



DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 11 km

B4SPORT

INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	JAKUBIK Marcin	3384	MKS HALICZ PSG KROŚCIENKO	M30	1		01:01:42.15		5:36	10.7 (100%)
2	CHOJNACKI Wiktor	3429		M30	2		01:03:39.80	+00:01:57 (3.1%)	5:47	10.4 (97.2%)
3	MULARCZYK Paweł	3261	GRUPA JURA'PL	M30	3	00:03:50	01:04:01.50	+00:02:19 (3.6%)	5:28	11 (102.8%)
4	KOWALIK Marcin	3476	PGE RUN OBRÓT	M30	4		01:04:12.10	+00:02:29 (3.9%)	5:50	10.3 (96.3%)
5	PERYKASZA Paweł	3229	GRUPALUKTRANS.PL	M40	1		01:04:12.15	+00:02:30 (3.9%)	5:50	10.3 (96.3%)
6	GÓROWSKI Mateusz	3660	GOPR BIESZCZADY/KAGB	M30	5		01:04:17.40	+00:02:35 (4.0%)	5:50	10.3 (96.3%)
7	JARMOLIŃSKI Piotr	3655		M40	2		01:04:41.15	+00:02:59 (4.6%)	5:52	10.2 (95.3%)
8	SROKA Jakub	3066		M20	1		01:05:47.10	+00:04:04 (6.2%)	5:58	10 (93.5%)
9	SABAT Sebastian	3498		M20	2		01:06:25.50	+00:04:43 (7.1%)	6:02	9.9 (92.5%)
10	ZAWADZKI Marcin	3515	SZCZWANY TRZMIEL TEAM	M30	6		01:07:09.05	+00:05:26 (8.1%)	6:06	9.8 (91.6%)
11	SZYDŁAK Dariusz	3541	RZESZOWSKA AKADEMIA KOLARSKA	M30	7		01:07:56.05	+00:06:13 (9.2%)	6:10	9.7 (90.7%)
12	GÓRYŃSKI Rafał	3636		M30	8		01:08:10.00	+00:06:27 (9.5%)	6:11	9.7 (90.7%)
13	GILARSKI Rafał	3375	PRO300_PROJECTDISCIPLINE	M30	9		01:09:58.65	+00:08:16 (11.8%)	6:21	9.4 (87.9%)
14	BARANOWSKI Jacek	3110	JACEKBIEGA RUNNING TEAM	M40	3		01:10:03.80	+00:08:21 (11.9%)	6:22	9.4 (87.9%)
15	TUSZYŃSKI Zygmunt	3479	PGE RUN OBRÓT	M30	10		01:10:13.60	+00:08:31 (12.1%)	6:23	9.4 (87.9%)
16	JÓZWIAK Piotr	3462	KITA TEAM	M40	4		01:10:56.00	+00:09:13 (13.0%)	6:26	9.3 (86.9%)
17	BASAŃ Marek	3557	GINGER POWER	M30	11		01:10:58.55	+00:09:16 (13.1%)	6:27	9.3 (86.9%)
18	GŁOMBIEWSKA Zuzanna	3245	RUNPASSSION.PL TEAM	K20	1		01:11:53.45	+00:10:11 (14.2%)	6:32	9.2 (86.0%)
19	ZĄBCZYŃSKI Dominik	3606	ALPIN SPORT HOKA ONE ONE TEAM	M50	1		01:12:04.75	+00:10:22 (14.4%)	6:33	9.2 (86.0%)
20	BEREZOWSKI Waldemar	3481	PGE RUN OBRÓT	M40	5		01:12:29.20	+00:10:47 (14.9%)	6:35	9.1 (85.0%)
21	KAPUSTA-SZYDŁAK Sylwia	3306	RZESZOWSKA AKADEMIA KOLARSKA	K30	1		01:12:32.10	+00:10:49 (14.9%)	6:35	9.1 (85.0%)
22	STAWIARZ Paweł	3572	140MINUT.PL	M30	12		01:12:48.65	+00:11:06 (15.3%)	6:37	9.1 (85.0%)
23	KARCZ Grzegorz	3582	BĘDUSKA BRYGADA BIEGOWA	M30	13		01:12:50.55	+00:11:08 (15.3%)	6:37	9.1 (85.0%)
24	ROGÓZ Jan	3658		M20	3		01:12:58.85	+00:11:16 (15.5%)	6:38	9 (84.1%)
25	LUBAŃSKI Mateusz	3395	KS BARYCZ MILICZ	M30	14		01:13:12.05	+00:11:29 (15.7%)	6:39	9 (84.1%)
26	CYRKLER Rafał	3291	OSTRÓDA RUNNERS	M40	6		01:13:20.25	+00:11:38 (15.9%)	6:40	9 (84.1%)
27	KRUPA Grzegorz	3084		M40	7		01:13:20.80	+00:11:38 (15.9%)	6:40	9 (84.1%)
28	SZWED Tomasz	3159	SUSKA GRUPA BIEGOWA	M30	15		01:13:21.80	+00:11:39 (15.9%)	6:40	9 (84.1%)
29	WEREMKO Grzegorz	3559	MULTIMEDIA RUNNERS PUŁAWY	M40	8		01:13:35.75	+00:11:53 (16.2%)	6:41	9 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	CIEŚLA Krzysztof	3547		M30	16		01:14:39.45	+00:12:57 (17.4%)	6:47	8.8 (82.2%)
31	KOCIUMBAS Bartosz	3190	KB SOBÓTKA	M40	9		01:14:49.05	+00:13:06 (17.5%)	6:48	8.8 (82.2%)
32	CEGIEŁKO Maciej	3243	AZS UMCS LUBLIN	M20	4		01:15:20.70	+00:13:38 (18.1%)	6:50	8.8 (82.2%)
33	JUSZCZAK Mateusz	3022	KB BIAŁA BIEGA	M20	5		01:15:32.35	+00:13:50 (18.3%)	6:52	8.7 (81.3%)
34	UZDEJCZYK Kamil	3419	SOLINA TEAM	M30	17		01:15:57.55	+00:14:15 (18.8%)	6:54	8.7 (81.3%)
35	PIWOŃSKI Adam	3601		M40	10		01:16:08.15	+00:14:26 (19.0%)	6:55	8.7 (81.3%)
36	WOŹNIAK Janusz	3422	PORMAT JEDLICZE BIEGA	M50	2		01:16:12.80	+00:14:30 (19.0%)	6:55	8.7 (81.3%)
37	KRUPA Grzegorz	3570	KB SOBÓTKA	M40	11		01:16:22.70	+00:14:40 (19.2%)	6:56	8.6 (80.4%)
38	NESTOROWICZ Marek	3203	KLUB BIEGACZA JURUND SZCZYTNO	M50	3		01:16:34.50	+00:14:52 (19.4%)	6:57	8.6 (80.4%)
39	GRONIECKI Mikołaj	3427	KTÓRĘDY PO PIWO,)	M40	12		01:16:43.70	+00:15:01 (19.6%)	6:58	8.6 (80.4%)
40	NOWAK Mirosław	3569	NIE MA	M40	13		01:17:32.00	+00:15:49 (20.4%)	7:02	8.5 (79.4%)
41	WRÓBLEWSKI Michał	3217	WHISKY AFICIONADOS	M30	18		01:17:32.10	+00:15:49 (20.4%)	7:02	8.5 (79.4%)
42	ASŁANOWICZ Marcin	3284	ŻÓRAWSKI TEAM	M40	14		01:18:04.40	+00:16:22 (21.0%)	7:05	8.5 (79.4%)
43	RUSZCZEWSKI Andrzej	3232	VEGE RUNNERS	M30	19		01:18:08.45	+00:16:26 (21.0%)	7:06	8.4 (78.5%)
44	WRÓBLEWSKI Marcin	3100	ROSTI POLSKA	M40	15		01:18:18.90	+00:16:36 (21.2%)	7:07	8.4 (78.5%)
45	WOJNAROWSKA Weronika	3357		K30	2		01:18:19.05	+00:16:36 (21.2%)	7:07	8.4 (78.5%)
46	STASIAK Włodzimierz	3566	LEANPRO	M30	20		01:18:24.10	+00:16:41 (21.3%)	7:07	8.4 (78.5%)
47	BIENIECKA Anna	3183	BIEG RZEŹNIKA	K40	1		01:18:24.20	+00:16:42 (21.3%)	7:07	8.4 (78.5%)
48	KĘPIŃSKI Andrzej	3028	TEAM ELBLĄG	M40	16		01:18:57.45	+00:17:15 (21.9%)	7:10	8.4 (78.5%)
49	MACKIEWICZ Adam	3434	TEAM ELBLĄG	M40	17		01:18:57.55	+00:17:15 (21.9%)	7:10	8.4 (78.5%)
50	SZKLARSKI Jacek	3562		M40	18		01:19:31.70	+00:17:49 (22.4%)	7:13	8.3 (77.6%)
51	WILK Krzysztof	3093	SARNI TĘTENT	M30	21		01:19:36.40	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
52	MUSIOŁ Michał	3047	SARNI TĘTENT	M30	22		01:19:36.50	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
53	MAZUR Jakub	3494	RUNNERS TEAM	M20	6		01:20:45.50	+00:19:03 (23.6%)	7:20	8.2 (76.6%)
54	KORŻYK Marek	3445		M40	19		01:20:46.40	+00:19:04 (23.6%)	7:20	8.2 (76.6%)
55	ROGÓŻ Rafał	3338		M40	20		01:20:48.80	+00:19:06 (23.6%)	7:20	8.2 (76.6%)
56	CICHOŃ Maciej	3113	42.195 WEJHEROWO	M40	21		01:21:05.80	+00:19:23 (23.9%)	7:22	8.1 (75.7%)
57	GET Maciej	3122	-	M40	22		01:21:06.35	+00:19:24 (23.9%)	7:22	8.1 (75.7%)
58	GÓRNY Dariusz	3595	SŁOŃCA JURY	M40	23		01:21:12.90	+00:19:30 (24.0%)	7:22	8.1 (75.7%)
59	ZIOBRO Tomasz	3573	KGB KROSNO	M40	24		01:21:19.25	+00:19:37 (24.1%)	7:23	8.1 (75.7%)
60	ŚCIBOR Marcin	3574	RUCH IZBICA	M30	23		01:21:21.10	+00:19:38 (24.2%)	7:23	8.1 (75.7%)
61	MOSKOWICZ Stefan	3258		M60	1		01:21:21.45	+00:19:39 (24.2%)	7:23	8.1 (75.7%)
62	LUCJUSZ Krzysztof	3036		M20	7		01:21:25.30	+00:19:43 (24.2%)	7:24	8.1 (75.7%)
63	KOT Krzysztof	3222	MPK - RZESZÓW	M40	25		01:21:55.60	+00:20:13 (24.7%)	7:26	8.1 (75.7%)
64	WYSOGLĄD Henryk	3581	HIT THE TRAIL/SIŁOWNIA AQUA FITNESS	M50	4		01:21:55.80	+00:20:13 (24.7%)	7:26	8.1 (75.7%)
65	BARTKOWSKA Joanna	3563		K40	2		01:21:58.60	+00:20:16 (24.7%)	7:27	8.1 (75.7%)
66	SITEK Arkadiusz	3233	AKTYWNI WĘGRÓW	M40	26		01:22:06.65	+00:20:24 (24.9%)	7:27	8 (74.8%)
67	OLSZEWSKA Oszi	3656		K40	3		01:22:08.15	+00:20:26 (24.9%)	7:28	8 (74.8%)
68	BOROWSKI Tomasz	3461	MTS HAMER	M50	5		01:22:08.85	+00:20:26 (24.9%)	7:28	8 (74.8%)
69	LASEK Leszek	3313	KALLIPSO RUNERS TEAM	M50	6		01:22:14.60	+00:20:32 (25.0%)	7:28	8 (74.8%)
70	CEGIEŁKO Paweł	3242	NIE NALEŻĘ DO KLUBU	M40	27		01:22:16.30	+00:20:34 (25.0%)	7:28	8 (74.8%)
71	LASKOWSKI Paweł	3314		M30	24		01:22:19.00	+00:20:36 (25.0%)	7:29	8 (74.8%)
72	ODWROT Hubert	3439	3:33 TEAM	M50	7		01:22:19.35	+00:20:37 (25.0%)	7:29	8 (74.8%)
73	STAROBRAT Arkadiusz	3182	ALETEMPO	M50	8		01:22:36.85	+00:20:54 (25.3%)	7:30	8 (74.8%)

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74	WRÓBEL Jakub	3488	TROMBIKI	M30	25		01:23:02.10	+00:21:19 (25.7%)	7:32	7.9 (73.8%)
75	FILIPEK Mariusz	3118		M20	8		01:24:28.30	+00:22:46 (27.0%)	7:40	7.8 (72.9%)
76	TAMBORSKI Grzegorz	3161		M30	26		01:24:44.65	+00:23:02 (27.2%)	7:42	7.8 (72.9%)
77	ŚLIWIŃSKI Andrzej	3443		M60	2		01:24:56.75	+00:23:14 (27.4%)	7:43	7.8 (72.9%)
78	PODLEŚ Robert	3057	COBI POLAND TEAM	M50	9		01:25:06.35	+00:23:24 (27.5%)	7:44	7.8 (72.9%)
79	PELA Olga	3402	SKY-TRANS	K30	3		01:25:11.75	+00:23:29 (27.6%)	7:44	7.7 (72.0%)
80	ODOLIŃSKA Agnieszka	3326		K40	4		01:25:14.40	+00:23:32 (27.6%)	7:44	7.7 (72.0%)
81	CHORZĘPA Jakub	3003		M40	28		01:25:26.40	+00:23:44 (27.8%)	7:46	7.7 (72.0%)
82	KOWALCZYK Ewelina	3030		K20	2		01:25:35.20	+00:23:53 (27.9%)	7:46	7.7 (72.0%)
83	UJMA Stanisław	3605		M60	3		01:25:44.45	+00:24:02 (28.0%)	7:47	7.7 (72.0%)
84	DOMKA Michał	3453	REZERWOWE PSY	M40	29		01:26:17.60	+00:24:35 (28.5%)	7:50	7.6 (71.0%)
85	SLAWINSKA Anna	3449	REZERWOWE PSY	K30	4		01:26:19.00	+00:24:36 (28.5%)	7:50	7.6 (71.0%)
86	PIEKIELNA Angelika	3331	MUKS "JUNIOR" OCHĘDZYN	K30	5		01:26:45.60	+00:25:03 (28.9%)	7:53	7.6 (71.0%)
87	POTERA Krystyna	3059		K30	6		01:26:59.40	+00:25:17 (29.1%)	7:54	7.6 (71.0%)
88	LIPIŃSKI Paweł	3484		M30	27		01:27:08.80	+00:25:26 (29.2%)	7:55	7.6 (71.0%)
88	LASOTA Grzegorz	3176		M30	27		01:27:08.80	+00:25:26 (29.2%)	7:55	7.6 (71.0%)
90	TWORZYDŁO Paweł	3514	RĄCZY JELEŃ	M40	30		01:27:15.75	+00:25:33 (29.3%)	7:55	7.6 (71.0%)
91	FILIPOWSKI Rafał	3006	FILIPRUNTEAM	M40	31		01:27:41.35	+00:25:59 (29.6%)	7:58	7.5 (70.1%)
92	SZYMANIK Anna	3076		K20	3		01:27:47.20	+00:26:05 (29.7%)	7:58	7.5 (70.1%)
93	KOWALIK Jan	3031		M60	4		01:27:51.00	+00:26:08 (29.8%)	7:59	7.5 (70.1%)
94	STACH Jacek	3444		M40	32		01:28:01.55	+00:26:19 (29.9%)	8:00	7.5 (70.1%)
94	SUDAKOWSKI Bartłomiej	3348	COCONUT TEAM	M20	9		01:28:01.55	+00:26:19 (29.9%)	8:00	7.5 (70.1%)
96	GŁOWACKI Andrzej	3220	MŁODY VS STARY	M50	10		01:28:10.65	+00:26:28 (30.0%)	8:00	7.5 (70.1%)
97	MOJSKI Adam	3600	OTK RZEŹNIK	M30	29		01:28:42.80	+00:27:00 (30.4%)	8:03	7.4 (69.2%)
98	SOBALA Maksymilian	3644	RK ATHLETICS	M20	10		01:28:43.60	+00:27:01 (30.5%)	8:03	7.4 (69.2%)
99	KORZENIOWSKI Robert	3664	RK ATHLETICS	M50	11		01:28:44.30	+00:27:02 (30.5%)	8:04	7.4 (69.2%)
100	RAK Wojciech	3149	SII RUNNING TEAM	M30	30		01:28:44.50	+00:27:02 (30.5%)	8:04	7.4 (69.2%)
101	BLOK Tomasz	3363		M40	33		01:28:54.15	+00:27:12 (30.6%)	8:04	7.4 (69.2%)
102	SWEENEY Keith	3416		M30	31		01:28:54.50	+00:27:12 (30.6%)	8:04	7.4 (69.2%)
103	PUTYRA Damian	3148		M20	11		01:28:59.80	+00:27:17 (30.7%)	8:05	7.4 (69.2%)
104	SZCZYPLIŃSKA Anna	3234	SFORA BMK	K40	5		01:29:00.90	+00:27:18 (30.7%)	8:05	7.4 (69.2%)
105	PIECHOWSKI Wiesiek	3267		M40	34		01:29:04.30	+00:27:22 (30.7%)	8:05	7.4 (69.2%)
106	SKAWIŃSKA Justyna	3154		K30	7		01:29:13.70	+00:27:31 (30.8%)	8:06	7.4 (69.2%)
107	PASIEKA Agnieszka	3142	KB ATHLETIC ZRĘCIN	K40	6		01:29:21.55	+00:27:39 (31.0%)	8:07	7.4 (69.2%)
108	MATULSKI Artek	3039		M50	12		01:29:53.65	+00:28:11 (31.4%)	8:10	7.3 (68.2%)
109	GOSZTYŁA Tomasz	3014		M40	35		01:30:20.15	+00:28:38 (31.7%)	8:12	7.3 (68.2%)
110	GRADOWSKI Piotrek	3015		M40	36		01:30:23.70	+00:28:41 (31.7%)	8:13	7.3 (68.2%)
111	MATYSIAK Michał	3532	KOPALNIA MOCY TARNOBRZEG	M30	32		01:30:33.85	+00:28:51 (31.9%)	8:13	7.3 (68.2%)
112	POPOWICZ Kamil	3549		M30	33		01:30:51.10	+00:29:08 (32.1%)	8:15	7.3 (68.2%)
113	CHWALISZ Włodek	3438	3:33 TEAM	M50	13		01:30:59.25	+00:29:17 (32.2%)	8:16	7.3 (68.2%)
114	KOT Rafał	3460	LEDLENSER // MUAY RUNNING TEAM	M40	37		01:31:18.65	+00:29:36 (32.4%)	8:18	7.2 (67.3%)
115	HOŁODY Bartłomiej	3018	PNIOWSKI KLUB SPORTOWY	M20	12		01:31:48.75	+00:30:06 (32.8%)	8:20	7.2 (67.3%)
116	WALCZAK Paweł	3511		M40	38		01:31:56.50	+00:30:14 (32.9%)	8:21	7.2 (67.3%)
117	MUMOT Dariusz	3137		M40	39		01:32:14.30	+00:30:32 (33.1%)	8:23	7.2 (67.3%)

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118	CHLEBIŃSKI Maciej	3290	RZESZOWSKIE GAZELE I GEPARDY	M30	34		01:32:31.15	+00:30:49 (33.3%)	8:24	7.1 (66.4%)
119	KORZENIOWSKI Xawery	3663	RK ATHLETICS	M20	13		01:32:44.60	+00:31:02 (33.5%)	8:25	7.1 (66.4%)
120	ROGUZIŃSKI Radosław	3061	RDX	M30	35		01:32:50.60	+00:31:08 (33.5%)	8:26	7.1 (66.4%)
121	KORZEP-CZEKALSKA Dorota	3500		K40	7		01:32:55.10	+00:31:12 (33.6%)	8:26	7.1 (66.4%)
122	CZEKALSKI Mariusz	3501		M40	40		01:32:55.40	+00:31:13 (33.6%)	8:26	7.1 (66.4%)
123	GRABOWICZ Mirosław	3378	SOKÓLSKA GRUPA BIEGOWA	M50	14		01:32:57.20	+00:31:15 (33.6%)	8:27	7.1 (66.4%)
124	NOWAK Katarzyna	3139		K30	8		01:33:00.90	+00:31:18 (33.7%)	8:27	7.1 (66.4%)
125	JAGODA Mateusz	3561	FUCHS OIL TEAM	M20	14		01:33:16.70	+00:31:34 (33.9%)	8:28	7.1 (66.4%)
126	RUDZIARCZYK Karolina	3560		K20	4		01:33:16.85	+00:31:34 (33.9%)	8:28	7.1 (66.4%)
127	KIELAR Kamila	3308		K30	9		01:33:36.25	+00:31:54 (34.1%)	8:30	7.1 (66.4%)
128	SADKOWSKI Paweł	3341		M40	41		01:33:44.65	+00:32:02 (34.2%)	8:31	7 (65.4%)
129	WRÓBEL Bartłomiej	3099	CISNA	M40	42		01:33:50.35	+00:32:08 (34.2%)	8:31	7 (65.4%)
130	POKRYWKA Stefan	3505	OTK RZEŹNIK	M60	5		01:34:12.70	+00:32:30 (34.5%)	8:33	7 (65.4%)
131	MSZANOWSKI Jędrzej	3465	3:33 TEAM	M30	36		01:34:17.75	+00:32:35 (34.6%)	8:34	7 (65.4%)
132	POROWSKI Waldek	3471	KB SOBÓTKA	M40	43		01:34:19.45	+00:32:37 (34.6%)	8:34	7 (65.4%)
133	PODOLAK Zbigniew	3058		M60	6		01:34:35.45	+00:32:53 (34.8%)	8:35	7 (65.4%)
134	WALASZEK Karolina	3420		K20	5		01:34:39.20	+00:32:57 (34.8%)	8:36	7 (65.4%)
135	KRÓL Pola	3392	WIRAN TEAM	K20	6		01:34:58.15	+00:33:16 (35.0%)	8:38	6.9 (64.5%)
136	KRÓL Maciej	3391	WIRAN TEAM	M40	44		01:34:58.45	+00:33:16 (35.0%)	8:38	6.9 (64.5%)
137	PISINGAS Mariusz	3404	BIEGANIE TO MÓJ TRZEŻWY	M40	45		01:35:00.10	+00:33:17 (35.1%)	8:38	6.9 (64.5%)
138	ŻMIJEWSKI Dariusz	2585		M50	15		01:35:12.55	+00:33:30 (35.2%)	8:39	6.9 (64.5%)
139	PODOLAK Rafał	3268	GLADIATORS BY RMF4RT	M20	15		01:35:27.50	+00:33:45 (35.4%)	8:40	6.9 (64.5%)
140	EDEL Daniel	3589		M40	46		01:35:44.25	+00:34:02 (35.6%)	8:42	6.9 (64.5%)
141	KIELAR Aleksandra	3253		K20	7		01:35:54.00	+00:34:11 (35.7%)	8:43	6.9 (64.5%)
142	NAKONIECZNY Jacek	3048	SII RUNNING TEAM	M30	37		01:36:14.75	+00:34:32 (35.9%)	8:44	6.9 (64.5%)
143	DACYK Sylwester	3367	SAINT-GOBAIN SQUAD	M40	47		01:36:24.25	+00:34:42 (36.0%)	8:45	6.8 (63.6%)
144	DOMIN Daniel	3116	MULTIPLIER TEAM	M40	48		01:36:45.20	+00:35:03 (36.2%)	8:47	6.8 (63.6%)
145	NOWAKOWSKI Wiesław	3262	-	M60	7		01:36:46.10	+00:35:03 (36.2%)	8:47	6.8 (63.6%)
146	STAROŃ Tomasz	3411		M20	16		01:36:59.40	+00:35:17 (36.4%)	8:49	6.8 (63.6%)
147	GOLONKA Anna	3659		K30	10		01:37:23.85	+00:35:41 (36.6%)	8:51	6.8 (63.6%)
148	KMIECIK Bartosz	3475		M40	49		01:37:30.25	+00:35:48 (36.7%)	8:51	6.8 (63.6%)
149	TOPOLEWICZ Artur	3085	ROSTI POLSKA	M40	50		01:37:40.90	+00:35:58 (36.8%)	8:52	6.8 (63.6%)
150	GRONOWSKA Joanna	3379	FFF / CROSS TRENING CIECHANÓW	K30	11		01:38:43.40	+00:37:01 (37.5%)	8:58	6.7 (62.6%)
151	MICHALAK Tomasz	3526	DYSTANS LESZNO	M40	51		01:39:03.20	+00:37:21 (37.7%)	9:00	6.7 (62.6%)
152	ZAWADA Magdalena	3361	JJFIT RUNNING TEAM	K40	8		01:39:07.65	+00:37:25 (37.8%)	9:00	6.7 (62.6%)
153	BEDNARKIEWICZ Jakub	3469		M30	38		01:39:38.00	+00:37:55 (38.1%)	9:03	6.6 (61.7%)
154	SERWATKA Michał	3272	BRACTWO BIEGOWE BGK	M40	52		01:39:40.20	+00:37:58 (38.1%)	9:03	6.6 (61.7%)
155	LUBAŃSKI Robert	3177	BRAK	M50	16		01:39:51.45	+00:38:09 (38.2%)	9:04	6.6 (61.7%)
156	MADEJ Weronika	3493		K20	8		01:39:52.75	+00:38:10 (38.2%)	9:04	6.6 (61.7%)
157	PINTSCHER Paulina	3056	EXPRESSMAP	K30	12		01:39:59.35	+00:38:17 (38.3%)	9:05	6.6 (61.7%)
158	TYKSIŃSKI Rafał	3086	EXPRESSMAP	M40	53		01:39:59.55	+00:38:17 (38.3%)	9:05	6.6 (61.7%)
159	BAŁKOWSKI Olgierd	3524		M20	17		01:40:14.15	+00:38:32 (38.4%)	9:06	6.6 (61.7%)
160	NESTOROWICZ Maksymilian	3049	BIESZCZADZKA WATAHA	M30	39		01:40:14.95	+00:38:32 (38.5%)	9:06	6.6 (61.7%)
161	HOŁOWATY Renia	3019	BIESZCZADZKA WATAHA	K20	9		01:40:15.45	+00:38:33 (38.5%)	9:06	6.6 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
162	PADO Michal	3052	BIESCZADZKA WATAHA MTB	M30	40		01:40:15.75	+00:38:33 (38.5%)	9:06	6.6 (61.7%)
163	POTERA Maciej	3269		M30	41		01:40:34.60	+00:38:52 (38.7%)	9:08	6.6 (61.7%)
164	FIEDORCZUK Łukasz	3186		M40	54		01:40:38.30	+00:38:56 (38.7%)	9:08	6.6 (61.7%)
165	WĘGRZYN Jakub	3164		M20	18		01:40:38.60	+00:38:56 (38.7%)	9:08	6.6 (61.7%)
166	ZAPAŁA Monika	3103		K40	9		01:40:39.45	+00:38:57 (38.7%)	9:09	6.6 (61.7%)
167	SZYMANIK Lidia	3075		K40	10		01:40:44.40	+00:39:02 (38.8%)	9:09	6.6 (61.7%)
168	GÓRKA Dariusz	3447		M40	55		01:40:48.65	+00:39:06 (38.8%)	9:09	6.5 (60.7%)
169	FĄFARA Agnieszka	3295		K40	11		01:41:12.55	+00:39:30 (39.0%)	9:12	6.5 (60.7%)
170	FIGEL Zuzanna	3296		K20	10		01:41:31.10	+00:39:48 (39.2%)	9:13	6.5 (60.7%)
171	KLĘCZAR Igor	3583		M30	42		01:42:19.40	+00:40:37 (39.7%)	9:18	6.5 (60.7%)
172	KOSEWSKA Monika	3221	SFORA BMK	K40	12		01:42:38.65	+00:40:56 (39.9%)	9:19	6.4 (59.8%)
173	WRZOSEK Kasia	3237	STG WARSZAWA	K30	13		01:42:49.05	+00:41:06 (40.0%)	9:20	6.4 (59.8%)
174	JÓZEFczyk Anna	3491		K30	14		01:42:52.60	+00:41:10 (40.0%)	9:21	6.4 (59.8%)
175	BROŻYNA Magda	3002		K40	13		01:43:10.30	+00:41:28 (40.2%)	9:22	6.4 (59.8%)
176	PILARSKI Kamil	3403		M30	43		01:43:30.65	+00:41:48 (40.4%)	9:24	6.4 (59.8%)
177	SLIWINSKA Katarzyna	3274		K40	14		01:43:54.30	+00:42:12 (40.6%)	9:26	6.4 (59.8%)
178	BECHTA Damian	3285		M20	19		01:44:18.85	+00:42:36 (40.8%)	9:28	6.3 (58.9%)
179	STAROŃ Gabriela	3410		K30	15		01:44:22.90	+00:42:40 (40.9%)	9:29	6.3 (58.9%)
180	KUDZIA Katarzyna	3255	BRACTWO BIEGOWE BGK	K30	16		01:44:28.90	+00:42:46 (40.9%)	9:29	6.3 (58.9%)
181	IVANOVA Alina	3188		K30	17		01:44:33.85	+00:42:51 (41.0%)	9:30	6.3 (58.9%)
182	ŁOBEJKO Arkadiusz	3257		M40	56		01:44:35.30	+00:42:53 (41.0%)	9:30	6.3 (58.9%)
183	BECHTA Katarzyna	3239	BRACTWO BIEGOWE BGK	K20	11		01:44:35.65	+00:42:53 (41.0%)	9:30	6.3 (58.9%)
184	MODRAS Sławek	3473		M30	44		01:44:36.80	+00:42:54 (41.0%)	9:30	6.3 (58.9%)
185	GAŁASZKIEWICZ Grzegorz	3120	LINDON TEAM	M40	57		01:44:41.90	+00:42:59 (41.1%)	9:31	6.3 (58.9%)
186	TYMOSZUK Michał	3087	KB BIAŁA BIEGA	M40	58		01:44:48.40	+00:43:06 (41.1%)	9:31	6.3 (58.9%)
187	CHOJNACKA Małgorzata	3489	TEAM ZALESICE	K40	15		01:44:50.70	+00:43:08 (41.1%)	9:31	6.3 (58.9%)
188	SOŁGAŁA Tomasz	3596		M40	59		01:45:01.95	+00:43:19 (41.3%)	9:32	6.3 (58.9%)
189	BOKSA Anna	3001	KKM KALORYFER	K30	18		01:45:02.70	+00:43:20 (41.3%)	9:32	6.3 (58.9%)
190	KĘDRA Agnieszka	3307		K30	19		01:45:04.10	+00:43:21 (41.3%)	9:33	6.3 (58.9%)
191	MAJEWSKA Joanna	3477	PGE RUN OBRÓT	K40	16		01:45:04.65	+00:43:22 (41.3%)	9:33	6.3 (58.9%)
192	PIETRZAK Monika	3585		K30	20		01:45:04.95	+00:43:22 (41.3%)	9:33	6.3 (58.9%)
193	GOLAS Marcin	3588	EXILE	M40	60		01:45:07.45	+00:43:25 (41.3%)	9:33	6.3 (58.9%)
194	ELMINOWSKI Wojciech	3218	ELBLĄG	M50	17		01:45:15.15	+00:43:33 (41.4%)	9:34	6.3 (58.9%)
195	WILAMOWSKI Daniel	3092		M30	45		01:45:19.05	+00:43:36 (41.4%)	9:34	6.3 (58.9%)
196	LENARCZYK Michał	3315		M30	46		01:45:20.70	+00:43:38 (41.4%)	9:34	6.3 (58.9%)
197	BANAJSKI Damian	3441		M30	47		01:45:25.70	+00:43:43 (41.5%)	9:35	6.3 (58.9%)
198	GĘBSKI Sławomir	3013	KKM KALORYFER	M50	18		01:45:26.75	+00:43:44 (41.5%)	9:35	6.3 (58.9%)
199	GŁUCHOWSKI Karol	3299		M30	48		01:45:34.40	+00:43:52 (41.6%)	9:35	6.3 (58.9%)
200	LEWTAK Adrianna	3318		K30	21		01:45:34.90	+00:43:52 (41.6%)	9:35	6.3 (58.9%)
201	ZALEWSKI Andrzej	3101	TEAM NUTRILITE	M60	8		01:45:38.95	+00:43:56 (41.6%)	9:36	6.2 (57.9%)
202	BANASZAK Paweł	3450		M20	20		01:45:41.00	+00:43:58 (41.6%)	9:36	6.2 (57.9%)
203	DUDEK Arkadiusz	3117		M50	19		01:45:43.60	+00:44:01 (41.6%)	9:36	6.2 (57.9%)
204	HEĆMAŃCZUK Katarzyna	3248	ROOKIES	K30	22		01:45:44.75	+00:44:02 (41.7%)	9:36	6.2 (57.9%)
205	WAŁĘGA-ROSTEK Małgorzata	3575		K50	1		01:45:48.05	+00:44:05 (41.7%)	9:37	6.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
206	KORBIK Łukasz	3310		M30	49		01:45:57.95	+00:44:15 (41.8%)	9:37	6.2 (57.9%)
207	GREŃ Jan	3433		M20	21		01:46:01.90	+00:44:19 (41.8%)	9:38	6.2 (57.9%)
208	WOJDAS Izabela	3096		K40	17		01:46:03.85	+00:44:21 (41.8%)	9:38	6.2 (57.9%)
209	JAGIELSKA Zuzanna	3021	DZIKI Z ŁASINA	K20	12		01:46:04.50	+00:44:22 (41.8%)	9:38	6.2 (57.9%)
210	CEBRAT Ewa	3289	DZIEWCZYNY Z SANOKA	K40	18		01:46:06.30	+00:44:24 (41.8%)	9:38	6.2 (57.9%)
211	TYPIŃSKI Paweł	3352		M20	22		01:46:09.40	+00:44:27 (41.9%)	9:39	6.2 (57.9%)
212	SAR Michał	3271		M40	61		01:46:09.90	+00:44:27 (41.9%)	9:39	6.2 (57.9%)
213	GÓRSKA Oliwia	3301		K30	23		01:46:10.45	+00:44:28 (41.9%)	9:39	6.2 (57.9%)
214	ADAMKIEWICZ Natalia	3522		K30	24		01:47:52.70	+00:46:10 (42.8%)	9:48	6.1 (57.0%)
215	ADAMKIEWICZ Michał	3517	ŁÓDŻRUNCREW/JAKOTEAM	M30	50		01:47:53.25	+00:46:11 (42.8%)	9:48	6.1 (57.0%)
216	GÓRNY Kamila	3300	SŁOŃCA JURY	K30	25		01:48:35.40	+00:46:53 (43.2%)	9:52	6.1 (57.0%)
217	DEC Kamil	3577		M20	23		01:48:41.55	+00:46:59 (43.2%)	9:52	6.1 (57.0%)
218	WALASZCZYK Paulina	3278	BRACTWO BIEGOWE BGK	K20	13		01:48:54.70	+00:47:12 (43.3%)	9:54	6.1 (57.0%)
219	KORZENIOWSKA Justyna	3665	RK ATHLETICS	K40	19		01:49:07.30	+00:47:25 (43.5%)	9:55	6 (56.1%)
220	FOLTA Jan	3008	GRUPA BIEGOWA ZARSZYN	M50	20		01:49:18.65	+00:47:36 (43.6%)	9:56	6 (56.1%)
221	FOLTA Anita	3007	GRUPA BIEGOWA ZARSZYN	K50	2		01:49:19.00	+00:47:36 (43.6%)	9:56	6 (56.1%)
222	DONIEC Katarzyna	3294	AGARUN	K40	20		01:49:39.50	+00:47:57 (43.7%)	9:58	6 (56.1%)
223	KROPIAK Katarzyna	3223	VEGE RUNNERS	K30	26		01:49:44.10	+00:48:01 (43.8%)	9:58	6 (56.1%)
224	GRZESIAK Grzegorz	3303		M40	62		01:50:43.45	+00:49:01 (44.3%)	10:03	6 (56.1%)
225	WASYLÓW Izabela	3483		K30	27		01:50:46.40	+00:49:04 (44.3%)	10:04	6 (56.1%)
226	KORBUS-GUZ Małgorzata	3311		K40	21		01:50:46.85	+00:49:04 (44.3%)	10:04	6 (56.1%)
227	KAJMOWICZ Katarzyna	3490		K30	28		01:50:55.35	+00:49:13 (44.4%)	10:05	6 (56.1%)
228	GÓRECKI Piotr	3377		M50	21		01:50:59.15	+00:49:17 (44.4%)	10:05	5.9 (55.1%)
229	LUBAŃSKA Alicja	3394		K50	3		01:51:08.95	+00:49:26 (44.5%)	10:06	5.9 (55.1%)
230	SZYMCZAK Łukasz	3580	SSW TEAM KROŚNICE	M30	51		01:51:09.85	+00:49:27 (44.5%)	10:06	5.9 (55.1%)
231	STAŃCZUK Dorota	3067	SLOW JOGGING SIEDLCE	K50	4		01:51:19.75	+00:49:37 (44.6%)	10:07	5.9 (55.1%)
232	ZAPĄŁOWSKA Jolanta	3104	SLOW JOGGING SIEDLCE	K60	1		01:51:20.90	+00:49:38 (44.6%)	10:07	5.9 (55.1%)
233	GARWACKA Beata	3298		K50	5		01:51:34.95	+00:49:52 (44.7%)	10:08	5.9 (55.1%)
234	DOMARADZKA- KASZUBOWICZ Wiktoria	3293	DZIEWCZYNY Z SANOKA	K30	29		01:51:51.25	+00:50:09 (44.8%)	10:10	5.9 (55.1%)
235	LEŚNIAK-POPIEL Marta	3317	DZIEWCZYNY Z SANOKA	K40	22		01:51:52.65	+00:50:10 (44.8%)	10:10	5.9 (55.1%)
236	WOJTAS Daniel	3603		M40	63		01:51:56.80	+00:50:14 (44.9%)	10:10	5.9 (55.1%)
237	HARBAT Jolanta	3602		K30	30		01:51:59.45	+00:50:17 (44.9%)	10:10	5.9 (55.1%)
238	OCHALIK Julia	3051		K20	14		01:52:12.65	+00:50:30 (45.0%)	10:12	5.9 (55.1%)
239	PRZYBYLIK Oktawian	3467	DEKA80	M30	52		01:52:17.80	+00:50:35 (45.1%)	10:12	5.9 (55.1%)
240	WINIARSKI Krystian	3094	BIEGAM W RZESZOWIE	M30	53		01:52:32.15	+00:50:50 (45.2%)	10:13	5.9 (55.1%)
241	DZIKI Ania	3005	BIEGI W ROGOŹNIKU	K30	31		01:52:36.50	+00:50:54 (45.2%)	10:14	5.9 (55.1%)
242	KULAK Paweł	3509		M40	64		01:52:54.80	+00:51:12 (45.4%)	10:15	5.8 (54.2%)
243	KURAS-SMOLNIK Magdalena	3034	SIERADZBIEGA.PL	K40	23		01:52:59.25	+00:51:17 (45.4%)	10:16	5.8 (54.2%)
244	ZGODA Tomek	3440	3:33 TEAM	M50	22		01:53:02.75	+00:51:20 (45.4%)	10:16	5.8 (54.2%)
245	GÓRKA Bogusław	3123	SUSKA GRUPA BIEGOWA	M40	65		01:53:03.15	+00:51:21 (45.4%)	10:16	5.8 (54.2%)
246	RZYSZKIEWICZ Tomasz	3527	PĘDZĄCE LENIWCE	M40	66		01:53:15.25	+00:51:33 (45.5%)	10:17	5.8 (54.2%)
247	CHOMA Grażyna	3244	PĘDZĄCE LENIWCE	K40	24		01:53:17.00	+00:51:34 (45.5%)	10:17	5.8 (54.2%)
248	SUDAKOWSKI Patryk	3414	SUDEX PATRYK SUDAKOWSKI	M20	24		01:53:22.40	+00:51:40 (45.6%)	10:18	5.8 (54.2%)
249	SUDAKOWSKA Agnieszka	3413	QUICKLYCLEAN AGNIESZKA SUDAKOWSKA	K30	32		01:53:23.10	+00:51:40 (45.6%)	10:18	5.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
250	RADGOWSKA Gabriela	3333		K30	33		01:53:26.15	+00:51:44 (45.6%)	10:18	5.8 (54.2%)
251	SZPERNAL Beata	3349		K50	6		01:53:51.40	+00:52:09 (45.8%)	10:21	5.8 (54.2%)
252	KROLAK Krzysztof	3390		M40	67		01:53:54.80	+00:52:12 (45.8%)	10:21	5.8 (54.2%)
253	KLIMKOWICZ Emil	3495		M20	25		01:54:07.70	+00:52:25 (45.9%)	10:22	5.8 (54.2%)
254	WIŚNIEWSKA Katarzyna	3166		K40	25		01:54:09.65	+00:52:27 (46.0%)	10:22	5.8 (54.2%)
255	GAWRON Jarosław	3121	GERIATRIC ROOM	M40	68		01:54:10.05	+00:52:27 (46.0%)	10:22	5.8 (54.2%)
256	SZYSZŁOW Mateusz	3077		M20	26		01:54:17.25	+00:52:35 (46.0%)	10:23	5.8 (54.2%)
257	KOCHANOWSKA Anna	3127	CZEWARUN TIM	K40	26		01:54:19.40	+00:52:37 (46.0%)	10:23	5.8 (54.2%)
258	KIJEWSKA Karolina	3029	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	27		01:54:24.60	+00:52:42 (46.1%)	10:24	5.8 (54.2%)
259	RYBIENIK Lech	3064	NIEZRZESZONY	M40	69		01:54:25.05	+00:52:42 (46.1%)	10:24	5.8 (54.2%)
260	PIEKARSKI Paweł	3230	SFORA BMK	M40	70		01:54:29.95	+00:52:47 (46.1%)	10:24	5.8 (54.2%)
261	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	3324	AKTYWNI WĘGRÓW, DEVI HIMAL TEAM	K40	28		01:54:33.75	+00:52:51 (46.1%)	10:24	5.8 (54.2%)
262	ZAJĄC-MICHALEC Katarzyna	3454	J&K	K30	34		01:54:56.05	+00:53:13 (46.3%)	10:26	5.7 (53.3%)
263	PŁACZEK Jolanta	3446	J&K	K40	29		01:54:58.80	+00:53:16 (46.3%)	10:27	5.7 (53.3%)
264	HERMAN Paweł	3492	MLUKS TRZEBIATÓW	M40	71		01:55:00.05	+00:53:17 (46.3%)	10:27	5.7 (53.3%)
265	GAŁAZIN Tomasz	3297	CASREX	M40	72		01:55:04.00	+00:53:21 (46.4%)	10:27	5.7 (53.3%)
266	OPALINSKA Malgorzata	3264		K30	35		01:55:05.40	+00:53:23 (46.4%)	10:27	5.7 (53.3%)
267	OPALIŃSKI Paweł	3265		M30	54		01:55:05.55	+00:53:23 (46.4%)	10:27	5.7 (53.3%)
268	PATRYLAK Rafał	3054	GRUPA BIEGOWA ZARSZYN	M20	27		01:55:24.00	+00:53:41 (46.5%)	10:29	5.7 (53.3%)
269	BŁĘDOWSKI Łukasz	3364		M30	55		01:55:40.35	+00:53:58 (46.7%)	10:30	5.7 (53.3%)
270	IWIŃSKI Adam	3529	SAINT GOBAIN SQUAD	M40	73		01:55:45.00	+00:54:02 (46.7%)	10:31	5.7 (53.3%)
271	DZIEWA Magdalena	3372		K50	7		01:55:50.40	+00:54:08 (46.7%)	10:31	5.7 (53.3%)
272	RUDNICKA Elżbieta	3063		K40	30		01:55:51.05	+00:54:08 (46.7%)	10:31	5.7 (53.3%)
273	KALICIŃSKA Monika	3251	NOSTROMO	K30	36		01:56:04.65	+00:54:22 (46.8%)	10:33	5.7 (53.3%)
274	KALICIŃSKI Jarosław	3252	ŚLĘZAK TEAM	M30	56		01:56:05.60	+00:54:23 (46.9%)	10:33	5.7 (53.3%)
275	KOCOŃ Mariusz	3506	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	23		01:56:34.00	+00:54:51 (47.1%)	10:35	5.7 (53.3%)
276	WIERZBICKA Katarzyna	3090		K30	37		01:56:37.35	+00:54:55 (47.1%)	10:36	5.7 (53.3%)
277	WIERZBICKA Aleksandra	3091		K20	15		01:56:37.45	+00:54:55 (47.1%)	10:36	5.7 (53.3%)
278	BRUSZEWSKA- GŁOMBIOWSKA Monika	3365	ULTRA ŻÓŁWIK	K20	16		01:56:52.40	+00:55:10 (47.2%)	10:37	5.6 (52.3%)
279	GRACZYK Dobrochna	3247		K20	17		01:56:55.40	+00:55:13 (47.2%)	10:37	5.6 (52.3%)
280	CZECH Dominika	3115		K20	18		01:56:57.00	+00:55:14 (47.2%)	10:37	5.6 (52.3%)
281	POPŁAWSKI Krystian	3405	GLADIATORS BY RMF 4RT	M30	57		01:57:20.35	+00:55:38 (47.4%)	10:40	5.6 (52.3%)
282	RUPIK Piotr	3340	BRAK	M40	74		01:57:25.85	+00:55:43 (47.5%)	10:40	5.6 (52.3%)
283	MROCZEK Justyna	3323	ADIDAS RUNNERS WARSAW	K30	38		01:57:26.65	+00:55:44 (47.5%)	10:40	5.6 (52.3%)
284	PRZYBYŁA Krzysztof	3332	ADIDAS RUNNERS WARSAW	M30	58		01:57:26.95	+00:55:44 (47.5%)	10:40	5.6 (52.3%)
285	DĄBKOWSKI Damian	3371	CROSS TRENING MAZOVIA CIECHANÓW	M30	59		01:57:29.65	+00:55:47 (47.5%)	10:40	5.6 (52.3%)
286	DĄBKOWSKA Edyta	3370	CROSS TRENING MAZOVIA CIECHANÓW	K20	19		01:57:30.20	+00:55:48 (47.5%)	10:40	5.6 (52.3%)
287	SURDAKI Łukasz	3276	MONKEYS' TEAM	M30	60		01:57:30.95	+00:55:48 (47.5%)	10:40	5.6 (52.3%)
288	SURDACKA Edyta	3464	MONKEYSTEAM	K30	39		01:57:31.05	+00:55:48 (47.5%)	10:41	5.6 (52.3%)
289	CHORZĘPA Wojciech	3442		M30	61		01:58:15.70	+00:56:33 (47.8%)	10:45	5.6 (52.3%)
290	DOMŻOŁ Radosław	3568		M20	28		01:58:17.00	+00:56:34 (47.8%)	10:45	5.6 (52.3%)
291	KAMINSKA-SUCHOWICZ Anna	3024	INŻYNIERIA BIEGANIA	K30	40		01:58:19.80	+00:56:37 (47.9%)	10:45	5.6 (52.3%)
292	TEJWAN Sylwia	3430	SPARTAN TRAINING GROUP WARSZAWA	K40	31		01:58:29.10	+00:56:46 (47.9%)	10:46	5.6 (52.3%)
292	JÓZWIAK Mikołaj	3448	STG WARSZAWA	M30	62		01:58:29.10	+00:56:46 (47.9%)	10:46	5.6 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
294	NARLOCH Daria	3138	NARLOCHY	K30	41		01:58:34.15	+00:56:52 (48.0%)	10:46	5.6 (52.3%)
295	WYSOCKI Bartosz	3282	KS JANUSZE	M30	63		01:58:35.35	+00:56:53 (48.0%)	10:46	5.6 (52.3%)
296	WYSOCKA Iwona	3281	KS JANUSZE	K30	42		01:58:35.40	+00:56:53 (48.0%)	10:46	5.6 (52.3%)
297	RĘPALSKA Agata	3152		K30	43		01:58:46.25	+00:57:04 (48.0%)	10:47	5.6 (52.3%)
298	BĘTKOWSKI Tomasz	3468	CASREX	M40	75		01:59:07.15	+00:57:25 (48.2%)	10:49	5.5 (51.4%)
299	SZWED Karolina	3158	SUSKA GRUPA BIEGOWA	K30	44		01:59:26.65	+00:57:44 (48.3%)	10:51	5.5 (51.4%)
300	GÓRKA Jolanta	3124	SUSKA GRUPA BIEGOWA	K40	32		01:59:27.05	+00:57:44 (48.3%)	10:51	5.5 (51.4%)
301	KORZELECKA Karolina	3564	GIANT PSIE POLE	K30	45		01:59:30.10	+00:57:47 (48.4%)	10:51	5.5 (51.4%)
302	TYBURCY-MASŁOWSKA Anna	3277		K40	33		01:59:30.30	+00:57:48 (48.4%)	10:51	5.5 (51.4%)
303	WOŹNIAK Lidia	3423	PORMAT JEDLICZE BIEGA	K50	8		01:59:45.45	+00:58:03 (48.5%)	10:53	5.5 (51.4%)
304	MAĆZKA Krystyna	3519	EXTREMALNE OTK NA RELAKSIE	K60	2		02:00:43.75	+00:59:01 (48.9%)	10:58	5.5 (51.4%)
305	MAĆZKA Bronisław	3521	EXTREMALNE OTK NA RELAKSIE	M60	9		02:00:44.10	+00:59:01 (48.9%)	10:58	5.5 (51.4%)
306	TERLECKA Joanna	3235	MŁODY VS STARY	K30	46		02:00:45.75	+00:59:03 (48.9%)	10:58	5.5 (51.4%)
307	TERLECKI Władysław	3236	MŁODY VS STARY	M40	76		02:00:45.90	+00:59:03 (48.9%)	10:58	5.5 (51.4%)
308	JABŁOŃSKI Jakub	3558	REZERWOWE PSY	M20	29		02:00:55.40	+00:59:13 (49.0%)	10:59	5.5 (51.4%)
309	KOZA Sebastian	3435	SSW TEAM KROŚNICE	M20	30		02:00:55.55	+00:59:13 (49.0%)	10:59	5.5 (51.4%)
310	NAPIERAJ Andrzej	3201		M60	10		02:00:56.30	+00:59:14 (49.0%)	10:59	5.5 (51.4%)
311	MICHALAK Justyna	3518	QUEENS OF CHAMONIX	K40	34		02:01:01.95	+00:59:19 (49.0%)	11:00	5.5 (51.4%)
312	KACZYŃSKI Artur	3305		M40	77		02:01:17.15	+00:59:35 (49.1%)	11:01	5.4 (50.5%)
313	KULIKOWSKI Adam	3175		M30	64		02:01:21.95	+00:59:39 (49.2%)	11:01	5.4 (50.5%)
314	ZAŁĘSKA Aleksandra	3102		K20	20		02:01:35.00	+00:59:52 (49.3%)	11:03	5.4 (50.5%)
315	WRÓBEL Barbara	3359	CISNA	K20	21		02:01:53.30	+01:00:11 (49.4%)	11:04	5.4 (50.5%)
316	CHWASTA Mariusz	3111		M40	78		02:01:59.35	+01:00:17 (49.4%)	11:05	5.4 (50.5%)
317	MIELNICZUK Tomasz	3043	PERFECT RUNNER TEAM	M30	65		02:02:23.55	+01:00:41 (49.6%)	11:07	5.4 (50.5%)
318	MIELNICZUK Stanisław	3044	PERFECT RUNNER TEAM	M60	11		02:02:23.70	+01:00:41 (49.6%)	11:07	5.4 (50.5%)
319	PYZEL Anastazja	3406	KONDYCJA	K20	22		02:02:24.85	+01:00:42 (49.6%)	11:07	5.4 (50.5%)
320	MICHOTEK-TARASIUK Karolina	3470	MONKEYS' TEAM	K30	47		02:02:36.15	+01:00:54 (49.7%)	11:08	5.4 (50.5%)
321	CZERWONKA Żaneta	3463		K30	48		02:02:36.40	+01:00:54 (49.7%)	11:08	5.4 (50.5%)
322	RADYK Aleksandra	3337	PRZEMYSKI KLUB BIEGACZA	K20	23		02:03:06.85	+01:01:24 (49.9%)	11:11	5.4 (50.5%)
323	SZCZEPKOWSKI Paweł	3212	ARTEQUIPMENT	M60	12		02:03:44.30	+01:02:02 (50.1%)	11:14	5.3 (49.5%)
324	WAŚACZ Urszula	3279		K40	35		02:03:52.45	+01:02:10 (50.2%)	11:15	5.3 (49.5%)
325	POLAK Mikołaj	3145		M40	79		02:03:57.60	+01:02:15 (50.2%)	11:16	5.3 (49.5%)
326	SŁONIEWSKI Rafał	3181	KADRA MOCNYCH WDRAŻEŃ	M30	66		02:04:04.30	+01:02:22 (50.3%)	11:16	5.3 (49.5%)
327	ARABASZ Paweł	3456		M40	80		02:04:14.10	+01:02:31 (50.3%)	11:17	5.3 (49.5%)
328	KACZMARZYK Izabela	3249		K40	36		02:04:14.45	+01:02:32 (50.3%)	11:17	5.3 (49.5%)
329	PAWELEC Krystyna	3144	DOGOŃ GRODZISK MAZOWIECKI	K60	3		02:04:33.65	+01:02:51 (50.5%)	11:19	5.3 (49.5%)
330	PASZEK Krystyna	3143	DOGOŃ GRODZISK MAZOWIECKI	K60	4		02:04:34.05	+01:02:51 (50.5%)	11:19	5.3 (49.5%)
331	GUZIK Justyna	3017	KKM KALORYFER	K40	37		02:04:44.25	+01:03:02 (50.5%)	11:20	5.3 (49.5%)
332	WIŚNIEWSKA Żaneta	3421	KIJKOWE TRZEMESZNO	K20	24		02:04:56.80	+01:03:14 (50.6%)	11:21	5.3 (49.5%)
333	STANKOWSKA Justyna	3409	KIJKOWE TRZEMESZNO	K40	38		02:04:57.50	+01:03:15 (50.6%)	11:21	5.3 (49.5%)
334	BUCIOR Łukasz	3466	AZS POLITECHNIKA LUBELSKA	M20	31		02:05:24.05	+01:03:41 (50.8%)	11:24	5.3 (49.5%)
335	KOWALCZYK Magdalena	3193	ROZBIEGANY SULEJÓWEK	K30	49		02:05:29.00	+01:03:46 (50.8%)	11:24	5.3 (49.5%)
336	MIKULSKA Aneta	3194	ROZBIEGANY SULEJÓWEK	K40	39		02:05:29.10	+01:03:46 (50.8%)	11:24	5.3 (49.5%)
337	ANDRZEJEWSKI Maciej	3238	KTÓRĘDY PO PIWO	M30	67		02:05:35.70	+01:03:53 (50.9%)	11:25	5.3 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
338	RECZEK Sebastian	3151	KS ZIELONO-CZARNI	M40	81		02:05:56.25	+01:04:14 (51.0%)	11:26	5.2 (48.6%)
339	RATOWSKI Marek	3150	PODGÓRZ TORUŃ	M40	82		02:05:57.30	+01:04:15 (51.0%)	11:27	5.2 (48.6%)
340	KASPRZYK Katarzyna	3027		K20	25		02:06:00.05	+01:04:17 (51.0%)	11:27	5.2 (48.6%)
341	MAZUR Katarzyna	3178	UKS AZYMUT PABIANICE	K30	50		02:06:00.70	+01:04:18 (51.0%)	11:27	5.2 (48.6%)
342	FRYD Błażej	3172		M30	68		02:06:01.30	+01:04:19 (51.0%)	11:27	5.2 (48.6%)
343	HABA Konrad	3487		M30	69		02:06:40.90	+01:04:58 (51.3%)	11:30	5.2 (48.6%)
344	SZUBEL Katarzyna	3486		K30	51		02:06:41.15	+01:04:59 (51.3%)	11:31	5.2 (48.6%)
345	KWIATKOWSKI Kajetan	3196	SUT - STRASZYN ULTRA TEAM	M30	70		02:06:53.95	+01:05:11 (51.4%)	11:32	5.2 (48.6%)
346	BIENIEK Lena	3287		K20	26		02:07:10.60	+01:05:28 (51.5%)	11:33	5.2 (48.6%)
347	BIENIEK Iwona	3286		K40	40		02:07:12.80	+01:05:30 (51.5%)	11:33	5.2 (48.6%)
348	NESTOROWICZ Monika	3202	KLUB BIEGACZA JURUND SZCZYTNO	K40	41		02:07:14.95	+01:05:32 (51.5%)	11:34	5.2 (48.6%)
349	BUZALSKI Robert	3241	ORANGE POLSKA	M40	83		02:07:53.15	+01:06:11 (51.8%)	11:37	5.2 (48.6%)
350	BUZALSKA Agnieszka	3240	SMBUDOWLANI	K50	9		02:07:53.25	+01:06:11 (51.8%)	11:37	5.2 (48.6%)
351	WALISZEWSKA-PLEWA Izabela	3088		K40	42		02:08:22.00	+01:06:39 (51.9%)	11:40	5.1 (47.7%)
352	MATEJCZUK Julia	3038	BIĄŁYSTOK BIEGA TEAM	K20	27		02:08:51.35	+01:07:09 (52.1%)	11:42	5.1 (47.7%)
353	KUCZYŃSKA Agnieszka	3033		K40	43		02:08:51.90	+01:07:09 (52.1%)	11:42	5.1 (47.7%)
354	ZIELIŃSKA Marta	3523	JACEKBIEGA RUNNING TEAM	K40	44		02:08:52.80	+01:07:10 (52.1%)	11:42	5.1 (47.7%)
355	KŁODZIŃSKA Barbara	3254	ULTRAMĘKI	K50	10		02:09:09.80	+01:07:27 (52.2%)	11:44	5.1 (47.7%)
356	PATALON-KŁODAWSKA Dorota	3266	DZIEWCZYNY Z MAZUR	K40	45		02:09:22.40	+01:07:40 (52.3%)	11:45	5.1 (47.7%)
357	LASKOWSKA Joanna	3256	DZIEWCZYNY Z MAZUR	K30	52		02:09:22.45	+01:07:40 (52.3%)	11:45	5.1 (47.7%)
358	DOLATA Magdalena	3292	SOCIOS SILESIA	K30	53		02:09:33.95	+01:07:51 (52.4%)	11:46	5.1 (47.7%)
359	BDZIKOT Anna	3362		K30	54		02:09:35.25	+01:07:53 (52.4%)	11:46	5.1 (47.7%)
360	WIŚNIEWSKA Magdalena	3095	ZMASAKROWANI	K40	46		02:09:38.10	+01:07:55 (52.4%)	11:47	5.1 (47.7%)
361	BLIM Sylwia	3000	ZMASAKROWANI	K40	47		02:09:39.15	+01:07:57 (52.4%)	11:47	5.1 (47.7%)
362	WĄSOWSKA Jagoda	3597	KS PEGAZ PIASECZNO	K50	11		02:09:55.15	+01:08:13 (52.5%)	11:48	5.1 (47.7%)
363	NOWAK Michał	3140		M30	71		02:10:02.20	+01:08:20 (52.5%)	11:49	5.1 (47.7%)
364	STASZCZYK Anna	3347		K30	55		02:10:57.25	+01:09:15 (52.9%)	11:54	5 (46.7%)
364	STASZCZYK Michał	3346		M30	72		02:10:57.25	+01:09:15 (52.9%)	11:54	5 (46.7%)
366	JAGODA Małgorzata	3382	FUCHS OIL TEAM	K20	28		02:11:19.60	+01:09:37 (53.0%)	11:56	5 (46.7%)
367	WOLSKA Anna	3097		K40	48		02:11:32.80	+01:09:50 (53.1%)	11:57	5 (46.7%)
368	FORMELLA Joanna	3011		K30	56		02:11:33.10	+01:09:50 (53.1%)	11:57	5 (46.7%)
369	ZALEWSKI Cezary	3528	PĘDZĄCE LENIWCE	M40	84		02:12:07.15	+01:10:25 (53.3%)	12:00	5 (46.7%)
370	STRZYŻOWSKI Marcin	3542	PĘDZĄCE LENIWCE	M40	85		02:12:07.30	+01:10:25 (53.3%)	12:00	5 (46.7%)
371	DUSZA Łukasz	3004		M30	73		02:12:24.40	+01:10:42 (53.4%)	12:02	5 (46.7%)
372	SZANIAWSKA Agata	3609		K30	57		02:12:28.65	+01:10:46 (53.4%)	12:02	5 (46.7%)
373	RĘPALSKI Marcin	3153	BRYGADA RR	M40	86		02:12:50.50	+01:11:08 (53.6%)	12:04	5 (46.7%)
374	TOMCZAK Magdalena	3351		K40	49		02:12:59.50	+01:11:17 (53.6%)	12:05	5 (46.7%)
375	ZADROŻNA Olga	3425	CROSS TRENING MAZOVIA CIECHANÓW	K30	58		02:13:52.35	+01:12:10 (53.9%)	12:10	4.9 (45.8%)
376	GRACZYK Dąbrówka	3246		K20	29		02:15:00.25	+01:13:18 (54.3%)	12:16	4.9 (45.8%)
377	KOSIN Irena	3312	WKURW_TEAM	K30	59		02:15:06.20	+01:13:24 (54.3%)	12:16	4.9 (45.8%)
378	MIKSZA Karol	3046	CROSSFITTER BOX CHEŁM	M50	24		02:15:17.35	+01:13:35 (54.4%)	12:17	4.9 (45.8%)
379	GŁOWACKA Aleksandra	3219	MŁODY VS STARY	K40	50		02:16:38.55	+01:14:56 (54.8%)	12:25	4.8 (44.9%)
380	JAGODA Adam	3383	FUCHS OIL TEAM	M50	25		02:17:04.85	+01:15:22 (55.0%)	12:27	4.8 (44.9%)
381	UCHEREK Kinga	3353		K40	51		02:17:52.45	+01:16:10 (55.2%)	12:32	4.8 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
382	UCHEREK Kazimierz	3354		M50	26		02:17:53.20	+01:16:11 (55.3%)	12:32	4.8 (44.9%)
383	OCHWAT Elżbieta	3432	UKS ARKA UMIESZCZ	K40	52		02:18:02.05	+01:16:19 (55.3%)	12:32	4.8 (44.9%)
384	TWARDUŚ Leszek	3431		M40	87		02:18:04.10	+01:16:21 (55.3%)	12:33	4.8 (44.9%)
385	HELMAN Filip	3126		M20	32		02:18:22.70	+01:16:40 (55.4%)	12:34	4.8 (44.9%)
386	ANDRASZ Paweł	3109		M20	33		02:18:22.95	+01:16:40 (55.4%)	12:34	4.8 (44.9%)
387	WÓDZ Anna	3167		K30	60		02:18:34.50	+01:16:52 (55.5%)	12:35	4.8 (44.9%)
388	NOWAK Karol	3398		M30	74		02:18:34.80	+01:16:52 (55.5%)	12:35	4.8 (44.9%)
389	WESOŁOWSKA Klaudia	3496		K20	30		02:18:35.95	+01:16:53 (55.5%)	12:35	4.8 (44.9%)
390	NOWAK Ania	3485		K40	53		02:18:36.50	+01:16:54 (55.5%)	12:36	4.8 (44.9%)
391	NOWAK Martyna	3399		K20	31		02:18:39.45	+01:16:57 (55.5%)	12:36	4.8 (44.9%)
392	SZMATLOCH Karolina	3504		K30	61		02:18:39.70	+01:16:57 (55.5%)	12:36	4.8 (44.9%)
393	MARCOL Wojciech	3538		M20	34		02:19:06.85	+01:17:24 (55.6%)	12:38	4.7 (43.9%)
394	MARCOL Oriana	3537		K30	62		02:19:09.50	+01:17:27 (55.7%)	12:39	4.7 (43.9%)
395	WARCHOŁ Elżbieta	3215		K30	63		02:19:30.20	+01:17:48 (55.8%)	12:40	4.7 (43.9%)
396	KONIECPOLSKA Jadwiga	3192		K40	54		02:19:30.35	+01:17:48 (55.8%)	12:40	4.7 (43.9%)
397	GRESER Beata	3302	GS TEAM	K40	55		02:20:18.80	+01:18:36 (56.0%)	12:45	4.7 (43.9%)
398	SIENKIEWICZ Dariusz	3344	GS TEAM	M30	75		02:20:20.30	+01:18:38 (56.0%)	12:45	4.7 (43.9%)
399	PIOTROWSKI Marek	3548	MORSOWNOCY Z LEGNICY	M50	27		02:20:20.50	+01:18:38 (56.0%)	12:45	4.7 (43.9%)
400	KULCZYCKI Andrzej	3608		M40	88		02:20:46.30	+01:19:04 (56.2%)	12:47	4.7 (43.9%)
401	KULCZYCKA Renata	3667		K50	12		02:20:46.80	+01:19:04 (56.2%)	12:47	4.7 (43.9%)
402	SZKAMRUK Małgorzata	3551	EXTREMALNE OTK NA RELAKSIE	K40	56		02:20:47.60	+01:19:05 (56.2%)	12:47	4.7 (43.9%)
403	ZEMŁA Piotr	3106		M50	28		02:21:10.45	+01:19:28 (56.3%)	12:50	4.7 (43.9%)
404	ZEMŁA Dorota	3107		K20	32		02:21:10.55	+01:19:28 (56.3%)	12:50	4.7 (43.9%)
405	BADOWSKA Monika	3170		K40	57		02:21:13.70	+01:19:31 (56.3%)	12:50	4.7 (43.9%)
406	MICZEK Wiesław	3455	NIEZRZESZONY	M60	13		02:21:28.60	+01:19:46 (56.4%)	12:51	4.7 (43.9%)
407	ROCHOWIAK Karina	3408		K20	33		02:21:57.95	+01:20:15 (56.5%)	12:54	4.6 (43.0%)
408	PEHCIN Jakub	3428		M30	76		02:21:58.05	+01:20:15 (56.5%)	12:54	4.6 (43.0%)
409	OBIDZIŃSKA Katarzyna	3325		K30	64		02:22:16.05	+01:20:33 (56.6%)	12:56	4.6 (43.0%)
410	KACZOR Paweł	3304		M30	77		02:22:17.15	+01:20:35 (56.6%)	12:56	4.6 (43.0%)
411	FURMAN Agnieszka	3373	OCHAJORUN & FRIENDS	K30	65		02:22:19.80	+01:20:37 (56.6%)	12:56	4.6 (43.0%)
412	FURMAN Michał	3374	OCHAJORUN & FRIENDS	M30	78		02:22:23.80	+01:20:41 (56.7%)	12:56	4.6 (43.0%)
413	PAWELEC Justyna	3328	TSA SANDOMIERZ	K30	66		02:22:48.10	+01:21:05 (56.8%)	12:58	4.6 (43.0%)
414	WRZOSEK Justyna	3360	TSA SANDOMIERZ	K30	67		02:22:48.40	+01:21:06 (56.8%)	12:58	4.6 (43.0%)
415	PIETRZYK Marzena	3231		K40	58		02:23:13.55	+01:21:31 (56.9%)	13:01	4.6 (43.0%)
416	SZYMANEK Aleksandra	3073	ZWOLEŃNICY BIEGANIA	K20	34		02:23:50.25	+01:22:08 (57.1%)	13:04	4.6 (43.0%)
417	MATYSIAK Karolina	3040	ZWOLEŃNICY BIEGANIA	K30	68		02:23:50.65	+01:22:08 (57.1%)	13:04	4.6 (43.0%)
418	SZYMANEK Paweł	3074	ZWOLEŃNICY BIEGANIA	M30	79		02:23:54.20	+01:22:12 (57.1%)	13:04	4.6 (43.0%)
419	BURY Marek	3474		M50	29		02:23:56.90	+01:22:14 (57.1%)	13:05	4.6 (43.0%)
420	PREIS Kamil	3146	SII RUNNING TEAM	M20	35		02:24:02.05	+01:22:19 (57.2%)	13:05	4.6 (43.0%)
421	KOGUT Katarzyna	3128	SII RUNNING TEAM	K30	69		02:24:02.15	+01:22:20 (57.2%)	13:05	4.6 (43.0%)
422	SOKOŁOWSKA Agnieszka	3155		K20	35		02:24:03.55	+01:22:21 (57.2%)	13:05	4.6 (43.0%)
423	ZALAS Anna	3510		K30	70		02:24:09.65	+01:22:27 (57.2%)	13:06	4.6 (43.0%)
424	MICHALIK Jacek	3320	SŁOŃCA JURY	M40	89		02:24:09.85	+01:22:27 (57.2%)	13:06	4.6 (43.0%)
425	MICHALIK Wiktoria	3322	SŁOŃCA JURY	K20	36		02:24:09.95	+01:22:27 (57.2%)	13:06	4.6 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
426	CICHOŃ Aleksandra	3114	DECATHLON RUMIA	K20	37		02:24:26.60	+01:22:44 (57.3%)	13:07	4.6 (43.0%)
427	GRZEGORY Marek	3125	DECATHLON RUMIA	M30	80		02:24:26.85	+01:22:44 (57.3%)	13:07	4.6 (43.0%)
428	NAZIMEK Małgorzata	3502	BLACK RIVER	K20	38		02:24:43.60	+01:23:01 (57.4%)	13:09	4.6 (43.0%)
429	ZUBA Rafał	3503	BLACK RIVER	M20	36		02:24:43.75	+01:23:01 (57.4%)	13:09	4.6 (43.0%)
430	ZAWILSKI Zbigniew Rafał	3105		M30	81		02:24:47.00	+01:23:04 (57.4%)	13:09	4.6 (43.0%)
431	SOCHACKA Katarzyna	3592		K20	39		02:25:14.25	+01:23:32 (57.5%)	13:12	4.5 (42.1%)
432	SOCHACKI Mariusz	3591		M40	90		02:25:14.35	+01:23:32 (57.5%)	13:12	4.5 (42.1%)
433	GASIŃSKA Oliwia	3478	SŁOŃCA JURY	K40	59		02:25:24.55	+01:23:42 (57.6%)	13:13	4.5 (42.1%)
434	WILOWSKI Jowita	3587		K30	71		02:25:33.25	+01:23:51 (57.6%)	13:13	4.5 (42.1%)
435	GASIŃSKA Agnieszka	3571	SŁOŃCA JURY	K40	60		02:25:37.25	+01:23:55 (57.6%)	13:14	4.5 (42.1%)
436	OBIÓRKO Małgorzata	3400		K60	5		02:25:49.25	+01:24:07 (57.7%)	13:15	4.5 (42.1%)
437	KĘDZIORA Alicja	3189	GSK FIT PIORUNY	K30	72		02:26:27.55	+01:24:45 (57.9%)	13:18	4.5 (42.1%)
438	KOZIOŁ Joanna	3195		K30	73		02:26:29.05	+01:24:46 (57.9%)	13:19	4.5 (42.1%)
439	KANIEWSKA Justyna	3385	DZIKI DZIK TEAM	K20	40		02:26:31.85	+01:24:49 (57.9%)	13:19	4.5 (42.1%)
440	STĘPIŃSKA Natalia	3412	DZIKI DZIK TEAM	K20	41		02:26:33.35	+01:24:51 (57.9%)	13:19	4.5 (42.1%)
441	KANIEWSKI Michał	3386	DZIKI DZIK TEAM	M20	37		02:26:34.20	+01:24:52 (57.9%)	13:19	4.5 (42.1%)
442	SZKAMRUK Alicja	3553	EXTREMALNE OTK NA RELAKSIE	K30	74		02:26:37.50	+01:24:55 (57.9%)	13:19	4.5 (42.1%)
443	PĘKALSKA Anna	3539		K50	13		02:26:47.00	+01:25:04 (58.0%)	13:20	4.5 (42.1%)
444	ŚWIĘTOCHOWSKA Magdalena	3213		K30	75		02:27:07.45	+01:25:25 (58.1%)	13:22	4.5 (42.1%)
445	PIENIĄŻEK Agnieszka	3205		K40	61		02:27:09.60	+01:25:27 (58.1%)	13:22	4.5 (42.1%)
446	WASZAK Celina	3163		K30	76		02:27:26.90	+01:25:44 (58.2%)	13:24	4.5 (42.1%)
447	ŚWIERAD Małgorzata	3160		K30	77		02:27:42.60	+01:26:00 (58.2%)	13:25	4.5 (42.1%)
448	URBANOWICZ Agnieszka	3162		K40	62		02:28:03.85	+01:26:21 (58.3%)	13:27	4.5 (42.1%)
449	MROZIŃSKI Andrzej	3260	WITAR	M50	30		02:28:27.05	+01:26:44 (58.4%)	13:29	4.4 (41.1%)
450	KORZENIOWSKA Justyna	3578	RK ATHLETICS	K40	63		02:29:21.45	+01:27:39 (58.7%)	13:34	4.4 (41.1%)
451	KORZENIOWSKI Robert	3579	RK ATHLETICS	M50	31		02:29:21.70	+01:27:39 (58.7%)	13:34	4.4 (41.1%)
452	REDMER Bartłomiej	3407		M20	38		02:29:29.05	+01:27:46 (58.7%)	13:35	4.4 (41.1%)
453	KOJRUK Emilia	3389		K20	42		02:29:29.70	+01:27:47 (58.7%)	13:35	4.4 (41.1%)
454	SZKAMRUK Alicja	3666	EXTREMALNE OTK NA RELAKSIE	K30	78		02:29:44.10	+01:28:01 (58.8%)	13:36	4.4 (41.1%)
455	DASZCZYŃSKI Adam	3369	ADASKO TEAM	M40	91		02:29:52.35	+01:28:10 (58.8%)	13:37	4.4 (41.1%)
456	DASZCZYŃSKA Iwona	3368	ADASKO TEAM	K40	64		02:29:52.75	+01:28:10 (58.8%)	13:37	4.4 (41.1%)
457	STEC Dawid	3565		M30	82		02:30:55.05	+01:29:12 (59.1%)	13:43	4.4 (41.1%)
458	WOJCIESZKIEWICZ Marcin	3280		M30	83		02:30:56.05	+01:29:13 (59.1%)	13:43	4.4 (41.1%)
459	SKRZYCKA-GOŁĘBIEWSKA Ewa	3065		K40	65		02:31:27.50	+01:29:45 (59.3%)	13:46	4.4 (41.1%)
460	PAWĘZOWSKA Anna	3055	BĘDZIN TEAM	K40	66		02:31:27.85	+01:29:45 (59.3%)	13:46	4.4 (41.1%)
461	KOCLĘGA Justyna	3593	GIT EKIPA!	K30	79		02:32:34.15	+01:30:52 (59.6%)	13:52	4.3 (40.2%)
462	MOŻEJKO Artur	3594	GIT EKIPA !	M30	84		02:32:35.80	+01:30:53 (59.6%)	13:52	4.3 (40.2%)
463	KLARECKA Joanna	3387	ASTMA TEAM	K40	67		02:33:55.95	+01:32:13 (59.9%)	13:59	4.3 (40.2%)
464	KLARECKI Adrian	3388	ULTRA WAY TEAM / ASTMA TEAM	M40	92		02:34:02.40	+01:32:20 (59.9%)	14:00	4.3 (40.2%)
465	ADAMCZEWSKA Anna	3168		K40	68		02:34:39.50	+01:32:57 (60.1%)	14:03	4.3 (40.2%)
466	ADAMCZEWSKA Agnieszka	3169		K40	69		02:34:39.70	+01:32:57 (60.1%)	14:03	4.3 (40.2%)
467	TESCHE Basia	3082	GORĄCE PĄCZKI	K30	80		02:35:01.05	+01:33:18 (60.2%)	14:05	4.3 (40.2%)
468	WĄSIK Natalia	3089		K30	81		02:35:04.05	+01:33:21 (60.2%)	14:05	4.3 (40.2%)
469	PAWŁOWSKA Danuta	3329	WKURW_TEAM	K40	70		02:36:22.60	+01:34:40 (60.5%)	14:12	4.2 (39.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
470	WÓJTOWICZ Paweł	3358	-	M50	32		02:37:31.20	+01:35:49 (60.8%)	14:19	4.2 (39.3%)
471	KULIK Karol	3174		M40	93		02:38:32.80	+01:36:50 (61.1%)	14:24	4.2 (39.3%)
472	OLEĐZKA-KULIK Monika	3180		K40	71		02:38:33.00	+01:36:50 (61.1%)	14:24	4.2 (39.3%)
473	REY Patryk	3209	REY RUNNING TEAM	M20	39		02:39:05.45	+01:37:23 (61.2%)	14:27	4.1 (38.3%)
474	REY Andrzej	3210	REY RUNNING TEAM	M40	94		02:39:06.95	+01:37:24 (61.2%)	14:27	4.1 (38.3%)
475	CICHOCKA Renata	3112		K40	72		02:40:13.75	+01:38:31 (61.5%)	14:33	4.1 (38.3%)
476	BALICKI Jacek	3520	BIEGACZ NOWOSOLNA	M50	33		02:40:21.00	+01:38:38 (61.5%)	14:34	4.1 (38.3%)
477	BRATKO Zbigniew	3288	65+	M60	14		02:41:32.80	+01:39:50 (61.8%)	14:41	4.1 (38.3%)
478	WOJCIECHOWICZ-BRATKO Aldona	3356	60+	K60	6		02:41:33.10	+01:39:50 (61.8%)	14:41	4.1 (38.3%)
479	KRYSIEWICZ Aleksandra	3224		K30	82		02:41:53.05	+01:40:10 (61.9%)	14:43	4.1 (38.3%)
480	SIERECKA Dorota	3273	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	73		02:42:28.75	+01:40:46 (62.0%)	14:46	4.1 (38.3%)
481	BĄCZEK Krzysztof	3598		M40	95		02:43:30.50	+01:41:48 (62.3%)	14:51	4 (37.4%)
482	HERMAN Joanna	3586		K20	43		02:43:57.30	+01:42:15 (62.4%)	14:54	4 (37.4%)
483	HERMAN Agata	3668		K20	44		02:43:58.10	+01:42:15 (62.4%)	14:54	4 (37.4%)
484	HERMAN Agnieszka	3590		K40	74		02:44:01.20	+01:42:19 (62.4%)	14:54	4 (37.4%)
485	WIELGOSZ Mariusz	3355	BRAK	M50	34		02:44:37.30	+01:42:55 (62.5%)	14:57	4 (37.4%)
486	MAJKA Dariusz	3319		M40	96		02:44:39.25	+01:42:57 (62.5%)	14:58	4 (37.4%)
487	NIENADOWSKA Beata	3228	ELBLĄG	K50	14		02:45:21.60	+01:43:39 (62.7%)	15:01	4 (37.4%)
488	MROCZEK Kinga	3259		K40	75		02:47:42.90	+01:46:00 (63.2%)	15:14	3.9 (36.4%)
489	DYMEK Jacek	3576		M40	97		02:47:43.65	+01:46:01 (63.2%)	15:14	3.9 (36.4%)
490	GIERLOTKA Rafał	3543	BRAK	M40	98		02:47:45.60	+01:46:03 (63.2%)	15:15	3.9 (36.4%)
491	GAJEWSKA Klaudia	3012		K20	45		02:48:33.30	+01:46:51 (63.4%)	15:19	3.9 (36.4%)
492	ROZWÓD Emil	3062		M30	85		02:49:08.15	+01:47:26 (63.5%)	15:22	3.9 (36.4%)
493	PIENIAŻEK Jacek	3206		M40	99		02:49:10.30	+01:47:28 (63.5%)	15:22	3.9 (36.4%)
494	KACZOROWSKA Anna	3023	SLOW JOGGING SIEDLCE	K50	15		02:49:14.70	+01:47:32 (63.5%)	15:23	3.9 (36.4%)
494	STASIAK Waldemar	3068		M50	35		02:49:14.70	+01:47:32 (63.5%)	15:23	3.9 (36.4%)
496	STASIAK Sylwia	3069		K50	16		02:49:14.90	+01:47:32 (63.5%)	15:23	3.9 (36.4%)
497	JANICKA Katarzyna	3497		K30	83		02:49:38.40	+01:47:56 (63.6%)	15:25	3.9 (36.4%)
498	LENARCZYK Klaudia	3316		K30	84		02:49:47.40	+01:48:05 (63.7%)	15:26	3.9 (36.4%)
499	SZEWCZYK Anna	3457		K40	76		02:50:32.05	+01:48:49 (63.8%)	15:30	3.9 (36.4%)
500	DWORNICKI Tomasz	3533	RGB	M40	100		02:51:15.65	+01:49:33 (64.0%)	15:34	3.9 (36.4%)
501	PUCUŁA Ewa	3147		K50	17		02:51:17.95	+01:49:35 (64.0%)	15:34	3.9 (36.4%)
502	ŁYSEK Olga	3037	NIE LAM SIĘ	K30	85		02:51:50.00	+01:50:07 (64.1%)	15:37	3.8 (35.5%)
503	MAŚLANA Maja	3199		K20	46		02:53:42.75	+01:52:00 (64.5%)	15:47	3.8 (35.5%)
504	SZCZEPAŃSKA Natalia	3211		K20	47		02:53:43.45	+01:52:01 (64.5%)	15:47	3.8 (35.5%)
505	KOLK Mateusz	3458		M20	40		02:53:46.55	+01:52:04 (64.5%)	15:47	3.8 (35.5%)
506	KOLK Przemysław	3191		M20	41		02:57:45.55	+01:56:03 (65.3%)	16:09	3.7 (34.6%)
507	RYBCZYŃSKA Anna	3545	SARNI TĘTENT	K30	86		02:57:58.75	+01:56:16 (65.3%)	16:10	3.7 (34.6%)
508	MAŚLANA Monika	3198		K40	77		02:58:10.65	+01:56:28 (65.4%)	16:11	3.7 (34.6%)
509	MAŚLANY Mariusz	3200	ELEKTROMETAL ENERGETYKA SA	M40	101		02:58:22.20	+01:56:40 (65.4%)	16:12	3.7 (34.6%)
510	STACHURA Anna	3437	MIMI	K30	87		02:58:47.85	+01:57:05 (65.5%)	16:15	3.7 (34.6%)
511	PROŃCZUK Adam	3436	MIMI	M50	36		02:58:48.85	+01:57:06 (65.5%)	16:15	3.7 (34.6%)
512	KACZMARZYK Jacek	3250		M40	102		02:59:06.70	+01:57:24 (65.6%)	16:16	3.7 (34.6%)
513	ŻARNOWSKA Sylwia	3283	SAMI SWOI	K40	78		02:59:06.85	+01:57:24 (65.6%)	16:16	3.7 (34.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
514	SENDERECKA Dorota	3599		K40	79		03:02:42.60	+02:01:00 (66.2%)	16:36	3.6 (33.6%)
515	KUŚMIERCZYK Tomasz	3584		M30	86		03:03:47.05	+02:02:04 (66.4%)	16:42	3.6 (33.6%)
516	WÓJCIK Gabriela	3098		K30	88		03:04:10.60	+02:02:28 (66.5%)	16:44	3.6 (33.6%)
517	JABŁOŃSKI Paweł	3020		M30	87		03:04:10.80	+02:02:28 (66.5%)	16:44	3.6 (33.6%)
518	SZWEDA Karol	3072		M20	42		03:04:11.60	+02:02:29 (66.5%)	16:44	3.6 (33.6%)
519	KORZENIOWSKI Karol	3131	KORZONKI	M20	43		03:06:58.15	+02:05:16 (67.0%)	16:59	3.5 (32.7%)
520	KOSTECKA Karolina	3133	KMKRUN	K20	48		03:06:59.65	+02:05:17 (67.0%)	16:59	3.5 (32.7%)
521	KOSTECKI Tomasz	3134	R&T	M40	103		03:07:02.15	+02:05:20 (67.0%)	17:00	3.5 (32.7%)
522	KOSTECKA Magdalena	3132	KMKRUN	K40	80		03:07:02.90	+02:05:20 (67.0%)	17:00	3.5 (32.7%)
523	PIĘTKA Piotr	3207	AMERNET	M40	104		03:09:30.30	+02:07:48 (67.4%)	17:13	3.5 (32.7%)
524	TOMKIEWICZ Edyta	3214		K40	81		03:09:39.60	+02:07:57 (67.5%)	17:14	3.5 (32.7%)
525	WASILEWSKA Marta	3556	REZERWOWE PSY	K20	49		03:11:17.30	+02:09:35 (67.7%)	17:23	3.5 (32.7%)
526	WASILEWSKA Justyna	3550		K40	82		03:11:17.45	+02:09:35 (67.7%)	17:23	3.5 (32.7%)
527	SPANIER Elżbieta	3525		K50	18		03:14:10.05	+02:12:27 (68.2%)	17:39	3.4 (31.8%)
528	SZCZĘSNY Daniel	3157		M30	88		03:17:53.65	+02:16:11 (68.8%)	17:59	3.3 (30.8%)
529	SZCZĘSNA Anna	3156		K30	89		03:17:53.95	+02:16:11 (68.8%)	17:59	3.3 (30.8%)
530	KLIMEK Sonia	3482		K20	50		03:21:25.45	+02:19:43 (69.4%)	18:18	3.3 (30.8%)
531	MICHALIK Agnieszka	3321	SŁOŃCA JURY	K40	83		03:21:31.30	+02:19:49 (69.4%)	18:19	3.3 (30.8%)
532	WALASEK Justyna	3508	STOWARZYSZENIE SPORTOWE "SŁOŃCA JURY"	K30	90		03:21:31.85	+02:19:49 (69.4%)	18:19	3.3 (30.8%)
533	MIECZNIKOWSKA Olga	3397		K20	51		03:22:49.40	+02:21:07 (69.6%)	18:26	3.3 (30.8%)
534	ZAGÓRSKI Mateusz	3426		M20	44		03:22:49.50	+02:21:07 (69.6%)	18:26	3.3 (30.8%)
535	MITURA Hanna	3534		K60	7		03:22:50.90	+02:21:08 (69.6%)	18:26	3.3 (30.8%)
536	MITURA Jerzy	3536	FC HELMUTY	M60	15		03:22:51.10	+02:21:08 (69.6%)	18:26	3.3 (30.8%)
537	RADYK Jakub	3334	PRZEMYSKI KLUB BIEGACZA	M30	89		03:23:08.65	+02:21:26 (69.6%)	18:28	3.2 (29.9%)
538	RADYK Anna	3336	PRZEMYSKI KLUB BIEGACZA	K20	52		03:23:11.00	+02:21:28 (69.6%)	18:28	3.2 (29.9%)
539	RADYK Joanna	3335	PRZEMYSKI KLUB BIEGACZA	K30	91		03:23:12.30	+02:21:30 (69.6%)	18:28	3.2 (29.9%)
540	SZKAMRUK Bogusława	3552	EXTREMALNE OTK NA RELAKSIE	K60	8		03:28:39.65	+02:26:57 (70.4%)	18:58	3.2 (29.9%)
541	SZKAMRUK Janusz	3554	EXTREMALNE OTK NA RELAKSIE	M60	16		03:28:40.55	+02:26:58 (70.4%)	18:58	3.2 (29.9%)
542	DOMINIK Michał	3512	S AR CA SM	M30	90		03:30:29.35	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
543	KOWALSKI Sebastian	3513	S AR CA SM	M20	45		03:30:29.45	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
544	MAJER Magda	3197	S AR CA SM	K30	92		03:30:29.80	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
545	SMIT Katarzyna	3516	MORSY KANZAS	K30	93		03:41:31.05	+02:39:48 (72.1%)	20:08	3 (28.0%)
546	PASIŃSKA Anna	3327	FABRYKA DZIKA	K40	84		03:41:56.15	+02:40:14 (72.2%)	20:10	3 (28.0%)
547	PIECHOWSKA Magda	3330	FABRYKA DZIKA	K30	94		03:41:56.70	+02:40:14 (72.2%)	20:10	3 (28.0%)
548	FOLTA Paulina	3009	BRZOZÓW BIEGA	K30	95		03:43:11.60	+02:41:29 (72.4%)	20:17	3 (28.0%)
549	ŻYŁKA-PATRYLAK Patrycja	3108	GRUPA BIEGOWA ZARSZYN	K20	53		03:43:12.30	+02:41:30 (72.4%)	20:17	3 (28.0%)
550	LENARD Aneta	3393		K40	85		03:44:24.30	+02:42:42 (72.5%)	20:24	2.9 (27.1%)
551	ŁUKASIAK Dorota	3396		K40	86		03:44:26.05	+02:42:43 (72.5%)	20:24	2.9 (27.1%)
552	SOWA Sylwester	3607		M40	105		03:45:45.50	+02:44:03 (72.7%)	20:31	2.9 (27.1%)
553	SOWA Renata	3345	DRUŻYNA PIERŚCIENIA	K40	87		03:45:45.55	+02:44:03 (72.7%)	20:31	2.9 (27.1%)
554	TESCHE Zosia	3083	GORĄCE PĄCZKI	K30	96		03:51:17.15	+02:49:35 (73.3%)	21:01	2.9 (27.1%)
555	TESCHE Tomek	3081		M30	91		03:51:22.80	+02:49:40 (73.3%)	21:02	2.9 (27.1%)
556	TESCHE Agata	3080		K30	97		03:51:46.45	+02:50:04 (73.4%)	21:04	2.8 (26.2%)
557	STELMACH Małgorzata	3452	LEŻACZE ŁĄKOWI	K50	19		03:59:48.45	+02:58:06 (74.3%)	21:48	2.8 (26.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
558	STELMACH Jerzy	3451	LEŻACZE ŁĄKOWI	M50	37		03:59:48.80	+02:58:06 (74.3%)	21:48	2.8 (26.2%)
559	MIECHOWICZ Tomasz	3042	LEŻACZE ŁĄKOWI	M50	38		03:59:51.05	+02:58:08 (74.3%)	21:48	2.8 (26.2%)
560	PERLAK Ewa	3531		K20	54		04:19:23.00	+03:17:40 (76.2%)	23:34	2.5 (23.4%)
561	GÓRSKA Romana	3535		K30	98		04:19:23.70	+03:17:41 (76.2%)	23:34	2.5 (23.4%)
562	JANCZEWSKI Sebastian	3546		M30	92		04:19:25.10	+03:17:42 (76.2%)	23:35	2.5 (23.4%)
563	CZEMPIEL Mateusz	3366	LECYMY DURŚ	M30	93		04:26:16.70	+03:24:34 (76.8%)	24:12	2.5 (23.4%)
564	GROBORZ Malwina	3016	LECYMY DURŚ	K30	99		04:26:18.20	+03:24:36 (76.8%)	24:12	2.5 (23.4%)
565	MŁYNARCZYK Krzysztof	3179		M40	106		04:39:41.60	+03:37:59 (77.9%)	25:25	2.4 (22.4%)
566	MAZIUK-TYDA Małgorzata	3227		K50	20		04:47:17.15	+03:45:35 (78.5%)	26:07	2.3 (21.5%)
567	MAZIUK Marcin	3226		M40	107		04:47:19.15	+03:45:37 (78.5%)	26:07	2.3 (21.5%)
DNC	KRZYŻEWSKI Roger	3135		M30			01:03:00.35		0:00	10.5 (98.1%)
	BARTOŃ Ewa	3499		K30			DNF		-	- (0.0%)
	MIKSZA Aneta	3045	CROSSFITTER BOX CHEŁM	K40			DNF		-	- (0.0%)
	ROGÓŻ Jan	3339		M20			DNF		-	- (0.0%)
	BINEK Michał	3540		M40			DNF		-	- (0.0%)

Znaleziono 572 wynik(ów)