



HARDY ROLLING - 11 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: PIENINY ULTRA-TRAIL®
Organizator: Fundacja Strefa Przygód
Data: 2023-04-22
Miejsce: Szczawnica
Dystans: 10.8 km

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
1	OLEJNIK Michał	388	WKS GRUNWALD POZNAŃ	M30	1	MP	WKS Grunwald Poznań	00:17:31	00:20:09	00:42:11.40	00:42:12.70		3:54	15.4 (100%)
2	KUBICA Marcin	208	BUFF/ SALOMON	M20	1	MP	KS Sprint Bielsko-Biała	00:17:35	00:20:13	00:42:18.00	00:42:19.30	+00:00:06 (0.3%)	3:54	15.3 (99.4%)
3	ŁOBODZIŃSKI Piotr	212	BRAK SPONSORA	M30	2	MP	KS Prefbet- Sonarol	00:17:48	00:20:18	00:42:46.65	00:42:46.65	+00:00:33 (1.3%)	3:57	15.2 (98.7%)
4	TABOR Dominik	210	HOKA GARMIN TEAM/SBG SALCO	M20	2	MP	SBG Salco Niepołomice	00:18:07	00:20:55	00:43:51.35	00:43:51.35	+00:01:38 (3.7%)	4:03	14.8 (96.1%)
5	LEPIARZ Sylwester	211	LKB RUDNIK	M30	3	MP	LKB Rudnik	00:17:51	00:20:44	00:45:11.55	00:45:13.10	+00:03:00 (6.6%)	4:11	14.3 (92.9%)
6	DUDCZAK Michał	213	THE NORTH FACE	M20	3	MP	LLKS Osowa Sień	00:18:43	00:21:49	00:45:49.65	00:45:50.90	+00:03:38 (7.9%)	4:14	14.1 (91.6%)
7	KACZOR Jan	437		M20	4	MP	WLKS Wrocław	00:18:52	00:21:40	00:46:33.25	00:46:34.60	+00:04:21 (9.4%)	4:18	13.9 (90.3%)
8	KUNZ Marcin	369	LACHO TEAM	M20	5			00:20:21	00:23:39	00:48:57.50	00:48:57.50	+00:06:44 (13.8%)	4:31	13.2 (85.7%)
9	BOROŃ Dariusz	463		M30	4	MP	UKS Lider Siercza	00:19:58	00:23:09	00:49:19.70	00:49:21.35	+00:07:08 (14.5%)	4:33	13.1 (85.1%)
10	DUDA Sebastian	319		M20	6	MP	UKS Trójka Mikołów	00:20:51	00:24:17	00:49:46.10	00:49:46.10	+00:07:33 (15.2%)	4:36	13 (84.4%)
11	GABRYŚ Rafał	441	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M30	5	MP	MKL Brygada Beskidów Nowy Sącz	00:20:18	00:23:44	00:50:13.40	00:50:13.40	+00:08:00 (16.0%)	4:38	12.9 (83.8%)
12	ŻÓŁTEK Grzegorz	430	TC ORZEŁ SPYTKOWICE	M30	6			00:20:27	00:23:33	00:51:14.30	00:51:16.35	+00:09:03 (17.7%)	4:44	12.6 (81.8%)
13	BROJ Marcel	378	BROJ TEAM ŻLINICE	M20	7	MP	AZS KU Politechniki Opolskiej Opole	00:20:26	00:23:50	00:51:17.60	00:51:20.35	+00:09:07 (17.8%)	4:44	12.6 (81.8%)
14	CELIŃSKA Anna	201	BYLEDOBIEC ANIN	K40	1	MP	KS Sprint Bielsko-Biała	00:21:05	00:24:19	00:52:00.30	00:52:01.85	+00:09:49 (18.9%)	4:48	12.5 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
15	KUROPATWA Gabriel	453	SBG SALCO	M20	8	MP	SBG Salco Niepołomice			00:52:24.80	00:52:24.80	+00:10:12 (19.5%)	4:51	12.4 (80.5%)
16	BUŻNIAK Arkadiusz	440	MKL BRYGADA BESKIDÓW	M30	7	MP	MKL Brygada Beskidów Nowy Sącz	00:22:01	00:25:34	00:52:24.90	00:52:24.90	+00:10:12 (19.5%)	4:51	12.4 (80.5%)
17	WRÓBEL Przemysław	322		M40	1			00:22:16	00:26:00	00:52:23.15	00:52:25.00	+00:10:12 (19.5%)	4:51	12.4 (80.5%)
18	CHŁANDA Sebastian	354	GRUPETTO GORLICE	M30	8	MP	ULKS Lipinki	00:21:22	00:25:01	00:52:28.60	00:52:32.40	+00:10:19 (19.7%)	4:51	12.4 (80.5%)
19	MALEC Łukasz	420	NIEDZICA TEAM	M30	9			00:21:45	00:25:32	00:52:38.95	00:52:41.00	+00:10:28 (19.9%)	4:52	12.3 (79.9%)
20	TRACZ Paulina	205		K30	1	MP	SBG Salco Niepołomice	00:21:38	00:25:10	00:52:43.10	00:52:43.10	+00:10:30 (19.9%)	4:52	12.3 (79.9%)
21	FLISIŃSKI Łukasz	419	ALPIN SPORT TEAM	M40	2			00:22:18	00:26:02	00:53:07.85	00:53:09.90	+00:10:57 (20.6%)	4:55	12.2 (79.2%)
22	TRACZ Łukasz	450	WWW.TRENINGFIZJOTERAPIA.PL	M30	10			00:22:13	00:25:47	00:53:37.10	00:53:37.10	+00:11:24 (21.3%)	4:57	12.1 (78.6%)
23	KAPUSTA-SZYDŁAK Sylwia	325		K40	2	MP	CWKS Resovia Rzeszów	00:22:13	00:25:54	00:53:51.65	00:53:53.60	+00:11:40 (21.7%)	4:59	12 (77.9%)
24	WAŚKO Paweł	334	CENTRUM MASAŻU	M50	1			00:21:58	00:25:28	00:54:07.15	00:54:08.70	+00:11:56 (22.0%)	5:00	12 (77.9%)
25	KRASULAK Daniel	389	WKS ŚLĄSK WROCŁAW	M40	3			00:22:25	00:26:22	00:54:10.15	00:54:12.70	+00:12:00 (22.1%)	5:00	12 (77.9%)
26	KOCIOŁEK Witold	361	INŻYNIERIA BIEGANIA TEAM	M40	4	MP	UKS Lider Siercza	00:22:52	00:26:39	00:54:23.25	00:54:26.45	+00:12:13 (22.5%)	5:02	11.9 (77.3%)
27	PACHUT Jerzy	215	ASICS FRONTRUNNER	M20	9	MP	KS Limanowa Forrest	00:21:52	00:25:53	00:55:15.25	00:55:17.10	+00:13:04 (23.6%)	5:06	11.7 (76.0%)
28	MAZAN Beata	335	FINISZ RYMANÓW	K30	2	MP	KKB MOSiR Krosno	00:22:08	00:25:33	00:55:39.55	00:55:39.55	+00:13:26 (24.2%)	5:09	11.6 (75.3%)
29	JANDURA Adrian	485	FLISACY PIENIŃSCY	M20	10			00:22:15	00:25:36	00:55:48.10	00:55:48.10	+00:13:35 (24.4%)	5:10	11.6 (75.3%)
30	WIECZOREK Nina	446	SBG SALCO	K20	1	MP	SBG Salco Niepołomice	00:23:45	00:27:35	00:55:45.50	00:55:49.00	+00:13:36 (24.4%)	5:09	11.6 (75.3%)
31	FICNER Anna	203	MKS SIECHNICE	K30	3	MP	MKS Siechnice	00:22:53	00:26:27	00:56:08.50	00:56:08.50	+00:13:55 (24.8%)	5:11	11.5 (74.7%)
32	SKALSKA Anna	352	ALPIN SPORT TEAM	K40	3	MP	MKS-MOSM Bytom	00:23:37	00:27:15	00:56:10.55	00:56:13.30	+00:14:00 (24.9%)	5:12	11.5 (74.7%)
33	GUBAŁA Arkadiusz	371	GRUPETTO GORLICE	M20	11			00:23:12	00:27:00	00:56:10.35	00:56:14.15	+00:14:01 (24.9%)	5:12	11.5 (74.7%)
34	KAŻMIERCZAK Marta	206	TRENERBIEGANIA.PL	K40	4	MP	MKS Unia Hrubieszów	00:24:18	00:28:08	00:56:12.65	00:56:15.00	+00:14:02 (25.0%)	5:12	11.5 (74.7%)
35	MATENKA Kamil	414	PACMAN RUNNING TEAM	M30	11			00:23:11	00:26:56	00:56:14.65	00:56:17.60	+00:14:04 (25.0%)	5:12	11.5 (74.7%)
36	DUL Karolina	462	SBG SALCO	K20	2	MP	SBG Salco Niepołomice	00:23:31	00:27:19	00:56:21.75	00:56:21.75	+00:14:09 (25.1%)	5:13	11.5 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
37	OGÓREK Rafał	443	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M20	12	MP	MKL Brygada Beskidów Nowy Sącz	00:21:40	00:25:34	00:57:30.85	00:57:30.85	+00:15:18 (26.6%)	5:19	11.3 (73.4%)
38	BAZUŁKA Aleksandra	202	HOKA GARMIN TEAM	K20	3	MP	SBG Salco Niepołomice	00:23:30	00:27:21	00:57:34.80	00:57:37.85	+00:15:25 (26.8%)	5:19	11.3 (73.4%)
39	STOŃ Wojciech	291	PACMAN RUNNING TEAM	M30	12			00:24:07	00:28:09	00:57:40.40	00:57:43.80	+00:15:31 (26.9%)	5:20	11.2 (72.7%)
40	KOZAK Tomasz	482		M20	13			00:25:09	00:28:50	00:59:01.15	00:59:01.15	+00:16:48 (28.5%)	5:27	11 (71.4%)
41	STANEK Patrycja	494		K20	4	MP	LLKS Osowa Sień	00:23:29	00:27:12	00:59:04.80	00:59:08.50	+00:16:55 (28.6%)	5:28	11 (71.4%)
42	PAŁKA Mariusz	424	KB PARANTELA	M40	5			00:24:31	00:28:40	00:59:14.50	00:59:16.75	+00:17:04 (28.8%)	5:29	10.9 (70.8%)
43	KURZEJA Michał	487	MYENDURANCETEAM	M20	14			00:21:38	00:25:19	00:59:24.60	00:59:25.65	+00:17:12 (29.0%)	5:30	10.9 (70.8%)
44	ZBOROWSKI Krzysztof	477		M40	6			00:24:12	00:27:57	00:59:26.55	00:59:29.75	+00:17:17 (29.1%)	5:30	10.9 (70.8%)
45	CHROBACZYŃSKI Rafał	229		M20	15			00:23:09	00:27:06	01:00:02.65	01:00:02.65	+00:17:49 (29.7%)	5:33	10.8 (70.1%)
46	FIRLEJ Marek	232	POWOLI DO CELU	M30	13			00:24:17	00:28:15	01:00:18.75	01:00:20.90	+00:18:08 (30.1%)	5:35	10.7 (69.5%)
47	ORDZOWIAŁY Piotr	429	SKL SUCHA BESKIDZKA	M50	2	MP	SKL Sucha Beskidzka	00:25:26	00:29:54	01:01:05.80	01:01:08.00	+00:18:55 (31.0%)	5:39	10.6 (68.8%)
48	JANDURA Norbert	417		M20	16			00:24:54	00:29:00	01:01:09.70	01:01:14.30	+00:19:01 (31.1%)	5:39	10.6 (68.8%)
49	BORZĘCKI Kacper	457	KS MURZASICHLE	M20	17			00:25:58	00:29:45	01:01:34.70	01:01:39.00	+00:19:26 (31.5%)	5:42	10.5 (68.2%)
50	PEŁDIAK Mateusz	454	KB ATHLETIC ZRĘCIN/ PAWKO RUNNER TEAM	M30	14			00:25:16	00:29:28	01:01:49.45	01:01:49.45	+00:19:36 (31.7%)	5:43	10.5 (68.2%)
51	WOSZCZEK Danuta	490	UKS OLIMP KOZIENICE	K40	5	MP	UKS Olimp Kozienice	00:24:41	00:28:47	01:02:42.80	01:02:44.65	+00:20:31 (32.7%)	5:48	10.3 (66.9%)
52	BORBALA Lantos	433	BÜKKI ÉGBOLT MT	K30	4			00:25:22	00:29:37	01:02:55.50	01:02:58.90	+00:20:46 (33.0%)	5:49	10.3 (66.9%)
53	MADEJSKI Sławomir	375	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	15			00:26:49	00:30:37	01:03:16.80	01:03:16.80	+00:21:04 (33.3%)	5:51	10.2 (66.2%)
54	BIELECKA Patrycja	489	UKS ACHILLES LESZNO	K20	5	MP	UKS Achilles Leszno	00:26:40	00:31:12	01:03:26.90	01:03:29.65	+00:21:16 (33.5%)	5:52	10.2 (66.2%)
55	GÓRALIK Sylwia	341	KS AZS AWF KRAKÓW	K40	6			00:26:41	00:31:05	01:03:52.10	01:03:54.55	+00:21:41 (34.0%)	5:54	10.1 (65.6%)
56	ŁUKASIK Anna	444	MKL BRYGADA BESKIDÓW	K40	7	MP	MKL Brygada Beskidów Nowy Sącz	00:27:27	00:31:42	01:04:01.05	01:04:04.50	+00:21:51 (34.1%)	5:55	10.1 (65.6%)
57	BOLECHOWSKA Dominika	492	ALPIN SPORT	K40	8			00:27:18	00:31:22	01:04:03.35	01:04:07.50	+00:21:54 (34.2%)	5:55	10.1 (65.6%)
58	TELKA Paweł	412	UKSM EKIPA BIELACHY	M30	16	MP	UKSM Ekipa Bielachy Kielce	00:24:47	00:29:17	01:04:31.25	01:04:34.10	+00:22:21 (34.6%)	5:58	10 (64.9%)

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						Polski	Drużyna			netto 10.8km	brutto 10.8km			
59	BAHRANOWSKA-KILIAN Maria	459	KANTOR RUNNING TEAM	K30	5	MP	SBG Salco Niepołomice	00:25:51	00:30:38	01:06:11.80	01:06:15.50	+00:24:02 (36.3%)	6:07	9.8 (63.6%)
60	BODURKA Anna	362	KS AZS AWF KRAKÓW	K20	6			00:27:30	00:32:14	01:06:30.45	01:06:30.45	+00:24:17 (36.5%)	6:09	9.7 (63.0%)
61	DROZDEK Marcelina	358	AZS AWF WARSZAWA	K20	7	MP	KS AZS AWF Warszawa	00:27:24	00:32:01	01:07:44.90	01:07:56.95	+00:25:44 (37.9%)	6:16	9.6 (62.3%)
62	GÓRNA Monika	447	NIEPOŁOMICE BIEGAJĄ	K40	9			00:28:07	00:32:46	01:07:59.00	01:08:03.05	+00:25:50 (38.0%)	6:17	9.5 (61.7%)
63	ANDRUSZEK Krystian	350		M20	18			00:28:25	00:33:10	01:08:32.70	01:08:37.00	+00:26:24 (38.5%)	6:20	9.5 (61.7%)
64	MATUŁA Natalia	379	MKL BRYGADA BESKIDÓW	K20	8	MP	MKL Brygada Beskidów Nowy Sącz	00:28:05	00:32:47	01:08:39.75	01:08:44.05	+00:26:31 (38.6%)	6:21	9.4 (61.0%)
65	GOŁDYN Michał	327	PROJEKT1000UP	M20	19			00:28:27	00:33:27	01:09:34.10	01:09:41.35	+00:27:28 (39.4%)	6:26	9.3 (60.4%)
66	KARPIEL Mateusz	442	MKL BRYGADA BESKIDÓW	M30	17			00:28:59	00:33:50	01:10:32.30	01:10:35.70	+00:28:23 (40.2%)	6:31	9.2 (59.7%)
67	PIERZCHAŁA Artur	716		M30	18			00:28:56	00:33:56	01:10:56.35	01:11:09.10	+00:28:56 (40.7%)	6:34	9.1 (59.1%)
68	CHOCHLA Marcin	266	MONIA TEAM	M30	19			00:29:35	00:34:39	01:11:02.25	01:11:13.25	+00:29:00 (40.7%)	6:34	9.1 (59.1%)
69	PERZ Emilia	297	WOLSZTYŃSKA AKADEMIA BIEGOWA	K30	6			00:31:28	00:36:44	01:11:49.75	01:11:49.75	+00:29:37 (41.2%)	6:38	9 (58.4%)
70	MICHAŁEK Katarzyna	357		K40	10			00:29:30	00:34:03	01:12:00.50	01:12:08.15	+00:29:55 (41.5%)	6:40	9 (58.4%)
71	STACHACZ Adrian	434	UNDERGROUND ATHLETIC	M30	20			00:29:24	00:34:25	01:12:53.65	01:13:08.10	+00:30:55 (42.3%)	6:44	8.9 (57.8%)
72	MICHNA Kuba	416		M20	20			00:29:44	00:34:25	01:12:54.25	01:13:15.25	+00:31:02 (42.4%)	6:45	8.9 (57.8%)
73	MACH Olek	451		M30	21			00:29:59	00:35:29	01:13:22.20	01:13:23.85	+00:31:11 (42.5%)	6:47	8.8 (57.1%)
74	CHROBAK Agnieszka	346	#R	K20	9			00:30:18	00:35:17	01:14:47.45	01:14:50.95	+00:32:38 (43.6%)	6:55	8.7 (56.5%)
75	MĘCIK Adrianna	257		K20	10			00:31:18	00:36:33	01:14:43.90	01:14:56.15	+00:32:43 (43.7%)	6:55	8.7 (56.5%)
76	KRUPA Kamil	307		M30	22			00:31:03	00:34:51	01:14:38.35	01:14:59.60	+00:32:46 (43.7%)	6:54	8.7 (56.5%)
77	URMANSKI Marek	344		M30	23			00:30:54	00:36:16	01:15:42.65	01:15:46.95	+00:33:34 (44.3%)	7:00	8.6 (55.8%)
78	ZALĘSKI Julian	283	OSTATNIE TCHNIENIE	M40	7			00:31:58	00:36:47	01:15:36.55	01:15:58.50	+00:33:45 (44.4%)	7:00	8.6 (55.8%)
79	STEC Paweł	467		M50	3			00:31:44	00:36:47	01:16:03.20	01:16:08.00	+00:33:55 (44.6%)	7:02	8.5 (55.2%)
80	LUDYNIA Aleksandra	274	STG WARSZAWA	K40	11			00:31:15	00:36:39	01:16:09.40	01:16:09.40	+00:33:56 (44.6%)	7:03	8.5 (55.2%)
81	WOŹNIAK Oskar	473	CKS BUDOWLANI CZĘSTOCHOWA	M20	21	MP	CKS Budowlani Częstochowa	00:28:04	00:32:41	01:16:00.10	01:16:13.05	+00:34:00 (44.6%)	7:02	8.5 (55.2%)

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						Polski	Drużyna			netto 10.8km	brutto 10.8km			
82	WYGONOWSKI Jacek	252	DZIKUR CREW	M50	4			00:30:35	00:35:10	01:16:03.55	01:16:22.05	+00:34:09 (44.7%)	7:02	8.5 (55.2%)
83	NOWOSIELSKA Wioleta	287	YULO RUN TEAM SIEDLCE	K40	12			00:31:14	00:36:25	01:16:25.45	01:16:30.65	+00:34:17 (44.8%)	7:04	8.5 (55.2%)
84	MALINOWSKI Łukasz	423	ŻUBRY RACE TEAM	M40	8			00:32:30	00:38:16	01:16:35.90	01:16:39.60	+00:34:26 (44.9%)	7:05	8.5 (55.2%)
85	PERZ Marzenna	294	NKB	K50	1			00:31:34	00:36:38	01:16:38.60	01:16:43.55	+00:34:30 (45.0%)	7:05	8.5 (55.2%)
86	JAZUREK Paweł	324	PACMAN RUNNING TEAM	M30	24			00:29:59	00:34:49	01:16:52.60	01:16:59.35	+00:34:46 (45.2%)	7:07	8.4 (54.5%)
87	SZCZEPANIAK Wojciech	275		M40	9			00:33:22	00:38:32	01:17:52.30	01:18:12.80	+00:36:00 (46.0%)	7:12	8.3 (53.9%)
88	MASZKOWSKI Jakub	348	AZS UMCS LUBLIN	M20	22			00:34:52	00:40:37	01:18:24.10	01:18:28.10	+00:36:15 (46.2%)	7:15	8.3 (53.9%)
89	SARNOWSKA Karolina	238	PRORUNNING PROMOTION	K40	13			00:32:10	00:37:10	01:18:29.05	01:18:34.55	+00:36:21 (46.3%)	7:16	8.3 (53.9%)
90	PĄCZEK Albert	321		M30	25			00:31:23	00:36:53	01:18:46.60	01:18:57.05	+00:36:44 (46.5%)	7:17	8.2 (53.2%)
91	NOWAK Janusz	315		M40	10			00:33:26	00:38:25	01:19:33.45	01:19:56.85	+00:37:44 (47.2%)	7:21	8.1 (52.6%)
92	PUDŁO Marcin	289	PACMAN RUNNING TEAM	M30	26			00:31:39	00:37:04	01:21:00.15	01:21:05.10	+00:38:52 (47.9%)	7:29	8 (51.9%)
93	BRZOSTOWSKA Kama	250		K40	14			00:30:58	00:36:03	01:21:04.80	01:21:16.45	+00:39:03 (48.1%)	7:30	8 (51.9%)
94	POŁUBOK Maurycy	474		M20	23			00:33:46	00:39:09	01:21:34.25	01:21:39.45	+00:39:26 (48.3%)	7:33	7.9 (51.3%)
95	PIĄTEK Jakub	484		M40	11			00:33:06	00:38:18	01:21:33.10	01:21:41.80	+00:39:29 (48.3%)	7:33	7.9 (51.3%)
96	KARPIŃSKI Jarosław	115		M30	27			00:33:38	00:38:44	01:21:16.10	01:21:48.40	+00:39:35 (48.4%)	7:31	8 (51.9%)
97	CZARNECKA Katarzyna	267		K30	7			00:33:22	00:38:58	01:21:34.60	01:21:49.30	+00:39:36 (48.4%)	7:33	7.9 (51.3%)
98	WACH Robert	428	WACH	M30	28			00:30:47	00:36:05	01:21:52.90	01:21:57.50	+00:39:44 (48.5%)	7:34	7.9 (51.3%)
99	KUROWSLA Monika	452		K30	8			00:31:55	00:37:14	01:22:00.55	01:22:03.30	+00:39:50 (48.6%)	7:35	7.9 (51.3%)
100	CHLIPAŁA Ewelina	495		K30	9			00:33:36	00:39:14	01:21:56.95	01:22:08.10	+00:39:55 (48.6%)	7:35	7.9 (51.3%)
101	MARCZEWSKA Agata	273		K40	15			00:33:03	00:39:05	01:22:42.90	01:22:53.65	+00:40:40 (49.1%)	7:39	7.8 (50.6%)
102	BRESLLER Izabela	471		K20	11			00:32:11	00:37:57	01:22:55.05	01:23:05.45	+00:40:52 (49.2%)	7:40	7.8 (50.6%)
103	MIKOLAJCZYK Lukasz	472		M40	12			00:32:37	00:37:57	01:22:54.20	01:23:05.55	+00:40:52 (49.2%)	7:40	7.8 (50.6%)
104	STRĄK Robert	381		M40	13			00:34:10	00:39:32	01:23:50.55	01:24:09.60	+00:41:56 (49.8%)	7:45	7.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
105	SENDER Andrzej	285	TRIATHLON LUBLIN TEAM	M50	5			00:32:47	00:38:34	01:24:37.90	01:24:37.90	+00:42:25 (50.1%)	7:50	7.7 (50.0%)
106	BIELICKI Filip	339	KW KRAKÓW	M30	29			00:35:24	00:40:43	01:24:32.65	01:24:39.40	+00:42:26 (50.1%)	7:49	7.7 (50.0%)
107	CIECIOROWSKI Andrzej	741	OFF-ROAD RUNNERS	M40	14			00:32:21	00:37:12	01:24:23.40	01:24:43.10	+00:42:30 (50.2%)	7:48	7.7 (50.0%)
108	VELKO Maryna	288		K30	10			00:34:09	00:39:32	01:24:57.55	01:25:09.80	+00:42:57 (50.4%)	7:51	7.6 (49.4%)
109	KAPKOWSKA Joanna	425		K30	11			00:34:36	00:40:19	01:24:56.80	01:25:10.60	+00:42:57 (50.4%)	7:51	7.6 (49.4%)
110	JAŚKOWIEC Michał	316		M20	24			00:35:41	00:41:09	01:24:49.60	01:25:13.05	+00:43:00 (50.5%)	7:51	7.6 (49.4%)
111	WŁODARCZYK Paweł	233		M40	15			00:35:27	00:40:45	01:24:48.90	01:25:13.15	+00:43:00 (50.5%)	7:51	7.6 (49.4%)
112	RURAŃSKI Rafał	439		M40	16			00:33:47	00:39:16	01:26:14.40	01:26:19.60	+00:44:06 (51.1%)	7:59	7.5 (48.7%)
113	NIEMIEC Kamil	338		M20	25			00:34:40	00:39:32	01:26:12.95	01:26:21.85	+00:44:09 (51.1%)	7:58	7.5 (48.7%)
114	PACIOREK Roksana	445		K30	12			00:33:54	00:39:22	01:26:47.30	01:26:47.30	+00:44:34 (51.4%)	8:02	7.5 (48.7%)
115	SKULIMA Szymon	448		M20	26			00:34:42	00:40:23	01:26:46.10	01:27:06.60	+00:44:53 (51.5%)	8:02	7.5 (48.7%)
116	GRANEK Kacper	435		M20	27			00:34:15	00:39:56	01:26:43.95	01:27:09.95	+00:44:57 (51.6%)	8:01	7.5 (48.7%)
117	GARBACZ Adrian	468		M20	28			00:35:51	00:41:35	01:26:27.25	01:28:01.10	+00:45:48 (52.0%)	8:00	7.5 (48.7%)
118	TOBIASZ Sebastian	284	OSTATNIE TCHNIENIE	M40	17			00:33:22	00:39:07	01:27:55.70	01:28:03.85	+00:45:51 (52.1%)	8:08	7.4 (48.1%)
119	WOLEK Marcin	331		M40	18			00:35:42	00:41:07	01:28:04.30	01:28:09.50	+00:45:56 (52.1%)	8:09	7.4 (48.1%)
120	RAINER Iwona	421	ACS STAL	K40	16			00:35:50	00:41:33	01:27:46.90	01:28:13.10	+00:46:00 (52.2%)	8:07	7.4 (48.1%)
121	SKWIRA Piotr	256	CHWILAMOMENTTEAM	M30	30			00:35:54	00:41:10	01:27:54.65	01:28:18.40	+00:46:05 (52.2%)	8:08	7.4 (48.1%)
122	FAFROWICZ Joanna	383		K30	13			00:34:25	00:40:06	01:28:08.00	01:28:20.75	+00:46:08 (52.2%)	8:09	7.4 (48.1%)
123	SIECZKA Kazimiera	382		K50	2			00:34:11	00:39:55	01:28:08.50	01:28:21.05	+00:46:08 (52.2%)	8:09	7.4 (48.1%)
124	FEDOREK Weronika	376		K20	12			00:37:58	00:43:49	01:28:26.85	01:28:42.15	+00:46:29 (52.4%)	8:11	7.3 (47.4%)
125	HARAŃ Krzysztof	258	CHWILAMOMENTTEAM	M40	19			00:35:56	00:40:55	01:28:26.20	01:28:48.45	+00:46:35 (52.5%)	8:11	7.3 (47.4%)
126	HORNIK Patryk	418		M20	29			00:35:49	00:41:35	01:27:41.95	01:29:16.30	+00:47:03 (52.7%)	8:07	7.4 (48.1%)
127	GRĘDZIAK Kamil	326		M20	30			00:35:52	00:41:50	01:29:40.45	01:29:47.50	+00:47:34 (53.0%)	8:18	7.2 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
128	URBAN Mateusz	373		M30	31			00:35:52	00:41:50	01:29:40.10	01:29:47.60	+00:47:34 (53.0%)	8:18	7.2 (46.8%)
129	SIWIŃSKA Gosia	272		K40	17			00:36:37	00:42:20	01:29:46.30	01:30:00.80	+00:47:48 (53.1%)	8:18	7.2 (46.8%)
130	PAWLIK Michał	290	PACMAN RUNNING TEAM	M30	32			00:36:28	00:42:23	01:30:24.50	01:30:31.30	+00:48:18 (53.4%)	8:22	7.2 (46.8%)
131	LUDYNIA Krzysztof	280		M40	20			00:39:08	00:45:08	01:30:32.20	01:30:39.25	+00:48:26 (53.4%)	8:22	7.2 (46.8%)
132	MAKUCHOWSKA Paulina	405		K40	18			00:34:04	00:39:20	01:30:43.25	01:30:52.60	+00:48:39 (53.6%)	8:23	7.1 (46.1%)
133	GDULA Agata	234		K20	13			00:38:03	00:43:21	01:30:37.00	01:31:05.45	+00:48:52 (53.7%)	8:23	7.2 (46.8%)
134	PETROVÁ Jana	364	AUTOSERVIS ERIKA	K40	19			00:38:15	00:44:32	01:31:29.55	01:31:50.20	+00:49:37 (54.0%)	8:28	7.1 (46.1%)
135	MORAWSKA Jaga	217		K50	3			00:34:04	00:39:13	01:32:23.65	01:32:37.85	+00:50:25 (54.4%)	8:33	7 (45.5%)
136	SOJA Tomek	302	TOMEKSOJA08@WP.PL	M50	6			00:37:06	00:43:04	01:32:19.50	01:32:42.85	+00:50:30 (54.5%)	8:32	7 (45.5%)
137	SZYSZ Alina	317	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	20			00:37:26	00:43:23	01:32:51.65	01:33:04.80	+00:50:52 (54.7%)	8:35	7 (45.5%)
138	CIECIOROWSKA Alicja	318	OFF-ROAD RUNNERS	K40	21			00:35:25	00:41:21	01:32:58.15	01:33:18.25	+00:51:05 (54.8%)	8:36	7 (45.5%)
139	ZELENÁK Kamil	340	ZAMAGURSKÍ BEŽCI	M40	21			00:38:16	00:44:33	01:33:06.05	01:33:25.95	+00:51:13 (54.8%)	8:37	7 (45.5%)
140	KSIĄŻKIEWICZ Magdalena	426	RYSIOTEAM	K30	14			00:37:57	00:43:49	01:33:24.20	01:33:37.65	+00:51:24 (54.9%)	8:38	6.9 (44.8%)
141	STAŃCZAK Dominika	216	TEAM ZABIEGANEDNI	K40	22			00:37:43	00:44:03	01:33:54.40	01:34:22.30	+00:52:09 (55.3%)	8:41	6.9 (44.8%)
142	STACHYRA Bartłomiej	242		M20	31			00:38:08	00:43:30	01:35:22.80	01:35:22.80	+00:53:10 (55.7%)	8:49	6.8 (44.2%)
143	KARASEK Mariusz	244		M50	7			00:37:47	00:43:09	01:35:01.40	01:35:23.10	+00:53:10 (55.7%)	8:47	6.8 (44.2%)
144	KARPIEL Weronika	386		K30	15			00:37:41	00:44:27	01:35:11.65	01:35:25.00	+00:53:12 (55.8%)	8:48	6.8 (44.2%)
145	ZIELIŃSKI Radosław	359	BASSET ROLLING TEAM	M40	22			00:37:44	00:44:06	01:35:20.95	01:35:46.65	+00:53:33 (55.9%)	8:49	6.8 (44.2%)
146	KORZENIEWSKI Piotr	366		M30	33			00:38:22	00:44:04	01:35:19.90	01:35:48.95	+00:53:36 (55.9%)	8:49	6.8 (44.2%)
147	MARZEC Pamela	222	MOUNTAIN TOUCH	K20	14			00:39:00	00:44:50	01:35:29.85	01:35:51.45	+00:53:38 (56.0%)	8:50	6.8 (44.2%)
148	SŁOWIK Aleksander	505	LA SZOPA TEAM	M20	32			00:39:00	00:44:48	01:35:29.10	01:35:51.80	+00:53:39 (56.0%)	8:50	6.8 (44.2%)
149	WOLEK Maks	343		M20	33			00:37:17	00:43:17	01:35:47.00	01:35:53.10	+00:53:40 (56.0%)	8:52	6.8 (44.2%)
150	MAZURKIEWICZ Wojciech	305	GRUBOALBOWCALE	M30	34			00:37:11	00:43:57	01:36:25.85	01:36:47.35	+00:54:34 (56.4%)	8:55	6.7 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
151	SIOREK Katarzyna	469	PIĘKNE I BRODACZE	K40	23			00:37:55	00:43:57	01:36:44.90	01:37:01.10	+00:54:48 (56.5%)	8:57	6.7 (43.5%)
152	SZCZEPKOWSKI Robert	1766		M40	23			00:38:46	00:46:04	01:36:51.25	01:37:05.70	+00:54:53 (56.5%)	8:58	6.7 (43.5%)
153	KAMYCZEK Grzegorz	488		M30	35			00:39:08	00:45:21	01:37:00.45	01:37:18.40	+00:55:05 (56.6%)	8:58	6.7 (43.5%)
154	SOKOŁOWSKA Anna	363		K20	15			00:39:30	00:46:02	01:37:09.35	01:37:21.30	+00:55:08 (56.6%)	8:59	6.7 (43.5%)
155	KOCHANOWSKA Anna	380	JEST LEPIEJ RUN TEAM	K40	24			00:38:31	00:44:28	01:37:27.70	01:37:40.85	+00:55:28 (56.8%)	9:01	6.6 (42.9%)
156	BŁASZCZAK Wojciech	260	CHWILAMOMENT TEAM	M40	24			00:39:11	00:45:36	01:37:56.85	01:38:20.00	+00:56:07 (57.1%)	9:04	6.6 (42.9%)
157	ZARADNA Paulina	240		K20	16			00:39:06	00:44:50	01:38:30.40	01:38:35.90	+00:56:23 (57.2%)	9:07	6.6 (42.9%)
158	PAWELEC Magdalena	408	RAKNROLL	K40	25			00:39:42	00:46:03	01:38:50.15	01:38:50.15	+00:56:37 (57.3%)	9:09	6.6 (42.9%)
159	UCHEREK Kinga	239		K40	26			00:40:47	00:47:14	01:38:47.00	01:38:55.65	+00:56:42 (57.3%)	9:08	6.6 (42.9%)
160	WALKOWSKI Tomasz	332	AKTYWNI KOCIEWIACY	M30	36			00:39:51	00:46:33	01:38:48.70	01:39:05.75	+00:56:53 (57.4%)	9:08	6.6 (42.9%)
161	CHMIELEWSKA Agata	241		K20	17			00:39:06	00:44:50	01:39:23.80	01:39:29.90	+00:57:17 (57.6%)	9:12	6.5 (42.2%)
162	CYGANIK Hanna	261		K30	16			00:39:36	00:45:53	01:39:41.70	01:39:58.45	+00:57:45 (57.8%)	9:13	6.5 (42.2%)
163	KOPCZYŃSKA Dominika	251	DZIKUR CREW	K50	4			00:36:56	00:42:56	01:39:34.55	01:40:06.70	+00:57:54 (57.8%)	9:13	6.5 (42.2%)
164	KONDRACKA Emilia	333		K20	18			00:40:24	00:46:44	01:40:54.60	01:41:06.65	+00:58:53 (58.3%)	9:20	6.4 (41.6%)
165	JURCZAK Ryszard	377	ARCELOR MITTAL	M70	1			00:41:02	00:46:43	01:41:01.25	01:41:08.35	+00:58:55 (58.3%)	9:21	6.4 (41.6%)
166	KIERYSCH Paul	219		M40	25			00:40:00	00:46:12	01:41:25.35	01:41:48.90	+00:59:36 (58.5%)	9:23	6.4 (41.6%)
167	DZIEWA Agata	351	LUBELSKA GRUPA TRIATHLONU	K30	17			00:41:18	00:47:35	01:42:11.10	01:42:18.55	+01:00:05 (58.7%)	9:27	6.3 (40.9%)
168	DZIEWA Magdalena	411		K60	1			00:40:48	00:47:35	01:42:53.60	01:43:01.40	+01:00:48 (59.0%)	9:31	6.3 (40.9%)
169	ZIARKO Agnieszka	941	SDG	K40	27			00:38:28	00:46:08	01:43:53.80	01:44:03.05	+01:01:50 (59.4%)	9:37	6.2 (40.3%)
170	TOFIL Aleksandra	253		K30	18			00:41:12	00:47:40	01:43:39.30	01:44:07.50	+01:01:54 (59.5%)	9:35	6.3 (40.9%)
171	LEŚNIAK Sylwia	372	LHO	K30	19			00:43:45	00:51:07	01:44:28.40	01:44:42.55	+01:02:29 (59.7%)	9:40	6.2 (40.3%)
172	GREŃ Magdalena	309		K40	28			00:41:57	00:48:35	01:44:28.95	01:44:58.20	+01:02:45 (59.8%)	9:40	6.2 (40.3%)
173	HAMERSKA Dominika	2872		K40	29			00:40:43	00:46:57	01:45:03.25	01:45:06.65	+01:02:53 (59.8%)	9:43	6.2 (40.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
174	LUBOŃ Michał	455	#GH	M30	37			00:40:48	00:47:23	01:45:01.70	01:45:26.80	+01:03:14 (60.0%)	9:43	6.2 (40.3%)
175	DYBEK Dagmara	228	CHSBD W RUCHU	K30	20			00:40:12	00:46:52	01:45:31.15	01:45:56.85	+01:03:44 (60.2%)	9:46	6.1 (39.6%)
176	JARACZ Marcin	410	DOMOWAENERGIA.COM.PL	M40	26			00:42:39	00:47:00	01:46:16.30	01:46:31.00	+01:04:18 (60.4%)	9:50	6.1 (39.6%)
176	ŁĘTOWSKA Marlena	422	DOMOWAENERGIA.COM.PL	K30	21			00:42:41	00:49:13	01:46:16.45	01:46:31.00	+01:04:18 (60.4%)	9:50	6.1 (39.6%)
178	SKOCZEWSKI Marek	218	NAPRZÓD MŁOCINY	M50	8			00:40:15	00:46:12	01:46:14.90	01:46:39.15	+01:04:26 (60.4%)	9:50	6.1 (39.6%)
179	KALISZ Renata	231		K40	30			00:44:49	00:51:08	01:46:30.30	01:46:51.55	+01:04:38 (60.5%)	9:51	6.1 (39.6%)
180	BANAK-SOŁTAN Agnieszka	337	TEAM BIEGAJ POD OKIEM TRENERA	K40	31			00:42:23	00:48:31	01:46:44.65	01:46:54.60	+01:04:41 (60.5%)	9:52	6.1 (39.6%)
181	BANAK Aleksandra	336		K20	19			00:42:24	00:48:32	01:46:45.05	01:46:54.75	+01:04:42 (60.5%)	9:53	6.1 (39.6%)
182	KĄŻMIERSKI Janusz	349	DAŚIĘ	M60	1			00:38:32	00:46:14	01:46:49.50	01:47:04.65	+01:04:51 (60.6%)	9:53	6.1 (39.6%)
183	CHMIELEWSKA Karolina	328		K40	32			00:44:37	00:50:49	01:48:48.90	01:49:07.90	+01:06:55 (61.3%)	10:04	6 (39.0%)
184	KWIECIEŃ Mariusz	281		M30	38			00:45:15	00:52:10	01:48:53.35	01:49:23.75	+01:07:11 (61.4%)	10:04	6 (39.0%)
185	SOKOŁOWSKA Aleksandra	413		K20	20			00:42:30	00:49:15	01:49:38.25	01:50:05.00	+01:07:52 (61.7%)	10:09	5.9 (38.3%)
186	WÓJCIK Urszula	480		K50	5			00:42:04	00:49:04	01:50:33.45	01:50:50.90	+01:08:38 (61.9%)	10:14	5.9 (38.3%)
187	NIECKARZ Malwina	254		K30	22			00:44:56	00:52:16	01:50:36.50	01:50:56.70	+01:08:44 (62.0%)	10:14	5.9 (38.3%)
188	CIECKIEWICZ Paulina	491		K30	23			00:44:58	00:52:16	01:50:38.00	01:50:56.80	+01:08:44 (62.0%)	10:14	5.9 (38.3%)
189	DANIELAK Marzena	449	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	33			00:42:35	00:49:36	01:50:41.20	01:50:57.00	+01:08:44 (62.0%)	10:14	5.9 (38.3%)
190	WACHNICKA Kamila	292	SKPB WARSZAWA	K20	21			00:44:23	00:50:55	01:50:58.20	01:51:08.30	+01:08:55 (62.0%)	10:16	5.8 (37.7%)
191	MARZEC Patrycja	225	MOUNTAIN TOUCH	K30	24			00:41:21	00:48:56	01:51:47.65	01:52:11.00	+01:09:58 (62.4%)	10:21	5.8 (37.7%)
192	SŁAWEK Claudia	464		K30	25			00:46:58	00:54:40	01:52:59.25	01:53:25.60	+01:11:12 (62.8%)	10:27	5.7 (37.0%)
193	WÓJCIK Paweł	481		M50	9			00:42:08	00:49:08	01:53:08.60	01:53:26.50	+01:11:13 (62.8%)	10:28	5.7 (37.0%)
194	JĘDRASZAK Mateusz	271		M30	39			00:43:33	00:50:40	01:53:52.45	01:54:10.80	+01:11:58 (63.0%)	10:32	5.7 (37.0%)
195	NEUMANN Monika	368		K30	26			00:46:37	00:54:26	01:54:21.00	01:54:29.35	+01:12:16 (63.1%)	10:35	5.7 (37.0%)
196	KORPAK Marta	360		K30	27			00:46:36	00:53:58	01:54:20.85	01:54:29.55	+01:12:16 (63.1%)	10:35	5.7 (37.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
197	STYRCZULA Małgorzata	387		K30	28			00:41:53	00:48:58	01:54:52.40	01:55:05.70	+01:12:53 (63.3%)	10:38	5.6 (36.4%)
198	SZKODZIAK Agnieszka	308		K30	29			00:48:32	00:55:59	01:56:24.60	01:56:31.45	+01:14:18 (63.8%)	10:46	5.6 (36.4%)
199	KNAP Elżbieta	479	GACEK TEAM	K30	30			00:45:33	00:53:17	01:56:20.90	01:56:41.25	+01:14:28 (63.8%)	10:46	5.6 (36.4%)
200	KOŚCIUCH Anna	890		K40	34			00:46:26	00:53:34	01:56:25.00	01:56:43.25	+01:14:30 (63.8%)	10:46	5.6 (36.4%)
201	KSIĘŻOPOLSKA-KOŚCIUCH Wiktoria	356	WIKTORIAKSIEZOPOLSKA@O2.PL	K30	31			00:46:23	00:53:33	01:56:23.40	01:56:43.35	+01:14:30 (63.8%)	10:46	5.6 (36.4%)
202	WIŚNIEWSKA Lidia	391	RAKANDROLL	K30	32			00:47:16	00:54:59	01:57:00.20	01:57:03.75	+01:14:51 (63.9%)	10:50	5.5 (35.7%)
203	WOJTOWICZ Zdzisław	458	NIEZRZESZONY	M70	2			00:43:25	00:50:11	01:57:03.30	01:57:11.70	+01:14:59 (64.0%)	10:50	5.5 (35.7%)
204	KALISZ Jadwiga	329		K40	35					01:57:37.00	01:57:37.00	+01:15:24 (64.1%)	10:53	5.5 (35.7%)
205	DĄBROWSKA Monika	398	RAK'N'ROLL	K40	36			00:52:01	01:00:45	01:58:38.60	01:58:43.40	+01:16:30 (64.4%)	10:59	5.5 (35.7%)
206	SZAJNA Agata	394		K50	6			00:42:40	00:49:33	02:01:00.05	02:01:06.05	+01:18:53 (65.1%)	11:12	5.4 (35.1%)
207	ŚLIWA Maciej	431		M50	10			00:46:21	00:54:56	02:01:44.60	02:02:04.70	+01:19:52 (65.4%)	11:16	5.3 (34.4%)
208	SEROCZYŃSKA Dorota	312		K30	33			00:50:09	00:55:47	02:02:14.25	02:02:14.25	+01:20:01 (65.5%)	11:19	5.3 (34.4%)
209	RZYSZKIEWICZ Małgorzata	286	PĘDZĄCE LENIWCE	K50	7			00:54:03	00:59:56	02:02:00.25	02:02:19.55	+01:20:06 (65.5%)	11:17	5.3 (34.4%)
210	MATYJASIK Estera	226		K30	34			00:45:04	00:52:23	02:02:47.45	02:02:57.30	+01:20:44 (65.7%)	11:22	5.3 (34.4%)
211	ŻELAŻEWSKI Michał	460		M30	40			00:49:47	00:57:38	02:03:27.45	02:03:27.45	+01:21:14 (65.8%)	11:25	5.2 (33.8%)
212	BIJAK Agnieszka	404	FUNDACJA RAK'N'ROLL	K40	37			00:50:22	00:57:54	02:04:13.25	02:04:13.25	+01:22:00 (66.0%)	11:30	5.2 (33.8%)
213	MYŚLIŃSKA Olga	470	RAK'N'ROLL	K40	38			00:50:13	00:57:28	02:04:37.90	02:04:45.70	+01:22:33 (66.2%)	11:32	5.2 (33.8%)
214	MAŃKA Paulina	432		K40	39			00:50:07	00:58:03	02:06:41.10	02:06:50.30	+01:24:37 (66.7%)	11:43	5.1 (33.1%)
215	PAJĄK Anna	295		K40	40			00:50:07	00:58:02	02:06:40.15	02:06:50.45	+01:24:37 (66.7%)	11:43	5.1 (33.1%)
216	PUCHALSKA Joanna	298	PĘDZĄCE LENIWCE	K60	2			00:54:05	01:02:11	02:08:10.85	02:08:28.30	+01:26:15 (67.1%)	11:52	5.1 (33.1%)
217	OKOŁOWICZ Elżbieta	365	AKTYWNI KOCIEWIACY	K60	3			00:59:40	01:08:14	02:09:34.70	02:09:51.35	+01:27:38 (67.5%)	11:59	5 (32.5%)
218	KNAPIK Ilona	313		K40	41			00:49:16	00:59:46	02:10:15.10	02:10:30.40	+01:28:17 (67.7%)	12:03	5 (32.5%)
219	FUKS Olga	277		K40	42			00:50:32	00:58:00	02:10:07.75	02:10:34.40	+01:28:21 (67.7%)	12:02	5 (32.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
220	MAROSZEK Karol	330	BZJ TEAM	M30	41			00:50:26	00:57:42	02:10:07.40	02:10:34.65	+01:28:21 (67.7%)	12:02	5 (32.5%)
221	SZCZERBA Anna	370	SŁOŃCA JURY	K50	8			00:51:47	00:59:26	02:10:31.55	02:10:38.70	+01:28:26 (67.7%)	12:05	5 (32.5%)
222	TYLIŃSKA Dagmara	246	SŁOŃCE JURY	K40	43			00:51:26	00:59:24	02:10:32.40	02:10:40.15	+01:28:27 (67.7%)	12:05	5 (32.5%)
223	BIELECKA Ewa	247	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K40	44			00:51:28	00:58:37	02:10:34.30	02:10:41.10	+01:28:28 (67.7%)	12:05	5 (32.5%)
224	GAWRON Agnieszka	245	SŁOŃCA JURY	K40	45			00:51:30	00:59:27	02:10:37.10	02:10:42.95	+01:28:30 (67.7%)	12:05	5 (32.5%)
224	MICHALIK Jacek	248	SŁOŃCA JURY	M40	27			00:51:30	00:59:27	02:10:35.85	02:10:42.95	+01:28:30 (67.7%)	12:05	5 (32.5%)
226	MERMER Beata	355	SŁOŃCA JURY	K20	22			00:51:25	00:59:20	02:10:31.45	02:10:43.10	+01:28:30 (67.7%)	12:05	5 (32.5%)
226	ŁUSZCZYŃSKI Michał	562	SŁOŃCA JURY	M30	42			00:51:28	00:59:25	02:10:33.30	02:10:43.10	+01:28:30 (67.7%)	12:05	5 (32.5%)
228	DENEKA Alicja	269	KLUB BIEGACZA EURO	K40	46			00:49:23	00:57:23	02:12:39.05	02:12:56.25	+01:30:43 (68.2%)	12:16	4.9 (31.8%)
229	DOMINIAK Agnieszka	227		K40	47			00:50:00	00:58:11	02:13:13.65	02:13:39.05	+01:31:26 (68.4%)	12:20	4.9 (31.8%)
230	NIERADA Adrianna	221	NIEDZIELNI SPACEROWICZE	K40	48			00:55:11	01:04:18	02:13:23.45	02:13:50.70	+01:31:38 (68.5%)	12:21	4.9 (31.8%)
231	WOLEK Dagmara	323	GRUPA LUX-POL	K40	49			00:56:10	01:03:55	02:13:56.25	02:14:05.80	+01:31:53 (68.5%)	12:24	4.8 (31.2%)
232	PAWLIK Agnieszka	220		K40	50			00:56:59	01:07:01	02:14:03.50	02:14:33.20	+01:32:20 (68.6%)	12:24	4.8 (31.2%)
233	ŁUKACZ Aleksandra	342		K30	35			00:56:20	01:04:04	02:14:38.70	02:14:38.70	+01:32:26 (68.6%)	12:27	4.8 (31.2%)
234	WILLS Magdalena	393	RAK'N'ROLL TEAM	K50	9			00:52:09	01:00:54	02:15:47.70	02:16:03.50	+01:33:50 (69.0%)	12:34	4.8 (31.2%)
235	KORALCZYK Katarzyna	486		K40	51			00:55:05	01:02:45	02:17:42.70	02:17:42.70	+01:35:30 (69.3%)	12:45	4.7 (30.5%)
236	DREWIN Małgorzata	224		K40	52			00:50:15	00:58:22	02:19:20.35	02:19:46.25	+01:37:33 (69.8%)	12:54	4.7 (30.5%)
237	SZELUGA Aleksander	461		M30	43			00:55:21	01:03:49	02:21:56.80	02:22:18.95	+01:40:06 (70.3%)	13:08	4.6 (29.9%)
238	KOŚCIUCZYK Lesław	367		M50	11			00:55:54	01:05:21	02:27:10.95	02:27:40.50	+01:45:27 (71.4%)	13:37	4.4 (28.6%)
239	MATYSEK Magdalena	493	ROLLING	K40	53			00:59:09	01:09:10	02:30:02.65	02:30:13.40	+01:48:00 (71.9%)	13:53	4.3 (27.9%)
240	SEKUŁA Martyna	427		K20	23			01:02:58	01:11:17	02:30:44.75	02:31:08.40	+01:48:55 (72.1%)	13:57	4.3 (27.9%)
241	ŁUGOWSKI Paweł Ryszard	397	RAK&ROLL	M60	2			01:04:48	01:14:56	02:31:23.90	02:31:23.90	+01:49:11 (72.1%)	14:01	4.3 (27.9%)
242	PIOTROWSKA Dominika	345		K30	36			00:55:33	01:04:14	02:32:51.45	02:32:55.55	+01:50:42 (72.4%)	14:09	4.2 (27.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas		Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna			netto 10.8km	brutto 10.8km			
243	BIELSKA Ela	403		K60	4			00:57:16	01:07:14	02:33:32.75	02:33:42.40	+01:51:29 (72.5%)	14:12	4.2 (27.3%)
244	ŻYCHOWSKA Małgorzata	385	FUNDACJA RACK'AND'ROLL	K50	10			00:57:46	01:07:16	02:33:50.45	02:33:58.90	+01:51:46 (72.6%)	14:14	4.2 (27.3%)
244	ŻYCHOWSKI Waldemar	466		M50	12			00:57:34	01:06:55	02:33:47.05	02:33:58.90	+01:51:46 (72.6%)	14:14	4.2 (27.3%)
246	WITAK Wioletta	402	RAK'N'ROLL TEAM	K40	54			01:07:25	01:19:10	02:35:09.25	02:35:22.30	+01:53:09 (72.8%)	14:21	4.2 (27.3%)
247	KOPCZYŃSKA Anna	296		K40	55			01:00:08	01:11:47	02:38:13.10	02:38:28.85	+01:56:16 (73.4%)	14:38	4.1 (26.6%)
248	ŁUGOWSKA Maria	395	RAK&ROLL	K60	5			01:05:04	01:14:52	02:38:55.05	02:39:01.05	+01:56:48 (73.5%)	14:42	4.1 (26.6%)
249	CHUDY Urszula	406	FUNDACJA RAK'N'ROLL. WYGRAJ ŻYCIE	K50	11			01:04:55	01:13:03	02:39:51.75	02:40:06.45	+01:57:53 (73.6%)	14:48	4.1 (26.6%)
250	MACIEJEWSKA Anna	407		K40	56			01:04:56	01:13:52	02:39:58.60	02:40:11.95	+01:57:59 (73.7%)	14:48	4.1 (26.6%)
251	MARCINIEC Łukasz	392	RAK'N'ROLL	M50	13			01:04:50	01:14:45	02:40:45.90	02:41:06.70	+01:58:54 (73.8%)	14:53	4 (26.0%)
252	GRONCZEWSKA Agnieszka	476	RAK'N'ROLL	K40	57			01:07:23	01:19:10	02:50:52.10	02:51:06.85	+02:08:54 (75.3%)	15:49	3.8 (24.7%)
253	MICHAŁEK Sylwia	390		K40	58			01:07:21	01:19:10	02:50:52.45	02:51:07.95	+02:08:55 (75.3%)	15:49	3.8 (24.7%)
254	SIWIEC Aneta	401		K40	59			01:07:28	01:19:17	02:51:15.65	02:51:32.70	+02:09:20 (75.4%)	15:51	3.8 (24.7%)
255	MIKLAS Anna	320	PĘDZĄCE LENIWCE	K50	12			01:06:29	01:18:18	02:53:26.65	02:53:43.15	+02:11:30 (75.7%)	16:03	3.7 (24.0%)
256	MIKOŁAJCZUK Agnieszka	278	PĘDZĄCE LENIWCE	K40	60			01:06:30	01:18:20	02:53:26.70	02:53:43.25	+02:11:30 (75.7%)	16:03	3.7 (24.0%)
257	ZAJADACZ Edyta	301	PĘDZĄCE LENIWCE	K40	61			01:06:30	01:18:22	02:53:27.75	02:53:43.35	+02:11:30 (75.7%)	16:03	3.7 (24.0%)
258	SIELEWICZ Kasia	262		K40	62			01:01:53	01:12:28	02:53:55.95	02:54:12.80	+02:12:00 (75.8%)	16:06	3.7 (24.0%)
259	WOJTUŃ Marika	263		K30	37			01:10:45	01:19:52	02:54:36.75	02:55:04.50	+02:12:51 (75.9%)	16:09	3.7 (24.0%)
Przekroczony limit czasu: 03:00:00														
260	SKWAREK Aleksandra	409		K20	24			01:11:31	01:22:18	03:05:08.20	03:05:18.90	+02:23:06 (77.2%)	17:08	3.5 (22.7%)
261	ZALEWSKA Anna	399	RAK&ROLL	K50	13			01:11:25	01:22:13	03:05:02.60	03:05:18.95	+02:23:06 (77.2%)	17:07	3.5 (22.7%)
262	SKARBOWSKA Izabela	396	RAK'N'ROLL TEAM	K40	63			01:15:55	01:36:26	03:05:32.10	03:05:42.50	+02:23:29 (77.3%)	17:10	3.5 (22.7%)
263	TOMASZKIEWICZ Elżbieta	270	RTV EURO AGD	K40	64			01:24:14	01:36:44	03:16:25.10	03:16:43.35	+02:34:30 (78.5%)	18:11	3.3 (21.4%)
	SŁONIEWSKA Aneta	400		K30				DNF	DNF	DNF	DNF	-	-	(0.0%)