



# 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	<b>DUDCZAK Michał</b>	<b>3427</b>	BUFF TEAM POLAND	M20	1		<b>00:55:11.00</b>		5:01	12 (100%)
2	<b>TARASEK Wojciech</b>	<b>3148</b>	#ANDRZEJDLUGOSZTEAM / ELEMENO.PL	M20	2		<b>00:58:36.35</b>	+00:03:25 (5.8%)	5:19	11.3 (94.2%)
3	<b>BROJ Marcel</b>	<b>3428</b>	BUFF TEAM POLAND	M20	3		<b>01:00:21.45</b>	+00:05:10 (8.6%)	5:29	10.9 (90.8%)
4	<b>PISAREK Maciej</b>	<b>3195</b>		M40	1		<b>01:00:23.80</b>	+00:05:12 (8.6%)	5:29	10.9 (90.8%)
5	<b>ZALEWSKI Andrzej</b>	<b>3039</b>	TEAN NUTRILITE	M60	1		<b>01:02:52.25</b>	+00:07:41 (12.2%)	5:42	10.5 (87.5%)
6	<b>MULARCZYK Paweł</b>	<b>3290</b>	GRUPA JURA 'PL	M20	4		<b>01:07:08.50</b>	+00:11:57 (17.8%)	6:06	9.8 (81.7%)
7	<b>WETHACZ Dariusz</b>	<b>3270</b>	LOKOMOTIV MAJDAN	M30	1		<b>01:07:11.25</b>	+00:12:00 (17.9%)	6:06	9.8 (81.7%)
8	<b>BAZUŁKA Aleksandra</b>	<b>3425</b>	BUFF TEAM POLAND	K20	1		<b>01:09:33.10</b>	+00:14:22 (20.7%)	6:19	9.5 (79.2%)
9	<b>GARDENER Jacek</b>	<b>3382</b>	JACEKBIEGA RUNNING TEAM	M50	1		<b>01:10:08.90</b>	+00:14:57 (21.3%)	6:22	9.4 (78.3%)
10	<b>RAKSZAWA Krzysztof</b>	<b>3472</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	2		<b>01:10:29.95</b>	+00:15:18 (21.7%)	6:24	9.4 (78.3%)
11	<b>ZĄBCZYŃSKI Dominik</b>	<b>3451</b>	ALPIN SPORT HOKA ONE ONE TEAM	M40	3		<b>01:10:32.85</b>	+00:15:21 (21.8%)	6:24	9.4 (78.3%)
12	<b>MARCOL Mateusz</b>	<b>3424</b>		M30	2		<b>01:13:29.10</b>	+00:18:18 (24.9%)	6:40	9 (75.0%)
13	<b>ŚWIĘTOŃ Grzegorz</b>	<b>3272</b>		M40	4		<b>01:14:41.45</b>	+00:19:30 (26.1%)	6:47	8.8 (73.3%)
14	<b>ILKIEWICZ Adam</b>	<b>3306</b>	3BRO	M30	3		<b>01:14:41.75</b>	+00:19:30 (26.1%)	6:47	8.8 (73.3%)
15	<b>PELA Oliwia</b>	<b>3407</b>		K30	1		<b>01:15:50.00</b>	+00:20:39 (27.2%)	6:53	8.7 (72.5%)
16	<b>ROGÓŻ Jan</b>	<b>3163</b>		M14	1		<b>01:16:39.20</b>	+00:21:28 (28.0%)	6:58	8.6 (71.7%)
17	<b>BIELSKI Roman</b>	<b>3124</b>		M50	2		<b>01:16:50.95</b>	+00:21:39 (28.2%)	6:59	8.6 (71.7%)
18	<b>FULARA Kamil</b>	<b>3240</b>		M20	5		<b>01:17:00.80</b>	+00:21:49 (28.3%)	7:00	8.6 (71.7%)
19	<b>MĘŻYKOWSKI Michał</b>	<b>3470</b>		M40	5		<b>01:17:47.50</b>	+00:22:36 (29.1%)	7:04	8.5 (70.8%)
20	<b>ASŁANOWICZ Marcin</b>	<b>3455</b>		M40	6		<b>01:19:49.15</b>	+00:24:38 (30.9%)	7:15	8.3 (69.2%)
21	<b>ZAWADZKI Marcin</b>	<b>3386</b>	SZCZWANY TRZMIEL TEAM	M30	4		<b>01:20:18.55</b>	+00:25:07 (31.3%)	7:18	8.2 (68.3%)
22	<b>SZYBIAK Maciej</b>	<b>3109</b>	AGONA W&M	M14	2		<b>01:20:26.10</b>	+00:25:15 (31.4%)	7:18	8.2 (68.3%)
23	<b>BEDNAREK Piotr</b>	<b>3441</b>		M20	6		<b>01:21:34.40</b>	+00:26:23 (32.4%)	7:25	8.1 (67.5%)
24	<b>WĘGRZYN Monika</b>	<b>3426</b>	BUFF TEAM POLAND	K20	2		<b>01:22:42.00</b>	+00:27:31 (33.3%)	7:31	8 (66.7%)
25	<b>GAŁUSZKA Tomasz</b>	<b>3205</b>	SKITUROWE BIESZCZADY	M40	7		<b>01:22:56.80</b>	+00:27:45 (33.5%)	7:32	8 (66.7%)
26	<b>WICHLIŃSKA Karolina</b>	<b>3496</b>	NIEWYCHOWANI FIZYCZNIE	K20	3		<b>01:22:59.00</b>	+00:27:48 (33.5%)	7:32	8 (66.7%)
27	<b>TWARDUŚ Leszek</b>	<b>3298</b>		M30	5		<b>01:23:26.70</b>	+00:28:15 (33.9%)	7:35	7.9 (65.8%)
28	<b>FUDALI Jacek</b>	<b>3107</b>		M30	6		<b>01:23:40.00</b>	+00:28:29 (34.0%)	7:36	7.9 (65.8%)
29	<b>STARZYK Marzena</b>	<b>3216</b>		K20	4		<b>01:23:45.65</b>	+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	<b>ROGÓŻ Marcin</b>	<b>3180</b>		M30	7		<b>01:23:56.10</b>	+00:28:45 (34.3%)	7:37	7.9 (65.8%)
31	<b>BANASZKIEWICZ Rafał</b>	<b>3166</b>		M30	8		<b>01:24:05.40</b>	+00:28:54 (34.4%)	7:38	7.8 (65.0%)
32	<b>WETHACZ Mateusz</b>	<b>3336</b>		M30	9		<b>01:24:28.65</b>	+00:29:17 (34.7%)	7:40	7.8 (65.0%)
33	<b>KALINOWSKA Dominika</b>	<b>3197</b>	LEKKOATLECI Z OTWOCKA	K20	5		<b>01:24:41.75</b>	+00:29:30 (34.8%)	7:42	7.8 (65.0%)
34	<b>MARCOL Mateusz</b>	<b>3363</b>		M30	10		<b>01:24:46.85</b>	+00:29:35 (34.9%)	7:42	7.8 (65.0%)
35	<b>WOŁOSZYN Artur</b>	<b>3307</b>		M30	11		<b>01:25:05.90</b>	+00:29:54 (35.2%)	7:44	7.8 (65.0%)
36	<b>WOJNAROWSKA Weronika</b>	<b>3069</b>		K30	2		<b>01:25:46.35</b>	+00:30:35 (35.7%)	7:47	7.7 (64.2%)
37	<b>FILIPEK Mariusz</b>	<b>3160</b>		M20	7		<b>01:26:10.10</b>	+00:30:59 (36.0%)	7:50	7.7 (64.2%)
38	<b>GAŁUSZKA Mariusz</b>	<b>3177</b>	GOPR	M40	8		<b>01:26:53.80</b>	+00:31:42 (36.5%)	7:53	7.6 (63.3%)
39	<b>KOMISARCZYK Anna</b>	<b>3294</b>		K30	3		<b>01:27:21.10</b>	+00:32:10 (36.8%)	7:56	7.6 (63.3%)
40	<b>JARMOLIŃSKI Piotr</b>	<b>3275</b>	MARCINŚWIERCTEAM	M40	9		<b>01:27:21.95</b>	+00:32:10 (36.8%)	7:56	7.6 (63.3%)
41	<b>WOŹNIAK Janusz</b>	<b>3033</b>	PORMAT JEDLICZE BIEGA	M50	3		<b>01:27:24.75</b>	+00:32:13 (36.9%)	7:56	7.6 (63.3%)
42	<b>KOZIOŁ Dariusz</b>	<b>3161</b>		M30	12		<b>01:27:41.15</b>	+00:32:30 (37.1%)	7:58	7.5 (62.5%)
43	<b>MUCHA Przemysław</b>	<b>3326</b>		M20	8		<b>01:27:58.05</b>	+00:32:47 (37.3%)	7:59	7.5 (62.5%)
44	<b>ZIARKO Mateusz</b>	<b>3349</b>		M20	9		<b>01:28:00.35</b>	+00:32:49 (37.3%)	8:00	7.5 (62.5%)
45	<b>KAWALEC Krystian</b>	<b>3217</b>		M40	10		<b>01:28:02.70</b>	+00:32:51 (37.3%)	8:00	7.5 (62.5%)
46	<b>WOŁOSZYN Anna</b>	<b>3020</b>		K30	4		<b>01:28:55.60</b>	+00:33:44 (37.9%)	8:05	7.4 (61.7%)
47	<b>ZAMOJSKI Sebastian</b>	<b>3114</b>	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	M40	11		<b>01:29:09.50</b>	+00:33:58 (38.1%)	8:06	7.4 (61.7%)
48	<b>JANAS Marian</b>	<b>3353</b>	DYNAMIC	M60	2		<b>01:29:09.65</b>	+00:33:58 (38.1%)	8:06	7.4 (61.7%)
49	<b>MATYSIAK Agnieszka</b>	<b>3312</b>	KOPALNIA MOCY TARNOBRZEG	K30	5		<b>01:29:45.05</b>	+00:34:34 (38.5%)	8:09	7.4 (61.7%)
50	<b>SMYKA Bartłomiej</b>	<b>3321</b>		M40	12		<b>01:29:48.95</b>	+00:34:37 (38.6%)	8:09	7.3 (60.8%)
51	<b>ROŚCIŃSKI Franciszek</b>	<b>3498</b>	SAMOTNY WILK	M50	4		<b>01:30:23.05</b>	+00:35:12 (38.9%)	8:13	7.3 (60.8%)
52	<b>PODESZWA Marek</b>	<b>3435</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50	5		<b>01:30:23.70</b>	+00:35:12 (39.0%)	8:13	7.3 (60.8%)
53	<b>SZAREK Michał</b>	<b>3322</b>		M30	13		<b>01:30:49.45</b>	+00:35:38 (39.2%)	8:15	7.3 (60.8%)
54	<b>ROGÓŻ Rafał</b>	<b>3162</b>		M40	13		<b>01:31:19.60</b>	+00:36:08 (39.6%)	8:18	7.2 (60.0%)
55	<b>UCHEREK Kazimierz</b>	<b>3078</b>		M50	6		<b>01:31:43.85</b>	+00:36:32 (39.8%)	8:20	7.2 (60.0%)
56	<b>SAWICKA Magdalena</b>	<b>3187</b>		K20	6		<b>01:31:52.75</b>	+00:36:41 (39.9%)	8:21	7.2 (60.0%)
57	<b>CWEN Marcin</b>	<b>3186</b>		M20	10		<b>01:31:53.30</b>	+00:36:42 (39.9%)	8:21	7.2 (60.0%)
58	<b>SOLOVIOV Volodymyr</b>	<b>3395</b>		M20	11		<b>01:31:57.75</b>	+00:36:46 (40.0%)	8:21	7.2 (60.0%)
59	<b>LACHOWICZ Ryszard</b>	<b>3390</b>		M50	7		<b>01:32:09.50</b>	+00:36:58 (40.1%)	8:22	7.2 (60.0%)
60	<b>ASŁANOWICZ Matylda</b>	<b>3212</b>		K14	1		<b>01:32:12.05</b>	+00:37:01 (40.1%)	8:22	7.2 (60.0%)
61	<b>ASŁANOWICZ Marcin</b>	<b>3301</b>		M40	14		<b>01:32:12.20</b>	+00:37:01 (40.2%)	8:22	7.2 (60.0%)
62	<b>METRYCKI Dariusz</b>	<b>3315</b>	BIEGACZ NOWOSOLNA	M40	15		<b>01:32:14.40</b>	+00:37:03 (40.2%)	8:23	7.2 (60.0%)
63	<b>ASLANOWICZ Matylda</b>	<b>3457</b>	ŻÓRAWSKI TEAM	K14	2		<b>01:33:13.45</b>	+00:38:02 (40.8%)	8:28	7.1 (59.2%)
64	<b>LUTY Przemysław</b>	<b>3341</b>		M20	12		<b>01:33:30.65</b>	+00:38:19 (41.0%)	8:30	7.1 (59.2%)
65	<b>WARAKSA Tomasz</b>	<b>3250</b>	VEGE RUNNERS	M30	14		<b>01:33:41.95</b>	+00:38:30 (41.1%)	8:31	7 (58.3%)
66	<b>WÓLKIEWICZ Paweł</b>	<b>3070</b>	KS STASZEWSKY	M50	8		<b>01:33:48.10</b>	+00:38:37 (41.2%)	8:31	7 (58.3%)
67	<b>GALICA-NIEPOKÓJ Agnieszka</b>	<b>3185</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30	6		<b>01:33:50.25</b>	+00:38:39 (41.2%)	8:31	7 (58.3%)
68	<b>WIERZBA Jacek</b>	<b>3404</b>	KLUB BIEGACZA SUKCES ŻMIGRÓD	M40	16		<b>01:34:03.70</b>	+00:38:52 (41.3%)	8:33	7 (58.3%)
69	<b>DŁUGOSZ-STĘPNIAK Agnieszka</b>	<b>3119</b>	STAY INSANE	K30	7		<b>01:34:14.45</b>	+00:39:03 (41.4%)	8:34	7 (58.3%)
70	<b>KOTOWSKI Sławomir</b>	<b>3238</b>		M50	9		<b>01:34:20.45</b>	+00:39:09 (41.5%)	8:34	7 (58.3%)
71	<b>KANDEFER Wojciech</b>	<b>3204</b>	KB„ATHLETIC"ZRĘCIN	M50	10		<b>01:34:22.55</b>	+00:39:11 (41.5%)	8:34	7 (58.3%)
72	<b>WROŃSKI Łukasz</b>	<b>3396</b>		M20	13		<b>01:34:48.35</b>	+00:39:37 (41.8%)	8:37	7 (58.3%)
73	<b>GAJOS Łukasz</b>	<b>3282</b>	LIGA GENTLEMANÓW	M30	15		<b>01:35:04.95</b>	+00:39:53 (42.0%)	8:38	6.9 (57.5%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
118	<b>CIEŚLIK Karolina</b>	<b>3016</b>		K20	10		<b>01:47:22.50</b>	+00:52:11 (48.6%)	9:45	6.1 (50.8%)
119	<b>MAĆZKA Michał</b>	<b>3314</b>		M40	23		<b>01:47:46.00</b>	+00:52:35 (48.8%)	9:47	6.1 (50.8%)
120	<b>KOZACZUK Maria</b>	<b>3220</b>		K40	5		<b>01:48:09.20</b>	+00:52:58 (49.0%)	9:49	6.1 (50.8%)
121	<b>HARNIK Aleksander</b>	<b>3327</b>	KOPALNIA MOCY	M14	6		<b>01:48:25.35</b>	+00:53:14 (49.1%)	9:51	6.1 (50.8%)
122	<b>SYPKO-KUBICKA Katarzyna</b>	<b>3302</b>		K40	6		<b>01:48:29.80</b>	+00:53:18 (49.1%)	9:51	6.1 (50.8%)
123	<b>KUBICKI Mariusz</b>	<b>3303</b>		M40	24		<b>01:48:29.85</b>	+00:53:18 (49.1%)	9:51	6.1 (50.8%)
124	<b>KUC Adam</b>	<b>3259</b>	THE STRYCHERS	M40	25		<b>01:48:31.90</b>	+00:53:20 (49.2%)	9:52	6.1 (50.8%)
125	<b>BOROWSKA Julia</b>	<b>3463</b>		K20	11		<b>01:48:45.90</b>	+00:53:34 (49.3%)	9:53	6.1 (50.8%)
126	<b>WEBER Agata</b>	<b>3469</b>	JACEKBIEGA RUNNING TEAM	K40	7		<b>01:48:46.30</b>	+00:53:35 (49.3%)	9:53	6.1 (50.8%)
127	<b>STAWIARZ Paweł</b>	<b>3019</b>		M30	27		<b>01:49:41.50</b>	+00:54:30 (49.7%)	9:58	6 (50.0%)
128	<b>KURCZ Magdalena</b>	<b>3286</b>		K20	12		<b>01:49:42.55</b>	+00:54:31 (49.7%)	9:58	6 (50.0%)
129	<b>SURMA Anna</b>	<b>3356</b>		K20	13		<b>01:50:10.10</b>	+00:54:59 (49.9%)	10:00	6 (50.0%)
130	<b>LUDWINEK-ZARZEKA Iwona</b>	<b>3273</b>	VEGE RUNNERS	K30	13		<b>01:50:26.60</b>	+00:55:15 (50.0%)	10:02	6 (50.0%)
131	<b>SUROWIEC Paweł</b>	<b>3452</b>		M40	26		<b>01:51:19.70</b>	+00:56:08 (50.4%)	10:07	5.9 (49.2%)
132	<b>SADOWSKI Mieczysław</b>	<b>3453</b>		M40	27		<b>01:51:20.25</b>	+00:56:09 (50.4%)	10:07	5.9 (49.2%)
133	<b>GOŁĘBIEWSKI Rafał</b>	<b>3181</b>		M30	28		<b>01:51:45.55</b>	+00:56:34 (50.6%)	10:09	5.9 (49.2%)
134	<b>GRABAREK Mateusz</b>	<b>3000</b>		M30	29		<b>01:51:48.10</b>	+00:56:37 (50.6%)	10:09	5.9 (49.2%)
135	<b>KUNKEL Sławomir</b>	<b>3412</b>		M30	30		<b>01:51:50.90</b>	+00:56:39 (50.7%)	10:10	5.9 (49.2%)
136	<b>BUKAŁA Jacek</b>	<b>3083</b>		M50	14		<b>01:52:09.20</b>	+00:56:58 (50.8%)	10:11	5.9 (49.2%)
137	<b>KALANDYK Krzysztof</b>	<b>3342</b>		M20	20		<b>01:52:12.70</b>	+00:57:01 (50.8%)	10:12	5.9 (49.2%)
138	<b>CIĄPAŁA Paulina</b>	<b>3013</b>		K30	14		<b>01:52:24.80</b>	+00:57:13 (50.9%)	10:13	5.9 (49.2%)
139	<b>CABAŃSKA Dorota</b>	<b>3325</b>		K40	8		<b>01:52:30.20</b>	+00:57:19 (50.9%)	10:13	5.9 (49.2%)
140	<b>MARCINIAK Paulina</b>	<b>3021</b>		K30	15		<b>01:52:37.80</b>	+00:57:26 (51.0%)	10:14	5.9 (49.2%)
141	<b>WICHLIŃSKI Łukasz</b>	<b>3274</b>		M20	21		<b>01:52:40.95</b>	+00:57:29 (51.0%)	10:14	5.9 (49.2%)
142	<b>WRÓBEL Małgorzata</b>	<b>3460</b>		K20	14		<b>01:53:02.55</b>	+00:57:51 (51.2%)	10:16	5.8 (48.3%)
143	<b>PENAR Arkadiusz</b>	<b>3213</b>		M50	15		<b>01:53:05.35</b>	+00:57:54 (51.2%)	10:16	5.8 (48.3%)
144	<b>ANDRASZ Paweł</b>	<b>3100</b>		M20	22		<b>01:53:19.10</b>	+00:58:08 (51.3%)	10:18	5.8 (48.3%)
145	<b>KĘDRA Agnieszka</b>	<b>3036</b>		K20	15		<b>01:53:42.10</b>	+00:58:31 (51.5%)	10:20	5.8 (48.3%)
146	<b>KUBASIK Marcin</b>	<b>3168</b>		M30	31		<b>01:53:49.75</b>	+00:58:38 (51.5%)	10:20	5.8 (48.3%)
147	<b>DAGIEL Janusz</b>	<b>3170</b>	NIE ŻARTUJ, ŻE NAS ZAPISAŁEŚ	M30	32		<b>01:53:56.05</b>	+00:58:45 (51.6%)	10:21	5.8 (48.3%)
148	<b>KORZEP Aleksandra</b>	<b>3471</b>		K20	16		<b>01:53:58.70</b>	+00:58:47 (51.6%)	10:21	5.8 (48.3%)
149	<b>KORZEP-CZEKALSKA Dorota</b>	<b>3058</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	9		<b>01:53:58.95</b>	+00:58:47 (51.6%)	10:21	5.8 (48.3%)
150	<b>LINDA Jakub</b>	<b>3352</b>		M20	23		<b>01:53:59.40</b>	+00:58:48 (51.6%)	10:21	5.8 (48.3%)
151	<b>KOCIUMBAS Kacper</b>	<b>3351</b>		M20	24		<b>01:53:59.45</b>	+00:58:48 (51.6%)	10:21	5.8 (48.3%)
152	<b>BERNAT Rafał</b>	<b>3169</b>	NIE ŻARTUJ, ŻE NAS ZAPISAŁEŚ	M30	33		<b>01:54:01.40</b>	+00:58:50 (51.6%)	10:22	5.8 (48.3%)
153	<b>WRÓBEL Bartłomiej</b>	<b>3189</b>	CISNA	M40	28		<b>01:54:12.30</b>	+00:59:01 (51.7%)	10:22	5.8 (48.3%)
154	<b>ŁUKAWSKI Tomek</b>	<b>3369</b>	B4SPORT	M20	25		<b>01:54:17.85</b>	+00:59:06 (51.7%)	10:23	5.8 (48.3%)
155	<b>DOMŻOŁ Radosław</b>	<b>3110</b>	FULFILL DREAMS TEAM PSZCZYNA	M20	26		<b>01:54:25.00</b>	+00:59:14 (51.8%)	10:24	5.8 (48.3%)
156	<b>CHOŁUJ Aleksandra</b>	<b>3092</b>	WARIATKI HISTERYCZKI	K14	3		<b>01:55:40.15</b>	+01:00:29 (52.3%)	10:30	5.7 (47.5%)
157	<b>CHOŁUJ Iwona</b>	<b>3093</b>	WARIATKI HISTERYCZKI	K40	10		<b>01:55:43.15</b>	+01:00:32 (52.3%)	10:31	5.7 (47.5%)
158	<b>MIŚKIEWICZ Krzysztof</b>	<b>3371</b>	B4SPORT	M50	16		<b>01:56:12.65</b>	+01:01:01 (52.5%)	10:33	5.7 (47.5%)
159	<b>SYKUŁA Rafał</b>	<b>3184</b>	TRUCKS BULLS	M30	34		<b>01:56:17.80</b>	+01:01:06 (52.5%)	10:34	5.7 (47.5%)
160	<b>TRELA Roman</b>	<b>3167</b>	TRUCKS BULLS	M40	29		<b>01:56:18.65</b>	+01:01:07 (52.6%)	10:34	5.7 (47.5%)
161	<b>MICHAŁEK Jarosław</b>	<b>3304</b>		M50	17		<b>01:56:24.60</b>	+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	<b>KWIECIEŃ Dorota</b>	<b>3214</b>		K40	11		<b>01:56:41.55</b>	+01:01:30 (52.7%)	10:36	5.7 (47.5%)
163	<b>MYSZKA Ewelina</b>	<b>3015</b>		K30	16		<b>01:56:42.85</b>	+01:01:31 (52.7%)	10:36	5.7 (47.5%)
164	<b>GAJEWSKA-POLAK Iwona</b>	<b>3284</b>		K50	1		<b>01:56:48.15</b>	+01:01:37 (52.8%)	10:37	5.7 (47.5%)
165	<b>LATAK Michał</b>	<b>3283</b>	JACEKBIEGA RUNNING TEAM	M40	30		<b>01:56:49.55</b>	+01:01:38 (52.8%)	10:37	5.6 (46.7%)
166	<b>MARCOL Dominika</b>	<b>3366</b>		K20	17		<b>01:56:59.20</b>	+01:01:48 (52.8%)	10:38	5.6 (46.7%)
167	<b>MARCOL Wojciech</b>	<b>3367</b>		M50	18		<b>01:57:00.75</b>	+01:01:49 (52.8%)	10:38	5.6 (46.7%)
168	<b>PORĘBSKI Tomasz</b>	<b>3450</b>		M30	35		<b>01:57:09.15</b>	+01:01:58 (52.9%)	10:39	5.6 (46.7%)
169	<b>CZEKALSKI Mariusz</b>	<b>3398</b>	BBL	M40	31		<b>01:57:10.35</b>	+01:01:59 (52.9%)	10:39	5.6 (46.7%)
170	<b>MARCOL Wojciech</b>	<b>3368</b>		M14	7		<b>01:57:16.35</b>	+01:02:05 (52.9%)	10:39	5.6 (46.7%)
171	<b>WALKOWIAK Karol</b>	<b>3255</b>	WALBET TEAM	M30	36		<b>01:58:35.80</b>	+01:03:24 (53.5%)	10:46	5.6 (46.7%)
172	<b>RUDZIARCZYK Karolina</b>	<b>3011</b>	FUCHS OIL TEAM	K20	18		<b>01:58:38.55</b>	+01:03:27 (53.5%)	10:47	5.6 (46.7%)
173	<b>NOWAK Michał</b>	<b>3257</b>	WALBET TEAM	M30	37		<b>01:58:47.80</b>	+01:03:36 (53.5%)	10:48	5.6 (46.7%)
174	<b>PAUL Violetta</b>	<b>3377</b>		K40	12		<b>01:58:55.30</b>	+01:03:44 (53.6%)	10:48	5.5 (45.8%)
175	<b>KRAJKA Roman</b>	<b>3254</b>	WALBET TEAM	M30	38		<b>01:59:07.45</b>	+01:03:56 (53.7%)	10:49	5.5 (45.8%)
176	<b>JANISZEWSKI Sławomir</b>	<b>3399</b>	RAWA TIM ZAWSZE SLIM	M40	32		<b>01:59:09.05</b>	+01:03:58 (53.7%)	10:49	5.5 (45.8%)
177	<b>KORDEK Patryk</b>	<b>3256</b>	WALBET TEAM	M20	27		<b>01:59:10.35</b>	+01:03:59 (53.7%)	10:50	5.5 (45.8%)
178	<b>SZYMAŁA Karolina</b>	<b>3005</b>		K20	19		<b>01:59:18.80</b>	+01:04:07 (53.7%)	10:50	5.5 (45.8%)
179	<b>NOWAK Małgorzata</b>	<b>3262</b>	WALBET TEAM	K30	17		<b>01:59:27.10</b>	+01:04:16 (53.8%)	10:51	5.5 (45.8%)
180	<b>GRZEGORZEWSKA Marlena</b>	<b>3222</b>		K50	2		<b>01:59:32.85</b>	+01:04:21 (53.8%)	10:52	5.5 (45.8%)
181	<b>CEGLEWSKA Izabela</b>	<b>3231</b>		K30	18		<b>01:59:35.35</b>	+01:04:24 (53.9%)	10:52	5.5 (45.8%)
182	<b>WALKOWIAK Joanna</b>	<b>3261</b>	WALBET TEAM	K30	19		<b>01:59:35.80</b>	+01:04:24 (53.9%)	10:52	5.5 (45.8%)
183	<b>SZCZEPANIAK Dominik</b>	<b>3258</b>	WALBET TEAM	M30	39		<b>01:59:42.40</b>	+01:04:31 (53.9%)	10:52	5.5 (45.8%)
184	<b>SZADKOWSKI Paweł</b>	<b>3383</b>	BP RUNNING TEAM	M30	40		<b>01:59:44.55</b>	+01:04:33 (53.9%)	10:53	5.5 (45.8%)
185	<b>KNAP Klaudia</b>	<b>3434</b>	R.AMBO DRUGA CREW	K30	20		<b>01:59:58.20</b>	+01:04:47 (54.0%)	10:54	5.5 (45.8%)
186	<b>OCHAŁ Katarzyna</b>	<b>3211</b>		K30	21	01:00:00	<b>02:00:13.00</b>	+01:05:02 (54.1%)	5:28	11 (91.7%)
187	<b>CHOLEWA Agnieszka</b>	<b>3296</b>	MATNER RUNNING TEAM	K30	22		<b>02:00:14.45</b>	+01:05:03 (54.1%)	10:55	5.5 (45.8%)
188	<b>SZYMCZYŃSKA Konstancja</b>	<b>3172</b>		K30	23		<b>02:00:20.40</b>	+01:05:09 (54.1%)	10:56	5.5 (45.8%)
189	<b>SZYMCZYŃSKI Błażej</b>	<b>3035</b>		M30	41		<b>02:00:20.75</b>	+01:05:09 (54.1%)	10:56	5.5 (45.8%)
190	<b>BIENIECKI Marek</b>	<b>3347</b>	OTK RZEŹNIK	M20	28	00:40:00	<b>02:00:22.00</b>	+01:05:11 (54.2%)	7:18	8.2 (68.3%)
191	<b>KOWALCZUK Paweł</b>	<b>3297</b>		M30	42		<b>02:00:39.40</b>	+01:05:28 (54.3%)	10:58	5.5 (45.8%)
192	<b>BILCZEWSKA Basia</b>	<b>3311</b>	HEINEKEN KRAKOW RUNNING CLUB	K30	24		<b>02:00:46.10</b>	+01:05:35 (54.3%)	10:58	5.5 (45.8%)
193	<b>GRACZYK Dobrochna</b>	<b>3018</b>		K14	4		<b>02:01:03.00</b>	+01:05:52 (54.4%)	11:00	5.5 (45.8%)
194	<b>UCHEREK Kinga</b>	<b>3079</b>		K40	13	01:00:00	<b>02:01:49.00</b>	+01:06:38 (54.7%)	5:37	10.7 (89.2%)
195	<b>MUSKUS Karolina</b>	<b>3152</b>	NOA	K30	25		<b>02:01:56.25</b>	+01:06:45 (54.7%)	11:05	5.4 (45.0%)
196	<b>DZIAŁO Łukasz</b>	<b>3171</b>		M20	29		<b>02:02:16.40</b>	+01:07:05 (54.9%)	11:06	5.4 (45.0%)
197	<b>WIECZOREK Adrian</b>	<b>3196</b>		M30	43		<b>02:02:31.75</b>	+01:07:20 (55.0%)	11:08	5.4 (45.0%)
198	<b>WITKOWSKI Krzysztof</b>	<b>3323</b>	KOPALNIA MOCY TARNOBRZEG	M40	33		<b>02:02:43.30</b>	+01:07:32 (55.0%)	11:09	5.4 (45.0%)
199	<b>HARNIK Michał</b>	<b>3328</b>	KOPALNIA MOCY	M30	44		<b>02:02:48.10</b>	+01:07:37 (55.1%)	11:09	5.4 (45.0%)
200	<b>BATOREK Bogdan</b>	<b>3436</b>	RAWA TIM ZAWSZE SLIM	M40	34		<b>02:03:01.45</b>	+01:07:50 (55.1%)	11:11	5.4 (45.0%)
201	<b>KURKIEWICZ Sylwia</b>	<b>3082</b>		K40	14		<b>02:03:36.35</b>	+01:08:25 (55.4%)	11:14	5.3 (44.2%)
202	<b>KABAT Paweł</b>	<b>3458</b>		M50	19		<b>02:03:37.70</b>	+01:08:26 (55.4%)	11:14	5.3 (44.2%)
203	<b>URBAŃSKA Katarzyna</b>	<b>3105</b>		K30	26		<b>02:03:58.10</b>	+01:08:47 (55.5%)	11:16	5.3 (44.2%)
204	<b>GRACZYK Piotr</b>	<b>3324</b>		M30	45		<b>02:04:00.75</b>	+01:08:49 (55.5%)	11:16	5.3 (44.2%)
205	<b>GAJEWSKA Magda</b>	<b>3221</b>	LAFIRYNDY I GAMONIE	K40	15		<b>02:04:19.70</b>	+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	<b>LEŚNIEWSKI Tomek</b>	<b>3223</b>	LAFIRYNDY & GAMONIE	M40	35		<b>02:04:21.35</b>	+01:09:10 (55.6%)	11:18	5.3 (44.2%)
207	<b>OLEWNIK Łukasz</b>	<b>3448</b>	AGB TORFY	M30	46		<b>02:04:39.40</b>	+01:09:28 (55.7%)	11:20	5.3 (44.2%)
208	<b>OLEWNIK Aleksandra</b>	<b>3073</b>		K30	27		<b>02:04:40.00</b>	+01:09:29 (55.7%)	11:20	5.3 (44.2%)
209	<b>BAJSAROWICZ Zuzanna</b>	<b>3099</b>		K30	28		<b>02:04:58.40</b>	+01:09:47 (55.8%)	11:21	5.3 (44.2%)
210	<b>MAĆZKA Krystyna</b>	<b>3379</b>	OTK RZEŹNIK	K60	1		<b>02:05:03.50</b>	+01:09:52 (55.9%)	11:22	5.3 (44.2%)
211	<b>CEPA Katarzyna</b>	<b>3374</b>		K30	29		<b>02:05:18.45</b>	+01:10:07 (56.0%)	11:23	5.3 (44.2%)
212	<b>ŁUKOMSKI Maciej</b>	<b>3373</b>	ŁÓDZKI KLUB WYSOKOGÓRSKI	M40	36		<b>02:05:19.25</b>	+01:10:08 (56.0%)	11:23	5.3 (44.2%)
213	<b>BECHTA Damian</b>	<b>3291</b>	ADIDAS RUNNERS WARSAW	M20	30		<b>02:05:59.60</b>	+01:10:48 (56.2%)	11:27	5.2 (43.3%)
214	<b>GUZOWSKA Katarzyna</b>	<b>3299</b>	BRACTWO BIEGOWE BGK	K20	20		<b>02:05:59.95</b>	+01:10:48 (56.2%)	11:27	5.2 (43.3%)
215	<b>PACHOLSKA Agnieszka</b>	<b>3239</b>		K20	21		<b>02:06:15.90</b>	+01:11:04 (56.3%)	11:28	5.2 (43.3%)
216	<b>MÓWIŃSKA Katarzyna</b>	<b>3266</b>		K40	16		<b>02:06:19.60</b>	+01:11:08 (56.3%)	11:29	5.2 (43.3%)
217	<b>FOLTA Anita</b>	<b>3031</b>	ZARSZYŃSKI KLUB BIEGACZA	K50	3		<b>02:07:24.00</b>	+01:12:13 (56.7%)	11:34	5.2 (43.3%)
218	<b>RECZEK Sebastian</b>	<b>3288</b>	KS ZIELONO CZARNI	M40	37		<b>02:07:37.75</b>	+01:12:26 (56.8%)	11:36	5.2 (43.3%)
219	<b>BEDNARCZUK Joanna</b>	<b>3133</b>		K40	17		<b>02:07:42.65</b>	+01:12:31 (56.8%)	11:36	5.2 (43.3%)
220	<b>SADOWSKA Małgorzata</b>	<b>3344</b>		K30	30		<b>02:07:42.75</b>	+01:12:31 (56.8%)	11:36	5.2 (43.3%)
221	<b>MACHOWSKI Artur</b>	<b>3343</b>		M20	31		<b>02:08:27.85</b>	+01:13:16 (57.0%)	11:40	5.1 (42.5%)
222	<b>WOŹNIAK Lidia</b>	<b>3034</b>	PORMAT JEDLICZE BIEGA	K50	4		<b>02:08:47.25</b>	+01:13:36 (57.2%)	11:42	5.1 (42.5%)
223	<b>PARTYKA Agnieszka</b>	<b>3376</b>	RZESZOWSKIE GAZELE I GEPARDY	K40	18		<b>02:09:11.40</b>	+01:14:00 (57.3%)	11:44	5.1 (42.5%)
224	<b>PARTYKA Andrzej</b>	<b>3375</b>	RZESZOWSKIE GAZELE I GEPARDY	M40	38		<b>02:09:12.05</b>	+01:14:01 (57.3%)	11:44	5.1 (42.5%)
225	<b>KLECKA Paulina</b>	<b>3243</b>	SPARTAŃSKA DZICZ	K30	31		<b>02:09:44.50</b>	+01:14:33 (57.5%)	11:47	5.1 (42.5%)
226	<b>SARAD Sabina</b>	<b>3242</b>	SPARTAŃSKA DZICZ	K20	22		<b>02:09:45.70</b>	+01:14:34 (57.5%)	11:47	5.1 (42.5%)
227	<b>KOZA Sebastian</b>	<b>3179</b>	SSW TEAM KROŚNICE	M20	32		<b>02:09:46.15</b>	+01:14:35 (57.5%)	11:47	5.1 (42.5%)
228	<b>MAJCHROWICZ Justyna</b>	<b>3251</b>	FC PROSIACZEK	K30	32		<b>02:09:46.30</b>	+01:14:35 (57.5%)	11:47	5.1 (42.5%)
229	<b>TOKARZ Krzysztof</b>	<b>3271</b>		M30	47		<b>02:09:48.30</b>	+01:14:37 (57.5%)	11:48	5.1 (42.5%)
230	<b>SKOREK Paweł</b>	<b>3423</b>	SSW TEAM KROŚNICE	M30	48		<b>02:09:51.05</b>	+01:14:40 (57.5%)	11:48	5.1 (42.5%)
231	<b>SKOREK Natalia</b>	<b>3422</b>	SSW TEAM KROŚNICE	K30	33		<b>02:09:51.80</b>	+01:14:40 (57.5%)	11:48	5.1 (42.5%)
232	<b>ASŁANOWICZ Max</b>	<b>3456</b>		M14	8		<b>02:10:09.65</b>	+01:14:58 (57.6%)	11:50	5.1 (42.5%)
233	<b>TYRKA-KACZMAREK Karolina</b>	<b>3091</b>		K30	34		<b>02:10:14.10</b>	+01:15:03 (57.6%)	11:50	5.1 (42.5%)
234	<b>KUTA Anna</b>	<b>3047</b>		K40	19		<b>02:10:17.65</b>	+01:15:06 (57.6%)	11:50	5.1 (42.5%)
235	<b>PISINGAS Mariusz</b>	<b>3319</b>	BIEGANIE TO MÓJ TRZEŻWY	M40	39		<b>02:11:08.80</b>	+01:15:57 (57.9%)	11:55	5 (41.7%)
236	<b>FRANKIEWICZ Karol</b>	<b>3332</b>		M30	49		<b>02:11:37.80</b>	+01:16:26 (58.1%)	11:57	5 (41.7%)
237	<b>MAŁEK Krzysztof</b>	<b>3156</b>		M30	50		<b>02:11:50.15</b>	+01:16:39 (58.1%)	11:59	5 (41.7%)
238	<b>BYSZEWSKI Filip</b>	<b>3449</b>		M20	33		<b>02:11:58.50</b>	+01:16:47 (58.2%)	11:59	5 (41.7%)
239	<b>ANGOWSKA Beata</b>	<b>3095</b>		K30	35		<b>02:12:23.60</b>	+01:17:12 (58.3%)	12:02	5 (41.7%)
240	<b>ANGOWSKI Marcin</b>	<b>3094</b>		M40	40		<b>02:12:25.95</b>	+01:17:14 (58.3%)	12:02	5 (41.7%)
241	<b>PASZEK Krystyna</b>	<b>3229</b>	DOGOŃ GRODZISK MAZOWIECKI	K50	5		<b>02:12:40.70</b>	+01:17:29 (58.4%)	12:03	5 (41.7%)
242	<b>PAWELEC Krystyna</b>	<b>3230</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	2		<b>02:12:40.75</b>	+01:17:29 (58.4%)	12:03	5 (41.7%)
243	<b>ZIMOŃ Paulina</b>	<b>3263</b>		K20	23		<b>02:13:02.75</b>	+01:17:51 (58.5%)	12:05	5 (41.7%)
244	<b>MAZURKIEWICZ Bartłomiej</b>	<b>3264</b>	ZAPOROWY MARATON TEAM	M20	34		<b>02:13:03.20</b>	+01:17:52 (58.5%)	12:05	5 (41.7%)
245	<b>SZYMAŃSKA Jolanta</b>	<b>3370</b>		K30	36		<b>02:13:10.90</b>	+01:17:59 (58.6%)	12:06	5 (41.7%)
246	<b>BARWINEK Robert</b>	<b>3389</b>		M30	51		<b>02:13:12.65</b>	+01:18:01 (58.6%)	12:06	5 (41.7%)
247	<b>GOSTYŃSKA Weronika</b>	<b>3002</b>		K40	20		<b>02:13:20.35</b>	+01:18:09 (58.6%)	12:07	4.9 (40.8%)
248	<b>PAWLAK Bartosz</b>	<b>3024</b>		M40	41		<b>02:13:54.40</b>	+01:18:43 (58.8%)	12:10	4.9 (40.8%)
249	<b>JAMBOR Michał</b>	<b>3025</b>	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	42		<b>02:13:55.50</b>	+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	<b>PIASECZYŃSKA-JAMBOR Agata</b>	<b>3287</b>		K40	21		<b>02:13:55.70</b>	+01:18:44 (58.8%)	12:10	4.9 (40.8%)
251	<b>PAWLAK Beata</b>	<b>3022</b>		K40	22		<b>02:14:00.45</b>	+01:18:49 (58.8%)	12:10	4.9 (40.8%)
252	<b>WALKOWICZ Iwona</b>	<b>3331</b>		K30	37		<b>02:14:03.30</b>	+01:18:52 (58.8%)	12:11	4.9 (40.8%)
253	<b>WIŚNIEWSKA Iwona</b>	<b>3333</b>	BIEGACZE SPECJALNEJ TROSKI	K30	38	01:00:00	<b>02:14:12.00</b>	+01:19:01 (58.9%)	6:44	8.9 (74.2%)
254	<b>STAŃCZYK Emilia</b>	<b>3098</b>		K30	39		<b>02:14:37.75</b>	+01:19:26 (59.0%)	12:14	4.9 (40.8%)
255	<b>STAŃCZYK Mateusz</b>	<b>3097</b>		M30	52		<b>02:14:37.85</b>	+01:19:26 (59.0%)	12:14	4.9 (40.8%)
256	<b>BUDZYŃ Paweł</b>	<b>3316</b>	VISEGRAD MARATON RYTRO	M40	43		<b>02:15:15.00</b>	+01:20:04 (59.2%)	12:17	4.9 (40.8%)
257	<b>SZPERNAL Beata</b>	<b>3054</b>		K50	6		<b>02:15:15.60</b>	+01:20:04 (59.2%)	12:17	4.9 (40.8%)
258	<b>DZIAMENTSJEVA Vijaleta</b>	<b>3387</b>		K30	40		<b>02:16:14.00</b>	+01:21:03 (59.5%)	12:23	4.8 (40.0%)
259	<b>SIDLO-GALKOWSKA Malgorzata</b>	<b>3059</b>		K40	23		<b>02:16:47.90</b>	+01:21:36 (59.7%)	12:26	4.8 (40.0%)
260	<b>ZIÓŁKOWSKA Paulina</b>	<b>3467</b>	GIT EKIPA	K40	24		<b>02:16:53.80</b>	+01:21:42 (59.7%)	12:26	4.8 (40.0%)
261	<b>CIEPAK Krystian</b>	<b>3466</b>	GIT EKIPA	M20	35		<b>02:16:54.20</b>	+01:21:43 (59.7%)	12:26	4.8 (40.0%)
262	<b>CIEPAK Adam</b>	<b>3465</b>	GIT EKIPA !	M40	44		<b>02:16:55.20</b>	+01:21:44 (59.7%)	12:26	4.8 (40.0%)
263	<b>JĘCZMIŃSKA Anna</b>	<b>3045</b>		K40	25		<b>02:16:56.50</b>	+01:21:45 (59.7%)	12:26	4.8 (40.0%)
264	<b>MARASEK Anna</b>	<b>3042</b>		K40	26		<b>02:16:57.40</b>	+01:21:46 (59.7%)	12:27	4.8 (40.0%)
265	<b>ZAGÓRSKI Mateusz</b>	<b>3046</b>		M20	36		<b>02:17:20.35</b>	+01:22:09 (59.8%)	12:29	4.8 (40.0%)
266	<b>REDMER Bartłomiej</b>	<b>3071</b>		M20	37		<b>02:17:21.25</b>	+01:22:10 (59.8%)	12:29	4.8 (40.0%)
267	<b>SZUBA Krzysztof</b>	<b>3038</b>		M50	20		<b>02:17:24.05</b>	+01:22:13 (59.8%)	12:29	4.8 (40.0%)
268	<b>KLIMEK Łukasz</b>	<b>3394</b>		M40	45		<b>02:17:27.85</b>	+01:22:16 (59.9%)	12:29	4.8 (40.0%)
269	<b>CZADERSKA Weronika</b>	<b>3358</b>	X-TEAM SPECIAL FORCES	K20	24		<b>02:17:32.05</b>	+01:22:21 (59.9%)	12:30	4.8 (40.0%)
270	<b>KRUZEL Małgorzata</b>	<b>3248</b>	BIEGOWE MISIE	K20	25		<b>02:17:53.85</b>	+01:22:42 (60.0%)	12:32	4.8 (40.0%)
271	<b>NIEMYJSKI Maciej</b>	<b>3252</b>	BIEGOWE MISIE	M20	38		<b>02:17:56.65</b>	+01:22:45 (60.0%)	12:32	4.8 (40.0%)
272	<b>WALISZEWSKA-PLEWA Izabela</b>	<b>3006</b>		K40	27		<b>02:18:23.50</b>	+01:23:12 (60.1%)	12:34	4.8 (40.0%)
273	<b>KNIEC Kamila</b>	<b>3430</b>		K20	26		<b>02:18:38.35</b>	+01:23:27 (60.2%)	12:36	4.8 (40.0%)
274	<b>MALAGOWSKI Marcin</b>	<b>3202</b>		M30	53		<b>02:18:40.90</b>	+01:23:29 (60.2%)	12:36	4.8 (40.0%)
275	<b>SZCZYGIELSKA Patrycja</b>	<b>3313</b>		K30	41		<b>02:18:44.10</b>	+01:23:33 (60.2%)	12:36	4.8 (40.0%)
276	<b>KALICIŃSKI Jarosław</b>	<b>3049</b>	ŚLĘZAKTEAM	M30	54		<b>02:18:47.30</b>	+01:23:36 (60.2%)	12:37	4.8 (40.0%)
277	<b>KOCHANIAK Kasia</b>	<b>3203</b>		K40	28		<b>02:18:48.55</b>	+01:23:37 (60.2%)	12:37	4.8 (40.0%)
278	<b>KOCHANIAK Andrzej</b>	<b>3032</b>		M30	55		<b>02:18:49.15</b>	+01:23:38 (60.2%)	12:37	4.8 (40.0%)
279	<b>FURMAN Agnieszka</b>	<b>3267</b>	OCHAJORUN & FRIENDS	K30	42		<b>02:19:14.85</b>	+01:24:03 (60.4%)	12:39	4.7 (39.2%)
280	<b>FURMAN Michał</b>	<b>3276</b>	OCHAJORUN & FRIENDS	M30	56		<b>02:19:15.25</b>	+01:24:04 (60.4%)	12:39	4.7 (39.2%)
281	<b>CIECHAROWSKA Justyna</b>	<b>3241</b>	NIKO_TEAM	K30	43		<b>02:19:20.55</b>	+01:24:09 (60.4%)	12:40	4.7 (39.2%)
282	<b>KALICIŃSKA Monika</b>	<b>3050</b>	NOSTROMO	K30	44		<b>02:19:44.40</b>	+01:24:33 (60.5%)	12:42	4.7 (39.2%)
283	<b>KASZUBA Ryszard</b>	<b>3017</b>	KLUB SPORTOWY PRESTIGE	M60	6		<b>02:19:58.60</b>	+01:24:47 (60.6%)	12:43	4.7 (39.2%)
284	<b>BUCHTA Ewelina</b>	<b>3174</b>	NIE LAM SIĘ	K20	27		<b>02:20:25.95</b>	+01:25:14 (60.7%)	12:46	4.7 (39.2%)
285	<b>MAREK Agnieszka</b>	<b>3056</b>		K40	29		<b>02:20:40.75</b>	+01:25:29 (60.8%)	12:47	4.7 (39.2%)
286	<b>TURNIAK Dariusz</b>	<b>3057</b>		M40	46		<b>02:20:41.85</b>	+01:25:30 (60.8%)	12:47	4.7 (39.2%)
287	<b>SKUBISZ Katarzyna</b>	<b>3414</b>	BIEGACZE SPECJALNEJ TROSKI	K40	30		<b>02:20:53.20</b>	+01:25:42 (60.8%)	12:48	4.7 (39.2%)
288	<b>KACZYŃSKA Julia</b>	<b>3345</b>		K20	28		<b>02:20:53.55</b>	+01:25:42 (60.8%)	12:48	4.7 (39.2%)
289	<b>KACZYŃSKI Artur</b>	<b>3346</b>		M40	47		<b>02:20:54.95</b>	+01:25:43 (60.8%)	12:48	4.7 (39.2%)
290	<b>KŁĘCZAR Igor</b>	<b>3445</b>		M20	39		<b>02:21:12.40</b>	+01:26:01 (60.9%)	12:50	4.7 (39.2%)
291	<b>BUREK Justyna</b>	<b>3446</b>		K20	29		<b>02:21:13.50</b>	+01:26:02 (60.9%)	12:50	4.7 (39.2%)
292	<b>LASEK Jarek</b>	<b>3362</b>		M40	48		<b>02:21:52.45</b>	+01:26:41 (61.1%)	12:53	4.7 (39.2%)
293	<b>FORMA Rafał</b>	<b>3361</b>		M40	49		<b>02:21:53.05</b>	+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	<b>DUSZA Łukasz</b>	<b>3028</b>		M30	57		<b>02:21:55.90</b>	+01:26:44 (61.1%)	12:54	4.7 (39.2%)
295	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>3285</b>	AKTYWNI WĘGRÓW / WKURW_TEAM	K40	31		<b>02:23:09.65</b>	+01:27:58 (61.5%)	13:00	4.6 (38.3%)
296	<b>BIESZCZ Jakub</b>	<b>3330</b>		M14	9		<b>02:23:19.65</b>	+01:28:08 (61.5%)	13:01	4.6 (38.3%)
297	<b>WOŁOWIEC Bożena</b>	<b>3089</b>		K40	32		<b>02:23:51.90</b>	+01:28:40 (61.6%)	13:04	4.6 (38.3%)
298	<b>WOŁOWIEC Marcin</b>	<b>3088</b>		M40	50		<b>02:24:03.65</b>	+01:28:52 (61.7%)	13:05	4.6 (38.3%)
299	<b>TOMCZEWSKA Marcjanna</b>	<b>3442</b>	CROSSFIT TORUN	K20	30		<b>02:24:14.25</b>	+01:29:03 (61.7%)	13:06	4.6 (38.3%)
300	<b>MÓWIŃSKA Anna</b>	<b>3086</b>	RUNNERS TEAM JABŁONNA	K40	33		<b>02:24:52.80</b>	+01:29:41 (61.9%)	13:10	4.6 (38.3%)
301	<b>DOMARADZKA Ewa</b>	<b>3378</b>		K40	34		<b>02:25:20.00</b>	+01:30:09 (62.0%)	13:12	4.5 (37.5%)
302	<b>GŁOWACKA Aleksandra</b>	<b>3085</b>	MŁODY VS STARY	K40	35		<b>02:26:08.70</b>	+01:30:57 (62.2%)	13:17	4.5 (37.5%)
303	<b>WETOSZKA Piotr</b>	<b>3384</b>	TKKF KRZNA BIAŁA PODLASKA	M30	58		<b>02:26:56.00</b>	+01:31:45 (62.4%)	13:21	4.5 (37.5%)
304	<b>PRYSZCZ Mirosław</b>	<b>3318</b>		M40	51		<b>02:28:05.50</b>	+01:32:54 (62.7%)	13:27	4.5 (37.5%)
305	<b>SZOŁTYSEK Beata</b>	<b>3320</b>	OCHAJORUN & FRIENDS	K40	36		<b>02:28:06.05</b>	+01:32:55 (62.7%)	13:27	4.5 (37.5%)
306	<b>GUZIK Wojciech</b>	<b>3123</b>	POKOLENIE X	M50	21		<b>02:28:24.05</b>	+01:33:13 (62.8%)	13:29	4.4 (36.7%)
307	<b>PATLA Ewa</b>	<b>3134</b>		K40	37		<b>02:28:25.30</b>	+01:33:14 (62.8%)	13:29	4.4 (36.7%)
308	<b>MASZEWSKA-WACH Mariola</b>	<b>3464</b>	RAWA TIM ZAWSZE SLIM	K30	45		<b>02:31:21.40</b>	+01:36:10 (63.5%)	13:45	4.4 (36.7%)
309	<b>KANIEWSKI Michał</b>	<b>3292</b>	DZIKI DZIK TEAM	M20	40		<b>02:32:07.30</b>	+01:36:56 (63.7%)	13:49	4.3 (35.8%)
310	<b>KANIEWSKA Justyna</b>	<b>3293</b>	DZIKI DZIK TEAM	K20	31		<b>02:32:08.50</b>	+01:36:57 (63.7%)	13:49	4.3 (35.8%)
310	<b>DASZCZYŃSKA Iwona</b>	<b>3309</b>	ADASKO TEAM	K40	38		<b>02:32:08.50</b>	+01:36:57 (63.7%)	13:49	4.3 (35.8%)
312	<b>DASZCZYŃSKI Adam</b>	<b>3308</b>	ADASKO TEAM	M40	52		<b>02:32:09.10</b>	+01:36:58 (63.7%)	13:49	4.3 (35.8%)
313	<b>MIANOWSKI Jakub</b>	<b>3433</b>		M20	41		<b>02:32:12.60</b>	+01:37:01 (63.7%)	13:50	4.3 (35.8%)
314	<b>JANIK Weronika</b>	<b>3190</b>		K20	32		<b>02:33:37.25</b>	+01:38:26 (64.1%)	13:58	4.3 (35.8%)
315	<b>HAIKUK Dawid</b>	<b>3246</b>		M20	42		<b>02:33:38.05</b>	+01:38:27 (64.1%)	13:58	4.3 (35.8%)
316	<b>HAŁUCHA Katarzyna</b>	<b>3340</b>		K20	33		<b>02:34:02.20</b>	+01:38:51 (64.2%)	14:00	4.3 (35.8%)
317	<b>PŁĄŻEWSKI Paweł</b>	<b>3234</b>	RUNEGADES BRWINÓW	M40	53		<b>02:34:45.60</b>	+01:39:34 (64.3%)	14:04	4.3 (35.8%)
318	<b>WDOWIARSKI Maciej</b>	<b>3227</b>		M20	43		<b>02:35:08.65</b>	+01:39:57 (64.4%)	14:06	4.3 (35.8%)
319	<b>WIERZBA Elżbieta</b>	<b>3277</b>		K40	39		<b>02:35:09.20</b>	+01:39:58 (64.4%)	14:06	4.3 (35.8%)
320	<b>SZARKOWSKA-LUDEW Katarzyna</b>	<b>3278</b>		K40	40		<b>02:35:09.90</b>	+01:39:58 (64.4%)	14:06	4.3 (35.8%)
321	<b>POLAK Mikołaj</b>	<b>3081</b>		M40	54		<b>02:36:45.60</b>	+01:41:34 (64.8%)	14:15	4.2 (35.0%)
321	<b>SUDOŁ Iłona</b>	<b>3080</b>		K30	46		<b>02:36:45.60</b>	+01:41:34 (64.8%)	14:15	4.2 (35.0%)
323	<b>PAWŁOWSKA-LIS Maria</b>	<b>3443</b>		K40	41		<b>02:37:28.40</b>	+01:42:17 (65.0%)	14:19	4.2 (35.0%)
324	<b>REWERS Dariusz</b>	<b>3350</b>	ULTRA WAY TEAM	M40	55		<b>02:37:58.90</b>	+01:42:47 (65.1%)	14:21	4.2 (35.0%)
325	<b>PEŁECH Julia</b>	<b>3406</b>	WIRAN TEAM	K14	5		<b>02:38:00.85</b>	+01:42:49 (65.1%)	14:21	4.2 (35.0%)
326	<b>KRÓL Pola</b>	<b>3405</b>	WIRAN TEAM	K14	6		<b>02:38:01.25</b>	+01:42:50 (65.1%)	14:21	4.2 (35.0%)
327	<b>GRZESIK Renata</b>	<b>3219</b>		K30	47		<b>02:39:06.80</b>	+01:43:55 (65.3%)	14:27	4.1 (34.2%)
328	<b>KRÓL Katarzyna</b>	<b>3048</b>	WIRAN TEAM	K40	42		<b>02:39:07.50</b>	+01:43:56 (65.3%)	14:27	4.1 (34.2%)
329	<b>GAŁKA Ola</b>	<b>3249</b>	VEGE RUNNERS/ KB SUKCES ŻMIGRÓD	K40	43		<b>02:39:46.30</b>	+01:44:35 (65.5%)	14:31	4.1 (34.2%)
330	<b>PIOTROWSKA Marta</b>	<b>3193</b>		K30	48		<b>02:41:22.55</b>	+01:46:11 (65.8%)	14:40	4.1 (34.2%)
331	<b>FAFARA Agnieszka</b>	<b>3417</b>		K40	44		<b>02:41:44.80</b>	+01:46:33 (65.9%)	14:42	4.1 (34.2%)
332	<b>KALINOWSKI Janusz</b>	<b>3418</b>		M60	7		<b>02:41:47.20</b>	+01:46:36 (65.9%)	14:42	4.1 (34.2%)
333	<b>DAWID Honorata</b>	<b>3142</b>		K40	45		<b>02:41:57.60</b>	+01:46:46 (65.9%)	14:43	4.1 (34.2%)
334	<b>BIESZCZ Robert</b>	<b>3329</b>		M40	56		<b>02:42:25.45</b>	+01:47:14 (66.0%)	14:45	4.1 (34.2%)
335	<b>DRZYZGA Dominika</b>	<b>3431</b>		K20	34		<b>02:42:33.80</b>	+01:47:22 (66.1%)	14:46	4.1 (34.2%)
336	<b>MILKA Karolina</b>	<b>3159</b>		K20	35		<b>02:42:39.15</b>	+01:47:28 (66.1%)	14:47	4.1 (34.2%)
336	<b>JASTRZĘBSKA Paulina</b>	<b>3140</b>	SKY RUNNER	K30	49		<b>02:42:39.15</b>	+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	<b>NOWAK Ania</b>	<b>3354</b>		K40	46		<b>02:42:50.20</b>	+01:47:39 (66.1%)	14:48	4.1 (34.2%)
339	<b>KĘPKA Robert</b>	<b>3421</b>	BIEGUSIEM.PL	M30	59		<b>02:44:26.40</b>	+01:49:15 (66.4%)	14:57	4 (33.3%)
340	<b>GRUBE Bartosz</b>	<b>3444</b>	SUT - STRASZYN ULTRA TEAM	M30	60		<b>02:44:56.90</b>	+01:49:45 (66.5%)	14:59	4 (33.3%)
341	<b>BĄCZEK Krzysztof</b>	<b>3462</b>	GIT EKIPA	M40	57		<b>02:44:57.90</b>	+01:49:46 (66.5%)	14:59	4 (33.3%)
342	<b>MICHNIEWSKI Piotr</b>	<b>3461</b>		M30	61		<b>02:44:58.10</b>	+01:49:47 (66.5%)	14:59	4 (33.3%)
343	<b>RADYK Anna</b>	<b>3209</b>	PRZEMYSKI KLUB BIEGACZA	K14	7		<b>02:45:54.80</b>	+01:50:43 (66.7%)	15:05	4 (33.3%)
343	<b>RADYK Aleksandra</b>	<b>3137</b>	PRZEMYSKI KLUB BIEGACZA	K14	7		<b>02:45:54.80</b>	+01:50:43 (66.7%)	15:05	4 (33.3%)
345	<b>RADYK Joanna</b>	<b>3210</b>	PRZEMYSKI KLUB BIEGACZA	K30	50		<b>02:45:55.20</b>	+01:50:44 (66.7%)	15:05	4 (33.3%)
346	<b>RADYK Jakub</b>	<b>3136</b>	PRZEMYSKI KLUB BIEGACZA	M30	62		<b>02:45:56.20</b>	+01:50:45 (66.7%)	15:05	4 (33.3%)
347	<b>KUCZAKOWSKA Joanna</b>	<b>3253</b>	BIEGOWE MISIE	K30	51		<b>02:47:11.10</b>	+01:52:00 (67.0%)	15:11	3.9 (32.5%)
348	<b>KRUZEL Rafał</b>	<b>3228</b>	BIEGOWE MISIE	M40	58		<b>02:47:12.15</b>	+01:52:01 (67.0%)	15:12	3.9 (32.5%)
349	<b>CZAPLA Andrzej</b>	<b>3279</b>		M60	8		<b>02:47:36.05</b>	+01:52:25 (67.1%)	15:14	3.9 (32.5%)
350	<b>ZUBA Rafał</b>	<b>3381</b>	BLACK RIVER	M20	44		<b>02:49:01.95</b>	+01:53:50 (67.4%)	15:22	3.9 (32.5%)
351	<b>NAZIMEK Małgorzata</b>	<b>3380</b>	BLACK RIVER	K20	36		<b>02:49:02.30</b>	+01:53:51 (67.4%)	15:22	3.9 (32.5%)
352	<b>WOLNA Agata</b>	<b>3402</b>	ECO LED PRESTIGE	K30	52		<b>02:49:38.05</b>	+01:54:27 (67.5%)	15:25	3.9 (32.5%)
353	<b>SCIEPKO Damian</b>	<b>3403</b>	ECO LED PRESTIGE	M30	63		<b>02:49:39.00</b>	+01:54:28 (67.5%)	15:25	3.9 (32.5%)
354	<b>BUKOWSKA Dominika</b>	<b>3401</b>	RENEW INSTITUTE	K30	53		<b>02:49:44.25</b>	+01:54:33 (67.5%)	15:25	3.9 (32.5%)
355	<b>WIERCHOŁA Joanna</b>	<b>3068</b>		K60	3		<b>02:49:45.00</b>	+01:54:34 (67.5%)	15:25	3.9 (32.5%)
356	<b>BOROWIEC-RÓŻYCKA Magdalena</b>	<b>3130</b>	BIEGAJĄCY ŚWIDNIK	K30	54		<b>02:53:13.45</b>	+01:58:02 (68.1%)	15:44	3.8 (31.7%)
357	<b>OLCZYK Anna</b>	<b>3008</b>	DABEX-BOLT	K30	55		<b>02:53:23.20</b>	+01:58:12 (68.2%)	15:45	3.8 (31.7%)
358	<b>TWARDOWSKI Tomasz</b>	<b>3235</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	59		<b>02:54:38.70</b>	+01:59:27 (68.4%)	15:52	3.8 (31.7%)
359	<b>MATRASZEK Patrycja</b>	<b>3233</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	56		<b>02:54:39.80</b>	+01:59:28 (68.4%)	15:52	3.8 (31.7%)
360	<b>SIERECKA Dorota</b>	<b>3200</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	47		<b>02:55:13.80</b>	+02:00:02 (68.5%)	15:55	3.8 (31.7%)
361	<b>SAR Michał</b>	<b>3102</b>	FUDU & CO SPORT TEAM	M40	60		<b>02:56:29.50</b>	+02:01:18 (68.7%)	16:02	3.7 (30.8%)
362	<b>ERENBERG Małgorzata</b>	<b>3026</b>	FUDU&CO. SPORT TEAM	K30	57		<b>02:56:30.10</b>	+02:01:19 (68.7%)	16:02	3.7 (30.8%)
363	<b>CIECIERA Marta</b>	<b>3388</b>		K30	58		<b>02:56:44.80</b>	+02:01:33 (68.8%)	16:04	3.7 (30.8%)
364	<b>HERTEL Karina</b>	<b>3409</b>		K40	48		<b>02:57:27.40</b>	+02:02:16 (68.9%)	16:08	3.7 (30.8%)
365	<b>JASIUL Mariola</b>	<b>3447</b>		K40	49		<b>02:57:40.90</b>	+02:02:29 (68.9%)	16:09	3.7 (30.8%)
366	<b>WOJTAL Marcin</b>	<b>3365</b>	ANASTAZJA PIERWSZY RZEŹNIK	M40	61		<b>02:59:41.85</b>	+02:04:30 (69.3%)	16:20	3.7 (30.8%)
367	<b>GIERLOTKA Rafał</b>	<b>3364</b>		M40	62		<b>02:59:44.70</b>	+02:04:33 (69.3%)	16:20	3.7 (30.8%)
368	<b>KRYSIEWICZ Aleksandra</b>	<b>3419</b>		K30	59		<b>02:59:56.70</b>	+02:04:45 (69.3%)	16:21	3.7 (30.8%)
369	<b>KALINOWSKI Krzysztof</b>	<b>3192</b>		M30	64		<b>03:02:47.25</b>	+02:07:36 (69.8%)	16:37	3.6 (30.0%)
370	<b>JAROSZ Grzegorz</b>	<b>3411</b>		M50	22		<b>03:02:56.20</b>	+02:07:45 (69.8%)	16:37	3.6 (30.0%)
371	<b>JAGODA Adam</b>	<b>3012</b>	FUCHS OIL TEAM	M50	23		<b>03:07:12.95</b>	+02:12:01 (70.5%)	17:01	3.5 (29.2%)
372	<b>WŁODARCZYK Natalia</b>	<b>3206</b>	SĄ WOLNIEJSI	K30	60		<b>03:07:46.25</b>	+02:12:35 (70.6%)	17:04	3.5 (29.2%)
373	<b>MEDYŃSKA Aleksandra</b>	<b>3144</b>		K30	61		<b>03:07:46.90</b>	+02:12:35 (70.6%)	17:04	3.5 (29.2%)
374	<b>GAJEWSKA Klaudia</b>	<b>3040</b>		K20	37		<b>03:08:14.10</b>	+02:13:03 (70.7%)	17:06	3.5 (29.2%)
375	<b>STANKOWSKA Marzena</b>	<b>3194</b>	KIJKOWE TRZEMESZNO	K40	50		<b>03:09:22.00</b>	+02:14:11 (70.9%)	17:12	3.5 (29.2%)
376	<b>GUDOWSKA Magdalena</b>	<b>3415</b>	KARKONOSKITEAM	K40	51		<b>03:10:09.85</b>	+02:14:58 (71.0%)	17:17	3.5 (29.2%)
377	<b>GUDOWSKI Robert</b>	<b>3416</b>	KARKONOSKITEAM	M40	63		<b>03:10:10.80</b>	+02:14:59 (71.0%)	17:17	3.5 (29.2%)
378	<b>KOJRUK Emilia</b>	<b>3041</b>		K20	38		<b>03:18:16.05</b>	+02:23:05 (72.2%)	18:01	3.3 (27.5%)
379	<b>KLARECKI Adrian</b>	<b>3125</b>		M40	64		<b>03:18:24.60</b>	+02:23:13 (72.2%)	18:02	3.3 (27.5%)
380	<b>KLARECKA Joanna</b>	<b>3126</b>	ASTMA TEAM	K40	52		<b>03:18:26.75</b>	+02:23:15 (72.2%)	18:02	3.3 (27.5%)
381	<b>SZYMAŃSKA Joanna</b>	<b>3150</b>		K40	53		<b>03:21:24.90</b>	+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	<b>NICPON Sebastian</b>	<b>3154</b>	PATOBIEGACZE	M30	65		<b>03:22:00.65</b>	+02:26:49 (72.7%)	18:21	3.3 (27.5%)
383	<b>NICPOŃ Katarzyna</b>	<b>3120</b>	PATOBIEGACZE	K30	62		<b>03:22:03.10</b>	+02:26:52 (72.7%)	18:22	3.3 (27.5%)
384	<b>KĄDZIOŁKA Emilia</b>	<b>3437</b>	K2	K50	7		<b>03:24:37.20</b>	+02:29:26 (73.0%)	18:36	3.2 (26.7%)
385	<b>ZIÓŁEK Teresa</b>	<b>3440</b>	STAY INSANE	K60	4		<b>03:24:37.25</b>	+02:29:26 (73.0%)	18:36	3.2 (26.7%)
386	<b>NOWAKOWSKA Agnieszka</b>	<b>3438</b>		K30	63		<b>03:24:37.60</b>	+02:29:26 (73.0%)	18:36	3.2 (26.7%)
387	<b>PIETRZYK Ewa</b>	<b>3129</b>	BIEGAJĄCY ŚWIDNIK	K40	54		<b>03:30:02.70</b>	+02:34:51 (73.7%)	19:05	3.1 (25.8%)
388	<b>BOROWIEC Alicja</b>	<b>3128</b>	BIEGAJĄCY ŚWIDNIK	K30	64		<b>03:30:03.40</b>	+02:34:52 (73.7%)	19:05	3.1 (25.8%)
389	<b>BAKALARSKA Mariola</b>	<b>3260</b>	WARSAW RUN CLUB	K50	8		<b>03:41:08.20</b>	+02:45:57 (75.0%)	20:06	3 (25.0%)
390	<b>CYMBORSKA Jolanta</b>	<b>3269</b>	WARSAW RUN CLUB	K30	65		<b>03:41:09.10</b>	+02:45:58 (75.0%)	20:06	3 (25.0%)
391	<b>SULEWSKI Maciej</b>	<b>3065</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	65		<b>03:46:56.40</b>	+02:51:45 (75.7%)	20:37	2.9 (24.2%)
392	<b>WTULICH Diana</b>	<b>3454</b>		K50	9		<b>03:46:56.70</b>	+02:51:45 (75.7%)	20:37	2.9 (24.2%)
393	<b>BACZEWSKA Klaudia</b>	<b>3393</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	K30	66		<b>03:46:58.95</b>	+02:51:47 (75.7%)	20:38	2.9 (24.2%)
394	<b>KOBUS Dorota</b>	<b>3459</b>	BBL OSTROŁĘKA	K40	55		<b>03:47:00.05</b>	+02:51:49 (75.7%)	20:38	2.9 (24.2%)
395	<b>JAWORSKA Katarzyna</b>	<b>3135</b>	GĄBIN BIEGA	K30	67		<b>04:00:10.10</b>	+03:04:59 (77.0%)	21:50	2.7 (22.5%)
396	<b>MILEWSKI Dominik</b>	<b>3188</b>	GĄBIN BIEGA	M20	45		<b>04:00:11.50</b>	+03:05:00 (77.0%)	21:50	2.7 (22.5%)
397	<b>SMOCZYŃSKA Katarzyna</b>	<b>3265</b>		K40	56		<b>04:12:38.90</b>	+03:17:27 (78.2%)	22:58	2.6 (21.7%)
398	<b>JAGODA Mateusz</b>	<b>3009</b>	FUCHS OIL TEAM	M20	46		<b>04:21:25.30</b>	+03:26:14 (78.9%)	23:45	2.5 (20.8%)
399	<b>HENSEL-JAGODA Mirella</b>	<b>3247</b>	FUCHS OIL TEAM	K50	10		<b>04:21:29.60</b>	+03:26:18 (78.9%)	23:46	2.5 (20.8%)
400	<b>SABA Małgorzata</b>	<b>3147</b>	NAJWIĘKSZA ARMIA ŚWIATA	K20	39		<b>04:26:26.10</b>	+03:31:15 (79.3%)	24:13	2.5 (20.8%)
401	<b>SOKOŁOWSKA Sylwia</b>	<b>3043</b>		K30	68		<b>04:30:28.80</b>	+03:35:17 (79.6%)	24:35	2.4 (20.0%)

Znaleziono 401 wynik(ów)