



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2021-07-18  
Łądek-Zdrój  
10 km

## BIEG TROJAK TRAIL - 10 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                  | Numer       | Klub                          | Kategoria        | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------------|-------------|-------------------------------|------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|-----------------|
| 1   | <b>CHRZANOWSKI Patryk</b> | <b>8571</b> | PCH SPORT COMPLEX             | Senior II M - 30 | 1    | 00:20:28    | 00:30:52    | <b>00:49:26.00</b>    |                      | 4:56            | 12.1<br>(100%)  |
| 2   | <b>KOKOT Daniel</b>       | <b>8543</b> | 15                            | Senior I M - 20  | 1    | 00:21:02    | 00:31:43    | <b>00:50:29.90</b>    | +00:01:03<br>(2.1%)  | 5:02            | 11.9<br>(98.3%) |
| 3   | <b>BACHLEDA Łukasz</b>    | <b>8497</b> | GORĄCY POTOK TEAM             | Senior I M - 20  | 2    | 00:21:36    | 00:32:27    | <b>00:50:49.55</b>    | +00:01:23<br>(2.7%)  | 5:04            | 11.8<br>(97.5%) |
| 4   | <b>ŁĘŻNIAK Aleksander</b> | <b>8480</b> | MONK SANDALS TEAM             | Senior II M - 30 | 2    | 00:21:52    | 00:32:25    | <b>00:51:14.30</b>    | +00:01:48<br>(3.5%)  | 5:07            | 11.7<br>(96.7%) |
| 5   | <b>NORBERT Michał</b>     | <b>8334</b> | KB SOBÓTKA/PRZEDWOJEWSKI TEAM | Senior II M - 30 | 3    | 00:21:49    | 00:32:26    | <b>00:51:19.70</b>    | +00:01:53<br>(3.7%)  | 5:07            | 11.7<br>(96.7%) |
| 6   | <b>MIESZCZAK Marcin</b>   | <b>8371</b> |                               | Senior II M - 30 | 4    | 00:21:14    | 00:32:16    | <b>00:52:30.80</b>    | +00:03:04<br>(5.9%)  | 5:15            | 11.4<br>(94.2%) |
| 7   | <b>SZYMCZAK Arkadiusz</b> | <b>8534</b> |                               | Senior I M - 20  | 3    | 00:22:22    | 00:33:41    | <b>00:52:43.15</b>    | +00:03:17<br>(6.2%)  | 5:16            | 11.4<br>(94.2%) |
| 8   | <b>MIKULSKI Tomasz</b>    | <b>8017</b> | UKS FILIPIDES TERESIN         | Senior I M - 20  | 4    | 00:21:45    | 00:33:36    | <b>00:53:06.25</b>    | +00:03:40<br>(6.9%)  | 5:18            | 11.3<br>(93.4%) |
| 9   | <b>SOLIŃSKA Katarzyna</b> | <b>8576</b> | SALOMON SUUNTO TEAM POLSKA    | Senior II K - 30 | 1    | 00:22:05    | 00:33:33    | <b>00:53:21.80</b>    | +00:03:55<br>(7.4%)  | 5:20            | 11.2<br>(92.6%) |
| 10  | <b>GROMAŁA Krzysztof</b>  | <b>8326</b> | SOBASTEAM                     | Masters M - 40   | 1    | 00:22:44    | 00:33:56    | <b>00:53:40.30</b>    | +00:04:14<br>(7.9%)  | 5:22            | 11.2<br>(92.6%) |
| 11  | <b>KMIECIK Tomasz</b>     | <b>8572</b> | GOPR SUDETY                   | Masters M - 40   | 2    | 00:22:59    | 00:34:45    | <b>00:54:53.40</b>    | +00:05:27<br>(9.9%)  | 5:29            | 10.9<br>(90.1%) |
| 12  | <b>KRUPIŃSKI Bogumił</b>  | <b>8455</b> |                               | Masters M - 40   | 3    | 00:22:21    | 00:34:09    | <b>00:54:58.20</b>    | +00:05:32<br>(10.1%) | 5:29            | 10.9<br>(90.1%) |
| 13  | <b>WRZESZCZ Mariusz</b>   | <b>8132</b> | PRZEDWOJEWSKI TEAM / FUNTRI   | Senior II M - 30 | 5    | 00:23:08    | 00:35:04    | <b>00:55:04.15</b>    | +00:05:38<br>(10.2%) | 5:30            | 10.9<br>(90.1%) |
| 14  | <b>SZYMAŃSKI Paweł</b>    | <b>8181</b> | FIZJOBIEGACZE SZCZECIN        | Senior II M - 30 | 6    | 00:22:34    | 00:34:21    | <b>00:55:11.80</b>    | +00:05:45<br>(10.4%) | 5:31            | 10.9<br>(90.1%) |
| 15  | <b>MIKOŁAJCZYK Tomasz</b> | <b>8378</b> |                               | Masters M - 40   | 4    | 00:23:19    | 00:35:02    | <b>00:55:13.85</b>    | +00:05:47<br>(10.5%) | 5:31            | 10.9<br>(90.1%) |

| Msc | Zawodnik              | Numer | Klub                      | Kategoria        | Mkat | C1       | C1       | Czas          | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|---------------------------|------------------|------|----------|----------|---------------|----------------------|-----------------|-----------------|
|     |                       |       |                           |                  |      | 3.7km    | 5.8km    | netto<br>10km |                      |                 |                 |
| 16  | SIERADZKI Krzysztof   | 8257  | PRZEDWOJEWSKI TEAM        | Senior II M - 30 | 7    | 00:23:03 | 00:35:00 | 00:55:18.45   | +00:05:52<br>(10.6%) | 5:31            | 10.8<br>(89.3%) |
| 17  | SZKOŁA Wojciech       | 8143  | NATURAL BORN RUNNERS      | Senior II M - 30 | 8    | 00:23:43 | 00:35:38 | 00:56:43.80   | +00:07:17<br>(12.9%) | 5:40            | 10.6<br>(87.6%) |
| 18  | KOCANDA Alina         | 8426  | RAJSPOORT ACTIVE          | Senior II K - 30 | 2    | 00:23:42 | 00:35:39 | 00:56:56.80   | +00:07:30<br>(13.2%) | 5:41            | 10.5<br>(86.8%) |
| 19  | STREICH Tomasz        | 8487  |                           | Senior I M - 20  | 5    | 00:24:28 | 00:37:16 | 00:58:31.55   | +00:09:05<br>(15.5%) | 5:51            | 10.3<br>(85.1%) |
| 20  | JĘDRZEJEWSKI Dawid    | 8525  | OLEJ RUNNING TEAM         | Senior I M - 20  | 6    | 00:24:16 | 00:37:18 | 00:58:40.50   | +00:09:14<br>(15.8%) | 5:52            | 10.2<br>(84.3%) |
| 21  | KOWALIK Ewelina       | 8182  | FIZJOBIEGACZE SZCZECIN    | Senior II K - 30 | 3    | 00:24:39 | 00:37:09 | 00:58:46.55   | +00:09:20<br>(15.9%) | 5:52            | 10.2<br>(84.3%) |
| 22  | KUJAWA Zbigniew       | 8591  | ZAŁOGA GÓRSKA             | Senior II M - 30 | 9    | 00:25:02 | 00:37:52 | 00:59:00.60   | +00:09:34<br>(16.2%) | 5:54            | 10.2<br>(84.3%) |
| 23  | MICHAŁ Targosz        | 8324  | #ADAMCZERWIŃSKITEAM       | Masters M - 40   | 5    | 00:24:10 | 00:37:09 | 00:59:10.80   | +00:09:44<br>(16.5%) | 5:55            | 10.1<br>(83.5%) |
| 24  | CHODOROWSKI Krzysztof | 8210  | PRZEDWOJEWSKI TEAM        | Senior II M - 30 | 10   | 00:25:04 | 00:37:51 | 00:59:31.50   | +00:10:05<br>(17.0%) | 5:57            | 10.1<br>(83.5%) |
| 25  | JAZ Marcin            | 8389  | RNB TEAM POLANICA ZDRÓJ   | Senior II M - 30 | 11   | 00:24:48 | 00:37:35 | 00:59:34.85   | +00:10:08<br>(17.0%) | 5:57            | 10.1<br>(83.5%) |
| 26  | STRZELCZAK Robert     | 8044  | EUROVENT ATHLETICS        | Masters M - 40   | 6    | 00:25:28 | 00:38:05 | 00:59:38.85   | +00:10:12<br>(17.1%) | 5:57            | 10.1<br>(83.5%) |
| 27  | PIEKAJ Łukasz         | 8331  |                           | Senior II M - 30 | 12   | 00:24:55 | 00:37:51 | 00:59:39.80   | +00:10:13<br>(17.1%) | 5:57            | 10.1<br>(83.5%) |
| 28  | SŁOBODZIAN Jerzy      | 8273  | NYSA BIEGA                | Weteran I M - 50 | 1    | 00:24:53 | 00:37:33 | 00:59:45.10   | +00:10:19<br>(17.3%) | 5:58            | 10<br>(82.6%)   |
| 29  | GORCZYŃSKI Norbert    | 8376  | KUDOWIANKA RUN            | Senior I M - 20  | 7    | 00:25:07 | 00:38:03 | 00:59:53.50   | +00:10:27<br>(17.5%) | 5:59            | 10<br>(82.6%)   |
| 30  | BEDNARZ Marcin        | 8352  | TEAM KURORT ŁĄDEK ZDRÓJ   | Senior II M - 30 | 13   | 00:26:08 | 00:39:03 | 01:00:02.25   | +00:10:36<br>(17.7%) | 6:00            | 10<br>(82.6%)   |
| 31  | GRZEGOREK Grzegorz    | 8337  | KB KĄTY WROCŁAWSKIE       | Weteran I M - 50 | 2    | 00:26:03 | 00:38:42 | 01:00:38.65   | +00:11:12<br>(18.5%) | 6:03            | 9.9<br>(81.8%)  |
| 32  | GLANOWSKI Marek       | 8045  |                           | Senior II M - 30 | 14   | 00:25:35 | 00:38:51 | 01:01:01.55   | +00:11:35<br>(19.0%) | 6:06            | 9.8<br>(81.0%)  |
| 33  | NIEWCZAS Robert       | 8586  | FUNDACJA KIERUNEK ULTRA   | Masters M - 40   | 7    | 00:26:05 | 00:38:33 | 01:01:06.40   | +00:11:40<br>(19.1%) | 6:06            | 9.8<br>(81.0%)  |
| 34  | KARCZEWSKA Joanna     | 8581  | FUNDACJA KIERUNEK ULTRA   | Masters K - 40   | 1    | 00:25:50 | 00:38:44 | 01:01:07.05   | +00:11:41<br>(19.1%) | 6:06            | 9.8<br>(81.0%)  |
| 35  | BIERNACKA Katarzyna   | 8161  | SBRT WROCŁAW              | Senior II K - 30 | 4    | 00:26:37 | 00:39:44 | 01:01:17.95   | +00:11:51<br>(19.4%) | 6:07            | 9.8<br>(81.0%)  |
| 36  | MATUSZEWSKI Marek     | 8010  | RUNNER'S POWER ŚREM       | Masters M - 40   | 8    | 00:26:02 | 00:38:54 | 01:01:27.15   | +00:12:01<br>(19.6%) | 6:08            | 9.8<br>(81.0%)  |
| 37  | PAWŁOWSKI Mirosław    | 8532  | FIGHT-GYM STRONIE ŚLĄSKIE | Senior I M - 20  | 8    | 00:25:15 | 00:39:25 | 01:02:06.00   | +00:12:40<br>(20.4%) | 6:12            | 9.7<br>(80.2%)  |
| 38  | CZELEŃ Mateusz        | 8221  |                           | Senior II M - 30 | 15   | 00:26:47 | 00:40:02 | 01:02:09.30   | +00:12:43<br>(20.5%) | 6:12            | 9.7<br>(80.2%)  |

| Msc | Zawodnik                            | Numer | Klub                                 | Kategoria            | Mkat | C1       | C1       | Czas          | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------------|-------|--------------------------------------|----------------------|------|----------|----------|---------------|----------------------|-----------------|----------------|
|     |                                     |       |                                      |                      |      | 3.7km    | 5.8km    | netto<br>10km |                      |                 |                |
| 39  | ROZDZYNSKA<br>Patrycja              | 8456  | RUNPROGRESS TEAM                     | Senior I K -<br>20   | 1    | 00:26:47 | 00:40:32 | 01:02:52.75   | +00:13:26<br>(21.4%) | 6:17            | 9.5<br>(78.5%) |
| 40  | KRUK Emilia                         | 8360  | RYKOWISKO TEAM                       | Senior I K -<br>20   | 2    | 00:26:14 | 00:40:32 | 01:02:54.45   | +00:13:28<br>(21.4%) | 6:17            | 9.5<br>(78.5%) |
| 41  | MARZEC Tomasz                       | 8026  | RUNNERS TEAM NYSA                    | Masters M<br>- 40    | 9    | 00:26:40 | 00:40:16 | 01:03:12.35   | +00:13:46<br>(21.8%) | 6:19            | 9.5<br>(78.5%) |
| 42  | BUDZIEWSKA<br>Katarzyna             | 8174  | ŁAB ŁAGIEWNIKI                       | Senior II K<br>- 30  | 5    | 00:26:27 | 00:39:51 | 01:03:28.85   | +00:14:02<br>(22.1%) | 6:20            | 9.5<br>(78.5%) |
| 43  | SOBCZAK-<br>PAŁASZEWSKA<br>Karolina | 8028  |                                      | Senior II K<br>- 30  | 6    | 00:25:55 | 00:39:36 | 01:03:36.85   | +00:14:10<br>(22.3%) | 6:21            | 9.4<br>(77.7%) |
| 44  | OLSZEWSKI Tomek                     | 8169  |                                      | Masters M<br>- 40    | 10   | 00:26:59 | 00:40:44 | 01:03:40.35   | +00:14:14<br>(22.4%) | 6:22            | 9.4<br>(77.7%) |
| 45  | BIEL Sławomir                       | 8150  | WWW.42K.COM.PL                       | Masters M<br>- 40    | 11   | 00:26:27 | 00:40:09 | 01:04:08.75   | +00:14:42<br>(22.9%) | 6:24            | 9.4<br>(77.7%) |
| 46  | SZTURO Jan                          | 8507  | PODGÓRZYN-GMINA PRZYJAZNA Z NATURY   | Weteran I<br>M - 50  | 3    | 00:27:14 | 00:41:12 | 01:05:02.15   | +00:15:36<br>(24.0%) | 6:30            | 9.2<br>(76.0%) |
| 47  | BUDYCH Arek                         | 8529  |                                      | Masters M<br>- 40    | 12   | 00:28:06 | 00:41:59 | 01:05:57.95   | +00:16:31<br>(25.1%) | 6:35            | 9.1<br>(75.2%) |
| 48  | KOŁODZIEJ Roman                     | 8289  |                                      | Masters M<br>- 40    | 13   | 00:28:20 | 00:42:17 | 01:06:03.80   | +00:16:37<br>(25.2%) | 6:36            | 9.1<br>(75.2%) |
| 49  | SZTURO Filip                        | 8508  | PODGÓRZYN-GMINA PRZYJAZNA Z NATURY   | Senior I M -<br>20   | 9    | 00:27:43 | 00:42:35 | 01:06:08.40   | +00:16:42<br>(25.3%) | 6:36            | 9.1<br>(75.2%) |
| 50  | KONDRACIUK Paweł                    | 8214  | KONDRACIUK TEAM                      | Senior I M -<br>20   | 10   | 00:28:01 | 00:42:07 | 01:06:11.00   | +00:16:45<br>(25.3%) | 6:37            | 9.1<br>(75.2%) |
| 51  | MOKRZYŃSKI Marcin                   | 8069  | KLUB LEKKOATLETYCZNY ZIEMI KŁODZKIEJ | Masters M<br>- 40    | 14   | 00:28:27 | 00:42:01 | 01:06:21.80   | +00:16:55<br>(25.5%) | 6:38            | 9<br>(74.4%)   |
| 52  | CIEPŁY Maciej                       | 8119  |                                      | Senior II M<br>- 30  | 16   | 00:26:44 | 00:41:50 | 01:06:22.85   | +00:16:56<br>(25.5%) | 6:38            | 9<br>(74.4%)   |
| 53  | PIJANOWSKI Paweł                    | 8263  |                                      | Masters M<br>- 40    | 15   | 00:28:04 | 00:41:57 | 01:06:26.05   | +00:17:00<br>(25.6%) | 6:38            | 9<br>(74.4%)   |
| 54  | PIETRZYK Tomasz                     | 8250  | 140MINUT.PL                          | Masters M<br>- 40    | 16   | 00:27:59 | 00:42:06 | 01:06:43.75   | +00:17:17<br>(25.9%) | 6:40            | 9<br>(74.4%)   |
| 55  | WANOWSKI<br>Przemysław              | 8387  | KRWIOBIEG(ANIE) ZIELONA GÓRA         | Senior II M<br>- 30  | 17   | 00:26:57 | 00:42:50 | 01:07:07.10   | +00:17:41<br>(26.3%) | 6:42            | 8.9<br>(73.6%) |
| 56  | PLEŚNIARSKI<br>Zbigniew             | 8325  | KLUB SPORTOWY GRAŃ W KARPACZU        | Weteran II<br>M - 60 | 1    | 00:28:04 | 00:42:29 | 01:07:26.15   | +00:18:00<br>(26.7%) | 6:44            | 8.9<br>(73.6%) |
| 57  | ULIKOWSKA Martyna                   | 8481  | ZAŁOGA GÓRSKA                        | Senior II K<br>- 30  | 7    | 00:29:21 | 00:43:51 | 01:07:44.95   | +00:18:18<br>(27.0%) | 6:46            | 8.9<br>(73.6%) |
| 58  | TOMASZKIEWICZ<br>Wojciech           | 8442  | RUN FOREST                           | Senior II M<br>- 30  | 18   | 00:27:59 | 00:42:11 | 01:07:59.10   | +00:18:33<br>(27.3%) | 6:47            | 8.8<br>(72.7%) |
| 59  | ŚLADCZYK Dominik                    | 8276  | MKST                                 | Senior II M<br>- 30  | 19   | 00:29:35 | 00:44:26 | 01:08:02.65   | +00:18:36<br>(27.4%) | 6:48            | 8.8<br>(72.7%) |
| 60  | WAGNER Mateusz                      | 8568  |                                      | Senior II M<br>- 30  | 20   | 00:29:28 | 00:43:51 | 01:08:17.20   | +00:18:51<br>(27.6%) | 6:49            | 8.8<br>(72.7%) |
| 61  | ROGÓŻ Jan                           | 8363  |                                      | Senior I M -<br>20   | 11   | 00:27:38 | 00:43:47 | 01:08:27.00   | +00:19:01<br>(27.8%) | 6:50            | 8.8<br>(72.7%) |

| Msc | Zawodnik                          | Numer | Klub                                                           | Kategoria        | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------|----------------------------------------------------------------|------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 62  | PASIK Kamila                      | 8575  |                                                                | Senior II K - 30 | 8    | 00:28:44    | 00:43:52    | 01:08:40.70           | +00:19:14<br>(28.0%) | 6:52            | 8.7<br>(71.9%) |
| 63  | ŚWIATOWY Filip                    | 8431  | RONAL POLSKA RUN                                               | Senior II M - 30 | 21   | 00:30:29    | 00:45:00    | 01:09:12.30           | +00:19:46<br>(28.6%) | 6:55            | 8.7<br>(71.9%) |
| 64  | HAWRYŁAK Wojciech                 | 8562  | GMINNE STOWARZYSZENIE SPORTOWE KLUBU SPORTOWEGO DŁUGOŁĘKA 2000 | Senior I M - 20  | 12   | 00:26:47    | 00:41:24    | 01:09:22.55           | +00:19:56<br>(28.7%) | 6:56            | 8.6<br>(71.1%) |
| 65  | POLIWOZAK Patryk                  | 8139  |                                                                | Senior II M - 30 | 22   | 00:29:06    | 00:44:13    | 01:09:33.30           | +00:20:07<br>(28.9%) | 6:57            | 8.6<br>(71.1%) |
| 66  | ZIENDARA Michalina                | 8597  | ZAŁOGA GÓRSKA                                                  | Senior I K - 20  | 3    | 00:28:23    | 00:43:52    | 01:09:44.20           | +00:20:18<br>(29.1%) | 6:58            | 8.6<br>(71.1%) |
| 67  | KUSAL Tomasz                      | 8018  |                                                                | Senior I M - 20  | 13   | 00:29:27    | 00:44:37    | 01:09:51.00           | +00:20:25<br>(29.2%) | 6:59            | 8.6<br>(71.1%) |
| 68  | NOWICKI Mateusz                   | 8029  |                                                                | Senior I M - 20  | 14   | 00:29:28    | 00:44:39    | 01:09:51.30           | +00:20:25<br>(29.2%) | 6:59            | 8.6<br>(71.1%) |
| 69  | JAZ Joanna                        | 8278  | RNB TEAM POLANICA ZDRÓJ                                        | Senior II K - 30 | 9    | 00:28:31    | 00:43:48    | 01:10:06.80           | +00:20:40<br>(29.5%) | 7:00            | 8.6<br>(71.1%) |
| 70  | KIELASZEWSKI Karol                | 8479  | LESZNO LIMITS RUNNERS                                          | Senior II M - 30 | 23   | 00:29:31    | 00:46:04    | 01:10:16.50           | +00:20:50<br>(29.7%) | 7:01            | 8.5<br>(70.2%) |
| 71  | CHRZANOWSKI Paweł                 | 8423  |                                                                | Masters M - 40   | 17   | 00:31:27    | 00:45:55    | 01:10:25.20           | +00:20:59<br>(29.8%) | 7:02            | 8.5<br>(70.2%) |
| 72  | CIEKAŃSKI Michał                  | 8549  | 35PLUS                                                         | Masters M - 40   | 18   | 00:29:04    | 00:44:28    | 01:10:30.25           | +00:21:04<br>(29.9%) | 7:03            | 8.5<br>(70.2%) |
| 73  | MAŁYJASIAK Jakub                  | 8384  |                                                                | Senior I M - 20  | 15   | 00:32:50    | 00:47:35    | 01:10:31.25           | +00:21:05<br>(29.9%) | 7:03            | 8.5<br>(70.2%) |
| 74  | KOSMOWSKI Wiesław                 | 8077  |                                                                | Senior II M - 30 | 24   | 00:30:40    | 00:45:28    | 01:10:38.15           | +00:21:12<br>(30.0%) | 7:03            | 8.5<br>(70.2%) |
| 75  | GRĄDZKA Marianna                  | 8178  | KNEIPP TEAM ŁÓDŹ                                               | Senior I K - 20  | 4    | 00:30:17    | 00:45:48    | 01:11:07.75           | +00:21:41<br>(30.5%) | 7:06            | 8.4<br>(69.4%) |
| 76  | SZCZESZEK Arkadiusz               | 8359  |                                                                | Masters M - 40   | 19   | 00:30:38    | 00:46:00    | 01:11:27.15           | +00:22:01<br>(30.8%) | 7:08            | 8.4<br>(69.4%) |
| 77  | BRZAKALA Katarzyna                | 8379  | PAN JAGODA TEAM                                                | Senior II K - 30 | 10   | 00:29:51    | 00:45:13    | 01:11:32.95           | +00:22:06<br>(30.9%) | 7:09            | 8.4<br>(69.4%) |
| 78  | ZAKRZEWICZ-<br>PODLECKA Agnieszka | 8007  | ROKIETNICA BIEGA                                               | Senior II K - 30 | 11   | 00:31:03    | 00:45:50    | 01:11:34.10           | +00:22:08<br>(30.9%) | 7:09            | 8.4<br>(69.4%) |
| 79  | GOŚCIŃSKI Sławomir                | 8570  | WWW.ICE4MED.PL                                                 | Senior II M - 30 | 25   | 00:31:42    | 00:46:14    | 01:11:36.70           | +00:22:10<br>(31.0%) | 7:09            | 8.4<br>(69.4%) |
| 80  | FRYBES Agnieszka                  | 8583  | FUNDACJA KIERUNEK ULTRA                                        | Senior II K - 30 | 12   | 00:30:54    | 00:45:38    | 01:11:48.80           | +00:22:22<br>(31.2%) | 7:10            | 8.4<br>(69.4%) |
| 81  | TOMAKA Maciej                     | 8601  |                                                                | Senior II M - 30 | 26   | 00:30:27    | 00:46:34    | 01:11:49.40           | +00:22:23<br>(31.2%) | 7:10            | 8.4<br>(69.4%) |
| 82  | MIELCZAREK<br>Grzegorz            | 8062  |                                                                | Weteran I M - 50 | 4    | 00:30:37    | 00:45:08    | 01:12:08.10           | +00:22:42<br>(31.5%) | 7:12            | 8.3<br>(68.6%) |
| 83  | CIECIELĄG Adam                    | 8468  |                                                                | Senior I M - 20  | 16   | 00:31:07    | 00:45:53    | 01:12:15.35           | +00:22:49<br>(31.6%) | 7:13            | 8.3<br>(68.6%) |
| 84  | SZUBA Przemysław                  | 8407  |                                                                | Masters M - 40   | 20   | 00:31:01    | 00:46:10    | 01:12:18.95           | +00:22:52<br>(31.6%) | 7:13            | 8.3<br>(68.6%) |

| Msc | Zawodnik           | Numer | Klub                         | Kategoria         | Mkat | C1       | C1       | Czas          | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|------------------------------|-------------------|------|----------|----------|---------------|----------------------|-----------------|----------------|
|     |                    |       |                              |                   |      | 3.7km    | 5.8km    | netto<br>10km |                      |                 |                |
| 85  | SZYMAŃSKI Jarosław | 8030  |                              | Senior I M - 20   | 17   | 00:31:20 | 00:46:53 | 01:12:30.80   | +00:23:04<br>(31.8%) | 7:15            | 8.3<br>(68.6%) |
| 86  | BACKER Marcin      | 8368  | TOPOLICE TEAM                | Masters M - 40    | 21   | 00:31:21 | 00:46:58 | 01:12:36.10   | +00:23:10<br>(31.9%) | 7:15            | 8.3<br>(68.6%) |
| 87  | MIKOŁAJCZAK Bartek | 8419  | FRIENDS GOSTYŃ               | Senior I M - 20   | 18   | 00:31:26 | 00:47:13 | 01:12:41.85   | +00:23:15<br>(32.0%) | 7:16            | 8.3<br>(68.6%) |
| 88  | KUCZYŃSKI Zbigniew | 8439  | CROSS STRACEŃCÓW             | Weteran II M - 60 | 2    | 00:29:43 | 00:46:25 | 01:12:45.05   | +00:23:19<br>(32.1%) | 7:16            | 8.2<br>(67.8%) |
| 89  | ŚLADCZYK Seweryn   | 8277  | MKST                         | Senior I M - 20   | 19   | 00:30:59 | 00:47:24 | 01:13:01.80   | +00:23:35<br>(32.3%) | 7:18            | 8.2<br>(67.8%) |
| 90  | TEKIELI Jerzy      | 8170  | TEKIELI FAMILY               | Masters M - 40    | 22   | 00:32:32 | 00:47:49 | 01:13:04.85   | +00:23:38<br>(32.4%) | 7:18            | 8.2<br>(67.8%) |
| 91  | FUCHS Dariusz      | 8430  | TEAM KURORT ŁĄDEK-ZDRÓJ      | Weteran I M - 50  | 5    | 00:30:35 | 00:46:33 | 01:13:05.30   | +00:23:39<br>(32.4%) | 7:18            | 8.2<br>(67.8%) |
| 92  | KADŁUBOWSKI Piotr  | 8286  |                              | Masters M - 40    | 23   | 00:30:30 | 00:45:48 | 01:13:17.55   | +00:23:51<br>(32.6%) | 7:19            | 8.2<br>(67.8%) |
| 93  | WALCZAK Adrian     | 8076  | WOJSKOWA AKADEMIA TECHNICZNA | Senior I M - 20   | 20   | 00:29:53 | 00:46:07 | 01:13:48.95   | +00:24:22<br>(33.0%) | 7:22            | 8.1<br>(66.9%) |
| 94  | SAŁDYKA Marcin     | 8519  |                              | Senior I M - 20   | 21   | 00:31:58 | 00:48:03 | 01:14:01.85   | +00:24:35<br>(33.2%) | 7:24            | 8.1<br>(66.9%) |
| 95  | RAKOCZY Krzysztof  | 8518  |                              | Senior I M - 20   | 22   | 00:31:59 | 00:48:04 | 01:14:02.90   | +00:24:36<br>(33.2%) | 7:24            | 8.1<br>(66.9%) |
| 96  | ZALEWSKI Karol     | 8091  |                              | Senior II M - 30  | 27   | 00:30:48 | 00:46:40 | 01:14:06.10   | +00:24:40<br>(33.3%) | 7:24            | 8.1<br>(66.9%) |
| 97  | MAZIAREK Adela     | 8034  |                              | Senior II K - 30  | 13   | 00:31:41 | 00:47:12 | 01:14:12.15   | +00:24:46<br>(33.4%) | 7:25            | 8.1<br>(66.9%) |
| 98  | UPTAS Tomasz       | 8046  | FITNESS & SQUASH COMPLEX     | Masters M - 40    | 24   | 00:30:05 | 00:48:23 | 01:14:16.25   | +00:24:50<br>(33.4%) | 7:25            | 8.1<br>(66.9%) |
| 99  | SZUMNY Nina        | 8558  |                              | Senior II K - 30  | 14   | 00:32:18 | 00:47:56 | 01:14:20.70   | +00:24:54<br>(33.5%) | 7:26            | 8.1<br>(66.9%) |
| 100 | BRYŃSKI Dariusz    | 8333  |                              | Weteran I M - 50  | 6    | 00:29:21 | 00:46:51 | 01:14:21.00   | +00:24:55<br>(33.5%) | 7:26            | 8.1<br>(66.9%) |
| 101 | LUBAŃSKI Mateusz   | 8523  | KS BARYCZ MILICZ             | Senior II M - 30  | 28   | 00:31:31 | 00:47:54 | 01:14:22.45   | +00:24:56<br>(33.5%) | 7:26            | 8.1<br>(66.9%) |
| 102 | OCIEPKA Michał     | 8509  | EL GATO                      | Senior II M - 30  | 29   | 00:30:54 | 00:47:55 | 01:14:36.30   | +00:25:10<br>(33.7%) | 7:27            | 8<br>(66.1%)   |
| 103 | LIPIŃSKI Oskar     | 8364  |                              | Senior II M - 30  | 30   | 00:32:13 | 00:48:30 | 01:14:56.80   | +00:25:30<br>(34.0%) | 7:29            | 8<br>(66.1%)   |
| 104 | MUCHA Orest        | 8191  |                              | Senior II M - 30  | 31   | 00:32:16 | 00:48:23 | 01:15:09.90   | +00:25:43<br>(34.2%) | 7:30            | 8<br>(66.1%)   |
| 105 | WODKOWSKI Bartosz  | 8207  |                              | Senior II M - 30  | 32   | 00:32:39 | 00:49:18 | 01:15:16.20   | +00:25:50<br>(34.3%) | 7:31            | 8<br>(66.1%)   |
| 106 | BARTKOWIAK Hubert  | 8078  | KB SUKCES ŻMIGRÓD            | Weteran I M - 50  | 7    | 00:31:03 | 00:47:18 | 01:15:17.05   | +00:25:51<br>(34.3%) | 7:31            | 8<br>(66.1%)   |
| 107 | PODGÓRNY Mariusz   | 8122  | TEAM OZIMEK                  | Senior I M - 20   | 23   | 00:31:18 | 00:47:37 | 01:15:25.90   | +00:25:59<br>(34.5%) | 7:32            | 8<br>(66.1%)   |

| Msc | Zawodnik               | Numer | Klub                       | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|----------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                        |       |                            |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 108 | TOMZA Iwona            | 8566  | SBRT WROCŁAW               | Senior II K - 30  | 15   | 00:32:17 | 00:48:48 | 01:15:37.50     | +00:26:11 (34.6%) | 7:33         | 7.9 (65.3%) |
| 109 | ZALEWSKA Agnieszka     | 8512  |                            | Masters K - 40    | 2    | 00:31:57 | 00:47:45 | 01:15:41.70     | +00:26:15 (34.7%) | 7:34         | 7.9 (65.3%) |
| 110 | DROŻYŃSKA Iwona        | 8296  |                            | Senior II K - 30  | 16   | 00:32:02 | 00:48:12 | 01:15:49.35     | +00:26:23 (34.8%) | 7:34         | 7.9 (65.3%) |
| 111 | PLUTA Kinga            | 8528  |                            | Senior I K - 20   | 5    | 00:31:21 | 00:48:29 | 01:16:00.45     | +00:26:34 (35.0%) | 7:36         | 7.9 (65.3%) |
| 112 | JARZĄBEK Magdalena     | 8115  | MRUNNERS                   | Senior II K - 30  | 17   | 00:32:31 | 00:49:24 | 01:16:13.75     | +00:26:47 (35.2%) | 7:37         | 7.9 (65.3%) |
| 113 | BARNAŚ Maciej          | 8188  |                            | Weteran I M - 50  | 8    | 00:31:36 | 00:48:00 | 01:16:34.85     | +00:27:08 (35.4%) | 7:39         | 7.8 (64.5%) |
| 114 | MUSIAŁ Rafał           | 8381  |                            | Senior I M - 20   | 24   | 00:33:10 | 00:49:48 | 01:16:47.10     | +00:27:21 (35.6%) | 7:40         | 7.8 (64.5%) |
| 115 | HYZYK Tomasz           | 8545  |                            | Masters M - 40    | 25   | 00:33:49 | 00:50:09 | 01:16:48.05     | +00:27:22 (35.6%) | 7:40         | 7.8 (64.5%) |
| 116 | JUNCZYK Michał Junczyk | 8205  |                            | Senior II M - 30  | 33   | 00:32:39 | 00:49:42 | 01:17:00.10     | +00:27:34 (35.8%) | 7:42         | 7.8 (64.5%) |
| 117 | GRUNTOWSKI Mateusz     | 8553  | NIEMO ADVENTURE            | Senior II M - 30  | 34   | 00:32:38 | 00:49:02 | 01:17:00.20     | +00:27:34 (35.8%) | 7:42         | 7.8 (64.5%) |
| 118 | CHODÓR-KOPECKA Barbara | 8420  |                            | Senior I K - 20   | 6    | 00:32:49 | 00:49:29 | 01:17:03.95     | +00:27:37 (35.9%) | 7:42         | 7.8 (64.5%) |
| 119 | KULA Sebastian         | 8533  |                            | Masters M - 40    | 26   | 00:33:36 | 00:49:30 | 01:17:04.55     | +00:27:38 (35.9%) | 7:42         | 7.8 (64.5%) |
| 120 | WALA Patryk            | 8593  | ZAŁOGA GÓRSKA              | Senior II M - 30  | 35   | 00:33:42 | 00:50:08 | 01:17:05.10     | +00:27:39 (35.9%) | 7:42         | 7.8 (64.5%) |
| 121 | MACHULA Arkadiusz      | 8547  |                            | Masters M - 40    | 27   | 00:31:58 | 00:49:28 | 01:17:10.60     | +00:27:44 (35.9%) | 7:43         | 7.8 (64.5%) |
| 122 | ZIMNY Tomasz           | 8390  |                            | Weteran II M - 60 | 3    | 00:33:27 | 00:50:04 | 01:17:17.30     | +00:27:51 (36.0%) | 7:43         | 7.8 (64.5%) |
| 123 | KĘDZIOR Bartłomiej     | 8472  |                            | Masters M - 40    | 28   | 00:31:25 | 00:47:48 | 01:17:31.85     | +00:28:05 (36.2%) | 7:45         | 7.7 (63.6%) |
| 124 | KORBANEK Witold        | 8275  | POZYTYWNIIE ZAKRĘCENI      | Masters M - 40    | 29   | 00:32:41 | 00:49:36 | 01:17:37.00     | +00:28:11 (36.3%) | 7:45         | 7.7 (63.6%) |
| 125 | MAZIAREK Michał        | 8135  |                            | Senior II M - 30  | 36   | 00:32:48 | 00:49:22 | 01:17:38.25     | +00:28:12 (36.3%) | 7:45         | 7.7 (63.6%) |
| 126 | BIESZCZAD Regina       | 8233  | KB ATHLETIC ZRĘCIN         | Senior I K - 20   | 7    | 00:34:58 | 00:51:30 | 01:17:42.40     | +00:28:16 (36.4%) | 7:46         | 7.7 (63.6%) |
| 127 | SUSZCZYNSKI Krzysztof  | 8148  |                            | Masters M - 40    | 30   | 00:32:34 | 00:49:27 | 01:17:44.65     | +00:28:18 (36.4%) | 7:46         | 7.7 (63.6%) |
| 128 | MATYSIAK Maciej        | 8440  | OLD SCHOOL HOOLIGANS       | Masters M - 40    | 31   | 00:32:14 | 00:49:09 | 01:17:45.00     | +00:28:19 (36.4%) | 7:46         | 7.7 (63.6%) |
| 129 | FRĄCZYK Sabina         | 8599  | WIECZORNE BIEGANIE W OPOLU | Senior II K - 30  | 18   | 00:32:51 | 00:49:17 | 01:17:50.15     | +00:28:24 (36.5%) | 7:47         | 7.7 (63.6%) |
| 130 | NOWAKOWSKA Ewelina     | 8251  |                            | Senior I K - 20   | 8    | 00:33:10 | 00:50:09 | 01:17:59.20     | +00:28:33 (36.6%) | 7:47         | 7.7 (63.6%) |

| Msc | Zawodnik              | Numer | Klub                    | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|-------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                       |       |                         |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 131 | MITIS Marek           | 8560  |                         | Senior II M - 30  | 37   | 00:33:34 | 00:50:00 | 01:18:02.65     | +00:28:36 (36.7%) | 7:48         | 7.7 (63.6%) |
| 132 | NIEMCZAK Kamil        | 8252  | FLYING HIPPOCORNs       | Senior II M - 30  | 38   | 00:32:42 | 00:49:05 | 01:18:12.55     | +00:28:46 (36.8%) | 7:49         | 7.7 (63.6%) |
| 133 | KMIECIK Jakub         | 8223  | TARNOWO PODGÓRNE BIEGA  | Masters M - 40    | 32   | 00:34:16 | 00:51:34 | 01:18:17.45     | +00:28:51 (36.9%) | 7:49         | 7.7 (63.6%) |
| 134 | LEWICKI Tomasz        | 8438  | CAŁA OLEŚNICA BIEGA     | Masters M - 40    | 33   | 00:32:56 | 00:49:29 | 01:18:24.55     | +00:28:58 (37.0%) | 7:50         | 7.7 (63.6%) |
| 135 | KEMPA Karolina        | 8454  |                         | Senior I K - 20   | 9    | 00:30:58 | 00:49:58 | 01:18:30.25     | +00:29:04 (37.0%) | 7:51         | 7.6 (62.8%) |
| 136 | SKULIMA Szymon        | 8022  |                         | Senior I M - 20   | 25   | 00:32:59 | 00:50:26 | 01:18:48.95     | +00:29:22 (37.3%) | 7:52         | 7.6 (62.8%) |
| 137 | MALCÁNKOVÁ Kateřina   | 8433  |                         | Senior I K - 20   | 10   | 00:34:28 | 00:52:18 | 01:18:55.80     | +00:29:29 (37.4%) | 7:53         | 7.6 (62.8%) |
| 138 | GRABIŃSKA Gizela      | 8596  | ZAŁOGA GÓRSKA           | Weteran K - 50    | 1    | 00:32:37 | 00:49:21 | 01:18:56.10     | +00:29:30 (37.4%) | 7:53         | 7.6 (62.8%) |
| 139 | PLINIEWICZ Krzysztof  | 8459  | STRONIE BIEGA           | Senior II M - 30  | 39   | 00:32:54 | 00:49:07 | 01:18:58.70     | +00:29:32 (37.4%) | 7:53         | 7.6 (62.8%) |
| 140 | SZARSKI Jacek         | 8421  |                         | Senior I M - 20   | 26   | 00:33:09 | 00:49:43 | 01:19:00.35     | +00:29:34 (37.4%) | 7:54         | 7.6 (62.8%) |
| 141 | MATYSIK Marta         | 8283  | WYZNAWCY BRONKA LIBIĄŻ  | Senior II K - 30  | 19   | 00:32:57 | 00:50:05 | 01:19:04.75     | +00:29:38 (37.5%) | 7:54         | 7.6 (62.8%) |
| 142 | SAMBORSKI Bartosz     | 8037  | ZAŁOGA GÓRSKA           | Masters M - 40    | 34   | 00:34:28 | 00:50:38 | 01:19:06.55     | +00:29:40 (37.5%) | 7:54         | 7.6 (62.8%) |
| 143 | NAKRASZEWICZ Dawid    | 8097  |                         | Senior I M - 20   | 27   | 00:35:08 | 00:52:37 | 01:19:16.50     | +00:29:50 (37.6%) | 7:55         | 7.6 (62.8%) |
| 144 | WUJDA Mirosław        | 8123  | ERNI RULEZ              | Masters M - 40    | 35   | 00:31:03 | 00:48:35 | 01:19:19.60     | +00:29:53 (37.7%) | 7:55         | 7.6 (62.8%) |
| 145 | WIŚNIEWSKI Mariusz    | 8156  |                         | Masters M - 40    | 36   | 00:34:11 | 00:51:01 | 01:19:19.90     | +00:29:53 (37.7%) | 7:55         | 7.6 (62.8%) |
| 146 | KĘDZIOR Joanna        | 8321  | KB HARCOWNIK            | Masters K - 40    | 3    | 00:33:19 | 00:51:05 | 01:19:39.55     | +00:30:13 (37.9%) | 7:57         | 7.5 (62.0%) |
| 147 | AUGUSTYNOWICZ Andrzej | 8200  | RCI BYDGOSZCZ           | Masters M - 40    | 37   | 00:32:13 | 00:49:54 | 01:19:45.85     | +00:30:19 (38.0%) | 7:58         | 7.5 (62.0%) |
| 148 | SPOREK Piotr          | 8410  |                         | Senior II M - 30  | 40   | 00:34:00 | 00:51:26 | 01:19:52.40     | +00:30:26 (38.1%) | 7:59         | 7.5 (62.0%) |
| 149 | JANUS Tomasz          | 8354  | TEAM KURORT ŁĄDEK-ZDRÓJ | Senior II M - 30  | 41   | 00:33:53 | 00:51:39 | 01:20:02.05     | +00:30:36 (38.2%) | 8:00         | 7.5 (62.0%) |
| 150 | BARANIAK Adam         | 8242  |                         | Masters M - 40    | 38   | 00:34:05 | 00:51:25 | 01:20:07.50     | +00:30:41 (38.3%) | 8:00         | 7.5 (62.0%) |
| 151 | MAŁKOWSKI Piotr       | 8294  |                         | Weteran II M - 60 | 4    | 00:33:57 | 00:51:05 | 01:20:15.20     | +00:30:49 (38.4%) | 8:01         | 7.5 (62.0%) |
| 152 | GAŚOWSKA Ula          | 8347  |                         | Senior II K - 30  | 20   | 00:33:59 | 00:51:55 | 01:20:22.60     | +00:30:56 (38.5%) | 8:02         | 7.5 (62.0%) |
| 153 | KOSIOREK Wiesław      | 8604  |                         | Weteran I M - 50  | 9    | 00:32:31 | 00:50:47 | 01:20:30.20     | +00:31:04 (38.6%) | 8:03         | 7.5 (62.0%) |

| Msc | Zawodnik                    | Numer | Klub                                    | Kategoria            | Mkat | C1       | C1       | Czas          | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------|-----------------------------------------|----------------------|------|----------|----------|---------------|----------------------|-----------------|----------------|
|     |                             |       |                                         |                      |      | 3.7km    | 5.8km    | netto<br>10km |                      |                 |                |
| 154 | BOSEK Leszek                | 8216  |                                         | Weteran II<br>M - 60 | 5    | 00:33:22 | 00:50:44 | 01:20:37.20   | +00:31:11<br>(38.7%) | 8:03            | 7.4<br>(61.2%) |
| 155 | MACIEJOWSKA Alicja          | 8436  |                                         | Senior II K<br>- 30  | 21   | 00:34:16 | 00:51:05 | 01:20:40.05   | +00:31:14<br>(38.7%) | 8:04            | 7.4<br>(61.2%) |
| 156 | SZÓSTAK Krzysztof           | 8318  | KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE | Weteran II<br>M - 60 | 6    | 00:32:49 | 00:50:56 | 01:20:44.95   | +00:31:18<br>(38.8%) | 8:04            | 7.4<br>(61.2%) |
| 157 | PILARSKI Ryszard            | 8094  | IZERY BOGATYNIA                         | Weteran II<br>M - 60 | 7    | 00:33:48 | 00:51:15 | 01:20:58.75   | +00:31:32<br>(39.0%) | 8:05            | 7.4<br>(61.2%) |
| 158 | SIEMIENIUCH Łukasz          | 8443  |                                         | Masters M<br>- 40    | 39   | 00:35:14 | 00:52:45 | 01:21:06.75   | +00:31:40<br>(39.1%) | 8:06            | 7.4<br>(61.2%) |
| 159 | GAŚSIOR Paweł               | 8391  | ROZBIEGANY SUSZ                         | Senior II M<br>- 30  | 42   | 00:32:58 | 00:51:43 | 01:21:24.15   | +00:31:58<br>(39.3%) | 8:08            | 7.4<br>(61.2%) |
| 160 | WALENCIAK Michał            | 8220  | TARNOWO PODGÓRNE BIEGA                  | Masters M<br>- 40    | 40   | 00:36:25 | 00:54:01 | 01:21:30.75   | +00:32:04<br>(39.4%) | 8:09            | 7.4<br>(61.2%) |
| 161 | GOS Sebastian               | 8515  |                                         | Senior II M<br>- 30  | 43   | 00:33:22 | 00:49:52 | 01:21:33.40   | +00:32:07<br>(39.4%) | 8:09            | 7.4<br>(61.2%) |
| 162 | MAZUREK Piotr               | 8002  |                                         | Senior II M<br>- 30  | 44   | 00:34:08 | 00:52:05 | 01:21:38.80   | +00:32:12<br>(39.5%) | 8:09            | 7.3<br>(60.3%) |
| 163 | ŻUROWSKI Mikołaj            | 8465  | GVT                                     | Senior I M -<br>20   | 28   | 00:33:47 | 00:50:49 | 01:21:39.15   | +00:32:13<br>(39.5%) | 8:09            | 7.3<br>(60.3%) |
| 164 | PILICH-ZAREMBA<br>Magdalena | 8190  |                                         | Senior II K<br>- 30  | 22   | 00:33:32 | 00:52:50 | 01:21:40.40   | +00:32:14<br>(39.5%) | 8:10            | 7.3<br>(60.3%) |
| 165 | ŁUKASZEK Marek              | 8005  |                                         | Senior II M<br>- 30  | 45   | 00:34:12 | 00:51:15 | 01:21:47.45   | +00:32:21<br>(39.6%) | 8:10            | 7.3<br>(60.3%) |
| 166 | SZABAT Daniel               | 8422  |                                         | Masters M<br>- 40    | 41   | 00:34:54 | 00:52:50 | 01:21:47.75   | +00:32:21<br>(39.6%) | 8:10            | 7.3<br>(60.3%) |
| 167 | PAŃCZYSZYN Mariusz          | 8269  | BRAK                                    | Masters M<br>- 40    | 42   | 00:34:23 | 00:51:50 | 01:21:50.95   | +00:32:24<br>(39.6%) | 8:11            | 7.3<br>(60.3%) |
| 168 | KOMAR Eliza                 | 8217  |                                         | Senior II K<br>- 30  | 23   | 00:33:01 | 00:50:34 | 01:22:03.40   | +00:32:37<br>(39.8%) | 8:12            | 7.3<br>(60.3%) |
| 169 | RACZKOWSKI Adrian           | 8516  |                                         | Senior I M -<br>20   | 29   | 00:33:20 | 00:53:05 | 01:22:05.75   | +00:32:39<br>(39.8%) | 8:12            | 7.3<br>(60.3%) |
| 170 | ZYGNER Sławomir             | 8414  | LEŚNE DZIKI PGB                         | Weteran I<br>M - 50  | 10   | 00:35:59 | 00:53:30 | 01:22:13.50   | +00:32:47<br>(39.9%) | 8:13            | 7.3<br>(60.3%) |
| 171 | DEREŃ Agata                 | 8595  |                                         | Senior II K<br>- 30  | 24   | 00:34:52 | 00:52:33 | 01:22:13.75   | +00:32:47<br>(39.9%) | 8:13            | 7.3<br>(60.3%) |
| 172 | TEŚLAK Dawid                | 8209  |                                         | Senior II M<br>- 30  | 46   | 00:34:40 | 00:52:26 | 01:22:16.45   | +00:32:50<br>(39.9%) | 8:13            | 7.3<br>(60.3%) |
| 173 | SZYMAŃSKI Grzegorz          | 8323  | ZWYCIĘZCÓW 6F                           | Masters M<br>- 40    | 43   | 00:33:46 | 00:52:06 | 01:22:20.45   | +00:32:54<br>(40.0%) | 8:14            | 7.3<br>(60.3%) |
| 174 | GÓRSKI Grzegorz             | 8345  | MSE FEHLAU RUN TEAM                     | Masters M<br>- 40    | 44   | 00:36:16 | 00:54:37 | 01:22:24.40   | +00:32:58<br>(40.0%) | 8:14            | 7.3<br>(60.3%) |
| 175 | MRÓZ Urszula                | 8249  | GORSKIE BABKI                           | Weteran K<br>- 50    | 2    | 00:34:34 | 00:52:12 | 01:22:29.85   | +00:33:03<br>(40.1%) | 8:14            | 7.3<br>(60.3%) |
| 176 | GWÓŹDŹ Szymon               | 8544  |                                         | Senior I M -<br>20   | 30   | 00:33:47 | 00:51:25 | 01:22:39.80   | +00:33:13<br>(40.2%) | 8:15            | 7.3<br>(60.3%) |



| Msc | Zawodnik                      | Numer | Klub                      | Kategoria        | Mkat | C1       | C1       | Czas          | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|-------|---------------------------|------------------|------|----------|----------|---------------|----------------------|-----------------|----------------|
|     |                               |       |                           |                  |      | 3.7km    | 5.8km    | netto<br>10km |                      |                 |                |
| 177 | KOŁODKO Natalia               | 8067  | TARNOWO PODGÓRNE BIEGA    | Masters K - 40   | 4    | 00:36:54 | 00:54:18 | 01:22:49.65   | +00:33:23<br>(40.3%) | 8:16            | 7.2<br>(59.5%) |
| 178 | SZNEJDER Anita                | 8582  |                           | Masters K - 40   | 5    | 00:33:18 | 00:51:47 | 01:23:01.60   | +00:33:35<br>(40.5%) | 8:18            | 7.2<br>(59.5%) |
| 179 | GÓRECKI Konrad                | 8413  |                           | Senior II M - 30 | 47   | 00:33:30 | 00:52:23 | 01:23:01.85   | +00:33:35<br>(40.5%) | 8:18            | 7.2<br>(59.5%) |
| 180 | PTASZYŃSKA Joanna             | 8295  | JOANNA PTASZYŃSKA         | Weteran K - 50   | 3    | 00:33:32 | 00:51:34 | 01:23:02.50   | +00:33:36<br>(40.5%) | 8:18            | 7.2<br>(59.5%) |
| 181 | TYL Radosław                  | 8486  | SYSPOL                    | Masters M - 40   | 45   | 00:34:16 | 00:52:14 | 01:23:06.25   | +00:33:40<br>(40.5%) | 8:18            | 7.2<br>(59.5%) |
| 182 | CURULO Maria                  | 8300  | BAKALOVE                  | Senior II K - 30 | 25   | 00:33:37 | 00:52:26 | 01:23:10.00   | +00:33:44<br>(40.6%) | 8:19            | 7.2<br>(59.5%) |
| 183 | RATAJCZYK Katarzyna           | 8290  |                           | Senior II K - 30 | 26   | 00:32:16 | 00:53:04 | 01:23:16.75   | +00:33:50<br>(40.6%) | 8:19            | 7.2<br>(59.5%) |
| 184 | HUSAK Mateusz                 | 8116  |                           | Senior I M - 20  | 31   | 00:35:10 | 00:52:59 | 01:23:19.20   | +00:33:53<br>(40.7%) | 8:19            | 7.2<br>(59.5%) |
| 185 | KONDRACIUK Mariusz            | 8215  | KONDRACIUK TEAM           | Masters M - 40   | 46   | 00:37:02 | 00:53:59 | 01:23:20.80   | +00:33:54<br>(40.7%) | 8:20            | 7.2<br>(59.5%) |
| 186 | OSKWAREK Bogdan               | 8555  |                           | Weteran I M - 50 | 11   | 00:35:29 | 00:53:16 | 01:23:25.60   | +00:33:59<br>(40.7%) | 8:20            | 7.2<br>(59.5%) |
| 187 | HONSA Tomasz                  | 8329  |                           | Senior II M - 30 | 48   | 00:33:11 | 00:51:55 | 01:23:27.05   | +00:34:01<br>(40.8%) | 8:20            | 7.2<br>(59.5%) |
| 188 | SKAWINA Krystyna              | 8176  | TOPOLICE TEAM             | Senior II K - 30 | 27   | 00:34:37 | 00:52:47 | 01:23:38.80   | +00:34:12<br>(40.9%) | 8:21            | 7.2<br>(59.5%) |
| 189 | JASKÓLSKA Joanna              | 8344  | JASKÓŁY                   | Masters K - 40   | 6    | 00:34:41 | 00:53:13 | 01:23:46.30   | +00:34:20<br>(41.0%) | 8:22            | 7.2<br>(59.5%) |
| 190 | TYLKA Gosia                   | 8458  |                           | Senior II K - 30 | 28   | 00:35:27 | 00:53:23 | 01:23:48.85   | +00:34:22<br>(41.0%) | 8:22            | 7.2<br>(59.5%) |
| 191 | MATUSZCZYK Grażyna            | 8166  | RYBNICKA GRUPA BIEGOWA    | Masters K - 40   | 7    | 00:34:17 | 00:52:42 | 01:24:09.45   | +00:34:43<br>(41.3%) | 8:24            | 7.1<br>(58.7%) |
| 192 | MATUKIN-SZUMLIŃSKA Aleksandra | 8567  |                           | Senior II K - 30 | 29   | 00:34:52 | 00:52:46 | 01:24:21.65   | +00:34:55<br>(41.4%) | 8:26            | 7.1<br>(58.7%) |
| 193 | CHUDAŃSKI Maciej              | 8000  |                           | Senior II M - 30 | 49   | 00:34:38 | 00:52:33 | 01:24:24.05   | +00:34:58<br>(41.4%) | 8:26            | 7.1<br>(58.7%) |
| 194 | BATHKE Rafał                  | 8587  | GO PATI                   | Senior II M - 30 | 50   | 00:35:35 | 00:54:04 | 01:24:29.50   | +00:35:03<br>(41.5%) | 8:26            | 7.1<br>(58.7%) |
| 195 | DERBICH Mariusz               | 8520  | KOWALEW RUNERS            | Masters M - 40   | 47   | 00:35:54 | 00:54:21 | 01:24:33.50   | +00:35:07<br>(41.5%) | 8:27            | 7.1<br>(58.7%) |
| 196 | MACKIEWICZ Artur              | 8564  | DŁUGOBIEGANIE             | Masters M - 40   | 48   | 00:34:49 | 00:53:26 | 01:24:37.10   | +00:35:11<br>(41.6%) | 8:27            | 7.1<br>(58.7%) |
| 197 | URBAN Alicja                  | 8120  | KACZKATEAM                | Senior I K - 20  | 11   | 00:33:04 | 00:51:46 | 01:24:40.70   | +00:35:14<br>(41.6%) | 8:28            | 7.1<br>(58.7%) |
| 198 | MALESZKA-BAGIŃSKA Kinga       | 8227  | GRUPA BIEGOWA MELO-ŚMIACZ | Senior II K - 30 | 30   | 00:36:28 | 00:54:49 | 01:24:49.60   | +00:35:23<br>(41.7%) | 8:28            | 7.1<br>(58.7%) |
| 199 | SŁOWIK Kamila                 | 8238  | TRITOGO                   | Senior I K - 20  | 12   | 00:35:49 | 00:54:04 | 01:25:10.20   | +00:35:44<br>(42.0%) | 8:31            | 7<br>(57.9%)   |

| Msc | Zawodnik             | Numer | Klub                    | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                      |       |                         |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 200 | SKAWINA-POŁEĆ Anna   | 8279  | TOPOLICE TEAM           | Senior II K - 30  | 31   | 00:36:13 | 00:55:54 | 01:25:18.45     | +00:35:52 (42.1%) | 8:31         | 7 (57.9%)   |
| 201 | SIWEK Grzegorz       | 8213  | LANRUNS                 | Masters M - 40    | 49   | 00:36:37 | 00:54:06 | 01:25:18.70     | +00:35:52 (42.1%) | 8:31         | 7 (57.9%)   |
| 202 | PASTWA Maciej        | 8510  |                         | Senior II M - 30  | 51   | 00:35:22 | 00:54:06 | 01:25:41.45     | +00:36:15 (42.3%) | 8:34         | 7 (57.9%)   |
| 203 | PASTWA Katarzyna     | 8511  |                         | Senior II K - 30  | 32   | 00:35:19 | 00:54:08 | 01:25:44.55     | +00:36:18 (42.3%) | 8:34         | 7 (57.9%)   |
| 204 | GORAL Jakub          | 8437  |                         | Senior II M - 30  | 52   | 00:34:53 | 00:54:10 | 01:25:57.80     | +00:36:31 (42.5%) | 8:35         | 7 (57.9%)   |
| 205 | CHĘCIŃSKA Dorota     | 8499  |                         | Senior II K - 30  | 33   | 00:36:49 | 00:55:04 | 01:25:59.00     | +00:36:33 (42.5%) | 8:35         | 7 (57.9%)   |
| 206 | KRALIK Sylwia        | 8403  |                         | Senior II K - 30  | 34   | 00:35:56 | 00:55:25 | 01:26:06.95     | +00:36:40 (42.6%) | 8:36         | 7 (57.9%)   |
| 207 | MARCINKOWSKA Anita   | 8140  | POMIOTY SZATANA         | Senior II K - 30  | 35   | 00:36:31 | 00:55:08 | 01:26:08.90     | +00:36:42 (42.6%) | 8:36         | 7 (57.9%)   |
| 208 | KUCHARCZYK Kamil     | 8244  | TRI NOT TO DIE          | Senior II M - 30  | 53   | 00:35:40 | 00:56:23 | 01:26:14.40     | +00:36:48 (42.7%) | 8:37         | 7 (57.9%)   |
| 209 | KULAK Paulina        | 8526  | OBORYGENI               | Senior II K - 30  | 36   | 00:36:09 | 00:54:56 | 01:26:14.65     | +00:36:48 (42.7%) | 8:37         | 7 (57.9%)   |
| 210 | WIERZBICKA Natalia   | 8243  |                         | Senior I K - 20   | 13   | 00:35:40 | 00:56:23 | 01:26:14.85     | +00:36:48 (42.7%) | 8:37         | 7 (57.9%)   |
| 211 | SOBCZAK Megi         | 8441  |                         | Senior II K - 30  | 37   | 00:38:08 | 00:56:53 | 01:26:15.35     | +00:36:49 (42.7%) | 8:37         | 7 (57.9%)   |
| 212 | SIEMIŃSKA Marta      | 8623A | MARTA I ADA             | Masters K - 40    | 8    | 00:35:17 | 00:54:07 | 01:26:23.50     | +00:36:57 (42.8%) | 8:38         | 6.9 (57.0%) |
| 213 | ŁOBASIUK Iwona       | 8585  | FUNDACJA KIERUNEK ULTRA | Masters K - 40    | 9    | 00:35:05 | 00:54:10 | 01:26:23.80     | +00:36:57 (42.8%) | 8:38         | 6.9 (57.0%) |
| 214 | PODJUK Patryk        | 8541  | FRIENDS GOSTYŃ          | Senior I M - 20   | 32   | 00:35:33 | 00:55:50 | 01:26:35.55     | +00:37:09 (42.9%) | 8:39         | 6.9 (57.0%) |
| 215 | NADOBNIK Bartek      | 8059  | SPORTOWY KAŻMIERZ       | Senior I M - 20   | 33   | 00:39:08 | 00:57:03 | 01:27:27.35     | +00:38:01 (43.5%) | 8:44         | 6.9 (57.0%) |
| 216 | ORLIKOWSKI Jacek     | 8246  |                         | Masters M - 40    | 50   | 00:34:44 | 00:54:27 | 01:27:35.40     | +00:38:09 (43.6%) | 8:45         | 6.9 (57.0%) |
| 217 | PĘCZKOWSKA Magdalena | 8057  |                         | Masters K - 40    | 10   | 00:34:04 | 00:54:43 | 01:27:35.50     | +00:38:09 (43.6%) | 8:45         | 6.9 (57.0%) |
| 218 | WITKE Elżbieta       | 8239  |                         | Weteran II K - 60 | 1    | 00:34:45 | 00:54:30 | 01:27:35.75     | +00:38:09 (43.6%) | 8:45         | 6.9 (57.0%) |
| 219 | MATYNIAK Barbara     | 8282  | WYZNAWCY BRONKA LIBIĄŻ  | Senior II K - 30  | 38   | 00:35:31 | 00:54:52 | 01:27:42.65     | +00:38:16 (43.6%) | 8:46         | 6.8 (56.2%) |
| 220 | PLEWA Paulina        | 8137  | PBK                     | Senior I K - 20   | 14   | 00:36:44 | 00:56:01 | 01:27:44.55     | +00:38:18 (43.7%) | 8:46         | 6.8 (56.2%) |
| 221 | PIGŁA Aleksander     | 8237  | SPORTOWY KAŻMIERZ       | Senior I M - 20   | 34   | 00:34:20 | 00:55:31 | 01:27:46.70     | +00:38:20 (43.7%) | 8:46         | 6.8 (56.2%) |
| 222 | KAMPA Paweł          | 8245  |                         | Senior II M - 30  | 54   | 00:36:32 | 00:56:14 | 01:27:55.60     | +00:38:29 (43.8%) | 8:47         | 6.8 (56.2%) |

| Msc | Zawodnik              | Numer | Klub                   | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                       |       |                        |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 223 | KLIN Robert           | 8527  | WATAHA                 | Weteran I M - 50  | 12   | 00:37:01 | 00:55:14 | 01:27:58.05     | +00:38:32 (43.8%) | 8:47         | 6.8 (56.2%) |
| 224 | STASZKOWIAN Magda     | 8357  | ŁAB                    | Senior II K - 30  | 39   | 00:35:34 | 00:54:34 | 01:28:04.65     | +00:38:38 (43.9%) | 8:48         | 6.8 (56.2%) |
| 225 | WOLSKI Teodor         | 8476  |                        | Senior I M - 20   | 35   | 00:37:54 | 00:57:52 | 01:28:07.50     | +00:38:41 (43.9%) | 8:48         | 6.8 (56.2%) |
| 226 | CZAPSKI Wojciech      | 8303  |                        | Masters M - 40    | 51   | 00:35:45 | 00:54:59 | 01:28:22.65     | +00:38:56 (44.1%) | 8:50         | 6.8 (56.2%) |
| 227 | PINIARSKA Magda       | 8432  |                        | Senior I K - 20   | 15   | 00:36:32 | 00:54:52 | 01:28:23.25     | +00:38:57 (44.1%) | 8:50         | 6.8 (56.2%) |
| 228 | MOMOT Anna            | 8340  | ŁAB                    | Masters K - 40    | 11   | 00:37:28 | 00:56:31 | 01:28:24.70     | +00:38:58 (44.1%) | 8:50         | 6.8 (56.2%) |
| 229 | SAMOLAK Łukasz        | 8538  |                        | Senior II M - 30  | 55   | 00:36:42 | 00:53:58 | 01:28:32.40     | +00:39:06 (44.2%) | 8:51         | 6.8 (56.2%) |
| 230 | BRZEZIŃSKI Andrzej    | 8084  |                        | Weteran II M - 60 | 8    | 00:36:35 | 00:54:45 | 01:28:32.65     | +00:39:06 (44.2%) | 8:51         | 6.8 (56.2%) |
| 231 | MIKOŁAJCZAK Rafał     | 8417  | FRIENDS GOSTYŃ         | Masters M - 40    | 52   | 00:36:10 | 00:56:44 | 01:28:38.45     | +00:39:12 (44.2%) | 8:51         | 6.8 (56.2%) |
| 232 | MIKOŁAJCZAK Agnieszka | 8418  | FRIENDS GOSTYŃ         | Masters K - 40    | 12   | 00:36:13 | 00:56:45 | 01:28:41.95     | +00:39:15 (44.3%) | 8:52         | 6.8 (56.2%) |
| 233 | KUS Andrzej           | 8229  |                        | Masters M - 40    | 53   | 00:39:16 | 01:00:08 | 01:28:53.70     | +00:39:27 (44.4%) | 8:53         | 6.8 (56.2%) |
| 234 | WYSZYŃSKA Agnieszka   | 8225  |                        | Senior II K - 30  | 40   | 00:36:32 | 00:55:18 | 01:29:08.65     | +00:39:42 (44.5%) | 8:54         | 6.7 (55.4%) |
| 235 | SIP Mirosław          | 8208  |                        | Weteran I M - 50  | 13   | 00:36:19 | 00:54:56 | 01:29:10.95     | +00:39:44 (44.6%) | 8:55         | 6.7 (55.4%) |
| 236 | JORDAN Robert         | 8218  | TARNOWO PODGÓRNE BIEGA | Masters M - 40    | 54   | 00:36:22 | 00:56:08 | 01:29:12.30     | +00:39:46 (44.6%) | 8:55         | 6.7 (55.4%) |
| 237 | CHMIELEWSKI Mariusz   | 8023  | RUNPROGRESS            | Senior II M - 30  | 56   | 00:37:20 | 00:56:57 | 01:29:16.15     | +00:39:50 (44.6%) | 8:55         | 6.7 (55.4%) |
| 238 | ZAWADA Magdalena      | 8194  | JJFIT RUNNING TEAM     | Masters K - 40    | 13   | 00:36:56 | 00:55:45 | 01:29:21.55     | +00:39:55 (44.7%) | 8:56         | 6.7 (55.4%) |
| 239 | SERAFIN Michał        | 8230  | HWBC                   | Masters M - 40    | 55   | 00:39:16 | 01:00:09 | 01:29:22.25     | +00:39:56 (44.7%) | 8:56         | 6.7 (55.4%) |
| 240 | KOŚCIÓŁEK Jadwiga     | 8467  |                        | Senior II K - 30  | 41   | 00:35:32 | 00:57:40 | 01:29:38.25     | +00:40:12 (44.9%) | 8:57         | 6.7 (55.4%) |
| 241 | KIECOŃ Michał         | 8373  | RUN MOUNTAINS TRAVELS  | Senior II M - 30  | 57   | 00:37:19 | 00:57:02 | 01:29:38.40     | +00:40:12 (44.9%) | 8:57         | 6.7 (55.4%) |
| 242 | LIMANÓWKA Paweł       | 8482  |                        | Masters M - 40    | 56   | 00:37:21 | 00:58:02 | 01:29:41.50     | +00:40:15 (44.9%) | 8:58         | 6.7 (55.4%) |
| 243 | MENDAK Magdalena      | 8536  |                        | Masters K - 40    | 14   | 00:37:40 | 00:58:14 | 01:29:44.75     | +00:40:18 (44.9%) | 8:58         | 6.7 (55.4%) |
| 244 | SZUSTER Kasia         | 8048  | BIEGANIE NA ŚNIADANIE  | Senior II K - 30  | 42   | 00:36:56 | 00:57:23 | 01:29:46.95     | +00:40:20 (44.9%) | 8:58         | 6.7 (55.4%) |
| 245 | BUBICZ Krzysztof      | 8031  | BIEGAJĄCY ŚWIDNIK      | Masters M - 40    | 57   | 00:38:32 | 00:57:59 | 01:29:47.50     | +00:40:21 (44.9%) | 8:58         | 6.7 (55.4%) |

| Msc | Zawodnik             | Numer | Klub                         | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|------------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                      |       |                              |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 246 | SZYMAŁA Karolina     | 8405  |                              | Senior I K - 20   | 16   | 00:37:41 | 00:56:40 | 01:30:11.70     | +00:40:45 (45.2%) | 9:01         | 6.7 (55.4%) |
| 247 | ŁUKASIEWICZ Marek    | 8032  | ROKIETNICA BIEGA             | Masters M - 40    | 58   | 00:36:38 | 00:56:23 | 01:30:18.95     | +00:40:52 (45.3%) | 9:01         | 6.6 (54.5%) |
| 248 | KUBAŚ Dawid          | 8366  | NADLEŚNICTWO ZDROJE          | Senior II M - 30  | 58   | 00:38:12 | 00:59:43 | 01:30:20.20     | +00:40:54 (45.3%) | 9:02         | 6.6 (54.5%) |
| 249 | DERA Izabela         | 8392  |                              | Senior I K - 20   | 17   | 00:37:14 | 00:57:49 | 01:30:28.20     | +00:41:02 (45.4%) | 9:02         | 6.6 (54.5%) |
| 250 | MAZUR Agnieszka      | 8312  |                              | Senior II K - 30  | 43   | 00:38:27 | 00:58:05 | 01:30:28.80     | +00:41:02 (45.4%) | 9:02         | 6.6 (54.5%) |
| 251 | IMIŃSKI Cezary       | 8117  |                              | Weteran I M - 50  | 14   | 00:36:59 | 00:56:41 | 01:30:29.30     | +00:41:03 (45.4%) | 9:02         | 6.6 (54.5%) |
| 252 | BAŃKOWSKI Igor       | 8460  |                              | Weteran II M - 60 | 9    | 00:36:53 | 00:56:22 | 01:30:35.30     | +00:41:09 (45.4%) | 9:03         | 6.6 (54.5%) |
| 253 | JAWORSKA Izabela     | 8064  |                              | Masters K - 40    | 15   | 00:37:00 | 00:56:51 | 01:30:39.90     | +00:41:13 (45.5%) | 9:03         | 6.6 (54.5%) |
| 254 | MOŻEJKO Jadwiga      | 8130  |                              | Senior II K - 30  | 44   | 00:36:57 | 00:58:01 | 01:30:48.65     | +00:41:22 (45.6%) | 9:04         | 6.6 (54.5%) |
| 255 | KOTECKI Marcin       | 8332  |                              | Masters M - 40    | 59   | 00:36:56 | 00:58:02 | 01:30:51.15     | +00:41:25 (45.6%) | 9:05         | 6.6 (54.5%) |
| 256 | ZADORA Borys         | 8517  |                              | Senior II M - 30  | 59   | 00:38:01 | 00:57:30 | 01:30:53.00     | +00:41:27 (45.6%) | 9:05         | 6.6 (54.5%) |
| 257 | MICHALIK Kamila      | 8446  | TRUPOSZE                     | Senior I K - 20   | 18   | 00:38:17 | 00:58:02 | 01:30:55.30     | +00:41:29 (45.6%) | 9:05         | 6.6 (54.5%) |
| 258 | PRUSICKI Rafał       | 8144  | BP RUNNING TEAM              | Masters M - 40    | 60   | 00:35:36 | 00:56:28 | 01:30:56.30     | +00:41:30 (45.6%) | 9:05         | 6.6 (54.5%) |
| 259 | BELTER Agnieszka     | 8159  |                              | Senior II K - 30  | 45   | 00:37:53 | 00:58:27 | 01:30:57.35     | +00:41:31 (45.7%) | 9:05         | 6.6 (54.5%) |
| 260 | RODZIŃSKA Anita      | 8361  |                              | Weteran K - 50    | 4    | 00:37:07 | 00:57:22 | 01:31:05.60     | +00:41:39 (45.7%) | 9:06         | 6.6 (54.5%) |
| 261 | CIEKAŃSKA Joanna     | 8051  | 35PLUD                       | Masters K - 40    | 16   | 00:37:55 | 00:57:34 | 01:31:09.80     | +00:41:43 (45.8%) | 9:06         | 6.6 (54.5%) |
| 262 | SPECHT Karolina      | 8535  |                              | Masters K - 40    | 17   | 00:36:36 | 00:56:29 | 01:31:36.80     | +00:42:10 (46.0%) | 9:09         | 6.6 (54.5%) |
| 263 | KUGLER Kamila        | 8474  |                              | Senior II K - 30  | 46   | 00:37:27 | 00:59:15 | 01:31:41.85     | +00:42:15 (46.1%) | 9:10         | 6.5 (53.7%) |
| 264 | JURKIEWICZ Dominika  | 8196  | PROGRES                      | Senior II K - 30  | 47   | 00:38:34 | 00:59:39 | 01:31:44.25     | +00:42:18 (46.1%) | 9:10         | 6.5 (53.7%) |
| 265 | TEKIELI Ewelina      | 8168  | TEKIELI FAMILY               | Masters K - 40    | 18   | 00:37:10 | 00:57:36 | 01:31:53.45     | +00:42:27 (46.2%) | 9:11         | 6.5 (53.7%) |
| 266 | TOPOLEWSKA Agnieszka | 8330  |                              | Senior II K - 30  | 48   | 00:39:53 | 00:59:38 | 01:31:56.00     | +00:42:30 (46.2%) | 9:11         | 6.5 (53.7%) |
| 267 | JESIONKOWSKI Paweł   | 8388  |                              | Senior I M - 20   | 36   | 00:37:20 | 01:00:00 | 01:32:00.25     | +00:42:34 (46.3%) | 9:12         | 6.5 (53.7%) |
| 268 | FIRLEJ Anna          | 8400  | KRWIOBIEG(ANIE) ZIELONA GÓRA | Senior I K - 20   | 19   | 00:37:19 | 00:59:58 | 01:32:02.50     | +00:42:36 (46.3%) | 9:12         | 6.5 (53.7%) |

| Msc | Zawodnik                       | Numer | Klub                      | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------------------|-------|---------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                                |       |                           |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 269 | ROSZYK Tomasz                  | 8350  | TKKF MPK POZNAŃ           | Masters M - 40    | 61   | 00:38:59 | 01:01:25 | 01:32:12.05     | +00:42:46 (46.4%) | 9:13         | 6.5 (53.7%) |
| 270 | SZCZYPCZYK-PRUSICKA Małgorzata | 8147  | BP RUNNING TEAM           | Masters K - 40    | 19   | 00:35:39 | 00:56:29 | 01:32:21.05     | +00:42:55 (46.5%) | 9:14         | 6.5 (53.7%) |
| 271 | ŁASZKIEWICZ Piotr              | 8165  |                           | Weteran II M - 60 | 10   | 00:38:14 | 00:58:58 | 01:32:26.90     | +00:43:00 (46.5%) | 9:14         | 6.5 (53.7%) |
| 272 | DWORZAŃSKA - GUL Anna          | 8285  |                           | Senior II K - 30  | 49   | 00:38:32 | 00:58:47 | 01:32:45.10     | +00:43:19 (46.7%) | 9:16         | 6.5 (53.7%) |
| 273 | GUL Paweł                      | 8284  |                           | Senior II M - 30  | 60   | 00:38:34 | 00:58:46 | 01:32:45.70     | +00:43:19 (46.7%) | 9:16         | 6.5 (53.7%) |
| 274 | KACZMAREK Michał               | 8445  | TRUPOSZE                  | Senior I M - 20   | 37   | 00:38:18 | 00:58:47 | 01:32:57.15     | +00:43:31 (46.8%) | 9:17         | 6.5 (53.7%) |
| 275 | KWIECIEŃ Dorota                | 8199  |                           | Masters K - 40    | 20   | 00:38:53 | 01:00:40 | 01:32:58.50     | +00:43:32 (46.8%) | 9:17         | 6.5 (53.7%) |
| 276 | RZAŚA Marta                    | 8411  |                           | Senior II K - 30  | 50   | 00:38:40 | 00:58:59 | 01:33:00.55     | +00:43:34 (46.9%) | 9:18         | 6.5 (53.7%) |
| 277 | SKIBA Anna                     | 8557  | HARCOWNIK                 | Masters K - 40    | 21   | 00:37:32 | 00:58:34 | 01:33:05.30     | +00:43:39 (46.9%) | 9:18         | 6.4 (52.9%) |
| 278 | IDASZAK Patryk                 | 8434  |                           | Senior II M - 30  | 61   | 00:38:44 | 00:59:46 | 01:33:05.70     | +00:43:39 (46.9%) | 9:18         | 6.4 (52.9%) |
| 279 | SADOWSKI Michał                | 8129  |                           | Senior II M - 30  | 62   | 00:39:12 | 00:58:38 | 01:33:05.95     | +00:43:39 (46.9%) | 9:18         | 6.4 (52.9%) |
| 280 | NOLAS Jolanta                  | 8319  |                           | Weteran K - 50    | 5    | 00:36:01 | 00:57:08 | 01:33:11.85     | +00:43:45 (47.0%) | 9:19         | 6.4 (52.9%) |
| 281 | BEM Jolanta                    | 8072  |                           | Senior II K - 30  | 51   | 00:37:47 | 00:57:35 | 01:33:24.55     | +00:43:58 (47.1%) | 9:20         | 6.4 (52.9%) |
| 282 | RZYWUCKA Jolanta               | 8256  | 4 RUN TEAM PIŁA           | Masters K - 40    | 22   | 00:37:12 | 01:00:12 | 01:33:32.85     | +00:44:06 (47.2%) | 9:21         | 6.4 (52.9%) |
| 283 | SZCZEPANIAK Małgorzata         | 8152  | RKS PIŁA PODLASIE         | Weteran K - 50    | 6    | 00:38:36 | 00:58:56 | 01:33:44.70     | +00:44:18 (47.3%) | 9:22         | 6.4 (52.9%) |
| 283 | ROGOWSKI Robert                | 8598  | BIEG OPOLSKI              | Masters M - 40    | 62   | 00:40:20 | 00:58:31 | 01:33:44.70     | +00:44:18 (47.3%) | 9:22         | 6.4 (52.9%) |
| 285 | NOGA Olga                      | 8264  |                           | Senior II K - 30  | 52   | 00:38:20 | 00:59:33 | 01:33:48.75     | +00:44:22 (47.3%) | 9:22         | 6.4 (52.9%) |
| 286 | ZARZECZNY Radosław             | 8559  | JUNIOR AMATOR SUPERSTAR   | Senior II M - 30  | 63   | 00:38:22 | 00:59:55 | 01:33:51.75     | +00:44:25 (47.3%) | 9:23         | 6.4 (52.9%) |
| 287 | ROKICKI Łukasz                 | 8450  | MIŁOŚNIKÓW WIŚNIOŹWKI :). | Masters M - 40    | 63   | 00:41:01 | 01:03:39 | 01:33:53.05     | +00:44:27 (47.3%) | 9:23         | 6.4 (52.9%) |
| 288 | ŁATWIŃSKI Mateusz              | 8338  |                           | Senior I M - 20   | 38   | 00:39:57 | 01:01:44 | 01:34:01.95     | +00:44:35 (47.4%) | 9:24         | 6.4 (52.9%) |
| 289 | GALEWSKI Mariusz               | 8203  |                           | Weteran I M - 50  | 15   | 00:38:23 | 00:59:26 | 01:34:05.05     | +00:44:39 (47.5%) | 9:24         | 6.4 (52.9%) |
| 290 | DZIERGWA Agnieszka             | 8561  | PRZEDWOJEWSKI TEAM        | Senior II K - 30  | 53   | 00:39:49 | 01:00:33 | 01:34:05.30     | +00:44:39 (47.5%) | 9:24         | 6.4 (52.9%) |
| 291 | STEPUCH Włodzimierz            | 8204  |                           | Masters M - 40    | 64   | 00:39:59 | 01:00:55 | 01:34:11.95     | +00:44:45 (47.5%) | 9:25         | 6.4 (52.9%) |

| Msc | Zawodnik               | Numer | Klub                          | Kategoria        | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|-------------------------------|------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                        |       |                               |                  |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 292 | KANDEFER Kacper        | 8578  |                               | Senior I M - 20  | 39   | 00:39:08 | 00:58:33 | 01:34:22.85     | +00:44:56 (47.6%) | 9:26         | 6.4 (52.9%) |
| 293 | KUTYCKA KUREK Elżbieta | 8171  | CHOJRAK TEAM WROCŁAW          | Senior II K - 30 | 54   | 00:37:16 | 00:57:52 | 01:34:23.30     | +00:44:57 (47.6%) | 9:26         | 6.4 (52.9%) |
| 294 | PASIEKA Agnieszka      | 8579  |                               | Masters K - 40   | 23   | 00:39:07 | 00:58:28 | 01:34:24.20     | +00:44:58 (47.6%) | 9:26         | 6.4 (52.9%) |
| 294 | KANDEFER Beata         | 8580  | KLUB BIEGACZA ATHLETIC ZRĘCIN | Weteran K - 50   | 7    | 00:39:07 | 00:58:29 | 01:34:24.20     | +00:44:58 (47.6%) | 9:26         | 6.4 (52.9%) |
| 296 | CIŚWICKI Jarosław      | 8399  |                               | Masters M - 40   | 65   | 00:37:56 | 00:59:13 | 01:34:34.70     | +00:45:08 (47.7%) | 9:27         | 6.3 (52.1%) |
| 297 | GAWRECKA Beata         | 8164  | JUTROSIŃSKI KLUB BIEGACZY     | Senior II K - 30 | 55   | 00:39:42 | 01:01:36 | 01:34:49.85     | +00:45:23 (47.9%) | 9:28         | 6.3 (52.1%) |
| 298 | WARYSZAK Joanna        | 8301  | BAKALOVE                      | Senior II K - 30 | 56   | 00:36:40 | 00:57:18 | 01:34:53.10     | +00:45:27 (47.9%) | 9:29         | 6.3 (52.1%) |
| 299 | MOŚ Dariusz            | 8192  |                               | Masters M - 40   | 66   | 00:39:00 | 01:00:46 | 01:35:01.45     | +00:45:35 (48.0%) | 9:30         | 6.3 (52.1%) |
| 300 | WRÓBEL Zbigniew        | 8042  | TARNOWO PODGÓRNE BIEGA        | Weteran I M - 50 | 16   | 00:38:08 | 00:59:12 | 01:35:06.15     | +00:45:40 (48.0%) | 9:30         | 6.3 (52.1%) |
| 301 | WRÓBEL Marzena         | 8088  | TARNOWO PODGÓRNE BIEGA        | Masters K - 40   | 24   | 00:38:08 | 00:59:12 | 01:35:06.20     | +00:45:40 (48.0%) | 9:30         | 6.3 (52.1%) |
| 302 | CHOJECKA Magdalena     | 8006  | ZBUCKI RUCH                   | Masters K - 40   | 25   | 00:39:24 | 01:00:32 | 01:35:14.15     | +00:45:48 (48.1%) | 9:31         | 6.3 (52.1%) |
| 303 | KALINA Adam            | 8254  |                               | Senior II M - 30 | 64   | 00:37:18 | 00:59:39 | 01:35:18.40     | +00:45:52 (48.1%) | 9:31         | 6.3 (52.1%) |
| 304 | ORDYNIEC Alicja        | 8425  | KĘSY TEAM                     | Masters K - 40   | 26   | 00:39:04 | 01:00:22 | 01:35:19.65     | +00:45:53 (48.1%) | 9:31         | 6.3 (52.1%) |
| 305 | MATAK Kinga            | 8111  | MAMERO                        | Senior II K - 30 | 57   | 00:39:37 | 01:01:00 | 01:35:19.90     | +00:45:53 (48.1%) | 9:31         | 6.3 (52.1%) |
| 306 | NAPARTY Zbigniew       | 8424  | KĘSY TEAM                     | Weteran I M - 50 | 17   | 00:39:05 | 01:00:22 | 01:35:20.05     | +00:45:54 (48.1%) | 9:32         | 6.3 (52.1%) |
| 307 | KULA Damian            | 8177  |                               | Senior II M - 30 | 65   | 00:38:07 | 01:00:14 | 01:35:25.45     | +00:45:59 (48.2%) | 9:32         | 6.3 (52.1%) |
| 308 | MOŚ Dorota             | 8193  |                               | Masters K - 40   | 27   | 00:39:00 | 01:00:46 | 01:35:26.65     | +00:46:00 (48.2%) | 9:32         | 6.3 (52.1%) |
| 309 | RZEPKA Joanna          | 8015  |                               | Senior II K - 30 | 58   | 00:38:50 | 01:00:58 | 01:35:43.15     | +00:46:17 (48.4%) | 9:34         | 6.3 (52.1%) |
| 310 | PRYSTASZ Krzysztof     | 8394  |                               | Masters M - 40   | 67   | 00:41:47 | 01:01:24 | 01:35:45.05     | +00:46:19 (48.4%) | 9:34         | 6.3 (52.1%) |
| 311 | KRYSA Łukasz           | 8025  | POMYŁKA TEAM                  | Masters M - 40   | 68   | 00:41:22 | 01:01:53 | 01:35:57.50     | +00:46:31 (48.5%) | 9:35         | 6.3 (52.1%) |
| 312 | MAKOWCZYNSKA Agata     | 8109  | OBORYGENI                     | Senior II K - 30 | 59   | 00:40:28 |          | 01:36:11.00     | +00:46:45 (48.6%) | 9:37         | 6.2 (51.2%) |
| 313 | STRZYŻOWSKI Paweł      | 8008  |                               | Masters M - 40   | 69   | 00:38:47 | 00:59:50 | 01:36:18.90     | +00:46:52 (48.7%) | 9:37         | 6.2 (51.2%) |
| 314 | AUGUSTYNOWICZ Aurelia  | 8201  | RCI BYDGOSZCZ                 | Masters K - 40   | 28   | 00:38:56 | 00:59:51 | 01:36:29.25     | +00:47:03 (48.8%) | 9:38         | 6.2 (51.2%) |

| Msc | Zawodnik                       | Numer | Klub                         | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------|------------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 315 | ANTKOWIAK-BRONOWICKA Agnieszka | 8453  | DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC | Senior II K - 30  | 60   | 00:38:06    | 01:00:17    | 01:36:29.70           | +00:47:03<br>(48.8%) | 9:38            | 6.2<br>(51.2%) |
| 316 | LUBAŃSKA Alicja                | 8501  |                              | Weteran K - 50    | 8    | 00:39:50    | 01:01:20    | 01:36:32.95           | +00:47:06<br>(48.8%) | 9:39            | 6.2<br>(51.2%) |
| 317 | KUKUŁA Karolina                | 8550  |                              | Senior II K - 30  | 61   | 00:38:17    | 01:00:10    | 01:36:47.65           | +00:47:21<br>(48.9%) | 9:40            | 6.2<br>(51.2%) |
| 318 | BACHURSKA Ewa                  | 8322  | KB HARCOWNIK JELCZ LASKOWICE | Masters K - 40    | 29   | 00:39:24    | 01:01:20    | 01:36:54.50           | +00:47:28<br>(49.0%) | 9:41            | 6.2<br>(51.2%) |
| 319 | NAGLER Tomasz                  | 8577  |                              | Masters M - 40    | 70   | 00:34:11    | 00:55:36    | 01:36:55.00           | +00:47:29<br>(49.0%) | 9:41            | 6.2<br>(51.2%) |
| 320 | KORYTNA Romana                 | 8184  | FRIENDS GOSTYŃ               | Masters K - 40    | 30   | 00:39:48    | 01:02:12    | 01:36:59.85           | +00:47:33<br>(49.0%) | 9:41            | 6.2<br>(51.2%) |
| 321 | KORYTNY Tomasz                 | 8183  | FRIENDS GOSTYŃ               | Masters M - 40    | 71   | 00:39:48    | 01:02:11    | 01:37:00.00           | +00:47:34<br>(49.0%) | 9:42            | 6.2<br>(51.2%) |
| 322 | NOWAKOWSKA Karolina            | 8530  |                              | Masters K - 40    | 31   | 00:39:27    | 01:00:55    | 01:37:03.05           | +00:47:37<br>(49.1%) | 9:42            | 6.2<br>(51.2%) |
| 323 | SZCZERBIEŃ Jacek               | 8271  |                              | Masters M - 40    | 72   | 00:39:08    | 01:00:49    | 01:37:15.60           | +00:47:49<br>(49.2%) | 9:43            | 6.2<br>(51.2%) |
| 324 | BARANIAK Jarosław              | 8234  |                              | Senior II M - 30  | 66   | 00:39:41    | 01:01:11    | 01:37:16.60           | +00:47:50<br>(49.2%) | 9:43            | 6.2<br>(51.2%) |
| 325 | LUDZIŃSKI Adam                 | 8260  |                              | Masters M - 40    | 73   | 00:39:09    | 01:00:50    | 01:37:17.55           | +00:47:51<br>(49.2%) | 9:43            | 6.2<br>(51.2%) |
| 326 | WROZYNA Agnieszka              | 8341  | ŁAB ŁAGIEWNIKI               | Masters K - 40    | 32   | 00:40:43    | 01:02:42    | 01:37:18.40           | +00:47:52<br>(49.2%) | 9:43            | 6.2<br>(51.2%) |
| 327 | CZYŻAK Błażej                  | 8573  |                              | Masters M - 40    | 74   | 00:46:48    | 01:05:57    | 01:37:20.50           | +00:47:54<br>(49.2%) | 9:44            | 6.2<br>(51.2%) |
| 328 | GARBACZ Kamila                 | 8464  |                              | Masters K - 40    | 33   | 00:40:19    | 01:02:22    | 01:37:25.85           | +00:47:59<br>(49.3%) | 9:44            | 6.2<br>(51.2%) |
| 329 | KORGÓL Mariusz                 | 8198  | RUN WISZNIA RUN              | Senior II M - 30  | 67   | 00:40:37    | 01:01:33    | 01:37:36.40           | +00:48:10<br>(49.4%) | 9:45            | 6.1<br>(50.4%) |
| 330 | KORGÓL Anna                    | 8195  | RUN WISZNIA RUN              | Senior II K - 30  | 62   | 00:40:30    | 01:01:38    | 01:37:39.00           | +00:48:13<br>(49.4%) | 9:45            | 6.1<br>(50.4%) |
| 331 | KACZMAREK Mariusz              | 8336  | 7822885258                   | Weteran II M - 60 | 11   | 00:39:00    | 01:01:24    | 01:37:40.95           | +00:48:14<br>(49.4%) | 9:46            | 6.1<br>(50.4%) |
| 332 | ALEXEENKOVA Tatyana            | 8484  |                              | Senior II K - 30  | 63   | 00:40:06    | 01:02:46    | 01:37:43.40           | +00:48:17<br>(49.4%) | 9:46            | 6.1<br>(50.4%) |
| 333 | NASALSKA Anna                  | 8584  | FUNDACJA KIERUNEK ULTRA      | Masters K - 40    | 34   | 00:39:06    | 01:00:15    | 01:37:43.90           | +00:48:17<br>(49.4%) | 9:46            | 6.1<br>(50.4%) |
| 334 | SZURKOWSKI Michał              | 8462  | GRUNWALD TEAM POZNAŃ         | Senior II M - 30  | 68   | 00:40:50    | 01:02:04    | 01:37:56.45           | +00:48:30<br>(49.5%) | 9:47            | 6.1<br>(50.4%) |
| 335 | PIGŁA Maja                     | 8236  | SPORTOWY KAŻMIERZ            | Senior II K - 30  | 64   | 00:40:23    | 01:03:25    | 01:38:02.20           | +00:48:36<br>(49.6%) | 9:48            | 6.1<br>(50.4%) |
| 336 | BECHTA Damian                  | 8298  |                              | Senior I M - 20   | 40   | 00:40:11    | 01:01:41    | 01:38:05.60           | +00:48:39<br>(49.6%) | 9:48            | 6.1<br>(50.4%) |
| 337 | BECHTA Katarzyna               | 8297  | BRACTWO BIEGOWE BGK          | Senior I K - 20   | 20   | 00:40:12    | 01:01:55    | 01:38:05.95           | +00:48:39<br>(49.6%) | 9:48            | 6.1<br>(50.4%) |

| Msc | Zawodnik                 | Numer | Klub                          | Kategoria        | Mkat | C1       | C1       | Czas          | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------|-------|-------------------------------|------------------|------|----------|----------|---------------|----------------------|-----------------|----------------|
|     |                          |       |                               |                  |      | 3.7km    | 5.8km    | netto<br>10km |                      |                 |                |
| 338 | BIECHOWIAK Artur         | 8386  |                               | Senior II M - 30 | 69   | 00:39:42 | 01:01:36 | 01:38:12.65   | +00:48:46<br>(49.7%) | 9:49            | 6.1<br>(50.4%) |
| 339 | KUCHCINSKA Diana         | 8052  |                               | Masters K - 40   | 35   | 00:38:02 | 01:00:11 | 01:38:18.80   | +00:48:52<br>(49.7%) | 9:49            | 6.1<br>(50.4%) |
| 340 | LEHMANN Artur            | 8444  |                               | Senior II M - 30 | 70   | 00:39:39 | 01:00:55 | 01:38:30.40   | +00:49:04<br>(49.8%) | 9:51            | 6.1<br>(50.4%) |
| 341 | POLNIK Klaudia           | 8314  |                               | Senior II K - 30 | 65   | 00:39:06 | 01:02:39 | 01:38:33.75   | +00:49:07<br>(49.8%) | 9:51            | 6.1<br>(50.4%) |
| 342 | BLANIK Agnieszka         | 8308  |                               | Masters K - 40   | 36   | 00:39:04 | 01:02:01 | 01:38:41.45   | +00:49:15<br>(49.9%) | 9:52            | 6.1<br>(50.4%) |
| 343 | CZAJA Agnieszka          | 8266  |                               | Senior II K - 30 | 66   | 00:41:36 | 01:03:58 | 01:38:42.60   | +00:49:16<br>(49.9%) | 9:52            | 6.1<br>(50.4%) |
| 344 | JUREWICZ Agata           | 8267  | VEGE RUNNERS                  | Senior II K - 30 | 67   | 00:41:37 | 01:03:38 | 01:38:53.60   | +00:49:27<br>(50.0%) | 9:53            | 6.1<br>(50.4%) |
| 345 | KACZMAREK Anna           | 8451  |                               | Senior II K - 30 | 68   | 00:40:29 | 01:02:35 | 01:38:55.75   | +00:49:29<br>(50.0%) | 9:53            | 6.1<br>(50.4%) |
| 346 | KACZMAREK Adam           | 8452  |                               | Masters M - 40   | 75   | 00:40:29 | 01:02:35 | 01:38:56.15   | +00:49:30<br>(50.0%) | 9:53            | 6.1<br>(50.4%) |
| 347 | BUJAK Dagmara            | 8348  |                               | Senior II K - 30 | 69   | 00:39:58 | 01:01:52 | 01:38:59.35   | +00:49:33<br>(50.1%) | 9:53            | 6.1<br>(50.4%) |
| 348 | HYLIŃSKA Hanna           | 8020  | KOMU CZEMU                    | Senior II K - 30 | 70   | 00:40:23 | 01:01:33 | 01:39:13.60   | +00:49:47<br>(50.2%) | 9:55            | 6<br>(49.6%)   |
| 349 | WYROBIEC-LIPIŃSKA Joanna | 8365  |                               | Senior I K - 20  | 21   | 00:41:06 | 01:02:53 | 01:39:23.40   | +00:49:57<br>(50.3%) | 9:56            | 6<br>(49.6%)   |
| 350 | SŁOWIKOWSKI Tomasz       | 8600  |                               | Masters M - 40   | 76   | 00:40:11 | 01:01:36 | 01:39:24.05   | +00:49:58<br>(50.3%) | 9:56            | 6<br>(49.6%)   |
| 351 | LACHOR Anna              | 8358  | ANRO SC ANNA ROBERT LACHOR    | Weteran K - 50   | 9    | 00:41:55 | 01:03:44 | 01:39:25.30   | +00:49:59<br>(50.3%) | 9:56            | 6<br>(49.6%)   |
| 352 | RASZKOWSKA Emilia        | 8395  | ŚLĘZAK TEAM                   | Senior II K - 30 | 71   | 00:42:05 | 01:04:34 | 01:39:36.55   | +00:50:10<br>(50.4%) | 9:57            | 6<br>(49.6%)   |
| 353 | SERWACKA Dominika        | 8500  | STALOWOWOLSKI KLUB BIEGACZA   | Senior II K - 30 | 72   | 00:39:10 | 01:03:22 | 01:39:37.90   | +00:50:11<br>(50.4%) | 9:57            | 6<br>(49.6%)   |
| 354 | RASZKOWSKI Piotr         | 8396  | ŚLĘZAK TEAM   PIOTRBIEGACZ.PL | Senior II M - 30 | 71   | 00:42:00 | 01:04:34 | 01:39:38.05   | +00:50:12<br>(50.4%) | 9:57            | 6<br>(49.6%)   |
| 355 | SZPUREK Anna             | 8133  | BUKOWSKI KLUB BIEGACZA        | Masters K - 40   | 37   | 00:41:15 | 01:03:58 | 01:39:43.10   | +00:50:17<br>(50.4%) | 9:58            | 6<br>(49.6%)   |
| 356 | AUTH Kari                | 8429  |                               | Senior I K - 20  | 22   | 00:40:01 | 01:02:37 | 01:39:49.25   | +00:50:23<br>(50.5%) | 9:58            | 6<br>(49.6%)   |
| 357 | GRADEK Agnieszka         | 8306  |                               | Senior I K - 20  | 23   | 00:42:06 | 01:04:06 | 01:39:49.60   | +00:50:23<br>(50.5%) | 9:58            | 6<br>(49.6%)   |
| 358 | BALNER Sebastian         | 8477  |                               | Masters M - 40   | 77   | 00:41:32 | 01:03:50 | 01:39:51.80   | +00:50:25<br>(50.5%) | 9:59            | 6<br>(49.6%)   |
| 359 | PIWOWARCZYK Kamila       | 8397  | DZIABONG TEAM                 | Senior II K - 30 | 73   | 00:41:14 | 01:04:33 | 01:40:04.15   | +00:50:38<br>(50.6%) | 10:00           | 6<br>(49.6%)   |
| 360 | ŚMICHURSKA Malwina       | 8385  | FIZJOTERAPIA BIEGACZA         | Senior II K - 30 | 74   | 00:41:14 | 01:04:33 | 01:40:04.25   | +00:50:38<br>(50.6%) | 10:00           | 6<br>(49.6%)   |



| Msc | Zawodnik                         | Numer | Klub                      | Kategoria        | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------------|-------|---------------------------|------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                                  |       |                           |                  |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 361 | DZIADOWICZ Andrzej               | 8328  |                           | Masters M - 40   | 78   | 00:41:56 | 01:04:55 | 01:40:13.75     | +00:50:47 (50.7%) | 10:01        | 6 (49.6%)   |
| 362 | NIZIO Kamil                      | 8070  |                           | Masters M - 40   | 79   | 00:41:54 | 01:04:19 | 01:40:28.30     | +00:51:02 (50.8%) | 10:02        | 6 (49.6%)   |
| 363 | RADWAN Anna                      | 8103  | TARNOWO PODGÓRNE BIEGA    | Senior II K - 30 | 75   | 00:41:53 | 01:04:32 | 01:40:34.80     | +00:51:08 (50.9%) | 10:03        | 6 (49.6%)   |
| 364 | MĘTLAK Małgorzata                | 8552  |                           | Senior I K - 20  | 24   | 00:41:41 | 01:05:00 | 01:40:37.85     | +00:51:11 (50.9%) | 10:03        | 6 (49.6%)   |
| 365 | URBAŃCZYK Krzysztof              | 8058  | IZBICKO W BIEGU           | Senior I M - 20  | 41   | 00:40:04 | 01:01:12 | 01:40:47.45     | +00:51:21 (51.0%) | 10:04        | 6 (49.6%)   |
| 366 | BURZYŃSKA Emilia                 | 8222  | MAMY-BIEGAMY              | Senior II K - 30 | 76   | 00:41:26 | 01:03:48 | 01:40:50.75     | +00:51:24 (51.0%) | 10:05        | 6 (49.6%)   |
| 367 | WEJCHAN Jagoda                   | 8398  |                           | Senior I K - 20  | 25   | 00:40:10 | 01:03:28 | 01:41:07.55     | +00:51:41 (51.1%) | 10:06        | 5.9 (48.8%) |
| 368 | JASIŃSKA Marzena                 | 8172  |                           | Senior II K - 30 | 77   | 00:41:22 | 01:04:21 | 01:41:21.80     | +00:51:55 (51.2%) | 10:08        | 5.9 (48.8%) |
| 369 | KRAWCZAK Karolina                | 8053  |                           | Senior II K - 30 | 78   | 00:40:38 | 01:03:30 | 01:41:28.15     | +00:52:02 (51.3%) | 10:08        | 5.9 (48.8%) |
| 370 | IGNASIAK Marta                   | 8272  |                           | Senior II K - 30 | 79   | 00:41:33 | 01:04:01 | 01:41:42.35     | +00:52:16 (51.4%) | 10:10        | 5.9 (48.8%) |
| 371 | JAROSZ Agnieszka                 | 8355  | TEAM KURORT ŁĄDEK-ZDRÓJ   | Senior I K - 20  | 26   | 00:43:34 | 01:04:56 | 01:41:54.00     | +00:52:28 (51.5%) | 10:11        | 5.9 (48.8%) |
| 372 | TOMERA Dorota                    | 8356  | TEAM KURORT ŁĄDEK- ZDRÓJ  | Masters K - 40   | 38   | 00:43:35 | 01:04:50 | 01:41:54.10     | +00:52:28 (51.5%) | 10:11        | 5.9 (48.8%) |
| 373 | MAZURKIEWICZ Joanna              | 8021  |                           | Masters K - 40   | 39   | 00:40:21 | 01:02:52 | 01:42:00.15     | +00:52:34 (51.5%) | 10:12        | 5.9 (48.8%) |
| 374 | KUMASZKA Anna                    | 8449  | DOLNY ŚLĄSK               | Senior II K - 30 | 80   | 00:41:08 | 01:02:54 | 01:42:12.30     | +00:52:46 (51.6%) | 10:13        | 5.9 (48.8%) |
| 375 | KAMIONOWSKI Mariusz-Jacek        | 8448  |                           | Weteran I M - 50 | 18   | 00:43:47 | 01:05:43 | 01:42:15.00     | +00:52:49 (51.7%) | 10:13        | 5.9 (48.8%) |
| 376 | LEŚNIAK Wiktor                   | 8409  |                           | Senior II M - 30 | 72   | 00:41:31 | 01:05:56 | 01:42:15.95     | +00:52:49 (51.7%) | 10:13        | 5.9 (48.8%) |
| 377 | GRZELKA-ZEMBATY Katarzyna        | 8175  |                           | Senior II K - 30 | 81   | 00:41:14 | 01:04:03 | 01:42:17.70     | +00:52:51 (51.7%) | 10:13        | 5.9 (48.8%) |
| 378 | SZUMIGALSKI Radosław             | 8524  | RADOSŁAW SZUMIGALSKI PRIV | Masters M - 40   | 80   | 00:40:42 | 01:03:51 | 01:42:25.05     | +00:52:59 (51.7%) | 10:14        | 5.9 (48.8%) |
| 379 | STACHAŃCZYK Wojciech Stachanczyk | 8563  | MATNER RUNNING TEAM       | Masters M - 40   | 81   | 00:40:41 | 01:04:15 | 01:42:40.25     | +00:53:14 (51.9%) | 10:16        | 5.8 (47.9%) |
| 380 | MRÓZ Anna                        | 8288  |                           | Senior II K - 30 | 82   | 01:04:09 |          | 01:42:41.25     | +00:53:15 (51.9%) | 10:16        | 5.8 (47.9%) |
| 381 | KRZUŚ Michał                     | 8305  |                           | Senior I M - 20  | 42   | 00:43:36 | 01:05:28 | 01:42:47.75     | +00:53:21 (51.9%) | 10:16        | 5.8 (47.9%) |
| 382 | MRÓZ Radek                       | 8287  |                           | Senior II M - 30 | 73   | 00:42:01 | 01:05:25 | 01:42:50.80     | +00:53:24 (51.9%) | 10:17        | 5.8 (47.9%) |
| 383 | KAYSIEWICZ Joanna                | 8505  |                           | Masters K - 40   | 40   | 00:42:08 | 01:05:45 | 01:42:54.85     | +00:53:28 (52.0%) | 10:17        | 5.8 (47.9%) |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|------------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                       |       |                              |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 384 | WITKOWSKA Katarzyna   | 8393  |                              | Masters K - 40    | 41   | 00:42:54 | 01:04:51 | 01:43:08.60     | +00:53:42 (52.1%) | 10:18        | 5.8 (47.9%) |
| 385 | JOŃCZYK Beata         | 8602  | BIEG OPOLSKI                 | Senior II K - 30  | 83   | 00:43:39 | 01:06:21 | 01:43:09.60     | +00:53:43 (52.1%) | 10:18        | 5.8 (47.9%) |
| 386 | GRYDZIUSZKO Aneta     | 8179  |                              | Masters K - 40    | 42   | 00:41:15 | 01:04:16 | 01:43:20.25     | +00:53:54 (52.2%) | 10:20        | 5.8 (47.9%) |
| 387 | WINIARSKA Monika      | 8307  | DXTREEM RUNNING              | Masters K - 40    | 43   | 00:42:39 | 01:06:44 | 01:44:11.25     | +00:54:45 (52.6%) | 10:25        | 5.8 (47.9%) |
| 388 | STRZELEC Weronika     | 8012  |                              | Senior I K - 20   | 27   | 00:40:40 | 01:04:33 | 01:44:16.00     | +00:54:50 (52.6%) | 10:25        | 5.8 (47.9%) |
| 389 | KULESZA Dagmara       | 8079  |                              | Senior II K - 30  | 84   | 00:40:51 | 01:04:44 | 01:44:22.75     | +00:54:56 (52.6%) | 10:26        | 5.7 (47.1%) |
| 390 | ŁOKAJ Marcin          | 8187  |                              | Senior II M - 30  | 74   | 00:43:51 | 01:07:10 | 01:44:51.95     | +00:55:25 (52.9%) | 10:29        | 5.7 (47.1%) |
| 391 | KOCHAN Piotr          | 8375  | NIEMANIE                     | Masters M - 40    | 82   | 00:43:37 | 01:06:46 | 01:45:11.25     | +00:55:45 (53.0%) | 10:31        | 5.7 (47.1%) |
| 392 | LEMBICZ Paweł         | 8163  |                              | Masters M - 40    | 83   | 00:42:43 | 01:07:39 | 01:45:15.95     | +00:55:49 (53.0%) | 10:31        | 5.7 (47.1%) |
| 393 | KLECHA Katarzyna      | 8162  |                              | Masters K - 40    | 44   | 00:42:39 | 01:07:39 | 01:45:16.65     | +00:55:50 (53.0%) | 10:31        | 5.7 (47.1%) |
| 394 | BARYSKA Basia         | 8370  |                              | Senior II K - 30  | 85   | 00:44:03 | 01:05:39 | 01:45:43.40     | +00:56:17 (53.2%) | 10:34        | 5.7 (47.1%) |
| 395 | CZERNIAK Zuzanna      | 8556  |                              | Senior I K - 20   | 28   | 00:43:22 | 01:06:20 | 01:45:58.95     | +00:56:32 (53.4%) | 10:35        | 5.7 (47.1%) |
| 396 | AMANOWICZ Aurelia     | 8554  |                              | Senior I K - 20   | 29   | 00:43:26 | 01:06:24 | 01:46:03.00     | +00:56:37 (53.4%) | 10:36        | 5.7 (47.1%) |
| 397 | LUGOWSKI Karol        | 8504  |                              | Masters M - 40    | 84   | 00:43:25 | 01:06:30 | 01:46:03.25     | +00:56:37 (53.4%) | 10:36        | 5.7 (47.1%) |
| 398 | MIKICKA Monika        | 8346  |                              | Senior II K - 30  | 86   | 00:43:29 | 01:07:02 | 01:46:36.60     | +00:57:10 (53.6%) | 10:39        | 5.6 (46.3%) |
| 399 | WALCZAK Sławomir      | 8485  |                              | Weteran I M - 50  | 19   | 00:43:09 | 01:06:13 | 01:46:37.30     | +00:57:11 (53.6%) | 10:39        | 5.6 (46.3%) |
| 400 | KUZIOMKO Anna         | 8261  |                              | Masters K - 40    | 45   | 00:42:30 | 01:05:58 | 01:46:43.90     | +00:57:17 (53.7%) | 10:40        | 5.6 (46.3%) |
| 401 | GÓRALSKI Krzysztof    | 8313  |                              | Masters M - 40    | 85   | 00:41:15 | 01:03:39 | 01:47:11.85     | +00:57:45 (53.9%) | 10:43        | 5.6 (46.3%) |
| 402 | MIKOŁAJCZAK Magdalena | 8435  |                              | Masters K - 40    | 46   | 00:44:00 | 01:07:23 | 01:47:34.00     | +00:58:08 (54.0%) | 10:45        | 5.6 (46.3%) |
| 403 | ŚWITALSKA Edyta       | 8265  |                              | Masters K - 40    | 47   | 00:44:53 | 01:09:37 | 01:47:37.65     | +00:58:11 (54.1%) | 10:45        | 5.6 (46.3%) |
| 404 | OSZCZEDA Marzena      | 8428  |                              | Masters K - 40    | 48   | 00:45:21 | 01:09:27 | 01:48:08.80     | +00:58:42 (54.3%) | 10:48        | 5.5 (45.5%) |
| 405 | ŁATWIŃSKA Marzena     | 8343  | WYBIERZ...                   | Masters K - 40    | 49   | 00:41:30 | 01:05:58 | 01:48:41.75     | +00:59:15 (54.5%) | 10:52        | 5.5 (45.5%) |
| 406 | SZÓSTAK Marzena       | 8320  | KB HARCOWNIK JELCZ-LASKOWICE | Weteran II K - 60 | 2    | 00:45:28 | 01:09:44 | 01:49:01.30     | +00:59:35 (54.7%) | 10:54        | 5.5 (45.5%) |

| Msc | Zawodnik            | Numer | Klub                    | Kategoria        | Mkat | C1       | C1       | Czas          | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|-------------------------|------------------|------|----------|----------|---------------|----------------------|-----------------|----------------|
|     |                     |       |                         |                  |      | 3.7km    | 5.8km    | netto<br>10km |                      |                 |                |
| 407 | KIECON Zuzanna      | 8372  |                         | Senior I K - 20  | 30   | 00:43:10 | 01:08:09 | 01:49:08.35   | +00:59:42<br>(54.7%) | 10:54           | 5.5<br>(45.5%) |
| 408 | KIECOŃ Maria        | 8374  |                         | Senior II K - 30 | 87   | 00:43:11 | 01:08:09 | 01:49:12.05   | +00:59:46<br>(54.7%) | 10:55           | 5.5<br>(45.5%) |
| 409 | DWORNICKA Magda     | 7862  | RGB                     | Masters K - 40   | 50   | 00:44:48 | 01:08:09 | 01:49:13.55   | +00:59:47<br>(54.7%) | 10:55           | 5.5<br>(45.5%) |
| 410 | BLICHERT Anna       | 8335  | I DON'T KURWA CARE      | Senior II K - 30 | 88   | 00:47:06 | 01:08:40 | 01:49:13.90   | +00:59:47<br>(54.7%) | 10:55           | 5.5<br>(45.5%) |
| 411 | ZAJĄC Paulina       | 8085  |                         | Senior II K - 30 | 89   | 00:45:40 | 01:09:55 | 01:49:28.00   | +01:00:02<br>(54.8%) | 10:56           | 5.5<br>(45.5%) |
| 412 | DATA Tomasz         | 8542  | HRMAX ŻORY              | Masters M - 40   | 86   | 00:55:39 | 01:20:43 | 01:50:01.35   | +01:00:35<br>(55.1%) | 11:00           | 5.5<br>(45.5%) |
| 413 | DZIUBAŁA Ilona      | 8362  |                         | Weteran K - 50   | 10   | 00:45:25 | 01:10:10 | 01:50:47.45   | +01:01:21<br>(55.4%) | 11:04           | 5.4<br>(44.6%) |
| 414 | KRYSA Dorota        | 8027  | POMYŁKA TEAM            | Masters K - 40   | 51   | 00:45:18 | 01:10:42 | 01:51:05.20   | +01:01:39<br>(55.5%) | 11:06           | 5.4<br>(44.6%) |
| 415 | SOŁYGA Magdalena    | 8212  |                         | Senior II K - 30 | 90   | 00:44:09 | 01:09:36 | 01:51:10.30   | +01:01:44<br>(55.5%) | 11:07           | 5.4<br>(44.6%) |
| 416 | GÓRCZYŃSKA Barbara  | 8537  |                         | Masters K - 40   | 52   | 00:45:22 | 01:10:47 | 01:51:15.50   | +01:01:49<br>(55.6%) | 11:07           | 5.4<br>(44.6%) |
| 417 | AUGUSTYN Monika     | 8211  | SPORTOWY KAŻMIERZ       | Masters K - 40   | 53   | 00:44:05 | 01:08:53 | 01:51:21.85   | +01:01:55<br>(55.6%) | 11:08           | 5.4<br>(44.6%) |
| 418 | SMORAWSKA Lidia     | 8189  | TARNOWO PODGÓRNE BIEGA  | Senior II K - 30 | 91   | 00:45:55 | 01:10:54 | 01:51:29.00   | +01:02:03<br>(55.7%) | 11:08           | 5.4<br>(44.6%) |
| 419 | SOŁTYS Ewelina      | 8342  |                         | Senior II K - 30 | 92   | 00:41:39 | 01:08:19 | 01:51:36.65   | +01:02:10<br>(55.7%) | 11:09           | 5.4<br>(44.6%) |
| 420 | KONONIUK Łukasz     | 8592  | FUNDACJA KIERUNEK ULTRA | Senior II M - 30 | 75   | 00:39:38 | 01:09:14 | 01:51:43.50   | +01:02:17<br>(55.8%) | 11:10           | 5.4<br>(44.6%) |
| 421 | MYSŁOWSKA Agnieszka | 8408  |                         | Senior II K - 30 | 93   | 00:43:37 | 01:08:39 | 01:52:25.65   | +01:02:59<br>(56.0%) | 11:14           | 5.3<br>(43.8%) |
| 422 | GARDZIEJCZYK Aldona | 8311  |                         | Masters K - 40   | 54   | 00:43:24 | 01:08:41 | 01:52:26.65   | +01:03:00<br>(56.0%) | 11:14           | 5.3<br>(43.8%) |
| 423 | HRYCZYŃSKA Kamila   | 8603  |                         | Senior I K - 20  | 31   | 00:47:26 | 01:10:11 | 01:52:51.20   | +01:03:25<br>(56.2%) | 11:17           | 5.3<br>(43.8%) |
| 424 | KRZECZKOWSKI Roman  | 8304  | BIEGOWA ŚWIDNICA        | Masters M - 40   | 87   | 00:46:31 | 01:11:51 | 01:53:26.65   | +01:04:00<br>(56.4%) | 11:20           | 5.3<br>(43.8%) |
| 425 | BOROŃ-KOSIK Magda   | 8302  |                         | Masters K - 40   | 55   | 00:46:33 | 01:11:52 | 01:53:27.05   | +01:04:01<br>(56.4%) | 11:20           | 5.3<br>(43.8%) |
| 426 | PLAZIŃSKA Agnieszka | 8416  | FLEXLINK RUNNING TEAM   | Senior II K - 30 | 94   | 01:11:03 |          | 01:53:41.45   | +01:04:15<br>(56.5%) | 11:22           | 5.3<br>(43.8%) |
| 427 | LEMBICZ Agnieszka   | 8415  | FLEXLINK RUNNING TEAM   | Senior II K - 30 | 95   | 00:44:41 | 01:11:06 | 01:53:41.60   | +01:04:15<br>(56.5%) | 11:22           | 5.3<br>(43.8%) |
| 428 | CHYBICKI Wojciech   | 8506  |                         | Senior II M - 30 | 76   | 00:48:58 | 01:13:57 | 01:53:46.85   | +01:04:20<br>(56.6%) | 11:22           | 5.3<br>(43.8%) |
| 429 | VOGEL Kamil         | 8153  | NOWY TOMYŚL             | Senior I M - 20  | 43   | 00:43:39 | 01:09:14 | 01:54:22.55   | +01:04:56<br>(56.8%) | 11:26           | 5.2<br>(43.0%) |

| Msc | Zawodnik             | Numer | Klub              | Kategoria          | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-------------------|--------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                      |       |                   |                    |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 430 | SZYMAŃSKA Katarzyna  | 8157  |                   | Senior II K - 30   | 96   | 00:45:37 | 01:11:10 | 01:54:26.05     | +01:05:00 (56.8%) | 11:26        | 5.2 (43.0%) |
| 431 | SZYMAŃSKI Łukasz     | 8158  |                   | Senior II M - 30   | 77   | 00:45:36 | 01:11:10 | 01:54:27.15     | +01:05:01 (56.8%) | 11:26        | 5.2 (43.0%) |
| 432 | ADACH Magdalena      | 8186  | ENDORFINA WSCHOWA | Senior I K - 20    | 32   | 00:40:29 | 01:08:35 | 01:55:03.25     | +01:05:37 (57.0%) | 11:30        | 5.2 (43.0%) |
| 433 | GADZINOWSKI Ignacy   | 8248  |                   | Weteran III M - 70 | 1    | 00:46:16 | 01:12:48 | 01:55:59.35     | +01:06:33 (57.4%) | 11:35        | 5.2 (43.0%) |
| 434 | CHODERA Ewelina      | 8160  |                   | Senior II K - 30   | 97   | 00:42:49 | 01:10:30 | 01:56:07.80     | +01:06:41 (57.4%) | 11:36        | 5.2 (43.0%) |
| 435 | RYTYCH Justyna       | 8235  |                   | Masters K - 40     | 56   | 00:42:49 | 01:10:31 | 01:56:08.90     | +01:06:42 (57.4%) | 11:36        | 5.2 (43.0%) |
| 436 | JANIK Piotr          | 8141  |                   | Masters M - 40     | 88   | 00:47:52 | 01:12:51 | 01:58:50.10     | +01:09:24 (58.4%) | 11:53        | 5 (41.3%)   |
| 437 | DUBIŃSKA Magdalena   | 8142  |                   | Senior II K - 30   | 98   | 00:47:55 | 01:13:01 | 01:58:50.35     | +01:09:24 (58.4%) | 11:53        | 5 (41.3%)   |
| 438 | KUTNA Agnieszka      | 8565  | ALUSIAKI          | Senior II K - 30   | 99   | 00:48:48 | 01:16:13 | 01:59:09.95     | +01:09:43 (58.5%) | 11:54        | 5 (41.3%)   |
| 439 | WESOŁOWSKI Damian    | 8104  |                   | Masters M - 40     | 89   | 00:47:42 | 01:14:18 | 01:59:53.55     | +01:10:27 (58.8%) | 11:59        | 5 (41.3%)   |
| 440 | KWIATKOWSKA Honorata | 8105  | TOMASZÓW MAZ.     | Masters K - 40     | 57   | 00:47:43 | 01:14:21 | 01:59:54.90     | +01:10:28 (58.8%) | 11:59        | 5 (41.3%)   |
| 441 | SZYMAŁA Jan          | 8309  | SAM GNAM OD 1949  | Weteran III M - 70 | 2    | 00:52:22 | 01:18:45 | 02:01:06.90     | +01:11:40 (59.2%) | 12:06        | 5 (41.3%)   |
| 442 | ŁUKWIŃSKI Bogusław   | 8488  | UKS SZUWAREK      | Weteran I M - 50   | 20   | 00:45:43 | 01:13:10 | 02:02:01.40     | +01:12:35 (59.5%) | 12:12        | 4.9 (40.5%) |
| 443 | MIELCZAREK Halina    | 8063  |                   | Weteran K - 50     | 11   | 00:47:19 | 01:17:03 | 02:02:18.65     | +01:12:52 (59.6%) | 12:13        | 4.9 (40.5%) |
| 444 | GODLEWSKA Agnieszka  | 8473  |                   | Masters K - 40     | 58   | 00:49:58 | 01:17:25 | 02:02:19.40     | +01:12:53 (59.6%) | 12:13        | 4.9 (40.5%) |
| 445 | NOSKO Justyna        | 8151  |                   | Masters K - 40     | 59   | 00:48:39 | 01:16:44 | 02:02:27.35     | +01:13:01 (59.6%) | 12:14        | 4.9 (40.5%) |
| 446 | PRZEPIÓRKA Jolanta   | 8149  |                   | Masters K - 40     | 60   | 00:48:40 | 01:16:44 | 02:02:32.15     | +01:13:06 (59.7%) | 12:15        | 4.9 (40.5%) |
| 447 | PRZYŁUSKA Mirosława  | 8503  | RAZ SZCZECIN      | Weteran II K - 60  | 3    | 00:47:40 | 01:16:14 | 02:03:07.45     | +01:13:41 (59.9%) | 12:18        | 4.9 (40.5%) |
| 448 | KICZKA Maria         | 8036  | ROKIETNICA BIEGA  | Senior II K - 30   | 100  | 00:46:23 | 01:18:58 | 02:03:46.50     | +01:14:20 (60.1%) | 12:22        | 4.8 (39.7%) |
| 449 | WOJCIECH Stańczuk    | 8457  |                   | Weteran I M - 50   | 21   | 00:48:22 | 01:15:43 | 02:03:52.75     | +01:14:26 (60.1%) | 12:23        | 4.8 (39.7%) |
| 450 | GARCZYK Marzena      | 8406  |                   | Masters K - 40     | 61   | 00:51:30 | 01:19:09 | 02:04:09.80     | +01:14:43 (60.2%) | 12:24        | 4.8 (39.7%) |
| 451 | LASEK Karina         | 8039  |                   | Senior II K - 30   | 101  | 00:51:29 | 01:19:10 | 02:04:10.35     | +01:14:44 (60.2%) | 12:25        | 4.8 (39.7%) |
| 452 | JANECZEK Tomasz      | 8258  |                   | Senior II M - 30   | 78   | 00:50:50 | 01:18:10 | 02:05:01.15     | +01:15:35 (60.5%) | 12:30        | 4.8 (39.7%) |

| Msc | Zawodnik                   | Numer | Klub                 | Kategoria          | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|-------|----------------------|--------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                            |       |                      |                    |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 453 | MAJCHRZYCKA Agnieszka      | 8498  | TKKF MPK POZNAŃ      | Senior II K - 30   | 102  | 00:52:00 | 01:19:07 | 02:05:12.05     | +01:15:46 (60.5%) | 12:31        | 4.8 (39.7%) |
| 454 | BATURA Magdalena           | 8349  | TKKF MPK POZNAŃ      | Senior II K - 30   | 103  | 00:51:59 | 01:19:07 | 02:05:12.15     | +01:15:46 (60.5%) | 12:31        | 4.8 (39.7%) |
| 455 | ZJAWIN Katarzyna           | 8107  |                      | Senior II K - 30   | 104  | 00:47:07 | 01:17:35 | 02:05:23.30     | +01:15:57 (60.6%) | 12:32        | 4.8 (39.7%) |
| 456 | JANICKA Danuta             | 8494  | SZYBKIE I WŚCIEKŁY   | Senior II K - 30   | 105  | 00:47:34 | 01:16:03 | 02:06:16.10     | +01:16:50 (60.9%) | 12:37        | 4.8 (39.7%) |
| 457 | PIEKARCZYK Katarzyna       | 8490  | SZYBKIE I WŚCIEKŁY   | Senior II K - 30   | 106  | 00:47:38 | 01:16:05 | 02:06:19.70     | +01:16:53 (60.9%) | 12:37        | 4.7 (38.8%) |
| 458 | PILARSKA Elżbieta          | 8095  |                      | Weteran III K - 70 | 1    | 00:49:41 | 01:18:48 | 02:07:15.05     | +01:17:49 (61.2%) | 12:43        | 4.7 (38.8%) |
| 459 | PYTEL Anna                 | 8136  | IZBICKO W BIEGU      | Masters K - 40     | 62   | 00:50:15 | 01:19:38 | 02:07:43.75     | +01:18:17 (61.3%) | 12:46        | 4.7 (38.8%) |
| 460 | CHYBICKA Magdalena         | 8367  |                      | Senior II K - 30   | 107  | 00:49:08 | 01:17:31 | 02:07:47.00     | +01:18:21 (61.3%) | 12:46        | 4.7 (38.8%) |
| 461 | CZYŻAK Justyna             | 8574  |                      | Senior II K - 30   | 108  | 00:49:07 | 01:17:30 | 02:07:48.50     | +01:18:22 (61.3%) | 12:46        | 4.7 (38.8%) |
| 462 | PODJUK Kinga               | 8540  | FRIENDS GOSTYŃ       | Masters K - 40     | 63   | 00:48:12 | 01:18:50 | 02:08:02.80     | +01:18:36 (61.4%) | 12:48        | 4.7 (38.8%) |
| 463 | SZYPULSKA Katarzyna        | 8138  | SKS CHMIELOWICE      | Masters K - 40     | 64   | 00:50:15 | 01:19:51 | 02:08:24.90     | +01:18:58 (61.5%) | 12:50        | 4.7 (38.8%) |
| 464 | MATYLLA-HEJZA Gracja-Maria | 8108  |                      | Senior I K - 20    | 33   | 00:45:32 | 01:22:27 | 02:08:26.15     | +01:19:00 (61.5%) | 12:50        | 4.7 (38.8%) |
| 465 | HACZYK Gabriela            | 8590  | BIEG OPOLSKI         | Weteran III K - 70 | 2    | 00:48:57 | 01:19:48 | 02:08:38.00     | +01:19:12 (61.6%) | 12:51        | 4.7 (38.8%) |
| 466 | REGULSKA Aneta Regulska    | 8551  | DRUŻYNA SZPIKU       | Senior II K - 30   | 109  | 00:49:45 | 01:19:33 | 02:09:26.55     | +01:20:00 (61.8%) | 12:56        | 4.6 (38.0%) |
| 467 | RAJCZAKOWSKA Kamila        | 8299  |                      | Senior II K - 30   | 110  | 00:49:39 | 01:19:31 | 02:09:27.25     | +01:20:01 (61.8%) | 12:56        | 4.6 (38.0%) |
| 468 | ZABROCKI Andrzej           | 8014  | PODLASIAKI TEAM      | Weteran I M - 50   | 22   | 00:50:54 | 01:20:50 | 02:09:47.45     | +01:20:21 (61.9%) | 12:58        | 4.6 (38.0%) |
| 469 | ZABROCKA Jolanta           | 8011  | PODLASIAKI TEAM      | Weteran K - 50     | 12   | 00:50:53 | 01:20:50 | 02:09:47.70     | +01:20:21 (61.9%) | 12:58        | 4.6 (38.0%) |
| 470 | KAYSIEWICZ Agata           | 8124  |                      | Senior I K - 20    | 34   | 00:54:54 | 01:22:38 | 02:10:15.20     | +01:20:49 (62.0%) | 13:01        | 4.6 (38.0%) |
| 471 | KAYSIEWICZ Maciej          | 8125  | NATURAL BORN RUNNERS | Weteran I M - 50   | 23   | 00:54:54 | 01:22:38 | 02:10:19.45     | +01:20:53 (62.1%) | 13:01        | 4.6 (38.0%) |
| 472 | RAJCZAKOWSKA Anna          | 8546  |                      | Weteran K - 50     | 13   | 00:49:42 | 01:19:36 | 02:10:52.20     | +01:21:26 (62.2%) | 13:05        | 4.6 (38.0%) |
| 473 | WĄSOWICZ Patryk            | 8232  | CHIVAS TEAM          | Senior II M - 30   | 79   | 00:47:05 | 01:18:29 | 02:11:35.95     | +01:22:09 (62.4%) | 13:09        | 4.6 (38.0%) |
| 474 | WOŁOSIEWICZ Teresa         | 8066  | PODLASIAKI TEAM      | Weteran II K - 60  | 4    | 00:51:11 | 01:20:47 | 02:12:08.55     | +01:22:42 (62.6%) | 13:12        | 4.5 (37.2%) |
| 475 | PRASAL Konrad              | 8594  |                      | Senior I M - 20    | 44   | 00:46:59 | 01:19:01 | 02:14:18.20     | +01:24:52 (63.2%) | 13:25        | 4.5 (37.2%) |

| Msc | Zawodnik                   | Numer | Klub                | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|-------|---------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                            |       |                     |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 476 | MORAWSKI Jarosław          | 8521  | BIEGNIJ OŁAWO       | Masters M - 40    | 90   | 00:54:13 | 01:25:14 | 02:14:56.60     | +01:25:30 (63.4%) | 13:29        | 4.4 (36.4%) |
| 477 | MORAWSKA Edyta             | 8522  | BIEGNIJ OŁAWO       | Masters K - 40    | 65   | 00:54:12 | 01:25:23 | 02:14:57.35     | +01:25:31 (63.4%) | 13:29        | 4.4 (36.4%) |
| 478 | KARCZMARCZYK Beata         | 8588  |                     | Weteran K - 50    | 14   | 00:51:52 | 01:22:35 | 02:15:43.90     | +01:26:17 (63.6%) | 13:34        | 4.4 (36.4%) |
| 479 | KACZMARCZYK Roman          | 8589  |                     | Weteran I M - 50  | 24   | 00:51:55 | 01:22:36 | 02:15:44.00     | +01:26:18 (63.6%) | 13:34        | 4.4 (36.4%) |
| 480 | SZPERNA Katarzyna          | 8126  | JAROCIN             | Senior I K - 20   | 35   | 00:54:40 | 01:24:46 | 02:16:06.55     | +01:26:40 (63.7%) | 13:36        | 4.4 (36.4%) |
| 481 | PIETRUCHA Marta            | 8087  |                     | Senior II K - 30  | 111  | 00:54:43 | 01:24:57 | 02:16:09.40     | +01:26:43 (63.7%) | 13:36        | 4.4 (36.4%) |
| 482 | KOWALEWSKA Katarzyna       | 8112  |                     | Masters K - 40    | 66   | 00:51:19 | 01:22:04 | 02:16:31.65     | +01:27:05 (63.8%) | 13:39        | 4.4 (36.4%) |
| 483 | TALAR Marek                | 8281  | KĘSY TEAM           | Senior II M - 30  | 80   | 00:49:30 | 01:23:23 | 02:19:20.75     | +01:29:54 (64.5%) | 13:56        | 4.3 (35.5%) |
| 484 | MOCYDLARZ Agata            | 8280  |                     | Senior I K - 20   | 36   | 00:49:30 | 01:23:25 | 02:19:21.70     | +01:29:55 (64.5%) | 13:56        | 4.3 (35.5%) |
| 485 | STRZYŻOWSKA Monika         | 8003  |                     | Masters K - 40    | 67   | 00:52:37 | 01:26:11 | 02:23:02.65     | +01:33:36 (65.4%) | 14:18        | 4.2 (34.7%) |
| 486 | CZECH Dominika             | 8009  |                     | Senior I K - 20   | 37   | 00:52:38 | 01:26:12 | 02:23:03.10     | +01:33:37 (65.4%) | 14:18        | 4.2 (34.7%) |
| 486 | WITKIEWICZ-ŁUKASZEK Sandra | 8001  |                     | Senior II K - 30  | 112  | 00:52:54 | 01:26:24 | 02:23:03.10     | +01:33:37 (65.4%) | 14:18        | 4.2 (34.7%) |
| 488 | BARGIEL-DYGA Monika        | 8470  | NIEPOŁOMICE BIEGAJĄ | Weteran K - 50    | 15   | 00:52:55 | 01:24:47 | 02:24:12.15     | +01:34:46 (65.7%) | 14:25        | 4.2 (34.7%) |
| 489 | RYBKA Elżbieta             | 8495  | SZYBKIE I WŚCIEKŁY  | Senior II K - 30  | 113  | 00:54:18 | 01:24:26 | 02:25:03.45     | +01:35:37 (65.9%) | 14:30        | 4.1 (33.9%) |
| 490 | BERNACKA Anna              | 8489  |                     | Senior II K - 30  | 114  | 00:51:53 | 01:26:57 | 02:27:40.90     | +01:38:14 (66.5%) | 14:46        | 4.1 (33.9%) |
| 491 | IWASZKIEWICZ Dominika      | 8466  |                     | Senior II K - 30  | 115  | 00:51:59 | 01:26:59 | 02:27:44.55     | +01:38:18 (66.5%) | 14:46        | 4.1 (33.9%) |
| 492 | MICHALSKI Dariusz          | 8380  | ALFA TEAM GOSTYŃ    | Weteran I M - 50  | 25   | 01:04:13 | 01:39:07 | 02:38:27.35     | +01:49:01 (68.8%) | 15:50        | 3.8 (31.4%) |
| 493 | SZYMAŃSKA Agnieszka        | 8089  |                     | Masters K - 40    | 68   | 01:02:33 | 01:38:21 | 02:38:35.00     | +01:49:09 (68.8%) | 15:51        | 3.8 (31.4%) |
| 494 | SZYMAŃSKI Paweł            | 8083  |                     | Masters M - 40    | 91   | 01:02:34 | 01:38:52 | 02:38:35.30     | +01:49:09 (68.8%) | 15:51        | 3.8 (31.4%) |
| 495 | LIMAN Andrzej              | 8080  | PODLASIAKI TEAM     | Masters M - 40    | 92   | 01:06:13 | 01:40:59 | 02:41:29.35     | +01:52:03 (69.4%) | 16:08        | 3.7 (30.6%) |
| 496 | WOŁOSIEWICZ Jarosław       | 8060  | PODLASIAKI TEAM     | Weteran II M - 60 | 12   | 01:06:15 | 01:44:26 | 02:50:21.90     | +02:00:55 (71.0%) | 17:02        | 3.5 (28.9%) |
| 497 | LIMAN Dorota               | 8081  | PODLASIAKI TEAM     | Masters K - 40    | 69   | 01:06:15 | 01:44:27 | 02:50:23.40     | +02:00:57 (71.0%) | 17:02        | 3.5 (28.9%) |
| 498 | KATARYŃCZUK-BOROWIK Dorota | 8180  | CAŁA OLEŚNICA BIEGA | Masters K - 40    | 70   | 01:07:56 | 01:45:49 | 02:51:51.50     | +02:02:25 (71.2%) | 17:11        | 3.5 (28.9%) |

| Msc | Zawodnik           | Numer | Klub               | Kategoria        | Mkat | C1       | C1       | Czas netto  | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------|-------|--------------------|------------------|------|----------|----------|-------------|-------------------|--------------|-------------|
|     |                    |       |                    |                  |      | 3.7km    | 5.8km    | 10km        |                   |              |             |
| 499 | BOCZAR Waldemar    | 8228  |                    | Senior II M - 30 | 81   | 01:06:42 | 01:46:38 | 02:52:25.60 | +02:02:59 (71.3%) | 17:14        | 3.5 (28.9%) |
| 500 | MAKSYMOWICZ Monika | 8496  | SZYBKIE I WŚCIEKŁY | Senior II K - 30 | 116  | 01:07:52 | 01:50:03 | 03:00:16.40 | +02:10:50 (72.6%) | 18:01        | 3.3 (27.3%) |
| 501 | GROGER Karolina    | 8270  |                    | Senior I K - 20  | 38   | 01:09:02 | 01:50:39 | 03:03:56.55 | +02:14:30 (73.1%) | 18:23        | 3.3 (27.3%) |
| 502 | ROBAK Aneta        | 8259  |                    | Senior II K - 30 | 117  | 01:09:07 | 01:50:43 | 03:04:03.75 | +02:14:37 (73.1%) | 18:24        | 3.3 (27.3%) |
| 503 | WINIARSKI Robert   | 8024  |                    | Weteran I M - 50 | 26   | 01:39:58 |          |             | +01:19:30         | 27:01        | 2.2 (18.2%) |

Znaleziono 503 wynik(ów)