



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2024-07-18
Łądek-Zdrój
70 km

BIEG ULTRA TRAIL - 70 KM

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 70km	Czas brutto 70km	Różn	Tempo min/km	Tempo km/h
1	GORCZYCA Bartosz	4362	GRUPA LUKTRANS	Senior II M - 30	1	00:59:49	02:24:04	03:17:05	04:31:03	05:34:41	06:37:40.25	06:37:43.35		5:40	10.6 (100%)
2	ZBOZIEN Jarosław	4373	ALPIN SPORT TEAM	Senior II M - 30	2	01:00:43	02:29:55	03:26:39	04:43:47	05:48:49	06:52:12.35	06:52:17.05	+00:14:33 (3.5%)	5:53	10.2 (96.2%)
3	KOMRAUS Krzysztof	4304	PRESSGLASS-BIEGAMY I WSPIERAMY	Senior II M - 30	3	00:59:37	02:28:42	03:28:39	04:49:34	05:57:52	07:01:26.85	07:01:31.60	+00:23:48 (5.6%)	6:01	10 (94.3%)
4	FILIPCZUK Piotr	4288		Senior II M - 30	4	01:00:51	02:34:30	03:35:09	04:56:13	06:06:26	07:07:45.70	07:07:54.90	+00:30:11 (7.1%)	6:06	9.8 (92.5%)
5	ARMANE Agate	4284	SIGULDAS TAKAS/SUPERVARONI	Senior II K - 30	1	01:02:19	02:37:26	03:36:50	04:58:45	06:06:24	07:09:14.20	07:09:23.70	+00:31:40 (7.4%)	6:07	9.8 (92.5%)
6	PILARSKI Tomasz	4291	MARCIN ŚWIERC TEAM	Masters M - 40	1	01:00:52	02:33:25	03:35:14	04:59:13	06:12:58	07:20:14.60	07:20:18.30	+00:42:34 (9.7%)	6:17	9.5 (89.6%)
7	LESNIAK Michał	4363	DYNAFIT	Senior II M - 30	5	01:01:38	02:41:39	03:48:31	05:12:19	06:23:59	07:22:39.40	07:22:42.30	+00:44:58 (10.2%)	6:19	9.5 (89.6%)
8	MIKEŠOVÁ Jana	4335	SALMING CZ	Senior II K - 30	2	01:03:08	02:42:07	03:44:50	05:11:36	06:22:50	07:30:18.35	07:30:20.85	+00:52:37 (11.7%)	6:25	9.3 (87.7%)
9	PTAK Wojciech	4252	BLUEBIRDS RUN	Senior II M - 30	6	01:01:03	02:38:08	03:39:37	05:08:09	06:28:06	07:40:10.70	07:40:14.10	+01:02:30 (13.6%)	6:34	9.1 (85.8%)
10	KACZMARCZYK Łukasz	4142	AW-SZYBCIEJ-TEAM	Senior II M - 30	7	01:04:52	02:40:46	03:45:31	05:17:14	06:35:54	07:46:00.85	07:46:04.95	+01:08:21 (14.7%)	6:39	9 (84.9%)
11	BERLINIEC Marcin	4352	EPIC ULTRA	Senior II M - 30	8	01:02:39	02:40:06	03:45:41	05:17:48	06:35:57	07:47:04.80	07:47:10.05	+01:09:26 (14.9%)	6:40	9 (84.9%)
12	HŁADUŃSKI Łukasz	4060		Masters M - 40	2	01:09:58	02:46:59	03:48:49	05:17:07	06:35:30	07:49:59.40	07:50:11.95	+01:12:28 (15.4%)	6:42	8.9 (84.0%)
13	FRAĆKIEWICZ Mateusz	4169		Senior II M - 30	9	01:05:55	02:50:08	03:56:18	05:28:45	06:47:52	08:04:18.50	08:04:41.00	+01:26:57 (17.9%)	6:55	8.7 (82.1%)
14	KURZAC Piotr	4101		Masters M - 40	3	01:06:03	02:41:36	03:47:50	05:20:07	06:47:47	08:05:37.50	08:05:44.25	+01:28:00 (18.1%)	6:56	8.6 (81.1%)
15	BROŻYNA Rafał	4269		Senior II M - 30	10	01:11:08	03:03:16	04:09:11	05:37:17	06:53:14	08:05:59.30	08:06:18.80	+01:28:35 (18.2%)	6:56	8.6 (81.1%)
16	MAREK Bartłomiej	4265	EAZYMUT.PL/HARDY_MAREK	Senior II M - 30	11	01:04:19	02:43:23	03:48:51	05:26:31	06:56:48	08:07:55.55	08:07:59.85	+01:30:16 (18.5%)	6:58	8.6 (81.1%)
17	LERME Henrijs	4270	TRAILINITY TJCREW.EU	Senior I M - 20	1	01:05:58	02:46:03	03:48:42	05:27:13	07:09:45	08:12:14.35	08:12:24.25	+01:34:40 (19.2%)	7:01	8.5 (80.2%)
18	MAZUREK Marcin	4285		Masters M - 40	4	01:08:20	02:51:14	03:57:11	05:29:18	06:57:21	08:14:13.85	08:14:24.30	+01:36:40 (19.6%)	7:03	8.5 (80.2%)

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	70km	70km			
19	FISZER Sebastian	4339	LESZ NO LIMITS RUNNERS	Masters M - 40	5	01:06:55	02:56:56	04:09:02	05:41:24	07:05:25	08:14:48.95	08:14:59.70	+01:37:16 (19.7%)	7:04	8.5 (80.2%)
20	ZILVERS Janis	4228	SIGULDAS TAKAS	Senior II M - 30	12	01:06:06	02:56:03	04:04:40	05:37:54	07:01:10	08:17:47.40	08:18:10.10	+01:40:26 (20.2%)	7:06	8.4 (79.2%)
21	GRABIŃSKI Wojciech	4186	#BIEGIEMWLAS	Senior II M - 30	13	01:05:40	02:50:46	03:56:27	05:37:41	07:06:39	08:20:11.75	08:20:31.65	+01:42:48 (20.5%)	7:08	8.4 (79.2%)
22	KOZANECKI Przemysław	4268	WYBIEGAĆ MARZENIA TEAM	Senior II M - 30	14	01:09:18	02:50:29	03:57:35	05:34:28	07:01:05	08:21:41.05	08:22:19.65	+01:44:36 (20.8%)	7:10	8.4 (79.2%)
23	ZBRUK Tomasz	4344	W POGONI ZA DUCHEM	Masters M - 40	6	01:03:08	02:46:45	03:55:15	05:30:31	07:01:51	08:22:56.30	08:23:00.30	+01:45:16 (20.9%)	7:11	8.4 (79.2%)
24	BRZÓSKA Rafał	4315	BRZOZA TEAM / CZANIECKIE MAKARONY	Masters M - 40	7	01:05:53	02:50:38	03:56:57	05:41:32	07:09:57	08:24:17.35	08:24:35.70	+01:46:52 (21.2%)	7:12	8.3 (78.3%)
25	ŁOPATYŃSKI Ireneusz	4351	REMA SPORT TEAM	Weteran I M - 50	1	01:14:25	03:04:24	04:14:40	05:48:39	07:13:48	08:25:01.10	08:25:13.20	+01:47:29 (21.3%)	7:12	8.3 (78.3%)
26	JAKUBOWSKI Przemysław	4111	POBIEGANI	Masters M - 40	8	01:10:32	02:57:59	04:05:07	05:41:35	07:11:45	08:29:37.65	08:29:44.70	+01:52:01 (22.0%)	7:16	8.2 (77.4%)
27	JUSZCZAK Łukasz	4074		Senior II M - 30	15	01:06:07	02:51:13	03:58:03	05:41:45	07:19:46	08:31:05.15	08:31:13.25	+01:53:29 (22.2%)	7:18	8.2 (77.4%)
28	DYDYŃSKI Dawid	4197		Senior I M - 20	2	01:11:04	03:04:36	04:11:45	05:48:15	07:15:30	08:37:16.80	08:38:21.35	+02:00:38 (23.3%)	7:23	8.1 (76.4%)
29	SAJDOK Kamil	4096	SREBNI BIEGACZE TARNOWSKIE GÓRY.	Senior II M - 30	16	01:10:48	02:52:36	04:07:45	05:49:07	07:20:30	08:43:41.35	08:44:30.30	+02:06:46 (24.2%)	7:28	8 (75.5%)
30	CHRZĄSTEK Bartosz	4193		Senior II M - 30	17	01:04:02	02:46:13	03:57:37	05:44:34	07:26:21	08:52:48.45	08:53:01.95	+02:15:18 (25.4%)	7:36	7.9 (74.5%)
31	ROSIĄK Michał	4192		Senior I M - 20	3	01:01:46	02:40:03	03:57:49	05:54:48	07:26:22	08:52:52.85	08:53:06.15	+02:15:22 (25.4%)	7:36	7.9 (74.5%)
32	MARZEC Karolina	4015	DZIKIE DZIKI GORZÓW	Masters K - 40	1	01:17:35	03:13:42	04:28:51	06:11:30	07:37:57	08:53:06.20	08:53:17.35	+02:15:34 (25.4%)	7:36	7.9 (74.5%)
33	KURKA Adam	4141		Masters M - 40	9	01:20:34	03:18:34	04:30:39	06:09:40	07:36:43	08:53:47.70	08:54:25.20	+02:16:41 (25.6%)	7:37	7.9 (74.5%)
34	DOPPELBAUER Lea	4180		Senior II K - 30	3	01:16:32	03:08:32	04:22:38	06:02:09	07:36:49	08:55:37.70	08:55:52.50	+02:18:09 (25.8%)	7:39	7.8 (73.6%)
35	WILK Jacek	4369		Weteran I M - 50	2	01:08:05	03:02:33	04:17:12	06:07:48	07:36:12	08:57:04.00	08:57:19.60	+02:19:36 (26.0%)	7:40	7.8 (73.6%)
36	FOJUD Tadeusz	4036	WPRUNNING PRUSZKÓW	Masters M - 40	10	01:18:13	03:15:58	04:27:08	06:10:46	07:45:01	08:56:50.50	08:57:53.10	+02:20:09 (26.1%)	7:40	7.8 (73.6%)
37	JAWORSKA Magdalena	4258	GB WIELKOPOLSCY BIEGACZE/TEAM HARD WORK BEATS TALENT	Masters K - 40	2	01:16:55	03:16:33	04:32:05	06:11:35	07:44:24	08:57:41.75	08:57:55.95	+02:20:12 (26.1%)	7:40	7.8 (73.6%)
38	SHUMEL Viktor	4221		Senior II M - 30	18	01:07:56	03:01:22	04:20:54	06:02:20	07:33:31	08:58:00.05	08:58:17.70	+02:20:34 (26.1%)	7:41	7.8 (73.6%)
39	MICHNOWSKI Sebastian	4163	BIEGAM NA TARCHOMINIE	Weteran I M - 50	3	01:18:27	03:13:50	04:26:49	06:10:30	07:44:30	09:03:43.25	09:04:58.50	+02:27:15 (27.0%)	7:46	7.7 (72.6%)
40	GOLEC Ireneusz	4008	VEGE RUNNERS / RUCH IZBICA	Senior II M - 30	19	01:09:32	02:59:20	04:11:04	05:59:43	07:35:05	09:07:22.95	09:07:31.25	+02:29:47 (27.4%)	7:49	7.7 (72.6%)
41	SICHNIEWICZ Krzysztof	4145		Masters M - 40	11	01:16:35	03:05:00	04:18:16	06:02:03	07:41:42	09:09:48.70	09:10:14.85	+02:32:31 (27.7%)	7:51	7.6 (71.7%)
42	GÓRECKI Krzysztof	4061		Senior I M - 20	4	01:16:28	03:14:16	04:29:16	06:11:47	07:47:21	09:13:07.35	09:13:38.65	+02:35:55 (28.2%)	7:54	7.6 (71.7%)
43	GOŹDZIK Michał	4314		Senior II M - 30	20	01:09:52	03:00:55	04:15:26	06:04:42	07:45:12	09:14:45.50	09:15:09.80	+02:37:26 (28.4%)	7:55	7.6 (71.7%)
44	BUCZAK Jakub	4003		Senior II M - 30	21	01:12:04	03:04:40	04:22:58	06:12:48	07:51:56	09:16:57.50	09:17:00.90	+02:39:17 (28.6%)	7:57	7.5 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	70km	70km			
45	TOKARCZYK Marcin	4272		Masters M - 40	12	01:13:50	03:06:44	04:22:33	06:11:56	07:52:54	09:20:51.50	09:21:08.50	+02:43:25 (29.1%)	8:00	7.5 (70.8%)
46	STAROŚCIAK Krzysztof	4336		Senior II M - 30	22	01:17:55	03:07:18	04:24:31	06:19:12	07:54:36	09:22:11.75	09:23:06.35	+02:45:23 (29.4%)	8:01	7.5 (70.8%)
47	REPCZYŃSKI Mateusz	4001		Senior II M - 30	23	01:14:39	03:17:13	04:35:38	06:24:03	08:00:02	09:23:24.25	09:23:27.40	+02:45:44 (29.4%)	8:02	7.5 (70.8%)
48	SIWEK Jarek	4251	PARKRUN SZCZECIN	Weteran I M - 50	4	01:17:16	03:17:19	04:32:57	06:23:24	07:56:49	09:23:55.30	09:24:04.50	+02:46:21 (29.5%)	8:03	7.4 (69.8%)
49	FIDELUS Joanna	4353	WCHSZT	Masters K - 40	3	01:16:33	03:18:09	04:38:31	06:28:32	07:59:53	09:24:15.20	09:24:39.55	+02:46:56 (29.6%)	8:03	7.4 (69.8%)
50	KĘDZIORA Norbert	4249		Senior II M - 30	24	01:20:58	03:21:21	04:35:39	06:19:18	07:56:01	09:24:06.05	09:25:27.90	+02:47:44 (29.7%)	8:03	7.4 (69.8%)
51	SUDMALIS Roberts	4202		Senior I M - 20	5	01:17:56	03:16:50	04:29:53	06:12:44	07:54:04	09:27:56.60	09:28:20.45	+02:50:37 (30.0%)	8:06	7.4 (69.8%)
52	SŁYSZ Szymon	4054	NSK RUNS	Masters M - 40	13	01:08:54	03:07:56	04:25:50	06:18:51	07:58:35	09:27:17.65	09:28:33.60	+02:50:50 (30.0%)	8:06	7.4 (69.8%)
53	DAWID Katarzyna	4323		Masters K - 40	4	01:15:40	03:10:06	04:28:54	06:22:20	08:01:56	09:31:18.85	09:32:07.80	+02:54:24 (30.5%)	8:09	7.4 (69.8%)
54	KARCZYŃSKA Eliza	4236	MARATOŃCZYK POZNAŃ	Masters K - 40	5	01:18:48	03:21:41	04:40:13	06:38:36	08:16:43	09:32:26.20	09:32:32.15	+02:54:48 (30.5%)	8:10	7.3 (68.9%)
55	CUKIERDA Dariusz	4303		Masters M - 40	14	01:18:49	03:21:42	04:40:09	06:38:34	08:16:43	09:32:26.20	09:32:32.35	+02:54:49 (30.5%)	8:10	7.3 (68.9%)
56	SKRZYPIŃSKA Olga	4361	HELIKON-TEX	Senior II K - 30	4	01:18:37	03:22:21	04:43:10	06:32:51	08:09:09	09:33:00.95	09:33:28.50	+02:55:45 (30.6%)	8:11	7.3 (68.9%)
57	LITWIN Michał	4307	LITEWIN	Masters M - 40	15	01:10:41	03:12:14	04:32:26	06:25:47	08:07:46	09:34:15.70	09:34:42.70	+02:56:59 (30.8%)	8:12	7.3 (68.9%)
58	KOŁODZIEJCZYK Łukasz	4322		Senior II M - 30	25	01:20:27	03:23:08	04:39:16	06:29:24	08:10:20	09:34:19.10	09:35:27.00	+02:57:43 (30.9%)	8:12	7.3 (68.9%)
59	ŁAZEWSKI Oskar	4321		Senior I M - 20	6	01:17:56	03:17:02	04:31:13	06:23:42	08:10:18	09:35:56.50	09:37:01.65	+02:59:18 (31.1%)	8:13	7.3 (68.9%)
60	PIETRZYK Jarosław	4143	JEST LEPIEJ RUN TEAM	Masters M - 40	16	01:13:09	03:09:29	04:29:34	06:20:08	08:03:43	09:35:58.75	09:37:34.35	+02:59:51 (31.1%)	8:13	7.3 (68.9%)
61	SZYMAŃSKI Tomasz	4290	VENUS	Masters M - 40	17	01:13:59	03:11:22	04:31:07	06:26:44	08:09:37	09:39:42.25	09:40:31.05	+03:02:47 (31.5%)	8:16	7.2 (67.9%)
62	PYZIK Ewa	4294	MATNER RUNNING TEAM	Masters K - 40	6	01:21:52	03:27:13	04:50:34	06:41:17	08:16:27	09:41:29.90	09:42:20.40	+03:04:37 (31.7%)	8:18	7.2 (67.9%)
63	TKACZEWSKI Piotr	4034		Weteran I M - 50	5	01:24:38	03:29:06	04:47:52	06:44:02	08:20:09	09:41:51.95	09:42:21.30	+03:04:37 (31.7%)	8:18	7.2 (67.9%)
64	KUĆ Jarosław	4110	LACHO TEAM	Weteran I M - 50	6	01:18:25	03:26:35	04:48:58	06:40:17	08:16:24	09:41:58.65	09:42:39.25	+03:04:55 (31.7%)	8:18	7.2 (67.9%)
65	FICEK Paweł	4334	TOTUS TUUS	Masters M - 40	18	01:13:03	03:10:18	04:33:17	06:31:03	08:15:38	09:43:56.65	09:45:40.50	+03:07:57 (32.1%)	8:20	7.2 (67.9%)
66	JUSIAK Krzysztof	4199		Senior II M - 30	26	01:21:40	03:31:30	04:55:44	06:52:42	08:24:20	09:45:10.50	09:47:07.20	+03:09:23 (32.3%)	8:21	7.2 (67.9%)
67	KLIMÁNKOVÁ Jana	4153		Masters K - 40	7	01:20:43	03:37:27	05:02:39	06:49:02	08:23:51	09:47:24.30	09:48:11.50	+03:10:28 (32.4%)	8:23	7.2 (67.9%)
68	NEPOVIMOVA Ivona	4116		Masters K - 40	8	01:20:46	03:37:28	05:02:42	06:49:03	08:23:54	09:47:26.25	09:48:11.70	+03:10:28 (32.4%)	8:23	7.1 (67.0%)
69	CHEŁKOWSKI Adam	4364	HARDE DZIKI	Masters M - 40	19	01:08:50	03:00:39	04:14:26	06:25:20	08:22:37	09:47:58.95	09:48:25.45	+03:10:42 (32.4%)	8:23	7.1 (67.0%)
70	STUPEK Bogusław	4129	GALMET TEAM	Weteran I M - 50	7	01:20:43	03:25:26	04:47:12	06:41:37	08:26:26	09:48:34.65	09:49:25.25	+03:11:41 (32.5%)	8:24	7.1 (67.0%)

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	70km	70km			
71	NIEWIADOMSKI Marcin	4337		Senior II M - 30	27	01:10:02	02:57:59	04:13:48	06:09:41	08:04:05	09:50:05.05	09:50:14.05	+03:12:30 (32.6%)	8:25	7.1 (67.0%)
72	MAŁECKI Adam	4214	CARBON SILESIA SPORT	Senior II M - 30	28	01:17:15	03:17:03	04:35:06	06:29:49	08:23:18	09:48:51.95	09:50:18.80	+03:12:35 (32.6%)	8:24	7.1 (67.0%)
73	DRAGANEK Ewelina	4124		Masters K - 40	9	01:19:38	03:28:47	04:51:18	06:43:31	08:22:14	09:50:28.00	09:50:56.30	+03:13:12 (32.7%)	8:26	7.1 (67.0%)
74	SŁUGOCKI Mateusz	4308		Senior II M - 30	29	01:20:27	03:19:12	04:37:12	06:26:39	08:22:25	09:51:27.55	09:52:26.35	+03:14:43 (32.9%)	8:26	7.1 (67.0%)
75	NAPIERAŁA Tomasz	4259	RUN100LOVE	Masters M - 40	20	01:20:55	03:22:17	04:42:14	06:41:44	08:27:44	09:52:36.50	09:54:21.45	+03:16:38 (33.1%)	8:27	7.1 (67.0%)
76	MAKOWSKI Tomasz	4154	#BIEGAMWOLNOALEDOKLADNIE	Senior I M - 20	7	01:36:14	03:36:51	04:56:19	06:41:42	08:22:36	09:53:02.50	09:55:08.30	+03:17:24 (33.2%)	8:28	7.1 (67.0%)
77	KIRCHGEORG Natalia	4232		Senior II K - 30	5	01:27:19	03:32:51	04:56:30	06:48:29	08:29:50	09:54:48.25	09:56:12.95	+03:18:29 (33.3%)	8:29	7.1 (67.0%)
78	KĘSIK Michał	4041	RKS HUWDU	Senior II M - 30	30	01:20:24	03:22:59	04:39:39	06:36:16	08:26:46	09:56:36.95	09:57:49.85	+03:20:06 (33.5%)	8:31	7 (66.0%)
79	LĀCIS Kaspars	4248	SIGULDAS TAKAS	Masters M - 40	21	01:21:08	03:24:46	04:43:57	06:39:17	08:31:37	09:57:07.35	09:58:19.30	+03:20:35 (33.5%)	8:31	7 (66.0%)
80	ADAMEK Maciek	4106	BIEGACZE STU MOSTÓW	Weteran I M - 50	8	01:18:49	03:09:12	04:28:43	06:30:01	08:29:38	09:58:05.85	09:58:29.10	+03:20:45 (33.5%)	8:32	7 (66.0%)
81	MORAWSKI Filip	4354	KRAKOWIAKULTRATEAM	Weteran I M - 50	9	01:18:40	03:17:24	04:37:09	06:40:27	08:28:37	09:59:25.90	09:59:55.40	+03:22:12 (33.7%)	8:33	7 (66.0%)
82	STOLAREK Sebastian	4227	WOLF TEAM	Senior II M - 30	31	01:20:41	03:27:12	04:50:11	06:47:01	08:31:53	10:00:02.50	10:01:42.15	+03:23:58 (33.9%)	8:34	7 (66.0%)
83	ORLICZ Katarzyna Jadwiga	4028		Senior II K - 30	6	01:22:59	03:41:38	05:06:40	07:06:49	08:39:00	10:01:29.95	10:01:59.40	+03:24:16 (33.9%)	8:35	7 (66.0%)
84	PLATZER Michael	4380		Masters M - 40	22	01:20:33	03:23:08	04:41:25	06:47:42	08:32:08	10:01:24.90	10:02:32.30	+03:24:48 (34.0%)	8:35	7 (66.0%)
85	WÓJCIK Michał	4075	GRUPA SUDECKA GOPR	Senior II M - 30	32	01:19:02	03:17:39	04:35:30	06:35:52	08:24:23	10:03:17.40	10:03:22.75	+03:25:39 (34.1%)	8:37	7 (66.0%)
86	KOROSTYŃSKI Damian	4246		Masters M - 40	23	01:26:35	03:34:38	04:54:36	06:51:19	08:33:35	10:05:46.10	10:07:03.90	+03:29:20 (34.5%)	8:39	6.9 (65.1%)
87	GARUS Łukasz	4194	#TRENINGFIZJO	Masters M - 40	24	01:17:27	03:14:54	04:35:17	06:36:39	08:33:08	10:07:24.80	10:07:41.15	+03:29:57 (34.6%)	8:40	6.9 (65.1%)
88	PIECUCH Karolina	4091		Senior II K - 30	7	01:19:43	03:28:25	04:53:38	06:49:32	08:35:40	10:09:07.10	10:09:26.20	+03:31:42 (34.7%)	8:42	6.9 (65.1%)
89	GRUSZCZYŃSKI Przemysław	4189	WLKP MOUNTAINS ULTRA	Masters M - 40	25	01:17:16	03:28:41	04:52:04	06:46:52	08:45:51	10:11:09.20	10:11:17.50	+03:33:34 (34.9%)	8:43	6.9 (65.1%)
90	JAKRZEWSKI Hubert	4114		Senior II M - 30	33	01:17:32	03:19:16	04:42:20	06:47:31	08:37:02	10:11:42.80	10:11:55.05	+03:34:11 (35.0%)	8:44	6.9 (65.1%)
91	PIOTROWSKI Tomasz	4296		Senior II M - 30	34	01:36:46	03:45:12	05:00:22	06:52:56	08:41:12	10:10:20.90	10:12:20.15	+03:34:36 (35.0%)	8:43	6.9 (65.1%)
92	BALCEWICZ Mariusz	4365		Weteran I M - 50	10	01:20:03	03:26:10	04:50:21	06:49:22	08:37:20	10:11:11.30	10:12:35.70	+03:34:52 (35.1%)	8:43	6.9 (65.1%)
93	IWANOWSKI Przemysław	4331		Masters M - 40	26	01:18:49	03:26:09	04:49:24	06:51:57	08:45:47	10:14:19.65	10:14:33.10	+03:36:49 (35.3%)	8:46	6.8 (64.2%)
94	KULCZYCKI Emanuel	4238	#SOBASTEAM	Masters M - 40	27	01:18:50	03:26:10	04:49:23	06:52:01	08:45:48	10:14:19.90	10:14:33.25	+03:36:49 (35.3%)	8:46	6.8 (64.2%)
95	MAŁEK Adam	4131		Masters M - 40	28	01:21:41	03:32:13	04:55:11	06:51:52	08:41:52	10:13:58.80	10:14:42.70	+03:36:59 (35.3%)	8:46	6.8 (64.2%)
96	KLOS Wojciech	4048		Masters M - 40	29	01:24:00	03:42:29	05:05:55	07:02:26	08:49:05	10:14:06.25	10:14:53.05	+03:37:09 (35.3%)	8:46	6.8 (64.2%)

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	70km	70km			
97	WIJATYK Adrian	4310	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	35	01:16:52	03:19:57	04:42:16	06:44:43	08:41:05	10:14:36.00	10:14:56.35	+03:37:13 (35.3%)	8:46	6.8 (64.2%)
98	MARKOWSKI Łukasz	4100	POBIEGANI#	Masters M - 40	30	01:12:54	03:16:33	04:46:20	07:01:16	08:46:28	10:17:33.50	10:17:40.90	+03:39:57 (35.6%)	8:49	6.8 (64.2%)
99	KISIECKI Damian	4105		Masters M - 40	31	01:25:25	03:28:54	04:47:30	06:40:59	08:44:29	10:16:24.20	10:18:08.35	+03:40:25 (35.7%)	8:48	6.8 (64.2%)
100	PIETRASZKO Barbara	4132	TEAMZABIEGANEDNI	Senior II K - 30	8	01:21:12	03:35:54	05:01:00	07:03:10	08:48:07	10:17:29.45	10:18:48.05	+03:41:04 (35.7%)	8:49	6.8 (64.2%)
101	PISZCZEK Piotr	4264	DZIKIE ŚWINIE	Masters M - 40	32	01:29:28	03:45:16	05:10:46	07:08:24	08:47:23	10:16:55.30	10:18:56.90	+03:41:13 (35.7%)	8:48	6.8 (64.2%)
102	WARZECHA Teresa	4326	RUNNERS TEAM NYSA	Weteran II K - 60	1	01:24:14	03:39:11	05:05:06	07:04:13	08:50:34	10:19:30.10	10:20:11.40	+03:42:28 (35.9%)	8:51	6.8 (64.2%)
103	DUBAS Anna	4151	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	9	01:25:38	03:32:46	04:57:58	07:01:10	08:45:28	10:20:28.40	10:20:50.30	+03:43:06 (35.9%)	8:51	6.8 (64.2%)
104	BIENIEK Michał	4282		Masters M - 40	33	01:35:20	03:42:50	05:04:36	07:03:02	08:53:50	10:20:28.80	10:22:29.35	+03:44:46 (36.1%)	8:51	6.8 (64.2%)
105	GAWLIK Tomasz	4347	MICHALAK SANDRA TEAM	Weteran I M - 50	11	01:18:38	03:34:58	04:57:34	06:59:38	08:50:19	10:21:44.40	10:22:33.95	+03:44:50 (36.1%)	8:52	6.8 (64.2%)
106	SIEŚKIEWICZ Krzysztof	4312	BIAŁYSTOK BIEGA TEAM	Weteran I M - 50	12	01:22:40	03:26:43	04:55:22	06:57:59	08:45:56	10:21:12.75	10:23:14.35	+03:45:31 (36.2%)	8:52	6.8 (64.2%)
107	RUTKOWSKA Izabela	4087	SPORTOWY KAŻMIERZ	Masters K - 40	10	01:18:49	03:26:40	04:47:40	06:47:28	08:39:25	10:22:54.50	10:23:19.90	+03:45:36 (36.2%)	8:53	6.7 (63.2%)
108	DZIUBAN Katarzyna	4210	GALLOPEM CZY GALLOWAYEM	Senior II K - 30	10	01:20:43	03:37:24	05:01:19	07:01:50	08:46:19	10:23:45.05	10:24:42.15	+03:46:58 (36.3%)	8:54	6.7 (63.2%)
109	IWAŃSKI Bartosz	4040	POLISH RUNNERS CLUB IRELAND	Masters M - 40	34	01:26:04	03:43:47	05:05:05	07:05:40	08:56:22	10:26:45.75	10:28:33.80	+03:50:50 (36.7%)	8:57	6.7 (63.2%)
110	DAWIDOWICZ Wojciech	4370		Senior II M - 30	36	01:29:18	03:50:59	05:15:50	07:15:17	09:00:33	10:30:33.85	10:31:19.30	+03:53:35 (37.0%)	9:00	6.7 (63.2%)
111	MAKSELON Anna	4298		Masters K - 40	11	01:30:23	03:43:07	05:08:36	07:09:32	08:59:23	10:30:59.05	10:32:01.80	+03:54:18 (37.1%)	9:00	6.7 (63.2%)
112	KULCZYŃSKI Mariusz	4085	REMIS RAKIETA	Senior II M - 30	37	01:26:00	03:36:30	04:56:52	06:54:42	08:47:49	10:30:52.10	10:32:24.00	+03:54:40 (37.1%)	9:00	6.7 (63.2%)
113	WIECZOREK Piotr	4225		Masters M - 40	35	01:25:10	03:36:27	04:57:06	07:04:58	08:55:27	10:33:48.50	10:35:11.25	+03:57:27 (37.4%)	9:03	6.6 (62.3%)
114	FALKOWSKI Dawid	4005		Senior II M - 30	38	01:18:03	03:29:28	04:53:56	06:56:52	08:52:07	10:34:12.20	10:35:21.70	+03:57:38 (37.4%)	9:03	6.6 (62.3%)
115	KUK Urszula	4156		Masters K - 40	12	01:30:24	03:48:48	05:14:37	07:11:49	09:01:26	10:35:59.20	10:36:16.55	+03:58:33 (37.5%)	9:05	6.6 (62.3%)
116	DZIENNIK Paweł	4062		Senior II M - 30	39	01:20:08	03:25:53	04:50:50	06:55:35	09:03:50	10:36:29.75	10:37:30.35	+03:59:47 (37.6%)	9:05	6.6 (62.3%)
117	DOBROŚ Tomasz	4009		Masters M - 40	36	01:30:22	03:42:19	05:10:53	07:14:07	09:04:47	10:36:33.10	10:37:47.50	+04:00:04 (37.6%)	9:05	6.6 (62.3%)
118	JANICKI Tomasz	4220		Masters M - 40	37	01:20:44	03:37:24	05:07:06	07:10:11	09:05:47	10:37:03.60	10:38:01.70	+04:00:18 (37.7%)	9:06	6.6 (62.3%)
119	SZUBA Teofil	4279		Masters M - 40	38	01:26:10	03:40:24	05:05:45	07:10:59	09:05:44	10:37:18.10	10:38:41.90	+04:00:58 (37.7%)	9:06	6.6 (62.3%)
120	KUCHARSKI Tomasz	4095	CAPS GROUP	Masters M - 40	39	01:22:02	03:27:21	04:51:05	07:02:36	08:57:04	10:37:15.20	10:39:00.50	+04:01:17 (37.8%)	9:06	6.6 (62.3%)
121	WAŃKOWICZ Adrian	4090		Masters M - 40	40	01:19:38	03:31:36	05:02:17	07:06:51	08:55:55	10:38:27.25	10:39:13.50	+04:01:30 (37.8%)	9:07	6.6 (62.3%)
122	POŁOWNIAK Wojciech	4033	TEAMSLEZAK	Masters M - 40	41	01:10:00	02:58:06	04:15:53	06:26:18	08:26:04	10:40:21.05	10:40:23.05	+04:02:39 (37.9%)	9:08	6.6 (62.3%)

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	70km	70km			
123	KOSCIELNY Piotr	4218	#MENTALSHARK	Masters M - 40	42	01:17:43	03:32:54	04:57:23	07:02:10	09:13:11	10:40:22.05	10:40:42.65	+04:02:59 (37.9%)	9:08	6.6 (62.3%)
124	MORAWSKI Grzegorz	4340		Masters M - 40	43	01:28:31	03:45:02	05:10:31	07:09:37	09:08:07	10:40:23.00	10:41:05.20	+04:03:21 (38.0%)	9:08	6.6 (62.3%)
125	ORSÓS Károly	4255		Weteran II M - 60	1	01:35:08	03:50:23	05:10:41	07:25:11	09:09:47	10:39:57.40	10:41:52.55	+04:04:09 (38.0%)	9:08	6.6 (62.3%)
126	POCHROŃ Marcin	4177		Senior II M - 30	40	01:23:47	03:38:26	05:02:54	07:01:39	08:59:41	10:41:01.35	10:42:32.85	+04:04:49 (38.1%)	9:09	6.6 (62.3%)
127	JONCZAK Radosław	4020	AKTYWNIEM UZALEŻNIAMY	Weteran I M - 50	13	01:26:19	03:40:19	05:05:14	07:10:27	09:02:25	10:42:24.40	10:42:39.60	+04:04:56 (38.1%)	9:10	6.5 (61.3%)
128	DĄBROWSKA-KONA Aleksandra	4044	NORDEA RUNNERS	Senior II K - 30	11	01:36:28	03:59:30	05:24:17	07:28:56	09:11:14	10:42:52.85	10:44:19.90	+04:06:36 (38.3%)	9:11	6.5 (61.3%)
129	STĘPIEŃ Piotr	4320		Senior II M - 30	41	01:36:29	03:59:32	05:24:20	07:29:00	09:11:17	10:42:53.90	10:44:20.15	+04:06:36 (38.3%)	9:11	6.5 (61.3%)
130	SEMENIUK Konrad	4196	RZEPINSKY BIEGACZE	Senior II M - 30	42	01:25:36	03:42:10	05:07:54	07:12:12	09:15:52	10:45:09.40	10:45:53.35	+04:08:10 (38.4%)	9:12	6.5 (61.3%)
131	GRZYB Tomasz	4082	WILKI MIĘDZYLESIE	Weteran I M - 50	14	01:18:20	03:34:51	05:04:51	07:12:32	09:04:17	10:45:27.30	10:45:54.55	+04:08:11 (38.4%)	9:13	6.5 (61.3%)
132	BARTCZAK Paweł	4187	DRUŻYNA SZPIKU	Masters M - 40	44	01:25:36	03:40:12	05:06:21	07:15:20	09:09:54	10:44:37.40	10:46:29.75	+04:08:46 (38.5%)	9:12	6.5 (61.3%)
133	KARAŚ Marek	4072		Senior II M - 30	43	01:31:06	03:42:52	05:09:24	07:05:32	09:05:22	10:45:19.25	10:47:10.15	+04:09:26 (38.5%)	9:13	6.5 (61.3%)
134	KARAŚ Tomek	4073		Senior II M - 30	44	01:31:08	03:42:54	05:09:24	07:05:37	09:05:25	10:45:20.55	10:47:10.30	+04:09:26 (38.5%)	9:13	6.5 (61.3%)
135	BRODZIAK Danuta	4295		Masters K - 40	13	01:30:13	03:46:43	05:15:17	07:17:16	09:13:14	10:46:01.25	10:47:17.70	+04:09:34 (38.6%)	9:13	6.5 (61.3%)
136	RYBARCZYK Roman	4144	#BIEGIEMWLAS	Masters M - 40	45	01:26:57	03:44:41	05:05:46	07:15:39	09:16:37	10:46:26.95	10:47:19.85	+04:09:36 (38.6%)	9:14	6.5 (61.3%)
137	LEWANDOWSKI Adrian	4262		Senior II M - 30	45	01:16:52	03:21:57	04:47:52	07:03:40	09:01:58	10:48:29.05	10:48:37.40	+04:10:54 (38.7%)	9:15	6.5 (61.3%)
138	WESOŁOWSKA Michalina	4327	KUŹNIA ZDROWIA MICHALINA WESOŁOWSKA	Senior I K - 20	1	01:21:49	03:42:21	05:11:05	07:15:29	09:19:47	10:48:22.50	10:48:56.45	+04:11:13 (38.7%)	9:15	6.5 (61.3%)
139	NOWAK Łukasz	4183	PRESSGLASS SPORT AND SUPPORT	Masters M - 40	46	01:20:03	03:26:44	04:51:11	07:02:32	09:03:51	10:49:10.85	10:50:12.05	+04:12:28 (38.8%)	9:16	6.5 (61.3%)
140	PTASZKIEWICZ Michał	4130		Senior II M - 30	46	01:30:01	03:42:55	05:05:49	07:17:19	09:11:14	10:50:05.05	10:51:27.45	+04:13:44 (38.9%)	9:17	6.5 (61.3%)
141	KUŚNIERZ Tomasz	4359		Weteran I M - 50	15	01:36:23	03:59:28	05:17:56	07:19:40	09:18:03	10:50:31.55	10:52:10.40	+04:14:27 (39.0%)	9:17	6.5 (61.3%)
142	ROKITA Dawid	4063	RUN4FUN	Masters M - 40	47	01:33:01	03:57:15	05:21:46	07:23:42	09:15:31	10:50:36.30	10:52:14.30	+04:14:30 (39.0%)	9:17	6.5 (61.3%)
143	PIJANOWSKI Paweł	4375		Masters M - 40	48	01:29:04	03:46:59	05:11:56	07:16:22	09:18:23	10:50:26.00	10:52:31.95	+04:14:48 (39.0%)	9:17	6.5 (61.3%)
144	GAWROŃSKI Ireneusz	4018	AMATOR	Weteran II M - 60	2	01:25:40	03:44:05	05:13:11	07:18:18	09:14:31	10:53:00.05	10:53:35.25	+04:15:51 (39.1%)	9:19	6.4 (60.4%)
145	SZELIGA Tomasz	4213		Masters M - 40	49	01:34:50	04:00:08	05:25:49	07:29:46	09:16:30	10:53:26.15	10:54:48.40	+04:17:05 (39.3%)	9:20	6.4 (60.4%)
146	FALBA Karol	4242		Masters M - 40	50	01:24:37	03:35:42	05:01:22	07:15:26	09:18:17	10:54:14.70	10:55:11.40	+04:17:28 (39.3%)	9:20	6.4 (60.4%)
147	BANGIS Łukasz	4204	ŻÓRAWSKI TEAM	Senior II M - 30	47	01:26:36	03:50:15	05:18:05	07:26:16	09:26:54	10:55:54.10	10:56:53.75	+04:19:10 (39.5%)	9:22	6.4 (60.4%)
148	ADAMCZYK Rafał	4055	KSW TEAM POLICE	Masters M - 40	51	01:24:28	03:35:17	05:02:41	07:14:48	09:16:38	10:55:35.90	10:57:13.30	+04:19:29 (39.5%)	9:21	6.4 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	70km	70km			
149	KORZENIOWSKI Paweł	4078	KB SOBÓTKA	Masters M - 40	52	01:22:56	03:39:23	05:09:04	07:22:48	09:26:06	10:57:19.45	10:58:44.15	+04:21:00 (39.6%)	9:23	6.4 (60.4%)
150	MAŁECKI Kamil	4071		Senior II M - 30	48	01:17:42	03:38:21	05:11:28	07:29:32	09:36:19	10:57:13.70	10:59:10.70	+04:21:27 (39.7%)	9:23	6.4 (60.4%)
151	JĘDRZEJCZAK Artur	4200	WLKP MOUNTAINS ULTRA	Senior II M - 30	49	01:27:04		05:07:44	07:16:38	09:26:08	10:59:33.80	10:59:59.60	+04:22:16 (39.7%)	9:25	6.4 (60.4%)
152	WEYMANN Mariusz	4357	OLO TEAM	Masters M - 40	53	01:24:30	03:54:54	05:18:33	07:18:06	09:31:58	10:58:59.10	11:00:09.00	+04:22:25 (39.8%)	9:24	6.4 (60.4%)
153	JANULEWICZ Wojciech	4211	WYBIEGANI ŁAGIEWNIKI	Masters M - 40	54	01:30:13	03:54:15	05:20:58	07:30:00	09:29:11	10:59:08.70	11:00:17.50	+04:22:34 (39.8%)	9:24	6.4 (60.4%)
154	ZAŁUSKI Piotr	4059	WLKP MOUNTAINS ULTRA	Weteran I M - 50	16	01:16:57	03:23:15	04:43:42	06:59:57	09:18:52	11:00:20.90	11:00:47.35	+04:23:04 (39.8%)	9:26	6.4 (60.4%)
155	DUDEK Daniel	4212	WYBIEGANI ŁAGIEWNIKI	Masters M - 40	55	01:30:13	03:54:17	05:20:59	07:30:00	09:27:34	11:00:08.95	11:01:18.15	+04:23:34 (39.9%)	9:25	6.4 (60.4%)
156	KOWALCZYK Magda	4150	WARRIORS ŁÓDŹ	Senior II K - 30	12	01:34:42	04:07:02	05:38:42	07:45:47	09:33:46	11:00:28.75	11:01:19.85	+04:23:36 (39.9%)	9:26	6.4 (60.4%)
157	KORCZYŃSKI Łukasz	4170	AKTYWACJA PO 40STCE	Masters M - 40	56	01:31:04	03:47:48	05:13:26	07:25:37	09:27:01	11:00:58.25	11:01:51.35	+04:24:08 (39.9%)	9:26	6.4 (60.4%)
158	CZERNAK Anna	4007	VEGE RUNNERS / RUCH IZBICA	Senior II K - 30	13	01:43:19	04:07:39	05:29:41	07:40:53	09:26:25	11:02:27.85	11:03:17.70	+04:25:34 (40.0%)	9:27	6.3 (59.4%)
159	JANKOWIAK Paulina	4149	SOKÓŁ WŁOSZAKOWICE	Masters K - 40	14	01:26:47	03:46:30	05:16:06	07:27:45	09:31:01	11:04:02.55	11:04:27.55	+04:26:44 (40.1%)	9:29	6.3 (59.4%)
160	SOBOL Tomasz	4119		Masters M - 40	57	01:24:20	03:28:40	04:52:34	07:18:43	09:23:20	11:04:36.85	11:05:23.10	+04:27:39 (40.2%)	9:29	6.3 (59.4%)
161	MAJEWSKI Krzysztof	4118	ZDROWYWARIAT	Senior II M - 30	50	01:34:27	03:56:02	05:19:53	07:25:46	09:20:43	11:03:42.80	11:05:41.90	+04:27:58 (40.3%)	9:28	6.3 (59.4%)
162	LULLA Michał	4080		Masters M - 40	58	01:21:36	03:42:20	05:11:05	07:18:36	09:30:59	11:05:38.60	11:06:11.85	+04:28:28 (40.3%)	9:30	6.3 (59.4%)
163	SKWAREK Agnieszka	4266	DZIKIE ŚWINIE	Senior II K - 30	14	01:29:29	03:51:07	05:15:57	07:17:12	09:14:53	11:04:29.25	11:06:31.05	+04:28:47 (40.3%)	9:29	6.3 (59.4%)
164	MAĆKOWIAK Piotr	4358		Masters M - 40	59	01:24:31	03:54:53	05:18:37	07:26:43	09:34:20	11:05:37.20	11:06:47.40	+04:29:04 (40.4%)	9:30	6.3 (59.4%)
165	TILZEN Mikołaj	4245	DRUŻYNA ORZECHA ŻYRARDÓW	Senior I M - 20	8	01:16:32	03:24:11	04:50:25	06:58:29	09:12:32	11:06:42.60	11:07:36.50	+04:29:53 (40.4%)	9:31	6.3 (59.4%)
166	KONIECZNY Jakub	4162	KONIECZNY TEAM	Senior I M - 20	9	01:24:36	03:36:25	05:06:52	07:21:06	09:20:21	11:07:08.50	11:08:02.05	+04:30:18 (40.5%)	9:31	6.3 (59.4%)
167	DARUL Albert	4263		Senior II M - 30	51	01:25:35	03:42:10	05:07:53	07:12:12	09:15:51	11:07:24.75	11:08:09.55	+04:30:26 (40.5%)	9:32	6.3 (59.4%)
168	PRZYBYŁ Piotr	4378	EASY RUNNERS	Weteran I M - 50	17	01:19:59	03:26:43	04:54:18	07:09:26	09:20:52	11:07:40.35	11:08:55.05	+04:31:11 (40.5%)	9:32	6.3 (59.4%)
169	FRYDLEWICZ Zbigniew	4257	BIEGAMDLAZDROWIA.PL	Weteran I M - 50	18	01:12:04	03:14:38	04:52:43	07:20:07	09:22:42	11:09:11.40	11:09:21.05	+04:31:37 (40.6%)	9:33	6.3 (59.4%)
170	MATUSZCZYK Paweł	4254	MOVEMIRACLE	Weteran I M - 50	19	01:43:44	04:09:51	05:37:31	07:41:50	09:31:06	11:08:41.20	11:10:44.55	+04:33:01 (40.7%)	9:33	6.3 (59.4%)
171	DUSZYŃSKA Ewa	4021		Senior II K - 30	15	01:32:32	03:58:18	05:30:12	07:40:56	09:35:37	11:10:38.70	11:11:33.30	+04:33:49 (40.8%)	9:34	6.3 (59.4%)
172	ZIELIŃSKA Justyna	4253	KS POSNANIA TRIATHLON	Masters K - 40	15	01:38:04	04:08:06	05:40:13	07:47:55	09:38:10	11:09:55.20	11:11:36.90	+04:33:53 (40.8%)	9:34	6.3 (59.4%)
173	SZECÓWKA Zbigniew	4146		Weteran I M - 50	20	01:29:50	03:49:06	05:15:21	07:29:29	09:42:28	11:12:12.90	11:13:56.95	+04:36:13 (41.0%)	9:36	6.2 (58.5%)
174	MLEKO Michał	4152		Senior II M - 30	52	01:30:16	03:44:54	05:08:50	07:16:31	09:19:35	11:13:11.60	11:14:28.75	+04:36:45 (41.0%)	9:37	6.2 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	70km	70km			
175	POŁCZYŃSKI Paweł	4313	STALOWA ŁYDA	Senior II M - 30	53	01:26:49	03:43:17	05:13:24	07:29:27	09:34:13	11:15:20.20	11:15:53.85	+04:38:10 (41.2%)	9:38	6.2 (58.5%)
176	ZIELIŃSKA Katarzyna	4086	HURAGAN LIGOTA	Senior II K - 30	16	01:31:07	04:05:01	05:32:43	07:37:14	09:37:58	11:15:44.25	11:16:07.50	+04:38:24 (41.2%)	9:39	6.2 (58.5%)
177	CZERNIACHOWSKI Artur	4278	ULTRA TEAM ZIELONA GÓRA	Weteran I M - 50	21	01:21:06	03:42:13	05:13:03	07:22:03	09:30:59	11:16:00.60	11:16:23.25	+04:38:39 (41.2%)	9:39	6.2 (58.5%)
178	WALCZAK Łukasz	4274	BYLE DO PRZODUQ	Senior II M - 30	54	01:32:41	03:57:24	05:30:06	07:42:03	09:37:24	11:17:02.40	11:18:16.70	+04:40:33 (41.4%)	9:40	6.2 (58.5%)
179	KOZŁOWSKI Daniel	4098	AKTYWNIIE UZALEŻNIAMY PŁOCK	Masters M - 40	60	01:27:14	03:53:43	05:19:00	07:33:05	09:48:49	11:18:57.30	11:19:11.90	+04:41:28 (41.4%)	9:41	6.2 (58.5%)
180	GWOZDA Józef	4311		Masters M - 40	61	01:26:10	03:47:23	05:21:32	07:26:50	09:33:06	11:18:05.70	11:19:42.70	+04:41:59 (41.5%)	9:41	6.2 (58.5%)
181	GNIEWEK Dariusz	4346	WEPA PIECHOWICE SP. Z O.O.	Weteran II M - 60	3	01:36:25	03:56:08	05:28:42	07:45:03	09:39:15	11:18:36.65	11:20:24.70	+04:42:41 (41.5%)	9:41	6.2 (58.5%)
182	MIKOŁAJCZAK Arkadiusz	4126		Senior II M - 30	55	01:30:53	03:59:27	05:21:25	07:30:33	09:42:52	11:20:57.25	11:21:58.70	+04:44:15 (41.7%)	9:43	6.2 (58.5%)
183	DZIADOSZ Romualda	4175		Masters K - 40	16	01:33:15	03:55:52	05:26:56	07:38:26	09:43:23	11:21:16.50	11:22:37.40	+04:44:54 (41.7%)	9:43	6.2 (58.5%)
184	DZIADOSZ Paweł	4174		Masters M - 40	62	01:33:15	03:55:55	05:27:00	07:38:27	09:43:25	11:21:17.65	11:22:37.85	+04:44:54 (41.7%)	9:43	6.2 (58.5%)
185	WENTYKIER Beata	4133	POMYŁKA TEAM	Masters K - 40	17	01:27:55	03:50:01	05:19:13	07:26:28	09:39:53	11:21:51.30	11:23:03.00	+04:45:19 (41.8%)	9:44	6.2 (58.5%)
186	ŚLEDZIOWSKI Andrzej	4374	LACHO TEAM	Weteran I M - 50	22	01:34:40	03:55:27	05:27:45	07:40:51	09:41:05	11:22:41.15	11:23:38.65	+04:45:55 (41.8%)	9:45	6.2 (58.5%)
187	KOPA Artur	4235		Senior II M - 30	56	01:33:20	03:53:41	05:19:15	07:35:46	09:52:31	11:24:20.15	11:25:36.35	+04:47:53 (42.0%)	9:46	6.1 (57.5%)
188	VOISIN Guillaume	4297		Masters M - 40	63	01:36:48	04:19:30	05:42:43	07:43:45	09:44:23	11:24:20.30	11:25:50.65	+04:48:07 (42.0%)	9:46	6.1 (57.5%)
189	AOUTIN Mathieu	4318		Masters M - 40	64	01:36:48	04:19:31	05:42:43	07:43:52	09:44:24	11:24:22.05	11:25:51.15	+04:48:07 (42.0%)	9:46	6.1 (57.5%)
190	DYCKOWSKI Adam	4089		Senior I M - 20	10	01:33:45	04:05:00	05:31:23	07:48:33	09:51:16	11:24:47.25	11:26:26.00	+04:48:42 (42.1%)	9:46	6.1 (57.5%)
191	TOMCZAK Agnieszka	4083		Masters K - 40	18	01:27:42	03:56:09	05:28:29	07:45:44	09:40:49	11:26:15.65	11:26:27.35	+04:48:44 (42.1%)	9:48	6.1 (57.5%)
192	TURLEJ Dariusz	4125	BEZ KONDYCJI	Weteran II M - 60	4	01:36:50	04:00:49	05:30:58	07:47:57	09:47:12	11:24:54.35	11:26:49.10	+04:49:05 (42.1%)	9:47	6.1 (57.5%)
193	RUBCZYŃSKI Wojciech	4309		Senior II M - 30	57	01:39:13	04:12:26	05:33:35	07:30:46	09:39:08	11:26:27.05	11:28:17.75	+04:50:34 (42.2%)	9:48	6.1 (57.5%)
194	JÓZEFIAK Krystian	4198		Senior II M - 30	58	01:32:39	04:01:55	05:38:16	07:50:17	09:53:01	11:27:28.20	11:28:20.00	+04:50:36 (42.2%)	9:49	6.1 (57.5%)
195	BANASZCZYK Mariusz	4137	EDC.TEAM.ACTIVE	Masters M - 40	65	01:18:33	03:22:46	04:53:37	07:17:07	09:39:56	11:28:03.35	11:28:22.65	+04:50:39 (42.2%)	9:49	6.1 (57.5%)
196	LUTOMSKA Dorota	4006	OFIX.PL BIKE TEAM	Masters K - 40	19	01:26:18	03:48:39	05:18:35	07:35:16	09:50:37	11:27:57.60	11:28:55.60	+04:51:12 (42.3%)	9:49	6.1 (57.5%)
197	GŁADECKI Sebastian	4136	KĘSY TEAM	Masters M - 40	66	01:26:16	03:48:38	05:18:34	07:35:19	09:50:36	11:27:57.05	11:28:56.10	+04:51:12 (42.3%)	9:49	6.1 (57.5%)
198	BOLEWSKI Adam	4120		Masters M - 40	67	01:26:54	03:36:12	05:04:23	07:35:05	09:52:45	11:28:15.10	11:29:14.90	+04:51:31 (42.3%)	9:49	6.1 (57.5%)
199	CISZEWSKI Maciej	4230	SAINT-GOBAIN SQUAD	Weteran I M - 50	23	01:29:26	03:54:34	05:29:22	07:50:16	09:58:00	11:28:54.45	11:30:01.50	+04:52:18 (42.4%)	9:50	6.1 (57.5%)
200	RYŻEWSKI Krzysztof	4231	RAWLPLUG BLUE TEAM	Weteran I M - 50	24	01:29:25	03:52:53	05:27:41	07:43:17	09:48:42	11:28:55.45	11:30:01.80	+04:52:18 (42.4%)	9:50	6.1 (57.5%)

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	70km	70km			
201	ZIEMNIAK Jarosław	4138	WOJTEK KOTARBA RUNNING TEAM	Weteran II M - 60	5	01:27:39	03:57:05	05:34:52	07:52:43	09:53:29	11:30:42.40	11:30:53.95	+04:53:10 (42.4%)	9:52	6.1 (57.5%)
202	DOLATA Andrzej	4161	KTB KUNY	Masters M - 40	68	01:25:02	03:34:16	05:04:13	07:24:50	09:51:32	11:31:29.65	11:32:09.30	+04:54:25 (42.5%)	9:52	6.1 (57.5%)
203	MARCINIAK Robert	4037	HTF LUDWIK SIKORSKI	Senior II M - 30	59	01:23:41	03:48:18	05:19:47	07:40:56	09:52:26	11:31:13.70	11:32:34.75	+04:54:51 (42.6%)	9:52	6.1 (57.5%)
204	ORZEŁ Daniel	4286		Masters M - 40	69	01:36:17	03:53:14	05:18:50	07:35:21	09:52:03	11:30:52.20	11:32:34.95	+04:54:51 (42.6%)	9:52	6.1 (57.5%)
205	SULKOWSKI Arkadiusz	4046		Masters M - 40	70	01:25:29	03:47:12	05:22:15	07:40:58	09:47:02	11:34:32.30	11:35:19.80	+04:57:36 (42.8%)	9:55	6 (56.6%)
206	TELEGUJ Michał	4240	KB ODRA OPOLE	Masters M - 40	71	01:30:09	03:44:11	05:09:20	07:23:21	09:44:46	11:35:13.15	11:36:59.35	+04:59:16 (42.9%)	9:55	6 (56.6%)
207	JAGIELSKA Magdalena	4115	POŁAWIACZKI PEREŁ, KS STASZEWSKY	Weteran K - 50	1	01:40:36	04:16:31	05:48:25	08:04:18	09:57:10	11:36:08.35	11:37:44.65	+05:00:01 (43.0%)	9:56	6 (56.6%)
208	BUCHALSKA Ewa	4206	EKOBIEGI	Weteran K - 50	2	01:30:47	03:58:58	05:32:35	07:53:13	09:56:00	11:37:07.95	11:37:49.25	+05:00:05 (43.0%)	9:57	6 (56.6%)
209	MORAWSKI Maciej	4283	GULO GULO CLUB POLAND	Masters M - 40	72	01:37:55	04:05:15	05:39:32	07:58:30	10:00:17	11:36:21.85	11:37:55.00	+05:00:11 (43.0%)	9:56	6 (56.6%)
210	OSTROWSKI Rafal	4068	AKTYWNIIE UZALEŻNIAMY PŁOCK	Masters M - 40	73	01:27:19	03:47:48	05:20:37	07:44:56	09:58:17	11:37:49.05	11:38:04.65	+05:00:21 (43.0%)	9:58	6 (56.6%)
211	MAĆKOWIAK Adam	4112	TYLKO MENTAL!	Senior II M - 30	60	01:30:42	04:00:04	05:41:59	07:59:18	09:57:32	11:36:53.25	11:38:10.90	+05:00:27 (43.0%)	9:57	6 (56.6%)
212	PUK Marcin	4123		Masters M - 40	74	01:26:53	03:44:57	05:12:55	07:28:36	09:57:55	11:37:22.10	11:38:27.70	+05:00:44 (43.1%)	9:57	6 (56.6%)
213	MCKENNA Marie	4173	AMAGER TRIATLON KLUB	Senior II K - 30	17	01:18:42	03:41:01	05:08:06	07:42:19	10:06:45	11:37:33.80	11:38:51.85	+05:01:08 (43.1%)	9:57	6 (56.6%)
214	ZYCHOWICZ Zbigniew	4030		Masters M - 40	75	01:33:04	04:06:31	05:38:17	07:56:07	10:06:09	11:38:51.55	11:39:39.25	+05:01:55 (43.2%)	9:59	6 (56.6%)
215	WENGER Jakub	4325		Senior I M - 20	11	01:32:22	03:59:02	05:23:57	07:47:06	09:50:00	11:38:29.35	11:39:59.85	+05:02:16 (43.2%)	9:58	6 (56.6%)
216	LESNIAK Izabela	4316		Senior I K - 20	2	01:32:47	04:06:30	05:40:42	07:50:42	09:50:16	11:40:14.00	11:41:28.40	+05:03:45 (43.3%)	10:00	6 (56.6%)
217	DYRAGA Marcin	4208	SAINT-GOBAIN SQUAD	Masters M - 40	76	01:24:51	03:46:44	05:17:06	07:33:13	09:50:01	11:40:59.15	11:41:40.55	+05:03:57 (43.3%)	10:00	6 (56.6%)
218	DYCKOWSKI Andrzej	4045	TYGRYSKI KUBUSIA PUCHATKA	Weteran II M - 60	6	01:33:46	04:05:04	05:32:19	07:55:02	10:02:28	11:40:52.00	11:42:30.30	+05:04:46 (43.4%)	10:00	6 (56.6%)
219	NIZAR Wioletta	4234	CSC ADVENTURE ACADEMY	Weteran K - 50	3	01:38:30	04:08:51	05:40:07	07:56:42	10:08:26	11:41:06.30	11:42:39.25	+05:04:55 (43.4%)	10:00	6 (56.6%)
220	GIEL Jarosław	4016	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	61	01:44:03	04:22:21	05:52:38	08:08:49	10:06:13	11:41:22.35	11:42:58.85	+05:05:15 (43.4%)	10:01	6 (56.6%)
221	KWAPISIEWICZ Paweł	4013	NSK RUNS	Senior II M - 30	62	01:30:52	03:53:40	05:26:49	07:46:11	09:57:35	11:43:39.25	11:44:13.90	+05:06:30 (43.5%)	10:03	6 (56.6%)
222	SAWICKI Leszek	4343		Weteran II M - 60	7	01:27:49	03:56:19	05:37:52	08:05:22	09:57:02	11:44:42.20	11:46:22.55	+05:08:39 (43.7%)	10:04	6 (56.6%)
223	CZUCHAJ Anna	4077	ING BANK ŚLĄSKI	Masters K - 40	20	01:33:52	04:08:25	05:40:21	08:01:20	10:07:15	11:45:15.30	11:46:34.40	+05:08:51 (43.7%)	10:04	6 (56.6%)
224	SZYMAŃSKI Jakub	4273		Senior II M - 30	63	01:21:53	03:35:00	05:02:11	07:17:45	09:36:46	11:46:28.15	11:47:18.80	+05:09:35 (43.8%)	10:05	5.9 (55.7%)
225	KACZOR Paweł	4079	KACZOR	Senior II M - 30	64	01:29:54	03:48:37	05:18:08	07:37:17	09:42:33	11:45:51.10	11:47:20.50	+05:09:37 (43.8%)	10:05	6 (56.6%)
226	KOCISZEWSKI Łukasz	4084		Masters M - 40	77	01:37:52	04:05:23	05:31:49	07:49:17	10:00:13	11:47:34.30	11:48:45.55	+05:11:02 (43.9%)	10:06	5.9 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	70km	70km			
227	SOCHACKA Zuzanna	4024		Masters K - 40	21	01:34:29	04:01:40	05:37:11	07:55:02	09:59:29	11:46:50.25	11:48:45.80	+05:11:02 (43.9%)	10:05	5.9 (55.7%)
228	KLIMECKI Krzysztof	4027	NSK RUNS	Senior II M - 30	65	01:37:47	04:09:10	05:41:44	08:02:09	10:08:11	11:50:14.20	11:50:48.65	+05:13:05 (44.0%)	10:08	5.9 (55.7%)
229	STROIŃSKI Wojciech	4066	LESZ NO LIMITS RUNNERS	Masters M - 40	78	01:25:47	03:53:42	05:33:29	08:07:18	10:09:58	11:51:05.65	11:51:36.05	+05:13:52 (44.1%)	10:09	5.9 (55.7%)
230	PARZONKA Paweł	4188	KS LENIWIEC	Weteran I M - 50	25	01:25:57	03:46:36	05:19:43	07:43:43	09:55:01	11:51:52.05	11:52:34.90	+05:14:51 (44.2%)	10:10	5.9 (55.7%)
231	KRASOWICZ Krzysztof	4092		Masters M - 40	79	01:36:25	04:00:21	05:31:25	07:48:23	10:10:59	11:51:22.15	11:52:56.45	+05:15:13 (44.2%)	10:09	5.9 (55.7%)
232	ŁAZUKA Klaudia	4155	ING BANK ŚLĄSKI	Senior II K - 30	18	01:33:52	04:08:25	05:40:32	08:01:22	10:07:15	11:52:07.10	11:53:26.20	+05:15:42 (44.3%)	10:10	5.9 (55.7%)
233	KOZAK Bartosz	4328	KOZAKI	Masters M - 40	80	01:37:03	04:00:44	05:26:32	07:59:54	10:15:11	11:55:18.65	11:57:02.20	+05:19:18 (44.5%)	10:13	5.9 (55.7%)
234	PIETRUSZKA Jakub	4341		Senior I M - 20	12	01:38:06	04:22:31	05:54:53	08:12:01	10:25:37	11:56:15.05	11:58:19.85	+05:20:36 (44.6%)	10:13	5.9 (55.7%)
235	DJURISIC Radowan	4342		Senior I M - 20	13	01:38:05	04:22:29	05:54:53	08:12:01	10:25:36	11:56:14.85	11:58:19.90	+05:20:36 (44.6%)	10:13	5.9 (55.7%)
236	KORCZYŃSKI Radosław	4167	RADEK DIETICIAN	Weteran I M - 50	26	01:39:37	04:12:29	05:47:23	08:14:10	10:24:42	11:57:21.50	11:59:08.50	+05:21:25 (44.7%)	10:14	5.9 (55.7%)
237	GOŹDZICKA Agnieszka	4004	STRZELECKA BIEGAJĄCA CZAROWNICA	Weteran K - 50	4	01:35:03	04:20:52	05:57:04	08:13:59	10:21:26	11:58:58.95	11:59:36.60	+05:21:53 (44.7%)	10:16	5.8 (54.7%)
238	RUDZKI Martin	4329		Senior II M - 30	66	01:23:46	03:49:02	05:31:32	08:19:28	10:14:28	12:02:24.10	12:04:17.55	+05:26:34 (45.1%)	10:19	5.8 (54.7%)
239	CHABER Tomasz	4076		Senior II M - 30	67	01:33:28	04:13:10	05:51:38	08:19:23	10:17:51	12:04:12.35	12:05:40.30	+05:27:56 (45.2%)	10:20	5.8 (54.7%)
240	SZCZEPANIAK Anna	4367		Masters K - 40	22	01:30:31	04:04:04	05:41:03	08:14:27	10:17:24	12:06:27.45	12:07:15.35	+05:29:32 (45.3%)	10:22	5.8 (54.7%)
241	ZAWADA Damian	4371		Senior II M - 30	68	01:36:19	04:09:35	05:42:41	08:03:18	10:09:58	12:05:32.95	12:07:16.35	+05:29:33 (45.3%)	10:21	5.8 (54.7%)
242	SZYMKOWIAK Arek	4219	WOLF TEAM	Senior II M - 30	69	01:24:42	03:30:33	05:07:58	07:42:53	10:01:39	12:09:54.95	12:11:33.90	+05:33:50 (45.6%)	10:25	5.8 (54.7%)
243	GNIADK Mateusz	4229		Senior II M - 30	70	01:35:31	03:59:09	05:42:17	08:12:49	10:26:05	12:11:52.20	12:13:23.10	+05:35:39 (45.8%)	10:27	5.7 (53.8%)
244	GARECKI Krzysztof	4317		Senior I M - 20	14	01:33:12	04:08:21	05:40:21	08:12:40	10:32:45	12:14:08.95	12:15:25.90	+05:37:42 (45.9%)	10:29	5.7 (53.8%)
245	KOCZOROWSKI Marcin	4135	TEAM ZABIEGANEDNI	Masters M - 40	81	01:41:27	04:17:59	05:55:24	08:18:53	10:31:47	12:14:31.50	12:15:57.50	+05:38:14 (46.0%)	10:29	5.7 (53.8%)
246	KOCZOROWSKA Anna	4134	TEAM ZABIEGANEDNI	Masters K - 40	23	01:41:34	04:18:01	05:55:36	08:18:53	10:31:47	12:14:32.65	12:15:57.80	+05:38:14 (46.0%)	10:29	5.7 (53.8%)
247	DUDA Marcin	4379		Masters M - 40	82	01:36:21	04:17:05	05:51:41	08:28:49	10:26:06	12:14:19.70	12:16:02.75	+05:38:19 (46.0%)	10:29	5.7 (53.8%)
248	CIELOCH Alicja	4372		Senior II K - 30	19	01:31:28	04:05:47	05:35:33	07:45:35	10:01:08	12:10:38.25	12:18:03.75	+05:40:20 (46.1%)	10:26	5.7 (53.8%)
249	WOJENKA Tomasz	4049	WPRUNNING	Masters M - 40	83	01:30:57	03:56:03	05:28:27	08:01:22	10:20:17	12:18:49.50	12:19:53.25	+05:42:09 (46.2%)	10:33	5.7 (53.8%)
250	ORNATOWSKI Adam	4338	ULTRA_PYRUSY	Senior II M - 30	71	01:19:27	03:50:31	05:22:34	07:59:35	10:43:37	12:20:24.60	12:20:31.80	+05:42:48 (46.3%)	10:34	5.7 (53.8%)
251	STANKOW Piotr	4019	ŚŁOŃCA JURY	Weteran I M - 50	27	01:38:20	04:14:38	05:52:25	08:29:55	10:41:24	12:20:42.25	12:22:22.55	+05:44:39 (46.4%)	10:34	5.7 (53.8%)
252	WAŚ Magdalena	4292		Masters K - 40	24	01:41:24	04:15:11	05:54:39	08:29:26	10:30:07	12:22:05.30	12:23:01.55	+05:45:18 (46.5%)	10:36	5.7 (53.8%)

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	70km	70km			
253	KRUZEL Rafał	4348	BIEGOWE MISIE	Weteran I M - 50	28	01:41:24	04:26:10	06:05:46	08:29:51	10:30:57	12:23:42.55	12:24:21.10	+05:46:37 (46.6%)	10:37	5.6 (52.8%)
254	WÓJCIK Kamila	4293	LACHO-TEAM	Masters K - 40	25	01:44:42	04:21:18	06:00:51	08:35:19	10:52:26	12:25:00.85	12:25:57.30	+05:48:13 (46.7%)	10:38	5.6 (52.8%)
254	MORAWA Mateusz	4366	LACHO TEAM	Masters M - 40	84	01:44:42	04:21:17	06:00:49	08:35:19	10:52:58	12:25:02.20	12:25:57.30	+05:48:13 (46.7%)	10:38	5.6 (52.8%)
256	CNOTALSKA Aneta	4233		Masters K - 40	26	01:39:33	04:20:13	06:03:36	08:44:09	10:55:54	12:36:13.45	12:37:39.70	+05:59:56 (47.5%)	10:48	5.6 (52.8%)
257	SIEJEK Natalia	4147		Senior II K - 30	20	01:39:34	04:20:14	06:03:36	08:44:09	10:55:54	12:36:18.20	12:37:43.65	+06:00:00 (47.5%)	10:48	5.6 (52.8%)
258	KASPRZYK Adrian	4332	LESZNO LIMITS RUNNERS	Masters M - 40	85	01:40:08	04:15:49	05:57:41	08:45:03	10:54:21	12:37:19.65	12:39:15.75	+06:01:32 (47.6%)	10:49	5.5 (51.9%)
259	PÖPKE Anna	4128		Senior II K - 30	21	01:27:15	03:51:44	05:32:01	08:12:00	10:41:58	12:39:31.35	12:40:15.60	+06:02:32 (47.7%)	10:51	5.5 (51.9%)
260	ZIELIŃSKA-DAWIDZIAK Magdalena	4158	MARATON LESZNO	Weteran K - 50	5	01:36:30	04:10:50	05:59:49	08:36:24	10:50:09	12:40:17.70	12:41:46.45	+06:04:03 (47.8%)	10:51	5.5 (51.9%)
261	GLINKA Paweł	4166	PKS GDAŃSK OLIIWA SA	Senior II M - 30	72	01:39:01	04:17:57	05:53:57	08:34:45	10:57:08	12:41:01.20	12:41:56.60	+06:04:13 (47.8%)	10:52	5.5 (51.9%)
262	KARLA Wojciech	4164		Senior II M - 30	73	01:43:38	04:28:06	06:07:42	08:39:37	10:51:19	12:41:45.60	12:42:03.20	+06:04:19 (47.8%)	10:52	5.5 (51.9%)
263	BEKAŁA Sławomir	4070		Masters M - 40	86	01:24:49	03:52:15	05:28:45	07:58:38	10:29:52	12:42:32.20	12:43:44.75	+06:06:01 (47.9%)	10:53	5.5 (51.9%)
264	WIŚNIEWSKA Justyna	4023		Masters K - 40	27	01:36:24	04:17:27	05:54:55	08:25:16	10:43:11	12:42:09.15	12:43:51.30	+06:06:07 (47.9%)	10:53	5.5 (51.9%)
265	SIDDIQUI Talha	4171		Senior II M - 30	74	01:21:47	03:46:19	05:31:14	08:07:40	10:37:23	12:43:58.50	12:44:28.40	+06:06:45 (48.0%)	10:54	5.5 (51.9%)
266	OLSZEWSKI Michał	4165		Masters M - 40	87	01:32:55	03:59:43	05:42:52	08:25:43	10:42:29	12:43:29.45	12:44:42.90	+06:06:59 (48.0%)	10:54	5.5 (51.9%)
267	KOWAL Ireneusz	4069		Masters M - 40	88	01:33:20	04:12:27	05:47:01	08:25:41	10:40:20	12:46:45.00	12:47:34.55	+06:09:51 (48.2%)	10:57	5.5 (51.9%)
268	KAPUŚCIŃSKA Agnieszka	4109	WŚCIEKŁE MISIE	Masters K - 40	28	01:35:37	04:35:54	06:32:25	08:50:12	10:55:47	12:48:42.45	12:49:17.40	+06:11:34 (48.3%)	10:58	5.5 (51.9%)
269	KRAWCZYK Agnieszka	4058	SV GENERALI	Masters K - 40	29	01:37:36	04:15:03	05:52:44	08:30:29	10:59:24	12:49:37.05	12:49:58.50	+06:12:15 (48.3%)	10:59	5.5 (51.9%)
270	SACHA Małgorzata	4057	CZARNA PERŁA BRZESKO	Senior II K - 30	22	01:37:37	04:15:04	05:52:43	08:30:35	10:59:22	12:49:38.20	12:49:58.85	+06:12:15 (48.3%)	10:59	5.5 (51.9%)
271	KAMPHUIS Ruud	4287	DIONYSOS DENEKAMP	Masters M - 40	89	01:25:48	03:58:14	05:34:53	08:07:52	10:44:08	12:49:54.85	12:50:25.75	+06:12:42 (48.4%)	10:59	5.5 (51.9%)
272	AMBROŻEK Aleksander	4243	ALCHEMIA BIEGANIA	Masters M - 40	90	01:37:42	04:22:57	05:56:30	08:29:51	11:00:29	12:50:31.20	12:51:07.90	+06:13:24 (48.4%)	11:00	5.5 (51.9%)
273	PIETRUSIAK Krzysztof	4093	POZURANIACY	Masters M - 40	91	01:33:19	04:21:44	05:56:56	08:50:30	11:13:40	12:50:50.30	12:51:08.50	+06:13:25 (48.4%)	11:00	5.4 (50.9%)
274	BĄK Bogdan	4267		Weteran I M - 50	29	01:30:02	04:10:02	05:57:45	08:40:26	10:58:02	12:52:26.15	12:53:11.40	+06:15:28 (48.6%)	11:02	5.4 (50.9%)
275	SZPONDER Artur	4107	KBKS RADOMSKO	Senior II M - 30	75	01:38:30	04:24:30	06:10:33	08:42:00	10:57:43	12:55:14.50	12:55:26.20	+06:17:42 (48.7%)	11:04	5.4 (50.9%)
276	OSIAL Mariusz	4148	SOBASTEAM	Masters M - 40	92	01:38:34	04:23:18	06:09:32	08:40:34	10:56:19	12:53:51.90	12:55:26.60	+06:17:43 (48.7%)	11:03	5.4 (50.9%)
277	KRZEMIŃSKI Łukasz	4381		Masters M - 40	93	01:36:15	03:55:34	05:31:33	08:19:10	10:46:46	12:54:03.40	12:56:03.90	+06:18:20 (48.8%)	11:03	5.4 (50.9%)
278	NAPIERAŁA Andrzej	4237	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	8	01:37:41	04:19:28	06:03:40	08:43:22	11:09:13	12:59:14.30	13:01:38.20	+06:23:54 (49.1%)	11:07	5.4 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	57km	70km	70km			
279	WALIGÓRA Aleksandra	4306	WOLSZTYŃSKI KLUB BIEGOWY	Senior II K - 30	23	01:39:51	04:29:42	06:12:10	08:58:02	11:11:45	13:00:01.30	13:01:51.80	+06:24:08 (49.1%)	11:08	5.4 (50.9%)
280	JĘDRZEJCZAK Renata	4011		Masters K - 40	30	01:39:13	04:29:44	06:12:10	08:58:03	11:11:47	13:00:03.10	13:01:51.95	+06:24:08 (49.1%)	11:08	5.4 (50.9%)
281	WIĘCH Mariusz	4088		Masters M - 40	94	01:21:17	03:48:49	05:29:53	08:11:11	10:37:50	13:01:57.25	13:02:16.10	+06:24:32 (49.2%)	11:10	5.4 (50.9%)
282	MICHALIK Kamila	4042		Senior I K - 20	3	01:30:05	04:02:32	05:41:11	08:16:35	10:49:20	13:02:24.65	13:02:57.10	+06:25:13 (49.2%)	11:10	5.4 (50.9%)
283	GORALEWSKI Mateusz	4168		Masters M - 40	95	01:34:51	04:18:14	06:04:28	08:45:36	11:02:10	13:02:21.30	13:03:05.20	+06:25:21 (49.2%)	11:10	5.4 (50.9%)
284	KUBOWICZ Zbigniew	4097		Weteran I M - 50	30	01:42:56	04:23:55	06:14:19	08:52:51	11:15:38	13:03:04.00	13:04:51.00	+06:27:07 (49.3%)	11:11	5.4 (50.9%)
285	TOKARCZYK Tomasz	4280	DRUŻYNA SZPIKU	Weteran I M - 50	31	01:33:16	04:05:14	05:43:53	08:25:47	10:55:15	13:04:06.90	13:05:08.50	+06:27:25 (49.3%)	11:12	5.4 (50.9%)
286	PIETRUSIAK Agnieszka	4094		Masters K - 40	31	01:33:28	04:21:46	06:02:46	08:51:24	11:13:39	13:05:27.80	13:05:46.75	+06:28:03 (49.4%)	11:13	5.3 (50.0%)
287	WÓJCIK Jacek	4176		Masters M - 40	96	01:45:09	04:29:00	06:14:04	08:54:16	11:15:12	13:05:46.60	13:07:39.90	+06:29:56 (49.5%)	11:13	5.3 (50.0%)
288	BARTOSZAK Piotr	4140		Senior II M - 30	76	01:44:06	04:21:02	05:58:57	08:40:25	10:57:27	13:08:41.00	13:10:16.20	+06:32:32 (49.7%)	11:16	5.3 (50.0%)
289	SZMATLOCH Bartłomiej	4224	RETROBAJTEL	Senior II M - 30	77	01:42:54	04:27:48	06:06:54	08:49:13	11:17:43	13:11:50.10	13:12:57.80	+06:35:14 (49.8%)	11:18	5.3 (50.0%)
290	SZMATLOCH Maciek	4223	RETROBAJTEL	Masters M - 40	97	01:42:58	04:27:46	06:07:36	08:49:40	11:17:44	13:11:49.50	13:13:00.15	+06:35:16 (49.8%)	11:18	5.3 (50.0%)
291	BEREZIUK Michał	4360		Masters M - 40	98	01:50:36	04:43:29	06:31:15	09:09:12	11:19:53	13:11:52.90	13:13:56.75	+06:36:13 (49.9%)	11:18	5.3 (50.0%)
292	DAWIDZIAK Jarosław	4039	AMBIT RACING TEAM	Weteran I M - 50	32	01:34:21	04:16:15	05:59:02	08:41:49	11:06:19	13:15:16.00	13:16:45.80	+06:39:02 (50.1%)	11:21	5.3 (50.0%)
293	KOLANEK Dawid	4025		Senior II M - 30	78	01:45:43	04:50:29	06:31:02	09:04:08	11:27:15	13:15:55.00	13:17:34.70	+06:39:51 (50.1%)	11:22	5.3 (50.0%)
294	KOCZOCIK Natalia	4022	IZERSKA GRUPA BIEGOWA	Masters K - 40	32	01:30:44	04:22:27	05:55:33	08:34:39	11:13:25	13:16:54.90	13:18:03.55	+06:40:20 (50.2%)	11:23	5.3 (50.0%)
295	DROŃ Jakub	4368		Senior II M - 30	79	01:42:59	04:43:29	06:34:08	09:09:20	11:27:13	13:17:30.80	13:19:24.55	+06:41:41 (50.2%)	11:23	5.3 (50.0%)
296	DOŚPIAŁ Krzysztof	4190	PIECHOTĄ PO SCHODACH	Masters M - 40	99	01:37:22	04:24:57	05:57:51	08:39:02	11:29:25	13:18:57.50	13:19:49.50	+06:42:06 (50.3%)	11:24	5.3 (50.0%)
297	JAWORSKA Wioleta	4261		Senior II K - 30	24	01:32:52	03:55:06	05:25:44	07:45:10	11:05:27	13:20:49.85	13:22:02.95	+06:44:19 (50.4%)	11:26	5.2 (49.1%)
298	BALUTA-MAŁECKA Edyta	4260		Senior II K - 30	25	01:32:54	03:55:05	05:24:45	07:45:11	11:05:27	13:20:50.10	13:22:03.20	+06:44:19 (50.4%)	11:26	5.2 (49.1%)
299	ZIELIŃSKI Robert	4289	KS POSNANIA TRIATHLON	Masters M - 40	100	01:36:10	04:51:47	06:34:20	09:08:07	11:28:21	13:29:41.55	13:31:22.45	+06:53:39 (51.0%)	11:34	5.2 (49.1%)
300	PAPAZISIS Jerzy	4349	#BYLEPRZEDJURKIEM	Masters M - 40	101	01:36:26	04:25:26	06:19:06	09:07:53	11:31:15	13:32:23.20	13:32:46.35	+06:55:03 (51.1%)	11:36	5.2 (49.1%)
301	PIERZCHAŁA Magdalena	4012	NSK RUNS	Masters K - 40	33	01:42:00	04:33:38	06:23:58	09:02:00	11:27:05	13:32:15.10	13:32:46.75	+06:55:03 (51.1%)	11:36	5.2 (49.1%)
302	ZAKRZEWICZ Marcin	4305	KTB KUNY	Masters M - 40	102	01:30:34	04:00:08	05:51:58	08:44:59	11:28:44	13:32:37.10	13:33:16.25	+06:55:32 (51.1%)	11:36	5.2 (49.1%)
303	WOJTYŚ Adam	4032	JUTROSIŃSKI KLUB BIEGACZA	Masters M - 40	103	01:38:44	04:32:40	06:20:19	09:10:53	11:32:51	13:35:40.30	13:37:03.50	+06:59:20 (51.3%)	11:39	5.1 (48.1%)
304	WOJTYŚ Monika	4031	JUTROSIŃSKI KLUB BIEGACZA	Masters K - 40	34	01:38:44	04:32:41	06:20:18	09:10:52	11:32:51	13:35:41.30	13:37:04.25	+06:59:20 (51.3%)	11:39	5.1 (48.1%)

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	70km	70km			
305	MAKSELON Maciej	4299	TORPEDO SZCZECINEK	Masters M - 40	104	01:44:26	04:35:55	06:19:23	09:12:12	11:36:53	13:42:19.15	13:42:19.15	+07:04:35 (51.6%)	11:44	5.1 (48.1%)
306	PERECZKOWSKA Agnieszka	4182	WYBIEGAJ SIEBIEB	Masters K - 40	35	01:45:37	04:39:49	06:31:20	09:13:21	11:35:01	13:40:28.20	13:42:19.55	+07:04:36 (51.6%)	11:43	5.1 (48.1%)
307	RZESZOWSKI Tomasz	4216	MIRAZ RACE TEAM	Masters M - 40	105	01:50:58	04:53:34	06:47:36	09:32:40	11:57:44	13:43:57.30	13:44:36.95	+07:06:53 (51.8%)	11:46	5.1 (48.1%)
308	BERDYCH Artur	4355		Masters M - 40	106	01:34:38	04:14:15	05:56:30	08:55:13	11:32:37	13:51:38.15	13:51:38.15	+07:13:54 (52.2%)	11:52	5.1 (48.1%)
309	ZIELINKO Łukasz	4014	ŻUBERTEAM	Senior II M - 30	80	01:34:31	04:17:38	06:01:48	09:01:03	11:30:51	13:58:46.50	13:59:53.05	+07:22:09 (52.6%)	11:58	5 (47.2%)
310	POPCZYK Piotr	4127	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	Masters M - 40	107	01:40:40	04:23:12	06:16:10	09:14:19	11:45:29	14:01:09.75	14:02:54.30	+07:25:10 (52.8%)	12:00	5 (47.2%)
311	SOBIERALSKA Magdalena	4029		Senior II K - 30	26	01:45:14	04:48:02	06:58:16	09:53:24	12:06:43	14:03:35.45	14:04:45.95	+07:27:02 (52.9%)	12:03	5 (47.2%)
312	CZYŻEWSKA Justyna	4026		Masters K - 40	36	01:43:47	04:39:26	06:30:17	09:13:20	11:54:27	14:03:45.30	14:05:39.80	+07:27:56 (53.0%)	12:03	5 (47.2%)
313	CISZEWSKI Paweł	4065		Senior II M - 30	81	01:45:17	04:48:02	06:58:15	09:53:25	12:06:39	14:05:31.65	14:06:43.95	+07:29:00 (53.0%)	12:04	5 (47.2%)
314	BORKOWSKI Krzysztof	4052	BBL LASY BOGDANIEC	Masters M - 40	108	01:39:22	04:51:31	06:55:39	09:35:37	11:55:14	14:13:09.70	14:13:45.60	+07:36:02 (53.4%)	12:11	4.9 (46.2%)
315	WIECZOREK Artur	4172	FSD RUN DREZDENKO	Weteran I M - 50	33	01:43:04	04:51:08	06:56:45	09:36:21	11:55:18	14:13:04.65	14:13:46.85	+07:36:03 (53.4%)	12:11	4.9 (46.2%)
316	CZERWIŃSKI Dariusz	4121	LOVELASY	Weteran I M - 50	34	01:42:49	04:38:28	06:52:12	09:44:14	12:04:44	14:22:45.00	14:24:13.05	+07:46:29 (54.0%)	12:19	4.9 (46.2%)
317	SZYMAŃSKI Henryk	4191		Weteran I M - 50	35	01:45:06	04:52:25	06:49:36	09:40:34	12:05:28	14:23:38.00	14:24:30.30	+07:46:46 (54.0%)	12:20	4.9 (46.2%)
318	KAPUŚCIŃSKI Michał	4108	WŚCIEKŁE MISIE	Masters M - 40	109	01:35:35	04:35:54	06:32:34	09:43:04	12:11:02	14:24:32.75	14:25:08.30	+07:47:24 (54.0%)	12:21	4.9 (46.2%)
319	PIĘTA Piotr	4113	TYLKO MENTAL!	Senior I M - 20	15	01:34:43	03:59:13	05:37:37	08:25:01	11:08:39	14:25:29.70	14:26:53.80	+07:49:10 (54.1%)	12:21	4.9 (46.2%)
320	BORYKA Piotr	4104		Masters M - 40	110	01:38:06	04:18:59	06:18:57	09:22:35	12:12:56	14:39:18.40	14:39:46.25	+08:02:02 (54.8%)	12:33	4.8 (45.3%)
321	JĘDRZEJEWSKA Beata	4226	MIRAZ RACE TEAM	Masters K - 40	37	01:51:00	04:53:36	06:50:45	09:54:00	12:41:07	14:49:46.10	14:50:25.70	+08:12:42 (55.3%)	12:42	4.7 (44.3%)
322	JANKA Krzysztof	4207	EUROCASH	Masters M - 40	111	01:42:36	04:44:23	06:36:05	10:02:07		14:49:12.80	14:51:20.00	+08:13:36 (55.4%)	12:42	4.7 (44.3%)
	MANIAK Rafał	4300		Masters M - 40		01:13:01 DNF	03:04:28 DNF	04:22:06 DNF	06:15:49 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TOMYŚLAK Magdalena	4217	TAKE CONTROL	Senior II K - 30		01:26:20 DNF	03:47:39 DNF	05:16:15 DNF	07:20:37 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ŁYŚ Dominik	4256		Senior I M - 20		01:35:37 DNF	04:06:31 DNF	05:26:24 DNF	07:52:38 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	STYK Marek	4139		Senior II M - 30		01:20:16 DNF	03:35:15 DNF	05:41:32 DNF	08:07:49 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BENKE Robert	4247		Senior I M - 20		01:35:58 DNF	04:06:30 DNF	05:26:21 DNF	08:21:11 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MAZAN Wojciech	4160		Senior II M - 30		01:37:57 DNF	04:37:05 DNF	06:26:02 DNF	09:33:27 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	LEWARTOWSKI Konrad	4330	KTB KUNY	Weteran I M - 50		01:40:12 DNF	04:41:58 DNF	06:37:14 DNF	09:45:39 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	LEKS-MASZKOWSKA Ryszarda	4271	OBORYGENI	Masters K - 40		01:53:37 DNF	05:00:28 DNF	07:09:28 DNF	10:04:32 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 70km	Czas brutto 70km	Różn	Tempo min/km	Tempo km/h
	DENKOWSKI Wojciech	4222		Weteran II M - 60	01:53:42 DNF	05:03:06 DNF	07:13:03 DNF	10:15:28 DNF	DNF	DNF	DNF		-	- (0.0%)
	GRABARA Adam	4081	ING BANK ŚLĄSKI	Weteran I M - 50	01:52:16 DNF	04:57:07 DNF	07:09:21 DNF	10:16:13 DNF	DNF	DNF	DNF		-	- (0.0%)
	OSTROWSKI Sławomir	4276		Masters M - 40	02:12:15 DNF	05:18:11 DNF	07:29:29 DNF	10:23:04 DNF	DNF	DNF	DNF		-	- (0.0%)
	ŁABĘDZKA-BUGAJ Alicja	4275		Weteran K - 50	02:12:17 DNF	05:18:15 DNF	07:29:36 DNF	10:23:24 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZĄBECKI Przemek	4376		Masters M - 40	01:18:31 DNF	03:22:08 DNF	04:47:31 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KACZOROWSKI Damian	4215		Masters M - 40	01:21:28 DNF	03:30:01 DNF	05:03:40 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WYSMOLIŃSKI Rafał	4281		Masters M - 40	01:27:33 DNF	03:40:33 DNF	05:07:18 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JASIŃSKI Marcin	4205	RKB ROGOŻNO	Masters M - 40	01:21:01 DNF	03:34:33 DNF	05:14:59 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JASIŃSKI Paweł	4201	APTENEO TEAM	Weteran I M - 50	01:21:33 DNF	03:30:01 DNF	05:31:24 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CZAJKOWSKI Wojtek	4345		Masters M - 40	01:30:23 DNF	04:01:18 DNF	05:36:00 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZATAJ Igor	4050	KB MANIAC POZNAŃ	Masters M - 40	01:45:51 DNF	04:49:59 DNF	07:07:49 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STANISZEWSKA MATEJA Natalia	4010		Senior II K - 30	01:50:26 DNF	04:59:05 DNF	07:29:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CAPUTA Wojciech	4377		Masters M - 40	01:21:51 DNF	03:40:21 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MEJZIŃSKI Michał	4184		Senior II M - 30	01:33:35 DNF	05:21:35 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	POGORZELSKI Krzysztof	4333		Masters M - 40	01:13:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KSIĘŻARCZYK Michał	4250		Masters M - 40	01:16:40 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIELEŃ-PUSZCZECKA Marta	4103		Senior II K - 30	01:56:30 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PATRZYŃSKI Jakub	4324		Senior I M - 20	02:00:11 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SIEPIELSKI Damian	4159	SOLETANCHE POLSKA TEAM	Senior II M - 30	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BRODA Dominik	4099		Senior II M - 30	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 350 wynik(ów)