



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2020
FUNDACJA PROFIT MARATON
2020-09-05
Sobieszów
42 km

CHOJNIK MARATON

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
1	LINKOWSKI Michał	301	KB ILOVEZIEMEK	M40	1	00:00:02	00:32:45	02:18:02	03:38:59	04:14:24.35	04:14:27.00		5:31	10.8 (100%)
2	PAWŁOWSKI Marcin	319		M30	1	00:00:18	00:33:38	02:14:16	03:35:09	04:14:53.15	04:15:11.45	+00:00:28 (0.2%)	5:32	10.8 (100%)
3	WŁODARKIEWICZ Dominik	268	DYNAFIT POLSKA	M40	2	00:00:02	00:32:28	02:16:37	03:39:31	04:18:19.95	04:18:21.95	+00:03:55 (1.5%)	5:36	10.7 (99.1%)
4	PROMIRSKI Norbert	336		M40	3	00:00:02	00:33:16	02:19:39	03:45:42	04:24:39.50	04:24:42.45	+00:10:15 (3.9%)	5:45	10.4 (96.3%)
5	BALWIERCZAK Piotr	337	RATEMYTRAIL.COM	M30	2	00:00:21	00:36:10	02:23:04	03:47:42	04:25:24.20	04:25:45.75	+00:10:59 (4.1%)	5:46	10.4 (96.3%)
6	KĘPKA Adrian	57		M18	1	00:00:02	00:34:18	02:23:22	03:50:39	04:25:47.60	04:25:50.50	+00:11:23 (4.3%)	5:46	10.4 (96.3%)
7	DYBIŻBAŃSKI Wojciech	359	CITY TRAIL TEAM	M30	3	00:00:02	00:34:13	02:20:27	03:51:34	04:34:54.30	04:34:56.65	+00:20:29 (7.5%)	5:58	10 (92.6%)
8	RUTKOWSKI Dawid	211	GRIZZLYTEAM	M30	4	00:00:02	00:34:32	02:28:55	03:56:31	04:35:50.85	04:35:53.15	+00:21:26 (7.8%)	5:59	10 (92.6%)
9	WYSOKIŃSKI Konrad	50	MESMERNIK RUNNERS	M40	4	00:00:01	00:33:09	02:22:30	03:58:09	04:42:41.75	04:42:43.50	+00:28:17 (10.0%)	6:08	9.8 (90.7%)
10	LULIS Dawid	216		M30	5	00:00:02	00:34:33	02:31:34	04:10:36	04:48:49.45	04:48:51.60	+00:34:25 (11.9%)	6:16	9.6 (88.9%)
11	JAGIELSKI Łukasz	15	LESZ NO LIMITS RUNNERS	M30	6	00:06:29	00:34:35	02:31:26	04:10:33	04:52:54.70	04:59:24.55	+00:38:30 (13.1%)	6:22	9.4 (87.0%)
12	SOBLIK Łukasz	343		M30	7	00:00:44	00:37:17	02:44:15	04:18:15	04:57:30.10	04:58:14.70	+00:43:05 (14.5%)	6:28	9.3 (86.1%)
13	ŁACIAK Marcin	320	MESMERIK RUNNERS	M40	5	00:04:40	00:33:15	02:33:11	04:14:19	04:59:13.75	05:03:54.30	+00:44:49 (15.0%)	6:30	9.2 (85.2%)
14	PERUCKI Piotr	252		M40	6	00:10:01	00:38:52	02:43:16	04:20:05	05:00:40.75	05:10:41.90	+00:46:16 (15.4%)	6:32	9.2 (85.2%)
15	ZANOZINA Ekaterina	356		K30	1	00:00:03	00:37:34	02:45:53	04:24:11	05:02:44.40	05:02:47.60	+00:48:20 (16.0%)	6:34	9.1 (84.3%)
16	ANDRUSZKIEWICZ Paweł	219		M30	8	00:00:29	00:32:22	02:27:52	04:13:48	05:04:35.90	05:05:05.20	+00:50:11 (16.5%)	6:37	9.1 (84.3%)
17	MAŁEK Tomasz	91		M18	2	00:00:02	00:33:53	02:34:01	04:24:34	05:07:33.70	05:07:36.45	+00:53:09 (17.3%)	6:41	9 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 24km	36km	46km					
18	KUŁAKOWSKI Marcin	244	SOWIE TEAM	M18	3	00:54:20	00:42:29	02:44:17	04:24:55	05:07:46.45	06:02:06.60	+00:53:22 (17.3%)	6:41	9 (83.3%)	
19	ROGÓRZ Piotr	249		M40	7	00:00:02	00:35:14	02:37:16	04:21:42	05:09:10.65	05:09:13.45	+00:54:46 (17.7%)	6:43	8.9 (82.4%)	
20	OSKWAREK Piotr	41	#BESTSELERTEAM	M30	9	00:00:03	00:34:32	02:35:13	04:23:54	05:09:42.65	05:09:46.25	+00:55:18 (17.9%)	6:43	8.9 (82.4%)	
21	TRUSZKOWSKI Damian	37		M30	10	00:49:44	00:38:56	02:42:55	04:27:23	05:10:58.65	06:00:43.60	+00:56:34 (18.2%)	6:45	8.9 (82.4%)	
22	ROSOLSKI Dawid	361		M30	11	00:19:06	00:38:37	02:42:16	04:24:14	05:11:11.15	05:30:17.40	+00:56:46 (18.2%)	6:45	8.9 (82.4%)	
23	NIEPALA Jacek	25		M30	12	00:00:00	00:46:41	02:49:22	04:32:05	05:11:23.75	05:11:23.75	+00:56:59 (18.3%)	6:46	8.9 (82.4%)	
24	MUCHACZOW Jacek	127	DRÄXLMAIER	M40	8	00:02:40	00:35:44	02:33:13	04:16:16	05:13:13.85	05:15:54.05	+00:58:49 (18.8%)	6:48	8.8 (81.5%)	
24	KOSAL Maciej	293		M30	13	00:13:28	00:36:15	02:40:36	04:26:15	05:13:13.85	05:26:41.90	+00:58:49 (18.8%)	6:48	8.8 (81.5%)	
26	ZBORUCKI Jan	302	LATAJCY CYRK	M30	14	00:05:49	00:40:00	02:46:12	04:30:53	05:14:22.35	05:20:12.00	+00:59:58 (19.1%)	6:50	8.8 (81.5%)	
27	PRZYSIWEK Patryk	177		M30	15	00:19:03	00:38:41	02:42:19	04:25:27	05:15:25.05	05:34:29.00	+01:01:00 (19.3%)	6:51	8.7 (80.6%)	
28	STEFAŃSKI Krystian	279	KS KANAŁEK	M30	16	00:53:43	00:36:29	02:43:36	04:30:01	05:15:37.45	06:09:21.35	+01:01:13 (19.4%)	6:51	8.7 (80.6%)	
29	STELMACH Szymon	246	GK GOPR	M18	4	00:02:45	00:35:38	02:33:16	04:28:11	05:16:53.10	05:19:38.30	+01:02:28 (19.7%)	6:53	8.7 (80.6%)	
30	WALDOWSKI Arkadiusz	378	GÓRSKI STYL TEAM	M30	17	00:04:55	00:36:06	02:39:23	04:27:00	05:17:01.40	05:21:56.95	+01:02:37 (19.8%)	6:53	8.7 (80.6%)	
31	BRYCHCY Piotr	346	TRIGAR.PL	M30	18	00:08:15	00:39:58	02:50:37	04:33:03	05:18:06.45	05:26:21.45	+01:03:42 (20.0%)	6:54	8.7 (80.6%)	
32	BIAŁEK Beata	312	KBHERMES GRYFINO	K40	1	00:09:15	00:37:33	02:40:14	04:27:34	05:18:08.20	05:27:24.10	+01:03:43 (20.0%)	6:54	8.7 (80.6%)	
33	ZAKARYAN Armen	397		M30	19	00:10:43	00:34:41	02:40:57	04:32:47	05:23:14.50	05:33:58.05	+01:08:50 (21.3%)	7:01	8.5 (78.7%)	
34	BAROSZ Natalia	323	DYNAFIT TRAILHERO/MARCINŚWIERCTEAM	K30	2	00:00:03	00:37:48	02:46:07	04:40:12	05:23:35.70	05:23:38.95	+01:09:11 (21.4%)	7:02	8.5 (78.7%)	
35	KĘDZIORA Norbert	393		M30	20	00:31:32	00:38:25	02:54:42	04:41:04	05:23:53.90	05:55:26.00	+01:09:29 (21.5%)	7:02	8.5 (78.7%)	
36	ZAWORSKI Tomasz	174		M30	21	00:02:50	00:39:17	02:51:36	04:38:55	05:25:00.25	05:27:50.40	+01:10:35 (21.7%)	7:03	8.5 (78.7%)	
37	ARAK Tomasz	95	MESMERIKRUNNERS	M40	9	00:04:45	00:34:14	02:39:46	04:37:00	05:25:01.20	05:29:46.50	+01:10:36 (21.7%)	7:03	8.5 (78.7%)	
38	SZCZUREK Paweł	389	MUAY RUNNING TEAM	M18	5	00:42:13	00:39:31	02:52:49	04:43:16	05:29:23.40	06:11:37.15	+01:14:59 (22.8%)	7:09	8.4 (77.8%)	
39	WIECZORKIEWICZ Zbigniew	200		M30	22	00:04:09	00:37:30	02:34:58	04:43:06	05:30:45.75	05:34:55.20	+01:16:21 (23.1%)	7:11	8.3 (76.9%)	
40	LATOS Sławomir	345		M40	10	00:15:15	00:42:14	02:46:30	04:38:07	05:31:16.70	05:46:32.05	+01:16:52 (23.2%)	7:12	8.3 (76.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	24km	36km	46km					
41	GŁOWACKI Artur	108	KGHM ZG RUN	M40	11	00:04:03	00:40:55	02:49:31	04:43:01	05:32:09.30	05:36:13.15	+01:17:44 (23.4%)	7:13	8.3 (76.9%)	
42	BOROWCZYK Jacek	382	ANTEK TEAM	M50	1	00:34:22	00:40:55	02:49:38	04:42:42	05:32:34.75	06:06:57.70	+01:18:10 (23.5%)	7:13	8.3 (76.9%)	
43	BEDNAREK Bartłomiej	194	MKS SIECHNICE	M30	23	00:44:30	00:37:48	02:48:19	04:45:36	05:33:33.25	06:18:03.85	+01:19:08 (23.7%)	7:15	8.3 (76.9%)	
44	BOGUSZ Paweł	294	CYBINA TEAM	M30	24	00:21:28	00:43:13	02:57:55	04:43:48	05:34:37.40	05:56:06.05	+01:20:13 (24.0%)	7:16	8.2 (75.9%)	
45	PRZYBYŁ Piotr	379	EASY RUNNERS	M40	12	00:46:13	00:38:23	02:50:16	04:43:22	05:35:08.45	06:21:22.15	+01:20:44 (24.1%)	7:17	8.2 (75.9%)	
46	BIAŁY Adam	124		M40	13	00:36:58	00:40:22	02:51:19	04:43:13	05:35:55.45	06:12:53.75	+01:21:31 (24.3%)	7:18	8.2 (75.9%)	
47	STREICH Tomasz	306		M18	6	00:00:36	00:35:08	02:38:37	04:43:14	05:36:38.25	05:37:14.45	+01:22:13 (24.4%)	7:19	8.2 (75.9%)	
48	PODOLAK Urszula	198	PRZEDWOJEWSKI MOUNTAIN TEAM	K18	1	00:00:02	00:39:14	02:59:53	04:51:31	05:37:19.80	05:37:22.40	+01:22:55 (24.6%)	7:20	8.2 (75.9%)	
49	BIAŁOBLÓCKA Alicja	100		K30	3	00:02:25	00:38:57	02:57:07	04:51:58	05:40:37.45	05:43:02.75	+01:26:13 (25.3%)	7:24	8.1 (75.0%)	
50	PRZYBYŁA Krzysztof	321	ADIDAS RUNNERS WARSAW	M30	25	00:26:23	00:36:54	02:54:21	04:54:16	05:40:52.35	06:07:16.15	+01:26:28 (25.4%)	7:24	8.1 (75.0%)	
51	DANAK Przemysław	331		M40	14	00:09:56	00:47:46	03:02:06	04:52:56	05:43:01.95	05:52:58.00	+01:28:37 (25.8%)	7:27	8 (74.1%)	
52	SUCHENIA Piotr	236	RUNPASSION.PL TEAM	M40	15	00:00:02	00:36:40	02:52:40	04:54:19	05:43:19.70	05:43:22.65	+01:28:55 (25.9%)	7:27	8 (74.1%)	
53	WOJEWODA Michał	381	KAZIKI TRIWAWA	M40	16	00:03:11	00:46:27	03:09:49	04:59:42	05:43:29.05	05:46:40.05	+01:29:04 (25.9%)	7:28	8 (74.1%)	
54	ARDELLI Ewa	358	BIELAWSKA AKADEMIA BIEGANIA	K40	2	00:00:03	00:38:32	02:53:43	04:54:19	05:44:05.15	05:44:09.00	+01:29:40 (26.1%)	7:28	8 (74.1%)	
55	PISZCZEK Jakub	272		M30	26	00:04:15	00:38:45	02:48:27	04:52:57	05:45:22.85	05:49:38.20	+01:30:58 (26.3%)	7:30	8 (74.1%)	
56	TROJANOWSKI Artur	199	KB WIKON NOWA SÓL	M30	27	00:46:05	00:38:45	02:53:16	04:54:37	05:45:49.90	06:31:54.95	+01:31:25 (26.4%)	7:31	8 (74.1%)	
57	KARPOWICZ Rafal	180		M40	17	00:12:17	00:40:48	02:56:49	04:56:15	05:46:17.75	05:58:35.65	+01:31:53 (26.5%)	7:31	8 (74.1%)	
58	BAŁUSZYŃSKI Janusz	210		M40	18	00:03:16	00:38:21	02:50:14	04:49:47	05:46:51.25	05:50:07.60	+01:32:26 (26.7%)	7:32	8 (74.1%)	
59	PŁONOWSKI Maciej	207	PSZCZÓŁKOWSKI TEAM	M30	28	00:50:18	00:41:28	02:59:25	04:52:07	05:46:54.55	06:37:13.25	+01:32:30 (26.7%)	7:32	8 (74.1%)	
60	SZTURO Jan	112	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50	2	00:07:39	00:41:46	03:01:13	04:55:27	05:46:57.55	05:54:37.40	+01:32:33 (26.7%)	7:32	8 (74.1%)	
61	WYROŚLAK Józef	259	#SOBASTEAM	M30	29	00:15:00	00:40:54	02:53:00	04:52:41	05:47:15.40	06:02:15.90	+01:32:51 (26.7%)	7:32	7.9 (73.1%)	
62	ZAJĄC Marcin	385	IM-POSSIBLE TEAM	M30	30	00:27:34	00:41:17	02:52:25	04:52:41	05:48:55.70	06:16:29.85	+01:34:31 (27.1%)	7:35	7.9 (73.1%)	
63	IWASZCZYSZYN Tomasz	333	RATEMYTRAIL.COM	M30	31	00:27:29	00:40:31	02:52:30	04:57:44	05:48:59.85	06:16:29.70	+01:34:35 (27.1%)	7:35	7.9 (73.1%)	
64	WŁODARCZYK Jarosław	78	ZORKA JELONKI RUNNING TEAM	M40	19	00:05:53	00:35:56	02:43:33	04:53:33	05:50:24.40	05:56:18.30	+01:36:00 (27.4%)	7:37	7.9 (73.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 24km	36km	46km					
65	KONOPKA Sylwia	206	TOUR DE ZBÓJ	K40	3	00:53:58	00:42:21	03:11:22	05:03:30	05:51:26.35	06:45:25.30	+01:37:02 (27.6%)	7:38	7.9 (73.1%)	
66	CIRKO Arkadiusz	362		M40	20	00:39:50	00:37:33	02:54:43	05:02:36	05:51:46.30	06:31:36.50	+01:37:21 (27.7%)	7:38	7.8 (72.2%)	
67	ROMERO GARCIA Juan	283	WITC	M30	32	00:53:48	00:36:12	02:50:54	04:59:51	05:51:57.75	06:45:46.55	+01:37:33 (27.7%)	7:39	7.8 (72.2%)	
68	JANCZ Tomasz	72		M40	21	00:17:14	00:41:28	03:01:19	05:00:04	05:53:12.75	06:10:26.75	+01:38:48 (28.0%)	7:40	7.8 (72.2%)	
69	ADAMCZAK Arkadiusz	300		M40	22	00:24:25	00:40:04	02:53:47	04:56:57	05:54:05.20	06:18:30.75	+01:39:40 (28.2%)	7:41	7.8 (72.2%)	
70	WINIEL Iga	298		K30	4	00:01:40	00:39:28	03:04:44	05:06:00	05:55:14.55	05:56:55.40	+01:40:50 (28.4%)	7:43	7.8 (72.2%)	
71	GAŁECKI Robert	277	HFB	M30	33	00:05:10	00:38:06	02:50:45	04:56:51	05:55:35.60	06:00:46.40	+01:41:11 (28.5%)	7:43	7.8 (72.2%)	
72	STUDZIŃSKI Mateusz	133		M30	34	00:07:09	00:39:51	02:55:02	05:01:29	05:55:41.60	06:02:51.50	+01:41:17 (28.5%)	7:43	7.8 (72.2%)	
73	ZBOROWSKI Tomasz	88		M40	23	00:27:21	00:40:11	03:02:30	05:07:05	05:55:52.40	06:23:14.00	+01:41:28 (28.5%)	7:44	7.8 (72.2%)	
74	BLACHA Krzysztof	43	TRASY-BIEGOWE.PL	M30	35	00:58:10	00:36:40	02:48:14	04:56:07	05:55:56.65	06:54:07.25	+01:41:32 (28.5%)	7:44	7.8 (72.2%)	
75	WILCZKOWIAK Jan	253	LESZ NO LIMITS RUNNERS	M30	36	00:34:02	00:43:29	03:03:26	05:04:27	05:56:58.45	06:31:01.25	+01:42:34 (28.7%)	7:45	7.7 (71.3%)	
76	BOĆKO Ewa	103		K30	5	00:02:30	00:39:53	03:01:09	05:08:12	05:57:38.00	06:00:08.65	+01:43:13 (28.9%)	7:46	7.7 (71.3%)	
77	KAYSIEWICZ Maciej	350		M40	24	00:05:59	00:40:52	03:02:37	05:03:31	05:57:46.50	06:03:45.50	+01:43:22 (28.9%)	7:46	7.7 (71.3%)	
78	HAMROL Piotr	118		M40	25	00:21:52	00:42:45	03:04:38	05:03:48	05:57:49.75	06:19:42.40	+01:43:25 (28.9%)	7:46	7.7 (71.3%)	
79	BUKOWY Błażej	104		M30	37	00:49:24	00:39:44	03:03:04	05:10:31	05:58:31.75	06:47:56.05	+01:44:07 (29.0%)	7:47	7.7 (71.3%)	
80	POLAŃSKI Marcin	349	GENERAT ZE SZTUTOWA	M18	7	00:12:29	00:44:32	03:13:24	05:14:07	05:59:37.45	06:12:06.60	+01:45:13 (29.3%)	7:49	7.7 (71.3%)	
81	PAWLIK Filip	227		M30	38	00:31:53	00:41:11	02:59:16	05:06:27	06:01:05.75	06:32:58.75	+01:46:41 (29.5%)	7:50	7.6 (70.4%)	
82	SOBASZEK Marcin	292		M30	39	00:20:03	00:40:59	03:12:10	05:14:43	06:03:46.60	06:23:50.30	+01:49:22 (30.1%)	7:54	7.6 (70.4%)	
83	SOBOLEWSKI Dariusz	241	BOREL MARATHON TEAM	M30	40	00:23:21	00:42:20	03:06:57	05:13:01	06:03:52.85	06:27:14.60	+01:49:28 (30.1%)	7:54	7.6 (70.4%)	
84	IDOWIAK Lukasz	235	OSIR PONIEC	M30	41	00:03:31	00:42:25	03:05:34	05:11:59	06:04:07.90	06:07:39.25	+01:49:43 (30.1%)	7:54	7.6 (70.4%)	
85	FIGEL Michał	265	MIKI TEAM	M40	26	00:45:56	00:44:12	03:10:41	05:15:51	06:04:13.20	06:50:09.65	+01:49:48 (30.2%)	7:55	7.6 (70.4%)	
86	GABRYEL Piotr	220		M40	27	00:48:50	00:43:32	03:07:07	05:11:44	06:04:48.05	06:53:38.60	+01:50:23 (30.3%)	7:55	7.6 (70.4%)	
87	MĘDRYKOWSKI Damian	332		M30	42	00:13:52	00:42:42	03:04:26	05:14:19	06:05:16.15	06:19:08.20	+01:50:51 (30.4%)	7:56	7.6 (70.4%)	
88	WOJCIECHOWSKI Dariusz	18	KRAKOWIAK TEAM / I-SPORT	M40	28	00:08:09	00:43:09	03:07:41	05:09:26	06:05:30.90	06:13:40.85	+01:51:06 (30.4%)	7:56	7.6 (70.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 24km	36km	46km					
89	GONCHAROV Andrei	355		M40	29	00:03:40	00:41:45	03:09:36	05:14:33	06:06:14.65	06:09:55.45	+01:51:50 (30.5%)	7:57	7.5 (69.4%)	
90	HERMAN Dariusz	304	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	30	00:33:53	00:42:57	03:05:44	05:10:28	06:06:15.70	06:40:09.60	+01:51:51 (30.5%)	7:57	7.5 (69.4%)	
91	HARASIUK Adam	373	ALIANCA DE MISERICORDIA	M30	43	00:49:33	00:37:15	03:00:26	05:09:30	06:06:25.00	06:55:58.75	+01:52:00 (30.6%)	7:57	7.5 (69.4%)	
92	BORDYCH Jacek	239	BOREL MARATHON TEAM	M50	3	00:23:28	00:42:12	03:06:55	05:15:21	06:07:40.55	06:31:08.60	+01:53:16 (30.8%)	7:59	7.5 (69.4%)	
93	BORDYCH Andrzej	240	BOREL MARATHON TEAM	M40	31	00:23:25	00:42:17	03:06:59	05:14:03	06:07:43.40	06:31:08.60	+01:53:19 (30.8%)	7:59	7.5 (69.4%)	
94	PRZYSTOLIK Magdalena	388	ADEA	K30	6	00:15:30	00:43:59	03:15:31	05:21:07	06:09:23.95	06:24:53.95	+01:54:59 (31.1%)	8:01	7.5 (69.4%)	
95	BĄK Piotr	392		M40	32	00:08:19	00:37:12	02:56:52	05:13:22	06:09:27.00	06:17:46.60	+01:55:02 (31.1%)	8:01	7.5 (69.4%)	
96	SZNYTER Sabina	65		K18	2	00:02:36	00:43:10	03:16:27	05:18:20	06:09:39.75	06:12:15.75	+01:55:15 (31.2%)	8:02	7.5 (69.4%)	
97	SZYMCZYK Michał	377	DRUŻYNA CHROBREGO	M40	33	00:05:35	00:42:40	03:09:35	05:15:14	06:09:45.90	06:15:21.25	+01:55:21 (31.2%)	8:02	7.5 (69.4%)	
98	RZEPNIEWSKI Łukasz	39		M40	34	00:38:11	00:45:33	03:10:40	05:17:34	06:11:23.70	06:49:35.60	+01:56:59 (31.5%)	8:04	7.4 (68.5%)	
99	KARCZ Tomasz	396	TEALTREE.EU	M40	35	00:37:26	00:40:50	03:04:30	05:21:54	06:11:43.15	06:49:09.25	+01:57:18 (31.6%)	8:04	7.4 (68.5%)	
100	JAGNIESZCZAK Zuzanna	215	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	7	00:25:36	00:43:46	03:15:48	05:19:57	06:12:01.05	06:37:37.90	+01:57:36 (31.6%)	8:05	7.4 (68.5%)	
101	SIETKIEWICZ Piotr	269		M30	44	00:01:19	00:40:47	02:59:27	05:12:22	06:12:04.85	06:13:24.15	+01:57:40 (31.6%)	8:05	7.4 (68.5%)	
102	OSMOLAK Agnieszka	281	PRO RUN WROCŁAW	K30	8	00:33:30	00:45:21	03:13:04	05:20:21	06:12:18.95	06:45:49.05	+01:57:54 (31.7%)	8:05	7.4 (68.5%)	
103	BIEŃ Magdalena	360		K40	4	00:05:30	00:41:59	03:14:34	05:21:01	06:12:56.15	06:18:26.30	+01:58:31 (31.8%)	8:06	7.4 (68.5%)	
104	LIPIŃSKI Hubert	282	KS KANAŁEK	M30	45	00:53:53	00:39:27	03:00:47	05:14:43	06:14:03.05	07:07:57.00	+01:59:38 (32.0%)	8:07	7.4 (68.5%)	
105	SZCZEPAŃSKI Adam	367	ALBATROSY	M30	46	00:49:56	00:39:38	03:10:57	05:22:31	06:14:12.20	07:04:08.75	+01:59:47 (32.0%)	8:08	7.4 (68.5%)	
106	MUCKUS Filip	399		M30	47	00:53:39	00:38:54	02:59:53	05:14:57	06:14:17.80	07:07:57.30	+01:59:53 (32.0%)	8:08	7.4 (68.5%)	
107	HOJAN Lukasz	347	NIGHT RUNNERS / MOTIV HOME	M30	48	00:25:02	00:42:47	03:02:08	05:18:07	06:17:06.25	06:42:08.85	+02:02:41 (32.5%)	8:11	7.3 (67.6%)	
108	SOWIŃSKI Kamil	110		M30	49	00:07:43	00:43:13	03:11:32	05:26:55	06:17:10.10	06:24:53.90	+02:02:45 (32.5%)	8:11	7.3 (67.6%)	
109	MACIEJEWSKI Roman	9	BIEGAMBOLUBIĘ KROSNO ODRZAŃSKIE	M30	50	00:11:41	00:45:58	03:15:22	05:24:42	06:17:28.45	06:29:10.35	+02:03:04 (32.6%)	8:12	7.3 (67.6%)	
110	WANDEL Piotr	335	PRO-RUN WROCŁAW	M40	36	00:33:41	00:44:57	03:13:41	05:21:43	06:18:50.30	06:52:31.50	+02:04:25 (32.8%)	8:14	7.3 (67.6%)	
111	WOJEWODA Maciej	297	VEGE RUNNERS	M30	51	00:26:37	00:41:01	03:08:04	05:19:35	06:19:16.15	06:45:53.75	+02:04:51 (32.9%)	8:14	7.3 (67.6%)	
112	LESZCZYŃSKI Michał	28	SYBERIAN HUSKY TEAM	M40	37	00:50:41	00:41:54	03:09:11	05:14:00	06:19:21.60	07:10:03.25	+02:04:57 (32.9%)	8:14	7.3 (67.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 24km	36km	46km					
113	KAMIŃSKI Marek	231	180 MINUT	M40	38	00:08:35	00:46:04	03:17:40	05:26:12	06:20:34.50	06:29:10.30	+02:06:10 (33.2%)	8:16	7.3 (67.6%)	
114	OLEJNICZAK Piotr	107		M40	39	00:34:06	00:43:27	03:04:22	05:21:50	06:21:28.00	06:55:34.15	+02:07:03 (33.3%)	8:17	7.2 (66.7%)	
115	BOMBA Alina	327		K30	9	00:13:09	00:45:15	03:18:04	05:28:11	06:22:55.55	06:36:05.20	+02:08:31 (33.6%)	8:19	7.2 (66.7%)	
116	LEWANDOWSKI Wojciech	225		M40	40	00:53:35	00:39:38	03:01:03	05:29:32	06:23:30.45	07:17:05.50	+02:09:06 (33.7%)	8:20	7.2 (66.7%)	
117	BOROWCZYK Julita	383	ANTEK TEAM	K40	5	00:25:49	00:47:33	03:29:21	05:34:29	06:23:51.80	06:49:41.15	+02:09:27 (33.7%)	8:20	7.2 (66.7%)	
118	ZYCH Marcin	214		M40	41	00:17:59	00:43:02	03:13:36	05:27:16	06:24:20.00	06:42:19.90	+02:09:55 (33.8%)	8:21	7.2 (66.7%)	
119	SCHWARZ Marek	45	PRO366	M30	52	00:24:18	00:44:17	03:15:04	05:30:19	06:25:43.60	06:50:02.30	+02:11:19 (34.0%)	8:23	7.2 (66.7%)	
120	KUJAWKA Urszula	74	KAT CROSS	K40	6	00:04:25	00:42:42	03:21:52	05:34:27	06:26:12.90	06:30:38.65	+02:11:48 (34.1%)	8:23	7.1 (65.7%)	
121	WOŹNIAK Paweł	226	KLEP	M40	42	00:14:28	00:42:18	03:06:26	05:21:02	06:26:54.40	06:41:23.05	+02:12:30 (34.2%)	8:24	7.1 (65.7%)	
122	SZYMAŃSKA Agata	141		K30	10	00:16:00	00:43:31	03:18:14	05:32:47	06:28:12.05	06:44:12.45	+02:13:47 (34.5%)	8:26	7.1 (65.7%)	
123	KULAS Łukasz	353		M40	43	00:08:49	00:45:08	03:19:44	05:31:29	06:28:12.80	06:37:02.25	+02:13:48 (34.5%)	8:26	7.1 (65.7%)	
124	SZYNWELSKA Żaneta	183		K40	7	00:16:59	00:42:22	03:16:11	05:30:23	06:28:36.95	06:45:36.50	+02:14:12 (34.5%)	8:26	7.1 (65.7%)	
125	GRZEMPA Damian	4		M40	44	00:38:14	00:46:59	03:19:39	05:36:56	06:29:43.70	07:07:58.40	+02:15:19 (34.7%)	8:28	7.1 (65.7%)	
126	WARDYŃSKI Jarosław	270	ŚWIAT MARATOŃCZYKA KOŻUCHÓW	M40	45	00:23:19	00:42:09	03:07:03	05:23:42	06:30:28.35	06:53:48.25	+02:16:04 (34.8%)	8:29	7.1 (65.7%)	
127	KOZŁOWSKI Łukasz	76	WAWRZYTEAM	M18	8	00:00:03	00:47:04	03:26:14	05:38:49	06:30:34.80	06:30:38.75	+02:16:10 (34.9%)	8:29	7.1 (65.7%)	
128	GALEK Adam	263		M30	53	00:42:55	00:46:37	03:16:26	05:36:11	06:31:17.85	07:14:12.85	+02:16:53 (35.0%)	8:30	7.1 (65.7%)	
129	NOWAK Jacek	31	LESZNO LIMITS RUNNERS	M40	46	00:21:22	00:42:36	03:15:29	05:32:59	06:31:25.50	06:52:47.55	+02:17:01 (35.0%)	8:30	7.1 (65.7%)	
130	NAKIELSKI Jakub	73	KARPACZ SPORT & SKIVEGAS	M30	54	00:00:03	00:38:00	02:55:33	05:23:54	06:32:17.75	06:32:21.40	+02:17:53 (35.1%)	8:31	7 (64.8%)	
131	PIWKO Mateusz	20		M30	55	00:51:24	00:44:56	03:16:14	05:36:44	06:33:18.00	07:24:42.60	+02:18:53 (35.3%)	8:33	7 (64.8%)	
132	DUDZIAK Tomasz	357	MARSS FILTRY RUNNING CLUB	M40	47	00:42:47	00:47:13	03:17:36	05:36:10	06:33:51.00	07:16:38.60	+02:19:26 (35.4%)	8:33	7 (64.8%)	
133	WOJCIESZYŃSKI Tomasz	96		M40	48	00:43:16	00:43:37	03:17:49	05:35:36	06:34:13.30	07:17:29.50	+02:19:48 (35.5%)	8:34	7 (64.8%)	
134	GURGACZ Tomasz	129	GBBO BYTOM ODRZAŃSKI	M40	49	00:24:50	00:38:28	03:13:38	05:39:32	06:34:59.90	06:59:50.15	+02:20:35 (35.6%)	8:35	7 (64.8%)	
135	DOBKE Jan	264		M30	56	00:45:43	00:56:03	03:34:05	05:43:04	06:35:12.20	07:20:55.20	+02:20:47 (35.6%)	8:35	7 (64.8%)	
136	TYLIŃSKI Arkadiusz	162	LESZ NO LIMITS RUNNERS	M50	4	00:33:58	00:43:33	03:21:02	05:41:29	06:35:31.00	07:09:29.55	+02:21:06 (35.7%)	8:35	7 (64.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 24km	36km	46km					
137	MOREVA Daria	354		K30	11	00:03:35	00:49:14	03:34:53	05:42:40	06:35:52.10	06:39:27.85	+02:21:27 (35.7%)	8:36	7 (64.8%)	
138	BIŃKOWSKI Borys	384	FAIRTRADE POLSKA	M30	57	00:18:51	00:44:53	03:17:32	05:34:17	06:36:43.45	06:55:34.90	+02:22:19 (35.9%)	8:37	7 (64.8%)	
139	JAZ Krzysztof	325	KM TEAM	M50	5	00:09:34	00:46:01	03:14:28	05:29:17	06:38:16.50	06:47:50.50	+02:23:52 (36.1%)	8:39	6.9 (63.9%)	
140	SAWCZUK Robert	261	PADRE TEAM	M30	58	00:07:49	00:42:38	03:09:50	05:32:45	06:38:27.30	06:46:16.80	+02:24:02 (36.2%)	8:39	6.9 (63.9%)	
141	PURA Robert	14		M40	50	00:09:08	00:44:46	03:17:27	05:41:57	06:39:00.50	06:48:09.35	+02:24:36 (36.2%)	8:40	6.9 (63.9%)	
142	HIBNER Waldemar	147		M40	51	00:48:35	00:43:51	03:20:21	05:46:26	06:39:35.75	07:28:11.50	+02:25:11 (36.3%)	8:41	6.9 (63.9%)	
143	ZIĘCIAK Michał	316		M30	59	00:06:54	00:43:47	03:17:09	05:40:20	06:39:58.45	06:46:53.40	+02:25:34 (36.4%)	8:41	6.9 (63.9%)	
144	DROGOSZEWSKA Magdalena	158		K30	12	00:14:51	00:47:42	03:29:54	05:45:26	06:40:14.75	06:55:06.55	+02:25:50 (36.4%)	8:42	6.9 (63.9%)	
145	HIBNER Zbigniew	148	ZAMIAST UTMB	M40	52	00:48:29	00:43:20	03:20:31	05:46:33	06:40:20.00	07:28:49.40	+02:25:55 (36.5%)	8:42	6.9 (63.9%)	
146	KOSIELSKI Robert	167		M40	53	00:46:18	00:43:44	03:14:35	05:36:56	06:41:14.45	07:27:33.30	+02:26:50 (36.6%)	8:43	6.9 (63.9%)	
147	MYSŁEK Anna	106		K40	8	00:08:31	00:45:20	03:24:37	05:44:15	06:41:29.15	06:50:00.70	+02:27:04 (36.6%)	8:43	6.9 (63.9%)	
148	DURKIEWICZ Tomasz	11	DOM KULTURY JOGI	M40	54	00:03:46	00:46:07	03:25:39	05:39:57	06:41:40.25	06:45:26.55	+02:27:15 (36.7%)	8:43	6.9 (63.9%)	
149	MORAŃSKI Paweł	309		M30	60	00:02:11	00:43:54	03:20:43	05:38:38	06:42:12.80	06:44:24.35	+02:27:48 (36.7%)	8:44	6.9 (63.9%)	
150	JACHYMSKI Ignacy	21	AKG ŁÓDŹ	M18	9	00:06:15	00:43:10	03:26:09	05:50:09	06:43:41.85	06:49:57.65	+02:29:17 (37.0%)	8:46	6.8 (63.0%)	
151	TYCZYŃSKI Sławomir	365	FILGROSOIL	M40	55	00:07:05	00:45:01	03:22:58	05:45:50	06:44:34.85	06:51:40.65	+02:30:10 (37.1%)	8:47	6.8 (63.0%)	
152	WALUŚKIEWICZ Artur	79	BOANERGES	M50	6	00:01:49	00:44:13	03:20:46	05:44:45	06:47:02.00	06:48:51.05	+02:32:37 (37.5%)	8:50	6.8 (63.0%)	
153	KASPERSKA Barbara	6	BBL GORZÓW	K40	9	00:15:08	00:47:37	03:33:46	05:49:54	06:48:29.45	07:03:37.70	+02:34:05 (37.7%)	8:52	6.8 (63.0%)	
154	WIERZBICKA Beata	274	EBIEGI.PL	K30	13	00:28:23	00:44:26	03:31:42	05:56:12	06:48:45.80	07:17:09.20	+02:34:21 (37.8%)	8:53	6.8 (63.0%)	
155	BUGANIK Tomasz	245		M40	56	01:05:49	00:42:41	03:13:55	05:49:54	06:48:48.00	07:54:37.15	+02:34:23 (37.8%)	8:53	6.8 (63.0%)	
156	WIERZBICKI Daniel	275	EBIEGI.PL	M30	61	00:28:19	00:44:29	03:31:46	05:56:17	06:49:00.30	07:17:20.15	+02:34:35 (37.8%)	8:53	6.7 (62.0%)	
157	BRUDEREK Tomasz	344	PRIMUM CURRERE	M40	57	00:06:24	00:42:28	03:14:00	05:43:13	06:50:51.70	06:57:16.55	+02:36:27 (38.1%)	8:55	6.7 (62.0%)	
158	MILEWSKA Anna	66		K40	10	00:17:54	00:45:28	03:37:34	05:55:29	06:51:11.95	07:09:06.25	+02:36:47 (38.1%)	8:56	6.7 (62.0%)	
159	OLESIAK Roman	46		M40	58	00:11:36	00:47:18	03:27:25	05:55:03	06:51:24.25	07:03:00.75	+02:36:59 (38.2%)	8:56	6.7 (62.0%)	
160	MROCZEK Justyna	318	ADIDAS RUNNERS WARSAW	K18	3	00:26:17	00:44:53	03:32:54	05:56:00	06:51:54.05	07:18:11.20	+02:37:29 (38.2%)	8:57	6.7 (62.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 24km	36km	46km					
161	PORAJ Paweł	195		M30	62	00:13:39	00:46:14	03:25:54	05:54:50	06:52:49.25	07:06:29.05	+02:38:24 (38.4%)	8:58	6.7 (62.0%)	
162	STASIW Artur	329		M30	63	00:02:55	00:40:53	03:19:41	05:46:59	06:52:50.80	06:55:46.40	+02:38:26 (38.4%)	8:58	6.7 (62.0%)	
163	WEBER Mariusz	254	MOUNTAINRUN.INFO	M30	64	00:01:45	00:44:47	03:21:18	05:51:41	06:53:07.00	06:54:52.10	+02:38:42 (38.4%)	8:58	6.7 (62.0%)	
164	BOROWSKA-NAJDEREK Paulina	47	WLKP MOUNTAINS ULTRA /FREE RUN	K40	11	00:11:01	00:47:11	03:33:51	05:53:26	06:53:57.30	07:04:58.70	+02:39:32 (38.5%)	8:59	6.7 (62.0%)	
165	SZELIGA Jacek	63	SZELIGA TEAM	M40	59	00:12:10	00:46:33	03:17:31	05:52:46	06:54:02.75	07:06:13.70	+02:39:38 (38.6%)	9:00	6.7 (62.0%)	
166	LIPIŃSKI Oskar	138		M30	65	00:23:55	00:46:05	03:25:41	05:55:07	06:54:18.35	07:18:13.85	+02:39:54 (38.6%)	9:00	6.7 (62.0%)	
167	MIECHUR Bogumił	109	STOOR RUNEXTREME	M40	60	00:05:46	00:43:22	03:26:44	05:51:44	06:54:24.40	07:00:10.45	+02:40:00 (38.6%)	9:00	6.7 (62.0%)	
168	STASIAK Włodzimierz	328	PRO-RUN WROCŁAW	M30	66	00:33:34	00:45:00	03:35:31	05:56:13	06:54:37.45	07:28:11.80	+02:40:13 (38.6%)	9:00	6.7 (62.0%)	
169	BADURA Ewelina	85	EVI	K30	14	00:10:55	00:47:31	03:41:43	05:58:28	06:55:10.00	07:06:05.60	+02:40:45 (38.7%)	9:01	6.6 (61.1%)	
170	KACZMAREK-ŚLĄSKA Ewa	342	FOR RUN TEAM	K30	15	00:20:56	00:43:58	03:23:57	05:59:13	06:55:39.75	07:16:36.25	+02:41:15 (38.8%)	9:02	6.6 (61.1%)	
171	WÓJTOWICZ Robert	204		M40	61	00:01:09	00:41:41	03:17:56	05:52:08	06:56:52.50	06:58:01.55	+02:42:28 (39.0%)	9:03	6.6 (61.1%)	
172	WIECZOREK Monika	190		K40	12	00:20:36	00:43:45	03:29:51	05:53:49	06:57:23.95	07:18:00.85	+02:42:59 (39.0%)	9:04	6.6 (61.1%)	
173	ŻABIEREK Tomasz	53	WIERZBICKI RUNNING PROJECT	M40	62	00:04:00	00:47:11	03:35:17	05:58:00	06:58:14.25	07:02:14.65	+02:43:49 (39.2%)	9:05	6.6 (61.1%)	
174	WIŚNIEWSKA Dorota	144	BBL ZDUŃSKA WOLA	K40	13	00:03:21	00:47:49	03:34:28	05:59:58	06:58:52.90	07:02:14.15	+02:44:28 (39.3%)	9:06	6.6 (61.1%)	
175	NIEDZIELA Marcin	64	FAT MAMA'S SPORT CLUB	M40	63	00:01:35	00:45:09	03:26:47	05:56:50	06:59:34.40	07:01:10.05	+02:45:10 (39.4%)	9:07	6.6 (61.1%)	
176	MICHALSKA Daria	189		K30	16	00:08:54	00:49:20	03:32:50	06:01:59	07:00:08.05	07:09:02.25	+02:45:43 (39.4%)	9:08	6.6 (61.1%)	
177	NĘDZA Mikołaj	123	NO LIMITS RUN LESZNO	M40	64	00:34:10	00:44:58	03:19:37	05:55:34	07:00:32.15	07:34:43.00	+02:46:07 (39.5%)	9:08	6.6 (61.1%)	
178	ŚPIEWAK Radosław	188		M40	65	00:08:59	00:49:15	03:32:45	06:01:54	07:00:39.45	07:09:38.95	+02:46:15 (39.5%)	9:08	6.6 (61.1%)	
179	MARCELA Marcin	153	FAT MAMA'S SPORT CLUB	M40	66	00:00:12	00:46:32	03:28:11	05:58:14	07:00:59.55	07:01:12.25	+02:46:35 (39.6%)	9:09	6.6 (61.1%)	
180	MURGOSKI Zlatko	17		M30	67	00:28:31	00:48:46	03:32:00	06:04:34	07:02:21.55	07:30:53.45	+02:47:57 (39.8%)	9:10	6.5 (60.2%)	
181	LISOWSKI Dariusz	352		M40	67	00:05:20	00:52:15	03:51:34	06:09:43	07:04:07.10	07:09:27.35	+02:49:42 (40.0%)	9:13	6.5 (60.2%)	
182	OLSZEWSKI Jacek	87	IRONBEERMAN	M30	68	00:33:46	00:44:50	03:39:35	06:06:52	07:04:50.10	07:38:36.25	+02:50:25 (40.1%)	9:14	6.5 (60.2%)	
183	TONDER Filip	364	WLKP MOUNTAINS ULTRA	M30	69	00:11:09	00:47:12	03:38:05	06:03:49	07:05:22.15	07:16:32.00	+02:50:57 (40.2%)	9:14	6.5 (60.2%)	
184	PAWLAK Marcin	155		M18	10	00:27:24	00:44:51	03:34:29	05:58:29	07:06:29.00	07:33:53.85	+02:52:04 (40.3%)	9:16	6.5 (60.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	24km	36km	46km					
185	NOWAK Adrian	160	KB WARTKO	M40	68	00:01:53	00:45:16	03:32:23	06:05:17	07:06:41.40	07:08:35.35	+02:52:17 (40.4%)	9:16	6.5 (60.2%)	
186	DOBOSZ Leszek	310		M30	70	00:12:04	00:49:19	03:28:39	06:01:25	07:07:29.35	07:19:34.00	+02:53:05 (40.5%)	9:17	6.5 (60.2%)	
187	GRYGIER Tomasz	341		M40	69	00:34:14	00:46:59	03:27:14	06:00:32	07:10:32.95	07:44:47.25	+02:56:08 (40.9%)	9:21	6.4 (59.3%)	
188	KOŁEK Adrian	247		M30	71	00:29:23	00:48:27	03:35:46	06:08:48	07:11:20.95	07:40:44.75	+02:56:56 (41.0%)	9:22	6.4 (59.3%)	
189	ANTKOWIAK Monika	338	MUAY RUNNING TEAM	K30	17	00:36:40	00:49:55	03:31:39	05:59:32	07:13:03.35	07:49:43.75	+02:58:39 (41.3%)	9:24	6.4 (59.3%)	
190	WASZYK Anita	317	MUAY RUNNING TEAM	K30	18	00:36:34	00:50:01	03:31:44	05:59:38	07:13:09.35	07:49:43.50	+02:58:45 (41.3%)	9:24	6.4 (59.3%)	
191	ZAJĄC Radosław	168		M40	70	00:27:43	00:49:10	03:39:03	06:11:48	07:14:02.80	07:41:46.30	+02:59:38 (41.4%)	9:26	6.4 (59.3%)	
192	MATYŚKIEWICZ Mateusz	48		M30	72	00:10:38	00:46:51	03:31:55	06:03:16	07:14:59.50	07:25:38.45	+03:00:35 (41.5%)	9:27	6.3 (58.3%)	
193	CHRAPLEWSKA Karolina	34	PRO366	K30	19	00:24:15	00:48:07	03:38:30	06:11:28	07:15:19.55	07:39:35.50	+03:00:55 (41.6%)	9:27	6.3 (58.3%)	
194	SYPNIEWSKI Krystian	137		M40	71	00:24:13	00:48:11	03:38:33	06:11:30	07:15:22.00	07:39:35.50	+03:00:57 (41.6%)	9:27	6.3 (58.3%)	
195	MIELCARZ Tomasz	213	HUSARIA RACE TEAM	M30	73	00:46:01	00:44:38	03:41:05	06:09:35	07:16:11.80	08:02:12.85	+03:01:47 (41.7%)	9:28	6.3 (58.3%)	
196	WINCZURA Leszek	305		M40	72	00:36:46	00:53:50	03:42:43	06:10:42	07:16:20.90	07:53:07.40	+03:01:56 (41.7%)	9:29	6.3 (58.3%)	
197	GRUCZA Cezary	232	DOZOR SQUAD	M30	74	00:39:30	00:49:16	03:38:57	06:16:04	07:17:12.95	07:56:42.95	+03:02:48 (41.8%)	9:30	6.3 (58.3%)	
198	COLAUTTI Enrico	395	BAD ORGANIZER TEAM	M50	7	00:07:18	00:48:59	03:30:11	06:01:57	07:17:18.60	07:24:37.05	+03:02:54 (41.8%)	9:30	6.3 (58.3%)	
199	KOPANIA Kamil	237	K.S TĘCZA	M30	75	00:42:42	00:48:10	03:47:55	06:14:39	07:17:54.05	08:00:36.75	+03:03:29 (41.9%)	9:31	6.3 (58.3%)	
200	ŻAK Krzysztof	391		M30	76	00:06:10	00:43:03	03:35:06	06:17:06	07:17:58.85	07:24:09.15	+03:03:34 (41.9%)	9:31	6.3 (58.3%)	
201	KUJAWSKA Agnieszka	295		K40	14	00:14:35	00:45:33	03:35:21	06:15:28	07:18:09.45	07:32:45.00	+03:03:45 (41.9%)	9:31	6.3 (58.3%)	
202	DZIDECZEK Marcin	258	TEAM ZABIEGANEDNI	M40	73	00:39:56	00:50:47	03:47:45	06:19:48	07:18:39.25	07:58:35.35	+03:04:14 (42.0%)	9:32	6.3 (58.3%)	
203	SKOWRON Marek	152	DRAEXLMAIER	M40	74	00:16:08	00:46:02	03:30:37	06:03:21	07:18:41.10	07:34:49.85	+03:04:16 (42.0%)	9:32	6.3 (58.3%)	
204	WALCZAK Emilia	308	KB MANIAC POZNAŃ	K30	20	00:43:01	00:48:20	03:43:09	06:17:24	07:19:08.70	08:02:10.10	+03:04:44 (42.1%)	9:32	6.3 (58.3%)	
205	KOBLAŃSKI Tomasz	291		M30	77	00:34:40	00:46:30	03:31:10	06:11:33	07:20:17.25	07:54:57.95	+03:05:52 (42.2%)	9:34	6.3 (58.3%)	
206	SKIBA Tomasz	278		M40	75	00:16:46	00:49:10	03:37:32	06:11:55	07:20:19.75	07:37:06.10	+03:05:55 (42.2%)	9:34	6.3 (58.3%)	
207	TOMOŃSKA-MALINOWSKA Joanna	163		K40	15	00:16:49	00:49:09	03:37:29	06:15:03	07:22:19.45	07:39:09.20	+03:07:55 (42.5%)	9:36	6.2 (57.4%)	
208	MYŚLIŃSKA Magdalena	136		K30	21	00:03:00	00:48:24	03:40:56	06:16:58	07:23:37.35	07:26:37.95	+03:09:13 (42.7%)	9:38	6.2 (57.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	24km	36km	46km					
209	WOJCIECHOWSKI Maciej	19		M30	78	00:07:59	00:50:01	03:48:16	06:18:57	07:24:40.65	07:32:40.45	+03:10:16 (42.8%)	9:40	6.2 (57.4%)	
210	FIEGA Mirosław	13		M30	79	00:08:03	00:49:56	03:48:13	06:18:54	07:24:41.10	07:32:44.85	+03:10:16 (42.8%)	9:40	6.2 (57.4%)	
211	BENTKOWSKA Magdalena	10	DIRTY SPARROWS	K30	22	00:07:54	00:50:03	03:48:21	06:19:02	07:24:41.35	07:32:36.25	+03:10:17 (42.8%)	9:40	6.2 (57.4%)	
212	PŁONKA Krzysztof	257		M40	76	00:47:17	00:50:01	03:57:00	06:27:22	07:24:49.85	08:12:07.50	+03:10:25 (42.8%)	9:40	6.2 (57.4%)	
213	STAWIŃSKI Michał	193		M30	80	00:13:59	00:47:39	03:33:04	06:14:34	07:25:05.50	07:39:05.00	+03:10:41 (42.8%)	9:40	6.2 (57.4%)	
214	KAZUBOWSKA Ola	233	PARKRUN GORZÓW WLKP.	K40	16	00:35:28	00:58:45	03:55:11	06:20:20	07:25:14.90	08:00:43.35	+03:10:50 (42.9%)	9:40	6.2 (57.4%)	
215	ANTKIEWICZ Kamil	280		M30	81	00:30:36	00:48:19	03:42:21	06:22:09	07:26:44.15	07:57:21.10	+03:12:19 (43.1%)	9:42	6.2 (57.4%)	
216	MAJEWSKA Anna	23	AKG	K18	4	00:06:20	00:53:31	03:47:35	06:20:14	07:26:50.45	07:33:10.70	+03:12:26 (43.1%)	9:42	6.2 (57.4%)	
217	ŁUSZCZ Janusz	250		M50	8	00:07:30	00:46:00	03:40:41	06:17:17	07:27:02.20	07:34:32.60	+03:12:37 (43.1%)	9:43	6.2 (57.4%)	
218	KOSIOROWSKI Leszek	400	TEAM BIEG PIASTÓW	M50	9	00:39:36	00:54:20	03:34:37	06:14:41	07:28:05.10	08:07:41.85	+03:13:40 (43.2%)	9:44	6.2 (57.4%)	
219	GRYZ Jacek	135	BRAVEHEARTS LEGIONOWO	M40	77	00:48:16	00:46:45	03:43:54	06:18:58	07:28:31.40	08:16:47.90	+03:14:07 (43.3%)	9:45	6.2 (57.4%)	
220	SEDLAK Robert	260		M50	10	00:03:50	00:45:56	03:38:17	06:20:41	07:30:42.60	07:34:32.60	+03:16:18 (43.6%)	9:47	6.1 (56.5%)	
221	KOZUBSKI Maciej	26		M30	82	00:15:24	00:49:17	03:40:24	06:28:14	07:30:58.75	07:46:23.25	+03:16:34 (43.6%)	9:48	6.1 (56.5%)	
222	KUCZYŃSKI Michał	285	VOLVO V-MOTORS	M30	83	00:08:27	00:41:51	03:18:28	06:26:23	07:32:30.30	07:40:57.55	+03:18:05 (43.8%)	9:50	6.1 (56.5%)	
223	PIĄTEK Anita	284	VOLVO V-MOTORS	K30	23	00:08:24	00:41:50	03:18:29	06:26:24	07:32:33.40	07:40:57.40	+03:18:09 (43.8%)	9:50	6.1 (56.5%)	
224	JURKIEWICZ Dominik	369		M30	84	00:07:00	00:50:27	03:44:36	06:27:11	07:35:46.10	07:42:46.40	+03:21:21 (44.2%)	9:54	6.1 (56.5%)	
225	CZUBA Paweł	131	BIEGANIE ZBLIŻA	M40	78	00:04:50	00:46:46	03:28:12	06:25:40	07:35:57.30	07:40:47.50	+03:21:32 (44.2%)	9:54	6.1 (56.5%)	
226	WINNICKA Edyta	187	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	24	00:25:30	00:49:30	03:55:18	06:32:38	07:35:59.05	08:01:29.65	+03:21:34 (44.2%)	9:54	6.1 (56.5%)	
227	MAJER Maja	92	BIEGAMDŁAZDROWIA.PL	K40	17	00:10:08	00:53:25	03:56:27	06:36:21	07:36:08.85	07:46:17.55	+03:21:44 (44.2%)	9:54	6.1 (56.5%)	
228	ŁĘTOWSKI Mariusz	324	KM TEAM	M40	79	00:09:31	00:49:47	03:44:02	06:29:49	07:36:24.25	07:45:56.05	+03:21:59 (44.3%)	9:55	6 (55.6%)	
229	KOWALSKA Renata	311	KM TEAM	K30	25	00:09:27	00:49:51	03:44:08	06:30:15	07:36:29.05	07:45:56.40	+03:22:04 (44.3%)	9:55	6 (55.6%)	
230	GNIADY Krzysztof	322		M30	85	00:09:51	00:47:52	03:38:35	06:26:03	07:36:43.45	07:46:34.45	+03:22:19 (44.3%)	9:55	6 (55.6%)	
231	BOHAREWICZ Paweł	290	BOHAR PALETY RUNNERS	M40	80	00:29:06	00:55:06	03:51:00	06:31:03	07:38:00.55	08:07:06.55	+03:23:36 (44.5%)	9:57	6 (55.6%)	
232	JERMAK Kamil	42	BOHAR PALETY RUNNERS	M40	81	00:28:57	00:55:16	03:51:08	06:31:11	07:38:09.25	08:07:06.40	+03:23:44 (44.5%)	9:57	6 (55.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	24km	36km	46km					
233	WIECZOREK Elżbieta	288	WAŁBRZYSKIE CENTRUM SIŁY	K40	18	00:11:30	00:47:05	03:44:50	06:33:02	07:39:13.95	07:50:44.35	+03:24:49 (44.6%)	9:59	6 (55.6%)	
234	ZIÓŁEK Rafał	229		M30	86	00:31:52	00:44:53	03:34:11	06:30:57	07:39:59.60	08:11:51.70	+03:25:35 (44.7%)	9:59	6 (55.6%)	
235	FALISZEWSKI Sebastian	101		M40	82	00:15:40	00:48:23	03:43:40	06:27:58	07:40:00.80	07:55:41.75	+03:25:36 (44.7%)	10:00	6 (55.6%)	
236	KOKOSZKA Marcin	154	1 ON 1 TEAM	M40	83	00:01:24	00:48:54	03:47:51	06:36:23	07:40:05.50	07:41:30.45	+03:25:41 (44.7%)	10:00	6 (55.6%)	
237	WRONISZEWSKI Łukasz	82	1ON1 TEAM	M30	87	00:01:30	00:48:47	03:47:50	06:36:18	07:40:25.15	07:41:55.55	+03:26:00 (44.7%)	10:00	6 (55.6%)	
238	JUSZCZYK-BUKOWIECKA Magdalena	150	STRONG FINGERS	K30	26	00:42:21	00:49:17	04:01:12	06:49:21	07:42:24.75	08:24:46.10	+03:28:00 (45.0%)	10:03	6 (55.6%)	
239	SADŁEK Łukasz	49		M40	84	00:07:26	00:50:15	03:44:23	06:33:39	07:42:36.55	07:50:03.00	+03:28:12 (45.0%)	10:03	6 (55.6%)	
240	RADAJEWSKI Arkadiusz	172	CROSS KRAPKOWICE	M40	85	00:26:41	00:49:58	03:46:03	06:32:36	07:42:48.30	08:09:29.75	+03:28:23 (45.0%)	10:03	6 (55.6%)	
241	KOWALEWSKI Grzegorz	128		M50	11	00:20:25	00:50:00	03:43:31	06:33:50	07:43:34.45	08:03:59.95	+03:29:10 (45.1%)	10:04	6 (55.6%)	
242	WOZNIAK Damian	61	CHOMIKI Z KOPYTEM	M40	86	00:25:57	00:50:45	03:53:22	06:37:27	07:44:47.70	08:10:45.25	+03:30:23 (45.3%)	10:06	5.9 (54.6%)	
243	MISIAK Patryk	59	CHOMIKI Z KOPYTEM	M40	87	00:25:53	00:50:51	03:53:28	06:37:33	07:44:52.55	08:10:45.55	+03:30:28 (45.3%)	10:06	5.9 (54.6%)	
244	PARCHANOWICZ Mariusz	117	STRZEGOM	M60	1	00:05:06	00:53:00	03:57:26	06:36:34	07:45:09.70	07:50:15.80	+03:30:45 (45.3%)	10:06	5.9 (54.6%)	
245	PARCHANOWICZ Bożena	116	STRZEGOM	K50	1	00:05:01	00:53:03	03:57:22	06:36:41	07:45:12.75	07:50:13.85	+03:30:48 (45.3%)	10:06	5.9 (54.6%)	
246	KOWALSKA-GRZEJDA Anna	339		K40	19	00:06:40	00:54:24	04:02:33	06:38:38	07:45:45.25	07:52:25.40	+03:31:20 (45.4%)	10:07	5.9 (54.6%)	
247	AID Kamil	387	OBOZY GÓRSKIE	M18	11	00:46:38	00:45:14	03:43:58	06:34:17	07:46:06.20	08:32:45.15	+03:31:41 (45.4%)	10:07	5.9 (54.6%)	
248	WOŹNIAK Andrzej	191		M50	12	00:43:34	00:45:10	03:45:42	06:39:35	07:46:49.00	08:30:23.55	+03:32:24 (45.5%)	10:08	5.9 (54.6%)	
249	TYLMAN Piotr	139		M30	88	00:16:34	00:47:03	03:41:21	06:37:30	07:48:16.45	08:04:51.30	+03:33:52 (45.7%)	10:10	5.9 (54.6%)	
250	OCET Wiktor	363		M30	89	00:48:47	00:43:05	03:27:35	06:29:35	07:48:41.60	08:37:29.55	+03:34:17 (45.7%)	10:11	5.9 (54.6%)	
251	WŁODARCZYK Łukasz	273	KIDS RUN/NIGHT RUNNERS	M40	88	00:24:54	00:47:01	03:39:12	06:39:03	07:48:52.30	08:13:46.45	+03:34:27 (45.7%)	10:11	5.9 (54.6%)	
252	WOŹNIAK Łukasz	267		M30	90	00:22:30	00:44:04	03:31:23	06:34:50	07:49:01.50	08:11:31.70	+03:34:37 (45.8%)	10:11	5.9 (54.6%)	
253	FIGEL Monika	266	MIKI TEAM	K40	20	00:45:41	00:56:05	04:02:59	06:40:13	07:49:02.55	08:34:43.90	+03:34:38 (45.8%)	10:11	5.9 (54.6%)	
254	JAWORSKI Bartek	221		M40	89	00:02:05	00:48:54	03:34:59	06:35:17	07:50:27.20	07:52:32.75	+03:36:02 (45.9%)	10:13	5.9 (54.6%)	
255	GIENIEC-CZUBA Róża	130		K40	21	00:04:30	00:54:41	04:00:58	06:43:44	07:51:39.40	07:56:09.80	+03:37:15 (46.1%)	10:15	5.9 (54.6%)	
256	SZAJEK Arkadiusz	114		M30	91	00:15:21	00:50:03	03:53:06	06:40:24	07:53:16.05	08:08:37.75	+03:38:51 (46.2%)	10:17	5.8 (53.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 24km	36km	46km					
257	SZYMAŃSKA Jolanta	368		K30	27	00:30:18	00:51:03	04:00:50	06:45:21	07:53:56.05	08:24:14.50	+03:39:31 (46.3%)	10:18	5.8 (53.7%)	
258	KASPERKIEWICZ Filip	201	KLUB AA	M30	92	00:06:54	00:50:38	03:55:45	06:46:41	07:53:57.35	08:00:51.35	+03:39:33 (46.3%)	10:18	5.8 (53.7%)	
259	SZYSZKO Stanisław	376	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ / 125 BLP	M30	93	00:30:32	00:47:31	03:50:35	06:46:48	07:55:07.65	08:25:40.00	+03:40:43 (46.5%)	10:19	5.8 (53.7%)	
260	SZPAŁA Jakub	380		M18	12	00:11:57	00:48:44	03:53:07	06:45:18	07:56:06.50	08:08:04.30	+03:41:42 (46.6%)	10:21	5.8 (53.7%)	
261	KOSZAREK Andrzej	5		M40	90	00:19:23	00:52:37	03:52:05	06:50:30	07:57:41.20	08:17:05.05	+03:43:16 (46.7%)	10:23	5.8 (53.7%)	
262	WILCZEWSKI Piotr	69	GORZOWSKIE BIEGANIE CZWARTKOWE	M30	94	00:18:57	00:52:10	04:04:07	06:52:38	07:58:24.95	08:17:22.55	+03:44:00 (46.8%)	10:24	5.8 (53.7%)	
263	POKOTYCKI Denis	55		M30	95	00:49:17	00:52:33	03:58:16	06:46:00	08:01:58.10	08:51:15.45	+03:47:33 (47.2%)	10:28	5.7 (52.8%)	
264	ŁAPIŃSKA Monika	58	LEGENDS TO BE	K18	5	00:49:12	00:52:39	03:58:21	06:46:07	08:02:02.20	08:51:15.05	+03:47:37 (47.2%)	10:28	5.7 (52.8%)	
265	GLINKA Agnieszka	372	BRAVEHEARTS LEGIONOWO	K40	22	00:48:16	00:53:31	04:07:16	06:58:48	08:02:40.35	08:50:57.15	+03:48:16 (47.3%)	10:29	5.7 (52.8%)	
266	CISZEWSKI Maciej	186	SAINT-GOBAIN SQUAD	M40	91	00:38:37	00:49:57	04:01:10	06:56:26	08:03:56.30	08:42:33.45	+03:49:31 (47.4%)	10:31	5.7 (52.8%)	
267	ŁUCZKÓW Andrzej	230		M50	13	00:45:30	00:52:28	03:48:50	06:46:48	08:05:55.25	08:51:25.50	+03:51:30 (47.6%)	10:33	5.7 (52.8%)	
268	SZULC Adam	326		M40	92	00:36:53	00:54:00	03:55:05	06:59:13	08:06:32.50	08:43:26.15	+03:52:08 (47.7%)	10:34	5.7 (52.8%)	
269	PURA Paweł	228		M40	93	00:03:54	00:49:29	03:54:58	06:49:00	08:06:43.45	08:10:38.05	+03:52:19 (47.7%)	10:34	5.7 (52.8%)	
270	GALEWSKI Mariusz	286	KOTLIN	M50	14	00:10:48	00:51:55	04:05:10	06:58:21	08:07:02.70	08:17:51.45	+03:52:38 (47.8%)	10:35	5.7 (52.8%)	
271	KSIĄŻEK Emi	374	WIERZBICKIRUNPROJEKT	K40	23	00:10:28	00:54:33	04:06:07	07:00:24	08:07:33.50	08:18:01.90	+03:53:09 (47.8%)	10:35	5.7 (52.8%)	
272	WAKOR Paweł	217		M30	96	00:39:27	00:53:45	03:48:21	06:48:36	08:07:34.90	08:47:01.95	+03:53:10 (47.8%)	10:35	5.7 (52.8%)	
273	RZEMIŃSKI Robert	115		M40	94	00:39:22	00:53:50	03:48:22	06:47:35	08:07:41.00	08:47:03.25	+03:53:16 (47.8%)	10:36	5.7 (52.8%)	
274	JABŁOŃSKA Anita	375	TRAWERS TEAM NAKŁO	K30	28	00:05:25	00:50:51	04:08:11	07:05:11	08:08:52.35	08:14:17.70	+03:54:28 (48.0%)	10:37	5.6 (51.9%)	
275	BANAŚ Marcin	289	WIECZORNE BIEGANIE W SZCZECINIE	M40	95	00:41:29	00:50:20	03:54:13	06:50:28	08:10:10.50	08:51:39.80	+03:55:46 (48.1%)	10:39	5.6 (51.9%)	
276	WOJEWODA Renata	208	TRI WAWA KAZIKI	K40	24	00:03:06	00:52:55	04:16:31	07:00:46	08:10:13.60	08:13:20.05	+03:55:49 (48.1%)	10:39	5.6 (51.9%)	
277	BARANOWSKI Filip	390		M40	96	00:14:10	00:47:16	03:49:04	06:59:05	08:12:47.80	08:26:58.00	+03:58:23 (48.4%)	10:42	5.6 (51.9%)	
278	CZACHOWSKI Michał	314		M50	15	00:54:13	00:55:38	04:21:26	07:12:10	08:12:57.50	09:07:11.40	+03:58:33 (48.4%)	10:43	5.6 (51.9%)	
279	GÓRCZYŃSKI Rafał	196		M40	97	00:09:04	00:49:28	03:51:05	06:50:24	08:13:10.55	08:22:14.75	+03:58:46 (48.4%)	10:43	5.6 (51.9%)	
280	ZIEMSKI Maciej	224		M30	97	00:03:44	00:54:02	04:03:40	06:54:25	08:13:43.90	08:17:28.60	+03:59:19 (48.5%)	10:44	5.6 (51.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy 24km	36km	46km					
281	SZCZUROWSKI Marcin	366	CHEMPIONI NIEZŁOMNI	M30	98	00:11:06	00:47:41	03:53:46	06:57:04	08:14:20.55	08:25:26.55	+03:59:56 (48.5%)	10:44	5.6 (51.9%)	
282	NOWAKOWSKA Beata	77	RACEFIGHTER GOSIR DĘBE WIELKIE	K40	25	00:14:40	00:57:47	04:24:47	07:13:30	08:18:40.60	08:33:21.55	+04:04:16 (49.0%)	10:50	5.5 (50.9%)	
283	HANGIEL Urszula	334	ŻWAVE ŻÓŁWIE	K30	29	00:54:28	00:55:22	04:22:07	07:15:58	08:19:53.30	09:14:21.40	+04:05:28 (49.1%)	10:52	5.5 (50.9%)	
284	KAŁŁAUR Krzysztof	202		M30	99	00:19:59	00:53:47	04:11:09	07:07:22	08:21:34.00	08:41:33.55	+04:07:09 (49.3%)	10:54	5.5 (50.9%)	
285	GNATOWICZ Krzysztof	238		M40	98	00:04:36	00:51:37	04:02:08	07:09:57	08:22:25.50	08:27:01.65	+04:08:01 (49.4%)	10:55	5.5 (50.9%)	
286	KUKLA-KOWALSKA Alicja	98		K40	26	00:06:03	00:55:33	04:20:43	07:07:00	08:23:00.45	08:29:04.30	+04:08:36 (49.4%)	10:56	5.5 (50.9%)	
287	KOLIBABKA Adam	184		M40	99	00:14:04	00:53:42	04:03:20	07:10:59	08:23:01.55	08:37:06.05	+04:08:37 (49.4%)	10:56	5.5 (50.9%)	
288	RAJCZAK Łukasz	256		M30	100	00:04:20	00:47:43	04:05:51	07:12:16	08:25:30.45	08:29:51.15	+04:11:06 (49.7%)	10:59	5.5 (50.9%)	
289	PALUSZKIEWICZ Rafał	35	SPP TEAM	M40	100	00:09:41	00:51:38	03:57:56	07:10:01	08:26:32.95	08:36:14.20	+04:12:08 (49.8%)	11:00	5.4 (50.0%)	
290	SAKOWSKA Aneta	81	MARATONKA GRAJEWO	K40	27	00:24:46	00:51:59	04:08:55	07:12:33	08:27:11.25	08:51:57.60	+04:12:46 (49.8%)	11:01	5.4 (50.0%)	
291	MARCINIAK - HENC Aneta	165	NIGHT RUNNERS	K40	28	00:06:44	00:50:46	04:02:19	07:15:17	08:30:38.65	08:37:23.30	+04:16:14 (50.2%)	11:06	5.4 (50.0%)	
292	WÓJTOWICZ Izabela	205		K40	29	00:01:03	00:51:01	04:11:01	07:10:18	08:30:47.90	08:31:51.10	+04:16:23 (50.2%)	11:06	5.4 (50.0%)	
293	DOBRZYŃSKI Marek	394	BAD ORGANIZER TEAM	M40	101	00:07:15	00:51:29	03:57:00	07:16:56	08:32:32.85	08:39:47.95	+04:18:08 (50.4%)	11:08	5.4 (50.0%)	
294	KRYCZEK Piotr	113		M50	16	00:37:04	00:54:55	04:14:05	07:24:28	08:34:25.05	09:11:29.90	+04:20:00 (50.5%)	11:10	5.4 (50.0%)	
295	SZYMANKIEWICZ Edyta	44	CROSS STRACENĆÓW TEAM	K40	30	00:01:14	00:58:30	04:22:20	07:21:06	08:37:14.60	08:38:28.60	+04:22:50 (50.8%)	11:14	5.3 (49.1%)	
296	TĘCZA Robert	22		M40	102	00:17:08	00:47:03	03:58:40	07:26:01	08:37:53.30	08:55:01.75	+04:23:28 (50.9%)	11:15	5.3 (49.1%)	
297	PATEREK Ada	340	12TRI.PL	K40	31	00:06:35	00:54:54	04:24:58	07:24:53	08:37:55.70	08:44:30.80	+04:23:31 (50.9%)	11:15	5.3 (49.1%)	
298	SALAMON Justyna	170		K30	30	00:08:40	00:52:37	04:18:12	07:25:20	08:40:29.00	08:49:09.65	+04:26:04 (51.1%)	11:18	5.3 (49.1%)	
299	SACKIEWICZ-WIĄCEK Agnieszka	173	BIEGAJ W JEDLINIE	K40	32	00:12:23	00:54:49	04:28:33	07:32:27	08:41:25.40	08:53:48.60	+04:27:01 (51.2%)	11:20	5.3 (49.1%)	
300	ZAK Robert	222		M40	103	00:02:20	00:59:12	04:13:22	07:21:14	08:42:48.85	08:45:09.60	+04:28:24 (51.3%)	11:21	5.3 (49.1%)	
301	SURANSKY Thomas	223		M40	104	00:02:16	00:59:16	04:13:27	07:21:18	08:42:52.95	08:45:09.50	+04:28:28 (51.3%)	11:22	5.3 (49.1%)	
302	SROKA Sebastian	38	PROMILSCY WROCŁAW	M40	105	00:19:13	00:51:57	04:02:59	07:24:39	08:42:55.75	09:02:09.45	+04:28:31 (51.3%)	11:22	5.3 (49.1%)	
303	CIERACH Leszek	99	PARKRUN GORZÓW WIELKOPOLSKI	M30	101	00:35:31	00:58:42	04:18:43	07:14:58	08:42:59.35	09:18:30.85	+04:28:35 (51.4%)	11:22	5.3 (49.1%)	
304	UNIEJEWSKA Marzena	27		K40	33	00:05:15	00:57:51	04:32:40	07:33:51	08:48:54.05	08:54:09.70	+04:34:29 (51.9%)	11:29	5.2 (48.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Trzy Jawory 24km	Droga pod Reglami		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
							6km	36km		36km	46km					
305	PASIEKA Tomasz	90		M40	106	00:00:09	01:01:38	04:28:31	07:33:21	08:50:33.80	08:50:43.60	+04:36:09 (52.0%)	11:32	5.2 (48.1%)		
306	JANOWSKI Jerzy	33	RONIN	M60	2	00:05:41	00:52:29	04:18:48	07:30:39	08:51:00.90	08:56:42.35	+04:36:36 (52.1%)	11:32	5.2 (48.1%)		
307	LENKIEWICZ Aleksander	120	WKURW_TEAM	M40	107	00:19:18	00:57:23	04:30:40	07:37:01	08:52:44.75	09:12:03.30	+04:38:20 (52.2%)	11:34	5.2 (48.1%)		
308	NOWAK Katarzyna	159	KB WARTKO	K40	34	00:01:59	00:55:48	04:28:07	07:36:18	08:55:56.05	08:57:56.00	+04:41:31 (52.5%)	11:39	5.1 (47.2%)		
309	TYLUŚ Sylwia	29	TEAM BIEGOWY SZCZECINEK	K40	35	00:37:58	00:57:16	04:54:38	08:04:00	08:58:47.75	09:36:46.15	+04:44:23 (52.8%)	11:42	5.1 (47.2%)		
310	KALETA Milena	2	LEŚNI OLIMPIJCZYCY	K30	31	00:27:11	00:57:50	04:40:08	07:59:15	09:00:08.95	09:27:20.25	+04:45:44 (52.9%)	11:44	5.1 (47.2%)		
311	WARA-WĄSOWSKI Maciej	303		M50	17	00:27:16	00:57:43	04:40:05	07:59:11	09:00:19.50	09:27:36.10	+04:45:55 (52.9%)	11:44	5.1 (47.2%)		
312	MIELCAREK Anna	60	NO EXCUSES TEAM	K30	32	00:06:50	00:55:58	04:30:19	07:49:04	09:03:59.70	09:10:49.95	+04:49:35 (53.2%)	11:49	5.1 (47.2%)		
313	TYCHOWICZ Robert	243	BUTTON'S TEAM	M40	108	00:11:54	00:52:37	04:10:18	07:47:52	09:06:37.80	09:18:31.80	+04:52:13 (53.5%)	11:52	5 (46.3%)		
314	ŻYTNIK Piotr	242	BUTTON'S TEAM	M40	109	00:11:47	00:52:45	04:10:24	07:47:59	09:06:43.95	09:18:31.70	+04:52:19 (53.5%)	11:53	5 (46.3%)		
315	WIŚNIEWSKI Sławomir	299	KS LENIWIEC	M30	102	00:08:44	00:52:10	04:31:29	07:48:35	09:06:56.30	09:15:41.15	+04:52:31 (53.5%)	11:53	5 (46.3%)		
316	ŻABA Jacek	16		M50	18	00:10:33	00:56:43	04:12:18	07:39:59	09:07:57.90	09:18:31.25	+04:53:33 (53.6%)	11:54	5 (46.3%)		
317	NOWICKI Krzysztof	248		M40	110	00:19:44	00:58:43	04:32:25	07:54:35	09:18:33.95	09:38:18.10	+05:04:09 (54.5%)	12:08	4.9 (45.4%)		
318	RZECZYŃSKA Anna	7		K40	36	00:10:23	00:55:53	04:57:00	08:20:17	09:40:07.45	09:50:31.20	+05:25:43 (56.1%)	12:36	4.8 (44.4%)		
319	KOZIBRODA Marcin	3	TEAM BIEGOWY SZCZECINEK	M40	111	00:38:05	00:57:05	04:54:29	08:26:54	09:41:28.25	10:19:33.70	+05:27:03 (56.2%)	12:38	4.7 (43.5%)		
320	WROBLEWSKI Tomasz	315		M30	103	00:13:55	00:52:44	04:25:12	08:17:10	09:43:54.15	09:57:49.85	+05:29:29 (56.4%)	12:41	4.7 (43.5%)		
321	GÓRECKI Krzysztof	75		M30	104	00:09:45	00:51:28	04:03:25				+01:45:24	10:08	5.9 (54.6%)		
322	POLAŃSKA Małgorzata	1		K40	37	00:00:53	01:00:47	05:01:25				+02:43:23	12:33	4.8 (44.4%)		
323	DZIOPA Małgorzata	166		K40	38	00:09:21	00:53:02					+00:20:18	8:50	6.8 (63.0%)		
324		445				00:00:00								(0.0%)		
	SALEJ Krzysztof	307	REDKOT	M30		DNF	00:39:21 DNF	03:09:44 DNF	DNF	DNF	DNF		-	- (0.0%)		
	MASIAREK Czesław	105		M50		DNF	00:52:01 DNF	04:32:40 DNF	DNF	DNF	DNF		-	- (0.0%)		
	ROSTOCKA Joanna	84		K40		DNF	00:55:18 DNF	04:38:47 DNF	DNF	DNF	DNF		-	- (0.0%)		
	OLECHOWSKI Marcin	175	TINNAR	M40		DNF	01:06:16 DNF	05:49:39 DNF	DNF	DNF	DNF		-	- (0.0%)		