



**Wydarzenie:** CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2019  
**Organizator:** FUNDACJA PROFIT MARATON  
**Data:** 2019-07-13  
**Miejsce:** Sobieszów  
**Dystans:** 46 km

# CHOJNIK MARATON

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
1	<b>WRÓBEL Marcin</b>	<b>228</b>	MITSUBISHI MATERIALS MTB TEAM	M40	1	01:26:15	03:47:38	<b>04:52:28.75</b>	<b>04:52:33.65</b>		6:21	9.4 (100%)
2	<b>KĘPKA Adrian</b>	<b>195</b>	DECATHLON KOSZALIN/ TAGER KOSZALIN	M20	1	01:24:19	03:50:52	<b>04:52:40.25</b>	<b>04:52:48.10</b>	+00:00:14 (0.1%)	6:21	9.4 (100%)
3	<b>BARANOW Tomasz</b>	<b>354</b>		M40	2	01:20:32	03:56:08	<b>05:00:49.35</b>	<b>05:00:55.60</b>	+00:08:21 (2.8%)	6:32	9.2 (97.9%)
4	<b>ROGÓRZ Piotr</b>	<b>253</b>		M40	3	01:21:42	03:52:38	<b>05:03:26.10</b>	<b>05:03:33.15</b>	+00:10:59 (3.6%)	6:35	9.1 (96.8%)
5	<b>ZBOZIEN Jarosław</b>	<b>306</b>		M30	1	01:22:31	03:57:34	<b>05:11:07.05</b>	<b>05:11:19.25</b>	+00:18:45 (6.0%)	6:45	8.9 (94.7%)
6	<b>PAWŁOWSKI Tomasz</b>	<b>36</b>	TEAM PLESZEW	M40	4	01:22:59	04:02:08	<b>05:15:16.40</b>	<b>05:15:21.10</b>	+00:22:47 (7.2%)	6:51	8.8 (93.6%)
7	<b>OSKWAREK Piotr</b>	<b>201</b>	ŁACZKA TEAM LEGNICA	M30	2	01:22:07	04:04:12	<b>05:19:02.65</b>	<b>05:19:07.85</b>	+00:26:34 (8.3%)	6:56	8.7 (92.6%)
8	<b>LULIS Dawid</b>	<b>196</b>		M30	3	01:25:40	04:08:15	<b>05:19:26.10</b>	<b>05:19:31.55</b>	+00:26:57 (8.4%)	6:56	8.6 (91.5%)
9	<b>GOMOŁYSEK Kinga</b>	<b>184</b>	MATNER RUNNING TEAM	K30	1	01:25:42	04:09:50	<b>05:19:55.95</b>	<b>05:20:02.05</b>	+00:27:28 (8.6%)	6:57	8.6 (91.5%)
10	<b>KOCEMBA Askaniusz</b>	<b>345</b>		M30	4	01:24:25	04:06:37	<b>05:24:38.15</b>	<b>05:24:42.45</b>	+00:32:08 (9.9%)	7:03	8.5 (90.4%)
11	<b>CIEŚNIK Krzysztof</b>	<b>110</b>	MH AUTOMATYKA	M30	5	01:25:55	04:16:40	<b>05:25:50.85</b>	<b>05:25:56.30</b>	+00:33:22 (10.2%)	7:05	8.5 (90.4%)
12	<b>MACHALSKI Sebastian</b>	<b>71</b>		M40	5	01:27:49	04:10:14	<b>05:30:14.70</b>	<b>05:30:21.10</b>	+00:37:47 (11.4%)	7:10	8.4 (89.4%)
13	<b>STANISZCZAK Łukasz</b>	<b>240</b>	STANISZCZAK TEAM	M20	2	01:31:03	04:18:58	<b>05:30:45.40</b>	<b>05:30:52.25</b>	+00:38:18 (11.6%)	7:11	8.3 (88.3%)
14	<b>ZIELINSKI Maksymilian</b>	<b>327</b>	LUBONSKI KLUB BIEGACZA	M18	1	01:33:48	04:16:27	<b>05:35:32.15</b>	<b>05:35:49.15</b>	+00:43:15 (12.9%)	7:17	8.2 (87.2%)
15	<b>PODOLAK Ula</b>	<b>358</b>	BARTŁOMIEJ PRZEDWOJEWSKI MOUNTAIN TEAM	K20	1	01:33:20	04:24:04	<b>05:36:41.95</b>	<b>05:36:48.50</b>	+00:44:14 (13.1%)	7:19	8.2 (87.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
16	<b>TRUSZKOWSKI Damian</b>	<b>86</b>	ALBATROSY	M30	6	01:36:25	04:23:54	<b>05:38:23.70</b>	<b>05:38:29.35</b>	+00:45:55 (13.6%)	7:21	8.2 (87.2%)
17	<b>MAZANKA Jakub</b>	<b>191</b>		M40	6	01:31:19	04:19:30	<b>05:38:40.60</b>	<b>05:38:52.45</b>	+00:46:18 (13.7%)	7:21	8.1 (86.2%)
18	<b>TRACZYKIEWICZ Karolina</b>	<b>346</b>	SKOCZYLIWLASY / STAY INSANE	K20	2	01:35:23	04:28:52	<b>05:40:24.05</b>	<b>05:40:29.85</b>	+00:47:56 (14.1%)	7:24	8.1 (86.2%)
19	<b>NIEPALA Jacek</b>	<b>59</b>	OBORYGENI	M30	7	01:31:07	04:24:33	<b>05:40:26.30</b>	<b>05:40:32.75</b>	+00:47:59 (14.1%)	7:24	8.1 (86.2%)
20	<b>ŻURAW Wiktor</b>	<b>213</b>		M20	3	01:30:57	04:26:17	<b>05:44:34.45</b>	<b>05:44:47.15</b>	+00:52:13 (15.1%)	7:29	8 (85.1%)
21	<b>ŚCISŁO Przemysław</b>	<b>271</b>		M40	7	01:32:06	04:27:39	<b>05:44:49.25</b>	<b>05:44:56.35</b>	+00:52:22 (15.2%)	7:29	8 (85.1%)
22	<b>KOLASA Filip</b>	<b>185</b>		M40	8	01:26:20	04:24:34	<b>05:47:36.75</b>	<b>05:47:43.15</b>	+00:55:09 (15.9%)	7:33	7.9 (84.0%)
23	<b>MIELOCH Tamara</b>	<b>222</b>		K40	1	01:31:44	04:31:45	<b>05:48:01.60</b>	<b>05:48:08.00</b>	+00:55:34 (16.0%)	7:33	7.9 (84.0%)
24	<b>PIKUL Piotr</b>	<b>357</b>		M30	8	01:36:37	04:22:17	<b>05:50:39.95</b>	<b>05:50:44.65</b>	+00:58:11 (16.6%)	7:37	7.9 (84.0%)
25	<b>SZTURO Jan</b>	<b>65</b>	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50	1	01:35:18	04:29:45	<b>05:52:20.20</b>	<b>05:52:25.30</b>	+00:59:51 (17.0%)	7:39	7.8 (83.0%)
26	<b>SIELICKI Mariusz</b>	<b>320</b>	HEXAGON	M30	9	01:34:44	04:32:47	<b>05:52:32.40</b>	<b>05:52:51.85</b>	+01:00:18 (17.1%)	7:39	7.8 (83.0%)
27	<b>CZECH Mateusz</b>	<b>270</b>	MAŁOSOLNI	M20	4	01:32:17	04:35:34	<b>05:52:47.75</b>	<b>05:52:54.75</b>	+01:00:21 (17.1%)	7:40	7.8 (83.0%)
28	<b>LUBAŃSKI Robert</b>	<b>27</b>		M50	2	01:27:55	04:30:06	<b>05:53:11.25</b>	<b>05:53:16.05</b>	+01:00:42 (17.2%)	7:40	7.8 (83.0%)
29	<b>GAJ Przemysław</b>	<b>218</b>		M20	5	01:35:22	04:30:00	<b>05:54:34.65</b>	<b>05:54:56.30</b>	+01:02:22 (17.6%)	7:42	7.8 (83.0%)
30	<b>ALEKSANDEREK Michał</b>	<b>293</b>	6 BATALION POWIETRZNO DESANTOWY GLIWICE	M30	10	01:46:29	04:36:37	<b>05:55:16.05</b>	<b>05:55:22.55</b>	+01:02:48 (17.7%)	7:43	7.8 (83.0%)
31	<b>GRAMALA Mateusz</b>	<b>160</b>		M20	6	01:30:57	04:32:13	<b>05:56:34.60</b>	<b>05:56:45.25</b>	+01:04:11 (18.0%)	7:45	7.7 (81.9%)
32	<b>DUDZIŃSKA Maja</b>	<b>335</b>	PARKRUN SZCZECIN	K40	2	01:39:15	04:40:30	<b>05:56:24.80</b>	<b>05:56:51.35</b>	+01:04:17 (18.0%)	7:44	7.7 (81.9%)
33	<b>DWORZYŃSKI Rafał</b>	<b>30</b>		M30	11	01:36:21	04:35:36	<b>05:58:22.20</b>	<b>05:58:28.60</b>	+01:05:54 (18.4%)	7:47	7.7 (81.9%)
34	<b>SZAJN Grzegorz</b>	<b>262</b>	SZAJKI	M40	9	01:31:41	04:33:38	<b>05:59:42.35</b>	<b>05:59:52.10</b>	+01:07:18 (18.7%)	7:49	7.7 (81.9%)
35	<b>SZCZESZEK Robert</b>	<b>138</b>	RANO	M30	12	01:36:17	04:30:23	<b>06:00:05.50</b>	<b>06:00:14.05</b>	+01:07:40 (18.8%)	7:49	7.7 (81.9%)
36	<b>SOCHA Piotr</b>	<b>120</b>	STAJNIA BALONA	M30	13	01:32:15	04:36:30	<b>06:00:11.70</b>	<b>06:00:16.90</b>	+01:07:43 (18.8%)	7:49	7.7 (81.9%)
37	<b>PODLEŚ Rafał</b>	<b>179</b>		M20	7	01:34:28	04:39:05	<b>06:04:09.80</b>	<b>06:04:19.10</b>	+01:11:45 (19.7%)	7:55	7.6 (80.9%)
38	<b>SZUBERT Przemysław</b>	<b>173</b>	TYŁOWICE LUBOCHNIA	M40	10	01:40:03	04:40:26	<b>06:05:22.40</b>	<b>06:05:29.35</b>	+01:12:55 (20.0%)	7:56	7.6 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 46km	brutto 46km			
39	<b>JÓŹWIAK Rafał</b>	<b>272</b>		M30	14	01:32:18	04:40:26	<b>06:05:46.95</b>	<b>06:05:57.30</b>	+01:13:23 (20.1%)	7:57	7.5 (79.8%)
40	<b>NOWICKI Mariusz</b>	<b>319</b>	FOTOMTB.PL	M40	11	01:33:03	04:36:45	<b>06:05:37.20</b>	<b>06:05:58.25</b>	+01:13:24 (20.1%)	7:56	7.5 (79.8%)
41	<b>BORDYCH Jacek</b>	<b>259</b>	BOREL MARATHON TEAM	M50	3	01:37:08	04:44:50	<b>06:08:13.45</b>	<b>06:08:23.70</b>	+01:15:50 (20.6%)	8:00	7.5 (79.8%)
42	<b>BORDYCH Andrzej</b>	<b>154</b>	BOREL MARATHON TEAM	M40	12	01:37:22	04:44:50	<b>06:08:13.20</b>	<b>06:08:24.25</b>	+01:15:50 (20.6%)	8:00	7.5 (79.8%)
43	<b>KOZIEŁ Grzegorz</b>	<b>205</b>	SILESIA RUNNERS CLUB	M30	15	01:34:32	04:39:05	<b>06:09:48.40</b>	<b>06:09:54.65</b>	+01:17:21 (20.9%)	8:02	7.5 (79.8%)
44	<b>PETA Rafał</b>	<b>115</b>		M40	13	01:40:52	04:49:11	<b>06:10:07.85</b>	<b>06:10:36.70</b>	+01:18:03 (21.1%)	8:02	7.5 (79.8%)
45	<b>LAMEK Andrzej</b>	<b>245</b>	AKTYWNY OSTRZESZÓW	M40	14	01:40:07	04:44:18	<b>06:11:10.15</b>	<b>06:11:53.95</b>	+01:19:20 (21.3%)	8:04	7.4 (78.7%)
46	<b>ŻAKOWSKI Karol</b>	<b>255</b>	CALORIES OF FUN	M30	16	01:36:52	04:47:24	<b>06:11:48.85</b>	<b>06:11:57.50</b>	+01:19:23 (21.3%)	8:04	7.4 (78.7%)
47	<b>MORAWSKI Filip</b>	<b>124</b>	MARCINSWIERCTEAM	M40	15	01:42:56	04:54:49	<b>06:14:23.95</b>	<b>06:14:32.35</b>	+01:21:58 (21.9%)	8:08	7.4 (78.7%)
48	<b>BÓBSKI Michał</b>	<b>42</b>		M30	17	01:36:53	04:52:11	<b>06:15:50.10</b>	<b>06:16:02.90</b>	+01:23:29 (22.2%)	8:10	7.3 (77.7%)
49	<b>KAMIŃSKI James</b>	<b>356</b>	KINGRUNNER ULTRA	M40	16	01:36:47	04:49:02	<b>06:18:12.55</b>	<b>06:18:21.20</b>	+01:25:47 (22.7%)	8:13	7.3 (77.7%)
50	<b>TYPIŃSKI Paweł</b>	<b>208</b>	HIGHWAY	M20	8	01:41:11	04:54:17	<b>06:18:24.60</b>	<b>06:18:34.75</b>	+01:26:01 (22.7%)	8:13	7.3 (77.7%)
51	<b>WINIEL Iga</b>	<b>141</b>	FSW TEAM	K30	2	01:50:32	04:58:39	<b>06:21:08.15</b>	<b>06:21:18.40</b>	+01:28:44 (23.3%)	8:17	7.2 (76.6%)
52	<b>ADAMSKI Jan</b>	<b>323</b>		M30	18	01:43:46	04:50:34	<b>06:21:47.00</b>	<b>06:22:15.40</b>	+01:29:41 (23.5%)	8:17	7.2 (76.6%)
53	<b>SALACH Radosław</b>	<b>321</b>	MOCNI NA STARCIE	M40	17	01:42:12	04:58:06	<b>06:22:50.40</b>	<b>06:23:19.15</b>	+01:30:45 (23.7%)	8:19	7.2 (76.6%)
54	<b>PILZ-JĘDRZEJCZYK Dominika</b>	<b>338</b>		K30	3	01:43:05	05:03:59	<b>06:23:34.60</b>	<b>06:23:47.15</b>	+01:31:13 (23.8%)	8:20	7.2 (76.6%)
55	<b>GLÓRA Aleksandra</b>	<b>55</b>	ŻARY RUNNERS TEAM	K30	4	01:43:25	04:57:58	<b>06:23:39.15</b>	<b>06:23:51.60</b>	+01:31:17 (23.8%)	8:20	7.2 (76.6%)
56	<b>BLACHA Krzysztof</b>	<b>241</b>	METAPACK POLSKA	M30	19	01:43:28	04:58:02	<b>06:23:45.50</b>	<b>06:23:53.85</b>	+01:31:20 (23.8%)	8:20	7.2 (76.6%)
57	<b>STANGIERSKI Adam</b>	<b>273</b>		M30	20	01:44:02	05:00:20	<b>06:24:50.20</b>	<b>06:25:29.15</b>	+01:32:55 (24.1%)	8:21	7.2 (76.6%)
58	<b>QUIRINI Ewa</b>	<b>347</b>		K30	5	01:47:50	05:02:05	<b>06:25:09.30</b>	<b>06:25:30.60</b>	+01:32:56 (24.1%)	8:22	7.2 (76.6%)
59	<b>MAKOCKI Michał</b>	<b>202</b>		M40	18	01:42:15	04:57:30	<b>06:26:56.45</b>	<b>06:27:04.50</b>	+01:34:30 (24.4%)	8:24	7.1 (75.5%)
60	<b>GARSZYŃSKI Kuba</b>	<b>283</b>	DELOITTE	M30	21	01:40:50	05:06:04	<b>06:27:20.65</b>	<b>06:27:31.85</b>	+01:34:58 (24.5%)	8:25	7.1 (75.5%)
61	<b>ROSOŁOWSKI Grzegorz</b>	<b>49</b>	DRUŻYNA SZPIKU SITECH	M40	19	01:38:23	04:52:58	<b>06:27:25.20</b>	<b>06:27:36.60</b>	+01:35:02 (24.5%)	8:25	7.1 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 46km	brutto 46km			
62	<b>DRAŃKO Piotr</b>	<b>276</b>		M30	22	01:38:13	04:57:51	<b>06:27:30.85</b>	<b>06:27:40.05</b>	+01:35:06 (24.5%)	8:25	7.1 (75.5%)
63	<b>HEJZA Michał</b>	<b>20</b>	NATURAL BORN RUNNERS	M20	9	01:37:22	04:59:21	<b>06:27:52.65</b>	<b>06:27:59.05</b>	+01:35:25 (24.6%)	8:25	7.1 (75.5%)
64	<b>KICIŃSKA Zuzanna</b>	<b>223</b>		K30	6	01:42:55	05:01:57	<b>06:27:57.05</b>	<b>06:28:15.60</b>	+01:35:41 (24.6%)	8:26	7.1 (75.5%)
65	<b>STRZELECKI Robert</b>	<b>284</b>	TEAM ZABIEGANEDNI	M30	23	01:41:14	05:02:46	<b>06:29:12.35</b>	<b>06:29:22.35</b>	+01:36:48 (24.9%)	8:27	7.1 (75.5%)
66	<b>TANKIELUN Grzegorz</b>	<b>63</b>		M30	24	01:48:01	05:01:14	<b>06:28:52.20</b>	<b>06:29:32.05</b>	+01:36:58 (24.9%)	8:27	7.1 (75.5%)
67	<b>ŚWIST Joanna</b>	<b>53</b>	RUNNING QUEEN	K30	7	01:51:30	05:08:07	<b>06:30:15.70</b>	<b>06:30:29.35</b>	+01:37:55 (25.1%)	8:29	7.1 (75.5%)
68	<b>RZEPNIEWSKI Łukasz</b>	<b>151</b>		M40	20	01:43:12	05:03:57	<b>06:30:59.55</b>	<b>06:31:09.50</b>	+01:38:35 (25.2%)	8:30	7.1 (75.5%)
69	<b>MECHLIŃSKI Tomasz</b>	<b>144</b>	KLUB 42.2	M40	21	01:53:17	05:12:15	<b>06:32:55.25</b>	<b>06:33:13.50</b>	+01:40:39 (25.6%)	8:32	7 (74.5%)
70	<b>BIAŁOBŁOCKA Alicja</b>	<b>125</b>		K30	8	02:01:03	05:13:38	<b>06:33:53.15</b>	<b>06:34:07.85</b>	+01:41:34 (25.8%)	8:33	7 (74.5%)
71	<b>TKACZYK Paweł</b>	<b>328</b>	ULTRA3/NAVY	M40	22	01:43:13	05:00:07	<b>06:33:51.85</b>	<b>06:34:22.10</b>	+01:41:48 (25.8%)	8:33	7 (74.5%)
72	<b>SZAFRANEK Łukasz</b>	<b>274</b>	KS OCZKO OSOWA SIEŃ	M30	25	01:43:23	05:04:07	<b>06:34:41.95</b>	<b>06:34:52.20</b>	+01:42:18 (25.9%)	8:34	7 (74.5%)
73	<b>KOLMAN Piotr</b>	<b>233</b>	ENDORFINA WSCHOWA	M30	26	01:43:16	05:04:09	<b>06:34:42.05</b>	<b>06:34:52.60</b>	+01:42:18 (25.9%)	8:34	7 (74.5%)
74	<b>ROGUSZKA Marcin</b>	<b>9</b>		M30	27	01:37:18	05:06:47	<b>06:36:29.50</b>	<b>06:36:37.55</b>	+01:44:03 (26.2%)	8:37	7 (74.5%)
75	<b>ŁUŻNIAK Wojciech</b>	<b>352</b>		M30	28	01:46:01	05:04:56	<b>06:36:28.05</b>	<b>06:36:58.30</b>	+01:44:24 (26.3%)	8:37	7 (74.5%)
76	<b>POLAK Jacek</b>	<b>290</b>	BIOTON	M30	29	01:45:24	05:14:20	<b>06:37:27.85</b>	<b>06:37:36.55</b>	+01:45:02 (26.4%)	8:38	6.9 (73.4%)
77	<b>MASALSKA-PAWLAK Agata</b>	<b>235</b>		K30	9	01:49:51	05:09:51	<b>06:38:11.85</b>	<b>06:40:22.85</b>	+01:47:49 (26.9%)	8:39	6.9 (73.4%)
78	<b>GENDEK Wojciech</b>	<b>189</b>	TYŁOWICE LUBOCHNIA	M50	4	01:41:37	05:08:40	<b>06:40:25.70</b>	<b>06:40:33.55</b>	+01:47:59 (27.0%)	8:42	6.9 (73.4%)
79	<b>GARDYŚ Grzegorz</b>	<b>45</b>	CZERWONAK BIEGA	M40	23	01:47:37	05:09:56	<b>06:40:28.25</b>	<b>06:40:39.85</b>	+01:48:06 (27.0%)	8:42	6.9 (73.4%)
80	<b>KOBIERSKI Radek</b>	<b>295</b>		M40	24	01:50:45	05:09:56	<b>06:41:51.90</b>	<b>06:42:27.40</b>	+01:49:53 (27.3%)	8:44	6.9 (73.4%)
81	<b>RAJNER Krzysztof</b>	<b>145</b>	ULTRA KOSZALIN	M30	30	01:42:30	05:08:49	<b>06:42:19.10</b>	<b>06:42:33.05</b>	+01:49:59 (27.3%)	8:44	6.9 (73.4%)
82	<b>SZAFRAŃSKA Aleksandra</b>	<b>199</b>	WKURW_TEAM	K20	3	01:47:18	05:14:03	<b>06:42:27.55</b>	<b>06:42:38.45</b>	+01:50:04 (27.3%)	8:44	6.9 (73.4%)
83	<b>SKOŁOŻYŃSKI Paweł</b>	<b>288</b>		M40	25	01:46:14	05:11:46	<b>06:43:13.50</b>	<b>06:43:25.40</b>	+01:50:51 (27.5%)	8:45	6.8 (72.3%)
84	<b>RAKOWSKA Magdalena</b>	<b>315</b>	DRUŻYNA TVN	K40	3	01:46:48	05:14:06	<b>06:44:47.55</b>	<b>06:45:00.90</b>	+01:52:27 (27.8%)	8:47	6.8 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 46km	brutto 46km			
85	<b>JAŁOWSKA Magdalena</b>	<b>268</b>	MARATOŃCZYK POZNAŃ	K40	4	01:49:00	05:14:35	<b>06:45:07.95</b>	<b>06:45:40.10</b>	+01:53:06 (27.9%)	8:48	6.8 (72.3%)
86	<b>NIKOLIN Przemysław</b>	<b>275</b>	KS OCZKO OSOWA SIENŃ	M40	26	01:43:15	05:04:53	<b>06:46:06.80</b>	<b>06:46:17.60</b>	+01:53:43 (28.0%)	8:49	6.8 (72.3%)
87	<b>SIWKA Mariusz</b>	<b>200</b>		M60	1	01:51:47	05:13:08	<b>06:47:38.75</b>	<b>06:47:51.45</b>	+01:55:17 (28.3%)	8:51	6.8 (72.3%)
88	<b>WITKOWSKI Tomasz</b>	<b>58</b>	ŻARY RUNNERS TEAM	M40	27	01:37:01	05:10:28	<b>06:47:51.80</b>	<b>06:47:57.90</b>	+01:55:24 (28.3%)	8:51	6.8 (72.3%)
89	<b>LOSIK Eryk</b>	<b>330</b>	TUESDAY TRAILS	M40	28	01:52:57	05:11:15	<b>06:48:11.30</b>	<b>06:48:17.45</b>	+01:55:43 (28.3%)	8:52	6.8 (72.3%)
90	<b>JASIURKOWSKI Daniel</b>	<b>304</b>		M40	29	02:05:22	05:21:04	<b>06:48:10.15</b>	<b>06:48:24.40</b>	+01:55:50 (28.4%)	8:52	6.8 (72.3%)
91	<b>SIEROCIN Agata</b>	<b>33</b>		K30	10	01:55:39	05:22:40	<b>06:48:18.30</b>	<b>06:48:26.95</b>	+01:55:53 (28.4%)	8:52	6.8 (72.3%)
92	<b>MECHLIŃSKI Łukasz</b>	<b>147</b>	42,2	M30	31	01:53:13	05:23:13	<b>06:48:16.75</b>	<b>06:48:39.05</b>	+01:56:05 (28.4%)	8:52	6.8 (72.3%)
93	<b>MICHALSKI Mateusz</b>	<b>279</b>	BIEGAJ Z WSL	M30	32	01:42:56	04:46:42	<b>06:48:59.70</b>	<b>06:49:35.75</b>	+01:57:02 (28.6%)	8:53	6.7 (71.3%)
94	<b>DAWIDZIAK Wojciech</b>	<b>169</b>		M20	10	01:46:24	05:14:10	<b>06:49:17.30</b>	<b>06:49:47.90</b>	+01:57:14 (28.6%)	8:53	6.7 (71.3%)
95	<b>PURA Robert</b>	<b>309</b>	DZIKIE DZIKI GORZÓW	M40	30	01:47:06	05:19:33	<b>06:49:28.15</b>	<b>06:49:48.00</b>	+01:57:14 (28.6%)	8:54	6.7 (71.3%)
96	<b>DAWIDZIAK Arkadiusz</b>	<b>174</b>		M30	33	01:46:25	05:14:11	<b>06:49:18.35</b>	<b>06:49:48.25</b>	+01:57:14 (28.6%)	8:53	6.7 (71.3%)
97	<b>ADAMSKA Zofia</b>	<b>167</b>	RUN THE EVENT - ADAMSKA & GOLENIOWSKI	K30	11	01:52:05	05:19:37	<b>06:49:43.45</b>	<b>06:50:06.95</b>	+01:57:33 (28.7%)	8:54	6.7 (71.3%)
98	<b>KUCIA Szymon</b>	<b>76</b>	RECARO	M20	11	01:53:21	05:24:30	<b>06:50:08.40</b>	<b>06:50:26.85</b>	+01:57:53 (28.7%)	8:54	6.7 (71.3%)
99	<b>KWIATKOWSKI Przemysław</b>	<b>32</b>	VICTORIA	M30	34	01:53:22	05:24:31	<b>06:50:11.30</b>	<b>06:50:26.95</b>	+01:57:53 (28.7%)	8:55	6.7 (71.3%)
100	<b>KWIATKOWSKI Paweł</b>	<b>23</b>		M30	35	01:53:20	05:24:29	<b>06:50:09.95</b>	<b>06:50:27.00</b>	+01:57:53 (28.7%)	8:55	6.7 (71.3%)
101	<b>WERECKI Marcin</b>	<b>148</b>		M30	36	01:46:01	05:11:33	<b>06:51:25.90</b>	<b>06:51:42.30</b>	+01:59:08 (28.9%)	8:56	6.7 (71.3%)
102	<b>RAJKOWSKI Tomasz</b>	<b>269</b>	RUN STREET	M30	37	01:37:21	05:03:43	<b>06:51:53.90</b>	<b>06:52:00.75</b>	+01:59:27 (29.0%)	8:57	6.7 (71.3%)
103	<b>RZYTKA Mateusz</b>	<b>239</b>		M30	38	01:42:45	05:09:20	<b>06:52:04.50</b>	<b>06:52:19.25</b>	+01:59:45 (29.0%)	8:57	6.7 (71.3%)
104	<b>CHMURCZYK Natalia</b>	<b>238</b>		K30	12	01:42:43	05:12:40	<b>06:52:03.05</b>	<b>06:52:19.35</b>	+01:59:45 (29.0%)	8:57	6.7 (71.3%)
105	<b>MAKAREWICZ Wiktor</b>	<b>226</b>		M30	39	02:00:45	05:18:14	<b>06:52:43.80</b>	<b>06:53:02.95</b>	+02:00:29 (29.2%)	8:58	6.7 (71.3%)
106	<b>OLESZEK Krzysztof</b>	<b>206</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M30	40	01:50:18	05:20:53	<b>06:53:53.20</b>	<b>06:54:13.55</b>	+02:01:39 (29.4%)	8:59	6.7 (71.3%)
107	<b>PIETRZYK Tomasz</b>	<b>1</b>		M40	31	01:48:08	05:18:24	<b>06:54:28.50</b>	<b>06:54:33.20</b>	+02:01:59 (29.4%)	9:00	6.7 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelecz 12km	Kark_Przelecz 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
108	<b>ROGALA Anna</b>	<b>203</b>		K20	4	01:52:16	05:22:39	<b>06:54:31.45</b>	<b>06:54:54.75</b>	+02:02:21 (29.5%)	9:00	6.7 (71.3%)
109	<b>PAWŁOWSKI Maciej</b>	<b>360</b>		M40	32	01:36:10	05:07:11	<b>06:55:15.65</b>	<b>06:55:26.55</b>	+02:02:52 (29.6%)	9:01	6.6 (70.2%)
110	<b>LOCHYŃSKI Szymon</b>	<b>219</b>		M40	33	01:51:20	05:18:37	<b>06:55:16.90</b>	<b>06:55:47.35</b>	+02:03:13 (29.6%)	9:01	6.6 (70.2%)
111	<b>KAYSIEWICZ Maciej</b>	<b>47</b>	NATURAL BORN RUNNERS TEAM	M40	34	01:56:02	05:22:24	<b>06:55:46.70</b>	<b>06:55:54.85</b>	+02:03:21 (29.7%)	9:02	6.6 (70.2%)
112	<b>WIŚNIEWSKI Jakub</b>	<b>400</b>	NATURAL BORN RUNNER	M20	12	01:39:19	05:03:18	<b>06:55:24.00</b>	<b>06:55:56.15</b>	+02:03:22 (29.7%)	9:01	6.6 (70.2%)
113	<b>TOMASZEWSKI Dominik</b>	<b>212</b>	WILLSOOR	M30	41	01:43:08	05:20:49	<b>06:55:51.65</b>	<b>06:55:58.20</b>	+02:03:24 (29.7%)	9:02	6.6 (70.2%)
114	<b>MORAŃSKI Paweł</b>	<b>260</b>		M30	42	01:48:05	05:20:11	<b>06:55:55.70</b>	<b>06:56:05.15</b>	+02:03:31 (29.7%)	9:02	6.6 (70.2%)
115	<b>ŁAKOMY Piotr</b>	<b>176</b>	KB GEPARD MUROWANA GOŚLINA	M30	43	01:51:18	05:20:41	<b>06:56:13.95</b>	<b>06:56:41.45</b>	+02:04:07 (29.8%)	9:02	6.6 (70.2%)
116	<b>KOPCZYŃSKI Łukasz</b>	<b>44</b>	K-TEAM	M30	44	02:02:30	05:32:16	<b>06:56:53.10</b>	<b>06:57:07.85</b>	+02:04:34 (29.9%)	9:03	6.6 (70.2%)
117	<b>ŁĄK Tomek</b>	<b>114</b>		M40	35	01:43:47	05:24:22	<b>06:57:16.90</b>	<b>06:57:21.95</b>	+02:04:48 (29.9%)	9:04	6.6 (70.2%)
118	<b>BULIKOWSKI Paweł</b>	<b>118</b>		M40	36	01:46:45	05:24:20	<b>06:58:47.50</b>	<b>06:59:08.20</b>	+02:06:34 (30.2%)	9:06	6.6 (70.2%)
119	<b>IGNACZAK Marek</b>	<b>194</b>	1ON1 TEAM	M30	45	01:57:09	05:32:14	<b>07:00:23.25</b>	<b>07:00:53.00</b>	+02:08:19 (30.5%)	9:08	6.6 (70.2%)
120	<b>TOKARZ Marcin</b>	<b>332</b>		M40	37	01:50:58	05:21:42	<b>07:00:57.65</b>	<b>07:01:07.15</b>	+02:08:33 (30.5%)	9:09	6.6 (70.2%)
121	<b>PIERZCHAŁA Anna</b>	<b>362</b>		K40	5	01:51:27	05:23:43	<b>07:01:14.80</b>	<b>07:01:33.45</b>	+02:08:59 (30.6%)	9:09	6.6 (70.2%)
122	<b>GLAPA Patryk</b>	<b>282</b>		M30	46	01:43:37	05:24:27	<b>07:01:27.95</b>	<b>07:01:39.05</b>	+02:09:05 (30.6%)	9:09	6.5 (69.1%)
123	<b>MARZEC Dominik</b>	<b>277</b>		M30	47	01:52:41	05:22:47	<b>07:01:54.35</b>	<b>07:02:13.20</b>	+02:09:39 (30.7%)	9:10	6.5 (69.1%)
124	<b>RETMANIAK Sylwia Ewa</b>	<b>331</b>	DRUŻYNA TVN	K30	13	01:58:47	05:36:58	<b>07:03:26.90</b>	<b>07:03:45.05</b>	+02:11:11 (31.0%)	9:12	6.5 (69.1%)
125	<b>MURAWSKI Michał</b>	<b>341</b>		M40	38	01:48:11	05:23:23	<b>07:03:43.00</b>	<b>07:04:06.65</b>	+02:11:33 (31.0%)	9:12	6.5 (69.1%)
126	<b>CHAJA Radosław</b>	<b>116</b>		M30	48			<b>07:04:11.00</b>	<b>07:04:11.00</b>	+02:11:37 (31.0%)	9:13	6.5 (69.1%)
127	<b>EMILIANÓW Agnieszka</b>	<b>165</b>		K30	14	01:55:28	05:29:03	<b>07:04:51.70</b>	<b>07:05:04.35</b>	+02:12:30 (31.2%)	9:14	6.5 (69.1%)
128	<b>CIELOCH Tomasz</b>	<b>329</b>		M20	13	01:46:21	05:15:47	<b>07:05:20.30</b>	<b>07:05:35.35</b>	+02:13:01 (31.3%)	9:14	6.5 (69.1%)
129	<b>ZIÓŁKOWSKI Radosław</b>	<b>359</b>	ZORZA GDYNIA	M30	49	01:35:52	05:15:59	<b>07:05:31.20</b>	<b>07:05:35.70</b>	+02:13:02 (31.3%)	9:15	6.5 (69.1%)
130	<b>PRZYBYLSKI Wojciech</b>	<b>29</b>		M20	14	01:57:52	05:24:51	<b>07:05:12.15</b>	<b>07:05:36.75</b>	+02:13:03 (31.3%)	9:14	6.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
131	<b>NIEMIRO Paweł</b>	<b>93</b>	JAGODOWO-KALINOWY TEAM	M30	50	01:55:04	05:25:04	<b>07:06:10.85</b>	<b>07:06:28.50</b>	+02:13:54 (31.4%)	9:15	6.5 (69.1%)
132	<b>NOCUŃ Adrian</b>	<b>143</b>		M30	51	01:45:43	05:20:58	<b>07:05:58.40</b>	<b>07:06:29.15</b>	+02:13:55 (31.4%)	9:15	6.5 (69.1%)
133	<b>MAZUR Anna</b>	<b>318</b>	PKO BANK POLSKI SA.	K30	15	01:54:52	05:33:42	<b>07:08:47.70</b>	<b>07:08:52.05</b>	+02:16:18 (31.8%)	9:19	6.4 (68.1%)
134	<b>REGULSKA Monika</b>	<b>89</b>		K30	16	01:49:49	05:28:36	<b>07:08:46.85</b>	<b>07:09:11.45</b>	+02:16:37 (31.8%)	9:19	6.4 (68.1%)
135	<b>WALUŚKIEWICZ Artur</b>	<b>72</b>		M50	5	01:47:31	05:23:53	<b>07:09:34.75</b>	<b>07:09:51.25</b>	+02:17:17 (31.9%)	9:20	6.4 (68.1%)
136	<b>JAWORSKI Paweł</b>	<b>326</b>		M30	52	01:51:27	05:22:26	<b>07:11:03.10</b>	<b>07:11:12.60</b>	+02:18:38 (32.2%)	9:22	6.4 (68.1%)
137	<b>GROBELNY Dawid</b>	<b>22</b>	GREATGRATULA	M30	53	01:49:37	05:22:43	<b>07:11:20.30</b>	<b>07:11:30.55</b>	+02:18:56 (32.2%)	9:22	6.4 (68.1%)
138	<b>ŻEBROWSKA Kasia</b>	<b>266</b>		K30	17	01:57:16	05:36:36	<b>07:11:15.95</b>	<b>07:11:31.75</b>	+02:18:58 (32.2%)	9:22	6.4 (68.1%)
139	<b>NOLBRZYK Adrian</b>	<b>79</b>		M40	39	01:49:39	05:31:45	<b>07:11:21.10</b>	<b>07:11:31.85</b>	+02:18:58 (32.2%)	9:22	6.4 (68.1%)
140	<b>SAJEWICZ Grzegorz</b>	<b>278</b>		M30	54	01:58:20	05:37:50	<b>07:11:07.10</b>	<b>07:11:33.25</b>	+02:18:59 (32.2%)	9:22	6.4 (68.1%)
141	<b>SCHULZE Jörg</b>	<b>181</b>	DAV ZITTAU	M60	2	01:55:08	05:39:17	<b>07:12:07.25</b>	<b>07:12:28.05</b>	+02:19:54 (32.4%)	9:23	6.4 (68.1%)
142	<b>ROSZKOWSKI Marcin</b>	<b>168</b>		M30	55	01:55:59	05:33:36	<b>07:12:24.50</b>	<b>07:12:59.15</b>	+02:20:25 (32.4%)	9:24	6.4 (68.1%)
143	<b>SADOWNIK Magdalena</b>	<b>256</b>		K30	18	01:58:17	05:44:59	<b>07:12:46.85</b>	<b>07:13:03.35</b>	+02:20:29 (32.4%)	9:24	6.4 (68.1%)
144	<b>GROTH Grzegorz</b>	<b>161</b>		M50	6	01:54:22	05:32:29	<b>07:12:58.35</b>	<b>07:13:19.20</b>	+02:20:45 (32.5%)	9:24	6.4 (68.1%)
145	<b>GROTH Marzena</b>	<b>157</b>		K40	6	01:54:26	05:33:05	<b>07:13:02.10</b>	<b>07:13:19.75</b>	+02:20:46 (32.5%)	9:24	6.4 (68.1%)
146	<b>ADAMSKA Agnieszka</b>	<b>246</b>	KS STASZEWSKY	K40	7	01:54:20	05:39:13	<b>07:13:22.90</b>	<b>07:14:01.25</b>	+02:21:27 (32.6%)	9:25	6.4 (68.1%)
147	<b>JUSZCZAK Włodzimierz</b>	<b>289</b>	SKS SZCZĘŚCIE	M50	7	01:54:19	05:39:12	<b>07:13:22.20</b>	<b>07:14:01.65</b>	+02:21:28 (32.6%)	9:25	6.4 (68.1%)
148	<b>PIETRZAK Agnieszka</b>	<b>236</b>		K30	19	01:55:07	05:41:10	<b>07:14:43.45</b>	<b>07:14:59.00</b>	+02:22:25 (32.7%)	9:27	6.3 (67.0%)
149	<b>PIETRZAK Paweł</b>	<b>237</b>		M40	40	01:55:10	05:41:02	<b>07:14:45.45</b>	<b>07:14:59.25</b>	+02:22:25 (32.7%)	9:27	6.3 (67.0%)
150	<b>SINDREWICZ Sławomir</b>	<b>163</b>		M30	56	01:46:07	05:29:43	<b>07:20:03.30</b>	<b>07:20:15.15</b>	+02:27:41 (33.5%)	9:34	6.3 (67.0%)
151	<b>ROŻKO Sebastian</b>	<b>96</b>	KB HERMES GRYFINO	M30	57	01:51:30	05:34:01	<b>07:20:08.60</b>	<b>07:20:22.45</b>	+02:27:48 (33.6%)	9:34	6.3 (67.0%)
152	<b>STASICA Arkadiusz</b>	<b>264</b>	NIEZRZESZONY	M50	8	01:54:27	05:39:05	<b>07:20:59.00</b>	<b>07:21:09.60</b>	+02:28:35 (33.7%)	9:35	6.3 (67.0%)
153	<b>GWOZDECKI Tomasz</b>	<b>18</b>	ZWYCZUCIEMSAKU	M30	58	02:02:30	05:44:37	<b>07:21:00.80</b>	<b>07:21:14.95</b>	+02:28:41 (33.7%)	9:35	6.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 46km	brutto 46km			
154	<b>TWARDY Dariusz</b>	<b>38</b>		M40	41	02:02:48	05:40:33	<b>07:20:42.80</b>	<b>07:21:23.75</b>	+02:28:50 (33.7%)	9:34	6.3 (67.0%)
155	<b>NOWAK Kornel</b>	<b>19</b>		M40	42	02:02:45	05:40:31	<b>07:20:40.50</b>	<b>07:21:24.05</b>	+02:28:50 (33.7%)	9:34	6.3 (67.0%)
156	<b>WOJCIECHOWSKI Dariusz</b>	<b>310</b>	I-SPORT	M40	43	02:04:29	05:47:14	<b>07:21:49.40</b>	<b>07:21:58.10</b>	+02:29:24 (33.8%)	9:36	6.2 (66.0%)
157	<b>PIETRZAK Marcin</b>	<b>99</b>	FAMILYTEAM	M30	59	01:56:58	05:41:39	<b>07:22:07.55</b>	<b>07:22:24.30</b>	+02:29:50 (33.9%)	9:36	6.2 (66.0%)
158	<b>HOROWSKI Tomasz</b>	<b>139</b>	RUNHOGS TYCHY	M40	44	01:51:31	05:45:55	<b>07:22:06.50</b>	<b>07:22:45.20</b>	+02:30:11 (33.9%)	9:36	6.2 (66.0%)
159	<b>LENKOWSKA Adrianna</b>	<b>137</b>	RANO	K20	5	02:09:22	05:56:32	<b>07:25:00.85</b>	<b>07:25:13.35</b>	+02:32:39 (34.3%)	9:40	6.2 (66.0%)
160	<b>WIŚNIEWSKI Artur</b>	<b>344</b>	INTRO	M40	45	01:56:37	05:44:22	<b>07:25:00.25</b>	<b>07:25:39.85</b>	+02:33:06 (34.4%)	9:40	6.2 (66.0%)
161	<b>GOLDMAN Agata</b>	<b>224</b>	MAD&GOLD	K30	20	01:54:48	05:37:04	<b>07:25:55.45</b>	<b>07:26:10.05</b>	+02:33:36 (34.4%)	9:41	6.2 (66.0%)
162	<b>MROSKOWIAK Marcin</b>	<b>104</b>		M40	46	01:53:32	05:45:04	<b>07:26:54.00</b>	<b>07:27:13.50</b>	+02:34:39 (34.6%)	9:42	6.2 (66.0%)
163	<b>WDOWIAK Aleksandra</b>	<b>98</b>	V	K20	6	02:07:18	05:44:27	<b>07:27:48.80</b>	<b>07:28:16.90</b>	+02:35:43 (34.7%)	9:44	6.2 (66.0%)
164	<b>PSZENIAK Artur</b>	<b>69</b>	OPTIMA EXTREME TEAM	M30	60	02:08:28	05:53:29	<b>07:29:10.90</b>	<b>07:29:34.90</b>	+02:37:01 (34.9%)	9:45	6.1 (64.9%)
165	<b>MALINOWSKI Jakub</b>	<b>41</b>		M30	61	02:03:03	05:49:35	<b>07:29:44.90</b>	<b>07:29:58.85</b>	+02:37:25 (35.0%)	9:46	6.1 (64.9%)
166	<b>SUSKI Bartłomiej</b>	<b>8</b>		M30	62	01:55:23	05:41:20	<b>07:30:08.80</b>	<b>07:30:44.65</b>	+02:38:11 (35.1%)	9:47	6.1 (64.9%)
167	<b>LEWANDOWSKI Paweł</b>	<b>281</b>		M30	63	01:54:33	05:36:09	<b>07:30:59.00</b>	<b>07:31:33.55</b>	+02:38:59 (35.2%)	9:48	6.1 (64.9%)
168	<b>SCHWARZ Marek</b>	<b>105</b>	PRO366	M30	64	02:12:19	05:59:27	<b>07:32:15.35</b>	<b>07:32:38.60</b>	+02:40:04 (35.4%)	9:49	6.1 (64.9%)
169	<b>KRZEWSKI Grzegorz</b>	<b>316</b>		M40	47	01:59:16	05:44:27	<b>07:33:42.70</b>	<b>07:34:10.75</b>	+02:41:37 (35.6%)	9:51	6.1 (64.9%)
170	<b>KALIŃSKA Sylwia</b>	<b>250</b>		K20	7	02:18:22	06:01:41	<b>07:34:06.30</b>	<b>07:34:30.45</b>	+02:41:56 (35.6%)	9:52	6.1 (64.9%)
171	<b>WOJCIECHOWSKI Maciej</b>	<b>10</b>		M30	65	01:56:43	05:39:48	<b>07:34:54.25</b>	<b>07:35:24.60</b>	+02:42:50 (35.8%)	9:53	6.1 (64.9%)
172	<b>FIEGA Mirosław</b>	<b>15</b>		M30	66	01:56:44	05:39:49	<b>07:34:54.50</b>	<b>07:35:24.75</b>	+02:42:51 (35.8%)	9:53	6.1 (64.9%)
173	<b>POTRYKUS Małgorzata</b>	<b>214</b>	RUNPASSION.PL TEAM ULTRA3	K50	1	01:54:50	05:49:29	<b>07:34:59.50</b>	<b>07:35:33.90</b>	+02:43:00 (35.8%)	9:53	6.1 (64.9%)
174	<b>KORYCKI Karol</b>	<b>337</b>		M30	67	01:42:42	05:41:07	<b>07:36:13.25</b>	<b>07:36:28.00</b>	+02:43:54 (35.9%)	9:55	6 (63.8%)
175	<b>ROKSELA Wojciech</b>	<b>84</b>		M60	3	01:57:35	05:58:18	<b>07:37:34.15</b>	<b>07:37:53.45</b>	+02:45:19 (36.1%)	9:56	6 (63.8%)
176	<b>ROKSELA-MIELNIK Iwona</b>	<b>91</b>	PANICZE / ROXELLAS TEAM	K30	21	01:57:36	05:58:19	<b>07:37:35.40</b>	<b>07:37:53.65</b>	+02:45:20 (36.1%)	9:56	6 (63.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
177	<b>STRÓZIK Leszek</b>	<b>302</b>	STRÓZIKI SIĘ NIE PODDAJĄ	M30	68	01:52:01	05:51:34	<b>07:37:56.10</b>	<b>07:38:27.75</b>	+02:45:54 (36.2%)	9:57	6 (63.8%)
178	<b>CHLEBEK Marcin</b>	<b>303</b>		M30	69	01:51:33	05:51:30	<b>07:37:55.20</b>	<b>07:38:28.00</b>	+02:45:54 (36.2%)	9:57	6 (63.8%)
179	<b>NOWAK Krzysztof</b>	<b>216</b>		M40	48	01:56:14	05:50:48	<b>07:38:23.50</b>	<b>07:38:42.30</b>	+02:46:08 (36.2%)	9:57	6 (63.8%)
180	<b>BERĘSEWICZ Małgorzata</b>	<b>188</b>		K40	8	01:56:08	05:50:43	<b>07:38:19.15</b>	<b>07:38:42.40</b>	+02:46:08 (36.2%)	9:57	6 (63.8%)
181	<b>NUSZKIEWICZ Krzysztof</b>	<b>307</b>		M50	9	01:52:19	05:52:08	<b>07:39:09.00</b>	<b>07:39:09.00</b>	+02:46:35 (36.3%)	9:58	6 (63.8%)
182	<b>HLIWA Adrian</b>	<b>258</b>		M30	70	01:58:34	05:54:02	<b>07:39:01.55</b>	<b>07:39:09.10</b>	+02:46:35 (36.3%)	9:58	6 (63.8%)
183	<b>GRAU Joanna</b>	<b>348</b>	KWIDZYN BIEGA	K40	9	02:03:41	06:00:25	<b>07:39:00.35</b>	<b>07:39:27.90</b>	+02:46:54 (36.3%)	9:58	6 (63.8%)
184	<b>KRYCZEK Piotr</b>	<b>192</b>		M50	10	02:02:17	05:56:56	<b>07:40:13.10</b>	<b>07:40:21.35</b>	+02:47:47 (36.4%)	10:00	6 (63.8%)
185	<b>ŚWINIARSKI Piotr</b>	<b>249</b>		M30	71	02:08:39	05:56:53	<b>07:39:54.75</b>	<b>07:40:24.70</b>	+02:47:51 (36.5%)	9:59	6 (63.8%)
186	<b>BARANOWSKI Dariusz</b>	<b>248</b>		M20	15	02:18:19	05:57:42	<b>07:40:48.40</b>	<b>07:41:14.00</b>	+02:48:40 (36.6%)	10:01	6 (63.8%)
187	<b>GIERAŚ Tomasz</b>	<b>149</b>		M30	72	01:53:45	05:56:26	<b>07:41:34.15</b>	<b>07:41:52.70</b>	+02:49:19 (36.7%)	10:02	6 (63.8%)
188	<b>ŻEBROWSKA Katarzyna</b>	<b>287</b>		K50	2	01:59:44	05:52:53	<b>07:41:41.50</b>	<b>07:42:14.45</b>	+02:49:40 (36.7%)	10:02	6 (63.8%)
188	<b>PŁOK Krzysztof</b>	<b>12</b>		M50	11	01:55:02	05:55:18	<b>07:41:58.80</b>	<b>07:42:14.45</b>	+02:49:40 (36.7%)	10:02	6 (63.8%)
190	<b>GRYGIER Tomasz</b>	<b>132</b>		M40	49	01:59:42	05:49:50	<b>07:42:08.45</b>	<b>07:42:20.80</b>	+02:49:47 (36.7%)	10:02	6 (63.8%)
191	<b>PURA Paweł</b>	<b>311</b>		M40	50	01:59:53	06:00:28	<b>07:42:18.75</b>	<b>07:42:41.25</b>	+02:50:07 (36.8%)	10:03	6 (63.8%)
192	<b>ŁAKOMY Waldemar</b>	<b>291</b>		M60	4	02:03:52	06:02:17	<b>07:44:13.90</b>	<b>07:44:28.05</b>	+02:51:54 (37.0%)	10:05	5.9 (62.8%)
193	<b>ROSZKIEWICZ Janusz</b>	<b>175</b>		M40	51	01:53:16	05:45:09	<b>07:44:26.85</b>	<b>07:44:47.45</b>	+02:52:13 (37.1%)	10:05	5.9 (62.8%)
194	<b>SAKOWSKA Aneta</b>	<b>1800</b>	MARATONKA GRAJEWO	K40	10	02:03:54	05:57:56	<b>07:44:48.45</b>	<b>07:45:05.70</b>	+02:52:32 (37.1%)	10:06	5.9 (62.8%)
195	<b>WIERUSZEWSKA Agata</b>	<b>1795</b>		K40	11	02:03:57	05:57:56	<b>07:44:49.40</b>	<b>07:45:06.05</b>	+02:52:32 (37.1%)	10:06	5.9 (62.8%)
196	<b>GOŁĄB Andrzej</b>	<b>211</b>	CAŁA OLEŚNICA BIEGA	M50	12	01:50:49	05:55:53	<b>07:45:25.75</b>	<b>07:45:41.45</b>	+02:53:07 (37.2%)	10:07	5.9 (62.8%)
197	<b>RUTKOWSKA Katarzyna</b>	<b>265</b>	NOA	K30	22	02:01:39	06:01:18	<b>07:47:00.70</b>	<b>07:47:14.65</b>	+02:54:41 (37.4%)	10:09	5.9 (62.8%)
198	<b>GAŚIOREK Kamila</b>	<b>197</b>		K30	23	02:07:47	06:04:36	<b>07:47:17.95</b>	<b>07:47:30.65</b>	+02:54:57 (37.4%)	10:09	5.9 (62.8%)
199	<b>ZIĘTEK Krzysztof</b>	<b>324</b>		M40	52	01:53:14	05:55:26	<b>07:49:15.80</b>	<b>07:49:15.80</b>	+02:56:42 (37.7%)	10:12	5.9 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 46km	brutto 46km			
200	<b>MURAWSKA Joanna</b>	<b>300</b>	MIKI TEAM	K40	12	02:05:03	06:03:19	<b>07:49:21.00</b>	<b>07:49:29.40</b>	+02:56:55 (37.7%)	10:12	5.9 (62.8%)
201	<b>MARKULAK Marcin</b>	<b>227</b>		M30	73	02:03:31	06:00:36	<b>07:50:27.65</b>	<b>07:50:49.40</b>	+02:58:15 (37.9%)	10:13	5.9 (62.8%)
202	<b>KRZEWIŃSKI Marek</b>	<b>230</b>		M30	74	02:03:27	06:00:31	<b>07:50:24.35</b>	<b>07:50:49.50</b>	+02:58:15 (37.9%)	10:13	5.9 (62.8%)
203	<b>MIKOŁAJCZYK Dominik</b>	<b>52</b>	RETRO	M30	75	01:59:06	06:03:05	<b>07:51:37.75</b>	<b>07:51:56.85</b>	+02:59:23 (38.0%)	10:15	5.9 (62.8%)
204	<b>GARUS Rafał</b>	<b>28</b>		M20	16	01:59:03	06:02:59	<b>07:51:34.40</b>	<b>07:51:56.95</b>	+02:59:23 (38.0%)	10:15	5.9 (62.8%)
205	<b>GLINKA Agnieszka</b>	<b>322</b>	BRAVEHEARTS LEGIONOWO	K40	13	02:01:48	06:08:36	<b>07:53:04.95</b>	<b>07:53:31.50</b>	+03:00:57 (38.2%)	10:17	5.8 (61.7%)
206	<b>OPARA Maja</b>	<b>334</b>	BRAVEHEARTS LEGIONOWO	K30	24	02:01:50	06:08:38	<b>07:53:07.15</b>	<b>07:53:31.65</b>	+03:00:58 (38.2%)	10:17	5.8 (61.7%)
207	<b>STAN Marcin</b>	<b>162</b>		M40	53	02:15:58	06:04:54	<b>07:54:22.10</b>	<b>07:54:34.35</b>	+03:02:00 (38.4%)	10:18	5.8 (61.7%)
208	<b>MAŁKIEWICZ Dariusz</b>	<b>136</b>	PGB SPORTOWA PACZKA	M40	54	01:47:40	05:53:45	<b>07:54:31.55</b>	<b>07:55:11.55</b>	+03:02:37 (38.4%)	10:18	5.8 (61.7%)
209	<b>GĄTKIEWICZ Paweł</b>	<b>3</b>	ESKADRA KRAKÓW	M40	55	02:07:38	06:22:19	<b>07:56:29.50</b>	<b>07:56:38.75</b>	+03:04:05 (38.6%)	10:21	5.8 (61.7%)
210	<b>GAJDA Piotr</b>	<b>77</b>		M50	13	01:50:19	06:03:09	<b>07:56:24.90</b>	<b>07:56:42.15</b>	+03:04:08 (38.6%)	10:21	5.8 (61.7%)
211	<b>CHRZUSZCZ Anna</b>	<b>57</b>		K30	25	02:07:43	06:09:01	<b>07:56:32.80</b>	<b>07:56:53.00</b>	+03:04:19 (38.7%)	10:21	5.8 (61.7%)
212	<b>KORYTEK Piotr</b>	<b>88</b>	ULTRA DIABŁY TEAM LUBRZA	M40	56	02:05:32	06:07:33	<b>07:57:00.05</b>	<b>07:57:43.00</b>	+03:05:09 (38.8%)	10:22	5.8 (61.7%)
213	<b>GÓRNA Małgorzata</b>	<b>70</b>		K40	14	02:08:50	06:16:53	<b>07:57:18.50</b>	<b>07:57:44.35</b>	+03:05:10 (38.8%)	10:22	5.8 (61.7%)
214	<b>PANEK Damian</b>	<b>159</b>		M20	17	02:21:30	06:16:17	<b>07:57:44.60</b>	<b>07:57:51.70</b>	+03:05:18 (38.8%)	10:23	5.8 (61.7%)
215	<b>MATUSZCZAK-SZULC Iwona</b>	<b>187</b>		K40	15	02:04:55	06:15:52	<b>07:57:46.90</b>	<b>07:58:16.25</b>	+03:05:42 (38.8%)	10:23	5.8 (61.7%)
216	<b>ZIĘTEK Maciej</b>	<b>24</b>	IKANO INDUSTRY	M40	57	01:54:01	05:52:09	<b>07:58:38.35</b>	<b>07:59:02.00</b>	+03:06:28 (38.9%)	10:24	5.8 (61.7%)
217	<b>NOSKO Ewa</b>	<b>339</b>		K30	26	01:56:59	06:10:34	<b>08:01:31.80</b>	<b>08:02:04.60</b>	+03:09:30 (39.3%)	10:28	5.7 (60.6%)
218	<b>GUCKI Mikołaj</b>	<b>51</b>		M30	76	02:17:35	06:12:44	<b>08:01:27.10</b>	<b>08:02:05.30</b>	+03:09:31 (39.3%)	10:27	5.7 (60.6%)
219	<b>MAKLES Paweł</b>	<b>301</b>		M20	18	02:19:15	06:18:21	<b>08:02:00.00</b>	<b>08:02:08.65</b>	+03:09:35 (39.3%)	10:28	5.7 (60.6%)
220	<b>WIETECHA Katarzyna</b>	<b>299</b>	METAPACK	K20	8	02:19:13	06:18:20	<b>08:02:01.65</b>	<b>08:02:11.00</b>	+03:09:37 (39.3%)	10:28	5.7 (60.6%)
221	<b>LITWIN Tomasz</b>	<b>280</b>	42,2 LĘBORK	M30	77	02:07:35	06:12:01	<b>08:02:41.65</b>	<b>08:02:55.60</b>	+03:10:21 (39.4%)	10:29	5.7 (60.6%)
222	<b>KOWALCZUK Alicja</b>	<b>130</b>		K30	27	02:02:23	06:06:50	<b>08:02:47.70</b>	<b>08:02:56.35</b>	+03:10:22 (39.4%)	10:29	5.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
223	<b>SKORUPINSKA Katarzyna</b>	<b>43</b>	KBBOLESŁAWIEC, GOGGLE TEAM PAE	K40	16	02:02:24	06:06:51	<b>08:02:48.75</b>	<b>08:02:56.80</b>	+03:10:23 (39.4%)	10:29	5.7 (60.6%)
224	<b>GACA Piotr</b>	<b>80</b>		M30	78	02:05:37	06:03:39	<b>08:02:20.50</b>	<b>08:03:00.70</b>	+03:10:27 (39.4%)	10:29	5.7 (60.6%)
225	<b>BOĆKO Ewa</b>	<b>131</b>		K30	28	02:01:05	06:09:08	<b>08:02:52.30</b>	<b>08:03:05.10</b>	+03:10:31 (39.4%)	10:29	5.7 (60.6%)
226	<b>BOĆKO Krzysztof</b>	<b>134</b>	WATAHA	M30	79	02:01:04	06:09:20	<b>08:02:52.60</b>	<b>08:03:05.85</b>	+03:10:32 (39.4%)	10:29	5.7 (60.6%)
227	<b>POLIWKA Adam</b>	<b>190</b>		M30	80	02:02:12	06:04:50	<b>08:03:07.85</b>	<b>08:03:20.40</b>	+03:10:46 (39.5%)	10:30	5.7 (60.6%)
228	<b>ANTOLIK Aneta</b>	<b>349</b>		K20	9	02:19:59	06:14:16	<b>08:03:05.35</b>	<b>08:03:30.55</b>	+03:10:56 (39.5%)	10:30	5.7 (60.6%)
229	<b>SAMOJLUK-ŚLUSARSKA Bożena</b>	<b>314</b>	DRUŻYNA TVN	K50	3	02:06:03	06:11:56	<b>08:03:24.10</b>	<b>08:03:53.25</b>	+03:11:19 (39.5%)	10:30	5.7 (60.6%)
230	<b>KOT Klaudia</b>	<b>232</b>		K20	10	01:52:19	05:48:44	<b>08:04:40.20</b>	<b>08:05:02.30</b>	+03:12:28 (39.7%)	10:32	5.7 (60.6%)
231	<b>DEKIERT Agnieszka</b>	<b>60</b>		K30	29	02:17:54	06:27:38	<b>08:08:50.15</b>	<b>08:09:01.40</b>	+03:16:27 (40.2%)	10:37	5.6 (59.6%)
232	<b>BEDNARCZYK Jakub</b>	<b>95</b>	STRONGER RUNNER	M30	81			<b>08:10:23.00</b>	<b>08:10:23.00</b>	+03:17:49 (40.3%)	10:39	5.6 (59.6%)
232	<b>BEDNARCZYK Patrycja</b>	<b>100</b>	STRONGER RUNNER	K20	11			<b>08:10:23.00</b>	<b>08:10:23.00</b>	+03:17:49 (40.3%)	10:39	5.6 (59.6%)
234	<b>MAREK Magdalena</b>	<b>111</b>	CELUJ W ZDROWIE	K40	17	02:05:57	06:14:48	<b>08:12:26.35</b>	<b>08:12:55.00</b>	+03:20:21 (40.6%)	10:42	5.6 (59.6%)
235	<b>JAROSZEWICZ Adam</b>	<b>87</b>		M40	58	02:13:44	06:18:42	<b>08:12:32.00</b>	<b>08:13:09.55</b>	+03:20:35 (40.7%)	10:42	5.6 (59.6%)
236	<b>MADAJ Paweł</b>	<b>73</b>	MADGOLD TEAM	M50	14	01:57:29	06:11:30	<b>08:13:18.10</b>	<b>08:13:32.70</b>	+03:20:59 (40.7%)	10:43	5.6 (59.6%)
237	<b>PUK Dawid</b>	<b>351</b>	+48509444615	M40	59	02:05:31	06:16:50	<b>08:12:51.20</b>	<b>08:13:35.10</b>	+03:21:01 (40.7%)	10:42	5.6 (59.6%)
238	<b>JARZĄBEK Krzysztof</b>	<b>251</b>		M40	60	01:50:55	06:14:02	<b>08:13:51.55</b>	<b>08:14:20.45</b>	+03:21:46 (40.8%)	10:44	5.6 (59.6%)
239	<b>SEMPRUCH Witold</b>	<b>37</b>		M20	19	02:04:49	06:27:15	<b>08:15:45.55</b>	<b>08:16:08.65</b>	+03:23:35 (41.0%)	10:46	5.6 (59.6%)
240	<b>LATO Sławek</b>	<b>82</b>		M40	61	02:13:46	06:18:46	<b>08:16:12.70</b>	<b>08:16:49.05</b>	+03:24:15 (41.1%)	10:47	5.6 (59.6%)
241	<b>DOŁHUN Adam</b>	<b>244</b>	RUN PASJA BYDGOSZCZ	M30	82	02:02:13	06:13:12	<b>08:16:55.15</b>	<b>08:17:05.15</b>	+03:24:31 (41.1%)	10:48	5.6 (59.6%)
242	<b>PIETRZAKOWSKI Robert</b>	<b>312</b>		M40	62	01:57:53	06:05:27	<b>08:17:45.00</b>	<b>08:18:04.95</b>	+03:25:31 (41.3%)	10:49	5.5 (58.5%)
243	<b>SOBOLEWSKI Dariusz</b>	<b>153</b>		M30	83	01:37:24	06:41:05	<b>08:19:00.00</b>	<b>08:19:11.40</b>	+03:26:37 (41.4%)	10:50	5.5 (58.5%)
244	<b>KAŁŁAUR Krzysztof</b>	<b>103</b>		M30	84	02:21:19	06:29:15	<b>08:22:42.85</b>	<b>08:23:01.10</b>	+03:30:27 (41.8%)	10:55	5.5 (58.5%)
245	<b>SZEWCZYK Artur</b>	<b>313</b>	DOKĄD TAK CIĄGLE BIEGNĘ?	M40	63	02:14:25	06:22:05	<b>08:24:02.35</b>	<b>08:24:21.65</b>	+03:31:48 (42.0%)	10:57	5.5 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
246	<b>HALESZCZUK Tomasz</b>	<b>26</b>		M40	64	02:13:56	06:26:21	<b>08:25:04.50</b>	<b>08:25:22.55</b>	+03:32:48 (42.1%)	10:58	5.5 (58.5%)
246	<b>SALAMON Justyna</b>	<b>343</b>		K20	12	02:14:01	06:26:29	<b>08:25:12.25</b>	<b>08:25:22.55</b>	+03:32:48 (42.1%)	10:58	5.5 (58.5%)
248	<b>DOMŻALSKI Marek</b>	<b>75</b>		M50	15	02:02:10	06:15:47	<b>08:25:56.15</b>	<b>08:26:31.15</b>	+03:33:57 (42.2%)	10:59	5.5 (58.5%)
249	<b>PIWAŃSKI Piotr</b>	<b>67</b>		M60	5	02:17:16	06:32:59	<b>08:26:29.75</b>	<b>08:27:12.05</b>	+03:34:38 (42.3%)	11:00	5.4 (57.4%)
250	<b>LIPIEC Łukasz</b>	<b>6</b>		M30	85	02:15:18	06:33:25	<b>08:27:56.50</b>	<b>08:28:08.50</b>	+03:35:34 (42.4%)	11:02	5.4 (57.4%)
251	<b>DOBROWOLSKI Robert</b>	<b>34</b>	SPORTOWI EMERYCI	M60	6	02:06:14	06:28:42	<b>08:29:24.90</b>	<b>08:29:47.25</b>	+03:37:13 (42.6%)	11:04	5.4 (57.4%)
252	<b>MACIEJEC Dorota</b>	<b>296</b>		K40	18	02:17:34	06:35:57	<b>08:29:56.45</b>	<b>08:30:11.80</b>	+03:37:38 (42.7%)	11:05	5.4 (57.4%)
253	<b>JURKIEWICZ Dominik</b>	<b>221</b>		M30	86	02:12:34	06:21:58	<b>08:29:50.35</b>	<b>08:30:17.85</b>	+03:37:44 (42.7%)	11:05	5.4 (57.4%)
254	<b>KOŁEK Jacek</b>	<b>152</b>		M30	87	02:15:35	06:26:55	<b>08:32:03.10</b>	<b>08:32:29.60</b>	+03:39:55 (42.9%)	11:07	5.4 (57.4%)
254	<b>ROZAWDOWSKI Robert</b>	<b>363</b>	DRUŻYNA SZPIKU	M40	65	02:15:37	06:26:57	<b>08:32:05.00</b>	<b>08:32:29.60</b>	+03:39:55 (42.9%)	11:07	5.4 (57.4%)
256	<b>PERZAK Ewa</b>	<b>127</b>		K40	19	02:16:04	06:36:21	<b>08:32:14.10</b>	<b>08:32:50.45</b>	+03:40:16 (43.0%)	11:08	5.4 (57.4%)
257	<b>JANKOWSKA Małgorzata</b>	<b>31</b>	TAKE RUN	K30	30	02:11:12	06:40:29	<b>08:35:48.85</b>	<b>08:36:01.30</b>	+03:43:27 (43.3%)	11:12	5.4 (57.4%)
258	<b>KLUCZYŃSKI Tomasz</b>	<b>267</b>		M40	66	02:18:33	06:42:41	<b>08:37:10.25</b>	<b>08:37:32.60</b>	+03:44:58 (43.5%)	11:14	5.3 (56.4%)
258	<b>NIZIOŁEK Aleksander</b>	<b>39</b>		M40	67	02:18:33	06:42:41	<b>08:37:09.90</b>	<b>08:37:32.60</b>	+03:44:58 (43.5%)	11:14	5.3 (56.4%)
260	<b>OCZERETKO Paweł</b>	<b>13</b>	OBORYGENI	M40	68	02:07:04	06:37:05	<b>08:38:16.90</b>	<b>08:38:40.60</b>	+03:46:06 (43.6%)	11:16	5.3 (56.4%)
261	<b>SOBKOWIAK Radosław</b>	<b>186</b>	RUN FOR IT	M30	88	02:23:43	06:42:21	<b>08:38:33.20</b>	<b>08:38:59.90</b>	+03:46:26 (43.6%)	11:16	5.3 (56.4%)
262	<b>SOBKOWIAK Przemysław</b>	<b>231</b>	BRAK	M40	69	02:23:47	06:42:27	<b>08:38:37.25</b>	<b>08:38:59.95</b>	+03:46:26 (43.6%)	11:16	5.3 (56.4%)
263	<b>SACKIEWICZ-WIĄCEK Agnieszka</b>	<b>198</b>	BIEGAJ W JEDLINIE	K40	20	02:12:25	06:43:20	<b>08:38:45.00</b>	<b>08:39:01.40</b>	+03:46:27 (43.6%)	11:16	5.3 (56.4%)
264	<b>MASŁO Andrzej</b>	<b>25</b>		M40	70	02:06:31	06:37:10	<b>08:39:33.15</b>	<b>08:39:52.90</b>	+03:47:19 (43.7%)	11:17	5.3 (56.4%)
265	<b>ZIELIŃSKA Beata</b>	<b>62</b>	WPRUNNING	K30	31	02:13:54	06:26:14	<b>08:39:57.30</b>	<b>08:40:10.55</b>	+03:47:36 (43.8%)	11:18	5.3 (56.4%)
266	<b>ZIELIŃSKI Jacek</b>	<b>17</b>	ROZBIEGANY PIASTÓW	M40	71	02:14:07	06:35:56	<b>08:39:57.35</b>	<b>08:40:10.85</b>	+03:47:37 (43.8%)	11:18	5.3 (56.4%)
267	<b>SZCZEPANIAK Jadwiga</b>	<b>158</b>	KS STASZEWSKY	K50	4	02:23:07	06:49:16	<b>08:40:24.10</b>	<b>08:40:32.95</b>	+03:47:59 (43.8%)	11:18	5.3 (56.4%)
268	<b>KORZEC Paweł</b>	<b>379</b>		M40	72	02:21:00	06:48:12	<b>08:40:33.30</b>	<b>08:40:45.30</b>	+03:48:11 (43.8%)	11:18	5.3 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 46km	brutto 46km			
269	<b>DUDZIAK Bartłomiej</b>	<b>14</b>	GREAT GRATULA OSIECZNA	M40	73	02:16:05	06:48:46	<b>08:41:07.60</b>	<b>08:41:17.40</b>	+03:48:43 (43.9%)	11:19	5.3 (56.4%)
270	<b>GUCKA Paulina</b>	<b>56</b>		K30	32	02:24:37	06:47:49	<b>08:41:26.95</b>	<b>08:42:03.90</b>	+03:49:30 (44.0%)	11:20	5.3 (56.4%)
271	<b>WILCZYŃSKA Beata</b>	<b>215</b>	WIKARSPORT TEAM	K20	13	02:15:36	06:46:40	<b>08:43:54.50</b>	<b>08:44:27.15</b>	+03:51:53 (44.2%)	11:23	5.3 (56.4%)
272	<b>JACKOWSKA Katarzyna</b>	<b>217</b>		K40	21	02:15:33	06:46:37	<b>08:43:54.00</b>	<b>08:44:27.55</b>	+03:51:53 (44.2%)	11:23	5.3 (56.4%)
273	<b>KOSEWSKA Monika</b>	<b>340</b>	BRAVEHEARTS LEGIONOWO	K40	22	02:21:42	06:51:41	<b>08:44:45.70</b>	<b>08:45:11.20</b>	+03:52:37 (44.3%)	11:24	5.3 (56.4%)
274	<b>NOWACKI Maciej</b>	<b>64</b>	POBIEDZISKA RUNNING TEAM	M50	16	02:08:39	06:44:55	<b>08:46:41.00</b>	<b>08:46:59.70</b>	+03:54:26 (44.5%)	11:26	5.2 (55.3%)
275	<b>LATAROWSKA Małgorzata</b>	<b>155</b>	PRO-RUN WROCŁAW	K30	33	02:11:12	06:42:59	<b>08:47:53.50</b>	<b>08:48:10.30</b>	+03:55:36 (44.6%)	11:28	5.2 (55.3%)
276	<b>NOWAK Karol</b>	<b>225</b>	WOŁÓW BIEGA	M60	7	02:12:32	06:43:05	<b>08:48:04.40</b>	<b>08:48:37.85</b>	+03:56:04 (44.7%)	11:28	5.2 (55.3%)
277	<b>KRYGIER Justyna</b>	<b>85</b>	ZOS KOSZALIN/NIETOPERZE KOSZALIN	K40	23	02:15:24	06:46:20	<b>08:48:35.05</b>	<b>08:49:11.00</b>	+03:56:37 (44.7%)	11:29	5.2 (55.3%)
278	<b>LUDWICZAK Jarosław</b>	<b>298</b>	KOŚCIAN TEAM	M30	89	02:15:58	06:51:31	<b>08:49:07.20</b>	<b>08:49:27.35</b>	+03:56:53 (44.7%)	11:30	5.2 (55.3%)
279	<b>NESTOROWICZ Monika</b>	<b>119</b>	KLUB BIEGACZA JURUND SZCZYTNO	K40	24	02:21:58	07:07:38	<b>08:54:33.55</b>	<b>08:54:41.60</b>	+04:02:07 (45.3%)	11:37	5.2 (55.3%)
280	<b>ŁACHAN Patryk</b>	<b>364</b>	WKURW_TEAM	M40	74	02:14:23	06:50:01	<b>08:54:31.95</b>	<b>08:55:03.30</b>	+04:02:29 (45.3%)	11:37	5.2 (55.3%)
281	<b>ZIELINSKI Damian</b>	<b>325</b>		M30	90	02:15:45	06:51:18	<b>08:54:33.50</b>	<b>08:55:07.40</b>	+04:02:33 (45.3%)	11:37	5.2 (55.3%)
282	<b>LUPA Mirosław</b>	<b>61</b>	LUPUSTEAM	M50	17	02:27:20	06:53:43	<b>08:55:10.75</b>	<b>08:55:17.75</b>	+04:02:44 (45.3%)	11:38	5.2 (55.3%)
283	<b>ORDZIEJEWSKI Dominik</b>	<b>342</b>		M30	91	02:15:42	06:51:29	<b>08:55:01.00</b>	<b>08:55:36.85</b>	+04:03:03 (45.4%)	11:37	5.2 (55.3%)
284	<b>WOŚ Mateusz</b>	<b>254</b>		M20	20	02:17:22	06:52:55	<b>08:55:29.80</b>	<b>08:55:47.80</b>	+04:03:14 (45.4%)	11:38	5.2 (55.3%)
285	<b>WRONISZEWSKI Łukasz</b>	<b>21</b>		M30	92	02:10:38	06:52:54	<b>08:56:12.95</b>	<b>08:56:39.70</b>	+04:04:06 (45.5%)	11:39	5.1 (54.3%)
286	<b>JURKOWSKA Joanna</b>	<b>94</b>		K40	25	02:17:37	06:54:07	<b>08:59:16.75</b>	<b>08:59:16.75</b>	+04:06:43 (45.7%)	11:43	5.1 (54.3%)
287	<b>MISIAK Dorota</b>	<b>353</b>		K30	34	02:16:41	06:53:00	<b>08:59:15.70</b>	<b>08:59:42.40</b>	+04:07:08 (45.8%)	11:43	5.1 (54.3%)
288	<b>MISIAK Artur</b>	<b>92</b>	BYLEBY DO PRZODU	M30	93	02:16:39	06:52:56	<b>08:59:15.45</b>	<b>08:59:42.65</b>	+04:07:09 (45.8%)	11:43	5.1 (54.3%)
289	<b>KOZERAŃSKA Aneta</b>	<b>129</b>		K30	35	02:24:07	07:04:29	<b>09:12:12.10</b>	<b>09:12:27.35</b>	+04:19:53 (47.0%)	12:00	5 (53.2%)
290	<b>MOSKWA Magdalena</b>	<b>48</b>		K30	36	02:18:10	07:12:10	<b>09:13:34.80</b>	<b>09:13:59.80</b>	+04:21:26 (47.2%)	12:02	5 (53.2%)
291	<b>MADEJ Andrzej</b>	<b>66</b>	EUROGAZ TEAM	M40	75	02:18:13	07:12:11	<b>09:13:40.05</b>	<b>09:14:04.75</b>	+04:21:31 (47.2%)	12:02	5 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
292	<b>KONASZEWICZ Ewa</b>	<b>81</b>		K40	26	02:50:26		<b>09:15:00.25</b>	<b>09:15:36.20</b>	+04:23:02 (47.3%)	12:03	5 (53.2%)
293	<b>IWONICKI Leszek</b>	<b>350</b>		M30	94	02:50:25		<b>09:14:59.10</b>	<b>09:15:36.55</b>	+04:23:02 (47.3%)	12:03	5 (53.2%)
294	<b>KATA Wioletta</b>	<b>207</b>		K40	27	02:19:28	07:13:17	<b>09:17:38.10</b>	<b>09:18:05.60</b>	+04:25:31 (47.6%)	12:07	4.9 (52.1%)
295	<b>NOWAKOWSKA Beata</b>	<b>229</b>		K40	28	02:31:25	07:28:01	<b>09:24:25.45</b>	<b>09:24:52.75</b>	+04:32:19 (48.2%)	12:16	4.9 (52.1%)
296	<b>PONIEWIERKA Joanna</b>	<b>78</b>	ŻARY RUNNERS TEAM	K30	37	02:20:37	07:22:44	<b>09:32:13.10</b>	<b>09:32:29.55</b>	+04:39:55 (48.9%)	12:26	4.8 (51.1%)
297	<b>WIŚNIEWSKI Dariusz</b>	<b>74</b>	NOWOGRODZKA GRUPA BIEGOWA FIBER	M30	95	02:20:37	07:22:44	<b>09:32:13.80</b>	<b>09:32:30.55</b>	+04:39:56 (48.9%)	12:26	4.8 (51.1%)
298	<b>BUBEL Alina</b>	<b>294</b>	DRUŻYNA SZPIKU	K50	5	02:31:05	07:17:47	<b>09:36:02.05</b>	<b>09:36:39.90</b>	+04:44:06 (49.3%)	12:31	4.8 (51.1%)
299	<b>WRÓBLEWSKI Tomasz</b>	<b>261</b>		M30	96	02:31:04	07:35:18	<b>09:50:33.85</b>	<b>09:50:44.10</b>	+04:58:10 (50.5%)	12:50	4.7 (50.0%)
300	<b>KOLWICZ Patryk</b>	<b>150</b>	MY FITNESS PLACE OPOLE	M20	21	02:38:59	07:40:15	<b>10:04:29.50</b>	<b>10:04:44.10</b>	+05:12:10 (51.6%)	13:08	4.6 (48.9%)
301	<b>ZDEB Barbara</b>	<b>113</b>		K30	38	02:38:59	07:40:16	<b>10:04:30.00</b>	<b>10:04:44.60</b>	+05:12:10 (51.6%)	13:08	4.6 (48.9%)
302	<b>BALCEWICZ Alfred</b>	<b>286</b>	BIEGNIJ Z PROSERVICE	M20	22	02:29:21	07:22:49	<b>10:16:36.25</b>	<b>10:16:50.10</b>	+05:24:16 (52.6%)	13:24	4.5 (47.9%)
303	<b>FILIPEK Wojciech</b>	<b>97</b>		M20	23	02:00:00				+00:33:49	10:00	6 (63.8%)
304	<b>BONIEC Radosław</b>	<b>106</b>		M20	24							(0.0%)
	<b>WALCZYŃSKA Karolina</b>	<b>140</b>	RUNHOGS TYCHY	K30		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 305 wynik(ów)