

# 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	<b>WOLEK Szymon</b>	<b>324</b>	KS ŚCINKA	Senior II M - 30	1	00:53:57	02:05:18	03:09:04	04:24:54	05:35:49		<b>06:40:55.70</b>	<b>06:40:56.70</b>		5:53	10.2 (100%)
2	<b>TOMASIK Stanisław</b>	<b>413</b>	GORLICKA GRUPA BIEGOWA	Senior II M - 30	2	00:56:32	02:14:53	03:19:05	04:43:44	05:53:12		<b>07:02:33.70</b>	<b>07:02:43.35</b>	+00:21:46 (5.2%)	6:12	9.7 (95.1%)
3	<b>KOCZAJA Artur</b>	<b>6</b>		Senior II M - 30	3	00:56:22	02:12:48	03:18:05	04:43:17	05:58:52		<b>07:07:49.40</b>	<b>07:07:53.85</b>	+00:26:57 (6.3%)	6:17	9.5 (93.1%)
4	<b>SOLIŃSKA Katarzyna</b>	<b>339</b>	CISOWIANKA TEAM	Senior I K - 20	1	01:00:02	02:17:05	03:25:07	04:46:58	06:01:05		<b>07:08:22.20</b>	<b>07:08:28.05</b>	+00:27:31 (6.4%)	6:17	9.5 (93.1%)
5	<b>NIEDŹWIADEK Kamil</b>	<b>353</b>	NIEDŹWIADKI RUNNING TEAM	Senior I M - 20	1	00:59:03	02:14:31	03:19:08	04:44:46	06:00:11		<b>07:09:59.40</b>	<b>07:10:05.10</b>	+00:29:08 (6.8%)	6:19	9.5 (93.1%)
6	<b>BADOWSKI Aleksander</b>	<b>379</b>	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	<b>07:10:45.95</b>	<b>07:10:48.65</b>	+00:29:51 (6.9%)	6:02	9.9 (97.1%)
7	<b>KOPCEWICZ Tomasz</b>	<b>349</b>		Senior II M - 30	5	00:57:13	02:16:39	03:25:10	04:52:49	06:11:55		<b>07:22:14.40</b>	<b>07:22:17.95</b>	+00:41:21 (9.3%)	6:30	9.2 (90.2%)
8	<b>PIECHA Artur</b>	<b>335</b>	HERCOG RUNNING TEAM	Masters M - 40	1	00:59:37	02:17:17	03:26:36	04:55:23	06:15:35		<b>07:23:11.10</b>	<b>07:23:14.65</b>	+00:42:17 (9.5%)	6:31	9.2 (90.2%)
9	<b>GAPSKI Mateusz</b>	<b>219</b>		Senior II M - 30	6	00:55:59	02:13:23	03:16:34	04:43:29	06:00:12		<b>07:23:30.95</b>	<b>07:23:34.85</b>	+00:42:38 (9.6%)	6:31	9.2 (90.2%)
10	<b>MAJER Janusz</b>	<b>443</b>		Masters M - 40	2	00:56:30	02:12:48	03:16:37	04:44:33	06:08:29		<b>07:25:38.00</b>	<b>07:25:40.95</b>	+00:44:44 (10.0%)	6:33	9.2 (90.2%)
11	<b>JURGA Marcin</b>	<b>435</b>		Senior II M - 30	7	00:59:37	02:18:29	03:28:06	05:00:28	06:16:42		<b>07:29:06.45</b>	<b>07:29:18.25</b>	+00:48:21 (10.8%)	6:36	9.1 (89.2%)
12	<b>MARCINIAK Przemysław</b>	<b>13</b>	ATHLETICS NYSA	Senior II M - 30	8	00:59:36	02:17:11	03:27:47	04:57:34	06:21:13		<b>07:37:47.55</b>	<b>07:37:54.20</b>	+00:56:57 (12.4%)	6:43	8.9 (87.3%)
13	<b>URBAŃCZYK Karol</b>	<b>157</b>	NIGHT RUNNERS GLIWICE	Senior I M - 20	2	00:56:04	02:16:07	03:25:10	04:51:20	06:12:39		<b>07:42:06.95</b>	<b>07:42:10.30</b>	+01:01:13 (13.2%)	6:47	8.8 (86.3%)
14	<b>ZAJĄC Robert</b>	<b>164</b>	ORANGE POLSKA	Masters M - 40	3	00:58:44	02:17:09	03:26:43	05:03:18	06:28:07		<b>07:46:10.55</b>	<b>07:46:13.35</b>	+01:05:16 (14.0%)	6:51	8.8 (86.3%)
15	<b>BAK Jarek</b>	<b>394</b>	ZABIEGANY WOŁOMIN	Masters M - 40	4	01:08:05	02:33:28	03:43:33	05:14:57	06:38:57		<b>07:51:30.50</b>	<b>07:51:47.50</b>	+01:10:50 (15.0%)	6:56	8.7 (85.3%)
16	<b>HYŻY Piotr</b>	<b>23</b>	-	Senior II M - 30	9	01:10:34	02:41:13	03:55:02	05:25:51	06:41:42		<b>07:54:49.60</b>	<b>07:54:56.25</b>	+01:13:59 (15.6%)	6:58	8.6 (84.3%)
17	<b>BRYSZ Michał</b>	<b>336</b>		Senior II M - 30	10	01:03:44	02:27:17	03:40:03	05:09:13	06:38:47		<b>07:54:48.45</b>	<b>07:55:09.70</b>	+01:14:13 (15.6%)	6:58	8.6 (84.3%)
18	<b>ŻUBIŃSKI Piotr</b>	<b>418</b>	ACCELERATING POLAND	Masters M - 40	5	01:04:43	02:32:07	03:47:02	05:20:26	06:41:43		<b>07:56:32.20</b>	<b>07:56:34.85</b>	+01:15:38 (15.9%)	7:00	8.6 (84.3%)
19	<b>KWIATKOWSKI Michael</b>	<b>383</b>		Senior II M - 30	11	01:01:09	02:24:19	03:38:38	05:19:03	06:42:12		<b>07:56:49.80</b>	<b>07:56:54.85</b>	+01:15:58 (15.9%)	7:00	8.6 (84.3%)
20	<b>SOBLIK Łukasz</b>	<b>388</b>		Senior II M - 30	12	01:04:48	02:30:57	03:49:07	05:20:38	06:43:20		<b>07:58:19.85</b>	<b>07:58:25.95</b>	+01:17:29 (16.2%)	7:02	8.5 (83.3%)
21	<b>TRĄMPCZYŃSKI Jakub</b>	<b>411</b>	AHOJBABY.PL	Senior II M - 30	13	01:00:47	02:22:44	03:36:04	05:14:06	06:41:20		<b>07:58:56.00</b>	<b>07:59:02.30</b>	+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	<b>SKOREK Adam</b>	<b>295</b>		Senior II M - 30	14	00:59:42	02:18:50	03:29:24	05:08:35	06:39:52		<b>07:59:42.60</b>	<b>07:59:46.45</b>	+01:18:49 (16.4%)	7:03	8.5 (83.3%)
23	<b>MCCONNELL Andrew</b>	<b>439</b>	RUN CREW	Senior II M - 30	15	01:01:24	02:23:01	03:42:45	05:13:08	06:41:27		<b>08:00:07.25</b>	<b>08:00:11.40</b>	+01:19:14 (16.5%)	7:03	8.5 (83.3%)
24	<b>KMAK Sławek</b>	<b>365</b>	PAPIKI	Masters M - 40	6	01:07:13	02:33:59	03:49:46	05:25:21	06:45:40		<b>08:01:44.20</b>	<b>08:01:54.45</b>	+01:20:57 (16.8%)	7:05	8.5 (83.3%)
25	<b>HERDZINA Przemysław</b>	<b>410</b>		Senior II M - 30	16	01:04:30	02:24:14	03:36:05	05:10:33	06:39:57		<b>08:02:42.90</b>	<b>08:02:48.65</b>	+01:21:51 (17.0%)	7:05	8.5 (83.3%)
26	<b>RADZEVIČIUS Vaidotas</b>	<b>288</b>	RUNGLORIOUS BASTARDS	Senior II M - 30	17	01:04:00	02:26:35	03:42:38	05:21:04	06:45:40		<b>08:03:29.90</b>	<b>08:03:39.55</b>	+01:22:42 (17.1%)	7:06	8.4 (82.4%)
27	<b>JANIK Rafał</b>	<b>163</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40	7	00:59:50	02:23:46	03:37:05	05:19:21	06:46:45		<b>08:09:03.30</b>	<b>08:09:08.05</b>	+01:28:11 (18.0%)	7:11	8.3 (81.4%)
28	<b>BARTOSIŃSKI Mariusz</b>	<b>28</b>	ZAŁOGA GÓRSKA	Masters M - 40	8	01:07:39	02:35:24	03:53:39	05:30:31	06:54:53		<b>08:09:20.65</b>	<b>08:09:27.60</b>	+01:28:30 (18.1%)	7:11	8.3 (81.4%)
29	<b>OSTAPCZUK Karol</b>	<b>290</b>	RUNNERSCLUB.PL	Senior I M - 20	3	00:58:38	02:18:37	03:38:18	05:18:50	06:53:55		<b>08:12:07.40</b>	<b>08:12:12.75</b>	+01:31:16 (18.5%)	7:14	8.3 (81.4%)
30	<b>SZAŁ Tomasz</b>	<b>213</b>	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		<b>08:12:35.65</b>	<b>08:13:09.45</b>	+01:32:12 (18.7%)	7:14	8.3 (81.4%)
31	<b>SNARSKI Bogdan</b>	<b>302</b>	ALBATROSY	Senior II M - 30	19	01:04:16	02:27:51	03:45:21	05:21:35	06:49:39		<b>08:13:34.80</b>	<b>08:13:42.95</b>	+01:32:46 (18.8%)	7:15	8.3 (81.4%)
32	<b>PERYKASZA Paweł</b>	<b>294</b>	MUAY RUNNING TEAM	Senior II M - 30	20	01:03:59	02:29:28	03:51:11	05:31:58	06:54:05		<b>08:16:22.60</b>	<b>08:16:26.45</b>	+01:35:29 (19.2%)	7:17	8.2 (80.4%)
33	<b>BIENIECKA Anna</b>	<b>442</b>	OTK RZEŹNIK	Senior II K - 30	1	01:07:21	02:36:16	03:53:15	05:31:57	06:54:58		<b>08:16:20.80</b>	<b>08:16:26.60</b>	+01:35:29 (19.2%)	7:17	8.2 (80.4%)
34	<b>MYSZCZYSZYN Łukasz</b>	<b>71</b>	KUDOWA BIEGA	Senior II M - 30	21	01:04:22	02:29:10	03:44:15	05:23:11	06:56:00		<b>08:17:38.25</b>	<b>08:17:43.20</b>	+01:36:46 (19.4%)	7:19	8.2 (80.4%)
35	<b>RACZAK Maciej</b>	<b>364</b>		Senior II M - 30	22	01:03:39	02:22:58	03:34:02	05:03:16	06:35:26		<b>08:17:46.20</b>	<b>08:17:50.80</b>	+01:36:54 (19.5%)	7:19	8.2 (80.4%)
36	<b>BAR Stanisław</b>	<b>407</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40	9	01:09:38	02:40:12	03:51:51	05:25:23	06:56:21		<b>08:21:29.60</b>	<b>08:21:30.60</b>	+01:40:33 (20.1%)	7:22	8.1 (79.4%)
37	<b>SZCZEPAŃSKI Andrzej</b>	<b>422</b>	WILD SKUNKS	Masters M - 40	10	01:04:44	02:28:06	03:39:25	05:14:07	06:47:51		<b>08:21:58.50</b>	<b>08:22:28.95</b>	+01:41:32 (20.2%)	7:22	8.1 (79.4%)
38	<b>ŁUCZKO Grzegorz</b>	<b>432</b>	NATURAL BORN RUNNERS	Senior II M - 30	23	01:05:36	02:28:12	03:45:35	05:24:38	06:58:47		<b>08:27:28.00</b>	<b>08:27:32.20</b>	+01:46:35 (21.0%)	7:27	8 (78.4%)
39	<b>BAŁYS Katarzyna</b>	<b>426</b>	HRT	Senior II K - 30	2	01:07:49	02:39:22	03:56:15	05:32:48	07:04:32		<b>08:28:09.05</b>	<b>08:28:17.60</b>	+01:47:20 (21.1%)	7:28	8 (78.4%)
40	<b>LESZKO Adam</b>	<b>398</b>	3P	Senior II M - 30	24	01:09:01	02:41:06	03:55:35	05:33:10	06:58:21		<b>08:28:21.75</b>	<b>08:28:22.75</b>	+01:47:26 (21.1%)	7:28	8 (78.4%)
41	<b>NORBERT Michał</b>	<b>244</b>		Senior II M - 30	25	01:04:51	02:31:11	03:49:08	05:27:17	07:02:19		<b>08:28:20.05</b>	<b>08:28:30.95</b>	+01:47:34 (21.2%)	7:28	8 (78.4%)
42	<b>JARMOLIŃSKI Piotr</b>	<b>386</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	11	01:09:37	02:39:11	03:55:46	05:35:07	07:07:16		<b>08:32:42.75</b>	<b>08:32:57.60</b>	+01:52:00 (21.8%)	7:32	8 (78.4%)
43	<b>REJ Mirosław</b>	<b>7</b>	M&T WYJADACZE PARÓWKÓW	Senior II M - 30	26	01:10:44	02:40:52	03:59:04	05:39:41	07:11:26		<b>08:34:02.95</b>	<b>08:34:07.70</b>	+01:53:11 (22.0%)	7:33	7.9 (77.5%)
44	<b>LONC Tomasz</b>	<b>14</b>	M&T WYJADACZE PARÓWKÓW	Masters M - 40	12	01:09:38		03:55:04	05:38:29	07:06:57		<b>08:34:06.00</b>	<b>08:34:11.05</b>	+01:53:14 (22.0%)	7:33	7.9 (77.5%)
45	<b>KACZMAREK Magdalena</b>	<b>51</b>	STREFA PSYCHOLOGII SPORTU	Senior II K - 30	3	01:12:05	02:41:55	04:01:21	05:47:14	07:12:29		<b>08:34:04.00</b>	<b>08:34:16.60</b>	+01:53:19 (22.0%)	7:33	7.9 (77.5%)
46	<b>FURMAN Sławomir</b>	<b>30</b>		Masters M - 40	13	01:11:15	02:37:40	03:52:15	05:40:27	07:13:16		<b>08:36:14.35</b>	<b>08:36:50.20</b>	+01:55:53 (22.4%)	7:35	7.9 (77.5%)
47	<b>SZYMCZAK Marek</b>	<b>326</b>	RUNICORN TEAM	Masters M - 40	14	01:05:41	02:35:13	03:54:17	05:40:54	07:12:39		<b>08:41:25.65</b>	<b>08:41:29.70</b>	+02:00:33 (23.1%)	7:40	7.8 (76.5%)
48	<b>ZYCH Katarzyna</b>	<b>8</b>	-	Senior II K - 30	4	01:11:58	02:50:20	04:13:22	05:53:48	07:21:17		<b>08:43:24.70</b>	<b>08:43:31.15</b>	+02:02:34 (23.4%)	7:41	7.8 (76.5%)
49	<b>SZKOŁA Wojciech</b>	<b>396</b>	NATURAL BORN RUNNERS	Senior II M - 30	27	01:20:24	02:53:45	04:14:14	05:52:55	07:20:58		<b>08:42:55.05</b>	<b>08:43:33.95</b>	+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	<b>KOMISARCZYK Anna</b>	<b>385</b>	WIECZORNE BIEGANIE W SZCZECINIE	Senior II K - 30	5	01:13:30	02:45:56	04:05:17	05:48:09	07:25:35		<b>08:43:46.40</b>	<b>08:44:01.00</b>	+02:03:04 (23.5%)	7:42	7.8 (76.5%)
51	<b>CZERNIAWSKI Piotr</b>	<b>22</b>		Senior II M - 30	28	01:06:50	02:33:46	03:47:03	05:25:01	07:09:20		<b>08:46:54.65</b>	<b>08:46:59.85</b>	+02:06:03 (23.9%)	7:44	7.7 (75.5%)
52	<b>SOIŃSKI Przemek</b>	<b>9</b>	KB MANIAC POZNAŃ	Masters M - 40	15	01:04:42	02:33:45	03:56:59	05:46:26	07:22:59		<b>08:47:58.55</b>	<b>08:48:03.05</b>	+02:07:06 (24.1%)	7:45	7.7 (75.5%)
53	<b>STĘPNIK Paweł</b>	<b>359</b>	ŚMIGASIEŃ	Masters M - 40	16	01:09:22	02:38:31	04:02:58	05:47:18	07:22:38		<b>08:53:49.50</b>	<b>08:54:02.60</b>	+02:13:05 (24.9%)	7:51	7.6 (74.5%)
54	<b>KAPUSTA Tomasz</b>	<b>248</b>	RUNNER'S POWER	Senior II M - 30	29	01:10:17	02:42:00	04:02:07	05:47:20	07:23:34		<b>08:54:10.60</b>	<b>08:54:26.35</b>	+02:13:29 (25.0%)	7:51	7.6 (74.5%)
55	<b>ŚWIERCZ Szymon</b>	<b>243</b>		Senior I M - 20	4	01:10:32	02:40:42	03:57:25	05:44:56	07:25:07		<b>08:55:11.40</b>	<b>08:55:23.05</b>	+02:14:26 (25.1%)	7:52	7.6 (74.5%)
56	<b>DZIUBAŁA Karolina</b>	<b>185</b>	HUSARIA RACE TEAM	Senior I K - 20	2	01:20:06	02:56:53	04:19:38	06:06:22	07:32:03		<b>08:55:19.05</b>	<b>08:55:48.40</b>	+02:14:51 (25.2%)	7:52	7.6 (74.5%)
57	<b>BANDUROWSKI Andrzej</b>	<b>214</b>	KB SPOCENI NOWA SÓL	Masters M - 40	17	01:14:38	02:46:21	04:05:13	05:54:30	07:27:49		<b>08:57:07.50</b>	<b>08:57:31.95</b>	+02:16:35 (25.4%)	7:53	7.6 (74.5%)
58	<b>KRZYSZŁOWSKI Rafał</b>	<b>165</b>	GYMBOXCF OPOLE I PRZYJACIELE BIEGNAŃ PO BROWARA	Masters M - 40	18	01:16:28	02:53:21		05:55:59	07:30:18		<b>08:57:22.65</b>	<b>08:58:06.25</b>	+02:17:09 (25.5%)	7:54	7.6 (74.5%)
59	<b>ORACZ Mateusz</b>	<b>291</b>	KALENJI BY DECATHLON	Senior II M - 30	30	01:10:59	02:47:57	04:07:22	05:57:08	07:34:54		<b>08:58:55.15</b>	<b>08:59:02.50</b>	+02:18:05 (25.6%)	7:55	7.6 (74.5%)
60	<b>CYTACKI Dawid</b>	<b>352</b>	SAINT-GOBAIN SQUAD	Masters M - 40	19	01:09:08	02:39:41	03:59:30	05:42:43	07:21:31		<b>08:59:31.25</b>	<b>08:59:39.65</b>	+02:18:42 (25.7%)	7:56	7.6 (74.5%)
61	<b>KOSMOWSKI Wiesław</b>	<b>76</b>	FAMILY RUN & FUN	Senior II M - 30	31	01:13:04	02:50:49	04:14:25	05:59:54	07:37:29		<b>08:59:39.45</b>	<b>08:59:59.30</b>	+02:19:02 (25.7%)	7:56	7.6 (74.5%)
62	<b>MICHNO Tomasz</b>	<b>245</b>	LACHO TEAM	Masters M - 40	20	01:09:37	02:37:55	03:58:07	05:52:19	07:30:52		<b>08:59:51.50</b>	<b>09:00:25.20</b>	+02:19:28 (25.8%)	7:56	7.6 (74.5%)
63	<b>MORAWA Mateusz</b>	<b>429</b>	LACHO TEAM	Senior II M - 30	32	01:09:36	02:37:52	03:57:51	05:52:18	07:29:51		<b>08:59:51.20</b>	<b>09:00:25.30</b>	+02:19:28 (25.8%)	7:56	7.6 (74.5%)
64	<b>LIPERTOWICZ Sebastian</b>	<b>200</b>	LOVELASY	Senior II M - 30	33	01:08:24	02:40:51	04:05:27	05:56:47	07:35:16		<b>09:00:23.50</b>	<b>09:00:30.85</b>	+02:19:34 (25.8%)	7:56	7.6 (74.5%)
65	<b>SOSNOWSKI Michał</b>	<b>369</b>	PGB SPORTOWA PACZKA	Masters M - 40	21	01:10:24	02:44:56	04:09:41	06:04:45	07:38:02		<b>09:02:35.45</b>	<b>09:02:49.70</b>	+02:21:53 (26.1%)	7:58	7.5 (73.5%)
66	<b>GAŁAMAGA Radosław</b>	<b>60</b>	LOVELASY POLICE	Masters M - 40	22	01:13:06	02:55:24	04:16:51	06:06:22	07:39:29		<b>09:03:00.45</b>	<b>09:03:08.15</b>	+02:22:11 (26.2%)	7:59	7.5 (73.5%)
67	<b>KWASNIEWSKI Krzysztof</b>	<b>255</b>	ŻYWCEM ZABIEGANI	Masters M - 40	23	01:11:47	02:38:45	03:58:11	05:42:33	07:23:09		<b>09:03:46.50</b>	<b>09:04:18.25</b>	+02:23:21 (26.3%)	7:59	7.5 (73.5%)
68	<b>OLBORSKI Andrzej</b>	<b>375</b>		Weteran I M - 50	1	01:12:41	02:48:15	04:09:49	05:56:41	07:32:40		<b>09:05:43.25</b>	<b>09:05:55.55</b>	+02:24:58 (26.6%)	8:01	7.5 (73.5%)
69	<b>SZULTK Magdalena</b>	<b>2</b>		Senior I K - 20	3	01:13:21	02:48:11	04:09:42	05:56:55	07:31:55		<b>09:06:23.30</b>	<b>09:06:46.10</b>	+02:25:49 (26.7%)	8:02	7.5 (73.5%)
70	<b>DAUKSZO Maciej</b>	<b>20</b>		Senior I M - 20	5	01:08:34	02:45:31	04:07:43	05:55:43	07:32:46		<b>09:06:43.05</b>	<b>09:06:49.80</b>	+02:25:53 (26.7%)	8:02	7.5 (73.5%)
71	<b>KRÓL Marcin</b>	<b>446</b>	OŚ RACING TEAM	Senior II M - 30	34	01:13:12	02:49:17	04:10:18	05:56:55	07:34:50		<b>09:07:08.40</b>	<b>09:07:31.50</b>	+02:26:34 (26.8%)	8:02	7.5 (73.5%)
72	<b>ZAWOJAK Aleksander</b>	<b>47</b>	RONAL POLSKA RUN	Senior I M - 20	6	01:12:43	02:46:12	04:07:10	05:57:19	07:32:05		<b>09:07:26.80</b>	<b>09:07:54.55</b>	+02:26:57 (26.8%)	8:03	7.5 (73.5%)
73	<b>MOLENDĄ Maciej</b>	<b>447</b>	RONAL POLSKA RUN	Senior II M - 30	35	01:12:33	02:46:02	04:07:01	05:57:09	07:31:56		<b>09:07:15.75</b>	<b>09:07:55.35</b>	+02:26:58 (26.8%)	8:02	7.5 (73.5%)
74	<b>KUCIA Szymon</b>	<b>57</b>		Senior I M - 20	7	01:10:17	02:47:28	04:19:29	06:10:29	07:41:56		<b>09:07:08.30</b>	<b>09:08:00.05</b>	+02:27:03 (26.8%)	8:02	7.5 (73.5%)
75	<b>BRZĄKAŁA Katarzyna</b>	<b>49</b>		Senior I K - 20	4	01:08:36	02:42:57	04:09:33	05:58:04	07:35:03		<b>09:08:11.85</b>	<b>09:08:24.25</b>	+02:27:27 (26.9%)	8:03	7.4 (72.5%)
76	<b>CZARNY Mariusz</b>	<b>69</b>	JAWORZNOŁBC	Masters M - 40	24	01:15:17	02:52:44	04:16:09	05:58:26	07:32:27		<b>09:07:54.95</b>	<b>09:08:24.85</b>	+02:27:28 (26.9%)	8:03	7.4 (72.5%)
77	<b>NOWAK Mariusz</b>	<b>423</b>		Senior II M - 30	36	01:04:12	02:30:25	03:42:59	05:24:06	07:07:28		<b>09:10:18.45</b>	<b>09:10:28.50</b>	+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	<b>PRZYJEMSKI Artur</b>	<b>441</b>	KM TRUCHCIK	Masters M - 40	32	01:08:48	02:43:00	04:06:02	06:03:14	07:50:45		<b>09:33:20.40</b>	<b>09:33:27.65</b>	+02:52:30 (30.1%)	8:25	7.1 (69.6%)
107	<b>KIELASZEWSK Karol</b>	<b>215</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	49	01:21:21	02:56:12	04:20:18	06:10:17	07:48:45		<b>09:33:12.30</b>	<b>09:33:46.90</b>	+02:52:50 (30.1%)	8:25	7.1 (69.6%)
108	<b>GEROWSKI Maciej</b>	<b>285</b>	NETBOX BIEGA / GOSTYŃ EASY TRAIL / LNLK / SWG	Masters M - 40	33	01:21:21	02:56:10	04:20:17	06:08:58	07:49:34		<b>09:33:12.95</b>	<b>09:33:47.15</b>	+02:52:50 (30.1%)	8:25	7.1 (69.6%)
109	<b>PIEUCH Karolina</b>	<b>198</b>	LACHOTEAM/SKLEP BIEGACZA	Senior II K - 30	9	01:15:23	02:58:31	04:30:37	06:21:54	07:56:45		<b>09:33:19.55</b>	<b>09:33:53.40</b>	+02:52:56 (30.1%)	8:25	7.1 (69.6%)
110	<b>GARCZYŃSKI Darek</b>	<b>102</b>		Masters M - 40	34	01:07:21	02:37:23	04:02:14	05:57:05	07:47:44		<b>09:33:45.55</b>	<b>09:33:54.15</b>	+02:52:57 (30.1%)	8:26	7.1 (69.6%)
111	<b>GOŚCIŃSKI Sławomir</b>	<b>366</b>		Senior II M - 30	50	01:17:09	02:56:51	04:31:28	06:18:25	07:58:05		<b>09:34:27.65</b>	<b>09:35:13.80</b>	+02:54:17 (30.3%)	8:26	7.1 (69.6%)
112	<b>WÓJCIK Małgorzata</b>	<b>436</b>		Masters K - 40	1	01:17:39	03:02:32	04:35:09	06:27:49	08:02:46		<b>09:35:07.70</b>	<b>09:35:34.60</b>	+02:54:37 (30.3%)	8:27	7.1 (69.6%)
113	<b>PIASECKI Rafał</b>	<b>355</b>	UKA WARSZAWA	Senior II M - 30	51	01:12:44	02:50:58	04:20:04	06:12:48	07:53:24		<b>09:35:57.10</b>	<b>09:36:02.80</b>	+02:55:06 (30.4%)	8:28	7.1 (69.6%)
114	<b>KWIATKOWSKI Przemysław</b>	<b>199</b>	VICTORIA	Senior I M - 20	10	01:10:17	02:47:50	04:19:31	06:11:37	07:57:44		<b>09:37:50.90</b>	<b>09:38:41.55</b>	+02:57:44 (30.7%)	8:29	7.1 (69.6%)
115	<b>WIŚNIEWSKI Paweł</b>	<b>416</b>	RUN&BALANCE	Senior II M - 30	52	01:11:20	02:45:54	04:09:58	06:12:17	07:58:27		<b>09:39:05.50</b>	<b>09:39:06.50</b>	+02:58:09 (30.8%)	8:30	7 (68.6%)
116	<b>TOJZA Tomasz</b>	<b>207</b>		Masters M - 40	35	01:12:33	02:59:03	04:25:43	06:22:56	08:03:30		<b>09:39:20.70</b>	<b>09:39:47.80</b>	+02:58:51 (30.8%)	8:31	7 (68.6%)
117	<b>DUDEK Remigiusz</b>	<b>103</b>	ZIĘBICE	Senior II M - 30	53	01:12:44	02:51:21	04:20:26	06:18:35	08:04:19		<b>09:39:25.50</b>	<b>09:39:47.85</b>	+02:58:51 (30.8%)	8:31	7 (68.6%)
118	<b>MAJKOWSKI Jacek</b>	<b>77</b>		Senior II M - 30	54	01:23:14	03:08:37	04:36:48	06:23:00	08:02:27		<b>09:41:29.30</b>	<b>09:41:49.65</b>	+03:00:52 (31.1%)	8:33	7 (68.6%)
119	<b>CHOJNICKI Bartosz</b>	<b>368</b>		Senior II M - 30	55	01:20:57	03:06:44	04:31:32	06:26:25	08:08:45		<b>09:43:48.65</b>	<b>09:44:05.65</b>	+03:03:08 (31.4%)	8:35	7 (68.6%)
120	<b>DYRKA Krzysztof</b>	<b>177</b>		Masters M - 40	36	01:13:28	02:53:38	04:20:30	06:16:04	08:01:32		<b>09:44:03.55</b>	<b>09:44:18.20</b>	+03:03:21 (31.4%)	8:35	7 (68.6%)
121	<b>ŚMIAŁKOWSKA Jolanta</b>	<b>377</b>		Weteran K - 50	1	01:13:26	02:54:15	04:20:22	06:16:51	08:08:34		<b>09:44:44.55</b>	<b>09:44:58.60</b>	+03:04:01 (31.5%)	8:35	7 (68.6%)
122	<b>MIKOŁAJCZYK Marcin</b>	<b>146</b>	HUSARIA RACE TEAM	Senior II M - 30	56	01:11:01	02:45:50	04:10:59	06:09:25	08:01:35		<b>09:47:03.70</b>	<b>09:47:24.85</b>	+03:06:28 (31.7%)	8:37	7 (68.6%)
123	<b>APOSTOŁ Paweł</b>	<b>363</b>		Senior II M - 30	57	01:12:32	02:55:15	04:33:46	06:30:55	08:11:24		<b>09:47:04.45</b>	<b>09:47:41.15</b>	+03:06:44 (31.8%)	8:38	6.9 (67.6%)
124	<b>ADAMCZAK Michał</b>	<b>173</b>		Senior II M - 30	58	01:17:21	02:59:11	04:27:50	06:24:48	08:08:10		<b>09:46:56.35</b>	<b>09:47:45.60</b>	+03:06:48 (31.8%)	8:37	7 (68.6%)
125	<b>MASALSKA-PAWLAK Agata</b>	<b>211</b>	CHATA BIEGACZA K34 ZAKOPANE	Senior II K - 30	10	01:16:16	02:55:56	04:21:40	06:18:40	08:09:49		<b>09:48:13.80</b>	<b>09:49:29.80</b>	+03:08:33 (32.0%)	8:39	6.9 (67.6%)
126	<b>KOCEMBA Askaniusz</b>	<b>269</b>	NARVAL - EKSPEDYCJE POLARNE	Senior II M - 30	59	01:15:33	02:52:23	04:14:08	06:28:11	08:12:37		<b>09:49:26.75</b>	<b>09:50:07.70</b>	+03:09:11 (32.1%)	8:40	6.9 (67.6%)
127	<b>RASAŁA Karolina</b>	<b>292</b>	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		<b>09:49:47.50</b>	<b>09:50:40.95</b>	+03:09:44 (32.1%)	8:40	6.9 (67.6%)
128	<b>GARCZYK Rafał</b>	<b>35</b>	PAN WUEFISTA TEAM	Senior II M - 30	60	01:21:57	02:59:36	04:26:12	06:20:53	08:04:52		<b>09:50:10.30</b>	<b>09:50:42.90</b>	+03:09:46 (32.1%)	8:40	6.9 (67.6%)
129	<b>KOSOWSKI Mateusz</b>	<b>397</b>	ANTYLEWAK	Senior II M - 30	61	01:21:52	03:02:08	04:26:18	06:17:49	08:11:53		<b>09:50:44.50</b>	<b>09:51:33.45</b>	+03:10:36 (32.2%)	8:41	6.9 (67.6%)
130	<b>SZEMIEL Maciej</b>	<b>183</b>		Senior II M - 30	62	01:07:22	02:38:43	04:08:13	06:09:11	07:58:27		<b>09:51:35.60</b>	<b>09:51:48.50</b>	+03:10:51 (32.3%)	8:42	6.9 (67.6%)
131	<b>LENKOWSKA Adrianna</b>	<b>266</b>	U-LOCK	Senior I K - 20	6	01:21:37	03:08:53	04:44:04	06:34:12	08:16:53		<b>09:52:27.05</b>	<b>09:52:55.10</b>	+03:11:58 (32.4%)	8:42	6.9 (67.6%)
132	<b>SZCZESZEK Robert</b>	<b>449</b>		Senior I M - 20	11	01:21:37	03:09:04	04:44:05	06:34:36	08:17:01		<b>09:52:26.65</b>	<b>09:52:55.35</b>	+03:11:58 (32.4%)	8:42	6.9 (67.6%)
133	<b>REJMAN Grzegorz</b>	<b>32</b>	DREAM RUN	Senior II M - 30	63	01:16:32	03:03:37	04:37:22	06:39:19	08:22:11		<b>09:52:44.60</b>	<b>09:52:59.45</b>	+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	<b>PARZONKA Paweł</b>	<b>98</b>	KS LENIWIEC	Masters M - 40	37	01:11:03	02:45:55	04:25:49	06:22:05	08:09:27		<b>09:54:21.10</b>	<b>09:54:42.70</b>	+03:13:46 (32.6%)	8:44	6.9 (67.6%)
135	<b>HAMPEL Hubert</b>	<b>151</b>	JW 1517	Senior I M - 20	12	01:20:54	03:28:08	04:57:33	06:36:54	08:16:47		<b>09:55:32.15</b>	<b>09:55:48.05</b>	+03:14:51 (32.7%)	8:45	6.9 (67.6%)
136	<b>KUK Urszula</b>	<b>370</b>	1977	Masters K - 40	2	01:19:04	02:59:10	05:05:56	06:45:57	08:27:04		<b>09:55:35.00</b>	<b>09:56:38.90</b>	+03:15:42 (32.8%)	8:45	6.9 (67.6%)
137	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>74</b>	NIGHT RUNNERS ŚLĄSK	Masters K - 40	3	01:20:24	03:05:29	04:37:29	06:34:59	08:22:03		<b>09:56:15.25</b>	<b>09:56:50.70</b>	+03:15:54 (32.8%)	8:46	6.8 (66.7%)
138	<b>GRELA Kinga</b>	<b>348</b>	COSTA KLINY TEAM	Senior II K - 30	11	01:24:44	03:11:50	04:41:35	06:37:03	08:21:03		<b>09:56:52.35</b>	<b>09:57:28.30</b>	+03:16:31 (32.9%)	8:46	6.8 (66.7%)
139	<b>CHOJNACKI Przemysław</b>	<b>347</b>		Masters M - 40	38	01:16:52	03:00:43	04:36:56	06:35:31	08:21:00		<b>09:56:51.40</b>	<b>09:57:35.20</b>	+03:16:38 (32.9%)	8:46	6.8 (66.7%)
140	<b>GAWINKOWSKA Klaudia</b>	<b>82</b>	W POGONI ZA DUCHEM	Senior I K - 20	7	01:18:59	03:07:55	04:40:48	06:40:29	08:24:37		<b>09:57:30.20</b>	<b>09:57:52.25</b>	+03:16:55 (32.9%)	8:47	6.8 (66.7%)
141	<b>DĄBKOWSKI Maciej</b>	<b>10</b>		Masters M - 40	39	01:11:41	02:48:04	04:18:19	06:21:11	08:08:29		<b>09:58:22.45</b>	<b>09:58:40.65</b>	+03:17:43 (33.0%)	8:47	6.8 (66.7%)
142	<b>DĄBKOWSKI Wojciech</b>	<b>52</b>		Senior II M - 30	64	01:11:42	02:48:11	04:18:20	06:26:12	08:08:28		<b>09:58:22.55</b>	<b>09:58:40.75</b>	+03:17:44 (33.0%)	8:47	6.8 (66.7%)
143	<b>PRUCIAK Krzysztof</b>	<b>65</b>	LECYMY DURŚ	Senior II M - 30	65	01:08:15	02:39:35	04:08:19	06:22:42	08:14:44		<b>09:59:05.45</b>	<b>09:59:09.05</b>	+03:18:12 (33.1%)	8:48	6.8 (66.7%)
144	<b>BARANOWSKI Michał</b>	<b>239</b>	MORALNI ZWYCIĘZCY	Senior II M - 30	66	01:17:27	02:57:46	04:31:31	06:34:35	08:21:00		<b>09:58:46.65</b>	<b>09:59:27.80</b>	+03:18:31 (33.1%)	8:48	6.8 (66.7%)
145	<b>CIEMBOROWICZ Karol</b>	<b>5</b>	#	Senior II M - 30	67	01:24:54	03:11:02	04:41:58	06:38:35	08:24:57		<b>09:58:35.70</b>	<b>09:59:42.50</b>	+03:18:45 (33.1%)	8:48	6.8 (66.7%)
146	<b>MARKOWSKI Marek</b>	<b>242</b>	KS LENIWIEC	Masters M - 40	40	01:15:48	02:54:33	04:26:00	06:23:34	08:08:37		<b>09:59:30.80</b>	<b>10:00:31.40</b>	+03:19:34 (33.2%)	8:48	6.8 (66.7%)
147	<b>KNYCHAŁA Hubert</b>	<b>356</b>		Senior II M - 30	68	01:21:05	03:03:59	04:34:37	06:34:06	08:18:12		<b>10:04:06.90</b>	<b>10:04:32.05</b>	+03:23:35 (33.7%)	8:53	6.8 (66.7%)
148	<b>GARWOL Justyna</b>	<b>38</b>	OPOLE BIEGA	Senior II K - 30	12	01:20:50	03:08:47	04:41:34	06:39:45	08:22:36		<b>10:04:31.30</b>	<b>10:04:32.30</b>	+03:23:35 (33.7%)	8:53	6.7 (65.7%)
149	<b>PIASECKA Monika</b>	<b>440</b>	DREAM RUN	Masters K - 40	4	01:22:20	03:08:34	04:42:44	06:48:29	08:37:55		<b>10:10:04.05</b>	<b>10:10:14.40</b>	+03:29:17 (34.3%)	8:58	6.7 (65.7%)
150	<b>BAJSON Grzegorz</b>	<b>350</b>	GIEBUŁTÓW CIŚNIE	Senior II M - 30	69	01:18:27	02:58:29	04:31:00	06:48:37	08:28:34		<b>10:10:17.30</b>	<b>10:11:05.65</b>	+03:30:08 (34.4%)	8:58	6.7 (65.7%)
151	<b>KRZOS Piotr</b>	<b>93</b>		Senior II M - 30	70	01:20:41	03:08:01	04:42:11	06:39:14	08:28:43		<b>10:10:35.45</b>	<b>10:11:29.15</b>	+03:30:32 (34.4%)	8:58	6.7 (65.7%)
152	<b>GŁÓD Łukasz</b>	<b>42</b>	KLUB BIEGACZA AZS UEK	Senior I M - 20	13	01:08:39	02:41:03	04:08:42	06:20:32	08:13:49		<b>10:12:00.10</b>	<b>10:12:06.45</b>	+03:31:09 (34.5%)	9:00	6.7 (65.7%)
153	<b>CELER Emil</b>	<b>392</b>		Senior II M - 30	71	01:08:00	02:43:26	04:16:05	06:24:41	08:17:09		<b>10:12:18.25</b>	<b>10:12:45.05</b>	+03:31:48 (34.6%)	9:00	6.7 (65.7%)
154	<b>JAKUSZEK Paweł</b>	<b>305</b>	CEGIELNIA PIASKI	Senior II M - 30	72	01:22:02	03:06:40	04:39:07	06:43:11	08:29:50		<b>10:14:10.25</b>	<b>10:15:00.85</b>	+03:34:04 (34.8%)	9:01	6.6 (64.7%)
155	<b>JAKUSZEK Krzysztof</b>	<b>197</b>	CEGIELNIA PIASKI	Masters M - 40	41	01:22:03	03:06:42	04:39:05	06:43:10	08:29:49		<b>10:14:10.10</b>	<b>10:15:01.00</b>	+03:34:04 (34.8%)	9:01	6.6 (64.7%)
156	<b>REDLER Paweł</b>	<b>293</b>		Masters M - 40	42	01:21:18	03:14:29	04:42:37	06:37:59	08:27:07		<b>10:15:06.20</b>	<b>10:15:35.95</b>	+03:34:39 (34.9%)	9:02	6.6 (64.7%)
157	<b>KONSTANTY Katarzyna</b>	<b>346</b>	-	Masters K - 40	5	01:22:45	03:14:40	04:51:48	06:53:42	08:39:27		<b>10:15:33.70</b>	<b>10:16:06.10</b>	+03:35:09 (34.9%)	9:03	6.6 (64.7%)
158	<b>BUK Sławomir</b>	<b>45</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	73	01:19:36	03:06:54	04:42:33	06:40:17	08:23:56		<b>10:15:57.50</b>	<b>10:16:32.25</b>	+03:35:35 (35.0%)	9:03	6.6 (64.7%)
159	<b>FALKOWSKA Sandra</b>	<b>139</b>	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		<b>10:17:13.05</b>	<b>10:17:37.70</b>	+03:36:41 (35.1%)	9:04	6.6 (64.7%)
160	<b>KOTWICKI Mateusz</b>	<b>230</b>		Senior I M - 20	14	01:16:01	02:56:54	04:30:55	06:36:41	08:30:02		<b>10:17:35.40</b>	<b>10:17:59.80</b>	+03:37:03 (35.1%)	9:04	6.6 (64.7%)
161	<b>SZCZESZEK Łukasz</b>	<b>217</b>		Senior II M - 30	74	01:21:38	03:10:59	04:49:46	06:50:39	08:33:15		<b>10:17:51.05</b>	<b>10:18:20.00</b>	+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	<b>LECHOWSKI Bartłomiej</b>	<b>37</b>	WKURW_TEAM	Senior II M - 30	75	01:21:14	03:11:35	04:49:29	06:46:15	08:34:39		<b>10:17:41.80</b>	<b>10:18:25.85</b>	+03:37:29 (35.2%)	9:05	6.6 (64.7%)
163	<b>KOSTRZEWSKI Sławomir</b>	<b>96</b>	10 BRYGADA LOGISTYCZNA	Masters M - 40	43	01:19:04	02:59:38	04:40:58	06:43:16	08:33:51		<b>10:18:20.60</b>	<b>10:18:57.60</b>	+03:38:00 (35.2%)	9:05	6.6 (64.7%)
164	<b>POROWSKI Piotr</b>	<b>378</b>	MUAY RUNNING TEAM	Senior II M - 30	76	01:26:34	03:19:31	04:54:05	06:41:39	08:27:51		<b>10:18:33.60</b>	<b>10:18:59.60</b>	+03:38:02 (35.2%)	9:05	6.6 (64.7%)
165	<b>SIKORA Grzegorz</b>	<b>340</b>	MCBIEGACZE	Masters M - 40	44	01:20:09	03:06:24	04:41:06	06:40:05	08:29:10		<b>10:19:44.30</b>	<b>10:20:05.55</b>	+03:39:08 (35.3%)	9:06	6.6 (64.7%)
166	<b>BAŤA Tomáš</b>	<b>261</b>	TEAM JESENÍKY	Senior II M - 30	77	01:08:24	02:44:40	04:19:27	06:27:31	08:20:48		<b>10:20:53.95</b>	<b>10:21:17.45</b>	+03:40:20 (35.5%)	9:07	6.6 (64.7%)
167	<b>ŠVÁBENSKÝ Jan</b>	<b>262</b>	TEAM JESENÍKY	Senior II M - 30	78	01:08:23	02:44:38	04:19:33	06:27:30	08:20:33		<b>10:20:54.45</b>	<b>10:21:17.70</b>	+03:40:21 (35.5%)	9:07	6.6 (64.7%)
168	<b>INGLANT Zbigniew</b>	<b>210</b>	RUN LOG COM	Weteran I M - 50	5	01:19:04	03:03:18	04:36:18	06:41:13	08:38:43		<b>10:22:26.15</b>	<b>10:23:02.15</b>	+03:42:05 (35.6%)	9:09	6.6 (64.7%)
169	<b>ZIEMBA Michał</b>	<b>263</b>	ZIOMKI	Senior II M - 30	79	01:15:34	02:54:47	04:25:33	06:31:58	08:26:46		<b>10:24:11.50</b>	<b>10:25:17.90</b>	+03:44:21 (35.9%)	9:10	6.5 (63.7%)
170	<b>MERKWA Wojciech</b>	<b>264</b>	ZIOMKI	Senior II M - 30	80	01:15:37	02:54:51	04:25:57	06:36:57	08:31:03		<b>10:24:13.25</b>	<b>10:25:19.05</b>	+03:44:22 (35.9%)	9:10	6.5 (63.7%)
171	<b>ADAMUS Jakub</b>	<b>389</b>	TRAILS OF POLAND	Senior I M - 20	15	01:15:59	03:00:10	04:26:05	06:28:20	08:42:17		<b>10:25:07.85</b>	<b>10:25:19.95</b>	+03:44:23 (35.9%)	9:11	6.5 (63.7%)
172	<b>CYNIAK Marek</b>	<b>204</b>	EVERRUN	Masters M - 40	45	01:14:45	02:57:42	04:34:52	06:39:08	08:29:47		<b>10:25:08.05</b>	<b>10:25:25.65</b>	+03:44:28 (35.9%)	9:11	6.5 (63.7%)
173	<b>GĘBKA Małgorzata</b>	<b>334</b>	BAD - BIEGNĘ ALE DOKĄD	Senior II K - 30	14	01:21:21	03:12:59	04:46:52	06:51:36	08:42:09		<b>10:25:10.50</b>	<b>10:25:52.55</b>	+03:44:55 (35.9%)	9:11	6.5 (63.7%)
174	<b>SZPULARZ Adam</b>	<b>333</b>	BAD - BIEGNĘ ALE DOKĄD	Senior II M - 30	81	01:21:19	03:13:02	04:46:27	06:51:30	08:42:03		<b>10:25:11.20</b>	<b>10:25:52.95</b>	+03:44:56 (35.9%)	9:11	6.5 (63.7%)
175	<b>HACZKIEWICZ Bartosz</b>	<b>307</b>	MILKY2017	Senior II M - 30	82	01:35:14	03:33:21	05:09:11	07:02:01	08:44:44		<b>10:25:03.80</b>	<b>10:26:00.75</b>	+03:45:04 (36.0%)	9:11	6.5 (63.7%)
176	<b>FRĄCKOWIAK Michał</b>	<b>254</b>	CZERWONAK BIEGA	Masters M - 40	46	01:10:43	02:48:44	04:30:57	06:32:13	08:30:10		<b>10:26:32.65</b>	<b>10:26:45.35</b>	+03:45:48 (36.0%)	9:12	6.5 (63.7%)
177	<b>KOWALSKI Maciej</b>	<b>205</b>	LOTOS RUNNING TEAM	Masters M - 40	47	01:21:55	03:06:59	04:40:05	06:42:53	08:38:47		<b>10:28:14.05</b>	<b>10:28:32.85</b>	+03:47:36 (36.2%)	9:14	6.5 (63.7%)
178	<b>KOZERA Waldemar</b>	<b>387</b>		Senior II M - 30	83	01:22:06	03:05:28	04:41:37	06:56:01	08:47:01		<b>10:29:12.20</b>	<b>10:29:48.15</b>	+03:48:51 (36.3%)	9:15	6.5 (63.7%)
179	<b>KUCHARSKI Piotr</b>	<b>412</b>	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		<b>10:31:32.70</b>	<b>10:31:46.00</b>	+03:50:49 (36.5%)	9:17	6.5 (63.7%)
180	<b>SOBIERAJ Aleksander</b>	<b>332</b>	GRUPA BIEGOWA WALIM	Senior II M - 30	84	01:15:20	02:56:19	04:34:41	06:53:32	08:46:44		<b>10:31:27.40</b>	<b>10:31:48.85</b>	+03:50:52 (36.5%)	9:17	6.5 (63.7%)
181	<b>NOWAKOWSKI Leszek</b>	<b>97</b>		Senior II M - 30	85	01:19:24	03:04:20	04:42:19	06:53:05	08:42:20		<b>10:31:32.20</b>	<b>10:31:52.15</b>	+03:50:55 (36.5%)	9:17	6.5 (63.7%)
182	<b>CZUBAK Dariusz</b>	<b>408</b>	BIEGIEM PO PIWO	Masters M - 40	49	01:14:52	02:54:25	04:33:39	06:48:50	08:47:25		<b>10:32:49.30</b>	<b>10:33:02.30</b>	+03:52:05 (36.7%)	9:18	6.4 (62.7%)
183	<b>SKÓRA Szymon</b>	<b>260</b>		Masters M - 40	50	01:12:07	02:50:38	04:27:25	06:40:22	08:40:28		<b>10:32:41.50</b>	<b>10:33:20.20</b>	+03:52:23 (36.7%)	9:18	6.4 (62.7%)
184	<b>MARCINKOWSKI Przemysław</b>	<b>427</b>	PROTON/ LESZ NO LIMITS RUNNERS	Masters M - 40	51	01:16:03	02:56:57	04:30:03	06:48:59	08:40:37		<b>10:33:02.95</b>	<b>10:33:38.60</b>	+03:52:41 (36.7%)	9:18	6.4 (62.7%)
185	<b>WOJTKOWSKI Ireneusz</b>	<b>301</b>	ASSECO ACTIVE TEAM	Weteran I M - 50	6	01:23:23	03:12:12	04:47:47	06:47:45	08:40:31		<b>10:33:29.55</b>	<b>10:33:54.50</b>	+03:52:57 (36.8%)	9:18	6.4 (62.7%)
186	<b>OŚRÓDEK Piotr</b>	<b>402</b>	BBL ZDUŃSKA WOLA	Masters M - 40	52	01:16:54	03:02:33	04:39:00	06:57:57	09:04:30		<b>10:33:31.45</b>	<b>10:34:06.00</b>	+03:53:09 (36.8%)	9:19	6.4 (62.7%)
187	<b>KONKIEWICZ Robert</b>	<b>437</b>	GRODZISKI KLUB BIEGACZA	Masters M - 40	53	01:23:14	03:14:11	04:56:16	07:01:41	08:51:24		<b>10:33:21.45</b>	<b>10:34:11.55</b>	+03:53:14 (36.8%)	9:18	6.4 (62.7%)
188	<b>PERZ Marzenna</b>	<b>218</b>	NKB CHYŻY NOWY TOMYSŁ	Weteran K - 50	2	01:31:55	03:26:24	05:00:38	07:05:05	08:52:15		<b>10:33:20.00</b>	<b>10:34:21.95</b>	+03:53:25 (36.8%)	9:18	6.4 (62.7%)
189	<b>BANKIEWICZ Damian</b>	<b>48</b>		Masters M - 40	54	01:12:26	02:49:10	04:26:35	06:43:30	08:39:03		<b>10:36:22.45</b>	<b>10:36:54.55</b>	+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	<b>CZERNIAK</b> Tobiasz	<b>362</b>	ANTONTEAM	Senior II M - 30	86	01:19:04	03:08:05	04:42:23	06:52:57	08:46:52		<b>10:37:06.40</b>	<b>10:37:44.05</b>	+03:56:47 (37.1%)	9:22	6.4 (62.7%)
191	<b>MACKIEWICZ</b> Artur	<b>73</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	55	01:12:15	02:59:25	04:44:36	06:55:26	08:51:13		<b>10:40:23.45</b>	<b>10:40:38.90</b>	+03:59:42 (37.4%)	9:25	6.4 (62.7%)
192	<b>STĘPIEŃ</b> Magdalena	<b>91</b>	GRODZISKI KLUB BIEGACZA	Senior II K - 30	15	01:25:13	03:14:58	04:56:19	07:05:16	08:52:36		<b>10:40:13.95</b>	<b>10:41:03.85</b>	+04:00:07 (37.5%)	9:24	6.4 (62.7%)
193	<b>KRUPA Piotr</b>	<b>119</b>	PCH_RUN	Masters M - 40	56	01:25:23	03:11:06	04:49:59	07:01:40	08:56:55		<b>10:42:06.75</b>	<b>10:42:17.80</b>	+04:01:21 (37.6%)	9:26	6.4 (62.7%)
194	<b>BORUSIŃSKA</b> Aleksandra	<b>419</b>	AML SŁUPSK	Senior II K - 30	16	01:21:10	03:10:39	04:50:04	07:01:45	08:57:41		<b>10:42:22.65</b>	<b>10:42:27.30</b>	+04:01:30 (37.6%)	9:26	6.4 (62.7%)
195	<b>SZCZEPANIAK</b> Artur	<b>316</b>	KB CZESIO BIEGIA	Masters M - 40	57	01:25:25	03:19:46	04:59:58	07:06:52	08:57:50		<b>10:42:11.80</b>	<b>10:42:38.45</b>	+04:01:41 (37.6%)	9:26	6.4 (62.7%)
196	<b>WYLEGAŁA Michał</b>	<b>33</b>	PCH_RUN	Masters M - 40	58	01:19:58	03:08:55	04:45:31	06:57:49	08:57:18		<b>10:42:45.00</b>	<b>10:42:53.85</b>	+04:01:57 (37.6%)	9:27	6.3 (61.8%)
197	<b>PAWŁOWSKI</b> Robert	<b>68</b>	VEGE RUNNERS	Masters M - 40	59	01:19:57	03:09:58	04:50:03	07:02:13	08:57:47		<b>10:42:44.70</b>	<b>10:42:54.65</b>	+04:01:57 (37.6%)	9:27	6.3 (61.8%)
198	<b>GŁOWACKA Edyta</b>	<b>308</b>		Senior II K - 30	17	01:18:32	03:02:07	04:42:20	06:56:14	08:52:21		<b>10:42:27.20</b>	<b>10:43:05.80</b>	+04:02:09 (37.7%)	9:26	6.4 (62.7%)
199	<b>GŁOWACKI Maciej</b>	<b>309</b>		Masters M - 40	60	01:18:32	03:02:03	04:42:21	06:56:14	08:52:28		<b>10:42:27.30</b>	<b>10:43:05.85</b>	+04:02:09 (37.7%)	9:26	6.4 (62.7%)
200	<b>NIEMIR</b> Aleksander	<b>342</b>	KB MANIAC POZNAŃ	Weteran I M - 50	7	01:11:03	02:43:21	04:08:36	06:21:38	08:44:06		<b>10:42:56.60</b>	<b>10:43:39.40</b>	+04:02:42 (37.7%)	9:27	6.3 (61.8%)
201	<b>KAMZOL Roman</b>	<b>240</b>		Masters M - 40	61	01:19:33	03:06:49	04:43:01	07:00:05	08:53:11		<b>10:43:43.30</b>	<b>10:43:44.30</b>	+04:02:47 (37.7%)	9:27	6.3 (61.8%)
202	<b>WUJEK Marcin</b>	<b>431</b>	DZIKIE KUNY -GOSTYŃ	Masters M - 40	62	01:16:19	03:00:51	04:36:11	06:41:08	08:31:29		<b>10:43:40.15</b>	<b>10:44:25.65</b>	+04:03:28 (37.8%)	9:27	6.3 (61.8%)
203	<b>PŁASKOCIŃSKI</b> Robert	<b>190</b>	PRO-RUN WROCŁAW	Masters M - 40	63	01:25:00	03:18:58	04:58:13	07:08:53	08:56:44		<b>10:43:28.30</b>	<b>10:44:37.90</b>	+04:03:41 (37.8%)	9:27	6.3 (61.8%)
204	<b>WALESKA Nico</b>	<b>237</b>		Senior I M - 20	16	01:14:16	03:01:25	04:41:01	06:57:02	08:55:24		<b>10:47:20.65</b>	<b>10:47:29.40</b>	+04:06:32 (38.1%)	9:31	6.3 (61.8%)
205	<b>SIWEK Jarek</b>	<b>95</b>	RAZ SZCZECIN	Masters M - 40	64	01:21:35	03:12:02	04:46:46	06:56:52	08:57:58		<b>10:47:21.70</b>	<b>10:47:58.95</b>	+04:07:02 (38.1%)	9:31	6.3 (61.8%)
206	<b>ŁABĘDZKI</b> Mariusz	<b>63</b>	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		<b>10:48:02.30</b>	<b>10:48:34.35</b>	+04:07:37 (38.2%)	9:31	6.3 (61.8%)
207	<b>OCHOTA Rafał</b>	<b>232</b>	STARGARD. JA SIĘ NIE ŚCIGAM.	Masters M - 40	65	01:21:35	03:13:17	04:52:10	07:03:36	08:56:55		<b>10:48:02.50</b>	<b>10:48:34.50</b>	+04:07:37 (38.2%)	9:31	6.3 (61.8%)
208	<b>ZDUNEK Józef</b>	<b>79</b>	KLUB BIEGACZA JURUND SZCZYTNO	Weteran I M - 50	8	01:20:45	03:12:45	04:52:12	07:04:08	09:02:19		<b>10:48:52.85</b>	<b>10:48:58.70</b>	+04:08:02 (38.2%)	9:32	6.3 (61.8%)
209	<b>DZIUBA Emilian</b>	<b>345</b>	STS BIEGATON MIKOŁÓW	Masters M - 40	66	01:15:59	02:57:20	04:37:16	07:02:53	08:53:18		<b>10:49:35.25</b>	<b>10:49:42.95</b>	+04:08:46 (38.3%)	9:33	6.3 (61.8%)
210	<b>MARCINIAK</b> Janusz	<b>62</b>	NIGHT RUNNERS	Masters M - 40	67	01:21:02	03:15:03	05:02:36	07:12:11	09:05:56		<b>10:50:28.95</b>	<b>10:50:41.95</b>	+04:09:45 (38.4%)	9:33	6.3 (61.8%)
211	<b>KOZŁOWSKI</b> Tomasz	<b>143</b>	LESZ NO LIMITS RUNERS	Masters M - 40	68		03:07:38					<b>10:52:00.00</b>	<b>10:52:01.00</b>	+04:11:04 (38.5%)	9:35	6.3 (61.8%)
212	<b>PRZYBYLSKI Piotr</b>	<b>271</b>		Masters M - 40	69	01:29:08	03:19:19	04:59:04	07:08:14	08:57:13		<b>10:52:29.55</b>	<b>10:53:04.95</b>	+04:12:08 (38.6%)	9:35	6.3 (61.8%)
212	<b>PRZYBYLSKA</b> Katarzyna	<b>272</b>		Senior I K - 20	8	01:28:43	03:19:17	04:58:30	07:08:13	08:57:18		<b>10:52:29.55</b>	<b>10:53:04.95</b>	+04:12:08 (38.6%)	9:35	6.3 (61.8%)
214	<b>BAUGÄRTNER</b> Marcin	<b>298</b>	KLUBSILESIA.PL	Masters M - 40	70	01:28:05	03:17:54	04:49:36	06:56:42	08:55:57		<b>10:52:25.80</b>	<b>10:53:06.70</b>	+04:12:10 (38.6%)	9:35	6.3 (61.8%)
215	<b>BIAŁECKI</b> Zbigniew	<b>137</b>	ŁÓDŹ RUNNING TEAM	Masters M - 40	71	01:22:15	03:19:59	05:02:49	07:09:34	09:02:13		<b>10:53:02.45</b>	<b>10:53:18.30</b>	+04:12:21 (38.6%)	9:36	6.2 (60.8%)
216	<b>DĄBROWSKI</b> Paweł	<b>314</b>		Senior II M - 30	88	01:32:06	03:30:16	05:05:24	07:10:43	09:05:10		<b>10:52:57.80</b>	<b>10:53:53.35</b>	+04:12:56 (38.7%)	9:36	6.2 (60.8%)
217	<b>SMOLIŃSKI</b> Marcin	<b>372</b>		Senior I M - 20	17	01:16:36	03:02:41	04:39:42	06:47:21	08:54:04		<b>10:53:39.85</b>	<b>10:54:37.20</b>	+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	<b>SIEROCIUK Adrian</b>	<b>317</b>		Senior I M - 20	18	01:16:37	03:02:47	04:39:46	06:47:12	08:54:05		<b>10:53:40.95</b>	<b>10:54:37.50</b>	+04:13:40 (38.8%)	9:36	6.2 (60.8%)
219	<b>WAWRZAK Łukasz</b>	<b>282</b>	KLUB BIEGACZA WARTA	Senior II M - 30	89	01:15:35	02:55:36	04:33:40	07:10:38	09:05:45		<b>10:55:35.45</b>	<b>10:56:31.55</b>	+04:15:34 (38.9%)	9:38	6.2 (60.8%)
220	<b>ŁAMPIKA Kinga</b>	<b>148</b>	NIGHT RUNNERS WROCŁAW	Senior II K - 30	18	01:17:27	03:06:32	04:45:53	07:02:51	08:55:31		<b>10:56:53.65</b>	<b>10:57:19.80</b>	+04:16:23 (39.0%)	9:39	6.2 (60.8%)
221	<b>BUDA Marzena</b>	<b>354</b>		Senior I K - 20	9	01:23:19	03:16:55	05:01:50	07:23:39	09:18:24		<b>10:57:31.90</b>	<b>10:58:12.35</b>	+04:17:15 (39.1%)	9:40	6.2 (60.8%)
222	<b>KWIECIEN - LIPIŃSKA Kamila</b>	<b>296</b>	TIGERS TEAM	Masters K - 40	6	01:26:20	03:24:25	05:04:25	07:13:55	09:10:09		<b>10:57:56.35</b>	<b>10:58:14.00</b>	+04:17:17 (39.1%)	9:40	6.2 (60.8%)
223	<b>BIAŁCZYK Marcin</b>	<b>279</b>	SKY IS THE LIMIT	Senior II M - 30	90	01:08:05	02:48:39	04:39:42	07:05:48	09:00:23		<b>10:59:02.85</b>	<b>10:59:13.85</b>	+04:18:17 (39.2%)	9:41	6.2 (60.8%)
224	<b>BARAŃCZAK Kamil</b>	<b>280</b>		Senior II M - 30	91	01:13:08	02:59:33	04:41:08	07:06:56	08:51:58		<b>10:59:02.70</b>	<b>10:59:14.30</b>	+04:18:17 (39.2%)	9:41	6.2 (60.8%)
225	<b>DOMINIAK Marcin</b>	<b>391</b>	PSIA EDUKACJA	Masters M - 40	72	01:16:19	02:56:26	04:34:33	07:11:26	09:06:44		<b>11:00:49.70</b>	<b>11:00:57.70</b>	+04:20:01 (39.3%)	9:43	6.2 (60.8%)
226	<b>ZAJĄC Krystian</b>	<b>131</b>	DRUŻYNA BARTKA	Senior II M - 30	92	01:15:59	03:00:03	04:37:32	07:14:55	09:11:11		<b>11:01:41.45</b>	<b>11:02:12.90</b>	+04:21:16 (39.5%)	9:43	6.2 (60.8%)
227	<b>OGRODNIK Tomasz</b>	<b>117</b>	NIGHT RUNNERS	Senior II M - 30	93	01:16:00	03:00:07	04:37:31	07:14:55	09:11:26		<b>11:01:43.55</b>	<b>11:02:14.45</b>	+04:21:17 (39.5%)	9:43	6.2 (60.8%)
228	<b>SUSMARSKA Ewa</b>	<b>16</b>	MUAY RUNNING TEAM	Senior I K - 20	10	01:26:41	03:19:32	04:54:13	07:06:44	09:07:57		<b>11:02:47.45</b>	<b>11:03:13.75</b>	+04:22:17 (39.5%)	9:44	6.2 (60.8%)
229	<b>KWIATKOWSKI Paweł</b>	<b>196</b>		Senior II M - 30	94	01:11:48	02:47:25	04:19:29	06:30:34	08:50:58		<b>11:02:37.55</b>	<b>11:03:29.70</b>	+04:22:33 (39.6%)	9:44	6.2 (60.8%)
230	<b>NOWAK Bartłomiej</b>	<b>289</b>		Senior I M - 20	19	01:29:20	03:18:36	04:53:17	07:08:25	09:10:10		<b>11:03:24.15</b>	<b>11:03:44.80</b>	+04:22:48 (39.6%)	9:45	6.2 (60.8%)
231	<b>SULIN Marek</b>	<b>322</b>	SPARTANIE DZIECIOM	Masters M - 40	73	01:21:39	03:17:19	05:01:06	07:15:35	09:09:37		<b>11:03:04.55</b>	<b>11:03:45.20</b>	+04:22:48 (39.6%)	9:45	6.2 (60.8%)
232	<b>KOWALCZYK Bartłomiej</b>	<b>390</b>		Senior I M - 20	20	01:22:38	03:10:12	04:46:10	07:00:56	08:58:12		<b>11:03:15.55</b>	<b>11:04:18.60</b>	+04:23:21 (39.6%)	9:45	6.2 (60.8%)
233	<b>WAROWNY Dawid</b>	<b>274</b>		Senior II M - 30	95	01:22:17	03:07:56	04:44:22	06:59:32	09:01:59		<b>11:04:47.10</b>	<b>11:05:41.55</b>	+04:24:44 (39.8%)	9:46	6.1 (59.8%)
234	<b>KARBOWSKI Jarosław</b>	<b>53</b>	K.S.LENIWIEC	Masters M - 40	74	01:19:21	03:09:13	04:53:14	07:14:12	09:22:58		<b>11:05:19.80</b>	<b>11:05:41.70</b>	+04:24:45 (39.8%)	9:47	6.1 (59.8%)
235	<b>JEŻEWSKI Sławomir</b>	<b>149</b>	KGB GRZMOT KOMORNIKI	Masters M - 40	75	01:13:15	02:59:42	04:40:16	07:02:55	09:03:16		<b>11:05:37.60</b>	<b>11:05:43.90</b>	+04:24:47 (39.8%)	9:47	6.1 (59.8%)
236	<b>WIŚNIEWSKI Marek</b>	<b>331</b>		Masters M - 40	76	01:18:09	03:00:56	04:36:25	06:57:46	09:09:28		<b>11:06:40.25</b>	<b>11:07:26.00</b>	+04:26:29 (39.9%)	9:48	6.1 (59.8%)
237	<b>WAŚCIŃSKI Roman</b>	<b>188</b>	PĘDZI - PARA	Masters M - 40	77	01:34:27	03:26:25	05:09:17	07:23:45	09:19:05		<b>11:08:21.50</b>	<b>11:08:44.30</b>	+04:27:47 (40.0%)	9:49	6.1 (59.8%)
238	<b>POMAGRUK Katarzyna</b>	<b>251</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ.	Senior II K - 30	19	01:25:05	03:18:54	05:06:29	07:23:03	09:22:50		<b>11:08:19.30</b>	<b>11:08:55.30</b>	+04:27:58 (40.1%)	9:49	6.1 (59.8%)
239	<b>POMAGRUK Piotr</b>	<b>252</b>		Masters M - 40	78	01:25:06	03:18:56	05:06:32	07:23:04	09:23:00		<b>11:08:21.05</b>	<b>11:08:57.30</b>	+04:28:00 (40.1%)	9:49	6.1 (59.8%)
240	<b>SZEWCZYK Michał</b>	<b>259</b>	BBL ZDUŃSKA WOLA	Senior II M - 30	96	01:16:57	03:02:41	04:45:05	06:58:58	09:11:52		<b>11:08:47.30</b>	<b>11:09:19.90</b>	+04:28:23 (40.1%)	9:50	6.1 (59.8%)
241	<b>KUŁAKOWSKI Piotr</b>	<b>184</b>		Weteran II M - 60	2	01:34:56	03:37:58	05:19:12	07:28:33	09:25:04		<b>11:08:29.00</b>	<b>11:09:29.00</b>	+04:28:32 (40.1%)	9:49	6.1 (59.8%)
242	<b>GRZĘDA Krzysztof</b>	<b>100</b>	KS PEGAZ / ANNA RUN	Weteran I M - 50	9	01:18:52	03:08:12	04:55:13	07:06:52	09:03:27		<b>11:09:30.25</b>	<b>11:09:41.20</b>	+04:28:44 (40.1%)	9:50	6.1 (59.8%)
243	<b>LEGENDZIEWICZ Iga</b>	<b>329</b>		Senior II K - 30	20	01:24:55	03:14:45	04:52:35	07:06:33	09:03:28		<b>11:09:11.95</b>	<b>11:09:41.85</b>	+04:28:45 (40.1%)	9:50	6.1 (59.8%)
244	<b>KADZISZEWSKI Radosław</b>	<b>360</b>		Senior I M - 20	21	01:28:51	03:25:47	05:11:04	07:28:06	09:24:45		<b>11:12:06.85</b>	<b>11:12:56.70</b>	+04:32:00 (40.4%)	9:53	6.1 (59.8%)
245	<b>WIDLAK Janusz</b>	<b>171</b>		Masters M - 40	79	01:33:26	03:45:00	05:37:17	07:49:45	09:31:53		<b>11:12:45.45</b>	<b>11:13:27.20</b>	+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	<b>HALBTUCH Grzegorz</b>	<b>451</b>		Senior II M - 30	97	01:16:36	03:08:54	04:52:16	07:14:21	09:22:57		<b>11:14:29.35</b>	<b>11:14:59.85</b>	+04:34:03 (40.6%)	9:55	6 (58.8%)
247	<b>GODLEWSKI Jakub</b>	<b>88</b>	RUNNERS TEAM QUIBL	Senior II M - 30	98	01:25:30	03:26:03	04:57:59	07:15:35	09:20:15		<b>11:14:47.30</b>	<b>11:15:11.15</b>	+04:34:14 (40.6%)	9:55	6 (58.8%)
248	<b>KOWALEWSKI Grzegorz</b>	<b>158</b>		Masters M - 40	80	01:26:55	03:19:47	04:58:10	07:16:38	09:27:18		<b>11:15:31.35</b>	<b>11:16:13.85</b>	+04:35:17 (40.7%)	9:56	6 (58.8%)
249	<b>SILSKA Sylwia</b>	<b>223</b>		Masters K - 40	7	01:28:49	03:20:15	05:00:57	07:17:38	09:26:45		<b>11:15:43.95</b>	<b>11:16:23.95</b>	+04:35:27 (40.7%)	9:56	6 (58.8%)
250	<b>WOJTCZAK Krzysztof</b>	<b>19</b>	WKB PIAST WROCŁAW	Masters M - 40	81	01:21:05	03:11:02	05:01:17	07:30:23	09:30:21		<b>11:15:53.60</b>	<b>11:16:26.50</b>	+04:35:29 (40.7%)	9:56	6 (58.8%)
251	<b>OLESIŃSKA Martyna</b>	<b>224</b>	W POGONI ZA DUCHEM	Senior I K - 20	11	01:26:58	03:28:34	05:13:08	07:28:49	09:25:45		<b>11:17:01.20</b>	<b>11:17:24.45</b>	+04:36:27 (40.8%)	9:57	6 (58.8%)
252	<b>LUBOCH Krzysztof</b>	<b>50</b>	TEAM DOBEERMAN	Masters M - 40	82	01:27:53	03:25:35	05:09:10	07:20:12	09:28:31		<b>11:22:48.35</b>	<b>11:23:33.25</b>	+04:42:36 (41.3%)	10:02	6 (58.8%)
253	<b>ŚLEZIAK Tomek</b>	<b>367</b>	TĘCZA	Senior II M - 30	99	01:27:51	03:25:43	05:09:05	07:18:55	09:28:38		<b>11:22:47.00</b>	<b>11:23:33.65</b>	+04:42:36 (41.3%)	10:02	6 (58.8%)
254	<b>MAZIEC Roman</b>	<b>281</b>		Senior II M - 30	100	01:22:04	03:20:06	05:02:06	07:23:44	09:18:23		<b>11:25:04.35</b>	<b>11:25:33.40</b>	+04:44:36 (41.5%)	10:04	6 (58.8%)
255	<b>MIKUŚKIEWICZ Piotr</b>	<b>67</b>	RUN TEAM CHMIELNIK	Senior II M - 30	101	01:20:58	03:08:32	04:39:15	06:51:40	08:54:53		<b>11:25:33.10</b>	<b>11:25:53.60</b>	+04:44:56 (41.5%)	10:04	6 (58.8%)
256	<b>VON OSSOWSKA Aleksandra</b>	<b>106</b>	TJ!	Senior II K - 30	21	01:28:50	03:25:45	05:11:03	07:28:06	09:25:14		<b>11:25:13.70</b>	<b>11:26:02.95</b>	+04:45:06 (41.6%)	10:04	6 (58.8%)
257	<b>PTAK Jarosław</b>	<b>401</b>		Masters M - 40	83	01:19:00	03:10:27	04:54:54	07:17:41	09:24:26		<b>11:25:42.20</b>	<b>11:26:05.80</b>	+04:45:09 (41.6%)	10:05	6 (58.8%)
258	<b>STANEK Bartosz</b>	<b>130</b>	ŚMIGIEL	Senior II M - 30	102	01:26:06	03:23:13	05:14:27	07:26:11	09:23:52		<b>11:25:58.70</b>	<b>11:26:38.70</b>	+04:45:42 (41.6%)	10:05	5.9 (57.8%)
259	<b>GRYGORUK Cezary</b>	<b>247</b>		Weteran I M - 50	10	01:21:26	03:14:35	05:02:25	07:28:49	09:30:02		<b>11:26:37.80</b>	<b>11:26:46.65</b>	+04:45:49 (41.6%)	10:05	5.9 (57.8%)
260	<b>GURBIEL Tomasz</b>	<b>3</b>	ONEMAN TEAM	Senior II M - 30	103	01:23:45	03:12:28	04:51:58	07:09:02	09:30:56		<b>11:28:28.70</b>	<b>11:29:36.15</b>	+04:48:39 (41.9%)	10:07	5.9 (57.8%)
261	<b>SAMOLAK Łukasz</b>	<b>109</b>	MILITARIA TWIERDZA KŁODZKA	Senior II M - 30	104	01:25:07	03:24:24	05:08:49	07:35:24	09:35:30		<b>11:28:46.85</b>	<b>11:29:39.20</b>	+04:48:42 (41.9%)	10:07	5.9 (57.8%)
262	<b>KICINSKA Dorota</b>	<b>136</b>	ROZBIEGANY RAWICZ	Senior II K - 30	22	01:22:18	03:18:01	05:02:40	07:25:07	09:26:12		<b>11:29:27.60</b>	<b>11:29:45.20</b>	+04:48:48 (41.9%)	10:08	5.9 (57.8%)
263	<b>SKOCZYLAS Jerzy</b>	<b>216</b>	WKURW_TEAM	Masters M - 40	84	01:24:39	03:17:09	05:03:28	07:21:26	09:19:26		<b>11:28:59.55</b>	<b>11:29:45.30</b>	+04:48:48 (41.9%)	10:07	5.9 (57.8%)
264	<b>RENS Gert</b>	<b>438</b>		Weteran I M - 50	11	01:28:48	03:19:55	04:58:08	07:24:46	09:31:29		<b>11:29:06.65</b>	<b>11:29:51.35</b>	+04:48:54 (41.9%)	10:08	5.9 (57.8%)
265	<b>WOSZCZAK Jolanta</b>	<b>202</b>	STRZELINSKI KLUB BIEGACZA GRANIT	Weteran K - 50	3	01:30:37	03:34:12	05:19:41	07:38:14	09:41:42		<b>11:30:23.65</b>	<b>11:30:37.90</b>	+04:49:41 (41.9%)	10:09	5.9 (57.8%)
266	<b>MULARCZYK Marta</b>	<b>323</b>	WKURW_TEAM	Senior I K - 20	12	01:32:22	03:36:43	05:22:30	07:43:58	09:41:19		<b>11:30:02.30</b>	<b>11:30:47.25</b>	+04:49:50 (42.0%)	10:08	5.9 (57.8%)
267	<b>SZURKOWSKI Michał</b>	<b>159</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	105	01:29:32	03:30:47	05:13:17	07:31:54	09:31:43		<b>11:32:06.85</b>	<b>11:32:33.80</b>	+04:51:37 (42.1%)	10:10	5.9 (57.8%)
268	<b>ŻRÓDLEWSKA Anna</b>	<b>376</b>		Senior II K - 30	23	01:39:09	03:53:16	05:38:32	07:47:55	09:45:45		<b>11:35:43.85</b>	<b>11:36:21.05</b>	+04:55:24 (42.4%)	10:13	5.9 (57.8%)
269	<b>RADZIWOŃ Anna</b>	<b>181</b>	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	8	01:29:28	03:37:55	05:23:45	07:44:54	09:45:08		<b>11:36:08.15</b>	<b>11:36:33.90</b>	+04:55:37 (42.4%)	10:14	5.9 (57.8%)
270	<b>MAŁOLEPSZY Damian</b>	<b>276</b>	SPARTA ULTRA TEAM	Senior II M - 30	106	01:12:40	03:21:40	05:13:06	07:32:30	09:36:45		<b>11:36:40.95</b>	<b>11:37:19.05</b>	+04:56:22 (42.5%)	10:14	5.9 (57.8%)
271	<b>PIWOWARCZYK Przemysław</b>	<b>160</b>		Masters M - 40	85	01:31:25	03:49:11	05:34:51	07:54:17	09:46:27		<b>11:37:04.15</b>	<b>11:37:52.05</b>	+04:56:55 (42.5%)	10:15	5.9 (57.8%)
272	<b>SAMOLAK Maciek</b>	<b>140</b>	MILITARIA TWIERDZA KŁODZKA	Masters M - 40	86	01:25:07	03:19:41	05:18:19	07:35:49	09:41:14		<b>11:40:05.30</b>	<b>11:40:57.55</b>	+05:00:00 (42.8%)	10:17	5.8 (56.9%)
273	<b>KONIECZNY Andrzej</b>	<b>1</b>	BRAK	Masters M - 40	87	01:26:54	03:27:01	05:19:20	07:39:56	09:33:49		<b>11:40:33.95</b>	<b>11:41:24.45</b>	+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	<b>WŁODARSKA Magdalena</b>	<b>448</b>		Masters K - 40	9	01:26:58	03:27:59	05:19:40	07:44:38	09:48:47		<b>11:41:10.50</b>	<b>11:41:32.40</b>	+05:00:35 (42.8%)	10:18	5.8 (56.9%)
275	<b>MISIAK Artur</b>	<b>327</b>		Weteran I M - 50	12	01:25:36	03:25:00	05:17:42	07:51:51	09:47:51		<b>11:41:17.20</b>	<b>11:42:12.85</b>	+05:01:16 (42.9%)	10:18	5.8 (56.9%)
276	<b>SZUBA Teofil</b>	<b>417</b>	MARATOŃCZYK SZCZECIN	Masters M - 40	88	01:22:05	03:06:56	04:58:02	07:42:35	09:47:08		<b>11:43:05.60</b>	<b>11:43:15.75</b>	+05:02:19 (43.0%)	10:20	5.8 (56.9%)
276	<b>SZUBA Tadeusz</b>	<b>403</b>	TKKF TRUCHT ŁOBEZ	Weteran II M - 60	3	01:22:14	03:07:14	04:58:25	07:42:38	09:49:21		<b>11:43:05.80</b>	<b>11:43:15.75</b>	+05:02:19 (43.0%)	10:20	5.8 (56.9%)
278	<b>CHILIŃSKI Karol</b>	<b>284</b>	KALENJI BY DECATHLON	Senior I M - 20	22	01:25:10	03:20:39	05:03:04	07:36:48	09:46:08		<b>11:43:57.50</b>	<b>11:44:06.95</b>	+05:03:10 (43.1%)	10:21	5.8 (56.9%)
279	<b>CYGAN Krzysztof</b>	<b>123</b>		Masters M - 40	89	01:23:10	03:14:48	04:53:36	07:31:39	09:38:17		<b>11:46:46.10</b>	<b>11:47:15.45</b>	+05:06:18 (43.3%)	10:23	5.8 (56.9%)
280	<b>KRZEWIŃSKA Małgorzata</b>	<b>127</b>	TKKF KOSZALIN	Weteran K - 50	4	01:29:51	03:30:42	05:29:29	08:02:08	10:06:31		<b>11:47:17.65</b>	<b>11:47:31.90</b>	+05:06:35 (43.3%)	10:24	5.8 (56.9%)
281	<b>STROIŃSKI Wojciech</b>	<b>39</b>	C&C SPORTS TEAM	Masters M - 40	90	01:28:22	03:40:25	05:28:24	07:57:58	09:57:36		<b>11:47:03.70</b>	<b>11:47:33.20</b>	+05:06:36 (43.3%)	10:23	5.8 (56.9%)
282	<b>STROIŃSKA Iwona</b>	<b>36</b>	C&C SPORTS TEAM	Masters K - 40	10	01:28:28	03:40:37	05:28:42	08:01:23	10:02:12		<b>11:47:05.90</b>	<b>11:47:33.60</b>	+05:06:36 (43.3%)	10:23	5.8 (56.9%)
283	<b>DZIENISZEWSKI Michał</b>	<b>249</b>		Senior II M - 30	107	01:24:31	03:17:15	05:04:33	07:36:30	09:50:15		<b>11:51:14.25</b>	<b>11:52:00.95</b>	+05:11:04 (43.7%)	10:27	5.7 (55.9%)
284	<b>WALCZUK Paweł</b>	<b>61</b>		Senior II M - 30	108	01:20:21	03:17:37	05:05:18	07:48:35	09:55:09		<b>11:52:17.65</b>	<b>11:52:50.85</b>	+05:11:54 (43.8%)	10:28	5.7 (55.9%)
285	<b>JANASZEK Michał</b>	<b>138</b>		Senior II M - 30	109	01:26:42	03:17:13	04:55:13	07:08:38	09:35:03		<b>11:51:56.95</b>	<b>11:52:59.90</b>	+05:12:03 (43.8%)	10:28	5.7 (55.9%)
286	<b>GŁUSZEK Tomasz</b>	<b>108</b>		Senior II M - 30	110	01:26:42	03:17:03	04:55:11	07:08:38	09:35:01		<b>11:51:57.85</b>	<b>11:53:00.20</b>	+05:12:03 (43.8%)	10:28	5.7 (55.9%)
287	<b>STROCZYŃSKI Paweł</b>	<b>303</b>		Senior II M - 30	111	01:33:20	03:39:11	05:27:28	07:50:13	09:55:21		<b>11:52:50.80</b>	<b>11:53:22.45</b>	+05:12:25 (43.8%)	10:28	5.7 (55.9%)
288	<b>STOLARZ Paweł</b>	<b>250</b>	ŻYWCEM ZABIEGANI	Weteran I M - 50	13	01:33:16	03:39:07	05:28:12	07:50:10	09:55:03		<b>11:52:50.55</b>	<b>11:53:23.75</b>	+05:12:27 (43.8%)	10:28	5.7 (55.9%)
289	<b>KOZIOŁ Katarzyna</b>	<b>287</b>	KORFF TEAM	Masters K - 40	11	01:25:17	03:26:20	05:21:09	07:51:07	09:56:50		<b>11:54:06.20</b>	<b>11:54:41.35</b>	+05:13:44 (43.9%)	10:30	5.7 (55.9%)
290	<b>PIASECKA Jadwiga</b>	<b>286</b>	KORFF TEAM	Masters K - 40	12	01:25:20	03:26:25	05:21:14	07:51:09	09:56:49		<b>11:54:10.30</b>	<b>11:54:45.00</b>	+05:13:48 (43.9%)	10:30	5.7 (55.9%)
291	<b>JAMROZIK Zbigniew</b>	<b>203</b>	KOŁO BIEGA	Masters M - 40	91	01:31:51	03:46:01	05:29:06	07:53:05	10:02:15		<b>11:54:56.55</b>	<b>11:55:13.90</b>	+05:14:17 (43.9%)	10:30	5.7 (55.9%)
292	<b>SOKOŁOWSKA Adriana</b>	<b>70</b>	VEGE RUNNERS	Senior II K - 30	24	01:33:55	03:49:57	05:42:02	08:12:04	10:18:07		<b>11:56:44.05</b>	<b>11:56:52.15</b>	+05:15:55 (44.1%)	10:32	5.7 (55.9%)
293	<b>KORF Tomasz</b>	<b>228</b>	JĘDŹCY APOKALIPSY	Senior II M - 30	112	01:18:41	03:16:27	05:00:33	07:47:57			<b>11:57:29.90</b>	<b>11:57:54.90</b>	+05:16:58 (44.2%)	10:33	5.7 (55.9%)
294	<b>ZARCZUK Aleksandra</b>	<b>421</b>	GORSKIEWYZWANIA.WORDPRESS.COM	Senior I K - 20	13	01:28:49	03:26:41	05:13:05	07:53:13	10:04:01		<b>11:58:01.95</b>	<b>11:58:44.75</b>	+05:17:48 (44.2%)	10:33	5.7 (55.9%)
295	<b>IMIOŁCZYK Roland</b>	<b>405</b>		Masters M - 40	92	01:22:15	03:20:05	05:03:31	07:32:01	09:57:19		<b>11:58:43.85</b>	<b>11:59:00.25</b>	+05:18:03 (44.2%)	10:34	5.7 (55.9%)
296	<b>KUBACKI Sebastian</b>	<b>337</b>	STAL NIEWIAÓDW	Senior II M - 30	113	01:22:12	03:08:43	04:54:16	07:22:11	09:38:43		<b>11:58:43.10</b>	<b>11:59:13.75</b>	+05:18:17 (44.3%)	10:34	5.7 (55.9%)
297	<b>SIECZKOWSKI Artur</b>	<b>300</b>	NATURAL BORN RUNNERS TEAM	Masters M - 40	93	01:30:25	03:35:26	05:26:51	08:08:41	10:09:21		<b>11:59:29.05</b>	<b>12:00:14.65</b>	+05:19:17 (44.3%)	10:34	5.7 (55.9%)
298	<b>FILIPIAK Sebastian</b>	<b>126</b>	LZS LIPA	Masters M - 40	94	01:21:56	03:14:22	05:02:32	07:36:47	09:44:30		<b>12:00:47.05</b>	<b>12:01:18.70</b>	+05:20:22 (44.4%)	10:35	5.7 (55.9%)
299	<b>LISIK Justyna</b>	<b>154</b>	PORANNY PATROL	Senior II K - 30	25	01:36:29	03:40:17	05:32:53	08:01:58	10:09:30		<b>12:01:30.90</b>	<b>12:01:58.30</b>	+05:21:01 (44.5%)	10:36	5.7 (55.9%)
300	<b>RUTKOWSKI Adam</b>	<b>268</b>	WKW	Senior II M - 30	114	01:15:15	02:54:38	04:30:21	07:58:11	09:51:59		<b>12:04:33.30</b>	<b>12:05:00.75</b>	+05:24:04 (44.7%)	10:39	5.6 (54.9%)
301	<b>ZAKRZEWSKA Katarzyna</b>	<b>78</b>	MARCINSWIERCTEAM	Masters K - 40	13	01:31:18	03:36:44	05:39:00	08:08:36	10:12:49		<b>12:05:32.40</b>	<b>12:05:38.10</b>	+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		<b>12:05:52.40</b>	<b>12:06:41.25</b>	+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		<b>12:08:37.25</b>	<b>12:09:30.70</b>	+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		<b>12:09:57.25</b>	<b>12:10:06.60</b>	+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		<b>12:09:58.70</b>	<b>12:10:07.00</b>	+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		<b>12:09:29.40</b>	<b>12:10:22.05</b>	+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		<b>12:09:49.70</b>	<b>12:10:29.35</b>	+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		<b>12:10:25.40</b>	<b>12:10:50.75</b>	+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		<b>12:11:51.70</b>	<b>12:12:37.75</b>	+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		<b>12:13:26.40</b>	<b>12:13:43.90</b>	+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		<b>12:13:24.45</b>	<b>12:13:43.90</b>	+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		<b>12:16:10.95</b>	<b>12:16:21.80</b>	+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		<b>12:15:56.95</b>	<b>12:16:22.20</b>	+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		<b>12:16:21.30</b>	<b>12:16:22.30</b>	+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		<b>12:16:09.70</b>	<b>12:17:31.70</b>	+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		<b>12:18:06.15</b>	<b>12:18:48.00</b>	+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		<b>12:18:23.50</b>	<b>12:18:51.65</b>	+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		<b>12:19:45.30</b>	<b>12:20:15.65</b>	+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		<b>12:20:59.60</b>	<b>12:21:20.85</b>	+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		<b>12:21:59.70</b>	<b>12:22:28.15</b>	+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		<b>12:22:08.25</b>	<b>12:22:47.75</b>	+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		<b>12:25:28.70</b>	<b>12:26:20.25</b>	+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		<b>12:26:00.45</b>	<b>12:26:28.15</b>	+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		<b>12:26:49.05</b>	<b>12:27:10.65</b>	+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		<b>12:26:59.70</b>	<b>12:27:14.55</b>	+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		<b>12:27:00.25</b>	<b>12:27:14.60</b>	+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		<b>12:27:08.05</b>	<b>12:27:45.85</b>	+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		<b>12:27:21.90</b>	<b>12:27:49.35</b>	+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		<b>12:27:05.75</b>	<b>12:28:00.50</b>	+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	<b>PISKORZ Robert</b>	<b>129</b>	VOLKSWAGEN MOTOR POLSKA	Masters M - 40	100	01:32:52	03:37:34	05:20:58	07:58:54	10:13:08		<b>12:27:05.80</b>	<b>12:28:00.70</b>	+05:47:04 (46.4%)	10:59	5.5 (53.9%)
331	<b>KUCHARSKI Jakub</b>	<b>235</b>	JKU1979	Senior II M - 30	122	01:25:46	03:22:06	05:12:44	07:52:16	10:11:57		<b>12:27:48.60</b>	<b>12:28:51.45</b>	+05:47:54 (46.5%)	10:59	5.5 (53.9%)
332	<b>SKOWRONEK Artur</b>	<b>59</b>	MARKOTNESKOWRONKI	Masters M - 40	101	01:29:21	03:40:01	05:40:16	08:25:07	10:36:16		<b>12:28:50.95</b>	<b>12:29:29.95</b>	+05:48:33 (46.5%)	11:00	5.4 (52.9%)
333	<b>MARKOWSKI Piotr</b>	<b>66</b>		Masters M - 40	102	01:29:26	03:40:02	05:41:01	08:25:46	10:36:19		<b>12:30:31.15</b>	<b>12:31:11.05</b>	+05:50:14 (46.6%)	11:02	5.4 (52.9%)
334	<b>NIEWIAROWSKI Jarosław</b>	<b>358</b>	BIEGIEM PO PIWO	Senior II M - 30	123	01:35:26	03:46:50	05:35:02	08:25:05	10:26:03		<b>12:31:26.45</b>	<b>12:32:22.15</b>	+05:51:25 (46.7%)	11:03	5.4 (52.9%)
335	<b>NIEDŹWIECKA Katarzyna</b>	<b>444</b>		Masters K - 40	17	01:35:04	03:46:00	05:34:24	08:04:25	10:16:30		<b>12:32:29.40</b>	<b>12:32:50.80</b>	+05:51:54 (46.7%)	11:03	5.4 (52.9%)
336	<b>JABŁOŃSKA Agnieszka</b>	<b>142</b>	AGB NYGUS	Masters K - 40	18	01:21:10	03:14:39	04:55:38	07:32:52	10:16:31		<b>12:34:28.60</b>	<b>12:34:56.95</b>	+05:54:00 (46.9%)	11:05	5.4 (52.9%)
337	<b>BALUK Iwona</b>	<b>399</b>	BOREK-CHEŁM	Weteran K - 50	5	01:38:07	03:58:02	05:47:43	08:25:08	10:37:16		<b>12:35:00.30</b>	<b>12:35:25.65</b>	+05:54:28 (46.9%)	11:06	5.4 (52.9%)
338	<b>DĄBROWSKI Ireneusz</b>	<b>12</b>	RAJSPORT ACTIVE	Masters M - 40	103	01:33:09	03:54:39	05:46:51	08:43:20	10:50:52		<b>12:36:34.90</b>	<b>12:37:13.30</b>	+05:56:16 (47.1%)	11:07	5.4 (52.9%)
339	<b>GAŁACKA Joanna</b>	<b>172</b>		Masters K - 40	19	01:33:27	03:45:45	05:40:08	08:25:17	10:24:04		<b>12:37:39.70</b>	<b>12:38:21.75</b>	+05:57:25 (47.1%)	11:08	5.4 (52.9%)
340	<b>TOKARZ Jerzy</b>	<b>425</b>	BIEGAMBOLUBIĘ KRAKÓW	Weteran I M - 50	17	01:29:31	03:40:46	05:44:10	08:36:32	10:40:42		<b>12:38:29.25</b>	<b>12:39:04.05</b>	+05:58:07 (47.2%)	11:09	5.4 (52.9%)
341	<b>KOTLICKA Beata</b>	<b>234</b>	FUDU&CO.SPORT TEAM	Masters K - 40	20	01:39:06	03:59:25	05:52:18	08:30:27	10:31:02		<b>12:38:37.30</b>	<b>12:39:20.05</b>	+05:58:23 (47.2%)	11:09	5.4 (52.9%)
342	<b>CEBULA-SOŁTYSIAK Ewelina</b>	<b>41</b>		Masters K - 40	21	01:34:46	03:57:53	06:09:13	08:46:43	10:51:08		<b>12:39:59.85</b>	<b>12:40:06.15</b>	+05:59:09 (47.3%)	11:10	5.4 (52.9%)
343	<b>KUKLA-KOWALSKA Alicja</b>	<b>351</b>	BIEGAM BO NIE LUBIĘ	Masters K - 40	22	01:37:08	03:57:43	05:58:56	08:30:49	10:35:57		<b>12:42:03.95</b>	<b>12:42:51.50</b>	+06:01:54 (47.4%)	11:12	5.4 (52.9%)
344	<b>PAWELCZYK Adriana</b>	<b>29</b>	WIOCHA BIEGA	Masters K - 40	23	01:31:04	03:41:30	05:39:44	08:23:06	10:36:22		<b>12:44:01.80</b>	<b>12:44:22.15</b>	+06:03:25 (47.5%)	11:14	5.3 (52.0%)
344	<b>ADAMSKI Łukasz</b>	<b>17</b>	WIOCHA BIEGA	Senior II M - 30	124	01:31:04	03:41:31	05:39:45	08:23:05	10:36:23		<b>12:44:02.00</b>	<b>12:44:22.15</b>	+06:03:25 (47.5%)	11:14	5.3 (52.0%)
346	<b>BRYKSA Iwona</b>	<b>384</b>		Weteran K - 50	6	01:37:23	03:57:38	05:51:46	08:43:19	10:52:25		<b>12:44:00.75</b>	<b>12:44:38.85</b>	+06:03:42 (47.6%)	11:14	5.3 (52.0%)
347	<b>PIETRZAK Dariusz</b>	<b>191</b>		Masters M - 40	104	01:36:32	03:59:09	05:52:57	08:30:48	10:29:37		<b>12:46:11.75</b>	<b>12:46:23.10</b>	+06:05:26 (47.7%)	11:16	5.3 (52.0%)
348	<b>SIELUTIN Wadim</b>	<b>330</b>		Weteran II M - 60	4	01:31:02	03:38:26	05:36:50	08:21:48	10:33:32		<b>12:45:31.10</b>	<b>12:46:39.65</b>	+06:05:42 (47.7%)	11:15	5.3 (52.0%)
349	<b>OBSTARCZYK Andrzej</b>	<b>209</b>	ZADYSZKA OŚWIĘCIM	Weteran II M - 60	5	01:34:09	03:49:48	05:44:18	08:21:43	10:35:17		<b>12:47:07.90</b>	<b>12:47:44.35</b>	+06:06:47 (47.8%)	11:16	5.3 (52.0%)
349	<b>OSTROMĘCKI Waldemar</b>	<b>133</b>	ROWEROWA BRZOZA	Masters M - 40	105	01:25:00	03:32:36	05:38:52	08:24:28	10:36:14		<b>12:46:27.45</b>	<b>12:47:44.35</b>	+06:06:47 (47.8%)	11:16	5.3 (52.0%)
351	<b>RYCHŁOWSKA Magdalena</b>	<b>134</b>		Masters K - 40	24	01:24:38	03:30:22	05:28:08	08:12:28	10:21:18		<b>12:48:17.00</b>	<b>12:48:54.05</b>	+06:07:57 (47.9%)	11:17	5.3 (52.0%)
352	<b>PIETRZAK Monika</b>	<b>192</b>		Masters K - 40	25	01:36:30	03:59:13	05:53:02	08:32:22	10:38:23		<b>12:49:08.25</b>	<b>12:49:20.05</b>	+06:08:23 (47.9%)	11:18	5.3 (52.0%)
353	<b>MATYJASIAK Konrad</b>	<b>371</b>	SOFTSOL	Masters M - 40	106	01:19:25	03:07:26	05:05:53	08:22:32	10:45:38		<b>12:55:02.65</b>	<b>12:56:10.80</b>	+06:15:14 (48.3%)	11:23	5.3 (52.0%)
354	<b>GODYŃ Jarosław</b>	<b>170</b>	SPORT ID	Senior II M - 30	125	01:31:02	03:41:24	05:41:34	08:33:57	10:51:49		<b>12:56:09.50</b>	<b>12:56:33.20</b>	+06:15:36 (48.4%)	11:24	5.3 (52.0%)
<b>Przekroczony limit czasu: 13:00:00</b>																
355	<b>ŚWITALSKI Andrzej</b>	<b>85</b>	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		<b>13:03:36.75</b>	<b>13:04:32.10</b>	+06:23:35 (48.9%)	11:31	5.2 (51.0%)
356	<b>JAKÓBCZYK Bożena</b>	<b>404</b>		Senior II K - 30	32	01:35:48	03:51:23	05:52:32	08:38:43	10:59:19		<b>13:03:58.65</b>	<b>13:04:32.45</b>	+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		<b>13:15:00.35</b>	<b>13:15:14.95</b>	+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		<b>13:14:58.75</b>	<b>13:15:17.55</b>	+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		<b>13:22:22.50</b>	<b>13:23:00.00</b>	+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		<b>13:22:50.15</b>	<b>13:23:00.00</b>	+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		<b>13:31:48.80</b>	<b>13:32:04.10</b>	+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		<b>13:33:49.00</b>	<b>13:34:08.50</b>	+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		<b>13:50:21.95</b>	<b>13:50:38.45</b>	+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		<b>13:50:22.25</b>	<b>13:50:40.85</b>	+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		<b>14:04:17.30</b>	<b>14:06:02.05</b>	+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		<b>14:05:02.85</b>	<b>14:06:02.15</b>	+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		<b>14:05:05.75</b>	<b>14:06:05.60</b>	+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		<b>14:05:25.15</b>	<b>14:06:25.25</b>	+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		<b>15:51:24.30</b>	<b>15:52:05.50</b>	+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		<b>03:52:41.20 DQ</b>	<b>DQ</b>	-	-	(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		<b>06:58:16.40 DQ</b>	<b>DQ</b>	-	-	(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		<b>07:38:40.10 DQ</b>	<b>DQ</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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		<b>DNF</b>	<b>DNF</b>	-	-	(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
	<b>JANKOWSKA Małgorzata</b>	<b>44</b>		Senior II K - 30		01:34:06 DNF	03:59:04 DNF	06:14:59 DNF	09:15:34 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ZAJĄC Monika</b>	<b>64</b>		Masters K - 40		01:42:39 DNF	04:11:15 DNF	06:18:13 DNF	09:15:36 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>CUPIAŁ Mariola</b>	<b>46</b>	W POGONI ZA DUCHEM	Weteran K - 50		01:47:52 DNF	04:18:55 DNF	06:41:01 DNF	09:38:29 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STANKIEWICZ Paweł</b>	<b>227</b>	CZERWONAK BIEGA	Masters M - 40		01:10:43 DNF	02:48:48 DNF	04:18:21 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>TIMOFIEJUK Paweł</b>	<b>310</b>	ALBATROSY	Masters M - 40		01:08:30 DNF	02:48:41 DNF	04:20:45 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MADRZEJEWSKI Tomasz</b>	<b>152</b>	SPARTA ULTRA TEAM	Masters M - 40		01:10:57 DNF	02:46:02 DNF	04:25:52 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>HUZIOR Piotr</b>	<b>428</b>	ATTIQ TEAM/SALMING	Masters M - 40		01:59:52 DNF	03:22:56 DNF	04:32:43 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>NIEWIEJSKI Przemysław</b>	<b>179</b>	RUNNING TEAM MILICZ	Senior II M - 30		01:12:31 DNF	02:49:44 DNF	04:34:53 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SITAK Adam</b>	<b>380</b>		Senior II M - 30		01:08:38 DNF	02:53:04 DNF	04:38:56 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>OLEKSIEWICZ Maurycy</b>	<b>319</b>	SZAKALE BAŁUT ŁÓDŹ	Senior II M - 30		02:00:53 DNF	03:29:12 DNF	04:50:15 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WRZESZCZ Edyta</b>	<b>86</b>	BIEGAJĄC Z WILKAMI	Masters K - 40		01:24:30 DNF	03:20:03 DNF	05:00:44 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STAWARZ Paweł</b>	<b>194</b>	KB LUPUS OLEŚNICA	Masters M - 40		01:24:53 DNF	03:15:13 DNF	05:16:28 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KLIMCZEWSKI Marek</b>	<b>253</b>	FOREVER YOUNG ŁÓDŹ	Weteran I M - 50		01:26:01 DNF	03:49:37 DNF	06:12:48 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>LECH Agnieszka</b>	<b>166</b>	BEZ GRANIC	Masters K - 40		01:37:21 DNF	04:16:59 DNF	06:43:39 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KMIECIK Tomasz</b>	<b>283</b>		Masters M - 40		00:59:37 DNF	02:18:57 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>TOMCZYK Tomasz</b>	<b>445</b>		Senior II M - 30		01:09:24 DNF	02:56:53 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JURCZAK Karolina</b>	<b>150</b>		Senior I K - 20		01:20:54 DNF	03:28:15 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>RADZIWOŃ Krzysztof</b>	<b>180</b>	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40		01:29:40 DNF	03:41:28 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>RAK Cezary</b>	<b>26</b>	HARDCOROWE WYCHYLIŁYBYMY	Senior II M - 30		01:42:49 DNF	05:03:48 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 403 wynik(ów)