

GORCE ULTRA-TRAIL® 48 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Gorce Ultra-Trail 2019
Organizator: Fundacja Run Vegan - GUT
Data: 2019-08-03
Miejsce: Ochotnica Dolna
Dystans: 48 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
1	WOLSKI Jakub	888	STREFA PRZYGÓD	M 32	1	01:10:22	02:15:25	02:15:45	03:59:50		04:30:47.45	04:30:49.95		5:38	10.6 (100%)
2	SOBCZYK Przemysław	896	TG SOKÓŁ ZAKOPANE	M 33-44	1	01:13:15	02:19:43	02:24:02	04:15:46		04:49:06.30	04:49:07.85	+00:18:17 (6.3%)	6:01	10 (94.3%)
3	PIECH Kacper	754	ASICS FRONTRUNNER POLAND/ETAPOWA TRIADA	M 32	2	01:09:24	02:14:07	02:15:54	04:13:48		04:50:07.70	04:50:09.25	+00:19:19 (6.7%)	6:02	9.9 (93.4%)
4	FLOREK Sebastian	837	NORAFSPORT / SPORT HG	M 33-44	2	01:15:41	02:28:16	02:33:58	04:25:47		05:00:10.35	05:00:12.50	+00:29:22 (9.8%)	6:15	9.6 (90.6%)
5	TRACZ Łukasz	665	WWW.TRENINGFIZJOTERAPIA.PL / SQUAREH	M 33-44	3	01:20:04	02:32:15	02:38:25	04:30:26		05:05:21.20	05:05:23.25	+00:34:33 (11.3%)	6:21	9.4 (88.7%)
6	ŚCIESZKA Wojciech	485	13 ELT KRAKÓW-BALICE	M 45+	1	01:21:17	02:34:59	02:41:18	04:35:52		05:05:33.65	05:05:37.85	+00:34:47 (11.4%)	6:21	9.4 (88.7%)
7	PAJĄK Bartłomiej	566	SMSKLIMA	M 32	3	01:22:42	02:35:05	02:40:03	04:38:15		05:15:25.20	05:15:27.70	+00:44:37 (14.1%)	6:34	9.1 (85.8%)
8	CHODAKOWSKI Rafał	535	OSTROBIEC	M 33-44	4	01:21:45	02:36:33	02:44:38	04:41:11		05:15:55.25	05:15:57.10	+00:45:07 (14.3%)	6:34	9.1 (85.8%)
9	MORAWSKI Przemysław	884		M 33-44	5	01:20:06	02:32:40	02:39:40	04:38:47		05:17:06.50	05:17:10.05	+00:46:20 (14.6%)	6:36	9.1 (85.8%)
10	ORLAK Michał	684		M 33-44	6	01:21:29	02:35:27	02:43:29	04:48:15		05:27:26.65	05:27:32.35	+00:56:42 (17.3%)	6:49	8.8 (83.0%)
11	TOPOLSKI Marcin	694	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M 33-44	7		02:39:39	02:46:45	04:49:41		05:29:26.25	05:29:31.30	+00:58:41 (17.8%)	6:51	8.7 (82.1%)
12	KOCEMBA Askaniusz	852		M 33-44	8	01:23:16	02:38:38	02:46:10	04:49:36		05:29:34.40	05:29:37.30	+00:58:47 (17.8%)	6:51	8.7 (82.1%)
13	JANIK Mateusz	846		M 32	4	01:28:12	02:48:53	02:56:33	04:59:40		05:36:37.30	05:36:57.10	+01:06:07 (19.6%)	7:00	8.6 (81.1%)
14	MAMALA Justyna	859		K 32	1	01:23:12	02:41:38	02:47:40	04:50:46		05:39:38.15	05:39:40.80	+01:08:50 (20.3%)	7:04	8.5 (80.2%)
15	PAZDUR Mateusz	656	LASER DANCE SQUAD	M 33-44	9	01:25:37	02:47:16	02:54:53			05:43:22.70	05:43:38.85	+01:12:48 (21.2%)	7:09	8.4 (79.2%)
16	SZYMCZYK Daniel	777		M 33-44	10	01:30:28	02:52:16	03:00:24	05:05:54		05:43:49.85	05:43:58.80	+01:13:08 (21.3%)	7:09	8.4 (79.2%)
17	BUJAK Krzysztof	881	KINGRUNNER ULTRA	M 32	5	01:25:38	02:47:26	02:55:19	05:06:05		05:44:12.10	05:44:18.70	+01:13:28 (21.3%)	7:10	8.4 (79.2%)
18	GAJEWSKI Grzegorz	640	POMORZE BIEGA I POMAGA	M 33-44	11	01:24:29	02:41:15	02:50:34	05:05:58		05:44:22.00	05:44:46.25	+01:13:56 (21.4%)	7:10	8.4 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
19	FLĄDRO Daniel	790		M 33-44	12	01:24:37	02:46:19	02:53:43	05:10:04		05:51:40.10	05:51:44.25	+01:20:54 (23.0%)	7:19	8.2 (77.4%)
20	CYTACKI Dawid	797	RYKOWISKO	M 33-44	13	01:28:00	02:48:29	02:56:36	05:14:10		05:52:13.55	05:52:19.85	+01:21:29 (23.1%)	7:20	8.2 (77.4%)
21	PTASZYŃSKI Wojciech	842		M 45+	2	01:26:59	02:47:35	02:55:46	05:14:14		05:52:15.95	05:52:22.00	+01:21:32 (23.1%)	7:20	8.2 (77.4%)
22	KAPAOŃ Aleksander	692	CAZZO CLUB RUNNING TEAM	M 32	6	01:25:44	02:47:45	02:57:05	05:09:52		05:52:25.05	05:52:30.55	+01:21:40 (23.2%)	7:20	8.2 (77.4%)
23	BUCHLA Marcin	608	GT RAT	M 45+	3	01:30:39	02:53:49	03:01:36	05:14:40		05:52:32.00	05:52:36.75	+01:21:46 (23.2%)	7:20	8.2 (77.4%)
24	FRANCUZ Konrad	614	VEGE RUNNERS	M 45+	4	01:27:43	02:51:27	03:00:15	05:12:51		05:52:20.25	05:53:20.40	+01:22:30 (23.4%)	7:20	8.2 (77.4%)
25	WINIARCZYK-JADACH Beata	839		K 33-44	1	01:27:21	02:49:30	02:55:52	05:09:48		05:53:30.40	05:53:35.45	+01:22:45 (23.4%)	7:21	8.1 (76.4%)
26	LACHOR Krzysztof	708	ARMIA LACHORÓW	M 32	7	01:23:26	02:44:47	02:52:17	05:14:37		05:55:07.50	05:55:12.10	+01:24:22 (23.8%)	7:23	8.1 (76.4%)
27	ŚLIWA Arkadiusz	893	#SPORTOWAKRYNICA	M 32	8	01:27:58	02:50:58	02:59:34	05:11:39		05:56:50.75	05:56:56.55	+01:26:06 (24.1%)	7:26	8.1 (76.4%)
28	KOZA Jan	775	LOKOMOTIV MAJDAN/ GOPR BIESZCZADY	M 32	9	01:23:46	02:50:42	03:01:53	05:15:24		05:58:51.95	05:58:55.25	+01:28:05 (24.5%)	7:28	8 (75.5%)
29	WIKTOROWICZ Tomasz	655		M 45+	5	01:31:04	02:54:08	03:04:02	05:19:22		06:00:06.65	06:00:15.05	+01:29:25 (24.8%)	7:30	8 (75.5%)
30	SARKA Bartłomiej	700		M 32	10	01:32:06	02:54:25	03:04:41	05:20:49		06:00:12.20	06:00:22.15	+01:29:32 (24.8%)	7:30	8 (75.5%)
31	BEKAS Marcin	625	RUNONLINE.PL	M 33-44	14	01:31:53	02:55:05	03:03:33	05:18:41		06:01:23.00	06:01:26.00	+01:30:36 (25.1%)	7:31	8 (75.5%)
32	SOKOŁOWSKI Grzegorz	698		M 45+	6	01:26:48	02:52:52	03:00:20	05:20:29		06:01:39.00	06:01:45.00	+01:30:55 (25.1%)	7:32	8 (75.5%)
33	GĘBORYS Tomasz	465	GÓRSKI STYL TEAM / SALOMON ZAKOPANE	M 32	11	01:30:05	02:52:16	03:02:44	05:25:12		06:01:59.70	06:02:11.85	+01:31:21 (25.2%)	7:32	8 (75.5%)
34	RAJTAR Zbigniew	464	RONTIL-COMPASS	M 45+	7	01:32:50	02:59:07	03:09:04	05:25:07		06:02:26.00	06:02:30.05	+01:31:40 (25.3%)	7:33	7.9 (74.5%)
35	BEZRUKOVAS Nerijus	873	GOODLIFE	M 33-44	15		02:54:05	03:01:55	05:19:29		06:03:24.00	06:04:08.00	+01:33:18 (25.6%)	7:34	7.9 (74.5%)
36	KLIMA Dariusz	433		M 32	12	01:32:13	02:54:15	03:02:31	05:19:37		06:03:37.95	06:04:08.10	+01:33:18 (25.6%)	7:34	7.9 (74.5%)
37	TARNOWSKI Maciej	425	KOLIBER TEAM / MM POWER	M 33-44	16	01:30:29	02:52:28	02:59:48	05:18:16		06:04:21.50	06:04:25.35	+01:33:35 (25.7%)	7:35	7.9 (74.5%)
38	KALITA Damian	639		M 33-44	17	01:31:59	02:53:17	03:02:47	05:22:15		06:03:43.65	06:04:26.55	+01:33:36 (25.7%)	7:34	7.9 (74.5%)
39	SWORSKI Roman	564	VEGAN & VEGE RUNNERS / KASTYO	M 33-44	18	01:25:02	02:45:43	02:53:15	05:25:26		06:04:44.00	06:04:47.45	+01:33:57 (25.8%)	7:35	7.9 (74.5%)
40	SAJAK Kamil	771	ROZBIEGANE DOBCZYCE	M 32	13	01:30:12	03:01:49	03:08:55	05:25:15		06:06:18.50	06:06:20.90	+01:35:30 (26.1%)	7:37	7.9 (74.5%)
41	DZIEDZIC Witold	683	RZESZOWSKIE GAZELE I GEPARDY	M 33-44	19	01:32:50	02:53:23	03:00:59	05:23:07		06:06:41.70	06:07:00.95	+01:36:11 (26.2%)	7:38	7.9 (74.5%)
42	TELUS Mateusz	835		M 32	14	01:27:34	02:49:44	03:00:22	05:26:16		06:07:50.95	06:07:57.75	+01:37:07 (26.4%)	7:39	7.8 (73.6%)
43	JANISZEWSKI Piotr	675		M 32	15	01:34:26	03:01:56	03:11:30	05:25:45		06:07:53.90	06:08:10.45	+01:37:20 (26.4%)	7:39	7.8 (73.6%)
44	SAMORAŃSKI Krzysztof	685	MUAY RUNING TEAM	M 33-44	20	01:34:22	03:00:06	03:08:34	05:26:16		06:08:53.30	06:08:56.85	+01:38:06 (26.6%)	7:41	7.8 (73.6%)

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45	RYBACKI Mateusz	701		M 32	16	01:23:05	02:46:03	02:53:25	05:25:45		06:09:18.80	06:09:21.70	+01:38:31 (26.7%)	7:41	7.8 (73.6%)
46	KRYSA Roman	590		M 33-44	21	01:38:35	03:06:39	03:18:41	05:34:56		06:15:06.95	06:15:53.30	+01:45:03 (27.9%)	7:48	7.7 (72.6%)
47	PIETRZAK Jacek	783		M 45+	8	01:32:08	02:59:03	03:08:56	05:31:07		06:16:09.05	06:16:13.10	+01:45:23 (28.0%)	7:50	7.7 (72.6%)
48	TUŁAZA Jan	822	KLUB BIEGACZA T2/4	M 45+	9	01:32:05	02:59:12	03:07:25	05:38:48		06:16:26.00	06:16:28.40	+01:45:38 (28.1%)	7:50	7.7 (72.6%)
49	KOT Krzysztof	802		M 33-44	22	01:35:49	03:01:51	03:10:19	05:30:57		06:16:25.85	06:16:50.00	+01:46:00 (28.1%)	7:50	7.7 (72.6%)
50	GOLAS Grażyna	869	DUDYCZRUN	K 33-44	2	01:41:58	03:17:39	03:25:49	05:39:09		06:16:41.40	06:16:51.45	+01:46:01 (28.1%)	7:50	7.6 (71.7%)
51	TEISTER Wojciech	477	T. G. SOKÓŁ ZAKOPANE /GÓRSKI BIEG FRASSATIEGO	M 33-44	23	01:34:10	03:00:26	03:12:40	05:35:29		06:18:09.60	06:18:15.45	+01:47:25 (28.4%)	7:52	7.6 (71.7%)
52	GRADZI Dariusz	849	KRAKOWSKA IZBA ADWOKACKA	M 33-44	24	01:32:53	03:00:28	03:10:42			06:18:56.05	06:19:09.20	+01:48:19 (28.6%)	7:53	7.6 (71.7%)
53	BARTOSZ Marek	702	ULTRA TRAIL MAŁOPOLSKA	M 33-44	25	01:33:25	03:03:27	03:12:51	05:38:26		06:19:27.70	06:19:34.60	+01:48:44 (28.6%)	7:54	7.6 (71.7%)
54	FRYSIAK Artur	606	WIELUŃ ULTRA I NIE TYLKO	M 45+	10	01:34:22	03:04:25	03:13:19	05:39:05		06:19:36.85	06:19:47.20	+01:48:57 (28.7%)	7:54	7.6 (71.7%)
55	MUSZYŃSKI Maciej	772	MMPOWER/KOLIBER TEAM	M 45+	11	01:27:34	02:58:00	03:05:52	05:36:19		06:22:44.75	06:22:48.10	+01:51:58 (29.2%)	7:58	7.5 (70.8%)
56	DANIELAK Michał	619		M 33-44	26	01:31:29	02:55:19	03:03:10	05:36:38		06:23:08.05	06:23:44.65	+01:52:54 (29.4%)	7:58	7.5 (70.8%)
57	KURAS Janusz	543	ZADYSZKA OŚWIĘCIM	M 45+	12	01:40:01	03:13:01	03:21:15	05:44:08		06:24:52.40	06:25:08.25	+01:54:18 (29.7%)	8:01	7.5 (70.8%)
58	DARCHUK Oleksandr	820		M 33-44	27	01:37:00	03:07:14	03:17:50	05:41:36		06:26:43.85	06:26:53.95	+01:56:04 (30.0%)	8:03	7.4 (69.8%)
59	KEMPKA Marcin	642	HUSARIA RACE TEAM	M 33-44	28	01:42:00	03:15:40	03:25:29	05:43:54		06:27:00.20	06:27:24.55	+01:56:34 (30.1%)	8:03	7.4 (69.8%)
60	SZEWCZYK Maciej	689	PRZEMESY	M 32	17	01:46:37	03:22:55	03:34:25	05:47:42		06:27:03.90	06:27:25.35	+01:56:35 (30.1%)	8:03	7.4 (69.8%)
61	BEŁDOWSKI Sławomir	774	FUDU &CO.	M 45+	13	01:29:42	02:59:50	03:08:22	05:42:42		06:27:39.05	06:27:43.70	+01:56:53 (30.1%)	8:04	7.4 (69.8%)
62	POZSONYI Péter	458		M 32	18	01:31:50		03:13:37	05:40:53		06:27:46.00	06:27:46.00	+01:56:56 (30.2%)	8:04	7.4 (69.8%)
63	RATAJCZAK Marcin	766		M 33-44	29	01:40:28	03:13:17	03:28:14	05:47:27		06:28:11.75	06:28:55.25	+01:58:05 (30.4%)	8:05	7.4 (69.8%)
64	HERMAN Michał	560		M 32	19	01:35:11	03:03:11	03:12:41	05:45:54		06:29:00.55	06:29:23.70	+01:58:33 (30.4%)	8:06	7.4 (69.8%)
65	PITTNER Krzysztof	492		M 33-44	30	01:33:29	03:03:51	03:14:51	05:42:48		06:29:38.80	06:29:47.95	+01:58:58 (30.5%)	8:07	7.4 (69.8%)
66	SEMBERECKI Marcin	747	TOWARZYSTWO GIMNASTYCZNE SOKÓŁ ZAKOPANE	M 33-44	31	01:34:05	03:00:31	03:13:14	05:47:53		06:29:51.00	06:29:57.00	+01:59:07 (30.5%)	8:07	7.4 (69.8%)
67	BRZOZA Adam	517		M 45+	14	01:38:53	03:08:59	03:18:55	05:49:28		06:30:22.50	06:30:37.80	+01:59:47 (30.7%)	8:07	7.4 (69.8%)
68	CIĘŻKOWSKI Sławomir	582		M 45+	15	01:35:23	03:06:28	03:16:13	05:45:46		06:30:54.40	06:31:14.20	+02:00:24 (30.8%)	8:08	7.4 (69.8%)
69	KUPIEC Urszula	676	BESKIDNIK	K 33-44	3	01:38:40	03:14:40	03:22:57	05:46:36		06:31:16.70	06:31:20.30	+02:00:30 (30.8%)	8:09	7.4 (69.8%)
70	KOWALCZYK Aleksander	604		M 33-44	32	01:33:30	03:07:00	03:17:18	05:44:18		06:31:33.05	06:31:45.75	+02:00:55 (30.9%)	8:09	7.4 (69.8%)

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71	MAŚLAK Radomił	899	STARE BABICE BIEGAJA	M 45+	16	01:35:58	03:07:13	03:15:09	05:46:35		06:31:39.15	06:31:49.40	+02:00:59 (30.9%)	8:09	7.4 (69.8%)
72	KOLASA Bartłomiej	605	OBIDOWA GŁUSZEC/PPWSZ NOWY TARG	M 32	20	01:33:09	03:02:18	03:11:40	05:43:12		06:31:52.80	06:32:12.45	+02:01:22 (30.9%)	8:09	7.3 (68.9%)
73	OPALIŃSKI Michał	514	MARATOŃCZYK DĘBICA	M 32	21	01:34:38	03:00:40	03:09:59	05:42:27		06:31:51.15	06:32:16.30	+02:01:26 (31.0%)	8:09	7.3 (68.9%)
74	JAKUBOWSKI Piotr	674		M 32	22	01:32:41	03:09:11	03:22:54	05:54:24		06:35:06.40	06:35:45.50	+02:04:55 (31.6%)	8:13	7.3 (68.9%)
75	PABIS Marek	718		M 33-44	33	01:40:00	03:10:35	03:22:06	05:51:05		06:35:15.95	06:35:46.85	+02:04:56 (31.6%)	8:14	7.3 (68.9%)
76	URBANEK Patryk	742		M 32	23	01:27:52	02:53:28	03:01:47	05:50:58		06:35:56.45	06:36:01.70	+02:05:11 (31.6%)	8:14	7.3 (68.9%)
77	GAŁKA Wojciech	739	JURATEAM	M 33-44	34	01:45:17	03:16:35	03:28:18	05:53:22		06:35:15.35	06:36:02.70	+02:05:12 (31.6%)	8:14	7.3 (68.9%)
78	PELA Dariusz	552	TORUŃ MULTISPORT TEAM	M 33-44	35	01:35:49	03:08:38	03:21:53	05:53:37		06:35:52.00	06:36:03.20	+02:05:13 (31.6%)	8:14	7.3 (68.9%)
79	DUDEK Bo	871	SIGN SPORT / ROOBAR	M 33-44	36	01:23:09	02:49:54		05:40:42		06:36:31.10	06:36:33.25	+02:05:43 (31.7%)	8:15	7.3 (68.9%)
80	MROWIEC Michał	877	KORDAKI	M 45+	17	01:32:27	03:04:13	03:16:31	05:55:08		06:36:47.70	06:36:53.05	+02:06:03 (31.8%)	8:16	7.3 (68.9%)
81	REDMANN Edyta	688		K 45+	1	01:42:13	03:19:40	03:28:48	05:53:26		06:36:51.60	06:36:55.50	+02:06:05 (31.8%)	8:16	7.3 (68.9%)
82	ROGAŁA Grzegorz	583		M 45+	18	01:33:10	03:01:44	03:11:06	05:48:39		06:38:04.85	06:38:21.00	+02:07:31 (32.0%)	8:17	7.2 (67.9%)
83	DZIEDZIC Krzysztof	882	RUNNINGPERFORMANCE.PL	M 33-44	37	01:37:21	03:11:02	03:22:18	05:55:50		06:38:29.60	06:39:16.65	+02:08:26 (32.2%)	8:18	7.2 (67.9%)
84	BOROWICZ Monika	707	ZABIEGANI	K 33-44	4	01:38:23	03:11:31	03:21:47	05:55:14		06:39:57.85	06:40:06.80	+02:09:16 (32.3%)	8:19	7.2 (67.9%)
85	JELEŃ Mikołaj	579	GRAPPLING KRAKÓW	M 32	24	01:43:02	03:13:11	03:23:45	05:53:02		06:39:11.20	06:40:10.25	+02:09:20 (32.3%)	8:18	7.2 (67.9%)
86	KULA Robert	609		M 33-44	38	01:41:14	03:13:47	03:23:52	05:55:42		06:40:15.15	06:40:35.35	+02:09:45 (32.4%)	8:20	7.2 (67.9%)
87	LIBERDA Sebastian	828		M 33-44	39	01:39:05	03:13:37	03:22:13	05:51:41		06:40:51.30	06:41:05.60	+02:10:15 (32.5%)	8:21	7.2 (67.9%)
88	MISZTAL Rafał	515	LOS PANTALONES ROJOS	M 45+	19	01:44:52	03:20:16	03:29:28	06:00:05		06:40:56.60	06:41:10.35	+02:10:20 (32.5%)	8:21	7.2 (67.9%)
89	BARTKOWIAK Rafał	506	ORTIMED RUNNERS TEAM	M 45+	20	01:37:04	03:09:52	03:19:05	05:55:15		06:41:18.10	06:41:20.55	+02:10:30 (32.5%)	8:21	7.2 (67.9%)
90	ZADĘCKI Piotr	762		M 33-44	40	01:34:31	03:05:54	03:18:18	05:54:51		06:41:46.35	06:41:52.95	+02:11:03 (32.6%)	8:22	7.2 (67.9%)
91	MISIOR Łukasz	709		M 32	25	01:41:22	03:17:54	03:28:53	05:55:06		06:41:33.05	06:41:55.25	+02:11:05 (32.6%)	8:21	7.2 (67.9%)
92	HERBICH-SAR Violetta	658	FUDU & CO. SPORT TEAM	K 33-44	5	01:35:57	03:08:00	03:17:06	05:52:59		06:42:46.90	06:42:54.10	+02:12:04 (32.8%)	8:23	7.2 (67.9%)
93	SZYMAŃSKA Agata	744		K 32	2	01:39:11	03:14:09	03:25:17	05:55:47		06:43:12.75	06:43:41.20	+02:12:51 (32.9%)	8:24	7.1 (67.0%)
94	OLSZAK Zenon	407	WARSAW RUN CLUB	M 45+	21	01:37:31	03:05:51	03:22:19	05:53:19		06:44:09.35	06:44:42.55	+02:13:52 (33.1%)	8:25	7.1 (67.0%)
95	FRANKE Konrad	886		M 32	26	01:30:58	03:04:27	03:14:15	05:58:36		06:44:36.70	06:44:42.75	+02:13:52 (33.1%)	8:25	7.1 (67.0%)
96	MATERNIA Karolina	509		K 33-44	6	01:47:22	03:24:18	03:32:45			06:43:54.60	06:44:53.40	+02:14:03 (33.1%)	8:24	7.1 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
97	ŻAK Barbara	599	JURA TEAM	K 33-44	7	01:43:01	03:17:22	03:28:28	05:59:31		06:45:34.10	06:46:27.20	+02:15:37 (33.4%)	8:26	7.1 (67.0%)
98	BZURA Jarosław	650	3T BIAŁYSTOK	M 45+	22	01:38:41	03:15:39	03:26:51	06:04:46		06:46:26.15	06:46:48.05	+02:15:58 (33.4%)	8:28	7.1 (67.0%)
99	ŻAK Artur	600	JURA TEAM	M 45+	23		03:07:35	03:18:56	06:03:13		06:46:26.20	06:47:20.40	+02:16:30 (33.5%)	8:28	7.1 (67.0%)
100	SZOT Andrzej	778		M 45+	24	01:43:32	03:21:24		06:01:34		06:47:04.00	06:47:31.90	+02:16:41 (33.5%)	8:28	7.1 (67.0%)
101	PUCHAŁKA Waldemar	864	ULTRABESKIDSPORT	M 33-44	41	01:39:39	03:14:08	03:27:05	06:03:26		06:48:57.80	06:49:31.60	+02:18:41 (33.9%)	8:31	7 (66.0%)
102	CHWIROT Dawid	522		M 32	27	01:42:14	03:17:55	03:32:38	06:06:25		06:49:17.40	06:49:42.25	+02:18:52 (33.9%)	8:31	7 (66.0%)
103	ANTOLAK Maciej	549	NOWY TARG RUNNERS/NOWOTARSKI KLUB KOLARSKI	M 33-44	42	01:46:43	03:22:58	03:34:34	06:08:40		06:49:40.30	06:49:58.10	+02:19:08 (33.9%)	8:32	7 (66.0%)
104	DUDEK Łukasz	858		M 33-44	43	01:36:32	03:11:31	03:26:40	06:04:04		06:50:15.20	06:50:23.70	+02:19:33 (34.0%)	8:32	7 (66.0%)
105	SZUBA-ŁATA Klaudia	750	ENJOY BY SPORT	K 32	3	01:44:45	03:18:08	03:32:32	06:06:28		06:50:42.75	06:50:51.80	+02:20:01 (34.1%)	8:33	7 (66.0%)
106	SKRZYPEK Sylwia	875		K 33-44	8	01:34:49	03:04:28	03:13:05	05:39:02	00:30:00	06:51:42.00	06:51:50.00	+02:21:00 (34.2%)	7:57	7.5 (70.8%)
107	KAPAON Andrzej	699	CAZZO CLUB RUNNING TEAM	M 32	28	01:26:15	03:03:50	03:17:17	06:04:58		06:52:16.65	06:52:21.50	+02:21:31 (34.3%)	8:35	7 (66.0%)
108	MISKA Daniel	749	ENJOY BY SPORT	M 32	29	01:31:53	02:56:26	03:07:09	05:53:48		06:54:48.05	06:54:57.70	+02:24:07 (34.7%)	8:38	6.9 (65.1%)
109	ROGALA Krystian	595	MTS HAMER	M 33-44	44	01:42:49	03:22:04	03:32:59	06:08:43		06:54:53.40	06:55:05.35	+02:24:15 (34.8%)	8:38	6.9 (65.1%)
110	SAMBORSKI Rafał	576	CONSONANCE TEAM	M 33-44	45	01:42:17	03:21:51	03:35:34	06:11:02		06:57:10.60	06:57:39.20	+02:26:49 (35.2%)	8:41	6.9 (65.1%)
111	FIDELUS Leszek	563	PROMIRENT	M 45+	25	01:40:44	03:20:42	03:32:41	06:07:04		06:58:25.45	06:58:40.30	+02:27:50 (35.3%)	8:43	6.9 (65.1%)
112	DYREK Adam	799		M 33-44	46	01:50:31	03:28:17	03:40:31	06:09:08		06:58:26.05	06:58:52.85	+02:28:02 (35.3%)	8:43	6.9 (65.1%)
113	PIECZARA Marcin	483		M 45+	26	01:46:22	03:27:57	03:41:19	06:11:24		06:58:44.50	06:58:59.55	+02:28:09 (35.4%)	8:43	6.9 (65.1%)
114	KUBERA Dawid	510		M 32	30	01:40:11	03:20:19	03:34:05	06:09:56		06:59:02.75	06:59:30.00	+02:28:40 (35.4%)	8:43	6.9 (65.1%)
115	KURZYDLAK Jakub	823	EDC.TEAM	M 32	31	01:46:30	03:23:05	03:33:18	06:10:54		06:59:08.50	07:00:10.60	+02:29:20 (35.5%)	8:43	6.9 (65.1%)
116	PIWOŃSKI Adam	767		M 33-44	47	01:42:53	03:25:48	03:35:09	06:14:39		06:59:13.80	07:00:10.95	+02:29:21 (35.5%)	8:44	6.9 (65.1%)
117	CYTRYŃSKI Mariusz	478		M 33-44	48	01:41:26	03:23:35	03:38:12	06:13:40		06:59:25.05	07:00:28.70	+02:29:38 (35.6%)	8:44	6.9 (65.1%)
118	SKOTNICKA Anna	645	TTC MPEC TARNÓW	K 33-44	9	01:45:18	03:25:43	03:35:29	06:15:17		07:00:36.45	07:01:03.25	+02:30:13 (35.7%)	8:45	6.8 (64.2%)
119	BEREZOWSKI Oskar	909	NAPIERAJ.PL	M 33-44	49	01:44:22	03:25:36	03:41:25	06:19:12		07:01:39.45	07:01:59.00	+02:31:09 (35.8%)	8:47	6.8 (64.2%)
120	BODZEK Bartłomiej	720		M 32	32	01:52:25	03:34:14	03:47:31	06:17:25		07:01:19.50	07:02:03.90	+02:31:13 (35.8%)	8:46	6.8 (64.2%)
121	CHILEWICZ Dariusz	785		M 45+	27	01:51:23	03:29:09	03:39:39	06:19:17		07:01:36.70	07:02:44.55	+02:31:54 (35.9%)	8:47	6.8 (64.2%)
122	ADAM Piotr	469	WROCLAW MARATHON TEAM	M 45+	28	01:34:04	03:13:53	03:26:11	06:16:44		07:02:51.00	07:02:54.55	+02:32:04 (36.0%)	8:48	6.8 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
123	DORDZIK Katarzyna	779		K 33-44	10	01:40:03	03:15:28	03:27:10	06:16:13		07:02:32.70	07:03:02.75	+02:32:12 (36.0%)	8:48	6.8 (64.2%)
124	NIEZGODA Miłostawa	668		K 32	4	01:52:48	03:36:43	03:47:22	06:21:25		07:04:04.25	07:04:21.25	+02:33:31 (36.2%)	8:50	6.8 (64.2%)
125	BAJOR Michał	603		M 33-44	50	01:44:02	03:21:04	03:32:23	06:11:41		07:03:26.10	07:04:21.55	+02:33:31 (36.2%)	8:49	6.8 (64.2%)
126	KRZYŻAN Jakub	889	KW KRAKÓW	M 45+	29	01:43:39	03:19:23	03:28:37	06:13:38		07:04:24.25	07:04:33.60	+02:33:43 (36.2%)	8:50	6.8 (64.2%)
127	KRÓLIKOWSKI Zbigniew	624	POLKRYŚ TEAM	M 45+	30	01:38:55	03:20:53	03:34:29	06:19:37		07:04:18.55	07:04:54.20	+02:34:04 (36.3%)	8:50	6.8 (64.2%)
128	MATŁĄG Angelika	400		K 32	5	01:48:21	03:25:54	03:36:30	06:15:59		07:05:06.15	07:05:21.70	+02:34:31 (36.3%)	8:51	6.8 (64.2%)
129	MAJEWSKI Artur	479		M 33-44	51	01:44:57	03:23:52	03:37:09			07:05:12.40	07:06:14.25	+02:35:24 (36.5%)	8:51	6.8 (64.2%)
130	KARCZ Grzegorz	475	BĘDUSKA BRYGADA BIEGOWA, MYSZKOW BIEGA	M 33-44	52	01:48:25	03:29:05	03:40:51	06:18:41		07:05:31.70	07:06:17.75	+02:35:27 (36.5%)	8:51	6.8 (64.2%)
131	KASPERKIEWICZ Maja	439		K 33-44	11	01:45:43	03:26:46	03:37:48	06:19:17		07:05:54.75	07:06:23.85	+02:35:33 (36.5%)	8:52	6.8 (64.2%)
132	RUSZCZEWSKI Andrzej	424	VEGE RUNNERS	M 33-44	53	01:44:13	03:25:10	03:37:12	06:22:27		07:08:07.65	07:09:09.10	+02:38:19 (36.9%)	8:55	6.7 (63.2%)
133	DADAŚ Janusz	652	NIGHT RUNNERS GLIWICE	M 45+	31	01:43:09	03:29:14	03:42:25	06:23:57		07:10:07.00	07:10:23.75	+02:39:33 (37.1%)	8:57	6.7 (63.2%)
134	MYRCIK Bernard	806		M 45+	32	01:45:24	03:24:22	03:38:57	06:23:08		07:10:04.85	07:10:30.55	+02:39:40 (37.1%)	8:57	6.7 (63.2%)
135	WOLSKI Gracjan	565		M 32	33	01:47:03	03:28:50	03:47:07	06:16:56		07:13:21.30	07:13:45.20	+02:42:55 (37.6%)	9:01	6.6 (62.3%)
136	ISKRZYCKI Andrzej	832		M 45+	33		03:14:48	03:28:26	06:18:01		07:14:20.80	07:14:50.25	+02:44:00 (37.7%)	9:02	6.6 (62.3%)
137	SALIŃSKI Bartosz	878	WKURW_TEAM	M 33-44	54	01:45:11	03:31:46	03:43:49	06:26:00		07:14:37.60	07:15:13.15	+02:44:23 (37.8%)	9:03	6.6 (62.3%)
138	DĄBROWA Kamil	803	UM WARSZAWA	M 45+	34	01:40:59	03:18:42	03:37:39	06:33:17		07:15:01.50	07:15:57.35	+02:45:07 (37.9%)	9:03	6.6 (62.3%)
139	SOFUŁ Tomasz	812		M 33-44	55	01:40:52	03:18:39	03:37:35	06:33:06		07:15:00.00	07:15:57.70	+02:45:07 (37.9%)	9:03	6.6 (62.3%)
140	FERDEK Sebastian	866	JURA-TEAM	M 33-44	56	01:46:48	03:28:31	03:38:31	06:26:09		07:15:37.45	07:16:32.45	+02:45:42 (38.0%)	9:04	6.6 (62.3%)
141	GELETA Marek	577		M 45+	35	01:46:22	03:27:38	03:38:51	06:26:17		07:16:31.70	07:16:43.20	+02:45:53 (38.0%)	9:05	6.6 (62.3%)
142	CZAMARA Dorota	905	JACEKBIEGA RUNNING TEAM	K 33-44	12	01:49:17	03:32:36	03:41:24	06:25:42		07:16:17.60	07:17:07.05	+02:46:17 (38.0%)	9:05	6.6 (62.3%)
143	OCHNIK Krzysztof	737		M 32	34		03:27:48	03:39:06	06:25:45		07:17:13.10	07:17:39.30	+02:46:49 (38.1%)	9:06	6.6 (62.3%)
144	NOWACZYK Marek	883	SŁYNNI KENIJCZYCY	M 33-44	57	01:49:17	03:32:22	03:43:49	06:28:41		07:17:37.85	07:18:09.55	+02:47:19 (38.2%)	9:07	6.6 (62.3%)
145	STUPKIEWICZ Ewa	801		K 45+	2	01:42:01	03:29:52	03:46:29	06:34:04		07:18:25.90	07:18:38.30	+02:47:48 (38.3%)	9:08	6.6 (62.3%)
146	DENISIUK Radek	680		M 33-44	58	01:43:47	03:26:48	03:43:00	06:25:40		07:18:23.70	07:18:47.80	+02:47:57 (38.3%)	9:07	6.6 (62.3%)
147	ROGOZIK Szymon	736	JURA TEAM	M 33-44	59	01:45:27	03:29:25	03:42:47	06:33:46		07:18:35.35	07:19:23.85	+02:48:33 (38.4%)	9:08	6.6 (62.3%)
148	SADOWSKI Mariusz	818		M 33-44	60	01:53:02	03:37:46	03:56:27	06:34:07		07:19:21.65	07:20:22.70	+02:49:32 (38.5%)	9:09	6.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 48km	brutto 48km			
149	WASZAK Łukasz	636		M 32	35	01:38:47	03:25:05	03:39:23	06:26:41		07:20:04.15	07:20:22.75	+02:49:32 (38.5%)	9:10	6.5 (61.3%)
150	KUJAWSKA Angelika	713	4RUN TEAM	K 33-44	13	01:52:40	03:35:39	03:51:17	06:35:13		07:19:52.65	07:20:42.75	+02:49:52 (38.5%)	9:09	6.5 (61.3%)
151	LADRA Ryszard	677		M 33-44	61	01:54:21	03:31:55	03:47:35	06:31:51		07:19:59.15	07:20:44.40	+02:49:54 (38.6%)	9:09	6.5 (61.3%)
152	PASEK Mirosław	746	I-SPORT	M 33-44	62	01:37:01	03:13:52	03:26:57	06:25:24		07:20:16.10	07:20:49.90	+02:49:59 (38.6%)	9:10	6.5 (61.3%)
153	CHODAKOWSKI Kacperek	904	OSTROBIEC	M 32	36		03:26:07	03:41:43	06:42:36		07:23:20.35	07:23:26.15	+02:52:36 (38.9%)	9:14	6.5 (61.3%)
154	CETNAR Grzegorz	826	HURAGAN LIGOTA	M 33-44	63	01:51:17	03:31:39	03:54:17	06:50:40		07:22:53.35	07:23:29.40	+02:52:39 (38.9%)	9:13	6.5 (61.3%)
155	KARKUT Michał	416	FUN&RUN	M 33-44	64	01:50:43	03:32:33	03:47:06	06:36:04		07:23:45.90	07:24:15.80	+02:53:25 (39.0%)	9:14	6.5 (61.3%)
156	GRABARZ Michał	451	O CO BIEGA	M 33-44	65	01:50:06	03:35:37	03:47:39	06:33:53		07:23:44.85	07:24:18.55	+02:53:28 (39.0%)	9:14	6.5 (61.3%)
157	ZAJĄC Krystian	721		M 33-44	66	01:38:30	03:16:17	03:30:38	06:34:39		07:24:21.35	07:24:38.10	+02:53:48 (39.1%)	9:15	6.5 (61.3%)
158	MACIAK Rafał	729		M 33-44	67	01:43:42	03:29:12	03:44:38	06:34:24		07:25:04.55	07:25:54.25	+02:55:04 (39.3%)	9:16	6.5 (61.3%)
158	MARĆ Artur	734		M 45+	36	01:43:40	03:29:31	03:44:47	06:34:35		07:25:05.35	07:25:54.25	+02:55:04 (39.3%)	9:16	6.5 (61.3%)
160	WAROWNY Piotr	537	BIEGUSIEM.PL	M 33-44	68	01:50:02	03:37:35	03:51:20	06:34:52		07:26:01.80	07:26:09.60	+02:55:19 (39.3%)	9:17	6.5 (61.3%)
161	FURMAN Paweł	453	HURAGAN LIGOTA	M 33-44	69	01:47:49	03:31:39	03:51:49	06:40:27		07:25:54.30	07:26:29.55	+02:55:39 (39.3%)	9:17	6.5 (61.3%)
162	RATAJCZAK Dariusz	800	HERNIK TEAM	M 45+	37	01:52:10	03:42:05	03:56:25	06:37:25		07:27:18.10	07:28:10.65	+02:57:20 (39.6%)	9:19	6.4 (60.4%)
163	KOCIK Maciej	759		M 33-44	70	01:42:06	03:19:28	03:35:19	06:33:53		07:28:38.80	07:29:06.85	+02:58:16 (39.7%)	9:20	6.4 (60.4%)
164	MAKOWSKI Tomasz	596	DREAM RUN	M 33-44	71	01:56:58	03:44:09	03:59:13	06:43:51		07:30:20.65	07:30:58.65	+03:00:08 (39.9%)	9:22	6.4 (60.4%)
165	LOSIK Eryk	887	TUESDAY TRAILS	M 33-44	72	01:39:31	03:26:02	03:35:37	06:34:40		07:32:05.80	07:32:11.25	+03:01:21 (40.1%)	9:25	6.4 (60.4%)
166	BŁACHNO Marcin	872		M 33-44	73	01:48:14	03:36:22	03:59:00	06:46:06		07:31:46.30	07:32:15.50	+03:01:25 (40.1%)	9:24	6.4 (60.4%)
167	WOŹNIAK Maria	848	SKAWINA BIEGA	K 32	6	01:51:54	03:33:44	03:45:21	06:39:20		07:31:34.70	07:32:25.45	+03:01:35 (40.1%)	9:24	6.4 (60.4%)
168	LESIAK Filip	844	SKAWINA BIEGA	M 33-44	74	01:55:08	03:34:09	03:49:16	06:39:12		07:31:33.30	07:32:25.60	+03:01:35 (40.1%)	9:24	6.4 (60.4%)
169	LUKACS Kristian	524		M 33-44	75	01:48:30	03:40:13	03:53:10	06:41:27		07:33:04.30	07:33:14.95	+03:02:25 (40.2%)	9:26	6.4 (60.4%)
170	MUCHA Kamil	442	GARDONIE 279	M 32	37	01:49:45	03:40:54	04:03:39	06:50:48		07:33:28.00	07:34:06.75	+03:03:16 (40.4%)	9:26	6,4 (56.6%)
171	KACZMAREK Grzegorz	487	TICON	M 45+	38	01:40:33	03:29:01	03:37:12	06:34:12		07:33:58.95	07:34:18.40	+03:03:28 (40.4%)	9:27	6.3 (59.4%)
172	KUROCHKA Vladyslav	648	EUROCLEAR RUNNING TEAM	M 32	38	01:41:13	03:23:46	03:40:24	06:42:13		07:33:57.35	07:34:45.75	+03:03:55 (40.4%)	9:27	6.3 (59.4%)
173	WALCZAK Jan	449		M 33-44	76	01:45:55	03:31:27	03:47:32	06:46:14		07:34:23.10	07:34:58.85	+03:04:08 (40.5%)	9:27	6.3 (59.4%)
174	FYDA Piotr	502		M 33-44	77	01:50:14	03:35:48	03:48:48	06:40:50		07:36:06.90	07:36:36.45	+03:05:46 (40.7%)	9:30	6.3 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 48km	brutto 48km			
175	TOKARZ Marcin	798		M 45+	39	01:50:43	03:35:09	03:47:33	06:43:56		07:36:18.65	07:36:44.85	+03:05:54 (40.7%)	9:30	6.3 (59.4%)
176	WAROWNY Dawid	512		M 33-44	78	01:58:42	03:41:35	03:55:20	06:43:29		07:35:51.60	07:36:48.20	+03:05:58 (40.7%)	9:29	6.3 (59.4%)
177	CYMBORSKA Jolanta	409	WARSAW RUN CLUB	K 33-44	14	01:47:50	03:36:34	03:54:07			07:36:31.40	07:37:03.45	+03:06:13 (40.7%)	9:30	6.3 (59.4%)
178	KORBA Michał	860		M 33-44	79	01:55:51	03:45:26	03:56:40	06:46:07		07:36:45.40	07:37:31.05	+03:06:41 (40.8%)	9:30	6.3 (59.4%)
179	OCHREMIAK Jakub	693	MOKOBIEGACZE	M 32	39	01:47:37	03:30:17	03:54:23	06:48:00		07:37:52.55	07:38:33.10	+03:07:43 (40.9%)	9:32	6.3 (59.4%)
180	LEWICKA Barbara	791		K 33-44	15	01:47:00	03:31:53	03:59:04	06:50:25		07:38:33.35	07:39:02.70	+03:08:12 (41.0%)	9:33	6.3 (59.4%)
181	WRÓBLEWSKI Tomasz	620	POLKRYŚ TEAM	M 33-44	80	01:48:13	03:36:10	03:50:09	06:46:55		07:38:44.40	07:39:18.60	+03:08:28 (41.0%)	9:33	6.3 (59.4%)
182	KWIATKOWSKI Jakub	601	ITMBW KRAKÓW	M 33-44	81	01:48:04	03:40:00	03:56:19	06:53:10		07:39:10.85	07:39:41.30	+03:08:51 (41.1%)	9:33	6.3 (59.4%)
183	SZNAJDER Jarosław	825		M 45+	40	01:51:39	03:36:20	03:48:57	06:40:55		07:39:21.40	07:39:53.75	+03:09:03 (41.1%)	9:34	6.3 (59.4%)
184	FRANUSIAK Marek	906		M 32	40	01:52:59	03:32:29	03:49:00	06:42:07		07:40:08.65	07:40:28.10	+03:09:38 (41.2%)	9:35	6.3 (59.4%)
185	DRANICKI Łukasz	667	ASBOXTEAM / PUSZCZALSCY	M 33-44	82	01:49:59	03:36:54	03:57:06	06:54:43		07:40:20.60	07:40:36.85	+03:09:46 (41.2%)	9:35	6.3 (59.4%)
186	CHMARA Rafał	530	AMBAR	M 33-44	83	01:51:32	03:36:41	03:57:18	06:56:34		07:40:21.05	07:40:37.15	+03:09:47 (41.2%)	9:35	6.3 (59.4%)
187	KOBYLARZ Robert	519		M 45+	41	01:52:13	03:38:11	03:52:02	06:50:31		07:39:54.50	07:40:39.00	+03:09:49 (41.2%)	9:34	6.3 (59.4%)
188	KORZENIOWSKA Małgorzata	544	METLIFE RUN	K 33-44	16	01:48:23	03:39:29	03:54:14	06:50:35		07:40:22.00	07:40:56.25	+03:10:06 (41.2%)	9:35	6.3 (59.4%)
189	PLESZ Wojciech	758	POLISH RUNNERS CLUB IRELAND	M 32	41	01:41:23	03:28:46	03:52:31	06:52:20		07:41:33.45	07:41:41.70	+03:10:51 (41.3%)	9:36	6.2 (58.5%)
190	PAWŁOWSKI Radek	696	MURCKI TEAM	M 33-44	84	01:41:16	03:28:47	03:52:35	06:52:16		07:41:45.25	07:41:53.15	+03:11:03 (41.4%)	9:37	6.2 (58.5%)
191	JAGIELSKA Magdalena	592		K 45+	3	01:49:04	03:36:05	03:58:17	06:50:35		07:41:46.50	07:42:12.85	+03:11:22 (41.4%)	9:37	6.2 (58.5%)
192	NEPELSKI Krzysztof	830		M 33-44	85	01:51:13	03:40:55	03:58:36	06:57:04		07:42:07.50	07:42:24.20	+03:11:34 (41.4%)	9:37	6.2 (58.5%)
193	PIECZARA Ewa	484		K 45+	4	01:52:44	03:40:12	03:54:29	06:51:21		07:42:33.95	07:43:05.00	+03:12:15 (41.5%)	9:38	6.2 (58.5%)
194	STĘPIEŃ Robert	508		M 33-44	86	01:52:06	03:38:27	03:59:07	06:50:35		07:42:14.60	07:43:08.15	+03:12:18 (41.5%)	9:37	6.2 (58.5%)
195	ŁAKOMY Waldemar	670	BUKOWSKI KLUB BIEGACZA	M 45+	42	01:49:30	03:38:06	03:53:58	06:47:04		07:43:37.10	07:44:00.25	+03:13:10 (41.6%)	9:39	6.2 (58.5%)
196	ZAJĄC Łukasz	455	KOMPARIO TEAM	M 32	42		03:34:43	03:49:47	06:51:16		07:44:03.20	07:44:10.85	+03:13:20 (41.7%)	9:40	6.2 (58.5%)
197	WOLNY Maciej	466	HURAGAN LIGOTA	M 33-44	87	01:47:51	03:37:13	03:51:41	06:40:15		07:43:40.20	07:44:20.15	+03:13:30 (41.7%)	9:39	6.2 (58.5%)
198	BISKUP Rafał	840	RUN DZIADU RUN	M 45+	43	01:49:46	03:39:13	03:53:35	06:56:30		07:45:36.70	07:45:52.00	+03:15:02 (41.9%)	9:42	6.2 (58.5%)
199	JODŁOWSKI Dominik	460		M 33-44	88	01:50:35	03:36:44	03:50:03	06:51:59		07:46:04.45	07:46:19.10	+03:15:29 (41.9%)	9:42	6.2 (58.5%)
200	GOLIASZ Paweł	574	BIEGAM I JUŻ	M 33-44	89	01:57:01	03:48:33		06:58:33		07:46:01.05	07:46:39.90	+03:15:49 (42.0%)	9:42	6,2 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
201	CETLIN Maciej	497		M 33-44	90	01:57:06	03:49:09		06:58:37		07:46:02.50	07:46:40.00	+03:15:50 (42.0%)	9:42	6,2 (56.6%)
202	SUCHOWIAN Maciej	476	TOWARZYSTWO GIMNASTYCZNE SOKÓŁ ZAKOPANE	M 33-44	91	01:51:45	03:40:53	03:58:11	06:56:22		07:47:13.15	07:47:20.65	+03:16:30 (42.0%)	9:44	6.2 (58.5%)
203	DRABIK Jacek	827		M 45+	44	02:00:48	03:52:01	04:06:54	06:59:27		07:47:26.75	07:47:34.75	+03:16:44 (42.1%)	9:44	6,2 (56.6%)
204	CIOSEK Beata	573		K 45+	5	01:47:21	03:37:43	03:51:24	06:53:54		07:47:38.55	07:47:52.60	+03:17:02 (42.1%)	9:44	6.2 (58.5%)
205	HANLEY Chris	907		M 45+	45	01:42:51	03:23:25	03:33:12	06:42:13		07:47:06.65	07:48:01.05	+03:17:11 (42.1%)	9:43	6.2 (58.5%)
206	WASZAK Rafał	794		M 32	43	01:50:08	03:39:59	03:55:48	06:58:51		07:49:18.90	07:49:29.35	+03:18:39 (42.3%)	9:46	6.1 (57.5%)
207	JAGIELSKI Paweł	593		M 45+	46	01:49:12	03:36:04	03:58:15	06:53:17		07:49:05.95	07:49:32.45	+03:18:42 (42.3%)	9:46	6.1 (57.5%)
208	PODGÓRNI Katarzyna	723		K 32	7	01:49:14	03:45:57	04:08:09	06:57:13		07:49:25.95	07:49:39.85	+03:18:49 (42.3%)	9:46	6,1 (56.6%)
209	SZCZEPAŃSKA Edyta	578		K 32	8	01:49:55	03:42:09	03:54:58	06:55:19		07:48:51.20	07:49:49.05	+03:18:59 (42.4%)	9:46	6.1 (57.5%)
210	SZLOSER Piotr	456		M 33-44	92	01:47:54	03:31:10	03:44:51	06:44:42		07:49:01.55	07:49:53.20	+03:19:03 (42.4%)	9:46	6.1 (57.5%)
211	SZKUTA Jarosław	429	100% WITAMINY C	M 33-44	93	01:54:46	03:45:39	04:05:54	06:58:40		07:49:11.85	07:50:10.15	+03:19:20 (42.4%)	9:46	6,1 (56.6%)
212	MURCHA Paweł	572	AUGUSTEAM	M 45+	47	01:53:14	03:37:51	03:51:37	07:02:56		07:51:47.15	07:52:00.95	+03:21:11 (42.6%)	9:49	6.1 (57.5%)
213	LABURDA Kinga	545	ESKADRA KRAKÓW	K 33-44	17	01:55:45	03:43:18	04:02:35	06:56:24		07:51:40.90	07:52:24.25	+03:21:34 (42.7%)	9:49	6.1 (57.5%)
214	WIŚNIEWSKI Bartłomiej	856		M 33-44	94	01:54:16	03:46:02	04:10:18	06:57:40		07:52:04.00	07:52:25.60	+03:21:35 (42.7%)	9:50	6,1 (56.6%)
215	GAŁWA Dawid	664		M 32	44	01:53:36	03:37:44	03:56:29	06:58:02		07:52:31.95	07:53:34.20	+03:22:44 (42.8%)	9:50	6.1 (57.5%)
216	JAWORSKI Wojciech	437	31 BLT	M 45+	48	01:53:32	03:44:32	03:57:05	06:59:02		07:54:33.60	07:54:50.00	+03:24:00 (43.0%)	9:53	6.1 (57.5%)
217	KAWA Barbara	511	MARATOŃCZYK DĘBICA	K 33-44	18	02:04:29	04:05:51	04:17:18	07:05:35		07:56:11.45	07:56:36.70	+03:25:46 (43.2%)	9:55	6 (56.6%)
217	NAMIOTA Urszula	516	MARATOŃCZYK	K 45+	6	01:51:03	03:45:43	04:00:57	07:05:46		07:56:18.35	07:56:36.70	+03:25:46 (43.2%)	9:55	6 (56.6%)
219	LEWCZUK Norbert	616	BIEGACZE POMAGACZE	M 33-44	95	01:50:24	03:37:47	03:54:46	07:00:22		07:56:35.00	07:57:05.45	+03:26:15 (43.2%)	9:55	6 (56.6%)
220	MASZARO Robert	763		M 33-44	96	01:49:46	03:37:21	03:56:30	06:56:09		07:57:02.75	07:57:13.75	+03:26:23 (43.2%)	9:56	6 (56.6%)
221	LITWINEK Marek	629	WKURW_TEAM / WW TEAM	M 33-44	97	01:47:44	03:38:51	03:57:36	07:04:53		07:56:52.70	07:57:23.90	+03:26:33 (43.3%)	9:56	6 (56.6%)
222	BODZĘTA Dorota	885		K 45+	7	01:58:35	03:55:09	04:11:47	07:05:35		07:56:53.75	07:57:34.30	+03:26:44 (43.3%)	9:56	6 (56.6%)
223	PIOTROWICZ Sławomir	571	DEAF	M 33-44	98	01:57:07	03:54:12	04:07:31	07:12:35		07:56:52.10	07:57:36.00	+03:26:46 (43.3%)	9:56	6 (56.6%)
224	SZNEJDER Anita	584		K 33-44	19	01:49:01	03:44:02	03:58:40	06:57:29		07:58:08.25	07:58:13.45	+03:27:23 (43.4%)	9:57	6 (56.6%)
225	SZEGDA Łukasz	557	GARDONIE 279	M 33-44	99	01:51:21	03:42:01	04:03:42	07:04:52		07:57:35.15	07:58:14.85	+03:27:24 (43.4%)	9:56	6 (56.6%)
226	MUCHA Krystian	443	GARDONIE 279	M 33-44	100	01:51:24	03:42:08	04:03:46	07:04:57		07:57:40.00	07:58:18.50	+03:27:28 (43.4%)	9:57	6 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
227	ZAWISZA Joanna	448	VEGE RUNNERS	K 45+	8	01:54:00	03:42:13	03:55:27	06:58:19		07:57:30.60	07:58:32.55	+03:27:42 (43.4%)	9:56	6 (56.6%)
228	MAJTYKA Tomasz	621	LOS TREPOS COMPANIEROS	M 45+	49	01:57:23	03:51:00	04:05:58	07:06:16		07:58:25.20	07:58:48.45	+03:27:58 (43.4%)	9:58	6 (56.6%)
229	ZAPIÓR Marek	901	COLD BEER TEAM	M 45+	50	01:58:27	03:55:23	04:11:34	07:08:51		07:59:22.00	07:59:51.25	+03:29:01 (43.6%)	9:59	6 (56.6%)
230	ANDRZEJEWSKI Tomasz	673		M 33-44	101	01:54:53	03:50:09	04:07:37	07:12:28		07:59:52.80	08:00:34.05	+03:29:44 (43.6%)	9:59	6 (56.6%)
231	DZIEWONSKI Konrad	863		M 45+	51	01:54:47	03:47:50	04:06:09	07:06:49		08:01:58.00	08:02:06.85	+03:31:16 (43.8%)	10:02	6 (56.6%)
232	KACZMAREK Dagmara	553		K 32	9	01:49:41	03:38:59	04:03:05	07:12:17		08:01:45.45	08:02:32.85	+03:31:42 (43.9%)	10:02	6 (56.6%)
233	KURAS Katarzyna	542	ZADYSZKA OŚWIĘCIM	K 45+	9	01:56:50	03:52:26	04:07:36	07:09:09		08:03:00.95	08:03:15.50	+03:32:25 (44.0%)	10:03	6 (56.6%)
234	MAJCHRZAK Joanna	717	TRAILING LAB	K 33-44	20	01:54:34	03:45:58	04:05:39	07:11:24		08:03:08.55	08:03:27.35	+03:32:37 (44.0%)	10:03	6 (56.6%)
235	KUCZKOWSKI Krzysztof	716	TRAILING LAB	M 33-44	102	01:54:39	03:45:58	04:05:36	07:11:36		08:03:15.90	08:03:34.50	+03:32:44 (44.0%)	10:04	6 (56.6%)
236	JEZIORNY Ryszard	551	WIELUŃ BIEGA	M 45+	52	01:58:21	03:53:38	04:15:07	07:15:58		08:03:48.10	08:03:59.10	+03:33:09 (44.0%)	10:04	6 (56.6%)
237	TARKOWSKI Mariusz	804		M 33-44	103		03:37:42	04:00:06	07:08:50		08:03:51.60	08:04:14.85	+03:33:24 (44.1%)	10:04	6 (56.6%)
238	ŁOBODZIŃSKI Marcin	430		M 33-44	104	01:54:51	03:48:00	04:06:31	07:11:07		08:03:34.20	08:04:31.05	+03:33:41 (44.1%)	10:04	6 (56.6%)
239	PIĄTEK Rafał	435	BEFIT24REAM	M 33-44	105	01:49:37	03:47:20	04:06:50	07:16:50		08:03:55.80	08:04:44.00	+03:33:54 (44.1%)	10:04	6 (56.6%)
240	KAJA Robert	550	WIELUŃ BIEGA	M 45+	53	01:47:14	03:53:37	04:15:03	07:16:00		08:04:33.35	08:04:44.95	+03:33:55 (44.1%)	10:05	5,9 (47.2%)
241	JELINSKI Jaroslaw	850	RACE FIGHTER	M 45+	54	01:55:18	03:46:18	03:58:55	07:02:28		08:04:10.05	08:05:13.10	+03:34:23 (44.2%)	10:05	5,9 (55.7%)
242	BADOWSKI Rafał	602	WSZYSTKO JEST W GŁOWIE!	M 45+	55	01:50:08	03:38:08	03:54:33	07:06:09		08:04:46.40	08:05:24.70	+03:34:34 (44.2%)	10:05	5,9 (55.7%)
243	PUZOŃ Jan	531	SKY/ULTRA RUN/BEH	M 32	45	01:40:27	03:35:57	03:52:05	07:12:07		08:06:45.95	08:07:32.95	+03:36:43 (44.5%)	10:08	5,9 (47.2%)
244	KOWALCZYK Maria	635		K 33-44	21	01:52:08	03:42:56	03:55:51	07:03:33		08:07:28.65	08:07:57.65	+03:37:07 (44.5%)	10:09	5,9 (55.7%)
245	LUC Adam	496	BIEGUSIEM.PL	M 33-44	106	01:54:13	03:51:22	04:19:22	07:11:53		08:07:59.25	08:08:03.40	+03:37:13 (44.5%)	10:09	5,9 (47.2%)
246	JAKIMIUK Marek	756		M 45+	56	02:09:14	03:53:40	04:06:08	07:11:45		08:08:32.40	08:08:52.55	+03:38:02 (44.6%)	10:10	5,9 (47.2%)
247	POTERAŁSKI Dariusz	546	PKO BANK POLSKI SA	M 45+	57	01:56:16	03:51:48		07:15:51		08:10:00.00	08:10:14.60	+03:39:24 (44.8%)	10:12	5,9 (47.2%)
248	BARAŃSKI Przemysław	444	RAJD NIETOPERZA	M 33-44	107	01:44:05	03:42:01	04:05:59	07:15:23		08:09:51.80	08:10:49.55	+03:39:59 (44.8%)	10:12	5,9 (47.2%)
249	FRAĆ Dariusz	408	NIGHT RUNNERS GLIWICE	M 45+	58	01:50:03	03:45:11	04:04:25	07:14:11		08:11:00.00	08:11:17.45	+03:40:27 (44.9%)	10:13	5,9 (47.2%)
250	GRYGORUK Marek	529	VEGE RUNNERS	M 45+	59	01:48:21	03:42:19	03:56:50	07:13:28		08:10:52.05	08:11:54.60	+03:41:04 (44.9%)	10:13	5,9 (47.2%)
251	JURKOWSKI Rafal	792		M 33-44	108	01:46:41	03:43:29	04:04:08	07:06:43		08:12:15.85	08:12:15.85	+03:41:25 (45.0%)	10:15	5,9 (47.2%)
252	POCHWAŁA Justyna	610	NATALIA TOMASIAK GÓRSKI STYL TEAM	K 33-44	22	01:58:26	03:54:09	04:07:51	07:15:42		08:12:05.00	08:12:38.50	+03:41:48 (45.0%)	10:15	5,9 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 48km	brutto 48km			
253	BAJCZYK Adrian	488		M 32	46	01:49:33	03:34:25	03:56:17	07:14:39		08:11:55.40	08:12:52.45	+03:42:02 (45.1%)	10:14	5,9 (47.2%)
254	BRZEZINSKI Łukasz	486	ASSECO ACTIVE TEAM	M 32	47	01:49:37	03:34:34	03:56:16	07:14:43		08:11:57.20	08:12:53.75	+03:42:03 (45.1%)	10:14	5,9 (47.2%)
255	PILSZEK Marek	715	HUSARIA RACE TEAM	M 32	48	02:00:54	04:00:28		07:17:12		08:12:33.75	08:12:56.25	+03:42:06 (45.1%)	10:15	5,8 (47.2%)
256	WÓJCIK Julian	646	SZWLA STARGARD	M 45+	60	02:02:00	03:56:47	04:17:28	07:19:49		08:12:59.70	08:13:12.10	+03:42:22 (45.1%)	10:16	5,8 (47.2%)
257	MAZUR Kasia	755		K 33-44	23	02:01:16	03:57:44	04:22:18	07:16:44		08:12:45.50	08:13:30.45	+03:42:40 (45.1%)	10:15	5,8 (47.2%)
258	SENDEROWSKI Jakub	787	FC REKIN + PEDAŁKA	M 33-44	109		03:57:43	04:22:19	07:16:41		08:12:49.05	08:13:34.20	+03:42:44 (45.1%)	10:16	5,8 (47.2%)
259	KAŁUŻA-PAWŁOWSKA Joanna	462	KB SPARTAKUS BEŁCHATÓW	K 45+	10	01:55:43	03:54:27	04:11:42	07:14:13		08:13:25.40	08:13:38.70	+03:42:48 (45.1%)	10:16	5,8 (47.2%)
260	ZIENKIEWICZ Agata	612	PIASECZNO RUNNING	K 33-44	24	01:58:05	03:56:44	04:10:10	07:15:26		08:14:04.35	08:14:21.65	+03:43:31 (45.2%)	10:17	5,8 (47.2%)
261	KOWALEWSKA Izabela	613		K 33-44	25	01:58:49	03:56:47	04:10:21	07:15:32		08:14:06.05	08:14:22.25	+03:43:32 (45.2%)	10:17	5,8 (47.2%)
262	BAZYDŁO Marcelina	857		K 33-44	26	02:07:02	04:00:48	04:15:35	07:20:37		08:14:03.95	08:14:35.00	+03:43:45 (45.2%)	10:17	5,8 (47.2%)
263	TUDELSKA Karolina	829		K 32	10	01:57:16	03:43:56	04:11:42	07:25:02		08:14:26.90	08:15:08.15	+03:44:18 (45.3%)	10:18	5,8 (47.2%)
264	DOMAGAŁA Mariusz	567		M 33-44	110	01:51:05	03:39:44	04:01:12	07:15:11		08:15:00.50	08:15:53.40	+03:45:03 (45.4%)	10:18	5,8 (47.2%)
265	CZARNECKI Zbigniew	900	STARE BABICE BIEGAJĄ	M 45+	61	01:42:54	03:26:55	03:41:05	06:55:18		08:16:12.65	08:16:23.40	+03:45:33 (45.4%)	10:20	5,8 (54.7%)
266	GRZELAK Justyna	140	MARATON LESZNO	K 45+	11	02:02:37	03:58:12	04:13:47	07:21:44		08:16:14.55	08:16:34.30	+03:45:44 (45.5%)	10:20	5,8 (47.2%)
267	GRZELAK Daniel	141	MARATON LESZNO	M 45+	62	02:02:31	03:58:11	04:13:38	07:21:45		08:16:14.40	08:16:35.45	+03:45:45 (45.5%)	10:20	5,8 (47.2%)
268	ZIETEK Sebastian	765		M 33-44	111	01:59:50	03:57:00	04:19:12	07:24:14		08:16:37.30	08:17:01.75	+03:46:11 (45.5%)	10:20	5,8 (47.2%)
269	CZAPIEWSKI Maciej	607		M 33-44	112	01:55:16	03:51:21	04:21:30	07:26:11		08:17:18.05	08:17:38.70	+03:46:48 (45.6%)	10:21	5,8 (47.2%)
270	BEŁDOWSKA Beata	499	FUDU&CO.SPORT.TEAM	K 45+	12	02:06:06	04:12:05	04:25:54	07:22:06		08:18:29.85	08:18:34.05	+03:47:44 (45.7%)	10:23	5,8 (47.2%)
271	WOŹNIAK Gabriela	870		K 33-44	27	02:01:34	03:55:00	04:13:37	07:18:57		08:18:37.00	08:19:18.45	+03:48:28 (45.8%)	10:23	5,8 (47.2%)
272	DANEK Tomasz	661		M 33-44	113	01:57:56	03:53:30	04:06:17	07:18:19		08:18:46.15	08:19:34.25	+03:48:44 (45.8%)	10:23	5,8 (47.2%)
273	KRĘCISZ Zbigniew	810	BIEGAM BO LUBIĘ RACIBÓRZ	M 45+	63	02:02:05	03:59:14	04:10:56	07:19:26		08:20:00.60	08:20:21.55	+03:49:31 (45.9%)	10:25	5,8 (47.2%)
274	KAIM Mariusz	753	ZAKRZOWIEC TEAM CHALLENGE	M 33-44	114	01:43:23	03:35:28	03:58:09	07:12:54		08:20:22.70	08:20:27.15	+03:49:37 (45.9%)	10:25	5,8 (47.2%)
275	KAWIORSKI Bartosz	727		M 33-44	115	02:03:13	04:00:27	04:19:49	07:26:33		08:19:30.25	08:20:30.20	+03:49:40 (45.9%)	10:24	5,8 (47.2%)
276	MALEŃSKI Andrzej	880		M 33-44	116	01:45:31	03:40:30	04:05:32	07:20:46		08:20:57.95	08:21:07.30	+03:50:17 (46.0%)	10:26	5,7 (47.2%)
277	GRALA Maria	894		K 33-44	28		04:00:55	04:16:42	07:27:12		08:22:01.25	08:22:18.60	+03:51:28 (46.1%)	10:27	5,7 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
278	FOREMSKI Dawid	468		M 33-44	117	02:01:40	03:59:58	04:14:38	07:21:58		08:21:41.10	08:22:29.80	+03:51:39 (46.1%)	10:27	5,7 (47.2%)
279	KUBAN Sebastian	855		M 33-44	118	01:55:20	03:53:54	04:10:21	07:20:29		08:22:13.55	08:22:34.90	+03:51:44 (46.1%)	10:27	5,7 (47.2%)
280	CHWAŁOWSKA Agnieszka	494	FUDU&CO. SPORT TEAM	K 33-44	29	01:54:19	04:00:54	04:22:45	07:28:11		08:25:07.95	08:25:17.60	+03:54:27 (46.4%)	10:31	5,7 (47.2%)
281	ERENBERG Rafał	554	FUDU&CO. SPORT TEAM	M 33-44	119	01:54:20	04:00:54	04:22:46	07:28:12		08:25:07.40	08:25:17.95	+03:54:28 (46.4%)	10:31	5,7 (47.2%)
282	ŻARSKI Jarosław	501	FUDU&CO SPORT TEAM	M 45+	64	01:54:24	04:00:54	04:22:50	07:28:15		08:25:09.15	08:25:18.80	+03:54:28 (46.4%)	10:31	5,7 (47.2%)
283	ĆMIELIŃSKI Tomasz	724	BIEGACZE UROZMAICONE	M 33-44	120	01:59:43	03:59:05	04:10:14	07:20:53		08:24:25.70	08:25:25.65	+03:54:35 (46.4%)	10:30	5,7 (47.2%)
284	SZNEJFUS Beata	809		K 33-44	30	02:01:49	04:04:24	04:25:55	07:27:44		08:24:56.40	08:25:41.30	+03:54:51 (46.4%)	10:31	5,7 (47.2%)
285	NOWAK Natalia	862	EKIPA Z TARNOWA	K 33-44	31	02:01:54	04:12:01	04:34:46	07:27:50		08:25:05.70	08:25:51.25	+03:55:01 (46.5%)	10:31	5,7 (47.2%)
286	NOWAKOWSKI Mirosław	402		M 45+	65	02:00:46	03:55:38	04:14:10	07:24:19		08:25:46.25	08:25:59.45	+03:55:09 (46.5%)	10:32	5,7 (47.2%)
287	MACIASZ Sylwia	660		K 32	11	01:52:48	03:45:19	03:59:52	07:10:49		08:25:37.50	08:26:10.60	+03:55:20 (46.5%)	10:32	5,7 (47.2%)
288	KULER Bartosz	495	PGB SPORTOWA PACZKA	M 32	49	01:43:10	03:32:05	04:23:27	07:26:56		08:25:36.75	08:26:23.00	+03:55:33 (46.5%)	10:32	5,7 (47.2%)
289	ŁABĘCKA Agata	686	KLUB BIEGACZA RTV EURO AGD	K 33-44	32	01:53:09	03:48:51	04:11:12	07:25:28		08:26:41.30	08:27:17.25	+03:56:27 (46.6%)	10:33	5,7 (47.2%)
290	WOJNAROWSKI Leszek	730		M 45+	66	02:02:10	04:01:45	04:16:42	07:29:12		08:26:44.65	08:27:35.35	+03:56:45 (46.6%)	10:33	5,7 (47.2%)
291	SEREMET Piotr	892		M 33-44	121	01:58:57	03:56:01	04:12:08	07:31:14		08:26:50.00	08:27:41.65	+03:56:51 (46.7%)	10:33	5,7 (47.2%)
292	HARDY Claire	421	DARWEN DASHERS	K 32	12	01:55:36	03:57:30	04:11:20	07:23:03		08:26:58.35	08:27:48.15	+03:56:58 (46.7%)	10:33	5,7 (47.2%)
293	CHRONOWSKI Marek	589	WARIAT Z GRYBOWA	M 33-44	122	01:52:35	03:45:45	03:59:43	07:14:32		08:28:28.75	08:29:06.25	+03:58:16 (46.8%)	10:35	5,7 (47.2%)
294	PUCHAŁA Mariusz	461	ŃAPRZÓDMŁOCINY	M 45+	67	01:54:31	03:50:32	04:05:32	07:27:21		08:29:18.45	08:29:33.30	+03:58:43 (46.8%)	10:36	5,7 (47.2%)
295	BOROWSKI Robert	795	TOMASZÓW	M 33-44	123	01:54:14	03:51:15	04:05:42	07:17:57		08:29:44.10	08:29:51.50	+03:59:01 (46.9%)	10:37	5,7 (47.2%)
296	SZCZYGIELSKI Tomek	627	BIEGUSIEM.PL	M 33-44	124	01:54:06	03:51:53	04:19:12	07:32:01		08:29:51.95	08:29:59.05	+03:59:09 (46.9%)	10:37	5,6 (47.2%)
297	WRÓBLEWSKA Weronika	833	BIEGUSIEM.PL	K 33-44	33	02:01:08	03:54:40	04:19:28	07:32:07		08:29:57.10	08:30:01.75	+03:59:11 (46.9%)	10:37	5,6 (47.2%)
298	PAPROCKA Marta	786		K 33-44	34	01:57:33	04:01:28	04:19:42	07:32:37		08:29:51.50	08:30:12.90	+03:59:22 (46.9%)	10:37	5,6 (47.2%)
299	WOJCIECHOWSKI Krzysztof	703	TRENINGBIEGACZA.PL	M 33-44	125	01:50:44	03:48:52	04:12:38	07:27:48		08:29:40.00	08:30:21.05	+03:59:31 (46.9%)	10:37	5,7 (47.2%)
300	MIKA Grzegorz	498	PKO BANK POLSKI	M 33-44	126	01:55:21	04:10:56	04:31:56	07:41:43		08:29:48.50	08:30:47.45	+03:59:57 (47.0%)	10:37	5,6 (47.2%)
301	WALCZAK Robert	874	WILD SKUNKS	M 45+	68	01:59:43	03:53:23	04:14:49	07:33:44		08:30:27.05	08:30:54.65	+04:00:04 (47.0%)	10:38	5,6 (47.2%)
302	ZIOMEK Jarosław	731	EKIPA Z TARNOWA	M 33-44	127	01:58:15	03:54:02	04:12:09	07:43:09		08:31:35.35	08:32:22.70	+04:01:32 (47.1%)	10:39	5,6 (47.2%)
303	POCIĘGIEL Michał	824	SKAWINA BIEGA	M 33-44	128	01:57:45	03:59:24	04:17:54	07:34:09		08:33:06.50	08:33:58.20	+04:03:08 (47.3%)	10:41	5,6 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
304	STYŁA Sebastian	782		M 33-44	129	01:57:01	03:54:21	04:11:20	07:33:05		08:35:31.35	08:36:02.00	+04:05:12 (47.5%)	10:44	5,6 (47.2%)
305	DYBKA Rafał	580		M 45+	69	01:55:53	03:59:55	04:15:24	07:30:04		08:36:14.40	08:36:37.80	+04:05:47 (47.6%)	10:45	5,6 (47.2%)
306	LELONTKO Marcin	536	#CISNIJWIEPRZA	M 33-44	130	01:53:57	03:46:26	04:02:06	07:30:39		08:36:20.70	08:37:27.95	+04:06:38 (47.7%)	10:45	5,6 (47.2%)
307	JANASZ Rafał	541	WYJAZDOWI BIEGACZE	M 33-44	131	01:58:55	03:57:03	04:17:31	07:39:28		08:37:25.30	08:38:22.65	+04:07:32 (47.8%)	10:46	5,6 (47.2%)
308	PASTERNAK Justyna	538	WYJAZDOWI BIEGACZE	K 33-44	35	01:58:52	03:57:07	04:17:31	07:39:24		08:37:29.45	08:38:23.15	+04:07:33 (47.8%)	10:46	5,6 (47.2%)
309	SOKULSKI Marcin	446	KASZANKI	M 33-44	132	02:00:20	03:55:33	04:16:06	07:36:13		08:37:33.00	08:38:41.15	+04:07:51 (47.8%)	10:46	5,6 (47.2%)
310	OKRÓJ Dawid	570		M 33-44	133	02:06:46	03:59:20	04:11:31	07:43:37		08:38:07.05	08:38:49.75	+04:07:59 (47.8%)	10:47	5,6 (47.2%)
311	GRZESIK Michał	445		M 33-44	134	02:00:07	03:59:01	04:17:51	07:37:20		08:38:49.45	08:39:34.40	+04:08:44 (47.9%)	10:48	5,6 (47.2%)
312	SŁOWIK Łukasz	653	ZAJEZDNIA AUTOBUSOWA WOLA DUCHACKA	M 33-44	135	01:56:58	03:52:12	04:13:20	07:34:17		08:38:45.30	08:39:36.00	+04:08:46 (47.9%)	10:48	5,6 (47.2%)
313	RÓŻYCKA Agnieszka	414	NAUKA BIEGA	K 45+	13		04:05:12	04:21:50	07:36:40		08:41:04.30	08:41:17.05	+04:10:27 (48.0%)	10:51	5,5 (47.2%)
314	MAMICA Andrzej	411		M 33-44	136	02:01:28	04:05:12	04:21:42	07:36:33		08:41:04.90	08:41:17.30	+04:10:27 (48.0%)	10:51	5,5 (47.2%)
315	WAROWNY Tomasz	617	CIEPŁE KLUCHY	M 45+	70	01:58:46	03:53:57	04:14:46	07:37:05		08:43:20.50	08:44:16.65	+04:13:26 (48.3%)	10:54	5,5 (47.2%)
316	KOTOWICZ Marcin	712	4RUN TEAM PIŁA	M 33-44	137	02:12:58	04:14:54		07:43:11		08:44:36.20	08:45:28.35	+04:14:38 (48.5%)	10:55	5,5 (47.2%)
317	SOBCZAK Agata	711	4RUN TEAM PIŁA	K 33-44	36	02:12:54	04:14:56		07:43:17		08:44:37.10	08:45:28.55	+04:14:38 (48.5%)	10:55	5,5 (47.2%)
318	KOŁODZIEJCZYK Monika	733	JURA TEAM	K 33-44	37	02:04:52	04:13:55	04:34:07	07:42:49		08:45:04.15	08:46:03.55	+04:15:13 (48.5%)	10:56	5,5 (47.2%)
319	SIWEK Michał	745	NIEPOŁOMICE BIEGAJĄ	M 32	50	02:00:58	04:00:24	04:20:35	07:39:59		08:46:25.00	08:47:23.60	+04:16:33 (48.6%)	10:58	5,5 (47.2%)
320	SZCZEPAŃSKA Katarzyna	714	NIEPOŁOMICE BIEGAJĄ	K 32	13	02:01:11	04:00:24	04:20:32	07:40:02		08:46:24.75	08:47:23.65	+04:16:33 (48.6%)	10:58	5,5 (47.2%)
321	BERNASIEWICZ Justyna	793		K 33-44	38	02:03:05	04:05:04		07:36:18		08:46:47.25	08:47:27.00	+04:16:37 (48.7%)	10:58	5,5 (47.2%)
322	JACKOWSKA Ewa	903	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	K 45+	14	02:06:26	04:03:29	04:20:54	07:48:38		08:47:56.00	08:48:18.80	+04:17:28 (48.7%)	10:59	5,5 (47.2%)
323	DĄBEK Paweł	575		M 45+	71	02:05:22	03:59:58	04:12:17	07:46:37		08:47:23.30	08:48:21.60	+04:17:31 (48.7%)	10:59	5,5 (47.2%)
324	JACKOWSKI Jacek	902	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M 45+	72	02:06:30	04:03:23	04:20:48	07:48:33		08:48:03.80	08:48:27.70	+04:17:37 (48.8%)	11:00	5,5 (47.2%)
325	KIDA Andrzej	470		M 33-44	138	02:02:40	04:06:34	04:21:20	07:43:36		08:51:18.70	08:51:42.25	+04:20:52 (49.1%)	11:04	5,4 (47.2%)
326	ZWAAN Johan	868	UNO MAS!	M 33-44	139	02:05:14	04:06:06	04:26:03	07:54:04		08:51:57.25	08:52:50.65	+04:22:00 (49.2%)	11:04	5,4 (47.2%)
327	JÓZEFIAK Marta	867		K 32	14	02:05:11	04:06:07	04:26:06	07:54:10		08:51:58.30	08:52:50.85	+04:22:00 (49.2%)	11:04	5,4 (47.2%)
328	STASZEWSKA Sylwia	760		K 45+	15	02:06:15	04:12:42	04:28:33	07:52:45		08:53:50.45	08:54:10.65	+04:23:20 (49.3%)	11:07	5,4 (47.2%)
329	STASZEWSKI Piotr	91		M 45+	73	02:06:11	04:12:42	04:28:35	07:52:41		08:53:50.45	08:54:10.95	+04:23:21 (49.3%)	11:07	5,4 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
330	SYPEK Damian	432		M 32	51	02:01:07	04:06:16	04:25:20	07:52:29		08:54:01.65	08:54:13.20	+04:23:23 (49.3%)	11:07	5,4 (47.2%)
331	PUZA Adam	738		M 33-44	140	01:57:02	04:05:09	04:32:04	07:52:09		08:56:01.25	08:56:23.45	+04:25:33 (49.5%)	11:10	5,4 (47.2%)
332	MATUSZEWSKI Arkadiusz	838		M 33-44	141	02:12:37	04:15:49	04:32:02	07:56:30		08:57:06.05	08:57:42.95	+04:26:53 (49.6%)	11:11	5,4 (47.2%)
333	FIREK Grażyna	836		K 33-44	39	02:13:00	04:15:52	04:31:56	07:56:38		08:57:13.10	08:57:49.20	+04:26:59 (49.6%)	11:11	5,4 (47.2%)
334	BUDNY Aleksandra	851	KRAŚNIK BIEGA	K 33-44	40	02:01:12	04:05:37	04:22:37	07:49:36		08:57:44.50	08:58:25.25	+04:27:35 (49.7%)	11:12	5,4 (47.2%)
335	BANASZKIEWICZ Katarzyna	473		K 45+	16	02:11:56	04:13:27	04:32:23	07:59:26		08:58:10.85	08:58:28.65	+04:27:38 (49.7%)	11:12	5,4 (47.2%)
336	ROWICKI Radek	805		M 32	52	02:07:52	04:15:29	04:33:11	07:59:27		08:58:33.35	08:59:01.05	+04:28:11 (49.8%)	11:13	5,3 (47.2%)
337	MORITZ Karol	513	KLUB BIEGACZA RTV EURO AGD	M 45+	74	02:15:30	04:22:07	04:39:06	08:05:49		08:59:00.65	08:59:43.95	+04:28:54 (49.8%)	11:13	5,3 (47.2%)
338	BAZIA Monika	586	GRUPA SKROMNYCH BIEGACZY	K 45+	17	02:13:27	04:16:10	04:35:13	07:53:50		08:59:55.35	09:00:22.25	+04:29:32 (49.9%)	11:14	5,3 (47.2%)
339	BUDNY Tomasz	853		M 45+	75	02:01:50	04:07:05	04:23:08	07:50:18		09:01:31.15	09:01:31.15	+04:30:41 (50.0%)	11:16	5,3 (47.2%)
340	OCHREMIAK Jędrzej	687	MOKOBIEGACZE	M 33-44	142	01:55:30	04:02:02	04:30:11	07:56:39		09:02:21.85	09:03:05.30	+04:32:15 (50.1%)	11:17	5,3 (47.2%)
341	KISZKIS Elżbieta	743	HUSARIA RACE TEAM	K 45+	18	02:08:59	04:13:20	04:33:22	07:57:08		09:03:24.30	09:03:56.95	+04:33:07 (50.2%)	11:19	5,3 (47.2%)
342	CIESIELSKI Jan	504	PGB SPORTOWA PACZKA	M 45+	76	01:59:05	04:04:37	04:32:28	07:57:01		09:02:53.80	09:03:57.00	+04:33:07 (50.2%)	11:18	5,3 (47.2%)
343	PIOTROWSKA Anna	520	NADARZYN BIEGA	K 45+	19	02:06:38	04:07:00	04:26:25	07:55:28		09:03:43.75	09:04:23.70	+04:33:33 (50.3%)	11:19	5,3 (47.2%)
344	KORZENIOWSKA Joanna	628	UMCS BIEGA	K 33-44	41	02:11:15	04:22:12	04:37:52	08:09:26		09:09:08.90	09:09:40.60	+04:38:50 (50.7%)	11:26	5,2 (47.2%)
345	KUKAWSKA Joanna	781		K 45+	20	02:08:41	04:11:07	04:27:11	08:05:31		09:08:17.70	09:09:43.50	+04:38:53 (50.7%)	11:25	5,3 (47.2%)
346	SOBCZAK Tomasz	651	REBORN TEAM GNIEZNO	M 45+	77	02:01:05	04:08:24	04:21:50	08:02:42		09:09:12.15	09:09:44.60	+04:38:54 (50.7%)	11:26	5,2 (47.2%)
347	ELMOLA Hamed	895	SBRT WARSZAWA	M 45+	78		03:58:05	04:21:30	07:58:23		09:09:38.65	09:10:16.75	+04:39:26 (50.8%)	11:27	5,2 (47.2%)
348	MAJ Aleksander	865		M 32	53	01:55:12	03:51:02	04:13:04	07:54:50		09:12:01.75	09:12:42.00	+04:41:52 (51.0%)	11:30	5,2 (47.2%)
349	GAWEŁ Agata	634		K 33-44	42	02:15:32	04:20:22	04:40:20	08:07:54		09:13:45.90	09:14:23.10	+04:43:33 (51.1%)	11:32	5,2 (47.2%)
350	IWANIEC Ewa	682		K 33-44	43	02:14:03	04:16:42	04:45:12	08:18:03		09:15:17.90	09:15:54.15	+04:45:04 (51.3%)	11:34	5,2 (47.2%)
351	DOBROWOLSKI Robert	631		M 45+	79	02:03:37	04:06:26	04:23:21	07:59:00		09:17:19.00	09:17:40.15	+04:46:50 (51.4%)	11:36	5,2 (47.2%)
352	WILKOS Marcin	773		M 45+	80	01:59:04	04:13:54	04:29:37	07:58:57		09:18:00.00	09:18:28.00	+04:47:38 (51.5%)	11:37	5,2 (47.2%)
353	OLESIK Marcin	732	EKIPA Z TARNOWA	M 32	54	01:55:42	03:54:07	04:12:04	07:29:15		09:18:40.45	09:19:31.40	+04:48:41 (51.6%)	11:38	5,2 (47.2%)
354	KARDAS Piotr	641	O CO BIEGA/TEAMELWART	M 33-44	143	02:03:29	04:17:00	04:31:26	08:03:39		09:19:24.90	09:19:58.80	+04:49:08 (51.6%)	11:39	5,1 (47.2%)
355	ŻYLSKI Janusz	843	DZIADY OCR	M 45+	81	02:05:50	04:22:07	04:44:02	08:14:11		09:20:48.90	09:21:17.30	+04:50:27 (51.7%)	11:41	5,1 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
356	CIBORSKA Agnieszka	463	NAPRZÓD MŁOCINY	K 45+	21	02:08:34	04:26:49	04:40:18	08:19:18		09:21:34.85	09:21:50.60	+04:51:00 (51.8%)	11:41	5,1 (47.2%)
357	SETA Michał	637	PADŁ NA RYJ TEAM	M 33-44	144	02:11:40	04:17:55	04:31:54	08:10:33		09:22:01.90	09:22:44.30	+04:51:54 (51.9%)	11:42	5,1 (47.2%)
358	ŁEPEK Agnieszka	813	KS PIDRINA GDYNIA	K 45+	22	02:08:47	04:16:52	04:37:27	08:17:46		09:22:17.50	09:22:59.10	+04:52:09 (51.9%)	11:42	5,1 (47.2%)
359	JANKOWSKA Justyna	814	KS PIDRINA GDYNIA	K 33-44	44	02:08:40	04:16:52	04:37:29	08:17:50		09:22:17.95	09:23:00.15	+04:52:10 (51.9%)	11:42	5,1 (47.2%)
360	BRZEZIŃSKA Ilona	662	KREJZI TIM BŁONIE	K 33-44	45	02:00:05	04:00:05	04:21:47	08:08:52		09:23:10.30	09:23:34.95	+04:52:45 (51.9%)	11:43	5,1 (47.2%)
361	PACHOLSKI Marcin	663	KREJZI TIM BŁONIE	M 33-44	145	02:00:08	04:00:05	04:21:51	08:08:44		09:23:11.85	09:23:37.00	+04:52:47 (51.9%)	11:44	5,1 (47.2%)
362	CZEKA Rudolf	722		M 45+	82	01:58:03	04:04:21	04:24:47	08:05:40		09:23:43.10	09:24:31.90	+04:53:41 (52.0%)	11:44	5,1 (48.1%)
363	POŁOMSKI Andrzej	897		M 45+	83	02:12:35	04:34:24	04:48:44	08:12:15		09:27:09.20	09:27:14.35	+04:56:24 (52.3%)	11:48	5,1 (47.2%)
364	WOLSKA Milena	419	RACEFIGHTER GOSIR DĘBE WIELKIE	K 33-44	46	02:12:00	04:20:19	04:36:19	08:19:37		09:26:41.75	09:27:41.45	+04:56:51 (52.3%)	11:48	5,1 (47.2%)
365	WOLSKI Kamil	418	RACE FIGTER GOSIR DĘBE WIELKIE	M 33-44	146	02:11:43	04:20:29	04:36:11	08:19:34		09:26:37.30	09:27:42.00	+04:56:52 (52.3%)	11:48	5,1 (47.2%)
366	KARBOWSKA Beata	472		K 45+	23	02:22:01	04:38:33	04:54:09	08:23:31		09:27:50.15	09:28:32.60	+04:57:42 (52.4%)	11:49	5,1 (48.1%)
367	OLCZAK Janusz	467		M 45+	84	02:21:25	04:38:30	04:53:59	08:23:34		09:27:50.85	09:28:33.90	+04:57:43 (52.4%)	11:49	5,1 (48.1%)
368	ALBIGOWSKA Magdalena	890		K 32	15	02:18:14	04:28:31	04:43:31	08:20:36		09:28:59.00	09:29:12.35	+04:58:22 (52.4%)	11:51	5,1 (48.1%)
369	SMORAĞIEWICZ Marcin	405		M 33-44	147	02:13:56	04:29:14	04:45:16	08:21:17		09:31:38.95	09:32:15.55	+05:01:25 (52.7%)	11:54	5 (47.2%)
370	CHORBIŃSKI Krystian	789		M 33-44	148	02:03:49	04:12:10	04:32:28	08:16:28		09:31:51.90	09:32:25.10	+05:01:35 (52.7%)	11:54	5 (47.2%)
371	CIEBIEŃ Krzysztof	898		M 33-44	149	02:01:50	04:24:45	04:40:58	08:19:24		09:33:09.70	09:33:22.75	+05:02:32 (52.8%)	11:56	5 (47.2%)
372	MIŁOSZ Bartłomiej	441	KASZANKI	M 45+	85	02:15:47	04:27:26	04:42:56	08:22:53		09:33:15.15	09:34:20.90	+05:03:30 (52.8%)	11:56	5 (47.2%)
373	KOSECKA Justyna	505	ORTIMED RUNNERS TEAM	K 33-44	47	02:10:53	04:21:35	04:34:00	08:21:47		09:35:14.85	09:35:17.80	+05:04:27 (52.9%)	11:59	5 (47.2%)
374	PABIAŃCZYK Małgorzata	581		K 33-44	48	02:16:16	04:26:26	04:40:13	08:21:11		09:35:05.45	09:35:34.50	+05:04:44 (52.9%)	11:58	5 (47.2%)
375	POKROP Agnieszka	591	NATALIA TOMASIAK GÓRSKI STYL TEAM	K 32	16	02:14:57	04:26:07	04:40:13	08:21:09		09:35:00.35	09:35:34.80	+05:04:44 (52.9%)	11:58	5 (47.2%)
376	GAC Cezary	761		M 45+	86	02:13:20	04:27:01	04:44:03	08:33:39		09:35:22.45	09:35:57.70	+05:05:07 (53.0%)	11:59	5 (47.2%)
377	SOKOŁOWSKI Artur	788	TEAM ZABIEGANEDNI	M 33-44	150	02:19:02	04:40:47	04:55:30	08:31:09		09:39:29.10	09:40:04.95	+05:09:15 (53.3%)	12:04	5 (47.2%)
378	SZCZEPOCKI Andrzej	615	NIEPOŁOMICE BIEGAJĄ	M 45+	87	02:07:12	04:15:58	04:34:18	08:23:28		09:40:34.25	09:41:15.25	+05:10:25 (53.4%)	12:05	5 (47.2%)
379	POGORZELSKI Jacek	523		M 45+	88	02:12:20	04:29:31	04:54:19	08:34:21		09:43:42.50	09:44:19.10	+05:13:29 (53.6%)	12:09	4,9 (46.2%)
380	KOZIARSKI Maciek	459	HURAGAN LIGOTA	M 33-44	151	02:08:38	04:17:25	04:35:06	08:25:41		09:45:44.95	09:46:22.00	+05:15:32 (53.8%)	12:12	4,9 (46.2%)
381	DZIKOŃ Małgorzata	725	BIAŁOSTOCKA SEKTA BIEGACZY	K 33-44	49	02:21:15	04:36:56	04:55:19	08:47:35		09:48:12.45	09:48:17.60	+05:17:27 (54.0%)	12:15	4,9 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
382	PYDYN Regina	417		K 45+	24	02:07:34	04:29:17	04:54:32	08:47:12		09:48:26.50	09:49:08.30	+05:18:18 (54.0%)	12:15	4.9 (46.2%)
383	WOJS Tomasz	647		M 45+	89	02:23:44	04:33:26	04:50:02	08:47:28		09:49:10.85	09:49:29.70	+05:18:39 (54.1%)	12:16	4.9 (46.2%)
384	KUBIAK Joanna	440		K 33-44	50	02:15:50	04:34:16	04:55:51	08:35:29		09:50:09.70	09:50:27.30	+05:19:37 (54.1%)	12:17	4.9 (46.2%)
385	RYDZ Joanna	518		K 33-44	51	02:15:02	04:34:16	04:55:46	08:35:26		09:50:11.50	09:50:28.85	+05:19:38 (54.1%)	12:17	4.9 (46.2%)
386	BARAŃSKI Damian	431	GORZÓW BIEGA	M 32	55	02:24:18	04:40:20	04:58:18	08:42:20		09:52:04.25	09:52:16.05	+05:21:26 (54.3%)	12:20	4.9 (46.2%)
387	KOWALSKA Małgorzata	780		K 45+	25	02:14:39	04:26:44	04:44:06	08:41:19		09:52:23.75	09:53:28.45	+05:22:38 (54.4%)	12:20	4.9 (46.2%)
388	BALCER-GRUDZIEN Monika	741		K 33-44	52	02:15:10	04:27:33	04:45:00	08:42:10		09:53:12.05	09:53:29.70	+05:22:39 (54.4%)	12:21	4.9 (46.2%)
389	RUDNICKA Agata	539	AKTYWNA FALA	K 45+	26	02:27:05	04:46:26	05:01:10	08:45:05		09:53:21.00	09:53:55.65	+05:23:05 (54.4%)	12:21	4.9 (46.2%)
390	DOLIWA Adam	533		M 45+	90	02:06:35	04:14:14	04:47:29	08:33:19		09:53:49.20	09:54:38.80	+05:23:48 (54.5%)	12:22	4.8 (45.3%)
391	ŚWIĘTOCHOWSKA Beata	585	GRUPA SKROMNYCH BIEGACZY	K 45+	27	02:25:43	04:41:58	04:54:55	08:50:21		09:54:51.95	09:55:17.65	+05:24:27 (54.5%)	12:23	4.8 (45.3%)
392	SZCZEPANKOWSKA Paulina	726	RADZYMIN	K 32	17	02:22:32	04:40:44	04:57:43	08:51:02		09:54:23.95	09:55:28.10	+05:24:38 (54.5%)	12:23	4.8 (45.3%)
Przekroczony limit czasu: 10:00:00															
393	WODZYŃSKI Robert	548		M 45+	91	02:08:10	04:37:24	04:55:41	08:52:03		10:06:19.90	10:06:34.05	+05:35:44 (55.3%)	12:37	4.7 (44.3%)
394	GRUDZIŃSKI Przemysław	728		M 33-44	152	02:21:03	04:44:59	05:09:58	08:59:30		10:05:42.25	10:06:37.80	+05:35:47 (55.4%)	12:37	4.8 (45.3%)
395	KOZIOŁ Marcin	695		M 32	56	02:05:49	04:22:52	04:39:31	08:42:04		10:11:41.95	10:12:16.70	+05:41:26 (55.8%)	12:44	4.7 (44.3%)
396	POPŁAWSKI Piotr	622	PGB SPORTOWA PACZKA	M 33-44	153	02:20:21	04:54:38	05:11:11	09:12:20		10:16:21.95	10:17:28.40	+05:46:38 (56.1%)	12:50	4.7 (44.3%)
397	LENART Wioleta	815		K 32	18	02:20:26	04:54:42	05:11:08	09:12:27		10:16:23.05	10:17:28.70	+05:46:38 (56.1%)	12:50	4.7 (44.3%)
398	SZYMURA Andrzej	807		M 33-44	154	02:13:16	04:40:07	04:55:48	08:56:03		10:24:28.75	10:24:54.50	+05:54:04 (56.7%)	13:00	4.6 (43.4%)
399	MROZIŃSKI Andrzej	876	WITAR TARNOBRZEG	M 45+	92	02:15:50	04:38:45	04:59:51	09:26:51		10:36:47.25	10:36:54.30	+06:06:04 (57.5%)	13:15	4.5 (42.5%)
400	ZEMŁA Krzysztof	611		M 45+	93	02:17:48	04:40:41	05:01:36	09:24:59		10:45:44.15	10:46:28.40	+06:15:38 (58.1%)	13:27	4.5 (42.5%)
401	BOHDZIEWICZ Izabela	547	1990	K 32	19	02:31:59	04:57:13	05:20:35	09:20:13		10:50:34.00	10:51:35.35	+06:20:45 (58.4%)	13:33	4.4 (41.5%)
402	BUBICZ Krzysztof	427	WKURW_TEAM	M 33-44	155	02:32:05	04:57:11	05:20:32	09:20:07		10:50:44.55	10:51:45.90	+06:20:55 (58.4%)	13:33	4.4 (41.5%)
403	ŁEMPICKA Małgorzata	649	PIASECZNO RUNNING	K 33-44	53	02:24:58	04:56:11	05:13:04	09:27:19		10:51:29.80	10:52:02.70	+06:21:12 (58.5%)	13:34	4.4 (41.5%)
404	KOWALSKA Gabi	401	BIEGAJĄCY ŚWIDNIK	K 33-44	54	02:37:12	05:03:48	05:20:26	09:24:38		10:56:07.10	10:57:09.35	+06:26:19 (58.8%)	13:40	4.4 (41.5%)
405	RYMON-LIPIŃSKI Robert	471	LUBIĘ CHRUŚCIKI	M 33-44	156	02:33:57	04:56:02	05:14:13	09:19:23		10:56:15.15	10:57:18.05	+06:26:28 (58.8%)	13:40	4.4 (41.5%)
406	ILNICKA Anna	808		K 33-44	55	02:24:36	04:50:52	05:14:51	09:20:00		10:56:57.85	10:57:25.30	+06:26:35 (58.8%)	13:41	4.4 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Rozwidlenie 26km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
407	WÓJTOWICZ Paweł	630	LUBLIN BIEGA	M 33-44	157	02:27:08	05:04:08	05:19:02	09:28:44		11:13:42.50	11:14:20.00	+06:43:30 (59.8%)	14:02	4.3 (40.6%)
408	TRACZYK Paweł	719	TUPTUŚ OTWOCK	M 33-44	158	02:27:59	04:56:35	05:20:52	10:02:20		11:25:46.65	11:26:40.50	+06:55:50 (60.6%)	14:17	4.2 (39.6%)
409	ANTOSIAK Anna	481	KB SPARTAKUS BEŁCHATÓW	K 33-44	56	02:36:29	04:57:54	05:19:58	09:48:41		11:26:53.65	11:27:07.40	+06:56:17 (60.6%)	14:18	4.2 (39.6%)
410	IGNATOWICZ Dawid	740	REBELLION OF FREE RUNNERS	M 32	57	02:34:46	04:57:52	05:14:31	09:48:37		11:29:07.55	11:29:30.25	+06:58:40 (60.7%)	14:21	4.2 (39.6%)
411	JAROSIŃSKA Justyna	474	REBELLION OF FREE RUNNERS	K 32	20	02:35:20	04:57:54	05:14:51	09:48:41		11:29:23.75	11:29:46.15	+06:58:56 (60.7%)	14:21	4.2 (39.6%)
412	DROBNIAK Katarzyna	457		K 33-44	57	02:26:31	04:59:05	05:18:20	09:48:59		11:29:03.15	11:29:49.35	+06:58:59 (60.7%)	14:21	4.2 (39.6%)
	WARSKI Patryk	854		M 33-44		01:38:19 DNF	03:06:37 DNF	03:19:10 DNF	DNF		DNF	DNF		-	- (0.0%)
	NOWOCIN Radosław	834		M 32		DNF	02:22:58 DNF	02:28:57 DNF	DNF		DNF	DNF		-	- (0.0%)
	SAINTEMARIE Bernard	413	ALTER ACIV	M 45+		01:44:26 DNF	03:40:09 DNF	03:57:27 DNF	DNF		DNF	DNF		-	- (0.0%)
	BIELAWSKI Paweł	769	EKIPA Z TARNOWA	M 33-44		02:03:55 DNF	04:16:06 DNF	04:44:07 DNF	DNF		DNF	DNF		-	- (0.0%)
	OCHREMIAK Michał	691	MOKOBIEGACZE	M 32		01:44:58 DNF	03:28:25 DNF	DNF	DNF		DNF	DNF		-	- (0.0%)
	SAINTEMARIE Arnaud	412		M 33-44		01:44:28 DNF	03:40:38 DNF	DNF	DNF		DNF	DNF		-	- (0.0%)
	PŁATEK Paweł	643	PGB SPORTOWA PACZKA	M 33-44		02:12:53 DNF	03:59:37 DNF	DNF	DNF		DNF	DNF		-	- (0.0%)
	PISULIŃSKA Ewa	623		K 32		02:22:54 DNF	DNF	DNF	DNF		DNF	DNF		-	- (0.0%)
	OWCZAREK Sylwia	561	HUSARIA RACE TEAM	K 33-44		02:24:28 DNF	DNF	DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 421 wynik(ów)