



# III ULTRA MARATON BIESZCZADZKI

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

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	<b>GORCZYCA Bartosz</b>	<b>2</b>	BUFF TEAM POLSKA	M20	1	00:46:55	02:06:46	02:53:26		<b>04:08:49.05</b>	<b>04:08:50.65</b>		4:47	12.5 (100%)
2	<b>WĄSOWICZ Jan</b>	<b>594</b>	KRAKOW	M40	1	00:51:38	02:14:30	03:06:10		<b>04:29:07.15</b>	<b>04:29:09.50</b>	+00:20:18 (7.5%)	5:10	11.6 (92.8%)
3	<b>FARON Robert</b>	<b>1</b>	SALCO SPORT TEAM	M40	2	00:51:46	02:21:34	03:14:54		<b>04:34:09.15</b>	<b>04:34:11.80</b>	+00:25:21 (9.2%)	5:16	11.4 (91.2%)
4	<b>CEBERAK Bartosz</b>	<b>310</b>	LUBARTÓW	M20	2	00:50:35	02:18:15	03:11:51		<b>04:37:08.45</b>	<b>04:37:16.70</b>	+00:28:26 (10.3%)	5:19	11.3 (90.4%)
5	<b>KOCZWARA Tomek</b>	<b>504</b>	RADOMYŚL WIELKI	M30	1	00:52:56	02:28:37	03:24:20		<b>04:51:23.90</b>	<b>04:51:35.15</b>	+00:42:44 (14.7%)	5:36	10.7 (85.6%)
6	<b>KRZYSZTOŃ Marcin</b>	<b>380</b>	GMP LASY	M30	2	00:53:02	02:28:42	03:24:26		<b>04:53:03.40</b>	<b>04:53:08.15</b>	+00:44:17 (15.1%)	5:38	10.6 (84.8%)
7	<b>LITWIŃSKI Robert</b>	<b>668</b>	VEGERUNNERS GRUDZIĄDZ	M30	3	00:55:22	02:28:52	03:23:49		<b>04:53:00.30</b>	<b>04:53:12.60</b>	+00:44:21 (15.1%)	5:38	10.6 (84.8%)
8	<b>HUZIOR Piotr</b>	<b>219</b>	ATTIQ FAKE RUNNERS NOWY TARG	M40	3	00:51:41	02:26:05	03:24:32		<b>04:56:18.40</b>	<b>04:56:20.00</b>	+00:47:29 (16.0%)	5:41	10.5 (84.0%)
9	<b>WIERNUSZ Krzysztof</b>	<b>478</b>	FINISZ RYMANÓW	M30	4	00:52:48	02:28:48	03:26:53		<b>04:59:30.20</b>	<b>04:59:33.85</b>	+00:50:43 (16.9%)	5:45	10.4 (83.2%)
10	<b>BIERNAWSKI Piotr</b>	<b>220</b>	ATTIQ FAKE RUNNERS NOWY TARG	M30	5	00:51:40	02:23:05	03:22:53		<b>04:59:38.70</b>	<b>04:59:41.05</b>	+00:50:50 (17.0%)	5:45	10.4 (83.2%)
11	<b>PUZIA Krzysztof</b>	<b>173</b>	KRAKÓW	M50	1	00:54:14	02:31:45	03:31:37		<b>04:59:58.70</b>	<b>05:00:03.20</b>	+00:51:12 (17.1%)	5:46	10.4 (83.2%)
12	<b>DUDZIK Robert</b>	<b>147</b>	MSZANA DOLNA	M30	6	00:53:41	02:33:43	03:33:42		<b>05:01:41.90</b>	<b>05:01:46.35</b>	+00:52:55 (17.5%)	5:48	10.3 (82.4%)
13	<b>ŻYTO Maciej</b>	<b>525</b>	RTV EURO AGD	M40	4	00:58:47	02:38:31	03:36:42		<b>05:06:11.55</b>	<b>05:06:15.85</b>	+00:57:25 (18.7%)	5:53	10.2 (81.6%)
14	<b>ŁACHUT Wojciech</b>	<b>799</b>	TRIATHLON SERIES TEAM / TEMPO MŁAWA	M30	7	00:52:38	02:26:59	03:27:34		<b>05:06:15.45</b>	<b>05:06:29.70</b>	+00:57:39 (18.8%)	5:53	10.2 (81.6%)
15	<b>CIEŚLIK Paweł</b>	<b>677</b>	ALPHAWOOLF	M20	3	00:51:39	02:21:05	03:20:06		<b>05:07:56.95</b>	<b>05:07:59.05</b>	+00:59:08 (19.2%)	5:55	10.1 (80.8%)
16	<b>GRONEK Adrian</b>	<b>536</b>	WARSZAWA	M20	4	00:53:42	02:30:54	03:33:42		<b>05:10:52.35</b>	<b>05:10:59.10</b>	+01:02:08 (20.0%)	5:58	10 (80.0%)

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	<b>JAKUBCZYK Paweł</b>	<b>198</b>	CKBABCIE	M30	8	00:58:27	02:39:06	03:38:11		<b>05:10:55.00</b>	<b>05:11:01.10</b>	+01:02:10 (20.0%)	5:58	10 (80.0%)
18	<b>JANOWICZ Roman</b>	<b>683</b>		M40	5	00:54:16	02:30:45	03:34:44		<b>05:11:06.70</b>	<b>05:11:24.65</b>	+01:02:34 (20.1%)	5:58	10 (80.0%)
19	<b>POŻAK Grzegorz</b>	<b>654</b>	LUBARTÓW BIEGA	M30	9	00:58:24	02:39:20	03:38:56		<b>05:11:29.50</b>	<b>05:11:40.85</b>	+01:02:50 (20.2%)	5:59	10 (80.0%)
20	<b>TOPOLSKI Marcin</b>	<b>109</b>	JADOWNIKI	M30	10	00:57:23	02:39:17	03:38:57		<b>05:11:54.35</b>	<b>05:11:58.90</b>	+01:03:08 (20.2%)	5:59	10 (80.0%)
21	<b>ZWIERZCHOWSKI Andrzej</b>	<b>561</b>	BIEGUNKA TEAM	M30	11	00:57:29	02:38:26	03:39:23		<b>05:14:18.75</b>	<b>05:14:30.00</b>	+01:05:39 (20.9%)	6:02	9.9 (79.2%)
22	<b>GAWLIK Sławek</b>	<b>211</b>	KRAKÓW	M30	12	00:57:27	02:35:49	03:37:10		<b>05:14:28.85</b>	<b>05:14:43.50</b>	+01:05:52 (20.9%)	6:02	9.9 (79.2%)
23	<b>ŚLASKI Radosław</b>	<b>778</b>	STRZYŻÓW	M40	6	00:55:52	02:35:44	03:39:17		<b>05:16:09.45</b>	<b>05:16:31.70</b>	+01:07:41 (21.4%)	6:04	9.9 (79.2%)
24	<b>KROSNY Sebastian</b>	<b>690</b>	BIEGAMYSZERCEM-BBL-BIEGATON MIKOŁÓW	M30	13	00:54:38	02:35:50	03:36:40		<b>05:19:40.15</b>	<b>05:19:43.65</b>	+01:10:53 (22.2%)	6:08	9.8 (78.4%)
25	<b>KUJAWSKI Bartek</b>	<b>58</b>	GRUPETTO GORLICE	M20	5	00:56:07	02:35:48	03:36:19		<b>05:23:51.15</b>	<b>05:23:54.65</b>	+01:15:04 (23.2%)	6:13	9.6 (76.8%)
26	<b>PRĘDKI Mirosław</b>	<b>144</b>	JASŁO	M30	14	00:53:46	02:34:18	03:39:01		<b>05:24:30.85</b>	<b>05:24:34.85</b>	+01:15:44 (23.3%)	6:14	9.6 (76.8%)
27	<b>JANIAK Paweł</b>	<b>565</b>	LENIWCE.PL	M30	15	00:57:30	02:38:28	03:44:01		<b>05:27:09.85</b>	<b>05:27:21.10</b>	+01:18:30 (24.0%)	6:17	9.5 (76.0%)
28	<b>KUBICKI Darek</b>	<b>260</b>	WANIEWSKI COACHING	M30	16	00:54:25	02:32:38	03:35:09		<b>05:27:21.45</b>	<b>05:27:35.50</b>	+01:18:44 (24.0%)	6:17	9.5 (76.0%)
29	<b>TRUSZKOWSKI Damian</b>	<b>775</b>	DREAM RUN	M20	6	00:59:28	02:45:23	03:48:52		<b>05:27:59.30</b>	<b>05:28:16.65</b>	+01:19:26 (24.2%)	6:18	9.5 (76.0%)
30	<b>SZKODA Dariusz</b>	<b>602</b>	RUDA ŚLĄSKA	M30	17	00:56:06	02:41:11	03:49:39		<b>05:32:49.65</b>	<b>05:32:55.80</b>	+01:24:05 (25.3%)	6:24	9.4 (75.2%)
31	<b>CHAMIIIELEC Bogusław</b>	<b>314</b>	LUBIN	M40	7	00:56:59	02:37:13	03:47:12		<b>05:34:09.80</b>	<b>05:34:18.50</b>	+01:25:27 (25.6%)	6:25	9.3 (74.4%)
32	<b>CHODAKOWSKI Marcei</b>	<b>679</b>	K.B.GEOTERMIA UNIEJÓW	M30	18	01:02:41	02:49:16	03:56:16		<b>05:34:28.35</b>	<b>05:34:32.80</b>	+01:25:42 (25.6%)	6:25	9.3 (74.4%)
33	<b>GRABIEC Marcin</b>	<b>724</b>	KOLBUSZOWA	M30	19	00:59:35	02:45:49	03:52:11		<b>05:35:10.20</b>	<b>05:35:19.90</b>	+01:26:29 (25.8%)	6:26	9.3 (74.4%)
34	<b>NIEDŹWIEDŹ Tomasz</b>	<b>718</b>	SIŁA OGRA TRAIL TEAM	M30	20	01:01:16	02:50:33	03:57:17		<b>05:35:14.55</b>	<b>05:35:28.60</b>	+01:26:37 (25.8%)	6:26	9.3 (74.4%)
35	<b>WOŁOSZYN Ryszard</b>	<b>551</b>	PIZUNY ROZTOCZE WSCHODNIE	M40	8	01:02:34	02:51:19	03:57:48		<b>05:35:33.00</b>	<b>05:35:44.25</b>	+01:26:53 (25.9%)	6:27	9.3 (74.4%)
36	<b>JURGA Marcin</b>	<b>549</b>	NIGHT RUNNERS/TGV CLUB	M20	7	00:59:07	02:44:58	03:53:04		<b>05:37:19.95</b>	<b>05:37:29.65</b>	+01:28:39 (26.3%)	6:29	9.2 (73.6%)
37	<b>CZYŻKOWSKI Rafał</b>	<b>502</b>	WARSZAWA	M30	21	00:57:29	02:38:24	03:49:06		<b>05:38:34.25</b>	<b>05:38:46.10</b>	+01:29:55 (26.5%)	6:30	9.2 (73.6%)
38	<b>LESZCZYŃSKI Andrzej</b>	<b>699</b>	BODY CLUB MŁAWA	M40	9	00:58:53	02:45:13	03:52:13		<b>05:38:38.75</b>	<b>05:38:57.15</b>	+01:30:06 (26.6%)	6:30	9.2 (73.6%)
39	<b>KRZYSZCZAK Jaromir</b>	<b>38</b>	CZCICIELE BOBRZEJ NORCY	M30	22	00:58:26	02:49:03	03:57:11		<b>05:38:55.90</b>	<b>05:39:15.35</b>	+01:30:24 (26.6%)	6:31	9.2 (73.6%)
40	<b>GIŻA Grzegorz</b>	<b>714</b>	RADOMYŚL WIELKI	M30	23	00:58:35	02:50:51	03:59:50		<b>05:39:42.50</b>	<b>05:39:53.50</b>	+01:31:02 (26.8%)	6:31	9.2 (73.6%)

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
41	<b>PIEKIELNY Mariusz</b>	<b>745</b>	WIERUNSZÓW	M30	24	01:05:34	02:59:51	04:05:20		<b>05:40:07.65</b>	<b>05:40:15.80</b>	+01:31:25 (26.9%)	6:32	9.2 (73.6%)
42	<b>IGNATOWICZ Marcin</b>	<b>98</b>	MIELEC	M30	25	00:59:37	02:46:14	03:54:50		<b>05:40:47.90</b>	<b>05:40:57.25</b>	+01:32:06 (27.0%)	6:33	9.2 (73.6%)
43	<b>OLEK Paweł</b>	<b>613</b>	KWW	M40	10	00:58:36	02:46:57	03:55:31		<b>05:40:50.25</b>	<b>05:40:58.80</b>	+01:32:08 (27.0%)	6:33	9.2 (73.6%)
44	<b>KACZMAREK Piotr</b>	<b>247</b>	TORUŃ	M20	8	00:55:17	02:40:18	03:51:15		<b>05:41:08.20</b>	<b>05:41:55.40</b>	+01:33:04 (27.2%)	6:33	9.1 (72.8%)
45	<b>ROCZKOWSKI Artur</b>	<b>566</b>	RYBNIK	M50	2	00:54:58	02:44:49	03:54:58		<b>05:41:57.80</b>	<b>05:42:09.40</b>	+01:33:18 (27.3%)	6:34	9.1 (72.8%)
46	<b>REĆŁAW Arkadiusz</b>	<b>555</b>	VEGE RUNNERS	M30	26	01:02:27	02:57:56	04:02:56		<b>05:42:10.80</b>	<b>05:42:27.75</b>	+01:33:37 (27.3%)	6:34	9.1 (72.8%)
47	<b>ŁOWCZAK Bartosz</b>	<b>560</b>	LUBLIN	M30	27	01:05:42	02:58:58	04:04:48		<b>05:42:00.10</b>	<b>05:42:34.45</b>	+01:33:43 (27.4%)	6:34	9.1 (72.8%)
48	<b>ŁOJEK Krzysztof</b>	<b>335</b>	POBITE GARY	M30	28	00:58:43	02:45:05	03:53:11		<b>05:42:43.85</b>	<b>05:42:47.00</b>	+01:33:56 (27.4%)	6:35	9.1 (72.8%)
49	<b>BROL Marcin</b>	<b>9</b>	SPORT W WIELKIM MIEŚCIE	M30	29	00:55:15	02:41:16	03:50:23		<b>05:43:30.00</b>	<b>05:43:34.20</b>	+01:34:43 (27.6%)	6:36	9.1 (72.8%)
50	<b>TYBUREK Michał</b>	<b>142</b>	LUBLIN	M30	30	01:02:42	02:53:43	04:00:57		<b>05:44:46.60</b>	<b>05:45:00.05</b>	+01:36:09 (27.9%)	6:37	9 (72.0%)
51	<b>MAKOWSKI Jerzy</b>	<b>708</b>	WŁODAWA	M50	3	01:01:09	02:45:44	03:53:34		<b>05:45:39.50</b>	<b>05:45:47.85</b>	+01:36:57 (28.0%)	6:38	9 (72.0%)
52	<b>MAZUR Tomasz</b>	<b>595</b>	CHĘCINY	M30	31	01:02:10	02:55:47	04:01:38		<b>05:45:44.25</b>	<b>05:45:53.65</b>	+01:37:03 (28.1%)	6:38	9 (72.0%)
53	<b>CHMIELEWSKI Tomasz</b>	<b>450</b>	WARSZAWA	M30	32	01:00:18	02:50:13	03:58:11		<b>05:45:08.50</b>	<b>05:46:05.90</b>	+01:37:15 (28.1%)	6:38	9 (72.0%)
54	<b>JANISZEWSKI Artur</b>	<b>753</b>	KATOWICE	M30	33	01:05:49	03:02:10	04:05:56		<b>05:46:07.90</b>	<b>05:46:11.55</b>	+01:37:20 (28.1%)	6:39	9 (72.0%)
55	<b>CICHOŃ Maciej</b>	<b>784</b>	WEJHEROWO	M40	11	00:53:00	02:38:21	03:52:34		<b>05:46:05.90</b>	<b>05:46:14.25</b>	+01:37:23 (28.1%)	6:39	9 (72.0%)
56	<b>WŁODARCZYK Michał</b>	<b>228</b>		M30	34	00:58:59	02:48:51	03:58:19		<b>05:46:32.00</b>	<b>05:46:55.15</b>	+01:38:04 (28.3%)	6:39	9 (72.0%)
57	<b>ŚWIDEREK Jacek</b>	<b>249</b>		M30	35	01:01:49	02:54:42	04:04:11		<b>05:47:06.10</b>	<b>05:47:13.30</b>	+01:38:22 (28.3%)	6:40	9 (72.0%)
58	<b>KUSTROŃ Adam</b>	<b>103</b>	KROSNO	M50	4	01:04:58	02:58:32	04:07:10		<b>05:47:14.10</b>	<b>05:47:31.00</b>	+01:38:40 (28.4%)	6:40	9 (72.0%)
59	<b>BIESIEKIERSKI Krzysztof</b>	<b>630</b>	AKM OLIMP OLSZTYN / SKLEPBIEGOWY.COM	M40	12	01:01:22	02:51:25	04:04:18		<b>05:47:49.30</b>	<b>05:48:06.95</b>	+01:39:16 (28.5%)	6:41	9 (72.0%)
60	<b>MADEJSKI Sławomir</b>	<b>514</b>	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	36	00:59:21	02:53:47	04:05:00		<b>05:48:35.55</b>	<b>05:48:40.60</b>	+01:39:49 (28.6%)	6:42	9 (72.0%)
61	<b>MIREK Grzegorz</b>	<b>773</b>	KRAKÓW	M30	37	01:02:18	02:47:57	03:56:24		<b>05:48:46.10</b>	<b>05:49:12.55</b>	+01:40:21 (28.7%)	6:42	8.9 (71.2%)
62	<b>DZIUBAN Łukasz</b>	<b>741</b>	GOPR BIESZCZADY/ZAPOROWY MARATON ORELEC	M30	38	01:02:13	02:49:57	04:00:18		<b>05:49:23.15</b>	<b>05:49:39.40</b>	+01:40:48 (28.8%)	6:43	8.9 (71.2%)
63	<b>BASTA Konrad</b>	<b>331</b>	BASTA TEAM ŁÓDŹ	M30	39	01:00:04	02:51:20	04:00:34		<b>05:50:00.55</b>	<b>05:50:19.95</b>	+01:41:29 (29.0%)	6:43	8.9 (71.2%)

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64	<b>BOSACKI Jacek</b>	<b>735</b>	GNIEZNO	M20	9	00:58:28	02:48:07	03:58:40		<b>05:50:41.10</b>	<b>05:51:11.60</b>	+01:42:20 (29.1%)	6:44	8.9 (71.2%)
65	<b>WIERZBICKI Grzegorz</b>	<b>559</b>	NOWE IGANIE	M40	13	00:59:29	02:50:04	04:01:10		<b>05:51:17.10</b>	<b>05:51:29.15</b>	+01:42:38 (29.2%)	6:45	8.9 (71.2%)
66	<b>KORULCZYK Łukasz</b>	<b>275</b>	LUBLIN	M30	40	01:00:28	02:50:29	03:59:13		<b>05:51:23.35</b>	<b>05:51:36.20</b>	+01:42:45 (29.2%)	6:45	8.9 (71.2%)
67	<b>WIĘCH Piotr</b>	<b>633</b>	WOŁOMIN	M30	41	01:04:32	02:57:57	04:03:40		<b>05:50:51.10</b>	<b>05:51:39.65</b>	+01:42:49 (29.2%)	6:44	8.9 (71.2%)
68	<b>ADAMCZUK Mariusz</b>	<b>143</b>	NAPIERAMY! SOPOT	M30	42	01:04:49	02:58:51	04:06:18		<b>05:51:59.90</b>	<b>05:52:29.40</b>	+01:43:38 (29.4%)	6:46	8.9 (71.2%)
69	<b>BARBARA Jacek</b>	<b>754</b>	ADIDAS RUNNING TEAM POLAND	M30	43	00:55:01	02:47:42	04:01:31		<b>05:52:39.85</b>	<b>05:52:43.35</b>	+01:43:52 (29.5%)	6:46	8.8 (70.4%)
70	<b>MURAK Robert</b>	<b>12</b>		M30	44	01:01:35	02:53:09	04:03:56		<b>05:53:31.85</b>	<b>05:54:00.35</b>	+01:45:09 (29.7%)	6:47	8.8 (70.4%)
71	<b>BARANIAK Radosław</b>	<b>329</b>	LUBOŃ	M40	14	00:55:02	02:47:41	04:02:02		<b>05:54:19.85</b>	<b>05:54:21.75</b>	+01:45:31 (29.8%)	6:48	8.8 (70.4%)
72	<b>ZDUNEK Grzegorz</b>	<b>575</b>	NOWY BEDOŃ/ŁÓDŹ RUNNING TEAM	M20	10	01:07:07	03:04:46	04:12:43		<b>05:54:10.15</b>	<b>05:54:41.50</b>	+01:45:50 (29.8%)	6:48	8.8 (70.4%)
73	<b>WYBOR Tomasz</b>	<b>411</b>	ŁÓDŹ RUNNING TEAM	M40	15	01:07:16	03:04:41	04:12:42		<b>05:54:12.85</b>	<b>05:54:44.20</b>	+01:45:53 (29.9%)	6:48	8.8 (70.4%)
74	<b>SZCZEPAŃSKI Adam</b>	<b>349</b>	ALBATROSY	M30	45	01:00:23	02:54:31	04:04:37		<b>05:54:50.75</b>	<b>05:55:11.70</b>	+01:46:21 (29.9%)	6:49	8.8 (70.4%)
75	<b>BŁACHEWICZ Krzysztof</b>	<b>444</b>	IŁAWA	M30	46	01:02:21	02:59:28	04:04:34		<b>05:54:46.75</b>	<b>05:55:33.15</b>	+01:46:42 (30.0%)	6:49	8.8 (70.4%)
76	<b>BYTNIEWSKI Dariusz</b>	<b>27</b>	PIEROŃSKIE HANYSY	M30	47	01:00:09	02:48:14	03:53:59		<b>05:55:25.15</b>	<b>05:55:40.15</b>	+01:46:49 (30.0%)	6:50	8.8 (70.4%)
77	<b>BARTOSIEWICZ Andrzej</b>	<b>267</b>	TKD SZAKAL JEŻYCE	M40	16	01:02:38	02:58:01	04:08:28		<b>05:55:47.60</b>	<b>05:56:44.05</b>	+01:47:53 (30.2%)	6:50	8.8 (70.4%)
78	<b>MOSSOP Andrew</b>	<b>578</b>	WARSZAWA	M30	48	01:03:24	02:54:40	04:02:54		<b>05:55:51.50</b>	<b>05:56:44.25</b>	+01:47:53 (30.2%)	6:50	8.8 (70.4%)
79	<b>ŚWITAŁA Piotr</b>	<b>725</b>	KATOWICE	M20	11	01:01:04	02:59:08	04:08:02		<b>05:56:45.75</b>	<b>05:56:49.55</b>	+01:47:58 (30.3%)	6:51	8.7 (69.6%)
80	<b>NIŻNIK Marcin</b>	<b>45</b>		M30	49	01:02:25	02:56:43	04:05:41		<b>05:57:20.40</b>	<b>05:57:28.35</b>	+01:48:37 (30.4%)	6:52	8.7 (69.6%)
81	<b>ZACZEK Maciej</b>	<b>321</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	50	01:05:13	02:58:41	04:05:31		<b>05:58:06.95</b>	<b>05:58:13.20</b>	+01:49:22 (30.5%)	6:53	8.7 (69.6%)
82	<b>GAŁĄZKA Zbigniew</b>	<b>811</b>	JW 3939	M30	51	01:01:52	02:49:18	04:01:57		<b>05:57:31.80</b>	<b>05:58:28.15</b>	+01:49:37 (30.6%)	6:52	8.7 (69.6%)
83	<b>MURAWSKI Maciej</b>	<b>532</b>	MIKI TEAM	M30	52	00:59:57	02:50:28	04:05:37		<b>05:57:58.00</b>	<b>05:58:34.40</b>	+01:49:43 (30.6%)	6:53	8.7 (69.6%)
84	<b>JASTRZĄB Piotr</b>	<b>597</b>	DEKAN LESKO	M40	17	00:58:52	02:54:40	04:11:04		<b>05:58:33.20</b>	<b>05:58:38.20</b>	+01:49:47 (30.6%)	6:53	8.7 (69.6%)
85	<b>LENCZOWSKI Kuba</b>	<b>765</b>	KT WATER KNIGHTS ZABIERZÓW	M40	18	01:04:07	03:00:28	04:11:18		<b>05:57:35.40</b>	<b>05:58:46.75</b>	+01:49:56 (30.6%)	6:52	8.7 (69.6%)
86	<b>PEKALA Michał</b>	<b>762</b>	ALBATROSY	M30	53	01:06:17	03:00:49	04:11:19		<b>05:58:51.95</b>	<b>05:59:34.60</b>	+01:50:43 (30.8%)	6:54	8.7 (69.6%)

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
87	<b>KORDOWICZ Łukasz</b>	<b>181</b>		M30	54	01:04:10	02:57:42	04:03:54		<b>05:59:22.60</b>	<b>05:59:55.75</b>	+01:51:05 (30.9%)	6:54	8.7 (69.6%)
88	<b>PALUCH Tobiasz</b>	<b>245</b>	RUNFORFUN RYGLICE	M20	12	00:59:13	02:54:16	04:06:36		<b>05:59:56.85</b>	<b>06:00:02.60</b>	+01:51:11 (30.9%)	6:55	8.7 (69.6%)
89	<b>WĘGIEL Marcin</b>	<b>719</b>	JASŁO	M20	13	01:02:43	03:00:09	04:11:10		<b>05:59:18.75</b>	<b>06:00:12.75</b>	+01:51:22 (30.9%)	6:54	8.7 (69.6%)
90	<b>CZERWIEC Artur</b>	<b>810</b>	KT WATER KNIGHTS ZABIERZÓW	M30	55	01:07:16	02:55:55	04:06:33		<b>05:59:22.80</b>	<b>06:00:33.55</b>	+01:51:42 (31.0%)	6:54	8.7 (69.6%)
91	<b>BRZEZIŃSKI Andrzej</b>	<b>301</b>	RYKOWISKO	M40	19	01:00:46	02:53:52	04:05:11		<b>06:00:24.15</b>	<b>06:00:44.35</b>	+01:51:53 (31.0%)	6:55	8.7 (69.6%)
92	<b>KOŁODZIEJSKI Jarek</b>	<b>164</b>	NIGDY W ŻYCIU NIE BIEGNĘ HARDCORA...	M30	56	01:03:56	03:01:44	04:12:47		<b>06:01:00.20</b>	<b>06:01:32.00</b>	+01:52:41 (31.2%)	6:56	8.6 (68.8%)
93	<b>BISIKIEWICZ Michał</b>	<b>469</b>	OLSZTYN	M30	57	01:02:51	02:58:09	04:11:38		<b>06:01:27.55</b>	<b>06:01:37.85</b>	+01:52:47 (31.2%)	6:57	8.6 (68.8%)
94	<b>BAKALARZ Emil</b>	<b>297</b>	WROCŁAW	M20	14	00:56:39	02:46:19	04:04:57		<b>06:02:11.70</b>	<b>06:02:15.55</b>	+01:53:24 (31.3%)	6:57	8.6 (68.8%)
95	<b>SZWAJKA Robert</b>	<b>236</b>	STALOWA WOLA	M40	20	01:05:13	02:58:04	04:11:08		<b>06:01:49.90</b>	<b>06:02:16.10</b>	+01:53:25 (31.3%)	6:57	8.6 (68.8%)
96	<b>SOBCZAK Krzysztof</b>	<b>757</b>	PURDA	M30	58	01:02:51	02:57:33	04:08:58		<b>06:02:46.10</b>	<b>06:02:57.05</b>	+01:54:06 (31.4%)	6:58	8.6 (68.8%)
97	<b>NOWAK Piotr</b>	<b>102</b>	BIESZCZADY	M40	21	01:08:30	03:05:07	04:14:41		<b>06:02:58.25</b>	<b>06:03:44.30</b>	+01:54:53 (31.6%)	6:58	8.6 (68.8%)
98	<b>OLEKSY Jarosław</b>	<b>150</b>	KS LIMANOWA FORREST	M50	5	01:04:58	03:07:05	04:15:20		<b>06:03:49.40</b>	<b>06:04:32.10</b>	+01:55:41 (31.7%)	6:59	8.6 (68.8%)
99	<b>KLIMCZEWSKI Andrzej</b>	<b>116</b>	FOREVER YOUNG ŁÓDŹ	M50	6	00:59:46	02:57:28	04:07:56		<b>06:04:26.80</b>	<b>06:04:33.60</b>	+01:55:42 (31.7%)	7:00	8.6 (68.8%)
100	<b>PAWŁOWSKI Arek</b>	<b>624</b>	WARSZAWA	M30	59	01:05:09	02:57:01	04:10:01		<b>06:04:06.70</b>	<b>06:04:34.45</b>	+01:55:43 (31.7%)	7:00	8.6 (68.8%)
101	<b>CIESIELSKI Michał</b>	<b>306</b>	CSWP AUDIT&ADVISORY	M20	15	01:02:25	02:59:37	04:09:49		<b>06:03:50.50</b>	<b>06:04:37.50</b>	+01:55:46 (31.8%)	6:59	8.6 (68.8%)
102	<b>GOLIAT Damian</b>	<b>512</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M30	60	01:05:21	03:04:39	04:17:53		<b>06:04:38.30</b>	<b>06:04:45.30</b>	+01:55:54 (31.8%)	7:00	8.6 (68.8%)
103	<b>SKÓRA Tomasz</b>	<b>278</b>	SKÓRZEC	M30	61	01:05:26	02:58:52	04:11:42		<b>06:04:23.20</b>	<b>06:04:48.35</b>	+01:55:57 (31.8%)	7:00	8.6 (68.8%)
104	<b>MATYSIAK Marcin</b>	<b>553</b>	GAPMONT RUNNING TEAM	M30	62	01:02:39	03:07:11	04:17:00		<b>06:04:35.60</b>	<b>06:04:52.65</b>	+01:56:02 (31.8%)	7:00	8.6 (68.8%)
105	<b>WYROBEK Łukasz</b>	<b>656</b>	KRAKÓW	M40	22	00:59:15	02:49:16	04:03:09		<b>06:04:57.50</b>	<b>06:05:04.90</b>	+01:56:14 (31.8%)	7:01	8.5 (68.0%)
106	<b>RYCYK Grzegorz</b>	<b>694</b>	KRASNYSTAW BIEGA	M40	23	01:10:54	03:14:31	04:19:54		<b>06:04:48.85</b>	<b>06:05:15.80</b>	+01:56:25 (31.9%)	7:00	8.6 (68.8%)
107	<b>KRZEMIŃSKI Marcin</b>	<b>505</b>	SPRINT GORZYCE	M30	63	01:01:49	02:59:30	04:13:14		<b>06:05:20.45</b>	<b>06:05:38.95</b>	+01:56:48 (31.9%)	7:01	8.5 (68.0%)
108	<b>SOBOLEWSKI Sebastian</b>	<b>491</b>		M30	64	01:02:11	02:57:56	04:08:15		<b>06:05:29.90</b>	<b>06:06:07.90</b>	+01:57:17 (32.0%)	7:01	8.5 (68.0%)
109	<b>FALKOWSKI Piotr</b>	<b>69</b>	PIASECZNO	M40	24	01:00:37	02:58:19	04:11:59		<b>06:06:03.10</b>	<b>06:06:09.50</b>	+01:57:18 (32.0%)	7:02	8.5 (68.0%)

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
110	<b>BASZAK Tomasz</b>	<b>665</b>	SIŁA OGRA	M30	65	01:05:49	03:10:14	04:17:43		<b>06:06:11.90</b>	<b>06:06:25.25</b>	+01:57:34 (32.1%)	7:02	8.5 (68.0%)
111	<b>KRUPA Grzegorz</b>	<b>664</b>	GÓRSKI PÓŁMARATON ŚLĘŻAŃSKI	M40	25	01:00:16	02:59:19	04:12:58		<b>06:06:15.20</b>	<b>06:06:27.95</b>	+01:57:37 (32.1%)	7:02	8.5 (68.0%)
112	<b>WĘSIERSKI Dariusz</b>	<b>756</b>	WWW.SMREKOWAOSADA.PL	M40	26	01:04:56	03:03:20	04:16:21		<b>06:05:46.15</b>	<b>06:06:29.25</b>	+01:57:38 (32.1%)	7:02	8.5 (68.0%)
113	<b>MAZUREK Robert</b>	<b>390</b>	LUBLIN	M30	66	01:00:01	02:54:15	04:09:26		<b>06:07:48.05</b>	<b>06:08:09.60</b>	+01:59:18 (32.4%)	7:04	8.5 (68.0%)
114	<b>KUJAWSKI Bogusław</b>	<b>176</b>	GRUPETTO GORLICE	M50	7	00:59:22	02:56:23	04:11:51		<b>06:08:57.00</b>	<b>06:09:00.10</b>	+02:00:09 (32.6%)	7:05	8.5 (68.0%)
115	<b>FIJĄKOWSKI Radosław</b>	<b>188</b>	GCW CROSSFIT WARSZAWA	M30	67	01:05:45	03:04:53	04:16:22		<b>06:08:44.70</b>	<b>06:09:10.60</b>	+02:00:19 (32.6%)	7:05	8.5 (68.0%)
116	<b>FRANCZAK Łukasz</b>	<b>570</b>	GDANSK	M30	68	01:03:25	03:05:44	04:16:48		<b>06:08:52.55</b>	<b>06:09:37.65</b>	+02:00:47 (32.7%)	7:05	8.5 (68.0%)
117	<b>RYBAK Przemysław</b>	<b>600</b>	TRI PUŁAWY	M30	69	01:07:48	03:04:24	04:16:00		<b>06:08:39.45</b>	<b>06:09:39.45</b>	+02:00:48 (32.7%)	7:05	8.5 (68.0%)
118	<b>PAWŁAK Gabriel</b>	<b>224</b>	VASCOTEAM WROCŁAW	M30	70	00:59:14	02:55:26	04:11:40		<b>06:09:38.55</b>	<b>06:09:48.40</b>	+02:00:57 (32.7%)	7:06	8.4 (67.2%)
119	<b>PAWLUŚ Mirosław</b>	<b>586</b>	JSC JASŁO	M30	71	01:02:45	03:00:02	04:13:08		<b>06:09:10.15</b>	<b>06:10:02.60</b>	+02:01:11 (32.8%)	7:05	8.5 (68.0%)
120	<b>JOSYPENKO Jędrzej</b>	<b>131</b>	JACEKBIEGA RUNNING TEAM	M20	16	01:01:18	03:01:57	04:17:15		<b>06:10:24.10</b>	<b>06:10:26.75</b>	+02:01:36 (32.8%)	7:07	8.4 (67.2%)
121	<b>KOEHLER Krzysztof</b>	<b>802</b>		M50	8	01:04:34	03:01:17	04:17:01		<b>06:10:25.25</b>	<b>06:10:43.05</b>	+02:01:52 (32.9%)	7:07	8.4 (67.2%)
122	<b>KRUŻEL Rafał</b>	<b>447</b>	RADOMYŚL WIELKI	M40	27	01:02:02	02:57:48	04:12:36		<b>06:10:55.80</b>	<b>06:11:06.65</b>	+02:02:16 (32.9%)	7:07	8.4 (67.2%)
123	<b>ŁUBIAN Michał</b>	<b>80</b>	CTL LOGISTICS	M40	28	01:04:40	02:59:19	04:11:09		<b>06:11:08.30</b>	<b>06:11:21.25</b>	+02:02:30 (33.0%)	7:08	8.4 (67.2%)
124	<b>RYNKIEWICZ Rafał</b>	<b>67</b>	GRUPA BIEGOWA CHTMO, LEGIONOWO	M30	72	01:00:57	02:57:52	04:14:06		<b>06:12:13.75</b>	<b>06:12:40.10</b>	+02:03:49 (33.2%)	7:09	8.4 (67.2%)
125	<b>PŁOSKOŃSKI Michał</b>	<b>192</b>	RYKOWISKO	M30	73	01:04:18	03:04:30	04:21:45		<b>06:12:29.20</b>	<b>06:12:50.25</b>	+02:03:59 (33.3%)	7:09	8.4 (67.2%)
126	<b>TELEON Piotr</b>	<b>443</b>	JACEKBIEGA RUNNINGTEAM	M40	29	00:58:39	02:53:11	04:10:53		<b>06:12:08.25</b>	<b>06:12:53.05</b>	+02:04:02 (33.3%)	7:09	8.4 (67.2%)
127	<b>CZURYŁOWICZ Krzysztof</b>	<b>458</b>	WARSZAWA	M30	74	01:02:33	03:03:02	04:15:52		<b>06:11:59.60</b>	<b>06:12:57.75</b>	+02:04:07 (33.3%)	7:09	8.4 (67.2%)
128	<b>GAJOS Daniel</b>	<b>414</b>		M30	75	01:07:12	03:10:23	04:21:14		<b>06:12:42.00</b>	<b>06:13:25.90</b>	+02:04:35 (33.4%)	7:10	8.4 (67.2%)
129	<b>CZUBIK Wojciech</b>	<b>692</b>	JASIELSKIE STOWARZYSZENIE CYKLISTÓW	M30	76	01:02:41	03:00:00	04:14:31		<b>06:12:46.45</b>	<b>06:13:39.95</b>	+02:04:49 (33.4%)	7:10	8.4 (67.2%)
130	<b>ZARZYŃKI Artur</b>	<b>177</b>	FUNFLY	M30	77	01:03:19	03:00:22	04:12:18		<b>06:12:51.80</b>	<b>06:13:58.60</b>	+02:05:07 (33.5%)	7:10	8.4 (67.2%)
131	<b>DWORAKOWSKI Andrzej</b>	<b>259</b>	ŁAPSCY LAJTOWCY	M30	78	01:06:35	03:00:04	04:12:47		<b>06:13:25.60</b>	<b>06:14:13.25</b>	+02:05:22 (33.5%)	7:10	8.4 (67.2%)
132	<b>OLESIAK Grzegorz</b>	<b>399</b>	NIGHT RUNNERS	M50	9	01:06:17	03:04:45	04:22:02		<b>06:13:49.85</b>	<b>06:14:31.35</b>	+02:05:40 (33.6%)	7:11	8.3 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
133	<b>WASYLÓW Jacek</b>	<b>672</b>	KB IZBA CELNA PRZEMYŚL	M30	79	00:58:32	02:54:35	04:13:39		<b>06:14:50.75</b>	<b>06:15:16.15</b>	+02:06:25 (33.7%)	7:12	8.3 (66.4%)
134	<b>JANICKI Michał</b>	<b>298</b>	BYTOM	M20	17	01:03:31	02:59:36	04:16:15		<b>06:15:05.05</b>	<b>06:15:30.15</b>	+02:06:39 (33.7%)	7:12	8.3 (66.4%)
135	<b>GÓRSKI Krzysztof</b>	<b>95</b>	DĄBRÓWKA NOWA BIEGOWI ZAJAWKOWICZE	M40	30	00:58:53	02:52:38	04:13:36		<b>06:15:21.45</b>	<b>06:15:43.75</b>	+02:06:53 (33.8%)	7:13	8.3 (66.4%)
136	<b>ADAMCZYK Łukasz</b>	<b>293</b>	ŁÓDŹ	M30	80	01:01:35	03:00:59	04:15:53		<b>06:15:10.15</b>	<b>06:15:50.55</b>	+02:06:59 (33.8%)	7:12	8.3 (66.4%)
137	<b>KRAWCZYK Michał</b>	<b>682</b>	WARSZAWA	M30	81	01:02:35	03:02:49	04:19:14		<b>06:15:43.95</b>	<b>06:15:52.30</b>	+02:07:01 (33.8%)	7:13	8.3 (66.4%)
138	<b>SOLECKI Tomasz</b>	<b>153</b>	GOMOLA TRANS AIRCO	M30	82	01:04:49	03:01:08	04:12:58		<b>06:15:35.00</b>	<b>06:16:23.50</b>	+02:07:32 (33.9%)	7:13	8.3 (66.4%)
139	<b>PARZYSZEK Marcin</b>	<b>15</b>	EXTREME TATRAS TEAM WARSZAWA	M30	83	00:59:21	02:52:36	04:11:36		<b>06:16:14.70</b>	<b>06:16:30.05</b>	+02:07:39 (33.9%)	7:14	8.3 (66.4%)
140	<b>ŻURAWSKI Kamil</b>	<b>507</b>	WARSZAWA	M20	18	00:59:33	02:55:59	04:11:57		<b>06:16:40.05</b>	<b>06:16:53.30</b>	+02:08:02 (34.0%)	7:14	8.3 (66.4%)
141	<b>KĘDZIA Szymon</b>	<b>88</b>	DĄBROWA GÓRNICZA	M20	19	01:03:55	02:51:16	04:12:11		<b>06:16:33.50</b>	<b>06:16:57.55</b>	+02:08:06 (34.0%)	7:14	8.3 (66.4%)
142	<b>KOZIOŁKOWSKI Eryk</b>	<b>717</b>	GÓRA	M20	20		03:02:40	04:20:42		<b>06:17:09.35</b>	<b>06:17:09.35</b>	+02:08:18 (34.0%)	7:15	8.3 (66.4%)
143	<b>SZYDA Wojciech</b>	<b>494</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	31	01:03:38	03:04:45	04:17:06		<b>06:17:51.85</b>	<b>06:17:59.35</b>	+02:09:08 (34.2%)	7:15	8.3 (66.4%)
144	<b>MAŁEK Piotr</b>	<b>643</b>	NIEMCE	M20	21	01:00:21	02:58:09	04:17:27		<b>06:18:32.45</b>	<b>06:18:40.50</b>	+02:09:49 (34.3%)	7:16	8.2 (65.6%)
145	<b>ŁĘŻNIAK Aleksander</b>	<b>637</b>	MONK SANDALS	M20	22	01:05:15	03:01:39	04:26:45		<b>06:18:46.90</b>	<b>06:19:02.55</b>	+02:10:11 (34.3%)	7:17	8.2 (65.6%)
146	<b>NOWAK Przemysław</b>	<b>154</b>	KABEL TEAM BYDGOSZCZ	M30	84	01:05:08	03:10:38	04:21:45		<b>06:19:01.10</b>	<b>06:19:27.55</b>	+02:10:36 (34.4%)	7:17	8.2 (65.6%)
147	<b>DOMIN Łukasz</b>	<b>441</b>	AKTYWNY DYNÓW	M20	23	01:01:45	02:58:17	04:17:04		<b>06:19:09.00</b>	<b>06:19:32.65</b>	+02:10:42 (34.4%)	7:17	8.2 (65.6%)
148	<b>KOŁODZIEJCZYK Kamil</b>	<b>511</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M20	24	01:08:45	03:07:03	04:18:43		<b>06:19:45.10</b>	<b>06:20:16.55</b>	+02:11:25 (34.6%)	7:18	8.2 (65.6%)
149	<b>WIŚNIEWSKI Piotr</b>	<b>657</b>	SKÓRCZ	M40	32	01:03:28	03:02:58	04:18:14		<b>06:20:04.75</b>	<b>06:20:24.50</b>	+02:11:33 (34.6%)	7:18	8.2 (65.6%)
150	<b>GROCHOWSKI Wojciech</b>	<b>588</b>	KW WARSZAWA	M30	85	01:03:28	03:00:34	04:17:02		<b>06:20:00.45</b>	<b>06:20:37.90</b>	+02:11:47 (34.6%)	7:18	8.2 (65.6%)
151	<b>SUSKI Marcin</b>	<b>202</b>	KRAKÓW	M30	86	01:02:05	03:05:20	04:19:56		<b>06:20:34.40</b>	<b>06:20:56.25</b>	+02:12:05 (34.7%)	7:19	8.2 (65.6%)
152	<b>CYTACKI Dawid</b>	<b>729</b>	RYKOWISKO	M30	87	01:04:40	03:05:09	04:21:56		<b>06:21:11.00</b>	<b>06:21:32.90</b>	+02:12:42 (34.8%)	7:19	8.2 (65.6%)
153	<b>CHUDYBA Michał</b>	<b>653</b>		M30	88	01:03:13	03:01:39	04:16:49		<b>06:20:29.20</b>	<b>06:21:38.25</b>	+02:12:47 (34.8%)	7:19	8.2 (65.6%)
154	<b>MILKOWSKI Rafał</b>	<b>392</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	89	01:04:30	03:10:10	04:29:00		<b>06:21:03.45</b>	<b>06:21:43.00</b>	+02:12:52 (34.8%)	7:19	8.2 (65.6%)
155	<b>ŚLIWIŃSKI Andrzej</b>	<b>590</b>	MIECHÓW	M50	10	00:59:13	03:02:12	04:28:28		<b>06:22:20.10</b>	<b>06:22:27.80</b>	+02:13:37 (34.9%)	7:21	8.2 (65.6%)

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
156	<b>SZPINDA Sebastian</b>	<b>217</b>	BIŁGORAJ	M30	90	01:04:20	03:03:15	04:18:00		<b>06:21:53.10</b>	<b>06:22:28.25</b>	+02:13:37 (34.9%)	7:20	8.2 (65.6%)
157	<b>MALIŃSKI Marek</b>	<b>556</b>		M40	33	01:01:33	03:02:12	04:21:19		<b>06:22:27.50</b>	<b>06:22:32.85</b>	+02:13:42 (35.0%)	7:21	8.2 (65.6%)
158	<b>TRACZ Łukasz</b>	<b>638</b>	AQUAREH PWSTE JAROSŁAW	M30	91	01:05:59	03:05:50	04:20:45		<b>06:22:58.70</b>	<b>06:23:07.65</b>	+02:14:17 (35.0%)	7:21	8.1 (64.8%)
159	<b>POŻAROWSZCZYK Adam</b>	<b>404</b>	LEGIONOWO	M30	92	01:04:11	03:03:05	04:19:36		<b>06:23:26.30</b>	<b>06:23:40.05</b>	+02:14:49 (35.1%)	7:22	8.1 (64.8%)
160	<b>SZCZEPANIAK Michał</b>	<b>286</b>	WOŁOMIN	M40	34	01:06:00	03:02:22	04:16:59		<b>06:22:35.20</b>	<b>06:23:41.80</b>	+02:14:51 (35.1%)	7:21	8.2 (65.6%)
161	<b>STYCZEŃ Piotr</b>	<b>199</b>	CKBABCIE	M30	93	01:05:20	03:04:39	04:20:01		<b>06:23:40.05</b>	<b>06:23:47.25</b>	+02:14:56 (35.2%)	7:22	8.1 (64.8%)
162	<b>STANICKI Mateusz</b>	<b>635</b>	TRINERGY TEAM	M30	94	01:00:34	03:06:26	04:30:07		<b>06:25:07.60</b>	<b>06:25:20.35</b>	+02:16:29 (35.4%)	7:24	8.1 (64.8%)
163	<b>PERYKASZA Paweł</b>	<b>251</b>	NIGHT RUNNERS +PLUS+	M30	95	01:05:09	03:06:14	04:21:55		<b>06:24:45.60</b>	<b>06:25:29.90</b>	+02:16:39 (35.4%)	7:23	8.1 (64.8%)
164	<b>GOS Grzegorz</b>	<b>701</b>	KGW LESZNOWOLA	M40	35	01:02:33	02:57:54	04:12:16		<b>06:25:16.45</b>	<b>06:25:30.20</b>	+02:16:39 (35.4%)	7:24	8.1 (64.8%)
165	<b>FABIŃSKI Marcin</b>	<b>417</b>	GRUDZIĄDZ / VISSCHER-CARAVELLE	M30	96	01:04:42	03:04:21	04:19:50		<b>06:25:13.45</b>	<b>06:25:42.40</b>	+02:16:51 (35.5%)	7:24	8.1 (64.8%)
166	<b>PIECHA Artur</b>	<b>804</b>	T-MOBILE RUNNING TEAM	M30	97	01:01:59	03:02:53	04:17:13		<b>06:25:38.40</b>	<b>06:25:43.75</b>	+02:16:53 (35.5%)	7:24	8.1 (64.8%)
167	<b>PALUCH Marek</b>	<b>205</b>	STJ KW KRAKÓW	M20	25	01:09:42	03:14:22	04:28:31		<b>06:24:43.10</b>	<b>06:25:43.95</b>	+02:16:53 (35.5%)	7:23	8.1 (64.8%)
168	<b>MIELNICZEK Jerzy</b>	<b>743</b>	WARSZAWA	M30	98	01:04:35	03:04:04	04:21:57		<b>06:25:54.45</b>	<b>06:25:57.45</b>	+02:17:06 (35.5%)	7:25	8.1 (64.8%)
169	<b>DARSKI Rafał</b>	<b>330</b>	WIRY	M40	36	00:58:52	03:04:30	04:20:09		<b>06:25:56.70</b>	<b>06:25:58.60</b>	+02:17:07 (35.5%)	7:25	8.1 (64.8%)
170	<b>SKWIERCZYŃSKI Adam</b>	<b>166</b>	INTEGRACYJNY KLUB SPORTOWY IKS SIEDLCE	M30	99	01:11:39	03:16:49	04:29:12		<b>06:25:31.10</b>	<b>06:26:10.50</b>	+02:17:19 (35.6%)	7:24	8.1 (64.8%)
171	<b>JAKUBCZYK Dariusz</b>	<b>197</b>	CKBABCIE	M30	100	01:05:20	03:04:41	04:22:52		<b>06:26:21.50</b>	<b>06:26:27.90</b>	+02:17:37 (35.6%)	7:25	8.1 (64.8%)
172	<b>SMUDA Marcin</b>	<b>137</b>	TYCHY	M30	101	01:07:41	03:05:28	04:21:30		<b>06:25:37.85</b>	<b>06:26:38.15</b>	+02:17:47 (35.6%)	7:24	8.1 (64.8%)
173	<b>KOWALEWSKI Krzysztof</b>	<b>354</b>	WARSZAWA	M30	102	01:05:33	03:10:52	04:28:57		<b>06:26:22.15</b>	<b>06:26:38.30</b>	+02:17:47 (35.6%)	7:25	8.1 (64.8%)
174	<b>ŁAŃCUCKI Dariusz</b>	<b>698</b>	SKĘPE	M20	26	01:04:11	03:00:03	04:19:52		<b>06:28:02.95</b>	<b>06:28:09.95</b>	+02:19:19 (35.9%)	7:27	8 (64.0%)
175	<b>KACZOREK Marcin</b>	<b>353</b>	JÓZEFÓW	M40	37	01:04:49	03:07:47	04:25:29		<b>06:27:47.90</b>	<b>06:28:19.50</b>	+02:19:28 (35.9%)	7:27	8 (64.0%)
176	<b>GŁOWACKI Jacek</b>	<b>359</b>	BIEGAMY Z OCHOTĄ	M50	11	01:05:40	03:12:14	04:30:29		<b>06:28:41.10</b>	<b>06:28:58.75</b>	+02:20:08 (36.0%)	7:28	8 (64.0%)
177	<b>CIEŚLA Jarosław</b>	<b>568</b>	BIEGAJĄCE MAŁŻEŃSTWO	M40	38	01:00:21	02:58:39	04:19:58		<b>06:28:46.40</b>	<b>06:29:01.40</b>	+02:20:10 (36.0%)	7:28	8 (64.0%)
178	<b>ZWOLIŃSKI Łukasz</b>	<b>28</b>	AKADEMIA BIEGANIA	M30	103	01:05:14	03:12:27	04:31:30		<b>06:29:13.65</b>	<b>06:29:19.25</b>	+02:20:28 (36.1%)	7:29	8 (64.0%)



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
179	<b>MARSZAŁEK Andrzej</b>	<b>285</b>	SWARZĘDZ	M40	39	01:07:30	03:07:56	04:25:07		<b>06:29:02.15</b>	<b>06:29:32.60</b>	+02:20:41 (36.1%)	7:28	8 (64.0%)
180	<b>KAMIŃSKI Michał</b>	<b>346</b>	12TRI.PL	M30	104	01:08:38	03:12:32	04:28:55		<b>06:29:24.65</b>	<b>06:29:40.00</b>	+02:20:49 (36.1%)	7:29	8 (64.0%)
181	<b>ZAJĄC Tomasz</b>	<b>809</b>	KT WATER KNIGHTS ZABIERZÓW	M30	105	01:04:06	03:00:17	04:12:17		<b>06:28:30.70</b>	<b>06:29:42.55</b>	+02:20:51 (36.1%)	7:28	8 (64.0%)
182	<b>PASELA Bartosz</b>	<b>398</b>	SMASHING PAPKINS	M30	106	01:07:13	03:10:11	04:28:29		<b>06:28:48.05</b>	<b>06:29:46.15</b>	+02:20:55 (36.2%)	7:28	8 (64.0%)
183	<b>CAŁKA Maciej</b>	<b>702</b>	KRZESZÓW	M20	27	01:02:10	03:00:03	04:19:49		<b>06:29:56.90</b>	<b>06:30:03.45</b>	+02:21:12 (36.2%)	7:29	8 (64.0%)
184	<b>SMOLIŃSKI Paweł</b>	<b>599</b>	RUGBY KLUB SANOK	M30	107	01:02:24	03:07:24	04:29:58		<b>06:30:36.35</b>	<b>06:30:41.70</b>	+02:21:51 (36.3%)	7:30	8 (64.0%)
185	<b>SPACHACZ Łukasz</b>	<b>262</b>	GNIEZNO	M20	28	01:02:52	03:07:47	04:25:52		<b>06:29:58.05</b>	<b>06:30:43.90</b>	+02:21:53 (36.3%)	7:29	8 (64.0%)
186	<b>BASIŃSKI Piotr</b>	<b>410</b>	NOKIA	M20	29	01:06:07	03:16:01	04:36:18		<b>06:30:39.45</b>	<b>06:30:46.65</b>	+02:21:56 (36.3%)	7:30	8 (64.0%)
187	<b>KWAS August</b>	<b>740</b>	RYKI	M30	108	01:00:00	02:51:22	04:23:59		<b>06:31:02.65</b>	<b>06:31:07.75</b>	+02:22:17 (36.4%)	7:31	8 (64.0%)
188	<b>KOCHANIAK Rafał</b>	<b>385</b>	WARSZAWA	M30	109	01:06:33	03:08:59	04:26:38		<b>06:30:30.90</b>	<b>06:31:11.35</b>	+02:22:20 (36.4%)	7:30	8 (64.0%)
189	<b>BRUDEREK Tomasz</b>	<b>598</b>	JABŁONNA	M30	110	01:08:29	03:10:17	04:28:32		<b>06:30:15.25</b>	<b>06:31:20.65</b>	+02:22:30 (36.4%)	7:30	8 (64.0%)
190	<b>KUBACKI Sebastian</b>	<b>429</b>	OSIEDLE NIEWIADÓW	M30	111	01:08:29	03:10:18	04:28:32		<b>06:30:15.05</b>	<b>06:31:20.90</b>	+02:22:30 (36.4%)	7:30	8 (64.0%)
191	<b>DEMKÓW Przemysław</b>	<b>697</b>	KB SOBÓTKA	M40	40	01:03:26	02:59:29	04:20:09		<b>06:31:07.65</b>	<b>06:31:23.00</b>	+02:22:32 (36.4%)	7:31	8 (64.0%)
192	<b>WAŁCZYK Krzysztof</b>	<b>489</b>	ŁOWCE	M30	112	01:04:14	03:04:12	04:28:59		<b>06:30:57.25</b>	<b>06:31:28.75</b>	+02:22:38 (36.4%)	7:31	8 (64.0%)
193	<b>IWAN Paweł</b>	<b>548</b>	GDAŃSK	M30	113	01:06:11	03:10:38	04:27:43		<b>06:31:04.60</b>	<b>06:31:33.45</b>	+02:22:42 (36.4%)	7:31	8 (64.0%)
194	<b>KAMIŃSKI Robert</b>	<b>671</b>	12TRI.PL	M30	114	01:06:18	03:12:43	04:29:41		<b>06:32:03.65</b>	<b>06:32:19.50</b>	+02:23:28 (36.6%)	7:32	8 (64.0%)
195	<b>RUZIK Rafał</b>	<b>678</b>		M30	115	01:05:17	03:10:09	04:27:39		<b>06:32:01.65</b>	<b>06:32:22.35</b>	+02:23:31 (36.6%)	7:32	8 (64.0%)
196	<b>ŚMIECHOWICZ Filip</b>	<b>207</b>	LUBLIN	M40	41	01:07:43	03:11:07	04:30:52		<b>06:32:07.40</b>	<b>06:32:27.75</b>	+02:23:37 (36.6%)	7:32	8 (64.0%)
197	<b>WOJCIECHOWSKI Jarosław</b>	<b>508</b>	CZASEM BIEGAM - KIELCE	M50	12	01:05:23	03:08:32	04:22:33		<b>06:33:30.00</b>	<b>06:33:32.55</b>	+02:24:41 (36.8%)	7:34	7.9 (63.2%)
198	<b>CHOJNACKI Leszek</b>	<b>800</b>	IADP	M40	42	01:07:48	03:07:33	04:23:47		<b>06:32:51.50</b>	<b>06:33:46.30</b>	+02:24:55 (36.8%)	7:33	7.9 (63.2%)
199	<b>SZALAK Paweł</b>	<b>378</b>	LUBLIN	M30	116	00:59:59	02:57:51	04:20:41		<b>06:33:24.35</b>	<b>06:33:48.25</b>	+02:24:57 (36.8%)	7:33	7.9 (63.2%)
200	<b>PUŁA Waldemar</b>	<b>675</b>	LUBLIN	M30	117	01:00:02	02:57:51	04:19:49		<b>06:33:28.65</b>	<b>06:33:48.85</b>	+02:24:58 (36.8%)	7:34	7.9 (63.2%)
201	<b>KALISZ Jakub</b>	<b>801</b>		M20	30	01:05:31	03:03:26	04:27:04		<b>06:33:06.25</b>	<b>06:33:52.50</b>	+02:25:01 (36.8%)	7:33	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
202	<b>BARANOWSKI Jacek</b>	<b>792</b>	JACEKBIEGA RUNNINGTEAM	M30	118	01:05:31	03:12:06	04:32:18		<b>06:34:00.05</b>	<b>06:34:07.10</b>	+02:25:16 (36.9%)	7:34	7.9 (63.2%)
203	<b>KONIECZNY Marcin</b>	<b>440</b>	HOUSE OF SKILLS	M40	43	00:59:09	02:59:13	04:23:42		<b>06:34:44.25</b>	<b>06:34:54.25</b>	+02:26:03 (37.0%)	7:35	7.9 (63.2%)
204	<b>SUCHOWIECKI Wojciech</b>	<b>375</b>	TRI NEGU-OUB-ARTNEO.PL	M30	119	00:59:10	02:59:20	04:23:42		<b>06:34:44.55</b>	<b>06:34:54.50</b>	+02:26:03 (37.0%)	7:35	7.9 (63.2%)
205	<b>RZECZYCA Adam</b>	<b>759</b>	NIGHT RUNNERS ŁÓDŹ	M20	31	01:07:06	03:10:23	04:30:43		<b>06:34:22.50</b>	<b>06:34:56.05</b>	+02:26:05 (37.0%)	7:35	7.9 (63.2%)
206	<b>SOŁTYS Marcin</b>	<b>652</b>	JASŁO	M30	120	01:07:24	03:12:10	04:29:04		<b>06:34:12.25</b>	<b>06:34:59.55</b>	+02:26:08 (37.0%)	7:34	7.9 (63.2%)
207	<b>ZAWADZKI Maciej</b>	<b>361</b>	WARSZAWA	M30	121	01:07:04	03:07:16	04:27:33		<b>06:34:06.85</b>	<b>06:35:16.20</b>	+02:26:25 (37.0%)	7:34	7.9 (63.2%)
208	<b>MASNY Dawid</b>	<b>493</b>	TRUCHTACZ.PL	M30	122	01:03:00	03:07:21	04:24:15		<b>06:36:37.10</b>	<b>06:36:59.25</b>	+02:28:08 (37.3%)	7:37	7.9 (63.2%)
209	<b>WIŚNIEWSKI Jacek</b>	<b>487</b>	RUNNERS TEAM KĘTRZYN	M40	44	01:05:07	03:12:06	04:32:17		<b>06:37:11.25</b>	<b>06:37:39.35</b>	+02:28:48 (37.4%)	7:38	7.9 (63.2%)
210	<b>MIKOWSKI Artur</b>	<b>667</b>	GRÓJEC	M40	45	01:07:38	03:16:19	04:34:50		<b>06:36:59.15</b>	<b>06:37:48.20</b>	+02:28:57 (37.4%)	7:38	7.9 (63.2%)
211	<b>WOJCIECHOWSKI Michał</b>	<b>376</b>	SPARTANIE DZIECIOM	M40	46	01:08:30	03:18:37	04:32:50		<b>06:37:25.80</b>	<b>06:37:48.55</b>	+02:28:57 (37.4%)	7:38	7.9 (63.2%)
212	<b>LEWANDOWSKI Robert</b>	<b>691</b>	BIEGAM Z RADOŚCI	M40	47	01:07:25	03:18:46	04:35:18		<b>06:37:32.35</b>	<b>06:38:03.55</b>	+02:29:12 (37.5%)	7:38	7.8 (62.4%)
213	<b>PYDA Tomasz</b>	<b>312</b>	WARSZAWA	M30	123	01:07:50	03:14:17	04:29:02		<b>06:37:38.85</b>	<b>06:38:09.70</b>	+02:29:19 (37.5%)	7:38	7.8 (62.4%)
214	<b>DZIERKA Mariusz</b>	<b>564</b>	TOMASZÓW MAZOWIECKI	M40	48	01:07:04	03:14:19	04:35:13		<b>06:38:03.60</b>	<b>06:38:30.35</b>	+02:29:39 (37.6%)	7:39	7.8 (62.4%)
215	<b>MATWIEJCZYK Gabriel</b>	<b>751</b>	RUNYOURLIFE.PL	M30	124	01:00:46	03:01:13	04:25:02		<b>06:38:28.70</b>	<b>06:38:40.30</b>	+02:29:49 (37.6%)	7:39	7.8 (62.4%)
216	<b>BERUS Mikołaj</b>	<b>687</b>	LESZNO	M20	32	01:15:09	03:24:47	04:40:25		<b>06:37:52.65</b>	<b>06:38:46.25</b>	+02:29:55 (37.6%)	7:39	7.8 (62.4%)
217	<b>TUROWICZ Piotr</b>	<b>577</b>	WARSZAWA	M40	49	01:01:51	03:16:42	04:42:17		<b>06:38:59.25</b>	<b>06:39:33.70</b>	+02:30:43 (37.7%)	7:40	7.8 (62.4%)
218	<b>GRONIECKI Mikołaj</b>	<b>294</b>	WARSZAWA	M30	125	01:07:20	03:12:12	04:35:43		<b>06:39:43.85</b>	<b>06:40:01.15</b>	+02:31:10 (37.8%)	7:41	7.8 (62.4%)
219	<b>PLACZEK Paweł</b>	<b>452</b>		M30	126	01:11:14	03:26:36	04:43:44		<b>06:39:43.75</b>	<b>06:40:24.25</b>	+02:31:33 (37.9%)	7:41	7.8 (62.4%)
220	<b>BOROWSKI Adam</b>	<b>104</b>	INOWROCLAW	M30	127	01:00:27	02:58:37	04:19:42		<b>06:41:06.80</b>	<b>06:41:16.45</b>	+02:32:25 (38.0%)	7:42	7.8 (62.4%)
221	<b>PILECKI Maciej</b>	<b>22</b>	WROCŁAW	M30	128	01:07:26	03:22:01	04:38:25		<b>06:40:59.20</b>	<b>06:42:12.60</b>	+02:33:21 (38.1%)	7:42	7.8 (62.4%)
222	<b>WRONA Klaudiusz</b>	<b>766</b>		M30	129	01:10:28	03:16:57	04:36:24		<b>06:41:39.15</b>	<b>06:42:16.65</b>	+02:33:26 (38.1%)	7:43	7.8 (62.4%)
223	<b>BRZEZIŃSKI Michał</b>	<b>427</b>	WARSZAWA	M20	33	01:01:58	03:08:12	04:30:44		<b>06:41:51.50</b>	<b>06:42:41.55</b>	+02:33:50 (38.2%)	7:43	7.8 (62.4%)
224	<b>MAJEWSKI Arkadiusz</b>	<b>626</b>	WODZISŁAW ŚLASKI	M40	50		03:14:53	04:36:03		<b>06:43:02.10</b>	<b>06:43:02.10</b>	+02:34:11 (38.3%)	7:45	7.7 (61.6%)

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
225	<b>JUSZKIEWICZ Zbigniew</b>	<b>422</b>	ELK	M40	51	00:58:27	03:00:19	04:28:17		<b>06:42:56.95</b>	<b>06:43:03.95</b>	+02:34:13 (38.3%)	7:44	7.7 (61.6%)
226	<b>GRYGIEL Marek</b>	<b>218</b>	KRAKÓW	M30	130	01:08:17	03:23:54	04:43:32		<b>06:42:22.30</b>	<b>06:43:08.25</b>	+02:34:17 (38.3%)	7:44	7.8 (62.4%)
227	<b>PIECZONKA Janusz</b>	<b>498</b>	PWC RUNNING TEAM	M20	34	01:05:30	03:11:46	04:30:46		<b>06:42:49.65</b>	<b>06:43:37.45</b>	+02:34:46 (38.3%)	7:44	7.7 (61.6%)
228	<b>SUPROŃ Piotr</b>	<b>318</b>	ARCADIS RUNNING TEAM	M30	131	01:04:08	03:05:54	04:31:24		<b>06:43:29.20</b>	<b>06:43:49.55</b>	+02:34:58 (38.4%)	7:45	7.7 (61.6%)
229	<b>ZDEB Artur</b>	<b>431</b>	RUDNIK NAD SANEM	M30	132	01:04:13	03:02:51	04:29:13		<b>06:43:16.95</b>	<b>06:43:57.95</b>	+02:35:07 (38.4%)	7:45	7.7 (61.6%)
230	<b>SZULC Krzysztof</b>	<b>169</b>	NIGHT RUNNERS WARSZAWA	M40	52	01:04:23	03:11:11	04:31:18		<b>06:44:13.25</b>	<b>06:44:31.60</b>	+02:35:40 (38.5%)	7:46	7.7 (61.6%)
231	<b>DEDERKO Piotr</b>	<b>237</b>	STRAŻ GRANICZNA BIAŁYSTOK	M40	53	01:04:56	03:17:51	04:35:41		<b>06:44:03.05</b>	<b>06:44:36.60</b>	+02:35:45 (38.5%)	7:46	7.7 (61.6%)
232	<b>ABRAMCZUK Jakub</b>	<b>371</b>	100HRMAX.PL	M30	133	01:02:54	03:22:59	04:44:42		<b>06:44:44.60</b>	<b>06:44:49.15</b>	+02:35:58 (38.5%)	7:47	7.7 (61.6%)
233	<b>NOWAK Michał</b>	<b>366</b>	WEŁNICA BIEGA	M30	134	01:02:27	03:01:50	04:33:17		<b>06:44:58.90</b>	<b>06:45:22.55</b>	+02:36:31 (38.6%)	7:47	7.7 (61.6%)
234	<b>GÓRSKI Mariusz</b>	<b>320</b>	TYCHY	M30	135	00:58:37	03:15:15	04:35:21		<b>06:45:54.55</b>	<b>06:45:59.55</b>	+02:37:08 (38.7%)	7:48	7.7 (61.6%)
235	<b>DOMSKI Marcin</b>	<b>204</b>	DRUŻYNA SZPIKU	M30	136	01:04:12	03:12:33	04:32:23		<b>06:45:44.60</b>	<b>06:46:12.00</b>	+02:37:21 (38.7%)	7:48	7.7 (61.6%)
236	<b>DRABEK Artur</b>	<b>52</b>	KOBIERNICE	M40	54	01:09:40	03:12:41	04:38:18		<b>06:46:14.10</b>	<b>06:46:29.10</b>	+02:37:38 (38.8%)	7:48	7.7 (61.6%)
237	<b>JACHYM Marcin</b>	<b>669</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	55	01:04:43	03:13:25	04:38:16		<b>06:46:38.10</b>	<b>06:47:21.50</b>	+02:38:30 (38.9%)	7:49	7.7 (61.6%)
238	<b>NADROWSKI Piotr</b>	<b>250</b>	KONDYCJA	M40	56	01:12:15	03:25:20	04:42:25		<b>06:46:48.15</b>	<b>06:47:40.65</b>	+02:38:50 (39.0%)	7:49	7.7 (61.6%)
239	<b>JEŻ Adam</b>	<b>60</b>	WARSZAWA	M30	137	01:10:47	03:20:32	04:38:53		<b>06:47:16.15</b>	<b>06:47:44.75</b>	+02:38:54 (39.0%)	7:49	7.7 (61.6%)
240	<b>ZYCH Zbigniew</b>	<b>409</b>	LUBLIN	M40	57	01:05:42	03:11:24	04:34:11		<b>06:47:29.35</b>	<b>06:47:51.50</b>	+02:39:00 (39.0%)	7:50	7.7 (61.6%)
241	<b>WOROBIEC Józef</b>	<b>803</b>	UMKS NADIR JĘDRZEJÓW	M50	13	01:02:20	03:06:37	04:31:04		<b>06:48:24.20</b>	<b>06:48:31.20</b>	+02:39:40 (39.1%)	7:51	7.6 (60.8%)
242	<b>ŁUKASZ Sosnowski</b>	<b>726</b>	12TRI	M30	138	01:06:47	03:13:45	04:36:07		<b>06:48:14.65</b>	<b>06:48:39.20</b>	+02:39:48 (39.1%)	7:51	7.6 (60.8%)
243	<b>RIJ Tomasz</b>	<b>448</b>	RYMANÓW ZDRÓJ	M30	139	01:09:00	03:16:13	04:36:15		<b>06:48:16.95</b>	<b>06:48:42.70</b>	+02:39:52 (39.1%)	7:51	7.6 (60.8%)
244	<b>WÓJTOWICZ Paweł</b>	<b>456</b>	BIEGAJZNAMI.PL	M30	140	01:10:23	03:16:06	04:35:29		<b>06:48:05.50</b>	<b>06:48:50.45</b>	+02:39:59 (39.1%)	7:50	7.6 (60.8%)
245	<b>STASZEWSKI Maciej</b>	<b>592</b>	JANÓW LUBELSKI	M30	141	01:10:21	03:16:07	04:35:29		<b>06:48:05.40</b>	<b>06:48:51.35</b>	+02:40:00 (39.1%)	7:50	7.6 (60.8%)
246	<b>KĄKOL Łukasz</b>	<b>749</b>		M30	142	01:02:16	03:04:36	04:29:33		<b>06:48:38.30</b>	<b>06:48:56.85</b>	+02:40:06 (39.2%)	7:51	7.6 (60.8%)
247	<b>KRZYWICKI Paweł</b>	<b>282</b>	WARSZAWA	M40	58	01:06:21	03:21:28	04:42:10		<b>06:48:13.35</b>	<b>06:49:05.50</b>	+02:40:14 (39.2%)	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
248	<b>SAŁAŃSKI Wojciech</b>	<b>634</b>	WARSZAWA	M30	143	01:05:01	03:08:40	04:34:35		<b>06:48:00.05</b>	<b>06:49:09.40</b>	+02:40:18 (39.2%)	7:50	7.6 (60.8%)
249	<b>KOCOT Sebastian</b>	<b>482</b>	SOSNOWIEC	M30	144	01:06:40	03:16:19	04:36:30		<b>06:48:48.90</b>	<b>06:49:35.45</b>	+02:40:44 (39.2%)	7:51	7.6 (60.8%)
250	<b>PAWĘŻKA Mirosław</b>	<b>362</b>	ORANGE POLSKA	M30	145	01:11:12	03:20:55	04:43:06		<b>06:49:00.10</b>	<b>06:49:37.40</b>	+02:40:46 (39.3%)	7:51	7.6 (60.8%)
251	<b>TURLEJ Dariusz</b>	<b>82</b>	KONDYCJA	M50	14	01:13:11	03:27:37	04:49:56		<b>06:49:28.50</b>	<b>06:49:41.15</b>	+02:40:50 (39.3%)	7:52	7.6 (60.8%)
252	<b>MILEWSKI Mateusz</b>	<b>93</b>	MKB DREPTAK MIŃSK MAZOWIECKI	M20	35	01:07:58	03:15:12	04:37:29		<b>06:48:54.90</b>	<b>06:49:58.50</b>	+02:41:07 (39.3%)	7:51	7.6 (60.8%)
253	<b>MOSKWIAK Mateusz</b>	<b>307</b>	JAROSŁAW	M20	36	01:08:43	03:15:34	04:34:09		<b>06:49:12.85</b>	<b>06:50:00.45</b>	+02:41:09 (39.3%)	7:52	7.6 (60.8%)
254	<b>DEMBECKI Marcin</b>	<b>56</b>	SIEMIANOWICE ŚLĄSKIE	M30	146	01:04:11	03:17:14	04:41:54		<b>06:49:28.45</b>	<b>06:50:03.90</b>	+02:41:13 (39.3%)	7:52	7.6 (60.8%)
255	<b>MOŻEJKO Artur</b>	<b>558</b>	SPARTANIE DZIECIOM	M40	59	01:05:49	03:08:35	04:32:24		<b>06:49:05.00</b>	<b>06:50:16.85</b>	+02:41:26 (39.3%)	7:52	7.6 (60.8%)
256	<b>CHOJECKI Dariusz</b>	<b>761</b>	L	M40	60	01:05:12	03:17:14	04:40:46		<b>06:49:45.50</b>	<b>06:50:20.95</b>	+02:41:30 (39.4%)	7:52	7.6 (60.8%)
257	<b>ZMYŚŁOWSKI Łukasz</b>	<b>238</b>		M30	147	01:05:11	03:17:13	04:40:19		<b>06:49:44.60</b>	<b>06:50:21.20</b>	+02:41:30 (39.4%)	7:52	7.6 (60.8%)
258	<b>ŚWIDZIŃSKI Tomasz</b>	<b>711</b>	VEGE RUNNERS	M30	148	01:11:32	03:20:40	04:39:54		<b>06:51:16.70</b>	<b>06:51:56.10</b>	+02:43:05 (39.6%)	7:54	7.6 (60.8%)
259	<b>KUBIK Filip</b>	<b>794</b>	PROFIDEA	M30	149	01:08:25	03:20:18	04:37:41		<b>06:51:09.10</b>	<b>06:52:11.80</b>	+02:43:21 (39.6%)	7:54	7.6 (60.8%)
260	<b>MAJ Sławomir</b>	<b>185</b>	ŚWIDNIK	M30	150	01:11:40	03:19:36	04:47:40		<b>06:52:31.15</b>	<b>06:52:43.60</b>	+02:43:52 (39.7%)	7:55	7.6 (60.8%)
261	<b>OBIDZIŃSKI Adam</b>	<b>44</b>	NAPIERAMY! / SOPOT	M30	151	01:12:27	03:33:46	04:49:44		<b>06:52:29.95</b>	<b>06:52:57.70</b>	+02:44:07 (39.7%)	7:55	7.6 (60.8%)
262	<b>MARCINIEC Bogusław</b>	<b>132</b>	ZAGORZYCE	M30	152	01:06:05	03:17:10	04:37:48		<b>06:52:44.25</b>	<b>06:53:00.90</b>	+02:44:10 (39.7%)	7:56	7.6 (60.8%)
263	<b>TUROSZ Zbigniew</b>	<b>503</b>	LEŻAJSK	M50	15	01:05:42	03:15:05	04:37:53		<b>06:52:46.45</b>	<b>06:53:03.35</b>	+02:44:12 (39.8%)	7:56	7.6 (60.8%)
264	<b>GOLBA Łukasz</b>	<b>370</b>	MIELEC	M30	153	01:11:43	03:22:58	04:42:54		<b>06:52:36.60</b>	<b>06:53:09.25</b>	+02:44:18 (39.8%)	7:56	7.6 (60.8%)
265	<b>NOWOTYŃSKI Jakub</b>	<b>492</b>	KRAKÓW	M30	154	01:09:27	03:16:01	04:37:42		<b>06:52:08.20</b>	<b>06:53:12.60</b>	+02:44:21 (39.8%)	7:55	7.6 (60.8%)
266	<b>CAGARA Paweł</b>	<b>316</b>	STALOWA WOLA	M30	155	01:05:13	03:09:16	04:35:28		<b>06:52:52.15</b>	<b>06:53:19.35</b>	+02:44:28 (39.8%)	7:56	7.6 (60.8%)
267	<b>OSTROWSKI Artur</b>	<b>466</b>	YULO RUN TEAM SIEDLCE	M30	156	01:07:42	03:18:47	04:41:59		<b>06:53:40.10</b>	<b>06:53:52.65</b>	+02:45:02 (39.9%)	7:57	7.5 (60.0%)
268	<b>MISIEK Marek</b>	<b>79</b>	PGB SPORTOWA PACZKA	M50	16	01:13:42	03:21:43	04:42:27		<b>06:53:46.05</b>	<b>06:54:14.35</b>	+02:45:23 (39.9%)	7:57	7.5 (60.0%)
269	<b>DZIENISZEWSKI Tomasz</b>	<b>263</b>	WARSZAWA	M30	157	01:08:37	03:26:07	04:46:00		<b>06:53:56.95</b>	<b>06:54:29.25</b>	+02:45:38 (40.0%)	7:57	7.5 (60.0%)
270	<b>ROSZKOWSKI Marcin</b>	<b>795</b>	WARSZAWA	M40	61	01:07:12	03:23:06	04:44:38		<b>06:54:11.85</b>	<b>06:54:46.15</b>	+02:45:55 (40.0%)	7:57	7.5 (60.0%)

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
271	<b>JAREMA Maciej</b>	<b>77</b>	LOKOMOTIV MAJDAN	M30	158	01:08:24	03:19:31	04:40:50		<b>06:54:25.40</b>	<b>06:55:06.70</b>	+02:46:16 (40.1%)	7:58	7.5 (60.0%)
272	<b>JAREMA Marek</b>	<b>50</b>	KRAKÓW	M40	62	01:06:25	03:16:19	04:41:21		<b>06:54:35.60</b>	<b>06:55:15.80</b>	+02:46:25 (40.1%)	7:58	7.5 (60.0%)
273	<b>KOZERA Waldemar</b>	<b>420</b>		M30	159	01:09:45	03:16:26	04:43:51		<b>06:54:20.75</b>	<b>06:55:20.30</b>	+02:46:29 (40.1%)	7:58	7.5 (60.0%)
274	<b>DARLIŃSKI Artur</b>	<b>660</b>	A-D-E-A GLIWICE	M30	160	01:05:24	03:16:27	04:41:54		<b>06:55:11.95</b>	<b>06:55:22.30</b>	+02:46:31 (40.1%)	7:59	7.5 (60.0%)
275	<b>JACKOWSKI Jacek</b>	<b>242</b>	JGB "SOKÓŁ"	M40	63	01:01:25	03:10:22	04:40:39		<b>06:55:52.70</b>	<b>06:56:05.45</b>	+02:47:14 (40.2%)	7:59	7.5 (60.0%)
276	<b>KRZYSZTOŃ Piotr</b>	<b>379</b>	GMP LASY	M30	161	01:05:12	03:14:50	04:39:56		<b>06:56:31.60</b>	<b>06:56:50.45</b>	+02:47:59 (40.3%)	8:00	7.5 (60.0%)
277	<b>KOZAKIEWICZ Zbigniew</b>	<b>180</b>	BRZEG DOLNY	M30	162	01:00:27	02:58:36	04:30:57		<b>06:56:07.45</b>	<b>06:57:06.35</b>	+02:48:15 (40.3%)	8:00	7.5 (60.0%)
278	<b>MAJDAN Łukasz</b>	<b>430</b>	SPARTANIE DZIECIOM	M30	163	01:12:12	03:25:23	04:47:44		<b>06:56:23.75</b>	<b>06:57:18.20</b>	+02:48:27 (40.4%)	8:00	7.5 (60.0%)
279	<b>JEZIERSKI-KRUPA Marek</b>	<b>777</b>	ZABRZE	M20	37	01:02:15	03:11:33	04:38:21		<b>06:57:42.90</b>	<b>06:57:47.75</b>	+02:48:57 (40.4%)	8:01	7.5 (60.0%)
280	<b>ZIĘTEK Marcin</b>	<b>755</b>	JAWORZNO	M30	164	01:09:11	03:26:52	04:49:30		<b>06:57:28.05</b>	<b>06:58:02.10</b>	+02:49:11 (40.5%)	8:01	7.5 (60.0%)
281	<b>BŁASZKIEWICZ Tomasz</b>	<b>46</b>	TEMMPO WAŁBRZYCH	M40	64	01:11:11	03:29:53	04:50:30		<b>06:57:08.70</b>	<b>06:58:18.60</b>	+02:49:27 (40.5%)	8:01	7.5 (60.0%)
282	<b>KOŁODZIEJSKI Ariel</b>	<b>325</b>	XTEAM	M30	165	01:14:18	03:37:27	04:59:05		<b>06:57:33.80</b>	<b>06:58:24.75</b>	+02:49:34 (40.5%)	8:01	7.5 (60.0%)
283	<b>GAŚSIOROWSKI Maciej</b>	<b>769</b>	WARSZAWA	M30	166	01:11:33	03:26:19	04:48:29		<b>06:58:13.20</b>	<b>06:59:14.85</b>	+02:50:24 (40.6%)	8:02	7.5 (60.0%)
284	<b>PIETRYSZYN Mariusz</b>	<b>513</b>	PRZEMYŚL	M30	167	01:08:40	03:19:06	04:46:36		<b>06:58:40.50</b>	<b>06:59:30.75</b>	+02:50:40 (40.7%)	8:03	7.5 (60.0%)
284	<b>KUBASIK Łukasz</b>	<b>327</b>	PRZEWORSK	M20	38	01:08:39	03:19:07	04:46:36		<b>06:58:40.10</b>	<b>06:59:30.75</b>	+02:50:40 (40.7%)	8:03	7.5 (60.0%)
286	<b>BĄŁAZY Patryk</b>	<b>291</b>	PGB SPORTOWA PACZKA	M30	168	01:13:02	03:31:00	04:50:42		<b>06:58:26.95</b>	<b>06:59:38.25</b>	+02:50:47 (40.7%)	8:02	7.5 (60.0%)
287	<b>PIECH Krzysztof</b>	<b>730</b>	WARSZAWA	M40	65	01:06:11	03:16:22	04:43:33		<b>06:58:50.75</b>	<b>06:59:51.05</b>	+02:51:00 (40.7%)	8:03	7.4 (59.2%)
288	<b>KACZOR Waldemar</b>	<b>171</b>	RES-VET RZESZÓW	M40	66	01:01:28	03:09:22	04:32:23		<b>06:59:28.50</b>	<b>07:00:04.15</b>	+02:51:13 (40.8%)	8:04	7.4 (59.2%)
289	<b>MROŻEK Andrzej</b>	<b>145</b>	KKB DYSTANS KRAKÓW	M60	1	01:15:12	03:31:18	04:49:45		<b>06:59:58.40</b>	<b>07:00:32.05</b>	+02:51:41 (40.8%)	8:04	7.4 (59.2%)
290	<b>NIEDZIELA Wojciech</b>	<b>473</b>		M40	67	01:13:52	03:29:52	04:53:08		<b>07:00:29.70</b>	<b>07:01:28.45</b>	+02:52:37 (41.0%)	8:05	7.4 (59.2%)
291	<b>SEMENIUK Tomasz</b>	<b>357</b>	GRAJEK PRASKI	M40	68	01:07:17	03:18:05	04:41:42		<b>07:01:04.20</b>	<b>07:01:44.65</b>	+02:52:54 (41.0%)	8:05	7.4 (59.2%)
292	<b>KOTUŁA Jarosław</b>	<b>315</b>	SKLEP BIEGACZA TEAM/LUBLIN	M20	39	01:08:08	03:30:47	04:54:44		<b>07:01:24.90</b>	<b>07:01:46.95</b>	+02:52:56 (41.0%)	8:06	7.4 (59.2%)
293	<b>PAUSZEK Roman</b>	<b>530</b>	WĄGROWIEC	M50	17	01:11:23	03:28:59	04:53:14		<b>07:00:48.80</b>	<b>07:01:49.85</b>	+02:52:59 (41.0%)	8:05	7.4 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
294	<b>SZCZEPANIAK Marcin</b>	<b>700</b>	KONIN	M30	169	01:03:09	03:02:52	04:29:14		<b>07:01:19.95</b>	<b>07:01:52.35</b>	+02:53:01 (41.0%)	8:06	7.4 (59.2%)
295	<b>NIEMCZEWSKI Borys</b>	<b>270</b>	TIMEBANDIT CORPS	M30	170	01:02:43	03:20:24	04:42:13		<b>07:01:31.95</b>	<b>07:01:57.25</b>	+02:53:06 (41.0%)	8:06	7.4 (59.2%)
296	<b>DZIAMSKI Tomasz</b>	<b>281</b>	KOBYLNIKI	M30	171	01:09:03	03:08:24	04:31:26		<b>07:01:04.85</b>	<b>07:02:05.45</b>	+02:53:14 (41.0%)	8:05	7.4 (59.2%)
297	<b>KOBELUK Damian</b>	<b>182</b>		M30	172	01:07:59	03:22:09	04:43:40		<b>07:01:31.40</b>	<b>07:02:06.35</b>	+02:53:15 (41.0%)	8:06	7.4 (59.2%)
298	<b>SZPYT Ryszard</b>	<b>616</b>	BIŁGORAJ	M40	69	01:08:00	03:22:09	04:43:39		<b>07:01:30.20</b>	<b>07:02:06.40</b>	+02:53:15 (41.0%)	8:06	7.4 (59.2%)
299	<b>DZIEDZIC Artur</b>	<b>29</b>	WAŁBRZYCH	M30	173	01:19:24	03:34:58	04:53:35		<b>07:00:54.80</b>	<b>07:02:08.50</b>	+02:53:17 (41.1%)	8:05	7.4 (59.2%)
300	<b>KOPACZ Mirosław</b>	<b>648</b>	POZNAŃ	M60	2	01:12:09	03:29:54	04:53:39		<b>07:01:09.20</b>	<b>07:02:12.05</b>	+02:53:21 (41.1%)	8:05	7.4 (59.2%)
301	<b>BRONOWICKI Jarosław</b>	<b>760</b>	PRO-RUN WROCŁAW	M40	70	01:09:11	03:20:35	04:44:30		<b>07:01:46.85</b>	<b>07:02:32.55</b>	+02:53:41 (41.1%)	8:06	7.4 (59.2%)
302	<b>ZAWADZKI Piotr</b>	<b>468</b>	NIGHT RUNNERS Z LASU	M30	174	01:12:28	03:31:29	04:52:49		<b>07:03:27.05</b>	<b>07:03:47.45</b>	+02:54:56 (41.3%)	8:08	7.4 (59.2%)
303	<b>ŁUCZAK Piotr</b>	<b>636</b>	JA+117KG	M20	40	01:09:30	03:30:26	04:51:17		<b>07:02:40.25</b>	<b>07:03:50.60</b>	+02:54:59 (41.3%)	8:07	7.4 (59.2%)
304	<b>GADOMSKI Radosław</b>	<b>485</b>	PKO BANK POLSKI	M30	175	01:07:28	03:24:49	04:53:48		<b>07:02:47.05</b>	<b>07:03:54.25</b>	+02:55:03 (41.3%)	8:07	7.4 (59.2%)
305	<b>PALCZAK Rafał</b>	<b>85</b>	GŁOGÓW MAŁOPOLSKI	M40	71	01:12:27	03:28:53	04:53:46		<b>07:03:46.60</b>	<b>07:04:13.05</b>	+02:55:22 (41.3%)	8:08	7.4 (59.2%)
306	<b>OLEKSYK Wojciech</b>	<b>744</b>	BKB VICTORIA BRZESKO	M40	72	01:08:01	03:16:43	04:42:55		<b>07:03:39.25</b>	<b>07:04:16.25</b>	+02:55:25 (41.3%)	8:08	7.4 (59.2%)
307	<b>MAŃKOWSKI Krzysztof</b>	<b>372</b>	12TRI.PL DRUŻYNA WILKA OLSZTYN	M30	176	01:09:41	03:27:11	04:50:44		<b>07:04:04.75</b>	<b>07:04:22.75</b>	+02:55:32 (41.4%)	8:09	7.4 (59.2%)
308	<b>KIELAK Daniel</b>	<b>685</b>	ALBATROSY	M30	177	01:02:58	03:15:28	04:43:51		<b>07:04:10.70</b>	<b>07:04:29.30</b>	+02:55:38 (41.4%)	8:09	7.4 (59.2%)
309	<b>KADŁUBEK Aleksander</b>	<b>625</b>	TKTJ	M30	178	01:14:03	03:36:53	04:57:43		<b>07:04:40.15</b>	<b>07:05:18.95</b>	+02:56:28 (41.5%)	8:10	7.3 (58.4%)
310	<b>SMOLARCZYK Tomasz</b>	<b>607</b>	TY KRAKUSIE	M30	179	01:05:41	03:21:31	04:48:59		<b>07:04:39.00</b>	<b>07:05:29.00</b>	+02:56:38 (41.5%)	8:09	7.3 (58.4%)
311	<b>KOTLARSKI Marcin</b>	<b>21</b>		M30	180	01:10:30	03:25:57	04:53:39		<b>07:04:21.00</b>	<b>07:05:30.45</b>	+02:56:39 (41.5%)	8:09	7.4 (59.2%)
312	<b>SZULBORSKI Darek</b>	<b>163</b>	TKKF PŁOCK	M40	73	01:08:46	03:26:09	04:49:21		<b>07:05:38.05</b>	<b>07:05:58.55</b>	+02:57:07 (41.6%)	8:11	7.3 (58.4%)
313	<b>BŁASZKIEWICZ Bogusz</b>	<b>269</b>	BIEGACZE NETAPP	M30	181	01:16:06	03:39:54	04:58:44		<b>07:05:48.50</b>	<b>07:06:23.45</b>	+02:57:32 (41.6%)	8:11	7.3 (58.4%)
314	<b>KIRKIEWICZ Ireneusz</b>	<b>17</b>		M40	74	01:11:12	03:29:50	04:53:40		<b>07:06:02.70</b>	<b>07:06:47.00</b>	+02:57:56 (41.7%)	8:11	7.3 (58.4%)
315	<b>ARKUSZ Marcin</b>	<b>120</b>	KRAKÓW	M30	182	01:03:01	03:13:26	04:42:41		<b>07:06:44.45</b>	<b>07:06:50.35</b>	+02:57:59 (41.7%)	8:12	7.3 (58.4%)
316	<b>GALUSZKA Bogdan</b>	<b>210</b>	JGB SOKOL	M40	75	01:20:25	03:38:21	04:57:24		<b>07:06:45.90</b>	<b>07:06:58.15</b>	+02:58:07 (41.7%)	8:12	7.3 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	11km	30km	37.8km	50.86km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 52km	brutto 52km			
317	<b>FIGEL Michał</b>	<b>650</b>	MIKI TEAM	M30	183	01:08:51	03:22:43	04:50:16		<b>07:06:33.80</b>	<b>07:07:12.35</b>	+02:58:21 (41.8%)	8:12	7.3 (58.4%)
318	<b>KRUPA Jan</b>	<b>387</b>	TORTUGA ADVENTURE TEAM	M20	41	01:10:00	03:33:20	04:53:02		<b>07:06:50.50</b>	<b>07:07:15.00</b>	+02:58:24 (41.8%)	8:12	7.3 (58.4%)
319	<b>GUZIK Robert</b>	<b>241</b>	PEDRAFORCA	M40	76	01:10:41	03:24:28	04:52:56		<b>07:06:33.45</b>	<b>07:07:30.00</b>	+02:58:39 (41.8%)	8:12	7.3 (58.4%)
320	<b>SIERZPUTOWSKI Grzegorz</b>	<b>587</b>		M30	184	01:04:45	03:07:02	04:39:22		<b>07:07:15.15</b>	<b>07:07:33.45</b>	+02:58:42 (41.8%)	8:12	7.3 (58.4%)
321	<b>KUBAREK Łukasz</b>	<b>350</b>	NIGDY W ŻYCIU NIE BIEGNĘ HARDCORA....	M30	185	01:14:18	03:37:31	04:59:03		<b>07:06:43.35</b>	<b>07:07:34.40</b>	+02:58:43 (41.8%)	8:12	7.3 (58.4%)
322	<b>WOJDA Dariusz</b>	<b>333</b>	DZIKIE DZIKI	M40	77	01:10:17	03:28:06	04:50:24		<b>07:07:41.15</b>	<b>07:08:13.20</b>	+02:59:22 (41.9%)	8:13	7.3 (58.4%)
323	<b>MAJKUCIŃSKI Marek</b>	<b>681</b>	BIEGIEM RADOM!	M40	78	01:09:42	03:29:16	04:54:55		<b>07:07:56.30</b>	<b>07:08:44.55</b>	+02:59:53 (42.0%)	8:13	7.3 (58.4%)
324	<b>PIOTROWSKI Wiktor</b>	<b>246</b>	KĘTRZYN	M40	79	01:05:09	03:15:00	04:38:16		<b>07:08:29.70</b>	<b>07:08:57.20</b>	+03:00:06 (42.0%)	8:14	7.3 (58.4%)
325	<b>KOLASSA Ryszard</b>	<b>304</b>	AKTYWNI KOCIEWIACY - SKÓRCZ	M50	18	01:16:29	03:36:52	05:00:22		<b>07:07:49.95</b>	<b>07:09:00.70</b>	+03:00:10 (42.0%)	8:13	7.3 (58.4%)
326	<b>KUNCEWICZ Marek</b>	<b>146</b>		M30	186	01:08:51	03:22:11	04:48:44		<b>07:08:11.65</b>	<b>07:09:07.50</b>	+03:00:16 (42.0%)	8:14	7.3 (58.4%)
327	<b>PENAR Jarosław</b>	<b>19</b>	FESTINA LENTE	M50	19	01:10:47	03:35:12	04:59:07		<b>07:09:19.70</b>	<b>07:09:42.55</b>	+03:00:51 (42.1%)	8:15	7.3 (58.4%)
328	<b>KOPER Jacek</b>	<b>576</b>	ŁÓDŹ	M40	80	01:07:19	03:25:36	04:54:57		<b>07:10:01.70</b>	<b>07:10:19.15</b>	+03:01:28 (42.2%)	8:16	7.3 (58.4%)
329	<b>WIŚNIEWSKI Krzysztof</b>	<b>737</b>	ĆMIŁÓW	M30	187	01:11:09	03:26:11	04:51:05		<b>07:09:49.15</b>	<b>07:10:25.10</b>	+03:01:34 (42.2%)	8:15	7.3 (58.4%)
330	<b>OSTROWSKI Ignacy</b>	<b>476</b>		M30	188	01:11:03	03:22:54	04:46:57		<b>07:10:11.95</b>	<b>07:10:25.15</b>	+03:01:34 (42.2%)	8:16	7.3 (58.4%)
331	<b>RYCZEK Mariusz</b>	<b>713</b>	KMD	M40	81	01:08:13	03:31:47	04:59:03		<b>07:10:07.00</b>	<b>07:10:26.95</b>	+03:01:36 (42.2%)	8:16	7.3 (58.4%)
332	<b>GAWRON Marcin</b>	<b>722</b>	TARNÓW	M40	82	01:16:09	03:31:00	04:53:54		<b>07:09:38.50</b>	<b>07:10:31.75</b>	+03:01:41 (42.2%)	8:15	7.3 (58.4%)
333	<b>AUBRECHT Paweł</b>	<b>770</b>	PRUSZCZ GDAŃSKI	M20	42	01:17:19	03:50:01	05:11:52		<b>07:09:45.30</b>	<b>07:10:40.75</b>	+03:01:50 (42.2%)	8:15	7.3 (58.4%)
334	<b>GAURA Łukasz</b>	<b>352</b>	BYDGOSZCZ	M30	189	01:05:44	03:16:24	04:44:52		<b>07:09:55.70</b>	<b>07:10:44.65</b>	+03:01:54 (42.2%)	8:16	7.3 (58.4%)
335	<b>STUSIŃSKI Mariusz</b>	<b>582</b>	PIORUNNERS	M30	190	01:07:31	03:19:13	04:45:50		<b>07:09:58.15</b>	<b>07:10:51.35</b>	+03:02:00 (42.2%)	8:16	7.3 (58.4%)
336	<b>GŁUCHOWSKI Jędrzej</b>	<b>480</b>	TORTUGA ADVENTURE TEAM	M20	43	01:10:02	03:32:34	04:54:05		<b>07:10:29.80</b>	<b>07:10:54.15</b>	+03:02:03 (42.3%)	8:16	7.2 (57.6%)
337	<b>SKWARŁO Marek</b>	<b>16</b>	ŚW. ANTONI PIŁA	M40	83	01:09:05	03:28:04	04:57:33		<b>07:10:55.00</b>	<b>07:11:05.00</b>	+03:02:14 (42.3%)	8:17	7.2 (57.6%)
338	<b>ZIELIŃSKI Paweł</b>	<b>151</b>		M30	191	01:12:04	03:30:01	04:53:18		<b>07:10:08.75</b>	<b>07:11:06.25</b>	+03:02:15 (42.3%)	8:16	7.3 (58.4%)
339	<b>GRABOWICZ Paweł</b>	<b>289</b>	SIEKIERKI WIELKIE	M40	84	01:12:59	03:35:09	05:00:25		<b>07:10:15.75</b>	<b>07:11:19.05</b>	+03:02:28 (42.3%)	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
340	<b>KACZOROWSKI Przemysław</b>	<b>407</b>	SZCZECIN	M40	85	01:11:39	03:33:41	04:58:47		<b>07:11:14.45</b>	<b>07:11:35.70</b>	+03:02:45 (42.3%)	8:17	7.2 (57.6%)
341	<b>ZYCH Wiktor</b>	<b>455</b>	SWORNEGACIE	M30	192	01:07:37	03:28:13	04:54:05		<b>07:11:02.05</b>	<b>07:11:51.80</b>	+03:03:01 (42.4%)	8:17	7.2 (57.6%)
342	<b>ZIELIŃSKI Michał</b>	<b>416</b>	SPARTANIE DZIECIOM	M40	86	01:14:18	03:28:31	04:54:07		<b>07:11:05.80</b>	<b>07:12:00.95</b>	+03:03:10 (42.4%)	8:17	7.2 (57.6%)
343	<b>TRAFAS Dariusz</b>	<b>541</b>	Z LASU PLOCK	M40	87	01:12:27	03:31:29	04:53:14		<b>07:12:23.40</b>	<b>07:12:44.85</b>	+03:03:54 (42.5%)	8:18	7.2 (57.6%)
344	<b>KOZŁOWSKI Bartek</b>	<b>265</b>	WAWA	M30	193	01:12:49	03:24:54	04:52:41		<b>07:11:49.90</b>	<b>07:12:54.15</b>	+03:04:03 (42.5%)	8:18	7.2 (57.6%)
345	<b>KRUPCZYŃSKI Mariusz</b>	<b>129</b>	KRUPOLS TEAM	M50	20	01:11:01	03:26:46	04:52:26		<b>07:11:43.30</b>	<b>07:12:55.95</b>	+03:04:05 (42.5%)	8:18	7.2 (57.6%)
346	<b>DOMIN Tomasz</b>	<b>73</b>	KRAKÓW	M40	88	01:10:48	03:32:22	04:55:28		<b>07:12:24.95</b>	<b>07:13:08.20</b>	+03:04:17 (42.5%)	8:18	7.2 (57.6%)
347	<b>KAŻMIERCZAK Marcin</b>	<b>203</b>	SOCHACZEW	M20	44	01:01:32	03:15:15	04:42:24		<b>07:12:17.05</b>	<b>07:13:14.60</b>	+03:04:23 (42.6%)	8:18	7.2 (57.6%)
348	<b>WINIECKI Mateusz</b>	<b>680</b>	ŁÓDŹ RUNNING TEAM	M20	45	01:12:27	03:30:57	04:56:24		<b>07:12:45.00</b>	<b>07:13:15.35</b>	+03:04:24 (42.6%)	8:19	7.2 (57.6%)
349	<b>URBAŃSKI Józef</b>	<b>374</b>	KKB MOSIR KROSNO	M50	21	01:16:08	03:39:19	05:04:53		<b>07:12:27.55</b>	<b>07:13:36.35</b>	+03:04:45 (42.6%)	8:18	7.2 (57.6%)
349	<b>KMUK Tomasz</b>	<b>742</b>	PADEW NARODOWA	M30	194	01:17:24	03:41:26	05:06:58		<b>07:12:33.90</b>	<b>07:13:36.35</b>	+03:04:45 (42.6%)	8:19	7.2 (57.6%)
351	<b>SKRZYPCZAK Piotr</b>	<b>666</b>	OTK RZEŹNIK	M30	195	01:07:34	03:21:23	04:49:08		<b>07:13:35.30</b>	<b>07:13:57.15</b>	+03:05:06 (42.7%)	8:20	7.2 (57.6%)
352	<b>WAŚOWSKI Krzysztof</b>	<b>437</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	M40	89	01:04:08	03:09:27	04:41:12		<b>07:14:04.80</b>	<b>07:14:10.75</b>	+03:05:20 (42.7%)	8:20	7.2 (57.6%)
353	<b>KARPIŃSKI Robert</b>	<b>356</b>	SPARTANIE DZIECIOM	M40	90	01:12:18	03:31:03	04:59:01		<b>07:13:20.45</b>	<b>07:14:13.40</b>	+03:05:22 (42.7%)	8:20	7.2 (57.6%)
354	<b>PACANOWSKI Robert</b>	<b>36</b>	WEŁNICA BIEGA	M40	91	01:09:51	03:31:42	04:58:50		<b>07:14:10.15</b>	<b>07:14:33.65</b>	+03:05:43 (42.7%)	8:20	7.2 (57.6%)
355	<b>PRZYBYLSKI Przemysław</b>	<b>342</b>	WEŁNICA BIEGA	M40	92	01:05:29	03:23:46	04:54:53		<b>07:14:11.65</b>	<b>07:14:35.40</b>	+03:05:44 (42.7%)	8:20	7.2 (57.6%)
356	<b>MROZIK Jarosław</b>	<b>253</b>	PRAGA-PÓLNOC	M20	46	01:15:53	03:41:35	05:07:40		<b>07:13:34.10</b>	<b>07:14:40.20</b>	+03:05:49 (42.8%)	8:20	7.2 (57.6%)
357	<b>BARTOSIEWICZ Bartłomiej</b>	<b>645</b>	RZESZOW	M40	93	01:06:14	03:22:14	04:45:53		<b>07:15:23.80</b>	<b>07:15:29.35</b>	+03:06:38 (42.9%)	8:22	7.2 (57.6%)
358	<b>FYDA Piotr</b>	<b>764</b>	KROSNO POLANKA	M30	196	01:06:59	03:21:05	04:51:16		<b>07:15:33.60</b>	<b>07:15:47.95</b>	+03:06:57 (42.9%)	8:22	7.2 (57.6%)
359	<b>PAPIEWSKI Przemysław</b>	<b>426</b>		M30	197	01:13:45	03:35:25	05:02:32		<b>07:14:51.05</b>	<b>07:15:54.40</b>	+03:07:03 (42.9%)	8:21	7.2 (57.6%)
360	<b>JURCZAK Roman</b>	<b>704</b>	RZESZÓW	M50	22	01:11:31	03:31:43	05:04:30		<b>07:16:06.20</b>	<b>07:16:10.90</b>	+03:07:20 (42.9%)	8:23	7.2 (57.6%)
361	<b>BOROWSKI Rafał</b>	<b>363</b>	KW WARSZAWA	M30	198	01:02:04	03:09:04	04:42:20		<b>07:16:04.90</b>	<b>07:16:28.55</b>	+03:07:37 (43.0%)	8:23	7.2 (57.6%)
362	<b>BUSZ Jacek</b>	<b>64</b>	DRUŻYNA KORMORANA	M30	199	01:07:53	03:15:06	04:42:20		<b>07:16:39.50</b>	<b>07:17:35.10</b>	+03:08:44 (43.1%)	8:23	7.1 (56.8%)



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
363	<b>KNIAZ Piotr</b>	<b>684</b>	WARSZAWA	M20	47	01:07:53	03:15:15	04:42:23		<b>07:16:40.50</b>	<b>07:17:35.40</b>	+03:08:44 (43.1%)	8:23	7.1 (56.8%)
364	<b>PROC Leszek</b>	<b>789</b>	SPARTANIE DZIECIOM	M40	94	01:08:09	03:33:50	05:00:21		<b>07:17:13.25</b>	<b>07:18:24.30</b>	+03:09:33 (43.2%)	8:24	7.1 (56.8%)
365	<b>SIWIEC Tomasz</b>	<b>433</b>	RZESZÓW	M30	200	01:10:47	03:30:21	04:56:52		<b>07:18:19.15</b>	<b>07:19:22.60</b>	+03:10:31 (43.4%)	8:25	7.1 (56.8%)
366	<b>ZYGMUNT Marcin</b>	<b>488</b>	ZK NR 2 GRUDZIĄDZ	M30	201	01:12:56	03:34:17	04:57:30		<b>07:18:52.65</b>	<b>07:19:23.65</b>	+03:10:33 (43.4%)	8:26	7.1 (56.8%)
367	<b>BARON Jacek</b>	<b>435</b>	VADAIN	M30	202	01:12:57	03:34:18	04:57:46		<b>07:18:52.45</b>	<b>07:19:23.75</b>	+03:10:33 (43.4%)	8:26	7.1 (56.8%)
368	<b>WRÓBEL Łukasz</b>	<b>78</b>	KB BIAŁA BIEGA , MIĘDZYRZEC PODLASKI	M30	203	01:08:49	03:28:09	04:56:15		<b>07:18:53.05</b>	<b>07:19:32.20</b>	+03:10:41 (43.4%)	8:26	7.1 (56.8%)
369	<b>ŚLĄCZKA Arkadiusz</b>	<b>61</b>	FINISZ RYMANÓW	M30	204	01:10:11	03:28:44	04:54:55		<b>07:18:32.95</b>	<b>07:19:45.30</b>	+03:10:54 (43.4%)	8:26	7.1 (56.8%)
370	<b>CZAPSKI Piotr</b>	<b>161</b>	WARSZAWA	M50	23	01:12:53	03:31:49	05:00:06		<b>07:19:00.90</b>	<b>07:19:45.40</b>	+03:10:54 (43.4%)	8:26	7.1 (56.8%)
371	<b>GÓRECKI Rafał</b>	<b>49</b>	LESZNO	M30	205	01:07:37	03:33:10	04:59:29		<b>07:19:21.50</b>	<b>07:19:58.00</b>	+03:11:07 (43.4%)	8:26	7.1 (56.8%)
372	<b>APANASIEWICZ Bartosz</b>	<b>66</b>	CENTRUM BYDGOSZCZ	M30	206	01:07:35	03:28:45	04:59:16		<b>07:19:32.55</b>	<b>07:20:01.10</b>	+03:11:10 (43.4%)	8:27	7.1 (56.8%)
373	<b>ZIÓŁKO Maciek</b>	<b>767</b>	WATER KNIGHTS	M30	207	01:10:37	03:23:39	04:53:13		<b>07:20:53.75</b>	<b>07:22:05.10</b>	+03:13:14 (43.7%)	8:28	7.1 (56.8%)
374	<b>KRÓL Michał</b>	<b>709</b>	PUŁAWY	M20	48	01:06:05	03:31:51	05:01:05		<b>07:21:57.45</b>	<b>07:22:12.25</b>	+03:13:21 (43.7%)	8:29	7.1 (56.8%)
375	<b>NITSCH Tomasz</b>	<b>581</b>	UNTS WARSZAWA	M40	95	01:07:36	03:28:14	04:54:35		<b>07:21:38.60</b>	<b>07:22:28.30</b>	+03:13:37 (43.8%)	8:29	7.1 (56.8%)
376	<b>PALIK Marcin</b>	<b>500</b>	LOŻA SZYDERCÓW KIELCE	M40	96	01:06:35	03:19:46	04:48:17		<b>07:22:32.00</b>	<b>07:22:53.15</b>	+03:14:02 (43.8%)	8:30	7.1 (56.8%)
377	<b>KONIECZNY Mariusz</b>	<b>127</b>	AGONA W&M ŁAŃCUT	M50	24	01:08:33	03:36:57	05:09:21		<b>07:22:43.70</b>	<b>07:22:57.45</b>	+03:14:06 (43.8%)	8:30	7 (56.0%)
378	<b>SZYBIAK Waldemar</b>	<b>128</b>	AGONA W&M PRZEMYSŁ	M50	25	01:08:34	03:36:56	05:09:16		<b>07:22:44.00</b>	<b>07:22:57.65</b>	+03:14:07 (43.8%)	8:30	7 (56.0%)
379	<b>DOLATOWSKI Łukasz</b>	<b>233</b>	WARSZAWA	M30	208	01:07:48	03:32:08	05:01:12		<b>07:23:55.45</b>	<b>07:24:25.45</b>	+03:15:34 (44.0%)	8:32	7 (56.0%)
380	<b>SOPAŁA Jakub</b>	<b>130</b>	RUDNIK NAD SANEM	M40	97	01:13:16	03:36:53	05:04:46		<b>07:23:49.05</b>	<b>07:24:31.40</b>	+03:15:40 (44.0%)	8:32	7 (56.0%)
381	<b>GERUS Wiesław</b>	<b>557</b>	PRO-RUN WROCŁAW	M50	26	01:09:10	03:22:58	05:03:33		<b>07:24:14.65</b>	<b>07:25:01.85</b>	+03:16:11 (44.1%)	8:32	7 (56.0%)
382	<b>BRZOSTEK Krzysztof</b>	<b>748</b>	WHITE RIVER	M40	98	01:11:06	03:36:32	05:01:36		<b>07:24:32.25</b>	<b>07:25:29.20</b>	+03:16:38 (44.1%)	8:32	7 (56.0%)
383	<b>MAZUR Robert</b>	<b>393</b>	SMASHING PAPKINS	M40	99	01:13:16	03:30:45	04:57:34		<b>07:24:55.45</b>	<b>07:25:53.20</b>	+03:17:02 (44.2%)	8:33	7 (56.0%)
384	<b>NEPELSKI Krzysztof</b>	<b>284</b>		M20	49	01:11:27	03:33:21	05:02:56		<b>07:25:40.20</b>	<b>07:25:54.25</b>	+03:17:03 (44.2%)	8:34	7 (56.0%)
385	<b>MARCZEWSKI Andrzej</b>	<b>459</b>	KIELCE	M50	27	01:12:48	03:32:28	05:03:10		<b>07:25:33.50</b>	<b>07:26:00.15</b>	+03:17:09 (44.2%)	8:34	7 (56.0%)

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
386	<b>BULKOWSKI Waldemar</b>	<b>230</b>	BRZEG	M50	28	01:09:42	03:29:30	04:59:00		<b>07:25:06.85</b>	<b>07:26:02.00</b>	+03:17:11 (44.2%)	8:33	7 (56.0%)
387	<b>FINFANDO Zbigniew</b>	<b>662</b>	IZABELIN	M40	100	01:12:25	03:32:05	04:57:10		<b>07:25:12.00</b>	<b>07:26:11.80</b>	+03:17:21 (44.2%)	8:33	7 (56.0%)
388	<b>FARON Dawid</b>	<b>96</b>	NORAFSPORT	M20	50	01:09:32	03:26:47	04:56:19		<b>07:27:01.70</b>	<b>07:27:45.70</b>	+03:18:55 (44.4%)	8:35	7 (56.0%)
389	<b>REJDYCH Aleksander</b>	<b>763</b>	ORTOREH TEAM	M20	51	01:01:41	03:22:58	04:59:38		<b>07:28:18.00</b>	<b>07:28:26.75</b>	+03:19:36 (44.5%)	8:37	7 (56.0%)
390	<b>PESZEK Bogdan</b>	<b>519</b>	AKTYWNY DYNÓW	M40	101	01:12:04	03:42:04	05:09:06		<b>07:28:41.45</b>	<b>07:29:03.35</b>	+03:20:12 (44.6%)	8:37	7 (56.0%)
391	<b>WOJCIESZAK Marcin</b>	<b>283</b>	ZAGÓRZ	M30	209	01:08:22	03:28:44	05:00:22		<b>07:28:14.65</b>	<b>07:29:29.05</b>	+03:20:38 (44.6%)	8:37	7 (56.0%)
392	<b>ISALSKI Mikołaj</b>	<b>324</b>	POZNAŃ	M20	52	01:12:25	03:31:47	05:04:08		<b>07:28:40.30</b>	<b>07:29:45.20</b>	+03:20:54 (44.7%)	8:37	7 (56.0%)
393	<b>KOKOT Roman</b>	<b>579</b>	AKTYWNY DYNÓW	M30	210	01:12:09	03:42:05	05:09:00		<b>07:29:48.20</b>	<b>07:30:11.05</b>	+03:21:20 (44.7%)	8:39	6.9 (55.2%)
394	<b>ZIEMNIAK Marcin</b>	<b>186</b>	WARSZAWA	M20	53	01:08:25	03:23:06	04:49:13		<b>07:29:52.40</b>	<b>07:30:27.25</b>	+03:21:36 (44.8%)	8:39	6.9 (55.2%)
395	<b>PLASZCZYK Tomasz</b>	<b>232</b>	SPORT=EVO GDAŃSK	M30	211	01:17:17	03:49:57	05:12:03		<b>07:30:23.85</b>	<b>07:31:24.00</b>	+03:22:33 (44.9%)	8:39	6.9 (55.2%)
396	<b>NIZIOŁEK Marek</b>	<b>170</b>	ZABORZE	M40	102	01:15:08	03:43:26	05:13:36		<b>07:30:51.90</b>	<b>07:31:48.70</b>	+03:22:58 (44.9%)	8:40	6.9 (55.2%)
397	<b>FILIPOWICZ Wojciech</b>	<b>580</b>	WARSZAWA	M40	103	01:12:51	03:41:40	05:10:39		<b>07:30:50.00</b>	<b>07:32:02.05</b>	+03:23:11 (45.0%)	8:40	6.9 (55.2%)
398	<b>WOŹNIAK Michał</b>	<b>707</b>	LUBLIN	M30	212	01:11:55	03:33:04	05:02:25		<b>07:31:26.75</b>	<b>07:32:04.60</b>	+03:23:13 (45.0%)	8:40	6.9 (55.2%)
399	<b>HADAŁA Ignacy</b>	<b>212</b>	SPORT&FUTURE	M30	213	01:12:24	03:33:30	05:10:24		<b>07:31:55.35</b>	<b>07:32:25.70</b>	+03:23:35 (45.0%)	8:41	6.9 (55.2%)
400	<b>WALENTOWSKI Maciej</b>	<b>693</b>	TARNÓW	M20	54	01:17:32	03:41:35	05:14:32		<b>07:31:52.85</b>	<b>07:32:46.65</b>	+03:23:56 (45.0%)	8:41	6.9 (55.2%)
401	<b>KOSTKA Janusz</b>	<b>65</b>	POSMAKUJ RUN TEAM	M40	104	01:08:52	03:37:47	05:08:36		<b>07:33:13.85</b>	<b>07:33:37.30</b>	+03:24:46 (45.1%)	8:42	6.9 (55.2%)
402	<b>ŁUGOWSKI Karol</b>	<b>156</b>	MIŃSK MAZOWIECKI	M30	214	01:07:32	03:32:13	05:00:41		<b>07:33:07.75</b>	<b>07:34:01.05</b>	+03:25:10 (45.2%)	8:42	6.9 (55.2%)
403	<b>SPYRA Mariusz</b>	<b>113</b>	VC TEAM	M50	29	01:20:50	03:50:09	05:20:52		<b>07:32:56.35</b>	<b>07:34:04.00</b>	+03:25:13 (45.2%)	8:42	6.9 (55.2%)
404	<b>KOZA Jan</b>	<b>41</b>	LOKOMOTIW MAJDAN	M20	55	01:08:27	03:35:16	05:03:31		<b>07:33:56.75</b>	<b>07:34:36.20</b>	+03:25:45 (45.3%)	8:43	6.9 (55.2%)
405	<b>MICHAŁEK Jarosław</b>	<b>400</b>	KRAKÓW	M50	30	01:07:30	03:27:51	04:57:44		<b>07:34:53.10</b>	<b>07:35:12.05</b>	+03:26:21 (45.3%)	8:44	6.9 (55.2%)
406	<b>JAKUBOWSKI Wojciech</b>	<b>91</b>	KB GEOTERMIA UNIEJÓW	M40	105	01:05:40	03:33:28	05:06:58		<b>07:35:19.05</b>	<b>07:35:30.90</b>	+03:26:40 (45.4%)	8:45	6.9 (55.2%)
407	<b>WYSTRYCHOWSKI Marcin</b>	<b>271</b>	BFAGENCJA.PL	M30	215	01:18:24	03:43:02	05:09:44		<b>07:35:47.40</b>	<b>07:35:54.60</b>	+03:27:03 (45.4%)	8:45	6.8 (54.4%)
408	<b>KUCZMA Paweł</b>	<b>118</b>	PAŁUKI RUNNING TEAM ŻNIN	M50	31	01:14:56	03:37:59	05:15:55		<b>07:35:23.90</b>	<b>07:36:26.40</b>	+03:27:35 (45.5%)	8:45	6.9 (55.2%)

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
409	<b>KLONOWSKI Jerzy</b>	<b>194</b>		M60	3	01:15:52	03:37:06	05:09:13		<b>07:36:13.45</b>	<b>07:36:40.35</b>	+03:27:49 (45.5%)	8:46	6.8 (54.4%)
410	<b>NADOLSKI Stanisław</b>	<b>303</b>	CHELM	M40	106	01:12:27	03:34:07	05:05:59		<b>07:36:15.60</b>	<b>07:36:48.45</b>	+03:27:57 (45.5%)	8:46	6.8 (54.4%)
411	<b>KUŁAKOWSKI Piotr</b>	<b>472</b>	CZŁAPACZE	M50	32	01:15:58	03:43:21	05:09:35		<b>07:35:55.45</b>	<b>07:36:57.45</b>	+03:28:06 (45.5%)	8:46	6.8 (54.4%)
412	<b>WAKUŁA Marek</b>	<b>465</b>	SIEDLCE	M40	107	01:07:09	03:36:14	05:08:41		<b>07:36:47.00</b>	<b>07:37:12.55</b>	+03:28:21 (45.6%)	8:47	6.8 (54.4%)
413	<b>STENCEL Piotr</b>	<b>495</b>	WODZISŁAW ŚLĄSKI	M40	108	01:11:45	03:39:16	05:14:08		<b>07:37:21.50</b>	<b>07:37:25.60</b>	+03:28:34 (45.6%)	8:47	6.8 (54.4%)
414	<b>SZYMCZAK Mirosław</b>	<b>351</b>	SPARTANIEDZIECIOM/DREAMRUN	M40	109	01:15:22	03:36:36	05:06:50		<b>07:37:21.40</b>	<b>07:38:19.60</b>	+03:29:28 (45.7%)	8:47	6.8 (54.4%)
415	<b>PODOLAK Zbigniew</b>	<b>501</b>	PRZEMYŚL	M50	33	01:09:31	03:38:01	05:06:28		<b>07:38:58.50</b>	<b>07:39:10.05</b>	+03:30:19 (45.8%)	8:49	6.8 (54.4%)
416	<b>BRONISZEWSKI Jakub</b>	<b>632</b>	ZĄBKI	M40	110	01:18:29	03:43:11	05:10:48		<b>07:38:11.30</b>	<b>07:39:16.45</b>	+03:30:25 (45.8%)	8:48	6.8 (54.4%)
417	<b>MOTYKA Artur</b>	<b>712</b>	TARNÓW	M40	111	01:08:30	03:31:50	04:59:38		<b>07:39:29.25</b>	<b>07:39:48.95</b>	+03:30:58 (45.9%)	8:50	6.8 (54.4%)
418	<b>LIPIŃSKI Ireneusz</b>	<b>610</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	112	01:10:31	03:39:42	05:12:49		<b>07:41:02.00</b>	<b>07:41:18.90</b>	+03:32:28 (46.1%)	8:51	6.8 (54.4%)
419	<b>WALERCZYK Paweł</b>	<b>696</b>	KORNIK	M40	113	01:07:24	03:35:39	05:14:09		<b>07:40:32.10</b>	<b>07:41:29.25</b>	+03:32:38 (46.1%)	8:51	6.8 (54.4%)
420	<b>ROSIŃSKI Krzysztof</b>	<b>223</b>	BYDGOSZCZ	M30	216	01:22:17	03:49:02	05:17:17		<b>07:41:29.00</b>	<b>07:42:05.90</b>	+03:33:15 (46.1%)	8:52	6.8 (54.4%)
421	<b>SPYRA Zdzisław</b>	<b>674</b>	PSZCZYNA	M30	217	01:14:02	03:39:00	05:12:30		<b>07:42:37.60</b>	<b>07:42:47.05</b>	+03:33:56 (46.2%)	8:53	6.7 (53.6%)
422	<b>ŻMUDKA Bartek</b>	<b>574</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	218	01:11:57	03:42:52	05:13:32		<b>07:42:34.30</b>	<b>07:43:18.20</b>	+03:34:27 (46.3%)	8:53	6.7 (53.6%)
423	<b>WYSOCKI Tomasz</b>	<b>343</b>	RYBNIK	M40	114	01:11:57	03:42:53	05:13:45		<b>07:42:34.95</b>	<b>07:43:18.70</b>	+03:34:28 (46.3%)	8:53	6.7 (53.6%)
424	<b>KWIECIEŃ Krzysztof</b>	<b>460</b>	RUNSHOP.PL	M40	115	01:16:10	03:46:37	05:19:45		<b>07:42:36.95</b>	<b>07:43:28.65</b>	+03:34:38 (46.3%)	8:53	6.7 (53.6%)
425	<b>GŁUCHOWSKI Przemysław</b>	<b>552</b>	TORTUGA ADVENTURE TEAM	M40	116	01:10:01	03:32:36	05:02:37		<b>07:43:41.25</b>	<b>07:44:05.60</b>	+03:35:14 (46.4%)	8:55	6.7 (53.6%)
426	<b>MATYJA Piotr</b>	<b>688</b>	PIOTRKÓW TRYBUNALSKI	M30	219	01:16:26	03:48:30	05:15:26		<b>07:43:38.25</b>	<b>07:44:40.95</b>	+03:35:50 (46.4%)	8:54	6.7 (53.6%)
427	<b>SZCZERBA Rafał</b>	<b>200</b>	ŁÓDŹ	M30	220	01:16:05	03:40:45	05:16:17		<b>07:44:14.45</b>	<b>07:45:10.60</b>	+03:36:19 (46.5%)	8:55	6.7 (53.6%)
428	<b>ZEMBRON Jacek</b>	<b>34</b>	RZESZÓW	M40	117	01:16:25	03:47:06	05:19:19		<b>07:44:34.55</b>	<b>07:45:24.85</b>	+03:36:34 (46.5%)	8:56	6.7 (53.6%)
429	<b>OLEJNIK Marcin</b>	<b>348</b>	ŁÓDŹ	M20	56	01:18:36	03:49:13	05:24:08		<b>07:45:46.85</b>	<b>07:46:03.00</b>	+03:37:12 (46.6%)	8:57	6.7 (53.6%)
430	<b>MARSZAŁKOWSKI Grzegorz</b>	<b>31</b>	ŚW. ANTONI	M40	118	01:14:05	03:50:43	05:21:12		<b>07:46:48.25</b>	<b>07:46:58.50</b>	+03:38:07 (46.7%)	8:58	6.7 (53.6%)
431	<b>SZYMIK Marcin</b>	<b>544</b>	RATOWNIK GÓRNICZY	M40	119	01:09:55	03:38:52	05:12:23		<b>07:46:44.65</b>	<b>07:47:23.15</b>	+03:38:32 (46.8%)	8:58	6.7 (53.6%)

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
432	<b>KOŁODZIEJCZYK Maciej</b>	<b>521</b>	FIZO-SPORT	M30	221	01:11:13	03:38:12	05:03:44		<b>07:48:10.20</b>	<b>07:48:51.70</b>	+03:40:01 (46.9%)	9:00	6.7 (53.6%)
433	<b>DYLEWSKI Paweł</b>	<b>522</b>	FIZJO-SPORT ŁĘCZNA	M30	222	01:11:15	03:38:11	05:04:47		<b>07:48:10.15</b>	<b>07:48:51.90</b>	+03:40:01 (46.9%)	9:00	6.7 (53.6%)
434	<b>TKACZYK Przemysław</b>	<b>48</b>	CZCICIELE BOBRZEJ NORCY	M40	120	01:12:01	03:40:32	05:21:41		<b>07:48:20.30</b>	<b>07:48:56.35</b>	+03:40:05 (46.9%)	9:00	6.7 (53.6%)
435	<b>CAŁKA Grzegorz</b>	<b>584</b>	RADZYMIN RUN TEAM	M40	121	01:16:14	03:47:20	05:18:25		<b>07:49:21.65</b>	<b>07:49:43.50</b>	+03:40:52 (47.0%)	9:01	6.6 (52.8%)
436	<b>MĘŻYŃSKI Michał</b>	<b>731</b>	WARSZAWA	M30	223	01:14:09	03:40:35	05:11:38		<b>07:49:14.10</b>	<b>07:50:28.25</b>	+03:41:37 (47.1%)	9:01	6.6 (52.8%)
437	<b>BEDNARZ Krzysztof</b>	<b>457</b>	TARNÓW	M50	34	01:16:11	03:47:04	05:20:39		<b>07:50:28.15</b>	<b>07:51:18.65</b>	+03:42:28 (47.2%)	9:02	6.6 (52.8%)
438	<b>WOJCIECHOWSKI Bartosz</b>	<b>721</b>	SKĘPE	M30	224	01:09:12	03:36:08	05:14:24		<b>07:51:21.45</b>	<b>07:51:27.35</b>	+03:42:36 (47.2%)	9:03	6.6 (52.8%)
439	<b>MYTNIK Grzegorz</b>	<b>266</b>	KLUB TRIATHLONOWY WATER KNIGHTS ZABIERZÓW	M40	122	01:12:56	03:39:00	05:13:39		<b>07:50:22.50</b>	<b>07:51:35.00</b>	+03:42:44 (47.2%)	9:02	6.6 (52.8%)
440	<b>CHORYŁEK Leszek</b>	<b>752</b>	CZĘSTOCHOWA	M40	123	01:12:57	03:37:41	05:14:22		<b>07:51:27.10</b>	<b>07:52:21.20</b>	+03:43:30 (47.3%)	9:03	6.6 (52.8%)
441	<b>STASIEWICZ Łukasz</b>	<b>695</b>	LUBLIN	M30	225	01:11:11	03:49:22	05:24:53		<b>07:52:17.60</b>	<b>07:52:52.55</b>	+03:44:01 (47.4%)	9:04	6.6 (52.8%)
442	<b>GOSTKOWSKI Bartek</b>	<b>686</b>	KRAKÓW	M30	226	01:12:27	03:47:42	05:19:35		<b>07:52:50.35</b>	<b>07:53:26.25</b>	+03:44:35 (47.4%)	9:05	6.6 (52.8%)
443	<b>KUCHARCZYK Robert</b>	<b>439</b>	SILESIA RUNNERS CLUB	M30	227	01:12:18	03:33:38	05:12:19		<b>07:52:37.20</b>	<b>07:53:29.40</b>	+03:44:38 (47.4%)	9:05	6.6 (52.8%)
444	<b>RAUCHFLEISZ Andrzej</b>	<b>649</b>	CZOPKI KOLCZASTE	M40	124	01:17:44	03:55:39	05:32:41		<b>07:53:00.90</b>	<b>07:53:30.75</b>	+03:44:40 (47.4%)	9:05	6.6 (52.8%)
445	<b>RUTKOWSKI Janusz</b>	<b>105</b>	LESZNO	M50	35	01:16:17	03:52:30	05:23:40		<b>07:53:09.05</b>	<b>07:53:45.70</b>	+03:44:55 (47.5%)	9:05	6.6 (52.8%)
446	<b>BIELAŃSKI Jakub</b>	<b>797</b>	WYTRZEŻWIAŁKA	M30	228	01:16:47	03:47:47	05:16:59		<b>07:53:17.80</b>	<b>07:53:48.25</b>	+03:44:57 (47.5%)	9:06	6.6 (52.8%)
447	<b>STAN Marcin</b>	<b>402</b>	WHITE RABBIT RUNNING TEAM	M40	125	01:12:29	03:39:27	05:16:51		<b>07:53:45.30</b>	<b>07:54:06.30</b>	+03:45:15 (47.5%)	9:06	6.6 (52.8%)
448	<b>KORZEC Paweł</b>	<b>419</b>	DLAPILOTA.PL	M40	126	01:12:29	03:39:27	05:16:46		<b>07:53:45.50</b>	<b>07:54:06.40</b>	+03:45:15 (47.5%)	9:06	6.6 (52.8%)
449	<b>BIZOŃ Michał</b>	<b>165</b>	WWW.RUNSPACE.PL	M30	229	01:16:38	03:51:35	05:27:31		<b>07:53:44.00</b>	<b>07:54:14.15</b>	+03:45:23 (47.5%)	9:06	6.6 (52.8%)
450	<b>GEZELA Robert</b>	<b>191</b>	EUFORIABIEGACZA.PL	M30	230	01:21:42	04:02:52	05:33:25		<b>07:55:14.80</b>	<b>07:56:05.85</b>	+03:47:15 (47.7%)	9:08	6.6 (52.8%)
451	<b>NOWAK Jarosław</b>	<b>47</b>	POZNAŃ	M40	127	01:14:12	03:51:34	05:24:42		<b>07:55:09.90</b>	<b>07:56:14.00</b>	+03:47:23 (47.7%)	9:08	6.6 (52.8%)
452	<b>FUNKA Andrzej</b>	<b>53</b>	NKB CHYŻY NOWY TOMYŚL	M50	36	01:17:18	03:55:54	05:30:18		<b>07:58:55.40</b>	<b>08:00:05.55</b>	+03:51:14 (48.2%)	9:12	6.5 (52.0%)
453	<b>TATARA Dariusz</b>	<b>225</b>	CHORZÓW	M40	128	01:06:55	03:36:13	05:17:51		<b>08:00:11.50</b>	<b>08:00:54.95</b>	+03:52:04 (48.3%)	9:14	6.5 (52.0%)
454	<b>JABŁOŃSKI Michał</b>	<b>720</b>	WARSZAWA	M40	129	01:19:06	03:51:09	05:23:12		<b>08:01:04.95</b>	<b>08:01:38.10</b>	+03:52:47 (48.3%)	9:15	6.5 (52.0%)

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
455	<b>MROZOWSKI Paweł</b>	<b>705</b>	ORANGE POLSKA	M40	130	01:19:06	03:51:08	05:23:12		<b>08:01:05.50</b>	<b>08:01:38.15</b>	+03:52:47 (48.3%)	9:15	6.5 (52.0%)
456	<b>SZYMAŃSKI Adam</b>	<b>774</b>		M40	131	01:15:35	03:54:41	05:26:09		<b>08:00:59.65</b>	<b>08:01:41.25</b>	+03:52:50 (48.3%)	9:14	6.5 (52.0%)
457	<b>STANKIEWICZ Ireneusz</b>	<b>313</b>	LUBIN-START ŚCINAWA	M40	132	01:13:37	03:44:11	05:22:26		<b>08:01:24.75</b>	<b>08:01:58.80</b>	+03:53:08 (48.4%)	9:15	6.5 (52.0%)
458	<b>KAWA Michał</b>	<b>110</b>	PULAWY	M40	133	01:16:04	03:36:42	05:16:03		<b>08:02:56.05</b>	<b>08:03:55.55</b>	+03:55:04 (48.6%)	9:17	6.5 (52.0%)
459	<b>DONIEC Sebastian</b>	<b>71</b>	WWW.ADWOKATDONIEC.PL	M30	231	01:16:43	03:56:16	05:32:36		<b>08:03:46.95</b>	<b>08:04:39.90</b>	+03:55:49 (48.7%)	9:18	6.4 (51.2%)
460	<b>SOBCZAK Maciej</b>	<b>369</b>		M30	232	01:13:53	03:49:20	05:27:14		<b>08:05:11.15</b>	<b>08:05:40.85</b>	+03:56:50 (48.8%)	9:19	6.4 (51.2%)
461	<b>GROSSE Paweł</b>	<b>727</b>	WARSZAWA	M40	134	01:09:48	03:40:47	05:39:24		<b>08:07:07.15</b>	<b>08:07:15.80</b>	+03:58:25 (48.9%)	9:22	6.4 (51.2%)
462	<b>PAPE Martin</b>	<b>373</b>	WITC	M40	135	01:16:47	03:43:04	05:24:40		<b>08:07:40.55</b>	<b>08:08:33.05</b>	+03:59:42 (49.1%)	9:22	6.4 (51.2%)
463	<b>PARŚNIAK Michał</b>	<b>195</b>	SZLACHETNA PACZKA WARSZAWA	M20	57	01:13:35	03:52:23	05:24:34		<b>08:08:28.20</b>	<b>08:08:50.95</b>	+04:00:00 (49.1%)	9:23	6.4 (51.2%)
464	<b>OSSOWSKI Adam</b>	<b>728</b>	GRUPA BANKIETOWA BYDGOSZCZ	M50	37	01:17:06	03:47:05	05:31:09		<b>08:07:54.70</b>	<b>08:08:52.40</b>	+04:00:01 (49.1%)	9:22	6.4 (51.2%)
465	<b>SŁUPECKI Radosław</b>	<b>319</b>	CHOTOMÓW	M40	136	01:11:38	03:36:49	05:21:24		<b>08:09:09.55</b>	<b>08:10:10.15</b>	+04:01:19 (49.2%)	9:24	6.4 (51.2%)
466	<b>KOWALEWSKI Marcin</b>	<b>573</b>	EŁK	M20	58	01:13:36	03:52:26	05:24:35		<b>08:09:56.55</b>	<b>08:10:18.60</b>	+04:01:27 (49.2%)	9:25	6.4 (51.2%)
467	<b>PRAŻMOWSKI Piotr</b>	<b>206</b>	AM NAT KRAAKÓW	M30	233	01:12:04	03:41:38	05:23:36		<b>08:09:22.25</b>	<b>08:10:21.95</b>	+04:01:31 (49.3%)	9:24	6.4 (51.2%)
468	<b>SZTYPA Marcin</b>	<b>506</b>	ATMA	M30	234	01:14:28	03:50:56	05:29:12		<b>08:10:10.65</b>	<b>08:11:05.80</b>	+04:02:15 (49.3%)	9:25	6.4 (51.2%)
469	<b>ROGÓSZ Piotr</b>	<b>337</b>	ODBIEGAMYODNORMY	M40	137	01:15:41	03:47:03	05:27:35		<b>08:10:51.15</b>	<b>08:11:31.95</b>	+04:02:41 (49.4%)	9:26	6.4 (51.2%)
470	<b>WICIAK Ziemowit</b>	<b>528</b>	STAROGARD GDAŃSKI	M40	138	01:16:48	03:59:53	05:38:52		<b>08:11:18.70</b>	<b>08:12:28.85</b>	+04:03:38 (49.5%)	9:26	6.4 (51.2%)
471	<b>LICHWA Grzegorz</b>	<b>788</b>		M40	139	01:14:01	03:57:02	05:32:27		<b>08:11:31.90</b>	<b>08:12:33.25</b>	+04:03:42 (49.5%)	9:27	6.3 (50.4%)
472	<b>SKÓRA Sebastian</b>	<b>183</b>	ŁAŃCUT	M30	235	01:13:33	03:48:46	05:24:37		<b>08:14:51.25</b>	<b>08:15:37.95</b>	+04:06:47 (49.8%)	9:30	6.3 (50.4%)
473	<b>WASIL Mateusz</b>	<b>302</b>	KRAKÓW	M20	59	01:18:31	04:03:31	05:38:03		<b>08:19:17.95</b>	<b>08:19:51.35</b>	+04:11:00 (50.2%)	9:36	6.2 (49.6%)
474	<b>BOLANOWSKI Piotr</b>	<b>227</b>	POSADA GÓRNA	M40	140	01:11:48	03:52:00	05:21:03		<b>08:19:46.65</b>	<b>08:20:11.80</b>	+04:11:21 (50.3%)	9:36	6.2 (49.6%)
475	<b>KWIATKOWSKI Marek</b>	<b>499</b>	WARSZAWA	M30	236	01:15:55	03:42:19	05:08:40		<b>08:21:33.45</b>	<b>08:22:02.35</b>	+04:13:11 (50.4%)	9:38	6.2 (49.6%)
476	<b>ŁOKAS Andrzej</b>	<b>134</b>	BĘDZIN	M40	141	01:21:35	04:00:52	05:44:53		<b>08:23:23.70</b>	<b>08:24:26.15</b>	+04:15:35 (50.7%)	9:40	6.2 (49.6%)
477	<b>RURKA Grzegorz</b>	<b>59</b>	WARSZAWA	M50	38	01:14:41	03:46:57	05:28:39		<b>08:23:17.70</b>	<b>08:24:32.45</b>	+04:15:41 (50.7%)	9:40	6.2 (49.6%)

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
478	<b>GARCARZ Mariusz</b>	<b>747</b>	LIMANOWA	M40	142	01:19:43	04:03:46	05:44:16		<b>08:26:15.95</b>	<b>08:27:00.70</b>	+04:18:10 (50.9%)	9:44	6.2 (49.6%)
479	<b>PYSIEWICZ Krzysztof</b>	<b>309</b>	KATOWICE	M50	39	01:22:57	04:11:22	05:51:01		<b>08:27:48.15</b>	<b>08:28:56.35</b>	+04:20:05 (51.1%)	9:45	6.1 (48.8%)
480	<b>OZIMKOWICZ Dariusz</b>	<b>292</b>	WARSZAWA	M50	40	01:20:39	04:10:49	05:49:14		<b>08:29:15.15</b>	<b>08:29:35.85</b>	+04:20:45 (51.2%)	9:47	6.1 (48.8%)
481	<b>LEŚNIEWICZ Tomasz</b>	<b>124</b>	STARE WUJE	M40	143	01:13:54	03:52:03	05:44:06		<b>08:30:27.60</b>	<b>08:31:35.25</b>	+04:22:44 (51.4%)	9:48	6.1 (48.8%)
482	<b>GANCARSKI Marcin</b>	<b>377</b>	LUBLA	M20	60	01:22:42	04:15:47	05:49:51		<b>08:32:34.05</b>	<b>08:33:42.00</b>	+04:24:51 (51.6%)	9:51	6.1 (48.8%)
483	<b>SOBOL Tomasz</b>	<b>629</b>		M30	237	01:14:55	03:47:56	05:18:42		<b>08:33:05.55</b>	<b>08:33:51.80</b>	+04:25:01 (51.6%)	9:52	6.1 (48.8%)
484	<b>MAKOWSKI Bogdan</b>	<b>148</b>	PŁOCK BIEGA NO AGE LIMIT	M50	41	01:14:20	03:41:33	05:20:57		<b>08:33:39.35</b>	<b>08:34:03.50</b>	+04:25:12 (51.6%)	9:52	6.1 (48.8%)
485	<b>GROCHOWSKI Grzegorz</b>	<b>136</b>	BIEGAMY Z OCHOTĄ	M50	42	01:25:00	04:13:06	06:01:04		<b>08:34:28.85</b>	<b>08:35:43.85</b>	+04:26:53 (51.7%)	9:53	6.1 (48.8%)
486	<b>CZUBIŃSKI Marek</b>	<b>33</b>	ŁÓDŹ	M60	4	01:20:53	04:05:29	05:49:06		<b>08:35:08.55</b>	<b>08:35:49.25</b>	+04:26:58 (51.8%)	9:54	6.1 (48.8%)
487	<b>KUBALA Sylwester</b>	<b>90</b>	KALISZ	M40	144	01:19:54	04:09:44	05:49:35		<b>08:37:59.65</b>	<b>08:38:45.35</b>	+04:29:54 (52.0%)	9:57	6 (48.0%)
488	<b>SZYMAŃSKI Paweł</b>	<b>229</b>	LESZNO	M30	238	01:15:01	04:08:31	05:54:22		<b>08:38:25.90</b>	<b>08:39:35.50</b>	+04:30:44 (52.1%)	9:58	6 (48.0%)
489	<b>SACHA Łukasz</b>	<b>620</b>	TRIWAWA	M30	239	01:11:34	03:29:21	05:00:51		<b>08:40:58.30</b>	<b>08:41:35.85</b>	+04:32:45 (52.3%)	10:01	6 (48.0%)
490	<b>RYCZEK Adam</b>	<b>739</b>	BIEGAM NA TARCHOMINIE	M30	240	01:11:39	03:46:39	05:38:30		<b>08:45:43.65</b>	<b>08:46:48.05</b>	+04:37:57 (52.8%)	10:06	5.9 (47.2%)
491	<b>TOCZEK Maciej</b>	<b>572</b>	DYNÓW	M20	61	01:12:12	03:44:50	05:42:38		<b>08:47:00.95</b>	<b>08:47:24.10</b>	+04:38:33 (52.8%)	10:08	5.9 (47.2%)
492	<b>KUNERT Jakub</b>	<b>336</b>	SMASHING PĄPKINS	M20	62	01:19:58	04:08:25	05:57:11		<b>08:46:34.05</b>	<b>08:47:32.65</b>	+04:38:42 (52.8%)	10:07	5.9 (47.2%)
493	<b>ISALSKI Przemek</b>	<b>261</b>	POZNAŃ	M30	241	01:23:41	04:12:36	05:54:12		<b>08:47:15.80</b>	<b>08:48:20.80</b>	+04:39:30 (52.9%)	10:08	5.9 (47.2%)
494	<b>ANDRZEJEWSKI Maciej</b>	<b>388</b>	WARSZAWA	M30	242	01:19:16	04:08:48	05:57:53		<b>08:49:16.40</b>	<b>08:49:33.75</b>	+04:40:43 (53.0%)	10:10	5.9 (47.2%)
495	<b>GMAJ Daniel</b>	<b>787</b>		M30	243	01:17:58	03:58:34	05:51:32		<b>08:50:24.65</b>	<b>08:51:13.55</b>	+04:42:22 (53.2%)	10:12	5.9 (47.2%)
496	<b>ADAMOWSKI Jacek</b>	<b>807</b>	NIGHT RUNNERS GLIWICE	M30	244	01:18:10	04:05:42	05:51:50		<b>08:51:00.20</b>	<b>08:52:07.50</b>	+04:43:16 (53.2%)	10:12	5.9 (47.2%)
497	<b>SMYK Robert</b>	<b>806</b>	OTK RZEŹNIK	M40	145	01:20:17	04:10:07	05:58:35		<b>08:50:59.05</b>	<b>08:52:07.70</b>	+04:43:17 (53.2%)	10:12	5.9 (47.2%)
498	<b>SIÓDIAK Cezary</b>	<b>254</b>	KALIŃSKA TEAM-WARSZAWA	M40	146	01:15:44	03:56:50	05:53:28		<b>08:55:08.15</b>	<b>08:55:16.85</b>	+04:46:26 (53.5%)	10:17	5.8 (46.4%)
499	<b>OKARMA Wojtek</b>	<b>723</b>		M30	245	01:18:21	04:03:34	05:54:42		<b>08:56:13.15</b>	<b>08:57:00.75</b>	+04:48:10 (53.7%)	10:18	5.8 (46.4%)
500	<b>SERWACZYŃSKI Mirosław</b>	<b>428</b>	SPARTANIE DZIECIOM	M50	43	01:18:33	04:13:21	06:04:43		<b>08:56:31.20</b>	<b>08:57:27.55</b>	+04:48:36 (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			
501	<b>KARDACH Kamil</b>	<b>311</b>	FINISZ RYMANÓW	M20	63	01:17:43	03:57:54	05:45:40		<b>08:57:30.40</b>	<b>08:58:42.55</b>	+04:49:51 (53.8%)	10:20	5.8 (46.4%)
502	<b>HOLOVIN Jozef</b>	<b>520</b>	BARCZEWKO	M40	147	01:21:53	04:18:10	06:16:54		<b>09:00:03.65</b>	<b>09:00:19.70</b>	+04:51:29 (53.9%)	10:23	5.8 (46.4%)
503	<b>ŚRODA Janusz</b>	<b>364</b>	SPARTANIE DZIECIOM	M50	44	01:22:33	04:17:39	06:17:38		<b>09:21:08.35</b>	<b>09:22:00.55</b>	+05:13:09 (55.7%)	10:47	5.6 (44.8%)
504	<b>PARYS Andrzej</b>	<b>793</b>	EL AKTYWNI	M60	5	01:32:24	04:40:05	06:27:50		<b>09:22:47.35</b>	<b>09:24:00.90</b>	+05:15:10 (55.9%)	10:49	5.5 (44.0%)
505	<b>ALEKSANDROWICZ Łukasz</b>	<b>226</b>	SPARTANIE DZIECIOM	M30	246	01:22:48	04:19:59	06:14:07		<b>09:42:08.20</b>	<b>09:43:06.50</b>	+05:34:15 (57.3%)	11:11	5.4 (43.2%)
	<b>ŚMIECHOWICZ Gerard</b>	<b>589</b>	WARSZAWA	M40		01:40:35 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PREJZNAR Marcin</b>	<b>601</b>	MTB MOSIR DUKLA	M30		00:54:14 DNF	02:49:59 DNF	04:27:39 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MUSIAŁ Michał</b>	<b>526</b>	BYDGOSZCZ	M40		00:59:06 DNF	02:57:46 DNF	04:32:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CYGANEK Grzegorz</b>	<b>355</b>	BYDGOSZCZ	M30		01:00:55 DNF	02:57:49 DNF	04:49:05 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GRODECKI Piotr</b>	<b>569</b>		M30		01:09:25 DNF	03:29:24 DNF	05:19:30 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BEM Jakub</b>	<b>534</b>	`KRAKÓW	M20		01:19:04 DNF	04:04:01 DNF	05:38:33 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIZIOŁEK Jakub</b>	<b>593</b>	LUBLIN	M20		01:21:22 DNF	04:10:51 DNF	06:15:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JABŁOŃSKI Kazimierz</b>	<b>155</b>	PRĄDY	M60		01:25:59 DNF	04:25:39 DNF	06:31:50 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MICHALSKI Arkadiusz</b>	<b>622</b>	MODEROWKA	M30		01:02:26 DNF	03:21:23 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WYWROT Grzegorz</b>	<b>421</b>		M30		01:05:26 DNF	03:24:34 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NOWAK Daniel</b>	<b>24</b>	PROTEMPO.PL	M30		01:14:25 DNF	04:00:25 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KRAUSE Grzegorz</b>	<b>647</b>	GDAŃSK	M30		01:17:14 DNF	04:03:47 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SIKORSKI Krzysiek</b>	<b>542</b>	SSF TRINERGY TEAM	M30		01:26:38 DNF	04:19:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LUBIŃSKI Mikołaj</b>	<b>618</b>	BIEGAM BO NIE LUBIE	M30		01:22:26 DNF	04:29:19 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SKWIERCZYNSKI Darek</b>	<b>703</b>	SULEJÓWEK	M40		01:03:38 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CHMIEL Michał</b>	<b>368</b>	RZESZÓW	M30		01:10:17 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BARTUŚ Bartosz</b>	<b>655</b>	GDYNIA	M30		01:10:37 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIĄTEK Roman</b>	<b>605</b>	KRAKÓW	M40		DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (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
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Znaleziono 523 wynik(ów)