



III ULTRA MARATON BIESZCZADZKI

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-10-11
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	GORCZYCA Bartosz	2	BUFF TEAM POLSKA	M20	1	00:46:55	02:06:46	02:53:26		04:08:49.05	04:08:50.65		4:47	12.5 (100%)
2	WĄSOWICZ Jan	594	KRAKOW	M40	1	00:51:38	02:14:30	03:06:10		04:29:07.15	04:29:09.50	+00:20:18 (7.5%)	5:10	11.6 (92.8%)
3	FARON Robert	1	SALCO SPORT TEAM	M40	2	00:51:46	02:21:34	03:14:54		04:34:09.15	04:34:11.80	+00:25:21 (9.2%)	5:16	11.4 (91.2%)
4	CEBERAK Bartosz	310	LUBARTÓW	M20	2	00:50:35	02:18:15	03:11:51		04:37:08.45	04:37:16.70	+00:28:26 (10.3%)	5:19	11.3 (90.4%)
5	KOCZWARA Tomek	504	RADOMYŚL WIELKI	M30	1	00:52:56	02:28:37	03:24:20		04:51:23.90	04:51:35.15	+00:42:44 (14.7%)	5:36	10.7 (85.6%)
6	KRZYSZTOŃ Marcin	380	GMP LASY	M30	2	00:53:02	02:28:42	03:24:26		04:53:03.40	04:53:08.15	+00:44:17 (15.1%)	5:38	10.6 (84.8%)
7	LITWIŃSKI Robert	668	VEGERUNNERS GRUDZIĄDZ	M30	3	00:55:22	02:28:52	03:23:49		04:53:00.30	04:53:12.60	+00:44:21 (15.1%)	5:38	10.6 (84.8%)
8	HUZIOR Piotr	219	ATTIQ FAKE RUNNERS NOWY TARG	M40	3	00:51:41	02:26:05	03:24:32		04:56:18.40	04:56:20.00	+00:47:29 (16.0%)	5:41	10.5 (84.0%)
9	WIERNUSZ Krzysztof	478	FINISZ RYMANÓW	M30	4	00:52:48	02:28:48	03:26:53		04:59:30.20	04:59:33.85	+00:50:43 (16.9%)	5:45	10.4 (83.2%)
10	BIERNAWSKI Piotr	220	ATTIQ FAKE RUNNERS NOWY TARG	M30	5	00:51:40	02:23:05	03:22:53		04:59:38.70	04:59:41.05	+00:50:50 (17.0%)	5:45	10.4 (83.2%)
11	PUZIA Krzysztof	173	KRAKÓW	M50	1	00:54:14	02:31:45	03:31:37		04:59:58.70	05:00:03.20	+00:51:12 (17.1%)	5:46	10.4 (83.2%)
12	DUDZIK Robert	147	MSZANA DOLNA	M30	6	00:53:41	02:33:43	03:33:42		05:01:41.90	05:01:46.35	+00:52:55 (17.5%)	5:48	10.3 (82.4%)
13	STELMACH Dominika	4		K30	1	00:51:39	02:26:04	03:24:38		05:03:20.75	05:03:24.00	+00:54:33 (18.0%)	5:50	10.3 (82.4%)
14	ŻYTO Maciej	525	RTV EURO AGD	M40	4	00:58:47	02:38:31	03:36:42		05:06:11.55	05:06:15.85	+00:57:25 (18.7%)	5:53	10.2 (81.6%)
15	ŁACHUT Wojciech	799	TRIATHLON SERIES TEAM / TEMPO MŁAWA	M30	7	00:52:38	02:26:59	03:27:34		05:06:15.45	05:06:29.70	+00:57:39 (18.8%)	5:53	10.2 (81.6%)
16	CIEŚLIK Paweł	677	ALPHAWOOLF	M20	3	00:51:39	02:21:05	03:20:06		05:07:56.95	05:07:59.05	+00:59:08 (19.2%)	5:55	10.1 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
17	GRONEK Adrian	536	WARSZAWA	M20	4	00:53:42	02:30:54	03:33:42		05:10:52.35	05:10:59.10	+01:02:08 (20.0%)	5:58	10 (80.0%)
18	JAKUBCZYK Paweł	198	CKBABCIE	M30	8	00:58:27	02:39:06	03:38:11		05:10:55.00	05:11:01.10	+01:02:10 (20.0%)	5:58	10 (80.0%)
19	JANOWICZ Roman	683		M40	5	00:54:16	02:30:45	03:34:44		05:11:06.70	05:11:24.65	+01:02:34 (20.1%)	5:58	10 (80.0%)
20	POŻAK Grzegorz	654	LUBARTÓW BIEGA	M30	9	00:58:24	02:39:20	03:38:56		05:11:29.50	05:11:40.85	+01:02:50 (20.2%)	5:59	10 (80.0%)
21	TOPOLSKI Marcin	109	JADOWNIKI	M30	10	00:57:23	02:39:17	03:38:57		05:11:54.35	05:11:58.90	+01:03:08 (20.2%)	5:59	10 (80.0%)
22	TOMASIK Natalia	8		K20	1	00:57:41	02:38:22	03:40:35		05:12:11.80	05:12:14.80	+01:03:24 (20.3%)	6:00	10 (80.0%)
23	ZWIERZCHOWSKI Andrzej	561	BIEGUNKA TEAM	M30	11	00:57:29	02:38:26	03:39:23		05:14:18.75	05:14:30.00	+01:05:39 (20.9%)	6:02	9.9 (79.2%)
24	GAWLIK Sławek	211	KRAKÓW	M30	12	00:57:27	02:35:49	03:37:10		05:14:28.85	05:14:43.50	+01:05:52 (20.9%)	6:02	9.9 (79.2%)
25	ŚLASKI Radosław	778	STRZYŻÓW	M40	6	00:55:52	02:35:44	03:39:17		05:16:09.45	05:16:31.70	+01:07:41 (21.4%)	6:04	9.9 (79.2%)
26	KROSNY Sebastian	690	BIEGAMYZSERCEM-BBL-BIEGATON MIKOŁÓW	M30	13	00:54:38	02:35:50	03:36:40		05:19:40.15	05:19:43.65	+01:10:53 (22.2%)	6:08	9.8 (78.4%)
27	KUJAWSKI Bartek	58	GRUPETTO GORLICE	M20	5	00:56:07	02:35:48	03:36:19		05:23:51.15	05:23:54.65	+01:15:04 (23.2%)	6:13	9.6 (76.8%)
28	PRĘDKI Mirosław	144	JASŁO	M30	14	00:53:46	02:34:18	03:39:01		05:24:30.85	05:24:34.85	+01:15:44 (23.3%)	6:14	9.6 (76.8%)
29	DESSAUER Wioletta	6	LUBARTÓW	K40	1	01:00:57	02:49:00	03:52:56		05:25:55.40	05:26:06.15	+01:17:15 (23.7%)	6:16	9.6 (76.8%)
30	JANIAK Paweł	565	LENIWCE.PL	M30	15	00:57:30	02:38:28	03:44:01		05:27:09.85	05:27:21.10	+01:18:30 (24.0%)	6:17	9.5 (76.0%)
31	KUBICKI Darek	260	WANIEWSKI COACHING	M30	16	00:54:25	02:32:38	03:35:09		05:27:21.45	05:27:35.50	+01:18:44 (24.0%)	6:17	9.5 (76.0%)
32	TRUSZKOWSKI Damian	775	DREAM RUN	M20	6	00:59:28	02:45:23	03:48:52		05:27:59.30	05:28:16.65	+01:19:26 (24.2%)	6:18	9.5 (76.0%)
33	KĄCKA Anna	776	ZAKOPANE	K20	2	00:55:16	02:41:17	03:50:22		05:28:37.60	05:28:41.70	+01:19:51 (24.3%)	6:19	9.5 (76.0%)
34	SZKODA Dariusz	602	RUDA ŚLĄSKA	M30	17	00:56:06	02:41:11	03:49:39		05:32:49.65	05:32:55.80	+01:24:05 (25.3%)	6:24	9.4 (75.2%)
35	CHAMIELEC Bogusław	314	LUBIN	M40	7	00:56:59	02:37:13	03:47:12		05:34:09.80	05:34:18.50	+01:25:27 (25.6%)	6:25	9.3 (74.4%)
36	CHODAKOWSKI Marcei	679	K.B.GEOTERMIA UNIEJÓW	M30	18	01:02:41	02:49:16	03:56:16		05:34:28.35	05:34:32.80	+01:25:42 (25.6%)	6:25	9.3 (74.4%)
37	GRABIEC Marcin	724	KOLBUSZOWA	M30	19	00:59:35	02:45:49	03:52:11		05:35:10.20	05:35:19.90	+01:26:29 (25.8%)	6:26	9.3 (74.4%)
38	NIEDŹWIEDŹ Tomasz	718	SIŁA OGRA TRAIL TEAM	M30	20	01:01:16	02:50:33	03:57:17		05:35:14.55	05:35:28.60	+01:26:37 (25.8%)	6:26	9.3 (74.4%)
39	WOŁOSZYN Ryszard	551	PIZUNY ROZTOCZE WSCHODNIE	M40	8	01:02:34	02:51:19	03:57:48		05:35:33.00	05:35:44.25	+01:26:53 (25.9%)	6:27	9.3 (74.4%)
40	JURGA Marcin	549	NIGHT RUNNERS/TGV CLUB	M20	7	00:59:07	02:44:58	03:53:04		05:37:19.95	05:37:29.65	+01:28:39 (26.3%)	6:29	9.2 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
41	CZYŻKOWSKI Rafał	502	WARSZAWA	M30	21	00:57:29	02:38:24	03:49:06		05:38:34.25	05:38:46.10	+01:29:55 (26.5%)	6:30	9.2 (73.6%)
42	LESZCZYŃSKI Andrzej	699	BODY CLUB MŁAWA	M40	9	00:58:53	02:45:13	03:52:13		05:38:38.75	05:38:57.15	+01:30:06 (26.6%)	6:30	9.2 (73.6%)
43	KRZYSZCZAK Jaromir	38	CZCICIELE BOBRZEJ NORCY	M30	22	00:58:26	02:49:03	03:57:11		05:38:55.90	05:39:15.35	+01:30:24 (26.6%)	6:31	9.2 (73.6%)
44	GIŻA Grzegorz	714	RADOMYŚL WIELKI	M30	23	00:58:35	02:50:51	03:59:50		05:39:42.50	05:39:53.50	+01:31:02 (26.8%)	6:31	9.2 (73.6%)
45	PIEKIELNY Mariusz	745	WIERUNSZÓW	M30	24	01:05:34	02:59:51	04:05:20		05:40:07.65	05:40:15.80	+01:31:25 (26.9%)	6:32	9.2 (73.6%)
46	IGNATOWICZ Marcin	98	MIELEC	M30	25	00:59:37	02:46:14	03:54:50		05:40:47.90	05:40:57.25	+01:32:06 (27.0%)	6:33	9.2 (73.6%)
47	OLEK Paweł	613	KWW	M40	10	00:58:36	02:46:57	03:55:31		05:40:50.25	05:40:58.80	+01:32:08 (27.0%)	6:33	9.2 (73.6%)
48	KACZMAREK Piotr	247	TORUŃ	M20	8	00:55:17	02:40:18	03:51:15		05:41:08.20	05:41:55.40	+01:33:04 (27.2%)	6:33	9.1 (72.8%)
49	ROCZKOWSKI Artur	566	RYBNIK	M50	2	00:54:58	02:44:49	03:54:58		05:41:57.80	05:42:09.40	+01:33:18 (27.3%)	6:34	9.1 (72.8%)
50	REĆŁAW Arkadiusz	555	VEGE RUNNERS	M30	26	01:02:27	02:57:56	04:02:56		05:42:10.80	05:42:27.75	+01:33:37 (27.3%)	6:34	9.1 (72.8%)
51	ŁOWCZAK Bartosz	560	LUBLIN	M30	27	01:05:42	02:58:58	04:04:48		05:42:00.10	05:42:34.45	+01:33:43 (27.4%)	6:34	9.1 (72.8%)
52	ŁOJEK Krzysztof	335	POBITE GARY	M30	28	00:58:43	02:45:05	03:53:11		05:42:43.85	05:42:47.00	+01:33:56 (27.4%)	6:35	9.1 (72.8%)
53	BROL Marcin	9	SPORT W WIELKIM MIEŚCIE	M30	29	00:55:15	02:41:16	03:50:23		05:43:30.00	05:43:34.20	+01:34:43 (27.6%)	6:36	9.1 (72.8%)
54	TYBUREK Michał	142	LUBLIN	M30	30	01:02:42	02:53:43	04:00:57		05:44:46.60	05:45:00.05	+01:36:09 (27.9%)	6:37	9 (72.0%)
55	MAKOWSKI Jerzy	708	WŁODAWA	M50	3	01:01:09	02:45:44	03:53:34		05:45:39.50	05:45:47.85	+01:36:57 (28.0%)	6:38	9 (72.0%)
56	MAZUR Tomasz	595	CHĘCINY	M30	31	01:02:10	02:55:47	04:01:38		05:45:44.25	05:45:53.65	+01:37:03 (28.1%)	6:38	9 (72.0%)
57	CHMIELEWSKI Tomasz	450	WARSZAWA	M30	32	01:00:18	02:50:13	03:58:11		05:45:08.50	05:46:05.90	+01:37:15 (28.1%)	6:38	9 (72.0%)
58	JANISZEWSKI Artur	753	KATOWICE	M30	33	01:05:49	03:02:10	04:05:56		05:46:07.90	05:46:11.55	+01:37:20 (28.1%)	6:39	9 (72.0%)
59	CICHOŃ Maciej	784	WEJHEROWO	M40	11	00:53:00	02:38:21	03:52:34		05:46:05.90	05:46:14.25	+01:37:23 (28.1%)	6:39	9 (72.0%)
60	WŁODARCZYK Michał	228		M30	34	00:58:59	02:48:51	03:58:19		05:46:32.00	05:46:55.15	+01:38:04 (28.3%)	6:39	9 (72.0%)
61	ŚWIDEREK Jacek	249		M30	35	01:01:49	02:54:42	04:04:11		05:47:06.10	05:47:13.30	+01:38:22 (28.3%)	6:40	9 (72.0%)
62	KUSTROŃ Adam	103	KROSNO	M50	4	01:04:58	02:58:32	04:07:10		05:47:14.10	05:47:31.00	+01:38:40 (28.4%)	6:40	9 (72.0%)
63	BIESIEKIERSKI Krzysztof	630	AKM OLIMP OLSZTYN / SKLEPBIEGOWY.COM	M40	12	01:01:22	02:51:25	04:04:18		05:47:49.30	05:48:06.95	+01:39:16 (28.5%)	6:41	9 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto	Czas brutto	Różn	Tempo	Tempo
										52km	52km		min/km	km/h
64	MADEJSKI Sławomir	514	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	36	00:59:21	02:53:47	04:05:00		05:48:35.55	05:48:40.60	+01:39:49 (28.6%)	6:42	9 (72.0%)
65	MIREK Grzegorz	773	KRAKÓW	M30	37	01:02:18	02:47:57	03:56:24		05:48:46.10	05:49:12.55	+01:40:21 (28.7%)	6:42	8.9 (71.2%)
66	DZIUBAN Łukasz	741	GOPR BIESZCZADY/ZAPOROWY MARATON ORELEC	M30	38	01:02:13	02:49:57	04:00:18		05:49:23.15	05:49:39.40	+01:40:48 (28.8%)	6:43	8.9 (71.2%)
67	KRAWCZYK Karolina	651	ORTOREH TEAM	K30	2	01:00:06	02:50:09	04:00:41		05:49:53.75	05:50:02.20	+01:41:11 (28.9%)	6:43	8.9 (71.2%)
68	BASTA Konrad	331	BASTA TEAM ŁÓDŹ	M30	39	01:00:04	02:51:20	04:00:34		05:50:00.55	05:50:19.95	+01:41:29 (29.0%)	6:43	8.9 (71.2%)
69	BOSACKI Jacek	735	GNIEZNO	M20	9	00:58:28	02:48:07	03:58:40		05:50:41.10	05:51:11.60	+01:42:20 (29.1%)	6:44	8.9 (71.2%)
70	WIERZBICKI Grzegorz	559	NOWE IGANIE	M40	13	00:59:29	02:50:04	04:01:10		05:51:17.10	05:51:29.15	+01:42:38 (29.2%)	6:45	8.9 (71.2%)
71	KORULCZYK Łukasz	275	LUBLIN	M30	40	01:00:28	02:50:29	03:59:13		05:51:23.35	05:51:36.20	+01:42:45 (29.2%)	6:45	8.9 (71.2%)
72	WIĘCH Piotr	633	WOŁOMIN	M30	41	01:04:32	02:57:57	04:03:40		05:50:51.10	05:51:39.65	+01:42:49 (29.2%)	6:44	8.9 (71.2%)
73	ADAMCZUK Mariusz	143	NAPIERAMY! SOPOT	M30	42	01:04:49	02:58:51	04:06:18		05:51:59.90	05:52:29.40	+01:43:38 (29.4%)	6:46	8.9 (71.2%)
74	BARBARA Jacek	754	ADIDAS RUNNING TEAM POLAND	M30	43	00:55:01	02:47:42	04:01:31		05:52:39.85	05:52:43.35	+01:43:52 (29.5%)	6:46	8.8 (70.4%)
75	MURAK Robert	12		M30	44	01:01:35	02:53:09	04:03:56		05:53:31.85	05:54:00.35	+01:45:09 (29.7%)	6:47	8.8 (70.4%)
76	BARANIAK Radosław	329	LUBOŃ	M40	14	00:55:02	02:47:41	04:02:02		05:54:19.85	05:54:21.75	+01:45:31 (29.8%)	6:48	8.8 (70.4%)
77	ZDUNEK Grzegorz	575	NOWY BEDOŃ/ŁÓDŹ RUNNING TEAM	M20	10	01:07:07	03:04:46	04:12:43		05:54:10.15	05:54:41.50	+01:45:50 (29.8%)	6:48	8.8 (70.4%)
78	WYBOR Tomasz	411	ŁÓDŹ RUNNING TEAM	M40	15	01:07:16	03:04:41	04:12:42		05:54:12.85	05:54:44.20	+01:45:53 (29.9%)	6:48	8.8 (70.4%)
79	SZCZEPAŃSKI Adam	349	ALBATROSY	M30	45	01:00:23	02:54:31	04:04:37		05:54:50.75	05:55:11.70	+01:46:21 (29.9%)	6:49	8.8 (70.4%)
80	PRZEŹDZIECKA Katarzyna	345	SMASHING PĄPKINS	K30	3	01:00:27	02:54:35	04:05:34		05:54:54.00	05:55:11.90	+01:46:21 (29.9%)	6:49	8.8 (70.4%)
81	BŁACHEWICZ Krzysztof	444	IŁAWA	M30	46	01:02:21	02:59:28	04:04:34		05:54:46.75	05:55:33.15	+01:46:42 (30.0%)	6:49	8.8 (70.4%)
82	BYTNIIEWSKI Dariusz	27	PIEROŃSKIE HANYSY	M30	47	01:00:09	02:48:14	03:53:59		05:55:25.15	05:55:40.15	+01:46:49 (30.0%)	6:50	8.8 (70.4%)
83	BARTOSIEWICZ Andrzej	267	TKD SZAKAL JEŻYCE	M40	16	01:02:38	02:58:01	04:08:28		05:55:47.60	05:56:44.05	+01:47:53 (30.2%)	6:50	8.8 (70.4%)
84	MOSSOP Andrew	578	WARSZAWA	M30	48	01:03:24	02:54:40	04:02:54		05:55:51.50	05:56:44.25	+01:47:53 (30.2%)	6:50	8.8 (70.4%)
85	ŚWITAŁA Piotr	725	KATOWICE	M20	11	01:01:04	02:59:08	04:08:02		05:56:45.75	05:56:49.55	+01:47:58 (30.3%)	6:51	8.7 (69.6%)
86	NIŹNIK Marcin	45		M30	49	01:02:25	02:56:43	04:05:41		05:57:20.40	05:57:28.35	+01:48:37 (30.4%)	6:52	8.7 (69.6%)

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										52km	52km		min/km	km/h
87	BARCEWICZ Marta	383	12TRI.PL DRUŻYNA WILKA / ASICS FRONTRUNNER	K20	3	00:53:44	02:45:47	03:58:37		05:58:02.90	05:58:07.95	+01:49:17 (30.5%)	6:53	8.7 (69.6%)
88	ZACZEK Maciej	321	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M30	50	01:05:13	02:58:41	04:05:31		05:58:06.95	05:58:13.20	+01:49:22 (30.5%)	6:53	8.7 (69.6%)
89	GALĄZKA Zbigniew	811	JW 3939	M30	51	01:01:52	02:49:18	04:01:57		05:57:31.80	05:58:28.15	+01:49:37 (30.6%)	6:52	8.7 (69.6%)
90	MURAWSKI Maciej	532	MIKI TEAM	M30	52	00:59:57	02:50:28	04:05:37		05:57:58.00	05:58:34.40	+01:49:43 (30.6%)	6:53	8.7 (69.6%)
91	JASTRZĄB Piotr	597	DEKAN LESKO	M40	17	00:58:52	02:54:40	04:11:04		05:58:33.20	05:58:38.20	+01:49:47 (30.6%)	6:53	8.7 (69.6%)
92	LENCZOWSKI Kuba	765	KT WATER KNIGHTS ZABIERZÓW	M40	18	01:04:07	03:00:28	04:11:18		05:57:35.40	05:58:46.75	+01:49:56 (30.6%)	6:52	8.7 (69.6%)
93	PĘKALA Michał	762	ALBATROSY	M30	53	01:06:17	03:00:49	04:11:19		05:58:51.95	05:59:34.60	+01:50:43 (30.8%)	6:54	8.7 (69.6%)
94	KORDOWICZ Łukasz	181		M30	54	01:04:10	02:57:42	04:03:54		05:59:22.60	05:59:55.75	+01:51:05 (30.9%)	6:54	8.7 (69.6%)
95	PALUCH Tobiasz	245	RUNFORFUN RYGLICE	M20	12	00:59:13	02:54:16	04:06:36		05:59:56.85	06:00:02.60	+01:51:11 (30.9%)	6:55	8.7 (69.6%)
96	WĘGIEL Marcin	719	JASŁO	M20	13	01:02:43	03:00:09	04:11:10		05:59:18.75	06:00:12.75	+01:51:22 (30.9%)	6:54	8.7 (69.6%)
97	CZERWIEC Artur	810	KT WATER KNIGHTS ZABIERZÓW	M30	55	01:07:16	02:55:55	04:06:33		05:59:22.80	06:00:33.55	+01:51:42 (31.0%)	6:54	8.7 (69.6%)
98	BRZEZIŃSKI Andrzej	301	RYKOWISKO	M40	19	01:00:46	02:53:52	04:05:11		06:00:24.15	06:00:44.35	+01:51:53 (31.0%)	6:55	8.7 (69.6%)
99	KOŁODZIEJSKI Jarek	164	NIGDY W ŻYCIU NIE BIEGNĘ HARDCORA...	M30	56	01:03:56	03:01:44	04:12:47		06:01:00.20	06:01:32.00	+01:52:41 (31.2%)	6:56	8.6 (68.8%)
100	BISIKIEWICZ Michał	469	OLSZTYN	M30	57	01:02:51	02:58:09	04:11:38		06:01:27.55	06:01:37.85	+01:52:47 (31.2%)	6:57	8.6 (68.8%)
101	BAKALARZ Emil	297	WROCŁAW	M20	14	00:56:39	02:46:19	04:04:57		06:02:11.70	06:02:15.55	+01:53:24 (31.3%)	6:57	8.6 (68.8%)
102	SZWAJKA Robert	236	STALOWA WOLA	M40	20	01:05:13	02:58:04	04:11:08		06:01:49.90	06:02:16.10	+01:53:25 (31.3%)	6:57	8.6 (68.8%)
103	SOBCZAK Krzysztof	757	PURDA	M30	58	01:02:51	02:57:33	04:08:58		06:02:46.10	06:02:57.05	+01:54:06 (31.4%)	6:58	8.6 (68.8%)
104	NOWAK Piotr	102	BIESZCZADY	M40	21	01:08:30	03:05:07	04:14:41		06:02:58.25	06:03:44.30	+01:54:53 (31.6%)	6:58	8.6 (68.8%)
105	OLEKSY Jarosław	150	KS LIMANOWA FORREST	M50	5	01:04:58	03:07:05	04:15:20		06:03:49.40	06:04:32.10	+01:55:41 (31.7%)	6:59	8.6 (68.8%)
106	KLIMCZEWSKI Andrzej	116	FOREVER YOUNG ŁÓDŹ	M50	6	00:59:46	02:57:28	04:07:56		06:04:26.80	06:04:33.60	+01:55:42 (31.7%)	7:00	8.6 (68.8%)
107	PAWŁOWSKI Arek	624	WARSZAWA	M30	59	01:05:09	02:57:01	04:10:01		06:04:06.70	06:04:34.45	+01:55:43 (31.7%)	7:00	8.6 (68.8%)
108	CIESIELSKI Michał	306	CSWP AUDIT&ADVISORY	M20	15	01:02:25	02:59:37	04:09:49		06:03:50.50	06:04:37.50	+01:55:46 (31.8%)	6:59	8.6 (68.8%)
109	GOLIAT Damian	512	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M30	60	01:05:21	03:04:39	04:17:53		06:04:38.30	06:04:45.30	+01:55:54 (31.8%)	7:00	8.6 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
110	SKÓRA Tomasz	278	SKÓRZEC	M30	61	01:05:26	02:58:52	04:11:42		06:04:23.20	06:04:48.35	+01:55:57 (31.8%)	7:00	8.6 (68.8%)
111	MATYSIAK Marcin	553	GAPMONT RUNNING TEAM	M30	62	01:02:39	03:07:11	04:17:00		06:04:35.60	06:04:52.65	+01:56:02 (31.8%)	7:00	8.6 (68.8%)
112	WYROBEK Łukasz	656	KRAKÓW	M40	22	00:59:15	02:49:16	04:03:09		06:04:57.50	06:05:04.90	+01:56:14 (31.8%)	7:01	8.5 (68.0%)
113	RYCYK Grzegorz	694	KRASNYSTAW BIEGA	M40	23	01:10:54	03:14:31	04:19:54		06:04:48.85	06:05:15.80	+01:56:25 (31.9%)	7:00	8.6 (68.8%)
114	KRZEMIŃSKI Marcin	505	SPRINT GORZYCE	M30	63	01:01:49	02:59:30	04:13:14		06:05:20.45	06:05:38.95	+01:56:48 (31.9%)	7:01	8.5 (68.0%)
115	SOBOLEWSKI Sebastian	491		M30	64	01:02:11	02:57:56	04:08:15		06:05:29.90	06:06:07.90	+01:57:17 (32.0%)	7:01	8.5 (68.0%)
116	FALKOWSKI Piotr	69	PIASECZNO	M40	24	01:00:37	02:58:19	04:11:59		06:06:03.10	06:06:09.50	+01:57:18 (32.0%)	7:02	8.5 (68.0%)
117	PASZCZAK Alicja	611	KWW	K40	2	01:02:35	03:02:47	04:13:49		06:06:11.30	06:06:20.50	+01:57:29 (32.1%)	7:02	8.5 (68.0%)
118	BASZAK Tomasz	665	SIŁA OGRA	M30	65	01:05:49	03:10:14	04:17:43		06:06:11.90	06:06:25.25	+01:57:34 (32.1%)	7:02	8.5 (68.0%)
119	KRUPA Grzegorz	664	GÓRSKI PÓLMARATON ŚLĘŻAŃSKI	M40	25	01:00:16	02:59:19	04:12:58		06:06:15.20	06:06:27.95	+01:57:37 (32.1%)	7:02	8.5 (68.0%)
120	WĘSIERSKI Dariusz	756	WWW.SMREKOWAOSADA.PL	M40	26	01:04:56	03:03:20	04:16:21		06:05:46.15	06:06:29.25	+01:57:38 (32.1%)	7:02	8.5 (68.0%)
121	MAZUREK Robert	390	LUBLIN	M30	66	01:00:01	02:54:15	04:09:26		06:07:48.05	06:08:09.60	+01:59:18 (32.4%)	7:04	8.5 (68.0%)
122	KUJAWSKI Bogusław	176	GRUPETTO GORLICE	M50	7	00:59:22	02:56:23	04:11:51		06:08:57.00	06:09:00.10	+02:00:09 (32.6%)	7:05	8.5 (68.0%)
123	FIJĄLKOWSKI Radosław	188	GCW CROSSFIT WARSZAWA	M30	67	01:05:45	03:04:53	04:16:22		06:08:44.70	06:09:10.60	+02:00:19 (32.6%)	7:05	8.5 (68.0%)
124	FRANCZAK Łukasz	570	GDANSK	M30	68	01:03:25	03:05:44	04:16:48		06:08:52.55	06:09:37.65	+02:00:47 (32.7%)	7:05	8.5 (68.0%)
125	RYBAK Przemysław	600	TRI PUŁAWY	M30	69	01:07:48	03:04:24	04:16:00		06:08:39.45	06:09:39.45	+02:00:48 (32.7%)	7:05	8.5 (68.0%)
126	KOCHANIAK Agnieszka	386	SMASHING PĄPKINS	K30	4	01:05:08	03:01:24	04:15:43		06:09:03.45	06:09:43.30	+02:00:52 (32.7%)	7:05	8.5 (68.0%)
127	PAWLAK Gabriel	224	VASCOTEAM WROCŁAW	M30	70	00:59:14	02:55:26	04:11:40		06:09:38.55	06:09:48.40	+02:00:57 (32.7%)	7:06	8.4 (67.2%)
128	PAWLUŚ Mirosław	586	JSC JASŁO	M30	71	01:02:45	03:00:02	04:13:08		06:09:10.15	06:10:02.60	+02:01:11 (32.8%)	7:05	8.5 (68.0%)
129	JOSYPENKO Jędrzej	131	JACEKBIEGA RUNNING TEAM	M20	16	01:01:18	03:01:57	04:17:15		06:10:24.10	06:10:26.75	+02:01:36 (32.8%)	7:07	8.4 (67.2%)
130	JOSYPENKO Bożena	138	JACEKBIEGA RUNNINGTEAM	K30	5	01:01:20	03:01:47	04:17:15		06:10:24.20	06:10:27.05	+02:01:36 (32.8%)	7:07	8.4 (67.2%)
131	KOEHLER Krzysztof	802		M50	8	01:04:34	03:01:17	04:17:01		06:10:25.25	06:10:43.05	+02:01:52 (32.9%)	7:07	8.4 (67.2%)
132	KRUŻEL Rafał	447	RADOMYŚL WIELKI	M40	27	01:02:02	02:57:48	04:12:36		06:10:55.80	06:11:06.65	+02:02:16 (32.9%)	7:07	8.4 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
133	ŁUBIAN Michał	80	CTL LOGISTICS	M40	28	01:04:40	02:59:19	04:11:09		06:11:08.30	06:11:21.25	+02:02:30 (33.0%)	7:08	8.4 (67.2%)
134	RYNKIEWICZ Rafał	67	GRUPA BIEGOWA CHTMO, LEGIONOWO	M30	72	01:00:57	02:57:52	04:14:06		06:12:13.75	06:12:40.10	+02:03:49 (33.2%)	7:09	8.4 (67.2%)
135	PŁOSKOŃSKI Michał	192	RYKOWISKO	M30	73	01:04:18	03:04:30	04:21:45		06:12:29.20	06:12:50.25	+02:03:59 (33.3%)	7:09	8.4 (67.2%)
136	TELEON Piotr	443	JACEKBIEGA RUNNINGTEAM	M40	29	00:58:39	02:53:11	04:10:53		06:12:08.25	06:12:53.05	+02:04:02 (33.3%)	7:09	8.4 (67.2%)
137	CZURYŁOWICZ Krzysztof	458	WARSZAWA	M30	74	01:02:33	03:03:02	04:15:52		06:11:59.60	06:12:57.75	+02:04:07 (33.3%)	7:09	8.4 (67.2%)
138	GAJOS Daniel	414		M30	75	01:07:12	03:10:23	04:21:14		06:12:42.00	06:13:25.90	+02:04:35 (33.4%)	7:10	8.4 (67.2%)
139	CZUBIK Wojciech	692	JASIELSKIE STOWARZYSZENIE CYKLISTÓW	M30	76	01:02:41	03:00:00	04:14:31		06:12:46.45	06:13:39.95	+02:04:49 (33.4%)	7:10	8.4 (67.2%)
140	ZARZYŃKI Artur	177	FUNFLY	M30	77	01:03:19	03:00:22	04:12:18		06:12:51.80	06:13:58.60	+02:05:07 (33.5%)	7:10	8.4 (67.2%)
141	DWORAKOWSKI Andrzej	259	ŁAPSCY LAJTOWCY	M30	78	01:06:35	03:00:04	04:12:47		06:13:25.60	06:14:13.25	+02:05:22 (33.5%)	7:10	8.4 (67.2%)
142	OLESIAK Grzegorz	399	NIGHT RUNNERS	M50	9	01:06:17	03:04:45	04:22:02		06:13:49.85	06:14:31.35	+02:05:40 (33.6%)	7:11	8.3 (66.4%)
143	LEBDA Małgorzata	178	KRAKÓW	K30	6	01:06:42	03:10:27	04:21:37		06:15:00.50	06:15:08.30	+02:06:17 (33.7%)	7:12	8.3 (66.4%)
144	WASYLÓW Jacek	672	KB IZBA CELNA PRZEMYSŁ	M30	79	00:58:32	02:54:35	04:13:39		06:14:50.75	06:15:16.15	+02:06:25 (33.7%)	7:12	8.3 (66.4%)
145	MALINOWSKA Anna	100	GDAŃSK	K20	4	01:04:46	03:04:17	04:20:08		06:14:38.90	06:15:21.85	+02:06:31 (33.7%)	7:12	8.3 (66.4%)
146	JANICKI Michał	298	BYTOM	M20	17	01:03:31	02:59:36	04:16:15		06:15:05.05	06:15:30.15	+02:06:39 (33.7%)	7:12	8.3 (66.4%)
147	GÓRSKI Krzysztof	95	DĄBRÓWKA NOWA BIEGOWI ZAJAWKOWICZE	M40	30	00:58:53	02:52:38	04:13:36		06:15:21.45	06:15:43.75	+02:06:53 (33.8%)	7:13	8.3 (66.4%)
148	ADAMCZYK Łukasz	293	ŁÓDŹ	M30	80	01:01:35	03:00:59	04:15:53		06:15:10.15	06:15:50.55	+02:06:59 (33.8%)	7:12	8.3 (66.4%)
149	KRAWCZYK Michał	682	WARSZAWA	M30	81	01:02:35	03:02:49	04:19:14		06:15:43.95	06:15:52.30	+02:07:01 (33.8%)	7:13	8.3 (66.4%)
150	SOLECKI Tomasz	153	GOMOLA TRANS AIRCO	M30	82	01:04:49	03:01:08	04:12:58		06:15:35.00	06:16:23.50	+02:07:32 (33.9%)	7:13	8.3 (66.4%)
151	PARZYSZEK Marcin	15	EXTREME TATRAS TEAM WARSZAWA	M30	83	00:59:21	02:52:36	04:11:36		06:16:14.70	06:16:30.05	+02:07:39 (33.9%)	7:14	8.3 (66.4%)
152	ŻURAWSKI Kamil	507	WARSZAWA	M20	18	00:59:33	02:55:59	04:11:57		06:16:40.05	06:16:53.30	+02:08:02 (34.0%)	7:14	8.3 (66.4%)
153	KĘDZIA Szymon	88	DĄBROWA GÓRNICZA	M20	19	01:03:55	02:51:16	04:12:11		06:16:33.50	06:16:57.55	+02:08:06 (34.0%)	7:14	8.3 (66.4%)
154	KOZIOŁKOWSKI Eryk	717	GÓRA	M20	20		03:02:40	04:20:42		06:17:09.35	06:17:09.35	+02:08:18 (34.0%)	7:15	8.3 (66.4%)
155	SZYDA Wojciech	494	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M40	31	01:03:38	03:04:45	04:17:06		06:17:51.85	06:17:59.35	+02:09:08 (34.2%)	7:15	8.3 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
156	MAŁEK Piotr	643	NIEMCE	M20	21	01:00:21	02:58:09	04:17:27		06:18:32.45	06:18:40.50	+02:09:49 (34.3%)	7:16	8.2 (65.6%)
157	ŁĘŻNIAK Aleksander	637	MONK SANDALS	M20	22	01:05:15	03:01:39	04:26:45		06:18:46.90	06:19:02.55	+02:10:11 (34.3%)	7:17	8.2 (65.6%)
158	NOWAK Przemysław	154	KABEL TEAM BYDGOSZCZ	M30	84	01:05:08	03:10:38	04:21:45		06:19:01.10	06:19:27.55	+02:10:36 (34.4%)	7:17	8.2 (65.6%)
159	DOMIN Łukasz	441	AKTYWNY DYNÓW	M20	23	01:01:45	02:58:17	04:17:04		06:19:09.00	06:19:32.65	+02:10:42 (34.4%)	7:17	8.2 (65.6%)
160	KOŁODZIEJCZYK Kamil	511	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M20	24	01:08:45	03:07:03	04:18:43		06:19:45.10	06:20:16.55	+02:11:25 (34.6%)	7:18	8.2 (65.6%)
161	WIŚNIEWSKI Piotr	657	SKÓRCZ	M40	32	01:03:28	03:02:58	04:18:14		06:20:04.75	06:20:24.50	+02:11:33 (34.6%)	7:18	8.2 (65.6%)
162	GROCHOWSKI Wojciech	588	KW WARSZAWA	M30	85	01:03:28	03:00:34	04:17:02		06:20:00.45	06:20:37.90	+02:11:47 (34.6%)	7:18	8.2 (65.6%)
163	SUSKI Marcin	202	KRAKÓW	M30	86	01:02:05	03:05:20	04:19:56		06:20:34.40	06:20:56.25	+02:12:05 (34.7%)	7:19	8.2 (65.6%)
164	WYSTRYCHOWSKA Marzena	272	BFAGENCJA.PL	K40	3	01:06:52	03:15:34	04:28:24		06:21:00.55	06:21:07.10	+02:12:16 (34.7%)	7:19	8.2 (65.6%)
165	CYTACKI Dawid	729	RYKOWISKO	M30	87	01:04:40	03:05:09	04:21:56		06:21:11.00	06:21:32.90	+02:12:42 (34.8%)	7:19	8.2 (65.6%)
166	CHUDYBA Michał	653		M30	88	01:03:13	03:01:39	04:16:49		06:20:29.20	06:21:38.25	+02:12:47 (34.8%)	7:19	8.2 (65.6%)
167	MILKOWSKI Rafał	392	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	89	01:04:30	03:10:10	04:29:00		06:21:03.45	06:21:43.00	+02:12:52 (34.8%)	7:19	8.2 (65.6%)
168	ŚLIWIŃSKI Andrzej	590	MIECHÓW	M50	10	00:59:13	03:02:12	04:28:28		06:22:20.10	06:22:27.80	+02:13:37 (34.9%)	7:21	8.2 (65.6%)
169	SZPINDA Sebastian	217	BIŁGORAJ	M30	90	01:04:20	03:03:15	04:18:00		06:21:53.10	06:22:28.25	+02:13:37 (34.9%)	7:20	8.2 (65.6%)
170	MALIŃSKI Marek	556		M40	33	01:01:33	03:02:12	04:21:19		06:22:27.50	06:22:32.85	+02:13:42 (35.0%)	7:21	8.2 (65.6%)
171	TRACZ Łukasz	638	AQUAREH PWSTE JAROSŁAW	M30	91	01:05:59	03:05:50	04:20:45		06:22:58.70	06:23:07.65	+02:14:17 (35.0%)	7:21	8.1 (64.8%)
172	POŻAROWSZCZYK Adam	404	LEGIONOWO	M30	92	01:04:11	03:03:05	04:19:36		06:23:26.30	06:23:40.05	+02:14:49 (35.1%)	7:22	8.1 (64.8%)
173	SZCZEPANIAK Michał	286	WOŁOMIN	M40	34	01:06:00	03:02:22	04:16:59		06:22:35.20	06:23:41.80	+02:14:51 (35.1%)	7:21	8.2 (65.6%)
174	STYCZEŃ Piotr	199	CKBABCIE	M30	93	01:05:20	03:04:39	04:20:01		06:23:40.05	06:23:47.25	+02:14:56 (35.2%)	7:22	8.1 (64.8%)
175	STANICKI Mateusz	635	TRINERGY TEAM	M30	94	01:00:34	03:06:26	04:30:07		06:25:07.60	06:25:20.35	+02:16:29 (35.4%)	7:24	8.1 (64.8%)
176	PERYKASZA Paweł	251	NIGHT RUNNERS +PLUS+	M30	95	01:05:09	03:06:14	04:21:55		06:24:45.60	06:25:29.90	+02:16:39 (35.4%)	7:23	8.1 (64.8%)
177	GOS Grzegorz	701	KGW LESZNOWOLA	M40	35	01:02:33	02:57:54	04:12:16		06:25:16.45	06:25:30.20	+02:16:39 (35.4%)	7:24	8.1 (64.8%)
178	CIEŚLA Elżbieta	567	BIEGAJĄCE MAŁŻEŃSTWO	K40	4	01:00:03	02:57:54	04:17:54		06:25:20.50	06:25:35.05	+02:16:44 (35.5%)	7:24	8.1 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
179	FABIŃSKI Marcin	417	GRUDZIĄDZ / VISSCHER-CARAVELLE	M30	96	01:04:42	03:04:21	04:19:50		06:25:13.45	06:25:42.40	+02:16:51 (35.5%)	7:24	8.1 (64.8%)
180	PIECHA Artur	804	T-MOBILE RUNNING TEAM	M30	97	01:01:59	03:02:53	04:17:13		06:25:38.40	06:25:43.75	+02:16:53 (35.5%)	7:24	8.1 (64.8%)
181	PALUCH Marek	205	STJ KW KRAKÓW	M20	25	01:09:42	03:14:22	04:28:31		06:24:43.10	06:25:43.95	+02:16:53 (35.5%)	7:23	8.1 (64.8%)
182	MIELNICZEK Jerzy	743	WARSZAWA	M30	98	01:04:35	03:04:04	04:21:57		06:25:54.45	06:25:57.45	+02:17:06 (35.5%)	7:25	8.1 (64.8%)
183	DARSKI Rafał	330	WIRY	M40	36	00:58:52	03:04:30	04:20:09		06:25:56.70	06:25:58.60	+02:17:07 (35.5%)	7:25	8.1 (64.8%)
184	IWAN Małgorzata	547	DRUŻYNA SZPIKU	K30	7	01:07:53	03:09:38	04:25:32		06:25:34.00	06:26:02.95	+02:17:12 (35.5%)	7:24	8.1 (64.8%)
185	SKWIERCZYŃSKI Adam	166	INTEGRACYJNY KLUB SPORTOWY IKS SIEDLCE	M30	99	01:11:39	03:16:49	04:29:12		06:25:31.10	06:26:10.50	+02:17:19 (35.6%)	7:24	8.1 (64.8%)
186	JAKUBCZYK Dariusz	197	CKBABCIE	M30	100	01:05:20	03:04:41	04:22:52		06:26:21.50	06:26:27.90	+02:17:37 (35.6%)	7:25	8.1 (64.8%)
187	SMUDA Marcin	137	TYCHY	M30	101	01:07:41	03:05:28	04:21:30		06:25:37.85	06:26:38.15	+02:17:47 (35.6%)	7:24	8.1 (64.8%)
188	KOWALEWSKI Krzysztof	354	WARSZAWA	M30	102	01:05:33	03:10:52	04:28:57		06:26:22.15	06:26:38.30	+02:17:47 (35.6%)	7:25	8.1 (64.8%)
189	ŁAŃCUCKI Dariusz	698	SKĘPE	M20	26	01:04:11	03:00:03	04:19:52		06:28:02.95	06:28:09.95	+02:19:19 (35.9%)	7:27	8 (64.0%)
190	KACZOREK Marcin	353	JÓZEFÓW	M40	37	01:04:49	03:07:47	04:25:29		06:27:47.90	06:28:19.50	+02:19:28 (35.9%)	7:27	8 (64.0%)
191	GŁOWACKI Jacek	359	BIEGAMY Z OCHOTĄ	M50	11	01:05:40	03:12:14	04:30:29		06:28:41.10	06:28:58.75	+02:20:08 (36.0%)	7:28	8 (64.0%)
192	CIEŚLA Jarosław	568	BIEGAJĄCE MAŁŻEŃSTWO	M40	38	01:00:21	02:58:39	04:19:58		06:28:46.40	06:29:01.40	+02:20:10 (36.0%)	7:28	8 (64.0%)
193	KOŻŁOWSKA Agnieszka	490	KKL/BBM KIELCE	K40	5	01:07:02	03:10:05	04:28:13		06:28:40.35	06:29:08.10	+02:20:17 (36.1%)	7:28	8 (64.0%)
194	ZWOLIŃSKI Łukasz	28	AKADEMIA BIEGANIA	M30	103	01:05:14	03:12:27	04:31:30		06:29:13.65	06:29:19.25	+02:20:28 (36.1%)	7:29	8 (64.0%)
195	MARSZAŁEK Andrzej	285	SWARZĘDZ	M40	39	01:07:30	03:07:56	04:25:07		06:29:02.15	06:29:32.60	+02:20:41 (36.1%)	7:28	8 (64.0%)
196	KAMIŃSKI Michał	346	12TRI.PL	M30	104	01:08:38	03:12:32	04:28:55		06:29:24.65	06:29:40.00	+02:20:49 (36.1%)	7:29	8 (64.0%)
197	CHRZAŚCIK Anna	617	KRZESZOWICE	K30	8	01:04:50	03:07:06	04:25:34		06:29:05.20	06:29:42.45	+02:20:51 (36.1%)	7:28	8 (64.0%)
198	ZAJĄC Tomasz	809	KT WATER KNIGHTS ZABIERZÓW	M30	105	01:04:06	03:00:17	04:12:17		06:28:30.70	06:29:42.55	+02:20:51 (36.1%)	7:28	8 (64.0%)
199	PASELA Bartosz	398	SMASHING PAPKINS	M30	106	01:07:13	03:10:11	04:28:29		06:28:48.05	06:29:46.15	+02:20:55 (36.2%)	7:28	8 (64.0%)
200	CAŁKA Maciej	702	KRZESZÓW	M20	27	01:02:10	03:00:03	04:19:49		06:29:56.90	06:30:03.45	+02:21:12 (36.2%)	7:29	8 (64.0%)
201	SMOLIŃSKI Paweł	599	RUGBY KLUB SANOK	M30	107	01:02:24	03:07:24	04:29:58		06:30:36.35	06:30:41.70	+02:21:51 (36.3%)	7:30	8 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto	Czas brutto	Różn	Tempo	Tempo
										52km	52km		min/km	km/h
202	MĘDREK Paulina	395		K20	5	01:06:07	03:16:01	04:36:22		06:30:35.05	06:30:42.45	+02:21:51 (36.3%)	7:30	8 (64.0%)
203	KOWALSKA Kasia	527		K30	9	01:07:04	03:14:24	04:34:13		06:30:01.55	06:30:43.70	+02:21:53 (36.3%)	7:30	8 (64.0%)
204	SPACHACZ Łukasz	262	GNIEZNO	M20	28	01:02:52	03:07:47	04:25:52		06:29:58.05	06:30:43.90	+02:21:53 (36.3%)	7:29	8 (64.0%)
205	BASIŃSKI Piotr	410	NOKIA	M20	29	01:06:07	03:16:01	04:36:18		06:30:39.45	06:30:46.65	+02:21:56 (36.3%)	7:30	8 (64.0%)
206	KWAS August	740	RYKI	M30	108	01:00:00	02:51:22	04:23:59		06:31:02.65	06:31:07.75	+02:22:17 (36.4%)	7:31	8 (64.0%)
207	KOCHANIAK Rafał	385	WARSZAWA	M30	109	01:06:33	03:08:59	04:26:38		06:30:30.90	06:31:11.35	+02:22:20 (36.4%)	7:30	8 (64.0%)
208	BRUDEREK Tomasz	598	JABŁONNA	M30	110	01:08:29	03:10:17	04:28:32		06:30:15.25	06:31:20.65	+02:22:30 (36.4%)	7:30	8 (64.0%)
209	KUBACKI Sebastian	429	OSIEDLE NIEWIADÓW	M30	111	01:08:29	03:10:18	04:28:32		06:30:15.05	06:31:20.90	+02:22:30 (36.4%)	7:30	8 (64.0%)
210	DEMKÓW Przemysław	697	KB SOBÓTKA	M40	40	01:03:26	02:59:29	04:20:09		06:31:07.65	06:31:23.00	+02:22:32 (36.4%)	7:31	8 (64.0%)
211	WAŁCZYK Krzysztof	489	ŁOWCE	M30	112	01:04:14	03:04:12	04:28:59		06:30:57.25	06:31:28.75	+02:22:38 (36.4%)	7:31	8 (64.0%)
212	IWAN Paweł	548	GDAŃSK	M30	113	01:06:11	03:10:38	04:27:43		06:31:04.60	06:31:33.45	+02:22:42 (36.4%)	7:31	8 (64.0%)
213	KAMIŃSKI Robert	671	12TRI.PL	M30	114	01:06:18	03:12:43	04:29:41		06:32:03.65	06:32:19.50	+02:23:28 (36.6%)	7:32	8 (64.0%)
214	RUZIK Rafał	678		M30	115	01:05:17	03:10:09	04:27:39		06:32:01.65	06:32:22.35	+02:23:31 (36.6%)	7:32	8 (64.0%)
215	ŚMIECHOWICZ Filip	207	LUBLIN	M40	41	01:07:43	03:11:07	04:30:52		06:32:07.40	06:32:27.75	+02:23:37 (36.6%)	7:32	8 (64.0%)
216	PAŁKA Magdalena	276	WYTYCZNO	K30	10	01:05:25	03:08:50	04:29:27		06:32:15.95	06:32:41.80	+02:23:51 (36.6%)	7:32	8 (64.0%)
217	WOJCIECHOWSKI Jarosław	508	CZASEM BIEGAM - KIELCE	M50	12	01:05:23	03:08:32	04:22:33		06:33:30.00	06:33:32.55	+02:24:41 (36.8%)	7:34	7.9 (63.2%)
218	TUSIŃSKA Aleksandra	339	RADOM	K30	11	01:05:13	03:15:14	04:33:06		06:32:46.30	06:33:39.65	+02:24:49 (36.8%)	7:33	7.9 (63.2%)
219	CHOJNACKI Leszek	800	IADP	M40	42	01:07:48	03:07:33	04:23:47		06:32:51.50	06:33:46.30	+02:24:55 (36.8%)	7:33	7.9 (63.2%)
220	SZALAK Paweł	378	LUBLIN	M30	116	00:59:59	02:57:51	04:20:41		06:33:24.35	06:33:48.25	+02:24:57 (36.8%)	7:33	7.9 (63.2%)
221	PUŁA Waldemar	675	LUBLIN	M30	117	01:00:02	02:57:51	04:19:49		06:33:28.65	06:33:48.85	+02:24:58 (36.8%)	7:34	7.9 (63.2%)
222	KALISZ Jakub	801		M20	30	01:05:31	03:03:26	04:27:04		06:33:06.25	06:33:52.50	+02:25:01 (36.8%)	7:33	7.9 (63.2%)
223	BARANOWSKI Jacek	792	JACEKBIEGA RUNNINGTEAM	M30	118	01:05:31	03:12:06	04:32:18		06:34:00.05	06:34:07.10	+02:25:16 (36.9%)	7:34	7.9 (63.2%)
224	KONIECZNY Marcin	440	HOUSE OF SKILLS	M40	43	00:59:09	02:59:13	04:23:42		06:34:44.25	06:34:54.25	+02:26:03 (37.0%)	7:35	7.9 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
225	SUCHOWIECKI Wojciech	375	TRI NEGU-OUB-ARTNEO.PL	M30	119	00:59:10	02:59:20	04:23:42		06:34:44.55	06:34:54.50	+02:26:03 (37.0%)	7:35	7.9 (63.2%)
226	RZECZYCA Adam	759	NIGHT RUNNERS ŁÓDŹ	M20	31	01:07:06	03:10:23	04:30:43		06:34:22.50	06:34:56.05	+02:26:05 (37.0%)	7:35	7.9 (63.2%)
227	SOŁTYS Marcin	652	JASŁO	M30	120	01:07:24	03:12:10	04:29:04		06:34:12.25	06:34:59.55	+02:26:08 (37.0%)	7:34	7.9 (63.2%)
228	ZAWADZKI Maciej	361	WARSZAWA	M30	121	01:07:04	03:07:16	04:27:33		06:34:06.85	06:35:16.20	+02:26:25 (37.0%)	7:34	7.9 (63.2%)
229	MASALSKA-PAWLAK Agata	30	RADWANICE	K30	12	01:08:31	03:20:26	04:39:05		06:35:24.95	06:35:40.80	+02:26:50 (37.1%)	7:36	7.9 (63.2%)
230	MASNY Dawid	493	TRUCHTACZ.PL	M30	122	01:03:00	03:07:21	04:24:15		06:36:37.10	06:36:59.25	+02:28:08 (37.3%)	7:37	7.9 (63.2%)
231	WIŚNIEWSKI Jacek	487	RUNNERS TEAM KĘTRZYN	M40	44	01:05:07	03:12:06	04:32:17		06:37:11.25	06:37:39.35	+02:28:48 (37.4%)	7:38	7.9 (63.2%)
232	MIKOWSKI Artur	667	GRÓJEC	M40	45	01:07:38	03:16:19	04:34:50		06:36:59.15	06:37:48.20	+02:28:57 (37.4%)	7:38	7.9 (63.2%)
233	WOJCIECHOWSKI Michał	376	SPARTANIE DZIECIOM	M40	46	01:08:30	03:18:37	04:32:50		06:37:25.80	06:37:48.55	+02:28:57 (37.4%)	7:38	7.9 (63.2%)
234	LEWANDOWSKI Robert	691	BIEGAM Z RADOŚCI	M40	47	01:07:25	03:18:46	04:35:18		06:37:32.35	06:38:03.55	+02:29:12 (37.5%)	7:38	7.8 (62.4%)
235	PYDA Tomasz	312	WARSZAWA	M30	123	01:07:50	03:14:17	04:29:02		06:37:38.85	06:38:09.70	+02:29:19 (37.5%)	7:38	7.8 (62.4%)
236	SZEWCZYK Katarzyna	628	KS LIMANOWA FORREST	K20	6	01:07:35	03:19:01	04:39:29		06:37:29.30	06:38:11.85	+02:29:21 (37.5%)	7:38	7.8 (62.4%)
237	PORCZYŃSKA Patrycja	619	SPOT PSZCZYNA	K20	7	01:07:35	03:18:35	04:36:13		06:38:02.15	06:38:11.90	+02:29:21 (37.5%)	7:39	7.8 (62.4%)
238	BOROWSKA-PAWLUŚ Ewelina	585	JASŁO	K30	13	01:10:04	03:22:27	04:39:29		06:37:30.65	06:38:23.65	+02:29:33 (37.5%)	7:38	7.8 (62.4%)
239	DZIERKA Mariusz	564	TOMASZÓW MAZOWIECKI	M40	48	01:07:04	03:14:19	04:35:13		06:38:03.60	06:38:30.35	+02:29:39 (37.6%)	7:39	7.8 (62.4%)
240	MATWIEJCZYK Gabriel	751	RUNYOURLIFE.PL	M30	124	01:00:46	03:01:13	04:25:02		06:38:28.70	06:38:40.30	+02:29:49 (37.6%)	7:39	7.8 (62.4%)
241	BERUS Mikołaj	687	LESZNO	M20	32	01:15:09	03:24:47	04:40:25		06:37:52.65	06:38:46.25	+02:29:55 (37.6%)	7:39	7.8 (62.4%)
242	TUROWICZ Piotr	577	WARSZAWA	M40	49	01:01:51	03:16:42	04:42:17		06:38:59.25	06:39:33.70	+02:30:43 (37.7%)	7:40	7.8 (62.4%)
243	GRONIECKI Mikołaj	294	WARSZAWA	M30	125	01:07:20	03:12:12	04:35:43		06:39:43.85	06:40:01.15	+02:31:10 (37.8%)	7:41	7.8 (62.4%)
244	PLACZEK Pawel	452		M30	126	01:11:14	03:26:36	04:43:44		06:39:43.75	06:40:24.25	+02:31:33 (37.9%)	7:41	7.8 (62.4%)
245	BOROWSKI Adam	104	INOWROCLAW	M30	127	01:00:27	02:58:37	04:19:42		06:41:06.80	06:41:16.45	+02:32:25 (38.0%)	7:42	7.8 (62.4%)
246	PILECKI Maciej	22	WROCŁAW	M30	128	01:07:26	03:22:01	04:38:25		06:40:59.20	06:42:12.60	+02:33:21 (38.1%)	7:42	7.8 (62.4%)
247	WRONA Klaudiusz	766		M30	129	01:10:28	03:16:57	04:36:24		06:41:39.15	06:42:16.65	+02:33:26 (38.1%)	7:43	7.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
248	KONARZEWSKA Marta	332	OLSZTYŃSKIE U STAWKI BIEGOWE	K30	14	01:10:28	03:16:57	04:34:32		06:41:39.45	06:42:16.90	+02:33:26 (38.1%)	7:43	7.8 (62.4%)
249	BRZEZIŃSKI Michał	427	WARSZAWA	M20	33	01:01:58	03:08:12	04:30:44		06:41:51.50	06:42:41.55	+02:33:50 (38.2%)	7:43	7.8 (62.4%)
250	MAJEWSKI Arkadiusz	626	WODZISŁAW ŚLASKI	M40	50		03:14:53	04:36:03		06:43:02.10	06:43:02.10	+02:34:11 (38.3%)	7:45	7.7 (61.6%)
251	JUSZKIEWICZ Zbigniew	422	EŁK	M40	51	00:58:27	03:00:19	04:28:17		06:42:56.95	06:43:03.95	+02:34:13 (38.3%)	7:44	7.7 (61.6%)
252	GRYGIEL Marek	218	KRAKÓW	M30	130	01:08:17	03:23:54	04:43:32		06:42:22.30	06:43:08.25	+02:34:17 (38.3%)	7:44	7.8 (62.4%)
253	PIECZONKA Janusz	498	PWC RUNNING TEAM	M20	34	01:05:30	03:11:46	04:30:46		06:42:49.65	06:43:37.45	+02:34:46 (38.3%)	7:44	7.7 (61.6%)
254	SUPROŃ Piotr	318	ARCADIS RUNNING TEAM	M30	131	01:04:08	03:05:54	04:31:24		06:43:29.20	06:43:49.55	+02:34:58 (38.4%)	7:45	7.7 (61.6%)
255	ZDEB Artur	431	RUDNIK NAD SANEM	M30	132	01:04:13	03:02:51	04:29:13		06:43:16.95	06:43:57.95	+02:35:07 (38.4%)	7:45	7.7 (61.6%)
256	BYLICA Paulina	290	PGB POCZTOWA PACZKA	K30	15	01:11:12	03:21:06	04:40:40		06:43:11.20	06:44:21.95	+02:35:31 (38.5%)	7:45	7.7 (61.6%)
257	SZULC Krzysztof	169	NIGHT RUNNERS WARSZAWA	M40	52	01:04:23	03:11:11	04:31:18		06:44:13.25	06:44:31.60	+02:35:40 (38.5%)	7:46	7.7 (61.6%)
258	DEDERKO Piotr	237	STRAŻ GRANICZNA BIAŁYSTOK	M40	53	01:04:56	03:17:51	04:35:41		06:44:03.05	06:44:36.60	+02:35:45 (38.5%)	7:46	7.7 (61.6%)
259	ABRAMCZUK Jakub	371	100HRMAX.PL	M30	133	01:02:54	03:22:59	04:44:42		06:44:44.60	06:44:49.15	+02:35:58 (38.5%)	7:47	7.7 (61.6%)
260	PIETRUSZCZAK Agnieszka	13	TOMASZÓW MAZOWIECKI	K40	6	01:06:53	03:16:42	04:38:42		06:44:41.15	06:45:08.70	+02:36:18 (38.6%)	7:46	7.7 (61.6%)
261	NOWAK Michał	366	WEŁNICA BIEGA	M30	134	01:02:27	03:01:50	04:33:17		06:44:58.90	06:45:22.55	+02:36:31 (38.6%)	7:47	7.7 (61.6%)
262	GÓRSKI Mariusz	320	TYCHY	M30	135	00:58:37	03:15:15	04:35:21		06:45:54.55	06:45:59.55	+02:37:08 (38.7%)	7:48	7.7 (61.6%)
263	DOMSKI Marcin	204	DRUŻYNA SZPIKU	M30	136	01:04:12	03:12:33	04:32:23		06:45:44.60	06:46:12.00	+02:37:21 (38.7%)	7:48	7.7 (61.6%)
264	DRABEK Artur	52	KOBIERNICE	M40	54	01:09:40	03:12:41	04:38:18		06:46:14.10	06:46:29.10	+02:37:38 (38.8%)	7:48	7.7 (61.6%)
265	JACHYM Marcin	669	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	55	01:04:43	03:13:25	04:38:16		06:46:38.10	06:47:21.50	+02:38:30 (38.9%)	7:49	7.7 (61.6%)
266	NADROWSKI Piotr	250	KONDYCJA	M40	56	01:12:15	03:25:20	04:42:25		06:46:48.15	06:47:40.65	+02:38:50 (39.0%)	7:49	7.7 (61.6%)
267	JEŻ Adam	60	WARSZAWA	M30	137	01:10:47	03:20:32	04:38:53		06:47:16.15	06:47:44.75	+02:38:54 (39.0%)	7:49	7.7 (61.6%)
268	ZYCH Zbigniew	409	LUBLIN	M40	57	01:05:42	03:11:24	04:34:11		06:47:29.35	06:47:51.50	+02:39:00 (39.0%)	7:50	7.7 (61.6%)
269	WOROBIEC Józef	803	UMKS NADIR JĘDRZEJÓW	M50	13	01:02:20	03:06:37	04:31:04		06:48:24.20	06:48:31.20	+02:39:40 (39.1%)	7:51	7.6 (60.8%)
270	ŁUKASZ Sosnowski	726	12TRI	M30	138	01:06:47	03:13:45	04:36:07		06:48:14.65	06:48:39.20	+02:39:48 (39.1%)	7:51	7.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
271	RIJ Tomasz	448	RYMANÓW ZDRÓJ	M30	139	01:09:00	03:16:13	04:36:15		06:48:16.95	06:48:42.70	+02:39:52 (39.1%)	7:51	7.6 (60.8%)
272	WÓJTOWICZ Paweł	456	BIEGAJZNAMI.PL	M30	140	01:10:23	03:16:06	04:35:29		06:48:05.50	06:48:50.45	+02:39:59 (39.1%)	7:50	7.6 (60.8%)
273	STASZEWSKI Maciej	592	JANÓW LUBELSKI	M30	141	01:10:21	03:16:07	04:35:29		06:48:05.40	06:48:51.35	+02:40:00 (39.1%)	7:50	7.6 (60.8%)
274	KĄKOL Łukasz	749		M30	142	01:02:16	03:04:36	04:29:33		06:48:38.30	06:48:56.85	+02:40:06 (39.2%)	7:51	7.6 (60.8%)
275	KRZYWICKI Paweł	282	WARSZAWA	M40	58	01:06:21	03:21:28	04:42:10		06:48:13.35	06:49:05.50	+02:40:14 (39.2%)	7:51	7.6 (60.8%)
276	SALAŃSKI Wojciech	634	WARSZAWA	M30	143	01:05:01	03:08:40	04:34:35		06:48:00.05	06:49:09.40	+02:40:18 (39.2%)	7:50	7.6 (60.8%)
277	WYTYKOWSKA Joanna	213	RYSIE ŁÓDŹ	K30	16	01:11:50	03:20:41	04:42:10		06:48:42.90	06:49:14.80	+02:40:24 (39.2%)	7:51	7.6 (60.8%)
278	KOCOT Sebastian	482	SOSNOWIEC	M30	144	01:06:40	03:16:19	04:36:30		06:48:48.90	06:49:35.45	+02:40:44 (39.2%)	7:51	7.6 (60.8%)
279	PAWĘZKA Mirosław	362	ORANGE POLSKA	M30	145	01:11:12	03:20:55	04:43:06		06:49:00.10	06:49:37.40	+02:40:46 (39.3%)	7:51	7.6 (60.8%)
280	TURLEJ Dariusz	82	KONDYCJA	M50	14	01:13:11	03:27:37	04:49:56		06:49:28.50	06:49:41.15	+02:40:50 (39.3%)	7:52	7.6 (60.8%)
281	MILEWSKI Mateusz	93	MKB DREPTAK MIŃSK MAZOWIECKI	M20	35	01:07:58	03:15:12	04:37:29		06:48:54.90	06:49:58.50	+02:41:07 (39.3%)	7:51	7.6 (60.8%)
282	MOSKWIAK Mateusz	307	JAROSŁAW	M20	36	01:08:43	03:15:34	04:34:09		06:49:12.85	06:50:00.45	+02:41:09 (39.3%)	7:52	7.6 (60.8%)
283	DEMBECKI Marcin	56	SIEMIANOWICE ŚLĄSKIE	M30	146	01:04:11	03:17:14	04:41:54		06:49:28.45	06:50:03.90	+02:41:13 (39.3%)	7:52	7.6 (60.8%)
284	MOŻEJKO Artur	558	SPARTANIE DZIECIOM	M40	59	01:05:49	03:08:35	04:32:24		06:49:05.00	06:50:16.85	+02:41:26 (39.3%)	7:52	7.6 (60.8%)
285	CHOJECKI Dariusz	761	L	M40	60	01:05:12	03:17:14	04:40:46		06:49:45.50	06:50:20.95	+02:41:30 (39.4%)	7:52	7.6 (60.8%)
286	ZMYŚŁOWSKI Łukasz	238		M30	147	01:05:11	03:17:13	04:40:19		06:49:44.60	06:50:21.20	+02:41:30 (39.4%)	7:52	7.6 (60.8%)
287	ŚWIDZIŃSKI Tomasz	711	VEGE RUNNERS	M30	148	01:11:32	03:20:40	04:39:54		06:51:16.70	06:51:56.10	+02:43:05 (39.6%)	7:54	7.6 (60.8%)
288	KUBIK Filip	794	PROFIDEA	M30	149	01:08:25	03:20:18	04:37:41		06:51:09.10	06:52:11.80	+02:43:21 (39.6%)	7:54	7.6 (60.8%)
289	MAJ Sławomir	185	ŚWIDNIK	M30	150	01:11:40	03:19:36	04:47:40		06:52:31.15	06:52:43.60	+02:43:52 (39.7%)	7:55	7.6 (60.8%)
290	OBIDZIŃSKI Adam	44	NAPIERAMY! / SOPOT	M30	151	01:12:27	03:33:46	04:49:44		06:52:29.95	06:52:57.70	+02:44:07 (39.7%)	7:55	7.6 (60.8%)
291	MARCINIEC Bogusław	132	ZAGORZYCE	M30	152	01:06:05	03:17:10	04:37:48		06:52:44.25	06:53:00.90	+02:44:10 (39.7%)	7:56	7.6 (60.8%)
292	TUROSZ Zbigniew	503	LEŻAJSK	M50	15	01:05:42	03:15:05	04:37:53		06:52:46.45	06:53:03.35	+02:44:12 (39.8%)	7:56	7.6 (60.8%)
293	GOLBA Łukasz	370	MIELEC	M30	153	01:11:43	03:22:58	04:42:54		06:52:36.60	06:53:09.25	+02:44:18 (39.8%)	7:56	7.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
294	NOWOTYŃSKI Jakub	492	KRAKÓW	M30	154	01:09:27	03:16:01	04:37:42		06:52:08.20	06:53:12.60	+02:44:21 (39.8%)	7:55	7.6 (60.8%)
295	CAGARA Paweł	316	STALOWA WOLA	M30	155	01:05:13	03:09:16	04:35:28		06:52:52.15	06:53:19.35	+02:44:28 (39.8%)	7:56	7.6 (60.8%)
296	OSTROWSKI Artur	466	YULO RUN TEAM SIEDLCE	M30	156	01:07:42	03:18:47	04:41:59		06:53:40.10	06:53:52.65	+02:45:02 (39.9%)	7:57	7.5 (60.0%)
297	PACH Agnieszka	734	POZNAŃ	K40	7	01:09:21	03:20:58	04:42:14		06:53:20.85	06:53:52.75	+02:45:02 (39.9%)	7:56	7.5 (60.0%)
298	MISIEK Marek	79	PGB SPORTOWA PACZKA	M50	16	01:13:42	03:21:43	04:42:27		06:53:46.05	06:54:14.35	+02:45:23 (39.9%)	7:57	7.5 (60.0%)
299	DZIENISZEWSKI Tomasz	263	WARSZAWA	M30	157	01:08:37	03:26:07	04:46:00		06:53:56.95	06:54:29.25	+02:45:38 (40.0%)	7:57	7.5 (60.0%)
300	ROSZKOWSKI Marcin	795	WARSZAWA	M40	61	01:07:12	03:23:06	04:44:38		06:54:11.85	06:54:46.15	+02:45:55 (40.0%)	7:57	7.5 (60.0%)
301	JAREMA Maciej	77	LOKOMOTIV MAJDAN	M30	158	01:08:24	03:19:31	04:40:50		06:54:25.40	06:55:06.70	+02:46:16 (40.1%)	7:58	7.5 (60.0%)
302	JAREMA Marek	50	KRAKÓW	M40	62	01:06:25	03:16:19	04:41:21		06:54:35.60	06:55:15.80	+02:46:25 (40.1%)	7:58	7.5 (60.0%)
303	SIWOŃ Ewa	401	SMASHING PAPKINS	K40	8	01:06:40	03:10:54	04:37:06		06:54:40.45	06:55:19.60	+02:46:28 (40.1%)	7:58	7.5 (60.0%)
304	KOZERA Waldemar	420		M30	159	01:09:45	03:16:26	04:43:51		06:54:20.75	06:55:20.30	+02:46:29 (40.1%)	7:58	7.5 (60.0%)
305	DARLIŃSKI Artur	660	A-D-E-A GLIWICE	M30	160	01:05:24	03:16:27	04:41:54		06:55:11.95	06:55:22.30	+02:46:31 (40.1%)	7:59	7.5 (60.0%)
306	JACKOWSKI Jacek	242	JGB "SOKÓŁ"	M40	63	01:01:25	03:10:22	04:40:39		06:55:52.70	06:56:05.45	+02:47:14 (40.2%)	7:59	7.5 (60.0%)
307	PAPIEWSKA Marzena	425		K30	17	01:13:45	03:26:20	04:50:16		06:55:45.25	06:56:48.85	+02:47:58 (40.3%)	7:59	7.5 (60.0%)
308	KRZYSZTOŃ Piotr	379	GMP LASY	M30	161	01:05:12	03:14:50	04:39:56		06:56:31.60	06:56:50.45	+02:47:59 (40.3%)	8:00	7.5 (60.0%)
309	STAFIEJ Anna	408	ŚWINOUJŚCIE	K30	18	01:16:43	03:37:16	04:57:09		06:56:08.30	06:56:56.10	+02:48:05 (40.3%)	8:00	7.5 (60.0%)
310	STENCEL Wiktoria	515	WODZISŁAW ŚLĄSKI	K20	8	01:08:57	03:23:12	04:44:43		06:56:58.85	06:57:02.65	+02:48:12 (40.3%)	8:01	7.5 (60.0%)
311	KOZAKIEWICZ Zbigniew	180	BRZEG DOLNY	M30	162	01:00:27	02:58:36	04:30:57		06:56:07.45	06:57:06.35	+02:48:15 (40.3%)	8:00	7.5 (60.0%)
312	MAJDAN Łukasz	430	SPARTANIE DZIECIOM	M30	163	01:12:12	03:25:23	04:47:44		06:56:23.75	06:57:18.20	+02:48:27 (40.4%)	8:00	7.5 (60.0%)
313	JEZIERSKI-KRUPA Marek	777	ZABRZE	M20	37	01:02:15	03:11:33	04:38:21		06:57:42.90	06:57:47.75	+02:48:57 (40.4%)	8:01	7.5 (60.0%)
314	ZIĘTEK Marcin	755	JAWORZNO	M30	164	01:09:11	03:26:52	04:49:30		06:57:28.05	06:58:02.10	+02:49:11 (40.5%)	8:01	7.5 (60.0%)
315	CIEŚLAK Dominika	670		K30	19	01:10:01	03:31:18	04:52:59		06:57:36.70	06:58:14.95	+02:49:24 (40.5%)	8:01	7.5 (60.0%)
316	BŁASZKIEWICZ Tomasz	46	TEMPO WAŁBRZYCH	M40	64	01:11:11	03:29:53	04:50:30		06:57:08.70	06:58:18.60	+02:49:27 (40.5%)	8:01	7.5 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto	Czas brutto	Różn	Tempo	Tempo
										52km	52km		min/km	km/h
317	KOŁODZIEJSKI Ariel	325	XTEAM	M30	165	01:14:18	03:37:27	04:59:05		06:57:33.80	06:58:24.75	+02:49:34 (40.5%)	8:01	7.5 (60.0%)
318	GĄSIOROWSKI Maciej	769	WARSZAWA	M30	166	01:11:33	03:26:19	04:48:29		06:58:13.20	06:59:14.85	+02:50:24 (40.6%)	8:02	7.5 (60.0%)
319	FOJCIK Asia	462	SBD ENERGETYK RYBNIK	K30	20	01:09:36	03:22:37	04:44:24		06:58:33.95	06:59:16.40	+02:50:25 (40.6%)	8:02	7.5 (60.0%)
320	KUNCEWICZ Anna	37		K30	21	01:08:08	03:20:18	04:46:41		06:58:28.80	06:59:24.95	+02:50:34 (40.7%)	8:02	7.5 (60.0%)
321	PIETRYSZYN Mariusz	513	PRZEMYŚL	M30	167	01:08:40	03:19:06	04:46:36		06:58:40.50	06:59:30.75	+02:50:40 (40.7%)	8:03	7.5 (60.0%)
321	KUBASIK Łukasz	327	PRZEWORSK	M20	38	01:08:39	03:19:07	04:46:36		06:58:40.10	06:59:30.75	+02:50:40 (40.7%)	8:03	7.5 (60.0%)
323	BAŁAZY Patryk	291	PGB SPORTOWA PACZKA	M30	168	01:13:02	03:31:00	04:50:42		06:58:26.95	06:59:38.25	+02:50:47 (40.7%)	8:02	7.5 (60.0%)
324	PIECH Krzysztof	730	WARSZAWA	M40	65	01:06:11	03:16:22	04:43:33		06:58:50.75	06:59:51.05	+02:51:00 (40.7%)	8:03	7.4 (59.2%)
325	KACZOR Waldemar	171	RES-VET RZESZÓW	M40	66	01:01:28	03:09:22	04:32:23		06:59:28.50	07:00:04.15	+02:51:13 (40.8%)	8:04	7.4 (59.2%)
326	PASECKA Sylwia	248	GLIWICE	K40	9	01:17:56	03:37:25	04:56:28		06:59:05.80	07:00:14.15	+02:51:23 (40.8%)	8:03	7.4 (59.2%)
327	MROŻEK Andrzej	145	KKB DYSTANS KRAKÓW	M60	1	01:15:12	03:31:18	04:49:45		06:59:58.40	07:00:32.05	+02:51:41 (40.8%)	8:04	7.4 (59.2%)
328	TABASZEWSKA Karolina	81	ZAKOPANE	K30	22	01:07:46	03:22:37	04:50:25		06:59:35.00	07:00:34.15	+02:51:43 (40.8%)	8:04	7.4 (59.2%)
329	NIEDZIELA Wojciech	473		M40	67	01:13:52	03:29:52	04:53:08		07:00:29.70	07:01:28.45	+02:52:37 (41.0%)	8:05	7.4 (59.2%)
330	SEMENIUK Tomasz	357	GRAJEK PRASKI	M40	68	01:07:17	03:18:05	04:41:42		07:01:04.20	07:01:44.65	+02:52:54 (41.0%)	8:05	7.4 (59.2%)
331	KOTUŁA Jarosław	315	SKLEP BIEGACZA TEAM/LUBLIN	M20	39	01:08:08	03:30:47	04:54:44		07:01:24.90	07:01:46.95	+02:52:56 (41.0%)	8:06	7.4 (59.2%)
332	PAUSZEK Roman	530	WĄGROWIEC	M50	17	01:11:23	03:28:59	04:53:14		07:00:48.80	07:01:49.85	+02:52:59 (41.0%)	8:05	7.4 (59.2%)
333	SZCZEPANIAK Marcin	700	KONIN	M30	169	01:03:09	03:02:52	04:29:14		07:01:19.95	07:01:52.35	+02:53:01 (41.0%)	8:06	7.4 (59.2%)
334	NIEMCZEWSKI Borys	270	TIMEBANDIT CORPS	M30	170	01:02:43	03:20:24	04:42:13		07:01:31.95	07:01:57.25	+02:53:06 (41.0%)	8:06	7.4 (59.2%)
335	DZIAMSKI Tomasz	281	KOBYLNIKI	M30	171	01:09:03	03:08:24	04:31:26		07:01:04.85	07:02:05.45	+02:53:14 (41.0%)	8:05	7.4 (59.2%)
336	KOBELUK Damian	182		M30	172	01:07:59	03:22:09	04:43:40		07:01:31.40	07:02:06.35	+02:53:15 (41.0%)	8:06	7.4 (59.2%)
337	SZPYT Ryszard	616	BIŁGORAJ	M40	69	01:08:00	03:22:09	04:43:39		07:01:30.20	07:02:06.40	+02:53:15 (41.0%)	8:06	7.4 (59.2%)
338	DZIEDZIC Artur	29	WAŁBRZYCH	M30	173	01:19:24	03:34:58	04:53:35		07:00:54.80	07:02:08.50	+02:53:17 (41.1%)	8:05	7.4 (59.2%)
339	KOPACZ Mirosław	648	POZNAŃ	M60	2	01:12:09	03:29:54	04:53:39		07:01:09.20	07:02:12.05	+02:53:21 (41.1%)	8:05	7.4 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto	Czas brutto	Różn	Tempo	Tempo
										52km	52km		min/km	km/h
340	BRONOWICKI Jarosław	760	PRO-RUN WROCŁAW	M40	70	01:09:11	03:20:35	04:44:30		07:01:46.85	07:02:32.55	+02:53:41 (41.1%)	8:06	7.4 (59.2%)
341	KUZA Daria	545	GDAŃSK	K30	23	01:17:18	03:43:29	05:00:54		07:02:30.55	07:03:30.25	+02:54:39 (41.2%)	8:07	7.4 (59.2%)
342	WIERZBA Monika	75	GDAŃSK	K20	9	01:14:16	03:33:44	04:52:53		07:03:11.05	07:03:40.50	+02:54:49 (41.3%)	8:08	7.4 (59.2%)
343	ZAWADZKI Piotr	468	NIGHT RUNNERS Z LASU	M30	174	01:12:28	03:31:29	04:52:49		07:03:27.05	07:03:47.45	+02:54:56 (41.3%)	8:08	7.4 (59.2%)
344	ŁUCZAK Piotr	636	JA+117KG	M20	40	01:09:30	03:30:26	04:51:17		07:02:40.25	07:03:50.60	+02:54:59 (41.3%)	8:07	7.4 (59.2%)
345	GADOMSKI Radosław	485	PKO BANK POLSKI	M30	175	01:07:28	03:24:49	04:53:48		07:02:47.05	07:03:54.25	+02:55:03 (41.3%)	8:07	7.4 (59.2%)
346	PALCZAK Rafał	85	GŁOGÓW MAŁOPOLSKI	M40	71	01:12:27	03:28:53	04:53:46		07:03:46.60	07:04:13.05	+02:55:22 (41.3%)	8:08	7.4 (59.2%)
347	OLEKSYK Wojciech	744	BKB VICTORIA BRZESKO	M40	72	01:08:01	03:16:43	04:42:55		07:03:39.25	07:04:16.25	+02:55:25 (41.3%)	8:08	7.4 (59.2%)
348	MAŃKOWSKI Krzysztof	372	12TRI.PL DRUŻYNA WILKA OLSZTYN	M30	176	01:09:41	03:27:11	04:50:44		07:04:04.75	07:04:22.75	+02:55:32 (41.4%)	8:09	7.4 (59.2%)
349	MAŃKOWSKA Anna	627	12TRI.PL DRUŻYNA WILKA	K30	24	01:09:41	03:27:10	04:50:44		07:04:04.15	07:04:23.00	+02:55:32 (41.4%)	8:09	7.4 (59.2%)
350	JANOWSKA Anna	334		K30	25	01:11:34	03:37:33	04:56:10		07:04:04.50	07:04:23.35	+02:55:32 (41.4%)	8:09	7.4 (59.2%)
351	KIELAK Daniel	685	ALBATROSY	M30	177	01:02:58	03:15:28	04:43:51		07:04:10.70	07:04:29.30	+02:55:38 (41.4%)	8:09	7.4 (59.2%)
352	KADŁUBEK Aleksander	625	TKTJ	M30	178	01:14:03	03:36:53	04:57:43		07:04:40.15	07:05:18.95	+02:56:28 (41.5%)	8:10	7.3 (58.4%)
353	HAŁASA Joanna	608	TY KRAKUSIE	K30	26	01:05:41	03:21:29	04:48:59		07:04:37.75	07:05:27.50	+02:56:36 (41.5%)	8:09	7.3 (58.4%)
354	SMOLARCZYK Tomasz	607	TY KRAKUSIE	M30	179	01:05:41	03:21:31	04:48:59		07:04:39.00	07:05:29.00	+02:56:38 (41.5%)	8:09	7.3 (58.4%)
355	KOTLARSKI Marcin	21		M30	180	01:10:30	03:25:57	04:53:39		07:04:21.00	07:05:30.45	+02:56:39 (41.5%)	8:09	7.4 (59.2%)
356	SZULBORSKI Darek	163	TKKF PŁOCK	M40	73	01:08:46	03:26:09	04:49:21		07:05:38.05	07:05:58.55	+02:57:07 (41.6%)	8:11	7.3 (58.4%)
357	BŁASZKIEWICZ Bogusz	269	BIEGACZE NETAPP	M30	181	01:16:06	03:39:54	04:58:44		07:05:48.50	07:06:23.45	+02:57:32 (41.6%)	8:11	7.3 (58.4%)
358	KIRKIEWICZ Ireneusz	17		M40	74	01:11:12	03:29:50	04:53:40		07:06:02.70	07:06:47.00	+02:57:56 (41.7%)	8:11	7.3 (58.4%)
359	ARKUSZ Marcin	120	KRAKÓW	M30	182	01:03:01	03:13:26	04:42:41		07:06:44.45	07:06:50.35	+02:57:59 (41.7%)	8:12	7.3 (58.4%)
360	GALUSZKA Bogdan	210	JGB SOKOL	M40	75	01:20:25	03:38:21	04:57:24		07:06:45.90	07:06:58.15	+02:58:07 (41.7%)	8:12	7.3 (58.4%)
361	FIGEL Michał	650	MIKI TEAM	M30	183	01:08:51	03:22:43	04:50:16		07:06:33.80	07:07:12.35	+02:58:21 (41.8%)	8:12	7.3 (58.4%)
362	KRUPA Jan	387	TORTUGA ADVENTURE TEAM	M20	41	01:10:00	03:33:20	04:53:02		07:06:50.50	07:07:15.00	+02:58:24 (41.8%)	8:12	7.3 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
363	SZUMIGAJ Alicja	434	SĘPÓLNO KRAJEŃSKIE	K30	27	01:11:20	03:27:22	04:52:19		07:06:28.95	07:07:23.40	+02:58:32 (41.8%)	8:12	7.3 (58.4%)
364	GUZIK Robert	241	PEDRAFORCA	M40	76	01:10:41	03:24:28	04:52:56		07:06:33.45	07:07:30.00	+02:58:39 (41.8%)	8:12	7.3 (58.4%)
365	SIERZPUTOWSKI Grzegorz	587		M30	184	01:04:45	03:07:02	04:39:22		07:07:15.15	07:07:33.45	+02:58:42 (41.8%)	8:12	7.3 (58.4%)
366	KUBAREK Łukasz	350	NIGDY W ŻYCIU NIE BIEGNĘ HARDCORA....	M30	185	01:14:18	03:37:31	04:59:03		07:06:43.35	07:07:34.40	+02:58:43 (41.8%)	8:12	7.3 (58.4%)
367	GRĘZIAK Ewa	167	YULO RUN TEAM SIEDLCE	K40	10	01:09:35	03:18:08	04:45:16		07:07:27.70	07:07:53.50	+02:59:02 (41.8%)	8:13	7.3 (58.4%)
368	WOJDA Dariusz	333	DZIKIE DZIKI	M40	77	01:10:17	03:28:06	04:50:24		07:07:41.15	07:08:13.20	+02:59:22 (41.9%)	8:13	7.3 (58.4%)
369	POTĘGA Izabela	160	DELPHI RUNNING TEAM	K30	28	01:11:25	03:27:25	04:54:50		07:08:32.90	07:08:42.55	+02:59:51 (42.0%)	8:14	7.3 (58.4%)
370	MAJKUCIŃSKI Marek	681	BIEGIEM RADOM!	M40	78	01:09:42	03:29:16	04:54:55		07:07:56.30	07:08:44.55	+02:59:53 (42.0%)	8:13	7.3 (58.4%)
371	WALASZKOWSKA Dominika	537	GOŚCICINO	K30	29	01:11:51	03:34:19	04:57:17		07:08:04.00	07:08:53.35	+03:00:02 (42.0%)	8:13	7.3 (58.4%)
372	PIOTROWSKI Wiktor	246	KĘTRZYN	M40	79	01:05:09	03:15:00	04:38:16		07:08:29.70	07:08:57.20	+03:00:06 (42.0%)	8:14	7.3 (58.4%)
373	KOLASSA Ryszard	304	AKTYWNI KOCIEWIACY - SKÓRCZ	M50	18	01:16:29	03:36:52	05:00:22		07:07:49.95	07:09:00.70	+03:00:10 (42.0%)	8:13	7.3 (58.4%)
374	KUNCEWICZ Marek	146		M30	186	01:08:51	03:22:11	04:48:44		07:08:11.65	07:09:07.50	+03:00:16 (42.0%)	8:14	7.3 (58.4%)
375	PENAR Jarosław	19	FESTINA LENTE	M50	19	01:10:47	03:35:12	04:59:07		07:09:19.70	07:09:42.55	+03:00:51 (42.1%)	8:15	7.3 (58.4%)
376	OPOWICZ Marzena	614	WARSZAWA	K50	1	01:11:59	03:28:00	04:53:08		07:09:53.25	07:10:04.50	+03:01:13 (42.1%)	8:16	7.3 (58.4%)
377	KOPER Jacek	576	ŁÓDŹ	M40	80	01:07:19	03:25:36	04:54:57		07:10:01.70	07:10:19.15	+03:01:28 (42.2%)	8:16	7.3 (58.4%)
378	WIŚNIEWSKI Krzysztof	737	ĆMIŁÓW	M30	187	01:11:09	03:26:11	04:51:05		07:09:49.15	07:10:25.10	+03:01:34 (42.2%)	8:15	7.3 (58.4%)
379	OSTROWSKI Ignacy	476		M30	188	01:11:03	03:22:54	04:46:57		07:10:11.95	07:10:25.15	+03:01:34 (42.2%)	8:16	7.3 (58.4%)
380	RYCZEK Mariusz	713	KMD	M40	81	01:08:13	03:31:47	04:59:03		07:10:07.00	07:10:26.95	+03:01:36 (42.2%)	8:16	7.3 (58.4%)
381	WÓJCIK Małgorzata	360	WIĄZOWNA	K40	11	01:09:40	03:37:07	05:01:20		07:10:19.70	07:10:28.65	+03:01:38 (42.2%)	8:16	7.3 (58.4%)
382	GAWRON Marcin	722	TARNÓW	M40	82	01:16:09	03:31:00	04:53:54		07:09:38.50	07:10:31.75	+03:01:41 (42.2%)	8:15	7.3 (58.4%)
383	AUBRECHT Paweł	770	PRUSZCZ GDAŃSKI	M20	42	01:17:19	03:50:01	05:11:52		07:09:45.30	07:10:40.75	+03:01:50 (42.2%)	8:15	7.3 (58.4%)
384	GAURA Łukasz	352	BYDGOSZCZ	M30	189	01:05:44	03:16:24	04:44:52		07:09:55.70	07:10:44.65	+03:01:54 (42.2%)	8:16	7.3 (58.4%)
385	STUSIŃSKI Mariusz	582	PIORUNNERS	M30	190	01:07:31	03:19:13	04:45:50		07:09:58.15	07:10:51.35	+03:02:00 (42.2%)	8:16	7.3 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
386	GŁUCHOWSKI Jędrzej	480	TORTUGA ADVENTURE TEAM	M20	43	01:10:02	03:32:34	04:54:05		07:10:29.80	07:10:54.15	+03:02:03 (42.3%)	8:16	7.2 (57.6%)
387	DĘBIEC Karina	216	FINISZ RYMANÓW	K30	30	01:11:31	03:34:11	05:01:08		07:10:36.15	07:11:02.55	+03:02:11 (42.3%)	8:16	7.2 (57.6%)
388	SKWARŁO Marek	16	ŚW. ANTONI PIŁA	M40	83	01:09:05	03:28:04	04:57:33		07:10:55.00	07:11:05.00	+03:02:14 (42.3%)	8:17	7.2 (57.6%)
389	ZIELIŃSKI Paweł	151		M30	191	01:12:04	03:30:01	04:53:18		07:10:08.75	07:11:06.25	+03:02:15 (42.3%)	8:16	7.3 (58.4%)
390	GRABOWICZ Paweł	289	SIEKIERKI WIELKIE	M40	84	01:12:59	03:35:09	05:00:25		07:10:15.75	07:11:19.05	+03:02:28 (42.3%)	8:16	7.3 (58.4%)
391	KACZOROWSKI Przemysław	407	SZCZECIN	M40	85	01:11:39	03:33:41	04:58:47		07:11:14.45	07:11:35.70	+03:02:45 (42.3%)	8:17	7.2 (57.6%)
392	ZYCH Wiktor	455	SWORNEGACIE	M30	192	01:07:37	03:28:13	04:54:05		07:11:02.05	07:11:51.80	+03:03:01 (42.4%)	8:17	7.2 (57.6%)
393	ZIELIŃSKI Michał	416	SPARTANIE DZIECIOM	M40	86	01:14:18	03:28:31	04:54:07		07:11:05.80	07:12:00.95	+03:03:10 (42.4%)	8:17	7.2 (57.6%)
394	TRAFAS Dariusz	541	Z LASU PŁOCK	M40	87	01:12:27	03:31:29	04:53:14		07:12:23.40	07:12:44.85	+03:03:54 (42.5%)	8:18	7.2 (57.6%)
395	KOZŁOWSKI Bartek	265	WAWA	M30	193	01:12:49	03:24:54	04:52:41		07:11:49.90	07:12:54.15	+03:04:03 (42.5%)	8:18	7.2 (57.6%)
396	KRUPCZYŃSKI Mariusz	129	KRUPOLS TEAM	M50	20	01:11:01	03:26:46	04:52:26		07:11:43.30	07:12:55.95	+03:04:05 (42.5%)	8:18	7.2 (57.6%)
397	DOMIN Tomasz	73	KRAKÓW	M40	88	01:10:48	03:32:22	04:55:28		07:12:24.95	07:13:08.20	+03:04:17 (42.5%)	8:18	7.2 (57.6%)
398	KAŻMIERCZAK Marcin	203	SOCHACZEW	M20	44	01:01:32	03:15:15	04:42:24		07:12:17.05	07:13:14.60	+03:04:23 (42.6%)	8:18	7.2 (57.6%)
399	WINIECKI Mateusz	680	ŁÓDŹ RUNNING TEAM	M20	45	01:12:27	03:30:57	04:56:24		07:12:45.00	07:13:15.35	+03:04:24 (42.6%)	8:19	7.2 (57.6%)
400	URBAŃSKI Józef	374	KKB MOSIR KROSNO	M50	21	01:16:08	03:39:19	05:04:53		07:12:27.55	07:13:36.35	+03:04:45 (42.6%)	8:18	7.2 (57.6%)
400	KMUK Tomasz	742	PADEW NARODOWA	M30	194	01:17:24	03:41:26	05:06:58		07:12:33.90	07:13:36.35	+03:04:45 (42.6%)	8:19	7.2 (57.6%)
402	SKRZYPCZAK Piotr	666	OTK RZEŹNIK	M30	195	01:07:34	03:21:23	04:49:08		07:13:35.30	07:13:57.15	+03:05:06 (42.7%)	8:20	7.2 (57.6%)
403	WĄSOWSKI Krzysztof	437	LUBELSKIE STOWARZYSZENIE BIEGOWE	M40	89	01:04:08	03:09:27	04:41:12		07:14:04.80	07:14:10.75	+03:05:20 (42.7%)	8:20	7.2 (57.6%)
404	KARPIŃSKI Robert	356	SPARTANIE DZIECIOM	M40	90	01:12:18	03:31:03	04:59:01		07:13:20.45	07:14:13.40	+03:05:22 (42.7%)	8:20	7.2 (57.6%)
405	DZIAŁABIJ Beata	796	OLKUSZ	K30	31	01:15:28	03:33:45	04:55:46		07:13:23.30	07:14:22.80	+03:05:32 (42.7%)	8:20	7.2 (57.6%)
406	PACANOWSKI Robert	36	WEŁNICA BIEGA	M40	91	01:09:51	03:31:42	04:58:50		07:14:10.15	07:14:33.65	+03:05:43 (42.7%)	8:20	7.2 (57.6%)
407	PRZYBYLSKI Przemysław	342	WEŁNICA BIEGA	M40	92	01:05:29	03:23:46	04:54:53		07:14:11.65	07:14:35.40	+03:05:44 (42.7%)	8:20	7.2 (57.6%)
408	MROZIK Jarosław	253	PRAGA-PÓŁNOC	M20	46	01:15:53	03:41:35	05:07:40		07:13:34.10	07:14:40.20	+03:05:49 (42.8%)	8:20	7.2 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
409	BARTOSIEWICZ Bartłomiej	645	RZESZOW	M40	93	01:06:14	03:22:14	04:45:53		07:15:23.80	07:15:29.35	+03:06:38 (42.9%)	8:22	7.2 (57.6%)
410	FYDA Piotr	764	KROSNO POLANKA	M30	196	01:06:59	03:21:05	04:51:16		07:15:33.60	07:15:47.95	+03:06:57 (42.9%)	8:22	7.2 (57.6%)
411	PAPIEWSKI Przemysław	426		M30	197	01:13:45	03:35:25	05:02:32		07:14:51.05	07:15:54.40	+03:07:03 (42.9%)	8:21	7.2 (57.6%)
412	JURCZAK Roman	704	RZESZÓW	M50	22	01:11:31	03:31:43	05:04:30		07:16:06.20	07:16:10.90	+03:07:20 (42.9%)	8:23	7.2 (57.6%)
413	BOROWSKI Rafał	363	KW WARSZAWA	M30	198	01:02:04	03:09:04	04:42:20		07:16:04.90	07:16:28.55	+03:07:37 (43.0%)	8:23	7.2 (57.6%)
414	DABKIEWICZ Monika	562	GDANSK	K40	12	01:17:15	03:43:28	05:05:55		07:15:43.45	07:16:42.35	+03:07:51 (43.0%)	8:22	7.2 (57.6%)
415	BUSZ Jacek	64	DRUŻYNA KORMORANA	M30	199	01:07:53	03:15:06	04:42:20		07:16:39.50	07:17:35.10	+03:08:44 (43.1%)	8:23	7.1 (56.8%)
416	KNIAZ Piotr	684	WARSZAWA	M20	47	01:07:53	03:15:15	04:42:23		07:16:40.50	07:17:35.40	+03:08:44 (43.1%)	8:23	7.1 (56.8%)
417	PROC Leszek	789	SPARTANIE DZIECIOM	M40	94	01:08:09	03:33:50	05:00:21		07:17:13.25	07:18:24.30	+03:09:33 (43.2%)	8:24	7.1 (56.8%)
418	STEFAŃCZYK Monika	750	LES FEMMES COURANT DANS LES FOR?TS	K30	32	01:16:46	03:42:06	05:08:54		07:18:01.35	07:19:11.90	+03:10:21 (43.3%)	8:25	7.1 (56.8%)
419	SIWIEC Tomasz	433	RZESZÓW	M30	200	01:10:47	03:30:21	04:56:52		07:18:19.15	07:19:22.60	+03:10:31 (43.4%)	8:25	7.1 (56.8%)
420	ZYGMUNT Marcin	488	ZK NR 2 GRUDZIĄDZ	M30	201	01:12:56	03:34:17	04:57:30		07:18:52.65	07:19:23.65	+03:10:33 (43.4%)	8:26	7.1 (56.8%)
421	BARON Jacek	435	VADAIN	M30	202	01:12:57	03:34:18	04:57:46		07:18:52.45	07:19:23.75	+03:10:33 (43.4%)	8:26	7.1 (56.8%)
422	WRÓBEL Łukasz	78	KB BIAŁA BIEGA , MIĘDZYRZEC PODLASKI	M30	203	01:08:49	03:28:09	04:56:15		07:18:53.05	07:19:32.20	+03:10:41 (43.4%)	8:26	7.1 (56.8%)
423	ŚLĄCZKA Arkadiusz	61	FINISZ RYMANÓW	M30	204	01:10:11	03:28:44	04:54:55		07:18:32.95	07:19:45.30	+03:10:54 (43.4%)	8:26	7.1 (56.8%)
424	CZAPSKI Piotr	161	WARSZAWA	M50	23	01:12:53	03:31:49	05:00:06		07:19:00.90	07:19:45.40	+03:10:54 (43.4%)	8:26	7.1 (56.8%)
425	GÓRECKI Rafał	49	LESZNO	M30	205	01:07:37	03:33:10	04:59:29		07:19:21.50	07:19:58.00	+03:11:07 (43.4%)	8:26	7.1 (56.8%)
426	APANASIEWICZ Bartosz	66	CENTRUM BYDGOSZCZ	M30	206	01:07:35	03:28:45	04:59:16		07:19:32.55	07:20:01.10	+03:11:10 (43.4%)	8:27	7.1 (56.8%)
427	PÓŁTORAK Katarzyna	126	WARSZAWA	K30	33	01:13:01	03:32:46	05:00:36		07:19:31.85	07:20:39.75	+03:11:49 (43.5%)	8:27	7.1 (56.8%)
428	ZIÓŁKO Maciek	767	WATER KNIGHTS	M30	207	01:10:37	03:23:39	04:53:13		07:20:53.75	07:22:05.10	+03:13:14 (43.7%)	8:28	7.1 (56.8%)
429	KRÓL Michał	709	PUŁAWY	M20	48	01:06:05	03:31:51	05:01:05		07:21:57.45	07:22:12.25	+03:13:21 (43.7%)	8:29	7.1 (56.8%)
430	NITSCH Tomasz	581	UNTS WARSZAWA	M40	95	01:07:36	03:28:14	04:54:35		07:21:38.60	07:22:28.30	+03:13:37 (43.8%)	8:29	7.1 (56.8%)
431	TURSKA Agnieszka	168	AKADEMIA BIEGANIA	K30	34	01:13:48	03:33:44	05:00:57		07:21:57.60	07:22:37.65	+03:13:47 (43.8%)	8:29	7.1 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
432	PALIK Marcin	500	ŁOŻA SZYDERCÓW KIELCE	M40	96	01:06:35	03:19:46	04:48:17		07:22:32.00	07:22:53.15	+03:14:02 (43.8%)	8:30	7.1 (56.8%)
433	KONIECZNY Mariusz	127	AGONA W&M ŁAŃCUT	M50	24	01:08:33	03:36:57	05:09:21		07:22:43.70	07:22:57.45	+03:14:06 (43.8%)	8:30	7 (56.0%)
434	SZYBIAK Waldemar	128	AGONA W&M PRZEMYŚL	M50	25	01:08:34	03:36:56	05:09:16		07:22:44.00	07:22:57.65	+03:14:07 (43.8%)	8:30	7 (56.0%)
435	DOLATOWSKI Łukasz	233	WARSZAWA	M30	208	01:07:48	03:32:08	05:01:12		07:23:55.45	07:24:25.45	+03:15:34 (44.0%)	8:32	7 (56.0%)
436	SOPAŁA Jakub	130	RUDNIK NAD SANEM	M40	97	01:13:16	03:36:53	05:04:46		07:23:49.05	07:24:31.40	+03:15:40 (44.0%)	8:32	7 (56.0%)
437	GERUS Wiesław	557	PRO-RUN WROCŁAW	M50	26	01:09:10	03:22:58	05:03:33		07:24:14.65	07:25:01.85	+03:16:11 (44.1%)	8:32	7 (56.0%)
438	BRZOSTEK Krzysztof	748	WHITE RIVER	M40	98	01:11:06	03:36:32	05:01:36		07:24:32.25	07:25:29.20	+03:16:38 (44.1%)	8:32	7 (56.0%)
439	MAZUR Robert	393	SMASHING PAPKINS	M40	99	01:13:16	03:30:45	04:57:34		07:24:55.45	07:25:53.20	+03:17:02 (44.2%)	8:33	7 (56.0%)
440	NEPELSKI Krzysztof	284		M20	49	01:11:27	03:33:21	05:02:56		07:25:40.20	07:25:54.25	+03:17:03 (44.2%)	8:34	7 (56.0%)
441	MARCZEWSKI Andrzej	459	KIELCE	M50	27	01:12:48	03:32:28	05:03:10		07:25:33.50	07:26:00.15	+03:17:09 (44.2%)	8:34	7 (56.0%)
442	BULKOWSKI Waldemar	230	BRZEG	M50	28	01:09:42	03:29:30	04:59:00		07:25:06.85	07:26:02.00	+03:17:11 (44.2%)	8:33	7 (56.0%)
443	FINFANDO Zbigniew	662	IZABELIN	M40	100	01:12:25	03:32:05	04:57:10		07:25:12.00	07:26:11.80	+03:17:21 (44.2%)	8:33	7 (56.0%)
444	FARON Dawid	96	NORAFSPORT	M20	50	01:09:32	03:26:47	04:56:19		07:27:01.70	07:27:45.70	+03:18:55 (44.4%)	8:35	7 (56.0%)
445	REJDYCH Aleksander	763	ORTOREH TEAM	M20	51	01:01:41	03:22:58	04:59:38		07:28:18.00	07:28:26.75	+03:19:36 (44.5%)	8:37	7 (56.0%)
446	MŁODECKA Sylwia	338		K40	13	01:11:55	03:42:12	05:14:27		07:28:05.20	07:28:38.30	+03:19:47 (44.5%)	8:37	7 (56.0%)
447	PESZEK Bogdan	519	AKTYWNY DYNÓW	M40	101	01:12:04	03:42:04	05:09:06		07:28:41.45	07:29:03.35	+03:20:12 (44.6%)	8:37	7 (56.0%)
448	WOJCIESZAK Marcin	283	ZAGÓRZ	M30	209	01:08:22	03:28:44	05:00:22		07:28:14.65	07:29:29.05	+03:20:38 (44.6%)	8:37	7 (56.0%)
449	ISALSKI Mikołaj	324	POZNAŃ	M20	52	01:12:25	03:31:47	05:04:08		07:28:40.30	07:29:45.20	+03:20:54 (44.7%)	8:37	7 (56.0%)
450	KOKOT Roman	579	AKTYWNY DYNÓW	M30	210	01:12:09	03:42:05	05:09:00		07:29:48.20	07:30:11.05	+03:21:20 (44.7%)	8:39	6.9 (55.2%)
451	ZIEMNIAK Marcin	186	WARSZAWA	M20	53	01:08:25	03:23:06	04:49:13		07:29:52.40	07:30:27.25	+03:21:36 (44.8%)	8:39	6.9 (55.2%)
452	PLASZCZYK Tomasz	232	SPORT=EVO GDAŃSK	M30	211	01:17:17	03:49:57	05:12:03		07:30:23.85	07:31:24.00	+03:22:33 (44.9%)	8:39	6.9 (55.2%)
453	NIZIOŁEK Marek	170	ZABORZE	M40	102	01:15:08	03:43:26	05:13:36		07:30:51.90	07:31:48.70	+03:22:58 (44.9%)	8:40	6.9 (55.2%)
454	FILIPOWICZ Joanna	235	WARSZAWA	K40	14	01:12:44	03:41:39	05:10:39		07:30:49.90	07:32:01.90	+03:23:11 (44.9%)	8:40	6.9 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
455	FILIPOWICZ Wojciech	580	WARSZAWA	M40	103	01:12:51	03:41:40	05:10:39		07:30:50.00	07:32:02.05	+03:23:11 (45.0%)	8:40	6.9 (55.2%)
456	WOŹNIAK Michał	707	LUBLIN	M30	212	01:11:55	03:33:04	05:02:25		07:31:26.75	07:32:04.60	+03:23:13 (45.0%)	8:40	6.9 (55.2%)
457	HADAŁA Ignacy	212	SPORT&FUTURE	M30	213	01:12:24	03:33:30	05:10:24		07:31:55.35	07:32:25.70	+03:23:35 (45.0%)	8:41	6.9 (55.2%)
458	WALENTOWSKI Maciej	693	TARNÓW	M20	54	01:17:32	03:41:35	05:14:32		07:31:52.85	07:32:46.65	+03:23:56 (45.0%)	8:41	6.9 (55.2%)
459	KOSTKA Janusz	65	POSMAKUJ RUN TEAM	M40	104	01:08:52	03:37:47	05:08:36		07:33:13.85	07:33:37.30	+03:24:46 (45.1%)	8:42	6.9 (55.2%)
460	ŁUGOWSKI Karol	156	MIŃSK MAZOWIECKI	M30	214	01:07:32	03:32:13	05:00:41		07:33:07.75	07:34:01.05	+03:25:10 (45.2%)	8:42	6.9 (55.2%)
461	SPYRA Mariusz	113	VC TEAM	M50	29	01:20:50	03:50:09	05:20:52		07:32:56.35	07:34:04.00	+03:25:13 (45.2%)	8:42	6.9 (55.2%)
462	PAUSZEK Marlena	529	WĄGROWIEC	K40	15	01:17:35	03:47:43	05:17:48		07:33:19.10	07:34:19.70	+03:25:29 (45.2%)	8:43	6.9 (55.2%)
463	KOZA Jan	41	LOKOMOTIW MAJDAN	M20	55	01:08:27	03:35:16	05:03:31		07:33:56.75	07:34:36.20	+03:25:45 (45.3%)	8:43	6.9 (55.2%)
464	MICHAŁEK Jarosław	400	KRAKÓW	M50	30	01:07:30	03:27:51	04:57:44		07:34:53.10	07:35:12.05	+03:26:21 (45.3%)	8:44	6.9 (55.2%)
465	JAKUBOWSKI Wojciech	91	KB GEOTERMIA UNIEJÓW	M40	105	01:05:40	03:33:28	05:06:58		07:35:19.05	07:35:30.90	+03:26:40 (45.4%)	8:45	6.9 (55.2%)
466	WYSTRYCHOWSKI Marcin	271	BFAGENCJA.PL	M30	215	01:18:24	03:43:02	05:09:44		07:35:47.40	07:35:54.60	+03:27:03 (45.4%)	8:45	6.8 (54.4%)
467	KUCZMA Paweł	118	PAŁUKI RUNNING TEAM ŻNIN	M50	31	01:14:56	03:37:59	05:15:55		07:35:23.90	07:36:26.40	+03:27:35 (45.5%)	8:45	6.9 (55.2%)
468	KLONOWSKI Jerzy	194		M60	3	01:15:52	03:37:06	05:09:13		07:36:13.45	07:36:40.35	+03:27:49 (45.5%)	8:46	6.8 (54.4%)
469	NADOLSKI Stanisław	303	CHELM	M40	106	01:12:27	03:34:07	05:05:59		07:36:15.60	07:36:48.45	+03:27:57 (45.5%)	8:46	6.8 (54.4%)
470	KUŁAKOWSKI Piotr	472	CZŁAPACZE	M50	32	01:15:58	03:43:21	05:09:35		07:35:55.45	07:36:57.45	+03:28:06 (45.5%)	8:46	6.8 (54.4%)
471	WAKUŁA Marek	465	SIEDLCE	M40	107	01:07:09	03:36:14	05:08:41		07:36:47.00	07:37:12.55	+03:28:21 (45.6%)	8:47	6.8 (54.4%)
472	GURAK-STENCEL Izabela	496	WODZISŁAW ŚLĄSKI	K40	16	01:11:48	03:39:18	05:10:39		07:37:19.55	07:37:23.20	+03:28:32 (45.6%)	8:47	6.8 (54.4%)
473	STENCEL Piotr	495	WODZISŁAW ŚLĄSKI	M40	108	01:11:45	03:39:16	05:14:08		07:37:21.50	07:37:25.60	+03:28:34 (45.6%)	8:47	6.8 (54.4%)
474	SZYMCZAK Mirosław	351	SPARTANIEDZIECIOM/DREAMRUN	M40	109	01:15:22	03:36:36	05:06:50		07:37:21.40	07:38:19.60	+03:29:28 (45.7%)	8:47	6.8 (54.4%)
475	PODOLAK Zbigniew	501	PRZEMYŚL	M50	33	01:09:31	03:38:01	05:06:28		07:38:58.50	07:39:10.05	+03:30:19 (45.8%)	8:49	6.8 (54.4%)
476	BRONISZEWSKI Jakub	632	ZĄBKI	M40	110	01:18:29	03:43:11	05:10:48		07:38:11.30	07:39:16.45	+03:30:25 (45.8%)	8:48	6.8 (54.4%)
477	MOTYKA Artur	712	TARNÓW	M40	111	01:08:30	03:31:50	04:59:38		07:39:29.25	07:39:48.95	+03:30:58 (45.9%)	8:50	6.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
478	KWIATKOWSKA-SITEK Ewa	413	RZESZÓW	K30	35	01:12:59	03:36:05	05:06:59		07:39:32.05	07:39:56.65	+03:31:06 (45.9%)	8:50	6.8 (54.4%)
479	MURAWSKA Joanna	474	MIKI TEAM	K30	36	01:14:54	03:46:23	05:16:38		07:39:29.15	07:40:06.40	+03:31:15 (45.9%)	8:50	6.8 (54.4%)
480	CHWISTEK Katarzyna	157	ZABRZE	K30	37	01:14:22	03:40:10	05:09:43		07:40:12.95	07:41:12.15	+03:32:21 (46.0%)	8:51	6.8 (54.4%)
481	LIPIŃSKI Ireneusz	610	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	112	01:10:31	03:39:42	05:12:49		07:41:02.00	07:41:18.90	+03:32:28 (46.1%)	8:51	6.8 (54.4%)
482	JASKULSKA Mirela	531	AKADEMIA BIEGANIA GRUDZIĄDZ	K50	2	01:10:31	03:39:43	05:12:50		07:41:02.85	07:41:18.95	+03:32:28 (46.1%)	8:51	6.8 (54.4%)
483	WALERCZYK Pawel	696	KORNIK	M40	113	01:07:24	03:35:39	05:14:09		07:40:32.10	07:41:29.25	+03:32:38 (46.1%)	8:51	6.8 (54.4%)
484	ROSIŃSKI Krzysztof	223	BYDGOSZCZ	M30	216	01:22:17	03:49:02	05:17:17		07:41:29.00	07:42:05.90	+03:33:15 (46.1%)	8:52	6.8 (54.4%)
485	SPYRA Zdzisław	674	PSZCZYNA	M30	217	01:14:02	03:39:00	05:12:30		07:42:37.60	07:42:47.05	+03:33:56 (46.2%)	8:53	6.7 (53.6%)
486	ŻMUDKA Bartek	574	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	218	01:11:57	03:42:52	05:13:32		07:42:34.30	07:43:18.20	+03:34:27 (46.3%)	8:53	6.7 (53.6%)
487	WYSOCKI Tomasz	343	RYBNIK	M40	114	01:11:57	03:42:53	05:13:45		07:42:34.95	07:43:18.70	+03:34:28 (46.3%)	8:53	6.7 (53.6%)
488	KWIECIEN Krzysztof	460	RUNSHOP.PL	M40	115	01:16:10	03:46:37	05:19:45		07:42:36.95	07:43:28.65	+03:34:38 (46.3%)	8:53	6.7 (53.6%)
489	ZARZYCKA Monika	477	BOOT CAMP POLSKA	K20	10	01:14:03	03:38:03	05:12:12		07:42:30.05	07:43:35.05	+03:34:44 (46.3%)	8:53	6.7 (53.6%)
490	BARAŃSKA Celestyna	344	ACCENTURE	K30	38	01:17:59	03:52:23	05:24:31		07:42:42.85	07:43:36.85	+03:34:46 (46.3%)	8:53	6.7 (53.6%)
491	GŁUCHOWSKI Przemysław	552	TORTUGA ADVENTURE TEAM	M40	116	01:10:01	03:32:36	05:02:37		07:43:41.25	07:44:05.60	+03:35:14 (46.4%)	8:55	6.7 (53.6%)
492	SARAT Ewa	798		K40	17	01:16:25	03:47:02	05:19:06		07:43:19.45	07:44:09.35	+03:35:18 (46.4%)	8:54	6.7 (53.6%)
493	MATYJA Piotr	688	PIOTRKÓW TRYBUNALSKI	M30	219	01:16:26	03:48:30	05:15:26		07:43:38.25	07:44:40.95	+03:35:50 (46.4%)	8:54	6.7 (53.6%)
494	DOMAŃSKA Ewelina	689	ZAKOPANE	K30	39	01:16:29	03:48:32	05:15:28		07:44:00.35	07:45:02.10	+03:36:11 (46.5%)	8:55	6.7 (53.6%)
495	SZCZERBA Rafał	200	ŁÓDŹ	M30	220	01:16:05	03:40:45	05:16:17		07:44:14.45	07:45:10.60	+03:36:19 (46.5%)	8:55	6.7 (53.6%)
496	ZEMBRON Jacek	34	RZESZÓW	M40	117	01:16:25	03:47:06	05:19:19		07:44:34.55	07:45:24.85	+03:36:34 (46.5%)	8:56	6.7 (53.6%)
497	KAMIŃSKA Jolanta	347	12TRI.PL/WARSZAWA	K20	11	01:18:36	03:49:14	05:24:08		07:45:46.75	07:46:02.10	+03:37:11 (46.6%)	8:57	6.7 (53.6%)
498	OLEJNIK Marcin	348	ŁÓDŹ	M20	56	01:18:36	03:49:13	05:24:08		07:45:46.85	07:46:03.00	+03:37:12 (46.6%)	8:57	6.7 (53.6%)
499	WĄSOWSKA Jagoda	68	PIASECZNO	K40	18	01:19:10	03:55:18	05:27:06		07:46:00.70	07:46:10.10	+03:37:19 (46.6%)	8:57	6.7 (53.6%)
500	MARSZAŁKOWSKI Grzegorz	31	ŚW. ANTONI	M40	118	01:14:05	03:50:43	05:21:12		07:46:48.25	07:46:58.50	+03:38:07 (46.7%)	8:58	6.7 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
501	SZYMIK Marcin	544	RATOWNIK GÓRNICZY	M40	119	01:09:55	03:38:52	05:12:23		07:46:44.65	07:47:23.15	+03:38:32 (46.8%)	8:58	6.7 (53.6%)
502	KOŁODZIEJCZYK Maciej	521	FIZO-SPORT	M30	221	01:11:13	03:38:12	05:03:44		07:48:10.20	07:48:51.70	+03:40:01 (46.9%)	9:00	6.7 (53.6%)
503	DYLEWSKI Paweł	522	FIZJO-SPORT ŁĘCZNA	M30	222	01:11:15	03:38:11	05:04:47		07:48:10.15	07:48:51.90	+03:40:01 (46.9%)	9:00	6.7 (53.6%)
504	TKACZYK Przemysław	48	CZCICIELE BOBRZEJ NORZY	M40	120	01:12:01	03:40:32	05:21:41		07:48:20.30	07:48:56.35	+03:40:05 (46.9%)	9:00	6.7 (53.6%)
505	BEDNARCZYK Paulina	483	MADRABBIT	K30	40	01:13:01	03:44:58	05:19:16		07:47:54.90	07:49:03.25	+03:40:12 (46.9%)	8:59	6.7 (53.6%)
506	ZBYSŁAW Beata	26	SSP ORKA IŁAWA	K40	19	01:17:33	03:45:47	05:20:27		07:48:16.55	07:49:05.75	+03:40:15 (47.0%)	9:00	6.7 (53.6%)
507	OSIKOWSKA Teresa	768		K30	41	01:14:28	03:46:43	05:22:23		07:48:43.70	07:49:39.30	+03:40:48 (47.0%)	9:00	6.7 (53.6%)
508	CAŁKA Grzegorz	584	RADZYMIN RUN TEAM	M40	121	01:16:14	03:47:20	05:18:25		07:49:21.65	07:49:43.50	+03:40:52 (47.0%)	9:01	6.6 (52.8%)
509	CAŁKA Agnieszka	583	RADZYMIN RUN TEAM	K30	42	01:16:15	03:47:23	05:18:27		07:49:23.70	07:49:43.60	+03:40:52 (47.0%)	9:01	6.6 (52.8%)
510	MĘŻYŃSKI Michał	731	WARSZAWA	M30	223	01:14:09	03:40:35	05:11:38		07:49:14.10	07:50:28.25	+03:41:37 (47.1%)	9:01	6.6 (52.8%)
511	BEDNARZ Krzysztof	457	TARNÓW	M50	34	01:16:11	03:47:04	05:20:39		07:50:28.15	07:51:18.65	+03:42:28 (47.2%)	9:02	6.6 (52.8%)
512	CZYZEWSKA Mariola	340	12TRI.PL DRUZYNA WILKA	K20	12	01:11:34	03:38:09	05:06:37		07:51:06.50	07:51:26.15	+03:42:35 (47.2%)	9:03	6.6 (52.8%)
513	WOJCIECHOWSKI Bartosz	721	SKĘPE	M30	224	01:09:12	03:36:08	05:14:24		07:51:21.45	07:51:27.35	+03:42:36 (47.2%)	9:03	6.6 (52.8%)
514	MYTNIK Grzegorz	266	KLUB TRIATHLONOWY WATER KNIGHTS ZABIERZÓW	M40	122	01:12:56	03:39:00	05:13:39		07:50:22.50	07:51:35.00	+03:42:44 (47.2%)	9:02	6.6 (52.8%)
515	CHORYŁEK Leszek	752	CZĘSTOCHOWA	M40	123	01:12:57	03:37:41	05:14:22		07:51:27.10	07:52:21.20	+03:43:30 (47.3%)	9:03	6.6 (52.8%)
516	SOSZYŃSKA Gosia	470	CZŁAPACZE	K50	3	01:19:50	03:54:56	05:27:47		07:51:31.10	07:52:32.95	+03:43:42 (47.3%)	9:04	6.6 (52.8%)
517	STASIEWICZ Łukasz	695	LUBLIN	M30	225	01:11:11	03:49:22	05:24:53		07:52:17.60	07:52:52.55	+03:44:01 (47.4%)	9:04	6.6 (52.8%)
518	GOSTKOWSKI Bartek	686	KRAKÓW	M30	226	01:12:27	03:47:42	05:19:35		07:52:50.35	07:53:26.25	+03:44:35 (47.4%)	9:05	6.6 (52.8%)
519	KUCHARCZYK Robert	439	SILESIA RUNNERS CLUB	M30	227	01:12:18	03:33:38	05:12:19		07:52:37.20	07:53:29.40	+03:44:38 (47.4%)	9:05	6.6 (52.8%)
520	OSIŃSKA Dominika	663		K30	43	01:17:44	03:55:40	05:32:41		07:53:00.40	07:53:29.80	+03:44:39 (47.4%)	9:05	6.6 (52.8%)
521	RAUCHFLEISZ Andrzej	649	CZOPKI KOLCZASTE	M40	124	01:17:44	03:55:39	05:32:41		07:53:00.90	07:53:30.75	+03:44:40 (47.4%)	9:05	6.6 (52.8%)
522	RUTKOWSKI Janusz	105	LESZNO	M50	35	01:16:17	03:52:30	05:23:40		07:53:09.05	07:53:45.70	+03:44:55 (47.5%)	9:05	6.6 (52.8%)
523	BIELAŃSKI Jakub	797	WYTRZEŻWIAŁKA	M30	228	01:16:47	03:47:47	05:16:59		07:53:17.80	07:53:48.25	+03:44:57 (47.5%)	9:06	6.6 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
524	STAN Marcin	402	WHITE RABBIT RUNNING TEAM	M40	125	01:12:29	03:39:27	05:16:51		07:53:45.30	07:54:06.30	+03:45:15 (47.5%)	9:06	6.6 (52.8%)
525	KORZEC Pawel	419	DLAPILOTA.PL	M40	126	01:12:29	03:39:27	05:16:46		07:53:45.50	07:54:06.40	+03:45:15 (47.5%)	9:06	6.6 (52.8%)
526	BIZOŃ Michał	165	WWW.RUNSPACE.PL	M30	229	01:16:38	03:51:35	05:27:31		07:53:44.00	07:54:14.15	+03:45:23 (47.5%)	9:06	6.6 (52.8%)
527	JACKOWSKA Ewa	243	JGB "SOKÓŁ"	K40	20	01:20:24	03:51:48	05:26:29		07:54:32.70	07:54:44.85	+03:45:54 (47.6%)	9:07	6.6 (52.8%)
528	MORAWSKA Anna	57	WARSZAWA	K60	1	01:19:53	03:59:56	05:31:55		07:55:28.75	07:55:39.75	+03:46:49 (47.7%)	9:08	6.6 (52.8%)
529	GEZELA Joanna	190	EUFORIABIEGACZA.PL	K40	21	01:21:42	04:02:58	05:33:27		07:55:14.00	07:56:05.20	+03:47:14 (47.7%)	9:08	6.6 (52.8%)
530	GEZELA Robert	191	EUFORIABIEGACZA.PL	M30	230	01:21:42	04:02:52	05:33:25		07:55:14.80	07:56:05.85	+03:47:15 (47.7%)	9:08	6.6 (52.8%)
531	NOWAK Jaroslaw	47	POZNAŃ	M40	127	01:14:12	03:51:34	05:24:42		07:55:09.90	07:56:14.00	+03:47:23 (47.7%)	9:08	6.6 (52.8%)
532	NITA Małgorzata	486	POZNAŃ	K40	22	01:14:13	03:51:35	05:25:06		07:55:30.20	07:56:33.20	+03:47:42 (47.8%)	9:08	6.6 (52.8%)
533	SĘPKA Daria	415	SPARTANIE DZIECIOM	K40	23	01:16:59	03:52:32	05:27:39		07:58:08.55	07:59:03.30	+03:50:12 (48.1%)	9:11	6.5 (52.0%)
534	JĘCZMIEN Marlena	563		K20	13	01:17:56	03:53:35	05:27:24		07:58:51.20	08:00:00.05	+03:51:09 (48.2%)	9:12	6.5 (52.0%)
535	FUNKA Andrzej	53	NKB CHYŻY NOWY TOMYŚL	M50	36	01:17:18	03:55:54	05:30:18		07:58:55.40	08:00:05.55	+03:51:14 (48.2%)	9:12	6.5 (52.0%)
536	PACANOWSKA Paula	94	WEŁNICA BIEGA	K20	14	01:15:36	03:48:28	05:31:11		07:59:59.35	08:00:22.25	+03:51:31 (48.2%)	9:13	6.5 (52.0%)
537	TATARA Dariusz	225	CHORZÓW	M40	128	01:06:55	03:36:13	05:17:51		08:00:11.50	08:00:54.95	+03:52:04 (48.3%)	9:14	6.5 (52.0%)
538	JABŁOŃSKI Michał	720	WARSZAWA	M40	129	01:19:06	03:51:09	05:23:12		08:01:04.95	08:01:38.10	+03:52:47 (48.3%)	9:15	6.5 (52.0%)
539	MROZOWSKI Paweł	705	ORANGE POLSKA	M40	130	01:19:06	03:51:08	05:23:12		08:01:05.50	08:01:38.15	+03:52:47 (48.3%)	9:15	6.5 (52.0%)
540	MROZOWSKA Magdalena	706	WARSZAWA	K40	24	01:19:07	03:51:08	05:23:13		08:01:06.70	08:01:39.35	+03:52:48 (48.3%)	9:15	6.5 (52.0%)
541	SZYMAŃSKA Agnieszka	543	WYSZKÓW	K40	25	01:15:33	03:54:36	05:26:09		08:00:59.50	08:01:41.15	+03:52:50 (48.3%)	9:14	6.5 (52.0%)
542	SZYMAŃSKI Adam	774		M40	131	01:15:35	03:54:41	05:26:09		08:00:59.65	08:01:41.25	+03:52:50 (48.3%)	9:14	6.5 (52.0%)
543	STANKIEWICZ Ireneusz	313	LUBIN-START ŚCINAWA	M40	132	01:13:37	03:44:11	05:22:26		08:01:24.75	08:01:58.80	+03:53:08 (48.4%)	9:15	6.5 (52.0%)
544	ADAMCZYK Edyta	771	LIMANOWA	K30	44	01:19:45	04:03:23	05:33:09		08:02:55.30	08:03:40.60	+03:54:49 (48.6%)	9:17	6.5 (52.0%)
545	KAWA Michał	110	PULAWY	M40	133	01:16:04	03:36:42	05:16:03		08:02:56.05	08:03:55.55	+03:55:04 (48.6%)	9:17	6.5 (52.0%)
546	DONIEC Sebastian	71	WWW.ADWOKATDONIEC.PL	M30	231	01:16:43	03:56:16	05:32:36		08:03:46.95	08:04:39.90	+03:55:49 (48.7%)	9:18	6.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto	Czas brutto	Różn	Tempo	Tempo
										52km	52km		min/km	km/h
547	SOBCZAK Maciej	369		M30	232	01:13:53	03:49:20	05:27:14		08:05:11.15	08:05:40.85	+03:56:50 (48.8%)	9:19	6.4 (51.2%)
548	GROSSE Paweł	727	WARSZAWA	M40	134	01:09:48	03:40:47	05:39:24		08:07:07.15	08:07:15.80	+03:58:25 (48.9%)	9:22	6.4 (51.2%)
549	PAPE Martin	373	WITC	M40	135	01:16:47	03:43:04	05:24:40		08:07:40.55	08:08:33.05	+03:59:42 (49.1%)	9:22	6.4 (51.2%)
550	PARŚNIAK Michał	195	SZLACHETNA PACZKA WARSZAWA	M20	57	01:13:35	03:52:23	05:24:34		08:08:28.20	08:08:50.95	+04:00:00 (49.1%)	9:23	6.4 (51.2%)
551	OSSOWSKI Adam	728	GRUPA BANKIETOWA BYDGOSZCZ	M50	37	01:17:06	03:47:05	05:31:09		08:07:54.70	08:08:52.40	+04:00:01 (49.1%)	9:22	6.4 (51.2%)
552	RÓŻOWICZ Eliza	423	SPARTANIE DZIECIOM	K30	45	01:18:22	04:13:23	05:45:15		08:08:02.15	08:08:58.05	+04:00:07 (49.1%)	9:23	6.4 (51.2%)
553	SŁUPECKI Radosław	319	CHOTOMÓW	M40	136	01:11:38	03:36:49	05:21:24		08:09:09.55	08:10:10.15	+04:01:19 (49.2%)	9:24	6.4 (51.2%)
554	KITA Ewa	326	KĘDZIERZYN-KOŹLE	K50	4	01:18:53	04:01:36	05:39:45		08:09:54.45	08:10:14.10	+04:01:23 (49.2%)	9:25	6.4 (51.2%)
555	KOWALEWSKI Marcin	573	EŁK	M20	58	01:13:36	03:52:26	05:24:35		08:09:56.55	08:10:18.60	+04:01:27 (49.2%)	9:25	6.4 (51.2%)
556	PRAŻMOWSKI Piotr	206	AM NAT KRAAKÓW	M30	233	01:12:04	03:41:38	05:23:36		08:09:22.25	08:10:21.95	+04:01:31 (49.3%)	9:24	6.4 (51.2%)
557	SZTYPA Marcin	506	ATMA	M30	234	01:14:28	03:50:56	05:29:12		08:10:10.65	08:11:05.80	+04:02:15 (49.3%)	9:25	6.4 (51.2%)
558	ROGÓSZ Piotr	337	ODBIEGAMYODNORMY	M40	137	01:15:41	03:47:03	05:27:35		08:10:51.15	08:11:31.95	+04:02:41 (49.4%)	9:26	6.4 (51.2%)
559	WICIAK Ziemowit	528	STAROGARD GDAŃSKI	M40	138	01:16:48	03:59:53	05:38:52		08:11:18.70	08:12:28.85	+04:03:38 (49.5%)	9:26	6.4 (51.2%)
560	LICHWA Grzegorz	788		M40	139	01:14:01	03:57:02	05:32:27		08:11:31.90	08:12:33.25	+04:03:42 (49.5%)	9:27	6.3 (50.4%)
561	CZERWIŃSKA Magdalena	475	GLIWICE	K40	26	01:14:04	03:57:04	05:32:30		08:11:31.95	08:12:33.40	+04:03:42 (49.5%)	9:27	6.3 (50.4%)
562	MARCHEWKA Elżbieta	644	BRAK	K40	27	01:19:11	03:58:14	05:34:16		08:11:57.70	08:12:51.55	+04:04:00 (49.5%)	9:27	6.3 (50.4%)
563	MACIEJEWSKA-BŁACHEWICZ Joanna	518	BYDGOSZCZ	K30	46	01:16:38	03:57:46	05:39:49		08:14:20.50	08:14:49.90	+04:05:59 (49.7%)	9:30	6.3 (50.4%)
564	SKÓRA Sebastian	183	ŁAŃCUT	M30	235	01:13:33	03:48:46	05:24:37		08:14:51.25	08:15:37.95	+04:06:47 (49.8%)	9:30	6.3 (50.4%)
565	DOMARADZKA Ewa	786	PYSKOWICE	K40	28	01:20:04	04:03:45	05:44:49		08:17:16.05	08:18:21.65	+04:09:31 (50.1%)	9:33	6.3 (50.4%)
566	WASIL Mateusz	302	KRAKÓW	M20	59	01:18:31	04:03:31	05:38:03		08:19:17.95	08:19:51.35	+04:11:00 (50.2%)	9:36	6.2 (49.6%)
567	POLEWKA Aneta	268	FINISZ RYMANÓW	K40	29	01:11:50	03:52:01	05:21:04		08:19:46.45	08:20:11.05	+04:11:20 (50.2%)	9:36	6.2 (49.6%)
568	BOLANOWSKI Piotr	227	POSADA GÓRNA	M40	140	01:11:48	03:52:00	05:21:03		08:19:46.65	08:20:11.80	+04:11:21 (50.3%)	9:36	6.2 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto	Czas brutto	Różn	Tempo	Tempo
										52km	52km		min/km	km/h
569	KWIATKOWSKI Marek	499	WARSZAWA	M30	236	01:15:55	03:42:19	05:08:40		08:21:33.45	08:22:02.35	+04:13:11 (50.4%)	9:38	6.2 (49.6%)
570	PIETRZAK Małgorzata	812		K40	30	01:17:39	04:05:18	05:44:44		08:22:11.75	08:22:16.15	+04:13:25 (50.5%)	9:39	6.2 (49.6%)
571	PANEK Aleksandra	274	DĘBOGÓRA	K40	31	01:17:59	03:58:20	05:34:18		08:21:43.05	08:22:41.15	+04:13:50 (50.5%)	9:38	6.2 (49.6%)
572	ŁOKAS Andrzej	134	BĘDZIN	M40	141	01:21:35	04:00:52	05:44:53		08:23:23.70	08:24:26.15	+04:15:35 (50.7%)	9:40	6.2 (49.6%)
573	SZYMURA Aleksandra	621	RYBNIK	K40	32	01:15:41	04:01:48	05:45:08		08:23:38.25	08:24:26.35	+04:15:35 (50.7%)	9:41	6.2 (49.6%)
574	RURKA Grzegorz	59	WARSZAWA	M50	38	01:14:41	03:46:57	05:28:39		08:23:17.70	08:24:32.45	+04:15:41 (50.7%)	9:40	6.2 (49.6%)
575	GARCARZ Monika	746	LIMANOWA	K40	33	01:19:47	04:03:48	05:44:18		08:26:15.35	08:27:00.70	+04:18:10 (50.9%)	9:44	6.2 (49.6%)
575	GARCARZ Mariusz	747	LIMANOWA	M40	142	01:19:43	04:03:46	05:44:16		08:26:15.95	08:27:00.70	+04:18:10 (50.9%)	9:44	6.2 (49.6%)
577	OCYTKO Edyta	523		K30	47	01:20:11	04:03:17	05:46:20		08:26:24.25	08:27:12.45	+04:18:21 (50.9%)	9:44	6.2 (49.6%)
578	PYSIEWICZ Krzysztof	309	KATOWICE	M50	39	01:22:57	04:11:22	05:51:01		08:27:48.15	08:28:56.35	+04:20:05 (51.1%)	9:45	6.1 (48.8%)
579	GORZOCH Justyna	808	KLUB WYSOKOGÓRSKI WARSZAWA	K30	48	01:23:28	04:00:59	05:43:55		08:28:22.15	08:29:00.75	+04:20:10 (51.1%)	9:46	6.1 (48.8%)
580	SASIN Anna	591	RUN VEGAN TEAM	K30	49	01:23:27	04:01:27	05:43:58		08:28:22.05	08:29:00.85	+04:20:10 (51.1%)	9:46	6.1 (48.8%)
581	MORDAS Magdalena	642	KW WARSZAWA	K30	50	01:23:30	04:01:26	05:43:42		08:28:23.40	08:29:01.25	+04:20:10 (51.1%)	9:46	6.1 (48.8%)
582	CISEK Agnieszcz	115	VISUM CLINIC TEAM	K30	51	01:20:51	04:08:12	05:51:47		08:28:28.20	08:29:35.60	+04:20:44 (51.2%)	9:46	6.1 (48.8%)
583	OZIMKOWICZ Dariusz	292	WARSZAWA	M50	40	01:20:39	04:10:49	05:49:14		08:29:15.15	08:29:35.85	+04:20:45 (51.2%)	9:47	6.1 (48.8%)
584	HUZIOR Ela	716		K40	34	01:20:21	04:10:09	05:58:38		08:30:10.80	08:31:17.25	+04:22:26 (51.3%)	9:48	6.1 (48.8%)
585	LEŚNIEWICZ Tomasz	124	STARE WUJE	M40	143	01:13:54	03:52:03	05:44:06		08:30:27.60	08:31:35.25	+04:22:44 (51.4%)	9:48	6.1 (48.8%)
586	NOJSZEWSKA Anika	273	WARSZAWA	K30	52	01:13:02	03:46:00	05:21:18		08:30:32.80	08:31:37.70	+04:22:47 (51.4%)	9:49	6.1 (48.8%)
587	PLISZCZYŃSKA Justyna	193	LUBLIN	K40	35	01:15:36	03:55:28	05:43:27		08:32:06.95	08:32:41.25	+04:23:50 (51.5%)	9:50	6.1 (48.8%)
588	SIKORSKA Agnieszka	615	WARSZAWA	K40	36	01:19:58	04:03:39	05:48:43		08:32:18.80	08:33:10.00	+04:24:19 (51.5%)	9:51	6.1 (48.8%)
589	GANCARSKI Marcin	377	LUBLA	M20	60	01:22:42	04:15:47	05:49:51		08:32:34.05	08:33:42.00	+04:24:51 (51.6%)	9:51	6.1 (48.8%)
590	SOBOL Agnieszka	641		K30	53	01:14:55	03:47:56	05:18:42		08:33:04.80	08:33:51.35	+04:25:00 (51.6%)	9:52	6.1 (48.8%)
591	SOBOL Tomasz	629		M30	237	01:14:55	03:47:56	05:18:42		08:33:05.55	08:33:51.80	+04:25:01 (51.6%)	9:52	6.1 (48.8%)
592	BORAWSKA Anna	149	PŁOCK BIEGA NO AGE LIMIT	K30	54	01:14:20	03:41:34	05:20:57		08:33:39.30	08:34:02.95	+04:25:12 (51.6%)	9:52	6.1 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
593	MAKOWSKI Bogdan	148	PŁOCK BIEGA NO AGE LIMIT	M50	41	01:14:20	03:41:33	05:20:57		08:33:39.35	08:34:03.50	+04:25:12 (51.6%)	9:52	6.1 (48.8%)
594	GROCHOWSKI Grzegorz	136	BIEGAMY Z OCHOTAŃ	M50	42	01:25:00	04:13:06	06:01:04		08:34:28.85	08:35:43.85	+04:26:53 (51.7%)	9:53	6.1 (48.8%)
595	CZUBIŃSKI Marek	33	ŁÓDŹ	M60	4	01:20:53	04:05:29	05:49:06		08:35:08.55	08:35:49.25	+04:26:58 (51.8%)	9:54	6.1 (48.8%)
596	BOGUCKA Joanna	805	NIGHT RUNNERS GLIWICE	K40	37	01:18:28	04:00:47	05:44:14		08:37:29.25	08:38:35.35	+04:29:44 (52.0%)	9:57	6 (48.0%)
597	KUBALA Sylwester	90	KALISZ	M40	144	01:19:54	04:09:44	05:49:35		08:37:59.65	08:38:45.35	+04:29:54 (52.0%)	9:57	6 (48.0%)
598	SZYMAŃSKI Paweł	229	LESZNO	M30	238	01:15:01	04:08:31	05:54:22		08:38:25.90	08:39:35.50	+04:30:44 (52.1%)	9:58	6 (48.0%)
599	FIGEL Monika	738	MIKI TEAM	K30	55	01:26:10	04:11:15	05:52:19		08:39:25.70	08:40:04.35	+04:31:13 (52.2%)	9:59	6 (48.0%)
600	BORZYŃSKA Marta	152		K30	56	01:11:35	03:29:21	05:00:50		08:40:57.20	08:41:34.30	+04:32:43 (52.3%)	10:01	6 (48.0%)
601	SACHA Łukasz	620	TRIWAWA	M30	239	01:11:34	03:29:21	05:00:51		08:40:58.30	08:41:35.85	+04:32:45 (52.3%)	10:01	6 (48.0%)
602	RYCZEK Adam	739	BIEGAM NA TARCHOMINIE	M30	240	01:11:39	03:46:39	05:38:30		08:45:43.65	08:46:48.05	+04:37:57 (52.8%)	10:06	5.9 (47.2%)
603	TOCZEK Maciej	572	DYNÓW	M20	61	01:12:12	03:44:50	05:42:38		08:47:00.95	08:47:24.10	+04:38:33 (52.8%)	10:08	5.9 (47.2%)
604	KUNERT Jakub	336	SMASHING PĄPKINS	M20	62	01:19:58	04:08:25	05:57:11		08:46:34.05	08:47:32.65	+04:38:42 (52.8%)	10:07	5.9 (47.2%)
605	ISALSKI Przemek	261	POZNAŃ	M30	241	01:23:41	04:12:36	05:54:12		08:47:15.80	08:48:20.80	+04:39:30 (52.9%)	10:08	5.9 (47.2%)
606	ANDRZEJEWSKI Maciej	388	WARSZAWA	M30	242	01:19:16	04:08:48	05:57:53		08:49:16.40	08:49:33.75	+04:40:43 (53.0%)	10:10	5.9 (47.2%)
607	GMAJ Daniel	787		M30	243	01:17:58	03:58:34	05:51:32		08:50:24.65	08:51:13.55	+04:42:22 (53.2%)	10:12	5.9 (47.2%)
608	GMAJ Karolina	790	GRÓJEC	K30	57	01:17:58	03:58:34	05:51:32		08:50:24.85	08:51:14.00	+04:42:23 (53.2%)	10:12	5.9 (47.2%)
609	WRÓBEL Agnieszka	295		K20	15	01:22:39	04:13:05	06:05:04		08:50:51.80	08:51:29.60	+04:42:38 (53.2%)	10:12	5.9 (47.2%)
610	ADAMOWSKI Jacek	807	NIGHT RUNNERS GLIWICE	M30	244	01:18:10	04:05:42	05:51:50		08:51:00.20	08:52:07.50	+04:43:16 (53.2%)	10:12	5.9 (47.2%)
611	SMYK Robert	806	OTK RZEŹNIK	M40	145	01:20:17	04:10:07	05:58:35		08:50:59.05	08:52:07.70	+04:43:17 (53.2%)	10:12	5.9 (47.2%)
612	BRZEWOWSKA Beata	397	ALBATROSY	K40	38	01:30:08	04:25:46	06:01:34		08:54:10.35	08:54:52.00	+04:46:01 (53.5%)	10:16	5.8 (46.4%)
613	SIÓDMIAK Cezary	254	KALIŃSKA TEAM-WARSZAWA	M40	146	01:15:44	03:56:50	05:53:28		08:55:08.15	08:55:16.85	+04:46:26 (53.5%)	10:17	5.8 (46.4%)
614	OKARMA Wojtek	723		M30	245	01:18:21	04:03:34	05:54:42		08:56:13.15	08:57:00.75	+04:48:10 (53.7%)	10:18	5.8 (46.4%)
615	DOBAJ Katarzyna	358	KRAKÓW	K30	58	01:18:34	04:13:24	06:01:06		08:56:28.90	08:57:23.00	+04:48:32 (53.7%)	10:19	5.8 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
616	SERWACZYŃSKI Mirosław	428	SPARTANIE DZIECIOM	M50	43	01:18:33	04:13:21	06:04:43		08:56:31.20	08:57:27.55	+04:48:36 (53.7%)	10:19	5.8 (46.4%)
617	KARDACH Kamil	311	FINISZ RYMANÓW	M20	63	01:17:43	03:57:54	05:45:40		08:57:30.40	08:58:42.55	+04:49:51 (53.8%)	10:20	5.8 (46.4%)
618	HOLOVIN Jozef	520	BARCZEWKO	M40	147	01:21:53	04:18:10	06:16:54		09:00:03.65	09:00:19.70	+04:51:29 (53.9%)	10:23	5.8 (46.4%)
619	DOMIAN Marta	23	WARSZAWA	K30	59	01:22:34	04:11:11	06:05:10		09:18:44.90	09:19:09.50	+05:10:18 (55.5%)	10:44	5.6 (44.8%)
620	ŚRODA Janusz	364	SPARTANIE DZIECIOM	M50	44	01:22:33	04:17:39	06:17:38		09:21:08.35	09:22:00.55	+05:13:09 (55.7%)	10:47	5.6 (44.8%)
621	PARYS Andrzej	793	EL AKTYWNI	M60	5	01:32:24	04:40:05	06:27:50		09:22:47.35	09:24:00.90	+05:15:10 (55.9%)	10:49	5.5 (44.0%)
622	ALEKSANDROWICZ Łukasz	226	SPARTANIE DZIECIOM	M30	246	01:22:48	04:19:59	06:14:07		09:42:08.20	09:43:06.50	+05:34:15 (57.3%)	11:11	5.4 (43.2%)
	ŚMIECHOWICZ Gerard	589	WARSZAWA	M40		01:40:35 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ROMANOWICZ Emilia	758	SUPRAŚL	K20		00:57:36 DNF	02:39:13 DNF	03:44:40 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PREJZMAR Marcin	601	MTB MOSIR DUKLA	M30		00:54:14 DNF	02:49:59 DNF	04:27:39 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MUSIAŁ Michał	526	BYDGOSZCZ	M40		00:59:06 DNF	02:57:46 DNF	04:32:16 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CYGANEK Grzegorz	355	BYDGOSZCZ	M30		01:00:55 DNF	02:57:49 DNF	04:49:05 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GRODECKI Piotr	569		M30		01:09:25 DNF	03:29:24 DNF	05:19:30 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BEM Jakub	534	`KRAKÓW	M20		01:19:04 DNF	04:04:01 DNF	05:38:33 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MIZIOŁEK Jakub	593	LUBLIN	M20		01:21:22 DNF	04:10:51 DNF	06:15:24 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JABŁOŃSKI Kazimierz	155	PRĄDY	M60		01:25:59 DNF	04:25:39 DNF	06:31:50 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GRABOWSKA Maria	791	FUNDACJA AKTYWNA TRZEMESZNO	K40		01:04:03 DNF	03:20:47 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MICHALSKI Arkadiusz	622	MODEROWKA	M30		01:02:26 DNF	03:21:23 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WYWROT Grzegorz	421		M30		01:05:26 DNF	03:24:34 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NOWAK Daniel	24	PROTEMPO.PL	M30		01:14:25 DNF	04:00:25 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KRAUSE Grzegorz	647	GDAŃSK	M30		01:17:14 DNF	04:03:47 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SIKORSKI Krzysiek	542	SSF TRINERGY TEAM	M30		01:26:38 DNF	04:19:27 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	LUBIŃSKI Mikołaj	618	BIEGAM BO NIE LUBIE	M30		01:22:26 DNF	04:29:19 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	SKWIERCZYNSKI Darek	703	SULEJÓWEK	M40		01:03:38 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KĘPA Justyna	631	1BSP	K30		01:05:23 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CHMIEL Michał	368	RZESZÓW	M30		01:10:17 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BARTUŚ Bartosz	655	GDYNIA	M30		01:10:37 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIĄTEK Roman	605	KRAKÓW	M40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 643 wynik(ów)