

# BIEG ULTRA TRAIL - 68 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 68 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
1	<b>HETMAN Radosław</b>	<b>4323</b>	GRUPA NOMAX	Senior II M - 30	1	00:57:06	02:22:49	03:18:32	04:34:49	05:34:15	<b>06:30:58.60</b>		5:44	10.4 (100%)
2	<b>OLEKSIEWICZ Maurycy</b>	<b>4255</b>	ALPIN SPORT HOKA ONE ONE TEAM	Senior II M - 30	2	00:53:28	02:16:17	03:11:20	04:27:43	05:33:38	<b>06:35:21.65</b>	+00:04:23 (1.1%)	5:48	10.3 (99.0%)
3	<b>GAWLIK Sławek</b>	<b>4052</b>	DYNAFIT TEAM POLAND	Senior II M - 30	3	00:56:01	02:22:36	03:20:47	04:39:00	05:39:45	<b>06:37:13.55</b>	+00:06:14 (1.6%)	5:50	10.3 (99.0%)
4	<b>WOLEK Szymon</b>	<b>4269</b>		Senior II M - 30	4	01:02:11	02:33:54	03:35:11	04:54:03	05:57:06	<b>06:55:00.50</b>	+00:24:01 (5.8%)	6:06	9.8 (94.2%)
5	<b>KARWACZYŃSKI Roger</b>	<b>4276</b>		Senior II M - 30	5	00:58:31	02:28:42	03:32:01	04:54:58	06:07:00	<b>07:13:54.05</b>	+00:42:55 (9.9%)	6:22	9.4 (90.4%)
6	<b>AUGUSTYŃSKI Sylwester</b>	<b>4340</b>	GRUPA LUKTRANS	Senior II M - 30	6	01:03:12	02:37:29	03:39:30	05:03:09	06:15:53	<b>07:22:22.75</b>	+00:51:24 (11.6%)	6:30	9.2 (88.5%)
7	<b>TOMASIAK Natalia</b>	<b>4319</b>	SALOMON SUUNTO TEAM	Senior II K - 30	1	00:59:53	02:33:43	03:36:13	05:00:15	06:11:42	<b>07:22:29.60</b>	+00:51:31 (11.6%)	6:30	9.2 (88.5%)
8	<b>NEHRING Karol</b>	<b>4042</b>		Senior I M - 20	1	01:06:15	02:48:18	03:51:34	05:17:48	06:26:06	<b>07:30:47.05</b>	+00:59:48 (13.3%)	6:37	9.1 (87.5%)
9	<b>WIŚNIEWSKI Paweł</b>	<b>4302</b>	KARKONOSZ RUNNING TEAM	Senior II M - 30	7	01:05:11	02:45:04	03:52:45	05:23:10	06:37:45	<b>07:50:30.30</b>	+01:19:31 (16.9%)	6:55	8.7 (83.7%)
10	<b>STACHOWIAK Adam</b>	<b>4225</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	8	01:02:02	02:41:27	03:49:09	05:21:42	06:41:26	<b>07:51:15.95</b>	+01:20:17 (17.0%)	6:55	8.7 (83.7%)
11	<b>BACYS Modestas</b>	<b>4290</b>	XTRASA	Senior II M - 30	9	01:03:08	02:42:00	03:50:57	05:23:42	06:44:44	<b>07:59:37.65</b>	+01:28:39 (18.5%)	7:03	8.5 (81.7%)
12	<b>JABŁOŃSKA Sylwia</b>	<b>4094</b>	SBG PODBIEG	Senior II K - 30	2	01:09:51	02:52:34	04:04:36	05:39:43	06:57:50	<b>08:12:12.75</b>	+01:41:14 (20.6%)	7:14	8.3 (79.8%)
13	<b>ZIĘBA Tomek</b>	<b>4264</b>	JACEKBIEGA RUNNING TEAM	Masters M - 40	1	01:16:38	03:07:23	04:17:53	05:45:34	07:04:40	<b>08:16:28.65</b>	+01:45:30 (21.2%)	7:18	8.2 (78.8%)
14	<b>MIKEŠOVÁ Jana</b>	<b>4167</b>	SALMING CZ	Senior I K - 20	1	01:10:43	02:58:16	04:11:01	05:44:57	07:02:23	<b>08:17:12.20</b>	+01:46:13 (21.4%)	7:18	8.2 (78.8%)
15	<b>NOWACZYK Piotr</b>	<b>4159</b>		Senior II M - 30	10	01:14:08	03:03:53	04:17:50	05:50:22	07:08:26	<b>08:19:26.30</b>	+01:48:27 (21.7%)	7:20	8.2 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
16	<b>GALA Grzegorz</b>	<b>4244</b>	STC RUNNERS	Masters M - 40	2	01:10:22	02:54:09	04:05:50	05:45:53	07:03:24	<b>08:21:49.15</b>	+01:50:50 (22.1%)	7:22	8.1 (77.9%)
17	<b>WILK Jacek</b>	<b>4326</b>		Weteran I M - 50	1	01:10:23	02:57:30	04:10:49	05:52:41	07:13:52	<b>08:28:24.85</b>	+01:57:26 (23.1%)	7:28	8 (76.9%)
18	<b>KRZESZOWSKI Marcin</b>	<b>4341</b>		Masters M - 40	3	01:10:05	03:02:38	04:21:39	05:58:06	07:15:28	<b>08:29:39.30</b>	+01:58:40 (23.3%)	7:29	8 (76.9%)
19	<b>WARWAS Radosław</b>	<b>4199</b>		Masters M - 40	4	01:14:43	03:03:45	04:17:29	05:50:35	07:12:46	<b>08:29:50.20</b>	+01:58:51 (23.3%)	7:29	8 (76.9%)
20	<b>ŻURAW Wiktor</b>	<b>4321</b>		Senior I M - 20	2	01:13:00	02:54:58	04:06:26	05:43:48	07:10:43	<b>08:30:38.95</b>	+01:59:40 (23.4%)	7:30	8 (76.9%)
21	<b>TOMCZYK Tomasz</b>	<b>4306</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior II M - 30	11	01:08:24	02:55:13	04:10:57	05:52:27	07:13:44	<b>08:33:28.95</b>	+02:02:30 (23.9%)	7:33	7.9 (76.0%)
22	<b>KUŁAKOWSKI Marcin</b>	<b>4275</b>	SOWIE TEAM	Senior I M - 20	3	01:07:50	02:48:34	03:58:08	05:35:18	07:08:45	<b>08:34:46.90</b>	+02:03:48 (24.1%)	7:34	7.9 (76.0%)
23	<b>ROSOLSKI Dawid</b>	<b>4122</b>		Senior II M - 30	12	01:13:07	03:01:35	04:11:03	05:47:16	07:16:12	<b>08:34:57.45</b>	+02:03:58 (24.1%)	7:34	7.9 (76.0%)
24	<b>MUZYK Arkadiusz</b>	<b>4339</b>	OKNOPLAST RUNNING TEAM	Senior II M - 30	13	01:11:57	02:56:01	04:07:33	05:44:04	07:09:35	<b>08:36:38.65</b>	+02:05:40 (24.3%)	7:35	7.9 (76.0%)
25	<b>SIOMA Konrad</b>	<b>4137</b>	ROKIETNICA BIEGA	Senior II M - 30	14	01:04:36	02:49:49	04:01:16	05:47:17	07:28:14	<b>08:40:17.15</b>	+02:09:18 (24.9%)	7:39	7.8 (75.0%)
26	<b>FEDORCZAK Jacek</b>	<b>4293</b>	VETCARE	Senior II M - 30	15	01:14:58	03:13:23	04:29:36	06:06:13	07:29:08	<b>08:46:06.25</b>	+02:15:07 (25.7%)	7:44	7.8 (75.0%)
27	<b>TAJCHMAN Jarosław</b>	<b>4313</b>	STAJNIA BALONA	Senior II M - 30	16	01:12:25	03:10:43	04:38:04	06:26:16	07:43:04	<b>08:48:33.10</b>	+02:17:34 (26.0%)	7:46	7.7 (74.0%)
28	<b>SKRAJNY Łukasz</b>	<b>4153</b>		Senior II M - 30	17	01:07:24	02:51:22	04:11:32	05:58:59	07:28:28	<b>08:49:14.85</b>	+02:18:16 (26.1%)	7:46	7.7 (74.0%)
29	<b>ROMERO GARCIA Juan</b>	<b>4247</b>	WITC	Senior II M - 30	18	01:09:39	03:01:34	04:17:07	06:02:04	07:28:51	<b>08:50:28.55</b>	+02:19:29 (26.3%)	7:48	7.7 (74.0%)
30	<b>PASTERNOK Marian</b>	<b>4280</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Masters M - 40	5	01:13:57	03:02:52	04:22:08	06:01:41	07:28:56	<b>08:51:28.70</b>	+02:20:30 (26.4%)	7:48	7.7 (74.0%)
31	<b>SIKORA Łukasz</b>	<b>4344</b>		Senior II M - 30	19	01:16:15	03:09:26	04:28:08	06:07:29	07:34:12	<b>08:52:09.25</b>	+02:21:10 (26.5%)	7:49	7.7 (74.0%)
32	<b>BOGUSZ Paweł</b>	<b>4158</b>	CYBINA TEAM	Senior II M - 30	20	01:14:27	03:10:42	04:26:18	06:06:28	07:32:14	<b>08:52:22.60</b>	+02:21:24 (26.6%)	7:49	7.7 (74.0%)
33	<b>PIETROSZEK Rafał</b>	<b>4301</b>	BRUBECK TEAM	Senior I M - 20	4	01:04:09	02:54:47	04:14:52	06:02:18	07:31:49	<b>08:52:31.65</b>	+02:21:33 (26.6%)	7:49	7.7 (74.0%)
34	<b>FLOREK Katarzyna</b>	<b>4024</b>		Senior II K - 30	3	01:17:12	03:12:29	04:33:36	06:13:55	07:37:01	<b>08:55:44.35</b>	+02:24:45 (27.0%)	7:52	7.6 (73.1%)
35	<b>GAPIŃSKI Łukasz</b>	<b>4170</b>		Senior II M - 30	21	01:20:19	03:17:41	04:33:52	06:10:44	07:37:19	<b>08:56:07.05</b>	+02:25:08 (27.1%)	7:53	7.6 (73.1%)
36	<b>ŁABĘDZKA Agata</b>	<b>4191</b>	MARCIN ŚWIERC TEAM	Senior I K - 20	2	01:16:40	03:15:13	04:33:07	06:10:02	07:36:14	<b>08:56:12.55</b>	+02:25:13 (27.1%)	7:53	7.6 (73.1%)
37	<b>KOCEMBA Askaniusz</b>	<b>4254</b>		Masters M - 40	6	01:13:10	03:08:53	04:34:49	06:15:28	07:39:29	<b>08:58:34.75</b>	+02:27:36 (27.4%)	7:55	7.6 (73.1%)
38	<b>ARDELLI Ewa</b>	<b>4311</b>	BIELAWSKA AKADEMIA BIEGANIA	Masters K - 40	1	01:09:38	03:05:56	04:29:54	06:15:43	07:40:01	<b>08:59:17.45</b>	+02:28:18 (27.5%)	7:55	7.6 (73.1%)

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						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
39	<b>HERMAN Michał</b>	<b>4126</b>		Senior II M - 30	22	01:14:24	03:09:05	04:26:38	06:11:22	07:41:39	<b>08:59:27.80</b>	+02:28:29 (27.5%)	7:55	7.6 (73.1%)
40	<b>BONIKOWSKI Tomasz</b>	<b>4207</b>		Masters M - 40	7	01:22:06	03:19:14	04:38:17	06:15:44	07:39:15	<b>09:00:50.20</b>	+02:29:51 (27.7%)	7:57	7.5 (72.1%)
41	<b>PIOTROWSKI Paweł</b>	<b>4282</b>	PROTON	Masters M - 40	8	01:17:25	03:18:28	04:38:42	06:16:01	07:44:04	<b>09:04:30.85</b>	+02:33:32 (28.2%)	8:00	7.5 (72.1%)
42	<b>TOMAKA Maciej</b>	<b>4233</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	23	01:16:23	03:10:36	04:35:11	06:26:07	07:49:14	<b>09:04:56.70</b>	+02:33:58 (28.3%)	8:00	7.5 (72.1%)
43	<b>ŚLEZIAK Jarosław</b>	<b>4332</b>	MATNER RUNNING TEAM	Masters M - 40	9	01:15:24	02:59:41	04:18:55	06:06:49	07:41:44	<b>09:07:46.70</b>	+02:36:48 (28.6%)	8:03	7.4 (71.2%)
44	<b>BOCHENSKA Aleksandra</b>	<b>4314</b>	MOUNTAIN POWER	Masters K - 40	2	01:17:04	03:21:56	04:43:04	06:25:43	07:51:49	<b>09:09:44.35</b>	+02:38:45 (28.9%)	8:05	7.4 (71.2%)
45	<b>POMAGRUK Piotr</b>	<b>4216</b>	DZIKI ZE ŚLICHOWIC	Masters M - 40	10	01:17:03	03:13:42	04:33:50	06:18:13	07:47:08	<b>09:10:24.50</b>	+02:39:25 (29.0%)	8:05	7.4 (71.2%)
46	<b>BIENIECKA Anna</b>	<b>4342</b>	BIEG RZEŹNIKA	Masters K - 40	3	01:13:35	03:07:34	04:27:32	06:11:36	07:45:27	<b>09:10:32.40</b>	+02:39:33 (29.0%)	8:05	7.4 (71.2%)
47	<b>SOKULSKI Tomasz</b>	<b>4111</b>		Senior II M - 30	24	01:19:53	03:17:21	04:39:53	06:26:03	07:51:27	<b>09:12:22.15</b>	+02:41:23 (29.2%)	8:07	7.4 (71.2%)
48	<b>LESIAK Tomasz</b>	<b>4331</b>		Senior II M - 30	25	01:14:57	03:10:39	04:27:12	06:16:02	07:43:12	<b>09:12:28.75</b>	+02:41:30 (29.2%)	8:07	7.4 (71.2%)
49	<b>CZYRNIA Andrzej</b>	<b>4210</b>	RAJSPORT ACTIVE	Senior II M - 30	26	01:13:37	03:00:25	04:18:43	05:59:07	07:39:24	<b>09:13:53.05</b>	+02:42:54 (29.4%)	8:08	7.4 (71.2%)
50	<b>JAMROŻY Marcin</b>	<b>4328</b>	MARELLI SOSNOWIEC POLAND	Senior II M - 30	27	01:14:51	03:15:04	04:42:56	06:26:40	07:50:21	<b>09:14:09.25</b>	+02:43:10 (29.4%)	8:08	7.4 (71.2%)
51	<b>WYSMOLINSKI Rafał</b>	<b>4243</b>		Masters M - 40	11	01:17:30	03:14:30	04:49:05	06:32:49	07:56:08	<b>09:14:36.65</b>	+02:43:38 (29.5%)	8:09	7.4 (71.2%)
52	<b>BIERNACKA Edyta</b>	<b>4287</b>	PROTON	Masters K - 40	4	01:18:56	03:19:52	04:40:09	06:26:20	07:54:42	<b>09:19:19.20</b>	+02:48:20 (30.1%)	8:13	7.3 (70.2%)
53	<b>GARBOWSKA Monika</b>	<b>4078</b>	COMPAÑEROS ASFALT TEAM	Masters K - 40	5	01:25:34	03:27:21	04:49:21	06:30:34	07:56:44	<b>09:19:40.65</b>	+02:48:42 (30.1%)	8:13	7.3 (70.2%)
54	<b>SCHRODER Patryk</b>	<b>4315</b>	ULTRAFUN	Masters M - 40	12	01:16:55	03:13:23	04:33:32	06:22:30	07:54:41	<b>09:20:23.95</b>	+02:49:25 (30.2%)	8:14	7.3 (70.2%)
55	<b>GARCZYK Rafał</b>	<b>4187</b>		Senior II M - 30	28	01:18:38	03:14:24	04:38:10	06:30:04	07:55:24	<b>09:21:56.10</b>	+02:50:57 (30.4%)	8:15	7.3 (70.2%)
56	<b>PROSZAK Sebastian</b>	<b>4235</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	13	01:16:37	03:10:46	04:35:22	06:26:50	07:58:27	<b>09:27:22.85</b>	+02:56:24 (31.1%)	8:20	7.2 (69.2%)
57	<b>MARON Jacek</b>	<b>4305</b>	ADIDAS RUNNERS WARSAW / JACK TEAM	Weteran I M - 50	2	01:17:09	03:11:28	04:39:17	06:31:53	08:00:22	<b>09:27:52.00</b>	+02:56:53 (31.1%)	8:21	7.2 (69.2%)
58	<b>MAKOWSKI Michał</b>	<b>4278</b>	WROWELO	Senior I M - 20	5	01:13:29	03:14:42	04:40:57	06:31:03	07:57:45	<b>09:30:53.50</b>	+02:59:54 (31.5%)	8:23	7.1 (68.3%)
59	<b>CHOLEWA Tomasz</b>	<b>4285</b>		Masters M - 40	14	01:22:55	03:25:21	04:46:57	06:29:05	08:00:11	<b>09:31:28.30</b>	+03:00:29 (31.6%)	8:24	7.1 (68.3%)
60	<b>WOSZEK Tomasz</b>	<b>4084</b>	BBL OPOLE	Masters M - 40	15	01:16:22	03:16:13	04:38:48	06:25:21	08:00:19	<b>09:32:15.80</b>	+03:01:17 (31.7%)	8:24	7.1 (68.3%)
61	<b>WOSZEK Marzena</b>	<b>4083</b>	BBL OPOLE	Masters K - 40	6	01:16:31	03:16:21	04:38:57	06:25:28	08:00:26	<b>09:32:25.50</b>	+03:01:26 (31.7%)	8:25	7.1 (68.3%)

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						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km			
62	<b>KUK Urszula</b>	<b>4135</b>	MONDELEZ	Masters K - 40	7	01:15:58	03:10:41	04:42:36	06:31:38	08:05:12	<b>09:32:53.55</b>	+03:01:54 (31.8%)	8:25	7.1 (68.3%)
63	<b>WALCZYŃSKI Robert</b>	<b>4112</b>		Masters M - 40	16	01:15:48	03:18:45	04:47:18	06:36:15	08:09:51	<b>09:33:11.00</b>	+03:02:12 (31.8%)	8:25	7.1 (68.3%)
64	<b>ŁUCZYŃSKI Maciej</b>	<b>4227</b>		Masters M - 40	17	01:15:03	03:04:46	04:25:12	06:18:32	08:01:08	<b>09:34:54.45</b>	+03:03:55 (32.0%)	8:27	7.1 (68.3%)
65	<b>WYSOCZAŃSKI Adrian</b>	<b>4317</b>		Masters M - 40	18	01:21:03	03:21:42	04:50:28	06:33:01	08:09:58	<b>09:35:09.80</b>	+03:04:11 (32.0%)	8:27	7.1 (68.3%)
66	<b>BEDNARCZYK Magdalena</b>	<b>4156</b>	STRZEGOMSKA DWUNASTKA	Senior I K - 20	3	01:17:25	03:14:27	04:34:53	06:16:16	07:58:02	<b>09:35:49.20</b>	+03:04:50 (32.1%)	8:28	7.1 (68.3%)
67	<b>LUPA Marcin</b>	<b>4260</b>	GÓRSKIE ZAJOBY	Senior II M - 30	29	01:20:04	03:17:55	04:42:08	06:27:34	08:01:45	<b>09:36:46.50</b>	+03:05:47 (32.2%)	8:28	7.1 (68.3%)
68	<b>BUK Sławomir</b>	<b>4288</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	30	01:15:57	03:16:57	04:37:55	06:25:07	08:04:26	<b>09:38:45.35</b>	+03:07:46 (32.4%)	8:30	7 (67.3%)
69	<b>KĄSIEL Paweł</b>	<b>4205</b>	MATNER RUNNING TEAM	Masters M - 40	19	01:16:27	03:12:33	04:29:58	06:21:28	08:02:54	<b>09:38:47.25</b>	+03:07:48 (32.4%)	8:30	7 (67.3%)
70	<b>DORNIAK Jarosław</b>	<b>4037</b>	PZU SPORT TEAM	Masters M - 40	20	01:22:12	03:12:02	04:45:44	06:38:33	08:13:48	<b>09:39:24.85</b>	+03:08:26 (32.5%)	8:31	7 (67.3%)
71	<b>GRABOWSKI Wojciech</b>	<b>4002</b>		Senior II M - 30	31	01:23:27	03:26:26	04:57:59	06:42:33	08:13:18	<b>09:40:11.95</b>	+03:09:13 (32.6%)	8:31	7 (67.3%)
72	<b>GRACZ Krzysztof</b>	<b>4174</b>	1978	Masters M - 40	21	01:23:39	03:26:35	04:57:48	06:42:45	08:13:25	<b>09:40:23.20</b>	+03:09:24 (32.6%)	8:32	7 (67.3%)
73	<b>BRODA Dominik</b>	<b>4089</b>		Senior II M - 30	32	01:16:31	03:10:19	04:31:21	06:28:47	08:09:01	<b>09:40:56.20</b>	+03:09:57 (32.7%)	8:32	7 (67.3%)
74	<b>HAJDUK Bartłomiej</b>	<b>4095</b>	SBG PODBIEG	Masters M - 40	22	01:23:45	03:26:46	04:54:17	06:48:28	08:19:23	<b>09:42:35.00</b>	+03:11:36 (32.9%)	8:34	7 (67.3%)
75	<b>POPRAWSKI Mateusz</b>	<b>4029</b>	KILIŃSKIEGO TEAM	Senior II M - 30	33	01:19:57	03:11:09	04:41:08	06:38:27	08:15:11	<b>09:43:53.80</b>	+03:12:55 (33.0%)	8:35	7 (67.3%)
76	<b>ŁUKOWIAK Karol</b>	<b>4075</b>	KILIŃSKIEGO TEAM	Masters M - 40	23	01:20:11	03:11:25	04:41:22	06:38:41	08:15:27	<b>09:44:07.35</b>	+03:13:08 (33.1%)	8:35	7 (67.3%)
77	<b>LUBAŃSKI Robert</b>	<b>4215</b>		Weteran I M - 50	3	01:20:31	03:19:30	04:47:01	06:35:29	08:13:08	<b>09:44:16.95</b>	+03:13:18 (33.1%)	8:35	7 (67.3%)
78	<b>DZIĘCZKOWSKA-NIKLEWICZ Joanna</b>	<b>4081</b>	ROKIETNICA BIEGA	Senior II K - 30	4	01:21:42	03:24:07	04:51:14	06:43:06	08:19:09	<b>09:45:18.55</b>	+03:14:19 (33.2%)	8:36	7 (67.3%)
79	<b>KARPOWICZ Rafał</b>	<b>4085</b>		Masters M - 40	24	01:15:52	03:15:33	04:47:35	06:44:08	08:19:24	<b>09:46:43.20</b>	+03:15:44 (33.4%)	8:37	7 (67.3%)
80	<b>LEŚNIAK Marcin</b>	<b>4219</b>	SALT RUNNERS BOCHNIA	Masters M - 40	25	01:17:28	03:15:47	04:41:52	06:32:30	08:10:47	<b>09:47:24.70</b>	+03:16:26 (33.4%)	8:38	6.9 (66.3%)
81	<b>LASKOWSKI Radosław</b>	<b>4106</b>	KS PIDRINA GDYNIA	Masters M - 40	26	01:19:50	03:17:59	04:46:47	06:41:02	08:14:18	<b>09:47:27.25</b>	+03:16:28 (33.4%)	8:38	6.9 (66.3%)
82	<b>WIERZBOWY Przemek</b>	<b>4295</b>	KOKO DŻAMBO I DO PRZODU	Senior II M - 30	34	01:14:21	03:04:05	04:29:50	06:42:40	08:20:29	<b>09:47:51.80</b>	+03:16:53 (33.5%)	8:38	6.9 (66.3%)
83	<b>KULGAJUK Michał</b>	<b>4218</b>	SUT STRASZYN ULTRA TEAM	Senior II M - 30	35	01:28:43	03:31:14	04:52:11	06:44:01	08:16:49	<b>09:48:28.65</b>	+03:17:30 (33.6%)	8:39	6.9 (66.3%)
84	<b>OBRZUD Krzysztof</b>	<b>4080</b>		Masters M - 40	27	01:19:42	03:20:48	04:50:44	06:36:40	08:14:10	<b>09:48:41.50</b>	+03:17:42 (33.6%)	8:39	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
85	<b>LECZOWICZ Patryk</b>	<b>4248</b>		Senior I M - 20	6	01:14:40	03:06:11	04:36:13	06:37:45	08:18:14	<b>09:49:43.30</b>	+03:18:44 (33.7%)	8:40	6.9 (66.3%)
86	<b>STOŃ Wojciech</b>	<b>4320</b>		Senior II M - 30	36	01:25:21	03:30:36	04:55:58	06:41:55	08:14:16	<b>09:49:53.25</b>	+03:18:54 (33.7%)	8:40	6.9 (66.3%)
87	<b>MATYJA Rafał</b>	<b>4256</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	37	01:22:55	03:31:48	05:03:26	06:55:32	08:28:30	<b>09:50:20.55</b>	+03:19:21 (33.8%)	8:40	6.9 (66.3%)
88	<b>BOGUCA Emilia</b>	<b>4343</b>	WLKP MOUNTAINS ULTRA	Masters K - 40	8	01:22:34	03:35:30	05:03:35	06:55:33	08:26:21	<b>09:51:33.90</b>	+03:20:35 (33.9%)	8:41	6.9 (66.3%)
89	<b>WIELOSİK Michał</b>	<b>4274</b>	RONAL POLSKA RUN	Senior I M - 20	7	01:19:16	03:25:37	04:49:43	06:39:43	08:16:50	<b>09:51:40.80</b>	+03:20:42 (33.9%)	8:42	6.9 (66.3%)
90	<b>CORTEBEECK Bruno</b>	<b>4294</b>		Senior II M - 30	38	01:23:54	03:28:52	05:00:37	06:51:09	08:25:10	<b>09:51:53.45</b>	+03:20:54 (33.9%)	8:42	6.9 (66.3%)
91	<b>KOTLAREK Dawid</b>	<b>4067</b>	VEGE RUNNERS	Masters M - 40	28	01:18:40	03:18:53	04:49:42	06:43:07	08:16:56	<b>09:53:40.15</b>	+03:22:41 (34.1%)	8:43	6.9 (66.3%)
92	<b>TABIŚ-HUBKA Rafał</b>	<b>4265</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Masters M - 40	29	01:17:46	03:20:58	04:47:06	06:45:56	08:24:25	<b>09:54:19.85</b>	+03:23:21 (34.2%)	8:44	6.9 (66.3%)
93	<b>PIETRZAK Paweł</b>	<b>4308</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	30	01:26:31	03:27:26	04:55:55	06:43:37	08:24:57	<b>09:55:33.00</b>	+03:24:34 (34.4%)	8:45	6.9 (66.3%)
94	<b>RUŚKIEWICZ Wojciech</b>	<b>4097</b>	DELOITTE ADVENTURE TEAM	Senior II M - 30	39	01:14:19	03:04:14	04:44:17	06:42:01	08:21:37	<b>09:56:22.15</b>	+03:25:23 (34.4%)	8:46	6.8 (65.4%)
95	<b>SKRZYNIARZ Marek</b>	<b>4177</b>	C.K.MARUDERZY	Masters M - 40	31	01:20:21	03:28:43	04:55:21	06:56:12	08:32:59	<b>09:57:40.70</b>	+03:26:42 (34.6%)	8:47	6.8 (65.4%)
96	<b>KOGUT Karol</b>	<b>4296</b>	FOREST WORKOUT	Senior II M - 30	40	01:13:37	03:12:45	04:36:08	06:24:08	08:07:07	<b>09:57:43.40</b>	+03:26:44 (34.6%)	8:47	6.8 (65.4%)
97	<b>SIKORSKI Szymon</b>	<b>4223</b>	NOA	Senior II M - 30	41	01:21:44	03:28:55	05:04:25	06:57:34	08:31:13	<b>10:00:41.85</b>	+03:29:43 (34.9%)	8:50	6.8 (65.4%)
98	<b>WELTER Przemysław</b>	<b>4019</b>	KB SZAMOTUŁY	Senior II M - 30	42	01:17:17	03:18:07	04:51:08	06:42:11	08:24:35	<b>10:01:15.85</b>	+03:30:17 (35.0%)	8:50	6.8 (65.4%)
99	<b>TOMASZEWSKI Michał</b>	<b>4164</b>		Masters M - 40	32	01:20:27	03:18:49	04:41:54	06:43:24	08:23:08	<b>10:02:20.55</b>	+03:31:21 (35.1%)	8:51	6.8 (65.4%)
100	<b>KOLASA Filip</b>	<b>4267</b>		Senior II M - 30	43	01:18:05	03:14:16	04:56:01	06:54:41	08:36:57	<b>10:03:25.95</b>	+03:32:27 (35.2%)	8:52	6.8 (65.4%)
101	<b>PAWLAK Maciej</b>	<b>4261</b>		Masters M - 40	33	01:25:55	03:24:51	04:56:13	06:52:44	08:33:04	<b>10:03:37.65</b>	+03:32:39 (35.2%)	8:52	6.8 (65.4%)
102	<b>STACHURSKI Daniel</b>	<b>4032</b>		Weteran I M - 50	4	01:29:44	03:37:30	05:11:34	06:59:12	08:35:49	<b>10:05:15.25</b>	+03:34:16 (35.4%)	8:54	6.7 (64.4%)
103	<b>PURA Robert</b>	<b>4192</b>		Masters M - 40	34	01:20:10	03:23:30	04:53:05	06:51:33	08:40:23	<b>10:10:34.15</b>	+03:39:35 (36.0%)	8:58	6.7 (64.4%)
104	<b>ZGRAJ Leszek</b>	<b>4316</b>		Masters M - 40	35	01:20:49	03:26:17	05:02:24	07:02:09	08:41:38	<b>10:12:49.20</b>	+03:41:50 (36.2%)	9:00	6.7 (64.4%)
105	<b>KWIATEK Agnieszka</b>	<b>4018</b>		Senior II K - 30	5	01:22:31	03:33:11	05:08:02	06:59:32	08:40:27	<b>10:14:32.20</b>	+03:43:33 (36.4%)	9:02	6.6 (63.5%)
106	<b>SZYMCZYK Michał</b>	<b>4318</b>	DRUŻYNA CHROBREGO	Masters M - 40	36	01:27:27	03:35:41	05:10:43	07:06:34	08:47:55	<b>10:16:25.70</b>	+03:45:27 (36.6%)	9:03	6.6 (63.5%)
107	<b>KOZŁOWSKA Iwona</b>	<b>4043</b>	LESZNO LIMITS RUNNERS	Masters K - 40	9	01:29:54	03:44:10	05:18:18	07:14:19	08:51:31	<b>10:18:01.85</b>	+03:47:03 (36.7%)	9:05	6.6 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
108	<b>FALDZINSKI Bartosz</b>	<b>4173</b>		Senior II M - 30	44	01:23:58	03:30:11	05:00:40	07:00:46	08:44:21	<b>10:18:30.30</b>	+03:47:31 (36.8%)	9:05	6.6 (63.5%)
109	<b>KŁODZIŃSKI Karol</b>	<b>4231</b>	TAZDEVIL TEAM	Masters M - 40	37	01:25:28	03:39:03	05:14:51	07:10:11	08:51:12	<b>10:23:27.75</b>	+03:52:29 (37.3%)	9:10	6.5 (62.5%)
110	<b>CHOJNACKA Karolina</b>	<b>4232</b>	TAZDEVIL TEAM	Masters K - 40	10	01:25:41	03:39:12	05:15:00	07:10:22	08:51:48	<b>10:23:37.90</b>	+03:52:39 (37.3%)	9:10	6.5 (62.5%)
111	<b>ZDANOWICZ Elżbieta</b>	<b>4253</b>	VEGE RUNNERS	Masters K - 40	11	01:27:33	03:39:58	05:11:33	07:07:58	08:48:18	<b>10:23:51.35</b>	+03:52:52 (37.3%)	9:10	6.5 (62.5%)
112	<b>SZAFRAŃSKI Dominik</b>	<b>4040</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	45	01:23:41	03:27:59	05:04:31	07:15:02	08:51:28	<b>10:25:39.85</b>	+03:54:41 (37.5%)	9:12	6.5 (62.5%)
113	<b>KOŁKOWSKI Przemysław</b>	<b>4338</b>	KIERUNEK HORYZONT	Masters M - 40	38	01:29:49	03:44:00	05:19:04	07:18:39	08:58:34	<b>10:26:33.95</b>	+03:55:35 (37.6%)	9:12	6.5 (62.5%)
114	<b>STAROŃ Tomasz</b>	<b>4291</b>		Masters M - 40	39	01:20:34	03:32:50	05:00:41	07:01:25	08:48:22	<b>10:26:52.60</b>	+03:55:54 (37.6%)	9:13	6.5 (62.5%)
115	<b>RADZIWOŃ Anna</b>	<b>4145</b>	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	12	01:26:27	03:41:23	05:16:55	07:20:42	09:01:45	<b>10:27:31.10</b>	+03:56:32 (37.7%)	9:13	6.5 (62.5%)
116	<b>SKŁADANOWSKA Beata</b>	<b>4263</b>		Senior II K - 30	6	01:29:14	03:29:35	05:10:34	07:12:30	08:56:24	<b>10:28:30.15</b>	+03:57:31 (37.8%)	9:14	6.5 (62.5%)
117	<b>MAKSELON Anna</b>	<b>4201</b>		Masters K - 40	13	01:26:53	03:36:51	05:22:53	07:19:52	08:58:40	<b>10:28:37.70</b>	+03:57:39 (37.8%)	9:14	6.5 (62.5%)
118	<b>TYLIŃSKI Arkadiusz</b>	<b>4131</b>	LESZ NO LIMITS RUNNERS	Weteran I M - 50	5	01:17:39	03:28:14	05:21:49	07:23:41	09:02:12	<b>10:29:42.70</b>	+03:58:44 (37.9%)	9:15	6.5 (62.5%)
119	<b>LISZKA Piotrek</b>	<b>4100</b>		Weteran II M - 60	1	01:26:15	03:36:51	05:17:39	07:17:08	08:56:15	<b>10:30:04.70</b>	+03:59:06 (37.9%)	9:15	6.5 (62.5%)
120	<b>MARCINKOWSKI Przemysław</b>	<b>4283</b>	PROTON/LESZ NO LIMITS RUNNERS	Masters M - 40	40	01:30:34	03:46:53	05:25:29	07:26:36	09:02:17	<b>10:30:08.35</b>	+03:59:09 (38.0%)	9:16	6.5 (62.5%)
121	<b>KONOPKA Bartosz</b>	<b>4262</b>	BIEGAMBOLUBIĘ	Masters M - 40	41	01:26:10	03:31:00	05:01:32	07:07:39	08:50:32	<b>10:31:04.60</b>	+04:00:06 (38.0%)	9:16	6.5 (62.5%)
122	<b>WOJAK Malwina</b>	<b>4125</b>		Senior II K - 30	7	01:29:24	03:47:40	05:18:51	07:19:40	08:57:07	<b>10:31:59.75</b>	+04:01:01 (38.1%)	9:17	6.5 (62.5%)
123	<b>BOK Rafał</b>	<b>4286</b>		Masters M - 40	42	01:24:50	03:29:45	05:17:31	07:19:21	09:02:31	<b>10:32:33.30</b>	+04:01:34 (38.2%)	9:18	6.4 (61.5%)
124	<b>KONIECZNY Marcin</b>	<b>4292</b>		Masters M - 40	43	01:19:17	03:26:18	04:56:33	07:03:27	08:51:51	<b>10:34:51.50</b>	+04:03:52 (38.4%)	9:20	6.4 (61.5%)
125	<b>FUKS Szymon</b>	<b>4141</b>	MCBIEGACZE	Masters M - 40	44	01:21:35	03:24:14	04:57:03	06:59:37	08:53:29	<b>10:35:26.70</b>	+04:04:28 (38.5%)	9:20	6.4 (61.5%)
126	<b>BADOWSKI Rafał</b>	<b>4073</b>	WSZYSTKO JEST W GŁOWIE!	Masters M - 40	45	01:14:46	03:18:08	04:46:29	06:44:41	08:41:40	<b>10:35:35.25</b>	+04:04:36 (38.5%)	9:20	6.4 (61.5%)
127	<b>ROSOŁOWSKI Grzegorz</b>	<b>4096</b>	DRUŻYNA SZPIKU SITECH	Masters M - 40	46	01:28:05	03:38:29	05:17:27	07:17:16	09:00:32	<b>10:35:49.80</b>	+04:04:51 (38.5%)	9:21	6.4 (61.5%)
128	<b>QUIRINI Ewa</b>	<b>4172</b>		Senior II K - 30	8	01:28:05	03:43:00	05:19:15	07:27:42	09:07:31	<b>10:40:43.35</b>	+04:09:44 (39.0%)	9:25	6.4 (61.5%)
129	<b>MARZEC Dominik</b>	<b>4055</b>		Senior II M - 30	46	01:26:13	03:37:06	05:09:37	07:12:08	08:59:58	<b>10:41:27.15</b>	+04:10:28 (39.0%)	9:25	6.4 (61.5%)
130	<b>DORDZIK Katarzyna</b>	<b>4188</b>		Senior II K - 30	9	01:28:37	03:39:16	05:08:28	07:11:18	09:01:26	<b>10:41:38.55</b>	+04:10:39 (39.1%)	9:26	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	Różn		
131	<b>MORAWSKI Bartosz</b>	<b>4013</b>	STARE BABICE BIEGAJA	Senior II M - 30	47	01:31:21	03:53:47	05:42:34	07:44:53	09:22:15	<b>10:42:06.50</b>	+04:11:07 (39.1%)	9:26	6.4 (61.5%)
132	<b>KUNECKI Norbert</b>	<b>4226</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	47	01:29:13	03:43:28	05:18:16	07:20:50	09:10:24	<b>10:44:17.10</b>	+04:13:18 (39.3%)	9:28	6.3 (60.6%)
133	<b>WROE Agnieszka</b>	<b>4030</b>		Senior II K - 30	10	01:23:45	03:35:34	05:19:28	07:26:40	09:11:57	<b>10:45:22.20</b>	+04:14:23 (39.4%)	9:29	6.3 (60.6%)
134	<b>JURA Mariusz</b>	<b>4272</b>	ZŁOWIESZCZE ZGRZYTNIĘCIE ZWIERACZA	Masters M - 40	48	01:24:34	03:37:47	05:18:17	07:19:38	09:06:21	<b>10:45:59.40</b>	+04:15:00 (39.5%)	9:29	6.3 (60.6%)
135	<b>KONIECZNA Paulina</b>	<b>4271</b>	CH10	Senior II K - 30	11	01:23:04	03:26:39	05:08:31	07:22:44	09:14:56	<b>10:47:17.90</b>	+04:16:19 (39.6%)	9:31	6.3 (60.6%)
136	<b>PIETRZAK Agnieszka</b>	<b>4309</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:27:42	03:42:14	05:25:32	07:23:53	09:12:51	<b>10:47:25.65</b>	+04:16:27 (39.6%)	9:31	6.3 (60.6%)
137	<b>ZAMBRZYCKI Maciej</b>	<b>4289</b>	SAP LABS POLAND TEAM	Masters M - 40	49	01:24:39	03:29:28	05:17:20	07:30:03	09:13:14	<b>10:48:38.20</b>	+04:17:39 (39.7%)	9:32	6.3 (60.6%)
138	<b>KUBICA Bartosz</b>	<b>4258</b>		Masters M - 40	50	01:27:23	03:37:55	05:14:22	07:23:01	09:11:24	<b>10:48:44.75</b>	+04:17:46 (39.7%)	9:32	6.3 (60.6%)
139	<b>JUCHA Jacek</b>	<b>4246</b>	CARBO ASECURA/ CA AKTYWNI	Masters M - 40	51	01:27:32	03:38:04	05:14:30	07:23:10	09:10:17	<b>10:48:54.40</b>	+04:17:55 (39.7%)	9:32	6.3 (60.6%)
140	<b>GAWRON Bartłomiej</b>	<b>4279</b>		Masters M - 40	52	01:20:33	03:29:46	05:07:43	07:19:29	09:09:44	<b>10:49:28.95</b>	+04:18:30 (39.8%)	9:33	6.3 (60.6%)
141	<b>GAŁWA Dawid</b>	<b>4074</b>		Senior II M - 30	48	01:25:39	03:34:57	05:21:52	07:27:04	09:20:43	<b>10:50:01.55</b>	+04:19:02 (39.9%)	9:33	6.3 (60.6%)
142	<b>PRYJMA Tomasz</b>	<b>4197</b>	FUNEXSPORTS	Weteran I M - 50	6	01:31:57	03:56:41	05:37:03	07:47:59	09:23:14	<b>10:50:34.50</b>	+04:19:35 (39.9%)	9:34	6.3 (60.6%)
143	<b>SMYK Kamil</b>	<b>4117</b>		Senior II M - 30	49	01:19:53	03:21:11	04:59:38	07:07:03	09:03:31	<b>10:52:05.95</b>	+04:21:07 (40.0%)	9:35	6.3 (60.6%)
144	<b>SZUMIEC Andrzej</b>	<b>4009</b>	LACHO TEAM	Weteran I M - 50	7	01:36:01	03:55:32	05:27:01	07:29:44	09:15:24	<b>10:52:23.15</b>	+04:21:24 (40.1%)	9:35	6.3 (60.6%)
145	<b>PUZIO Bartłomiej</b>	<b>4236</b>		Senior II M - 30	50	01:14:00	03:20:33	04:54:53	07:14:37	09:17:14	<b>10:52:29.20</b>	+04:21:30 (40.1%)	9:35	6.3 (60.6%)
146	<b>KOŁODZIEJ Paweł</b>	<b>4214</b>		Masters M - 40	53	01:30:53	03:48:20	05:32:40	07:35:24	09:12:59	<b>10:53:40.65</b>	+04:22:42 (40.2%)	9:36	6.2 (59.6%)
147	<b>FEODORÓW Wojciech</b>	<b>4337</b>	SKURCZYBYKI	Weteran I M - 50	8	01:27:15	03:47:52	05:31:56	07:31:55	09:23:59	<b>10:57:32.80</b>	+04:26:34 (40.5%)	9:40	6.2 (59.6%)
148	<b>KUCHARSKI Waldemar</b>	<b>4109</b>		Weteran I M - 50	9	01:30:33	03:43:57	05:16:02	07:22:16	09:12:31	<b>10:59:52.80</b>	+04:28:54 (40.8%)	9:42	6.2 (59.6%)
149	<b>MICHAŁOWSKI Maciej</b>	<b>4020</b>	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	51	01:23:15	03:26:49	05:10:43	07:20:36	09:18:51	<b>10:59:55.70</b>	+04:28:57 (40.8%)	9:42	6.2 (59.6%)
150	<b>STRONIKOWSKI Kamil</b>	<b>4134</b>		Masters M - 40	54	01:30:38	03:44:21	05:13:37	07:22:40	09:12:44	<b>11:00:10.15</b>	+04:29:11 (40.8%)	9:42	6.2 (59.6%)
151	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>4015</b>	POZYTYWNI ZABIEGANI SANOK	Senior II K - 30	12	01:31:20	03:49:10	05:36:01	07:33:46	09:21:02	<b>11:00:58.25</b>	+04:29:59 (40.8%)	9:43	6.2 (59.6%)
152	<b>KAKOSZKA Marcin</b>	<b>4076</b>	SALTY DOOG	Senior II M - 30	52	01:17:12	03:21:46	05:05:08	07:19:05	09:17:07	<b>11:01:28.00</b>	+04:30:29 (40.9%)	9:43	6.2 (59.6%)
153	<b>KULA Sebastian</b>	<b>4230</b>	SYCOWSKA POGOŃ	Masters M - 40	55	01:22:50	03:36:09	05:14:26	07:23:50	09:18:26	<b>11:02:39.60</b>	+04:31:41 (41.0%)	9:44	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
154	<b>ŁUKAWSKI Krzysztof</b>	<b>4034</b>		Senior II M - 30	53	01:25:30	03:28:38	05:03:19	07:22:24	09:25:42	<b>11:02:50.75</b>	+04:31:52 (41.0%)	9:44	6.2 (59.6%)
155	<b>KOWALSKI Rafał</b>	<b>4217</b>	RADIO RODZINA WROCŁAW	Masters M - 40	56	01:25:58	03:41:42	05:23:38	07:31:01	09:24:48	<b>11:04:06.85</b>	+04:33:08 (41.1%)	9:45	6.1 (58.7%)
156	<b>KIERSKI Dariusz</b>	<b>4110</b>		Weteran I M - 50	10	01:32:41	03:54:00	05:35:22	07:46:23	09:31:45	<b>11:08:30.15</b>	+04:37:31 (41.5%)	9:49	6.1 (58.7%)
157	<b>KOPACKI Grzegorz</b>	<b>4108</b>		Senior II M - 30	54	01:24:16	03:41:07	05:21:25	07:28:17	09:27:31	<b>11:08:33.80</b>	+04:37:35 (41.5%)	9:49	6.1 (58.7%)
158	<b>SIENNICKI Leszek</b>	<b>4251</b>		Masters M - 40	57	01:25:42	03:39:21	05:21:11	07:33:11	09:22:39	<b>11:09:39.95</b>	+04:38:41 (41.6%)	9:50	6.1 (58.7%)
159	<b>LEBODA Katarzyna</b>	<b>4014</b>	WILD DOGS TEAM	Senior II K - 30	13	01:28:10	03:48:53	05:33:55	07:46:22	09:33:15	<b>11:10:12.60</b>	+04:39:14 (41.7%)	9:51	6.1 (58.7%)
160	<b>HOLDCRAFT Nicholas</b>	<b>4185</b>		Masters M - 40	58	01:29:37	03:26:01	05:04:23	07:19:12	09:09:01	<b>11:11:06.35</b>	+04:40:07 (41.7%)	9:52	6.1 (58.7%)
161	<b>GIBALSKI Tomasz</b>	<b>4333</b>	OBORYGENI	Weteran I M - 50	11	01:25:47	03:45:44	05:26:13	07:50:01	09:36:06	<b>11:12:16.50</b>	+04:41:17 (41.8%)	9:53	6.1 (58.7%)
162	<b>STAJNIAK-STELIGA Izabela</b>	<b>4334</b>	OBORYGENI	Masters K - 40	15	01:26:05	03:46:04	05:26:31	07:50:19	09:36:23	<b>11:12:34.70</b>	+04:41:36 (41.9%)	9:53	6.1 (58.7%)
163	<b>WIECZOREK Monika</b>	<b>4104</b>		Masters K - 40	16	01:27:55	03:45:43	05:24:26	07:40:23	09:33:11	<b>11:12:59.55</b>	+04:42:00 (41.9%)	9:53	6.1 (58.7%)
164	<b>PRNOBIS-PROŃSKI Michał</b>	<b>4027</b>	SLOW JOGGING	Senior II M - 30	55	01:27:41	03:32:43	05:04:07	07:19:30	09:21:35	<b>11:13:01.70</b>	+04:42:03 (41.9%)	9:53	6.1 (58.7%)
165	<b>BUDYCH Arek</b>	<b>4303</b>		Senior II M - 30	56	01:23:50	03:38:13	05:21:43	07:32:58	09:29:15	<b>11:13:38.00</b>	+04:42:39 (42.0%)	9:54	6.1 (58.7%)
166	<b>GRYGORUK Cezary</b>	<b>4157</b>		Weteran I M - 50	12	01:25:05	03:42:50	05:25:40	07:35:09	09:31:09	<b>11:13:43.00</b>	+04:42:44 (42.0%)	9:54	6.1 (58.7%)
167	<b>NOWICKI Piotr</b>	<b>4149</b>	HTJ	Senior II M - 30	57	01:27:06	03:49:10	05:42:39	07:46:15	09:29:49	<b>11:13:48.55</b>	+04:42:49 (42.0%)	9:54	6.1 (58.7%)
168	<b>LEŚNIAK-POPIEL Marta</b>	<b>4012</b>	POZYTYWNIIE ZABIEGANI SANOK	Masters K - 40	17	01:31:58	04:00:36	05:46:16	07:53:44	09:38:05	<b>11:15:12.95</b>	+04:44:14 (42.1%)	9:55	6 (57.7%)
169	<b>CEBRAT Ewa</b>	<b>4025</b>	POZYTYWNIIE ZABIEGANI SANOK	Masters K - 40	18	01:32:06	04:01:22	05:46:26	07:53:56	09:38:17	<b>11:15:22.50</b>	+04:44:23 (42.1%)	9:55	6 (57.7%)
170	<b>RADZIWOŃ Krzysztof</b>	<b>4142</b>	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40	59	01:30:37	03:49:59	05:32:19	07:44:53	09:34:15	<b>11:16:05.70</b>	+04:45:07 (42.2%)	9:56	6 (57.7%)
171	<b>RENKIEL Tomasz</b>	<b>4099</b>	COMPAÑEROS ASFALT ATEAM	Masters M - 40	60	01:33:22	03:48:43	05:28:16	07:44:33	09:37:26	<b>11:16:53.30</b>	+04:45:54 (42.2%)	9:57	6 (57.7%)
172	<b>KRZYŻOSTANIAK Marcin</b>	<b>4325</b>	ZGRUBKA TEAM / MARCIN ŚWIERC TEAM	Masters M - 40	61	01:32:41	03:56:37	05:41:21	07:55:53	09:44:09	<b>11:18:59.45</b>	+04:48:00 (42.4%)	9:59	6 (57.7%)
173	<b>PARZONKA Paweł</b>	<b>4139</b>	KS LENIWIEC	Masters M - 40	62	01:25:56	03:35:52	05:15:12	07:26:21	09:23:29	<b>11:19:40.05</b>	+04:48:41 (42.5%)	9:59	6 (57.7%)
174	<b>SZMECHTIG-GAUDEN Ewa</b>	<b>4132</b>	PODGÓRZ TORUŃ	Masters K - 40	19	01:30:10	03:45:12	05:28:14	07:42:56	09:33:57	<b>11:21:13.95</b>	+04:50:15 (42.6%)	10:01	6 (57.7%)
175	<b>ZARĘBA Anna</b>	<b>4005</b>		Senior II K - 30	14	01:31:23	03:45:43	05:32:52	07:38:25	09:35:23	<b>11:21:44.10</b>	+04:50:45 (42.6%)	10:01	6 (57.7%)
176	<b>ZARĘBA Adam</b>	<b>4008</b>		Senior II M - 30	58	01:31:36	03:45:53	05:33:04	07:38:37	09:35:38	<b>11:21:56.75</b>	+04:50:58 (42.7%)	10:01	6 (57.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
177	<b>MURAWICZ Grzegorz</b>	<b>4327</b>		Weteran I M - 50	13	01:28:49	03:41:00	05:29:51	07:41:54	09:38:53	<b>11:22:10.35</b>	+04:51:11 (42.7%)	10:01	6 (57.7%)
178	<b>MIKOLAJCZYK Lukasz</b>	<b>4007</b>	RUNTRIAL	Senior II M - 30	59	01:23:24	03:44:17	05:24:31	07:42:08	09:41:21	<b>11:22:20.85</b>	+04:51:22 (42.7%)	10:02	6 (57.7%)
179	<b>SZCZUKA Joanna</b>	<b>4039</b>		Senior I K - 20	4	01:31:03	03:58:03	05:47:08	07:57:12	09:42:48	<b>11:23:01.75</b>	+04:52:03 (42.8%)	10:02	6 (57.7%)
180	<b>GRYS Paweł</b>	<b>4021</b>	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	60	01:26:01	03:52:40	05:39:47	08:03:34	09:54:09	<b>11:24:15.65</b>	+04:53:17 (42.9%)	10:03	6 (57.7%)
181	<b>FURTAK Krzysztof</b>	<b>4304</b>	KTOŚ MUSI BYĆ OSTATNI	Weteran I M - 50	14	01:25:51	03:44:38	05:25:04	07:32:21	09:23:43	<b>11:25:35.10</b>	+04:54:36 (43.0%)	10:04	6 (57.7%)
182	<b>JARASZEK Sanjaya</b>	<b>4335</b>	JASNASTRONAMOCY.INFO	Weteran II M - 60	2	01:34:29	03:49:53	05:33:17	07:57:55	09:54:42	<b>11:28:56.15</b>	+04:57:57 (43.2%)	10:07	5.9 (56.7%)
183	<b>DUCH Emil</b>	<b>4329</b>	JB WARSAW	Senior II M - 30	61	01:33:12	03:58:06	05:42:28	08:00:31	09:49:16	<b>11:29:21.45</b>	+04:58:22 (43.3%)	10:08	5.9 (56.7%)
184	<b>ROGOWSKI Tomasz</b>	<b>4336</b>	UMLAUT	Senior II M - 30	62	01:33:24	03:57:35	05:46:47	07:59:22	09:56:30	<b>11:32:05.25</b>	+05:01:06 (43.5%)	10:10	5.9 (56.7%)
185	<b>DOBRENKO Edyta</b>	<b>4171</b>		Masters K - 40	20	01:35:25	03:55:26	05:42:38	08:01:50	09:50:28	<b>11:33:11.30</b>	+05:02:12 (43.6%)	10:11	5.9 (56.7%)
186	<b>FRANKOWSKI Dariusz</b>	<b>4221</b>	SZAMANI W TRANSIE	Weteran I M - 50	15	01:29:23	03:54:11	05:40:06	07:57:59	09:52:22	<b>11:34:12.85</b>	+05:03:14 (43.7%)	10:12	5.9 (56.7%)
187	<b>KONIECZNY Andrzej</b>	<b>4324</b>		Weteran I M - 50	16	01:32:58	04:00:02	05:45:47	07:57:43	09:51:17	<b>11:36:27.00</b>	+05:05:28 (43.9%)	10:14	5.9 (56.7%)
188	<b>KRUK Jacek</b>	<b>4119</b>		Masters M - 40	63	01:31:35	04:02:53	05:41:17	07:52:20	09:52:03	<b>11:36:58.65</b>	+05:06:00 (43.9%)	10:14	5.9 (56.7%)
189	<b>ŻABIEREK Tomek</b>	<b>4257</b>		Masters M - 40	64	01:32:10	03:50:53	05:33:14	07:58:49	10:00:25	<b>11:37:17.45</b>	+05:06:18 (43.9%)	10:15	5.9 (56.7%)
189	<b>KRYSKE Mariusz</b>	<b>4284</b>	SPÓJNIA BIAŁE BŁOTA	Senior II M - 30	63	01:29:05	03:47:25	05:36:06	07:47:01	09:45:22	<b>11:37:17.45</b>	+05:06:18 (43.9%)	10:15	5.9 (56.7%)
191	<b>BLIŹNIEWSKI Marek</b>	<b>4213</b>	SNG WILD DUCK	Masters M - 40	65	01:40:25	03:47:54	05:50:44	08:00:55	09:57:09	<b>11:37:34.15</b>	+05:06:35 (44.0%)	10:15	5.8 (55.8%)
192	<b>SZYMAŃSKA Agata</b>	<b>4064</b>		Senior II K - 30	15	01:27:59	03:56:17	05:32:23	07:46:56	09:41:39	<b>11:41:25.65</b>	+05:10:27 (44.3%)	10:18	5.8 (55.8%)
193	<b>GAWLAK Robert</b>	<b>4277</b>	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	Senior II M - 30	64	01:26:41	03:45:53	05:31:59	07:57:49	09:50:32	<b>11:41:37.40</b>	+05:10:38 (44.3%)	10:19	5.8 (55.8%)
194	<b>BOGDAŁ Adam</b>	<b>4059</b>		Senior II M - 30	65	01:32:01	03:51:46	05:46:31	08:13:19	10:07:08	<b>11:41:54.00</b>	+05:10:55 (44.3%)	10:19	5.8 (55.8%)
195	<b>DELONG Sebastian</b>	<b>4069</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	66	01:26:11	03:47:27	05:50:20	08:09:08	10:06:09	<b>11:42:22.15</b>	+05:11:23 (44.3%)	10:19	5.8 (55.8%)
196	<b>FALBA Karol</b>	<b>4298</b>	#TEAMLATIS	Senior II M - 30	66	01:22:44	03:38:15	05:24:18	07:57:26	09:57:45	<b>11:42:34.85</b>	+05:11:36 (44.4%)	10:19	5.8 (55.8%)
197	<b>LUDEWICZ Mateusz</b>	<b>4203</b>	START JASTROWIE	Senior II M - 30	67	01:27:05	03:37:02	05:23:05	07:54:23	09:56:03	<b>11:42:37.90</b>	+05:11:39 (44.4%)	10:19	5.8 (55.8%)
198	<b>GIERSZEWSKI Marek</b>	<b>4086</b>		Masters M - 40	67	01:21:46	03:25:02	05:10:46	07:18:31	09:17:17	<b>11:42:51.55</b>	+05:11:52 (44.4%)	10:20	5.8 (55.8%)
199	<b>PIOTROWSKI Michał</b>	<b>4058</b>		Senior II M - 30	68	01:27:41	03:54:04	05:52:45	08:08:53	10:02:55	<b>11:44:13.35</b>	+05:13:14 (44.5%)	10:21	5.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
200	<b>KUPIEC Maciej</b>	<b>4046</b>	ŻEBERKA TEAM	Senior II M - 30	69	01:27:48	03:54:17	05:52:54	08:09:02	10:03:05	<b>11:44:24.05</b>	+05:13:25 (44.5%)	10:21	5.8 (55.8%)
201	<b>PÓŁGRABIA Dawid</b>	<b>4033</b>		Masters M - 40	68	01:28:05	03:54:24	05:53:02	08:09:02	10:03:12	<b>11:44:30.45</b>	+05:13:31 (44.5%)	10:21	5.8 (55.8%)
202	<b>AZAREWICZ Grzegorz</b>	<b>4322</b>		Masters M - 40	69	01:37:17	03:55:17	06:07:41	08:13:33	10:02:32	<b>11:45:32.85</b>	+05:14:34 (44.6%)	10:22	5.8 (55.8%)
203	<b>RACZKIEWICZ Jarosław</b>	<b>4234</b>	NATURAL BORN RUNNERS	Masters M - 40	70	01:32:38	03:51:27	05:37:09	07:56:33	09:52:17	<b>11:47:22.40</b>	+05:16:23 (44.7%)	10:24	5.8 (55.8%)
204	<b>PURA Paweł</b>	<b>4114</b>		Masters M - 40	71	01:30:50	03:52:25	05:33:08	07:59:51	09:59:27	<b>11:48:55.05</b>	+05:17:56 (44.8%)	10:25	5.8 (55.8%)
205	<b>RYCHTYK Dawid</b>	<b>4169</b>		Masters M - 40	72	01:29:05	03:54:53	06:05:23	08:22:18	10:11:15	<b>11:51:00.45</b>	+05:20:01 (45.0%)	10:27	5.7 (54.8%)
206	<b>PEKAŁA Michał</b>	<b>4077</b>	POLARIS/BIEG OPOLSKI	Senior II M - 30	70	01:40:01	04:03:30	06:04:35	08:20:20	10:12:05	<b>11:56:23.90</b>	+05:25:25 (45.4%)	10:32	5.7 (54.8%)
207	<b>URBAŃSKA Katarzyna</b>	<b>4088</b>	BIEG OPOLSKI	Senior II K - 30	16	01:39:42	04:03:43	06:04:05	08:20:21	10:11:41	<b>11:56:38.20</b>	+05:25:39 (45.4%)	10:32	5.7 (54.8%)
208	<b>ZUBERT Marcin</b>	<b>4307</b>	PRESSGLASS-BIEGAMY I WSPIERAMY	Masters M - 40	73	01:26:42	04:04:07	05:48:44	08:10:19	10:12:50	<b>11:57:07.55</b>	+05:26:08 (45.5%)	10:32	5.7 (54.8%)
209	<b>SZAFRAN Łukasz</b>	<b>4091</b>	ULTRINO AMATEUR	Senior II M - 30	71	01:30:46	03:52:16	05:36:00	07:59:18	09:54:46	<b>11:57:11.05</b>	+05:26:12 (45.5%)	10:32	5.7 (54.8%)
210	<b>KOWALEWSKI Grzegorz</b>	<b>4113</b>		Weteran I M - 50	17	01:34:06	03:57:13	05:49:42	08:15:27	10:12:46	<b>11:57:32.20</b>	+05:26:33 (45.5%)	10:33	5.7 (54.8%)
211	<b>JOVANOVIĆ-DOBRZYŃSKA Marta</b>	<b>4224</b>		Senior I K - 20	5	01:43:41	04:18:29	06:14:55	08:31:54	10:23:24	<b>11:57:52.15</b>	+05:26:53 (45.5%)	10:33	5.7 (54.8%)
212	<b>ROŻKO Krzysztof</b>	<b>4163</b>	4ROŻKI	Masters M - 40	74	01:31:07	03:56:25	05:48:20	08:07:16	10:14:29	<b>12:00:53.90</b>	+05:29:55 (45.8%)	10:36	5.7 (54.8%)
213	<b>JAMROZ Mariola</b>	<b>4176</b>		Weteran K - 50	1	01:39:56	04:15:22	06:04:58	08:21:16	10:12:27	<b>12:02:00.45</b>	+05:31:01 (45.8%)	10:37	5.7 (54.8%)
214	<b>SYNOWIEC Grzegorz</b>	<b>4118</b>	1975	Masters M - 40	75	01:30:23	03:59:11	05:52:54	08:14:38	10:12:59	<b>12:03:26.95</b>	+05:32:28 (46.0%)	10:38	5.6 (53.8%)
215	<b>KABAŁA Bartosz</b>	<b>4023</b>		Senior I M - 20	8	01:18:09	03:26:28	05:22:55	07:44:23	09:46:14	<b>12:04:23.20</b>	+05:33:24 (46.0%)	10:39	5.6 (53.8%)
216	<b>KUŚ Jakub</b>	<b>4179</b>		Senior I M - 20	9	01:27:32	04:25:18	06:13:39	08:34:21	10:24:04	<b>12:06:20.85</b>	+05:35:22 (46.2%)	10:40	5.6 (53.8%)
217	<b>JAMRÓZ Wojciech</b>	<b>4222</b>	KW GLIWICE	Masters M - 40	76	01:26:01	03:55:30	05:44:40	08:17:29	10:23:28	<b>12:06:48.75</b>	+05:35:50 (46.2%)	10:41	5.6 (53.8%)
218	<b>ZYZAŃSKI Andrzej</b>	<b>4194</b>	ZIZU	Masters M - 40	77	01:28:25	04:07:23	06:02:49	08:25:04	10:25:08	<b>12:07:31.85</b>	+05:36:33 (46.3%)	10:41	5.6 (53.8%)
219	<b>SZMYT Piotr</b>	<b>4193</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	78	01:28:34	04:07:45	06:02:58	08:25:15	10:25:15	<b>12:07:37.45</b>	+05:36:38 (46.3%)	10:42	5.6 (53.8%)
220	<b>MARKOWSKI Marek</b>	<b>4268</b>	KS LENIWIEC	Masters M - 40	79	01:27:46	03:43:26	05:35:21	08:10:20	10:21:33	<b>12:10:33.80</b>	+05:39:35 (46.5%)	10:44	5.6 (53.8%)
221	<b>GĄSZCZAK Mariusz</b>	<b>4138</b>	KS LENIWIEC	Masters M - 40	80	01:28:59	03:44:12	05:37:27	08:12:39	10:17:03	<b>12:10:41.05</b>	+05:39:42 (46.5%)	10:44	5.6 (53.8%)
222	<b>KUCZYŃSKI Grzegorz</b>	<b>4200</b>	BIAŁYSTOK BIEGA TEAM	Masters M - 40	81	01:37:01	04:14:38	06:13:00	08:17:40	10:25:35	<b>12:12:33.30</b>	+05:41:34 (46.6%)	10:46	5.6 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
223	<b>OZIMINA Hubert</b>	<b>4065</b>	OBORYGENI	Masters M - 40	82	01:28:42	03:54:38	05:50:46	08:17:34	10:21:13	<b>12:13:31.95</b>	+05:42:33 (46.7%)	10:47	5.6 (53.8%)
224	<b>GRZYWIŃSKI Wojtek</b>	<b>4127</b>		Senior II M - 30	72	01:30:27	04:03:59	06:02:59	08:28:49	10:27:10	<b>12:13:51.45</b>	+05:42:52 (46.7%)	10:47	5.6 (53.8%)
225	<b>SZCZEPANIAK Jadwiga</b>	<b>4120</b>	KS STASZEWSKY	Weteran K - 50	2	01:37:14	04:05:43	05:52:38	08:20:52	10:23:42	<b>12:13:53.90</b>	+05:42:55 (46.7%)	10:47	5.6 (53.8%)
226	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>4143</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	21	01:37:31	04:19:45	06:10:45	08:36:33	10:29:04	<b>12:14:37.60</b>	+05:43:39 (46.8%)	10:48	5.6 (53.8%)
227	<b>PODGÓRNY Mariusz</b>	<b>4166</b>	TEAM OZIMEK	Senior I M - 20	10	01:24:16	03:50:07	05:47:48	08:14:55	10:15:20	<b>12:14:56.85</b>	+05:43:58 (46.8%)	10:48	5.6 (53.8%)
228	<b>FIREK Rafał</b>	<b>4072</b>	LACHO TEAM	Masters M - 40	83	01:35:50	03:55:21	05:26:44	07:35:40	09:41:18	<b>12:15:15.70</b>	+05:44:17 (46.8%)	10:48	5.5 (52.9%)
229	<b>FURMANIAK Mateusz</b>	<b>4182</b>	1989	Senior II M - 30	73	01:32:43	03:59:57	05:53:41	08:17:11	10:30:49	<b>12:16:17.50</b>	+05:45:18 (46.9%)	10:49	5.5 (52.9%)
230	<b>PÖPKE Anna</b>	<b>4079</b>	REEBOK RUN CREW CZĘSTOCHOWA	Senior I K - 20	6	01:32:48	03:55:51	05:50:22	08:29:37	10:32:09	<b>12:16:25.60</b>	+05:45:27 (46.9%)	10:49	5.5 (52.9%)
231	<b>KOŚKA Aleksandra</b>	<b>4160</b>	SPARTA RUNNERS	Senior II K - 30	17	01:33:01	04:00:18	05:54:00	08:17:24	10:31:10	<b>12:16:36.55</b>	+05:45:37 (46.9%)	10:49	5.5 (52.9%)
232	<b>WOZNIAK Damian</b>	<b>4121</b>	CHOMIKI Z KOPYTEM	Masters M - 40	84	01:34:49	04:14:11	06:10:43	08:36:45	10:37:22	<b>12:20:06.95</b>	+05:49:08 (47.2%)	10:53	5.5 (52.9%)
233	<b>CZEKA Rudolf</b>	<b>4168</b>		Weteran II M - 60	3	01:37:55	04:18:15	06:15:32	08:40:15	10:36:18	<b>12:21:13.25</b>	+05:50:14 (47.3%)	10:54	5.5 (52.9%)
234	<b>SÓJKA Szymon</b>	<b>4299</b>		Senior II M - 30	74	01:38:48	04:19:10	06:22:01	08:42:59	10:40:41	<b>12:21:30.10</b>	+05:50:31 (47.3%)	10:54	5.5 (52.9%)
235	<b>SÓJKA Agnieszka</b>	<b>4300</b>		Senior II K - 30	18	01:38:59	04:19:28	06:21:21	08:43:09	10:40:49	<b>12:21:40.50</b>	+05:50:41 (47.3%)	10:54	5.5 (52.9%)
236	<b>MISIAK Patryk</b>	<b>4124</b>		Masters M - 40	85	01:35:08	04:14:29	06:11:02	08:36:59	10:37:37	<b>12:23:41.55</b>	+05:52:42 (47.4%)	10:56	5.5 (52.9%)
237	<b>JAWORSKI Bartłomiej</b>	<b>4057</b>		Weteran I M - 50	18	01:24:28	03:45:58	05:58:28	08:29:01	10:30:30	<b>12:25:05.85</b>	+05:54:07 (47.5%)	10:57	5.5 (52.9%)
238	<b>GAIDA Karol</b>	<b>4178</b>	WROCŁAWSKIE ŚWIRY	Senior I M - 20	11	01:27:45	03:50:50	05:45:21	08:24:36	10:33:25	<b>12:25:56.35</b>	+05:54:57 (47.6%)	10:58	5.5 (52.9%)
239	<b>WRĘCZYCKI Łukasz</b>	<b>4016</b>	5 PUŁK CHEMICZNY	Senior II M - 30	75	01:31:43	04:01:04	05:54:22	08:19:16	10:24:09	<b>12:30:36.60</b>	+05:59:38 (47.9%)	11:02	5.4 (51.9%)
240	<b>PLEWKA Sylwia</b>	<b>4129</b>		Senior II K - 30	19	01:37:00	04:13:02	06:07:08	08:38:41	10:38:27	<b>12:30:41.10</b>	+05:59:42 (47.9%)	11:02	5.4 (51.9%)
241	<b>KOŁODZIEJ Jacek</b>	<b>4056</b>	COMPAÑEROS ASFALT TEAM	Masters M - 40	86	01:32:58	03:53:05	05:48:03	08:20:59	10:28:07	<b>12:32:08.50</b>	+06:01:09 (48.0%)	11:03	5.4 (51.9%)
242	<b>BOCIAGA Paweł</b>	<b>4017</b>	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	Masters M - 40	87	01:29:56	03:50:56	06:01:42	08:57:56	10:54:07	<b>12:38:57.60</b>	+06:07:59 (48.5%)	11:09	5.4 (51.9%)
243	<b>SZEWczyk Marek</b>	<b>4054</b>	CYBINA TEAM	Weteran II M - 60	4	01:39:24	04:18:45	06:10:43	08:38:55	10:40:10	<b>12:40:44.90</b>	+06:09:46 (48.6%)	11:11	5.4 (51.9%)
244	<b>KLIMCZAK Marcin</b>	<b>4044</b>		Senior II M - 30	76	01:35:19	04:27:59	06:29:29	08:52:14	10:53:41	<b>12:41:14.20</b>	+06:10:15 (48.6%)	11:11	5.4 (51.9%)
245	<b>GOZDAN Dariusz</b>	<b>4237</b>		Masters M - 40	88	01:36:12	04:05:17	06:20:03	08:56:54	10:56:50	<b>12:41:45.30</b>	+06:10:46 (48.7%)	11:12	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
246	<b>SOBKOWIAK Ewa</b>	<b>4242</b>	100MCP	Weteran K - 50	3	01:47:33	04:21:54	06:19:29	08:52:01	10:56:09	<b>12:43:45.25</b>	+06:12:46 (48.8%)	11:13	5.3 (51.0%)
247	<b>ZGOŁA Przemysław</b>	<b>4092</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	89	01:38:13	04:17:14	06:08:59	08:38:18	10:41:58	<b>12:44:33.75</b>	+06:13:35 (48.9%)	11:14	5.3 (51.0%)
248	<b>SZCZERBAL Agnieszka</b>	<b>4090</b>	TKKF MPK POZNAŃ	Masters K - 40	22	01:38:31	04:17:22	06:09:06	08:38:17	10:42:07	<b>12:44:42.60</b>	+06:13:44 (48.9%)	11:14	5.3 (51.0%)
249	<b>RULAK Jerzy</b>	<b>4273</b>		Senior II M - 30	77	01:42:54	04:02:07	06:04:32	08:30:57	10:41:20	<b>12:45:12.30</b>	+06:14:13 (48.9%)	11:15	5.3 (51.0%)
250	<b>JASTRZAB-STANDERSKA Joanna</b>	<b>4310</b>		Masters K - 40	23	01:34:07	04:06:15	06:04:18	08:31:47	10:42:12	<b>12:46:02.15</b>	+06:15:03 (49.0%)	11:15	5.3 (51.0%)
251	<b>MASŁO Andrzej</b>	<b>4006</b>		Masters M - 40	90	01:41:55	04:19:44	06:13:37	08:43:22	10:44:55	<b>12:46:10.75</b>	+06:15:12 (49.0%)	11:16	5.3 (51.0%)
252	<b>DARSKI Rafał</b>	<b>4144</b>	RECAMIERE	Weteran I M - 50	19	01:34:58	04:13:53	06:28:58	08:57:20	11:07:45	<b>12:47:27.30</b>	+06:16:28 (49.1%)	11:17	5.3 (51.0%)
253	<b>HANSZ Donat</b>	<b>4066</b>	NETBOX BIEGA	Senior I M - 20	12	01:34:14	04:09:22	06:18:16	09:09:08	11:08:54	<b>12:51:24.95</b>	+06:20:26 (49.3%)	11:20	5.3 (51.0%)
254	<b>GÓRCZYŃSKI Rafał</b>	<b>4105</b>		Masters M - 40	91	01:40:30	04:16:26	06:22:37	08:53:10	11:04:48	<b>12:52:13.10</b>	+06:21:14 (49.4%)	11:21	5.3 (51.0%)
255	<b>PIĄTEK Tomasz</b>	<b>4297</b>	WILD BUCHAYS	Masters M - 40	92	01:33:42	04:04:55	06:04:00	08:41:16	11:03:47	<b>12:56:28.50</b>	+06:25:29 (49.6%)	11:25	5.3 (51.0%)
256	<b>KORNAŚ Marcin</b>	<b>4001</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	93	01:37:21	04:32:14	06:29:08	09:13:44	11:06:02	<b>12:57:01.55</b>	+06:26:02 (49.7%)	11:25	5.3 (51.0%)
257	<b>GARBACZ Damian</b>	<b>4070</b>		Senior II M - 30	78	01:31:25	04:10:29	06:08:00	08:38:25	10:56:16	<b>12:58:32.00</b>	+06:27:33 (49.8%)	11:26	5.2 (50.0%)
258	<b>MIELCZAREK Grzegorz</b>	<b>4048</b>		Weteran I M - 50	20	01:23:13	03:50:03	05:48:21	08:36:44	10:41:25	<b>12:58:50.95</b>	+06:27:52 (49.8%)	11:27	5.2 (50.0%)
259	<b>SULIGA Paweł</b>	<b>4010</b>		Masters M - 40	94	01:38:39	04:18:47	06:18:08	09:06:07	11:15:00	<b>12:59:53.85</b>	+06:28:55 (49.9%)	11:28	5.2 (50.0%)
260	<b>NOWAK Bartosz</b>	<b>4204</b>	POMIOTY SZATANA	Senior II M - 30	79	01:35:35	04:13:40	06:20:50	08:59:38	11:06:34	<b>13:02:08.40</b>	+06:31:09 (50.0%)	11:30	5.2 (50.0%)
261	<b>WIÓREK Maciej</b>	<b>4196</b>	TEAM BIEGOWY SZCZECINEK	Senior II M - 30	80	01:35:15	03:57:33	06:06:34	08:56:46	10:55:50	<b>13:02:38.35</b>	+06:31:39 (50.0%)	11:30	5.2 (50.0%)
262	<b>POLIWKI-KISIEL Malgorzata</b>	<b>4209</b>	TEAM BIEGOWY SZCZECINEK	Senior II K - 30	20	01:30:46	03:55:30	06:07:10	08:57:18	10:54:25	<b>13:03:13.95</b>	+06:32:15 (50.1%)	11:31	5.2 (50.0%)
263	<b>MAKSELON Maciej</b>	<b>4202</b>		Senior II M - 30	81	01:40:42	04:03:12	06:07:20	08:57:28	10:54:13	<b>13:03:23.15</b>	+06:32:24 (50.1%)	11:31	5.2 (50.0%)
264	<b>HALINIAK Marek</b>	<b>4053</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	95	01:39:19	04:07:50	06:15:18	08:45:08	11:03:33	<b>13:03:52.55</b>	+06:32:53 (50.1%)	11:31	5.2 (50.0%)
265	<b>JUROWSKA Agata</b>	<b>4240</b>	ACTIV RUN ŁASK	Senior II K - 30	21	01:38:21	04:37:08	06:38:45	09:08:46	11:14:56	<b>13:06:33.30</b>	+06:35:34 (50.3%)	11:34	5.2 (50.0%)
266	<b>KISIELEWSKA Katarzyna</b>	<b>4238</b>	ACTIV RUN ŁASK	Masters K - 40	24	01:38:30	04:37:18	06:38:58	09:08:55	11:15:06	<b>13:06:42.65</b>	+06:35:44 (50.3%)	11:34	5.2 (50.0%)
267	<b>KUNKEL Anna</b>	<b>4165</b>	PGB SPORTOWA PACZKA	Masters K - 40	25	01:48:39	04:41:06	06:49:18	09:23:41	11:25:48	<b>13:09:12.70</b>	+06:38:14 (50.5%)	11:36	5.2 (50.0%)
268	<b>DOMAGAŁA Konrad</b>	<b>4107</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	82	01:32:17	04:01:09	05:53:46	08:08:31	10:30:05	<b>13:15:27.25</b>	+06:44:28 (50.8%)	11:41	5.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km			
269	SIUDZIŃSKA Anna	4259	DRUŻYNA LISKA	Masters K - 40	26	01:41:42	04:30:22	06:39:58	09:18:36	11:27:38	<b>13:19:16.60</b>	+06:48:18 (51.1%)	11:45	5.1 (49.0%)
270	BARTOSZEK Dawid	4162		Senior I M - 20	13	01:35:16	04:00:29	06:14:47	09:12:52	11:15:06	<b>13:24:33.70</b>	+06:53:35 (51.4%)	11:49	5.1 (49.0%)
271	TRZEBSKI Adam	4161		Senior II M - 30	83	01:35:07	04:04:58	06:14:56	09:13:03	11:15:36	<b>13:24:46.05</b>	+06:53:47 (51.4%)	11:50	5.1 (49.0%)
272	KONARSKA Aleksandra	4229	WIERZBICKI RUNNING PROJECT	Senior II K - 30	22	01:45:47	04:29:54	06:49:00	09:36:35	11:34:36	<b>13:27:46.60</b>	+06:56:48 (51.6%)	11:52	5.1 (49.0%)
273	OLECHNOWICZ Magda	4228	BBL GORZÓW WLKP.	Masters K - 40	27	01:46:07	04:30:32	06:49:22	09:33:56	11:34:55	<b>13:28:05.90</b>	+06:57:07 (51.6%)	11:53	5 (48.1%)
274	CHRZUSZCZ Anna	4270		Senior II K - 30	23	01:46:16	04:30:38	06:49:29	09:34:02	11:35:04	<b>13:28:14.90</b>	+06:57:16 (51.6%)	11:53	5 (48.1%)
275	KĘPSKI Grzegorz	4035		Senior II M - 30	84	01:42:43	04:24:54	06:28:31	09:07:31	11:23:36	<b>13:30:01.50</b>	+06:59:02 (51.7%)	11:54	5 (48.1%)
276	LENARCZYK Michał	4155	BIESZCZADZKI WAGABUNDA	Senior II M - 30	85	01:39:25	04:15:48	06:10:25	08:54:55	11:10:47	<b>13:31:31.70</b>	+07:00:33 (51.8%)	11:56	5 (48.1%)
277	LENARCZYK Marcin	4154	BIESZCZADZKI WAGABUNDA	Senior II M - 30	86	01:39:35	04:15:57	06:10:34	08:55:05	11:11:01	<b>13:31:40.85</b>	+07:00:42 (51.8%)	11:56	5 (48.1%)
278	JAKIMKO Monika	4175	LZS LIPA	Masters K - 40	28	01:44:19	04:35:25	06:46:37	09:33:59	11:45:15	<b>13:35:18.10</b>	+07:04:19 (52.0%)	11:59	5 (48.1%)
279	STRZAŁKOWSKA Urszula	4147	BBL OPOLE	Senior II K - 30	24	01:40:20	04:26:20	06:37:26	09:23:35	11:42:17	<b>13:39:00.30</b>	+07:08:01 (52.3%)	12:02	5 (48.1%)
280	KLAWIKOWSKI Maciej	4184		Masters M - 40	96	01:52:47	04:28:30	06:40:05	09:25:56	11:44:28	<b>13:40:43.15</b>	+07:09:44 (52.4%)	12:04	5 (48.1%)
281	MACKIEWICZ Dorota	4220	12TRI.PL	Masters K - 40	29	01:49:10	04:53:25	07:07:59	09:47:53	11:53:16	<b>13:42:19.20</b>	+07:11:20 (52.5%)	12:05	5 (48.1%)
282	MARCINIAK Anna	4038		Masters K - 40	30	01:41:31	04:38:37	06:47:29	09:32:14	11:39:53	<b>13:48:02.10</b>	+07:17:03 (52.8%)	12:10	4.9 (47.1%)
283	SZYGENDA Waldemar	4239		Weteran I M - 50	21	01:48:39	04:39:39	06:53:10	09:39:03	11:57:01	<b>13:53:58.65</b>	+07:23:00 (53.1%)	12:15	4.9 (47.1%)
284	MIĘTEK Agnieszka	4050		Masters K - 40	31	01:59:13	05:03:31	07:11:14	09:56:22	12:10:53	<b>14:00:16.60</b>	+07:29:18 (53.5%)	12:21	4.9 (47.1%)
285	MIĘTEK Dariusz	4049		Masters M - 40	97	01:59:22	05:03:43	07:11:24	09:56:30	12:11:01	<b>14:01:12.05</b>	+07:30:13 (53.5%)	12:22	4.9 (47.1%)
286	MACKIEWICZ Magdalena	4004	DŁUGOBIEGANIE	Masters K - 40	32	01:43:48	04:40:38	06:57:43	09:37:37	11:54:12	<b>14:18:56.30</b>	+07:47:57 (54.5%)	12:37	4.7 (45.2%)
287	SZYMANKIEWICZ Edyta	4068	CROSS STRACEŃCÓW TEAM	Masters K - 40	33	01:49:07	04:45:57	07:03:00	09:43:08	11:59:26	<b>14:24:14.90</b>	+07:53:16 (54.8%)	12:42	4.7 (45.2%)
<b>Przekroczony limit czasu: 14:30:00</b>														
288	MUCHAJER Dawid	4152	CSWLĄD	Masters M - 40	98	01:33:12	04:20:37	06:25:52	09:18:29	12:01:41	<b>14:39:24.85</b>	+08:08:26 (55.5%)	12:55	4.6 (44.2%)
289	PRUCHNIEWSKA Agnieszka	4063	ROKIETNICA BIEGA	Masters K - 40	34	01:33:19	04:20:45	06:26:01	09:18:37	12:01:46	<b>14:39:32.45</b>	+08:08:33 (55.5%)	12:56	4.6 (44.2%)
290	NADOBNIK Beata	4123	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Masters K - 40	35	01:44:56	04:47:27	06:59:58	09:51:53	12:10:35	<b>14:46:50.05</b>	+08:15:51 (55.9%)	13:02	4.6 (44.2%)
291	NATKANIEC Grażyna	4087	LZS LIPA	Weteran K - 50	4	01:40:48	04:34:28	06:46:43	09:39:00	12:19:10	<b>14:49:14.30</b>	+08:18:15 (56.0%)	13:04	4.6 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto 68km	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km				
292	<b>RURKA Grzegorz Rurka</b>	<b>4060</b>	SAMBIEGAM	Weteran I M - 50	22	01:45:19						+00:48:14	10:31	5.7 (54.8%)
DQ	<b>MASIAREK Maciej</b>	<b>4195</b>		Senior I M - 20		01:00:53 DQ	02:30:45 DQ	03:33:52 DQ	DQ	DQ	<b>04:33:53.80 DQ</b>		0:00	14.9 (143.3%)
	<b>BUJLIS Eugeniusz</b>	<b>4151</b>	DZIARALNIA WROCŁAW	Masters M - 40		01:26:56 DNF	04:07:17 DNF	06:24:03 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>JASTRZĄBEK Marek</b>	<b>4041</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30		01:23:36 DNF	03:27:45 DNF	05:04:17 DNF	07:14:55 DNF	09:31:54 DNF	<b>DNF</b>		-	- (0.0%)
	<b>FALISZEWSKI Sebastian</b>	<b>4003</b>		Masters M - 40		01:30:05 DNF	03:51:00 DNF	06:01:52 DNF	08:58:05 DNF	11:10:15 DNF	<b>DNF</b>		-	- (0.0%)
	<b>SAMBORSKI Piotr</b>	<b>4198</b>	WKURW_TEAM	Senior II M - 30		01:42:33 DNF	04:40:14 DNF	06:34:23 DNF	09:05:00 DNF	11:39:13 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MULARCZYK Marta</b>	<b>4047</b>	WKURW_TEAM	Senior II K - 30		01:42:42 DNF	04:40:23 DNF	06:34:33 DNF	09:05:08 DNF	11:39:22 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KORZHUN Aliaksandr</b>	<b>4212</b>	KAMIENNOGÓRSKA GRUPA BIEGOWA	Senior II M - 30		01:43:20 DNF	04:37:54 DNF	06:58:57 DNF	10:14:22 DNF	13:56:54 DNF	<b>DNF</b>		-	- (0.0%)
	<b>STEFAŃSKI Krystian</b>	<b>4250</b>	KS KANAŁEK	Senior II M - 30		01:07:01 DNF	02:50:41 DNF	04:01:34 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>ZDZIARSKI Tomasz</b>	<b>4249</b>		Masters M - 40		01:35:59 DNF	04:14:08 DNF	06:07:42 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>JESIOŁOWSKI Robert</b>	<b>4022</b>		Weteran I M - 50		01:35:04 DNF	04:06:46 DNF	06:16:16 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KINDRA Marek</b>	<b>4011</b>	FC KACZOR LUBIN	Masters M - 40		01:33:48 DNF	04:08:58 DNF	06:46:09 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>JANKOWSKI Tom</b>	<b>4062</b>	QCE SPARTY	Masters M - 40		01:40:28 DNF	04:40:51 DNF	06:52:51 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>WARSKI Patryk</b>	<b>4252</b>		Senior II M - 30		01:11:14 DNF	03:13:37 DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>ŁUKASZCZYK Andrzej</b>	<b>4180</b>		Weteran I M - 50		01:32:58 DNF	04:20:16 DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>ZAJĄC Aga</b>	<b>4186</b>	77CATS	Masters K - 40		01:59:17 DNF	05:30:35 DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>STANKIEWICZ Tomasz</b>	<b>4181</b>		Senior II M - 30		01:34:18 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KRUPIŃSKA Wiola</b>	<b>4241</b>	TRUCHT TARCHOMIN TEAM	Senior I K - 20		01:51:28 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>PRZYBYŁAK Michał</b>	<b>4208</b>	WLKP MOUNTAINS ULTRA	Masters M - 40		DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>ASŁANOWICZ Marcin</b>	<b>4093</b>		Masters M - 40		DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)