



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Lądek-Zdrój
33 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	6463	140MINUT.PL	Senior II M - 30	1	00:00:00	00:43:17	01:15:11	01:52:55	02:35:01.30	02:35:01.30		4:41	12.8 (100%)
2	PYSZEL Florian	6394	PIEKIELNI WARSZAWA	Senior I M - 20	1	00:00:00	00:46:28	01:19:30	01:57:52	02:42:54.00	02:42:54.00	+00:07:52 (4.8%)	4:56	12.2 (95.3%)
3	PETR Jiří	6448	SALOMON/SUUNTO	Masters M - 40	1	00:00:01	00:43:56	01:16:01	01:57:21	02:43:15.50	02:43:15.50	+00:08:14 (5.0%)	4:56	12.1 (94.5%)
4	FABIAN Marcel	6507	SOCIOS SILESIA	Senior I M - 20	2	00:00:00	00:45:13	01:18:23	01:58:53	02:46:44.60	02:46:44.60	+00:11:43 (7.0%)	5:03	11.9 (93.0%)
5	RAJCA Michał	6491	TRIMP	Senior II M - 30	2	00:00:00	00:45:13		02:00:47	02:50:57.85	02:50:57.85	+00:15:56 (9.3%)	5:10	11.6 (90.6%)
6	CZERNIAK Paweł	6498	KARKONOSZ RUNNING TEAM	Senior II M - 30	3	00:00:01	00:46:27	01:22:07	02:03:34	02:53:27.60	02:53:27.60	+00:18:26 (10.6%)	5:15	11.4 (89.1%)
7	IVANIUTA Taras	6536	RESTARTNISA.SK	Senior I M - 20	3	00:00:00	00:44:35	01:18:52	02:04:12	02:55:41.05	02:55:41.05	+00:20:39 (11.8%)	5:19	11.3 (88.3%)
8	GRÜN Vojtěch	6443	SALOMON/SUUNTO	Senior II M - 30	4	00:00:01	00:46:44	01:23:03	02:07:32	02:57:41.60	02:57:41.60	+00:22:40 (12.8%)	5:23	11.1 (86.7%)
9	KARWACZYŃSKI Roger	6118	RUNNING TEAM NASTOPY.PL	Senior II M - 30	5	00:00:01	00:49:13	01:26:37	02:10:04	02:59:14.05	02:59:14.05	+00:24:12 (13.5%)	5:25	11 (85.9%)
10	LULIS Dawid	6055	ALTRA TEAM RED	Senior II M - 30	6	00:00:01	00:50:15	01:28:36	02:13:58	03:05:02.55	03:05:02.55	+00:30:01 (16.2%)	5:36	10.7 (83.6%)
11	BONIEC Radosław	6132	NADLEŚNICTWO LIPINKI/140MINUT.PL	Senior II M - 30	7		00:50:12	01:28:56	02:14:16	03:07:10.60	03:07:10.60	+00:32:09 (17.2%)	5:40	10.6 (82.8%)
12	PAZDAN Piotr	6076	RUNNING TEAM NASTOPY.PL /140MINUT.PL	Masters M - 40	2	00:00:01	00:54:23	01:34:51	02:20:17	03:11:34.05	03:11:34.05	+00:36:32 (19.1%)	5:48	10.3 (80.5%)
13	DYJAK Robert	6099	TAMWORTH ATHLETIC CLUB	Masters M - 40	3	00:00:05	00:54:21	01:34:56	02:20:54	03:11:53.70	03:11:53.70	+00:36:52 (19.2%)	5:48	10.3 (80.5%)
14	ŚWIERAD Krystian	6486		Senior I M - 20	4	00:00:03	00:53:58	01:33:09	02:19:47	03:11:55.60	03:11:55.60	+00:36:54 (19.2%)	5:48	10.3 (80.5%)
15	KOWALEWSKA Elżbieta	6332	EDI TEAM ZGORZELEC	Masters K - 40	1		00:57:50	01:39:57	02:29:55	03:22:28.70	03:22:28.70	+00:47:27 (23.4%)	6:08	9.8 (76.6%)
16	GURGUL Sebastian	6119	AROMAT NÓG	Masters M - 40	4	00:00:03	00:56:27	01:39:48	02:31:03	03:27:46.40	03:27:46.40	+00:52:45 (25.4%)	6:17	9.5 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
17	SZUMLAŃSKI Marcin	6309	PODHALAŃSKIE DZIKI - GORAŃCY POTOK TEAM	Senior II M - 30	8	00:00:06	00:58:53	01:42:51	02:35:10	03:28:39.90	03:28:39.90	+00:53:38 (25.7%)	6:19	9.5 (74.2%)
18	CHŁOPEK Rafał	6516	EDB	Weteran I M - 50	1	00:00:04	00:57:52	01:40:32	02:30:31	03:28:45.10	03:28:45.10	+00:53:43 (25.7%)	6:19	9.5 (74.2%)
19	BANIAK Marcin	6412	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	5	00:00:01	00:54:32	01:38:38	02:29:45	03:29:22.05	03:29:22.05	+00:54:20 (26.0%)	6:20	9.5 (74.2%)
20	PASTOROVA Petra	6545		Masters K - 40	2	00:00:01	00:54:07	01:35:52	02:26:26	03:29:26.85	03:29:26.85	+00:54:25 (26.0%)	6:20	9.5 (74.2%)
21	MARKOVÁ Barbora	6369		Senior I K - 20	1	00:00:13	00:59:37	01:42:45	02:35:26	03:30:13.00	03:30:13.00	+00:55:11 (26.3%)	6:22	9.4 (73.4%)
22	SZOSTEK Marek	6236		Senior I M - 20	5	00:00:44	01:02:19	01:43:17	02:34:33	03:31:38.90	03:31:38.90	+00:56:37 (26.8%)	6:24	9.4 (73.4%)
23	GAZDA Vítězslav	6188	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	6	00:00:04	00:54:27	01:36:57	02:30:17	03:31:49.55	03:31:49.55	+00:56:48 (26.8%)	6:25	9.3 (72.7%)
24	ŻWIRSKI Marcin	6164		Senior II M - 30	9	00:00:34	00:55:33	01:35:06	02:29:08	03:32:12.35	03:32:12.35	+00:57:11 (26.9%)	6:25	9.3 (72.7%)
25	STELMACH Dominika	6426		Masters K - 40	3	00:00:01	01:11:55	01:52:34	02:40:14	03:32:12.80	03:32:12.80	+00:57:11 (27.0%)	6:25	9.3 (72.7%)
26	SUDOLSKI Jacek	6339	GUSTAW TEŻ BIEGA	Senior II M - 30	10	00:00:09	01:00:01	01:43:35	02:34:18	03:33:15.75	03:33:15.75	+00:58:14 (27.3%)	6:27	9.3 (72.7%)
27	SZCZEPANIAK Angelika	6499	ALPIN SPORT TEAM	Masters K - 40	4	00:00:03	01:00:17	01:45:39	02:36:22	03:33:27.40	03:33:27.40	+00:58:26 (27.4%)	6:28	9.3 (72.7%)
28	LASEK Jakub	6090	RMT TEAM	Senior II M - 30	11	00:00:01	00:57:19	01:43:56	02:35:17	03:38:04.90	03:38:04.90	+01:03:03 (28.9%)	6:36	9.1 (71.1%)
29	NIWIŃSKI Maciej	6324	VEGAN ZABIERZÓW BIEGA	Masters M - 40	7	00:00:07	00:58:04	01:43:07	02:37:53	03:40:42.70	03:40:42.70	+01:05:41 (29.8%)	6:41	9 (70.3%)
30	ANDRUSZKÓW Aleksandra	6478	WOSIEK TEAM	Senior I K - 20	2	00:00:11	01:02:05	01:46:33	02:41:14	03:41:18.75	03:41:18.75	+01:06:17 (30.0%)	6:42	8.9 (69.5%)
31	GRABEK Maciej	6113	ŚLĘZAK TEAM	Senior II M - 30	12	00:00:04	00:57:23	01:39:37	02:37:26	03:41:42.25	03:41:42.25	+01:06:40 (30.1%)	6:43	8.9 (69.5%)
32	WANOWSKI Przemysław	6467	#BIEGIEMWLAS	Senior II M - 30	13	00:00:14	01:00:11	01:45:21	02:41:09	03:43:11.65	03:43:11.65	+01:08:10 (30.5%)	6:45	8.9 (69.5%)
33	SABAT Kamil	6025	140MINUT.PL	Senior II M - 30	14	00:00:06	00:58:16	01:45:56	02:44:18	03:43:59.90	03:43:59.90	+01:08:58 (30.8%)	6:47	8.8 (68.8%)
34	GAŚIOROWSKI Jarosław	6199	ADDED VALUE TEAM	Senior I M - 20	6	00:00:11	00:58:45	01:46:10	02:44:20	03:44:30.65	03:44:30.65	+01:09:29 (31.0%)	6:48	8.8 (68.8%)
35	KRZYŚKÓW Piotr	6281		Senior II M - 30	15	00:00:07	01:00:53	01:47:03	02:43:44	03:44:36.85	03:44:36.85	+01:09:35 (31.0%)	6:48	8.8 (68.8%)
36	DY CZKOWSKI Łukasz	6524	KARKONOSZ RUNNING TEAM	Senior I M - 20	7	00:00:08	00:57:43	01:42:38	02:38:12	03:44:40.40	03:44:40.40	+01:09:39 (31.0%)	6:48	8.8 (68.8%)
37	MATENKA Kamil	6197	PACMAN RUNNING TEAM	Senior II M - 30	16	00:00:10	01:05:05	01:52:16	02:46:30	03:45:48.40	03:45:48.40	+01:10:47 (31.3%)	6:50	8.8 (68.8%)
38	STOŃ Wojciech	6241		Senior II M - 30	17	00:00:10	01:05:05		02:46:12	03:45:49.20	03:45:49.20	+01:10:47 (31.4%)	6:50	8.8 (68.8%)
39	FRYDLEWICZ Zbigniew	6246		Weteran I M - 50	2	00:00:02	00:57:18	01:44:22	02:40:16	03:46:34.20	03:46:34.20	+01:11:32 (31.6%)	6:51	8.7 (68.0%)
40	PACEK Tomasz	6370	FIZJOBJEGACZE SZCZECIN	Senior II M - 30	18	00:00:10	01:07:06		02:46:28	03:47:16.30	03:47:16.30	+01:12:15 (31.8%)	6:53	8.7 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
41	KURZYŃSKI Piotr	6036	TEAM BEROTU	Masters M - 40	8	00:00:02	01:00:30	01:45:48	02:41:22	03:48:00.00	03:48:00.00	+01:12:58 (32.0%)	6:54	8.7 (68.0%)
42	DAUKSZO Maciej	6317		Senior I M - 20	8	00:00:05	01:04:28		02:49:45	03:48:35.45	03:48:35.45	+01:13:34 (32.2%)	6:55	8.7 (68.0%)
43	GARGAS Ewa	6186	TEAM PRZEDWOJEWSKI	Senior II K - 30	1	00:00:22	01:04:43	01:53:01	02:46:09	03:48:36.15	03:48:36.15	+01:13:34 (32.2%)	6:55	8.7 (68.0%)
44	VESELÝ Pavel	6546	HSK HORNÍ ROKYTNICE	Weteran I M - 50	3	00:00:04	01:02:47	01:49:12	02:46:55	03:49:08.90	03:49:08.90	+01:14:07 (32.3%)	6:56	8.6 (67.2%)
45	TOMASIAK Adam	6318	KB HARCOWNIK	Senior I M - 20	9	00:00:03	00:53:56	01:39:01	02:45:28	03:49:26.65	03:49:26.65	+01:14:25 (32.4%)	6:57	8.6 (67.2%)
46	NOWACZYK Piotr	6227	MERIXSTUDIO RUNNING TEAM	Senior II M - 30	19	00:00:18	01:04:41	01:49:07	02:46:56	03:50:09.30	03:50:09.30	+01:15:08 (32.6%)	6:58	8.6 (67.2%)
47	SEVCIK Ondrej	6489	SEVCIK.DEV	Senior II M - 30	20	00:00:06	01:04:53	01:49:23	02:51:09	03:50:40.85	03:50:40.85	+01:15:39 (32.8%)	6:59	8.6 (67.2%)
48	KONRAD Artur	6466	BRACIA TEAM ZAWIERCIE	Masters M - 40	9	00:00:07	01:04:56	01:51:19	02:48:46	03:50:42.80	03:50:42.80	+01:15:41 (32.8%)	6:59	8.6 (67.2%)
49	CICHOWSKI Wojciech	6238	140MINUT.PL	Senior II M - 30	21	00:00:19	01:00:29	01:48:14	02:46:24	03:51:14.90	03:51:14.90	+01:16:13 (33.0%)	7:00	8.6 (67.2%)
50	LITKA Krzysztof	6439	PZU SPORT TEAM	Masters M - 40	10	00:00:03	01:01:36	01:47:56	02:44:02	03:52:04.70	03:52:04.70	+01:17:03 (33.2%)	7:01	8.5 (66.4%)
51	KUBLER Andrzej	6299	MKL SZCZECIN	Masters M - 40	11	00:00:08	01:02:07	01:50:35	02:49:01	03:52:07.90	03:52:07.90	+01:17:06 (33.2%)	7:02	8.5 (66.4%)
52	KOŁODZIEJ Roman	6296		Masters M - 40	12	00:00:00	01:01:25	01:49:52	02:46:55	03:53:32.85	03:53:32.85	+01:18:31 (33.6%)	7:04	8.5 (66.4%)
53	WYCHOWANIEC Paweł	6006		Senior II M - 30	22	00:00:16	01:02:16		02:49:37	03:54:06.15	03:54:06.15	+01:19:04 (33.8%)	7:05	8.5 (66.4%)
54	GESS Mariusz	6085	CZUBY Z GOLENIOWA	Masters M - 40	13	00:00:10	01:05:11	01:54:10	02:52:22	03:54:06.80	03:54:06.80	+01:19:05 (33.8%)	7:05	8.5 (66.4%)
55	STACHURSKA Ilona	6505	KUGUAR XTREME RUNNERS	Senior II K - 30	2		01:05:09	01:57:05	02:47:31	03:54:38.55	03:54:38.55	+01:19:37 (33.9%)	7:06	8.4 (65.6%)
56	BIAŁY Adam	6187		Masters M - 40	14	00:00:14	01:05:11	01:52:30	02:50:18	03:54:47.20	03:54:47.20	+01:19:45 (34.0%)	7:06	8.4 (65.6%)
57	ANUSZ Adam	6431	BECOMEONE	Senior II M - 30	23	00:00:06	00:59:56	01:47:18	02:46:10	03:54:48.95	03:54:48.95	+01:19:47 (34.0%)	7:06	8.4 (65.6%)
58	LAMEK Andrzej	6357	AKTYWNY OSTRZESZÓW	Weteran I M - 50	4	00:00:41	01:05:49	01:55:10	02:50:40	03:55:28.75	03:55:28.75	+01:20:27 (34.2%)	7:08	8.4 (65.6%)
59	KLYSZCZ Michał	6074	IZBICKO W BIEGU	Senior I M - 20	10	00:00:44	01:05:34	01:53:14	02:48:32	03:56:20.95	03:56:20.95	+01:21:19 (34.4%)	7:09	8.4 (65.6%)
60	DUCHNOWSKI Łukasz	6504	RUN TEAM TYGRYSY ORZYSZ	Senior II M - 30	24	00:00:01	00:59:44	01:48:58	02:47:19	03:56:39.90	03:56:39.90	+01:21:38 (34.5%)	7:10	8.4 (65.6%)
61	ADAMCZYK Emanuela	6500	#BIEGIEMWLAS	Senior I K - 20	3	00:00:09	01:05:09	01:53:18	02:51:59	03:56:43.55	03:56:43.55	+01:21:42 (34.5%)	7:10	8.4 (65.6%)
62	KAMIŃSKI Piotr	6494	RUN YOUR TRAIL	Senior II M - 30	25	00:00:05	00:59:19	01:45:01	02:44:21	03:57:24.65	03:57:24.65	+01:22:23 (34.7%)	7:11	8.3 (64.8%)
63	TOMASZKIEWICZ Wojciech	6105	RUN FOREST	Senior II M - 30	26	00:00:07	01:02:27	01:53:12	02:52:28	03:58:51.10	03:58:51.10	+01:23:49 (35.1%)	7:14	8.3 (64.8%)
64	GUTRAL Magdalena	6049	WKB MARATOŃCZYK WŁOCLAWEK	Masters K - 40	5		01:05:07	01:53:24	02:53:40	03:58:57.80	03:58:57.80	+01:23:56 (35.1%)	7:14	8.3 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	A1	Czernica	D1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	9km	14km	24km	33km	33km			
65	WALCZAK Adela	6112	TRAIL IS OUR WAY TEAM	Senior II K - 30	3	00:00:08	01:10:06	02:05:54	02:57:42	03:59:15.60	03:59:15.60	+01:24:14 (35.2%)	7:15	8.3 (64.8%)
66	SZOSTEK Jakub	6235		Senior I M - 20	11	00:00:44	01:10:10		02:57:45	03:59:27.25	03:59:27.25	+01:24:25 (35.3%)	7:15	8.3 (64.8%)
67	GRYGIEREK Roman	6060	KLUB BIEGACZA FARTLEK	Masters M - 40	15	00:00:02	01:00:23	01:49:18	02:48:50	04:00:34.30	04:00:34.30	+01:25:33 (35.6%)	7:17	8.2 (64.1%)
68	ŻBIK Bartosz	6384		Senior II M - 30	27	00:00:15	01:00:54	01:48:49	02:50:20	04:01:04.70	04:01:04.70	+01:26:03 (35.7%)	7:18	8.2 (64.1%)
69	KAMENSKÝ Zdeněk	6368		Senior I M - 20	12	00:00:12	01:13:25		02:58:57	04:02:39.35	04:02:39.35	+01:27:38 (36.1%)	7:21	8.2 (64.1%)
70	URBAN Iwona	6418	42K PRO TEAM	Masters K - 40	6	00:00:34	01:10:29	01:59:17	02:56:29	04:02:47.40	04:02:47.40	+01:27:46 (36.1%)	7:21	8.2 (64.1%)
71	KOWALCZYK Rafał	6338	SIGMA TECHNOLOGY & ENERGY SOLUTIONS	Senior II M - 30	28	00:00:27	01:07:50	01:56:06	02:53:43	04:03:20.35	04:03:20.35	+01:28:19 (36.3%)	7:22	8.1 (63.3%)
72	BIENIEK-UGNIEWSKA Joanna	6217	SUNFIT STUDIO	Masters K - 40	7	00:00:05	01:08:10	01:58:47	02:59:18	04:05:45.50	04:05:45.50	+01:30:44 (36.9%)	7:26	8.1 (63.3%)
73	DROBNIK Błażej	6294	OPALENICKI KLUB BIEGACZA	Senior II M - 30	29	00:00:02	01:08:43	02:01:35	03:00:59	04:05:47.80	04:05:47.80	+01:30:46 (36.9%)	7:26	8.1 (63.3%)
74	JASZCZAK Bogna	6400		Senior I K - 20	4	00:00:15	01:07:56	01:58:19	02:58:49	04:06:47.25	04:06:47.25	+01:31:45 (37.2%)	7:28	8 (62.5%)
75	WANAT Mateusz	6382	PRZEDWOJEWSKI TEAM	Senior II M - 30	30	00:00:08	01:05:14	01:56:44	02:56:59	04:07:02.65	04:07:02.65	+01:32:01 (37.2%)	7:29	8 (62.5%)
76	BARCAL Richard	6307	DOS AMIGOS	Masters M - 40	16	00:00:05	01:01:39	01:50:22	02:49:35	04:07:25.55	04:07:25.55	+01:32:24 (37.3%)	7:29	8 (62.5%)
77	RASZKOWSKI Piotr	6335	ŚLĘZAK TEAM	Senior II M - 30	31	00:00:05	01:10:55		02:53:22	04:08:35.15	04:08:35.15	+01:33:33 (37.6%)	7:31	8 (62.5%)
78	MICHALAK Rafał	6378		Senior I M - 20	13	00:00:06	01:10:09	01:57:08	03:01:12	04:08:38.80	04:08:38.80	+01:33:37 (37.7%)	7:32	8 (62.5%)
79	KUDREJ Grzegorz	6465	MOCNA GRUPA CEZARA	Senior II M - 30	32	00:00:21	01:06:35	02:00:45	03:01:34	04:09:31.45	04:09:31.45	+01:34:30 (37.9%)	7:33	7.9 (61.7%)
80	KRAKOVSKA Michaela	6488	MOLALAPRODUCTION.COM	Senior I K - 20	5	00:00:07	01:08:06	01:59:12	03:00:03	04:09:46.45	04:09:46.45	+01:34:45 (37.9%)	7:34	7.9 (61.7%)
81	CHODKIEWICZ Tomasz	6403	W2 RUN TEAM	Masters M - 40	17	00:00:03	01:05:16	01:57:46	03:00:31	04:10:13.50	04:10:13.50	+01:35:12 (38.0%)	7:34	7.9 (61.7%)
82	GÓRECKI Krzysztof	6275		Senior I M - 20	14	00:00:20	01:13:08		03:07:51	04:10:20.75	04:10:20.75	+01:35:19 (38.1%)	7:35	7.9 (61.7%)
83	SZOSTAK Anna	6277	UKS OLIMPIA ZABRZE	Senior II K - 30	4	00:00:06	01:12:34	02:04:29	03:03:00	04:11:04.70	04:11:04.70	+01:36:03 (38.3%)	7:36	7.9 (61.7%)
84	GRZYBEK Antoni	6247		Weteran I M - 50	5	00:00:15	01:05:20	01:58:42	03:02:11	04:11:41.55	04:11:41.55	+01:36:40 (38.4%)	7:37	7.9 (61.7%)
85	MYSZKIEWICZ Paweł	6012	MOCNA GRUPA CEZARA	Senior II M - 30	33	00:00:19	01:11:29	02:02:07	03:04:26	04:11:52.05	04:11:52.05	+01:36:50 (38.5%)	7:37	7.9 (61.7%)
86	GÓRNA Anita	6312	LPP TEAM	Senior II K - 30	5	00:00:03	01:10:08	02:02:55	03:08:17	04:12:01.80	04:12:01.80	+01:37:00 (38.5%)	7:38	7.9 (61.7%)
87	STELMACH Piotr	6506	RK ATHLETICS	Masters M - 40	18	00:00:06	01:10:23	02:05:29	03:05:57	04:12:25.75	04:12:25.75	+01:37:24 (38.6%)	7:38	7.8 (60.9%)
88	KANIA Marian	6534	LEDWOZIPIA	Masters M - 40	19	00:00:08	01:08:12		03:05:24	04:13:00.80	04:13:00.80	+01:37:59 (38.7%)	7:40	7.8 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
89	BUĆKO Marcin	6411	KLUB BIEGACZA FARTLEK	Masters M - 40	20	00:00:03	01:05:15	01:58:24	03:04:20	04:13:07.50	04:13:07.50	+01:38:06 (38.8%)	7:40	7.8 (60.9%)
90	ŻYCHSKA Anna	6512		Senior II K - 30	6	00:00:08	01:05:35	01:57:12	03:01:19	04:13:29.15	04:13:29.15	+01:38:27 (38.8%)	7:40	7.8 (60.9%)
91	SAJ Jakub	6362	DRUŻYNA Ż	Senior II M - 30	34	00:00:12	01:06:00	01:58:32	02:59:48	04:13:34.65	04:13:34.65	+01:38:33 (38.9%)	7:41	7.8 (60.9%)
92	BIAŁA Weronika	6268		Senior II K - 30	7	00:00:22	01:10:25	02:03:54	03:04:41	04:14:22.95	04:14:22.95	+01:39:21 (39.1%)	7:42	7.8 (60.9%)
93	PACIOREK Ewa	6445	KOBIETA BIEGA	Senior II K - 30	8		01:09:35	02:03:43	03:07:01	04:14:25.20	04:14:25.20	+01:39:23 (39.1%)	7:42	7.8 (60.9%)
94	SENTYSZ Robert	6495	SENLABS.PL	Masters M - 40	21	00:00:03	01:13:49	02:00:50	03:10:09	04:14:57.65	04:14:57.65	+01:39:56 (39.2%)	7:43	7.8 (60.9%)
95	KOSZAREK Maciej	6308		Weteran I M - 50	6	00:00:21	01:08:08	02:02:41	03:05:29	04:15:00.85	04:15:00.85	+01:39:59 (39.2%)	7:43	7.8 (60.9%)
96	KURKA Adam	6266		Masters M - 40	22	00:00:17	01:06:31	01:55:02	02:51:33	04:15:22.25	04:15:22.25	+01:40:20 (39.3%)	7:44	7.8 (60.9%)
97	DUBOWICZ Maciej	6347	TRITON KONIN	Senior I M - 20	15	00:00:32	01:12:38	02:06:16	03:09:17	04:15:32.05	04:15:32.05	+01:40:30 (39.3%)	7:44	7.7 (60.2%)
98	PLEWA Katarzyna	6204		Senior II K - 30	9	00:00:08	01:07:53	02:01:24	03:05:19	04:15:46.90	04:15:46.90	+01:40:45 (39.4%)	7:45	7.7 (60.2%)
99	FRYCA Karolina	6530		Senior II K - 30	10	00:00:05	01:10:46	02:04:54	03:09:43	04:16:56.50	04:16:56.50	+01:41:55 (39.7%)	7:47	7.7 (60.2%)
100	ZĄBEK Łukasz	6289	140MINUT.PL	Masters M - 40	23	00:00:05	01:05:19	02:02:32	03:06:00	04:17:06.30	04:17:06.30	+01:42:05 (39.7%)	7:47	7.7 (60.2%)
101	TOMCZAK Dariusz	6487		Senior II M - 30	35	00:00:16	01:13:07	02:05:46	03:08:49	04:17:36.55	04:17:36.55	+01:42:35 (39.8%)	7:48	7.7 (60.2%)
102	JACHIRA Patryk	6464	STAJNIAKTEAM	Senior II M - 30	36		01:17:15	02:12:59	03:14:25	04:17:51.60	04:17:51.60	+01:42:50 (39.9%)	7:48	7.7 (60.2%)
103	WALAS Andrzej	6265	PRO-RUN WROCŁAW	Senior I M - 20	16	00:00:19	01:08:46	01:59:40	03:00:06	04:18:33.90	04:18:33.90	+01:43:32 (40.0%)	7:50	7.7 (60.2%)
104	WINNIK Ela	6295		Senior II K - 30	11	00:00:09	01:10:56	02:03:00	03:08:54	04:19:11.30	04:19:11.30	+01:44:10 (40.2%)	7:51	7.6 (59.4%)
105	GMYREK Jacek	6178		Masters M - 40	24	00:00:10	01:10:56		03:08:55	04:19:11.35	04:19:11.35	+01:44:10 (40.2%)	7:51	7.6 (59.4%)
106	DEL BOSQUE Jorge	6334		Senior I M - 20	17	00:00:05	01:13:15	02:03:29	03:11:11	04:19:37.20	04:19:37.20	+01:44:35 (40.3%)	7:52	7.6 (59.4%)
107	AUGUSTYNIAK Małgorzata	6517		Masters K - 40	8	00:00:05	01:10:05	02:04:24	03:08:33	04:21:08.00	04:21:08.00	+01:46:06 (40.6%)	7:54	7.6 (59.4%)
108	BUDYCH Arek	6509		Masters M - 40	25	00:00:42	01:14:59	02:08:38	03:11:50	04:21:22.30	04:21:22.30	+01:46:21 (40.7%)	7:55	7.6 (59.4%)
109	ANDRZEJEWSKI Dominik	6280	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	37	00:00:38	01:11:25		03:08:37	04:21:41.05	04:21:41.05	+01:46:39 (40.8%)	7:55	7.6 (59.4%)
110	RUDOLFOVÁ Tereza	6458	TEAM BLACK HILL/ LAWI /MONTURA	Senior II K - 30	12	00:00:02	01:40:32	02:26:41	03:23:08	04:21:54.25	04:21:54.25	+01:46:52 (40.8%)	7:56	7.6 (59.4%)
111	LEHMANN Monika	6016		Senior I K - 20	6	00:00:09	01:10:30	02:03:18	03:09:54	04:22:41.45	04:22:41.45	+01:47:40 (41.0%)	7:57	7.5 (58.6%)
112	DEMUSZ Natalia	6122		Senior II K - 30	13	00:01:06	01:14:30		03:11:56	04:23:11.85	04:23:11.85	+01:48:10 (41.1%)	7:58	7.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
113	KRZEMIŃSKI Marcin	6452		Masters M - 40	26	00:00:04	01:03:53	01:57:21	03:18:04	04:23:40.20	04:23:40.20	+01:48:38 (41.2%)	7:59	7.5 (58.6%)
114	WÓJCIK Karolina	6523		Senior II K - 30	14	00:00:08	01:12:49	02:08:19	03:11:58	04:23:40.50	04:23:40.50	+01:48:39 (41.2%)	7:59	7.5 (58.6%)
115	KOSIERADZKI Łukasz	6351		Senior II M - 30	38	00:00:06	01:12:03	02:06:57	03:14:10	04:24:07.80	04:24:07.80	+01:49:06 (41.3%)	8:00	7.5 (58.6%)
116	TOMCZYK Rafał	6078	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	39	00:00:10	01:10:21	02:02:12	03:10:39	04:24:15.90	04:24:15.90	+01:49:14 (41.3%)	8:00	7.5 (58.6%)
117	WOJTASIK Łukasz	6056	AKTYWNY OSTRZESZÓW	Masters M - 40	27	00:00:10	01:10:07	02:06:32	03:12:12	04:25:13.75	04:25:13.75	+01:50:12 (41.6%)	8:02	7.5 (58.6%)
118	BŁASZCZAK Marek	6154	MOCNA GRUPA CEZARA	Senior II M - 30	40	00:00:19	01:09:44	02:04:16	03:12:33	04:25:36.30	04:25:36.30	+01:50:35 (41.6%)	8:02	7.5 (58.6%)
119	KŁODA Dariusz	6084	DRUŻYNA SZPIKU	Masters M - 40	28	00:00:20	01:11:57	02:06:02	03:10:28	04:26:05.35	04:26:05.35	+01:51:04 (41.7%)	8:03	7.4 (57.8%)
120	MORCINEK Marcin	6529	BLUSZCZA	Masters M - 40	29	00:00:26	01:09:48	02:04:47	03:13:33	04:26:19.25	04:26:19.25	+01:51:17 (41.8%)	8:04	7.4 (57.8%)
121	RUTKOWSKI Jakub	6260		Senior II M - 30	41	00:00:12	01:08:23	02:04:10	03:12:19	04:26:26.20	04:26:26.20	+01:51:24 (41.8%)	8:04	7.4 (57.8%)
122	SZCZEPANIK Łukasz	6459	MOCNA GRUPA CEZARA	Masters M - 40	30	00:00:51	01:13:52	02:08:03	03:16:02	04:26:29.95	04:26:29.95	+01:51:28 (41.8%)	8:04	7.4 (57.8%)
123	HARASIMOWICZ Sławek	6065	GOLENIÓW	Masters M - 40	31	00:00:38	01:16:59	02:12:31	03:15:37	04:26:38.95	04:26:38.95	+01:51:37 (41.9%)	8:04	7.4 (57.8%)
124	TEKIELI Jerzy	6035	TEKIELI FAMILY	Masters M - 40	32	00:00:56	01:14:15	02:05:08	03:09:20	04:27:35.55	04:27:35.55	+01:52:34 (42.1%)	8:06	7.4 (57.8%)
125	CZYŻ Leszek	6108	FANTASTIC TEAM	Masters M - 40	33	00:00:47	01:15:45		03:15:46	04:27:46.20	04:27:46.20	+01:52:44 (42.1%)	8:06	7.4 (57.8%)
126	KOLAWA Piotr	6083	TRENUJZNAMI.PL	Masters M - 40	34	00:00:35	01:13:32	02:08:34	03:14:54	04:27:58.70	04:27:58.70	+01:52:57 (42.2%)	8:07	7.4 (57.8%)
127	ŚPIEWAK Radosław	6148		Masters M - 40	35	00:00:29	01:16:55	02:10:56	03:15:11	04:28:58.15	04:28:58.15	+01:53:56 (42.4%)	8:09	7.4 (57.8%)
128	FRERIKS Jeroen	6373	LEIDEN ATLETIEK	Senior II M - 30	42	00:00:48	01:24:17	02:16:27	03:21:40	04:29:27.55	04:29:27.55	+01:54:26 (42.5%)	8:09	7.3 (57.0%)
129	HLAVÁČOVÁ Eva	6490		Masters K - 40	9	00:00:13	01:10:44	02:05:24	03:12:47	04:29:32.55	04:29:32.55	+01:54:31 (42.5%)	8:10	7.3 (57.0%)
130	KUREK Tomasz	6348	OPALENICKI KLUB BIEGACZA	Masters M - 40	36	00:00:02	01:14:47		03:17:11	04:30:48.55	04:30:48.55	+01:55:47 (42.8%)	8:12	7.3 (57.0%)
131	SZCZESZEK Arkadiusz	6133		Masters M - 40	37	00:00:16	01:10:45	02:06:38	03:15:55	04:30:51.75	04:30:51.75	+01:55:50 (42.8%)	8:12	7.3 (57.0%)
132	BUCZAK Jakub	6001		Senior II M - 30	43	00:00:01	01:13:50	02:08:56	03:17:25	04:30:57.85	04:30:57.85	+01:55:56 (42.8%)	8:12	7.3 (57.0%)
133	KSIĄŻKIEWICZ Bartłomiej	6438	ROCKY BALBOA	Masters M - 40	38	00:00:03	01:03:55	01:57:16	03:18:05	04:31:07.95	04:31:07.95	+01:56:06 (42.8%)	8:12	7.3 (57.0%)
134	JANOSZ Paweł	6185		Senior I M - 20	18	00:00:17	01:11:34	02:06:10	03:18:07	04:31:54.85	04:31:54.85	+01:56:53 (43.0%)	8:14	7.3 (57.0%)
135	CICHY Krzysztof	6326	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	7	00:00:22	01:15:03	02:11:31	03:23:43	04:31:55.75	04:31:55.75	+01:56:54 (43.0%)	8:14	7.3 (57.0%)
136	MAJCHER Marcin	6497	4T	Masters M - 40	39	00:00:18	01:07:54	01:59:24	03:13:08	04:32:43.60	04:32:43.60	+01:57:42 (43.2%)	8:15	7.3 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
137	SAWICKI Bartosz	6158	DZIKIE DZIKI GORZÓW	Senior II M - 30	44	00:00:10	01:12:12	02:08:15	03:19:40	04:33:34.05	04:33:34.05	+01:58:32 (43.3%)	8:17	7.2 (56.3%)
138	GONTKO Łukasz	6417		Masters M - 40	40	00:00:46	01:19:11	02:12:06	03:23:06	04:33:56.15	04:33:56.15	+01:58:54 (43.4%)	8:18	7.2 (56.3%)
139	WOJCIESZYŃSKI Tomasz	6409	BBL GORZÓW	Masters M - 40	41	00:00:10	01:12:12	02:08:23	03:19:41	04:34:03.80	04:34:03.80	+01:59:02 (43.4%)	8:18	7.2 (56.3%)
140	KRAWCZYK Robert	6125		Senior II M - 30	45	00:00:12	01:13:23	02:07:51	03:16:54	04:34:06.40	04:34:06.40	+01:59:05 (43.4%)	8:18	7.2 (56.3%)
141	GAJDA Michał	6221		Senior II M - 30	46	00:00:21	01:24:27	02:24:50	03:27:02	04:34:35.65	04:34:35.65	+01:59:34 (43.5%)	8:19	7.2 (56.3%)
142	CAKAŁA Zuzanna	6301	ZAŁOGA GÓRSKA	Senior II K - 30	15	00:01:03	01:07:58	01:56:48	03:20:15	04:34:42.00	04:34:42.00	+01:59:40 (43.6%)	8:19	7.2 (56.3%)
143	PYZIK Ewa	6390	MATNER RUNNING TEAM	Masters K - 40	10	00:01:05	01:22:32		03:26:42	04:34:47.25	04:34:47.25	+01:59:45 (43.6%)	8:19	7.2 (56.3%)
144	DOMBROVSKIS Juris	6425	SUPERVAROŃI	Masters M - 40	42	00:00:46	01:17:18	02:12:18	03:22:08	04:35:02.85	04:35:02.85	+02:00:01 (43.6%)	8:20	7.2 (56.3%)
145	JÓZWIAK Radosław	6203	ŻARY RUNNERS TEAM	Masters M - 40	43	00:00:36	01:15:54	02:09:30	03:18:50	04:35:15.00	04:35:15.00	+02:00:13 (43.7%)	8:20	7.2 (56.3%)
146	MAŁKOWSKI Tomasz	6371	GRUPA BIEGOWA 65	Weteran I M - 50	8	00:00:23	01:11:36	02:05:51	03:14:25	04:35:35.45	04:35:35.45	+02:00:34 (43.7%)	8:21	7.2 (56.3%)
147	ZUGAJ Robert	6433		Masters M - 40	44	00:00:15	01:12:43	02:11:58	03:20:20	04:35:37.20	04:35:37.20	+02:00:35 (43.8%)	8:21	7.2 (56.3%)
148	SZALENIEC Joanna	6053	RUNNERS TEAM NYSA	Masters K - 40	11	00:00:31	01:20:28	02:21:52	03:29:16	04:35:41.15	04:35:41.15	+02:00:39 (43.8%)	8:21	7.2 (56.3%)
149	SZALENIEC Marcin	6054	RUNNERS TEAM NYSA	Masters M - 40	45	00:00:33	01:20:27	02:21:49	03:29:14	04:35:41.90	04:35:41.90	+02:00:40 (43.8%)	8:21	7.2 (56.3%)
150	GUZIK Joanna	6207	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	16	00:00:01	01:10:36	02:09:01	03:22:40	04:37:22.35	04:37:22.35	+02:02:21 (44.1%)	8:24	7.1 (55.5%)
151	GUZIK Bartosz	6206	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	46	00:00:02	01:13:09	02:09:05	03:22:40	04:37:23.45	04:37:23.45	+02:02:22 (44.1%)	8:24	7.1 (55.5%)
152	JAKUSZEK Krzysztof	6184	CEGIELNIA PIASKI	Masters M - 40	47	00:00:25	01:17:40	02:13:42	03:21:50	04:37:55.85	04:37:55.85	+02:02:54 (44.2%)	8:25	7.1 (55.5%)
153	JAKUSZEK Paweł	6176	PGB SPORTOWA PACZKA	Masters M - 40	48	00:00:26	01:17:40	02:13:37	03:21:56	04:37:56.10	04:37:56.10	+02:02:54 (44.2%)	8:25	7.1 (55.5%)
154	TUREK Marcin	6414	KĘSY TEAM	Senior II M - 30	47	00:00:14	01:17:39	02:13:54	03:23:03	04:38:01.45	04:38:01.45	+02:03:00 (44.2%)	8:25	7.1 (55.5%)
155	GŁADECKI Sebastian	6416	KĘSY TEAM	Masters M - 40	49	00:00:14	01:17:37	02:13:58	03:23:10	04:38:01.60	04:38:01.60	+02:03:00 (44.2%)	8:25	7.1 (55.5%)
156	ŁOBOS Mariusz	6075		Weteran I M - 50	9	00:00:24	01:18:56	02:15:56	03:26:27	04:38:14.45	04:38:14.45	+02:03:13 (44.3%)	8:25	7.1 (55.5%)
157	DUDA Monika	6484	RAZ SZCZECIN	Masters K - 40	12	00:00:10	01:12:47	02:10:50	03:21:36	04:38:22.25	04:38:22.25	+02:03:20 (44.3%)	8:26	7.1 (55.5%)
158	LISIAK Bartosz	6298	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	48	00:00:34	01:18:47	02:14:16	03:19:44	04:38:23.25	04:38:23.25	+02:03:21 (44.3%)	8:26	7.1 (55.5%)
159	KRUPIŃSKA Andżelika	6189	AKTYWNI RAZEM/ BIEGAJĄCE KREJZOLE	Senior II K - 30	17	00:00:17	01:13:39	02:12:11	03:22:05	04:38:25.20	04:38:25.20	+02:03:23 (44.3%)	8:26	7.1 (55.5%)
160	KACZMAREK Filip	6391		Senior I M - 20	19	00:00:07	01:11:00	02:04:50	03:16:00	04:38:55.65	04:38:55.65	+02:03:54 (44.4%)	8:27	7.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
161	DĄBKIEWICZ Dominika	6121	NIGHT RUNNERS	Masters K - 40	13	00:00:53	01:19:10		03:26:26	04:40:24.95	04:40:24.95	+02:05:23 (44.7%)	8:29	7.1 (55.5%)
162	KARPIŃSKA Barbara	6383	RUNNERS TEAM NYSA	Senior II K - 30	18	00:00:30	01:19:32		03:26:13	04:40:32.05	04:40:32.05	+02:05:30 (44.7%)	8:30	7.1 (55.5%)
163	MAJKA Jarek	6109	SYNANDOJCIEC	Masters M - 40	50	00:00:27	01:12:41	02:08:52	03:20:00	04:40:57.40	04:40:57.40	+02:05:56 (44.8%)	8:30	7 (54.7%)
164	NOWAK Tomasz	6152	BW BIEGACZE WYMIATACZE	Senior II M - 30	49	00:00:57	01:22:55	02:21:32	03:33:22	04:41:38.05	04:41:38.05	+02:06:36 (45.0%)	8:32	7 (54.7%)
165	MAKAREWICZ Wiktor	6276	KUDŁATE MAKARONY	Senior II M - 30	50	00:01:05	01:23:38		03:28:05	04:41:48.65	04:41:48.65	+02:06:47 (45.0%)	8:32	7 (54.7%)
166	TYL Radosław	6009		Masters M - 40	51	00:00:41	01:15:12	02:10:32	03:21:05	04:42:32.75	04:42:32.75	+02:07:31 (45.1%)	8:33	7 (54.7%)
167	GAWRON Tomasz	6223		Masters M - 40	52	00:00:17	01:14:38	02:07:58	03:14:38	04:43:04.35	04:43:04.35	+02:08:03 (45.2%)	8:34	7 (54.7%)
168	GUZERA Tomasz	6244		Senior II M - 30	51	00:01:08	01:17:02	02:11:39	03:27:19	04:43:25.90	04:43:25.90	+02:08:24 (45.3%)	8:35	7 (54.7%)
169	WALCZAK Piotr	6072		Masters M - 40	53	00:00:56	01:12:39	02:07:45	03:21:29	04:43:30.85	04:43:30.85	+02:08:29 (45.3%)	8:35	7 (54.7%)
170	WOJCIECHOWSKA-HRYCYK Agata	6519		Weteran K - 50	1	00:00:07	01:15:07	02:12:02	03:23:19	04:44:37.15	04:44:37.15	+02:09:35 (45.5%)	8:37	7 (54.7%)
171	FILUT Łukasz	6349		Masters M - 40	54	00:00:59	01:14:55	02:11:07	03:20:47	04:44:40.85	04:44:40.85	+02:09:39 (45.5%)	8:37	7 (54.7%)
172	WAŚ Bartłomiej	6454	STG WARSZAWA	Senior II M - 30	52	00:00:14	01:14:06	02:16:16	03:24:46	04:47:34.25	04:47:34.25	+02:12:32 (46.1%)	8:42	6.9 (53.9%)
173	MIĄSKO Wojciech	6222	12TRI.PL	Weteran I M - 50	10	00:00:45	01:16:15	02:15:14	03:25:52	04:47:47.45	04:47:47.45	+02:12:46 (46.1%)	8:43	6.9 (53.9%)
174	BIEDA Bernard	6406	BUDIROPOL	Senior II M - 30	53	00:02:07	01:27:55	02:26:53	03:37:25	04:47:51.80	04:47:51.80	+02:12:50 (46.1%)	8:43	6.9 (53.9%)
175	TORZEWSKI Przemysław	6475		Senior II M - 30	54	00:00:30	01:25:59	02:25:23	03:32:44	04:47:52.45	04:47:52.45	+02:12:51 (46.1%)	8:43	6.9 (53.9%)
176	PITEK Tomasz	6413	42K PRO TEAM	Masters M - 40	55	00:00:36	01:17:36		03:30:28	04:49:00.25	04:49:00.25	+02:13:58 (46.4%)	8:45	6.9 (53.9%)
177	HRYCAJ Mariusz	6059	REBELLION OF FREE RUNERS	Masters M - 40	56	00:00:06	01:15:16		03:30:23	04:49:38.35	04:49:38.35	+02:14:37 (46.5%)	8:46	6.8 (53.1%)
178	STĘPNOWSKI Jakub	6420	UPACJENTA.PL	Senior II M - 30	55	00:01:17	01:27:41	02:23:59	03:30:20	04:49:50.65	04:49:50.65	+02:14:49 (46.5%)	8:46	6.8 (53.1%)
179	TECZA Robert	6405		Weteran I M - 50	11	00:00:12	01:14:19	02:11:01	03:26:20	04:50:38.55	04:50:38.55	+02:15:37 (46.7%)	8:48	6.8 (53.1%)
180	GRACZ Krzysztof	6455		Masters M - 40	57	00:00:29	01:14:52	02:13:06	03:26:25	04:51:01.20	04:51:01.20	+02:15:59 (46.7%)	8:49	6.8 (53.1%)
181	WIŚNIEWSKI Mariusz	6432		Masters M - 40	58	00:00:13	01:16:49	02:19:32	03:32:47	04:51:03.60	04:51:03.60	+02:16:02 (46.7%)	8:49	6.8 (53.1%)
182	TOMAKA Maciej	6476	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	56	00:00:50	01:20:04	02:25:39	03:44:58	04:51:29.00	04:51:29.00	+02:16:27 (46.8%)	8:49	6.8 (53.1%)
183	KABAŁA Bartosz	6002	#BIEGIEMWLAS	Senior I M - 20	20	00:00:43	01:18:45		03:29:02	04:51:37.95	04:51:37.95	+02:16:36 (46.8%)	8:50	6.8 (53.1%)
184	SZOFRER Adam	6245	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	57	00:01:01	01:29:46	02:26:12	03:36:29	04:51:41.10	04:51:41.10	+02:16:39 (46.9%)	8:50	6.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
185	KĘPIŃSKI Marek	6305		Weteran I M - 50	12	00:00:53	01:23:37		03:35:37	04:51:44.40	04:51:44.40	+02:16:43 (46.9%)	8:50	6.8 (53.1%)
186	TRZPIOLA Tycjan	6013	KURACJUSZE	Senior II M - 30	58	00:00:21	01:16:11	02:17:30	03:32:56	04:51:44.90	04:51:44.90	+02:16:43 (46.9%)	8:50	6.8 (53.1%)
187	GAWROŃSKI Sebastian	6386		Masters M - 40	59	00:00:51	01:21:45		03:32:12	04:52:06.30	04:52:06.30	+02:17:05 (46.9%)	8:51	6.8 (53.1%)
188	CEITEL Maciej	6028		Masters M - 40	60	00:00:58	01:28:12	02:27:23	03:38:08	04:52:39.10	04:52:39.10	+02:17:37 (47.0%)	8:52	6.8 (53.1%)
189	ZAŃKO Łukasz	6286	EXPLORADOR	Masters M - 40	61	00:00:35	01:29:22		03:37:52	04:53:15.55	04:53:15.55	+02:18:14 (47.1%)	8:53	6.8 (53.1%)
190	SZACH Andrzej	6485	22KBPG	Masters M - 40	62	00:00:14	01:13:29	02:19:09	03:35:06	04:53:17.50	04:53:17.50	+02:18:16 (47.1%)	8:53	6.8 (53.1%)
191	CHOJNACKI Mikołaj	6319	WARSAW RUN CLUB	Masters M - 40	63	00:01:10	01:22:17		03:39:43	04:53:36.15	04:53:36.15	+02:18:34 (47.2%)	8:53	6.7 (52.3%)
192	BUDZIAK Michał	6415		Senior II M - 30	59	00:00:04	01:13:19	02:11:19	03:30:54	04:53:37.50	04:53:37.50	+02:18:36 (47.2%)	8:53	6.7 (52.3%)
193	DUPLAGA Dawid	6462		Senior I M - 20	21	00:00:47	01:08:16	02:04:40	03:22:08	04:53:48.25	04:53:48.25	+02:18:46 (47.2%)	8:54	6.7 (52.3%)
194	CHILIMONIUK Mariusz	6240		Masters M - 40	64	00:01:03	01:28:32	02:28:50	03:41:03	04:54:52.85	04:54:52.85	+02:19:51 (47.4%)	8:56	6.7 (52.3%)
195	PAPAJ Jakub	6340		Senior II M - 30	60	00:00:09	01:10:50	02:09:25	03:31:54	04:55:06.00	04:55:06.00	+02:20:04 (47.5%)	8:56	6.7 (52.3%)
196	OLEJNIK Wojciech	6322	TRIGYM SZCZECIN	Senior I M - 20	22	00:01:04	01:19:03	02:13:49	03:27:53	04:55:14.15	04:55:14.15	+02:20:12 (47.5%)	8:56	6.7 (52.3%)
197	ZDAŃSKI Paweł	6180		Senior II M - 30	61	00:00:22	01:17:49		03:35:50	04:55:23.90	04:55:23.90	+02:20:22 (47.5%)	8:57	6.7 (52.3%)
198	REPCZYŃSKI Mateusz Repczyński	6015		Senior I M - 20	23	00:00:01	01:13:51	02:13:26	03:29:35	04:56:09.55	04:56:09.55	+02:21:08 (47.7%)	8:58	6.7 (52.3%)
199	SYNOWIEC Katarzyna	6447		Senior I K - 20	7	00:00:47	01:29:55	02:29:47	03:42:38	04:56:37.15	04:56:37.15	+02:21:35 (47.7%)	8:59	6.7 (52.3%)
200	LISEK Janusz	6066	TEAM BEROTU	Masters M - 40	65	00:00:25	01:13:04	02:09:08	03:27:55	04:56:45.50	04:56:45.50	+02:21:44 (47.8%)	8:59	6.7 (52.3%)
201	MATUSZCZYK Paweł	6479		Masters M - 40	66	00:00:24	01:16:06	02:16:21	03:39:10	04:57:00.60	04:57:00.60	+02:21:59 (47.8%)	9:00	6.7 (52.3%)
202	KAWA Hubert	6208	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	62	00:00:02	01:17:15	02:17:36	03:33:12	04:57:06.10	04:57:06.10	+02:22:04 (47.8%)	9:00	6.7 (52.3%)
203	ZAWADZIŃSKI Maciej	6209	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	67	00:00:02	01:15:55		03:33:10	04:57:06.25	04:57:06.25	+02:22:04 (47.8%)	9:00	6.7 (52.3%)
204	KONSEK Jacek	6048		Senior II M - 30	63	00:00:04	01:18:12		03:37:53	04:57:30.15	04:57:30.15	+02:22:28 (47.9%)	9:00	6.7 (52.3%)
205	GRACZYK Mateusz	6424		Senior I M - 20	24	00:01:16	01:24:28	02:23:29	03:38:29	04:58:22.55	04:58:22.55	+02:23:21 (48.0%)	9:02	6.6 (51.6%)
206	URBAŃCZYK Mateusz	6337	KW SAKWA	Senior I M - 20	25	00:01:12	01:27:22	02:26:08	03:40:03	04:58:28.05	04:58:28.05	+02:23:26 (48.1%)	9:02	6.6 (51.6%)
207	DENYSENKO Lech	6027	BDB TEAM KATOWICE	Weteran II M - 60	1	00:00:32	01:23:50	02:22:34	03:35:31	04:58:43.15	04:58:43.15	+02:23:41 (48.1%)	9:03	6.6 (51.6%)
208	MIKRUT Paweł	6538		Masters M - 40	68	00:00:42	01:24:36	02:25:36	03:41:19	04:58:45.65	04:58:45.65	+02:23:44 (48.1%)	9:03	6.6 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
209	WALKOWIAK Dominika	6381	#BIEGAJLESZNO	Senior II K - 30	19	00:00:56	01:26:55		03:39:22	04:58:56.75	04:58:56.75	+02:23:55 (48.1%)	9:03	6.6 (51.6%)
210	MOKRZYŃSKI Marcin	6421	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	69	00:00:50	01:20:04	02:26:03	03:44:59	04:59:00.25	04:59:00.25	+02:23:58 (48.2%)	9:03	6.6 (51.6%)
211	HATAJSKI Wojciech	6470	EKIPA JTM	Senior II M - 30	64	00:00:24	01:18:55		03:42:40	04:59:00.45	04:59:00.45	+02:23:59 (48.2%)	9:03	6.6 (51.6%)
212	OLEŃCZUK Tomasz	6030	TT SZCZECIN	Masters M - 40	70	00:00:45	01:30:29		03:43:56	04:59:06.45	04:59:06.45	+02:24:05 (48.2%)	9:03	6.6 (51.6%)
213	KOWALCZYK Marcin	6293		Senior II M - 30	65	00:01:00	01:26:23	02:23:00	03:41:32	04:59:46.05	04:59:46.05	+02:24:44 (48.3%)	9:05	6.6 (51.6%)
214	DROŻYŃSKA Iwona	6094	LUCEK PAZUR TEAM	Senior II K - 30	20	00:00:44	01:25:18		03:47:21	04:59:50.30	04:59:50.30	+02:24:49 (48.3%)	9:05	6.6 (51.6%)
215	ŁATWIŃSKI Mateusz	6161	MOCNA GRUPA CEZARA	Senior I M - 20	26	00:00:20	01:18:02	02:22:00	03:40:18	04:59:50.80	04:59:50.80	+02:24:49 (48.3%)	9:05	6.6 (51.6%)
216	JOPA Maciej	6226		Senior II M - 30	66	00:00:26	01:16:17	02:15:53	03:36:37	04:59:50.90	04:59:50.90	+02:24:49 (48.3%)	9:05	6.6 (51.6%)
217	KOROSTYŃSKI Damian	6392		Masters M - 40	71	00:00:51	01:18:23	02:17:10	03:30:21	05:00:23.75	05:00:23.75	+02:25:22 (48.4%)	9:06	6.6 (51.6%)
218	CHMIELOWIEC Norbert	6514		Senior II M - 30	67	00:00:26	01:18:26	02:23:13	03:43:00	05:00:53.95	05:00:53.95	+02:25:52 (48.5%)	9:07	6.6 (51.6%)
219	MIEDZIŃSKI Michał	6314	JKS SALAMANDRA	Senior II M - 30	68	00:00:26	01:16:15	02:25:07	03:41:08	05:01:12.95	05:01:12.95	+02:26:11 (48.5%)	9:07	6.6 (51.6%)
220	LESZCZYŃSKI Paweł	6541	LASY WAWERSKIE	Weteran II M - 60	2	00:00:58	01:27:16	02:28:04	03:38:17	05:01:52.80	05:01:52.80	+02:26:51 (48.6%)	9:08	6.6 (51.6%)
221	WANKIEWICZ Krzysztof	6194		Masters M - 40	72	00:00:40	01:21:56	02:22:48	03:42:42	05:01:54.20	05:01:54.20	+02:26:52 (48.7%)	9:08	6.6 (51.6%)
222	GRZYB Krzysztof	6195	KLUB BIEGACZA EURO	Masters M - 40	73	00:01:15	01:31:42		03:45:56	05:01:56.35	05:01:56.35	+02:26:55 (48.7%)	9:08	6.6 (51.6%)
223	RUŚKIEWICZ Wojciech Ruśkiewicz	6047	DELOITTE ADVENTURE TEAM	Senior II M - 30	69	00:00:35	01:13:31	02:12:39	03:45:26	05:02:39.35	05:02:39.35	+02:27:38 (48.8%)	9:10	6.5 (50.8%)
224	WENTYKIER Beata	6098	POMYŁKA TEAM	Masters K - 40	14	00:00:09	01:14:49		03:40:06	05:03:13.40	05:03:13.40	+02:28:12 (48.9%)	9:11	6.5 (50.8%)
225	SZYMAŃSKI Michał	6457	TENIS CENTRUM AS	Senior I M - 20	27	00:01:07	01:28:26	02:32:14	03:49:15	05:03:30.40	05:03:30.40	+02:28:29 (48.9%)	9:11	6.5 (50.8%)
226	SZAL Małgorzata	6453	TENIS CENTRUM AS	Senior II K - 30	21	00:01:07	01:29:06		03:49:14	05:03:30.95	05:03:30.95	+02:28:29 (48.9%)	9:11	6.5 (50.8%)
227	MARNYSZ Michał	6153		Senior II M - 30	70	00:01:00	01:30:58	02:35:59	03:58:07	05:04:17.40	05:04:17.40	+02:29:16 (49.1%)	9:13	6.5 (50.8%)
228	JAGŁA Ewelina	6141		Senior II K - 30	22	00:01:01	01:29:40		03:48:04	05:04:23.50	05:04:23.50	+02:29:22 (49.1%)	9:13	6.5 (50.8%)
229	KRÓLICKI Konrad	6450	STG WARSZAWA	Masters M - 40	74	00:00:14	01:17:44	02:22:12	03:39:13	05:04:29.35	05:04:29.35	+02:29:28 (49.1%)	9:13	6.5 (50.8%)
230	KORALEWSKA Edyta	6058		Masters K - 40	15	00:01:11	01:27:40		03:46:48	05:04:31.50	05:04:31.50	+02:29:30 (49.1%)	9:13	6.5 (50.8%)
231	GRAU Joanna	6540	KWIDZYN BIEGA	Masters K - 40	16	00:00:42	01:27:54	02:31:19	03:47:41	05:04:40.25	05:04:40.25	+02:29:38 (49.1%)	9:13	6.5 (50.8%)
232	STEBEL Piotr	6249	PRZEWODNIK	Weteran I M - 50	13	00:00:27	01:21:41	02:24:56	03:44:00	05:05:28.80	05:05:28.80	+02:30:27 (49.3%)	9:15	6.5 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
233	DĄBROWSKI Michał	6428		Senior II M - 30	71	00:00:15	01:19:07	02:23:56	03:42:29	05:05:29.15	05:05:29.15	+02:30:27 (49.3%)	9:15	6.5 (50.8%)
234	PAWLUK Anna	6205	WAWRZYNTTEAM	Senior II K - 30	23	00:00:29	01:24:15		03:48:04	05:05:39.70	05:05:39.70	+02:30:38 (49.3%)	9:15	6.5 (50.8%)
235	PODBOROŻNY Karol	6251		Senior II M - 30	72	00:01:12	01:22:21	02:21:36	03:41:32	05:05:44.70	05:05:44.70	+02:30:43 (49.3%)	9:15	6.5 (50.8%)
236	MICHALSKI Grzegorz	6350	CAFFEDELMONDO	Masters M - 40	75	00:01:17	01:23:27	02:23:41	03:41:13	05:05:53.65	05:05:53.65	+02:30:52 (49.3%)	9:16	6.5 (50.8%)
237	MAŃKOWSKI Tomasz	6230	HOMAG RUN TEAM	Senior II M - 30	73	00:01:12	01:24:23	02:24:26	03:45:09	05:05:55.00	05:05:55.00	+02:30:53 (49.3%)	9:16	6.5 (50.8%)
238	STEFANOWSKI Marcin	6436	*****.***	Weteran I M - 50	14	00:00:32	01:19:05	02:23:10	03:41:09	05:07:34.75	05:07:34.75	+02:32:33 (49.6%)	9:19	6.4 (50.0%)
239	KMIECIK Jakub	6290	TARNOWO PODGÓRNE BIEGA	Masters M - 40	76	00:00:18	01:15:52	02:16:18	03:33:04	05:08:14.65	05:08:14.65	+02:33:13 (49.7%)	9:20	6.4 (50.0%)
240	NOWAK Ireneusz	6169		Weteran I M - 50	15	00:00:56	01:22:01	02:24:18	03:40:54	05:08:15.90	05:08:15.90	+02:33:14 (49.7%)	9:20	6.4 (50.0%)
241	BARAN Bogdan	6397	PRO-RUN WROCŁAW	Weteran II M - 60	3	00:00:39	01:27:00	02:27:33	03:42:30	05:08:16.95	05:08:16.95	+02:33:15 (49.7%)	9:20	6.4 (50.0%)
242	ŻYLIŃSKA Agnieszka	6526	555	Senior II K - 30	24	00:00:54	01:28:51	02:29:53	03:51:06	05:08:43.90	05:08:43.90	+02:33:42 (49.8%)	9:21	6.4 (50.0%)
243	STRYCZNIWICZ Krzysztof Stryczniewicz	6525	555	Masters M - 40	77	00:00:54	01:28:54	02:29:20	03:51:05	05:08:44.45	05:08:44.45	+02:33:43 (49.8%)	9:21	6.4 (50.0%)
244	SOBAŃSKI Roman	6327	TARNOWO PODGÓRNE BIEGA	Masters M - 40	78	00:00:18	01:23:43		03:43:00	05:09:15.15	05:09:15.15	+02:34:13 (49.9%)	9:22	6.4 (50.0%)
245	ZAJKOWSKA Ewa	6131	VEGE RUNNERS	Senior II K - 30	25	00:01:14	01:29:26	02:32:23	03:48:48	05:09:45.00	05:09:45.00	+02:34:43 (50.0%)	9:23	6.4 (50.0%)
246	NESTEREWICZ Ryszard	6518	LKS ISKRA JASZKOWA	Weteran II M - 60	4	00:00:38	01:17:57	02:19:40	03:40:51	05:10:08.85	05:10:08.85	+02:35:07 (50.0%)	9:23	6.4 (50.0%)
247	JANKOWSKI Łukasz	6043	STAN UMYSŁU LEWIN BIEGA	Senior II M - 30	74	00:00:47	01:27:25		03:52:02	05:10:41.25	05:10:41.25	+02:35:39 (50.1%)	9:24	6.4 (50.0%)
248	ZIEWIEC Marcin	6111		Senior II M - 30	75	00:00:45	01:21:53	02:24:03	03:50:17	05:10:43.70	05:10:43.70	+02:35:42 (50.1%)	9:24	6.4 (50.0%)
249	FRANKOWSKA Katarzyna	6527	PRO366	Masters K - 40	17	00:01:11	01:31:51	02:36:59	03:55:35	05:11:03.05	05:11:03.05	+02:36:01 (50.2%)	9:25	6.4 (50.0%)
250	STASZEWSKI Piotr	6528		Weteran I M - 50	16	00:01:11	01:31:52	02:37:01	03:55:34	05:11:03.25	05:11:03.25	+02:36:01 (50.2%)	9:25	6.4 (50.0%)
251	GRĘDA Elżbieta	6089		Masters K - 40	18	00:00:41	01:26:27	02:21:29	03:48:57	05:11:15.15	05:11:15.15	+02:36:13 (50.2%)	9:25	6.4 (50.0%)
252	BRASEL Marcin	6181	TRIGYM SZCZECIN	Weteran I M - 50	17	00:01:04	01:20:07	02:17:51	03:40:44	05:12:10.05	05:12:10.05	+02:37:08 (50.3%)	9:27	6.3 (49.2%)
253	BESTRZYŃSKA Joanna	6496	CZŁAPAK ROBAKOWO	Weteran K - 50	2	00:00:33	01:27:19	02:28:46	03:50:42	05:12:18.75	05:12:18.75	+02:37:17 (50.4%)	9:27	6.3 (49.2%)
254	SUSZCZYŃSKI Krzysztof	6096	RUNNERS TEAM NYSA/ LUCEK PAZUR TEAM	Masters M - 40	79	00:00:44	01:24:40	02:28:18	03:48:51	05:12:25.90	05:12:25.90	+02:37:24 (50.4%)	9:28	6.3 (49.2%)
255	IWACHÓW Sławomir	6544	MXTECH KWIDZYN	Masters M - 40	80	00:00:42	01:30:10	02:36:03	03:56:00	05:12:35.95	05:12:35.95	+02:37:34 (50.4%)	9:28	6.3 (49.2%)
256	SZCZOTKA Katarzyna	6092		Senior I K - 20	8	00:00:17	01:26:50	02:31:34	03:52:39	05:12:53.65	05:12:53.65	+02:37:52 (50.5%)	9:28	6.3 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
257	LEWICKI Tomasz	6159	CAŁA OLEŚNICA BIEGA	Masters M - 40	81	00:00:36	01:27:20	02:28:39	03:50:02	05:12:55.75	05:12:55.75	+02:37:54 (50.5%)	9:28	6.3 (49.2%)
258	WOJTKOWSKI Ireneusz	6399	ASSECO ACTIVE TEAM	Weteran II M - 60	5	00:00:37	01:23:19	02:27:58	03:44:54	05:13:07.80	05:13:07.80	+02:38:06 (50.5%)	9:29	6.3 (49.2%)
259	BOIŃSKI Bartosz	6346	EUROCASH	Senior II M - 30	76	00:01:15	01:28:44	02:27:00	03:55:37	05:13:07.85	05:13:07.85	+02:38:06 (50.5%)	9:29	6.3 (49.2%)
260	CIENIUCH Piotr	6333		Masters M - 40	82	00:01:03	01:33:05	02:33:13	03:51:18	05:13:36.30	05:13:36.30	+02:38:35 (50.6%)	9:30	6.3 (49.2%)
261	KWIATKOWSKA Dominika	6329	MOCNA GRUPA CEZARA	Senior I K - 20	9	00:01:03	01:31:25	02:35:21	03:55:30	05:14:05.30	05:14:05.30	+02:39:04 (50.6%)	9:31	6.3 (49.2%)
262	SZWACZKA Sebastian	6419	BW BIEGOWY WARIAT	Masters M - 40	83	00:00:43	01:29:57	02:37:09	03:56:20	05:14:38.45	05:14:38.45	+02:39:37 (50.7%)	9:32	6.3 (49.2%)
263	PRUSZCZYŃSKI Piotr	6126		Masters M - 40	84	00:00:33	01:22:07	02:31:39	03:51:13	05:14:50.20	05:14:50.20	+02:39:48 (50.8%)	9:32	6.3 (49.2%)
264	ŁĘKAWA Sebastian	6023	140MINUT.PL	Masters M - 40	85	00:00:36	01:23:40	02:32:10	03:50:46	05:15:05.20	05:15:05.20	+02:40:03 (50.8%)	9:32	6.3 (49.2%)
265	ALEKSANDROWICZ Marlena	6193		Masters K - 40	19	00:01:09	01:34:51	02:37:26	03:59:53	05:15:39.00	05:15:39.00	+02:40:37 (50.9%)	9:33	6.3 (49.2%)
266	LENART Jakub	6163		Senior II M - 30	77	00:00:38	01:23:56	02:27:19	03:47:15	05:15:42.25	05:15:42.25	+02:40:40 (50.9%)	9:34	6.3 (49.2%)
267	GMAJ Daniel	6250		Senior II M - 30	78	00:00:28	01:24:26	02:28:22	03:49:35	05:16:08.30	05:16:08.30	+02:41:07 (51.0%)	9:34	6.3 (49.2%)
268	SPYCHAŁA Maciej	6248	WRONIECKI KLUB BIEGACZA	Masters M - 40	86	00:00:29	01:32:34	02:39:49	03:56:31	05:16:12.65	05:16:12.65	+02:41:11 (51.0%)	9:34	6.3 (49.2%)
269	NOBILE Riccardo	6449		Senior II M - 30	79	00:00:25	01:21:35		03:44:08	05:16:26.20	05:16:26.20	+02:41:24 (51.0%)	9:35	6.3 (49.2%)
270	ROBAKOWSKA Joanna	6190	NIGHT RUNNERS	Senior II K - 30	26	00:00:51	01:31:24	02:36:15	03:55:31	05:16:34.35	05:16:34.35	+02:41:33 (51.0%)	9:35	6.3 (49.2%)
271	ZIELEŃ-PUSZCZECKA Marta	6444		Senior II K - 30	27	00:00:55	01:32:36	02:39:07	03:56:29	05:16:34.45	05:16:34.45	+02:41:33 (51.0%)	9:35	6.3 (49.2%)
272	KĘPIŃSKI Michał	6320		Senior I M - 20	28	00:00:53	01:26:52	02:28:30	03:50:41	05:16:46.95	05:16:46.95	+02:41:45 (51.1%)	9:35	6.3 (49.2%)
273	RÓLKA Mariola	6044	BP RUNNING TEAM GLIWICE	Masters K - 40	20	00:00:52	01:22:05		03:55:32	05:17:09.65	05:17:09.65	+02:42:08 (51.1%)	9:36	6.2 (48.4%)
274	MIŚTALSKI Damian	6451		Senior II M - 30	80	00:00:29	01:20:02	02:25:19	03:56:15	05:17:33.60	05:17:33.60	+02:42:32 (51.2%)	9:37	6.2 (48.4%)
275	OCZKOWICZ Beata	6304	MOCNA GRUPA CEZARA	Senior II K - 30	28	00:01:03	01:34:01	02:41:38	03:57:30	05:17:38.55	05:17:38.55	+02:42:37 (51.2%)	9:37	6.2 (48.4%)
276	RABIEJ Kazimierz	6107	ROZBIEGANI CHOJNÓW	Weteran II M - 60	6	00:00:39	01:26:11	02:32:36	03:52:51	05:17:51.05	05:17:51.05	+02:42:49 (51.2%)	9:37	6.2 (48.4%)
277	BARANOWSKI Szymon	6091		Senior II M - 30	81	00:00:17	01:25:41	02:28:07	03:52:38	05:18:05.10	05:18:05.10	+02:43:03 (51.3%)	9:38	6.2 (48.4%)
278	MUČA Māris	6311	LBNB	Weteran I M - 50	18	00:01:21	01:23:26	02:24:41	03:45:59	05:18:13.65	05:18:13.65	+02:43:12 (51.3%)	9:38	6.2 (48.4%)
279	RZESZOWSKI Tomasz	6323	MIRAZ RACE TEAM	Masters M - 40	87	00:00:02	01:19:49	02:24:14	03:48:06	05:18:24.85	05:18:24.85	+02:43:23 (51.3%)	9:38	6.2 (48.4%)
280	PISKORZ Jarosław	6472		Senior II M - 30	82	00:00:58	01:34:46	02:40:49	04:00:00	05:18:33.55	05:18:33.55	+02:43:32 (51.3%)	9:39	6.2 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
281	KĘDZIORA Alicja	6481		Senior II K - 30	29	00:00:17	01:31:28		03:57:15	05:18:37.85	05:18:37.85	+02:43:36 (51.3%)	9:39	6.2 (48.4%)
282	HORODYSKI Marek	6156		Senior II M - 30	83	00:00:45	01:23:42	02:29:24	03:53:48	05:18:38.15	05:18:38.15	+02:43:36 (51.3%)	9:39	6.2 (48.4%)
283	MICHALSKI Tomasz	6120		Masters M - 40	88	00:00:46	01:28:11	02:29:59	03:53:47	05:18:38.25	05:18:38.25	+02:43:36 (51.3%)	9:39	6.2 (48.4%)
284	KACZMARCZYK Bogdan	6267	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	89	00:00:37	01:27:16		03:47:36	05:18:46.85	05:18:46.85	+02:43:45 (51.4%)	9:39	6.2 (48.4%)
285	WALCZAK Małgorzata	6302	PCH_RUN	Masters K - 40	21	00:00:05	01:22:13		03:54:27	05:18:47.30	05:18:47.30	+02:43:46 (51.4%)	9:39	6.2 (48.4%)
285	WALCZAK Tomasz	6303	PCH_RUN	Masters M - 40	90	00:00:03	01:22:13	02:23:35	03:54:28	05:18:47.30	05:18:47.30	+02:43:46 (51.4%)	9:39	6.2 (48.4%)
287	TOWPIK Piotr	6079		Senior II M - 30	84	00:00:49	01:23:02	02:27:42	03:53:09	05:18:49.55	05:18:49.55	+02:43:48 (51.4%)	9:39	6.2 (48.4%)
288	SZELAĞIEWICZ Piotr	6355		Masters M - 40	91	00:00:30	01:24:14	02:25:54	03:50:10	05:18:55.00	05:18:55.00	+02:43:53 (51.4%)	9:39	6.2 (48.4%)
289	STĘPIEŃ Łukasz	6328	JKS SALAMANDRA	Masters M - 40	92	00:00:26	01:16:12	02:25:50	03:58:57	05:19:06.55	05:19:06.55	+02:44:05 (51.4%)	9:40	6.2 (48.4%)
290	MATKOWSKA Martyna	6441		Senior II K - 30	30	00:01:14	01:29:26	02:32:19	03:48:49	05:19:21.20	05:19:21.20	+02:44:19 (51.5%)	9:40	6.2 (48.4%)
291	KĘDZIORA Karolina	6533		Senior I K - 20	10	00:00:18	01:31:28	02:40:09	03:57:16	05:19:57.60	05:19:57.60	+02:44:56 (51.5%)	9:41	6.2 (48.4%)
292	LERCH Krzysztof	6387		Masters M - 40	93	00:00:12	01:19:16	02:22:20	03:49:03	05:20:04.75	05:20:04.75	+02:45:03 (51.6%)	9:41	6.2 (48.4%)
293	LEWANDOWSKI Leszek	6354	POWSTAŃCY Z KANAPY	Masters M - 40	94	00:00:25	01:31:13	02:37:58	03:55:45	05:20:10.15	05:20:10.15	+02:45:08 (51.6%)	9:42	6.2 (48.4%)
294	STAROŃSKA Magdalena	6331		Masters K - 40	22	00:01:11	01:34:15	02:40:36	03:58:16	05:20:33.40	05:20:33.40	+02:45:32 (51.6%)	9:42	6.2 (48.4%)
295	KOZŁOWSKA Anna	6168		Masters K - 40	23	00:00:32	01:27:56		03:58:35	05:21:24.15	05:21:24.15	+02:46:22 (51.8%)	9:44	6.2 (48.4%)
296	WÓJCIK Justyna	6219	W POGONI ZA DUCHEM	Masters K - 40	24	00:00:32	01:27:56	02:38:02	03:58:37	05:21:24.45	05:21:24.45	+02:46:23 (51.8%)	9:44	6.2 (48.4%)
297	MROZIŃSKI Marcin	6407	SPORT GENERATION TEAM	Masters M - 40	95	00:00:20	01:26:38		03:53:30	05:21:33.45	05:21:33.45	+02:46:32 (51.8%)	9:44	6.2 (48.4%)
298	KASPRZYK Marcin	6201		Senior I M - 20	29	00:00:53	01:35:50	02:38:20	03:56:41	05:21:39.10	05:21:39.10	+02:46:37 (51.8%)	9:44	6.2 (48.4%)
299	WOJSA Zdzisława	6542	W POGONI ZA DUCHEM	Masters K - 40	25	00:00:15	01:25:08	02:31:22	03:52:41	05:22:27.10	05:22:27.10	+02:47:25 (51.9%)	9:46	6.1 (47.7%)
300	ŁUNKIEWICZ Jagna	6192	EURO FILM FOLIE OKIENNE	Masters K - 40	26	00:01:09	01:34:50	02:37:45	03:58:32	05:22:55.65	05:22:55.65	+02:47:54 (52.0%)	9:47	6.1 (47.7%)
301	GROCHAŁA Wojciech	6167	ZG POLKOWICE-SIEROSZOWICE	Masters M - 40	96	00:02:20	01:33:04		03:57:32	05:24:02.85	05:24:02.85	+02:49:01 (52.2%)	9:49	6.1 (47.7%)
302	MATUSZAK Krzysztof	6088	TRIGYM SZCZECIN/MATUSZAK TEAM	Masters M - 40	97	00:01:05	01:26:36	02:31:58	03:54:53	05:24:07.05	05:24:07.05	+02:49:05 (52.2%)	9:49	6.1 (47.7%)
303	JODŁOWSKA Ewa	6034	BBL KROSNO ODRZANSKIE	Masters K - 40	27	00:00:43	01:28:03		03:53:29	05:24:08.60	05:24:08.60	+02:49:07 (52.2%)	9:49	6.1 (47.7%)
304	ŚNIEGOCKI Pawel	6231	4T/TARNOWO PODGÓRNE BIEGA	Masters M - 40	98	00:00:17	01:18:25	02:24:32	03:50:59	05:24:31.65	05:24:31.65	+02:49:30 (52.2%)	9:50	6.1 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
305	BUŁANCIŃSKI Filip	6543		Masters M - 40	99	00:00:31	01:27:10		03:58:03	05:24:42.25	05:24:42.25	+02:49:40 (52.3%)	9:50	6.1 (47.7%)
306	JASKÓŁKA Rafał	6174	VENUS - BRUK	Masters M - 40	100	00:00:29	01:30:29	02:33:01	03:54:30	05:25:27.85	05:25:27.85	+02:50:26 (52.4%)	9:51	6.1 (47.7%)
307	JASKÓŁKA Hubert	6175	VENUS - BRUK	Weteran II M - 60	7	00:00:29	01:30:27	02:33:05	03:54:30	05:25:29.75	05:25:29.75	+02:50:28 (52.4%)	9:51	6.1 (47.7%)
308	NOWACZYŃSKI Maciej	6423		Senior I M - 20	30	00:01:16	01:35:30	02:44:07	04:02:30	05:25:32.95	05:25:32.95	+02:50:31 (52.4%)	9:51	6.1 (47.7%)
309	KRAJCER Jolanta	6367	JOLANTA KRAJCER	Masters K - 40	28	00:00:12	01:27:44	02:37:51	04:02:08	05:25:58.95	05:25:58.95	+02:50:57 (52.4%)	9:52	6.1 (47.7%)
310	KOSTYK Grzegorz	6115		Masters M - 40	101	00:00:25	01:28:31	02:34:11	03:58:47	05:26:44.50	05:26:44.50	+02:51:43 (52.6%)	9:54	6.1 (47.7%)
311	ZIMOŃ Adam	6325	INTEGRUM BROKER	Masters M - 40	102	00:00:46	01:29:20	02:34:08	03:57:03	05:27:51.45	05:27:51.45	+02:52:50 (52.7%)	9:56	6 (46.9%)
312	MAKOWCZYŃSKA Agata	6493	OBORYGENI	Senior II K - 30	31	00:01:14	01:33:54	02:41:32	04:01:33	05:28:16.05	05:28:16.05	+02:53:14 (52.8%)	9:56	6 (46.9%)
313	KOCZOROWSKI Jakub	6492		Senior II M - 30	85	00:01:14	01:33:55	02:41:22	04:01:33	05:28:19.25	05:28:19.25	+02:53:17 (52.8%)	9:56	6 (46.9%)
314	DRYGAJŁO Tomasz	6151		Senior II M - 30	86	00:01:00	01:30:59		03:58:09	05:29:27.85	05:29:27.85	+02:54:26 (52.9%)	9:59	6 (46.9%)
315	MATUŁA Przemysław	6375	UMCS BIEGA	Weteran I M - 50	19	00:00:43	01:26:17	02:31:43	03:53:00	05:29:53.10	05:29:53.10	+02:54:51 (53.0%)	9:59	6 (46.9%)
316	STACHOWIAK Danuta	6274	ROKIETNICA BIEGA	Masters K - 40	29	00:00:45	01:36:33	02:44:36	04:06:20	05:30:33.25	05:30:33.25	+02:55:31 (53.1%)	10:01	6 (46.9%)
317	WILCZEK Małgorzata	6233	RAJSPOORT ACTIVE	Senior II K - 30	32	00:00:57	01:36:19	02:44:10	04:04:47	05:30:34.05	05:30:34.05	+02:55:32 (53.1%)	10:01	6 (46.9%)
318	LEWARTOWSKA Agnieszka	6508	KTB KUNY	Masters K - 40	30	00:00:59	01:29:53	02:39:45	04:04:59	05:30:45.85	05:30:45.85	+02:55:44 (53.1%)	10:01	6 (46.9%)
319	SKIBA Anna	6473	KB HARCOWNIK	Masters K - 40	31	00:00:39	01:35:55	02:44:31	04:03:45	05:30:50.75	05:30:50.75	+02:55:49 (53.1%)	10:01	6 (46.9%)
320	MISZCZAK Katarzyna	6138	MIRAZ RACE TEAM	Masters K - 40	32	00:00:03	01:27:09	02:37:17	04:06:58	05:31:03.60	05:31:03.60	+02:56:02 (53.2%)	10:01	6 (46.9%)
321	SNOCHOWSKI Leszek	6263	LESZEK TEAM	Weteran II M - 60	8	00:00:33	01:24:12	02:32:51	03:56:55	05:31:13.00	05:31:13.00	+02:56:11 (53.2%)	10:02	6 (46.9%)
322	SZYSZKA Agnieszka	6179		Masters K - 40	33	00:00:24	01:31:11	02:39:05	04:04:15	05:31:37.60	05:31:37.60	+02:56:36 (53.3%)	10:02	6 (46.9%)
323	BEDNARZ Patryk	6502	GRZDYLNIA B1 TEAM	Senior II M - 30	87	00:00:21	01:21:34		04:03:29	05:31:53.20	05:31:53.20	+02:56:51 (53.3%)	10:03	6 (46.9%)
324	ŚWIĘCHOWICZ Michał	6503		Senior II M - 30	88	00:00:21	01:21:37		04:03:30	05:31:53.85	05:31:53.85	+02:56:52 (53.3%)	10:03	6 (46.9%)
325	ANUSZ Roksana	6430		Senior II K - 30	33	00:00:30	01:31:01		04:01:46	05:31:57.20	05:31:57.20	+02:56:55 (53.3%)	10:03	6 (46.9%)
326	BIŃCZARSKA Monika	6039		Masters K - 40	34	00:00:23	01:28:17	02:38:14	04:05:05	05:33:29.10	05:33:29.10	+02:58:27 (53.5%)	10:06	5.9 (46.1%)
327	BOMBA Tomasz	6242	PRO-RUN WROCŁAW	Masters M - 40	103	00:00:35	01:26:29	02:40:16	04:04:50	05:33:29.65	05:33:29.65	+02:58:28 (53.5%)	10:06	5.9 (46.1%)
328	RATAJCZAK Karolina	6097		Senior I K - 20	11	00:00:33	01:36:11	02:44:49	04:09:49	05:33:59.30	05:33:59.30	+02:58:58 (53.6%)	10:07	5.9 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
329	KIEŁBASIEWICZ Dawid	6031	MOYA RACING TEAM	Senior I M - 20	31	00:00:06	01:21:19	02:45:35	04:09:50	05:33:59.60	05:33:59.60	+02:58:58 (53.6%)	10:07	5.9 (46.1%)
330	SERBA Michał	6037	KB SZAMOTUŁY	Senior II M - 30	89	00:00:58	01:24:32	02:36:07	04:06:53	05:34:17.50	05:34:17.50	+02:59:16 (53.6%)	10:07	5.9 (46.1%)
331	SZMATLOCH Bartłomiej	6345	RETROBAJTEL	Senior II M - 30	90	00:00:29	01:36:47	02:47:10	04:10:59	05:35:04.60	05:35:04.60	+03:00:03 (53.7%)	10:09	5.9 (46.1%)
332	SZMATLOCH Maciek	6343	RETROBAJTEL	Masters M - 40	104	00:00:29	01:36:48	02:47:35	04:11:03	05:35:08.00	05:35:08.00	+03:00:06 (53.7%)	10:09	5.9 (46.1%)
333	PIOTROWSKI Mariusz	6344	PIEROŃSKIE HANYSY	Masters M - 40	105	00:00:28	01:36:26	02:47:00	04:10:56	05:35:10.75	05:35:10.75	+03:00:09 (53.7%)	10:09	5.9 (46.1%)
334	JAKUBOWSKA Kamila	6262	KB GEPARD MUROWANA GOŚLINA	Senior II K - 30	34	00:00:30	01:27:28	02:38:45	04:01:46	05:35:23.85	05:35:23.85	+03:00:22 (53.8%)	10:09	5.9 (46.1%)
335	KMIECIKOWSKI Jakub	6200		Senior I M - 20	32	00:00:53	01:35:52	02:41:06	04:06:11	05:35:24.65	05:35:24.65	+03:00:23 (53.8%)	10:09	5.9 (46.1%)
336	PATELSKA Katarzyna	6422		Senior II K - 30	35	00:00:30	01:27:28	02:38:55	04:01:51	05:35:31.95	05:35:31.95	+03:00:30 (53.8%)	10:10	5.9 (46.1%)
337	BASEK Damian	6136	ALSTOM KATOWICE	Senior II M - 30	91	00:00:11	01:29:51	02:43:40	04:20:31	05:36:23.65	05:36:23.65	+03:01:22 (53.9%)	10:11	5.9 (46.1%)
338	KOŃ Aleksandra	6104	EKIPA LIPA	Masters K - 40	35	00:00:34	01:33:47	02:46:26	04:21:22	05:37:21.00	05:37:21.00	+03:02:19 (54.0%)	10:13	5.9 (46.1%)
339	KUBICA Paweł	6270	GÓRYLASY / MKS SIECHNICE	Senior II M - 30	92	00:01:06	01:19:40		04:11:25	05:37:51.80	05:37:51.80	+03:02:50 (54.1%)	10:14	5.9 (46.1%)
340	JĘDRZEJCZAK Artur	6257		Senior II M - 30	93	00:00:33	01:31:38		04:13:58	05:38:31.45	05:38:31.45	+03:03:30 (54.2%)	10:15	5.8 (45.3%)
341	GRĄDZKA Marianna	6171		Senior I K - 20	12	00:00:57	01:29:25	02:40:27	04:15:02	05:38:54.50	05:38:54.50	+03:03:53 (54.3%)	10:16	5.8 (45.3%)
342	HAMPEL Patryk	6440	BODY POWER	Senior II M - 30	94	00:00:11	01:26:46	02:35:41	04:08:38	05:38:56.70	05:38:56.70	+03:03:55 (54.3%)	10:16	5.8 (45.3%)
343	KRZEMIEN Bartosz	6356		Masters M - 40	106	00:00:28	01:36:37	02:47:05	04:10:59	05:39:26.40	05:39:26.40	+03:04:25 (54.3%)	10:17	5.8 (45.3%)
344	GIDASZEWSKA Jolanta	6146		Masters K - 40	36	00:00:54	01:42:43	02:51:03	04:10:26	05:40:36.75	05:40:36.75	+03:05:35 (54.5%)	10:19	5.8 (45.3%)
345	BARSZCZEWSKI Sebastian	6359		Masters M - 40	107	00:01:08	01:32:35	02:41:02	04:10:40	05:43:12.85	05:43:12.85	+03:08:11 (54.8%)	10:24	5.8 (45.3%)
346	KWIATKOWSKA Beata	6306		Masters K - 40	37	00:00:48	01:35:31	02:43:15	04:12:49	05:43:28.25	05:43:28.25	+03:08:26 (54.9%)	10:24	5.8 (45.3%)
347	KALIŃSKI Krzysztof	6127		Masters M - 40	108	00:00:39	01:26:07	02:36:26	04:06:53	05:43:44.85	05:43:44.85	+03:08:43 (54.9%)	10:24	5.8 (45.3%)
348	SKRZĄTEK Anna	6358		Masters K - 40	38	00:00:03	01:31:21	02:40:58	04:10:41	05:43:55.35	05:43:55.35	+03:08:54 (54.9%)	10:25	5.8 (45.3%)
349	ŁYSIAK Kasia	6282		Senior II K - 30	36	00:00:18	01:33:52	02:44:04	04:11:20	05:44:33.75	05:44:33.75	+03:09:32 (55.0%)	10:26	5.7 (44.5%)
350	MARIUSZ Mazurkiewicz	6547		Weteran I M - 50	20	00:00:54	01:27:35	02:32:44	04:10:17	05:46:37.40	05:46:37.40	+03:11:36 (55.3%)	10:30	5.7 (44.5%)
351	NIERADKO Arkadiusz	6271		Weteran I M - 50	21	00:01:05	01:38:19	02:48:43	04:19:26	05:46:45.80	05:46:45.80	+03:11:44 (55.3%)	10:30	5.7 (44.5%)
352	RZYSZKIEWICZ Tomasz	6398	PĘDZĄCE LENIWCE	Masters M - 40	109	00:00:42	01:38:36	02:50:15	04:29:29	05:47:42.55	05:47:42.55	+03:12:41 (55.4%)	10:32	5.7 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
353	JACZEWSKI Arkadiusz	6316		Masters M - 40	110	00:00:52	01:28:22	02:41:49	04:13:32	05:47:47.70	05:47:47.70	+03:12:46 (55.4%)	10:32	5.7 (44.5%)
354	WENCEL Jaroslaw	6279	EXPLORADOR	Masters M - 40	111	00:00:35	01:29:23	02:31:15	04:09:51	05:48:30.10	05:48:30.10	+03:13:28 (55.5%)	10:33	5.7 (44.5%)
355	ZASADA Michał	6395	NULL	Masters M - 40	112	00:00:36	01:42:02	02:55:25	04:16:58	05:48:38.20	05:48:38.20	+03:13:36 (55.5%)	10:33	5.7 (44.5%)
356	GIERADA Ryszard	6067		Weteran I M - 50	22	00:00:09	01:26:59	02:33:22	04:08:50	05:48:38.75	05:48:38.75	+03:13:37 (55.5%)	10:33	5.7 (44.5%)
357	OZIMINA Hubert	6261	OBORYGENI	Masters M - 40	113	00:01:13	01:34:17	02:44:44	04:09:14	05:49:05.90	05:49:05.90	+03:14:04 (55.6%)	10:34	5.7 (44.5%)
358	BRONOWICKI Jarosław	6040	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters M - 40	114	00:00:49	01:37:11	02:45:04	04:36:04	05:49:27.45	05:49:27.45	+03:14:26 (55.6%)	10:35	5.7 (44.5%)
359	CEBULAK Katarzyna	6259	GOGOKLUB	Senior II K - 30	37	00:00:13	01:31:20	02:46:41	04:13:19	05:49:35.80	05:49:35.80	+03:14:34 (55.7%)	10:35	5.7 (44.5%)
360	JASNOWSKI Paweł	6258	GOGOKLUB	Senior II M - 30	95	00:00:13	01:31:20		04:13:19	05:49:37.65	05:49:37.65	+03:14:36 (55.7%)	10:35	5.7 (44.5%)
361	KISIAŁA Filip	6114	TATA WOJTUSIA <3	Masters M - 40	115	00:00:54	01:27:20	02:34:22	04:07:08	05:49:44.45	05:49:44.45	+03:14:43 (55.7%)	10:35	5.7 (44.5%)
362	CIĄPAŁA Jakub	6128	DZIKIE ŚWINIE	Senior II M - 30	96	00:02:08	01:37:45	02:43:31	04:10:45	05:50:07.00	05:50:07.00	+03:15:05 (55.7%)	10:36	5.7 (44.5%)
363	BRZOSTOWIECKA Angelika	6232	MOCNA GRUPA CEZARA	Senior I K - 20	13	00:01:01	01:42:51	02:54:35	04:20:04	05:50:10.80	05:50:10.80	+03:15:09 (55.7%)	10:36	5.7 (44.5%)
364	CIEŚLA-NIECHWIADOWICZ Aneta	6456		Senior II K - 30	38	00:01:00	01:42:48		04:20:04	05:50:10.95	05:50:10.95	+03:15:09 (55.7%)	10:36	5.7 (44.5%)
365	PAMUŁA Marta	6177		Senior I K - 20	14	00:00:51	01:27:15	02:31:00	04:19:40	05:50:28.40	05:50:28.40	+03:15:27 (55.8%)	10:37	5.6 (43.8%)
366	CZERWIŃSKA Arleta	6064		Weteran II K - 60	1	00:00:24	01:33:14	02:43:28	04:16:10	05:51:18.00	05:51:18.00	+03:16:16 (55.9%)	10:38	5.6 (43.8%)
367	CZERWIŃSKI Jarosław	6062		Weteran II M - 60	9	00:00:24	01:33:13	02:43:21	04:16:10	05:51:18.35	05:51:18.35	+03:16:17 (55.9%)	10:38	5.6 (43.8%)
368	BIAŁEK Kamila	6134		Masters K - 40	39	00:00:22	01:33:39	02:43:35	04:20:25	05:52:33.25	05:52:33.25	+03:17:31 (56.0%)	10:41	5.6 (43.8%)
369	BALCERZAK Krysia	6017	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	40	00:00:22	01:33:37	02:43:08	04:20:24	05:52:33.40	05:52:33.40	+03:17:32 (56.0%)	10:41	5.6 (43.8%)
370	ŚMIECHOWSKA Małgorzata	6300	ŚDS RECZ	Masters K - 40	41	00:00:24	01:36:30	02:47:50	04:13:47	05:52:35.10	05:52:35.10	+03:17:33 (56.0%)	10:41	5.6 (43.8%)
371	DOBOSZ Leszek	6520		Masters M - 40	116	00:01:13	01:36:49	02:52:52	04:21:37	05:52:46.40	05:52:46.40	+03:17:45 (56.1%)	10:41	5.6 (43.8%)
372	JADASZ Anna	6297	GOGOLIN BIEGA	Senior II K - 30	39	00:00:55	01:29:42	02:35:11	04:19:27	05:53:00.90	05:53:00.90	+03:17:59 (56.1%)	10:41	5.6 (43.8%)
373	NIEWIADOMSKI Marek	6082	CROSS KRAPKOWICE	Senior II M - 30	97	00:00:56	01:29:43	02:35:14	04:19:28	05:53:01.50	05:53:01.50	+03:18:00 (56.1%)	10:41	5.6 (43.8%)
374	KOS Paweł	6482	EAZYMUT.PL	Weteran I M - 50	23	00:00:31	01:40:35	02:58:18	04:18:40	05:53:08.60	05:53:08.60	+03:18:07 (56.1%)	10:42	5.6 (43.8%)
375	JAZUKIEWICZ Ewa	6483	EAZYMUT.PL	Masters K - 40	42	00:00:31	01:40:31	02:57:40	04:18:51	05:53:09.35	05:53:09.35	+03:18:08 (56.1%)	10:42	5.6 (43.8%)
376	MIKLER Marcin	6117		Masters M - 40	117	00:00:22	01:36:35	02:46:36	04:18:28	05:53:12.70	05:53:12.70	+03:18:11 (56.1%)	10:42	5.6 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
377	ZIEMKOWSKA Monika	6435		Masters K - 40	43	00:00:30	01:39:08	02:47:30	04:23:00	05:53:20.60	05:53:20.60	+03:18:19 (56.1%)	10:42	5.6 (43.8%)
378	SŁODKIEWICZ Piotr	6228	KNEIPTEAM	Senior II M - 30	98	00:00:55	01:29:24	02:41:52	04:14:58	05:53:44.30	05:53:44.30	+03:18:43 (56.2%)	10:43	5.6 (43.8%)
379	SŁODKIEWICZ Dagmara	6229	KNEIPTEAM	Senior II K - 30	40	00:00:55	01:29:24	02:41:55	04:15:04	05:53:44.35	05:53:44.35	+03:18:43 (56.2%)	10:43	5.6 (43.8%)
380	NOWAK Filip	6130	NIGHT RUNNERS	Masters M - 40	118	00:00:55	01:35:53	02:47:57	04:21:45	05:53:57.75	05:53:57.75	+03:18:56 (56.2%)	10:43	5.6 (43.8%)
381	PYREK Iwona	6010		Masters K - 40	44	00:01:11	01:36:31	02:56:28	04:22:51	05:54:48.50	05:54:48.50	+03:19:47 (56.3%)	10:45	5.6 (43.8%)
382	HAMROL Małgorzata	6363	SPORTOWY KAŻMIERZ	Weteran K - 50	3	00:00:26	01:43:45		04:21:20	05:55:01.15	05:55:01.15	+03:19:59 (56.3%)	10:45	5.6 (43.8%)
383	MIKOŁAJEWSKA Zofia	6019	ORT	Senior II K - 30	41	00:00:10	01:30:43	02:55:44	04:22:24	05:55:32.10	05:55:32.10	+03:20:30 (56.4%)	10:46	5.6 (43.8%)
384	IGRAS Mieczysław	6396	RUNNERS TEAM NYSA	Weteran II M - 60	10	00:00:46	01:34:00	02:53:47	04:24:10	05:55:53.65	05:55:53.65	+03:20:52 (56.4%)	10:47	5.6 (43.8%)
385	PRAGACZ Adam	6123		Senior I M - 20	33	00:01:15	01:35:31	02:48:25	04:20:41	05:56:19.60	05:56:19.60	+03:21:18 (56.5%)	10:47	5.6 (43.8%)
386	ZAKRZEWSKA Anna	6182		Masters K - 40	45	00:00:09	01:39:48	02:57:55	04:28:38	05:57:25.15	05:57:25.15	+03:22:23 (56.6%)	10:49	5.5 (43.0%)
387	FOREMNIAK-SZADURA Beata	6501		Weteran K - 50	4	00:01:07	01:36:14	02:48:20	04:23:40	05:57:37.75	05:57:37.75	+03:22:36 (56.7%)	10:50	5.5 (43.0%)
388	KACZMAREK Łukasz	6315		Senior I M - 20	34	00:00:52	01:27:17		04:19:39	05:57:50.70	05:57:50.70	+03:22:49 (56.7%)	10:50	5.5 (43.0%)
389	WĄSIK Krzysztof	6285		Masters M - 40	119	00:00:23	01:27:23		04:11:41	05:58:05.05	05:58:05.05	+03:23:03 (56.7%)	10:51	5.5 (43.0%)
390	NOWAKOWSKI Wiesław	6165	BIEGAM BO LUBIĘ	Weteran II M - 60	11	00:00:14	01:22:25		04:10:06	05:59:36.05	05:59:36.05	+03:24:34 (56.9%)	10:53	5.5 (43.0%)
391	CHABŁO Daniel	6198		Masters M - 40	120	00:00:35	01:30:57	02:51:29	04:24:56	05:59:47.35	05:59:47.35	+03:24:46 (56.9%)	10:54	5.5 (43.0%)
392	CHMIELEWSKI Mariusz	6234	#STAJNIAKTEAM	Senior II M - 30	99	00:00:37	01:27:30		04:20:08	06:00:30.10	06:00:30.10	+03:25:28 (57.0%)	10:55	5.5 (43.0%)
393	JÓZEF Marek	6269		Masters M - 40	121	00:00:19	01:26:57	02:53:11	04:28:17	06:00:47.15	06:00:47.15	+03:25:45 (57.0%)	10:55	5.5 (43.0%)
394	PODSIADŁY Maciej	6166	KS STASZEWCY	Senior II M - 30	100	00:00:40	01:41:37	02:52:29	04:25:03	06:01:06.05	06:01:06.05	+03:26:04 (57.1%)	10:56	5.5 (43.0%)
395	MODRAK Maciej	6020	PARKRUN GRUDZIĄDZ	Weteran I M - 50	24	00:01:09	01:40:49	02:57:50	04:25:36	06:01:58.60	06:01:58.60	+03:26:57 (57.2%)	10:58	5.5 (43.0%)
396	BŁACHNIO Krzysztof	6139	RAZ SZCZECIN	Weteran I M - 50	25	00:00:11	01:24:30	02:39:14	04:18:52	06:03:07.45	06:03:07.45	+03:28:06 (57.3%)	11:00	5.5 (43.0%)
397	BARTKOWSKA Anna	6160	ALSTOM KATOWICE	Masters K - 40	46	00:00:10	01:29:51	02:43:45	04:20:33	06:06:02.65	06:06:02.65	+03:31:01 (57.6%)	11:05	5.4 (42.2%)
398	MRÓZ Dariusz	6408	MODLITWA BIEGANIA GRYFINO	Masters M - 40	122	00:00:28	01:31:24	02:44:00	04:17:53	06:06:26.70	06:06:26.70	+03:31:25 (57.7%)	11:06	5.4 (42.2%)
399	NOWAK Monika	6511	KW POZNAŃ	Masters K - 40	47	00:00:41	01:42:10	02:59:48	04:28:51	06:06:28.85	06:06:28.85	+03:31:27 (57.7%)	11:06	5.4 (42.2%)
400	FISZ Radosław	6535		Masters M - 40	123	00:01:05	01:29:36	02:45:23	04:27:48	06:06:41.70	06:06:41.70	+03:31:40 (57.7%)	11:06	5.4 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
401	CHOMA Grażyna	6402	PĘDZĄCE LENIWCE	Masters K - 40	48	00:00:41	01:38:40	02:48:52	04:29:30	06:07:14.15	06:07:14.15	+03:32:12 (57.8%)	11:07	5.4 (42.2%)
402	MAGOCSY Helena	6213		Masters K - 40	49	00:00:54	01:45:38	02:59:16	04:35:38	06:07:48.00	06:07:48.00	+03:32:46 (57.9%)	11:08	5.4 (42.2%)
402	MAJERSKI Michał	6218		Masters M - 40	124	00:00:55	01:45:39	02:59:27	04:35:39	06:07:48.00	06:07:48.00	+03:32:46 (57.9%)	11:08	5.4 (42.2%)
404	FRĄCZEK Michał	6045	BRONOWICE TEZ BIEGAJĄ BTB	Masters M - 40	125		01:34:54	02:57:09	04:33:03	06:08:14.00	06:08:14.00	+03:33:12 (57.9%)	11:09	5.4 (42.2%)
405	ADAMCZAK Joanna	6255	KB SZAMOTUŁY	Senior II K - 30	42	00:00:56	01:34:18		04:27:27	06:08:49.75	06:08:49.75	+03:33:48 (58.0%)	11:10	5.4 (42.2%)
406	KŁACZKIEWICZ Magdalena	6029	KB SZAMOTUŁY	Senior I K - 20	15	00:00:57	01:37:27	02:51:26	04:27:27	06:08:50.10	06:08:50.10	+03:33:48 (58.0%)	11:10	5.4 (42.2%)
407	KOSTRZYŃSKA Ewa	6210	KB SZAMOTUŁY	Masters K - 40	50	00:00:57	01:37:28		04:27:28	06:08:50.20	06:08:50.20	+03:33:48 (58.0%)	11:10	5.4 (42.2%)
408	REIJMERS Agnieszka	6376	LEIDEN ATLETIEK	Masters K - 40	51	00:00:48	01:49:52	03:01:18	04:30:58	06:09:04.50	06:09:04.50	+03:34:03 (58.0%)	11:11	5.4 (42.2%)
409	JANSON Marleen	6374	LEIDEN ATLETIEK	Senior II K - 30	43	00:00:49	01:49:53	03:01:42	04:31:00	06:09:04.80	06:09:04.80	+03:34:03 (58.0%)	11:11	5.4 (42.2%)
410	ROGOŹNICKI Paweł	6086	#ZALINIAMETY	Masters M - 40	126	00:00:34	01:30:23	02:40:45	04:24:36	06:10:00.85	06:10:00.85	+03:34:59 (58.1%)	11:12	5.4 (42.2%)
411	ŁUŻNY Agnieszka	6070		Senior II K - 30	44	00:00:17	01:38:22	03:00:25	04:30:28	06:11:39.80	06:11:39.80	+03:36:38 (58.3%)	11:15	5.3 (41.4%)
412	NIKOLAJUK Robert	6191		Masters M - 40	127	00:01:59	01:51:41	03:09:49	04:49:58	06:15:03.65	06:15:03.65	+03:40:02 (58.7%)	11:21	5.3 (41.4%)
413	RUDNO-RUDZINSKI Grzegorz	6521		Masters M - 40	128	00:00:20	01:16:48	02:19:28	03:49:18	06:15:24.95	06:15:24.95	+03:40:23 (58.7%)	11:22	5.3 (41.4%)
414	TERPIŁOWSKI Arkadiusz	6046		Senior I M - 20	35	00:00:20	01:17:54	02:22:30	03:49:18	06:15:25.05	06:15:25.05	+03:40:23 (58.7%)	11:22	5.3 (41.4%)
415	KORNAŚ Marcin	6032	GÓRYLASY	Masters M - 40	129	00:01:07	01:35:43	02:54:19	04:35:35	06:16:39.65	06:16:39.65	+03:41:38 (58.8%)	11:24	5.3 (41.4%)
416	STASZKO Łukasz	6537	HITACHI	Senior II M - 30	101	00:00:49	01:30:00	02:39:36	04:32:06	06:17:33.45	06:17:33.45	+03:42:32 (58.9%)	11:26	5.2 (40.6%)
417	FIKTUS Paweł	6172		Masters M - 40	130	00:00:49	01:30:00	02:39:29	04:32:05	06:17:33.65	06:17:33.65	+03:42:32 (58.9%)	11:26	5.2 (40.6%)
418	DAJCZER Jakub	6404		Senior II M - 30	102	00:00:47	01:29:59	02:39:40	04:32:06	06:18:04.10	06:18:04.10	+03:43:02 (59.0%)	11:27	5.2 (40.6%)
419	MARTYNIAK Rafał	6144		Masters M - 40	131	00:00:53	01:27:50	02:38:05	04:33:29	06:18:08.90	06:18:08.90	+03:43:07 (59.0%)	11:27	5.2 (40.6%)
420	DUBOWIK Anna	6532		Masters K - 40	52	00:00:38	01:45:53	03:02:40	04:41:51	06:18:18.70	06:18:18.70	+03:43:17 (59.0%)	11:27	5.2 (40.6%)
421	ZELMANOWICZ - SZŁAPA Ewa	6183	IZBICKO W BIEGU	Masters K - 40	53	00:01:13	01:49:08	03:05:11	04:46:16	06:22:25.10	06:22:25.10	+03:47:23 (59.5%)	11:35	5.2 (40.6%)
422	BEKAS Paulina	6005	NIGHT RUNNER	Senior II K - 30	45	00:01:04	01:45:06	03:06:11	04:41:55	06:25:38.90	06:25:38.90	+03:50:37 (59.8%)	11:41	5.1 (39.8%)
422	BEKAS Jędrzej	6011	NIGHT RUNNERS	Masters M - 40	132	00:01:03	01:45:06	03:06:02	04:41:50	06:25:38.90	06:25:38.90	+03:50:37 (59.8%)	11:41	5.1 (39.8%)
424	PRZESTRZELSKA-HAAS Marta	6052	BACKPACKING OKAPI TEAM	Masters K - 40	54	00:01:06	01:45:22	03:06:27	04:35:28	06:27:57.65	06:27:57.65	+03:52:56 (60.0%)	11:45	5.1 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
425	TCHÓRZEWSKA-PIETRZYK Anna	6283	MOCNA GRUPA CEZARA	Masters K - 40	55	00:01:01	01:54:36	03:10:07	04:47:35	06:28:54.55	06:28:54.55	+03:53:53 (60.1%)	11:47	5.1 (39.8%)
426	ŁATWIŃSKA Marzena	6157	MOCNA GRUPA CEZARA	Weteran K - 50	5	00:01:01	01:54:36	03:10:24	04:47:36	06:28:54.80	06:28:54.80	+03:53:53 (60.1%)	11:47	5.1 (39.8%)
427	KACPRZYCKI Tomasz	6162		Senior II M - 30	103	00:01:02	01:47:17	03:04:34	04:46:16	06:29:01.25	06:29:01.25	+03:53:59 (60.2%)	11:47	5.1 (39.8%)
428	JACHYMSKA Zofia	6256		Senior I K - 20	16	00:01:15	01:56:17	03:21:27	04:54:18	06:29:03.70	06:29:03.70	+03:54:02 (60.2%)	11:47	5.1 (39.8%)
429	SZYMAŃSKI Jarosław	6253	ION1 TEAM	Senior II M - 30	104	00:00:20	01:43:48	03:08:09	04:54:32	06:31:30.15	06:31:30.15	+03:56:28 (60.4%)	11:51	5.1 (39.8%)
430	BALNER Sebastian	6069	-	Masters M - 40	133	00:00:07	01:25:23	02:50:41	04:39:59	06:33:25.10	06:33:25.10	+03:58:23 (60.6%)	11:55	5 (39.1%)
431	TARASZKIEWICZ Krzysztof	6004		Masters M - 40	134	00:00:49	01:39:13	03:08:27	04:47:02	06:34:16.30	06:34:16.30	+03:59:15 (60.7%)	11:56	5 (39.1%)
432	GRZESIAK Rafał	6008	EMERYT	Masters M - 40	135	00:00:49	01:39:14	03:08:25	04:47:03	06:34:16.70	06:34:16.70	+03:59:15 (60.7%)	11:56	5 (39.1%)
433	KRUPIŃSKA Paulina	6461		Senior II K - 30	46	00:00:39	01:40:56	03:11:08	04:51:05	06:37:06.10	06:37:06.10	+04:02:04 (61.0%)	12:02	5 (39.1%)
434	GESS Magdalena	6077	ZABIEGANI GOLENIÓW	Masters K - 40	56	00:00:39	01:40:53	03:11:11	04:51:04	06:37:06.35	06:37:06.35	+04:02:05 (61.0%)	12:02	5 (39.1%)
435	ŚCIUBA Anita	6272	AMATORUNKA	Senior II K - 30	47	00:01:11	01:52:20	03:12:41	04:54:06	06:42:41.25	06:42:41.25	+04:07:39 (61.5%)	12:12	4.9 (38.3%)
436	WIZE-ZIELONKA Karolina	6014	LEŚNE KUNY	Masters K - 40	57	00:00:58	01:50:51	03:11:17	04:54:17	06:43:13.10	06:43:13.10	+04:08:11 (61.6%)	12:13	4.9 (38.3%)
437	KNOBLOCH Ewa	6018	LEŚNE KUNY	Masters K - 40	58	00:00:58	01:50:52	03:11:14	04:53:43	06:43:13.20	06:43:13.20	+04:08:11 (61.6%)	12:13	4.9 (38.3%)
438	CEITEL Lidia	6024		Masters K - 40	59	00:01:00	01:50:53	03:11:20	04:53:54	06:43:13.25	06:43:13.25	+04:08:11 (61.6%)	12:13	4.9 (38.3%)
439	GAWŁOWSKI Arkadiusz	6471	CZMOŃ NIGHT RUNNERS	Weteran I M - 50	26	00:00:19	01:41:05	03:11:39	04:54:27	06:43:13.85	06:43:13.85	+04:08:12 (61.6%)	12:13	4.9 (38.3%)
440	GŁÓWKA Barbara	6284		Senior II K - 30	48	00:01:09	01:40:55	03:30:13		06:45:02.10	06:45:02.10	+04:10:00 (61.7%)	12:16	4.9 (38.3%)
441	GŁUCHOWSKA Ewelina	6215		Senior II K - 30	49	00:01:09	01:40:57	03:30:06		06:45:02.35	06:45:02.35	+04:10:01 (61.7%)	12:16	4.9 (38.3%)
442	KLAJA Agnieszka	6264		Senior II K - 30	50	00:01:07	02:01:29	03:22:35	04:59:27	06:45:04.90	06:45:04.90	+04:10:03 (61.7%)	12:16	4.9 (38.3%)
443	GRZELA Ilona	6140	NIGHT RUNNERS	Masters K - 40	60	00:00:23	01:44:38	03:15:10	04:54:20	06:47:14.10	06:47:14.10	+04:12:12 (61.9%)	12:20	4.9 (38.3%)
444	BESTRZYNSKI Olech	6515	CZŁAPAK ROBAKOWO	Weteran I M - 50	27	00:00:37	01:53:04	03:16:15	04:57:42	06:49:47.45	06:49:47.45	+04:14:46 (62.2%)	12:25	4.8 (37.5%)
445	SCHMIDT Jacek	6007	HERNIK TEAM	Weteran I M - 50	28	00:00:13	01:41:58	03:04:52	04:59:10	06:51:28.55	06:51:28.55	+04:16:27 (62.3%)	12:28	4.8 (37.5%)
446	BOROWIK Agata	6061	CAŁA OLEŚNICA BIEGA	Senior II K - 30	51	00:00:36	01:48:41	03:15:45	04:54:20	06:51:53.35	06:51:53.35	+04:16:52 (62.4%)	12:28	4.8 (37.5%)
447	MILAN Grzegorz	6216		Senior II M - 30	105	00:01:33	01:51:40	03:10:02	04:50:03	06:53:53.15	06:53:53.15	+04:18:51 (62.5%)	12:32	4.8 (37.5%)
448	FIKSA Halina	6360		Weteran K - 50	6	00:00:26	01:44:41	03:09:06	04:50:22	06:56:59.85	06:56:59.85	+04:21:58 (62.8%)	12:38	4.7 (36.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
449	FIKSA Radosław	6361		Masters M - 40	136	00:00:27	01:44:42	03:08:58	04:50:22	06:57:00.30	06:57:00.30	+04:21:59 (62.8%)	12:38	4.7 (36.7%)
450	CIUK Bartosz	6041	BP RUNNING TEAM GLIWICE	Weteran I M - 50	29	00:01:03	02:05:29	03:43:52	05:04:40	06:57:02.85	06:57:02.85	+04:22:01 (62.8%)	12:38	4.7 (36.7%)
451	MAZUR Ewelina	6460		Masters K - 40	61	00:01:01	02:05:30		05:07:48	06:57:05.90	06:57:05.90	+04:22:04 (62.8%)	12:38	4.7 (36.7%)
Przekroczony limit czasu: 07:00:00														
452	ZAKRZEWSKA Beata	6057		Senior II K - 30	52	00:00:31	01:39:17	03:00:54	04:57:54	07:27:03.95	07:27:03.95	+04:52:02 (65.3%)	13:32	4.4 (34.4%)
453	WALCZAK Sławomir	6212		Weteran I M - 50	30	00:01:31	01:40:37	03:07:53	04:58:28	07:27:06.30	07:27:06.30	+04:52:05 (65.3%)	13:32	4.4 (34.4%)
	BEDLA Anna	6385		Masters K - 40		00:00:16 DNF	01:36:32 DNF	02:58:56 DNF	04:58:04 DNF	DNF	DNF	-	-	- (0.0%)
	KACZMARCZYK Przemysław	6095	140MINUT.PL	Senior I M - 20		00:00:06 DNF	01:06:24 DNF	02:02:30 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ANTKOWIAK-BRONOWICKA Agnieszka	6033	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40		00:00:49 DNF	01:37:12 DNF	02:45:10 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PINIARSKA Magda	6429	:(Senior I K - 20		00:01:15 DNF	01:57:40 DNF	03:29:20 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SZCZEPANIAK Sławomir	6510	KS LENIWIEC	Weteran I M - 50		00:00:39 DNF	02:11:56 DNF	03:55:38 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BIELA Konrad	6106	GOPR KARKONOSZE	Senior II M - 30		00:00:04 DNF	01:01:01 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PIECHOWIAK Bartosz	6531	PIECHOWIAK-KROLIKOWSKI.PL	Senior I M - 20		00:00:17 DNF	01:02:52 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PRZYŁUSKA Mirosława	6068	RAZ SZCZECIN	Weteran II K - 60		00:00:12 DNF	02:24:29 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MOCZEK Tomasz	6366	CROSS STRACENÓW TEAM	Masters M - 40		00:00:03 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NARKUN Ewa	6513		Senior II K - 30		00:00:37 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WRÓBLEWSKA Roksana	6080	WAWRZYNTTEAM	Senior I K - 20		00:00:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JAWORSKA Agnieszka	6389		Masters K - 40		00:00:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KNOBLOCH Tomasz	6022	THE PINDOLS	Masters M - 40		00:00:58 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ZIELONKA Marek	6021		Weteran I M - 50		00:00:59 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 467 wynik(ów)