



## II ULTRA MARATON BIESZCZADZKI

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2014-10-12  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>WĄSOWICZ Jan</b>	<b>122</b>		M40	1	<b>04:41:27.00</b>	<b>04:41:27.00</b>		5:24	11.1 (100%)
2	<b>MIKA Oskar</b>	<b>170</b>	APTEKA MIKSTURA	M30	1	<b>04:57:18.00</b>	<b>04:57:18.00</b>	+00:15:51 (5.3%)	5:43	10.5 (94.6%)
3	<b>FARON Robert</b>	<b>238</b>	NORAFSPORTUKSWATRAKAMIENICA	M40	2	<b>05:08:33.00</b>	<b>05:08:33.00</b>	+00:27:06 (8.8%)	5:56	10.1 (91.0%)
4	<b>ŁACHUT Wojtek</b>	<b>561</b>	TEMPO MŁAWA/TRIATHLON SERIES TEAM	M30	2	<b>05:13:57.00</b>	<b>05:13:57.00</b>	+00:32:30 (10.4%)	6:02	9.9 (89.2%)
5	<b>KRZYSZTOŃ Marcin</b>	<b>305</b>	GIEEMPE LASY / KRAŚNIK	M30	3	<b>05:15:28.00</b>	<b>05:15:28.00</b>	+00:34:01 (10.8%)	6:04	9.9 (89.2%)
6	<b>KOBRYŃ Dominik</b>	<b>497</b>	BYLEDOBIEC ANIN	M30	4	<b>05:15:29.00</b>	<b>05:15:29.00</b>	+00:34:02 (10.8%)	6:04	9.9 (89.2%)
7	<b>DUDZIK Robert</b>	<b>219</b>	MSZANA DOLNA	M30	5	<b>05:16:49.00</b>	<b>05:16:49.00</b>	+00:35:22 (11.2%)	6:05	9.8 (88.3%)
8	<b>PUZIA Krzysztof</b>	<b>388</b>	KRAKÓW	M50	1	<b>05:20:27.00</b>	<b>05:20:27.00</b>	+00:39:00 (12.2%)	6:09	9.7 (87.4%)
9	<b>WRÓBEL Łukasz</b>	<b>611</b>	PGB SPORTOWA PACZKA	M30	6	<b>05:23:31.00</b>	<b>05:23:31.00</b>	+00:42:04 (13.0%)	6:13	9.6 (86.5%)
10	<b>JAŁOCHA Mieczysław</b>	<b>63</b>	PRZEMYSKI KLUB BIEGACZA	M40	3	<b>05:23:43.00</b>	<b>05:23:43.00</b>	+00:42:16 (13.1%)	6:13	9.6 (86.5%)
11	<b>LISAK Krzysztof</b>	<b>599</b>	OTK RZEŹNIK	M30	7	<b>05:26:36.00</b>	<b>05:26:36.00</b>	+00:45:09 (13.8%)	6:16	9.6 (86.5%)
12	<b>BARANOW Tomasz</b>	<b>560</b>		M30	8	<b>05:27:46.00</b>	<b>05:27:46.00</b>	+00:46:19 (14.1%)	6:18	9.5 (85.6%)
13	<b>ROBEL Wojciech</b>	<b>202</b>	SOKÓŁ SANOK	M30	9	<b>05:28:13.00</b>	<b>05:28:13.00</b>	+00:46:46 (14.2%)	6:18	9.5 (85.6%)
14	<b>KOMISARZ Tomasz</b>	<b>437</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	10	<b>05:28:42.00</b>	<b>05:28:42.00</b>	+00:47:15 (14.4%)	6:19	9.5 (85.6%)
15	<b>ŁĘCKA Agnieszka</b>	<b>600</b>	JACEKBIEGA RUNNING TEAM	K20	1	<b>05:30:17.00</b>	<b>05:30:17.00</b>	+00:48:50 (14.8%)	6:21	9.4 (84.7%)
16	<b>PREJZNAK Marcin</b>	<b>340</b>	MTB MOSIR DUKLA	M30	11	<b>05:30:36.00</b>	<b>05:30:36.00</b>	+00:49:09 (14.9%)	6:21	9.4 (84.7%)
17	<b>WIERNUSZ Krzysztof</b>	<b>98</b>	FINISZ RYMANÓW	M30	12	<b>05:33:40.00</b>	<b>05:33:40.00</b>	+00:52:13 (15.6%)	6:25	9.4 (84.7%)
18	<b>MAJER Ewa</b>	<b>121</b>		K30	1	<b>05:34:07.00</b>	<b>05:34:07.00</b>	+00:52:40 (15.8%)	6:25	9.3 (83.8%)
19	<b>GARDENER Jacek</b>	<b>666</b>	JACEKBIEGA RUNNING TEAM	M40	4	<b>05:39:04.00</b>	<b>05:39:04.00</b>	+00:57:37 (17.0%)	6:31	9.2 (82.9%)
20	<b>CHODAKOWSKI Marcei</b>	<b>515</b>	K.B.GEOTERMIA UNIEJÓW	M30	13	<b>05:39:09.00</b>	<b>05:39:09.00</b>	+00:57:42 (17.0%)	6:31	9.2 (82.9%)
21	<b>JASTRZĄB Piotr</b>	<b>94</b>	LESKO	M40	5	<b>05:40:38.00</b>	<b>05:40:38.00</b>	+00:59:11 (17.4%)	6:33	9.2 (82.9%)
22	<b>TOPOLSKI Marcin</b>	<b>290</b>	BKB VICTORIA BRZESKO	M30	14	<b>05:40:50.00</b>	<b>05:40:50.00</b>	+00:59:23 (17.4%)	6:33	9.2 (82.9%)
23	<b>PASIECZNY Robert</b>	<b>157</b>	SPRINT GORZYCE	M30	15	<b>05:41:39.00</b>	<b>05:41:39.00</b>	+01:00:12 (17.6%)	6:34	9.1 (82.0%)
24	<b>DYBALSKI Mariusz</b>	<b>292</b>	KB SPARTAKUS BĘŁCHATÓW	M30	16	<b>05:41:57.00</b>	<b>05:41:57.00</b>	+01:00:30 (17.7%)	6:34	9.1 (82.0%)
25	<b>PASEK Tomasz</b>	<b>245</b>	EKO MOTEL NA WIERZYŃKA	M30	17	<b>05:42:40.00</b>	<b>05:42:40.00</b>	+01:01:13 (17.9%)	6:35	9.1 (82.0%)
26	<b>ANDRZEJ Miedziejewski</b>	<b>216</b>	PRUSZKÓW	M20	1	<b>05:43:18.00</b>	<b>05:43:18.00</b>	+01:01:51 (18.0%)	6:36	9.1 (82.0%)
27	<b>ADAMETZ Rafał</b>	<b>589</b>	NAVIGATORIA	M20	2	<b>05:45:58.00</b>	<b>05:45:58.00</b>	+01:04:31 (18.6%)	6:39	9 (81.1%)
28	<b>IGNATOWICZ Marcin</b>	<b>77</b>	MIELEC	M30	18	<b>05:47:27.00</b>	<b>05:47:27.00</b>	+01:06:00 (19.0%)	6:40	9 (81.1%)
29	<b>ŁUCZKIEWICZ Jarosław</b>	<b>139</b>	TS REGLE SZKLARSKA PORĘBA	M40	6	<b>05:48:33.00</b>	<b>05:48:33.00</b>	+01:07:06 (19.3%)	6:42	9 (81.1%)
30	<b>NOWOSTAWSKI Mariusz</b>	<b>535</b>	SUPERMARATON KALISZ	M40	7	<b>05:49:48.00</b>	<b>05:49:48.00</b>	+01:08:21 (19.5%)	6:43	8.9 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
31	<b>SZPUNAR Maciej</b>	<b>331</b>	COMPLEXSPORTS-GDYSKIEMORSY	M40	8	<b>05:50:07.00</b>	<b>05:50:07.00</b>	+01:08:40 (19.6%)	6:43	8.9 (80.2%)
32	<b>BARANIAK Radosław</b>	<b>178</b>	LUBOŃ	M40	9	<b>05:51:34.00</b>	<b>05:51:34.00</b>	+01:10:07 (19.9%)	6:45	8.9 (80.2%)
33	<b>KOCZWARA Tomek</b>	<b>477</b>		M30	19	<b>05:52:08.00</b>	<b>05:52:08.00</b>	+01:10:41 (20.1%)	6:46	8.9 (80.2%)
34	<b>BURZYŃSKI Mirosław</b>	<b>352</b>	AKSU POLSKA / KB SOBÓTKA	M40	10	<b>05:53:48.00</b>	<b>05:53:48.00</b>	+01:12:21 (20.4%)	6:48	8.8 (79.3%)
35	<b>BANASZEK Adam</b>	<b>466</b>	BIEGUSIEM.PL	M30	20	<b>05:54:50.00</b>	<b>05:54:50.00</b>	+01:13:23 (20.7%)	6:49	8.8 (79.3%)
36	<b>HERDZINA Przemysław</b>	<b>503</b>	KRAKÓW	M30	21	<b>05:55:03.00</b>	<b>05:55:03.00</b>	+01:13:36 (20.7%)	6:49	8.8 (79.3%)
37	<b>GAŁASZKIEWICZ Karol</b>	<b>90</b>	INTERSPORT	M20	3	<b>05:55:50.00</b>	<b>05:55:50.00</b>	+01:14:23 (20.9%)	6:50	8.8 (79.3%)
38	<b>PRĘDKI Mirosław</b>	<b>489</b>	PRZYSIEKI K. JASŁA	M30	22	<b>05:56:23.00</b>	<b>05:56:23.00</b>	+01:14:56 (21.0%)	6:51	8.8 (79.3%)
39	<b>MILER Marcin</b>	<b>173</b>	KLEOFAS KATOWICE	M30	23	<b>05:56:32.00</b>	<b>05:56:32.00</b>	+01:15:05 (21.1%)	6:51	8.8 (79.3%)
40	<b>JOSYPENKO Jędrzej</b>	<b>505</b>	JACEKBIEGA RUNNING TEAM	M20	4	<b>05:57:20.00</b>	<b>05:57:20.00</b>	+01:15:53 (21.2%)	6:52	8.7 (78.4%)
41	<b>MAJ Robert</b>	<b>538</b>	TVP LUBLIN	M40	11	<b>05:58:26.00</b>	<b>05:58:26.00</b>	+01:16:59 (21.5%)	6:53	8.7 (78.4%)
42	<b>ADAMCZUK Mariusz</b>	<b>40</b>	NAPIERAMY! / SOPOT	M30	24	<b>05:58:35.00</b>	<b>05:58:35.00</b>	+01:17:08 (21.5%)	6:53	8.7 (78.4%)
43	<b>FRANCZAK Łukasz</b>	<b>293</b>	GDAŃSK	M30	25	<b>05:58:47.00</b>	<b>05:58:47.00</b>	+01:17:20 (21.6%)	6:53	8.7 (78.4%)
44	<b>TUSCHER Kuba</b>	<b>264</b>	OBI BOKI RUNNING CREW	M30	26	<b>06:02:57.00</b>	<b>06:02:57.00</b>	+01:21:30 (22.5%)	6:58	8.6 (77.5%)
45	<b>ŚLIWIŃSKI Paweł</b>	<b>51</b>	MIECHÓW	M20	5	<b>06:03:22.00</b>	<b>06:03:22.00</b>	+01:21:55 (22.5%)	6:59	8.6 (77.5%)
46	<b>DARSKI Rafał</b>	<b>179</b>		M40	12	<b>06:04:20.00</b>	<b>06:04:20.00</b>	+01:22:53 (22.7%)	7:00	8.6 (77.5%)
47	<b>POŻAK Grzegorz</b>	<b>314</b>	LUBARTÓW	M30	27	<b>06:04:44.00</b>	<b>06:04:44.00</b>	+01:23:17 (22.8%)	7:00	8.6 (77.5%)
48	<b>DESSAUER Wioletta</b>	<b>461</b>	LUBARTOWBIEGA.PL	K30	2	<b>06:04:50.00</b>	<b>06:04:50.00</b>	+01:23:23 (22.9%)	7:00	8.6 (77.5%)
49	<b>RZESZÓTKO Leszek</b>	<b>614</b>	POWERADE TEAM	M50	2	<b>06:04:57.00</b>	<b>06:04:57.00</b>	+01:23:30 (22.9%)	7:01	8.5 (76.6%)
50	<b>TUROSZ Iwona</b>	<b>431</b>		K20	2	<b>06:06:09.00</b>	<b>06:06:09.00</b>	+01:24:42 (23.1%)	7:02	8.5 (76.6%)
50	<b>SAWA Jarosław</b>	<b>420</b>	LUBLIN	M30	28	<b>06:06:09.00</b>	<b>06:06:09.00</b>	+01:24:42 (23.1%)	7:02	8.5 (76.6%)
52	<b>OLEK Paweł</b>	<b>451</b>	WARSZAWA	M30	29	<b>06:07:00.00</b>	<b>06:07:00.00</b>	+01:25:33 (23.3%)	7:03	8.5 (76.6%)
53	<b>TKACZEWSKI Piotr</b>	<b>163</b>	MIECHÓW	M40	13	<b>06:07:40.00</b>	<b>06:07:40.00</b>	+01:26:13 (23.4%)	7:04	8.5 (76.6%)
54	<b>KĄCKA Anna</b>	<b>567</b>	ZAKOPANE	K20	3	<b>06:07:43.00</b>	<b>06:07:43.00</b>	+01:26:16 (23.5%)	7:04	8.5 (76.6%)
55	<b>SKRZYSIŃSKI Gniewomir</b>	<b>127</b>	GO-KRASNA UKU RUN	M30	30	<b>06:07:58.00</b>	<b>06:07:58.00</b>	+01:26:31 (23.5%)	7:04	8.5 (76.6%)
56	<b>DRĄCZKOWSKI Piotr</b>	<b>240</b>	KW LUBLIN / MKT	M30	31	<b>06:08:56.00</b>	<b>06:08:56.00</b>	+01:27:29 (23.7%)	7:05	8.5 (76.6%)
57	<b>JANCZAK Waldemar</b>	<b>473</b>	KIELCE	M30	32	<b>06:09:20.00</b>	<b>06:09:20.00</b>	+01:27:53 (23.8%)	7:06	8.4 (75.7%)
58	<b>ZBOŻNIAK Łukasz</b>	<b>256</b>		M30	33	<b>06:09:38.00</b>	<b>06:09:38.00</b>	+01:28:11 (23.9%)	7:06	8.4 (75.7%)
59	<b>KORULCZYK Łukasz</b>	<b>95</b>	LUBLIN	M30	34	<b>06:09:40.00</b>	<b>06:09:40.00</b>	+01:28:13 (23.9%)	7:06	8.4 (75.7%)
60	<b>KUNACHOWICZ Paweł</b>	<b>532</b>	PASSUS SPORT TEAM	M40	14	<b>06:09:56.00</b>	<b>06:09:56.00</b>	+01:28:29 (23.9%)	7:06	8.4 (75.7%)
61	<b>WAHL Daniel</b>	<b>33</b>	T.S. AKS CHORZÓW	M30	35	<b>06:10:16.00</b>	<b>06:10:16.00</b>	+01:28:49 (24.0%)	7:07	8.4 (75.7%)
62	<b>KRZEMIŃSKI Marcin</b>	<b>155</b>	SPRINT GORZYCE	M30	36	<b>06:10:28.00</b>	<b>06:10:28.00</b>	+01:29:01 (24.0%)	7:07	8.4 (75.7%)
63	<b>SZCZEPANIAK Waldemar</b>	<b>521</b>	POZNAŃ	M40	15	<b>06:11:36.00</b>	<b>06:11:36.00</b>	+01:30:09 (24.3%)	7:08	8.4 (75.7%)
64	<b>HELOWICZ Stanisław</b>	<b>403</b>	TUSZYMA	M30	37	<b>06:11:52.00</b>	<b>06:11:52.00</b>	+01:30:25 (24.3%)	7:09	8.4 (75.7%)
65	<b>BERNADY Łukasz</b>	<b>298</b>	RADOM	M30	38	<b>06:12:36.00</b>	<b>06:12:36.00</b>	+01:31:09 (24.5%)	7:09	8.4 (75.7%)
66	<b>SOPEL Arkadiusz</b>	<b>578</b>	OTK RZEŹNIK	M40	16	<b>06:12:58.00</b>	<b>06:12:58.00</b>	+01:31:31 (24.5%)	7:10	8.4 (75.7%)
67	<b>OLEKSY Jarosław</b>	<b>191</b>	KS LIMANOWA FORREST	M50	3	<b>06:13:02.00</b>	<b>06:13:02.00</b>	+01:31:35 (24.6%)	7:10	8.4 (75.7%)
68	<b>KLIMCZEWSKI Andrzej</b>	<b>548</b>	FOREVER YOUNG ŁÓDŹ	M50	4	<b>06:14:11.00</b>	<b>06:14:11.00</b>	+01:32:44 (24.8%)	7:11	8.3 (74.8%)
69	<b>JASKOWSKA Bożena</b>	<b>397</b>	RUN BO! / SMASHING PĄPKINS	K30	3	<b>06:14:24.00</b>	<b>06:14:24.00</b>	+01:32:57 (24.8%)	7:12	8.3 (74.8%)
70	<b>ŁUKASZEWICZ Bartosz</b>	<b>128</b>	CHYBY	M20	6	<b>06:14:38.00</b>	<b>06:14:38.00</b>	+01:33:11 (24.9%)	7:12	8.3 (74.8%)
70	<b>BIENIECKA Anna</b>	<b>616</b>	OTK RZEŹNIK	K30	4	<b>06:14:38.00</b>	<b>06:14:38.00</b>	+01:33:11 (24.9%)	7:12	8.3 (74.8%)
72	<b>PIKUŁA Marcin</b>	<b>610</b>	EULER HERMES RUNNERS TEAM	M30	39	<b>06:14:44.00</b>	<b>06:14:44.00</b>	+01:33:17 (24.9%)	7:12	8.3 (74.8%)
73	<b>ŁUBIAN Michał</b>	<b>80</b>	CTL LOGISTICS	M30	40	<b>06:15:16.00</b>	<b>06:15:16.00</b>	+01:33:49 (25.0%)	7:13	8.3 (74.8%)
74	<b>KOEHLER Krzysztof</b>	<b>542</b>	KD ZUKI	M50	5	<b>06:15:30.00</b>	<b>06:15:30.00</b>	+01:34:03 (25.0%)	7:13	8.3 (74.8%)

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75	<b>GWIZDAK Justyna</b>	<b>484</b>	WYŻNE	K30	5	<b>06:15:38.00</b>	<b>06:15:38.00</b>	+01:34:11 (25.1%)	7:13	8.3 (74.8%)
76	<b>DANIEL Jarek</b>	<b>456</b>	BIELSKO-BIAŁA	M30	41	<b>06:15:42.00</b>	<b>06:15:42.00</b>	+01:34:15 (25.1%)	7:13	8.3 (74.8%)
77	<b>SZYMEL Michał</b>	<b>496</b>	ŁAŃCUT	M20	7	<b>06:15:49.00</b>	<b>06:15:49.00</b>	+01:34:22 (25.1%)	7:13	8.3 (74.8%)
78	<b>ZDĄBŁARZ Marcin</b>	<b>18</b>	CHRZANÓW	M30	42	<b>06:16:16.00</b>	<b>06:16:16.00</b>	+01:34:49 (25.2%)	7:14	8.3 (74.8%)
79	<b>WAJEROWSKI Krzysztof</b>	<b>140</b>	KB LUPUS OLEŚNICA	M30	43	<b>06:16:19.00</b>	<b>06:16:19.00</b>	+01:34:52 (25.2%)	7:14	8.3 (74.8%)
80	<b>OSTAPSKI Kamil</b>	<b>146</b>	VEGE RUNNERS	M30	44	<b>06:16:28.00</b>	<b>06:16:28.00</b>	+01:35:01 (25.2%)	7:14	8.3 (74.8%)
81	<b>PTAK Wojciech</b>	<b>105</b>	ZĄBKOWICE ŚLĄSKIE	M20	8	<b>06:17:35.00</b>	<b>06:17:35.00</b>	+01:36:08 (25.5%)	7:15	8.3 (74.8%)
82	<b>HADAM Jacek</b>	<b>21</b>	LUBACZOWSKI KLUB BIEGACZA	M40	17	<b>06:18:49.00</b>	<b>06:18:49.00</b>	+01:37:22 (25.7%)	7:17	8.2 (73.9%)
83	<b>STEFANIAK Justyna</b>	<b>329</b>	KB LUPUS OLEŚNICA	K30	6	<b>06:19:25.00</b>	<b>06:19:25.00</b>	+01:37:58 (25.8%)	7:17	8.2 (73.9%)
84	<b>STANOWSKI Grzegorz</b>	<b>565</b>	FOREVER YOUNG ŁÓDŹ	M40	18	<b>06:19:27.00</b>	<b>06:19:27.00</b>	+01:38:00 (25.8%)	7:17	8.2 (73.9%)
85	<b>JUCHA Michał</b>	<b>301</b>	ŁÓDŹ RYSIOTEAM	M30	45	<b>06:20:03.00</b>	<b>06:20:03.00</b>	+01:38:36 (25.9%)	7:18	8.2 (73.9%)
86	<b>ŚWIDEREK Jacek</b>	<b>585</b>		M30	46	<b>06:20:29.00</b>	<b>06:20:29.00</b>	+01:39:02 (26.0%)	7:19	8.2 (73.9%)
87	<b>SUCHOWIECKI Wojciech</b>	<b>357</b>	OLSZTYŃSKIE USTAWKI BIEGOWE	M30	47	<b>06:20:42.00</b>	<b>06:20:42.00</b>	+01:39:15 (26.1%)	7:19	8.2 (73.9%)
88	<b>DZIERKA Mariusz</b>	<b>516</b>	TOMASZÓW MAZOWIECKI	M40	19	<b>06:21:38.00</b>	<b>06:21:38.00</b>	+01:40:11 (26.3%)	7:20	8.2 (73.9%)
89	<b>KROPIWNICKI Tomasz</b>	<b>383</b>	31-952	M30	48	<b>06:22:05.00</b>	<b>06:22:05.00</b>	+01:40:38 (26.3%)	7:20	8.2 (73.9%)
90	<b>CYTACKI Dawid</b>	<b>197</b>	NIGHT RUNNERS PŁOCK	M30	49	<b>06:22:14.00</b>	<b>06:22:14.00</b>	+01:40:47 (26.4%)	7:21	8.2 (73.9%)
91	<b>KRAWCZYK Kamil</b>	<b>553</b>	LOTOS RUNNING TEAM	M20	9	<b>06:22:18.00</b>	<b>06:22:18.00</b>	+01:40:51 (26.4%)	7:21	8.2 (73.9%)
92	<b>FRYŚ Piotr</b>	<b>384</b>	KW KRKÓW	M30	50	<b>06:22:19.00</b>	<b>06:22:19.00</b>	+01:40:52 (26.4%)	7:21	8.2 (73.9%)
93	<b>ARNOLD Przemysław</b>	<b>395</b>	NRT WARSZAWA	M20	10	<b>06:22:56.00</b>	<b>06:22:56.00</b>	+01:41:29 (26.5%)	7:21	8.1 (73.0%)
94	<b>PIENIĄŻEK Sławomir</b>	<b>156</b>	KRAKÓW	M30	51	<b>06:23:14.00</b>	<b>06:23:14.00</b>	+01:41:47 (26.6%)	7:22	8.1 (73.0%)
95	<b>WOŁOSZYN Czesław</b>	<b>595</b>	PIZUNY ROZTOCZE WSCHODNIE	M50	6	<b>06:24:50.00</b>	<b>06:24:50.00</b>	+01:43:23 (26.9%)	7:24	8.1 (73.0%)
96	<b>GORCZYCA Bartosz</b>	<b>592</b>	ICEBUG TEAM	M20	11	<b>06:25:09.00</b>	<b>06:25:09.00</b>	+01:43:42 (26.9%)	7:24	8.1 (73.0%)
97	<b>PROSZOWSKI Piotr</b>	<b>255</b>	SKB STAŁOWA WOLA	M40	20	<b>06:28:09.00</b>	<b>06:28:09.00</b>	+01:46:42 (27.5%)	7:27	8 (72.1%)
98	<b>PRZYGODA Michał</b>	<b>523</b>	MALINIE	M30	52	<b>06:28:10.00</b>	<b>06:28:10.00</b>	+01:46:43 (27.5%)	7:27	8 (72.1%)
99	<b>MADEJSKI Sławomir</b>	<b>332</b>	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	53	<b>06:29:20.00</b>	<b>06:29:20.00</b>	+01:47:53 (27.7%)	7:29	8 (72.1%)
100	<b>JÓŹWIAK Basia</b>	<b>566</b>	YULO RUN TEAM SIEDLCE	K30	7	<b>06:29:21.00</b>	<b>06:29:21.00</b>	+01:47:54 (27.7%)	7:29	8 (72.1%)
101	<b>LEWANDOWSKI Paweł</b>	<b>227</b>	CHARZYNO	M20	12	<b>06:29:42.00</b>	<b>06:29:42.00</b>	+01:48:15 (27.8%)	7:29	8 (72.1%)
102	<b>GŁOWACKI Jacek</b>	<b>11</b>	BIEGAMY Z OCHOTĄ	M50	7	<b>06:29:54.00</b>	<b>06:29:54.00</b>	+01:48:27 (27.8%)	7:29	8 (72.1%)
103	<b>KRAWCZYK Karolina</b>	<b>500</b>	WARSZAWA	K30	8	<b>06:30:14.00</b>	<b>06:30:14.00</b>	+01:48:47 (27.9%)	7:30	8 (72.1%)
104	<b>SADALSKI Łukasz</b>	<b>1</b>	PRUSZKÓW	M40	21	<b>06:31:11.00</b>	<b>06:31:11.00</b>	+01:49:44 (28.1%)	7:31	8 (72.1%)
105	<b>GROSSE Paweł</b>	<b>591</b>	MIESIĘCZNIK HOME&MARKET	M40	22	<b>06:31:50.00</b>	<b>06:31:50.00</b>	+01:50:23 (28.2%)	7:32	8 (72.1%)
106	<b>RZECZKOWSKI Aleksander</b>	<b>597</b>	HARDCORE HOLIDAYS	M40	23	<b>06:32:10.00</b>	<b>06:32:10.00</b>	+01:50:43 (28.2%)	7:32	8 (72.1%)
107	<b>ZAPŁATA Wojciech</b>	<b>111</b>	GORLICE	M30	54	<b>06:32:17.00</b>	<b>06:32:17.00</b>	+01:50:50 (28.3%)	7:32	8 (72.1%)
108	<b>ARKUSZ Marcin</b>	<b>501</b>	KRAKÓW	M30	55	<b>06:32:38.00</b>	<b>06:32:38.00</b>	+01:51:11 (28.3%)	7:33	7.9 (71.2%)
109	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>476</b>	LOS BIEGANEROS	K30	9	<b>06:32:41.00</b>	<b>06:32:41.00</b>	+01:51:14 (28.3%)	7:33	7.9 (71.2%)
110	<b>KUBACKI Sebastian</b>	<b>372</b>	OSIEDLE NIEWIADÓW	M30	56	<b>06:32:50.00</b>	<b>06:32:50.00</b>	+01:51:23 (28.4%)	7:33	7.9 (71.2%)
111	<b>ZMYŚŁOWSKI Igor</b>	<b>302</b>	LEPSZY ŻBIK	M20	13	<b>06:32:56.00</b>	<b>06:32:56.00</b>	+01:51:29 (28.4%)	7:33	7.9 (71.2%)
112	<b>STYKOWSKI Sławomir</b>	<b>485</b>	ART PROFI WARSZAWA	M30	57	<b>06:33:01.00</b>	<b>06:33:01.00</b>	+01:51:34 (28.4%)	7:33	7.9 (71.2%)
113	<b>PILECKI Maciej</b>	<b>57</b>	WROCŁAW	M30	58	<b>06:33:40.00</b>	<b>06:33:40.00</b>	+01:52:13 (28.5%)	7:34	7.9 (71.2%)
114	<b>ŚWIDEREK Tomasz</b>	<b>29</b>		M30	59	<b>06:33:58.00</b>	<b>06:33:58.00</b>	+01:52:31 (28.6%)	7:34	7.9 (71.2%)
115	<b>OLEWIŃSKI Marcin</b>	<b>472</b>	OLKUSZ	M20	14	<b>06:34:13.00</b>	<b>06:34:13.00</b>	+01:52:46 (28.6%)	7:34	7.9 (71.2%)
116	<b>ŻENCZAKOWSKI Daniel</b>	<b>304</b>	FALISZÓWKA	M30	60	<b>06:34:50.00</b>	<b>06:34:50.00</b>	+01:53:23 (28.7%)	7:35	7.9 (71.2%)
117	<b>KOŁODZIEJSKI Jarek</b>	<b>361</b>	POZNAŃ	M30	61	<b>06:36:06.00</b>	<b>06:36:06.00</b>	+01:54:39 (28.9%)	7:37	7.9 (71.2%)
118	<b>ŚLIWKA Cezary</b>	<b>50</b>	KIELCE	M30	62	<b>06:36:08.00</b>	<b>06:36:08.00</b>	+01:54:41 (29.0%)	7:37	7.9 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
119	<b>SZYBIAK Waldemar</b>	<b>16</b>	PRZEMYŚL	M40	24	<b>06:36:15.00</b>	<b>06:36:15.00</b>	+01:54:48 (29.0%)	7:37	7.9 (71.2%)
119	<b>KONIECZNY Mariusz</b>	<b>14</b>	ŁAŃCUT	M40	24	<b>06:36:15.00</b>	<b>06:36:15.00</b>	+01:54:48 (29.0%)	7:37	7.9 (71.2%)
119	<b>OLESIAK Grzegorz</b>	<b>280</b>	NIGHT RUNNERS	M50	8	<b>06:36:15.00</b>	<b>06:36:15.00</b>	+01:54:48 (29.0%)	7:37	7.9 (71.2%)
122	<b>WÓJTOWICZ Grzegorz</b>	<b>310</b>	AUTOMATIKA POLICE	M40	26	<b>06:36:18.00</b>	<b>06:36:18.00</b>	+01:54:51 (29.0%)	7:37	7.9 (71.2%)
122	<b>BIAŁAS Jarosław</b>	<b>312</b>	AUTOMATIKA POLICE, SZCZECIN	M40	26	<b>06:36:18.00</b>	<b>06:36:18.00</b>	+01:54:51 (29.0%)	7:37	7.9 (71.2%)
124	<b>POGORZELSKI Daniel</b>	<b>587</b>	PGB SPORTOWA PACZKA	M30	63	<b>06:36:19.00</b>	<b>06:36:19.00</b>	+01:54:52 (29.0%)	7:37	7.9 (71.2%)
125	<b>DETLAFF Patrycja</b>	<b>512</b>	JACEK BIEGA RUNNING TEAM	K30	10	<b>06:36:26.00</b>	<b>06:36:26.00</b>	+01:54:59 (29.0%)	7:37	7.9 (71.2%)
126	<b>PANKOWSKI Michał</b>	<b>235</b>	NIGHT RUNNERS PŁOCK	M40	28	<b>06:37:02.00</b>	<b>06:37:02.00</b>	+01:55:35 (29.1%)	7:38	7.9 (71.2%)
127	<b>KURZYNA Krzysztof</b>	<b>362</b>	WYŻNICA-KOLONIA	M40	29	<b>06:37:58.00</b>	<b>06:37:58.00</b>	+01:56:31 (29.3%)	7:39	7.8 (70.3%)
128	<b>HERNIK Dariusz</b>	<b>411</b>	BIEGIEM RADOM	M40	30	<b>06:39:16.00</b>	<b>06:39:16.00</b>	+01:57:49 (29.5%)	7:40	7.8 (70.3%)
129	<b>CZEMPAS Artur</b>	<b>24</b>	JEDZ BUDYŃ	M30	64	<b>06:39:20.00</b>	<b>06:39:20.00</b>	+01:57:53 (29.5%)	7:40	7.8 (70.3%)
130	<b>FRANKIEWICZ Maciej</b>	<b>158</b>	GRUPA MALBORK	M30	65	<b>06:39:46.00</b>	<b>06:39:46.00</b>	+01:58:19 (29.6%)	7:41	7.8 (70.3%)
131	<b>NOWAK Piotr</b>	<b>145</b>		M40	31	<b>06:40:08.00</b>	<b>06:40:08.00</b>	+01:58:41 (29.7%)	7:41	7.8 (70.3%)
132	<b>RATAJEWICZ Maciek</b>	<b>513</b>	SPELEOKLUB WARSZAWSKI	M30	66	<b>06:40:41.00</b>	<b>06:40:41.00</b>	+01:59:14 (29.8%)	7:42	7.8 (70.3%)
133	<b>DOLCZEWSKI Dariusz</b>	<b>452</b>	WARSZAWA	M30	67	<b>06:41:05.00</b>	<b>06:41:05.00</b>	+01:59:38 (29.8%)	7:42	7.8 (70.3%)
134	<b>FIGURA Marcin</b>	<b>555</b>	KWIDZYN RUN	M30	68	<b>06:41:25.00</b>	<b>06:41:25.00</b>	+01:59:58 (29.9%)	7:43	7.8 (70.3%)
135	<b>GELBERG Maciej</b>	<b>81</b>		M30	69	<b>06:41:46.00</b>	<b>06:41:46.00</b>	+02:00:19 (29.9%)	7:43	7.8 (70.3%)
136	<b>ŚWIERCZEK Grzegorz</b>	<b>604</b>		M40	32	<b>06:41:59.00</b>	<b>06:41:59.00</b>	+02:00:32 (30.0%)	7:43	7.8 (70.3%)
137	<b>BAKIEWICZ Błażej</b>	<b>406</b>	SMASHING PĄPKINS	M30	70	<b>06:43:25.00</b>	<b>06:43:25.00</b>	+02:01:58 (30.2%)	7:45	7.7 (69.4%)
138	<b>WOŁOSZYN Ryszard</b>	<b>594</b>	PIZUNY ROZTOCZE WSCHODNIE	M40	33	<b>06:43:46.00</b>	<b>06:43:46.00</b>	+02:02:19 (30.3%)	7:45	7.7 (69.4%)
138	<b>KRUPA Tobiasz</b>	<b>370</b>	RZESZÓW	M20	15	<b>06:43:46.00</b>	<b>06:43:46.00</b>	+02:02:19 (30.3%)	7:45	7.7 (69.4%)
140	<b>PINKOWSKI Dariusz</b>	<b>550</b>	KPP LUBLINIEC X-KINETIC	M40	34	<b>06:43:53.00</b>	<b>06:43:53.00</b>	+02:02:26 (30.3%)	7:46	7.7 (69.4%)
141	<b>SKOKOWSKI Tomasz</b>	<b>313</b>	SUTTON	M30	71	<b>06:43:58.00</b>	<b>06:43:58.00</b>	+02:02:31 (30.3%)	7:46	7.7 (69.4%)
142	<b>SKROK Dariusz</b>	<b>5</b>	HARDCORE HOLIDAYS	M40	35	<b>06:44:18.00</b>	<b>06:44:18.00</b>	+02:02:51 (30.4%)	7:46	7.7 (69.4%)
143	<b>LEBDA Małgorzata</b>	<b>200</b>		K20	4	<b>06:44:57.00</b>	<b>06:44:57.00</b>	+02:03:30 (30.5%)	7:47	7.7 (69.4%)
144	<b>PIEKARZ Jarosław</b>	<b>182</b>	KATOWICE	M30	72	<b>06:46:02.00</b>	<b>06:46:02.00</b>	+02:04:35 (30.7%)	7:48	7.7 (69.4%)
145	<b>MAZURKIEWICZ Tomasz</b>	<b>37</b>	APTEKA OMEGA	M40	36	<b>06:46:30.00</b>	<b>06:46:30.00</b>	+02:05:03 (30.8%)	7:49	7.7 (69.4%)
146	<b>ZIELINSKA Beata</b>	<b>401</b>	RUTKOW-SKI SPORTS CLUB	K30	11	<b>06:46:46.00</b>	<b>06:46:46.00</b>	+02:05:19 (30.8%)	7:49	7.7 (69.4%)
147	<b>KORDECKI Łukasz</b>	<b>524</b>	BRZESKO	M30	73	<b>06:46:47.00</b>	<b>06:46:47.00</b>	+02:05:20 (30.8%)	7:49	7.7 (69.4%)
148	<b>KOKOTEK Maciej</b>	<b>247</b>	KITA TEAM ŁÓDŹ	M30	74	<b>06:47:16.00</b>	<b>06:47:16.00</b>	+02:05:49 (30.9%)	7:49	7.7 (69.4%)
149	<b>SIKORA Jacek</b>	<b>482</b>	WYŻNE	M40	37	<b>06:47:36.00</b>	<b>06:47:36.00</b>	+02:06:09 (30.9%)	7:50	7.7 (69.4%)
150	<b>BRONCEL Sebastian</b>	<b>199</b>	TYCHY	M30	75	<b>06:48:51.00</b>	<b>06:48:51.00</b>	+02:07:24 (31.2%)	7:51	7.6 (68.5%)
151	<b>MIKRUT Remigiusz</b>	<b>360</b>	CHEŁMNO	M30	76	<b>06:48:59.00</b>	<b>06:48:59.00</b>	+02:07:32 (31.2%)	7:51	7.6 (68.5%)
152	<b>MALISZEWSKI Jacek</b>	<b>460</b>	ENERGOTEL.PL	M40	38	<b>06:49:02.00</b>	<b>06:49:02.00</b>	+02:07:35 (31.2%)	7:51	7.6 (68.5%)
153	<b>FARON Agnieszka</b>	<b>28</b>	NORAFSPORT	K30	12	<b>06:49:14.00</b>	<b>06:49:14.00</b>	+02:07:47 (31.2%)	7:52	7.6 (68.5%)
154	<b>JACHYM Marcin</b>	<b>44</b>	LIBERTÓW	M40	39	<b>06:50:57.00</b>	<b>06:50:57.00</b>	+02:09:30 (31.5%)	7:54	7.6 (68.5%)
155	<b>MURAK Robert</b>	<b>162</b>		M30	77	<b>06:51:01.00</b>	<b>06:51:01.00</b>	+02:09:34 (31.5%)	7:54	7.6 (68.5%)
156	<b>GRYGO Krzysztof</b>	<b>68</b>	KS ŁOMŻANIE	M50	9	<b>06:51:17.00</b>	<b>06:51:17.00</b>	+02:09:50 (31.6%)	7:54	7.6 (68.5%)
157	<b>JANOWSKI Bogdan</b>	<b>169</b>	WARSZAWA	M40	40	<b>06:51:21.00</b>	<b>06:51:21.00</b>	+02:09:54 (31.6%)	7:54	7.6 (68.5%)
158	<b>ŚMIECHOWICZ Filip</b>	<b>486</b>	LUBLIN	M40	41	<b>06:51:23.00</b>	<b>06:51:23.00</b>	+02:09:56 (31.6%)	7:54	7.6 (68.5%)
159	<b>PENAR Jarosław</b>	<b>46</b>	FESTINA LENTE OTWOCK	M50	10	<b>06:51:26.00</b>	<b>06:51:26.00</b>	+02:09:59 (31.6%)	7:54	7.6 (68.5%)
160	<b>ŁUKASZ Szczeszek</b>	<b>341</b>	POZNAŃ I LOVE TOU TEAM	M30	78	<b>06:52:12.00</b>	<b>06:52:12.00</b>	+02:10:45 (31.7%)	7:55	7.6 (68.5%)
161	<b>POSKROBKO Jarosław</b>	<b>212</b>	WAARSZAWA	M30	79	<b>06:52:33.00</b>	<b>06:52:33.00</b>	+02:11:06 (31.8%)	7:56	7.6 (68.5%)
162	<b>MOSSOP Andrew</b>	<b>539</b>	WITC	M30	80	<b>06:52:49.00</b>	<b>06:52:49.00</b>	+02:11:22 (31.8%)	7:56	7.6 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
163	<b>TRUSZKOWSKI Damian</b>	<b>559</b>		M20	16	<b>06:52:55.00</b>	<b>06:52:55.00</b>	+02:11:28 (31.8%)	7:56	7.6 (68.5%)
164	<b>BARANOWSKI Jacek</b>	<b>541</b>	JACEK BIEGA RUNNING TEAM	M30	81	<b>06:53:18.00</b>	<b>06:53:18.00</b>	+02:11:51 (31.9%)	7:56	7.5 (67.6%)
165	<b>PÓŁTORAK Krzysztof</b>	<b>323</b>	WARSZAWA	M30	82	<b>06:53:20.00</b>	<b>06:53:20.00</b>	+02:11:53 (31.9%)	7:56	7.5 (67.6%)
166	<b>BRYGIER Jacek</b>	<b>518</b>	TKKF PŁOCK	M40	42	<b>06:54:13.00</b>	<b>06:54:13.00</b>	+02:12:46 (32.1%)	7:57	7.5 (67.6%)
167	<b>WIŚNIEWSKI Artur</b>	<b>267</b>	INTRO	M30	83	<b>06:54:19.00</b>	<b>06:54:19.00</b>	+02:12:52 (32.1%)	7:58	7.5 (67.6%)
168	<b>KOWALSKA Katarzyna</b>	<b>533</b>	NIGHT RUNNERS	K30	13	<b>06:54:42.00</b>	<b>06:54:42.00</b>	+02:13:15 (32.1%)	7:58	7.5 (67.6%)
169	<b>OCHAB Janusz</b>	<b>22</b>	WARSZAWA	M40	43	<b>06:54:55.00</b>	<b>06:54:55.00</b>	+02:13:28 (32.2%)	7:58	7.5 (67.6%)
170	<b>ULAS Maciej</b>	<b>196</b>	BOCHNIA	M30	84	<b>06:55:05.00</b>	<b>06:55:05.00</b>	+02:13:38 (32.2%)	7:58	7.5 (67.6%)
171	<b>ZWOLIŃSKI Łukasz</b>	<b>26</b>	AKADEMIA BIEGANIA	M30	85	<b>06:55:42.00</b>	<b>06:55:42.00</b>	+02:14:15 (32.3%)	7:59	7.5 (67.6%)
172	<b>PISZCZEK Szymon</b>	<b>308</b>		M30	86	<b>06:56:02.00</b>	<b>06:56:02.00</b>	+02:14:35 (32.3%)	8:00	7.5 (67.6%)
173	<b>WAŁCZYK Krzysztof</b>	<b>295</b>	ŁOWCE	M20	17	<b>06:56:03.00</b>	<b>06:56:03.00</b>	+02:14:36 (32.4%)	8:00	7.5 (67.6%)
174	<b>BÓBSKI Michał</b>	<b>282</b>	LUBLIN	M20	18	<b>06:56:06.00</b>	<b>06:56:06.00</b>	+02:14:39 (32.4%)	8:00	7.5 (67.6%)
175	<b>WITCZAK Przemysław</b>	<b>74</b>	DREAMTIME TRAILS	M40	44	<b>06:56:29.00</b>	<b>06:56:29.00</b>	+02:15:02 (32.4%)	8:00	7.5 (67.6%)
176	<b>GMITEREK Tomasz</b>	<b>468</b>	LUBLIN	M40	45	<b>06:56:46.00</b>	<b>06:56:46.00</b>	+02:15:19 (32.5%)	8:00	7.5 (67.6%)
177	<b>JEZERSKI-KRUPA Marek</b>	<b>568</b>	ZABRZE	M20	19	<b>06:56:51.00</b>	<b>06:56:51.00</b>	+02:15:24 (32.5%)	8:00	7.5 (67.6%)
178	<b>GRABOWSKA Maria</b>	<b>13</b>	PASJABIEGANIA.PL	K40	1	<b>06:57:34.00</b>	<b>06:57:34.00</b>	+02:16:07 (32.6%)	8:01	7.5 (67.6%)
179	<b>BUSZ Jacek</b>	<b>398</b>	RZESZÓW	M30	87	<b>06:58:23.00</b>	<b>06:58:23.00</b>	+02:16:56 (32.7%)	8:02	7.5 (67.6%)
180	<b>KUŹNIAK Marcin</b>	<b>527</b>	ENDORFINA	M30	88	<b>06:58:26.00</b>	<b>06:58:26.00</b>	+02:16:59 (32.7%)	8:02	7.5 (67.6%)
181	<b>HADAŁA Ignacy</b>	<b>266</b>	KINETIC TEAM GDAŃSK	M30	89	<b>06:58:34.00</b>	<b>06:58:34.00</b>	+02:17:07 (32.8%)	8:02	7.5 (67.6%)
182	<b>MISZCZAK Szymon</b>	<b>601</b>	REHABILITANCI.ORG.PL	M30	90	<b>06:58:50.00</b>	<b>06:58:50.00</b>	+02:17:23 (32.8%)	8:03	7.4 (66.7%)
183	<b>KĘPIŃSKI Damian</b>	<b>558</b>	BEŁCHATÓW	M20	20	<b>06:58:51.00</b>	<b>06:58:51.00</b>	+02:17:24 (32.8%)	8:03	7.4 (66.7%)
184	<b>SOBOLEWSKI Sebastian</b>	<b>85</b>	RZESZÓW	M20	21	<b>06:59:00.00</b>	<b>06:59:00.00</b>	+02:17:33 (32.8%)	8:03	7.4 (66.7%)
185	<b>POBŁOCKI Jan</b>	<b>493</b>	GRUPA TRÓJMIASTO	M50	11	<b>06:59:01.00</b>	<b>06:59:01.00</b>	+02:17:34 (32.8%)	8:03	7.4 (66.7%)
186	<b>JAREMA Robert</b>	<b>20</b>	LOKOMOTIV MAJDAN	M40	46	<b>06:59:03.00</b>	<b>06:59:03.00</b>	+02:17:36 (32.8%)	8:03	7.4 (66.7%)
187	<b>KIELAK Daniel</b>	<b>150</b>	WARSZAWA	M30	91	<b>06:59:05.00</b>	<b>06:59:05.00</b>	+02:17:38 (32.8%)	8:03	7.4 (66.7%)
188	<b>CZERSKI Piotr</b>	<b>91</b>	WARSZAWA	M30	92	<b>06:59:06.00</b>	<b>06:59:06.00</b>	+02:17:39 (32.8%)	8:03	7.4 (66.7%)
189	<b>ROSIŃSKI Piotr</b>	<b>143</b>	PRO-CARS WEJHEROWO	M50	12	<b>06:59:59.00</b>	<b>06:59:59.00</b>	+02:18:32 (33.0%)	8:04	7.4 (66.7%)
189	<b>PIOTR Wiśniewski</b>	<b>575</b>	LOFT SPORT	M40	47	<b>06:59:59.00</b>	<b>06:59:59.00</b>	+02:18:32 (33.0%)	8:04	7.4 (66.7%)
191	<b>NIŻNIK Marcin</b>	<b>602</b>	RT NSG	M30	93	<b>07:00:19.00</b>	<b>07:00:19.00</b>	+02:18:52 (33.0%)	8:04	7.4 (66.7%)
192	<b>JAKUBASZEK Monika</b>	<b>151</b>	KS ALASKA	K30	14	<b>07:00:21.00</b>	<b>07:00:21.00</b>	+02:18:54 (33.0%)	8:05	7.4 (66.7%)
193	<b>TUROSZ Zbigniew</b>	<b>386</b>	LEŻAJSK	M50	13	<b>07:00:23.00</b>	<b>07:00:23.00</b>	+02:18:56 (33.0%)	8:05	7.4 (66.7%)
194	<b>TIMOFIEJUK Paweł</b>	<b>598</b>	NIGHT RUNNERS ALBATROS	M30	94	<b>07:01:55.00</b>	<b>07:01:55.00</b>	+02:20:28 (33.3%)	8:06	7.4 (66.7%)
195	<b>KRYGIER Marcin</b>	<b>606</b>	PGB SPORTOWA PACZKA	M30	95	<b>07:01:59.00</b>	<b>07:01:59.00</b>	+02:20:32 (33.3%)	8:06	7.4 (66.7%)
196	<b>KOŁODZIEJSKI Michał</b>	<b>378</b>	WARSZAWA	M40	48	<b>07:02:01.00</b>	<b>07:02:01.00</b>	+02:20:34 (33.3%)	8:06	7.4 (66.7%)
197	<b>TURLEJ Dariusz</b>	<b>55</b>	KONDYCJA	M50	14	<b>07:02:04.00</b>	<b>07:02:04.00</b>	+02:20:37 (33.3%)	8:07	7.4 (66.7%)
198	<b>BONDARA Sylwia</b>	<b>307</b>		K20	5	<b>07:02:10.00</b>	<b>07:02:10.00</b>	+02:20:43 (33.3%)	8:07	7.4 (66.7%)
199	<b>ZYGMUNT Mateusz</b>	<b>112</b>	ŁUSZCZANOWICE	M30	96	<b>07:02:19.00</b>	<b>07:02:19.00</b>	+02:20:52 (33.4%)	8:07	7.4 (66.7%)
200	<b>KONRAD Konstantynowicz</b>	<b>167</b>		M30	97	<b>07:02:41.00</b>	<b>07:02:41.00</b>	+02:21:14 (33.4%)	8:07	7.4 (66.7%)
201	<b>ŁOCHAŃSKI Grzegorz</b>	<b>274</b>	BYSIE	M30	98	<b>07:02:55.00</b>	<b>07:02:55.00</b>	+02:21:28 (33.5%)	8:07	7.4 (66.7%)
202	<b>PORĘBA Eugeniusz</b>	<b>52</b>	MIECHÓW	M50	15	<b>07:03:01.00</b>	<b>07:03:01.00</b>	+02:21:34 (33.5%)	8:08	7.4 (66.7%)
203	<b>NĘDZUSIAK Dariusz</b>	<b>171</b>	APTEKA MIKSTURA	M50	16	<b>07:03:11.00</b>	<b>07:03:11.00</b>	+02:21:44 (33.5%)	8:08	7.4 (66.7%)
204	<b>JARUS Tomasz</b>	<b>436</b>	KOMORNIKI	M30	99	<b>07:03:52.00</b>	<b>07:03:52.00</b>	+02:22:25 (33.6%)	8:09	7.4 (66.7%)
205	<b>STRZELECKI Jacek</b>	<b>117</b>	SIŁOWNIA B-52 GDAŃSK	M30	100	<b>07:03:58.00</b>	<b>07:03:58.00</b>	+02:22:31 (33.6%)	8:09	7.4 (66.7%)
206	<b>PIKOR Jacek</b>	<b>547</b>	BIEGUSIEM.PL	M40	49	<b>07:04:05.00</b>	<b>07:04:05.00</b>	+02:22:38 (33.6%)	8:09	7.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
207	<b>ŚCIUBEŁ Michał</b>	<b>48</b>	KIELCE	M30	101	<b>07:04:20.00</b>	<b>07:04:20.00</b>	+02:22:53 (33.7%)	8:09	7.4 (66.7%)
208	<b>KRZYŻAK Edward</b>	<b>479</b>	LOS BIEGANEROS	M40	50	<b>07:04:21.00</b>	<b>07:04:21.00</b>	+02:22:54 (33.7%)	8:09	7.4 (66.7%)
209	<b>DADUŃ Tomasz</b>	<b>544</b>		M40	51	<b>07:04:42.00</b>	<b>07:04:42.00</b>	+02:23:15 (33.7%)	8:10	7.3 (65.8%)
210	<b>KUROWSKI Kuba</b>	<b>467</b>	PUŁAWY	M30	102	<b>07:05:36.00</b>	<b>07:05:36.00</b>	+02:24:09 (33.9%)	8:11	7.3 (65.8%)
211	<b>ZUBOWICZ Jakub</b>	<b>215</b>	ŻWAWĘ ŻUBRY	M30	103	<b>07:06:27.00</b>	<b>07:06:27.00</b>	+02:25:00 (34.0%)	8:12	7.3 (65.8%)
212	<b>SUCHODOLSKI Jerzy</b>	<b>291</b>	RADLIN KWK MARCEL	M40	52	<b>07:07:09.00</b>	<b>07:07:09.00</b>	+02:25:42 (34.1%)	8:12	7.3 (65.8%)
213	<b>CZUPTA Dawid</b>	<b>596</b>		M30	104	<b>07:07:58.00</b>	<b>07:07:58.00</b>	+02:26:31 (34.2%)	8:13	7.3 (65.8%)
214	<b>GWIZDAK Bartosz</b>	<b>483</b>	WYŻNE	M30	105	<b>07:08:20.00</b>	<b>07:08:20.00</b>	+02:26:53 (34.3%)	8:14	7.3 (65.8%)
215	<b>DZIENISZEWSKI Tomasz</b>	<b>230</b>	WARSZAWA	M30	106	<b>07:08:23.00</b>	<b>07:08:23.00</b>	+02:26:56 (34.3%)	8:14	7.3 (65.8%)
216	<b>BASIŃSKI Hubert</b>	<b>385</b>	BIEGACZAMATOR	M30	107	<b>07:08:25.00</b>	<b>07:08:25.00</b>	+02:26:58 (34.3%)	8:14	7.3 (65.8%)
217	<b>MAJEWSKI Piotr</b>	<b>399</b>	JASŁO	M30	108	<b>07:08:33.00</b>	<b>07:08:33.00</b>	+02:27:06 (34.3%)	8:14	7.3 (65.8%)
217	<b>CEBULA Leszek</b>	<b>423</b>	KRAKÓW	M30	108	<b>07:08:33.00</b>	<b>07:08:33.00</b>	+02:27:06 (34.3%)	8:14	7.3 (65.8%)
217	<b>NOWAKOWSKI Mateusz</b>	<b>438</b>	CIECHOCINEK	M20	22	<b>07:08:33.00</b>	<b>07:08:33.00</b>	+02:27:06 (34.3%)	8:14	7.3 (65.8%)
220	<b>PLACZEK Pawel</b>	<b>428</b>	WETLINA	M30	110	<b>07:08:56.00</b>	<b>07:08:56.00</b>	+02:27:29 (34.4%)	8:14	7.3 (65.8%)
221	<b>CZEPIEL-RAK Katarzyna</b>	<b>347</b>	JASŁO	K30	15	<b>07:09:04.00</b>	<b>07:09:04.00</b>	+02:27:37 (34.4%)	8:15	7.3 (65.8%)
221	<b>RAK Łukasz</b>	<b>348</b>	JASŁO	M40	53	<b>07:09:04.00</b>	<b>07:09:04.00</b>	+02:27:37 (34.4%)	8:15	7.3 (65.8%)
223	<b>GUT Mateusz</b>	<b>433</b>	WARSZAWA	M Open	1	<b>07:09:16.00</b>	<b>07:09:16.00</b>	+02:27:49 (34.4%)	8:15	7.3 (65.8%)
224	<b>ROŚ Lech</b>	<b>246</b>	OLKUSZ	M40	54	<b>07:09:19.00</b>	<b>07:09:19.00</b>	+02:27:52 (34.4%)	8:15	7.3 (65.8%)
225	<b>RAMM Aleksander</b>	<b>30</b>		M30	111	<b>07:10:29.00</b>	<b>07:10:29.00</b>	+02:29:02 (34.6%)	8:16	7.2 (64.9%)
225	<b>NOWAK Mariusz</b>	<b>422</b>	ROWEROWANIE.PL	M30	111	<b>07:10:29.00</b>	<b>07:10:29.00</b>	+02:29:02 (34.6%)	8:16	7.2 (64.9%)
227	<b>LAMPART Robert</b>	<b>311</b>	10 WARSZAWSKI PUŁK SAMOCHODOWY	M40	55	<b>07:10:37.00</b>	<b>07:10:37.00</b>	+02:29:10 (34.6%)	8:16	7.2 (64.9%)
228	<b>ŻERO Artur</b>	<b>297</b>	ZEROACTIVE	M40	56	<b>07:10:39.00</b>	<b>07:10:39.00</b>	+02:29:12 (34.6%)	8:16	7.2 (64.9%)
229	<b>SIERZPUTOWSKI Grzegorz</b>	<b>262</b>	WARSZAWA	M30	113	<b>07:10:41.00</b>	<b>07:10:41.00</b>	+02:29:14 (34.7%)	8:16	7.2 (64.9%)
230	<b>MICHAŁ Binięcki</b>	<b>133</b>	CHORZÓW	M40	57	<b>07:10:42.00</b>	<b>07:10:42.00</b>	+02:29:15 (34.7%)	8:16	7.2 (64.9%)
231	<b>MARCHEWKA Daniel</b>	<b>488</b>	LUBIN	M30	114	<b>07:10:50.00</b>	<b>07:10:50.00</b>	+02:29:23 (34.7%)	8:17	7.2 (64.9%)
232	<b>JAROSZYŃSKI Piotr</b>	<b>502</b>	MTS DRUŻYNA SZPIKU KGHM	M30	115	<b>07:10:51.00</b>	<b>07:10:51.00</b>	+02:29:24 (34.7%)	8:17	7.2 (64.9%)
233	<b>LASOCKI Dawid</b>	<b>552</b>	CIECHANÓW	M30	116	<b>07:11:39.00</b>	<b>07:11:39.00</b>	+02:30:12 (34.8%)	8:18	7.2 (64.9%)
234	<b>WARDAK Ewa</b>	<b>432</b>	PRUSZKÓW	K30	16	<b>07:12:24.00</b>	<b>07:12:24.00</b>	+02:30:57 (34.9%)	8:18	7.2 (64.9%)
235	<b>RYBAK Przemysław</b>	<b>367</b>	RODOWITE PUŁAWY	M30	117	<b>07:12:25.00</b>	<b>07:12:25.00</b>	+02:30:58 (34.9%)	8:18	7.2 (64.9%)
236	<b>JAREMA Marek</b>	<b>129</b>	KRAKÓW	M40	58	<b>07:12:32.00</b>	<b>07:12:32.00</b>	+02:31:05 (34.9%)	8:19	7.2 (64.9%)
237	<b>SYPIEWSKA Hanna</b>	<b>181</b>	GOLDEN TEAM/ SPARTANIE DZIECIOM	K60	1	<b>07:13:12.00</b>	<b>07:13:12.00</b>	+02:31:45 (35.0%)	8:19	7.2 (64.9%)
238	<b>PIWOWARCZYK Magdalena</b>	<b>186</b>	SZKOLA WSPINANIA KLAMA	K30	17	<b>07:13:13.00</b>	<b>07:13:13.00</b>	+02:31:46 (35.0%)	8:19	7.2 (64.9%)
239	<b>GÓROWSKI Mateusz</b>	<b>6</b>	ZABRZE	M30	118	<b>07:13:17.00</b>	<b>07:13:17.00</b>	+02:31:50 (35.0%)	8:19	7.2 (64.9%)
240	<b>KAWA Michał</b>	<b>365</b>	PUŁAWY	M40	59	<b>07:13:22.00</b>	<b>07:13:22.00</b>	+02:31:55 (35.1%)	8:20	7.2 (64.9%)
241	<b>KRZYSZCZAK Jaromir</b>	<b>427</b>	CZCICIELE BOBRZEJ NORBY	M30	119	<b>07:13:34.00</b>	<b>07:13:34.00</b>	+02:32:07 (35.1%)	8:20	7.2 (64.9%)
242	<b>CYRANKIEWICZ Paweł</b>	<b>316</b>	LUBLIN	M40	60	<b>07:13:35.00</b>	<b>07:13:35.00</b>	+02:32:08 (35.1%)	8:20	7.2 (64.9%)
243	<b>KALINOWSKA - MIKOŁAJCZUK Marta</b>	<b>545</b>	NIGHT RUNNERS	K20	6	<b>07:13:41.00</b>	<b>07:13:41.00</b>	+02:32:14 (35.1%)	8:20	7.2 (64.9%)
244	<b>KOSTKA Janusz</b>	<b>92</b>	38-457	M40	61	<b>07:14:53.00</b>	<b>07:14:53.00</b>	+02:33:26 (35.3%)	8:21	7.2 (64.9%)
245	<b>KRUZEL Rafał</b>	<b>3</b>	LEGNICA	M40	62	<b>07:16:12.00</b>	<b>07:16:12.00</b>	+02:34:45 (35.5%)	8:23	7.2 (64.9%)
246	<b>TEKIELI Kacper</b>	<b>201</b>		M30	120	<b>07:16:52.00</b>	<b>07:16:52.00</b>	+02:35:25 (35.6%)	8:24	7.1 (64.0%)
247	<b>MOŁDAWA Wojciech</b>	<b>569</b>	GDAŃSK	M30	121	<b>07:17:21.00</b>	<b>07:17:21.00</b>	+02:35:54 (35.6%)	8:24	7.1 (64.0%)
248	<b>MISIUREWICZ Paweł</b>	<b>110</b>	PASSUS SPORT TEAM	M40	63	<b>07:17:52.00</b>	<b>07:17:52.00</b>	+02:36:25 (35.7%)	8:25	7.1 (64.0%)
249	<b>JAKUBIEC Bartłomiej</b>	<b>475</b>	ROZPIERDOLSI	M20	23	<b>07:17:57.00</b>	<b>07:17:57.00</b>	+02:36:30 (35.7%)	8:25	7.1 (64.0%)
250	<b>CHUDYBA Michał</b>	<b>318</b>	GDAŃSK	M30	122	<b>07:18:17.00</b>	<b>07:18:17.00</b>	+02:36:50 (35.8%)	8:25	7.1 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
251	<b>PIETRUSZCZAK Agnieszka</b>	<b>126</b>	TOMASZÓW MAZ.	K40	2	<b>07:18:18.00</b>	<b>07:18:18.00</b>	+02:36:51 (35.8%)	8:25	7.1 (64.0%)
252	<b>JANISZEWSKI Łukasz</b>	<b>336</b>	CZĘSTOCHOWA	M30	123	<b>07:18:20.00</b>	<b>07:18:20.00</b>	+02:36:53 (35.8%)	8:25	7.1 (64.0%)
253	<b>PÓŁTORAK Katarzyna</b>	<b>324</b>	WARSZAWA	K30	18	<b>07:18:21.00</b>	<b>07:18:21.00</b>	+02:36:54 (35.8%)	8:25	7.1 (64.0%)
254	<b>APANASIEWICZ Bartosz</b>	<b>416</b>	BYDGOSZCZ	M30	124	<b>07:18:24.00</b>	<b>07:18:24.00</b>	+02:36:57 (35.8%)	8:25	7.1 (64.0%)
255	<b>KRUPCZYŃSKI Michał</b>	<b>414</b>	KRUPOLS TEAM	M20	24	<b>07:18:39.00</b>	<b>07:18:39.00</b>	+02:37:12 (35.8%)	8:26	7.1 (64.0%)
256	<b>KACPERSKI Olaf</b>	<b>470</b>		M40	64	<b>07:18:43.00</b>	<b>07:18:43.00</b>	+02:37:16 (35.8%)	8:26	7.1 (64.0%)
257	<b>KUKLA Marcin</b>	<b>168</b>	WARSZAWA	M40	65	<b>07:18:47.00</b>	<b>07:18:47.00</b>	+02:37:20 (35.9%)	8:26	7.1 (64.0%)
257	<b>KIRKIEWICZ Ireneusz</b>	<b>101</b>	KOLEGA MAĆKA OŁAWA	M40	65	<b>07:18:47.00</b>	<b>07:18:47.00</b>	+02:37:20 (35.9%)	8:26	7.1 (64.0%)
259	<b>STASZEWSKI Piotr</b>	<b>346</b>	POTASZE	M40	67	<b>07:19:48.00</b>	<b>07:19:48.00</b>	+02:38:21 (36.0%)	8:27	7.1 (64.0%)
260	<b>GRYNKIEWICZ Magda</b>	<b>174</b>	WARSZAWA	K30	19	<b>07:19:50.00</b>	<b>07:19:50.00</b>	+02:38:23 (36.0%)	8:27	7.1 (64.0%)
261	<b>SOBULSKI Karol</b>	<b>9</b>	KALIŃSKA TEAM	M30	125	<b>07:20:22.00</b>	<b>07:20:22.00</b>	+02:38:55 (36.1%)	8:28	7.1 (64.0%)
262	<b>TROJNAR Damian</b>	<b>449</b>	DĘBNO/LEŻAJSK	M20	25	<b>07:21:01.00</b>	<b>07:21:01.00</b>	+02:39:34 (36.2%)	8:28	7.1 (64.0%)
262	<b>RZECZKOWSKI Maciej</b>	<b>418</b>	OTWOCK	M40	68	<b>07:21:01.00</b>	<b>07:21:01.00</b>	+02:39:34 (36.2%)	8:28	7.1 (64.0%)
264	<b>TUCZAPSKI Artur</b>	<b>369</b>	RZESZÓW	M50	17	<b>07:21:36.00</b>	<b>07:21:36.00</b>	+02:40:09 (36.3%)	8:29	7.1 (64.0%)
265	<b>TERLECKI Krzysztof</b>	<b>557</b>	BOREK CHEŁM	M50	18	<b>07:21:45.00</b>	<b>07:21:45.00</b>	+02:40:18 (36.3%)	8:29	7.1 (64.0%)
266	<b>KLARECKI Adrian</b>	<b>442</b>	ASTMA TEAM	M30	126	<b>07:22:05.00</b>	<b>07:22:05.00</b>	+02:40:38 (36.3%)	8:30	7.1 (64.0%)
267	<b>KRÓL Maciej</b>	<b>441</b>	ASTMA TEAM	M30	127	<b>07:22:06.00</b>	<b>07:22:06.00</b>	+02:40:39 (36.3%)	8:30	7.1 (64.0%)
268	<b>JAROSIK Daniel</b>	<b>573</b>	TEAM ASA - BIEGIEM PO ZDROWIE	M40	69	<b>07:23:26.00</b>	<b>07:23:26.00</b>	+02:41:59 (36.5%)	8:31	7 (63.1%)
269	<b>JEREMICZ Marcin</b>	<b>210</b>	SPORTEVO	M30	128	<b>07:23:43.00</b>	<b>07:23:43.00</b>	+02:42:16 (36.6%)	8:31	7 (63.1%)
270	<b>BAK Marek</b>	<b>439</b>	TARNOWSKIE GÓRY	M40	70	<b>07:23:46.00</b>	<b>07:23:46.00</b>	+02:42:19 (36.6%)	8:32	7 (63.1%)
271	<b>MISIEK Marek</b>	<b>588</b>	GLUCHOŁAZY	M40	71	<b>07:24:01.00</b>	<b>07:24:01.00</b>	+02:42:34 (36.6%)	8:32	7 (63.1%)
272	<b>OPOZDA Michał</b>	<b>474</b>	KRAKÓW	M30	129	<b>07:24:06.00</b>	<b>07:24:06.00</b>	+02:42:39 (36.6%)	8:32	7 (63.1%)
273	<b>OZDZINSKI Paweł</b>	<b>504</b>	RYKI	M40	72	<b>07:24:42.00</b>	<b>07:24:42.00</b>	+02:43:15 (36.7%)	8:33	7 (63.1%)
274	<b>CZAPLIŃSKI Mariusz</b>	<b>455</b>	GNIEZNO	M40	73	<b>07:25:02.00</b>	<b>07:25:02.00</b>	+02:43:35 (36.8%)	8:33	7 (63.1%)
274	<b>PACANOWSKI Robert</b>	<b>351</b>	GNIEZNO	M40	73	<b>07:25:02.00</b>	<b>07:25:02.00</b>	+02:43:35 (36.8%)	8:33	7 (63.1%)
276	<b>KOŻŁOWSKA Marta</b>	<b>603</b>	WARSZAWA	K30	20	<b>07:25:11.00</b>	<b>07:25:11.00</b>	+02:43:44 (36.8%)	8:33	7 (63.1%)
277	<b>BENESZ Robert</b>	<b>519</b>	RZESZOWSKIE GAZELE I GEPARDY	M40	75	<b>07:25:17.00</b>	<b>07:25:17.00</b>	+02:43:50 (36.8%)	8:33	7 (63.1%)
278	<b>ŚWIDER Bartosz</b>	<b>109</b>	KROGULCE	M30	130	<b>07:25:23.00</b>	<b>07:25:23.00</b>	+02:43:56 (36.8%)	8:33	7 (63.1%)
279	<b>ZASINA Sebastian</b>	<b>540</b>	RÜBEZAHL TEAM	M30	131	<b>07:25:29.00</b>	<b>07:25:29.00</b>	+02:44:02 (36.8%)	8:34	7 (63.1%)
280	<b>JAREMA Maciek</b>	<b>19</b>	LOKOMOTIV MAJDAN	M30	132	<b>07:25:30.00</b>	<b>07:25:30.00</b>	+02:44:03 (36.8%)	8:34	7 (63.1%)
281	<b>KRZYWICKI Paweł</b>	<b>203</b>		M40	76	<b>07:25:32.00</b>	<b>07:25:32.00</b>	+02:44:05 (36.8%)	8:34	7 (63.1%)
282	<b>URBAŃSKI Józef</b>	<b>327</b>	KKB MOSIR KROSNO	M50	19	<b>07:25:54.00</b>	<b>07:25:54.00</b>	+02:44:27 (36.9%)	8:34	7 (63.1%)
283	<b>JEZERSKI Marek</b>	<b>425</b>	CHRZANOW	M30	133	<b>07:27:16.00</b>	<b>07:27:16.00</b>	+02:45:49 (37.1%)	8:36	7 (63.1%)
284	<b>SZANECKI Jakub</b>	<b>220</b>	RZESZÓW	M30	134	<b>07:27:59.00</b>	<b>07:27:59.00</b>	+02:46:32 (37.2%)	8:36	7 (63.1%)
285	<b>MAJEWSKI Arkadiusz</b>	<b>204</b>	WODZISŁAW ŚLĄSKI	M40	77	<b>07:28:18.00</b>	<b>07:28:18.00</b>	+02:46:51 (37.2%)	8:37	7 (63.1%)
286	<b>MATUSZEWICZ Ewa</b>	<b>160</b>	KONDYCJA	K50	1	<b>07:28:29.00</b>	<b>07:28:29.00</b>	+02:47:02 (37.2%)	8:37	7 (63.1%)
287	<b>ŁACHUT Łucja</b>	<b>562</b>	MODŁA	K20	7	<b>07:28:52.00</b>	<b>07:28:52.00</b>	+02:47:25 (37.3%)	8:37	7 (63.1%)
288	<b>GRONIECKI Mikołaj</b>	<b>281</b>		M30	135	<b>07:29:10.00</b>	<b>07:29:10.00</b>	+02:47:43 (37.3%)	8:38	6.9 (62.2%)
289	<b>PAŁASZYŃSKI Tomasz</b>	<b>175</b>	CZERNIKOWO	M40	78	<b>07:29:38.00</b>	<b>07:29:38.00</b>	+02:48:11 (37.4%)	8:38	6.9 (62.2%)
290	<b>KOWALSKI Dominik</b>	<b>409</b>	LOFT SPORT TEAM	M20	26	<b>07:31:29.00</b>	<b>07:31:29.00</b>	+02:50:02 (37.7%)	8:40	6.9 (62.2%)
291	<b>KUZIMSKI Aleksander</b>	<b>366</b>	PADŁ NA RYJ TEAM	M30	136	<b>07:31:50.00</b>	<b>07:31:50.00</b>	+02:50:23 (37.7%)	8:41	6.9 (62.2%)
292	<b>JÓZEFczyk Tomasz</b>	<b>434</b>	KROSNO	M30	137	<b>07:32:04.00</b>	<b>07:32:04.00</b>	+02:50:37 (37.7%)	8:41	6.9 (62.2%)
293	<b>DOBZAŃSKI Paweł</b>	<b>375</b>	POSMAKUJ RUN TEAM	M30	138	<b>07:32:05.00</b>	<b>07:32:05.00</b>	+02:50:38 (37.7%)	8:41	6.9 (62.2%)
294	<b>TODD Peter</b>	<b>507</b>	LONDYN	M50	20	<b>07:32:31.00</b>	<b>07:32:31.00</b>	+02:51:04 (37.8%)	8:42	6.9 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
295	<b>KOWALSKI Hubert</b>	<b>408</b>	LOFT SPORT TEAM	M30	139	<b>07:32:37.00</b>	<b>07:32:37.00</b>	+02:51:10 (37.8%)	8:42	6.9 (62.2%)
296	<b>KURA Tomasz</b>	<b>144</b>	KATOWICE	M40	79	<b>07:32:41.00</b>	<b>07:32:41.00</b>	+02:51:14 (37.8%)	8:42	6.9 (62.2%)
297	<b>POSTUPALSKI Michał</b>	<b>471</b>	XTRAINER.PL	M30	140	<b>07:32:44.00</b>	<b>07:32:44.00</b>	+02:51:17 (37.8%)	8:42	6.9 (62.2%)
298	<b>STARZYŃSKI Stefan</b>	<b>10</b>	PERFECT RUNNER LUBLIN	M40	80	<b>07:32:47.00</b>	<b>07:32:47.00</b>	+02:51:20 (37.8%)	8:42	6.9 (62.2%)
299	<b>LESZCZYŃSKI Maciek</b>	<b>440</b>	BIELSKO-BIAŁA	M40	81	<b>07:32:50.00</b>	<b>07:32:50.00</b>	+02:51:23 (37.8%)	8:42	6.9 (62.2%)
300	<b>DĘBIEC Karina</b>	<b>450</b>	RYMANÓW	K30	21	<b>07:33:15.00</b>	<b>07:33:15.00</b>	+02:51:48 (37.9%)	8:42	6.9 (62.2%)
300	<b>FYDA Piotr</b>	<b>419</b>		M30	141	<b>07:33:15.00</b>	<b>07:33:15.00</b>	+02:51:48 (37.9%)	8:42	6.9 (62.2%)
302	<b>PALCZAK Rafał</b>	<b>84</b>	GŁOGÓW MAŁOPOLSKI	M40	82	<b>07:33:19.00</b>	<b>07:33:19.00</b>	+02:51:52 (37.9%)	8:43	6.9 (62.2%)
303	<b>ŚLĄCZKA Arkadiusz</b>	<b>75</b>	FINISZ RYMANÓW	M30	142	<b>07:33:33.00</b>	<b>07:33:33.00</b>	+02:52:06 (37.9%)	8:43	6.9 (62.2%)
304	<b>JOSYPENKO Bozena</b>	<b>506</b>	JACEKBIEGA RUNNING TEAM	K30	22	<b>07:33:54.00</b>	<b>07:33:54.00</b>	+02:52:27 (38.0%)	8:43	6.9 (62.2%)
305	<b>DOLATOWSKI Łukasz</b>	<b>564</b>	DOLAR TRAVEL	M30	143	<b>07:34:10.00</b>	<b>07:34:10.00</b>	+02:52:43 (38.0%)	8:44	6.9 (62.2%)
306	<b>WIECZOREK Dariusz</b>	<b>613</b>	PRZEGLĄD SPORTOWY/CZASNABIEGANIE.PL	M40	83	<b>07:34:41.00</b>	<b>07:34:41.00</b>	+02:53:14 (38.1%)	8:44	6.9 (62.2%)
307	<b>GUTKOWSKI Tomek</b>	<b>443</b>	RADOM	M30	144	<b>07:35:04.00</b>	<b>07:35:04.00</b>	+02:53:37 (38.2%)	8:45	6.9 (62.2%)
308	<b>WASIAK Michał</b>	<b>299</b>	RADOM	M20	27	<b>07:35:15.00</b>	<b>07:35:15.00</b>	+02:53:48 (38.2%)	8:45	6.9 (62.2%)
309	<b>MALINOWSKA Anna</b>	<b>193</b>	GDAŃSK	K20	8	<b>07:35:31.00</b>	<b>07:35:31.00</b>	+02:54:04 (38.2%)	8:45	6.8 (61.3%)
310	<b>RZESZÓTKO Marzena</b>	<b>615</b>	POWERADE TEAM	K40	3	<b>07:35:42.00</b>	<b>07:35:42.00</b>	+02:54:15 (38.2%)	8:45	6.8 (61.3%)
311	<b>ATWELL Tania</b>	<b>271</b>	CBRE	K40	4	<b>07:36:30.00</b>	<b>07:36:30.00</b>	+02:55:03 (38.3%)	8:46	6.8 (61.3%)
312	<b>BUSZKO Sławomir</b>	<b>462</b>	WARSZAWA	M30	145	<b>07:36:43.00</b>	<b>07:36:43.00</b>	+02:55:16 (38.4%)	8:46	6.8 (61.3%)
313	<b>BARTOSIEWICZ Andrzej</b>	<b>287</b>	POZNAŃ	M40	84	<b>07:36:45.00</b>	<b>07:36:45.00</b>	+02:55:18 (38.4%)	8:47	6.8 (61.3%)
314	<b>KORDECKA Anna</b>	<b>526</b>	BRZESKO	K30	23	<b>07:36:49.00</b>	<b>07:36:49.00</b>	+02:55:22 (38.4%)	8:47	6.8 (61.3%)
314	<b>WOJCIECHOWSKI Michał</b>	<b>631</b>	SPARTANIE DZIECIOM	M30	146	<b>07:36:49.00</b>	<b>07:36:49.00</b>	+02:55:22 (38.4%)	8:47	6.8 (61.3%)
316	<b>OSTROWSKI Ignacy</b>	<b>520</b>		M30	147	<b>07:36:58.00</b>	<b>07:36:58.00</b>	+02:55:31 (38.4%)	8:47	6.8 (61.3%)
317	<b>ZANIEWSKI Krzysztof</b>	<b>508</b>	CHRISACTIVE	M30	148	<b>07:37:28.00</b>	<b>07:37:28.00</b>	+02:56:01 (38.5%)	8:47	6.8 (61.3%)
318	<b>WACH Monika</b>	<b>430</b>	JACEKBIEGA RUNNING TEAM	K30	24	<b>07:37:32.00</b>	<b>07:37:32.00</b>	+02:56:05 (38.5%)	8:47	6.8 (61.3%)
319	<b>NIEMCZEWSKI Borys</b>	<b>244</b>	RZESZÓW TIMEBANDIT CORPS	M30	149	<b>07:37:43.00</b>	<b>07:37:43.00</b>	+02:56:16 (38.5%)	8:48	6.8 (61.3%)
320	<b>WOJTKOWIAK Łukasz</b>	<b>380</b>	BIEGACZAMATOR	M30	150	<b>07:38:23.00</b>	<b>07:38:23.00</b>	+02:56:56 (38.6%)	8:48	6.8 (61.3%)
321	<b>ŁUKASIK Andrzej</b>	<b>214</b>	LUBLIN	M40	85	<b>07:39:46.00</b>	<b>07:39:46.00</b>	+02:58:19 (38.8%)	8:50	6.8 (61.3%)
322	<b>SOCHACKA Elwira</b>	<b>583</b>	PRZEGLĄD SPORTOWY / CZASNABIEGANIE.PL	K30	25	<b>07:39:54.00</b>	<b>07:39:54.00</b>	+02:58:27 (38.8%)	8:50	6.8 (61.3%)
323	<b>NOWAK Łukasz</b>	<b>257</b>	RUNNING SUCKS / TORUŃ	M30	151	<b>07:40:01.00</b>	<b>07:40:01.00</b>	+02:58:34 (38.8%)	8:50	6.8 (61.3%)
324	<b>PIECH Adam</b>	<b>572</b>	KRAKÓW	M40	86	<b>07:40:32.00</b>	<b>07:40:32.00</b>	+02:59:05 (38.9%)	8:51	6.8 (61.3%)
325	<b>CIESLAK Marek</b>	<b>546</b>	WARSZAWA	M40	87	<b>07:40:42.00</b>	<b>07:40:42.00</b>	+02:59:15 (38.9%)	8:51	6.8 (61.3%)
326	<b>DZIEMBA Piotr</b>	<b>586</b>	BIELSKO-BIAŁA	M30	152	<b>07:41:09.00</b>	<b>07:41:09.00</b>	+02:59:42 (39.0%)	8:52	6.8 (61.3%)
327	<b>RÓŻANKOWSKA Aleksandra</b>	<b>152</b>	GLIWICE	K40	5	<b>07:41:37.00</b>	<b>07:41:37.00</b>	+03:00:10 (39.0%)	8:52	6.8 (61.3%)
328	<b>WITKOWICZ Tomasz</b>	<b>205</b>	WODZISLAW SL	M40	88	<b>07:41:45.00</b>	<b>07:41:45.00</b>	+03:00:18 (39.0%)	8:52	6.8 (61.3%)
329	<b>SZAFRANIEC Artur</b>	<b>194</b>	AT TEAM	M30	153	<b>07:41:52.00</b>	<b>07:41:52.00</b>	+03:00:25 (39.1%)	8:52	6.8 (61.3%)
330	<b>ATWELL Mike</b>	<b>272</b>	CBRE	M40	89	<b>07:41:55.00</b>	<b>07:41:55.00</b>	+03:00:28 (39.1%)	8:52	6.8 (61.3%)
331	<b>GÓRALCZYK Andrzej</b>	<b>514</b>	KW KRAKÓW	M30	154	<b>07:41:58.00</b>	<b>07:41:58.00</b>	+03:00:31 (39.1%)	8:53	6.8 (61.3%)
332	<b>JEŻYNA Marcin</b>	<b>38</b>	KRAKÓW	M30	155	<b>07:42:38.00</b>	<b>07:42:38.00</b>	+03:01:11 (39.2%)	8:53	6.7 (60.4%)
333	<b>KRUPCZYŃSKI Mariusz</b>	<b>410</b>	KRUPOLS TEAM	M50	21	<b>07:43:13.00</b>	<b>07:43:13.00</b>	+03:01:46 (39.2%)	8:54	6.7 (60.4%)
334	<b>MALISZEWSKA Marta</b>	<b>60</b>	ORTOREH TEAM	K30	26	<b>07:43:15.00</b>	<b>07:43:15.00</b>	+03:01:48 (39.2%)	8:54	6.7 (60.4%)
335	<b>KRZYSZTOŃ Piotr</b>	<b>330</b>	GIEEMPE LASY / KRAŚNIK	M30	156	<b>07:43:27.00</b>	<b>07:43:27.00</b>	+03:02:00 (39.3%)	8:54	6.7 (60.4%)
336	<b>PERCZYŃSKI Piotr</b>	<b>447</b>	CZARNY DUNAJEC	M20	28	<b>07:44:40.00</b>	<b>07:44:40.00</b>	+03:03:13 (39.4%)	8:56	6.7 (60.4%)
336	<b>GÓRECKI Rafał</b>	<b>241</b>	SPELEOKLUB WARSZAWSKI	M30	157	<b>07:44:40.00</b>	<b>07:44:40.00</b>	+03:03:13 (39.4%)	8:56	6.7 (60.4%)
338	<b>BŁASIAK Leszek</b>	<b>134</b>	KĘTY	M40	90	<b>07:44:44.00</b>	<b>07:44:44.00</b>	+03:03:17 (39.4%)	8:56	6.7 (60.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
339	<b>SENDECKI Rafał</b>	<b>457</b>	BRUPA BIEGOWA WAŁBRZYCH	M30	158	<b>07:44:48.00</b>	<b>07:44:48.00</b>	+03:03:21 (39.4%)	8:56	6.7 (60.4%)
340	<b>KUBAREK Łukasz</b>	<b>444</b>	KRAKÓW	M30	159	<b>07:45:26.00</b>	<b>07:45:26.00</b>	+03:03:59 (39.5%)	8:57	6.7 (60.4%)
341	<b>ROSIŃSKI Krzysztof</b>	<b>525</b>	BYDGOSZCZ	M30	160	<b>07:45:37.00</b>	<b>07:45:37.00</b>	+03:04:10 (39.6%)	8:57	6.7 (60.4%)
342	<b>KORCZYŃSKA-ZDĄBŁARZ Marta</b>	<b>17</b>	CHRZANÓW	K30	27	<b>07:46:56.00</b>	<b>07:46:56.00</b>	+03:05:29 (39.7%)	8:58	6.7 (60.4%)
343	<b>MAĆZKA Bronisław</b>	<b>612</b>	OTK RZEŹNIK	M60	1	<b>07:46:58.00</b>	<b>07:46:58.00</b>	+03:05:31 (39.7%)	8:58	6.7 (60.4%)
343	<b>PIECH Krzysztof</b>	<b>620</b>	OTK RZEŹNIK	M40	91	<b>07:46:58.00</b>	<b>07:46:58.00</b>	+03:05:31 (39.7%)	8:58	6.7 (60.4%)
345	<b>KAMIŃSKI Bartosz</b>	<b>333</b>	NYSA	M30	161	<b>07:47:05.00</b>	<b>07:47:05.00</b>	+03:05:38 (39.7%)	8:58	6.7 (60.4%)
346	<b>KARDACH Kamil</b>	<b>554</b>	FINISZ RYMANÓW	M20	29	<b>07:47:21.00</b>	<b>07:47:21.00</b>	+03:05:54 (39.8%)	8:59	6.7 (60.4%)
347	<b>JULKE Sławomir</b>	<b>321</b>	LOFT SPORT	M30	162	<b>07:47:26.00</b>	<b>07:47:26.00</b>	+03:05:59 (39.8%)	8:59	6.7 (60.4%)
348	<b>ŻOCHOWSKI Krzysztof</b>	<b>392</b>	WARSZAWA	M50	22	<b>07:48:11.00</b>	<b>07:48:11.00</b>	+03:06:44 (39.9%)	9:00	6.7 (60.4%)
349	<b>DŁUŻNIEWSKI Jacek</b>	<b>114</b>	KS ŁOMŻANIE	M30	163	<b>07:48:21.00</b>	<b>07:48:21.00</b>	+03:06:54 (39.9%)	9:00	6.7 (60.4%)
350	<b>ŻÓŁTEK Piotr</b>	<b>609</b>	POCZTOWA GRUPA BIEGOWA	M40	92	<b>07:48:23.00</b>	<b>07:48:23.00</b>	+03:06:56 (39.9%)	9:00	6.7 (60.4%)
350	<b>BAŁAZY Patryk</b>	<b>607</b>	PGB SPORTOWA PACZKA	M30	164	<b>07:48:23.00</b>	<b>07:48:23.00</b>	+03:06:56 (39.9%)	9:00	6.7 (60.4%)
352	<b>PIĄTEK Roman</b>	<b>605</b>	POCZTOWA GRUPA BIEGOWA	M40	93	<b>07:48:24.00</b>	<b>07:48:24.00</b>	+03:06:57 (39.9%)	9:00	6.7 (60.4%)
353	<b>PUDŁO Marcin</b>	<b>379</b>	AKSUPOLSKA/GOPR BIESZCZADY	M30	165	<b>07:48:27.00</b>	<b>07:48:27.00</b>	+03:07:00 (39.9%)	9:00	6.7 (60.4%)
354	<b>SEREMET Bożena</b>	<b>66</b>	BIEGAM BO LUBIĘ KRAKÓW	K40	6	<b>07:48:37.00</b>	<b>07:48:37.00</b>	+03:07:10 (39.9%)	9:00	6.7 (60.4%)
355	<b>TOMEČKO Jozef</b>	<b>581</b>	MARAS TEAM PREŠOV	M60	2	<b>07:48:43.00</b>	<b>07:48:43.00</b>	+03:07:16 (40.0%)	9:00	6.7 (60.4%)
356	<b>SZYSZKOWSKI Włodzimierz</b>	<b>132</b>	WARSZAWA	M40	94	<b>07:48:50.00</b>	<b>07:48:50.00</b>	+03:07:23 (40.0%)	9:00	6.7 (60.4%)
357	<b>PLASZCZYK Tomasz</b>	<b>218</b>	SPORTEVO GDAŃSK	M30	166	<b>07:49:08.00</b>	<b>07:49:08.00</b>	+03:07:41 (40.0%)	9:01	6.7 (60.4%)
357	<b>STUSIŃSKI Mariusz</b>	<b>402</b>	MIŃSK MAZOWIECKI	M30	166	<b>07:49:08.00</b>	<b>07:49:08.00</b>	+03:07:41 (40.0%)	9:01	6.7 (60.4%)
359	<b>WÓJCIK Julian</b>	<b>576</b>	SZWLA	M60	3	<b>07:49:15.00</b>	<b>07:49:15.00</b>	+03:07:48 (40.0%)	9:01	6.6 (59.5%)
360	<b>STARZYŃSKI Piotr</b>	<b>359</b>	WARSZAWA	M40	95	<b>07:49:16.00</b>	<b>07:49:16.00</b>	+03:07:49 (40.0%)	9:01	6.6 (59.5%)
361	<b>FUNKA Andrzej</b>	<b>159</b>	NKB CHYŻY NOWY TOMYŚL	M50	23	<b>07:49:18.00</b>	<b>07:49:18.00</b>	+03:07:51 (40.0%)	9:01	6.6 (59.5%)
362	<b>NABOŻNA Ewelina</b>	<b>528</b>		K30	28	<b>07:49:21.00</b>	<b>07:49:21.00</b>	+03:07:54 (40.0%)	9:01	6.6 (59.5%)
362	<b>GÓRECKI Piotr</b>	<b>590</b>	TRAIL FORCES	M40	96	<b>07:49:21.00</b>	<b>07:49:21.00</b>	+03:07:54 (40.0%)	9:01	6.6 (59.5%)
364	<b>SIELICKI Krzysztof</b>	<b>234</b>	WARSZAWA	M30	168	<b>07:50:16.00</b>	<b>07:50:16.00</b>	+03:08:49 (40.2%)	9:02	6.6 (59.5%)
365	<b>BUŁKOWSKI Waldemar</b>	<b>260</b>	BRZEG	M50	24	<b>07:50:25.00</b>	<b>07:50:25.00</b>	+03:08:58 (40.2%)	9:02	6.6 (59.5%)
366	<b>SZPONAR ŻUROWSKA Anna</b>	<b>342</b>	KICIN	K40	7	<b>07:51:12.00</b>	<b>07:51:12.00</b>	+03:09:45 (40.3%)	9:03	6.6 (59.5%)
367	<b>ŻUROWSKI Marcin</b>	<b>343</b>	KICIN	M40	97	<b>07:51:13.00</b>	<b>07:51:13.00</b>	+03:09:46 (40.3%)	9:03	6.6 (59.5%)
368	<b>FIJAŁKOWSKI Radosław</b>	<b>185</b>	COSTEKTEAM	M30	169	<b>07:52:06.00</b>	<b>07:52:06.00</b>	+03:10:39 (40.4%)	9:04	6.6 (59.5%)
369	<b>NARTOWSKI Jan</b>	<b>172</b>	APTEKA MIKSTURA CIECHOCINEK	M50	25	<b>07:52:50.00</b>	<b>07:52:50.00</b>	+03:11:23 (40.5%)	9:05	6.6 (59.5%)
370	<b>LIPSKI Andrzej</b>	<b>229</b>	PARCZEW	M50	26	<b>07:54:58.00</b>	<b>07:54:58.00</b>	+03:13:31 (40.7%)	9:08	6.6 (59.5%)
371	<b>TAJAK Karol</b>	<b>435</b>	KROSNO	M20	30	<b>07:55:40.00</b>	<b>07:55:40.00</b>	+03:14:13 (40.8%)	9:08	6.6 (59.5%)
372	<b>MORAWSKA Anna</b>	<b>53</b>		K60	2	<b>07:55:46.00</b>	<b>07:55:46.00</b>	+03:14:19 (40.8%)	9:08	6.6 (59.5%)
373	<b>BUŚ Mateusz</b>	<b>551</b>	WĘGRZCE	M20	31	<b>07:56:17.00</b>	<b>07:56:17.00</b>	+03:14:50 (40.9%)	9:09	6.6 (59.5%)
374	<b>MORYC Maciej</b>	<b>478</b>	WARSZAWA	M30	170	<b>07:56:32.00</b>	<b>07:56:32.00</b>	+03:15:05 (40.9%)	9:09	6.5 (58.6%)
375	<b>ZAGDAŃSKI Robert</b>	<b>536</b>	MACHNÓWKA	M30	171	<b>07:56:50.00</b>	<b>07:56:50.00</b>	+03:15:23 (41.0%)	9:10	6.5 (58.6%)
376	<b>ŁOKAS Andrzej</b>	<b>258</b>	BĘDZIN	M40	98	<b>07:57:04.00</b>	<b>07:57:04.00</b>	+03:15:37 (41.0%)	9:10	6.5 (58.6%)
377	<b>KŁĘPKA Dominika</b>	<b>303</b>		K20	9	<b>07:57:13.00</b>	<b>07:57:13.00</b>	+03:15:46 (41.0%)	9:10	6.5 (58.6%)
378	<b>PLESKOT Adam</b>	<b>306</b>	ŁĘGONICE	M30	172	<b>07:57:22.00</b>	<b>07:57:22.00</b>	+03:15:55 (41.0%)	9:10	6.5 (58.6%)
379	<b>SMOLIŃSKI Robert</b>	<b>300</b>		M40	99	<b>07:57:23.00</b>	<b>07:57:23.00</b>	+03:15:56 (41.0%)	9:10	6.5 (58.6%)
380	<b>NITSCH Tomasz</b>	<b>358</b>	UNTS WARSZAWA	M40	100	<b>07:57:53.00</b>	<b>07:57:53.00</b>	+03:16:26 (41.1%)	9:11	6.5 (58.6%)
381	<b>MROZIK Jarosław</b>	<b>381</b>	WARSZAWA	M20	32	<b>07:57:59.00</b>	<b>07:57:59.00</b>	+03:16:32 (41.1%)	9:11	6.5 (58.6%)
382	<b>OLEJNICZAK Paweł</b>	<b>618</b>	ŁAGÓW	M30	173	<b>07:58:10.00</b>	<b>07:58:10.00</b>	+03:16:43 (41.1%)	9:11	6.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
383	<b>PILECKI Adam</b>	<b>374</b>	RADOMYŚL NAD SANEM	M20	33	<b>07:58:59.00</b>	<b>07:58:59.00</b>	+03:17:32 (41.2%)	9:12	6.5 (58.6%)
384	<b>ŁUBIEŃSKI Wojciech</b>	<b>233</b>	POZNAŃ	M30	174	<b>07:59:19.00</b>	<b>07:59:19.00</b>	+03:17:52 (41.3%)	9:13	6.5 (58.6%)
385	<b>KOLODZIEJ Grzegorz</b>	<b>421</b>		M20	34	<b>07:59:39.00</b>	<b>07:59:39.00</b>	+03:18:12 (41.3%)	9:13	6.5 (58.6%)
386	<b>SŁOMIAK Marian</b>	<b>353</b>	GRUDZIĄDZ	M50	27	<b>08:01:02.00</b>	<b>08:01:02.00</b>	+03:19:35 (41.5%)	9:15	6.5 (58.6%)
387	<b>CISEK Agnieszka</b>	<b>69</b>	VIZUM CLINIC	K30	29	<b>08:01:03.00</b>	<b>08:01:03.00</b>	+03:19:36 (41.5%)	9:15	6.5 (58.6%)
388	<b>SOBCZAK Maciej</b>	<b>459</b>	NIGHT RUNNERS ŁÓDŹ	M30	175	<b>08:01:09.00</b>	<b>08:01:09.00</b>	+03:19:42 (41.5%)	9:15	6.5 (58.6%)
389	<b>HOŁODY Grzegorz</b>	<b>142</b>	PKO BANK POLSKI	M20	35	<b>08:02:37.00</b>	<b>08:02:37.00</b>	+03:21:10 (41.7%)	9:16	6.5 (58.6%)
390	<b>MLECZKO Marek</b>	<b>570</b>		M40	101	<b>08:02:43.00</b>	<b>08:02:43.00</b>	+03:21:16 (41.7%)	9:16	6.5 (58.6%)
391	<b>JAMA Rafał</b>	<b>492</b>	NOWA WIEŚ	M30	176	<b>08:03:41.00</b>	<b>08:03:41.00</b>	+03:22:14 (41.8%)	9:18	6.5 (58.6%)
392	<b>CHOJECKI Dariusz</b>	<b>509</b>	KEREZA LUBLIN	M40	102	<b>08:04:41.00</b>	<b>08:04:41.00</b>	+03:23:14 (41.9%)	9:19	6.4 (57.7%)
393	<b>SZCZYPCZYŃSKA Anna</b>	<b>582</b>	PANNA ANNA BIEGA	K30	30	<b>08:04:46.00</b>	<b>08:04:46.00</b>	+03:23:19 (41.9%)	9:19	6.4 (57.7%)
394	<b>KUNCEWICZ Anna</b>	<b>494</b>		K30	31	<b>08:04:50.00</b>	<b>08:04:50.00</b>	+03:23:23 (41.9%)	9:19	6.4 (57.7%)
395	<b>SZABELAK Witek</b>	<b>61</b>	ORTOREH TEAM	M30	177	<b>08:05:15.00</b>	<b>08:05:15.00</b>	+03:23:48 (42.0%)	9:19	6.4 (57.7%)
396	<b>KUBALA Sylwester</b>	<b>593</b>	KALISZ	M40	103	<b>08:05:20.00</b>	<b>08:05:20.00</b>	+03:23:53 (42.0%)	9:20	6.4 (57.7%)
397	<b>FIGA Ryszard</b>	<b>531</b>	MARATON GORLICE FESTIWAL BIEGOWY KRYNICA	M50	28	<b>08:05:37.00</b>	<b>08:05:37.00</b>	+03:24:10 (42.0%)	9:20	6.4 (57.7%)
398	<b>MADAJ Paweł</b>	<b>288</b>	BIEGAM BO NIE LUBIĘ	M30	178	<b>08:05:40.00</b>	<b>08:05:40.00</b>	+03:24:13 (42.0%)	9:20	6.4 (57.7%)
399	<b>DĄBROWSKA Anna</b>	<b>356</b>	LUBLIN	K30	32	<b>08:06:40.00</b>	<b>08:06:40.00</b>	+03:25:13 (42.2%)	9:21	6.4 (57.7%)
399	<b>SKRZYPCZAK Piotr</b>	<b>188</b>	MARATON LUBELSKI	M30	179	<b>08:06:40.00</b>	<b>08:06:40.00</b>	+03:25:13 (42.2%)	9:21	6.4 (57.7%)
401	<b>GOMUŁKA Andrzej</b>	<b>190</b>	21BSP	M20	36	<b>08:07:11.00</b>	<b>08:07:11.00</b>	+03:25:44 (42.2%)	9:22	6.4 (57.7%)
402	<b>DOMIAN Marta</b>	<b>32</b>		K30	33	<b>08:07:31.00</b>	<b>08:07:31.00</b>	+03:26:04 (42.3%)	9:22	6.4 (57.7%)
403	<b>WŁODARCZYK Teresa</b>	<b>355</b>	BBL TORUŃ	K40	8	<b>08:08:05.00</b>	<b>08:08:05.00</b>	+03:26:38 (42.3%)	9:23	6.4 (57.7%)
404	<b>ŁAWROWSKI Adolf</b>	<b>458</b>	WITAR TARNOBRZEG	M60	4	<b>08:08:26.00</b>	<b>08:08:26.00</b>	+03:26:59 (42.4%)	9:23	6.4 (57.7%)
405	<b>RICHTER Franciszek</b>	<b>543</b>	ZAPIERDALACZE	M50	29	<b>08:08:37.00</b>	<b>08:08:37.00</b>	+03:27:10 (42.4%)	9:23	6.4 (57.7%)
406	<b>PITAS Andrzej</b>	<b>339</b>	ROGOŹNICCY ZAPIERDALACZE	M30	180	<b>08:08:38.00</b>	<b>08:08:38.00</b>	+03:27:11 (42.4%)	9:23	6.4 (57.7%)
407	<b>FANSLAU Stefania</b>	<b>580</b>	MARAS TEAM	K20	10	<b>08:08:42.00</b>	<b>08:08:42.00</b>	+03:27:15 (42.4%)	9:23	6.4 (57.7%)
408	<b>KISZKA Paweł</b>	<b>208</b>	ROZGARTY	M50	30	<b>08:09:05.00</b>	<b>08:09:05.00</b>	+03:27:38 (42.5%)	9:24	6.4 (57.7%)
409	<b>KOTLARSKI Marcin</b>	<b>415</b>	GOLDEN TEAM	M30	181	<b>08:09:25.00</b>	<b>08:09:25.00</b>	+03:27:58 (42.5%)	9:24	6.4 (57.7%)
410	<b>KRUŻEL Rafał</b>	<b>619</b>	RADOMYŚL WIELKI	M30	182	<b>08:11:08.00</b>	<b>08:11:08.00</b>	+03:29:41 (42.7%)	9:26	6.4 (57.7%)
411	<b>SPYRA Mariusz</b>	<b>70</b>	VIZUM CLINIC	M40	104	<b>08:12:54.00</b>	<b>08:12:54.00</b>	+03:31:27 (42.9%)	9:28	6.3 (56.8%)
412	<b>LEŚNIEWICZ Tomasz</b>	<b>78</b>	STARE WUJE	M40	105	<b>08:13:00.00</b>	<b>08:13:00.00</b>	+03:31:33 (42.9%)	9:28	6.3 (56.8%)
413	<b>REJDYCH Aleksander</b>	<b>349</b>	WARSZAWA	M20	37	<b>08:16:09.00</b>	<b>08:16:09.00</b>	+03:34:42 (43.3%)	9:32	6.3 (56.8%)
414	<b>RUTKOWSKI Janusz</b>	<b>253</b>	LESZNO	M50	31	<b>08:16:28.00</b>	<b>08:16:28.00</b>	+03:35:01 (43.3%)	9:32	6.3 (56.8%)
415	<b>SŁONINA Ireneusz</b>	<b>108</b>	KROGULCE	M30	183	<b>08:16:56.00</b>	<b>08:16:56.00</b>	+03:35:29 (43.4%)	9:33	6.3 (56.8%)
416	<b>KREINDL Joerg</b>	<b>269</b>	CBRE	M30	184	<b>08:18:14.00</b>	<b>08:18:14.00</b>	+03:36:47 (43.5%)	9:34	6.3 (56.8%)
417	<b>KRZEMIEN Joanna</b>	<b>344</b>	BYDGOSZCZ	K20	11	<b>08:20:21.00</b>	<b>08:20:21.00</b>	+03:38:54 (43.7%)	9:37	6.2 (55.9%)
417	<b>MARTYNUSKA Mikołaj</b>	<b>556</b>	CBRE	M30	185	<b>08:20:21.00</b>	<b>08:20:21.00</b>	+03:38:54 (43.7%)	9:37	6.2 (55.9%)
419	<b>DUDEK Arkadiusz</b>	<b>499</b>	4 PORY ROKU BRZOZÓW	M50	32	<b>08:20:35.00</b>	<b>08:20:35.00</b>	+03:39:08 (43.8%)	9:37	6.2 (55.9%)
420	<b>GRZEGORCZYK Michał</b>	<b>62</b>	SKB STAŁOWA WOLA	M20	38	<b>08:20:37.00</b>	<b>08:20:37.00</b>	+03:39:10 (43.8%)	9:37	6.2 (55.9%)
421	<b>ZIENTARSKI Piotr</b>	<b>221</b>	WARSZAWA	M30	186	<b>08:22:18.00</b>	<b>08:22:18.00</b>	+03:40:51 (44.0%)	9:39	6.2 (55.9%)
422	<b>GRABSKA Renata</b>	<b>67</b>	AMBASADOR FESTIWALU BIEGOWEGO KRYNICA 2014	K60	3	<b>08:22:23.00</b>	<b>08:22:23.00</b>	+03:40:56 (44.0%)	9:39	6.2 (55.9%)
423	<b>WĄSOWSKA Jagoda</b>	<b>584</b>	KALIŃSKA TEAM	K40	9	<b>08:26:31.00</b>	<b>08:26:31.00</b>	+03:45:04 (44.4%)	9:44	6.2 (55.9%)
424	<b>GROCHOWSKI Andrzej</b>	<b>294</b>	KALIŃSKA TEAM	M50	33	<b>08:26:32.00</b>	<b>08:26:32.00</b>	+03:45:05 (44.4%)	9:44	6.2 (55.9%)
425	<b>TUREK Michał</b>	<b>382</b>	SMASHING PAPKINS	M30	187	<b>08:27:40.00</b>	<b>08:27:40.00</b>	+03:46:13 (44.6%)	9:45	6.1 (55.0%)
426	<b>SOPAŁA Jakub</b>	<b>389</b>	RUDNIK NAD SANEM	M30	188	<b>08:30:02.00</b>	<b>08:30:02.00</b>	+03:48:35 (44.8%)	9:48	6.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
427	<b>PARYS Andrzej</b>	<b>549</b>	SIEMENS	M60	5	<b>08:31:22.00</b>	<b>08:31:22.00</b>	+03:49:55 (45.0%)	9:50	6.1 (55.0%)
428	<b>OZIMKOWICZ Dariusz</b>	<b>141</b>	WARSZAWA	M50	34	<b>08:33:22.00</b>	<b>08:33:22.00</b>	+03:51:55 (45.2%)	9:52	6.1 (55.0%)
429	<b>FILIPIAK Katarzyna</b>	<b>563</b>	BIEGAM BO NIE LUBIĘ	K30	34	<b>08:33:46.00</b>	<b>08:33:46.00</b>	+03:52:19 (45.2%)	9:52	6.1 (55.0%)
430	<b>KAJETAŃCZYK Marek</b>	<b>391</b>	BIEGAM BO NIE LUBIĘ	M40	106	<b>08:34:54.00</b>	<b>08:34:54.00</b>	+03:53:27 (45.3%)	9:54	6.1 (55.0%)
431	<b>RUTKOWSKA Małgorzata</b>	<b>7</b>	GOLUB-DOBRZYŃ	K40	10	<b>08:35:02.00</b>	<b>08:35:02.00</b>	+03:53:35 (45.4%)	9:54	6.1 (55.0%)
432	<b>SUWALD Andrzej</b>	<b>522</b>	JACEKBIEGA RUNNING TEAM	M50	35	<b>08:36:11.00</b>	<b>08:36:11.00</b>	+03:54:44 (45.5%)	9:55	6 (54.1%)
433	<b>DZIEDZIC Artur</b>	<b>325</b>	WAŁBRZYCH	M30	189	<b>08:36:15.00</b>	<b>08:36:15.00</b>	+03:54:48 (45.5%)	9:55	6 (54.1%)
434	<b>ZBYSŁAW Beata</b>	<b>250</b>	SSP ORKA IŁAWA	K40	11	<b>08:36:43.00</b>	<b>08:36:43.00</b>	+03:55:16 (45.5%)	9:56	6 (54.1%)
435	<b>J. ZBYSŁAW Robert</b>	<b>251</b>	GWARDIA OLSZTYN S.JUDO	M40	107	<b>08:36:44.00</b>	<b>08:36:44.00</b>	+03:55:17 (45.5%)	9:56	6 (54.1%)
436	<b>MIZIOŁEK Jakub</b>	<b>232</b>	KIJANY	M20	39	<b>08:37:14.00</b>	<b>08:37:14.00</b>	+03:55:47 (45.6%)	9:56	6 (54.1%)
437	<b>KUNCEWICZ Marek</b>	<b>495</b>		M30	190	<b>08:37:31.00</b>	<b>08:37:31.00</b>	+03:56:04 (45.6%)	9:57	6 (54.1%)
438	<b>PYSIEWICZ Krzysztof</b>	<b>207</b>	NIEZRZESZONY	M50	36	<b>08:38:21.00</b>	<b>08:38:21.00</b>	+03:56:54 (45.7%)	9:58	6 (54.1%)
439	<b>FRAŃCZYK Katarzyna</b>	<b>463</b>	PARKER HANNIFIN RUNNERS	K30	35	<b>08:40:35.00</b>	<b>08:40:35.00</b>	+03:59:08 (45.9%)	10:00	6 (54.1%)
440	<b>KOMOROWSKI Adam</b>	<b>429</b>	PARKER HANNIFIN RUNNERS	M40	108	<b>08:40:38.00</b>	<b>08:40:38.00</b>	+03:59:11 (45.9%)	10:00	6 (54.1%)
441	<b>DUDEK Jan</b>	<b>464</b>	ZABRZE	M40	109	<b>08:43:05.00</b>	<b>08:43:05.00</b>	+04:01:38 (46.2%)	10:03	6 (54.1%)
442	<b>SZARKOWSKI Robert</b>	<b>469</b>	WARSZAWA	M40	110	<b>08:43:39.00</b>	<b>08:43:39.00</b>	+04:02:12 (46.3%)	10:04	6 (54.1%)
443	<b>BOCUL Małgorzata</b>	<b>405</b>	PRZEMYŚL	K40	12	<b>08:44:30.00</b>	<b>08:44:30.00</b>	+04:03:03 (46.3%)	10:05	5.9 (53.2%)
444	<b>KĄKOL Marcin</b>	<b>334</b>	WARSZAWA	M30	191	<b>08:45:07.00</b>	<b>08:45:07.00</b>	+04:03:40 (46.4%)	10:05	5.9 (53.2%)
445	<b>LUBIŃSKI Mikołaj</b>	<b>309</b>	BIEGAM BO NIE LUBIĘ	M30	192	<b>08:45:22.00</b>	<b>08:45:22.00</b>	+04:03:55 (46.4%)	10:06	5.9 (53.2%)
446	<b>SETA Michał</b>	<b>364</b>	PADŁ NA RYJ TEAM/GDYNIA	M30	193	<b>08:45:27.00</b>	<b>08:45:27.00</b>	+04:04:00 (46.4%)	10:06	5.9 (53.2%)
446	<b>GŁADYSZ Agnieszka</b>	<b>371</b>	SANOK	K20	12	<b>08:45:27.00</b>	<b>08:45:27.00</b>	+04:04:00 (46.4%)	10:06	5.9 (53.2%)
448	<b>ANTOSZ Monika</b>	<b>72</b>	BIEGAM BO LUBIĘ KRAKÓW	K40	13	<b>08:45:34.00</b>	<b>08:45:34.00</b>	+04:04:07 (46.4%)	10:06	5.9 (53.2%)
449	<b>MARAS Ladislav</b>	<b>481</b>	MARAS TEAM	M50	37	<b>08:47:05.00</b>	<b>08:47:05.00</b>	+04:05:38 (46.6%)	10:08	5.9 (53.2%)
450	<b>PEJSKI Cezary</b>	<b>424</b>	WIAZOWNIA	M50	38	<b>08:49:15.00</b>	<b>08:49:15.00</b>	+04:07:48 (46.8%)	10:10	5.9 (53.2%)
451	<b>SIKORSKA Agnieszka</b>	<b>354</b>	WARSZAWA	K30	36	<b>08:50:04.00</b>	<b>08:50:04.00</b>	+04:08:37 (46.9%)	10:11	5.9 (53.2%)
452	<b>JACKOWSKA Ewa</b>	<b>529</b>	JGB "SOKÓŁ"	K40	14	<b>08:54:06.00</b>	<b>08:54:06.00</b>	+04:12:39 (47.3%)	10:16	5.8 (52.3%)
453	<b>JACKOWSKI Jacek</b>	<b>530</b>	JGB "SOKÓŁ"	M40	111	<b>08:54:07.00</b>	<b>08:54:07.00</b>	+04:12:40 (47.3%)	10:16	5.8 (52.3%)
454	<b>GLUCH Krzysztof</b>	<b>393</b>	WOŁOMIN	M30	194	<b>08:57:56.00</b>	<b>08:57:56.00</b>	+04:16:29 (47.7%)	10:20	5.8 (52.3%)
455	<b>BATOR Marek</b>	<b>278</b>	WARSZAWA	M40	112	<b>08:58:01.00</b>	<b>08:58:01.00</b>	+04:16:34 (47.7%)	10:20	5.8 (52.3%)
456	<b>PIEKARSKI Andrzej</b>	<b>517</b>	GRODZISK MAZOWIECKI	M30	195	<b>08:59:33.00</b>	<b>08:59:33.00</b>	+04:18:06 (47.8%)	10:22	5.8 (52.3%)
457	<b>BUĆKO Artur</b>	<b>36</b>	JELEŃ GÓRA	M50	39	<b>09:13:52.00</b>	<b>09:13:52.00</b>	+04:32:25 (49.2%)	10:39	5.6 (50.5%)
457	<b>PARUSZEWSKA Aleksandra</b>	<b>453</b>	KITA TEAM	K30	37	<b>09:13:52.00</b>	<b>09:13:52.00</b>	+04:32:25 (49.2%)	10:39	5.6 (50.5%)
459	<b>NOWICKI Jacek</b>	<b>131</b>	REDA	M50	40	<b>09:13:56.00</b>	<b>09:13:56.00</b>	+04:32:29 (49.2%)	10:39	5.6 (50.5%)
460	<b>DEJA Andrzej</b>	<b>394</b>	OPOLE	M40	113	<b>09:13:57.00</b>	<b>09:13:57.00</b>	+04:32:30 (49.2%)	10:39	5.6 (50.5%)
461	<b>BIENIAS Daniel</b>	<b>268</b>	CBRE	M40	114	<b>09:18:03.00</b>	<b>09:18:03.00</b>	+04:36:36 (49.6%)	10:43	5.6 (50.5%)
462	<b>SZWAJKOWSKI Tomasz</b>	<b>261</b>	DZIKI SUKCESU	M30	196	<b>09:23:47.00</b>	<b>09:23:47.00</b>	+04:42:20 (50.1%)	10:50	5.5 (49.5%)
462	<b>PODGÓRSKA Aga</b>	<b>510</b>	WARSZAWA	K20	13	<b>09:23:47.00</b>	<b>09:23:47.00</b>	+04:42:20 (50.1%)	10:50	5.5 (49.5%)
464	<b>MACIESZ Marcin</b>	<b>373</b>	WARSZAWA	M30	197	<b>09:23:48.00</b>	<b>09:23:48.00</b>	+04:42:21 (50.1%)	10:50	5.5 (49.5%)

Znaleziono 464 wynik(ów)