

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE



Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Dolnośląski Festiwal Biegów Górskich

Fundacja MARATONY GÓRSKIE

2023-07-13

Łądek-Zdrój

68 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	JENDRYCH Artur	4352	BIEGAJACY ŚWIDNIK	Senior II M - 30	1	01:00:49	02:27:25	03:25:10	04:43:33	05:51:18	06:54:18.00	06:54:25.45		6:05	9.8 (100%)
2	PAWŁOWSKI Arkadiusz	4298	ROCKANDRUN.PL	Senior II M - 30	2	01:00:46	02:31:22	03:30:07	04:46:26	05:52:40	06:54:24.80	06:54:28.50	+00:00:03 (0.0%)	6:05	9.8 (100%)
3	JUREK Michał	4355	MILMET / SALOMON / SUUNTO	Masters M - 40	1	00:58:32	02:25:28	03:22:46	04:41:25	05:50:36	07:00:19.25	07:00:23.05	+00:05:57 (1.4%)	6:10	9.7 (99.0%)
4	WRÓBLEWSKI Robert	4173		Senior II M - 30	3	00:59:53	02:28:28	03:26:48	04:46:30	06:06:32	07:21:44.80	07:21:51.75	+00:27:26 (6.2%)	6:29	9.2 (93.9%)
5	BANIAK Marcin	4222	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	2	00:59:56	02:29:31	03:30:06	05:01:16	06:20:23	07:28:52.25	07:28:56.05	+00:34:30 (7.7%)	6:36	9.1 (92.9%)
6	MIKEŠOVÁ Jana	4339	SALMING CZ	Senior II K - 30	1	01:05:21	02:42:14		05:13:06	06:25:56	07:35:10.50	07:35:13.50	+00:40:48 (9.0%)	6:41	9 (91.8%)
7	KUŃCZAK Michał	4155		Senior II M - 30	4	00:59:55	02:34:07	03:39:51	05:12:13	06:29:48	07:47:37.10	07:47:40.05	+00:53:14 (11.4%)	6:52	8.7 (88.8%)
8	SKWARCZ Paweł	4309		Senior II M - 30	5	01:04:44	02:40:48	03:46:16	05:26:26	06:52:09	08:10:50.50	08:10:55.55	+01:16:30 (15.6%)	7:13	8.3 (84.7%)
9	JAGIELSKI Łukasz	4218	LESZ NO LIMITS RUNNERS	Masters M - 40	3	01:00:56	02:39:15		05:22:30	06:52:13	08:12:49.85	08:12:54.85	+01:18:29 (15.9%)	7:14	8.3 (84.7%)
10	GORCZYŃSKI Norbert	4164	KUDOWIANKA RUN	Senior I M - 20	1	01:05:13	02:42:46		05:26:24	06:53:30	08:13:08.05	08:13:23.00	+01:18:57 (16.0%)	7:15	8.3 (84.7%)
11	SKOLINIEC Bartłomiej	4012	GRUNNERS	Senior II M - 30	6	01:09:47	02:52:49	04:03:41	05:43:19	07:06:22	08:17:42.35	08:18:24.65	+01:23:59 (16.9%)	7:19	8.2 (83.7%)
12	ŁUKASIEWICZ Ewa	4125	AW - SZYBCIEJ - TEAM	Weteran K - 50	1	01:14:04	03:01:56	04:11:58	05:47:32	07:06:30	08:18:59.40	08:19:20.60	+01:24:55 (17.0%)	7:20	8.2 (83.7%)
13	JAKUBIEC Aleksandra	4159	MAMY TO /NAVIMART RUN	Masters K - 40	1	01:10:11	02:55:47	04:05:31	05:43:42	07:03:58	08:20:51.30	08:20:59.40	+01:26:33 (17.3%)	7:21	8.1 (82.7%)
14	ADAMCZYK Iweta	4372	ANALITYK BIEGOWY	Senior II K - 30	2	01:09:42	02:55:11	04:06:09	05:47:14	07:09:18	08:22:17.75	08:22:44.15	+01:28:18 (17.6%)	7:23	8.1 (82.7%)
15	ŚLEDZIEWSKI Piotr	4072	#BIEGAJLESZNO	Weteran I M - 50	1	01:08:01	02:53:45	04:04:35	05:44:27	07:17:23	08:37:12.65	08:37:17.45	+01:42:52 (19.9%)	7:36	7.9 (80.6%)
16	WILK Jacek	4353		Weteran I M - 50	2	01:09:11	02:59:21	04:12:08	05:54:38	07:22:35	08:37:19.30	08:37:25.05	+01:42:59 (19.9%)	7:36	7.9 (80.6%)
17	GRYGIEL Marek	4039	JACEKBIEGA RUNNING TEAM	Masters M - 40	4	01:11:29	02:57:17	04:10:07	05:50:30	07:23:59	08:42:14.00	08:42:31.75	+01:48:06 (20.7%)	7:40	7.8 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
18	BUK Sławomir	4149	LESZNO LIMITS RUNNERS	Masters M - 40	5	01:07:06	02:54:18	04:04:14	05:42:18	07:15:34	08:43:26.40	08:43:31.85	+01:49:06 (20.8%)	7:41	7.8 (79.6%)
19	MALEC Artur	4068	TRAIL IS OUR WAY	Masters M - 40	6	01:11:05	03:03:19	04:15:53	06:00:38	07:27:40	08:45:45.20	08:45:49.75	+01:51:24 (21.2%)	7:43	7.8 (79.6%)
20	TRAPP Michał	4295	BIAŁOBRZESKI TEAM	Masters M - 40	7	01:09:05	02:55:32		05:43:31	07:17:16	08:46:49.30	08:46:56.55	+01:52:31 (21.4%)	7:44	7.7 (78.6%)
21	DOMERADZKI Grzegorz	4133		Senior II M - 30	7	01:10:23	03:01:38		05:58:21	07:28:28	08:59:04.35	08:59:22.70	+02:04:57 (23.2%)	7:55	7.6 (77.6%)
22	ZIELIŃSKI Mateusz	4227		Senior II M - 30	8	01:15:03	03:12:56	04:27:27	06:09:03	07:37:43	08:58:36.35	08:59:26.30	+02:05:00 (23.2%)	7:55	7.6 (77.6%)
23	JAWORSKA Magdalena	4037	GB WLKP.BIEGACZE/THWBT	Masters K - 40	2	01:15:11	03:14:49		06:10:15	07:46:20	09:05:38.20	09:05:59.00	+02:11:33 (24.1%)	8:01	7.5 (76.5%)
24	BERLINIEC Marcin	4348	EPIC ULTRA	Senior II M - 30	9	01:11:54	03:07:20	04:26:31	06:14:05	07:44:17	09:06:11.40	09:06:52.95	+02:12:27 (24.2%)	8:01	7.5 (76.5%)
25	WASIAK Sławomir	4293		Senior II M - 30	10	01:10:00	03:02:24	04:19:45	06:10:36	07:42:31	09:08:36.15	09:08:56.75	+02:14:31 (24.5%)	8:04	7.4 (75.5%)
26	FIJAŁKOWSKI Sebastian	4245		Senior II M - 30	11	01:07:42	03:00:30	04:17:53	06:07:51	07:46:52	09:20:09.55	09:20:22.65	+02:25:57 (26.0%)	8:14	7.3 (74.5%)
27	RUTKOWSKA Elżbieta	4097	RUNPASSION.PL TEAM	Senior II K - 30	3	01:17:50	03:14:38	04:32:33	06:15:39	07:53:13	09:21:01.85	09:21:32.55	+02:27:07 (26.2%)	8:15	7.3 (74.5%)
28	MALSKI Tomasz	4256	WOLSKI KOLEKTYW BIEGOWY	Senior II M - 30	12	01:18:51	03:23:13		06:22:02	07:56:52	09:22:06.10	09:22:39.15	+02:28:13 (26.3%)	8:15	7.3 (74.5%)
29	PODLEŚ Rafał	4251	SPYROSOFT SYNERGY	Senior I M - 20	2	01:16:39	03:20:53	04:36:37	06:21:21	07:56:53	09:22:04.45	09:22:40.05	+02:28:14 (26.3%)	8:15	7.3 (74.5%)
30	HOŁYST Andrzej	4279	GT RAT	Masters M - 40	8	01:12:50	03:04:07	04:16:42	06:00:17	07:41:03	09:22:50.95	09:23:03.40	+02:28:37 (26.4%)	8:16	7.2 (73.5%)
31	ŚWIĄTEK Paweł	4296		Masters M - 40	9	01:16:21	03:12:47	04:30:33	06:16:49	07:53:05	09:23:50.50	09:24:49.00	+02:30:23 (26.6%)	8:17	7.2 (73.5%)
32	KAŻMIERCZAK Tomasz	4077	T-MAKS	Masters M - 40	10	01:12:23	03:04:01	04:22:44	06:17:15	07:57:55	09:25:34.25	09:25:59.45	+02:31:34 (26.8%)	8:19	7.2 (73.5%)
33	FILIPIUK Tomasz	4238	POWIAT ŚWIDNICKI	Masters M - 40	11	01:12:36	03:01:43	04:16:43	06:03:53	07:46:39	09:26:15.90	09:26:24.95	+02:31:59 (26.8%)	8:19	7.2 (73.5%)
34	KARAMON Marcin	4311		Masters M - 40	12	01:10:17	03:05:52		06:16:07	07:52:49	09:25:53.50	09:26:47.60	+02:32:22 (26.9%)	8:19	7.2 (73.5%)
35	SZULTK Magdalena	4170		Senior II K - 30	4	01:10:27	03:19:31	04:38:46	06:24:24	08:00:15	09:27:11.45	09:27:14.50	+02:32:49 (26.9%)	8:20	7.2 (73.5%)
36	KOCZOROWSKI Jakub	4253	FUNDACJA WPŁYŃ NA ZDROWIE	Senior II M - 30	13	01:22:17	03:22:49	04:37:32	06:24:08	07:57:00	09:28:05.55	09:28:21.60	+02:33:56 (27.1%)	8:21	7.2 (73.5%)
37	BAROS Daniel	4171	KB FALSTART RUDNIKI	Senior II M - 30	14	01:08:55	02:55:52	04:11:24	05:58:34	07:48:26	09:29:04.20	09:29:11.85	+02:34:46 (27.2%)	8:22	7.2 (73.5%)
38	BAK Mateusz	4081		Senior I M - 20	3	01:10:40	03:08:23	04:31:38	06:21:48	07:59:36	09:35:53.30	09:36:36.80	+02:42:11 (28.1%)	8:28	7.1 (72.4%)
39	STĘPIEŃ Marek	4049	POZYTYWNIIE ZABIEGANI KLESZCZÓW	Masters M - 40	13	01:12:31	03:07:46	04:26:07	06:16:37	08:02:11	09:38:59.55	09:39:32.70	+02:45:07 (28.5%)	8:30	7 (71.4%)
40	MALIK Dominik	4096	STAY INSANE	Senior I M - 20	4	01:12:26	03:10:13	04:33:10	06:33:49	08:16:01	09:44:16.50	09:44:39.35	+02:50:13 (29.1%)	8:35	7 (71.4%)
41	LEŚNIAK Karolina	4371	FUNTRI	Masters K - 40	3	01:21:00	03:21:59	04:38:10	06:27:33	08:19:12	09:46:08.40	09:47:03.35	+02:52:37 (29.4%)	8:37	7 (71.4%)
42	MIELCZAREK Mateusz	4040	STS BIEGATON MIKOŁÓW	Senior I M - 20	5	01:30:39	03:39:52	05:07:10	07:01:38	08:40:38	09:59:30.80	10:00:04.95	+03:05:39 (30.9%)	8:48	6.8 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
43	SKURA Adrian	4174	KBKS RADOMSKO	Senior II M - 30	15	01:21:35	03:23:01	04:42:32	06:39:15	08:29:19	10:01:35.25	10:01:46.80	+03:07:21 (31.1%)	8:50	6.8 (69.4%)
44	STACHOWICZ-ZADROŻNA Kinga	4373		Senior II K - 30	5	01:17:05	03:23:58	04:48:53	06:45:08	08:32:25	10:02:21.80	10:02:23.95	+03:07:58 (31.2%)	8:51	6.8 (69.4%)
45	MOCZULSKI Kamil	4221		Senior II M - 30	16	01:19:47	03:30:25	04:54:44	06:52:06	08:36:40	10:02:51.45	10:03:06.25	+03:08:40 (31.3%)	8:51	6.8 (69.4%)
46	IWANOWSKI Przemysław	4224		Masters M - 40	14	01:14:59	03:14:40	04:31:44	06:28:58	08:21:42	10:03:23.45	10:03:56.60	+03:09:31 (31.4%)	8:52	6.8 (69.4%)
47	MICHALAK Jakub	4368	FACHOWA ROBOTA	Senior I M - 20	6	01:25:35	03:29:04	04:51:27	06:50:26	08:35:08	10:07:35.05	10:08:24.45	+03:13:59 (31.9%)	8:56	6.7 (68.4%)
48	JASKOT Mariusz	4207	BBL LEGNICA	Senior II M - 30	17	01:12:04	03:13:29	04:34:36	06:42:01	08:33:57	10:13:02.65	10:14:10.20	+03:19:44 (32.5%)	9:00	6.7 (68.4%)
49	DOMINIAK Marcin	4225	PSIA EDUKACJA	Weteran I M - 50	3	01:18:41	03:21:36	04:37:26	06:28:28	08:27:25	10:17:14.50	10:17:22.35	+03:22:56 (32.9%)	9:04	6.6 (67.3%)
50	MATYLA Michał	4109		Senior II M - 30	18	01:20:07	03:23:03	04:46:13	06:41:07	08:33:23	10:16:17.50	10:18:03.25	+03:23:37 (32.9%)	9:03	6.6 (67.3%)
51	KURNYTA Michał	4058		Senior II M - 30	19	01:09:35	03:00:47	04:26:13	06:24:20	08:19:19	10:18:16.05	10:18:41.55	+03:24:16 (33.0%)	9:05	6.6 (67.3%)
52	MACFARLANE Andrew	4261		Senior I M - 20	7	01:19:50	03:38:56	04:59:32	06:49:38	08:40:18	10:18:40.55	10:18:50.45	+03:24:25 (33.0%)	9:05	6.6 (67.3%)
53	GONTKO Łukasz	4124		Masters M - 40	15	01:21:40	03:33:52		06:56:15	08:43:41	10:18:22.65	10:19:26.25	+03:25:00 (33.1%)	9:05	6.6 (67.3%)
54	RODZIEWICZ Zbigniew	4322	CAŁA OLEŚNICA BIEGA	Masters M - 40	16	01:12:48	03:14:17	04:31:25	06:34:23	08:34:58	10:20:06.90	10:20:25.35	+03:25:59 (33.2%)	9:07	6.6 (67.3%)
55	CZERWONKA Bartosz	4250		Senior II M - 30	20	01:16:32	03:20:15	04:43:38	06:45:35	08:39:24	10:22:54.20	10:23:05.40	+03:28:39 (33.5%)	9:09	6.6 (67.3%)
56	KRUSZYŃSKI Tomasz	4374	TEAM PAPRY	Senior II M - 30	21	01:17:55	03:27:35	04:52:51	06:56:29	08:47:29	10:24:09.50	10:25:12.75	+03:30:47 (33.7%)	9:10	6.5 (66.3%)
57	KARPIŃSKA Barbara	4308	RUNNERS TEAM NYSA	Senior II K - 30	6	01:22:23	03:42:23	05:08:19	07:08:21	08:51:56	10:25:10.45	10:25:17.75	+03:30:52 (33.7%)	9:11	6.5 (66.3%)
58	KARCZ Tomasz	4219	TEALTREE.PL	Masters M - 40	17	01:11:46	03:19:16	04:46:10	06:49:12	08:34:34	10:25:50.55	10:26:21.85	+03:31:56 (33.8%)	9:12	6.5 (66.3%)
59	MALIGRANDA Mariusz	4273		Senior II M - 30	22	01:21:14	03:23:13	04:45:23	06:44:15	08:38:08	10:25:28.90	10:26:30.30	+03:32:04 (33.9%)	9:11	6.5 (66.3%)
60	SEMENIUK Konrad	4231	RZEPIŃSCY BIEGACZE	Senior II M - 30	23	01:21:31	03:27:22		06:57:35	08:51:40	10:25:39.60	10:26:40.55	+03:32:15 (33.9%)	9:12	6.5 (66.3%)
61	WOJTKOWIAK Renata	4103	PIĄTKOWO NA BIEGOWO	Masters K - 40	4	01:20:58	03:25:44	04:50:31	06:53:04	08:43:26	10:26:54.55	10:28:07.50	+03:33:42 (34.0%)	9:13	6.5 (66.3%)
62	LEWIŃSKI Andrzej	4325		Senior II M - 30	24	01:30:45	03:44:22	05:04:15	06:56:41	08:41:25	10:26:38.25	10:28:21.70	+03:33:56 (34.0%)	9:12	6.5 (66.3%)
63	WÓJCIK Michał	4023	GRUPA SUDECKA GOPR	Senior II M - 30	25	01:15:57	03:17:51	04:39:52	06:46:21	08:41:44	10:30:20.75	10:30:33.30	+03:36:07 (34.3%)	9:16	6.5 (66.3%)
64	SCHRODER Patryk	4328		Masters M - 40	18	01:16:53	03:19:32	04:45:34	06:54:57	08:49:22	10:31:41.60	10:32:25.95	+03:38:00 (34.5%)	9:17	6.5 (66.3%)
65	SIEMIĄTKOWSKA Katarzyna	4139	RADOSNE GRZYBKİ	Senior II K - 30	7	01:16:49	03:20:36	04:48:35	06:59:28	08:53:46	10:31:41.10	10:32:26.25	+03:38:00 (34.5%)	9:17	6.5 (66.3%)
66	DRZEWIECKA Sylwia	4323		Senior I K - 20	1	01:22:40	03:49:30	05:10:42	07:07:20	08:54:38	10:33:02.60	10:33:33.35	+03:39:07 (34.6%)	9:18	6.4 (65.3%)
67	LUSZTAK Michał	4324		Senior I M - 20	8		03:45:08	05:11:53	07:09:53		10:33:15.80	10:33:47.00	+03:39:21 (34.6%)	9:18	6.4 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo	Tempo
						10km	24km	34km	46km	57km	68km	68km		min/km	km/h
68	GŁOWIŃSKI Robert	4209		Masters M - 40	19	01:25:39	03:31:59	05:00:01	07:07:35	08:56:47	10:34:37.45	10:35:18.85	+03:40:53 (34.8%)	9:19	6.4 (65.3%)
69	RYBARCZYK Ilona	4346	KOŁO BIEGA	Senior II K - 30	8	01:19:31		05:00:43	07:06:35	08:57:56	10:35:27.70	10:35:35.90	+03:41:10 (34.8%)	9:20	6.4 (65.3%)
70	KUK Urszula	4316		Masters K - 40	5	01:26:28	03:39:52	05:05:51	07:03:14	08:57:46	10:35:28.25	10:35:39.10	+03:41:13 (34.8%)	9:20	6.4 (65.3%)
71	KINSNER Zenon	4130		Masters M - 40	20	01:20:36	03:30:25	04:57:14	07:03:43	09:02:23	10:35:47.35	10:36:02.00	+03:41:36 (34.8%)	9:20	6.4 (65.3%)
72	SZYMAŃSKI Jarosław	4020		Senior I M - 20	9	01:28:49	03:46:38	05:08:09	07:09:04	08:59:28	10:35:16.05	10:36:19.80	+03:41:54 (34.9%)	9:20	6.4 (65.3%)
73	CZARNECKI Marcin	4334	PEGERINS!:))	Senior II M - 30	26	01:17:22	03:21:33	04:54:16	07:01:29	08:57:10	10:36:15.35	10:37:00.25	+03:42:34 (34.9%)	9:21	6.4 (65.3%)
74	KOWALCZYK Marcin	4134		Senior II M - 30	27	01:18:23	03:31:14	05:00:18	07:07:56	09:00:44	10:36:36.55	10:37:01.30	+03:42:35 (34.9%)	9:21	6.4 (65.3%)
75	SZYMAŃSKA Agata	4327		Senior II K - 30	9	01:25:57	03:37:07	05:02:27	07:07:50	08:57:39	10:36:43.05	10:37:23.60	+03:42:58 (35.0%)	9:21	6.4 (65.3%)
76	PAWZUN Bartosz	4030	ZRYW PARZYMIECHY	Senior II M - 30	28	01:21:28	03:30:34	04:57:50	07:04:09	08:58:31	10:37:01.20	10:37:24.85	+03:42:59 (35.0%)	9:22	6.4 (65.3%)
77	RAJTAR Zbigniew	4317	RONTIL-COMPASS	Weteran II M - 60	1	01:20:41	03:32:42		07:02:13	08:57:55	10:37:18.80	10:37:25.35	+03:42:59 (35.0%)	9:22	6.4 (65.3%)
78	TURLEJ Dariusz	4046	BEZ KONDYCJI	Weteran II M - 60	2	01:27:43	03:41:14	05:05:18	07:04:12	08:57:27	10:37:44.50	10:39:17.30	+03:44:51 (35.2%)	9:22	6.4 (65.3%)
79	WASIAKOWSKI Norbert	4181	ORANGE POLSKA	Masters M - 40	21	01:11:20	03:14:29	04:39:29	06:42:16	08:49:26	10:38:12.30	10:39:29.90	+03:45:04 (35.2%)	9:23	6.4 (65.3%)
80	TOMCZYK Rafał	4009	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	29	01:14:40	03:23:10	04:46:09	07:00:11	08:57:35	10:40:42.95	10:40:56.65	+03:46:31 (35.3%)	9:25	6.4 (65.3%)
81	GRABOWSKI Daniel	4098		Masters M - 40	22	01:22:28	03:33:10	05:03:02	07:11:30		10:42:40.05	10:42:41.05	+03:48:15 (35.5%)	9:27	6.3 (64.3%)
82	KOMAN Michał	4172	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	30	01:27:11	03:34:33	04:59:20	07:03:29	08:57:50	10:41:39.60	10:43:04.40	+03:48:38 (35.6%)	9:26	6.4 (65.3%)
83	JARZĄBEK Michał	4127		Senior II M - 30	31	01:25:27	03:33:54	05:00:00	07:01:15	08:58:15	10:44:48.80	10:45:32.85	+03:51:07 (35.8%)	9:28	6.3 (64.3%)
84	IDZIKOWSKI Piotr	4278		Masters M - 40	23	01:28:50	03:48:50	05:10:03	07:04:26	09:02:52	10:45:23.75	10:46:20.10	+03:51:54 (35.9%)	9:29	6.3 (64.3%)
85	CIEPŁY Kamil	4071	140MINUT.PL	Senior II M - 30	32	01:19:46	03:27:42	04:46:29	06:45:25	09:02:30	10:47:58.05	10:48:01.70	+03:53:36 (36.0%)	9:31	6.3 (64.3%)
86	CHOJNACKI Tomasz	4038	TEAM OZIMEK	Masters M - 40	24	01:08:37	03:01:31	04:40:30	06:58:00	08:56:10	10:48:15.70	10:48:29.65	+03:54:04 (36.1%)	9:31	6.3 (64.3%)
87	ROSZAK-SURKÓW Sylwia	4163	PARKRUN JEZIORO SWARZĘDZKIE	Masters K - 40	6	01:27:42	03:37:34	05:11:11	07:16:50	09:13:45	10:47:55.35	10:48:38.05	+03:54:12 (36.1%)	9:31	6.3 (64.3%)
88	PUZIO Bartłomiej	4290		Senior II M - 30	33	01:25:36	03:33:56	04:59:50	07:03:23	08:59:34	10:49:16.50	10:50:16.90	+03:55:51 (36.3%)	9:32	6.3 (64.3%)
89	HRONOWSKI Jakub	4128		Senior II M - 30	34	01:22:52	03:27:43	04:47:04	06:49:19	08:53:38	10:49:52.80	10:50:26.45	+03:56:01 (36.3%)	9:33	6.3 (64.3%)
90	KORCZYŃSKI Daniel	4357	CTS	Masters M - 40	25	01:22:17	03:37:46	05:08:05	07:07:15	09:11:39	10:50:39.45	10:50:59.30	+03:56:33 (36.3%)	9:34	6.3 (64.3%)
91	GWOZDA Józef	4113		Masters M - 40	26	01:25:47	03:30:41	04:54:27	07:02:59	09:01:25	10:49:40.20	10:51:11.00	+03:56:45 (36.4%)	9:33	6.3 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
92	SZCZEPAŃSKI Filip	4283		Senior I M - 20	10	01:20:09	03:25:42	04:53:06	07:07:07		10:52:17.30	10:52:51.75	+03:58:26 (36.5%)	9:35	6.3 (64.3%)
93	WOJCIESZYŃSKI Tomasz	4340	BBL GORZÓW	Masters M - 40	27	01:28:24	03:42:04		07:13:17	09:13:45	10:53:02.05	10:53:35.60	+03:59:10 (36.6%)	9:36	6.2 (63.3%)
94	PIASKOWSKI Mateusz	4302	KLUB MARATOŃCZYKA V LO W POZNANIU	Senior II M - 30	35	01:15:43	03:23:59	04:50:57	07:04:08	09:05:31	10:53:52.00	10:54:35.05	+04:00:09 (36.7%)	9:36	6.2 (63.3%)
95	WINIECKI Tomasz	4315	IRON HOUSE TRIATHLON WŁOCŁAWEK	Masters M - 40	28	01:46:33	04:17:58	05:37:28	07:33:34	09:19:47	10:55:22.35	10:55:33.50	+04:01:08 (36.8%)	9:38	6.2 (63.3%)
96	ŚWIERKOWSKI Krzysztof	4142		Senior I M - 20	11	01:25:18	03:37:32		07:04:29	09:14:23	10:54:49.30	10:56:06.75	+04:01:41 (36.8%)	9:37	6.2 (63.3%)
97	WINCEK Jarosław	4297		Masters M - 40	29	01:24:17	03:31:13	04:55:05	07:01:40	09:03:57	10:55:00.65	10:56:11.05	+04:01:45 (36.8%)	9:37	6.2 (63.3%)
98	DYTTUS Jarosław	4303	AKTYWNIIE UZALEŻNIAMY	Masters M - 40	30	01:33:23	04:03:20	05:27:36	07:32:36	09:27:59	10:55:53.20	10:56:42.05	+04:02:16 (36.9%)	9:38	6.2 (63.3%)
99	KAJDAS Małgorzata	4029		Masters K - 40	7	01:24:16	03:31:30	04:59:24	07:12:45	09:15:15	10:58:22.95	10:58:52.20	+04:04:26 (37.1%)	9:40	6.2 (63.3%)
100	WLAZŁOWSKI Radosław	4294		Masters M - 40	31	01:31:19	03:57:16	05:18:22	07:22:16	09:11:24	10:58:33.80	11:00:15.45	+04:05:50 (37.2%)	9:41	6.2 (63.3%)
101	ROMANKIEWICZ Maciej	4367		Senior II M - 30	36	01:19:22	03:21:31	04:46:16	06:57:01	09:06:06	10:59:50.60	11:01:20.35	+04:06:54 (37.3%)	9:42	6.2 (63.3%)
102	KAŁPOWICZ Tomasz	4208	DALI NOGI GADŻETA	Masters M - 40	32	01:21:07	03:30:47	04:59:44	07:01:34	09:16:52	11:01:40.45	11:02:11.45	+04:07:46 (37.4%)	9:43	6.2 (63.3%)
103	KROTECKI Damian	4214	BIEGOŻERCY	Senior II M - 30	37	01:17:49	03:33:01	04:50:35	07:01:49	09:05:45	11:02:17.65	11:03:01.05	+04:08:35 (37.5%)	9:44	6.2 (63.3%)
104	LIS Paweł	4271	CENTRUM FORMY 58100	Masters M - 40	33	01:14:41	03:30:42	05:04:00	07:21:04		11:03:00.25	11:03:38.00	+04:09:12 (37.6%)	9:45	6.2 (63.3%)
105	GALLENSCHUETZ Niklas	4182		Senior II M - 30	38	01:18:30	03:27:37	04:55:46	07:04:59	09:20:01	11:04:29.25	11:05:24.90	+04:10:59 (37.7%)	9:46	6.1 (62.2%)
106	MOSZKOWSKI Bogdan	4129		Weteran II M - 60	3	01:20:59	03:30:15	04:59:03	07:11:14	09:19:28	11:05:44.90	11:07:01.15	+04:12:35 (37.9%)	9:47	6.1 (62.2%)
107	KORYTKOWSKI Jakub	4135		Senior I M - 20	12	01:15:02	03:21:38	04:45:59	06:44:00	08:56:04	11:07:07.80	11:07:12.20	+04:12:46 (37.9%)	9:48	6.1 (62.2%)
108	MATYSIK Marta	4021	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	10	01:19:29	03:37:05	05:01:48	07:15:31	09:17:52	11:10:17.75	11:10:25.95	+04:16:00 (38.2%)	9:51	6.1 (62.2%)
109	DEMYDA Michał	4203	FUNDACJA "KWITNAĆA POLSKA"	Senior II M - 30	39	01:19:19	03:43:01	05:05:59	07:13:00	09:21:29	11:10:28.95	11:11:08.65	+04:16:43 (38.3%)	9:51	6.1 (62.2%)
110	KURASIEWICZ Mariusz	4064		Masters M - 40	34	01:24:58	03:45:42	05:14:53	07:19:54	09:26:43	11:10:57.90	11:11:49.45	+04:17:24 (38.3%)	9:52	6.1 (62.2%)
111	KRZESZEWSKA Dorota	4310		Masters K - 40	8	01:26:50	03:47:07	05:22:29	07:37:17	09:28:17	11:12:32.40	11:13:12.95	+04:18:47 (38.4%)	9:53	6.1 (62.2%)
112	BUDZIASZEK Agnieszka	4167	EFFI RUN TEAM	Senior I K - 20	2	01:28:30	03:44:18	05:16:28	07:23:50	09:18:38	11:13:12.90	11:13:16.90	+04:18:51 (38.4%)	9:54	6.1 (62.2%)
113	LAUBACH Radosław	4101	RAAN	Senior II M - 30	40	01:31:37	03:53:26	05:17:04	07:30:22	09:27:49	11:12:19.35	11:14:03.60	+04:19:38 (38.5%)	9:53	6.1 (62.2%)
114	BRYK Dawid	4282	PITBULLCITY GDYNIA	Senior II M - 30	41	01:20:14	03:25:42	04:53:06	07:07:07	09:19:45	11:13:30.40	11:14:04.20	+04:19:38 (38.5%)	9:54	6.1 (62.2%)
115	KOZAK Ewa	4116	KOZAKI	Masters K - 40	9	01:29:14	03:55:34		07:35:37	09:31:18	11:13:29.80	11:14:04.30	+04:19:38 (38.5%)	9:54	6.1 (62.2%)
116	BEDNAREK Jarosław	4118		Senior II M - 30	42	01:24:40	03:43:34		07:15:24	09:27:23	11:14:40.20	11:16:26.70	+04:22:01 (38.7%)	9:55	6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
117	ZAŃKO Łukasz	4220	EXPLORADOR	Masters M - 40	35	01:20:54	03:31:53	05:02:30	07:17:26	09:18:03	11:17:30.45	11:17:54.10	+04:23:28 (38.9%)	9:57	6 (61.2%)
118	PUCHALSKI Tomasz	4066	POLISH FOREST GIN	Masters M - 40	36	01:31:54		05:11:09	07:27:14	09:32:04	11:16:37.05	11:17:58.20	+04:23:32 (38.9%)	9:57	6 (61.2%)
118	PUCHALSKI Piotr	4065	POLISH FOREST GIN	Senior II M - 30	43	01:31:57	03:51:14	05:11:05	07:22:25	09:32:08	11:16:36.45	11:17:58.20	+04:23:32 (38.9%)	9:57	6 (61.2%)
120	SZCZĘŚNIAK Piotr	4069	MASARNIA FIZJOTERAPIA I MASAŻ	Masters M - 40	37	01:15:25	03:24:00	04:51:04	07:09:57	09:23:01	11:19:16.80	11:19:55.50	+04:25:30 (39.0%)	9:59	6 (61.2%)
121	BOBIN Tomasz	4053	ZOCHU TEAM	Masters M - 40	38	01:21:51	03:41:33	05:12:57	07:20:49	09:34:37	11:22:12.85	11:22:34.40	+04:28:08 (39.3%)	10:01	6 (61.2%)
122	RABIEGA Monika	4078	#BIEGAJLESZNO	Masters K - 40	10	01:28:27	03:55:38	05:28:16	07:45:25	09:39:29	11:22:41.00	11:22:45.00	+04:28:19 (39.3%)	10:02	6 (61.2%)
123	RABIEGA Szczepan	4079	#BIEGAJLESZNO	Masters M - 40	39	01:28:27	03:55:35	05:28:18	07:45:26	09:40:24	11:22:41.30	11:22:45.70	+04:28:20 (39.3%)	10:02	6 (61.2%)
124	BŁAŻEJCZAK Tomasz	4059	#BIEGAJLESZNO	Senior II M - 30	44	01:28:27	03:55:36	05:28:17	07:45:22	09:40:17	11:22:42.80	11:22:47.25	+04:28:21 (39.3%)	10:02	6 (61.2%)
125	BODZIACHOWSKI Marcin	4285	JACEKBIEGA RUNNING TEAM / ULTRAS LEGIA	Masters M - 40	40	01:32:00	03:45:42	05:12:21	07:26:45	09:29:30	11:21:30.95	11:22:51.55	+04:28:26 (39.3%)	10:01	6 (61.2%)
126	PRZYBYTKOWSKI Adam	4272	RNB TEAM POLANICA ZDRÓJ	Weteran I M - 50	4	01:17:44	03:31:21	05:00:01	07:17:00	09:21:02	11:23:22.45	11:23:39.40	+04:29:13 (39.4%)	10:02	6 (61.2%)
127	KOMISARCZYK Krzysztof	4073		Senior II M - 30	45	01:23:08	03:49:02		07:42:44	09:50:06	11:23:31.65	11:23:43.45	+04:29:18 (39.4%)	10:03	6 (61.2%)
128	ZWĘGLIŃSKI Andrzej	4191		Masters M - 40	41	01:24:30	03:49:19		07:36:48	09:44:50	11:26:23.00	11:27:25.90	+04:33:00 (39.7%)	10:05	5.9 (60.2%)
129	KONIECZNY Zenon	4239	TS OPATRUNKI TORUŃ	Weteran I M - 50	5	01:21:58	03:38:03		07:18:08	09:37:53	11:27:06.05	11:27:27.85	+04:33:02 (39.7%)	10:06	5.9 (60.2%)
130	OSTRZYCKI Damian	4276	WKB MARATOŃCZYK WŁOCŁAWEK	Masters M - 40	42	01:35:29	04:03:26	05:32:23	07:37:08	09:35:28	11:26:53.30	11:27:39.05	+04:33:13 (39.7%)	10:06	5.9 (60.2%)
131	BIADASIEWCZ Andrzej	4198	HTF LUDWIK SIKORSKI	Weteran II M - 60	4	01:30:17	03:47:56	05:15:01	07:23:52	09:30:58	11:26:13.30	11:27:54.45	+04:33:29 (39.8%)	10:05	5.9 (60.2%)
132	BUDYCH Arek	4312		Masters M - 40	43	01:28:40	03:49:31	05:16:27	07:28:52	09:35:32	11:27:20.45	11:27:56.95	+04:33:31 (39.8%)	10:06	5.9 (60.2%)
133	JURGA Anna	4195	SPEED FEET '16/OKFIR ŚMIGIEL	Senior II K - 30	11	01:28:56	03:59:05	05:30:16	07:45:40	09:44:39	11:27:21.50	11:28:08.10	+04:33:42 (39.8%)	10:06	5.9 (60.2%)
134	JURGA Marcin	4194	SPEED FEET '16/OKFIR ŚMIGIEL	Senior II M - 30	46	01:28:56	03:59:04	05:30:16	07:45:39	09:44:39	11:27:21.55	11:28:08.25	+04:33:42 (39.8%)	10:06	5.9 (60.2%)
135	SENFLEBEN Marek	4057	ZSET LESZNO	Senior II M - 30	47	01:22:13	03:41:23	05:07:11	07:23:25	09:38:26	11:29:47.90	11:30:59.35	+04:36:33 (40.0%)	10:08	5.9 (60.2%)
136	JABŁOŃSKI Piotr	4314	POZYTYWNIIE ZABIEGANI KLESZCZÓW	Masters M - 40	44	01:18:49	03:32:50	05:04:40	07:17:20	09:42:56	11:30:32.70	11:31:05.05	+04:36:39 (40.0%)	10:09	5.9 (60.2%)
137	ZIĘBIŃSKI Andrzej	4288		Masters M - 40	45	01:17:04	03:33:58	05:05:15	07:23:12	09:18:03	11:31:05.25	11:31:18.05	+04:36:52 (40.1%)	10:09	5.9 (60.2%)
138	PIOTROWIAK Tomasz	4318	ENTOPI.PL	Senior II M - 30	48	01:29:24	03:54:51	05:20:03	07:30:49	09:42:20	11:31:10.55	11:31:58.65	+04:37:33 (40.1%)	10:09	5.9 (60.2%)
139	BARANOWSKI Adam	4233		Masters M - 40	46	01:28:05	03:56:58	05:29:52	07:49:21	09:47:24	11:31:24.55	11:32:29.90	+04:38:04 (40.2%)	10:10	5.9 (60.2%)
140	ČERVENÝ David	4280	ERIKA COPY SHOP	Masters M - 40	47	01:21:59	03:31:11	05:00:24	07:22:43	09:36:20	11:33:02.00	11:33:24.45	+04:38:59 (40.2%)	10:11	5.9 (60.2%)
141	WIATER Tomasz	4004		Masters M - 40	48	01:08:45	03:17:58	04:47:27	07:05:58	09:20:04	11:34:49.55	11:34:53.20	+04:40:27 (40.4%)	10:13	5.9 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	68km			
142	KRUPA Piotr	4344	LAF_CAMPERVAN	Senior II M - 30	49	01:20:35	03:34:34	05:03:44	07:27:22	09:50:20	11:34:38.70	11:35:07.15	+04:40:41 (40.4%)	10:12	5.9 (60.2%)
143	BACAŃSKI Paweł	4123	KBKS RADOMSKO	Senior II M - 30	50	01:24:10	03:44:18	05:16:07	07:34:49	09:45:09	11:37:57.00	11:38:08.95	+04:43:43 (40.6%)	10:15	5.8 (59.2%)
144	SKOCZYPIEC Antoni	4254		Senior I M - 20	13	01:27:45	03:46:51	05:14:24	07:23:44	09:48:12	11:38:47.65	11:39:35.60	+04:45:10 (40.8%)	10:16	5.8 (59.2%)
145	SPYCHAŁA Maciej	4366	WRONIECKI KLUB BIEGACZA	Masters M - 40	49	01:28:56	03:59:48	05:32:21	07:50:01	09:55:04	11:40:19.45	11:40:40.65	+04:46:15 (40.9%)	10:17	5.8 (59.2%)
146	WOJCIECHOWSKI Marcin	4007	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	50	01:31:30	03:55:04	05:25:57	07:41:54	09:53:20	11:39:36.15	11:40:45.35	+04:46:19 (40.9%)	10:17	5.8 (59.2%)
147	KOZAK Bartosz	4117	KOZAKI	Masters M - 40	51	01:31:20	03:58:09	05:26:38	07:42:18	09:53:16	11:40:13.20	11:40:50.00	+04:46:24 (40.9%)	10:17	5.8 (59.2%)
148	ZIEMKIEWICZ Jarek	4144	UKS RUNNING TEAM	Masters M - 40	52	01:21:55	03:29:43	04:55:27	07:11:55	09:46:54	11:40:35.00	11:41:00.85	+04:46:35 (40.9%)	10:18	5.8 (59.2%)
149	KORNET Przemysław	4268		Senior II M - 30	51	01:27:45	03:44:40	05:12:36	07:25:58	09:32:32	11:40:40.65	11:41:16.30	+04:46:50 (40.9%)	10:18	5.8 (59.2%)
150	FRĄCKOWIAK Ewelina	4287		Masters K - 40	11	01:34:31	04:04:29	05:38:50	07:56:15	09:53:23	11:41:08.75	11:41:32.70	+04:47:07 (40.9%)	10:18	5.8 (59.2%)
151	DREWNIAK Mariusz	4061		Masters M - 40	53	01:21:06	03:32:16	05:04:43	07:19:54	09:27:30	11:40:38.15	11:41:49.50	+04:47:24 (41.0%)	10:18	5.8 (59.2%)
152	BAUM Tomasz	4299		Senior II M - 30	52	01:21:44	03:43:26	05:18:35	07:35:13	09:50:00	11:41:46.50	11:41:52.75	+04:47:27 (41.0%)	10:19	5.8 (59.2%)
153	SAJNÓG Leszek	4043	BIEGAJ LESZNO	Masters M - 40	54	01:21:44	03:43:26	05:18:35	07:35:13	09:50:00	11:41:47.45	11:41:53.30	+04:47:27 (41.0%)	10:19	5.8 (59.2%)
154	WIÓREK Maciej	4201	TEAM BIEGOWY SZCZECINEK	Masters M - 40	55	01:31:31	04:03:33	05:34:07	07:55:52	09:55:38	11:41:53.30	11:42:15.50	+04:47:50 (41.0%)	10:19	5.8 (59.2%)
155	MAJSTEREK Marcin	4024	ASSECO ACTIVE TEAM, MAMY TO	Masters M - 40	56	01:28:08	03:56:38	05:29:44	07:41:16	09:50:09	11:42:36.30	11:42:46.55	+04:48:21 (41.0%)	10:19	5.8 (59.2%)
156	MUSIAŁ Piotr	4196		Masters M - 40	57	01:31:39	03:38:57	05:04:19	07:26:24	09:51:12	11:42:25.20	11:43:49.25	+04:49:23 (41.1%)	10:19	5.8 (59.2%)
157	ŻEHALUK Paweł	4237		Senior II M - 30	53	01:27:57	03:53:47	05:25:36	07:38:08	09:40:22	11:42:18.50	11:43:52.55	+04:49:27 (41.1%)	10:19	5.8 (59.2%)
158	MARCINISZYN Wojciech	4184	MUCHOBÓR SPORTS CLUB	Senior II M - 30	54	01:34:53	03:57:58	05:34:24	07:57:27	09:57:11	11:43:09.20	11:44:06.55	+04:49:41 (41.1%)	10:20	5.8 (59.2%)
159	OLEŃDZKA Emilia	4329	REMBERTÓW TEAM	Masters K - 40	12	01:30:35	03:54:33	05:29:22	07:48:42	09:55:18	11:44:03.65	11:45:12.70	+04:50:47 (41.2%)	10:21	5.8 (59.2%)
160	MORAWSKI Grzegorz	4326		Masters M - 40	58	01:18:19	03:37:39	05:10:23	07:30:36	09:50:54	11:48:24.75	11:48:35.60	+04:54:10 (41.5%)	10:25	5.8 (59.2%)
161	KACZMAREK Mateusz	4050	#BIEGAJLESZNO	Masters M - 40	59	01:23:29	03:53:35	05:32:21	07:56:07	09:56:37	11:49:00.90	11:49:05.50	+04:54:40 (41.6%)	10:25	5.8 (59.2%)
162	STILLER Ireneusz	4112	LEIBER POLAND TEAM	Masters M - 40	60	01:31:50	03:51:14	05:14:05	07:31:35	09:44:43	11:48:16.10	11:49:10.05	+04:54:44 (41.6%)	10:24	5.8 (59.2%)
163	WYRZYKOWSKI Andrzej	4110	GRUPA BIEGOWA 65	Weteran I M - 50	6	01:29:34	03:54:42	05:26:27	07:49:43	09:58:08	11:49:14.35	11:49:59.40	+04:55:33 (41.6%)	10:25	5.8 (59.2%)
164	KARMOWSKI Jakub	4087	MOCNA GRUPA CEZARA	Masters M - 40	61	01:25:30	03:46:22	05:16:41	07:36:03	09:57:28	11:50:58.70	11:51:14.55	+04:56:49 (41.7%)	10:27	5.7 (58.2%)
165	TOL Monika	4126	MAFIA TEAM LUBLINIEC	Senior II K - 30	12	01:33:05	04:08:43	05:46:01	08:06:48	10:08:25	11:50:37.90	11:51:42.10	+04:57:16 (41.8%)	10:27	5.7 (58.2%)
166	MSZANOWSKI Jędrzej	4230	3:33 TEAM	Masters M - 40	62	01:34:49	04:03:15	05:40:04	08:12:40	10:02:35	11:51:37.75	11:52:28.15	+04:58:02 (41.8%)	10:27	5.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
167	KLAMA Maciej	4014	KKM	Masters M - 40	63	01:34:54	04:03:55	05:34:33	08:00:09	10:13:36	11:51:48.35	11:52:40.25	+04:58:14 (41.8%)	10:28	5.7 (58.2%)
168	BATOR Monika	4090		Masters K - 40	13	01:26:15	03:53:20	05:30:19	07:49:48	10:03:28	11:52:54.65	11:53:24.45	+04:58:59 (41.9%)	10:29	5.7 (58.2%)
169	STRZYŻEWSKI Paweł	4091	SZCZYT ZA SZCZYTEM	Masters M - 40	64	01:26:13	03:53:19	05:30:10	07:49:49	10:03:19	11:52:54.20	11:53:24.65	+04:58:59 (41.9%)	10:29	5.7 (58.2%)
170	WERYSZKO Adam	4111	LESZ NO LIMITS RUNNERS	Masters M - 40	65	01:27:45	03:55:03	05:25:57	07:40:46	09:57:02	11:53:26.95	11:53:54.80	+04:59:29 (42.0%)	10:29	5.7 (58.2%)
171	ZAŁUSKI Piotr	4138	WLKP MOUNTAINS ULTRA	Weteran I M - 50	7	01:19:37	03:29:42		07:12:50	09:54:20	11:54:07.60	11:54:32.50	+05:00:07 (42.0%)	10:30	5.7 (58.2%)
172	KARNICKA Iwona	4076	DZG RUNNERS ZGORZELEC	Weteran K - 50	2	01:27:42	03:51:14	05:28:01	07:46:14	09:46:33	11:54:20.70	11:54:46.05	+05:00:20 (42.0%)	10:30	5.7 (58.2%)
173	NOWAK Patryk	4183		Senior II M - 30	55	01:34:53	03:57:57	05:34:23	07:57:29	10:08:44	11:54:36.60	11:55:33.35	+05:01:07 (42.1%)	10:30	5.7 (58.2%)
174	LEWANDOWSKI Bartłomiej	4045	MMUU	Masters M - 40	66	01:20:45	03:31:21		07:21:03	09:32:28	11:54:44.40	11:55:44.75	+05:01:19 (42.1%)	10:30	5.7 (58.2%)
175	KARPIESIUK Adam	4011	AKTYWNIE UZALEŻNIAMY	Masters M - 40	67	01:35:25	04:03:25	05:32:01	07:50:38	10:10:16	11:56:10.55	11:56:56.20	+05:02:30 (42.2%)	10:31	5.7 (58.2%)
176	WASIELEWSKI Oskar	4070		Masters M - 40	68	01:27:16	03:55:31	05:31:21	07:59:23	10:02:40	11:59:48.35	12:00:25.75	+05:06:00 (42.5%)	10:35	5.7 (58.2%)
177	MAGIERA Przemysław	4166	NOWOSOLSKA GRUPA BIEGOWA	Masters M - 40	69	01:25:44	03:43:59	05:10:13	07:35:20	10:02:28	12:02:48.60	12:03:51.45	+05:09:26 (42.7%)	10:37	5.6 (57.1%)
178	LICAK Łukasz	4089		Masters M - 40	70	01:37:18	04:02:02	05:36:46	08:02:29	10:14:32	12:03:08.70	12:04:49.70	+05:10:24 (42.8%)	10:38	5.6 (57.1%)
179	KLIMEK Arkadiusz	4304		Weteran I M - 50	8	01:31:22	03:55:04	05:29:15	07:53:29	10:08:40	12:03:50.55	12:05:30.40	+05:11:04 (42.9%)	10:38	5.6 (57.1%)
180	ORECKI Radosław	4001	NULLPTR	Senior II M - 30	56	01:25:13	03:36:32	05:05:47	07:29:25	09:44:20	12:04:40.35	12:05:48.95	+05:11:23 (42.9%)	10:39	5.6 (57.1%)
181	BIGAJ Justyna	4048	RUN GLORIA	Senior II K - 30	13	01:32:46	04:10:31	05:43:45	07:59:19	10:08:51	12:07:05.95	12:07:14.80	+05:12:49 (43.0%)	10:41	5.6 (57.1%)
181	MIKŁASZ-ZAKRZEWSKA Aleksandra	4255	ADIDASRUNNERSPOZNAŃ	Senior II K - 30	13	01:32:44	04:10:31	05:43:45	07:59:20	10:09:06	12:07:05.80	12:07:14.80	+05:12:49 (43.0%)	10:41	5.6 (57.1%)
183	JERMALONEK Maciej	4306		Senior II M - 30	57	01:20:50	03:42:54	05:18:35	07:50:16	10:09:31	12:10:53.70	12:11:51.15	+05:17:25 (43.4%)	10:44	5.6 (57.1%)
184	WERESZCZYŃSKI Tomasz	4041	AKTYWNIE UZALEŻNIAMY	Masters M - 40	71	01:35:25	04:03:19	05:34:07	07:57:10	10:21:19	12:11:29.95	12:12:18.65	+05:17:53 (43.4%)	10:45	5.6 (57.1%)
185	BAJER Karol	4157		Masters M - 40	72	01:25:16	03:56:13	05:27:36	07:47:22	10:07:56	12:11:54.45	12:13:03.85	+05:18:38 (43.5%)	10:45	5.6 (57.1%)
186	FELKEL Ewa	4107	PIĄTKOWO NA BIEGOWO	Weteran K - 50	3	01:42:55	04:24:17	06:02:01	08:20:15	10:25:23	12:13:04.60	12:14:19.05	+05:19:53 (43.6%)	10:46	5.6 (57.1%)
187	KWIECIEŃ Krzysztof	4262		Masters M - 40	73	01:33:31	03:58:32	05:31:55	07:59:30	10:17:14	12:13:34.75	12:14:42.55	+05:20:17 (43.6%)	10:47	5.6 (57.1%)
188	ŚLUZEK Mirosław	4063		Weteran II M - 60	5	01:27:25	03:54:39		08:00:08	10:24:33	12:14:11.10	12:15:05.95	+05:20:40 (43.6%)	10:47	5.6 (57.1%)
189	LEBODA Katarzyna	4067	WILD DOGS TEAM	Senior II K - 30	15	01:30:10	03:52:41	05:22:08	07:48:16	10:15:18	12:14:31.80	12:15:55.50	+05:21:30 (43.7%)	10:48	5.6 (57.1%)
190	GADZAŁA Bartosz	4016	5R061E-7R4MPK1	Senior II M - 30	58	01:21:03	03:33:48	05:46:04	08:11:32	10:26:53	12:15:52.20	12:16:58.95	+05:22:33 (43.8%)	10:49	5.5 (56.1%)
191	TRYK Sebastian	4286	NOA	Weteran I M - 50	9	01:27:36	03:46:18	05:19:29	07:40:29	10:06:29	12:16:57.55	12:17:56.55	+05:23:31 (43.8%)	10:50	5.5 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
192	KOSTERA Tomasz	4313	VEGE RUNNERS	Masters M - 40	74	01:21:08	03:35:22	05:10:17	07:42:01	10:08:41	12:17:29.85	12:18:15.60	+05:23:50 (43.9%)	10:50	5.5 (56.1%)
193	LEWARDOWSKI Konrad	4320	KTB KUNY	Weteran I M - 50	10	01:35:02	04:05:51	05:35:13	07:56:07	10:11:39	12:17:30.70	12:18:28.10	+05:24:02 (43.9%)	10:50	5.5 (56.1%)
194	NOWAK Andrzej	4075		Senior II M - 30	59	01:29:21	03:59:38		08:10:34	10:25:44	12:18:34.05	12:19:12.75	+05:24:47 (43.9%)	10:51	5.5 (56.1%)
195	LIDTKE Marcin	4027	ŻARY RUNNERS TEAM	Masters M - 40	75	01:29:24	03:59:29	05:30:29	08:06:51	10:10:26	12:18:35.35	12:19:13.35	+05:24:47 (43.9%)	10:51	5.5 (56.1%)
196	LIEBNER Patryk	4350	TRIGYM SZCZECIN	Masters M - 40	76	01:26:00	03:57:45	05:24:48	07:47:23	10:12:21	12:20:12.65	12:20:44.75	+05:26:19 (44.1%)	10:53	5.5 (56.1%)
197	RĄCZKA Piotr	4088	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters M - 40	77	01:28:30	03:49:33	05:26:39	07:51:50	10:08:21	12:20:52.45	12:21:18.75	+05:26:53 (44.1%)	10:53	5.5 (56.1%)
198	CIEŚLAR Kasia	4060		Senior II K - 30	16	01:40:10	04:08:16	05:43:05	08:07:17	10:19:58	12:20:59.60	12:22:15.20	+05:27:49 (44.2%)	10:53	5.5 (56.1%)
199	SZEJKA Katarzyna	4141		Masters K - 40	14	01:39:41	04:14:57	05:47:02	08:04:16	10:15:16	12:21:38.90	12:23:01.70	+05:28:36 (44.2%)	10:54	5.5 (56.1%)
200	SYNOWIEC Grzegorz	4108		Masters M - 40	78	01:35:13	04:06:43	05:38:28	08:03:36	10:11:55	12:22:47.70	12:24:01.00	+05:29:35 (44.3%)	10:55	5.5 (56.1%)
201	BOCHM Szymon	4121	BON ŻYWNOŚCIOWY	Senior II M - 30	60	01:44:28	04:13:32	05:47:01	08:13:57	10:21:51	12:25:26.70	12:26:58.65	+05:32:33 (44.5%)	10:57	5.5 (56.1%)
202	NIEWIADOMSKI Marek	4031	CROSS KRAPKOWICE	Senior II M - 30	61	01:27:58	03:50:39	05:24:48	07:49:52	10:11:08	12:25:49.05	12:27:03.95	+05:32:38 (44.5%)	10:58	5.5 (56.1%)
203	PŁONKA Piotr	4319		Masters M - 40	79	01:27:58	04:10:30	05:41:19	08:16:14	10:36:13	12:28:02.30	12:29:29.55	+05:35:04 (44.7%)	11:00	5.5 (56.1%)
204	BOŁDYS Paweł	4033	TRENER BIEGACZY RUNONLINE.PL	Senior II M - 30	62	01:31:51	04:06:12	05:38:34	08:01:31	10:33:01	12:28:47.50	12:29:55.50	+05:35:30 (44.7%)	11:00	5.4 (55.1%)
205	CZYŻEWSKI Łukasz	4354	INFLOW	Senior II M - 30	63	01:29:32	04:06:11	05:37:23	08:01:28	10:32:33	12:28:45.75	12:29:55.85	+05:35:30 (44.7%)	11:00	5.4 (55.1%)
206	KRZYKANOWSKI Marcin	4345	CENTRUM SPORTU GRABAREK	Masters M - 40	80	01:32:39	03:56:41	05:27:11	08:03:52	10:31:23	12:29:30.80	12:30:46.85	+05:36:21 (44.8%)	11:01	5.4 (55.1%)
207	WINNY Przemysław	4206	BIELAWSKA AKADEMIA BIEGANIA	Senior II M - 30	64	01:35:02	04:10:13	05:42:30	08:20:31	10:38:24	12:29:39.00	12:31:00.80	+05:36:35 (44.8%)	11:01	5.4 (55.1%)
208	GROSZAK Krzysztof	4243		Senior II M - 30	65	01:39:50	04:20:41	05:56:44	08:24:50	10:38:19	12:30:12.95	12:31:48.80	+05:37:23 (44.9%)	11:01	5.4 (55.1%)
209	PATROŃSKI Paweł	4186		Masters M - 40	81	01:30:21	03:58:21	05:32:25	07:59:50	10:22:18	12:31:19.45	12:32:39.35	+05:38:13 (44.9%)	11:02	5.4 (55.1%)
210	GONERA Kazimierz	4119	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	6	01:33:46	04:03:32	05:44:16	08:17:06	10:30:42	12:32:01.65	12:32:51.35	+05:38:25 (45.0%)	11:03	5.4 (55.1%)
211	SZUMIATO Jakub	4236	PRZEDWOJEWSKI TEAM	Masters M - 40	82	01:33:42	04:11:22	05:47:19	08:12:33	10:38:26	12:34:42.55	12:36:00.95	+05:41:35 (45.2%)	11:05	5.4 (55.1%)
212	DOMAŃSKI Jarosław	4338	BIEGAMDŁAZDROWIA.PL/ŚWIERZAWA	Weteran I M - 50	11	01:24:26	03:41:24	05:18:22	07:53:58	10:27:25	12:37:50.45	12:38:52.95	+05:44:27 (45.4%)	11:08	5.4 (55.1%)
213	FALBA Karol	4263		Masters M - 40	83	01:29:11	03:48:23	05:27:52	08:05:08	10:33:39	12:38:19.40	12:39:12.55	+05:44:47 (45.4%)	11:09	5.4 (55.1%)
214	DYSZKIEWICZ Grzegorz	4228		Senior II M - 30	66	01:30:16	04:01:56	05:32:10	07:56:38	10:30:59	12:38:10.95	12:39:21.25	+05:44:55 (45.4%)	11:08	5.4 (55.1%)
215	WIĘCKOWSKI Tomasz	4264	ORANGE POLSKA	Weteran I M - 50	12	02:01:00	04:50:40	06:26:25	08:34:56	10:46:10	12:39:46.20	12:40:25.95	+05:46:00 (45.5%)	11:10	5.4 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	68km	68km			
216	KOCZOROWSKI Marcin	4114	TEAM ZABIEGANEDNI	Masters M - 40	84	01:32:41	04:10:45	05:47:45	08:26:31	10:43:53	12:42:39.35	12:43:17.60	+05:48:52 (45.7%)	11:12	5.3 (54.1%)
217	KOCZOROWSKA Anna	4115	TEAM ZABIEGANEDNI	Masters K - 40	15	01:32:39	04:10:45	05:47:44	08:26:31	10:43:50	12:42:39.15	12:43:17.85	+05:48:52 (45.7%)	11:12	5.3 (54.1%)
218	KRYSTEK Ewa	4137		Weteran K - 50	4	01:40:47	04:20:51	06:09:14	08:31:08	10:46:14	12:42:26.75	12:43:22.30	+05:48:56 (45.7%)	11:12	5.4 (55.1%)
219	KOBYŁECKI Michał	4211	PROCOM SYSTEM	Senior II M - 30	67	01:40:48	04:20:51		08:30:15	10:47:48	12:42:31.50	12:43:26.45	+05:49:01 (45.7%)	11:12	5.4 (55.1%)
220	RADOMSKI Wojciech	4150		Senior II M - 30	68	01:35:28	04:06:29	05:44:05	08:13:36	10:43:05	12:43:00.55	12:44:39.55	+05:50:14 (45.8%)	11:13	5.3 (54.1%)
221	WIŚNIEWSKA Anna	4151		Senior II K - 30	17	01:35:27	04:06:29	05:44:04	08:13:34	10:43:03	12:43:01.15	12:44:40.05	+05:50:14 (45.8%)	11:13	5.3 (54.1%)
222	GRELECKI Grzegorz	4212		Senior I M - 20	14	01:28:13	04:10:44	05:52:42	08:33:50	10:52:44	12:47:47.80	12:48:23.15	+05:53:57 (46.1%)	11:17	5.3 (54.1%)
223	STYKAŁA Adrianna	4082		Senior I K - 20	3	01:30:16	04:12:34	05:51:01	08:23:21	10:42:59	12:48:38.70	12:49:15.80	+05:54:50 (46.1%)	11:18	5.3 (54.1%)
224	KOSTYK Grzegorz	4013		Masters M - 40	85	01:35:44	04:01:18	05:37:49	08:13:59	10:33:00	12:48:39.85	12:49:20.95	+05:54:55 (46.1%)	11:18	5.3 (54.1%)
225	WOJTAS Mateusz	4291	NOA	Senior II M - 30	69	01:29:47	04:01:40	05:41:31	08:20:49	10:47:16	12:49:58.20	12:50:33.05	+05:56:07 (46.2%)	11:19	5.3 (54.1%)
226	HYRNIK Wojciech	4363		Masters M - 40	86	01:25:34	03:49:35	05:23:38	08:05:03	10:42:34	12:52:43.60	12:53:45.15	+05:59:19 (46.4%)	11:21	5.3 (54.1%)
227	ADAMUS Katarzyna	4055	ULTRA BESKID SPORT	Masters K - 40	16	01:47:35	04:40:18	06:25:04	08:51:26	10:56:37	12:52:42.60	12:53:58.55	+05:59:33 (46.5%)	11:21	5.3 (54.1%)
228	LACH Agnieszka	4260	MOCNA GRUPA CEZARA	Masters K - 40	17	01:35:32	04:19:28	06:08:54	08:44:30	11:01:46	12:54:15.75	12:54:47.80	+06:00:22 (46.5%)	11:23	5.3 (54.1%)
229	GIERASIMOWICZ Szymon	4266		Masters M - 40	87	01:29:04	03:59:39	05:37:58	08:34:11	10:49:00	12:53:26.40	12:54:52.25	+06:00:26 (46.5%)	11:22	5.3 (54.1%)
230	FIK-KIONA Joanna	4146	KB SZAMOTUŁY	Masters K - 40	18	01:38:37	04:22:10	05:59:23	08:38:00	11:00:43	12:54:28.60	12:55:27.85	+06:01:02 (46.6%)	11:23	5.3 (54.1%)
231	CZACHOWSKI Michał	4341		Weteran I M - 50	13	01:42:52	04:11:59	05:50:00	08:28:17	11:00:48	12:58:07.65	12:59:43.35	+06:05:17 (46.8%)	11:26	5.2 (53.1%)
232	JAZ Ernest	4333	ENDORFINY WĄSOSZ	Masters M - 40	88	01:28:47	03:49:19	05:18:23	07:40:36	10:26:02	12:59:48.75	13:00:35.20	+06:06:09 (46.9%)	11:28	5.2 (53.1%)
233	JAROCZYŃSKI Marian	4337		Masters M - 40	89	01:18:31	03:58:30	05:33:23	08:16:04	10:51:59	13:02:41.40	13:03:03.75	+06:08:38 (47.1%)	11:30	5.2 (53.1%)
234	SZYKLEWSKI Maciej	4249	QUAY POZNAŃ	Weteran I M - 50	14	01:34:02	04:09:35	05:50:06	08:37:44	11:01:53	13:07:14.85	13:08:41.45	+06:14:16 (47.5%)	11:34	5.2 (53.1%)
235	TOMELA Maciej	4094	TEAM GOSZKA	Senior II M - 30	70	01:14:59	03:25:12	05:01:55	07:50:25	10:40:45	13:09:17.70	13:10:15.30	+06:15:49 (47.6%)	11:36	5.2 (53.1%)
236	KUNECKI Norbert	4265	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	90	01:28:09	03:57:40	05:47:32	08:25:05	11:00:47	13:09:58.60	13:10:47.70	+06:16:22 (47.6%)	11:37	5.2 (53.1%)
236	KRAJEWSKA Agata	4336	RIO GRAPPLING CLUB OŁAWA	Masters K - 40	19	01:36:50	04:06:57	05:52:25	08:31:07	11:00:28	13:09:30.50	13:10:47.70	+06:16:22 (47.6%)	11:36	5.2 (53.1%)
238	LISOWSKI Maciej	4242	DESTYLATOR	Masters M - 40	91	01:35:21	04:13:00	05:55:26	08:40:34	11:07:51	13:10:00.55	13:11:01.50	+06:16:36 (47.6%)	11:37	5.2 (53.1%)
239	DANOWSKI Jakub	4165		Senior II M - 30	71	01:43:49	04:38:12	06:21:14	08:58:35	11:13:48	13:10:14.25	13:11:05.40	+06:16:39 (47.6%)	11:37	5.2 (53.1%)
240	PŁOCIŃSKI Norbert	4036	ROZBIEGANI CHOJNÓW	Senior II M - 30	72	01:37:15	04:25:42	06:08:41	08:44:52	11:16:40	13:10:21.90	13:11:28.05	+06:17:02 (47.6%)	11:37	5.2 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
241	MICHALIK Kamila	4010		Senior I K - 20	4	01:37:15	04:25:42	06:08:35	08:44:52	11:16:41	13:12:48.70	13:13:54.55	+06:19:29 (47.8%)	11:39	5.1 (52.0%)
242	ROSIŃSKA Agnieszka	4152	ŚWIERCZEWO RUN	Masters K - 40	20	01:46:42	04:48:34	06:56:03			13:12:38.00	13:14:17.55	+06:19:52 (47.8%)	11:39	5.1 (52.0%)
243	PALUSZKIEWICZ Rafał	4148	ŚWIERCZEWO RUN / SPP TEAM	Masters M - 40	92	01:46:40	04:48:28	06:56:03			13:12:37.95	13:14:18.10	+06:19:52 (47.8%)	11:39	5.1 (52.0%)
244	BINKOWSKA Marta	4015	ŚWIERCZEWO RUN	Senior II K - 30	18	01:46:03	04:46:07	06:55:55			13:12:38.35	13:14:19.10	+06:19:53 (47.8%)	11:39	5.1 (52.0%)
245	RYŚNIK Błażej	4179		Senior II M - 30	73	01:34:56	04:11:05	05:51:05	08:32:22	11:01:24	13:13:30.85	13:14:44.65	+06:20:19 (47.9%)	11:40	5.1 (52.0%)
246	KOSTRZYŃSKA Ewa	4120	KB SZAMOTUŁY	Masters K - 40	21	01:43:12	04:30:37	06:18:41	09:02:26	11:14:43	13:15:55.60	13:16:55.20	+06:22:29 (48.0%)	11:42	5.1 (52.0%)
247	ŁAGOWSKI Dariusz	4232	TKKF MPK POZNAŃ	Masters M - 40	93	01:44:44	04:30:10	06:21:13	09:01:33	11:14:14	13:15:28.15	13:16:58.75	+06:22:33 (48.0%)	11:41	5.1 (52.0%)
248	LECIEJEWSKI Mateusz	4217		Senior II M - 30	74	01:34:52	04:16:50	05:53:11	08:45:13	11:22:36	13:16:22.10	13:17:49.65	+06:23:24 (48.1%)	11:42	5.1 (52.0%)
249	KURIATA Bartłomiej	4289		Weteran I M - 50	15	01:35:16	03:59:11	05:43:31	08:19:15	10:54:14	13:16:33.10	13:18:05.75	+06:23:40 (48.1%)	11:42	5.1 (52.0%)
250	WRZESIŃSKI Krzysztof	4248		Masters M - 40	94	01:43:44	04:34:43	06:26:23	09:08:05	11:21:28	13:17:10.75	13:18:15.15	+06:23:49 (48.1%)	11:43	5.1 (52.0%)
251	PAWLIK Katarzyna	4277		Masters K - 40	22	01:37:39	04:17:09	05:55:53	08:32:54	11:03:05	13:18:30.65	13:19:21.65	+06:24:56 (48.2%)	11:44	5.1 (52.0%)
252	TOMASZEWSKA Ewa	4213	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	23	01:37:39	04:17:09	05:55:56	08:32:48		13:18:31.15	13:19:21.80	+06:24:56 (48.2%)	11:44	5.1 (52.0%)
253	JANEK Piotr	4362		Senior II M - 30	75	01:41:16	04:20:41	05:58:08	08:40:18	11:05:07	13:18:05.25	13:19:42.85	+06:25:17 (48.2%)	11:44	5.1 (52.0%)
254	BASIŃSKI Hubert	4292	BIEGACZAMATOR	Masters M - 40	95	01:41:16	04:20:29	05:57:26	08:35:46	11:05:10	13:18:06.05	13:19:43.35	+06:25:17 (48.2%)	11:44	5.1 (52.0%)
255	SAWICKI Bartosz	4147	DZIKIE DZIKI GORZÓW	Senior II M - 30	76	01:33:25	04:08:38	05:52:35	08:34:21	11:02:32	13:21:37.65	13:22:42.90	+06:28:17 (48.4%)	11:47	5.1 (52.0%)
256	PIETRZAK Krzysztof	4136	BIEGAMBO LUBIĘ - GORZÓW	Senior II M - 30	77	01:33:29	04:08:38	05:52:36	08:34:20	11:03:57	13:21:38.30	13:22:43.20	+06:28:17 (48.4%)	11:47	5.1 (52.0%)
257	SZCZEPANIAK Grzegorz	4197	JAWOR RIVER GYM	Senior II M - 30	78	01:34:40	04:25:35	06:07:15	08:49:40	11:12:38	13:22:52.65	13:24:32.00	+06:30:06 (48.5%)	11:48	5.1 (52.0%)
258	ZAWADA Damian	4335		Senior II M - 30	79	01:30:24	04:10:30	05:55:49	08:45:42	11:25:46	13:26:10.60	13:26:23.35	+06:31:57 (48.6%)	11:51	5.1 (52.0%)
259	BERNAS-KUJAWIŃSKA Magdalena	4284	HERCOG RUNNING TEAM	Masters K - 40	24	01:37:58	04:27:47	06:26:03	09:02:31	11:16:50	13:28:39.10	13:28:44.45	+06:34:19 (48.8%)	11:53	5 (51.0%)
260	GUZEK Agnieszka	4332		Masters K - 40	25	01:38:08	04:17:06	06:02:58	08:43:53	11:14:18	13:28:11.45	13:29:22.05	+06:34:56 (48.8%)	11:53	5 (51.0%)
261	RUDAWSKA Karolina	4054		Senior II K - 30	19	01:45:57	04:35:35	06:21:19	09:04:01	11:20:23	13:30:16.20	13:31:45.15	+06:37:19 (48.9%)	11:54	5 (51.0%)
262	IZDEBSKA Anna	4052		Senior I K - 20	5	01:45:58	04:35:39	06:21:21	09:04:02	11:20:21	13:30:16.15	13:31:45.20	+06:37:19 (48.9%)	11:54	5 (51.0%)
263	MAŁEK Krzysztof	4028	FORFITERY	Masters M - 40	96	01:30:07	04:17:59	05:58:50	08:46:32	11:26:57	13:31:59.75	13:32:26.95	+06:38:01 (49.0%)	11:56	5 (51.0%)
264	ŚLUSAREK Grzegorz	4002		Masters M - 40	97	01:45:37	04:23:02	06:09:07	08:53:55	11:26:20	13:32:45.20	13:34:09.85	+06:39:44 (49.1%)	11:57	5 (51.0%)
265	SIKORSKI Ludwik	4032	HTF LUDWIK SIKORSKI	Masters M - 40	98	01:42:21	04:39:53	06:31:57	09:19:54	11:25:09	13:35:06.35	13:35:29.55	+06:41:04 (49.2%)	11:59	5 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	68km	68km			
266	MISTUR Szymon	4003	HAKUNA MATATA	Masters M - 40	99	01:31:27	04:01:00	05:39:11	08:19:25	10:58:23	13:35:12.05	13:35:39.20	+06:41:13 (49.2%)	11:59	5 (51.0%)
267	SOBAŃSKA Paulina	4169	TARNOWO PODGÓRNE BIEGA	Masters K - 40	26	01:43:13		06:22:57	09:10:29	11:29:08	13:36:21.65	13:36:58.85	+06:42:33 (49.3%)	12:00	5 (51.0%)
268	ŚMIGIEL Magdalena	4161		Senior II K - 30	20	01:32:47	04:10:31	05:52:04	08:54:20	11:25:20	13:37:02.95	13:37:12.00	+06:42:46 (49.3%)	12:00	5 (51.0%)
269	ZDEBIK Katarzyna	4305		Senior II K - 30	21	01:32:49	04:10:38	05:52:02	08:53:45	11:25:19	13:37:02.60	13:37:12.10	+06:42:46 (49.3%)	12:00	5 (51.0%)
270	FILUT Tomasz	4331	BIEGAJĄCE KREJZOLE	Masters M - 40	100	01:35:10	04:22:03	06:07:19	08:53:44	11:14:54	13:37:23.45	13:39:01.05	+06:44:35 (49.4%)	12:01	5 (51.0%)
271	ZIELIŃSKA-DAWIDZIAK Magdalena	4223	AMBIT RACING TEAM	Weteran K - 50	5	01:34:38	04:20:59	06:08:34	08:57:59	11:35:03	13:39:00.30	13:40:12.25	+06:45:46 (49.5%)	12:02	5 (51.0%)
272	ZIELINSKI Pawel	4099		Senior II M - 30	80	01:30:40	04:13:09	05:47:48	08:34:57	11:20:27	13:38:57.65	13:40:13.35	+06:45:47 (49.5%)	12:02	5 (51.0%)
273	MOKROGULSKI Michal	4086		Senior I M - 20	15	01:30:49	04:10:52	05:43:58	08:33:11	11:05:15	13:39:52.10	13:41:14.55	+06:46:49 (49.5%)	12:03	5 (51.0%)
274	TOKARCZYK Tomasz	4216	DRUŻYNA SZPIKU	Weteran I M - 50	16	01:34:46	04:16:44	05:53:15	08:45:15	11:25:49	13:40:06.45	13:41:34.50	+06:47:09 (49.6%)	12:03	5 (51.0%)
275	DUBIEL Monika	4192	KUNA W AGREŚCIE	Masters K - 40	27	01:41:01	04:25:30	06:09:56	08:48:35	11:03:33	13:40:52.90	13:41:58.55	+06:47:33 (49.6%)	12:04	5 (51.0%)
276	KEGEL Zbigniew	4106	PIĄTKOWO NA BIEGOWO	Weteran II M - 60	7	01:50:23	04:42:02	06:39:41	09:27:36	11:32:18	13:41:43.00	13:42:59.95	+06:48:34 (49.6%)	12:05	5 (51.0%)
277	SROKA Łukasz	4247		Masters M - 40	101	01:41:16	04:20:42	06:05:19	09:02:23	11:20:20	13:42:10.65	13:43:46.75	+06:49:21 (49.7%)	12:05	5 (51.0%)
278	KRUPIŃSKI Marek	4330		Senior I M - 20	16	01:20:25	04:21:54	05:53:29	08:37:46	11:23:05	13:42:47.10	13:44:29.70	+06:50:04 (49.7%)	12:05	5 (51.0%)
279	POPCZYK Piotr	4056	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	Masters M - 40	102	01:45:04	04:42:20	06:34:49	09:27:38	11:27:38	13:46:40.65	13:48:09.30	+06:53:43 (50.0%)	12:09	4.9 (50.0%)
280	DRAJERCZAK Marlena	4154	M&M BIEGAMY RAZEM	Masters K - 40	28	01:45:09	04:39:55	06:31:28	09:21:19	11:27:56	13:50:09.05	13:51:50.65	+06:57:25 (50.2%)	12:12	4.9 (50.0%)
281	KOSSOK-ZAWADA Marta	4162	CAŁA OLEŚNICA BIEGA	Senior II K - 30	22	01:36:01	04:38:06	06:33:07	09:19:57	11:28:56	13:51:40.00	13:51:57.70	+06:57:32 (50.2%)	12:13	4.9 (50.0%)
282	LEWICKA Magdalena	4083	CAŁA OLEŚNICA BIEGA	Masters K - 40	29	01:36:00	04:38:02	06:33:07	09:20:05	11:29:00	13:51:40.30	13:51:57.85	+06:57:32 (50.2%)	12:13	4.9 (50.0%)
282	HADUŁA Justyna	4269		Masters K - 40	29	01:35:59	04:38:01	06:33:03	09:19:55	11:28:59	13:51:39.90	13:51:57.85	+06:57:32 (50.2%)	12:13	4.9 (50.0%)
284	GOŁĄB Andrzej	4062	CAŁA OLEŚNICA BIEGA	Weteran I M - 50	17	01:33:51	04:38:01	06:33:16	09:15:11	11:28:08	13:51:42.35	13:52:01.50	+06:57:36 (50.2%)	12:13	4.9 (50.0%)
285	KORNACKI Piotr	4204	AKTYWNI KRZYŻ	Masters M - 40	103	01:52:49	04:52:09	06:47:58	09:24:34	11:28:46	13:52:19.05	13:53:11.35	+06:58:45 (50.3%)	12:14	4.9 (50.0%)
286	HANGIEL Urszula	4275	ŻWAWĘ ŻÓŁWIE	Masters K - 40	31	01:45:33	04:46:39	06:47:00	09:33:36	11:47:37	13:51:55.35	13:53:30.85	+06:59:05 (50.3%)	12:14	4.9 (50.0%)
287	ZIĘTEK Krzysztof	4258	ADIDAS RUNNERS	Weteran I M - 50	18	01:37:37	04:32:34	06:36:09	09:27:34	11:28:04	13:52:55.50	13:54:15.25	+06:59:49 (50.3%)	12:14	4.9 (50.0%)
288	SOBCZAK Marcin	4008		Masters M - 40	104	01:34:47	04:19:16	06:08:18	09:29:20	11:50:47	13:55:24.15	13:56:49.60	+07:02:24 (50.5%)	12:17	4.9 (50.0%)
289	CHMIELEWSKI Mariusz	4185	RUN STAJNIAK TEAM	Senior II M - 30	81	01:34:47	04:37:03	06:39:03	09:30:36	11:46:10	13:56:35.85	13:57:54.30	+07:03:28 (50.5%)	12:18	4.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
Przekroczony limit czasu: 14:00:00															
290	DUDA Marcin	4364		Masters M - 40	105	01:28:02	04:11:05	05:56:18	08:50:56	11:29:35	14:00:46.10	14:00:59.15	+07:06:33 (50.7%)	12:21	4.9 (50.0%)
	ZEIDLER Aleksander	4019		Masters M - 40		01:38:47 DNF	04:34:52 DNF	06:26:34 DNF	09:19:34 DNF	11:45:53 DNF	DNF	DNF	-	-	(0.0%)
	PROSZAK Sebastian	4193	TEAM KURORT ŁĄDEK ZDRÓJ	Weteran I M - 50		01:18:11 DNF	03:20:00 DNF	DNF	06:51:50 DNF	DNF	DNF	DNF	-	-	(0.0%)
	FALTUS Jan	4210	VLAJEM ZA PSEM	Senior II M - 30		01:08:51 DNF	03:04:31 DNF	04:31:13 DNF	06:51:58 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MACHOWIAK Maciej	4343	#BIEGAJLESZNO	Senior II M - 30		01:16:13 DNF	03:28:06 DNF	04:57:36 DNF	07:31:09 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUCIA Szymon	4189	ADIENT	Senior II M - 30		01:29:20 DNF	03:48:14 DNF	05:19:22 DNF	07:34:22 DNF	DNF	DNF	DNF	-	-	(0.0%)
	HAŁUPKA Aldona	4160	PARKRUN JEZIORO SWARZĘDZKIE	Masters K - 40		01:27:16 DNF	03:46:02 DNF	05:26:27 DNF	08:40:14 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZCZEŚNIAK Mariusz	4017	LONE WOLF	Masters M - 40		01:34:20 DNF	04:21:33 DNF	06:15:00 DNF	08:58:28 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PYTLARCZYK Piotr	4259		Weteran I M - 50		01:41:27 DNF	04:21:46 DNF	06:22:03 DNF	09:22:41 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZAWORSKI Jacek	4349		Weteran I M - 50		01:43:24 DNF	04:30:51 DNF	06:20:07 DNF	09:25:55 DNF	DNF	DNF	DNF	-	-	(0.0%)
	CZABAN Katarzyna	4252	KULAM SIĘ JAK GUMIKLYJZY	Senior II K - 30		01:43:00 DNF	04:38:41 DNF	06:39:20 DNF	09:27:06 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KĘDZIA Edyta	4143		Weteran K - 50		01:48:30 DNF	04:39:04 DNF	06:35:12 DNF	09:28:42 DNF	DNF	DNF	DNF	-	-	(0.0%)
	STOLPE Maciej	4026	TKKF MPK POZNAŃ	Weteran I M - 50		01:37:53 DNF	04:11:37 DNF	05:58:12 DNF	09:29:20 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KŁACZKIEWICZ Magdalena	4006	KB SZAMOTUŁY	Senior I K - 20		01:51:17 DNF	04:52:45 DNF	06:48:22 DNF	09:35:04 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOZANECKI Przemysław	4093	WYBIEGAC MARZENIA TEAM	Senior II M - 30		01:07:24 DNF	02:48:53 DNF	04:12:20 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	HOŁOWNIA Tomasz	4240	GRUPA BIEGOWA BEZ GRANIC	Masters M - 40		01:07:30 DNF	02:57:30 DNF	04:40:10 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GOLCZAK Krzysztof	4215	TEAM HARD WORK BEATS TALENT	Masters M - 40		01:15:10 DNF	03:14:49 DNF	04:43:24 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZĄBECKI Przemysław	4369		Masters M - 40		01:28:39 DNF	03:37:26 DNF	04:59:33 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DAROWICKI Daniel	4358		Weteran I M - 50		01:28:38 DNF	03:43:39 DNF	05:09:59 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZYCHAL Michał	4229		Senior II M - 30		01:18:20 DNF	03:39:09 DNF	05:15:14 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JARCZEWSKI Łukasz	4246		Senior II M - 30		01:27:53 DNF	03:53:42 DNF	06:05:49 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOWAL Ireneusz	4025		Masters M - 40		01:28:30 DNF	04:21:39 DNF	06:26:49 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	LATANOWICZ Bernard	4359	LAQ	Senior II M - 30		01:41:45 DNF	04:44:40 DNF	06:32:09 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
	ADAMCZEWSKI Sebastian	4168		Masters M - 40		01:43:19 DNF	04:33:24 DNF	06:38:49 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NAGOT Tomasz	4202	KUGUAR XTREME RUNNERS	Masters M - 40		01:42:40 DNF	04:44:34 DNF	06:47:31 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SILSKI Marek	4342	ATRAKCYJNE TOWARZYSTWO	Weteran I M - 50		01:42:30 DNF	04:31:29 DNF	06:48:00 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CZERWIŃSKI Dariusz	4156	LOVELASY	Weteran I M - 50		01:36:28 DNF	04:48:22 DNF	06:56:31 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GAWĘDZKA Aneta	4158	OBORYGENI	Masters K - 40		02:01:01 DNF	04:50:46 DNF	06:57:06 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWAK Piotr	4274	JOGGING FOTOGRAFICZNY	Weteran I M - 50		01:34:35 DNF	04:44:32 DNF	07:00:38 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOTLIŃSKI Tomasz	4360	KB SZAMOTUŁY	Weteran I M - 50		01:54:20 DNF	04:55:41 DNF	07:03:53 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KORYBUT-BARSKA Anna	4044		Masters K - 40		01:46:24 DNF	04:46:50 DNF	07:05:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZCZEPANIAK Marta	4051		Masters K - 40		01:46:24 DNF	04:46:58 DNF	07:05:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUŹNIAK Justyna	4361	KB SZAMOTUŁY	Masters K - 40		01:54:17 DNF	04:56:30 DNF	07:09:16 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WINIECKA Ewa	4005	PARKRUN SŁODOWO WŁOCŁAWEK	Masters K - 40		01:46:34 DNF	04:48:49 DNF	07:11:04 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GORCZYCA Dariusz	4084		Weteran I M - 50		01:34:48 DNF	04:49:23 DNF	07:13:13 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KALIŃSKA Dorota	4321		Senior II K - 30		01:45:01 DNF	04:45:38 DNF	07:15:10 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GIZELSKA Agnieszka	4102	PIĄTKOWO NA BIEGOWO	Weteran K - 50		01:48:51 DNF	04:52:49 DNF	07:25:26 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SARNOWSKI Maciej	4042	TKKF MPK POZNAŃ	Masters M - 40		01:47:45 DNF	04:56:13 DNF	07:30:19 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STAJER Małgorzata	4104		Weteran K - 50		02:03:26 DNF	DNF	09:08:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRZEMPEK Bogusława	4145	ULTRA BESKID SPORT	Masters K - 40		01:47:38 DNF	04:40:54 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FLORCZAK Zdzisław	4300	TRAIL IS OUR WAY TEAM	Weteran II M - 60		01:54:29 DNF	04:52:43 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BAROSZ Natalia Paulina	4347		Senior II K - 30		01:10:23 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	URACZ Beata	4270	BARTOSZ GORCZYCA TEAM	Masters K - 40		01:11:32 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BARTOSZAK Piotr	4365		Senior II M - 30		01:27:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUROWSKI Artur	4018	PURAVIDATEAM	Senior II M - 30		01:33:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SPYCHAŁA Marek	4307		Weteran I M - 50		01:43:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOŚCIELNIAK Marek	4153	M&M BIEGAMY RAZEN	Masters M - 40		01:46:35 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SMORAĞIEWICZ Marcin	4022		Masters M - 40		01:52:00 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
	KORNACKA Monika	4244	AKTYWNI KRZYŻ	Masters K - 40		01:52:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MIĄSKO Wojciech	4085	12TRI.PL	Weteran I M - 50		DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 339 wynik(ów)