



DYCHA NA JELENI SKOK 2020

B4SPORT

Wydarzenie: VI FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-06-06
Miejsce: Cisna
Dystans: 11 km

B4SPORT

INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	DUDCZAK Michał	3427	BUFF TEAM POLAND	M20	1		00:55:11.00		5:01	12 (100%)
2	TARASEK Wojciech	3148	#ANDRZEJDLUGOSZTEAM / ELEMENO.PL	M20	2		00:58:36.35	+00:03:25 (5.8%)	5:19	11.3 (94.2%)
3	BROJ Marcel	3428	BUFF TEAM POLAND	M20	3		01:00:21.45	+00:05:10 (8.6%)	5:29	10.9 (90.8%)
4	PISAREK Maciej	3195		M40	1		01:00:23.80	+00:05:12 (8.6%)	5:29	10.9 (90.8%)
5	ZALEWSKI Andrzej	3039	TEAN NUTRILITE	M60	1		01:02:52.25	+00:07:41 (12.2%)	5:42	10.5 (87.5%)
6	MULARCZYK Paweł	3290	GRUPA JURA 'PL	M20	4		01:07:08.50	+00:11:57 (17.8%)	6:06	9.8 (81.7%)
7	WETHACZ Dariusz	3270	LOKOMOTIV MAJDAN	M30	1		01:07:11.25	+00:12:00 (17.9%)	6:06	9.8 (81.7%)
8	BAZUŁKA Aleksandra	3425	BUFF TEAM POLAND	K20	1		01:09:33.10	+00:14:22 (20.7%)	6:19	9.5 (79.2%)
9	GARDENER Jacek	3382	JACEKBIEGA RUNNING TEAM	M50	1		01:10:08.90	+00:14:57 (21.3%)	6:22	9.4 (78.3%)
10	RAKSZAWA Krzysztof	3472	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	2		01:10:29.95	+00:15:18 (21.7%)	6:24	9.4 (78.3%)
11	ZĄBCZYŃSKI Dominik	3451	ALPIN SPORT HOKA ONE ONE TEAM	M40	3		01:10:32.85	+00:15:21 (21.8%)	6:24	9.4 (78.3%)
12	MARCOL Mateusz	3424		M30	2		01:13:29.10	+00:18:18 (24.9%)	6:40	9 (75.0%)
13	ŚWIĘTOŃ Grzegorz	3272		M40	4		01:14:41.45	+00:19:30 (26.1%)	6:47	8.8 (73.3%)
14	ILKIEWICZ Adam	3306	3BRO	M30	3		01:14:41.75	+00:19:30 (26.1%)	6:47	8.8 (73.3%)
15	PELA Oliwia	3407		K30	1		01:15:50.00	+00:20:39 (27.2%)	6:53	8.7 (72.5%)
16	ROGÓŻ Jan	3163		M14	1		01:16:39.20	+00:21:28 (28.0%)	6:58	8.6 (71.7%)
17	BIELSKI Roman	3124		M50	2		01:16:50.95	+00:21:39 (28.2%)	6:59	8.6 (71.7%)
18	FULARA Kamil	3240		M20	5		01:17:00.80	+00:21:49 (28.3%)	7:00	8.6 (71.7%)
19	MĘŻYKOWSKI Michał	3470		M40	5		01:17:47.50	+00:22:36 (29.1%)	7:04	8.5 (70.8%)
20	ASŁANOWICZ Marcin	3455		M40	6		01:19:49.15	+00:24:38 (30.9%)	7:15	8.3 (69.2%)
21	ZAWADZKI Marcin	3386	SZCZWANY TRZMIEL TEAM	M30	4		01:20:18.55	+00:25:07 (31.3%)	7:18	8.2 (68.3%)
22	SZYBIAK Maciej	3109	AGONA W&M	M14	2		01:20:26.10	+00:25:15 (31.4%)	7:18	8.2 (68.3%)
23	BEDNAREK Piotr	3441		M20	6		01:21:34.40	+00:26:23 (32.4%)	7:25	8.1 (67.5%)
24	WĘGRZYN Monika	3426	BUFF TEAM POLAND	K20	2		01:22:42.00	+00:27:31 (33.3%)	7:31	8 (66.7%)
25	GAŁUSZKA Tomasz	3205	SKITUROWE BIESZCZADY	M40	7		01:22:56.80	+00:27:45 (33.5%)	7:32	8 (66.7%)
26	WICHLIŃSKA Karolina	3496	NIWYCHOWANI FIZYCZNIE	K20	3		01:22:59.00	+00:27:48 (33.5%)	7:32	8 (66.7%)
27	TWARDUŚ Leszek	3298		M30	5		01:23:26.70	+00:28:15 (33.9%)	7:35	7.9 (65.8%)
28	FUDALI Jacek	3107		M30	6		01:23:40.00	+00:28:29 (34.0%)	7:36	7.9 (65.8%)
29	STARZYK Marzena	3216		K20	4		01:23:45.65	+00:28:34 (34.1%)	7:36	7.9 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	ROGÓŻ Marcin	3180		M30	7		01:23:56.10	+00:28:45 (34.3%)	7:37	7.9 (65.8%)
31	BANASZKIEWICZ Rafał	3166		M30	8		01:24:05.40	+00:28:54 (34.4%)	7:38	7.8 (65.0%)
32	WETHACZ Mateusz	3336		M30	9		01:24:28.65	+00:29:17 (34.7%)	7:40	7.8 (65.0%)
33	KALINOWSKA Dominika	3197	LEKKOATLECI Z OTWOCKA	K20	5		01:24:41.75	+00:29:30 (34.8%)	7:42	7.8 (65.0%)
34	MARCOL Mateusz	3363		M30	10		01:24:46.85	+00:29:35 (34.9%)	7:42	7.8 (65.0%)
35	WOŁOSZYN Artur	3307		M30	11		01:25:05.90	+00:29:54 (35.2%)	7:44	7.8 (65.0%)
36	WOJNAROWSKA Weronika	3069		K30	2		01:25:46.35	+00:30:35 (35.7%)	7:47	7.7 (64.2%)
37	FILIPEK Mariusz	3160		M20	7		01:26:10.10	+00:30:59 (36.0%)	7:50	7.7 (64.2%)
38	GAŁUSZKA Mariusz	3177	GOPR	M40	8		01:26:53.80	+00:31:42 (36.5%)	7:53	7.6 (63.3%)
39	KOMISARCZYK Anna	3294		K30	3		01:27:21.10	+00:32:10 (36.8%)	7:56	7.6 (63.3%)
40	JARMOLIŃSKI Piotr	3275	MARCINŚWIERCTEAM	M40	9		01:27:21.95	+00:32:10 (36.8%)	7:56	7.6 (63.3%)
41	WOŹNIAK Janusz	3033	PORMAT JEDLICZE BIEGA	M50	3		01:27:24.75	+00:32:13 (36.9%)	7:56	7.6 (63.3%)
42	KOZIOŁ Dariusz	3161		M30	12		01:27:41.15	+00:32:30 (37.1%)	7:58	7.5 (62.5%)
43	MUCHA Przemysław	3326		M20	8		01:27:58.05	+00:32:47 (37.3%)	7:59	7.5 (62.5%)
44	ZIARKO Mateusz	3349		M20	9		01:28:00.35	+00:32:49 (37.3%)	8:00	7.5 (62.5%)
45	KAWALEC Krystian	3217		M40	10		01:28:02.70	+00:32:51 (37.3%)	8:00	7.5 (62.5%)
46	WOŁOSZYN Anna	3020		K30	4		01:28:55.60	+00:33:44 (37.9%)	8:05	7.4 (61.7%)
47	ZAMOJSKI Sebastian	3114	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	M40	11		01:29:09.50	+00:33:58 (38.1%)	8:06	7.4 (61.7%)
48	JANAS Marian	3353	DYNAMIC	M60	2		01:29:09.65	+00:33:58 (38.1%)	8:06	7.4 (61.7%)
49	MATYSIAK Agnieszka	3312	KOPALNIA MOCY TARNOBRZEG	K30	5		01:29:45.05	+00:34:34 (38.5%)	8:09	7.4 (61.7%)
50	SMYKA Bartłomiej	3321		M40	12		01:29:48.95	+00:34:37 (38.6%)	8:09	7.3 (60.8%)
51	ROŚCIŃSKI Franciszek	3498	SAMOTNY WILK	M50	4		01:30:23.05	+00:35:12 (38.9%)	8:13	7.3 (60.8%)
52	PODESZWA Marek	3435	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50	5		01:30:23.70	+00:35:12 (39.0%)	8:13	7.3 (60.8%)
53	SZAREK Michał	3322		M30	13		01:30:49.45	+00:35:38 (39.2%)	8:15	7.3 (60.8%)
54	ROGÓŻ Rafał	3162		M40	13		01:31:19.60	+00:36:08 (39.6%)	8:18	7.2 (60.0%)
55	UCHEREK Kazimierz	3078		M50	6		01:31:43.85	+00:36:32 (39.8%)	8:20	7.2 (60.0%)
56	SAWICKA Magdalena	3187		K20	6		01:31:52.75	+00:36:41 (39.9%)	8:21	7.2 (60.0%)
57	CWEN Marcin	3186		M20	10		01:31:53.30	+00:36:42 (39.9%)	8:21	7.2 (60.0%)
58	SOLOVIOV Volodymyr	3395		M20	11		01:31:57.75	+00:36:46 (40.0%)	8:21	7.2 (60.0%)
59	LACHOWICZ Ryszard	3390		M50	7		01:32:09.50	+00:36:58 (40.1%)	8:22	7.2 (60.0%)
60	ASŁANOWICZ Matylda	3212		K14	1		01:32:12.05	+00:37:01 (40.1%)	8:22	7.2 (60.0%)
61	ASŁANOWICZ Marcin	3301		M40	14		01:32:12.20	+00:37:01 (40.2%)	8:22	7.2 (60.0%)
62	METRYCKI Dariusz	3315	BIEGACZ NOWOSOLNA	M40	15		01:32:14.40	+00:37:03 (40.2%)	8:23	7.2 (60.0%)
63	ASLANOWICZ Matylda	3457	ŻÓRAWSKI TEAM	K14	2		01:33:13.45	+00:38:02 (40.8%)	8:28	7.1 (59.2%)
64	LUTY Przemysław	3341		M20	12		01:33:30.65	+00:38:19 (41.0%)	8:30	7.1 (59.2%)
65	WARAKSA Tomasz	3250	VEGE RUNNERS	M30	14		01:33:41.95	+00:38:30 (41.1%)	8:31	7 (58.3%)
66	WÓLKIEWICZ Paweł	3070	KS STASZEWSKY	M50	8		01:33:48.10	+00:38:37 (41.2%)	8:31	7 (58.3%)
67	GALICA-NIEPOKÓJ Agnieszka	3185	BIESZCZADZKI KLUB NORDIC WALKING	K30	6		01:33:50.25	+00:38:39 (41.2%)	8:31	7 (58.3%)
68	WIERZBA Jacek	3404	KLUB BIEGACZA SUKCES ŻMIGRÓD	M40	16		01:34:03.70	+00:38:52 (41.3%)	8:33	7 (58.3%)
69	DŁUGOSZ-STĘPNIAK Agnieszka	3119	STAY INSANE	K30	7		01:34:14.45	+00:39:03 (41.4%)	8:34	7 (58.3%)
70	KOTOWSKI Sławomir	3238		M50	9		01:34:20.45	+00:39:09 (41.5%)	8:34	7 (58.3%)
71	KANDEFER Wojciech	3204	KB„ATHLETIC"ZRĘCIN	M50	10		01:34:22.55	+00:39:11 (41.5%)	8:34	7 (58.3%)
72	WROŃSKI Łukasz	3396		M20	13		01:34:48.35	+00:39:37 (41.8%)	8:37	7 (58.3%)
73	GAJOS Łukasz	3282	LIGA GENTLEMANÓW	M30	15		01:35:04.95	+00:39:53 (42.0%)	8:38	6.9 (57.5%)

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74	DĘBSKI Łukasz	3338		M30	16		01:35:05.05	+00:39:54 (42.0%)	8:38	6.9 (57.5%)
75	LAMERS Przemek	3339		M20	14		01:35:29.80	+00:40:18 (42.2%)	8:40	6.9 (57.5%)
76	UJMA Stanisław	3106		M60	3		01:36:12.85	+00:41:01 (42.6%)	8:44	6.9 (57.5%)
77	STASIAK Adam	3334		M14	3		01:36:22.35	+00:41:11 (42.7%)	8:45	6.8 (56.7%)
78	GAJOS Paweł	3289		M20	15		01:36:39.25	+00:41:28 (42.9%)	8:47	6.8 (56.7%)
79	KARSKI Tomasz	3225		M30	17		01:36:50.60	+00:41:39 (43.0%)	8:48	6.8 (56.7%)
80	BOROWSKI Jeremi	3408		M14	4		01:37:21.80	+00:42:10 (43.3%)	8:51	6.8 (56.7%)
81	SZULWIC Rafał	3337	LIGA GENTLEMENÓW	M30	18		01:37:25.35	+00:42:14 (43.4%)	8:51	6.8 (56.7%)
82	KONCA Aleksander	3001	KB OŻARÓW MAZOWIECKI BIEGA	M20	16		01:37:31.20	+00:42:20 (43.4%)	8:51	6.8 (56.7%)
83	ŚMIECHOWSKA Małgorzata	3115		K40	1		01:38:13.75	+00:43:02 (43.8%)	8:55	6.7 (55.8%)
84	CHYLIŃSKI Bartosz	3429		M30	19		01:38:19.85	+00:43:08 (43.9%)	8:56	6.7 (55.8%)
85	STACH Jacek	3305		M40	17		01:38:28.80	+00:43:17 (44.0%)	8:57	6.7 (55.8%)
86	RAINCO Jerzy	3413		M30	20		01:38:39.15	+00:43:28 (44.1%)	8:58	6.7 (55.8%)
87	FLORYSZCZAK Marian	3391		M60	4		01:38:48.15	+00:43:37 (44.1%)	8:58	6.7 (55.8%)
88	MATYSIAK Michał	3397	KOPALNIA MOCY TARNOBRZEG	M30	21		01:38:57.65	+00:43:46 (44.2%)	8:59	6.7 (55.8%)
89	RYŚ Marzena	3280	KONIU SQUAD	K20	7		01:39:17.75	+00:44:06 (44.4%)	9:01	6.6 (55.0%)
90	PASIEKA Agnieszka	3244		K40	2		01:39:23.65	+00:44:12 (44.5%)	9:02	6.6 (55.0%)
91	GRONIECKI Mikołaj	3357		M40	18		01:40:00.40	+00:44:49 (44.8%)	9:05	6.6 (55.0%)
92	HERTEL Michał	3410	SNG WILD DUCK	M40	19		01:40:10.10	+00:44:59 (44.9%)	9:06	6.6 (55.0%)
93	WARZYCHA Krzysztof	3182	MAXEL	M50	11		01:40:54.40	+00:45:43 (45.3%)	9:10	6.5 (54.2%)
94	JANOWSKA Justyna	3191		K30	8		01:41:17.70	+00:46:06 (45.5%)	9:12	6.5 (54.2%)
95	MITRUCZUK Sławomir	3087		M40	20		01:41:19.70	+00:46:08 (45.5%)	9:12	6.5 (54.2%)
96	KIELAR Kamila	3224		K30	9		01:41:21.20	+00:46:10 (45.6%)	9:12	6.5 (54.2%)
97	POKRYWKA Stefan	3499		M60	5		01:41:39.75	+00:46:28 (45.7%)	9:14	6.5 (54.2%)
98	WIŚNIEWSKA Żaneta	3165	KIJKOWE TRZEMESZNO	K20	8		01:42:03.45	+00:46:52 (45.9%)	9:16	6.5 (54.2%)
99	BIAŁEK Michał	3090		M20	17		01:42:06.50	+00:46:55 (46.0%)	9:16	6.5 (54.2%)
100	MAZURCZUK Gabriel	3062	WIST	M14	5		01:42:30.10	+00:47:19 (46.2%)	9:19	6.4 (53.3%)
101	ŁĄCKA Agata	3420		K30	10		01:43:21.05	+00:48:10 (46.6%)	9:23	6.4 (53.3%)
102	SZEWCZYK Bartosz	3432	AUROVITAS	M30	22		01:43:22.45	+00:48:11 (46.6%)	9:23	6.4 (53.3%)
103	PŁAZA Edyta	3439		K40	3		01:43:43.35	+00:48:32 (46.8%)	9:25	6.4 (53.3%)
104	OLSZAK Maciej	3149	5 MBOT	M30	23		01:43:59.15	+00:48:48 (46.9%)	9:27	6.3 (52.5%)
105	ŁYSEK Artur	3010	NIE LAM SIĘ	M20	18		01:44:05.95	+00:48:54 (47.0%)	9:27	6.3 (52.5%)
106	HRYCAJ Mariusz	3037	WKURW TEAM / REBELLION OF FREE RUNNERS	M40	21		01:44:06.55	+00:48:55 (47.0%)	9:27	6.3 (52.5%)
107	SASAL Monika	3178		K40	4		01:44:18.70	+00:49:07 (47.1%)	9:28	6.3 (52.5%)
108	HANUSIAK Leszek	3281	KONIU SQUAD	M30	24		01:44:24.65	+00:49:13 (47.1%)	9:29	6.3 (52.5%)
109	OLSZAK Zenon	3268	WARSAW RUN CLUB	M50	12		01:45:16.80	+00:50:05 (47.6%)	9:34	6.3 (52.5%)
110	KUTNIK Mirosław	3392	KB BIAŁA BIEGA	M40	22		01:45:19.65	+00:50:08 (47.6%)	9:34	6.3 (52.5%)
111	SUDAKOWSKI Bartek	3348	COCONUT TEAM	M20	19		01:45:23.70	+00:50:12 (47.6%)	9:34	6.3 (52.5%)
112	ANDRZEJEWSKA Monika	3360		K30	11		01:45:58.45	+00:50:47 (47.9%)	9:38	6.2 (51.7%)
113	ANDRZEJEWSKI Maciej	3359		M30	25		01:45:58.55	+00:50:47 (47.9%)	9:38	6.2 (51.7%)
114	NOWORYTA Bartłomiej	3044	TECHNIPFMC	M30	26		01:46:10.75	+00:50:59 (48.0%)	9:39	6.2 (51.7%)
115	MADEJ Weronika	3245		K20	9		01:46:19.50	+00:51:08 (48.1%)	9:40	6.2 (51.7%)
116	PAJDOSZ Katarzyna	3372	KB BIAŁA BIEGA	K30	12		01:46:34.70	+00:51:23 (48.2%)	9:41	6.2 (51.7%)
117	BUGAŁA Robert	3143	SOLID HOUSE	M50	13		01:47:04.60	+00:51:53 (48.5%)	9:44	6.2 (51.7%)

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118	CIEŚLIK Karolina	3016		K20	10		01:47:22.50	+00:52:11 (48.6%)	9:45	6.1 (50.8%)
119	MAĆZKA Michał	3314		M40	23		01:47:46.00	+00:52:35 (48.8%)	9:47	6.1 (50.8%)
120	KOZACZUK Maria	3220		K40	5		01:48:09.20	+00:52:58 (49.0%)	9:49	6.1 (50.8%)
121	HARNIK Aleksander	3327	KOPALNIA MOCY	M14	6		01:48:25.35	+00:53:14 (49.1%)	9:51	6.1 (50.8%)
122	SYPKO-KUBICKA Katarzyna	3302		K40	6		01:48:29.80	+00:53:18 (49.1%)	9:51	6.1 (50.8%)
123	KUBICKI Mariusz	3303		M40	24		01:48:29.85	+00:53:18 (49.1%)	9:51	6.1 (50.8%)
124	KUC Adam	3259	THE STRYCHERS	M40	25		01:48:31.90	+00:53:20 (49.2%)	9:52	6.1 (50.8%)
125	BOROWSKA Julia	3463		K20	11		01:48:45.90	+00:53:34 (49.3%)	9:53	6.1 (50.8%)
126	WEBER Agata	3469	JACEKBIEGA RUNNING TEAM	K40	7		01:48:46.30	+00:53:35 (49.3%)	9:53	6.1 (50.8%)
127	STAWIARZ Paweł	3019		M30	27		01:49:41.50	+00:54:30 (49.7%)	9:58	6 (50.0%)
128	KURCZ Magdalena	3286		K20	12		01:49:42.55	+00:54:31 (49.7%)	9:58	6 (50.0%)
129	SURMA Anna	3356		K20	13		01:50:10.10	+00:54:59 (49.9%)	10:00	6 (50.0%)
130	LUDWINEK-ZARZEKA Iwona	3273	VEGE RUNNERS	K30	13		01:50:26.60	+00:55:15 (50.0%)	10:02	6 (50.0%)
131	SUROWIEC Paweł	3452		M40	26		01:51:19.70	+00:56:08 (50.4%)	10:07	5.9 (49.2%)
132	SADOWSKI Mieczysław	3453		M40	27		01:51:20.25	+00:56:09 (50.4%)	10:07	5.9 (49.2%)
133	GOŁĘBIEWSKI Rafał	3181		M30	28		01:51:45.55	+00:56:34 (50.6%)	10:09	5.9 (49.2%)
134	GRABAREK Mateusz	3000		M30	29		01:51:48.10	+00:56:37 (50.6%)	10:09	5.9 (49.2%)
135	KUNKEL Sławomir	3412		M30	30		01:51:50.90	+00:56:39 (50.7%)	10:10	5.9 (49.2%)
136	BUKAŁA Jacek	3083		M50	14		01:52:09.20	+00:56:58 (50.8%)	10:11	5.9 (49.2%)
137	KALANDYK Krzysztof	3342		M20	20		01:52:12.70	+00:57:01 (50.8%)	10:12	5.9 (49.2%)
138	CIĄPAŁA Paulina	3013		K30	14		01:52:24.80	+00:57:13 (50.9%)	10:13	5.9 (49.2%)
139	CABAŃSKA Dorota	3325		K40	8		01:52:30.20	+00:57:19 (50.9%)	10:13	5.9 (49.2%)
140	MARCINIAK Paulina	3021		K30	15		01:52:37.80	+00:57:26 (51.0%)	10:14	5.9 (49.2%)
141	WICHLIŃSKI Łukasz	3274		M20	21		01:52:40.95	+00:57:29 (51.0%)	10:14	5.9 (49.2%)
142	WRÓBEL Małgorzata	3460		K20	14		01:53:02.55	+00:57:51 (51.2%)	10:16	5.8 (48.3%)
143	PENAR Arkadiusz	3213		M50	15		01:53:05.35	+00:57:54 (51.2%)	10:16	5.8 (48.3%)
144	ANDRASZ Paweł	3100		M20	22		01:53:19.10	+00:58:08 (51.3%)	10:18	5.8 (48.3%)
145	KĘDRA Agnieszka	3036		K20	15		01:53:42.10	+00:58:31 (51.5%)	10:20	5.8 (48.3%)
146	KUBASIK Marcin	3168		M30	31		01:53:49.75	+00:58:38 (51.5%)	10:20	5.8 (48.3%)
147	DAGIEL Janusz	3170	NIE ŻARTUJ, ŻE NAS ZAPISAŁEŚ	M30	32		01:53:56.05	+00:58:45 (51.6%)	10:21	5.8 (48.3%)
148	KORZEP Aleksandra	3471		K20	16		01:53:58.70	+00:58:47 (51.6%)	10:21	5.8 (48.3%)
149	KORZEP-CZEKALSKA Dorota	3058	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	9		01:53:58.95	+00:58:47 (51.6%)	10:21	5.8 (48.3%)
150	LINDA Jakub	3352		M20	23		01:53:59.40	+00:58:48 (51.6%)	10:21	5.8 (48.3%)
151	KOCIUMBAS Kacper	3351		M20	24		01:53:59.45	+00:58:48 (51.6%)	10:21	5.8 (48.3%)
152	BERNAT Rafał	3169	NIE ŻARTUJ, ŻE NAS ZAPISAŁEŚ	M30	33		01:54:01.40	+00:58:50 (51.6%)	10:22	5.8 (48.3%)
153	WRÓBEL Bartłomiej	3189	CISNA	M40	28		01:54:12.30	+00:59:01 (51.7%)	10:22	5.8 (48.3%)
154	ŁUKAWSKI Tomek	3369	B4SPORT	M20	25		01:54:17.85	+00:59:06 (51.7%)	10:23	5.8 (48.3%)
155	DOMŻOŁ Radosław	3110	FULFILL DREAMS TEAM PSZCZYNA	M20	26		01:54:25.00	+00:59:14 (51.8%)	10:24	5.8 (48.3%)
156	CHOŁUJ Aleksandra	3092	WARIATKI HISTERYCZKI	K14	3		01:55:40.15	+01:00:29 (52.3%)	10:30	5.7 (47.5%)
157	CHOŁUJ Iwona	3093	WARIATKI HISTERYCZKI	K40	10		01:55:43.15	+01:00:32 (52.3%)	10:31	5.7 (47.5%)
158	MIŚKIEWICZ Krzysztof	3371	B4SPORT	M50	16		01:56:12.65	+01:01:01 (52.5%)	10:33	5.7 (47.5%)
159	SYKUŁA Rafał	3184	TRUCKS BULLS	M30	34		01:56:17.80	+01:01:06 (52.5%)	10:34	5.7 (47.5%)
160	TRELA Roman	3167	TRUCKS BULLS	M40	29		01:56:18.65	+01:01:07 (52.6%)	10:34	5.7 (47.5%)
161	MICHAŁEK Jarosław	3304		M50	17		01:56:24.60	+01:01:13 (52.6%)	10:35	5.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
162	KWIECIEŃ Dorota	3214		K40	11		01:56:41.55	+01:01:30 (52.7%)	10:36	5.7 (47.5%)
163	MYSZKA Ewelina	3015		K30	16		01:56:42.85	+01:01:31 (52.7%)	10:36	5.7 (47.5%)
164	GAJEWSKA-POLAK Iwona	3284		K50	1		01:56:48.15	+01:01:37 (52.8%)	10:37	5.7 (47.5%)
165	LATAK Michał	3283	JACEKBIEGA RUNNING TEAM	M40	30		01:56:49.55	+01:01:38 (52.8%)	10:37	5.6 (46.7%)
166	MARCOL Dominika	3366		K20	17		01:56:59.20	+01:01:48 (52.8%)	10:38	5.6 (46.7%)
167	MARCOL Wojciech	3367		M50	18		01:57:00.75	+01:01:49 (52.8%)	10:38	5.6 (46.7%)
168	PORĘBSKI Tomasz	3450		M30	35		01:57:09.15	+01:01:58 (52.9%)	10:39	5.6 (46.7%)
169	CZEKALSKI Mariusz	3398	BBL	M40	31		01:57:10.35	+01:01:59 (52.9%)	10:39	5.6 (46.7%)
170	MARCOL Wojciech	3368		M14	7		01:57:16.35	+01:02:05 (52.9%)	10:39	5.6 (46.7%)
171	WALKOWIAK Karol	3255	WALBET TEAM	M30	36		01:58:35.80	+01:03:24 (53.5%)	10:46	5.6 (46.7%)
172	RUDZIARCZYK Karolina	3011	FUCHS OIL TEAM	K20	18		01:58:38.55	+01:03:27 (53.5%)	10:47	5.6 (46.7%)
173	NOWAK Michał	3257	WALBET TEAM	M30	37		01:58:47.80	+01:03:36 (53.5%)	10:48	5.6 (46.7%)
174	PAUL Violetta	3377		K40	12		01:58:55.30	+01:03:44 (53.6%)	10:48	5.5 (45.8%)
175	KRAJKA Roman	3254	WALBET TEAM	M30	38		01:59:07.45	+01:03:56 (53.7%)	10:49	5.5 (45.8%)
176	JANISZEWSKI Sławomir	3399	RAWA TIM ZAWSZE SLIM	M40	32		01:59:09.05	+01:03:58 (53.7%)	10:49	5.5 (45.8%)
177	KORDEK Patryk	3256	WALBET TEAM	M20	27		01:59:10.35	+01:03:59 (53.7%)	10:50	5.5 (45.8%)
178	SZYMAŁA Karolina	3005		K20	19		01:59:18.80	+01:04:07 (53.7%)	10:50	5.5 (45.8%)
179	NOWAK Małgorzata	3262	WALBET TEAM	K30	17		01:59:27.10	+01:04:16 (53.8%)	10:51	5.5 (45.8%)
180	GRZEGORZEWSKA Marlena	3222		K50	2		01:59:32.85	+01:04:21 (53.8%)	10:52	5.5 (45.8%)
181	CEGLEWSKA Izabela	3231		K30	18		01:59:35.35	+01:04:24 (53.9%)	10:52	5.5 (45.8%)
182	WALKOWIAK Joanna	3261	WALBET TEAM	K30	19		01:59:35.80	+01:04:24 (53.9%)	10:52	5.5 (45.8%)
183	SZCZEPANIAK Dominik	3258	WALBET TEAM	M30	39		01:59:42.40	+01:04:31 (53.9%)	10:52	5.5 (45.8%)
184	SZADKOWSKI Paweł	3383	BP RUNNING TEAM	M30	40		01:59:44.55	+01:04:33 (53.9%)	10:53	5.5 (45.8%)
185	KNAP Klaudia	3434	R.AMBO DRUGA CREW	K30	20		01:59:58.20	+01:04:47 (54.0%)	10:54	5.5 (45.8%)
186	OCHAŁ Katarzyna	3211		K30	21	01:00:00	02:00:13.00	+01:05:02 (54.1%)	5:28	11 (91.7%)
187	CHOLEWA Agnieszka	3296	MATNER RUNNING TEAM	K30	22		02:00:14.45	+01:05:03 (54.1%)	10:55	5.5 (45.8%)
188	SZYMCZYŃSKA Konstancja	3172		K30	23		02:00:20.40	+01:05:09 (54.1%)	10:56	5.5 (45.8%)
189	SZYMCZYŃSKI Błażej	3035		M30	41		02:00:20.75	+01:05:09 (54.1%)	10:56	5.5 (45.8%)
190	BIENIECKI Marek	3347	OTK RZEŹNIK	M20	28	00:40:00	02:00:22.00	+01:05:11 (54.2%)	7:18	8.2 (68.3%)
191	KOWALCZUK Paweł	3297		M30	42		02:00:39.40	+01:05:28 (54.3%)	10:58	5.5 (45.8%)
192	BILCZEWSKA Basia	3311	HEINEKEN KRAKOW RUNNING CLUB	K30	24		02:00:46.10	+01:05:35 (54.3%)	10:58	5.5 (45.8%)
193	GRACZYK Dobrochna	3018		K14	4		02:01:03.00	+01:05:52 (54.4%)	11:00	5.5 (45.8%)
194	UCHEREK Kinga	3079		K40	13	01:00:00	02:01:49.00	+01:06:38 (54.7%)	5:37	10.7 (89.2%)
195	MUSKUS Karolina	3152	NOA	K30	25		02:01:56.25	+01:06:45 (54.7%)	11:05	5.4 (45.0%)
196	DZIAŁO Łukasz	3171		M20	29		02:02:16.40	+01:07:05 (54.9%)	11:06	5.4 (45.0%)
197	WIECZOREK Adrian	3196		M30	43		02:02:31.75	+01:07:20 (55.0%)	11:08	5.4 (45.0%)
198	WITKOWSKI Krzysztof	3323	KOPALNIA MOCY TARNOBRZEG	M40	33		02:02:43.30	+01:07:32 (55.0%)	11:09	5.4 (45.0%)
199	HARNIK Michał	3328	KOPALNIA MOCY	M30	44		02:02:48.10	+01:07:37 (55.1%)	11:09	5.4 (45.0%)
200	BATOREK Bogdan	3436	RAWA TIM ZAWSZE SLIM	M40	34		02:03:01.45	+01:07:50 (55.1%)	11:11	5.4 (45.0%)
201	KURKIEWICZ Sylwia	3082		K40	14		02:03:36.35	+01:08:25 (55.4%)	11:14	5.3 (44.2%)
202	KABAT Paweł	3458		M50	19		02:03:37.70	+01:08:26 (55.4%)	11:14	5.3 (44.2%)
203	URBAŃSKA Katarzyna	3105		K30	26		02:03:58.10	+01:08:47 (55.5%)	11:16	5.3 (44.2%)
204	GRACZYK Piotr	3324		M30	45		02:04:00.75	+01:08:49 (55.5%)	11:16	5.3 (44.2%)
205	GAJEWSKA Magda	3221	LAFIRYNDY I GAMONIE	K40	15		02:04:19.70	+01:09:08 (55.6%)	11:18	5.3 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
206	LEŚNIEWSKI Tomek	3223	LAFIRYNDY & GAMONIE	M40	35		02:04:21.35	+01:09:10 (55.6%)	11:18	5.3 (44.2%)
207	OLEWNIK Łukasz	3448	AGB TORFY	M30	46		02:04:39.40	+01:09:28 (55.7%)	11:20	5.3 (44.2%)
208	OLEWNIK Aleksandra	3073		K30	27		02:04:40.00	+01:09:29 (55.7%)	11:20	5.3 (44.2%)
209	BAJSAROWICZ Zuzanna	3099		K30	28		02:04:58.40	+01:09:47 (55.8%)	11:21	5.3 (44.2%)
210	MAĆZKA Krystyna	3379	OTK RZEŹNIK	K60	1		02:05:03.50	+01:09:52 (55.9%)	11:22	5.3 (44.2%)
211	CEPA Katarzyna	3374		K30	29		02:05:18.45	+01:10:07 (56.0%)	11:23	5.3 (44.2%)
212	ŁUKOMSKI Maciej	3373	ŁÓDZKI KLUB WYSOKOGÓRSKI	M40	36		02:05:19.25	+01:10:08 (56.0%)	11:23	5.3 (44.2%)
213	BECHTA Damian	3291	ADIDAS RUNNERS WARSAW	M20	30		02:05:59.60	+01:10:48 (56.2%)	11:27	5.2 (43.3%)
214	GUZOWSKA Katarzyna	3299	BRACTWO BIEGOWE BGK	K20	20		02:05:59.95	+01:10:48 (56.2%)	11:27	5.2 (43.3%)
215	PACHOLSKA Agnieszka	3239		K20	21		02:06:15.90	+01:11:04 (56.3%)	11:28	5.2 (43.3%)
216	MÓWIŃSKA Katarzyna	3266		K40	16		02:06:19.60	+01:11:08 (56.3%)	11:29	5.2 (43.3%)
217	FOLTA Anita	3031	ZARSZYŃSKI KLUB BIEGACZA	K50	3		02:07:24.00	+01:12:13 (56.7%)	11:34	5.2 (43.3%)
218	RECZEK Sebastian	3288	KS ZIELONO CZARNI	M40	37		02:07:37.75	+01:12:26 (56.8%)	11:36	5.2 (43.3%)
219	BEDNARCZUK Joanna	3133		K40	17		02:07:42.65	+01:12:31 (56.8%)	11:36	5.2 (43.3%)
220	SADOWSKA Małgorzata	3344		K30	30		02:07:42.75	+01:12:31 (56.8%)	11:36	5.2 (43.3%)
221	MACHOWSKI Artur	3343		M20	31		02:08:27.85	+01:13:16 (57.0%)	11:40	5.1 (42.5%)
222	WOŹNIAK Lidia	3034	PORMAT JEDLICZE BIEGA	K50	4		02:08:47.25	+01:13:36 (57.2%)	11:42	5.1 (42.5%)
223	PARTYKA Agnieszka	3376	RZESZOWSKIE GAZELE I GEPARDY	K40	18		02:09:11.40	+01:14:00 (57.3%)	11:44	5.1 (42.5%)
224	PARTYKA Andrzej	3375	RZESZOWSKIE GAZELE I GEPARDY	M40	38		02:09:12.05	+01:14:01 (57.3%)	11:44	5.1 (42.5%)
225	KLECKA Paulina	3243	SPARTAŃSKA DZICZ	K30	31		02:09:44.50	+01:14:33 (57.5%)	11:47	5.1 (42.5%)
226	SARAD Sabina	3242	SPARTAŃSKA DZICZ	K20	22		02:09:45.70	+01:14:34 (57.5%)	11:47	5.1 (42.5%)
227	KOZA Sebastian	3179	SSW TEAM KROŚNICE	M20	32		02:09:46.15	+01:14:35 (57.5%)	11:47	5.1 (42.5%)
228	MAJCHROWICZ Justyna	3251	FC PROSIACZEK	K30	32		02:09:46.30	+01:14:35 (57.5%)	11:47	5.1 (42.5%)
229	TOKARZ Krzysztof	3271		M30	47		02:09:48.30	+01:14:37 (57.5%)	11:48	5.1 (42.5%)
230	SKOREK Paweł	3423	SSW TEAM KROŚNICE	M30	48		02:09:51.05	+01:14:40 (57.5%)	11:48	5.1 (42.5%)
231	SKOREK Natalia	3422	SSW TEAM KROŚNICE	K30	33		02:09:51.80	+01:14:40 (57.5%)	11:48	5.1 (42.5%)
232	ASŁANOWICZ Max	3456		M14	8		02:10:09.65	+01:14:58 (57.6%)	11:50	5.1 (42.5%)
233	TYRKA-KACZMAREK Karolina	3091		K30	34		02:10:14.10	+01:15:03 (57.6%)	11:50	5.1 (42.5%)
234	KUTA Anna	3047		K40	19		02:10:17.65	+01:15:06 (57.6%)	11:50	5.1 (42.5%)
235	PISINGAS Mariusz	3319	BIEGANIE TO MÓJ TRZEŻWY	M40	39		02:11:08.80	+01:15:57 (57.9%)	11:55	5 (41.7%)
236	FRANKIEWICZ Karol	3332		M30	49		02:11:37.80	+01:16:26 (58.1%)	11:57	5 (41.7%)
237	MAŁEK Krzysztof	3156		M30	50		02:11:50.15	+01:16:39 (58.1%)	11:59	5 (41.7%)
238	BYSZEWSKI Filip	3449		M20	33		02:11:58.50	+01:16:47 (58.2%)	11:59	5 (41.7%)
239	ANGOWSKA Beata	3095		K30	35		02:12:23.60	+01:17:12 (58.3%)	12:02	5 (41.7%)
240	ANGOWSKI Marcin	3094		M40	40		02:12:25.95	+01:17:14 (58.3%)	12:02	5 (41.7%)
241	PASZEK Krystyna	3229	DOGOŃ GRODZISK MAZOWIECKI	K50	5		02:12:40.70	+01:17:29 (58.4%)	12:03	5 (41.7%)
242	PAWELEC Krystyna	3230	DOGOŃ GRODZISK MAZOWIECKI	K60	2		02:12:40.75	+01:17:29 (58.4%)	12:03	5 (41.7%)
243	ZIMOŃ Paulina	3263		K20	23		02:13:02.75	+01:17:51 (58.5%)	12:05	5 (41.7%)
244	MAZURKIEWICZ Bartłomiej	3264	ZAPOROWY MARATON TEAM	M20	34		02:13:03.20	+01:17:52 (58.5%)	12:05	5 (41.7%)
245	SZYMAŃSKA Jolanta	3370		K30	36		02:13:10.90	+01:17:59 (58.6%)	12:06	5 (41.7%)
246	BARWINEK Robert	3389		M30	51		02:13:12.65	+01:18:01 (58.6%)	12:06	5 (41.7%)
247	GOSTYŃSKA Weronika	3002		K40	20		02:13:20.35	+01:18:09 (58.6%)	12:07	4.9 (40.8%)
248	PAWLAK Bartosz	3024		M40	41		02:13:54.40	+01:18:43 (58.8%)	12:10	4.9 (40.8%)
249	JAMBOR Michał	3025	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	42		02:13:55.50	+01:18:44 (58.8%)	12:10	4.9 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
250	PIASECZYŃSKA-JAMBOR Agata	3287		K40	21		02:13:55.70	+01:18:44 (58.8%)	12:10	4.9 (40.8%)
251	PAWLAK Beata	3022		K40	22		02:14:00.45	+01:18:49 (58.8%)	12:10	4.9 (40.8%)
252	WALKOWICZ Iwona	3331		K30	37		02:14:03.30	+01:18:52 (58.8%)	12:11	4.9 (40.8%)
253	WIŚNIEWSKA Iwona	3333	BIEGACZE SPECJALNEJ TROSKI	K30	38	01:00:00	02:14:12.00	+01:19:01 (58.9%)	6:44	8.9 (74.2%)
254	STAŃCZYK Emilia	3098		K30	39		02:14:37.75	+01:19:26 (59.0%)	12:14	4.9 (40.8%)
255	STAŃCZYK Mateusz	3097		M30	52		02:14:37.85	+01:19:26 (59.0%)	12:14	4.9 (40.8%)
256	BUDZYŃ Paweł	3316	VISEGRAD MARATON RYTRO	M40	43		02:15:15.00	+01:20:04 (59.2%)	12:17	4.9 (40.8%)
257	SZPERNAL Beata	3054		K50	6		02:15:15.60	+01:20:04 (59.2%)	12:17	4.9 (40.8%)
258	DZIAMENTSJEVA Vijaleta	3387		K30	40		02:16:14.00	+01:21:03 (59.5%)	12:23	4.8 (40.0%)
259	SIDLO-GALKOWSKA Malgorzata	3059		K40	23		02:16:47.90	+01:21:36 (59.7%)	12:26	4.8 (40.0%)
260	ZIÓŁKOWSKA Paulina	3467	GIT EKIPA	K40	24		02:16:53.80	+01:21:42 (59.7%)	12:26	4.8 (40.0%)
261	CIEPAK Krystian	3466	GIT EKIPA	M20	35		02:16:54.20	+01:21:43 (59.7%)	12:26	4.8 (40.0%)
262	CIEPAK Adam	3465	GIT EKIPA !	M40	44		02:16:55.20	+01:21:44 (59.7%)	12:26	4.8 (40.0%)
263	JĘCZMIŃSKA Anna	3045		K40	25		02:16:56.50	+01:21:45 (59.7%)	12:26	4.8 (40.0%)
264	MARASEK Anna	3042		K40	26		02:16:57.40	+01:21:46 (59.7%)	12:27	4.8 (40.0%)
265	ZAGÓRSKI Mateusz	3046		M20	36		02:17:20.35	+01:22:09 (59.8%)	12:29	4.8 (40.0%)
266	REDMER Bartłomiej	3071		M20	37		02:17:21.25	+01:22:10 (59.8%)	12:29	4.8 (40.0%)
267	SZUBA Krzysztof	3038		M50	20		02:17:24.05	+01:22:13 (59.8%)	12:29	4.8 (40.0%)
268	KLIMEK Łukasz	3394		M40	45		02:17:27.85	+01:22:16 (59.9%)	12:29	4.8 (40.0%)
269	CZADERSKA Weronika	3358	X-TEAM SPECIAL FORCES	K20	24		02:17:32.05	+01:22:21 (59.9%)	12:30	4.8 (40.0%)
270	KRUZEL Małgorzata	3248	BIEGOWE MISIE	K20	25		02:17:53.85	+01:22:42 (60.0%)	12:32	4.8 (40.0%)
271	NIEMYJSKI Maciej	3252	BIEGOWE MISIE	M20	38		02:17:56.65	+01:22:45 (60.0%)	12:32	4.8 (40.0%)
272	WALISZEWSKA-PLEWA Izabela	3006		K40	27		02:18:23.50	+01:23:12 (60.1%)	12:34	4.8 (40.0%)
273	KNIEC Kamila	3430		K20	26		02:18:38.35	+01:23:27 (60.2%)	12:36	4.8 (40.0%)
274	MALAGOWSKI Marcin	3202		M30	53		02:18:40.90	+01:23:29 (60.2%)	12:36	4.8 (40.0%)
275	SZCZYGIELSKA Patrycja	3313		K30	41		02:18:44.10	+01:23:33 (60.2%)	12:36	4.8 (40.0%)
276	KALICIŃSKI Jarosław	3049	ŚLĘZAKTEAM	M30	54		02:18:47.30	+01:23:36 (60.2%)	12:37	4.8 (40.0%)
277	KOCHANIAK Kasia	3203		K40	28		02:18:48.55	+01:23:37 (60.2%)	12:37	4.8 (40.0%)
278	KOCHANIAK Andrzej	3032		M30	55		02:18:49.15	+01:23:38 (60.2%)	12:37	4.8 (40.0%)
279	FURMAN Agnieszka	3267	OCHAJORUN & FRIENDS	K30	42		02:19:14.85	+01:24:03 (60.4%)	12:39	4.7 (39.2%)
280	FURMAN Michał	3276	OCHAJORUN & FRIENDS	M30	56		02:19:15.25	+01:24:04 (60.4%)	12:39	4.7 (39.2%)
281	CIECHAROWSKA Justyna	3241	NIKO_TEAM	K30	43		02:19:20.55	+01:24:09 (60.4%)	12:40	4.7 (39.2%)
282	KALICIŃSKA Monika	3050	NOSTROMO	K30	44		02:19:44.40	+01:24:33 (60.5%)	12:42	4.7 (39.2%)
283	KASZUBA Ryszard	3017	KLUB SPORTOWY PRESTIGE	M60	6		02:19:58.60	+01:24:47 (60.6%)	12:43	4.7 (39.2%)
284	BUCHTA Ewelina	3174	NIE LAM SIĘ	K20	27		02:20:25.95	+01:25:14 (60.7%)	12:46	4.7 (39.2%)
285	MAREK Agnieszka	3056		K40	29		02:20:40.75	+01:25:29 (60.8%)	12:47	4.7 (39.2%)
286	TURNIAK Dariusz	3057		M40	46		02:20:41.85	+01:25:30 (60.8%)	12:47	4.7 (39.2%)
287	SKUBISZ Katarzyna	3414	BIEGACZE SPECJALNEJ TROSKI	K40	30		02:20:53.20	+01:25:42 (60.8%)	12:48	4.7 (39.2%)
288	KACZYŃSKA Julia	3345		K20	28		02:20:53.55	+01:25:42 (60.8%)	12:48	4.7 (39.2%)
289	KACZYŃSKI Artur	3346		M40	47		02:20:54.95	+01:25:43 (60.8%)	12:48	4.7 (39.2%)
290	KŁĘCZAR Igor	3445		M20	39		02:21:12.40	+01:26:01 (60.9%)	12:50	4.7 (39.2%)
291	BUREK Justyna	3446		K20	29		02:21:13.50	+01:26:02 (60.9%)	12:50	4.7 (39.2%)
292	LASEK Jarek	3362		M40	48		02:21:52.45	+01:26:41 (61.1%)	12:53	4.7 (39.2%)
293	FORMA Rafał	3361		M40	49		02:21:53.05	+01:26:42 (61.1%)	12:53	4.7 (39.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
294	DUSZA Łukasz	3028		M30	57		02:21:55.90	+01:26:44 (61.1%)	12:54	4.7 (39.2%)
295	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	3285	AKTYWNI WĘGRÓW / WKURW_TEAM	K40	31		02:23:09.65	+01:27:58 (61.5%)	13:00	4.6 (38.3%)
296	BIESZCZ Jakub	3330		M14	9		02:23:19.65	+01:28:08 (61.5%)	13:01	4.6 (38.3%)
297	WOŁOWIEC Bożena	3089		K40	32		02:23:51.90	+01:28:40 (61.6%)	13:04	4.6 (38.3%)
298	WOŁOWIEC Marcin	3088		M40	50		02:24:03.65	+01:28:52 (61.7%)	13:05	4.6 (38.3%)
299	TOMCZEWSKA Marcjanna	3442	CROSSFIT TORUN	K20	30		02:24:14.25	+01:29:03 (61.7%)	13:06	4.6 (38.3%)
300	MÓWIŃSKA Anna	3086	RUNNERS TEAM JABŁONNA	K40	33		02:24:52.80	+01:29:41 (61.9%)	13:10	4.6 (38.3%)
301	DOMARADZKA Ewa	3378		K40	34		02:25:20.00	+01:30:09 (62.0%)	13:12	4.5 (37.5%)
302	GŁOWACKA Aleksandra	3085	MŁODY VS STARY	K40	35		02:26:08.70	+01:30:57 (62.2%)	13:17	4.5 (37.5%)
303	WETOSZKA Piotr	3384	TKKF KRZNA BIAŁA PODLASKA	M30	58		02:26:56.00	+01:31:45 (62.4%)	13:21	4.5 (37.5%)
304	PRYSZCZ Mirosław	3318		M40	51		02:28:05.50	+01:32:54 (62.7%)	13:27	4.5 (37.5%)
305	SZOŁTYSEK Beata	3320	OCHAJORUN & FRIENDS	K40	36		02:28:06.05	+01:32:55 (62.7%)	13:27	4.5 (37.5%)
306	GUZIK Wojciech	3123	POKOLENIE X	M50	21		02:28:24.05	+01:33:13 (62.8%)	13:29	4.4 (36.7%)
307	PATLA Ewa	3134		K40	37		02:28:25.30	+01:33:14 (62.8%)	13:29	4.4 (36.7%)
308	MASZEWSKA-WACH Mariola	3464	RAWA TIM ZAWSZE SLIM	K30	45		02:31:21.40	+01:36:10 (63.5%)	13:45	4.4 (36.7%)
309	KANIEWSKI Michał	3292	DZIKI DZIK TEAM	M20	40		02:32:07.30	+01:36:56 (63.7%)	13:49	4.3 (35.8%)
310	KANIEWSKA Justyna	3293	DZIKI DZIK TEAM	K20	31		02:32:08.50	+01:36:57 (63.7%)	13:49	4.3 (35.8%)
310	DASZCZYŃSKA Iwona	3309	ADASKO TEAM	K40	38		02:32:08.50	+01:36:57 (63.7%)	13:49	4.3 (35.8%)
312	DASZCZYŃSKI Adam	3308	ADASKO TEAM	M40	52		02:32:09.10	+01:36:58 (63.7%)	13:49	4.3 (35.8%)
313	MIANOWSKI Jakub	3433		M20	41		02:32:12.60	+01:37:01 (63.7%)	13:50	4.3 (35.8%)
314	JANIK Weronika	3190		K20	32		02:33:37.25	+01:38:26 (64.1%)	13:58	4.3 (35.8%)
315	HAIIDUK Dawid	3246		M20	42		02:33:38.05	+01:38:27 (64.1%)	13:58	4.3 (35.8%)
316	HAŁUCHA Katarzyna	3340		K20	33		02:34:02.20	+01:38:51 (64.2%)	14:00	4.3 (35.8%)
317	PŁĄŻEWSKI Paweł	3234	RUNEGADES BRWINÓW	M40	53		02:34:45.60	+01:39:34 (64.3%)	14:04	4.3 (35.8%)
318	WDOWIARSKI Maciej	3227		M20	43		02:35:08.65	+01:39:57 (64.4%)	14:06	4.3 (35.8%)
319	WIERZBA Elżbieta	3277		K40	39		02:35:09.20	+01:39:58 (64.4%)	14:06	4.3 (35.8%)
320	SZARKOWSKA-LUDEW Katarzyna	3278		K40	40		02:35:09.90	+01:39:58 (64.4%)	14:06	4.3 (35.8%)
321	POLAK Mikołaj	3081		M40	54		02:36:45.60	+01:41:34 (64.8%)	14:15	4.2 (35.0%)
321	SUDOŁ Iлона	3080		K30	46		02:36:45.60	+01:41:34 (64.8%)	14:15	4.2 (35.0%)
323	PAWŁOWSKA-LIS Maria	3443		K40	41		02:37:28.40	+01:42:17 (65.0%)	14:19	4.2 (35.0%)
324	REWERS Dariusz	3350	ULTRA WAY TEAM	M40	55		02:37:58.90	+01:42:47 (65.1%)	14:21	4.2 (35.0%)
325	PEŁECH Julia	3406	WIRAN TEAM	K14	5		02:38:00.85	+01:42:49 (65.1%)	14:21	4.2 (35.0%)
326	KRÓL Pola	3405	WIRAN TEAM	K14	6		02:38:01.25	+01:42:50 (65.1%)	14:21	4.2 (35.0%)
327	GRZESIK Renata	3219		K30	47		02:39:06.80	+01:43:55 (65.3%)	14:27	4.1 (34.2%)
328	KRÓL Katarzyna	3048	WIRAN TEAM	K40	42		02:39:07.50	+01:43:56 (65.3%)	14:27	4.1 (34.2%)
329	GAŁKA Ola	3249	VEGE RUNNERS/ KB SUKCES ŻMIGRÓD	K40	43		02:39:46.30	+01:44:35 (65.5%)	14:31	4.1 (34.2%)
330	PIOTROWSKA Marta	3193		K30	48		02:41:22.55	+01:46:11 (65.8%)	14:40	4.1 (34.2%)
331	FAFARA Agnieszka	3417		K40	44		02:41:44.80	+01:46:33 (65.9%)	14:42	4.1 (34.2%)
332	KALINOWSKI Janusz	3418		M60	7		02:41:47.20	+01:46:36 (65.9%)	14:42	4.1 (34.2%)
333	DAWID Honorata	3142		K40	45		02:41:57.60	+01:46:46 (65.9%)	14:43	4.1 (34.2%)
334	BIESZCZ Robert	3329		M40	56		02:42:25.45	+01:47:14 (66.0%)	14:45	4.1 (34.2%)
335	DRZYZGA Dominika	3431		K20	34		02:42:33.80	+01:47:22 (66.1%)	14:46	4.1 (34.2%)
336	MILKA Karolina	3159		K20	35		02:42:39.15	+01:47:28 (66.1%)	14:47	4.1 (34.2%)
336	JASTRZĘBSKA Paulina	3140	SKY RUNNER	K30	49		02:42:39.15	+01:47:28 (66.1%)	14:47	4.1 (34.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
338	NOWAK Ania	3354		K40	46		02:42:50.20	+01:47:39 (66.1%)	14:48	4.1 (34.2%)
339	KĘPKA Robert	3421	BIEGUSIEM.PL	M30	59		02:44:26.40	+01:49:15 (66.4%)	14:57	4 (33.3%)
340	GRUBE Bartosz	3444	SUT - STRASZYN ULTRA TEAM	M30	60		02:44:56.90	+01:49:45 (66.5%)	14:59	4 (33.3%)
341	BĄCZEK Krzysztof	3462	GIT EKIPA	M40	57		02:44:57.90	+01:49:46 (66.5%)	14:59	4 (33.3%)
342	MICHNIEWSKI Piotr	3461		M30	61		02:44:58.10	+01:49:47 (66.5%)	14:59	4 (33.3%)
343	RADYK Anna	3209	PRZEMYSKI KLUB BIEGACZA	K14	7		02:45:54.80	+01:50:43 (66.7%)	15:05	4 (33.3%)
343	RADYK Aleksandra	3137	PRZEMYSKI KLUB BIEGACZA	K14	7		02:45:54.80	+01:50:43 (66.7%)	15:05	4 (33.3%)
345	RADYK Joanna	3210	PRZEMYSKI KLUB BIEGACZA	K30	50		02:45:55.20	+01:50:44 (66.7%)	15:05	4 (33.3%)
346	RADYK Jakub	3136	PRZEMYSKI KLUB BIEGACZA	M30	62		02:45:56.20	+01:50:45 (66.7%)	15:05	4 (33.3%)
347	KUCZAKOWSKA Joanna	3253	BIEGOWE MISIE	K30	51		02:47:11.10	+01:52:00 (67.0%)	15:11	3.9 (32.5%)
348	KRUZEL Rafał	3228	BIEGOWE MISIE	M40	58		02:47:12.15	+01:52:01 (67.0%)	15:12	3.9 (32.5%)
349	CZAPLA Andrzej	3279		M60	8		02:47:36.05	+01:52:25 (67.1%)	15:14	3.9 (32.5%)
350	ZUBA Rafał	3381	BLACK RIVER	M20	44		02:49:01.95	+01:53:50 (67.4%)	15:22	3.9 (32.5%)
351	NAZIMEK Małgorzata	3380	BLACK RIVER	K20	36		02:49:02.30	+01:53:51 (67.4%)	15:22	3.9 (32.5%)
352	WOLNA Agata	3402	ECO LED PRESTIGE	K30	52		02:49:38.05	+01:54:27 (67.5%)	15:25	3.9 (32.5%)
353	SCIEPKO Damian	3403	ECO LED PRESTIGE	M30	63		02:49:39.00	+01:54:28 (67.5%)	15:25	3.9 (32.5%)
354	BUKOWSKA Dominika	3401	RENEW INSTITUTE	K30	53		02:49:44.25	+01:54:33 (67.5%)	15:25	3.9 (32.5%)
355	WIERCHOŁA Joanna	3068		K60	3		02:49:45.00	+01:54:34 (67.5%)	15:25	3.9 (32.5%)
356	BOROWIEC-RÓŻYCKA Magdalena	3130	BIEGAJĄCY ŚWIDNIK	K30	54		02:53:13.45	+01:58:02 (68.1%)	15:44	3.8 (31.7%)
357	OLCZYK Anna	3008	DABEX-BOLT	K30	55		02:53:23.20	+01:58:12 (68.2%)	15:45	3.8 (31.7%)
358	TWARDOWSKI Tomasz	3235	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	59		02:54:38.70	+01:59:27 (68.4%)	15:52	3.8 (31.7%)
359	MATRASZEK Patrycja	3233	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	56		02:54:39.80	+01:59:28 (68.4%)	15:52	3.8 (31.7%)
360	SIERECKA Dorota	3200	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	47		02:55:13.80	+02:00:02 (68.5%)	15:55	3.8 (31.7%)
361	SAR Michał	3102	FUDU & CO SPORT TEAM	M40	60		02:56:29.50	+02:01:18 (68.7%)	16:02	3.7 (30.8%)
362	ERENBERG Małgorzata	3026	FUDU&CO. SPORT TEAM	K30	57		02:56:30.10	+02:01:19 (68.7%)	16:02	3.7 (30.8%)
363	CIECIERA Marta	3388		K30	58		02:56:44.80	+02:01:33 (68.8%)	16:04	3.7 (30.8%)
364	HERTEL Karina	3409		K40	48		02:57:27.40	+02:02:16 (68.9%)	16:08	3.7 (30.8%)
365	JASIUL Mariola	3447		K40	49		02:57:40.90	+02:02:29 (68.9%)	16:09	3.7 (30.8%)
366	WOJTAL Marcin	3365	ANASTAZJA PIERWSZY RZEŹNIK	M40	61		02:59:41.85	+02:04:30 (69.3%)	16:20	3.7 (30.8%)
367	GIERLOTKA Rafał	3364		M40	62		02:59:44.70	+02:04:33 (69.3%)	16:20	3.7 (30.8%)
368	KRYSIEWICZ Aleksandra	3419		K30	59		02:59:56.70	+02:04:45 (69.3%)	16:21	3.7 (30.8%)
369	KALINOWSKI Krzysztof	3192		M30	64		03:02:47.25	+02:07:36 (69.8%)	16:37	3.6 (30.0%)
370	JAROSZ Grzegorz	3411		M50	22		03:02:56.20	+02:07:45 (69.8%)	16:37	3.6 (30.0%)
371	JAGODA Adam	3012	FUCHS OIL TEAM	M50	23		03:07:12.95	+02:12:01 (70.5%)	17:01	3.5 (29.2%)
372	WŁODARCZYK Natalia	3206	SĄ WOLNIEJSI	K30	60		03:07:46.25	+02:12:35 (70.6%)	17:04	3.5 (29.2%)
373	MEDYŃSKA Aleksandra	3144		K30	61		03:07:46.90	+02:12:35 (70.6%)	17:04	3.5 (29.2%)
374	GAJEWSKA Klaudia	3040		K20	37		03:08:14.10	+02:13:03 (70.7%)	17:06	3.5 (29.2%)
375	STANKOWSKA Marzena	3194	KIJKOWE TRZEMESZNO	K40	50		03:09:22.00	+02:14:11 (70.9%)	17:12	3.5 (29.2%)
376	GUDOWSKA Magdalena	3415	KARKONOSKITEAM	K40	51		03:10:09.85	+02:14:58 (71.0%)	17:17	3.5 (29.2%)
377	GUDOWSKI Robert	3416	KARKONOSKITEAM	M40	63		03:10:10.80	+02:14:59 (71.0%)	17:17	3.5 (29.2%)
378	KOJRUK Emilia	3041		K20	38		03:18:16.05	+02:23:05 (72.2%)	18:01	3.3 (27.5%)
379	KLARECKI Adrian	3125		M40	64		03:18:24.60	+02:23:13 (72.2%)	18:02	3.3 (27.5%)
380	KLARECKA Joanna	3126	ASTMA TEAM	K40	52		03:18:26.75	+02:23:15 (72.2%)	18:02	3.3 (27.5%)
381	SZYMAŃSKA Joanna	3150		K40	53		03:21:24.90	+02:26:13 (72.6%)	18:18	3.3 (27.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
382	NICPON Sebastian	3154	PATOBIEGACZE	M30	65		03:22:00.65	+02:26:49 (72.7%)	18:21	3.3 (27.5%)
383	NICPOŃ Katarzyna	3120	PATOBIEGACZE	K30	62		03:22:03.10	+02:26:52 (72.7%)	18:22	3.3 (27.5%)
384	KĄDZIOŁKA Emilia	3437	K2	K50	7		03:24:37.20	+02:29:26 (73.0%)	18:36	3.2 (26.7%)
385	ZIÓŁEK Teresa	3440	STAY INSANE	K60	4		03:24:37.25	+02:29:26 (73.0%)	18:36	3.2 (26.7%)
386	NOWAKOWSKA Agnieszka	3438		K30	63		03:24:37.60	+02:29:26 (73.0%)	18:36	3.2 (26.7%)
387	PIETRZYK Ewa	3129	BIEGAJĄCY ŚWIDNIK	K40	54		03:30:02.70	+02:34:51 (73.7%)	19:05	3.1 (25.8%)
388	BOROWIEC Alicja	3128	BIEGAJĄCY ŚWIDNIK	K30	64		03:30:03.40	+02:34:52 (73.7%)	19:05	3.1 (25.8%)
389	BAKALARSKA Mariola	3260	WARSAW RUN CLUB	K50	8		03:41:08.20	+02:45:57 (75.0%)	20:06	3 (25.0%)
390	CYMBORSKA Jolanta	3269	WARSAW RUN CLUB	K30	65		03:41:09.10	+02:45:58 (75.0%)	20:06	3 (25.0%)
391	SULEWSKI Maciej	3065	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	65		03:46:56.40	+02:51:45 (75.7%)	20:37	2.9 (24.2%)
392	WTULICH Diana	3454		K50	9		03:46:56.70	+02:51:45 (75.7%)	20:37	2.9 (24.2%)
393	BACZEWSKA Klaudia	3393	BIEGAM BO LUBIĘ OSTROŁĘKA	K30	66		03:46:58.95	+02:51:47 (75.7%)	20:38	2.9 (24.2%)
394	KOBUS Dorota	3459	BBL OSTROŁĘKA	K40	55		03:47:00.05	+02:51:49 (75.7%)	20:38	2.9 (24.2%)
395	JAWORSKA Katarzyna	3135	GĄBIN BIEGA	K30	67		04:00:10.10	+03:04:59 (77.0%)	21:50	2.7 (22.5%)
396	MILEWSKI Dominik	3188	GĄBIN BIEGA	M20	45		04:00:11.50	+03:05:00 (77.0%)	21:50	2.7 (22.5%)
397	SMOCZYŃSKA Katarzyna	3265		K40	56		04:12:38.90	+03:17:27 (78.2%)	22:58	2.6 (21.7%)
398	JAGODA Mateusz	3009	FUCHS OIL TEAM	M20	46		04:21:25.30	+03:26:14 (78.9%)	23:45	2.5 (20.8%)
399	HENSEL-JAGODA Mirella	3247	FUCHS OIL TEAM	K50	10		04:21:29.60	+03:26:18 (78.9%)	23:46	2.5 (20.8%)
400	SABA Małgorzata	3147	NAJWIĘKSZA ARMIA ŚWIATA	K20	39		04:26:26.10	+03:31:15 (79.3%)	24:13	2.5 (20.8%)
401	SOKOŁOWSKA Sylwia	3043		K30	68		04:30:28.80	+03:35:17 (79.6%)	24:35	2.4 (20.0%)

Znaleziono 401 wynik(ów)