



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2024-07-18
Lądek-Zdrój
33 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	MATUSZCZAK Rafał	6174	SALOMON	Senior II M - 30	1	00:46:33	01:58:50		02:36:56.60	02:36:58.65		4:45	12.6 (100%)
2	HUDEK Tomasz	6268	SALOMON TEAM	Senior II M - 30	2	00:47:09	01:59:45		02:39:52.70	02:39:55.75	+00:02:57 (1.8%)	4:50	12.4 (98.4%)
3	MILEWSKI Dominik	6448	LASPORTIVA/ RYKOWISKO TEAM	Senior I M - 20	1	00:47:51	02:04:27		02:45:33.05	02:45:36.40	+00:08:37 (5.2%)	5:01	12 (95.2%)
4	FABIAN Marcel	6282	EVANLITE.COM	Senior I M - 20	2	00:48:41	02:05:45		02:49:57.80	02:50:00.85	+00:13:02 (7.7%)	5:09	11.7 (92.9%)
5	PETR Jiří	6195	SALOMON	Masters M - 40	1	00:48:40	02:07:46		02:53:46.00	02:53:48.80	+00:16:50 (9.7%)	5:15	11.4 (90.5%)
6	IVANIUTA Taras	6250	RESTARTNISA.SK	Senior II M - 30	3	00:47:38	02:16:35		02:58:56.30	02:58:58.90	+00:22:00 (12.3%)	5:25	11.1 (88.1%)
7	GUZIK Łukasz	6370	KCDO.PL	Senior II M - 30	4	00:51:41	02:17:30		03:06:21.35	03:06:39.55	+00:29:40 (15.9%)	5:38	10.6 (84.1%)
8	ROGIEWICZ Andrzej	6437	POLSKA	Senior II M - 30	5	00:46:33	02:22:12		03:12:51.80	03:12:54.50	+00:35:55 (18.6%)	5:50	10.3 (81.7%)
9	ŠIŠOVSKÝ Martin	6093		Senior II M - 30	6	00:54:42	02:23:25		03:13:04.30	03:13:04.30	+00:36:05 (18.7%)	5:51	10.3 (81.7%)
10	LEKI Krzysztof	6051		Masters M - 40	2	00:57:12	02:26:15		03:13:13.40	03:13:19.35	+00:36:20 (18.8%)	5:51	10.2 (81.0%)
11	ŠIMKOVÁ Markéta	6178	SPORTOVNA	Senior II K - 30	1	00:57:36	02:14:06		03:13:41.00	03:13:41.00	+00:36:42 (19.0%)	5:52	10.2 (81.0%)
12	RACZAK Maciej	6399		Senior II M - 30	7	00:58:06	02:26:06		03:16:04.30	03:16:10.70	+00:39:12 (20.0%)	5:56	10.1 (80.2%)
13	BULENDA Bartosz	6109	PIŹDZICA	Senior I M - 20	3	00:56:09	02:26:19		03:17:42.70	03:17:48.35	+00:40:49 (20.6%)	5:59	10 (79.4%)
14	ŠULCS Rubens	6353	SUPERVARONI/ OK AZIMUTS	Senior I M - 20	4	00:59:14	02:32:19		03:21:02.05	03:21:08.70	+00:44:10 (22.0%)	6:05	9.8 (77.8%)
15	LÍŠKOVÁ Ivana	6092	ŠKP BRATISLAVA	Senior II K - 30	2	00:56:36	02:29:25		03:21:15.45	03:21:19.55	+00:44:20 (22.0%)	6:05	9.8 (77.8%)
16	PAROL Piotr	6152	INSTALACJE-ST.COM.PL	Senior I M - 20	5	00:56:52	02:33:33		03:22:16.30	03:22:20.55	+00:45:21 (22.4%)	6:07	9.8 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
17	KUBÍČEK Petr	6004	RYCHLE-BY SPORT AND HEALTH	Masters M - 40	3	00:55:44	02:32:33		03:22:33.65	03:22:35.95	+00:45:37 (22.5%)	6:08	9.8 (77.8%)
18	HUDCOVA Tereza	6501	SALOMON CZECH	Senior II K - 30	3	00:58:46	02:32:32		03:22:50.90	03:22:54.30	+00:45:55 (22.6%)	6:08	9.8 (77.8%)
19	LASEK Jakub	6462	RMT TEAM	Senior II M - 30	8	00:57:03	02:30:17		03:23:00.30	03:23:04.20	+00:46:05 (22.7%)	6:09	9.8 (77.8%)
20	MOCZEK Tomasz	6141		Masters M - 40	4	00:56:59	02:34:24		03:23:23.60	03:23:29.25	+00:46:30 (22.9%)	6:09	9.7 (77.0%)
21	SABAT Kamil	6030	AW - SZYBCIEJ - TEAM	Senior II M - 30	9	01:00:02	02:34:28		03:23:14.55	03:23:33.35	+00:46:34 (22.9%)	6:09	9.7 (77.0%)
22	TATAREK-KONIK Agnieszka	6376	SBG SALCO	Senior II K - 30	4	00:59:35	02:33:26		03:23:54.80	03:24:04.10	+00:47:05 (23.1%)	6:10	9.7 (77.0%)
23	PYZIK Krzysztof	6502		Senior II M - 30	10	00:56:56	02:30:49		03:24:02.75	03:24:10.00	+00:47:11 (23.1%)	6:10	9.7 (77.0%)
24	JEDRZEJSKA Ola	6477	CORBA COLLECTIVE	Senior II K - 30	5	00:56:08	02:36:29		03:24:21.75	03:24:26.80	+00:47:28 (23.2%)	6:11	9.7 (77.0%)
25	NIEDŹWIADEK Kamil	6390	GIŻA TEAM	Senior II M - 30	11	00:59:21	02:33:52		03:24:23.95	03:24:28.20	+00:47:29 (23.2%)	6:11	9.7 (77.0%)
26	GOŁĄB Marek	6187	BANDA GRUDNIA	Senior II M - 30	12	00:59:27	02:34:44		03:25:33.65	03:25:39.30	+00:48:40 (23.7%)	6:13	9.6 (76.2%)
27	KWIATKOWSKA Kinga	6445	HOKA GARMIN TEAM	Senior II K - 30	6	01:00:02	02:34:41	00:02:00	03:26:08.15	03:26:13.20	+00:49:14 (23.9%)	6:11	9.7 (77.0%)
28	TESLUK Kuba	6049	AW - SZYBCIEJ - TEAM	Senior II M - 30	13	00:56:07	02:30:51		03:30:48.80	03:30:52.80	+00:53:54 (25.6%)	6:23	9.4 (74.6%)
29	GÓRAL Karolina	6378	HEJ HEJ GÓRALU	Senior II K - 30	7	01:01:42	02:38:20		03:31:18.00	03:31:26.20	+00:54:27 (25.8%)	6:24	9.4 (74.6%)
30	RYSZKA Karol	6523	OKIEM WILKA	Senior II M - 30	14	00:56:57	02:35:43		03:31:23.50	03:31:28.40	+00:54:29 (25.8%)	6:24	9.4 (74.6%)
31	BARNAŚ Piotr	6307		Senior I M - 20	6	00:54:52	02:30:04		03:32:17.20	03:32:20.50	+00:55:21 (26.1%)	6:25	9.3 (73.8%)
32	KRASZPULSKA Magdalena	6430	TRAIL IS OUR WAY	Senior II K - 30	8	01:00:49	02:39:52		03:32:22.10	03:32:26.60	+00:55:27 (26.1%)	6:26	9.3 (73.8%)
33	DANEČKOVÁ Mária	6513	RESTARTNISA.SK	Senior II K - 30	9	00:59:05	02:35:49		03:33:02.10	03:33:05.30	+00:56:06 (26.3%)	6:27	9.3 (73.8%)
34	PAPROCKA Urszula	6369		Senior II K - 30	10	00:56:56	02:26:22		03:33:54.90	03:34:01.80	+00:57:03 (26.7%)	6:28	9.3 (73.8%)
35	STANEK Patrycja	6221	SALOMON	Senior I K - 20	1	00:59:16	02:37:51		03:34:30.55	03:34:37.90	+00:57:39 (26.9%)	6:30	9.2 (73.0%)
36	LEWIAK Michał	6387	TRUCHT.COM	Senior II M - 30	15	00:59:03	02:40:25		03:35:25.05	03:35:35.30	+00:58:36 (27.2%)	6:31	9.2 (73.0%)
37	KOWALEWSKA Elżbieta	6143		Masters K - 40	1	01:06:12	02:45:03		03:35:54.20	03:36:09.20	+00:59:10 (27.4%)	6:32	9.2 (73.0%)
38	BAK Mateusz	6117	MOUNTAIN RUNNING GUIDES	Senior I M - 20	7	01:01:24	02:44:40		03:38:12.70	03:38:17.45	+01:01:18 (28.1%)	6:36	9.1 (72.2%)
39	DYBIŻBAŃSKI Wojciech	6410	TABATA&DRINK TEAM	Senior II M - 30	16	01:01:44	02:40:12		03:38:16.30	03:38:24.10	+01:01:25 (28.1%)	6:36	9.1 (72.2%)
40	KOWALCZYK Rafał	6208	SIGMA TES	Senior II M - 30	17	01:05:28	02:44:37		03:38:44.15	03:39:12.95	+01:02:14 (28.4%)	6:37	9.1 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km						
41	PACHUT Jerzy	6472	ASICS FRONTRUNNER POLAND / SERCE BESKIDU	Senior I M - 20	8	00:53:34	02:35:58		03:39:32.60	03:39:36.55	+01:02:37 (28.5%)	6:39	9 (71.4%)
42	TARNOWSKA Aleksandra	6324		Senior I K - 20	2	01:04:51	02:45:07		03:39:47.35	03:39:55.45	+01:02:56 (28.6%)	6:39	9 (71.4%)
43	GAZDA Vítězslav	6098	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	5	00:59:19	02:41:54		03:41:37.40	03:41:47.10	+01:04:48 (29.2%)	6:42	8.9 (70.6%)
44	RYSKALOK Piotr	6088	OKIEM WILKA	Senior II M - 30	18	01:01:45	02:43:43		03:42:19.60	03:42:25.15	+01:05:26 (29.4%)	6:44	8.9 (70.6%)
45	ŁĘŻNIAK Aleksander	6329	MONK SANDALS TEAM	Senior II M - 30	19	01:01:32	02:46:27		03:43:06.75	03:43:20.95	+01:06:22 (29.7%)	6:45	8.9 (70.6%)
46	SIEGLOVÁ Eliška	6168		Senior I K - 20	3		02:52:46		03:44:39.00	03:44:39.00	+01:07:40 (30.1%)	6:48	8.8 (69.8%)
47	BYRSKA Sylwia	6465	WMT TRISELF	Senior I K - 20	4	01:06:52	02:53:46		03:44:32.05	03:44:41.05	+01:07:42 (30.1%)	6:48	8.8 (69.8%)
48	POMPE Patrik	6005		Senior II M - 30	20	00:58:05	02:48:09		03:44:33.00	03:44:56.70	+01:07:58 (30.2%)	6:48	8.8 (69.8%)
49	GLINKA Elżbieta	6286	PASSION FIRST	Senior II K - 30	11	01:02:42	02:49:38		03:45:13.95	03:45:26.00	+01:08:27 (30.4%)	6:49	8.8 (69.8%)
50	KONIECZNY Szymon	6300	KONIECZNY ULTRA TEAM	Senior II M - 30	21	01:00:58	02:42:25		03:44:34.05	03:45:29.35	+01:08:30 (30.4%)	6:48	8.8 (69.8%)
51	WOJNAROWICZ Paweł	6257		Senior II M - 30	22	01:01:41	02:47:51		03:46:06.80	03:46:16.80	+01:09:18 (30.6%)	6:51	8.8 (69.8%)
52	PASTOROVÁ Petra	6293		Masters K - 40	2	00:58:28	02:37:54		03:48:15.95	03:48:20.55	+01:11:21 (31.3%)	6:55	8.7 (69.0%)
53	ONDRUŠÍK Kateřina	6517	AK ŠTERNBERK	Masters K - 40	3	01:05:45	02:51:07		03:48:12.25	03:48:29.70	+01:11:31 (31.3%)	6:54	8.7 (69.0%)
54	MELKES Vitkor	6528		Senior I M - 20	9	01:11:37	02:56:54		03:49:53.45	03:49:53.45	+01:12:54 (31.7%)	6:57	8.6 (68.3%)
55	WALKOSZ Mateusz	6494	SOBASTEAM	Senior II M - 30	23	01:02:58	02:53:05		03:49:46.75	03:49:54.60	+01:12:55 (31.7%)	6:57	8.6 (68.3%)
56	MAJEWSKA Agata	6046		Masters K - 40	4	01:05:22	02:49:48		03:51:07.35	03:51:11.00	+01:14:12 (32.1%)	7:00	8.6 (68.3%)
57	SZAFRANSKI Jan	6105	ST. BIELITZ	Masters M - 40	6	01:03:54	02:51:15		03:51:40.00	03:51:47.50	+01:14:48 (32.3%)	7:01	8.5 (67.5%)
58	STACHOWIAK Łukasz	6488	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	Senior II M - 30	24	00:59:31	02:47:57		03:52:13.35	03:52:20.85	+01:15:22 (32.4%)	7:02	8.5 (67.5%)
59	FIJAŁKOWSKI Sebastian	6224		Senior II M - 30	25	01:06:53	02:55:48		03:53:14.50	03:53:28.90	+01:16:30 (32.8%)	7:04	8.5 (67.5%)
60	MORAWIEC Piotr	6277	HUCISKO FERAL CATS	Senior I M - 20	10	01:06:00	02:53:35		03:52:48.70	03:53:50.60	+01:16:51 (32.9%)	7:03	8.5 (67.5%)
61	KRASNAY Tomáš	6349		Senior I M - 20	11	01:06:22	02:55:47		03:53:35.90	03:53:52.70	+01:16:54 (32.9%)	7:04	8.5 (67.5%)
62	JURGA Marcin	6454	SPEED FEET '16	Senior II M - 30	26	01:07:18	02:57:35		03:53:42.35	03:54:07.75	+01:17:09 (33.0%)	7:04	8.5 (67.5%)
63	DZIUBAN Łukasz	6231	GALLOPEM CZY GALLOWAYEM? GOPR BIESZCZADY	Masters M - 40	7	01:02:49	02:49:44		03:54:45.45	03:55:03.20	+01:18:04 (33.2%)	7:06	8.4 (66.7%)
64	POKRYWKA Robert	6311		Senior I M - 20	12	01:04:58	02:54:21		03:54:54.60	03:55:04.90	+01:18:06 (33.2%)	7:07	8.4 (66.7%)

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65	GROT Izabela	6159	NADLEŚNICTWO WAŁBRZYCH	Senior II K - 30	12	01:08:36	02:54:30		03:54:38.35	03:55:07.30	+01:18:08 (33.2%)	7:06	8.4 (66.7%)
66	WIĄCEK Łukasz	6524	IRS BOKS KRAKÓW	Masters M - 40	8	01:04:04	02:55:33		03:55:45.05	03:56:12.40	+01:19:13 (33.5%)	7:08	8.4 (66.7%)
67	OWCZAREK Szymon	6122		Masters M - 40	9	01:05:33	02:54:24		03:56:33.45	03:56:42.90	+01:19:44 (33.7%)	7:10	8.4 (66.7%)
68	KAFARSKA Urszula	6214	ORT	Senior II K - 30	13	01:03:25	02:52:29		03:57:33.90	03:57:47.20	+01:20:48 (34.0%)	7:11	8.3 (65.9%)
69	MCKENNA Adrian	6183	AMAGER TRIATLON KLUB	Senior II M - 30	27	01:05:53	02:55:42		03:59:19.45	04:00:35.85	+01:23:37 (34.8%)	7:15	8.3 (65.9%)
70	OPPELN-BRONIKOWSKI Mateusz	6167	BY BYĆ W FORMIE / MOUNTAIN RUNNING GUIDES	Senior II M - 30	28	01:06:47	02:54:55		04:00:31.45	04:00:57.10	+01:23:58 (34.9%)	7:17	8.2 (65.1%)
71	BIHUN-GRYSZKIEWICZ Natalia	6312	ANNA HALSKA COACHING	Senior II K - 30	14	01:07:49	03:00:18		04:01:07.10	04:01:18.25	+01:24:19 (34.9%)	7:18	8.2 (65.1%)
72	POPŁAWSKI Marcin	6186		Senior II M - 30	29	01:02:58	03:03:24		04:01:44.30	04:01:59.30	+01:25:00 (35.1%)	7:19	8.2 (65.1%)
73	HARHAJ Piotr	6425		Masters M - 40	10	01:08:14	03:06:06		04:01:26.40	04:02:32.35	+01:25:33 (35.3%)	7:18	8.2 (65.1%)
74	LAMEK Andrzej	6254	AKTYWNY OSTRZESZÓW	Weteran I M - 50	1	01:06:47	03:03:11		04:03:45.30	04:04:12.05	+01:27:13 (35.7%)	7:23	8.1 (64.3%)
75	PETRYKOWSKI Karol	6001	SGH! PŁASKOZIEMCY	Senior II M - 30	30	01:09:35	03:00:33		04:04:28.85	04:04:44.60	+01:27:45 (35.9%)	7:24	8.1 (64.3%)
76	JEŽKOVÁ Jaroslava	6179	SALOMON	Senior I K - 20	5	01:05:29	02:56:11		04:05:09.00	04:05:14.05	+01:28:15 (36.0%)	7:25	8.1 (64.3%)
77	NOWAK Paweł	6010		Senior II M - 30	31	01:05:18	02:59:42		04:05:12.70	04:05:23.85	+01:28:25 (36.0%)	7:25	8.1 (64.3%)
78	RODRIGO PEREIRA Oswald	6441	THE NORTH FACE POLSKA	Masters M - 40	11	01:10:11	03:03:32		04:06:02.35	04:06:19.50	+01:29:20 (36.3%)	7:27	8 (63.5%)
79	HELLER Adam	6012		Senior II M - 30	32	01:06:21	03:00:23		04:06:03.55	04:06:40.90	+01:29:42 (36.4%)	7:27	8 (63.5%)
80	SUTKOWY Paweł	6124	RUNADDICTS	Senior II M - 30	33	01:03:56	03:02:28		04:07:19.15	04:07:26.45	+01:30:27 (36.6%)	7:29	8 (63.5%)
81	PŁAZIAK-KOWALSKA Magdalena	6166		Masters K - 40	5	01:09:15	03:03:58		04:08:18.30	04:08:30.70	+01:31:32 (36.8%)	7:31	8 (63.5%)
82	SKUPNIEWICZ Dobra	6267	PRZYSPIESZ	Senior II K - 30	15	01:04:50	02:57:41		04:08:53.40	04:09:30.85	+01:32:32 (37.1%)	7:32	8 (63.5%)
83	MARCZAK Marek	6155		Senior II M - 30	34	01:10:34	03:07:58		04:09:17.20	04:09:34.55	+01:32:35 (37.1%)	7:33	7.9 (62.7%)
84	ŚLEDZIEWSKI Piotr	6352	#BIEGAJLESZNO	Weteran I M - 50	2	01:06:04	03:01:42		04:09:32.25	04:10:00.05	+01:33:01 (37.2%)	7:33	7.9 (62.7%)
85	WINDAK Agnieszka	6087	JEM KLOPSA	Senior I K - 20	6	01:10:26	03:07:36		04:10:06.15	04:10:37.50	+01:33:38 (37.4%)	7:34	7.9 (62.7%)
86	HORNÝ Matěj	6327		Senior I M - 20	13	01:10:48	03:13:25		04:11:36.70	04:11:36.70	+01:34:38 (37.6%)	7:37	7.9 (62.7%)

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									netto 33km	brutto 33km			
87	NOWICKI Marcin	6500		Masters M - 40	12	01:04:35	03:02:09		04:10:42.65	04:11:43.95	+01:34:45 (37.6%)	7:35	7.9 (62.7%)
88	CZAPIGA Grzegorz	6211	TEAM BORECZEK	Senior II M - 30	35	01:05:36	03:03:06		04:13:26.00	04:13:34.60	+01:36:35 (38.1%)	7:40	7.8 (61.9%)
89	TOPOLSKI Marcin	6392	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	Masters M - 40	13	01:09:56	03:07:32		04:13:38.60	04:14:01.65	+01:37:03 (38.2%)	7:41	7.8 (61.9%)
90	SZUKALSKI Krzysztof	6475	DTR BIEGA / MARIO TEAM	Masters M - 40	14	01:06:07	03:07:59		04:14:01.60	04:14:16.25	+01:37:17 (38.3%)	7:41	7.8 (61.9%)
91	SIUBA Wojciech	6269		Senior I M - 20	14	01:11:04	03:14:57		04:15:38.85	04:16:07.20	+01:39:08 (38.7%)	7:44	7.7 (61.1%)
92	MIŚ Hubert	6380	RUNONLINE.PL TEAM	Senior II M - 30	36	01:12:24	03:14:13		04:15:58.15	04:16:49.95	+01:39:51 (38.9%)	7:45	7.7 (61.1%)
93	KOCŁĘGA Marcin	6320	BIEGAJ Z BANANEM	Masters M - 40	15	01:06:45	03:12:34		04:17:00.60	04:17:08.45	+01:40:09 (39.0%)	7:47	7.7 (61.1%)
94	ŚLUSARZ Łukasz	6344	ŁUŁKI	Senior II M - 30	37	01:10:32	03:09:19		04:16:56.95	04:17:08.75	+01:40:10 (39.0%)	7:47	7.7 (61.1%)
95	LATA Michał	6357		Senior I M - 20	15	01:05:25	03:07:00		04:16:57.40	04:17:09.90	+01:40:11 (39.0%)	7:47	7.7 (61.1%)
96	SZUKALSKA Milena	6304	MARIO TEAM DTR BIEGA	Senior II K - 30	16	01:12:16	03:14:34		04:16:58.50	04:17:16.90	+01:40:18 (39.0%)	7:47	7.7 (61.1%)
97	SZARAPANOWSKI Marcin	6381	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	16	01:08:57	03:09:49		04:17:15.90	04:17:31.05	+01:40:32 (39.0%)	7:47	7.7 (61.1%)
98	RYBARCZYK Weronika	6108	KW DZIABKA	Senior II K - 30	17	01:11:35	03:09:54		04:17:21.00	04:17:53.55	+01:40:54 (39.1%)	7:47	7.7 (61.1%)
99	AUGUSTYNIAK Małgorzata	6450		Weteran K - 50	1	01:13:40	03:15:41		04:18:01.90	04:18:08.65	+01:41:10 (39.2%)	7:49	7.7 (61.1%)
100	ŁUKASZEWSKI Kamil	6431	GB WIELKOPOLSCY BIEGACZE	Senior II M - 30	38	01:12:07	03:15:22		04:17:47.40	04:18:17.50	+01:41:18 (39.2%)	7:48	7.7 (61.1%)
101	KIMEL Maciej	6432	KW SAKWA	Senior I M - 20	16	01:12:26	03:13:17		04:18:01.40	04:18:19.70	+01:41:21 (39.2%)	7:49	7.7 (61.1%)
102	ZAJĄC Robert	6400		Masters M - 40	17	01:06:47	03:03:28		04:18:43.90	04:18:48.05	+01:41:49 (39.3%)	7:50	7.7 (61.1%)
103	ZAŁĘSKI Julian	6067	TEMPO PIŁA	Weteran I M - 50	3	01:17:37	03:18:04		04:17:51.90	04:19:07.25	+01:42:08 (39.4%)	7:48	7.7 (61.1%)
104	ZYGOŃ Artur	6424		Senior II M - 30	39	01:09:09	03:14:20		04:19:14.45	04:20:44.50	+01:43:45 (39.8%)	7:51	7.6 (60.3%)
105	JAKUBOWSKI Zbigniew	6115		Masters M - 40	18	01:10:08	03:14:43		04:20:44.70	04:21:04.80	+01:44:06 (39.9%)	7:54	7.6 (60.3%)
106	MOKROGULSKI Michał	6226		Senior I M - 20	17	01:08:58	03:13:37		04:20:46.95	04:21:09.40	+01:44:10 (39.9%)	7:54	7.6 (60.3%)
107	WALKOWIAK Mateusz	6302	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	40	01:07:41	03:15:08		04:21:23.00	04:21:32.80	+01:44:34 (40.0%)	7:55	7.6 (60.3%)
108	PRZYMUSIŃSKI Damian	6308	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	41	01:07:48	03:15:02		04:21:24.10	04:21:33.10	+01:44:34 (40.0%)	7:55	7.6 (60.3%)
109	WITKOWSKI Wojciech	6397		Senior II M - 30	42	01:15:04	03:18:06		04:21:26.20	04:21:52.95	+01:44:54 (40.1%)	7:55	7.6 (60.3%)
110	WĘGLORZ Mariusz	6040		Senior II M - 30	43	01:11:29	03:16:27		04:20:55.95	04:21:53.75	+01:44:55 (40.1%)	7:54	7.6 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
111	ADAMCZYK Emanuela	6366	#BIEGIEMWLAS	Senior I K - 20	7	01:15:30	03:16:50		04:21:46.90	04:21:56.35	+01:44:57 (40.1%)	7:55	7.6 (60.3%)
112	BĄCZKOWSKI Karol	6018		Masters M - 40	19	01:10:50	03:13:58		04:22:24.35	04:23:07.75	+01:46:09 (40.3%)	7:57	7.5 (59.5%)
113	DUDEK Tomasz	6375	MOCNA GRUPA CEZARA	Masters M - 40	20	01:10:26	03:12:55		04:22:50.20	04:23:12.65	+01:46:14 (40.4%)	7:57	7.5 (59.5%)
114	LEWICKI Tomasz	6142	CAŁA OLEŚNICA BIEGA	Masters M - 40	21	01:09:17	03:17:33		04:22:38.90	04:23:23.45	+01:46:24 (40.4%)	7:57	7.5 (59.5%)
115	KŁOS Łukasz	6295	ASICS FRONTRUNNERPOLAND	Masters M - 40	22	01:09:33	03:11:55		04:23:13.25	04:23:33.60	+01:46:34 (40.4%)	7:58	7.5 (59.5%)
116	LESZCZYŃSKI Paweł	6298		Senior I M - 20	18	01:13:42	03:18:25		04:23:46.50	04:24:39.00	+01:47:40 (40.7%)	7:59	7.5 (59.5%)
117	WITEK Bogdan	6203		Weteran II M - 60	1	01:10:42	03:17:36		04:24:52.30	04:25:06.90	+01:48:08 (40.8%)	8:01	7.5 (59.5%)
118	KOTKOWSKI Piotr	6405	DRUŻYNA SZPIKU / MARATONYPOLSKIE TEAM	Masters M - 40	23	01:03:34	03:10:58		04:25:04.00	04:25:12.15	+01:48:13 (40.8%)	8:01	7.5 (59.5%)
119	DREWNIAK Mariusz	6052	MISIEK TEAM	Masters M - 40	24	01:09:14	03:09:50		04:25:33.00	04:25:46.00	+01:48:47 (40.9%)	8:02	7.5 (59.5%)
120	PASTOR Patrik	6341		Senior I M - 20	19	00:55:54	03:21:19		04:26:19.40	04:26:21.80	+01:49:23 (41.1%)	8:04	7.4 (58.7%)
121	WILK Łukasz	6136	RUNADDICTS	Masters M - 40	25	01:05:55	03:12:41		04:26:26.05	04:26:33.30	+01:49:34 (41.1%)	8:04	7.4 (58.7%)
122	DOLATA Marcin	6085		Senior II M - 30	44	01:01:38	03:07:11		04:27:15.65	04:27:17.70	+01:50:19 (41.3%)	8:05	7.4 (58.7%)
123	JAWORSKI Marek	6520		Senior II M - 30	45	01:09:07	03:15:54		04:27:49.65	04:28:10.10	+01:51:11 (41.5%)	8:06	7.4 (58.7%)
124	JASION Robert	6273	SPORTEM PRZEZ ŻYCIE	Senior II M - 30	46	01:05:04	03:10:49		04:28:32.40	04:28:42.70	+01:51:44 (41.6%)	8:08	7.4 (58.7%)
125	GONSIOR Tomasz	6292		Senior II M - 30	47	01:12:23	03:20:22		04:28:06.20	04:28:45.25	+01:51:46 (41.6%)	8:07	7.4 (58.7%)
126	GORNOWICZ Kamil	6417		Senior II M - 30	48	01:10:32	03:20:23		04:28:28.25	04:28:55.75	+01:51:57 (41.6%)	8:08	7.4 (58.7%)
127	STANIEK Sławomir	6338		Masters M - 40	26	01:17:35	03:19:23		04:28:57.95	04:29:31.10	+01:52:32 (41.8%)	8:09	7.4 (58.7%)
128	ROSIŃSKI Radosław	6274		Senior II M - 30	49	01:11:55	03:21:15		04:30:02.85	04:30:24.10	+01:53:25 (41.9%)	8:10	7.3 (57.9%)
129	TOMASZEWSKA Kamila	6070	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II K - 30	18	01:17:16	03:21:31		04:30:17.85	04:30:48.60	+01:53:49 (42.0%)	8:11	7.3 (57.9%)
130	CZARNOTA Dariusz	6101		Senior II M - 30	50	01:03:26	03:23:40		04:30:47.95	04:30:53.30	+01:53:54 (42.1%)	8:12	7.3 (57.9%)
131	TYSIAK Magdalena	6401		Senior I K - 20	8	01:17:49	03:23:50		04:30:51.60	04:31:05.80	+01:54:07 (42.1%)	8:12	7.3 (57.9%)
132	ZAREMBA Sylwester	6154	ZMĘCZENI NA STARCIE DOBIEGNIW	Masters M - 40	27	01:12:14	03:21:07		04:30:55.65	04:31:06.80	+01:54:08 (42.1%)	8:12	7.3 (57.9%)
133	ŁAJSZCZAK - GAJDA Dorota	6512		Masters K - 40	6	01:17:05	03:21:07		04:29:46.75	04:31:16.80	+01:54:18 (42.1%)	8:10	7.3 (57.9%)
134	KWINTA Tomasz	6420	KASIA , TOMEK & DZIECI :)	Weteran I M - 50	4	01:13:47	03:22:38		04:31:18.45	04:31:29.60	+01:54:30 (42.2%)	8:13	7.3 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
135	KOPIEC Izabela	6134		Masters K - 40	7	01:15:02	03:18:34		04:30:44.75	04:31:33.25	+01:54:34 (42.2%)	8:12	7.3 (57.9%)
136	PODOLUK Marek	6328		Masters M - 40	28	01:06:48	03:17:34		04:31:37.60	04:31:53.40	+01:54:54 (42.3%)	8:13	7.3 (57.9%)
137	WOJCIECHOWSKI Dariusz	6489	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	29	01:10:37	03:21:59		04:31:42.25	04:32:14.10	+01:55:15 (42.3%)	8:14	7.3 (57.9%)
138	JIRÁKOVÁ Michaela	6191	SPORTOVNA	Senior II K - 30	19	01:17:50	03:25:30		04:31:48.05	04:32:16.15	+01:55:17 (42.3%)	8:14	7.3 (57.9%)
139	OLESZOWSKI Marcin	6121		Senior II M - 30	51	01:11:45	03:18:38		04:31:21.35	04:32:55.05	+01:55:56 (42.5%)	8:13	7.3 (57.9%)
140	SZAFRAŃSKI Dominik	6306	OBORNICKI KLUB LEKKOATLETYCZNY	Masters M - 40	30	01:07:27	03:22:05		04:33:37.85	04:33:43.85	+01:56:45 (42.7%)	8:17	7.2 (57.1%)
141	WITEK Aleksandra	6193		Senior II K - 30	20	01:19:13	03:28:12		04:35:59.60	04:36:38.95	+01:59:40 (43.3%)	8:21	7.2 (57.1%)
142	GRZEGORZEWSKI Adrian	6103	MATNER RUNNING TEAM	Senior II M - 30	52	01:12:44	03:23:30		04:36:35.85	04:37:11.45	+02:00:12 (43.4%)	8:22	7.2 (57.1%)
143	SPRYSZYŃSKI Michał	6204	TRIRODZINKA	Senior II M - 30	53	01:18:23	03:26:23		04:36:21.45	04:37:35.70	+02:00:37 (43.5%)	8:22	7.2 (57.1%)
144	PIETRZAK Jan	6372		Senior II M - 30	54	01:15:42	03:22:08		04:37:57.10	04:38:11.90	+02:01:13 (43.6%)	8:25	7.1 (56.3%)
145	JARMUŻEK Marcin	6201		Masters M - 40	31	01:16:38	03:28:03		04:37:34.75	04:38:13.30	+02:01:14 (43.6%)	8:24	7.1 (56.3%)
146	MAZUR Jan	6076		Senior I M - 20	20	01:13:34	03:24:26		04:38:10.65	04:38:24.15	+02:01:25 (43.6%)	8:25	7.1 (56.3%)
147	WALERJAN-RUSEK Agnieszka	6403	AZS AWF KRAKÓW MASTERS	Masters K - 40	8	01:18:14	03:29:24		04:38:10.70	04:38:25.35	+02:01:26 (43.6%)	8:25	7.1 (56.3%)
148	MAJIK Jacek	6229	CHRISTIANAPOL	Senior II M - 30	55	01:12:15	03:21:00		04:38:16.55	04:38:27.90	+02:01:29 (43.6%)	8:25	7.1 (56.3%)
149	ZIÓŁKOWSKI Jarosław	6172		Masters M - 40	32	01:17:43	03:28:10		04:38:19.95	04:38:44.70	+02:01:46 (43.7%)	8:26	7.1 (56.3%)
150	GORZELANY Rafał	6395		Senior II M - 30	56	01:16:08	03:29:17		04:38:25.65	04:38:50.75	+02:01:52 (43.7%)	8:26	7.1 (56.3%)
151	POPADYCZ Bartosz	6404		Senior II M - 30	57	01:18:00	03:30:15		04:39:03.00	04:39:07.85	+02:02:09 (43.8%)	8:27	7.1 (56.3%)
152	CIEŚLIK Sławomir	6227	ANTONTEAM	Masters M - 40	33	01:10:31	03:23:01		04:38:42.00	04:39:08.15	+02:02:09 (43.8%)	8:26	7.1 (56.3%)
153	RECLIK Piotr	6406		Senior I M - 20	21	01:17:16	03:21:32		04:38:33.45	04:39:48.20	+02:02:49 (43.9%)	8:26	7.1 (56.3%)
154	STACHOWICZ-ZADROŻNA Kinga	6469		Senior II K - 30	21	01:17:50	03:28:34		04:40:05.80	04:40:09.60	+02:03:10 (44.0%)	8:29	7.1 (56.3%)
155	LISEK Andrzej	6149	4T	Senior II M - 30	58	01:12:04	03:33:44		04:40:28.95	04:40:37.65	+02:03:39 (44.1%)	8:29	7.1 (56.3%)
156	APACKI Szymon	6294	AKTYWNI LYSKI	Masters M - 40	34	01:17:38	03:26:55		04:40:48.15	04:41:45.45	+02:04:46 (44.3%)	8:30	7.1 (56.3%)
157	BŁASZCZAK Łukasz	6365	DOLNY ŚLĄSK, PRZEDWOJEWSKI TEAM	Masters M - 40	35	01:15:28	03:25:30		04:41:12.90	04:41:46.90	+02:04:48 (44.3%)	8:31	7 (55.6%)
158	MICHAŁKIEWICZ Mateusz	6029		Senior II M - 30	59	01:10:01	03:20:41		04:41:37.90	04:41:49.65	+02:04:51 (44.3%)	8:32	7 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
159	PARDAŁA Wojciech	6451		Masters M - 40	36	01:11:49	03:31:09		04:41:45.75	04:41:52.10	+02:04:53 (44.3%)	8:32	7 (55.6%)
160	GARLACZ SADOWSKA Justyna	6102	TOGETHER MOVE	Senior II K - 30	22	01:10:19	03:12:44		04:42:07.45	04:42:18.05	+02:05:19 (44.4%)	8:32	7 (55.6%)
161	PASZKE Maciej	6385		Senior II M - 30	60	01:21:27	03:35:22		04:41:20.10	04:42:57.50	+02:05:58 (44.5%)	8:31	7 (55.6%)
162	MIKOŁAJCZUK Grzegorz	6519		Masters M - 40	37	01:16:23	03:22:59		04:41:46.40	04:43:08.80	+02:06:10 (44.6%)	8:32	7 (55.6%)
163	CZERWINSKI Dominik	6089	ALVO RACING TEAM	Masters M - 40	38	01:10:24	03:27:57		04:42:27.10	04:43:11.15	+02:06:12 (44.6%)	8:33	7 (55.6%)
164	JEDRZEJEK Lukasz	6297		Masters M - 40	39	01:17:18	03:24:58		04:43:00.35	04:43:21.05	+02:06:22 (44.6%)	8:34	7 (55.6%)
165	ŚNIEGOSKA Sandra	6525	RUN HAPPY	Senior II K - 30	23	01:17:44	03:24:02		04:42:34.10	04:43:24.90	+02:06:26 (44.6%)	8:33	7 (55.6%)
166	MIKOS Damian	6238		Senior II M - 30	61	01:10:10	03:29:23		04:43:17.80	04:43:27.30	+02:06:28 (44.6%)	8:35	7 (55.6%)
167	KACZMAREK Anna	6346	ZALINIAMETY	Senior II K - 30	24	01:11:37	03:18:32		04:43:05.25	04:43:52.60	+02:06:53 (44.7%)	8:34	7 (55.6%)
168	PAJDOSZ Rafał	6239		Masters M - 40	40	01:11:43	03:16:03		04:43:43.50	04:44:16.45	+02:07:17 (44.8%)	8:35	7 (55.6%)
169	MAĆKOWSKI Piotr	6241		Senior I M - 20	22	01:11:58	03:26:22		04:45:13.70	04:45:29.15	+02:08:30 (45.0%)	8:38	6.9 (54.8%)
170	RADZIKOWSKI Grzegorz	6212		Masters M - 40	41	01:13:24	03:31:47		04:45:28.45	04:45:36.90	+02:08:38 (45.0%)	8:39	6.9 (54.8%)
171	ŁUKOMSKI Marcin	6278	KULAWA RODZINA	Senior II M - 30	62	01:11:40	03:30:02		04:45:20.45	04:45:37.40	+02:08:38 (45.0%)	8:38	6.9 (54.8%)
172	MENTEL Marcin	6303		Masters M - 40	42	01:17:47	03:33:30		04:45:03.05	04:45:37.50	+02:08:38 (45.0%)	8:38	6.9 (54.8%)
173	KOWALCZYK Krzysztof	6460	AW SZYBCIEJ TEAM	Senior II M - 30	63	01:14:19	03:29:52		04:45:09.05	04:46:28.45	+02:09:29 (45.2%)	8:38	6.9 (54.8%)
174	WOJEWODA Michał	6518	KAZIKI	Weteran I M - 50	5	01:24:13	03:35:46		04:45:36.75	04:46:32.30	+02:09:33 (45.2%)	8:39	6.9 (54.8%)
175	KOWALKOWSKI Paweł	6449	RYKOWISKO TEAM/NEO-TEC	Masters M - 40	43	01:17:08	03:29:03		04:46:06.20	04:46:40.50	+02:09:41 (45.2%)	8:40	6.9 (54.8%)
176	WAWER Mateusz	6483	LUXTORPEDA	Senior II M - 30	64	01:18:32	03:36:00		04:46:32.05	04:47:49.05	+02:10:50 (45.5%)	8:40	6.9 (54.8%)
177	OSIEWAŁA Sylwia	6099		Senior I K - 20	9	01:20:34	03:38:00		04:47:34.45	04:48:19.45	+02:11:20 (45.6%)	8:42	6.9 (54.8%)
178	CUKROWSKI Marcin	6185		Masters M - 40	44	01:16:48	03:32:39		04:47:02.35	04:48:27.80	+02:11:29 (45.6%)	8:41	6.9 (54.8%)
179	JAROWICZ Konrad	6260		Weteran II M - 60	2	01:17:59	03:36:28		04:48:26.40	04:48:40.05	+02:11:41 (45.6%)	8:44	6.9 (54.8%)
180	SZTEJKA Damian	6315	KULAWA RODZINA	Masters M - 40	45	01:11:41	03:30:02		04:49:03.05	04:49:19.40	+02:12:20 (45.7%)	8:45	6.9 (54.8%)
181	VAN DER MEIJ Bart	6015	AV ZUIDWAL, NEDERLAND	Masters M - 40	46	01:18:23	03:37:23		04:48:58.70	04:50:07.05	+02:13:08 (45.9%)	8:45	6.9 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
182	ZIMNIEWICZ Agata	6246	GIRLPOWER.CC	Senior II K - 30	25	01:20:38	03:33:59		04:49:47.60	04:50:29.95	+02:13:31 (46.0%)	8:46	6.8 (54.0%)
183	BEDNARCZYK Małgorzata	6345	MOUNTAIN RUNNING GUIDES	Senior I K - 20	10	01:21:01	03:37:16		04:50:13.90	04:50:43.55	+02:13:44 (46.0%)	8:47	6.8 (54.0%)
184	BUDZIŃSKI Michał	6504	RAJSPORT ACTIVE	Senior II M - 30	65	01:18:21	03:29:50		04:49:48.00	04:51:02.25	+02:14:03 (46.1%)	8:46	6.8 (54.0%)
185	BĘDKOWSKI Piotr	6427		Senior I M - 20	23	01:16:42	03:30:08		04:50:18.30	04:51:24.60	+02:14:25 (46.1%)	8:47	6.8 (54.0%)
186	HENDEL Krzysztof	6526	IZBICKO W BIEGU	Senior II M - 30	66	01:17:34	03:30:35		04:50:15.85	04:51:37.70	+02:14:39 (46.2%)	8:47	6.8 (54.0%)
187	POGORZELEC Karina	6289		Senior I K - 20	11	01:14:41	03:34:32		04:51:28.70	04:51:39.55	+02:14:40 (46.2%)	8:49	6.8 (54.0%)
188	CZAJKOWSKI Bartosz	6434		Senior I M - 20	24	01:18:32	03:45:04		04:51:27.40	04:51:51.80	+02:14:53 (46.2%)	8:49	6.8 (54.0%)
189	CZAJKOWSKI Krzysztof	6433		Masters M - 40	47	01:18:22	03:45:03		04:51:27.80	04:51:52.40	+02:14:53 (46.2%)	8:49	6.8 (54.0%)
190	BUJKO Marcin	6529		Senior II M - 30	67	01:16:51	03:35:51		04:51:39.95	04:52:16.05	+02:15:17 (46.3%)	8:50	6.8 (54.0%)
191	JANICKI Tomasz	6476		Masters M - 40	48	01:15:33	03:35:09		04:51:50.80	04:52:21.90	+02:15:23 (46.3%)	8:50	6.8 (54.0%)
192	PILC Anna	6461	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	26	01:18:36	03:35:32		04:51:34.70	04:52:35.45	+02:15:36 (46.3%)	8:50	6.8 (54.0%)
193	GAWLICKI Aleksander	6514	LESZCZYŃSKIE BYCZKI	Senior I M - 20	25	01:19:29	03:44:24		04:52:48.15	04:52:57.80	+02:15:59 (46.4%)	8:52	6.8 (54.0%)
194	TWARDOWSKI Krzysztof	6364		Weteran I M - 50	6	01:16:42	03:36:55		04:53:24.00	04:53:47.60	+02:16:48 (46.6%)	8:53	6.7 (53.2%)
195	KAMIŃSKI Piotr	6347	DROGA DO ULTRA	Masters M - 40	49	01:18:58	03:42:01		04:53:21.45	04:53:56.65	+02:16:58 (46.6%)	8:53	6.7 (53.2%)
196	ZAITSAU Pavel	6213		Senior II M - 30	68	01:21:59	03:39:49		04:54:02.00	04:54:54.00	+02:17:55 (46.8%)	8:54	6.7 (53.2%)
197	POMIANOWSKI Szymon	6048	KURACJUSZE	Masters M - 40	50	01:10:48	03:48:03		04:54:34.05	04:54:59.10	+02:18:00 (46.8%)	8:55	6.7 (53.2%)
198	KOPER Marcin	6464		Masters M - 40	51	01:18:04	03:44:45		04:54:43.90	04:54:59.70	+02:18:01 (46.8%)	8:55	6.7 (53.2%)
199	CHUDY Kamil	6414		Senior II M - 30	69	01:13:27	03:34:23		04:54:52.40	04:55:18.30	+02:18:19 (46.8%)	8:56	6.7 (53.2%)
200	JIRÁK Michal	6330		Senior II M - 30	70	01:18:26	03:31:43		04:54:57.10	04:55:25.15	+02:18:26 (46.9%)	8:56	6.7 (53.2%)
201	DUDZIŃSKI Wojciech	6210	MLW13	Masters M - 40	52	01:21:44	03:40:16		04:54:51.85	04:55:54.75	+02:18:56 (47.0%)	8:56	6.7 (53.2%)
202	CIEMSKI Marek	6498		Senior II M - 30	71	01:17:51	03:36:11		04:54:44.20	04:56:29.50	+02:19:30 (47.1%)	8:55	6.7 (53.2%)
203	BUJALSKI Szymon	6256		Masters M - 40	53	01:21:37	03:39:30		04:55:37.05	04:56:43.25	+02:19:44 (47.1%)	8:57	6.7 (53.2%)
204	NYKIEL Rafał	6453	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	54	01:17:09	03:37:36		04:56:41.45	04:57:02.90	+02:20:04 (47.2%)	8:59	6.7 (53.2%)
205	KOTRYSIAK Agata	6522	ADIDASRUNNERS POZNAŃ	Senior II K - 30	27	01:20:16	03:44:17		04:57:12.75	04:57:40.45	+02:20:41 (47.3%)	9:00	6.7 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 33km	brutto 33km			
206	KASIEWICZ Marcin	6373	MOCNA GRUPA CEZARA	Masters M - 40	55	01:20:22	03:43:05		04:57:42.20	04:58:05.35	+02:21:06 (47.3%)	9:01	6.7 (53.2%)
207	SZCZEŚNIAK Piotr	6194		Senior II M - 30	72	01:18:19	03:29:58		04:57:36.15	04:58:15.75	+02:21:17 (47.4%)	9:01	6.7 (53.2%)
208	BEŁCZAŃSKI Jakub	6316		Senior II M - 30	73	01:23:03	03:43:24		04:57:28.25	04:58:18.95	+02:21:20 (47.4%)	9:00	6.7 (53.2%)
209	ZACHARA Łukasz	6411	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Masters M - 40	56	01:14:09	03:40:00		04:57:07.95	04:58:23.95	+02:21:25 (47.4%)	9:00	6.7 (53.2%)
210	WOCHOWSKI Tomasz	6509	HYDROMOC	Masters M - 40	57	01:14:41	03:40:43		04:57:40.00	04:58:25.80	+02:21:27 (47.4%)	9:01	6.7 (53.2%)
211	SROKA Marcin	6011	WLKP MOUNTAINS ULTRA	Masters M - 40	58	01:18:07	03:40:56		04:58:11.60	04:58:28.00	+02:21:29 (47.4%)	9:02	6.6 (52.4%)
212	JANUSZ Ryszard	6342		Weteran II M - 60	3	01:10:03	03:31:12		04:58:41.50	04:58:47.85	+02:21:49 (47.5%)	9:03	6.6 (52.4%)
213	TOBIASZ Sebastian	6068	TEMPO PIŁA	Masters M - 40	59	01:26:31	03:45:02		04:57:31.60	04:58:50.30	+02:21:51 (47.5%)	9:00	6.7 (53.2%)
214	SZYMAŃSKI Jarosław	6013		Senior I M - 20	26	01:29:43	03:50:45		04:57:43.35	04:59:05.15	+02:22:06 (47.5%)	9:01	6.7 (53.2%)
215	JESIONOWSKI Piotr	6017	DOM JESIONÓW	Senior I M - 20	27	01:17:15	03:43:03		04:59:13.40	04:59:20.15	+02:22:21 (47.6%)	9:04	6.6 (52.4%)
216	KOPIEC Arkadiusz	6135		Masters M - 40	60	01:16:56	03:39:45		04:59:23.15	05:00:10.75	+02:23:12 (47.7%)	9:04	6.6 (52.4%)
217	ŁĘKAWA Sebastian	6291		Masters M - 40	61	01:24:32	03:48:25		05:00:11.55	05:00:55.80	+02:23:57 (47.8%)	9:05	6.6 (52.4%)
218	FIK Adrian	6382	BIEGNIJ OŁAWO	Masters M - 40	62	01:18:06	03:43:21		05:00:39.15	05:00:59.05	+02:24:00 (47.8%)	9:06	6.6 (52.4%)
219	RUTKOWSKA Izabela	6021	TMT	Senior II K - 30	28	01:17:48	03:45:22		05:00:14.25	05:01:02.25	+02:24:03 (47.9%)	9:05	6.6 (52.4%)
220	ZATORSKA Karolina	6056		Senior II K - 30	29	01:21:01	03:52:59		05:02:30.10	05:02:47.70	+02:25:49 (48.2%)	9:10	6.5 (51.6%)
221	BARTOSIEWICZ Adam	6355		Masters M - 40	63	01:25:27	03:45:25		05:01:47.25	05:03:14.70	+02:26:16 (48.2%)	9:08	6.6 (52.4%)
222	MŁODAWSKI Maciej	6106		Senior II M - 30	74	01:21:01	03:47:03		05:02:59.45	05:03:30.25	+02:26:31 (48.3%)	9:10	6.5 (51.6%)
223	RAKOWSKI Marcin	6447	KINGRUNNER ULTRA	Senior II M - 30	75	01:18:28	03:46:51		05:02:17.65	05:03:32.85	+02:26:34 (48.3%)	9:09	6.6 (52.4%)
224	ROSSMANN Przemysław	6255		Masters M - 40	64	01:16:16	03:51:58		05:02:35.45	05:03:56.20	+02:26:57 (48.4%)	9:10	6.5 (51.6%)
225	MAJEWSKI Andrzej	6230	IFA POWERTRAIN SPORT TEAM	Senior II M - 30	76	01:16:17	03:51:58		05:02:36.40	05:03:57.40	+02:26:58 (48.4%)	9:10	6.5 (51.6%)
226	MATUSZAK Krzysztof	6356	MATUSZAK TEAM / TRIGYM	Weteran I M - 50	7	01:23:14	03:51:01		05:03:16.40	05:03:59.05	+02:27:00 (48.4%)	9:11	6.5 (51.6%)
227	KOT Tomasz	6521	KS WIELKOPOLSKA SZKOŁA NARCIARSTWA	Senior II M - 30	77	01:19:21	03:44:16		05:04:35.85	05:05:03.20	+02:28:04 (48.5%)	9:13	6.5 (51.6%)
228	JANOWICZ Wojciech	6458		Senior II M - 30	78	01:24:50	03:48:40		05:04:38.85	05:05:22.10	+02:28:23 (48.6%)	9:13	6.5 (51.6%)
229	FLOREK Paweł	6137	RUNADDICTS	Senior II M - 30	79	01:13:50	03:44:43		05:05:26.40	05:05:38.65	+02:28:40 (48.6%)	9:15	6.5 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Tempo min/km	Tempo km/h			
						A1 9km	D1 24km	Kara/ bonifikata					
230	WĘGLORZ Andżelika	6039		Senior II K - 30	30	01:25:17	03:50:25		05:05:02.55	05:05:58.95	+02:29:00 (48.7%)	9:14	6.5 (51.6%)
231	SZKUDLARSKI Tomasz	6386		Weteran I M - 50	8	01:18:53	03:48:58		05:05:13.35	05:05:59.25	+02:29:00 (48.7%)	9:14	6.5 (51.6%)
232	DĄBKIEWICZ Dominika	6145	NIGHT RUNNERS	Masters K - 40	9	01:31:29	03:53:28		05:04:19.75	05:06:02.50	+02:29:03 (48.7%)	9:13	6.5 (51.6%)
233	NOWAK Mateusz	6479		Senior II M - 30	80	01:28:21	03:55:31		05:04:59.65	05:06:02.60	+02:29:03 (48.7%)	9:14	6.5 (51.6%)
234	LEWANDOWSKA Emilia	6090	#ZALINIAMETYTEAM	Senior II K - 30	31	01:23:12	03:51:57		05:04:40.05	05:06:04.95	+02:29:06 (48.7%)	9:13	6.5 (51.6%)
235	WÓJCIK Paulina	6368	ZADYSZKA OŚWIĘCIM	Senior I K - 20	12	01:25:51	03:53:41		05:05:14.65	05:06:31.85	+02:29:33 (48.8%)	9:14	6.5 (51.6%)
236	MAĆKOWIAK Marcin	6348	WOŁÓW BIEGA	Senior II M - 30	81	01:23:07	03:44:38		05:05:10.25	05:06:41.10	+02:29:42 (48.8%)	9:14	6.5 (51.6%)
237	BIEŃKOWSKI Kamil	6097		Masters M - 40	65	01:17:58	03:52:25		05:05:29.55	05:06:56.90	+02:29:58 (48.9%)	9:15	6.5 (51.6%)
238	BRĘK Maksymilian	6156	TEAMDKMS	Senior I M - 20	28	01:22:04	03:56:08		05:06:30.00	05:07:31.30	+02:30:32 (49.0%)	9:17	6.5 (51.6%)
239	PODKOWSKA Beata	6184	ADRIAN DANILEWICZ GROUP	Weteran K - 50	2	01:18:34	03:54:51		05:07:06.50	05:08:06.90	+02:31:08 (49.1%)	9:18	6.4 (50.8%)
240	KUJACZYŃSKI Paweł	6339		Senior II M - 30	82	01:22:16	03:47:22		05:06:36.35	05:08:14.85	+02:31:16 (49.1%)	9:17	6.5 (51.6%)
241	ŚLIWKA Arkadiusz	6222	OLZA CIESZYN	Masters M - 40	66	01:24:58	03:56:18		05:09:29.45	05:10:18.05	+02:33:19 (49.4%)	9:22	6.4 (50.8%)
242	NOWICKI Jakub	6428	ENELECTRIC	Senior II M - 30	83	01:16:54	03:56:56		05:09:27.55	05:10:34.25	+02:33:35 (49.5%)	9:22	6.4 (50.8%)
243	MICKIEWICZ Tomasz	6530	CORBA COLLECTIVE	Senior II M - 30	84	01:10:03	03:40:05		05:10:15.95	05:11:05.15	+02:34:06 (49.5%)	9:24	6.4 (50.8%)
244	POLAK Bartosz	6402		Senior II M - 30	85	01:18:39	03:34:27		05:10:25.15	05:11:28.70	+02:34:30 (49.6%)	9:24	6.4 (50.8%)
245	KOKOSZKO Rafał	6139	1WBANC	Senior II M - 30	86	01:17:32	03:53:27		05:11:08.40	05:11:53.20	+02:34:54 (49.7%)	9:25	6.4 (50.8%)
246	SIENKIEWICZ Justyna	6138	1 WBANC	Senior II K - 30	32	01:17:18	03:53:27		05:11:08.95	05:11:53.45	+02:34:54 (49.7%)	9:25	6.4 (50.8%)
247	CHUDA Joanna	6470		Senior II K - 30	33	01:26:15	03:52:20		05:11:32.30	05:11:56.80	+02:34:58 (49.7%)	9:26	6.4 (50.8%)
248	WIĄCEK Mirosław	6225	WATER TEAM	Masters M - 40	67	01:19:20	03:54:15		05:12:08.25	05:12:40.80	+02:35:42 (49.8%)	9:27	6.3 (50.0%)
249	JÓZEF Mateusz	6243	ULTRAJÓZKI	Senior II M - 30	87	01:12:22	03:44:31		05:12:40.05	05:13:02.70	+02:36:04 (49.9%)	9:28	6.3 (50.0%)
250	BRASEL Marcin	6077	TRIGYM / FIZJOBIEGACZE SZCZECIN	Weteran I M - 50	9	01:23:03	03:51:01		05:12:37.15	05:13:19.85	+02:36:21 (49.9%)	9:28	6.3 (50.0%)
251	PICZ Michał	6459	POMPEJANKA TEAM	Senior II M - 30	88	01:27:19	03:53:44		05:11:38.95	05:13:40.65	+02:36:42 (50.0%)	9:26	6.4 (50.8%)
252	STAWORZYŃSKI Dawid	6301	TĘCZOWY FANKLUB JAKUBA TESLUKA	Senior II M - 30	89	01:13:12	03:39:08		05:13:50.40	05:14:32.30	+02:37:33 (50.1%)	9:30	6.3 (50.0%)
253	ROSA Łukasz	6398		Senior II M - 30	90	01:25:26	04:01:30		05:14:44.90	05:15:30.90	+02:38:32 (50.2%)	9:32	6.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
254	KORDYŚ Adam	6110	WARTKIE PIERONY	Masters M - 40	68	01:27:06	03:58:10		05:14:03.65	05:15:32.55	+02:38:33 (50.3%)	9:31	6.3 (50.0%)
255	SZYMAŃSKI Maciej	6271		Senior II M - 30	91	01:21:41	03:58:01		05:14:47.10	05:15:47.70	+02:38:49 (50.3%)	9:32	6.3 (50.0%)
256	RABEL Michał	6264		Senior II M - 30	92	01:21:39	03:57:59		05:14:46.40	05:15:48.00	+02:38:49 (50.3%)	9:32	6.3 (50.0%)
257	BENETURSKI Adam	6299	TJ	Senior II M - 30	93	01:14:58	03:55:06		05:14:48.25	05:15:50.75	+02:38:52 (50.3%)	9:32	6.3 (50.0%)
258	ZWIERZCHOWSKI Artur	6419		Masters M - 40	69	01:19:20	03:58:39		05:15:29.05	05:15:51.30	+02:38:52 (50.3%)	9:33	6.3 (50.0%)
259	BIALIK Jędrzej	6435	RUNNERS TEAM NYSA	Masters M - 40	70	01:23:06	03:57:59		05:15:09.75	05:16:09.05	+02:39:10 (50.3%)	9:33	6.3 (50.0%)
260	KREJCI Naomi	6337		Masters K - 40	10	01:26:07	03:52:51		05:14:55.85	05:16:20.40	+02:39:21 (50.4%)	9:32	6.3 (50.0%)
261	KAPUSTA Agata	6283		Senior II K - 30	34	01:29:22	03:54:05		05:15:41.60	05:16:28.70	+02:39:30 (50.4%)	9:33	6.3 (50.0%)
262	JAKUBOWSKA Natasza	6111	POBIEGANI	Masters K - 40	11	01:30:05	03:59:12		05:15:49.05	05:16:38.90	+02:39:40 (50.4%)	9:34	6.3 (50.0%)
263	STARAK Sylwia	6423	DZIKIE DZIKI GORZÓW	Senior II K - 30	35	01:23:54	04:02:24		05:17:23.00	05:17:48.40	+02:40:49 (50.6%)	9:37	6.2 (49.2%)
264	SERWATKIEWICZ Grzegorz	6332		Masters M - 40	71	01:19:24	03:57:45		05:17:32.35	05:17:48.75	+02:40:50 (50.6%)	9:37	6.2 (49.2%)
265	ZALEWSKI Radosław	6025	AW SZYBCIEJ TEAM	Senior II M - 30	94	01:15:10	03:42:12		05:17:26.95	05:17:59.20	+02:41:00 (50.6%)	9:37	6.2 (49.2%)
266	OLSCHIMKE-MARMUROWICZ Barbara	6130		Weteran K - 50	3	01:27:43	03:54:09		05:16:21.85	05:17:59.60	+02:41:00 (50.6%)	9:35	6.3 (50.0%)
267	SKRZYPCZAK Hanna	6235		Weteran K - 50	4	01:26:28	03:59:37		05:18:00.65	05:18:12.30	+02:41:13 (50.7%)	9:38	6.2 (49.2%)
268	JÓZEFIAK Beata	6511	WLKP MOUNTAINS ULTRA	Masters K - 40	12	01:17:46	03:49:41		05:18:21.30	05:18:37.95	+02:41:39 (50.7%)	9:38	6.2 (49.2%)
269	KRAJEWSKI Jakub	6275		Senior II M - 30	95	01:18:43	03:55:46		05:18:18.20	05:18:39.90	+02:41:41 (50.7%)	9:38	6.2 (49.2%)
270	ZALAS Bartłomiej	6439		Senior II M - 30	96	01:20:19	03:57:35		05:18:44.85	05:18:51.70	+02:41:53 (50.8%)	9:39	6.2 (49.2%)
271	GAŁEK Aleksander	6394	PRAGMATIQ.PL	Masters M - 40	72	01:23:35	03:53:02		05:18:13.90	05:19:00.10	+02:42:01 (50.8%)	9:38	6.2 (49.2%)
272	CISZAK Karol	6319		Masters M - 40	73	01:20:58	04:03:34		05:17:23.35	05:19:02.55	+02:42:03 (50.8%)	9:37	6.2 (49.2%)
273	KOCŁĘGA Alicja	6317		Masters K - 40	13	01:23:37	03:57:37		05:18:56.65	05:19:07.70	+02:42:09 (50.8%)	9:39	6.2 (49.2%)
274	JAROŃ Magda	6486		Masters K - 40	14	01:26:58	03:57:29		05:18:35.25	05:19:10.25	+02:42:11 (50.8%)	9:39	6.2 (49.2%)
275	RUDNO-RUDZIŃSKI Grzegorz	6516		Weteran I M - 50	10	01:23:36	03:51:31		05:18:55.95	05:19:27.60	+02:42:28 (50.9%)	9:39	6.2 (49.2%)
276	POLIC Aleksandra	6027		Masters K - 40	15	01:25:51	04:07:07		05:19:41.70	05:20:16.70	+02:43:18 (51.0%)	9:41	6.2 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km						
277	KLEJNOWSKA-KAMIŃSKA Ilona	6443		Senior II K - 30	36	01:29:18	04:04:43		05:19:23.30	05:20:29.15	+02:43:30 (51.0%)	9:40	6.2 (49.2%)
278	KOŁTON Justyna	6279		Senior I K - 20	13	01:29:19	04:05:26		05:19:55.80	05:20:37.55	+02:43:38 (51.0%)	9:41	6.2 (49.2%)
279	DRYNKO Karol	6296		Masters M - 40	74	01:21:29	03:55:34		05:21:17.55	05:21:37.40	+02:44:38 (51.2%)	9:44	6.2 (49.2%)
280	SARACEN Tomasz	6325		Senior II M - 30	97	01:27:21	04:04:11		05:20:30.45	05:21:50.40	+02:44:51 (51.2%)	9:42	6.2 (49.2%)
281	KOPTOŃ Marcin	6391	WARTKIE PIERONY	Senior II M - 30	98	01:27:24	03:58:38		05:20:43.45	05:22:12.55	+02:45:13 (51.3%)	9:43	6.2 (49.2%)
282	WASZAK Tomasz	6026		Senior I M - 20	29	01:34:40	04:07:47		05:20:38.35	05:22:23.15	+02:45:24 (51.3%)	9:42	6.2 (49.2%)
283	MĄCZYŃSKI Marcin	6508		Senior II M - 30	99	01:29:09	04:02:50		05:22:34.80	05:23:11.65	+02:46:13 (51.4%)	9:46	6.1 (48.4%)
284	KOWALSKI Michał	6037		Masters M - 40	75		04:07:24		05:23:43.70	05:23:43.70	+02:46:45 (51.5%)	9:48	6.1 (48.4%)
285	KULIGOWSKI Piotr	6531		Senior II M - 30	100	01:28:27	04:02:40		05:21:29.25	05:23:44.00	+02:46:45 (51.5%)	9:44	6.2 (49.2%)
286	GULANOWSKI Gwidon	6503		Senior II M - 30	101	01:17:40	04:01:45		05:23:06.80	05:23:50.10	+02:46:51 (51.5%)	9:47	6.1 (48.4%)
287	ZIÓLKOWSKI Robert	6062	LINCOLN ELECTRIC BESTER TEAM	Masters M - 40	76	01:23:54	04:00:27		05:22:18.70	05:23:50.75	+02:46:52 (51.5%)	9:46	6.1 (48.4%)
288	STOKŁOSA Michał	6495		Senior II M - 30	102	01:24:16	03:54:27		05:22:49.65	05:24:13.25	+02:47:14 (51.6%)	9:46	6.1 (48.4%)
289	ŁYSZCZAK Wojciech	6042	SALCESON POZNAŃ	Masters M - 40	77	01:28:54	03:55:37		05:23:02.50	05:24:33.75	+02:47:35 (51.6%)	9:47	6.1 (48.4%)
290	SZCZEPAŃSKA Kinga	6343		Senior II K - 30	37	01:31:44	04:12:47		05:24:15.00	05:24:34.30	+02:47:35 (51.6%)	9:49	6.1 (48.4%)
291	CHRUKIN Patrycja	6096		Senior II K - 30	38	01:17:39	04:11:40		05:23:54.55	05:24:34.45	+02:47:35 (51.6%)	9:48	6.1 (48.4%)
292	NIERADKO Arkadiusz	6128		Weteran I M - 50	11	01:30:25	04:06:00		05:23:47.00	05:24:56.90	+02:47:58 (51.7%)	9:48	6.1 (48.4%)
293	CHORAŻYCZEWSKA Natalia	6072	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II K - 30	39	01:27:01	04:04:29		05:24:31.80	05:25:02.00	+02:48:03 (51.7%)	9:50	6.1 (48.4%)
294	KASHCHEEV Andrei	6057		Senior II M - 30	103	01:25:10	04:05:19		05:23:29.95	05:25:06.40	+02:48:07 (51.7%)	9:48	6.1 (48.4%)
295	KIEŁB Wojciech	6107	KW DZIABKA	Senior II M - 30	104	01:30:07	04:02:46		05:24:43.00	05:25:14.95	+02:48:16 (51.7%)	9:50	6.1 (48.4%)
296	KASZUBA Jacek	6232		Weteran I M - 50	12	01:22:42	04:04:38		05:25:27.55	05:25:49.80	+02:48:51 (51.8%)	9:51	6.1 (48.4%)
297	MATYSIAK Karol	6263	TEAM - WLKP MOUNTAINS ULTRA'S	Weteran I M - 50	13	01:26:15	03:56:05		05:24:38.35	05:26:10.80	+02:49:12 (51.9%)	9:50	6.1 (48.4%)
298	PARYS Piotr	6474		Senior II M - 30	105	01:26:53	04:03:03		05:24:43.80	05:26:28.20	+02:49:29 (51.9%)	9:50	6.1 (48.4%)
299	PALUCHOWICZ Dawid	6266	REDBARBERS RUNNING TEAM	Senior II M - 30	106	01:26:08	04:00:13		05:26:30.00	05:26:35.00	+02:49:36 (51.9%)	9:53	6.1 (48.4%)
300	TOBYS Marcin	6466		Senior II M - 30	107	01:20:30	04:01:49		05:25:59.40	05:26:49.70	+02:49:51 (52.0%)	9:52	6.1 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 33km	brutto 33km			
301	MATECKI Arkadiusz	6023		Senior II M - 30	108	01:23:47	04:08:37		05:25:49.40	05:26:57.90	+02:49:59 (52.0%)	9:52	6.1 (48.4%)
302	HALSKI Mateusz	6114		Senior II M - 30	109	01:26:51	04:05:42		05:25:49.30	05:27:00.90	+02:50:02 (52.0%)	9:52	6.1 (48.4%)
303	STANECKI Grzegorz	6359		Masters M - 40	78	01:17:08	04:05:45		05:26:09.25	05:27:08.40	+02:50:09 (52.0%)	9:53	6.1 (48.4%)
304	KOWAL Dawid	6083		Senior I M - 20	30	01:30:26	04:12:32		05:26:05.45	05:27:16.25	+02:50:17 (52.0%)	9:52	6.1 (48.4%)
305	VAN LAERE Sibbelien	6014	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	1	01:30:47	04:05:40		05:27:07.05	05:28:14.95	+02:51:16 (52.2%)	9:54	6.1 (48.4%)
306	DOLATA Magdalena	6209	KLUB WYSOKOGÓRSKI W POZNANIU	Senior II K - 30	40	01:35:05	04:08:46		05:29:18.10	05:29:22.90	+02:52:24 (52.3%)	9:58	6 (47.6%)
307	HERRMANN-JANKOWSKI Piotr	6413	LOST IT TO TRYING	Masters M - 40	79	01:21:55	03:54:13		05:27:44.45	05:29:24.90	+02:52:26 (52.3%)	9:55	6 (47.6%)
308	WERESZCZYŃSKI Tomasz	6126	AKTYWNIE UZALEŻNIAMY	Masters M - 40	80	01:23:26	04:10:42		05:28:59.40	05:29:43.25	+02:52:44 (52.4%)	9:58	6 (47.6%)
309	WOJEWODA Renata	6499		Masters K - 40	16	01:32:51	04:06:44		05:29:06.80	05:30:01.05	+02:53:02 (52.4%)	9:58	6 (47.6%)
310	DUDKIEWICZ Maciej	6218	ANWILTEAM	Masters M - 40	81	01:24:41	04:05:32		05:29:27.30	05:30:01.15	+02:53:02 (52.4%)	9:59	6 (47.6%)
311	KIEDZIERSKI Rafał	6031		Senior II M - 30	110	01:31:53	04:11:50		05:29:20.15	05:30:07.10	+02:53:08 (52.4%)	9:58	6 (47.6%)
312	HACUŚ Jacek	6318		Masters M - 40	82	01:29:21	04:07:33		05:29:05.60	05:30:31.55	+02:53:32 (52.5%)	9:58	6 (47.6%)
313	GRUDNIEWSKI Jakub	6478	KURACJUSZE	Senior II M - 30	111	01:29:54	04:08:18		05:31:05.05	05:31:32.10	+02:54:33 (52.7%)	10:01	6 (47.6%)
314	BUŁANCIŃSKI Filip	6202	WOŚ TEAM	Masters M - 40	83	01:37:59	04:13:13		05:31:37.85	05:31:37.85	+02:54:39 (52.7%)	10:02	6 (47.6%)
315	NIEWIADOMSKI Marek	6063	CROSS KRAPKOWICE	Senior II M - 30	112	01:21:11	04:05:39		05:31:22.30	05:32:14.10	+02:55:15 (52.8%)	10:02	6 (47.6%)
316	FORENC Damian	6129	OBORYGENI	Masters M - 40	84	01:24:27	04:14:24		05:31:30.60	05:32:25.65	+02:55:27 (52.8%)	10:02	6 (47.6%)
317	ŻUREK Mateusz	6219		Masters M - 40	85	01:27:18	04:02:00		05:31:42.10	05:32:32.60	+02:55:33 (52.8%)	10:03	6 (47.6%)
318	RYCHEL-MANTUR Dominika	6024		Senior II K - 30	41	01:26:59	04:09:20		05:32:24.60	05:32:37.50	+02:55:38 (52.8%)	10:04	6 (47.6%)
319	KMIECIAK Małgorzata	6323	NIGHT RUNNERS	Senior I K - 20	14	01:29:29	04:16:11		05:32:24.85	05:33:18.25	+02:56:19 (52.9%)	10:04	6 (47.6%)
320	MUSIAŁ Alicja	6245	BIEGANIE RAZEM	Senior I K - 20	15	01:33:24	04:10:56		05:32:08.60	05:33:42.30	+02:56:43 (53.0%)	10:03	6 (47.6%)
321	WAGNER Adam	6446	MUNI SPORT	Senior I M - 20	31	01:23:42	03:59:07		05:33:25.70	05:34:10.85	+02:57:12 (53.0%)	10:06	5.9 (46.8%)
322	RADZIWONOWICZ Adriana	6455		Masters K - 40	17	01:30:15	04:11:23		05:33:58.05	05:34:47.00	+02:57:48 (53.1%)	10:07	5.9 (46.8%)
323	WIECZOREK Artur	6170	ARTURO TEAM	Masters M - 40	86	01:22:15	04:06:30		05:34:14.50	05:34:47.75	+02:57:49 (53.1%)	10:07	5.9 (46.8%)
324	IMIŃSKI Cezary	6086		Weteran I M - 50	14	01:32:47	04:13:17		05:34:53.65	05:35:13.25	+02:58:14 (53.2%)	10:08	5.9 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Tempo min/km	Tempo km/h			
						A1 9km	D1 24km	Kara/ bonifikata					
325	SALIŃSKI Bartosz	6175	AUGUSTEAM	Senior II M - 30	113	01:28:08	04:10:49		05:36:29.85	05:36:50.35	+02:59:51 (53.4%)	10:11	5.9 (46.8%)
326	SPÓLNY Robert	6480		Weteran I M - 50	15	01:26:36	04:10:03		05:36:26.00	05:37:02.85	+03:00:04 (53.4%)	10:11	5.9 (46.8%)
327	BURZYŃSKA Emilia	6146	BIEGAJĄCE KREJZOLE	Senior II K - 30	42	01:35:17	04:13:44		05:36:53.50	05:37:27.05	+03:00:28 (53.5%)	10:12	5.9 (46.8%)
328	WIŚNIEWSKI Dariusz	6415		Weteran I M - 50	16	01:26:45	04:12:30		05:37:12.85	05:37:53.65	+03:00:55 (53.5%)	10:13	5.9 (46.8%)
329	NOWAK Ireneusz	6053		Weteran I M - 50	17	01:25:16	04:07:02		05:36:20.65	05:38:02.00	+03:01:03 (53.6%)	10:11	5.9 (46.8%)
330	CZEKALSKA Magdalena	6280	NARAMOWICE BIEGAJĄ	Masters K - 40	18	01:31:53	04:19:56		05:36:46.65	05:38:04.35	+03:01:05 (53.6%)	10:12	5.9 (46.8%)
331	BEDNARCZYK Bogusław	6310	PRO-RUN WROCŁAW	Weteran I M - 50	18	01:34:09	04:17:38		05:36:22.00	05:38:08.60	+03:01:09 (53.6%)	10:11	5.9 (46.8%)
332	PARSZEWSKA Aleksandra	6236		Senior II K - 30	43	01:26:41	03:59:23		05:38:13.45	05:39:27.30	+03:02:28 (53.8%)	10:14	5.9 (46.8%)
333	MIŚTALSKI Damian	6237		Masters M - 40	87	01:22:40	03:54:22		05:38:14.30	05:39:27.65	+03:02:29 (53.8%)	10:14	5.9 (46.8%)
334	KREMPA Sławomir	6510		Senior II M - 30	114	01:28:00	04:15:41		05:38:45.35	05:39:28.50	+03:02:29 (53.8%)	10:15	5.8 (46.0%)
335	MROZOWSKI Paweł	6505		Masters M - 40	88	01:31:47	04:14:22		05:39:36.75	05:40:46.80	+03:03:48 (53.9%)	10:17	5.8 (46.0%)
336	SZYMONCZYK Igor	6377		Senior I M - 20	32	01:29:04	04:12:19		05:39:24.50	05:41:01.65	+03:04:03 (54.0%)	10:17	5.8 (46.0%)
337	OCETEK Bartosz	6409		Senior I M - 20	33	01:29:04	04:12:19		05:39:24.75	05:41:02.25	+03:04:03 (54.0%)	10:17	5.8 (46.0%)
338	BORECKI Michał	6078		Senior II M - 30	115	01:31:59	04:17:36		05:40:12.10	05:41:39.70	+03:04:41 (54.1%)	10:18	5.8 (46.0%)
339	PACZEŚ Damian	6032		Senior II M - 30	116	01:24:32	04:19:52		05:41:37.30	05:41:51.20	+03:04:52 (54.1%)	10:21	5.8 (46.0%)
340	RUSECKA Agnieszka	6252	BDB TEAM	Senior II K - 30	44	01:39:04	04:17:57		05:42:10.75	05:42:10.75	+03:05:12 (54.1%)	10:22	5.8 (46.0%)
341	DELKOWSKA Agata	6251	RIO GRAPPLING CLUB	Masters K - 40	19	01:32:12	04:14:43		05:40:31.35	05:42:15.15	+03:05:16 (54.1%)	10:19	5.8 (46.0%)
342	WOJTKOWSKI Ireneusz	6379	ASSECO ACTIVE TEAM	Weteran II M - 60	4	01:30:10	04:12:01		05:42:13.95	05:42:50.20	+03:05:51 (54.2%)	10:22	5.8 (46.0%)
343	MARMUROWICZ Krystian	6131	KATOWICKIE WODOCIĄGI S.A.	Masters M - 40	89	01:32:18	04:15:47		05:41:43.20	05:43:21.60	+03:06:22 (54.3%)	10:21	5.8 (46.0%)
344	CHĘCIŃSKI Łukasz	6069		Masters M - 40	90	01:27:05	04:11:21		05:42:42.40	05:43:30.25	+03:06:31 (54.3%)	10:23	5.8 (46.0%)
345	SZUMNY Paweł	6240		Senior II M - 30	117	01:25:13	04:15:47		05:43:17.40	05:44:13.50	+03:07:14 (54.4%)	10:24	5.8 (46.0%)
346	KACZAN Wojciech	6305		Senior II M - 30	118	01:34:46	04:17:23		05:44:50.00	05:45:29.90	+03:08:31 (54.6%)	10:26	5.7 (45.2%)
347	HOŁOWNIA Patrycja	6285	BIEGUSY CZAPLE	Masters K - 40	20	01:38:13	04:25:47		05:44:36.95	05:45:30.20	+03:08:31 (54.6%)	10:26	5.7 (45.2%)
348	WNOROWSKI Mariusz	6050		Masters M - 40	91	01:28:13	04:18:37		05:45:21.40	05:46:02.80	+03:09:04 (54.6%)	10:27	5.7 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
349	PTASZYŃSKI Marcin	6215		Senior II M - 30	119	01:34:04	04:21:08		05:44:34.90	05:46:14.40	+03:09:15 (54.7%)	10:26	5.7 (45.2%)
350	CHYLIŃSKI Łukasz	6276		Masters M - 40	92	01:26:12	04:18:14		05:45:06.60	05:46:19.30	+03:09:20 (54.7%)	10:27	5.7 (45.2%)
351	SKORUPSKI Szymon	6473	KURACJUSZE	Senior II M - 30	120	01:25:40	04:25:09		05:46:28.00	05:46:53.85	+03:09:55 (54.7%)	10:29	5.7 (45.2%)
352	ZAPIÓR Marek	6515	ZET RUNNERS	Weteran II M - 60	5	01:34:40	04:22:28		05:46:46.95	05:47:54.05	+03:10:55 (54.9%)	10:30	5.7 (45.2%)
353	ŚLEBODA Joanna	6036	KOBIETY BIEGAJĄ	Senior II K - 30	45	01:34:57	04:27:59		05:47:22.30	05:48:03.40	+03:11:04 (54.9%)	10:31	5.7 (45.2%)
354	SZYMALA Adriana	6393	IZBICKO W BIEGU	Senior II K - 30	46	01:39:20	04:25:29		05:47:42.80	05:49:06.90	+03:12:08 (55.0%)	10:32	5.7 (45.2%)
355	DZIENNIK Olga	6054		Senior II K - 30	47	01:34:47	04:25:49		05:48:28.15	05:49:15.70	+03:12:17 (55.1%)	10:33	5.7 (45.2%)
356	KRAJECER Jolanta	6362		Weteran K - 50	5	01:33:53	04:25:02		05:48:36.10	05:50:02.00	+03:13:03 (55.2%)	10:33	5.7 (45.2%)
357	MARCINEK Marta	6527		Senior II K - 30	48	01:33:35	04:22:48		05:49:33.65	05:50:29.95	+03:13:31 (55.2%)	10:35	5.7 (45.2%)
358	LAZDINA Ieva	6242	RWA	Senior II K - 30	49	01:37:01	04:30:33		05:49:31.95	05:50:49.20	+03:13:50 (55.3%)	10:35	5.7 (45.2%)
359	JĘDRO Mirela	6181		Senior II K - 30	50	01:36:43	04:25:59		05:51:52.35	05:52:08.45	+03:15:09 (55.4%)	10:39	5.6 (44.4%)
360	PROSZAK Sebastian	6094	TEAM KURORT ŁĄDEK ZDRÓJ	Weteran I M - 50	19	01:14:06	03:46:34		05:52:00.60	05:52:52.40	+03:15:53 (55.5%)	10:40	5.6 (44.4%)
361	TEPER Katarzyna	6334	RUN WITH TRENER DRZEWIECKA	Senior II K - 30	51	01:38:21	04:25:38		05:51:43.40	05:52:56.80	+03:15:58 (55.5%)	10:39	5.6 (44.4%)
362	TEPER Konrad	6333	RUN WITH TRENER DRZEWIECKA	Senior II M - 30	121	01:38:22	04:25:38		05:51:44.65	05:52:58.30	+03:15:59 (55.5%)	10:39	5.6 (44.4%)
363	JERCZYŃSKI Radosław	6389		Masters M - 40	93	01:33:54	04:25:23		05:52:11.70	05:53:03.00	+03:16:04 (55.5%)	10:40	5.6 (44.4%)
364	KROWIŃSKI Michał	6189		Masters M - 40	94	01:32:54	04:25:06		05:52:27.70	05:53:32.35	+03:16:33 (55.6%)	10:40	5.6 (44.4%)
365	KORDEK Arkadiusz	6290		Senior I M - 20	34	01:29:07	04:28:04		05:53:29.65	05:53:45.40	+03:16:46 (55.6%)	10:42	5.6 (44.4%)
366	MATYJASZCZYK Marcin	6383	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	122	01:32:13	04:16:09		05:52:53.00	05:53:53.70	+03:16:55 (55.6%)	10:41	5.6 (44.4%)
367	KARON Krzysztof	6484		Weteran II M - 60	6	01:35:33	04:29:54		05:52:59.15	05:54:19.55	+03:17:20 (55.7%)	10:41	5.6 (44.4%)
368	ZAGOROWSKI Robert	6197		Weteran I M - 50	20	01:35:10	04:25:48		05:53:42.60	05:54:24.95	+03:17:26 (55.7%)	10:43	5.6 (44.4%)
369	GAWĘDZKA Aneta	6223	OBORYGENI	Masters K - 40	21	01:38:57	04:28:11		05:53:49.75	05:54:25.05	+03:17:26 (55.7%)	10:43	5.6 (44.4%)
370	GRABOWSKA Zuzanna	6248	IZBICKO W BIEGU	Senior I K - 20	16	01:39:21	04:27:38		05:53:51.10	05:55:17.95	+03:18:19 (55.8%)	10:43	5.6 (44.4%)
371	RABIEJ Kazimierz	6360	ROZBIEGANI CHOJNÓW	Weteran II M - 60	7	01:34:19	04:27:38		05:55:04.55	05:55:42.00	+03:18:43 (55.9%)	10:45	5.6 (44.4%)
372	DRACHAL Krzysztof	6482		Masters M - 40	95	01:25:13	04:32:30		05:54:30.20	05:56:10.70	+03:19:12 (55.9%)	10:44	5.6 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
373	HAŁAS Paweł	6471		Senior I M - 20	35	01:19:48	04:25:23		05:54:34.35	05:56:19.20	+03:19:20 (55.9%)	10:44	5.6 (44.4%)
374	PAWLAK Robert	6288		Senior II M - 30	123	01:26:51	04:23:33		05:55:58.75	05:56:38.35	+03:19:39 (56.0%)	10:47	5.6 (44.4%)
375	OKOŃSKI Tomasz	6196	KB SOBÓTKA	Senior II M - 30	124	01:34:52	04:30:13		05:56:23.75	05:57:10.20	+03:20:11 (56.0%)	10:47	5.6 (44.4%)
376	MIROŃSKI Jakub	6228		Senior II M - 30	125	01:19:15	04:30:34		05:57:07.70	05:57:30.65	+03:20:32 (56.1%)	10:49	5.5 (43.7%)
377	SOBOŃ Łukasz	6034	TMT	Senior II M - 30	126	01:33:03	04:25:52		05:57:17.65	05:58:07.30	+03:21:08 (56.2%)	10:49	5.5 (43.7%)
378	HAJDUCKA Agnieszka	6192	OKIEM WILKA	Senior II K - 30	52	01:35:06	04:30:50		05:57:24.10	05:58:25.10	+03:21:26 (56.2%)	10:49	5.5 (43.7%)
379	SAWICKI Adrian	6058		Masters M - 40	96	01:31:42	04:23:30		05:58:28.70	05:59:57.90	+03:22:59 (56.4%)	10:51	5.5 (43.7%)
380	MYSZKIEWICZ Bartosz	6249		Weteran I M - 50	21	01:38:14	04:40:09		05:58:48.30	06:00:02.80	+03:23:04 (56.4%)	10:52	5.5 (43.7%)
381	LONT Marcin	6438		Senior I M - 20	36	01:38:12	04:36:14		05:58:24.60	06:00:04.80	+03:23:06 (56.4%)	10:51	5.5 (43.7%)
382	BUGAJSKI Sławomir	6261		Senior II M - 30	127	01:40:43	04:29:58		05:59:03.55	06:00:30.50	+03:23:31 (56.5%)	10:52	5.5 (43.7%)
383	LIS Sebastian	6493		Senior II M - 30	128	01:23:16	04:24:48		06:00:29.70	06:00:56.75	+03:23:58 (56.5%)	10:55	5.5 (43.7%)
384	STACIWO Justyna	6158	KURACJUSZE	Masters K - 40	22	01:33:36	04:31:13		06:00:33.60	06:00:59.75	+03:24:01 (56.5%)	10:55	5.5 (43.7%)
385	WILMAŃSKI Jakub	6064	BUBINKA TEAM	Senior I M - 20	37	01:31:13	04:24:23		06:00:37.20	06:01:18.00	+03:24:19 (56.6%)	10:55	5.5 (43.7%)
386	WILMAŃSKI Arkadiusz	6033		Weteran I M - 50	22	01:31:11	04:23:56		06:00:37.85	06:01:19.70	+03:24:21 (56.6%)	10:55	5.5 (43.7%)
387	STOLPE Maciej	6217	TKKF MPK POZNAŃ	Weteran I M - 50	23	01:35:52	04:28:02		06:00:12.85	06:01:41.15	+03:24:42 (56.6%)	10:54	5.5 (43.7%)
388	DOMAGAŁA Konrad	6163	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	129	01:44:00	04:25:06		06:00:19.05	06:01:51.70	+03:24:53 (56.6%)	10:55	5.5 (43.7%)
389	JARCZYŃSKA Karolina	6335	MOSINA BIEGA	Masters K - 40	23	01:35:04	04:37:19		06:02:27.70	06:03:04.25	+03:26:05 (56.8%)	10:59	5.5 (43.7%)
390	BULLERT Agnieszka	6416		Senior II K - 30	53	01:37:43	04:34:27		06:01:31.35	06:03:04.80	+03:26:06 (56.8%)	10:57	5.5 (43.7%)
391	WISNIEWSKA Małgorzata	6444	RUNADDICTS	Masters K - 40	24	01:34:35	04:36:49		06:02:01.85	06:03:05.90	+03:26:07 (56.8%)	10:58	5.5 (43.7%)
392	LISKE Dorota	6113		Weteran K - 50	6	01:42:28	04:26:06		06:04:13.70	06:04:32.80	+03:27:34 (56.9%)	11:02	5.4 (42.9%)
393	GŁÓWCZEWSKA Lucyna	6216		Masters K - 40	25	01:35:47	04:36:30		06:03:10.80	06:04:36.90	+03:27:38 (56.9%)	11:00	5.5 (43.7%)
394	SZCZERBA Michał	6272		Masters M - 40	97	01:42:03	04:32:48		06:05:30.80	06:07:17.35	+03:30:18 (57.3%)	11:04	5.4 (42.9%)
395	SZABATOWSKI Dominik	6190	WARTKIE PIERONY	Masters M - 40	98	01:41:44	04:36:17		06:05:44.40	06:07:19.15	+03:30:20 (57.3%)	11:04	5.4 (42.9%)
396	BEDNAREK Borys	6408	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	130	01:30:09	04:35:42		06:07:29.55	06:09:01.00	+03:32:02 (57.5%)	11:08	5.4 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
397	RUDZIŃSKI Tomasz	6262	KUNA W AGREŚCIE	Masters M - 40	99	01:26:43	04:43:51		06:08:54.30	06:09:01.35	+03:32:02 (57.5%)	11:10	5.4 (42.9%)
398	CIŻYŃSKA Katarzyna	6326		Senior I K - 20	17	01:43:11	04:44:41		06:09:51.65	06:11:11.60	+03:34:12 (57.7%)	11:12	5.4 (42.9%)
399	KALINOWSKA Patrycja	6127	RUNADDICTS	Senior II K - 30	54	01:42:16	04:47:16		06:12:09.95	06:13:13.40	+03:36:14 (57.9%)	11:16	5.3 (42.1%)
400	MIRKOWSKA Monika	6281	ZWIERZYNIEC TEAM	Masters K - 40	26	01:41:12	04:46:26		06:12:51.40	06:14:34.30	+03:37:35 (58.1%)	11:17	5.3 (42.1%)
401	CZEKALSKI Tomasz	6351	NARAMOWICE BIEGAJĄ	Masters M - 40	100	01:31:08	04:48:01		06:14:04.20	06:15:22.60	+03:38:23 (58.2%)	11:20	5.3 (42.1%)
402	OLEJNIK Ilona	6180		Weteran K - 50	7	01:40:37	04:50:04		06:15:23.00	06:15:52.20	+03:38:53 (58.2%)	11:22	5.3 (42.1%)
403	GOŹDZICKA Iwona	6182		Masters K - 40	27	01:40:37	04:50:04		06:15:23.25	06:15:52.25	+03:38:53 (58.2%)	11:22	5.3 (42.1%)
404	NOWAK Łukasz	6481		Masters M - 40	101	01:35:33	04:48:03		06:15:00.45	06:15:59.00	+03:39:00 (58.2%)	11:21	5.3 (42.1%)
405	RÓŻYCKI Patryk	6234		Senior I M - 20	38	01:30:41	04:30:33		06:16:06.20	06:16:30.00	+03:39:31 (58.3%)	11:23	5.3 (42.1%)
406	ZAPAŁA Paweł	6491	TYMOTEUSZU TEAM CHRÓSCINA	Masters M - 40	102	01:20:27	04:23:37		06:18:01.10	06:18:56.40	+03:41:57 (58.6%)	11:27	5.2 (41.3%)
407	JUSZCZAK Kamil	6002		Senior II M - 30	131	01:38:26	04:51:31		06:18:36.35	06:19:41.70	+03:42:43 (58.7%)	11:28	5.2 (41.3%)
408	FELTYNOWSKA Kasia	6309		Masters K - 40	28	01:37:35	04:40:08		06:18:07.50	06:19:46.40	+03:42:47 (58.7%)	11:27	5.2 (41.3%)
409	JOBDA Bogna	6313		Masters K - 40	29	01:37:37	04:40:10		06:18:07.95	06:19:46.45	+03:42:47 (58.7%)	11:27	5.2 (41.3%)
410	LIESKE Monika	6116	JESTEM OD ROMKA	Masters K - 40	30	01:38:35	04:43:56		06:19:26.70	06:20:07.40	+03:43:08 (58.7%)	11:29	5.2 (41.3%)
411	KUC Adam	6162	THE OFFICE	Masters M - 40	103	01:34:41	04:41:01		06:21:22.40	06:22:16.70	+03:45:18 (58.9%)	11:33	5.2 (41.3%)
412	CUPIAŁ Dariusz	6038	W POGONI ZA DUCHEM	Weteran I M - 50	24	01:29:03	04:28:42		06:23:28.05	06:24:13.75	+03:47:15 (59.1%)	11:37	5.2 (41.3%)
413	KISIAŁA Filip	6336	TATA WOJTUSIA	Masters M - 40	104	01:35:19	04:33:20		06:23:07.10	06:24:13.90	+03:47:15 (59.1%)	11:36	5.2 (41.3%)
414	PIELOK Wojciech	6497	ROBIMY FAJNE	Senior I M - 20	39	01:34:03	04:47:21		06:22:37.85	06:24:15.30	+03:47:16 (59.1%)	11:35	5.2 (41.3%)
415	ŁUCZAK Estera	6206	CAŁA OLEŚNICA BIEGA	Senior II K - 30	55	01:36:15	04:47:58		06:24:14.40	06:25:11.25	+03:48:12 (59.2%)	11:38	5.2 (41.3%)
416	JAROSŁAWSKI Marcin	6207	KB - HARCOWNIK	Masters M - 40	105	01:36:14	04:47:57		06:24:14.30	06:25:11.80	+03:48:13 (59.2%)	11:38	5.2 (41.3%)
417	LEWANDOWSKA Ewa	6452		Weteran K - 50	8	01:40:56	04:47:22		06:25:17.50	06:26:52.30	+03:49:53 (59.4%)	11:40	5.1 (40.5%)
418	STRUGAŁA Grzegorz	6361		Weteran I M - 50	25	01:45:31	04:48:10		06:26:06.60	06:27:05.75	+03:50:07 (59.4%)	11:42	5.1 (40.5%)
419	BURGHARDT Renata	6165	KB HERMES	Weteran K - 50	9	01:42:37	04:47:44		06:27:03.30	06:28:11.80	+03:51:13 (59.6%)	11:43	5.1 (40.5%)
420	MAKOWSKI Dariusz	6144		Weteran I M - 50	26	01:42:38	04:47:44		06:27:22.25	06:28:31.25	+03:51:32 (59.6%)	11:44	5.1 (40.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
421	KOBYŁECKA Wiktorja	6205		Senior I K - 20	18	01:48:30	04:52:21		06:30:34.75	06:31:12.95	+03:54:14 (59.9%)	11:50	5.1 (40.5%)
422	JASTRZĘBSKI Jacek	6133	#HAPPYRUNNERS	Masters M - 40	106	01:38:35	04:49:44		06:31:15.85	06:31:54.65	+03:54:56 (59.9%)	11:51	5.1 (40.5%)
423	URBAN Artur	6028		Senior II M - 30	132	01:42:55	04:48:29		06:31:02.90	06:32:37.05	+03:55:38 (60.0%)	11:50	5.1 (40.5%)
424	NOWAK Ewa	6340	HELIKON-TEX	Masters K - 40	31	01:59:07	04:52:12		06:31:33.15	06:32:42.20	+03:55:43 (60.0%)	11:51	5.1 (40.5%)
425	OPASKA Kasia	6171	ARTURO TEAM	Masters K - 40	32	01:48:30	04:45:01		06:32:06.05	06:32:44.25	+03:55:45 (60.0%)	11:52	5 (39.7%)
426	JĘDRASZAK Mateusz	6112		Senior II M - 30	133	01:43:27	04:51:05		06:31:40.90	06:32:57.15	+03:55:58 (60.1%)	11:52	5.1 (40.5%)
427	SCHABEL Robert	6104		Masters M - 40	107	01:39:59	04:55:48		06:33:33.75	06:34:43.60	+03:57:44 (60.2%)	11:55	5 (39.7%)
428	JAKÓBEK Piotr	6123	RUNADDICTS	Senior II M - 30	134	01:33:47	04:47:42		06:35:56.05	06:36:34.00	+03:59:35 (60.4%)	11:59	5 (39.7%)
429	SULIGA Wioletta	6080	ING BANK ŚLĄSKI	Masters K - 40	33	01:47:17	04:56:29		06:38:57.25	06:39:21.95	+04:02:23 (60.7%)	12:05	5 (39.7%)
430	PYTEL Roman	6354	IZBICKO W BIEGU	Masters M - 40	108	01:29:19	04:48:33		06:39:50.20	06:41:12.70	+04:04:14 (60.9%)	12:06	5 (39.7%)
431	JUSKOWIAK Mikołaj	6079		Masters M - 40	109	01:42:05	04:54:01		06:43:36.40	06:44:49.10	+04:07:50 (61.2%)	12:13	4.9 (38.9%)
432	KORCZAK Konrad	6247		Masters M - 40	110	01:41:09	04:52:28		06:43:37.95	06:46:20.20	+04:09:21 (61.4%)	12:13	4.9 (38.9%)
433	ŁUCIÓW Agnieszka	6061		Masters K - 40	34	01:49:47	04:47:49		06:44:32.90	06:46:21.90	+04:09:23 (61.4%)	12:15	4.9 (38.9%)
434	ZIĘTEK Krzysztof	6396	ADIDAS RUNNERS	Weteran I M - 50	27	01:38:07	04:52:16		06:48:03.70	06:49:04.05	+04:12:05 (61.6%)	12:21	4.9 (38.9%)
435	FIKSA Kasia	6331	BIEGACZE ŚCIEMNIACZE	Masters K - 40	35	01:59:40	04:58:53		06:48:41.85	06:49:18.15	+04:12:19 (61.6%)	12:23	4.8 (38.1%)
436	NOSKOWIAK- BAJNO Alicja	6421	RUNADDICTS	Masters K - 40	36	01:48:20	04:55:18		06:48:15.35	06:49:20.00	+04:12:21 (61.7%)	12:22	4.8 (38.1%)
437	MRUCZYŃSKA- PIETRUCZANIS Katarzyna	6041	DEVI HIMAL TEAM/ AKTYWNI WĘGRÓW	Masters K - 40	37	01:42:37	04:52:37		06:48:44.60	06:49:49.70	+04:12:51 (61.7%)	12:23	4.8 (38.1%)
438	ADAMUS Anna	6095	WARTKIE PIERONY	Masters K - 40	38	01:42:57	04:52:58		06:49:01.85	06:50:37.15	+04:13:38 (61.8%)	12:23	4.8 (38.1%)
439	ŁASKAWSKA Justyna	6440		Masters K - 40	39	01:48:06	04:57:19		06:50:29.25	06:51:28.10	+04:14:29 (61.8%)	12:26	4.8 (38.1%)
440	ŻOŁYNIAK Szymon	6436		Masters M - 40	111	01:48:06	04:57:17		06:50:31.00	06:51:29.55	+04:14:30 (61.9%)	12:26	4.8 (38.1%)
441	SZKOPEK Jarosław	6151		Weteran I M - 50	28	01:48:03	04:55:51		06:51:35.10	06:52:47.00	+04:15:48 (62.0%)	12:28	4.8 (38.1%)
442	SOKOŁOWSKI Michał	6426		Senior I M - 20	40	01:43:18	05:08:00		06:58:24.55	06:59:26.65	+04:22:28 (62.6%)	12:40	4.7 (37.3%)
443	LEWICKA Bożena	6429	GONIMY	Weteran II K - 60	2	01:55:56	04:56:35		06:58:57.15	06:59:29.25	+04:22:30 (62.6%)	12:41	4.7 (37.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
444	DERES Julia	6490		Senior I K - 20	19	01:50:51	04:59:25		06:58:40.50	06:59:30.00	+04:22:31 (62.6%)	12:41	4.7 (37.3%)
445	DUDEK-SIERZĘGA Wioleta	6492	IZBICKO W BIEGU	Masters K - 40	40	01:56:01	04:55:41		06:58:06.95	06:59:30.25	+04:22:31 (62.6%)	12:40	4.7 (37.3%)
446	DUDEK Sylwia	6487		Senior II K - 30	56	01:51:27	05:10:16		06:58:31.35	06:59:30.90	+04:22:32 (62.6%)	12:40	4.7 (37.3%)
Przekroczony limit czasu: 07:00:00													
447	ADAMKIEWICZ Lukasz	6284	ZWIERZYNIEC TEAM	Masters M - 40	112	01:41:15	04:54:47		07:03:25.05	07:05:07.95	+04:28:09 (63.1%)	12:49	4.7 (37.3%)
448	SZTEJKA Jolanta	6314	KULAWA RODZINA	Masters K - 40	41	01:43:21	05:14:31		07:04:18.25	07:05:11.35	+04:28:12 (63.1%)	12:51	4.7 (37.3%)
449	SOWA Grzegorz	6119	#YOLOTEAMKRK #KUBAPIECHTEAM	Weteran I M - 50	29	01:55:11	05:20:44		07:16:03.80	07:17:51.10	+04:40:52 (64.1%)	13:12	4.5 (35.7%)
450	DZIURZYŃSKA Ulka	6118	VEGE RUNNERS	Masters K - 40	42	01:55:11	05:20:47		07:16:04.35	07:17:51.40	+04:40:52 (64.1%)	13:12	4.5 (35.7%)
451	GARCON Joanna	6153	KUŹNIA TALENTÓW KAMIENIEC	Senior II K - 30	57	02:03:02	05:25:19		07:21:56.80	07:23:40.70	+04:46:42 (64.6%)	13:23	4.5 (35.7%)
452	MARKIEWICZ Jagoda	6132		Senior I K - 20	20	02:03:01	05:25:18		07:21:58.00	07:23:41.80	+04:46:43 (64.6%)	13:23	4.5 (35.7%)
453	GOŁĘBIEWSKI Sławomir	6199	OSP ŚREM	Senior II M - 30	135	01:58:03	05:26:49		07:25:11.25	07:26:47.55	+04:49:48 (64.9%)	13:29	4.4 (34.9%)
454	FLACZYŃSKA Aldona	6200	ŻÓŁWICE W BIEGU	Masters K - 40	43	01:58:10	05:26:48		07:25:12.20	07:26:47.75	+04:49:49 (64.9%)	13:29	4.4 (34.9%)
455	DOMINIAK-LESZCZYŃSKA Elżbieta	6468	LASY WAWERSKIE	Weteran II K - 60	3	02:02:17	05:25:04		07:27:49.30	07:29:13.85	+04:52:15 (65.1%)	13:34	4.4 (34.9%)
456	KARPIŃSKI Grzegorz	6043	SALCESON POZNAŃ	Masters M - 40	113	01:43:03	05:37:37		07:30:03.05	07:31:31.55	+04:54:32 (65.2%)	13:38	4.4 (34.9%)
457	DWORAK Ewa	6456		Senior I K - 20	21	01:58:37	05:29:22		07:31:51.00	07:33:33.10	+04:56:34 (65.4%)	13:41	4.4 (34.9%)
458	WALCZAK Sławomir	6125		Weteran I M - 50	30	01:47:39	05:29:43		07:32:19.45	07:33:34.50	+04:56:35 (65.4%)	13:42	4.4 (34.9%)
459	KOBYŁKA Małgorzata	6270	SUPERMARATON KALISZ	Weteran K - 50	10	02:00:37	05:18:37		07:43:16.70	07:44:11.00	+05:07:12 (66.2%)	14:02	4.3 (34.1%)
460	FABIAŃSKI Czesław	6233	SUPERMARATON KALISZ	Weteran II M - 60	8	02:00:40	05:18:40		07:43:18.60	07:44:12.85	+05:07:14 (66.2%)	14:02	4.3 (34.1%)
461	MROZOWSKA Magdalena	6506		Masters K - 40	44	01:56:07	05:21:48		07:54:02.90	07:54:02.90	+05:17:04 (66.9%)	14:21	4.2 (33.3%)
462	JANIK Tomasz	6507	ORANGE POLSKA	Weteran I M - 50	31	01:56:08	05:21:47		07:54:03.75	07:54:03.75	+05:17:05 (66.9%)	14:21	4.2 (33.3%)
463	BŁASZKIEWICZ Marzena	6161	RUNADDICTS	Masters K - 40	45	02:05:19	05:38:28				+03:40:40	14:06	4.3 (34.1%)
	WEKA Krzysztof	6008	BIAŁYSTOK BIEGA TEAM	Senior II M - 30		DNF	DNF		DNF	DNF		-	- (0.0%)
	VOLÁK Ondřej	6177	SALOMON	Senior I M - 20		00:47:52 DNF	02:14:06 DNF		DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
	STANKIEWICZ Tomasz	6176	PLANYBIEGOWE.PL	Senior II M	- 30	01:00:28 DNF	02:42:20 DNF		DNF	DNF	-	-	(0.0%)
	ANDREARCZYK Patryk	6055	ERGO HESTIA RUNNING TEAM	Senior II M	- 30	01:20:56 DNF	04:56:40 DNF		DNF	DNF	-	-	(0.0%)
	WIATR - KMIĘCIAK Małgorzata	6322	NIGHT RUNNERS	Weteran K	- 50	02:00:17 DNF	05:20:56 DNF		DNF	DNF	-	-	(0.0%)
	MADAJCZYK Tomasz	6422		Senior II M	- 30	01:49:27 DNF	05:28:25 DNF		DNF	DNF	-	-	(0.0%)
	SIEMIENIUCH Łukasz	6006		Masters M	- 40	01:45:57 DNF	05:33:28 DNF		DNF	DNF	-	-	(0.0%)
	PŁATEK Krzysztof	6160	RUNADDICTS	Masters M	- 40	02:05:16 DNF	05:38:26 DNF		DNF	DNF	-	-	(0.0%)
	ADAMCZAK Artur	6371	ORT	Senior II M	- 30	01:01:10 DNF	DNF		DNF	DNF	-	-	(0.0%)
	BIENIEK Patryk	6082	TREC TEAM	Masters M	- 40	01:04:48 DNF	DNF		DNF	DNF	-	-	(0.0%)
	BIELA Konrad	6463	ON	Senior II M	- 30	01:10:23 DNF	DNF		DNF	DNF	-	-	(0.0%)
	ZAKRZEWSKI Tomasz	6188	KB VAMOS AMIGOS	Masters M	- 40	01:12:08 DNF	DNF		DNF	DNF	-	-	(0.0%)
	NOWAK Mikołaj	6019		Senior II M	- 30	01:13:20 DNF	DNF		DNF	DNF	-	-	(0.0%)
	DĄBROWSKI Michał	6442	CINCLUS	Weteran I	M - 50	01:16:49 DNF	DNF		DNF	DNF	-	-	(0.0%)
	KAROLCZAK Konrad	6457		Masters M	- 40	01:17:11 DNF	DNF		DNF	DNF	-	-	(0.0%)
	BUKOWSKI Michał	6091		Senior II M	- 30	01:26:34 DNF	DNF		DNF	DNF	-	-	(0.0%)
	ŻABIEREK Tomasz	6496		Masters M	- 40	01:30:41 DNF	DNF		DNF	DNF	-	-	(0.0%)
	TRZASKO Ania	6164		Senior II K	- 30	01:41:53 DNF	DNF		DNF	DNF	-	-	(0.0%)
	WYSMOLINSKA Karolina	6374		Masters K	- 40	01:46:54 DNF	DNF		DNF	DNF	-	-	(0.0%)
	GODYŃ Sylwiusz	6169		Weteran I	M - 50	01:50:09 DNF	DNF		DNF	DNF	-	-	(0.0%)
	WIDERA Adrian	6157	CHOOSE YOURSELF JAWORZNO	Masters M	- 40	01:55:43 DNF	DNF		DNF	DNF	-	-	(0.0%)
	VAN STEIJN - VAN DER PLOEG Sandra	6016	AV ZUIDWAL, NEDERLAND	Weteran K	- 50	02:10:23 DNF	DNF		DNF	DNF	-	-	(0.0%)
	LEWANDOWSKA Anna	6020	BORKOŚ TEAM	Senior II K	- 30	DNF	DNF		DNF	DNF	-	-	(0.0%)

Znaleziono 486 wynik(ów)