



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2019-07-18  
Łądek-Zdrój  
68 km

## BIEG ULTRA TRAIL - 68 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**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	<b>DOMBROWSKI Maciej</b>	<b>4131</b>	RUNNING.CHEF / WAY2CHAMP	Senior II M - 30	1	00:56:18	02:10:03	03:09:38	04:23:02	05:27:22	<b>06:30:47.55</b>	<b>06:30:49.55</b>		5:44	10.4
2	<b>WOLEK Szymon</b>	<b>4334</b>		Senior II M - 30	2	00:54:51	02:08:45	03:08:31	04:24:10	05:30:19	<b>06:34:08.95</b>	<b>06:34:13.35</b>	+00:03:23	5:47	10.4
3	<b>KASZUBA Michał</b>	<b>4333</b>	GRUPA NOMAX	Masters M - 40	1	00:56:05	02:10:04	03:09:43	04:23:41	05:33:34	<b>06:41:49.20</b>	<b>06:41:51.95</b>	+00:11:02	5:54	10.2
4	<b>ZIEJEWSKI Grzegorz</b>	<b>4384</b>		Masters M - 40	2	00:54:33	02:09:03	03:09:43	04:32:42	05:46:04	<b>06:50:48.95</b>	<b>06:50:50.50</b>	+00:20:00	6:02	9.9
5	<b>GAWLIK Sławek</b>	<b>4067</b>	MARCINŚWERCTEAM	Senior II M - 30	3	00:56:20		03:11:23	04:35:27	05:49:21	<b>06:54:24.75</b>	<b>06:54:26.60</b>	+00:23:37	6:05	9.8
6	<b>KUCHARCZYK Maciej</b>	<b>4363</b>	MARCIN SWERC TEAM	Masters M - 40	3	00:55:48	02:09:52	03:14:14	04:37:03	05:48:04	<b>06:59:26.20</b>	<b>06:59:28.80</b>	+00:28:39	6:10	9.7
7	<b>MOCZEK Tomasz</b>	<b>4167</b>	CROSS STRACENÓW TEAM	Masters M - 40	4	01:01:01	02:17:35	03:22:06	04:43:05	05:53:51	<b>07:02:36.00</b>	<b>07:02:42.50</b>	+00:31:52	6:12	9.7
8	<b>POLAŃSKI Tomasz</b>	<b>4415</b>	B4SPORT	Masters M - 40	5	01:01:04	02:20:24	03:26:54	04:55:32	06:00:48	<b>07:05:51.90</b>	<b>07:05:55.80</b>	+00:35:06	6:15	9.6
9	<b>KUPCZAK Mariusz</b>	<b>4389</b>	KB SOBÓTKA	Masters M - 40	6	00:58:02	02:16:08	03:20:56	04:45:52	06:00:59	<b>07:11:39.80</b>	<b>07:11:39.80</b>	+00:40:50	6:20	9.5
10	<b>BRYSZ Michał</b>	<b>4040</b>		Senior II M - 30	4	00:59:39	02:17:40	03:22:08	04:44:41	06:03:19	<b>07:13:34.05</b>	<b>07:13:42.15</b>	+00:42:52	6:22	9.4
11	<b>MAJER Janusz</b>	<b>4401</b>		Masters M - 40	7	00:57:57	02:15:53	03:20:53	04:45:45	06:03:50	<b>07:13:48.35</b>	<b>07:13:50.85</b>	+00:43:01	6:22	9.4
12	<b>PIECHA Artur</b>	<b>4267</b>	HERCOG RUNNING TEAM	Masters M - 40	8	00:56:10	02:10:55	03:17:31	04:51:31	06:05:04	<b>07:15:07.75</b>	<b>07:15:11.20</b>	+00:44:21	6:23	9.4
13	<b>OLEKSIEWICZ Maurycy</b>	<b>4166</b>		Senior II M - 30	5	00:54:27	02:09:04	03:10:04	04:53:43	06:09:42	<b>07:16:22.95</b>	<b>07:16:26.70</b>	+00:45:37	6:25	9.3
14	<b>PERYKASZA Paweł</b>	<b>4296</b>	GRUPALUKTRANS.PL	Senior II M - 30	6	01:02:50	02:23:52	03:30:27	04:57:56	06:08:27	<b>07:16:22.05</b>	<b>07:16:29.30</b>	+00:45:39	6:25	9.3
15	<b>BIELIŃSKI Maciek</b>	<b>4056</b>		Senior II M - 30	7	00:55:45	02:09:35	03:13:06	04:44:42	06:05:46	<b>07:24:11.25</b>	<b>07:24:15.45</b>	+00:53:25	6:31	9.2
16	<b>ŻARECKI Łukasz</b>	<b>4379</b>		Senior II M - 30	8	00:56:09	02:10:41	03:15:09	04:42:44	06:03:03	<b>07:27:11.80</b>	<b>07:27:14.60</b>	+00:56:25	6:34	9.1
17	<b>GEPPERT Jakub</b>	<b>4342</b>	ADRUNALINE RUNNING TEAM	Senior II M - 30	9	01:01:55	02:23:12	03:31:42	05:05:52	06:19:54	<b>07:36:55.95</b>	<b>07:37:03.05</b>	+01:06:13	6:43	8.9
18	<b>GARNEK Piotr</b>	<b>4231</b>	VEGE RUNNERS	Masters M - 40	9	01:03:52	02:29:37	03:40:36	05:10:13	06:26:00	<b>07:39:05.25</b>	<b>07:39:08.50</b>	+01:08:18	6:45	8.9

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	<b>BARTOSIŃSKI Mariusz</b>	<b>4054</b>	ZAŁOGA GÓRSKA	Masters M - 40	10	01:02:52	02:26:55	03:37:15	05:10:02	06:28:44	<b>07:39:37.70</b>	<b>07:39:43.85</b>	+01:08:54	6:45	8.9
20	<b>SOCHA Seweryn</b>	<b>4345</b>	DZIKIE BOBRY/STR POZNAŃ	Senior II M - 30	10	00:59:52	02:22:08	03:33:24	05:02:57	06:22:55	<b>07:42:38.75</b>	<b>07:42:40.30</b>	+01:11:50	6:48	8.8
21	<b>RAZIM Mateusz</b>	<b>4117</b>		Senior II M - 30	11	01:03:58	02:28:46	03:37:40	05:10:42	06:30:08	<b>07:42:42.75</b>	<b>07:42:46.15</b>	+01:11:56	6:48	8.8
22	<b>RYCHTER Karol</b>	<b>4416</b>	B4SPORT	Masters M - 40	11	01:00:24	02:22:15	03:33:21	05:09:42	06:30:43	<b>07:43:35.25</b>	<b>07:43:39.15</b>	+01:12:49	6:49	8.8
23	<b>MATYSIAK Bartłomiej</b>	<b>4122</b>	JACEKBIEGA RUNNING TEAM	Senior II M - 30	12	01:01:42	02:27:30	03:43:53	05:16:13	06:34:10	<b>07:48:33.75</b>	<b>07:48:42.70</b>	+01:17:53	6:53	8.7
24	<b>DOMAŃSKI Patryk</b>	<b>4227</b>	#TEAMBIEGIWLKP	Senior I M - 20	1	01:01:43	02:24:29	03:33:55	05:09:05	06:30:35	<b>07:53:08.25</b>	<b>07:53:13.35</b>	+01:22:23	6:57	8.6
25	<b>PAWŁOWSKI Tomasz</b>	<b>4099</b>	TEAM PLESZEW	Masters M - 40	12	01:05:35	02:29:26	03:38:18	05:11:44	06:35:20	<b>07:54:22.30</b>	<b>07:54:24.95</b>	+01:23:35	6:58	8.6
26	<b>DĄBROWICZ Jakub</b>	<b>4059</b>		Senior II M - 30	13	00:59:48	02:20:56	03:31:11	05:14:39	06:35:25	<b>07:54:49.85</b>	<b>07:54:54.15</b>	+01:24:04	6:58	8.6
27	<b>BANIAK Marcin</b>	<b>4042</b>	G.O.A.T. TEAM MICHAŁOWCE	Masters M - 40	13	00:57:24	02:17:49	03:31:31	05:13:46	06:42:18	<b>08:04:06.90</b>	<b>08:04:18.25</b>	+01:33:28	7:07	8.4
28	<b>ASPERSKI Michał</b>	<b>4403</b>	SUPERMARATOŃCZYK	Masters M - 40	14	01:01:50	02:26:44	03:39:20	05:16:18	06:40:10	<b>08:04:54.25</b>	<b>08:05:00.15</b>	+01:34:10	7:07	8.4
29	<b>SOBLIK Łukasz</b>	<b>4114</b>		Senior II M - 30	14	01:01:48	02:26:45	03:39:24	05:16:17	06:40:11	<b>08:05:41.00</b>	<b>08:05:46.85</b>	+01:34:57	7:08	8.4
30	<b>SIERADZKI Krzysztof</b>	<b>4008</b>		Senior II M - 30	15	01:01:00	02:23:03	03:34:02	05:13:41	06:40:18	<b>08:08:52.85</b>	<b>08:09:03.55</b>	+01:38:14	7:11	8.3
31	<b>SOLARSKI Sergiusz</b>	<b>4217</b>	1981	Senior II M - 30	16	01:03:02	02:27:05	03:38:39	05:19:27	06:43:48	<b>08:11:30.95</b>	<b>08:11:34.40</b>	+01:40:44	7:13	8.3
32	<b>CICHOREK Dariusz</b>	<b>4375</b>		Masters M - 40	15	01:01:12	02:21:03	03:29:08	05:15:24	06:43:13	<b>08:11:46.25</b>	<b>08:11:50.15</b>	+01:41:00	7:13	8.3
33	<b>KYCIA Piotr</b>	<b>4161</b>		Masters M - 40	16	01:04:39	02:33:25	03:49:49	05:26:08	06:52:50	<b>08:16:28.70</b>	<b>08:16:33.60</b>	+01:45:44	7:18	8.2
34	<b>MÜLLER Christoph</b>	<b>4314</b>		Senior II M - 30	17	00:57:53	02:19:11	03:28:22	05:03:43	06:52:07	<b>08:17:39.25</b>	<b>08:17:43.85</b>	+01:46:54	7:19	8.2
35	<b>ZAWADZKI Andrzej</b>	<b>4377</b>	MKS SIECHNICE	Senior II M - 30	18	01:03:00	02:27:01	03:43:03	05:27:03	06:56:51	<b>08:24:28.60</b>	<b>08:24:35.95</b>	+01:53:46	7:25	8.1
36	<b>STAŃCO Paweł</b>	<b>4298</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior I M - 20	2	00:57:56	02:19:56	03:34:31	05:18:28	06:48:18	<b>08:25:11.00</b>	<b>08:25:16.00</b>	+01:54:26	7:25	8.1
37	<b>PAWŁOWSKI Piotr</b>	<b>4322</b>	REHMEDICA	Masters M - 40	17	01:04:53	02:28:40	03:39:12	05:16:15	06:55:00	<b>08:25:35.60</b>	<b>08:25:41.20</b>	+01:54:51	7:26	8.1
38	<b>BAROSZ Natalia</b>	<b>4371</b>	MARCINIŚWIERCTEAM/SPRINTEMDOULTRA	Senior II K - 30	1	01:09:30	02:41:01	04:00:31	05:43:09	07:03:52	<b>08:26:29.80</b>	<b>08:26:35.40</b>	+01:55:45	7:26	8.1
39	<b>OSIURAK Łukasz</b>	<b>4249</b>	1985	Senior II M - 30	19	01:05:47	02:33:02	03:49:19	05:31:46	07:02:48	<b>08:29:41.40</b>	<b>08:30:14.00</b>	+01:59:24	7:29	8
40	<b>DYREK Mateusz</b>	<b>4353</b>		Senior II M - 30	20	01:05:53	02:36:45	03:50:20	05:38:43	07:04:02	<b>08:31:16.75</b>	<b>08:31:40.00</b>	+02:00:50	7:31	8
41	<b>SZCZEPANIK Robert</b>	<b>4390</b>		Masters M - 40	18	01:07:21	02:38:55	04:03:07	05:45:56	07:10:04	<b>08:31:43.40</b>	<b>08:31:55.95</b>	+02:01:06	7:31	8
42	<b>SZAŁ Tomasz</b>	<b>4163</b>	ETA UPS TEAM	Masters M - 40	19	01:09:56	02:43:07	04:03:00	05:46:05	07:09:55	<b>08:32:19.25</b>	<b>08:32:25.40</b>	+02:01:35	7:32	8
43	<b>VALLEJO Eduardo</b>	<b>4386</b>	JACEKBIEGA RUNNING TEAM	Senior II M - 30	21	01:01:18	02:28:37	03:51:17	05:40:39	07:08:08	<b>08:36:42.05</b>	<b>08:36:50.75</b>	+02:06:01	7:35	7.9
44	<b>LATOS Marcin</b>	<b>4127</b>	EUROCLEAR RUNNING TEAM	Senior II M - 30	22	01:09:30	02:42:48	04:02:41	05:48:56	07:16:06	<b>08:38:11.70</b>	<b>08:38:28.00</b>	+02:07:38	7:37	7.9

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

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			
71	<b>ŚMICHURSKI Krzysztof</b>	<b>4039</b>	FIZJOTERAPIA BIEGACZA/PRO 366	Senior II M - 30	32	01:13:56	02:46:27	04:11:29	06:08:02	07:42:30	<b>09:18:05.95</b>	<b>09:18:26.05</b>	+02:47:36	8:12	7.3
72	<b>STANISŁAWSKI Jacek</b>	<b>4123</b>	DOOKOLASWATA.CO	Senior II M - 30	33	01:09:57	02:41:15	04:00:42	05:55:50	07:39:25	<b>09:19:20.95</b>	<b>09:19:21.95</b>	+02:48:32	8:13	7.3
73	<b>WYWROT Grzegorz</b>	<b>4060</b>		Senior II M - 30	34	01:16:53	02:55:40	04:18:59	06:22:25	07:50:07	<b>09:18:41.80</b>	<b>09:19:27.55</b>	+02:48:38	8:12	7.3
74	<b>MAJCHROWSKI Jacek</b>	<b>4000</b>	NIEZALEŻNA TARNOBRSZESKA 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	<b>09:19:51.95</b>	<b>09:20:01.50</b>	+02:49:11	8:14	7.3
75	<b>JURASZ Wojciech</b>	<b>4346</b>	MŁÓCKARNIA	Senior II M - 30	35	01:05:13	02:35:59	03:58:40	05:59:51	07:38:01	<b>09:20:51.55</b>	<b>09:21:14.25</b>	+02:50:24	8:14	7.3
76	<b>WALEŃSKI Maciej</b>	<b>4312</b>	PROTON	Senior II M - 30	36	01:09:33	02:46:52	04:13:31	06:19:34	07:50:32	<b>09:20:49.05</b>	<b>09:21:25.90</b>	+02:50:36	8:14	7.3
77	<b>WALCZAK Patryk</b>	<b>4287</b>	XRUNNERS	Senior II M - 30	37	01:06:15	02:39:11	04:10:19	06:09:00	07:47:07	<b>09:21:22.80</b>	<b>09:21:27.30</b>	+02:50:37	8:15	7.3
78	<b>MUSIELAK Marek</b>	<b>4206</b>	KUPA WARY TEJ	Senior II M - 30	38	01:24:55	03:06:59	04:29:29	06:18:58	07:50:41	<b>09:21:05.50</b>	<b>09:21:36.10</b>	+02:50:46	8:15	7.3
79	<b>KONOPIŃSKI Tomasz</b>	<b>4086</b>	MEDIASYSTEM	Masters M - 40	28	01:23:52	03:07:55	04:27:48	06:21:25	07:47:22	<b>09:20:48.55</b>	<b>09:21:46.65</b>	+02:50:57	8:14	7.3
80	<b>KŁOSOWSKI Kamil</b>	<b>4062</b>		Senior II M - 30	39	01:09:34	02:43:55	04:06:52	06:01:50	07:42:24	<b>09:22:05.05</b>	<b>09:22:22.30</b>	+02:51:32	8:15	7.3
81	<b>PIETRUCHA Maciej</b>	<b>4079</b>	KARKONOSZ RUNNING TEAM	Masters M - 40	29	01:16:00	02:53:06	04:20:50	06:20:29	07:49:17	<b>09:21:57.85</b>	<b>09:22:48.00</b>	+02:51:58	8:15	7.3
82	<b>KUCA Szymon</b>	<b>4208</b>	OLAWS ZŁOTORYJA	Senior II M - 30	40	01:14:34	02:51:32	04:10:32	06:01:06	07:39:55	<b>09:23:23.15</b>	<b>09:23:29.30</b>	+02:52:39	8:17	7.2
83	<b>DAUKSZO Maciej</b>	<b>4340</b>	SBRT WARSZAWA	Senior I M - 20	5	01:11:11	02:44:09	04:06:49	06:05:54	07:45:44	<b>09:23:32.85</b>	<b>09:23:35.70</b>	+02:52:46	8:17	7.2
84	<b>CHOJNACKI Przemysław</b>	<b>4409</b>	BOX88	Masters M - 40	30	01:19:33	03:00:59	04:27:29	06:21:35	07:51:45	<b>09:22:43.90</b>	<b>09:23:36.95</b>	+02:52:47	8:16	7.3
85	<b>KLABISZ Dawid</b>	<b>4372</b>		Senior II M - 30	41	01:07:38	02:42:39	04:08:10	06:06:48	07:41:07	<b>09:23:43.95</b>	<b>09:23:54.20</b>	+02:53:04	8:17	7.2
86	<b>BIĄŁCZYK Marcin</b>	<b>4280</b>	SKY IS THE LIMIT	Senior II M - 30	42	01:07:18	02:39:47	04:06:26	06:18:02	07:48:53	<b>09:22:55.00</b>	<b>09:24:05.05</b>	+02:53:15	8:16	7.2
87	<b>UCIEKŁAK Dominik</b>	<b>4185</b>		Masters M - 40	31	01:08:51	02:42:10	04:09:22	06:08:49	07:47:22	<b>09:24:04.40</b>	<b>09:24:55.45</b>	+02:54:05	8:17	7.2
88	<b>MĄCZKA Martyna</b>	<b>4348</b>		Senior II K - 30	4	01:15:16	02:52:25	04:15:49	06:08:21	07:43:29	<b>09:24:45.40</b>	<b>09:24:55.80</b>	+02:54:06	8:18	7.2
89	<b>ŚMIGIELSKA Danuta</b>	<b>4094</b>	CZERWONAK BIEGA	Senior I K - 20	3	01:14:25	02:53:58	04:20:58	06:14:21	07:49:10	<b>09:25:32.70</b>	<b>09:25:42.80</b>	+02:54:53	8:19	7.2
90	<b>MAZURCZAK Łukasz</b>	<b>4251</b>		Senior II M - 30	43	01:15:46	02:52:37	04:15:02	06:14:11	07:47:57	<b>09:26:56.75</b>	<b>09:28:12.95</b>	+02:57:23	8:20	7.2
91	<b>SEWERYN Grzegorz</b>	<b>4082</b>	BIEGOWA KUŻNIA	Senior II M - 30	44	01:12:20	02:47:19	04:19:10	06:19:39	07:53:55	<b>09:28:42.95</b>	<b>09:29:03.75</b>	+02:58:14	8:21	7.2
92	<b>SAWICKI Leszek</b>	<b>4368</b>		Weteran II M - 60	1	01:10:44	02:46:31	04:13:18	06:19:49	07:56:17	<b>09:28:15.35</b>	<b>09:29:22.90</b>	+02:58:33	8:21	7.2
93	<b>WYSMOLIŃSKI Rafał</b>	<b>4385</b>		Masters M - 40	32	01:16:01	02:55:52	04:22:49	06:25:50	07:56:01	<b>09:30:26.10</b>	<b>09:30:51.70</b>	+03:00:02	8:23	7.2
94	<b>PIETROSZEK Rafał</b>	<b>4410</b>	BRUBECK TEAM	Senior I M - 20	6	01:04:12	02:38:29	04:14:25	06:15:57	07:54:08	<b>09:31:43.30</b>	<b>09:31:46.70</b>	+03:00:57	8:24	7.1
95	<b>GÓRNICKI Tomasz</b>	<b>4183</b>		Masters M - 40	33	01:14:26	02:50:36	04:18:34	06:21:28	07:57:28	<b>09:32:13.85</b>	<b>09:32:51.85</b>	+03:02:02	8:24	7.1
96	<b>KONIECZNY Maciej</b>	<b>4222</b>	MK-CONNECT TEAM	Masters M - 40	34	01:08:39	02:39:02	04:06:44	06:14:44	07:48:05	<b>09:33:27.15</b>	<b>09:33:41.20</b>	+03:02:51	8:25	7.1

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			
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	8:26	7.1
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	8:26	7.1
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	8:27	7.1
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	8:28	7.1
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	8:28	7.1
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	8:29	7.1
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	8:29	7.1
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	8:32	7
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	8:33	7
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	8:33	7
107	DURĄLEK 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	8:33	7
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	8:33	7
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	8:33	7
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	8:35	7
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	8:35	7
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	8:36	7
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	8:39	6.9
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	8:39	6.9
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	8:39	6.9
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	8:40	6.9
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	8:40	6.9
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	8:40	6.9
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	8:41	6.9
120	GÓRECNZY 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	8:41	6.9
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	8:42	6.9
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	8:44	6.9

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

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

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			
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	9:12	6.5
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	9:12	6.5
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	9:15	6.5
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	9:18	6.4
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	9:19	6.4
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	9:20	6.4
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	9:20	6.4
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	9:20	6.4
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	9:20	6.4
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	9:21	6.4
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	9:22	6.4
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	9:23	6.4
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	9:24	6.4
187	KARBOWSKI Jarosław	4046	KS LENIWEC	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	9:24	6.4
188	PARZONKA Paweł	4109	KS LENIWEC	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	9:24	6.4
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	9:25	6.4
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	9:28	6.3
191	SERYLAK 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	9:28	6.3
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	9:28	6.3
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	9:28	6.3
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	9:29	6.3
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	9:28	6.3
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	9:31	6.3
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	9:31	6.3
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	9:31	6.3



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo	Tempo
						10km	24km	34km	46km	57km	68km	68km		min/km	km/h
199	<b>NIEDZIELA Krzysztof</b>	<b>4300</b>	GOSTYŃ	Masters M - 40	79	01:14:33	03:06:24	04:48:58	06:55:51	08:53:53	<b>10:48:15.15</b>	<b>10:48:54.05</b>	+04:18:04	9:32	6.3
200	<b>KOZIOŁ Artur</b>	<b>4232</b>	KOZIOŁKI	Masters M - 40	80	01:20:42	03:11:26	04:49:00	07:05:34	08:50:22	<b>10:47:45.55</b>	<b>10:49:05.85</b>	+04:18:16	9:31	6.3
201	<b>LEBODA Katarzyna</b>	<b>4387</b>	WLD DOGS TEAM	Senior II K - 30	13	01:21:20	03:10:09	04:51:01	07:09:04	08:59:51	<b>10:48:57.85</b>	<b>10:50:17.55</b>	+04:19:28	9:32	6.3
202	<b>SZWARC Paweł</b>	<b>4211</b>	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	<b>10:49:20.45</b>	<b>10:50:18.35</b>	+04:19:28	9:32	6.3
203	<b>MROTEK Katarzyna</b>	<b>4061</b>	ON THE MOVE	Senior II K - 30	14	01:23:17	03:14:00	04:55:02	07:19:26	09:00:31	<b>10:49:25.30</b>	<b>10:50:21.00</b>	+04:19:31	9:33	6.3
204	<b>DŁUGOSZ-SAWICKA Marta</b>	<b>4290</b>		Senior II K - 30	15	01:23:17	03:14:05	04:55:01	07:19:26	09:00:29	<b>10:49:24.90</b>	<b>10:50:21.15</b>	+04:19:31	9:33	6.3
205	<b>SILSKA Sylwia</b>	<b>4178</b>		Masters K - 40	9	01:30:42	03:24:24	05:05:36	07:22:42	09:07:56	<b>10:49:37.80</b>	<b>10:50:44.15</b>	+04:19:54	9:33	6.3
206	<b>BALCERZAK Robert</b>	<b>4170</b>	KLUB BIEGACZA WARTA	Masters M - 40	81	01:19:32	03:11:56	04:52:05	07:10:53	08:59:32	<b>10:50:40.45</b>	<b>10:51:02.60</b>	+04:20:13	9:34	6.3
207	<b>RADZIWOŃ Anna</b>	<b>4091</b>	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	10	01:25:20	03:23:14	05:06:09	07:22:28	09:06:02	<b>10:50:40.85</b>	<b>10:51:15.55</b>	+04:20:26	9:34	6.3
208	<b>RUSOŁ Tomasz</b>	<b>4088</b>		Senior II M - 30	70	01:09:42	02:48:32	04:23:53	06:56:54	08:40:31	<b>10:50:54.95</b>	<b>10:51:34.25</b>	+04:20:44	9:34	6.3
209	<b>GŁUSZEK Tomasz</b>	<b>4129</b>		Senior II M - 30	71	01:17:41	02:58:59	04:30:29	06:49:50	08:46:17	<b>10:50:39.60</b>	<b>10:51:36.20</b>	+04:20:46	9:34	6.3
210	<b>WYRWAS-ZYGARŁOWSKA Izabela</b>	<b>4240</b>	KOBIETY BIEGAJĄ	Senior II K - 30	16	01:21:33	03:16:45	05:03:06	07:24:59	09:09:51	<b>10:51:21.40</b>	<b>10:51:41.40</b>	+04:20:51	9:34	6.3
211	<b>GALASIŃSKI Andrzej</b>	<b>4239</b>	GRUPA SIGMEO	Weteran I M - 50	9	01:19:20	03:15:05	04:56:59	07:15:56	09:04:27	<b>10:51:23.70</b>	<b>10:51:43.25</b>	+04:20:53	9:34	6.3
212	<b>PALUCH Daniel</b>	<b>4092</b>	BIEGOWA KUŹNIA	Masters M - 40	82	01:18:06	03:05:15	04:43:05	07:01:14	08:45:40	<b>10:52:01.30</b>	<b>10:52:23.35</b>	+04:21:33	9:35	6.3
213	<b>BALCERZAK Mariusz</b>	<b>4172</b>		Masters M - 40	83	01:23:16	03:14:24	04:51:24	07:07:56	08:58:18	<b>10:51:29.05</b>	<b>10:52:34.30</b>	+04:21:44	9:34	6.3
214	<b>SKRZYPCZAK Radosław</b>	<b>4269</b>	ROUNDSPACE.PL	Masters M - 40	84	01:27:20	03:19:23	04:58:37	07:23:54	09:07:59	<b>10:52:02.05</b>	<b>10:52:37.70</b>	+04:21:48	9:35	6.3
215	<b>SMARUJ Igor</b>	<b>4309</b>		Senior I M - 20	14	01:23:00	03:13:24	04:50:30	07:09:14	08:58:15	<b>10:53:40.10</b>	<b>10:54:07.00</b>	+04:23:17	9:36	6.2
216	<b>JEDRZEJEK Lukasz</b>	<b>4324</b>	DFDS POLSKA RUNNING TEAM	Senior II M - 30	72	01:22:21	03:12:54	04:45:10	06:47:14	08:46:12	<b>10:53:13.40</b>	<b>10:54:23.25</b>	+04:23:33	9:36	6.2
217	<b>CHORAŻY Łukasz</b>	<b>4125</b>	CAŁA OLEŚNICA BIEGA	Senior II M - 30	73	01:19:18		04:38:02	07:02:47	08:56:58	<b>10:54:41.95</b>	<b>10:55:50.05</b>	+04:25:00	9:37	6.2
218	<b>MOSKAL Izabella</b>	<b>4160</b>	TKKF MPK POZNAŃ	Masters K - 40	11	01:25:38	03:17:22	04:56:34	07:17:20	09:05:55	<b>10:55:35.70</b>	<b>10:56:04.65</b>	+04:25:15	9:38	6.2
219	<b>JANASIK Aleksandra</b>	<b>4394</b>		Masters K - 40	12	01:17:52	03:09:37	04:55:03	07:17:00	09:05:43	<b>10:55:18.40</b>	<b>10:56:06.10</b>	+04:25:16	9:38	6.2
220	<b>WASZYK Anita</b>	<b>4398</b>	MUAY RUNNING TEAM	Senior II K - 30	17	01:25:37	03:22:36	05:05:14	07:15:38	09:03:22	<b>10:55:48.60</b>	<b>10:56:15.90</b>	+04:25:26	9:38	6.2
221	<b>HETMAŃSKI Arek</b>	<b>4069</b>	LOVELASY	Senior II M - 30	74	01:17:01	03:06:05	04:42:15	07:01:31	08:54:53	<b>10:57:25.65</b>	<b>10:57:32.40</b>	+04:26:42	9:40	6.2
222	<b>DYSARZ Jan</b>	<b>4382</b>	BROWAR FORTUNA	Senior II M - 30	75	01:18:34	03:01:47	04:38:49	07:05:09	08:59:17	<b>11:01:18.30</b>	<b>11:01:35.25</b>	+04:30:45	9:43	6.2
223	<b>WIŚNIEWSKI Dominik</b>	<b>4263</b>		Senior II M - 30	76	01:20:56	03:09:11	04:47:14	07:13:18	09:04:16	<b>11:02:10.00</b>	<b>11:02:23.65</b>	+04:31:34	9:44	6.2

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
224	<b>WILK Wiktoria</b>	<b>4105</b>	WLKI	Senior II K - 30	18	01:26:27	03:26:39	05:09:29	07:25:47	09:11:36	<b>11:02:00.90</b>	<b>11:03:15.40</b>	+04:32:25	9:44	6.2
225	<b>WILK Krzysztof</b>	<b>4106</b>	WLKI	Senior II M - 30	77	01:26:26	03:18:32	05:09:30	07:25:46	09:11:36	<b>11:02:02.10</b>	<b>11:03:17.30</b>	+04:32:27	9:44	6.2
226	<b>BURCZYK Klaudiusz</b>	<b>4258</b>		Senior II M - 30	78	01:20:49	03:11:35	04:48:55	07:14:00	09:09:12	<b>11:03:27.10</b>	<b>11:04:02.70</b>	+04:33:13	9:45	6.1
227	<b>KARKOWSKA Wiesława</b>	<b>4332</b>	GIMNA TARNOWO PODGÓRNE	Weteran K - 50	4	01:27:44	03:26:26	05:11:00	07:29:31	09:23:45	<b>11:04:21.05</b>	<b>11:04:40.10</b>	+04:33:50	9:46	6.1
228	<b>DĄBROWSKI Roman</b>	<b>4037</b>		Masters M - 40	85	01:21:29	03:13:24	04:55:18	07:19:48	09:13:31	<b>11:05:08.00</b>	<b>11:05:34.60</b>	+04:34:45	9:46	6.1
229	<b>TYRPA Jarosław</b>	<b>4018</b>		Masters M - 40	86	01:23:20	03:14:44	05:02:35	07:28:17	09:16:47	<b>11:05:59.00</b>	<b>11:06:53.15</b>	+04:36:03	9:47	6.1
230	<b>KOZŁOWSKA Karolina</b>	<b>4171</b>		Masters K - 40	13	01:23:48	03:17:03	04:59:36	07:18:01	09:08:33	<b>11:06:52.50</b>	<b>11:07:51.50</b>	+04:37:01	9:48	6.1
231	<b>RÓŻANOWSKI Szymon</b>	<b>4357</b>		Senior II M - 30	79					09:02:38	<b>11:08:37.75</b>	<b>11:08:40.75</b>	+04:37:51	9:49	6.1
232	<b>MARIANOWSKI Krzysztof</b>	<b>4355</b>	KWDZYN BIEGA	Masters M - 40	87	01:27:34	03:23:10	05:04:06	07:27:56	09:19:57	<b>11:09:20.60</b>	<b>11:10:12.90</b>	+04:39:23	9:50	6.1
233	<b>KOWALEWSKI Grzegorz</b>	<b>4242</b>		Weteran I M - 50	10	01:29:14	03:26:39	05:03:52	07:25:57	09:23:14	<b>11:09:10.25</b>	<b>11:10:18.65</b>	+04:39:29	9:50	6.1
234	<b>OSTÓJ Piotr</b>	<b>4295</b>	ADSYSTEM	Senior I M - 20	15			05:03:38	07:25:17	09:17:30	<b>11:10:57.10</b>	<b>11:10:58.10</b>	+04:40:08	9:52	6.1
235	<b>KOSZAREK Andrzej</b>	<b>4102</b>		Masters M - 40	88	01:33:58	03:33:58	05:15:27	07:30:42	09:15:55	<b>11:10:25.75</b>	<b>11:11:41.10</b>	+04:40:51	9:51	6.1
236	<b>GĄSZCZAK Michał</b>	<b>4378</b>	RUNHOGS TYCHY	Senior II M - 30	80	01:25:18	03:14:24	04:55:06	07:15:09	09:05:55	<b>11:11:10.30</b>	<b>11:12:20.65</b>	+04:41:31	9:52	6.1
237	<b>KOWALCZYK Marcin</b>	<b>4184</b>		Senior II M - 30	81	01:16:57	03:07:17	04:40:40	07:04:17	09:01:17	<b>11:12:33.25</b>	<b>11:13:07.40</b>	+04:42:17	9:53	6.1
238	<b>ŚNIEGOCKA Magdalena</b>	<b>4104</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	14	01:30:49	03:34:22	05:18:33	07:34:45	09:26:28	<b>11:17:49.00</b>	<b>11:18:07.75</b>	+04:47:18	9:58	6
239	<b>PROSZAK Sebastian</b>	<b>4275</b>	KURORT ŁĄDEK ZDRÓJ TEAM	Masters M - 40	89	01:19:11	03:04:18	04:29:20	07:01:47	08:45:17	<b>11:17:06.95</b>	<b>11:18:19.80</b>	+04:47:30	9:57	6
240	<b>RAK Cezary</b>	<b>4310</b>	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	82	01:21:10	03:19:33	05:13:26	07:51:54	10:04:03	<b>11:19:02.60</b>	<b>11:19:20.80</b>	+04:48:31	9:59	6
241	<b>FRANASZCZYK Marcin</b>	<b>4154</b>	BUCHARZEWO TEAM	Masters M - 40	90	01:22:35	03:10:47	04:51:24	07:19:51	09:15:09	<b>11:19:29.35</b>	<b>11:19:47.60</b>	+04:48:58	9:59	6
242	<b>KUCHARSKI Jakub</b>	<b>4181</b>	JKU1979	Masters M - 40	91	01:31:16	03:28:34	05:07:25	07:38:07	09:27:36	<b>11:20:31.15</b>	<b>11:21:49.70</b>	+04:51:00	10:00	6
243	<b>ŚRÓDKA Bartłomiej</b>	<b>4026</b>	DŻĘDAJE WYKŁĘCI	Senior II M - 30	83	01:22:26	03:09:24	04:46:03	07:14:16	09:20:04	<b>11:22:26.85</b>	<b>11:23:14.55</b>	+04:52:25	10:02	6
244	<b>KIERSKI Dariusz</b>	<b>4304</b>		Weteran I M - 50	11	01:26:52	03:26:40	05:11:11	07:38:49	09:26:22	<b>11:23:10.65</b>	<b>11:23:25.65</b>	+04:52:36	10:02	6
245	<b>GŁADYSZEWSKI Jacek</b>	<b>4302</b>	MCBIEGACZE	Senior II M - 30	84	01:26:51	03:29:35	05:10:05	07:35:55	09:35:50	<b>11:23:13.70</b>	<b>11:23:38.90</b>	+04:52:49	10:02	6
246	<b>SITAK Adam</b>	<b>4071</b>		Senior II M - 30	85	01:08:33	02:46:28	04:25:29	07:20:12	09:11:24	<b>11:24:00.90</b>	<b>11:25:05.75</b>	+04:54:16	10:03	6
247	<b>STACHURSKI Paweł</b>	<b>4279</b>		Senior II M - 30	86	01:10:58	02:53:38	04:34:25	07:12:55	09:03:58	<b>11:25:09.15</b>	<b>11:25:21.40</b>	+04:54:31	10:04	6
248	<b>POMIANOWSKI Szymon</b>	<b>4015</b>	KURACJUSZE	Senior II M - 30	87	01:14:48	03:10:00	05:02:36	07:45:27	09:31:40	<b>11:24:36.30</b>	<b>11:25:30.50</b>	+04:54:40	10:04	6
249	<b>ROGO CZ Maciej</b>	<b>4110</b>	ROGAŚ Z DOLINY ROZTOKI	Masters M - 40	92	01:25:15	03:27:44	05:07:31	07:28:31	09:19:42	<b>11:25:03.70</b>	<b>11:26:17.75</b>	+04:55:28	10:04	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			
250	<b>SZYGENDA Waldemar</b>	<b>4373</b>		Weteran I M - 50	12	01:27:50	03:28:59	05:16:39	07:43:31	09:31:48	<b>11:26:31.00</b>	<b>11:27:26.50</b>	+04:56:36	10:05	5.9
251	<b>ŚLUZEK Mirosław</b>	<b>4077</b>		Weteran I M - 50	13	01:21:02	03:19:12	05:03:09	07:35:49	09:33:48	<b>11:27:21.75</b>	<b>11:28:24.55</b>	+04:57:35	10:06	5.9
252	<b>KOSMAŁA Szymon</b>	<b>4120</b>		Senior II M - 30	88	01:22:11	03:14:12	04:55:17	07:37:34	09:29:20	<b>11:27:50.60</b>	<b>11:28:27.60</b>	+04:57:38	10:06	5.9
253	<b>DARSKI Rafał</b>	<b>4063</b>	RECAMIERE	Weteran I M - 50	14	01:19:08	03:14:31	05:04:16	07:37:15	09:33:59	<b>11:27:54.15</b>	<b>11:28:27.80</b>	+04:57:38	10:06	5.9
254	<b>KĘDZIELEWSKI Łukasz</b>	<b>4277</b>	WECZORNE BIEGANIE WSZCZECINIE	Senior II M - 30	89	01:21:25	03:15:57	04:56:42	07:26:07	09:27:50	<b>11:28:25.20</b>	<b>11:29:10.90</b>	+04:58:21	10:07	5.9
255	<b>BLICHARSKA Marta</b>	<b>4278</b>	WECZORNE BIEGANIE WSZCZECINIE	Senior II K - 30	19	01:21:26	03:15:58	04:56:41	07:26:06	09:27:39	<b>11:28:25.20</b>	<b>11:29:10.95</b>	+04:58:21	10:07	5.9
256	<b>PŁAZA Artur</b>	<b>4148</b>	PŁAZA TEAM	Masters M - 40	93	01:19:45	03:01:16	04:37:45	07:31:21	09:23:44	<b>11:28:32.55</b>	<b>11:29:20.65</b>	+04:58:31	10:07	5.9
257	<b>CHWIAŁKOWSKI Łukasz</b>	<b>4093</b>		Senior II M - 30	90	01:23:15	03:11:22	04:54:40	07:31:57	09:30:15	<b>11:28:23.15</b>	<b>11:29:25.10</b>	+04:58:35	10:07	5.9
258	<b>STUDNICKI Paweł</b>	<b>4135</b>		Masters M - 40	94	01:16:54	03:04:30	04:55:42	07:30:51	09:32:38	<b>11:30:03.70</b>	<b>11:30:09.95</b>	+04:59:20	10:08	5.9
259	<b>GAJDOWSKI Przemysław</b>	<b>4284</b>		Senior II M - 30	91	01:23:01	03:21:10	05:01:08	07:34:31	09:33:30	<b>11:29:40.85</b>	<b>11:30:57.00</b>	+05:00:07	10:08	5.9
260	<b>DĄBROWSKI Michał</b>	<b>4153</b>	TEAM ZABIEGANEDNI	Masters M - 40	95	01:25:18	03:18:01	04:54:34	07:28:07	09:23:43	<b>11:29:41.00</b>	<b>11:31:04.20</b>	+05:00:14	10:08	5.9
261	<b>ODWAŻNY Magdalena</b>	<b>4003</b>	ODWAŻNYTEAM.PL	Masters K - 40	15	01:23:15	03:21:58	05:09:08	07:37:24	09:31:32	<b>11:31:31.25</b>	<b>11:32:11.75</b>	+05:01:22	10:10	5.9
262	<b>SUT Iwona</b>	<b>4073</b>	KS GŁÓWNO W BIEGU	Masters K - 40	16	01:23:03	03:20:46	05:10:16	07:36:52	09:39:00	<b>11:32:21.75</b>	<b>11:32:40.90</b>	+05:01:51	10:10	5.9
263	<b>JAZY Szymon</b>	<b>4098</b>	1984	Senior II M - 30	92	01:28:55	03:35:28	05:19:24	07:56:34	09:49:21	<b>11:33:05.35</b>	<b>11:33:26.15</b>	+05:02:36	10:11	5.9
264	<b>BABIAK Bartosz</b>	<b>4139</b>		Senior II M - 30	93	01:23:13	03:18:56	05:09:26	07:47:43	09:34:59	<b>11:32:58.85</b>	<b>11:34:04.05</b>	+05:03:14	10:11	5.9
265	<b>ZEGARMISTRZ Grzegorz</b>	<b>4189</b>		Senior II M - 30	94	01:25:11	03:12:21	04:45:01	07:20:05	09:23:56	<b>11:33:24.55</b>	<b>11:34:47.00</b>	+05:03:57	10:11	5.9
266	<b>SZNAJDER Joanna</b>	<b>4246</b>		Masters K - 40	17	01:23:09	03:18:55	05:05:47	07:35:47	09:34:22	<b>11:34:29.55</b>	<b>11:35:01.50</b>	+05:04:11	10:12	5.9
267	<b>TELEON Piotr</b>	<b>4075</b>	JACEKBIEGA RUNNING TEAM	Masters M - 40	96	01:14:46	03:01:19	04:50:04	07:34:44	09:35:44	<b>11:36:44.55</b>	<b>11:37:36.20</b>	+05:06:46	10:14	5.9
268	<b>BACA Bartosz</b>	<b>4145</b>	ZŁOTE KLOCKI NA SZNURKU	Senior II M - 30	95	01:27:19	03:32:12	05:36:34	07:58:23	09:47:54	<b>11:37:22.20</b>	<b>11:37:56.05</b>	+05:07:06	10:15	5.9
269	<b>WAŚCIŃSKI Roman</b>	<b>4187</b>	PĘDZI - PARA	Masters M - 40	97	01:25:15	03:16:48	05:06:35	07:33:46	09:41:57	<b>11:37:11.40</b>	<b>11:38:25.10</b>	+05:07:35	10:15	5.9
270	<b>ANTOSZCZUK Arkadiusz</b>	<b>4289</b>	PRO-RUN WROCŁAW	Masters M - 40	98	01:22:53	03:16:43	05:13:13	07:51:43	09:56:45	<b>11:38:43.15</b>	<b>11:39:13.15</b>	+05:08:23	10:16	5.8
271	<b>PELJAK Mariusz</b>	<b>4132</b>		Senior II M - 30	96	01:29:48	03:34:46	05:21:03	07:53:03	09:48:48	<b>11:40:17.35</b>	<b>11:41:14.55</b>	+05:10:25	10:17	5.8
272	<b>KRÓL Mieczysław</b>	<b>4366</b>	POLSKA	Senior II M - 30	97	01:19:33	03:13:46	04:58:01	07:26:00	09:23:10	<b>11:41:20.10</b>	<b>11:42:13.50</b>	+05:11:23	10:18	5.8
273	<b>KUCIŃSKA Magdalena</b>	<b>4011</b>	BASSET ROLLING TEAM	Senior II K - 30	20	01:28:27	03:25:07	05:09:20	07:37:14	09:37:31	<b>11:42:18.10</b>	<b>11:42:45.70</b>	+05:11:56	10:19	5.8
274	<b>BAGIŃSKA Paulina</b>	<b>4190</b>		Senior II K - 30	21	01:32:06	03:28:49	05:16:21	07:48:17	09:49:08	<b>11:45:57.75</b>	<b>11:47:11.75</b>	+05:16:22	10:22	5.8
275	<b>REMLEIN Katarzyna</b>	<b>4400</b>		Senior II K - 30	22	01:34:06	03:40:44	05:26:34	07:48:16	09:46:08	<b>11:47:11.15</b>	<b>11:47:21.85</b>	+05:16:32	10:23	5.8

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			
276	<b>MAĆZYŃSKI Wiktor</b>	<b>4124</b>		Senior II M - 30	98	01:17:51	03:04:45	04:51:46	07:46:09	09:43:20	<b>11:46:44.85</b>	<b>11:47:25.20</b>	+05:16:35	10:23	5.8
277	<b>DOMIŃCZYK Jakub</b>	<b>4229</b>	LEGIONY WILKÓW	Senior II M - 30	99	01:17:50	03:04:46	04:51:45	07:46:05	09:43:17	<b>11:46:44.80</b>	<b>11:47:25.60</b>	+05:16:36	10:23	5.8
278	<b>SOBAŃSKA Paulina</b>	<b>4119</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	23	01:34:13	03:47:38	05:37:43	08:01:28	09:58:59	<b>11:47:18.75</b>	<b>11:47:37.45</b>	+05:16:47	10:24	5.8
279	<b>GADAMSKA-KABATA Paulina</b>	<b>4051</b>	WKURW_TEAM	Senior II K - 30	24	01:26:47	03:33:14	05:22:59	07:44:56	09:50:47	<b>11:47:18.30</b>	<b>11:47:44.05</b>	+05:16:54	10:24	5.8
280	<b>GRYGORUK Cezary</b>	<b>4186</b>		Weteran I M - 50	15	01:23:50	03:27:33	05:18:24	07:49:12	09:49:58	<b>11:47:31.80</b>	<b>11:47:48.50</b>	+05:16:58	10:24	5.8
281	<b>BORKOWSKI Łukasz</b>	<b>4095</b>	RAKFAKJU	Senior II M - 30	100	01:26:09	03:25:03	05:09:20	07:36:48	09:43:50	<b>11:48:12.05</b>	<b>11:48:41.45</b>	+05:17:51	10:24	5.8
282	<b>NOWICKI Marek</b>	<b>4089</b>	PORANNI BIEGACZE	Masters M - 40	99	01:30:34	03:32:18	05:26:01	07:55:54	09:55:17	<b>11:48:43.40</b>	<b>11:49:49.60</b>	+05:19:00	10:25	5.8
283	<b>POMASKI Paweł</b>	<b>4081</b>	ADIDAS RUNNER'S WARSAW	Weteran I M - 50	16	01:23:51	03:22:14	05:11:55	07:46:03	09:46:00	<b>11:49:35.25</b>	<b>11:49:52.85</b>	+05:19:03	10:26	5.7
284	<b>GAŁKA Marcin</b>	<b>4009</b>		Senior II M - 30	101	01:33:26	03:36:44	05:17:53	07:46:38	09:47:32	<b>11:49:24.40</b>	<b>11:50:19.45</b>	+05:19:29	10:25	5.8
285	<b>BIELEŃ Agnieszka</b>	<b>4395</b>	MUAY RUNNING TEAM	Senior II K - 30	25	01:27:20	03:34:27	05:24:59	08:01:04	09:59:02	<b>11:51:50.70</b>	<b>11:52:18.35</b>	+05:21:28	10:28	5.7
286	<b>OLIVEIRA Magdalena</b>	<b>4236</b>		Senior II K - 30	26	01:31:14	03:39:19	05:33:00	08:06:20	09:56:27	<b>11:51:19.85</b>	<b>11:52:23.95</b>	+05:21:34	10:27	5.7
287	<b>MILER Urszula</b>	<b>4213</b>	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	Masters K - 40	18	01:31:26	03:40:36	05:33:03	08:07:03	09:56:29	<b>11:51:20.65</b>	<b>11:52:24.40</b>	+05:21:34	10:27	5.7
288	<b>MILER Robert</b>	<b>4214</b>	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	<b>11:51:21.10</b>	<b>11:52:25.20</b>	+05:21:35	10:27	5.7
289	<b>SZEREMENT Tomasz</b>	<b>4204</b>	DRUŻYNA SZPIKU	Masters M - 40	101	01:19:40	03:08:56	04:57:01	07:36:03	09:36:54	<b>11:54:41.35</b>	<b>11:54:51.95</b>	+05:24:02	10:30	5.7
290	<b>KOTYSZ Katarzyna</b>	<b>4233</b>	BBL OPOLE	Weteran K - 50	5	01:33:38	03:47:08	05:37:04	08:25:49	10:10:38	<b>11:55:30.55</b>	<b>11:56:23.95</b>	+05:25:34	10:31	5.7
291	<b>KOTYSZ Waldemar</b>	<b>4234</b>	BBL OPOLE	Weteran I M - 50	17	01:33:37	03:47:08	05:37:04	08:25:48	10:10:41	<b>11:55:31.00</b>	<b>11:56:24.50</b>	+05:25:34	10:31	5.7
292	<b>KOLIBABSKI Radosław</b>	<b>4259</b>	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	102	01:17:01	03:13:21	05:03:34	07:51:53	09:45:32	<b>11:56:33.65</b>	<b>11:56:52.65</b>	+05:26:03	10:32	5.7
293	<b>KILIMNIK Tomasz</b>	<b>4303</b>	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	103	01:17:02	03:19:37	05:07:54	07:51:51	09:48:03	<b>11:56:34.75</b>	<b>11:56:54.30</b>	+05:26:04	10:32	5.7
294	<b>STALA-KONDRAKIEWICZ Katarzyna</b>	<b>4133</b>	KB HARCOWNIK JELCZ-LASKOWCE	Senior II K - 30	27	01:29:50	03:34:47	05:21:31	07:53:15	09:52:13	<b>11:55:59.40</b>	<b>11:56:56.35</b>	+05:26:06	10:31	5.7
295	<b>SILSKI Marek</b>	<b>4177</b>		Weteran I M - 50	18	01:32:35	03:35:07	05:26:25	08:06:20	10:00:36	<b>11:55:58.20</b>	<b>11:57:04.55</b>	+05:26:15	10:31	5.7
296	<b>BAREJKA Rafał</b>	<b>4142</b>	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	102	01:33:56	03:40:43	05:27:10	07:56:49	09:58:43	<b>11:57:16.40</b>	<b>11:57:48.80</b>	+05:26:59	10:32	5.7
297	<b>ŁAGODA Łukasz</b>	<b>4343</b>	AKTIV REHABILITACJA	Senior II M - 30	104	01:27:28	03:27:47	05:19:29	07:56:16	09:52:58	<b>11:58:14.10</b>	<b>11:58:50.30</b>	+05:28:00	10:33	5.7
298	<b>IWASZCZYSZYN Joachim</b>	<b>4297</b>	ADSYSTEM	Senior I M - 20	16	01:25:40	03:26:16	05:23:16	08:05:52	10:02:49	<b>11:59:34.50</b>	<b>12:00:21.05</b>	+05:29:31	10:34	5.7
299	<b>KOSEWSKI Marek</b>	<b>4338</b>		Weteran I M - 50	19	01:31:04	03:32:18	05:25:21	08:00:56	10:01:07	<b>12:01:21.70</b>	<b>12:01:56.55</b>	+05:31:07	10:36	5.7
300	<b>PISULA Paulina</b>	<b>4264</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II K - 30	28	01:26:56	03:30:03	05:20:12	07:56:03		<b>12:01:11.15</b>	<b>12:02:05.70</b>	+05:31:16	10:36	5.7

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			
301	<b>MIERZYŃSKI Rafał</b>	<b>4325</b>	BIEGING TEAM ZELÓW	Senior II M - 30	105	01:22:06	03:19:01	05:05:13	07:45:40	09:31:17	<b>12:03:43.00</b>	<b>12:04:28.70</b>	+05:33:39	10:38	5.6
302	<b>MIERZYŃSKI Rafał</b>	<b>4165</b>	BIEGING TEAM ZELÓW	Senior II M - 30	106	01:22:05	03:19:01	05:05:12	07:46:26	09:47:16	<b>12:03:44.85</b>	<b>12:04:31.10</b>	+05:33:41	10:38	5.6
303	<b>PIECH Marzena</b>	<b>4147</b>	BOOT CAMP JAWORZNO ☐☐	Senior II K - 30	29	01:23:00	03:21:16	05:06:10	07:47:43	09:47:49	<b>12:04:02.45</b>	<b>12:04:34.15</b>	+05:33:44	10:38	5.6
304	<b>KOTWA Paweł</b>	<b>4337</b>	TUMBOTEAM	Senior I M - 20	17	01:34:50	03:24:11	05:05:19	07:44:11	09:51:57	<b>12:03:15.40</b>	<b>12:04:34.60</b>	+05:33:45	10:38	5.6
305	<b>BARADZIEJ Bartłomiej</b>	<b>4072</b>	TERMINAL LOGISTYCZNY PROMONT	Senior II M - 30	107	01:25:13	03:16:37	05:07:39	07:56:38	09:53:52	<b>12:04:14.80</b>	<b>12:05:29.55</b>	+05:34:40	10:39	5.6
306	<b>ŻELAZOWSKA Ola</b>	<b>4049</b>	PRO-RUN WROCŁAW	Senior II K - 30	30	01:23:13	03:15:42	05:09:05	08:10:22	09:58:04	<b>12:07:48.00</b>	<b>12:08:28.70</b>	+05:37:39	10:42	5.6
307	<b>BOROWIEC Bartek</b>	<b>4050</b>	PRO-RUN WROCŁAW	Senior II M - 30	108	01:23:12	03:15:41	05:09:04	08:10:20	09:58:02	<b>12:07:47.55</b>	<b>12:08:28.90</b>	+05:37:39	10:42	5.6
308	<b>KOZIOŁ Paweł</b>	<b>4243</b>		Senior II M - 30	109	01:32:12	03:40:26	05:36:57	08:25:19	10:17:27	<b>12:09:09.10</b>	<b>12:10:29.50</b>	+05:39:39	10:43	5.6
309	<b>WYSOCKI Grzegorz</b>	<b>4198</b>	MORSY TUREK	Masters M - 40	103	01:32:08	03:37:10	05:26:16	08:03:45	10:04:12	<b>12:10:06.40</b>	<b>12:11:26.70</b>	+05:40:37	10:44	5.6
310	<b>SZYMAŃSKI Mariusz</b>	<b>4197</b>		Senior II M - 30	110	01:26:28	03:24:55	05:21:19	08:04:20	10:05:11	<b>12:12:42.00</b>	<b>12:13:21.75</b>	+05:42:32	10:46	5.6
311	<b>KOCHMAŃSKA Marta</b>	<b>4255</b>		Senior II K - 30	31	01:27:48	03:37:09	05:48:34	08:22:37	10:24:38	<b>12:16:18.30</b>	<b>12:17:05.50</b>	+05:46:15	10:49	5.5
312	<b>MODLISZEWSKI Dariusz</b>	<b>4199</b>	ORANGE POLSKA	Masters M - 40	104	01:23:29	03:19:33	05:15:31	07:59:55	10:05:30	<b>12:17:48.85</b>	<b>12:18:32.75</b>	+05:47:43	10:51	5.5
313	<b>SOBKOWIAK Ewa</b>	<b>4356</b>	100 MARATHON CLUB POLAND	Weteran K - 50	6	01:32:16	03:34:40	05:36:39	08:21:45	10:19:04	<b>12:17:39.10</b>	<b>12:18:41.80</b>	+05:47:52	10:50	5.5
314	<b>OLSZEWSKI Michał</b>	<b>4159</b>		Senior II M - 30	111	01:23:55	03:16:40	05:05:22	07:48:16	10:05:09	<b>12:19:39.70</b>	<b>12:19:54.30</b>	+05:49:04	10:52	5.5
315	<b>WIĘCŁAWSKI Robert</b>	<b>4412</b>		Masters M - 40	105	01:22:59	03:17:14	05:30:06	08:21:43	10:24:00	<b>12:19:32.75</b>	<b>12:20:17.15</b>	+05:49:27	10:52	5.5
316	<b>WOJTCZAK Małgorzata</b>	<b>4174</b>		Masters K - 40	19	01:34:09	03:47:04	05:54:19	08:34:23	10:25:49	<b>12:20:26.35</b>	<b>12:21:13.55</b>	+05:50:24	10:53	5.5
317	<b>LIPIŃSKI Krzysztof</b>	<b>4326</b>	KB MANIAC POZNAŃ	Weteran I M - 50	20	01:41:58	04:06:57	06:08:49	08:55:03	10:25:36	<b>12:21:16.05</b>	<b>12:22:17.90</b>	+05:51:28	10:54	5.5
318	<b>SKOWROŃSKI Janusz</b>	<b>4237</b>	WKURW_TEAM / WATAHA	Masters M - 40	106	01:25:47	03:29:51	05:35:20	08:27:09	10:22:26	<b>12:22:06.30</b>	<b>12:22:21.75</b>	+05:51:32	10:54	5.5
319	<b>ARGIER Łukasz</b>	<b>4265</b>	BIEGIEM PO MARZENIA	Senior II M - 30	112	01:30:05	03:33:33	05:26:26	08:16:13	10:15:23	<b>12:24:22.25</b>	<b>12:25:18.25</b>	+05:54:28	10:56	5.5
320	<b>FRIEZE Krzysztof</b>	<b>4294</b>	ORANGE POLSKA	Masters M - 40	107	01:26:54	03:44:17	05:38:39	08:27:04	10:22:28	<b>12:25:30.35</b>	<b>12:25:43.20</b>	+05:54:53	10:57	5.5
321	<b>FRIEZE Tatiana</b>	<b>4293</b>	DROGA DO ULTRA	Masters K - 40	20	01:26:56	03:45:53	05:40:05	08:27:03	10:22:29	<b>12:25:31.20</b>	<b>12:25:43.30</b>	+05:54:53	10:57	5.5
322	<b>DOWNAR-ZAPOLSKA Rita</b>	<b>4220</b>	MOM&DAUGHTER RUN	Masters K - 40	21	01:33:30	03:46:26	05:43:50	08:25:29	10:25:28	<b>12:26:07.90</b>	<b>12:26:36.65</b>	+05:55:47	10:58	5.5
323	<b>ŁAZAROWICZ Mateusz</b>	<b>4016</b>		Senior I M - 20	18	01:39:12	03:49:10		08:11:05	10:11:14	<b>12:26:32.50</b>	<b>12:26:40.50</b>	+05:55:50	10:58	5.5
324	<b>WOJNAR Radek</b>	<b>4308</b>	PUNK PARROT	Masters M - 40	108	01:32:53	03:41:12	05:30:52	08:08:24	10:18:30	<b>12:26:00.85</b>	<b>12:27:00.25</b>	+05:56:10	10:58	5.5
325	<b>PIETRZAK Dariusz</b>	<b>4223</b>		Masters M - 40	109	01:33:57	03:44:31	05:32:53	08:11:14	10:13:39	<b>12:27:15.15</b>	<b>12:27:32.30</b>	+05:56:42	10:59	5.5
326	<b>PIETRZAK Monika</b>	<b>4224</b>		Masters K - 40	22	01:33:59	03:44:34	05:33:31	08:11:16	10:13:41	<b>12:28:05.50</b>	<b>12:28:22.10</b>	+05:57:32	11:00	5.5

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			
327	<b>JAMRÓZ Wojciech</b>	<b>4047</b>	KW GLIWICE	Masters M - 40	110	01:25:20	03:25:00	05:15:09	08:19:16	10:19:00	<b>12:28:12.95</b>	<b>12:29:23.10</b>	+05:58:33	11:00	5.5
328	<b>BAUGÄRTNER Marcin</b>	<b>4335</b>	KLUBSILESIA.PL	Masters M - 40	111	01:41:14	03:51:52	05:41:05	08:31:04	10:26:26	<b>12:28:49.10</b>	<b>12:30:09.85</b>	+05:59:20	11:00	5.4
329	<b>WAŚCIŃSKA Edyta</b>	<b>4188</b>	PĘDZI - PARA	Masters K - 40	23	01:37:48	03:49:44	05:50:31	08:24:17	10:29:39	<b>12:29:01.55</b>	<b>12:30:12.50</b>	+05:59:22	11:00	5.4
330	<b>HACUŚ Tomasz</b>	<b>4155</b>		Masters M - 40	112	01:32:50	03:44:51	05:42:05	08:34:03	10:25:21	<b>12:29:20.10</b>	<b>12:30:27.90</b>	+05:59:38	11:01	5.4
331	<b>ZABOROWSKA Halina</b>	<b>4273</b>	MARATOŃCZYK DĘBICA	Weteran K - 50	7	01:36:14	03:51:32	05:44:05	08:18:55	10:25:29	<b>12:31:07.30</b>	<b>12:31:34.90</b>	+06:00:45	11:02	5.4
332	<b>BAK Oskar</b>	<b>4012</b>	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	<b>12:32:11.30</b>	<b>12:32:34.75</b>	+06:01:45	11:03	5.4
333	<b>WOJDAT Katarzyna</b>	<b>4194</b>	DREAM RUN	Senior II K - 30	32	01:28:01	03:34:09	05:30:59	08:22:26	10:41:55	<b>12:32:55.10</b>	<b>12:33:32.55</b>	+06:02:43	11:04	5.4
334	<b>KASPRZAK Jacek</b>	<b>4254</b>		Weteran I M - 50	21	01:27:35	03:41:48	05:39:59	08:28:54	10:25:07	<b>12:33:30.35</b>	<b>12:33:52.40</b>	+06:03:02	11:04	5.4
335	<b>KASPRZAK Damian</b>	<b>4253</b>		Senior II M - 30	113	01:25:29	03:41:48	05:39:56	08:28:59	10:24:30	<b>12:33:30.40</b>	<b>12:33:52.55</b>	+06:03:03	11:04	5.4
336	<b>KACZMAREK Magdalena</b>	<b>4052</b>	NEST TEAM	Masters K - 40	24	01:39:25	03:51:31	05:50:07	08:33:58	10:29:04	<b>12:33:44.55</b>	<b>12:34:11.80</b>	+06:03:22	11:05	5.4
337	<b>DOLIŃSKI Tomasz</b>	<b>4121</b>	UMAWANIENABIEGANIETEAM	Weteran I M - 50	22	01:46:51	04:20:18	06:17:05	08:49:25	10:46:29	<b>12:35:21.20</b>	<b>12:36:30.00</b>	+06:05:40	11:06	5.4
338	<b>SKOLIMOWSKA Katarzyna</b>	<b>4350</b>		Masters K - 40	25	01:39:36	04:01:18	05:59:17	08:33:43	10:30:44	<b>12:37:29.80</b>	<b>12:37:38.80</b>	+06:06:49	11:08	5.4
339	<b>NADULSKI Piotr</b>	<b>4359</b>	GOODSPACE	Masters M - 40	113	01:30:19	03:40:43	05:46:37	08:32:09	10:33:28	<b>12:36:35.20</b>	<b>12:37:39.25</b>	+06:06:49	11:07	5.4
340	<b>KOPKA Elżbieta</b>	<b>4028</b>	AGB TORFY	Masters K - 40	26	01:32:31	03:43:35	05:35:39	08:13:42	10:17:51	<b>12:38:41.55</b>	<b>12:39:04.30</b>	+06:08:14	11:09	5.4
341	<b>KOPKA Tomasz</b>	<b>4029</b>	AGB TORFY	Weteran I M - 50	23	01:32:31	03:43:32	05:35:40	08:13:41	10:17:35	<b>12:38:40.25</b>	<b>12:39:04.50</b>	+06:08:14	11:09	5.4
342	<b>DANOWSKI Jakub</b>	<b>4175</b>		Senior II M - 30	114	01:27:40	03:26:23	05:20:08	08:13:02	10:15:54	<b>12:38:16.80</b>	<b>12:39:07.25</b>	+06:08:17	11:09	5.4
343	<b>PILUJSKI Michał</b>	<b>4218</b>		Senior II M - 30	115	01:27:49	03:25:51	05:22:36	08:14:03	10:22:25	<b>12:38:20.65</b>	<b>12:39:09.40</b>	+06:08:19	11:09	5.4
344	<b>SZEWCZYK Marek</b>	<b>4179</b>	CYBINA TEAM	Weteran II M - 60	5	01:32:40	03:47:12	05:47:19	08:24:55	10:28:03	<b>12:41:59.55</b>	<b>12:42:21.05</b>	+06:11:31	11:12	5.4
345	<b>LEWCZUK Norbert</b>	<b>4252</b>	BIEGACZE POMAGACZE	Senior II M - 30	116	01:27:03	03:25:40	05:18:16	08:03:56	10:07:41	<b>12:41:46.30</b>	<b>12:42:51.20</b>	+06:12:01	11:12	5.4
346	<b>DOBROWOLSKA Grażyna</b>	<b>4391</b>	MARATOŃCZYK DĘBICA	Masters K - 40	27	01:39:37	04:01:18	05:57:35	08:32:59	10:42:10	<b>12:42:25.60</b>	<b>12:42:53.75</b>	+06:12:04	11:12	5.4
347	<b>SIKORA Arkadiusz</b>	<b>4141</b>		Masters M - 40	114	01:41:34	04:22:17	06:20:51	08:40:51	10:32:40	<b>12:42:49.65</b>	<b>12:43:40.60</b>	+06:12:51	11:13	5.3
348	<b>WICHEREK Maciej</b>	<b>4331</b>	ITMBW	Masters M - 40	115	01:33:11	03:49:44	06:06:20	08:42:07	10:31:59	<b>12:45:43.75</b>	<b>12:47:07.85</b>	+06:16:18	11:15	5.3
349	<b>GIERLACH Jacek</b>	<b>4256</b>	STOPA SŁUPSK	Senior II M - 30	117	01:26:05	03:22:29	04:59:50	07:40:37	10:04:35	<b>12:47:14.50</b>	<b>12:47:59.45</b>	+06:17:09	11:16	5.3
350	<b>GAWRON Bartłomiej</b>	<b>4024</b>	RABBITTEAM	Masters M - 40	116	01:33:57	03:57:15	05:52:52	08:32:24	10:32:38	<b>12:48:19.00</b>	<b>12:49:07.30</b>	+06:18:17	11:17	5.3
351	<b>GRĘZEL-GAWRON Jolanta</b>	<b>4023</b>	RABBITTEAM	Masters K - 40	28	01:34:07	03:57:15	05:53:13	08:32:34	10:32:50	<b>12:48:25.10</b>	<b>12:49:13.40</b>	+06:18:23	11:18	5.3
352	<b>WITKOWSKA Jolanta</b>	<b>4305</b>	ŻIMBAKI	Masters K - 40	29	01:39:38	03:56:24	06:02:11	08:44:49	10:48:01	<b>12:50:43.75</b>	<b>12:51:05.15</b>	+06:20:15	11:20	5.3

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
353	<b>BARANIECKI Zbigniew</b>	<b>4330</b>	100 MARATHON CLUB POLAND	Weteran II M - 60	6	01:33:57	03:35:52	05:36:41	08:29:48	10:34:06	<b>12:53:37.60</b>	<b>12:54:38.65</b>	+06:23:49	11:22	5.3
354	<b>TOKARZ Jerzy</b>	<b>4316</b>	BBL KRAKÓW	Weteran II M - 60	7	01:34:00	03:55:00	06:01:51	08:43:46	10:52:58	<b>12:54:29.20</b>	<b>12:55:08.50</b>	+06:24:18	11:23	5.3
355	<b>NORWA Sylwester</b>	<b>4070</b>	JET SET PATKÓW	Masters M - 40	117	01:27:42	03:29:52	05:34:50	08:23:13	10:35:16	<b>12:58:20.10</b>	<b>12:59:25.05</b>	+06:28:35	11:26	5.2
<b>Przekroczony limit czasu: 13:00:00</b>															
356	<b>GRZELCZAK Barbara</b>	<b>4201</b>		Senior II K - 30	33	01:39:30	04:00:51	05:58:12	08:45:49	10:53:03	<b>12:59:30.85</b>	<b>13:00:48.90</b>	+06:29:59	11:27	5.2
357	<b>TRZPIOLA Tycjan</b>	<b>4030</b>	KURACJUSZE	Senior II M - 30	118	01:33:26	03:48:04	05:49:52	08:38:45	10:41:43	<b>13:01:10.05</b>	<b>13:02:01.75</b>	+06:31:12	11:29	5.2
358	<b>WALCZUK Paweł</b>	<b>4207</b>		Senior II M - 30	119	01:27:49	03:40:36	05:47:41	08:40:15	10:34:46	<b>13:04:01.70</b>	<b>13:04:19.60</b>	+06:33:30	11:31	5.2
359	<b>JASIŃSKI Mikołaj</b>	<b>4301</b>	UKA WARSZAWA	Weteran I M - 50	24	01:31:33	03:54:13	06:01:11	08:44:57	11:12:24	<b>13:38:16.15</b>	<b>13:38:36.40</b>	+07:07:46	12:02	5
360	<b>SZCZAWINSKI Bartosz</b>	<b>4354</b>		Senior II M - 30	120	01:29:29	03:40:40	05:56:11	08:42:47	11:11:42	<b>13:51:41.70</b>	<b>13:53:00.25</b>	+07:22:10	12:13	4.9
361	<b>GMEREK Paweł</b>	<b>4245</b>		Masters M - 40	118	01:47:21	04:23:57	06:32:21	09:34:51	11:59:04	<b>14:15:16.65</b>	<b>14:16:38.95</b>	+07:45:49	12:34	4.8
362	<b>KLIKS Adam</b>	<b>4244</b>		Masters M - 40	119	01:47:31	04:23:58	06:32:29	09:34:56	11:59:05	<b>14:15:18.05</b>	<b>14:16:40.20</b>	+07:45:50	12:34	4.8
363	<b>MAJCHRZAK Marcin</b>	<b>4116</b>	HOLBOX RUNNERS	Masters M - 40	120	01:14:52	02:59:03	04:32:44					+01:23:12	8:01	7.5
	<b>BEDNARZ Jakub</b>	<b>4043</b>	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	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KUŹNIAK Szymon</b>	<b>4210</b>		Senior II M - 30		01:26:22 DNF	03:20:37 DNF	05:03:51 DNF	07:58:57 DNF	10:48:16 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MASIAREK Maciej</b>	<b>4031</b>		Senior I M - 20		01:01:03 DNF	02:22:40 DNF	03:33:27 DNF	05:28:08 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KWAŚNIEWSKI Krzysztof</b>	<b>4288</b>	ŻYWCEM ZABIEGANI	Masters M - 40		01:14:47 DNF	02:56:42 DNF	04:28:34 DNF	06:52:14 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MUSS Aleksander</b>	<b>4329</b>	ACE OF SPADES	Masters M - 40		01:25:29 DNF	03:19:46 DNF	05:11:23 DNF	08:12:05 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>CHRZAN Magdalena</b>	<b>4004</b>		Senior I K - 20		01:47:45 DNF	04:00:42 DNF	05:52:08 DNF	08:45:55 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>JEDYNAK-DOROSZ Izabela</b>	<b>4268</b>	KB MANIAC	Masters K - 40		01:41:57 DNF	04:07:04 DNF	06:08:49 DNF	08:51:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PETRYNA Jagoda</b>	<b>4414</b>		Senior II K - 30		01:09:50 DNF	02:42:25 DNF	04:00:39 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MARZEC Łukasz</b>	<b>4225</b>	1982	Senior II M - 30		01:15:58 DNF	02:50:25 DNF	04:27:42 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KACZOROWSKI Michał</b>	<b>4173</b>		Senior II M - 30		01:12:39 DNF	02:57:51 DNF	04:49:36 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MATYJASIAK Konrad</b>	<b>4130</b>	RRC WILANÓW	Masters M - 40		01:21:56 DNF	03:15:48 DNF	05:28:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KOWALSKI Adam</b>	<b>4286</b>		Senior II M - 30		01:27:19 DNF	03:32:26 DNF	05:36:41 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>NETOLICKÝ Martin</b>	<b>4006</b>		Senior II M - 30		01:36:39 DNF	03:49:57 DNF	05:53:25 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>LUDWIKOWSKI Krzysztof</b>	<b>4045</b>		Masters M - 40		01:36:26 DNF	04:02:22 DNF	06:22:10 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-

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
	<b>HOLONA Izabela</b>	<b>4140</b>	LUXTORPEDA	Masters K - 40		01:41:42 DNF	04:22:21 DNF	06:46:58 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>MENŻYK Urszula</b>	<b>4137</b>	LUXTORPEDA CZERWONKA	Weteran K - 50		01:51:41 DNF	04:30:03 DNF	07:12:10 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>JAKUBAS Grzegorz</b>	<b>4320</b>	BB RUNNERS	Senior II M - 30		01:04:36 DNF	02:46:37 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>CZEKALSKI Tomasz</b>	<b>4097</b>	AGB NYGUS	Senior II M - 30		01:27:23 DNF	04:06:47 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>JABŁOŃSKA Agnieszka</b>	<b>4096</b>	AGB NYGUS	Masters K - 40		01:27:24 DNF	04:06:47 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>HOSS Jan</b>	<b>4036</b>		Senior II M - 30		01:18:03 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>WŁODARSKA Magdalena</b>	<b>4376</b>	1977	Masters K - 40		01:52:51 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>DUNIKOWSKA Olga Małgorzata</b>	<b>4013</b>		Senior I K - 20		02:06:13 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>SMOTER Wojciech</b>	<b>4238</b>		Senior I M - 20		DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>KORDECKI Łukasz</b>	<b>4260</b>	WCHSZT	Masters M - 40		DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 387 wynik(ów)