



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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2021-07-15  
Łądek-Zdrój  
68 km

## BIEG ULTRA TRAIL - 68 KM

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

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	SZUMLIŃSKI Piotr	4479	ATTIQ TEAM	Senior II M - 30	1	00:55:05	02:23:45	03:19:35	04:34:35	05:35:23	<b>06:32:40.55</b>		5:46	10.4 (100%)
2	GRZĄDZIEL Dominik	4392	ATTIQ TEAM	Senior II M - 30	2	00:55:24	02:27:49	03:26:47	04:44:43	05:48:03	<b>06:48:48.25</b>	+00:16:07 (3.9%)	6:00	10 (96.2%)
3	BIAŁOWAŚ Tomasz	4362	STAJNIA BALONA	Senior II M - 30	3	00:57:11	02:29:02	03:27:46	04:44:47	05:50:59	<b>06:49:48.20</b>	+00:17:07 (4.2%)	6:01	10 (96.2%)
4	WOLEK Szymon	4389		Senior II M - 30	4	00:59:42	02:30:47	03:28:46	04:51:53	05:56:52	<b>06:56:37.70</b>	+00:23:57 (5.7%)	6:07	9.8 (94.2%)
5	WILK Maciej	4191	RAMBO 3	Masters M - 40	1	00:53:10	02:20:27	03:19:20	04:42:15	05:56:03	<b>06:58:44.10</b>	+00:26:03 (6.2%)	6:09	9.7 (93.3%)
6	KARWACZYŃSKI Roger	4198		Senior II M - 30	5	00:55:14	02:25:59	03:27:10	04:47:08	05:57:32	<b>07:01:25.50</b>	+00:28:44 (6.8%)	6:11	9.7 (93.3%)
7	GAWLIK Sławek	4451	DYNAFIT TEAM POLAND	Senior II M - 30	6	00:55:03	02:23:52	03:26:07	05:03:52	06:17:10	<b>07:23:40.30</b>	+00:50:59 (11.5%)	6:31	9.2 (88.5%)
8	SMOLIŃSKI Marcin	4352	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	7	00:58:30	02:26:53	03:27:29	04:57:13	06:21:42	<b>07:32:01.85</b>	+00:59:21 (13.1%)	6:38	9 (86.5%)
9	KITA Michał	4391	PĘDZĄCY W MIEJSCU	Masters M - 40	2	01:00:05	02:39:12	03:41:35	05:06:26	06:22:41	<b>07:34:07.45</b>	+01:01:26 (13.5%)	6:40	9 (86.5%)
10	JASIŃSKI Piotr	4426		Senior II M - 30	8	01:00:35	02:39:53	03:42:01	05:10:24	06:28:58	<b>07:39:23.55</b>	+01:06:43 (14.5%)	6:45	8.9 (85.6%)
11	PERYKASZA Paweł	4436	GRUPALUKTRANS.PL	Masters M - 40	3	01:01:28	02:41:26	03:45:36	05:16:47	06:34:13	<b>07:40:43.10</b>	+01:08:02 (14.8%)	6:46	8.9 (85.6%)
12	DUDA Konrad	4004	MY ENDURANCE TEAM	Senior II M - 30	9	01:00:40	02:40:10	03:42:04	05:10:26	06:30:38	<b>07:41:53.95</b>	+01:09:13 (15.0%)	6:47	8.8 (84.6%)
13	PASTUSZKA Paweł	4326	EX TEAM	Senior II M - 30	10	00:57:46	02:37:07	03:46:30	05:15:13	06:34:19	<b>07:44:06.35</b>	+01:11:25 (15.4%)	6:49	8.8 (84.6%)
14	PASTOROVA Petra	4480		Masters K - 40	1	01:04:14	02:47:12	03:52:20	05:22:25	06:39:37	<b>07:51:04.75</b>	+01:18:24 (16.6%)	6:55	8.7 (83.7%)
15	MAŁEK Tomasz	4394		Senior II M - 30	11	00:58:27	02:35:17	03:43:49	05:17:15	06:38:28	<b>07:53:50.95</b>	+01:21:10 (17.1%)	6:58	8.6 (82.7%)
16	WIECZORKIEWICZ Zbigniew	4442		Senior II M - 30	12	01:05:29	02:50:35	04:00:33	05:30:41	06:46:37	<b>07:57:32.40</b>	+01:24:51 (17.8%)	7:01	8.5 (81.7%)
17	MARGASIŃSKI Jacek	4057	140MINUT.PL	Senior II M - 30	13	00:58:12	02:39:50	03:56:17	05:35:11	06:50:12	<b>07:59:16.00</b>	+01:26:35 (18.1%)	7:02	8.5 (81.7%)
18	KOWALCZYK Andrzej	4256	SPORTOWA PERSPEKTYWA / 42K.COM.PL	Senior II M - 30	14	01:00:27	02:36:57	03:41:47	05:13:36	06:43:20	<b>07:59:46.00</b>	+01:27:05 (18.2%)	7:03	8.5 (81.7%)
19	CHRUMKO Adam	4390	TJ MAGLA	Senior II M - 30	15	01:01:03	02:42:29	03:49:10	05:19:56	06:48:24	<b>08:03:12.60</b>	+01:30:32 (18.7%)	7:06	8.4 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
20	<b>CZUWAJ Andrzej</b>	<b>4301</b>	ZADYSZKA OŚWIĘCIM	Masters M - 40	4	01:04:53	02:46:45	03:52:03	05:28:53	06:51:01	<b>08:08:26.35</b>	+01:35:45 (19.6%)	7:10	8.4 (80.8%)
21	<b>DAMIAN Bieniek</b>	<b>4367</b>		Senior II M - 30	16	01:04:17	02:50:01	03:57:09	05:31:52	06:56:21	<b>08:09:02.25</b>	+01:36:21 (19.7%)	7:11	8.3 (79.8%)
22	<b>HOTA Dalimil</b>	<b>4384</b>	JAHŮDKY	Senior I M - 20	1	00:58:30	02:44:09	04:00:31	05:33:05	06:56:49	<b>08:12:33.45</b>	+01:39:52 (20.3%)	7:14	8.3 (79.8%)
23	<b>DROZD Michał</b>	<b>4274</b>	GRUSZKA Z JEDNYM SKRZYDŁEM	Masters M - 40	5	01:04:07	02:44:55	03:50:13	05:23:24	06:51:24	<b>08:12:59.30</b>	+01:40:18 (20.3%)	7:14	8.3 (79.8%)
24	<b>ŚLIWKIEWICZ Bartłomiej</b>	<b>4283</b>	TWARDA PATOLOGIA	Senior I M - 20	2	01:13:45	03:03:56	04:06:32	05:39:37	06:59:56	<b>08:15:48.40</b>	+01:43:07 (20.8%)	7:17	8.2 (78.8%)
25	<b>GRABIŃSKI Wojciech</b>	<b>4344</b>	#BIEGIEMWLAS	Senior I M - 20	3	01:03:50	02:48:30	03:54:31	05:30:50	07:01:35	<b>08:17:31.85</b>	+01:44:51 (21.1%)	7:18	8.2 (78.8%)
26	<b>NIEZGÓDKA Tomasz</b>	<b>4477</b>	ZAŁOGA GÓRSKA	Weteran I M - 50	1	01:10:04	03:02:52	04:11:20	05:46:43	07:12:36	<b>08:22:02.05</b>	+01:49:21 (21.8%)	7:22	8.1 (77.9%)
27	<b>FUKS Jarosław</b>	<b>4083</b>		Masters M - 40	6	01:03:40	02:49:12	03:56:28	05:30:49	06:49:06	<b>08:25:19.15</b>	+01:52:38 (22.3%)	7:25	8.1 (77.9%)
28	<b>NIEDŹWIADEK Kamil</b>	<b>4450</b>	NIEDŹWIADKI RUNNING TEAM	Senior II M - 30	17	01:06:02	02:50:11	04:03:40	05:41:10	07:10:11	<b>08:26:22.15</b>	+01:53:41 (22.5%)	7:26	8.1 (77.9%)
29	<b>WOJTKOWIAK Stefan</b>	<b>4021</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	7	01:10:04	02:59:27	04:11:17	05:46:10	07:11:06	<b>08:27:24.65</b>	+01:54:44 (22.6%)	7:27	8 (76.9%)
30	<b>JERMAK Kamil</b>	<b>4212</b>	BOHAR PALETY RUN &TRAVEL ZIELONA GÓRA	Masters M - 40	8	01:06:15	02:51:10	03:58:38	05:43:14	07:17:17	<b>08:30:46.35</b>	+01:58:05 (23.1%)	7:30	8 (76.9%)
31	<b>WILK Jacek</b>	<b>4458</b>		Weteran I M - 50	2	01:09:50	03:02:33	04:12:46	05:51:20	07:15:21	<b>08:31:01.70</b>	+01:58:21 (23.2%)	7:30	8 (76.9%)
32	<b>MÜLLER Christoph</b>	<b>4306</b>	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	18	00:57:57	02:34:32	03:39:48	05:21:57	07:08:34	<b>08:32:45.05</b>	+02:00:04 (23.4%)	7:32	8 (76.9%)
33	<b>ŚMIGIELSKA Danuta</b>	<b>4374</b>		Senior I K - 20	1	01:07:25	02:57:22	04:05:50	05:44:17	07:13:26	<b>08:33:27.35</b>	+02:00:46 (23.5%)	7:33	7.9 (76.0%)
34	<b>BASISTA Wojciech</b>	<b>4215</b>		Senior II M - 30	19	01:04:33	02:51:30	04:03:00	05:43:21	07:17:21	<b>08:37:27.70</b>	+02:04:47 (24.1%)	7:36	7.9 (76.0%)
35	<b>LIGIENZA Andrzej</b>	<b>4246</b>	BIELAWSKA AKADEMIA BIEGOWA	Senior II M - 30	20	01:04:18	02:50:13	04:04:40	05:44:45	07:14:49	<b>08:39:28.20</b>	+02:06:47 (24.4%)	7:38	7.9 (76.0%)
36	<b>WIECZOREK Marta</b>	<b>4043</b>	PIERUNSKIE CANGÓRY	Senior I K - 20	2	01:06:19	02:56:10	04:12:59	05:55:03	07:21:16	<b>08:44:35.95</b>	+02:11:55 (25.1%)	7:42	7.8 (75.0%)
37	<b>DWORNIK Maciek</b>	<b>4165</b>	WARCZAŁE SZPRYCHY	Senior II M - 30	21	01:04:23	02:51:25	04:03:30	05:48:09	07:23:32	<b>08:47:37.90</b>	+02:14:57 (25.6%)	7:45	7.7 (74.0%)
38	<b>KACZMARCZYK Łukasz</b>	<b>4346</b>		Senior II M - 30	22	01:04:15	02:51:48	04:06:30	05:49:55	07:23:18	<b>08:47:44.10</b>	+02:15:03 (25.6%)	7:45	7.7 (74.0%)
39	<b>CIESIELSKI Michał</b>	<b>4347</b>	ADIDAS RUNNERS WARSAW	Senior II M - 30	23	01:04:11	02:56:03	04:07:39	05:49:57	07:25:07	<b>08:51:55.15</b>	+02:19:14 (26.2%)	7:49	7.7 (74.0%)
40	<b>RZADKOSZ Wojciech</b>	<b>4439</b>		Senior II M - 30	24	01:07:10	03:05:32	04:20:35	05:58:52	07:32:41	<b>08:52:30.95</b>	+02:19:50 (26.3%)	7:49	7.7 (74.0%)
41	<b>RĄCZKOWSKI Daniel</b>	<b>4247</b>	KB ZDYSZAAANI CHOCIANÓW	Senior II M - 30	25	01:05:08	03:01:23	04:15:48	05:59:14	07:28:10	<b>08:54:10.00</b>	+02:21:29 (26.5%)	7:51	7.6 (73.1%)
42	<b>PIETRZAK Jan</b>	<b>4412</b>	WAWRZYNTTEAM	Senior II M - 30	26	01:09:33	03:04:31	04:16:40	05:57:53	07:27:28	<b>08:54:19.05</b>	+02:21:38 (26.5%)	7:51	7.6 (73.1%)
43	<b>KRAKOWIAK Rafał</b>	<b>4400</b>	KRAKOWIAK ULTRA TEAM	Senior II M - 30	27	01:11:39	03:10:13	04:22:08	06:05:58	07:36:12	<b>08:58:06.25</b>	+02:25:25 (27.0%)	7:54	7.6 (73.1%)
44	<b>MIODUCHOWSKI Arkadiusz</b>	<b>4315</b>		Senior II M - 30	28	01:03:39	02:50:22	04:04:36	05:52:42	07:29:42	<b>08:58:43.50</b>	+02:26:02 (27.1%)	7:55	7.6 (73.1%)
45	<b>SKRZYPCZYK Paulina</b>	<b>4363</b>	TEAM FRUN	Senior II K - 30	1	01:06:59	03:03:25	04:18:40	05:59:02	07:32:27	<b>08:59:05.60</b>	+02:26:25 (27.2%)	7:55	7.6 (73.1%)
46	<b>ŻYŁKA Paweł</b>	<b>4411</b>		Masters M - 40	9	01:19:40	03:21:30	04:36:50	06:17:13	07:46:20	<b>09:03:27.55</b>	+02:30:47 (27.7%)	7:59	7.5 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
47	HOŁYST Marcin	4134	#WAWRZYTEAM	Senior II M - 30	29	01:11:15	03:07:08	04:17:37	06:04:57	07:32:35	<b>09:04:27.35</b>	+02:31:46 (27.9%)	8:00	7.5 (72.1%)
48	ŚCISŁO Przemysław	4261		Weteran I M - 50	3	01:07:37	03:02:53	04:14:02	05:58:14	07:34:48	<b>09:06:00.30</b>	+02:33:19 (28.1%)	8:01	7.5 (72.1%)
49	LADENBERGER Mateusz	4180	WAWRZYTEAM	Senior II M - 30	30	01:13:58	03:12:17	04:24:44	06:02:41	07:36:35	<b>09:06:07.65</b>	+02:33:27 (28.1%)	8:01	7.5 (72.1%)
50	ANUSZ Adam	4307	BECOME ONE	Senior II M - 30	31	01:06:28	02:59:30	04:14:51	06:01:39	07:36:28	<b>09:06:18.95</b>	+02:33:38 (28.1%)	8:02	7.5 (72.1%)
51	LASOCKI Marcin	4092	12TRI.PL / TEAM ZABIEGANEDNI	Masters M - 40	10	01:06:04	02:59:10	04:14:43	05:59:00	07:40:41	<b>09:08:14.80</b>	+02:35:34 (28.4%)	8:03	7.4 (71.2%)
52	DETLAFF Patrycja	4380	MIKOŁAJCZAK ULTRA TEAM	Senior II K - 30	2	01:13:50	03:16:23	04:38:48	06:22:53	07:46:29	<b>09:09:26.35</b>	+02:36:45 (28.5%)	8:04	7.4 (71.2%)
53	NOWACKA Marlena	4468		Masters K - 40	2	01:18:29	03:20:28	04:39:37	06:24:47	07:54:28	<b>09:09:27.25</b>	+02:36:46 (28.5%)	8:04	7.4 (71.2%)
54	NOWAK Marcin	4398		Senior II M - 30	32	01:19:12	03:27:24	04:36:19	06:16:09	07:50:16	<b>09:10:05.60</b>	+02:37:25 (28.6%)	8:05	7.4 (71.2%)
55	BRATEK Aga	4441		Masters K - 40	3	01:08:13	03:00:13	04:18:09	06:02:44	07:41:44	<b>09:11:30.80</b>	+02:38:50 (28.8%)	8:06	7.4 (71.2%)
56	LUPA Marcin	4305		Senior II M - 30	33	01:12:50	03:08:43	04:22:55	06:07:48	07:40:25	<b>09:11:56.60</b>	+02:39:16 (28.9%)	8:07	7.4 (71.2%)
57	JASZKIEWICZ Adrian	4065	LESZNO NO LIMITS RUNNERS	Masters M - 40	11	01:08:22	03:00:19	04:15:41	06:04:33	07:46:31	<b>09:12:17.95</b>	+02:39:37 (28.9%)	8:07	7.4 (71.2%)
58	ROGÓRZ Piotr	4456		Masters M - 40	12	01:02:44	02:45:49	03:58:11	05:50:22	07:43:46	<b>09:13:05.10</b>	+02:40:24 (29.0%)	8:08	7.4 (71.2%)
59	WANDEL Piotr	4020	PRO-RUN WROCŁAW	Masters M - 40	13	01:09:42	03:07:38	04:25:27	06:18:42	07:49:34	<b>09:13:37.75</b>	+02:40:57 (29.1%)	8:08	7.4 (71.2%)
60	PARZONKA Sylwester	4225	KS GEPART KĘPNO	Weteran I M - 50	4	01:18:31	03:19:17	04:35:38	06:20:22	07:51:22	<b>09:14:30.20</b>	+02:41:49 (29.2%)	8:09	7.4 (71.2%)
61	ADAMCZYK Maciej	4124	SKRA PATEREK	Senior II M - 30	34	01:12:38	03:13:24	04:27:47	06:08:36	07:42:11	<b>09:15:33.45</b>	+02:42:52 (29.3%)	8:10	7.3 (70.2%)
62	GRODZKI Tomasz	4162	ULTRAS DARŁOWO	Masters M - 40	14	01:13:27	03:10:42	04:25:11	06:11:50	07:46:50	<b>09:16:40.45</b>	+02:43:59 (29.5%)	8:11	7.3 (70.2%)
63	ROSZCZYK Karol	4188		Masters M - 40	15	01:12:17	03:10:50	04:24:40	06:09:42	07:49:24	<b>09:18:12.70</b>	+02:45:32 (29.7%)	8:12	7.3 (70.2%)
64	KRÓL Marcin	4448		Masters M - 40	16	01:19:59	03:16:47	04:30:59	06:14:40	07:47:07	<b>09:18:20.00</b>	+02:45:39 (29.7%)	8:12	7.3 (70.2%)
65	WEINERT Artur	4028	RUNNER'S POWER	Senior II M - 30	35	01:14:53	03:13:22	04:29:06	06:12:07	07:46:34	<b>09:18:30.55</b>	+02:45:50 (29.7%)	8:12	7.3 (70.2%)
66	MIERZWA Sławomir	4284	140MINUT.PL	Masters M - 40	17	01:17:39	03:14:24	04:31:04	06:19:39	07:53:58	<b>09:21:26.75</b>	+02:48:46 (30.1%)	8:15	7.3 (70.2%)
67	WYROŚLAK Józef	4105	JUICY RUNNER	Senior II M - 30	36	01:17:46	03:09:22	04:22:03	06:06:44	07:47:59	<b>09:24:12.40</b>	+02:51:31 (30.4%)	8:17	7.2 (69.2%)
68	PAWLAK Marcin	4091	1ON1	Senior I M - 20	4	01:14:39	03:19:04	04:31:50	06:16:08	07:56:53	<b>09:24:38.30</b>	+02:51:57 (30.5%)	8:18	7.2 (69.2%)
69	BASTRZYK Tomasz	4190		Masters M - 40	18	01:11:48	03:10:03	04:22:50	06:11:44	07:56:18	<b>09:27:20.75</b>	+02:54:40 (30.8%)	8:20	7.2 (69.2%)
70	MŁYNARSKI Mateusz	4268	TRITOGO	Senior II M - 30	37	01:09:37	03:08:26	04:21:05	06:08:13	07:40:24	<b>09:27:23.35</b>	+02:54:42 (30.8%)	8:20	7.2 (69.2%)
71	RUSOŁ Tomasz	4080	TROPEM ULTRA	Senior II M - 30	38	01:12:24	03:14:39	04:31:16	06:19:01	08:00:09	<b>09:28:14.05</b>	+02:55:33 (30.9%)	8:21	7.2 (69.2%)
72	WOJCIECHOWSKI Dariusz	4388	KRAKOWIAK ULTRA TEAM / I-SPORT	Masters M - 40	19	01:14:46	03:20:18	04:40:26	06:32:08	08:10:12	<b>09:30:23.80</b>	+02:57:43 (31.2%)	8:23	7.2 (69.2%)
73	TYLIŃSKI Arkadiusz	4172	LESZ NO LIMITS RUNNERS	Weteran I M - 50	5	01:16:07	03:19:03	04:36:57	06:27:50	08:05:03	<b>09:31:46.20</b>	+02:59:05 (31.3%)	8:24	7.1 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
74	<b>PYSZYNSKI Mariusz</b>	<b>4431</b>	TRI POWER	Masters M - 40	20	01:15:30	03:21:34	04:39:00	06:26:51	08:05:39	<b>09:31:53.55</b>	+02:59:13 (31.3%)	8:24	7.1 (68.3%)
75	<b>KLIMA Dariusz</b>	<b>4327</b>		Senior II M - 30	39	01:02:43	02:54:09	04:07:17	05:57:36	07:51:11	<b>09:31:54.05</b>	+02:59:13 (31.3%)	8:24	7.1 (68.3%)
76	<b>WYSMOLINSKI Rafał</b>	<b>4369</b>		Masters M - 40	21	01:18:31	03:22:27	04:42:49	06:31:51	08:06:59	<b>09:32:30.10</b>	+02:59:49 (31.4%)	8:25	7.1 (68.3%)
77	<b>MORAWSKI Filip</b>	<b>4336</b>	KRAKOWIAKULTRATEAM	Masters M - 40	22	01:14:41	03:16:54	04:37:19	06:31:31	08:09:55	<b>09:36:13.65</b>	+03:03:33 (31.9%)	8:28	7.1 (68.3%)
78	<b>DRAGANEK Ewelina</b>	<b>4205</b>		Senior II K - 30	3	01:17:23	03:25:37	04:43:15	06:29:13	08:07:35	<b>09:37:10.55</b>	+03:04:30 (32.0%)	8:29	7.1 (68.3%)
79	<b>URBAŃSKI Krzysztof</b>	<b>4478</b>	ENGLISH OVER TEA	Senior II M - 30	40	01:09:27	03:07:36	04:28:14	06:18:07	08:08:01	<b>09:37:24.05</b>	+03:04:43 (32.0%)	8:29	7.1 (68.3%)
80	<b>KUK Urszula</b>	<b>4402</b>		Masters K - 40	4	01:16:07	03:19:02	04:35:31	06:25:21	08:07:38	<b>09:38:46.60</b>	+03:06:06 (32.2%)	8:30	7 (67.3%)
81	<b>SOBANIA Tomasz</b>	<b>4366</b>	PIAST GLIWICE	Senior I M - 20	5	01:21:23	03:30:11	04:48:57	06:34:45	08:09:06	<b>09:40:24.35</b>	+03:07:43 (32.3%)	8:32	7 (67.3%)
82	<b>SZELA Łukasz</b>	<b>4329</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	41	01:20:05	03:22:15	04:40:02	06:28:11	08:11:49	<b>09:41:45.20</b>	+03:09:04 (32.5%)	8:33	7 (67.3%)
83	<b>RATYMIRSKI Wojtek</b>	<b>4302</b>	#SOBASTEAM	Masters M - 40	23	01:10:39	03:09:19	04:30:32	06:31:04	08:15:15	<b>09:42:23.60</b>	+03:09:43 (32.6%)	8:33	7 (67.3%)
84	<b>MRÓWKA Michał</b>	<b>4259</b>	OBOZY GÓRSKIE	Senior II M - 30	42	01:11:25	03:12:56	04:29:30	06:23:41	08:10:44	<b>09:43:39.40</b>	+03:10:58 (32.7%)	8:34	7 (67.3%)
85	<b>ŻOŁNACZ Maciej</b>	<b>4189</b>		Senior II M - 30	43	01:19:40	03:26:20	04:43:28	06:31:06	08:08:37	<b>09:47:26.80</b>	+03:14:46 (33.2%)	8:38	6.9 (66.3%)
86	<b>KAKOSZKA Marcin</b>	<b>4088</b>	SALTY DOOG	Senior II M - 30	44	01:07:34	03:06:02	04:23:38	06:29:59	08:13:07	<b>09:47:27.25</b>	+03:14:46 (33.2%)	8:38	6.9 (66.3%)
87	<b>STRAUCHOLD Anna</b>	<b>4042</b>	PRO-RUN WROCŁAW	Masters K - 40	5	01:14:37	03:17:31	04:36:44	06:29:06	08:10:47	<b>09:47:52.80</b>	+03:15:12 (33.2%)	8:38	6.9 (66.3%)
88	<b>GARUS Łukasz</b>	<b>4311</b>		Masters M - 40	24	01:12:24	03:19:00	04:39:16	06:33:52	08:17:22	<b>09:48:42.05</b>	+03:16:01 (33.3%)	8:39	6.9 (66.3%)
89	<b>CHMIEL Joanna</b>	<b>4213</b>	FOREST GANG&TEDDY	Senior II K - 30	4	01:22:32	03:38:09	05:02:39	06:51:24	08:28:31	<b>09:51:18.80</b>	+03:18:38 (33.6%)	8:41	6.9 (66.3%)
90	<b>WOJTYCZKA Wojciech</b>	<b>4437</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	45	01:15:18	03:20:11	04:34:58	06:24:20	08:11:20	<b>09:51:29.30</b>	+03:18:48 (33.6%)	8:41	6.9 (66.3%)
91	<b>STANISZ Marcin</b>	<b>4006</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	46	01:16:40	03:44:51	04:55:03	06:39:41	08:23:22	<b>09:52:35.90</b>	+03:19:55 (33.7%)	8:42	6.9 (66.3%)
92	<b>DYRAGA Marcin</b>	<b>4364</b>	SAINT-GOBAIN SQUAD	Masters M - 40	25	01:17:14	03:22:17	04:40:40	06:31:34	08:17:49	<b>09:55:23.70</b>	+03:22:43 (34.0%)	8:45	6.9 (66.3%)
93	<b>SKWIERAWSKI Grzegorz</b>	<b>4036</b>		Weteran I M - 50	6	01:20:15	03:29:54	04:46:40	06:38:12	08:23:26	<b>09:56:14.15</b>	+03:23:33 (34.1%)	8:46	6.8 (65.4%)
94	<b>KWIATEK Agnieszka</b>	<b>4202</b>		Senior II K - 30	5	01:19:47	03:30:06	04:53:18	06:45:07	08:24:43	<b>09:56:42.50</b>	+03:24:01 (34.2%)	8:46	6.8 (65.4%)
95	<b>CICHOWSKI Wojciech</b>	<b>4207</b>	MATNER RUNNING TEAM	Senior I M - 20	6	01:10:31	03:10:11	04:24:40	06:26:54	08:20:57	<b>09:56:56.90</b>	+03:24:16 (34.2%)	8:46	6.8 (65.4%)
96	<b>KŁODA Dariusz</b>	<b>4121</b>	DRUŻYNA SZPIKU	Masters M - 40	26	01:18:59	03:26:08	04:38:17	06:36:51	08:24:27	<b>09:57:20.95</b>	+03:24:40 (34.3%)	8:47	6.8 (65.4%)
97	<b>PAŻUCHA Wojciech</b>	<b>4013</b>	NAPĘDZANY PIEROGAMI	Masters M - 40	27	01:14:48	03:20:20	04:40:29	06:33:58	08:24:03	<b>09:57:31.65</b>	+03:24:51 (34.3%)	8:47	6.8 (65.4%)
98	<b>PRUTA Rafał</b>	<b>4184</b>	FATBOYS SPRINT	Masters M - 40	28	01:12:14	03:09:14	04:30:00	06:34:09	08:17:33	<b>09:57:39.15</b>	+03:24:58 (34.3%)	8:47	6.8 (65.4%)
99	<b>KOZŁOWSKA Iwona</b>	<b>4194</b>	LESZ NO LIMITS RUNNERS	Masters K - 40	6	01:22:55	03:35:25	05:02:54	06:56:31	08:32:43	<b>09:58:28.40</b>	+03:25:47 (34.4%)	8:48	6.8 (65.4%)
100	<b>NOWICKI Zbigniew</b>	<b>4401</b>	TRIAMIGOS	Masters M - 40	29	01:20:55	03:30:44	04:51:29	06:46:00	08:29:47	<b>09:58:53.85</b>	+03:26:13 (34.4%)	8:48	6.8 (65.4%)

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
101	<b>RZEŹNICZEK Anna</b>	<b>4438</b>	STOWARZYSZENIE DZIAŁAMY RAZEM	Senior II K - 30	6	01:22:21	03:35:39	04:58:20	06:58:09	08:34:45	<b>09:59:47.00</b>	+03:27:06 (34.5%)	8:49	6.8 (65.4%)
102	<b>MIŚ Mateusz</b>	<b>4052</b>	SŁAWA	Senior II M - 30	47	01:16:17	03:23:32	04:41:56	06:38:32	08:28:18	<b>10:00:07.55</b>	+03:27:27 (34.6%)	8:49	6.8 (65.4%)
103	<b>MAJOREK Krzysztof</b>	<b>4297</b>		Senior II M - 30	48	01:19:23	03:29:49	04:51:30	06:49:06	08:29:19	<b>10:01:49.15</b>	+03:29:08 (34.8%)	8:51	6.8 (65.4%)
104	<b>JAGNIĄTKOWSKI Jacek</b>	<b>4359</b>	TEAM KURORT ŁĄDEK ZDRÓJ	Masters M - 40	30	01:08:34	03:05:20	04:25:31	06:32:54	08:16:40	<b>10:04:26.70</b>	+03:31:46 (35.0%)	8:53	6.8 (65.4%)
105	<b>MIKUŁAN Mikołaj</b>	<b>4112</b>		Senior II M - 30	49	01:18:26	03:27:12	04:50:24	06:46:02	08:30:04	<b>10:04:52.15</b>	+03:32:11 (35.1%)	8:53	6.7 (64.4%)
106	<b>WOJDA Bartosz</b>	<b>4300</b>		Masters M - 40	31	01:13:19	03:19:25	04:40:34	06:41:02	08:26:12	<b>10:04:54.55</b>	+03:32:14 (35.1%)	8:53	6.7 (64.4%)
107	<b>ŻARNIEWSKI Wojciech</b>	<b>4397</b>	WOJCIECH ŻARNIEWSKI	Senior II M - 30	50	01:18:34	03:28:31	04:51:16	06:45:17	08:30:07	<b>10:04:56.35</b>	+03:32:15 (35.1%)	8:53	6.7 (64.4%)
108	<b>SKWAREK Tomasz</b>	<b>4066</b>	CARBON SILESIA SPORT	Senior II M - 30	51	01:16:19	03:24:08	04:47:47	06:43:39	08:34:12	<b>10:04:58.35</b>	+03:32:17 (35.1%)	8:53	6.7 (64.4%)
109	<b>ŻAKOWSKI Karol</b>	<b>4292</b>	PORT RELAKS CREW	Masters M - 40	32	01:13:59	03:11:31	04:29:55	06:29:27	08:23:36	<b>10:05:07.60</b>	+03:32:27 (35.1%)	8:53	6.7 (64.4%)
110	<b>GRZYBOWSKA Karolina</b>	<b>4232</b>		Masters K - 40	7	01:21:58	03:43:18	05:07:03	07:00:01	08:36:11	<b>10:05:08.60</b>	+03:32:28 (35.1%)	8:53	6.7 (64.4%)
111	<b>CAŁKA Krystian</b>	<b>4046</b>	ULTRINO AMATEUR	Senior II M - 30	52	01:22:09	03:35:41	04:57:11	06:46:22	08:34:11	<b>10:05:13.20</b>	+03:32:32 (35.1%)	8:54	6.7 (64.4%)
112	<b>BINIENDA Agnieszka</b>	<b>4330</b>	KOBIETY WATAHY	Masters K - 40	8	01:17:32	03:33:05	04:56:21	06:54:37	08:29:51	<b>10:07:43.75</b>	+03:35:03 (35.4%)	8:56	6.7 (64.4%)
113	<b>ROMANKIEWICZ Maciej</b>	<b>4103</b>	BAND4EVENT	Senior II M - 30	53	01:19:02	03:28:45	04:50:52	06:52:29	08:43:25	<b>10:08:08.45</b>	+03:35:27 (35.4%)	8:56	6.7 (64.4%)
114	<b>SZUBA Teofil</b>	<b>4433</b>	MARATOŃCZYK SZCZECIN	Masters M - 40	33	01:18:02	03:28:31	04:48:25	06:43:43	08:35:37	<b>10:08:36.85</b>	+03:35:56 (35.5%)	8:57	6.7 (64.4%)
115	<b>GRZYBOWSKI Maciek</b>	<b>4137</b>		Senior II M - 30	54	01:15:26	03:14:19	04:38:14	06:40:06	08:30:24	<b>10:08:48.55</b>	+03:36:08 (35.5%)	8:57	6.7 (64.4%)
116	<b>TRYK Sebastian</b>	<b>4280</b>		Weteran I M - 50	7	01:15:20	03:20:25	04:43:57	06:42:24	08:31:53	<b>10:09:29.60</b>	+03:36:49 (35.6%)	8:57	6.7 (64.4%)
117	<b>MICHAŁOWSKI Maciej</b>	<b>4038</b>	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	55	01:16:55	03:21:10	04:43:27	06:44:49	08:39:22	<b>10:09:53.20</b>	+03:37:12 (35.6%)	8:58	6.7 (64.4%)
118	<b>DOROSZ Marek</b>	<b>4434</b>	KB MANIAC POZNAŃ	Weteran I M - 50	8	01:18:04	03:33:04	04:58:55	06:58:30	08:39:30	<b>10:10:02.60</b>	+03:37:22 (35.6%)	8:58	6.7 (64.4%)
119	<b>TOMCZAK Dariusz</b>	<b>4323</b>	HELL'S GYM OCR PĘPOWO	Senior II M - 30	56	01:17:47	03:24:12	04:47:21	06:53:03	08:35:50	<b>10:10:23.85</b>	+03:37:43 (35.7%)	8:58	6.7 (64.4%)
120	<b>KOWALCZYK Adam</b>	<b>4464</b>	STS BIEGATON	Masters M - 40	34	01:17:04	03:27:16	04:49:13	06:43:56	08:34:53	<b>10:10:29.80</b>	+03:37:49 (35.7%)	8:58	6.7 (64.4%)
121	<b>PIEKARSKI Jakub</b>	<b>4032</b>	HURAGAN LIGOTA	Senior I M - 20	7	01:00:10	02:54:15	04:33:47	06:31:40	08:19:20	<b>10:10:44.35</b>	+03:38:03 (35.7%)	8:58	6.7 (64.4%)
122	<b>SYREK Rafał</b>	<b>4295</b>		Masters M - 40	35	01:04:50	03:02:18	04:23:38	06:35:16	08:24:45	<b>10:14:29.10</b>	+03:41:48 (36.1%)	9:02	6.6 (63.5%)
123	<b>CZAPRAN Magdalena</b>	<b>4181</b>		Senior II K - 30	7	01:22:52	03:35:56	05:00:50	06:56:44	08:40:59	<b>10:14:43.25</b>	+03:42:02 (36.1%)	9:02	6.6 (63.5%)
124	<b>SKÓRA Wojciech</b>	<b>4422</b>		Masters M - 40	36	01:21:01	03:35:22	05:01:56	07:03:19	08:42:30	<b>10:15:48.80</b>	+03:43:08 (36.2%)	9:03	6.6 (63.5%)
125	<b>PĄPROWICZ Wojciech</b>	<b>4129</b>		Senior II M - 30	57	01:10:44	03:15:38	04:36:57	06:38:35	08:36:22	<b>10:16:09.30</b>	+03:43:28 (36.3%)	9:03	6.6 (63.5%)
126	<b>BEDNAREK Sebastian</b>	<b>4349</b>		Senior II M - 30	58	01:21:14	03:23:49	04:46:29	06:44:09	08:35:04	<b>10:17:32.00</b>	+03:44:51 (36.4%)	9:04	6.6 (63.5%)
127	<b>BURZYŃSKI Łukasz</b>	<b>4285</b>	BGC RUNNERS	Senior II M - 30	59	01:24:34	03:41:28	04:59:33	06:55:10	08:41:28	<b>10:18:27.40</b>	+03:45:46 (36.5%)	9:05	6.6 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo	Tempo
						10km	24km	34km	46km	57km	68km		min/km	km/h
128	<b>PŁONKA Paweł</b>	<b>4104</b>		Senior II M - 30	60	01:09:59	03:12:55	04:51:25	06:52:00	08:40:36	<b>10:18:43.40</b>	+03:46:02 (36.5%)	9:05	6.6 (63.5%)
129	<b>ODIJA Leszek</b>	<b>4446</b>		Masters M - 40	37	01:19:34	03:37:00	04:59:43	07:00:42	08:41:50	<b>10:18:57.65</b>	+03:46:17 (36.6%)	9:06	6.6 (63.5%)
130	<b>BROK Jacek</b>	<b>4111</b>		Weteran I M - 50	9	01:18:39	03:26:55	04:52:11	06:53:25	08:45:43	<b>10:19:27.70</b>	+03:46:47 (36.6%)	9:06	6.6 (63.5%)
131	<b>KOZIOŁ Andrzej</b>	<b>4131</b>		Masters M - 40	38	01:20:37	03:24:48	04:44:49	06:42:02	08:42:56	<b>10:22:13.40</b>	+03:49:32 (36.9%)	9:09	6.6 (63.5%)
132	<b>BOROWCZYK Sonia</b>	<b>4355</b>		Senior I K - 20	3	01:17:49	03:25:07	04:48:29	06:48:44	08:38:23	<b>10:22:58.80</b>	+03:50:18 (37.0%)	9:09	6.5 (62.5%)
133	<b>SZYMAŃSKA Agata</b>	<b>4466</b>		Senior II K - 30	8	01:19:28	03:34:22	05:01:28	07:07:59	08:51:22	<b>10:23:07.45</b>	+03:50:26 (37.0%)	9:09	6.5 (62.5%)
134	<b>FIGIEL Bartosz</b>	<b>4385</b>		Senior II M - 30	61	01:16:50	03:34:04	04:57:05	06:56:34	08:51:34	<b>10:23:30.20</b>	+03:50:49 (37.0%)	9:10	6.5 (62.5%)
135	<b>SŁYSZ Szymon</b>	<b>4350</b>	NSK RUNS	Senior II M - 30	62	01:03:55	03:00:45	04:14:20	06:20:08	08:35:01	<b>10:24:26.85</b>	+03:51:46 (37.1%)	9:10	6.5 (62.5%)
136	<b>PUPELIS Egidijus</b>	<b>4395</b>	RUNNING PUNKS	Senior II M - 30	63	01:19:31	03:30:17	04:51:16	06:52:55	08:44:11	<b>10:25:52.90</b>	+03:53:12 (37.3%)	9:12	6.5 (62.5%)
137	<b>ABRAMOWICZ Agata</b>	<b>4370</b>		Senior I K - 20	4	01:12:59	03:35:30	05:12:32	07:15:41	08:54:41	<b>10:26:44.85</b>	+03:54:04 (37.3%)	9:13	6.5 (62.5%)
138	<b>NAGLAK Łukasz</b>	<b>4002</b>	KOŹMIN BIEGA ULTRA RUNNERS	Senior II M - 30	64	01:26:56	03:45:04	05:10:41	07:05:50	08:55:59	<b>10:27:21.30</b>	+03:54:40 (37.4%)	9:13	6.5 (62.5%)
139	<b>OSMOLAK Agnieszka</b>	<b>4316</b>	AGNIESZKA OSMOLAK	Senior II K - 30	9	01:22:51	03:37:07	05:02:17	07:00:01	08:51:39	<b>10:28:11.25</b>	+03:55:30 (37.5%)	9:14	6.5 (62.5%)
140	<b>GIBALSKI Tomasz</b>	<b>4377</b>	OBORYGENI	Weteran I M - 50	10	01:18:58	03:27:39	04:52:49	06:55:16	08:40:50	<b>10:28:16.90</b>	+03:55:36 (37.5%)	9:14	6.5 (62.5%)
141	<b>JANCZAK Konrad</b>	<b>4015</b>		Senior I M - 20	8	01:20:46	03:33:33	05:01:16	07:06:54	08:52:01	<b>10:28:39.60</b>	+03:55:59 (37.5%)	9:14	6.5 (62.5%)
142	<b>PURA Robert</b>	<b>4453</b>		Masters M - 40	39	01:15:39	03:20:16	04:45:42	06:48:40	08:50:36	<b>10:29:28.80</b>	+03:56:48 (37.6%)	9:15	6.5 (62.5%)
143	<b>DUCH Rafał</b>	<b>4007</b>		Senior II M - 30	65	01:29:22	03:48:44	05:15:54	07:11:20	09:00:04	<b>10:29:50.70</b>	+03:57:10 (37.7%)	9:15	6.5 (62.5%)
144	<b>PTASZYŃSKA Eliza</b>	<b>4230</b>		Masters K - 40	9	01:21:13	03:34:07	04:58:16	06:57:18	08:50:08	<b>10:31:24.10</b>	+03:58:43 (37.8%)	9:17	6.5 (62.5%)
145	<b>LASZEWSKI Mateusz</b>	<b>4044</b>		Senior I M - 20	9	01:24:20	03:41:17	05:04:05	07:05:46	08:48:31	<b>10:32:53.10</b>	+04:00:12 (38.0%)	9:18	6.4 (61.5%)
146	<b>JURZYSTA Grzegorz</b>	<b>4476</b>		Masters M - 40	40	01:21:31	03:44:00	05:07:21	07:11:02	08:53:48	<b>10:33:20.10</b>	+04:00:39 (38.0%)	9:18	6.4 (61.5%)
147	<b>MARCINIAK Rafał</b>	<b>4175</b>	8A.PL	Senior II M - 30	66	01:24:33	03:40:53	05:08:02	07:06:03	09:00:28	<b>10:33:37.70</b>	+04:00:57 (38.0%)	9:19	6.4 (61.5%)
148	<b>PIWKO Mateusz</b>	<b>4003</b>		Senior II M - 30	67	01:23:44	03:46:26	05:12:58	07:10:38	08:56:58	<b>10:33:59.65</b>	+04:01:19 (38.1%)	9:19	6.4 (61.5%)
149	<b>JANUSZEWSKI Karol</b>	<b>4176</b>	BIEGAM U KOLESI	Senior II M - 30	68	01:15:12	03:33:43	05:00:08	07:00:52	08:48:51	<b>10:34:23.50</b>	+04:01:42 (38.1%)	9:19	6.4 (61.5%)
150	<b>OSZCZĘDA Krzysztof</b>	<b>4335</b>		Masters M - 40	41	01:22:57	03:41:17	05:07:51	07:10:33	09:03:13	<b>10:36:17.70</b>	+04:03:37 (38.3%)	9:21	6.4 (61.5%)
151	<b>SZCZEPAŃSKI Marcin</b>	<b>4338</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II M - 30	69	01:13:10	03:29:01	04:55:47	07:01:15	08:58:16	<b>10:37:50.50</b>	+04:05:09 (38.4%)	9:22	6.4 (61.5%)
152	<b>CHUDY Piotr</b>	<b>4211</b>		Masters M - 40	42	01:22:03	03:36:55	04:59:47	06:58:32	09:01:09	<b>10:38:00.55</b>	+04:05:20 (38.5%)	9:22	6.4 (61.5%)
153	<b>KOCIK Marcin</b>	<b>4317</b>	FATBOYS SPRINT	Masters M - 40	43	01:16:34	03:29:58	04:55:58	07:00:59	08:54:32	<b>10:38:35.35</b>	+04:05:54 (38.5%)	9:23	6.4 (61.5%)
154	<b>KŁOSEK Jacek</b>	<b>4281</b>	100 MARATHON CLUB POLAND	Senior II M - 30	70	01:21:55	03:34:38	04:58:56	06:59:41	08:51:35	<b>10:38:42.00</b>	+04:06:01 (38.5%)	9:23	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
155	PIĄTAS Paweł	4011		Senior II M - 30	71	01:16:17	03:34:49	04:58:19	07:01:19	08:57:54	<b>10:39:20.05</b>	+04:06:39 (38.6%)	9:24	6.4 (61.5%)
156	JANAS Wojciech	4253	BIELAWSKA AKADEMIA BIEGOWA	Senior II M - 30	72	01:16:13	03:23:05	04:46:54	07:01:27	08:58:23	<b>10:39:20.20</b>	+04:06:39 (38.6%)	9:24	6.4 (61.5%)
157	HOFFMAN David	4372		Senior II M - 30	73	01:23:51	03:37:07	05:01:30	07:02:31	08:54:57	<b>10:39:52.75</b>	+04:07:12 (38.6%)	9:24	6.4 (61.5%)
158	GIBALSKA Marzena	4378	OBORYGENI	Masters K - 40	10	01:26:03	03:47:12	05:14:23	07:14:55	08:59:40	<b>10:40:18.25</b>	+04:07:37 (38.7%)	9:24	6.4 (61.5%)
159	KARLIK Łukasz	4206	ES TEAM	Senior II M - 30	74	01:24:21	03:40:45	05:09:11	07:14:12	09:02:00	<b>10:40:40.70</b>	+04:08:00 (38.7%)	9:25	6.4 (61.5%)
160	JACKOWIAK Szymon	4041	RUNNER'S POWER	Masters M - 40	44	01:25:21	03:44:43	05:12:58	07:14:11	09:06:39	<b>10:42:45.70</b>	+04:10:05 (38.9%)	9:27	6.3 (60.6%)
161	JACKOWIAK Agnieszka	4030	RUNNERS'S POWER	Senior II K - 30	10	01:25:20	03:44:44	05:12:59	07:14:21	09:06:39	<b>10:42:45.85</b>	+04:10:05 (38.9%)	9:27	6.3 (60.6%)
162	IGNASZEWSKI Krzysztof	4196	RUNNER'S POWER	Masters M - 40	45	01:24:58	03:45:04	05:12:51	07:14:13	09:06:43	<b>10:42:46.30</b>	+04:10:05 (38.9%)	9:27	6.3 (60.6%)
163	GAŁWA Dawid	4143		Senior II M - 30	75	01:19:45	03:42:07	05:11:44	07:18:38	09:11:18	<b>10:44:11.80</b>	+04:11:31 (39.0%)	9:28	6.3 (60.6%)
164	POROWSKI Piotr	4417	SAMSARA	Senior II M - 30	76	01:14:25	03:27:04	04:51:19	07:00:10	08:50:37	<b>10:44:13.75</b>	+04:11:33 (39.0%)	9:28	6.3 (60.6%)
165	SALA MACHA Jarosław	4200		Masters M - 40	46	01:24:09	03:46:16	05:10:47	07:12:00	09:08:55	<b>10:44:55.80</b>	+04:12:15 (39.1%)	9:29	6.3 (60.6%)
166	ŚWIATOWIEC Anna	4005		Weteran K - 50	1	01:25:56	03:46:44	05:17:10	07:27:19	09:08:54	<b>10:45:37.45</b>	+04:12:56 (39.2%)	9:29	6.3 (60.6%)
167	KUPCZAK Ewa	4314	SPARTA ULTRA TEAM	Masters K - 40	11	01:23:32	03:38:24	05:05:08	07:09:34	09:02:44	<b>10:46:49.70</b>	+04:14:09 (39.3%)	9:30	6.3 (60.6%)
168	BIAŁCZYK Marcin	4193	MARATOŃCZYK POZNAŃ	Senior II M - 30	77	01:12:50	03:21:50	04:49:18	06:56:20	09:00:47	<b>10:47:09.15</b>	+04:14:28 (39.3%)	9:31	6.3 (60.6%)
169	SAWICKI Leszek	4473		Weteran II M - 60	1	01:15:28	03:27:11	05:01:26	07:06:58	08:56:36	<b>10:47:09.65</b>	+04:14:29 (39.3%)	9:31	6.3 (60.6%)
170	DOBROWOLSKI Mateusz	4421		Senior I M - 20	10	01:22:15	03:58:34	05:19:46	07:33:33	09:27:11	<b>10:47:28.75</b>	+04:14:48 (39.4%)	9:31	6.3 (60.6%)
171	PUCHNIARZ Artur	4427		Masters M - 40	47	01:22:21	03:33:36	04:55:02	07:03:59	09:03:00	<b>10:47:48.70</b>	+04:15:08 (39.4%)	9:31	6.3 (60.6%)
172	SZYSZKA Konrad	4019	SZYSZKI TEAM	Masters M - 40	48	01:18:12	03:25:55	04:53:22	07:03:30	09:01:45	<b>10:48:28.00</b>	+04:15:47 (39.4%)	9:32	6.3 (60.6%)
173	FEDYNA Marcin	4328		Senior I M - 20	11	01:22:50	03:37:48	05:02:06	07:03:44	09:09:15	<b>10:49:40.00</b>	+04:16:59 (39.6%)	9:33	6.3 (60.6%)
174	NOWAK Krzysztof	4282		Masters M - 40	49	01:21:55	03:44:38	05:21:09	07:19:07	09:13:01	<b>10:49:51.40</b>	+04:17:10 (39.6%)	9:33	6.3 (60.6%)
175	DITTMAR Bartosz	4255		Senior II M - 30	78	01:26:06	03:46:07	05:17:21	07:29:57	09:19:13	<b>10:50:15.45</b>	+04:17:34 (39.6%)	9:33	6.3 (60.6%)
176	TURLEJ Dariusz	4102	KONDYCJA	Weteran II M - 60	2	01:26:38	03:46:24	05:12:28	07:12:41	09:08:38	<b>10:51:25.15</b>	+04:18:44 (39.7%)	9:34	6.3 (60.6%)
177	JADZIEWICZ Jakub	4469	PRORUNNING PROMOTIO	Masters M - 40	50	01:16:58	03:28:00	04:57:59	07:09:04	09:02:40	<b>10:52:04.25</b>	+04:19:23 (39.8%)	9:35	6.3 (60.6%)
178	SCHILLINGS Bart	4228		Senior II M - 30	79	01:13:41	03:16:17	04:39:00	06:47:57	08:58:00	<b>10:52:41.40</b>	+04:20:00 (39.8%)	9:35	6.3 (60.6%)
179	BUDZYŃSKI Przemysław	4275	BUDZYŃSCY TEAM	Masters M - 40	51	01:23:32	03:44:07	05:12:40	07:15:41	09:14:31	<b>10:53:26.90</b>	+04:20:46 (39.9%)	9:36	6.2 (59.6%)
180	KORBANEK Emilia	4320	PSS POZYTYWNE ZAKRĘCENI	Masters K - 40	12	01:25:21	03:48:20	05:11:54	07:15:01	09:14:33	<b>10:54:53.05</b>	+04:22:12 (40.0%)	9:37	6.2 (59.6%)
181	ŁABĘCKA Agata	4371	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	11	01:20:39	03:48:39	05:15:35	07:24:22	09:20:16	<b>10:55:28.90</b>	+04:22:48 (40.1%)	9:38	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
182	KOŁCZ Sara	4360		Senior I K - 20	5	01:24:33	03:49:37	05:20:28	07:26:53	09:21:14	<b>10:56:55.70</b>	+04:24:15 (40.2%)	9:39	6.2 (59.6%)
183	KAWECKI Marek	4299	DRUŻYNA KONOPIELKI	Masters M - 40	52	01:11:45	03:28:34	04:53:57	07:03:26	09:02:20	<b>10:57:30.00</b>	+04:24:49 (40.3%)	9:40	6.2 (59.6%)
184	GARCZYŃSKI Darek	4140		Masters M - 40	53	01:22:38	03:42:30	05:11:29	07:14:53	09:19:28	<b>10:57:37.75</b>	+04:24:57 (40.3%)	9:40	6.2 (59.6%)
185	WÓJCIK Michał	4345	GRUPA SUDECKA GOPR	Senior II M - 30	80	01:16:05	03:26:36	04:51:48	07:01:59	09:07:01	<b>10:58:08.75</b>	+04:25:28 (40.3%)	9:40	6.2 (59.6%)
186	MAJ-DZIUBAŃSKA Izabela	4053		Senior II K - 30	12	01:27:26	03:47:37	05:13:20	07:16:52	09:09:08	<b>10:58:12.75</b>	+04:25:32 (40.3%)	9:40	6.2 (59.6%)
187	FALBA Karol	4396		Senior II M - 30	81	01:19:33	03:38:38	05:07:55	07:17:55	09:18:29	<b>10:58:25.10</b>	+04:25:44 (40.4%)	9:40	6.2 (59.6%)
188	SOWIŃSKI Mariusz	4406	KB SOBÓTKA	Masters M - 40	54	01:29:51	03:52:20	05:21:26	07:30:15	09:19:30	<b>10:58:31.00</b>	+04:25:50 (40.4%)	9:41	6.2 (59.6%)
189	KOZIOŁ Ewa	4457	KB-SOBÓTKA	Masters K - 40	13	01:29:54	03:52:03	05:21:26	07:30:20	09:19:04	<b>10:58:35.10</b>	+04:25:54 (40.4%)	9:41	6.2 (59.6%)
190	KAMIŃSKI Marek	4037		Masters M - 40	55	01:27:49	03:44:14	05:14:29	07:23:17	09:18:10	<b>10:59:22.50</b>	+04:26:41 (40.4%)	9:41	6.2 (59.6%)
191	GUZEK Kamil	4069	WARRIORS ŁÓDŹ	Senior I M - 20	12	01:26:27	03:53:05	05:23:43	07:27:59	09:21:27	<b>11:00:13.55</b>	+04:27:33 (40.5%)	9:42	6.2 (59.6%)
192	OSTROUCH Tymon	4135	PARKRUN GORZÓW	Senior II M - 30	82	01:18:05	03:37:47	04:59:45	07:08:38	09:21:35	<b>11:00:22.95</b>	+04:27:42 (40.5%)	9:42	6.2 (59.6%)
193	NIKOLIN Andrzej	4267		Senior II M - 30	83	01:16:44	03:43:37	05:09:42	07:12:31	09:11:09	<b>11:00:54.90</b>	+04:28:14 (40.6%)	9:43	6.2 (59.6%)
194	KOŹBIELSKI Szymon	4324		Senior II M - 30	84	01:20:19	03:33:17	05:01:43	07:11:47	09:21:38	<b>11:02:26.70</b>	+04:29:46 (40.7%)	9:44	6.2 (59.6%)
195	STELMACH Krzysztof	4375		Masters M - 40	56	01:27:05	03:49:48	05:24:01	07:32:23	09:18:59	<b>11:03:18.50</b>	+04:30:37 (40.8%)	9:45	6.2 (59.6%)
196	KOWACZEK Marek	4120	OKIEM WILKA	Masters M - 40	57	01:25:51	03:54:55	05:25:05	07:36:21	09:22:51	<b>11:05:39.45</b>	+04:32:58 (41.0%)	9:47	6.1 (58.7%)
197	PORAJ Paweł	4062		Senior II M - 30	85	01:24:03	03:52:36	05:19:16	07:25:15	09:32:12	<b>11:05:47.80</b>	+04:33:07 (41.0%)	9:47	6.1 (58.7%)
198	NIESPODZIANA Anna	4460		Senior II K - 30	13	01:24:19	03:47:43	05:27:38	07:37:56	09:26:28	<b>11:06:32.35</b>	+04:33:51 (41.1%)	9:48	6.1 (58.7%)
199	BIAŁEK Mirosław	4130	WRONIECKI KLUB BIEGACZA / PANDA TEAM	Senior II M - 30	86	01:22:47	03:42:39	05:10:00	07:20:15	09:20:35	<b>11:06:45.50</b>	+04:34:04 (41.1%)	9:48	6.1 (58.7%)
200	KWAŚNIEWSKI Krzysztof	4257	TRENER FOREST	Weteran I M - 50	11	01:21:25	03:48:40	05:15:36	07:27:18	09:29:16	<b>11:08:14.75</b>	+04:35:34 (41.2%)	9:49	6.1 (58.7%)
201	FRASZCZYŃSKI Norbert	4048	KS WINO	Masters M - 40	58	01:22:39	04:04:46	05:26:38	07:25:40	09:27:39	<b>11:08:54.50</b>	+04:36:13 (41.3%)	9:50	6.1 (58.7%)
202	SZELC Monika	4128		Masters K - 40	14	01:25:00	03:48:37	05:21:47	07:35:51	09:29:11	<b>11:09:17.40</b>	+04:36:36 (41.3%)	9:50	6.1 (58.7%)
203	KULPA Dawid	4455	MAD RUNNERS	Senior II M - 30	87	01:21:18	03:37:04	05:06:56	07:28:05	09:32:55	<b>11:10:00.05</b>	+04:37:19 (41.4%)	9:51	6.1 (58.7%)
204	PIETRZAK Sławomir	4403		Masters M - 40	59	01:22:50	03:45:10	05:18:32	07:31:53	09:23:35	<b>11:11:08.70</b>	+04:38:28 (41.5%)	9:52	6.1 (58.7%)
205	OLESIŃSKA Martyna	4244	W POGONI ZA DUCHEM	Senior II K - 30	14	01:32:38	03:59:27	05:29:28	07:37:16	09:33:19	<b>11:11:28.35</b>	+04:38:47 (41.5%)	9:52	6.1 (58.7%)
206	RUSZEL Urszula	4109	HARPAGAN ZG	Masters K - 40	15	01:20:47	03:50:04	05:23:29	07:32:44	09:37:23	<b>11:13:14.75</b>	+04:40:34 (41.7%)	9:54	6.1 (58.7%)
207	DRZĄSZCZ Marek	4287	CROSSELITE	Masters M - 40	60	01:19:42	03:42:58	05:17:40	07:33:49	09:34:17	<b>11:13:54.65</b>	+04:41:14 (41.7%)	9:54	6.1 (58.7%)
208	STROCZYŃSKI Paweł	4354	TYSKIE SINICE	Masters M - 40	61	01:21:40	03:48:40	05:18:14	07:29:48	09:29:15	<b>11:14:25.60</b>	+04:41:45 (41.8%)	9:55	6 (57.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
209	IRA Brett	4373	DTB	Masters M - 40	62	01:23:40	03:35:38	05:01:18	07:13:03	09:18:05	<b>11:14:58.80</b>	+04:42:18 (41.8%)	9:55	6 (57.7%)
210	JUSZCZYK Łukasz	4214	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	88	01:21:54	03:40:27	05:12:27	07:24:12	09:25:34	<b>11:15:38.55</b>	+04:42:58 (41.9%)	9:56	6 (57.7%)
211	JAGUSTYN Maciej	4148	13ŚBOT	Senior I M - 20	13	01:15:59	03:47:11	05:24:33	07:50:58	09:50:00	<b>11:17:45.70</b>	+04:45:05 (42.1%)	9:58	6 (57.7%)
212	KRUPIANIK Tomasz	4361		Senior II M - 30	89	01:24:01	03:43:13	05:17:10	07:29:12	09:21:15	<b>11:20:08.35</b>	+04:47:27 (42.3%)	10:00	6 (57.7%)
213	SAMOLAK Maciek	4054		Masters M - 40	63	01:29:26	04:07:44	05:35:22	07:55:12	09:48:08	<b>11:20:18.55</b>	+04:47:38 (42.3%)	10:00	6 (57.7%)
214	KONIECZNY Justyna	4060	NRP PYSKOWICE	Senior II K - 30	15	01:24:42	03:48:37	05:22:46	07:28:30	09:31:48	<b>11:20:49.40</b>	+04:48:08 (42.3%)	10:00	6 (57.7%)
215	KRUCZEK Mirosław	4106	LEWIN BIEGA	Weteran I M - 50	12	01:23:27	03:45:02	05:15:43	07:32:02	09:31:32	<b>11:22:08.40</b>	+04:49:27 (42.4%)	10:01	6 (57.7%)
216	JACHYMSKI Jacek	4325	AKADEMICKI KLUB GÓRSKI W ŁODZI	Weteran II M - 60	3	01:27:53	03:49:47	05:25:03	07:39:30	09:40:15	<b>11:22:32.35</b>	+04:49:51 (42.5%)	10:02	6 (57.7%)
217	KRÓLAK Krystian	4156	#TEAMKRÓLAK	Senior I M - 20	14	01:26:01	03:51:14	05:21:56	07:33:02	09:36:48	<b>11:22:41.40</b>	+04:50:00 (42.5%)	10:02	6 (57.7%)
218	TUSZNIO Grzegorz	4376		Senior II M - 30	90	01:24:00	03:43:06	05:15:15	07:41:06	09:48:23	<b>11:23:43.30</b>	+04:51:02 (42.6%)	10:03	6 (57.7%)
219	ŁYŻWA Piotr	4393	SUPADUPAFLY	Masters M - 40	64	01:22:49	03:51:22	05:20:29	07:44:44	09:46:57	<b>11:23:52.95</b>	+04:51:12 (42.6%)	10:03	6 (57.7%)
220	CHROMINSKI Grzegorz	4408	BIEGACZE KOSMOSU	Weteran I M - 50	13	01:25:39	03:49:20	05:20:07	07:35:16	09:42:10	<b>11:24:05.75</b>	+04:51:25 (42.6%)	10:03	6 (57.7%)
221	BUDNY Aleksandra	4014	KRAŚNIK BIEGA / NO PAIN NO GAIN	Masters K - 40	16	01:35:09	04:11:02	05:43:26	07:54:50	09:51:02	<b>11:24:17.70</b>	+04:51:37 (42.6%)	10:03	6 (57.7%)
222	WIŚNIEWSKA Agnieszka	4462		Masters K - 40	17	01:30:40	04:10:49	05:43:26	07:54:42	09:51:01	<b>11:24:19.00</b>	+04:51:38 (42.6%)	10:03	6 (57.7%)
223	RAK Wojciech	4093	SII RUNNING TEAM	Senior II M - 30	91	01:16:27	03:30:28	05:03:04	07:30:26	09:39:52	<b>11:24:54.55</b>	+04:52:14 (42.7%)	10:04	6 (57.7%)
224	KIERZEK Ewa	4409	#BIEGACZEKOSMOSU	Masters K - 40	18	01:32:28	04:01:51	05:36:00	07:54:43	09:48:11	<b>11:25:09.85</b>	+04:52:29 (42.7%)	10:04	6 (57.7%)
225	CHĘCIŃSKI Łukasz	4035		Masters M - 40	65	01:22:05	03:39:51	05:10:31	07:23:24	09:20:57	<b>11:26:36.35</b>	+04:53:55 (42.8%)	10:05	5.9 (56.7%)
226	STEFANOWICZ Adam	4258	WM TRISELF KRAKÓW	Masters M - 40	66	01:13:13	03:26:25	04:55:19	07:07:17	09:23:19	<b>11:26:55.30</b>	+04:54:14 (42.8%)	10:06	5.9 (56.7%)
227	BORUTA-KOŁODZIEJ Emilia	4151		Senior II K - 30	16	01:34:30	04:13:40	05:53:34	08:03:06	09:50:17	<b>11:28:09.20</b>	+04:55:28 (42.9%)	10:07	5.9 (56.7%)
228	ŚWIEŻAWSKA-AMBROZIAK Katarzyna	4414	ULTRA KUTNO	Masters K - 40	19	01:30:40	03:56:41	05:25:36	07:48:28	09:45:28	<b>11:29:48.05</b>	+04:57:07 (43.1%)	10:08	5.9 (56.7%)
229	STRONIEWSKI Jacek	4467	NRP	Masters M - 40	67	01:20:01	03:47:10	05:22:37	07:37:06	09:40:28	<b>11:32:17.15</b>	+04:59:36 (43.3%)	10:10	5.9 (56.7%)
230	KOMISARCZYK Krzysztof	4291		Senior I M - 20	15	01:21:15	03:40:05	05:11:40	07:32:34	09:45:16	<b>11:33:24.15</b>	+05:00:43 (43.4%)	10:11	5.9 (56.7%)
231	AMBROZIAK Rafał	4415	ULTRA KUTNO	Masters M - 40	68	01:30:43	03:56:49	05:25:05	07:42:15	09:45:29	<b>11:33:28.05</b>	+05:00:47 (43.4%)	10:11	5.9 (56.7%)
232	POŹNIAK Marcin	4039	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	92	01:20:22	03:44:54	05:17:36	07:30:06	09:45:41	<b>11:33:39.15</b>	+05:00:58 (43.4%)	10:12	5.9 (56.7%)
233	MONIAKOWSKI Adam	4309	BUTTONS TEAM	Masters M - 40	69	01:26:15	03:49:27	05:23:57	07:36:45	09:41:06	<b>11:33:45.20</b>	+05:01:04 (43.4%)	10:12	5.9 (56.7%)
234	SOLDON Katarzyna	4249		Senior II K - 30	17	01:26:16	03:49:57	05:24:59	07:45:18	09:43:36	<b>11:33:45.75</b>	+05:01:05 (43.4%)	10:12	5.9 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
235	KRYSIAK Tomasz	4017	AMATORSKIE BIEGANIE W SZCZECINIE	Senior II M - 30	93	01:17:26	03:43:35	05:14:46	07:40:20	09:52:23	<b>11:34:16.95</b>	+05:01:36 (43.4%)	10:12	5.9 (56.7%)
236	MAŁOLEPSZY Damian	4449	SPARTA ULTRA TEAM	Senior II M - 30	94	01:12:05	03:25:59	05:02:52	07:41:19	09:48:02	<b>11:35:37.25</b>	+05:02:56 (43.6%)	10:13	5.9 (56.7%)
237	ZIÓŁEK Mirosław	4353	STAY INSANE/BANDA GRUDNIA	Weteran I M - 50	14	01:22:39	03:50:18	05:28:03	07:44:32	09:48:00	<b>11:36:21.50</b>	+05:03:40 (43.6%)	10:14	5.9 (56.7%)
238	SURDAKCI Jerzy	4210	DRUŻYNA SZPIKU	Masters M - 40	70	01:26:19	04:01:06	05:34:55	07:53:01	09:51:37	<b>11:36:55.75</b>	+05:04:15 (43.7%)	10:14	5.9 (56.7%)
239	SKRZYPIŃSKI Arkadiusz	4100	PSI PATROL	Masters M - 40	71	01:26:20	03:56:56	05:28:48	07:47:49	09:48:42	<b>11:37:54.70</b>	+05:05:14 (43.7%)	10:15	5.8 (55.8%)
240	SIŃCZUK Patrycja	4262	MIRAZ RACE TEAM	Masters K - 40	20	01:31:13	04:08:55	05:43:57	07:59:00	10:00:33	<b>11:38:27.10</b>	+05:05:46 (43.8%)	10:16	5.8 (55.8%)
241	AMBROZIAK Mateusz	4235		Senior II M - 30	95	01:21:49	03:39:56	05:07:56	07:38:13	09:51:32	<b>11:39:52.85</b>	+05:07:12 (43.9%)	10:17	5.8 (55.8%)
242	MAJOCH Anna	4204		Masters K - 40	21	01:28:37	03:57:03	05:31:40	07:56:13	09:58:29	<b>11:39:54.90</b>	+05:07:14 (43.9%)	10:17	5.8 (55.8%)
243	GÓRECKI Marcin	4420	W I R	Masters M - 40	72	01:25:18	03:59:51	05:34:58	08:01:22	10:04:58	<b>11:40:01.70</b>	+05:07:21 (43.9%)	10:17	5.8 (55.8%)
244	ŁOAZA Krzysztof	4031	NIGHT RUNNERS PYSKOWICE	Masters M - 40	73	01:21:31	03:44:31	05:16:52	07:38:22	09:46:19	<b>11:40:47.00</b>	+05:08:06 (44.0%)	10:18	5.8 (55.8%)
245	MIECHOWICZ Małgorzata	4435	LEŻACZE ŁĄKOWI	Masters K - 40	22	01:26:38	03:55:40	05:30:36	07:53:11	09:58:21	<b>11:40:56.20</b>	+05:08:15 (44.0%)	10:18	5.8 (55.8%)
246	RYCHEL-MANTUR Dominika	4115		Senior II K - 30	18	01:25:49	03:53:07	05:24:28	07:38:57	09:45:58	<b>11:41:14.10</b>	+05:08:33 (44.0%)	10:18	5.8 (55.8%)
247	FORNAL Konrad	4061	STRZEGOMSKA DWUNASTKA	Senior I M - 20	16	01:20:19	03:46:28	05:30:16	07:42:51	09:45:11	<b>11:42:13.75</b>	+05:09:33 (44.1%)	10:19	5.8 (55.8%)
248	BAUGARTNER Marcin	4289	KLUBSILESIA.PL	Masters M - 40	74	01:29:27	03:56:14	05:27:07	07:43:27	09:51:34	<b>11:44:37.50</b>	+05:11:56 (44.3%)	10:21	5.8 (55.8%)
249	OLIŃSKI Paweł	4051		Senior II M - 30	96	01:23:21	03:46:39	05:18:49	07:49:21	09:53:53	<b>11:45:31.05</b>	+05:12:50 (44.3%)	10:22	5.8 (55.8%)
250	DYSZKIEWICZ Tomasz	4197	ULTRA KUTNO	Senior II M - 30	97	01:30:59	03:57:43	05:26:57	07:53:03	09:55:05	<b>11:45:38.85</b>	+05:12:58 (44.4%)	10:22	5.8 (55.8%)
251	GRYZ Jacek	4152		Masters M - 40	75	01:30:46	04:08:08	05:42:29	08:00:57	09:57:42	<b>11:46:24.80</b>	+05:13:44 (44.4%)	10:23	5.8 (55.8%)
252	SZCZUREK Mariusz	4337	PZU SPORT TEAM	Masters M - 40	76	01:26:44	03:59:17	05:34:07	07:51:57	09:52:24	<b>11:46:29.25</b>	+05:13:48 (44.4%)	10:23	5.8 (55.8%)
253	MICHALSKA Joanna	4358	VELUX	Masters K - 40	23	01:31:24	04:15:18	05:52:14	08:10:00	10:02:26	<b>11:46:39.65</b>	+05:13:59 (44.4%)	10:23	5.8 (55.8%)
254	GAJEWSKI Sebastian	4410	STARGARD JA SIĘ NIE ŚCIGAM	Senior II M - 30	98	01:26:42	03:57:10	05:33:34	08:06:26	10:01:57	<b>11:48:02.00</b>	+05:15:21 (44.5%)	10:24	5.8 (55.8%)
255	KIERZEK Artur	4407	BIEGACZE KOSMOSU	Masters M - 40	77	01:29:00	04:01:52	05:39:50	07:54:50	09:49:43	<b>11:48:02.75</b>	+05:15:22 (44.5%)	10:24	5.8 (55.8%)
256	UHLIR Marek	4107	RAL 3015	Masters M - 40	78	01:27:17	03:56:37	05:26:05	07:40:33	09:44:33	<b>11:48:51.30</b>	+05:16:10 (44.6%)	10:25	5.8 (55.8%)
257	SEDLATA Michaela	4108	RAL 3015	Senior II K - 30	19	01:27:18	03:56:38	05:26:05	07:40:33	09:44:38	<b>11:48:51.55</b>	+05:16:11 (44.6%)	10:25	5.8 (55.8%)
258	PIASKOWSKI Artur	4278		Masters M - 40	79	01:29:08	04:06:49	05:39:19	07:56:21	09:59:59	<b>11:51:48.95</b>	+05:19:08 (44.8%)	10:28	5.7 (54.8%)
259	DZIĘGIELEWSKA Dominika	4078		Senior II K - 30	20	01:29:09	04:06:40	05:39:19	07:56:23	09:59:39	<b>11:51:50.65</b>	+05:19:10 (44.8%)	10:28	5.7 (54.8%)
260	PTASZYŃSKI Krzysztof	4236		Senior II M - 30	99	01:28:36	03:52:15	05:24:52	07:45:24	09:55:10	<b>11:53:06.40</b>	+05:20:25 (44.9%)	10:29	5.7 (54.8%)
261	WADER Wojciech	4474	WONDER TRAVEL	Senior II M - 30	100	01:22:58	04:02:00	05:36:20	07:58:26	09:59:16	<b>11:53:23.70</b>	+05:20:43 (45.0%)	10:29	5.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
262	DWORNIK Małgorzata	4166	WARCZAŁE SZPRYCHY	Senior II K - 30	21	01:27:41	03:58:09	05:34:42	07:56:49	10:00:50	<b>11:53:41.30</b>	+05:21:00 (45.0%)	10:29	5.7 (54.8%)
263	MROZCEK Andrzej	4332		Masters M - 40	80	01:24:45	03:49:49	05:21:21	07:45:34	09:56:26	<b>11:53:55.40</b>	+05:21:14 (45.0%)	10:29	5.7 (54.8%)
264	ŚWIĘTONIOWSKA Justyna	4126	STGRZ	Senior II K - 30	22	01:29:20	04:07:08	05:41:16	08:01:33	10:07:11	<b>11:54:15.40</b>	+05:21:34 (45.0%)	10:30	5.7 (54.8%)
265	MACKIEWICZ Dorota	4444		Masters K - 40	24	01:35:13	04:17:24	06:00:05	08:15:38	10:10:15	<b>11:55:17.30</b>	+05:22:36 (45.1%)	10:31	5.7 (54.8%)
266	KOSZAREK Andrzej	4348		Masters M - 40	81	01:31:28	03:59:18	05:34:02	07:54:36	10:05:03	<b>11:55:34.40</b>	+05:22:53 (45.1%)	10:31	5.7 (54.8%)
267	WIERZCHOŃ Michał	4163	MR. DOC	Masters M - 40	82	01:27:51	04:03:12	05:40:04	08:00:56	10:11:56	<b>11:55:42.50</b>	+05:23:01 (45.1%)	10:31	5.7 (54.8%)
268	KURZACZ Orfeusz	4310	4RUN TEAM PILA	Masters M - 40	83	01:22:45	03:43:56	05:18:37	07:43:18	09:57:33	<b>11:56:13.30</b>	+05:23:32 (45.2%)	10:31	5.7 (54.8%)
269	JANKOWSKI Rafał	4428	KOŁO BIEGA	Senior II M - 30	101	01:26:37	03:59:52	05:30:43	08:04:06	10:13:49	<b>11:56:24.15</b>	+05:23:43 (45.2%)	10:32	5.7 (54.8%)
270	PARFIENIUK Michał	4264	BIAŁYSTOK BIEGA TEAM	Senior I M - 20	17	01:28:43	04:04:19	05:32:06	08:01:38	10:09:57	<b>11:57:51.75</b>	+05:25:11 (45.3%)	10:33	5.7 (54.8%)
271	KUCZYŃSKI Grzegorz	4243	BIAŁYSTOK BIEGA TEAM	Masters M - 40	84	01:28:46	04:04:19	05:32:10	08:01:40	10:15:39	<b>11:57:53.70</b>	+05:25:13 (45.3%)	10:33	5.7 (54.8%)
272	MŁODZIKOWSKI Rafał	4238	SŁYNNI KENIJCZYCY	Masters M - 40	85	01:31:16	04:15:37	05:54:55	08:13:56	10:14:44	<b>11:59:19.40</b>	+05:26:38 (45.4%)	10:34	5.7 (54.8%)
273	KIEŁBOWICZ Aneta	4050	SŁYNNI KENIJCZYCY	Senior II K - 30	23	01:31:25	04:15:35	05:55:10	08:13:59	10:14:43	<b>11:59:21.50</b>	+05:26:40 (45.4%)	10:34	5.7 (54.8%)
274	ROSZYK Magdalena	4096	TKKF MPK POZNAŃ	Masters K - 40	25	01:40:42	04:32:31	06:15:09	08:36:15	10:28:11	<b>11:59:21.70</b>	+05:26:41 (45.4%)	10:34	5.7 (54.8%)
275	RADWANSKI Tomasz	4443	ORION	Masters M - 40	86	01:25:19	03:59:51	05:35:10	08:00:32	10:04:53	<b>12:00:18.60</b>	+05:27:38 (45.5%)	10:35	5.7 (54.8%)
276	WOJDYLAŁ Katarzyna	4231	ULTRA WAY TEAM	Masters K - 40	26	01:20:53	03:43:18	05:17:33	07:35:56	10:09:06	<b>12:04:52.85</b>	+05:32:12 (45.8%)	10:39	5.6 (53.8%)
277	REWERS Dariusz	4150	ULTRA WAY TEAM	Masters M - 40	87	01:20:53	03:43:17	05:17:33	07:35:53	10:09:07	<b>12:04:53.10</b>	+05:32:12 (45.8%)	10:39	5.6 (53.8%)
278	RUSZCZEWSKI Andrzej	4010	VEGE RUNNERS	Senior II M - 30	102	01:24:41	03:40:18	05:10:43	07:42:45	10:06:28	<b>12:05:19.05</b>	+05:32:38 (45.9%)	10:39	5.6 (53.8%)
279	NOWAK Iwona	4056	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	27	01:32:30	04:06:24	05:41:11	08:12:43	10:27:24	<b>12:08:19.35</b>	+05:35:38 (46.1%)	10:42	5.6 (53.8%)
280	RADOMSKI Grzegorz	4286	MOKRE RUN	Masters M - 40	88	01:16:20	03:38:19	05:11:00	07:46:20	10:04:01	<b>12:09:28.75</b>	+05:36:48 (46.2%)	10:43	5.6 (53.8%)
281	PETRUS Karolina	4240		Senior II K - 30	24	01:31:58	04:08:00	05:49:13	08:09:29	10:16:09	<b>12:09:33.10</b>	+05:36:52 (46.2%)	10:43	5.6 (53.8%)
282	FILIPIAK Sebastian	4067	EKIPA LIPA	Masters M - 40	89	01:25:41	03:49:30	05:24:16	07:50:38	09:53:49	<b>12:09:44.80</b>	+05:37:04 (46.2%)	10:43	5.6 (53.8%)
283	SMOLAK Agata	4331		Senior II K - 30	25	01:30:41	04:08:26	05:51:41	08:20:26	10:24:05	<b>12:10:31.75</b>	+05:37:51 (46.2%)	10:44	5.6 (53.8%)
284	GRABCZAK Jarosław	4082		Senior II M - 30	103	01:25:28	03:56:18	05:32:06	08:02:05	10:30:58	<b>12:11:20.00</b>	+05:38:39 (46.3%)	10:45	5.6 (53.8%)
285	TOMASZEWSKA Ewa	4097		Masters K - 40	28	01:25:38	03:56:53	05:34:10	08:06:10	10:31:03	<b>12:12:01.85</b>	+05:39:21 (46.4%)	10:45	5.6 (53.8%)
286	KOKOSZKA Marcin	4059	1ON1 TEAM	Masters M - 40	90	01:29:23	04:14:20	05:54:37	08:13:30	10:22:27	<b>12:12:05.30</b>	+05:39:24 (46.4%)	10:45	5.6 (53.8%)
287	RUTKOWSKI Maciej	4226	ULTRA DIABŁY TEAM LUBRZA	Senior I M - 20	18	01:24:52	04:03:20	05:33:20	08:03:13	10:28:12	<b>12:13:38.20</b>	+05:40:57 (46.5%)	10:47	5.6 (53.8%)
288	JAKÓBCZYK Ewelina	4218		Senior I K - 20	6	01:24:53	04:03:20	05:33:20	08:03:14	10:28:14	<b>12:13:38.75</b>	+05:40:58 (46.5%)	10:47	5.6 (53.8%)

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
289	<b>LUTYŃSKI Zbigniew</b>	<b>4203</b>		Masters M - 40	91	01:28:05	03:59:17	05:44:04	08:13:57	10:25:39	<b>12:14:03.15</b>	+05:41:22 (46.5%)	10:47	5.6 (53.8%)
290	<b>JASAK Michał</b>	<b>4404</b>	ROYAL RUNNERS TEAM	Senior II M - 30	104	01:27:18	04:25:24	06:03:12	08:27:51	10:31:49	<b>12:15:27.70</b>	+05:42:47 (46.6%)	10:48	5.5 (52.9%)
291	<b>SZYPULSKI Dariusz</b>	<b>4187</b>	SKS CHMIELOWICE	Masters M - 40	92	01:22:25	03:57:38	05:37:38	08:01:20	10:34:57	<b>12:15:29.40</b>	+05:42:48 (46.6%)	10:48	5.5 (52.9%)
292	<b>ROLIŃSKI Radosław</b>	<b>4216</b>		Masters M - 40	93	01:27:48	04:02:08	05:44:26	08:16:39	10:22:20	<b>12:17:46.00</b>	+05:45:05 (46.8%)	10:50	5.5 (52.9%)
293	<b>HAAS Przemysław</b>	<b>4022</b>	BACKPACKING OKAPI TEAM	Senior II M - 30	105	01:27:14	04:00:48	05:35:28	07:57:33	10:04:04	<b>12:19:18.10</b>	+05:46:37 (46.9%)	10:52	5.5 (52.9%)
294	<b>KWAŚNIOK Rafał</b>	<b>4040</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	106	01:32:53	04:18:54	05:41:52	08:08:31	10:39:24	<b>12:19:28.85</b>	+05:46:48 (46.9%)	10:52	5.5 (52.9%)
295	<b>NOWOSŁAWSKI Krzysztof</b>	<b>4293</b>	IRRACJONALNIE MASZERUJĄCY	Masters M - 40	94	01:26:42	04:04:04	05:46:50	08:16:43	10:22:25	<b>12:20:10.60</b>	+05:47:30 (46.9%)	10:53	5.5 (52.9%)
296	<b>KOTOMSKA Renata</b>	<b>4418</b>		Masters K - 40	29	01:31:09	04:10:50	05:52:35	08:17:04	10:24:59	<b>12:20:37.60</b>	+05:47:57 (47.0%)	10:53	5.5 (52.9%)
297	<b>WÓJCIAK Ewelina</b>	<b>4055</b>	WARRIORS ŁÓDŹ	Senior II K - 30	26	01:32:23	04:10:41	05:51:05	08:24:12	10:31:11	<b>12:20:50.50</b>	+05:48:09 (47.0%)	10:53	5.5 (52.9%)
298	<b>KONIECZNY Jacek</b>	<b>4075</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	107	01:31:24	04:07:34	05:48:04	08:15:25	10:39:12	<b>12:21:13.95</b>	+05:48:33 (47.0%)	10:54	5.5 (52.9%)
299	<b>MILEWSKI Andrzej</b>	<b>4381</b>	GRUPA CZWORGÓ (4GO)/#BIEGANIENIEOPIERDALANIE/#TEAMKALDUN/SRO-BIKE-TEAM	Senior II M - 30	108	01:26:29	04:00:33	05:40:12	08:17:57	10:32:23	<b>12:21:29.50</b>	+05:48:48 (47.0%)	10:54	5.5 (52.9%)
300	<b>BOGUCKA Anna</b>	<b>4382</b>	BIEGANIE NIE OPIERDALANIE	Masters K - 40	30	01:26:39	04:00:36	05:40:16	08:18:00	10:32:25	<b>12:21:32.05</b>	+05:48:51 (47.0%)	10:54	5.5 (52.9%)
301	<b>ZAWADZKA Marzena</b>	<b>4160</b>	RUNNING 5	Weteran K - 50	2	01:36:01	04:24:04	06:08:57	08:36:15	10:39:39	<b>12:21:37.85</b>	+05:48:57 (47.1%)	10:54	5.5 (52.9%)
302	<b>POPŁAWSKI Krzysiek</b>	<b>4127</b>	PWPW S.A.	Masters M - 40	95	01:24:40	03:55:34	05:35:47	08:06:53	10:12:30	<b>12:22:38.95</b>	+05:49:58 (47.1%)	10:55	5.5 (52.9%)
303	<b>WYSZOMIRSKI Adam</b>	<b>4387</b>		Senior II M - 30	109	01:35:10	04:21:02	05:59:48	08:26:36	10:35:23	<b>12:23:55.35</b>	+05:51:14 (47.2%)	10:56	5.5 (52.9%)
304	<b>GRUNDKOWSKI Oskar</b>	<b>4277</b>		Senior I M - 20	19	01:16:20	04:00:41	05:41:05	08:07:31	10:15:25	<b>12:27:31.35</b>	+05:54:50 (47.5%)	10:59	5.5 (52.9%)
305	<b>ŻEHALUK Paweł</b>	<b>4094</b>		Senior I M - 20	20	01:29:41	04:24:22	06:01:01	08:23:40	10:34:54	<b>12:28:05.45</b>	+05:55:24 (47.5%)	11:00	5.5 (52.9%)
306	<b>SUŁEK Aldona</b>	<b>4432</b>	ZOELLER TECH	Masters K - 40	31	01:29:01	04:16:57	06:00:14	08:31:10	10:40:05	<b>12:28:39.65</b>	+05:55:59 (47.5%)	11:00	5.4 (51.9%)
307	<b>CICHOCKI Dawid</b>	<b>4475</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	110	01:16:45	03:48:40	05:28:53	07:59:16	10:39:21	<b>12:28:49.90</b>	+05:56:09 (47.6%)	11:00	5.4 (51.9%)
308	<b>GRYGORUK Cezary</b>	<b>4158</b>		Weteran I M - 50	15	01:24:09	04:05:41	05:45:31	08:17:26	10:32:30	<b>12:31:02.00</b>	+05:58:21 (47.7%)	11:02	5.4 (51.9%)
309	<b>PYTEL Roman</b>	<b>4185</b>	IZBICKO W BIEGU	Masters M - 40	96	01:22:25	03:57:43	05:37:22	08:02:04	10:35:19	<b>12:33:01.75</b>	+06:00:21 (47.9%)	11:04	5.4 (51.9%)
310	<b>SWĘDZIOŁ Monika</b>	<b>4245</b>	W POGONI ZA DACHEM	Senior II K - 30	27	01:33:03	04:13:35	05:53:33	08:19:25	10:33:24	<b>12:35:15.05</b>	+06:02:34 (48.0%)	11:06	5.4 (51.9%)
311	<b>SZMANIA Jakub</b>	<b>4149</b>	HKT AZYMUT	Masters M - 40	97	01:33:21	04:19:40	06:01:15	08:37:45	10:46:59	<b>12:37:36.95</b>	+06:04:56 (48.2%)	11:08	5.4 (51.9%)
312	<b>URBANIK Zuza</b>	<b>4183</b>	APETYT NA ŻYCIE	Masters K - 40	32	01:34:10	04:18:10	06:01:30	08:35:14	10:44:02	<b>12:37:44.35</b>	+06:05:03 (48.2%)	11:08	5.4 (51.9%)
313	<b>URBANIK Radosław</b>	<b>4463</b>		Masters M - 40	98	01:34:07	04:18:07	06:01:14	08:35:10	10:43:51	<b>12:37:45.50</b>	+06:05:04 (48.2%)	11:08	5.4 (51.9%)
314	<b>ZAKRZEWSKI Marek</b>	<b>4459</b>	EKOBIEGI	Weteran I M - 50	16	01:23:15	03:51:48	05:44:23	08:17:11	10:41:32	<b>12:37:59.10</b>	+06:05:18 (48.2%)	11:08	5.4 (51.9%)
315	<b>SUT Iwona</b>	<b>4136</b>		Masters K - 40	33	01:31:53	04:16:04	05:55:04	08:24:29	10:45:11	<b>12:38:16.55</b>	+06:05:36 (48.2%)	11:09	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto		Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	Różn		
316	<b>PODLECKI Wojciech</b>	<b>4012</b>	ROKIETNICA BIEGA	Senior II M - 30	111	01:19:33	04:00:10	05:34:27	08:04:10	10:41:07	<b>12:41:27.75</b>	+06:08:47 (48.4%)	11:11	5.4 (51.9%)
317	<b>ZATAJ Igor</b>	<b>4116</b>	KB MANIAC /CHARTY CHARTOWO	Masters M - 40	99	01:30:59	04:13:10	05:54:16	08:36:33	10:45:07	<b>12:42:51.95</b>	+06:10:11 (48.5%)	11:13	5.3 (51.0%)
318	<b>LEWANDOWSKI Wojciech</b>	<b>4296</b>	FUNTRI	Senior II M - 30	112	01:31:03	04:06:21	05:42:40	08:21:25	10:47:24	<b>12:43:40.10</b>	+06:10:59 (48.6%)	11:13	5.3 (51.0%)
319	<b>ODOLCZYK Joanna</b>	<b>4481</b>		Weteran K - 50	3	01:32:43	04:10:56	06:01:22	08:34:54	10:50:59	<b>12:44:15.20</b>	+06:11:34 (48.6%)	11:14	5.3 (51.0%)
320	<b>KUŚ Tomasz</b>	<b>4123</b>	MIRAZ RACE TEAM	Senior II M - 30	113	01:31:16	04:09:28	05:47:06	08:30:05	10:54:44	<b>12:44:29.70</b>	+06:11:49 (48.6%)	11:14	5.3 (51.0%)
321	<b>GROMADZKA Justyna</b>	<b>4357</b>	KOBIETY WATAHA	Senior II K - 30	28	01:35:18	04:18:10	06:03:13	08:25:59	10:43:10	<b>12:45:52.70</b>	+06:13:12 (48.7%)	11:15	5.3 (51.0%)
322	<b>CZYRNIA Andrzej</b>	<b>4087</b>	RAJSPOORT ACTIVE	Senior II M - 30	114	01:18:19	03:56:11	05:21:51	08:04:07	10:31:47	<b>12:46:07.20</b>	+06:13:26 (48.7%)	11:15	5.3 (51.0%)
323	<b>BOROWIK Łukasz</b>	<b>4084</b>	CAŁA OLEŚNICA BIEGA	Senior II M - 30	115	01:37:21	04:31:07	06:09:47	08:41:44	10:56:22	<b>12:49:24.95</b>	+06:16:44 (49.0%)	11:18	5.3 (51.0%)
324	<b>KOLEJ Monika</b>	<b>4223</b>	DZIKIE DZIKI GORZOW	Masters K - 40	34	01:34:14	04:18:39	06:04:02	08:40:27	10:53:09	<b>12:49:46.55</b>	+06:17:06 (49.0%)	11:19	5.3 (51.0%)
325	<b>ŁUCZKÓW Andrzej</b>	<b>4167</b>	FIRMA ŁUCZKÓW	Weteran I M - 50	17	01:28:11	04:14:58	06:01:41	08:37:53	10:51:43	<b>12:50:33.05</b>	+06:17:52 (49.0%)	11:19	5.3 (51.0%)
326	<b>BĘDZIŃSKA Jolanta</b>	<b>4095</b>		Masters K - 40	35	01:30:02	04:24:27	06:12:08	08:43:06	10:48:19	<b>12:50:40.60</b>	+06:18:00 (49.0%)	11:20	5.3 (51.0%)
327	<b>KANDORA Piotr</b>	<b>4234</b>	MIECHOWICKA GRUPA BIEGOWA	Masters M - 40	100	01:31:38	04:12:00	05:58:37	08:41:49	11:04:23	<b>12:50:50.70</b>	+06:18:10 (49.1%)	11:20	5.3 (51.0%)
328	<b>KANDORA Joanna</b>	<b>4233</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	36	01:31:40	04:12:00	05:58:38	08:41:50	11:04:25	<b>12:50:51.55</b>	+06:18:11 (49.1%)	11:20	5.3 (51.0%)
329	<b>SZULC Edyta</b>	<b>4239</b>	ADIDAS RUNNERS WARSAW	Masters K - 40	37	01:39:34	04:23:56	05:58:46	08:42:00	11:02:53	<b>12:53:18.60</b>	+06:20:38 (49.2%)	11:22	5.3 (51.0%)
330	<b>DĘBEK Piotr</b>	<b>4290</b>	ŚWIDNICKA GRUPA BIEGOWA	Masters M - 40	101	01:36:01	04:24:55	06:07:22	08:39:01	10:58:20	<b>12:54:13.35</b>	+06:21:32 (49.3%)	11:23	5.3 (51.0%)
331	<b>KOPCZYŃSKA Marta</b>	<b>4159</b>	KWIATY U BEATY SWARZĘDZ	Senior II K - 30	29	01:28:47	04:10:39	05:54:18	08:29:30	10:43:24	<b>12:55:23.35</b>	+06:22:42 (49.4%)	11:24	5.3 (51.0%)
332	<b>KUCHMECKI Maciej</b>	<b>4419</b>		Senior II M - 30	116	01:28:48	04:10:39	05:54:20	08:29:30	10:43:28	<b>12:55:25.40</b>	+06:22:44 (49.4%)	11:24	5.3 (51.0%)
333	<b>PIGŁA Michał</b>	<b>4273</b>	SPORTOWY KAŻMIERZ	Masters M - 40	102	01:29:05	04:25:41	06:08:57	08:52:30	10:58:29	<b>12:55:52.80</b>	+06:23:12 (49.4%)	11:24	5.3 (51.0%)
334	<b>OWCZARCZAK Monika</b>	<b>4272</b>		Senior II K - 30	30	01:29:23	04:24:43	06:08:59	08:52:33	10:58:28	<b>12:55:53.25</b>	+06:23:12 (49.4%)	11:24	5.3 (51.0%)
335	<b>KROPIAK Katarzyna</b>	<b>4049</b>	VEGE RUNNERS	Senior II K - 30	31	01:38:30	04:20:57	06:03:48	08:35:47	10:59:57	<b>12:58:21.30</b>	+06:25:40 (49.6%)	11:26	5.2 (50.0%)
336	<b>JANKOWIAK Karol</b>	<b>4071</b>	KOŹMIN BIEGA ULTRA RUNNERS	Senior II M - 30	117	01:26:55	03:56:20	05:31:59	08:09:22	10:29:23	<b>12:59:40.20</b>	+06:26:59 (49.6%)	11:27	5.2 (50.0%)
337	<b>KOTWICA Andrzej</b>	<b>4070</b>	SMOLECKA ZADYSZKA	Masters M - 40	103	01:22:19	03:59:07	05:32:28	08:22:16	10:57:18	<b>13:00:41.10</b>	+06:28:00 (49.7%)	11:28	5.2 (50.0%)
338	<b>KOŚCIELNIAK Marek</b>	<b>4472</b>	MUAY RUNNING TEAM	Masters M - 40	104	01:40:45	04:39:55	06:24:01	09:05:30	11:14:12	<b>13:01:20.85</b>	+06:28:40 (49.7%)	11:29	5.2 (50.0%)
339	<b>LOBA Damian</b>	<b>4470</b>	ŚWIERCZEWO RUN	Weteran I M - 50	18	01:40:42	04:40:26	06:24:06	09:05:31	11:14:17	<b>13:01:21.35</b>	+06:28:40 (49.7%)	11:29	5.2 (50.0%)
340	<b>DRAJERCZAK Marlena</b>	<b>4471</b>	MUAY RUNNING TEAM	Masters K - 40	38	01:40:44	04:40:28	06:26:06	09:05:31	11:13:10	<b>13:01:22.25</b>	+06:28:41 (49.7%)	11:29	5.2 (50.0%)
341	<b>CZOSZYK-KAWALA Olga</b>	<b>4220</b>	ŚWIERCZEWO RUN	Masters K - 40	39	01:40:45	04:40:29	06:26:10	09:05:29	11:12:11	<b>13:01:24.00</b>	+06:28:43 (49.7%)	11:29	5.2 (50.0%)
342	<b>GÓRNA Jagoda</b>	<b>4029</b>	WKURW_TEAM	Senior II K - 30	32	01:25:26	04:06:13	05:47:38	08:25:03	10:51:08	<b>13:02:41.50</b>	+06:30:00 (49.8%)	11:30	5.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km			
343	<b>TOMASZEWSKI Mariusz</b>	<b>4224</b>		Senior II M - 30	118	01:46:52	04:52:17	06:41:17	09:42:18	11:30:47	<b>13:03:54.75</b>	+06:31:14 (49.9%)	11:31	5.2 (50.0%)
344	<b>BLIŻNIEWSKA Katarzyna</b>	<b>4221</b>	6	Masters K - 40	40	01:32:05	04:19:17	06:05:11	08:42:49	11:02:57	<b>13:04:16.55</b>	+06:31:36 (49.9%)	11:32	5.2 (50.0%)
345	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>4119</b>	DRUŻYNA SZPIKU	Masters K - 40	41	01:41:47	04:43:38	06:31:14	09:11:21	11:20:11	<b>13:05:49.00</b>	+06:33:08 (50.0%)	11:33	5.2 (50.0%)
346	<b>BARANIAK Beata</b>	<b>4217</b>	DRUŻYNA SZPIKU	Masters K - 40	42	01:41:51	04:43:47	06:31:24	09:11:22	11:23:15	<b>13:05:49.80</b>	+06:33:09 (50.0%)	11:33	5.2 (50.0%)
347	<b>SAMOLAK Łukasz</b>	<b>4086</b>	10 BLOG	Senior II M - 30	119	01:29:27	04:25:01	06:10:08	09:03:58	11:07:57	<b>13:06:25.45</b>	+06:33:44 (50.1%)	11:33	5.2 (50.0%)
348	<b>PLEWA Piotr</b>	<b>4321</b>	4 RUN TEAM PIŁA	Masters M - 40	105	01:31:02	04:13:39	05:57:12	08:45:03	11:12:27	<b>13:08:21.90</b>	+06:35:41 (50.2%)	11:35	5.2 (50.0%)
349	<b>BIELOV Yurly</b>	<b>4483</b>		Senior I M - 20	21	01:17:28	04:01:42	05:49:22	08:33:46	11:00:54	<b>13:08:59.70</b>	+06:36:19 (50.2%)	11:36	5.2 (50.0%)
350	<b>JURKIEWICZ Dominik</b>	<b>4319</b>		Senior II M - 30	120	01:27:15	04:04:38	05:46:46	08:24:12	10:58:45	<b>13:09:25.20</b>	+06:36:44 (50.3%)	11:36	5.2 (50.0%)
351	<b>JASIŃSKA Magdalena</b>	<b>4482</b>		Masters K - 40	43	01:43:54	04:37:05	06:23:00	08:56:02	11:09:18	<b>13:10:30.30</b>	+06:37:49 (50.3%)	11:37	5.2 (50.0%)
352	<b>ŁOPOKA Przemek</b>	<b>4485</b>		Senior I M - 20	22	01:35:54	04:22:23	06:07:23	08:39:33	11:16:20	<b>13:13:27.95</b>	+06:40:47 (50.5%)	11:40	5.1 (49.0%)
353	<b>DARSKI Rafał</b>	<b>4227</b>	RECAMIERE	Weteran I M - 50	19	01:27:02	04:18:06	06:11:33	09:02:23	11:06:04	<b>13:16:47.65</b>	+06:44:07 (50.7%)	11:43	5.1 (49.0%)
354	<b>AMANOWICZ Łukasz</b>	<b>4379</b>		Senior II M - 30	121	01:25:44	04:12:10	05:59:54	08:40:20	11:13:04	<b>13:18:34.00</b>	+06:45:53 (50.8%)	11:44	5.1 (49.0%)
355	<b>BURY Marek</b>	<b>4201</b>		Weteran I M - 50	20	01:37:19	04:29:23	06:13:43	09:05:09	11:25:33	<b>13:22:20.05</b>	+06:49:39 (51.1%)	11:47	5.1 (49.0%)
356	<b>LEONARSKA Małgorzata</b>	<b>4072</b>	SZEREGOWY BIEGACZ/DZIKI BIEG	Senior II K - 30	33	01:36:46	04:30:23	06:17:27	08:51:30	11:15:47	<b>13:25:54.35</b>	+06:53:13 (51.3%)	11:51	5.1 (49.0%)
357	<b>FRĄCKOWIAK Dominik</b>	<b>4154</b>		Senior II M - 30	122	01:28:56	04:14:33	06:06:48	08:53:29	11:14:34	<b>13:25:56.55</b>	+06:53:16 (51.3%)	11:51	5.1 (49.0%)
358	<b>SMUGA Łukasz</b>	<b>4077</b>	SZEREGOWY BIEGACZ	Senior II M - 30	123	01:36:35	04:30:21	06:17:25	08:51:29	11:15:51	<b>13:25:59.80</b>	+06:53:19 (51.3%)	11:51	5.1 (49.0%)
359	<b>COP Anna</b>	<b>4405</b>	SILESIA ULTRA MOUNTAIN TEAM	Senior II K - 30	34	01:55:27	04:33:25	06:28:11	09:18:19	11:27:38	<b>13:27:05.35</b>	+06:54:24 (51.3%)	11:52	5.1 (49.0%)
360	<b>SAMBORSKI Piotr</b>	<b>4058</b>	WKURW_TEAM	Senior II M - 30	124	01:38:44	04:32:01	06:24:13	09:10:50	11:19:36	<b>13:29:34.55</b>	+06:56:54 (51.5%)	11:54	5 (48.1%)
361	<b>MULARCZYK Marta</b>	<b>4034</b>	WKURW_TEAM	Senior II K - 30	35	01:38:44	04:32:01	06:24:12	09:10:50	11:19:36	<b>13:29:35.00</b>	+06:56:54 (51.5%)	11:54	5 (48.1%)
362	<b>PURA Paweł</b>	<b>4484</b>		Masters M - 40	106	01:30:08	04:12:55	05:58:40	08:47:34	11:24:55	<b>13:34:09.15</b>	+07:01:28 (51.8%)	11:58	5 (48.1%)
363	<b>CYGAN Anna</b>	<b>4209</b>	NIE ZRZESZONA	Weteran K - 50	4	01:35:26	04:35:29	06:29:35	09:14:48	11:28:18	<b>13:35:28.00</b>	+07:02:47 (51.8%)	11:59	5 (48.1%)
364	<b>PIECUCH Małgorzata</b>	<b>4114</b>		Weteran II K - 60	1	01:39:10	04:35:32	06:28:34	09:11:29	11:32:24	<b>13:35:46.55</b>	+07:03:06 (51.9%)	11:59	5 (48.1%)
365	<b>SIKORSKI Grzegorz</b>	<b>4110</b>		Masters M - 40	107	01:34:50	04:18:36	06:16:11	09:00:59	11:17:50	<b>13:35:49.85</b>	+07:03:09 (51.9%)	11:59	5 (48.1%)
366	<b>FERDYNUS Marcin</b>	<b>4429</b>	SZYBKE ŻÓŁWIE OPATÓW	Senior II M - 30	125	01:33:53	04:26:18	06:12:44	08:57:40	11:24:35	<b>13:36:58.30</b>	+07:04:17 (51.9%)	12:00	5 (48.1%)
367	<b>SOBCZAK Tomasz</b>	<b>4386</b>	REBORN TEAM GNIEZNO	Masters M - 40	108	01:35:57	04:27:48	06:15:17	09:01:00	11:22:17	<b>13:37:50.00</b>	+07:05:09 (52.0%)	12:01	5 (48.1%)
368	<b>NIZIOŁ Marian</b>	<b>4303</b>		Weteran II M - 60	4	01:39:51	04:39:24	06:36:41	09:24:01	11:37:05	<b>13:40:30.80</b>	+07:07:50 (52.1%)	12:03	5 (48.1%)
369	<b>LUPA Mirosław</b>	<b>4009</b>	LUPUSTEAM	Weteran I M - 50	21	01:38:35	04:38:42	06:35:07	09:20:47	11:39:52	<b>13:41:39.65</b>	+07:08:59 (52.2%)	12:04	5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km				
370	ZAMOJSKA Iwona	4101	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	44	01:37:36	04:45:55	06:39:20	09:30:01	11:34:17	<b>13:44:29.05</b>	+07:11:48 (52.4%)	12:07	4.9 (47.1%)
371	PYTLARZ Waldemar	4153	RUNNING 5	Weteran I M - 50	22	01:53:58	05:07:43	07:08:14	09:38:23	11:40:12	<b>13:49:27.65</b>	+07:16:47 (52.7%)	12:11	4.9 (47.1%)
372	GARBACZ Marek	4308	LEŚNE DZIADY	Masters M - 40	109	01:30:37	04:24:53	06:10:11	09:11:27	11:27:38	<b>14:02:16.25</b>	+07:29:35 (53.4%)	12:23	4.8 (46.2%)
373	STRZELECKI Krzysztof	4312		Masters M - 40	110	01:30:34	04:24:54	06:07:57	09:11:59	11:32:19	<b>14:02:17.90</b>	+07:29:37 (53.4%)	12:23	4.8 (46.2%)
374	WÓJCIK Łukasz	4113	CYTRYNOWE CURRY???	Masters M - 40	111	01:38:14	04:47:56	06:42:56	09:49:30	12:07:40	<b>14:18:27.95</b>	+07:45:47 (54.3%)	12:37	4.8 (46.2%)
375	MAKOWSKA Agnieszka	4266	W POGONI ZA DUCHEM	Masters K - 40	45	01:48:00	04:41:30	06:49:29	09:55:38	12:17:44	<b>14:25:04.55</b>	+07:52:24 (54.6%)	12:43	4.7 (45.2%)
<b>Przekroczony limit czasu: 14:30:00</b>														
376	SZCZUKA Leszek	4288	CROSSELITE	Masters M - 40	112	01:23:07	04:01:45	05:49:52	09:22:38	12:01:18	<b>14:38:12.65</b>	+08:05:32 (55.3%)	12:54	4.6 (44.2%)
377	SCHLAPPA Sebastian	4090	IZBICKO W BIEGU	Masters M - 40	113	01:40:26	04:49:48	06:39:30	09:49:11	12:42:02	<b>14:40:46.45</b>	+08:08:05 (55.4%)	12:57	4.6 (44.2%)
378	POKOJSKA Ewa	4341	WYBIEGAJ SIEBIE	Masters K - 40	46	01:57:30	05:02:53	07:02:37	10:03:53	12:36:54	<b>15:12:11.60</b>	+08:39:31 (57.0%)	13:24	4.5 (43.3%)
379	RURKA Grzegorz	4445	SAMBIEGAM	Weteran I M - 50	23	01:38:29	04:38:29	06:45:04		13:09:22	<b>15:15:17.75</b>	+08:42:37 (57.1%)	13:27	4.5 (43.3%)
380	WARA-WĄSOWSKI Maciej	4340		Weteran I M - 50	24	01:39:15	04:47:01	07:00:05	10:06:01	13:33:09	<b>15:45:37.30</b>	+09:12:56 (58.5%)	13:54	4.3 (41.3%)
381	MARYNIAK Katarzyna	4342	WYBIEGAJ SIEBIE	Masters K - 40	47	01:59:06	05:22:59	07:33:07		13:53:25	<b>15:57:20.10</b>	+09:24:39 (59.0%)	14:04	4.3 (41.3%)
382	PARTYKA Maja	4161		Senior II K - 30	36	01:53:57	05:07:44	07:08:14	10:26:36	13:57:27	<b>16:21:00.50</b>	+09:48:19 (60.0%)	14:25	4.2 (40.4%)
	STASIK Aleksander	4063		Masters M - 40		01:23:44 DNF	03:48:45 DNF	05:21:09 DNF	07:45:12 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	BRONOWICKI Jarosław	4424	DRUŻYNA SZPIKU ŻÓŁW I ZAJĄC	Masters M - 40		01:16:16 DNF	03:28:09 DNF	05:01:27 DNF	07:52:28 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	WYSZOMIRSKA Agnieszka	4461		Senior II K - 30		01:35:12 DNF	DNF	DNF	07:58:25 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	MIŚ Piotr	4024	DIEHL CONTROL RUNING TEAM	Senior II M - 30		01:29:40 DNF	04:03:12 DNF	05:44:21 DNF	08:26:23 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	SZUBA Tadeusz	4465	TKKF TRUCHT ŁOBEZ	Weteran II M - 60		01:18:05 DNF	03:46:01 DNF	05:37:00 DNF	08:30:22 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	ZDYB Grzegorz	4018		Masters M - 40		01:31:49 DNF	04:19:41 DNF	06:08:39 DNF	08:48:06 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	LATANOWICZ Bernard	4452		Senior II M - 30		01:24:53 DNF	03:59:39 DNF	05:44:48 DNF	08:53:23 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	SKROBEK Marcin	4132		Senior II M - 30		01:37:31 DNF	04:19:44 DNF	06:17:30 DNF	08:58:18 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	ŁABĘDZKA-BUGAJ Alicja	4318	KB DĘBIEC	Weteran K - 50		01:40:53 DNF	04:32:33 DNF	06:32:40 DNF	09:29:19 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	BAKALARZ Emil	4237	ULTRA ALPACAS	Senior II M - 30		01:03:46 DNF	02:47:40 DNF	03:53:46 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	ADAMOCHA Mariusz	4334		Masters M - 40		01:17:30 DNF	03:26:34 DNF	05:07:14 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	ROŚLICKI Jarosław	4168	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	Masters M - 40		01:18:56 DNF	03:42:35 DNF	05:21:20 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	WOLAŃSKI Witosław	4416	KASZUBSKA PONIEWIERKA	Weteran I M - 50		01:22:30 DNF	03:48:39 DNF	05:34:55 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

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
	<b>KUŹNIAK Szymon</b>	<b>4242</b>		Senior II M - 30	01:25:20 DNF	03:59:36 DNF	05:44:19 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WITLICKI Kacper</b>	<b>4157</b>		Senior I M - 20	01:24:56 DNF	04:04:29 DNF	05:59:31 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BLAJCHERT Adam</b>	<b>4171</b>	RUNNING 5	Masters M - 40	01:36:01 DNF	04:24:04 DNF	06:09:01 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KORNACKI Piotr</b>	<b>4294</b>		Masters M - 40	01:27:48 DNF	04:23:00 DNF	06:22:04 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BOULANGE Piotr</b>	<b>4313</b>	12TRI	Masters M - 40	01:31:41 DNF	04:25:41 DNF	06:33:34 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PIETRAKOWSKI Grzegorz</b>	<b>4440</b>		Masters M - 40	01:39:24 DNF	04:37:08 DNF	06:37:47 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>JANKOWSKI Tom</b>	<b>4118</b>	WIECZORNE BIEGANIE W SZCZECINIE/QCE	Masters M - 40	01:39:55 DNF	04:38:17 DNF	06:38:34 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KĘPSKI Grzegorz</b>	<b>4139</b>		Senior II M - 30	01:38:37 DNF	04:41:40 DNF	06:44:29 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KLINOWSKI Mirosław</b>	<b>4186</b>		Masters M - 40	01:47:11 DNF	04:52:18 DNF	06:49:29 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>CHORAŻY Izabela</b>	<b>4195</b>	CAŁA OLEŚNICA BIEGA	Senior I K - 20	01:42:18 DNF	04:50:51 DNF	06:50:54 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SZAŁAJSKA Monika</b>	<b>4000</b>		Senior I K - 20	01:53:00 DNF	05:15:31 DNF	07:36:07 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SZCZYGIELSKA Patrycja</b>	<b>4222</b>		Senior II K - 30	02:01:18 DNF	05:34:39 DNF	08:00:40 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ŁACHAN Patryk</b>	<b>4144</b>	WKURW_TEAM	Masters M - 40	01:41:15 DNF	05:14:21 DNF	08:12:33 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PIOTROWSKI Dominik</b>	<b>4023</b>	CHLEB DOMINIKA	Masters M - 40	01:06:31 DNF	03:32:35 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ANTOSZCZUK Arkadiusz</b>	<b>4164</b>	ULTRACK	Masters M - 40	01:23:31 DNF	03:39:32 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>GORZKOWSKI Tomasz</b>	<b>4117</b>		Masters M - 40	01:19:05 DNF	03:46:34 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KOTARSKI Jarosław</b>	<b>4199</b>		Senior I M - 20	00:59:05 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>FORTUNA Norbert</b>	<b>4074</b>	BARTOSZ GORCZYCA TEAM/ KGHM ZG RUN	Senior II M - 30	01:01:26 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SZULTK Magdalena</b>	<b>4147</b>		Senior II K - 30	01:07:14 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PIECUCH Marcin</b>	<b>4229</b>		Senior II M - 30	01:10:23 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BANKIEWICZ Damian</b>	<b>4271</b>	ASSECO ACTIVE TEAM	Weteran I M - 50	01:21:25 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>CZERNICKA Magdalena</b>	<b>4368</b>	YNO ULTRA	Senior II K - 30	01:32:53 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WIELICZKO Dagmara</b>	<b>4033</b>	ZONE RUNNERS	Senior II K - 30	01:36:16 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WIELICZKO Rafał</b>	<b>4025</b>	ZONE RUNNERS	Senior II M - 30	01:36:17 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SKROŃSKA Monika</b>	<b>4343</b>	WYBIEGAJ SIEBIE	Masters K - 40	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 420 wynik(ów)