



# I MARATON RZEŹNIKA

B4SPORT

**Wydarzenie:** VIII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-06-16  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>MILEWSKI Dominik</b>	<b>1474</b>	DYNAFIT	M20	1		01:20:51	02:25:33	03:40:41	<b>04:51:06.00</b>	<b>04:51:07.85</b>		5:35	10.7 (100%)
2	<b>KNAP Mateusz</b>	<b>1507</b>	DYNAFIT	M20	2		01:22:30	02:32:10	04:02:12	<b>05:23:54.95</b>	<b>05:23:56.55</b>	+00:32:48 (10.1%)	6:13	9.6 (89.7%)
3	<b>GAWLIK Sławek</b>	<b>11</b>	DYNAFIT	M30	1	Tak	01:26:46	02:44:05	04:15:34	<b>05:36:34.45</b>	<b>05:36:35.85</b>	+00:45:28 (13.5%)	6:28	9.3 (86.9%)
4	<b>WASIAK Tomasz</b>	<b>1449</b>	ADIDAS RUNNERS ZURICH	M30	2		01:25:25	02:43:15	04:21:45	<b>05:44:58.30</b>	<b>05:45:01.55</b>	+00:53:53 (15.6%)	6:38	9 (84.1%)
5	<b>SZOPA Łukasz</b>	<b>1433</b>	KARKONOSZ RUNNING TEAM	M40	1		01:26:55	02:42:23	04:15:31	<b>05:48:05.75</b>	<b>05:48:07.15</b>	+00:56:59 (16.4%)	6:41	9 (84.1%)
6	<b>WETHACZ Dariusz</b>	<b>1465</b>	ONRUNNING	M30	3		01:27:37	02:47:51	04:23:22	<b>05:48:56.60</b>	<b>05:48:58.45</b>	+00:57:50 (16.6%)	6:42	8.9 (83.2%)
7	<b>PYTLOS Marcin</b>	<b>1310</b>	ABBA1	M40	2		01:27:34	02:47:52	04:28:25	<b>05:59:21.85</b>	<b>05:59:24.30</b>	+01:08:16 (19.0%)	6:54	8.7 (81.3%)
8	<b>DWORNICKI Kamil</b>	<b>10</b>		M30	4	Tak	01:31:48	02:55:49	04:34:34	<b>06:00:56.70</b>	<b>06:01:02.20</b>	+01:09:54 (19.4%)	6:56	8.6 (80.4%)
9	<b>TRZASKA Wojciech</b>	<b>1251</b>	FUCHS OIL TEAM	M20	3		01:36:23	02:59:09	04:37:13	<b>06:00:35.15</b>	<b>06:01:02.45</b>	+01:09:54 (19.4%)	6:56	8.7 (81.3%)
10	<b>POLNY Daniel</b>	<b>1422</b>	PASS RUNNING TEAM	M50	1		01:30:02	02:52:13	04:34:19	<b>06:03:53.05</b>	<b>06:03:55.20</b>	+01:12:47 (20.0%)	6:59	8.6 (80.4%)
11	<b>STEPANIUK Adam</b>	<b>1054</b>	BIEGAMY DZISIAJ?	M40	3		01:34:37	02:54:03	04:40:23	<b>06:12:15.30</b>	<b>06:12:29.05</b>	+01:21:21 (21.8%)	7:09	8.4 (78.5%)
12	<b>TROJNAR Damian</b>	<b>1311</b>	KS JANUSZE	M30	5		01:34:07	02:59:23	04:43:34	<b>06:13:34.80</b>	<b>06:13:41.55</b>	+01:22:33 (22.1%)	7:11	8.4 (78.5%)
13	<b>KĄKOL Grzegorz</b>	<b>1051</b>		M30	6		01:29:18	02:51:21	04:34:05	<b>06:14:34.50</b>	<b>06:15:01.75</b>	+01:23:53 (22.4%)	7:12	8.3 (77.6%)
14	<b>CHILICKA Marta</b>	<b>1456</b>	SOBASTEAM	K30	1		01:37:37	03:02:40	04:42:31	<b>06:20:33.25</b>	<b>06:20:35.90</b>	+01:29:28 (23.5%)	7:19	8.2 (76.6%)
15	<b>MACIAS Marcin</b>	<b>1369</b>		M40	4		01:38:40	02:55:36	04:40:38	<b>06:21:20.05</b>	<b>06:21:20.05</b>	+01:30:12 (23.7%)	7:20	8.2 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
16	<b>TABER Konrad</b>	<b>1441</b>	ACTIVE PROSPERIA	M20	4		01:35:14	03:00:08	04:46:23	<b>06:21:45.30</b>	<b>06:21:45.30</b>	+01:30:37 (23.7%)	7:20	8.2 (76.6%)
17	<b>MATYSIAK Agnieszka</b>	<b>1477</b>	KOPALNIA MOCY TARNOBRZEG	K30	2		01:39:01	03:03:40	04:48:25	<b>06:21:54.15</b>	<b>06:21:59.05</b>	+01:30:51 (23.8%)	7:20	8.2 (76.6%)
18	<b>CHWEDCZUK Robert</b>	<b>1248</b>	ŻÓRAWSKI TEAM	M30	7		01:31:15	02:55:44	04:43:14	<b>06:24:27.60</b>	<b>06:24:33.80</b>	+01:33:25 (24.3%)	7:23	8.1 (75.7%)
19	<b>STEPANIAK Grzegorz</b>	<b>1458</b>	SEROWARNIA SWOBODA	M40	5		04:51:51			<b>06:32:11.15</b>	<b>06:32:13.30</b>	+01:41:05 (25.8%)	7:32	8 (74.8%)
20	<b>KUNICKI Konrad</b>	<b>1424</b>	TROPEM ULTRA	M40	6		01:30:37	02:51:50	04:39:04	<b>06:35:37.95</b>	<b>06:35:40.00</b>	+01:44:32 (26.4%)	7:36	7.9 (73.8%)
21	<b>PANCER Michał</b>	<b>1316</b>	ŻÓRAWSKI TEAM	M20	5		01:37:56	03:05:16	04:58:00	<b>06:35:46.80</b>	<b>06:35:52.80</b>	+01:44:44 (26.5%)	7:36	7.9 (73.8%)
22	<b>SADOWSKI Rafał</b>	<b>13</b>	KB SPARTAKUS BEŁCHATÓW	M30	8	Tak	01:36:29	03:05:37	04:59:04	<b>06:36:37.05</b>	<b>06:36:42.40</b>	+01:45:34 (26.6%)	7:37	7.9 (73.8%)
23	<b>BARANOWSKI Maciej</b>	<b>14</b>	JACEKBIEGA RUNNING TEAM	M30	9	Tak	01:41:42	03:17:53	05:06:59	<b>06:36:36.50</b>	<b>06:37:08.95</b>	+01:46:01 (26.7%)	7:37	7.9 (73.8%)
24	<b>SOBOL Krystian</b>	<b>1322</b>		M40	7		01:32:44	02:59:58	04:58:23	<b>06:37:18.15</b>	<b>06:37:21.90</b>	+01:46:14 (26.7%)	7:38	7.9 (73.8%)
25	<b>KOKOCIŃSKI Dariusz</b>	<b>1462</b>		M40	8		01:42:05	03:09:23	05:00:32	<b>06:37:12.60</b>	<b>06:37:28.80</b>	+01:46:20 (26.8%)	7:38	7.9 (73.8%)
26	<b>PABIAN Paweł</b>	<b>1427</b>	DYNAFIT OBERALP	M30	10		01:32:49	02:57:06	04:51:51	<b>06:38:50.15</b>	<b>06:39:01.80</b>	+01:47:53 (27.0%)	7:40	7.8 (72.9%)
27	<b>SULIKOWSKI Rafał</b>	<b>1418</b>		M30	11		01:40:53	03:10:02	05:02:08	<b>06:38:26.65</b>	<b>06:39:09.95</b>	+01:48:02 (27.1%)	7:39	7.8 (72.9%)
28	<b>KRZYSZTOŃ Tomasz</b>	<b>1242</b>	AMBITNI AMATORZY	M40	9		01:36:43	03:04:21	04:57:14	<b>06:40:17.75</b>	<b>06:40:20.90</b>	+01:49:13 (27.3%)	7:41	7.8 (72.9%)
29	<b>RAK Wojciech</b>	<b>1030</b>	SII RUNNING TEAM	M30	12		01:34:40	03:00:43	04:59:32	<b>06:40:11.90</b>	<b>06:40:21.50</b>	+01:49:13 (27.3%)	7:41	7.8 (72.9%)
30	<b>GAJ Grzegorz</b>	<b>7</b>		M40	10	Tak	01:45:23	03:15:03	05:07:48	<b>06:42:19.05</b>	<b>06:42:26.60</b>	+01:51:18 (27.7%)	7:44	7.8 (72.9%)
31	<b>JAGODZIŃSKI Robert</b>	<b>1268</b>	JAGODA TEAM	M40	11		01:45:59	03:15:00	05:07:41	<b>06:42:43.80</b>	<b>06:42:54.20</b>	+01:51:46 (27.7%)	7:44	7.7 (72.0%)
32	<b>KARCZMARCZYK Mateusz</b>	<b>1334</b>		M30	13		01:36:26	03:02:48	05:05:10	<b>06:43:59.40</b>	<b>06:44:05.20</b>	+01:52:57 (28.0%)	7:46	7.7 (72.0%)
33	<b>BEDNAREK Anna</b>	<b>1425</b>	SPARTAN TRAINING GROUP WARSZAWA	K30	3		01:45:06	03:16:32	05:07:20	<b>06:46:56.95</b>	<b>06:47:22.20</b>	+01:56:14 (28.5%)	7:49	7.7 (72.0%)
34	<b>WOJNAROWSKA Weronika</b>	<b>1021</b>		K30	4		01:47:13	03:19:30	05:10:52	<b>06:47:55.55</b>	<b>06:48:18.95</b>	+01:57:11 (28.7%)	7:50	7.6 (71.0%)
35	<b>WASYLÓW Jacek</b>	<b>1436</b>	CZR1 ANTEK TEAM PRZEMYŚL	M40	12		01:43:21	03:14:37	05:09:00	<b>06:48:35.05</b>	<b>06:49:04.50</b>	+01:57:56 (28.8%)	7:51	7.6 (71.0%)
36	<b>WILK Krzysztof</b>	<b>1231</b>	SARNI TĘTENT	M30	14		01:38:34	03:10:20	05:03:20	<b>06:49:11.50</b>	<b>06:49:16.50</b>	+01:58:08 (28.9%)	7:52	7.6 (71.0%)
37	<b>KAMIŃSKI Marek</b>	<b>1403</b>		M30	15		01:33:37	03:02:35	05:03:09	<b>06:50:39.40</b>	<b>06:50:46.20</b>	+01:59:38 (29.1%)	7:53	7.6 (71.0%)
38	<b>KOZŁOWSKI Michał</b>	<b>1371</b>	MATNER RUNNING TEAM	M30	16		01:42:12	03:10:38	05:12:54	<b>06:53:59.65</b>	<b>06:54:08.20</b>	+02:03:00 (29.7%)	7:57	7.5 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
39	<b>MARKOWSKI Artur</b>	<b>1046</b>	NOA	M50	2		01:36:08	03:05:44	05:08:01	<b>06:54:23.00</b>	<b>06:54:27.30</b>	+02:03:19 (29.8%)	7:58	7.5 (70.1%)
40	<b>GRADZIK Inga</b>	<b>1419</b>		K20	1		01:45:16	03:16:38	05:07:39	<b>06:55:21.15</b>	<b>06:55:41.15</b>	+02:04:33 (30.0%)	7:59	7.5 (70.1%)
41	<b>KULLING Hubert</b>	<b>1183</b>		M40	13		01:45:08	03:16:29	05:09:08	<b>06:56:05.25</b>	<b>06:56:31.95</b>	+02:05:24 (30.1%)	8:00	7.5 (70.1%)
42	<b>STAWIARZ Paweł</b>	<b>1232</b>	140MINUT.PL	M30	17		01:44:46	03:19:34	05:23:19	<b>06:57:20.25</b>	<b>06:57:31.95</b>	+02:06:24 (30.3%)	8:01	7.5 (70.1%)
43	<b>NIEDŹWIEDŹ Tomasz</b>	<b>1445</b>	SOBASTEAM	M40	14		01:37:58	03:09:34	05:12:15	<b>07:01:08.30</b>	<b>07:01:11.05</b>	+02:10:03 (30.9%)	8:05	7.4 (69.2%)
44	<b>RAJCHERT Joanna</b>	<b>1342</b>		K40	1		01:53:35	03:29:12	05:21:40	<b>07:00:54.80</b>	<b>07:01:11.20</b>	+02:10:03 (30.9%)	8:05	7.4 (69.2%)
45	<b>SALABUN Bartosz</b>	<b>1493</b>		M40	15		01:45:40	03:17:47	05:19:09	<b>07:02:00.80</b>	<b>07:02:14.95</b>	+02:11:07 (31.1%)	8:06	7.4 (69.2%)
46	<b>WALTER Piotr</b>	<b>1484</b>	TARNOWO PODGÓRNE	M40	16		01:32:25	02:59:49	05:07:33	<b>07:02:23.50</b>	<b>07:02:36.10</b>	+02:11:28 (31.1%)	8:07	7.4 (69.2%)
47	<b>STEFAŃSKI Krystian</b>	<b>1491</b>		M30	18					<b>07:03:44.00</b>	<b>07:03:44.00</b>	+02:12:36 (31.3%)	8:08	7.4 (69.2%)
48	<b>PROSZCZEK Mariusz</b>	<b>1152</b>	42K PRO TEAM	M40	17		01:55:46	03:31:35	05:23:31	<b>07:03:34.10</b>	<b>07:04:08.80</b>	+02:13:00 (31.4%)	8:08	7.4 (69.2%)
49	<b>SZECÓWKA Zbigniew</b>	<b>1382</b>		M40	18		01:45:06	03:16:37	05:20:29	<b>07:04:48.15</b>	<b>07:05:03.95</b>	+02:13:56 (31.5%)	8:10	7.3 (68.2%)
50	<b>WOŹNY Paweł</b>	<b>1118</b>	RUNPROGRESS TEAM BY TOMASZ KAWIK	M40	19		01:36:10	03:03:41	05:11:58	<b>07:05:37.15</b>	<b>07:05:48.35</b>	+02:14:40 (31.6%)	8:11	7.3 (68.2%)
51	<b>KURCEWICZ Paweł</b>	<b>1035</b>		M30	19		01:41:33	03:15:30	05:22:04	<b>07:06:53.40</b>	<b>07:06:56.05</b>	+02:15:48 (31.8%)	8:12	7.3 (68.2%)
52	<b>SZEWC Wojciech</b>	<b>1414</b>	WOJSKOWA AKADEMIA TECHNICZNA / WOJCIO TEAM	M20	6		01:44:04	03:20:19	05:23:25	<b>07:07:08.35</b>	<b>07:07:12.05</b>	+02:16:04 (31.9%)	8:12	7.3 (68.2%)
53	<b>GRZYWACZ Marcin</b>	<b>1217</b>	MKS CZECHOWICE-DZIEDZICE	M40	20		01:47:04	03:23:14	05:20:19	<b>07:07:08.75</b>	<b>07:07:17.40</b>	+02:16:09 (31.9%)	8:12	7.3 (68.2%)
54	<b>KONIK Marcin</b>	<b>1101</b>		M40	21		01:34:11	03:00:51	05:12:05	<b>07:08:07.60</b>	<b>07:08:09.90</b>	+02:17:02 (32.0%)	8:13	7.3 (68.2%)
55	<b>SZEWczyk Artur</b>	<b>1109</b>		M40	22		01:49:11	03:22:00	05:22:16	<b>07:07:51.35</b>	<b>07:08:47.40</b>	+02:17:39 (32.1%)	8:13	7.3 (68.2%)
56	<b>KASTELIK Dariusz</b>	<b>1085</b>	SPRINTEX TEAM	M40	23		01:44:15	03:18:13	05:21:31	<b>07:09:56.30</b>	<b>07:10:01.80</b>	+02:18:53 (32.3%)	8:16	7.3 (68.2%)
57	<b>ŁOWIGUS Michał</b>	<b>1171</b>		M30	20		01:47:10	03:27:08	05:34:00	<b>07:10:07.35</b>	<b>07:10:31.05</b>	+02:19:23 (32.4%)	8:16	7.3 (68.2%)
58	<b>MENDYKA Łukasz</b>	<b>1299</b>	KB AKTYWNI ŚRODA WLKP.	M30	21		01:50:13	03:27:26	05:29:17	<b>07:10:12.40</b>	<b>07:10:34.60</b>	+02:19:26 (32.4%)	8:16	7.3 (68.2%)
59	<b>SOKALSKI Grzegorz</b>	<b>1504</b>	MWP	M40	24		01:54:42	03:31:06	05:25:30	<b>07:10:14.75</b>	<b>07:10:51.85</b>	+02:19:44 (32.4%)	8:16	7.3 (68.2%)
60	<b>MUSZYŃSKI Dariusz</b>	<b>1130</b>	MGB	M40	25		01:44:44	03:21:39	05:29:56	<b>07:11:46.45</b>	<b>07:12:14.60</b>	+02:21:06 (32.6%)	8:18	7.2 (67.3%)
61	<b>SZYMAŃSKI Jarosław</b>	<b>1209</b>	MIĘDZYRZECKA GRUPA BIEGOWA	M30	22		01:44:45	03:18:23	05:28:13	<b>07:13:46.60</b>	<b>07:14:14.05</b>	+02:23:06 (33.0%)	8:20	7.2 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki II	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							I	Solinka						
							15km	28km	41km	52km	52km			
62	<b>KRAWCZYK Dariusz</b>	<b>1112</b>		M40	26		01:42:54	03:18:46	05:23:27	<b>07:14:42.70</b>	<b>07:14:48.60</b>	+02:23:40 (33.0%)	8:21	7.2 (67.3%)
63	<b>SMACZNY Bartłomiej</b>	<b>1202</b>		M30	23		01:48:52	03:26:35	05:33:40	<b>07:14:46.30</b>	<b>07:15:26.70</b>	+02:24:18 (33.1%)	8:21	7.2 (67.3%)
64	<b>KUŚMIERZAK Piotr</b>	<b>1023</b>	PRZEDWOJEWSKI TEAM/STAY INSANE	M30	24		01:37:49	03:10:42	05:20:25	<b>07:15:37.85</b>	<b>07:15:40.90</b>	+02:24:33 (33.2%)	8:22	7.2 (67.3%)
65	<b>WOŁK Mariusz</b>	<b>1312</b>	#ZALINIAMETYTEAM	M30	25		01:42:48	03:18:39	05:25:31	<b>07:16:00.10</b>	<b>07:16:03.80</b>	+02:24:55 (33.2%)	8:23	7.2 (67.3%)
66	<b>SADOWSKI Marek</b>	<b>1379</b>		M40	27		01:46:13	03:21:53	05:21:14	<b>07:15:35.40</b>	<b>07:16:08.15</b>	+02:25:00 (33.2%)	8:22	7.2 (67.3%)
67	<b>SZPUNAR Marek</b>	<b>1488</b>		M40	28		01:41:11	03:14:30	05:27:41	<b>07:18:06.75</b>	<b>07:18:13.80</b>	+02:27:05 (33.6%)	8:25	7.1 (66.4%)
68	<b>WINIARSKI Kamil</b>	<b>1040</b>		M20	7		01:50:28	03:27:17	05:31:10	<b>07:18:19.25</b>	<b>07:18:44.50</b>	+02:27:36 (33.6%)	8:25	7.1 (66.4%)
69	<b>OPOZDA Michał</b>	<b>1062</b>		M40	29		01:48:54	03:26:38	05:33:07	<b>07:18:09.35</b>	<b>07:18:51.70</b>	+02:27:43 (33.7%)	8:25	7.1 (66.4%)
70	<b>ROSIĄK Radosław</b>	<b>1266</b>		M30	26		05:26:08			<b>07:19:33.40</b>	<b>07:19:40.20</b>	+02:28:32 (33.8%)	8:27	7.1 (66.4%)
71	<b>MACHALSKI Sebastian</b>	<b>1032</b>	KCK	M40	30		01:34:08	03:17:02	05:24:56	<b>07:20:06.50</b>	<b>07:20:15.50</b>	+02:29:07 (33.9%)	8:27	7.1 (66.4%)
72	<b>ROGOWSKI Krzysztof</b>	<b>1283</b>		M30	27		01:43:32	03:17:13	05:32:17	<b>07:22:31.15</b>	<b>07:22:38.65</b>	+02:31:30 (34.2%)	8:30	7.1 (66.4%)
73	<b>KACZMAREK Maciej</b>	<b>1351</b>		M30	28		01:45:56	03:23:15	05:34:29	<b>07:23:21.25</b>	<b>07:23:23.10</b>	+02:32:15 (34.3%)	8:31	7 (65.4%)
74	<b>WÓJCIK Michał</b>	<b>1415</b>	BANDA GRUDNIA / STAY INSANE	M40	31		01:49:26	03:21:31	05:31:24	<b>07:24:04.95</b>	<b>07:24:21.15</b>	+02:33:13 (34.5%)	8:32	7 (65.4%)
75	<b>JAKOWIECKI Ignacy</b>	<b>1270</b>		M20	8		01:45:18	03:22:43	05:29:03	<b>07:24:15.65</b>	<b>07:24:23.90</b>	+02:33:16 (34.5%)	8:32	7 (65.4%)
76	<b>BIELECKI Józef</b>	<b>1223</b>	ZASAPANI HYDRO TRZCIANKA	M40	32		01:52:17	03:39:58	05:56:46	<b>07:25:06.00</b>	<b>07:25:09.40</b>	+02:34:01 (34.6%)	8:33	7 (65.4%)
77	<b>MAJOREK Krzysztof</b>	<b>1241</b>		M30	29		01:53:34	03:31:39	05:38:51	<b>07:25:22.65</b>	<b>07:25:28.35</b>	+02:34:20 (34.6%)	8:33	7 (65.4%)
78	<b>MOSKAŁA Remigiusz</b>	<b>1495</b>		M40	33		01:44:30	03:20:02	05:28:12	<b>07:26:07.45</b>	<b>07:26:28.65</b>	+02:35:20 (34.8%)	8:34	7 (65.4%)
79	<b>NIEMCZYK Dominik</b>	<b>1029</b>	EUROCLEAR RUNNING TEAM	M30	30		01:53:14	03:35:53	05:46:47	<b>07:27:52.05</b>	<b>07:27:55.30</b>	+02:36:47 (35.0%)	8:36	7 (65.4%)
80	<b>STOPYRA Urszula</b>	<b>1480</b>	ULTRA ŁAŃCUT	K30	5		01:51:49	03:31:50	05:39:03	<b>07:28:49.35</b>	<b>07:28:55.80</b>	+02:37:47 (35.2%)	8:37	7 (65.4%)
81	<b>MOŚCIŃSKI Robert</b>	<b>1362</b>		M40	34		01:36:32	03:18:22	05:39:50	<b>07:28:46.45</b>	<b>07:29:02.35</b>	+02:37:54 (35.2%)	8:37	7 (65.4%)
82	<b>BAKKER Hayley</b>	<b>1162</b>	WE RUN CLAN	K30	6		01:46:34	03:25:39	05:39:18	<b>07:29:56.70</b>	<b>07:30:21.30</b>	+02:39:13 (35.4%)	8:39	6.9 (64.5%)
83	<b>STEENBERGEN Jeroen</b>	<b>1161</b>	WE RUN CLAN	M40	35		01:46:33	03:25:38	05:39:19	<b>07:29:56.65</b>	<b>07:30:21.55</b>	+02:39:13 (35.4%)	8:39	6.9 (64.5%)
84	<b>BRZOSKA Krzysztof</b>	<b>1374</b>		M20	9		01:46:26	03:27:11	05:37:19	<b>07:30:38.40</b>	<b>07:30:52.85</b>	+02:39:45 (35.4%)	8:39	6.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki II	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							I	Solinka						
							15km	28km	41km	52km	52km			
85	<b>RÓŻYCKI Ryszard</b>	<b>1487</b>	SOKÓŁ ZAGÓRZ	M60	1		01:54:28	03:38:23	05:42:36	<b>07:30:37.35</b>	<b>07:31:49.15</b>	+02:40:41 (35.6%)	8:39	6.9 (64.5%)
86	<b>RUDNY Rafał</b>	<b>1406</b>	RUDNYRUNNINGTEAM	M40	36		02:04:46	03:45:01	05:51:31	<b>07:31:21.35</b>	<b>07:31:49.90</b>	+02:40:42 (35.6%)	8:40	6.9 (64.5%)
87	<b>ORŁOWSKI Jakub</b>	<b>1321</b>	WARCHLACZKI	M30	31		01:38:32	03:18:37	05:25:30	<b>07:31:44.00</b>	<b>07:31:49.95</b>	+02:40:42 (35.6%)	8:41	6.9 (64.5%)
88	<b>ŁUKOWICZ Elzbieta</b>	<b>1467</b>		K40	2		02:02:54	03:47:54	05:49:05	<b>07:31:16.90</b>	<b>07:31:54.85</b>	+02:40:47 (35.6%)	8:40	6.9 (64.5%)
89	<b>SKOTNICZNY Michał</b>	<b>1084</b>		M30	32		01:47:18	03:19:54	05:27:23	<b>07:31:59.60</b>	<b>07:32:02.10</b>	+02:40:54 (35.6%)	8:41	6.9 (64.5%)
90	<b>ZYGMUNT Marcin</b>	<b>1386</b>	GKM GRUDZIĄDZ	M40	37		01:45:47	03:24:10	05:34:13	<b>07:34:29.70</b>	<b>07:34:34.05</b>	+02:43:26 (36.0%)	8:44	6.9 (64.5%)
91	<b>WOJCIECHOWSKI Kacper</b>	<b>1472</b>		M20	10		01:47:08	03:27:05		<b>07:34:59.00</b>	<b>07:35:23.60</b>	+02:44:15 (36.1%)	8:44	6.9 (64.5%)
92	<b>DOBEK Maciej Dobek</b>	<b>1448</b>	SWORDS WARSAW	M30	33		01:47:11	03:27:07	05:34:04	<b>07:34:59.70</b>	<b>07:35:23.70</b>	+02:44:15 (36.1%)	8:44	6.9 (64.5%)
93	<b>ODOLAK Piotr</b>	<b>1036</b>	STANWEX LL	M30	34		01:53:28	03:48:01	05:57:03	<b>07:35:48.90</b>	<b>07:36:21.20</b>	+02:45:13 (36.2%)	8:45	6.8 (63.6%)
94	<b>SZAFRAŃSKI Mateusz</b>	<b>1045</b>	CROSSFIT 72D	M30	35		01:49:32	03:28:39	05:44:35	<b>07:36:35.80</b>	<b>07:37:18.35</b>	+02:46:10 (36.3%)	8:46	6.8 (63.6%)
95	<b>HOŁYŃSKI Leszek</b>	<b>1116</b>	KM PSP SZCZECIN	M30	36		01:50:10	03:27:39	05:40:52	<b>07:37:45.20</b>	<b>07:38:08.65</b>	+02:47:00 (36.5%)	8:48	6.8 (63.6%)
96	<b>NANCKA Karol</b>	<b>1274</b>		M20	11		01:43:54	03:31:15	05:48:04	<b>07:39:03.05</b>	<b>07:39:07.70</b>	+02:47:59 (36.6%)	8:49	6.8 (63.6%)
97	<b>KUCHARSKI Paweł</b>	<b>1444</b>	PLANETA NISKO	M40	38		01:50:28	03:27:41	05:44:19	<b>07:39:09.35</b>	<b>07:39:18.45</b>	+02:48:10 (36.6%)	8:49	6.8 (63.6%)
98	<b>RUSINEK Łukasz</b>	<b>1070</b>	NOCNY BÓR TEAM	M30	37		01:55:21	03:39:33	05:48:53	<b>07:40:08.70</b>	<b>07:40:30.50</b>	+02:49:22 (36.8%)	8:50	6.8 (63.6%)
99	<b>SUTKOWSKI Jan</b>	<b>1331</b>		M40	39		01:52:05	03:32:48	05:45:17	<b>07:40:00.20</b>	<b>07:40:30.80</b>	+02:49:22 (36.8%)	8:50	6.8 (63.6%)
100	<b>KOCHANOWSKA Michalina</b>	<b>1297</b>	KRISS COACHING	K40	3		01:55:48	03:34:53	05:45:28	<b>07:39:45.50</b>	<b>07:40:31.20</b>	+02:49:23 (36.8%)	8:50	6.8 (63.6%)
101	<b>MICHALAK Michał</b>	<b>1329</b>	MKB DREPTAK	M50	3		05:43:53			<b>07:41:05.80</b>	<b>07:41:17.90</b>	+02:50:10 (36.9%)	8:52	6.8 (63.6%)
102	<b>WYWIĄŁ Łukasz</b>	<b>1416</b>	SAINT-GOBAIN SQUAD	M30	38		01:55:11	03:32:04	05:45:51	<b>07:40:52.50</b>	<b>07:41:30.15</b>	+02:50:22 (36.9%)	8:51	6.8 (63.6%)
103	<b>ZAJĄC Piotr</b>	<b>1024</b>	PROJEKT 1000 UP	M40	40		01:55:54	03:35:33		<b>07:41:21.40</b>	<b>07:41:46.80</b>	+02:50:38 (37.0%)	8:52	6.8 (63.6%)
104	<b>SIEMIESZ Paweł</b>	<b>1061</b>	SOCA	M20	12		05:53:08			<b>07:41:39.60</b>	<b>07:41:50.60</b>	+02:50:42 (37.0%)	8:52	6.8 (63.6%)
105	<b>SZANECKI Jakub Szanecki</b>	<b>1405</b>	ZAPIERDALACVZE	M40	41		01:47:28	03:27:15	05:44:33	<b>07:41:46.30</b>	<b>07:42:09.25</b>	+02:51:01 (37.0%)	8:52	6.8 (63.6%)
106	<b>WRÓBEL Małgorzata</b>	<b>1443</b>		K30	7		01:55:38	03:40:54	05:50:09	<b>07:42:32.40</b>	<b>07:42:40.25</b>	+02:51:32 (37.1%)	8:53	6.7 (62.6%)
107	<b>BODNAR Adrian</b>	<b>4</b>		M20	13	Tak	01:52:28	03:36:50	05:49:59	<b>07:42:32.60</b>	<b>07:42:42.70</b>	+02:51:34 (37.1%)	8:53	6.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
108	<b>PLEWA Tomasz</b>	<b>1099</b>		M40	42		01:46:57	03:25:17	05:40:13	<b>07:42:45.75</b>	<b>07:42:57.40</b>	+02:51:49 (37.1%)	8:53	6.7 (62.6%)
109	<b>MOLTZAN Zbigniew</b>	<b>1245</b>	CROSSFIT TORUŃ	M40	43		01:55:40	03:40:24	05:53:41	<b>07:42:58.30</b>	<b>07:43:10.55</b>	+02:52:02 (37.1%)	8:54	6.7 (62.6%)
110	<b>MOLTZAN-MAŁKOWSKA Magdalena</b>	<b>1259</b>	CROSSFIT TORUŃ	K40	4		01:55:45	03:40:25	05:53:14	<b>07:43:00.80</b>	<b>07:43:10.90</b>	+02:52:03 (37.1%)	8:54	6.7 (62.6%)
111	<b>STELMACH Damian</b>	<b>1261</b>	DOGOŃ GM/ GÓRAL Z MAZUR RUNNING TEAM	M40	44		01:53:56	03:28:43	05:36:27	<b>07:43:50.45</b>	<b>07:43:53.50</b>	+02:52:45 (37.2%)	8:55	6.7 (62.6%)
112	<b>HOLONA Maciek</b>	<b>1072</b>	FORMA WODZISŁAW	M50	4		01:49:51	03:32:49	05:46:41	<b>07:44:00.55</b>	<b>07:44:13.10</b>	+02:53:05 (37.3%)	8:55	6.7 (62.6%)
113	<b>MORAWSKI Grzegorz</b>	<b>1485</b>		M30	39		01:52:00	03:33:56	05:49:11	<b>07:45:01.10</b>	<b>07:45:07.05</b>	+02:53:59 (37.4%)	8:56	6.7 (62.6%)
114	<b>PYTEL Waldek</b>	<b>1404</b>	YULO RAN TEAM SIEDLCE	M50	5		01:52:45	03:33:14	05:47:56	<b>07:45:30.15</b>	<b>07:45:34.45</b>	+02:54:26 (37.5%)	8:57	6.7 (62.6%)
115	<b>ZAWADKA Darek</b>	<b>1188</b>		M40	45		01:52:08	03:37:35	05:54:27	<b>07:45:49.60</b>	<b>07:45:56.45</b>	+02:54:48 (37.5%)	8:57	6.7 (62.6%)
116	<b>PIESIK Jarosław</b>	<b>1257</b>	WOLSZTYŃSKI KLUB BIEGOWY	M50	6		01:55:45	03:41:13	05:56:01	<b>07:46:45.65</b>	<b>07:47:11.35</b>	+02:56:03 (37.7%)	8:58	6.7 (62.6%)
117	<b>NIECHWIEJ Michał</b>	<b>1489</b>		M30	40		01:41:50	03:19:39	05:49:31	<b>07:46:59.30</b>	<b>07:47:48.70</b>	+02:56:40 (37.8%)	8:58	6.7 (62.6%)
118	<b>KURASZ Piotr</b>	<b>1096</b>		M30	41		01:45:46	03:19:22	05:39:16	<b>07:48:04.35</b>	<b>07:48:24.70</b>	+02:57:16 (37.8%)	9:00	6.7 (62.6%)
119	<b>KORZELECKI Wojciech</b>	<b>1104</b>	GIANT PSIE POLE	M30	42		01:48:43	03:27:55	05:46:15	<b>07:48:30.25</b>	<b>07:48:38.90</b>	+02:57:31 (37.9%)	9:00	6.7 (62.6%)
120	<b>DZIEKOŃSKI Krzysztof</b>	<b>1026</b>	ŁÓDŻRUNCREW/JAKOTEAM	M40	46		01:52:24	03:35:49	05:57:59	<b>07:48:41.05</b>	<b>07:48:48.10</b>	+02:57:40 (37.9%)	9:00	6.7 (62.6%)
121	<b>JAWORSKI Piotr</b>	<b>1392</b>	MARKOWI BIEGACZE	M40	47		01:51:10	03:39:13		<b>07:49:09.75</b>	<b>07:49:13.65</b>	+02:58:05 (38.0%)	9:01	6.7 (62.6%)
122	<b>PIŁAT Jakub</b>	<b>1388</b>		M30	43		01:54:38	03:35:27	05:49:24	<b>07:49:05.65</b>	<b>07:49:33.50</b>	+02:58:25 (38.0%)	9:01	6.7 (62.6%)
123	<b>WOJTKOWIAK Paweł</b>	<b>1120</b>		M50	7		01:50:01	03:29:33	05:44:32	<b>07:50:04.40</b>	<b>07:50:36.00</b>	+02:59:28 (38.1%)	9:02	6.6 (61.7%)
124	<b>PYSZYŃSKI Mariusz</b>	<b>1378</b>		M40	48		02:02:15	03:49:51	06:09:43	<b>07:51:32.40</b>	<b>07:52:08.05</b>	+03:01:00 (38.3%)	9:04	6.6 (61.7%)
125	<b>WIĄCEK Damian</b>	<b>1447</b>		M30	44		01:49:25	03:35:22	05:55:44	<b>07:52:10.80</b>	<b>07:52:18.50</b>	+03:01:10 (38.4%)	9:04	6.6 (61.7%)
126	<b>ROGACKI Hubert</b>	<b>1237</b>	MAVERICKS	M30	45		01:49:37	03:29:31	05:58:41	<b>07:53:29.40</b>	<b>07:53:57.75</b>	+03:02:49 (38.6%)	9:06	6.6 (61.7%)
127	<b>LORENZ Marcin</b>	<b>1511</b>	GB GALOPUJĄCE ŚLIMAKI	M50	8		01:53:11	03:39:47	06:03:57	<b>07:54:03.30</b>	<b>07:54:08.40</b>	+03:03:00 (38.6%)	9:06	6.6 (61.7%)
128	<b>BRUDEREK Tomasz</b>	<b>1501</b>	PRIMUM CURRERE	M40	49		01:52:33	03:37:15	05:56:33	<b>07:54:53.45</b>	<b>07:55:16.10</b>	+03:04:08 (38.7%)	9:07	6.6 (61.7%)
129	<b>LUDWICZAK Mariusz</b>	<b>1015</b>	#WKURW-TEAM	M50	9		01:55:56	03:38:58	05:56:31	<b>07:54:27.25</b>	<b>07:55:25.75</b>	+03:04:17 (38.8%)	9:07	6.6 (61.7%)
130	<b>PAŁYSA Robert</b>	<b>1086</b>	STANWEX II	M20	14		02:01:30	03:48:00	06:00:26	<b>07:54:52.95</b>	<b>07:55:26.80</b>	+03:04:18 (38.8%)	9:07	6.6 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km					
131	<b>JAROCKA Agata</b>	<b>1205</b>	BESTIE OCR LEGIONOWO	K30	8		01:55:55	03:42:06	05:57:04	<b>07:55:46.65</b>	<b>07:55:57.55</b>	+03:04:49 (38.8%)	9:08	6.6 (61.7%)
131	<b>CIUPEK Jerzy</b>	<b>1396</b>		M60	2		01:48:33	03:29:53	05:52:49	<b>07:55:47.30</b>	<b>07:55:57.55</b>	+03:04:49 (38.8%)	9:08	6.6 (61.7%)
133	<b>BISAGA Sebastian</b>	<b>1265</b>		M30	46		02:04:29	03:52:33	06:07:55	<b>07:56:09.85</b>	<b>07:56:53.50</b>	+03:05:45 (39.0%)	9:09	6.6 (61.7%)
134	<b>MARUT Artur</b>	<b>1368</b>	FITNESS FREAKS	M40	50		01:51:32	03:29:15	05:48:31	<b>07:56:19.20</b>	<b>07:57:08.80</b>	+03:06:00 (39.0%)	9:09	6.6 (61.7%)
135	<b>SKRZECZYŃSKI Sławomir</b>	<b>1409</b>	LEMON TEAM	M40	51		01:52:38	03:39:44	05:55:49	<b>07:57:09.50</b>	<b>07:57:25.00</b>	+03:06:17 (39.0%)	9:10	6.5 (60.7%)
136	<b>JUREK Zbigniew</b>	<b>1308</b>	ZWOLEŃNICY BIEGANIA	M60	3		01:50:40	03:35:20	05:55:53	<b>07:57:29.10</b>	<b>07:57:39.70</b>	+03:06:31 (39.1%)	9:10	6.5 (60.7%)
137	<b>FALKOWSKI Piotr</b>	<b>1503</b>	KS PEGAZ PIASECZNO	M50	10		01:55:07	03:39:52	06:08:37	<b>07:57:58.75</b>	<b>07:58:36.25</b>	+03:07:28 (39.2%)	9:11	6.5 (60.7%)
138	<b>RAKSZAWA Krzysztof</b>	<b>1506</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50	11		01:45:29	03:16:54	05:39:28	<b>07:58:55.70</b>	<b>07:59:00.30</b>	+03:07:52 (39.2%)	9:12	6.5 (60.7%)
139	<b>BIĘCZAK Zuzanna</b>	<b>1271</b>	ASICS FRONTRUNNER POLAND	K30	9		01:59:10	03:49:15	06:10:20	<b>07:58:45.35</b>	<b>07:59:07.40</b>	+03:07:59 (39.2%)	9:12	6.5 (60.7%)
140	<b>PYRCHLA Patryk</b>	<b>1278</b>		M20	15		01:52:52	03:36:05	05:55:02	<b>07:58:44.55</b>	<b>07:59:10.75</b>	+03:08:02 (39.2%)	9:12	6.5 (60.7%)
141	<b>ROLA Tomasz</b>	<b>1155</b>		M40	52		02:06:47	03:59:43	06:14:30	<b>07:59:03.05</b>	<b>07:59:12.75</b>	+03:08:04 (39.2%)	9:12	6.5 (60.7%)
142	<b>SZEWCZYK Monika</b>	<b>1224</b>	BRZYSKITRITEAM	K30	10		02:02:46	03:49:21	06:02:08	<b>07:59:06.90</b>	<b>07:59:31.10</b>	+03:08:23 (39.3%)	9:12	6.5 (60.7%)
143	<b>LUTEREK Michał</b>	<b>1149</b>		M40	53		01:51:25	03:35:22	05:56:39	<b>08:00:29.00</b>	<b>08:00:42.50</b>	+03:09:34 (39.4%)	9:14	6.5 (60.7%)
144	<b>OCHNIK Przemysław</b>	<b>1065</b>	V MAX ADAMÓW	M40	54		01:51:31	03:33:47	05:53:11	<b>08:01:12.35</b>	<b>08:01:43.25</b>	+03:10:35 (39.6%)	9:15	6.5 (60.7%)
145	<b>JĘDRO Tomasz</b>	<b>2</b>	FC EIRE DIVISION	M50	12	Tak	01:55:56	03:45:05	06:07:35	<b>08:02:02.30</b>	<b>08:02:32.60</b>	+03:11:24 (39.7%)	9:16	6.5 (60.7%)
146	<b>ORZOŁ Sławomir</b>	<b>1095</b>	ROZBIEGANY PIASTÓW	M40	55		01:51:34	03:35:52	06:04:08	<b>08:02:27.35</b>	<b>08:02:36.35</b>	+03:11:28 (39.7%)	9:16	6.5 (60.7%)
147	<b>FLORIAN Krzysztof</b>	<b>1210</b>	WARTKIE PIERONY	M30	47		01:57:46	03:44:49	06:09:32	<b>08:02:29.05</b>	<b>08:03:13.70</b>	+03:12:05 (39.8%)	9:16	6.5 (60.7%)
148	<b>BRYGAŁA Tomasz</b>	<b>1463</b>	ADIDAS RUNNERS WARSAW	M30	48		01:50:57	03:29:19	05:55:21	<b>08:02:29.35</b>	<b>08:03:16.90</b>	+03:12:09 (39.8%)	9:16	6.5 (60.7%)
149	<b>JELENIOWSKI Paweł</b>	<b>1244</b>		M30	49		01:48:45	03:29:44	05:52:47	<b>08:03:20.70</b>	<b>08:03:39.50</b>	+03:12:31 (39.8%)	9:17	6.5 (60.7%)
150	<b>NIEDZIELA Szymon</b>	<b>1361</b>		M30	50		05:52:42			<b>08:04:16.00</b>	<b>08:04:16.00</b>	+03:13:08 (39.9%)	9:18	6.4 (59.8%)
151	<b>CIERLAK Przemysław</b>	<b>1285</b>	BRZYSKI TRI TEAM	M30	51		01:59:15	03:48:03	05:58:47	<b>08:04:11.95</b>	<b>08:04:34.90</b>	+03:13:27 (39.9%)	9:18	6.4 (59.8%)
152	<b>KAWECKI Marek</b>	<b>1069</b>	SŁOŃCA JURY	M40	56		01:56:13	03:44:38	06:11:08	<b>08:04:31.05</b>	<b>08:04:50.75</b>	+03:13:42 (40.0%)	9:19	6.4 (59.8%)
153	<b>OLSZEWSKI Piotr</b>	<b>1303</b>		M20	16		01:45:43	03:33:22	06:12:50	<b>08:04:00.90</b>	<b>08:04:54.50</b>	+03:13:46 (40.0%)	9:18	6.4 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
154	<b>WOJCIECHOWSKA Dorota</b>	<b>1125</b>	-	K40	5		01:54:04	03:39:20	06:07:29	<b>08:05:11.90</b>	<b>08:05:27.60</b>	+03:14:19 (40.0%)	9:19	6.4 (59.8%)
155	<b>LASKOWSKI Piotr</b>	<b>1326</b>		M50	13		02:01:49	03:49:43	06:03:02	<b>08:05:21.05</b>	<b>08:05:36.50</b>	+03:14:28 (40.0%)	9:20	6.4 (59.8%)
156	<b>KAWALEC Bernard</b>	<b>1132</b>		M40	57		01:51:57	03:40:36	06:06:12	<b>08:07:19.25</b>	<b>08:07:22.75</b>	+03:16:14 (40.3%)	9:22	6.4 (59.8%)
157	<b>JURCZAK Roman</b>	<b>1314</b>		M60	4		01:49:01	03:29:55	05:46:38	<b>08:07:45.10</b>	<b>08:07:47.15</b>	+03:16:39 (40.3%)	9:22	6.4 (59.8%)
158	<b>DOBROWOLSKA Agnieszka</b>	<b>5</b>		K40	6	Tak	02:00:06	03:49:50	06:05:09	<b>08:07:44.20</b>	<b>08:08:00.60</b>	+03:16:52 (40.3%)	9:22	6.4 (59.8%)
159	<b>TOKARSKI Piotr</b>	<b>1091</b>	ROZBIEGANY PIASTÓW	M40	58					<b>08:08:53.00</b>	<b>08:08:53.00</b>	+03:17:45 (40.4%)	9:24	6.4 (59.8%)
160	<b>MARCINIAK Tomasz</b>	<b>1380</b>	RADOMNO BIEGA	M40	59		01:50:46	03:35:16	06:08:36	<b>08:10:34.00</b>	<b>08:11:15.60</b>	+03:20:07 (40.7%)	9:26	6.4 (59.8%)
161	<b>ROSIECKI Marcin</b>	<b>1145</b>		M40	60		01:55:40	03:40:44	06:04:46	<b>08:10:46.15</b>	<b>08:11:18.45</b>	+03:20:10 (40.7%)	9:26	6.4 (59.8%)
162	<b>STODOLNY Krzysztof</b>	<b>1218</b>		M60	5		01:55:03	03:47:37	06:10:56	<b>08:11:19.55</b>	<b>08:11:26.10</b>	+03:20:18 (40.8%)	9:26	6.4 (59.8%)
163	<b>MARKOWICZ Robert</b>	<b>1093</b>		M40	61		01:55:42	03:48:55	06:15:29	<b>08:11:52.85</b>	<b>08:12:00.80</b>	+03:20:52 (40.8%)	9:27	6.3 (58.9%)
164	<b>DYŚ Małgorzata</b>	<b>1318</b>	STAY INSANE	K40	7		01:54:48	03:44:43	06:07:24	<b>08:11:54.15</b>	<b>08:12:10.40</b>	+03:21:02 (40.8%)	9:27	6.3 (58.9%)
165	<b>GAJDECKI Tomek</b>	<b>1281</b>	ACCENTURE	M40	62		01:59:18	03:48:56	06:10:35	<b>08:14:26.50</b>	<b>08:15:06.35</b>	+03:23:58 (41.2%)	9:30	6.3 (58.9%)
166	<b>FILIPOWICZ Krzysztof</b>	<b>1146</b>		M40	63		01:57:26	03:48:39	06:14:19	<b>08:17:28.00</b>	<b>08:17:34.20</b>	+03:26:26 (41.5%)	9:34	6.3 (58.9%)
167	<b>MEISSNER Paweł</b>	<b>1128</b>	TIGERS TEAM	M30	52		01:50:13	03:34:46	06:08:24	<b>08:17:53.60</b>	<b>08:18:00.20</b>	+03:26:52 (41.5%)	9:34	6.3 (58.9%)
168	<b>SZMAJDOWICZ Paweł</b>	<b>1151</b>	FACHDOM TEAM	M50	14		01:51:53	03:40:51	06:14:17	<b>08:18:20.80</b>	<b>08:18:32.20</b>	+03:27:24 (41.6%)	9:35	6.3 (58.9%)
169	<b>SOKOŁOWSKA Anna</b>	<b>1412</b>		K40	8		02:01:09	03:48:37	06:08:05	<b>08:18:32.25</b>	<b>08:19:00.85</b>	+03:27:53 (41.7%)	9:35	6.3 (58.9%)
170	<b>ZIENIEWICZ Wojciech</b>	<b>1240</b>		M40	64		01:58:54	03:45:24	06:17:11	<b>08:19:47.90</b>	<b>08:19:58.70</b>	+03:28:50 (41.8%)	9:36	6.2 (57.9%)
171	<b>PIELECHA Rafał</b>	<b>1087</b>	FITNESS FREAKS	M40	65		01:59:06	03:46:03	06:11:00	<b>08:20:19.45</b>	<b>08:21:09.60</b>	+03:30:01 (41.9%)	9:37	6.2 (57.9%)
172	<b>SZCZEPANEK Sylwester</b>	<b>1175</b>	BEARDIE WEARDIE	M40	66		02:04:43	03:58:59	06:22:30	<b>08:21:02.65</b>	<b>08:21:47.05</b>	+03:30:39 (42.0%)	9:38	6.2 (57.9%)
173	<b>WĄGRODZKI Piotr</b>	<b>1376</b>	VICTUS	M40	67		01:59:56	03:42:57	06:03:04	<b>08:20:58.95</b>	<b>08:21:48.10</b>	+03:30:40 (42.0%)	9:38	6.2 (57.9%)
174	<b>WARAS Wojciech</b>	<b>1335</b>	SILESIA MARATHON CLUB	M30	53		01:52:19	03:35:54	06:04:14	<b>08:22:04.20</b>	<b>08:22:18.00</b>	+03:31:10 (42.0%)	9:39	6.2 (57.9%)
175	<b>ORŁOWSKI Robert</b>	<b>1373</b>		M40	68		01:49:57	03:39:24	06:08:25	<b>08:22:05.30</b>	<b>08:22:21.95</b>	+03:31:14 (42.0%)	9:39	6.2 (57.9%)
176	<b>DOLATA Andrzej</b>	<b>1338</b>	KTB KUNY	M40	69		02:03:38	04:03:58	06:30:49	<b>08:21:27.95</b>	<b>08:22:23.30</b>	+03:31:15 (42.1%)	9:38	6.2 (57.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
177	<b>PAWLIKOWSKA Monika</b>	<b>1089</b>		K40	9		02:08:16	03:59:19	06:22:40	<b>08:21:57.95</b>	<b>08:22:27.40</b>	+03:31:19 (42.1%)	9:39	6.2 (57.9%)
178	<b>KACZOREK Marcin</b>	<b>1383</b>		M40	70		01:49:26	03:43:31	06:21:33	<b>08:24:11.25</b>	<b>08:24:25.70</b>	+03:33:17 (42.3%)	9:41	6.2 (57.9%)
179	<b>LIK Marek</b>	<b>12</b>	CHEŁM BIEGA	M50	15	Tak	01:55:18	03:39:53	06:01:48	<b>08:24:25.25</b>	<b>08:24:39.85</b>	+03:33:32 (42.3%)	9:42	6.2 (57.9%)
180	<b>KOLUCH Bartek</b>	<b>1401</b>	BIELINY RĘDZINY	M30	54		01:50:01	03:29:09	06:11:23	<b>08:24:23.20</b>	<b>08:24:39.90</b>	+03:33:32 (42.3%)	9:41	6.2 (57.9%)
181	<b>DASZKIEWICZ Emil</b>	<b>1360</b>		M30	55		02:08:55	04:07:26	06:25:51	<b>08:24:04.35</b>	<b>08:24:43.60</b>	+03:33:35 (42.3%)	9:41	6.2 (57.9%)
182	<b>KRÓL Andrzej</b>	<b>1500</b>	ELECTROLUX BIEGA	M40	71		02:00:38	03:46:19	06:03:47	<b>07:48:02.30</b>	<b>08:25:50.30</b>	+03:34:42 (42.4%)	9:00	6.7 (62.6%)
182	<b>KOCZUR Tamara</b>	<b>1455</b>	AMBITNI AMATORZY	K40	10		02:00:45	03:46:22	06:04:16	<b>07:48:02.30</b>	<b>08:25:50.30</b>	+03:34:42 (42.4%)	9:00	6.7 (62.6%)
184	<b>RADKOWSKI Dariusz</b>	<b>1276</b>		M40	72		01:54:00	03:39:42	06:19:10	<b>08:25:30.50</b>	<b>08:25:57.30</b>	+03:34:49 (42.5%)	9:43	6.2 (57.9%)
185	<b>KOCZUREK Jerzy</b>	<b>1203</b>		M40	73		02:02:03	03:49:09	06:11:41	<b>08:25:32.90</b>	<b>08:26:04.75</b>	+03:34:56 (42.5%)	9:43	6.2 (57.9%)
186	<b>PLIS Grzegorz</b>	<b>1227</b>		M30	56		01:41:52	03:25:10	06:09:14	<b>08:26:27.90</b>	<b>08:26:54.30</b>	+03:35:46 (42.6%)	9:44	6.2 (57.9%)
187	<b>KAMIŃSKI Arkadiusz</b>	<b>1167</b>	1ON1 TEAM	M40	74		01:55:13	03:39:44	06:10:54	<b>08:26:39.80</b>	<b>08:27:20.30</b>	+03:36:12 (42.6%)	9:44	6.2 (57.9%)
188	<b>BUŁKA Piotr</b>	<b>1113</b>		M40	75		01:56:01	03:49:14	06:28:47	<b>08:27:23.10</b>	<b>08:27:35.35</b>	+03:36:27 (42.6%)	9:45	6.1 (57.0%)
189	<b>KOLCZYŃSKI Jarosław</b>	<b>1222</b>	1ON1 TEAM	M40	76		02:02:41	04:00:43	06:26:02	<b>08:27:04.55</b>	<b>08:27:45.75</b>	+03:36:37 (42.7%)	9:45	6.2 (57.9%)
190	<b>ŁOŚ Kamil</b>	<b>1247</b>	DZIK KOMANDO	M30	57		01:58:31	03:39:45	05:58:49	<b>08:27:34.25</b>	<b>08:27:49.70</b>	+03:36:41 (42.7%)	9:45	6.1 (57.0%)
191	<b>KORNAS Szymon</b>	<b>1325</b>		M30	58		01:56:34	03:56:37	06:31:10	<b>08:29:02.45</b>	<b>08:29:06.45</b>	+03:37:58 (42.8%)	9:47	6.1 (57.0%)
192	<b>KARPIŃSKI Robert</b>	<b>3</b>	SPARTANIE DZIECIOM	M50	16	Tak	02:07:03	04:02:18	06:28:54	<b>08:29:37.15</b>	<b>08:29:49.10</b>	+03:38:41 (42.9%)	9:48	6.1 (57.0%)
193	<b>CELEJEWSKI Jakub</b>	<b>1461</b>		M20	17		01:53:10	03:42:46	06:15:04	<b>08:31:00.70</b>	<b>08:31:17.55</b>	+03:40:09 (43.1%)	9:49	6.1 (57.0%)
194	<b>KRASOWSKI Mateusz</b>	<b>1442</b>	PROSWIM	M30	59		01:51:13		06:11:19	<b>08:31:31.00</b>	<b>08:31:31.00</b>	+03:40:23 (43.1%)	9:50	6.1 (57.0%)
195	<b>KRASOWSKI Łukasz</b>	<b>1328</b>	PROSWIM	M30	60		01:50:25	03:40:51	06:16:50	<b>08:31:25.45</b>	<b>08:31:31.90</b>	+03:40:24 (43.1%)	9:50	6.1 (57.0%)
196	<b>PIECHOWSKI Wiesiek</b>	<b>1246</b>		M40	77		02:10:19	04:07:38	06:25:39	<b>08:30:56.80</b>	<b>08:31:32.20</b>	+03:40:24 (43.1%)	9:49	6.1 (57.0%)
197	<b>PYKA Arkadiusz</b>	<b>1347</b>		M30	61		01:47:30	03:33:54	06:03:42	<b>08:31:25.90</b>	<b>08:31:43.85</b>	+03:40:36 (43.1%)	9:50	6.1 (57.0%)
198	<b>DĄBROWSKI Artur</b>	<b>1370</b>		M30	62		01:58:07	03:49:21	06:28:21	<b>08:32:39.20</b>	<b>08:33:13.80</b>	+03:42:05 (43.3%)	9:51	6.1 (57.0%)
199	<b>POREBA Eugeniusz</b>	<b>1482</b>	MIECHÓW	M50	17		02:13:48	04:07:23	06:34:45	<b>08:33:25.95</b>	<b>08:33:38.80</b>	+03:42:30 (43.3%)	9:52	6.1 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
200	<b>SUDACKI Sebastian</b>	<b>1411</b>		M20	18		01:42:43	03:27:56	06:15:04	<b>08:33:20.35</b>	<b>08:33:40.75</b>	+03:42:32 (43.3%)	9:52	6.1 (57.0%)
201	<b>KARCZMARCZYK Tomasz</b>	<b>1042</b>		M40	78		01:54:59	03:45:30	06:12:39	<b>08:33:09.15</b>	<b>08:33:41.95</b>	+03:42:34 (43.3%)	9:52	6.1 (57.0%)
202	<b>CHWAŁA Artur</b>	<b>1481</b>		M40	79		02:01:50	03:54:01	06:29:25	<b>08:34:19.30</b>	<b>08:34:58.35</b>	+03:43:50 (43.5%)	9:53	6.1 (57.0%)
203	<b>DROSIO Klaudia</b>	<b>1018</b>	KASZANKI	K30	11		02:06:45	03:58:39	06:23:48	<b>08:37:02.95</b>	<b>08:37:42.75</b>	+03:46:34 (43.8%)	9:56	6 (56.1%)
204	<b>MASŁOWSKI Marcin</b>	<b>8</b>	KKM KOZIENICE	M40	80	Tak	02:02:05	03:52:11	06:26:54	<b>08:38:13.40</b>	<b>08:38:50.50</b>	+03:47:42 (43.9%)	9:57	6 (56.1%)
205	<b>OLESEK Bartłomiej</b>	<b>1290</b>		M20	19		02:00:25	04:00:47	06:31:57	<b>08:39:29.85</b>	<b>08:40:11.45</b>	+03:49:03 (44.0%)	9:59	6 (56.1%)
206	<b>SZCZYPIORSKA Monika</b>	<b>1277</b>		K30	12		02:08:43	04:05:55	06:33:57	<b>08:40:18.95</b>	<b>08:40:44.65</b>	+03:49:36 (44.1%)	10:00	6 (56.1%)
207	<b>WOJCIECHOWSKI Tomasz</b>	<b>1460</b>	VIKING TRAINING CENTER TYCHY	M40	81		01:55:22	03:45:00	06:32:51	<b>08:41:34.90</b>	<b>08:41:52.35</b>	+03:50:44 (44.2%)	10:01	6 (56.1%)
208	<b>BUDNY Aleksandra</b>	<b>1502</b>		K40	11		02:10:16	04:07:54	06:35:57	<b>08:41:54.15</b>	<b>08:42:01.20</b>	+03:50:53 (44.2%)	10:02	6 (56.1%)
209	<b>WIŚNIEWSKA Agnieszka</b>	<b>1496</b>		K40	12		02:10:19	04:07:54	06:35:55	<b>08:41:53.45</b>	<b>08:42:01.40</b>	+03:50:53 (44.2%)	10:02	6 (56.1%)
210	<b>IWANIEK Przemysław</b>	<b>1410</b>		M30	63		01:57:03	03:46:03	06:30:18	<b>08:41:55.25</b>	<b>08:42:24.15</b>	+03:51:16 (44.3%)	10:02	6 (56.1%)
211	<b>KIERZEK Ewa</b>	<b>1047</b>		K40	13		02:06:30	04:07:14	06:35:27	<b>08:42:42.40</b>	<b>08:43:06.80</b>	+03:51:58 (44.3%)	10:03	6 (56.1%)
212	<b>MISIURA Adam</b>	<b>1179</b>	SZAKALE BAŁUT ŁÓDŹ	M30	64		02:06:02	04:06:28	06:41:59	<b>08:43:12.80</b>	<b>08:43:52.35</b>	+03:52:44 (44.4%)	10:03	6 (56.1%)
213	<b>KOCZARA Adam</b>	<b>1287</b>	ZASAPANI HYDROTRZCIANKA	M40	82		01:52:19	03:40:02	06:17:10	<b>08:44:01.70</b>	<b>08:44:06.30</b>	+03:52:58 (44.5%)	10:04	6 (56.1%)
214	<b>KUCHARZYK Grzegorz</b>	<b>1337</b>	TOKARSKI TEAM	M40	83		02:19:35	04:20:26	06:37:38	<b>08:43:49.45</b>	<b>08:44:21.10</b>	+03:53:13 (44.5%)	10:04	6 (56.1%)
215	<b>LEŚNIAK Marcin</b>	<b>1052</b>	STANWEX II	M30	65		02:07:52	04:08:59	06:36:10	<b>08:44:01.35</b>	<b>08:44:32.70</b>	+03:53:24 (44.5%)	10:04	6 (56.1%)
216	<b>CHECHELSKI Michał</b>	<b>1208</b>	BIEGAM Z LENIWYM	M30	66		01:53:11	03:52:44	06:32:15	<b>08:46:19.35</b>	<b>08:46:22.45</b>	+03:55:14 (44.7%)	10:07	5.9 (55.1%)
217	<b>SOSZYŃSKI Piotr</b>	<b>1043</b>	BUSHIDO	M40	84		01:59:00	03:52:57	06:33:30	<b>08:48:05.55</b>	<b>08:48:25.15</b>	+03:57:17 (44.9%)	10:09	5.9 (55.1%)
218	<b>TUORA Robert</b>	<b>1505</b>	AMBITNI AMATORZY	M40	85		02:16:24		06:35:47	<b>08:48:47.00</b>	<b>08:48:47.00</b>	+03:57:39 (44.9%)	10:10	5.9 (55.1%)
219	<b>WENARSKI Grzegorz</b>	<b>1389</b>	STAY INSANE	M40	86		02:12:17	04:11:21	06:44:44	<b>08:48:35.35</b>	<b>08:48:52.00</b>	+03:57:44 (45.0%)	10:09	5.9 (55.1%)
220	<b>KĘPSKI Rafał</b>	<b>1497</b>		M40	87		02:16:41		06:36:01	<b>08:48:56.00</b>	<b>08:48:56.00</b>	+03:57:48 (45.0%)	10:10	5.9 (55.1%)
221	<b>BANEK Krzysztof</b>	<b>1408</b>	CHRISS	M50	18		06:47:01			<b>08:49:30.90</b>	<b>08:50:19.55</b>	+03:59:11 (45.1%)	10:10	5.9 (55.1%)
222	<b>SKOWRONEK Dariusz</b>	<b>1127</b>	#BYLEDOMETY	M50	19		02:02:16	04:07:39	06:32:43	<b>08:50:15.20</b>	<b>08:50:19.60</b>	+03:59:11 (45.1%)	10:11	5.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						
223	<b>ADAMSKI Sławomir</b>	<b>1346</b>		M50	20		02:01:07	03:54:50	06:32:50	<b>08:51:05.90</b>	<b>08:51:31.30</b>	+04:00:23 (45.2%)	10:12	5.9 (55.1%)
224	<b>KAMSKA Małgorzata</b>	<b>1215</b>	GAZMBAZ TEAM	K30	13		02:10:48	04:08:20	06:37:56	<b>08:51:36.95</b>	<b>08:51:36.95</b>	+04:00:29 (45.2%)	10:13	5.9 (55.1%)
225	<b>LABOCHA Aleksander</b>	<b>1077</b>		M40	88		02:00:26	03:57:21	06:31:43	<b>08:51:26.65</b>	<b>08:52:05.55</b>	+04:00:57 (45.3%)	10:13	5.9 (55.1%)
226	<b>HERBEĆ-LABOCHA Magdalena</b>	<b>1076</b>		K40	14		02:01:08	03:57:15	06:31:42	<b>08:51:26.05</b>	<b>08:52:05.60</b>	+04:00:57 (45.3%)	10:13	5.9 (55.1%)
227	<b>KUŚ Jakub</b>	<b>1345</b>		M30	67		02:04:39	04:01:44	06:45:48	<b>08:54:15.10</b>	<b>08:54:25.90</b>	+04:03:18 (45.5%)	10:16	5.8 (54.2%)
228	<b>ŁOTOCKI Rafał</b>	<b>1288</b>		M40	89		01:52:15	03:39:59	06:31:30	<b>08:54:24.55</b>	<b>08:54:27.45</b>	+04:03:19 (45.5%)	10:16	5.8 (54.2%)
229	<b>SOCHA Dorota</b>	<b>1413</b>		K40	15		01:58:55	03:48:36	06:19:18	<b>08:54:21.90</b>	<b>08:54:50.65</b>	+04:03:42 (45.6%)	10:16	5.8 (54.2%)
230	<b>PŁOTEK Tomasz</b>	<b>1317</b>		M40	90		02:03:29	04:02:33	06:47:42	<b>08:55:42.45</b>	<b>08:56:00.65</b>	+04:04:52 (45.7%)	10:18	5.8 (54.2%)
231	<b>KLIN Mariusz</b>	<b>1172</b>	CHEŁM BIEGA	M40	91		02:06:31	04:08:21	06:47:44	<b>08:57:10.80</b>	<b>08:57:24.70</b>	+04:06:16 (45.8%)	10:19	5.8 (54.2%)
232	<b>ROSIŃSKI Krzysztof</b>	<b>1395</b>		M50	21		02:06:26	03:59:13	06:30:07	<b>08:57:20.25</b>	<b>08:57:57.40</b>	+04:06:49 (45.9%)	10:20	5.8 (54.2%)
233	<b>MITAS Dariusz</b>	<b>1156</b>	PKS - PIWNY KLUB SPORTOWY	M40	92		02:04:36	04:01:54	06:34:19	<b>08:57:41.10</b>	<b>08:58:17.65</b>	+04:07:09 (45.9%)	10:20	5.8 (54.2%)
234	<b>HABA Konrad</b>	<b>1381</b>		M30	68		01:58:59	03:58:48	06:41:09	<b>08:58:29.75</b>	<b>08:58:42.35</b>	+04:07:34 (46.0%)	10:21	5.8 (54.2%)
235	<b>ŻABIŃSKI Jakub</b>	<b>1055</b>		M30	69		01:57:50	03:43:46	06:16:43	<b>08:57:55.20</b>	<b>08:58:47.85</b>	+04:07:40 (46.0%)	10:20	5.8 (54.2%)
236	<b>FRANKOWSKI Dariusz</b>	<b>1431</b>	SZAMANI W TRANSIE	M50	22		02:06:47	04:08:06	06:44:09	<b>08:59:03.25</b>	<b>08:59:15.20</b>	+04:08:07 (46.0%)	10:21	5.8 (54.2%)
237	<b>KASPERCZYK Michał</b>	<b>1284</b>	BRZYSKI TRI TEAM	M30	70		01:59:15	03:49:31	06:31:41	<b>08:59:10.65</b>	<b>08:59:33.90</b>	+04:08:26 (46.0%)	10:22	5.8 (54.2%)
238	<b>SUDAKOWSKI Tomasz</b>	<b>1437</b>	RAWA TIM ZAWSZE SLIM	M50	23		02:13:56	04:06:00	06:27:16	<b>08:59:51.85</b>	<b>08:59:59.80</b>	+04:08:51 (46.1%)	10:22	5.8 (54.2%)
239	<b>STASZEWSKI Piotr</b>	<b>1470</b>		M50	24		02:06:56	04:07:35	06:54:08	<b>09:01:17.30</b>	<b>09:01:59.85</b>	+04:10:52 (46.3%)	10:24	5.8 (54.2%)
240	<b>GROTH Marzena</b>	<b>1122</b>		K40	16		02:05:10	04:00:13	06:41:18	<b>09:02:02.20</b>	<b>09:02:02.20</b>	+04:10:54 (46.3%)	10:25	5.8 (54.2%)
241	<b>GROTH Grzegorz</b>	<b>1353</b>		M50	25		02:06:19	04:00:00	06:36:49	<b>09:01:57.30</b>	<b>09:02:02.40</b>	+04:10:54 (46.3%)	10:25	5.8 (54.2%)
242	<b>ADAMCZUK Agnieszka</b>	<b>1139</b>	MARKOWI BIEGACZE	K40	17		02:04:46	03:56:46	06:45:10	<b>09:01:55.40</b>	<b>09:02:13.15</b>	+04:11:05 (46.3%)	10:25	5.8 (54.2%)
243	<b>KOZŁOWSKI Sebastian</b>	<b>1220</b>	PKS PIWNY KLUB SPORTOWY	M40	93		02:03:49	04:01:55	06:34:40	<b>09:02:58.70</b>	<b>09:03:34.80</b>	+04:12:26 (46.4%)	10:26	5.7 (53.3%)
244	<b>ADAMCZYK Tomek</b>	<b>1164</b>		M40	94		02:04:16	04:04:46	06:56:41	<b>09:03:12.95</b>	<b>09:03:41.40</b>	+04:12:33 (46.5%)	10:26	5.7 (53.3%)
245	<b>STOLIŃSKA Michalina</b>	<b>1453</b>		K20	2		02:12:38	04:12:51	06:55:49	<b>09:04:08.80</b>	<b>09:04:35.25</b>	+04:13:27 (46.5%)	10:27	5.7 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
246	<b>DĄBROWSKI Michał</b>	<b>1191</b>		M30	71		02:10:23	04:08:25	06:53:12	<b>09:05:04.80</b>	<b>09:05:18.30</b>	+04:14:10 (46.6%)	10:28	5.7 (53.3%)
247	<b>HRYCAJ Mariusz</b>	<b>1</b>	REBELLION OF FREE RUNNERS	M40	95	Tak	02:08:09	04:08:13	06:41:32	<b>09:05:18.75</b>	<b>09:05:47.40</b>	+04:14:39 (46.7%)	10:29	5.7 (53.3%)
248	<b>ŚLIWIŃSKI Jakub</b>	<b>1323</b>		M30	72		02:01:58	03:47:23	06:29:49	<b>09:05:46.70</b>	<b>09:06:12.25</b>	+04:15:04 (46.7%)	10:29	5.7 (53.3%)
249	<b>MARJAŃSKI Tomasz</b>	<b>1080</b>		M40	96		02:06:34	04:13:35	06:51:40	<b>09:05:41.80</b>	<b>09:06:24.35</b>	+04:15:16 (46.7%)	10:29	5.7 (53.3%)
250	<b>RADTKOWSKI Arkadiusz</b>	<b>1366</b>	BEARDED RUNNERS GANG	M40	97		02:05:59	04:05:00	06:34:48	<b>09:06:16.00</b>	<b>09:06:26.30</b>	+04:15:18 (46.7%)	10:30	5.7 (53.3%)
251	<b>PIASKOWSKI Marcin</b>	<b>1157</b>	PIASKITEAM	M40	98		02:05:22	04:04:48	06:34:30	<b>09:06:06.50</b>	<b>09:06:31.05</b>	+04:15:23 (46.7%)	10:30	5.7 (53.3%)
252	<b>TOKARSKA Bożena</b>	<b>1429</b>	#ADAMCZERWIŃSKITEAM	K40	18		02:08:58	04:06:08	06:51:27	<b>09:06:01.70</b>	<b>09:06:44.00</b>	+04:15:36 (46.8%)	10:30	5.7 (53.3%)
253	<b>TYKSIŃSKI Rafał</b>	<b>1430</b>	EXPRESSMAP	M40	99		02:04:17	04:00:10	06:51:38	<b>09:06:57.65</b>	<b>09:07:01.95</b>	+04:15:54 (46.8%)	10:31	5.7 (53.3%)
254	<b>WALIGÓRSKI Krzysztof</b>	<b>1126</b>	MARKOWI BIEGACZE	M50	26		02:03:59	04:02:04	06:45:09	<b>09:07:38.85</b>	<b>09:07:57.65</b>	+04:16:49 (46.9%)	10:31	5.7 (53.3%)
255	<b>PYĆ Andrzej</b>	<b>1150</b>		M40	100		02:04:36	04:04:47	06:56:40	<b>09:08:07.10</b>	<b>09:08:34.65</b>	+04:17:26 (46.9%)	10:32	5.7 (53.3%)
256	<b>STOPA Marcin</b>	<b>1177</b>	URZĄD MIASTA RZESZOWA	M40	101		02:09:15	04:13:34	06:49:27	<b>09:09:47.35</b>	<b>09:10:02.05</b>	+04:18:54 (47.1%)	10:34	5.7 (53.3%)
257	<b>WOJTYCZKA Katarzyna</b>	<b>1169</b>		K30	14		02:08:19	04:05:39	06:52:54	<b>09:09:36.70</b>	<b>09:10:05.20</b>	+04:18:57 (47.1%)	10:34	5.7 (53.3%)
258	<b>OCHNIK Barbara</b>	<b>1064</b>		K30	15		02:08:00	04:10:53		<b>09:09:43.95</b>	<b>09:10:14.25</b>	+04:19:06 (47.1%)	10:34	5.7 (53.3%)
259	<b>SYCZYŃSKI Tomasz</b>	<b>1344</b>	RAPTUSY URSUS	M30	73		07:07:56			<b>09:10:06.85</b>	<b>09:10:18.80</b>	+04:19:10 (47.1%)	10:34	5.7 (53.3%)
260	<b>SUCHARZEWSKA Aneta</b>	<b>1372</b>		K20	3		02:10:04	04:14:35	07:05:45	<b>09:10:00.10</b>	<b>09:10:30.85</b>	+04:19:23 (47.1%)	10:34	5.7 (53.3%)
261	<b>MAJTKOWSKI Marcin</b>	<b>1466</b>	KLUB BIEGACZA I LOVE ZIEMEK	M40	102		02:09:02	04:14:24	06:51:24	<b>09:10:16.90</b>	<b>09:10:50.00</b>	+04:19:42 (47.1%)	10:34	5.7 (53.3%)
262	<b>RUCIŃSKI Adam</b>	<b>1007</b>		M50	27		02:18:49	04:20:18	06:55:46	<b>09:11:11.95</b>	<b>09:11:46.40</b>	+04:20:38 (47.2%)	10:35	5.7 (53.3%)
263	<b>OLEJNICZAK-SUCHODOLSKA Paulina</b>	<b>1377</b>		K30	16		02:01:33	04:33:36	07:00:03	<b>09:13:42.50</b>	<b>09:14:21.25</b>	+04:23:13 (47.5%)	10:38	5.6 (52.3%)
264	<b>SZULECKA Kamila</b>	<b>1228</b>	AGB TORFY	K40	19		02:14:35	04:21:14	06:48:49	<b>09:14:28.35</b>	<b>09:14:51.80</b>	+04:23:43 (47.5%)	10:39	5.6 (52.3%)
265	<b>GMAJ Daniel</b>	<b>1189</b>		M30	74		02:10:59	04:08:10	06:49:01	<b>09:14:50.10</b>	<b>09:15:25.60</b>	+04:24:17 (47.6%)	10:40	5.6 (52.3%)
266	<b>GRANECKA Monika</b>	<b>1236</b>	DZIK KOMANDO	K40	20		02:22:41	04:31:45	07:07:46	<b>09:15:47.10</b>	<b>09:16:02.25</b>	+04:24:54 (47.6%)	10:41	5.6 (52.3%)
267	<b>LAUBACH Radosław</b>	<b>1090</b>	RAAN	M30	75		02:24:59	04:27:48	07:01:47	<b>09:15:52.50</b>	<b>09:16:14.25</b>	+04:25:06 (47.7%)	10:41	5.6 (52.3%)
268	<b>PILISZEK Krzysztof</b>	<b>1005</b>		M40	103		02:19:40	04:36:58	07:08:24	<b>09:15:52.05</b>	<b>09:16:14.40</b>	+04:25:06 (47.7%)	10:41	5.6 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
269	<b>KUCZBORSKI Jarosław</b>	<b>1041</b>	HARPAGAN SOSNOWIEC	M40	104		02:06:07	04:08:04	07:00:26	<b>09:17:05.95</b>	<b>09:17:44.90</b>	+04:26:37 (47.8%)	10:42	5.6 (52.3%)
270	<b>SYCHOWSKI Dawid</b>	<b>1017</b>		M30	76		02:00:02	04:32:27	07:00:56	<b>09:17:20.45</b>	<b>09:18:01.45</b>	+04:26:53 (47.8%)	10:43	5.6 (52.3%)
271	<b>GIDASZEWSKA Jolanta</b>	<b>1243</b>	#BIEGAJLESZNO	K40	21		02:20:38	04:25:24	07:05:50	<b>09:17:58.55</b>	<b>09:18:13.30</b>	+04:27:05 (47.8%)	10:43	5.6 (52.3%)
272	<b>MAŚLANKA Michał</b>	<b>1309</b>	BIELAŃSKI KLUB SPORTOWY WATAHA	M40	105		01:54:54	03:55:19	06:40:58	<b>09:18:11.15</b>	<b>09:18:14.85</b>	+04:27:07 (47.8%)	10:44	5.6 (52.3%)
273	<b>PRZEWOSKA Paulina</b>	<b>1019</b>	TRITON KONIN	K30	17		02:13:22	04:17:34	06:58:14	<b>09:18:10.50</b>	<b>09:18:30.10</b>	+04:27:22 (47.9%)	10:44	5.6 (52.3%)
274	<b>CYGAN Anna</b>	<b>1394</b>	ANIA I BLACK HAT ULTRA	K50	1		02:21:13	04:31:19	07:01:39	<b>09:18:05.35</b>	<b>09:18:35.05</b>	+04:27:27 (47.9%)	10:43	5.6 (52.3%)
275	<b>ROGE Michał</b>	<b>1037</b>		M30	77		02:10:37	04:09:37		<b>09:19:41.05</b>	<b>09:20:13.50</b>	+04:29:05 (48.0%)	10:45	5.6 (52.3%)
276	<b>OLBERT Ireneusz</b>	<b>1214</b>	PCC ULTRA RUNNERS	M50	28		01:59:44	04:34:11	07:08:22	<b>09:25:13.00</b>	<b>09:25:16.45</b>	+04:34:08 (48.5%)	10:52	5.5 (51.4%)
277	<b>JAGODZIŃSKA Aleksandra</b>	<b>1267</b>	JAGODA TEAM	K40	22		02:10:58	04:16:29	07:07:23	<b>09:25:07.40</b>	<b>09:25:17.90</b>	+04:34:10 (48.5%)	10:52	5.5 (51.4%)
278	<b>PAWELEC Krystyna</b>	<b>1049</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	1		02:13:10	04:32:49	07:10:03	<b>09:25:13.35</b>	<b>09:25:30.55</b>	+04:34:22 (48.5%)	10:52	5.5 (51.4%)
279	<b>POLSKI Jacek</b>	<b>1336</b>		M50	29		02:14:19	04:23:07	07:05:31	<b>09:26:46.50</b>	<b>09:27:06.10</b>	+04:35:58 (48.7%)	10:53	5.5 (51.4%)
280	<b>TUCZYŃSKA Elżbieta</b>	<b>1367</b>		K50	2		02:22:24	04:28:43	07:02:50	<b>09:27:16.10</b>	<b>09:27:36.60</b>	+04:36:28 (48.7%)	10:54	5.5 (51.4%)
281	<b>PRYCIŃSKA Wiesława</b>	<b>1304</b>		K40	23		02:13:33	04:16:49	07:03:03	<b>09:27:24.35</b>	<b>09:27:44.65</b>	+04:36:36 (48.7%)	10:54	5.5 (51.4%)
282	<b>PAUNA Alexandra</b>	<b>1476</b>		K30	18		02:10:28	04:13:47	07:12:42	<b>09:28:50.75</b>	<b>09:29:24.45</b>	+04:38:16 (48.9%)	10:56	5.5 (51.4%)
282	<b>KAPUSTA Krzysztof</b>	<b>1475</b>		M20	20		02:10:09	04:13:52	07:12:47	<b>09:28:59.45</b>	<b>09:29:24.45</b>	+04:38:16 (48.9%)	10:56	5.5 (51.4%)
284	<b>BRZOZOWSKI Kamil</b>	<b>1136</b>		M30	78		02:02:09	04:32:29	07:05:52	<b>09:28:51.90</b>	<b>09:29:27.20</b>	+04:38:19 (48.9%)	10:56	5.5 (51.4%)
285	<b>MASŁOWSKI Dariusz</b>	<b>1451</b>	BIEGANIE SZYDERCÓW	M40	106		02:11:10	04:19:39	07:04:26	<b>09:29:31.85</b>	<b>09:29:54.80</b>	+04:38:46 (48.9%)	10:57	5.5 (51.4%)
286	<b>KALINOWSKI Adam</b>	<b>1053</b>		M40	107		02:10:01	04:16:57	07:19:22	<b>09:30:35.30</b>	<b>09:31:08.40</b>	+04:40:00 (49.0%)	10:58	5.5 (51.4%)
287	<b>KUKIEŁKA Justyna</b>	<b>1426</b>		K20	4		02:15:48	04:23:06	07:03:40	<b>09:30:48.40</b>	<b>09:31:26.95</b>	+04:40:19 (49.1%)	10:58	5.5 (51.4%)
288	<b>GRAD Tomasz</b>	<b>1196</b>	MARKOWI BIEGACZE	M40	108		02:13:21	04:23:18	07:15:46	<b>09:31:57.50</b>	<b>09:32:16.05</b>	+04:41:08 (49.1%)	10:59	5.5 (51.4%)
289	<b>GUSZCZA Ewa</b>	<b>1190</b>	MARKOWI BIEGACZE	K40	24		02:10:01	04:23:03	07:15:44	<b>09:31:56.45</b>	<b>09:32:16.35</b>	+04:41:08 (49.1%)	10:59	5.5 (51.4%)
290	<b>GŁUCHACZKA Justyna</b>	<b>1435</b>	42,2 LĘBORK	K30	19		02:01:25	04:34:07	07:05:36	<b>09:33:00.20</b>	<b>09:33:09.05</b>	+04:42:01 (49.2%)	11:01	5.4 (50.5%)
291	<b>CHARKIEWICZ Monika</b>	<b>1226</b>	SUT STRASZYN ULTRA TEAM	K40	25		02:16:43	04:14:25	06:59:52	<b>09:33:19.00</b>	<b>09:33:57.65</b>	+04:42:49 (49.3%)	11:01	5.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							I 15km	Solinka 28km						II 41km
292	<b>KONIECPOLSKI Krzysztof</b>	<b>1204</b>		M50	30		02:41:14	04:47:40	07:27:37	<b>09:33:45.65</b>	<b>09:34:33.70</b>	+04:43:25 (49.3%)	11:02	5.4 (50.5%)
293	<b>KAŁA Jacek</b>	<b>1255</b>	BP RUNNING TEAM	M40	109		01:57:26	04:32:50	07:16:17	<b>09:34:49.60</b>	<b>09:35:01.90</b>	+04:43:54 (49.4%)	11:03	5.4 (50.5%)
294	<b>FILIPCZAK Marek</b>	<b>1296</b>		M40	110		02:03:52	04:08:46	07:12:56	<b>09:35:00.60</b>	<b>09:35:08.95</b>	+04:44:01 (49.4%)	11:03	5.4 (50.5%)
294	<b>ŁABĘDZKI Piotr</b>	<b>1295</b>	PIO-RUN	M50	31		02:04:36	04:08:46	07:12:55	<b>09:35:00.70</b>	<b>09:35:08.95</b>	+04:44:01 (49.4%)	11:03	5.4 (50.5%)
296	<b>BALEWSKA Iwona</b>	<b>1508</b>	SPC	K40	26		02:19:36	04:35:42	07:23:18	<b>09:35:08.50</b>	<b>09:35:41.25</b>	+04:44:33 (49.4%)	11:03	5.4 (50.5%)
297	<b>ZARĘBA Jolanta</b>	<b>1469</b>		K50	3		02:09:01	04:33:00	07:08:24	<b>09:35:36.60</b>	<b>09:36:07.00</b>	+04:44:59 (49.5%)	11:04	5.4 (50.5%)
298	<b>TOKARSKI Jacek</b>	<b>1333</b>		M40	111		02:19:38	04:22:35	07:21:33	<b>09:35:51.70</b>	<b>09:36:19.30</b>	+04:45:11 (49.5%)	11:04	5.4 (50.5%)
299	<b>WICZUK Michał</b>	<b>1103</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M40	112		02:06:36	04:08:04	06:57:19	<b>09:36:13.65</b>	<b>09:36:24.20</b>	+04:45:16 (49.5%)	11:04	5.4 (50.5%)
300	<b>RADWAN Andrzej</b>	<b>1490</b>	NOWA HUTA TEAM	M50	32		02:10:11	04:09:05	07:10:45	<b>09:36:13.75</b>	<b>09:36:32.15</b>	+04:45:24 (49.5%)	11:04	5.4 (50.5%)
301	<b>BURY Marek</b>	<b>1450</b>		M50	33		02:19:14	04:24:42	07:10:01	<b>09:37:22.80</b>	<b>09:37:46.75</b>	+04:46:38 (49.6%)	11:06	5.4 (50.5%)
302	<b>CZECHOWSKI Konrad</b>	<b>1144</b>		M30	79		02:18:41	04:28:17	07:17:13	<b>09:40:59.00</b>	<b>09:41:13.20</b>	+04:50:05 (49.9%)	11:10	5.4 (50.5%)
303	<b>KOSTKA Robert</b>	<b>1012</b>	TEAM ZALEWSKI	M40	113		02:07:51	04:14:01	07:06:49	<b>09:41:11.25</b>	<b>09:41:51.65</b>	+04:50:43 (50.0%)	11:10	5.4 (50.5%)
304	<b>MATYSIAK Marcin</b>	<b>1289</b>	MIESZKO	M40	114		02:01:15	04:07:46	07:05:16	<b>09:41:13.25</b>	<b>09:41:54.40</b>	+04:50:46 (50.0%)	11:10	5.4 (50.5%)
305	<b>SANIAK Przemysław</b>	<b>1324</b>	SII RUNNING TEAM	M30	80		02:18:42	04:29:26	07:24:56	<b>09:43:33.45</b>	<b>09:43:59.80</b>	+04:52:51 (50.1%)	11:13	5.3 (49.5%)
306	<b>PIETRUS Piotr</b>	<b>1238</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	34		02:05:28	04:08:45	07:12:45	<b>09:43:33.30</b>	<b>09:44:03.90</b>	+04:52:56 (50.2%)	11:13	5.3 (49.5%)
307	<b>PALLACH Lech</b>	<b>1138</b>		M40	115		02:16:48	04:24:04	07:21:10	<b>09:43:44.30</b>	<b>09:44:14.80</b>	+04:53:06 (50.2%)	11:13	5.3 (49.5%)
308	<b>DERKOWSKA Ewelina</b>	<b>1249</b>		K30	20		02:07:15	04:08:30	07:11:26	<b>09:44:02.45</b>	<b>09:44:16.00</b>	+04:53:08 (50.2%)	11:13	5.3 (49.5%)
309	<b>DERKOWSKI Rafał</b>	<b>1250</b>		M30	81		02:07:14	04:08:36	07:09:35	<b>09:44:06.90</b>	<b>09:44:20.40</b>	+04:53:12 (50.2%)	11:13	5.3 (49.5%)
310	<b>SURDEL Aleksandra</b>	<b>1028</b>		K40	27		02:20:57	04:31:50	07:25:01	<b>09:44:45.75</b>	<b>09:45:08.40</b>	+04:54:00 (50.2%)	11:14	5.3 (49.5%)
311	<b>SIKORSKI Grzegorz</b>	<b>1066</b>		M50	35		02:13:48	04:20:57	07:13:33	<b>09:44:30.70</b>	<b>09:45:08.70</b>	+04:54:00 (50.2%)	11:14	5.3 (49.5%)
312	<b>TARNOWSKI Michał</b>	<b>1256</b>		M30	82		02:12:41	04:19:26	07:15:36	<b>09:45:23.40</b>	<b>09:46:12.40</b>	+04:55:04 (50.3%)	11:15	5.3 (49.5%)
313	<b>TARNOWSKI Tomasz</b>	<b>1063</b>	BP RUNNING TEAM GLIWICE	M40	116		02:19:17	04:29:19	07:23:10	<b>09:47:55.15</b>	<b>09:48:38.75</b>	+04:57:30 (50.5%)	11:18	5.3 (49.5%)
314	<b>MAREK Tomasz</b>	<b>1197</b>		M40	117		02:11:57	04:15:36	07:02:15	<b>09:47:50.80</b>	<b>09:48:41.80</b>	+04:57:33 (50.5%)	11:18	5.3 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki II	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							I	Solinka						
							15km	28km	41km	52km	52km			
315	KONRADY Łukasz	1273		M40	118		02:11:56	04:15:34	07:02:04	09:47:51.30	09:48:42.15	+04:57:34 (50.5%)	11:18	5.3 (49.5%)
316	LEWANDOWSKI Michał	1272		M20	21		07:04:28			09:49:05.15	09:49:18.20	+04:58:10 (50.6%)	11:19	5.3 (49.5%)
317	OSLISŁOK Paweł	1056	SOCA	M30	83		01:47:43	03:35:19	07:06:05	09:49:30.00	09:49:41.00	+04:58:33 (50.6%)	11:20	5.3 (49.5%)
318	MAZUR Grzegorz Mazur	1176		M30	84		02:12:50	04:24:43	07:26:06	09:49:36.30	09:49:59.65	+04:58:51 (50.7%)	11:20	5.3 (49.5%)
319	SZYPROWSKI Jarek	1106		M40	119		02:01:24	04:06:30	07:17:42	09:50:38.90	09:51:00.70	+04:59:52 (50.7%)	11:21	5.3 (49.5%)
320	BANASZAK Paweł	1452		M20	22		02:13:52	04:20:52	07:04:16	09:50:15.50	09:51:03.25	+04:59:55 (50.7%)	11:21	5.3 (49.5%)
321	JAGUSTYN Maciej	1454		M20	23		02:17:22	04:07:37	07:03:21	09:50:15.55	09:51:03.35	+04:59:55 (50.7%)	11:21	5.3 (49.5%)
322	PUCHAŁA Łukasz	1269		M30	85		01:56:21	03:57:16	06:56:51	09:50:57.75	09:51:05.10	+04:59:57 (50.7%)	11:21	5.3 (49.5%)
323	ZARĘBA Bartłomiej	1178		M30	86		02:10:15	04:21:18	07:25:40	09:50:42.35	09:51:07.65	+04:59:59 (50.7%)	11:21	5.3 (49.5%)
324	PNIEWSKI Rafał	1006	1ON1TEAM	M50	36		02:18:24	04:33:31	07:22:57	09:52:30.05	09:53:11.50	+05:02:03 (50.9%)	11:23	5.3 (49.5%)
325	CZECH Dorota	1293	ASICS FRONTRUNNER POLAND	K40	28		02:23:08	04:36:55	07:24:37	09:53:07.80	09:53:29.90	+05:02:22 (50.9%)	11:24	5.3 (49.5%)
326	POGODA Adam	1252		M40	120		02:11:52	04:24:31	07:13:22	09:52:50.30	09:53:30.75	+05:02:22 (50.9%)	11:24	5.3 (49.5%)
327	ZYGMUNT Andrzej	1195	ZASAPANI HYDRO TRZCIANKA	M40	121		02:02:14	04:07:46	07:14:29	09:53:28.25	09:53:32.25	+05:02:24 (50.9%)	11:24	5.3 (49.5%)
328	RAJCZAK Łukasz	1468		M40	122		02:13:33	04:25:00	07:21:09	09:54:12.90	09:54:31.45	+05:03:23 (51.0%)	11:25	5.3 (49.5%)
329	IMIOŁEK Arek	1025	ED - CERT	M50	37		02:19:36	04:48:29	07:35:55	09:57:01.70	09:57:25.35	+05:06:17 (51.3%)	11:28	5.2 (48.6%)
330	SZYGENDA Waldemar	1115		M50	38		02:15:18	04:21:21	07:23:02	09:57:39.70	09:58:12.80	+05:07:04 (51.3%)	11:29	5.2 (48.6%)
331	GUZIŃSKI Emil	1264	DZIK KOMANDO	M30	87		02:25:00	04:28:34	07:24:58	09:58:06.50	09:58:23.50	+05:07:15 (51.3%)	11:30	5.2 (48.6%)
332	FACON Sławomir	1280	PĘDZĄCE WIEWIÓRY	M40	123		02:12:07	04:31:13	07:25:39	09:59:47.00	10:00:09.10	+05:09:01 (51.5%)	11:32	5.2 (48.6%)
333	KULESZA Agnieszka	1428		K30	21		02:08:08	04:08:05	06:59:29	10:01:53.30	10:02:18.85	+05:11:11 (51.7%)	11:34	5.2 (48.6%)
334	KARBOWSKA Karolina	1239		K20	5		02:21:02	04:28:37	07:28:51	10:02:14.35	10:02:27.60	+05:11:19 (51.7%)	11:34	5.2 (48.6%)
335	BAKUN Jolanta	1003	CHEŁM BIEGA	K50	4		02:09:29	04:07:03	07:02:01	10:02:55.85	10:03:43.15	+05:12:35 (51.8%)	11:35	5.2 (48.6%)
336	BAKUN Mariusz	1002	CHEŁM BIEGA	M50	39		02:09:23	04:06:52	07:04:06	10:02:56.35	10:03:43.30	+05:12:35 (51.8%)	11:35	5.2 (48.6%)
337	SZULC Edyta	1420	ADIDAS RUNNERS WARSAW	K40	29		02:32:49	04:48:07	07:45:11	10:04:11.30	10:04:11.30	+05:13:03 (51.8%)	11:37	5.2 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
338	<b>SMORAWIŃSKI Marcin</b>	<b>1357</b>		M50	40		02:17:20	04:28:51	07:25:20	<b>10:04:06.50</b>	<b>10:04:21.40</b>	+05:13:13 (51.8%)	11:37	5.2 (48.6%)
339	<b>KWAŚNIK Sławomir</b>	<b>1319</b>		M30	88		02:13:19	04:28:11	07:27:10	<b>10:03:37.70</b>	<b>10:04:25.20</b>	+05:13:17 (51.8%)	11:36	5.2 (48.6%)
340	<b>PYTKO Elżbieta</b>	<b>1201</b>	1ON1 TEAM	K50	5		02:21:19	04:40:41	07:38:34	<b>10:03:54.10</b>	<b>10:04:34.90</b>	+05:13:27 (51.8%)	11:36	5.2 (48.6%)
341	<b>BALICKI Marek</b>	<b>1193</b>		M50	41		02:38:32	04:44:02	07:24:45	<b>10:04:52.75</b>	<b>10:05:10.35</b>	+05:14:02 (51.9%)	11:37	5.2 (48.6%)
342	<b>GRĘBOWSKA Dagmara</b>	<b>1398</b>		K30	22		02:19:55	04:38:58	07:40:46	<b>10:11:00.85</b>	<b>10:11:09.80</b>	+05:20:01 (52.4%)	11:45	5.1 (47.7%)
343	<b>JAROS Marzena</b>	<b>1400</b>		K40	30		02:19:55	04:38:49	07:40:51	<b>10:11:01.20</b>	<b>10:11:09.90</b>	+05:20:02 (52.4%)	11:45	5.1 (47.7%)
344	<b>LEWARDOWSKI Konrad</b>	<b>1339</b>	KTB KUNY	M50	42		02:10:05	04:33:22	07:39:37	<b>10:10:17.35</b>	<b>10:11:11.65</b>	+05:20:03 (52.4%)	11:44	5.1 (47.7%)
345	<b>LEPIARZ Beata</b>	<b>1399</b>		K50	6		02:20:14		07:28:45	<b>10:11:58.50</b>	<b>10:12:05.00</b>	+05:20:57 (52.4%)	11:46	5.1 (47.7%)
346	<b>KACZYŃSKI Marcin</b>	<b>1038</b>	NEXERIANIE	M40	124		02:12:14	04:20:58	07:20:57	<b>10:11:45.15</b>	<b>10:12:16.50</b>	+05:21:08 (52.5%)	11:45	5.1 (47.7%)
347	<b>PRUSZKOWSKI Mariusz</b>	<b>1082</b>	CHEŁM BIEGA / CROSSFITTER BOX CHEŁM	M50	43		02:17:58	04:27:11	07:41:00	<b>10:15:29.35</b>	<b>10:15:42.65</b>	+05:24:34 (52.7%)	11:50	5.1 (47.7%)
348	<b>ZIELIŃSKI Michał</b>	<b>1131</b>	DZIKIE ŻYCIE RUN TEAM	M40	125		02:11:59	04:22:02	07:24:17	<b>10:16:37.25</b>	<b>10:16:46.75</b>	+05:25:38 (52.8%)	11:51	5.1 (47.7%)
349	<b>GÓRSKI Krzysztof</b>	<b>1011</b>	MK-NET	M50	44		02:19:09	04:27:31	07:28:43	<b>10:16:48.30</b>	<b>10:17:00.10</b>	+05:25:52 (52.8%)	11:51	5.1 (47.7%)
350	<b>NASTAZIAK Andrzej</b>	<b>1439</b>	ZABIEGANY WOŁOMIN	M50	45		02:02:49	04:33:55	07:48:24	<b>10:17:11.35</b>	<b>10:17:31.70</b>	+05:26:23 (52.9%)	11:52	5.1 (47.7%)
351	<b>ZBROJA-HAMANOWICZ Magdalena</b>	<b>1009</b>	BIEGAM BO LUBIĘ BIAŁYSTOK	K40	31		02:24:23	04:41:06	07:41:16	<b>10:17:47.70</b>	<b>10:18:08.80</b>	+05:27:00 (52.9%)	11:52	5.1 (47.7%)
352	<b>TWARDOWSKI Tomasz</b>	<b>1039</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	126		02:34:47	04:57:01	07:44:07	<b>10:17:38.85</b>	<b>10:18:23.25</b>	+05:27:15 (52.9%)	11:52	5.1 (47.7%)
353	<b>MARCINIAK Anna</b>	<b>1078</b>		K40	32		02:19:16	04:30:47	07:34:11	<b>10:20:11.15</b>	<b>10:20:52.55</b>	+05:29:44 (53.1%)	11:55	5 (46.7%)
354	<b>WOJTASIK Marta</b>	<b>1397</b>		K40	33		02:23:06	04:37:46	07:41:05	<b>10:20:31.10</b>	<b>10:20:54.05</b>	+05:29:46 (53.1%)	11:55	5 (46.7%)
355	<b>MACIĄG Monika</b>	<b>1432</b>		K30	23		02:22:35	04:40:31	07:42:48	<b>10:21:33.20</b>	<b>10:21:41.15</b>	+05:30:33 (53.2%)	11:57	5 (46.7%)
356	<b>ORŁÓW Paweł</b>	<b>1291</b>		M20	24		02:05:07	04:28:16	07:35:28	<b>10:21:03.10</b>	<b>10:21:45.15</b>	+05:30:37 (53.2%)	11:56	5 (46.7%)
357	<b>REWUCKI Marcin</b>	<b>1221</b>		M40	127		02:04:38	04:12:47	07:25:18	<b>10:21:16.65</b>	<b>10:21:54.60</b>	+05:30:46 (53.2%)	11:56	5 (46.7%)
358	<b>WALCZAK Michał</b>	<b>1207</b>		M40	128		02:04:40	04:12:49	07:25:21	<b>10:21:16.30</b>	<b>10:21:54.70</b>	+05:30:46 (53.2%)	11:56	5 (46.7%)
359	<b>MENDYKA Marcin</b>	<b>1390</b>	ARPRT	M40	129		02:12:17	04:20:27	07:39:38	<b>10:23:04.25</b>	<b>10:23:56.35</b>	+05:32:48 (53.3%)	11:58	5 (46.7%)
360	<b>PASIKOWSKA Mariola</b>	<b>1302</b>	POSITIVE ENERGY	K30	24		02:18:42	04:30:23	07:31:50	<b>09:47:35.95</b>	<b>10:25:23.95</b>	+05:34:16 (53.4%)	11:17	5.3 (49.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
361	<b>PTAK Magdalena</b>	<b>1305</b>		K40	34		02:18:43	04:30:23	07:31:48	<b>09:47:36.05</b>	<b>10:25:24.05</b>	+05:34:16 (53.4%)	11:18	5.3 (49.5%)
362	<b>POPKOWSKI Adam</b>	<b>1110</b>		M30	89		02:18:34	04:37:02	07:47:04	<b>10:26:13.20</b>	<b>10:26:20.60</b>	+05:35:12 (53.5%)	12:02	5 (46.7%)
363	<b>NIEGOWSKI Robert</b>	<b>1001</b>	KLIWER RUN TEAM / STARE BABICE BIEGAJĄ	M40	130		01:56:21	04:07:32	07:25:23	<b>10:26:08.05</b>	<b>10:26:23.65</b>	+05:35:15 (53.5%)	12:02	5 (46.7%)
364	<b>KOWALIK Krzysztof</b>	<b>1387</b>		M40	131		02:18:09	04:31:19	07:37:58	<b>10:26:26.70</b>	<b>10:26:53.50</b>	+05:35:45 (53.6%)	12:02	5 (46.7%)
365	<b>PENAR Arkadiusz</b>	<b>1160</b>		M50	46		02:25:54	04:47:19	07:45:47	<b>10:26:15.65</b>	<b>10:27:02.80</b>	+05:35:54 (53.6%)	12:02	5 (46.7%)
366	<b>CZESAK Marcin</b>	<b>1417</b>	RWM TEAM	M40	132		02:19:39	04:34:34	07:44:23	<b>10:26:43.25</b>	<b>10:27:34.05</b>	+05:36:26 (53.6%)	12:03	5 (46.7%)
367	<b>MODZELEWSKA Karolina</b>	<b>1083</b>	SPC	K30	25		02:31:26	04:49:03	07:48:12	<b>10:28:08.20</b>	<b>10:28:42.20</b>	+05:37:34 (53.7%)	12:04	5 (46.7%)
368	<b>KRUPIŃSKI Marek</b>	<b>9</b>		M20	25	Tak	01:59:03	04:38:16	08:24:26	<b>10:31:44.40</b>	<b>10:31:46.40</b>	+05:40:38 (53.9%)	12:08	4.9 (45.8%)
369	<b>IWAN Bartłomiej</b>	<b>1092</b>		M40	133		02:13:32	04:26:57	07:34:11	<b>10:31:20.50</b>	<b>10:32:12.50</b>	+05:41:04 (54.0%)	12:08	4.9 (45.8%)
370	<b>WILCZYŃSKA-KOGUT Aleksandra</b>	<b>1391</b>	BANDA Z POLUDNIA	K40	35		02:31:31	04:57:25	07:56:46	<b>10:36:00.35</b>	<b>10:36:06.05</b>	+05:44:58 (54.2%)	12:13	4.9 (45.8%)
371	<b>FAFARA Agnieszka</b>	<b>1004</b>	BIEGNIĘTE LASKI	K40	36		02:34:04	04:52:18	07:52:46	<b>10:35:24.95</b>	<b>10:36:07.50</b>	+05:44:59 (54.2%)	12:13	4.9 (45.8%)
372	<b>MASZEWSKA-WACH Mariola</b>	<b>1492</b>		K40	37		02:39:49	05:08:31	08:10:10	<b>10:36:52.85</b>	<b>10:37:02.75</b>	+05:45:54 (54.3%)	12:14	4.9 (45.8%)
373	<b>RADOSZ Jacek</b>	<b>1279</b>		M30	90		02:20:23	04:22:07	07:10:15	<b>10:37:14.50</b>	<b>10:37:21.75</b>	+05:46:13 (54.3%)	12:15	4.9 (45.8%)
374	<b>PŁUCIENNICZAK Barbara</b>	<b>1020</b>		K40	38		02:25:09	04:40:37	07:46:05	<b>10:37:18.40</b>	<b>10:37:38.00</b>	+05:46:30 (54.3%)	12:15	4.9 (45.8%)
375	<b>KAROLINA Korzelecka</b>	<b>1105</b>	GIANT PSIE POLE	K30	26		02:15:25	04:36:25	07:50:00	<b>10:39:12.10</b>	<b>10:39:21.30</b>	+05:48:13 (54.5%)	12:17	4.9 (45.8%)
376	<b>BIELOV Yuriy</b>	<b>1434</b>		M30	91		01:56:37	04:39:50	08:03:05	<b>10:39:33.90</b>	<b>10:39:38.90</b>	+05:48:31 (54.5%)	12:17	4.9 (45.8%)
377	<b>MOSKWA Monika</b>	<b>1364</b>		K20	6		02:06:27	04:30:26	07:57:39	<b>10:40:14.55</b>	<b>10:40:36.00</b>	+05:49:28 (54.6%)	12:18	4.9 (45.8%)
378	<b>PFAJFER Marek</b>	<b>1027</b>	SPÓJNIA BIAŁE BŁOTA	M30	92		02:23:02	04:31:51	07:53:44	<b>10:39:51.30</b>	<b>10:40:44.60</b>	+05:49:36 (54.6%)	12:18	4.9 (45.8%)
379	<b>MOĆKO Anita</b>	<b>1158</b>	MARKOWI BIEGACZE	K40	39		02:29:19	04:48:06	08:00:41	<b>10:40:39.05</b>	<b>10:41:00.60</b>	+05:49:52 (54.6%)	12:19	4.9 (45.8%)
380	<b>RYBIENIK Lech</b>	<b>1206</b>		M40	134		02:23:43	04:43:21	07:51:47	<b>10:43:30.35</b>	<b>10:44:00.05</b>	+05:52:52 (54.8%)	12:22	4.8 (44.9%)
381	<b>KURAS-SMOLNIK Magdalena</b>	<b>1216</b>		K40	40		02:24:15	04:43:22	07:51:46	<b>10:43:37.45</b>	<b>10:44:07.25</b>	+05:52:59 (54.8%)	12:22	4.8 (44.9%)
382	<b>THEUER-CZARNECKA Małgorzata</b>	<b>1143</b>		K50	7		02:30:45	05:01:42	08:06:10	<b>10:44:01.55</b>	<b>10:44:48.25</b>	+05:53:40 (54.8%)	12:23	4.8 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
383	<b>CZARNECKI Robert</b>	<b>1142</b>		M50	47		02:30:41	05:01:44	08:09:01	<b>10:44:01.75</b>	<b>10:44:48.40</b>	+05:53:40 (54.8%)	12:23	4.8 (44.9%)
384	<b>DUCZMAL Bartosz</b>	<b>1119</b>		M30	93		02:15:18	04:20:23	07:50:44	<b>10:45:23.20</b>	<b>10:46:07.40</b>	+05:54:59 (54.9%)	12:24	4.8 (44.9%)
385	<b>TRZYNA Marcin</b>	<b>1359</b>	STYROPMIN	M30	94		02:26:30	04:51:47	08:09:55	<b>10:46:17.30</b>	<b>10:46:53.25</b>	+05:55:45 (55.0%)	12:25	4.8 (44.9%)
386	<b>BUKOWSKI Krzysztof</b>	<b>1199</b>	VEGE RUNNERS	M40	135		02:29:24	04:47:53	08:11:38	<b>10:49:32.75</b>	<b>10:49:53.35</b>	+05:58:45 (55.2%)	12:29	4.8 (44.9%)
387	<b>BIELECKI Krystian</b>	<b>1102</b>	SŁOŃCA JURY	M20	26		02:12:33	04:33:04	07:53:55	<b>10:56:41.80</b>	<b>10:57:00.80</b>	+06:05:52 (55.7%)	12:37	4.8 (44.9%)
388	<b>BIELECKI Tomasz</b>	<b>1088</b>	SŁOŃCA JURY	M40	136		02:17:26	04:33:03	07:53:57	<b>10:56:42.10</b>	<b>10:57:00.90</b>	+06:05:53 (55.7%)	12:37	4.8 (44.9%)
389	<b>NĘCKI Łukasz</b>	<b>1057</b>	SŁOŃCA JURY	M40	137		02:17:24	04:33:01	07:53:59	<b>10:56:41.55</b>	<b>10:57:00.95</b>	+06:05:53 (55.7%)	12:37	4.8 (44.9%)
390	<b>GASIŃSKI Maciej</b>	<b>1050</b>	SŁOŃCA JURY	M40	138		02:17:55	04:33:03	07:53:51	<b>10:56:42.55</b>	<b>10:57:01.05</b>	+06:05:53 (55.7%)	12:37	4.8 (44.9%)
391	<b>ROMANOWSKA Beata</b>	<b>1212</b>	RUN WEGAN TEAM	K50	8		02:56:16	05:22:37	08:11:25	<b>10:58:24.90</b>	<b>10:58:56.75</b>	+06:07:48 (55.8%)	12:39	4.7 (43.9%)
392	<b>SKLEPOWICZ Jacek</b>	<b>1108</b>		M40	139		02:21:52	04:44:06	07:44:43	<b>10:59:22.25</b>	<b>10:59:25.10</b>	+06:08:17 (55.9%)	12:40	4.7 (43.9%)
393	<b>ŁAPIGROWSKI Jan</b>	<b>1393</b>	STOWARZYSZENIE 42,2 LĘBORK	M40	140		02:43:48	05:10:50	08:22:28	<b>11:06:08.20</b>	<b>11:06:51.95</b>	+06:15:44 (56.3%)	12:48	4.7 (43.9%)
394	<b>SZYMAŃSKI Adam</b>	<b>1081</b>	LĘBORK BIEGACZE 42,2	M40	141		02:43:50	05:10:50	08:22:25	<b>11:06:08.95</b>	<b>11:06:52.40</b>	+06:15:44 (56.3%)	12:48	4.7 (43.9%)
395	<b>GRYGO Krzysztof</b>	<b>1327</b>	AKADEMIA SPORTU MEDYK	M60	6		02:20:06	04:39:06	07:44:45	<b>11:07:31.75</b>	<b>11:08:08.95</b>	+06:17:01 (56.4%)	12:50	4.7 (43.9%)
396	<b>PASZEK Krystyna</b>	<b>1048</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	2		02:30:05	04:57:32	08:10:56	<b>11:10:12.60</b>	<b>11:10:29.30</b>	+06:19:21 (56.6%)	12:53	4.7 (43.9%)
397	<b>MICHALCZUK Zenon</b>	<b>1464</b>	SEMPER ACTIVE	M60	7		02:39:12	05:11:51		<b>11:10:44.05</b>	<b>11:11:24.85</b>	+06:20:17 (56.6%)	12:53	4.7 (43.9%)
398	<b>LESZCZYŃSKA Małgorzata</b>	<b>1022</b>		K50	9		02:44:32	05:20:10	08:29:26	<b>11:11:48.80</b>	<b>11:12:24.70</b>	+06:21:16 (56.7%)	12:55	4.6 (43.0%)
399	<b>ŁABĘDZKA-BUGAJ Alicja</b>	<b>1301</b>		K50	10		02:44:35	05:20:09	08:29:26	<b>11:11:56.45</b>	<b>11:12:33.00</b>	+06:21:25 (56.7%)	12:55	4.6 (43.0%)
400	<b>LARA Natalia</b>	<b>1385</b>	WARRIORS ŁÓDŹ	K30	27		02:30:59	05:00:21	08:17:12	<b>11:11:49.80</b>	<b>11:12:34.20</b>	+06:21:26 (56.7%)	12:55	4.6 (43.0%)
401	<b>CZARNECKI Bartosz</b>	<b>1187</b>		M30	95		02:42:30	05:38:49	08:36:01	<b>11:16:33.60</b>	<b>11:17:19.30</b>	+06:26:11 (57.0%)	13:00	4.6 (43.0%)
402	<b>TYDA Rafał</b>	<b>1121</b>		M50	48		02:34:08	05:10:26	08:25:58	<b>11:19:01.40</b>	<b>11:19:38.75</b>	+06:28:30 (57.2%)	13:03	4.6 (43.0%)
403	<b>TOKARSKI Rafał</b>	<b>1438</b>		M40	142		02:21:29	04:38:02	08:06:38	<b>11:21:07.25</b>	<b>11:21:50.40</b>	+06:30:42 (57.3%)	13:05	4.6 (43.0%)
404	<b>SZABATOWSKI Dominik</b>	<b>1200</b>	WARTKIE PIERONY	M40	143		02:13:14	04:31:48	08:09:43	<b>11:22:16.70</b>	<b>11:23:01.75</b>	+06:31:53 (57.4%)	13:07	4.6 (43.0%)
405	<b>WEILAND Emila</b>	<b>1471</b>		K40	41		02:44:48	05:29:54	08:33:08	<b>11:23:41.85</b>	<b>11:24:03.75</b>	+06:32:55 (57.4%)	13:08	4.6 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki		Roztoki	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							I 15km	Solinka 28km	II 41km	netto 52km	brutto 52km			
406	<b>FRANKI Marcin</b>	<b>1165</b>	LECYMY DURŚ	M40	144		02:09:33	04:21:15	07:52:53	<b>11:28:39.55</b>	<b>11:29:14.25</b>	+06:38:06 (57.8%)	13:14	4.5 (42.1%)
407	<b>GRZESZCZAK Małgorzata</b>	<b>1184</b>	BIEGAMYRAZEM.PL	K40	42		02:35:37	05:08:10		<b>11:29:49.90</b>	<b>11:30:21.25</b>	+06:39:13 (57.8%)	13:15	4.5 (42.1%)
407	<b>GRZESZCZAK Adam</b>	<b>1446</b>	BIEGAMYRAZEM.PL	M50	49		02:34:28	04:57:36	08:09:31	<b>11:29:49.40</b>	<b>11:30:21.25</b>	+06:39:13 (57.8%)	13:15	4.5 (42.1%)
409	<b>PRZYŁUCKI Wojciech</b>	<b>1111</b>		M40	145		02:18:44	04:48:02	08:32:54	<b>11:32:22.45</b>	<b>11:32:29.80</b>	+06:41:21 (58.0%)	13:18	4.5 (42.1%)
410	<b>ZAWADA Justyna</b>	<b>1235</b>		K30	28		02:31:13	05:02:04	08:31:10	<b>11:32:07.90</b>	<b>11:32:34.90</b>	+06:41:27 (58.0%)	13:18	4.5 (42.1%)
411	<b>GRUDZIĘŃ Michał</b>	<b>1141</b>		M40	146		02:24:01	04:59:20	08:24:29	<b>11:31:51.35</b>	<b>11:32:37.70</b>	+06:41:29 (58.0%)	13:18	4.5 (42.1%)
412	<b>DASZCZYŃSKI Adam</b>	<b>1010</b>	ADASKO TEAM	M50	50		02:37:26	05:10:36	08:29:36	<b>11:36:38.15</b>	<b>11:37:05.25</b>	+06:45:57 (58.2%)	13:23	4.5 (42.1%)
413	<b>JAŁOWIEC Arkadiusz</b>	<b>1358</b>		M30	96		02:29:54	05:02:57	08:36:19	<b>11:37:02.00</b>	<b>11:37:44.85</b>	+06:46:37 (58.3%)	13:24	4.5 (42.1%)
414	<b>GRODZKI Przemek</b>	<b>1320</b>		M40	147		02:44:47	05:20:47	08:41:07	<b>11:40:24.15</b>	<b>11:41:10.65</b>	+06:50:02 (58.5%)	13:28	4.5 (42.1%)
415	<b>GRODZKA Urszula</b>	<b>1365</b>		K30	29		02:45:11	05:20:47	08:41:08	<b>11:40:24.80</b>	<b>11:41:11.10</b>	+06:50:03 (58.5%)	13:28	4.5 (42.1%)
416	<b>OLSZEWSKA Ewa</b>	<b>1073</b>	T. G. SOKÓŁ GNIEWKOWO	K40	43		02:44:04	05:19:44	08:39:01	<b>11:40:50.05</b>	<b>11:41:39.00</b>	+06:50:31 (58.5%)	13:28	4.5 (42.1%)
417	<b>OLSZEWSKI Rafał</b>	<b>1074</b>	T. G. SOKÓŁ GNIEWKOWO	M40	148		02:43:58	05:19:43	08:39:00	<b>11:40:50.75</b>	<b>11:41:39.10</b>	+06:50:31 (58.5%)	13:28	4.5 (42.1%)
418	<b>SZULC Waldemar</b>	<b>1254</b>		M30	97		02:20:55	04:52:42	08:46:30	<b>11:43:07.05</b>	<b>11:43:45.00</b>	+06:52:37 (58.6%)	13:31	4.4 (41.1%)
419	<b>CHRZANOWSKI Michał</b>	<b>1166</b>	LECYMY DURŚ	M40	149		02:09:30	04:21:14	07:52:52	<b>11:44:44.15</b>	<b>11:45:18.95</b>	+06:54:11 (58.7%)	13:33	4.4 (41.1%)
420	<b>ZAJĄC Marta</b>	<b>1332</b>	BIELAWSKA AKADEMIA BIEGANIA	K20	7		02:17:34	04:47:12	08:37:55	<b>11:44:44.85</b>	<b>11:45:19.00</b>	+06:54:11 (58.7%)	13:33	4.4 (41.1%)
421	<b>CHRZANOWSKI Arkadiusz</b>	<b>1330</b>		M20	27		02:17:36	04:47:12	08:37:58	<b>11:44:45.95</b>	<b>11:45:19.75</b>	+06:54:11 (58.7%)	13:33	4.4 (41.1%)
422	<b>WOJTKOWSKA-WOŚKO Małgorzata</b>	<b>1478</b>	KLINIKA ZDROWIA I URODY IM.CZ.WOŚKO	K50	11		02:42:15	05:19:31	08:57:02	<b>11:48:47.45</b>	<b>11:49:37.50</b>	+06:58:29 (59.0%)	13:37	4.4 (41.1%)
423	<b>JAGODA Adam</b>	<b>1097</b>	FUCHS OIL TEAM	M50	51		02:40:48	05:13:36	08:44:42	<b>11:48:47.60</b>	<b>11:49:39.60</b>	+06:58:31 (59.0%)	13:37	4.4 (41.1%)
424	<b>HORN Rafał</b>	<b>1341</b>		M50	52		02:23:39	04:53:34	08:28:41	<b>11:50:10.50</b>	<b>11:50:22.80</b>	+06:59:14 (59.0%)	13:39	4.4 (41.1%)
425	<b>JUSZCZYK Małgorzata</b>	<b>1186</b>	NIEPOŁOMICE BIEGAJĄ	K40	44		02:39:23	05:12:49	08:51:55	<b>11:50:04.40</b>	<b>11:50:38.35</b>	+06:59:30 (59.0%)	13:39	4.4 (41.1%)
426	<b>SZCZEPOCKI Andrzej</b>	<b>1182</b>	NIEPOŁOMICE BIEGAJĄ	M50	53		02:39:28	05:12:52	08:52:58	<b>11:50:29.10</b>	<b>11:51:03.70</b>	+06:59:55 (59.1%)	13:39	4.4 (41.1%)
427	<b>NAZIM Tadeusz</b>	<b>1153</b>	KKM KALORYFER	M60	8		02:37:39	05:13:07	08:49:30	<b>12:06:08.65</b>	<b>12:06:33.35</b>	+07:15:25 (59.9%)	13:57	4.3 (40.2%)
428	<b>GAWRYLIK Joanna</b>	<b>1068</b>	BIEGAM BO LUBIĘ BIAŁYSTOK	K50	12		02:57:13	05:42:00	09:18:35	<b>12:14:53.25</b>	<b>12:15:15.00</b>	+07:24:07 (60.4%)	14:07	4.2 (39.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
429	<b>SŁONIEWSKI Rafał</b>	<b>6</b>	KADRA MOCNYCH WRAŻEŃ	M40	150	Tak	02:21:05	04:51:54	09:23:45	<b>12:26:27.70</b>	<b>12:26:56.75</b>	+07:35:48 (61.0%)	14:21	4.2 (39.3%)
430	<b>PRZYBYLIK Oktawian</b>	<b>1044</b>	DKL80	M30	98		02:40:52	05:29:49	09:07:24	<b>12:28:50.20</b>	<b>12:29:17.30</b>	+07:38:09 (61.1%)	14:24	4.2 (39.3%)
431	<b>SZKAMRUK Alicja</b>	<b>1263</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	30		03:07:32	05:59:58	09:30:55	<b>12:29:51.10</b>	<b>12:29:56.90</b>	+07:38:49 (61.2%)	14:25	4.2 (39.3%)
432	<b>SZKAMRUK Małgorzata</b>	<b>1258</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	K40	45		03:07:34	05:59:57	09:30:55	<b>12:29:50.70</b>	<b>12:29:57.00</b>	+07:38:49 (61.2%)	14:25	4.2 (39.3%)
433	<b>LAWERA Aleksandra</b>	<b>1194</b>	POLISH RUNNING CLUB,	K50	13		02:41:45	05:24:37	08:53:31	<b>12:36:13.40</b>	<b>12:36:32.20</b>	+07:45:24 (61.5%)	14:32	4.1 (38.3%)
434	<b>WOŚKO Gabriela</b>	<b>1473</b>		K30	31		02:57:42	05:46:48	09:31:56	<b>12:35:50.90</b>	<b>12:36:40.90</b>	+07:45:33 (61.5%)	14:32	4.1 (38.3%)
435	<b>KOCHAN Grzegorz</b>	<b>1510</b>		M40	151		02:42:50	05:35:35	09:39:37	<b>12:42:53.40</b>	<b>12:43:02.60</b>	+07:51:54 (61.8%)	14:40	4.1 (38.3%)
436	<b>WASILEWSKI Grzegorz</b>	<b>1137</b>	BIEGANIE--JEST--ZEN	M40	152		02:47:01	05:27:02	09:19:57	<b>12:42:14.20</b>	<b>12:43:08.70</b>	+07:52:00 (61.9%)	14:39	4.1 (38.3%)
437	<b>CZARNECKI Michał</b>	<b>1185</b>		M30	99		02:42:35	05:38:55	09:20:35	<b>12:47:05.80</b>	<b>12:47:51.20</b>	+07:56:43 (62.1%)	14:45	4.1 (38.3%)
438	<b>MATERA Kinga</b>	<b>1375</b>	GRUPA JURA.PL	K40	46		02:57:23	05:43:39	09:36:41	<b>12:55:05.95</b>	<b>12:55:14.65</b>	+08:04:06 (62.4%)	14:54	4 (37.4%)
439	<b>FABJANCZYK Agnieszka</b>	<b>1402</b>	GRUPA JURA PL	K40	47		02:57:03	05:43:41	09:36:41	<b>12:55:06.55</b>	<b>12:55:14.70</b>	+08:04:06 (62.4%)	14:54	4 (37.4%)
<b>Przekroczony limit czasu: 13:00:00</b>														
440	<b>MAJERCZYK-GODLEWSKA Jadwiga</b>	<b>1349</b>		K50	14		03:50:20	06:55:56		<b>13:28:45.25</b>	<b>13:29:30.25</b>	+08:38:22 (64.0%)	15:33	3.9 (36.4%)
441	<b>KARPIŃSKA Nina</b>	<b>1423</b>	PAWKO RUNNER TEAM	K40	48		03:28:32	06:49:06		<b>15:35:26.60</b>	<b>15:35:41.00</b>	+10:44:33 (68.9%)	17:59	3.3 (30.8%)
	<b>STACHURSKI Paweł</b>	<b>1483</b>		M40			01:35:19 DNF	03:18:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ALASZKIEWICZ Adam</b>	<b>1340</b>		M20			02:27:50 DNF	05:20:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KORNIŁOW Piotr</b>	<b>1499</b>		M50			03:08:12 DNF	06:15:55 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KUŁACZKOWSKI Konrad</b>	<b>1034</b>		M30			02:27:38 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BIĘNKOWSKI Michał</b>	<b>1233</b>	DZIK KOMANDO	M40			02:45:06 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BORKOWSKA Ewa</b>	<b>1031</b>		K60			03:54:35 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SKRZYŃKOWSKA Joanna</b>	<b>1348</b>		K40			03:54:37 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIŁOSZ Maria</b>	<b>1013</b>	KASZANKI	K30			DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)