

# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 33 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZEDWOJEWSKI Bartłomiej</b>	<b>6314</b>	TEAM SALOMON	Senior I M - 20	1	00:40:30	01:10:47	01:51:07		<b>02:26:21.00</b>		4:26	13.5 (100%)
2	<b>RZESZÓTKO Marcin</b>	<b>6237</b>	BUFF TEAM POLAND	Senior II M - 30	1	00:42:49	01:14:58	01:58:07		<b>02:34:45.20</b>	+00:08:24 (5.4%)	4:41	12.8 (94.8%)
3	<b>ŁOBODZIŃSKI Piotr</b>	<b>6279</b>	LŁKS PREFBET ŚNIADOWO ŁOMŻA	Senior II M - 30	2	00:42:56	01:15:45	01:58:47		<b>02:35:18.50</b>	+00:08:57 (5.8%)	4:42	12.7 (94.1%)
4	<b>KUBICA Marcin</b>	<b>6086</b>	INOV-8 TEAM POLSKA	Senior I M - 20	2	00:42:39	01:14:50	01:57:56		<b>02:35:23.90</b>	+00:09:02 (5.8%)	4:42	12.7 (94.1%)
5	<b>MACECEK Tomas</b>	<b>6288</b>	BUFF/SALOMON TEAM	Senior I M - 20	3	00:45:15	01:20:36	02:01:06		<b>02:43:04.85</b>	+00:16:43 (10.3%)	4:56	12.1 (89.6%)
6	<b>DOMBROWSKI Maciej</b>	<b>6337</b>	ATTIQ TEAM	Senior II M - 30	3	00:45:41	01:19:47	02:01:11		<b>02:47:20.10</b>	+00:20:59 (12.5%)	5:04	11.8 (87.4%)
7	<b>BRÝDL Pavel</b>	<b>6209</b>	SALOMON/SUUNTO - MUAY RUNNING TEAM	Masters M - 40	1	00:44:54	01:19:55	02:01:07		<b>02:48:10.85</b>	+00:21:49 (13.0%)	5:05	11.8 (87.4%)
8	<b>HÜBL Radek</b>	<b>6301</b>	RUNSPORT / SALOMON TEAM	Senior II M - 30	4	00:46:54	01:22:17	02:01:33		<b>02:48:20.25</b>	+00:21:59 (13.1%)	5:06	11.8 (87.4%)
9	<b>GLAPIAK Damian</b>	<b>6027</b>	ADRUNALINE	Masters M - 40	2	00:45:42	01:21:30	02:02:10		<b>02:48:59.90</b>	+00:22:38 (13.4%)	5:07	11.7 (86.7%)
10	<b>MAREK Dariusz</b>	<b>6291</b>	MONK SANDALS TEAM	Senior II M - 30	5	00:46:06	01:21:54			<b>02:49:30.95</b>	+00:23:09 (13.7%)	5:08	11.7 (86.7%)
11	<b>KRUPICHA Robert</b>	<b>6310</b>	SALOMON TEAM CZ	Masters M - 40	3	00:45:40	01:18:42			<b>02:51:10.80</b>	+00:24:49 (14.5%)	5:11	11.6 (85.9%)
12	<b>BORAK Martin</b>	<b>6390</b>	V12 TEAM	Senior II M - 30	6	00:49:37	01:27:22	02:09:33		<b>02:57:22.70</b>	+00:31:01 (17.5%)	5:22	11.2 (83.0%)
13	<b>HĽAVATÍK Jan</b>	<b>6096</b>	PIVOVAR KONÍČEK	Senior II M - 30	7	00:50:27	01:30:01	02:13:06		<b>02:59:05.35</b>	+00:32:44 (18.3%)	5:25	11.1 (82.2%)
14	<b>CZERNIAK Paweł</b>	<b>6079</b>		Senior II M - 30	8	00:47:47	01:25:31	02:09:03		<b>02:59:18.00</b>	+00:32:57 (18.4%)	5:26	11 (81.5%)
15	<b>KALNINS Gvido</b>	<b>6382</b>	SALOMON LATVIA   SUUNTO LATVIA	Senior I M - 20	4	00:49:17	01:27:03	02:11:13		<b>02:59:41.35</b>	+00:33:20 (18.6%)	5:26	11 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 33km	Różn		
16	PASIK Tomasz	6334		Masters M - 40	4	00:50:01	01:28:56	02:11:56		<b>03:00:35.25</b>	+00:34:14 (19.0%)	5:28	11 (81.5%)
17	RABIEJ Paweł	6220	GRUPA PRO	Senior II M - 30	9	00:52:28	01:29:53	02:15:41		<b>03:01:10.90</b>	+00:34:49 (19.2%)	5:29	10.9 (80.7%)
18	ONDRUCH Adam	6307		Senior II M - 30	10	00:49:46	01:27:22	02:11:47		<b>03:01:59.45</b>	+00:35:38 (19.6%)	5:30	10.9 (80.7%)
19	KANTOR Martyna	6380	BUFF TEAM POLAND	Senior II K - 30	1	00:51:48	01:30:46	02:15:54		<b>03:07:24.45</b>	+00:41:03 (21.9%)	5:40	10.6 (78.5%)
20	GARNIEWICZ Mateusz	6207	WSN POZNAŃ	Senior II M - 30	11	00:54:24	01:36:21	02:20:44		<b>03:09:39.80</b>	+00:43:18 (22.8%)	5:44	10.4 (77.0%)
21	TRACZ Paulina	6223	SALCO GARMIN TEAM	Senior II K - 30	2	00:51:08	01:32:46	02:20:08		<b>03:10:43.30</b>	+00:44:22 (23.3%)	5:46	10.4 (77.0%)
22	SOLIŃSKA Katarzyna	6359	SALOMON SUUNTO TEAM POLAND	Senior II K - 30	3	00:55:12	01:36:06	02:20:49		<b>03:11:12.40</b>	+00:44:51 (23.5%)	5:47	10.4 (77.0%)
23	GAZDA Vítězslav	6042		Masters M - 40	5	00:52:46	01:32:56	02:21:30		<b>03:16:23.55</b>	+00:50:02 (25.5%)	5:57	10.1 (74.8%)
24	SZPULARZ Adam	6156	CRAZY RUNNERS	Senior II M - 30	12	00:54:46	01:35:46	02:22:50		<b>03:16:26.30</b>	+00:50:05 (25.5%)	5:57	10.1 (74.8%)
25	DZALBS Edijs	6320	SCOTT RUNNING LATVIA   SUUNTO LATVIA   LATVIA TRAILRACE	Senior I M - 20	5	00:52:45	01:33:23	02:18:16		<b>03:18:34.80</b>	+00:52:13 (26.3%)	6:01	10 (74.1%)
26	KŁOSOWSKI Daniel	6182	BBŻ WAŁBRZYCH	Senior II M - 30	13	00:54:46	01:35:04	02:22:16		<b>03:18:38.35</b>	+00:52:17 (26.3%)	6:01	10 (74.1%)
27	KORPALSKI Tomasz	6029	STAJNIA BALONA	Senior II M - 30	14	00:57:51	01:39:34	02:25:53		<b>03:19:25.40</b>	+00:53:04 (26.6%)	6:02	9.9 (73.3%)
28	SIERADZKI Krzysztof	6244	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	15	00:54:31	01:37:49	02:25:21		<b>03:19:39.80</b>	+00:53:18 (26.7%)	6:03	9.9 (73.3%)
29	GARNEK Piotr	6166	VEGE RUNNERS	Masters M - 40	6	00:55:08		02:25:18		<b>03:21:06.15</b>	+00:54:45 (27.2%)	6:05	9.8 (72.6%)
30	ROSKOSZ Bartosz	6035	JELCZ TRIATHLON PROJECT	Senior II M - 30	16	00:53:47	01:36:24	02:24:05		<b>03:21:19.45</b>	+00:54:58 (27.3%)	6:06	9.8 (72.6%)
31	KNAP Mateusz	6377	DYNAFIT / TUTTU.PL	Senior I M - 20	6	00:52:46	01:34:31	02:23:50		<b>03:23:18.55</b>	+00:56:57 (28.0%)	6:09	9.7 (71.9%)
32	SZOPA Łukasz	6228	KARKONOSZ RUNNING TEAM	Masters M - 40	7	00:56:04	01:39:51	02:28:10		<b>03:23:46.45</b>	+00:57:25 (28.2%)	6:10	9.7 (71.9%)
33	MORAWA Mateusz	6348	LACHO TEAM	Masters M - 40	8	00:58:07	01:42:10	02:30:48		<b>03:24:44.30</b>	+00:58:23 (28.5%)	6:12	9.7 (71.9%)
34	SOKOŁOWSKI Marek	6095	ALPIN SPORT HOKA ONE ONE TEAM	Weteran I M - 50	1	00:57:16	01:41:18	02:29:19		<b>03:25:32.90</b>	+00:59:11 (28.8%)	6:13	9.6 (71.1%)
35	KAŻMIERCZYK Adam	6342		Senior II M - 30	17	00:57:51	01:40:51	02:27:52		<b>03:26:02.80</b>	+00:59:41 (29.0%)	6:14	9.6 (71.1%)
36	IRLIK Lucjan	6373		Senior I M - 20	7	00:57:12	01:40:23	02:28:26		<b>03:26:07.65</b>	+00:59:46 (29.0%)	6:14	9.6 (71.1%)
37	BAKALARZ Emil	6196	ULTRA ALPACAS TEAM	Senior II M - 30	18	00:56:56	01:41:35	02:30:32		<b>03:28:35.10</b>	+01:02:14 (29.8%)	6:19	9.5 (70.4%)
38	KOTKOWSKI Piotr	6287	DRUŻYNA SZPIKU / MARATONYPOLSKIE TEAM	Masters M - 40	9	00:57:12	01:38:22	02:30:14		<b>03:34:02.00</b>	+01:07:41 (31.6%)	6:29	9.3 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
39	<b>MOSZKOWICZ Paweł</b>	<b>6319</b>	NAVIGATOR/WAWEL KRAKÓW	Weteran I M - 50	2	00:58:10	01:42:12	02:33:18		<b>03:34:15.60</b>	+01:07:54 (31.7%)	6:29	9.2 (68.1%)
40	<b>ŁĘŻNIAK Aleksander</b>	<b>6300</b>	MONK SANDALS TEAM	Senior II M - 30	19	01:00:52	01:44:27	02:35:15		<b>03:35:14.05</b>	+01:08:53 (32.0%)	6:31	9.2 (68.1%)
41	<b>WERNER Kamil</b>	<b>6055</b>	BIEGAM NA TARCHOMINIE	Senior II M - 30	20	00:58:44	01:42:38	02:33:26		<b>03:36:28.10</b>	+01:10:07 (32.4%)	6:33	9.1 (67.4%)
42	<b>KARWACKI Maciej</b>	<b>6253</b>		Senior I M - 20	8	00:58:41	01:44:06	02:35:12		<b>03:36:40.95</b>	+01:10:19 (32.5%)	6:33	9.1 (67.4%)
43	<b>UMAÑA Diego</b>	<b>6164</b>	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	Senior II M - 30	21	00:59:48		02:36:59		<b>03:38:58.80</b>	+01:12:37 (33.2%)	6:38	9 (66.7%)
44	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>6088</b>	MLKS RADKÓW	Weteran I M - 50	3	01:00:44	01:48:22	02:40:27		<b>03:40:04.00</b>	+01:13:43 (33.5%)	6:40	9 (66.7%)
45	<b>BALWIERCZAK Piotr</b>	<b>6225</b>	NIGHT RUNNERS WROCŁAW	Senior II M - 30	22	01:03:08	01:48:49	02:40:52		<b>03:41:24.45</b>	+01:15:03 (33.9%)	6:42	8.9 (65.9%)
46	<b>LISEK Andrzej</b>	<b>6333</b>	LISEK	Senior II M - 30	23	00:59:42	01:44:14	02:37:54		<b>03:42:27.10</b>	+01:16:06 (34.2%)	6:44	8.9 (65.9%)
47	<b>NOWAK Mariusz</b>	<b>6069</b>	HRT	Senior II M - 30	24	01:03:09		02:43:18		<b>03:42:32.65</b>	+01:16:11 (34.2%)	6:44	8.9 (65.9%)
48	<b>SŁOCIAK Rafał</b>	<b>6202</b>	RAJSPOORT ACTIVE/PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	25	00:58:29	01:43:19	02:37:27		<b>03:42:39.95</b>	+01:16:18 (34.3%)	6:44	8.9 (65.9%)
49	<b>ZEMBIK Łukasz</b>	<b>6305</b>	KAMBODŻA	Senior II M - 30	26	00:54:25	01:37:09	02:32:27		<b>03:43:46.95</b>	+01:17:25 (34.6%)	6:46	8.8 (65.2%)
50	<b>SOBCZAK Tomasz</b>	<b>6269</b>	140MINUT.PL	Senior II M - 30	27	00:56:32	01:41:29	02:33:29		<b>03:43:49.40</b>	+01:17:28 (34.6%)	6:46	8.8 (65.2%)
51	<b>SOBOTA Adam</b>	<b>6260</b>		Senior I M - 20	9	01:01:53	01:49:06	02:42:43		<b>03:44:25.80</b>	+01:18:04 (34.8%)	6:48	8.8 (65.2%)
52	<b>WALCZAK Patryk</b>	<b>6028</b>		Senior II M - 30	28	01:00:54	01:49:44	02:41:14		<b>03:44:25.95</b>	+01:18:04 (34.8%)	6:48	8.8 (65.2%)
53	<b>BAŁYS Katarzyna</b>	<b>6378</b>		Senior II K - 30	4	00:59:32	01:45:59	02:40:34		<b>03:44:34.70</b>	+01:18:13 (34.8%)	6:48	8.8 (65.2%)
54	<b>WALACIK Adam</b>	<b>6206</b>		Senior I M - 20	10	00:58:45	01:45:45	02:38:03		<b>03:44:39.70</b>	+01:18:18 (34.9%)	6:48	8.8 (65.2%)
55	<b>MIERZWA Sławomir</b>	<b>6173</b>	140MINUT.PL	Senior II M - 30	29	01:01:53	01:47:38	02:43:16		<b>03:44:58.15</b>	+01:18:37 (34.9%)	6:49	8.8 (65.2%)
56	<b>BRZOZOWSKI Jacek</b>	<b>6020</b>		Masters M - 40	10	01:00:19	01:47:22	02:41:17		<b>03:45:19.95</b>	+01:18:58 (35.1%)	6:49	8.8 (65.2%)
57	<b>MISZTAL Kamil</b>	<b>6284</b>		Senior II M - 30	30	01:05:04	01:49:56	02:43:29		<b>03:45:21.50</b>	+01:19:00 (35.1%)	6:49	8.8 (65.2%)
58	<b>GREIVELDINGER Gilles</b>	<b>6261</b>	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Masters M - 40	11	00:58:57	01:45:23	02:41:44		<b>03:46:48.90</b>	+01:20:27 (35.5%)	6:52	8.7 (64.4%)
59	<b>ŚWIERCZ Szymon</b>	<b>6159</b>	KGHM ZGRUN	Senior II M - 30	31	00:55:32	01:40:30	02:33:06		<b>03:46:56.80</b>	+01:20:35 (35.5%)	6:52	8.7 (64.4%)
60	<b>STACHOWIAK Łukasz</b>	<b>6181</b>	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	32	00:59:45	01:46:05	02:39:57		<b>03:47:51.80</b>	+01:21:30 (35.8%)	6:54	8.7 (64.4%)
61	<b>WYROŚLAK Józef</b>	<b>6132</b>	#SOBASTEAM	Senior II M - 30	33	01:00:20	01:46:59	02:41:25		<b>03:48:52.85</b>	+01:22:31 (36.1%)	6:56	8.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo	Tempo
						9km	16km	24km		netto		33km	min/km
62	<b>FLOREK Paweł</b>	<b>6222</b>	RUNADDICTS	Senior II M - 30	34	01:02:59	01:52:39	02:45:32		<b>03:49:48.15</b>	+01:23:27 (36.3%)	6:57	8.6 (63.7%)
63	<b>SZEWCZUK Piotr</b>	<b>6308</b>		Senior II M - 30	35	01:05:17	01:51:09	02:45:56		<b>03:50:01.65</b>	+01:23:40 (36.4%)	6:58	8.6 (63.7%)
64	<b>HADRYŚ Tomasz</b>	<b>6243</b>		Senior II M - 30	36	01:03:39	01:52:19	02:44:48		<b>03:50:04.55</b>	+01:23:43 (36.4%)	6:58	8.6 (63.7%)
65	<b>MOSIEK Piotr</b>	<b>6072</b>		Senior II M - 30	37	01:04:58	01:53:45	02:47:13		<b>03:50:56.80</b>	+01:24:35 (36.6%)	6:59	8.6 (63.7%)
66	<b>STUDZIŃSKI Mateusz</b>	<b>6109</b>		Senior II M - 30	38	01:01:45	01:46:27	02:41:37		<b>03:52:04.85</b>	+01:25:43 (36.9%)	7:01	8.5 (63.0%)
67	<b>ŻAK Adam</b>	<b>6376</b>	KB LUPUS OLEŚNICA	Senior II M - 30	39	01:05:47	01:51:58	02:49:03		<b>03:52:42.00</b>	+01:26:21 (37.1%)	7:03	8.5 (63.0%)
68	<b>LITWIN Michał</b>	<b>6037</b>	LITEWIN	Senior II M - 30	40	00:59:16	01:48:22	02:44:21		<b>03:53:13.85</b>	+01:26:52 (37.3%)	7:04	8.5 (63.0%)
69	<b>DUDEK Monika</b>	<b>6076</b>	#PCHSPORTTEAM	Senior II K - 30	5	01:03:24	01:53:34	02:49:17		<b>03:53:45.05</b>	+01:27:24 (37.4%)	7:05	8.5 (63.0%)
70	<b>LASIKOWSKI Mateusz</b>	<b>6219</b>	BIEGAJ POD OKIEM TRENERA	Senior I M - 20	11	01:03:33	01:49:00	02:46:27		<b>03:54:42.65</b>	+01:28:21 (37.6%)	7:06	8.4 (62.2%)
71	<b>ROGALSKI Andrzej</b>	<b>6381</b>	Q100TEAM	Masters M - 40	12	01:04:24	01:51:28	02:48:43		<b>03:55:49.05</b>	+01:29:28 (37.9%)	7:08	8.4 (62.2%)
72	<b>KITA Michał</b>	<b>6047</b>	PĘDZĄCY W MIEJSCU	Masters M - 40	13	00:54:34	01:43:43	02:48:07		<b>03:57:50.60</b>	+01:31:29 (38.5%)	7:12	8.3 (61.5%)
73	<b>BIHUN Natalia</b>	<b>6349</b>	GTRAT	Senior II K - 30	6	01:04:35	01:53:15	02:51:04		<b>04:00:30.30</b>	+01:34:09 (39.1%)	7:17	8.2 (60.7%)
74	<b>CHEREDNIKOV Stepan</b>	<b>6277</b>	CITYZEN_	Senior II M - 30	41	01:04:03	01:53:42	02:53:31		<b>04:00:39.55</b>	+01:34:18 (39.2%)	7:17	8.2 (60.7%)
75	<b>PIĄTEK Beata</b>	<b>6157</b>	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	Senior II K - 30	7	01:10:22	02:02:55	02:57:01		<b>04:00:46.75</b>	+01:34:25 (39.2%)	7:17	8.2 (60.7%)
76	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>6049</b>		Masters K - 40	1	01:05:20	01:55:53	02:53:44		<b>04:00:54.75</b>	+01:34:33 (39.3%)	7:18	8.2 (60.7%)
77	<b>GIL Stanisław</b>	<b>6350</b>	BIELAWSKA AKADEMIA BIEGANIA	Weteran II M - 60	1	01:05:41	01:55:42	02:55:53		<b>04:01:01.30</b>	+01:34:40 (39.3%)	7:18	8.2 (60.7%)
78	<b>PELA Dariusz</b>	<b>6221</b>	TMT TORUŃ	Senior II M - 30	42	01:04:29	01:53:05	02:51:45		<b>04:01:38.10</b>	+01:35:17 (39.4%)	7:19	8.2 (60.7%)
79	<b>SŁADEK Patryk</b>	<b>6172</b>	EX TEAM	Senior I M - 20	12	01:01:17	01:52:31	02:48:46		<b>04:01:47.15</b>	+01:35:26 (39.5%)	7:19	8.2 (60.7%)
80	<b>GRYSZKIEWICZ Paweł</b>	<b>6352</b>	GVT	Senior II M - 30	43	01:05:07	01:58:21	02:56:42		<b>04:03:56.85</b>	+01:37:35 (40.0%)	7:23	8.1 (60.0%)
81	<b>CZAPLA Seweryn</b>	<b>6174</b>		Senior II M - 30	44	01:01:17		02:50:19		<b>04:03:59.20</b>	+01:37:38 (40.0%)	7:23	8.1 (60.0%)
82	<b>MANJURA Tomasz</b>	<b>6302</b>	CSC ADVENTURE ACADEMY	Senior I M - 20	13	01:07:37	01:55:43	02:55:34		<b>04:03:59.60</b>	+01:37:38 (40.0%)	7:23	8.1 (60.0%)
83	<b>BLASZKIEWICZ Bogusz</b>	<b>6195</b>	STR POZNAŃ/DZIKIE BOBRY	Senior II M - 30	45	01:05:11	01:56:34			<b>04:04:35.30</b>	+01:38:14 (40.2%)	7:24	8.1 (60.0%)
84	<b>CZAK Tomasz</b>	<b>6169</b>	MULTIFIT	Masters M - 40	14	01:05:07	01:55:36	02:50:59		<b>04:04:47.60</b>	+01:38:26 (40.2%)	7:25	8.1 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/	Czas		Tempo min/km	Tempo km/h
						9km	16km	24km	bonifikata	netto 33km	Różn		
85	<b>ŻYŁKA Paweł</b>	<b>6367</b>		Masters M - 40	15	01:06:49	01:59:30	03:00:15		<b>04:04:49.50</b>	+01:38:28 (40.2%)	7:25	8.1 (60.0%)
86	<b>BURYŁO Krzysztof</b>	<b>6125</b>	OBORYGENI	Senior I M - 20	14	01:02:30	01:50:23	02:48:25		<b>04:04:56.85</b>	+01:38:35 (40.3%)	7:25	8.1 (60.0%)
87	<b>MŁYNARSKI Mateusz</b>	<b>6140</b>		Senior II M - 30	46	01:05:50	01:53:13	02:51:41		<b>04:05:34.35</b>	+01:39:13 (40.4%)	7:26	8.1 (60.0%)
88	<b>LIPIŃSKI Hubert</b>	<b>6214</b>	KS KANAŁEK	Senior II M - 30	47	01:07:40	01:58:44	02:58:08		<b>04:05:46.45</b>	+01:39:25 (40.5%)	7:26	8.1 (60.0%)
89	<b>SZARANIEC Sebastian</b>	<b>6251</b>	T-MOBILE SPORT TEAM	Masters M - 40	16	01:04:39	01:53:04	02:51:48		<b>04:06:17.90</b>	+01:39:56 (40.6%)	7:27	8 (59.3%)
90	<b>BATOR Michał</b>	<b>6179</b>	#OJCIECNAGIGANCIE	Senior II M - 30	48	01:03:54		02:51:23		<b>04:07:09.15</b>	+01:40:48 (40.8%)	7:29	8 (59.3%)
91	<b>KOŁARZYK Justyna</b>	<b>6332</b>		Senior II K - 30	8	01:07:41	02:01:10	02:59:30		<b>04:07:35.80</b>	+01:41:14 (40.9%)	7:30	8 (59.3%)
92	<b>ORCZYKOWSKI Bogdan</b>	<b>6280</b>		Senior I M - 20	15	01:09:23	01:59:24	02:55:59		<b>04:07:38.20</b>	+01:41:17 (40.9%)	7:30	8 (59.3%)
93	<b>SZAŁAŚNY Piotr</b>	<b>6170</b>	TESTYOUTDOOROWE.PL	Senior II M - 30	49	01:09:45	02:03:04	03:00:10		<b>04:08:14.00</b>	+01:41:53 (41.0%)	7:31	8 (59.3%)
94	<b>URBAŃSKI Michał</b>	<b>6016</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	50	01:08:30	01:59:49	02:59:15		<b>04:08:18.40</b>	+01:41:57 (41.1%)	7:31	8 (59.3%)
95	<b>PACIA Sebastian</b>	<b>6154</b>		Masters M - 40	17	01:10:23	02:02:50	02:58:51		<b>04:08:46.90</b>	+01:42:25 (41.2%)	7:32	8 (59.3%)
96	<b>MĘŻYKOWSKI Michał</b>	<b>6388</b>		Masters M - 40	18	01:05:40	01:55:24	02:54:46		<b>04:09:13.95</b>	+01:42:52 (41.3%)	7:33	7.9 (58.5%)
97	<b>KOTYRBA Tomasz</b>	<b>6036</b>	K_T_R_B	Senior II M - 30	51	01:05:57	01:55:22	02:45:29	00:20:00	<b>04:09:51.00</b>	+01:43:30 (41.4%)	6:57	8.6 (63.7%)
98	<b>ŻAKOWSKI Karol</b>	<b>6056</b>	PORT RELAKS CREW	Masters M - 40	19	01:07:43	01:56:53	03:04:00		<b>04:10:27.00</b>	+01:44:06 (41.6%)	7:35	7.9 (58.5%)
99	<b>STROZEK Bartek</b>	<b>6264</b>		Masters M - 40	20	01:07:37	01:55:51	02:57:19		<b>04:11:15.00</b>	+01:44:54 (41.8%)	7:36	7.9 (58.5%)
100	<b>MAGDA Katarzyna</b>	<b>6161</b>		Masters K - 40	2	01:08:19	02:01:06	03:02:35		<b>04:12:25.30</b>	+01:46:04 (42.0%)	7:38	7.8 (57.8%)
101	<b>POLAŃSKI Bartosz</b>	<b>6192</b>		Senior II M - 30	52	01:04:48	01:55:54	02:55:21		<b>04:14:06.50</b>	+01:47:45 (42.4%)	7:42	7.8 (57.8%)
102	<b>NIEKRAŚ Lidia</b>	<b>6385</b>		Masters K - 40	3	01:01:40	01:46:03	02:37:45		<b>04:14:09.95</b>	+01:47:48 (42.4%)	7:42	7.8 (57.8%)
103	<b>GRABOWSKI Artii</b>	<b>6394</b>		Masters M - 40	21	01:06:25	02:00:57	03:01:48		<b>04:14:40.90</b>	+01:48:19 (42.5%)	7:43	7.8 (57.8%)
104	<b>KAYSIEWICZ Maciej</b>	<b>6141</b>	NATURAL BORN RUNNERS TEAM	Masters M - 40	22	01:06:12	02:01:45	03:01:01		<b>04:15:13.95</b>	+01:48:52 (42.7%)	7:44	7.8 (57.8%)
105	<b>PONIATOWSKI Seweryn</b>	<b>6034</b>	TEBIA RUNNERS	Senior II M - 30	53	01:09:55	02:03:00	03:02:16		<b>04:15:26.10</b>	+01:49:05 (42.7%)	7:44	7.8 (57.8%)
106	<b>HACZ Paweł</b>	<b>6386</b>		Senior II M - 30	54	01:09:15	02:01:57	03:01:26		<b>04:15:48.35</b>	+01:49:27 (42.8%)	7:45	7.7 (57.0%)
107	<b>RĘKOSIEWICZ Jakub</b>	<b>6351</b>	NOVITA	Masters M - 40	23	01:06:17	02:01:31	03:05:11		<b>04:18:01.40</b>	+01:51:40 (43.3%)	7:49	7.7 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
108	<b>GRZEGOREK Grzegorz</b>	<b>6327</b>	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Masters M - 40	24		01:58:00			<b>04:18:06.35</b>	+01:51:45 (43.3%)	7:49	7.7 (57.0%)
109	<b>BIEGAŃSKI Maciej</b>	<b>6242</b>	ORTOSPOT	Senior II M - 30	55	01:09:04	02:00:33	03:01:53		<b>04:18:13.55</b>	+01:51:52 (43.3%)	7:49	7.7 (57.0%)
110	<b>WANKIEWICZ Krzysztof</b>	<b>6268</b>		Masters M - 40	25	01:10:35		03:05:02		<b>04:18:19.65</b>	+01:51:58 (43.3%)	7:49	7.7 (57.0%)
111	<b>MAKOCKI Michał</b>	<b>6162</b>	FORMOSA BEARS	Masters M - 40	26	01:12:41	02:08:29	03:05:41		<b>04:18:32.20</b>	+01:52:11 (43.4%)	7:50	7.7 (57.0%)
112	<b>MUTRYNOWSKI Piotr</b>	<b>6155</b>		Masters M - 40	27	01:14:40	02:06:46	03:11:05		<b>04:18:52.00</b>	+01:52:31 (43.5%)	7:50	7.6 (56.3%)
113	<b>KRZYŚKÓW Piotr</b>	<b>6012</b>		Senior II M - 30	56	01:07:12	02:00:06	03:00:58		<b>04:19:02.65</b>	+01:52:41 (43.5%)	7:50	7.6 (56.3%)
114	<b>KILIAN Mateusz</b>	<b>6078</b>	JÓZEFIŃSKA TEAM	Senior II M - 30	57	01:01:24	01:48:59	02:53:18		<b>04:20:33.80</b>	+01:54:12 (43.8%)	7:53	7.6 (56.3%)
115	<b>KONICA Karina</b>	<b>6254</b>		Senior I K - 20	1	01:14:43	02:10:43	03:07:50		<b>04:20:41.45</b>	+01:54:20 (43.9%)	7:54	7.6 (56.3%)
116	<b>PODWÓJCI Michał</b>	<b>6265</b>	#BIEGAJZESLAWKIEM	Senior II M - 30	58	01:08:43	01:59:40	03:08:06		<b>04:22:11.40</b>	+01:55:50 (44.2%)	7:56	7.6 (56.3%)
117	<b>HOFMAN Jakub</b>	<b>6339</b>		Masters M - 40	28	01:09:50		03:08:03		<b>04:22:11.80</b>	+01:55:50 (44.2%)	7:56	7.6 (56.3%)
118	<b>WALCZAK Adela</b>	<b>6363</b>	CURLING ŁÓDŹ	Senior II K - 30	9	01:13:59	02:09:48	03:10:25		<b>04:22:35.80</b>	+01:56:14 (44.3%)	7:57	7.5 (55.6%)
119	<b>MAĆKOWSKI Mateusz</b>	<b>6065</b>	NATURAL BORN COFFEE LOVERS	Masters M - 40	29	01:13:10	02:09:24	03:11:20		<b>04:23:07.80</b>	+01:56:46 (44.4%)	7:58	7.5 (55.6%)
120	<b>SOKOŁOWSKI Adam</b>	<b>6030</b>		Senior II M - 30	59	01:06:26	02:00:36	03:04:40		<b>04:25:32.90</b>	+01:59:11 (44.9%)	8:02	7.5 (55.6%)
121	<b>CAKAŁA Zuzanna</b>	<b>6343</b>	ZĄŁOGA GÓRSKA	Senior I K - 20	2	01:11:21	02:05:21	03:10:40		<b>04:26:05.15</b>	+01:59:44 (45.0%)	8:03	7.4 (54.8%)
122	<b>SWATOWSKI Tomasz</b>	<b>6326</b>	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Senior II M - 30	60	01:07:20	01:57:41	03:12:51		<b>04:26:33.55</b>	+02:00:12 (45.1%)	8:04	7.4 (54.8%)
123	<b>JÓŹWIAK Michał</b>	<b>6372</b>		Masters M - 40	30	01:12:42	02:05:45	03:07:21		<b>04:27:28.30</b>	+02:01:07 (45.3%)	8:06	7.4 (54.8%)
124	<b>KUBAS Krystian</b>	<b>6101</b>	PRUSZCZBIEGA/STRASZYNULTRATEAM	Senior II M - 30	61	01:12:17	02:08:00	03:03:08		<b>04:27:39.40</b>	+02:01:18 (45.3%)	8:06	7.4 (54.8%)
125	<b>NIKOLIN Andrzej</b>	<b>6121</b>		Senior I M - 20	16	01:08:42	02:01:26	03:09:20		<b>04:27:59.85</b>	+02:01:38 (45.4%)	8:07	7.4 (54.8%)
126	<b>HOŁYST Marcin</b>	<b>6379</b>	CENTRUM FORMY 58100	Senior II M - 30	62	01:06:52	02:00:45	03:03:07		<b>04:28:54.40</b>	+02:02:33 (45.6%)	8:08	7.4 (54.8%)
127	<b>NOWAKOWSKI Karol</b>	<b>6120</b>		Senior II M - 30	63	01:14:14	02:12:30	03:16:55		<b>04:28:59.00</b>	+02:02:38 (45.6%)	8:09	7.4 (54.8%)
128	<b>ZIELIŃSKI Dominik</b>	<b>6329</b>		Senior II M - 30	64	01:10:45	02:06:32	03:10:04		<b>04:30:12.15</b>	+02:03:51 (45.8%)	8:11	7.3 (54.1%)
129	<b>BYCZKOWSKI Dariusz</b>	<b>6061</b>		Senior II M - 30	65	01:12:20	02:06:53	03:10:25		<b>04:30:17.00</b>	+02:03:56 (45.9%)	8:11	7.3 (54.1%)
130	<b>GROZIK Michał</b>	<b>6176</b>	PORANNI BIEGACZE	Weteran I M - 50	4	01:08:29	02:03:26	03:08:30		<b>04:30:33.55</b>	+02:04:12 (45.9%)	8:11	7.3 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
131	<b>MARECKI Grzegorz</b>	<b>6231</b>	KRAPKOWICE BIEGA	Masters M - 40	31	01:10:11	02:05:29	03:11:10		<b>04:30:43.30</b>	+02:04:22 (45.9%)	8:12	7.3 (54.1%)
132	<b>ORDYNIEC Sławomir</b>	<b>6311</b>	KB LEROY MERLIN	Senior I M - 20	17	01:06:36	01:57:51	02:55:13		<b>04:30:59.20</b>	+02:04:38 (46.0%)	8:12	7.3 (54.1%)
133	<b>WOJTKOWIAK Marta</b>	<b>6270</b>		Senior II K - 30	10	01:16:04	02:12:29	03:14:07		<b>04:31:42.10</b>	+02:05:21 (46.1%)	8:14	7.3 (54.1%)
134	<b>KRUKOWSKI Łukasz</b>	<b>6067</b>	MKS SIECHNICE	Senior II M - 30	66	01:12:53	02:11:14	03:18:23		<b>04:34:31.75</b>	+02:08:10 (46.7%)	8:19	7.2 (53.3%)
135	<b>POLACZEK Daniel</b>	<b>6127</b>	IZBICKO W BIEGU	Senior I M - 20	18	01:10:53	02:03:15	03:10:14		<b>04:34:46.70</b>	+02:08:25 (46.7%)	8:19	7.2 (53.3%)
136	<b>WALEŃSKI Maciej</b>	<b>6004</b>		Senior II M - 30	67	01:09:45	02:08:30	03:15:27		<b>04:35:29.95</b>	+02:09:08 (46.9%)	8:20	7.2 (53.3%)
137	<b>DREAS Jakub</b>	<b>6263</b>	WĘDZIKOWSKITEAM / DZIKIE BOBRY	Senior II M - 30	68	01:13:13	02:09:44	03:16:49		<b>04:35:54.55</b>	+02:09:33 (47.0%)	8:21	7.2 (53.3%)
138	<b>MARIN IRIGARAY Alberto</b>	<b>6075</b>		Senior II M - 30	69	01:14:08	02:08:18	03:16:57		<b>04:36:41.20</b>	+02:10:20 (47.1%)	8:23	7.2 (53.3%)
139	<b>PAŻUCHA Wojciech</b>	<b>6330</b>		Masters M - 40	32	01:08:50	02:02:45	03:19:24		<b>04:36:58.35</b>	+02:10:37 (47.2%)	8:23	7.1 (52.6%)
140	<b>KOŁODZIEJ Mariusz</b>	<b>6054</b>	TMTEAM	Masters M - 40	33	01:12:10		03:17:45		<b>04:39:18.40</b>	+02:12:57 (47.6%)	8:27	7.1 (52.6%)
141	<b>PÓŁROLNICZAK Pawel</b>	<b>6340</b>		Senior II M - 30	70	01:20:01	02:19:27	03:19:04		<b>04:40:43.85</b>	+02:14:22 (47.9%)	8:30	7.1 (52.6%)
142	<b>STRZELCZYK Wiktor</b>	<b>6102</b>	CARPATHIAN RUNNERS	Senior II M - 30	71	01:15:46	02:16:47	03:22:13		<b>04:40:50.75</b>	+02:14:29 (47.9%)	8:30	7.1 (52.6%)
143	<b>BARTOSIEWICZ Adam</b>	<b>6365</b>		Masters M - 40	34	01:15:48	02:12:19	03:20:10		<b>04:41:23.30</b>	+02:15:02 (48.0%)	8:31	7 (51.9%)
144	<b>GŁÓWKA Maciej</b>	<b>6014</b>	ISOFIT.PL	Senior II M - 30	72	01:18:05		03:25:51		<b>04:41:56.40</b>	+02:15:35 (48.1%)	8:32	7 (51.9%)
145	<b>TALAREK Robert</b>	<b>6335</b>	SMT SZCZECIN	Masters M - 40	35	01:13:58	02:11:39	03:16:44		<b>04:42:07.35</b>	+02:15:46 (48.1%)	8:32	7 (51.9%)
146	<b>PERENC Michał</b>	<b>6184</b>	CARPATHIAN RUNNERS	Senior I M - 20	19	01:20:46	02:21:10	03:23:53		<b>04:42:57.15</b>	+02:16:36 (48.3%)	8:34	7 (51.9%)
147	<b>MISIAK Artur</b>	<b>6356</b>		Weteran I M - 50	5	01:12:42	02:10:22	03:19:57		<b>04:43:25.65</b>	+02:17:04 (48.4%)	8:35	7 (51.9%)
148	<b>MACHTAŁOWICZ Szymon</b>	<b>6022</b>		Senior II M - 30	73	01:16:53	02:17:43	03:25:20		<b>04:43:45.85</b>	+02:17:24 (48.4%)	8:35	7 (51.9%)
149	<b>KRZESZOWIEC Jacek</b>	<b>6077</b>		Masters M - 40	36	01:13:03	02:11:18	03:20:33		<b>04:43:56.15</b>	+02:17:35 (48.5%)	8:36	7 (51.9%)
150	<b>JAŻWIŃSKI Krzysztof</b>	<b>6098</b>	ROZBIEGANI ŻYCHLIN	Masters M - 40	37	01:17:03	02:17:47	03:25:30		<b>04:44:12.05</b>	+02:17:51 (48.5%)	8:36	7 (51.9%)
151	<b>ZWOLIŃSKI Mariusz</b>	<b>6165</b>		Masters M - 40	38	01:12:31	02:10:36	03:17:07		<b>04:44:32.85</b>	+02:18:11 (48.6%)	8:37	7 (51.9%)
152	<b>DUPLA Konrad</b>	<b>6341</b>		Masters M - 40	39	01:10:13	02:08:07	03:17:00		<b>04:44:42.95</b>	+02:18:21 (48.6%)	8:37	7 (51.9%)
153	<b>KSIĄDZ Karol</b>	<b>6213</b>		Senior II M - 30	74	01:19:21	02:15:21	03:25:17		<b>04:45:06.90</b>	+02:18:45 (48.7%)	8:38	6.9 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata				
154	<b>RYCHLEWICZ Tomasz</b>	<b>6019</b>		Senior II M - 30	75	01:10:50	02:08:55	03:22:48		<b>04:45:11.45</b>	+02:18:50 (48.7%)	8:38	6.9 (51.1%)
155	<b>WOJTOWICZ Karolina</b>	<b>6338</b>		Senior II K - 30	11	01:12:49	02:07:45	03:15:00		<b>04:45:25.95</b>	+02:19:04 (48.7%)	8:38	6.9 (51.1%)
156	<b>WOJCIECHOWSKA Dorota</b>	<b>6150</b>		Masters K - 40	4	01:15:35	02:12:37	03:21:09		<b>04:46:02.20</b>	+02:19:41 (48.8%)	8:40	6.9 (51.1%)
157	<b>KARCZ Tomasz</b>	<b>6393</b>		Masters M - 40	40	01:10:06	02:07:59	03:14:48		<b>04:46:14.10</b>	+02:19:53 (48.9%)	8:40	6.9 (51.1%)
158	<b>PASZKE Maciej</b>	<b>6235</b>	SKALPEL	Senior II M - 30	76		02:16:46	03:28:13		<b>04:46:24.70</b>	+02:20:03 (48.9%)	8:40	6.9 (51.1%)
159	<b>PIWKO Mateusz</b>	<b>6138</b>		Senior II M - 30	77	01:14:18	02:10:01	03:25:33		<b>04:46:32.45</b>	+02:20:11 (48.9%)	8:40	6.9 (51.1%)
160	<b>HUBKA Jerzy</b>	<b>6306</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Weteran I M - 50	6	01:16:51	02:16:54	03:28:34		<b>04:46:42.70</b>	+02:20:21 (49.0%)	8:41	6.9 (51.1%)
161	<b>RESZKA Marek</b>	<b>6026</b>		Senior II M - 30	78	01:10:58	02:06:47	03:32:25		<b>04:47:03.00</b>	+02:20:42 (49.0%)	8:41	6.9 (51.1%)
162	<b>TYLKOWSKI Filip</b>	<b>6285</b>		Senior I M - 20	20	01:11:42	02:05:26	03:15:54		<b>04:47:10.15</b>	+02:20:49 (49.0%)	8:42	6.9 (51.1%)
163	<b>PIĄTKIEWICZ Łukasz</b>	<b>6094</b>	TOUR DE ZBÓJ	Senior II M - 30	79	01:16:48	02:15:50	03:26:04		<b>04:47:29.05</b>	+02:21:08 (49.1%)	8:42	6.9 (51.1%)
164	<b>WALENDA Mateusz</b>	<b>6240</b>	KS KANAŁEK	Senior II M - 30	80	01:08:19	02:09:37	03:20:59		<b>04:48:25.05</b>	+02:22:04 (49.3%)	8:44	6.9 (51.1%)
165	<b>ZABŁOCKI Mateusz</b>	<b>6071</b>		Senior II M - 30	81	01:18:19	02:18:12	03:27:22		<b>04:49:25.85</b>	+02:23:04 (49.4%)	8:46	6.8 (50.4%)
166	<b>WALCZAK Agnieszka</b>	<b>6146</b>	OLKUSZBIEGA	Masters K - 40	5	01:15:18	02:12:06	03:27:33		<b>04:49:51.65</b>	+02:23:30 (49.5%)	8:47	6.8 (50.4%)
167	<b>ŁUBIK Renata</b>	<b>6199</b>	PRO-RUN WROCŁAW	Weteran K - 50	1	01:20:27		03:27:42		<b>04:50:09.05</b>	+02:23:48 (49.6%)	8:47	6.8 (50.4%)
168	<b>NESTEREWICZ Ryszard</b>	<b>6204</b>	LKS ISKRA JASZKOWA	Weteran II M - 60	2	01:11:18	02:07:37	03:26:05		<b>04:51:14.50</b>	+02:24:53 (49.7%)	8:49	6.8 (50.4%)
169	<b>KURCZEK Tomasz</b>	<b>6290</b>		Masters M - 40	41	01:16:07	02:14:35	03:26:16		<b>04:51:40.95</b>	+02:25:19 (49.8%)	8:50	6.8 (50.4%)
170	<b>TOMCZYK Angelika</b>	<b>6312</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior II K - 30	12	01:21:58	02:23:19	03:33:13		<b>04:52:15.95</b>	+02:25:54 (49.9%)	8:51	6.8 (50.4%)
171	<b>KOTKIEWICZ Karol</b>	<b>6066</b>	LOTOS RUNNING TEAM	Senior II M - 30	82	01:12:15	02:12:27	03:26:22		<b>04:52:27.50</b>	+02:26:06 (50.0%)	8:51	6.8 (50.4%)
172	<b>VON OSSOWSKA Aleksandra Von Ossowska</b>	<b>6139</b>	TJ	Senior II K - 30	13	01:22:47	02:23:51	03:35:13		<b>04:52:31.15</b>	+02:26:10 (50.0%)	8:51	6.8 (50.4%)
173	<b>KNEBLOCH Kasper</b>	<b>6362</b>	DZIK KOMANDO	Senior II M - 30	83	01:16:03	02:13:08	03:27:55		<b>04:53:25.85</b>	+02:27:04 (50.1%)	8:53	6.7 (49.6%)
174	<b>JĘCZMIEŃ Marlena</b>	<b>6097</b>	CENTRUM FORMY 58100	Senior II K - 30	14	01:19:37	02:23:02	03:33:18		<b>04:54:08.95</b>	+02:27:47 (50.2%)	8:54	6.7 (49.6%)
175	<b>KANTOREK Piotr</b>	<b>6060</b>		Masters M - 40	42	01:18:11	02:12:59	03:26:50		<b>04:55:01.65</b>	+02:28:40 (50.4%)	8:56	6.7 (49.6%)
176	<b>SZCZEPAŃSKA-BUDA Anna</b>	<b>6074</b>		Senior II K - 30	15	01:19:07		03:32:35		<b>04:55:09.50</b>	+02:28:48 (50.4%)	8:56	6.7 (49.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
177	<b>KNEZEVIC Srdjan</b>	<b>6123</b>		Masters M - 40	43	01:18:23	02:13:15	03:27:02		<b>04:55:14.00</b>	+02:28:53 (50.4%)	8:56	6.7 (49.6%)
178	<b>BIERNACKA Kasia</b>	<b>6286</b>		Weteran K - 50	2	01:17:31	02:17:44	03:31:07		<b>04:55:32.55</b>	+02:29:11 (50.5%)	8:57	6.7 (49.6%)
179	<b>STASZEWSKI Dariusz</b>	<b>6198</b>		Senior II M - 30	84	01:20:38	02:22:27	03:35:09		<b>04:56:18.65</b>	+02:29:57 (50.6%)	8:58	6.7 (49.6%)
180	<b>HAŁA Marta</b>	<b>6278</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	6	01:23:14		03:29:48		<b>04:56:55.65</b>	+02:30:34 (50.7%)	8:59	6.7 (49.6%)
181	<b>PILC Anna</b>	<b>6267</b>		Senior II K - 30	16	01:23:26	02:19:12	03:30:00		<b>04:57:06.95</b>	+02:30:45 (50.7%)	9:00	6.7 (49.6%)
182	<b>BEDNARCZYK Paweł</b>	<b>6084</b>	PZU SPORT TEAM	Masters M - 40	44	01:12:51	02:11:50	03:23:34		<b>04:57:17.00</b>	+02:30:56 (50.8%)	9:00	6.7 (49.6%)
183	<b>CHMURKO Michał</b>	<b>6246</b>	BLACKSHEEPTTEAM	Senior II M - 30	85	01:17:37	02:18:43	03:32:02		<b>04:57:19.95</b>	+02:30:58 (50.8%)	9:00	6.7 (49.6%)
184	<b>STANIEK Sławomir</b>	<b>6245</b>	BST	Masters M - 40	45	01:17:46	02:18:47	03:32:13		<b>04:57:29.75</b>	+02:31:08 (50.8%)	9:00	6.7 (49.6%)
185	<b>NOWAK Sebastian</b>	<b>6357</b>		Masters M - 40	46	01:19:30	02:19:55	03:34:13		<b>04:58:08.15</b>	+02:31:47 (50.9%)	9:02	6.6 (48.9%)
186	<b>JANCZAK Piotr</b>	<b>6358</b>		Masters M - 40	47	01:19:23	02:19:41	03:34:04		<b>04:58:17.40</b>	+02:31:56 (50.9%)	9:02	6.6 (48.9%)
187	<b>FRĄCKOWIAK Dariusz</b>	<b>6168</b>		Senior II M - 30	86	01:09:35	02:09:23	03:18:34		<b>04:58:33.35</b>	+02:32:12 (51.0%)	9:02	6.6 (48.9%)
188	<b>KRASUSKI Marcin</b>	<b>6227</b>	MARCIN KRASUSKI	Senior II M - 30	87	01:16:19	02:15:13	03:28:02		<b>04:58:57.00</b>	+02:32:36 (51.0%)	9:03	6.6 (48.9%)
189	<b>WOLEK Jerzy</b>	<b>6234</b>		Weteran II M - 60	3	01:18:38		03:32:34		<b>05:00:46.90</b>	+02:34:25 (51.3%)	9:06	6.6 (48.9%)
190	<b>RELEWICZ Maciej</b>	<b>6021</b>	WOLNE ŚLIMAKI	Masters M - 40	48	01:22:02	02:22:11	03:34:40		<b>05:01:27.80</b>	+02:35:06 (51.5%)	9:08	6.6 (48.9%)
191	<b>SKOCZEK Przemysław</b>	<b>6233</b>		Senior II M - 30	88	01:12:42	02:13:46	03:32:52		<b>05:01:42.65</b>	+02:35:21 (51.5%)	9:08	6.6 (48.9%)
192	<b>ZALIŃSKI Leszek</b>	<b>6189</b>		Senior II M - 30	89	01:15:26		03:29:22		<b>05:03:02.50</b>	+02:36:41 (51.7%)	9:11	6.5 (48.1%)
193	<b>NEUMANN Jacek</b>	<b>6355</b>	CENTRUM ŁĄKOWA 1	Weteran I M - 50	7	01:22:01	02:25:29	03:34:32		<b>05:03:22.50</b>	+02:37:01 (51.8%)	9:11	6.5 (48.1%)
194	<b>WALCZAK Dariusz</b>	<b>6144</b>	OLKUSZBIEGA	Masters M - 40	49	01:18:50	02:24:24	03:39:43		<b>05:05:07.55</b>	+02:38:46 (52.0%)	9:14	6.5 (48.1%)
195	<b>RYSZCZYK Adam</b>	<b>6354</b>	RUN2BFREE	Masters M - 40	50	01:29:19	02:28:51	03:39:19		<b>05:05:52.45</b>	+02:39:31 (52.2%)	9:16	6.5 (48.1%)
196	<b>HELIOSZ Adam</b>	<b>6353</b>	RUN2BFREE	Masters M - 40	51	01:29:30	02:28:57	03:39:32		<b>05:06:01.90</b>	+02:39:40 (52.2%)	9:16	6.5 (48.1%)
197	<b>SZELAŃIEWICZ Arek</b>	<b>6175</b>		Masters M - 40	52	01:19:43	02:22:47	03:38:51		<b>05:06:11.20</b>	+02:39:50 (52.2%)	9:16	6.5 (48.1%)
198	<b>GIERASIMOWICZ Szymon</b>	<b>6239</b>	TOTALSPORT.PL	Masters M - 40	53	01:22:14	02:24:09	03:37:44		<b>05:06:11.65</b>	+02:39:50 (52.2%)	9:16	6.5 (48.1%)
199	<b>MAJ Marek</b>	<b>6151</b>	ŚLĘZAK TEAM	Masters M - 40	54	01:20:41	02:23:23	03:37:49		<b>05:06:27.55</b>	+02:40:06 (52.2%)	9:17	6.5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
200	<b>KRZYŻEWSKI Roger</b>	<b>6136</b>	INDYWIDUALNA PRAKTYKA LEKARSKA ROGER KRZYŻEWSKI	Senior II M - 30	90	01:21:08	02:21:59	03:39:45		<b>05:06:50.60</b>	+02:40:29 (52.3%)	9:17	6.5 (48.1%)
201	<b>KAMYSZ Robert</b>	<b>6292</b>	KLUB WYSKOGÓRSKI KRAKÓW	Weteran I M - 50	8	01:19:15	02:19:14	03:34:18		<b>05:07:22.95</b>	+02:41:01 (52.4%)	9:18	6.4 (47.4%)
202	<b>LEWANDOWSKI Leszek</b>	<b>6323</b>	POWSTAŃCY Z KANAPY	Masters M - 40	55	01:24:05	02:28:56	03:44:13		<b>05:07:44.50</b>	+02:41:23 (52.4%)	9:19	6.4 (47.4%)
203	<b>TRZASKACZ Tomasz</b>	<b>6347</b>	OBORYGENI	Masters M - 40	56	01:31:50	02:30:14	03:38:28		<b>05:08:25.45</b>	+02:42:04 (52.5%)	9:20	6.4 (47.4%)
204	<b>ZIÓLKOWSKI Piotr</b>	<b>6105</b>		Masters M - 40	57	01:21:17	02:22:20	03:37:33		<b>05:08:28.55</b>	+02:42:07 (52.6%)	9:20	6.4 (47.4%)
205	<b>CZERNAK Tobiasz</b>	<b>6250</b>		Senior II M - 30	91	01:10:35	02:08:36	03:32:45		<b>05:10:29.70</b>	+02:44:08 (52.9%)	9:24	6.4 (47.4%)
206	<b>BRONOWSKA Justyna</b>	<b>6122</b>	TUPTAM.PL	Masters K - 40	7	01:23:47	02:26:28	03:44:14		<b>05:10:39.30</b>	+02:44:18 (52.9%)	9:24	6.4 (47.4%)
207	<b>JOŃCZYK Anna</b>	<b>6070</b>		Senior II K - 30	17	01:24:56	02:27:05	03:40:27		<b>05:10:54.60</b>	+02:44:33 (52.9%)	9:25	6.4 (47.4%)
208	<b>POLAŃSKI Mateusz</b>	<b>6361</b>		Senior II M - 30	92	01:15:35	02:17:01	03:37:05		<b>05:12:11.05</b>	+02:45:50 (53.1%)	9:27	6.3 (46.7%)
209	<b>TOMASZEWSKI Wojciech</b>	<b>6346</b>		Senior I M - 20	21	01:22:08	02:29:35	03:44:43		<b>05:12:13.35</b>	+02:45:52 (53.1%)	9:27	6.3 (46.7%)
210	<b>KURZYNIEC Łukasz</b>	<b>6197</b>		Senior II M - 30	93	01:33:04		03:46:31		<b>05:16:16.05</b>	+02:49:55 (53.7%)	9:35	6.3 (46.7%)
211	<b>DOBOSZ Leszek</b>	<b>6133</b>		Senior II M - 30	94	01:23:51	02:30:18	03:41:50		<b>05:16:52.70</b>	+02:50:31 (53.8%)	9:36	6.2 (45.9%)
212	<b>PILARSKA Magdalena</b>	<b>6324</b>	STR POZNAŃ	Senior II K - 30	18	01:22:46	02:27:28	03:41:39		<b>05:17:03.35</b>	+02:50:42 (53.8%)	9:36	6.2 (45.9%)
213	<b>WALASZCZYK Michalina</b>	<b>6258</b>	@HAPPYMUMOF4KIDS	Senior II K - 30	19	01:26:18	02:30:38	03:45:33		<b>05:17:10.60</b>	+02:50:49 (53.9%)	9:36	6.2 (45.9%)
214	<b>MATYLA Roman</b>	<b>6193</b>		Senior II M - 30	95		02:36:15			<b>05:17:56.00</b>	+02:51:35 (54.0%)	9:38	6.2 (45.9%)
215	<b>GODLEWSKI Adam</b>	<b>6236</b>	SKALPEL	Senior II M - 30	96	01:18:04	02:23:06	03:37:00		<b>05:18:26.20</b>	+02:52:05 (54.0%)	9:38	6.2 (45.9%)
216	<b>DOMOSŁAWSKA Joanna</b>	<b>6191</b>		Masters K - 40	8	01:20:53	02:23:51	03:44:00		<b>05:18:41.30</b>	+02:52:20 (54.1%)	9:39	6.2 (45.9%)
217	<b>KOPACKA Eliza</b>	<b>6015</b>		Senior II K - 30	20	01:21:07	02:24:49	03:44:19		<b>05:19:18.25</b>	+02:52:57 (54.2%)	9:40	6.2 (45.9%)
218	<b>KRAJEWSKA Agata</b>	<b>6366</b>		Masters K - 40	9	01:27:27	02:30:13	03:46:31		<b>05:19:49.45</b>	+02:53:28 (54.2%)	9:41	6.2 (45.9%)
219	<b>CHWALISZ Paweł</b>	<b>6190</b>		Masters M - 40	58	01:18:39	02:19:54	03:41:25		<b>05:20:00.50</b>	+02:53:39 (54.3%)	9:41	6.2 (45.9%)
220	<b>HAWRYLISZYN Jan</b>	<b>6194</b>		Senior II M - 30	97	01:26:04	02:36:59	03:50:41		<b>05:21:42.35</b>	+02:55:21 (54.5%)	9:44	6.2 (45.9%)
221	<b>GRUSZKA Anna</b>	<b>6186</b>		Masters K - 40	10	01:26:13	02:36:17	03:51:05		<b>05:21:51.05</b>	+02:55:30 (54.5%)	9:45	6.2 (45.9%)
222	<b>KWIECIEŃ Robert</b>	<b>6085</b>		Masters M - 40	59	01:21:24	02:25:57	03:46:10		<b>05:22:30.25</b>	+02:56:09 (54.6%)	9:46	6.1 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 33km	Różn		
223	<b>STEFANIAK Marcin</b>	<b>6011</b>	STR POZNAŃ/PREFAWAAB	Masters M - 40	60	01:17:55	02:23:15	03:38:39		<b>05:22:30.35</b>	+02:56:09 (54.6%)	9:46	6.1 (45.2%)
224	<b>RYPUŁA Maria</b>	<b>6063</b>	ZEN RUNNING TEAM	Senior II K - 30	21	01:22:18	02:25:24	03:50:13		<b>05:23:27.45</b>	+02:57:06 (54.8%)	9:48	6.1 (45.2%)
225	<b>SOBORSKA Sylwia</b>	<b>6208</b>	SAINT GOBAIN SQUAD	Masters K - 40	11	01:27:21	02:34:56	03:48:42		<b>05:25:09.85</b>	+02:58:48 (55.0%)	9:51	6.1 (45.2%)
226	<b>SNIEGOCKI Pawel</b>	<b>6145</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	61	01:26:51	02:31:17	03:54:18		<b>05:25:13.70</b>	+02:58:52 (55.0%)	9:51	6.1 (45.2%)
227	<b>WIŚNIEWSKI Tomasz</b>	<b>6032</b>		Masters M - 40	62	01:21:13	02:29:06	03:51:07		<b>05:25:53.40</b>	+02:59:32 (55.1%)	9:52	6.1 (45.2%)
228	<b>CZARNIECKI Daniel</b>	<b>6171</b>	TIE	Senior II M - 30	98	01:21:19	02:25:49	03:49:00		<b>05:26:19.95</b>	+02:59:58 (55.2%)	9:53	6.1 (45.2%)
229	<b>ŻMIJEWSKA Dominika</b>	<b>6108</b>	TSK ORZEŁ OSIEK	Senior II K - 30	22	01:26:08	02:32:08	03:50:31		<b>05:26:38.70</b>	+03:00:17 (55.2%)	9:53	6.1 (45.2%)
230	<b>KOT Tomasz</b>	<b>6282</b>		Masters M - 40	63	01:22:09	02:27:55	03:52:11		<b>05:27:07.70</b>	+03:00:46 (55.3%)	9:54	6.1 (45.2%)
231	<b>KISIELIŃSKI Tomasz</b>	<b>6201</b>		Weteran I M - 50	9	01:17:24	02:21:56	03:47:17		<b>05:27:25.90</b>	+03:01:04 (55.3%)	9:55	6 (44.4%)
232	<b>GREŃ Maria</b>	<b>6180</b>	CENTRUM FORMY 58100	Senior I K - 20	3	01:21:29	02:25:49	03:45:56		<b>05:28:53.35</b>	+03:02:32 (55.5%)	9:57	6 (44.4%)
233	<b>GRZESIOK Wojciech</b>	<b>6395</b>		Masters M - 40	64	01:17:25	02:17:31	03:43:59		<b>05:30:32.45</b>	+03:04:11 (55.7%)	10:00	6 (44.4%)
234	<b>PUZIO Maciej</b>	<b>6183</b>		Senior II M - 30	99	01:22:17	02:29:45	03:47:00		<b>05:30:52.90</b>	+03:04:31 (55.8%)	10:01	6 (44.4%)
235	<b>MAZUR Katarzyna</b>	<b>6371</b>	UMLAUT	Masters K - 40	12	01:30:55		04:00:01		<b>05:31:53.05</b>	+03:05:32 (55.9%)	10:03	6 (44.4%)
236	<b>GRZYBEK Tomasz</b>	<b>6111</b>	KLUB GÓRSKI ŚWISTAK BIAŁY	Masters M - 40	65	01:19:59	02:23:11	03:45:12		<b>05:32:12.15</b>	+03:05:51 (55.9%)	10:04	6 (44.4%)
237	<b>KRUTULSKI Michał</b>	<b>6112</b>	KLUB GÓRSKI ŚWISTAK BIAŁY	Masters M - 40	66	01:20:08	02:23:04	03:45:18		<b>05:32:22.85</b>	+03:06:01 (56.0%)	10:04	6 (44.4%)
238	<b>SOSNÓWKA Leszek</b>	<b>6153</b>	KLUB SOSNOWY	Weteran I M - 50	10	01:22:07	02:25:14	03:47:31		<b>05:33:30.30</b>	+03:07:09 (56.1%)	10:06	5.9 (43.7%)
239	<b>MISZCZYK Marcin</b>	<b>6389</b>		Masters M - 40	67	01:27:10	02:33:56	03:54:36		<b>05:34:26.00</b>	+03:08:05 (56.2%)	10:08	5.9 (43.7%)
240	<b>SAWICKA Agnieszka Sawicka</b>	<b>6143</b>	DELOITTE ADVENTURE TEAM	Senior II K - 30	23	01:32:01	02:39:45	04:01:29		<b>05:35:27.40</b>	+03:09:06 (56.4%)	10:09	5.9 (43.7%)
241	<b>PIEKIELNIAK Rafał</b>	<b>6313</b>	BIAŁE CZY CZARNE SKARPETKI?	Senior II M - 30	100	01:28:35	02:32:52	03:55:51		<b>05:35:58.15</b>	+03:09:37 (56.4%)	10:10	5.9 (43.7%)
242	<b>JAGACKI Piotr</b>	<b>6226</b>	RYKOWISKO	Masters M - 40	68	01:21:36	02:32:01	03:55:27		<b>05:35:59.55</b>	+03:09:38 (56.4%)	10:10	5.9 (43.7%)
243	<b>GRUCHOT Małgorzata</b>	<b>6256</b>	WBO	Masters K - 40	13	01:20:35	02:22:57	03:55:36		<b>05:37:10.50</b>	+03:10:49 (56.6%)	10:13	5.9 (43.7%)
244	<b>PFAJFER Marek</b>	<b>6092</b>	MARATONYPOLSKIE.PL TEAM	Senior II M - 30	101	01:31:06	02:37:00	03:55:38		<b>05:37:57.35</b>	+03:11:36 (56.7%)	10:14	5.9 (43.7%)
245	<b>FLORCZAK Bartosz</b>	<b>6321</b>	BARTOSZ FLORCZAK - DIETETYK	Senior I M - 20	22	01:35:40	02:45:13	04:04:28		<b>05:38:36.10</b>	+03:12:15 (56.8%)	10:15	5.8 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata				
246	<b>BARANIECKI Zbigniew</b>	<b>6203</b>	100 MCP	Weteran II M - 60	4	01:33:11	02:40:43	04:00:35		<b>05:38:37.60</b>	+03:12:16 (56.8%)	10:15	5.8 (43.0%)
247	<b>FLORCZAK Zdzisław</b>	<b>6148</b>	SIŁA OGRA	Weteran II M - 60	5	01:35:22	02:45:19	04:04:40		<b>05:38:45.75</b>	+03:12:24 (56.8%)	10:15	5.8 (43.0%)
248	<b>CHORAŻY Izabela</b>	<b>6229</b>	CAŁA OLEŚNICA BIEGA	Senior I K - 20	4	01:40:10	02:49:50	04:08:47		<b>05:38:54.10</b>	+03:12:33 (56.8%)	10:16	5.8 (43.0%)
249	<b>KARCZEWSKI Tomasz</b>	<b>6318</b>	10 MINUT PO PŁASKIM	Masters M - 40	69	01:19:41	02:31:34	03:56:04		<b>05:39:35.35</b>	+03:13:14 (56.9%)	10:17	5.8 (43.0%)
250	<b>CZESKA Karolina</b>	<b>6083</b>	LAMPART TRENING	Senior II K - 30	24	01:30:24	02:41:07	04:00:56		<b>05:40:08.45</b>	+03:13:47 (57.0%)	10:18	5.8 (43.0%)
251	<b>WALCZAK Anna</b>	<b>6119</b>		Masters K - 40	14	01:29:18	02:41:17	04:02:29		<b>05:40:38.90</b>	+03:14:17 (57.0%)	10:19	5.8 (43.0%)
252	<b>KRZEMIEN Bartosz</b>	<b>6128</b>		Masters M - 40	70	01:28:02	02:34:26	04:03:34		<b>05:41:27.55</b>	+03:15:06 (57.1%)	10:20	5.8 (43.0%)
253	<b>PIOTROWSKI Mariusz</b>	<b>6137</b>		Masters M - 40	71	01:28:04	02:34:30	04:03:38		<b>05:41:35.25</b>	+03:15:14 (57.2%)	10:21	5.8 (43.0%)
254	<b>GRZYBEK Sławomir</b>	<b>6230</b>		Senior II M - 30	102	01:26:52	02:39:56	04:06:20		<b>05:41:35.85</b>	+03:15:14 (57.2%)	10:21	5.8 (43.0%)
255	<b>STACHOWIAK Magda</b>	<b>6224</b>		Senior II K - 30	25	01:25:57	02:38:51	03:59:45		<b>05:42:07.70</b>	+03:15:46 (57.2%)	10:22	5.8 (43.0%)
256	<b>KORECKI Marcin</b>	<b>6325</b>	4FI16	Masters M - 40	72	01:24:44	02:28:46	04:00:53		<b>05:42:09.65</b>	+03:15:48 (57.2%)	10:22	5.8 (43.0%)
257	<b>MADAJ Paweł</b>	<b>6062</b>	BIEGAM, BO NIE LUBIĘ	Masters M - 40	73	01:27:32	02:38:39	03:56:37		<b>05:42:21.80</b>	+03:16:00 (57.3%)	10:22	5.8 (43.0%)
258	<b>OHLA Justyna</b>	<b>6031</b>	BIEGAM BO NIE LUBIĘ	Masters K - 40	15	01:27:43	02:39:01	03:56:48		<b>05:42:31.75</b>	+03:16:10 (57.3%)	10:22	5.8 (43.0%)
259	<b>ŚNIEGOCKA Magdalena</b>	<b>6215</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	16	01:27:21	02:39:49	04:03:01		<b>05:43:06.85</b>	+03:16:45 (57.3%)	10:23	5.8 (43.0%)
260	<b>BUCKO Karolina</b>	<b>6259</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	17	01:27:25		04:03:11		<b>05:43:13.40</b>	+03:16:52 (57.4%)	10:24	5.8 (43.0%)
261	<b>SMOLARCZYK Grzegorz</b>	<b>6211</b>		Masters M - 40	74	01:30:36	02:50:08	04:05:14		<b>05:43:42.20</b>	+03:17:21 (57.4%)	10:24	5.8 (43.0%)
262	<b>KRYSZTOFIAK Dawid</b>	<b>6266</b>		Senior I M - 20	23	01:14:43	02:23:30	03:54:29		<b>05:44:20.75</b>	+03:17:59 (57.5%)	10:26	5.7 (42.2%)
263	<b>NOWICKI Marek</b>	<b>6177</b>	PORANNI BIEGACZE	Masters M - 40	75	01:35:46	02:57:00	04:03:19		<b>05:44:39.75</b>	+03:18:18 (57.5%)	10:26	5.7 (42.2%)
264	<b>BAR Aleksandra</b>	<b>6163</b>	GMINA STRZELCE OPOLSKIE	Masters K - 40	18	01:35:49	02:51:13	04:10:55		<b>05:44:42.95</b>	+03:18:21 (57.5%)	10:26	5.7 (42.2%)
265	<b>SKORNIAK Katarzyna</b>	<b>6387</b>		Senior II K - 30	26	01:32:41	02:44:28	04:06:10		<b>05:45:23.40</b>	+03:19:02 (57.6%)	10:28	5.7 (42.2%)
266	<b>PLACKOWSKI Marcin</b>	<b>6296</b>	GOSTYŃ	Senior I M - 20	24	01:19:32	02:25:47	03:56:49		<b>05:47:56.15</b>	+03:21:35 (57.9%)	10:32	5.7 (42.2%)
267	<b>LOPATIN Ilya</b>	<b>6160</b>		Senior II M - 30	103	01:36:42	02:42:18	04:05:58		<b>05:48:04.80</b>	+03:21:43 (58.0%)	10:32	5.7 (42.2%)
268	<b>LISZKA Ela</b>	<b>6200</b>	JEJKOWICE BIEGAJĄ	Masters K - 40	19	01:40:49	02:55:24	04:15:08		<b>05:48:10.70</b>	+03:21:49 (58.0%)	10:33	5.7 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	Czerniak 16km	D1 24km						
269	<b>ŻURAWIK Marcin</b>	<b>6322</b>	SAINT GOBAIN SQUAD	Masters M - 40	76	01:36:17	02:44:15	04:02:03		<b>05:48:20.90</b>	+03:21:59 (58.0%)	10:33	5.7 (42.2%)	
270	<b>SKÓRA Marcin</b>	<b>6276</b>	EMES I PARTNERZY	Masters M - 40	77	01:29:19	02:31:03	04:01:59		<b>05:48:35.35</b>	+03:22:14 (58.0%)	10:33	5.7 (42.2%)	
271	<b>NETOLICKÝ Martin</b>	<b>6271</b>		Senior II M - 30	104	01:37:45	02:47:29	04:07:00		<b>05:49:10.85</b>	+03:22:49 (58.1%)	10:34	5.7 (42.2%)	
272	<b>SOKOLOWSKA Katarzyna</b>	<b>6188</b>		Masters K - 40	20	01:31:22	02:37:42	04:06:50		<b>05:51:27.50</b>	+03:25:06 (58.4%)	10:39	5.6 (41.5%)	
273	<b>SIELIWONIK Anita</b>	<b>6130</b>		Masters K - 40	21	01:32:54	02:39:34	04:01:54		<b>05:51:39.45</b>	+03:25:18 (58.4%)	10:39	5.6 (41.5%)	
274	<b>SUŁEK Tomek</b>	<b>6129</b>		Masters M - 40	78	01:33:06		04:02:05		<b>05:51:51.75</b>	+03:25:30 (58.4%)	10:39	5.6 (41.5%)	
275	<b>BARAN Jędrzej</b>	<b>6283</b>	HASAJ TO!	Senior II M - 30	105	01:32:25	02:40:29	04:03:38		<b>05:52:27.75</b>	+03:26:06 (58.5%)	10:40	5.6 (41.5%)	
276	<b>MROZIŃSKI Albert</b>	<b>6051</b>		Masters M - 40	79	01:46:03	02:55:57	04:09:23		<b>05:52:38.20</b>	+03:26:17 (58.5%)	10:41	5.6 (41.5%)	
277	<b>TKACZ Rafał</b>	<b>6275</b>	HASAJ TO!	Senior II M - 30	106	01:32:18	02:40:51	04:03:52		<b>05:52:43.25</b>	+03:26:22 (58.5%)	10:41	5.6 (41.5%)	
278	<b>MROZIŃSKA Renata</b>	<b>6050</b>		Masters K - 40	22	01:46:14	02:56:10	04:09:37		<b>05:52:48.70</b>	+03:26:27 (58.5%)	10:41	5.6 (41.5%)	
279	<b>NOWOSAD Artur</b>	<b>6289</b>		Masters M - 40	80	01:25:01	02:32:32	04:04:44		<b>05:53:50.50</b>	+03:27:29 (58.6%)	10:43	5.6 (41.5%)	
280	<b>KOWALCZYK Katarzyna</b>	<b>6293</b>		Senior II K - 30	27	01:40:09	02:51:20	04:18:06		<b>05:54:35.60</b>	+03:28:14 (58.7%)	10:44	5.6 (41.5%)	
281	<b>MODRZYŃSKI Przemysław</b>	<b>6149</b>		Weteran I M - 50	11	01:33:15	02:42:04	04:13:01		<b>05:54:42.20</b>	+03:28:21 (58.7%)	10:44	5.6 (41.5%)	
282	<b>SOBKOWIAK Sławomir</b>	<b>6295</b>	WRONIECKI KLUB BIEGACZA	Masters M - 40	81	01:27:51	02:38:14	04:12:53		<b>05:54:54.05</b>	+03:28:33 (58.8%)	10:45	5.6 (41.5%)	
283	<b>SCHLAPPA Sebastian</b>	<b>6124</b>	IZBICKO W BIEGU	Masters M - 40	82	01:29:37	02:46:35	04:09:09		<b>05:55:05.05</b>	+03:28:44 (58.8%)	10:45	5.6 (41.5%)	
284	<b>TRZCINA Agata</b>	<b>6057</b>		Masters K - 40	23	01:33:10	02:43:40	04:10:45		<b>05:55:52.90</b>	+03:29:31 (58.9%)	10:47	5.6 (41.5%)	
285	<b>TOKARSKI Rafał</b>	<b>6375</b>		Masters M - 40	83	01:34:54	02:49:56	04:01:50		<b>05:56:22.55</b>	+03:30:01 (58.9%)	10:47	5.6 (41.5%)	
286	<b>TOKARSKA Bożena</b>	<b>6374</b>	#ADAMCZERWIŃSKITEAM	Masters K - 40	24	01:35:04	02:50:00	04:02:00		<b>05:56:31.30</b>	+03:30:10 (59.0%)	10:48	5.6 (41.5%)	
287	<b>WYSMOLINSKA Karolina</b>	<b>6205</b>		Masters K - 40	25	01:32:50	02:49:15	04:16:47		<b>05:57:02.70</b>	+03:30:41 (59.0%)	10:49	5.5 (40.7%)	
288	<b>GONERA Kazimierz</b>	<b>6002</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	6	01:27:24	02:42:05	04:14:48		<b>06:00:24.15</b>	+03:34:03 (59.4%)	10:55	5.5 (40.7%)	
289	<b>CZUPRYŃSKI Rafał</b>	<b>6090</b>		Senior II M - 30	107	01:24:20	02:32:40	04:01:11		<b>06:01:25.85</b>	+03:35:04 (59.5%)	10:57	5.5 (40.7%)	
290	<b>KAWĘCKA Kinga</b>	<b>6087</b>	ADIDAS RUNNERS	Masters K - 40	26	01:44:46	02:58:13	04:17:02		<b>06:01:31.80</b>	+03:35:10 (59.5%)	10:57	5.5 (40.7%)	
291	<b>TERKA Barbara</b>	<b>6068</b>		Masters K - 40	27	01:44:56	02:58:32	04:17:12		<b>06:01:42.20</b>	+03:35:21 (59.5%)	10:57	5.5 (40.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	16km	24km		netto 33km			
292	SEREDA Andrii	6135		Senior II M - 30	108	01:31:51	02:41:47	04:08:15		<b>06:01:49.20</b>	+03:35:28 (59.6%)	10:57	5.5 (40.7%)
293	STASZCZUK Jarosław	6210	WATAHA- ŁĄCZY NAS BIEGANIE	Masters M - 40	84	01:36:00	02:53:52	04:11:26		<b>06:02:06.40</b>	+03:35:45 (59.6%)	10:58	5.5 (40.7%)
294	CYKOWSKI Wojciech	6344	KOMENDA MIEJSKA PAŃSTWOWEJ STRAŻY POŻARNEJ W OPOLU	Senior I M - 20	25	01:29:35	02:44:35	04:03:32		<b>06:02:52.70</b>	+03:36:31 (59.7%)	10:59	5.5 (40.7%)
295	PISULA Paulina	6345	KLUCZBORSKA GRUPA BIEGOWA	Senior II K - 30	28	01:29:44	02:44:49	04:03:42		<b>06:03:03.40</b>	+03:36:42 (59.7%)	11:00	5.5 (40.7%)
296	NEUMANN Beata	6043	CENTRUM ŁĄKOWA 1	Weteran K - 50	3	01:37:55	02:55:25	04:25:11		<b>06:03:04.50</b>	+03:36:43 (59.7%)	11:00	5.5 (40.7%)
297	ADAMSKI Bartłomiej	6272		Masters M - 40	85	01:34:52	02:55:24	04:20:22		<b>06:04:58.90</b>	+03:38:37 (59.9%)	11:03	5.4 (40.0%)
298	WALKER Stephen	6298		Senior I M - 20	26	01:44:42	03:00:17	04:22:27		<b>06:05:22.00</b>	+03:39:01 (59.9%)	11:04	5.4 (40.0%)
299	ABGAROWICZ Maja	6299		Senior II K - 30	29	01:44:52	03:00:28			<b>06:05:31.00</b>	+03:39:10 (60.0%)	11:04	5.4 (40.0%)
300	FALENDER Anna	6058	CENTRUM FORMY 58-100	Masters K - 40	28	01:33:04	02:51:05	04:19:18		<b>06:05:52.25</b>	+03:39:31 (60.0%)	11:05	5.4 (40.0%)
301	ŁUKASIK Bartłomiej	6107		Senior II M - 30	109	01:40:39	03:01:06	04:25:49		<b>06:06:10.45</b>	+03:39:49 (60.0%)	11:05	5.4 (40.0%)
302	SADOWSKA Justyna	6007		Masters K - 40	29	01:38:30	02:49:03	04:17:28		<b>06:06:57.15</b>	+03:40:36 (60.1%)	11:07	5.4 (40.0%)
303	KOTNIEWICZ Piotr	6391		Senior I M - 20	27	01:30:14	02:41:14	04:15:17		<b>06:07:14.15</b>	+03:40:53 (60.1%)	11:07	5.4 (40.0%)
304	PRZYBYLSKI Witek	6392	MUAY RUNNING TEAM	Masters M - 40	86	01:44:37	03:12:13	04:23:21		<b>06:09:07.90</b>	+03:42:46 (60.4%)	11:11	5.4 (40.0%)
305	CICHY Roman	6384	MUAY RUNNING TEAM	Masters M - 40	87	01:44:49	03:12:16	04:23:31		<b>06:09:17.25</b>	+03:42:56 (60.4%)	11:11	5.4 (40.0%)
306	KAPŁON Anna	6118		Masters K - 40	30	01:37:01	02:58:03	04:23:33		<b>06:11:03.80</b>	+03:44:42 (60.6%)	11:14	5.3 (39.3%)
307	STOŁOWSKI Robert	6294	AMICA	Masters M - 40	88	01:31:45	02:50:01	04:25:28		<b>06:11:06.95</b>	+03:44:45 (60.6%)	11:14	5.3 (39.3%)
308	KOWALSKI Ireneusz	6082		Weteran I M - 50	12	01:44:43	03:08:45	04:30:36		<b>06:11:33.55</b>	+03:45:12 (60.6%)	11:15	5.3 (39.3%)
309	NAKONECZNA Anna	6081		Masters K - 40	31	01:44:51	03:08:59	04:30:48		<b>06:11:43.50</b>	+03:45:22 (60.6%)	11:15	5.3 (39.3%)
310	KUREK Jarosław	6212	RAJ-D ORZESZE	Masters M - 40	89	01:30:45	02:50:23	04:21:29		<b>06:12:21.50</b>	+03:46:00 (60.7%)	11:17	5.3 (39.3%)
311	PIÓRKOWSKA Jolanta	6010	KOŁO BIEGA	Masters K - 40	32	01:35:46	02:49:43	04:23:45		<b>06:14:16.75</b>	+03:47:55 (60.9%)	11:20	5.3 (39.3%)
312	PAWLAK Katarzyna	6134	KOŁO BIEGA	Senior II K - 30	30	01:35:54	02:43:48	04:12:03		<b>06:14:24.10</b>	+03:48:03 (60.9%)	11:20	5.3 (39.3%)
313	JANKOWSKI Rafał	6103	KOŁO BIEGA	Senior II M - 30	110	01:36:05	02:44:02	04:12:11		<b>06:14:35.20</b>	+03:48:14 (60.9%)	11:21	5.3 (39.3%)
314	HACHOŁ Justyna	6080		Senior II K - 30	31	01:44:57	03:09:11	04:30:58		<b>06:14:45.45</b>	+03:48:24 (60.9%)	11:21	5.3 (39.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	Czerniak	D1	Kara/	Czas	Różn	Tempo	Tempo
						9km	16km	24km	bonifikata	netto		33km	min/km
315	<b>PLEWA Katarzyna</b>	<b>6099</b>		Senior II K - 30	32	01:31:29	02:53:10	04:28:56		<b>06:16:42.90</b>	+03:50:21 (61.2%)	11:24	5.3 (39.3%)
316	<b>FRĄCZEK Michał</b>	<b>6091</b>	BNW WROCŁAW	Masters M - 40	90	01:30:30	02:50:43	04:28:30		<b>06:18:56.60</b>	+03:52:35 (61.4%)	11:29	5.2 (38.5%)
317	<b>FRUCZ Jacek</b>	<b>6005</b>		Weteran I M - 50	13	01:38:52	02:59:11	04:33:00		<b>06:23:19.35</b>	+03:56:58 (61.8%)	11:36	5.2 (38.5%)
318	<b>PĘCKA Beata</b>	<b>6106</b>		Masters K - 40	33	01:39:01	02:59:11	04:33:09		<b>06:23:29.15</b>	+03:57:08 (61.8%)	11:37	5.2 (38.5%)
319	<b>POSIŁA Joanna</b>	<b>6370</b>		Masters K - 40	34	01:41:53	03:09:03	04:26:40		<b>06:24:12.20</b>	+03:57:51 (61.9%)	11:38	5.2 (38.5%)
320	<b>FEDOROWICZ Jowita</b>	<b>6304</b>	KOTWICA BRZEG	Senior II K - 30	33	01:43:30	03:10:30	04:44:08		<b>06:24:41.05</b>	+03:58:20 (62.0%)	11:39	5.1 (37.8%)
321	<b>BEDNARSKA-KOZIOŁ Danuta</b>	<b>6158</b>	WKURW_TEAM	Masters K - 40	35	01:43:39	03:10:35	04:44:18		<b>06:24:50.75</b>	+03:58:29 (62.0%)	11:39	5.1 (37.8%)
322	<b>OWCZARZAK Daria</b>	<b>6248</b>		Senior II K - 30	34	01:51:29	03:03:59	04:36:25		<b>06:26:55.80</b>	+04:00:34 (62.2%)	11:43	5.1 (37.8%)
323	<b>ROŹKO Paweł</b>	<b>6131</b>	TORNADO	Senior II M - 30	111	01:30:17	02:45:19	04:27:22		<b>06:28:54.50</b>	+04:02:33 (62.4%)	11:47	5.1 (37.8%)
324	<b>JÓZEFIAK Magdalena</b>	<b>6064</b>	ASSECO ACTIVE TEAM	Weteran K - 50	4	01:38:01	03:01:58	04:35:03		<b>06:29:37.85</b>	+04:03:16 (62.4%)	11:48	5.1 (37.8%)
325	<b>MACHTAŁOWICZ Beata</b>	<b>6024</b>		Senior II K - 30	35	01:36:43	02:52:34	04:28:42		<b>06:30:36.30</b>	+04:04:15 (62.5%)	11:50	5.1 (37.8%)
326	<b>BARTOSIEWICZ Dorota</b>	<b>6262</b>		Senior II K - 30	36	01:38:46	02:59:46	04:34:36		<b>06:33:59.25</b>	+04:07:38 (62.9%)	11:56	5 (37.0%)
327	<b>ANDRZEJEWSKI Arkadiusz</b>	<b>6396</b>		Masters M - 40	91	01:24:33	02:49:13	04:23:11		<b>06:35:12.00</b>	+04:08:51 (63.0%)	11:58	5 (37.0%)
328	<b>IWANIUK Adam</b>	<b>6238</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	92	01:35:32	02:54:32	04:29:29		<b>06:36:19.25</b>	+04:09:58 (63.1%)	12:00	5 (37.0%)
329	<b>FRANKOWICZ Magdalena</b>	<b>6008</b>	TJ	Senior II K - 30	37	01:43:45	03:05:47	04:39:28		<b>06:41:24.35</b>	+04:15:03 (63.5%)	12:09	4.9 (36.3%)
330	<b>MARKIEWICZ Joanna Zuza</b>	<b>6009</b>	KOBIETY BIEGAJA / TJ	Masters K - 40	36	01:43:55	03:05:52	04:40:22		<b>06:41:33.95</b>	+04:15:12 (63.6%)	12:10	4.9 (36.3%)
331	<b>PAKUŁA Arkadiusz</b>	<b>6059</b>		Masters M - 40	93	01:42:24	03:09:55	04:51:10		<b>06:45:48.15</b>	+04:19:27 (63.9%)	12:17	4.9 (36.3%)
332	<b>WIŚNIEWSKA Dorota</b>	<b>6033</b>		Masters K - 40	37	01:52:45	03:25:52	04:52:06		<b>06:46:03.75</b>	+04:19:42 (64.0%)	12:18	4.9 (36.3%)
333	<b>WOLEK Marcin</b>	<b>6232</b>		Masters M - 40	94	01:46:00	03:02:59	04:50:32		<b>06:46:32.00</b>	+04:20:11 (64.0%)	12:19	4.9 (36.3%)
334	<b>SANTOS Phillipe</b>	<b>6317</b>		Senior II M - 30	112	01:37:03	03:18:57	04:59:51		<b>06:48:57.90</b>	+04:22:36 (64.2%)	12:23	4.8 (35.6%)
335	<b>GRUDNIEWSKI Jakub</b>	<b>6113</b>		Senior II M - 30	113	01:43:41	03:00:40	04:39:37		<b>06:48:58.70</b>	+04:22:37 (64.2%)	12:23	4.8 (35.6%)
336	<b>PIETROWICZ Marek</b>	<b>6185</b>		Weteran I M - 50	14	01:37:12	03:19:29	04:59:28		<b>06:49:07.60</b>	+04:22:46 (64.2%)	12:23	4.8 (35.6%)
337	<b>GWIZDAŁA Daniel</b>	<b>6303</b>		Masters M - 40	95	01:38:11	02:53:09	04:39:37		<b>06:54:57.25</b>	+04:28:36 (64.7%)	12:34	4.8 (35.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Tempo min/km	Tempo km/h		
						A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata			netto 33km	Różn
338	TRZCIŃSKA Jolanta	6364		Masters K - 40	38	01:36:22	02:53:15	04:38:46		<b>06:55:05.95</b>	+04:28:44 (64.7%)	12:34	4.8 (35.6%)
339	PIECZKA Wojciech	6025	WKURW_TEAM	Senior II M - 30	114	01:41:20	03:11:20	04:52:34		<b>06:57:31.30</b>	+04:31:10 (64.9%)	12:39	4.7 (34.8%)
340	GOŁEMBIOWSKA Katarzyna	6018	WKURW_TEAM	Senior II K - 30	38	01:41:27	03:11:44	04:45:39		<b>06:59:02.50</b>	+04:32:41 (65.1%)	12:41	4.7 (34.8%)
341	KORTAS Sławomir	6331	DESTYLATOR	Senior II M - 30	115	01:49:08	03:20:43	05:04:57		<b>07:01:26.65</b>	+04:35:05 (65.3%)	12:46	4.7 (34.8%)
342	IDZIK Angelika	6110	SPARTA RUNNERS	Senior I K - 20	5	01:44:58	03:09:26	05:05:26		<b>07:08:01.35</b>	+04:41:40 (65.8%)	12:58	4.6 (34.1%)
343	DRAJERCZAK Marlena	6383	MUAY RUNNING TEAM	Masters K - 40	39	01:51:26	03:32:42	05:08:34		<b>07:08:56.20</b>	+04:42:35 (65.9%)	12:59	4.6 (34.1%)
344	KURDZIEL Tomasz	6167		Masters M - 40	96	01:40:08	03:15:43	05:18:18		<b>07:13:59.00</b>	+04:47:38 (66.3%)	13:09	4.6 (34.1%)
345	BESTRZYŃSKI Olech	6369	CZŁAPAK ROBAKOWO	Masters M - 40	97	01:54:24	03:19:08	05:05:08		<b>07:14:42.75</b>	+04:48:21 (66.3%)	13:10	4.6 (34.1%)
346	SADOWSKI Andrzej	6187	LZS DZIEWIĘTLICE	Weteran II M - 60	7	01:51:49	03:32:05	05:15:43		<b>07:14:49.85</b>	+04:48:28 (66.3%)	13:10	4.6 (34.1%)
347	BEREZIUK Michał	6100		Masters M - 40	98	01:52:01	03:32:06	05:15:53		<b>07:15:00.80</b>	+04:48:39 (66.4%)	13:10	4.6 (34.1%)
348	JASIUL Mariola	6006		Masters K - 40	40	01:49:42	03:18:15	05:07:39		<b>07:19:02.70</b>	+04:52:41 (66.7%)	13:18	4.5 (33.3%)
349	KOCIUBA Katarzyna	6281		Senior II K - 30	39	01:49:40	03:16:58	05:11:36		<b>07:20:21.35</b>	+04:54:00 (66.8%)	13:20	4.5 (33.3%)
350	ZIELENKIEWICZ Agnieszka	6316	GPT	Senior II K - 30	40	02:00:59	03:40:26	05:21:33		<b>07:21:38.40</b>	+04:55:17 (66.9%)	13:23	4.5 (33.3%)
351	SZYMAŃSKA-ANTOSIAK Monika	6116	GPT	Senior II K - 30	41	02:01:10	03:40:45	05:21:52		<b>07:21:49.70</b>	+04:55:28 (66.9%)	13:23	4.5 (33.3%)
352	CZOCHARA Robert	6040		Masters M - 40	99	01:53:29	03:39:30	05:01:16		<b>07:32:44.55</b>	+05:06:23 (67.7%)	13:43	4.4 (32.6%)
353	CZOCHARA Marta	6041		Masters K - 40	41	01:56:50	03:40:28	05:25:02		<b>07:32:53.45</b>	+05:06:32 (67.7%)	13:43	4.4 (32.6%)
354	NOWICKA Iwona	6241	BOOTCAMP	Senior II K - 30	42	02:01:24	03:51:29	05:25:57		<b>07:36:31.25</b>	+05:10:10 (67.9%)	13:50	4.3 (31.9%)
355	PIECHACZEK Marek	6257	BOOTCAMP	Masters M - 40	100	02:01:26	03:51:45	05:25:58		<b>07:36:33.05</b>	+05:10:12 (67.9%)	13:50	4.3 (31.9%)
<b>Przekroczony limit czasu: 08:30:00</b>													
356	WIŚNIEWSKA Justyna	6252		Senior II K - 30	43	02:28:36	04:15:32	05:45:29		<b>08:34:25.95</b>	+06:08:04 (71.6%)	15:35	3.8 (28.1%)
357	SZYMAŃSKI Paweł	6013	MUAY RUNNING TEAM	Masters M - 40	101	02:11:19	03:48:32	06:09:14		<b>09:04:10.90</b>	+06:37:49 (73.1%)	16:29	3.6 (26.7%)
	BODURKA Krzysztof	6360	SALOMON SUUNTO TEAM POLAND	Senior II M - 30		00:43:00 DNF	DNF	02:05:32 DNF		<b>DNF</b>	-	-	- (0.0%)
	GAŁEK Aleksander	6178		Senior II M - 30		01:21:23 DNF	DNF	DNF		<b>DNF</b>	-	-	- (0.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	Czerniak 16km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
	<b>NAWROCKI Jarosław</b>	<b>6115</b>		Weteran I M - 50		01:58:34 DNF	DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>CAUSIDIS Marek</b>	<b>6273</b>	BUFF/SALOMON TEAM	Senior I M - 20		DNF	DNF	DNF		<b>DNF</b>		-	- (0.0%)

Znaleziono 361 wynik(ów)