



BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie:

Dolnośląski Festiwal Biegów Górskich

Organizator:

Fundacja MARATONY GÓRSKIE

Data:

2022-07-17

Miejsce:

Łądek-Zdrój

Dystans:

10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LAGNER Sebastian	8444	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	Senior II M - 30	1	00:00:01	00:20:19	00:30:12	00:47:54.85	00:47:54.85		4:47	12.5
2	PACHUT Jerzy	8459	WOT	Senior I M - 20	1	00:00:01	00:20:26	00:30:54	00:48:32.40	00:48:32.40	+00:00:37	4:51	12.4
3	CHRZANOWSKI Patryk	8302	PCH SPORT TEAM	Senior II M - 30	2	00:00:01	00:20:43	00:31:01	00:48:36.75	00:48:36.75	+00:00:41	4:51	12.3
4	TWOREK Bartłomiej	8557	10 ŚBOT	Senior I M - 20	2	00:00:01	00:20:39	00:30:54	00:49:14.15	00:49:14.15	+00:01:19	4:55	12.2
5	KUJAWA Zbigniew	8594	TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA	Senior II M - 30	3	00:00:03	00:21:59	00:32:26	00:50:40.60	00:50:40.60	+00:02:45	5:04	11.8
6	DUTKOWSKI Mikołaj	8209	WKS ŚLĄSK WROCŁAW	Senior II M - 30	4	00:00:01	00:21:54	00:32:25	00:50:50.40	00:50:50.40	+00:02:55	5:05	11.8
7	MONZO David	8088		Senior II M - 30	5	00:00:02	00:20:40	00:31:36	00:50:55.15	00:50:55.15	+00:03:00	5:05	11.8
8	SIERADZKI Krzysztof	8270	PRZEDWOJEWSKI TEAM	Senior II M - 30	6	00:00:02	00:21:27	00:32:25	00:51:28.65	00:51:28.65	+00:03:33	5:08	11.7
9	FRANCZAK Mariusz	8434	DTR BIEGA / MARIO TEAM	Masters M - 40	1	00:00:01	00:21:32	00:32:26	00:52:23.95	00:52:23.95	+00:04:29	5:14	11.5
10	KANTOR Martyna	8575	SALOMON SUNNTO TEAM	Senior II K - 30	1	00:00:02	00:21:54	00:32:47	00:52:50.90	00:52:50.90	+00:04:56	5:17	11.4
11	STASIUKIEWICZ Rafał	8556	7 KLOG	Masters M - 40	2	00:00:02	00:21:48	00:33:20	00:52:55.10	00:52:55.10	+00:05:00	5:17	11.3
12	GROMAŁA Krzysztof	8360	WOSIEKTEAM	Masters M - 40	3	00:00:03	00:22:35	00:33:33	00:53:13.90	00:53:13.90	+00:05:19	5:19	11.3
13	ŻUREK Jakub	8565	BEZ ZBĘDNYCH PYTAŃ	Senior I M - 20	3	00:00:01	00:21:44	00:33:12	00:53:25.85	00:53:25.85	+00:05:31	5:20	11.2
14	JĘDRYCHOWSKI Piotr	8467	KB SOBÓTKA / PRZEDWOJEWSKI TEAM	Masters M - 40	4	00:00:03	00:22:28	00:33:39	00:53:57.80	00:53:57.80	+00:06:02	5:23	11.1
15	RUTKOWSKI Damian	8468	LIDZBARK WARMIŃSKI	Senior I M - 20	4	00:00:11	00:22:54	00:34:29	00:55:43.15	00:55:43.15	+00:07:48	5:34	10.8
16	PRZYSTARZ Artur	8173	OBORYGENI	Weteran I M - 50	1	00:00:04	00:22:54	00:34:28	00:55:46.30	00:55:46.30	+00:07:51	5:34	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Ładek 0.01km	C1 3.7km	C1 5.8km					
17	BUKSA Tomasz	8460	WOT	Senior II M - 30	7	00:00:04	00:23:05	00:34:31	00:55:55.65	00:55:55.65	+00:08:00	5:35	10.7
18	PIEKARSKI Jakub	8036		Senior I M - 20	5	00:00:10	00:24:08	00:35:52	00:55:57.35	00:55:57.35	+00:08:02	5:35	10.7
19	BEDNARZ Krzysztof	8094	PRZEDWOJEWSKI TEAM	Masters M - 40	5		00:23:24	00:35:14	00:56:04.65	00:56:04.65	+00:08:09	5:36	10.7
20	SZNUROWSKI Mariusz	8455	KB SOBÓTKA	Senior I M - 20	6	00:00:02	00:23:54	00:35:33	00:56:09.05	00:56:09.05	+00:08:14	5:36	10.7
21	WOJCIECHOWSKI Mateusz	8484	NULL	Senior II M - 30	8	00:00:02	00:23:51	00:35:25	00:56:16.70	00:56:16.70	+00:08:21	5:37	10.7
22	TARGOSZ Michał	8252	#ADAMCZERWIŃSKITEAM	Masters M - 40	6	00:00:02	00:23:30	00:35:07	00:56:21.15	00:56:21.15	+00:08:26	5:38	10.6
23	TRZEPAK Łukasz	8426		Senior II M - 30	9	00:01:00	00:24:04	00:35:32	00:56:27.70	00:56:27.70	+00:08:32	5:38	10.6
24	KAŻMIERCZAK Marta	8595	ZAŁOGA GÓRSKA	Masters K - 40	1	00:00:02	00:24:22	00:36:14	00:56:31.75	00:56:31.75	+00:08:36	5:39	10.6
25	KOŁODZIEJ Roman	8192		Masters M - 40	7	00:00:02	00:24:32	00:36:11	00:56:54.45	00:56:54.45	+00:08:59	5:41	10.5
26	LASEK Jakub	8047	RMT TEAM	Senior II M - 30	10	00:00:02	00:24:43	00:36:39	00:56:54.75	00:56:54.75	+00:08:59	5:41	10.5
27	KLIMCZAK Piotr	8477	GIMPAS PASŁĘK	Weteran I M - 50	2	00:00:11	00:24:42	00:36:32	00:57:23.90	00:57:23.90	+00:09:29	5:44	10.5
28	SZYMANOWSKI Łukasz	8420	LESZ NO LIMITS RUNNERS	Masters M - 40	8	00:00:02	00:23:33	00:36:04	00:58:05.20	00:58:05.20	+00:10:10	5:48	10.3
29	SAMIEC Janusz	8424		Senior II M - 30	11	00:00:18	00:24:37	00:36:49	00:58:25.75	00:58:25.75	+00:10:30	5:50	10.3
30	STRZELCZAK Robert	8373	EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM	Masters M - 40	9	00:00:05	00:25:10	00:37:14	00:58:32.60	00:58:32.60	+00:10:37	5:51	10.3
31	ŁASKOWSKA Marzena	8479	WOT	Weteran K - 50	1	00:00:04	00:24:51	00:37:12	00:58:41.55	00:58:41.55	+00:10:46	5:52	10.2
32	BUKOWSKI Edward	8384	CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	3	00:00:09	00:25:00	00:37:25	00:59:15.60	00:59:15.60	+00:11:20	5:55	10.1
33	MIKOŁAJCZYK Mirosław	8070	MIRAZ RACE TEAM	Masters M - 40	10	00:00:03	00:25:39	00:37:52	00:59:16.75	00:59:16.75	+00:11:21	5:55	10.1
34	ALTEWĘGIER Jarosław	8243	140MINUT.PL	Masters M - 40	11	00:00:07	00:25:12	00:37:35	00:59:45.05	00:59:45.05	+00:11:50	5:58	10
35	PIĘKOŚ Błażej	8480		Senior II M - 30	12	00:00:08	00:25:02	00:37:37	01:00:00.50	01:00:00.50	+00:12:05	6:00	10
36	WITEK Paweł	8397	KOWARY BIEGAJĄ	Masters M - 40	12	00:00:07	00:25:25	00:37:55	01:00:13.65	01:00:13.65	+00:12:18	6:01	10
37	TOMASZKIEWICZ Wojciech	8055	RUN FOREST	Senior II M - 30	13	00:00:07	00:25:37	00:38:17	01:01:01.45	01:01:01.45	+00:13:06	6:06	9.8
38	KONRAD Artur	8333	BRACIA TEAM ZAWERCIE	Masters M - 40	13	00:00:07	00:26:07	00:39:01	01:01:22.10	01:01:22.10	+00:13:27	6:08	9.8
39	KAMIŃSKI Karol	8571	FUNDACJA KIERUNEK ULTRA	Senior I M - 20	7	00:00:04	00:25:28	00:39:01	01:01:23.85	01:01:23.85	+00:13:29	6:08	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
40	KARCZEWSKA Joanna	8580	KIERUNEK ULTRA	Masters K - 40	2	00:00:04	00:26:13	00:39:04	01:01:41.05	01:01:41.05	+00:13:46	6:10	9.7
41	WIERZCHOWIAK Karolina	8469	TRAIL IS OUR WAY TEAM	Senior II K - 30	2	00:00:02	00:26:04	00:39:34	01:02:36.45	01:02:36.45	+00:14:41	6:15	9.6
42	CITKO Maciej	8259	BIEG OPOLSKI	Senior II M - 30	14	00:00:05	00:26:50	00:40:24	01:03:11.75	01:03:11.75	+00:15:16	6:19	9.5
43	CICHY Krzysztof	8436	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	4	00:00:08	00:27:07	00:40:27	01:03:24.60	01:03:24.60	+00:15:29	6:20	9.5
44	PAJĄK Alan	8136		Senior II M - 30	15	00:00:29	00:28:09	00:41:13	01:04:02.25	01:04:02.25	+00:16:07	6:24	9.4
45	KOTOWICZ Tomasz	8463		Masters M - 40	14	00:00:06	00:27:20	00:40:50	01:04:05.90	01:04:05.90	+00:16:11	6:24	9.4
46	WROTECKA Katarzyna	8324	STAJNIAKTEAM	Senior II K - 30	3	00:00:03	00:26:56	00:40:43	01:04:24.80	01:04:24.80	+00:16:29	6:26	9.3
47	BARTUŚ Monika	8408		Senior I K - 20	1	00:00:03	00:27:02	00:40:43	01:04:41.75	01:04:41.75	+00:16:46	6:28	9.3
48	SIEK Kazimierz	8470	10ŚBOT	Weteran I M - 50	5	00:00:02	00:27:10	00:41:20	01:05:22.65	01:05:22.65	+00:17:27	6:32	9.2
49	SIKORA Sylwia	8301	PGB SPORTOWA PACZKA	Senior II K - 30	4	00:00:04	00:27:59	00:42:09	01:05:44.25	01:05:44.25	+00:17:49	6:34	9.1
50	KAROLCZAK Aleksander	8574		Senior I M - 20	8	00:00:08	00:29:10	00:43:44	01:05:59.65	01:05:59.65	+00:18:04	6:35	9.1
51	GNITECKA Katarzyna	8009	KUDOWANKA RUN	Senior II K - 30	5	00:00:04	00:28:05	00:42:20	01:06:06.60	01:06:06.60	+00:18:11	6:36	9.1
52	MIKOŁAJCZAK Dawid	8471	SPORTOWY KAŻMIERZ	Senior I M - 20	9	00:00:26	00:26:59	00:42:09	01:06:36.00	01:06:36.00	+00:18:41	6:39	9
53	BRANDENBURG Michał	8015	PRZYJACIELE TEAM	Masters M - 40	15	00:00:36	00:28:54	00:42:47	01:07:07.15	01:07:07.15	+00:19:12	6:42	8.9
54	ULIKOWSKA Martyna	8500	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:00:04	00:28:59	00:43:05	01:07:13.85	01:07:13.85	+00:19:19	6:43	8.9
55	SZUSTAK Mateusz	8328	AZS UP WROCŁAW	Senior I M - 20	10	00:00:27	00:28:46	00:42:47	01:07:22.80	01:07:22.80	+00:19:27	6:44	8.9
56	SZYMCZAK Bartłomiej	8414	ŻARY RUNNRS TEAM	Senior II M - 30	16	00:00:13	00:28:00	00:42:23	01:07:30.10	01:07:30.10	+00:19:35	6:45	8.9
57	BEDNAREK Karolina	8179		Senior II K - 30	7	00:00:09	00:27:45	00:42:10	01:07:33.45	01:07:33.45	+00:19:38	6:45	8.9
58	ADAMCZYK-NOWAK Beata	8280	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	3	00:00:09	00:29:15	00:43:30	01:07:40.55	01:07:40.55	+00:19:45	6:46	8.9
59	HRYCAJ Mariusz	8031	REBELLION OF FREE RUNNERS	Masters M - 40	16	00:00:06	00:29:23	00:43:21	01:07:51.40	01:07:51.40	+00:19:56	6:47	8.8
60	BUŁACZ Jacek	8040	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	Masters M - 40	17	00:00:27	00:28:10	00:42:11	01:07:54.80	01:07:54.80	+00:19:59	6:47	8.8
61	HAWRYŁAK Wojciech	8562		Senior I M - 20	11	00:00:16	00:29:37	00:44:19	01:08:06.70	01:08:06.70	+00:20:11	6:48	8.8
62	ZAWADA Zbigniew	8196		Masters M - 40	18	00:00:19	00:29:17	00:43:39	01:08:07.00	01:08:07.00	+00:20:12	6:48	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	3.7km	5.8km	netto 10km	brutto 10km			
63	STYK Marek	8023		Senior II M - 30	17	00:00:31	00:28:06	00:42:24	01:08:11.65	01:08:11.65	+00:20:16	6:49	8.8
64	OSICA Łukasz	8108		Senior II M - 30	18	00:00:15	00:29:03	00:43:43	01:08:28.25	01:08:28.25	+00:20:33	6:50	8.8
65	BŁASZKOWSKI Daniel	8582	ŚLEDZIKI	Masters M - 40	19	00:00:03	00:29:00	00:43:13	01:09:04.65	01:09:04.65	+00:21:09	6:54	8.7
66	OCIEPKA-CIEIELSKA Katarzyna	8311		Senior II K - 30	8	00:00:12	00:29:19	00:43:36	01:09:06.05	01:09:06.05	+00:21:11	6:54	8.7
67	MOKRZYŃSKI Marcin	8570	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	20	00:00:12	00:30:31	00:44:24	01:09:10.90	01:09:10.90	+00:21:16	6:55	8.7
68	FRERIKS Jeroen	8248	LEIDEN ATLETIEK	Senior II M - 30	19	00:00:11	00:29:13	00:43:51	01:09:12.10	01:09:12.10	+00:21:17	6:55	8.7
69	TOMAS Paweł	8262		Senior I M - 20	12	00:00:11	00:29:36	00:44:03	01:09:12.85	01:09:12.85	+00:21:18	6:55	8.7
70	GÓRNA Anita	8206	LPP TEAM	Senior II K - 30	9	00:00:20	00:30:32	00:44:41	01:09:32.80	01:09:32.80	+00:21:37	6:57	8.6
71	CHOJNACKI Tomasz	8065		Masters M - 40	21	00:01:02	00:31:09	00:45:16	01:09:53.40	01:09:53.40	+00:21:58	6:59	8.6
72	MAJKA Eryk	8097	FAMILIAMAJKA	Senior I M - 20	13	00:00:20	00:29:08	00:44:26	01:10:16.15	01:10:16.15	+00:22:21	7:01	8.5
73	SAŁDYKA Marcin	8451		Senior II M - 30	20	00:00:34	00:30:03	00:44:33	01:10:21.65	01:10:21.65	+00:22:26	7:02	8.5
73	HONCZA Tomasz	8139	MOCNA GRUPA CEZARA	Senior II M - 30	20	00:00:33	00:31:12	00:45:49	01:10:21.65	01:10:21.65	+00:22:26	7:02	8.5
75	RAKOCZY Krzysztof	8450		Senior I M - 20	14	00:00:34	00:29:43	00:44:21	01:10:22.85	01:10:22.85	+00:22:28	7:02	8.5
76	REGULSKA Natalia	8400	ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM	Senior II K - 30	10	00:00:03	00:30:57	00:45:28	01:10:24.35	01:10:24.35	+00:22:29	7:02	8.5
77	BACKER Marcin	8224	TOPOLICE TEAM	Masters M - 40	22	00:00:18	00:30:21	00:45:29	01:10:28.60	01:10:28.60	+00:22:33	7:02	8.5
78	PISCO Tiago	8377	LUSITANIA ARMADA	Senior II M - 30	22	00:01:20	00:31:15	00:45:15	01:11:08.70	01:11:08.70	+00:23:13	7:06	8.4
79	ZATORSKA Karolina	8497	TREC TEAM	Senior II K - 30	11	00:00:09	00:30:23	00:45:33	01:11:28.75	01:11:28.75	+00:23:33	7:08	8.4
80	PLUTA Kinga	8095		Senior I K - 20	2	00:00:49	00:30:41	00:45:27	01:11:30.55	01:11:30.55	+00:23:35	7:09	8.4
81	TRZPIOLA Tycjan	8003	KURACJUSZE	Senior II M - 30	23	00:00:11	00:29:39	00:44:53	01:11:31.50	01:11:31.50	+00:23:36	7:09	8.4
82	JARMUŻEK Tomasz	8346		Senior II M - 30	24	00:00:58	00:32:30	00:46:59	01:11:38.65	01:11:38.65	+00:23:43	7:09	8.4
83	BARTKOWIAK Hubert	8060		Weteran I M - 50	6	00:00:26	00:30:09	00:45:18	01:11:48.30	01:11:48.30	+00:23:53	7:10	8.4
84	SIERGIEJ Zbigniew	8561	RUN TEAM TYGRYSY ORZYSZ	Weteran I M - 50	7	00:00:01	00:29:41	00:45:03	01:11:54.30	01:11:54.30	+00:23:59	7:11	8.3
85	KACPRZYCKA Paulina	8482	WOT	Senior II K - 30	12	00:00:04	00:30:11	00:45:45	01:12:08.95	01:12:08.95	+00:24:14	7:12	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	3.7km	5.8km	netto 10km	brutto 10km			
86	WIDUN Grzegorz	8200	WDUN KETTELHELL CLUB	Senior II M - 30	25	00:01:33	00:31:41	00:46:23	01:12:20.15	01:12:20.15	+00:24:25	7:14	8.3
87	HAJDAMOWICZ Adam	8406		Senior I M - 20	15	00:00:55	00:32:16	00:47:26	01:12:20.75	01:12:20.75	+00:24:25	7:14	8.3
88	MAZIAREK Adela	8093		Masters K - 40	4	00:00:09	00:30:10	00:45:27	01:12:22.65	01:12:22.65	+00:24:27	7:14	8.3
89	BARANOW Tomasz	8587	LEWANDOWSCY T	Masters M - 40	23	00:00:06	00:30:21	00:45:48	01:12:34.75	01:12:34.75	+00:24:39	7:15	8.3
90	JARZĄBEK Magdalena	8110		Senior II K - 30	13	00:00:04	00:31:27	00:46:33	01:12:47.60	01:12:47.60	+00:24:52	7:16	8.2
91	WOŹNIAK Jakub	8160	TEAM LIDL	Senior II M - 30	26	00:00:45	00:31:28	00:45:56	01:12:56.45	01:12:56.45	+00:25:01	7:17	8.2
91	GOS Sebastian	8449		Senior II M - 30	26	00:00:35	00:31:14	00:46:16	01:12:56.45	01:12:56.45	+00:25:01	7:17	8.2
93	MARGRAF Bartosz	8357		Senior I M - 20	16	00:00:10	00:29:57	00:45:44	01:13:08.75	01:13:08.75	+00:25:13	7:18	8.2
94	ZIMNY Tomasz	8265	FARTY PUSZCZY	Weteran II M - 60	1	00:00:08	00:32:25	00:47:53	01:13:25.70	01:13:25.70	+00:25:30	7:20	8.2
95	FUCHS Dariusz	8598	TEAM KURORT ŁĄDEK-ZDRÓJ	Weteran I M - 50	8	00:01:19	00:32:36	00:47:46	01:13:38.75	01:13:38.75	+00:25:43	7:21	8.1
96	WIELGOSZ-MATUŁA Maria	8250		Senior I K - 20	3	00:00:10	00:29:31	00:44:50	01:13:40.55	01:13:40.55	+00:25:45	7:22	8.1
97	WOJTAS Łukasz	8198	GRUPA OLX TEAM	Masters M - 40	24	00:00:47	00:30:48	00:46:15	01:13:43.40	01:13:43.40	+00:25:48	7:22	8.1
98	CIEŚLAK Krzysztof	8563	ULTRAFAZA.PL	Senior II M - 30	28	00:00:43	00:32:37	00:48:05	01:13:44.75	01:13:44.75	+00:25:49	7:22	8.1
99	WOŹNIAK Janusz	8222	PORMAT JEDLICZE BIEGA	Weteran I M - 50	9	00:00:10	00:30:47	00:46:33	01:13:54.45	01:13:54.45	+00:25:59	7:23	8.1
100	ZIENDARA Michalina	8331	ZAŁOGA GÓRSKA	Senior I K - 20	4	00:00:34	00:31:56	00:47:14	01:14:16.90	01:14:16.90	+00:26:22	7:25	8.1
101	BIESZCZAD Regina	8202	KB ATHLETIC ZRĘCIN	Senior I K - 20	5	00:00:26	00:33:09	00:48:19	01:14:48.45	01:14:48.45	+00:26:53	7:28	8
102	BOSEK Leszek	8286		Weteran II M - 60	2	00:00:29	00:32:28	00:48:02	01:14:53.90	01:14:53.90	+00:26:59	7:29	8
103	MAZIAREK Michał	8276		Masters M - 40	25		00:31:07	00:47:12	01:14:59.20	01:14:59.20	+00:27:04	7:29	8
104	GRZYB Krzysztof	8370	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	26		00:33:08	00:48:52	01:15:00.25	01:15:00.25	+00:27:05	7:30	8
105	PAKUŁA Tomasz	8111		Senior II M - 30	29	00:00:51	00:32:56	00:48:17	01:15:07.30	01:15:07.30	+00:27:12	7:30	8
106	SZCZUDLAK Michał	8445		Senior II M - 30	30	00:00:20	00:33:49	00:49:34	01:15:07.45	01:15:07.45	+00:27:12	7:30	8
107	PILONIS Eleonora	8474	BIEGOSTACJA	Masters K - 40	5	00:00:13	00:31:47	00:47:44	01:15:14.00	01:15:14.00	+00:27:19	7:31	8
108	SMOLEŃ Sebastian	8588		Masters M - 40	27	00:00:15	00:32:41	00:48:39	01:15:21.55	01:15:21.55	+00:27:26	7:32	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Ładek 0.01km	C1 3.7km	C1 5.8km					
109	JANOSZ Paweł	8288		Senior I M - 20	17	00:00:23	00:32:37	00:48:08	01:15:38.75	01:15:38.75	+00:27:43	7:33	7.9
110	MAŁKOWSKI Piotr	8372	AMATOR	Weteran III M - 70	1	00:00:13	00:32:17	00:47:43	01:15:52.25	01:15:52.25	+00:27:57	7:35	7.9
111	MAJKA Jarek	8058	FAMILIAMAJKA	Masters M - 40	28	00:00:22	00:34:07	00:49:31	01:16:02.45	01:16:02.45	+00:28:07	7:36	7.9
112	MAJKA Anna	8057	FAMILIAMAJKA	Masters K - 40	6	00:00:22	00:34:00	00:49:31	01:16:02.60	01:16:02.60	+00:28:07	7:36	7.9
113	BASTRZYK Tomasz	8005		Masters M - 40	29	00:00:37	00:33:20	00:47:57	01:16:06.60	01:16:06.60	+00:28:11	7:36	7.9
114	STAWORZYŃSKI Dawid	8285	PAN KORBKA	Senior II M - 30	31	00:00:16	00:32:20	00:48:31	01:16:08.40	01:16:08.40	+00:28:13	7:36	7.9
115	MALOCCO Monika	8188		Masters K - 40	7	00:00:25	00:32:26	00:48:13	01:16:18.25	01:16:18.25	+00:28:23	7:37	7.9
116	KLIN Robert	8338	WATAHA	Weteran I M - 50	10	00:01:06	00:33:15	00:49:12	01:16:27.35	01:16:27.35	+00:28:32	7:38	7.8
117	MACKIEWICZ Karol	8048		Senior II M - 30	32	00:00:30	00:33:12	00:49:14	01:16:38.35	01:16:38.35	+00:28:43	7:39	7.8
118	NOWAKOWSKA Ewelina	8071		Senior I K - 20	6	00:00:13	00:33:36	00:49:14	01:16:38.85	01:16:38.85	+00:28:44	7:39	7.8
119	BEDLA Anna	8568		Masters K - 40	8	00:00:11	00:32:52	00:49:15	01:16:40.10	01:16:40.10	+00:28:45	7:40	7.8
120	TYMOSZEWSKI Waldemar	8569		Weteran I M - 50	11	00:00:12	00:32:53	00:49:15	01:16:40.25	01:16:40.25	+00:28:45	7:40	7.8
121	MATYSIAK Marcin	8401	T.S. IRON MAN GOGOLIN	Masters M - 40	30	00:00:20	00:31:43	00:48:12	01:16:56.60	01:16:56.60	+00:29:01	7:41	7.8
122	SZYMAŃSKI Grzegorz	8297	RNB POLANICA ZDRÓJ	Masters M - 40	31	00:00:28	00:32:08	00:48:16	01:17:14.30	01:17:14.30	+00:29:19	7:43	7.8
123	BAKSALARY Lidia	8254	#BIEGAJLESZNO	Masters K - 40	9	00:00:03	00:31:11	00:47:15	01:17:34.60	01:17:34.60	+00:29:39	7:45	7.7
124	DYBYSŁAWSKI Adam	8335	KOJOTY TEAM	Masters M - 40	32	00:00:05	00:30:39	00:47:22	01:17:40.60	01:17:40.60	+00:29:45	7:46	7.7
125	WOJTKIEWICZ Adam	8344	STAJNIAK#TEAM	Masters M - 40	33	00:00:32	00:34:09	00:49:33	01:17:47.10	01:17:47.10	+00:29:52	7:46	7.7
126	SAWICKI Piotr	8558	MOTOR LUBLIN	Masters M - 40	34	00:00:30	00:37:01	00:52:21	01:17:49.70	01:17:49.70	+00:29:54	7:46	7.7
127	SCHAFFARCZYK Michał	8326		Senior I M - 20	18	00:00:08	00:34:15	00:51:07	01:17:51.40	01:17:51.40	+00:29:56	7:47	7.7
128	WIŚNIEWSKI Robert	8159	METAL CHERRY	Senior I M - 20	19	00:00:14	00:34:17	00:50:44	01:17:57.40	01:17:57.40	+00:30:02	7:47	7.7
129	BAJER Mikołaj	8056	TARNOWO PODGÓRNE BIEGA	Masters M - 40	35	00:00:25	00:32:25	00:48:33	01:18:08.40	01:18:08.40	+00:30:13	7:48	7.7
130	PEREIRA Ruben	8381	LUSITANIA ARMADA	Senior II M - 30	33	00:01:21	00:34:32	00:50:43	01:18:26.55	01:18:26.55	+00:30:31	7:50	7.6
131	BILICKI Wojtek	8217		Senior II M - 30	34	00:00:05	00:34:25	00:50:10	01:18:28.20	01:18:28.20	+00:30:33	7:50	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Łądek 0.01km	C1 3.7km	C1 5.8km					
132	KRAWCZYKOWSKI Jacek	8135		Senior II M - 30	35	00:01:27	00:35:59	00:51:45	01:18:32.20	01:18:32.20	+00:30:37	7:51	7.6
133	ZASŁAWSKI Lech	8087		Masters M - 40	36	00:00:08	00:31:50	00:48:27	01:18:42.25	01:18:42.25	+00:30:47	7:52	7.6
134	SENIÓW Joanna	8255		Masters K - 40	10	00:00:08	00:32:17	00:49:15	01:18:44.65	01:18:44.65	+00:30:49	7:52	7.6
135	WUJDA Mirosław	8102	ERNI RULEZ	Masters M - 40	37	00:00:48	00:31:44	00:48:34	01:18:46.45	01:18:46.45	+00:30:51	7:52	7.6
136	OZIMINA Hubert	8156	OBORYGENI	Masters M - 40	38	00:00:12	00:34:15	00:51:16	01:18:49.60	01:18:49.60	+00:30:54	7:52	7.6
137	SZARSKI Jacek	8068	KAPCIOCHY	Senior I M - 20	20	00:00:23	00:33:08	00:49:08	01:19:06.15	01:19:06.15	+00:31:11	7:54	7.6
138	MUČA Māris	8204	LBNB	Weteran I M - 50	12	00:00:06	00:33:57	00:50:03	01:19:12.45	01:19:12.45	+00:31:17	7:55	7.6
139	CIECHOMSKA Agata Ciechomska	8132	HTF LUDWIK SIKORSKI	Senior II K - 30	14	00:00:11	00:33:50	00:49:47	01:19:17.90	01:19:17.90	+00:31:23	7:55	7.6
140	JANOSZ Ada	8421		Senior I K - 20	7	00:00:28	00:34:18	00:51:08	01:19:20.95	01:19:20.95	+00:31:26	7:56	7.6
141	BIENKOWSKI Kamil	8282		Senior II M - 30	36	00:01:23	00:35:47	00:51:12	01:19:35.70	01:19:35.70	+00:31:40	7:57	7.5
142	KARKOSZKA Dawid	8388		Senior I M - 20	21	00:00:30	00:35:00	00:51:32	01:19:46.95	01:19:46.95	+00:31:52	7:58	7.5
143	SIWEK Grzegorz	8044	LANRUNS	Masters M - 40	39	00:00:29	00:35:47	00:52:15	01:20:07.75	01:20:07.75	+00:32:12	8:00	7.5
144	KOTAS Paweł	8233		Senior I M - 20	22	00:01:08	00:34:41	00:51:04	01:20:18.30	01:20:18.30	+00:32:23	8:01	7.5
145	ZADORA Borys	8214	OLDBOYS TROJAN ŁĄDEK ZDRÓJ	Senior II M - 30	37	00:03:27	00:37:33	00:52:56	01:20:19.05	01:20:19.05	+00:32:24	8:01	7.5
146	STASIAK Antoni	8462	LEŚNE DZIKI PGB	Senior I M - 20	23	00:00:11	00:32:58	00:49:58	01:20:19.15	01:20:19.15	+00:32:24	8:01	7.5
147	MAJŁOWSKI Aleksander	8121		Weteran III M - 70	2	00:00:20	00:33:17	00:49:55	01:20:31.55	01:20:31.55	+00:32:36	8:03	7.5
148	STASIAK Łukasz	8461	LEŚNE DZIKI PGB	Masters M - 40	40	00:00:12	00:33:35	00:50:33	01:20:46.00	01:20:46.00	+00:32:51	8:04	7.4
149	LUBAŃSKA Alicja	8318		Weteran K - 50	2	00:00:15	00:33:13	00:50:04	01:21:03.85	01:21:03.85	+00:33:09	8:06	7.4
150	CICHAŃSKI Marek	8199		Senior II M - 30	38	00:00:40	00:34:50	00:52:11	01:21:08.05	01:21:08.05	+00:33:13	8:06	7.4
151	KIERUL Łukasz	8403	MASA TEAM	Senior II M - 30	39	00:00:29	00:34:11	00:51:18	01:21:09.35	01:21:09.35	+00:33:14	8:06	7.4
152	KOMISARCZYK Krzysztof	8321		Senior I M - 20	24	00:00:40	00:34:50	00:52:05	01:21:10.15	01:21:10.15	+00:33:15	8:07	7.4
153	JANUS Tomasz	8351	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	40	00:01:14	00:37:13	00:53:43	01:21:13.20	01:21:13.20	+00:33:18	8:07	7.4
154	SAWICKI Adrian	8256		Masters M - 40	41	00:01:09	00:35:22	00:52:13	01:21:14.65	01:21:14.65	+00:33:19	8:07	7.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	3.7km	5.8km	netto 10km	brutto 10km			
155	WÓJCIAK Łukasz	8073	UMAWANIENABIEGANIETEAM	Senior II M - 30	41	00:00:32	00:34:20	00:51:09	01:21:34.65	01:21:34.65	+00:33:39	8:09	7.4
156	DEMBIŃSKI Arkadiusz	8409		Senior II M - 30	42	00:00:53	00:36:32	00:53:14	01:21:53.20	01:21:53.20	+00:33:58	8:11	7.3
157	NAZIMEK Piotr	8287		Senior II M - 30	43	00:00:34	00:35:34	00:52:34	01:22:00.60	01:22:00.60	+00:34:05	8:12	7.3
158	BURA Tomasz	8475		Senior II M - 30	44	00:00:09	00:35:15	00:52:20	01:22:02.75	01:22:02.75	+00:34:07	8:12	7.3
159	MRÓZ Urszula	8077		Weteran II K - 60	1	00:01:06	00:36:46	00:53:12	01:22:06.65	01:22:06.65	+00:34:11	8:12	7.3
160	RASZKOWSKA Emilia	8429	ŚLĘZAK TEAM	Senior II K - 30	15	00:00:38	00:35:56	00:53:18	01:22:13.80	01:22:13.80	+00:34:18	8:13	7.3
161	KUZIEL Marcin	8113	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	45	00:01:23	00:39:16	00:55:22	01:22:17.00	01:22:17.00	+00:34:22	8:13	7.3
162	PALMOWSKI Rafał	8313		Masters M - 40	42	00:00:16	00:34:43	00:52:07	01:22:20.25	01:22:20.25	+00:34:25	8:14	7.3
163	BOCIĄGA Paweł	8312	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	Masters M - 40	43	00:00:16	00:34:51	00:52:02	01:22:21.90	01:22:21.90	+00:34:27	8:14	7.3
164	ŻUKIEWICZ Krzysztof	8281	TKKF MPK POZNAŃ	Masters M - 40	44	00:00:18	00:34:38	00:52:03	01:22:34.00	01:22:34.00	+00:34:39	8:15	7.3
165	MAJŁOWSKA Irena	8120		Weteran II K - 60	2	00:00:21	00:34:54	00:52:09	01:22:36.40	01:22:36.40	+00:34:41	8:15	7.3
166	WASZAK Tomasz	8314		Senior I M - 20	25	00:01:25	00:37:07	00:54:07	01:22:40.30	01:22:40.30	+00:34:45	8:16	7.3
167	NAPIERAŁA Andrzej	8430	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	3	00:01:49	00:37:33	00:54:38	01:22:50.15	01:22:50.15	+00:34:55	8:17	7.2
168	PIGŁA Aleksander	8306	SPORTOWY KAŻMIERZ	Senior I M - 20	26	00:00:42	00:34:08	00:51:29	01:22:52.45	01:22:52.45	+00:34:57	8:17	7.2
169	HANSZ Donat	8464	NETBOX BIEGA	Senior I M - 20	27	00:00:28	00:34:51	00:52:19	01:23:15.90	01:23:15.90	+00:35:21	8:19	7.2
170	MADAJCZYK Tomasz	8128		Senior II M - 30	46	00:00:23	00:34:29	00:51:52	01:23:20.80	01:23:20.80	+00:35:25	8:20	7.2
171	MERAK Krzysztof	8363	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	45	00:01:19	00:37:26	00:54:00	01:23:57.65	01:23:57.65	+00:36:02	8:23	7.1
172	NOWACZYK Marta	8126		Senior II K - 30	16	00:01:12	00:36:19	00:53:20	01:23:57.75	01:23:57.75	+00:36:02	8:23	7.1
173	WINKOWSKI Adrian	8001	PRZEDWOJEWSKI TEAM	Senior II M - 30	47	00:00:06	00:35:01	00:52:11	01:24:08.35	01:24:08.35	+00:36:13	8:24	7.1
174	KISIAŁA Filip	8240		Masters M - 40	46	00:00:21	00:34:42	00:52:16	01:24:13.95	01:24:13.95	+00:36:19	8:25	7.1
175	DWORAK Sabrina	8419	MAXIMUS KROSNOWICE	Senior II K - 30	17	00:00:24	00:36:44	00:54:30	01:24:20.65	01:24:20.65	+00:36:25	8:26	7.1
176	SAMOLAK Łukasz	8228		Masters M - 40	47	00:01:28	00:40:38	00:56:38	01:24:23.55	01:24:23.55	+00:36:28	8:26	7.1
177	HEJNA Małgorzata	8266		Weteran K - 50	3	00:00:08	00:35:17	00:53:47	01:24:26.60	01:24:26.60	+00:36:31	8:26	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
178	MAKIOŁA Agnieszka	8037		Senior I K - 20	8	00:00:12	00:35:22	00:53:05	01:24:30.00	01:24:30.00	+00:36:35	8:27	7.1
179	KMIECIK Roma	8425	KUDOWANKA RUN	Masters K - 40	11	00:01:02	00:37:47	00:55:18	01:24:34.75	01:24:34.75	+00:36:39	8:27	7.1
180	GACIOCH Jarosław	8398	RUN TEAM TYGRYSY ORZYSZ	Weteran I M - 50	13	00:00:05	00:35:11	00:53:42	01:24:41.00	01:24:41.00	+00:36:46	8:28	7.1
181	PTASZYŃSKA Joanna	8086		Weteran K - 50	4	00:00:23	00:35:29	00:53:18	01:24:44.35	01:24:44.35	+00:36:49	8:28	7.1
182	SKAWINA Krystyna	8075	TOPOLICE TEAM	Senior II K - 30	18	00:00:17	00:34:37	00:51:59	01:24:46.50	01:24:46.50	+00:36:51	8:28	7.1
183	POZNAR Adam	8354		Senior II M - 30	48	00:01:17	00:38:22	00:55:54	01:24:57.90	01:24:57.90	+00:37:03	8:29	7.1
184	KONIECZNA Anna	8155	TARNOWO PODGÓRNE BIEGA	Masters K - 40	12	00:00:06	00:35:54	00:53:57	01:24:58.85	01:24:58.85	+00:37:04	8:29	7.1
185	GÓRSKI Bartek	8441		Senior I M - 20	28	00:00:14	00:37:02	00:54:08	01:25:01.75	01:25:01.75	+00:37:06	8:30	7.1
186	JURA Ewelina	8473	TOPOLICE TEAM	Senior II K - 30	19	00:00:18	00:35:43	00:53:55	01:25:26.40	01:25:26.40	+00:37:31	8:32	7
187	KOŁTON Justyna	8284		Senior I K - 20	9	00:00:28	00:36:55	00:54:18	01:25:26.95	01:25:26.95	+00:37:32	8:32	7
188	PRUSICKI Rafał	8122		Masters M - 40	48	00:00:17	00:35:13	00:53:31	01:25:37.60	01:25:37.60	+00:37:42	8:33	7
189	SZCZYPCZYK-PRUSICKA Małgorzata	8123		Masters K - 40	13	00:00:16	00:35:14	00:53:30	01:25:37.80	01:25:37.80	+00:37:42	8:33	7
190	PIETRUCHA Jagoda	8175	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	20	00:00:07	00:35:04	00:53:22	01:25:49.55	01:25:49.55	+00:37:54	8:34	7
191	DZIĘGIELEWSKA Dominika	8577		Senior II K - 30	21	00:00:11	00:37:01	00:55:05	01:26:05.35	01:26:05.35	+00:38:10	8:36	7
192	MARTYN Olga	8488	SPINKO LESZNO	Senior II K - 30	22	00:00:46	00:37:18	00:55:10	01:26:08.70	01:26:08.70	+00:38:13	8:36	7
193	BACHURSKA Ewa	8043	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	14	00:00:18	00:36:46	00:54:57	01:26:16.45	01:26:16.45	+00:38:21	8:37	7
194	KIEPIEL Agata	8293	ADIDAS RUNNERS WARSAW	Senior II K - 30	23	00:00:58	00:38:11	00:56:12	01:26:16.95	01:26:16.95	+00:38:22	8:37	7
195	BŁACHNIO Krzysztof	8375		Weteran I M - 50	14	00:00:08	00:35:10	00:53:07	01:26:18.55	01:26:18.55	+00:38:23	8:37	7
196	WORYTKIEWICZ Małgorzata	8319		Senior I K - 20	10	00:00:59	00:38:08	00:55:45	01:26:22.85	01:26:22.85	+00:38:28	8:38	6.9
197	ŁASZKIEWICZ Piotr	8010	ATHLETICS TEM PRUSICE	Weteran II M - 60	4	00:00:14	00:36:49	00:54:45	01:26:25.10	01:26:25.10	+00:38:30	8:38	6.9
198	RZYWUCKA Jolanta	8272	4 RUN TEAM PIŁA	Masters K - 40	15	00:00:14	00:35:51	00:54:34	01:26:50.15	01:26:50.15	+00:38:55	8:41	6.9
199	BARTNIK Patryk	8168		Senior I M - 20	29	00:00:11	00:36:23	00:54:54	01:26:51.20	01:26:51.20	+00:38:56	8:41	6.9
200	MATUSZCZYK Grażyna	8271	RYBNICKA GRUPA BIEGOWA	Masters K - 40	16	00:00:24	00:36:06	00:54:36	01:26:54.55	01:26:54.55	+00:38:59	8:41	6.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
201	WILK Tomasz	8038		Senior II M - 30	49	00:01:01	00:38:23	00:56:48	01:26:55.35	01:26:55.35	+00:39:00	8:41	6.9
201	GRZELIŃSKA Malwina	8490		Senior II K - 30	24	00:00:15	00:37:19	00:55:48	01:26:55.35	01:26:55.35	+00:39:00	8:41	6.9
203	OSUCH Marcin	8345		Masters M - 40	49	00:00:58	00:37:50	00:55:29	01:27:16.85	01:27:16.85	+00:39:22	8:43	6.9
204	KRZONKALLA-BARTNIK Katarzyna	8169		Senior I K - 20	11	00:00:10	00:36:23	00:54:54	01:27:20.50	01:27:20.50	+00:39:25	8:44	6.9
205	WITKE Elżbieta	8109		Weteran II K - 60	3	00:00:10	00:35:06	00:53:16	01:27:26.95	01:27:26.95	+00:39:32	8:44	6.9
206	SZYMAŁA Marcin	8465	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	15	00:00:44	00:36:19	00:53:17	01:27:41.30	01:27:41.30	+00:39:46	8:46	6.8
207	WOŹNIAK Mirosław	8339	TKKF MPK POZNAŃ	Weteran II M - 60	5	00:01:00	00:39:27	00:57:10	01:27:48.65	01:27:48.65	+00:39:53	8:46	6.8
208	KUCHARSKA Anna	8458		Senior II K - 30	25	00:00:18	00:37:30	00:55:50	01:28:01.20	01:28:01.20	+00:40:06	8:48	6.8
209	HOJA Ilona	8448		Senior II K - 30	26	00:00:17	00:37:30	00:55:50	01:28:01.35	01:28:01.35	+00:40:06	8:48	6.8
210	URBANIAK Józef	8576	ULKS CZARNA GÓRA	Weteran I M - 50	16	00:01:04	00:39:09	00:57:07	01:28:16.45	01:28:16.45	+00:40:21	8:49	6.8
211	GRODZIŃSKA Magdalena	8407		Senior I K - 20	12	00:01:10	00:41:05	00:59:24	01:28:19.35	01:28:19.35	+00:40:24	8:49	6.8
212	KRZECZKOWSKI Roman	8176	BIEGOWA ŚWIDNICA	Weteran I M - 50	17		00:38:41	00:56:53	01:28:29.75	01:28:29.75	+00:40:34	8:50	6.8
213	WAWER Marcin	8493	STOWARZYSZENIE BIEG OPOLSKI	Senior II M - 30	50	00:01:22	00:40:58	00:58:40	01:28:52.65	01:28:52.65	+00:40:57	8:53	6.8
214	GAŚSIOROWSKA Sara	8294		Senior I K - 20	13	00:00:49	00:39:19	00:57:06	01:28:55.10	01:28:55.10	+00:41:00	8:53	6.7
215	KOZŁOWSKA Małgorzata	8046	KB ODRA OPOLE	Masters K - 40	17	00:00:30	00:37:39	00:56:01	01:28:55.60	01:28:55.60	+00:41:00	8:53	6.7
216	KOZŁOWSKI Mariusz	8045	KB ODRA OPOLE	Masters M - 40	50	00:00:30	00:37:33	00:56:00	01:28:56.25	01:28:56.25	+00:41:01	8:53	6.7
217	BIAŁEK Marcin	8115		Masters M - 40	51	00:01:04	00:40:19	00:58:49	01:28:58.10	01:28:58.10	+00:41:03	8:53	6.7
218	BRZEZIŃSKI Andrzej	8062	LANRUNS	Weteran II M - 60	6	00:00:05	00:38:16	00:57:23	01:29:03.85	01:29:03.85	+00:41:09	8:54	6.7
219	IMIŃSKI Cezary	8104		Weteran I M - 50	18	00:00:15	00:38:20	00:55:44	01:29:05.65	01:29:05.65	+00:41:10	8:54	6.7
220	KUTYCKA KUREK Elżbieta	8498	CHOJRAK TEAM WROCŁAW	Senior II K - 30	27	00:00:43	00:37:54	00:56:54	01:29:39.60	01:29:39.60	+00:41:44	8:57	6.7
221	MASALSKA Anna	8578		Masters K - 40	18	00:00:27	00:37:36	00:55:49	01:29:41.10	01:29:41.10	+00:41:46	8:58	6.7
222	PUSZEK Jacek	8195		Senior II M - 30	51	00:00:06	00:37:46	00:56:56	01:29:54.15	01:29:54.15	+00:41:59	8:59	6.7
223	SZWACZKA Sebastian	8300	BW BIEGOWY WARIAT	Masters M - 40	52	00:01:11	00:37:54	00:56:26	01:30:02.30	01:30:02.30	+00:42:07	9:00	6.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
224	SENDER Jakub	8317	BW RUNNING TEAM	Senior II M - 30	52	00:01:11	00:37:55	00:56:28	01:30:02.85	01:30:02.85	+00:42:08	9:00	6.7
225	NAZARY Piotr	8383	OBORYGENI	Masters M - 40	53	00:00:27	00:38:55	00:57:06	01:30:03.50	01:30:03.50	+00:42:08	9:00	6.7
226	DĄBKOWSKI Adam	8124		Masters M - 40	54	00:00:42	00:40:07	00:57:13	01:30:12.35	01:30:12.35	+00:42:17	9:01	6.7
227	KORNASZEWSKI Wojciech	8559		Senior II M - 30	53	00:00:30	00:38:16	00:56:45	01:30:15.15	01:30:15.15	+00:42:20	9:01	6.6
228	BUGAJSKI Marcin	8187		Masters M - 40	55	00:00:25	00:38:01	00:56:46	01:30:24.80	01:30:24.80	+00:42:29	9:02	6.6
229	KRUK Mateusz	8203	MAXIMUS KROSNOWICE	Senior II M - 30	54	00:00:24	00:36:43	00:56:02	01:31:26.65	01:31:26.65	+00:43:31	9:08	6.6
230	WIKŁO Paweł	8296		Senior I M - 20	30	00:01:26	00:42:15	01:01:45	01:31:29.65	01:31:29.65	+00:43:34	9:08	6.6
231	DULIK Radosław	8604	OPOLE	Masters M - 40	56	00:00:57	00:41:33	01:00:30	01:31:33.20	01:31:33.20	+00:43:38	9:09	6.6
232	RUTKOWSKA Izabela	8349	SPORTOWY KAŻMIERZ	Masters K - 40	19	00:01:04	00:41:02	01:00:17	01:32:06.70	01:32:06.70	+00:44:11	9:12	6.5
233	MATAK Kinga	8437	ŁASUCH	Senior II K - 30	28	00:01:23	00:40:51	01:00:10	01:32:22.65	01:32:22.65	+00:44:27	9:14	6.5
234	LEWANDOWSKA Kamila	8143	LEWANDOWSCY TEAM	Senior II K - 30	29	00:00:59	00:40:04	00:59:57	01:32:26.60	01:32:26.60	+00:44:31	9:14	6.5
235	GABOR Maciej	8368		Masters M - 40	57	00:01:20	00:41:04	01:00:29	01:32:34.20	01:32:34.20	+00:44:39	9:15	6.5
236	STEMPIN Sylwia	8358		Senior II K - 30	30	00:00:11	00:39:29	00:59:16	01:32:39.65	01:32:39.65	+00:44:44	9:15	6.5
237	SZCZEPIŃSKA Aneta	8583		Senior II K - 30	31	00:00:27	00:40:13	00:59:45	01:32:43.05	01:32:43.05	+00:44:48	9:16	6.5
238	LEŚNICZAK Barbara	8457	#WKURWTEAM	Masters K - 40	20	00:01:12	00:40:40	01:00:01	01:32:46.95	01:32:46.95	+00:44:52	9:16	6.5
239	SZAREK Sławomir	8067	K.S. OBSTAWIMY TYŁY	Masters M - 40	58	00:00:55	00:42:55	01:01:44	01:32:54.75	01:32:54.75	+00:44:59	9:17	6.5
240	SZYMAŁA Jan	8125		Weteran III M - 70	3	00:00:23	00:37:57	00:57:36	01:32:59.80	01:32:59.80	+00:45:04	9:17	6.5
241	MICHALSKA Agnieszka	8353		Senior I K - 20	14	00:01:25	00:41:07	01:00:58	01:33:10.05	01:33:10.05	+00:45:15	9:19	6.4
242	POŁAWSKA Ewa	8454		Senior II K - 30	32	00:01:04	00:42:01	01:01:00	01:33:13.30	01:33:13.30	+00:45:18	9:19	6.4
243	WOJTCZAK Mateusz	8456		Senior II M - 30	55	00:01:04	00:42:04	01:01:00	01:33:13.70	01:33:13.70	+00:45:18	9:19	6.4
244	BLANIK Marek	8239		Senior II M - 30	56	00:00:31	00:39:25	00:58:30	01:33:29.75	01:33:29.75	+00:45:34	9:20	6.4
244	BLANIK Agnieszka	8238		Masters K - 40	21	00:00:31	00:39:25	00:58:36	01:33:29.75	01:33:29.75	+00:45:34	9:20	6.4
246	ZAJĄC Aga	8379	77CATS	Masters K - 40	22	00:00:38	00:41:30	01:01:03	01:33:32.50	01:33:32.50	+00:45:37	9:21	6.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Łądek 0.01km	C1 3.7km	C1 5.8km					
247	REIJMERS Agnieszka	8251	LEIDEN ATLETIEK	Masters K - 40	23	00:00:39	00:39:57	00:58:36	01:33:47.80	01:33:47.80	+00:45:52	9:22	6.4
248	KALIŃSKA Dorota	8486		Senior II K - 30	33	00:01:28	00:42:30	01:01:09	01:33:55.45	01:33:55.45	+00:46:00	9:23	6.4
249	SOBOLEWSKA Julita	8369		Masters K - 40	24	00:00:13	00:39:11	00:58:26	01:34:02.20	01:34:02.20	+00:46:07	9:24	6.4
250	GALEWSKI Mariusz	8074	KOTLIN	Weteran I M - 50	19	00:00:17	00:39:10	00:59:08	01:34:02.65	01:34:02.65	+00:46:07	9:24	6.4
251	URBAN Alicja	8041	KACZKATEAM	Senior I K - 20	15	00:00:37	00:37:47	00:57:12	01:34:06.75	01:34:06.75	+00:46:11	9:24	6.4
252	RADZIEJEWSKA Milena	8355	SZWAGRY I SZWAGIERKI	Senior I K - 20	16	00:00:25	00:39:54	01:00:18	01:34:17.10	01:34:17.10	+00:46:22	9:25	6.4
253	ŚWIĘCH Aneta	8427	EAZYMUT.PL	Senior II K - 30	34	00:00:27	00:40:22	01:01:43	01:34:26.75	01:34:26.75	+00:46:31	9:26	6.4
254	KOWAL Dawid	8025		Senior I M - 20	31	00:00:45	00:41:31	01:00:19	01:34:31.65	01:34:31.65	+00:46:36	9:27	6.3
255	STROIŃSKI Wojciech	8081	LESZ NO LIMITS RUNNERS	Masters M - 40	59	00:00:50	00:41:03	01:00:19	01:34:33.15	01:34:33.15	+00:46:38	9:27	6.3
256	BEDNAREK-KWIATKOWSKA Anna	8163	SAMO ZDROWIE	Masters K - 40	25	00:00:53	00:40:33	01:00:52	01:34:43.50	01:34:43.50	+00:46:48	9:28	6.3
257	BUDA Małgorzata	8260		Masters K - 40	26	00:00:19	00:38:27	00:58:08	01:34:45.70	01:34:45.70	+00:46:50	9:28	6.3
258	TOMAKA Patrycja	8347	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:01:10	00:41:32	01:00:59	01:34:48.15	01:34:48.15	+00:46:53	9:28	6.3
259	BŁACHNIO Dorota	8072	RAZ SZCZECIN	Weteran K - 50	5	00:00:08	00:39:27	00:59:33	01:34:53.50	01:34:53.50	+00:46:58	9:29	6.3
260	BIENIARZ Ilona	8396	MAKEMAROFITAGAIN!	Senior II K - 30	36	00:00:15	00:38:57	00:58:55	01:35:13.70	01:35:13.70	+00:47:18	9:31	6.3
261	JANSON Marleen	8249	LEIDEN ATLETIEK	Senior II K - 30	37	00:00:39	00:42:18	01:02:34	01:35:17.15	01:35:17.15	+00:47:22	9:31	6.3
262	BURA Karolina	8227	#BIEGAJLESZNO	Senior II K - 30	38	00:00:12	00:39:05	00:59:30	01:35:18.85	01:35:18.85	+00:47:24	9:31	6.3
263	KUCIŃSKI Andrzej	8064	BAZA ZDROWA FRESCO	Weteran II M - 60	7	00:00:44	00:41:53	01:01:36	01:35:21.40	01:35:21.40	+00:47:26	9:32	6.3
264	SZELIGA Agnieszka	8264		Senior II K - 30	39	00:00:34	00:40:35	01:00:39	01:35:35.20	01:35:35.20	+00:47:40	9:33	6.3
265	SKARŻEŃSKA-SOKOŁOWSKA Jagoda	8599		Senior II K - 30	40		00:40:46		01:36:03.95	01:36:03.95	+00:48:09	9:36	6.2
266	CHOMĄTOWSKI Daniel	8127		Senior II M - 30	57	00:00:23	00:42:07	01:02:46	01:36:07.80	01:36:07.80	+00:48:12	9:36	6.2
267	OSIKA Aleksandra	8002		Senior I K - 20	17	00:00:36	00:40:12	01:00:30	01:36:12.95	01:36:12.95	+00:48:18	9:37	6.2
268	KRYSKA Paweł	8237		Senior I M - 20	32	00:01:09	00:42:21	01:02:13	01:36:24.95	01:36:24.95	+00:48:30	9:38	6.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
269	KOPYSTAŃSKA Basia	8329		Senior II K - 30	41	00:01:26	00:42:54	01:03:41	01:36:26.70	01:36:26.70	+00:48:31	9:38	6.2
270	WESTPHAL Magdalena	8236		Senior II K - 30	42	00:00:28	00:40:14	01:00:27	01:36:28.35	01:36:28.35	+00:48:33	9:38	6.2
271	IGNASZEWSKA Marta	8380		Masters K - 40	27	00:00:42	00:41:23	01:01:10	01:36:29.15	01:36:29.15	+00:48:34	9:38	6.2
272	ROBAK Natalia	8304		Senior I K - 20	18	00:01:04	00:42:12	01:02:32	01:36:31.20	01:36:31.20	+00:48:36	9:39	6.2
273	IGNASZEWSKI Michał	8566		Masters M - 40	60	00:00:51	00:41:24	01:01:10	01:36:32.90	01:36:32.90	+00:48:38	9:39	6.2
274	STRZYŻOWSKI Nikodem	8092		Senior I M - 20	33	00:00:26	00:40:01	00:59:45	01:36:39.55	01:36:39.55	+00:48:44	9:39	6.2
275	SZYMAŁA Karolina	8103		Senior I K - 20	19	00:00:44	00:40:55	01:01:15	01:36:42.35	01:36:42.35	+00:48:47	9:40	6.2
276	KLUSKA Rafał	8387	KS DŁUGOŁĘKA 2000	Senior I M - 20	34	00:00:16	00:39:58	01:00:32	01:36:52.70	01:36:52.70	+00:48:57	9:41	6.2
277	GRABKOWSKA Paulina	8376		Senior II K - 30	43	00:01:05	00:40:47	01:01:07	01:37:14.40	01:37:14.40	+00:49:19	9:43	6.2
278	SYCZ-LANGNER Honorata	8145		Senior II K - 30	44	00:00:36	00:40:45	01:02:35	01:37:15.30	01:37:15.30	+00:49:20	9:43	6.2
279	KUKUŁA Karolina	8443		Senior II K - 30	45	00:00:13	00:40:13	01:00:28	01:37:15.75	01:37:15.75	+00:49:20	9:43	6.2
280	ODIJA Leszek	8412		Masters M - 40	61	00:01:18	00:43:13	01:02:26	01:37:18.70	01:37:18.70	+00:49:23	9:43	6.2
281	GRUCHALSKA Marta	8494	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	28	00:01:22	00:45:17	01:05:02	01:37:20.30	01:37:20.30	+00:49:25	9:44	6.2
282	SKRZYPEK Marta	8221		Senior II K - 30	46	00:00:05	00:40:46	01:01:40	01:37:29.15	01:37:29.15	+00:49:34	9:44	6.2
283	JOŃCZYK Paula	8422		Senior I K - 20	20	00:01:04	00:43:09	01:02:31	01:37:34.90	01:37:34.90	+00:49:40	9:45	6.1
284	PAWLUS Marek	8395	MAKEMAROFITAGAIN!	Senior II M - 30	58	00:00:15	00:40:31	01:01:41	01:37:41.90	01:37:41.90	+00:49:47	9:46	6.1
285	BURNETKO Magdalena	8405	HUTASY RUNNERS TEAM	Senior II K - 30	47	00:00:45	00:42:02	01:02:49	01:37:49.25	01:37:49.25	+00:49:54	9:46	6.1
286	SZCZEPIŃSKI Krzysztof	8584		Senior II M - 30	59	00:00:27	00:40:17	01:01:28	01:38:10.00	01:38:10.00	+00:50:15	9:49	6.1
287	MARKIEWICZ Jagoda	8167	KUŹNIA TALENTÓW KAMIENIEC	Senior I K - 20	21	00:01:02	00:43:31	01:03:47	01:38:33.45	01:38:33.45	+00:50:38	9:51	6.1
288	BIELEWICZ Aleksandra	8231	PANKORBKA - MOBILNY SERWIS ROWEROWY	Senior I K - 20	22	00:00:31	00:42:12	01:02:58	01:38:48.05	01:38:48.05	+00:50:53	9:52	6.1
289	WARCHOŁ Kamil	8220		Senior I M - 20	35	00:01:07	00:45:47	01:06:31	01:38:51.95	01:38:51.95	+00:50:57	9:53	6.1
290	JOŃCZYK Patryk	8433		Senior I M - 20	36	00:01:07	00:45:47	01:06:31	01:38:53.65	01:38:53.65	+00:50:58	9:53	6.1
291	NOWAK - KASPRZAK Anna	8431		Senior II K - 30	48	00:01:10	00:42:11	01:01:58	01:39:17.60	01:39:17.60	+00:51:22	9:55	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
292	KASPRZAK Łukasz	8432		Senior II M - 30	60	00:01:10	00:42:11	01:01:58	01:39:18.65	01:39:18.65	+00:51:23	9:55	6
293	NAGLER Tomasz	8147		Masters M - 40	62	00:00:49	00:37:17	00:57:00	01:39:18.80	01:39:18.80	+00:51:23	9:55	6
294	CZERNICKA Magdalena	8423		Masters K - 40	29	00:01:08	00:43:43	01:03:36	01:39:28.60	01:39:28.60	+00:51:33	9:56	6
295	SOJA-WAWRYSZEWICZ Agata	8230		Masters K - 40	30	00:00:54	00:42:06	01:02:21	01:39:35.95	01:39:35.95	+00:51:41	9:57	6
296	WAWER Kasia	8495	STOWARZYSZENIE BIEG OPOLSKI	Senior II K - 30	49	00:01:22	00:45:18	01:05:03	01:39:36.55	01:39:36.55	+00:51:41	9:57	6
297	WĘGRZYNOWSKA Renata	8340		Weteran K - 50	6	00:00:51	00:40:32	01:01:18	01:39:39.15	01:39:39.15	+00:51:44	9:57	6
298	MACIEJEWSKI Piotr	8210	SUPERMARATON KALISZ	Weteran II M - 60	8	00:00:20	00:41:59	01:01:47	01:39:53.65	01:39:53.65	+00:51:58	9:59	6
299	KOWAL Ireneusz	8024		Masters M - 40	63	00:00:45	00:41:46	01:01:51	01:39:54.45	01:39:54.45	+00:51:59	9:59	6
300	SZAŁAJSKA Magdalena	8564		Senior I K - 20	23	00:00:55	00:42:04	01:02:44	01:39:55.25	01:39:55.25	+00:52:00	9:59	6
301	ŁĘKAWA Mateusz	8483		Senior II M - 30	61	00:01:13	00:45:44	01:06:30	01:39:58.35	01:39:58.35	+00:52:03	9:59	6
302	JURCZYK Anna	8491		Senior I K - 20	24	00:01:13	00:45:43	01:06:30	01:39:58.40	01:39:58.40	+00:52:03	9:59	6
303	DABKOWSKA Patrycja	8472	SPEEDFEED'16	Masters K - 40	31	00:00:42	00:42:05	01:02:51	01:40:00.35	01:40:00.35	+00:52:05	10:00	6
304	AMANOWICZ Aurelia	8234		Senior II K - 30	50	00:01:09	00:43:38	01:03:54	01:40:11.80	01:40:11.80	+00:52:16	10:01	6
305	DAGIEL Janusz	8334		Senior II M - 30	62	00:00:54	00:41:52	01:04:01	01:40:16.05	01:40:16.05	+00:52:21	10:01	6
306	RELIGA Liliana	8332		Senior II K - 30	51	00:00:52	00:42:03	01:04:01	01:40:16.40	01:40:16.40	+00:52:21	10:01	6
307	PACUŁT Dominika	8101		Senior I K - 20	25	00:00:18	00:41:51	01:03:49	01:40:19.65	01:40:19.65	+00:52:24	10:01	6
308	DZIURA Kamil	8100		Senior I M - 20	37	00:00:19	00:41:51	01:03:49	01:40:19.75	01:40:19.75	+00:52:24	10:01	6
309	MAZURKIEWICZ Joanna	8061		Masters K - 40	32	00:00:11	00:40:12	01:02:02	01:40:40.10	01:40:40.10	+00:52:45	10:04	6
310	GRZYBEK Sławomir	8130	BARTOSZ GORCZYCA RUNNING TEAM	Senior II M - 30	63	00:00:41	00:45:10	01:05:48	01:40:52.75	01:40:52.75	+00:52:57	10:05	5.9
311	DĄBROWSKA GRZYBEK Joanna	8131		Masters K - 40	33	00:00:41	00:45:10	01:05:47	01:40:55.15	01:40:55.15	+00:53:00	10:05	5.9
312	WIECZOREK Mikołaj	8567	DZIKIE GRUBASY SZATANA	Senior I M - 20	38	00:00:32	00:45:40	01:08:12	01:40:57.70	01:40:57.70	+00:53:02	10:05	5.9
313	KRAJEWSKA Irmína	8435		Senior II K - 30	52	00:00:49	00:44:27	01:04:59	01:41:02.70	01:41:02.70	+00:53:07	10:06	5.9
314	KUBAŚ Dawid	8492	NADLEŚNICTWO ZDROJE	Senior II M - 30	64	00:00:44	00:44:51	01:05:41	01:41:05.15	01:41:05.15	+00:53:10	10:06	5.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Łądek 0.01km	C1 3.7km	C1 5.8km					
315	TÓRZ Anna	8292		Masters K - 40	34	00:00:53	00:44:19	01:05:40	01:41:06.20	01:41:06.20	+00:53:11	10:06	5.9
316	BINKIEWICZ-KOWALCZYK Agnieszka	8189		Senior II K - 30	53	00:00:19	00:42:33	01:04:23	01:41:14.55	01:41:14.55	+00:53:19	10:07	5.9
317	GAWLAS Roman	8078		Masters M - 40	64	00:00:39	00:45:49	01:09:05	01:41:24.55	01:41:24.55	+00:53:29	10:08	5.9
318	JASIEWICZ Karolina	8350		Senior II K - 30	54	00:00:52	00:42:00	01:02:50	01:41:39.70	01:41:39.70	+00:53:44	10:09	5.9
319	MOŃKA-PODGÓRNA Aleksandra	8299	#POBIEGANI	Senior I K - 20	26	00:00:37	00:41:59	01:03:20	01:41:40.70	01:41:40.70	+00:53:45	10:10	5.9
320	LACHOR Anna	8275		Weteran K - 50	7	00:01:31	00:45:31	01:06:28	01:41:44.60	01:41:44.60	+00:53:49	10:10	5.9
321	PRUS Dorota	8052		Masters K - 40	35	00:01:27	00:45:18	01:04:57	01:41:45.80	01:41:45.80	+00:53:50	10:10	5.9
322	WEBER Agata	8581	VELO ŁOSIE NA SZOSIE	Masters K - 40	36	00:00:30	00:43:14	01:03:56	01:41:50.25	01:41:50.25	+00:53:55	10:11	5.9
323	ROSA Izabela	8560	ROXY	Senior II K - 30	55	00:00:59	00:45:31	01:06:30	01:42:05.40	01:42:05.40	+00:54:10	10:12	5.9
324	DĘBSKA Marzena	8035	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	37	00:00:09	00:45:21	01:06:32	01:42:17.50	01:42:17.50	+00:54:22	10:13	5.9
325	KRYSA Dorota	8322	POMYŁKA TEAM	Masters K - 40	38	00:01:29	00:44:45	01:06:27	01:42:20.65	01:42:20.65	+00:54:25	10:14	5.9
326	WASILEWSKA Agnieszka	8226	AROMAT NÓG	Masters K - 40	39	00:00:12	00:40:53	01:04:16	01:42:35.10	01:42:35.10	+00:54:40	10:15	5.8
327	JÓŹWIAKOWSKA Weronika	8245		Senior I K - 20	27	00:00:32	00:43:17	01:05:15	01:42:48.30	01:42:48.30	+00:54:53	10:16	5.8
328	WIRTEK Magdalena	8305		Senior II K - 30	56	00:00:13	00:42:02	01:04:10	01:43:05.30	01:43:05.30	+00:55:10	10:18	5.8
329	LESNIAK Sylwia	8320		Masters K - 40	40	00:00:07	00:42:31	01:04:39	01:43:08.35	01:43:08.35	+00:55:13	10:18	5.8
330	MRÓZ Anna	8382		Senior II K - 30	57	00:19:05	01:13:13		01:43:22.70	01:43:22.70	+00:55:27	10:20	5.8
331	TOMERA Dorota	8496	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	41	00:01:10	00:45:48	01:06:33	01:43:35.45	01:43:35.45	+00:55:40	10:21	5.8
332	GURGUL Dorota	8205	AROMAT NÓG	Masters K - 40	42	00:00:12	00:40:52	01:04:15	01:43:51.00	01:43:51.00	+00:55:56	10:23	5.8
333	KUROWSKA Bianka	8341		Senior I K - 20	28	00:01:09	00:45:01	01:06:58	01:43:56.80	01:43:56.80	+00:56:01	10:23	5.8
334	JAKUBOWSKA Judyta	8076		Masters K - 40	43	00:00:25	00:42:51	01:05:01	01:44:07.45	01:44:07.45	+00:56:12	10:24	5.8
335	MŁYNARSKI Marian	8309		Weteran III M - 70	4	00:00:19	00:43:46	01:05:39	01:44:21.20	01:44:21.20	+00:56:26	10:26	5.7
336	MIECZKOWSKA Nina	8039		Senior II K - 30	58	00:01:02	00:44:29	01:06:36	01:44:31.05	01:44:31.05	+00:56:36	10:27	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
337	WOJCIECHOWSKA Paulina	8185		Senior II K - 30	59	00:00:50	00:43:49	01:04:52	01:44:51.95	01:44:51.95	+00:56:57	10:29	5.7
338	SUDER Maciej	8364	3M RUNNING TEAM POLAND	Senior II M - 30	65	00:00:36	00:42:09	01:03:52	01:44:55.50	01:44:55.50	+00:57:00	10:29	5.7
339	BOCHYŃSKA Adrianna	8146		Senior II K - 30	60	00:00:58	00:45:31	01:06:39	01:44:57.45	01:44:57.45	+00:57:02	10:29	5.7
340	RZYSZKIEWICZ Małgorzata	8274	PĘDZĄCE LENIWCE	Masters K - 40	44	00:00:53	00:43:58	01:05:39	01:45:08.75	01:45:08.75	+00:57:13	10:30	5.7
341	WOŹNIAK Lidia	8223	PORMAT JEDLICZE BIEGA	Weteran K - 50	8	00:00:34	00:43:49	01:05:26	01:45:11.80	01:45:11.80	+00:57:16	10:31	5.7
342	OLEJ Robert	8193		Senior I M - 20	39	00:00:14	00:42:12	01:05:54	01:45:13.55	01:45:13.55	+00:57:18	10:31	5.7
343	KOCHANOWSKA Grażyna	8476		Weteran K - 50	9	00:00:35	00:42:29	01:03:59	01:45:28.90	01:45:28.90	+00:57:34	10:32	5.7
344	BOBIN Anna	8084	ZOCHU TEAM	Masters K - 40	45	00:00:50	00:45:16	01:07:19	01:45:36.35	01:45:36.35	+00:57:41	10:33	5.7
345	HAMPEL Maria	8316	BODY POWER	Senior I K - 20	29	00:00:24	00:43:24	01:05:55	01:45:39.30	01:45:39.30	+00:57:44	10:33	5.7
346	GONERA Janina	8014	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:00:51	00:45:52	01:07:40	01:45:40.95	01:45:40.95	+00:57:46	10:34	5.7
347	HOJDA Agnieszka	8572		Senior II K - 30	61	00:00:23	00:43:25	01:06:37	01:46:04.80	01:46:04.80	+00:58:09	10:36	5.7
348	ZWYDAK Anna	8134	WKURW_TEAM	Senior II K - 30	62	00:00:34	00:44:53	01:06:46	01:46:15.80	01:46:15.80	+00:58:20	10:37	5.6
349	NITSCHKE Karol	8359	TKKF MPK POZNAŃ	Masters M - 40	65	00:01:00	00:43:34	01:06:26	01:46:19.15	01:46:19.15	+00:58:24	10:37	5.6
350	NITSCHKE Grażyna	8390	MPK-POZNAŃ	Masters K - 40	46	00:00:56	00:43:50	01:06:25	01:46:19.35	01:46:19.35	+00:58:24	10:37	5.6
351	IWANOW Małgorzata	8428		Senior II K - 30	63	00:01:23	00:45:56	01:08:14	01:46:21.95	01:46:21.95	+00:58:27	10:38	5.6
352	GAWRON Monika	8481	MIRAZ RACE TEAM	Masters K - 40	47	00:00:07	00:47:20	01:09:08	01:46:45.05	01:46:45.05	+00:58:50	10:40	5.6
353	BIAŁEK Wioletta	8114		Masters K - 40	48	00:01:03	00:45:35	01:08:03	01:47:13.85	01:47:13.85	+00:59:19	10:43	5.6
354	STELMASZCZYK Michalina	8573		Senior I K - 20	30	00:00:39	00:45:09	01:06:57	01:47:25.35	01:47:25.35	+00:59:30	10:44	5.6
355	KRZYWICKI Leszek	8579	KIERUNEK ULTRA	Weteran I M - 50	20	00:00:30	00:42:50	01:05:54	01:47:32.85	01:47:32.85	+00:59:38	10:45	5.6
356	GABERT Beata	8028	RAZ SZCZECIN	Weteran K - 50	10	00:00:08	00:44:22	01:07:15	01:47:53.65	01:47:53.65	+00:59:58	10:47	5.6
357	SROCZYŃSKI Maciej	8235		Masters M - 40	66	00:01:16	00:44:28	01:06:36	01:47:57.25	01:47:57.25	+01:00:02	10:47	5.6
358	RADWAN Mateusz	8106		Senior II M - 30	66	00:00:45	00:46:33	01:10:29	01:48:54.75	01:48:54.75	+01:00:59	10:53	5.5
359	MORAWSKA-KREKORA Anna	8453		Senior II K - 30	64	00:01:24	00:46:09	01:09:17	01:49:08.75	01:49:08.75	+01:01:13	10:54	5.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Łądek 0.01km	C1 3.7km	C1 5.8km					
360	DYBAŁA Michał	8177	NULL	Masters M - 40	67	00:00:32	00:45:28	01:08:13	01:49:21.60	01:49:21.60	+01:01:26	10:56	5.5
361	DYBAŁA Beata	8174	DZIKIE GRUBASY SZATANA	Senior II K - 30	65	00:00:31	00:45:28	01:08:18	01:49:21.95	01:49:21.95	+01:01:27	10:56	5.5
362	DZIUBAŁA Ilona	8247		Weteran K - 50	11	00:00:24	00:46:39	01:09:56	01:49:28.30	01:49:28.30	+01:01:33	10:56	5.5
363	SIP Sabina	8157	FSD RUN DREZDENKO	Masters K - 40	49	00:00:22	00:45:50	01:09:16	01:49:30.45	01:49:30.45	+01:01:35	10:57	5.5
364	WITCZAK-SPERKA Mariola	8059	RAZ SZCZECIN	Weteran II K - 60	5	00:00:22	00:44:09	01:07:19	01:51:40.35	01:51:40.35	+01:03:45	11:10	5.4
365	PLASZCZAK Jarosław	8161		Masters M - 40	68	00:00:32	00:46:03	01:09:07	01:51:42.55	01:51:42.55	+01:03:47	11:10	5.4
365	PLASZCZAK Bogumiła	8162	PIEKIELNIE ZGRANI	Masters K - 40	50	00:00:32	00:45:37	01:09:01	01:51:42.55	01:51:42.55	+01:03:47	11:10	5.4
367	JOŃCZYK Elżbieta	8098	TUP TUP	Weteran K - 50	12	00:01:08	00:49:33	01:12:22	01:51:47.00	01:51:47.00	+01:03:52	11:10	5.4
368	MĄDRO Agnieszka	8417		Masters K - 40	51	00:01:32	00:49:36	01:12:29	01:52:07.80	01:52:07.80	+01:04:12	11:12	5.4
369	LEWANDOWSKA Anna	8027	BORKOŚ TEAM	Senior II K - 30	66	00:01:15	00:46:49	01:09:36	01:52:24.45	01:52:24.45	+01:04:29	11:14	5.3
370	JAROSZ Agnieszka	8343	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	31	00:01:11	00:47:56	01:11:53	01:52:34.55	01:52:34.55	+01:04:39	11:15	5.3
371	WYCISZKIEWICZ Gabriela	8371	TEAM KURORT ŁĄDEK ZDRÓJ	Masters K - 40	52	00:01:11	00:47:54	01:11:53	01:52:35.15	01:52:35.15	+01:04:40	11:15	5.3
372	PARTYKA Agnieszka	8017	KB HARCOWNIK JELCZ-LASKOWCE	Masters K - 40	53	00:01:23	00:48:11	01:11:56	01:53:13.80	01:53:13.80	+01:05:18	11:19	5.3
373	SOWA Marta	8053	WKURW_TEAM	Senior II K - 30	67	00:01:24	00:48:01	01:13:17	01:53:34.60	01:53:34.60	+01:05:39	11:21	5.3
374	NAIT MANSOUR Izabela	8325		Masters K - 40	54	00:00:52	00:46:14	01:11:00	01:53:46.50	01:53:46.50	+01:05:51	11:22	5.3
375	KLIN Aneta	8402		Masters K - 40	55	00:01:06	00:48:13	01:13:02	01:53:52.75	01:53:52.75	+01:05:57	11:23	5.3
376	HETAK Monika	8211		Masters K - 40	56	00:00:40	00:46:44	01:10:59	01:53:56.50	01:53:56.50	+01:06:01	11:23	5.3
377	HEŁMIK Katarzyna	8440	POMYŁKA TEAM	Masters K - 40	57	00:01:31	00:49:25	01:13:22	01:54:05.45	01:54:05.45	+01:06:10	11:24	5.3
378	GÓRCZYŃSKA Barbara	8229		Masters K - 40	58	00:01:29	00:48:47	01:13:23	01:54:09.85	01:54:09.85	+01:06:15	11:24	5.3
379	BIENIEK Iwona	8295		Weteran K - 50	13	00:00:16	00:45:37	01:09:31	01:54:14.10	01:54:14.10	+01:06:19	11:25	5.3
380	ROGACZ Ewa	8181		Senior II K - 30	68	00:00:47	00:50:35	01:13:35	01:54:25.00	01:54:25.00	+01:06:30	11:26	5.2
381	CHASZCZEWSKA Julia	8066	TOPOLICE TEAM	Senior II K - 30	69	00:00:55	00:48:01	01:12:53	01:54:35.30	01:54:35.30	+01:06:40	11:27	5.2
382	MAJCHRZYCKA Agnieszka	8374	TKKF MPK POZNAŃ	Senior II K - 30	70	00:00:55	00:49:34	01:13:05	01:54:44.90	01:54:44.90	+01:06:50	11:28	5.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
383	TOCZEK Grażyna	8144	NIGHT RUNNERS PYSKOWCE	Weteran K - 50	14	00:01:08	00:47:17	01:11:31	01:54:51.45	01:54:51.45	+01:06:56	11:29	5.2
384	KRÓL Karolina	8133		Senior I K - 20	32	00:01:22	00:49:35	01:13:45	01:54:52.20	01:54:52.20	+01:06:57	11:29	5.2
385	GRÖGER Karolina	8149		Senior I K - 20	33	00:00:39	00:46:43	01:11:00	01:55:02.20	01:55:02.20	+01:07:07	11:30	5.2
386	SZCZERBIEŃ Jacek	8150		Masters M - 40	69	00:00:51	00:47:09	01:11:00	01:55:02.80	01:55:02.80	+01:07:07	11:30	5.2
387	DATA Tomasz	8090	HRMAX ŻORY	Weteran I M - 50	21	00:01:27	00:49:38	01:13:46	01:55:26.75	01:55:26.75	+01:07:31	11:32	5.2
388	MIKOŁAJCZAK Magdalena	8089	HRMAX ŻORY	Masters K - 40	59	00:01:27	00:49:38	01:13:48	01:55:29.50	01:55:29.50	+01:07:34	11:32	5.2
389	MORAWSKA Edyta	8386	BIEGNIJ OŁAWO	Masters K - 40	60	00:00:35	00:45:07	01:08:23	01:55:39.45	01:55:39.45	+01:07:44	11:33	5.2
390	MORAWSKI Jarosław	8385	BIEGNIJ OŁAWO	Masters M - 40	70	00:00:36	00:45:11	01:08:23	01:55:40.30	01:55:40.30	+01:07:45	11:34	5.2
391	BOGUSŁAWSKA Elżbieta	8215		Masters K - 40	61	00:00:45	00:46:47	01:12:38	01:55:54.90	01:55:54.90	+01:08:00	11:35	5.2
392	FILIPIAK Sebastian	8219	EKIPA LIPA	Masters M - 40	71	00:00:52	00:52:30	01:15:19	01:56:00.20	01:56:00.20	+01:08:05	11:36	5.2
393	SZYMCAK Katarzyna	8218		Senior II K - 30	71	00:00:52	00:52:30	01:15:18	01:56:00.70	01:56:00.70	+01:08:05	11:36	5.2
394	SZAFLIK Anna	8216		Masters K - 40	62	00:00:46	00:46:48	01:12:38	01:56:08.95	01:56:08.95	+01:08:14	11:36	5.2
395	GÓRAL Agnieszka	8082	ALSTOM KATOWICE	Senior II K - 30	72	00:01:03	00:49:39	01:14:37	01:56:33.45	01:56:33.45	+01:08:38	11:39	5.1
396	PIEKARCZYK Katarzyna	8418		Senior II K - 30	73	00:01:32	00:50:18	01:13:38	01:56:37.50	01:56:37.50	+01:08:42	11:39	5.1
397	SYPNIEWSKA Hanna	8327	ULTRA WAY TEAM	Weteran II K - 60	6	00:01:25	00:49:39	01:14:04	01:56:38.60	01:56:38.60	+01:08:43	11:39	5.1
398	RZESZOWSKA Iwona	8283	MIRAZ RACE TEAM	Masters K - 40	63	00:00:07	00:47:51	01:13:14	01:56:51.10	01:56:51.10	+01:08:56	11:41	5.1
399	ROMANOWSKA Anna	8586		Masters K - 40	64	00:00:29	00:48:19	01:14:20	01:57:45.60	01:57:45.60	+01:09:50	11:46	5.1
400	ZIELIŃSKA Magdalena	8585		Senior II K - 30	74	00:00:30	00:48:20	01:14:20	01:57:45.95	01:57:45.95	+01:09:51	11:46	5.1
401	DULIK Aleksandra	8303	OPOLE	Masters K - 40	65	00:00:57	00:48:40	01:13:17	01:58:07.35	01:58:07.35	+01:10:12	11:48	5.1
402	LECHOWSKA Monika	8083	ALSTOM KATOWICE	Masters K - 40	66	00:01:03	00:49:49	01:14:37	01:58:14.95	01:58:14.95	+01:10:20	11:49	5.1
403	PRZYŁUSKA Mirosława	8032	RAZ SZCZECIN	Weteran III K - 70	1	00:00:24	00:47:21	01:12:53	01:58:27.75	01:58:27.75	+01:10:32	11:50	5.1
404	GLASSER Marek	8478		Weteran III M - 70	5	00:01:14	00:49:37	01:14:22	01:58:47.40	01:58:47.40	+01:10:52	11:52	5.1
405	WASILEWSKA Joanna	8361	PARKRUN GRUDZIĄDZ	Senior II K - 30	75	00:00:57	00:47:58	01:12:17	01:58:58.40	01:58:58.40	+01:11:03	11:53	5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
406	LIS Ewelina	8008		Masters K - 40	67	00:00:56	00:47:57	01:09:11	01:59:01.15	01:59:01.15	+01:11:06	11:54	5
407	MODRAK Maciej	8007	PARKRUN GRUDZIĄDZ	Weteran I M - 50	22	00:00:57	00:47:57	01:08:50	01:59:02.75	01:59:02.75	+01:11:07	11:54	5
408	KOLASA Andrzej	8129	KLUB J.SŁOWACKIEGO	Weteran III M - 70	6	00:00:02	00:46:52	01:14:10	01:59:49.80	01:59:49.80	+01:11:54	11:58	5
409	SZCZUKA Paweł	8366		Weteran I M - 50	23	00:00:54	00:49:43	01:14:48	01:59:54.10	01:59:54.10	+01:11:59	11:59	5
410	SZCZUKA Małgorzata	8365		Weteran K - 50	15	00:00:48	00:49:37	01:14:51	01:59:54.85	01:59:54.85	+01:12:00	11:59	5
411	PILARSKI Ryszard	8446	IZERY BOGATYNIA	Weteran II M - 60	9	00:00:17	00:48:02	01:13:25	02:01:58.05	02:01:58.05	+01:14:03	12:11	4.9
412	PILARSKA Elżbieta	8410	IZERY BOGATYNIA	Weteran III K - 70	2	00:00:17	00:48:03	01:13:26	02:01:58.10	02:01:58.10	+01:14:03	12:11	4.9
413	BORIS Aneta	8348		Senior II K - 30	76	00:01:25	00:51:03	01:17:03	02:02:24.55	02:02:24.55	+01:14:29	12:14	4.9
414	SZPUREK Anna	8597	BUKOWSKI KLUB BIEGACZA	Masters K - 40	68	00:00:32	00:47:25	01:14:18	02:04:33.65	02:04:33.65	+01:16:38	12:27	4.8
415	WOJTKOWSKA Katarzyna	8207		Senior I K - 20	34	00:01:07	00:49:27	01:13:40	02:04:34.55	02:04:34.55	+01:16:39	12:27	4.8
416	ZARZECZNY Radosław	8413	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	67	00:00:49	00:47:59	01:13:30	02:04:57.10	02:04:57.10	+01:17:02	12:29	4.8
417	MITIS Marek	8232		Senior II M - 30	68	00:00:48	00:48:00	01:13:31	02:04:57.25	02:04:57.25	+01:17:02	12:29	4.8
418	PŁOŃSKA Klaudia	8165		Senior I K - 20	35	00:01:07	00:49:28	01:13:43	02:05:00.25	02:05:00.25	+01:17:05	12:30	4.8
419	BUDZISZEWSKI Jakub	8164		Senior I M - 20	40	00:01:08	00:49:33	01:14:53	02:05:00.75	02:05:00.75	+01:17:05	12:30	4.8
420	AGATA Bagrowska	8257		Masters K - 40	69	00:01:15	00:51:33	01:18:20	02:05:36.05	02:05:36.05	+01:17:41	12:33	4.8
421	WEKA Krzysztof	8555	BIĄŁYSTOK BIEGA TEAM	Senior II M - 30	69	00:00:10	00:39:20	01:05:57	02:06:04.65	02:06:04.65	+01:18:09	12:36	4.8
422	ANACZKOWSKA Krystyna	8307	ZANTYR SZTUM	Weteran II K - 60	7	00:00:35	00:51:29	01:17:38	02:06:13.55	02:06:13.55	+01:18:18	12:37	4.8
423	ŚLEDZIK Joanna	8085	ALSTOM KATOWICE	Masters K - 40	70	00:01:15	00:51:32	01:15:32	02:06:27.25	02:06:27.25	+01:18:32	12:38	4.7
424	WALCZAK Sławomir	8118		Weteran I M - 50	24	00:06:08	00:52:24	01:17:11	02:06:32.55	02:06:32.55	+01:18:37	12:39	4.7
425	DOMINIAK Agnieszka	8030		Masters K - 40	71	00:01:05	00:52:24	01:18:29	02:07:17.05	02:07:17.05	+01:19:22	12:43	4.7
426	NURKIEWICZ-KMIECIK Dominika	8186		Masters K - 40	72	00:00:50	00:52:09	01:18:28	02:07:37.55	02:07:37.55	+01:19:42	12:45	4.7
427	SZYMAŃSKA Ania	8225		Weteran K - 50	16	00:01:01	00:50:39	01:16:41	02:10:40.15	02:10:40.15	+01:22:45	13:04	4.6
428	KARCZYŃSKA Sylwia	8352		Masters K - 40	73	00:01:04	00:54:20	01:21:44	02:11:47.35	02:11:47.35	+01:23:52	13:10	4.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	C1 3.7km	C1 5.8km					
429	GIERSZEWSKI Marek	8591	HRT	Masters M - 40	72	00:01:03	00:54:33	01:21:43	02:11:48.20	02:11:48.20	+01:23:53	13:10	4.6
430	SZKUTA Stanisław	8308	ROVELLI TEORIA KWANTÓW	Weteran II M - 60	10	00:00:21	00:51:03	01:20:36	02:12:06.80	02:12:06.80	+01:24:11	13:12	4.5
431	WIŚNIEWSKI Michał	8119	K.S. OBSTAWAMY TYŁY	Masters M - 40	73	00:00:59	00:49:36	01:18:00	02:12:37.70	02:12:37.70	+01:24:42	13:15	4.5
432	SOWIŃSKI Robert	8117	K.S. OBSTAWAMY TYŁY	Masters M - 40	74	00:01:00	00:48:37	01:18:00	02:12:39.35	02:12:39.35	+01:24:44	13:15	4.5
433	RYMSKA Anna	8290		Masters K - 40	74	00:00:52	00:53:06	01:22:37	02:13:32.90	02:13:32.90	+01:25:38	13:21	4.5
434	SMYCZ Anna	8291		Masters K - 40	75	00:00:53	00:53:11	01:22:39	02:13:33.45	02:13:33.45	+01:25:38	13:21	4.5
435	BĄCZEK Krzysztof	8310		Masters M - 40	75	00:01:17	00:55:53	01:22:34	02:14:42.10	02:14:42.10	+01:26:47	13:28	4.5
436	ŁOZIENKO Anna	8411	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	77	00:01:24	00:56:06	01:24:38	02:15:40.15	02:15:40.15	+01:27:45	13:34	4.4
437	JANOSZ Marzena	8099		Weteran K - 50	17	00:01:08	00:54:21	01:23:14	02:20:24.55	02:20:24.55	+01:32:29	14:02	4.3
438	MAKSYMOWICZ Monika	8415		Senior II K - 30	78	00:01:32	00:56:29	01:28:31	02:20:29.20	02:20:29.20	+01:32:34	14:02	4.3
439	RYBKA Elżbieta	8416		Senior II K - 30	79	00:01:32	00:56:23	01:27:18	02:20:43.70	02:20:43.70	+01:32:48	14:04	4.3
440	KUBIATOWICZ Małgorzata	8006		Masters K - 40	76	00:01:26	01:01:58	01:31:35	02:20:50.75	02:20:50.75	+01:32:55	14:05	4.3
441	MAJCHRZAK Monika	8022	WKURW_TEAM	Weteran K - 50	18	00:01:13	00:59:27	01:28:22	02:21:40.90	02:21:40.90	+01:33:46	14:10	4.2
442	STRZYŻOWSKA Monika	8091		Masters K - 40	77	00:00:26	00:53:59	01:25:19	02:24:23.55	02:24:23.55	+01:36:28	14:26	4.2
443	WITKIEWICZ-ŁUKASZEK Sandra	8018	ŁUKASZKI TEAM	Senior II K - 30	80	00:00:27	00:53:58	01:25:20	02:24:24.20	02:24:24.20	+01:36:29	14:26	4.2
444	KRZEMIENIEWSKI Jerzy	8054	KB SZAMOTUŁY	Weteran II M - 60	11	00:01:16	01:00:08	01:33:22	02:31:04.55	02:31:04.55	+01:43:09	15:06	4
445	ZALESZCZAK Renata	8011	KB SZAMOTUŁY	Weteran K - 50	19	00:00:52	01:04:02	01:37:19	02:31:34.75	02:31:34.75	+01:43:39	15:09	4
446	MICHAŁSKI Dariusz	8020	ALFA TEAM GOSTYŃ	Weteran I M - 50	25	00:01:18	01:03:24	01:35:55	02:32:13.85	02:32:13.85	+01:44:19	15:13	3.9
447	MROWCA Paweł	8439		Senior II M - 30	70	00:01:17	00:56:38	01:29:35	02:33:10.85	02:33:10.85	+01:45:16	15:19	3.9
448	SZAFRANIEC-MROWCA Dorota	8438		Masters K - 40	78	00:01:16	00:56:38	01:29:56	02:33:11.30	02:33:11.30	+01:45:16	15:19	3.9
449	SZYMAŃSKI Paweł	8378		Masters M - 40	76	00:01:20	01:02:58	01:36:41	02:39:28.45	02:39:28.45	+01:51:33	15:56	3.8
450	SZYMAŃSKA Agnieszka	8244		Masters K - 40	79	00:01:20	01:02:57	01:36:40	02:39:28.80	02:39:28.80	+01:51:33	15:56	3.8
451	GRZELAKOWSKA Iwona	8442		Masters K - 40	80	00:01:13	01:06:59	01:39:33	02:41:34.10	02:41:34.10	+01:53:39	16:09	3.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Ładek	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
452	KOCIUBA Katarzyna	8170		Senior II K - 30	81	00:01:00	00:55:45	01:28:22	02:41:35.65	02:41:35.65	+01:53:40	16:09	3.7
453	KOWAL Marzena	8026		Masters K - 40	81	00:00:45	01:04:41	01:41:21	02:42:31.70	02:42:31.70	+01:54:36	16:15	3.7
454	STROIŃSKA Iwona	8080	LESZ NO LIMITS RUNNERS	Masters K - 40	82	00:00:47	01:04:42	01:41:22	02:42:33.45	02:42:33.45	+01:54:38	16:15	3.7
455	KONIECZNY Robert	8021	WKURW_TEAM	Masters M - 40	77	00:01:15	00:52:13	01:15:37	02:45:35.95	02:45:35.95	+01:57:41	16:33	3.6
456	MIELEC Marta	8447	#ZŁOTYNAKILOMETR	Senior II K - 30	82	00:01:15	00:52:13	01:15:37	02:45:36.80	02:45:36.80	+01:57:41	16:33	3.6
Przekroczony limit czasu: 03:00:00													
457	ROBAK Aneta	8152		Masters K - 40	83	00:00:49	01:10:13		03:12:11.20	03:12:11.20	+02:24:16	19:13	3.1
458	MRÓWCZYŃSKA Ewa	8392		Weteran K - 50	20	00:00:33	01:10:39		03:12:13.20	03:12:13.20	+02:24:18	19:13	3.1
DNC	ŚWIRGOŃ Adam	8596	ZAŁOGA GÓRSKA	Senior I M - 20		00:00:01							
	ZAKRZEWICZ-PODLECKA Agnieszka	8180	ROKIETNICA BIEGA	Senior II K - 30		00:00:04 DNF	DNF	DNF	DNF	DNF		-	-
	POŚWISTAJŁO Marcin	8452		Senior I M - 20		00:00:33 DNF	DNF	DNF	DNF	DNF		-	-

Znaleziono 461 wynik(ów)