



# DYCHA NA JELENI SKOK

B4SPORT

**Wydarzenie:** VII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-05-28  
**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	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	<b>CIEŚLA Krzysztof</b>	<b>3547</b>		M30	16		<b>01:14:39.45</b>	+00:12:57 (17.4%)	6:47	8.8 (82.2%)
31	<b>KOCIUMBAS Bartosz</b>	<b>3190</b>	KB SOBÓTKA	M40	9		<b>01:14:49.05</b>	+00:13:06 (17.5%)	6:48	8.8 (82.2%)
32	<b>CEGIEŁKO Maciej</b>	<b>3243</b>	AZS UMCS LUBLIN	M20	4		<b>01:15:20.70</b>	+00:13:38 (18.1%)	6:50	8.8 (82.2%)
33	<b>JUSZCZAK Mateusz</b>	<b>3022</b>	KB BIAŁA BIEGA	M20	5		<b>01:15:32.35</b>	+00:13:50 (18.3%)	6:52	8.7 (81.3%)
34	<b>UZDEJCZYK Kamil</b>	<b>3419</b>	SOLINA TEAM	M30	17		<b>01:15:57.55</b>	+00:14:15 (18.8%)	6:54	8.7 (81.3%)
35	<b>PIWOŃSKI Adam</b>	<b>3601</b>		M40	10		<b>01:16:08.15</b>	+00:14:26 (19.0%)	6:55	8.7 (81.3%)
36	<b>WOŹNIAK Janusz</b>	<b>3422</b>	PORMAT JEDLICZE BIEGA	M50	2		<b>01:16:12.80</b>	+00:14:30 (19.0%)	6:55	8.7 (81.3%)
37	<b>KRUPA Grzegorz</b>	<b>3570</b>	KB SOBÓTKA	M40	11		<b>01:16:22.70</b>	+00:14:40 (19.2%)	6:56	8.6 (80.4%)
38	<b>NESTOROWICZ Marek</b>	<b>3203</b>	KLUB BIEGACZA JURUND SZCZYTNO	M50	3		<b>01:16:34.50</b>	+00:14:52 (19.4%)	6:57	8.6 (80.4%)
39	<b>GRONIECKI Mikołaj</b>	<b>3427</b>	KTÓRĘDY PO PIWO,)	M40	12		<b>01:16:43.70</b>	+00:15:01 (19.6%)	6:58	8.6 (80.4%)
40	<b>NOWAK Mirosław</b>	<b>3569</b>	NIE MA	M40	13		<b>01:17:32.00</b>	+00:15:49 (20.4%)	7:02	8.5 (79.4%)
41	<b>WRÓBLEWSKI Michał</b>	<b>3217</b>	WHISKY AFICIONADOS	M30	18		<b>01:17:32.10</b>	+00:15:49 (20.4%)	7:02	8.5 (79.4%)
42	<b>ASŁANOWICZ Marcin</b>	<b>3284</b>	ŻÓRAWSKI TEAM	M40	14		<b>01:18:04.40</b>	+00:16:22 (21.0%)	7:05	8.5 (79.4%)
43	<b>RUSZCZEWSKI Andrzej</b>	<b>3232</b>	VEGE RUNNERS	M30	19		<b>01:18:08.45</b>	+00:16:26 (21.0%)	7:06	8.4 (78.5%)
44	<b>WRÓBLEWSKI Marcin</b>	<b>3100</b>	ROSTI POLSKA	M40	15		<b>01:18:18.90</b>	+00:16:36 (21.2%)	7:07	8.4 (78.5%)
45	<b>WOJNAROWSKA Weronika</b>	<b>3357</b>		K30	2		<b>01:18:19.05</b>	+00:16:36 (21.2%)	7:07	8.4 (78.5%)
46	<b>STASIAK Włodzimierz</b>	<b>3566</b>	LEANPRO	M30	20		<b>01:18:24.10</b>	+00:16:41 (21.3%)	7:07	8.4 (78.5%)
47	<b>BIENIECKA Anna</b>	<b>3183</b>	BIEG RZEŹNIKA	K40	1		<b>01:18:24.20</b>	+00:16:42 (21.3%)	7:07	8.4 (78.5%)
48	<b>KĘPIŃSKI Andrzej</b>	<b>3028</b>	TEAM ELBLĄG	M40	16		<b>01:18:57.45</b>	+00:17:15 (21.9%)	7:10	8.4 (78.5%)
49	<b>MACKIEWICZ Adam</b>	<b>3434</b>	TEAM ELBLĄG	M40	17		<b>01:18:57.55</b>	+00:17:15 (21.9%)	7:10	8.4 (78.5%)
50	<b>SZKLARSKI Jacek</b>	<b>3562</b>		M40	18		<b>01:19:31.70</b>	+00:17:49 (22.4%)	7:13	8.3 (77.6%)
51	<b>WILK Krzysztof</b>	<b>3093</b>	SARNI TĘTENT	M30	21		<b>01:19:36.40</b>	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
52	<b>MUSIOŁ Michał</b>	<b>3047</b>	SARNI TĘTENT	M30	22		<b>01:19:36.50</b>	+00:17:54 (22.5%)	7:14	8.3 (77.6%)
53	<b>MAZUR Jakub</b>	<b>3494</b>	RUNNERS TEAM	M20	6		<b>01:20:45.50</b>	+00:19:03 (23.6%)	7:20	8.2 (76.6%)
54	<b>KORŻYK Marek</b>	<b>3445</b>		M40	19		<b>01:20:46.40</b>	+00:19:04 (23.6%)	7:20	8.2 (76.6%)
55	<b>ROGÓŻ Rafał</b>	<b>3338</b>		M40	20		<b>01:20:48.80</b>	+00:19:06 (23.6%)	7:20	8.2 (76.6%)
56	<b>CICHOŃ Maciej</b>	<b>3113</b>	42.195 WEJHEROWO	M40	21		<b>01:21:05.80</b>	+00:19:23 (23.9%)	7:22	8.1 (75.7%)
57	<b>GET Maciej</b>	<b>3122</b>	-	M40	22		<b>01:21:06.35</b>	+00:19:24 (23.9%)	7:22	8.1 (75.7%)
58	<b>GÓRNY Dariusz</b>	<b>3595</b>	SŁOŃCA JURY	M40	23		<b>01:21:12.90</b>	+00:19:30 (24.0%)	7:22	8.1 (75.7%)
59	<b>ZIOBRO Tomasz</b>	<b>3573</b>	KGB KROSNO	M40	24		<b>01:21:19.25</b>	+00:19:37 (24.1%)	7:23	8.1 (75.7%)
60	<b>ŚCIBOR Marcin</b>	<b>3574</b>	RUCH IZBICA	M30	23		<b>01:21:21.10</b>	+00:19:38 (24.2%)	7:23	8.1 (75.7%)
61	<b>MOSKOWICZ Stefan</b>	<b>3258</b>		M60	1		<b>01:21:21.45</b>	+00:19:39 (24.2%)	7:23	8.1 (75.7%)
62	<b>LUCJUSZ Krzysztof</b>	<b>3036</b>		M20	7		<b>01:21:25.30</b>	+00:19:43 (24.2%)	7:24	8.1 (75.7%)
63	<b>KOT Krzysztof</b>	<b>3222</b>	MPK - RZESZÓW	M40	25		<b>01:21:55.60</b>	+00:20:13 (24.7%)	7:26	8.1 (75.7%)
64	<b>WYSOGLĄD Henryk</b>	<b>3581</b>	HIT THE TRAIL/SIŁOWNIA AQUA FITNESS	M50	4		<b>01:21:55.80</b>	+00:20:13 (24.7%)	7:26	8.1 (75.7%)
65	<b>BARTKOWSKA Joanna</b>	<b>3563</b>		K40	2		<b>01:21:58.60</b>	+00:20:16 (24.7%)	7:27	8.1 (75.7%)
66	<b>SITEK Arkadiusz</b>	<b>3233</b>	AKTYWNI WĘGRÓW	M40	26		<b>01:22:06.65</b>	+00:20:24 (24.9%)	7:27	8 (74.8%)
67	<b>OLSZEWSKA Oszi</b>	<b>3656</b>		K40	3		<b>01:22:08.15</b>	+00:20:26 (24.9%)	7:28	8 (74.8%)
68	<b>BOROWSKI Tomasz</b>	<b>3461</b>	MTS HAMER	M50	5		<b>01:22:08.85</b>	+00:20:26 (24.9%)	7:28	8 (74.8%)
69	<b>LASEK Leszek</b>	<b>3313</b>	KALLIPSO RUNERS TEAM	M50	6		<b>01:22:14.60</b>	+00:20:32 (25.0%)	7:28	8 (74.8%)
70	<b>CEGIEŁKO Paweł</b>	<b>3242</b>	NIE NALEŻĘ DO KLUBU	M40	27		<b>01:22:16.30</b>	+00:20:34 (25.0%)	7:28	8 (74.8%)
71	<b>LASKOWSKI Paweł</b>	<b>3314</b>		M30	24		<b>01:22:19.00</b>	+00:20:36 (25.0%)	7:29	8 (74.8%)
72	<b>ODWROT Hubert</b>	<b>3439</b>	3:33 TEAM	M50	7		<b>01:22:19.35</b>	+00:20:37 (25.0%)	7:29	8 (74.8%)
73	<b>STAROBRAT Arkadiusz</b>	<b>3182</b>	ALETEMPO	M50	8		<b>01:22:36.85</b>	+00:20:54 (25.3%)	7:30	8 (74.8%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
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	<b>PADO Michal</b>	<b>3052</b>	BIESZCZADZKA WATAHA MTB	M30	40		<b>01:40:15.75</b>	+00:38:33 (38.5%)	9:06	6.6 (61.7%)
163	<b>POTERA Maciej</b>	<b>3269</b>		M30	41		<b>01:40:34.60</b>	+00:38:52 (38.7%)	9:08	6.6 (61.7%)
164	<b>FIEDORCZUK Łukasz</b>	<b>3186</b>		M40	54		<b>01:40:38.30</b>	+00:38:56 (38.7%)	9:08	6.6 (61.7%)
165	<b>WĘGRZYN Jakub</b>	<b>3164</b>		M20	18		<b>01:40:38.60</b>	+00:38:56 (38.7%)	9:08	6.6 (61.7%)
166	<b>ZAPAŁA Monika</b>	<b>3103</b>		K40	9		<b>01:40:39.45</b>	+00:38:57 (38.7%)	9:09	6.6 (61.7%)
167	<b>SZYMANIK Lidia</b>	<b>3075</b>		K40	10		<b>01:40:44.40</b>	+00:39:02 (38.8%)	9:09	6.6 (61.7%)
168	<b>GÓRKA Dariusz</b>	<b>3447</b>		M40	55		<b>01:40:48.65</b>	+00:39:06 (38.8%)	9:09	6.5 (60.7%)
169	<b>FĄFARA Agnieszka</b>	<b>3295</b>		K40	11		<b>01:41:12.55</b>	+00:39:30 (39.0%)	9:12	6.5 (60.7%)
170	<b>FIGEL Zuzanna</b>	<b>3296</b>		K20	10		<b>01:41:31.10</b>	+00:39:48 (39.2%)	9:13	6.5 (60.7%)
171	<b>KLĘCZAR Igor</b>	<b>3583</b>		M30	42		<b>01:42:19.40</b>	+00:40:37 (39.7%)	9:18	6.5 (60.7%)
172	<b>KOSEWSKA Monika</b>	<b>3221</b>	SFORA BMK	K40	12		<b>01:42:38.65</b>	+00:40:56 (39.9%)	9:19	6.4 (59.8%)
173	<b>WRZOSEK Kasia</b>	<b>3237</b>	STG WARSZAWA	K30	13		<b>01:42:49.05</b>	+00:41:06 (40.0%)	9:20	6.4 (59.8%)
174	<b>JÓZEFczyk Anna</b>	<b>3491</b>		K30	14		<b>01:42:52.60</b>	+00:41:10 (40.0%)	9:21	6.4 (59.8%)
175	<b>BROŻYNA Magda</b>	<b>3002</b>		K40	13		<b>01:43:10.30</b>	+00:41:28 (40.2%)	9:22	6.4 (59.8%)
176	<b>PILARSKI Kamil</b>	<b>3403</b>		M30	43		<b>01:43:30.65</b>	+00:41:48 (40.4%)	9:24	6.4 (59.8%)
177	<b>SLIWINSKA Katarzyna</b>	<b>3274</b>		K40	14		<b>01:43:54.30</b>	+00:42:12 (40.6%)	9:26	6.4 (59.8%)
178	<b>BECHTA Damian</b>	<b>3285</b>		M20	19		<b>01:44:18.85</b>	+00:42:36 (40.8%)	9:28	6.3 (58.9%)
179	<b>STAROŃ Gabriela</b>	<b>3410</b>		K30	15		<b>01:44:22.90</b>	+00:42:40 (40.9%)	9:29	6.3 (58.9%)
180	<b>KUDZIA Katarzyna</b>	<b>3255</b>	BRACtwo BIEGOWE BGK	K30	16		<b>01:44:28.90</b>	+00:42:46 (40.9%)	9:29	6.3 (58.9%)
181	<b>IVANOVA Alina</b>	<b>3188</b>		K30	17		<b>01:44:33.85</b>	+00:42:51 (41.0%)	9:30	6.3 (58.9%)
182	<b>ŁOBEJKO Arkadiusz</b>	<b>3257</b>		M40	56		<b>01:44:35.30</b>	+00:42:53 (41.0%)	9:30	6.3 (58.9%)
183	<b>BECHTA Katarzyna</b>	<b>3239</b>	BRACtwo BIEGOWE BGK	K20	11		<b>01:44:35.65</b>	+00:42:53 (41.0%)	9:30	6.3 (58.9%)
184	<b>MODRAS Sławek</b>	<b>3473</b>		M30	44		<b>01:44:36.80</b>	+00:42:54 (41.0%)	9:30	6.3 (58.9%)
185	<b>GAŁASZKIEWICZ Grzegorz</b>	<b>3120</b>	LINDON TEAM	M40	57		<b>01:44:41.90</b>	+00:42:59 (41.1%)	9:31	6.3 (58.9%)
186	<b>TYMOSZUK Michał</b>	<b>3087</b>	KB BIAŁA BIEGA	M40	58		<b>01:44:48.40</b>	+00:43:06 (41.1%)	9:31	6.3 (58.9%)
187	<b>CHOJNACKA Małgorzata</b>	<b>3489</b>	TEAM ZALESICE	K40	15		<b>01:44:50.70</b>	+00:43:08 (41.1%)	9:31	6.3 (58.9%)
188	<b>SOŁGAŁA Tomasz</b>	<b>3596</b>		M40	59		<b>01:45:01.95</b>	+00:43:19 (41.3%)	9:32	6.3 (58.9%)
189	<b>BOKSA Anna</b>	<b>3001</b>	KKM KALORYFER	K30	18		<b>01:45:02.70</b>	+00:43:20 (41.3%)	9:32	6.3 (58.9%)
190	<b>KĘDRA Agnieszka</b>	<b>3307</b>		K30	19		<b>01:45:04.10</b>	+00:43:21 (41.3%)	9:33	6.3 (58.9%)
191	<b>MAJEWSKA Joanna</b>	<b>3477</b>	PGE RUN OBRÓT	K40	16		<b>01:45:04.65</b>	+00:43:22 (41.3%)	9:33	6.3 (58.9%)
192	<b>PIETRZAK Monika</b>	<b>3585</b>		K30	20		<b>01:45:04.95</b>	+00:43:22 (41.3%)	9:33	6.3 (58.9%)
193	<b>GOLAS Marcin</b>	<b>3588</b>	EXILE	M40	60		<b>01:45:07.45</b>	+00:43:25 (41.3%)	9:33	6.3 (58.9%)
194	<b>ELMINOWSKI Wojciech</b>	<b>3218</b>	ELBLĄG	M50	17		<b>01:45:15.15</b>	+00:43:33 (41.4%)	9:34	6.3 (58.9%)
195	<b>WILAMOWSKI Daniel</b>	<b>3092</b>		M30	45		<b>01:45:19.05</b>	+00:43:36 (41.4%)	9:34	6.3 (58.9%)
196	<b>LENARCZYK Michał</b>	<b>3315</b>		M30	46		<b>01:45:20.70</b>	+00:43:38 (41.4%)	9:34	6.3 (58.9%)
197	<b>BANAJSKI Damian</b>	<b>3441</b>		M30	47		<b>01:45:25.70</b>	+00:43:43 (41.5%)	9:35	6.3 (58.9%)
198	<b>GĘBSKI Sławomir</b>	<b>3013</b>	KKM KALORYFER	M50	18		<b>01:45:26.75</b>	+00:43:44 (41.5%)	9:35	6.3 (58.9%)
199	<b>GŁUCHOWSKI Karol</b>	<b>3299</b>		M30	48		<b>01:45:34.40</b>	+00:43:52 (41.6%)	9:35	6.3 (58.9%)
200	<b>LEWTAK Adrianna</b>	<b>3318</b>		K30	21		<b>01:45:34.90</b>	+00:43:52 (41.6%)	9:35	6.3 (58.9%)
201	<b>ZALEWSKI Andrzej</b>	<b>3101</b>	TEAM NUTRILITE	M60	8		<b>01:45:38.95</b>	+00:43:56 (41.6%)	9:36	6.2 (57.9%)
202	<b>BANASZAK Paweł</b>	<b>3450</b>		M20	20		<b>01:45:41.00</b>	+00:43:58 (41.6%)	9:36	6.2 (57.9%)
203	<b>DUDEK Arkadiusz</b>	<b>3117</b>		M50	19		<b>01:45:43.60</b>	+00:44:01 (41.6%)	9:36	6.2 (57.9%)
204	<b>HEĆMAŃCZUK Katarzyna</b>	<b>3248</b>	ROOKIES	K30	22		<b>01:45:44.75</b>	+00:44:02 (41.7%)	9:36	6.2 (57.9%)
205	<b>WAŁĘGA-ROSTEK Małgorzata</b>	<b>3575</b>		K50	1		<b>01:45:48.05</b>	+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	<b>KORBIK Łukasz</b>	<b>3310</b>		M30	49		<b>01:45:57.95</b>	+00:44:15 (41.8%)	9:37	6.2 (57.9%)
207	<b>GREŃ Jan</b>	<b>3433</b>		M20	21		<b>01:46:01.90</b>	+00:44:19 (41.8%)	9:38	6.2 (57.9%)
208	<b>WOJDAS Izabela</b>	<b>3096</b>		K40	17		<b>01:46:03.85</b>	+00:44:21 (41.8%)	9:38	6.2 (57.9%)
209	<b>JAGIELSKA Zuzanna</b>	<b>3021</b>	DZIKI Z ŁASINA	K20	12		<b>01:46:04.50</b>	+00:44:22 (41.8%)	9:38	6.2 (57.9%)
210	<b>CEBRAT Ewa</b>	<b>3289</b>	DZIEWCZYNY Z SANOKA	K40	18		<b>01:46:06.30</b>	+00:44:24 (41.8%)	9:38	6.2 (57.9%)
211	<b>TYPIŃSKI Paweł</b>	<b>3352</b>		M20	22		<b>01:46:09.40</b>	+00:44:27 (41.9%)	9:39	6.2 (57.9%)
212	<b>SAR Michał</b>	<b>3271</b>		M40	61		<b>01:46:09.90</b>	+00:44:27 (41.9%)	9:39	6.2 (57.9%)
213	<b>GÓRSKA Oliwia</b>	<b>3301</b>		K30	23		<b>01:46:10.45</b>	+00:44:28 (41.9%)	9:39	6.2 (57.9%)
214	<b>ADAMKIEWICZ Natalia</b>	<b>3522</b>		K30	24		<b>01:47:52.70</b>	+00:46:10 (42.8%)	9:48	6.1 (57.0%)
215	<b>ADAMKIEWICZ Michał</b>	<b>3517</b>	ŁÓDŻRUNCREW/JAKOTEAM	M30	50		<b>01:47:53.25</b>	+00:46:11 (42.8%)	9:48	6.1 (57.0%)
216	<b>GÓRNY Kamila</b>	<b>3300</b>	SŁOŃCA JURY	K30	25		<b>01:48:35.40</b>	+00:46:53 (43.2%)	9:52	6.1 (57.0%)
217	<b>DEC Kamil</b>	<b>3577</b>		M20	23		<b>01:48:41.55</b>	+00:46:59 (43.2%)	9:52	6.1 (57.0%)
218	<b>WALASZCZYK Paulina</b>	<b>3278</b>	BRACTWO BIEGOWE BGK	K20	13		<b>01:48:54.70</b>	+00:47:12 (43.3%)	9:54	6.1 (57.0%)
219	<b>KORZENIOWSKA Justyna</b>	<b>3665</b>	RK ATHLETICS	K40	19		<b>01:49:07.30</b>	+00:47:25 (43.5%)	9:55	6 (56.1%)
220	<b>FOLTA Jan</b>	<b>3008</b>	GRUPA BIEGOWA ZARSZYN	M50	20		<b>01:49:18.65</b>	+00:47:36 (43.6%)	9:56	6 (56.1%)
221	<b>FOLTA Anita</b>	<b>3007</b>	GRUPA BIEGOWA ZARSZYN	K50	2		<b>01:49:19.00</b>	+00:47:36 (43.6%)	9:56	6 (56.1%)
222	<b>DONIEC Katarzyna</b>	<b>3294</b>	AGARUN	K40	20		<b>01:49:39.50</b>	+00:47:57 (43.7%)	9:58	6 (56.1%)
223	<b>KROPIAK Katarzyna</b>	<b>3223</b>	VEGE RUNNERS	K30	26		<b>01:49:44.10</b>	+00:48:01 (43.8%)	9:58	6 (56.1%)
224	<b>GRZESIAK Grzegorz</b>	<b>3303</b>		M40	62		<b>01:50:43.45</b>	+00:49:01 (44.3%)	10:03	6 (56.1%)
225	<b>WASYLÓW Izabela</b>	<b>3483</b>		K30	27		<b>01:50:46.40</b>	+00:49:04 (44.3%)	10:04	6 (56.1%)
226	<b>KORBUS-GUZ Małgorzata</b>	<b>3311</b>		K40	21		<b>01:50:46.85</b>	+00:49:04 (44.3%)	10:04	6 (56.1%)
227	<b>KAJMOWICZ Katarzyna</b>	<b>3490</b>		K30	28		<b>01:50:55.35</b>	+00:49:13 (44.4%)	10:05	6 (56.1%)
228	<b>GÓRECKI Piotr</b>	<b>3377</b>		M50	21		<b>01:50:59.15</b>	+00:49:17 (44.4%)	10:05	5.9 (55.1%)
229	<b>LUBAŃSKA Alicja</b>	<b>3394</b>		K50	3		<b>01:51:08.95</b>	+00:49:26 (44.5%)	10:06	5.9 (55.1%)
230	<b>SZYMCZAK Łukasz</b>	<b>3580</b>	SSW TEAM KROŚNICE	M30	51		<b>01:51:09.85</b>	+00:49:27 (44.5%)	10:06	5.9 (55.1%)
231	<b>STAŃCZUK Dorota</b>	<b>3067</b>	SLOW JOGGING SIEDLCE	K50	4		<b>01:51:19.75</b>	+00:49:37 (44.6%)	10:07	5.9 (55.1%)
232	<b>ZAPĄŁOWSKA Jolanta</b>	<b>3104</b>	SLOW JOGGING SIEDLCE	K60	1		<b>01:51:20.90</b>	+00:49:38 (44.6%)	10:07	5.9 (55.1%)
233	<b>GARWACKA Beata</b>	<b>3298</b>		K50	5		<b>01:51:34.95</b>	+00:49:52 (44.7%)	10:08	5.9 (55.1%)
234	<b>DOMARADZKA- KASZUBOWICZ Wiktoria</b>	<b>3293</b>	DZIEWCZYNY Z SANOKA	K30	29		<b>01:51:51.25</b>	+00:50:09 (44.8%)	10:10	5.9 (55.1%)
235	<b>LEŚNIAK-POPIEL Marta</b>	<b>3317</b>	DZIEWCZYNY Z SANOKA	K40	22		<b>01:51:52.65</b>	+00:50:10 (44.8%)	10:10	5.9 (55.1%)
236	<b>WOJTAS Daniel</b>	<b>3603</b>		M40	63		<b>01:51:56.80</b>	+00:50:14 (44.9%)	10:10	5.9 (55.1%)
237	<b>HARBAT Jolanta</b>	<b>3602</b>		K30	30		<b>01:51:59.45</b>	+00:50:17 (44.9%)	10:10	5.9 (55.1%)
238	<b>OCHALIK Julia</b>	<b>3051</b>		K20	14		<b>01:52:12.65</b>	+00:50:30 (45.0%)	10:12	5.9 (55.1%)
239	<b>PRZYBYLIK Oktawian</b>	<b>3467</b>	DEKA80	M30	52		<b>01:52:17.80</b>	+00:50:35 (45.1%)	10:12	5.9 (55.1%)
240	<b>WINIARSKI Krystian</b>	<b>3094</b>	BIEGAM W RZESZOWIE	M30	53		<b>01:52:32.15</b>	+00:50:50 (45.2%)	10:13	5.9 (55.1%)
241	<b>DZIKI Ania</b>	<b>3005</b>	BIEGI W ROGOŹNIKU	K30	31		<b>01:52:36.50</b>	+00:50:54 (45.2%)	10:14	5.9 (55.1%)
242	<b>KULAK Paweł</b>	<b>3509</b>		M40	64		<b>01:52:54.80</b>	+00:51:12 (45.4%)	10:15	5.8 (54.2%)
243	<b>KURAS-SMOLNIK Magdalena</b>	<b>3034</b>	SIERADZBIEGA.PL	K40	23		<b>01:52:59.25</b>	+00:51:17 (45.4%)	10:16	5.8 (54.2%)
244	<b>ZGODA Tomek</b>	<b>3440</b>	3:33 TEAM	M50	22		<b>01:53:02.75</b>	+00:51:20 (45.4%)	10:16	5.8 (54.2%)
245	<b>GÓRKA Bogusław</b>	<b>3123</b>	SUSKA GRUPA BIEGOWA	M40	65		<b>01:53:03.15</b>	+00:51:21 (45.4%)	10:16	5.8 (54.2%)
246	<b>RZYSZKIEWICZ Tomasz</b>	<b>3527</b>	PĘDZĄCE LENIWCE	M40	66		<b>01:53:15.25</b>	+00:51:33 (45.5%)	10:17	5.8 (54.2%)
247	<b>CHOMA Grażyna</b>	<b>3244</b>	PĘDZĄCE LENIWCE	K40	24		<b>01:53:17.00</b>	+00:51:34 (45.5%)	10:17	5.8 (54.2%)
248	<b>SUDAKOWSKI Patryk</b>	<b>3414</b>	SUDEX PATRYK SUDAKOWSKI	M20	24		<b>01:53:22.40</b>	+00:51:40 (45.6%)	10:18	5.8 (54.2%)
249	<b>SUDAKOWSKA Agnieszka</b>	<b>3413</b>	QUICKLYCLEAN AGNIESZKA SUDAKOWSKA	K30	32		<b>01:53:23.10</b>	+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	<b>RADGOWSKA Gabriela</b>	<b>3333</b>		K30	33		<b>01:53:26.15</b>	+00:51:44 (45.6%)	10:18	5.8 (54.2%)
251	<b>SZPERNAL Beata</b>	<b>3349</b>		K50	6		<b>01:53:51.40</b>	+00:52:09 (45.8%)	10:21	5.8 (54.2%)
252	<b>KROLAK Krzysztof</b>	<b>3390</b>		M40	67		<b>01:53:54.80</b>	+00:52:12 (45.8%)	10:21	5.8 (54.2%)
253	<b>KLIMKOWICZ Emil</b>	<b>3495</b>		M20	25		<b>01:54:07.70</b>	+00:52:25 (45.9%)	10:22	5.8 (54.2%)
254	<b>WIŚNIEWSKA Katarzyna</b>	<b>3166</b>		K40	25		<b>01:54:09.65</b>	+00:52:27 (46.0%)	10:22	5.8 (54.2%)
255	<b>GAWRON Jarosław</b>	<b>3121</b>	GERIATRIC ROOM	M40	68		<b>01:54:10.05</b>	+00:52:27 (46.0%)	10:22	5.8 (54.2%)
256	<b>SZYSZŁOW Mateusz</b>	<b>3077</b>		M20	26		<b>01:54:17.25</b>	+00:52:35 (46.0%)	10:23	5.8 (54.2%)
257	<b>KOCHANOWSKA Anna</b>	<b>3127</b>	CZEWARUN TIM	K40	26		<b>01:54:19.40</b>	+00:52:37 (46.0%)	10:23	5.8 (54.2%)
258	<b>KIJEWSKA Karolina</b>	<b>3029</b>	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	27		<b>01:54:24.60</b>	+00:52:42 (46.1%)	10:24	5.8 (54.2%)
259	<b>RYBIENIK Lech</b>	<b>3064</b>	NIEZRZESZONY	M40	69		<b>01:54:25.05</b>	+00:52:42 (46.1%)	10:24	5.8 (54.2%)
260	<b>PIEKARSKI Paweł</b>	<b>3230</b>	SFORA BMK	M40	70		<b>01:54:29.95</b>	+00:52:47 (46.1%)	10:24	5.8 (54.2%)
261	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>3324</b>	AKTYWNI WĘGRÓW, DEVI HIMAL TEAM	K40	28		<b>01:54:33.75</b>	+00:52:51 (46.1%)	10:24	5.8 (54.2%)
262	<b>ZAJĄC-MICHALEC Katarzyna</b>	<b>3454</b>	J&K	K30	34		<b>01:54:56.05</b>	+00:53:13 (46.3%)	10:26	5.7 (53.3%)
263	<b>PŁACZEK Jolanta</b>	<b>3446</b>	J&K	K40	29		<b>01:54:58.80</b>	+00:53:16 (46.3%)	10:27	5.7 (53.3%)
264	<b>HERMAN Paweł</b>	<b>3492</b>	MLUKS TRZEBIATÓW	M40	71		<b>01:55:00.05</b>	+00:53:17 (46.3%)	10:27	5.7 (53.3%)
265	<b>GAŁAZIN Tomasz</b>	<b>3297</b>	CASREX	M40	72		<b>01:55:04.00</b>	+00:53:21 (46.4%)	10:27	5.7 (53.3%)
266	<b>OPALINSKA Malgorzata</b>	<b>3264</b>		K30	35		<b>01:55:05.40</b>	+00:53:23 (46.4%)	10:27	5.7 (53.3%)
267	<b>OPALIŃSKI Paweł</b>	<b>3265</b>		M30	54		<b>01:55:05.55</b>	+00:53:23 (46.4%)	10:27	5.7 (53.3%)
268	<b>PATRYLAK Rafał</b>	<b>3054</b>	GRUPA BIEGOWA ZARSZYN	M20	27		<b>01:55:24.00</b>	+00:53:41 (46.5%)	10:29	5.7 (53.3%)
269	<b>BŁĘDOWSKI Łukasz</b>	<b>3364</b>		M30	55		<b>01:55:40.35</b>	+00:53:58 (46.7%)	10:30	5.7 (53.3%)
270	<b>IWIŃSKI Adam</b>	<b>3529</b>	SAINT GOBAIN SQUAD	M40	73		<b>01:55:45.00</b>	+00:54:02 (46.7%)	10:31	5.7 (53.3%)
271	<b>DZIEWA Magdalena</b>	<b>3372</b>		K50	7		<b>01:55:50.40</b>	+00:54:08 (46.7%)	10:31	5.7 (53.3%)
272	<b>RUDNICKA Elżbieta</b>	<b>3063</b>		K40	30		<b>01:55:51.05</b>	+00:54:08 (46.7%)	10:31	5.7 (53.3%)
273	<b>KALICIŃSKA Monika</b>	<b>3251</b>	NOSTROMO	K30	36		<b>01:56:04.65</b>	+00:54:22 (46.8%)	10:33	5.7 (53.3%)
274	<b>KALICIŃSKI Jarosław</b>	<b>3252</b>	ŚLĘZAK TEAM	M30	56		<b>01:56:05.60</b>	+00:54:23 (46.9%)	10:33	5.7 (53.3%)
275	<b>KOCOŃ Mariusz</b>	<b>3506</b>	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	23		<b>01:56:34.00</b>	+00:54:51 (47.1%)	10:35	5.7 (53.3%)
276	<b>WIERZBICKA Katarzyna</b>	<b>3090</b>		K30	37		<b>01:56:37.35</b>	+00:54:55 (47.1%)	10:36	5.7 (53.3%)
277	<b>WIERZBICKA Aleksandra</b>	<b>3091</b>		K20	15		<b>01:56:37.45</b>	+00:54:55 (47.1%)	10:36	5.7 (53.3%)
278	<b>BRUSZEWSKA- GŁOMBIOWSKA Monika</b>	<b>3365</b>	ULTRA ŻÓŁWIK	K20	16		<b>01:56:52.40</b>	+00:55:10 (47.2%)	10:37	5.6 (52.3%)
279	<b>GRACZYK Dobrochna</b>	<b>3247</b>		K20	17		<b>01:56:55.40</b>	+00:55:13 (47.2%)	10:37	5.6 (52.3%)
280	<b>CZECH Dominika</b>	<b>3115</b>		K20	18		<b>01:56:57.00</b>	+00:55:14 (47.2%)	10:37	5.6 (52.3%)
281	<b>POPŁAWSKI Krystian</b>	<b>3405</b>	GLADIATORS BY RMF 4RT	M30	57		<b>01:57:20.35</b>	+00:55:38 (47.4%)	10:40	5.6 (52.3%)
282	<b>RUPIK Piotr</b>	<b>3340</b>	BRAK	M40	74		<b>01:57:25.85</b>	+00:55:43 (47.5%)	10:40	5.6 (52.3%)
283	<b>MROCZEK Justyna</b>	<b>3323</b>	ADIDAS RUNNERS WARSAW	K30	38		<b>01:57:26.65</b>	+00:55:44 (47.5%)	10:40	5.6 (52.3%)
284	<b>PRZYBYŁA Krzysztof</b>	<b>3332</b>	ADIDAS RUNNERS WARSAW	M30	58		<b>01:57:26.95</b>	+00:55:44 (47.5%)	10:40	5.6 (52.3%)
285	<b>DĄBKOWSKI Damian</b>	<b>3371</b>	CROSS TRENING MAZOVIA CIECHANÓW	M30	59		<b>01:57:29.65</b>	+00:55:47 (47.5%)	10:40	5.6 (52.3%)
286	<b>DĄBKOWSKA Edyta</b>	<b>3370</b>	CROSS TRENING MAZOVIA CIECHANÓW	K20	19		<b>01:57:30.20</b>	+00:55:48 (47.5%)	10:40	5.6 (52.3%)
287	<b>SURDAKI Łukasz</b>	<b>3276</b>	MONKEYS' TEAM	M30	60		<b>01:57:30.95</b>	+00:55:48 (47.5%)	10:40	5.6 (52.3%)
288	<b>SURDACKA Edyta</b>	<b>3464</b>	MONKEYSTEAM	K30	39		<b>01:57:31.05</b>	+00:55:48 (47.5%)	10:41	5.6 (52.3%)
289	<b>CHORZĘPA Wojciech</b>	<b>3442</b>		M30	61		<b>01:58:15.70</b>	+00:56:33 (47.8%)	10:45	5.6 (52.3%)
290	<b>DOMŻOŁ Radosław</b>	<b>3568</b>		M20	28		<b>01:58:17.00</b>	+00:56:34 (47.8%)	10:45	5.6 (52.3%)
291	<b>KAMINSKA-SUCHOWICZ Anna</b>	<b>3024</b>	INŻYNIERIA BIEGANIA	K30	40		<b>01:58:19.80</b>	+00:56:37 (47.9%)	10:45	5.6 (52.3%)
292	<b>TEJWAN Sylwia</b>	<b>3430</b>	SPARTAN TRAINING GROUP WARSZAWA	K40	31		<b>01:58:29.10</b>	+00:56:46 (47.9%)	10:46	5.6 (52.3%)
292	<b>JÓZWIAK Mikołaj</b>	<b>3448</b>	STG WARSZAWA	M30	62		<b>01:58:29.10</b>	+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	<b>NARLOCH Daria</b>	<b>3138</b>	NARLOCHY	K30	41		<b>01:58:34.15</b>	+00:56:52 (48.0%)	10:46	5.6 (52.3%)
295	<b>WYSOCKI Bartosz</b>	<b>3282</b>	KS JANUSZE	M30	63		<b>01:58:35.35</b>	+00:56:53 (48.0%)	10:46	5.6 (52.3%)
296	<b>WYSOCKA Iwona</b>	<b>3281</b>	KS JANUSZE	K30	42		<b>01:58:35.40</b>	+00:56:53 (48.0%)	10:46	5.6 (52.3%)
297	<b>RĘPALSKA Agata</b>	<b>3152</b>		K30	43		<b>01:58:46.25</b>	+00:57:04 (48.0%)	10:47	5.6 (52.3%)
298	<b>BĘTKOWSKI Tomasz</b>	<b>3468</b>	CASREX	M40	75		<b>01:59:07.15</b>	+00:57:25 (48.2%)	10:49	5.5 (51.4%)
299	<b>SZWED Karolina</b>	<b>3158</b>	SUSKA GRUPA BIEGOWA	K30	44		<b>01:59:26.65</b>	+00:57:44 (48.3%)	10:51	5.5 (51.4%)
300	<b>GÓRKA Jolanta</b>	<b>3124</b>	SUSKA GRUPA BIEGOWA	K40	32		<b>01:59:27.05</b>	+00:57:44 (48.3%)	10:51	5.5 (51.4%)
301	<b>KORZELECKA Karolina</b>	<b>3564</b>	GIANT PSIE POLE	K30	45		<b>01:59:30.10</b>	+00:57:47 (48.4%)	10:51	5.5 (51.4%)
302	<b>TYBURCY-MASŁOWSKA Anna</b>	<b>3277</b>		K40	33		<b>01:59:30.30</b>	+00:57:48 (48.4%)	10:51	5.5 (51.4%)
303	<b>WOŹNIAK Lidia</b>	<b>3423</b>	PORMAT JEDLICZE BIEGA	K50	8		<b>01:59:45.45</b>	+00:58:03 (48.5%)	10:53	5.5 (51.4%)
304	<b>MAĆZKA Krystyna</b>	<b>3519</b>	EXTREMALNE OTK NA RELAKSIE	K60	2		<b>02:00:43.75</b>	+00:59:01 (48.9%)	10:58	5.5 (51.4%)
305	<b>MAĆZKA Bronisław</b>	<b>3521</b>	EXTREMALNE OTK NA RELAKSIE	M60	9		<b>02:00:44.10</b>	+00:59:01 (48.9%)	10:58	5.5 (51.4%)
306	<b>TERLECKA Joanna</b>	<b>3235</b>	MŁODY VS STARY	K30	46		<b>02:00:45.75</b>	+00:59:03 (48.9%)	10:58	5.5 (51.4%)
307	<b>TERLECKI Władysław</b>	<b>3236</b>	MŁODY VS STARY	M40	76		<b>02:00:45.90</b>	+00:59:03 (48.9%)	10:58	5.5 (51.4%)
308	<b>JABŁOŃSKI Jakub</b>	<b>3558</b>	REZERWOWE PSY	M20	29		<b>02:00:55.40</b>	+00:59:13 (49.0%)	10:59	5.5 (51.4%)
309	<b>KOZA Sebastian</b>	<b>3435</b>	SSW TEAM KROŚNICE	M20	30		<b>02:00:55.55</b>	+00:59:13 (49.0%)	10:59	5.5 (51.4%)
310	<b>NAPIERAJ Andrzej</b>	<b>3201</b>		M60	10		<b>02:00:56.30</b>	+00:59:14 (49.0%)	10:59	5.5 (51.4%)
311	<b>MICHALAK Justyna</b>	<b>3518</b>	QUEENS OF CHAMONIX	K40	34		<b>02:01:01.95</b>	+00:59:19 (49.0%)	11:00	5.5 (51.4%)
312	<b>KACZYŃSKI Artur</b>	<b>3305</b>		M40	77		<b>02:01:17.15</b>	+00:59:35 (49.1%)	11:01	5.4 (50.5%)
313	<b>KULIKOWSKI Adam</b>	<b>3175</b>		M30	64		<b>02:01:21.95</b>	+00:59:39 (49.2%)	11:01	5.4 (50.5%)
314	<b>ZAŁĘSKA Aleksandra</b>	<b>3102</b>		K20	20		<b>02:01:35.00</b>	+00:59:52 (49.3%)	11:03	5.4 (50.5%)
315	<b>WRÓBEL Barbara</b>	<b>3359</b>	CISNA	K20	21		<b>02:01:53.30</b>	+01:00:11 (49.4%)	11:04	5.4 (50.5%)
316	<b>CHWASTA Mariusz</b>	<b>3111</b>		M40	78		<b>02:01:59.35</b>	+01:00:17 (49.4%)	11:05	5.4 (50.5%)
317	<b>MIELNICZUK Tomasz</b>	<b>3043</b>	PERFECT RUNNER TEAM	M30	65		<b>02:02:23.55</b>	+01:00:41 (49.6%)	11:07	5.4 (50.5%)
318	<b>MIELNICZUK Stanisław</b>	<b>3044</b>	PERFECT RUNNER TEAM	M60	11		<b>02:02:23.70</b>	+01:00:41 (49.6%)	11:07	5.4 (50.5%)
319	<b>PYZEL Anastazja</b>	<b>3406</b>	KONDYCJA	K20	22		<b>02:02:24.85</b>	+01:00:42 (49.6%)	11:07	5.4 (50.5%)
320	<b>MICHOTEK-TARASIUK Karolina</b>	<b>3470</b>	MONKEYS' TEAM	K30	47		<b>02:02:36.15</b>	+01:00:54 (49.7%)	11:08	5.4 (50.5%)
321	<b>CZERWONKA Żaneta</b>	<b>3463</b>		K30	48		<b>02:02:36.40</b>	+01:00:54 (49.7%)	11:08	5.4 (50.5%)
322	<b>RADYK Aleksandra</b>	<b>3337</b>	PRZEMYSKI KLUB BIEGACZA	K20	23		<b>02:03:06.85</b>	+01:01:24 (49.9%)	11:11	5.4 (50.5%)
323	<b>SZCZEPKOWSKI Paweł</b>	<b>3212</b>	ARTEQUIPMENT	M60	12		<b>02:03:44.30</b>	+01:02:02 (50.1%)	11:14	5.3 (49.5%)
324	<b>WAŚACZ Urszula</b>	<b>3279</b>		K40	35		<b>02:03:52.45</b>	+01:02:10 (50.2%)	11:15	5.3 (49.5%)
325	<b>POLAK Mikołaj</b>	<b>3145</b>		M40	79		<b>02:03:57.60</b>	+01:02:15 (50.2%)	11:16	5.3 (49.5%)
326	<b>SŁONIEWSKI Rafał</b>	<b>3181</b>	KADRA MOCNYCH WDRAŻEŃ	M30	66		<b>02:04:04.30</b>	+01:02:22 (50.3%)	11:16	5.3 (49.5%)
327	<b>ARABASZ Paweł</b>	<b>3456</b>		M40	80		<b>02:04:14.10</b>	+01:02:31 (50.3%)	11:17	5.3 (49.5%)
328	<b>KACZMARZYK Izabela</b>	<b>3249</b>		K40	36		<b>02:04:14.45</b>	+01:02:32 (50.3%)	11:17	5.3 (49.5%)
329	<b>PAWELEC Krystyna</b>	<b>3144</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	3		<b>02:04:33.65</b>	+01:02:51 (50.5%)	11:19	5.3 (49.5%)
330	<b>PASZEK Krystyna</b>	<b>3143</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	4		<b>02:04:34.05</b>	+01:02:51 (50.5%)	11:19	5.3 (49.5%)
331	<b>GUZIK Justyna</b>	<b>3017</b>	KKM KALORYFER	K40	37		<b>02:04:44.25</b>	+01:03:02 (50.5%)	11:20	5.3 (49.5%)
332	<b>WIŚNIEWSKA Żaneta</b>	<b>3421</b>	KIJKOWE TRZEMESZNO	K20	24		<b>02:04:56.80</b>	+01:03:14 (50.6%)	11:21	5.3 (49.5%)
333	<b>STANKOWSKA Justyna</b>	<b>3409</b>	KIJKOWE TRZEMESZNO	K40	38		<b>02:04:57.50</b>	+01:03:15 (50.6%)	11:21	5.3 (49.5%)
334	<b>BUCIOR Łukasz</b>	<b>3466</b>	AZS POLITECHNIKA LUBELSKA	M20	31		<b>02:05:24.05</b>	+01:03:41 (50.8%)	11:24	5.3 (49.5%)
335	<b>KOWALCZYK Magdalena</b>	<b>3193</b>	ROZBIEGANY SULEJÓWEK	K30	49		<b>02:05:29.00</b>	+01:03:46 (50.8%)	11:24	5.3 (49.5%)
336	<b>MIKULSKA Aneta</b>	<b>3194</b>	ROZBIEGANY SULEJÓWEK	K40	39		<b>02:05:29.10</b>	+01:03:46 (50.8%)	11:24	5.3 (49.5%)
337	<b>ANDRZEJEWSKI Maciej</b>	<b>3238</b>	KTÓRĘDY PO PIWO	M30	67		<b>02:05:35.70</b>	+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	<b>RECZEK Sebastian</b>	<b>3151</b>	KS ZIELONO-CZARNI	M40	81		<b>02:05:56.25</b>	+01:04:14 (51.0%)	11:26	5.2 (48.6%)
339	<b>RATOWSKI Marek</b>	<b>3150</b>	PODGÓRZ TORUŃ	M40	82		<b>02:05:57.30</b>	+01:04:15 (51.0%)	11:27	5.2 (48.6%)
340	<b>KASPRZYK Katarzyna</b>	<b>3027</b>		K20	25		<b>02:06:00.05</b>	+01:04:17 (51.0%)	11:27	5.2 (48.6%)
341	<b>MAZUR Katarzyna</b>	<b>3178</b>	UKS AZYMUT PABIANICE	K30	50		<b>02:06:00.70</b>	+01:04:18 (51.0%)	11:27	5.2 (48.6%)
342	<b>FRYD Błażej</b>	<b>3172</b>		M30	68		<b>02:06:01.30</b>	+01:04:19 (51.0%)	11:27	5.2 (48.6%)
343	<b>HABA Konrad</b>	<b>3487</b>		M30	69		<b>02:06:40.90</b>	+01:04:58 (51.3%)	11:30	5.2 (48.6%)
344	<b>SZUBEL Katarzyna</b>	<b>3486</b>		K30	51		<b>02:06:41.15</b>	+01:04:59 (51.3%)	11:31	5.2 (48.6%)
345	<b>KWIATKOWSKI Kajetan</b>	<b>3196</b>	SUT - STRASZYN ULTRA TEAM	M30	70		<b>02:06:53.95</b>	+01:05:11 (51.4%)	11:32	5.2 (48.6%)
346	<b>BIENIEK Lena</b>	<b>3287</b>		K20	26		<b>02:07:10.60</b>	+01:05:28 (51.5%)	11:33	5.2 (48.6%)
347	<b>BIENIEK Iwona</b>	<b>3286</b>		K40	40		<b>02:07:12.80</b>	+01:05:30 (51.5%)	11:33	5.2 (48.6%)
348	<b>NESTOROWICZ Monika</b>	<b>3202</b>	KLUB BIEGACZA JURUND SZCZYTNO	K40	41		<b>02:07:14.95</b>	+01:05:32 (51.5%)	11:34	5.2 (48.6%)
349	<b>BUZALSKI Robert</b>	<b>3241</b>	ORANGE POLSKA	M40	83		<b>02:07:53.15</b>	+01:06:11 (51.8%)	11:37	5.2 (48.6%)
350	<b>BUZALSKA Agnieszka</b>	<b>3240</b>	SMBUDOWLANI	K50	9		<b>02:07:53.25</b>	+01:06:11 (51.8%)	11:37	5.2 (48.6%)
351	<b>WALISZEWSKA-PLEWA Izabela</b>	<b>3088</b>		K40	42		<b>02:08:22.00</b>	+01:06:39 (51.9%)	11:40	5.1 (47.7%)
352	<b>MATEJCZUK Julia</b>	<b>3038</b>	BIĄŁYSTOK BIEGA TEAM	K20	27		<b>02:08:51.35</b>	+01:07:09 (52.1%)	11:42	5.1 (47.7%)
353	<b>KUCZYŃSKA Agnieszka</b>	<b>3033</b>		K40	43		<b>02:08:51.90</b>	+01:07:09 (52.1%)	11:42	5.1 (47.7%)
354	<b>ZIELIŃSKA Marta</b>	<b>3523</b>	JACEKBIEGA RUNNING TEAM	K40	44		<b>02:08:52.80</b>	+01:07:10 (52.1%)	11:42	5.1 (47.7%)
355	<b>KŁODZIŃSKA Barbara</b>	<b>3254</b>	ULTRAMĘKI	K50	10		<b>02:09:09.80</b>	+01:07:27 (52.2%)	11:44	5.1 (47.7%)
356	<b>PATALON-KŁODAWSKA Dorota</b>	<b>3266</b>	DZIEWCZYNY Z MAZUR	K40	45		<b>02:09:22.40</b>	+01:07:40 (52.3%)	11:45	5.1 (47.7%)
357	<b>LASKOWSKA Joanna</b>	<b>3256</b>	DZIEWCZYNY Z MAZUR	K30	52		<b>02:09:22.45</b>	+01:07:40 (52.3%)	11:45	5.1 (47.7%)
358	<b>DOLATA Magdalena</b>	<b>3292</b>	SOCIOS SILESIA	K30	53		<b>02:09:33.95</b>	+01:07:51 (52.4%)	11:46	5.1 (47.7%)
359	<b>BDZIKOT Anna</b>	<b>3362</b>		K30	54		<b>02:09:35.25</b>	+01:07:53 (52.4%)	11:46	5.1 (47.7%)
360	<b>WIŚNIEWSKA Magdalena</b>	<b>3095</b>	ZMASAKROWANI	K40	46		<b>02:09:38.10</b>	+01:07:55 (52.4%)	11:47	5.1 (47.7%)
361	<b>BLIM Sylwia</b>	<b>3000</b>	ZMASAKROWANI	K40	47		<b>02:09:39.15</b>	+01:07:57 (52.4%)	11:47	5.1 (47.7%)
362	<b>WĄSOWSKA Jagoda</b>	<b>3597</b>	KS PEGAZ PIASECZNO	K50	11		<b>02:09:55.15</b>	+01:08:13 (52.5%)	11:48	5.1 (47.7%)
363	<b>NOWAK Michał</b>	<b>3140</b>		M30	71		<b>02:10:02.20</b>	+01:08:20 (52.5%)	11:49	5.1 (47.7%)
364	<b>STASZCZYK Anna</b>	<b>3347</b>		K30	55		<b>02:10:57.25</b>	+01:09:15 (52.9%)	11:54	5 (46.7%)
364	<b>STASZCZYK Michał</b>	<b>3346</b>		M30	72		<b>02:10:57.25</b>	+01:09:15 (52.9%)	11:54	5 (46.7%)
366	<b>JAGODA Małgorzata</b>	<b>3382</b>	FUCHS OIL TEAM	K20	28		<b>02:11:19.60</b>	+01:09:37 (53.0%)	11:56	5 (46.7%)
367	<b>WOLSKA Anna</b>	<b>3097</b>		K40	48		<b>02:11:32.80</b>	+01:09:50 (53.1%)	11:57	5 (46.7%)
368	<b>FORMELLA Joanna</b>	<b>3011</b>		K30	56		<b>02:11:33.10</b>	+01:09:50 (53.1%)	11:57	5 (46.7%)
369	<b>ZALEWSKI Cezary</b>	<b>3528</b>	PĘDZĄCE LENIWCE	M40	84		<b>02:12:07.15</b>	+01:10:25 (53.3%)	12:00	5 (46.7%)
370	<b>STRZYŻOWSKI Marcin</b>	<b>3542</b>	PĘDZĄCE LENIWCE	M40	85		<b>02:12:07.30</b>	+01:10:25 (53.3%)	12:00	5 (46.7%)
371	<b>DUSZA Łukasz</b>	<b>3004</b>		M30	73		<b>02:12:24.40</b>	+01:10:42 (53.4%)	12:02	5 (46.7%)
372	<b>SZANIAWSKA Agata</b>	<b>3609</b>		K30	57		<b>02:12:28.65</b>	+01:10:46 (53.4%)	12:02	5 (46.7%)
373	<b>RĘPALSKI Marcin</b>	<b>3153</b>	BRYGADA RR	M40	86		<b>02:12:50.50</b>	+01:11:08 (53.6%)	12:04	5 (46.7%)
374	<b>TOMCZAK Magdalena</b>	<b>3351</b>		K40	49		<b>02:12:59.50</b>	+01:11:17 (53.6%)	12:05	5 (46.7%)
375	<b>ZADROŻNA Olga</b>	<b>3425</b>	CROSS TRENING MAZOVIA CIECHANÓW	K30	58		<b>02:13:52.35</b>	+01:12:10 (53.9%)	12:10	4.9 (45.8%)
376	<b>GRACZYK Dąbrówka</b>	<b>3246</b>		K20	29		<b>02:15:00.25</b>	+01:13:18 (54.3%)	12:16	4.9 (45.8%)
377	<b>KOSIN Irena</b>	<b>3312</b>	WKURW_TEAM	K30	59		<b>02:15:06.20</b>	+01:13:24 (54.3%)	12:16	4.9 (45.8%)
378	<b>MIKSZA Karol</b>	<b>3046</b>	CROSSFITTER BOX CHEŁM	M50	24		<b>02:15:17.35</b>	+01:13:35 (54.4%)	12:17	4.9 (45.8%)
379	<b>GŁOWACKA Aleksandra</b>	<b>3219</b>	MŁODY VS STARY	K40	50		<b>02:16:38.55</b>	+01:14:56 (54.8%)	12:25	4.8 (44.9%)
380	<b>JAGODA Adam</b>	<b>3383</b>	FUCHS OIL TEAM	M50	25		<b>02:17:04.85</b>	+01:15:22 (55.0%)	12:27	4.8 (44.9%)
381	<b>UCHEREK Kinga</b>	<b>3353</b>		K40	51		<b>02:17:52.45</b>	+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	<b>UCHEREK Kazimierz</b>	<b>3354</b>		M50	26		<b>02:17:53.20</b>	+01:16:11 (55.3%)	12:32	4.8 (44.9%)
383	<b>OCHWAT Elżbieta</b>	<b>3432</b>	UKS ARKA UMIESZCZ	K40	52		<b>02:18:02.05</b>	+01:16:19 (55.3%)	12:32	4.8 (44.9%)
384	<b>TWARDUŚ Leszek</b>	<b>3431</b>		M40	87		<b>02:18:04.10</b>	+01:16:21 (55.3%)	12:33	4.8 (44.9%)
385	<b>HELMAN Filip</b>	<b>3126</b>		M20	32		<b>02:18:22.70</b>	+01:16:40 (55.4%)	12:34	4.8 (44.9%)
386	<b>ANDRASZ Paweł</b>	<b>3109</b>		M20	33		<b>02:18:22.95</b>	+01:16:40 (55.4%)	12:34	4.8 (44.9%)
387	<b>WÓDZ Anna</b>	<b>3167</b>		K30	60		<b>02:18:34.50</b>	+01:16:52 (55.5%)	12:35	4.8 (44.9%)
388	<b>NOWAK Karol</b>	<b>3398</b>		M30	74		<b>02:18:34.80</b>	+01:16:52 (55.5%)	12:35	4.8 (44.9%)
389	<b>WESOŁOWSKA Klaudia</b>	<b>3496</b>		K20	30		<b>02:18:35.95</b>	+01:16:53 (55.5%)	12:35	4.8 (44.9%)
390	<b>NOWAK Ania</b>	<b>3485</b>		K40	53		<b>02:18:36.50</b>	+01:16:54 (55.5%)	12:36	4.8 (44.9%)
391	<b>NOWAK Martyna</b>	<b>3399</b>		K20	31		<b>02:18:39.45</b>	+01:16:57 (55.5%)	12:36	4.8 (44.9%)
392	<b>SZMATLOCH Karolina</b>	<b>3504</b>		K30	61		<b>02:18:39.70</b>	+01:16:57 (55.5%)	12:36	4.8 (44.9%)
393	<b>MARCOL Wojciech</b>	<b>3538</b>		M20	34		<b>02:19:06.85</b>	+01:17:24 (55.6%)	12:38	4.7 (43.9%)
394	<b>MARCOL Oriana</b>	<b>3537</b>		K30	62		<b>02:19:09.50</b>	+01:17:27 (55.7%)	12:39	4.7 (43.9%)
395	<b>WARCHOŁ Elżbieta</b>	<b>3215</b>		K30	63		<b>02:19:30.20</b>	+01:17:48 (55.8%)	12:40	4.7 (43.9%)
396	<b>KONIECPOLSKA Jadwiga</b>	<b>3192</b>		K40	54		<b>02:19:30.35</b>	+01:17:48 (55.8%)	12:40	4.7 (43.9%)
397	<b>GRESER Beata</b>	<b>3302</b>	GS TEAM	K40	55		<b>02:20:18.80</b>	+01:18:36 (56.0%)	12:45	4.7 (43.9%)
398	<b>SIENKIEWICZ Dariusz</b>	<b>3344</b>	GS TEAM	M30	75		<b>02:20:20.30</b>	+01:18:38 (56.0%)	12:45	4.7 (43.9%)
399	<b>PIOTROWSKI Marek</b>	<b>3548</b>	MORSOWNOCY Z LEGNICY	M50	27		<b>02:20:20.50</b>	+01:18:38 (56.0%)	12:45	4.7 (43.9%)
400	<b>KULCZYCKI Andrzej</b>	<b>3608</b>		M40	88		<b>02:20:46.30</b>	+01:19:04 (56.2%)	12:47	4.7 (43.9%)
401	<b>KULCZYCKA Renata</b>	<b>3667</b>		K50	12		<b>02:20:46.80</b>	+01:19:04 (56.2%)	12:47	4.7 (43.9%)
402	<b>SZKAMRUK Małgorzata</b>	<b>3551</b>	EXTREMALNE OTK NA RELAKSIE	K40	56		<b>02:20:47.60</b>	+01:19:05 (56.2%)	12:47	4.7 (43.9%)
403	<b>ZEMŁA Piotr</b>	<b>3106</b>		M50	28		<b>02:21:10.45</b>	+01:19:28 (56.3%)	12:50	4.7 (43.9%)
404	<b>ZEMŁA Dorota</b>	<b>3107</b>		K20	32		<b>02:21:10.55</b>	+01:19:28 (56.3%)	12:50	4.7 (43.9%)
405	<b>BADOWSKA Monika</b>	<b>3170</b>		K40	57		<b>02:21:13.70</b>	+01:19:31 (56.3%)	12:50	4.7 (43.9%)
406	<b>MICZEK Wiesław</b>	<b>3455</b>	NIEZRZESZONY	M60	13		<b>02:21:28.60</b>	+01:19:46 (56.4%)	12:51	4.7 (43.9%)
407	<b>ROCHOWIAK Karina</b>	<b>3408</b>		K20	33		<b>02:21:57.95</b>	+01:20:15 (56.5%)	12:54	4.6 (43.0%)
408	<b>PEHCIN Jakub</b>	<b>3428</b>		M30	76		<b>02:21:58.05</b>	+01:20:15 (56.5%)	12:54	4.6 (43.0%)
409	<b>OBIDZIŃSKA Katarzyna</b>	<b>3325</b>		K30	64		<b>02:22:16.05</b>	+01:20:33 (56.6%)	12:56	4.6 (43.0%)
410	<b>KACZOR Paweł</b>	<b>3304</b>		M30	77		<b>02:22:17.15</b>	+01:20:35 (56.6%)	12:56	4.6 (43.0%)
411	<b>FURMAN Agnieszka</b>	<b>3373</b>	OCHAJORUN & FRIENDS	K30	65		<b>02:22:19.80</b>	+01:20:37 (56.6%)	12:56	4.6 (43.0%)
412	<b>FURMAN Michał</b>	<b>3374</b>	OCHAJORUN & FRIENDS	M30	78		<b>02:22:23.80</b>	+01:20:41 (56.7%)	12:56	4.6 (43.0%)
413	<b>PAWELEC Justyna</b>	<b>3328</b>	TSA SANDOMIERZ	K30	66		<b>02:22:48.10</b>	+01:21:05 (56.8%)	12:58	4.6 (43.0%)
414	<b>WRZOSEK Justyna</b>	<b>3360</b>	TSA SANDOMIERZ	K30	67		<b>02:22:48.40</b>	+01:21:06 (56.8%)	12:58	4.6 (43.0%)
415	<b>PIETRZYK Marzena</b>	<b>3231</b>		K40	58		<b>02:23:13.55</b>	+01:21:31 (56.9%)	13:01	4.6 (43.0%)
416	<b>SZYMANEK Aleksandra</b>	<b>3073</b>	ZWOLEŃNICY BIEGANIA	K20	34		<b>02:23:50.25</b>	+01:22:08 (57.1%)	13:04	4.6 (43.0%)
417	<b>MATYSIAK Karolina</b>	<b>3040</b>	ZWOLEŃNICY BIEGANIA	K30	68		<b>02:23:50.65</b>	+01:22:08 (57.1%)	13:04	4.6 (43.0%)
418	<b>SZYMANEK Paweł</b>	<b>3074</b>	ZWOLEŃNICY BIEGANIA	M30	79		<b>02:23:54.20</b>	+01:22:12 (57.1%)	13:04	4.6 (43.0%)
419	<b>BURY Marek</b>	<b>3474</b>		M50	29		<b>02:23:56.90</b>	+01:22:14 (57.1%)	13:05	4.6 (43.0%)
420	<b>PREIS Kamil</b>	<b>3146</b>	SII RUNNING TEAM	M20	35		<b>02:24:02.05</b>	+01:22:19 (57.2%)	13:05	4.6 (43.0%)
421	<b>KOGUT Katarzyna</b>	<b>3128</b>	SII RUNNING TEAM	K30	69		<b>02:24:02.15</b>	+01:22:20 (57.2%)	13:05	4.6 (43.0%)
422	<b>SOKOŁOWSKA Agnieszka</b>	<b>3155</b>		K20	35		<b>02:24:03.55</b>	+01:22:21 (57.2%)	13:05	4.6 (43.0%)
423	<b>ZALAS Anna</b>	<b>3510</b>		K30	70		<b>02:24:09.65</b>	+01:22:27 (57.2%)	13:06	4.6 (43.0%)
424	<b>MICHALIK Jacek</b>	<b>3320</b>	SŁOŃCA JURY	M40	89		<b>02:24:09.85</b>	+01:22:27 (57.2%)	13:06	4.6 (43.0%)
425	<b>MICHALIK Wiktoria</b>	<b>3322</b>	SŁOŃCA JURY	K20	36		<b>02:24:09.95</b>	+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	<b>CICHOŃ Aleksandra</b>	<b>3114</b>	DECATHLON RUMIA	K20	37		<b>02:24:26.60</b>	+01:22:44 (57.3%)	13:07	4.6 (43.0%)
427	<b>GRZEGORY Marek</b>	<b>3125</b>	DECATHLON RUMIA	M30	80		<b>02:24:26.85</b>	+01:22:44 (57.3%)	13:07	4.6 (43.0%)
428	<b>NAZIMEK Małgorzata</b>	<b>3502</b>	BLACK RIVER	K20	38		<b>02:24:43.60</b>	+01:23:01 (57.4%)	13:09	4.6 (43.0%)
429	<b>ZUBA Rafał</b>	<b>3503</b>	BLACK RIVER	M20	36		<b>02:24:43.75</b>	+01:23:01 (57.4%)	13:09	4.6 (43.0%)
430	<b>ZAWILSKI Zbigniew Rafał</b>	<b>3105</b>		M30	81		<b>02:24:47.00</b>	+01:23:04 (57.4%)	13:09	4.6 (43.0%)
431	<b>SOCHACKA Katarzyna</b>	<b>3592</b>		K20	39		<b>02:25:14.25</b>	+01:23:32 (57.5%)	13:12	4.5 (42.1%)
432	<b>SOCHACKI Mariusz</b>	<b>3591</b>		M40	90		<b>02:25:14.35</b>	+01:23:32 (57.5%)	13:12	4.5 (42.1%)
433	<b>GASIŃSKA Oliwia</b>	<b>3478</b>	SŁOŃCA JURY	K40	59		<b>02:25:24.55</b>	+01:23:42 (57.6%)	13:13	4.5 (42.1%)
434	<b>WILOWSKI Jowita</b>	<b>3587</b>		K30	71		<b>02:25:33.25</b>	+01:23:51 (57.6%)	13:13	4.5 (42.1%)
435	<b>GASIŃSKA Agnieszka</b>	<b>3571</b>	SŁOŃCA JURY	K40	60		<b>02:25:37.25</b>	+01:23:55 (57.6%)	13:14	4.5 (42.1%)
436	<b>OBIÓRKO Małgorzata</b>	<b>3400</b>		K60	5		<b>02:25:49.25</b>	+01:24:07 (57.7%)	13:15	4.5 (42.1%)
437	<b>KĘDZIORA Alicja</b>	<b>3189</b>	GSK FIT PIORUNY	K30	72		<b>02:26:27.55</b>	+01:24:45 (57.9%)	13:18	4.5 (42.1%)
438	<b>KOZIOŁ Joanna</b>	<b>3195</b>		K30	73		<b>02:26:29.05</b>	+01:24:46 (57.9%)	13:19	4.5 (42.1%)
439	<b>KANIEWSKA Justyna</b>	<b>3385</b>	DZIKI DZIK TEAM	K20	40		<b>02:26:31.85</b>	+01:24:49 (57.9%)	13:19	4.5 (42.1%)
440	<b>STĘPIŃSKA Natalia</b>	<b>3412</b>	DZIKI DZIK TEAM	K20	41		<b>02:26:33.35</b>	+01:24:51 (57.9%)	13:19	4.5 (42.1%)
441	<b>KANIEWSKI Michał</b>	<b>3386</b>	DZIKI DZIK TEAM	M20	37		<b>02:26:34.20</b>	+01:24:52 (57.9%)	13:19	4.5 (42.1%)
442	<b>SZKAMRUK Alicja</b>	<b>3553</b>	EXTREMALNE OTK NA RELAKSIE	K30	74		<b>02:26:37.50</b>	+01:24:55 (57.9%)	13:19	4.5 (42.1%)
443	<b>PĘKALSKA Anna</b>	<b>3539</b>		K50	13		<b>02:26:47.00</b>	+01:25:04 (58.0%)	13:20	4.5 (42.1%)
444	<b>ŚWIĘTOCHOWSKA Magdalena</b>	<b>3213</b>		K30	75		<b>02:27:07.45</b>	+01:25:25 (58.1%)	13:22	4.5 (42.1%)
445	<b>PIENIĄŻEK Agnieszka</b>	<b>3205</b>		K40	61		<b>02:27:09.60</b>	+01:25:27 (58.1%)	13:22	4.5 (42.1%)
446	<b>WASZAK Celina</b>	<b>3163</b>		K30	76		<b>02:27:26.90</b>	+01:25:44 (58.2%)	13:24	4.5 (42.1%)
447	<b>ŚWIERAD Małgorzata</b>	<b>3160</b>		K30	77		<b>02:27:42.60</b>	+01:26:00 (58.2%)	13:25	4.5 (42.1%)
448	<b>URBANOWICZ Agnieszka</b>	<b>3162</b>		K40	62		<b>02:28:03.85</b>	+01:26:21 (58.3%)	13:27	4.5 (42.1%)
449	<b>MROZIŃSKI Andrzej</b>	<b>3260</b>	WITAR	M50	30		<b>02:28:27.05</b>	+01:26:44 (58.4%)	13:29	4.4 (41.1%)
450	<b>KORZENIOWSKA Justyna</b>	<b>3578</b>	RK ATHLETICS	K40	63		<b>02:29:21.45</b>	+01:27:39 (58.7%)	13:34	4.4 (41.1%)
451	<b>KORZENIOWSKI Robert</b>	<b>3579</b>	RK ATHLETICS	M50	31		<b>02:29:21.70</b>	+01:27:39 (58.7%)	13:34	4.4 (41.1%)
452	<b>REDMER Bartłomiej</b>	<b>3407</b>		M20	38		<b>02:29:29.05</b>	+01:27:46 (58.7%)	13:35	4.4 (41.1%)
453	<b>KOJRUK Emilia</b>	<b>3389</b>		K20	42		<b>02:29:29.70</b>	+01:27:47 (58.7%)	13:35	4.4 (41.1%)
454	<b>SZKAMRUK Alicja</b>	<b>3666</b>	EXTREMALNE OTK NA RELAKSIE	K30	78		<b>02:29:44.10</b>	+01:28:01 (58.8%)	13:36	4.4 (41.1%)
455	<b>DASZCZYŃSKI Adam</b>	<b>3369</b>	ADASKO TEAM	M40	91		<b>02:29:52.35</b>	+01:28:10 (58.8%)	13:37	4.4 (41.1%)
456	<b>DASZCZYŃSKA Iwona</b>	<b>3368</b>	ADASKO TEAM	K40	64		<b>02:29:52.75</b>	+01:28:10 (58.8%)	13:37	4.4 (41.1%)
457	<b>STEC Dawid</b>	<b>3565</b>		M30	82		<b>02:30:55.05</b>	+01:29:12 (59.1%)	13:43	4.4 (41.1%)
458	<b>WOJCIESZKIEWICZ Marcin</b>	<b>3280</b>		M30	83		<b>02:30:56.05</b>	+01:29:13 (59.1%)	13:43	4.4 (41.1%)
459	<b>SKRZYCKA-GOŁĘBIEWSKA Ewa</b>	<b>3065</b>		K40	65		<b>02:31:27.50</b>	+01:29:45 (59.3%)	13:46	4.4 (41.1%)
460	<b>PAWĘZOWSKA Anna</b>	<b>3055</b>	BĘDZIN TEAM	K40	66		<b>02:31:27.85</b>	+01:29:45 (59.3%)	13:46	4.4 (41.1%)
461	<b>KOCLĘGA Justyna</b>	<b>3593</b>	GIT EKIPA!	K30	79		<b>02:32:34.15</b>	+01:30:52 (59.6%)	13:52	4.3 (40.2%)
462	<b>MOŻEJKO Artur</b>	<b>3594</b>	GIT EKIPA !	M30	84		<b>02:32:35.80</b>	+01:30:53 (59.6%)	13:52	4.3 (40.2%)
463	<b>KLARECKA Joanna</b>	<b>3387</b>	ASTMA TEAM	K40	67		<b>02:33:55.95</b>	+01:32:13 (59.9%)	13:59	4.3 (40.2%)
464	<b>KLARECKI Adrian</b>	<b>3388</b>	ULTRA WAY TEAM / ASTMA TEAM	M40	92		<b>02:34:02.40</b>	+01:32:20 (59.9%)	14:00	4.3 (40.2%)
465	<b>ADAMCZEWSKA Anna</b>	<b>3168</b>		K40	68		<b>02:34:39.50</b>	+01:32:57 (60.1%)	14:03	4.3 (40.2%)
466	<b>ADAMCZEWSKA Agnieszka</b>	<b>3169</b>		K40	69		<b>02:34:39.70</b>	+01:32:57 (60.1%)	14:03	4.3 (40.2%)
467	<b>TESCHE Basia</b>	<b>3082</b>	GORĄCE PĄCZKI	K30	80		<b>02:35:01.05</b>	+01:33:18 (60.2%)	14:05	4.3 (40.2%)
468	<b>WĄSIK Natalia</b>	<b>3089</b>		K30	81		<b>02:35:04.05</b>	+01:33:21 (60.2%)	14:05	4.3 (40.2%)
469	<b>PAWŁOWSKA Danuta</b>	<b>3329</b>	WKURW_TEAM	K40	70		<b>02:36:22.60</b>	+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	<b>SENDERECKA Dorota</b>	<b>3599</b>		K40	79		<b>03:02:42.60</b>	+02:01:00 (66.2%)	16:36	3.6 (33.6%)
515	<b>KUŚMIERCZYK Tomasz</b>	<b>3584</b>		M30	86		<b>03:03:47.05</b>	+02:02:04 (66.4%)	16:42	3.6 (33.6%)
516	<b>WÓJCIK Gabriela</b>	<b>3098</b>		K30	88		<b>03:04:10.60</b>	+02:02:28 (66.5%)	16:44	3.6 (33.6%)
517	<b>JABŁOŃSKI Paweł</b>	<b>3020</b>		M30	87		<b>03:04:10.80</b>	+02:02:28 (66.5%)	16:44	3.6 (33.6%)
518	<b>SZWEDA Karol</b>	<b>3072</b>		M20	42		<b>03:04:11.60</b>	+02:02:29 (66.5%)	16:44	3.6 (33.6%)
519	<b>KORZENIOWSKI Karol</b>	<b>3131</b>	KORZONKI	M20	43		<b>03:06:58.15</b>	+02:05:16 (67.0%)	16:59	3.5 (32.7%)
520	<b>KOSTECKA Karolina</b>	<b>3133</b>	KMKRUN	K20	48		<b>03:06:59.65</b>	+02:05:17 (67.0%)	16:59	3.5 (32.7%)
521	<b>KOSTECKI Tomasz</b>	<b>3134</b>	R&T	M40	103		<b>03:07:02.15</b>	+02:05:20 (67.0%)	17:00	3.5 (32.7%)
522	<b>KOSTECKA Magdalena</b>	<b>3132</b>	KMKRUN	K40	80		<b>03:07:02.90</b>	+02:05:20 (67.0%)	17:00	3.5 (32.7%)
523	<b>PIĘTKA Piotr</b>	<b>3207</b>	AMERNET	M40	104		<b>03:09:30.30</b>	+02:07:48 (67.4%)	17:13	3.5 (32.7%)
524	<b>TOMKIEWICZ Edyta</b>	<b>3214</b>		K40	81		<b>03:09:39.60</b>	+02:07:57 (67.5%)	17:14	3.5 (32.7%)
525	<b>WASILEWSKA Marta</b>	<b>3556</b>	REZERWOWE PSY	K20	49		<b>03:11:17.30</b>	+02:09:35 (67.7%)	17:23	3.5 (32.7%)
526	<b>WASILEWSKA Justyna</b>	<b>3550</b>		K40	82		<b>03:11:17.45</b>	+02:09:35 (67.7%)	17:23	3.5 (32.7%)
527	<b>SPANIER Elżbieta</b>	<b>3525</b>		K50	18		<b>03:14:10.05</b>	+02:12:27 (68.2%)	17:39	3.4 (31.8%)
528	<b>SZCZĘSNY Daniel</b>	<b>3157</b>		M30	88		<b>03:17:53.65</b>	+02:16:11 (68.8%)	17:59	3.3 (30.8%)
529	<b>SZCZĘSNA Anna</b>	<b>3156</b>		K30	89		<b>03:17:53.95</b>	+02:16:11 (68.8%)	17:59	3.3 (30.8%)
530	<b>KLIMEK Sonia</b>	<b>3482</b>		K20	50		<b>03:21:25.45</b>	+02:19:43 (69.4%)	18:18	3.3 (30.8%)
531	<b>MICHALIK Agnieszka</b>	<b>3321</b>	SŁOŃCA JURY	K40	83		<b>03:21:31.30</b>	+02:19:49 (69.4%)	18:19	3.3 (30.8%)
532	<b>WALASEK Justyna</b>	<b>3508</b>	STOWARZYSZENIE SPORTOWE "SŁOŃCA JURY"	K30	90		<b>03:21:31.85</b>	+02:19:49 (69.4%)	18:19	3.3 (30.8%)
533	<b>MIECZNIKOWSKA Olga</b>	<b>3397</b>		K20	51		<b>03:22:49.40</b>	+02:21:07 (69.6%)	18:26	3.3 (30.8%)
534	<b>ZAGÓRSKI Mateusz</b>	<b>3426</b>		M20	44		<b>03:22:49.50</b>	+02:21:07 (69.6%)	18:26	3.3 (30.8%)
535	<b>MITURA Hanna</b>	<b>3534</b>		K60	7		<b>03:22:50.90</b>	+02:21:08 (69.6%)	18:26	3.3 (30.8%)
536	<b>MITURA Jerzy</b>	<b>3536</b>	FC HELMUTY	M60	15		<b>03:22:51.10</b>	+02:21:08 (69.6%)	18:26	3.3 (30.8%)
537	<b>RADYK Jakub</b>	<b>3334</b>	PRZEMYSKI KLUB BIEGACZA	M30	89		<b>03:23:08.65</b>	+02:21:26 (69.6%)	18:28	3.2 (29.9%)
538	<b>RADYK Anna</b>	<b>3336</b>	PRZEMYSKI KLUB BIEGACZA	K20	52		<b>03:23:11.00</b>	+02:21:28 (69.6%)	18:28	3.2 (29.9%)
539	<b>RADYK Joanna</b>	<b>3335</b>	PRZEMYSKI KLUB BIEGACZA	K30	91		<b>03:23:12.30</b>	+02:21:30 (69.6%)	18:28	3.2 (29.9%)
540	<b>SZKAMRUK Bogusława</b>	<b>3552</b>	EXTREMALNE OTK NA RELAKSIE	K60	8		<b>03:28:39.65</b>	+02:26:57 (70.4%)	18:58	3.2 (29.9%)
541	<b>SZKAMRUK Janusz</b>	<b>3554</b>	EXTREMALNE OTK NA RELAKSIE	M60	16		<b>03:28:40.55</b>	+02:26:58 (70.4%)	18:58	3.2 (29.9%)
542	<b>DOMINIK Michał</b>	<b>3512</b>	S AR CA SM	M30	90		<b>03:30:29.35</b>	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
543	<b>KOWALSKI Sebastian</b>	<b>3513</b>	S AR CA SM	M20	45		<b>03:30:29.45</b>	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
544	<b>MAJER Magda</b>	<b>3197</b>	S AR CA SM	K30	92		<b>03:30:29.80</b>	+02:28:47 (70.7%)	19:08	3.1 (29.0%)
545	<b>SMIT Katarzyna</b>	<b>3516</b>	MORSY KANZAS	K30	93		<b>03:41:31.05</b>	+02:39:48 (72.1%)	20:08	3 (28.0%)
546	<b>PASIŃSKA Anna</b>	<b>3327</b>	FABRYKA DZIKA	K40	84		<b>03:41:56.15</b>	+02:40:14 (72.2%)	20:10	3 (28.0%)
547	<b>PIECHOWSKA Magda</b>	<b>3330</b>	FABRYKA DZIKA	K30	94		<b>03:41:56.70</b>	+02:40:14 (72.2%)	20:10	3 (28.0%)
548	<b>FOLTA Paulina</b>	<b>3009</b>	BRZOZÓW BIEGA	K30	95		<b>03:43:11.60</b>	+02:41:29 (72.4%)	20:17	3 (28.0%)
549	<b>ŻYŁKA-PATRYLAK Patrycja</b>	<b>3108</b>	GRUPA BIEGOWA ZARSZYN	K20	53		<b>03:43:12.30</b>	+02:41:30 (72.4%)	20:17	3 (28.0%)
550	<b>LENARD Aneta</b>	<b>3393</b>		K40	85		<b>03:44:24.30</b>	+02:42:42 (72.5%)	20:24	2.9 (27.1%)
551	<b>ŁUKASIAK Dorota</b>	<b>3396</b>		K40	86		<b>03:44:26.05</b>	+02:42:43 (72.5%)	20:24	2.9 (27.1%)
552	<b>SOWA Sylwester</b>	<b>3607</b>		M40	105		<b>03:45:45.50</b>	+02:44:03 (72.7%)	20:31	2.9 (27.1%)
553	<b>SOWA Renata</b>	<b>3345</b>	DRUŻYNA PIERŚCIENIA	K40	87		<b>03:45:45.55</b>	+02:44:03 (72.7%)	20:31	2.9 (27.1%)
554	<b>TESCHE Zosia</b>	<b>3083</b>	GORĄCE PĄCZKI	K30	96		<b>03:51:17.15</b>	+02:49:35 (73.3%)	21:01	2.9 (27.1%)
555	<b>TESCHE Tomek</b>	<b>3081</b>		M30	91		<b>03:51:22.80</b>	+02:49:40 (73.3%)	21:02	2.9 (27.1%)
556	<b>TESCHE Agata</b>	<b>3080</b>		K30	97		<b>03:51:46.45</b>	+02:50:04 (73.4%)	21:04	2.8 (26.2%)
557	<b>STELMACH Małgorzata</b>	<b>3452</b>	LEŻACZE ŁĄKOWI	K50	19		<b>03:59:48.45</b>	+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	<b>STELMACH Jerzy</b>	<b>3451</b>	LEŻACZE ŁĄKOWI	M50	37		<b>03:59:48.80</b>	+02:58:06 (74.3%)	21:48	2.8 (26.2%)
559	<b>MIECHOWICZ Tomasz</b>	<b>3042</b>	LEŻACZE ŁĄKOWI	M50	38		<b>03:59:51.05</b>	+02:58:08 (74.3%)	21:48	2.8 (26.2%)
560	<b>PERLAK Ewa</b>	<b>3531</b>		K20	54		<b>04:19:23.00</b>	+03:17:40 (76.2%)	23:34	2.5 (23.4%)
561	<b>GÓRSKA Romana</b>	<b>3535</b>		K30	98		<b>04:19:23.70</b>	+03:17:41 (76.2%)	23:34	2.5 (23.4%)
562	<b>JANCZEWSKI Sebastian</b>	<b>3546</b>		M30	92		<b>04:19:25.10</b>	+03:17:42 (76.2%)	23:35	2.5 (23.4%)
563	<b>CZEMPIEL Mateusz</b>	<b>3366</b>	LECZYMY DURŚ	M30	93		<b>04:26:16.70</b>	+03:24:34 (76.8%)	24:12	2.5 (23.4%)
564	<b>GROBORZ Malwina</b>	<b>3016</b>	LECZYMY DURŚ	K30	99		<b>04:26:18.20</b>	+03:24:36 (76.8%)	24:12	2.5 (23.4%)
565	<b>MŁYNARCZYK Krzysztof</b>	<b>3179</b>		M40	106		<b>04:39:41.60</b>	+03:37:59 (77.9%)	25:25	2.4 (22.4%)
566	<b>MAZIUK-TYDA Małgorzata</b>	<b>3227</b>		K50	20		<b>04:47:17.15</b>	+03:45:35 (78.5%)	26:07	2.3 (21.5%)
567	<b>MAZIUK Marcin</b>	<b>3226</b>		M40	107		<b>04:47:19.15</b>	+03:45:37 (78.5%)	26:07	2.3 (21.5%)
DNC	<b>KRZYŻEWSKI Roger</b>	<b>3135</b>		M30			<b>01:03:00.35</b>		0:00	10.5 (98.1%)
	<b>BARTOŃ Ewa</b>	<b>3499</b>		K30			<b>DNF</b>		-	- (0.0%)
	<b>MIKSZA Aneta</b>	<b>3045</b>	CROSSFITTER BOX CHEŁM	K40			<b>DNF</b>		-	- (0.0%)
	<b>ROGÓŻ Jan</b>	<b>3339</b>		M20			<b>DNF</b>		-	- (0.0%)
	<b>BINEK Michał</b>	<b>3540</b>		M40			<b>DNF</b>		-	- (0.0%)

Znaleziono 572 wynik(ów)