



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-07-13
Miejsce: Łądek-Zdrój
Dystans: 33 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	IVANIUTA Taras	6450	RESTARTNISA.SK	Senior II M - 30	1	00:46:55	02:00:07	02:41:27.80	02:41:29.65		4:53	12.3 (100%)
2	KUROPATWA Gabriel	6415	SBG SALCO	Senior I M - 20	1	00:48:15	02:05:43	02:50:36.40	02:50:38.55	+00:09:08 (5.4%)	5:10	11.6 (94.3%)
3	PRIADKA Marián	6495	SALOMON	Senior II M - 30	2		02:08:37	02:53:04.00	02:53:04.00	+00:11:34 (6.7%)	5:14	11.4 (92.7%)
4	GORZELAŃCZYK Jakub	6251	MKS SIECHNICE	Senior II M - 30	3	00:48:21	02:09:11	02:54:52.10	02:54:54.75	+00:13:25 (7.7%)	5:17	11.3 (91.9%)
5	BADOWSKI Aleksander	6388	AW - SZYBCIEJ - TEAM	Senior II M - 30	4	00:51:22	02:11:53	03:00:55.15	03:00:57.55	+00:19:27 (10.8%)	5:28	10.9 (88.6%)
6	MAREK Darek	6253	SCARPA TEAM POLAND / #R	Senior II M - 30	5	00:51:29	02:19:49	03:08:42.95	03:08:45.30	+00:27:15 (14.4%)	5:43	10.5 (85.4%)
7	LOVRANTOVA Katarina	6407	SALOMON TEAM	Senior II K - 30	1	00:54:10	02:21:17	03:11:48.60	03:11:53.00	+00:30:23 (15.8%)	5:48	10.3 (83.7%)
8	SIWEK Michał	6086	NIEPOŁOMICIE BIEGAJĄ	Senior II M - 30	6	00:54:11	02:24:24	03:16:38.05	03:16:41.90	+00:35:12 (17.9%)	5:57	10.1 (82.1%)
9	RASZKOWSKI Piotr	6426	ŚLĘZAK TEAM	Senior II M - 30	7	00:56:15	02:26:44	03:17:23.05	03:17:26.55	+00:35:56 (18.2%)	5:58	10 (81.3%)
10	RACZAK Maciej	6209	42K PRO TEAM	Senior II M - 30	8	00:58:40	02:29:08	03:18:16.55	03:18:21.90	+00:36:52 (18.6%)	6:00	10 (81.3%)
11	PAPROCKA Urszula	6468		Senior II K - 30	2	00:57:17	02:27:19	03:18:38.85	03:18:43.25	+00:37:13 (18.7%)	6:01	10 (81.3%)
12	DYJAK Robert Dyjak	6051		Masters M - 40	1	00:54:26	02:26:30	03:19:07.15	03:19:10.20	+00:37:40 (18.9%)	6:02	9.9 (80.5%)
13	KILIAN Mateusz	6368		Senior II M - 30	9	00:57:40	02:28:49	03:21:37.30	03:21:42.15	+00:40:12 (19.9%)	6:06	9.8 (79.7%)
14	PAROL Piotr	6068		Senior I M - 20	2	00:57:01	02:29:56	03:22:46.95	03:22:55.85	+00:41:26 (20.4%)	6:08	9.8 (79.7%)
15	PASTOROVÁ Petra	6420	MK SEITL OSTRAVA	Masters K - 40	1	00:58:43	02:31:05	03:23:01.40	03:23:06.10	+00:41:36 (20.5%)	6:09	9.8 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
16	BYRCZEK Jan	6013	UKS AZYMUT 45 GDYNIA	Senior I M - 20	3	00:55:17	02:27:34	03:24:19.00	03:24:21.95	+00:42:52 (21.0%)	6:11	9.7 (78.9%)
17	DANEČKOVÁ Mária	6475	RESTARTNISA.SK	Senior II K - 30	3	00:58:48	02:32:25	03:27:41.70	03:27:45.05	+00:46:15 (22.3%)	6:17	9.5 (77.2%)
18	TOMASIAK Natalia	6451	SALOMON TEAM	Senior II K - 30	4	00:55:18	02:29:35	03:29:29.35	03:29:33.45	+00:48:03 (22.9%)	6:20	9.5 (77.2%)
19	WALCZAK Paweł	6422		Senior II M - 30	10	00:57:01	02:35:45	03:30:54.05	03:30:58.95	+00:49:29 (23.5%)	6:23	9.4 (76.4%)
20	JEŽKOVÁ Jaroslava	6345	NVPP TEAM	Senior I K - 20	1	01:02:20	02:37:36	03:32:16.20	03:32:27.15	+00:50:57 (24.0%)	6:25	9.3 (75.6%)
21	MONZO David	6064		Senior II M - 30	11	00:58:41	02:37:59	03:34:42.85	03:34:50.40	+00:53:20 (24.8%)	6:30	9.2 (74.8%)
22	KIEŁBASIEWICZ Dawid	6019	TRAIL IS OUR WAY	Senior I M - 20	4	00:57:10	02:36:17	03:35:27.05	03:35:32.15	+00:54:02 (25.1%)	6:31	9.2 (74.8%)
23	GAZDA Vítězslav	6102	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	2	00:55:18	02:32:17	03:36:04.95	03:36:09.85	+00:54:40 (25.3%)	6:32	9.2 (74.8%)
24	MOCZEK Tomasz	6201		Masters M - 40	3	00:59:38	02:42:12	03:36:10.60	03:36:15.05	+00:54:45 (25.3%)	6:33	9.2 (74.8%)
25	BORZYSTOWSKI Patryk	6324		Senior II M - 30	12	00:55:23	02:32:11	03:37:11.90	03:37:15.15	+00:55:45 (25.7%)	6:34	9.1 (74.0%)
26	PERKOWSKI Piotr	6061	MONK SANDALS TEAM	Masters M - 40	4	01:02:32	02:44:40	03:39:17.40	03:39:25.80	+00:57:56 (26.4%)	6:38	9 (73.2%)
27	SADAFI Mehr	6493	ULTRA SKY TRAIL IRAN	Masters M - 40	5	01:00:22	02:42:10	03:38:52.85	03:39:54.25	+00:58:24 (26.6%)	6:37	9 (73.2%)
28	HARASIUK Adam	6436	AW - SZYBCIEJ - TEAM	Senior II M - 30	13	00:59:52	02:44:20	03:40:24.60	03:40:27.60	+00:58:57 (26.7%)	6:40	9 (73.2%)
29	KOWALEWSKA Elżbieta	6172	EDI TEAM ZGORZELEC	Masters K - 40	2	01:04:43	02:46:05	03:41:19.85	03:41:23.65	+00:59:54 (27.1%)	6:42	8.9 (72.4%)
30	SZWARC Mateusz	6193		Senior I M - 20	5	01:00:59	02:45:00	03:41:33.80	03:41:40.15	+01:00:10 (27.1%)	6:42	8.9 (72.4%)
31	ZAWADZKI Andrzej	6428	AW SZYBCIEJ TEAM	Masters M - 40	6	01:00:31	02:45:31	03:42:25.45	03:42:32.95	+01:01:03 (27.4%)	6:44	8.9 (72.4%)
32	RUDO Jakub	6312	ŁOCHOWSKA GRUPA BIEGOWA/ PGB SPORTOWA PACZKA	Senior II M - 30	14	00:58:47	02:44:32	03:43:07.00	03:43:12.05	+01:01:42 (27.6%)	6:45	8.9 (72.4%)
33	OLEJÁR Adam	6311		Senior I M - 20	6	01:06:58	02:50:07	03:43:08.00	03:43:23.80	+01:01:54 (27.7%)	6:45	8.9 (72.4%)
34	MATRASOVA Katerina	6427	TFRUN	Masters K - 40	3	01:02:31	02:43:50	03:44:12.80	03:44:17.55	+01:02:47 (28.0%)	6:47	8.8 (71.5%)
35	SOLIŃSKI Olaf	6453	PRZEDWOJEWSKI TEAM	Senior I M - 20	7	00:59:46	02:47:07	03:46:22.00	03:46:32.00	+01:05:02 (28.7%)	6:51	8.7 (70.7%)
36	CZECH Agata	6226		Senior II K - 30	5	01:07:56	02:51:17	03:46:29.60	03:47:02.60	+01:05:32 (28.9%)	6:51	8.7 (70.7%)
37	PRZYSTARZ Artur	6088	OBORYGENI	Weteran I M - 50	1	00:59:48	02:46:09	03:47:10.75	03:47:18.30	+01:05:48 (29.0%)	6:53	8.7 (70.7%)
38	DAUKSZO Maciej	6486		Senior I M - 20	8	01:03:39	02:50:31	03:47:32.50	03:47:34.45	+01:06:04 (29.0%)	6:53	8.7 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
39	TOPOLSKI Marcin	6402	BRZESKI KLUB BIEGACZA CZARNA PERŁA	Masters M - 40	7	01:03:54	02:50:36	03:47:44.95	03:47:59.20	+01:06:29 (29.2%)	6:54	8.7 (70.7%)
40	LUNACKOVA Michaela	6491		Senior II K - 30	6	01:01:37	02:44:15	03:47:56.85	03:48:01.15	+01:06:31 (29.2%)	6:54	8.7 (70.7%)
41	NOWACZYK Piotr	6169	MERIXSTUDIO RUNNING TEAM	Senior II M - 30	15	01:02:38	02:51:12	03:48:42.40	03:48:50.35	+01:07:20 (29.4%)	6:55	8.7 (70.7%)
42	TARNOWSKI Krzysztof	6274	KW OPOLE	Senior II M - 30	16	00:58:42	02:45:18	03:51:57.50	03:52:04.65	+01:10:35 (30.4%)	7:01	8.5 (69.1%)
43	NELL Rupert	6359		Weteran I M - 50	2	01:03:35	02:44:41	03:52:02.35	03:52:25.60	+01:10:55 (30.5%)	7:01	8.5 (69.1%)
44	VESELÝ Pavel	6348	HSK HORNÍ ROKYTNICE	Weteran I M - 50	3	01:03:02	02:50:01	03:52:19.70	03:52:25.95	+01:10:56 (30.5%)	7:02	8.5 (69.1%)
45	WOJCZUK Paweł	6261		Senior II M - 30	17	01:02:35	02:53:20	03:54:35.40	03:54:48.80	+01:13:19 (31.2%)	7:06	8.4 (68.3%)
46	PIEKARSKI Jakub	6065		Senior I M - 20	9	00:59:44	02:49:12	03:55:29.55	03:55:39.30	+01:14:09 (31.5%)	7:08	8.4 (68.3%)
47	ZYGUŁA Piotr	6281	DCWRP TEAM	Masters M - 40	8	01:05:09	02:53:08	03:56:00.55	03:56:13.35	+01:14:43 (31.6%)	7:09	8.4 (68.3%)
48	ŁUCZKO Grzegorz	6457	NATURAL BORN RUNNERS TEAM	Senior II M - 30	18	01:04:35	02:55:03	03:58:16.95	03:58:24.25	+01:16:54 (32.3%)	7:13	8.3 (67.5%)
49	CAKAŁA Zuzanna	6301	AUGUSTYNIAK TRIATHLON TEAM	Senior II K - 30	7	01:07:28	02:58:45	03:58:30.75	03:58:57.40	+01:17:27 (32.4%)	7:13	8.3 (67.5%)
50	SZEWC Jonasz	6297	MOCNA GRUPA CEZARA	Senior I M - 20	10	01:01:35	02:53:54	03:59:25.35	03:59:32.35	+01:18:02 (32.6%)	7:15	8.3 (67.5%)
51	WYSMOLIŃSKI Rafał	6434		Masters M - 40	9	01:09:14	02:58:18	03:59:16.80	03:59:36.65	+01:18:07 (32.6%)	7:15	8.3 (67.5%)
52	LIŚKIEWICZ Hubert	6327	MY ENDURANCE COACHING	Senior I M - 20	11	01:05:16	02:56:10	04:01:18.55	04:01:50.50	+01:20:20 (33.2%)	7:18	8.2 (66.7%)
53	ŻBIK Bartosz	6158	SMART THERAPY	Senior II M - 30	19	00:59:45	02:53:33	04:02:52.00	04:03:04.70	+01:21:35 (33.6%)	7:21	8.2 (66.7%)
54	PREISNER Marcin	6490		Senior II M - 30	20	01:05:33	02:57:46	04:04:24.45	04:04:44.80	+01:23:15 (34.0%)	7:24	8.1 (65.9%)
55	SZARAPANOWSKI Marcin	6429	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	10	01:08:12	03:03:45	04:04:47.60	04:04:57.80	+01:23:28 (34.1%)	7:25	8.1 (65.9%)
56	KORECKI Andrzej	6410	ŁOCHOWO TRIAL TEAM	Masters M - 40	11	01:05:25	03:01:22	04:04:55.65	04:05:03.00	+01:23:33 (34.1%)	7:25	8.1 (65.9%)
57	TADEJA Jakub	6399		Senior II M - 30	21	01:05:55	02:59:24	04:04:55.60	04:05:12.55	+01:23:42 (34.1%)	7:25	8.1 (65.9%)
58	MENDYKA Łukasz	6454		Senior II M - 30	22	01:10:24	03:04:58	04:06:02.95	04:06:17.30	+01:24:47 (34.4%)	7:27	8 (65.0%)
59	BIAŁOMYZY Urszula	6005		Senior I K - 20	2	01:07:38	03:03:09	04:06:17.95	04:06:27.70	+01:24:58 (34.5%)	7:27	8 (65.0%)
60	DOLATA Marcin	6166		Senior II M - 30	23	01:03:54	03:03:24	04:06:37.05	04:06:41.35	+01:25:11 (34.5%)	7:28	8 (65.0%)
61	DEMKOWSKI Marcin	6357	AW - SZYBCIEJ - TEAM	Senior II M - 30	24	01:14:00	03:10:11	04:06:08.15	04:06:51.70	+01:25:22 (34.6%)	7:27	8 (65.0%)

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						A1 9km	D1 24km					
62	RICHTIG Tomas	6489		Masters M - 40	12	01:07:36	03:05:23	04:06:40.90	04:07:06.25	+01:25:36 (34.6%)	7:28	8 (65.0%)
63	PELA Dariusz	6389	JHS	Masters M - 40	13	01:07:27	02:59:20	04:08:23.10	04:08:35.35	+01:27:05 (35.0%)	7:31	8 (65.0%)
64	BIELSKI Seweryn	6039	42K PROTEAM	Masters M - 40	14	01:06:58	03:02:42	04:08:50.50	04:08:53.85	+01:27:24 (35.1%)	7:32	8 (65.0%)
65	MARZEC Tomasz	6174	RUNNERS TEAM NYSA	Masters M - 40	15	01:04:04	03:03:03	04:08:52.75	04:09:03.10	+01:27:33 (35.2%)	7:32	8 (65.0%)
66	PŁAZIAK-KOWALSKA Magdalena	6244	2K	Masters K - 40	4	01:11:34	03:08:01	04:09:24.65	04:09:35.80	+01:28:06 (35.3%)	7:33	7.9 (64.2%)
67	MARCINOWSKI Paweł	6310	KLUB LEKKOATLETYCZNY ZIEMI KŁODZKIEJ	Senior II M - 30	25	01:02:48	02:58:59	04:10:08.25	04:10:17.40	+01:28:47 (35.5%)	7:34	7.9 (64.2%)
68	MATCZAK Patryk	6190		Senior I M - 20	12	01:02:25	02:57:59	04:09:52.15	04:10:19.30	+01:28:49 (35.5%)	7:34	7.9 (64.2%)
69	BIAŁCZYK Marcin	6284	MARATOŃCZYK POZNAŃ	Senior II M - 30	26	01:03:50	02:56:55	04:10:17.20	04:10:23.15	+01:28:53 (35.5%)	7:35	7.9 (64.2%)
70	WALCZAK Adela	6003	TRAIL IS OUR WAY	Senior II K - 30	8	01:13:57	03:08:57	04:11:15.00	04:11:24.80	+01:29:55 (35.8%)	7:36	7.9 (64.2%)
71	BUDREWICZ Katarzyna	6124	WIOSKA BIEGACZY	Masters K - 40	5	01:12:44	03:09:11	04:11:05.65	04:11:26.05	+01:29:56 (35.8%)	7:36	7.9 (64.2%)
72	MACZUŁAJTYS Łukasz	6366	KW WARSZAWA	Senior II M - 30	27	01:05:22	03:02:52	04:11:36.00	04:11:42.85	+01:30:13 (35.8%)	7:37	7.9 (64.2%)
73	KUTYBA Mariusz	6444	WOLNE ŚLIMAKI	Masters M - 40	16	01:07:42	03:06:06	04:11:43.05	04:11:53.60	+01:30:23 (35.9%)	7:37	7.9 (64.2%)
74	KOWALCZYK Rafał	6141	SIGMA TECHNOLOGY & ENERGY SOLUTIONS SP. Z O.O.	Senior II M - 30	28	01:06:28	02:56:28	04:12:24.20	04:12:45.85	+01:31:16 (36.1%)	7:38	7.8 (63.4%)
75	BROK Jacek	6015		Weteran I M - 50	4	01:11:26	03:07:27	04:12:16.85	04:12:55.05	+01:31:25 (36.1%)	7:38	7.8 (63.4%)
76	KORCZ Daniel	6494	TERVEL BIEGACZ GÓRSKI	Masters M - 40	17	01:07:36	03:13:24	04:14:33.60	04:14:57.30	+01:33:27 (36.7%)	7:42	7.8 (63.4%)
77	NAWROCKI Szymon	6384	DCWRP	Masters M - 40	18	01:14:19	03:07:53	04:14:37.25	04:15:17.25	+01:33:47 (36.7%)	7:42	7.8 (63.4%)
78	JASIŃSKI Adam	6136	APTENEO TEAM	Masters M - 40	19	01:12:44	03:13:34	04:14:47.05	04:15:54.30	+01:34:24 (36.9%)	7:43	7.8 (63.4%)
79	KLONOWICZ Patrycja	6303	HUNTERS OCR TEAM	Senior I K - 20	3	01:12:57	03:13:55	04:15:53.35	04:16:04.70	+01:34:35 (36.9%)	7:45	7.7 (62.6%)
80	JÓŻWIAK Dorota	6149	42K PRO TEAM	Masters K - 40	6	01:10:55	03:11:05	04:16:07.35	04:16:10.25	+01:34:40 (37.0%)	7:45	7.7 (62.6%)
81	PILIPCZUK Jakub	6118		Senior I M - 20	13	01:04:49	03:03:04	04:16:09.80	04:16:22.60	+01:34:52 (37.0%)	7:45	7.7 (62.6%)
82	STASIORCZYK Marek	6462	WIELISZEW HERON TEAM	Masters M - 40	20	01:11:38	03:09:27	04:15:55.25	04:16:59.70	+01:35:30 (37.2%)	7:45	7.7 (62.6%)
83	URBAŃSKI Michał	6196	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	29	01:07:29	03:07:02	04:17:12.10	04:17:26.20	+01:35:56 (37.3%)	7:47	7.7 (62.6%)
84	KUSAL Tomasz	6162	ZAŁOGA GÓRSKA	Senior I M - 20	14	01:06:41	03:01:40	04:17:35.00	04:17:41.95	+01:36:12 (37.3%)	7:48	7.7 (62.6%)

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85	MIDOR Karolina	6155	ZAŁOGA GÓRSKA	Senior I K - 20	4	01:06:41	03:01:41	04:17:35.25	04:17:42.10	+01:36:12 (37.3%)	7:48	7.7 (62.6%)
86	PALIŃSKI Bartłomiej	6139	ROZBIEGANI CHOJNÓW	Senior I M - 20	15	01:07:43	03:11:28	04:17:52.65	04:18:05.45	+01:36:35 (37.4%)	7:48	7.7 (62.6%)
87	KOLAWA Piotr	6271	TRENUJZNAMI.PL	Masters M - 40	21	01:10:23	03:11:16	04:17:13.65	04:18:11.25	+01:36:41 (37.5%)	7:47	7.7 (62.6%)
88	BORUCKI Tomasz	6160		Masters M - 40	22	01:05:06	03:09:16	04:17:53.95	04:18:13.55	+01:36:43 (37.5%)	7:48	7.7 (62.6%)
89	DOMAŃ Joanna	6338	FEHLAU RUN TEAM	Masters K - 40	7	01:16:52	03:15:57	04:18:29.70	04:19:09.05	+01:37:39 (37.7%)	7:49	7.7 (62.6%)
90	REDKIEWICZ Agnieszka	6313	SOBAS TEAM	Masters K - 40	8	01:12:22	03:13:18	04:19:36.50	04:19:48.15	+01:38:18 (37.8%)	7:52	7.6 (61.8%)
91	SZAJDA Marcin	6098	IRRACJONALNIE MASZERUJĄCY	Masters M - 40	23	01:12:16	03:16:03	04:21:54.05	04:22:25.55	+01:40:55 (38.5%)	7:56	7.6 (61.8%)
92	PAJOR Bartosz	6071		Senior II M - 30	30	01:03:46	02:58:02	04:22:20.25	04:22:27.75	+01:40:58 (38.5%)	7:56	7.5 (61.0%)
93	GEZELA Robert	6382	EUFORIA BIEGACZA TEAM	Masters M - 40	24	01:13:52	03:18:19	04:22:52.90	04:23:01.00	+01:41:31 (38.6%)	7:57	7.5 (61.0%)
94	KŁUSEK Kacper	6329	BAMPIG	Senior I M - 20	16	01:10:31	03:17:07	04:23:00.80	04:23:34.75	+01:42:05 (38.7%)	7:58	7.5 (61.0%)
95	PŁAWECKI Mateusz	6328	BAMPIG	Senior I M - 20	17	01:10:30	03:17:07	04:23:01.05	04:23:34.85	+01:42:05 (38.7%)	7:58	7.5 (61.0%)
96	PACEK Tomasz	6377	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	31	01:01:19	02:54:21	04:23:57.00	04:24:03.85	+01:42:34 (38.8%)	7:59	7.5 (61.0%)
97	BUDREWICZ Maciej	6125	BUDRYSY	Senior II M - 30	32	01:12:45	03:16:32	04:23:51.90	04:24:12.00	+01:42:42 (38.9%)	7:59	7.5 (61.0%)
98	TWORZYDŁO Piotr	6431	BEZPASIASTY ESKADRYL FANDANGO	Senior II M - 30	33	01:08:51	03:13:00	04:24:18.15	04:24:50.45	+01:43:20 (39.0%)	8:00	7.5 (61.0%)
99	SZARAPANOWSKI Damian	6446	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	25	01:14:22	03:18:36	04:24:02.95	04:24:59.10	+01:43:29 (39.1%)	8:00	7.5 (61.0%)
100	JAGIELSKI Jerzy	6176	JKS SALAMANDRA	Senior II M - 30	34	01:08:03	03:14:46	04:24:52.30	04:25:17.25	+01:43:47 (39.1%)	8:01	7.5 (61.0%)
101	ZAWADZKI Rafał	6055	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	26	01:15:11	03:20:47	04:25:31.20	04:25:47.35	+01:44:17 (39.2%)	8:02	7.5 (61.0%)
102	MAŁKOWSKI Tomasz	6157	GRUPA BIEGOWA 65	Weteran I M - 50	5	01:15:12	03:17:20	04:25:46.85	04:26:34.40	+01:45:04 (39.4%)	8:03	7.5 (61.0%)
103	KACZOROWSKI Damian	6137	APTENEO TEAM	Masters M - 40	27	01:14:53	03:10:47	04:26:12.75	04:27:18.95	+01:45:49 (39.6%)	8:04	7.4 (60.2%)
104	WYKA Błażej	6460	PCH_RUN	Masters M - 40	28	01:10:11	03:14:25	04:27:33.10	04:27:38.65	+01:46:09 (39.7%)	8:06	7.4 (60.2%)
105	KOWALCZYK-KRZYSCIN Maciej	6452	STRUŚ KĄKOLEWICE	Masters M - 40	29	01:10:12	03:14:29	04:27:32.60	04:27:38.75	+01:46:09 (39.7%)	8:06	7.4 (60.2%)
106	BĘŚ Marcin	6459		Masters M - 40	30	01:14:22	03:23:07	04:27:44.25	04:28:02.75	+01:46:33 (39.8%)	8:06	7.4 (60.2%)
107	WYCHOWANIEC Paweł	6008		Senior II M - 30	35	01:07:09	03:21:14	04:27:54.55	04:28:03.70	+01:46:34 (39.8%)	8:07	7.4 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
108	OSIEWAŁA Patryk	6154		Senior I M - 20	18	01:14:05	03:18:32	04:27:43.80	04:28:05.25	+01:46:35 (39.8%)	8:06	7.4 (60.2%)
109	LACH Marek	6076	ELITE RUNNERS	Masters M - 40	31	01:09:43	03:16:22	04:28:24.25	04:28:50.25	+01:47:20 (39.9%)	8:08	7.4 (60.2%)
110	KUNIK Iwona	6100	DZIKIE DZIKI GORZÓW	Senior II K - 30	9	01:11:01	03:21:37	04:28:56.25	04:28:59.80	+01:47:30 (40.0%)	8:08	7.4 (60.2%)
111	JAGNIĄTKOWSKI Jacek	6289	TEAM KURORT ŁĄDEK ZDRÓJ	Masters M - 40	32	01:06:01	03:17:45	04:28:56.75	04:29:06.05	+01:47:36 (40.0%)	8:08	7.4 (60.2%)
112	WANAT Mateusz	6351	PRZEDWOJEWSKI TEAM	Senior II M - 30	36	01:10:33	03:22:30	04:29:52.35	04:30:02.05	+01:48:32 (40.2%)	8:10	7.3 (59.3%)
113	BENČÍK Robert	6113	TRAIL-RUN2.CZ	Masters M - 40	33	01:04:38	03:21:37	04:30:20.75	04:30:26.20	+01:48:56 (40.3%)	8:11	7.3 (59.3%)
114	JĘDRAŚ Rafał	6150		Senior II M - 30	37	01:19:03	03:24:43	04:29:20.75	04:30:50.15	+01:49:20 (40.4%)	8:09	7.4 (60.2%)
115	RABIEJ-OLSZEWSKA Hanna	6257	SOBASTEAM	Senior II K - 30	10	01:16:53	03:24:02	04:31:11.25	04:31:22.70	+01:49:53 (40.5%)	8:13	7.3 (59.3%)
116	PAWŁOWSKI Dawid	6221	SKL SUCHA BESKIDZKA	Senior II M - 30	38	01:21:20	03:23:33	04:31:14.35	04:31:26.40	+01:49:56 (40.5%)	8:13	7.3 (59.3%)
117	JACHIRA Patryk	6413	STAJNIAK TEAM	Senior II M - 30	39	01:07:59	03:23:19	04:30:47.65	04:31:27.90	+01:49:58 (40.5%)	8:12	7.3 (59.3%)
118	KOWALSKI Maciej	6395	MORSY OŚNO LUBUSKIE	Masters M - 40	34	01:09:39	03:21:02	04:32:13.70	04:32:49.50	+01:51:19 (40.8%)	8:14	7.3 (59.3%)
119	ŁASSA Eliza	6337	SKLEP BIEGACZA RUNNING TEAM	Senior I K - 20	5	01:15:00	03:26:38	04:32:25.25	04:33:10.05	+01:51:40 (40.9%)	8:15	7.3 (59.3%)
120	WALCZAK Damian	6286		Senior II M - 30	40	01:10:53	03:20:20	04:33:13.50	04:33:28.75	+01:51:59 (40.9%)	8:16	7.2 (58.5%)
121	KUŁAKOWSKA Małgorzata	6145	ŚWIDNICKA GRUPA BIEGOWA	Masters K - 40	9	01:11:41	03:14:22	04:34:28.25	04:34:48.15	+01:53:18 (41.2%)	8:19	7.2 (58.5%)
122	GONSIOR Tomasz	6220		Senior II M - 30	41	01:13:21	03:22:36	04:34:05.00	04:34:49.35	+01:53:19 (41.2%)	8:18	7.2 (58.5%)
123	KAYSIEWICZ Maciej	6246	NATURAL BORN RUNNERS TEAM	Weteran I M - 50	6	01:14:17	03:21:37	04:35:07.90	04:35:21.35	+01:53:51 (41.4%)	8:20	7.2 (58.5%)
124	KUNIK Artur	6099	DZIKIE DZIKI GORZÓW	Masters M - 40	35	01:11:02	03:23:58	04:35:19.05	04:35:23.00	+01:53:53 (41.4%)	8:20	7.2 (58.5%)
125	WINDAK Agnieszka	6144		Senior I K - 20	6	01:19:24	03:29:08	04:34:49.15	04:35:51.10	+01:54:21 (41.5%)	8:19	7.2 (58.5%)
126	ŻEGLICZ Marek	6256	SPÓJNIA BIAŁE BŁOTA (#SPORTOWYKOCUR)	Senior I M - 20	19	01:13:53	03:22:19	04:35:25.75	04:36:35.70	+01:55:06 (41.6%)	8:20	7.2 (58.5%)
127	KALKA Katarzyna	6023	MARATOŃCZYK POZNAŃ	Senior II K - 30	11	01:12:31	03:20:53	04:36:31.25	04:36:37.40	+01:55:07 (41.6%)	8:22	7.2 (58.5%)
128	WICIK Piotr	6336		Senior I M - 20	20	01:16:45	03:27:28	04:36:32.55	04:36:51.10	+01:55:21 (41.7%)	8:22	7.2 (58.5%)
129	SOKOŁOWSKI Kamil	6270		Senior I M - 20	21	01:13:51	03:27:38	04:37:30.30	04:38:05.30	+01:56:35 (41.9%)	8:24	7.1 (57.7%)
130	JANKOWSKI Krzysztof	6279		Senior II M - 30	42	01:16:26	03:25:12	04:38:03.10	04:38:29.25	+01:56:59 (42.0%)	8:25	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
131	FRYCA Karolina	6394		Senior II K - 30	12	01:15:38	03:28:10	04:38:14.55	04:38:32.20	+01:57:02 (42.0%)	8:25	7.1 (57.7%)
132	POLIWOZAK Patryk	6011		Senior II M - 30	43	01:10:44	03:23:36	04:38:54.25	04:39:06.45	+01:57:36 (42.1%)	8:27	7.1 (57.7%)
133	BACHURSKI Tomasz	6020	AW-SZYBCIEJ-TEAM/KB HARCOWNIK	Masters M - 40	36	01:13:38	03:17:19	04:39:02.15	04:39:26.20	+01:57:56 (42.2%)	8:27	7.1 (57.7%)
134	ŁATKA Mateusz	6376		Senior II M - 30	44	01:18:38	03:32:18	04:39:51.40	04:39:58.10	+01:58:28 (42.3%)	8:28	7.1 (57.7%)
135	OPPELN-BRONIKOWSKI Mateusz	6053	BY BYĆ W FORMIE	Senior II M - 30	45	01:11:54	03:18:49	04:39:45.35	04:40:03.95	+01:58:34 (42.3%)	8:28	7.1 (57.7%)
136	JOPA Maciej	6165		Senior II M - 30	46	01:16:23	03:28:45	04:40:26.60	04:40:32.55	+01:59:02 (42.4%)	8:29	7.1 (57.7%)
137	ŁAPAWA Tomasz	6188	JUTROSIŃSKI KLUB BIEGACZY	Masters M - 40	37	01:16:50	03:28:37	04:40:35.40	04:40:46.55	+01:59:16 (42.5%)	8:30	7.1 (57.7%)
138	WACHOWSKI Robert	6234		Masters M - 40	38	01:16:59	03:25:46	04:40:18.20	04:40:48.00	+01:59:18 (42.5%)	8:29	7.1 (57.7%)
139	LEWANDOWSKI Wojciech	6362	DZIKIE ŻYCIE RUN TEAM	Senior II M - 30	47	01:15:38	03:19:59	04:40:52.55	04:41:07.85	+01:59:38 (42.6%)	8:30	7 (56.9%)
140	MÜLLER Marc	6484		Senior II M - 30	48	01:15:41	03:26:05	04:40:44.30	04:41:28.00	+01:59:58 (42.6%)	8:30	7.1 (57.7%)
141	MOKRZYŃSKI Marcin	6492	KURORT ŁĄDEK ZDRÓJ	Masters M - 40	39	01:14:20	03:32:03	04:41:29.90	04:41:46.95	+02:00:17 (42.7%)	8:31	7 (56.9%)
142	MIKUĆ Cezary	6212	EUROCASH TEAM	Senior II M - 30	49	01:14:49	03:24:27	04:41:04.00	04:42:05.30	+02:00:35 (42.8%)	8:31	7 (56.9%)
143	LEWANDOWSKI Grzegorz	6156	GOLENIÓW	Masters M - 40	40	01:17:05	03:27:59	04:41:38.05	04:42:11.85	+02:00:42 (42.8%)	8:32	7 (56.9%)
144	BAK Aleksander	6403	MORSY OŚNO LUBUSKIE	Masters M - 40	41	01:18:44	03:29:51	04:42:07.15	04:42:42.75	+02:01:13 (42.9%)	8:32	7 (56.9%)
145	DOMINIK Marcin	6463		Senior II M - 30	50	01:15:59	03:32:42	04:42:46.15	04:43:15.35	+02:01:45 (43.0%)	8:34	7 (56.9%)
146	PODOLUK Marek	6440		Masters M - 40	42	01:10:25	03:22:07	04:43:04.25	04:43:16.20	+02:01:46 (43.0%)	8:34	7 (56.9%)
147	GAWLICKI Aleksander	6473	LESZCZYŃSKIE BYCZKI	Senior I M - 20	22	01:12:05	03:31:29	04:43:07.90	04:43:20.35	+02:01:50 (43.0%)	8:34	7 (56.9%)
148	WOJTOWICZ Karolina	6094	4T	Senior II K - 30	13	01:17:42	03:26:30	04:42:42.60	04:43:22.00	+02:01:52 (43.0%)	8:34	7 (56.9%)
149	BUŁAT Grzegorz	6298		Senior II M - 30	51	01:15:21	03:28:21	04:43:16.85	04:43:43.30	+02:02:13 (43.1%)	8:35	7 (56.9%)
150	WELTER Przemysław	6267	KB SZAMOTUŁY	Senior II M - 30	52	01:14:47	03:29:43	04:43:32.60	04:43:48.00	+02:02:18 (43.1%)	8:35	7 (56.9%)
151	ODIJA Leszek	6397		Masters M - 40	43	01:21:11	03:35:56	04:43:23.80	04:44:00.05	+02:02:30 (43.1%)	8:35	7 (56.9%)
152	SZUBA Teofil	6479		Masters M - 40	44	01:12:28	03:24:36	04:43:42.15	04:44:02.15	+02:02:32 (43.1%)	8:35	7 (56.9%)
153	CHEŁKOWSKI Bartosz	6080		Senior II M - 30	53	01:14:10	03:32:24	04:43:36.55	04:44:13.20	+02:02:43 (43.2%)	8:35	7 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
154	GRZESIK Mateusz	6333	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior II M - 30	54	01:13:36	03:30:36	04:43:46.75	04:44:17.80	+02:02:48 (43.2%)	8:35	7 (56.9%)
155	STĘSIK Tomasz	6334	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior II M - 30	55	01:13:23	03:30:36	04:43:50.10	04:44:21.40	+02:02:51 (43.2%)	8:36	7 (56.9%)
156	KRZOS Piotr	6435		Senior II M - 30	56	01:19:23	03:33:44	04:43:39.90	04:44:51.90	+02:03:22 (43.3%)	8:35	7 (56.9%)
157	KONIECZNY Wojciech	6323	SII RUNNING TEAM	Senior II M - 30	57	01:20:56	03:31:54	04:43:32.85	04:45:03.20	+02:03:33 (43.3%)	8:35	7 (56.9%)
158	WARZECHA Teresa	6252	RUNNERS TEAM NYSA	Weteran II K - 60	1	01:23:07	03:33:10	04:45:01.90	04:45:12.45	+02:03:42 (43.4%)	8:38	6.9 (56.1%)
159	WIERZBIŃSKI Kamil	6339		Senior II M - 30	58	01:13:20	03:27:38	04:45:10.55	04:46:02.20	+02:04:32 (43.5%)	8:38	6.9 (56.1%)
160	OLESZOWSKI Marcin	6277		Senior II M - 30	59	01:07:26	03:19:05	04:46:18.00	04:46:32.20	+02:05:02 (43.6%)	8:40	6.9 (56.1%)
161	POLÍVKA Lukáš	6269	KLUB TROJČAT	Masters M - 40	45	01:19:35	03:33:22	04:46:50.10	04:47:18.70	+02:05:49 (43.8%)	8:41	6.9 (56.1%)
162	KUCHARSKI Robert	6266	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	46	01:08:23	03:32:39	04:48:01.25	04:48:13.20	+02:06:43 (44.0%)	8:43	6.9 (56.1%)
163	PURGAL Tomasz	6218	SAINT-GOBAIN SQUAD	Masters M - 40	47	01:14:00	03:26:10	04:47:54.35	04:48:22.00	+02:06:52 (44.0%)	8:43	6.9 (56.1%)
164	KOŁAKOWSKA-FALŃKOWSKA Irena	6346	ULTRA SKY TRAIL	Masters K - 40	10	01:15:33	03:33:49	04:48:21.65	04:49:13.30	+02:07:43 (44.2%)	8:44	6.9 (56.1%)
165	KUTKA Krzysztof	6294		Masters M - 40	48	01:16:20	03:28:33	04:49:07.20	04:49:13.75	+02:07:44 (44.2%)	8:45	6.8 (55.3%)
166	FORTAK Rafał	6031		Senior II M - 30	60	01:16:40	03:24:05	04:48:47.00	04:49:17.90	+02:07:48 (44.2%)	8:45	6.9 (56.1%)
167	BODEK Tomasz	6122	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	49	01:15:45	03:31:27	04:48:06.55	04:49:29.65	+02:08:00 (44.2%)	8:43	6.9 (56.1%)
168	NAPIERAŁA Andrzej	6307	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	1	01:20:13	03:37:12	04:47:57.45	04:49:40.50	+02:08:10 (44.2%)	8:43	6.9 (56.1%)
169	FOLWARSKI Zbigniew	6121		Senior II M - 30	61	01:12:42	03:22:45	04:49:13.70	04:49:41.50	+02:08:11 (44.3%)	8:45	6.8 (55.3%)
170	KULPIŃSKI Paweł	6424		Masters M - 40	50	01:17:25	03:37:43	04:49:26.30	04:49:42.10	+02:08:12 (44.3%)	8:46	6.8 (55.3%)
171	SŁUGOCKI Mateusz	6386		Senior II M - 30	62	01:19:42	03:33:58	04:49:33.20	04:50:06.35	+02:08:36 (44.3%)	8:46	6.8 (55.3%)
172	WRÓBLEWSKI Adrian	6058	ZGRUPKA PROMOBIL TEAM	Senior II M - 30	63	01:05:33	03:29:58	04:50:18.05	04:50:32.70	+02:09:03 (44.4%)	8:47	6.8 (55.3%)
173	TOMASZKIEWICZ Wojciech	6112	RUNFOREST	Senior II M - 30	64	01:13:39	03:30:16	04:50:27.75	04:50:38.15	+02:09:08 (44.4%)	8:48	6.8 (55.3%)
174	KAMROWSKI Dawid	6308		Senior II M - 30	65	01:16:40	03:34:40	04:50:07.30	04:50:50.85	+02:09:21 (44.5%)	8:47	6.8 (55.3%)
175	SŁABĘCKI Dawid	6247		Senior II M - 30	66	01:19:35	03:32:30	04:50:16.75	04:51:13.15	+02:09:43 (44.5%)	8:47	6.8 (55.3%)
176	KARWACKI Krystian	6187		Masters M - 40	51	01:16:00	03:39:02	04:51:26.15	04:51:34.85	+02:10:05 (44.6%)	8:49	6.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
177	CYBULSKI Bartłomiej	6304	TRIATHLON X TEAM	Masters M - 40	52	01:12:52	03:32:45	04:51:49.95	04:52:03.60	+02:10:33 (44.7%)	8:50	6.8 (55.3%)
178	ŁASSA Rafał	6306	PARKABIEGA	Senior I M - 20	23	01:14:59	03:33:09	04:51:24.60	04:52:10.05	+02:10:40 (44.7%)	8:49	6.8 (55.3%)
179	ŁUCKA Artur	6231		Senior II M - 30	67	01:13:27	03:23:35	04:52:08.10	04:52:23.00	+02:10:53 (44.8%)	8:51	6.8 (55.3%)
180	DĄBKIEWICZ Dominika	6119	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	Masters K - 40	11	01:21:39	03:41:27	04:52:56.30	04:53:54.30	+02:12:24 (45.1%)	8:52	6.8 (55.3%)
181	SZOTA Magdalena	6364	DCWRP	Masters K - 40	12	01:19:23	03:39:57	04:53:17.05	04:53:56.00	+02:12:26 (45.1%)	8:53	6.8 (55.3%)
182	JANOWICZ Wojtek	6419		Senior II M - 30	68	01:20:31	03:39:12	04:53:24.40	04:54:05.50	+02:12:35 (45.1%)	8:53	6.7 (54.5%)
183	KISIAŁA Filip	6016	TATA WOJTUSIA	Masters M - 40	53	01:18:11	03:37:57	04:54:02.50	04:54:27.70	+02:12:58 (45.2%)	8:54	6.7 (54.5%)
184	WITKOWSKI Maciej	6449	HEXAPRO	Senior II M - 30	69	01:22:06	03:40:41	04:55:02.05	04:55:14.10	+02:13:44 (45.3%)	8:56	6.7 (54.5%)
185	SEGUE Ludovic	6455	S/L EA DU PLATEAU EST (ROUEN)	Masters M - 40	54	01:21:25	03:46:07	04:55:35.80	04:55:53.85	+02:14:24 (45.4%)	8:57	6.7 (54.5%)
186	DOMINIK-SEGUE Marta	6456	S/L EA DU PLATEAU EST (ROUEN)	Masters K - 40	13	01:21:35	03:46:13	04:55:36.15	04:55:54.10	+02:14:24 (45.4%)	8:57	6.7 (54.5%)
187	ORLICZ Katarzyna Jadwiga	6367		Senior II K - 30	14	01:19:35	03:46:53	04:55:42.15	04:56:01.55	+02:14:31 (45.4%)	8:57	6.7 (54.5%)
188	ZALEWSKI Karol	6161		Masters M - 40	55	01:18:18	03:38:38	04:55:50.05	04:56:15.65	+02:14:46 (45.5%)	8:57	6.7 (54.5%)
189	BURA Tomasz	6108		Senior II M - 30	70	01:22:15	03:44:50	04:56:04.15	04:56:26.60	+02:14:56 (45.5%)	8:58	6.7 (54.5%)
190	RYCHCIK-ZYGADŁO Edyta	6445		Weteran K - 50	1	01:23:03	03:44:28	04:56:11.70	04:56:31.00	+02:15:01 (45.5%)	8:58	6.7 (54.5%)
191	PIELKA Robert	6282		Masters M - 40	56	01:22:42	03:41:23	04:56:10.35	04:57:02.90	+02:15:33 (45.6%)	8:58	6.7 (54.5%)
192	BÓRKOWSKI Mikołaj	6057	MARATOŃCZYK POZNAŃ	Masters M - 40	57	01:23:31	03:43:19	04:56:37.65	04:57:47.55	+02:16:17 (45.8%)	8:59	6.7 (54.5%)
193	SZPURA Emilian	6077	MARATOŃCZYK POZNAŃ	Senior II M - 30	71	01:23:32	03:43:20	04:56:37.50	04:57:47.85	+02:16:18 (45.8%)	8:59	6.7 (54.5%)
194	BEDNAREK Marcin	6177	MARATOŃCZYK POZNAŃ	Senior II M - 30	72	01:23:31	03:43:22	04:56:38.35	04:57:48.60	+02:16:18 (45.8%)	8:59	6.7 (54.5%)
195	BARTECKI Tomasz	6114		Masters M - 40	58	01:20:27	03:41:24	04:57:59.10	04:58:25.85	+02:16:56 (45.9%)	9:01	6.6 (53.7%)
196	GAJEWSKI Michał	6045		Senior I M - 20	24	01:17:53	03:42:01	04:58:05.60	04:58:27.75	+02:16:58 (45.9%)	9:01	6.6 (53.7%)
197	WIERZBICKI Daniel	6314	EBIEGI.PL	Masters M - 40	59	01:22:52	03:39:25	04:57:59.95	04:58:43.00	+02:17:13 (45.9%)	9:01	6.6 (53.7%)
198	LUCKI Pawel	6093		Senior I M - 20	25	01:19:44	03:45:08	04:58:10.80	04:58:44.10	+02:17:14 (45.9%)	9:02	6.6 (53.7%)
199	WOŹNIAK Karolina	6007	INKA TEAM	Senior II K - 30	15	01:19:31	03:36:13	04:58:27.35	04:58:59.40	+02:17:29 (46.0%)	9:02	6.6 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
200	GOLAS Michał	6363		Senior I M - 20	26	01:12:48	03:30:18	04:57:46.90	04:59:02.95	+02:17:33 (46.0%)	9:01	6.6 (53.7%)
201	SOSIN Dawid	6073		Senior I M - 20	27	01:22:08	03:46:21	04:58:03.70	04:59:24.75	+02:17:55 (46.1%)	9:01	6.6 (53.7%)
201	WATARZYSZYN Marzena	6477		Senior I K - 20	7	01:22:16	03:45:39	04:58:03.50	04:59:24.75	+02:17:55 (46.1%)	9:01	6.6 (53.7%)
203	BOREK Mateusz	6417		Senior I M - 20	28	01:13:21	03:33:18	04:59:44.60	05:00:10.95	+02:18:41 (46.2%)	9:04	6.6 (53.7%)
204	LEJA Wojciech	6103	MATNER RUNNING TEAM	Senior II M - 30	73	01:09:03	03:41:30	05:00:03.75	05:00:39.25	+02:19:09 (46.3%)	9:05	6.6 (53.7%)
205	PYRSZEL Ula	6293	AR ADIDAS RUNNERS POZNAŃ	Senior II K - 30	16	01:16:50	03:41:34	05:00:02.65	05:00:49.45	+02:19:19 (46.3%)	9:05	6.6 (53.7%)
206	GRAU Joanna	6485	KWIDZYN BIEGA	Masters K - 40	14	01:28:43	03:48:45	05:00:26.30	05:00:56.90	+02:19:27 (46.3%)	9:06	6.6 (53.7%)
207	SKWAREK Agnieszka	6148	DZIKIE ŚWINIE	Senior II K - 30	17	01:27:07	03:49:40	05:01:28.95	05:01:58.65	+02:20:29 (46.5%)	9:08	6.6 (53.7%)
208	KRZYŻAK Jakub	6483	XTRAINER SALOMON	Masters M - 40	60	01:07:39	03:11:11	05:03:22.35	05:03:28.70	+02:21:59 (46.8%)	9:11	6.5 (52.8%)
209	JASIŃSKI Paweł	6126	APTENEO TEAM	Masters M - 40	61	01:18:53	03:45:25	05:02:30.45	05:03:37.05	+02:22:07 (46.8%)	9:10	6.5 (52.8%)
210	PIWKO Michał	6326		Senior I M - 20	29	01:12:46	03:36:33	05:03:25.65	05:03:41.70	+02:22:12 (46.8%)	9:11	6.5 (52.8%)
211	DOMAŃ Leszek	6171	FEHLAU RUN TEAM	Masters M - 40	62	01:21:36	03:44:38	05:03:05.85	05:03:44.70	+02:22:15 (46.8%)	9:11	6.5 (52.8%)
212	ROGOCZ Maciej	6237	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	63	01:22:42	03:45:28	05:03:08.65	05:03:58.75	+02:22:29 (46.9%)	9:11	6.5 (52.8%)
213	ANGOWSKI Andrzej	6203		Masters M - 40	64	01:19:34	03:44:25	05:03:26.15	05:04:25.60	+02:22:55 (47.0%)	9:11	6.5 (52.8%)
214	STRONCIWILK Piotr	6318	PIE RUN	Senior II M - 30	74	01:16:17	03:40:42	05:04:31.45	05:04:40.85	+02:23:11 (47.0%)	9:13	6.5 (52.8%)
215	WÓJCIK Karolina	6341	MM POWER/KOLIBER TEAM	Senior II K - 30	18	01:27:47	03:51:40	05:05:41.50	05:05:49.30	+02:24:19 (47.2%)	9:15	6.5 (52.8%)
216	PYRSZEL Michał	6373	AR ADIDAS RUNNERS POZNAŃ	Senior II M - 30	75	01:16:42	03:46:45	05:05:43.40	05:06:30.00	+02:25:00 (47.3%)	9:15	6.5 (52.8%)
217	WAWRZYNIAK Damian	6168		Senior II M - 30	76	01:12:15	03:50:51	05:06:16.40	05:06:46.25	+02:25:16 (47.4%)	9:16	6.5 (52.8%)
218	SERWATKA Wojciech	6443		Masters M - 40	65	01:17:17	03:52:09	05:05:54.80	05:06:54.45	+02:25:24 (47.4%)	9:16	6.5 (52.8%)
219	OCHEJ Joanna	6200		Senior II K - 30	19	01:26:55	03:50:35	05:06:04.70	05:07:11.30	+02:25:41 (47.4%)	9:16	6.5 (52.8%)
220	BUSŁOWSKI Piotr	6072		Senior II M - 30	77	01:21:59	04:00:31	05:07:32.90	05:08:09.95	+02:26:40 (47.6%)	9:19	6.4 (52.0%)
221	KUC Mariusz	6287		Senior II M - 30	78	01:18:24	03:48:04	05:07:02.45	05:08:10.45	+02:26:40 (47.6%)	9:18	6.4 (52.0%)
222	GUCKI Adam	6060	MARATOŃCZYK POZNAŃ	Masters M - 40	66	01:22:31	03:49:49	05:07:44.25	05:08:55.30	+02:27:25 (47.7%)	9:19	6.4 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
223	MARCINKOWSKA Martyna	6079		Senior II K - 30	20	01:29:31	03:54:24	05:08:26.75	05:08:55.35	+02:27:25 (47.7%)	9:20	6.4 (52.0%)
224	ŁUKASZCZYKIEWICZ Paweł	6305		Masters M - 40	67	01:17:33	03:48:13	05:09:05.50	05:09:18.95	+02:27:49 (47.8%)	9:21	6.4 (52.0%)
225	FRAŃSKI Łukasz	6087	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	68	01:23:02	03:49:41	05:08:54.30	05:09:40.75	+02:28:11 (47.9%)	9:21	6.4 (52.0%)
225	SIKORA Malwina	6370		Senior I K - 20	8	01:28:20	04:00:36	05:08:41.20	05:09:40.75	+02:28:11 (47.9%)	9:21	6.4 (52.0%)
227	ROGSCH Damian	6262	RADZYMIN RUN TEAM	Senior II M - 30	79	01:12:02	03:47:28	05:09:34.45	05:09:43.35	+02:28:13 (47.9%)	9:22	6.4 (52.0%)
228	BARAŃSKA Justyna	6243	MOCNA GRUPA CEZARA	Masters K - 40	15	01:24:34	03:53:18	05:09:35.70	05:10:10.40	+02:28:40 (47.9%)	9:22	6.4 (52.0%)
229	BARAŃSKI Andrzej	6321	MOCNA GRUPA CEZARA	Masters M - 40	69	01:24:41	03:53:16	05:09:35.85	05:10:10.55	+02:28:40 (47.9%)	9:22	6.4 (52.0%)
230	KOWAL Agata	6034	WIELUŃ BIEGA	Masters K - 40	16	01:24:17	03:58:17	05:09:57.05	05:10:18.05	+02:28:48 (48.0%)	9:23	6.4 (52.0%)
231	SEBASTIAN Kręgiel	6233		Masters M - 40	70	01:22:01	03:50:11	05:12:42.45	05:12:56.95	+02:31:27 (48.4%)	9:28	6.3 (51.2%)
232	KUSTOŃ Gustaw	6375		Senior I M - 20	30	01:25:32	03:53:09	05:11:48.10	05:13:05.00	+02:31:35 (48.4%)	9:26	6.4 (52.0%)
233	RELEWICZ Maciej	6401	WOLNE ŚLIMAKI	Masters M - 40	71	01:23:14	03:53:13	05:12:43.25	05:13:08.35	+02:31:38 (48.4%)	9:28	6.3 (51.2%)
234	ORLIKOWSKI Jacek	6189		Masters M - 40	72	01:24:23	03:50:42	05:12:31.90	05:13:32.95	+02:32:03 (48.5%)	9:28	6.3 (51.2%)
235	OSIAL Mariusz	6181	KB IM. PIOTRA SĘKOWSKIEGO	Masters M - 40	73	01:24:48	03:52:58	05:12:36.10	05:13:37.40	+02:32:07 (48.5%)	9:28	6.3 (51.2%)
236	KACZMARCZYK Mariusz	6439	REXER	Weteran I M - 50	7	01:17:52	03:51:34	05:13:55.50	05:14:20.10	+02:32:50 (48.6%)	9:30	6.3 (51.2%)
237	WOŹNIAK Jakub	6173		Senior II M - 30	80	01:26:52	04:01:26	05:13:32.90	05:14:33.25	+02:33:03 (48.7%)	9:30	6.3 (51.2%)
238	ZONKOVÁ Petra	6488		Senior II K - 30	21	01:17:05	03:49:48	05:14:44.80	05:15:00.25	+02:33:30 (48.7%)	9:32	6.3 (51.2%)
239	BERAN Jan	6487	VITKOV	Weteran I M - 50	8	01:16:08	03:49:48	05:14:44.55	05:15:00.30	+02:33:30 (48.7%)	9:32	6.3 (51.2%)
240	NOWAK Ireneusz	6043		Weteran I M - 50	9	01:24:45	03:52:47	05:14:09.40	05:15:11.75	+02:33:42 (48.8%)	9:31	6.3 (51.2%)
241	GRABOWSKA Justyna	6117	HTF LUDWIK SIKORSKI/MBANK	Masters K - 40	17	01:27:02	03:56:05	05:14:15.25	05:15:31.80	+02:34:02 (48.8%)	9:31	6.3 (51.2%)
242	ZASIEK Amadeusz	6197		Senior II M - 30	81	01:23:22	03:56:53	05:15:18.40	05:15:36.65	+02:34:07 (48.8%)	9:33	6.3 (51.2%)
243	KUBCZAK Jan	6295		Senior II M - 30	82	01:19:29	03:58:03	05:16:12.75	05:16:21.45	+02:34:51 (49.0%)	9:34	6.3 (51.2%)
244	WIĘCH Mariusz	6425		Masters M - 40	74	01:16:18	03:52:21	05:17:03.10	05:17:07.95	+02:35:38 (49.1%)	9:36	6.2 (50.4%)
245	POLAK Bartosz	6416		Senior II M - 30	83	01:17:17	03:56:34	05:17:57.20	05:18:13.15	+02:36:43 (49.3%)	9:38	6.2 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
246	JASKULSKI Dariusz	6461		Masters M - 40	75	01:25:06	04:03:51	05:17:27.60	05:18:19.60	+02:36:49 (49.3%)	9:37	6.2 (50.4%)
247	WALENCIAK Michał	6466	TARNOWO PODGÓRNE BIEGA	Masters M - 40	76	01:28:36	04:04:00	05:17:40.55	05:18:20.95	+02:36:51 (49.3%)	9:37	6.2 (50.4%)
248	SKRZYPCZAK Hanna	6107		Weteran K - 50	2	01:25:33	03:55:31	05:18:39.80	05:18:52.90	+02:37:23 (49.4%)	9:39	6.2 (50.4%)
249	ADAMKIEWICZ Natalia	6275	ŁÓDŻRUNCREW	Senior II K - 30	22	01:28:26	03:57:43	05:18:35.35	05:19:12.55	+02:37:42 (49.4%)	9:39	6.2 (50.4%)
250	BUDREWICZ Dominik	6123	BUDRYSY	Masters M - 40	77	01:21:21	03:58:19	05:18:51.85	05:19:13.40	+02:37:43 (49.4%)	9:39	6.2 (50.4%)
251	GAWRECKA Beata	6143	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	18	01:25:20	04:02:54	05:19:50.75	05:20:01.70	+02:38:32 (49.5%)	9:41	6.2 (50.4%)
252	NOCULA Cezary	6151		Senior II M - 30	84	01:24:32	04:00:30	05:19:55.45	05:20:33.50	+02:39:03 (49.6%)	9:41	6.2 (50.4%)
253	ZIOMBKA Kuba	6027	WAWRZYNTTEAM	Masters M - 40	78	01:21:29	03:56:07	05:20:14.25	05:20:39.90	+02:39:10 (49.6%)	9:42	6.2 (50.4%)
254	MICHALSKI Grzegorz	6170	CAFFEDELMONDO.PL	Masters M - 40	79	01:24:58	03:56:27	05:19:26.55	05:20:52.35	+02:39:22 (49.7%)	9:40	6.2 (50.4%)
255	DENYSENKO Lech	6238	BDB TEAM	Weteran II M - 60	2	01:28:15	03:57:57	05:19:37.65	05:20:56.85	+02:39:27 (49.7%)	9:41	6.2 (50.4%)
256	KMIECIAK Stanisław	6385	NIGHT RUNNERS	Senior I M - 20	31	01:25:29	03:58:18	05:19:35.90	05:20:58.45	+02:39:28 (49.7%)	9:41	6.2 (50.4%)
257	BRZOSTOWIECKA Angelika	6372		Senior I K - 20	9	01:27:52	04:05:39	05:20:05.25	05:21:19.65	+02:39:50 (49.7%)	9:41	6.2 (50.4%)
258	SERWATKIEWICZ Grzegorz	6442		Masters M - 40	80	01:20:36	03:55:35	05:21:30.65	05:21:45.50	+02:40:15 (49.8%)	9:44	6.2 (50.4%)
259	SZYPROWSKA Joanna	6236		Masters K - 40	19	01:33:20	04:05:52	05:21:09.70	05:22:03.85	+02:40:34 (49.9%)	9:43	6.2 (50.4%)
260	MITULA Pawel	6299		Masters M - 40	81	01:24:30	04:03:15	05:21:06.30	05:22:09.90	+02:40:40 (49.9%)	9:43	6.2 (50.4%)
261	JÓZEF Dorota	6175	PRZYGODNIK PODRÓŻNICZY	Senior II K - 30	23	01:29:53	04:01:12	05:22:06.75	05:23:14.45	+02:41:44 (50.0%)	9:45	6.1 (49.6%)
262	NOWAK Michał	6192	DARŁOWO	Senior II M - 30	85	01:25:31	04:00:30	05:23:53.50	05:24:15.65	+02:42:46 (50.2%)	9:48	6.1 (49.6%)
263	MIKOŁAJCZYK Mirosław	6470	MIRAZ RACE TEAM	Masters M - 40	82	01:31:14	04:07:34	05:25:54.80	05:26:17.45	+02:44:47 (50.5%)	9:52	6.1 (49.6%)
264	PORĘBA Beata	6471	MIRAZ RACE TEAM	Senior II K - 30	24	01:31:14	04:07:26	05:25:54.75	05:26:17.50	+02:44:47 (50.5%)	9:52	6.1 (49.6%)
265	KUZNIAK Szymon	6418		Senior II M - 30	86	01:30:59	04:00:10	05:25:55.20	05:26:51.80	+02:45:22 (50.6%)	9:52	6.1 (49.6%)
266	RUP Krzysztof	6129	BLUES BROTHERS	Masters M - 40	83	01:29:34	04:06:33	05:26:05.35	05:26:56.55	+02:45:26 (50.6%)	9:52	6.1 (49.6%)
267	BIĘKOWSKI Kamil	6432	BE BETTER	Masters M - 40	84	01:25:47	04:07:01	05:25:46.60	05:27:01.45	+02:45:31 (50.6%)	9:52	6.1 (49.6%)
268	ZAKRZEWSKI Jędrzej	6331	ADIDAS RUNNERS POZNAŃ	Senior II M - 30	87	01:24:52	04:14:18	05:27:23.95	05:28:17.60	+02:46:47 (50.8%)	9:55	6 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
269	DUDEK Mariusz	6280		Masters M - 40	85	01:24:31	04:05:25	05:28:07.60	05:28:49.80	+02:47:20 (50.9%)	9:56	6 (48.8%)
270	KAŹMIERCZAK Anna	6004	#BIEGAJLESZNO	Masters K - 40	20	01:25:08	04:06:08	05:30:45.90	05:31:07.55	+02:49:37 (51.2%)	10:01	6 (48.8%)
271	WESOŁEK Daniel	6438	ADIDAS RUNNERS POZNAŃ	Senior II M - 30	88	01:13:49	03:52:05	05:30:29.00	05:31:15.65	+02:49:46 (51.2%)	10:00	6 (48.8%)
272	ŁUKASZEK Marek	6075	ŁUKASZKI TEAM	Senior II M - 30	89	01:28:59	04:05:42	05:30:03.20	05:31:22.10	+02:49:52 (51.3%)	10:00	6 (48.8%)
273	CHOŁODY Małgorzata	6208		Weteran K - 50	3	01:29:44	04:13:59	05:31:04.95	05:31:24.55	+02:49:54 (51.3%)	10:01	6 (48.8%)
274	CIEŚLIŃSKA Elżbieta	6029		Senior II K - 30	25	01:33:43	04:10:31	05:31:03.10	05:31:32.95	+02:50:03 (51.3%)	10:01	6 (48.8%)
275	GÓRSKI Jakub	6035	RAPID RUNNERS TEAM	Senior II M - 30	90	01:23:01		05:31:30.65	05:31:55.85	+02:50:26 (51.3%)	10:02	6 (48.8%)
276	WOJTKOWSKI Ireneusz	6412	ASSECO ACTIVE TEAM	Weteran II M - 60	3	01:33:07	04:05:40	05:32:13.65	05:32:52.30	+02:51:22 (51.5%)	10:04	6 (48.8%)
277	PIOTROWICZ Marta	6207		Senior I K - 20	10	01:26:47	04:06:37	05:32:00.40	05:32:58.65	+02:51:29 (51.5%)	10:03	6 (48.8%)
278	CHYLINŚKI Radek	6026	ANWILTEAM	Senior II M - 30	91	01:30:14	04:06:47	05:32:26.60	05:33:24.20	+02:51:54 (51.6%)	10:04	6 (48.8%)
279	DARGA Paulina	6024	ANWILTEAM	Senior II K - 30	26	01:30:15	04:06:47	05:32:26.60	05:33:24.25	+02:51:54 (51.6%)	10:04	6 (48.8%)
280	STRYCZNIEWICZ Krzysztof	6230	555	Masters M - 40	86	01:21:25	04:06:43	05:33:34.30	05:34:01.65	+02:52:32 (51.7%)	10:06	5.9 (48.0%)
281	SULA Michał	6391		Masters M - 40	87	01:21:23	04:06:42	05:33:36.20	05:34:04.05	+02:52:34 (51.7%)	10:06	5.9 (48.0%)
282	CZERWIŃSKI Łukasz	6017	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	88	01:25:41	04:10:07	05:33:23.75	05:34:04.55	+02:52:34 (51.7%)	10:06	5.9 (48.0%)
283	ZDUNEK Mariusz	6396	ROXY	Masters M - 40	89	01:25:27		05:33:22.60	05:34:04.65	+02:52:35 (51.7%)	10:06	5.9 (48.0%)
284	NARKUN Ewa	6458		Masters K - 40	21	01:25:30	04:08:57	05:33:56.15	05:34:14.95	+02:52:45 (51.7%)	10:07	5.9 (48.0%)
285	BILSKI Przemysław	6390	KS MARATON OSTRÓW WLKP.	Senior II M - 30	92	01:27:06	04:10:23	05:33:18.90	05:34:17.75	+02:52:48 (51.7%)	10:06	5.9 (48.0%)
286	MŁYNARCZYK Adam	6400		Senior II M - 30	93	01:28:19	04:07:39	05:33:39.75	05:34:22.30	+02:52:52 (51.7%)	10:06	5.9 (48.0%)
287	WISZNIEWSKI Roman	6167		Weteran I M - 50	10	01:28:37	04:08:38	05:35:00.00	05:35:24.95	+02:53:55 (51.9%)	10:09	5.9 (48.0%)
288	MAZUREK Piotr	6001		Senior II M - 30	94	01:27:16	04:08:45	05:35:49.35	05:35:54.80	+02:54:25 (51.9%)	10:10	5.9 (48.0%)
289	ŁYSZCZAK Wojciech	6211	RAJMUNDY POZNAŃ	Masters M - 40	90	01:33:58	04:19:40	05:34:55.80	05:36:06.85	+02:54:37 (52.0%)	10:08	5.9 (48.0%)
290	BAJER Anna	6182	4T	Masters K - 40	22	01:34:06	04:13:19	05:35:56.60	05:36:36.20	+02:55:06 (52.0%)	10:10	5.9 (48.0%)
291	MAZUR Tomasz	6195		Senior II M - 30	95	01:23:30	04:08:58	05:36:44.05	05:37:03.30	+02:55:33 (52.1%)	10:12	5.9 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
292	WOLNIEWICZ Marcin	6213		Masters M - 40	91	01:29:25	04:13:34	05:36:31.20	05:37:23.00	+02:55:53 (52.1%)	10:11	5.9 (48.0%)
293	WOLNIEWICZ Justyna	6041	ADIDAS RUNNERS POZNAŃ	Senior II K - 30	27	01:30:40	04:13:36	05:36:33.05	05:37:23.05	+02:55:53 (52.1%)	10:11	5.9 (48.0%)
294	SOCHACKA Zuzanna	6371		Masters K - 40	23	01:30:36	04:13:46	05:37:17.85	05:37:57.45	+02:56:27 (52.2%)	10:13	5.9 (48.0%)
295	ZARĘBA Adam	6292		Masters M - 40	92	01:26:35	04:13:50	05:37:17.00	05:37:58.00	+02:56:28 (52.2%)	10:13	5.9 (48.0%)
296	SZAFER Andrzej	6044		Masters M - 40	93	01:24:25	04:06:35	05:38:11.90	05:38:48.45	+02:57:18 (52.3%)	10:14	5.9 (48.0%)
297	MAKUCH Aleksandra	6322		Senior II K - 30	28	01:29:12	04:11:00	05:38:33.75	05:39:02.50	+02:57:32 (52.4%)	10:15	5.8 (47.2%)
298	JASKUŁA Łukasz	6050		Senior II M - 30	96	01:26:39	04:09:50	05:38:29.95	05:39:03.30	+02:57:33 (52.4%)	10:15	5.8 (47.2%)
299	PODLEŚ Anita	6216		Senior I K - 20	11	01:36:10	04:19:31	05:38:50.95	05:39:22.60	+02:57:52 (52.4%)	10:16	5.8 (47.2%)
300	PODLEŚ Rafał	6217	SPYROSOFT SYNERGY	Senior I M - 20	32	01:36:08	04:19:30	05:38:51.45	05:39:22.75	+02:57:53 (52.4%)	10:16	5.8 (47.2%)
301	KUCZYŃSKI Marcin	6070	KGHM ZG RUN	Weteran I M - 50	11	01:33:10	04:14:11	05:38:46.85	05:39:33.05	+02:58:03 (52.4%)	10:15	5.8 (47.2%)
302	KONIECZNY Tomasz	6291		Senior II M - 30	97	01:12:33	03:21:26	05:39:24.65	05:39:58.90	+02:58:29 (52.5%)	10:17	5.8 (47.2%)
303	ANDRZEJEWSKI Wojciech	6259		Senior II M - 30	98	01:25:37	04:00:20	05:39:58.85	05:40:32.95	+02:59:03 (52.6%)	10:18	5.8 (47.2%)
304	KASHCHEEV Andrei	6347		Senior I M - 20	33	01:30:49	04:18:28	05:41:11.45	05:42:22.60	+03:00:52 (52.8%)	10:20	5.8 (47.2%)
305	MAĆKOWIAK Arkadiusz	6097		Masters M - 40	94	01:12:56	04:12:05	05:41:42.05	05:42:30.25	+03:01:00 (52.8%)	10:21	5.8 (47.2%)
306	ZAKRZEWICZ Marcin	6472	KTB KUNY	Masters M - 40	95	01:29:36	04:19:04	05:42:58.00	05:43:18.65	+03:01:49 (53.0%)	10:23	5.8 (47.2%)
307	KIEPIEL Agata	6350	ADIDAS RUNNERS WARSAW	Senior II K - 30	29	01:34:43	04:18:32	05:42:51.60	05:43:40.25	+03:02:10 (53.0%)	10:23	5.8 (47.2%)
308	SALNIKOV Denis	6393		Senior II M - 30	99	01:25:18	04:06:13	05:43:26.40	05:44:04.85	+03:02:35 (53.1%)	10:24	5.8 (47.2%)
309	PODHAJNY Piotr	6074	ROZBIEGANI CHOJNÓW	Masters M - 40	96	01:28:30	04:13:57	05:43:16.85	05:44:29.35	+03:02:59 (53.1%)	10:24	5.8 (47.2%)
310	NAJDUK Daniel	6049	ROZBIEGANI CHOJNÓW	Senior II M - 30	100	01:28:30		05:43:16.50	05:44:30.05	+03:03:00 (53.1%)	10:24	5.8 (47.2%)
311	LEWIŃSKI Filip	6116	OBORYGENI	Masters M - 40	97	01:29:01	04:23:35	05:43:33.30	05:44:42.30	+03:03:12 (53.2%)	10:24	5.8 (47.2%)
312	PAWLAK Robert	6356		Senior II M - 30	101	01:27:11	04:17:36	05:44:07.60	05:44:43.35	+03:03:13 (53.2%)	10:25	5.8 (47.2%)
313	BYRDY Marta	6447		Senior I K - 20	12	01:34:57	04:18:14	05:44:26.85	05:44:50.25	+03:03:20 (53.2%)	10:26	5.7 (46.3%)
314	HOŁOWNIA Patrycja	6229	BIEGUSY CZAPLE	Masters K - 40	24	01:31:04	04:19:29	05:44:58.20	05:45:51.20	+03:04:21 (53.3%)	10:27	5.7 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
315	KURENDA Radosław	6381	KLUB BIEGACZA RTVEUROAGD	Masters M - 40	98	01:24:44	04:14:03	05:45:14.85	05:46:21.05	+03:04:51 (53.4%)	10:27	5.7 (46.3%)
316	JANISZEWSKI Filip	6317		Senior II M - 30	102	01:26:06	04:14:25	05:47:56.80	05:48:47.55	+03:07:17 (53.7%)	10:32	5.7 (46.3%)
317	MŁOTKOWSKI Michał	6128		Senior II M - 30	103	01:26:03	04:07:34	05:48:57.55	05:49:37.95	+03:08:08 (53.8%)	10:34	5.7 (46.3%)
318	WOJCIECHOWSKI Roman	6249		Weteran I M - 50	12	01:25:01	04:14:18	05:49:04.35	05:49:58.60	+03:08:28 (53.9%)	10:34	5.7 (46.3%)
319	GRADYS Kamil No	6111		Senior II M - 30	104	01:20:37	04:12:34	05:49:33.10	05:50:20.70	+03:08:51 (53.9%)	10:35	5.7 (46.3%)
319	GRADYS Arkadiusz	6215		Senior II M - 30	104	01:20:52	04:12:33	05:49:31.50	05:50:20.70	+03:08:51 (53.9%)	10:35	5.7 (46.3%)
321	GRADYS Konrad	6110		Senior II M - 30	106	01:21:21	04:12:34	05:49:31.60	05:50:21.25	+03:08:51 (53.9%)	10:35	5.7 (46.3%)
322	KALETA Erik	6205		Senior II M - 30	107	01:34:02	04:20:55	05:49:43.65	05:50:33.45	+03:09:03 (53.9%)	10:35	5.7 (46.3%)
323	IVANEYCHIK Yuliya	6353	RUN4FUN.BY	Senior II K - 30	30	01:34:41	04:29:19	05:50:04.60	05:51:18.10	+03:09:48 (54.0%)	10:36	5.7 (46.3%)
324	MEKSA Patrycja	6047	HTF LUDWIK SIKORSKI	Weteran K - 50	4	01:33:56	04:25:59	05:50:35.85	05:51:53.50	+03:10:23 (54.1%)	10:37	5.6 (45.5%)
325	MARCINEK Marcin	6012	NULLPTR	Senior II M - 30	108	01:28:25	04:18:59	05:51:23.05	05:51:53.55	+03:10:23 (54.1%)	10:38	5.6 (45.5%)
326	PAKUŁA Grzegorz	6478		Weteran II M - 60	4	01:24:22	04:11:37	05:51:17.15	05:52:07.45	+03:10:37 (54.1%)	10:38	5.6 (45.5%)
327	CYBULA Ewa	6052	X-TEAM	Masters K - 40	25	01:37:49	04:25:20	05:51:42.55	05:52:09.65	+03:10:40 (54.1%)	10:39	5.6 (45.5%)
328	MATYSIAK Paweł	6037	RUN DE GIRARD	Senior II M - 30	109	01:27:50	03:59:00	05:51:22.05	05:52:13.00	+03:10:43 (54.1%)	10:38	5.6 (45.5%)
329	KAMIŃSKA Sylwia	6036	RUN DE GIRARD	Senior II K - 30	31	01:27:41	03:59:00	05:51:21.90	05:52:13.25	+03:10:43 (54.1%)	10:38	5.6 (45.5%)
330	NOWAK Filip	6235	NIGHT RUNNERS	Masters M - 40	99	01:28:14	04:24:05	05:52:16.20	05:53:14.55	+03:11:44 (54.3%)	10:40	5.6 (45.5%)
331	KOTLARCZYK Tomasz	6354		Masters M - 40	100	01:33:09	04:22:39	05:52:21.95	05:53:15.00	+03:11:45 (54.3%)	10:40	5.6 (45.5%)
332	SZUMNY Paweł	6199		Senior II M - 30	110	01:29:39	04:25:25	05:53:01.95	05:53:46.50	+03:12:16 (54.4%)	10:41	5.6 (45.5%)
333	SZYMAŃSKA Karolina	6214		Senior II K - 30	32	01:34:10	04:52:58	05:52:59.05	05:53:47.40	+03:12:17 (54.4%)	10:41	5.6 (45.5%)
334	CZARNECKI Piotr	6046	BIEGNIEMY DLA HANI STRYBUĆ	Senior II M - 30	111	01:31:23	04:25:45	05:52:32.80	05:53:53.70	+03:12:24 (54.4%)	10:40	5.6 (45.5%)
335	NADOBNIK Beata	6152	SPORTOWY KAŻMIERZ	Weteran K - 50	5	01:43:10	04:31:14	05:53:59.85	05:54:28.85	+03:12:59 (54.4%)	10:43	5.6 (45.5%)
336	NADOBNIK Bartek	6153	SPORTOWY KAŻMIERZ	Senior I M - 20	34	01:43:11	04:31:15	05:54:00.10	05:54:29.00	+03:12:59 (54.4%)	10:43	5.6 (45.5%)
337	RYCHTER Maciej	6006	ONE STEP	Senior II M - 30	112	01:35:57	04:20:52	05:53:22.35	05:54:30.80	+03:13:01 (54.4%)	10:42	5.6 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
338	MORAWIEC Jarosław	6105	GYPSY BROTHERS	Senior II M - 30	113	01:27:06	04:23:40	05:54:15.35	05:55:01.70	+03:13:32 (54.5%)	10:44	5.6 (45.5%)
339	PARYS Piotr	6387	PARYSKI TEAM	Senior I M - 20	35	01:43:51	04:27:35	05:55:07.35	05:56:07.55	+03:14:37 (54.7%)	10:45	5.6 (45.5%)
340	PARYS Katarzyna	6018	PARYSKI TEAM	Senior I K - 20	13	01:43:55	04:27:38	05:55:07.55	05:56:07.60	+03:14:37 (54.7%)	10:45	5.6 (45.5%)
341	JANKOWSKA Barbara	6465		Masters K - 40	26	01:48:07	04:27:17	05:55:39.40	05:56:39.60	+03:15:09 (54.7%)	10:46	5.6 (45.5%)
342	NIEDBAŁ Mateusz	6474		Masters M - 40	101	01:33:51	04:32:41	05:55:58.75	05:56:40.90	+03:15:11 (54.7%)	10:47	5.6 (45.5%)
343	KUC Adam	6315	THE OFFICE	Masters M - 40	102	01:26:24	04:17:34	05:56:21.80	05:56:43.35	+03:15:13 (54.7%)	10:47	5.6 (45.5%)
344	TAMBORSKI Tomasz	6365	HTF	Masters M - 40	103	01:36:03	04:30:58	05:56:01.60	05:56:47.05	+03:15:17 (54.7%)	10:47	5.6 (45.5%)
345	KOWALSKI Szymon	6316	HTF LUDWIK SIKORSKI	Masters M - 40	104	01:35:54	04:31:04	05:56:01.50	05:56:47.20	+03:15:17 (54.7%)	10:47	5.6 (45.5%)
346	JOŃCZYK Tomasz	6101	PROTECTOR BRZESKI	Senior II M - 30	114	01:32:00	04:20:43	05:56:04.25	05:56:51.60	+03:15:21 (54.7%)	10:47	5.6 (45.5%)
347	MARKIEWICZ Joanna Zuza	6340	TJ! / FORMA NA SZCZYT	Masters K - 40	27	01:38:57	04:30:10	05:56:59.25	05:57:23.85	+03:15:54 (54.8%)	10:49	5.5 (44.7%)
348	JURA Ewelina	6130	TOPOLICE TEAM	Masters K - 40	28	01:33:59	04:33:07	05:56:29.35	05:57:32.25	+03:16:02 (54.8%)	10:48	5.6 (45.5%)
349	DRZEWI Tola	6404	MARATON LESZNO	Senior I K - 20	14	01:35:22	04:27:50	05:56:29.60	05:57:42.50	+03:16:12 (54.9%)	10:48	5.6 (45.5%)
350	KORSAK Agata	6184		Senior II K - 30	33	01:35:43	04:36:49	05:57:50.00	05:58:34.85	+03:17:05 (55.0%)	10:50	5.5 (44.7%)
351	BAK Piotr	6296		Masters M - 40	105	01:38:23	04:34:40	05:59:01.40	05:59:22.20	+03:17:52 (55.1%)	10:52	5.5 (44.7%)
352	KOLENDA Mateusz	6134	DRIN TEAM	Senior II M - 30	115	01:35:53	04:44:49	05:58:23.05	05:59:27.75	+03:17:58 (55.1%)	10:51	5.5 (44.7%)
353	BOBER Sebastian	6040	SPORTOWY KAŻMIERZ	Senior I M - 20	36	01:32:08	04:31:22	05:59:28.35	05:59:57.85	+03:18:28 (55.1%)	10:53	5.5 (44.7%)
354	FALBA Marta	6441		Masters K - 40	29	01:42:01	04:34:23	05:59:47.85	06:00:22.60	+03:18:52 (55.2%)	10:54	5.5 (44.7%)
355	GIERADA Ryszard	6240		Weteran I M - 50	13	01:31:10	04:25:39	06:00:07.55	06:00:42.90	+03:19:13 (55.2%)	10:54	5.5 (44.7%)
356	BURMAN Beata	6038	AKTYWNI RAZEM	Masters K - 40	30	01:32:08	04:33:33	06:00:51.55	06:01:48.60	+03:20:18 (55.4%)	10:56	5.5 (44.7%)
357	RATAJCZAK Karolina	6109		Senior II K - 30	34	01:34:18	04:26:13	06:04:11.85	06:04:43.05	+03:23:13 (55.7%)	11:02	5.4 (43.9%)
357	RATAJCZAK Grzegorz	6210		Weteran I M - 50	14	01:32:14	04:26:10	06:04:08.05	06:04:43.05	+03:23:13 (55.7%)	11:02	5.4 (43.9%)
359	GMIŃSKI Dariusz	6178		Senior II M - 30	116	01:29:59	04:29:43	06:04:29.90	06:04:46.25	+03:23:16 (55.7%)	11:02	5.4 (43.9%)
360	MAZUR Wiktor	6140		Senior II M - 30	117	01:36:35	04:26:25	06:04:26.95	06:05:29.30	+03:23:59 (55.8%)	11:02	5.4 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
361	SIEMIĄTKOWSKI Krzysztof	6383	#BIEGAMWOLNOALEDOKŁADNIE	Senior II M - 30	118	01:36:37	04:36:30	06:05:36.70	06:06:40.55	+03:25:10 (56.0%)	11:04	5.4 (43.9%)
362	DOBOSZ Leszek	6464		Masters M - 40	106	01:31:52	04:35:15	06:05:28.50	06:06:46.50	+03:25:16 (56.0%)	11:04	5.4 (43.9%)
363	WILMAŃSKI Jakub	6342		Senior I M - 20	37	01:28:20	04:18:45	06:07:41.35	06:08:36.40	+03:27:06 (56.2%)	11:08	5.4 (43.9%)
364	WILMAŃSKI Arkadiusz	6344		Weteran I M - 50	15	01:28:21	04:19:36	06:07:41.95	06:08:36.80	+03:27:07 (56.2%)	11:08	5.4 (43.9%)
365	WĘCLEWSKI Robert	6042	BEST TEAM ŚREM	Masters M - 40	107	01:29:39	04:32:55	06:07:53.35	06:08:37.10	+03:27:07 (56.2%)	11:08	5.4 (43.9%)
366	MIKOŁAJCZYK Katarzyna	6392	MAMY TO	Masters K - 40	31	01:33:53	04:46:34	06:08:34.60	06:09:47.65	+03:28:18 (56.3%)	11:10	5.4 (43.9%)
367	JANKOWSKI Adam	6191		Senior II M - 30	119	01:43:48	04:43:52	06:09:31.10	06:10:26.90	+03:28:57 (56.4%)	11:11	5.4 (43.9%)
368	POMIANOWSKA Anna	6379	TEAM LATTE	Masters K - 40	32	01:40:57	04:43:28	06:10:22.40	06:11:05.05	+03:29:35 (56.5%)	11:13	5.3 (43.1%)
369	CZEKAJ Andrzej	6090	BREMBO	Masters M - 40	108	01:40:47	04:42:17	06:10:40.30	06:11:56.35	+03:30:26 (56.6%)	11:13	5.3 (43.1%)
370	CZEKAJ Milena	6091	BREMBO	Masters K - 40	33	01:40:58	04:42:16	06:10:40.40	06:11:56.65	+03:30:27 (56.6%)	11:13	5.3 (43.1%)
371	FRAĆKOWIAK Wojciech	6260	LOCO SPORT	Masters M - 40	109	01:37:38	04:39:58	06:11:14.50	06:12:09.65	+03:30:40 (56.6%)	11:14	5.3 (43.1%)
372	FRAĆKOWIAK Aneta	6245	JESTEM LOCO!	Masters K - 40	34	01:37:38	04:40:03	06:11:15.70	06:12:10.10	+03:30:40 (56.6%)	11:15	5.3 (43.1%)
373	WODZYŃSKI Adam	6361	BIEGNIEMY DLA HANI STRYBUC	Senior II M - 30	120	01:31:23	04:30:17	06:10:52.30	06:12:11.75	+03:30:42 (56.6%)	11:14	5.3 (43.1%)
374	SZAŁAJSKA Monika	6276		Senior I K - 20	15	01:39:15	04:43:17	06:13:46.80	06:14:45.65	+03:33:16 (56.9%)	11:19	5.3 (43.1%)
375	SUCHORA Jerzy	6084		Weteran II M - 60	5	01:37:48	04:36:41	06:14:43.75	06:15:26.70	+03:33:57 (57.0%)	11:21	5.3 (43.1%)
376	SUCHORA Anna	6082		Weteran K - 50	6	01:37:48	04:36:43	06:14:44.90	06:15:27.00	+03:33:57 (57.0%)	11:21	5.3 (43.1%)
377	BARAN Przemysław	6048		Senior II M - 30	121	01:31:46	04:46:22	06:14:12.45	06:15:31.60	+03:34:01 (57.0%)	11:20	5.3 (43.1%)
378	WAWRZEŁA Arkadiusz	6104		Masters M - 40	110	01:41:57	04:42:51	06:16:14.00	06:17:34.25	+03:36:04 (57.2%)	11:24	5.3 (43.1%)
379	MARCHEL Łukasz	6225	STACHOWSCY AKADEMIA	Masters M - 40	111	01:30:42	04:36:20	06:16:57.60	06:17:34.45	+03:36:04 (57.2%)	11:25	5.3 (43.1%)
380	GARCZYK Agnieszka	6409	GALOPUJĄCE ŚLIMAKI	Senior II K - 30	35	01:38:09	04:39:58	06:17:44.60	06:18:20.90	+03:36:51 (57.3%)	11:26	5.2 (42.3%)
381	GARCZYK Przemysław	6408	GALOPUJĄCE ŚLIMAKI	Senior II M - 30	122	01:37:56	04:39:57	06:17:44.75	06:18:21.05	+03:36:51 (57.3%)	11:26	5.2 (42.3%)
382	PLĄSEK Sylwester	6142	LOVELASY	Weteran I M - 50	16	01:38:15	04:50:01	06:19:07.90	06:19:25.60	+03:37:55 (57.4%)	11:29	5.2 (42.3%)
383	WESOŁEK Paula	6242	ADIDAS RUNNERS	Senior II K - 30	36	01:47:56		06:20:35.15	06:21:24.50	+03:39:54 (57.7%)	11:31	5.2 (42.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
384	MACKOWIAK Renata	6378	ADIDAS RUNNERS POZNAN	Senior II K - 30	37	01:47:57	04:47:37	06:20:36.70	06:21:25.75	+03:39:56 (57.7%)	11:32	5.2 (42.3%)
385	SUCHOJAD Malgorzata	6025	GUMIGUTAPAJHIWO	Masters K - 40	35	01:38:16	04:41:36	06:21:21.90	06:21:40.50	+03:40:10 (57.7%)	11:33	5.2 (42.3%)
386	NOWAK Paulina	6131	ADIDAS RUNNERS POZNAŃ	Senior II K - 30	38	01:48:00	04:47:51	06:22:44.30	06:23:31.70	+03:42:02 (57.9%)	11:35	5.2 (42.3%)
387	WOŻNA-KACZMAREK Serafina	6132		Senior II K - 30	39	01:48:04	04:48:04	06:22:46.20	06:23:34.15	+03:42:04 (57.9%)	11:35	5.2 (42.3%)
388	BORECKI Michał	6138		Senior II M - 30	123	01:40:22	04:45:59	06:25:01.30	06:27:55.70	+03:46:26 (58.4%)	11:40	5.1 (41.5%)
389	KOLENDA Katarzyna	6302	INSERT TEAM	Senior II K - 30	40	01:36:02		06:28:53.80	06:29:57.35	+03:48:27 (58.6%)	11:47	5.1 (41.5%)
390	PIECHOTA Remigiusz	6186	KOŚCIAN TEAM/ONE STEP	Senior II M - 30	124	01:42:39	04:46:38	06:28:48.30	06:29:57.75	+03:48:28 (58.6%)	11:46	5.1 (41.5%)
391	WALCZAK Sławomir	6127		Weteran I M - 50	17	01:33:45	04:46:07	06:28:45.75	06:30:18.85	+03:48:49 (58.6%)	11:46	5.1 (41.5%)
392	HRYCAJ Mariusz	6278	KB ODRA OPOLE	Masters M - 40	112	01:29:44	04:50:49	06:32:11.50	06:32:19.30	+03:50:49 (58.8%)	11:53	5 (40.7%)
393	WOJCIECHOWSKI Andrzej	6120	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	Masters M - 40	113	01:38:18	04:53:04	06:32:00.55	06:32:58.05	+03:51:28 (58.9%)	11:52	5.1 (41.5%)
394	KUBECKA Anna	6164		Senior II K - 30	41	01:44:03	04:51:31	06:31:49.15	06:32:58.15	+03:51:28 (58.9%)	11:52	5.1 (41.5%)
395	ZASTAWNY Michał	6469		Senior II M - 30	125	01:29:42	04:50:11	06:31:49.75	06:33:04.50	+03:51:34 (58.9%)	11:52	5.1 (41.5%)
396	URBANIK Zuza	6481		Masters K - 40	36	01:29:41	04:50:11	06:31:50.00	06:33:04.75	+03:51:35 (58.9%)	11:52	5.1 (41.5%)
397	ISKRA Alicja	6290	BŁEKITNA XVII	Senior II K - 30	42	01:49:47	04:57:52	06:33:55.05	06:34:18.85	+03:52:49 (59.0%)	11:56	5 (40.7%)
398	SZRENIAWA Waldemar	6352	MIRAZ RACE TEAM	Masters M - 40	114	01:49:49	04:57:52	06:33:55.30	06:34:19.00	+03:52:49 (59.0%)	11:56	5 (40.7%)
399	SIBIELAK Tomasz	6106	BIEGOWA KUŹNIA	Masters M - 40	115	01:40:40	04:47:53	06:33:56.85	06:34:36.75	+03:53:07 (59.1%)	11:56	5 (40.7%)
400	ORECKA Anna	6002	NULLPTR	Senior II K - 30	43	01:49:39	04:51:00	06:35:24.60	06:35:56.90	+03:54:27 (59.2%)	11:58	5 (40.7%)
401	ORECKI Radosław	6219		Senior II M - 30	126	01:49:39	04:51:01	06:35:24.90	06:35:57.15	+03:54:27 (59.2%)	11:58	5 (40.7%)
402	LEMBICZ Agnieszka	6135	DRIN TEAM	Masters K - 40	37	01:43:08	04:52:44	06:34:58.40	06:36:06.15	+03:54:36 (59.2%)	11:58	5 (40.7%)
403	LEMBICZ Dariusz	6133	DRIN TEAM	Senior II M - 30	127	01:43:00	04:53:11	06:34:59.25	06:36:07.45	+03:54:37 (59.2%)	11:58	5 (40.7%)
404	PTASZYŃSKI Krzysztof	6179	PKO BANK POLSKI	Weteran I M - 50	18	01:39:06	04:55:51	06:36:08.35	06:36:25.00	+03:54:55 (59.3%)	12:00	5 (40.7%)
405	RYCHŁOWSKI Ryszard	6081		Weteran I M - 50	19	01:43:31	04:52:36	06:36:14.60	06:36:26.35	+03:54:56 (59.3%)	12:00	5 (40.7%)
406	NIEZGODA Aleksandra	6078	LOVELASY	Masters K - 40	38	01:39:31	04:55:51	06:38:19.85	06:38:36.95	+03:57:07 (59.5%)	12:04	5 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
407	KĘSKA Katarzyna	6083	LOVELASY	Weteran K - 50	7	01:39:50	04:55:50	06:38:22.20	06:38:40.10	+03:57:10 (59.5%)	12:04	5 (40.7%)
408	BIENIECKA Anna	6147	KB SZAMOTUŁY	Masters K - 40	39	01:51:33	04:57:25	06:37:54.60	06:38:50.25	+03:57:20 (59.5%)	12:03	5 (40.7%)
409	SŁOMKA Mariusz	6185		Masters M - 40	116	01:40:32	04:54:52	06:37:46.65	06:38:53.25	+03:57:23 (59.5%)	12:03	5 (40.7%)
410	RADŁOK Iwona	6319		Masters K - 40	40	01:46:54	04:56:13	06:38:40.70	06:39:24.25	+03:57:54 (59.6%)	12:04	5 (40.7%)
411	KARPIŃSKA Katarzyna	6198	KLUCZBORSKA GRUPA BIEGOWA	Masters K - 40	41	01:46:55	04:56:14	06:38:40.30	06:39:24.45	+03:57:54 (59.6%)	12:04	5 (40.7%)
412	SZALEK Mateusz	6268	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	117	01:46:55	04:56:41	06:38:40.55	06:39:25.65	+03:57:56 (59.6%)	12:04	5 (40.7%)
413	POKORNY Tomasz	6248	ZAKOCHAJ SIĘ W BIEGANIU	Weteran I M - 50	20	01:44:10	04:55:37	06:38:36.50	06:39:32.60	+03:58:02 (59.6%)	12:04	5 (40.7%)
414	STEFANIAK Marcin	6033	GUMIGUTAPAJHIWO	Masters M - 40	118	01:30:51	04:55:37	06:39:32.20	06:39:51.35	+03:58:21 (59.6%)	12:06	5 (40.7%)
415	BUKOWSKA Katarzyna	6263		Senior II K - 30	44	01:41:57	04:54:54	06:39:13.05	06:40:20.75	+03:58:51 (59.7%)	12:05	5 (40.7%)
416	DWORZAŃSKA Anna	6283	MARATOŃCZYK POZNAŃ	Senior II K - 30	45	01:41:23	04:51:49	06:43:46.95	06:44:59.00	+04:03:29 (60.1%)	12:14	4.9 (39.8%)
417	TARKA Konrad	6285	BIEGAJĄCE KREJZOLE	Senior II M - 30	128	01:40:58	04:51:45	06:43:48.35	06:45:00.75	+04:03:31 (60.1%)	12:14	4.9 (39.8%)
418	TROJNACKI Rafał	6067		Senior II M - 30	129	01:40:45	04:48:45	06:43:45.45	06:45:01.10	+04:03:31 (60.1%)	12:14	4.9 (39.8%)
419	ILCZUK Monika	6239	ZIELONE DIABŁY	Masters K - 40	42	01:46:23	04:57:16	06:45:36.80	06:46:30.65	+04:05:01 (60.3%)	12:17	4.9 (39.8%)
420	TRYBULSKI Paweł	6264		Weteran I M - 50	21	01:49:04	04:59:13	06:45:27.20	06:46:32.30	+04:05:02 (60.3%)	12:17	4.9 (39.8%)
421	KARPIŃSKI Grzegorz	6232	SALCESON POZNAŃ	Masters M - 40	119	01:34:43	04:58:17	06:45:28.10	06:46:33.50	+04:05:03 (60.3%)	12:17	4.9 (39.8%)
422	BIENIARZ Ilona	6430	PEPPARUNNINGTEAM	Senior II K - 30	46	01:53:28	05:00:39	06:46:44.05	06:47:08.20	+04:05:38 (60.3%)	12:19	4.9 (39.8%)
423	MACIEJEWSKI Tomasz	6448	ZAP-KOOPERACJA	Masters M - 40	120	01:38:30	04:55:43	06:46:07.25	06:47:30.85	+04:06:01 (60.4%)	12:18	4.9 (39.8%)
424	MAŃKA Magdalena	6374	ZRYW PARZYMIECHY	Masters K - 40	43	01:50:22	04:58:28	06:48:00.00	06:48:41.15	+04:07:11 (60.5%)	12:21	4.9 (39.8%)
425	KUJAWA Bartosz	6411		Senior II M - 30	130	01:48:15	04:51:01	06:47:34.45	06:48:46.95	+04:07:17 (60.5%)	12:21	4.9 (39.8%)
426	PORSCH Arkadiusz	6360		Masters M - 40	121	01:48:09	04:57:54	06:48:50.25	06:50:07.15	+04:08:37 (60.6%)	12:23	4.8 (39.0%)
427	LEWICKA Bożena	6437	GONIMY	Weteran II K - 60	2	01:48:52	04:59:46	06:49:31.90	06:50:29.80	+04:09:00 (60.7%)	12:24	4.8 (39.0%)
428	BESTRZYŃSKI Olech	6398	CZŁAPAK ROBAKOWO	Weteran I M - 50	22	01:50:10	04:53:49	06:49:41.25	06:50:54.85	+04:09:25 (60.7%)	12:24	4.8 (39.0%)
429	BORYKA Piotr	6228		Masters M - 40	122	01:37:45	04:57:58	06:51:54.00	06:52:23.55	+04:10:53 (60.8%)	12:28	4.8 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
	FABIAN Marcel	6330	SOCIOS SILESIA	Senior I M - 20		00:48:17 DNF	02:11:02 DNF	DNF	DNF	-	-	(0.0%)
	BEDNARZ Marcin	6028		Senior II M - 30		01:15:12 DNF	03:42:23 DNF	DNF	DNF	-	-	(0.0%)
	PODGÓRNY Mariusz	6369	TEAM OZIMEK	Senior II M - 30		01:08:28 DNF	03:43:10 DNF	DNF	DNF	-	-	(0.0%)
	LESZCZYŃSKI Pawel	6476	LASY WAWERSKIE	Weteran II M - 60		01:34:44 DNF	04:08:33 DNF	DNF	DNF	-	-	(0.0%)
	SZYMAŃSKI Dawid	6206		Senior II M - 30		01:34:10 DNF	04:51:31 DNF	DNF	DNF	-	-	(0.0%)
	GREGORCZYK-ŚWISTEK Marta	6030	WYBIEGAJ SIEBIE	Masters K - 40		01:46:24 DNF	05:32:35 DNF	DNF	DNF	-	-	(0.0%)
	ŚWISTEK Dariusz	6032	WYBIEGAJ SIEBIE	Weteran I M - 50		01:46:22 DNF	05:32:49 DNF	DNF	DNF	-	-	(0.0%)
	LECH Łukasz	6069		Senior I M - 20		01:48:58 DNF	14:11:39 DNF	DNF	DNF	-	-	(0.0%)
	LEWICKI Tomasz	6096	CAŁA OLEŚNICA BIEGA	Masters M - 40		01:17:06 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PATROŃSKA Magdalena	6063	ŻARŁOKI	Senior II K - 30		01:24:35 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GODYŃ Sylwiusz	6204	DZIEWIĘĆSIŁ	Weteran I M - 50		01:33:50 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZCZERBA Michał	6223		Masters M - 40		01:48:16 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DUDA- KRZEMIENIEWSKA Jadwiga	6380	KB SZAMOTUŁY	Weteran II K - 60		01:51:45 DNF	DNF	DNF	DNF	-	-	(0.0%)
	BOBIN Anna	6062	ZOCHU TEAM	Masters K - 40		01:54:08 DNF	DNF	DNF	DNF	-	-	(0.0%)
	RAWSKI Krzysztof	6010		Masters M - 40		01:54:38 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MRÓZ Justyna	6014		Senior II K - 30		01:55:02 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SKOLIMOWSKA Katarzyna	6273	YRTS	Masters K - 40		02:02:47 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZLĘZAK Sławomir	6095		Masters M - 40		02:05:47 DNF	DNF	DNF	DNF	-	-	(0.0%)
	POŁOK Monika	6092	MIRAZ RACE TEAM	Masters K - 40		02:05:53 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SOBIERALSKA Magdalena	6349		Senior II K - 30		02:42:36 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MILEWSKI Dominik	6254	RYKOWISKO TEAM/LA SPORTIVA	Senior I M - 20		DNF	DNF	DNF	DNF	-	-	(0.0%)
	BIENIECKI Jacek	6146	KB SZAMOTUŁY	Weteran I M - 50		DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOPIERAŁA Kinga	6115	TRAIL IS OUR WAY / #PIGWATRIL	Senior II K - 30		DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 452 wynik(ów)