



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

III ZIMOWY MARATON BIESZCZADZKI 2017 - 44,6KM

Zimowy Maraton Bieszczadzki 2017
Fundacja Bieg Rzeźnika
2017-01-29
Cisna
44,6 km

B4SPORT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	CZYŻ Grzegorz	4	GRUPA AZOTY_AUTOMATYKA TARNÓW	M50	1	00:00:29	01:54:23	02:26:19	02:57:48	03:13:48.15	03:13:48.15		4:20	13.8 (100%)
2	FARON Robert	13	SALCO SPORT TEAM	M40	1	00:00:32	01:58:25	02:29:21	02:59:48	03:14:32.95	03:14:32.95	+00:00:44 (0.4%)	4:21	13.8 (100%)
3	JENDRYCH Artur	695	BIEGAJĄCY ŚWIDNIK	M20	1	00:00:38	01:59:04	02:32:52	03:07:47	03:24:10.15	03:24:10.15	+00:10:22 (5.1%)	4:34	13.1 (94.9%)
4	CISZCZONIK Sebastian	511	DOBRY ZBEER, RGIG	M30	1	00:00:35	01:59:32	02:35:59	03:12:32	03:30:31.70	03:30:31.70	+00:16:43 (7.9%)	4:43	12.7 (92.0%)
5	KOZIOŁ Kamil	218	HUSARIA RACE TEAM	M20	2	00:00:46	01:59:55	02:36:57	03:14:59	03:33:12.85	03:33:12.85	+00:19:24 (9.1%)	4:46	12.6 (91.3%)
6	PLOCH Jakub	451	NIGHT RUNNERS ZABRZE	M20	3	00:00:30	02:04:05	02:40:54	03:17:08	03:34:20.65	03:34:20.65	+00:20:32 (9.6%)	4:48	12.5 (90.6%)
7	WIERNUSZ Krzysztof	341	FINISZ RYMANÓW	M40	2	00:00:33	02:04:29	02:40:39	03:18:10	03:35:06.25	03:35:06.25	+00:21:18 (9.9%)	4:49	12.4 (89.9%)
8	PASIECZNY Robert	206	FARTLEK GO	M40	3	00:00:29	02:05:14	02:41:22	03:20:21	03:38:09.65	03:38:09.65	+00:24:21 (11.2%)	4:53	12.3 (89.1%)
9	ŚLĘCZKA Damian	257	ARGO SP. Z O.O. ŁAŃCUT / DIT PRO	M30	2	00:00:41	02:09:27	02:46:43	03:25:54	03:43:20.00	03:43:20.00	+00:29:31 (13.2%)	5:00	12 (87.0%)
10	MEDEJCZYK Łukasz	506		M20	4	00:00:30	02:00:47	02:41:02	03:24:34	03:43:39.70	03:43:39.70	+00:29:51 (13.4%)	5:00	12 (87.0%)
11	PIETRZYK Wojciech	220	LACHO TEAM	M40	4	00:00:45	02:06:23	02:44:47	03:24:43	03:44:08.90	03:44:08.90	+00:30:20 (13.5%)	5:01	11.9 (86.2%)
12	GAWLIK Sławek	426	MARCINSWIERCTEAM	M30	3	00:00:34	02:07:51	02:45:30	03:26:49	03:44:47.50	03:44:47.50	+00:30:59 (13.8%)	5:02	11.9 (86.2%)
13	BEDNARZ Cezary	423	BIEGAJĄCY ŚWIDNIK	M20	5	00:00:38	01:59:09	02:41:24	03:25:33	03:45:24.65	03:45:24.65	+00:31:36 (14.0%)	5:03	11.9 (86.2%)
14	NOWAKOWSKI Tobiasz	331	MKB DREPTAK	M30	4	00:00:52	02:05:16	02:44:58	03:25:59	03:45:55.45	03:45:55.45	+00:32:07 (14.2%)	5:03	11.8 (85.5%)
15	KOBIERSKI Piotr	112	UKA ULTRAS RUNNERS	M40	5	00:00:50	02:14:11	02:52:02	03:29:28	03:46:35.00	03:46:35.00	+00:32:46 (14.5%)	5:04	11.8 (85.5%)
16	FLOREK Sebastian	615	NORAFSPORT	M30	5	00:01:09	02:16:40	02:54:06	03:32:17	03:48:33.15	03:48:33.15	+00:34:45 (15.2%)	5:07	11.7 (84.8%)
17	BARCEWICZ Marta	1	SKLEPBIEGOWY.COM/ SS DRUŻYNA WILKA/ ASICS FRONTRUNNER	K30	1	00:00:27	02:09:07	02:51:30	03:32:33	03:48:35.75	03:48:35.75	+00:34:47 (15.2%)	5:07	11.7 (84.8%)
18	ARSENIUK Anna	2	T. S. OPATRUNKI TORUŃ	K30	2	00:00:38	02:12:55	02:54:10	03:32:41	03:49:07.85	03:49:07.85	+00:35:19 (15.4%)	5:08	11.7 (84.8%)
19	WĘGIEL Marcin	635	WWW.MALINOWYNOS.PL	M20	6	00:00:35	02:13:41	02:53:43	03:32:10	03:51:04.75	03:51:04.75	+00:37:16 (16.1%)	5:10	11.6 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
20	JĄŁOCHA Mieczysław	721	PRZEMYSKI KLUB BIEGACZA	M50	2	00:00:34	02:11:04			03:51:29.10	03:51:29.10	+00:37:40 (16.3%)	5:11	11.6 (84.1%)
21	HETMAN Radosław	377	GRUPA NOMAX	M30	6	00:00:42	02:09:07	02:48:19	03:32:52	03:52:02.05	03:52:02.05	+00:38:13 (16.5%)	5:12	11.5 (83.3%)
22	WYWŁOKA Paulina	486		K20	1	00:00:36	02:14:38	02:55:05	03:35:05	03:52:47.00	03:52:47.00	+00:38:58 (16.7%)	5:13	11.5 (83.3%)
23	SMOLAK Piotr	754	MOSIR - DUKLA	M50	3	00:00:42	02:12:08	02:51:53	03:33:43	03:52:47.05	03:52:47.05	+00:38:58 (16.7%)	5:13	11.5 (83.3%)
24	LESZCZYŃSKI Andrzej	315	BODY CLUB MŁAWA	M50	4	00:00:57	02:14:14	02:54:47	03:35:14	03:53:50.35	03:53:50.35	+00:40:02 (17.1%)	5:14	11.4 (82.6%)
25	PRĘTNIK Sławomir	416	ORGAZM ANTYLOPY	M30	7	00:00:49	02:12:50	02:53:19	03:35:03	03:55:06.15	03:55:06.15	+00:41:18 (17.6%)	5:16	11.4 (82.6%)
26	CZUBA Jarek	543		M20	7	00:00:29	02:12:46	02:54:13	03:36:19	03:56:01.05	03:56:01.05	+00:42:12 (17.9%)	5:17	11.3 (81.9%)
27	GOTFRYD Adam	186		M40	6	00:00:34	02:13:11	02:53:43	03:37:55	03:56:49.80	03:56:49.80	+00:43:01 (18.2%)	5:18	11.3 (81.9%)
28	DOMIN Łukasz	710	AKTYWNY DYNÓW	M20	8	00:00:42	02:16:56	02:58:05	03:39:08	03:58:46.50	03:58:46.50	+00:44:58 (18.8%)	5:21	11.2 (81.2%)
29	AUGUSTYŃSKI Sylwester	64	LACHO TEAM	M30	8	00:02:08	02:14:53	02:57:28	03:40:25	04:00:39.55	04:00:39.55	+00:46:51 (19.5%)	5:23	11.1 (80.4%)
30	GOŚCINIEWICZ Paweł	651		M40	7	00:00:38	02:16:25	02:56:31	03:41:04	04:01:08.15	04:01:08.15	+00:47:20 (19.6%)	5:24	11.1 (80.4%)
31	JASTRZĄB Piotr	216	DEKAN LESKO	M40	8	00:00:39	02:14:18	02:57:57	03:41:47	04:01:23.00	04:01:23.00	+00:47:34 (19.7%)	5:24	11.1 (80.4%)
32	TYBUREK Michał	518	BIEGAJĄCY ŚWIDNIK	M30	9	00:00:40	02:15:06	03:00:22	03:42:48	04:01:37.15	04:01:37.15	+00:47:49 (19.8%)	5:25	11.1 (80.4%)
33	KRZEMIŃSKI Marcin	348	SPRINT GORZYCE	M30	10	00:02:13	02:20:15	03:01:36	03:44:03	04:02:16.25	04:02:16.25	+00:48:28 (20.0%)	5:25	11 (79.7%)
34	ŁAGOŹNY Łukasz	782	BRUBECK TEAM	M30	11	00:00:40	02:16:57	03:00:49	03:44:16	04:02:37.85	04:02:37.85	+00:48:49 (20.1%)	5:26	11 (79.7%)
35	LAKSA Dariusz	652		M30	12	00:00:38	02:16:25	02:56:28	03:41:05	04:02:42.55	04:02:42.55	+00:48:54 (20.2%)	5:26	11 (79.7%)
36	LUBAŃSKI Robert	625		M50	5	00:00:40	02:09:58	02:51:55	03:41:04	04:03:46.05	04:03:46.05	+00:49:57 (20.5%)	5:27	11 (79.7%)
37	URBASEK Łukasz	215		M30	13	00:01:57	02:19:05	03:01:07	03:44:03	04:04:22.75	04:04:22.75	+00:50:34 (20.7%)	5:28	11 (79.7%)
38	BONDARA Sylwia	3	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	K30	3	00:00:53	02:19:47	03:02:34	03:45:38	04:04:23.65	04:04:23.65	+00:50:35 (20.7%)	5:28	11 (79.7%)
39	SUROWIEC Grzegorz	816	BESTA SP. Z O.O.	M30	14	00:00:38	02:18:04	03:01:13	03:45:30	04:04:46.45	04:04:46.45	+00:50:58 (20.8%)	5:29	10.9 (79.0%)
40	CZAJKA Karol	70	INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE FRL.	M30	15	00:00:38	02:13:44	03:00:14	03:44:23	04:05:27.35	04:05:27.35	+00:51:39 (21.0%)	5:30	10.9 (79.0%)
41	KOZIEŁ Grzegorz	188	SILESIA RUNNERS CLUB	M30	16	00:01:01	02:19:25	03:02:58	03:47:51	04:07:31.20	04:07:31.20	+00:53:43 (21.7%)	5:32	10.8 (78.3%)
42	WASYLÓW Jacek	463	ANTEK TEAM PRZEMYSŁ	M30	17	00:01:07	02:21:27	03:07:36	03:50:36	04:09:39.60	04:09:39.60	+00:55:51 (22.4%)	5:35	10.7 (77.5%)
43	BORDA- SIECZKOWSKI Jarosław	509		M40	9	00:00:35	02:17:09	03:01:53	03:48:57	04:09:53.05	04:09:53.05	+00:56:04 (22.4%)	5:36	10.7 (77.5%)
44	BIAŁECKI Krzysztof	507	EPIDEMIASPORTU	M40	10	00:01:46	02:23:37	03:06:50	03:52:08	04:10:50.05	04:10:50.05	+00:57:01 (22.7%)	5:37	10.7 (77.5%)
45	JANIK Mariusz	127	LACHO TEAM	M40	11	00:00:44	02:16:55	03:03:03	03:48:47	04:10:58.65	04:10:58.65	+00:57:10 (22.8%)	5:37	10.7 (77.5%)
46	KONIAK Michał	171	ONEMANRUNTEAM	M40	12	00:00:43	02:21:35	03:07:52	03:52:18	04:11:05.10	04:11:05.10	+00:57:16 (22.8%)	5:37	10.7 (77.5%)
47	MICHALAK Mariusz	677	DZIKIE ŻYCIE RUN TEAM	M40	13	00:00:36	02:18:50	03:04:20	03:50:43	04:11:27.40	04:11:27.40	+00:57:39 (22.9%)	5:38	10.6 (76.8%)

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						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
48	SZWEBLIK Krzysztof	391	KRZYSZTOF SZWEBLIK	M40	14	00:01:04	02:22:28	03:07:24	03:51:58	04:12:01.00	04:12:01.00	+00:58:12 (23.1%)	5:39	10.6 (76.8%)
49	MACHAŁA Kamil	42	PRZEWORSKA GRUPA BIEGOWA	M20	9	00:01:25	02:27:42	03:14:09	03:54:52	04:12:21.30	04:12:21.30	+00:58:33 (23.2%)	5:39	10.6 (76.8%)
50	MAKOWSKA Olga	611	JACEK BIEGA RUNNING TEAM	K30	4	00:00:45	02:24:49	03:09:00	03:53:11	04:12:45.10	04:12:45.10	+00:58:56 (23.3%)	5:40	10.6 (76.8%)
51	GÓRKA Marcin	47	UNLIMITED KRAKÓW TEAM / WWW.MARCINGORKA.PL	M20	10	00:02:09	02:19:00	03:04:48	03:51:55	04:13:21.95	04:13:21.95	+00:59:33 (23.5%)	5:40	10.6 (76.8%)
52	KWIATKOWSKI Michael	25		M30	18	00:00:43	02:15:38	03:03:48	03:51:55	04:13:22.05	04:13:22.05	+00:59:33 (23.5%)	5:40	10.6 (76.8%)
53	DUCKI Piotr	749	OTK	M30	19	00:01:03	02:23:16	03:07:22	03:53:15	04:13:39.60	04:13:39.60	+00:59:51 (23.6%)	5:41	10.5 (76.1%)
54	MISZCZAK Szymon	824	REHABILITANCI.ORG.PL	M30	20	00:00:44	02:24:02	03:10:30	03:54:45	04:14:20.70	04:14:20.70	+01:00:32 (23.8%)	5:42	10.5 (76.1%)
55	WIĘCH Piotr	389		M30	21	00:01:10	02:22:28	03:12:04	03:56:09	04:14:24.45	04:14:24.45	+01:00:36 (23.8%)	5:42	10.5 (76.1%)
56	BARANOWSKI Jacek	735	JACEKBIEGA RUNNING TEAM	M30	22	00:00:50	02:19:55	03:08:36	03:54:23	04:14:52.00	04:14:52.00	+01:01:03 (24.0%)	5:42	10.5 (76.1%)
57	DOMISZEWSKA Maria	649		K50	1	00:00:39	02:18:13	03:07:25	03:54:18	04:15:47.85	04:15:47.85	+01:01:59 (24.2%)	5:44	10.5 (76.1%)
58	JAŁOZA Ireneusz	493	KLUB BIEGAJĄCYCH LEŚNIKÓW / ZADYSZKA	M40	15	00:01:11	02:19:18	03:05:42	03:54:15	04:16:15.30	04:16:15.30	+01:02:27 (24.4%)	5:44	10.4 (75.4%)
59	BACHER Stanisław	620		M30	23	00:00:55	02:11:05	03:01:11	03:54:04	04:17:44.70	04:17:44.70	+01:03:56 (24.8%)	5:46	10.4 (75.4%)
60	GMITEREK Tomasz	289		M40	16	00:01:10	02:24:22	03:09:11	03:56:54	04:18:06.30	04:18:06.30	+01:04:18 (24.9%)	5:47	10.4 (75.4%)
61	PABIAN Paweł	810	BRUBECK PABIANO KRASNE TEAM	M20	11	00:00:43	02:22:50	03:11:16	03:57:19	04:18:18.65	04:18:18.65	+01:04:30 (25.0%)	5:47	10.4 (75.4%)
62	DAŁOMIS Lesław	441		M40	17	00:01:25	02:27:42	03:14:09	03:57:14	04:18:23.20	04:18:23.20	+01:04:35 (25.0%)	5:47	10.4 (75.4%)
63	MIERZLIKIN Natalia	411		K20	2	00:01:38	02:23:19	03:10:46	03:56:17	04:18:38.10	04:18:38.10	+01:04:49 (25.1%)	5:47	10.3 (74.6%)
64	REJ Mirosław	106	M&T WYJADACZE PARÓWKÓW	M30	24	00:00:55	02:22:11	03:08:09	03:55:16	04:18:43.50	04:18:43.50	+01:04:55 (25.1%)	5:48	10.3 (74.6%)
65	LONC Tomasz	107	M&T WYJADACZE PARÓWKÓW	M30	25	00:00:54	02:22:21	03:08:09	03:55:20	04:18:45.35	04:18:45.35	+01:04:57 (25.1%)	5:48	10.3 (74.6%)
66	MURAK Robert	29		M40	18	00:01:50	02:25:21	03:11:29	03:57:09	04:18:51.80	04:18:51.80	+01:05:03 (25.1%)	5:48	10.3 (74.6%)
67	SOLIŃSKA Katarzyna	35	CISOWIANKA TEAM	K20	3	00:00:51	02:23:17	03:11:43	03:58:09	04:18:59.75	04:18:59.75	+01:05:11 (25.2%)	5:48	10.3 (74.6%)
68	DOROTA Zbyszek	213	RUN RUN OLESZYCE	M40	19	00:02:20	02:20:43	03:08:47	03:55:36	04:19:14.20	04:19:14.20	+01:05:26 (25.2%)	5:48	10.3 (74.6%)
69	KORNAGA Janusz	38	AKADEMIA SPORTU LUBACZÓW KRUS HORYNIEC	M50	6	00:00:51	02:20:46	03:08:37	03:55:56	04:19:14.80	04:19:14.80	+01:05:26 (25.2%)	5:48	10.3 (74.6%)
70	ROBERT Mazurek	267	SKLEP BIEGACZA LUBLIN TEAM / LSB	M40	20	00:00:47	02:22:48	03:11:51	03:57:30	04:19:17.75	04:19:17.75	+01:05:29 (25.3%)	5:48	10.3 (74.6%)
71	DUDA Paweł	422	HOTEL NAFTA KROSNO	M30	26	00:00:58	02:26:32	03:12:52	03:59:05	04:19:22.90	04:19:22.90	+01:05:34 (25.3%)	5:48	10.3 (74.6%)
72	ŻUREK Paweł	324	RUNTEAM PAWŁOWICE	M30	27	00:01:52	02:25:51	03:12:42	03:58:46	04:19:56.00	04:19:56.00	+01:06:07 (25.4%)	5:49	10.3 (74.6%)
73	SKRZESZEWSKI Henryk P.	57		M40	21	00:00:35	02:17:21	03:08:27	03:58:52	04:20:51.85	04:20:51.85	+01:07:03 (25.7%)	5:50	10.3 (74.6%)
74	BARAN Kamil	308		M20	12	00:01:16	02:25:51	03:11:47	03:58:42	04:21:11.95	04:21:11.95	+01:07:23 (25.8%)	5:51	10.2 (73.9%)
75	BRZOZOWSKI Łukasz	219	I-BS.PL SPORT TEAM	M30	28	00:00:45	02:19:26	03:08:43	03:58:53	04:21:13.55	04:21:13.55	+01:07:25 (25.8%)	5:51	10.2 (73.9%)

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						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
76	GURGUL Sebastian	94	AROMAT NÓG	M30	29	00:01:02	02:30:21	03:14:57	04:00:13	04:21:13.85	04:21:13.85	+01:07:25 (25.8%)	5:51	10.2 (73.9%)
77	BORÓWKA Ryszard	448		M40	22	00:00:48	02:20:52	03:11:04	03:58:58	04:21:17.25	04:21:17.25	+01:07:29 (25.8%)	5:51	10.2 (73.9%)
78	STĘPIEŃ Wojciech	23	NIGHT RUNNERS GLIWICE	M40	23	00:01:03	02:23:30	03:11:53	04:00:19	04:21:24.45	04:21:24.45	+01:07:36 (25.9%)	5:51	10.2 (73.9%)
79	CAGARA Paweł	766		M30	30	00:00:44	02:23:24	03:12:41	04:00:55	04:21:54.80	04:21:54.80	+01:08:06 (26.0%)	5:52	10.2 (73.9%)
80	PYRKOSZ Damian	318	FESTIWALU BIEGÓW KRYNICA	M40	24	00:01:32	02:28:58	03:16:58	04:03:04	04:22:34.15	04:22:34.15	+01:08:46 (26.2%)	5:53	10.2 (73.9%)
81	KRUPA Grzegorz	100	KS SOBÓTKA	M40	25	00:01:05	02:23:22	03:12:11	04:01:33	04:23:06.60	04:23:06.60	+01:09:18 (26.3%)	5:53	10.2 (73.9%)
82	GORZELAŃCZYK Jakub	570	TOUR DE RUN	M20	13	00:01:59	02:29:48	03:18:25	04:03:10	04:23:10.55	04:23:10.55	+01:09:22 (26.4%)	5:54	10.2 (73.9%)
83	ŁUKASIK Michał	724	RUN-BIKE.PL	M30	31	00:02:09	02:24:01	03:12:52		04:23:17.25	04:23:17.25	+01:09:29 (26.4%)	5:54	10.2 (73.9%)
84	CZELEJ Rafał	184	BIEGAJĄCY ŚWIDNIK	M30	32	00:00:50	02:20:54	03:10:34	04:01:39	04:23:37.10	04:23:37.10	+01:09:48 (26.5%)	5:54	10.2 (73.9%)
85	PIEUCH Marcin	90	LACHO TEAM	M30	33	00:02:03	02:28:27	03:16:16	04:03:33	04:24:37.60	04:24:37.60	+01:10:49 (26.8%)	5:55	10.1 (73.2%)
86	BRZEZIŃSKI Andrzej	45	RYKOWISKO	M40	26	00:00:32	02:26:24	03:14:39	04:03:34	04:24:39.35	04:24:39.35	+01:10:51 (26.8%)	5:56	10.1 (73.2%)
87	GLEISNER Tomasz	273	TARNÓW	M40	27	00:01:12	02:26:49	03:16:28	04:04:45	04:24:40.35	04:24:40.35	+01:10:52 (26.8%)	5:56	10.1 (73.2%)
88	GRĘBOWIEC Mateusz	19	TSA SANDOMIERZ	M30	34	00:01:09	02:25:51	03:15:45	04:03:48	04:24:48.65	04:24:48.65	+01:11:00 (26.8%)	5:56	10.1 (73.2%)
89	SOŁOWIEJ Łukasz	774		M30	35	00:00:44	02:28:06	03:16:25	04:04:45	04:24:53.90	04:24:53.90	+01:11:05 (26.8%)	5:56	10.1 (73.2%)
90	PRUCNAL Zbigniew	446	ELKO24.PL JASŁO	M40	28	00:00:32	02:16:26	03:08:42	04:04:13	04:24:54.40	04:24:54.40	+01:11:06 (26.8%)	5:56	10.1 (73.2%)
91	JURCZYK Łukasz	412	HTTP://ALEKSANDRASTEFANSKA.PL	M20	14	00:01:13	02:31:12	03:18:36	04:05:36	04:25:45.45	04:25:45.45	+01:11:57 (27.1%)	5:57	10.1 (73.2%)
92	IWANICKI Krzysztof	427		M20	15	00:01:24	02:37:42	03:22:27	04:07:10	04:26:06.45	04:26:06.45	+01:12:18 (27.2%)	5:57	10.1 (73.2%)
93	MATUSIAK Michał	143	ROWERY MAŁGOŚKA	M30	36	00:01:00	02:23:08	03:16:35	04:05:55	04:26:14.90	04:26:14.90	+01:12:26 (27.2%)	5:58	10.1 (73.2%)
94	POTOCZNY Piotr	477	K&K	M30	37	00:01:44	02:29:40	03:18:09	04:05:58	04:26:56.10	04:26:56.10	+01:13:07 (27.4%)	5:59	10 (72.5%)
95	NOWAK Piotr	373		M30	38	00:01:29	02:24:54	03:15:10	04:05:18	04:27:04.85	04:27:04.85	+01:13:16 (27.4%)	5:59	10 (72.5%)
96	KRENZEL Regina	474		K20	4	00:00:55	02:30:27	03:20:17	04:06:31	04:27:43.35	04:27:43.35	+01:13:55 (27.6%)	6:00	10 (72.5%)
97	LANGE Beata	610		K40	1	00:01:44	02:34:40	03:22:31	04:08:47	04:28:05.85	04:28:05.85	+01:14:17 (27.7%)	6:00	10 (72.5%)
98	ŚMIAŁKOWSKA Jolanta	794	ŁÓDŹ RUNNING TEAM	K50	2	00:01:16	02:35:34	03:22:24	04:08:46	04:28:20.40	04:28:20.40	+01:14:32 (27.8%)	6:00	10 (72.5%)
99	WIKTOROWICZ Tomasz	574		M40	29	00:00:54	02:32:14	03:20:51	04:08:20	04:29:02.25	04:29:02.25	+01:15:14 (28.0%)	6:01	9.9 (71.7%)
100	PACHO Sylwester	706	PAPIKI	M40	30	00:00:32	02:29:38	03:20:06	04:08:36	04:30:10.50	04:30:10.50	+01:16:22 (28.3%)	6:03	9.9 (71.7%)
101	KMAK Sławek	199	PAPIKI	M40	31	00:00:32	02:29:37	03:20:06	04:08:36	04:30:13.75	04:30:13.75	+01:16:25 (28.3%)	6:03	9.9 (71.7%)
102	PUDELKO Roman	542		M20	16	00:01:32	02:30:30	03:20:07	04:08:37	04:30:14.75	04:30:14.75	+01:16:26 (28.3%)	6:03	9.9 (71.7%)
103	CIEŚLIK Sebastian	131		M20	17	00:02:13	03:09:42		03:39:33	04:30:37.05	04:30:37.05	+01:16:48 (28.4%)	6:04	9.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
104	STODOLNY Krzysztof	387		M50	7	00:00:46	02:23:58	03:16:15	04:07:25	04:30:45.35	04:30:45.35	+01:16:57 (28.4%)	6:04	9.9 (71.7%)
105	KOWALCZYK Rafał	768		M40	32	00:01:01	02:22:37	03:14:27	04:08:27	04:31:07.05	04:31:07.05	+01:17:18 (28.5%)	6:04	9.9 (71.7%)
106	BŁACH Piotr Buła	703	OPEL ACTIVE TEAM	M50	8	00:01:06	02:28:44	03:18:52	04:09:53	04:31:23.60	04:31:23.60	+01:17:35 (28.6%)	6:05	9.9 (71.7%)
107	DEJAS Tomasz	105		M30	39	00:01:44	02:28:35	03:18:07	04:09:26	04:31:25.00	04:31:25.00	+01:17:36 (28.6%)	6:05	9.9 (71.7%)
108	FLĄDRO Daniel	244		M30	40	00:00:56	02:26:31	03:19:56	04:09:28	04:31:26.45	04:31:26.45	+01:17:38 (28.6%)	6:05	9.9 (71.7%)
109	MACHUCKI Adrian	160	21 BSP	M30	41	00:00:46	02:27:04	03:17:59	04:08:20	04:32:08.00	04:32:08.00	+01:18:19 (28.8%)	6:06	9.8 (71.0%)
110	GIERULA Robert	545	UBS KRAKOW RUNNING TEAM	M50	9	00:03:01	02:33:35	03:21:50	04:10:43	04:33:33.15	04:33:33.15	+01:19:45 (29.2%)	6:08	9.8 (71.0%)
111	TRETER Sebastian	693		M20	18	00:01:26	02:28:39	03:22:18	04:11:59	04:33:52.90	04:33:52.90	+01:20:04 (29.2%)	6:08	9.8 (71.0%)
112	TOMCZYK Grzegorz	692		M20	19	00:01:26	02:24:21	03:22:17	04:11:59	04:33:53.05	04:33:53.05	+01:20:04 (29.2%)	6:08	9.8 (71.0%)
113	KRUCZEK Monika	167	LACHO TEAM	K30	5	00:01:36	02:39:16	03:26:59	04:13:32	04:34:30.15	04:34:30.15	+01:20:42 (29.4%)	6:09	9.7 (70.3%)
114	KUDŁAK Paweł	656	PORANNY PATROL	M20	20	00:02:56	02:30:19	03:21:59	04:12:17	04:34:47.85	04:34:47.85	+01:20:59 (29.5%)	6:09	9.7 (70.3%)
115	MAŁEK Piotr	725	KB MARATON TUREK	M40	33	00:02:33	02:32:36	03:24:38	04:11:56	04:34:50.55	04:34:50.55	+01:21:02 (29.5%)	6:09	9.7 (70.3%)
116	MACKIEWICZ Roman	37	ŁÓDŹ RUNNING TEAM	M50	10	00:01:13	02:32:12	03:22:35	04:11:49	04:34:51.55	04:34:51.55	+01:21:03 (29.5%)	6:09	9.7 (70.3%)
117	ZAJĄC Katarzyna	374	4K TEAM TARNÓW	K30	6	00:01:10	02:29:47	03:21:37	04:11:58	04:35:07.30	04:35:07.30	+01:21:19 (29.6%)	6:10	9.7 (70.3%)
118	JAKOWICZ Agnieszka	783	LABOSPORT	K40	2	00:02:52	03:43:18		04:01:15	04:35:50.45	04:35:50.45	+01:22:02 (29.7%)	6:11	9.7 (70.3%)
119	SOKALSKI Grzegorz	504	PARKRUN KOONSTANCIN	M40	34	00:02:45	02:28:12	03:18:09	04:11:13	04:36:04.25	04:36:04.25	+01:22:16 (29.8%)	6:11	9.7 (70.3%)
120	BEDNARZ Krzysztof	375	4K TEAM TARNÓW	M50	11	00:01:10	02:29:47	03:21:38	04:11:58	04:36:06.10	04:36:06.10	+01:22:17 (29.8%)	6:11	9.7 (70.3%)
121	FALKOWSKI Piotr	69	PIASECZNO	M40	35	00:01:17	02:32:59	03:25:11	04:14:48	04:36:22.90	04:36:22.90	+01:22:34 (29.9%)	6:11	9.7 (70.3%)
122	RENCZ Małgorzata	622		K40	3	00:00:59	02:34:23	03:26:36	04:14:25	04:36:31.35	04:36:31.35	+01:22:43 (29.9%)	6:11	9.7 (70.3%)
123	TERLECKI Krzysztof	557	CHEŁM BIEGA	M50	12	00:01:21	02:32:57	03:24:33	04:14:29	04:37:42.75	04:37:42.75	+01:23:54 (30.2%)	6:13	9.6 (69.6%)
124	ZYGMUNT Marcin	639	ZAKŁAD KARNY NR 2 GRUDZIĄDZ	M40	36	00:01:24	02:26:46	03:18:07	04:14:33	04:38:30.10	04:38:30.10	+01:24:41 (30.4%)	6:14	9.6 (69.6%)
125	HYDZIK Grzegorz	251		M30	42	00:01:26	02:37:07	03:26:55	04:17:11	04:38:37.90	04:38:37.90	+01:24:49 (30.4%)	6:14	9.6 (69.6%)
126	SERAFIN Paulina	195	RZESZOWSKIE GAZELE I GEPARDY	K30	7	00:01:32	02:37:33	03:28:06	04:17:33	04:39:39.20	04:39:39.20	+01:25:51 (30.7%)	6:16	9.6 (69.6%)
127	PONIEWOZIK Irek	72		M30	43	00:00:42	02:36:19	03:29:04	04:17:51	04:39:41.55	04:39:41.55	+01:25:53 (30.7%)	6:16	9.6 (69.6%)
128	LAMPARSKI Łukasz	809		M20	21	00:02:02	02:34:45	03:25:13	04:16:45	04:39:43.55	04:39:43.55	+01:25:55 (30.7%)	6:16	9.6 (69.6%)
129	HAUPT Krzysztof	778		M30	44	00:01:54	02:28:28	03:20:33	04:16:17	04:39:44.75	04:39:44.75	+01:25:56 (30.7%)	6:16	9.6 (69.6%)
130	NOWINOWSKI Andrzej	672	KB MARATON TUREK	M40	37	00:00:45	02:32:21	03:24:41	04:15:48	04:40:01.40	04:40:01.40	+01:26:13 (30.8%)	6:16	9.6 (69.6%)
131	OBROŚLAK Grzegorz	89	TRAPER/ BIEGOMANIA LUBACZÓW	M40	38	00:01:12	02:36:27	03:29:07	04:18:32	04:41:37.50	04:41:37.50	+01:27:49 (31.2%)	6:18	9.5 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
132	NAGIEL Andrzej	802	ZABIEGANI CZĘSTOCHOWA	M40	39	00:01:49	02:24:03	03:19:16	04:15:27	04:41:42.80	04:41:42.80	+01:27:54 (31.2%)	6:18	9.5 (68.8%)
133	ZMYSŁOWSKI Igor	600		M20	22	00:02:17	02:34:11	03:26:23	04:16:44	04:41:46.10	04:41:46.10	+01:27:57 (31.2%)	6:19	9.5 (68.8%)
134	CHOJECKI Dariusz	591	KEREZA LUBLIN	M40	40	00:02:17	02:34:12	03:25:52	04:16:44	04:41:46.90	04:41:46.90	+01:27:58 (31.2%)	6:19	9.5 (68.8%)
135	SKIBE Tomasz	28	OPEL ACTIVE TEAM	M40	41	00:01:09	02:34:42	03:26:40	04:18:11	04:41:47.95	04:41:47.95	+01:27:59 (31.2%)	6:19	9.5 (68.8%)
136	KUSZ Tomasz	276		M30	45	00:02:52	02:35:59	03:27:27	04:17:59	04:41:49.35	04:41:49.35	+01:28:01 (31.2%)	6:19	9.5 (68.8%)
137	JADZIEWICZ Jakub	685	PRO-RUNNING.PL	M40	42	00:00:43	02:27:51	03:26:04	04:18:12	04:41:54.35	04:41:54.35	+01:28:06 (31.3%)	6:19	9.5 (68.8%)
138	WOLSKI Michał	227	WOLSCY BROTHERS TRIATHLON TEAM	M20	23	00:00:49	02:33:05	03:22:04	04:15:48	04:42:12.95	04:42:12.95	+01:28:24 (31.3%)	6:19	9.5 (68.8%)
139	WOLSKI Marcin	17	WOLSCY BROTHERS TRIATHLON TEAM	M20	24	00:00:48	02:32:34	03:21:56	04:15:48	04:42:13.25	04:42:13.25	+01:28:25 (31.3%)	6:19	9.5 (68.8%)
140	ZAWADZKI Mariusz	339		M30	46	00:00:40	02:34:50	03:25:20	04:16:40	04:42:14.50	04:42:14.50	+01:28:26 (31.3%)	6:19	9.5 (68.8%)
141	WĘGRZYN Krzysztof	561	RZESZOWSKIE GAZELE I GEPARDY	M50	13	00:00:59	02:33:39	03:28:45	04:19:52	04:42:23.90	04:42:23.90	+01:28:35 (31.4%)	6:19	9.5 (68.8%)
142	OLEJNICZAK Piotr	826		M40	43	00:02:49	02:40:01	03:33:11	04:20:41	04:42:24.55	04:42:24.55	+01:28:36 (31.4%)	6:19	9.5 (68.8%)
143	BRYGIER Jacek	261	RYKOWISKO	M40	44	00:02:15	02:41:31	03:34:45	04:21:59	04:42:25.60	04:42:25.60	+01:28:37 (31.4%)	6:19	9.5 (68.8%)
144	ZAWADA Krzysztof	496	NESTOR&ZAWADA CLUB	M20	25	00:02:23	02:43:29	03:34:53	04:21:20	04:42:26.60	04:42:26.60	+01:28:38 (31.4%)	6:19	9.5 (68.8%)
145	BOGACKI Andrzej	122	KB MCKIS JAWORZNO	M50	14	00:00:56	02:37:03	03:29:45	04:20:12	04:42:27.35	04:42:27.35	+01:28:39 (31.4%)	6:19	9.5 (68.8%)
146	DOMAGAŁA Kamil	95	NIGHT RUNNERS ZABRZE	M20	26	00:01:52	02:34:52	03:27:24	04:18:31	04:42:28.15	04:42:28.15	+01:28:40 (31.4%)	6:20	9.5 (68.8%)
147	BASZAK Tomasz	671	SIŁA OGRA	M30	47	00:00:45	02:40:38	03:30:51	04:20:07	04:42:30.95	04:42:30.95	+01:28:42 (31.4%)	6:20	9.5 (68.8%)
148	KSIĄŻKIEWICZ Bartłomiej	101	ROCKY BALBOA RUNNING CLUB	M30	48	00:00:39	02:35:39	03:30:15	04:19:54	04:42:34.50	04:42:34.50	+01:28:46 (31.4%)	6:20	9.5 (68.8%)
149	KRAWCZAK Paulina	113	BIEGUSIEM.PL	K30	8	00:02:53	02:40:49	03:35:49	04:21:59	04:42:50.60	04:42:50.60	+01:29:02 (31.5%)	6:20	9.5 (68.8%)
150	SŁUJA Adam	645		M40	45	00:01:02	02:30:36	03:25:06	04:17:30	04:43:06.50	04:43:06.50	+01:29:18 (31.5%)	6:20	9.5 (68.8%)
151	KOSIN Paweł	212	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	49	00:01:12	02:38:00	03:30:16	04:20:36	04:43:24.20	04:43:24.20	+01:29:36 (31.6%)	6:21	9.4 (68.1%)
152	PAWŁOWSKI Piotr	729	GRAVITAN	M40	46	00:02:24	02:43:28	03:35:04	04:22:26	04:43:39.05	04:43:39.05	+01:29:50 (31.7%)	6:21	9.4 (68.1%)
153	PANDER Marek	618	HR MAX ZORY	M40	47	00:01:40	02:41:42	03:34:20	04:22:01	04:43:39.85	04:43:39.85	+01:29:51 (31.7%)	6:21	9.4 (68.1%)
154	WECLAS Maciek	466		M30	50	00:02:30	02:48:51	03:38:43	04:24:26	04:43:40.15	04:43:40.15	+01:29:52 (31.7%)	6:21	9.4 (68.1%)
155	PALUCH Andrzej	409	ZABIEGANI MIELEC	M40	48	00:00:52	02:30:04	03:28:01	04:21:02	04:44:00.30	04:44:00.30	+01:30:12 (31.8%)	6:22	9.4 (68.1%)
156	ILKIEWICZ Adam	637	ALLIANZ RUNNING TEAM	M30	51	00:02:06	02:48:47	03:37:39	04:24:27	04:44:11.20	04:44:11.20	+01:30:23 (31.8%)	6:22	9.4 (68.1%)
157	SMOLEŃ Piotr	535		M30	52	00:02:28	02:32:41	03:31:47	04:21:24	04:44:33.90	04:44:33.90	+01:30:45 (31.9%)	6:22	9.4 (68.1%)
158	HYZ Marek	241	OTM-BIŁGORAJ BIEGA	M40	49	00:01:09	02:30:13	03:25:41	04:21:13	04:45:45.35	04:45:45.35	+01:31:57 (32.2%)	6:24	9.4 (68.1%)
159	KRASOŃ Mariusz	62	TSA SANDOMIERZ	M40	50	00:01:12	02:34:26	03:29:44	04:22:26	04:45:46.05	04:45:46.05	+01:31:57 (32.2%)	6:24	9.4 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
160	DONIEC Marek	200	PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA'	M40	51	00:02:18	02:39:30	03:32:33	04:22:10	04:46:38.20	04:46:38.20	+01:32:50 (32.4%)	6:25	9.3 (67.4%)
161	RIJ Tomasz	480	FINISZ RYMANÓW	M30	53	00:01:45	02:43:04	03:34:50	04:24:06	04:47:09.45	04:47:09.45	+01:33:21 (32.5%)	6:26	9.3 (67.4%)
162	ŚWIĘTEK Tomasz	634		M40	52	00:02:28	02:37:06	03:33:27	04:22:34	04:47:14.70	04:47:14.70	+01:33:26 (32.5%)	6:26	9.3 (67.4%)
163	OLSCHIMKE-MARMUROWICZ Barbara	74	NIGHT RUNNERS ŚLĄSK	K40	4	00:02:14	02:41:24	03:33:45	04:23:09	04:47:18.05	04:47:18.05	+01:33:29 (32.5%)	6:26	9.3 (67.4%)
164	KUSION Anna	278	EKIPA Z TARNOWA	K50	3	00:01:09	02:39:23	03:33:40	04:22:24	04:47:38.60	04:47:38.60	+01:33:50 (32.6%)	6:26	9.3 (67.4%)
165	ZIĘBA Marcin	11	PORANNY PATROL	M30	54	00:02:52	02:32:07	03:28:47	04:21:25	04:47:40.05	04:47:40.05	+01:33:51 (32.6%)	6:26	9.3 (67.4%)
166	TWORZYDŁO Michał	271	AKTYWNY DYNÓW	M20	27	00:00:42	02:30:23	03:30:22	04:22:24	04:47:41.30	04:47:41.30	+01:33:53 (32.6%)	6:27	9.3 (67.4%)
167	WITEK Bogdan	650	WATER TEAM	M50	15	00:00:57	02:36:17	03:31:09	04:23:24	04:47:44.30	04:47:44.30	+01:33:56 (32.6%)	6:27	9.3 (67.4%)
168	STEFĄSKI Jarosław	630	W POGONI ZA DUCHEM	M50	16	00:00:59	02:36:12	03:31:47	04:23:09	04:47:46.60	04:47:46.60	+01:33:58 (32.7%)	6:27	9.3 (67.4%)
169	KRÓLIKOWSKI Igor	337	RABBITS	M30	55	00:01:17	02:35:44	03:30:34	04:24:01	04:47:50.65	04:47:50.65	+01:34:02 (32.7%)	6:27	9.3 (67.4%)
170	JANKOWSKI Sebastian	544		M30	56	00:01:36	02:40:49	03:35:21	04:23:56	04:47:54.65	04:47:54.65	+01:34:06 (32.7%)	6:27	9.3 (67.4%)
171	KOWALCZYK Grzesiek	116		M40	53	00:01:56	02:39:58	03:34:27	04:24:31	04:47:55.70	04:47:55.70	+01:34:07 (32.7%)	6:27	9.3 (67.4%)
172	ZAWADZKI Piotr	258	NIGHT RUNNERS PŁOCK	M30	57	00:00:33	02:39:09	03:33:51	04:24:57	04:47:56.70	04:47:56.70	+01:34:08 (32.7%)	6:27	9.3 (67.4%)
173	DROZD Maciej	440		M40	54	00:01:29	02:43:00	03:35:43	04:24:46	04:47:58.05	04:47:58.05	+01:34:09 (32.7%)	6:27	9.3 (67.4%)
174	KRÓTKI Alicja	303		K30	9	00:02:53	02:40:51	03:34:43	04:23:38	04:48:06.30	04:48:06.30	+01:34:18 (32.7%)	6:27	9.3 (67.4%)
175	KORDOWICZ Łukasz	80	BUT BIŁGORAJ ULTRA TRAIL	M30	58	00:01:08	02:28:16	03:25:42	04:23:00	04:48:13.10	04:48:13.10	+01:34:24 (32.8%)	6:27	9.3 (67.4%)
176	BAK Adam	526	KKL KIELCE	M50	17	00:02:47	02:41:41	03:34:00	04:24:58	04:48:52.80	04:48:52.80	+01:35:04 (32.9%)	6:28	9.3 (67.4%)
177	SZEREMETA Andrzej	197	PZU SPORT TEAM	M40	55	00:00:35	02:36:47	03:33:15	04:25:02	04:49:26.85	04:49:26.85	+01:35:38 (33.0%)	6:29	9.2 (66.7%)
178	NIŻNIK Marcin	280	NOWY STYL GROUP RUNNING TEAM	M40	56	00:00:58	02:35:51	03:30:16	04:24:35	04:49:29.00	04:49:29.00	+01:35:40 (33.1%)	6:29	9.2 (66.7%)
179	MARĆ Marcin	716	NIGHTRUNNERS+	M20	28	00:01:16	02:33:40	03:25:18	04:20:10	04:49:33.40	04:49:33.40	+01:35:45 (33.1%)	6:29	9.2 (66.7%)
180	SZWAJKA Robert	484		M40	57	00:00:47	02:30:43	03:28:58	04:23:38	04:49:36.70	04:49:36.70	+01:35:48 (33.1%)	6:29	9.2 (66.7%)
181	SUDZIŃSKI Jacek	436		M30	59	00:02:12	02:41:29	03:34:59	04:24:52	04:49:38.55	04:49:38.55	+01:35:50 (33.1%)	6:29	9.2 (66.7%)
182	CZYŻOWSKA Adrianna	788		K30	10	00:01:43	02:42:29	03:37:08	04:24:59	04:50:03.00	04:50:03.00	+01:36:14 (33.2%)	6:30	9.2 (66.7%)
183	SUCHODOLSKI Jerzy	538		M40	58	00:02:28	02:39:48	03:33:53	04:25:01	04:50:56.05	04:50:56.05	+01:37:07 (33.4%)	6:31	9.2 (66.7%)
184	MICHNO Tomasz	87	LACHO TEAM	M40	59	00:02:13	02:40:22	03:28:32	04:27:35	04:50:57.05	04:50:57.05	+01:37:08 (33.4%)	6:31	9.2 (66.7%)
185	WINIARCZYK Emil	126		M30	60	00:00:57	02:33:12	03:29:58	04:25:20	04:51:12.10	04:51:12.10	+01:37:23 (33.4%)	6:31	9.2 (66.7%)
186	SIEJA Sebastian	564	JW 4115	M20	29	00:01:29	02:38:26	03:36:28	04:26:20	04:51:39.55	04:51:39.55	+01:37:51 (33.6%)	6:32	9.2 (66.7%)
187	SZYMURA Karolina	366	4K TEAM TARNÓW	K30	11	00:01:10	02:39:15	03:36:25	04:28:04	04:52:01.75	04:52:01.75	+01:38:13 (33.6%)	6:32	9.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
188	BIELAMOWICZ Dariusz	702	PIASECZNO RUNNING TEAM	M20	30	00:00:53	02:38:18	03:35:56	04:26:41	04:52:03.55	04:52:03.55	+01:38:15 (33.6%)	6:32	9.2 (66.7%)
189	DUDZIAK Dorota	342		K30	12	00:00:41	02:40:29	03:36:26	04:28:04	04:52:13.45	04:52:13.45	+01:38:25 (33.7%)	6:33	9.2 (66.7%)
190	ZABOROWSKI Robert	464	KB MARATOŃCZYK DĘBICA	M50	18	00:02:16	02:36:26	03:31:09	04:26:02	04:52:38.90	04:52:38.90	+01:38:50 (33.8%)	6:33	9.1 (65.9%)
191	TWARDOWSKI Tomasz	358		M30	61	00:02:55	02:43:17	03:36:58	04:28:00	04:52:40.20	04:52:40.20	+01:38:52 (33.8%)	6:33	9.1 (65.9%)
192	BIENIECKA Anna	800	ALPIN SPORT / OTK RZEŹNIK	K30	13	00:00:43	02:34:33	03:32:14	04:28:17	04:53:24.40	04:53:24.40	+01:39:36 (33.9%)	6:34	9.1 (65.9%)
193	PIETRYSZYN Mariusz	41		M30	62	00:00:46	02:36:33	03:35:38	04:29:27	04:53:37.10	04:53:37.10	+01:39:48 (34.0%)	6:35	9.1 (65.9%)
194	RUSZNICA Tomasz	46	ZSG RZESZÓW	M30	63	00:01:35	02:54:33	03:44:11	04:32:41	04:53:38.95	04:53:38.95	+01:39:50 (34.0%)	6:35	9.1 (65.9%)
195	GAŁUSZKA Bogusław	254		M30	64	00:02:05	02:47:35	03:44:36	04:33:13	04:53:39.85	04:53:39.85	+01:39:51 (34.0%)	6:35	9.1 (65.9%)
196	PAPROCKI Wiesław	828	KB MCKIS JAWORZNO	M50	19	00:01:51	02:37:04	03:31:51	04:27:24	04:54:03.80	04:54:03.80	+01:40:15 (34.1%)	6:35	9.1 (65.9%)
197	KOŚCIAŃSKI Paweł	664		M30	65	00:02:55	02:48:31	03:39:52	04:32:39	04:54:14.10	04:54:14.10	+01:40:25 (34.1%)	6:35	9.1 (65.9%)
198	GOZDAŁSKI Jarosław	265	WITKOWO BIEGA	M40	60	00:02:47	03:07:52	03:51:24	04:35:52	04:54:20.75	04:54:20.75	+01:40:32 (34.2%)	6:35	9.1 (65.9%)
199	SEGIET Paweł	313	SILESIA RUNNERS CLUB	M30	66	00:01:03	02:33:59	03:30:44	04:28:31	04:54:50.85	04:54:50.85	+01:41:02 (34.3%)	6:36	9.1 (65.9%)
200	MILEWSKI Mateusz	776	MINISTERSTWO GŁUPICH KROKÓW	M30	67	00:02:22	02:44:34	03:40:21	04:31:58	04:54:58.35	04:54:58.35	+01:41:10 (34.3%)	6:36	9.1 (65.9%)
201	CZAPLA Arkadiusz	109		M40	61	00:02:32	02:40:50	03:38:18	04:30:51	04:55:58.05	04:55:58.05	+01:42:09 (34.5%)	6:38	9 (65.2%)
202	SIPIERA Tomasz	34	LACHO TEAM	M40	62	00:02:12	02:40:22	03:37:44	04:31:34	04:56:27.05	04:56:27.05	+01:42:38 (34.6%)	6:38	9 (65.2%)
203	FRĄC Dariusz	492	NIGHT RUNNERS GLIWICE	M40	63	00:02:01	02:41:08	03:38:42	04:33:10	04:56:58.80	04:56:58.80	+01:43:10 (34.7%)	6:39	9 (65.2%)
204	DĘBSKA Joanna	98	NIGHT RUNNERS GLIWICE	K40	5	00:02:01	02:41:08	03:38:44	04:33:11	04:57:04.00	04:57:04.00	+01:43:15 (34.8%)	6:39	9 (65.2%)
205	SOFUŁ Tomasz	726		M40	64	00:01:46	02:47:10	03:41:27	04:33:36	04:57:05.10	04:57:05.10	+01:43:16 (34.8%)	6:39	9 (65.2%)
206	GWIZDAŁA Łukasz	605	THENATURAT	M30	68	00:02:21	02:49:45	03:44:09	04:33:55	04:57:05.95	04:57:05.95	+01:43:17 (34.8%)	6:39	9 (65.2%)
207	BYRCZEK Michał	225		M30	69	00:01:28	02:47:38	03:43:49	04:34:40	04:57:06.70	04:57:06.70	+01:43:18 (34.8%)	6:39	9 (65.2%)
208	JEDLIŃSKI Bartosz	91	MARATOŃCZYK DĘBICA	M40	65	00:01:07	02:49:05	03:45:14	04:35:15	04:57:08.80	04:57:08.80	+01:43:20 (34.8%)	6:39	9 (65.2%)
209	KANIEWSKI Ireneusz	627		M30	70	00:02:25	02:40:56	03:37:43	04:32:20	04:57:14.20	04:57:14.20	+01:43:26 (34.8%)	6:39	9 (65.2%)
210	GOSZTYŁA Patryk	360	BRZozowski klub biegacza	M20	31	00:00:53	02:30:23	03:33:12	04:31:11	04:57:20.95	04:57:20.95	+01:43:32 (34.8%)	6:40	9 (65.2%)
211	KUTNIK Mirosław	598	KB BIAŁA BIEGA	M40	66	00:01:09	02:42:00	03:41:49	04:33:50	04:57:25.15	04:57:25.15	+01:43:37 (34.8%)	6:40	9 (65.2%)
212	DRAUS Borys	714		M20	32	00:01:34	02:52:06	03:43:38	04:33:13	04:57:26.35	04:57:26.35	+01:43:38 (34.8%)	6:40	9 (65.2%)
213	WRÓBEL Adam	712		M30	71	00:02:16	02:46:57	03:44:12	04:35:00	04:57:44.55	04:57:44.55	+01:43:56 (34.9%)	6:40	9 (65.2%)
214	ŻYWCZAK Artur	742	KM PSP KRAKÓW	M30	72	00:00:41	02:40:32	03:40:01	04:36:01	04:57:58.20	04:57:58.20	+01:44:10 (35.0%)	6:40	9 (65.2%)
215	SKOTNICKA Anna	236	EKIPA Z TARNOWA	K30	14	00:02:15	02:45:30	03:43:29	04:35:03	04:58:00.20	04:58:00.20	+01:44:12 (35.0%)	6:40	9 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
216	SZLEGIER Dariusz	734	BIEGAMYRAZEM.PL	M40	67	00:00:47	02:38:01	03:36:10	04:32:00	04:58:04.85	04:58:04.85	+01:44:16 (35.0%)	6:40	9 (65.2%)
217	MORAWA Mateusz	168	LACHO TEAM	M30	73	00:02:17	02:40:22	03:39:29	04:35:25	04:58:06.25	04:58:06.25	+01:44:18 (35.0%)	6:41	9 (65.2%)
218	RODZOCH Daniel	699		M20	33	00:01:39	02:38:12	03:38:44	04:33:07	04:58:10.35	04:58:10.35	+01:44:22 (35.0%)	6:41	9 (65.2%)
219	SKOTNICKI Dariusz	234	EKIPA Z TARNOWA	M30	74	00:02:16	02:45:31	03:43:29	04:35:03	04:58:18.75	04:58:18.75	+01:44:30 (35.0%)	6:41	9 (65.2%)
220	OSIŃSKI Robert	170		M30	75	00:02:19	02:45:45	03:40:59	04:35:12	04:58:20.70	04:58:20.70	+01:44:32 (35.0%)	6:41	9 (65.2%)
221	POPŁAWSKI Piotr	378	PGB SPORTOWA PACZKA	M30	76	00:01:12	02:44:16	03:40:57	04:34:38	04:59:40.35	04:59:40.35	+01:45:52 (35.3%)	6:43	8.9 (64.5%)
222	GUZIK Łukasz	811	KKKT	M30	77	00:03:00	02:54:59	03:49:37	04:38:52	04:59:41.50	04:59:41.50	+01:45:53 (35.3%)	6:43	8.9 (64.5%)
223	STARZYŃSKI Stefan	619	PERFECT RUNNER LUBLIN	M40	68	00:02:59	02:47:11	03:41:24	04:34:23	04:59:59.70	04:59:59.70	+01:46:11 (35.4%)	6:43	8.9 (64.5%)
224	DEYNECKA Martyna	534		K30	15	00:01:55	02:43:50	03:39:27	04:34:43	05:00:01.15	05:00:01.15	+01:46:13 (35.4%)	6:43	8.9 (64.5%)
225	RZĄDKOWSKI Krzysztof	428	KLUB WYSOKOGÓRSKI LUBLIN	M40	69	00:02:09	02:53:18	03:46:42	04:37:33	05:00:43.40	05:00:43.40	+01:46:55 (35.6%)	6:44	8.9 (64.5%)
226	WOLWOWICZ Zbigniew	380		M40	70	00:01:54	02:47:38	03:44:08	04:36:15	05:00:49.10	05:00:49.10	+01:47:00 (35.6%)	6:44	8.9 (64.5%)
227	SWACHA Piotr	312	BIŁGORAJ BIEGA	M30	78	00:01:44	02:47:42	03:44:47	04:36:14	05:00:56.80	05:00:56.80	+01:47:08 (35.6%)	6:44	8.9 (64.5%)
228	SZKODA Robert	357	BIŁGORAJ BIEGA	M30	79	00:01:30	02:47:42	03:44:49	04:36:14	05:00:57.70	05:00:57.70	+01:47:09 (35.6%)	6:44	8.9 (64.5%)
229	GRUCHAŁA Agnieszka	462	MEWA GDYNIA	K40	6	00:01:16	02:50:32	03:45:08	04:38:45	05:01:03.35	05:01:03.35	+01:47:15 (35.6%)	6:45	8.9 (64.5%)
230	SERAFIN Piotr	632		M40	71	00:01:21	02:46:35	03:42:11	04:36:01	05:01:04.50	05:01:04.50	+01:47:16 (35.6%)	6:45	8.9 (64.5%)
231	CHRUŚCIEL Michał	817	SPRINT GORZYCE	M30	80	00:02:00	02:45:23	03:45:49	04:37:20	05:01:17.35	05:01:17.35	+01:47:29 (35.7%)	6:45	8.9 (64.5%)
232	SADKOWSKI Bartosz	614	HURAGAN ŁBISKA	M40	72	00:02:42	02:50:53	03:46:57	04:38:10	05:01:20.75	05:01:20.75	+01:47:32 (35.7%)	6:45	8.9 (64.5%)
233	PRZYWARA Dominika	84	WWF UR / ZABIEGANI MIELEC	K20	5	00:00:56	02:47:58	03:43:32	04:37:16	05:01:29.45	05:01:29.45	+01:47:41 (35.7%)	6:45	8.9 (64.5%)
234	DROZD Sławomir	191	WWF-UR	M40	73	00:00:56	02:49:42	03:43:37	04:37:16	05:01:30.70	05:01:30.70	+01:47:42 (35.7%)	6:45	8.9 (64.5%)
235	PELA Dariusz	297	SKY-TRANS TMT TORUŃ	M30	81	00:01:25	02:43:49	03:40:31	04:34:43	05:01:53.95	05:01:53.95	+01:48:05 (35.8%)	6:46	8.9 (64.5%)
236	CHODAKOWSKI Marceł	789	K.B.GEOTERMIA UNIEJÓW	M30	82	00:02:31	02:44:04	03:43:43	04:36:05	05:01:54.35	05:01:54.35	+01:48:06 (35.8%)	6:46	8.9 (64.5%)
237	CISZYŃSKI Marek	310	START KATOWICE	M50	20	00:03:00	02:54:57	03:48:49	04:39:24	05:01:55.00	05:01:55.00	+01:48:06 (35.8%)	6:46	8.9 (64.5%)
238	SERZYSKO Bartosz	604	DELPHI RUNNING TEAM	M20	34	00:02:59	02:54:59	03:49:38	04:38:53	05:01:56.30	05:01:56.30	+01:48:08 (35.8%)	6:46	8.9 (64.5%)
239	JANICKI Tomasz	536	21DAPLOT JAROSŁAW	M20	35	00:02:38	02:48:46	03:45:55	04:37:15	05:02:01.65	05:02:01.65	+01:48:13 (35.8%)	6:46	8.9 (64.5%)
240	KLAMUT Ryszard	449		M60	1	00:01:16	02:49:33	03:44:42	04:37:07	05:02:13.45	05:02:13.45	+01:48:25 (35.9%)	6:46	8.9 (64.5%)
241	HOROWSKI Tomasz	77	URODZENI BIEGACZE WWW.BORNRUNNERS.PL	M40	74	00:01:46	02:47:39	03:43:41	04:37:01	05:02:14.55	05:02:14.55	+01:48:26 (35.9%)	6:46	8.9 (64.5%)
242	POGOCKI Piotr	275		M30	83	00:02:53	02:48:45	03:45:16	04:38:29	05:02:15.50	05:02:15.50	+01:48:27 (35.9%)	6:46	8.9 (64.5%)
243	FARON Agnieszka	799	NORAFSPORT	K30	16	00:01:04	02:43:32	03:44:17	04:38:02	05:02:19.95	05:02:19.95	+01:48:31 (35.9%)	6:46	8.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
244	MIĘKUS Hubert	111		M40	75	00:00:55	02:44:44	03:40:11	04:33:57	05:02:33.30	05:02:33.30	+01:48:45 (35.9%)	6:47	8.8 (63.8%)
245	MAŚLANKA Piotr	763	BYDGOŚCIE	M30	84	00:01:51	02:43:46	03:43:30	04:39:18	05:02:36.35	05:02:36.35	+01:48:48 (36.0%)	6:47	8.8 (63.8%)
246	ANDRES Kamil	434	KS JANUSZE	M30	85	00:02:37	03:08:25	03:57:41	04:44:00	05:02:48.90	05:02:48.90	+01:49:00 (36.0%)	6:47	8.8 (63.8%)
247	KŁOSOK Adam	290		M40	76	00:01:56	02:46:32	03:49:14	04:39:25	05:02:56.65	05:02:56.65	+01:49:08 (36.0%)	6:47	8.8 (63.8%)
248	SŁOMIAN Marcelina	330		K20	6	00:02:27	02:51:36	03:48:47	04:40:32	05:03:01.00	05:03:01.00	+01:49:12 (36.0%)	6:47	8.8 (63.8%)
249	NOWACKI Dawid	262		M30	86	00:03:08	02:55:17	03:54:05	04:42:08	05:03:15.75	05:03:15.75	+01:49:27 (36.1%)	6:47	8.8 (63.8%)
250	SUCH Arkadiusz	371	RZESZOWSKIE GAZELE I GEPARDY	M30	87	00:03:05	02:51:59	03:47:06	04:38:35	05:03:23.00	05:03:23.00	+01:49:34 (36.1%)	6:48	8.8 (63.8%)
251	KĄDZIELAWA Marcin	39	STARGLASSTEAM	M20	36	00:01:43	02:52:17	03:48:08	04:39:42	05:03:32.80	05:03:32.80	+01:49:44 (36.2%)	6:48	8.8 (63.8%)
252	SZYBIAK Waldemar	453	AGONA W&M	M50	21	00:01:41	02:45:53	03:42:57	04:36:51	05:03:35.25	05:03:35.25	+01:49:47 (36.2%)	6:48	8.8 (63.8%)
253	KUSTROŃ Adam	764		M50	22	00:02:26	02:49:32	03:54:21	04:41:22	05:03:55.45	05:03:55.45	+01:50:07 (36.2%)	6:48	8.8 (63.8%)
254	PIECUCH Karolina	99	LACHO TEAM	K30	17	00:02:03	02:50:12	03:52:56	04:41:41	05:04:03.30	05:04:03.30	+01:50:15 (36.3%)	6:49	8.8 (63.8%)
255	BOGUSZ Piotr	690	SS DRUŻYNA WILKA	M20	37	00:00:58	02:36:48	03:36:42	04:37:42	05:04:26.45	05:04:26.45	+01:50:38 (36.3%)	6:49	8.8 (63.8%)
256	BUCZYŃSKI Radosław	154	NIGHT RUNNERS GLIWICE	M30	88	00:01:13	02:43:03	03:44:38	04:39:26	05:04:40.00	05:04:40.00	+01:50:51 (36.4%)	6:49	8.8 (63.8%)
257	KAPICA Dominik	759		M20	38	00:01:43	02:37:19	03:41:29	04:42:13	05:04:55.05	05:04:55.05	+01:51:06 (36.4%)	6:50	8.8 (63.8%)
258	KALTENBERG Janusz	473		M40	77	00:02:12	02:49:43	03:44:56	04:40:31	05:05:06.35	05:05:06.35	+01:51:18 (36.5%)	6:50	8.8 (63.8%)
259	CHMURA Piotr	801		M40	78	00:02:13	02:48:33	03:46:14	04:39:40	05:05:35.45	05:05:35.45	+01:51:47 (36.6%)	6:51	8.8 (63.8%)
260	BURANDT Magdalena	701	SS DRUŻYNA WILKA	K30	18	00:02:11	02:48:48	03:46:32	04:40:08	05:05:38.70	05:05:38.70	+01:51:50 (36.6%)	6:51	8.8 (63.8%)
261	POREMBSKI Leszek	821	ŻYWCEM ZABIEGANI	M50	23	00:00:54	02:44:37	03:46:17	04:40:05	05:05:49.55	05:05:49.55	+01:52:01 (36.6%)	6:51	8.8 (63.8%)
262	GNATOWSKI Przemysław	750	AXA RUNNING TEAM	M20	39	00:01:51	02:53:32	03:55:32	04:44:55	05:05:50.15	05:05:50.15	+01:52:02 (36.6%)	6:51	8.7 (63.0%)
263	DZIADOŃ Justyna	369	LACHO TEAM	K30	19	00:02:17	02:58:46	03:56:43	04:44:25	05:05:51.90	05:05:51.90	+01:52:03 (36.6%)	6:51	8.7 (63.0%)
264	JAKUBIEC Szymon	166	LACHO TEAM	M30	89	00:02:18	02:58:46	03:56:43	04:44:25	05:05:52.65	05:05:52.65	+01:52:04 (36.6%)	6:51	8.7 (63.0%)
265	TRYBUCHOWICZ Michał	752		M30	90	00:01:50	02:53:32	03:55:33	04:44:56	05:05:53.35	05:05:53.35	+01:52:05 (36.6%)	6:51	8.7 (63.0%)
266	SAMSON Sebastian	580		M30	91	00:01:37	02:47:28	03:46:04	04:40:34	05:06:25.25	05:06:25.25	+01:52:37 (36.8%)	6:52	8.7 (63.0%)
267	TOMAS Dariusz	443		M40	79	00:02:12	02:49:45	03:44:59	04:40:31	05:06:47.15	05:06:47.15	+01:52:59 (36.8%)	6:52	8.7 (63.0%)
268	SZPYT Ryszard	259	BUT BIŁGORAJ ULTRA TRAIL	M40	80	00:01:10	02:39:15	03:39:27	04:41:10	05:06:54.05	05:06:54.05	+01:53:05 (36.9%)	6:52	8.7 (63.0%)
269	ŻURAWSKI Sławomir	393	PGB SPORTOWA PACZKA	M30	92	00:01:12	02:47:13	03:50:50	04:43:10	05:06:58.20	05:06:58.20	+01:53:10 (36.9%)	6:52	8.7 (63.0%)
270	GOLBA Łukasz	54	ZABIEGANI MIELEC	M30	93	00:01:21	02:46:13	03:47:01	04:43:05	05:07:35.35	05:07:35.35	+01:53:47 (37.0%)	6:53	8.7 (63.0%)
271	KALANDYK Wojciech	117	TURLAM SIĘ DO METY	M30	94	00:01:57	02:49:07	03:50:19	04:41:41	05:07:37.05	05:07:37.05	+01:53:48 (37.0%)	6:53	8.7 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
272	CZACHOR Andrzej	118	TURLAM SIĘ DO METY	M30	95	00:01:57	02:49:07	03:50:18	04:41:41	05:07:37.65	05:07:37.65	+01:53:49 (37.0%)	6:53	8.7 (63.0%)
273	MAKOS Adam	270	SILESIA RUNNING TEAM	M40	81	00:02:28	02:48:46	03:47:21	04:42:20	05:07:40.45	05:07:40.45	+01:53:52 (37.0%)	6:53	8.7 (63.0%)
274	KULON Marcin	797		M30	96	00:03:09	02:55:04	03:49:59	04:44:01	05:07:42.80	05:07:42.80	+01:53:54 (37.0%)	6:53	8.7 (63.0%)
275	DOMAGAŁA Michał	757		M30	97	00:02:58	02:58:07	03:53:45	04:44:21	05:08:05.85	05:08:05.85	+01:54:17 (37.1%)	6:54	8.7 (63.0%)
276	PORĘBA Eugeniusz	541	MIECHÓW	M50	24	00:01:42	02:54:58	03:54:44	04:45:28	05:09:28.60	05:09:28.60	+01:55:40 (37.4%)	6:56	8.6 (62.3%)
277	SUŁKOWSKI Maciej	283		M40	82	00:01:44	02:41:13	03:42:27	04:42:00	05:09:45.05	05:09:45.05	+01:55:56 (37.4%)	6:56	8.6 (62.3%)
278	WLODEK Mateusz	500		M30	98	00:01:45	02:41:14	03:42:27	04:42:00	05:09:45.35	05:09:45.35	+01:55:57 (37.4%)	6:56	8.6 (62.3%)
279	STECH Joanna	435		K50	4	00:00:50	02:43:27	03:50:21	04:43:35	05:10:10.25	05:10:10.25	+01:56:22 (37.5%)	6:57	8.6 (62.3%)
280	MROZEK Krzysztof	429	BIEGAM BO CHCĘ	M30	99	00:00:50	02:45:29	03:50:21	04:43:34	05:10:13.15	05:10:13.15	+01:56:25 (37.5%)	6:57	8.6 (62.3%)
281	WICZUK Michał	419	MKB DREPTAK	M30	100	00:00:53	02:41:04	03:46:49	04:41:43	05:10:15.35	05:10:15.35	+01:56:27 (37.5%)	6:57	8.6 (62.3%)
282	PRÜFER Paweł	300		M40	83	00:00:56	02:45:50	03:44:45	04:42:17	05:10:56.80	05:10:56.80	+01:57:08 (37.7%)	6:58	8.6 (62.3%)
283	BOGUSZ Bartosz	424		M40	84	00:02:08	02:46:40	03:49:21	04:43:14	05:11:02.55	05:11:02.55	+01:57:14 (37.7%)	6:58	8.6 (62.3%)
284	ZYCH Zbigniew	266	LUBELSKA GRUPA TRIATHLONU	M40	85	00:02:39	02:50:32	03:52:17	04:45:07	05:11:04.05	05:11:04.05	+01:57:15 (37.7%)	6:58	8.6 (62.3%)
285	BORSIAK Sebastian	132		M30	101	00:03:06	02:48:41	03:48:51	04:42:50	05:11:05.35	05:11:05.35	+01:57:17 (37.7%)	6:58	8.6 (62.3%)
286	KOKOT Roman	691	AKTYWNY DYNÓW	M30	102	00:01:41	02:50:49	03:48:45	04:44:06	05:11:10.70	05:11:10.70	+01:57:22 (37.7%)	6:58	8.6 (62.3%)
287	POSADZKI Paweł	499	MPFOTO.COM.PL	M30	103	00:03:08	02:54:28	03:53:28	04:45:37	05:11:15.60	05:11:15.60	+01:57:27 (37.7%)	6:58	8.6 (62.3%)
288	PYSZKO Janusz	203	WWW.GOHARDORGOHOME.PL	M30	104	00:01:20	02:45:34	03:47:00	04:43:13	05:11:19.50	05:11:19.50	+01:57:31 (37.7%)	6:58	8.6 (62.3%)
289	ANDREJKOW Arkadiusz	263		M30	105	00:01:23	02:50:41	03:46:59	04:43:13	05:11:31.55	05:11:31.55	+01:57:43 (37.8%)	6:59	8.6 (62.3%)
290	WOJAK Szymon	388		M20	40	00:01:51	02:35:08	03:42:11	04:40:36	05:11:47.60	05:11:47.60	+01:57:59 (37.8%)	6:59	8.6 (62.3%)
291	ŁUKASZEK Artur	129	LUBARTOWBIEGA	M40	86	00:01:54	02:35:17	03:37:06	04:40:36	05:11:47.70	05:11:47.70	+01:57:59 (37.8%)	6:59	8.6 (62.3%)
292	SUSKI Józef	125	BIEGACZ NOWOSOLNA	M30	106	00:01:08	02:49:37	03:48:59	04:44:09	05:11:49.50	05:11:49.50	+01:58:01 (37.8%)	6:59	8.6 (62.3%)
293	MALINOWSKI Marcin	647		M40	87	00:00:54	02:42:35	03:45:28	04:42:54	05:11:58.35	05:11:58.35	+01:58:10 (37.9%)	6:59	8.6 (62.3%)
294	MALINOWSKA Iwona	646		K40	7	00:00:52	02:42:36	03:45:27	04:43:01	05:11:58.75	05:11:58.75	+01:58:10 (37.9%)	6:59	8.6 (62.3%)
295	JURCZAK Roman	279	VITAMINS FOR YUO	M50	25	00:00:29	02:37:35	03:34:50	04:40:52	05:12:05.30	05:12:05.30	+01:58:17 (37.9%)	6:59	8.6 (62.3%)
296	WILK Damian	326		M20	41	00:02:19	02:42:52	03:38:53	04:41:36	05:12:10.80	05:12:10.80	+01:58:22 (37.9%)	6:59	8.6 (62.3%)
297	ĆWIAKAŁA Halina	585	SAMOTNI WĘDROWCY	K40	8	00:01:00	02:51:54	03:50:43	04:45:33	05:12:13.00	05:12:13.00	+01:58:24 (37.9%)	7:00	8.6 (62.3%)
298	KOŁTUNIEWICZ Andrzej	683	WIEŚ TAŃCZY I BIEGA	M40	88	00:01:54	02:47:37	03:50:16	04:45:14	05:12:13.60	05:12:13.60	+01:58:25 (37.9%)	7:00	8.6 (62.3%)
299	ŚCIBOR Marcin	670	KB GALERIA WARSZAWA	M30	107	00:01:34	02:53:39	03:51:57	04:45:34	05:12:14.25	05:12:14.25	+01:58:26 (37.9%)	7:00	8.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
300	ABEL Krzysiek	456	AKG	M40	89	00:02:49	02:52:57	03:50:23	04:46:16	05:12:15.60	05:12:15.60	+01:58:27 (37.9%)	7:00	8.6 (62.3%)
301	ŁUKASIAK Sylwester	104		M40	90	00:01:47	02:46:17	03:44:44	04:43:20	05:12:19.55	05:12:19.55	+01:58:31 (37.9%)	7:00	8.6 (62.3%)
302	KOZDRA Aleksandra	558		K20	7	00:02:37	02:56:28	03:52:28	04:46:23	05:12:20.20	05:12:20.20	+01:58:32 (38.0%)	7:00	8.6 (62.3%)
303	GUT Przemysław	765	JACEKBIEGA RUNNING TEAM	M30	108	00:01:49	02:49:28	03:52:15	04:46:28	05:12:21.35	05:12:21.35	+01:58:33 (38.0%)	7:00	8.6 (62.3%)
304	PRZYCHODZEŃ Paweł	394		M30	109	00:01:50	02:49:27	03:52:16	04:46:28	05:12:23.60	05:12:23.60	+01:58:35 (38.0%)	7:00	8.6 (62.3%)
305	BANASIEWICZ Paweł	248	POZYTYWNIIE ZABIEGANI SANOK	M30	110	00:01:26	02:55:06	03:54:18	04:46:35	05:12:24.70	05:12:24.70	+01:58:36 (38.0%)	7:00	8.6 (62.3%)
306	DYMEK Paweł	286	FESTINALENTE	M30	111	00:01:09	02:50:21	03:50:20	04:46:38	05:12:27.85	05:12:27.85	+01:58:39 (38.0%)	7:00	8.6 (62.3%)
307	SZWAJKA Aneta	479		K40	9	00:00:47	02:53:03	03:52:24	04:46:24	05:12:52.15	05:12:52.15	+01:59:04 (38.1%)	7:00	8.6 (62.3%)
308	ROMANÓW Przemek	736	TRUCHT TARCHOMIN TEAM	M30	112	00:01:32	02:53:29	03:52:48	04:48:29	05:13:03.20	05:13:03.20	+01:59:15 (38.1%)	7:01	8.5 (61.6%)
309	HYJEK Elżbieta	593	ZABIEGANI MIELEC	K40	10	00:02:02	02:52:43	03:50:48	04:46:48	05:13:52.05	05:13:52.05	+02:00:03 (38.3%)	7:02	8.5 (61.6%)
310	RABADA Artur	299		M30	113	00:01:45	02:47:23	03:50:10	04:46:55	05:14:00.35	05:14:00.35	+02:00:12 (38.3%)	7:02	8.5 (61.6%)
311	BODZON Marcin	309	ŻÓŁW ULTRAS TEAM WOŁOMIN	M30	114	00:02:27	03:01:13	03:58:46	04:50:16	05:14:07.45	05:14:07.45	+02:00:19 (38.3%)	7:02	8.5 (61.6%)
312	RUTA Mikołaj	352	SPORTMATRIX.COM	M30	115	00:02:20	02:48:59	03:49:09	04:46:02	05:14:25.30	05:14:25.30	+02:00:37 (38.4%)	7:02	8.5 (61.6%)
313	JANIK Paweł	180	CF RZESZÓW 6AM	M30	116	00:03:06	02:52:48	03:50:44	04:47:36	05:14:29.05	05:14:29.05	+02:00:40 (38.4%)	7:03	8.5 (61.6%)
314	PILICHOWSKI Wojciech	93	GRUPA SZALONYCH ROWERZYSTÓW	M40	91	00:02:48	02:48:52	03:57:23	04:49:28	05:14:29.75	05:14:29.75	+02:00:41 (38.4%)	7:03	8.5 (61.6%)
315	KISIAŁA Filip	30	LACHO TEAM	M30	117	00:02:13	02:56:26	03:53:38	04:48:55	05:15:27.30	05:15:27.30	+02:01:39 (38.6%)	7:04	8.5 (61.6%)
316	SROKA Zbigniew	796		M40	92	00:02:12	02:51:39	03:51:08	04:47:51	05:15:45.45	05:15:45.45	+02:01:57 (38.6%)	7:04	8.5 (61.6%)
317	MAZUR Grzegorz	233	GRUPA SKROMNYCH BIEGACZY TARNÓW	M40	93	00:01:14	02:49:11	03:50:46	04:47:41	05:15:50.80	05:15:50.80	+02:02:02 (38.6%)	7:04	8.5 (61.6%)
318	ŚWIĘTOCHOWSKI Arkadiusz	223	GRUPA SKROMNYCH BIEGACZY	M40	94	00:01:14	02:49:12	03:50:47	04:47:41	05:15:53.65	05:15:53.65	+02:02:05 (38.6%)	7:04	8.5 (61.6%)
319	GURGUL Marcin	222		M20	42	00:03:08	02:55:17	03:54:04	04:48:48	05:15:58.15	05:15:58.15	+02:02:10 (38.7%)	7:05	8.5 (61.6%)
320	KUBIAK Adam	179	DZIKIE GRUBASY SZATANA	M40	95	00:02:48	03:01:14	04:00:38	04:52:02	05:16:30.90	05:16:30.90	+02:02:42 (38.8%)	7:05	8.5 (61.6%)
321	KRAWCZAK Kamil	110	BIEGUSIEM.PL	M30	118	00:02:54	03:00:21	03:59:41	04:49:22	05:16:37.95	05:16:37.95	+02:02:49 (38.8%)	7:05	8.5 (61.6%)
322	BUCZKOWSKA Sylwia	43	PIĘKNE I BRODACZE	K20	8	00:02:49	03:01:14	04:00:36	04:52:58	05:16:45.45	05:16:45.45	+02:02:57 (38.8%)	7:06	8.4 (60.9%)
323	POTONIEC Grzegorz	772		M30	119	00:02:50	02:54:00	03:57:22	04:50:45	05:16:46.60	05:16:46.60	+02:02:58 (38.8%)	7:06	8.4 (60.9%)
324	DOMARADZKA Violetta	813	RUN VEGAN	K40	11	00:02:45	03:01:08	03:55:11	04:48:17	05:17:31.45	05:17:31.45	+02:03:43 (39.0%)	7:07	8.4 (60.9%)
325	ZAKRZEWSKI Robert	814	RUN VEGAN	M40	96	00:02:45	03:01:07	03:59:08	04:48:16	05:17:32.25	05:17:32.25	+02:03:44 (39.0%)	7:07	8.4 (60.9%)
326	KŁODOWSKI Jacek	698		M40	97	00:01:21	02:50:34	03:54:24	04:51:15	05:17:33.25	05:17:33.25	+02:03:45 (39.0%)	7:07	8.4 (60.9%)
327	NAWARA Ewelina	590	KSIĘŻNICZKI NIBYLANDII	K30	20	00:01:29	03:01:59	04:04:52	04:55:09	05:17:44.95	05:17:44.95	+02:03:56 (39.0%)	7:07	8.4 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
328	MIROŚLAW Albert	390	LUBELSKA GRUPA TRIATHLONU/WW TEAM	M40	98	00:01:27	02:55:59	04:01:19	04:53:33	05:18:03.35	05:18:03.35	+02:04:15 (39.1%)	7:07	8.4 (60.9%)
329	ĆWIEK Dariusz	226		M40	99	00:02:01	02:54:40	03:57:28	04:51:08	05:18:30.45	05:18:30.45	+02:04:42 (39.2%)	7:08	8.4 (60.9%)
330	ŻOŁNIEROWICZ Hubert	86	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	120	00:02:46	02:54:43	03:58:57	04:53:36	05:18:56.00	05:18:56.00	+02:05:07 (39.2%)	7:09	8.4 (60.9%)
331	SOCHA Marcin	771	AKTYWNY DYNÓW	M30	121	00:01:38	02:55:13	03:55:42	04:51:09	05:19:26.35	05:19:26.35	+02:05:38 (39.3%)	7:09	8.4 (60.9%)
332	ŚLIWIŃSKI Andrzej	478		M60	2	00:01:42	02:56:38	04:01:29	04:54:12	05:19:27.55	05:19:27.55	+02:05:39 (39.3%)	7:09	8.4 (60.9%)
333	ZAJĄC Tomasz	582		M40	100	00:02:31	02:44:56	03:49:08	04:48:05	05:19:55.30	05:19:55.30	+02:06:07 (39.4%)	7:10	8.4 (60.9%)
334	JASZCZYŃSKI Maciej	163	LACHO TEAM	M20	43	00:02:10	02:39:47	03:52:55	04:49:16	05:19:56.00	05:19:56.00	+02:06:07 (39.4%)	7:10	8.4 (60.9%)
335	JANIK Janusz Johan	50	NIGHT RUNNERS GLIWICE	M40	101	00:01:10	02:45:45	03:52:20	04:52:27	05:20:02.75	05:20:02.75	+02:06:14 (39.4%)	7:10	8.4 (60.9%)
336	KIEWISZ Adam	709	SS DRUŻYNA WILKA	M30	122	00:02:11	02:48:20	03:55:36	04:53:37	05:21:17.05	05:21:17.05	+02:07:28 (39.7%)	7:12	8.3 (60.1%)
337	LOREK Marek	182	KB MARATOŃCZYK DĘBICA	M40	102	00:02:05	02:52:32	03:55:58	04:54:32	05:22:22.75	05:22:22.75	+02:08:34 (39.9%)	7:13	8.3 (60.1%)
338	SZYPUŁA Michał	659	LIBURNIA TEAM	M30	123	00:01:56	03:01:56	04:00:42	04:54:57	05:22:43.45	05:22:43.45	+02:08:55 (39.9%)	7:14	8.3 (60.1%)
339	SZYPUŁA Wojciech	663		M40	103	00:01:56	03:01:57	04:01:17	04:54:57	05:22:44.70	05:22:44.70	+02:08:56 (40.0%)	7:14	8.3 (60.1%)
340	BŁAJSZCZAK Karol	719	TSA SANDOMIERZ	M40	104	00:01:19	02:56:08	04:03:09	04:56:58	05:22:45.45	05:22:45.45	+02:08:57 (40.0%)	7:14	8.3 (60.1%)
341	CHORZĘPA Mariusz	528	TSA -SANDOMIERZ	M40	105	00:01:18	02:56:09	04:03:08	04:56:58	05:22:46.10	05:22:46.10	+02:08:57 (40.0%)	7:14	8.3 (60.1%)
342	KWIATKOWSKI Wojciech	142	TSA SANDOMIERZ	M30	124	00:01:11	02:49:24	04:01:24	04:56:35	05:22:46.85	05:22:46.85	+02:08:58 (40.0%)	7:14	8.3 (60.1%)
343	LIK Marek	717	CHEŁM BIEGA	M50	26	00:01:55	02:43:30	03:46:59	04:50:54	05:23:55.90	05:23:55.90	+02:10:07 (40.2%)	7:15	8.3 (60.1%)
344	JAZŁOCKI Łukasz	364		M30	125	00:01:30	02:53:42	03:54:36	04:53:46	05:23:56.70	05:23:56.70	+02:10:08 (40.2%)	7:15	8.3 (60.1%)
345	WILTOWSKI Wojciech	707	TEAM EDOKUMENTY	M40	106	00:02:04	02:51:18	03:54:26	04:54:06	05:23:57.60	05:23:57.60	+02:10:09 (40.2%)	7:15	8.3 (60.1%)
346	WASIELEWSKI Włodzimierz	396	KLUB SPORTOWY ZDZIESZOWICE-BIKETEAM	M40	107	00:01:19	03:00:27	04:02:18	04:57:04	05:23:58.55	05:23:58.55	+02:10:10 (40.2%)	7:15	8.3 (60.1%)
347	ZAJDEL Sławomir	307	MRÓWKA JAROSŁAW ACTIVE TEAM	M40	108	00:01:57	03:02:25	04:03:59	04:58:17	05:23:59.45	05:23:59.45	+02:10:11 (40.2%)	7:15	8.3 (60.1%)
348	KOZUBAŁA Piotr	460	ŻÓŁW ULTRAS TEAM	M30	126	00:02:27	03:01:21	04:03:47	04:59:59	05:24:23.05	05:24:23.05	+02:10:34 (40.3%)	7:16	8.2 (59.4%)
349	KOTLIŃSKI Janusz	679		M50	27	00:02:54	03:01:18	04:00:54	04:56:26	05:24:40.95	05:24:40.95	+02:10:52 (40.3%)	7:16	8.2 (59.4%)
350	KADŁUBEK Mateusz	228	GOGGLE PRO ACTIVE EYEWEAR	M30	127	00:02:45	03:00:27	04:02:47	04:56:59	05:24:44.05	05:24:44.05	+02:10:55 (40.3%)	7:16	8.2 (59.4%)
351	PILECKI Maciej	791		M40	109	00:03:10	03:04:08	04:08:24	05:01:33	05:24:57.05	05:24:57.05	+02:11:08 (40.4%)	7:17	8.2 (59.4%)
352	ZĄBIK Dana	531		K40	12	00:02:49	03:10:26	04:06:48	05:00:06	05:25:20.65	05:25:20.65	+02:11:32 (40.4%)	7:17	8.2 (59.4%)
353	DUBIENKO Joanna	151	UNLIMITED KRAKÓW TEAM / WWW.MARCINGORKA.PL	K20	9	00:02:17	03:04:07	04:08:37	05:01:35	05:26:11.70	05:26:11.70	+02:12:23 (40.6%)	7:18	8.2 (59.4%)
354	ŻEBRAKOWSKA Katarzyna	472	ULTRAMARATONPODKARPACKI.PL	K40	13	00:02:04	03:00:26	04:07:09	05:00:46	05:26:37.35	05:26:37.35	+02:12:49 (40.7%)	7:19	8.2 (59.4%)
355	ADAMCZEWSKI Jakub	207	NIGHT RUNNERS / NBR	M20	44	00:01:14	03:06:14	04:08:03	05:00:19	05:26:38.35	05:26:38.35	+02:12:50 (40.7%)	7:19	8.2 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
356	CHWALISZEWSKI Jarosław	49	NIGHT RUNNERS GLIWICE	M40	110	00:01:18	02:50:20	03:58:57	04:59:09	05:27:10.10	05:27:10.10	+02:13:21 (40.8%)	7:20	8.2 (59.4%)
357	MAKINIA Wawrzyniec	747		M40	111	00:03:02	02:57:53	03:56:00	04:57:53	05:27:26.60	05:27:26.60	+02:13:38 (40.8%)	7:20	8.2 (59.4%)
358	LIGĘZA Joanna	806	SMASHING PĄPKINS	K40	14	00:02:09	03:02:06	04:05:04	04:59:44	05:27:39.50	05:27:39.50	+02:13:51 (40.9%)	7:20	8.2 (59.4%)
359	ŚLIWIŃSKI Paweł	295	SZATAN	M30	128	00:02:54	03:01:24	04:05:06	04:59:48	05:27:52.05	05:27:52.05	+02:14:03 (40.9%)	7:21	8.2 (59.4%)
360	KULIBERDA Tomasz	784	TEATR O.DE.LA	M40	112		03:09:20	04:10:37	05:03:26	05:28:14.95	05:28:14.95	+02:14:26 (41.0%)	7:21	8.2 (59.4%)
361	BOJAN Gabriela	432	MALINOWYNOS.PL ACTIVGABI	K20	10	00:02:38	03:05:36	04:06:30	05:01:40	05:29:08.00	05:29:08.00	+02:15:19 (41.1%)	7:22	8.1 (58.7%)
362	CZMOK Rafał	433	ACTIV-MEDIA	M40	113	00:02:39	03:05:38	04:06:30	05:01:40	05:29:20.15	05:29:20.15	+02:15:32 (41.2%)	7:23	8.1 (58.7%)
363	PILCH Daniel	15	WWW.GOHARDORGOHOME.PL	M30	129	00:01:19	03:00:13	04:04:11	05:02:24	05:29:40.20	05:29:40.20	+02:15:52 (41.2%)	7:23	8.1 (58.7%)
364	CEGLARZ Jacek	386	SZERBUD TEAM	M30	130	00:02:05	03:00:26	04:07:06	05:02:23	05:29:48.05	05:29:48.05	+02:15:59 (41.2%)	7:23	8.1 (58.7%)
365	TUROSZ Zbigniew	421		M50	28	00:01:09	02:58:14	04:02:16	05:00:47	05:29:49.55	05:29:49.55	+02:16:01 (41.2%)	7:23	8.1 (58.7%)
366	GELETA Marek	505		M50	29	00:01:12	02:53:41	03:59:04	05:00:43	05:30:17.15	05:30:17.15	+02:16:29 (41.3%)	7:24	8.1 (58.7%)
367	WOJTOWICZ Daniel	18		M40	114	00:02:31	03:00:14	04:06:25	05:01:33	05:30:26.25	05:30:26.25	+02:16:38 (41.3%)	7:24	8.1 (58.7%)
368	KORBUT Radosław	483		M30	131	00:02:40	03:04:25	04:07:58	05:03:22	05:30:27.40	05:30:27.40	+02:16:39 (41.4%)	7:24	8.1 (58.7%)
369	SITKO Grzegorz	547	BROTHERS TEAM-JAK DALEKO NOGI PONIOSĄ	M20	45	00:01:27	02:55:34	04:07:20	05:05:27	05:30:29.55	05:30:29.55	+02:16:41 (41.4%)	7:24	8.1 (58.7%)
370	SZALACHA Katarzyna	665		K30	21	00:02:56	03:01:36	04:07:20	05:03:19	05:30:39.85	05:30:39.85	+02:16:51 (41.4%)	7:24	8.1 (58.7%)
371	TRZEŹWIŃSKA Anna	325		K40	15	00:01:45	02:53:26	03:56:37	04:48:21	05:31:00.65	05:31:00.65	+02:17:12 (41.5%)	7:25	8.1 (58.7%)
372	BARTOSZEK Krzysztof	533	MROWKA ACTIVE TEAM JAROSŁAW	M40	115	00:01:57	02:58:01	03:59:17	05:01:17	05:31:01.80	05:31:01.80	+02:17:13 (41.5%)	7:25	8.1 (58.7%)
373	WOJTAL Patryk	559		M20	46	00:02:39	03:11:28	04:16:49	05:07:10	05:31:04.85	05:31:04.85	+02:17:16 (41.5%)	7:25	8.1 (58.7%)
374	SKUBIDA Marcin	306	SPRINT GORZYCE	M30	132	00:02:14	02:53:20	04:03:52	05:02:55	05:31:24.75	05:31:24.75	+02:17:36 (41.5%)	7:25	8.1 (58.7%)
375	JACH-BALICKA Ołka	232		K30	22	00:01:08	03:13:08	04:12:25	05:06:30	05:31:42.90	05:31:42.90	+02:17:54 (41.6%)	7:26	8.1 (58.7%)
376	LIS Marek	130		M40	116	00:03:22	03:12:07	04:12:09	05:06:22	05:31:51.85	05:31:51.85	+02:18:03 (41.6%)	7:26	8.1 (58.7%)
377	WAŻNY Andrzej	644	TYNEXPOL	M30	133	00:01:29	03:00:07	04:05:24	05:02:06	05:32:09.95	05:32:09.95	+02:18:21 (41.7%)	7:26	8.1 (58.7%)
378	SERAFIN Robert	727		M40	117	00:01:21	02:46:36	03:48:31	04:57:32	05:32:11.65	05:32:11.65	+02:18:23 (41.7%)	7:26	8.1 (58.7%)
379	KOWALCZYK Jarek	452		M30	134	00:02:54	03:02:15	04:08:25	05:04:19	05:32:13.35	05:32:13.35	+02:18:25 (41.7%)	7:26	8.1 (58.7%)
380	SIKORA Tomasz	383		M30	135	00:01:57	02:54:27	04:04:51	05:02:40	05:32:24.70	05:32:24.70	+02:18:36 (41.7%)	7:27	8.1 (58.7%)
381	RADZICKI Wojciech	711	JESTEM Z CHEŁMA	M30	136	00:01:33	02:58:39	04:08:46	05:05:19	05:32:32.75	05:32:32.75	+02:18:44 (41.7%)	7:27	8 (58.0%)
382	WILK Bartosz	517	WILCZE PSTRYKI	M30	137	00:03:04	03:11:28	04:16:50	05:08:03	05:32:52.65	05:32:52.65	+02:19:04 (41.8%)	7:27	8 (58.0%)
383	GRABIŃSKI Waldemar	546	ROGOZIŃSKI KLUB BIEGACZA	M40	118	00:01:12	03:05:51	04:10:53	05:06:50	05:33:00.15	05:33:00.15	+02:19:12 (41.8%)	7:27	8 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
384	NIESPODZIANA Anna	548	ROGOZIŃSKI KLUB BIEGACZA	K30	23	00:01:11	03:05:52	04:10:56	05:06:50	05:33:01.10	05:33:01.10	+02:19:12 (41.8%)	7:28	8 (58.0%)
385	KANTOR Darek	410	RUN_HELPERSI	M40	119	00:01:54	03:06:58	04:10:45	05:05:41	05:33:08.55	05:33:08.55	+02:19:20 (41.8%)	7:28	8 (58.0%)
386	KOKOSZKA Magdalena	592	ZABIEGANI MIELEC	K30	24	00:02:03	02:59:18	04:04:28	05:04:18	05:33:09.65	05:33:09.65	+02:19:21 (41.8%)	7:28	8 (58.0%)
387	KALIŃSKI Kamil	202		M30	138	00:02:53	03:13:12	04:13:00	05:08:55	05:33:11.10	05:33:11.10	+02:19:22 (41.8%)	7:28	8 (58.0%)
388	LIPINSKI Daniel	284	RUNTEAM PAWŁOWICE	M30	139	00:01:55	03:16:03	04:18:20	05:09:43	05:33:32.30	05:33:32.30	+02:19:44 (41.9%)	7:28	8 (58.0%)
389	BALICKI Marcin	230		M30	140	00:01:06	03:13:11	04:12:26	05:07:07	05:33:42.35	05:33:42.35	+02:19:54 (41.9%)	7:28	8 (58.0%)
390	ANIELSKI Przemysław	718		M30	141	00:02:21	02:51:37	04:04:57	05:05:51	05:34:24.25	05:34:24.25	+02:20:36 (42.0%)	7:29	8 (58.0%)
391	MARUSIAK Piotr	44		M30	142	00:02:41	03:12:06	04:10:14	05:07:02	05:34:27.75	05:34:27.75	+02:20:39 (42.1%)	7:29	8 (58.0%)
392	MIŚKÓW Marcin	525	ZARAZIĆ PASJĄ	M30	143	00:02:51	03:00:42	04:05:04	05:06:36	05:34:31.70	05:34:31.70	+02:20:43 (42.1%)	7:30	8 (58.0%)
393	KOLANKO Michał	668	INFOSOFTWARE POLSKA	M30	144	00:02:43	03:12:09	04:10:12	05:07:02	05:34:33.40	05:34:33.40	+02:20:45 (42.1%)	7:30	8 (58.0%)
394	PAPROCKA Urszula	489	NOWA HUTA TEAM	K20	11	00:02:50	03:09:51	04:17:09	05:08:59	05:34:52.60	05:34:52.60	+02:21:04 (42.1%)	7:30	8 (58.0%)
395	WYŻYKOWSKA Agnieszka	430	NOWA HUTA TEAM	K30	25	00:02:51	03:09:48	04:17:09	05:08:59	05:34:54.35	05:34:54.35	+02:21:06 (42.1%)	7:30	8 (58.0%)
396	DOMAŃSKI Jerzy	697		M50	30	00:01:22	02:57:05		05:03:29	05:35:29.05	05:35:29.05	+02:21:40 (42.2%)	7:31	8 (58.0%)
397	GRANDA Paweł	498	21 DAPLOT	M30	145	00:02:39	03:08:03	04:10:30	05:07:23	05:35:32.00	05:35:32.00	+02:21:43 (42.2%)	7:31	8 (58.0%)
398	BAHIR Said	149	MAROKO -PRZEMYSŁ	M40	120	00:02:36	03:19:58	04:18:48	05:10:16	05:36:33.45	05:36:33.45	+02:22:45 (42.4%)	7:32	8 (58.0%)
399	GRUCHAŁA Piotr	461		M40	121	00:01:18	03:07:22	04:09:21	05:06:55	05:37:10.60	05:37:10.60	+02:23:22 (42.5%)	7:33	7.9 (57.2%)
400	GACKI Zdobystaw	502	GACCY TEAM	M40	122	00:01:18	03:07:22	04:09:21	05:06:55	05:37:12.05	05:37:12.05	+02:23:23 (42.5%)	7:33	7.9 (57.2%)
401	KWIECIEN Krzysztof	527	4K TEAM TARNÓW	M40	123	00:02:50	03:17:38	04:18:36	05:12:22	05:37:13.40	05:37:13.40	+02:23:25 (42.5%)	7:33	7.9 (57.2%)
402	GAJEWSKA Monika	26		K30	26	00:02:49	03:11:23	04:12:24	05:10:26	05:37:14.15	05:37:14.15	+02:23:26 (42.5%)	7:33	7.9 (57.2%)
403	TOSNOWIEC Radosław	470	READY4S	M20	47	00:02:10	03:04:06	04:07:22	05:06:08	05:37:15.25	05:37:15.25	+02:23:27 (42.5%)	7:33	7.9 (57.2%)
404	ADAMSKI Michał	221	WOP	M30	146	00:01:27	03:09:06	04:11:50	05:09:22	05:37:16.50	05:37:16.50	+02:23:28 (42.5%)	7:33	7.9 (57.2%)
405	OLSZEWSKI Jacek	53		M40	124	00:00:39	02:44:06	04:07:40	05:06:31	05:37:18.90	05:37:18.90	+02:23:30 (42.5%)	7:33	7.9 (57.2%)
406	OPOLSKI Piotr	338	LUKS LUBARTÓW - SEKCJA SZACHOWA	M40	125	00:01:59	03:08:00	04:09:25	05:08:34	05:37:37.20	05:37:37.20	+02:23:49 (42.6%)	7:34	7.9 (57.2%)
407	MANICKI Leszek	298	OLEJEKASZUBSKIE.PL	M30	147	00:02:24	03:00:47	04:10:25	05:06:04	05:37:38.50	05:37:38.50	+02:23:50 (42.6%)	7:34	7.9 (57.2%)
408	BABIJ Jakub	549	MINDFULNESS INSIDE	M30	148	00:02:26	03:05:39	04:06:15	05:05:37	05:37:39.35	05:37:39.35	+02:23:51 (42.6%)	7:34	7.9 (57.2%)
409	JANUS Sławomir	119	LIVERKI TEAM	M30	149	00:01:28	03:02:47	04:09:29	05:07:32	05:37:48.90	05:37:48.90	+02:24:00 (42.6%)	7:34	7.9 (57.2%)
410	RAKOWSKA Magdalena	818	DRUŻYNA TVN	K40	16	00:02:18	03:11:51	04:11:58	05:09:52	05:38:29.80	05:38:29.80	+02:24:41 (42.7%)	7:35	7.9 (57.2%)
411	ŻELAZNY Judyta	586	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	17	00:01:57	03:08:04	04:10:37	05:08:46	05:38:47.35	05:38:47.35	+02:24:59 (42.8%)	7:35	7.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
412	NESTOROWICZ Maksymilian	578	NESTOR&ZAWADA CLUB	M20	48	00:02:23	03:07:24	04:10:20	05:08:22	05:38:48.35	05:38:48.35	+02:25:00 (42.8%)	7:35	7.9 (57.2%)
413	TOBIASZ Kamil	532	BIEGNE, ŻEBY BARTEK MÓGL BIEGAĆ	M30	150	00:02:30	03:05:16	04:10:27	05:09:36	05:38:49.35	05:38:49.35	+02:25:01 (42.8%)	7:35	7.9 (57.2%)
414	PTAK Patryk	760	BIEGNE, ŻEBY BARTEK MÓGL BIEGAĆ	M30	151	00:02:30	03:05:17	04:10:27	05:09:35	05:38:50.55	05:38:50.55	+02:25:02 (42.8%)	7:35	7.9 (57.2%)
415	KOZIEŁ Tomasz	609	UNLIMITED TRIATHLON CLUB	M30	152	00:02:23	02:50:49	04:03:15	05:06:49	05:38:52.10	05:38:52.10	+02:25:03 (42.8%)	7:35	7.9 (57.2%)
416	KAZANOWSKI Marcin	607		M40	126	00:01:58	03:05:33	04:08:34	05:07:21	05:38:55.45	05:38:55.45	+02:25:07 (42.8%)	7:35	7.9 (57.2%)
417	PUZIO Waldemr	482	KB MARATOŃCZYK DĘBICA	M50	31	00:02:14	03:10:18	04:12:52	05:10:52	05:39:00.70	05:39:00.70	+02:25:12 (42.8%)	7:36	7.9 (57.2%)
418	ORACZ Sylwia	327		K40	18	00:02:28	03:11:11	04:17:08	05:12:35	05:39:10.10	05:39:10.10	+02:25:21 (42.9%)	7:36	7.9 (57.2%)
419	HAJDO Robert	189	VICTORIA BRZESKO	M40	127	00:01:58	03:06:06	04:12:33	05:10:23	05:39:41.95	05:39:41.95	+02:25:53 (42.9%)	7:36	7.9 (57.2%)
420	GRUNTOWSKI Mateusz	485	NIEMO ADVENTURE	M30	153	00:01:52	03:06:57	04:10:53	05:10:55	05:39:45.20	05:39:45.20	+02:25:57 (43.0%)	7:37	7.9 (57.2%)
421	KIJ Kinga	798		K30	27	00:03:06	03:12:04	04:18:47	05:12:59	05:40:24.95	05:40:24.95	+02:26:36 (43.1%)	7:37	7.9 (57.2%)
422	KAMOLA Dawid	790		M20	49	00:03:05	03:12:04	04:18:46	05:12:59	05:40:27.05	05:40:27.05	+02:26:38 (43.1%)	7:38	7.9 (57.2%)
423	NAPORA Przemyslaw	351	BLIZEJ NIZ DALEJ	M30	154	00:02:23	03:09:53	04:18:51	05:15:17	05:40:32.15	05:40:32.15	+02:26:44 (43.1%)	7:38	7.9 (57.2%)
424	CHARKOT Sławomir	252	BIEGUSIEM.PL	M40	128	00:02:56	03:00:21	04:18:05	05:14:26	05:40:41.40	05:40:41.40	+02:26:53 (43.1%)	7:38	7.9 (57.2%)
425	WITKOWSKI Dominik	291	KARL KNAUER POLAND	M40	129	00:01:58	02:57:56	04:04:16	05:08:16	05:40:50.20	05:40:50.20	+02:27:02 (43.1%)	7:38	7.9 (57.2%)
426	CHMIEL Michał	27	RZESZOWSKIE GAZELE I GEPARDY	M30	155	00:01:41	03:09:54	04:17:41	05:13:56	05:41:13.95	05:41:13.95	+02:27:25 (43.2%)	7:39	7.8 (56.5%)
427	CHLEBIŃSKA Paulina	631	RZESZOWSKIE GAZELE I GEPARDY	K20	12	00:01:43	03:09:55	04:17:45	05:13:58	05:41:53.25	05:41:53.25	+02:28:05 (43.3%)	7:39	7.8 (56.5%)
428	WĘGRZYN Małgorzata	594	RESZOWSKIE GAZELE I GEPARDY	K40	19	00:01:43	03:09:55	04:17:43	05:13:57	05:42:01.85	05:42:01.85	+02:28:13 (43.3%)	7:40	7.8 (56.5%)
429	RAMM Aleksander	190	SMILEY ULTRAS :)	M30	156	00:01:26	03:06:57	04:16:02	05:12:52	05:42:37.60	05:42:37.60	+02:28:49 (43.4%)	7:40	7.8 (56.5%)
430	SUWERDA Jacek	803		M50	32	00:02:41	03:08:33	04:15:16	05:12:58	05:42:44.95	05:42:44.95	+02:28:56 (43.5%)	7:41	7.8 (56.5%)
431	KRZOSEK Joanna	73		K30	28	00:02:15	03:05:30	04:12:50	05:14:07	05:43:18.85	05:43:18.85	+02:29:30 (43.5%)	7:41	7.8 (56.5%)
432	SOLECKI Krzysztof	425		M40	130	00:02:09	03:01:06	04:05:05	05:10:14	05:43:40.70	05:43:40.70	+02:29:52 (43.6%)	7:42	7.8 (56.5%)
433	SIWIEC Tomasz	14		M30	157	00:01:35	03:06:13	04:16:56	05:14:09	05:43:45.50	05:43:45.50	+02:29:57 (43.6%)	7:42	7.8 (56.5%)
434	PRZYGÓRZEWSKI Jarosław	777		M30	158	00:02:41	03:10:03	04:14:52	05:13:03	05:44:05.55	05:44:05.55	+02:30:17 (43.7%)	7:42	7.8 (56.5%)
435	BOROWSKI Tomasz	296	MIASTKO	M50	33	00:01:24	03:09:10	04:19:42	05:15:18	05:44:26.30	05:44:26.30	+02:30:38 (43.7%)	7:43	7.8 (56.5%)
436	ARENTEWICZ Grzegorz	530	TORUŃ MULTISPORT TEAM	M30	159	00:01:27	03:09:10	04:19:44		05:44:26.70	05:44:26.70	+02:30:38 (43.7%)	7:43	7.8 (56.5%)
437	CIOCZEK Konrad	157		M30	160	00:03:06	03:11:30	04:18:20	05:16:19	05:44:27.70	05:44:27.70	+02:30:39 (43.7%)	7:43	7.8 (56.5%)
438	KUNKEL Anna	497	PGB SPORTOWA PACZKA	K40	20	00:01:12	03:20:31	04:22:49	05:17:52	05:44:29.50	05:44:29.50	+02:30:41 (43.7%)	7:43	7.8 (56.5%)
439	PAŚKO Rafał	392	PRZEMYSKI KLUB BIEGACZA / TEATR S.A.N.	M30	161	00:02:33	03:14:37	04:17:40	05:13:11	05:44:53.10	05:44:53.10	+02:31:04 (43.8%)	7:43	7.8 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
440	PIĄTEK Beata	621		K30	29	00:02:00	03:08:52	04:20:25	05:15:24	05:44:54.00	05:44:54.00	+02:31:05 (43.8%)	7:43	7.8 (56.5%)
441	WOJCIECHOWSKI Krzysztof	633		M40	131	00:02:00	03:08:53	04:20:26	05:15:24	05:44:57.15	05:44:57.15	+02:31:09 (43.8%)	7:44	7.8 (56.5%)
442	ŻYRA Grzegorz	521		M40	132	00:02:03	03:17:22	04:18:17	05:16:47	05:44:59.15	05:44:59.15	+02:31:11 (43.8%)	7:44	7.8 (56.5%)
443	SUDER Michał	519		M30	162	00:02:03	03:17:23	04:18:16	05:16:47	05:45:00.95	05:45:00.95	+02:31:12 (43.8%)	7:44	7.8 (56.5%)
444	DĄBEK Paweł	674		M40	133	00:03:10	03:09:41	04:15:08	05:16:15	05:45:07.65	05:45:07.65	+02:31:19 (43.8%)	7:44	7.8 (56.5%)
445	RYŚ Andrzej	346		M40	134	00:02:23	03:09:53	04:20:31	05:16:54	05:45:19.85	05:45:19.85	+02:31:31 (43.9%)	7:44	7.7 (55.8%)
446	TROJNAR Damian	642	KS JANUSZE	M30	163	00:02:38	03:08:59	04:18:21	05:17:34	05:46:02.20	05:46:02.20	+02:32:14 (44.0%)	7:45	7.7 (55.8%)
447	SZATYŁOWICZ Przemysław	730	PORANNY PATROL	M30	164	00:02:52	03:06:36	04:17:35	05:17:40	05:46:25.05	05:46:25.05	+02:32:36 (44.1%)	7:46	7.7 (55.8%)
448	SMĘTEK Andrzej	467	AKTYWNI Z CUKRZYCĄ	M50	34	00:02:41	03:13:46	04:20:01	05:17:30	05:46:46.15	05:46:46.15	+02:32:58 (44.1%)	7:46	7.7 (55.8%)
449	GARCZYŃSKI Darek	71		M40	135	00:02:09	02:58:52	04:28:02	05:21:10	05:46:48.15	05:46:48.15	+02:33:00 (44.1%)	7:46	7.7 (55.8%)
450	BULWAN Radosław	655		M30	165	00:01:29	03:02:11	04:13:56	05:16:26	05:47:32.30	05:47:32.30	+02:33:44 (44.2%)	7:47	7.7 (55.8%)
451	KRZYSZTOF Wiącek	88		M50	35	00:01:57	03:13:12	04:21:56	05:19:27	05:48:31.10	05:48:31.10	+02:34:42 (44.4%)	7:48	7.7 (55.8%)
452	GADAMSKA-KABATA Paulina	667		K30	30	00:01:25	03:09:25	04:19:58	05:18:23	05:48:34.25	05:48:34.25	+02:34:46 (44.4%)	7:48	7.7 (55.8%)
453	SEMOW Sylwia	756	KW KRAKÓW	K30	31	00:01:35	03:13:04	04:19:42	05:18:47	05:49:27.40	05:49:27.40	+02:35:39 (44.5%)	7:50	7.7 (55.8%)
454	SZCZEPANIAK Karol	744	CROSS STRACEŃCÓW TEAM	M40	136	00:02:50	03:13:45	04:19:42	05:18:46	05:50:19.35	05:50:19.35	+02:36:31 (44.7%)	7:51	7.6 (55.1%)
455	DOBIES Jagoda	510		K30	32	00:02:09	03:30:27	04:29:18	05:23:37	05:50:23.55	05:50:23.55	+02:36:35 (44.7%)	7:51	7.6 (55.1%)
456	PAWĘŻKA Mirosław	553	BANDA GRUDNIA	M30	166	00:02:08	03:30:29	04:29:18	05:23:36	05:50:24.75	05:50:24.75	+02:36:36 (44.7%)	7:51	7.6 (55.1%)
457	LOREK Anna	183	KB MARATOŃCZYK DĘBICA	K40	21	00:02:15	03:13:25	04:25:18	05:23:10	05:51:15.50	05:51:15.50	+02:37:27 (44.8%)	7:52	7.6 (55.1%)
458	LEŚNIAK-POPIEL Marta	688	POZYTYWNIIE ZABIEGANI SANOK	K40	22	00:01:50	03:17:09	04:26:27	05:22:24	05:51:34.30	05:51:34.30	+02:37:46 (44.9%)	7:52	7.6 (55.1%)
459	WAJCOWICZ Witold	36	POZYTYWNIIE ZABIEGANI SANOK	M40	137	00:01:49	03:17:09	04:26:27	05:22:23	05:51:35.15	05:51:35.15	+02:37:47 (44.9%)	7:52	7.6 (55.1%)
460	NICEWICZ Marta	406		K30	33	00:02:07	03:14:32	04:27:00	05:23:41	05:51:37.55	05:51:37.55	+02:37:49 (44.9%)	7:53	7.6 (55.1%)
461	STOJANOWSKI Dawid	58	RUNHOGS TYCHY	M30	167	00:02:51	03:21:43	04:30:48	05:26:19	05:51:39.25	05:51:39.25	+02:37:51 (44.9%)	7:53	7.6 (55.1%)
462	BURY Marek	349		M40	138	00:02:20	03:15:58	04:28:13	05:24:47	05:51:40.90	05:51:40.90	+02:37:52 (44.9%)	7:53	7.6 (55.1%)
463	OKLEJ Agata	5		K30	34	00:02:57	03:11:52	04:26:52	05:23:11	05:52:29.30	05:52:29.30	+02:38:41 (45.0%)	7:54	7.6 (55.1%)
464	PARYS Michał	335		M30	168	00:02:27	03:10:30	04:27:41	05:24:02	05:52:35.65	05:52:35.65	+02:38:47 (45.0%)	7:54	7.6 (55.1%)
465	FIDOR Michał	12	RUNHOGS TYCHY	M30	169	00:02:52	03:21:42	04:30:45	05:26:22	05:52:54.95	05:52:54.95	+02:39:06 (45.1%)	7:54	7.6 (55.1%)
466	MATUSZEWICZ Ewa	407	KONDYCJA	K50	5	00:02:19	03:18:18	04:27:30	05:26:25	05:54:07.35	05:54:07.35	+02:40:19 (45.3%)	7:56	7.6 (55.1%)
467	KROENKE Barbara	408	OBOZYBIEGOWE.PL	K60	1	00:02:19	03:18:18	04:27:30	05:26:25	05:54:08.15	05:54:08.15	+02:40:20 (45.3%)	7:56	7.6 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
468	KOCHANIEC Waldemar	568	CENTRUM ANIMACJI SPOŁECZNEJ	M40	139	00:02:07	03:15:55	04:28:22	05:26:13	05:54:24.80	05:54:24.80	+02:40:36 (45.3%)	7:56	7.6 (55.1%)
469	JAKUBOWSKI Daniel	567	CENTRUM ANIMACJI SPOŁECZNEJ	M40	140	00:02:06	03:15:56	04:28:21	05:26:13	05:54:25.70	05:54:25.70	+02:40:37 (45.3%)	7:56	7.6 (55.1%)
470	SWOBODA Jarosław	79	NIGHT RUNNERS GLIWICE	M40	141	00:02:53	03:13:56	04:22:43	05:23:09	05:55:10.65	05:55:10.65	+02:41:22 (45.4%)	7:57	7.5 (54.3%)
471	KOŁODZIEJ Jacek	56	NIGHT RUNNERS GLIWICE	M40	142	00:01:22	03:12:47	04:22:43	05:23:09	05:55:13.65	05:55:13.65	+02:41:25 (45.4%)	7:57	7.5 (54.3%)
472	KRUSZYNA Elżbieta	162		K30	35	00:02:25	03:20:40	04:35:11	05:28:47	05:55:16.60	05:55:16.60	+02:41:28 (45.5%)	7:57	7.5 (54.3%)
473	ZINCZUK Kamil	178	EURO-KONSULT	M30	170	00:02:26	03:20:40	04:35:10	05:28:51	05:55:18.15	05:55:18.15	+02:41:30 (45.5%)	7:57	7.5 (54.3%)
474	STĘPIEŃ Maksymilian	301		M40	143		03:10:44	04:23:54	05:25:58	05:55:20.05	05:55:20.05	+02:41:31 (45.5%)	7:58	7.5 (54.3%)
475	LACHER Joanna	108		K20	13	00:02:21	03:22:28	04:29:03	05:26:12	05:55:27.00	05:55:27.00	+02:41:38 (45.5%)	7:58	7.5 (54.3%)
476	KOBIERSKI Szymon	76		M40	144	00:02:01	03:12:21	04:25:04	05:25:38	05:56:36.95	05:56:36.95	+02:42:48 (45.7%)	7:59	7.5 (54.3%)
477	MACHURA Michał	385	HARPAGAN SOSNOWIEC	M30	171	00:01:00	03:11:24	04:22:34	05:24:35	05:56:52.85	05:56:52.85	+02:43:04 (45.7%)	8:00	7.5 (54.3%)
478	TOMASZEWSKI Wojtek	471	BRACIAT	M40	145	00:02:17	03:17:51	04:28:18	05:26:27	05:56:58.45	05:56:58.45	+02:43:10 (45.7%)	8:00	7.5 (54.3%)
478	TOMASZEWSKI Piotr	459	BRACIAT	M30	172	00:02:17	03:17:49	04:28:15	05:26:28	05:56:58.45	05:56:58.45	+02:43:10 (45.7%)	8:00	7.5 (54.3%)
480	WAŚOWSKA Jagoda	96	PIASECZNO	K50	6	00:01:50	03:27:44	04:35:08	05:30:51	05:57:04.30	05:57:04.30	+02:43:16 (45.7%)	8:00	7.5 (54.3%)
481	ŚLUSARSKI Włodzimerz	404	OBOZYBIEGOWE.PL	M50	36	00:00:46	03:18:55	04:26:26	05:26:29	05:57:34.85	05:57:34.85	+02:43:46 (45.8%)	8:01	7.5 (54.3%)
482	REMLEIN Katarzyna	566	DRUŻYNA SZPIKU/FOR RUN TEAM	K30	36	00:01:31	03:11:44	04:26:51	05:28:08	05:58:03.75	05:58:03.75	+02:44:15 (45.9%)	8:01	7.5 (54.3%)
483	ŚLĄCZKA Arkadiusz	654	FINISZ RYMANÓW	M30	173	00:01:44	03:15:43	04:26:02	05:28:07	05:58:04.45	05:58:04.45	+02:44:16 (45.9%)	8:01	7.5 (54.3%)
484	MELSON Maciej	161	PAN	M20	50	00:01:49	03:20:22	04:26:52	05:26:29	05:58:05.45	05:58:05.45	+02:44:17 (45.9%)	8:01	7.5 (54.3%)
485	GRAMZA Katarzyna	356	EUFORIABIEGACZA.PL	K30	37	00:02:16	03:17:12	04:32:58	05:29:21	05:58:06.95	05:58:06.95	+02:44:18 (45.9%)	8:01	7.5 (54.3%)
486	SAKOWSKA Aneta	304	MARATONKA GRAJEWO	K40	23	00:02:05	03:23:22	04:29:06	05:29:34	05:58:08.00	05:58:08.00	+02:44:19 (45.9%)	8:01	7.5 (54.3%)
487	PRYCIŃSKA Wiesława	575	CAFE SZKOLNA 16	K40	24	00:02:38	03:23:20	04:30:35	05:30:10	05:58:09.75	05:58:09.75	+02:44:21 (45.9%)	8:01	7.5 (54.3%)
488	PRYCIŃSKI Krzysztof	576	CAFE SZKOLNA 16	M40	146	00:02:38	03:23:20	04:30:33	05:30:10	05:58:11.40	05:58:11.40	+02:44:23 (45.9%)	8:01	7.5 (54.3%)
489	URBANIAK Hubert	804	ROZBIEGANY RAWICZ	M30	174	00:02:16	03:18:23	04:33:03	05:29:21	05:58:13.20	05:58:13.20	+02:44:25 (45.9%)	8:01	7.5 (54.3%)
490	MANIAK Łukasz	78		M40	147	00:02:47	03:19:21	04:29:25	05:28:51	05:58:24.15	05:58:24.15	+02:44:36 (45.9%)	8:02	7.5 (54.3%)
491	ŁYSIAK Sylwia	317	ROZBIEGANY RAWICZ	K40	25	00:02:16	03:17:42	04:32:56	05:30:27	05:58:25.45	05:58:25.45	+02:44:37 (45.9%)	8:02	7.5 (54.3%)
492	SIÓDMIAK Cezary	231	SPARTANIE DZIECIOM	M40	148	00:02:40	03:19:50	04:29:45	05:29:50	05:58:40.30	05:58:40.30	+02:44:52 (46.0%)	8:02	7.5 (54.3%)
493	KOSNOWSKA Katarzyna	740		K40	26	00:02:47	03:19:49	04:29:44	05:29:50	05:58:43.10	05:58:43.10	+02:44:54 (46.0%)	8:02	7.5 (54.3%)
494	POTOCZNY Bartosz	606	SILA I OGIEŃ	M30	175	00:02:10	03:09:07	04:24:24	05:28:50	05:58:44.35	05:58:44.35	+02:44:56 (46.0%)	8:02	7.5 (54.3%)
495	RAFAŁ Eliza	319		K30	38	00:01:53	03:27:34	04:36:38	05:32:15	05:59:04.30	05:59:04.30	+02:45:16 (46.0%)	8:03	7.5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h		
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km							
496	KAŃDUŁA Klaudia	550	TKD SZAKAL JEŻYCE RUNNERS			K30	39	00:02:52	03:23:49	04:27:19	05:29:08	05:59:25.95	05:59:25.95	+02:45:37 (46.1%)	8:03	7.4 (53.6%)
497	KAŃDUŁA Grzegorz	640	NEST.POZNAN.PL			M30	176	00:02:53	03:23:41	04:27:21	05:29:04	05:59:27.05	05:59:27.05	+02:45:38 (46.1%)	8:03	7.4 (53.6%)
498	ZIELIŃSKI Łukasz	16				M30	177	00:03:00	03:15:19	04:22:22	05:26:32	05:59:36.40	05:59:36.40	+02:45:48 (46.1%)	8:03	7.4 (53.6%)
499	BRZYSKA Marcelina	583	BIŁGORAJ BIEGA			K20	14	00:01:53	03:27:34	04:36:37	05:33:06	05:59:38.40	05:59:38.40	+02:45:50 (46.1%)	8:03	7.4 (53.6%)
500	ROSZKOWSKA Julita	256				K30	40	00:02:49	03:15:19	04:22:20	05:26:32	05:59:40.15	05:59:40.15	+02:45:52 (46.1%)	8:03	7.4 (53.6%)
501	SĘKOWSKI Damian	450				M40	149	00:02:46	03:17:13	04:22:58	05:30:44	05:59:40.95	05:59:40.95	+02:45:52 (46.1%)	8:03	7.4 (53.6%)
502	BOROWIEC Arkadiusz	217	CHEŁM BIEGA/BRACIA.B			M40	150	00:01:59	03:18:31	04:30:37	05:32:04	05:59:50.10	05:59:50.10	+02:46:01 (46.1%)	8:04	7.4 (53.6%)
503	HONKISZ-GODLEWSKA Urszula	414	NOWY STYL GROUP RUNNING TEAM			K30	41	00:01:04	03:14:02	04:27:33	05:30:38	06:00:09.70	06:00:09.70	+02:46:21 (46.2%)	8:04	7.4 (53.6%)
504	GODLEWSKI Krzysztof	22	NOWY STYL GROUP RUNNING TEAM			M30	178	00:01:05	03:14:02	04:27:32	05:30:36	06:00:10.65	06:00:10.65	+02:46:22 (46.2%)	8:04	7.4 (53.6%)
505	WASYLISZYN Bernadetta	612	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ			K30	42	00:02:42	03:18:26	04:27:50	05:30:57	06:00:27.20	06:00:27.20	+02:46:39 (46.2%)	8:04	7.4 (53.6%)
506	WOJNAR Paweł	253	OIRP WARSZAWA			M30	179	00:01:51	03:13:18	04:28:25	05:31:32	06:00:34.15	06:00:34.15	+02:46:46 (46.3%)	8:05	7.4 (53.6%)
507	NIZIOŁ Marian	198				M60	3	00:01:50	03:13:19	04:28:25	05:31:31	06:00:34.45	06:00:34.45	+02:46:46 (46.3%)	8:05	7.4 (53.6%)
508	KAMIŃSKI Marek	403				M30	180	00:02:25	03:30:57	04:37:12	05:34:29	06:00:37.65	06:00:37.65	+02:46:49 (46.3%)	8:05	7.4 (53.6%)
509	JURCZAK Daniel	82	TRIPAKA			M40	151	00:01:04	03:23:45	04:32:00	05:34:04	06:00:45.90	06:00:45.90	+02:46:57 (46.3%)	8:05	7.4 (53.6%)
510	STRUSIŃSKA Katarzyna	102	TRIPAKA			K30	43	00:01:04	03:23:44	04:31:58	05:34:04	06:01:00.45	06:01:00.45	+02:47:12 (46.3%)	8:05	7.4 (53.6%)
511	PIEKARSKI Andrzej	737	GRZMOT GRZMIĄCA			M30	181	00:01:19	03:06:26	04:22:51	05:28:44	06:02:25.40	06:02:25.40	+02:48:37 (46.5%)	8:07	7.4 (53.6%)
512	DONIEC Sebastian	185	WWW.ADWOKATDONIEC.PL			M30	182	00:02:06	03:06:27	04:22:51	05:28:44	06:02:25.80	06:02:25.80	+02:48:37 (46.5%)	8:07	7.4 (53.6%)
513	DYLAĞ Zbigniew	340				M50	37	00:00:41	03:04:31	04:20:05	05:33:28	06:02:26.95	06:02:26.95	+02:48:38 (46.5%)	8:07	7.4 (53.6%)
514	KŁOS Arkadiusz	329				M20	51	00:02:20	03:10:27	04:29:07	05:33:49	06:02:31.05	06:02:31.05	+02:48:42 (46.5%)	8:07	7.4 (53.6%)
515	GOŹDZICKI Łukasz	334	ENDORŚWINKI			M30	183	00:02:18	03:24:29	04:32:09	05:35:43	06:02:31.90	06:02:31.90	+02:48:43 (46.5%)	8:07	7.4 (53.6%)
516	BOGACZEWICZ Dawid	204	ENDORŚWINKI			M20	52	00:02:19	03:24:28	04:32:06	05:35:43	06:02:34.50	06:02:34.50	+02:48:46 (46.5%)	8:07	7.4 (53.6%)
517	NOWAK Mariusz	229				M30	184	00:01:27	03:18:11	04:27:54	05:30:06	06:02:37.10	06:02:37.10	+02:48:48 (46.6%)	8:07	7.4 (53.6%)
518	MICHALCZEWSKI Andrzej	177				M40	152	00:02:55	03:16:38	04:30:09	05:31:05	06:03:37.15	06:03:37.15	+02:49:49 (46.7%)	8:09	7.4 (53.6%)
519	MICHALCZEWSKA Marzena	176				K40	27	00:02:55	03:16:37	04:30:09	05:31:05	06:03:37.35	06:03:37.35	+02:49:49 (46.7%)	8:09	7.4 (53.6%)
520	ZAWADZKI Krystian	827				M30	185	00:02:02	03:13:09	04:34:52	05:31:51	06:03:39.50	06:03:39.50	+02:49:51 (46.7%)	8:09	7.4 (53.6%)
521	SMAGA Krzysztof	400	BANDA GRUDNIA			M40	153	00:01:40	03:24:03	04:39:11	05:36:07	06:03:40.85	06:03:40.85	+02:49:52 (46.7%)	8:09	7.4 (53.6%)
522	ZAWADZKI Kordian	597	50 TWARZY GRZYBIARZY			M20	53	00:02:00	03:13:09	04:26:11	05:32:01	06:03:58.95	06:03:58.95	+02:50:10 (46.8%)	8:09	7.4 (53.6%)
523	KWARTA Tomasz	277	WOP			M30	186	00:01:29	03:19:59	04:34:24	05:33:05	06:04:00.55	06:04:00.55	+02:50:12 (46.8%)	8:09	7.4 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
524	URBAŃSKI Józef	314	KKB MOSIR KROSNO	M50	38	00:02:32	03:23:35	04:32:17	05:33:55	06:04:01.65	06:04:01.65	+02:50:13 (46.8%)	8:09	7.4 (53.6%)
525	MYGA Michał	397	HEARTLESS	M30	187	00:02:23	03:13:57	04:26:25	05:31:25	06:04:02.90	06:04:02.90	+02:50:14 (46.8%)	8:09	7.4 (53.6%)
526	SOSZYŃSKA Gosia	323	CZŁAPACZE	K50	7	00:03:07	03:28:57	04:32:43	05:30:58	06:04:13.35	06:04:13.35	+02:50:25 (46.8%)	8:09	7.3 (52.9%)
527	KUŁAKOWSKI Piotr	322	CZŁAPACZE	M60	4	00:03:07	03:25:00	04:41:34	05:37:17	06:04:13.75	06:04:13.75	+02:50:25 (46.8%)	8:09	7.3 (52.9%)
528	JAKUBOWSKI Wojciech	829	KB GEOTERMIA UNIEJÓW	M40	154	00:02:33	03:14:57	04:36:05	05:36:31	06:04:56.15	06:04:56.15	+02:51:08 (46.9%)	8:10	7.3 (52.9%)
529	CHODOROWSKI Arkadiusz	311		M30	188	00:03:01	03:30:20	04:34:58	05:35:30	06:05:18.00	06:05:18.00	+02:51:29 (46.9%)	8:11	7.3 (52.9%)
530	SARAT Ewa	494		K40	28	00:02:29	03:26:56	04:35:35	05:35:53	06:05:43.45	06:05:43.45	+02:51:55 (47.0%)	8:11	7.3 (52.9%)
531	PAUL Viola	123	NIGHT RUNNERS GLIWICE	K40	29	00:02:07	03:24:09	04:35:36	05:35:53	06:05:44.65	06:05:44.65	+02:51:56 (47.0%)	8:12	7.3 (52.9%)
532	ZABOROWSKA Halina	465	KB MARATOŃCZYK DĘBICA	K50	8	00:02:15	03:35:26	04:39:20	05:35:53	06:05:45.90	06:05:45.90	+02:51:57 (47.0%)	8:12	7.3 (52.9%)
533	MICHALSKA Klementyna	33	FABRYKA TRIATHLONU	K30	44	00:01:30	03:27:40	04:40:37	05:37:31	06:05:47.30	06:05:47.30	+02:51:59 (47.0%)	8:12	7.3 (52.9%)
534	KUJAWSKA Małgorzata	628		K30	45	00:02:08	03:20:37	04:35:51	05:36:39	06:05:48.80	06:05:48.80	+02:52:00 (47.0%)	8:12	7.3 (52.9%)
535	RYCZKO Andrzej	355		M30	189	00:03:09	03:29:47	04:47:20	05:39:31	06:05:49.90	06:05:49.90	+02:52:01 (47.0%)	8:12	7.3 (52.9%)
536	MAKOWSKA Maja	458	AKTYWNI Z CUKRZYCĄ	K20	15	00:02:19	03:29:29	04:35:15	05:36:51	06:05:58.60	06:05:58.60	+02:52:10 (47.0%)	8:12	7.3 (52.9%)
537	GUZEK Agnieszka	613		K40	30	00:01:01	03:28:27	04:35:54	05:35:38	06:06:03.30	06:06:03.30	+02:52:15 (47.1%)	8:12	7.3 (52.9%)
538	PAWŁOWSKI Paweł	359		M40	155	00:01:55	03:23:37	04:31:07	05:35:23	06:06:32.25	06:06:32.25	+02:52:44 (47.1%)	8:13	7.3 (52.9%)
539	CZERNIK Andrzej	250		M60	5	00:02:48	03:01:57	04:28:09	05:30:43	06:06:57.80	06:06:57.80	+02:53:09 (47.2%)	8:13	7.3 (52.9%)
540	WASAŃNIK Marcin	239	DZIKIE GRUBASY SZATANA	M40	156	00:01:48	03:23:14	04:36:27	05:37:19	06:07:15.80	06:07:15.80	+02:53:27 (47.2%)	8:14	7.3 (52.9%)
541	AURZECKI Michał	255	DZIKIE GRUBASY SZATANA	M30	190	00:01:48	03:23:17	04:36:27	05:37:19	06:07:16.10	06:07:16.10	+02:53:27 (47.2%)	8:14	7.3 (52.9%)
542	GĄTARCZYK Mariusz	245	DZIKIE GRUBASY SZATANA	M30	191	00:01:44	03:23:18	04:36:27	05:37:20	06:07:16.25	06:07:16.25	+02:53:28 (47.2%)	8:14	7.3 (52.9%)
543	JANULEK Robert	288	RUNTEAM PAWŁOWICE	M20	54	00:01:55	03:03:21	04:17:58	05:33:28	06:07:47.00	06:07:47.00	+02:53:58 (47.3%)	8:14	7.3 (52.9%)
544	ŁĄCKI Maciej	370		M30	192	00:02:21	03:25:02	04:37:05	05:39:21	06:07:47.95	06:07:47.95	+02:53:59 (47.3%)	8:14	7.3 (52.9%)
545	PECYNA Katarzyna	368		K30	46	00:02:51	03:30:28	04:38:54	05:39:09	06:09:23.55	06:09:23.55	+02:55:35 (47.5%)	8:16	7.2 (52.2%)
546	ZGIET Michał	417	TEATR W REMIZIE	M50	39	00:01:42	03:24:16	04:37:45	05:36:07	06:09:29.70	06:09:29.70	+02:55:41 (47.5%)	8:17	7.2 (52.2%)
547	ZYGO Grzegorz	444	UWOLNIĆ ŚLIMAKA	M40	157	00:01:42	03:24:16	04:39:12	05:36:07	06:09:31.00	06:09:31.00	+02:55:42 (47.6%)	8:17	7.2 (52.2%)
548	ZIELONKA Bogumił	779	PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA'	M40	158	00:02:24	03:21:56	04:29:17	05:31:47	06:10:00.55	06:10:00.55	+02:56:12 (47.6%)	8:17	7.2 (52.2%)
549	BRACH Jakub	608		M30	193	00:02:24	03:23:39	04:37:48	05:38:53	06:10:00.95	06:10:00.95	+02:56:12 (47.6%)	8:17	7.2 (52.2%)
550	BEDRYJ Mateusz	624	42 DO SZCZĘŚCIA	M20	55	00:01:32	03:22:53	04:35:53	05:40:27	06:10:15.85	06:10:15.85	+02:56:27 (47.7%)	8:18	7.2 (52.2%)
551	KWAPIEŃ Karolina	626	VEGE RUNNERS	K20	16	00:01:31	03:22:53	04:39:00	05:40:27	06:10:17.85	06:10:17.85	+02:56:29 (47.7%)	8:18	7.2 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
552	BATOR Marek	636		M40	159	00:01:26	03:24:30	04:35:13	05:40:20	06:11:11.15	06:11:11.15	+02:57:23 (47.8%)	8:19	7.2 (52.2%)
553	WAŚKOWICZ Waldemar	210		M40	160	00:02:01	03:18:39	04:37:24	05:40:24	06:11:22.40	06:11:22.40	+02:57:34 (47.8%)	8:19	7.2 (52.2%)
554	GOŁĘBIOWSKI Roman	181	GBUREK	M30	194	00:02:01	03:18:39	04:37:23	05:40:24	06:11:22.55	06:11:22.55	+02:57:34 (47.8%)	8:19	7.2 (52.2%)
555	RAPAŁA Wojciech	762		M40	161	00:02:53	03:22:35	04:41:53	05:41:06	06:11:37.50	06:11:37.50	+02:57:49 (47.8%)	8:19	7.2 (52.2%)
556	WESTER Halina	52	NIGHT RUNNERS GLIWICE	K40	31	00:02:06	03:26:19	04:41:48	05:42:02	06:11:56.45	06:11:56.45	+02:58:08 (47.9%)	8:20	7.2 (52.2%)
557	BIENKOWSKI Stanisław	537	TOMASZEWSKA HUSARIA	M30	195	00:02:57	03:16:02	04:34:28	05:41:06	06:12:33.10	06:12:33.10	+02:58:44 (48.0%)	8:21	7.2 (52.2%)
558	STEFANIAK Marcin	551	TKD SZAKAL JEŻYCE RUNNERS	M30	196	00:02:52	03:36:32	04:45:34	05:44:54	06:12:36.00	06:12:36.00	+02:58:47 (48.0%)	8:21	7.2 (52.2%)
559	CUDZIŁO Joanna	395	PKO BANK POLSKI	K40	32	00:02:37	03:30:55	04:41:56	05:41:54	06:13:34.35	06:13:34.35	+02:59:46 (48.1%)	8:22	7.2 (52.2%)
560	MYSŁEK Radosław	805		M40	162	00:03:07	03:26:27	04:35:59	05:41:49	06:13:59.05	06:13:59.05	+03:00:10 (48.2%)	8:23	7.2 (52.2%)
561	STASZEWSKI Kamil	281		M30	197	00:02:56	03:18:28	04:34:56	05:40:26	06:14:00.10	06:14:00.10	+03:00:11 (48.2%)	8:23	7.2 (52.2%)
562	PAZDERSKA-KIPIEL Agnieszka	169	PORANNY PATROL / EVIL TEAM	K30	47	00:01:17	03:22:41	04:31:49	05:41:20	06:14:08.85	06:14:08.85	+03:00:20 (48.2%)	8:23	7.2 (52.2%)
563	KUCIŃSKA Magdalena	365		K30	48	00:01:25	03:15:52	04:34:26	05:39:26	06:14:11.35	06:14:11.35	+03:00:23 (48.2%)	8:23	7.2 (52.2%)
564	ROGOZIŃSKA Monika	761	SS DRUŻYNA WILKA GRUPA DBK	K30	49	00:01:16	03:30:24	04:45:43	05:46:05	06:15:12.75	06:15:12.75	+03:01:24 (48.3%)	8:24	7.1 (51.4%)
565	SIDOROWICZ Grzegorz	751	AXA RUNNING TEAM	M40	163	00:01:47	03:30:23	04:40:33	05:42:36	06:15:46.05	06:15:46.05	+03:01:57 (48.4%)	8:25	7.1 (51.4%)
565	OKAPIEC Aleksandra	753	AXA RUNNING TEAM	K30	50	00:01:48	03:30:23	04:40:35	05:42:37	06:15:46.05	06:15:46.05	+03:01:57 (48.4%)	8:25	7.1 (51.4%)
567	ŚLANDA Maciej	758		M30	198	00:02:38	03:24:08	04:35:51	05:42:18	06:15:48.30	06:15:48.30	+03:02:00 (48.4%)	8:25	7.1 (51.4%)
568	SIKORSKA Agnieszka	48		K40	33	00:02:10	03:29:58	04:42:24	05:45:23	06:16:01.20	06:16:01.20	+03:02:13 (48.5%)	8:25	7.1 (51.4%)
569	GRZEGORZ Gąszczyk	431	NOWA HUTA TEAM	M40	164	00:02:58	03:33:00	04:58:58	05:51:24	06:16:11.10	06:16:11.10	+03:02:22 (48.5%)	8:26	7.1 (51.4%)
570	GÓRNY Małgorzata	145	HTTP://ALEKSANDRASTEFANSKA.PL/	K20	17	00:02:21	03:22:28	04:35:35	05:41:33	06:16:30.90	06:16:30.90	+03:02:42 (48.5%)	8:26	7.1 (51.4%)
571	KUROWSKI Michał	274	NIGHT RUNNER`S GLIWICE	M30	199	00:02:48	03:22:29	04:35:35	05:41:32	06:16:39.75	06:16:39.75	+03:02:51 (48.5%)	8:26	7.1 (51.4%)
572	TALMA Paweł	156	LUBARTOWBIEGA.PL	M40	165	00:02:46	03:23:55	04:50:02	05:48:09	06:16:41.30	06:16:41.30	+03:02:53 (48.6%)	8:26	7.1 (51.4%)
573	KWIATKOWSKI Marek	666	DZIKI BAGIENNE	M40	166	00:01:50	03:27:45	04:40:30	05:44:59	06:17:21.35	06:17:21.35	+03:03:33 (48.6%)	8:27	7.1 (51.4%)
574	NIEMIEC-DRWIĘGA Bernadeta	242	POZYTYWNIIE ZABIEGANI SANOK	K40	34	00:01:49	03:29:58	04:44:12	05:45:29	06:17:27.95	06:17:27.95	+03:03:39 (48.7%)	8:27	7.1 (51.4%)
575	DRWIĘGA Beata	238	POZYTYWNIIE ZABIEGANI SANOK	K40	35	00:01:50	03:29:58	04:44:13	05:45:30	06:17:29.30	06:17:29.30	+03:03:41 (48.7%)	8:27	7.1 (51.4%)
576	GARCARZ Monika	587		K40	36	00:01:08	03:36:38	04:49:29	05:49:19	06:19:07.30	06:19:07.30	+03:05:19 (48.9%)	8:30	7.1 (51.4%)
577	SZCZEPAŃSKI Marcin	503	OSR GDYNIA	M30	200	00:01:16	03:23:33	04:38:40	05:45:21	06:19:43.10	06:19:43.10	+03:05:54 (49.0%)	8:30	7 (50.7%)
578	PIERZCHALSKA Julia	508	ABOVE 2000	K30	51	00:02:16	03:32:11	04:43:46	05:46:21	06:19:54.70	06:19:54.70	+03:06:06 (49.0%)	8:31	7 (50.7%)
579	SIEMASZKO Wojciech	75		M30	201	00:02:14	03:32:11	04:43:45	05:46:21	06:19:56.25	06:19:56.25	+03:06:08 (49.0%)	8:31	7 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
580	CAŁA Maciej	658	CHCIAŁEM SE POBIEGAĆ	M40	167	00:01:06	03:28:55	04:39:02	05:45:54	06:20:49.45	06:20:49.45	+03:07:01 (49.1%)	8:32	7 (50.7%)
581	NAWROCKI Konrad	669	UNLIMITED TRIATHLON CLUB	M30	202	00:02:24	03:34:17	04:43:49	05:49:09	06:20:53.40	06:20:53.40	+03:07:05 (49.1%)	8:32	7 (50.7%)
582	MAŁKIEWICZ Dariusz	211	PGB SPORTOWA PACZKA	M40	168	00:03:03	03:30:59	04:52:24	05:50:42	06:21:21.15	06:21:21.15	+03:07:33 (49.2%)	8:33	7 (50.7%)
583	KUPIBIDA Bogusława	287	SILESIA RUNNING TEAM	K50	9	00:03:03	03:31:03	04:52:24	05:50:44	06:21:26.25	06:21:26.25	+03:07:38 (49.2%)	8:33	7 (50.7%)
584	WOJTOWICZ-SANDER Sylwia	249	WOP	K20	18	00:01:28	03:32:27	04:47:22	05:51:28	06:21:47.05	06:21:47.05	+03:07:58 (49.2%)	8:33	7 (50.7%)
585	KORNIŁOW Piotr	6		M40	169	00:02:25	03:39:24	04:52:02	05:52:36	06:22:37.65	06:22:37.65	+03:08:49 (49.3%)	8:34	7 (50.7%)
586	PODOLAK Zbigniew	773	PRZEMYSKIE STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50	40	00:00:46	03:35:38	04:47:06	05:49:28	06:22:43.15	06:22:43.15	+03:08:55 (49.4%)	8:34	7 (50.7%)
587	LEWOC Leszek	741		M50	41	00:01:11	03:25:44	04:44:04	05:49:01	06:22:59.80	06:22:59.80	+03:09:11 (49.4%)	8:35	7 (50.7%)
588	KOSNO Weronika	514	NIGHT RUNNERS POZNAŃ	K20	19	00:01:14	03:39:07	04:55:14	05:54:40	06:23:34.05	06:23:34.05	+03:09:45 (49.5%)	8:36	7 (50.7%)
589	CHRUŚCIŃSKA Justyna	515	NIGHT RUNNERS	K20	20	00:01:15	03:39:07	04:55:15	05:54:15	06:23:40.80	06:23:40.80	+03:09:52 (49.5%)	8:36	7 (50.7%)
590	BEHRENDT Bartek	413	NIGHT RUNNERS GLIWICE	M40	170	00:02:07	03:34:19	04:47:21	05:53:34	06:24:04.65	06:24:04.65	+03:10:16 (49.5%)	8:36	7 (50.7%)
591	FIDALI Beata	332	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	52	00:01:32	03:43:25	04:51:55	05:53:48	06:24:27.45	06:24:27.45	+03:10:39 (49.6%)	8:37	7 (50.7%)
592	PRZYBYSZ Mariusz	165		M40	171	00:02:46	03:23:55	04:50:02	05:53:09	06:25:04.45	06:25:04.45	+03:11:16 (49.7%)	8:38	6.9 (50.0%)
593	KOCÓJ Dominika	260	NIGHT RUNNER'S GLIWICE	K20	21	00:01:17	03:35:39	04:50:50	05:54:33	06:25:41.15	06:25:41.15	+03:11:53 (49.8%)	8:38	6.9 (50.0%)
594	ŚWIĘTOCHOWSKA Beata	224	GRUPA SKROMNYCH BIEGACZY	K40	37	00:02:30	03:31:51	04:52:01	05:55:14	06:25:51.95	06:25:51.95	+03:12:03 (49.8%)	8:39	6.9 (50.0%)
595	FANSLAU Marek	705		M50	42	00:01:37	03:28:19	04:49:28	05:53:40	06:27:07.70	06:27:07.70	+03:13:19 (49.9%)	8:40	6.9 (50.0%)
596	KĘTRZYŃSKI Ryszard	201	ZABIEGANI MIELEC	M40	172	00:02:14	03:35:26	04:52:46	05:54:56	06:27:42.75	06:27:42.75	+03:13:54 (50.0%)	8:41	6.9 (50.0%)
597	STĘPKOWSKA Berta	415	RUN_HELPERS	K40	38	00:02:43	03:34:56	04:59:57	05:59:46	06:28:29.25	06:28:29.25	+03:14:41 (50.1%)	8:42	6.9 (50.0%)
598	OBARSKI Norbert	66		M50	43	00:01:16	03:33:35	04:55:17	05:59:30	06:28:46.35	06:28:46.35	+03:14:58 (50.2%)	8:43	6.9 (50.0%)
599	PREJS Beata	795		K30	53	00:01:23	03:34:30	04:52:01	05:56:31	06:29:08.65	06:29:08.65	+03:15:20 (50.2%)	8:43	6.9 (50.0%)
600	ADAMOWSKI Jacek	643	NIGHT RUNNERS GLIWICE	M40	173	00:01:15	03:34:31	04:52:02	05:58:02	06:29:10.50	06:29:10.50	+03:15:22 (50.2%)	8:43	6.9 (50.0%)
601	ŻAK Oliwia	124	PIASECZNO RUNNING	K30	54	00:02:30	03:30:41	04:55:28	05:57:39	06:30:15.15	06:30:15.15	+03:16:27 (50.3%)	8:45	6.9 (50.0%)
602	JAROSZ-PIWOŃSKA Aldona	155		K30	55	00:02:30	03:30:41	04:55:28	05:57:39	06:30:16.90	06:30:16.90	+03:16:28 (50.3%)	8:45	6.9 (50.0%)
603	GRZYBEK Piotr	733	KEREZA	M40	174	00:02:21	03:20:53	04:43:26	05:53:22	06:31:02.75	06:31:02.75	+03:17:14 (50.4%)	8:46	6.8 (49.3%)
604	CWOJDZIŃSKI Piotr	214	NIGHT RUNNERS POZNAŃ	M30	203	00:01:14	03:33:59	04:59:03	06:01:31	06:31:14.25	06:31:14.25	+03:17:26 (50.5%)	8:46	6.8 (49.3%)
605	MARCINIAK Julia	563	NIGHT RUNNERS POZNAŃ	K30	56	00:01:14	03:33:59	04:59:03	06:01:31	06:31:15.10	06:31:15.10	+03:17:26 (50.5%)	8:46	6.8 (49.3%)
606	RZEPA Andrzej	676	JÓZEFIŃSKA TEAM	M30	204	00:02:00	03:28:52	04:53:47	05:57:26	06:31:26.00	06:31:26.00	+03:17:37 (50.5%)	8:46	6.8 (49.3%)
607	MICKIEWICZ Jolanta	285		K40	39	00:02:58	03:34:10	05:01:29	06:01:24	06:31:48.80	06:31:48.80	+03:18:00 (50.5%)	8:47	6.8 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
608	TWOREK Bogusław	328	BBL JAROSŁAW	M50	44	00:02:57	03:34:10	05:01:27	06:01:23	06:31:49.90	06:31:49.90	+03:18:01 (50.5%)	8:47	6.8 (49.3%)	
609	FARMAS Dariusz	522	NOWA HUTA TEAM	M40	175	00:01:55	03:33:04	05:01:14	06:01:57	06:32:10.55	06:32:10.55	+03:18:22 (50.6%)	8:47	6.8 (49.3%)	
610	JAKUBIEC Justyna	382	LUBELSKA GRUPA TRIATHLONU	K40	40	00:02:45	03:39:12	05:06:18	06:04:04	06:36:29.85	06:36:29.85	+03:22:41 (51.1%)	8:53	6.7 (48.6%)	
611	DZIUBEK Marcin	601	SEKCJA PIASKI	M30	205	00:02:18	03:25:09	04:53:12	06:00:43	06:36:30.95	06:36:30.95	+03:22:42 (51.1%)	8:53	6.7 (48.6%)	
612	RODKO - DZIUBEK Kamila	603	SEKCJA PIASKI	K20	22	00:02:19	03:32:05	04:53:10	06:00:44	06:36:33.85	06:36:33.85	+03:22:45 (51.1%)	8:53	6.7 (48.6%)	
613	ZYCH Anna	438	LSB	K40	41	00:02:43	03:43:26	05:06:17	06:04:11	06:36:35.50	06:36:35.50	+03:22:47 (51.1%)	8:53	6.7 (48.6%)	
614	LATOSIŃSKA Edyta	731	NOWA HUTA TEAM	K20	23	00:02:50	03:38:33	04:58:58	06:01:32	06:36:56.00	06:36:56.00	+03:23:07 (51.2%)	8:53	6.7 (48.6%)	
615	SATKO Jacek	194		M50	45	00:02:52	03:38:11	04:54:49	06:00:00	06:37:11.45	06:37:11.45	+03:23:23 (51.2%)	8:54	6.7 (48.6%)	
616	SOKOŁOWSKI Artur	399		M50	46	00:02:26	03:24:49	04:47:31	06:00:09	06:37:13.50	06:37:13.50	+03:23:25 (51.2%)	8:54	6.7 (48.6%)	
617	WŁODARSKA Magdalena	268		K40	42	00:02:16	03:38:28	04:59:18	06:03:53	06:37:15.05	06:37:15.05	+03:23:26 (51.2%)	8:54	6.7 (48.6%)	
618	MICHALSKI Henryk	302	GRUPA AZOTY TARNÓW	M40	176	00:01:43	03:41:23	04:55:14	05:57:26	06:37:16.00	06:37:16.00	+03:23:27 (51.2%)	8:54	6.7 (48.6%)	
619	GAWCZYŃSKA - BACZA Izabela	136	PRZEMYŚL- MAROKO	K40	43	00:02:36	03:32:12	04:59:01	06:03:22	06:37:17.35	06:37:17.35	+03:23:29 (51.2%)	8:54	6.7 (48.6%)	
620	LESZEK-KRÓLIKOWSKA Patrycja	336	RABBITS	K30	57	00:01:18	03:38:42	05:01:42	06:05:50	06:37:18.05	06:37:18.05	+03:23:29 (51.2%)	8:54	6.7 (48.6%)	
621	GIEŁWANOWSKI Marek	150		M20	56	00:02:37	03:32:13	04:59:15	06:03:22	06:37:19.50	06:37:19.50	+03:23:31 (51.2%)	8:54	6.7 (48.6%)	
622	MAZUR Magdalena	153	PRZEMYŚL ŻURAWICA	K30	58	00:02:36	03:32:13	04:59:14	06:03:22	06:37:20.35	06:37:20.35	+03:23:32 (51.2%)	8:54	6.7 (48.6%)	
623	PYSIEWICZ Krzysztof	135	NIEZRZESZONY	M60	6	00:02:56	03:45:39	04:57:28	06:01:57	06:37:21.25	06:37:21.25	+03:23:33 (51.2%)	8:54	6.7 (48.6%)	
624	WASIK Kornelia	134	TOMTOM TEAM	K20	24	00:03:03	03:41:13	04:58:48	06:01:29	06:37:36.70	06:37:36.70	+03:23:48 (51.3%)	8:54	6.7 (48.6%)	
625	WÓJTOWICZ Paweł	501		M40	177	00:03:11	03:10:13	04:42:03	05:56:29	06:37:41.30	06:37:41.30	+03:23:53 (51.3%)	8:55	6.7 (48.6%)	
626	JATA Marta	469	LUBELSKIE STOWARZYSZENIE BIEGOWE/WW TEAM	K30	59	00:02:42	03:43:25	05:06:15	06:07:30	06:38:35.75	06:38:35.75	+03:24:47 (51.4%)	8:56	6.7 (48.6%)	
627	SZEWC Marian	138		M60	7	00:03:09	03:29:53	04:47:20	05:59:23	06:38:41.90	06:38:41.90	+03:24:53 (51.4%)	8:56	6.7 (48.6%)	
628	ROSIŃSKA Małgorzata	437	SKLEP BIEGACZA LUBLIN	K30	60	00:02:44	03:43:19	05:05:51	06:06:36	06:38:43.10	06:38:43.10	+03:24:54 (51.4%)	8:56	6.7 (48.6%)	
629	KOTUŁA Jarosław	208	SKLEP BIEGACZA TEAM/ ORA LUBLIN	M30	206	00:02:44	03:43:19	05:05:48	06:06:36	06:38:44.00	06:38:44.00	+03:24:55 (51.4%)	8:56	6.7 (48.6%)	
630	MIŁOŃ Aleksandra	581		K20	25	00:02:21	03:31:44	05:05:33	06:07:28	06:38:54.75	06:38:54.75	+03:25:06 (51.4%)	8:56	6.7 (48.6%)	
631	MIŁOŃ Mariusz	812		M30	207	00:02:22	03:31:44	05:05:33	06:07:28	06:38:55.30	06:38:55.30	+03:25:07 (51.4%)	8:56	6.7 (48.6%)	
632	GŁUSZCZAK Jerzy	158		M50	47	00:02:35	03:36:48	04:54:07	06:02:47	06:38:56.45	06:38:56.45	+03:25:08 (51.4%)	8:56	6.7 (48.6%)	
633	STRZEPKA Krzysztof	361	KROKODYLE KOLBUSZOWA	M50	48	00:03:08	03:30:35	04:49:37	05:54:11	06:38:58.35	06:38:58.35	+03:25:10 (51.4%)	8:56	6.7 (48.6%)	
634	ORZECH Artur	321	KROKODYLE KOLBUSZOWA	M40	178	00:03:08	03:30:35	04:49:43	05:54:10	06:38:59.65	06:38:59.65	+03:25:11 (51.4%)	8:56	6.7 (48.6%)	
635	DRAPAŁA Jan	320	KROKODYLE KOLBUSZOWA	M40	179	00:03:08	03:30:35	04:49:35	05:54:12	06:39:00.60	06:39:00.60	+03:25:12 (51.4%)	8:56	6.7 (48.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
636	BACZA Piotr	137	PRZEMYŚL - MAROKO	M40	180	00:02:36	03:31:07	04:59:01	06:06:14	06:39:05.85	06:39:05.85	+03:25:17 (51.4%)	8:56	6.7 (48.6%)
637	RYMARZ Grzegorz	476		M40	181	00:03:01	03:29:05	04:52:33	06:02:47	06:39:07.15	06:39:07.15	+03:25:19 (51.4%)	8:56	6.7 (48.6%)
638	WRÓBLEWSKA-GAWEŁ Agnieszka	579		K40	44	00:01:55	03:37:46	05:12:19	06:09:51	06:39:08.35	06:39:08.35	+03:25:20 (51.4%)	8:56	6.7 (48.6%)
639	MAZUREK Monika	457	NOWA HUTA TEAM	K40	45	00:01:55	03:37:47	05:12:21	06:09:51	06:39:10.60	06:39:10.60	+03:25:22 (51.4%)	8:56	6.7 (48.6%)
640	PORĘBSKA Dorota	648	NOWA HUTA TEAM	K30	61	00:01:55	03:37:46	05:12:19	06:09:51	06:39:11.50	06:39:11.50	+03:25:23 (51.5%)	8:57	6.7 (48.6%)
641	SOWA Jacek	85	RKM SOPELEK	M30	208	00:01:35	03:41:32	05:05:13	06:07:51	06:39:12.30	06:39:12.30	+03:25:24 (51.5%)	8:57	6.7 (48.6%)
642	KRASOŃ Janusz	81	RKM 'SOPELEK'	M30	209	00:01:35	03:41:32	05:05:14	06:07:52	06:39:16.15	06:39:16.15	+03:25:28 (51.5%)	8:57	6.7 (48.6%)
643	GOMÓŁKA Wiesław	316	RZESZOWSKI KLUB MORSÓW,,SOPELEK"	M50	49	00:01:35	03:41:32	05:05:14	06:07:51	06:39:17.05	06:39:17.05	+03:25:28 (51.5%)	8:57	6.7 (48.6%)
644	ŻACZEK Anna	247	BIEGUSIEM.PL	K50	10	00:03:03	03:54:57	05:04:30	06:06:10	06:39:19.00	06:39:19.00	+03:25:30 (51.5%)	8:57	6.7 (48.6%)
645	TERLIKOWSKI Paweł	350	BIEGUSIEM.PL	M30	210	00:03:04	03:55:00	05:04:29	06:06:10	06:39:20.10	06:39:20.10	+03:25:31 (51.5%)	8:57	6.7 (48.6%)
646	MARKIEWICZ Rafał	775		M40	182	00:02:54	03:30:09	05:00:25	06:06:33	06:39:39.65	06:39:39.65	+03:25:51 (51.5%)	8:57	6.7 (48.6%)
647	BAĆMAGA Jan	192	TURLAM SIĘ DO METY - JP2	M40	183	00:01:57	03:32:31	05:00:26	06:06:33	06:39:40.70	06:39:40.70	+03:25:52 (51.5%)	8:57	6.7 (48.6%)
648	ŁYDKA Aleksandra	401		K20	26	00:02:11	03:47:04	04:56:28	06:05:47	06:39:43.95	06:39:43.95	+03:25:55 (51.5%)	8:57	6.7 (48.6%)
649	KACPERSKI Błażej	602	KADA BŁAŻEJ KACPERSKI	M30	211	00:03:05	03:44:47	05:00:03	06:05:38	06:40:03.75	06:40:03.75	+03:26:15 (51.6%)	8:58	6.7 (48.6%)
650	ŚNIEŻKO Eugeniusz	20	TEAM AKTYWNI Z CUKRZYCĄ	M30	212	00:02:29	03:52:45	05:04:52	06:09:46	06:41:37.00	06:41:37.00	+03:27:48 (51.7%)	9:00	6.7 (48.6%)
651	WÓJTOWICZ Paweł	573	LUBLIN BIEGA	M30	213	00:02:49	03:34:56	04:59:58	06:07:31	06:41:57.45	06:41:57.45	+03:28:09 (51.8%)	9:00	6.7 (48.6%)
652	HYZIAK Jakub	264	JJ.RUNNERS	M40	184	00:02:06	03:37:34	04:53:22	06:05:03	06:42:13.30	06:42:13.30	+03:28:25 (51.8%)	9:01	6.7 (48.6%)
653	KOZŁOWSKI Robert	40	DOCE PARES POLSKA	M40	185	00:01:09	03:28:54	04:47:01	06:04:58	06:43:23.20	06:43:23.20	+03:29:35 (52.0%)	9:02	6.6 (47.8%)
654	MATWIEJCZYK Sebastian	767	TEAM AKTYWNI Z CUKRZYCĄ	M30	214	00:02:31	03:52:45	05:04:54	06:09:45	06:43:45.35	06:43:45.35	+03:29:57 (52.0%)	9:03	6.6 (47.8%)
655	DOBROWOLSKA Grażyna	577	KB MARATOŃCZYK DĘBICA	K40	46	00:02:15	03:45:13	05:10:57	06:15:30	06:47:11.15	06:47:11.15	+03:33:23 (52.4%)	9:07	6.6 (47.8%)
656	KAWA Barbara	540	KB MARATOŃCZYK DĘBICA	K30	62	00:02:15	03:45:16	05:10:57	06:15:30	06:47:11.40	06:47:11.40	+03:33:23 (52.4%)	9:07	6.6 (47.8%)
657	BZOWSKA Aleksandra	700		K30	63	00:01:15	03:39:35	05:05:16	06:13:30	06:47:51.85	06:47:51.85	+03:34:03 (52.5%)	9:08	6.6 (47.8%)
657	PIECHOWICZ-KUROWSKA Agata	723	NIGHT RUNNERS GLIWICE	K30	64	00:01:15	03:39:35	05:05:26	06:13:30	06:47:51.85	06:47:51.85	+03:34:03 (52.5%)	9:08	6.6 (47.8%)
659	HORBACZEWSKI Marek	353		M50	50	00:01:20	03:36:18	05:05:19	06:12:27	06:48:18.70	06:48:18.70	+03:34:30 (52.5%)	9:09	6.6 (47.8%)
660	ŚLEMP Bernadetta	770		K40	47	00:03:06	03:40:52	05:05:25	06:11:51	06:48:36.00	06:48:36.00	+03:34:47 (52.6%)	9:09	6.5 (47.1%)
661	KIEŁB Jakub	376		M20	57	00:02:20	03:37:43	05:06:35	06:15:32	06:49:21.05	06:49:21.05	+03:35:32 (52.7%)	9:10	6.5 (47.1%)
662	LATO Karolina	571	LUBLIN BIEGA	K30	65	00:02:46	03:30:11	04:59:47	06:14:21	06:49:25.10	06:49:25.10	+03:35:36 (52.7%)	9:10	6.5 (47.1%)
663	KSIĄŻEK Dawid	572	LUBLIN BIEGA	M30	215	00:02:46	03:30:11	04:59:48	06:14:23	06:49:26.15	06:49:26.15	+03:35:38 (52.7%)	9:10	6.5 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Tempo	Tempo	
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			Różn
664	KARPIŃSKI Paweł	235	DZIKIE GRUBASY SZATANA	M30	216	00:01:43	03:40:51	05:07:11	06:16:15	06:49:34.80	06:49:34.80	+03:35:46 (52.7%)	9:10	6.5 (47.1%)
665	CHACIŃSKI Marcin	560	DZIKIE GRUBASY SZATANA	M30	217	00:01:48	03:41:12	05:07:11	06:16:16	06:49:44.80	06:49:44.80	+03:35:56 (52.7%)	9:11	6.5 (47.1%)
666	POTERA Marcin	65	FUKS GARKI	M30	218	00:02:30	03:29:52	05:16:53	06:17:39	06:50:28.80	06:50:28.80	+03:36:40 (52.8%)	9:12	6.5 (47.1%)
667	WALCZYŃSKA Karolina	745	NIGHT RUNNERS GLIWICE	K30	66	00:01:45	03:49:20	05:04:50	06:15:50	06:51:11.35	06:51:11.35	+03:37:23 (52.9%)	9:13	6.5 (47.1%)
668	KĘDZIOR Michał	420	DRUŻYNA SZPIKU	M30	219	00:02:20	03:48:25	05:06:36	06:17:00	06:52:13.95	06:52:13.95	+03:38:25 (53.0%)	9:14	6.5 (47.1%)
669	DZIEPAK Dorota	704		K30	67	00:02:20	03:48:26	05:06:37	06:17:01	06:52:32.15	06:52:32.15	+03:38:44 (53.0%)	9:14	6.5 (47.1%)
670	BINIAŚ PASTUSIAK Anna	405		K30	68	00:02:44	03:44:31	05:09:01	06:17:20	06:52:58.15	06:52:58.15	+03:39:10 (53.1%)	9:15	6.5 (47.1%)
671	CZECHOWSKA Izabela	384	WW TEAM	K40	48	00:02:40	03:44:31	05:09:01	06:17:20	06:53:21.50	06:53:21.50	+03:39:33 (53.1%)	9:16	6.5 (47.1%)
672	MAZUR Jerzy	490		M40	186	00:02:32	03:32:13	04:59:16	06:13:52	06:54:21.25	06:54:21.25	+03:40:33 (53.2%)	9:17	6.5 (47.1%)
673	ZAWADZKA Magdalena	363	AKS POLONIA WARSZAWA	K30	69	00:02:53	03:41:48	05:11:29	06:20:28	06:56:32.00	06:56:32.00	+03:42:43 (53.5%)	9:20	6.4 (46.4%)
674	BOGUCKA Martyna	121	JACEK BIEGA RUNNING TEAM	K40	49	00:02:53	03:46:23	05:08:46	06:20:26	06:59:02.70	06:59:02.70	+03:45:14 (53.8%)	9:23	6.4 (46.4%)
675	KOWALEWSKA Izabela	819	PIASECZNO RUNNING	K30	70	00:02:42	03:56:18	05:18:22	06:25:48	07:02:32.25	07:02:32.25	+03:48:44 (54.1%)	9:28	6.3 (45.7%)
676	KĘPKA Robert	495	BIEGUSIEM.PL	M30	220	00:03:04	03:54:57	05:16:50	06:29:55	07:04:06.50	07:04:06.50	+03:50:18 (54.3%)	9:30	6.3 (45.7%)
677	DANIELCZYK Damian	686		M30	221	00:01:24	03:54:22	05:18:22	06:26:26	07:04:36.20	07:04:36.20	+03:50:48 (54.4%)	9:31	6.3 (45.7%)
678	DURA Piotr	554	PKB ENDORFINA	M40	187	00:02:29	03:52:51	05:13:54	06:26:06	07:04:46.55	07:04:46.55	+03:50:58 (54.4%)	9:31	6.3 (45.7%)
679	HENKIEL Bartłomiej	708		M20	58	00:01:56	03:35:26	05:08:57	06:24:59	07:04:47.60	07:04:47.60	+03:50:59 (54.4%)	9:31	6.3 (45.7%)
680	MYŚLIŃSKI Tomasz	344	BIEGUSIEM.PL	M30	222	00:03:04	03:54:58	05:16:45	06:29:55	07:06:48.85	07:06:48.85	+03:53:00 (54.6%)	9:34	6.3 (45.7%)
681	KUCZEK Katarzyna	269	PGB SPORTOWA PACZKA	K40	50	00:01:22	03:46:30	05:35:13	06:41:41	07:14:02.45	07:14:02.45	+04:00:14 (55.3%)	9:43	6.2 (44.9%)
682	GORYJEWSKA Izabela	825		K20	27	00:01:53	04:00:06	05:27:17	06:40:06	07:15:44.25	07:15:44.25	+04:01:56 (55.5%)	9:46	6.1 (44.2%)
683	CZYŻ Dorota	565		K40	51	00:02:09	04:01:40	05:34:14	06:43:45	07:19:09.40	07:19:09.40	+04:05:21 (55.9%)	9:50	6.1 (44.2%)
684	MUTER Łukasz	487	NOWA HUTA TEAM	M30	223	00:02:51	03:34:24	05:11:04	06:37:14	07:22:55.30	07:22:55.30	+04:09:07 (56.2%)	9:55	6 (43.5%)
685	WRÓBEL Dominik	552	AZS PWSZ KROSNO	M40	188	00:02:34	04:02:42	05:37:14	06:50:14	07:26:55.45	07:26:55.45	+04:13:07 (56.6%)	10:01	6 (43.5%)
686	TUTAK Daniel	694	FURIOSI POLANKA	M30	224	00:02:55	04:04:01	05:35:16	06:52:15	07:30:33.20	07:30:33.20	+04:16:45 (57.0%)	10:06	5.9 (42.8%)
686	OKARMA Wojciech	681	SPOREST	M30	225	00:02:55	04:04:05	05:33:46	06:52:17	07:30:33.20	07:30:33.20	+04:16:45 (57.0%)	10:06	5.9 (42.8%)
688	KUCHARSKI Krystian	738	NR+	M20	59	00:02:10	03:47:07	05:25:23	06:50:39	07:36:46.65	07:36:46.65	+04:22:58 (57.6%)	10:14	5.9 (42.8%)
689	KUCZMENDA Katarzyna	787		K30	71	00:02:10	04:08:43	05:42:33	07:04:03	07:45:35.05	07:45:35.05	+04:31:46 (58.4%)	10:26	5.7 (41.3%)
690	RUDZKI Tomasz	128	BIEGACZ NOWOSOLNA	M40	189	00:01:52	03:56:17	05:49:11	07:04:34	07:48:44.20	07:48:44.20	+04:34:56 (58.7%)	10:30	5.7 (41.3%)
691	BALICKI Jacek	807	BIEGACZ NOWOSOLNA	M50	51	00:01:51	03:56:18	05:49:19	07:10:05	07:48:44.55	07:48:44.55	+04:34:56 (58.7%)	10:30	5.7 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
	SZPINDA Sebastian	246	BUT BIŁGORAJ ULTRA TRAIL	M30		00:01:08 DNF	02:20:20 DNF	03:06:48 DNF	04:23:01 DNF	DNF	DNF		-	- (0.0%)
	LADNER Paul	822		M40		00:02:21 DNF	03:10:47 DNF	04:23:53 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 693 wynik(ów)