

Wydarzenie: PIENINY ULTRA-TRAIL®
Organizator: Fundacja Strefa Przygód
Data: 2023-04-22
Miejsce: Szczawnica
Dystans: 19.9 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1 12.9km	Premia2 13.4km	18.8km	Czas netto 19.3km	Czas brutto 19.3km	Różn	Tempo min/km	Tempo km/h
1	TARASEK Wojciech	939	#ANDRZEJDLUGOSZTEAM	M30	1	01:04:12	01:07:11	01:32:04	01:33:55.85	01:33:58.00		4:51	12.3 (100%)
2	BALIGA Cezary	2877	HOKA GARMIN TEAM	M20	1	01:05:30	01:09:03	01:34:09	01:35:29.30	01:35:31.10	+00:01:33 (1.6%)	4:56	12.1 (98.4%)
3	BŁAŻ Mateusz	738		M30	2	01:04:56	01:08:27	01:34:15	01:35:32.10	01:35:34.35	+00:01:36 (1.7%)	4:56	12.1 (98.4%)
4	ŁUŻNY Bartłomiej	694	TRUDA BOYS 91	M30	3	01:06:20	01:09:53	01:34:25	01:35:32.65	01:35:34.50	+00:01:36 (1.7%)	4:56	12.1 (98.4%)
5	ZAMIELSKI Pawel	768	PRZEDWOJEWSKI TEAM	M30	4	01:06:28	01:10:12	01:36:13	01:37:34.15	01:37:36.20	+00:03:38 (3.7%)	5:03	11.9 (96.7%)
6	OGRODNIK Maciej	940	DEVINITI	M20	2	01:09:02	01:11:51	01:37:28	01:38:54.30	01:38:56.55	+00:04:58 (5.0%)	5:07	11.7 (95.1%)
7	KUBASZCZYK Kamil	667		M20	3	01:09:20	01:13:20	01:42:03	01:43:41.70	01:43:44.00	+00:09:46 (9.4%)	5:22	11.2 (91.1%)
8	CHAJDAS Mateusz	674	ROGELLI TEAM	M30	5	01:10:36	01:14:23	01:42:16	01:43:47.45	01:43:49.90	+00:09:51 (9.5%)	5:22	11.2 (91.1%)
9	SZUKAŁA Michał	803	HIT THE TRAIL	M30	6	01:11:50	01:15:52	01:44:41	01:46:11.85	01:46:14.85	+00:12:16 (11.6%)	5:30	10.9 (88.6%)
10	GUT Jacek	895	KLUB MORSĄ SŁONECZKO	M30	7	01:12:26	01:16:21	01:45:58	01:47:30.10	01:47:32.75	+00:13:34 (12.6%)	5:34	10.8 (87.8%)
11	KOWAL Amadeusz	592	NAPRZÓD MŁOCINY	M30	8	01:14:29	01:18:40	01:49:01	01:50:27.85	01:50:32.25	+00:16:34 (15.0%)	5:43	10.5 (85.4%)
12	BŁASZYK Mateusz	899	BETONOWY WOJTEK	M30	9	01:16:20	01:20:25	01:49:01	01:50:36.65	01:50:41.70	+00:16:43 (15.1%)	5:43	10.5 (85.4%)
13	SKÓRA Tomasz	778	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	1	01:15:59	01:20:10	01:49:56	01:51:28.05	01:51:33.45	+00:17:35 (15.8%)	5:46	10.4 (84.6%)
14	STAŃCO Paweł	2533	PRZEDWOJEWSKI TEAM	M30	10	01:16:34	01:20:44	01:51:34	01:53:18.35	01:53:22.05	+00:19:24 (17.1%)	5:52	10.2 (82.9%)
15	NOWORYTA Radosław	708	ULTRA DIABŁA TEAM LUBRZA	M40	2	01:18:00	01:22:28	01:52:59	01:54:23.80	01:54:25.95	+00:20:27 (17.9%)	5:55	10.1 (82.1%)
16	LEŚNIAK Dawid	758	LHO	M30	11	01:17:39	01:22:05	01:52:55	01:54:26.45	01:54:31.50	+00:20:33 (18.0%)	5:55	10.1 (82.1%)
17	ZAJĄC Marcin	875		M20	4	01:16:57	01:21:03	01:52:58	01:54:25.40	01:54:39.75	+00:20:41 (18.0%)	5:55	10.1 (82.1%)
18	GRZYWACZEWSKA Justyna	2871		K30	1	01:17:41	01:21:57	01:53:13	01:54:42.80	01:54:45.40	+00:20:47 (18.1%)	5:56	10.1 (82.1%)
19	STAMATEL Sebastian	927		M20	5	01:19:19	01:23:33	01:54:19	01:55:47.10	01:55:57.65	+00:21:59 (19.0%)	5:59	10 (81.3%)
20	MIERNICZAK Bartłomiej	769	WOODWARD RUNNERS	M30	12	01:18:41	01:22:47	01:54:47	01:56:18.20	01:56:33.10	+00:22:35 (19.4%)	6:01	10 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1	Premia2	Czas		Różn	Tempo min/km	Tempo km/h	
						12.9km	13.4km	18.8km	netto 19.3km				brutto 19.3km
21	CHOWANIEC Luca	894		M20	6	01:20:17	01:24:53	01:57:02	01:58:33.30	01:58:35.10	+00:24:37 (20.8%)	6:08	9.8 (79.7%)
22	DZIOREK Tomasz	799	SPRINT GORZYCE	M30	13	01:20:05	01:24:19	01:57:11	01:58:36.00	01:58:43.75	+00:24:45 (20.9%)	6:08	9.8 (79.7%)
23	GÓRALIK Sylwia	167	KS AZS AWF KRAKÓW	K40	1	01:22:07	01:26:26	01:57:24	01:58:59.70	01:59:01.25	+00:25:03 (21.1%)	6:09	9.7 (78.9%)
24	RAKOCZY Marcin	759	SPELEOKLUB ŚWIĘTOKRZYSKI W KIELCACH	M40	3	01:22:29	01:26:46	01:57:26	01:59:01.40	01:59:19.90	+00:25:21 (21.3%)	6:10	9.7 (78.9%)
25	PORĘBA Andrzej	860	PLANYBIEGOWE	M30	14	01:22:04	01:26:05	01:57:51	01:59:26.85	01:59:47.00	+00:25:49 (21.6%)	6:11	9.7 (78.9%)
26	ALTEWĘGIER Jarosław	523	AW - SZYBCIEJ - TEAM	M40	4	01:20:18	01:24:44	01:58:06	01:59:42.45	01:59:49.90	+00:25:51 (21.6%)	6:12	9.7 (78.9%)
27	JUDASZ Leszek	698		M30	15	01:20:42	01:25:17	01:58:28	02:00:09.30	02:00:34.35	+00:26:36 (22.1%)	6:13	9.6 (78.0%)
28	BOCHENEK Magdalena	689	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:21:59	01:26:52	01:59:13	02:00:57.05	02:00:59.20	+00:27:01 (22.3%)	6:16	9.6 (78.0%)
29	HAMERSKI Łukasz	506		M20	7	01:21:15	01:25:17	01:58:58	02:00:32.70	02:01:05.10	+00:27:07 (22.4%)	6:14	9.6 (78.0%)
30	LEŚ Michał	529	WOLSKI KOLEKTYW BIEGOWY	M20	8	01:21:44	01:26:31	01:59:34	02:01:01.75	02:01:11.50	+00:27:13 (22.5%)	6:16	9.6 (78.0%)
31	BANASIUK Maciej	870	BIEGACZ Z MARSA	M50	1	01:21:54	01:26:21	01:59:47	02:01:19.90	02:01:22.75	+00:27:24 (22.6%)	6:17	9.5 (77.2%)
32	WYROŚLAK Józef	1092		M40	5	01:22:00	01:26:36	02:00:02	02:01:45.55	02:01:45.55	+00:27:47 (22.8%)	6:18	9.5 (77.2%)
33	GAIK Natalia	791		K20	1	01:25:19	01:30:03	02:02:53	02:04:16.35	02:04:20.60	+00:30:22 (24.4%)	6:26	9.3 (75.6%)
34	CIENKOSZ Przemysław	874	#ZALINIAMETYTEAM	M20	9	01:25:19	01:29:58	02:02:48	02:04:24.20	02:04:29.85	+00:30:31 (24.5%)	6:26	9.3 (75.6%)
35	OBSTÓJ Karolina	938	ON RUNNING	K30	3	01:22:22	01:26:59	02:02:49	02:04:29.50	02:04:31.15	+00:30:33 (24.5%)	6:26	9.3 (75.6%)
36	PAPIERZ Konrad	551	KW KRAKÓW	M30	16	01:25:01	01:29:32	02:03:37	02:05:11.75	02:05:14.60	+00:31:16 (25.0%)	6:29	9.3 (75.6%)
37	MROŻEK Katarzyna	695		K20	2	01:25:41	01:30:30	02:03:29	02:05:17.70	02:05:21.50	+00:31:23 (25.0%)	6:29	9.2 (74.8%)
38	WYSŁUCH Izabela	840	EVADICT TRAIL TEAM	K20	3	01:26:52	01:32:01	02:04:44	02:06:15.00	02:06:27.15	+00:32:29 (25.7%)	6:32	9.2 (74.8%)
39	SAINTEMARIE Arnaud	1527	MARCIN ŚWIERC TEAM	M40	6	01:26:53	01:31:37	02:05:11	02:06:56.90	02:07:00.40	+00:33:02 (26.0%)	6:34	9.1 (74.0%)
40	KOLANO Agnieszka	861	PRZEDWOJEWSKI TEAM	K40	2	01:26:56	01:31:46	02:05:45	02:07:31.70	02:07:35.30	+00:33:37 (26.4%)	6:36	9.1 (74.0%)
41	JAMA Damian	678		M30	17	01:26:09	01:30:36	02:05:21	02:07:05.80	02:07:37.90	+00:33:39 (26.4%)	6:35	9.1 (74.0%)
42	BEDNARZ Sebastian	822	OTM.B	M50	2	01:26:41	01:31:37	02:05:54	02:07:37.45	02:07:47.70	+00:33:49 (26.5%)	6:36	9.1 (74.0%)
43	ZĄBKIEWICZ Szymon	535		M30	18	01:28:56	01:33:54	02:06:10	02:07:58.35	02:08:04.10	+00:34:06 (26.6%)	6:37	9 (73.2%)
44	HACZ Paweł	736		M40	7	01:26:40	01:32:09	02:08:12	02:09:50.35	02:09:55.55	+00:35:57 (27.7%)	6:43	8.9 (72.4%)
45	HORNICZAK Grzegorz	672		M30	19	01:28:38	01:33:35	02:08:35	02:10:10.05	02:10:31.45	+00:36:33 (28.0%)	6:44	8.9 (72.4%)
46	URBAŃSKI Leszek	573	POCO LOCO ADVENTURE TEAM	M30	20	01:26:44	01:32:04	02:08:53	02:10:37.40	02:10:40.60	+00:36:42 (28.1%)	6:46	8.9 (72.4%)
47	SIMKA Kamil	802	FORREST GUMP TEAM	M40	8	01:27:52	01:32:50	02:08:49	02:10:33.10	02:10:41.80	+00:36:43 (28.1%)	6:45	8.9 (72.4%)
48	GAJEWSKI Maciej	935	HIT THE TRAIL TOMASZ KLISZ	M20	10	01:29:32	01:34:23	02:09:55	02:11:17.55	02:11:21.55	+00:37:23 (28.5%)	6:48	8.8 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1	Premia2	Czas			Tempo min/km	Tempo km/h	
						12.9km	13.4km	18.8km	netto 19.3km	brutto 19.3km			Różn
49	GOLA Magda	763	TRAIL IS OUR WAY	K20	4	01:30:05	01:34:54	02:09:52	02:11:35.30	02:11:49.20	+00:37:51 (28.7%)	6:49	8.8 (71.5%)
50	PYTKA Konrad	583	NAPRZÓD MŁOCINY	M40	9	01:30:39	01:35:40	02:10:20	02:11:59.10	02:11:59.10	+00:38:01 (28.8%)	6:50	8.8 (71.5%)
51	SZYMUSIUK Szymon	777		M20	11	01:30:41	01:35:46	02:11:10	02:12:43.60	02:13:03.15	+00:39:05 (29.4%)	6:52	8.7 (70.7%)
52	DŁUGOSZ-STĘPNIAK Agnieszka	783		K30	4	01:28:47	01:33:44	02:11:20	02:13:11.60	02:13:14.70	+00:39:16 (29.5%)	6:54	8.7 (70.7%)
53	KAMYK Jakub	835	SWORDS ATHLETICS / #KUBAPIECHTEAM	M30	21	01:31:26	01:36:18	02:11:50	02:13:18.90	02:13:27.35	+00:39:29 (29.6%)	6:54	8.7 (70.7%)
54	KALISZUK Przemysław	810	BANDA GRUDNIA	M30	22	01:31:38	01:36:51	02:11:27	02:13:15.25	02:13:48.60	+00:39:50 (29.8%)	6:54	8.7 (70.7%)
55	JASIURKOWSKI Daniel	558	IGEKA	M40	10	01:31:26	01:36:45	02:12:07	02:13:49.80	02:13:56.20	+00:39:58 (29.8%)	6:56	8.7 (70.7%)
56	NOWAK Filip	921	HIGHALTITUDECOUPLE	M30	23	01:28:49	01:33:48	02:12:04	02:14:03.05	02:14:12.05	+00:40:14 (30.0%)	6:56	8.6 (69.9%)
57	STEUER Jan	604	KW LUBLINIEC	M30	24	01:27:57	01:33:06	02:12:08	02:14:07.45	02:14:13.15	+00:40:15 (30.0%)	6:56	8.6 (69.9%)
58	SZEJKA Leszek	801	RUNPROGRESS.PL TEAM	M30	25	01:30:23	01:35:34	02:12:16	02:13:59.85	02:14:27.70	+00:40:29 (30.1%)	6:56	8.6 (69.9%)
59	ROMAŃCZYK Dominik	936		M20	12	01:31:26	01:35:19	02:13:00	02:14:35.90	02:14:35.90	+00:40:37 (30.2%)	6:58	8.6 (69.9%)
60	RAINKO Jerzy	706		M30	26	01:30:52	01:36:25	02:12:50	02:14:38.10	02:14:46.30	+00:40:48 (30.3%)	6:58	8.6 (69.9%)
61	STACH Tomasz	731	MY ENDURANCE TEAM	M40	11	01:31:56	01:37:06	02:14:47	02:16:33.10	02:16:39.35	+00:42:41 (31.2%)	7:04	8.5 (69.1%)
62	SZTORC Joanna	502		K30	5	01:31:33	01:36:48	02:14:53	02:16:45.75	02:16:56.65	+00:42:58 (31.4%)	7:05	8.5 (69.1%)
63	SKOWRON Antoni	582		M20	13	01:33:34	01:39:00	02:15:23	02:16:50.20	02:17:06.25	+00:43:08 (31.5%)	7:05	8.5 (69.1%)
64	FIRLEJ Krzysztof	704	SKAZANI NA ZWYCIĘSTWO	M40	12	01:25:43	01:31:10	02:15:15	02:17:01.75	02:17:06.80	+00:43:08 (31.5%)	7:05	8.5 (69.1%)
65	SKORUPKA Leszek	598	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	13	01:34:08	01:39:28	02:15:22	02:17:03.35	02:17:17.85	+00:43:19 (31.6%)	7:06	8.4 (68.3%)
66	DZIEDZIC Grzegorz	781		M40	14	01:33:38	01:39:14	02:16:05	02:17:44.85	02:17:52.80	+00:43:54 (31.8%)	7:08	8.4 (68.3%)
67	AUGUST Kajetan	824	KS SPRINT BIELSKO-BIAŁA	M30	27	01:33:30	01:39:04	02:16:30	02:18:08.45	02:18:15.65	+00:44:17 (32.0%)	7:09	8.4 (68.3%)
68	PYTEL Sergiusz	681	SEROWY	M30	28	01:32:45	01:38:06	02:15:59	02:18:02.90	02:18:20.75	+00:44:22 (32.1%)	7:09	8.4 (68.3%)
69	KONIK Diana	871		K30	6	01:36:00		02:16:52	02:18:23.80	02:18:23.80	+00:44:25 (32.1%)	7:10	8.4 (68.3%)
70	KRUK Magdalena	581		K30	7	01:32:50	01:38:00	02:16:39	02:18:35.00	02:18:38.50	+00:44:40 (32.2%)	7:10	8.4 (68.3%)
71	LIGAS Andrzej	559	SPRINTER	M40	15	01:32:02	01:37:48	02:16:48	02:18:42.20	02:18:48.75	+00:44:50 (32.3%)	7:11	8.3 (67.5%)
72	TOPORKIEWICZ Bartosz	603	TRAIL IS OUR WAY	M40	16	01:32:42	01:38:22	02:17:12	02:18:49.85	02:18:53.95	+00:44:55 (32.3%)	7:11	8.3 (67.5%)
73	SARNA Tomasz	734		M40	17	01:32:23	01:37:58	02:17:02	02:18:54.85	02:18:54.85	+00:44:56 (32.4%)	7:11	8.3 (67.5%)
74	FRĄCKIEWICZ Mateusz	745		M30	29	01:30:31	01:35:45	02:16:43	02:18:55.60	02:19:09.90	+00:45:11 (32.5%)	7:11	8.3 (67.5%)
75	ŻUREK Kamil	798		M30	30	01:32:20	01:37:51	02:17:08	02:19:03.45	02:19:11.00	+00:45:13 (32.5%)	7:12	8.3 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
76	LATOSZEK Gabriela	817	SRS KONDYCJA PIASECZNO	K20	5	01:33:48	01:39:05	02:17:27	02:19:09.10	02:19:19.00	+00:45:21 (32.6%)	7:12	8.3 (67.5%)
77	BERNÍK Peter	1454	POPRAD	M40	18	01:33:11	01:38:08	02:17:31	02:19:26.95	02:19:40.45	+00:45:42 (32.7%)	7:13	8.3 (67.5%)
78	GÓRKA Piotr	864		M50	3	01:35:58	01:41:28	02:19:31	02:21:33.05	02:21:37.45	+00:47:39 (33.7%)	7:20	8.2 (66.7%)
79	MICHALAK Witold	552	#NOLIMITS	M50	4	01:35:41	01:41:01	02:20:30	02:22:17.85	02:22:30.40	+00:48:32 (34.1%)	7:22	8.1 (65.9%)
80	JACNIAK Ewa	776	EWA JACNIAK NOLIMITS	K30	8	01:36:44	01:42:28	02:21:27	02:23:02.50	02:23:10.25	+00:49:12 (34.4%)	7:24	8.1 (65.9%)
81	FEDOREK Michał	913	FEDORKI	M20	14		01:46:02	02:21:36	02:23:09.75	02:23:21.40	+00:49:23 (34.5%)	7:25	8.1 (65.9%)
82	WOSKOWICZ Mateusz	793		M30	31	01:36:02	01:41:24	02:20:44	02:23:05.70	02:23:30.10	+00:49:32 (34.5%)	7:24	8.1 (65.9%)
83	KOWALSKI Mariusz	740		M40	19	01:35:42	01:41:17	02:21:53	02:23:41.80	02:24:06.55	+00:50:08 (34.8%)	7:26	8.1 (65.9%)
84	PIETRZAK Jacek	889		M30	32	01:36:21	01:41:57	02:21:59	02:23:53.70	02:24:30.25	+00:50:32 (35.0%)	7:27	8 (65.0%)
85	OSTAFIL Mateusz	849	FMT TARNÓW	M30	33	01:37:41	01:42:27	02:22:27	02:24:22.30	02:24:34.40	+00:50:36 (35.0%)	7:28	8 (65.0%)
86	KRASOŃ Marcin	905	SMASHING PAPKINS / NBR TEAM / OLX	M40	20	01:38:32	01:44:20	02:22:26	02:24:25.30	02:24:40.20	+00:50:42 (35.0%)	7:28	8 (65.0%)
87	PLEWA Rafał	845		M40	21	01:33:48	01:40:24	02:22:45	02:24:39.10	02:24:45.80	+00:50:47 (35.1%)	7:29	8 (65.0%)
88	FLORIAN Adam	859		M30	34	01:37:25	01:43:42	02:22:57	02:24:46.15	02:24:53.00	+00:50:55 (35.1%)	7:30	8 (65.0%)
89	JARACZ Marcin	856	DOMOWAENERGIA.COM.PL	M40	22	01:37:07	01:42:44	02:23:46	02:25:31.00	02:25:38.75	+00:51:40 (35.5%)	7:32	8 (65.0%)
90	HURAS Monika	760	ITMBW KRAKÓW	K30	9	01:37:47	01:44:05	02:23:26	02:25:27.65	02:25:44.75	+00:51:46 (35.5%)	7:32	8 (65.0%)
91	NADERA Łukasz	528	INDYWIDUALNIE	M30	35	01:35:50	01:42:07	02:24:06	02:25:59.50	02:26:11.90	+00:52:13 (35.7%)	7:33	7.9 (64.2%)
92	SOLARZ Robert	842		M40	23	01:37:31	01:42:47	02:24:33	02:26:30.45	02:26:40.55	+00:52:42 (35.9%)	7:35	7.9 (64.2%)
93	DYBAŁ Patryk	930	TOMICA COACHING	M30	36	01:38:22	01:43:58	02:25:15	02:27:05.60	02:27:09.70	+00:53:11 (36.1%)	7:37	7.9 (64.2%)
94	WISSUWA Jędrzej	2875	DREAM RUN	M20	15	01:38:00	01:44:02	02:25:18	02:26:58.75	02:27:27.95	+00:53:29 (36.3%)	7:36	7.9 (64.2%)
95	KOWALCZYK Artur	1213	BH TEAM	M30	37	01:36:49	01:42:57	02:25:07	02:26:45.65	02:27:34.90	+00:53:36 (36.3%)	7:36	7.9 (64.2%)
96	KRYNICKI Dariusz	622	MR	M30	38		01:45:44	02:25:33	02:27:07.25	02:27:38.40	+00:53:40 (36.4%)	7:37	7.9 (64.2%)
97	ZIĘBA Paweł	797		M20	16	01:39:17	01:44:40	02:25:56	02:27:42.85	02:27:47.10	+00:53:49 (36.4%)	7:39	7.8 (63.4%)
98	WOŹNIAK Karolina	501	INKA TEAM	K30	10	01:39:18	01:45:27	02:25:41	02:27:25.00	02:27:51.60	+00:53:53 (36.4%)	7:38	7.9 (64.2%)
99	SIECZKA Anna	753		K30	11	01:39:26	01:45:22	02:26:00	02:27:57.25	02:28:14.85	+00:54:16 (36.6%)	7:39	7.8 (63.4%)
100	GAWLIKOWSKA Agnieszka	833		K30	12	01:42:19	01:48:11	02:28:15	02:29:54.80	02:29:59.20	+00:56:01 (37.3%)	7:46	7.7 (62.6%)
101	CYRAN Wojtek	1214		M30	39	01:40:58	01:46:51	02:27:21	02:29:15.25	02:30:04.65	+00:56:06 (37.4%)	7:43	7.8 (63.4%)
102	ÖRDÖG Ditta	837		K30	13	01:42:40	01:48:27	02:28:10	02:29:55.70	02:30:16.15	+00:56:18 (37.5%)	7:46	7.7 (62.6%)
103	WOŹNIAK Janusz	522	USŁUGOWY ZAKŁAD INSTALATORSTWA ELEKTRYCZNEGO PORMAT" JEDLICZE UL. TOPOLOWA 28"	M60	1	01:40:34	01:46:16	02:28:23	02:30:38.30	02:30:47.60	+00:56:49 (37.7%)	7:48	7.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
104	GRZEGRZÓŁKA Adam	937		M20	17	01:40:13	01:46:01	02:28:28	02:30:29.90	02:30:50.10	+00:56:52 (37.7%)	7:47	7.7 (62.6%)
105	STALKA Krzysztof	932	STANWEX II	M30	40	01:46:01	01:51:46	02:28:54	02:30:28.55	02:31:01.10	+00:57:03 (37.8%)	7:47	7.7 (62.6%)
106	STOLARZ Grzegorz	2873	NIEPOŁOMICE BIEGAJĄ	M40	24	01:44:34	01:50:18	02:28:54	02:30:40.95	02:31:03.70	+00:57:05 (37.8%)	7:48	7.7 (62.6%)
107	JAKUS Michał	924	OTM.B	M30	41	01:40:35	01:46:07	02:29:15	02:31:00.30	02:31:10.90	+00:57:12 (37.8%)	7:49	7.7 (62.6%)
108	BUDNY Kamil	664	ATAK TEAM	M30	42	01:42:09	01:48:40		02:31:04.15	02:31:15.80	+00:57:17 (37.9%)	7:49	7.7 (62.6%)
109	SITKO Krzysztof	518	SKPB KATOWICE	M30	43	01:40:33	01:46:43	02:29:23	02:31:15.85	02:31:22.70	+00:57:24 (37.9%)	7:50	7.7 (62.6%)
110	KAPAŁKA Kamil	747	GROMNIK RUN TEAM	M20	18	01:41:45	01:48:01	02:29:08	02:31:21.60	02:31:47.00	+00:57:49 (38.1%)	7:50	7.7 (62.6%)
111	PACE Daniel	910		M30	44	01:46:48	01:52:30	02:31:24	02:33:04.65	02:33:17.75	+00:59:19 (38.7%)	7:55	7.6 (61.8%)
112	TOFIL Dominik	561	CHSBD	M30	45	01:45:17	01:51:21	02:31:53	02:33:39.00	02:33:39.00	+00:59:41 (38.8%)	7:57	7.5 (61.0%)
113	MICHALIK Jacek	563	SŁOŃCA JURY	M40	25	01:42:47	01:48:48	02:32:05	02:33:43.90	02:33:50.50	+00:59:52 (38.9%)	7:57	7.5 (61.0%)
114	SIWAK Natalia	858		K30	14	01:46:10	01:51:45	02:31:27	02:33:23.00	02:33:50.95	+00:59:52 (38.9%)	7:56	7.5 (61.0%)
115	STANISZEWSKA Joanna	749	SPC	K40	3	01:43:11	01:49:13	02:31:45	02:33:46.25	02:33:56.80	+00:59:58 (39.0%)	7:58	7.5 (61.0%)
116	FIRLEJ Grzegorz	533	SKAZANI NA ZWYCIĘSTWO	M30	46	01:31:26	01:36:40	02:31:43	02:34:21.65	02:34:25.85	+01:00:27 (39.2%)	7:59	7.5 (61.0%)
117	JURCZAK Małgorzata	843		K30	15		01:47:33	02:32:41	02:34:40.50	02:34:51.70	+01:00:53 (39.3%)	8:00	7.5 (61.0%)
118	HACZ Marta	737		K40	4	01:45:28	01:51:26	02:33:31	02:35:33.60	02:35:38.80	+01:01:40 (39.6%)	8:03	7.4 (60.2%)
119	GNIADKOWSKI Paweł	614	ODJECHANI	M30	47	01:42:39	01:48:32	02:32:48	02:35:10.15	02:35:41.50	+01:01:43 (39.6%)	8:02	7.5 (61.0%)
120	PTAK Patryk	618	CHSBD W RUCHU""	M30	48	01:45:02	01:50:59	02:33:08	02:35:47.55	02:36:08.35	+01:02:10 (39.8%)	8:04	7.4 (60.2%)
121	KACZMARCZYK Marta	902		K30	16	01:44:49	01:50:49	02:34:50	02:36:34.25	02:36:40.80	+01:02:42 (40.0%)	8:06	7.4 (60.2%)
122	PAPCIAK Karol	880		M30	49	01:42:07	01:48:30	02:34:28	02:36:45.50	02:37:26.70	+01:03:28 (40.3%)	8:07	7.4 (60.2%)
123	MICHAŁEK Emil	774	KB HARCOWNIK JELCZ-LASKOWICE	M50	5	01:46:24	01:52:00	02:35:46	02:37:27.15	02:37:35.30	+01:03:37 (40.4%)	8:09	7.4 (60.2%)
124	BAŁA Marcin	712		M30	50	01:47:42	01:53:37	02:35:07	02:36:58.70	02:37:43.60	+01:03:45 (40.4%)	8:07	7.4 (60.2%)
125	STYŁA-STYLIŃSKI Norbert	841	TWOJA STARA	M40	26	01:42:36	01:49:16	02:35:26	02:37:44.75	02:37:49.05	+01:03:51 (40.5%)	8:10	7.3 (59.3%)
126	HAJDUK Tomasz	610	YULO RUN TEAM SIEDLCE	M40	27	01:45:40	01:51:22	02:35:52	02:37:56.85	02:38:10.55	+01:04:12 (40.6%)	8:10	7.3 (59.3%)
127	LIGĘZA Witold	514	SMASHINGPĄPKINS	M50	6	01:46:04	01:52:18	02:36:02	02:38:14.60	02:38:38.60	+01:04:40 (40.8%)	8:11	7.3 (59.3%)
128	MOLITORYS Marek	659		M40	28	01:43:18	01:49:40	02:36:17	02:38:29.90	02:38:40.00	+01:04:42 (40.8%)	8:12	7.3 (59.3%)
129	CZARNOCKI Paweł	684	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	29	01:46:37	01:52:02	02:36:33	02:38:28.45	02:38:43.90	+01:04:45 (40.8%)	8:12	7.3 (59.3%)
130	KOZŁOWSKI Piotr	571		M30	51	01:46:51	01:53:05	02:36:54	02:38:55.95	02:38:59.20	+01:05:01 (40.9%)	8:14	7.3 (59.3%)
131	MAREK Sławomir	691		M30	52	01:48:27	01:54:24	02:37:20	02:39:16.60	02:39:39.20	+01:05:41 (41.1%)	8:15	7.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
132	PRZYBYLSKI Mariusz	616	BIEGNIJ Z PROSERVICE	M30	53	01:46:20	01:52:46	02:38:26	02:40:41.65	02:41:08.70	+01:07:10 (41.7%)	8:19	7.2 (58.5%)
133	ALEKSA Irena	750		K30	17	01:48:30	01:54:47	02:38:48	02:40:46.40	02:41:10.40	+01:07:12 (41.7%)	8:19	7.2 (58.5%)
134	PASZYNA Dawid	560		M20	19	01:51:36	01:58:00	02:39:18	02:40:53.90	02:41:38.70	+01:07:40 (41.9%)	8:20	7.2 (58.5%)
135	SARNA Jolanta	735		K40	5	01:47:22	01:53:24	02:39:25	02:41:38.35	02:41:44.15	+01:07:46 (41.9%)	8:22	7.2 (58.5%)
136	KOSIŃSKI Rafał	594	BIEGNIJ Z PROSERVICE	M40	30	01:44:43	01:50:50	02:39:31	02:41:27.65	02:41:55.60	+01:07:57 (42.0%)	8:21	7.2 (58.5%)
137	KRAUZE-PYRGIEL Kamila	651	DYNAMIC ŁÓDŹ	K30	18	01:49:27	01:55:40	02:40:25	02:42:19.25	02:42:33.90	+01:08:35 (42.2%)	8:24	7.1 (57.7%)
138	WEWIÓR Przemysław	607		M30	54	01:49:11	01:55:16	02:40:17	02:42:15.30	02:42:46.75	+01:08:48 (42.3%)	8:24	7.1 (57.7%)
139	BUJNIAK Sławomir	623		M40	31	01:47:54	01:54:23	02:40:40	02:42:45.45	02:43:09.50	+01:09:11 (42.4%)	8:25	7.1 (57.7%)
140	IWANOWICZ Paweł	764	SZTYWNE MORDY	M30	55	01:50:03	01:56:18	02:41:33	02:43:26.15	02:43:26.15	+01:09:28 (42.5%)	8:28	7.1 (57.7%)
141	KUMOR Anna	775		K30	19	01:50:50	01:56:46	02:41:37	02:43:36.90	02:43:43.80	+01:09:45 (42.6%)	8:28	7.1 (57.7%)
142	FEDOREK Wojtech	847		M50	7	01:46:27	01:52:22	02:41:22	02:43:34.25	02:43:47.90	+01:09:49 (42.6%)	8:28	7.1 (57.7%)
143	FILAK Lukasz	503	PULPET	M50	8	01:49:44	01:56:03	02:41:20	02:43:23.55	02:43:49.40	+01:09:51 (42.6%)	8:27	7.1 (57.7%)
144	ORĘZIAK Maciej	709		M40	32	01:51:24	01:57:22	02:41:47	02:43:36.55	02:44:21.15	+01:10:23 (42.8%)	8:28	7.1 (57.7%)
145	MEUS Martyna	893		K30	20	01:51:41	01:59:19	02:42:17	02:44:36.00	02:44:36.00	+01:10:38 (42.9%)	8:31	7 (56.9%)
146	BEDNARZ Małgorzata	823	OTM.B	K40	6	01:51:40	01:57:23	02:43:28	02:45:31.80	02:45:42.20	+01:11:44 (43.3%)	8:34	7 (56.9%)
147	SERKSNAITE Zivile	787	WILD SOULS	K40	7		01:57:13	02:43:15	02:45:29.00	02:45:58.70	+01:12:00 (43.4%)	8:34	7 (56.9%)
148	NAPORA Adam	884		M50	9	01:53:56	02:00:10	02:43:42	02:45:49.75	02:46:06.75	+01:12:08 (43.4%)	8:35	7 (56.9%)
149	CELEK Katarzyna	931	RZESZOWSKIE G&G	K30	21	01:51:20	01:57:58	02:44:26	02:46:14.00	02:46:14.00	+01:12:16 (43.5%)	8:36	7 (56.9%)
150	TRYBALSKA-LIPSKA Martyna	808	GO APTIV!	K20	6	01:55:33	02:01:25	02:43:59	02:45:41.95	02:46:16.35	+01:12:18 (43.5%)	8:35	7 (56.9%)
151	LIPSKI Dawid	809		M20	20	01:55:37	02:01:25	02:44:00	02:45:43.30	02:46:16.50	+01:12:18 (43.5%)	8:35	7 (56.9%)
152	SKIBA Katarzyna	918	HIGHALTITUDECOUPLE	K20	7		01:57:14	02:44:17	02:46:08.60	02:46:18.70	+01:12:20 (43.5%)	8:36	7 (56.9%)
153	ŚMIETANKA Łukasz	762		M40	33	01:50:32	01:56:21	02:44:02	02:46:04.50	02:46:34.50	+01:12:36 (43.6%)	8:36	7 (56.9%)
154	SZYMAŃSKI Grzegorz	897		M30	56	01:53:03	01:58:56	02:44:25	02:46:25.80	02:46:35.40	+01:12:37 (43.6%)	8:37	7 (56.9%)
155	WERBIŃSKI Tomasz	679		M30	57	01:52:07	01:58:22	02:44:08	02:46:19.65	02:46:47.90	+01:12:49 (43.7%)	8:37	7 (56.9%)
156	SZELAĞIEWICZ Magdalena	700		K30	22	01:55:17	02:01:06	02:44:32	02:46:38.45	02:47:09.60	+01:13:11 (43.8%)	8:38	6.9 (56.1%)
157	PITERA Anna	633		K30	23		01:57:48	02:45:25	02:47:32.10	02:47:51.50	+01:13:53 (44.0%)	8:40	6.9 (56.1%)
158	JANUSZ Paweł	795		M40	34	01:50:09	01:56:51	02:46:06	02:48:00.10	02:48:07.00	+01:14:09 (44.1%)	8:42	6.9 (56.1%)
159	UCHEREK Kazimierz	555	KAZIMIERZ UCHEREK	M50	10	01:54:51	02:01:17	02:45:40	02:47:48.20	02:48:10.20	+01:14:12 (44.1%)	8:41	6.9 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
160	NIKLEWSKI Paweł	676		M40	35	01:49:50	01:56:56	02:46:35	02:48:36.40	02:48:44.80	+01:14:46 (44.3%)	8:44	6.9 (56.1%)
161	NIKLEWSKI Michał	673		M30	58	01:49:08	01:56:02	02:46:43	02:48:53.75	02:49:01.10	+01:15:03 (44.4%)	8:45	6.9 (56.1%)
162	ROŻEK Janusz	733	KB WARTKO	M70	1	01:55:52	02:01:54	02:46:42	02:48:46.15	02:49:18.45	+01:15:20 (44.5%)	8:44	6.9 (56.1%)
163	CHOŁODY Łukasz	814	SPRINT GORZYCE	M40	36	01:49:42	01:56:05	02:47:14	02:49:29.85	02:49:39.75	+01:15:41 (44.6%)	8:46	6.8 (55.3%)
164	MATYSZCZAK Krzysztof	565	KENKO	M40	37	01:51:29	01:57:23	02:47:54	02:49:31.95	02:49:45.45	+01:15:47 (44.6%)	8:46	6.8 (55.3%)
165	APOSTOLSKI Przemysław	602	ZABIERZÓW BIEGA	M30	59	01:56:35	02:03:04	02:48:12	02:49:52.45	02:50:05.30	+01:16:07 (44.8%)	8:48	6.8 (55.3%)
166	TADROWSKI Tomasz	619		M50	11	01:54:07	02:00:38	02:47:34	02:49:29.95	02:50:08.05	+01:16:10 (44.8%)	8:46	6.8 (55.3%)
167	KLIMCZAK Bogdan	907	SPRINTER.	M30	60	01:49:14	01:55:22	02:47:57	02:50:02.25	02:50:10.85	+01:16:12 (44.8%)	8:48	6.8 (55.3%)
168	ŠERKŠNAITĒ Odeta	818	WILD SOULS	K40	8	01:57:30	02:03:47	02:47:59	02:49:50.50	02:50:20.60	+01:16:22 (44.8%)	8:47	6.8 (55.3%)
169	NOWAK Michał	789	TOOPLOOX AVERAGE RUNNERS	M30	61	01:56:24	02:02:32	02:48:35	02:50:22.85	02:50:56.35	+01:16:58 (45.0%)	8:49	6.8 (55.3%)
170	JANIAK Paulina	164	ŁÓDŹ KOCHA SPORT	K30	24	01:55:30	02:02:17	02:49:07	02:51:03.20	02:51:38.30	+01:17:40 (45.3%)	8:51	6.8 (55.3%)
171	KITA Anna	815		K40	9	01:55:50	02:01:13	02:48:59	02:51:02.90	02:51:54.10	+01:17:56 (45.3%)	8:51	6.8 (55.3%)
172	PŁUSA Aleksandra	782		K30	25	01:57:22	02:03:47	02:50:03	02:51:47.90	02:51:59.20	+01:18:01 (45.4%)	8:54	6.7 (54.5%)
173	PIĘKOŚ Monika	780	HUNTERS OCR TEAM	K40	10	01:56:54	02:03:40	02:50:04	02:52:06.15	02:52:11.20	+01:18:13 (45.4%)	8:55	6.7 (54.5%)
174	BAŃDUR Marta	885		K50	1	01:55:07	02:00:53	02:50:00	02:52:05.70	02:52:22.95	+01:18:24 (45.5%)	8:54	6.7 (54.5%)
175	ZYCHOWICZ Paweł	728	OTM.B	M40	38	01:51:41	01:58:48	02:50:12	02:52:14.65	02:52:26.30	+01:18:28 (45.5%)	8:55	6.7 (54.5%)
176	CZAJKA Tomasz	588		M40	39	01:56:43	02:03:49	02:50:04	02:52:17.20	02:52:41.50	+01:18:43 (45.6%)	8:55	6.7 (54.5%)
177	SANECKI Rafał	839	CHYŻE WYŻŁY	M40	40	01:54:45	02:00:35	02:50:18	02:52:32.15	02:52:43.95	+01:18:45 (45.6%)	8:56	6.7 (54.5%)
178	STELMACH-TOFIL Ewa	692	#NOLIMITS	K40	11	01:55:21	02:02:11	02:51:06	02:53:02.30	02:53:11.50	+01:19:13 (45.7%)	8:57	6.7 (54.5%)
179	CZAJKA Sylwia	587		K40	12	01:58:57	02:04:56	02:50:56	02:53:08.20	02:53:30.05	+01:19:32 (45.8%)	8:58	6.7 (54.5%)
180	POCIEJEWSKA Justyna	606	NATIONALE NEDERLANDEN RUNNING TEAM	K40	13	01:57:20	02:03:45	02:51:11	02:53:01.05	02:53:32.15	+01:19:34 (45.9%)	8:57	6.7 (54.5%)
181	WISZNIOWSKI Marek	891		M40	41	01:54:15	02:00:46	02:50:58	02:53:14.85	02:53:53.00	+01:19:55 (46.0%)	8:58	6.7 (54.5%)
182	PTAK Dorota	530	PIĄTKOWO NA BIEGOWO	K50	2	01:59:53	02:06:45	02:52:04	02:54:12.05	02:54:12.05	+01:20:14 (46.1%)	9:01	6.6 (53.7%)
183	BARTASUN Patryk	596	BIEGACZE SPECJALNEJ TROSKI	M30	62	02:00:23	02:06:25	02:52:21	02:54:08.20	02:54:44.00	+01:20:46 (46.2%)	9:01	6.7 (54.5%)
184	STANEK Tomasz	829		M50	12	01:52:53	01:59:01	02:51:48	02:54:37.45	02:54:44.80	+01:20:46 (46.2%)	9:02	6.6 (53.7%)
185	KLIMOWSKA Bernadetta	739		K40	14	01:59:11	02:05:34	02:52:19	02:54:24.65	02:54:50.05	+01:20:52 (46.3%)	9:02	6.6 (53.7%)
186	SŁUPSKI Maciej	630		M40	42	01:55:10	02:01:38	02:52:28	02:54:31.55	02:54:50.45	+01:20:52 (46.3%)	9:02	6.6 (53.7%)
187	SATAŁA Michał	516	SIMPLYRUNNER	M30	63	01:56:39	02:04:02	02:52:38	02:54:51.90	02:55:05.50	+01:21:07 (46.3%)	9:03	6.6 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
188	RADECKI Wojciech	826	NIEPOŁOMICE BIEGAJĄ	M50	13	01:54:02	02:01:05	02:52:36	02:55:02.90	02:55:20.95	+01:21:22 (46.4%)	9:04	6.6 (53.7%)
189	BRUSASCA Aleksandra	512	MATNER RUNNING TEAM	K20	8	01:57:57	02:04:08	02:53:04	02:55:05.70	02:55:27.90	+01:21:29 (46.4%)	9:04	6.6 (53.7%)
190	MATYSIK Mateusz	660		M20	21	01:53:09	02:00:04	02:53:13	02:55:29.70	02:55:34.55	+01:21:36 (46.5%)	9:05	6.6 (53.7%)
191	FRANEK Agata	620	GET RUN	K40	15	01:57:17	02:04:38	02:54:05	02:56:01.00	02:56:06.05	+01:22:08 (46.6%)	9:07	6.6 (53.7%)
192	MILCZAREK Kinga	686		K30	26	01:55:26	02:02:38	02:53:56	02:56:15.70	02:56:27.00	+01:22:29 (46.7%)	9:07	6.6 (53.7%)
193	KROSZKA Krzysztof	644	STEPSTONE RUNNING TEAM	M50	14	01:58:31	02:04:39	02:54:10	02:56:16.15	02:56:48.75	+01:22:50 (46.9%)	9:07	6.6 (53.7%)
194	ŻUREK Marcin	621		M40	43	01:58:00	02:04:52	02:55:34	02:57:23.05	02:57:25.95	+01:23:27 (47.0%)	9:11	6.5 (52.8%)
195	FRYSIAK Barbara	670	WIELUŃ	K50	3	01:57:51	02:04:34	02:56:00	02:57:52.90	02:58:05.25	+01:24:07 (47.2%)	9:12	6.5 (52.8%)
196	SMAGA Antoni	806		M20	22	02:09:03	02:14:17	02:56:18	02:58:00.90	02:58:23.85	+01:24:25 (47.3%)	9:13	6.5 (52.8%)
197	KRALIK Sylwia	536		K40	16	02:02:42	02:09:27	02:56:29	02:58:37.85	02:59:00.15	+01:25:02 (47.5%)	9:15	6.5 (52.8%)
198	WENARSKI Grzegorz	2168	STAY INSANE	M40	44	02:00:44	02:07:31	02:56:20	02:58:29.75	02:59:02.60	+01:25:04 (47.5%)	9:14	6.5 (52.8%)
199	MYKOWSKI Tadeusz	605	AKTYWNI KOCIEWIACY	M40	45	02:00:55	02:07:41	02:56:51	02:58:45.55	02:59:02.90	+01:25:04 (47.5%)	9:15	6.5 (52.8%)
200	MAJKOWSKI Tomasz	929	AKTYWNI KOCIEWIACY	M30	64	02:00:57	02:07:42	02:56:54	02:58:48.00	02:59:03.45	+01:25:05 (47.5%)	9:15	6.5 (52.8%)
201	MYSZKA Ewelina	597		K30	27	02:01:11	02:06:54	02:56:41	02:58:38.10	02:59:13.25	+01:25:15 (47.6%)	9:15	6.5 (52.8%)
202	ŻUREK-KUCHARSKA Urszula	650	M.I.L.A.	K40	17	01:59:11	02:05:35	02:57:22	02:59:17.50	02:59:49.65	+01:25:51 (47.7%)	9:17	6.5 (52.8%)
203	MILC Szymon	811	ULTRA WYJADACZE WYDZIAŁ ZAMIEJSCOWY	M40	46	01:56:23	02:03:35	02:56:55	02:59:13.70	02:59:53.35	+01:25:55 (47.8%)	9:17	6.5 (52.8%)
204	LIGĘZA Joasia	517	SMASHING PĄPKINS	K50	4	02:03:51	02:10:57	02:57:35	02:59:44.20	03:00:06.85	+01:26:08 (47.8%)	9:18	6.4 (52.0%)
205	BARAMBAS Oliwia	647	AKTYWNI KOCIEWIACY	K20	9	02:01:39	02:07:43	02:57:51	02:59:53.95	03:00:08.60	+01:26:10 (47.8%)	9:19	6.4 (52.0%)
206	ZYCHOWICZ Tomasz	928		M40	47	01:55:58	02:02:50	02:57:05	02:59:24.25	03:00:09.75	+01:26:11 (47.8%)	9:17	6.5 (52.8%)
207	SOSIN Dawid	914	ACCENTURE	M20	23	01:59:17	02:05:27	02:58:38	03:00:36.65	03:00:59.80	+01:27:01 (48.1%)	9:21	6.4 (52.0%)
208	WATARZYSZYN Marzena	540		K20	10	01:59:15	02:05:22	02:58:37	03:00:37.25	03:00:59.90	+01:27:01 (48.1%)	9:21	6.4 (52.0%)
209	KUŹNIAK Martyna	751		K50	5	02:01:34	02:08:23	02:58:28	03:00:38.45	03:01:02.45	+01:27:04 (48.1%)	9:21	6.4 (52.0%)
210	KRUPCZAK Zuzanna	617	Z GÓRKI I POD GÓRKĘ	K20	11	02:03:03	02:09:11	02:58:43	03:00:44.40	03:01:03.80	+01:27:05 (48.1%)	9:21	6.4 (52.0%)
211	CIEŚLIŃSKA Elżbieta	766		K30	28	02:05:31	02:11:39	02:58:20	03:00:33.75	03:01:12.45	+01:27:14 (48.1%)	9:21	6.4 (52.0%)
212	FUTA Grzegorz	677		M40	48	02:03:16	02:09:54	02:58:48	03:00:43.90	03:01:24.80	+01:27:26 (48.2%)	9:21	6.4 (52.0%)
213	MRÓZ Artur	702	PĘDZĄCE LENIWCE	M40	49	02:14:49	02:20:18	02:59:52	03:01:49.40	03:02:05.90	+01:28:07 (48.4%)	9:25	6.4 (52.0%)
214	GROCHOWSKI Piotr	869		M50	15	01:58:05	02:04:58	02:59:43	03:01:49.70	03:02:18.05	+01:28:20 (48.5%)	9:25	6.4 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
215	CIENKOSZ Anna	873	#ZALINIAMETYTEAM	K20	12	02:03:34	02:10:44	03:00:18	03:02:12.70	03:02:31.70	+01:28:33 (48.5%)	9:26	6.4 (52.0%)
216	GECOW Marcin	765		M30	65	02:01:57	02:09:12	03:00:09	03:02:13.55	03:02:56.10	+01:28:58 (48.6%)	9:26	6.4 (52.0%)
217	ANDRZEJEWSKA Anna	819	AKTYWNIIE UZALEŻNIAMY	K40	18	01:59:30	02:07:26	03:00:48	03:03:18.30	03:03:18.30	+01:29:20 (48.7%)	9:29	6.3 (51.2%)
218	WOLEK Jerzy	836		M60	2	02:00:22	02:06:48	03:00:53	03:03:16.90	03:03:26.20	+01:29:28 (48.8%)	9:29	6.3 (51.2%)
219	MUSIAŁEK Karol	699	NIEPOŁOMICE BIEGAJĄ	M30	66	01:56:36	02:03:44	03:00:34	03:03:08.90	03:03:32.40	+01:29:34 (48.8%)	9:29	6.3 (51.2%)
220	KAMIŃSKI Łukasz	2879		M30	67	01:57:26	02:04:17	03:00:42	03:02:47.85	03:03:35.70	+01:29:37 (48.8%)	9:28	6.3 (51.2%)
221	ISKRZYŃSKA Aleksandra	693		K30	29	02:01:43	02:07:55	03:01:44	03:03:32.05	03:03:45.95	+01:29:47 (48.9%)	9:30	6.3 (51.2%)
222	DARŁAK Joanna	828	NAPRZÓD MŁOCINY	K30	30	02:03:34	02:10:28	03:01:23	03:03:48.05	03:04:26.45	+01:30:28 (49.1%)	9:31	6.3 (51.2%)
223	WOJNAR Paweł	1780		M30	68	02:03:40	02:11:52	03:02:12	03:04:00.00	03:04:47.05	+01:30:49 (49.1%)	9:32	6.3 (51.2%)
224	KIEPIEL Agata	687	ADIDAS RUNNERS WARSAW	K30	31	02:03:48	02:11:01	03:02:15	03:04:13.35	03:04:49.30	+01:30:51 (49.2%)	9:32	6.3 (51.2%)
225	ZYCH Jaromir	701		M40	50	01:58:53	02:05:39	03:01:20	03:04:06.45	03:04:52.60	+01:30:54 (49.2%)	9:32	6.3 (51.2%)
226	GROCHOWICZ Robert	746		M40	51	02:03:15	02:09:30	03:02:35	03:04:53.75	03:04:53.75	+01:30:55 (49.2%)	9:34	6.3 (51.2%)
227	GALEK Michał	638		M30	69	02:00:54	02:07:33	03:02:41	03:04:51.85	03:04:54.40	+01:30:56 (49.2%)	9:34	6.3 (51.2%)
228	ANDRUSZKÓW Piotr	761		M40	52	02:01:50	02:08:40	03:02:40	03:04:54.85	03:05:23.45	+01:31:25 (49.3%)	9:34	6.3 (51.2%)
229	MIREK Elżbieta	883		K30	32	02:09:59	02:16:00	03:03:17	03:05:23.00	03:05:34.60	+01:31:36 (49.4%)	9:36	6.2 (50.4%)
230	KOZIAR Michał	922		M20	24	02:04:47	02:11:17	03:03:21	03:05:31.80	03:05:52.85	+01:31:54 (49.4%)	9:36	6.2 (50.4%)
231	MARCHEWKA Grzegorz	724		M30	70	02:00:56	02:06:58	03:03:17	03:05:36.25	03:05:59.85	+01:32:01 (49.5%)	9:36	6.2 (50.4%)
232	SZELAĞIEWICZ Patrycja	654		K20	13	02:03:23	02:10:24	03:03:35	03:05:39.60	03:06:08.60	+01:32:10 (49.5%)	9:37	6.2 (50.4%)
233	SZCZODRZYŃSKA Kasia	834		K40	19	02:06:40	02:13:47	03:04:02	03:06:03.65	03:06:22.55	+01:32:24 (49.6%)	9:38	6.2 (50.4%)
234	PIEKIELNA Angelika	668		K30	33	02:04:11	02:11:35	03:04:07	03:06:22.70	03:06:58.30	+01:33:00 (49.7%)	9:39	6.2 (50.4%)
235	BONDAR Paweł	631		M30	71	02:04:07	02:11:56	03:04:36	03:06:47.60	03:07:17.50	+01:33:19 (49.8%)	9:40	6.2 (50.4%)
236	KUŁAKOWSKI Grzegorz	779		M40	53	02:07:36	02:14:20	03:04:52	03:07:05.10	03:07:28.50	+01:33:30 (49.9%)	9:41	6.2 (50.4%)
237	MISIŃSKI Paweł	685		M40	54	02:05:07	02:12:11	03:04:38	03:06:49.85	03:07:31.95	+01:33:33 (49.9%)	9:40	6.2 (50.4%)
238	KUBASZEWSKA Zofia	666		K20	14	02:10:18	02:16:46	03:05:17	03:07:17.85	03:07:34.95	+01:33:36 (49.9%)	9:42	6.2 (50.4%)
239	HAMERA Łukasz	545		M40	55	02:01:54	02:08:34	03:04:51	03:07:18.65	03:07:39.10	+01:33:41 (49.9%)	9:42	6.2 (50.4%)
240	KĄDZIELA Marcin	544		M40	56	02:01:56	02:08:34	03:04:53	03:07:20.40	03:07:39.20	+01:33:41 (49.9%)	9:42	6.2 (50.4%)
241	KSIĄŻEK-WOŁYŃCIEC Magdalena	912		K40	20	02:06:21	02:12:23	03:04:59	03:07:09.95	03:07:43.40	+01:33:45 (49.9%)	9:41	6.2 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
242	WOŁYNIEC Paweł	705	BIEGACZE SPECJALNEJ TROSKI	M40	57	02:02:10	02:08:41	03:04:59	03:07:10.65	03:07:43.60	+01:33:45 (49.9%)	9:41	6.2 (50.4%)
243	MIHOK Imrich	925	O5 BK FURČČA KOŠICE	M60	3	02:03:15	02:10:11	03:05:25	03:07:45.50	03:07:49.30	+01:33:51 (50.0%)	9:43	6.2 (50.4%)
244	MASZKOWSKA Anna	904		K50	6	02:09:47	02:16:22	03:05:39	03:07:39.15	03:08:13.15	+01:34:15 (50.1%)	9:43	6.2 (50.4%)
245	GAIK Andrzej	2876	BRAK	M40	58	02:05:06	02:12:09	03:05:42	03:07:43.35	03:08:26.80	+01:34:28 (50.1%)	9:43	6.2 (50.4%)
246	CZUCHRYTA Iwona	892		K40	21	02:07:55	02:15:00	03:06:59	03:09:10.35	03:09:28.50	+01:35:30 (50.4%)	9:48	6.1 (49.6%)
247	CISZEK Olga	726		K30	34	02:05:27	02:13:04	03:07:06	03:09:12.30	03:09:51.20	+01:35:53 (50.5%)	9:48	6.1 (49.6%)
248	HEJMEJ Kamila	504		K40	22	02:08:40	02:15:18	03:07:27	03:09:33.30	03:09:54.75	+01:35:56 (50.5%)	9:49	6.1 (49.6%)
249	KOWALIK Grzegorz	590	RUNOWO RANGERS	M50	16	01:59:35	02:06:46	03:07:21	03:09:52.85	03:10:14.10	+01:36:16 (50.6%)	9:50	6.1 (49.6%)
250	FRĄCZEK Marcin	635	IGT	M40	59	02:09:41	02:16:38	03:08:25	03:10:28.40	03:10:28.40	+01:36:30 (50.7%)	9:52	6.1 (49.6%)
251	MROCZKOWSKI Zygmunt	653		M40	60	02:04:43	02:12:10	03:07:53	03:10:11.60	03:10:32.60	+01:36:34 (50.7%)	9:51	6.1 (49.6%)
252	KORGA Maria	511		K20	15	02:05:37	02:12:23	03:07:26	03:09:54.60	03:10:37.15	+01:36:39 (50.7%)	9:50	6.1 (49.6%)
253	SEMPRUCH Witold	725		M20	25	02:05:40	02:12:24	03:07:39	03:09:54.55	03:10:37.20	+01:36:39 (50.7%)	9:50	6.1 (49.6%)
254	BIENIAS Rafał	568		M50	17	02:08:53	02:15:16	03:08:22	03:10:52.40	03:11:19.35	+01:37:21 (50.9%)	9:53	6.1 (49.6%)
255	SZUBRYT Andrzej	680		M40	61	02:05:17	02:12:08	03:07:57	03:10:52.15	03:11:34.95	+01:37:36 (51.0%)	9:53	6.1 (49.6%)
256	KOCZARA Marta	876		K30	35	02:08:11	02:15:06	03:09:01	03:11:10.65	03:11:43.95	+01:37:45 (51.0%)	9:54	6.1 (49.6%)
257	GIERAŁT Urszula	632		K40	23	02:08:05	02:15:12	03:09:07	03:11:23.75	03:11:45.75	+01:37:47 (51.0%)	9:54	6.1 (49.6%)
258	MAJDYŚ Wojciech	784		M50	18	02:10:10	02:16:39	03:09:04	03:11:34.80	03:12:09.90	+01:38:11 (51.1%)	9:55	6 (48.8%)
259	LISOWSKA Izabela	827		K40	24	02:05:57	02:14:22	03:10:12	03:12:30.70	03:12:38.50	+01:38:40 (51.2%)	9:58	6 (48.8%)
260	ŁUCZAK Michał	851	RAK'N'ROLL	M40	62	02:06:06	02:13:21	03:09:33	03:12:09.20	03:12:48.70	+01:38:50 (51.3%)	9:57	6 (48.8%)
261	SZCZYGIEŁ Joanna	742		K30	36	02:11:05	02:17:50	03:11:24	03:13:30.00	03:13:44.65	+01:39:46 (51.5%)	10:01	6 (48.8%)
262	MICHALSKI Mateusz	557	SŁOŃCA JURY	M20	26	02:04:14	02:11:47	03:11:17	03:14:01.50	03:14:08.50	+01:40:10 (51.6%)	10:03	6 (48.8%)
263	ZAPAŚNIK Michał	786		M40	63	02:12:56	02:19:11	03:11:52	03:13:48.45	03:14:25.90	+01:40:27 (51.7%)	10:02	6 (48.8%)
264	KLAMBOROWSKA Magdalena	713		K30	37	02:11:32	02:18:29	03:12:06	03:13:59.35	03:14:35.95	+01:40:37 (51.7%)	10:03	6 (48.8%)
265	MAKOWSKI Marcin	574		M40	64	02:03:45	02:12:26	03:11:59	03:14:14.65	03:14:40.20	+01:40:42 (51.7%)	10:03	6 (48.8%)
266	BACHURSKA Ewa	665	KB HARCOWNIK JELCZ-LASKOWICE	K40	25	02:10:42	02:18:27	03:12:26	03:14:38.15	03:14:47.25	+01:40:49 (51.8%)	10:05	5.9 (48.0%)
267	DRAGUŁA-LIS Andżelika	886		K30	38	02:10:13	02:17:16	03:12:12	03:14:23.50	03:14:49.40	+01:40:51 (51.8%)	10:04	6 (48.8%)
268	KLAMBOROWSKI Artur	715		M30	72	02:11:30	02:18:26	03:12:00	03:14:09.05	03:14:49.70	+01:40:51 (51.8%)	10:03	6 (48.8%)
269	MIZGAŁA Paulina	566	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K30	39	02:10:06	02:17:09	03:12:30	03:14:48.60	03:14:56.90	+01:40:58 (51.8%)	10:05	5.9 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
270	BIELECKI Tomasz	2170	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	M40	65	02:13:47	02:21:21	03:12:29	03:14:47.50	03:14:57.10	+01:40:59 (51.8%)	10:05	5.9 (48.0%)
271	CEGLARSKA GRONEK Agnieszka	580		K30	40	02:12:13	02:18:41	03:13:34	03:15:54.80	03:15:54.80	+01:41:56 (52.0%)	10:09	5.9 (48.0%)
272	WIATRÓW Marcin	754		M40	66	02:05:06	02:11:24	03:13:25	03:15:42.05	03:16:30.60	+01:42:32 (52.2%)	10:08	5.9 (48.0%)
273	SIWADŁO Augustyn	521		M40	67	02:11:58	02:18:43	03:13:43	03:16:03.45	03:16:35.15	+01:42:37 (52.2%)	10:09	5.9 (48.0%)
274	OSTROWSKA Dorota	624	YULO RUN TEAM SIEDLCE	K60	1	02:16:51	02:23:31	03:14:38	03:16:46.65	03:17:13.15	+01:43:15 (52.4%)	10:11	5.9 (48.0%)
275	AUGUSTYNOWICZ Andrzej	697	RCI BYDGOSZCZ	M50	19	02:12:32	02:19:03	03:13:59	03:16:39.05	03:17:18.65	+01:43:20 (52.4%)	10:11	5.9 (48.0%)
276	AUGUSTYNOWICZ Aurelia	696	RCI BYDGOSZCZ	K30	41	02:12:32	02:19:13	03:14:14	03:16:43.15	03:17:22.25	+01:43:24 (52.4%)	10:11	5.9 (48.0%)
277	GRZESZCZYK Michał	757	EKOBIEGI	M40	68	02:10:20	02:17:16	03:14:42	03:17:18.45	03:17:30.70	+01:43:32 (52.4%)	10:13	5.9 (48.0%)
278	SOKOŁOWSKA Małgorzata	539	ROZCHODNIACZEK TEAM	K30	42	02:10:48	02:18:15	03:14:52	03:17:25.05	03:17:53.75	+01:43:55 (52.5%)	10:13	5.9 (48.0%)
279	SOKOŁOWSKI Piotr	541		M40	69	02:10:49	02:18:16	03:14:51	03:17:24.75	03:17:53.95	+01:43:55 (52.5%)	10:13	5.9 (48.0%)
280	KULKA Sergiusz	804		M40	70	02:12:37	02:19:10	03:14:44	03:17:08.35	03:17:58.35	+01:44:00 (52.5%)	10:12	5.9 (48.0%)
281	SAMBORSKA Aneta	575		K40	26	02:13:50	02:21:19	03:15:25	03:17:51.25	03:18:31.75	+01:44:33 (52.7%)	10:15	5.9 (48.0%)
282	SAMBORSKI Marcin	576		M40	71	02:13:50	02:21:12	03:15:22	03:17:51.10	03:18:32.25	+01:44:34 (52.7%)	10:15	5.9 (48.0%)
283	JASTRZĘBSKA Karolina	878	CSC ADVENTURE ACADEMY	K20	16	02:10:25	02:18:14	03:16:03	03:18:28.25	03:18:32.80	+01:44:34 (52.7%)	10:16	5.8 (47.2%)
284	SITEK Dariusz	825		M20	27	02:10:12	02:16:31	03:17:09	03:19:34.70	03:20:04.10	+01:46:06 (53.0%)	10:20	5.8 (47.2%)
285	BAKALARSKA Urszula	646		K30	43	02:13:40	02:21:16	03:17:22	03:19:47.60	03:20:18.35	+01:46:20 (53.1%)	10:21	5.8 (47.2%)
286	JUZASZEK Maciej	688		M30	73	02:17:14	02:24:33	03:18:21	03:20:39.50	03:20:45.60	+01:46:47 (53.2%)	10:23	5.8 (47.2%)
287	KIES Iwona	520		K30	44	02:17:19	02:24:36	03:18:28	03:20:45.85	03:20:45.85	+01:46:47 (53.2%)	10:24	5.8 (47.2%)
288	POLCZYK Bartosz	532		M20	28	02:11:17	02:18:12	03:19:48	03:22:06.05	03:22:16.70	+01:48:18 (53.5%)	10:28	5.7 (46.3%)
289	CHĄDZYŃSKI Marcin	509	NAPRZÓD MŁOCINY	M40	72	02:09:06	02:15:46	03:19:26	03:22:00.90	03:22:28.65	+01:48:30 (53.6%)	10:27	5.7 (46.3%)
290	STASZCZYK Michał	882		M30	74	02:16:19	02:23:19	03:20:40	03:22:41.60	03:22:41.60	+01:48:43 (53.6%)	10:30	5.7 (46.3%)
291	STASZCZYK Ania	881		K30	45	02:16:16	02:23:13	03:20:39	03:22:37.20	03:22:42.35	+01:48:44 (53.6%)	10:29	5.7 (46.3%)
292	KOŁODZIEJ Justyna	669		K30	46	02:14:43	02:22:02	03:19:36	03:22:33.20	03:22:42.50	+01:48:44 (53.6%)	10:29	5.7 (46.3%)
293	KROSZKA Beata	643	TEAM ZABIEGANEDNI	K50	7	02:13:51	02:21:09	03:20:24	03:22:43.05	03:23:13.05	+01:49:15 (53.8%)	10:30	5.7 (46.3%)
294	STAL Waldemar	790	TOOPLOOX AVERAGE RUNNERS	M30	75	02:14:49	02:22:05	03:20:26	03:23:13.40	03:23:48.40	+01:49:50 (53.9%)	10:31	5.7 (46.3%)
295	OBERSZTYN Marcin	718		M40	73	02:14:26	02:21:36	03:20:46	03:23:16.10	03:23:53.55	+01:49:55 (53.9%)	10:31	5.7 (46.3%)
296	NOWOSIELSKA Agnieszka	770		K50	8	02:21:52	02:28:38	03:21:36	03:23:52.60	03:24:08.85	+01:50:10 (54.0%)	10:33	5.7 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
297	PAWLIK Wojciech	711		M30	76	02:12:07	02:19:32	03:20:54	03:23:31.35	03:24:14.95	+01:50:16 (54.0%)	10:32	5.7 (46.3%)
298	NEUMANN Piotr	2169		M30	77	02:12:06	02:19:50	03:20:57	03:23:30.70	03:24:15.10	+01:50:17 (54.0%)	10:32	5.7 (46.3%)
299	MACIASZ Sylwia	794		K30	47	02:14:58	02:21:38	03:21:18	03:23:31.15	03:24:22.80	+01:50:24 (54.0%)	10:32	5.7 (46.3%)
300	KARLIŃSKA Katarzyna	832	DRADURA&FOURTRISQUAD	K40	27	02:16:14	02:23:39	03:22:19	03:24:23.35	03:24:41.60	+01:50:43 (54.1%)	10:35	5.7 (46.3%)
301	BALNER Sebastian	898	CZARNA TĘCZA	M50	20	02:14:37	02:22:04	03:22:04	03:24:38.40	03:24:44.35	+01:50:46 (54.1%)	10:36	5.7 (46.3%)
302	DOBIECH Dominik	800	SŁOŃCA JURY	M20	29	02:18:55	02:27:06	03:22:52	03:24:50.20	03:24:56.15	+01:50:58 (54.1%)	10:36	5.7 (46.3%)
303	CHERVET Cedric	542		M40	74	02:11:39	02:19:35	03:23:18	03:25:43.00	03:26:29.65	+01:52:31 (54.5%)	10:39	5.6 (45.5%)
304	PERLAN Robert	547	LESZNO TEAM	M40	75	02:18:29	02:26:45	03:24:02	03:26:22.15	03:26:39.40	+01:52:41 (54.5%)	10:41	5.6 (45.5%)
305	BARTOSIEWICZ Małgorzata	732		K40	28	02:21:34	02:29:47	03:24:24	03:26:36.10	03:26:52.50	+01:52:54 (54.6%)	10:42	5.6 (45.5%)
306	KRAWCZYK Monika	531		K20	17	02:15:35	02:22:51	03:24:19	03:26:50.20	03:27:01.05	+01:53:03 (54.6%)	10:43	5.6 (45.5%)
307	TYLMAN Radosław	546		M30	78	02:16:09	02:23:24	03:23:52	03:26:23.25	03:27:15.70	+01:53:17 (54.7%)	10:41	5.6 (45.5%)
308	ŚLEMP Małgorzata	729	ULTRA WYJADACZE	K30	48	02:19:41	02:27:09	03:24:50	03:26:55.90	03:27:33.40	+01:53:35 (54.7%)	10:43	5.6 (45.5%)
309	GRZYB Beata	570	KOBIETY BIEGAJĄ	K40	29	02:18:21	02:26:34	03:24:56	03:27:21.85	03:27:40.45	+01:53:42 (54.8%)	10:44	5.6 (45.5%)
310	MIRKOWSKA Monika	613		K30	49	02:23:20	02:31:22	03:25:23	03:27:32.60	03:28:06.50	+01:54:08 (54.8%)	10:45	5.6 (45.5%)
311	ADAMKIEWICZ Łukasz	612		M30	79	02:23:25	02:31:11	03:25:57	03:28:26.40	03:29:01.80	+01:55:03 (55.0%)	10:47	5.6 (45.5%)
312	KALITOWSKI Maciej	730		M40	76	02:27:40	02:35:24	03:26:57	03:29:00.10	03:29:25.00	+01:55:27 (55.1%)	10:49	5.5 (44.7%)
313	NOWACZEK Ewa	553	#NOLIMITS	K40	30	02:18:11	02:26:02	03:27:04	03:29:14.50	03:29:27.00	+01:55:29 (55.1%)	10:50	5.5 (44.7%)
314	ŚLUSARCZYK Tomek	1630		M40	77	02:17:30	02:28:52	03:27:34	03:29:50.50	03:30:17.15	+01:56:19 (55.3%)	10:52	5.5 (44.7%)
315	ŻARNICKA Anna	785		K40	31	02:20:45	02:28:38	03:27:57	03:30:37.50	03:31:11.70	+01:57:13 (55.5%)	10:54	5.5 (44.7%)
316	JASIŃSKI Ireneusz	113	WWW.EKOIDEA.SKLEP.PL	M40	78	02:27:42	02:34:09	03:29:06	03:31:17.60	03:31:43.25	+01:57:45 (55.6%)	10:56	5.5 (44.7%)
317	RZĘDZIAN Beata	524	ŁĘCZNA BIEGA	K30	50	02:27:19	02:34:37	03:29:22	03:31:40.00	03:31:54.80	+01:57:56 (55.7%)	10:58	5.5 (44.7%)
318	BRZEŚKIEWICZ Dorota	657	MKB DREPTAK	K40	32	02:24:34	02:32:09	03:29:14	03:31:30.10	03:31:57.75	+01:57:59 (55.7%)	10:57	5.5 (44.7%)
319	STRZELCZYK Aleksandra	628	KLUB BIEGACZA RTV EURO AGD	K30	51	02:27:52	02:35:33	03:31:02	03:33:05.20	03:33:31.40	+01:59:33 (56.0%)	11:02	5.4 (43.9%)
320	STRZELCZYK Paweł	838	CC 1916	M40	79	02:27:52	02:35:34	03:31:03	03:33:07.55	03:33:35.80	+01:59:37 (56.0%)	11:02	5.4 (43.9%)
321	RADŁOWSKI Szymon	564		M30	80	02:20:17	02:27:54	03:31:26	03:34:10.80	03:34:37.60	+02:00:39 (56.2%)	11:05	5.4 (43.9%)
322	BOROŃ Magdalena	572		K40	33	02:22:05	02:30:12	03:31:49	03:34:50.05	03:34:56.00	+02:00:58 (56.3%)	11:07	5.4 (43.9%)
323	MENDYGRAŁ Emilia	767	BIEGOWY WARIAT RUNNING TEAM	K40	34	02:21:42	02:30:14	03:32:34	03:35:03.90	03:35:30.65	+02:01:32 (56.4%)	11:08	5.4 (43.9%)
324	NIEPORECKA Sylwia	755		K40	35	02:26:14	02:33:51	03:33:28	03:35:52.40	03:36:12.40	+02:02:14 (56.5%)	11:11	5.4 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
325	PYTKA Monika	584	NAPRZÓD MŁOCINY	K40	36	02:27:54	02:35:23	03:33:25	03:35:58.80	03:36:35.45	+02:02:37 (56.6%)	11:11	5.4 (43.9%)
326	MAJERSKI Michał	683		M40	80	02:28:45	02:36:36	03:33:31	03:35:57.70	03:36:46.60	+02:02:48 (56.7%)	11:11	5.4 (43.9%)
326	BOJARCZUK Jolanta	601	RUCH IZBICA	K40	37	02:17:33	02:25:27	03:33:54	03:36:33.10	03:36:46.60	+02:02:48 (56.7%)	11:13	5.3 (43.1%)
328	MAGOCZY Helena	682		K40	38	02:28:48	02:36:35	03:33:40	03:35:57.05	03:36:47.05	+02:02:49 (56.7%)	11:11	5.4 (43.9%)
329	WOŹNIAK Lidia	526	PORMAT JEDLICZE BIEGA	K50	9	02:22:14	02:30:46	03:34:03	03:36:49.10	03:37:00.70	+02:03:02 (56.7%)	11:14	5.3 (43.1%)
330	WOLSKA Monika	888	SEKCJA BIEGOWA RUCH IZBICA	K40	39	02:23:49	02:33:49	03:34:37	03:37:21.90	03:37:37.00	+02:03:39 (56.8%)	11:15	5.3 (43.1%)
331	KARCZYŃSKA Joanna	796	BIEGANIE =POMAGANIE	K40	40	02:23:48	02:33:48	03:34:35	03:37:20.40	03:37:37.05	+02:03:39 (56.8%)	11:15	5.3 (43.1%)
332	GASIK Wiola	926	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K40	41	02:25:05	02:32:23	03:35:13	03:37:41.80	03:37:53.75	+02:03:55 (56.9%)	11:16	5.3 (43.1%)
333	OTREBNIK Artur	831		M20	30	02:24:08	02:32:51	03:35:32	03:37:51.75	03:38:20.45	+02:04:22 (57.0%)	11:17	5.3 (43.1%)
334	POŹNIAK-STYCZYŃSKA Maja	906	DDC	K30	52	02:26:42	02:35:58	03:35:53	03:38:20.60	03:38:58.75	+02:05:00 (57.1%)	11:18	5.3 (43.1%)
335	ZAŃ Marcin	862		M30	81	02:23:11	02:30:21	03:36:36	03:39:10.80	03:39:49.50	+02:05:51 (57.3%)	11:21	5.3 (43.1%)
336	MIROWSKA Agnieszka	855	FUNDACJA RAK'N'ROLL	K30	53	02:21:55	02:31:16	03:36:33	03:39:31.80	03:40:11.80	+02:06:13 (57.3%)	11:22	5.3 (43.1%)
337	GAWRYŁKOWICZ Marcin	527		M40	81	02:27:58	02:35:11	03:37:24	03:39:56.55	03:40:31.35	+02:06:33 (57.4%)	11:23	5.3 (43.1%)
338	NOWOSADZKA Beata	548		K30	54	02:25:11	02:32:10	03:37:17	03:40:03.80	03:40:46.80	+02:06:48 (57.4%)	11:24	5.3 (43.1%)
339	PRĄTNICKI Mariusz	1993	KUJAWSCY RUNNERS	M40	82	02:28:28	02:32:06	03:38:40	03:40:55.95	03:41:20.85	+02:07:22 (57.5%)	11:26	5.2 (42.3%)
340	ZAGAJEWSKI Przemysław	813	KUJAWSCY RUNNERS	M40	83	02:28:59	02:37:20	03:38:42	03:40:56.20	03:41:21.10	+02:07:23 (57.5%)	11:26	5.2 (42.3%)
341	WIERCHOŁA Joanna	2167		K60	2	02:28:05	02:36:29	03:38:43	03:41:13.80	03:41:58.10	+02:08:00 (57.7%)	11:27	5.2 (42.3%)
342	STAŃCZYK Łukasz	656		M40	84	02:20:54	02:31:07	03:39:16	03:41:56.85	03:42:17.55	+02:08:19 (57.7%)	11:29	5.2 (42.3%)
343	LUTOSTAŃSKI Adam	600		M30	82	02:27:57	02:35:00	03:39:44	03:42:23.40	03:42:58.55	+02:09:00 (57.9%)	11:31	5.2 (42.3%)
344	ŚLĘCZKA Anna	567	AKTYWNA PSZCZYNA	K40	42	02:27:22	02:34:06	03:40:32	03:43:12.30	03:43:35.55	+02:09:37 (58.0%)	11:33	5.2 (42.3%)
345	SŁOWIŃSKA Małgorzata	671	JELENI SUS	K40	43	02:26:30	02:35:43	03:40:55	03:43:28.50	03:44:05.05	+02:10:07 (58.1%)	11:34	5.2 (42.3%)
346	SKUBISZ Katarzyna	710		K40	44	02:26:10	02:35:45	03:40:58	03:43:30.70	03:44:05.20	+02:10:07 (58.1%)	11:34	5.2 (42.3%)
347	PAŹIK Sławomir	717		M50	21	02:27:34	02:36:36	03:41:19	03:43:45.05	03:44:36.40	+02:10:38 (58.2%)	11:35	5.2 (42.3%)
348	CIBIOR Ewelina	866	ROZCHODNIACZEK TEAM	K40	45	02:33:30	02:41:22	03:44:07	03:46:33.75	03:47:09.70	+02:13:11 (58.6%)	11:44	5.1 (41.5%)
349	ZWIERZCHOWSKI Maciej	934	KUŹNIA TRIATHLONU	M40	85	02:27:41	02:36:30	03:44:11	03:46:35.25	03:47:11.05	+02:13:13 (58.6%)	11:44	5.1 (41.5%)
350	GARCZYK Agnieszka	556	KB GALOPUJĄCE ŚLIMAKI	K30	55	02:19:01	02:35:22	03:44:32	03:47:09.70	03:47:31.55	+02:13:33 (58.7%)	11:46	5.1 (41.5%)
351	STRAMEK Łukasz	916	HUSKY W PASKI	M30	83	02:35:02	02:43:31	03:45:21	03:47:22.50	03:47:35.50	+02:13:37 (58.7%)	11:46	5.1 (41.5%)
351	MIECHOWIECKA Maja	923	HUSKY W PASKI	K30	56	02:35:05	02:43:29	03:45:23	03:47:20.55	03:47:35.50	+02:13:37 (58.7%)	11:46	5.1 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
353	DĄBROWSKA Daria	807	NEW4YOU TEAM	K30	57	02:36:25	02:45:25	03:45:29	03:47:28.20	03:47:38.45	+02:13:40 (58.7%)	11:47	5.1 (41.5%)
354	CZERNIEJEWSKA Żaneta	805	NEW4YOU TEAM	K30	58	02:36:24	02:45:21	03:45:30	03:47:29.20	03:47:38.65	+02:13:40 (58.7%)	11:47	5.1 (41.5%)
355	NAWRAT Joanna	675		K40	46	02:27:31	02:36:56	03:45:25	03:47:50.10	03:48:06.15	+02:14:08 (58.8%)	11:48	5.1 (41.5%)
356	BRZESKA Edyta	714	ŁOMIANKOWSKA GRUPA BIEGOWA	K20	18	02:32:28	02:41:54	03:45:50	03:48:10.15	03:48:48.25	+02:14:50 (58.9%)	11:49	5.1 (41.5%)
357	TOMASZEWSKI Tymon	703	ŚLĘZAK TEAM	M20	31	02:32:20	02:41:53	03:45:46	03:48:11.70	03:48:48.35	+02:14:50 (58.9%)	11:49	5.1 (41.5%)
358	CUDZIŁO Joanna	919	PKO BANK POLSKI	K50	10	02:34:12	02:43:30	03:45:53	03:48:24.45	03:48:52.55	+02:14:54 (58.9%)	11:50	5.1 (41.5%)
359	OSIPOWICZ Kamil	920		M30	84	02:37:00	02:45:22	03:47:05	03:49:44.20	03:49:53.10	+02:15:55 (59.1%)	11:54	5 (40.7%)
360	DOMAGAŁA Anna	748		K40	47	02:33:42	02:41:09	03:47:44	03:50:28.25	03:50:56.10	+02:16:58 (59.3%)	11:56	5 (40.7%)
361	SZELAĞIEWICZ Małgorzata	655		K40	48	02:32:23	02:41:00	03:48:35	03:51:03.80	03:51:34.05	+02:17:36 (59.4%)	11:58	5 (40.7%)
362	PIETKIEWICZ Adam	850		M40	86	02:28:23	02:36:35	03:49:00	03:51:33.50	03:51:47.45	+02:17:49 (59.5%)	11:59	5 (40.7%)
363	TKACZYK - GAWRYŁKOWICZ Agnieszka	525	MIĘDZYRZECKIE GAZELE	K40	49	02:35:25	02:46:23	03:49:49	03:52:14.60	03:52:51.65	+02:18:53 (59.6%)	12:01	5 (40.7%)
364	BALCER Anna	537	MIĘDZYRZECKIE GAZELE	K40	50	02:35:12	02:45:59	03:49:47	03:52:13.25	03:52:51.75	+02:18:53 (59.6%)	12:01	5 (40.7%)
365	TRZYNA Paula	773	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	K30	59	02:30:20	02:39:14	03:49:30	03:52:38.10	03:53:14.95	+02:19:16 (59.7%)	12:03	5 (40.7%)
366	TWARDOWSKI Wojciech	543	RUN BYDGOSZCZ	M50	22	02:33:29	02:40:37	03:50:10	03:53:10.50	03:53:41.55	+02:19:43 (59.8%)	12:04	5 (40.7%)
367	SZALSKA Elżbieta	846		K30	60	02:33:46	02:43:05	03:50:32	03:53:02.50	03:53:45.90	+02:19:47 (59.8%)	12:04	5 (40.7%)
368	PARANDYK Krystian	2874	NADARZYN BIEGA / MCBIEGACZE	M30	85	02:38:23	02:46:18	03:52:44	03:55:11.80	03:55:30.95	+02:21:32 (60.1%)	12:11	4.9 (39.8%)
369	POGORZELSKI Adam	752		M30	86	02:31:27	02:39:22	03:52:35	03:55:29.50	03:56:14.20	+02:22:16 (60.2%)	12:12	4.9 (39.8%)
370	SZYMECZKO Jolanta	589	RUNONLINE.PL	K50	11	02:36:20	02:45:09	03:53:25	03:55:52.75	03:56:25.70	+02:22:27 (60.3%)	12:13	4.9 (39.8%)
371	ENDER Małgorzata	863	NAPRZÓD MŁOCINY	K30	61	02:41:35	02:50:05	03:53:46	03:56:09.80	03:56:27.80	+02:22:29 (60.3%)	12:14	4.9 (39.8%)
372	ŁUJ Joanna	744		K40	51	02:42:10	02:51:10	03:54:11	03:56:35.65	03:56:35.65	+02:22:37 (60.3%)	12:15	4.9 (39.8%)
373	SKÓRA Anna	538	JZDL	K40	52	02:48:47	02:56:55	03:54:46	03:57:18.90	03:57:43.20	+02:23:45 (60.5%)	12:17	4.9 (39.8%)
374	SIKORA Małgorzata	690		K50	12	02:43:37	02:51:30	03:55:01	03:57:28.25	03:57:46.75	+02:23:48 (60.5%)	12:18	4.9 (39.8%)
375	FRANCUZ Patrycja	2878	WIELKA WIEŚ BIEGA	K30	62	02:31:28	02:39:54	03:56:11	03:58:51.05	03:59:12.00	+02:25:14 (60.7%)	12:22	4.8 (39.0%)
376	CĘCELEWSKI Jarosław	2414		M50	23	02:32:50	02:47:00	03:56:27	03:58:49.60	03:59:33.60	+02:25:35 (60.8%)	12:22	4.8 (39.0%)
377	FILIPOWSKA Teresa	854	RAK'N'ROLL	K30	63	02:40:46	02:50:42	03:56:25	03:58:46.75	03:59:33.70	+02:25:35 (60.8%)	12:22	4.8 (39.0%)
378	KOZA Marta	909		K40	53	02:46:06	02:54:58	03:59:57	04:02:34.45	04:02:51.45	+02:28:53 (61.3%)	12:34	4.8 (39.0%)
379	KREJA Justyna	648	AKTYWNI KOCIEWIACY	K50	13	02:43:10	02:51:33	04:03:36	04:06:30.55	04:06:46.30	+02:32:48 (61.9%)	12:46	4.7 (38.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12.9km	13.4km	18.8km	19.3km	19.3km			
380	BRZEZIŃSKA Agnieszka	639		K50	14	02:40:48	02:49:03	04:04:13	04:07:26.80	04:08:01.30	+02:34:03 (62.1%)	12:49	4.7 (38.2%)
381	ŁUJ Michał	743		M50	24	02:41:50	02:51:14	04:05:19	04:07:42.45	04:08:02.25	+02:34:04 (62.1%)	12:50	4.7 (38.2%)
382	MŁODECKA Sylwia	903		K50	15	02:43:40	02:51:30	04:05:19	04:08:04.90	04:08:22.60	+02:34:24 (62.2%)	12:51	4.7 (38.2%)
383	ZALEWSKI Cezary	625	PĘDZĄCE LENIWCE	M40	87	02:46:05	02:55:08	04:06:38	04:09:53.15	04:10:10.85	+02:36:12 (62.4%)	12:56	4.6 (37.4%)
384	WIELICZKO Regina	513		K40	54	02:45:11	02:55:35	04:06:25	04:09:43.50	04:10:11.00	+02:36:13 (62.4%)	12:56	4.6 (37.4%)
385	KOZACZUK Katarzyna	652	PĘDZĄCE LENIWCE	K40	55	02:45:23	02:55:07	04:06:38	04:09:55.35	04:10:11.15	+02:36:13 (62.4%)	12:56	4.6 (37.4%)
386	WISZNIOWSKA Małgorzata	852		K40	56	02:49:52	02:58:05	04:07:37	04:09:58.55	04:10:46.60	+02:36:48 (62.5%)	12:57	4.6 (37.4%)
387	MAŃKOWSKA Natalia	727		K30	64	02:49:53	02:58:06	04:07:38	04:09:59.65	04:10:46.70	+02:36:48 (62.5%)	12:57	4.6 (37.4%)
388	FRANKOWSKA Weronika	788		K30	65	02:39:56	02:49:39	04:07:21	04:10:20.55	04:11:03.70	+02:37:05 (62.6%)	12:58	4.6 (37.4%)
389	KOŁACIŃSKA Ewelina	917	LEŚNE SZYCHY	K40	57	02:52:15	03:00:24	04:08:33	04:10:56.20	04:11:40.40	+02:37:42 (62.7%)	13:00	4.6 (37.4%)
390	ŁYSKAWA Agnieszka	577		K20	19	02:59:12	03:07:58	04:10:54	04:13:50.20	04:14:30.10	+02:40:32 (63.1%)	13:09	4.6 (37.4%)
391	ŚCIUBA Anita	579	AMATORUNKA	K30	66	02:59:35	03:07:58	04:10:57	04:13:50.55	04:14:30.15	+02:40:32 (63.1%)	13:09	4.6 (37.4%)
392	OWCZAREK Yvonne	848		K50	16	02:46:27	02:54:23	04:12:28	04:15:22.45	04:16:10.65	+02:42:12 (63.3%)	13:13	4.5 (36.6%)
393	BRODZIK Małgorzata	649	NAPRZÓD MŁOCINY	K40	58	02:56:13	03:04:50	04:13:53	04:16:15.65	04:16:35.75	+02:42:37 (63.4%)	13:16	4.5 (36.6%)
394	DUBIECKA Agnieszka	901	BIZUTERIASPORTOWA.COM	K50	17	02:52:32	03:02:40	04:16:00	04:18:27.15	04:18:42.60	+02:44:44 (63.7%)	13:23	4.5 (36.6%)
395	JUSZKO Aleksandra	550		K20	20	02:52:10	03:03:12	04:23:01	04:25:38.25	04:26:20.15	+02:52:22 (64.7%)	13:45	4.4 (35.8%)
396	JUSZKO Monika	510		K50	18	02:52:34	03:04:14	04:23:08	04:26:22.50	04:27:04.05	+02:53:06 (64.8%)	13:48	4.3 (35.0%)
397	GRUDZIŃSKA Agnieszka	877	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	59	03:06:58	03:16:02	04:31:38	04:34:02.15	04:34:37.75	+03:00:39 (65.8%)	14:11	4.2 (34.1%)
398	WOLNIEWICZ Joanna	636	BRODEX TEAM SWARZĘDZ / MORSY SWARZĘDZ	K50	19	03:01:02	03:11:09	04:33:15	04:36:20.05	04:37:05.25	+03:03:07 (66.1%)	14:19	4.2 (34.1%)
399	SKUBISZA Andrzej	637		M50	25	03:01:02	03:11:08	04:33:15	04:36:19.80	04:37:05.30	+03:03:07 (66.1%)	14:19	4.2 (34.1%)
400	AKONOM Aleksandra	900		K40	60	03:05:24	03:15:15	04:35:43	04:38:06.85	04:38:34.20	+03:04:36 (66.3%)	14:24	4.2 (34.1%)
401	WOJTKOWIAK Dorota	593	NSH RUNNERS	K50	20	03:12:26	03:22:34	04:39:55	04:43:04.95	04:43:18.95	+03:09:20 (66.8%)	14:40	4.1 (33.3%)
402	OLĘDZKA-KULIK Monia	879	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	61	03:07:48	03:16:33	04:40:05	04:42:58.80	04:43:34.40	+03:09:36 (66.9%)	14:39	4.1 (33.3%)
403	BAJNO Marta	853		K40	62	03:02:08	03:13:09	04:40:05	04:43:10.30	04:43:58.20	+03:10:00 (66.9%)	14:40	4.1 (33.3%)
404	WODAŁA Jolanta	626	KLUB BIEGACZA RTV EURO AGD	K40	63	03:24:11	03:34:15	04:55:36	04:57:41.35	04:58:12.40	+03:24:14 (68.5%)	15:25	3.9 (31.7%)
Przekroczony limit czasu: 05:00:00													
405	SIECZKOWSKA Małgorzata	629	KLUB BIEGACZA RTV EURO AGD	K50	21	03:24:10	03:34:12	05:06:36	05:09:25.50	05:09:55.90	+03:35:57 (69.7%)	16:01	3.7 (30.1%)
406	BALLEK Vladimir	599	NW PREŠOV - SKALITE	M60	4	03:29:35	03:40:42	05:18:52	05:23:03.65	05:23:08.05	+03:49:10 (70.9%)	16:44	3.6 (29.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Premia1	Premia2	Czas		Różn	Tempo min/km	Tempo km/h	
						12.9km	13.4km	18.8km	netto 19.3km				brutto 19.3km
407	KULLA Milan	585	LK METROPOL KOŠICE	M60	5	03:29:41	03:40:51	05:18:53	05:23:04.90	05:23:08.30	+03:49:10 (70.9%)	16:44	3.6 (29.3%)
408	PEC Monika	615	NAPRZÓD MŁOCINY	K50	22	03:27:20	03:39:01	05:28:35	05:33:43.40	05:34:04.95	+04:00:06 (71.9%)	17:17	3.5 (28.5%)
409	OLEKSY Jarosław	2331	KS LIMANOWA FORREST	M60	6	03:36:33	03:44:47	05:28:06	05:37:01.80	05:37:51.50	+04:03:53 (72.2%)	17:27	3.4 (27.6%)
410	NIZIOŁ Marian	634		M60	7	03:36:36	03:46:21	05:29:15	05:37:02.90	05:37:53.40	+04:03:55 (72.2%)	17:27	3.4 (27.6%)
411	DRATWICKA Agnieszka	591	12TRI.PL	K50	23	03:40:38	03:53:11	05:36:34	05:39:44.20	05:40:17.35	+04:06:19 (72.4%)	17:36	3.4 (27.6%)
412	KRYŚ Agata	857		K30	67	04:08:58	04:21:41	05:56:21	05:58:54.10	05:59:34.00	+04:25:36 (73.9%)	18:35	3.2 (26.0%)
413	MOON Saemaro	165		M30	87	04:08:59	04:21:50	05:56:20	05:58:54.60	05:59:34.40	+04:25:36 (73.9%)	18:35	3.2 (26.0%)
	HRYDZIUSZKO Agnieszka	534		K30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BIEDA Maciej	933	#GH	M30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 415 wynik(ów)