA	Senior II M - 30	21	01:04:22	02:29:10	03:44:15	05:23:11	06:56:00		08:17:38.25	08:17:43.20	+01:36:46 (19.4%)	7:19	8.2 (80.4%)
35	RACZAK Maciej	364		Senior II M - 30	22	01:03:39	02:22:58	03:34:02	05:03:16	06:35:26		08:17:46.20	08:17:50.80	+01:36:54 (19.5%)	7:19	8.2 (80.4%)
36	BAR Stanisław	407	GMINA STRZELCE OPOLSKIE	Masters M - 40	9	01:09:38	02:40:12	03:51:51	05:25:23	06:56:21		08:21:29.60	08:21:30.60	+01:40:33 (20.1%)	7:22	8.1 (79.4%)
37	SZCZEPAŃSKI Andrzej	422	WILD SKUNKS	Masters M - 40	10	01:04:44	02:28:06	03:39:25	05:14:07	06:47:51		08:21:58.50	08:22:28.95	+01:41:32 (20.2%)	7:22	8.1 (79.4%)
38	ŁUCZKO Grzegorz	432	NATURAL BORN RUNNERS	Senior II M - 30	23	01:05:36	02:28:12	03:45:35	05:24:38	06:58:47		08:27:28.00	08:27:32.20	+01:46:35 (21.0%)	7:27	8 (78.4%)
39	BAŁYS Katarzyna	426	HRT	Senior II K - 30	2	01:07:49	02:39:22	03:56:15	05:32:48	07:04:32		08:28:09.05	08:28:17.60	+01:47:20 (21.1%)	7:28	8 (78.4%)
40	LESZKO Adam	398	3P	Senior II M - 30	24	01:09:01	02:41:06	03:55:35	05:33:10	06:58:21		08:28:21.75	08:28:22.75	+01:47:26 (21.1%)	7:28	8 (78.4%)
41	NORBERT Michał	244		Senior II M - 30	25	01:04:51	02:31:11	03:49:08	05:27:17	07:02:19		08:28:20.05	08:28:30.95	+01:47:34 (21.2%)	7:28	8 (78.4%)
42	JARMOLIŃSKI Piotr	386	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	11	01:09:37	02:39:11	03:55:46	05:35:07	07:07:16		08:32:42.75	08:32:57.60	+01:52:00 (21.8%)	7:32	8 (78.4%)
43	REJ Mirosław	7	M&T WYJADACZE PARÓWKÓW	Senior II M - 30	26	01:10:44	02:40:52	03:59:04	05:39:41	07:11:26		08:34:02.95	08:34:07.70	+01:53:11 (22.0%)	7:33	7.9 (77.5%)
44	LONC Tomasz	14	M&T WYJADACZE PARÓWKÓW	Masters M - 40	12	01:09:38		03:55:04	05:38:29	07:06:57		08:34:06.00	08:34:11.05	+01:53:14 (22.0%)	7:33	7.9 (77.5%)
45	KACZMAREK Magdalena	51	STREFA PSYCHOLOGII SPORTU	Senior II K - 30	3	01:12:05	02:41:55	04:01:21	05:47:14	07:12:29		08:34:04.00	08:34:16.60	+01:53:19 (22.0%)	7:33	7.9 (77.5%)
46	FURMAN Sławomir	30		Masters M - 40	13	01:11:15	02:37:40	03:52:15	05:40:27	07:13:16		08:36:14.35	08:36:50.20	+01:55:53 (22.4%)	7:35	7.9 (77.5%)
47	SZYMCZAK Marek	326	RUNICORN TEAM	Masters M - 40	14	01:05:41	02:35:13	03:54:17	05:40:54	07:12:39		08:41:25.65	08:41:29.70	+02:00:33 (23.1%)	7:40	7.8 (76.5%)
48	ZYCH Katarzyna	8	-	Senior II K - 30	4	01:11:58	02:50:20	04:13:22	05:53:48	07:21:17		08:43:24.70	08:43:31.15	+02:02:34 (23.4%)	7:41	7.8 (76.5%)
49	SZKOŁA Wojciech	396	NATURAL BORN RUNNERS	Senior II M - 30	27	01:20:24	02:53:45	04:14:14	05:52:55	07:20:58		08:42:55.05	08:43:33.95	+02:02:37 (23.4%)	7:41	7.8 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
50	KOMISARCZYK Anna	385	WIECZORNE BIEGANIE W SZCZECINIE	Senior II K - 30	5	01:13:30	02:45:56	04:05:17	05:48:09	07:25:35		08:43:46.40	08:44:01.00	+02:03:04 (23.5%)	7:42	7.8 (76.5%)
51	CZERNIAWSKI Piotr	22		Senior II M - 30	28	01:06:50	02:33:46	03:47:03	05:25:01	07:09:20		08:46:54.65	08:46:59.85	+02:06:03 (23.9%)	7:44	7.7 (75.5%)
52	SOIŃSKI Przemek	9	KB MANIAC POZNAŃ	Masters M - 40	15	01:04:42	02:33:45	03:56:59	05:46:26	07:22:59		08:47:58.55	08:48:03.05	+02:07:06 (24.1%)	7:45	7.7 (75.5%)
53	STĘPNIK Paweł	359	ŚMIGASIEŃ	Masters M - 40	16	01:09:22	02:38:31	04:02:58	05:47:18	07:22:38		08:53:49.50	08:54:02.60	+02:13:05 (24.9%)	7:51	7.6 (74.5%)
54	KAPUSTA Tomasz	248	RUNNER'S POWER	Senior II M - 30	29	01:10:17	02:42:00	04:02:07	05:47:20	07:23:34		08:54:10.60	08:54:26.35	+02:13:29 (25.0%)	7:51	7.6 (74.5%)
55	ŚWIERCZ Szymon	243		Senior I M - 20	4	01:10:32	02:40:42	03:57:25	05:44:56	07:25:07		08:55:11.40	08:55:23.05	+02:14:26 (25.1%)	7:52	7.6 (74.5%)
56	DZIUBAŁA Karolina	185	HUSARIA RACE TEAM	Senior I K - 20	2	01:20:06	02:56:53	04:19:38	06:06:22	07:32:03		08:55:19.05	08:55:48.40	+02:14:51 (25.2%)	7:52	7.6 (74.5%)
57	BANDUROWSKI Andrzej	214	KB SPOCENI NOWA SÓL	Masters M - 40	17	01:14:38	02:46:21	04:05:13	05:54:30	07:27:49		08:57:07.50	08:57:31.95	+02:16:35 (25.4%)	7:53	7.6 (74.5%)
58	KRZYSZŁOWSKI Rafał	165	GYMBOXCF OPOLE I PRZYJACIELE BIEGNĄ PO BROWARA	Masters M - 40	18	01:16:28	02:53:21		05:55:59	07:30:18		08:57:22.65	08:58:06.25	+02:17:09 (25.5%)	7:54	7.6 (74.5%)
59	ORACZ Mateusz	291	KALENJI BY DECATHLON	Senior II M - 30	30	01:10:59	02:47:57	04:07:22	05:57:08	07:34:54		08:58:55.15	08:59:02.50	+02:18:05 (25.6%)	7:55	7.6 (74.5%)
60	CYTACKI Dawid	352	SAINT-GOBAIN SQUAD	Masters M - 40	19	01:09:08	02:39:41	03:59:30	05:42:43	07:21:31		08:59:31.25	08:59:39.65	+02:18:42 (25.7%)	7:56	7.6 (74.5%)
61	KOSMOWSKI Wiesław	76	FAMILY RUN & FUN	Senior II M - 30	31	01:13:04	02:50:49	04:14:25	05:59:54	07:37:29		08:59:39.45	08:59:59.30	+02:19:02 (25.7%)	7:56	7.6 (74.5%)
62	MICHNO Tomasz	245	LACHO TEAM	Masters M - 40	20	01:09:37	02:37:55	03:58:07	05:52:19	07:30:52		08:59:51.50	09:00:25.20	+02:19:28 (25.8%)	7:56	7.6 (74.5%)
63	MORAWA Mateusz	429	LACHO TEAM	Senior II M - 30	32	01:09:36	02:37:52	03:57:51	05:52:18	07:29:51		08:59:51.20	09:00:25.30	+02:19:28 (25.8%)	7:56	7.6 (74.5%)
64	LIPERTOWICZ Sebastian	200	LOVELASY	Senior II M - 30	33	01:08:24	02:40:51	04:05:27	05:56:47	07:35:16		09:00:23.50	09:00:30.85	+02:19:34 (25.8%)	7:56	7.6 (74.5%)
65	SOSNOWSKI Michał	369	PGB SPORTOWA PACZKA	Masters M - 40	21	01:10:24	02:44:56	04:09:41	06:04:45	07:38:02		09:02:35.45	09:02:49.70	+02:21:53 (26.1%)	7:58	7.5 (73.5%)
66	GAŁAMAGA Radosław	60	LOVELASY POLICE	Masters M - 40	22	01:13:06	02:55:24	04:16:51	06:06:22	07:39:29		09:03:00.45	09:03:08.15	+02:22:11 (26.2%)	7:59	7.5 (73.5%)
67	KWASNIEWSKI Krzysztof	255	ŻYWCEM ZABIEGANI	Masters M - 40	23	01:11:47	02:38:45	03:58:11	05:42:33	07:23:09		09:03:46.50	09:04:18.25	+02:23:21 (26.3%)	7:59	7.5 (73.5%)
68	OLBORSKI Andrzej	375		Weteran I M - 50	1	01:12:41	02:48:15	04:09:49	05:56:41	07:32:40		09:05:43.25	09:05:55.55	+02:24:58 (26.6%)	8:01	7.5 (73.5%)
69	SZULTK Magdalena	2		Senior I K - 20	3	01:13:21	02:48:11	04:09:42	05:56:55	07:31:55		09:06:23.30	09:06:46.10	+02:25:49 (26.7%)	8:02	7.5 (73.5%)
70	DAUKSZO Maciej	20		Senior I M - 20	5	01:08:34	02:45:31	04:07:43	05:55:43	07:32:46		09:06:43.05	09:06:49.80	+02:25:53 (26.7%)	8:02	7.5 (73.5%)
71	KRÓL Marcin	446	OŚ RACING TEAM	Senior II M - 30	34	01:13:12	02:49:17	04:10:18	05:56:55	07:34:50		09:07:08.40	09:07:31.50	+02:26:34 (26.8%)	8:02	7.5 (73.5%)
72	ZAWOJAK Aleksander	47	RONAL POLSKA RUN	Senior I M - 20	6	01:12:43	02:46:12	04:07:10	05:57:19	07:32:05		09:07:26.80	09:07:54.55	+02:26:57 (26.8%)	8:03	7.5 (73.5%)
73	MOLENDĄ Maciej	447	RONAL POLSKA RUN	Senior II M - 30	35	01:12:33	02:46:02	04:07:01	05:57:09	07:31:56		09:07:15.75	09:07:55.35	+02:26:58 (26.8%)	8:02	7.5 (73.5%)
74	KUCIA Szymon	57		Senior I M - 20	7	01:10:17	02:47:28	04:19:29	06:10:29	07:41:56		09:07:08.30	09:08:00.05	+02:27:03 (26.8%)	8:02	7.5 (73.5%)
75	BRZĄKAŁA Katarzyna	49		Senior I K - 20	4	01:08:36	02:42:57	04:09:33	05:58:04	07:35:03		09:08:11.85	09:08:24.25	+02:27:27 (26.9%)	8:03	7.4 (72.5%)
76	CZARNY Mariusz	69	JAWORZNOŁBC	Masters M - 40	24	01:15:17	02:52:44	04:16:09	05:58:26	07:32:27		09:07:54.95	09:08:24.85	+02:27:28 (26.9%)	8:03	7.4 (72.5%)
77	NOWAK Mariusz	423		Senior II M - 30	36	01:04:12	02:30:25	03:42:59	05:24:06	07:07:28		09:10:18.45	09:10:28.50	+02:29:31 (27.2%)	8:05	7.4 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						10km	24km	34km	46km	56km		netto 68km	brutto 68km		min/km	km/h
78	JURCZAK Roman	89		Weteran II M - 60	1	01:08:22	02:44:10	04:11:46	06:01:08	07:35:39		09:11:28.20	09:11:30.65	+02:30:33 (27.3%)	8:06	7.4 (72.5%)
79	PAWŁOWSKI Marek	110	KLUB BIEGACZA KOMPANIA PIWOWARSKA	Weteran I M - 50	2	01:07:23	02:37:05	04:01:26	05:57:25	07:38:09		09:12:26.70	09:12:38.65	+02:31:41 (27.4%)	8:07	7.4 (72.5%)
80	STODOLNY Krzysztof	4		Weteran I M - 50	3	01:14:47	02:51:46	04:16:20	06:06:37	07:45:44		09:13:15.60	09:13:22.70	+02:32:26 (27.5%)	8:08	7.4 (72.5%)
81	ŻUREK Damian	257		Masters M - 40	25	01:06:48	02:35:22	03:53:29	05:42:11	07:32:28		09:13:16.55	09:13:31.10	+02:32:34 (27.6%)	8:08	7.4 (72.5%)
82	PALIWODA Grzegorz	187		Senior II M - 30	37	01:10:31	02:44:58	04:11:08	06:02:02	07:40:06		09:14:44.80	09:15:00.75	+02:34:04 (27.8%)	8:09	7.4 (72.5%)
83	MAŁOLEPSZY Waldemar	275	KS LENIWIEC	Senior II M - 30	38	01:05:28	02:28:45	03:43:20	05:34:21	07:30:24		09:14:45.35	09:15:07.85	+02:34:11 (27.8%)	8:09	7.4 (72.5%)
84	CZAJKOWSKI Krzysztof	125	KOŁO BIEGA	Masters M - 40	26	01:12:27	02:46:08	04:11:04	05:57:21	07:32:20		09:14:52.60	09:15:10.10	+02:34:13 (27.8%)	8:09	7.4 (72.5%)
85	KAMINSKI Robert	220		Masters M - 40	27	01:12:33	02:46:10	04:11:03	05:57:21	07:32:26		09:14:52.05	09:15:10.40	+02:34:13 (27.8%)	8:09	7.4 (72.5%)
86	DETLAFF Patrycja	361	DREAM RUN	Senior II K - 30	6	01:10:40	02:44:58	04:09:13	05:58:34	07:37:11		09:16:14.15	09:16:24.25	+02:35:27 (27.9%)	8:10	7.3 (71.6%)
87	KRZEMIŃSKI Tomasz	406		Senior II M - 30	39	01:11:02	02:44:59	04:09:12	05:58:31	07:37:17		09:16:34.30	09:16:46.90	+02:35:50 (28.0%)	8:11	7.3 (71.6%)
88	TUCHOŁKA Marta	341	POCO LOCO ADVENTURE TEAM	Senior II K - 30	7	01:14:57	02:55:22	04:27:26	06:15:03	07:51:13		09:17:25.05	09:17:32.45	+02:36:35 (28.1%)	8:11	7.3 (71.6%)
89	PASIECZNIK Miłosz	409	MUAY RUNNING TEAM	Senior I M - 20	8	01:16:18	02:49:45	04:14:04	06:08:27	07:45:50		09:17:52.90	09:18:19.75	+02:37:23 (28.2%)	8:12	7.3 (71.6%)
90	JAZŁOCKI Łukasz	357	TWDW	Senior II M - 30	40	01:16:09	03:01:53	04:29:29	06:18:13	07:53:30		09:19:17.35	09:19:36.05	+02:38:39 (28.4%)	8:13	7.3 (71.6%)
91	SULIMA Grzegorz	168	STRZEGOMSKA DWUNASTKA	Weteran I M - 50	4	01:09:09	02:41:22	04:03:26	05:56:53	07:42:08		09:23:29.50	09:23:43.00	+02:42:46 (28.9%)	8:17	7.2 (70.6%)
92	PAWLIŃSKI Adam	201	PRO-RUN WROCŁAW	Masters M - 40	28	01:16:12	02:58:14	04:28:48	06:16:08	07:52:25		09:23:30.05	09:23:59.90	+02:43:03 (28.9%)	8:17	7.2 (70.6%)
93	KACZMAREK Tomasz	54	STREFA PSYCHOLOGII SPORTU	Senior II M - 30	41	01:15:09	02:57:08	04:21:50	06:15:28	07:50:08		09:24:19.60	09:24:32.65	+02:43:35 (29.0%)	8:17	7.2 (70.6%)
94	WIERZCHOWIAK Jarosław	186		Senior I M - 20	9	01:15:48	02:55:24	04:22:11	06:12:12	07:46:43		09:24:57.30	09:25:54.15	+02:44:57 (29.1%)	8:18	7.2 (70.6%)
95	GRYCMAN Łukasz	381	SPARTA ULTRA TEAM	Masters M - 40	29	01:13:36	02:43:33	04:07:16	05:57:40	07:40:26		09:22:52.55	09:25:55.85	+02:44:59 (29.2%)	8:16	7.2 (70.6%)
96	TOMAKA Maciej	233	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	42	01:15:06	02:58:57	04:17:55	06:16:49	07:50:37		09:25:04.60	09:25:57.80	+02:45:01 (29.2%)	8:18	7.2 (70.6%)
97	DĄBROWSKI Marcin	265	OBOZYBIEGOWE.PL	Senior II M - 30	43	01:05:34	02:35:15	03:52:42	05:44:47	07:26:10		09:25:56.40	09:26:01.15	+02:45:04 (29.2%)	8:19	7.2 (70.6%)
98	BOCHENEK Krzysztof	144		Senior II M - 30	44	01:18:03	02:56:55	04:20:01	06:06:34	07:45:44		09:26:33.95	09:27:17.60	+02:46:20 (29.3%)	8:19	7.2 (70.6%)
99	SCHRODER Patryk	315		Masters M - 40	30	01:21:03	02:59:28	04:27:28	06:18:07	07:53:36		09:28:33.25	09:29:23.70	+02:48:27 (29.6%)	8:21	7.2 (70.6%)
100	BRUDEREK Tomasz	338	RUNNERS TEAM JABŁONNA	Masters M - 40	31	01:22:08	03:04:20	04:45:49	06:37:43	08:03:05		09:28:53.40	09:29:24.75	+02:48:28 (29.6%)	8:21	7.2 (70.6%)
101	ŻEBROWSKI Jakub	420	ALBATROSY	Senior II M - 30	45	01:12:33	02:50:38	04:14:42	06:11:49	07:50:11		09:30:15.85	09:30:24.35	+02:49:27 (29.7%)	8:23	7.2 (70.6%)
102	KROSNY Sebastian	208	BODYDRY BIEGATON MIKOŁÓW	Senior II M - 30	46	02:00:50	03:25:20	04:40:29	06:20:33	07:55:52		09:31:22.15	09:31:27.20	+02:50:30 (29.8%)	8:24	7.1 (69.6%)
103	HARKIEWICZ Wiola	174	NARAMOWICE BIEGAJĄ	Senior II K - 30	8	01:18:20	03:00:53	04:25:41	06:19:52	07:56:11		09:31:18.10	09:31:48.45	+02:50:51 (29.9%)	8:24	7.1 (69.6%)
104	MÓJTA Grzegorz	104		Senior II M - 30	47	01:14:45	02:53:43	04:24:02	06:19:24	07:58:22		09:32:15.95	09:32:35.30	+02:51:38 (30.0%)	8:24	7.1 (69.6%)
105	LACHERA Marek	430	W POGONI ZA DUCHEM	Senior II M - 30	48	01:15:33	02:56:56	04:26:50	06:23:34	08:00:52		09:32:55.30	09:33:09.55	+02:52:12 (30.0%)	8:25	7.1 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		netto 68km	brutto 68km			
106	PRZYJEMSKI Artur	441	KM TRUCHCIK	Masters M - 40	32	01:08:48	02:43:00	04:06:02	06:03:14	07:50:45		09:33:20.40	09:33:27.65	+02:52:30 (30.1%)	8:25	7.1 (69.6%)
107	KIELASZEWSK Karol	215	LESZ NO LIMITS RUNNERS	Senior II M - 30	49	01:21:21	02:56:12	04:20:18	06:10:17	07:48:45		09:33:12.30	09:33:46.90	+02:52:50 (30.1%)	8:25	7.1 (69.6%)
108	GEROWSKI Maciej	285	NETBOX BIEGA / GOSTYŃ EASY TRAIL / LNLR / SWG	Masters M - 40	33	01:21:21	02:56:10	04:20:17	06:08:58	07:49:34		09:33:12.95	09:33:47.15	+02:52:50 (30.1%)	8:25	7.1 (69.6%)
109	PIEUCH Karolina	198	LACHOTEAM/SKLEP BIEGACZA	Senior II K - 30	9	01:15:23	02:58:31	04:30:37	06:21:54	07:56:45		09:33:19.55	09:33:53.40	+02:52:56 (30.1%)	8:25	7.1 (69.6%)
110	GARCZYŃSKI Darek	102		Masters M - 40	34	01:07:21	02:37:23	04:02:14	05:57:05	07:47:44		09:33:45.55	09:33:54.15	+02:52:57 (30.1%)	8:26	7.1 (69.6%)
111	GOŚCIŃSKI Sławomir	366		Senior II M - 30	50	01:17:09	02:56:51	04:31:28	06:18:25	07:58:05		09:34:27.65	09:35:13.80	+02:54:17 (30.3%)	8:26	7.1 (69.6%)
112	WÓJCIK Małgorzata	436		Masters K - 40	1	01:17:39	03:02:32	04:35:09	06:27:49	08:02:46		09:35:07.70	09:35:34.60	+02:54:37 (30.3%)	8:27	7.1 (69.6%)
113	PIASECKI Rafał	355	UKA WARSZAWA	Senior II M - 30	51	01:12:44	02:50:58	04:20:04	06:12:48	07:53:24		09:35:57.10	09:36:02.80	+02:55:06 (30.4%)	8:28	7.1 (69.6%)
114	KWIATKOWSKI Przemysław	199	VICTORIA	Senior I M - 20	10	01:10:17	02:47:50	04:19:31	06:11:37	07:57:44		09:37:50.90	09:38:41.55	+02:57:44 (30.7%)	8:29	7.1 (69.6%)
115	WIŚNIEWSKI Paweł	416	RUN&BALANCE	Senior II M - 30	52	01:11:20	02:45:54	04:09:58	06:12:17	07:58:27		09:39:05.50	09:39:06.50	+02:58:09 (30.8%)	8:30	7 (68.6%)
116	TOJZA Tomasz	207		Masters M - 40	35	01:12:33	02:59:03	04:25:43	06:22:56	08:03:30		09:39:20.70	09:39:47.80	+02:58:51 (30.8%)	8:31	7 (68.6%)
117	DUDEK Remigiusz	103	ZIĘBICE	Senior II M - 30	53	01:12:44	02:51:21	04:20:26	06:18:35	08:04:19		09:39:25.50	09:39:47.85	+02:58:51 (30.8%)	8:31	7 (68.6%)
118	MAJKOWSKI Jacek	77		Senior II M - 30	54	01:23:14	03:08:37	04:36:48	06:23:00	08:02:27		09:41:29.30	09:41:49.65	+03:00:52 (31.1%)	8:33	7 (68.6%)
119	CHOJNICKI Bartosz	368		Senior II M - 30	55	01:20:57	03:06:44	04:31:32	06:26:25	08:08:45		09:43:48.65	09:44:05.65	+03:03:08 (31.4%)	8:35	7 (68.6%)
120	DYRKA Krzysztof	177		Masters M - 40	36	01:13:28	02:53:38	04:20:30	06:16:04	08:01:32		09:44:03.55	09:44:18.20	+03:03:21 (31.4%)	8:35	7 (68.6%)
121	ŚMIAŁKOWSKA Jolanta	377		Weteran K - 50	1	01:13:26	02:54:15	04:20:22	06:16:51	08:08:34		09:44:44.55	09:44:58.60	+03:04:01 (31.5%)	8:35	7 (68.6%)
122	MIKOŁAJCZYK Marcin	146	HUSARIA RACE TEAM	Senior II M - 30	56	01:11:01	02:45:50	04:10:59	06:09:25	08:01:35		09:47:03.70	09:47:24.85	+03:06:28 (31.7%)	8:37	7 (68.6%)
123	APOSTOŁ Paweł	363		Senior II M - 30	57	01:12:32	02:55:15	04:33:46	06:30:55	08:11:24		09:47:04.45	09:47:41.15	+03:06:44 (31.8%)	8:38	6.9 (67.6%)
124	ADAMCZAK Michał	173		Senior II M - 30	58	01:17:21	02:59:11	04:27:50	06:24:48	08:08:10		09:46:56.35	09:47:45.60	+03:06:48 (31.8%)	8:37	7 (68.6%)
125	MASALSKA-PAWLAK Agata	211	CHATA BIEGACZA K34 ZAKOPANE	Senior II K - 30	10	01:16:16	02:55:56	04:21:40	06:18:40	08:09:49		09:48:13.80	09:49:29.80	+03:08:33 (32.0%)	8:39	6.9 (67.6%)
126	KOCEMBA Askaniusz	269	NARVAL - EKSPEDYCJE POLARNE	Senior II M - 30	59	01:15:33	02:52:23	04:14:08	06:28:11	08:12:37		09:49:26.75	09:50:07.70	+03:09:11 (32.1%)	8:40	6.9 (67.6%)
127	RASAŁA Karolina	292	BIEGIEM PO MARZENIA TEAM/ CAŁA OLEŚNICA BIEG	Senior I K - 20	5	01:21:01	02:59:17	04:26:07	06:20:32	08:05:25		09:49:47.50	09:50:40.95	+03:09:44 (32.1%)	8:40	6.9 (67.6%)
128	GARCZYK Rafał	35	PAN WUEFISTA TEAM	Senior II M - 30	60	01:21:57	02:59:36	04:26:12	06:20:53	08:04:52		09:50:10.30	09:50:42.90	+03:09:46 (32.1%)	8:40	6.9 (67.6%)
129	KOSOWSKI Mateusz	397	ANTYLEWAK	Senior II M - 30	61	01:21:52	03:02:08	04:26:18	06:17:49	08:11:53		09:50:44.50	09:51:33.45	+03:10:36 (32.2%)	8:41	6.9 (67.6%)
130	SZEMIEL Maciej	183		Senior II M - 30	62	01:07:22	02:38:43	04:08:13	06:09:11	07:58:27		09:51:35.60	09:51:48.50	+03:10:51 (32.3%)	8:42	6.9 (67.6%)
131	LENKOWSKA Adrianna	266	U-LOCK	Senior I K - 20	6	01:21:37	03:08:53	04:44:04	06:34:12	08:16:53		09:52:27.05	09:52:55.10	+03:11:58 (32.4%)	8:42	6.9 (67.6%)
132	SZCZESZEK Robert	449		Senior I M - 20	11	01:21:37	03:09:04	04:44:05	06:34:36	08:17:01		09:52:26.65	09:52:55.35	+03:11:58 (32.4%)	8:42	6.9 (67.6%)
133	REJMAN Grzegorz	32	DREAM RUN	Senior II M - 30	63	01:16:32	03:03:37	04:37:22	06:39:19	08:22:11		09:52:44.60	09:52:59.45	+03:12:02 (32.4%)	8:43	6.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
134	PARZONKA Paweł	98	KS LENIWIEC	Masters M - 40	37	01:11:03	02:45:55	04:25:49	06:22:05	08:09:27		09:54:21.10	09:54:42.70	+03:13:46 (32.6%)	8:44	6.9 (67.6%)
135	HAMPEL Hubert	151	JW 1517	Senior I M - 20	12	01:20:54	03:28:08	04:57:33	06:36:54	08:16:47		09:55:32.15	09:55:48.05	+03:14:51 (32.7%)	8:45	6.9 (67.6%)
136	KUK Urszula	370	1977	Masters K - 40	2	01:19:04	02:59:10	05:05:56	06:45:57	08:27:04		09:55:35.00	09:56:38.90	+03:15:42 (32.8%)	8:45	6.9 (67.6%)
137	OLSCHIMKE-MARMUROWICZ Barbara	74	NIGHT RUNNERS ŚLĄSK	Masters K - 40	3	01:20:24	03:05:29	04:37:29	06:34:59	08:22:03		09:56:15.25	09:56:50.70	+03:15:54 (32.8%)	8:46	6.8 (66.7%)
138	GRELA Kinga	348	COSTA KLINY TEAM	Senior II K - 30	11	01:24:44	03:11:50	04:41:35	06:37:03	08:21:03		09:56:52.35	09:57:28.30	+03:16:31 (32.9%)	8:46	6.8 (66.7%)
139	CHOJNACKI Przemysław	347		Masters M - 40	38	01:16:52	03:00:43	04:36:56	06:35:31	08:21:00		09:56:51.40	09:57:35.20	+03:16:38 (32.9%)	8:46	6.8 (66.7%)
140	GAWINKOWSKA Klaudia	82	W POGONI ZA DUCHEM	Senior I K - 20	7	01:18:59	03:07:55	04:40:48	06:40:29	08:24:37		09:57:30.20	09:57:52.25	+03:16:55 (32.9%)	8:47	6.8 (66.7%)
141	DĄBKOWSKI Maciej	10		Masters M - 40	39	01:11:41	02:48:04	04:18:19	06:21:11	08:08:29		09:58:22.45	09:58:40.65	+03:17:43 (33.0%)	8:47	6.8 (66.7%)
142	DĄBKOWSKI Wojciech	52		Senior II M - 30	64	01:11:42	02:48:11	04:18:20	06:26:12	08:08:28		09:58:22.55	09:58:40.75	+03:17:44 (33.0%)	8:47	6.8 (66.7%)
143	PRUCIAK Krzysztof	65	LECYMY DURŚ	Senior II M - 30	65	01:08:15	02:39:35	04:08:19	06:22:42	08:14:44		09:59:05.45	09:59:09.05	+03:18:12 (33.1%)	8:48	6.8 (66.7%)
144	BARANOWSKI Michał	239	MORALNI ZWYCIĘZCY	Senior II M - 30	66	01:17:27	02:57:46	04:31:31	06:34:35	08:21:00		09:58:46.65	09:59:27.80	+03:18:31 (33.1%)	8:48	6.8 (66.7%)
145	CIEMBOROWICZ Karol	5	#	Senior II M - 30	67	01:24:54	03:11:02	04:41:58	06:38:35	08:24:57		09:58:35.70	09:59:42.50	+03:18:45 (33.1%)	8:48	6.8 (66.7%)
146	MARKOWSKI Marek	242	KS LENIWIEC	Masters M - 40	40	01:15:48	02:54:33	04:26:00	06:23:34	08:08:37		09:59:30.80	10:00:31.40	+03:19:34 (33.2%)	8:48	6.8 (66.7%)
147	KNYCHAŁA Hubert	356		Senior II M - 30	68	01:21:05	03:03:59	04:34:37	06:34:06	08:18:12		10:04:06.90	10:04:32.05	+03:23:35 (33.7%)	8:53	6.8 (66.7%)
148	GARWOL Justyna	38	OPOLE BIEGA	Senior II K - 30	12	01:20:50	03:08:47	04:41:34	06:39:45	08:22:36		10:04:31.30	10:04:32.30	+03:23:35 (33.7%)	8:53	6.7 (65.7%)
149	PIASECKA Monika	440	DREAM RUN	Masters K - 40	4	01:22:20	03:08:34	04:42:44	06:48:29	08:37:55		10:10:04.05	10:10:14.40	+03:29:17 (34.3%)	8:58	6.7 (65.7%)
150	BAJSON Grzegorz	350	GIEBUŁTÓW CIŚNIE	Senior II M - 30	69	01:18:27	02:58:29	04:31:00	06:48:37	08:28:34		10:10:17.30	10:11:05.65	+03:30:08 (34.4%)	8:58	6.7 (65.7%)
151	KRZOS Piotr	93		Senior II M - 30	70	01:20:41	03:08:01	04:42:11	06:39:14	08:28:43		10:10:35.45	10:11:29.15	+03:30:32 (34.4%)	8:58	6.7 (65.7%)
152	GŁÓD Łukasz	42	KLUB BIEGACZA AZS UEK	Senior I M - 20	13	01:08:39	02:41:03	04:08:42	06:20:32	08:13:49		10:12:00.10	10:12:06.45	+03:31:09 (34.5%)	9:00	6.7 (65.7%)
153	CELER Emil	392		Senior II M - 30	71	01:08:00	02:43:26	04:16:05	06:24:41	08:17:09		10:12:18.25	10:12:45.05	+03:31:48 (34.6%)	9:00	6.7 (65.7%)
154	JAKUSZEK Paweł	305	CEGIELNIA PIASKI	Senior II M - 30	72	01:22:02	03:06:40	04:39:07	06:43:11	08:29:50		10:14:10.25	10:15:00.85	+03:34:04 (34.8%)	9:01	6.6 (64.7%)
155	JAKUSZEK Krzysztof	197	CEGIELNIA PIASKI	Masters M - 40	41	01:22:03	03:06:42	04:39:05	06:43:10	08:29:49		10:14:10.10	10:15:01.00	+03:34:04 (34.8%)	9:01	6.6 (64.7%)
156	REDLER Paweł	293		Masters M - 40	42	01:21:18	03:14:29	04:42:37	06:37:59	08:27:07		10:15:06.20	10:15:35.95	+03:34:39 (34.9%)	9:02	6.6 (64.7%)
157	KONSTANTY Katarzyna	346	-	Masters K - 40	5	01:22:45	03:14:40	04:51:48	06:53:42	08:39:27		10:15:33.70	10:16:06.10	+03:35:09 (34.9%)	9:03	6.6 (64.7%)
158	BUK Sławomir	45	LESZ NO LIMITS RUNNERS	Senior II M - 30	73	01:19:36	03:06:54	04:42:33	06:40:17	08:23:56		10:15:57.50	10:16:32.25	+03:35:35 (35.0%)	9:03	6.6 (64.7%)
159	FALKOWSKA Sandra	139	MOTIV HOME TEAM/NIGHT RUNNERS	Senior II K - 30	13	01:12:51	02:54:07	04:25:13	06:39:20	08:27:19		10:17:13.05	10:17:37.70	+03:36:41 (35.1%)	9:04	6.6 (64.7%)
160	KOTWICKI Mateusz	230		Senior I M - 20	14	01:16:01	02:56:54	04:30:55	06:36:41	08:30:02		10:17:35.40	10:17:59.80	+03:37:03 (35.1%)	9:04	6.6 (64.7%)
161	SZCZESZEK Łukasz	217		Senior II M - 30	74	01:21:38	03:10:59	04:49:46	06:50:39	08:33:15		10:17:51.05	10:18:20.00	+03:37:23 (35.2%)	9:05	6.6 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
162	LECHOWSKI Bartłomiej	37	WKURW_TEAM	Senior II M - 30	75	01:21:14	03:11:35	04:49:29	06:46:15	08:34:39		10:17:41.80	10:18:25.85	+03:37:29 (35.2%)	9:05	6.6 (64.7%)
163	KOSTRZEWSKI Sławomir	96	10 BRYGADA LOGISTYCZNA	Masters M - 40	43	01:19:04	02:59:38	04:40:58	06:43:16	08:33:51		10:18:20.60	10:18:57.60	+03:38:00 (35.2%)	9:05	6.6 (64.7%)
164	POROWSKI Piotr	378	MUAY RUNNING TEAM	Senior II M - 30	76	01:26:34	03:19:31	04:54:05	06:41:39	08:27:51		10:18:33.60	10:18:59.60	+03:38:02 (35.2%)	9:05	6.6 (64.7%)
165	SIKORA Grzegorz	340	MCBIEGACZE	Masters M - 40	44	01:20:09	03:06:24	04:41:06	06:40:05	08:29:10		10:19:44.30	10:20:05.55	+03:39:08 (35.3%)	9:06	6.6 (64.7%)
166	BAŤA Tomáš	261	TEAM JESENÍKY	Senior II M - 30	77	01:08:24	02:44:40	04:19:27	06:27:31	08:20:48		10:20:53.95	10:21:17.45	+03:40:20 (35.5%)	9:07	6.6 (64.7%)
167	ŠVÁBENSKÝ Jan	262	TEAM JESENÍKY	Senior II M - 30	78	01:08:23	02:44:38	04:19:33	06:27:30	08:20:33		10:20:54.45	10:21:17.70	+03:40:21 (35.5%)	9:07	6.6 (64.7%)
168	INGLANT Zbigniew	210	RUN LOG COM	Weteran I M - 50	5	01:19:04	03:03:18	04:36:18	06:41:13	08:38:43		10:22:26.15	10:23:02.15	+03:42:05 (35.6%)	9:09	6.6 (64.7%)
169	ZIEMBA Michał	263	ZIOMKI	Senior II M - 30	79	01:15:34	02:54:47	04:25:33	06:31:58	08:26:46		10:24:11.50	10:25:17.90	+03:44:21 (35.9%)	9:10	6.5 (63.7%)
170	MERKWA Wojciech	264	ZIOMKI	Senior II M - 30	80	01:15:37	02:54:51	04:25:57	06:36:57	08:31:03		10:24:13.25	10:25:19.05	+03:44:22 (35.9%)	9:10	6.5 (63.7%)
171	ADAMUS Jakub	389	TRAILS OF POLAND	Senior I M - 20	15	01:15:59	03:00:10	04:26:05	06:28:20	08:42:17		10:25:07.85	10:25:19.95	+03:44:23 (35.9%)	9:11	6.5 (63.7%)
172	CYNIAK Marek	204	EVERRUN	Masters M - 40	45	01:14:45	02:57:42	04:34:52	06:39:08	08:29:47		10:25:08.05	10:25:25.65	+03:44:28 (35.9%)	9:11	6.5 (63.7%)
173	GĘBKA Małgorzata	334	BAD - BIEGNĘ ALE DOKĄD	Senior II K - 30	14	01:21:21	03:12:59	04:46:52	06:51:36	08:42:09		10:25:10.50	10:25:52.55	+03:44:55 (35.9%)	9:11	6.5 (63.7%)
174	SZPULARZ Adam	333	BAD - BIEGNĘ ALE DOKĄD	Senior II M - 30	81	01:21:19	03:13:02	04:46:27	06:51:30	08:42:03		10:25:11.20	10:25:52.95	+03:44:56 (35.9%)	9:11	6.5 (63.7%)
175	HACZKIEWICZ Bartosz	307	MILKY2017	Senior II M - 30	82	01:35:14	03:33:21	05:09:11	07:02:01	08:44:44		10:25:03.80	10:26:00.75	+03:45:04 (36.0%)	9:11	6.5 (63.7%)
176	FRĄCKOWIAK Michał	254	CZERWONAK BIEGA	Masters M - 40	46	01:10:43	02:48:44	04:30:57	06:32:13	08:30:10		10:26:32.65	10:26:45.35	+03:45:48 (36.0%)	9:12	6.5 (63.7%)
177	KOWALSKI Maciej	205	LOTOS RUNNING TEAM	Masters M - 40	47	01:21:55	03:06:59	04:40:05	06:42:53	08:38:47		10:28:14.05	10:28:32.85	+03:47:36 (36.2%)	9:14	6.5 (63.7%)
178	KOZERA Waldemar	387		Senior II M - 30	83	01:22:06	03:05:28	04:41:37	06:56:01	08:47:01		10:29:12.20	10:29:48.15	+03:48:51 (36.3%)	9:15	6.5 (63.7%)
179	KUCHARSKI Piotr	412	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	Masters M - 40	48	01:16:09	03:02:12	04:38:58	06:53:21	08:44:04		10:31:32.70	10:31:46.00	+03:50:49 (36.5%)	9:17	6.5 (63.7%)
180	SOBIERAJ Aleksander	332	GRUPA BIEGOWA WALIM	Senior II M - 30	84	01:15:20	02:56:19	04:34:41	06:53:32	08:46:44		10:31:27.40	10:31:48.85	+03:50:52 (36.5%)	9:17	6.5 (63.7%)
181	NOWAKOWSKI Leszek	97		Senior II M - 30	85	01:19:24	03:04:20	04:42:19	06:53:05	08:42:20		10:31:32.20	10:31:52.15	+03:50:55 (36.5%)	9:17	6.5 (63.7%)
182	CZUBAK Dariusz	408	BIEGIEM PO PIWO	Masters M - 40	49	01:14:52	02:54:25	04:33:39	06:48:50	08:47:25		10:32:49.30	10:33:02.30	+03:52:05 (36.7%)	9:18	6.4 (62.7%)
183	SKÓRA Szymon	260		Masters M - 40	50	01:12:07	02:50:38	04:27:25	06:40:22	08:40:28		10:32:41.50	10:33:20.20	+03:52:23 (36.7%)	9:18	6.4 (62.7%)
184	MARCINKOWSKI Przemysław	427	PROTON/ LESZ NO LIMITS RUNNERS	Masters M - 40	51	01:16:03	02:56:57	04:30:03	06:48:59	08:40:37		10:33:02.95	10:33:38.60	+03:52:41 (36.7%)	9:18	6.4 (62.7%)
185	WOJTKOWSKI Ireneusz	301	ASSECO ACTIVE TEAM	Weteran I M - 50	6	01:23:23	03:12:12	04:47:47	06:47:45	08:40:31		10:33:29.55	10:33:54.50	+03:52:57 (36.8%)	9:18	6.4 (62.7%)
186	OŚRÓDEK Piotr	402	BBL ZDUŃSKA WOLA	Masters M - 40	52	01:16:54	03:02:33	04:39:00	06:57:57	09:04:30		10:33:31.45	10:34:06.00	+03:53:09 (36.8%)	9:19	6.4 (62.7%)
187	KONKIEWICZ Robert	437	GRODZISKI KLUB BIEGACZA	Masters M - 40	53	01:23:14	03:14:11	04:56:16	07:01:41	08:51:24		10:33:21.45	10:34:11.55	+03:53:14 (36.8%)	9:18	6.4 (62.7%)
188	PERZ Marzenna	218	NKB CHYŻY NOWY TOMYSL	Weteran K - 50	2	01:31:55	03:26:24	05:00:38	07:05:05	08:52:15		10:33:20.00	10:34:21.95	+03:53:25 (36.8%)	9:18	6.4 (62.7%)
189	BANKIEWICZ Damian	48		Masters M - 40	54	01:12:26	02:49:10	04:26:35	06:43:30	08:39:03		10:36:22.45	10:36:54.55	+03:55:57 (37.0%)	9:21	6.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		netto 68km	brutto 68km			
190	CZERNIAK Tobiasz	362	ANTONTEAM	Senior II M - 30	86	01:19:04	03:08:05	04:42:23	06:52:57	08:46:52		10:37:06.40	10:37:44.05	+03:56:47 (37.1%)	9:22	6.4 (62.7%)
191	MACKIEWICZ Artur	73	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	55	01:12:15	02:59:25	04:44:36	06:55:26	08:51:13		10:40:23.45	10:40:38.90	+03:59:42 (37.4%)	9:25	6.4 (62.7%)
192	STĘPIEŃ Magdalena	91	GRODZISKI KLUB BIEGACZA	Senior II K - 30	15	01:25:13	03:14:58	04:56:19	07:05:16	08:52:36		10:40:13.95	10:41:03.85	+04:00:07 (37.5%)	9:24	6.4 (62.7%)
193	KRUPA Piotr	119	PCH_RUN	Masters M - 40	56	01:25:23	03:11:06	04:49:59	07:01:40	08:56:55		10:42:06.75	10:42:17.80	+04:01:21 (37.6%)	9:26	6.4 (62.7%)
194	BORUSIŃSKA Aleksandra	419	AML SŁUPSK	Senior II K - 30	16	01:21:10	03:10:39	04:50:04	07:01:45	08:57:41		10:42:22.65	10:42:27.30	+04:01:30 (37.6%)	9:26	6.4 (62.7%)
195	SZCZEPANIAK Artur	316	KB CZESIO BIEGIA	Masters M - 40	57	01:25:25	03:19:46	04:59:58	07:06:52	08:57:50		10:42:11.80	10:42:38.45	+04:01:41 (37.6%)	9:26	6.4 (62.7%)
196	WYLEGAŁA Michał	33	PCH_RUN	Masters M - 40	58	01:19:58	03:08:55	04:45:31	06:57:49	08:57:18		10:42:45.00	10:42:53.85	+04:01:57 (37.6%)	9:27	6.3 (61.8%)
197	PAWŁOWSKI Robert	68	VEGE RUNNERS	Masters M - 40	59	01:19:57	03:09:58	04:50:03	07:02:13	08:57:47		10:42:44.70	10:42:54.65	+04:01:57 (37.6%)	9:27	6.3 (61.8%)
198	GŁOWACKA Edyta	308		Senior II K - 30	17	01:18:32	03:02:07	04:42:20	06:56:14	08:52:21		10:42:27.20	10:43:05.80	+04:02:09 (37.7%)	9:26	6.4 (62.7%)
199	GŁOWACKI Maciej	309		Masters M - 40	60	01:18:32	03:02:03	04:42:21	06:56:14	08:52:28		10:42:27.30	10:43:05.85	+04:02:09 (37.7%)	9:26	6.4 (62.7%)
200	NIEMIR Aleksander	342	KB MANIAC POZNAŃ	Weteran I M - 50	7	01:11:03	02:43:21	04:08:36	06:21:38	08:44:06		10:42:56.60	10:43:39.40	+04:02:42 (37.7%)	9:27	6.3 (61.8%)
201	KAMZOL Roman	240		Masters M - 40	61	01:19:33	03:06:49	04:43:01	07:00:05	08:53:11		10:43:43.30	10:43:44.30	+04:02:47 (37.7%)	9:27	6.3 (61.8%)
202	WUJEK Marcin	431	DZIKIE KUNY -GOSTYŃ	Masters M - 40	62	01:16:19	03:00:51	04:36:11	06:41:08	08:31:29		10:43:40.15	10:44:25.65	+04:03:28 (37.8%)	9:27	6.3 (61.8%)
203	PŁASKOCIŃSKI Robert	190	PRO-RUN WROCŁAW	Masters M - 40	63	01:25:00	03:18:58	04:58:13	07:08:53	08:56:44		10:43:28.30	10:44:37.90	+04:03:41 (37.8%)	9:27	6.3 (61.8%)
204	WALESKA Nico	237		Senior I M - 20	16	01:14:16	03:01:25	04:41:01	06:57:02	08:55:24		10:47:20.65	10:47:29.40	+04:06:32 (38.1%)	9:31	6.3 (61.8%)
205	SIWEK Jarek	95	RAZ SZCZECIN	Masters M - 40	64	01:21:35	03:12:02	04:46:46	06:56:52	08:57:58		10:47:21.70	10:47:58.95	+04:07:02 (38.1%)	9:31	6.3 (61.8%)
206	ŁABĘDZKI Mariusz	63	STARGARD JA SIĘ NIE ŚCIGAM	Senior II M - 30	87	01:21:36	03:12:35	04:50:14	07:04:24	08:57:19		10:48:02.30	10:48:34.35	+04:07:37 (38.2%)	9:31	6.3 (61.8%)
207	OCHOTA Rafał	232	STARGARD. JA SIĘ NIE ŚCIGAM.	Masters M - 40	65	01:21:35	03:13:17	04:52:10	07:03:36	08:56:55		10:48:02.50	10:48:34.50	+04:07:37 (38.2%)	9:31	6.3 (61.8%)
208	ZDUNEK Józef	79	KLUB BIEGACZA JURUND SZCZYTNO	Weteran I M - 50	8	01:20:45	03:12:45	04:52:12	07:04:08	09:02:19		10:48:52.85	10:48:58.70	+04:08:02 (38.2%)	9:32	6.3 (61.8%)
209	DZIUBA Emilian	345	STS BIEGATON MIKOŁÓW	Masters M - 40	66	01:15:59	02:57:20	04:37:16	07:02:53	08:53:18		10:49:35.25	10:49:42.95	+04:08:46 (38.3%)	9:33	6.3 (61.8%)
210	MARCINIAK Janusz	62	NIGHT RUNNERS	Masters M - 40	67	01:21:02	03:15:03	05:02:36	07:12:11	09:05:56		10:50:28.95	10:50:41.95	+04:09:45 (38.4%)	9:33	6.3 (61.8%)
211	KOZŁOWSKI Tomasz	143	LESZ NO LIMITS RUNERS	Masters M - 40	68		03:07:38					10:52:00.00	10:52:01.00	+04:11:04 (38.5%)	9:35	6.3 (61.8%)
212	PRZYBYLSKI Piotr	271		Masters M - 40	69	01:29:08	03:19:19	04:59:04	07:08:14	08:57:13		10:52:29.55	10:53:04.95	+04:12:08 (38.6%)	9:35	6.3 (61.8%)
212	PRZYBYLSKA Katarzyna	272		Senior I K - 20	8	01:28:43	03:19:17	04:58:30	07:08:13	08:57:18		10:52:29.55	10:53:04.95	+04:12:08 (38.6%)	9:35	6.3 (61.8%)
214	BAUGÄRTNER Marcin	298	KLUBSILESIA.PL	Masters M - 40	70	01:28:05	03:17:54	04:49:36	06:56:42	08:55:57		10:52:25.80	10:53:06.70	+04:12:10 (38.6%)	9:35	6.3 (61.8%)
215	BIAŁECKI Zbigniew	137	ŁÓDŹ RUNNING TEAM	Masters M - 40	71	01:22:15	03:19:59	05:02:49	07:09:34	09:02:13		10:53:02.45	10:53:18.30	+04:12:21 (38.6%)	9:36	6.2 (60.8%)
216	DĄBROWSKI Paweł	314		Senior II M - 30	88	01:32:06	03:30:16	05:05:24	07:10:43	09:05:10		10:52:57.80	10:53:53.35	+04:12:56 (38.7%)	9:36	6.2 (60.8%)
217	SMOLIŃSKI Marcin	372		Senior I M - 20	17	01:16:36	03:02:41	04:39:42	06:47:21	08:54:04		10:53:39.85	10:54:37.20	+04:13:40 (38.8%)	9:36	6.2 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		netto 68km	brutto 68km			
218	SIEROCIUK Adrian	317		Senior I M - 20	18	01:16:37	03:02:47	04:39:46	06:47:12	08:54:05		10:53:40.95	10:54:37.50	+04:13:40 (38.8%)	9:36	6.2 (60.8%)
219	WAWRZAK Łukasz	282	KLUB BIEGACZA WARTA	Senior II M - 30	89	01:15:35	02:55:36	04:33:40	07:10:38	09:05:45		10:55:35.45	10:56:31.55	+04:15:34 (38.9%)	9:38	6.2 (60.8%)
220	ŁAMPIKA Kinga	148	NIGHT RUNNERS WROCŁAW	Senior II K - 30	18	01:17:27	03:06:32	04:45:53	07:02:51	08:55:31		10:56:53.65	10:57:19.80	+04:16:23 (39.0%)	9:39	6.2 (60.8%)
221	BUDA Marzena	354		Senior I K - 20	9	01:23:19	03:16:55	05:01:50	07:23:39	09:18:24		10:57:31.90	10:58:12.35	+04:17:15 (39.1%)	9:40	6.2 (60.8%)
222	KWIECIEN - LIPIŃSKA Kamila	296	TIGERS TEAM	Masters K - 40	6	01:26:20	03:24:25	05:04:25	07:13:55	09:10:09		10:57:56.35	10:58:14.00	+04:17:17 (39.1%)	9:40	6.2 (60.8%)
223	BIAŁCZYK Marcin	279	SKY IS THE LIMIT	Senior II M - 30	90	01:08:05	02:48:39	04:39:42	07:05:48	09:00:23		10:59:02.85	10:59:13.85	+04:18:17 (39.2%)	9:41	6.2 (60.8%)
224	BARAŃCZAK Kamil	280		Senior II M - 30	91	01:13:08	02:59:33	04:41:08	07:06:56	08:51:58		10:59:02.70	10:59:14.30	+04:18:17 (39.2%)	9:41	6.2 (60.8%)
225	DOMINIAK Marcin	391	PSIA EDUKACJA	Masters M - 40	72	01:16:19	02:56:26	04:34:33	07:11:26	09:06:44		11:00:49.70	11:00:57.70	+04:20:01 (39.3%)	9:43	6.2 (60.8%)
226	ZAJĄC Krystian	131	DRUŻYNA BARTKA	Senior II M - 30	92	01:15:59	03:00:03	04:37:32	07:14:55	09:11:11		11:01:41.45	11:02:12.90	+04:21:16 (39.5%)	9:43	6.2 (60.8%)
227	OGRODNIK Tomasz	117	NIGHT RUNNERS	Senior II M - 30	93	01:16:00	03:00:07	04:37:31	07:14:55	09:11:26		11:01:43.55	11:02:14.45	+04:21:17 (39.5%)	9:43	6.2 (60.8%)
228	SUSMARSKA Ewa	16	MUAY RUNNING TEAM	Senior I K - 20	10	01:26:41	03:19:32	04:54:13	07:06:44	09:07:57		11:02:47.45	11:03:13.75	+04:22:17 (39.5%)	9:44	6.2 (60.8%)
229	KWIATKOWSKI Paweł	196		Senior II M - 30	94	01:11:48	02:47:25	04:19:29	06:30:34	08:50:58		11:02:37.55	11:03:29.70	+04:22:33 (39.6%)	9:44	6.2 (60.8%)
230	NOWAK Bartłomiej	289		Senior I M - 20	19	01:29:20	03:18:36	04:53:17	07:08:25	09:10:10		11:03:24.15	11:03:44.80	+04:22:48 (39.6%)	9:45	6.2 (60.8%)
231	SULIN Marek	322	SPARTANIE DZIECIOM	Masters M - 40	73	01:21:39	03:17:19	05:01:06	07:15:35	09:09:37		11:03:04.55	11:03:45.20	+04:22:48 (39.6%)	9:45	6.2 (60.8%)
232	KOWALCZYK Bartłomiej	390		Senior I M - 20	20	01:22:38	03:10:12	04:46:10	07:00:56	08:58:12		11:03:15.55	11:04:18.60	+04:23:21 (39.6%)	9:45	6.2 (60.8%)
233	WAROWNY Dawid	274		Senior II M - 30	95	01:22:17	03:07:56	04:44:22	06:59:32	09:01:59		11:04:47.10	11:05:41.55	+04:24:44 (39.8%)	9:46	6.1 (59.8%)
234	KARBOWSKI Jarosław	53	K.S.LENIWIEC	Masters M - 40	74	01:19:21	03:09:13	04:53:14	07:14:12	09:22:58		11:05:19.80	11:05:41.70	+04:24:45 (39.8%)	9:47	6.1 (59.8%)
235	JEŻEWSKI Sławomir	149	KGB GRZMOT KOMORNIKI	Masters M - 40	75	01:13:15	02:59:42	04:40:16	07:02:55	09:03:16		11:05:37.60	11:05:43.90	+04:24:47 (39.8%)	9:47	6.1 (59.8%)
236	WIŚNIEWSKI Marek	331		Masters M - 40	76	01:18:09	03:00:56	04:36:25	06:57:46	09:09:28		11:06:40.25	11:07:26.00	+04:26:29 (39.9%)	9:48	6.1 (59.8%)
237	WAŚCIŃSKI Roman	188	PĘDZI - PARA	Masters M - 40	77	01:34:27	03:26:25	05:09:17	07:23:45	09:19:05		11:08:21.50	11:08:44.30	+04:27:47 (40.0%)	9:49	6.1 (59.8%)
238	POMAGRUK Katarzyna	251	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ.	Senior II K - 30	19	01:25:05	03:18:54	05:06:29	07:23:03	09:22:50		11:08:19.30	11:08:55.30	+04:27:58 (40.1%)	9:49	6.1 (59.8%)
239	POMAGRUK Piotr	252		Masters M - 40	78	01:25:06	03:18:56	05:06:32	07:23:04	09:23:00		11:08:21.05	11:08:57.30	+04:28:00 (40.1%)	9:49	6.1 (59.8%)
240	SZEWCZYK Michał	259	BBL ZDUŃSKA WOLA	Senior II M - 30	96	01:16:57	03:02:41	04:45:05	06:58:58	09:11:52		11:08:47.30	11:09:19.90	+04:28:23 (40.1%)	9:50	6.1 (59.8%)
241	KUŁAKOWSKI Piotr	184		Weteran II M - 60	2	01:34:56	03:37:58	05:19:12	07:28:33	09:25:04		11:08:29.00	11:09:29.00	+04:28:32 (40.1%)	9:49	6.1 (59.8%)
242	GRZĘDA Krzysztof	100	KS PEGAZ / ANNA RUN	Weteran I M - 50	9	01:18:52	03:08:12	04:55:13	07:06:52	09:03:27		11:09:30.25	11:09:41.20	+04:28:44 (40.1%)	9:50	6.1 (59.8%)
243	LEGENDZIEWICZ Iga	329		Senior II K - 30	20	01:24:55	03:14:45	04:52:35	07:06:33	09:03:28		11:09:11.95	11:09:41.85	+04:28:45 (40.1%)	9:50	6.1 (59.8%)
244	KADZISZEWSKI Radosław	360		Senior I M - 20	21	01:28:51	03:25:47	05:11:04	07:28:06	09:24:45		11:12:06.85	11:12:56.70	+04:32:00 (40.4%)	9:53	6.1 (59.8%)
245	WIDLAK Janusz	171		Masters M - 40	79	01:33:26	03:45:00	05:37:17	07:49:45	09:31:53		11:12:45.45	11:13:27.20	+04:32:30 (40.5%)	9:53	6.1 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
246	HALBTUCH Grzegorz	451		Senior II M - 30	97	01:16:36	03:08:54	04:52:16	07:14:21	09:22:57		11:14:29.35	11:14:59.85	+04:34:03 (40.6%)	9:55	6 (58.8%)
247	GODLEWSKI Jakub	88	RUNNERS TEAM QUIBL	Senior II M - 30	98	01:25:30	03:26:03	04:57:59	07:15:35	09:20:15		11:14:47.30	11:15:11.15	+04:34:14 (40.6%)	9:55	6 (58.8%)
248	KOWALEWSKI Grzegorz	158		Masters M - 40	80	01:26:55	03:19:47	04:58:10	07:16:38	09:27:18		11:15:31.35	11:16:13.85	+04:35:17 (40.7%)	9:56	6 (58.8%)
249	SILSKA Sylwia	223		Masters K - 40	7	01:28:49	03:20:15	05:00:57	07:17:38	09:26:45		11:15:43.95	11:16:23.95	+04:35:27 (40.7%)	9:56	6 (58.8%)
250	WOJTCZAK Krzysztof	19	WKB PIAST WROCŁAW	Masters M - 40	81	01:21:05	03:11:02	05:01:17	07:30:23	09:30:21		11:15:53.60	11:16:26.50	+04:35:29 (40.7%)	9:56	6 (58.8%)
251	OLESIŃSKA Martyna	224	W POGONI ZA DUCHEM	Senior I K - 20	11	01:26:58	03:28:34	05:13:08	07:28:49	09:25:45		11:17:01.20	11:17:24.45	+04:36:27 (40.8%)	9:57	6 (58.8%)
252	LUBOCH Krzysztof	50	TEAM DOBEERMAN	Masters M - 40	82	01:27:53	03:25:35	05:09:10	07:20:12	09:28:31		11:22:48.35	11:23:33.25	+04:42:36 (41.3%)	10:02	6 (58.8%)
253	ŚLEZIAK Tomek	367	TĘCZA	Senior II M - 30	99	01:27:51	03:25:43	05:09:05	07:18:55	09:28:38		11:22:47.00	11:23:33.65	+04:42:36 (41.3%)	10:02	6 (58.8%)
254	MAZIEC Roman	281		Senior II M - 30	100	01:22:04	03:20:06	05:02:06	07:23:44	09:18:23		11:25:04.35	11:25:33.40	+04:44:36 (41.5%)	10:04	6 (58.8%)
255	MIKUŚKIEWICZ Piotr	67	RUN TEAM CHMIELNIK	Senior II M - 30	101	01:20:58	03:08:32	04:39:15	06:51:40	08:54:53		11:25:33.10	11:25:53.60	+04:44:56 (41.5%)	10:04	6 (58.8%)
256	VON OSSOWSKA Aleksandra	106	TJ!	Senior II K - 30	21	01:28:50	03:25:45	05:11:03	07:28:06	09:25:14		11:25:13.70	11:26:02.95	+04:45:06 (41.6%)	10:04	6 (58.8%)
257	PTAK Jarosław	401		Masters M - 40	83	01:19:00	03:10:27	04:54:54	07:17:41	09:24:26		11:25:42.20	11:26:05.80	+04:45:09 (41.6%)	10:05	6 (58.8%)
258	STANEK Bartosz	130	ŚMIGIEL	Senior II M - 30	102	01:26:06	03:23:13	05:14:27	07:26:11	09:23:52		11:25:58.70	11:26:38.70	+04:45:42 (41.6%)	10:05	5.9 (57.8%)
259	GRYGORUK Cezary	247		Weteran I M - 50	10	01:21:26	03:14:35	05:02:25	07:28:49	09:30:02		11:26:37.80	11:26:46.65	+04:45:49 (41.6%)	10:05	5.9 (57.8%)
260	GURBIEL Tomasz	3	ONEMAN TEAM	Senior II M - 30	103	01:23:45	03:12:28	04:51:58	07:09:02	09:30:56		11:28:28.70	11:29:36.15	+04:48:39 (41.9%)	10:07	5.9 (57.8%)
261	SAMOLAK Łukasz	109	MILITARIA TWIERDZA KŁODZKA	Senior II M - 30	104	01:25:07	03:24:24	05:08:49	07:35:24	09:35:30		11:28:46.85	11:29:39.20	+04:48:42 (41.9%)	10:07	5.9 (57.8%)
262	KICINSKA Dorota	136	ROZBIEGANY RAWICZ	Senior II K - 30	22	01:22:18	03:18:01	05:02:40	07:25:07	09:26:12		11:29:27.60	11:29:45.20	+04:48:48 (41.9%)	10:08	5.9 (57.8%)
263	SKOCZYLAS Jerzy	216	WKURW_TEAM	Masters M - 40	84	01:24:39	03:17:09	05:03:28	07:21:26	09:19:26		11:28:59.55	11:29:45.30	+04:48:48 (41.9%)	10:07	5.9 (57.8%)
264	RENS Gert	438		Weteran I M - 50	11	01:28:48	03:19:55	04:58:08	07:24:46	09:31:29		11:29:06.65	11:29:51.35	+04:48:54 (41.9%)	10:08	5.9 (57.8%)
265	WOSZCZAK Jolanta	202	STRZELINSKI KLUB BIEGACZA GRANIT	Weteran K - 50	3	01:30:37	03:34:12	05:19:41	07:38:14	09:41:42		11:30:23.65	11:30:37.90	+04:49:41 (41.9%)	10:09	5.9 (57.8%)
266	MULARCZYK Marta	323	WKURW_TEAM	Senior I K - 20	12	01:32:22	03:36:43	05:22:30	07:43:58	09:41:19		11:30:02.30	11:30:47.25	+04:49:50 (42.0%)	10:08	5.9 (57.8%)
267	SZURKOWSKI Michał	159	GRUNWALD TEAM POZNAŃ	Senior II M - 30	105	01:29:32	03:30:47	05:13:17	07:31:54	09:31:43		11:32:06.85	11:32:33.80	+04:51:37 (42.1%)	10:10	5.9 (57.8%)
268	ŻRÓDLEWSKA Anna	376		Senior II K - 30	23	01:39:09	03:53:16	05:38:32	07:47:55	09:45:45		11:35:43.85	11:36:21.05	+04:55:24 (42.4%)	10:13	5.9 (57.8%)
269	RADZIWOŃ Anna	181	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	8	01:29:28	03:37:55	05:23:45	07:44:54	09:45:08		11:36:08.15	11:36:33.90	+04:55:37 (42.4%)	10:14	5.9 (57.8%)
270	MAŁOLEPSZY Damian	276	SPARTA ULTRA TEAM	Senior II M - 30	106	01:12:40	03:21:40	05:13:06	07:32:30	09:36:45		11:36:40.95	11:37:19.05	+04:56:22 (42.5%)	10:14	5.9 (57.8%)
271	PIWOWARCZYK Przemysław	160		Masters M - 40	85	01:31:25	03:49:11	05:34:51	07:54:17	09:46:27		11:37:04.15	11:37:52.05	+04:56:55 (42.5%)	10:15	5.9 (57.8%)
272	SAMOLAK Maciek	140	MILITARIA TWIERDZA KŁODZKA	Masters M - 40	86	01:25:07	03:19:41	05:18:19	07:35:49	09:41:14		11:40:05.30	11:40:57.55	+05:00:00 (42.8%)	10:17	5.8 (56.9%)
273	KONIECZNY Andrzej	1	BRAK	Masters M - 40	87	01:26:54	03:27:01	05:19:20	07:39:56	09:33:49		11:40:33.95	11:41:24.45	+05:00:27 (42.8%)	10:18	5.8 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
274	WŁODARSKA Magdalena	448		Masters K - 40	9	01:26:58	03:27:59	05:19:40	07:44:38	09:48:47		11:41:10.50	11:41:32.40	+05:00:35 (42.8%)	10:18	5.8 (56.9%)
275	MISIAK Artur	327		Weteran I M - 50	12	01:25:36	03:25:00	05:17:42	07:51:51	09:47:51		11:41:17.20	11:42:12.85	+05:01:16 (42.9%)	10:18	5.8 (56.9%)
276	SZUBA Teofil	417	MARATOŃCZYK SZCZECIN	Masters M - 40	88	01:22:05	03:06:56	04:58:02	07:42:35	09:47:08		11:43:05.60	11:43:15.75	+05:02:19 (43.0%)	10:20	5.8 (56.9%)
276	SZUBA Tadeusz	403	TKKF TRUCHT ŁOBEZ	Weteran II M - 60	3	01:22:14	03:07:14	04:58:25	07:42:38	09:49:21		11:43:05.80	11:43:15.75	+05:02:19 (43.0%)	10:20	5.8 (56.9%)
278	CHILIŃSKI Karol	284	KALENJI BY DECATHLON	Senior I M - 20	22	01:25:10	03:20:39	05:03:04	07:36:48	09:46:08		11:43:57.50	11:44:06.95	+05:03:10 (43.1%)	10:21	5.8 (56.9%)
279	CYGAN Krzysztof	123		Masters M - 40	89	01:23:10	03:14:48	04:53:36	07:31:39	09:38:17		11:46:46.10	11:47:15.45	+05:06:18 (43.3%)	10:23	5.8 (56.9%)
280	KRZEWIŃSKA Małgorzata	127	TKKF KOSZALIN	Weteran K - 50	4	01:29:51	03:30:42	05:29:29	08:02:08	10:06:31		11:47:17.65	11:47:31.90	+05:06:35 (43.3%)	10:24	5.8 (56.9%)
281	STROIŃSKI Wojciech	39	C&C SPORTS TEAM	Masters M - 40	90	01:28:22	03:40:25	05:28:24	07:57:58	09:57:36		11:47:03.70	11:47:33.20	+05:06:36 (43.3%)	10:23	5.8 (56.9%)
282	STROIŃSKA Iwona	36	C&C SPORTS TEAM	Masters K - 40	10	01:28:28	03:40:37	05:28:42	08:01:23	10:02:12		11:47:05.90	11:47:33.60	+05:06:36 (43.3%)	10:23	5.8 (56.9%)
283	DZIENISZEWSKI Michał	249		Senior II M - 30	107	01:24:31	03:17:15	05:04:33	07:36:30	09:50:15		11:51:14.25	11:52:00.95	+05:11:04 (43.7%)	10:27	5.7 (55.9%)
284	WALCZUK Paweł	61		Senior II M - 30	108	01:20:21	03:17:37	05:05:18	07:48:35	09:55:09		11:52:17.65	11:52:50.85	+05:11:54 (43.8%)	10:28	5.7 (55.9%)
285	JANASZEK Michał	138		Senior II M - 30	109	01:26:42	03:17:13	04:55:13	07:08:38	09:35:03		11:51:56.95	11:52:59.90	+05:12:03 (43.8%)	10:28	5.7 (55.9%)
286	GŁUSZEK Tomasz	108		Senior II M - 30	110	01:26:42	03:17:03	04:55:11	07:08:38	09:35:01		11:51:57.85	11:53:00.20	+05:12:03 (43.8%)	10:28	5.7 (55.9%)
287	STROCZYŃSKI Paweł	303		Senior II M - 30	111	01:33:20	03:39:11	05:27:28	07:50:13	09:55:21		11:52:50.80	11:53:22.45	+05:12:25 (43.8%)	10:28	5.7 (55.9%)
288	STOLARZ Paweł	250	ŻYWCEM ZABIEGANI	Weteran I M - 50	13	01:33:16	03:39:07	05:28:12	07:50:10	09:55:03		11:52:50.55	11:53:23.75	+05:12:27 (43.8%)	10:28	5.7 (55.9%)
289	KOZIOŁ Katarzyna	287	KORFF TEAM	Masters K - 40	11	01:25:17	03:26:20	05:21:09	07:51:07	09:56:50		11:54:06.20	11:54:41.35	+05:13:44 (43.9%)	10:30	5.7 (55.9%)
290	PIASECKA Jadwiga	286	KORFF TEAM	Masters K - 40	12	01:25:20	03:26:25	05:21:14	07:51:09	09:56:49		11:54:10.30	11:54:45.00	+05:13:48 (43.9%)	10:30	5.7 (55.9%)
291	JAMROZIK Zbigniew	203	KOŁO BIEGA	Masters M - 40	91	01:31:51	03:46:01	05:29:06	07:53:05	10:02:15		11:54:56.55	11:55:13.90	+05:14:17 (43.9%)	10:30	5.7 (55.9%)
292	SOKOŁOWSKA Adriana	70	VEGE RUNNERS	Senior II K - 30	24	01:33:55	03:49:57	05:42:02	08:12:04	10:18:07		11:56:44.05	11:56:52.15	+05:15:55 (44.1%)	10:32	5.7 (55.9%)
293	KORF Tomasz	228	JĘDŹCY APOKALIPSY	Senior II M - 30	112	01:18:41	03:16:27	05:00:33	07:47:57			11:57:29.90	11:57:54.90	+05:16:58 (44.2%)	10:33	5.7 (55.9%)
294	ZARCZUK Aleksandra	421	GORSKIEWYZWANIA.WORDPRESS.COM	Senior I K - 20	13	01:28:49	03:26:41	05:13:05	07:53:13	10:04:01		11:58:01.95	11:58:44.75	+05:17:48 (44.2%)	10:33	5.7 (55.9%)
295	IMIOŁCZYK Roland	405		Masters M - 40	92	01:22:15	03:20:05	05:03:31	07:32:01	09:57:19		11:58:43.85	11:59:00.25	+05:18:03 (44.2%)	10:34	5.7 (55.9%)
296	KUBACKI Sebastian	337	STAL NIEWIAÓDW	Senior II M - 30	113	01:22:12	03:08:43	04:54:16	07:22:11	09:38:43		11:58:43.10	11:59:13.75	+05:18:17 (44.3%)	10:34	5.7 (55.9%)
297	SIECZKOWSKI Artur	300	NATURAL BORN RUNNERS TEAM	Masters M - 40	93	01:30:25	03:35:26	05:26:51	08:08:41	10:09:21		11:59:29.05	12:00:14.65	+05:19:17 (44.3%)	10:34	5.7 (55.9%)
298	FILIPIAK Sebastian	126	LZS LIPA	Masters M - 40	94	01:21:56	03:14:22	05:02:32	07:36:47	09:44:30		12:00:47.05	12:01:18.70	+05:20:22 (44.4%)	10:35	5.7 (55.9%)
299	LISIK Justyna	154	PORANNY PATROL	Senior II K - 30	25	01:36:29	03:40:17	05:32:53	08:01:58	10:09:30		12:01:30.90	12:01:58.30	+05:21:01 (44.5%)	10:36	5.7 (55.9%)
300	RUTKOWSKI Adam	268	WKW	Senior II M - 30	114	01:15:15	02:54:38	04:30:21	07:58:11	09:51:59		12:04:33.30	12:05:00.75	+05:24:04 (44.7%)	10:39	5.6 (54.9%)
301	ZAKRZEWSKA Katarzyna	78	MARCINSWIERCTEAM	Masters K - 40	13	01:31:18	03:36:44	05:39:00	08:08:36	10:12:49		12:05:32.40	12:05:38.10	+05:24:41 (44.7%)	10:40	5.6 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						10km	24km	34km	46km	56km		netto 68km	brutto 68km		min/km	km/h
302	RURKA Grzegorz	72	SAMBIEGAM	Weteran I M - 50	14	01:33:20	03:45:27	05:36:38	08:09:10	10:10:54		12:05:52.40	12:06:41.25	+05:25:44 (44.8%)	10:40	5.6 (54.9%)
303	ŚWISTUŃ Eugeniusz	27		Senior I M - 20	23	01:26:53	03:23:08	05:06:18	07:30:25	09:50:01		12:08:37.25	12:09:30.70	+05:28:34 (45.0%)	10:42	5.6 (54.9%)
304	WYLEGAŁA Izabela	34	PCH_RUN	Senior II K - 30	26	01:33:52	03:49:58	05:42:03	08:12:03	10:18:06		12:09:57.25	12:10:06.60	+05:29:09 (45.1%)	10:44	5.6 (54.9%)
305	WYKA Angelika	83	PCH_RUN	Senior II K - 30	27	01:33:53	03:49:53	05:42:02	08:12:05	10:18:07		12:09:58.70	12:10:07.00	+05:29:10 (45.1%)	10:44	5.6 (54.9%)
306	FOLARON Rafał	167		Senior II M - 30	115	01:26:33	03:22:18	05:12:20	07:48:01	10:07:30		12:09:29.40	12:10:22.05	+05:29:25 (45.1%)	10:43	5.6 (54.9%)
307	OLESZAK Jacek	121		Senior II M - 30	116	01:20:39	03:24:05	05:29:28	07:53:45	10:10:57		12:09:49.70	12:10:29.35	+05:29:32 (45.1%)	10:43	5.6 (54.9%)
308	KONOPIŃSKI Tomasz	267	MEDIASYSTEM•••	Masters M - 40	95	01:09:26	02:40:49	03:58:50	08:30:36	10:13:11		12:10:25.40	12:10:50.75	+05:29:54 (45.1%)	10:44	5.6 (54.9%)
309	LEHMANN Karolina	193	WKURW_TEAM	Senior II K - 30	28	01:31:54	03:43:43	05:50:05	08:21:10	10:21:28		12:11:51.70	12:12:37.75	+05:31:41 (45.3%)	10:45	5.6 (54.9%)
310	KŁOSOWICZ Monika	231		Senior I K - 20	14	01:22:21	03:23:56	05:20:04	07:52:12	10:06:22		12:13:26.40	12:13:43.90	+05:32:47 (45.4%)	10:47	5.6 (54.9%)
310	GLAPIAK-PRZYTUŁA Agnieszka	58		Senior II K - 30	29	01:28:37	03:34:04	05:27:33	07:56:06	10:06:43		12:13:24.45	12:13:43.90	+05:32:47 (45.4%)	10:47	5.6 (54.9%)
312	DĘBICKI Mariusz	132	ORANGE POLSKA	Masters M - 40	96	01:25:06	03:30:43	05:20:08	08:03:42	10:08:51		12:16:10.95	12:16:21.80	+05:35:25 (45.6%)	10:49	5.5 (53.9%)
313	GABRUK Michał	229	JĘDŹCY APOKALIPSY	Senior II M - 30	117	01:18:56	03:16:33	05:07:01	07:52:42	10:02:01		12:15:56.95	12:16:22.20	+05:35:25 (45.6%)	10:49	5.5 (53.9%)
314	KRYGER Szymon	374	ON SIGHT	Senior II M - 30	118	01:27:03	03:31:02	05:14:43	07:41:47	09:57:19		12:16:21.30	12:16:22.30	+05:35:25 (45.6%)	10:49	5.5 (53.9%)
315	ROSZAK Waldemar	256	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	Weteran I M - 50	15	01:34:46	03:49:15	05:43:58	08:18:06	10:18:31		12:16:09.70	12:17:31.70	+05:36:35 (45.6%)	10:49	5.5 (53.9%)
316	KAZIMIERUK Grzegorz	176	OBOZYBIEGOWE.PL	Senior II M - 30	119	01:31:50	03:36:41	05:19:22	07:46:37	10:02:36		12:18:06.15	12:18:48.00	+05:37:51 (45.7%)	10:51	5.5 (53.9%)
317	JAROSŁAWSKI Marcin	258	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	120	01:15:52	03:09:02	04:59:45	07:32:49	09:50:03		12:18:23.50	12:18:51.65	+05:37:54 (45.7%)	10:51	5.5 (53.9%)
318	PRYSZCZ Mirosław	87		Masters M - 40	97	01:23:01	03:20:11	05:19:31	08:00:17	10:11:54		12:19:45.30	12:20:15.65	+05:39:18 (45.8%)	10:52	5.5 (53.9%)
319	JADOWSKI Bartłomiej	278		Senior II M - 30	121	01:26:26	03:30:47	05:29:45	08:07:38	10:15:52		12:20:59.60	12:21:20.85	+05:40:24 (45.9%)	10:53	5.5 (53.9%)
320	PIWOWSKA Magda	241		Senior II K - 30	30	01:28:59	03:50:02	05:42:56	08:10:21	10:13:48		12:21:59.70	12:22:28.15	+05:41:31 (46.0%)	10:54	5.5 (53.9%)
321	DĘBEK Piotrek	25	ŚWIDNICKA GRUPA BIEGOWA	Masters M - 40	98	01:37:42	03:51:53	05:46:51	08:16:39	10:21:12		12:22:08.25	12:22:47.75	+05:41:51 (46.0%)	10:54	5.5 (53.9%)
322	MAŚLANKIEWICZ Katarzyna	11		Masters K - 40	14	01:34:35	03:40:31	05:39:07	08:19:39	10:23:50		12:25:28.70	12:26:20.25	+05:45:23 (46.3%)	10:57	5.5 (53.9%)
323	GMAJ Karolina	153		Senior II K - 30	31	01:28:58	03:42:55	05:42:58	08:10:23	10:13:48		12:26:00.45	12:26:28.15	+05:45:31 (46.3%)	10:58	5.5 (53.9%)
324	CUPIAŁ Dariusz	40	W POGONI ZA DUCHEM	Weteran I M - 50	16	01:24:51	03:31:18	05:29:25	08:13:29	10:22:00		12:26:49.05	12:27:10.65	+05:46:13 (46.3%)	10:58	5.5 (53.9%)
325	JAWORSKI Paweł	81	WEST SPORTS TEAM	Senior I M - 20	24	01:27:42	03:23:50	05:18:17	07:52:55	10:07:11		12:26:59.70	12:27:14.55	+05:46:17 (46.3%)	10:59	5.5 (53.9%)
326	MAŚLANKA Klaudia	90	WIECZORNE BIEGANIE W SZCZECINIE	Senior I K - 20	15	01:27:28	03:29:08	05:18:18	07:52:55	10:06:52		12:27:00.25	12:27:14.60	+05:46:17 (46.3%)	10:59	5.5 (53.9%)
327	LIPSKI Krzysztof	113	ALLIANZ RUNNING TEAM	Masters M - 40	99	01:25:07	03:29:07	05:23:17	08:04:40	10:13:15		12:27:08.05	12:27:45.85	+05:46:49 (46.4%)	10:59	5.5 (53.9%)
328	GAŚSIOROWSKA Dorota	18	ŚNIĘTY SUM	Masters K - 40	15	01:37:46	03:50:07	05:44:29	08:20:33	10:20:51		12:27:21.90	12:27:49.35	+05:46:52 (46.4%)	10:59	5.5 (53.9%)
329	PISKORZ Daria	128	DRUŻYNA SZPIKU SITECH	Masters K - 40	16	01:32:49	03:37:30	05:27:18	07:58:50	10:09:39		12:27:05.75	12:28:00.50	+05:47:03 (46.4%)	10:59	5.5 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
330	PISKORZ Robert	129	VOLKSWAGEN MOTOR POLSKA	Masters M - 40	100	01:32:52	03:37:34	05:20:58	07:58:54	10:13:08		12:27:05.80	12:28:00.70	+05:47:04 (46.4%)	10:59	5.5 (53.9%)
331	KUCHARSKI Jakub	235	JKU1979	Senior II M - 30	122	01:25:46	03:22:06	05:12:44	07:52:16	10:11:57		12:27:48.60	12:28:51.45	+05:47:54 (46.5%)	10:59	5.5 (53.9%)
332	SKOWRONEK Artur	59	MARKOTNESKOWRONKI	Masters M - 40	101	01:29:21	03:40:01	05:40:16	08:25:07	10:36:16		12:28:50.95	12:29:29.95	+05:48:33 (46.5%)	11:00	5.4 (52.9%)
333	MARKOWSKI Piotr	66		Masters M - 40	102	01:29:26	03:40:02	05:41:01	08:25:46	10:36:19		12:30:31.15	12:31:11.05	+05:50:14 (46.6%)	11:02	5.4 (52.9%)
334	NIEWIAROWSKI Jarosław	358	BIEGIEM PO PIWO	Senior II M - 30	123	01:35:26	03:46:50	05:35:02	08:25:05	10:26:03		12:31:26.45	12:32:22.15	+05:51:25 (46.7%)	11:03	5.4 (52.9%)
335	NIEDŹWIECKA Katarzyna	444		Masters K - 40	17	01:35:04	03:46:00	05:34:24	08:04:25	10:16:30		12:32:29.40	12:32:50.80	+05:51:54 (46.7%)	11:03	5.4 (52.9%)
336	JABŁOŃSKA Agnieszka	142	AGB NYGUS	Masters K - 40	18	01:21:10	03:14:39	04:55:38	07:32:52	10:16:31		12:34:28.60	12:34:56.95	+05:54:00 (46.9%)	11:05	5.4 (52.9%)
337	BALUK Iwona	399	BOREK-CHEŁM	Weteran K - 50	5	01:38:07	03:58:02	05:47:43	08:25:08	10:37:16		12:35:00.30	12:35:25.65	+05:54:28 (46.9%)	11:06	5.4 (52.9%)
338	DĄBROWSKI Ireneusz	12	RAJSPORT ACTIVE	Masters M - 40	103	01:33:09	03:54:39	05:46:51	08:43:20	10:50:52		12:36:34.90	12:37:13.30	+05:56:16 (47.1%)	11:07	5.4 (52.9%)
339	GAŁACKA Joanna	172		Masters K - 40	19	01:33:27	03:45:45	05:40:08	08:25:17	10:24:04		12:37:39.70	12:38:21.75	+05:57:25 (47.1%)	11:08	5.4 (52.9%)
340	TOKARZ Jerzy	425	BIEGAMBOLUBIĘ KRAKÓW	Weteran I M - 50	17	01:29:31	03:40:46	05:44:10	08:36:32	10:40:42		12:38:29.25	12:39:04.05	+05:58:07 (47.2%)	11:09	5.4 (52.9%)
341	KOTLICKA Beata	234	FUDU&CO.SPORT TEAM	Masters K - 40	20	01:39:06	03:59:25	05:52:18	08:30:27	10:31:02		12:38:37.30	12:39:20.05	+05:58:23 (47.2%)	11:09	5.4 (52.9%)
342	CEBULA-SOŁTYSIAK Ewelina	41		Masters K - 40	21	01:34:46	03:57:53	06:09:13	08:46:43	10:51:08		12:39:59.85	12:40:06.15	+05:59:09 (47.3%)	11:10	5.4 (52.9%)
343	KUKLA-KOWALSKA Alicja	351	BIEGAM BO NIE LUBIĘ	Masters K - 40	22	01:37:08	03:57:43	05:58:56	08:30:49	10:35:57		12:42:03.95	12:42:51.50	+06:01:54 (47.4%)	11:12	5.4 (52.9%)
344	PAWELCZYK Adriana	29	WIOCHA BIEGA	Masters K - 40	23	01:31:04	03:41:30	05:39:44	08:23:06	10:36:22		12:44:01.80	12:44:22.15	+06:03:25 (47.5%)	11:14	5.3 (52.0%)
344	ADAMSKI Łukasz	17	WIOCHA BIEGA	Senior II M - 30	124	01:31:04	03:41:31	05:39:45	08:23:05	10:36:23		12:44:02.00	12:44:22.15	+06:03:25 (47.5%)	11:14	5.3 (52.0%)
346	BRYKSA Iwona	384		Weteran K - 50	6	01:37:23	03:57:38	05:51:46	08:43:19	10:52:25		12:44:00.75	12:44:38.85	+06:03:42 (47.6%)	11:14	5.3 (52.0%)
347	PIETRZAK Dariusz	191		Masters M - 40	104	01:36:32	03:59:09	05:52:57	08:30:48	10:29:37		12:46:11.75	12:46:23.10	+06:05:26 (47.7%)	11:16	5.3 (52.0%)
348	SIELUTIN Wadim	330		Weteran II M - 60	4	01:31:02	03:38:26	05:36:50	08:21:48	10:33:32		12:45:31.10	12:46:39.65	+06:05:42 (47.7%)	11:15	5.3 (52.0%)
349	OBSTARCZYK Andrzej	209	ZADYSZKA OŚWIĘCIM	Weteran II M - 60	5	01:34:09	03:49:48	05:44:18	08:21:43	10:35:17		12:47:07.90	12:47:44.35	+06:06:47 (47.8%)	11:16	5.3 (52.0%)
349	OSTROMĘCKI Waldemar	133	ROWEROWA BRZOZA	Masters M - 40	105	01:25:00	03:32:36	05:38:52	08:24:28	10:36:14		12:46:27.45	12:47:44.35	+06:06:47 (47.8%)	11:16	5.3 (52.0%)
351	RYCHŁOWSKA Magdalena	134		Masters K - 40	24	01:24:38	03:30:22	05:28:08	08:12:28	10:21:18		12:48:17.00	12:48:54.05	+06:07:57 (47.9%)	11:17	5.3 (52.0%)
352	PIETRZAK Monika	192		Masters K - 40	25	01:36:30	03:59:13	05:53:02	08:32:22	10:38:23		12:49:08.25	12:49:20.05	+06:08:23 (47.9%)	11:18	5.3 (52.0%)
353	MATYJASIAK Konrad	371	SOFTSOL	Masters M - 40	106	01:19:25	03:07:26	05:05:53	08:22:32	10:45:38		12:55:02.65	12:56:10.80	+06:15:14 (48.3%)	11:23	5.3 (52.0%)
354	GODYŃ Jarosław	170	SPORT ID	Senior II M - 30	125	01:31:02	03:41:24	05:41:34	08:33:57	10:51:49		12:56:09.50	12:56:33.20	+06:15:36 (48.4%)	11:24	5.3 (52.0%)
Przekroczony limit czasu: 13:00:00																
355	ŚWITALSKI Andrzej	85	ŻYCIE CZĘSTOCHOWY TEAM/KAPITAN POLSKA	Senior II M - 30	126	01:32:18	03:50:58	05:52:12	08:38:22	10:53:29		13:03:36.75	13:04:32.10	+06:23:35 (48.9%)	11:31	5.2 (51.0%)
356	JAKÓBCZYK Bożena	404		Senior II K - 30	32	01:35:48	03:51:23	05:52:32	08:38:43	10:59:19		13:03:58.65	13:04:32.45	+06:23:35 (48.9%)	11:31	5.2 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km		68km	68km			
357	MAJEWSKI Jakub	56		Senior II M - 30	127	01:36:00	03:48:13	05:49:32	08:37:37	10:59:59		13:15:00.35	13:15:14.95	+06:34:18 (49.6%)	11:41	5.1 (50.0%)
358	ŻURAWIK Marcin	212	SAINT GOBAIN SQUAD	Senior II M - 30	128	01:34:47	03:49:46	05:48:07	08:38:45	11:01:30		13:14:58.75	13:15:17.55	+06:34:20 (49.6%)	11:41	5.1 (50.0%)
359	KALLAS-LIPSKA Anetta	112	AXA RUNNING TEAM	Masters K - 40	26	01:38:02	03:53:22	05:59:04	08:39:54	10:53:47		13:22:22.50	13:23:00.00	+06:42:03 (50.1%)	11:47	5.1 (50.0%)
359	MODLISZEWSKI Dariusz	118	ORANGE POLSKA	Masters M - 40	107	01:25:06	03:32:36	05:43:48	08:43:31	11:09:57		13:22:50.15	13:23:00.00	+06:42:03 (50.1%)	11:48	5.1 (50.0%)
361	RZECZKOWSKI Piotr	156		Senior II M - 30	129	01:16:40	03:10:33	05:29:12	08:24:41	10:57:50		13:31:48.80	13:32:04.10	+06:51:07 (50.6%)	11:56	5 (49.0%)
362	KARALUS Dariusz	306	FOREVER YOUNG	Weteran I M - 50	18	01:29:39	03:25:32	05:28:52	08:42:57	10:53:14		13:33:49.00	13:34:08.50	+06:53:11 (50.8%)	11:58	5 (49.0%)
363	BORUSZEWSKA Magdalena	135	KOŁO BIEGA	Masters K - 40	27	01:34:47	03:50:36	05:52:20	08:48:08	11:23:08		13:50:21.95	13:50:38.45	+07:09:41 (51.7%)	12:12	4.9 (48.0%)
364	NAMYŚLAK Radosław	195	KOŁO BIEGA	Masters M - 40	108	01:33:54	03:50:31	05:52:05	08:48:07	11:23:37		13:50:22.25	13:50:40.85	+07:09:44 (51.7%)	12:12	4.9 (48.0%)
365	KAŁWA Anna	147		Senior II K - 30	33	01:44:35	04:10:53	06:16:54	09:00:13	11:21:27		14:04:17.30	14:06:02.05	+07:25:05 (52.6%)	12:24	4.8 (47.1%)
366	SPALIŃSKA-PIETRULIŃSKA Wiktoria	84	SPARTANIE DZIECIOM	Senior II K - 30	34	01:41:32	04:10:23	06:17:15	09:00:58	11:22:09		14:05:02.85	14:06:02.15	+07:25:05 (52.6%)	12:25	4.8 (47.1%)
367	SPALIŃSKA Kamila	222		Masters K - 40	28	01:41:29	04:10:19	06:15:29	09:00:58	11:28:27		14:05:05.75	14:06:05.60	+07:25:08 (52.6%)	12:25	4.8 (47.1%)
368	RECZUCH Adam	226		Masters M - 40	109	01:32:10	03:41:03	05:47:10	08:57:15	11:27:27		14:05:25.15	14:06:25.25	+07:25:28 (52.6%)	12:25	4.8 (47.1%)
369	SZELER Joanna	189	BIEGAJĄCA Z PSAMI	Masters K - 40	29		04:28:00	06:54:55		13:07:51		15:51:24.30	15:52:05.50	+09:11:08 (57.9%)	13:59	4.3 (42.2%)
DQ	WITEK Andrzej	393	140MINUT.PL	Senior I M - 20		DQ	DQ	DQ	DQ	02:58:40 DQ		03:52:41.20 DQ	DQ	-	-	(0.0%)
DQ	PTASZYŃSKI Wojciech	122	SPEED FEET '16	Weteran I M - 50		01:11:52 DQ	02:44:39 DQ	04:03:05 DQ	DQ	05:31:13 DQ		06:58:16.40 DQ	DQ	-	-	(0.0%)
DQ	MARCINIAK Maciej	169		Senior II M - 30		01:09:36 DQ	02:41:25 DQ	04:01:37 DQ	DQ	06:16:48 DQ		07:38:40.10 DQ	DQ	-	-	(0.0%)
	KOZIOŁ Bogusław	236	GANG RÓŻOWYCH MISIÓW	Masters M - 40		01:16:08 DNF	03:01:40 DNF	04:41:55 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	CHUTKIEWICZ Jerzy	414	BIEGACZE W RADOMSKU	Weteran II M - 60		01:44:07 DNF	04:20:14 DNF	06:36:17 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	BUDNIOK Rafał	304	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	Masters M - 40		01:07:12 DNF	02:37:13 DNF	03:57:28 DNF	DNF	05:35:50 DNF		DNF	DNF	-	-	(0.0%)
	WÓJTOWICZ Jacek	114	FRANCISZKANIE-KROSNO	Masters M - 40		01:22:00 DNF	03:23:45 DNF	05:21:42 DNF	07:58:00 DNF	10:15:56 DNF		DNF	DNF	-	-	(0.0%)
	HADAM Michał	120	KB MANIAC POZNAŃ/NBR	Masters M - 40		01:25:32 DNF	03:21:30 DNF	05:11:28 DNF	07:49:31 DNF	10:26:58 DNF		DNF	DNF	-	-	(0.0%)
	ZGÓRSKI Grzegorz	107	SBRT GLIWICE	Masters M - 40		01:22:48 DNF	03:27:03 DNF	05:28:20 DNF	08:20:31 DNF	11:19:48 DNF		DNF	DNF	-	-	(0.0%)
	DARSKI Rafał	328	RECAMIERE	Weteran I M - 50		01:28:02 DNF	03:36:17 DNF	05:45:48 DNF	08:48:12 DNF	11:24:16 DNF		DNF	DNF	-	-	(0.0%)
	LINKOWSKI Michał	415	ILOVEZIEMEK	Masters M - 40		01:07:29 DNF	02:37:40 DNF	03:51:33 DNF	05:30:59 DNF	DNF		DNF	DNF	-	-	(0.0%)
	LEWANDOWSKI Piotr	325		Senior I M - 20		01:05:25 DNF	02:32:59 DNF	03:50:05 DNF	05:58:00 DNF	DNF		DNF	DNF	-	-	(0.0%)
	MORAWSKI Filip	145		Masters M - 40		01:07:02 DNF	02:36:35 DNF	03:59:42 DNF	06:04:00 DNF	DNF		DNF	DNF	-	-	(0.0%)
	SZLACHCIKOWSKI Arkadiusz	246	1985	Senior II M - 30		01:07:15 DNF	02:34:47 DNF	03:58:19 DNF	06:12:44 DNF	DNF		DNF	DNF	-	-	(0.0%)
	BONDZIAK Ernest	80	TOBIASZ KLUB HULIGAN	Senior II M - 30		01:35:02 DNF	03:39:20 DNF	05:39:10 DNF	08:41:30 DNF	DNF		DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Kara/ bonifikata	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
	JANKOWSKA Małgorzata	44		Senior II K - 30		01:34:06 DNF	03:59:04 DNF	06:14:59 DNF	09:15:34 DNF	DNF		DNF	DNF	-	-	(0.0%)
	ZAJĄC Monika	64		Masters K - 40		01:42:39 DNF	04:11:15 DNF	06:18:13 DNF	09:15:36 DNF	DNF		DNF	DNF	-	-	(0.0%)
	CUPIAŁ Mariola	46	W POGONI ZA DUCHEM	Weteran K - 50		01:47:52 DNF	04:18:55 DNF	06:41:01 DNF	09:38:29 DNF	DNF		DNF	DNF	-	-	(0.0%)
	STANKIEWICZ Paweł	227	CZERWONAK BIEGA	Masters M - 40		01:10:43 DNF	02:48:48 DNF	04:18:21 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	TIMOFIEJUK Paweł	310	ALBATROSY	Masters M - 40		01:08:30 DNF	02:48:41 DNF	04:20:45 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	MADRZEJEWSKI Tomasz	152	SPARTA ULTRA TEAM	Masters M - 40		01:10:57 DNF	02:46:02 DNF	04:25:52 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	HUZIOR Piotr	428	ATTIQ TEAM/SALMING	Masters M - 40		01:59:52 DNF	03:22:56 DNF	04:32:43 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	NIEWIEJSKI Przemysław	179	RUNNING TEAM MILICZ	Senior II M - 30		01:12:31 DNF	02:49:44 DNF	04:34:53 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	SITAK Adam	380		Senior II M - 30		01:08:38 DNF	02:53:04 DNF	04:38:56 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	OLEKSIEWICZ Maurycy	319	SZAKALE BAŁUT ŁÓDŹ	Senior II M - 30		02:00:53 DNF	03:29:12 DNF	04:50:15 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	WRZESZCZ Edyta	86	BIEGAJĄC Z WILKAMI	Masters K - 40		01:24:30 DNF	03:20:03 DNF	05:00:44 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	STAWARZ Paweł	194	KB LUPUS OLEŚNICA	Masters M - 40		01:24:53 DNF	03:15:13 DNF	05:16:28 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	KLIMCZEWSKI Marek	253	FOREVER YOUNG ŁÓDŹ	Weteran I M - 50		01:26:01 DNF	03:49:37 DNF	06:12:48 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	LECH Agnieszka	166	BEZ GRANIC	Masters K - 40		01:37:21 DNF	04:16:59 DNF	06:43:39 DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	KMIECIK Tomasz	283		Masters M - 40		00:59:37 DNF	02:18:57 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	TOMCZYK Tomasz	445		Senior II M - 30		01:09:24 DNF	02:56:53 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	JURCZAK Karolina	150		Senior I K - 20		01:20:54 DNF	03:28:15 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	RADZIWOŃ Krzysztof	180	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40		01:29:40 DNF	03:41:28 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	RAK Cezary	26	HARDCOROWE WYCHYLIŁYBYMY	Senior II M - 30		01:42:49 DNF	05:03:48 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)

Znaleziono 403 wynik(ów)