



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-07-15  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 33 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	PAULEN Andrej	6534	KAMZÍK 1000+	Senior I M - 20	1	00:43:00	01:56:09		<b>02:38:42.95</b>		4:48	12.5 (100%)
2	WITEK Andrzej	6147	140MINUT.PL	Senior I M - 20	2	00:44:25	01:58:44		<b>02:44:54.00</b>	+00:06:11 (3.8%)	4:59	12 (96.0%)
3	IVANIUTA Taras	6529	REŠTARTNI SA.SK	Senior I M - 20	3	00:45:16	02:02:12		<b>02:50:04.65</b>	+00:11:21 (6.7%)	5:09	11.6 (92.8%)
4	LEŚNIAK Kamil	6544	SALCO GARMIN TEAM	Senior I M - 20	4	00:47:55	02:07:22		<b>02:54:36.30</b>	+00:15:53 (9.1%)	5:17	11.3 (90.4%)
5	MILEWSKI Dominik	6406	RYKOWISKO TEAM	Senior I M - 20	5	00:48:00	02:07:34		<b>02:59:51.25</b>	+00:21:08 (11.8%)	5:27	11 (88.0%)
6	GRUN Wojtech	6542	SALOMON SUNTO	Senior I M - 20	6	00:48:15	02:11:46		<b>03:07:30.20</b>	+00:28:47 (15.4%)	5:40	10.6 (84.8%)
7	HLAVATÍK Jan	6120	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWIA	Senior II M - 30	1	00:49:58	02:14:49		<b>03:09:37.45</b>	+00:30:54 (16.3%)	5:44	10.4 (83.2%)
8	GRONOSTAJ Grzegorz	6522		Masters M - 40	1	00:51:22	02:16:08		<b>03:10:11.35</b>	+00:31:28 (16.5%)	5:45	10.4 (83.2%)
9	LULIS Dawid	6055	ALTRA TEAM RED	Senior II M - 30	2	00:51:39	02:20:47		<b>03:12:17.10</b>	+00:33:34 (17.5%)	5:49	10.3 (82.4%)
10	ZEBATKA Lary	6479		Masters M - 40	2	00:51:40	02:20:46	00:10:00	<b>03:12:49.60</b>	+00:34:06 (17.7%)	5:32	10.8 (86.4%)
11	JAKUBOWSKI Martin	6200	HLK-92	Senior II M - 30	3	00:54:09	02:24:02		<b>03:20:18.40</b>	+00:41:35 (20.8%)	6:04	9.9 (79.2%)
12	SZYMAŃSKI Paweł	6042	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	4	00:54:47	02:10:09		<b>03:21:23.55</b>	+00:42:40 (21.2%)	6:06	9.8 (78.4%)
13	MIESZCZAK Marcin	6423		Senior II M - 30	5	00:49:20	02:17:53		<b>03:22:43.95</b>	+00:44:01 (21.7%)	6:08	9.8 (78.4%)
14	NICPOŃ Sebastian	6509	KARKONOSZ RUNNING TEAM	Senior I M - 20	7	00:50:24	02:26:53		<b>03:23:03.60</b>	+00:44:20 (21.8%)	6:09	9.8 (78.4%)
15	STREIT Dawid	6009		Senior II M - 30	6	00:53:36	02:27:32		<b>03:26:04.10</b>	+00:47:21 (23.0%)	6:14	9.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
16	<b>DUDA Karol</b>	<b>6056</b>	PCH SPORT TEAM	Senior II M - 30	7	00:50:20	02:25:12		<b>03:26:17.45</b>	+00:47:34 (23.1%)	6:15	9.6 (76.8%)
17	<b>WASZEK Sławomir</b>	<b>6193</b>		Masters M - 40	3	00:56:24	02:31:21		<b>03:27:47.60</b>	+00:49:04 (23.6%)	6:17	9.5 (76.0%)
18	<b>SZKOŁA Wojciech</b>	<b>6109</b>	NATURAL BORN RUNNERS	Senior II M - 30	8	00:56:10	02:32:51		<b>03:30:27.60</b>	+00:51:44 (24.6%)	6:22	9.4 (75.2%)
19	<b>KSIĄŻKIEWICZ Piotr</b>	<b>6489</b>	CITY TRAIL TEAM	Senior II M - 30	9	00:54:17	02:33:36		<b>03:35:02.75</b>	+00:56:19 (26.2%)	6:30	9.2 (73.6%)
20	<b>KURA Patryk</b>	<b>6060</b>		Senior II M - 30	10	00:57:26	02:42:13		<b>03:35:48.10</b>	+00:57:05 (26.5%)	6:32	9.2 (73.6%)
21	<b>KOWALIK Ewelina</b>	<b>6046</b>	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	1	00:57:56	02:36:41		<b>03:36:22.95</b>	+00:57:40 (26.7%)	6:33	9.2 (73.6%)
22	<b>SABAT Kamil</b>	<b>6008</b>	140MINUT.PL	Senior II M - 30	11	01:00:02	02:39:00		<b>03:37:12.25</b>	+00:58:29 (26.9%)	6:34	9.1 (72.8%)
23	<b>RAZIM Mateus</b>	<b>6289</b>		Senior II M - 30	12	00:59:12	02:38:46		<b>03:38:09.40</b>	+00:59:26 (27.2%)	6:36	9.1 (72.8%)
24	<b>TABER Konrad</b>	<b>6466</b>	ACTIVE PROSPERIA	Senior I M - 20	8	00:55:23	02:36:35		<b>03:41:14.00</b>	+01:02:31 (28.3%)	6:42	8.9 (71.2%)
25	<b>BRZĄKAŁSKI Krzysiek</b>	<b>6044</b>		Senior II M - 30	13	00:56:15	02:38:03		<b>03:41:29.90</b>	+01:02:46 (28.3%)	6:42	8.9 (71.2%)
26	<b>SENTYSZ Robert</b>	<b>6477</b>		Masters M - 40	4	00:54:14	02:35:37		<b>03:43:02.45</b>	+01:04:19 (28.8%)	6:45	8.9 (71.2%)
27	<b>MASIAREK Maciej</b>	<b>6504</b>		Senior I M - 20	9	00:57:58	02:41:20		<b>03:44:17.90</b>	+01:05:34 (29.2%)	6:47	8.8 (70.4%)
28	<b>NIEDBAŁA Mateusz</b>	<b>6540</b>	SNOWDOG TRAILTEAM	Masters M - 40	5	01:00:04	02:48:11		<b>03:45:37.25</b>	+01:06:54 (29.7%)	6:50	8.8 (70.4%)
29	<b>LISEK Andrzej</b>	<b>6112</b>	LISEK	Senior II M - 30	14	01:00:51	02:39:11		<b>03:45:39.90</b>	+01:06:56 (29.7%)	6:50	8.8 (70.4%)
30	<b>WOJSŁAW Bartłomiej</b>	<b>6230</b>	GLKS MARCINOWICE	Senior II M - 30	15	00:53:47	02:36:08		<b>03:45:58.25</b>	+01:07:15 (29.8%)	6:50	8.8 (70.4%)
31	<b>SIERADZKI Krzysztof</b>	<b>6303</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	16	00:55:48	02:37:45		<b>03:47:39.65</b>	+01:08:56 (30.3%)	6:53	8.7 (69.6%)
32	<b>MIRECKI Tomasz</b>	<b>6362</b>	140MINUT.PL	Masters M - 40	6	01:01:39	02:44:19		<b>03:50:17.90</b>	+01:11:34 (31.1%)	6:58	8.6 (68.8%)
33	<b>SUDOLSKI Jacek</b>	<b>6157</b>	GUSTAW TEŻ BIEGA	Senior II M - 30	17	01:02:54	02:50:10		<b>03:50:40.90</b>	+01:11:57 (31.2%)	6:59	8.6 (68.8%)
34	<b>BALIGA Cezary</b>	<b>6315</b>		Senior I M - 20	10	01:01:37	02:50:57		<b>03:50:53.20</b>	+01:12:10 (31.3%)	6:59	8.6 (68.8%)
35	<b>OLEJNIK Marta</b>	<b>6309</b>	AKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	1	01:03:04	02:49:01		<b>03:51:37.05</b>	+01:12:54 (31.5%)	7:01	8.5 (68.0%)
36	<b>BOCZEK Leszek</b>	<b>6391</b>	ZAŁOGA GÓRSKA	Senior II M - 30	18	01:00:53	02:49:36		<b>03:52:39.75</b>	+01:13:56 (31.8%)	7:03	8.5 (68.0%)
37	<b>POŻAK Grzegorz</b>	<b>6015</b>		Masters M - 40	7	01:04:35	02:53:52		<b>03:53:36.10</b>	+01:14:53 (32.1%)	7:04	8.5 (68.0%)
38	<b>SIKORA Michał</b>	<b>6422</b>	BLUSZCZA	Masters M - 40	8	01:02:18	02:50:25		<b>03:53:49.10</b>	+01:15:06 (32.1%)	7:05	8.5 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
39	DESSAUER Wioletta	6100	-	Masters K - 40	1	01:04:36	02:53:50		<b>03:53:56.35</b>	+01:15:13 (32.2%)	7:05	8.5 (68.0%)
40	PAJDOSZ Rafał	6282	KB BIAŁA BIEGA	Masters M - 40	9	01:05:42	02:50:27		<b>03:54:08.20</b>	+01:15:25 (32.2%)	7:05	8.5 (68.0%)
41	KUTYBA Mariusz	6460	WOLNE ŚLIMAKI	Masters M - 40	10	01:02:18	02:48:25		<b>03:54:44.40</b>	+01:16:01 (32.4%)	7:06	8.4 (67.2%)
42	SZKODA Kasia	6205	TATERNIKTEAM	Senior II K - 30	2	01:04:36	02:51:36	00:10:00	<b>03:54:56.30</b>	+01:16:13 (32.4%)	6:48	8.8 (70.4%)
43	MOLIK Jakub	6364	STR POZNAŃ	Senior II M - 30	19	01:05:28	02:57:15		<b>03:57:43.40</b>	+01:19:00 (33.2%)	7:12	8.3 (66.4%)
44	GAZDA Vítězslav	6158	BENEŠOVSKÝ BĚŽECKÝ KLUB A TRENOVANIBEHU.CZ	Masters M - 40	11	00:56:04	02:40:33		<b>03:57:57.05</b>	+01:19:14 (33.3%)	7:12	8.3 (66.4%)
45	ORCZYKOWSKI Bogdan	6286		Senior I M - 20	11	01:04:44	02:53:29		<b>03:58:54.35</b>	+01:20:11 (33.6%)	7:14	8.3 (66.4%)
46	OWCZARZAK Tomasz	6482		Senior II M - 30	20	01:06:15	02:57:02		<b>03:59:30.70</b>	+01:20:47 (33.7%)	7:15	8.3 (66.4%)
47	STACHOWIAK Łukasz	6402	STR POZNAŃ / CITY TRAIL TEAM	Senior II M - 30	21	00:57:48	02:50:09		<b>03:59:38.10</b>	+01:20:55 (33.8%)	7:15	8.3 (66.4%)
48	DZIETCZYK Sylwia	6310	AKTYWNE CHOSZCZNO	Masters K - 40	2	01:09:59	02:59:24		<b>04:00:09.35</b>	+01:21:26 (33.9%)	7:16	8.2 (65.6%)
49	WINIARCZYK-JADACH Beata	6496	TG SOKÓŁ ZAKOPANE	Masters K - 40	3	01:05:20	02:56:42		<b>04:00:45.15</b>	+01:22:02 (34.1%)	7:17	8.2 (65.6%)
50	RASZKOWSKI Piotr	6269	ŚLĘZAK TEAM   PIOTRBIEGACZ.PL	Senior II M - 30	22	01:01:31	02:47:28		<b>04:00:59.80</b>	+01:22:16 (34.1%)	7:18	8.2 (65.6%)
51	BUŁACZ Jacek	6268	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	Masters M - 40	12	00:57:58	02:51:19		<b>04:01:13.40</b>	+01:22:30 (34.2%)	7:18	8.2 (65.6%)
52	PACEK Tomasz	6390	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	23	01:04:17	02:55:52		<b>04:02:11.30</b>	+01:23:28 (34.5%)	7:20	8.2 (65.6%)
53	NOWACKI Mateusz	6068	PRZEDWOJEWSKI TEAM	Senior II M - 30	24	01:01:00	02:52:08		<b>04:02:48.15</b>	+01:24:05 (34.6%)	7:21	8.2 (65.6%)
54	GUZIK Joanna	6537	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	3	01:02:57	02:54:31		<b>04:04:27.80</b>	+01:25:44 (35.1%)	7:24	8.1 (64.8%)
55	MOSIOŁEK Przemysław	6442		Senior II M - 30	25	01:04:06	02:57:00		<b>04:05:07.55</b>	+01:26:24 (35.3%)	7:25	8.1 (64.8%)
56	RESZKA Marek	6064	#NIBYBIEGACZ	Senior II M - 30	26	01:06:03	02:54:00		<b>04:05:13.15</b>	+01:26:30 (35.3%)	7:25	8.1 (64.8%)
57	- -	6171		Weteran I M - 50	1	01:05:53	03:03:09		<b>04:05:35.65</b>	+01:26:52 (35.4%)	7:26	8.1 (64.8%)
58	WEYNA Bartosz	6126		Masters M - 40	13	01:05:17	02:58:42		<b>04:06:13.15</b>	+01:27:30 (35.5%)	7:27	8 (64.0%)
59	LULIS Anna	6420	SOBAS TEAM	Masters K - 40	4	01:04:28	02:58:42		<b>04:08:24.35</b>	+01:29:41 (36.1%)	7:31	8 (64.0%)
60	CHODOROWSKI Krzysztof	6270	PRZEDWOJEWSKI TEAM	Senior II M - 30	27	01:05:54	03:05:42		<b>04:08:30.35</b>	+01:29:47 (36.1%)	7:31	8 (64.0%)
61	GLANOWSKI Marek	6098		Senior II M - 30	28	01:00:56	03:02:44		<b>04:10:25.00</b>	+01:31:42 (36.6%)	7:35	7.9 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km					
62	<b>DEJNECKA Martyna</b>	<b>6103</b>		Senior II K - 30	4	01:14:12	03:06:33		<b>04:11:17.50</b>	+01:32:34 (36.8%)	7:36	7.9 (63.2%)
63	<b>KORONA-SIERADZKA Bogusława</b>	<b>6318</b>		Senior II K - 30	5	01:09:42	03:03:52		<b>04:11:30.50</b>	+01:32:47 (36.9%)	7:37	7.9 (63.2%)
64	<b>OWCZAREK Szymon</b>	<b>6039</b>		Masters M - 40	14	01:05:55	03:01:38		<b>04:11:42.90</b>	+01:32:59 (36.9%)	7:37	7.9 (63.2%)
65	<b>URBAŃCZAK Kacper</b>	<b>6360</b>		Senior I M - 20	12	01:04:56	03:02:43		<b>04:12:38.75</b>	+01:33:55 (37.2%)	7:39	7.8 (62.4%)
66	<b>ŚMIECHOWSKI Michał</b>	<b>6444</b>	PANTHERS WROCLAW	Senior II M - 30	29	01:04:05	03:05:03		<b>04:12:39.65</b>	+01:33:56 (37.2%)	7:39	7.8 (62.4%)
67	<b>WOJNAROWICZ Paweł</b>	<b>6135</b>		Senior II M - 30	30	01:05:16	03:00:06		<b>04:13:01.30</b>	+01:34:18 (37.3%)	7:40	7.8 (62.4%)
68	<b>TOMASZKIEWICZ Wojciech</b>	<b>6161</b>	RUN FOREST	Senior II M - 30	31	01:07:41	02:59:36		<b>04:13:15.60</b>	+01:34:32 (37.3%)	7:40	7.8 (62.4%)
69	<b>SŁOCIAK Rafał</b>	<b>6285</b>	RAJSPOORT ACTIVE/PRZEDWOJEWSKI TEAM	Senior II M - 30	32	01:06:22	03:01:24		<b>04:13:58.70</b>	+01:35:15 (37.5%)	7:41	7.8 (62.4%)
70	<b>DROGOŚ Kajetan</b>	<b>6457</b>		Senior I M - 20	13	01:06:38	02:59:48		<b>04:14:13.20</b>	+01:35:30 (37.6%)	7:42	7.8 (62.4%)
71	<b>SZUKAŁA Michał</b>	<b>6316</b>		Senior I M - 20	14		02:50:55		<b>04:14:16.30</b>	+01:35:33 (37.6%)	7:42	7.8 (62.4%)
72	<b>DĘBEK Łukasz</b>	<b>6280</b>		Senior II M - 30	33	01:06:50	02:59:10		<b>04:14:46.30</b>	+01:36:03 (37.7%)	7:43	7.8 (62.4%)
73	<b>ŁOMNICKA Barbara</b>	<b>6484</b>	MKS SIECHNICE	Masters K - 40	5	01:09:21	03:06:02		<b>04:15:43.00</b>	+01:37:00 (37.9%)	7:44	7.7 (61.6%)
74	<b>MIKULSKI Tomasz</b>	<b>6036</b>	UKS FILIPIDES TERESIN	Senior I M - 20	15	00:54:52	02:34:13		<b>04:16:29.80</b>	+01:37:46 (38.1%)	7:46	7.7 (61.6%)
75	<b>ZARZYCKI Maciej</b>	<b>6191</b>	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	34	00:49:20	02:24:22		<b>04:16:35.10</b>	+01:37:52 (38.1%)	7:46	7.7 (61.6%)
76	<b>MAT Kamil</b>	<b>6433</b>		Senior II M - 30	35	01:09:01	02:59:47		<b>04:16:35.55</b>	+01:37:52 (38.1%)	7:46	7.7 (61.6%)
77	<b>STOŃ Wojciech</b>	<b>6432</b>		Senior II M - 30	36	01:09:03	02:59:47		<b>04:16:36.55</b>	+01:37:53 (38.1%)	7:46	7.7 (61.6%)
78	<b>WALCZAK Patryk</b>	<b>6306</b>		Senior II M - 30	37	01:00:14	03:00:30		<b>04:17:20.00</b>	+01:38:37 (38.3%)	7:47	7.7 (61.6%)
79	<b>LACHOWSKI Robert</b>	<b>6172</b>		Senior II M - 30	38	01:07:48	03:06:50		<b>04:17:29.80</b>	+01:38:46 (38.4%)	7:48	7.7 (61.6%)
80	<b>BRYCKA Anna</b>	<b>6330</b>	SPORTOWY UMYŚŁ	Senior II K - 30	6	01:12:15	03:06:52		<b>04:17:38.25</b>	+01:38:55 (38.4%)	7:48	7.7 (61.6%)
81	<b>ANTONOWICZ Wojciech</b>	<b>6388</b>		Weteran I M - 50	2	01:09:07	03:14:05		<b>04:19:52.15</b>	+01:41:09 (38.9%)	7:52	7.6 (60.8%)
82	<b>KULAS Łukasz</b>	<b>6499</b>	SOLO	Masters M - 40	15	01:10:53	03:16:44		<b>04:21:17.20</b>	+01:42:34 (39.3%)	7:55	7.6 (60.8%)
83	<b>APANOV Andrey</b>	<b>6292</b>		Senior II M - 30	39	01:14:40	03:18:23		<b>04:21:38.40</b>	+01:42:55 (39.3%)	7:55	7.6 (60.8%)
84	<b>CZERWINSKI Dominik</b>	<b>6397</b>	ALVO RACING TEAM	Masters M - 40	16	01:10:39	03:10:29		<b>04:22:05.80</b>	+01:43:22 (39.4%)	7:56	7.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
85	<b>STRUK Maciej</b>	<b>6429</b>	AĘ TRI CLUB	Masters M - 40	17	01:05:39	03:01:56		<b>04:22:08.90</b>	+01:43:25 (39.5%)	7:56	7.6 (60.8%)
86	<b>KNEBLOCH Kasper</b>	<b>6085</b>	DZIK KOMANDO	Senior II M - 30	40	01:11:13	03:09:45		<b>04:22:13.90</b>	+01:43:30 (39.5%)	7:56	7.6 (60.8%)
87	<b>ANTOSIAK Tomasz</b>	<b>6148</b>	FUNTRI	Masters M - 40	18	01:11:41	03:13:18		<b>04:22:16.50</b>	+01:43:33 (39.5%)	7:56	7.5 (60.0%)
88	<b>WALCZAK Adela</b>	<b>6086</b>	CURLING ŁÓDŹ	Senior II K - 30	7	01:14:33	03:14:17		<b>04:22:17.95</b>	+01:43:35 (39.5%)	7:56	7.5 (60.0%)
89	<b>PARZYCH Katarzyna</b>	<b>6217</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	6	01:16:05	03:12:53		<b>04:22:28.55</b>	+01:43:45 (39.5%)	7:57	7.5 (60.0%)
90	<b>GEZELA Robert</b>	<b>6032</b>	EUFORIA BIEGACZA TEAM	Masters M - 40	19	01:07:05	03:08:34		<b>04:23:40.15</b>	+01:44:57 (39.8%)	7:59	7.5 (60.0%)
91	<b>MADOŃ Rafał</b>	<b>6075</b>		Senior II M - 30	41	01:04:24	03:03:07		<b>04:24:08.40</b>	+01:45:25 (39.9%)	8:00	7.5 (60.0%)
92	<b>MĘŻYKOWSKI Michał</b>	<b>6456</b>	FORMA NA SZCZYT	Masters M - 40	20	01:05:28	03:06:11		<b>04:24:22.95</b>	+01:45:40 (40.0%)	8:00	7.5 (60.0%)
93	<b>PRZYSIWEK Patryk</b>	<b>6356</b>		Senior II M - 30	42	01:09:39	03:17:38		<b>04:24:33.15</b>	+01:45:50 (40.0%)	8:01	7.5 (60.0%)
94	<b>HASSAK Maciej</b>	<b>6027</b>	GKC GORLICE	Masters M - 40	21	01:08:47	03:11:14		<b>04:25:57.35</b>	+01:47:14 (40.3%)	8:03	7.4 (59.2%)
95	<b>KARGUL Tomasz</b>	<b>6164</b>	ŚWO	Senior II M - 30	43	01:04:29	03:04:30		<b>04:26:04.45</b>	+01:47:21 (40.3%)	8:03	7.4 (59.2%)
96	<b>GĄSIOROWSKI Jarosław</b>	<b>6414</b>		Senior I M - 20	16	01:08:57	03:20:18		<b>04:26:07.50</b>	+01:47:24 (40.4%)	8:03	7.4 (59.2%)
97	<b>JASZCZUK Robert</b>	<b>6251</b>	GYMCITY BEŁCHATÓW	Masters M - 40	22	01:09:40	03:11:22		<b>04:26:09.65</b>	+01:47:26 (40.4%)	8:03	7.4 (59.2%)
98	<b>DEMKOWSKI Marcin</b>	<b>6384</b>		Senior II M - 30	44	01:09:26	03:07:55		<b>04:27:00.35</b>	+01:48:17 (40.6%)	8:05	7.4 (59.2%)
99	<b>KRZACZKOWSKA Iwona</b>	<b>6284</b>	DZIKI WROCŁAW	Senior II K - 30	8	01:11:38	03:09:38		<b>04:27:25.10</b>	+01:48:42 (40.6%)	8:06	7.4 (59.2%)
100	<b>CZAPIGA Grzegorz</b>	<b>6150</b>	TECE INDUSTRIAL	Senior II M - 30	45	01:05:42	03:07:02		<b>04:27:43.50</b>	+01:49:00 (40.7%)	8:06	7.4 (59.2%)
101	<b>MADERA Andrzej</b>	<b>6329</b>		Masters M - 40	23	01:08:19	03:04:53		<b>04:28:41.00</b>	+01:49:58 (40.9%)	8:08	7.4 (59.2%)
102	<b>SITEK Arkadiusz</b>	<b>6215</b>	AKTYWNI WĘGRÓW	Masters M - 40	24	01:08:36	03:13:36		<b>04:28:41.15</b>	+01:49:58 (40.9%)	8:08	7.4 (59.2%)
103	<b>SPECHT Mikołaj</b>	<b>6513</b>		Masters M - 40	25	01:09:55	03:12:41		<b>04:29:04.70</b>	+01:50:21 (41.0%)	8:09	7.4 (59.2%)
104	<b>RUDNY Rafał</b>	<b>6524</b>	RUDNYRUNNINGTEAM	Masters M - 40	26	00:47:19	03:14:12		<b>04:29:37.10</b>	+01:50:54 (41.1%)	8:10	7.3 (58.4%)
105	<b>GDULA Jakub</b>	<b>6070</b>	KAMIL LEŚNIAK FANPAGE TEAM	Senior I M - 20	17	01:07:42	03:11:19		<b>04:29:45.70</b>	+01:51:02 (41.2%)	8:10	7.3 (58.4%)
106	<b>KOTYRBA Tomasz</b>	<b>6236</b>		Senior II M - 30	46	01:08:43	03:13:55		<b>04:29:54.70</b>	+01:51:11 (41.2%)	8:10	7.3 (58.4%)
107	<b>MICHALEWSKI Paweł</b>	<b>6421</b>		Senior II M - 30	47	01:10:11	03:16:45		<b>04:30:14.65</b>	+01:51:31 (41.3%)	8:11	7.3 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
108	<b>WANAT Mateusz</b>	<b>6178</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	48	01:05:10	03:12:10		<b>04:30:37.10</b>	+01:51:54 (41.4%)	8:12	7.3 (58.4%)
109	<b>GAŁECKI Robert</b>	<b>6352</b>		Senior II M - 30	49	01:06:15	03:13:19		<b>04:30:52.30</b>	+01:52:09 (41.4%)	8:12	7.3 (58.4%)
110	<b>HEJZNER Arek</b>	<b>6152</b>		Senior II M - 30	50	01:07:41	03:16:54		<b>04:31:47.40</b>	+01:53:04 (41.6%)	8:14	7.3 (58.4%)
111	<b>KOMAR Krystian</b>	<b>6273</b>		Senior II M - 30	51	01:16:44	03:21:05		<b>04:32:57.35</b>	+01:54:14 (41.9%)	8:16	7.3 (58.4%)
112	<b>ANDRZEJCZAK Anna</b>	<b>6081</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	9	01:12:08	03:18:20		<b>04:33:12.60</b>	+01:54:29 (41.9%)	8:16	7.2 (57.6%)
113	<b>NOWAK Sebastian</b>	<b>6510</b>		Masters M - 40	27	01:16:38	03:31:57		<b>04:33:41.30</b>	+01:54:58 (42.0%)	8:17	7.2 (57.6%)
114	<b>BURA Krystian</b>	<b>6248</b>	#BIEGAJLESZNO	Senior II M - 30	52	01:12:38	03:14:56		<b>04:33:58.00</b>	+01:55:15 (42.1%)	8:18	7.2 (57.6%)
115	<b>CHRZANOWSKI Paweł</b>	<b>6458</b>		Masters M - 40	28	01:09:28	03:23:14		<b>04:34:28.00</b>	+01:55:45 (42.2%)	8:19	7.2 (57.6%)
116	<b>KOPECKI Michał</b>	<b>6450</b>		Senior I M - 20	18	01:07:33	03:17:15		<b>04:35:19.50</b>	+01:56:36 (42.4%)	8:20	7.2 (57.6%)
117	<b>MAKOWSKI Jarosław</b>	<b>6184</b>	STAY INSANE	Senior II M - 30	53	01:10:20	03:11:45		<b>04:35:33.10</b>	+01:56:50 (42.4%)	8:21	7.2 (57.6%)
118	<b>MITUŚ Wojtek</b>	<b>6521</b>		Masters M - 40	29	01:36:36	04:04:03		<b>04:36:39.00</b>	+01:57:56 (42.6%)	8:23	7.2 (57.6%)
119	<b>BEDNAREK Bartłomiej</b>	<b>6041</b>	MKS SIECHNICE	Senior II M - 30	54	01:04:17	03:11:35		<b>04:37:41.60</b>	+01:58:58 (42.8%)	8:24	7.1 (56.8%)
120	<b>BUŁAWA Szczepan</b>	<b>6525</b>		Senior II M - 30	55	01:06:54	03:16:33		<b>04:38:44.55</b>	+02:00:01 (43.1%)	8:26	7.1 (56.8%)
121	<b>CZAJKOWSKI Adam</b>	<b>6454</b>		Masters M - 40	30	01:11:56	03:26:29		<b>04:39:47.70</b>	+02:01:04 (43.3%)	8:28	7.1 (56.8%)
122	<b>MIROSHNYCHENKO Ruslan</b>	<b>6264</b>		Senior II M - 30	56	01:10:30	03:24:55		<b>04:40:07.75</b>	+02:01:24 (43.3%)	8:29	7.1 (56.8%)
123	<b>BŁASZCZAK Łukasz</b>	<b>6486</b>		Senior II M - 30	57	01:15:57	03:21:36		<b>04:40:15.15</b>	+02:01:32 (43.4%)	8:29	7.1 (56.8%)
124	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>6167</b>		Masters K - 40	7	01:10:48	03:23:05		<b>04:40:59.05</b>	+02:02:16 (43.5%)	8:30	7 (56.0%)
125	<b>ŚLĄSKI Bartosz</b>	<b>6378</b>	DZIK KOMANDO	Senior I M - 20	19	01:10:21	03:15:14		<b>04:41:23.80</b>	+02:02:40 (43.6%)	8:31	7 (56.0%)
126	<b>ŁYSIAK Bartek</b>	<b>6245</b>		Senior II M - 30	58	01:11:16	03:20:18		<b>04:41:33.05</b>	+02:02:50 (43.6%)	8:31	7 (56.0%)
127	<b>KOCIUMBAS Bartosz</b>	<b>6007</b>	KB SOBÓTKA	Masters M - 40	31	01:07:41	03:23:32		<b>04:42:48.55</b>	+02:04:05 (43.9%)	8:34	7 (56.0%)
128	<b>KABAŁA Bartosz</b>	<b>6211</b>	#TEAMBIEGIWLKP	Senior I M - 20	20	01:08:10	03:19:40		<b>04:43:29.05</b>	+02:04:46 (44.0%)	8:35	7 (56.0%)
129	<b>KOŁODZIEJ Roman</b>	<b>6503</b>	PERFEKTA KARLOWICE	Masters M - 40	32	01:08:34	03:27:30		<b>04:44:32.50</b>	+02:05:49 (44.2%)	8:37	7 (56.0%)
130	<b>NOWAK Łukasz</b>	<b>6300</b>		Masters M - 40	33	01:11:24	03:26:18		<b>04:44:35.90</b>	+02:05:52 (44.2%)	8:37	7 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
131	<b>SCHUBERT Valdemar</b>	<b>6547</b>	BK LUDGEROVICE	Masters M - 40	34	01:08:37	03:23:59		<b>04:44:46.50</b>	+02:06:03 (44.3%)	8:37	7 (56.0%)
132	<b>POŁEĆ Leszek</b>	<b>6176</b>	SBRT WROCŁAW	Senior II M - 30	59	01:14:51	03:31:14		<b>04:44:49.25</b>	+02:06:06 (44.3%)	8:37	7 (56.0%)
133	<b>KRZEPKOWSKI Radosław</b>	<b>6494</b>	ADIDAS RUNNERS WARSAW	Masters M - 40	35	01:17:57	03:30:34		<b>04:45:02.05</b>	+02:06:19 (44.3%)	8:38	6.9 (55.2%)
134	<b>PĘKALA Kamila</b>	<b>6073</b>	GRUNWALD	Senior I K - 20	2	01:19:09	03:33:27		<b>04:45:07.00</b>	+02:06:24 (44.3%)	8:38	6.9 (55.2%)
135	<b>PILAREK Wojciech</b>	<b>6319</b>		Senior II M - 30	60	01:13:40	03:21:14		<b>04:45:09.45</b>	+02:06:26 (44.3%)	8:38	6.9 (55.2%)
136	<b>MRUGAŁA Monika</b>	<b>6346</b>	EUROVENT ATHLETICS	Masters K - 40	8	01:11:54	03:24:55		<b>04:45:18.10</b>	+02:06:35 (44.4%)	8:38	6.9 (55.2%)
137	<b>MARCHWICKI Maciej</b>	<b>6195</b>		Senior I M - 20	21	01:10:36	03:18:52		<b>04:45:19.55</b>	+02:06:36 (44.4%)	8:38	6.9 (55.2%)
138	<b>WITKOWSKI Wojciech</b>	<b>6059</b>		Senior I M - 20	22	01:08:49	03:21:29		<b>04:45:51.95</b>	+02:07:09 (44.5%)	8:39	6.9 (55.2%)
139	<b>MARGASIŃSKI Michał</b>	<b>6114</b>		Senior II M - 30	61	01:05:51	03:18:15		<b>04:46:06.85</b>	+02:07:23 (44.5%)	8:40	6.9 (55.2%)
140	<b>JASZCZAK Bogna</b>	<b>6272</b>		Senior I K - 20	3	01:15:38	03:26:13		<b>04:47:02.65</b>	+02:08:19 (44.7%)	8:41	6.9 (55.2%)
141	<b>NOGANOWICZ Agata</b>	<b>6118</b>	PRO-RUN WROCŁAW	Weteran K - 50	1	01:19:02	03:29:29		<b>04:47:02.85</b>	+02:08:19 (44.7%)	8:41	6.9 (55.2%)
142	<b>BUDYNEK Tadeusz</b>	<b>6478</b>	ALVO RACING TEAM	Senior II M - 30	62	01:13:18	03:27:46		<b>04:47:28.70</b>	+02:08:45 (44.8%)	8:42	6.9 (55.2%)
143	<b>STEBEL Bartosz</b>	<b>6512</b>	MEBLE SARBB	Masters M - 40	36	01:12:03	03:28:03		<b>04:47:43.70</b>	+02:09:00 (44.8%)	8:43	6.9 (55.2%)
144	<b>KOKOTT Marcin</b>	<b>6332</b>	140MINUT.PL	Senior II M - 30	63	01:08:42	03:25:18		<b>04:48:03.15</b>	+02:09:20 (44.9%)	8:43	6.9 (55.2%)
145	<b>NIKOLAJUK Robert</b>	<b>6014</b>		Senior II M - 30	64	01:25:46	03:47:14		<b>04:48:22.15</b>	+02:09:39 (45.0%)	8:44	6.9 (55.2%)
146	<b>TKACZYK-CAŁKA Anna</b>	<b>6030</b>	#ZALINIAMETYTEAM	Senior II K - 30	10	01:17:12	03:30:37		<b>04:49:55.45</b>	+02:11:12 (45.3%)	8:47	6.8 (54.4%)
147	<b>ZIEWIEC Marcin</b>	<b>6122</b>		Senior II M - 30	65	01:12:51	03:33:11		<b>04:50:16.45</b>	+02:11:33 (45.3%)	8:47	6.8 (54.4%)
148	<b>RAJTAR Robert</b>	<b>6472</b>	BRYGADA RR ROBERT RAJTAR	Masters M - 40	37	01:40:23			<b>04:50:27.10</b>	+02:11:44 (45.4%)	8:48	6.8 (54.4%)
149	<b>MOREVA Daria</b>	<b>6063</b>	TRAILRUNNINGSCHOOL.COM	Senior II K - 30	11	01:21:44	03:36:18		<b>04:51:21.75</b>	+02:12:38 (45.5%)	8:49	6.8 (54.4%)
150	<b>MAŃKOWSKI Tomasz</b>	<b>6125</b>	WOJOWNICY WÓDY	Senior II M - 30	66	01:15:50	03:32:25		<b>04:51:51.55</b>	+02:13:08 (45.6%)	8:50	6.8 (54.4%)
151	<b>SIELIWONIK Anita</b>	<b>6115</b>		Masters K - 40	9	01:20:22	03:37:31		<b>04:53:25.40</b>	+02:14:42 (45.9%)	8:53	6.7 (53.6%)
152	<b>MADERA Michał</b>	<b>6276</b>	LECIMY TUTAJ	Senior II M - 30	67	01:11:52	03:33:03		<b>04:53:35.00</b>	+02:14:52 (45.9%)	8:53	6.7 (53.6%)
153	<b>KUCHARSKI Tomasz</b>	<b>6487</b>	ALVO RACING TEAM	Masters M - 40	38	01:13:20	03:18:10		<b>04:53:57.75</b>	+02:15:14 (46.0%)	8:54	6.7 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
154	<b>MADEJ Anna</b>	<b>6351</b>	VEGE RUNNERS	Masters K - 40	10	01:19:43	03:33:58		<b>04:54:16.00</b>	+02:15:33 (46.1%)	8:55	6.7 (53.6%)
155	<b>DRAŃKO Piotr</b>	<b>6326</b>		Senior II M - 30	68	01:16:27	03:35:20		<b>04:54:51.60</b>	+02:16:08 (46.2%)	8:56	6.7 (53.6%)
156	<b>KAMIŃSKI Arkadiusz</b>	<b>6029</b>	ION1 TEAM	Masters M - 40	39	01:19:26	03:36:42		<b>04:55:09.00</b>	+02:16:26 (46.2%)	8:56	6.7 (53.6%)
157	<b>JARZĄBEK Michał</b>	<b>6155</b>	MRUNNERS	Senior II M - 30	69	01:13:51	03:38:46		<b>04:55:42.55</b>	+02:16:59 (46.3%)	8:57	6.7 (53.6%)
158	<b>BIELECKI Tomasz</b>	<b>6449</b>	FAST BIKE GNIEZNO	Senior I M - 20	23	01:22:42	03:40:45		<b>04:55:43.80</b>	+02:17:00 (46.3%)	8:57	6.7 (53.6%)
159	<b>KONICA Karina</b>	<b>6301</b>		Senior I K - 20	4	01:20:57	03:37:31		<b>04:55:44.55</b>	+02:17:01 (46.3%)	8:57	6.7 (53.6%)
160	<b>PIĄTKIEWICZ Łukasz</b>	<b>6079</b>	MARCIN ŚWIERC TEAM	Senior II M - 30	70	01:18:05	03:34:07		<b>04:56:00.70</b>	+02:17:17 (46.4%)	8:58	6.7 (53.6%)
161	<b>MAJCHER Marcin</b>	<b>6514</b>		Masters M - 40	40	01:16:33	03:38:50		<b>04:56:40.85</b>	+02:17:57 (46.5%)	8:59	6.7 (53.6%)
162	<b>GIL Maciej</b>	<b>6013</b>	VEGE RUNNERS	Senior II M - 30	71	01:14:38	03:32:18		<b>04:56:42.35</b>	+02:17:59 (46.5%)	8:59	6.7 (53.6%)
163	<b>TOMASZYK Elzbieta</b>	<b>6298</b>		Senior II K - 30	12	01:20:18	03:42:11		<b>04:56:48.60</b>	+02:18:05 (46.5%)	8:59	6.7 (53.6%)
164	<b>ŁATWIŃSKI Łukasz</b>	<b>6349</b>	MOCNA GRUPA CEZARA	Senior I M - 20	24	01:20:02	03:39:47		<b>04:57:15.10</b>	+02:18:32 (46.6%)	9:00	6.7 (53.6%)
165	<b>CHWAŁA Przemysław</b>	<b>6265</b>	POWOLNY	Masters M - 40	41	01:19:20	03:40:39		<b>04:58:08.45</b>	+02:19:25 (46.8%)	9:02	6.6 (52.8%)
166	<b>MOKRZYŃSKI Marcin</b>	<b>6121</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	42	01:12:55	03:34:57		<b>04:58:10.00</b>	+02:19:27 (46.8%)	9:02	6.6 (52.8%)
167	<b>SKRZYŃSKI Andrzej</b>	<b>6434</b>	KS STASZEWSKY	Weteran I M - 50	3	01:14:46	03:30:21		<b>04:58:13.55</b>	+02:19:30 (46.8%)	9:02	6.6 (52.8%)
168	<b>GARCZYŃSKA Ania</b>	<b>6133</b>		Masters K - 40	11	01:20:43	03:36:45		<b>04:58:21.45</b>	+02:19:38 (46.8%)	9:02	6.6 (52.8%)
169	<b>WRÓBLEWSKI Wojciech</b>	<b>6491</b>		Senior II M - 30	72	01:11:57	03:35:31		<b>04:58:35.90</b>	+02:19:52 (46.8%)	9:02	6.6 (52.8%)
170	<b>GUZY Radosław</b>	<b>6197</b>		Senior I M - 20	25	01:19:11	03:39:37		<b>04:59:10.15</b>	+02:20:27 (46.9%)	9:03	6.6 (52.8%)
171	<b>NOGA-GUZY Marta</b>	<b>6198</b>		Senior I K - 20	5	01:19:09	03:39:36		<b>04:59:10.65</b>	+02:20:27 (46.9%)	9:03	6.6 (52.8%)
172	<b>BYLINA Bartosz</b>	<b>6377</b>		Masters M - 40	43	01:13:02	03:35:12		<b>04:59:20.45</b>	+02:20:37 (47.0%)	9:04	6.6 (52.8%)
173	<b>SŁOMIAN Mikołaj</b>	<b>6493</b>		Senior I M - 20	26	01:22:51	03:42:55		<b>04:59:28.60</b>	+02:20:45 (47.0%)	9:04	6.6 (52.8%)
174	<b>ŚMICHURSKI Krzysztof</b>	<b>6099</b>	FIZJOTERAPIA BIEGACZA	Senior II M - 30	73	01:15:36	03:43:53		<b>04:59:28.90</b>	+02:20:45 (47.0%)	9:04	6.6 (52.8%)
175	<b>FELEDZIAK Wojciech</b>	<b>6202</b>		Senior II M - 30	74	01:15:40	03:41:00		<b>04:59:29.20</b>	+02:20:46 (47.0%)	9:04	6.6 (52.8%)
176	<b>STĘPNOWSKI Jakub</b>	<b>6365</b>	MEDIDESK	Senior II M - 30	75	01:22:57	03:42:22		<b>04:59:31.30</b>	+02:20:48 (47.0%)	9:04	6.6 (52.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km					
177	JANCAK Piotr	6511		Masters M - 40	44	01:16:33	03:31:57		<b>04:59:39.80</b>	+02:20:56 (47.0%)	9:04	6.6 (52.8%)
178	ARENDT Michał	6492		Senior II M - 30	76	01:15:18	03:33:38		<b>04:59:53.00</b>	+02:21:10 (47.1%)	9:05	6.6 (52.8%)
179	BORKOWSKA Justyna	6485		Senior II K - 30	13	01:15:40	03:44:25		<b>05:00:13.40</b>	+02:21:30 (47.1%)	9:05	6.6 (52.8%)
180	IZDEBSKI Tomasz	6339		Masters M - 40	45	01:14:22	03:32:07		<b>05:00:28.85</b>	+02:21:45 (47.2%)	9:06	6.6 (52.8%)
181	ŁUCZAK Maciej	6321	BANDA RYCHA	Masters M - 40	46	01:19:46	03:43:04		<b>05:00:31.75</b>	+02:21:48 (47.2%)	9:06	6.6 (52.8%)
182	KUŚMIREK Grzegorz	6506		Masters M - 40	47	01:24:38	03:40:30		<b>05:00:50.90</b>	+02:22:07 (47.2%)	9:06	6.6 (52.8%)
183	PEDYNKOWSKI Radek	6163	BIEGAM U KOLESI	Masters M - 40	48	01:18:11	03:35:14		<b>05:00:54.15</b>	+02:22:11 (47.3%)	9:07	6.6 (52.8%)
184	MAKAREWICZ Wiktor Makarewicz	6010		Senior II M - 30	77	01:20:17	03:41:19		<b>05:01:41.20</b>	+02:22:58 (47.4%)	9:08	6.6 (52.8%)
185	JAKUSZEK Krzysztof	6241	CEGIELNIA PIASKI	Masters M - 40	49	01:25:00	03:43:56		<b>05:01:52.00</b>	+02:23:09 (47.4%)	9:08	6.6 (52.8%)
186	DŁUGOSZ-STĘPNIAK Agnieszka	6271	STAY INSANE, BIEGJEM	Senior II K - 30	14	01:21:40	03:29:31		<b>05:02:08.00</b>	+02:23:25 (47.5%)	9:09	6.6 (52.8%)
187	ANDRZEJCZAK Łukasz	6082	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	78	01:13:50	03:35:54		<b>05:02:34.85</b>	+02:23:51 (47.5%)	9:10	6.5 (52.0%)
188	MAJKOWSKI Jacek	6084		Senior II M - 30	79	01:21:16	03:35:21		<b>05:02:41.30</b>	+02:23:58 (47.6%)	9:10	6.5 (52.0%)
189	KOBYŁECKI Bartosz	6546		Masters M - 40	50	01:13:19	03:41:50		<b>05:02:58.85</b>	+02:24:15 (47.6%)	9:10	6.5 (52.0%)
190	SZUMIATO Jakub	6177	PRZEDWOJEWSKI TEAM	Senior II M - 30	80	01:19:17	03:44:18		<b>05:03:08.85</b>	+02:24:25 (47.6%)	9:11	6.5 (52.0%)
191	BURA Tomasz	6275		Senior II M - 30	81	01:15:26	03:37:56		<b>05:03:10.15</b>	+02:24:27 (47.6%)	9:11	6.5 (52.0%)
192	GIEŁAŻYS Tomek	6274	KONESERZY WADOWICKICH KREMÓWEK - SEKCJA 2137	Senior II M - 30	82	01:23:05	03:50:15		<b>05:03:18.95</b>	+02:24:36 (47.7%)	9:11	6.5 (52.0%)
193	KOZŁOWSKI Wojciech	6488		Weteran I M - 50	4	01:15:56	03:40:27		<b>05:03:39.85</b>	+02:24:56 (47.7%)	9:12	6.5 (52.0%)
194	KUCHARCZYK Kamil	6465	TRI NOT TO DIE	Senior II M - 30	83	01:19:54	03:44:37		<b>05:03:48.05</b>	+02:25:05 (47.8%)	9:12	6.5 (52.0%)
195	CEBULSKI Łukasz	6237		Senior II M - 30	84	01:16:33	03:40:01		<b>05:04:01.10</b>	+02:25:18 (47.8%)	9:12	6.5 (52.0%)
196	MIĄSKO Wojciech	6190	12TRI.PL	Weteran I M - 50	5	01:18:10	03:30:55		<b>05:04:06.25</b>	+02:25:23 (47.8%)	9:12	6.5 (52.0%)
197	GONET Grzegorz	6527		Masters M - 40	51	01:17:28	03:40:32		<b>05:05:32.65</b>	+02:26:49 (48.1%)	9:15	6.5 (52.0%)
198	RELEWICZ Maciej	6455	WOLNE ŚLIMAKI	Masters M - 40	52	01:23:32	03:44:21		<b>05:05:46.45</b>	+02:27:03 (48.1%)	9:15	6.5 (52.0%)
199	STASIAK Łukasz	6074	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	85	01:19:44	03:40:09		<b>05:06:00.05</b>	+02:27:17 (48.1%)	9:16	6.5 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
200	<b>NESTEREWICZ Ryszard</b>	<b>6473</b>	LKS ISKRA JASZKOWA	Weteran II M - 60	1	01:11:35	03:39:18		<b>05:06:16.10</b>	+02:27:33 (48.2%)	9:16	6.5 (52.0%)
201	<b>SAMBORSKI Bartosz</b>	<b>6037</b>		Masters M - 40	53	01:18:17	03:41:30		<b>05:06:33.45</b>	+02:27:50 (48.2%)	9:17	6.5 (52.0%)
202	<b>SZARSKI Jacek</b>	<b>6452</b>	KAPCIOCHY	Senior I M - 20	27	01:13:58	03:40:50		<b>05:06:59.20</b>	+02:28:16 (48.3%)	9:18	6.4 (51.2%)
203	<b>GRSZEWSKA Marina</b>	<b>6462</b>	NIEWYCHOWANI FIZYCZNIE	Senior I K - 20	6	01:19:04	03:45:44		<b>05:06:59.35</b>	+02:28:16 (48.3%)	9:18	6.4 (51.2%)
204	<b>BUBICZ Krzysztof</b>	<b>6061</b>	BIEGAJĄCY ŚWIDNIK	Masters M - 40	54	01:25:31	03:54:10		<b>05:07:32.35</b>	+02:28:49 (48.4%)	9:19	6.4 (51.2%)
205	<b>LIPIŃSKI Oskar</b>	<b>6128</b>		Senior II M - 30	86	01:14:52	03:45:39		<b>05:08:17.80</b>	+02:29:34 (48.5%)	9:20	6.4 (51.2%)
206	<b>MRÓWKA Małgorzata</b>	<b>6257</b>		Senior II K - 30	15	01:28:43	03:50:36		<b>05:09:32.85</b>	+02:30:49 (48.7%)	9:22	6.4 (51.2%)
207	<b>GRĘBA Damian</b>	<b>6256</b>	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	87	01:24:51	03:55:50		<b>05:10:16.65</b>	+02:31:33 (48.8%)	9:24	6.4 (51.2%)
208	<b>SZYMAŃSKI Łukasz</b>	<b>6213</b>		Masters M - 40	55	01:17:16	03:46:18		<b>05:10:25.65</b>	+02:31:42 (48.9%)	9:24	6.4 (51.2%)
209	<b>BÍBRLÍK David</b>	<b>6528</b>	BKLUDEŽŮVICE	Masters M - 40	56	01:15:02	03:43:04		<b>05:10:54.40</b>	+02:32:11 (49.0%)	9:25	6.4 (51.2%)
210	<b>PILC Anna</b>	<b>6519</b>		Senior II K - 30	16	01:18:01	03:42:14		<b>05:10:55.40</b>	+02:32:12 (49.0%)	9:25	6.4 (51.2%)
211	<b>WICHROWSKI Michał</b>	<b>6431</b>		Senior I M - 20	28	01:16:45	03:40:43		<b>05:11:13.55</b>	+02:32:30 (49.0%)	9:25	6.4 (51.2%)
212	<b>JANOSZ Ada</b>	<b>6026</b>		Senior I K - 20	7	01:19:35	03:45:07		<b>05:11:15.00</b>	+02:32:32 (49.0%)	9:25	6.4 (51.2%)
213	<b>ROJEK Mateusz</b>	<b>6354</b>		Senior II M - 30	88	01:18:08	03:39:49		<b>05:11:59.05</b>	+02:33:16 (49.1%)	9:27	6.3 (50.4%)
214	<b>DENYSENKO Lech</b>	<b>6023</b>	BDB TEAM KATOWICE	Weteran II M - 60	2	01:22:46	03:46:11		<b>05:12:07.20</b>	+02:33:24 (49.1%)	9:27	6.3 (50.4%)
215	<b>SUCHANEK Aleksandra</b>	<b>6096</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	17	01:21:10	03:49:57		<b>05:12:13.35</b>	+02:33:30 (49.2%)	9:27	6.3 (50.4%)
216	<b>WÓJCIK Karol</b>	<b>6463</b>	NIEWYCHOWANI FIZYCZNIE	Senior I M - 20	29	01:19:03	03:45:44		<b>05:12:18.10</b>	+02:33:35 (49.2%)	9:27	6.3 (50.4%)
217	<b>LAZAROWICZ Krzysztof</b>	<b>6294</b>		Senior II M - 30	89	01:17:22	03:48:02		<b>05:12:33.15</b>	+02:33:50 (49.2%)	9:28	6.3 (50.4%)
218	<b>KUTSKO Oksana</b>	<b>6481</b>		Senior I K - 20	8	01:14:44	03:39:32		<b>05:12:34.70</b>	+02:33:51 (49.2%)	9:28	6.3 (50.4%)
219	<b>NALEPKA Grzegorz</b>	<b>6355</b>		Senior II M - 30	90	01:18:18	03:35:36		<b>05:12:41.20</b>	+02:33:58 (49.2%)	9:28	6.3 (50.4%)
220	<b>DUROWICZ Natalia</b>	<b>6399</b>		Senior II K - 30	18	01:21:01	03:49:12		<b>05:13:29.80</b>	+02:34:46 (49.4%)	9:29	6.3 (50.4%)
221	<b>WAWRZYŃIAK Krystian</b>	<b>6279</b>	OKB ODRA OPOLE	Senior II M - 30	91	01:21:46	03:55:04		<b>05:13:42.25</b>	+02:34:59 (49.4%)	9:30	6.3 (50.4%)
222	<b>SZAL Małgorzata</b>	<b>6387</b>	TENIS CENTRUM AS	Senior II K - 30	19	01:21:56	03:54:45		<b>05:13:50.95</b>	+02:35:08 (49.4%)	9:30	6.3 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km					
223	<b>BESTRZYŃSKA Joanna</b>	<b>6373</b>	CZŁAPAK ROBAKOWO	Weteran K - 50	2	01:19:51	03:56:25		<b>05:14:26.00</b>	+02:35:43 (49.5%)	9:31	6.3 (50.4%)
224	<b>BLACHA Krzysztof</b>	<b>6532</b>	TRASY-BIEGOWE.PL	Senior II M - 30	92	01:15:06	03:44:08		<b>05:14:52.20</b>	+02:36:09 (49.6%)	9:32	6.3 (50.4%)
225	<b>KUBISIAK Dariusz</b>	<b>6132</b>		Weteran I M - 50	6	01:16:10	03:51:08		<b>05:15:13.00</b>	+02:36:30 (49.6%)	9:33	6.3 (50.4%)
226	<b>SKŁADANOWSKI Marek</b>	<b>6166</b>		Senior II M - 30	93	01:22:01	03:53:13		<b>05:15:44.50</b>	+02:37:01 (49.7%)	9:34	6.3 (50.4%)
227	<b>DOKUPIŁ Kinga</b>	<b>6062</b>		Senior I K - 20	9	01:19:29	03:50:31		<b>05:15:46.05</b>	+02:37:03 (49.7%)	9:34	6.3 (50.4%)
228	<b>BAJERLEIN Sylwia</b>	<b>6502</b>		Senior II K - 30	20	01:21:24	03:46:42		<b>05:15:55.90</b>	+02:37:12 (49.8%)	9:34	6.3 (50.4%)
229	<b>WIERZBIŃSKA Edyta</b>	<b>6470</b>	ULTRADZICZKI I ULTRALISICZKI	Masters K - 40	12	01:24:50	03:50:15		<b>05:16:01.85</b>	+02:37:18 (49.8%)	9:34	6.3 (50.4%)
230	<b>POJDA Grzegorz</b>	<b>6231</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	57	01:22:21	03:53:43		<b>05:16:06.55</b>	+02:37:23 (49.8%)	9:34	6.3 (50.4%)
231	<b>BYSTRČIČAN Jiří</b>	<b>6545</b>	BKLUDGEŘOVICE	Weteran I M - 50	7	01:15:10	03:50:24		<b>05:17:00.35</b>	+02:38:17 (49.9%)	9:36	6.2 (49.6%)
232	<b>MITIS Marek</b>	<b>6022</b>		Senior II M - 30	94	01:24:43	03:49:57		<b>05:17:50.65</b>	+02:39:07 (50.1%)	9:37	6.2 (49.6%)
233	<b>SYCHOWSKI Dawid</b>	<b>6129</b>		Senior II M - 30	95	01:20:51	03:50:30		<b>05:18:03.40</b>	+02:39:20 (50.1%)	9:38	6.2 (49.6%)
234	<b>GIDASZEWSKA Jolanta</b>	<b>6501</b>	NESSI	Masters K - 40	13	01:28:53	03:55:40		<b>05:18:14.10</b>	+02:39:31 (50.1%)	9:38	6.2 (49.6%)
235	<b>RYCHLEWICZ Tomasz</b>	<b>6170</b>		Senior II M - 30	96	01:17:23	03:54:34		<b>05:19:07.35</b>	+02:40:24 (50.3%)	9:40	6.2 (49.6%)
236	<b>WOJTKOWSKI Ireneusz</b>	<b>6260</b>	ASSECO ACTIVE TEAM	Weteran II M - 60	3	01:19:33	03:48:24		<b>05:19:11.15</b>	+02:40:28 (50.3%)	9:40	6.2 (49.6%)
237	<b>DOLIWKA Paweł</b>	<b>6361</b>	LUBAWA KOCHA BIEGAĆ/BIEGAM UKOLESI	Masters M - 40	58	01:15:16	03:46:51		<b>05:19:36.05</b>	+02:40:53 (50.3%)	9:41	6.2 (49.6%)
238	<b>JASIŃSKI Daniel</b>	<b>6226</b>		Senior II M - 30	97	01:14:20	03:55:57		<b>05:19:42.55</b>	+02:40:59 (50.4%)	9:41	6.2 (49.6%)
239	<b>GOŁĄB Aleksandra</b>	<b>6045</b>	TEN CO MARCIN G.	Senior II K - 30	21	01:23:09	03:53:27		<b>05:19:43.20</b>	+02:41:00 (50.4%)	9:41	6.2 (49.6%)
240	<b>WIATER Tomasz</b>	<b>6012</b>		Masters M - 40	59	01:09:35	03:44:17		<b>05:19:55.45</b>	+02:41:12 (50.4%)	9:41	6.2 (49.6%)
241	<b>WILCZEK Rafał</b>	<b>6538</b>	KLUB BIEGACZA JURAND	Senior II M - 30	98	01:16:01	03:49:10		<b>05:20:41.15</b>	+02:41:58 (50.5%)	9:43	6.2 (49.6%)
242	<b>MIKOŁAJEWSKA Zofia</b>	<b>6004</b>	OLEJ RUNNING TEAM	Senior I K - 20	10	01:22:41	03:49:58		<b>05:20:49.25</b>	+02:42:06 (50.5%)	9:43	6.2 (49.6%)
243	<b>GRABARCZYK Ilona</b>	<b>6035</b>		Masters K - 40	14	01:24:39	03:56:23		<b>05:20:49.90</b>	+02:42:06 (50.5%)	9:43	6.2 (49.6%)
244	<b>LECH Grzegorz</b>	<b>6033</b>	KB ODRA OPOLE	Senior II M - 30	99	01:21:45	03:56:12		<b>05:21:01.00</b>	+02:42:18 (50.6%)	9:43	6.2 (49.6%)
245	<b>MICHAŁSKI Grzegorz</b>	<b>6229</b>	CAFFEDELMONDO.PL	Masters M - 40	60	01:20:00	03:49:28		<b>05:22:19.45</b>	+02:43:36 (50.8%)	9:46	6.1 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
246	<b>MIŚTALSKI Damian</b>	<b>6249</b>		Senior II M - 30	100	01:18:34	03:52:05		<b>05:22:25.45</b>	+02:43:42 (50.8%)	9:46	6.1 (48.8%)
247	<b>WÓJCIAK Łukasz</b>	<b>6090</b>	UMAWIANIENABIEGANIETEAM	Senior II M - 30	101	01:19:15	03:50:15		<b>05:22:26.40</b>	+02:43:43 (50.8%)	9:46	6.1 (48.8%)
248	<b>OLEJNIK Marcin</b>	<b>6520</b>	DZINKOWY DZIABAĞ TEAM	Senior II M - 30	102	01:19:17	03:52:23		<b>05:22:50.15</b>	+02:44:07 (50.8%)	9:46	6.1 (48.8%)
249	<b>SAJEWICZ Piotr</b>	<b>6194</b>	TURBINA BAŁAKOWO	Senior II M - 30	103	01:18:53	03:50:46		<b>05:23:03.50</b>	+02:44:20 (50.9%)	9:47	6.1 (48.8%)
250	<b>CHUDA Aneta</b>	<b>6017</b>		Masters K - 40	15	01:29:16	04:01:34		<b>05:23:05.85</b>	+02:44:22 (50.9%)	9:47	6.1 (48.8%)
251	<b>WOLEK Jerzy</b>	<b>6459</b>		Weteran II M - 60	4	01:20:09	03:56:06		<b>05:24:04.30</b>	+02:45:21 (51.0%)	9:49	6.1 (48.8%)
252	<b>ZAHORODNIA Hanna</b>	<b>6189</b>		Senior I K - 20	11	01:19:56	03:49:29		<b>05:24:26.00</b>	+02:45:43 (51.1%)	9:49	6.1 (48.8%)
253	<b>STACHOWIAK Marek</b>	<b>6058</b>	ROKIETNICA BIEGA	Masters M - 40	61	01:18:09	03:55:39		<b>05:25:05.35</b>	+02:46:22 (51.2%)	9:51	6.1 (48.8%)
254	<b>NOWAK Marta</b>	<b>6183</b>		Masters K - 40	16	01:25:51	03:56:41		<b>05:25:24.85</b>	+02:46:41 (51.2%)	9:51	6.1 (48.8%)
255	<b>WIĘCKOWSKI Tomasz</b>	<b>6516</b>	KB ORANGE POLSKA/OBORYGENI	Weteran I M - 50	8	01:11:50	03:56:48		<b>05:25:33.30</b>	+02:46:50 (51.2%)	9:51	6.1 (48.8%)
256	<b>ŻĘŁOBOWSKI Przemysław</b>	<b>6350</b>	BUŁKA Z PASZTETEM I KAKAŁO	Senior II M - 30	104	01:17:13	03:51:46		<b>05:25:55.10</b>	+02:47:12 (51.3%)	9:52	6.1 (48.8%)
257	<b>DUDA Dariusz</b>	<b>6102</b>	MIRAZ RACE TEAM	Senior II M - 30	105	01:19:42	03:53:06		<b>05:25:58.55</b>	+02:47:15 (51.3%)	9:52	6.1 (48.8%)
258	<b>BALCZYŃSKA Anna</b>	<b>6020</b>	PIĄTKOWO NA BIEGOWO	Senior II K - 30	22	01:27:12	03:57:12		<b>05:26:43.05</b>	+02:48:00 (51.4%)	9:54	6.1 (48.8%)
259	<b>LESIŃSKI Piotr</b>	<b>6417</b>	ATOS RACING TEAM	Senior II M - 30	106	01:27:12	03:56:40		<b>05:28:32.20</b>	+02:49:49 (51.7%)	9:57	6 (48.0%)
260	<b>PORZYCKI Tomasz</b>	<b>6353</b>		Senior II M - 30	107	01:21:49	03:52:03		<b>05:29:21.65</b>	+02:50:38 (51.8%)	9:58	6 (48.0%)
261	<b>KUBIAK Marta</b>	<b>6018</b>		Senior II K - 30	23	01:28:38	04:01:12		<b>05:29:28.40</b>	+02:50:45 (51.8%)	9:59	6 (48.0%)
262	<b>OWCZARZAK Katarzyna</b>	<b>6011</b>		Senior II K - 30	24	01:28:37	04:01:11		<b>05:29:28.60</b>	+02:50:45 (51.8%)	9:59	6 (48.0%)
263	<b>KONIECZNY Przemysław</b>	<b>6327</b>		Senior II M - 30	108	01:19:52	03:56:25		<b>05:30:22.90</b>	+02:51:39 (52.0%)	10:00	6 (48.0%)
264	<b>DOLECKA Elżbieta</b>	<b>6380</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	17	01:25:03	04:02:32		<b>05:30:50.45</b>	+02:52:07 (52.0%)	10:01	6 (48.0%)
265	<b>MISIAK Patryk</b>	<b>6101</b>	CHOMIKI Z KOPYTEM	Masters M - 40	62	01:28:22	04:11:43		<b>05:31:05.30</b>	+02:52:22 (52.1%)	10:01	6 (48.0%)
266	<b>MAZAN Wojciech</b>	<b>6069</b>		Senior II M - 30	109	01:27:47	04:03:16		<b>05:31:27.50</b>	+02:52:44 (52.1%)	10:02	6 (48.0%)
267	<b>RADOMSKI Bartosz</b>	<b>6398</b>		Senior II M - 30	110	01:21:03	04:01:29		<b>05:31:28.60</b>	+02:52:45 (52.1%)	10:02	6 (48.0%)
268	<b>JURSKI Szymon</b>	<b>6181</b>	KAZIKI	Senior II M - 30	111	01:26:23	04:05:47		<b>05:32:19.45</b>	+02:53:36 (52.2%)	10:04	6 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
269	<b>GRUNTOWSKI Mateusz</b>	<b>6536</b>	NIEMO ADVENTURE	Senior II M - 30	112	01:27:16	04:02:47		<b>05:32:50.50</b>	+02:54:07 (52.3%)	10:05	5.9 (47.2%)
270	<b>ZNAMIEC Marcin</b>	<b>6451</b>	ULTRA KSP	Masters M - 40	63	01:24:55	03:51:19		<b>05:33:03.80</b>	+02:54:20 (52.3%)	10:05	5.9 (47.2%)
271	<b>KUBIAK Dariusz</b>	<b>6299</b>	KKKLEGNICA	Weteran II M - 60	5	01:17:37	04:00:24		<b>05:33:24.15</b>	+02:54:41 (52.4%)	10:06	5.9 (47.2%)
272	<b>ODZIMKOWSKI Marcin</b>	<b>6199</b>		Senior II M - 30	113	01:25:26	04:07:29		<b>05:34:42.70</b>	+02:55:59 (52.6%)	10:08	5.9 (47.2%)
273	<b>LEWANDOWSKI Leszek</b>	<b>6201</b>	POWSTAŃCY Z KANAPY	Masters M - 40	64	01:25:45	04:01:29		<b>05:35:11.40</b>	+02:56:28 (52.6%)	10:09	5.9 (47.2%)
274	<b>JAKUBOWSKA Renata</b>	<b>6418</b>	NIEZRZESZONA AMATORKA	Weteran II K - 60	1	01:25:18	04:02:08		<b>05:36:00.90</b>	+02:57:17 (52.8%)	10:10	5.9 (47.2%)
275	<b>SOBOLEWSKI Bartłomiej</b>	<b>6252</b>		Weteran II M - 60	6	01:20:22	03:55:34		<b>05:37:14.30</b>	+02:58:31 (52.9%)	10:13	5.9 (47.2%)
276	<b>STEFANOWSKI Marcin</b>	<b>6324</b>	***** ***	Masters M - 40	65	01:25:24	04:03:14		<b>05:37:37.50</b>	+02:58:54 (53.0%)	10:13	5.9 (47.2%)
277	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>6515</b>	TIM JEST TIM	Masters K - 40	18	01:24:03	04:07:14		<b>05:38:50.25</b>	+03:00:07 (53.2%)	10:16	5.8 (46.4%)
278	<b>MSZYCA Maciej</b>	<b>6222</b>		Senior II M - 30	114	01:26:32	04:05:56		<b>05:38:54.20</b>	+03:00:11 (53.2%)	10:16	5.8 (46.4%)
279	<b>KOPROWSKA Agnieszka</b>	<b>6160</b>	BIEGAM U KOLESI	Senior II K - 30	25	01:23:14	03:58:20		<b>05:39:19.05</b>	+03:00:36 (53.2%)	10:16	5.8 (46.4%)
280	<b>NOZDRYN-PŁOTNICKI Bolesław</b>	<b>6127</b>		Masters M - 40	66	01:24:46	04:12:50		<b>05:40:58.90</b>	+03:02:15 (53.5%)	10:19	5.8 (46.4%)
281	<b>PONIATOWSKI Seweryn</b>	<b>6065</b>	TROPEM ULTRA	Senior II M - 30	115	01:22:52	04:01:02		<b>05:42:06.10</b>	+03:03:23 (53.6%)	10:22	5.8 (46.4%)
282	<b>GACH Marcin</b>	<b>6382</b>	DELTAKOMANDO HARDCOROWEGO BOBRA	Senior II M - 30	116	01:17:48	03:50:45		<b>05:42:24.15</b>	+03:03:41 (53.6%)	10:22	5.8 (46.4%)
283	<b>KRAWCZYK Mirosław</b>	<b>6106</b>	MJMETAL OŚWIĘCIM	Weteran II M - 60	7	01:32:34	04:12:10		<b>05:42:50.30</b>	+03:04:07 (53.7%)	10:23	5.8 (46.4%)
284	<b>TOCZEWSKA Anna</b>	<b>6448</b>	JACEKBIEGA RUNNING TEAM	Weteran K - 50	3	01:26:25	04:12:01		<b>05:43:04.40</b>	+03:04:21 (53.7%)	10:23	5.8 (46.4%)
285	<b>SZCZEPKOWSKI Paweł</b>	<b>6340</b>	ARTEQUIPMENT.	Weteran II M - 60	8	01:32:16	04:16:10		<b>05:43:05.75</b>	+03:04:22 (53.7%)	10:23	5.8 (46.4%)
286	<b>GAWRON Monika</b>	<b>6411</b>	MIRAZ RACE TEAM	Masters K - 40	19	01:25:34	04:16:06		<b>05:43:13.75</b>	+03:04:30 (53.8%)	10:24	5.8 (46.4%)
287	<b>STACHAK Krzysztof</b>	<b>6410</b>	MIRAZ RACE TEAM	Masters M - 40	67	01:25:31	04:16:21		<b>05:43:14.00</b>	+03:04:31 (53.8%)	10:24	5.8 (46.4%)
288	<b>MACIEJEWSKI Robert</b>	<b>6526</b>	BIEGAM BO LUBIĘ	Masters M - 40	68	01:28:05	04:08:46		<b>05:44:30.30</b>	+03:05:47 (53.9%)	10:26	5.7 (45.6%)
289	<b>SAŁEK Agata</b>	<b>6307</b>		Senior II K - 30	26	01:28:14	04:14:03		<b>05:45:26.20</b>	+03:06:43 (54.1%)	10:28	5.7 (45.6%)
290	<b>STAŃCZAK Paweł</b>	<b>6443</b>	BEAUTYSPORT	Weteran I M - 50	9	01:24:07	04:07:17		<b>05:45:37.30</b>	+03:06:54 (54.1%)	10:28	5.7 (45.6%)
291	<b>BIADAŁA Paulina</b>	<b>6445</b>		Masters K - 40	20	01:28:17	04:17:23		<b>05:46:08.65</b>	+03:07:25 (54.1%)	10:29	5.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
292	<b>BŁASZKIEWICZ Klaudia</b>	<b>6372</b>		Senior I K - 20	12	01:29:21	04:13:59		<b>05:46:13.95</b>	+03:07:31 (54.2%)	10:29	5.7 (45.6%)
293	<b>ZBOROWSKI Norbert</b>	<b>6394</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	117	01:20:32	04:22:41		<b>05:46:34.45</b>	+03:07:51 (54.2%)	10:30	5.7 (45.6%)
294	<b>KULCZYKOWSKA Julita</b>	<b>6089</b>	CHOMIKI Z KOPYTEM	Masters K - 40	21	01:30:00	04:16:26		<b>05:47:10.60</b>	+03:08:27 (54.3%)	10:31	5.7 (45.6%)
295	<b>WOZNIAK Damian</b>	<b>6034</b>	CHOMIKI Z KOPYTEM	Masters M - 40	69	01:29:39	04:16:25		<b>05:47:10.90</b>	+03:08:27 (54.3%)	10:31	5.7 (45.6%)
296	<b>WISZNIEWICZ Agnieszka</b>	<b>6259</b>		Senior II K - 30	27	01:27:48	04:14:53		<b>05:49:06.25</b>	+03:10:23 (54.5%)	10:34	5.7 (45.6%)
297	<b>RYCZYŃSKI Jacek</b>	<b>6108</b>		Masters M - 40	70	01:29:13	04:27:35		<b>05:49:12.85</b>	+03:10:29 (54.6%)	10:34	5.7 (45.6%)
298	<b>WITKOWSKI Witold</b>	<b>6436</b>		Masters M - 40	71	01:18:43	03:57:58		<b>05:51:11.55</b>	+03:12:28 (54.8%)	10:38	5.6 (44.8%)
299	<b>STEFANIAK Marcin</b>	<b>6111</b>	STR/PREFAWAAB	Masters M - 40	72	01:21:43	04:09:35		<b>05:51:33.40</b>	+03:12:50 (54.9%)	10:39	5.6 (44.8%)
300	<b>ZYCHOWICZ Zbigniew</b>	<b>6149</b>	SBRT WROCŁAW	Masters M - 40	73	01:22:05	04:14:58		<b>05:52:03.10</b>	+03:13:20 (54.9%)	10:40	5.6 (44.8%)
301	<b>MATUSZCZYK Marek</b>	<b>6214</b>	RYBNICKA GRUPA BIEGOWA	Masters M - 40	74	01:27:57	04:18:03		<b>05:53:40.05</b>	+03:14:57 (55.1%)	10:43	5.6 (44.8%)
302	<b>PARZYCH Wojciech</b>	<b>6216</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	75	01:27:57	04:18:03		<b>05:53:41.40</b>	+03:14:58 (55.1%)	10:43	5.6 (44.8%)
303	<b>TYMBOROWSKA - WIEDRO Małgorzata</b>	<b>6531</b>	WKURW_TEAM	Masters K - 40	22	01:30:34	04:17:16		<b>05:55:22.70</b>	+03:16:39 (55.3%)	10:46	5.6 (44.8%)
304	<b>PIETRZAK Krzysztof</b>	<b>6266</b>	BIEGAMBOLUBIĘ GORZÓW	Senior II M - 30	118	01:37:53	04:28:05		<b>05:56:19.15</b>	+03:17:36 (55.5%)	10:47	5.6 (44.8%)
305	<b>KOPYRA Tomasz</b>	<b>6320</b>		Masters M - 40	76	01:29:14	04:10:55		<b>05:56:27.80</b>	+03:17:44 (55.5%)	10:48	5.6 (44.8%)
306	<b>BUJALSKA Agata</b>	<b>6151</b>		Senior II K - 30	28	01:26:05	04:29:44		<b>05:57:19.90</b>	+03:18:36 (55.6%)	10:49	5.5 (44.0%)
307	<b>KOŁACZ Mariusz</b>	<b>6296</b>	LAFIRYNDY I GAMONIE	Weteran I M - 50	10	01:35:10	04:25:10		<b>05:57:30.75</b>	+03:18:47 (55.6%)	10:50	5.5 (44.0%)
308	<b>JOPA Maciej</b>	<b>6097</b>		Senior II M - 30	119	01:22:56	04:09:59		<b>05:57:50.45</b>	+03:19:07 (55.6%)	10:50	5.5 (44.0%)
309	<b>KRZESZEWSKA Dorota</b>	<b>6223</b>		Masters K - 40	23	01:29:39	04:29:40		<b>05:58:48.45</b>	+03:20:05 (55.8%)	10:52	5.5 (44.0%)
310	<b>KUKLA-KOWALSKA Alicja</b>	<b>6057</b>	BIEGAM BO NIE LUBIE	Masters K - 40	24	01:30:12	04:24:50		<b>05:58:57.25</b>	+03:20:14 (55.8%)	10:52	5.5 (44.0%)
311	<b>SMORAWSKA Lidia</b>	<b>6244</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	29	01:25:45	04:21:17		<b>05:58:57.30</b>	+03:20:14 (55.8%)	10:52	5.5 (44.0%)
312	<b>BURMISTRZ Bartosz</b>	<b>6246</b>	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	120	01:25:46	04:21:17		<b>05:58:57.40</b>	+03:20:14 (55.8%)	10:52	5.5 (44.0%)
313	<b>KOWALCZYK Marcin</b>	<b>6317</b>		Senior II M - 30	121	01:36:15	04:25:39		<b>05:59:47.30</b>	+03:21:04 (55.9%)	10:54	5.5 (44.0%)
314	<b>RATKOWSKA Izabela</b>	<b>6261</b>		Senior II K - 30	30	01:36:12	04:25:38		<b>05:59:47.70</b>	+03:21:04 (55.9%)	10:54	5.5 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
315	<b>KWIATKOWSKA Agnieszka</b>	<b>6224</b>	LIPIARY	Senior II K - 30	31	01:42:01	04:35:00		<b>05:59:57.95</b>	+03:21:15 (55.9%)	10:54	5.5 (44.0%)
316	<b>CZAJKA Elżbieta</b>	<b>6225</b>	LIPIARY	Senior II K - 30	32	01:42:05	04:35:04		<b>05:59:59.40</b>	+03:21:16 (55.9%)	10:54	5.5 (44.0%)
317	<b>MARCINIAK Anna</b>	<b>6467</b>		Masters K - 40	25	01:34:30	04:23:25		<b>06:00:49.50</b>	+03:22:06 (56.0%)	10:56	5.5 (44.0%)
318	<b>PAWELEC Radosław</b>	<b>6305</b>		Weteran II M - 60	9	01:29:59	04:23:38		<b>06:00:55.30</b>	+03:22:12 (56.0%)	10:56	5.5 (44.0%)
319	<b>GRANECKA Monika</b>	<b>6543</b>	DZIK KOMANDO	Masters K - 40	26	01:25:29	04:25:29		<b>06:01:36.25</b>	+03:22:53 (56.1%)	10:57	5.5 (44.0%)
320	<b>JAGODZIŃSKI Hubert</b>	<b>6255</b>	DZIK KOMANDO	Senior II M - 30	122	01:21:05	04:25:31		<b>06:01:39.30</b>	+03:22:56 (56.1%)	10:57	5.5 (44.0%)
321	<b>KACZMAREK Łukasz</b>	<b>6379</b>	DZIK KOMANDO	Senior II M - 30	123	01:10:24	04:25:34		<b>06:01:40.45</b>	+03:22:57 (56.1%)	10:57	5.5 (44.0%)
322	<b>ŚMIECHOWSKA Małgorzata</b>	<b>6539</b>		Masters K - 40	27	01:30:17	04:19:26		<b>06:01:53.85</b>	+03:23:10 (56.1%)	10:57	5.5 (44.0%)
323	<b>KASZUBSKI Marek</b>	<b>6137</b>		Masters M - 40	77	01:20:07			<b>06:02:16.05</b>	+03:23:33 (56.2%)	10:58	5.5 (44.0%)
324	<b>CZESKA Karolina</b>	<b>6247</b>	LAMPART TRENING	Senior II K - 30	33	01:34:38	04:29:18		<b>06:02:21.35</b>	+03:23:38 (56.2%)	10:58	5.5 (44.0%)
325	<b>WRÓBLEWSKI Witold</b>	<b>6483</b>		Senior II M - 30	124	01:17:03	04:18:55		<b>06:02:55.60</b>	+03:24:12 (56.3%)	10:59	5.5 (44.0%)
326	<b>WORONOWICZ Karol</b>	<b>6312</b>		Senior II M - 30	125	01:32:29	04:30:50		<b>06:03:29.80</b>	+03:24:46 (56.3%)	11:00	5.4 (43.2%)
327	<b>MAZUR Marek</b>	<b>6385</b>		Masters M - 40	78	01:21:53	04:19:57		<b>06:04:27.70</b>	+03:25:44 (56.5%)	11:02	5.4 (43.2%)
328	<b>PACIOREK Paweł</b>	<b>6440</b>	THE ONE AND LONELY	Masters M - 40	79	01:27:24	04:17:25		<b>06:05:14.80</b>	+03:26:31 (56.5%)	11:04	5.4 (43.2%)
329	<b>BOŹKIEWICZ Patrycja</b>	<b>6233</b>	PIEKIELNIE ZGRANI	Masters K - 40	28	01:33:41	04:28:26		<b>06:05:38.35</b>	+03:26:55 (56.6%)	11:04	5.4 (43.2%)
330	<b>KOŃ Aleksandra</b>	<b>6407</b>	EKIPA LIPA	Masters K - 40	29	01:37:12	04:41:47		<b>06:06:17.25</b>	+03:27:34 (56.7%)	11:05	5.4 (43.2%)
331	<b>KONCA Mariusz</b>	<b>6005</b>	KB OŹARÓW MAZOWIECKI BIEGA	Masters M - 40	80	01:32:36	04:32:15		<b>06:06:21.30</b>	+03:27:38 (56.7%)	11:06	5.4 (43.2%)
332	<b>DOWNAR-ZAPOLSKA Laura</b>	<b>6141</b>		Senior I K - 20	13	01:37:06	04:37:50		<b>06:06:47.30</b>	+03:28:04 (56.7%)	11:06	5.4 (43.2%)
333	<b>GRZELKA Tomasz</b>	<b>6001</b>	RUNNER'S POWER	Masters M - 40	81	01:25:06	04:29:25		<b>06:07:25.40</b>	+03:28:42 (56.8%)	11:08	5.4 (43.2%)
334	<b>SKORUPSKI Szymon</b>	<b>6110</b>	KURACJUSZE	Senior II M - 30	126	01:22:49	04:35:43		<b>06:07:29.65</b>	+03:28:46 (56.8%)	11:08	5.4 (43.2%)
335	<b>PTASZYŃSKI Marcin</b>	<b>6311</b>		Senior II M - 30	127	01:27:41	04:23:58		<b>06:07:47.80</b>	+03:29:04 (56.8%)	11:08	5.4 (43.2%)
336	<b>BRONIEWSKA Anna</b>	<b>6088</b>		Weteran K - 50	4	01:26:11	04:23:20		<b>06:08:12.10</b>	+03:29:29 (56.9%)	11:09	5.4 (43.2%)
337	<b>GŁOWACKA Renata</b>	<b>6262</b>	LULARUN	Weteran K - 50	5	01:28:49	04:31:15		<b>06:08:25.20</b>	+03:29:42 (56.9%)	11:09	5.4 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
338	<b>KOTULA Weronika</b>	<b>6409</b>		Senior II K - 30	34	01:33:09	04:33:34		<b>06:08:50.85</b>	+03:30:07 (57.0%)	11:10	5.4 (43.2%)
339	<b>ZIEMKOWSKA Monika</b>	<b>6323</b>		Masters K - 40	30	01:38:21	04:38:35		<b>06:10:00.05</b>	+03:31:17 (57.1%)	11:12	5.4 (43.2%)
340	<b>KACZMAREK Maciej</b>	<b>6091</b>	TEAM BEROTU	Senior II M - 30	128	01:27:49	04:24:37		<b>06:10:40.55</b>	+03:31:57 (57.2%)	11:13	5.3 (42.4%)
341	<b>KLYSZCZ Monika</b>	<b>6505</b>	IZBICKO W BIEGU	Senior II K - 30	35	01:30:29	04:36:18		<b>06:10:52.40</b>	+03:32:09 (57.2%)	11:14	5.3 (42.4%)
342	<b>OCHNIO Ewa</b>	<b>6021</b>	DALEKA DROGA	Masters K - 40	31	01:37:03	04:24:45		<b>06:11:11.55</b>	+03:32:28 (57.2%)	11:14	5.3 (42.4%)
343	<b>GAJEWSKI Paweł</b>	<b>6290</b>	BEAUTY SPORT	Weteran I M - 50	11	01:38:49	04:39:07		<b>06:12:13.10</b>	+03:33:30 (57.4%)	11:16	5.3 (42.4%)
344	<b>GAJEWSKI Magdalena Gajewska</b>	<b>6291</b>	L&G	Weteran K - 50	6	01:38:51	04:39:07		<b>06:12:13.90</b>	+03:33:30 (57.4%)	11:16	5.3 (42.4%)
345	<b>STANISZEWSKI Maciek</b>	<b>6040</b>		Masters M - 40	82	01:23:04	04:37:06		<b>06:13:55.60</b>	+03:35:12 (57.6%)	11:19	5.3 (42.4%)
346	<b>BECHTA Bechta</b>	<b>6144</b>	ADIDAS RUNNERS WARSAW	Senior I M - 20	30	01:30:26	04:32:31		<b>06:14:19.90</b>	+03:35:36 (57.6%)	11:20	5.3 (42.4%)
347	<b>BARTKOWIAK Piotr</b>	<b>6117</b>	M-FIT RAWICZ	Senior II M - 30	129	01:34:19	04:34:21		<b>06:14:24.05</b>	+03:35:41 (57.6%)	11:20	5.3 (42.4%)
348	<b>JUSIAK Marta</b>	<b>6116</b>	M-FIT RAWICZ	Senior II K - 30	36	01:34:17	04:33:37		<b>06:14:24.70</b>	+03:35:41 (57.6%)	11:20	5.3 (42.4%)
349	<b>KOWALSKA Katarzyna</b>	<b>6474</b>	NIEPOŁOMICE BIEGAJĄ	Weteran K - 50	7	01:36:59	04:27:31		<b>06:14:52.80</b>	+03:36:09 (57.7%)	11:21	5.3 (42.4%)
350	<b>LEKS-MASZKOWSKA Ryszarda</b>	<b>6435</b>	OBORYGENI	Masters K - 40	32	01:32:34	04:55:01		<b>06:16:14.20</b>	+03:37:31 (57.8%)	11:24	5.3 (42.4%)
351	<b>HATAŁA Tomasz</b>	<b>6076</b>	BARCA	Senior II M - 30	130	01:27:48	04:31:48		<b>06:17:04.85</b>	+03:38:21 (57.9%)	11:25	5.3 (42.4%)
352	<b>GAWLAK Robert</b>	<b>6169</b>	MNG / RYTM CZ-DZ	Senior II M - 30	131	01:28:11	04:30:26		<b>06:17:18.10</b>	+03:38:35 (57.9%)	11:26	5.2 (41.6%)
353	<b>ZARZECZNY Radosław</b>	<b>6003</b>	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	132	01:35:03	04:21:41		<b>06:17:37.55</b>	+03:38:54 (58.0%)	11:26	5.2 (41.6%)
354	<b>WYSMOLINSKA Karolina</b>	<b>6430</b>		Masters K - 40	33	01:36:54	04:35:20		<b>06:17:42.00</b>	+03:38:59 (58.0%)	11:26	5.2 (41.6%)
355	<b>HORODYŃSKA Mirosława</b>	<b>6541</b>	KOTWICA BRZEG	Masters K - 40	34	01:38:28	04:50:17		<b>06:18:35.80</b>	+03:39:52 (58.1%)	11:28	5.2 (41.6%)
356	<b>WILGUS-KUBICA Katarzyna</b>	<b>6404</b>		Masters K - 40	35	01:36:51	04:42:53		<b>06:18:45.65</b>	+03:40:02 (58.1%)	11:28	5.2 (41.6%)
357	<b>KAMIŃSKI Łukasz</b>	<b>6162</b>		Masters M - 40	83	01:31:35	04:40:18		<b>06:18:53.30</b>	+03:40:10 (58.1%)	11:28	5.2 (41.6%)
358	<b>KOCZOROWSKI Marcin</b>	<b>6426</b>	TEAM ZABIEGANEDNI	Masters M - 40	84	01:38:24	04:38:10		<b>06:19:19.30</b>	+03:40:36 (58.2%)	11:29	5.2 (41.6%)
359	<b>KOCZOROWSKA Anna</b>	<b>6427</b>	TEAM ZABIEGANEDNI	Masters K - 40	36	01:38:23	04:38:10		<b>06:19:20.10</b>	+03:40:37 (58.2%)	11:29	5.2 (41.6%)
360	<b>SZURKOWSKI Michał</b>	<b>6476</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	133	01:37:30	04:42:46		<b>06:19:20.55</b>	+03:40:37 (58.2%)	11:29	5.2 (41.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
361	<b>DOBOSZ Leszek</b>	<b>6371</b>		Masters M - 40	85	01:37:29	04:42:47		<b>06:19:21.50</b>	+03:40:38 (58.2%)	11:29	5.2 (41.6%)
362	<b>POPCZYK Piotr</b>	<b>6154</b>		Masters M - 40	86	01:34:34	04:48:18		<b>06:19:35.40</b>	+03:40:52 (58.2%)	11:30	5.2 (41.6%)
363	<b>KRAWCZYK Krystian</b>	<b>6258</b>		Senior II M - 30	134	01:27:00	04:31:49		<b>06:20:24.10</b>	+03:41:41 (58.3%)	11:31	5.2 (41.6%)
364	<b>WOŁOWIEC Bożena</b>	<b>6495</b>		Masters K - 40	37	01:36:41	04:34:24		<b>06:20:57.40</b>	+03:42:14 (58.3%)	11:32	5.2 (41.6%)
365	<b>IWIŃSKI Marcin</b>	<b>6337</b>	WOLNE ŚLIMAKI	Senior II M - 30	135	01:35:24	04:47:39		<b>06:21:52.40</b>	+03:43:09 (58.4%)	11:34	5.2 (41.6%)
366	<b>BOŹKIEWICZ Jacek</b>	<b>6234</b>		Masters M - 40	87	01:32:42	04:56:09		<b>06:22:27.05</b>	+03:43:44 (58.5%)	11:35	5.2 (41.6%)
367	<b>BURDAJEWICZ Magdalena</b>	<b>6480</b>		Masters K - 40	38	01:36:24	04:38:04		<b>06:29:05.40</b>	+03:50:22 (59.2%)	11:47	5.1 (40.8%)
368	<b>KONCA Beata</b>	<b>6016</b>	KB OŹARÓW MAZOWIECKI BIEGA	Masters K - 40	39	01:43:43	04:58:42		<b>06:29:16.75</b>	+03:50:33 (59.2%)	11:47	5.1 (40.8%)
369	<b>PNIEWSKI Rafał</b>	<b>6047</b>	1ON1 TEAM	Weteran I M - 50	12	01:37:08	04:39:50		<b>06:31:22.20</b>	+03:52:39 (59.4%)	11:51	5.1 (40.8%)
370	<b>MAŁECKI Kamil</b>	<b>6049</b>		Senior II M - 30	136	01:29:08	04:58:36		<b>06:31:41.55</b>	+03:52:58 (59.5%)	11:52	5.1 (40.8%)
371	<b>PATYRA Łukasz</b>	<b>6136</b>	GOMIND	Senior II M - 30	137	01:32:11	04:43:13		<b>06:31:57.70</b>	+03:53:14 (59.5%)	11:52	5.1 (40.8%)
372	<b>CHYLIŃSKI Bartosz</b>	<b>6497</b>		Senior II M - 30	138	01:33:32	05:02:43		<b>06:31:59.20</b>	+03:53:16 (59.5%)	11:52	5.1 (40.8%)
373	<b>PAUKSZTA Aleksandra</b>	<b>6028</b>		Senior I K - 20	14	01:38:46	04:49:29		<b>06:32:02.35</b>	+03:53:19 (59.5%)	11:52	5.1 (40.8%)
374	<b>MATLAK Grzegorz</b>	<b>6413</b>	3M RUNNING TEAM	Masters M - 40	88	01:27:11	04:50:31		<b>06:32:28.65</b>	+03:53:45 (59.6%)	11:53	5 (40.0%)
375	<b>WILCZEK Małgorzata</b>	<b>6302</b>	RAJSPOORT ACTIVE	Senior II K - 30	37	01:40:12	04:56:51		<b>06:33:08.80</b>	+03:54:25 (59.6%)	11:54	5 (40.0%)
376	<b>BIAŁEK Kamila</b>	<b>6453</b>		Masters K - 40	40	01:33:30	05:02:43		<b>06:33:10.25</b>	+03:54:27 (59.6%)	11:54	5 (40.0%)
377	<b>ŁUSIAK Ewa</b>	<b>6000</b>		Masters K - 40	41	01:40:13	04:56:54		<b>06:33:29.60</b>	+03:54:46 (59.7%)	11:55	5 (40.0%)
378	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>6471</b>		Weteran I M - 50	13	01:37:54	05:01:16		<b>06:33:40.85</b>	+03:54:57 (59.7%)	11:55	5 (40.0%)
379	<b>SAŁAMACHA Stanisław</b>	<b>6186</b>	BIAŁA BIEGA	Weteran II M - 60	10	01:35:46	05:00:39		<b>06:35:30.15</b>	+03:56:47 (59.9%)	11:59	5 (40.0%)
380	<b>SAŁAMACHA Izabela</b>	<b>6187</b>	MAMY BIEGAMY	Masters K - 40	42	01:35:45	05:00:40		<b>06:35:30.30</b>	+03:56:47 (59.9%)	11:59	5 (40.0%)
381	<b>STOMPEL Ewelina</b>	<b>6396</b>		Senior II K - 30	38	01:35:39	04:55:55		<b>06:38:41.35</b>	+03:59:58 (60.2%)	12:04	5 (40.0%)
382	<b>LEŚNIEWSKI Tomek</b>	<b>6297</b>	LAFIRYNDY I GAMONIE	Masters M - 40	89	01:40:33	05:08:11		<b>06:38:41.85</b>	+03:59:58 (60.2%)	12:04	5 (40.0%)
383	<b>KURBIEL Sylwia</b>	<b>6395</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II K - 30	39	01:35:39	04:55:55		<b>06:38:42.05</b>	+03:59:59 (60.2%)	12:04	5 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
384	<b>BIS Marcin</b>	<b>6267</b>		Senior II M - 30	139	01:37:58	04:51:05		<b>06:38:43.05</b>	+04:00:00 (60.2%)	12:04	5 (40.0%)
385	<b>PROCHOŃ Krzysztof</b>	<b>6180</b>		Weteran I M - 50	14	01:51:26	04:50:28		<b>06:38:55.95</b>	+04:00:13 (60.2%)	12:05	5 (40.0%)
386	<b>MROZIŃSKI Albert</b>	<b>6242</b>		Masters M - 40	90	01:32:54	04:58:13		<b>06:39:45.85</b>	+04:01:02 (60.3%)	12:06	5 (40.0%)
387	<b>MROZIŃSKA Renata</b>	<b>6240</b>		Masters K - 40	43	01:33:08	04:58:14		<b>06:39:48.45</b>	+04:01:05 (60.3%)	12:06	5 (40.0%)
388	<b>BILCZEWSKA Basia</b>	<b>6325</b>	HEINEKEN KRAKÓW RUNNING CLUB	Senior II K - 30	40	01:40:57	05:00:01		<b>06:40:25.00</b>	+04:01:42 (60.4%)	12:08	4.9 (39.2%)
389	<b>ZAWIS Marek</b>	<b>6235</b>		Weteran I M - 50	15	01:33:19	04:52:47		<b>06:41:36.10</b>	+04:02:53 (60.5%)	12:10	4.9 (39.2%)
390	<b>MAŃKOWSKI Bartosz</b>	<b>6507</b>	KUCHNIAMANKOWSKIEGO.PL	Senior II M - 30	140	01:37:12	05:06:08		<b>06:42:25.05</b>	+04:03:42 (60.6%)	12:11	4.9 (39.2%)
391	<b>MAŃKOWSKI Dariusz</b>	<b>6508</b>	KUCHNIAMANKOWSKIEGO.PL	Weteran I M - 50	16	01:36:51	05:06:46		<b>06:42:25.60</b>	+04:03:42 (60.6%)	12:11	4.9 (39.2%)
392	<b>HOFFMANN Grzegorz</b>	<b>6165</b>	KOŚCIAN TEAM	Masters M - 40	91	01:35:37	04:58:26		<b>06:43:01.25</b>	+04:04:18 (60.6%)	12:12	4.9 (39.2%)
393	<b>RÓG Adam</b>	<b>6204</b>	BIEGAM BO LUBIĘ INOWROCŁAW	Masters M - 40	92	01:30:46	04:51:53		<b>06:44:11.85</b>	+04:05:28 (60.7%)	12:14	4.9 (39.2%)
394	<b>WRONISZEWSKI Łukasz</b>	<b>6523</b>	ION1 TEAM	Senior II M - 30	141	01:32:12	04:51:57		<b>06:44:16.75</b>	+04:05:33 (60.7%)	12:15	4.9 (39.2%)
395	<b>SZYMAŃSKI Roman</b>	<b>6386</b>	BUKOWSKI KLUB BIEGACZA	Weteran I M - 50	17	01:35:26	05:04:11		<b>06:45:51.40</b>	+04:07:08 (60.9%)	12:17	4.9 (39.2%)
396	<b>KROMER Ludwik</b>	<b>6119</b>		Weteran II M - 60	11	01:38:03	05:05:24		<b>06:47:04.75</b>	+04:08:21 (61.0%)	12:20	4.9 (39.2%)
397	<b>KOBIERECKA Monika</b>	<b>6146</b>		Masters K - 40	44	01:36:01	05:02:19		<b>06:47:10.40</b>	+04:08:27 (61.0%)	12:20	4.9 (39.2%)
398	<b>PĘCKA Beata</b>	<b>6143</b>		Masters K - 40	45	01:37:44	04:50:50		<b>06:47:10.75</b>	+04:08:27 (61.0%)	12:20	4.9 (39.2%)
399	<b>PLASZCZAK Bogumiła</b>	<b>6175</b>	PIEKIELNIE ZGRANI	Masters K - 40	46	01:38:14	05:06:00		<b>06:48:16.50</b>	+04:09:33 (61.1%)	12:22	4.8 (38.4%)
400	<b>PLASZCZAK Jarosław</b>	<b>6174</b>		Masters M - 40	93	01:39:12	05:06:02		<b>06:48:18.95</b>	+04:09:36 (61.1%)	12:22	4.8 (38.4%)
401	<b>DADAŚ Elżbieta</b>	<b>6043</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	47	01:44:52	05:01:49		<b>06:48:52.50</b>	+04:10:09 (61.2%)	12:23	4.8 (38.4%)
402	<b>DENKOWSKI Wojciech</b>	<b>6054</b>	BP RUNNING TEAM GLIWICE	Weteran I M - 50	18	01:44:49	05:01:52		<b>06:48:52.75</b>	+04:10:09 (61.2%)	12:23	4.8 (38.4%)
403	<b>GRACZYK Dobrochna</b>	<b>6092</b>		Senior I K - 20	15	01:53:00	05:19:11		<b>06:48:57.65</b>	+04:10:14 (61.2%)	12:23	4.8 (38.4%)
404	<b>GRACZYK Magdalena</b>	<b>6094</b>		Masters K - 40	48	01:53:02	05:19:11		<b>06:48:58.00</b>	+04:10:15 (61.2%)	12:23	4.8 (38.4%)
405	<b>JOŃCZYK Jerzy</b>	<b>6239</b>	TUP TUP	Weteran I M - 50	19	01:38:34	05:02:13		<b>06:49:26.75</b>	+04:10:43 (61.2%)	12:24	4.8 (38.4%)
406	<b>MYŚLIWIEC Andrzej</b>	<b>6203</b>		Weteran II M - 60	12	01:12:24	05:04:39		<b>06:50:46.80</b>	+04:12:03 (61.4%)	12:26	4.8 (38.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
407	GRUDNIEWSKI Jakub	6138		Senior II M - 30	142	01:36:54	05:04:19		<b>06:51:06.80</b>	+04:12:23 (61.4%)	12:27	4.8 (38.4%)
408	GŁUSZCZAK Jerzy	6498		Weteran II M - 60	13	01:49:39	05:11:27		<b>06:54:06.50</b>	+04:15:23 (61.7%)	12:32	4.8 (38.4%)
409	HOLONA Bożena	6428		Weteran K - 50	8	01:44:43	05:19:40		<b>06:56:18.00</b>	+04:17:35 (61.9%)	12:36	4.8 (38.4%)
410	ZAGÓRSKA Beata	6367		Senior II K - 30	41	01:47:20	05:19:40		<b>06:56:20.30</b>	+04:17:37 (61.9%)	12:36	4.8 (38.4%)
411	MUCHA-KRUCZYŃSKI Wacław	6405	MUKK "QENPI"	Weteran II M - 60	14	01:43:57	05:06:33		<b>06:57:15.35</b>	+04:18:32 (62.0%)	12:38	4.7 (37.6%)
412	ZGÓRSKI Maciej	6048	WKURW_TEAM	Masters M - 40	94	01:37:50	05:19:12		<b>06:57:50.85</b>	+04:19:07 (62.0%)	12:39	4.7 (37.6%)
413	WOLSKA Małgorzata	6366		Weteran K - 50	9	01:46:53	05:14:20		<b>06:59:03.15</b>	+04:20:20 (62.1%)	12:41	4.7 (37.6%)
414	DUDA Wojciech	6253	SKAWINA BIEGA	Masters M - 40	95	01:44:55	05:07:27		<b>06:59:46.70</b>	+04:21:03 (62.2%)	12:43	4.7 (37.6%)
415	CHORAŻY Łukasz	6179	CAŁA OLEŚNICA BIEGA	Senior II M - 30	143	01:38:24	05:06:05		<b>07:01:54.30</b>	+04:23:11 (62.4%)	12:47	4.7 (37.6%)
416	DRABARZ Jacek	6278		Masters M - 40	96	01:36:46	05:08:32		<b>07:01:54.80</b>	+04:23:11 (62.4%)	12:47	4.7 (37.6%)
417	FRANCUZ Patrycja	6400		Senior II K - 30	42	01:50:48	05:15:58		<b>07:04:48.55</b>	+04:26:05 (62.6%)	12:52	4.7 (37.6%)
418	KACZMAREK Monika	6087	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	49	01:48:31	05:23:38		<b>07:05:38.20</b>	+04:26:55 (62.7%)	12:53	4.7 (37.6%)
419	KONIECZNY Piotr	6024	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	97	01:48:26	05:23:39		<b>07:06:47.90</b>	+04:28:04 (62.8%)	12:55	4.6 (36.8%)
420	BARTOSIEWICZ Dorota	6425		Senior II K - 30	43	01:43:01	05:22:48		<b>07:12:26.50</b>	+04:33:43 (63.3%)	13:06	4.6 (36.8%)
421	GAWLAK Ewa	6168	MNG	Senior II K - 30	44	01:46:30	05:24:44		<b>07:19:02.70</b>	+04:40:19 (63.8%)	13:18	4.5 (36.0%)
422	SZARMACH Olga	6208		Senior II K - 30	45	01:43:29	05:36:07		<b>07:24:37.75</b>	+04:45:54 (64.3%)	13:28	4.5 (36.0%)
423	BESTRZYŃSKI Olech	6374	CZŁAPAK ROBAKOWO	Weteran I M - 50	20	01:51:46	05:08:36		<b>07:33:39.00</b>	+04:54:56 (65.0%)	13:44	4.4 (35.2%)
424	STRZELCZYK Aleksandra	6375	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	46	01:59:17	05:29:04		<b>07:39:25.15</b>	+05:00:42 (65.5%)	13:55	4.3 (34.4%)
425	STRZELCZYK Paweł	6376	CC 1916	Senior II M - 30	144	01:59:17	05:48:30		<b>07:39:25.25</b>	+05:00:42 (65.5%)	13:55	4.3 (34.4%)
426	BASZCZYŃSKA Barbara	6517	WKURW_TEAM	Weteran K - 50	10	02:04:26	05:50:47		<b>07:50:10.45</b>	+05:11:27 (66.2%)	14:14	4.2 (33.6%)
427	REGULSKA Aneta	6053	DRUŻYNA SZPIKU	Senior II K - 30	47	02:09:53	05:49:53		<b>08:18:07.65</b>	+05:39:24 (68.1%)	15:05	4 (32.0%)
428	RAJZAKOWSKA Anna	6209		Weteran K - 50	11	02:09:52	05:49:52		<b>08:18:09.30</b>	+05:39:26 (68.1%)	15:05	4 (32.0%)
429	KOSTULSKA Olga	6050	WKURW_TEAM	Senior II K - 30	48	02:05:52	05:58:05		<b>08:21:22.30</b>	+05:42:39 (68.3%)	15:11	3.9 (31.2%)

Przekroczony limit czasu: 08:30:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h
						9km	24km		netto 33km			
430	WALCZAK Sławomir	6490		Weteran I M - 50	21	01:53:11	06:04:05		<b>08:31:52.10</b>	+05:53:09 (69.0%)	15:30	3.9 (31.2%)
431	SZCZEPANIAK Sławomir	6415	KS LENIWIEC	Weteran I M - 50	22	02:12:04	06:12:48		<b>08:40:53.85</b>	+06:02:10 (69.5%)	15:47	3.8 (30.4%)
	CICHY Krzysztof	6416		Weteran I M - 50		01:08:17 DNF	03:11:21 DNF		<b>DNF</b>		-	- (0.0%)
	SNIEGOCKI Pawel	6083	TARNOWO PODGÓRNE BIEGA/ 4T	Masters M - 40		01:18:00 DNF	03:53:52 DNF		<b>DNF</b>		-	- (0.0%)
	KACZMAREK Dorota	6131	RADZIKI	Senior II K - 30		01:22:37 DNF	04:06:42 DNF		<b>DNF</b>		-	- (0.0%)
	KACZMAREK Radosław	6130	RADZIKI	Weteran I M - 50		01:22:27 DNF	04:06:50 DNF		<b>DNF</b>		-	- (0.0%)
	POMIANOWSKA Romana	6218		Senior II K - 30		01:54:26 DNF	05:50:24 DNF		<b>DNF</b>		-	- (0.0%)
	MAĆKOWIAK-RYDZYŃSKA Anna	6408		Masters K - 40		01:33:43 DNF	19:32:41 DNF		<b>DNF</b>		-	- (0.0%)
	KANTOR Martyna	6533		Senior II K - 30		00:56:55 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	DANILUK Krzysztof	6530	BREAKING3	Masters M - 40		00:58:39 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	WIELOGÓRSKA Natalia	6468		Senior II K - 30		01:13:58 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	POMIANOWSKI Szymon	6219	KURACJUSZE	Senior II M - 30		01:17:17 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	BRÓŃSKI Krzysztof	6238		Senior II M - 30		01:18:08 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	DOROCIAK Wioletta	6393	MISTRZOWSKI TRENING	Weteran K - 50		01:23:44 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	SĄSIADK Sławomir	6080	FEHLAU RUN TEAM	Weteran I M - 50		01:29:13 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	RAPACZ-TOPIŁKO Anna	6210	MASTERS ART	Masters K - 40		01:31:24 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	GIERCZAK Piotr	6185	ES TEAM	Masters M - 40		01:32:18 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	KAMIŃSKI Tomasz	6446	RESTAURACJA MAKARON	Weteran I M - 50		01:35:56 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	CZERNIK Andrzej	6401		Weteran II M - 60		01:50:57 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	JAŚKIEWICZ Martyna	6334		Senior I K - 20		01:50:57 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	GULA Tomasz	6419	GBY	Senior II M - 30		02:16:04 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	WIŚNIEWSKA Justyna	6412	GBY	Senior II K - 30		02:16:14 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	MROWCZYNSKA Ewa	6500		Weteran K - 50		DNF	DNF		<b>DNF</b>		-	- (0.0%)

Znaleziono 452 wynik(ów)