



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2024-07-18  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 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	<b>MATUSZCZAK Rafał</b>	<b>6174</b>	SALOMON	Senior II M - 30	1	00:46:33	01:58:50		<b>02:36:56.60</b>	<b>02:36:58.65</b>		4:45	12.6 (100%)
2	<b>HUDEK Tomas</b>	<b>6268</b>	SALOMON TEAM	Senior II M - 30	2	00:47:09	01:59:45		<b>02:39:52.70</b>	<b>02:39:55.75</b>	+00:02:57 (1.8%)	4:50	12.4 (98.4%)
3	<b>MILEWSKI Dominik</b>	<b>6448</b>	LASPORTIVA/ RYKOWISKO TEAM	Senior I M - 20	1	00:47:51	02:04:27		<b>02:45:33.05</b>	<b>02:45:36.40</b>	+00:08:37 (5.2%)	5:01	12 (95.2%)
4	<b>FABIAN Marcel</b>	<b>6282</b>	EVANLITE.COM	Senior I M - 20	2	00:48:41	02:05:45		<b>02:49:57.80</b>	<b>02:50:00.85</b>	+00:13:02 (7.7%)	5:09	11.7 (92.9%)
5	<b>PETR Jiří</b>	<b>6195</b>	SALOMON	Masters M - 40	1	00:48:40	02:07:46		<b>02:53:46.00</b>	<b>02:53:48.80</b>	+00:16:50 (9.7%)	5:15	11.4 (90.5%)
6	<b>IVANIUTA Taras</b>	<b>6250</b>	RESTARTNISA.SK	Senior II M - 30	3	00:47:38	02:16:35		<b>02:58:56.30</b>	<b>02:58:58.90</b>	+00:22:00 (12.3%)	5:25	11.1 (88.1%)
7	<b>GUZIK Łukasz</b>	<b>6370</b>	KCDO.PL	Senior II M - 30	4	00:51:41	02:17:30		<b>03:06:21.35</b>	<b>03:06:39.55</b>	+00:29:40 (15.9%)	5:38	10.6 (84.1%)
8	<b>ROGIEWICZ Andrzej</b>	<b>6437</b>	POLSKA	Senior II M - 30	5	00:46:33	02:22:12		<b>03:12:51.80</b>	<b>03:12:54.50</b>	+00:35:55 (18.6%)	5:50	10.3 (81.7%)
9	<b>ŠIŠOVSKÝ Martin</b>	<b>6093</b>		Senior II M - 30	6	00:54:42	02:23:25		<b>03:13:04.30</b>	<b>03:13:04.30</b>	+00:36:05 (18.7%)	5:51	10.3 (81.7%)
10	<b>LEKI Krzysztof</b>	<b>6051</b>		Masters M - 40	2	00:57:12	02:26:15		<b>03:13:13.40</b>	<b>03:13:19.35</b>	+00:36:20 (18.8%)	5:51	10.2 (81.0%)
11	<b>ŠIMKOVÁ Markéta</b>	<b>6178</b>	SPORTOVNA	Senior II K - 30	1	00:57:36	02:14:06		<b>03:13:41.00</b>	<b>03:13:41.00</b>	+00:36:42 (19.0%)	5:52	10.2 (81.0%)
12	<b>RACZAK Maciej</b>	<b>6399</b>		Senior II M - 30	7	00:58:06	02:26:06		<b>03:16:04.30</b>	<b>03:16:10.70</b>	+00:39:12 (20.0%)	5:56	10.1 (80.2%)
13	<b>BULENDA Bartosz</b>	<b>6109</b>	PIŹDZICA	Senior I M - 20	3	00:56:09	02:26:19		<b>03:17:42.70</b>	<b>03:17:48.35</b>	+00:40:49 (20.6%)	5:59	10 (79.4%)
14	<b>ŠULCS Rubens</b>	<b>6353</b>	SUPERVARONI/ OK AZIMUTS	Senior I M - 20	4	00:59:14	02:32:19		<b>03:21:02.05</b>	<b>03:21:08.70</b>	+00:44:10 (22.0%)	6:05	9.8 (77.8%)
15	<b>LÍŠKOVÁ Ivana</b>	<b>6092</b>	ŠKP BRATISLAVA	Senior II K - 30	2	00:56:36	02:29:25		<b>03:21:15.45</b>	<b>03:21:19.55</b>	+00:44:20 (22.0%)	6:05	9.8 (77.8%)
16	<b>PAROL Piotr</b>	<b>6152</b>	INSTALACJE-ST.COM.PL	Senior I M - 20	5	00:56:52	02:33:33		<b>03:22:16.30</b>	<b>03:22:20.55</b>	+00:45:21 (22.4%)	6:07	9.8 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km	Kara/ bonifikata	33km	33km			
17	<b>KUBÍČEK Petr</b>	<b>6004</b>	RYCHLE-BY SPORT AND HEALTH	Masters M - 40	3	00:55:44	02:32:33		<b>03:22:33.65</b>	<b>03:22:35.95</b>	+00:45:37 (22.5%)	6:08	9.8 (77.8%)
18	<b>HUDCOVA Tereza</b>	<b>6501</b>	SALOMON CZECH	Senior II K - 30	3	00:58:46	02:32:32		<b>03:22:50.90</b>	<b>03:22:54.30</b>	+00:45:55 (22.6%)	6:08	9.8 (77.8%)
19	<b>LASEK Jakub</b>	<b>6462</b>	RMT TEAM	Senior II M - 30	8	00:57:03	02:30:17		<b>03:23:00.30</b>	<b>03:23:04.20</b>	+00:46:05 (22.7%)	6:09	9.8 (77.8%)
20	<b>MOCZEK Tomasz</b>	<b>6141</b>		Masters M - 40	4	00:56:59	02:34:24		<b>03:23:23.60</b>	<b>03:23:29.25</b>	+00:46:30 (22.9%)	6:09	9.7 (77.0%)
21	<b>SABAT Kamil</b>	<b>6030</b>	AW - SZYBCIEJ - TEAM	Senior II M - 30	9	01:00:02	02:34:28		<b>03:23:14.55</b>	<b>03:23:33.35</b>	+00:46:34 (22.9%)	6:09	9.7 (77.0%)
22	<b>TATAREK-KONIK Agnieszka</b>	<b>6376</b>	SBG SALCO	Senior II K - 30	4	00:59:35	02:33:26		<b>03:23:54.80</b>	<b>03:24:04.10</b>	+00:47:05 (23.1%)	6:10	9.7 (77.0%)
23	<b>PYZIK Krzysztof</b>	<b>6502</b>		Senior II M - 30	10	00:56:56	02:30:49		<b>03:24:02.75</b>	<b>03:24:10.00</b>	+00:47:11 (23.1%)	6:10	9.7 (77.0%)
24	<b>JEDRZEJEWSKA Ola</b>	<b>6477</b>	CORBA COLLECTIVE	Senior II K - 30	5	00:56:08	02:36:29		<b>03:24:21.75</b>	<b>03:24:26.80</b>	+00:47:28 (23.2%)	6:11	9.7 (77.0%)
25	<b>NIEDŹWIADEK Kamil</b>	<b>6390</b>	GIŻA TEAM	Senior II M - 30	11	00:59:21	02:33:52		<b>03:24:23.95</b>	<b>03:24:28.20</b>	+00:47:29 (23.2%)	6:11	9.7 (77.0%)
26	<b>GOŁĄB Marek</b>	<b>6187</b>	BANDA GRUDNIA	Senior II M - 30	12	00:59:27	02:34:44		<b>03:25:33.65</b>	<b>03:25:39.30</b>	+00:48:40 (23.7%)	6:13	9.6 (76.2%)
27	<b>KWIATKOWSKA Kinga</b>	<b>6445</b>	HOKA GARMIN TEAM	Senior II K - 30	6	01:00:02	02:34:41	00:02:00	<b>03:26:08.15</b>	<b>03:26:13.20</b>	+00:49:14 (23.9%)	6:11	9.7 (77.0%)
28	<b>TESLUK Kuba</b>	<b>6049</b>	AW - SZYBCIEJ - TEAM	Senior II M - 30	13	00:56:07	02:30:51		<b>03:30:48.80</b>	<b>03:30:52.80</b>	+00:53:54 (25.6%)	6:23	9.4 (74.6%)
29	<b>GÓRAL Karolina</b>	<b>6378</b>	HEJ HEJ GÓRALU	Senior II K - 30	7	01:01:42	02:38:20		<b>03:31:18.00</b>	<b>03:31:26.20</b>	+00:54:27 (25.8%)	6:24	9.4 (74.6%)
30	<b>RYSZKA Karol</b>	<b>6523</b>	OKIEM WILKA	Senior II M - 30	14	00:56:57	02:35:43		<b>03:31:23.50</b>	<b>03:31:28.40</b>	+00:54:29 (25.8%)	6:24	9.4 (74.6%)
31	<b>BARNAŚ Piotr</b>	<b>6307</b>		Senior I M - 20	6	00:54:52	02:30:04		<b>03:32:17.20</b>	<b>03:32:20.50</b>	+00:55:21 (26.1%)	6:25	9.3 (73.8%)
32	<b>KRASZPULSKA Magdalena</b>	<b>6430</b>	TRAIL IS OUR WAY	Senior II K - 30	8	01:00:49	02:39:52		<b>03:32:22.10</b>	<b>03:32:26.60</b>	+00:55:27 (26.1%)	6:26	9.3 (73.8%)
33	<b>DANEČKOVÁ Mária</b>	<b>6513</b>	RESTARTNISA.SK	Senior II K - 30	9	00:59:05	02:35:49		<b>03:33:02.10</b>	<b>03:33:05.30</b>	+00:56:06 (26.3%)	6:27	9.3 (73.8%)
34	<b>PAPROCKA Urszula</b>	<b>6369</b>		Senior II K - 30	10	00:56:56	02:26:22		<b>03:33:54.90</b>	<b>03:34:01.80</b>	+00:57:03 (26.7%)	6:28	9.3 (73.8%)
35	<b>STANEK Patrycja</b>	<b>6221</b>	SALOMON	U23	1	00:59:16	02:37:51		<b>03:34:30.55</b>	<b>03:34:37.90</b>	+00:57:39 (26.9%)	6:30	9.2 (73.0%)
36	<b>LEWIAK Michał</b>	<b>6387</b>	TRUCHT.COM	Senior II M - 30	15	00:59:03	02:40:25		<b>03:35:25.05</b>	<b>03:35:35.30</b>	+00:58:36 (27.2%)	6:31	9.2 (73.0%)
37	<b>KOWALEWSKA Elżbieta</b>	<b>6143</b>		Masters K - 40	1	01:06:12	02:45:03		<b>03:35:54.20</b>	<b>03:36:09.20</b>	+00:59:10 (27.4%)	6:32	9.2 (73.0%)
38	<b>BAK Mateusz</b>	<b>6117</b>	MOUNTAIN RUNNING GUIDES	U23	2	01:01:24	02:44:40		<b>03:38:12.70</b>	<b>03:38:17.45</b>	+01:01:18 (28.1%)	6:36	9.1 (72.2%)
39	<b>DYBIŻBAŃSKI Wojciech</b>	<b>6410</b>	TABATA&DRINK TEAM	Senior II M - 30	16	01:01:44	02:40:12		<b>03:38:16.30</b>	<b>03:38:24.10</b>	+01:01:25 (28.1%)	6:36	9.1 (72.2%)
40	<b>KOWALCZYK Rafał</b>	<b>6208</b>	SIGMA TES	Senior II M - 30	17	01:05:28	02:44:37		<b>03:38:44.15</b>	<b>03:39:12.95</b>	+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	<b>PACHUT Jerzy</b>	<b>6472</b>	ASICS FRONTRUNNER POLAND / SERCE BESKIDU	U23	3	00:53:34	02:35:58		<b>03:39:32.60</b>	<b>03:39:36.55</b>	+01:02:37 (28.5%)	6:39	9 (71.4%)
42	<b>TARNOWSKA Aleksandra</b>	<b>6324</b>		U23	4	01:04:51	02:45:07		<b>03:39:47.35</b>	<b>03:39:55.45</b>	+01:02:56 (28.6%)	6:39	9 (71.4%)
43	<b>GAZDA Vítězslav</b>	<b>6098</b>	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	5	00:59:19	02:41:54		<b>03:41:37.40</b>	<b>03:41:47.10</b>	+01:04:48 (29.2%)	6:42	8.9 (70.6%)
44	<b>RYSKALOK Piotr</b>	<b>6088</b>	OKIEM WILKA	Senior II M - 30	18	01:01:45	02:43:43		<b>03:42:19.60</b>	<b>03:42:25.15</b>	+01:05:26 (29.4%)	6:44	8.9 (70.6%)
45	<b>ŁĘŻNIAK Aleksander</b>	<b>6329</b>	MONK SANDALS TEAM	Senior II M - 30	19	01:01:32	02:46:27		<b>03:43:06.75</b>	<b>03:43:20.95</b>	+01:06:22 (29.7%)	6:45	8.9 (70.6%)
46	<b>SIEGLOVÁ Eliška</b>	<b>6168</b>		Senior I K - 20	1		02:52:46		<b>03:44:39.00</b>	<b>03:44:39.00</b>	+01:07:40 (30.1%)	6:48	8.8 (69.8%)
47	<b>BYRSKA Sylwia</b>	<b>6465</b>	WMT TRISELF	Senior I K - 20	2	01:06:52	02:53:46		<b>03:44:32.05</b>	<b>03:44:41.05</b>	+01:07:42 (30.1%)	6:48	8.8 (69.8%)
48	<b>POMPE Patrik</b>	<b>6005</b>		Senior II M - 30	20	00:58:05	02:48:09		<b>03:44:33.00</b>	<b>03:44:56.70</b>	+01:07:58 (30.2%)	6:48	8.8 (69.8%)
49	<b>GLINKA Elżbieta</b>	<b>6286</b>	PASSION FIRST	Senior II K - 30	11	01:02:42	02:49:38		<b>03:45:13.95</b>	<b>03:45:26.00</b>	+01:08:27 (30.4%)	6:49	8.8 (69.8%)
50	<b>KONIECZNY Szymon</b>	<b>6300</b>	KONIECZNY ULTRA TEAM	Senior II M - 30	21	01:00:58	02:42:25		<b>03:44:34.05</b>	<b>03:45:29.35</b>	+01:08:30 (30.4%)	6:48	8.8 (69.8%)
51	<b>WOJNAROWICZ Paweł</b>	<b>6257</b>		Senior II M - 30	22	01:01:41	02:47:51		<b>03:46:06.80</b>	<b>03:46:16.80</b>	+01:09:18 (30.6%)	6:51	8.8 (69.8%)
52	<b>PASTOROVÁ Petra</b>	<b>6293</b>		Masters K - 40	2	00:58:28	02:37:54		<b>03:48:15.95</b>	<b>03:48:20.55</b>	+01:11:21 (31.3%)	6:55	8.7 (69.0%)
53	<b>ONDRUŠÍK Kateřina</b>	<b>6517</b>	AK ŠTERNBERK	Masters K - 40	3	01:05:45	02:51:07		<b>03:48:12.25</b>	<b>03:48:29.70</b>	+01:11:31 (31.3%)	6:54	8.7 (69.0%)
54	<b>MELKES Vitkor</b>	<b>6528</b>		U23	5	01:11:37	02:56:54		<b>03:49:53.45</b>	<b>03:49:53.45</b>	+01:12:54 (31.7%)	6:57	8.6 (68.3%)
55	<b>WALKOSZ Mateusz</b>	<b>6494</b>	SOBASTEAM	Senior II M - 30	23	01:02:58	02:53:05		<b>03:49:46.75</b>	<b>03:49:54.60</b>	+01:12:55 (31.7%)	6:57	8.6 (68.3%)
56	<b>MAJEWSKA Agata</b>	<b>6046</b>		Masters K - 40	4	01:05:22	02:49:48		<b>03:51:07.35</b>	<b>03:51:11.00</b>	+01:14:12 (32.1%)	7:00	8.6 (68.3%)
57	<b>SZAFRANSKI Jan</b>	<b>6105</b>	ST. BIELITZ	Masters M - 40	6	01:03:54	02:51:15		<b>03:51:40.00</b>	<b>03:51:47.50</b>	+01:14:48 (32.3%)	7:01	8.5 (67.5%)
58	<b>STACHOWIAK Łukasz</b>	<b>6488</b>	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	Senior II M - 30	24	00:59:31	02:47:57		<b>03:52:13.35</b>	<b>03:52:20.85</b>	+01:15:22 (32.4%)	7:02	8.5 (67.5%)
59	<b>FIJAŁKOWSKI Sebastian</b>	<b>6224</b>		Senior II M - 30	25	01:06:53	02:55:48		<b>03:53:14.50</b>	<b>03:53:28.90</b>	+01:16:30 (32.8%)	7:04	8.5 (67.5%)
60	<b>MORAWIEC Piotr</b>	<b>6277</b>	HUCISKO FERAL CATS	Senior I M - 20	7	01:06:00	02:53:35		<b>03:52:48.70</b>	<b>03:53:50.60</b>	+01:16:51 (32.9%)	7:03	8.5 (67.5%)
61	<b>KRASNAY Tomáš</b>	<b>6349</b>		Senior I M - 20	8	01:06:22	02:55:47		<b>03:53:35.90</b>	<b>03:53:52.70</b>	+01:16:54 (32.9%)	7:04	8.5 (67.5%)
62	<b>JURGA Marcin</b>	<b>6454</b>	SPEED FEET '16	Senior II M - 30	26	01:07:18	02:57:35		<b>03:53:42.35</b>	<b>03:54:07.75</b>	+01:17:09 (33.0%)	7:04	8.5 (67.5%)
63	<b>DZIUBAN Łukasz</b>	<b>6231</b>	GALLOPEM CZY GALLOWAYEM? GOPR BIESZCZADY	Masters M - 40	7	01:02:49	02:49:44		<b>03:54:45.45</b>	<b>03:55:03.20</b>	+01:18:04 (33.2%)	7:06	8.4 (66.7%)
64	<b>POKRYWKA Robert</b>	<b>6311</b>		U23	6	01:04:58	02:54:21		<b>03:54:54.60</b>	<b>03:55:04.90</b>	+01:18:06 (33.2%)	7:07	8.4 (66.7%)

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
65	<b>GROT Izabela</b>	<b>6159</b>	NADLEŚNICTWO WAŁBRZYCH	Senior II K - 30	12	01:08:36	02:54:30		<b>03:54:38.35</b>	<b>03:55:07.30</b>	+01:18:08 (33.2%)	7:06	8.4 (66.7%)
66	<b>WIĄCEK Łukasz</b>	<b>6524</b>	IRS BOKS KRAKÓW	Masters M - 40	8	01:04:04	02:55:33		<b>03:55:45.05</b>	<b>03:56:12.40</b>	+01:19:13 (33.5%)	7:08	8.4 (66.7%)
67	<b>OWCZAREK Szymon</b>	<b>6122</b>		Masters M - 40	9	01:05:33	02:54:24		<b>03:56:33.45</b>	<b>03:56:42.90</b>	+01:19:44 (33.7%)	7:10	8.4 (66.7%)
68	<b>KAFARSKA Urszula</b>	<b>6214</b>	ORT	Senior II K - 30	13	01:03:25	02:52:29		<b>03:57:33.90</b>	<b>03:57:47.20</b>	+01:20:48 (34.0%)	7:11	8.3 (65.9%)
69	<b>MCKENNA Adrian</b>	<b>6183</b>	AMAGER TRIATLON KLUB	Senior II M - 30	27	01:05:53	02:55:42		<b>03:59:19.45</b>	<b>04:00:35.85</b>	+01:23:37 (34.8%)	7:15	8.3 (65.9%)
70	<b>OPPELN-BRONIKOWSKI Mateusz</b>	<b>6167</b>	BY BYĆ W FORMIE / MOUNTAIN RUNNING GUIDES	Senior II M - 30	28	01:06:47	02:54:55		<b>04:00:31.45</b>	<b>04:00:57.10</b>	+01:23:58 (34.9%)	7:17	8.2 (65.1%)
71	<b>BIHUN-GRYSZKIEWICZ Natalia</b>	<b>6312</b>	ANNA HALSKA COACHING	Senior II K - 30	14	01:07:49	03:00:18		<b>04:01:07.10</b>	<b>04:01:18.25</b>	+01:24:19 (34.9%)	7:18	8.2 (65.1%)
72	<b>POPŁAWSKI Marcin</b>	<b>6186</b>		Senior II M - 30	29	01:02:58	03:03:24		<b>04:01:44.30</b>	<b>04:01:59.30</b>	+01:25:00 (35.1%)	7:19	8.2 (65.1%)
73	<b>HARHAJ Piotr</b>	<b>6425</b>		Masters M - 40	10	01:08:14	03:06:06		<b>04:01:26.40</b>	<b>04:02:32.35</b>	+01:25:33 (35.3%)	7:18	8.2 (65.1%)
74	<b>LAMEK Andrzej</b>	<b>6254</b>	AKTYWNY OSTRZESZÓW	Weteran I M - 50	1	01:06:47	03:03:11		<b>04:03:45.30</b>	<b>04:04:12.05</b>	+01:27:13 (35.7%)	7:23	8.1 (64.3%)
75	<b>PETRYKOWSKI Karol</b>	<b>6001</b>	SGH! PŁASKOZIEMCY	Senior II M - 30	30	01:09:35	03:00:33		<b>04:04:28.85</b>	<b>04:04:44.60</b>	+01:27:45 (35.9%)	7:24	8.1 (64.3%)
76	<b>JEŽKOVÁ Jaroslava</b>	<b>6179</b>	SALOMON	Senior I K - 20	3	01:05:29	02:56:11		<b>04:05:09.00</b>	<b>04:05:14.05</b>	+01:28:15 (36.0%)	7:25	8.1 (64.3%)
77	<b>NOWAK Paweł</b>	<b>6010</b>		Senior II M - 30	31	01:05:18	02:59:42		<b>04:05:12.70</b>	<b>04:05:23.85</b>	+01:28:25 (36.0%)	7:25	8.1 (64.3%)
78	<b>RODRIGO PEREIRA Oswald</b>	<b>6441</b>	THE NORTH FACE POLSKA	Masters M - 40	11	01:10:11	03:03:32		<b>04:06:02.35</b>	<b>04:06:19.50</b>	+01:29:20 (36.3%)	7:27	8 (63.5%)
79	<b>HELLER Adam</b>	<b>6012</b>		Senior II M - 30	32	01:06:21	03:00:23		<b>04:06:03.55</b>	<b>04:06:40.90</b>	+01:29:42 (36.4%)	7:27	8 (63.5%)
80	<b>SUTKOWY Paweł</b>	<b>6124</b>	RUNADDICTS	Senior II M - 30	33	01:03:56	03:02:28		<b>04:07:19.15</b>	<b>04:07:26.45</b>	+01:30:27 (36.6%)	7:29	8 (63.5%)
81	<b>PŁAZIAK-KOWALSKA Magdalena</b>	<b>6166</b>		Masters K - 40	5	01:09:15	03:03:58		<b>04:08:18.30</b>	<b>04:08:30.70</b>	+01:31:32 (36.8%)	7:31	8 (63.5%)
82	<b>SKUPNIEWICZ Dobra</b>	<b>6267</b>	PRZYSPIESZ	Senior II K - 30	15	01:04:50	02:57:41		<b>04:08:53.40</b>	<b>04:09:30.85</b>	+01:32:32 (37.1%)	7:32	8 (63.5%)
83	<b>MARCZAK Marek</b>	<b>6155</b>		Senior II M - 30	34	01:10:34	03:07:58		<b>04:09:17.20</b>	<b>04:09:34.55</b>	+01:32:35 (37.1%)	7:33	7.9 (62.7%)
84	<b>ŚLEDZIEWSKI Piotr</b>	<b>6352</b>	#BIEGAJLESZNO	Weteran I M - 50	2	01:06:04	03:01:42		<b>04:09:32.25</b>	<b>04:10:00.05</b>	+01:33:01 (37.2%)	7:33	7.9 (62.7%)
85	<b>WINDAK Agnieszka</b>	<b>6087</b>	JEM KLOPSA	Senior I K - 20	4	01:10:26	03:07:36		<b>04:10:06.15</b>	<b>04:10:37.50</b>	+01:33:38 (37.4%)	7:34	7.9 (62.7%)
86	<b>HORNÝ Matěj</b>	<b>6327</b>		Senior I M - 20	9	01:10:48	03:13:25		<b>04:11:36.70</b>	<b>04:11:36.70</b>	+01:34:38 (37.6%)	7:37	7.9 (62.7%)

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
87	<b>NOWICKI Marcin</b>	<b>6500</b>		Masters M - 40	12	01:04:35	03:02:09		<b>04:10:42.65</b>	<b>04:11:43.95</b>	+01:34:45 (37.6%)	7:35	7.9 (62.7%)
88	<b>CZAPIGA Grzegorz</b>	<b>6211</b>	TEAM BORECZEK	Senior II M - 30	35	01:05:36	03:03:06		<b>04:13:26.00</b>	<b>04:13:34.60</b>	+01:36:35 (38.1%)	7:40	7.8 (61.9%)
89	<b>TOPOLSKI Marcin</b>	<b>6392</b>	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	Masters M - 40	13	01:09:56	03:07:32		<b>04:13:38.60</b>	<b>04:14:01.65</b>	+01:37:03 (38.2%)	7:41	7.8 (61.9%)
90	<b>SZUKALSKI Krzysztof</b>	<b>6475</b>	DTR BIEGA / MARIO TEAM	Masters M - 40	14	01:06:07	03:07:59		<b>04:14:01.60</b>	<b>04:14:16.25</b>	+01:37:17 (38.3%)	7:41	7.8 (61.9%)
91	<b>SIUBA Wojciech</b>	<b>6269</b>		Senior I M - 20	10	01:11:04	03:14:57		<b>04:15:38.85</b>	<b>04:16:07.20</b>	+01:39:08 (38.7%)	7:44	7.7 (61.1%)
92	<b>MIŚ Hubert</b>	<b>6380</b>	RUNONLINE.PL TEAM	Senior II M - 30	36	01:12:24	03:14:13		<b>04:15:58.15</b>	<b>04:16:49.95</b>	+01:39:51 (38.9%)	7:45	7.7 (61.1%)
93	<b>KOCŁĘGA Marcin</b>	<b>6320</b>	BIEGAJ Z BANANEM	Masters M - 40	15	01:06:45	03:12:34		<b>04:17:00.60</b>	<b>04:17:08.45</b>	+01:40:09 (39.0%)	7:47	7.7 (61.1%)
94	<b>ŚLUSARZ Łukasz</b>	<b>6344</b>	ŁUŁKI	Senior II M - 30	37	01:10:32	03:09:19		<b>04:16:56.95</b>	<b>04:17:08.75</b>	+01:40:10 (39.0%)	7:47	7.7 (61.1%)
95	<b>LATA Michał</b>	<b>6357</b>		U23	7	01:05:25	03:07:00		<b>04:16:57.40</b>	<b>04:17:09.90</b>	+01:40:11 (39.0%)	7:47	7.7 (61.1%)
96	<b>SZUKALSKA Milena</b>	<b>6304</b>	MARIO TEAM DTR BIEGA	Senior II K - 30	16	01:12:16	03:14:34		<b>04:16:58.50</b>	<b>04:17:16.90</b>	+01:40:18 (39.0%)	7:47	7.7 (61.1%)
97	<b>SZARAPANOWSKI Marcin</b>	<b>6381</b>	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	16	01:08:57	03:09:49		<b>04:17:15.90</b>	<b>04:17:31.05</b>	+01:40:32 (39.0%)	7:47	7.7 (61.1%)
98	<b>RYBARCZYK Weronika</b>	<b>6108</b>	KW DZIABKA	Senior II K - 30	17	01:11:35	03:09:54		<b>04:17:21.00</b>	<b>04:17:53.55</b>	+01:40:54 (39.1%)	7:47	7.7 (61.1%)
99	<b>AUGUSTYNIAK Małgorzata</b>	<b>6450</b>		Weteran K - 50	1	01:13:40	03:15:41		<b>04:18:01.90</b>	<b>04:18:08.65</b>	+01:41:10 (39.2%)	7:49	7.7 (61.1%)
100	<b>ŁUKASZEWSKI Kamil</b>	<b>6431</b>	GB WIELKOPOLSCY BIEGACZE	Senior II M - 30	38	01:12:07	03:15:22		<b>04:17:47.40</b>	<b>04:18:17.50</b>	+01:41:18 (39.2%)	7:48	7.7 (61.1%)
101	<b>KIMEL Maciej</b>	<b>6432</b>	KW SAKWA	Senior I M - 20	11	01:12:26	03:13:17		<b>04:18:01.40</b>	<b>04:18:19.70</b>	+01:41:21 (39.2%)	7:49	7.7 (61.1%)
102	<b>ZAJĄC Robert</b>	<b>6400</b>		Masters M - 40	17	01:06:47	03:03:28		<b>04:18:43.90</b>	<b>04:18:48.05</b>	+01:41:49 (39.3%)	7:50	7.7 (61.1%)
103	<b>ZAŁĘSKI Julian</b>	<b>6067</b>	TEMPO PIŁA	Weteran I M - 50	3	01:17:37	03:18:04		<b>04:17:51.90</b>	<b>04:19:07.25</b>	+01:42:08 (39.4%)	7:48	7.7 (61.1%)
104	<b>ZYGOŃ Artur</b>	<b>6424</b>		Senior II M - 30	39	01:09:09	03:14:20		<b>04:19:14.45</b>	<b>04:20:44.50</b>	+01:43:45 (39.8%)	7:51	7.6 (60.3%)
105	<b>JAKUBOWSKI Zbigniew</b>	<b>6115</b>		Masters M - 40	18	01:10:08	03:14:43		<b>04:20:44.70</b>	<b>04:21:04.80</b>	+01:44:06 (39.9%)	7:54	7.6 (60.3%)
106	<b>MOKROGULSKI Michał</b>	<b>6226</b>		Senior I M - 20	12	01:08:58	03:13:37		<b>04:20:46.95</b>	<b>04:21:09.40</b>	+01:44:10 (39.9%)	7:54	7.6 (60.3%)
107	<b>WALKOWIAK Mateusz</b>	<b>6302</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	40	01:07:41	03:15:08		<b>04:21:23.00</b>	<b>04:21:32.80</b>	+01:44:34 (40.0%)	7:55	7.6 (60.3%)
108	<b>PRZYMUSIŃSKI Damian</b>	<b>6308</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	41	01:07:48	03:15:02		<b>04:21:24.10</b>	<b>04:21:33.10</b>	+01:44:34 (40.0%)	7:55	7.6 (60.3%)
109	<b>WITKOWSKI Wojciech</b>	<b>6397</b>		Senior II M - 30	42	01:15:04	03:18:06		<b>04:21:26.20</b>	<b>04:21:52.95</b>	+01:44:54 (40.1%)	7:55	7.6 (60.3%)
110	<b>WĘGLORZ Mariusz</b>	<b>6040</b>		Senior II M - 30	43	01:11:29	03:16:27		<b>04:20:55.95</b>	<b>04:21:53.75</b>	+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	<b>ADAMCZYK Emanuela</b>	<b>6366</b>	#BIEGIEMWLAS	Senior I K - 20	5	01:15:30	03:16:50		<b>04:21:46.90</b>	<b>04:21:56.35</b>	+01:44:57 (40.1%)	7:55	7.6 (60.3%)
112	<b>BĄCZKOWSKI Karol</b>	<b>6018</b>		Masters M - 40	19	01:10:50	03:13:58		<b>04:22:24.35</b>	<b>04:23:07.75</b>	+01:46:09 (40.3%)	7:57	7.5 (59.5%)
113	<b>DUDEK Tomasz</b>	<b>6375</b>	MOCNA GRUPA CEZARA	Masters M - 40	20	01:10:26	03:12:55		<b>04:22:50.20</b>	<b>04:23:12.65</b>	+01:46:14 (40.4%)	7:57	7.5 (59.5%)
114	<b>LEWICKI Tomasz</b>	<b>6142</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	21	01:09:17	03:17:33		<b>04:22:38.90</b>	<b>04:23:23.45</b>	+01:46:24 (40.4%)	7:57	7.5 (59.5%)
115	<b>KŁOS Łukasz</b>	<b>6295</b>	ASICS FRONTRUNNERPOLAND	Masters M - 40	22	01:09:33	03:11:55		<b>04:23:13.25</b>	<b>04:23:33.60</b>	+01:46:34 (40.4%)	7:58	7.5 (59.5%)
116	<b>LESZCZYŃSKI Paweł</b>	<b>6298</b>		Senior I M - 20	13	01:13:42	03:18:25		<b>04:23:46.50</b>	<b>04:24:39.00</b>	+01:47:40 (40.7%)	7:59	7.5 (59.5%)
117	<b>WITEK Bogdan</b>	<b>6203</b>		Weteran II M - 60	1	01:10:42	03:17:36		<b>04:24:52.30</b>	<b>04:25:06.90</b>	+01:48:08 (40.8%)	8:01	7.5 (59.5%)
118	<b>KOTKOWSKI Piotr</b>	<b>6405</b>	DRUŻYNA SZPIKU / MARATONYPOLSKIE TEAM	Masters M - 40	23	01:03:34	03:10:58		<b>04:25:04.00</b>	<b>04:25:12.15</b>	+01:48:13 (40.8%)	8:01	7.5 (59.5%)
119	<b>DREWNIAK Mariusz</b>	<b>6052</b>	MISIEK TEAM	Masters M - 40	24	01:09:14	03:09:50		<b>04:25:33.00</b>	<b>04:25:46.00</b>	+01:48:47 (40.9%)	8:02	7.5 (59.5%)
120	<b>PASTOR Patrik</b>	<b>6341</b>		U23	8	00:55:54	03:21:19		<b>04:26:19.40</b>	<b>04:26:21.80</b>	+01:49:23 (41.1%)	8:04	7.4 (58.7%)
121	<b>WILK Łukasz</b>	<b>6136</b>	RUNADDICTS	Masters M - 40	25	01:05:55	03:12:41		<b>04:26:26.05</b>	<b>04:26:33.30</b>	+01:49:34 (41.1%)	8:04	7.4 (58.7%)
122	<b>DOLATA Marcin</b>	<b>6085</b>		Senior II M - 30	44	01:01:38	03:07:11		<b>04:27:15.65</b>	<b>04:27:17.70</b>	+01:50:19 (41.3%)	8:05	7.4 (58.7%)
123	<b>JAWORSKI Marek</b>	<b>6520</b>		Senior II M - 30	45	01:09:07	03:15:54		<b>04:27:49.65</b>	<b>04:28:10.10</b>	+01:51:11 (41.5%)	8:06	7.4 (58.7%)
124	<b>JASION Robert</b>	<b>6273</b>	SPORTEM PRZEZ ŻYCIE	Senior II M - 30	46	01:05:04	03:10:49		<b>04:28:32.40</b>	<b>04:28:42.70</b>	+01:51:44 (41.6%)	8:08	7.4 (58.7%)
125	<b>GONSIOR Tomasz</b>	<b>6292</b>		Senior II M - 30	47	01:12:23	03:20:22		<b>04:28:06.20</b>	<b>04:28:45.25</b>	+01:51:46 (41.6%)	8:07	7.4 (58.7%)
126	<b>GORNOWICZ Kamil</b>	<b>6417</b>		Senior II M - 30	48	01:10:32	03:20:23		<b>04:28:28.25</b>	<b>04:28:55.75</b>	+01:51:57 (41.6%)	8:08	7.4 (58.7%)
127	<b>STANIEK Sławomir</b>	<b>6338</b>		Masters M - 40	26	01:17:35	03:19:23		<b>04:28:57.95</b>	<b>04:29:31.10</b>	+01:52:32 (41.8%)	8:09	7.4 (58.7%)
128	<b>ROSIŃSKI Radosław</b>	<b>6274</b>		Senior II M - 30	49	01:11:55	03:21:15		<b>04:30:02.85</b>	<b>04:30:24.10</b>	+01:53:25 (41.9%)	8:10	7.3 (57.9%)
129	<b>TOMASZEWSKA Kamila</b>	<b>6070</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II K - 30	18	01:17:16	03:21:31		<b>04:30:17.85</b>	<b>04:30:48.60</b>	+01:53:49 (42.0%)	8:11	7.3 (57.9%)
130	<b>CZARNOTA Dariusz</b>	<b>6101</b>		Senior II M - 30	50	01:03:26	03:23:40		<b>04:30:47.95</b>	<b>04:30:53.30</b>	+01:53:54 (42.1%)	8:12	7.3 (57.9%)
131	<b>TYSIAK Magdalena</b>	<b>6401</b>		Senior I K - 20	6	01:17:49	03:23:50		<b>04:30:51.60</b>	<b>04:31:05.80</b>	+01:54:07 (42.1%)	8:12	7.3 (57.9%)
132	<b>ZAREMBA Sylwester</b>	<b>6154</b>	ZMĘCZENI NA STARCIE DOBIEGNIW	Masters M - 40	27	01:12:14	03:21:07		<b>04:30:55.65</b>	<b>04:31:06.80</b>	+01:54:08 (42.1%)	8:12	7.3 (57.9%)
133	<b>ŁAJSZCZAK - GAJDA Dorota</b>	<b>6512</b>		Masters K - 40	6	01:17:05	03:21:07		<b>04:29:46.75</b>	<b>04:31:16.80</b>	+01:54:18 (42.1%)	8:10	7.3 (57.9%)
134	<b>KWINTA Tomasz</b>	<b>6420</b>	KASIA , TOMEK & DZIECI :)	Weteran I M - 50	4	01:13:47	03:22:38		<b>04:31:18.45</b>	<b>04:31:29.60</b>	+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	<b>KOPIEC Izabela</b>	<b>6134</b>		Masters K - 40	7	01:15:02	03:18:34		<b>04:30:44.75</b>	<b>04:31:33.25</b>	+01:54:34 (42.2%)	8:12	7.3 (57.9%)
136	<b>PODOLUK Marek</b>	<b>6328</b>		Masters M - 40	28	01:06:48	03:17:34		<b>04:31:37.60</b>	<b>04:31:53.40</b>	+01:54:54 (42.3%)	8:13	7.3 (57.9%)
137	<b>WOJCIECHOWSKI Dariusz</b>	<b>6489</b>	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	29	01:10:37	03:21:59		<b>04:31:42.25</b>	<b>04:32:14.10</b>	+01:55:15 (42.3%)	8:14	7.3 (57.9%)
138	<b>JIRÁKOVÁ Michaela</b>	<b>6191</b>	SPORTOVNA	Senior II K - 30	19	01:17:50	03:25:30		<b>04:31:48.05</b>	<b>04:32:16.15</b>	+01:55:17 (42.3%)	8:14	7.3 (57.9%)
139	<b>OLESZOWSKI Marcin</b>	<b>6121</b>		Senior II M - 30	51	01:11:45	03:18:38		<b>04:31:21.35</b>	<b>04:32:55.05</b>	+01:55:56 (42.5%)	8:13	7.3 (57.9%)
140	<b>SZAFRAŃSKI Dominik</b>	<b>6306</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Masters M - 40	30	01:07:27	03:22:05		<b>04:33:37.85</b>	<b>04:33:43.85</b>	+01:56:45 (42.7%)	8:17	7.2 (57.1%)
141	<b>WITEK Aleksandra</b>	<b>6193</b>		Senior II K - 30	20	01:19:13	03:28:12		<b>04:35:59.60</b>	<b>04:36:38.95</b>	+01:59:40 (43.3%)	8:21	7.2 (57.1%)
142	<b>GRZEGORZEWSKI Adrian</b>	<b>6103</b>	MATNER RUNNING TEAM	Senior II M - 30	52	01:12:44	03:23:30		<b>04:36:35.85</b>	<b>04:37:11.45</b>	+02:00:12 (43.4%)	8:22	7.2 (57.1%)
143	<b>SPRYSZYŃSKI Michał</b>	<b>6204</b>	TRIRODZINKA	Senior II M - 30	53	01:18:23	03:26:23		<b>04:36:21.45</b>	<b>04:37:35.70</b>	+02:00:37 (43.5%)	8:22	7.2 (57.1%)
144	<b>PIETRZAK Jan</b>	<b>6372</b>		Senior II M - 30	54	01:15:42	03:22:08		<b>04:37:57.10</b>	<b>04:38:11.90</b>	+02:01:13 (43.6%)	8:25	7.1 (56.3%)
145	<b>JARMUŻEK Marcin</b>	<b>6201</b>		Masters M - 40	31	01:16:38	03:28:03		<b>04:37:34.75</b>	<b>04:38:13.30</b>	+02:01:14 (43.6%)	8:24	7.1 (56.3%)
146	<b>MAZUR Jan</b>	<b>6076</b>		U23	9	01:13:34	03:24:26		<b>04:38:10.65</b>	<b>04:38:24.15</b>	+02:01:25 (43.6%)	8:25	7.1 (56.3%)
147	<b>WALERJAN-RUSEK Agnieszka</b>	<b>6403</b>	AZS AWF KRAKÓW MASTERS	Masters K - 40	8	01:18:14	03:29:24		<b>04:38:10.70</b>	<b>04:38:25.35</b>	+02:01:26 (43.6%)	8:25	7.1 (56.3%)
148	<b>MAJIK Jacek</b>	<b>6229</b>	CHRISTIANAPOL	Senior II M - 30	55	01:12:15	03:21:00		<b>04:38:16.55</b>	<b>04:38:27.90</b>	+02:01:29 (43.6%)	8:25	7.1 (56.3%)
149	<b>ZIÓŁKOWSKI Jarosław</b>	<b>6172</b>		Masters M - 40	32	01:17:43	03:28:10		<b>04:38:19.95</b>	<b>04:38:44.70</b>	+02:01:46 (43.7%)	8:26	7.1 (56.3%)
150	<b>GORZELANY Rafał</b>	<b>6395</b>		Senior II M - 30	56	01:16:08	03:29:17		<b>04:38:25.65</b>	<b>04:38:50.75</b>	+02:01:52 (43.7%)	8:26	7.1 (56.3%)
151	<b>POPADYCZ Bartosz</b>	<b>6404</b>		Senior II M - 30	57	01:18:00	03:30:15		<b>04:39:03.00</b>	<b>04:39:07.85</b>	+02:02:09 (43.8%)	8:27	7.1 (56.3%)
152	<b>CIEŚLIK Sławomir</b>	<b>6227</b>	ANTONTEAM	Masters M - 40	33	01:10:31	03:23:01		<b>04:38:42.00</b>	<b>04:39:08.15</b>	+02:02:09 (43.8%)	8:26	7.1 (56.3%)
153	<b>RECLIK Piotr</b>	<b>6406</b>		Senior I M - 20	14	01:17:16	03:21:32		<b>04:38:33.45</b>	<b>04:39:48.20</b>	+02:02:49 (43.9%)	8:26	7.1 (56.3%)
154	<b>STACHOWICZ-ZADROŻNA Kinga</b>	<b>6469</b>		Senior II K - 30	21	01:17:50	03:28:34		<b>04:40:05.80</b>	<b>04:40:09.60</b>	+02:03:10 (44.0%)	8:29	7.1 (56.3%)
155	<b>LISEK Andrzej</b>	<b>6149</b>	4T	Senior II M - 30	58	01:12:04	03:33:44		<b>04:40:28.95</b>	<b>04:40:37.65</b>	+02:03:39 (44.1%)	8:29	7.1 (56.3%)
156	<b>APACKI Szymon</b>	<b>6294</b>	AKTYWNI LYSKI	Masters M - 40	34	01:17:38	03:26:55		<b>04:40:48.15</b>	<b>04:41:45.45</b>	+02:04:46 (44.3%)	8:30	7.1 (56.3%)
157	<b>BŁASZCZAK Łukasz</b>	<b>6365</b>	DOLNY ŚLĄSK, PRZEDWOJEWSKI TEAM	Masters M - 40	35	01:15:28	03:25:30		<b>04:41:12.90</b>	<b>04:41:46.90</b>	+02:04:48 (44.3%)	8:31	7 (55.6%)
158	<b>MICHAŁKIEWICZ Mateusz</b>	<b>6029</b>		Senior II M - 30	59	01:10:01	03:20:41		<b>04:41:37.90</b>	<b>04:41:49.65</b>	+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	<b>PARDAŁA Wojciech</b>	<b>6451</b>		Masters M - 40	36	01:11:49	03:31:09		<b>04:41:45.75</b>	<b>04:41:52.10</b>	+02:04:53 (44.3%)	8:32	7 (55.6%)
160	<b>GARLACZ SADOWSKA Justyna</b>	<b>6102</b>	TOGETHER MOVE	Senior II K - 30	22	01:10:19	03:12:44		<b>04:42:07.45</b>	<b>04:42:18.05</b>	+02:05:19 (44.4%)	8:32	7 (55.6%)
161	<b>PASZKE Maciej</b>	<b>6385</b>		Senior II M - 30	60	01:21:27	03:35:22		<b>04:41:20.10</b>	<b>04:42:57.50</b>	+02:05:58 (44.5%)	8:31	7 (55.6%)
162	<b>MIKOŁAJCZUK Grzegorz</b>	<b>6519</b>		Masters M - 40	37	01:16:23	03:22:59		<b>04:41:46.40</b>	<b>04:43:08.80</b>	+02:06:10 (44.6%)	8:32	7 (55.6%)
163	<b>CZERWINSKI Dominik</b>	<b>6089</b>	ALVO RACING TEAM	Masters M - 40	38	01:10:24	03:27:57		<b>04:42:27.10</b>	<b>04:43:11.15</b>	+02:06:12 (44.6%)	8:33	7 (55.6%)
164	<b>JEDRZEJEK Lukasz</b>	<b>6297</b>		Masters M - 40	39	01:17:18	03:24:58		<b>04:43:00.35</b>	<b>04:43:21.05</b>	+02:06:22 (44.6%)	8:34	7 (55.6%)
165	<b>ŚNIEGOSKA Sandra</b>	<b>6525</b>	RUN HAPPY	Senior II K - 30	23	01:17:44	03:24:02		<b>04:42:34.10</b>	<b>04:43:24.90</b>	+02:06:26 (44.6%)	8:33	7 (55.6%)
166	<b>MIKOS Damian</b>	<b>6238</b>		Senior II M - 30	61	01:10:10	03:29:23		<b>04:43:17.80</b>	<b>04:43:27.30</b>	+02:06:28 (44.6%)	8:35	7 (55.6%)
167	<b>KACZMAREK Anna</b>	<b>6346</b>	ZALINIAMETY	Senior II K - 30	24	01:11:37	03:18:32		<b>04:43:05.25</b>	<b>04:43:52.60</b>	+02:06:53 (44.7%)	8:34	7 (55.6%)
168	<b>PAJDOSZ Rafał</b>	<b>6239</b>		Masters M - 40	40	01:11:43	03:16:03		<b>04:43:43.50</b>	<b>04:44:16.45</b>	+02:07:17 (44.8%)	8:35	7 (55.6%)
169	<b>MAĆKOWSKI Piotr</b>	<b>6241</b>		Senior I M - 20	15	01:11:58	03:26:22		<b>04:45:13.70</b>	<b>04:45:29.15</b>	+02:08:30 (45.0%)	8:38	6.9 (54.8%)
170	<b>RADZIKOWSKI Grzegorz</b>	<b>6212</b>		Masters M - 40	41	01:13:24	03:31:47		<b>04:45:28.45</b>	<b>04:45:36.90</b>	+02:08:38 (45.0%)	8:39	6.9 (54.8%)
171	<b>ŁUKOMSKI Marcin</b>	<b>6278</b>	KULAWA RODZINA	Senior II M - 30	62	01:11:40	03:30:02		<b>04:45:20.45</b>	<b>04:45:37.40</b>	+02:08:38 (45.0%)	8:38	6.9 (54.8%)
172	<b>MENTEL Marcin</b>	<b>6303</b>		Masters M - 40	42	01:17:47	03:33:30		<b>04:45:03.05</b>	<b>04:45:37.50</b>	+02:08:38 (45.0%)	8:38	6.9 (54.8%)
173	<b>KOWALCZYK Krzysztof</b>	<b>6460</b>	AW SZYBCIEJ TEAM	Senior II M - 30	63	01:14:19	03:29:52		<b>04:45:09.05</b>	<b>04:46:28.45</b>	+02:09:29 (45.2%)	8:38	6.9 (54.8%)
174	<b>WOJEWODA Michał</b>	<b>6518</b>	KAZIKI	Weteran I M - 50	5	01:24:13	03:35:46		<b>04:45:36.75</b>	<b>04:46:32.30</b>	+02:09:33 (45.2%)	8:39	6.9 (54.8%)
175	<b>KOWALKOWSKI Paweł</b>	<b>6449</b>	RYKOWISKO TEAM/NEO-TEC	Masters M - 40	43	01:17:08	03:29:03		<b>04:46:06.20</b>	<b>04:46:40.50</b>	+02:09:41 (45.2%)	8:40	6.9 (54.8%)
176	<b>WAWER Mateusz</b>	<b>6483</b>	LUXTORPEDA	Senior II M - 30	64	01:18:32	03:36:00		<b>04:46:32.05</b>	<b>04:47:49.05</b>	+02:10:50 (45.5%)	8:40	6.9 (54.8%)
177	<b>OSIEWAŁA Sylwia</b>	<b>6099</b>		Senior I K - 20	7	01:20:34	03:38:00		<b>04:47:34.45</b>	<b>04:48:19.45</b>	+02:11:20 (45.6%)	8:42	6.9 (54.8%)
178	<b>CUKROWSKI Marcin</b>	<b>6185</b>		Masters M - 40	44	01:16:48	03:32:39		<b>04:47:02.35</b>	<b>04:48:27.80</b>	+02:11:29 (45.6%)	8:41	6.9 (54.8%)
179	<b>JAROWICZ Konrad</b>	<b>6260</b>		Weteran II M - 60	2	01:17:59	03:36:28		<b>04:48:26.40</b>	<b>04:48:40.05</b>	+02:11:41 (45.6%)	8:44	6.9 (54.8%)
180	<b>SZTEJKA Damian</b>	<b>6315</b>	KULAWA RODZINA	Masters M - 40	45	01:11:41	03:30:02		<b>04:49:03.05</b>	<b>04:49:19.40</b>	+02:12:20 (45.7%)	8:45	6.9 (54.8%)
181	<b>VAN DER MEIJ Bart</b>	<b>6015</b>	AV ZUIDWAL, NEDERLAND	Masters M - 40	46	01:18:23	03:37:23		<b>04:48:58.70</b>	<b>04:50:07.05</b>	+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	8	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	RAJSPOORT 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	16	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	9	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		U23	10	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	17	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	<b>KASIEWICZ Marcin</b>	<b>6373</b>	MOCNA GRUPA CEZARA	Masters M - 40	55	01:20:22	03:43:05		<b>04:57:42.20</b>	<b>04:58:05.35</b>	+02:21:06 (47.3%)	9:01	6.7 (53.2%)
207	<b>SZCZEŚNIAK Piotr</b>	<b>6194</b>		Senior II M - 30	72	01:18:19	03:29:58		<b>04:57:36.15</b>	<b>04:58:15.75</b>	+02:21:17 (47.4%)	9:01	6.7 (53.2%)
208	<b>BEŁCZAŃSKI Jakub</b>	<b>6316</b>		Senior II M - 30	73	01:23:03	03:43:24		<b>04:57:28.25</b>	<b>04:58:18.95</b>	+02:21:20 (47.4%)	9:00	6.7 (53.2%)
209	<b>ZACHARA Łukasz</b>	<b>6411</b>	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Masters M - 40	56	01:14:09	03:40:00		<b>04:57:07.95</b>	<b>04:58:23.95</b>	+02:21:25 (47.4%)	9:00	6.7 (53.2%)
210	<b>WOCHOWSKI Tomasz</b>	<b>6509</b>	HYDROMOC	Masters M - 40	57	01:14:41	03:40:43		<b>04:57:40.00</b>	<b>04:58:25.80</b>	+02:21:27 (47.4%)	9:01	6.7 (53.2%)
211	<b>SROKA Marcin</b>	<b>6011</b>	WLKP MOUNTAINS ULTRA	Masters M - 40	58	01:18:07	03:40:56		<b>04:58:11.60</b>	<b>04:58:28.00</b>	+02:21:29 (47.4%)	9:02	6.6 (52.4%)
212	<b>JANUSZ Ryszard</b>	<b>6342</b>		Weteran II M - 60	3	01:10:03	03:31:12		<b>04:58:41.50</b>	<b>04:58:47.85</b>	+02:21:49 (47.5%)	9:03	6.6 (52.4%)
213	<b>TOBIASZ Sebastian</b>	<b>6068</b>	TEMPO PIŁA	Masters M - 40	59	01:26:31	03:45:02		<b>04:57:31.60</b>	<b>04:58:50.30</b>	+02:21:51 (47.5%)	9:00	6.7 (53.2%)
214	<b>SZYMAŃSKI Jarosław</b>	<b>6013</b>		Senior I M - 20	18	01:29:43	03:50:45		<b>04:57:43.35</b>	<b>04:59:05.15</b>	+02:22:06 (47.5%)	9:01	6.7 (53.2%)
215	<b>JESIONOWSKI Piotr</b>	<b>6017</b>	DOM JESIONÓW	Senior I M - 20	19	01:17:15	03:43:03		<b>04:59:13.40</b>	<b>04:59:20.15</b>	+02:22:21 (47.6%)	9:04	6.6 (52.4%)
216	<b>KOPIEC Arkadiusz</b>	<b>6135</b>		Masters M - 40	60	01:16:56	03:39:45		<b>04:59:23.15</b>	<b>05:00:10.75</b>	+02:23:12 (47.7%)	9:04	6.6 (52.4%)
217	<b>ŁĘKAWA Sebastian</b>	<b>6291</b>		Masters M - 40	61	01:24:32	03:48:25		<b>05:00:11.55</b>	<b>05:00:55.80</b>	+02:23:57 (47.8%)	9:05	6.6 (52.4%)
218	<b>FIK Adrian</b>	<b>6382</b>	BIEGNIJ OŁAWO	Masters M - 40	62	01:18:06	03:43:21		<b>05:00:39.15</b>	<b>05:00:59.05</b>	+02:24:00 (47.8%)	9:06	6.6 (52.4%)
219	<b>RUTKOWSKA Izabela</b>	<b>6021</b>	TMT	Senior II K - 30	28	01:17:48	03:45:22		<b>05:00:14.25</b>	<b>05:01:02.25</b>	+02:24:03 (47.9%)	9:05	6.6 (52.4%)
220	<b>ZATORSKA Karolina</b>	<b>6056</b>		Senior II K - 30	29	01:21:01	03:52:59		<b>05:02:30.10</b>	<b>05:02:47.70</b>	+02:25:49 (48.2%)	9:10	6.5 (51.6%)
221	<b>BARTOSIEWICZ Adam</b>	<b>6355</b>		Masters M - 40	63	01:25:27	03:45:25		<b>05:01:47.25</b>	<b>05:03:14.70</b>	+02:26:16 (48.2%)	9:08	6.6 (52.4%)
222	<b>MŁODAWSKI Maciej</b>	<b>6106</b>		Senior II M - 30	74	01:21:01	03:47:03		<b>05:02:59.45</b>	<b>05:03:30.25</b>	+02:26:31 (48.3%)	9:10	6.5 (51.6%)
223	<b>RAKOWSKI Marcin</b>	<b>6447</b>	KINGRUNNER ULTRA	Senior II M - 30	75	01:18:28	03:46:51		<b>05:02:17.65</b>	<b>05:03:32.85</b>	+02:26:34 (48.3%)	9:09	6.6 (52.4%)
224	<b>ROSSMANN Przemysław</b>	<b>6255</b>		Masters M - 40	64	01:16:16	03:51:58		<b>05:02:35.45</b>	<b>05:03:56.20</b>	+02:26:57 (48.4%)	9:10	6.5 (51.6%)
225	<b>MAJEWSKI Andrzej</b>	<b>6230</b>	IFA POWERTRAIN SPORT TEAM	Senior II M - 30	76	01:16:17	03:51:58		<b>05:02:36.40</b>	<b>05:03:57.40</b>	+02:26:58 (48.4%)	9:10	6.5 (51.6%)
226	<b>MATUSZAK Krzysztof</b>	<b>6356</b>	MATUSZAK TEAM / TRIGYM	Weteran I M - 50	7	01:23:14	03:51:01		<b>05:03:16.40</b>	<b>05:03:59.05</b>	+02:27:00 (48.4%)	9:11	6.5 (51.6%)
227	<b>KOT Tomasz</b>	<b>6521</b>	KS WIELKOPOLSKA SZKOŁA NARCIARSTWA	Senior II M - 30	77	01:19:21	03:44:16		<b>05:04:35.85</b>	<b>05:05:03.20</b>	+02:28:04 (48.5%)	9:13	6.5 (51.6%)
228	<b>JANOWICZ Wojciech</b>	<b>6458</b>		Senior II M - 30	78	01:24:50	03:48:40		<b>05:04:38.85</b>	<b>05:05:22.10</b>	+02:28:23 (48.6%)	9:13	6.5 (51.6%)
229	<b>FLOREK Paweł</b>	<b>6137</b>	RUNADDICTS	Senior II M - 30	79	01:13:50	03:44:43		<b>05:05:26.40</b>	<b>05:05:38.65</b>	+02:28:40 (48.6%)	9:15	6.5 (51.6%)

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

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						
254	<b>KORDYŚ Adam</b>	<b>6110</b>	WARTKIE PIERONY	Masters M - 40	68	01:27:06	03:58:10		<b>05:14:03.65</b>	<b>05:15:32.55</b>	+02:38:33 (50.3%)	9:31	6.3 (50.0%)
255	<b>SZYMAŃSKI Maciej</b>	<b>6271</b>		Senior II M - 30	91	01:21:41	03:58:01		<b>05:14:47.10</b>	<b>05:15:47.70</b>	+02:38:49 (50.3%)	9:32	6.3 (50.0%)
256	<b>RABEL Michał</b>	<b>6264</b>		Senior II M - 30	92	01:21:39	03:57:59		<b>05:14:46.40</b>	<b>05:15:48.00</b>	+02:38:49 (50.3%)	9:32	6.3 (50.0%)
257	<b>BENETURSKI Adam</b>	<b>6299</b>	TJ	Senior II M - 30	93	01:14:58	03:55:06		<b>05:14:48.25</b>	<b>05:15:50.75</b>	+02:38:52 (50.3%)	9:32	6.3 (50.0%)
258	<b>ZWIERZCHOWSKI Artur</b>	<b>6419</b>		Masters M - 40	69	01:19:20	03:58:39		<b>05:15:29.05</b>	<b>05:15:51.30</b>	+02:38:52 (50.3%)	9:33	6.3 (50.0%)
259	<b>BIALIK Jędrzej</b>	<b>6435</b>	RUNNERS TEAM NYSA	Masters M - 40	70	01:23:06	03:57:59		<b>05:15:09.75</b>	<b>05:16:09.05</b>	+02:39:10 (50.3%)	9:33	6.3 (50.0%)
260	<b>KREJCI Naomi</b>	<b>6337</b>		Masters K - 40	10	01:26:07	03:52:51		<b>05:14:55.85</b>	<b>05:16:20.40</b>	+02:39:21 (50.4%)	9:32	6.3 (50.0%)
261	<b>KAPUSTA Agata</b>	<b>6283</b>		Senior II K - 30	34	01:29:22	03:54:05		<b>05:15:41.60</b>	<b>05:16:28.70</b>	+02:39:30 (50.4%)	9:33	6.3 (50.0%)
262	<b>JAKUBOWSKA Natasza</b>	<b>6111</b>	POBIEGANI	Masters K - 40	11	01:30:05	03:59:12		<b>05:15:49.05</b>	<b>05:16:38.90</b>	+02:39:40 (50.4%)	9:34	6.3 (50.0%)
263	<b>STARAK Sylwia</b>	<b>6423</b>	DZIKIE DZIKI GORZÓW	Senior II K - 30	35	01:23:54	04:02:24		<b>05:17:23.00</b>	<b>05:17:48.40</b>	+02:40:49 (50.6%)	9:37	6.2 (49.2%)
264	<b>SERWATKIEWICZ Grzegorz</b>	<b>6332</b>		Masters M - 40	71	01:19:24	03:57:45		<b>05:17:32.35</b>	<b>05:17:48.75</b>	+02:40:50 (50.6%)	9:37	6.2 (49.2%)
265	<b>ZALEWSKI Radosław</b>	<b>6025</b>	AW SZYBCIEJ TEAM	Senior II M - 30	94	01:15:10	03:42:12		<b>05:17:26.95</b>	<b>05:17:59.20</b>	+02:41:00 (50.6%)	9:37	6.2 (49.2%)
266	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>6130</b>		Weteran K - 50	3	01:27:43	03:54:09		<b>05:16:21.85</b>	<b>05:17:59.60</b>	+02:41:00 (50.6%)	9:35	6.3 (50.0%)
267	<b>SKRZYPCZAK Hanna</b>	<b>6235</b>		Weteran K - 50	4	01:26:28	03:59:37		<b>05:18:00.65</b>	<b>05:18:12.30</b>	+02:41:13 (50.7%)	9:38	6.2 (49.2%)
268	<b>JÓZEFIAK Beata</b>	<b>6511</b>	WLKP MOUNTAINS ULTRA	Masters K - 40	12	01:17:46	03:49:41		<b>05:18:21.30</b>	<b>05:18:37.95</b>	+02:41:39 (50.7%)	9:38	6.2 (49.2%)
269	<b>KRAJEWSKI Jakub</b>	<b>6275</b>		Senior II M - 30	95	01:18:43	03:55:46		<b>05:18:18.20</b>	<b>05:18:39.90</b>	+02:41:41 (50.7%)	9:38	6.2 (49.2%)
270	<b>ZALAS Bartłomiej</b>	<b>6439</b>		Senior II M - 30	96	01:20:19	03:57:35		<b>05:18:44.85</b>	<b>05:18:51.70</b>	+02:41:53 (50.8%)	9:39	6.2 (49.2%)
271	<b>GAŁEK Aleksander</b>	<b>6394</b>	PRAGMATIQ.PL	Masters M - 40	72	01:23:35	03:53:02		<b>05:18:13.90</b>	<b>05:19:00.10</b>	+02:42:01 (50.8%)	9:38	6.2 (49.2%)
272	<b>CISZAK Karol</b>	<b>6319</b>		Masters M - 40	73	01:20:58	04:03:34		<b>05:17:23.35</b>	<b>05:19:02.55</b>	+02:42:03 (50.8%)	9:37	6.2 (49.2%)
273	<b>KOCŁĘGA Alicja</b>	<b>6317</b>		Masters K - 40	13	01:23:37	03:57:37		<b>05:18:56.65</b>	<b>05:19:07.70</b>	+02:42:09 (50.8%)	9:39	6.2 (49.2%)
274	<b>JAROŃ Magda</b>	<b>6486</b>		Masters K - 40	14	01:26:58	03:57:29		<b>05:18:35.25</b>	<b>05:19:10.25</b>	+02:42:11 (50.8%)	9:39	6.2 (49.2%)
275	<b>RUDNO-RUDZIŃSKI Grzegorz</b>	<b>6516</b>		Weteran I M - 50	10	01:23:36	03:51:31		<b>05:18:55.95</b>	<b>05:19:27.60</b>	+02:42:28 (50.9%)	9:39	6.2 (49.2%)
276	<b>POLIC Aleksandra</b>	<b>6027</b>		Masters K - 40	15	01:25:51	04:07:07		<b>05:19:41.70</b>	<b>05:20:16.70</b>	+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	<b>KLEJNOWSKA-KAMIŃSKA Ilona</b>	<b>6443</b>		Senior II K - 30	36	01:29:18	04:04:43		<b>05:19:23.30</b>	<b>05:20:29.15</b>	+02:43:30 (51.0%)	9:40	6.2 (49.2%)
278	<b>KOŁTON Justyna</b>	<b>6279</b>		Senior I K - 20	11	01:29:19	04:05:26		<b>05:19:55.80</b>	<b>05:20:37.55</b>	+02:43:38 (51.0%)	9:41	6.2 (49.2%)
279	<b>DRYNKO Karol</b>	<b>6296</b>		Masters M - 40	74	01:21:29	03:55:34		<b>05:21:17.55</b>	<b>05:21:37.40</b>	+02:44:38 (51.2%)	9:44	6.2 (49.2%)
280	<b>SARACEN Tomasz</b>	<b>6325</b>		Senior II M - 30	97	01:27:21	04:04:11		<b>05:20:30.45</b>	<b>05:21:50.40</b>	+02:44:51 (51.2%)	9:42	6.2 (49.2%)
281	<b>KOPTOŃ Marcin</b>	<b>6391</b>	WARTKIE PIERONY	Senior II M - 30	98	01:27:24	03:58:38		<b>05:20:43.45</b>	<b>05:22:12.55</b>	+02:45:13 (51.3%)	9:43	6.2 (49.2%)
282	<b>WASZAK Tomasz</b>	<b>6026</b>		Senior I M - 20	21	01:34:40	04:07:47		<b>05:20:38.35</b>	<b>05:22:23.15</b>	+02:45:24 (51.3%)	9:42	6.2 (49.2%)
283	<b>MĄCZYŃSKI Marcin</b>	<b>6508</b>		Senior II M - 30	99	01:29:09	04:02:50		<b>05:22:34.80</b>	<b>05:23:11.65</b>	+02:46:13 (51.4%)	9:46	6.1 (48.4%)
284	<b>KOWALSKI Michał</b>	<b>6037</b>		Masters M - 40	75		04:07:24		<b>05:23:43.70</b>	<b>05:23:43.70</b>	+02:46:45 (51.5%)	9:48	6.1 (48.4%)
285	<b>KULIGOWSKI Piotr</b>	<b>6531</b>		Senior II M - 30	100	01:28:27	04:02:40		<b>05:21:29.25</b>	<b>05:23:44.00</b>	+02:46:45 (51.5%)	9:44	6.2 (49.2%)
286	<b>GULANOWSKI Gwidon</b>	<b>6503</b>		Senior II M - 30	101	01:17:40	04:01:45		<b>05:23:06.80</b>	<b>05:23:50.10</b>	+02:46:51 (51.5%)	9:47	6.1 (48.4%)
287	<b>ZIÓLKOWSKI Robert</b>	<b>6062</b>	LINCOLN ELECTRIC BESTER TEAM	Masters M - 40	76	01:23:54	04:00:27		<b>05:22:18.70</b>	<b>05:23:50.75</b>	+02:46:52 (51.5%)	9:46	6.1 (48.4%)
288	<b>STOKŁOSA Michał</b>	<b>6495</b>		Senior II M - 30	102	01:24:16	03:54:27		<b>05:22:49.65</b>	<b>05:24:13.25</b>	+02:47:14 (51.6%)	9:46	6.1 (48.4%)
289	<b>ŁYSZCZAK Wojciech</b>	<b>6042</b>	SALCESON POZNAŃ	Masters M - 40	77	01:28:54	03:55:37		<b>05:23:02.50</b>	<b>05:24:33.75</b>	+02:47:35 (51.6%)	9:47	6.1 (48.4%)
290	<b>SZCZEPAŃSKA Kinga</b>	<b>6343</b>		Senior II K - 30	37	01:31:44	04:12:47		<b>05:24:15.00</b>	<b>05:24:34.30</b>	+02:47:35 (51.6%)	9:49	6.1 (48.4%)
291	<b>CHRUKIN Patrycja</b>	<b>6096</b>		Senior II K - 30	38	01:17:39	04:11:40		<b>05:23:54.55</b>	<b>05:24:34.45</b>	+02:47:35 (51.6%)	9:48	6.1 (48.4%)
292	<b>NIERADKO Arkadiusz</b>	<b>6128</b>		Weteran I M - 50	11	01:30:25	04:06:00		<b>05:23:47.00</b>	<b>05:24:56.90</b>	+02:47:58 (51.7%)	9:48	6.1 (48.4%)
293	<b>CHORAŻYCZEWSKA Natalia</b>	<b>6072</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II K - 30	39	01:27:01	04:04:29		<b>05:24:31.80</b>	<b>05:25:02.00</b>	+02:48:03 (51.7%)	9:50	6.1 (48.4%)
294	<b>KASHCHEEV Andrei</b>	<b>6057</b>		Senior II M - 30	103	01:25:10	04:05:19		<b>05:23:29.95</b>	<b>05:25:06.40</b>	+02:48:07 (51.7%)	9:48	6.1 (48.4%)
295	<b>KIEŁB Wojciech</b>	<b>6107</b>	KW DZIABKA	Senior II M - 30	104	01:30:07	04:02:46		<b>05:24:43.00</b>	<b>05:25:14.95</b>	+02:48:16 (51.7%)	9:50	6.1 (48.4%)
296	<b>KASZUBA Jacek</b>	<b>6232</b>		Weteran I M - 50	12	01:22:42	04:04:38		<b>05:25:27.55</b>	<b>05:25:49.80</b>	+02:48:51 (51.8%)	9:51	6.1 (48.4%)
297	<b>MATYSIAK Karol</b>	<b>6263</b>	TEAM - WLKP MOUNTAINS ULTRA'S	Weteran I M - 50	13	01:26:15	03:56:05		<b>05:24:38.35</b>	<b>05:26:10.80</b>	+02:49:12 (51.9%)	9:50	6.1 (48.4%)
298	<b>PARYS Piotr</b>	<b>6474</b>		Senior II M - 30	105	01:26:53	04:03:03		<b>05:24:43.80</b>	<b>05:26:28.20</b>	+02:49:29 (51.9%)	9:50	6.1 (48.4%)
299	<b>PALUCHOWICZ Dawid</b>	<b>6266</b>	REDBARBERS RUNNING TEAM	Senior II M - 30	106	01:26:08	04:00:13		<b>05:26:30.00</b>	<b>05:26:35.00</b>	+02:49:36 (51.9%)	9:53	6.1 (48.4%)
300	<b>TOBYS Marcin</b>	<b>6466</b>		Senior II M - 30	107	01:20:30	04:01:49		<b>05:25:59.40</b>	<b>05:26:49.70</b>	+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		U23	11	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	U23	12	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	12	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	22	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		Kara/ bonifikata	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						A1 9km	D1 24km						
325	<b>SALIŃSKI Bartosz</b>	<b>6175</b>	AUGUSTEAM	Senior II M - 30	113	01:28:08	04:10:49		<b>05:36:29.85</b>	<b>05:36:50.35</b>	+02:59:51 (53.4%)	10:11	5.9 (46.8%)
326	<b>SPÓLNY Robert</b>	<b>6480</b>		Weteran I M - 50	15	01:26:36	04:10:03		<b>05:36:26.00</b>	<b>05:37:02.85</b>	+03:00:04 (53.4%)	10:11	5.9 (46.8%)
327	<b>BURZYŃSKA Emilia</b>	<b>6146</b>	BIEGAJĄCE KREJZOLE	Senior II K - 30	42	01:35:17	04:13:44		<b>05:36:53.50</b>	<b>05:37:27.05</b>	+03:00:28 (53.5%)	10:12	5.9 (46.8%)
328	<b>WIŚNIEWSKI Dariusz</b>	<b>6415</b>		Weteran I M - 50	16	01:26:45	04:12:30		<b>05:37:12.85</b>	<b>05:37:53.65</b>	+03:00:55 (53.5%)	10:13	5.9 (46.8%)
329	<b>NOWAK Ireneusz</b>	<b>6053</b>		Weteran I M - 50	17	01:25:16	04:07:02		<b>05:36:20.65</b>	<b>05:38:02.00</b>	+03:01:03 (53.6%)	10:11	5.9 (46.8%)
330	<b>CZEKALSKA Magdalena</b>	<b>6280</b>	NARAMOWICE BIEGAJĄ	Masters K - 40	18	01:31:53	04:19:56		<b>05:36:46.65</b>	<b>05:38:04.35</b>	+03:01:05 (53.6%)	10:12	5.9 (46.8%)
331	<b>BEDNARCZYK Bogusław</b>	<b>6310</b>	PRO-RUN WROCŁAW	Weteran I M - 50	18	01:34:09	04:17:38		<b>05:36:22.00</b>	<b>05:38:08.60</b>	+03:01:09 (53.6%)	10:11	5.9 (46.8%)
332	<b>PARSZEWSKA Aleksandra</b>	<b>6236</b>		Senior II K - 30	43	01:26:41	03:59:23		<b>05:38:13.45</b>	<b>05:39:27.30</b>	+03:02:28 (53.8%)	10:14	5.9 (46.8%)
333	<b>MIŚTALSKI Damian</b>	<b>6237</b>		Masters M - 40	87	01:22:40	03:54:22		<b>05:38:14.30</b>	<b>05:39:27.65</b>	+03:02:29 (53.8%)	10:14	5.9 (46.8%)
334	<b>KREMPA Sławomir</b>	<b>6510</b>		Senior II M - 30	114	01:28:00	04:15:41		<b>05:38:45.35</b>	<b>05:39:28.50</b>	+03:02:29 (53.8%)	10:15	5.8 (46.0%)
335	<b>MROZOWSKI Paweł</b>	<b>6505</b>		Masters M - 40	88	01:31:47	04:14:22		<b>05:39:36.75</b>	<b>05:40:46.80</b>	+03:03:48 (53.9%)	10:17	5.8 (46.0%)
336	<b>SZYMONCZYK Igor</b>	<b>6377</b>		U23	13	01:29:04	04:12:19		<b>05:39:24.50</b>	<b>05:41:01.65</b>	+03:04:03 (54.0%)	10:17	5.8 (46.0%)
337	<b>OCETEK Bartosz</b>	<b>6409</b>		Senior I M - 20	23	01:29:04	04:12:19		<b>05:39:24.75</b>	<b>05:41:02.25</b>	+03:04:03 (54.0%)	10:17	5.8 (46.0%)
338	<b>BORECKI Michał</b>	<b>6078</b>		Senior II M - 30	115	01:31:59	04:17:36		<b>05:40:12.10</b>	<b>05:41:39.70</b>	+03:04:41 (54.1%)	10:18	5.8 (46.0%)
339	<b>PACZEŚ Damian</b>	<b>6032</b>		Senior II M - 30	116	01:24:32	04:19:52		<b>05:41:37.30</b>	<b>05:41:51.20</b>	+03:04:52 (54.1%)	10:21	5.8 (46.0%)
340	<b>RUSECKA Agnieszka</b>	<b>6252</b>	BDB TEAM	Senior II K - 30	44	01:39:04	04:17:57		<b>05:42:10.75</b>	<b>05:42:10.75</b>	+03:05:12 (54.1%)	10:22	5.8 (46.0%)
341	<b>DELKOWSKA Agata</b>	<b>6251</b>	RIO GRAPPLING CLUB	Masters K - 40	19	01:32:12	04:14:43		<b>05:40:31.35</b>	<b>05:42:15.15</b>	+03:05:16 (54.1%)	10:19	5.8 (46.0%)
342	<b>WOJTKOWSKI Ireneusz</b>	<b>6379</b>	ASSECO ACTIVE TEAM	Weteran II M - 60	4	01:30:10	04:12:01		<b>05:42:13.95</b>	<b>05:42:50.20</b>	+03:05:51 (54.2%)	10:22	5.8 (46.0%)
343	<b>MARMUROWICZ Krystian</b>	<b>6131</b>	KATOWICKIE WODOCIĄGI S.A.	Masters M - 40	89	01:32:18	04:15:47		<b>05:41:43.20</b>	<b>05:43:21.60</b>	+03:06:22 (54.3%)	10:21	5.8 (46.0%)
344	<b>CHĘCIŃSKI Łukasz</b>	<b>6069</b>		Masters M - 40	90	01:27:05	04:11:21		<b>05:42:42.40</b>	<b>05:43:30.25</b>	+03:06:31 (54.3%)	10:23	5.8 (46.0%)
345	<b>SZUMNY Paweł</b>	<b>6240</b>		Senior II M - 30	117	01:25:13	04:15:47		<b>05:43:17.40</b>	<b>05:44:13.50</b>	+03:07:14 (54.4%)	10:24	5.8 (46.0%)
346	<b>KACZAN Wojciech</b>	<b>6305</b>		Senior II M - 30	118	01:34:46	04:17:23		<b>05:44:50.00</b>	<b>05:45:29.90</b>	+03:08:31 (54.6%)	10:26	5.7 (45.2%)
347	<b>HOŁOWNIA Patrycja</b>	<b>6285</b>	BIEGUSY CZAPLE	Masters K - 40	20	01:38:13	04:25:47		<b>05:44:36.95</b>	<b>05:45:30.20</b>	+03:08:31 (54.6%)	10:26	5.7 (45.2%)
348	<b>WNOROWSKI Mariusz</b>	<b>6050</b>		Masters M - 40	91	01:28:13	04:18:37		<b>05:45:21.40</b>	<b>05:46:02.80</b>	+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	<b>PTASZYŃSKI Marcin</b>	<b>6215</b>		Senior II M - 30	119	01:34:04	04:21:08		<b>05:44:34.90</b>	<b>05:46:14.40</b>	+03:09:15 (54.7%)	10:26	5.7 (45.2%)
350	<b>CHYLIŃSKI Łukasz</b>	<b>6276</b>		Masters M - 40	92	01:26:12	04:18:14		<b>05:45:06.60</b>	<b>05:46:19.30</b>	+03:09:20 (54.7%)	10:27	5.7 (45.2%)
351	<b>SKORUPSKI Szymon</b>	<b>6473</b>	KURACJUSZE	Senior II M - 30	120	01:25:40	04:25:09		<b>05:46:28.00</b>	<b>05:46:53.85</b>	+03:09:55 (54.7%)	10:29	5.7 (45.2%)
352	<b>ZAPIÓR Marek</b>	<b>6515</b>	ZET RUNNERS	Weteran II M - 60	5	01:34:40	04:22:28		<b>05:46:46.95</b>	<b>05:47:54.05</b>	+03:10:55 (54.9%)	10:30	5.7 (45.2%)
353	<b>ŚLEBODA Joanna</b>	<b>6036</b>	KOBIETY BIEGAJĄ	Senior II K - 30	45	01:34:57	04:27:59		<b>05:47:22.30</b>	<b>05:48:03.40</b>	+03:11:04 (54.9%)	10:31	5.7 (45.2%)
354	<b>SZYMALA Adriana</b>	<b>6393</b>	IZBICKO W BIEGU	Senior II K - 30	46	01:39:20	04:25:29		<b>05:47:42.80</b>	<b>05:49:06.90</b>	+03:12:08 (55.0%)	10:32	5.7 (45.2%)
355	<b>DZIENNIK Olga</b>	<b>6054</b>		Senior II K - 30	47	01:34:47	04:25:49		<b>05:48:28.15</b>	<b>05:49:15.70</b>	+03:12:17 (55.1%)	10:33	5.7 (45.2%)
356	<b>KRAJECER Jolanta</b>	<b>6362</b>		Weteran K - 50	5	01:33:53	04:25:02		<b>05:48:36.10</b>	<b>05:50:02.00</b>	+03:13:03 (55.2%)	10:33	5.7 (45.2%)
357	<b>MARCINEK Marta</b>	<b>6527</b>		Senior II K - 30	48	01:33:35	04:22:48		<b>05:49:33.65</b>	<b>05:50:29.95</b>	+03:13:31 (55.2%)	10:35	5.7 (45.2%)
358	<b>LAZDINA Ieva</b>	<b>6242</b>	RWA	Senior II K - 30	49	01:37:01	04:30:33		<b>05:49:31.95</b>	<b>05:50:49.20</b>	+03:13:50 (55.3%)	10:35	5.7 (45.2%)
359	<b>JĘDRO Mirela</b>	<b>6181</b>		Senior II K - 30	50	01:36:43	04:25:59		<b>05:51:52.35</b>	<b>05:52:08.45</b>	+03:15:09 (55.4%)	10:39	5.6 (44.4%)
360	<b>PROSZAK Sebastian</b>	<b>6094</b>	TEAM KURORT ŁĄDEK ZDRÓJ	Weteran I M - 50	19	01:14:06	03:46:34		<b>05:52:00.60</b>	<b>05:52:52.40</b>	+03:15:53 (55.5%)	10:40	5.6 (44.4%)
361	<b>TEPER Katarzyna</b>	<b>6334</b>	RUN WITH TRENER DRZEWIECKA	Senior II K - 30	51	01:38:21	04:25:38		<b>05:51:43.40</b>	<b>05:52:56.80</b>	+03:15:58 (55.5%)	10:39	5.6 (44.4%)
362	<b>TEPER Konrad</b>	<b>6333</b>	RUN WITH TRENER DRZEWIECKA	Senior II M - 30	121	01:38:22	04:25:38		<b>05:51:44.65</b>	<b>05:52:58.30</b>	+03:15:59 (55.5%)	10:39	5.6 (44.4%)
363	<b>JERCZYŃSKI Radosław</b>	<b>6389</b>		Masters M - 40	93	01:33:54	04:25:23		<b>05:52:11.70</b>	<b>05:53:03.00</b>	+03:16:04 (55.5%)	10:40	5.6 (44.4%)
364	<b>KROWIŃSKI Michał</b>	<b>6189</b>		Masters M - 40	94	01:32:54	04:25:06		<b>05:52:27.70</b>	<b>05:53:32.35</b>	+03:16:33 (55.6%)	10:40	5.6 (44.4%)
365	<b>KORDEK Arkadiusz</b>	<b>6290</b>		Senior I M - 20	24	01:29:07	04:28:04		<b>05:53:29.65</b>	<b>05:53:45.40</b>	+03:16:46 (55.6%)	10:42	5.6 (44.4%)
366	<b>MATYJASZCZYK Marcin</b>	<b>6383</b>	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	122	01:32:13	04:16:09		<b>05:52:53.00</b>	<b>05:53:53.70</b>	+03:16:55 (55.6%)	10:41	5.6 (44.4%)
367	<b>KARON Krzysztof</b>	<b>6484</b>		Weteran II M - 60	6	01:35:33	04:29:54		<b>05:52:59.15</b>	<b>05:54:19.55</b>	+03:17:20 (55.7%)	10:41	5.6 (44.4%)
368	<b>ZAGOROWSKI Robert</b>	<b>6197</b>		Weteran I M - 50	20	01:35:10	04:25:48		<b>05:53:42.60</b>	<b>05:54:24.95</b>	+03:17:26 (55.7%)	10:43	5.6 (44.4%)
369	<b>GAWĘDZKA Aneta</b>	<b>6223</b>	OBORYGENI	Masters K - 40	21	01:38:57	04:28:11		<b>05:53:49.75</b>	<b>05:54:25.05</b>	+03:17:26 (55.7%)	10:43	5.6 (44.4%)
370	<b>GRABOWSKA Zuzanna</b>	<b>6248</b>	IZBICKO W BIEGU	Senior I K - 20	13	01:39:21	04:27:38		<b>05:53:51.10</b>	<b>05:55:17.95</b>	+03:18:19 (55.8%)	10:43	5.6 (44.4%)
371	<b>RABIEJ Kazimierz</b>	<b>6360</b>	ROZBIEGANI CHOJNÓW	Weteran II M - 60	7	01:34:19	04:27:38		<b>05:55:04.55</b>	<b>05:55:42.00</b>	+03:18:43 (55.9%)	10:45	5.6 (44.4%)
372	<b>DRACHAL Krzysztof</b>	<b>6482</b>		Masters M - 40	95	01:25:13	04:32:30		<b>05:54:30.20</b>	<b>05:56:10.70</b>	+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	<b>HAŁAS Paweł</b>	<b>6471</b>		Senior I M - 20	25	01:19:48	04:25:23		<b>05:54:34.35</b>	<b>05:56:19.20</b>	+03:19:20 (55.9%)	10:44	5.6 (44.4%)
374	<b>PAWLAK Robert</b>	<b>6288</b>		Senior II M - 30	123	01:26:51	04:23:33		<b>05:55:58.75</b>	<b>05:56:38.35</b>	+03:19:39 (56.0%)	10:47	5.6 (44.4%)
375	<b>OKOŃSKI Tomasz</b>	<b>6196</b>	KB SOBÓTKA	Senior II M - 30	124	01:34:52	04:30:13		<b>05:56:23.75</b>	<b>05:57:10.20</b>	+03:20:11 (56.0%)	10:47	5.6 (44.4%)
376	<b>MIROŃSKI Jakub</b>	<b>6228</b>		Senior II M - 30	125	01:19:15	04:30:34		<b>05:57:07.70</b>	<b>05:57:30.65</b>	+03:20:32 (56.1%)	10:49	5.5 (43.7%)
377	<b>SOBOŃ Łukasz</b>	<b>6034</b>	TMT	Senior II M - 30	126	01:33:03	04:25:52		<b>05:57:17.65</b>	<b>05:58:07.30</b>	+03:21:08 (56.2%)	10:49	5.5 (43.7%)
378	<b>HAJDUCKA Agnieszka</b>	<b>6192</b>	OKIEM WILKA	Senior II K - 30	52	01:35:06	04:30:50		<b>05:57:24.10</b>	<b>05:58:25.10</b>	+03:21:26 (56.2%)	10:49	5.5 (43.7%)
379	<b>SAWICKI Adrian</b>	<b>6058</b>		Masters M - 40	96	01:31:42	04:23:30		<b>05:58:28.70</b>	<b>05:59:57.90</b>	+03:22:59 (56.4%)	10:51	5.5 (43.7%)
380	<b>MYSZKIEWICZ Bartosz</b>	<b>6249</b>		Weteran I M - 50	21	01:38:14	04:40:09		<b>05:58:48.30</b>	<b>06:00:02.80</b>	+03:23:04 (56.4%)	10:52	5.5 (43.7%)
381	<b>LONT Marcin</b>	<b>6438</b>		Senior I M - 20	26	01:38:12	04:36:14		<b>05:58:24.60</b>	<b>06:00:04.80</b>	+03:23:06 (56.4%)	10:51	5.5 (43.7%)
382	<b>BUGAJSKI Sławomir</b>	<b>6261</b>		Senior II M - 30	127	01:40:43	04:29:58		<b>05:59:03.55</b>	<b>06:00:30.50</b>	+03:23:31 (56.5%)	10:52	5.5 (43.7%)
383	<b>LIS Sebastian</b>	<b>6493</b>		Senior II M - 30	128	01:23:16	04:24:48		<b>06:00:29.70</b>	<b>06:00:56.75</b>	+03:23:58 (56.5%)	10:55	5.5 (43.7%)
384	<b>STACIWO Justyna</b>	<b>6158</b>	KURACJUSZE	Masters K - 40	22	01:33:36	04:31:13		<b>06:00:33.60</b>	<b>06:00:59.75</b>	+03:24:01 (56.5%)	10:55	5.5 (43.7%)
385	<b>WILMAŃSKI Jakub</b>	<b>6064</b>	BUBINKA TEAM	U23	14	01:31:13	04:24:23		<b>06:00:37.20</b>	<b>06:01:18.00</b>	+03:24:19 (56.6%)	10:55	5.5 (43.7%)
386	<b>WILMAŃSKI Arkadiusz</b>	<b>6033</b>		Weteran I M - 50	22	01:31:11	04:23:56		<b>06:00:37.85</b>	<b>06:01:19.70</b>	+03:24:21 (56.6%)	10:55	5.5 (43.7%)
387	<b>STOLPE Maciej</b>	<b>6217</b>	TKKF MPK POZNAŃ	Weteran I M - 50	23	01:35:52	04:28:02		<b>06:00:12.85</b>	<b>06:01:41.15</b>	+03:24:42 (56.6%)	10:54	5.5 (43.7%)
388	<b>DOMAGAŁA Konrad</b>	<b>6163</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	129	01:44:00	04:25:06		<b>06:00:19.05</b>	<b>06:01:51.70</b>	+03:24:53 (56.6%)	10:55	5.5 (43.7%)
389	<b>JARCZYŃSKA Karolina</b>	<b>6335</b>	MOSINA BIEGA	Masters K - 40	23	01:35:04	04:37:19		<b>06:02:27.70</b>	<b>06:03:04.25</b>	+03:26:05 (56.8%)	10:59	5.5 (43.7%)
390	<b>BULLERT Agnieszka</b>	<b>6416</b>		Senior II K - 30	53	01:37:43	04:34:27		<b>06:01:31.35</b>	<b>06:03:04.80</b>	+03:26:06 (56.8%)	10:57	5.5 (43.7%)
391	<b>WISNIEWSKA Małgorzata</b>	<b>6444</b>	RUNADDICTS	Masters K - 40	24	01:34:35	04:36:49		<b>06:02:01.85</b>	<b>06:03:05.90</b>	+03:26:07 (56.8%)	10:58	5.5 (43.7%)
392	<b>LISKE Dorota</b>	<b>6113</b>		Weteran K - 50	6	01:42:28	04:26:06		<b>06:04:13.70</b>	<b>06:04:32.80</b>	+03:27:34 (56.9%)	11:02	5.4 (42.9%)
393	<b>GŁÓWCZEWSKA Lucyna</b>	<b>6216</b>		Masters K - 40	25	01:35:47	04:36:30		<b>06:03:10.80</b>	<b>06:04:36.90</b>	+03:27:38 (56.9%)	11:00	5.5 (43.7%)
394	<b>SZCZERBA Michał</b>	<b>6272</b>		Masters M - 40	97	01:42:03	04:32:48		<b>06:05:30.80</b>	<b>06:07:17.35</b>	+03:30:18 (57.3%)	11:04	5.4 (42.9%)
395	<b>SZABATOWSKI Dominik</b>	<b>6190</b>	WARTKIE PIERONY	Masters M - 40	98	01:41:44	04:36:17		<b>06:05:44.40</b>	<b>06:07:19.15</b>	+03:30:20 (57.3%)	11:04	5.4 (42.9%)
396	<b>BEDNAREK Borys</b>	<b>6408</b>	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	130	01:30:09	04:35:42		<b>06:07:29.55</b>	<b>06:09:01.00</b>	+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	<b>RUDZIŃSKI Tomasz</b>	<b>6262</b>	KUNA W AGREŚCIE	Masters M - 40	99	01:26:43	04:43:51		<b>06:08:54.30</b>	<b>06:09:01.35</b>	+03:32:02 (57.5%)	11:10	5.4 (42.9%)
398	<b>CIŻYŃSKA Katarzyna</b>	<b>6326</b>		Senior I K - 20	14	01:43:11	04:44:41		<b>06:09:51.65</b>	<b>06:11:11.60</b>	+03:34:12 (57.7%)	11:12	5.4 (42.9%)
399	<b>KALINOWSKA Patrycja</b>	<b>6127</b>	RUNADDICTS	Senior II K - 30	54	01:42:16	04:47:16		<b>06:12:09.95</b>	<b>06:13:13.40</b>	+03:36:14 (57.9%)	11:16	5.3 (42.1%)
400	<b>MIRKOWSKA Monika</b>	<b>6281</b>	ZWIERZYNIEC TEAM	Masters K - 40	26	01:41:12	04:46:26		<b>06:12:51.40</b>	<b>06:14:34.30</b>	+03:37:35 (58.1%)	11:17	5.3 (42.1%)
401	<b>CZEKALSKI Tomasz</b>	<b>6351</b>	NARAMOWICE BIEGAJĄ	Masters M - 40	100	01:31:08	04:48:01		<b>06:14:04.20</b>	<b>06:15:22.60</b>	+03:38:23 (58.2%)	11:20	5.3 (42.1%)
402	<b>OLEJNIK Ilona</b>	<b>6180</b>		Weteran K - 50	7	01:40:37	04:50:04		<b>06:15:23.00</b>	<b>06:15:52.20</b>	+03:38:53 (58.2%)	11:22	5.3 (42.1%)
403	<b>GOŹDZICKA Iwona</b>	<b>6182</b>		Masters K - 40	27	01:40:37	04:50:04		<b>06:15:23.25</b>	<b>06:15:52.25</b>	+03:38:53 (58.2%)	11:22	5.3 (42.1%)
404	<b>NOWAK Łukasz</b>	<b>6481</b>		Masters M - 40	101	01:35:33	04:48:03		<b>06:15:00.45</b>	<b>06:15:59.00</b>	+03:39:00 (58.2%)	11:21	5.3 (42.1%)
405	<b>RÓŻYCKI Patryk</b>	<b>6234</b>		Senior I M - 20	27	01:30:41	04:30:33		<b>06:16:06.20</b>	<b>06:16:30.00</b>	+03:39:31 (58.3%)	11:23	5.3 (42.1%)
406	<b>ZAPAŁA Paweł</b>	<b>6491</b>	TYMOTEUZSU TEAM CHRÓSCINA	Masters M - 40	102	01:20:27	04:23:37		<b>06:18:01.10</b>	<b>06:18:56.40</b>	+03:41:57 (58.6%)	11:27	5.2 (41.3%)
407	<b>JUSZCZAK Kamil</b>	<b>6002</b>		Senior II M - 30	131	01:38:26	04:51:31		<b>06:18:36.35</b>	<b>06:19:41.70</b>	+03:42:43 (58.7%)	11:28	5.2 (41.3%)
408	<b>FELTYNOWSKA Kasia</b>	<b>6309</b>		Masters K - 40	28	01:37:35	04:40:08		<b>06:18:07.50</b>	<b>06:19:46.40</b>	+03:42:47 (58.7%)	11:27	5.2 (41.3%)
409	<b>JOBDA Bogna</b>	<b>6313</b>		Masters K - 40	29	01:37:37	04:40:10		<b>06:18:07.95</b>	<b>06:19:46.45</b>	+03:42:47 (58.7%)	11:27	5.2 (41.3%)
410	<b>LIESKE Monika</b>	<b>6116</b>	JESTEM OD ROMKA	Masters K - 40	30	01:38:35	04:43:56		<b>06:19:26.70</b>	<b>06:20:07.40</b>	+03:43:08 (58.7%)	11:29	5.2 (41.3%)
411	<b>KUC Adam</b>	<b>6162</b>	THE OFFICE	Masters M - 40	103	01:34:41	04:41:01		<b>06:21:22.40</b>	<b>06:22:16.70</b>	+03:45:18 (58.9%)	11:33	5.2 (41.3%)
412	<b>CUPIAŁ Dariusz</b>	<b>6038</b>	W POGONI ZA DUCHEM	Weteran I M - 50	24	01:29:03	04:28:42		<b>06:23:28.05</b>	<b>06:24:13.75</b>	+03:47:15 (59.1%)	11:37	5.2 (41.3%)
413	<b>KISIAŁA Filip</b>	<b>6336</b>	TATA WOJTUSIA	Masters M - 40	104	01:35:19	04:33:20		<b>06:23:07.10</b>	<b>06:24:13.90</b>	+03:47:15 (59.1%)	11:36	5.2 (41.3%)
414	<b>PIELOK Wojciech</b>	<b>6497</b>	ROBIMY FAJNE	U23	15	01:34:03	04:47:21		<b>06:22:37.85</b>	<b>06:24:15.30</b>	+03:47:16 (59.1%)	11:35	5.2 (41.3%)
415	<b>ŁUCZAK Estera</b>	<b>6206</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	55	01:36:15	04:47:58		<b>06:24:14.40</b>	<b>06:25:11.25</b>	+03:48:12 (59.2%)	11:38	5.2 (41.3%)
416	<b>JAROSŁAWSKI Marcin</b>	<b>6207</b>	KB - HARCOWNIK	Masters M - 40	105	01:36:14	04:47:57		<b>06:24:14.30</b>	<b>06:25:11.80</b>	+03:48:13 (59.2%)	11:38	5.2 (41.3%)
417	<b>LEWANDOWSKA Ewa</b>	<b>6452</b>		Weteran K - 50	8	01:40:56	04:47:22		<b>06:25:17.50</b>	<b>06:26:52.30</b>	+03:49:53 (59.4%)	11:40	5.1 (40.5%)
418	<b>STRUGAŁA Grzegorz</b>	<b>6361</b>		Weteran I M - 50	25	01:45:31	04:48:10		<b>06:26:06.60</b>	<b>06:27:05.75</b>	+03:50:07 (59.4%)	11:42	5.1 (40.5%)
419	<b>BURGHARDT Renata</b>	<b>6165</b>	KB HERMES	Weteran K - 50	9	01:42:37	04:47:44		<b>06:27:03.30</b>	<b>06:28:11.80</b>	+03:51:13 (59.6%)	11:43	5.1 (40.5%)
420	<b>MAKOWSKI Dariusz</b>	<b>6144</b>		Weteran I M - 50	26	01:42:38	04:47:44		<b>06:27:22.25</b>	<b>06:28:31.25</b>	+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	<b>KOBYŁECKA Wiktorja</b>	<b>6205</b>		U23	16	01:48:30	04:52:21		<b>06:30:34.75</b>	<b>06:31:12.95</b>	+03:54:14 (59.9%)	11:50	5.1 (40.5%)
422	<b>JASTRZĘBSKI Jacek</b>	<b>6133</b>	#HAPPYRUNNERS	Masters M - 40	106	01:38:35	04:49:44		<b>06:31:15.85</b>	<b>06:31:54.65</b>	+03:54:56 (59.9%)	11:51	5.1 (40.5%)
423	<b>URBAN Artur</b>	<b>6028</b>		Senior II M - 30	132	01:42:55	04:48:29		<b>06:31:02.90</b>	<b>06:32:37.05</b>	+03:55:38 (60.0%)	11:50	5.1 (40.5%)
424	<b>NOWAK Ewa</b>	<b>6340</b>	HELIKON-TEX	Masters K - 40	31	01:59:07	04:52:12		<b>06:31:33.15</b>	<b>06:32:42.20</b>	+03:55:43 (60.0%)	11:51	5.1 (40.5%)
425	<b>OPASKA Kasia</b>	<b>6171</b>	ARTURO TEAM	Masters K - 40	32	01:48:30	04:45:01		<b>06:32:06.05</b>	<b>06:32:44.25</b>	+03:55:45 (60.0%)	11:52	5 (39.7%)
426	<b>JĘDRASZAK Mateusz</b>	<b>6112</b>		Senior II M - 30	133	01:43:27	04:51:05		<b>06:31:40.90</b>	<b>06:32:57.15</b>	+03:55:58 (60.1%)	11:52	5.1 (40.5%)
427	<b>SCHABEL Robert</b>	<b>6104</b>		Masters M - 40	107	01:39:59	04:55:48		<b>06:33:33.75</b>	<b>06:34:43.60</b>	+03:57:44 (60.2%)	11:55	5 (39.7%)
428	<b>JAKÓBEK Piotr</b>	<b>6123</b>	RUNADDICTS	Senior II M - 30	134	01:33:47	04:47:42		<b>06:35:56.05</b>	<b>06:36:34.00</b>	+03:59:35 (60.4%)	11:59	5 (39.7%)
429	<b>SULIGA Wioletta</b>	<b>6080</b>	ING BANK ŚLĄSKI	Masters K - 40	33	01:47:17	04:56:29		<b>06:38:57.25</b>	<b>06:39:21.95</b>	+04:02:23 (60.7%)	12:05	5 (39.7%)
430	<b>PYTEL Roman</b>	<b>6354</b>	IZBICKO W BIEGU	Masters M - 40	108	01:29:19	04:48:33		<b>06:39:50.20</b>	<b>06:41:12.70</b>	+04:04:14 (60.9%)	12:06	5 (39.7%)
431	<b>JUSKOWIAK Mikołaj</b>	<b>6079</b>		Masters M - 40	109	01:42:05	04:54:01		<b>06:43:36.40</b>	<b>06:44:49.10</b>	+04:07:50 (61.2%)	12:13	4.9 (38.9%)
432	<b>KORCZAK Konrad</b>	<b>6247</b>		Masters M - 40	110	01:41:09	04:52:28		<b>06:43:37.95</b>	<b>06:46:20.20</b>	+04:09:21 (61.4%)	12:13	4.9 (38.9%)
433	<b>ŁUCIÓW Agnieszka</b>	<b>6061</b>		Masters K - 40	34	01:49:47	04:47:49		<b>06:44:32.90</b>	<b>06:46:21.90</b>	+04:09:23 (61.4%)	12:15	4.9 (38.9%)
434	<b>ZIĘTEK Krzysztof</b>	<b>6396</b>	ADIDAS RUNNERS	Weteran I M - 50	27	01:38:07	04:52:16		<b>06:48:03.70</b>	<b>06:49:04.05</b>	+04:12:05 (61.6%)	12:21	4.9 (38.9%)
435	<b>FIKSA Kasia</b>	<b>6331</b>	BIEGACZE ŚCIEMNIACZE	Masters K - 40	35	01:59:40	04:58:53		<b>06:48:41.85</b>	<b>06:49:18.15</b>	+04:12:19 (61.6%)	12:23	4.8 (38.1%)
436	<b>NOSKOWIAK- BAJNO Alicja</b>	<b>6421</b>	RUNADDICTS	Masters K - 40	36	01:48:20	04:55:18		<b>06:48:15.35</b>	<b>06:49:20.00</b>	+04:12:21 (61.7%)	12:22	4.8 (38.1%)
437	<b>MRUCZYŃSKA- PIETRUCZANIS Katarzyna</b>	<b>6041</b>	DEVI HIMAL TEAM/ AKTYWNI WĘGRÓW	Masters K - 40	37	01:42:37	04:52:37		<b>06:48:44.60</b>	<b>06:49:49.70</b>	+04:12:51 (61.7%)	12:23	4.8 (38.1%)
438	<b>ADAMUS Anna</b>	<b>6095</b>	WARTKIE PIERONY	Masters K - 40	38	01:42:57	04:52:58		<b>06:49:01.85</b>	<b>06:50:37.15</b>	+04:13:38 (61.8%)	12:23	4.8 (38.1%)
439	<b>ŁASKAWSKA Justyna</b>	<b>6440</b>		Masters K - 40	39	01:48:06	04:57:19		<b>06:50:29.25</b>	<b>06:51:28.10</b>	+04:14:29 (61.8%)	12:26	4.8 (38.1%)
440	<b>ŻOŁYNIAK Szymon</b>	<b>6436</b>		Masters M - 40	111	01:48:06	04:57:17		<b>06:50:31.00</b>	<b>06:51:29.55</b>	+04:14:30 (61.9%)	12:26	4.8 (38.1%)
441	<b>SZKOPEK Jarosław</b>	<b>6151</b>		Weteran I M - 50	28	01:48:03	04:55:51		<b>06:51:35.10</b>	<b>06:52:47.00</b>	+04:15:48 (62.0%)	12:28	4.8 (38.1%)
442	<b>PŁATEK Krzysztof</b>	<b>6160</b>	RUNADDICTS	Masters M - 40	112	02:05:16	05:38:26		<b>06:51:58.15</b>	<b>06:53:03.00</b>	+04:16:04 (62.0%)	12:29	4.8 (38.1%)
443	<b>BŁASZKIEWICZ Marzena</b>	<b>6161</b>	RUNADDICTS	Masters K - 40	40	02:05:19	05:38:28		<b>06:52:00.05</b>	<b>06:53:04.00</b>	+04:16:05 (62.0%)	12:29	4.8 (38.1%)

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	<b>SOKOŁOWSKI Michał</b>	<b>6426</b>		Senior I M - 20	28	01:43:18	05:08:00		<b>06:58:24.55</b>	<b>06:59:26.65</b>	+04:22:28 (62.6%)	12:40	4.7 (37.3%)
445	<b>LEWICKA Bożena</b>	<b>6429</b>	GONIMY	Weteran II K - 60	2	01:55:56	04:56:35		<b>06:58:57.15</b>	<b>06:59:29.25</b>	+04:22:30 (62.6%)	12:41	4.7 (37.3%)
446	<b>DERES Julia</b>	<b>6490</b>		U23	17	01:50:51	04:59:25		<b>06:58:40.50</b>	<b>06:59:30.00</b>	+04:22:31 (62.6%)	12:41	4.7 (37.3%)
447	<b>DUDEK-SIERZĘGA Wioleta</b>	<b>6492</b>	IZBICKO W BIEGU	Masters K - 40	41	01:56:01	04:55:41		<b>06:58:06.95</b>	<b>06:59:30.25</b>	+04:22:31 (62.6%)	12:40	4.7 (37.3%)
448	<b>DUDEK Sylwia</b>	<b>6487</b>		Senior II K - 30	56	01:51:27	05:10:16		<b>06:58:31.35</b>	<b>06:59:30.90</b>	+04:22:32 (62.6%)	12:40	4.7 (37.3%)
<b>Przekroczony limit czasu: 07:00:00</b>													
449	<b>ADAMKIEWICZ Lukasz</b>	<b>6284</b>	ZWIERZYNIEC TEAM	Masters M - 40	113	01:41:15	04:54:47		<b>07:03:25.05</b>	<b>07:05:07.95</b>	+04:28:09 (63.1%)	12:49	4.7 (37.3%)
450	<b>SZTEJKA Jolanta</b>	<b>6314</b>	KULAWA RODZINA	Masters K - 40	42	01:43:21	05:14:31		<b>07:04:18.25</b>	<b>07:05:11.35</b>	+04:28:12 (63.1%)	12:51	4.7 (37.3%)
451	<b>SOWA Grzegorz</b>	<b>6119</b>	#YOLOTEAMKRK #KUBAPIECHTEAM	Weteran I M - 50	29	01:55:11	05:20:44		<b>07:16:03.80</b>	<b>07:17:51.10</b>	+04:40:52 (64.1%)	13:12	4.5 (35.7%)
452	<b>DZIURZYŃSKA Ulika</b>	<b>6118</b>	VEGE RUNNERS	Masters K - 40	43	01:55:11	05:20:47		<b>07:16:04.35</b>	<b>07:17:51.40</b>	+04:40:52 (64.1%)	13:12	4.5 (35.7%)
453	<b>GARCON Joanna</b>	<b>6153</b>	KUŹNIA TALENTÓW KAMIENIEC	Senior II K - 30	57	02:03:02	05:25:19		<b>07:21:56.80</b>	<b>07:23:40.70</b>	+04:46:42 (64.6%)	13:23	4.5 (35.7%)
454	<b>MARKIEWICZ Jagoda</b>	<b>6132</b>		Senior I K - 20	15	02:03:01	05:25:18		<b>07:21:58.00</b>	<b>07:23:41.80</b>	+04:46:43 (64.6%)	13:23	4.5 (35.7%)
455	<b>GOŁĘBIEWSKI Sławomir</b>	<b>6199</b>	OSP ŚREM	Senior II M - 30	135	01:58:03	05:26:49		<b>07:25:11.25</b>	<b>07:26:47.55</b>	+04:49:48 (64.9%)	13:29	4.4 (34.9%)
456	<b>FLACZYŃSKA Aldona</b>	<b>6200</b>	ŻÓŁWICE W BIEGU	Masters K - 40	44	01:58:10	05:26:48		<b>07:25:12.20</b>	<b>07:26:47.75</b>	+04:49:49 (64.9%)	13:29	4.4 (34.9%)
457	<b>DOMINIAK-LESZCZYŃSKA Elżbieta</b>	<b>6468</b>	LASY WAWERSKIE	Weteran II K - 60	3	02:02:17	05:25:04		<b>07:27:49.30</b>	<b>07:29:13.85</b>	+04:52:15 (65.1%)	13:34	4.4 (34.9%)
458	<b>KARPIŃSKI Grzegorz</b>	<b>6043</b>	SALCESON POZNAŃ	Masters M - 40	114	01:43:03	05:37:37		<b>07:30:03.05</b>	<b>07:31:31.55</b>	+04:54:32 (65.2%)	13:38	4.4 (34.9%)
459	<b>DWORAK Ewa</b>	<b>6456</b>		Senior I K - 20	16	01:58:37	05:29:22		<b>07:31:51.00</b>	<b>07:33:33.10</b>	+04:56:34 (65.4%)	13:41	4.4 (34.9%)
460	<b>WALCZAK Sławomir</b>	<b>6125</b>		Weteran I M - 50	30	01:47:39	05:29:43		<b>07:32:19.45</b>	<b>07:33:34.50</b>	+04:56:35 (65.4%)	13:42	4.4 (34.9%)
461	<b>KOBYŁKA Małgorzata</b>	<b>6270</b>	SUPERMARATON KALISZ	Weteran K - 50	10	02:00:37	05:18:37		<b>07:43:16.70</b>	<b>07:44:11.00</b>	+05:07:12 (66.2%)	14:02	4.3 (34.1%)
462	<b>FABIAŃSKI Czesław</b>	<b>6233</b>	SUPERMARATON KALISZ	Weteran II M - 60	8	02:00:40	05:18:40		<b>07:43:18.60</b>	<b>07:44:12.85</b>	+05:07:14 (66.2%)	14:02	4.3 (34.1%)
463	<b>MROZOWSKA Magdalena</b>	<b>6506</b>		Masters K - 40	45	01:56:07	05:21:48		<b>07:54:02.90</b>	<b>07:54:02.90</b>	+05:17:04 (66.9%)	14:21	4.2 (33.3%)
464	<b>JANIK Tomasz</b>	<b>6507</b>	ORANGE POLSKA	Weteran I M - 50	31	01:56:08	05:21:47		<b>07:54:03.75</b>	<b>07:54:03.75</b>	+05:17:05 (66.9%)	14:21	4.2 (33.3%)
	<b>WEKA Krzysztof</b>	<b>6008</b>	BIAŁYSTOK BIEGA TEAM	Senior II M - 30		DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (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
	<b>VOLÁK Ondřej</b>	<b>6177</b>	SALOMON	U23	00:47:52 DNF	02:14:06 DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STANKIEWICZ Tomasz</b>	<b>6176</b>	PLANYBIEGOWE.PL	Senior II M - 30	01:00:28 DNF	02:42:20 DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ANDREARCZYK Patryk</b>	<b>6055</b>	ERGO HESTIA RUNNING TEAM	Senior II M - 30	01:20:56 DNF	04:56:40 DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WIATR - KMIECIAK Małgorzata</b>	<b>6322</b>	NIGHT RUNNERS	Weteran K - 50	02:00:17 DNF	05:20:56 DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MADAJCZYK Tomasz</b>	<b>6422</b>		Senior II M - 30	01:49:27 DNF	05:28:25 DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SIEMIENIUCH Łukasz</b>	<b>6006</b>		Masters M - 40	01:45:57 DNF	05:33:28 DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ADAMCZAK Artur</b>	<b>6371</b>	ORT	Senior II M - 30	01:01:10 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BIENIEK Patryk</b>	<b>6082</b>	TREC TEAM	Masters M - 40	01:04:48 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BIELA Konrad</b>	<b>6463</b>	ON	Senior II M - 30	01:10:23 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ZAKRZEWSKI Tomasz</b>	<b>6188</b>	KB VAMOS AMIGOS	Masters M - 40	01:12:08 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>NOWAK Mikołaj</b>	<b>6019</b>		Senior II M - 30	01:13:20 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>DĄBROWSKI Michał</b>	<b>6442</b>	CINCLUS	Weteran I M - 50	01:16:49 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KAROLCZAK Konrad</b>	<b>6457</b>		Masters M - 40	01:17:11 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BUKOWSKI Michał</b>	<b>6091</b>		Senior II M - 30	01:26:34 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ŻABIEREK Tomasz</b>	<b>6496</b>		Masters M - 40	01:30:41 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>TRZASKO Ania</b>	<b>6164</b>		Senior II K - 30	01:41:53 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WYSMOLINSKA Karolina</b>	<b>6374</b>		Masters K - 40	01:46:54 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>GODYŃ Sylwiusz</b>	<b>6169</b>		Weteran I M - 50	01:50:09 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WIDERA Adrian</b>	<b>6157</b>	CHOOSE YOURSELF JAWORZNO	Masters M - 40	01:55:43 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>VAN STEIJN - VAN DER PLOEG Sandra</b>	<b>6016</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	02:10:23 DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>LEWANDOWSKA Anna</b>	<b>6020</b>	BORKOŚ TEAM	Senior II K - 30	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 486 wynik(ów)