

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 68 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	DOMBROWSKI Maciej	4131	RUNNING.CHEF / WAY2CHAMP	Senior II M - 30	1	00:56:18	02:10:03	03:09:38	04:23:02	05:27:22	06:30:47.55	06:30:49.55		5:44	10.4 (100%)
2	WOLEK Szymon	4334		Senior II M - 30	2	00:54:51	02:08:45	03:08:31	04:24:10	05:30:19	06:34:08.95	06:34:13.35	+00:03:23 (0.9%)	5:47	10.4 (100%)
3	KASZUBA Michał	4333	GRUPA NOMAX	Masters M - 40	1	00:56:05	02:10:04	03:09:43	04:23:41	05:33:34	06:41:49.20	06:41:51.95	+00:11:02 (2.7%)	5:54	10.2 (98.1%)
4	ZIEJEWSKI Grzegorz	4384		Masters M - 40	2	00:54:33	02:09:03	03:09:43	04:32:42	05:46:04	06:50:48.95	06:50:50.50	+00:20:00 (4.9%)	6:02	9.9 (95.2%)
5	GAWLIK Sławek	4067	MARCINŚWIERCTEAM	Senior II M - 30	3	00:56:20		03:11:23	04:35:27	05:49:21	06:54:24.75	06:54:26.60	+00:23:37 (5.7%)	6:05	9.8 (94.2%)
6	KUCHARCZYK Maciej	4363	MARCIN SWIERC TEAM	Masters M - 40	3	00:55:48	02:09:52	03:14:14	04:37:03	05:48:04	06:59:26.20	06:59:28.80	+00:28:39 (6.8%)	6:10	9.7 (93.3%)
7	MOCZEK Tomasz	4167	CROSS STRACÉNCÓW TEAM	Masters M - 40	4	01:01:01	02:17:35	03:22:06	04:43:05	05:53:51	07:02:36.00	07:02:42.50	+00:31:52 (7.5%)	6:12	9.7 (93.3%)
8	POLAŃSKI Tomasz	4415	B4SPORT	Masters M - 40	5	01:01:04	02:20:24	03:26:54	04:55:32	06:00:48	07:05:51.90	07:05:55.80	+00:35:06 (8.2%)	6:15	9.6 (92.3%)
9	KUPCZAK Mariusz	4389	KB SOBÓTKA	Masters M - 40	6	00:58:02	02:16:08	03:20:56	04:45:52	06:00:59	07:11:39.80	07:11:39.80	+00:40:50 (9.5%)	6:20	9.5 (91.3%)
10	BRYSZ Michał	4040		Senior II M - 30	4	00:59:39	02:17:40	03:22:08	04:44:41	06:03:19	07:13:34.05	07:13:42.15	+00:42:52 (9.9%)	6:22	9.4 (90.4%)
11	MAJER Janusz	4401		Masters M - 40	7	00:57:57	02:15:53	03:20:53	04:45:45	06:03:50	07:13:48.35	07:13:50.85	+00:43:01 (9.9%)	6:22	9.4 (90.4%)
12	PIECHA Artur	4267	HERCOG RUNNING TEAM	Masters M - 40	8	00:56:10	02:10:55	03:17:31	04:51:31	06:05:04	07:15:07.75	07:15:11.20	+00:44:21 (10.2%)	6:23	9.4 (90.4%)
13	OLEKSIEWICZ Maurycy	4166		Senior II M - 30	5	00:54:27	02:09:04	03:10:04	04:53:43	06:09:42	07:16:22.95	07:16:26.70	+00:45:37 (10.5%)	6:25	9.3 (89.4%)
14	PERYKASZA Paweł	4296	GRUPALUKTRANS.PL	Senior II M - 30	6	01:02:50	02:23:52	03:30:27	04:57:56	06:08:27	07:16:22.05	07:16:29.30	+00:45:39 (10.5%)	6:25	9.3 (89.4%)
15	BIELIŃSKI Maciek	4056		Senior II M - 30	7	00:55:45	02:09:35	03:13:06	04:44:42	06:05:46	07:24:11.25	07:24:15.45	+00:53:25 (12.0%)	6:31	9.2 (88.5%)
16	ŻARECKI Łukasz	4379		Senior II M - 30	8	00:56:09	02:10:41	03:15:09	04:42:44	06:03:03	07:27:11.80	07:27:14.60	+00:56:25 (12.6%)	6:34	9.1 (87.5%)
17	GEPPERT Jakub	4342	ADRUNALINE RUNNING TEAM	Senior II M - 30	9	01:01:55	02:23:12	03:31:42	05:05:52	06:19:54	07:36:55.95	07:37:03.05	+01:06:13 (14.5%)	6:43	8.9 (85.6%)
18	GARNEK Piotr	4231	VEGE RUNNERS	Masters M - 40	9	01:03:52	02:29:37	03:40:36	05:10:13	06:26:00	07:39:05.25	07:39:08.50	+01:08:18 (14.9%)	6:45	8.9 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
19	BARTOSIŃSKI Mariusz	4054	ZAŁOGA GÓRSKA	Masters M - 40	10	01:02:52	02:26:55	03:37:15	05:10:02	06:28:44	07:39:37.70	07:39:43.85	+01:08:54 (15.0%)	6:45	8.9 (85.6%)
20	SOCHA Seweryn	4345	DZIKIE BOBRY/STR POZNAŃ	Senior II M - 30	10	00:59:52	02:22:08	03:33:24	05:02:57	06:22:55	07:42:38.75	07:42:40.30	+01:11:50 (15.5%)	6:48	8.8 (84.6%)
21	RAZIM Mateusz	4117		Senior II M - 30	11	01:03:58	02:28:46	03:37:40	05:10:42	06:30:08	07:42:42.75	07:42:46.15	+01:11:56 (15.5%)	6:48	8.8 (84.6%)
22	RYCHTER Karol	4416	B4SPORT	Masters M - 40	11	01:00:24	02:22:15	03:33:21	05:09:42	06:30:43	07:43:35.25	07:43:39.15	+01:12:49 (15.7%)	6:49	8.8 (84.6%)
23	MATYSIAK Bartłomiej	4122	JACEKBIEGA RUNNING TEAM	Senior II M - 30	12	01:01:42	02:27:30	03:43:53	05:16:13	06:34:10	07:48:33.75	07:48:42.70	+01:17:53 (16.6%)	6:53	8.7 (83.7%)
24	DOMAŃSKI Patryk	4227	#TEAMBIEGIWLKP	Senior I M - 20	1	01:01:43	02:24:29	03:33:55	05:09:05	06:30:35	07:53:08.25	07:53:13.35	+01:22:23 (17.4%)	6:57	8.6 (82.7%)
25	PAWŁOWSKI Tomasz	4099	TEAM PLESZEW	Masters M - 40	12	01:05:35	02:29:26	03:38:18	05:11:44	06:35:20	07:54:22.30	07:54:24.95	+01:23:35 (17.6%)	6:58	8.6 (82.7%)
26	DĄBROWICZ Jakub	4059		Senior II M - 30	13	00:59:48	02:20:56	03:31:11	05:14:39	06:35:25	07:54:49.85	07:54:54.15	+01:24:04 (17.7%)	6:58	8.6 (82.7%)
27	BANIAK Marcin	4042	G.O.A.T. TEAM MICHAŁOWICE	Masters M - 40	13	00:57:24	02:17:49	03:31:31	05:13:46	06:42:18	08:04:06.90	08:04:18.25	+01:33:28 (19.3%)	7:07	8.4 (80.8%)
28	ASPERSKI Michał	4403	SUPERMARATOŃCZYK	Masters M - 40	14	01:01:50	02:26:44	03:39:20	05:16:18	06:40:10	08:04:54.25	08:05:00.15	+01:34:10 (19.4%)	7:07	8.4 (80.8%)
29	SOBLIK Łukasz	4114		Senior II M - 30	14	01:01:48	02:26:45	03:39:24	05:16:17	06:40:11	08:05:41.00	08:05:46.85	+01:34:57 (19.5%)	7:08	8.4 (80.8%)
30	SIERADZKI Krzysztof	4008		Senior II M - 30	15	01:01:00	02:23:03	03:34:02	05:13:41	06:40:18	08:08:52.85	08:09:03.55	+01:38:14 (20.1%)	7:11	8.3 (79.8%)
31	SOLARSKI Sergiusz	4217	1981	Senior II M - 30	16	01:03:02	02:27:05	03:38:39	05:19:27	06:43:48	08:11:30.95	08:11:34.40	+01:40:44 (20.5%)	7:13	8.3 (79.8%)
32	CICHOREK Dariusz	4375		Masters M - 40	15	01:01:12	02:21:03	03:29:08	05:15:24	06:43:13	08:11:46.25	08:11:50.15	+01:41:00 (20.5%)	7:13	8.3 (79.8%)
33	KYCIA Piotr	4161		Masters M - 40	16	01:04:39	02:33:25	03:49:49	05:26:08	06:52:50	08:16:28.70	08:16:33.60	+01:45:44 (21.3%)	7:18	8.2 (78.8%)
34	MÜLLER Christoph	4314		Senior II M - 30	17	00:57:53	02:19:11	03:28:22	05:03:43	06:52:07	08:17:39.25	08:17:43.85	+01:46:54 (21.5%)	7:19	8.2 (78.8%)
35	ZAWADZKI Andrzej	4377	MKS SIECHNICE	Senior II M - 30	18	01:03:00	02:27:01	03:43:03	05:27:03	06:56:51	08:24:28.60	08:24:35.95	+01:53:46 (22.5%)	7:25	8.1 (77.9%)
36	STAŃCO Paweł	4298	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior I M - 20	2	00:57:56	02:19:56	03:34:31	05:18:28	06:48:18	08:25:11.00	08:25:16.00	+01:54:26 (22.6%)	7:25	8.1 (77.9%)
37	PAWŁOWSKI Piotr	4322	REHMEDICA	Masters M - 40	17	01:04:53	02:28:40	03:39:12	05:16:15	06:55:00	08:25:35.60	08:25:41.20	+01:54:51 (22.7%)	7:26	8.1 (77.9%)
38	BAROSZ Natalia	4371	MARCINIŚWIERCTEAM/SPRINTEMDOULTRA	Senior II K - 30	1	01:09:30	02:41:01	04:00:31	05:43:09	07:03:52	08:26:29.80	08:26:35.40	+01:55:45 (22.9%)	7:26	8.1 (77.9%)
39	OSIURAK Łukasz	4249	1985	Senior II M - 30	19	01:05:47	02:33:02	03:49:19	05:31:46	07:02:48	08:29:41.40	08:30:14.00	+01:59:24 (23.4%)	7:29	8 (76.9%)
40	DYREK Mateusz	4353		Senior II M - 30	20	01:05:53	02:36:45	03:50:20	05:38:43	07:04:02	08:31:16.75	08:31:40.00	+02:00:50 (23.6%)	7:31	8 (76.9%)
41	SZCZEPANIK Robert	4390		Masters M - 40	18	01:07:21	02:38:55	04:03:07	05:45:56	07:10:04	08:31:43.40	08:31:55.95	+02:01:06 (23.7%)	7:31	8 (76.9%)
42	SZAŁ Tomasz	4163	ETA UPS TEAM	Masters M - 40	19	01:09:56	02:43:07	04:03:00	05:46:05	07:09:55	08:32:19.25	08:32:25.40	+02:01:35 (23.7%)	7:32	8 (76.9%)
43	VALLEJO Eduardo	4386	JACEKBIEGA RUNNING TEAM	Senior II M - 30	21	01:01:18	02:28:37	03:51:17	05:40:39	07:08:08	08:36:42.05	08:36:50.75	+02:06:01 (24.4%)	7:35	7.9 (76.0%)
44	LATOS Marcin	4127	EUROCLEAR RUNNING TEAM	Senior II M - 30	22	01:09:30	02:42:48	04:02:41	05:48:56	07:16:06	08:38:11.70	08:38:28.00	+02:07:38 (24.6%)	7:37	7.9 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
45	KUSZTELAK Jacek	4315	ZIEMO&WIT TEAM	Senior II M - 30	23	01:07:45	02:38:52	03:58:29	05:44:35	07:09:40	08:38:23.40	08:38:41.90	+02:07:52 (24.7%)	7:37	7.9 (76.0%)
46	MARCINIAK Maciej	4365		Senior II M - 30	24	01:10:08	02:48:10	04:05:14	05:52:56	07:12:46	08:39:58.60	08:40:22.60	+02:09:33 (24.9%)	7:38	7.8 (75.0%)
47	ZAWORSKI Tomasz	4257		Senior II M - 30	25	01:08:29	02:39:09	04:02:27	05:48:26	07:12:03	08:41:54.80	08:42:03.35	+02:11:13 (25.1%)	7:40	7.8 (75.0%)
48	WOSZEK Marzena	4084	STRUSIE	Masters K - 40	1	01:07:36	02:38:06	03:53:07	05:42:38	07:14:54	08:44:09.10	08:44:18.70	+02:13:29 (25.5%)	7:42	7.8 (75.0%)
49	WOSZEK Tomasz	4083	STRUSIE	Masters M - 40	20	01:07:37	02:38:06	03:53:09	05:42:39	07:15:23	08:44:09.00	08:44:18.90	+02:13:29 (25.5%)	7:42	7.8 (75.0%)
50	RUSZCZEWSKI Andrzej	4068	VEGE RUNNERS	Senior II M - 30	26	01:14:34	02:46:57	04:05:26	05:51:35	07:14:31	08:44:03.05	08:44:35.85	+02:13:46 (25.5%)	7:42	7.8 (75.0%)
51	NOWAK Mariusz	4358	HRT	Senior II M - 30	27	01:13:28	02:45:51	04:00:43	05:44:06	07:13:50	08:45:43.55	08:45:52.50	+02:15:02 (25.7%)	7:43	7.8 (75.0%)
52	GUZERA Justyna	4341		Senior II K - 30	2	01:08:52	02:41:39	04:05:13	05:59:15	07:23:41	08:46:18.40	08:47:25.80	+02:16:36 (25.9%)	7:44	7.8 (75.0%)
53	STRASZKO Monika	4144		Masters K - 40	2	01:09:55	02:44:34	04:07:36	05:54:59	07:22:44	08:48:48.80	08:48:54.45	+02:18:04 (26.1%)	7:46	7.7 (74.0%)
54	DYRKA Krzysztof	4087	POLITECHNIKA POZNAŃSKA	Masters M - 40	21	01:15:45	02:52:22	04:13:11	05:57:42	07:25:55	08:50:35.40	08:51:51.55	+02:21:02 (26.5%)	7:48	7.7 (74.0%)
55	WITCZAK Jacek	4157		Masters M - 40	22	01:05:55	02:41:38	04:07:29	06:00:12	07:29:16	08:51:46.30	08:51:58.05	+02:21:08 (26.5%)	7:49	7.7 (74.0%)
56	PIĘTA Marcin	4025	GRUPA PANA TOLKA / #SOBASTEAM	Senior II M - 30	28	01:03:25	02:33:11	03:50:35	05:44:55	07:17:08	08:52:02.80	08:52:03.80	+02:21:14 (26.5%)	7:49	7.7 (74.0%)
57	STANISŁAWSKI Karol	4022	RUNNER.PL	Senior II M - 30	29	01:07:40	02:38:10	03:54:11	05:44:49	07:17:01	08:51:57.05	08:52:04.10	+02:21:14 (26.5%)	7:49	7.7 (74.0%)
58	KUK Urszula	4339		Masters K - 40	3	01:16:57	02:52:44	04:15:19	06:05:33	07:28:56	08:54:03.75	08:54:50.30	+02:24:00 (26.9%)	7:51	7.6 (73.1%)
59	ZYDRON Tymoteusz	4034	VISEGRAD MARATON RYTRO	Masters M - 40	23	01:15:04	02:55:21	04:17:25	06:05:21	07:33:28	09:01:10.00	09:01:18.00	+02:30:28 (27.8%)	7:57	7.5 (72.1%)
60	PRZYBYLSKA Katarzyna	4202		Senior I K - 20	1	01:17:13	02:53:37	04:10:41	05:59:23	07:31:47	09:06:21.80	09:06:47.90	+02:35:58 (28.5%)	8:02	7.5 (72.1%)
61	KUBACKA Anna	4317		Senior II K - 30	3	01:07:35	02:39:10	04:05:01	05:57:34	07:32:56	09:08:28.25	09:08:37.15	+02:37:47 (28.8%)	8:03	7.4 (71.2%)
62	BIALOBRZEWSKI Sławek	4318		Masters M - 40	24	01:07:34	02:39:10	04:05:00	06:00:24	07:32:55	09:08:29.15	09:08:38.55	+02:37:49 (28.8%)	8:03	7.4 (71.2%)
63	ZAJĄC Leszek	4285	L.O.T.A.ZWŁOSZAKOWICE	Masters M - 40	25	01:09:44	02:47:58	04:18:42	06:13:11	07:41:39	09:09:35.15	09:09:48.80	+02:38:59 (28.9%)	8:04	7.4 (71.2%)
64	SZULTK Magdalena	4021		Senior I K - 20	2	01:07:50	02:42:45	04:08:43	06:04:20	07:35:59	09:11:34.70	09:11:42.55	+02:40:53 (29.2%)	8:06	7.4 (71.2%)
65	ROSOLSKI Dawid	4143		Senior II M - 30	30	01:06:03	02:37:34	04:11:46	06:07:43	07:40:58	09:11:52.85	09:12:00.55	+02:41:11 (29.2%)	8:06	7.4 (71.2%)
66	BOCHEŃSKA Aleksandra	4407	PRO RUN WROCŁAW	Masters K - 40	4	01:18:27	03:00:23	04:27:35	06:15:35	07:44:11	09:11:41.60	09:12:11.40	+02:41:21 (29.2%)	8:06	7.4 (71.2%)
67	LACHOWICZ Przemysław	4406		Masters M - 40	26	01:19:37	03:00:41	04:27:10	06:25:44	07:50:35	09:14:11.15	09:14:59.95	+02:44:10 (29.6%)	8:08	7.4 (71.2%)
68	GRZEGORZAK Michał	4327		Senior I M - 20	3	01:17:32	02:56:12	04:15:05	06:06:10	07:42:41	09:14:42.75	09:15:36.55	+02:44:47 (29.7%)	8:09	7.4 (71.2%)
69	JANIK Andrzej	4112	KOMPUTRONIK CHOJNICE	Senior II M - 30	31	01:17:30	02:49:00	04:11:26	06:14:57	07:46:52	09:15:44.70	09:16:49.20	+02:45:59 (29.8%)	8:10	7.3 (70.2%)
70	DZIADOWIEC Łukasz	4162		Senior I M - 20	4	01:14:30	02:51:49	04:12:33	06:08:08	07:41:50	09:17:29.60	09:17:50.00	+02:47:00 (29.9%)	8:11	7.3 (70.2%)

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71	ŚMICHURSKI Krzysztof	4039	FIZJOTERAPIA BIEGACZA/PRO 366	Senior II M - 30	32	01:13:56	02:46:27	04:11:29	06:08:02	07:42:30	09:18:05.95	09:18:26.05	+02:47:36 (30.0%)	8:12	7.3 (70.2%)
72	STANISŁAWSKI Jacek	4123	DOOKOLASWIATA.CO	Senior II M - 30	33	01:09:57	02:41:15	04:00:42	05:55:50	07:39:25	09:19:20.95	09:19:21.95	+02:48:32 (30.1%)	8:13	7.3 (70.2%)
73	WYWROT Grzegorz	4060		Senior II M - 30	34	01:16:53	02:55:40	04:18:59	06:22:25	07:50:07	09:18:41.80	09:19:27.55	+02:48:38 (30.1%)	8:12	7.3 (70.2%)
74	MAJCHROWSKI Jacek	4000	NIEZALEŻNA TARNOBZESKA GRUPA BIEGOWA 'RUN'S NOT DEAD'	Masters M - 40	27	01:10:38	02:50:04	04:14:32	06:05:13	07:41:21	09:19:51.95	09:20:01.50	+02:49:11 (30.2%)	8:14	7.3 (70.2%)
75	JURASZ Wojciech	4346	MŁÓCKARNIA	Senior II M - 30	35	01:05:13	02:35:59	03:58:40	05:59:51	07:38:01	09:20:51.55	09:21:14.25	+02:50:24 (30.4%)	8:14	7.3 (70.2%)
76	WALEŃSKI Maciej	4312	PROTON	Senior II M - 30	36	01:09:33	02:46:52	04:13:31	06:19:34	07:50:32	09:20:49.05	09:21:25.90	+02:50:36 (30.4%)	8:14	7.3 (70.2%)
77	WALCZAK Patryk	4287	XRUNNERS	Senior II M - 30	37	01:06:15	02:39:11	04:10:19	06:09:00	07:47:07	09:21:22.80	09:21:27.30	+02:50:37 (30.4%)	8:15	7.3 (70.2%)
78	MUSIELAK Marek	4206	KUPA WIARY TEJ	Senior II M - 30	38	01:24:55	03:06:59	04:29:29	06:18:58	07:50:41	09:21:05.50	09:21:36.10	+02:50:46 (30.4%)	8:15	7.3 (70.2%)
79	KONOPIŃSKI Tomasz	4086	MEDIASYSTEM	Masters M - 40	28	01:23:52	03:07:55	04:27:48	06:21:25	07:47:22	09:20:48.55	09:21:46.65	+02:50:57 (30.4%)	8:14	7.3 (70.2%)
80	KŁOSOWSKI Kamil	4062		Senior II M - 30	39	01:09:34	02:43:55	04:06:52	06:01:50	07:42:24	09:22:05.05	09:22:22.30	+02:51:32 (30.5%)	8:15	7.3 (70.2%)
81	PIETRUCHA Maciej	4079	KARKONOSZ RUNNING TEAM	Masters M - 40	29	01:16:00	02:53:06	04:20:50	06:20:29	07:49:17	09:21:57.85	09:22:48.00	+02:51:58 (30.6%)	8:15	7.3 (70.2%)
82	KUCA Szymon	4208	OLAWS ZŁOTORYJA	Senior II M - 30	40	01:14:34	02:51:32	04:10:32	06:01:06	07:39:55	09:23:23.15	09:23:29.30	+02:52:39 (30.6%)	8:17	7.2 (69.2%)
83	DAUKSZO Maciej	4340	SBRT WARSZAWA	Senior I M - 20	5	01:11:11	02:44:09	04:06:49	06:05:54	07:45:44	09:23:32.85	09:23:35.70	+02:52:46 (30.7%)	8:17	7.2 (69.2%)
84	CHOJNACKI Przemysław	4409	BOX88	Masters M - 40	30	01:19:33	03:00:59	04:27:29	06:21:35	07:51:45	09:22:43.90	09:23:36.95	+02:52:47 (30.7%)	8:16	7.3 (70.2%)
85	KLABISZ Dawid	4372		Senior II M - 30	41	01:07:38	02:42:39	04:08:10	06:06:48	07:41:07	09:23:43.95	09:23:54.20	+02:53:04 (30.7%)	8:17	7.2 (69.2%)
86	BIAŁCZYK Marcin	4280	SKY IS THE LIMIT	Senior II M - 30	42	01:07:18	02:39:47	04:06:26	06:18:02	07:48:53	09:22:55.00	09:24:05.05	+02:53:15 (30.7%)	8:16	7.2 (69.2%)
87	UCIEKŁAK Dominik	4185		Masters M - 40	31	01:08:51	02:42:10	04:09:22	06:08:49	07:47:22	09:24:04.40	09:24:55.45	+02:54:05 (30.8%)	8:17	7.2 (69.2%)
88	MĄCZKA Martyna	4348		Senior II K - 30	4	01:15:16	02:52:25	04:15:49	06:08:21	07:43:29	09:24:45.40	09:24:55.80	+02:54:06 (30.8%)	8:18	7.2 (69.2%)
89	ŚMIGIELSKA Danuta	4094	CZERWONAK BIEGA	Senior I K - 20	3	01:14:25	02:53:58	04:20:58	06:14:21	07:49:10	09:25:32.70	09:25:42.80	+02:54:53 (30.9%)	8:19	7.2 (69.2%)
90	MAZURCZAK Łukasz	4251		Senior II M - 30	43	01:15:46	02:52:37	04:15:02	06:14:11	07:47:57	09:26:56.75	09:28:12.95	+02:57:23 (31.2%)	8:20	7.2 (69.2%)
91	SEWERYN Grzegorz	4082	BIEGOWA KUŹNIA	Senior II M - 30	44	01:12:20	02:47:19	04:19:10	06:19:39	07:53:55	09:28:42.95	09:29:03.75	+02:58:14 (31.3%)	8:21	7.2 (69.2%)
92	SAWICKI Leszek	4368		Weteran II M - 60	1	01:10:44	02:46:31	04:13:18	06:19:49	07:56:17	09:28:15.35	09:29:22.90	+02:58:33 (31.4%)	8:21	7.2 (69.2%)
93	WYSMOLIŃSKI Rafał	4385		Masters M - 40	32	01:16:01	02:55:52	04:22:49	06:25:50	07:56:01	09:30:26.10	09:30:51.70	+03:00:02 (31.5%)	8:23	7.2 (69.2%)
94	PIETROSZEK Rafał	4410	BRUBECK TEAM	Senior I M - 20	6	01:04:12	02:38:29	04:14:25	06:15:57	07:54:08	09:31:43.30	09:31:46.70	+03:00:57 (31.6%)	8:24	7.1 (68.3%)
95	GÓRNICKI Tomasz	4183		Masters M - 40	33	01:14:26	02:50:36	04:18:34	06:21:28	07:57:28	09:32:13.85	09:32:51.85	+03:02:02 (31.8%)	8:24	7.1 (68.3%)
96	KONIECZNY Maciej	4222	MK-CONNECT TEAM	Masters M - 40	34	01:08:39	02:39:02	04:06:44	06:14:44	07:48:05	09:33:27.15	09:33:41.20	+03:02:51 (31.9%)	8:25	7.1 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
97	ZUB Arkadiusz	4010	GRUPA BIEGOWA 'BEZ GRANIC'	Masters M - 40	35	01:20:34	03:02:18	04:32:07	06:29:31	08:02:29	09:33:54.75	09:33:59.55	+03:03:10 (31.9%)	8:26	7.1 (68.3%)
98	JABŁOŃSKA Sylwia	4380	SBG PODBIEG	Senior II K - 30	5	01:12:15	02:51:57	04:20:01	06:18:48	07:53:22	09:34:30.25	09:35:20.85	+03:04:31 (32.1%)	8:26	7.1 (68.3%)
99	WIŚNIEWSKI Jacek	4216	NOWA RUDA BIEGA	Masters M - 40	36	01:12:42	02:48:45	04:15:12	06:17:19	07:53:53	09:34:44.90	09:35:21.35	+03:04:31 (32.1%)	8:27	7.1 (68.3%)
100	MYŚLIŃSKI Marcin	4168		Senior II M - 30	45	01:14:15	02:54:34	04:15:51	06:24:19	07:59:10	09:35:55.45	09:36:07.70	+03:05:18 (32.2%)	8:28	7.1 (68.3%)
101	KISIAŁA Filip	4193	LACHO TEAM	Masters M - 40	37	01:12:38	02:48:56	04:13:51	06:15:12	07:55:09	09:36:00.25	09:36:35.75	+03:05:46 (32.2%)	8:28	7.1 (68.3%)
102	DAWIDZIAK Arkadiusz	4205		Senior II M - 30	46	01:09:57	02:45:37	04:12:59	06:19:11	07:54:30	09:37:51.85	09:38:01.95	+03:07:12 (32.4%)	8:29	7.1 (68.3%)
103	KOŁODZIEJSKI Jarek	4076	PIĄTKOWO NA BIEGOWO	Masters M - 40	38	01:17:50	03:01:36	04:27:44	06:24:14	08:02:04	09:37:41.15	09:38:23.05	+03:07:33 (32.4%)	8:29	7.1 (68.3%)
104	KAWALEC Krystian	4152	MARCIN ŚWIERC TEAM	Masters M - 40	39	01:16:55	03:02:32	04:32:39	06:29:24	08:02:15	09:41:14.50	09:41:32.60	+03:10:43 (32.8%)	8:32	7 (67.3%)
105	STĘPIEŃ Kamila	4196		Senior II K - 30	6	01:18:09	03:01:52	04:28:38	06:30:04	08:06:42	09:41:41.40	09:42:09.05	+03:11:19 (32.9%)	8:33	7 (67.3%)
105	STĘPIEŃ Grzegorz	4195		Masters M - 40	40	01:18:10	03:02:49	04:28:18	06:30:05	08:06:43	09:41:42.30	09:42:09.05	+03:11:19 (32.9%)	8:33	7 (67.3%)
107	DURĄŁEK Andrzej	4344		Masters M - 40	41	01:09:24	02:47:04	04:14:22	06:21:41	07:59:56	09:41:55.85	09:42:30.80	+03:11:41 (32.9%)	8:33	7 (67.3%)
108	BANKIEWICZ Damian	4038	ASSECO ACTIVE TEAM	Masters M - 40	42	01:14:37	02:56:31	04:22:21	06:33:41	08:06:21	09:42:11.95	09:42:50.50	+03:12:00 (32.9%)	8:33	7 (67.3%)
109	STANGIERSKI Adam	4292		Senior II M - 30	47	01:26:48	03:07:15	04:34:46	06:41:35	08:06:42	09:42:19.10	09:43:45.35	+03:12:55 (33.0%)	8:33	7 (67.3%)
110	KRÓL Marcin	4383	OŚ RACING TEAM	Masters M - 40	43	01:14:43	02:51:44	04:14:44	06:17:25	07:57:32	09:44:28.70	09:45:02.10	+03:14:12 (33.2%)	8:35	7 (67.3%)
111	JĘDRASZEK Alicja	4408		Masters K - 40	5	01:21:49	03:07:40	04:37:49	06:33:00	08:10:20	09:44:38.80	09:45:56.05	+03:15:06 (33.3%)	8:35	7 (67.3%)
112	MITUS Wojtek	4271	WOJCIECH MITUŚ	Masters M - 40	44	01:11:36	02:51:38	04:15:43	06:23:54	08:04:04	09:45:53.95	09:46:46.55	+03:15:57 (33.4%)	8:36	7 (67.3%)
113	BATOR Michał	4149	#SOBASTEAM	Senior II M - 30	48	01:10:57	02:48:05	04:14:54	06:20:46	07:59:42	09:48:15.10	09:48:29.70	+03:17:40 (33.6%)	8:39	6.9 (66.3%)
114	FIELEK Piotr	4247	PRO-RUN WROCŁAW	Masters M - 40	45	01:07:24	02:39:58	04:15:22	06:30:27	08:15:34	09:48:26.40	09:48:52.70	+03:18:03 (33.6%)	8:39	6.9 (66.3%)
115	CZUB Piotr	4281	GRUPA BIEGOWA'BEZ GRANIC'	Senior I M - 20	7	01:14:05	02:51:05	04:19:04	06:17:05	08:03:46	09:48:22.50	09:49:34.40	+03:18:44 (33.7%)	8:39	6.9 (66.3%)
116	SIKORA Grzegorz	4404	MC BIEGACZE	Masters M - 40	46	01:26:54	03:13:25	04:48:57	06:45:52	08:19:23	09:49:23.45	09:49:48.35	+03:18:58 (33.7%)	8:40	6.9 (66.3%)
117	TOMAKA Maciej	4274	KURORT ŁĄDEK ZDRÓJ TEAM	Senior II M - 30	49	01:19:08	03:04:16	04:29:19	06:46:11	08:15:01	09:49:31.80	09:50:45.40	+03:19:55 (33.8%)	8:40	6.9 (66.3%)
118	KLAR Marek	4336	BEZ	Weteran I M - 50	1	01:17:54	03:00:25	04:30:05	06:35:42	08:19:23	09:50:03.10	09:50:50.50	+03:20:00 (33.9%)	8:40	6.9 (66.3%)
119	KOŚCIELNIAK Marek	4396	MUAY RUNNING TEAM	Masters M - 40	47	01:13:37	02:51:44	04:25:11	06:31:59	08:11:51	09:50:33.10	09:50:59.70	+03:20:10 (33.9%)	8:41	6.9 (66.3%)
120	GÓRECZNY Rafał	4362		Masters M - 40	48	01:10:00	02:47:13	04:13:57	06:43:19	08:15:31	09:50:56.60	09:51:12.10	+03:20:22 (33.9%)	8:41	6.9 (66.3%)
121	PRZYBYLSKI Piotr	4203		Masters M - 40	49	01:23:15	03:10:55	04:41:22	06:46:25	08:25:20	09:52:38.35	09:53:03.75	+03:22:14 (34.1%)	8:42	6.9 (66.3%)
122	LENARTOWICZ Adam	4402		Weteran I M - 50	2	01:12:42	02:52:18	04:25:52	06:41:39	08:21:05	09:54:04.30	09:54:20.40	+03:23:30 (34.2%)	8:44	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	68km			
123	KOBYŁECKI Bartosz	4411		Senior II M - 30	50	01:14:25	02:53:18	04:22:08	06:28:28	08:11:09	09:53:58.45	09:54:42.80	+03:23:53 (34.3%)	8:44	6.9 (66.3%)
124	DYMARSKI Mariusz	4228	CZERWONAK BIEGA	Masters M - 40	50	01:16:18	03:00:56	04:30:25	06:40:05	08:18:53	09:54:46.65	09:55:48.50	+03:24:58 (34.4%)	8:44	6.9 (66.3%)
125	ZIMNY Piotr	4360	SAINT-GOBAIN SQUAD	Senior II M - 30	51	01:17:02	02:59:30	04:30:14	06:34:41	08:22:32	09:55:02.70	09:55:52.10	+03:25:02 (34.4%)	8:45	6.9 (66.3%)
126	MATUSZEWSKI Nikodem Matuszewski	4364		Senior II M - 30	52	01:25:03	03:08:31	04:42:02	06:42:46	08:16:04	09:55:30.20	09:56:39.60	+03:25:50 (34.5%)	8:45	6.9 (66.3%)
127	KŁAKULAK Robert	4108	DZIKI ŻEGLARZ	Masters M - 40	51	01:17:29	02:48:40	04:17:21	06:37:49	08:10:59	09:56:01.95	09:57:06.60	+03:26:17 (34.5%)	8:45	6.8 (65.4%)
128	KADLCIK Petr	4282		Senior I M - 20	8	01:12:32	02:53:04	04:20:32	06:23:48	08:05:57	09:57:05.15	09:57:41.55	+03:26:52 (34.6%)	8:46	6.8 (65.4%)
129	FLORCZAK Bartosz	4078	SILAOGRA	Senior I M - 20	9	01:16:14	03:01:03	04:32:39	06:40:07	08:17:43	09:57:30.95	09:57:50.85	+03:27:01 (34.6%)	8:47	6.8 (65.4%)
130	MARKOWSKI Marek	4328	KS LENIWIEC	Masters M - 40	52	01:22:08	03:10:30	04:43:24	06:47:14	08:21:26	09:57:15.90	09:58:19.30	+03:27:29 (34.7%)	8:47	6.8 (65.4%)
131	STACHURSKI Daniel	4319		Masters M - 40	53	01:18:56	03:07:42	04:45:32	06:45:27	08:21:38	09:59:25.30	09:59:39.25	+03:28:49 (34.8%)	8:48	6.8 (65.4%)
132	SZLOSER Anna	4134	MONTE KAZURA TEAM	Senior II K - 30	7	01:14:33	03:07:03	04:36:36	06:30:58	08:16:04	09:59:35.25	09:59:41.70	+03:28:52 (34.8%)	8:49	6.8 (65.4%)
133	PLEWA Sylwia	4241		Masters K - 40	6	01:20:06	03:04:52	04:47:57	06:44:49	08:21:40	09:58:25.85	09:59:45.40	+03:28:55 (34.8%)	8:48	6.8 (65.4%)
134	KUBISIAK Dariusz	4180		Weteran I M - 50	3	01:23:01	03:06:53	04:36:13	06:40:27	08:17:28	09:59:21.70	09:59:53.60	+03:29:04 (34.9%)	8:48	6.8 (65.4%)
135	SOSNOWSKI Roman	4291	LACHO TEAM	Masters M - 40	54	01:27:19	03:19:23	04:58:42	07:00:43	08:27:50	10:00:31.10	10:01:07.25	+03:30:17 (35.0%)	8:49	6.8 (65.4%)
136	ZAGUBIEŃ Wojtek	4176	EUFORIABIEGACZA TEAM	Masters M - 40	55	01:04:38	02:35:11	03:55:24	06:13:37	08:09:48	10:01:25.00	10:01:29.60	+03:30:40 (35.0%)	8:50	6.8 (65.4%)
137	TECZA Rafael	4074		Masters M - 40	56	01:13:21	02:51:46	04:17:01	06:25:37	08:10:54	10:02:59.90	10:03:54.65	+03:33:05 (35.3%)	8:52	6.8 (65.4%)
138	PARWA Michał	4107	BIEGIEM NA ROWER	Senior II M - 30	53	01:17:29	02:57:33	04:33:17	06:47:45	08:21:35	10:03:44.10	10:04:10.70	+03:33:21 (35.3%)	8:52	6.8 (65.4%)
139	SIWIEC Stanisław	4005		Weteran II M - 60	2	01:16:11	03:00:23	04:34:08	06:43:16	08:23:59	10:04:02.15	10:04:10.75	+03:33:21 (35.3%)	8:52	6.8 (65.4%)
140	WASIELEWSKI Oskar	4032		Masters M - 40	57	01:14:06	02:59:01	04:32:52	06:39:12	08:21:29	10:05:05.85	10:05:36.35	+03:34:46 (35.5%)	8:53	6.7 (64.4%)
141	JAŻNIEWICZ Artur	4219	MLG	Senior II M - 30	54	01:18:30	03:06:23	04:50:07	06:56:58	08:31:55	10:06:19.05	10:06:31.05	+03:35:41 (35.6%)	8:54	6.7 (64.4%)
142	MORCINEK Marcin	4397	BLUSZCZA	Masters M - 40	58	01:17:10	02:59:50	04:32:37	06:40:33	08:25:25	10:07:25.35	10:07:53.55	+03:37:04 (35.7%)	8:55	6.7 (64.4%)
143	JARUS Andrzej	4101		Masters M - 40	59	01:14:25	02:54:42	04:29:13	06:36:58	08:21:57	10:08:15.30	10:08:28.15	+03:37:38 (35.8%)	8:56	6.7 (64.4%)
144	KRZOS Piotr	4158		Senior II M - 30	55	01:25:29	03:08:21	04:42:51	06:43:29	08:24:36	10:07:20.25	10:08:33.65	+03:37:44 (35.8%)	8:55	6.7 (64.4%)
145	GILEWICZ-RACHOWSKA Jagoda	4221	DGR KANCELARIA RADCÓW PRAWNYCH	Senior II K - 30	8	01:18:48	03:05:04	04:34:36	06:43:29	08:29:23	10:09:56.75	10:10:09.90	+03:39:20 (35.9%)	8:58	6.7 (64.4%)
146	JĘDRASZEK Maciej	4351		Masters M - 40	60	01:21:47	03:07:40	04:43:30	06:44:03	08:24:50	10:10:13.10	10:11:30.85	+03:40:41 (36.1%)	8:58	6.7 (64.4%)
147	GAWLIK Marcin	4066	MKS SIECHNICE	Masters M - 40	61	01:17:00	03:01:04	04:32:41	06:49:33	08:28:35	10:12:29.10	10:12:40.55	+03:41:51 (36.2%)	9:00	6.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	68km			
148	HAJDUK Bartłomiej	4192	FIZJOTEAM	Masters M - 40	62	01:21:47	03:12:46	04:46:07	06:54:22	08:34:54	10:11:52.65	10:12:43.75	+03:41:54 (36.2%)	8:59	6.7 (64.4%)
149	WOLAŃSKI Witosław	4019	JESZCZE TROCHĘ - TRÓJMIASTO / KASZUBSKA PONIEWIERKA	Weteran I M - 50	4	01:22:54	03:10:01	04:38:02	06:48:11	08:24:40	10:11:59.60	10:13:25.50	+03:42:35 (36.3%)	9:00	6.7 (64.4%)
150	WALKOW Tomasz	4283	DOVER ROAD RUNNERS	Senior II M - 30	56	01:10:33	02:49:28	04:22:13	06:48:57	08:29:54	10:13:20.90	10:13:34.20	+03:42:44 (36.3%)	9:01	6.7 (64.4%)
151	JEŻAK Jakub	4347	SPARTANIE DZIECIOM	Senior II M - 30	57	01:19:38	03:06:42	04:40:32	06:48:17	08:32:01	10:13:41.70	10:13:45.70	+03:42:56 (36.3%)	9:01	6.6 (63.5%)
152	PERZ Marzenna	4299		Weteran K - 50	1	01:32:37	03:27:53	05:02:23	07:03:19	08:41:10	10:13:21.30	10:14:24.50	+03:43:34 (36.4%)	9:01	6.7 (64.4%)
153	SIENKIEWICZ Grzegorz	4055	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	58	01:26:53	03:16:45	04:43:54	06:46:58	08:30:51	10:13:50.15	10:14:24.55	+03:43:35 (36.4%)	9:01	6.6 (63.5%)
154	FEODORÓW Wojtek	4399	SKURCZYBYKI	Weteran I M - 50	5	01:20:01	03:08:16	04:40:10	06:40:18	08:26:10	10:15:16.45	10:15:24.10	+03:44:34 (36.5%)	9:02	6.6 (63.5%)
155	GRABICKI Sebastian	4352		Masters M - 40	63	01:11:01	02:53:33	04:20:02	06:47:08	08:25:52	10:15:18.60	10:15:47.65	+03:44:58 (36.5%)	9:02	6.6 (63.5%)
156	KUŁAKOWSKA Monika	4064		Senior II K - 30	9	01:23:45	03:13:33	04:48:53	06:59:05	08:34:55	10:15:31.30	10:15:53.65	+03:45:04 (36.5%)	9:03	6.6 (63.5%)
157	STANKIEWICZ Tomasz	4128		Senior II M - 30	59	01:07:20	02:40:57	04:07:34	06:18:40	08:08:22	10:16:16.60	10:16:20.80	+03:45:31 (36.6%)	9:03	6.6 (63.5%)
158	POGORZELSKA Katarzyna	4370		Senior II K - 30	10	01:19:23	03:01:30	04:35:35	06:49:46	08:29:36	10:17:37.35	10:18:06.10	+03:47:16 (36.8%)	9:04	6.6 (63.5%)
159	WARZECHA Teresa	4323	TIGERS PRUDNIK/ RUNNERS TEAM NYSA	Weteran K - 50	2	01:20:36	03:05:25	04:49:06	06:55:36	08:36:53	10:18:11.90	10:19:01.45	+03:48:11 (36.9%)	9:05	6.6 (63.5%)
160	PUZANOWSKI Piotr	4169		Senior II M - 30	60	01:12:47	02:52:50	04:27:07	06:45:16	08:28:49	10:18:07.90	10:19:19.45	+03:48:29 (36.9%)	9:05	6.6 (63.5%)
161	NOWAK Dorota	4136	WIECZORNE BIEGANIE W SZCZECINIE	Senior II K - 30	11	01:30:46	03:25:43	05:02:30	07:00:04	08:43:20	10:18:39.50	10:19:43.10	+03:48:53 (36.9%)	9:05	6.6 (63.5%)
162	DĘBICKI Mariusz	4215	ORANGE POLSKA	Masters M - 40	64	01:23:28	03:10:47	04:39:52	06:51:42	08:39:41	10:19:29.50	10:20:13.10	+03:49:23 (37.0%)	9:06	6.6 (63.5%)
163	CIESIELSKI Piotr	4151		Senior I M - 20	10	01:22:32	03:13:30	04:49:21	06:59:58	08:40:00	10:21:31.25	10:21:53.95	+03:51:04 (37.2%)	9:08	6.6 (63.5%)
164	LISZKA Piotr	4150		Weteran II M - 60	3	01:32:08	03:23:40	04:52:53	07:00:23	08:40:03	10:21:41.50	10:22:10.10	+03:51:20 (37.2%)	9:08	6.6 (63.5%)
165	GOŁEMBECKI Jakub	4053		Masters M - 40	65	01:26:26	03:13:13	04:48:23	07:00:23	08:36:54	10:23:17.55	10:24:02.20	+03:53:12 (37.4%)	9:09	6.5 (62.5%)
166	KOROBIJ Krzysztof	4405	X ŁĄDEK SPECIAL FORCES	Senior I M - 20	11	01:13:55	02:59:34	04:32:43	06:42:14	08:25:24	10:24:13.85	10:24:30.05	+03:53:40 (37.4%)	9:10	6.5 (62.5%)
166	GAJDECKI Tomek	4200	ACCENTURE	Masters M - 40	66	01:23:15	03:11:09	04:37:57	06:48:47	08:32:14	10:23:34.85	10:24:30.05	+03:53:40 (37.4%)	9:10	6.5 (62.5%)
168	JANUSZ Tomasz	4413		Masters M - 40	67	01:22:33	03:13:07	04:41:45	06:49:49	08:36:32	10:23:47.45	10:24:40.50	+03:53:50 (37.4%)	9:10	6.5 (62.5%)
169	PTAK Adam	4085	PIĄTKOWO NA BIEGOWO	Masters M - 40	68	01:22:35	03:12:15	04:50:18	07:01:25	08:40:23	10:24:39.90	10:25:20.75	+03:54:31 (37.5%)	9:11	6.5 (62.5%)
170	RATAJCZAK Joanna	4311	PIĄTKOWO NA BIEGOWO	Masters K - 40	7	01:22:33	03:12:08	04:50:17	07:01:27	08:40:13	10:24:39.25	10:25:20.85	+03:54:31 (37.5%)	9:11	6.5 (62.5%)
171	WOJTKOWIAK Renata	4118	PIĄTKOWO NA BIEGOWO	Masters K - 40	8	01:23:14	03:19:21	04:51:42	07:01:28	08:41:29	10:24:40.00	10:25:20.95	+03:54:31 (37.5%)	9:11	6.5 (62.5%)
172	NOWACKI Michał	4002	MORSY POZNAŃ	Masters M - 40	69	01:18:12	03:06:06	04:41:09	07:04:29	08:40:17	10:25:58.85	10:26:14.45	+03:55:24 (37.6%)	9:12	6.5 (62.5%)
173	HADZICKA Sylwia	4230	VEGE RUNNERS	Senior II K - 30	12	01:19:52	03:07:23	04:50:17	07:01:20	08:48:58	10:25:48.20	10:26:28.35	+03:55:38 (37.6%)	9:12	6.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
174	ZAWROTNIAK Arkadiusz	4058		Senior I M - 20	12	01:22:37	03:06:53	04:44:18	06:56:26	08:39:57	10:26:21.05	10:26:51.85	+03:56:02 (37.7%)	9:12	6.5 (62.5%)
174	ZAWROTNIAK Paweł	4057		Senior I M - 20	13	01:22:36	03:06:53	04:44:17	06:56:25	08:40:40	10:26:20.75	10:26:51.85	+03:56:02 (37.7%)	9:12	6.5 (62.5%)
176	MICHALAK Wojciech Michalak	4306	GIZDY PIEROŃSKIE	Senior II M - 30	61	01:18:04	03:02:49	04:36:28	07:01:59	08:47:27	10:29:31.30	10:29:54.70	+03:59:05 (38.0%)	9:15	6.5 (62.5%)
177	TYŚ Radek	4164		Senior II M - 30	62	01:17:46	03:06:07	04:46:09	07:03:52	08:44:31	10:33:14.80	10:33:51.25	+04:03:01 (38.3%)	9:18	6.4 (61.5%)
178	AL-JEABORY Mahdi	4250		Senior II M - 30	63	01:21:47	03:12:07	04:47:38	06:51:49	08:47:20	10:34:25.00	10:34:46.70	+04:03:57 (38.4%)	9:19	6.4 (61.5%)
179	KACZMAREK Zbigniew	4307	ROZBIEGANY KOSZALIN	Weteran II M - 60	4	01:23:39	03:14:19	04:52:20	07:00:37	08:45:25	10:34:53.70	10:35:25.40	+04:04:35 (38.5%)	9:20	6.4 (61.5%)
180	SIKORSKI Jarek	4044	RUN BYDGOSZCZ	Masters M - 40	70	01:29:41	03:16:44	04:51:21	07:06:51	08:47:13	10:34:57.00	10:35:55.25	+04:05:05 (38.5%)	9:20	6.4 (61.5%)
181	DUDZIŃSKA Aleksandra	4126	RUN BYDGOSZCZ	Weteran K - 50	3	01:29:43	03:16:47	04:51:20	07:07:07	08:47:13	10:34:57.40	10:35:55.65	+04:05:06 (38.5%)	9:20	6.4 (61.5%)
182	ZIÓŁEK Mirosław	4226	STAY INSANE	Weteran I M - 50	6	01:20:45	03:11:45	04:49:07	07:02:09	08:47:38	10:35:39.60	10:36:29.90	+04:05:40 (38.6%)	9:20	6.4 (61.5%)
183	TATARCZYK Patrycja	4001	SBRT WARSZAWA	Senior I K - 20	4	01:23:54	03:15:12	04:51:50	07:03:15	08:49:39	10:36:11.70	10:36:43.35	+04:05:53 (38.6%)	9:21	6.4 (61.5%)
184	ŻMUDZIŃSKI Krzysztof	4261		Senior II M - 30	64	01:19:34	03:09:32	04:50:28	07:07:19	08:51:27	10:37:00.10	10:37:34.80	+04:06:45 (38.7%)	9:22	6.4 (61.5%)
185	PISKORSKI Krzysztof	4027		Masters M - 40	71	01:27:22	03:22:13	05:02:44	07:13:29	08:54:50	10:38:50.20	10:39:29.95	+04:08:40 (38.9%)	9:23	6.4 (61.5%)
186	WOZNIAK Wojciech	4392	BETTER THAN A THOUSAND	Weteran I M - 50	7	01:19:33	03:09:00	04:46:46	06:55:47	08:40:30	10:39:40.60	10:39:51.70	+04:09:02 (38.9%)	9:24	6.4 (61.5%)
187	KARBOWSKI Jarosław	4046	KS LENIWIEC	Masters M - 40	72	01:16:12	03:01:27	04:35:05	06:43:50	08:37:55	10:39:53.90	10:40:09.10	+04:09:19 (38.9%)	9:24	6.4 (61.5%)
188	PARZONKA Paweł	4109	KS LENIWIEC	Masters M - 40	73	01:09:33	02:54:23	04:32:46	06:44:28	08:39:06	10:40:03.05	10:40:18.05	+04:09:28 (39.0%)	9:24	6.4 (61.5%)
189	SERAFIŃSKI Mirosław	4266		Masters M - 40	74	01:31:17	03:25:00	04:55:59	07:05:05	08:53:17	10:40:45.95	10:42:12.85	+04:11:23 (39.1%)	9:25	6.4 (61.5%)
190	PLONKOWSKI Sebastian	4393	ST RUN TEAM	Masters M - 40	75	01:10:33	02:53:23	04:22:09	06:47:40	08:40:54	10:43:47.05	10:44:28.95	+04:13:39 (39.4%)	9:28	6.3 (60.6%)
191	SERYŁAK Tadeusz	4367	ST RUN TEAM	Senior II M - 30	65	01:10:32	02:53:23	04:22:23	06:47:36	08:40:54	10:43:47.20	10:44:29.70	+04:13:40 (39.4%)	9:28	6.3 (60.6%)
192	MOWNY Adam	4374	ORANGE POLSKA	Masters M - 40	76	01:13:03	02:55:18	04:24:30	06:47:40	08:38:44	10:43:48.20	10:44:30.30	+04:13:40 (39.4%)	9:28	6.3 (60.6%)
193	OSTROWSKI Paweł	4381		Senior II M - 30	66	01:18:58	03:08:26	04:44:52	07:01:13	08:43:41	10:44:21.20	10:44:32.10	+04:13:42 (39.4%)	9:28	6.3 (60.6%)
194	KUŹMIŃSKI Piotr	4103	AGB TORFY	Senior II M - 30	67	01:26:51	03:13:24	04:50:43	07:10:46	08:55:07	10:45:28.50	10:45:52.05	+04:15:02 (39.5%)	9:29	6.3 (60.6%)
195	SAMBORSKI Bartosz	4361	WKURW_TEAM	Masters M - 40	77	01:25:15	03:17:49	04:51:22	07:04:33	08:54:34	10:44:47.45	10:46:17.10	+04:15:27 (39.5%)	9:28	6.3 (60.6%)
196	WAROWNY Dawid	4138		Masters M - 40	78	01:24:48	03:13:27	04:50:22	07:03:12	08:52:48	10:47:27.85	10:48:11.40	+04:17:21 (39.7%)	9:31	6.3 (60.6%)
197	SZAŁAŚNY Piotr	4007	TESTYOUTDOOROWE.PL	Senior II M - 30	68	01:20:06	03:09:06	04:44:20	07:18:07	09:06:15	10:48:07.70	10:48:26.70	+04:17:37 (39.7%)	9:31	6.3 (60.6%)
198	JĘDRZEJCZAK Wojciech	4248		Weteran I M - 50	8	01:17:57	03:02:51	04:44:14	07:10:55	08:57:36	10:48:06.80	10:48:50.25	+04:18:00 (39.8%)	9:31	6.3 (60.6%)
199	NIEDZIELA Krzysztof	4300	GOSTYŃ	Masters M - 40	79	01:14:33	03:06:24	04:48:58	06:55:51	08:53:53	10:48:15.15	10:48:54.05	+04:18:04 (39.8%)	9:32	6.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	68km			
200	KOZIOŁ Artur	4232	KOZIOŁKI	Masters M - 40	80	01:20:42	03:11:26	04:49:00	07:05:34	08:50:22	10:47:45.55	10:49:05.85	+04:18:16 (39.8%)	9:31	6.3 (60.6%)
201	LEBODA Katarzyna	4387	WILD DOGS TEAM	Senior II K - 30	13	01:21:20	03:10:09	04:51:01	07:09:04	08:59:51	10:48:57.85	10:50:17.55	+04:19:28 (39.9%)	9:32	6.3 (60.6%)
202	SZWARC Paweł	4211	AKADEMIA MISTRZÓW SPORTU / RUN BYDGOSZCZ	Senior II M - 30	69	01:23:51	03:16:48	04:51:22	07:09:34	08:54:45	10:49:20.45	10:50:18.35	+04:19:28 (39.9%)	9:32	6.3 (60.6%)
203	MROTEK Katarzyna	4061	ON THE MOVE	Senior II K - 30	14	01:23:17	03:14:00	04:55:02	07:19:26	09:00:31	10:49:25.30	10:50:21.00	+04:19:31 (39.9%)	9:33	6.3 (60.6%)
204	DŁUGOSZ-SAWICKA Marta	4290		Senior II K - 30	15	01:23:17	03:14:05	04:55:01	07:19:26	09:00:29	10:49:24.90	10:50:21.15	+04:19:31 (39.9%)	9:33	6.3 (60.6%)
205	SILSKA Sylwia	4178		Masters K - 40	9	01:30:42	03:24:24	05:05:36	07:22:42	09:07:56	10:49:37.80	10:50:44.15	+04:19:54 (39.9%)	9:33	6.3 (60.6%)
206	BALCERZAK Robert	4170	KLUB BIEGACZA WARTA	Masters M - 40	81	01:19:32	03:11:56	04:52:05	07:10:53	08:59:32	10:50:40.45	10:51:02.60	+04:20:13 (40.0%)	9:34	6.3 (60.6%)
207	RADZIWOŃ Anna	4091	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	10	01:25:20	03:23:14	05:06:09	07:22:28	09:06:02	10:50:40.85	10:51:15.55	+04:20:26 (40.0%)	9:34	6.3 (60.6%)
208	RUSOŁ Tomasz	4088		Senior II M - 30	70	01:09:42	02:48:32	04:23:53	06:56:54	08:40:31	10:50:54.95	10:51:34.25	+04:20:44 (40.0%)	9:34	6.3 (60.6%)
209	GŁUSZEK Tomasz	4129		Senior II M - 30	71	01:17:41	02:58:59	04:30:29	06:49:50	08:46:17	10:50:39.60	10:51:36.20	+04:20:46 (40.0%)	9:34	6.3 (60.6%)
210	WYRWAS-ZYGARŁOWSKA Izabela	4240	KOBIETY BIEGAJĄ	Senior II K - 30	16	01:21:33	03:16:45	05:03:06	07:24:59	09:09:51	10:51:21.40	10:51:41.40	+04:20:51 (40.0%)	9:34	6.3 (60.6%)
211	GALASIŃSKI Andrzej	4239	GRUPA SIGMEO	Weteran I M - 50	9	01:19:20	03:15:05	04:56:59	07:15:56	09:04:27	10:51:23.70	10:51:43.25	+04:20:53 (40.0%)	9:34	6.3 (60.6%)
212	PALUCH Daniel	4092	BIEGOWA KUŹNIA	Masters M - 40	82	01:18:06	03:05:15	04:43:05	07:01:14	08:45:40	10:52:01.30	10:52:23.35	+04:21:33 (40.1%)	9:35	6.3 (60.6%)
213	BALCERZAK Mariusz	4172		Masters M - 40	83	01:23:16	03:14:24	04:51:24	07:07:56	08:58:18	10:51:29.05	10:52:34.30	+04:21:44 (40.1%)	9:34	6.3 (60.6%)
214	SKRZYPCZAK Radosław	4269	ROUNDSPACE.PL	Masters M - 40	84	01:27:20	03:19:23	04:58:37	07:23:54	09:07:59	10:52:02.05	10:52:37.70	+04:21:48 (40.1%)	9:35	6.3 (60.6%)
215	SMARUJ Igor	4309		Senior I M - 20	14	01:23:00	03:13:24	04:50:30	07:09:14	08:58:15	10:53:40.10	10:54:07.00	+04:23:17 (40.3%)	9:36	6.2 (59.6%)
216	JEDRZEJEK Lukasz	4324	DFDS POLSKA RUNNING TEAM	Senior II M - 30	72	01:22:21	03:12:54	04:45:10	06:47:14	08:46:12	10:53:13.40	10:54:23.25	+04:23:33 (40.3%)	9:36	6.2 (59.6%)
217	CHORAŻY Łukasz	4125	CAŁA OLEŚNICA BIEGA	Senior II M - 30	73	01:19:18		04:38:02	07:02:47	08:56:58	10:54:41.95	10:55:50.05	+04:25:00 (40.4%)	9:37	6.2 (59.6%)
218	MOSKAL Izabella	4160	TKKF MPK POZNAŃ	Masters K - 40	11	01:25:38	03:17:22	04:56:34	07:17:20	09:05:55	10:55:35.70	10:56:04.65	+04:25:15 (40.4%)	9:38	6.2 (59.6%)
219	JANASIK Aleksandra	4394		Masters K - 40	12	01:17:52	03:09:37	04:55:03	07:17:00	09:05:43	10:55:18.40	10:56:06.10	+04:25:16 (40.4%)	9:38	6.2 (59.6%)
220	WASZYK Anita	4398	MUAY RUNNING TEAM	Senior II K - 30	17	01:25:37	03:22:36	05:05:14	07:15:38	09:03:22	10:55:48.60	10:56:15.90	+04:25:26 (40.4%)	9:38	6.2 (59.6%)
221	HETMAŃSKI Arek	4069	LOVELASY	Senior II M - 30	74	01:17:01	03:06:05	04:42:15	07:01:31	08:54:53	10:57:25.65	10:57:32.40	+04:26:42 (40.6%)	9:40	6.2 (59.6%)
222	DYSARZ Jan	4382	BROWAR FORTUNA	Senior II M - 30	75	01:18:34	03:01:47	04:38:49	07:05:09	08:59:17	11:01:18.30	11:01:35.25	+04:30:45 (40.9%)	9:43	6.2 (59.6%)
223	WIŚNIEWSKI Dominik	4263		Senior II M - 30	76	01:20:56	03:09:11	04:47:14	07:13:18	09:04:16	11:02:10.00	11:02:23.65	+04:31:34 (41.0%)	9:44	6.2 (59.6%)
224	WILK Wiktoria	4105	WILKI	Senior II K - 30	18	01:26:27	03:26:39	05:09:29	07:25:47	09:11:36	11:02:00.90	11:03:15.40	+04:32:25 (41.1%)	9:44	6.2 (59.6%)
225	WILK Krzysztof	4106	WILKI	Senior II M - 30	77	01:26:26	03:18:32	05:09:30	07:25:46	09:11:36	11:02:02.10	11:03:17.30	+04:32:27 (41.1%)	9:44	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
226	BURCZYK Klaudiusz	4258		Senior II M - 30	78	01:20:49	03:11:35	04:48:55	07:14:00	09:09:12	11:03:27.10	11:04:02.70	+04:33:13 (41.1%)	9:45	6.1 (58.7%)
227	KARKOWSKA Wiesława	4332	GIMNA TARNOWO PODGÓRNE	Weteran K - 50	4	01:27:44	03:26:26	05:11:00	07:29:31	09:23:45	11:04:21.05	11:04:40.10	+04:33:50 (41.2%)	9:46	6.1 (58.7%)
228	DĄBROWSKI Roman	4037		Masters M - 40	85	01:21:29	03:13:24	04:55:18	07:19:48	09:13:31	11:05:08.00	11:05:34.60	+04:34:45 (41.3%)	9:46	6.1 (58.7%)
229	TYRPA Jarosław	4018		Masters M - 40	86	01:23:20	03:14:44	05:02:35	07:28:17	09:16:47	11:05:59.00	11:06:53.15	+04:36:03 (41.4%)	9:47	6.1 (58.7%)
230	KOZŁOWSKA Karolina	4171		Masters K - 40	13	01:23:48	03:17:03	04:59:36	07:18:01	09:08:33	11:06:52.50	11:07:51.50	+04:37:01 (41.5%)	9:48	6.1 (58.7%)
231	RÓŻANOWSKI Szymon	4357		Senior II M - 30	79					09:02:38	11:08:37.75	11:08:40.75	+04:37:51 (41.6%)	9:49	6.1 (58.7%)
232	MARIANOWSKI Krzysztof	4355	KWIDZYN BIEGA	Masters M - 40	87	01:27:34	03:23:10	05:04:06	07:27:56	09:19:57	11:09:20.60	11:10:12.90	+04:39:23 (41.7%)	9:50	6.1 (58.7%)
233	KOWALEWSKI Grzegorz	4242		Weteran I M - 50	10	01:29:14	03:26:39	05:03:52	07:25:57	09:23:14	11:09:10.25	11:10:18.65	+04:39:29 (41.7%)	9:50	6.1 (58.7%)
234	OSTÓJ Piotr	4295	ADSYSTEM	Senior I M - 20	15			05:03:38	07:25:17	09:17:30	11:10:57.10	11:10:58.10	+04:40:08 (41.8%)	9:52	6.1 (58.7%)
235	KOSZAREK Andrzej	4102		Masters M - 40	88	01:33:58	03:33:58	05:15:27	07:30:42	09:15:55	11:10:25.75	11:11:41.10	+04:40:51 (41.8%)	9:51	6.1 (58.7%)
236	GĄSZCZAK Michał	4378	RUNHOGS TYCHY	Senior II M - 30	80	01:25:18	03:14:24	04:55:06	07:15:09	09:05:55	11:11:10.30	11:12:20.65	+04:41:31 (41.9%)	9:52	6.1 (58.7%)
237	KOWALCZYK Marcin	4184		Senior II M - 30	81	01:16:57	03:07:17	04:40:40	07:04:17	09:01:17	11:12:33.25	11:13:07.40	+04:42:17 (41.9%)	9:53	6.1 (58.7%)
238	ŚNIEGOCKA Magdalena	4104	TARNOWO PODGÓRNE BIEGA	Masters K - 40	14	01:30:49	03:34:22	05:18:33	07:34:45	09:26:28	11:17:49.00	11:18:07.75	+04:47:18 (42.4%)	9:58	6 (57.7%)
239	PROSZAK Sebastian	4275	KURORT ŁĄDEK ZDRÓJ TEAM	Masters M - 40	89	01:19:11	03:04:18	04:29:20	07:01:47	08:45:17	11:17:06.95	11:18:19.80	+04:47:30 (42.4%)	9:57	6 (57.7%)
240	RAK Cezary	4310	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	82	01:21:10	03:19:33	05:13:26	07:51:54	10:04:03	11:19:02.60	11:19:20.80	+04:48:31 (42.5%)	9:59	6 (57.7%)
241	FRANASZCZYK Marcin	4154	BUCHARZEWO TEAM	Masters M - 40	90	01:22:35	03:10:47	04:51:24	07:19:51	09:15:09	11:19:29.35	11:19:47.60	+04:48:58 (42.5%)	9:59	6 (57.7%)
242	KUCHARSKI Jakub	4181	JKU1979	Masters M - 40	91	01:31:16	03:28:34	05:07:25	07:38:07	09:27:36	11:20:31.15	11:21:49.70	+04:51:00 (42.7%)	10:00	6 (57.7%)
243	ŚRÓDKA Bartłomiej	4026	DŻEDAJE WYKŁĘCI	Senior II M - 30	83	01:22:26	03:09:24	04:46:03	07:14:16	09:20:04	11:22:26.85	11:23:14.55	+04:52:25 (42.8%)	10:02	6 (57.7%)
244	KIERSKI Dariusz	4304		Weteran I M - 50	11	01:26:52	03:26:40	05:11:11	07:38:49	09:26:22	11:23:10.65	11:23:25.65	+04:52:36 (42.8%)	10:02	6 (57.7%)
245	GŁADYSZEWSKI Jacek	4302	MCBIEGACZE	Senior II M - 30	84	01:26:51	03:29:35	05:10:05	07:35:55	09:35:50	11:23:13.70	11:23:38.90	+04:52:49 (42.8%)	10:02	6 (57.7%)
246	SITAK Adam	4071		Senior II M - 30	85	01:08:33	02:46:28	04:25:29	07:20:12	09:11:24	11:24:00.90	11:25:05.75	+04:54:16 (43.0%)	10:03	6 (57.7%)
247	STACHURSKI Paweł	4279		Senior II M - 30	86	01:10:58	02:53:38	04:34:25	07:12:55	09:03:58	11:25:09.15	11:25:21.40	+04:54:31 (43.0%)	10:04	6 (57.7%)
248	POMIANOWSKI Szymon	4015	KURACJUSZE	Senior II M - 30	87	01:14:48	03:10:00	05:02:36	07:45:27	09:31:40	11:24:36.30	11:25:30.50	+04:54:40 (43.0%)	10:04	6 (57.7%)
249	ROGOCZ Maciej	4110	ROGAŚ Z DOLINY ROZTOKI	Masters M - 40	92	01:25:15	03:27:44	05:07:31	07:28:31	09:19:42	11:25:03.70	11:26:17.75	+04:55:28 (43.1%)	10:04	6 (57.7%)
250	SZYGENDA Waldemar	4373		Weteran I M - 50	12	01:27:50	03:28:59	05:16:39	07:43:31	09:31:48	11:26:31.00	11:27:26.50	+04:56:36 (43.1%)	10:05	5.9 (56.7%)
251	ŚLUZEK Mirosław	4077		Weteran I M - 50	13	01:21:02	03:19:12	05:03:09	07:35:49	09:33:48	11:27:21.75	11:28:24.55	+04:57:35 (43.2%)	10:06	5.9 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
252	KOSMALA Szymon	4120		Senior II M - 30	88	01:22:11	03:14:12	04:55:17	07:37:34	09:29:20	11:27:50.60	11:28:27.60	+04:57:38 (43.2%)	10:06	5.9 (56.7%)
253	DARSKI Rafał	4063	RECAMIERE	Weteran I M - 50	14	01:19:08	03:14:31	05:04:16	07:37:15	09:33:59	11:27:54.15	11:28:27.80	+04:57:38 (43.2%)	10:06	5.9 (56.7%)
254	KĘDZIELEWSKI Łukasz	4277	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	89	01:21:25	03:15:57	04:56:42	07:26:07	09:27:50	11:28:25.20	11:29:10.90	+04:58:21 (43.3%)	10:07	5.9 (56.7%)
255	BLICHARSKA Marta	4278	WIECZORNE BIEGANIE W SZCZECINIE	Senior II K - 30	19	01:21:26	03:15:58	04:56:41	07:26:06	09:27:39	11:28:25.20	11:29:10.95	+04:58:21 (43.3%)	10:07	5.9 (56.7%)
256	PLAZA Artur	4148	PLAZA TEAM	Masters M - 40	93	01:19:45	03:01:16	04:37:45	07:31:21	09:23:44	11:28:32.55	11:29:20.65	+04:58:31 (43.3%)	10:07	5.9 (56.7%)
257	CHWIAŁKOWSKI Łukasz	4093		Senior II M - 30	90	01:23:15	03:11:22	04:54:40	07:31:57	09:30:15	11:28:23.15	11:29:25.10	+04:58:35 (43.3%)	10:07	5.9 (56.7%)
258	STUDNICKI Paweł	4135		Masters M - 40	94	01:16:54	03:04:30	04:55:42	07:30:51	09:32:38	11:30:03.70	11:30:09.95	+04:59:20 (43.4%)	10:08	5.9 (56.7%)
259	GAJDOWSKI Przemysław	4284		Senior II M - 30	91	01:23:01	03:21:10	05:01:08	07:34:31	09:33:30	11:29:40.85	11:30:57.00	+05:00:07 (43.4%)	10:08	5.9 (56.7%)
260	DĄBROWSKI Michał	4153	TEAM ZABIEGANEDNI	Masters M - 40	95	01:25:18	03:18:01	04:54:34	07:28:07	09:23:43	11:29:41.00	11:31:04.20	+05:00:14 (43.4%)	10:08	5.9 (56.7%)
261	ODWAŻNY Magdalena	4003	ODWAŻNYTEAM.PL	Masters K - 40	15	01:23:15	03:21:58	05:09:08	07:37:24	09:31:32	11:31:31.25	11:32:11.75	+05:01:22 (43.5%)	10:10	5.9 (56.7%)
262	SUT Iwona	4073	KS GŁÓWNO W BIEGU	Masters K - 40	16	01:23:03	03:20:46	05:10:16	07:36:52	09:39:00	11:32:21.75	11:32:40.90	+05:01:51 (43.6%)	10:10	5.9 (56.7%)
263	JAZY Szymon	4098	1984	Senior II M - 30	92	01:28:55	03:35:28	05:19:24	07:56:34	09:49:21	11:33:05.35	11:33:26.15	+05:02:36 (43.6%)	10:11	5.9 (56.7%)
264	BABIAK Bartosz	4139		Senior II M - 30	93	01:23:13	03:18:56	05:09:26	07:47:43	09:34:59	11:32:58.85	11:34:04.05	+05:03:14 (43.7%)	10:11	5.9 (56.7%)
265	ZEGARMISTRZ Grzegorz	4189		Senior II M - 30	94	01:25:11	03:12:21	04:45:01	07:20:05	09:23:56	11:33:24.55	11:34:47.00	+05:03:57 (43.7%)	10:11	5.9 (56.7%)
266	SZNAJDER Joanna	4246		Masters K - 40	17	01:23:09	03:18:55	05:05:47	07:35:47	09:34:22	11:34:29.55	11:35:01.50	+05:04:11 (43.8%)	10:12	5.9 (56.7%)
267	TELEON Piotr	4075	JACEKBIEGA RUNNING TEAM	Masters M - 40	96	01:14:46	03:01:19	04:50:04	07:34:44	09:35:44	11:36:44.55	11:37:36.20	+05:06:46 (44.0%)	10:14	5.9 (56.7%)
268	BACA Bartosz	4145	ZŁOTE KLOCKI NA SZNURKU	Senior II M - 30	95	01:27:19	03:32:12	05:36:34	07:58:23	09:47:54	11:37:22.20	11:37:56.05	+05:07:06 (44.0%)	10:15	5.9 (56.7%)
269	WAŚCIŃSKI Roman	4187	PĘDZI - PARA	Masters M - 40	97	01:25:15	03:16:48	05:06:35	07:33:46	09:41:57	11:37:11.40	11:38:25.10	+05:07:35 (44.0%)	10:15	5.9 (56.7%)
270	ANTOSZCZUK Arkadiusz	4289	PRO-RUN WROCŁAW	Masters M - 40	98	01:22:53	03:16:43	05:13:13	07:51:43	09:56:45	11:38:43.15	11:39:13.15	+05:08:23 (44.1%)	10:16	5.8 (55.8%)
271	PELJAK Mariusz	4132		Senior II M - 30	96	01:29:48	03:34:46	05:21:03	07:53:03	09:48:48	11:40:17.35	11:41:14.55	+05:10:25 (44.3%)	10:17	5.8 (55.8%)
272	KRÓL Mieczysław	4366	POLSKA	Senior II M - 30	97	01:19:33	03:13:46	04:58:01	07:26:00	09:23:10	11:41:20.10	11:42:13.50	+05:11:23 (44.3%)	10:18	5.8 (55.8%)
273	KUCIŃSKA Magdalena	4011	BASSET ROLLING TEAM	Senior II K - 30	20	01:28:27	03:25:07	05:09:20	07:37:14	09:37:31	11:42:18.10	11:42:45.70	+05:11:56 (44.4%)	10:19	5.8 (55.8%)
274	BAGIŃSKA Paulina	4190		Senior II K - 30	21	01:32:06	03:28:49	05:16:21	07:48:17	09:49:08	11:45:57.75	11:47:11.75	+05:16:22 (44.7%)	10:22	5.8 (55.8%)
275	REMLEIN Katarzyna	4400		Senior II K - 30	22	01:34:06	03:40:44	05:26:34	07:48:16	09:46:08	11:47:11.15	11:47:21.85	+05:16:32 (44.7%)	10:23	5.8 (55.8%)
276	MĄCZYŃSKI Wiktor	4124		Senior II M - 30	98	01:17:51	03:04:45	04:51:46	07:46:09	09:43:20	11:46:44.85	11:47:25.20	+05:16:35 (44.8%)	10:23	5.8 (55.8%)
277	DOMIŃCZYK Jakub	4229	LEGIONY WILKÓW	Senior II M - 30	99	01:17:50	03:04:46	04:51:45	07:46:05	09:43:17	11:46:44.80	11:47:25.60	+05:16:36 (44.8%)	10:23	5.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
278	SOBAŃSKA Paulina	4119	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	23	01:34:13	03:47:38	05:37:43	08:01:28	09:58:59	11:47:18.75	11:47:37.45	+05:16:47 (44.8%)	10:24	5.8 (55.8%)
279	GADAMSKA-KABATA Paulina	4051	WKURW_TEAM	Senior II K - 30	24	01:26:47	03:33:14	05:22:59	07:44:56	09:50:47	11:47:18.30	11:47:44.05	+05:16:54 (44.8%)	10:24	5.8 (55.8%)
280	GRYGORUK Cezary	4186		Weteran I M - 50	15	01:23:50	03:27:33	05:18:24	07:49:12	09:49:58	11:47:31.80	11:47:48.50	+05:16:58 (44.8%)	10:24	5.8 (55.8%)
281	BORKOWSKI Łukasz	4095	RAKFAKJU	Senior II M - 30	100	01:26:09	03:25:03	05:09:20	07:36:48	09:43:50	11:48:12.05	11:48:41.45	+05:17:51 (44.9%)	10:24	5.8 (55.8%)
282	NOWICKI Marek	4089	PORANNI BIEGACZE	Masters M - 40	99	01:30:34	03:32:18	05:26:01	07:55:54	09:55:17	11:48:43.40	11:49:49.60	+05:19:00 (44.9%)	10:25	5.8 (55.8%)
283	POMASKI Paweł	4081	ADIDAS RUNNER'S WARSAW	Weteran I M - 50	16	01:23:51	03:22:14	05:11:55	07:46:03	09:46:00	11:49:35.25	11:49:52.85	+05:19:03 (44.9%)	10:26	5.7 (54.8%)
284	GAŁKA Marcin	4009		Senior II M - 30	101	01:33:26	03:36:44	05:17:53	07:46:38	09:47:32	11:49:24.40	11:50:19.45	+05:19:29 (45.0%)	10:25	5.8 (55.8%)
285	BIELEŃ Agnieszka	4395	MUAY RUNNING TEAM	Senior II K - 30	25	01:27:20	03:34:27	05:24:59	08:01:04	09:59:02	11:51:50.70	11:52:18.35	+05:21:28 (45.1%)	10:28	5.7 (54.8%)
286	OLIVEIRA Magdalena	4236		Senior II K - 30	26	01:31:14	03:39:19	05:33:00	08:06:20	09:56:27	11:51:19.85	11:52:23.95	+05:21:34 (45.1%)	10:27	5.7 (54.8%)
287	MILER Urszula	4213	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	Masters K - 40	18	01:31:26	03:40:36	05:33:03	08:07:03	09:56:29	11:51:20.65	11:52:24.40	+05:21:34 (45.1%)	10:27	5.7 (54.8%)
288	MILER Robert	4214	BIEGACZE W RADOMSKU PASSION LIFE JOY	Masters M - 40	100	01:31:24	03:40:32	05:33:01	08:07:02	09:56:28	11:51:21.10	11:52:25.20	+05:21:35 (45.1%)	10:27	5.7 (54.8%)
289	SZEREMENT Tomasz	4204	DRUŻYNA SZPIKU	Masters M - 40	101	01:19:40	03:08:56	04:57:01	07:36:03	09:36:54	11:54:41.35	11:54:51.95	+05:24:02 (45.3%)	10:30	5.7 (54.8%)
290	KOTYSZ Katarzyna	4233	BBL OPOLE	Weteran K - 50	5	01:33:38	03:47:08	05:37:04	08:25:49	10:10:38	11:55:30.55	11:56:23.95	+05:25:34 (45.4%)	10:31	5.7 (54.8%)
291	KOTYSZ Waldemar	4234	BBL OPOLE	Weteran I M - 50	17	01:33:37	03:47:08	05:37:04	08:25:48	10:10:41	11:55:31.00	11:56:24.50	+05:25:34 (45.4%)	10:31	5.7 (54.8%)
292	KOLIBABSKI Radosław	4259	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	102	01:17:01	03:13:21	05:03:34	07:51:53	09:45:32	11:56:33.65	11:56:52.65	+05:26:03 (45.5%)	10:32	5.7 (54.8%)
293	KILIMNIK Tomasz	4303	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	103	01:17:02	03:19:37	05:07:54	07:51:51	09:48:03	11:56:34.75	11:56:54.30	+05:26:04 (45.5%)	10:32	5.7 (54.8%)
294	STALA-KONDRAKIEWICZ Katarzyna	4133	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	27	01:29:50	03:34:47	05:21:31	07:53:15	09:52:13	11:55:59.40	11:56:56.35	+05:26:06 (45.5%)	10:31	5.7 (54.8%)
295	SILSKI Marek	4177		Weteran I M - 50	18	01:32:35	03:35:07	05:26:25	08:06:20	10:00:36	11:55:58.20	11:57:04.55	+05:26:15 (45.5%)	10:31	5.7 (54.8%)
296	BAREJKA Rafał	4142	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	102	01:33:56	03:40:43	05:27:10	07:56:49	09:58:43	11:57:16.40	11:57:48.80	+05:26:59 (45.6%)	10:32	5.7 (54.8%)
297	ŁAGODA Łukasz	4343	AKTIV REHABILITACJA	Senior II M - 30	104	01:27:28	03:27:47	05:19:29	07:56:16	09:52:58	11:58:14.10	11:58:50.30	+05:28:00 (45.6%)	10:33	5.7 (54.8%)
298	IWASZCZYSZYN Joachim	4297	ADSYSTEM	Senior I M - 20	16	01:25:40	03:26:16	05:23:16	08:05:52	10:02:49	11:59:34.50	12:00:21.05	+05:29:31 (45.7%)	10:34	5.7 (54.8%)
299	KOSEWSKI Marek	4338		Weteran I M - 50	19	01:31:04	03:32:18	05:25:21	08:00:56	10:01:07	12:01:21.70	12:01:56.55	+05:31:07 (45.9%)	10:36	5.7 (54.8%)
300	PISULA Paulina	4264	KLUCZBORSKA GRUPA BIEGOWA	Senior II K - 30	28	01:26:56	03:30:03	05:20:12	07:56:03		12:01:11.15	12:02:05.70	+05:31:16 (45.9%)	10:36	5.7 (54.8%)
301	MIERZYŃSKI Rafał	4325	BIEGING TEAM ZELÓW	Senior II M - 30	105	01:22:06	03:19:01	05:05:13	07:45:40	09:31:17	12:03:43.00	12:04:28.70	+05:33:39 (46.1%)	10:38	5.6 (53.8%)
302	MIERZYŃSKI Rafał	4165	BIEGING TEAM ZELÓW	Senior II M - 30	106	01:22:05	03:19:01	05:05:12	07:46:26	09:47:16	12:03:44.85	12:04:31.10	+05:33:41 (46.1%)	10:38	5.6 (53.8%)
303	PIECH Marzena	4147	BOOT CAMP JAWORZNO ☐☐	Senior II K - 30	29	01:23:00	03:21:16	05:06:10	07:47:43	09:47:49	12:04:02.45	12:04:34.15	+05:33:44 (46.1%)	10:38	5.6 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Czas	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	brutto 68km			
304	KOTWA Paweł	4337	TUMBOTEAM	Senior I M - 20	17	01:34:50	03:24:11	05:05:19	07:44:11	09:51:57	12:03:15.40	12:04:34.60	+05:33:45 (46.1%)	10:38	5.6 (53.8%)
305	BARADZIEJ Bartłomiej	4072	TERMINAL LOGISTYCZNY PROMONT	Senior II M - 30	107	01:25:13	03:16:37	05:07:39	07:56:38	09:53:52	12:04:14.80	12:05:29.55	+05:34:40 (46.1%)	10:39	5.6 (53.8%)
306	ŻELAZOWSKA Ola	4049	PRO-RUN WROCŁAW	Senior II K - 30	30	01:23:13	03:15:42	05:09:05	08:10:22	09:58:04	12:07:48.00	12:08:28.70	+05:37:39 (46.4%)	10:42	5.6 (53.8%)
307	BOROWIEC Bartek	4050	PRO-RUN WROCŁAW	Senior II M - 30	108	01:23:12	03:15:41	05:09:04	08:10:20	09:58:02	12:07:47.55	12:08:28.90	+05:37:39 (46.4%)	10:42	5.6 (53.8%)
308	KOZIOŁ Paweł	4243		Senior II M - 30	109	01:32:12	03:40:26	05:36:57	08:25:19	10:17:27	12:09:09.10	12:10:29.50	+05:39:39 (46.5%)	10:43	5.6 (53.8%)
309	WYSOCKI Grzegorz	4198	MORSY TUREK	Masters M - 40	103	01:32:08	03:37:10	05:26:16	08:03:45	10:04:12	12:10:06.40	12:11:26.70	+05:40:37 (46.6%)	10:44	5.6 (53.8%)
310	SZYMAŃSKI Mariusz	4197		Senior II M - 30	110	01:26:28	03:24:55	05:21:19	08:04:20	10:05:11	12:12:42.00	12:13:21.75	+05:42:32 (46.7%)	10:46	5.6 (53.8%)
311	KOCHMAŃSKA Marta	4255		Senior II K - 30	31	01:27:48	03:37:09	05:48:34	08:22:37	10:24:38	12:16:18.30	12:17:05.50	+05:46:15 (47.0%)	10:49	5.5 (52.9%)
312	MODLISZEWSKI Dariusz	4199	ORANGE POLSKA	Masters M - 40	104	01:23:29	03:19:33	05:15:31	07:59:55	10:05:30	12:17:48.85	12:18:32.75	+05:47:43 (47.1%)	10:51	5.5 (52.9%)
313	SOBKOWIAK Ewa	4356	100 MARATHON CLUB POLAND	Weteran K - 50	6	01:32:16	03:34:40	05:36:39	08:21:45	10:19:04	12:17:39.10	12:18:41.80	+05:47:52 (47.1%)	10:50	5.5 (52.9%)
314	OLSZEWSKI Michał	4159		Senior II M - 30	111	01:23:55	03:16:40	05:05:22	07:48:16	10:05:09	12:19:39.70	12:19:54.30	+05:49:04 (47.2%)	10:52	5.5 (52.9%)
315	WIĘCŁAWSKI Robert	4412		Masters M - 40	105	01:22:59	03:17:14	05:30:06	08:21:43	10:24:00	12:19:32.75	12:20:17.15	+05:49:27 (47.2%)	10:52	5.5 (52.9%)
316	WOJTCAK Małgorzata	4174		Masters K - 40	19	01:34:09	03:47:04	05:54:19	08:34:23	10:25:49	12:20:26.35	12:21:13.55	+05:50:24 (47.3%)	10:53	5.5 (52.9%)
317	LIPIŃSKI Krzysztof	4326	KB MANIAC POZNAŃ	Weteran I M - 50	20	01:41:58	04:06:57	06:08:49	08:55:03	10:25:36	12:21:16.05	12:22:17.90	+05:51:28 (47.3%)	10:54	5.5 (52.9%)
318	SKOWROŃSKI Janusz	4237	WKURW_TEAM / WATAHA	Masters M - 40	106	01:25:47	03:29:51	05:35:20	08:27:09	10:22:26	12:22:06.30	12:22:21.75	+05:51:32 (47.4%)	10:54	5.5 (52.9%)
319	ARGIER Łukasz	4265	BIEGIEM PO MARZENIA	Senior II M - 30	112	01:30:05	03:33:33	05:26:26	08:16:13	10:15:23	12:24:22.25	12:25:18.25	+05:54:28 (47.6%)	10:56	5.5 (52.9%)
320	FRIEZE Krzysztof	4294	ORANGE POLSKA	Masters M - 40	107	01:26:54	03:44:17	05:38:39	08:27:04	10:22:28	12:25:30.35	12:25:43.20	+05:54:53 (47.6%)	10:57	5.5 (52.9%)
321	FRIEZE Tatiana	4293	DROGA DO ULTRA	Masters K - 40	20	01:26:56	03:45:53	05:40:05	08:27:03	10:22:29	12:25:31.20	12:25:43.30	+05:54:53 (47.6%)	10:57	5.5 (52.9%)
322	DOWNAR-ZAPOLSKA Rita	4220	MOM&DAUGHTER RUN	Masters K - 40	21	01:33:30	03:46:26	05:43:50	08:25:29	10:25:28	12:26:07.90	12:26:36.65	+05:55:47 (47.7%)	10:58	5.5 (52.9%)
323	ŁAZAROWICZ Mateusz	4016		Senior I M - 20	18	01:39:12	03:49:10		08:11:05	10:11:14	12:26:32.50	12:26:40.50	+05:55:50 (47.7%)	10:58	5.5 (52.9%)
324	WOJNAR Radek	4308	PUNK PARROT	Masters M - 40	108	01:32:53	03:41:12	05:30:52	08:08:24	10:18:30	12:26:00.85	12:27:00.25	+05:56:10 (47.7%)	10:58	5.5 (52.9%)
325	PIETRZAK Dariusz	4223		Masters M - 40	109	01:33:57	03:44:31	05:32:53	08:11:14	10:13:39	12:27:15.15	12:27:32.30	+05:56:42 (47.7%)	10:59	5.5 (52.9%)
326	PIETRZAK Monika	4224		Masters K - 40	22	01:33:59	03:44:34	05:33:31	08:11:16	10:13:41	12:28:05.50	12:28:22.10	+05:57:32 (47.8%)	11:00	5.5 (52.9%)
327	JAMRÓZ Wojciech	4047	KW GLIWICE	Masters M - 40	110	01:25:20	03:25:00	05:15:09	08:19:16	10:19:00	12:28:12.95	12:29:23.10	+05:58:33 (47.8%)	11:00	5.5 (52.9%)
328	BAUGÄRTNER Marcin	4335	KLUBSILESIA.PL	Masters M - 40	111	01:41:14	03:51:52	05:41:05	08:31:04	10:26:26	12:28:49.10	12:30:09.85	+05:59:20 (47.9%)	11:00	5.4 (51.9%)
329	WAŚCIŃSKA Edyta	4188	PĘDZI - PARA	Masters K - 40	23	01:37:48	03:49:44	05:50:31	08:24:17	10:29:39	12:29:01.55	12:30:12.50	+05:59:22 (47.9%)	11:00	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
330	HACUŚ Tomasz	4155		Masters M - 40	112	01:32:50	03:44:51	05:42:05	08:34:03	10:25:21	12:29:20.10	12:30:27.90	+05:59:38 (47.9%)	11:01	5.4 (51.9%)
331	ZABOROWSKA Halina	4273	MARATOŃCZYK DĘBICA	Weteran K - 50	7	01:36:14	03:51:32	05:44:05	08:18:55	10:25:29	12:31:07.30	12:31:34.90	+06:00:45 (48.0%)	11:02	5.4 (51.9%)
332	BĄK Oskar	4012	DRUŻYNA SZPIKU/ K(R)OPKA TEAM	Senior I M - 20	19	01:14:41	03:01:07	04:41:25	08:01:50	10:08:14	12:32:11.30	12:32:34.75	+06:01:45 (48.1%)	11:03	5.4 (51.9%)
333	WOJDAT Katarzyna	4194	DREAM RUN	Senior II K - 30	32	01:28:01	03:34:09	05:30:59	08:22:26	10:41:55	12:32:55.10	12:33:32.55	+06:02:43 (48.1%)	11:04	5.4 (51.9%)
334	KASPRZAK Jacek	4254		Weteran I M - 50	21	01:27:35	03:41:48	05:39:59	08:28:54	10:25:07	12:33:30.35	12:33:52.40	+06:03:02 (48.2%)	11:04	5.4 (51.9%)
335	KASPRZAK Damian	4253		Senior II M - 30	113	01:25:29	03:41:48	05:39:56	08:28:59	10:24:30	12:33:30.40	12:33:52.55	+06:03:03 (48.2%)	11:04	5.4 (51.9%)
336	KACZMAREK Magdalena	4052	NEST TEAM	Masters K - 40	24	01:39:25	03:51:31	05:50:07	08:33:58	10:29:04	12:33:44.55	12:34:11.80	+06:03:22 (48.2%)	11:05	5.4 (51.9%)
337	DOLIŃSKI Tomasz	4121	UMAWIANIENABIEGANIETEAM	Weteran I M - 50	22	01:46:51	04:20:18	06:17:05	08:49:25	10:46:29	12:35:21.20	12:36:30.00	+06:05:40 (48.3%)	11:06	5.4 (51.9%)
338	SKOLIMOWSKA Katarzyna	4350		Masters K - 40	25	01:39:36	04:01:18	05:59:17	08:33:43	10:30:44	12:37:29.80	12:37:38.80	+06:06:49 (48.4%)	11:08	5.4 (51.9%)
339	NADULSKI Piotr	4359	GOODSPACE	Masters M - 40	113	01:30:19	03:40:43	05:46:37	08:32:09	10:33:28	12:36:35.20	12:37:39.25	+06:06:49 (48.4%)	11:07	5.4 (51.9%)
340	KOPKA Elżbieta	4028	AGB TORFY	Masters K - 40	26	01:32:31	03:43:35	05:35:39	08:13:42	10:17:51	12:38:41.55	12:39:04.30	+06:08:14 (48.5%)	11:09	5.4 (51.9%)
341	KOPKA Tomasz	4029	AGB TORFY	Weteran I M - 50	23	01:32:31	03:43:32	05:35:40	08:13:41	10:17:35	12:38:40.25	12:39:04.50	+06:08:14 (48.5%)	11:09	5.4 (51.9%)
342	DANOWSKI Jakub	4175		Senior II M - 30	114	01:27:40	03:26:23	05:20:08	08:13:02	10:15:54	12:38:16.80	12:39:07.25	+06:08:17 (48.5%)	11:09	5.4 (51.9%)
343	PILUJSKI Michał	4218		Senior II M - 30	115	01:27:49	03:25:51	05:22:36	08:14:03	10:22:25	12:38:20.65	12:39:09.40	+06:08:19 (48.5%)	11:09	5.4 (51.9%)
344	SZEWCZYK Marek	4179	CYBINA TEAM	Weteran II M - 60	5	01:32:40	03:47:12	05:47:19	08:24:55	10:28:03	12:41:59.55	12:42:21.05	+06:11:31 (48.7%)	11:12	5.4 (51.9%)
345	LEWCZUK Norbert	4252	BIEGACZE POMAGACZE	Senior II M - 30	116	01:27:03	03:25:40	05:18:16	08:03:56	10:07:41	12:41:46.30	12:42:51.20	+06:12:01 (48.8%)	11:12	5.4 (51.9%)
346	DOBROWOLSKA Grażyna	4391	MARATOŃCZYK DĘBICA	Masters K - 40	27	01:39:37	04:01:18	05:57:35	08:32:59	10:42:10	12:42:25.60	12:42:53.75	+06:12:04 (48.8%)	11:12	5.4 (51.9%)
347	SIKORA Arkadiusz	4141		Masters M - 40	114	01:41:34	04:22:17	06:20:51	08:40:51	10:32:40	12:42:49.65	12:43:40.60	+06:12:51 (48.8%)	11:13	5.3 (51.0%)
348	WICHEREK Maciej	4331	ITMBW	Masters M - 40	115	01:33:11	03:49:44	06:06:20	08:42:07	10:31:59	12:45:43.75	12:47:07.85	+06:16:18 (49.1%)	11:15	5.3 (51.0%)
349	GIERLACH Jacek	4256	STOPA SŁUPSK	Senior II M - 30	117	01:26:05	03:22:29	04:59:50	07:40:37	10:04:35	12:47:14.50	12:47:59.45	+06:17:09 (49.1%)	11:16	5.3 (51.0%)
350	GAWRON Bartłomiej	4024	RABBITTEAM	Masters M - 40	116	01:33:57	03:57:15	05:52:52	08:32:24	10:32:38	12:48:19.00	12:49:07.30	+06:18:17 (49.2%)	11:17	5.3 (51.0%)
351	GRĘŻEL-GAWRON Jolanta	4023	RABBITTEAM	Masters K - 40	28	01:34:07	03:57:15	05:53:13	08:32:34	10:32:50	12:48:25.10	12:49:13.40	+06:18:23 (49.2%)	11:18	5.3 (51.0%)
352	WITKOWSKA Jolanta	4305	ŻIMBAKI	Masters K - 40	29	01:39:38	03:56:24	06:02:11	08:44:49	10:48:01	12:50:43.75	12:51:05.15	+06:20:15 (49.3%)	11:20	5.3 (51.0%)
353	BARANIECKI Zbigniew	4330	100 MARATHON CLUB POLAND	Weteran II M - 60	6	01:33:57	03:35:52	05:36:41	08:29:48	10:34:06	12:53:37.60	12:54:38.65	+06:23:49 (49.5%)	11:22	5.3 (51.0%)
354	TOKARZ Jerzy	4316	BBL KRAKÓW	Weteran II M - 60	7	01:34:00	03:55:00	06:01:51	08:43:46	10:52:58	12:54:29.20	12:55:08.50	+06:24:18 (49.6%)	11:23	5.3 (51.0%)
355	NORWA Sylwester	4070	JET SET PATKÓW	Masters M - 40	117	01:27:42	03:29:52	05:34:50	08:23:13	10:35:16	12:58:20.10	12:59:25.05	+06:28:35 (49.9%)	11:26	5.2 (50.0%)

Przekroczony limit czasu: 13:00:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
356	GRZELCZAK Barbara	4201		Senior II K - 30	33	01:39:30	04:00:51	05:58:12	08:45:49	10:53:03	12:59:30.85	13:00:48.90	+06:29:59 (49.9%)	11:27	5.2 (50.0%)
357	TRZPIOLA Tycjan	4030	KURACJUSZE	Senior II M - 30	118	01:33:26	03:48:04	05:49:52	08:38:45	10:41:43	13:01:10.05	13:02:01.75	+06:31:12 (50.0%)	11:29	5.2 (50.0%)
358	WALCZUK Paweł	4207		Senior II M - 30	119	01:27:49	03:40:36	05:47:41	08:40:15	10:34:46	13:04:01.70	13:04:19.60	+06:33:30 (50.2%)	11:31	5.2 (50.0%)
359	JASIŃSKI Mikołaj	4301	UKA WARSZAWA	Weteran I M - 50	24	01:31:33	03:54:13	06:01:11	08:44:57	11:12:24	13:38:16.15	13:38:36.40	+07:07:46 (52.3%)	12:02	5 (48.1%)
360	SZCZAWINSKI Bartosz	4354		Senior II M - 30	120	01:29:29	03:40:40	05:56:11	08:42:47	11:11:42	13:51:41.70	13:53:00.25	+07:22:10 (53.1%)	12:13	4.9 (47.1%)
361	GMEREK Paweł	4245		Masters M - 40	118	01:47:21	04:23:57	06:32:21	09:34:51	11:59:04	14:15:16.65	14:16:38.95	+07:45:49 (54.4%)	12:34	4.8 (46.2%)
362	KLIKS Adam	4244		Masters M - 40	119	01:47:31	04:23:58	06:32:29	09:34:56	11:59:05	14:15:18.05	14:16:40.20	+07:45:50 (54.4%)	12:34	4.8 (46.2%)
363	MAJCHRZAK Marcin	4116	HOLBOX RUNNERS	Masters M - 40	120	01:14:52	02:59:03	04:32:44					+01:23:12	8:01	7.5 (72.1%)
	BEDNARZ Jakub	4043	DRUŻYNA SZPIKU	Senior II M - 30		01:02:34 DNF	02:49:07 DNF	04:26:04 DNF	06:44:26 DNF	08:21:48 DNF	DNF	DNF		-	- (0.0%)
	KUŹNIAK Szymon	4210		Senior II M - 30		01:26:22 DNF	03:20:37 DNF	05:03:51 DNF	07:58:57 DNF	10:48:16 DNF	DNF	DNF		-	- (0.0%)
	MASIAREK Maciej	4031		Senior I M - 20		01:01:03 DNF	02:22:40 DNF	03:33:27 DNF	05:28:08 DNF	DNF	DNF	DNF		-	- (0.0%)
	KWAŚNIEWSKI Krzysztof	4288	ŻYWCEM ZABIEGANI	Masters M - 40		01:14:47 DNF	02:56:42 DNF	04:28:34 DNF	06:52:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	MUSS Aleksander	4329	ACE OF SPADES	Masters M - 40		01:25:29 DNF	03:19:46 DNF	05:11:23 DNF	08:12:05 DNF	DNF	DNF	DNF		-	- (0.0%)
	CHRZAN Magdalena	4004		Senior I K - 20		01:47:45 DNF	04:00:42 DNF	05:52:08 DNF	08:45:55 DNF	DNF	DNF	DNF		-	- (0.0%)
	JEDYNAK- DOROSZ Izabela	4268	KB MANIAC	Masters K - 40		01:41:57 DNF	04:07:04 DNF	06:08:49 DNF	08:51:00 DNF	DNF	DNF	DNF		-	- (0.0%)
	PETRYNA Jagoda	4414		Senior II K - 30		01:09:50 DNF	02:42:25 DNF	04:00:39 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MARZEC Łukasz	4225	1982	Senior II M - 30		01:15:58 DNF	02:50:25 DNF	04:27:42 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KACZOROWSKI Michał	4173		Senior II M - 30		01:12:39 DNF	02:57:51 DNF	04:49:36 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MATYJASIAK Konrad	4130	RRC WILANÓW	Masters M - 40		01:21:56 DNF	03:15:48 DNF	05:28:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOWALSKI Adam	4286		Senior II M - 30		01:27:19 DNF	03:32:26 DNF	05:36:41 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NETOLICKÝ Martin	4006		Senior II M - 30		01:36:39 DNF	03:49:57 DNF	05:53:25 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LUDWIKOWSKI Krzysztof	4045		Masters M - 40		01:36:26 DNF	04:02:22 DNF	06:22:10 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HOLONA Izabela	4140	LUXTORPEDA	Masters K - 40		01:41:42 DNF	04:22:21 DNF	06:46:58 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MENŻYK Urszula	4137	LUXTORPEDA CZERWIONKA	Weteran K - 50		01:51:41 DNF	04:30:03 DNF	07:12:10 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JAKUBAS Grzegorz	4320	BB RUNNERS	Senior II M - 30		01:04:36 DNF	02:46:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CZEKALSKI Tomasz	4097	AGB NYGUS	Senior II M - 30		01:27:23 DNF	04:06:47 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
	JABŁOŃSKA Agnieszka	4096	AGB NYGUS	Masters K - 40		01:27:24 DNF	04:06:47 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HOSS Jan	4036		Senior II M - 30		01:18:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WŁODARSKA Magdalena	4376	1977	Masters K - 40		01:52:51 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DUNIKOWSKA Olga Małgorzata	4013		Senior I K - 20		02:06:13 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SMOTER Wojciech	4238		Senior I M - 20		DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KORDECKI Łukasz	4260	WCHSZT	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 387 wynik(ów)