BIEG ULTRA TRAIL - 68 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-14
Miejsce: Lądek-Zdrój
Dystans: 68 km

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	**MASIAREK Maciej**	**4270**		Senior I M - 20	1	00:00:03	00:51:34	02:13:03	03:09:46	04:23:30	05:29:20	**06:31:26.05**	**06:31:26.05**		5:45	10.4 (100%)
2	**GLUSNEVS Didzis**	**4362**		Senior II M - 30	1	00:00:04	00:51:37	02:14:26	03:10:40	04:30:43	05:40:57	**06:40:04.75**	**06:40:04.75**	+00:08:38 (2.2%)	5:53	10.2 (98.1%)
3	**PITUCH Grzegorz**	**4140**	KS WYSOKA	Masters M - 40	1	00:00:03	00:56:20	02:25:08	03:23:22	04:41:32	05:58:55	**07:02:37.05**	**07:02:37.05**	+00:31:11 (7.4%)	6:12	9.7 (93.3%)
4	**DYBEK Pawel**	**4414**	SALOMON SUUNTO TEAM	Masters M - 40	2	00:00:04	00:56:19	02:27:15	03:27:29	04:49:11	06:02:22	**07:09:14.85**	**07:09:14.85**	+00:37:48 (8.8%)	6:18	9.5 (91.3%)
5	**PILARSKI Tomasz**	**4382**	IZERY BOGATYNIA	Masters M - 40	3	00:00:03	00:56:08	02:24:56	03:23:14	04:42:15	06:03:12	**07:10:23.80**	**07:10:23.80**	+00:38:57 (9.1%)	6:19	9.5 (91.3%)
6	**ŚCIESZKA Wojciech**	**4252**	13 ELT KRAKÓW-BALICE	Masters M - 40	4	00:00:04	00:58:08	02:28:30	03:34:54	05:00:17	06:12:55	**07:16:43.85**	**07:16:43.85**	+00:45:17 (10.4%)	6:25	9.3 (89.4%)
7	**MAZUREK Marcin**	**4379**	FEHLAU RUN TEAM	Masters M - 40	5	00:00:05	00:57:18	02:28:06	03:27:30	04:51:41	06:08:15	**07:18:23.55**	**07:18:23.55**	+00:46:57 (10.7%)	6:26	9.3 (89.4%)
8	**GOC Paweł**	**4254**	RMT	Senior II M - 30	2	00:00:03	00:57:14	02:27:44	03:27:29	04:51:41	06:11:38	**07:22:45.55**	**07:22:45.55**	+00:51:19 (11.6%)	6:30	9.2 (88.5%)
9	**SOCHA Seweryn**	**4286**	SII RUNNING TEAM	Senior II M - 30	3	00:00:29	01:00:47	02:36:18	03:40:05	05:07:52	06:25:56	**07:35:23.10**	**07:35:23.10**	+01:03:57 (14.0%)	6:41	9 (86.5%)
10	**TRULIS Modris**	**4399**	SUPERVARONI	Senior II M - 30	4	00:00:05	00:58:22	02:37:45	03:41:17	05:07:50	06:26:08	**07:37:58.05**	**07:37:58.05**	+01:06:32 (14.5%)	6:44	8.9 (85.6%)
11	**RUDZIŃSKI Jacek**	**4081**	KB HERMES GRYFINO	Weteran I M - 50	1	00:00:34	01:00:35	02:36:16	03:40:39	05:12:03	06:32:17	**07:41:41.65**	**07:41:41.65**	+01:10:15 (15.2%)	6:47	8.8 (84.6%)
12	**URBAŃCZYK Grzegorz**	**4365**	FOR RUN TEAM & ADRUNALINE	Senior II M - 30	5	00:00:04	00:58:22	02:30:59	03:38:30	05:06:32	06:36:43	**07:46:45.95**	**07:46:45.95**	+01:15:19 (16.1%)	6:51	8.7 (83.7%)
13	**WYLEŻAŁEK Alina**	**4327**		Senior II K - 30	1	00:00:05	01:00:52	02:39:03	03:45:58	05:16:02	06:37:59	**07:48:09.25**	**07:48:09.25**	+01:16:43 (16.4%)	6:53	8.7 (83.7%)
14	**WILK Jacek**	**4397**		Weteran I M - 50	2	00:00:09	01:03:14	02:50:30	03:57:28	05:27:24	06:41:29	**07:49:53.10**	**07:49:53.10**	+01:18:27 (16.7%)	6:54	8.7 (83.7%)
15	**BAKALARZ Emil**	**4274**		Senior II M - 30	6	00:00:02	01:00:27	02:37:50	03:43:06	05:17:40	06:37:24	**07:50:09.55**	**07:50:09.55**	+01:18:43 (16.7%)	6:54	8.7 (83.7%)
16	**KOCOUREK Martin**	**4411**	RUNCAT	Masters M - 40	6	00:00:35	01:02:46	02:41:48	03:48:55	05:17:24	06:39:59	**07:53:12.15**	**07:53:12.15**	+01:21:46 (17.3%)	6:57	8.6 (82.7%)
17	**NARWOJSZ Arkadiusz**	**4159**		Masters M - 40	7	00:00:06	01:00:29	02:42:44	03:54:48	05:28:27	06:50:34	**07:55:06.15**	**07:55:06.15**	+01:23:40 (17.6%)	6:59	8.6 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
18	**OSTROWSKI Grzegorz**	**4317**		Masters M - 40	8	00:00:07	00:58:12	02:36:16	03:41:16	05:15:24	06:41:02	**07:57:39.05**	**07:57:39.05**	+01:26:13 (18.1%)	7:01	8.5 (81.7%)
19	**RYCHTER Karol**	**4418**	THE TYCHTERS	Masters M - 40	9	00:00:10	00:58:54	02:36:17	03:44:51	05:17:29	06:41:25	**07:57:41.60**	**07:57:41.60**	+01:26:15 (18.1%)	7:01	8.5 (81.7%)
20	**MERKWA Wojciech**	**4325**	ZIOMKI	Senior II M - 30	7	00:00:07	01:00:54	02:39:22	03:46:47	05:19:50	06:43:57	**07:57:48.95**	**07:57:48.95**	+01:26:22 (18.1%)	7:01	8.5 (81.7%)
21	**MAJCHER Piotr**	**4186**	BW BIEGACZE WYMIATACZE	Weteran I M - 50	3	00:00:04	01:00:44	02:37:26	03:44:14	05:23:39	06:47:04	**07:59:40.00**	**07:59:40.00**	+01:28:13 (18.4%)	7:03	8.5 (81.7%)
22	**MALICKI Grzegorz**	**4310**	ORANGE POLSKA	Masters M - 40	10	00:00:03	00:59:54	02:38:27	03:45:54	05:18:43	06:43:53	**08:00:04.35**	**08:00:04.35**	+01:28:38 (18.5%)	7:03	8.5 (81.7%)
23	**WARWAS Radosław**	**4387**		Masters M - 40	11	00:00:05	00:59:29	02:38:43	03:46:35	05:22:04	06:46:24	**08:01:12.20**	**08:01:12.20**	+01:29:46 (18.7%)	7:04	8.5 (81.7%)
24	**JAROWICZ Jakub**	**4091**		Senior II M - 30	8	00:00:05	00:56:05	02:30:46	03:37:29	05:09:32	06:42:38	**08:05:20.25**	**08:05:20.25**	+01:33:54 (19.3%)	7:08	8.4 (80.8%)
25	**PIETRAKOWSKI Grzegorz**	**4352**		Masters M - 40	12	00:01:02	01:38:21	04:21:18	06:35:18			**08:09:48.65**	**08:09:48.65**	+01:38:22 (20.1%)	7:12	8.3 (79.8%)
26	**ŠALIGA Jan**	**4410**	ŠÁLARUN	Senior II M - 30	9	00:00:36	01:04:34	02:48:54	03:58:05	05:35:04	07:00:25	**08:16:39.05**	**08:16:39.05**	+01:45:13 (21.2%)	7:18	8.2 (78.8%)
27	**MALEC Artur**	**4096**		Masters M - 40	13	00:00:04	01:04:05	02:49:39	03:59:59	05:37:55	07:02:17	**08:18:03.75**	**08:18:03.75**	+01:46:37 (21.4%)	7:19	8.2 (78.8%)
28	**CIESIELSKI Michał**	**4328**	ADIDAS RUNNERS WARSAW	Senior II M - 30	10	00:00:14	01:00:44	02:46:37	03:56:48	05:30:02	06:57:25	**08:18:42.50**	**08:18:42.50**	+01:47:16 (21.5%)	7:20	8.2 (78.8%)
29	**SZYMURA Wojciech**	**4189**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	14	00:00:05	01:00:16	02:42:43	03:55:21	05:38:38	07:07:26	**08:21:13.95**	**08:21:13.95**	+01:49:47 (21.9%)	7:22	8.1 (77.9%)
30	**GAŁUSZKA Filip**	**4112**	KOKOSZKA36TEAM	Senior II M - 30	11	00:00:35	01:03:52	02:48:45	03:59:49	05:40:17	07:02:41	**08:24:11.05**	**08:24:11.05**	+01:52:45 (22.4%)	7:24	8.1 (77.9%)
31	**JANKOWSKI Grzegorz**	**4073**	KGHM ZG RUN	Weteran I M - 50	4	00:00:02	00:57:34	02:36:48	03:41:30	05:24:27	07:07:32	**08:24:12.90**	**08:24:12.90**	+01:52:46 (22.4%)	7:24	8.1 (77.9%)
32	**POPIEL Andrzej**	**4194**	POPSMART.PL	Senior II M - 30	12	00:00:15	01:05:05	02:50:48	04:02:56	05:42:49	07:10:28	**08:25:17.75**	**08:25:17.75**	+01:53:51 (22.5%)	7:25	8.1 (77.9%)
33	**JANUSZ Jakub**	**4126**		Senior II M - 30	13	00:00:17	01:13:21	03:02:49	04:13:28	05:50:17	07:14:18	**08:28:26.60**	**08:28:26.60**	+01:57:00 (23.0%)	7:28	8 (76.9%)
34	**BOGUCKA Emilia**	**4380**	WLKP MOUNTAINS ULTRA	Masters K - 40	1	00:00:15	01:09:28	02:58:34	04:09:24	05:48:09	07:14:49	**08:29:06.45**	**08:29:06.45**	+01:57:40 (23.1%)	7:29	8 (76.9%)
35	**ŁUKASIEWICZ Ewa**	**4111**	OLAWS ZŁOTORYJA	Weteran K - 50	1	00:00:29	01:16:08	03:01:04	04:09:26	05:43:29	07:14:27	**08:29:06.65**	**08:29:06.65**	+01:57:40 (23.1%)	7:29	8 (76.9%)
36	**SZARAPANOWSKI Marcin**	**4202**	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	15	00:00:09	01:05:07	02:50:53	04:01:48	05:41:16	07:09:10	**08:30:18.80**	**08:30:18.80**	+01:58:52 (23.3%)	7:30	8 (76.9%)
37	**KURACH Paweł**	**4298**	SII RUNNING TEAM	Senior II M - 30	14	00:00:30	01:12:15	03:07:44	04:18:14	05:52:23	07:13:24	**08:30:20.15**	**08:30:20.15**	+01:58:54 (23.3%)	7:30	8 (76.9%)
38	**BARANOWSKI Jacek**	**4375**	JACEKBIEGA RUNNING TEAM	Masters M - 40	16	00:00:10	01:09:11	02:56:32	04:06:23	05:43:53	07:13:05	**08:30:59.65**	**08:30:59.65**	+01:59:33 (23.4%)	7:30	8 (76.9%)
39	**JAWORSKA Magdalena**	**4018**	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	2	00:00:18	01:11:24	03:05:23	04:16:45	05:59:26	07:21:47	**08:33:23.90**	**08:33:23.90**	+02:01:57 (23.8%)	7:32	7.9 (76.0%)
40	**WATROS Eryk**	**4212**	31 BAZA LOTNICTWA TAKTYCZNEGO	Senior II M - 30	15	00:00:08	01:04:55	02:53:53	04:05:05	05:50:16	07:22:05	**08:34:55.10**	**08:34:55.10**	+02:03:29 (24.0%)	7:34	7.9 (76.0%)
41	**MARUCHA Tomasz**	**4277**	DRUŻYNA Ż	Senior II M - 30	16	00:00:53	01:13:34	03:04:10	04:15:10	05:53:56	07:19:12	**08:35:06.45**	**08:35:06.45**	+02:03:40 (24.0%)	7:34	7.9 (76.0%)
42	**KUŁAGA Sebastian**	**4371**	MIRAZ RACE TEAM	Senior II M - 30	17	00:00:34	01:16:33	03:06:21	04:13:32	05:51:19	07:22:58	**08:36:23.50**	**08:36:23.50**	+02:04:57 (24.2%)	7:35	7.9 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
43	**MOSZKOWICZ Pawel Moszkowicz**	**4406**	NAVIGATOR	Weteran I M - 50	5	00:00:44	01:06:55	02:51:34	04:00:02	05:41:02	07:17:47	**08:40:49.35**	**08:40:49.35**	+02:09:23 (24.8%)	7:39	7.8 (75.0%)
44	**GRABOŚ Nina**	**4314**		Masters K - 40	3	00:00:16	01:14:02	03:09:36	04:22:05	06:01:38	07:30:13	**08:43:09.50**	**08:43:09.50**	+02:11:43 (25.2%)	7:41	7.8 (75.0%)
45	**CHWEDCZUK Robert**	**4232**	ŻÓRAWSKI TEAM	Senior II M - 30	18	00:00:15	01:04:36	02:48:47	03:58:06	05:43:21	07:23:55	**08:44:17.30**	**08:44:17.30**	+02:12:51 (25.3%)	7:42	7.8 (75.0%)
46	**WOŹNIAK Jerzy**	**4246**	#ZALINIAMETYTEAM	Senior II M - 30	19	00:00:32	01:06:59	02:56:13	04:08:02	05:51:07	07:25:38	**08:44:59.45**	**08:44:59.45**	+02:13:33 (25.4%)	7:43	7.8 (75.0%)
47	**PARZONKA Sylwester**	**4165**	KS GEPARD KEPNO	Weteran I M - 50	6	00:00:14	01:05:08	02:48:39	03:57:42	05:37:09	07:24:24	**08:49:02.75**	**08:49:02.75**	+02:17:36 (26.0%)	7:46	7.7 (74.0%)
48	**JAKOWSKI Mateusz**	**4095**		Senior I M - 20	2	00:00:07	00:59:04	02:40:15	03:55:50	05:37:59	07:23:38	**08:50:02.65**	**08:50:02.65**	+02:18:36 (26.2%)	7:47	7.7 (74.0%)
49	**GOLCZAK Krzysztof**	**4011**	TEAM KGB	Masters M - 40	17	00:00:17	01:11:23	03:05:24	04:16:51	06:01:07	07:33:02	**08:51:38.40**	**08:51:38.40**	+02:20:12 (26.4%)	7:49	7.7 (74.0%)
50	**FLAGA Iwona**	**4205**	LOS PANTALONES ROJOS	Masters K - 40	4	00:00:08	01:16:43	03:14:56	04:29:34	06:07:05	07:33:33	**08:52:10.55**	**08:52:10.55**	+02:20:44 (26.4%)	7:49	7.7 (74.0%)
51	**ZIEBA Tomek**	**4386**	JACEKBIEGA RUNNING TEAM	Masters M - 40	18	00:00:10	01:13:15	03:07:01	04:20:29	06:01:16	07:33:43	**08:53:04.60**	**08:53:04.60**	+02:21:38 (26.6%)	7:50	7.7 (74.0%)
52	**JEZIERSKI Tomasz**	**4183**	SUPADUPAFLY	Masters M - 40	19	00:00:02	01:06:49	02:59:31	04:16:35	06:02:27	07:31:56	**08:53:18.50**	**08:53:18.50**	+02:21:52 (26.6%)	7:50	7.7 (74.0%)
53	**WOŹNIAK Paweł**	**4339**	W POGONI ZA DUCHEM	Masters M - 40	20	00:00:50	01:16:12	03:08:19	04:18:01	06:00:23	07:32:45	**08:55:35.05**	**08:55:35.05**	+02:24:09 (26.9%)	7:52	7.6 (73.1%)
54	**JĘDRZEJKO Dominik**	**4054**	BIEGAM SOBIE	Senior II M - 30	20	00:00:03	01:07:00	02:58:45	04:08:53	05:56:02	07:34:53	**08:56:12.25**	**08:56:12.25**	+02:24:46 (27.0%)	7:53	7.6 (73.1%)
55	**KOŚCIELNIAK Wioletta**	**4377**	RUNNERS TEAM NYSA	Masters K - 40	5	00:00:22	01:11:54	03:02:53	04:19:32	06:04:44	07:34:17	**08:58:09.35**	**08:58:09.35**	+02:26:43 (27.3%)	7:54	7.6 (73.1%)
56	**GROBOSZ Jan**	**4312**		Senior II M - 30	21	00:00:21	01:15:03	03:06:51	04:14:19	05:53:21	07:33:06	**09:02:04.25**	**09:02:04.25**	+02:30:38 (27.8%)	7:58	7.5 (72.1%)
57	**JASZKIEWICZ Adrian**	**4292**	LESZNO LIMITS RUNNERS	Masters M - 40	21	00:00:14	01:04:53	02:54:46	04:11:12	05:58:11	07:38:12	**09:03:22.10**	**09:03:22.10**	+02:31:56 (28.0%)	7:59	7.5 (72.1%)
58	**KRZEPKOWSKI Radosław**	**4049**	ADIDAS RUNNERS WARSAW	Masters M - 40	22	00:01:04	01:20:05	03:15:04	04:30:15	06:15:33	07:44:47	**09:03:52.00**	**09:03:52.00**	+02:32:25 (28.0%)	7:59	7.5 (72.1%)
59	**VOITIUK Dmytro**	**4346**	SUPADUPAFLY	Senior II M - 30	22	00:00:02	01:06:52	02:57:56	04:15:09	06:10:11	07:47:39	**09:05:29.50**	**09:05:29.50**	+02:34:03 (28.2%)	8:01	7.5 (72.1%)
60	**WITKE-ORLIKOWSKA Marta**	**4184**		Senior II K - 30	2	00:00:13	01:11:47	03:07:16	04:27:22	06:15:01	07:47:21	**09:05:33.35**	**09:05:33.35**	+02:34:07 (28.3%)	8:01	7.5 (72.1%)
61	**KOWALCZYK Adam**	**4369**	STS BIEGATON - SEKCJA GÓRSKA	Weteran I M - 50	7	00:00:27	01:10:18	03:02:46	04:16:45	06:01:15	07:38:52	**09:05:49.00**	**09:05:49.00**	+02:34:22 (28.3%)	8:01	7.5 (72.1%)
62	**ZILGALVIS Matīss**	**4347**	SUPERVARONI	Masters M - 40	23	00:00:10	01:07:36	02:58:49	04:16:50	06:05:56	07:46:36	**09:06:52.90**	**09:06:52.90**	+02:35:26 (28.4%)	8:02	7.5 (72.1%)
63	**JANCZ Tomasz**	**4214**		Weteran I M - 50	8	00:00:48	01:11:07	03:04:13	04:16:54	06:01:10	07:38:01	**09:07:27.50**	**09:07:27.50**	+02:36:01 (28.5%)	8:03	7.5 (72.1%)
64	**ROZNERSKA Dagmara**	**4152**	KB SOBÓTKA	Senior II K - 30	3	00:00:01	01:11:13	03:07:26	04:22:52	06:14:33	07:44:18	**09:08:27.05**	**09:08:27.05**	+02:37:01 (28.6%)	8:03	7.4 (71.2%)
65	**CZOSNOWSKI Krzysztof**	**4029**	KB HERMES GRYFINO	Masters M - 40	24	00:00:34	01:05:33	02:56:12	04:10:57	06:04:26	07:50:35	**09:08:33.10**	**09:08:33.10**	+02:37:07 (28.6%)	8:04	7.4 (71.2%)
66	**WAWRZYNIAK Małgorzata**	**4236**	#BIEGIEMWLAS	Masters K - 40	6	00:00:11	01:11:12	03:06:54	04:19:57	06:06:47	07:45:18	**09:09:00.90**	**09:09:00.90**	+02:37:34 (28.7%)	8:04	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
67	**JOŃCZYK Rafał**	**4415**	JACEKBIEGA RUNNING TEAM	Masters M - 40	25	00:00:31	01:11:36	03:01:18	04:16:31	06:06:21	07:46:13	**09:10:49.50**	**09:10:49.50**	+02:39:23 (28.9%)	8:06	7.4 (71.2%)
68	**SOLIŃSKI Olaf**	**4392**		Senior I M - 20	3	00:00:43	01:07:19	02:49:01	04:04:59	05:52:18	07:42:06	**09:11:05.65**	**09:11:05.65**	+02:39:39 (29.0%)	8:06	7.4 (71.2%)
69	**MIKOŁAJCZYK Krzysztof**	**4097**		Masters M - 40	26	00:00:12	01:08:12	03:03:48	04:17:47	06:08:13	07:48:17	**09:11:40.45**	**09:11:40.45**	+02:40:14 (29.0%)	8:06	7.4 (71.2%)
70	**WOŁKOWYCKI Paweł**	**4403**	BIEGAM Z KAJĄ	Senior II M - 30	23	00:00:37	01:16:52	03:18:51	04:35:22	06:21:54	07:51:27	**09:12:16.95**	**09:12:16.95**	+02:40:50 (29.1%)	8:07	7.4 (71.2%)
71	**KUREK Michał**	**4343**		Senior II M - 30	24	00:00:27	01:16:09	03:15:21	04:31:43	06:21:26	07:59:33	**09:15:32.90**	**09:15:32.90**	+02:44:06 (29.5%)	8:10	7.3 (70.2%)
72	**POLEK Ewa**	**4241**	BW BIEGACZE WYMIATACZE	Senior II K - 30	4	00:00:08	01:13:57	03:12:18	04:30:13	06:22:25	07:54:44	**09:15:53.35**	**09:15:53.35**	+02:44:27 (29.6%)	8:10	7.3 (70.2%)
73	**LUBAŃSKI Mateusz**	**4166**	KS BARYCZ MILICZ	Senior II M - 30	25	00:00:18	01:13:06	03:09:42	04:26:26	06:16:05	07:55:10	**09:19:22.10**	**09:19:22.10**	+02:47:56 (30.0%)	8:13	7.3 (70.2%)
74	**CIEMBOROWICZ Karol**	**4354**	#KFD	Senior II M - 30	26	00:00:41	01:19:56	03:19:59	04:37:23	06:21:29	07:56:30	**09:19:25.25**	**09:19:25.25**	+02:47:59 (30.0%)	8:13	7.3 (70.2%)
75	**ANTKOWIAK Michał**	**4178**	MUAY RUNNING TEAM	Senior II M - 30	27	00:00:33	01:19:49	03:22:51	04:40:33	06:26:12	07:57:28	**09:19:28.10**	**09:19:28.10**	+02:48:02 (30.0%)	8:13	7.3 (70.2%)
76	**ANTKOWIAK Monika**	**4177**	MUAY RUNNING TEAM	Senior II K - 30	5	00:00:33	01:19:50	03:22:51	04:40:33	06:26:12	07:57:28	**09:19:28.20**	**09:19:28.20**	+02:48:02 (30.0%)	8:13	7.3 (70.2%)
77	**CHOJKA-BARTOSZKO Karolina**	**4084**		Masters K - 40	7	00:00:26	01:21:55	03:23:43	04:42:26	06:30:11	07:59:16	**09:19:46.55**	**09:19:46.55**	+02:48:20 (30.1%)	8:13	7.3 (70.2%)
78	**STAROŃ Norbert**	**4016**	DZG RUNNERS	Masters M - 40	27	00:00:06	01:05:58	02:58:45	04:11:10	06:10:09	07:52:22	**09:22:04.65**	**09:22:04.65**	+02:50:38 (30.4%)	8:15	7.3 (70.2%)
79	**PIKOS Patryk**	**4136**		Senior II M - 30	28	00:00:14	01:12:58	03:06:45	04:25:04	06:21:22	07:56:27	**09:23:14.15**	**09:23:14.15**	+02:51:48 (30.5%)	8:16	7.2 (69.2%)
80	**BUDZOWSKI Radosław**	**4116**	ROZBIEGANE DOBCZYCE	Senior I M - 20	4	00:00:20	01:12:51	03:09:31	04:26:23	06:19:52	07:56:05	**09:24:31.65**	**09:24:31.65**	+02:53:05 (30.7%)	8:18	7.2 (69.2%)
81	**BOROWCZYK Marcin**	**4340**	ULTRASI	Masters M - 40	28	00:00:37	01:22:29	03:18:54	04:36:44	06:22:40	08:01:16	**09:25:28.50**	**09:25:28.50**	+02:54:02 (30.8%)	8:18	7.2 (69.2%)
82	**PIWOWOŃSKI Paweł**	**4132**		Masters M - 40	29	00:00:31	01:07:05	02:57:12	04:16:23	06:14:49	07:54:12	**09:25:47.60**	**09:25:47.60**	+02:54:21 (30.8%)	8:19	7.2 (69.2%)
83	**KUK Urszula**	**4174**		Masters K - 40	8	00:00:58	01:18:16	03:16:07	04:33:27	06:21:08	08:00:04	**09:26:48.35**	**09:26:48.35**	+02:55:22 (30.9%)	8:20	7.2 (69.2%)
84	**KRAWCZYK Karol**	**4373**	LENIWY INACZEJ	Senior II M - 30	29	00:00:37	01:09:45	03:02:02	04:18:50	06:24:52	08:02:07	**09:28:37.55**	**09:28:37.55**	+02:57:11 (31.2%)	8:21	7.2 (69.2%)
85	**PFITZENREUTER Justin**	**4258**		Senior II M - 30	30	00:00:29	01:19:03	03:20:34	04:41:03	06:31:03	08:04:27	**09:29:12.05**	**09:29:12.05**	+02:57:46 (31.2%)	8:22	7.2 (69.2%)
86	**WOJCIECHOWSKA Maria**	**4367**	JACEKBIEGA RUNNING TEAM	Senior II K - 30	6	00:00:24	01:15:41	03:14:32	04:47:03	06:30:15	08:06:39	**09:29:15.00**	**09:29:15.00**	+02:57:48 (31.2%)	8:22	7.2 (69.2%)
87	**MAKOWSKA Olga**	**4368**	JACEKBIEGA RUNNING TEAM	Senior II K - 30	7	00:00:01	01:15:44	03:14:33	04:47:13	06:30:15	08:06:40	**09:29:17.15**	**09:29:17.15**	+02:57:51 (31.2%)	8:22	7.2 (69.2%)
88	**KOMAR Krystian**	**4192**	KOMARKI	Senior II M - 30	31	00:00:09	01:12:07	03:07:59	04:28:00	06:29:25	08:03:42	**09:29:59.95**	**09:29:59.95**	+02:58:33 (31.3%)	8:22	7.2 (69.2%)
89	**HAMPEL Karolina**	**4110**	LUCKY LUKI	Senior I K - 20	1	00:00:32	01:09:03	03:11:14	04:28:08	06:25:10	08:06:30	**09:30:22.05**	**09:30:22.05**	+02:58:56 (31.4%)	8:23	7.2 (69.2%)
90	**ZIEMBA Michal**	**4326**	ZIOMKI	Senior II M - 30	32	00:00:08	01:12:40	03:18:13	04:37:13	06:30:23	08:10:44	**09:32:12.15**	**09:32:12.15**	+03:00:46 (31.6%)	8:24	7.1 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
91	**SOBANIA Tomasz**	**4268**	PIAST GLIWICE	Senior I M - 20	5	00:00:14	01:25:23	03:35:13	04:58:53	06:46:33	08:18:44	**09:35:11.40**	**09:35:11.40**	+03:03:45 (31.9%)	8:27	7.1 (68.3%)
92	**LANGE Paweł**	**4137**	ALSTOM KATOWICE	Senior II M - 30	33	00:00:24	01:17:20	03:23:00	04:43:36	06:38:44	08:16:23	**09:35:31.60**	**09:35:31.60**	+03:04:05 (32.0%)	8:27	7.1 (68.3%)
93	**WYSMOLIŃSKI Rafał**	**4296**		Masters M - 40	30	00:00:37	01:21:40	03:23:03	04:43:50	06:38:09	08:13:18	**09:35:59.55**	**09:35:59.55**	+03:04:33 (32.0%)	8:28	7.1 (68.3%)
94	**KOPCZYŃSKI Paweł**	**4329**		Masters M - 40	31	00:01:14	01:32:55	03:42:55	05:00:49	06:51:31	08:20:23	**09:36:50.55**	**09:36:50.55**	+03:05:24 (32.1%)	8:28	7.1 (68.3%)
95	**SAJAK Kamil**	**4098**	ROZBIEGANE DOBCZYCE	Senior II M - 30	34	00:00:19	01:12:52	03:09:32	04:26:24	06:20:31	08:09:42	**09:39:42.25**	**09:39:42.25**	+03:08:16 (32.5%)	8:31	7 (67.3%)
96	**KAWIK-BARTOSIK Anna**	**4041**		Senior II K - 30	8	00:00:44	01:26:37	03:30:14	04:54:20	06:47:38	08:18:21	**09:40:01.00**	**09:40:01.00**	+03:08:34 (32.5%)	8:31	7 (67.3%)
97	**DZIOB Grzegorz**	**4173**	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	35	00:00:22	01:08:13	03:00:55	04:16:34	06:10:34	07:59:50	**09:41:06.60**	**09:41:06.60**	+03:09:40 (32.6%)	8:32	7 (67.3%)
98	**MIKLAS Jarek**	**4026**	OFF ROAD RUNNERS BENEFIT SYSTEMS	Senior II M - 30	36	00:01:11	01:32:38	03:47:51	05:05:36	06:51:32	08:20:17	**09:42:31.35**	**09:42:31.35**	+03:11:05 (32.8%)	8:33	7 (67.3%)
99	**HEJZNER Arkadiusz**	**4217**		Senior II M - 30	37	00:00:14	01:09:27	03:06:29	04:22:05	06:13:50	08:08:18	**09:42:50.65**	**09:42:50.65**	+03:11:24 (32.8%)	8:34	7 (67.3%)
100	**GRZYBEK Sławomir**	**4106**	BARTOSZ GORCZYCA RUNNING TEAM	Senior II M - 30	38	00:00:03	01:14:05	03:19:58	04:43:49	06:39:40	08:18:00	**09:45:09.35**	**09:45:09.35**	+03:13:43 (33.1%)	8:36	7 (67.3%)
101	**KARNICKA Iwona**	**4019**	DZG RUNNERS	Masters K - 40	9	00:00:05	01:17:49	03:23:49	04:45:20	06:35:50	08:18:52	**09:45:09.75**	**09:45:09.75**	+03:13:43 (33.1%)	8:36	7 (67.3%)
102	**TRZECIAK Andrzej**	**4323**	PURA VIDA TEAM	Masters M - 40	32	00:00:32	01:17:49	03:20:34	04:43:09	06:38:55	08:21:02	**09:45:16.30**	**09:45:16.30**	+03:13:50 (33.1%)	8:36	7 (67.3%)
103	**MELON Krzysztof**	**4398**		Senior II M - 30	39	00:00:59	01:25:33	03:27:31	04:46:54	06:39:37	08:16:47	**09:45:41.70**	**09:45:41.70**	+03:14:15 (33.2%)	8:36	7 (67.3%)
104	**PAWŁOWSKI Paweł**	**4155**		Senior II M - 30	40	00:01:04	01:22:36	03:23:55	04:42:13	06:30:53	08:20:40	**09:45:50.15**	**09:45:50.15**	+03:14:24 (33.2%)	8:36	7 (67.3%)
105	**SKOKOWSKI Maciej**	**4144**		Masters M - 40	33	00:00:11	01:16:26	03:20:31	04:43:20	06:42:40	08:20:23	**09:46:18.95**	**09:46:18.95**	+03:14:52 (33.2%)	8:37	7 (67.3%)
106	**SOWIŃSKA-JANECZEK Joanna**	**4013**	KB MARATON TUREK	Senior II K - 30	9	00:00:08	01:13:56	03:18:43	04:41:27	06:33:38	08:18:05	**09:48:03.50**	**09:48:03.50**	+03:16:37 (33.4%)	8:38	6.9 (66.3%)
107	**RUDNICKI Krzysztof**	**4306**		Senior II M - 30	41	00:00:53	01:19:42	03:20:52	04:41:19	06:35:22	08:21:34	**09:48:06.00**	**09:48:06.00**	+03:16:39 (33.4%)	8:38	6.9 (66.3%)
108	**WOJCIECHOWSKA Aleksandra**	**4297**		Senior II K - 30	10	00:00:20	01:16:42	03:19:36	04:43:43	06:36:24	08:18:12	**09:48:29.80**	**09:48:29.80**	+03:17:03 (33.5%)	8:39	6.9 (66.3%)
109	**MATUSZEWSKI Łukasz**	**4028**	BIEGOWY WARIAT RUNNING TEAM	Senior II M - 30	42	00:00:04	01:16:11	03:22:05	04:42:23	06:42:25	08:26:46	**09:49:56.45**	**09:49:56.45**	+03:18:30 (33.6%)	8:40	6.9 (66.3%)
110	**GAWCZYŃSKI Marcel**	**4257**		Senior II M - 30	43	00:00:38	01:23:43	03:27:46	04:53:16	06:43:35	08:23:30	**09:50:11.35**	**09:50:11.35**	+03:18:45 (33.7%)	8:40	6.9 (66.3%)
111	**WÓJCIK Michał**	**4157**	GRUPA SUDECKA GOPR	Senior II M - 30	44	00:00:11	01:14:46	03:21:49	04:43:57	06:40:37	08:21:14	**09:50:20.15**	**09:50:20.15**	+03:18:54 (33.7%)	8:40	6.9 (66.3%)
112	**KARLIK Łukasz**	**4281**	ES TEAM	Senior II M - 30	45	00:00:28	01:17:56	03:23:09	04:46:55	06:45:14	08:22:33	**09:52:42.75**	**09:52:42.75**	+03:21:16 (34.0%)	8:42	6.9 (66.3%)
113	**PIELATOWSKI Adam**	**4127**	DIRTY SPARROWS	Senior II M - 30	46	00:01:00	01:24:53	03:33:19	04:54:23	06:53:43	08:33:13	**09:55:32.85**	**09:55:32.85**	+03:24:06 (34.3%)	8:45	6.9 (66.3%)
114	**MAZUREK Łukasz**	**4027**	DZG RUNNERS	Masters M - 40	34	00:00:05	01:12:08	03:12:26	04:35:46	06:43:06	08:27:45	**09:55:35.75**	**09:55:35.75**	+03:24:09 (34.3%)	8:45	6.9 (66.3%)
115	**DOBROWOLSKI Krzysztof**	**4100**	DZG RUNNERS	Senior II M - 30	47	00:00:06	01:07:47	03:09:25	04:36:21	06:43:06	08:27:42	**09:55:35.85**	**09:55:35.85**	+03:24:09 (34.3%)	8:45	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
116	**NOSKI Mariusz**	**4402**		Masters M - 40	35	00:00:55	01:34:21	03:54:55	05:27:04	07:10:35	08:40:43	**09:57:20.40**	**09:57:20.40**	+03:25:54 (34.5%)	8:47	6.8 (65.4%)
117	**CHRAPLEWSKA Karolina**	**4342**		Masters K - 40	10	00:00:18	01:18:08	03:25:53	04:53:11	06:48:04	08:28:13	**09:57:28.80**	**09:57:28.80**	+03:26:02 (34.5%)	8:47	6.8 (65.4%)
118	**GOŁĘBIEWSKA Katarzyna**	**4421**	COMFORT ZONE	Masters K - 40	11	00:00:29	01:21:27	03:27:53	04:52:32	06:47:38	08:28:53	**09:57:29.05**	**09:57:29.05**	+03:26:03 (34.5%)	8:47	6.8 (65.4%)
119	**SYPNIEWSKI Krystian**	**4139**	ZBGB	Masters M - 40	36	00:00:19	01:17:34	03:25:54	04:53:14	06:49:26	08:28:19	**09:57:29.65**	**09:57:29.65**	+03:26:03 (34.5%)	8:47	6.8 (65.4%)
120	**JAKUBCZAK Konrad**	**4037**	DEBEŚCIAK	Masters M - 40	37	00:00:11	01:07:29	02:59:37	04:16:07	06:26:43	08:31:16	**09:57:36.90**	**09:57:36.90**	+03:26:10 (34.5%)	8:47	6.8 (65.4%)
121	**NOWAK Krzysztof**	**4316**		Masters M - 40	38	00:00:16	01:13:15	03:18:02	04:36:49	06:38:38	08:28:52	**09:57:48.55**	**09:57:48.55**	+03:26:22 (34.5%)	8:47	6.8 (65.4%)
122	**GRADZIK Inga**	**4370**		Senior I K - 20	2	00:00:28	01:16:21	03:16:08	04:37:09	06:37:16	08:27:01	**09:58:09.65**	**09:58:09.65**	+03:26:43 (34.6%)	8:47	6.8 (65.4%)
123	**KALETA Leszek**	**4074**		Senior II M - 30	48	00:00:33	01:23:50	03:25:45	04:45:32	06:39:50	08:26:01	**09:58:17.00**	**09:58:17.00**	+03:26:50 (34.6%)	8:47	6.8 (65.4%)
124	**JANIK Beata**	**4156**	RUNDOMSKO	Senior II K - 30	11	00:00:13	01:19:43	03:26:39	04:57:07	06:53:31	08:32:12	**09:58:19.10**	**09:58:19.10**	+03:26:53 (34.6%)	8:47	6.8 (65.4%)
125	**FORMA Paulina**	**4333**		Senior II K - 30	12	00:00:51	01:25:37	03:34:02	04:57:25	06:52:21	08:40:51	**09:58:19.75**	**09:58:19.75**	+03:26:53 (34.6%)	8:47	6.8 (65.4%)
126	**SUCHODOLA Piotr**	**4401**		Masters M - 40	39	00:00:39	01:26:39	03:33:06	04:54:18	06:46:57	08:24:49	**09:58:40.15**	**09:58:40.15**	+03:27:14 (34.6%)	8:48	6.8 (65.4%)
127	**MENDYK Maciej**	**4168**		Masters M - 40	40	00:00:19	01:13:15	03:21:46	04:43:55	06:44:41	08:30:40	**09:58:49.55**	**09:58:49.55**	+03:27:23 (34.6%)	8:48	6.8 (65.4%)
128	**NECKAR Michał**	**4071**	HWBC	Masters M - 40	41	00:00:19	01:12:11	03:09:40	04:28:03	06:31:34	08:24:31	**09:58:57.35**	**09:58:57.35**	+03:27:31 (34.6%)	8:48	6.8 (65.4%)
129	**SZAFRANIEC Monika**	**4334**		Senior II K - 30	13	00:00:51	01:26:55	03:34:28	04:57:13	06:51:35	08:33:06	**10:00:56.20**	**10:00:56.20**	+03:29:30 (34.9%)	8:50	6.8 (65.4%)
130	**URBANIK Łukasz**	**4284**	SZAKALE BAŁUT ŁÓDŹ	Masters M - 40	42	00:00:16	01:11:44	03:13:41	04:34:02	06:28:03	08:14:57	**10:01:08.25**	**10:01:08.25**	+03:29:42 (34.9%)	8:50	6.8 (65.4%)
131	**MUS Pawel**	**4162**	MASATEAM	Senior II M - 30	49	00:00:08	01:12:50	03:15:48	04:37:34	06:39:40	08:34:38	**10:03:05.35**	**10:03:05.35**	+03:31:39 (35.1%)	8:52	6.8 (65.4%)
132	**CHMAJ Jerzy**	**4248**		Weteran I M - 50	9	00:00:15	01:16:27	03:19:56	04:49:43	06:50:19	08:36:14	**10:03:08.35**	**10:03:08.35**	+03:31:42 (35.1%)	8:52	6.8 (65.4%)
133	**BRONCZAK Tomasz**	**4055**		Masters M - 40	43	00:00:17	01:13:17	03:20:56	04:41:15	06:41:06	08:29:40	**10:03:42.30**	**10:03:42.30**	+03:32:16 (35.2%)	8:52	6.8 (65.4%)
134	**ŁAPIŃSKI Adam**	**4179**	AIKIRUNNERS	Weteran I M - 50	10	00:00:40	01:21:25	03:32:42	04:57:15	06:56:22	08:37:23	**10:05:22.30**	**10:05:22.30**	+03:33:56 (35.3%)	8:54	6.7 (64.4%)
135	**MRÓWKA Michał**	**4002**	OBOZY GÓRSKIE	Senior II M - 30	50	00:00:05	01:12:57	03:15:54	04:35:45	06:33:51	08:40:12	**10:05:50.05**	**10:05:50.05**	+03:34:24 (35.4%)	8:54	6.7 (64.4%)
136	**WOJNAROWSKI Damian**	**4149**	KS LENIWIEC	Senior I M - 20	6	00:00:43	01:28:21	03:40:39	05:03:42	07:02:45	08:44:17	**10:09:37.95**	**10:09:37.95**	+03:38:11 (35.8%)	8:57	6.7 (64.4%)
137	**JAMRÓZ Wojciech**	**4229**	KW GLIWICE	Masters M - 40	44	00:00:22	01:16:45	03:27:14	04:52:32	06:51:58	08:34:26	**10:09:56.35**	**10:09:56.35**	+03:38:30 (35.8%)	8:58	6.7 (64.4%)
138	**PATROŃSKI Adam**	**4180**	ŻARŁOKI	Senior I M - 20	7	00:00:30	01:21:58	03:25:10	04:49:42	06:48:01	08:46:38	**10:13:41.05**	**10:13:41.05**	+03:42:15 (36.2%)	9:01	6.6 (63.5%)
139	**JÓZEFIAK Beata**	**4330**		Senior II K - 30	14	00:00:32	01:17:34	03:19:46	04:43:37	06:46:49	08:34:52	**10:14:04.25**	**10:14:04.25**	+03:42:38 (36.3%)	9:01	6.6 (63.5%)
140	**SZANDAŁA Jacek**	**4092**	CAŁA OLEŚNICA BIEGA	Masters M - 40	45	00:00:07	01:16:07	03:23:12	04:50:43	06:56:44	08:47:49	**10:14:32.25**	**10:14:32.25**	+03:43:06 (36.3%)	9:02	6.6 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
141	**BURA Krystian**	**4122**	#BIEGAJLESZNO	Senior II M - 30	51	00:00:11	01:14:38	03:34:49	05:03:16	07:14:17	08:51:10	**10:15:03.35**	**10:15:03.35**	+03:43:37 (36.4%)	9:02	6.6 (63.5%)
142	**KRYCH Paweł**	**4051**	MARATOŃCZYK POZNAŃ	Masters M - 40	46	00:00:41	01:19:08	03:34:30	04:57:42	06:57:36	08:43:24	**10:15:29.80**	**10:15:29.80**	+03:44:03 (36.4%)	9:03	6.6 (63.5%)
143	**KARCZYŃSKA Eliza**	**4050**	MARATOŃCZYK POZNAŃ	Senior II K - 30	15	00:00:41	01:19:55	03:34:29	04:57:49	06:57:38	08:43:41	**10:15:29.85**	**10:15:29.85**	+03:44:03 (36.4%)	9:03	6.6 (63.5%)
144	**STASIW Przemysław**	**4407**	ULTRA TRAIL FANATICS	Senior II M - 30	52	00:00:18	01:10:16	03:27:53	04:57:26	07:03:19	08:50:02	**10:15:48.15**	**10:15:48.15**	+03:44:22 (36.4%)	9:03	6.6 (63.5%)
145	**URBAŃSKI Michał**	**4282**	LĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	53	00:00:06	01:17:19	03:27:36	04:51:51	06:52:57	08:42:23	**10:16:27.65**	**10:16:27.65**	+03:45:01 (36.5%)	9:03	6.6 (63.5%)
146	**SCHÜTZ Michał**	**4253**		Masters M - 40	47	00:00:12	01:10:24	03:20:22	04:42:35	06:46:06	08:45:53	**10:17:05.05**	**10:17:05.05**	+03:45:39 (36.6%)	9:04	6.6 (63.5%)
147	**HŁASKO Anna**	**4313**		Senior I K - 20	3	00:00:35	01:23:08	03:28:48	04:49:49	06:47:32	08:40:54	**10:18:10.90**	**10:18:10.90**	+03:46:44 (36.7%)	9:05	6.6 (63.5%)
148	**SZKÓDLIŃSKI Bartosz**	**4118**	ODDYCHAJSWOBODNIE.PL	Masters M - 40	48	00:00:27	01:17:36	03:23:12	04:45:36	06:51:46	08:44:30	**10:19:02.55**	**10:19:02.55**	+03:47:36 (36.8%)	9:06	6.6 (63.5%)
149	**LIS Paweł**	**4357**	CENTRUM FORMY 58-100 ŚWIDNICA	Masters M - 40	49	00:00:28	01:09:14	03:13:48	04:52:03	07:03:13	08:47:40	**10:19:18.85**	**10:19:18.85**	+03:47:52 (36.8%)	9:06	6.6 (63.5%)
150	**KANIEWSKA Agnieszka**	**4416**		Masters K - 40	12	00:00:13	01:21:52	03:35:38	05:05:34	07:12:15	08:54:15	**10:21:12.65**	**10:21:12.65**	+03:49:46 (37.0%)	9:08	6.6 (63.5%)
151	**NASIADKA Michał**	**4249**		Senior I M - 20	8	00:00:22	01:16:22	03:17:37	04:37:08	06:42:35	08:46:25	**10:25:02.05**	**10:25:02.05**	+03:53:36 (37.4%)	9:11	6.5 (62.5%)
152	**KONDYCKI Adam**	**4030**	DZG RUNNERS	Masters M - 40	50	00:00:06	01:12:59	03:12:29	04:36:11	06:54:09	08:52:51	**10:25:30.65**	**10:25:30.65**	+03:54:04 (37.4%)	9:11	6.5 (62.5%)
153	**LEWANDOWSKI Rafał**	**4090**	SPC	Masters M - 40	51	00:00:48	01:21:34	03:31:13	05:00:48	07:09:36	08:54:34	**10:25:35.70**	**10:25:35.70**	+03:54:09 (37.4%)	9:11	6.5 (62.5%)
154	**BARAN Dariusz**	**4332**	RUSZAMY DĄBROWĘ	Masters M - 40	52	00:00:49	01:21:54	03:29:06	04:55:01	06:58:15	08:51:09	**10:26:06.95**	**10:26:06.95**	+03:54:40 (37.5%)	9:12	6.5 (62.5%)
155	**KUBECZAK Debora**	**4364**		Senior II K - 30	16	00:00:41	01:25:39	03:33:26	04:57:10	06:55:33	08:52:45	**10:26:07.25**	**10:26:07.25**	+03:54:41 (37.5%)	9:12	6.5 (62.5%)
156	**KWIECIŃSKA Małgorzata**	**4394**	BRAVEHEARTS LEGIONOWO	Senior II K - 30	17	00:00:34	01:26:21	03:37:54	05:02:47	07:00:53	08:52:06	**10:26:21.65**	**10:26:21.65**	+03:54:55 (37.5%)	9:12	6.5 (62.5%)
157	**SKŁADANOWSKA Beata**	**4263**	EUROCASH	Senior II K - 30	18	00:00:04	01:19:49	03:29:50	04:57:13	07:01:55	08:52:50	**10:26:42.15**	**10:26:42.15**	+03:55:16 (37.5%)	9:12	6.5 (62.5%)
158	**JABŁOŃSKI Jakub**	**4198**	PRO366	Masters M - 40	53	00:00:41	01:23:15	03:38:29	05:03:40	07:10:47	08:59:26	**10:27:33.25**	**10:27:33.25**	+03:56:07 (37.6%)	9:13	6.5 (62.5%)
159	**CANDER Piotr**	**4374**		Masters M - 40	54	00:00:14	01:16:01	03:19:01	04:40:55	06:51:02	08:45:25	**10:27:55.55**	**10:27:55.55**	+03:56:29 (37.7%)	9:14	6.5 (62.5%)
160	**GARCZYŃSKI Darek**	**4150**		Weteran I M - 50	11	00:01:02	01:17:58	03:19:50	04:46:53	06:58:34	08:53:00	**10:29:17.90**	**10:29:17.90**	+03:57:51 (37.8%)	9:15	6.5 (62.5%)
161	**SALAMON Pawel**	**4039**	KOPEĆ TEAM	Masters M - 40	55	00:00:10	01:12:31	03:14:09	04:41:47	07:00:17	08:55:24	**10:29:39.45**	**10:29:39.45**	+03:58:13 (37.8%)	9:15	6.5 (62.5%)
162	**WYSMOLIŃSKI Piotr**	**4302**		Weteran I M - 50	12	00:00:26	01:19:41	03:27:11	04:51:35	06:58:18	08:53:24	**10:29:55.50**	**10:29:55.50**	+03:58:29 (37.9%)	9:15	6.5 (62.5%)
163	**BŁASZCZYK Luiza**	**4129**		Senior I K - 20	4	00:00:24	01:26:22	03:42:11	05:05:40	07:07:06	08:56:51	**10:29:56.10**	**10:29:56.10**	+03:58:30 (37.9%)	9:15	6.5 (62.5%)
164	**DOMAGAŁA Grażyna**	**4303**		Senior II K - 30	19	00:00:15	01:16:14	03:28:58	04:57:17	06:56:34	08:53:11	**10:31:13.45**	**10:31:13.45**	+03:59:47 (38.0%)	9:16	6.5 (62.5%)
165	**JOWSA Paweł**	**4066**		Senior II M - 30	54	00:01:05	01:34:40	03:50:18	05:20:28	07:23:09	09:03:36	**10:33:27.00**	**10:33:27.00**	+04:02:00 (38.2%)	9:18	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
166	**LISIECKI Tomasz**	**4060**		Senior II M - 30	55	00:00:53	01:27:29	03:33:46	04:57:12	07:05:06	09:01:16	**10:33:50.25**	**10:33:50.25**	+04:02:24 (38.2%)	9:19	6.4 (61.5%)
167	**HENECZKOWSKI Łukasz**	**4094**	BORN TO RUN	Masters M - 40	56	00:01:02	01:17:53	03:26:01	04:49:50	07:02:28	08:56:39	**10:33:57.35**	**10:33:57.35**	+04:02:31 (38.3%)	9:19	6.4 (61.5%)
168	**CAPUTA Wojciech**	**4409**		Masters M - 40	57	00:00:12	01:10:17	03:06:06	04:21:38	06:35:40	09:02:08	**10:35:15.00**	**10:35:15.00**	+04:03:48 (38.4%)	9:20	6.4 (61.5%)
169	**KUDŁA Joanna**	**4223**	KUDŁATE MAKARONY	Senior II K - 30	20	00:00:20	01:16:31	03:28:32	05:00:28	07:06:05	09:02:11	**10:35:32.95**	**10:35:32.95**	+04:04:06 (38.4%)	9:20	6.4 (61.5%)
170	**DUDA Dariusz**	**4080**	MIRAZ RACE TEAM	Senior II M - 30	56	00:00:38	01:21:30	03:35:15	05:05:04	07:13:24	09:02:40	**10:35:45.35**	**10:35:45.35**	+04:04:19 (38.4%)	9:20	6.4 (61.5%)
171	**HACUŚ Jacek**	**4059**		Senior II M - 30	57	00:00:09	01:18:07	03:32:10	05:00:39	07:05:37	09:01:34	**10:37:32.35**	**10:37:32.35**	+04:06:06 (38.6%)	9:22	6.4 (61.5%)
172	**ZAŁUSKA-LIPA Agnieszka**	**4355**		Masters K - 40	13	00:00:34	01:21:40	03:33:35	05:01:14	07:11:06	09:08:39	**10:38:42.55**	**10:38:42.55**	+04:07:16 (38.7%)	9:23	6.4 (61.5%)
173	**PILARSKI Tomasz**	**4289**		Masters M - 40	58	00:00:42	01:22:47	03:42:15	05:02:52	07:00:48	09:04:22	**10:38:53.20**	**10:38:53.20**	+04:07:27 (38.7%)	9:23	6.4 (61.5%)
174	**GŁADYKOWSKI Łukasz**	**4187**	PGB SPORTOWA PACZKA	Masters M - 40	59	00:00:13	01:17:37	03:33:55	04:58:31	07:08:25	09:05:02	**10:40:57.60**	**10:40:57.60**	+04:09:31 (38.9%)	9:25	6.4 (61.5%)
175	**WAWRZYNIAK Damian**	**4104**		Senior I M - 20	9	00:00:35	01:16:53	03:21:26	04:45:30	06:50:37	08:59:57	**10:41:28.45**	**10:41:28.45**	+04:10:02 (39.0%)	9:26	6.4 (61.5%)
176	**STASIAK Łukasz**	**4076**	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	60	00:00:09	01:16:30	03:29:42	05:03:18	07:15:57	09:01:09	**10:41:35.20**	**10:41:35.20**	+04:10:09 (39.0%)	9:26	6.4 (61.5%)
177	**MASEWICZ Grzegorz**	**4042**	KB ZOFANNA GORZÓW WIELKOPOLSKI	Masters M - 40	61	00:01:14	01:28:51	03:43:46	05:15:22	07:17:44	09:10:41	**10:42:04.70**	**10:42:04.70**	+04:10:38 (39.0%)	9:26	6.4 (61.5%)
178	**FALBA Karol**	**4404**		Masters M - 40	62	00:00:20	01:21:56	03:33:31	05:03:41	07:15:54	09:09:23	**10:42:42.85**	**10:42:42.85**	+04:11:16 (39.1%)	9:27	6.3 (60.6%)
179	**KASPROWSKI Michał**	**4309**	ZDOBYWCY GÓRSKICH SZCZYTÓW	Senior II M - 30	58	00:00:55	01:20:38	03:33:25	05:05:35	07:12:06	09:10:57	**10:42:51.15**	**10:42:51.15**	+04:11:25 (39.1%)	9:27	6.3 (60.6%)
180	**NAWROT Marek**	**4278**	BIEG Z CHRYSTUSEM!	Senior II M - 30	59	00:00:25	01:16:03	03:27:39	04:51:02	06:59:35	09:04:17	**10:44:36.25**	**10:44:36.25**	+04:13:10 (39.3%)	9:28	6.3 (60.6%)
181	**JASICKI Krzysztof**	**4378**	RUNHOGS TYCHY	Masters M - 40	63	00:00:42	01:27:02	03:50:55	05:20:29	07:22:36	09:20:37	**10:44:41.00**	**10:44:41.00**	+04:13:14 (39.3%)	9:28	6.3 (60.6%)
182	**CHOCIAJ Daniel**	**4058**	ENDORFINY WĄSOSZ	Masters M - 40	64	00:00:45	01:22:53	03:24:28	04:52:29	07:09:14	09:04:43	**10:44:57.10**	**10:44:57.10**	+04:13:31 (39.3%)	9:29	6.3 (60.6%)
183	**SZULC Krzysztof**	**4393**	ALBATROSY	Weteran I M - 50	13	00:00:31	01:16:30	03:25:08	04:53:15	07:06:07	09:05:30	**10:46:22.55**	**10:46:22.55**	+04:14:56 (39.4%)	9:30	6.3 (60.6%)
184	**KACZMAREK Mirosław**	**4372**	RUNNER'S POWER ŚREM	Senior II M - 30	60	00:00:25	01:21:28	03:44:20	05:16:27	07:21:46	09:12:30	**10:46:37.60**	**10:46:37.60**	+04:15:11 (39.5%)	9:30	6.3 (60.6%)
185	**NIEZNAJ Beata**	**4056**	ZABIEGANI MIELEC	Senior II K - 30	21	00:00:18	01:25:36	03:46:12	05:16:14	07:20:36	09:08:25	**10:48:18.95**	**10:48:18.95**	+04:16:52 (39.6%)	9:32	6.3 (60.6%)
186	**MRÓZ Agata**	**4025**	AFRO FIT WATAHA	Senior II K - 30	22	00:00:20	01:13:50	03:20:20	04:39:00	06:56:03	08:59:02	**10:49:33.00**	**10:49:33.00**	+04:18:06 (39.7%)	9:33	6.3 (60.6%)
187	**RAKOWSKA Natalia**	**4350**	FOREST GANG BYDGOSZCZ	Senior I K - 20	5	00:01:06	01:29:41	03:47:23	05:17:04	07:24:27	09:16:39	**10:50:50.35**	**10:50:50.35**	+04:19:24 (39.9%)	9:34	6.3 (60.6%)
188	**JABKOWSKI Łukasz**	**4007**	KHG GROUP	Senior I M - 20	10	00:00:33	01:20:44	03:42:29	05:10:35	07:21:28	09:17:53	**10:51:59.35**	**10:51:59.35**	+04:20:33 (40.0%)	9:35	6.3 (60.6%)
189	**BŁASZKIEWICZ Klaudia**	**4335**	#ZALINIAMETY	Senior II K - 30	23	00:00:49	01:28:31	03:47:34	05:25:38	07:37:54	09:23:20	**10:54:19.70**	**10:54:19.70**	+04:22:53 (40.2%)	9:37	6.2 (59.6%)
190	**ZIĘTEK Katarzyna**	**4045**		Senior II K - 30	24	00:00:52	01:34:43	04:00:10	05:31:25	07:34:02	09:21:12	**10:55:29.90**	**10:55:29.90**	+04:24:03 (40.3%)	9:38	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
191	**GIERADA Mateusz**	**4072**		Senior II M - 30	61	00:00:36	01:25:13	03:45:07	05:14:02	07:24:37	09:18:34	**10:55:30.30**	**10:55:30.30**	+04:24:04 (40.3%)	9:38	6.2 (59.6%)
192	**MOREVA Daria**	**4322**	TRAIL RUNNING SCHOOL	Senior II K - 30	25	00:00:35	01:36:34	03:53:26	05:23:45	07:24:41	09:23:21	**10:56:08.70**	**10:56:08.70**	+04:24:42 (40.3%)	9:38	6.2 (59.6%)
193	**OLCZYK Andrzej**	**4015**		Weteran I M - 50	14	00:00:45	01:32:38	04:03:08	05:34:35	07:41:01	09:29:21	**10:58:11.20**	**10:58:11.20**	+04:26:45 (40.5%)	9:40	6.2 (59.6%)
194	**JODŁOWSKI Marek**	**4114**	BBL KROSNO ODRZANSKIE	Masters M - 40	65	00:00:01	01:14:41	03:17:55	04:38:01	06:53:38	08:57:10	**10:59:52.70**	**10:59:52.70**	+04:28:26 (40.7%)	9:42	6.2 (59.6%)
195	**JANUSZEK Witold**	**4191**	LUBIĘ BIEGAĆ	Weteran I M - 50	15	00:01:06	01:24:42	03:31:59	05:03:46	07:31:21	09:25:54	**11:02:22.05**	**11:02:22.05**	+04:30:56 (40.9%)	9:44	6.2 (59.6%)
196	**GREGROWSKI Krzysztof**	**4381**	PODGÓRZ TORUŃ	Masters M - 40	66	00:00:48	01:25:58	03:38:03	05:08:52	07:14:30	09:13:32	**11:02:42.80**	**11:02:42.80**	+04:31:16 (40.9%)	9:44	6.2 (59.6%)
197	**KAŹMIERCZAK Adam**	**4005**		Senior II M - 30	62	00:01:01	01:29:29	03:44:54	05:11:17	07:16:28	09:11:13	**11:04:24.60**	**11:04:24.60**	+04:32:58 (41.1%)	9:46	6.1 (58.7%)
198	**TURLEJ Dariusz**	**4204**	BEZ KONDYCJI	Weteran II M - 60	1	00:01:05	01:34:06	04:06:39	05:35:57	07:39:44	09:27:58	**11:05:04.35**	**11:05:04.35**	+04:33:38 (41.1%)	9:46	6.1 (58.7%)
199	**CZECH Dariusz**	**4227**	W POGONI ZA DUCHEM	Weteran I M - 50	16	00:00:48	01:28:40	03:56:52	05:31:21	07:34:02	09:30:07	**11:05:07.00**	**11:05:07.00**	+04:33:40 (41.1%)	9:46	6.1 (58.7%)
200	**ANSONS Karlis**	**4193**	SUPERVARONI	Senior II M - 30	63	00:00:07	01:22:19	03:44:26	05:16:04	07:31:27	09:27:30	**11:05:31.85**	**11:05:31.85**	+04:34:05 (41.2%)	9:47	6.1 (58.7%)
201	**SŁOWIK Roman**	**4235**	ORLEN RUNNING TEAM	Weteran I M - 50	17	00:01:00	01:30:14	03:48:51	05:15:21	07:22:54	09:21:17	**11:06:40.75**	**11:06:40.75**	+04:35:14 (41.3%)	9:48	6.1 (58.7%)
202	**KOTRA Jacek**	**4383**	POLA&GAJA TEAM	Masters M - 40	67	00:00:24	01:17:55	03:34:39	05:03:11	07:11:23	09:11:02	**11:06:44.15**	**11:06:44.15**	+04:35:18 (41.3%)	9:48	6.1 (58.7%)
203	**PRZYBYTKOWSKI Adam**	**4308**	NIE ZRZESZONY	Weteran I M - 50	18	00:00:27	01:18:15	03:30:04	05:03:31	07:22:08	09:25:09	**11:06:47.55**	**11:06:47.55**	+04:35:21 (41.3%)	9:48	6.1 (58.7%)
204	**SOCHAJ Anna**	**4170**	FUKUNDA	Senior II K - 30	26	00:00:33	01:27:34	03:47:09	05:15:48	07:27:52	09:23:19	**11:07:29.15**	**11:07:29.15**	+04:36:03 (41.4%)	9:48	6.1 (58.7%)
205	**GACHOWSKI Łukasz**	**4078**		Masters M - 40	68	00:00:55	01:22:51	03:45:51	05:20:27	07:34:41	09:32:31	**11:08:31.80**	**11:08:31.80**	+04:37:05 (41.4%)	9:49	6.1 (58.7%)
206	**JASTRZAB-STANDERSKA Joanna**	**4412**		Masters K - 40	14	00:00:27	01:25:55	03:46:28	05:20:26	07:36:03	09:33:33	**11:09:15.45**	**11:09:15.45**	+04:37:49 (41.5%)	9:50	6.1 (58.7%)
207	**CHOŁOTA Marek**	**4287**		Masters M - 40	69	00:00:27	01:25:56	03:45:13	05:20:22	07:36:04	09:33:19	**11:09:15.60**	**11:09:15.60**	+04:37:49 (41.5%)	9:50	6.1 (58.7%)
208	**WOJTAL Marcin**	**4280**	#BIEGAJLESZNO	Masters M - 40	70	00:00:11	01:14:39	03:38:51	05:21:03	07:41:07	09:36:09	**11:09:41.00**	**11:09:41.00**	+04:38:14 (41.5%)	9:50	6.1 (58.7%)
209	**FRAŃSKI Łukasz**	**4222**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	71	00:00:31	01:23:33	03:39:03	05:13:14	07:34:20	09:31:05	**11:11:59.05**	**11:11:59.05**	+04:40:33 (41.7%)	9:52	6.1 (58.7%)
210	**SOBCZYK Grzesiu**	**4167**	WIELUŃ BIEGA	Senior II M - 30	64	00:00:09	01:19:25	03:27:08	04:59:53	07:23:52	09:26:03	**11:12:12.35**	**11:12:12.35**	+04:40:46 (41.8%)	9:53	6.1 (58.7%)
211	**SZAJEK Arkadiusz**	**4385**	ARVATO S.C. REP	Senior II M - 30	65	00:01:08	01:28:56	03:46:31	05:18:08	07:36:31	09:31:18	**11:12:23.35**	**11:12:23.35**	+04:40:57 (41.8%)	9:53	6.1 (58.7%)
212	**LIS Sebastian**	**4044**	KB DĘBIEC	Senior II M - 30	66	00:00:35	01:19:33	03:37:25	05:08:49	07:31:25	09:33:36	**11:12:38.80**	**11:12:38.80**	+04:41:12 (41.8%)	9:53	6.1 (58.7%)
213	**OLESIŃSKA Martyna**	**4220**	W POGONI ZA DUCHEM	Senior II K - 30	27	00:00:49	01:28:51	04:07:15	05:36:02	07:41:30	09:33:07	**11:12:49.95**	**11:12:49.95**	+04:41:23 (41.8%)	9:53	6.1 (58.7%)
214	**NIŻEWSKI Paweł**	**4405**	KRAKOWIAK ULTRA TEAM	Masters M - 40	72	00:00:40	01:21:31	03:37:58	05:13:27	07:34:14	09:29:22	**11:12:54.60**	**11:12:54.60**	+04:41:28 (41.8%)	9:53	6.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
215	**CZERWIŃSKI Łukasz**	**4040**	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	73	00:00:58	01:32:33	03:52:51	05:23:23	07:37:12	09:33:23	**11:13:39.10**	**11:13:39.10**	+04:42:13 (41.9%)	9:54	6.1 (58.7%)
216	**ŻUKOWSKI Karol**	**4321**		Senior II M - 30	67	00:00:27	01:16:46	03:20:35	04:43:07	07:08:51	09:13:00	**11:14:46.05**	**11:14:46.05**	+04:43:20 (42.0%)	9:55	6 (57.7%)
217	**KLAWIKOWSKI Mateusz**	**4348**	JACEK BIEGA RUNNINGTEAM	Senior I M - 20	11	00:00:27	01:27:05	03:38:27	05:26:10	07:28:43	09:42:18	**11:15:05.45**	**11:15:05.45**	+04:43:39 (42.0%)	9:55	6 (57.7%)
218	**KANIEWSKI Michał**	**4244**	ORANGE POLSKA	Masters M - 40	74	00:00:36	01:23:30	03:52:30	05:26:25	07:44:39	09:42:00	**11:15:05.65**	**11:15:05.65**	+04:43:39 (42.0%)	9:55	6 (57.7%)
219	**KÓZKA Przemo**	**4208**	NBR TEAM	Masters M - 40	75	00:00:40	01:21:18	03:34:11	05:13:26	07:41:05	09:35:21	**11:16:08.90**	**11:16:08.90**	+04:44:42 (42.1%)	9:56	6 (57.7%)
220	**GIBALSKA Marzena**	**4221**	OBORYGENI	Masters K - 40	15	00:01:05	01:37:12	04:03:30	05:32:44	07:38:01	09:30:34	**11:18:51.90**	**11:18:51.90**	+04:47:25 (42.3%)	9:58	6 (57.7%)
221	**BUDYCH-GÓRZNA Magdalena**	**4396**	GO! GOWARZEWO	Masters K - 40	16	00:00:49	01:28:18	03:49:35	05:23:22	07:37:41	09:35:33	**11:19:37.65**	**11:19:37.65**	+04:48:11 (42.4%)	9:59	6 (57.7%)
222	**FARION Marzena**	**4061**	THE FARIONS	Masters K - 40	17	00:00:41	01:27:29	03:53:42	05:29:17	07:44:32	09:43:52	**11:20:09.85**	**11:20:09.85**	+04:48:43 (42.5%)	10:00	6 (57.7%)
223	**BEDARCZYK Bogusław**	**4360**	PRO-RUN WROCŁAW	Weteran I M - 50	19	00:01:12	01:29:47	03:50:28	05:26:08	07:44:33	09:43:52	**11:20:22.10**	**11:20:22.10**	+04:48:56 (42.5%)	10:00	6 (57.7%)
224	**LEBODA Katarzyna**	**4315**	WILD DOGS TEAM	Senior II K - 30	28	00:00:57	01:28:35	03:44:11	05:13:30	07:20:31	09:39:07	**11:21:00.80**	**11:21:00.80**	+04:49:34 (42.5%)	10:00	6 (57.7%)
225	**GERUS Wiesław**	**4390**		Weteran I M - 50	20	00:00:54	01:27:20	03:47:37	05:22:27	07:39:39	09:46:36	**11:23:54.45**	**11:23:54.45**	+04:52:28 (42.8%)	10:03	6 (57.7%)
226	**PASTERNAK Daniel**	**4338**		Senior I M - 20	12	00:00:01	01:26:21	03:46:24	05:19:59	07:44:01	09:38:56	**11:24:09.10**	**11:24:09.10**	+04:52:43 (42.8%)	10:03	6 (57.7%)
227	**SKROBAŃSKA Katarzyna**	**4200**	SKROBKITEAM	Masters K - 40	18	00:00:19	01:27:07	03:50:39	05:26:07	07:43:29	09:38:11	**11:27:43.55**	**11:27:43.55**	+04:56:17 (43.1%)	10:06	5.9 (56.7%)
228	**ZAŁUSKI Piotr**	**4175**	PECNA TEAM	Masters M - 40	76	00:00:37	01:29:25	03:46:51	05:22:31	07:48:07	09:51:29	**11:27:46.05**	**11:27:46.05**	+04:56:20 (43.1%)	10:06	5.9 (56.7%)
229	**FOGT Monika**	**4262**		Masters K - 40	19	00:00:52	01:34:42	03:54:55	05:31:23	07:45:01	09:45:25	**11:27:47.95**	**11:27:47.95**	+04:56:21 (43.1%)	10:06	5.9 (56.7%)
230	**SIEROCIN Agata**	**4035**		Senior II K - 30	29	00:00:51	01:34:42	03:54:56	05:31:22	07:44:59	09:45:25	**11:27:48.30**	**11:27:48.30**	+04:56:22 (43.1%)	10:06	5.9 (56.7%)
231	**MORAWSKI Maciej**	**4331**	GULO GULO CLUB POLAND	Senior II M - 30	68	00:00:42	01:27:47	03:52:50	05:34:28	07:52:00	09:47:02	**11:28:08.45**	**11:28:08.45**	+04:56:42 (43.1%)	10:07	5.9 (56.7%)
232	**JUNIK Łukasz**	**4031**	MOCNA GRUPA CEZARA	Senior II M - 30	69	00:00:56	01:34:30	03:55:01	05:27:18	07:45:03	09:45:29	**11:28:31.45**	**11:28:31.45**	+04:57:05 (43.1%)	10:07	5.9 (56.7%)
233	**BOROWIK Łukasz**	**4014**	CAŁA OLEŚNICA BIEGA	Masters M - 40	77	00:00:28	01:21:32	03:53:08	05:29:03	07:42:10	09:48:35	**11:29:13.15**	**11:29:13.15**	+04:57:47 (43.2%)	10:08	5.9 (56.7%)
234	**KUŚ Jakub**	**4324**		Senior II M - 30	70	00:00:45	01:25:40	03:46:37	05:21:58	07:40:19	09:50:47	**11:29:26.70**	**11:29:26.70**	+04:58:00 (43.2%)	10:08	5.9 (56.7%)
235	**MASŁOWSKI Robert**	**4171**	ANTON TEAM	Masters M - 40	78	00:00:29	01:27:04	03:46:17	05:21:59	07:40:19	09:50:49	**11:29:27.00**	**11:29:27.00**	+04:58:00 (43.2%)	10:08	5.9 (56.7%)
236	**BAR Aleksandra**	**4376**	GMINA STRZELCE OPOLSKIE	Masters K - 40	20	00:00:30	01:31:31	04:02:46	05:39:18	07:59:41	09:52:23	**11:31:15.25**	**11:31:15.25**	+04:59:49 (43.4%)	10:09	5.9 (56.7%)
237	**CHORĄŻY Izabela**	**4209**		Senior II K - 30	30	00:00:46	01:30:35	04:07:19	05:41:02	08:02:29	09:55:04	**11:33:19.95**	**11:33:19.95**	+05:01:53 (43.5%)	10:11	5.9 (56.7%)
238	**GÓRECKI Marcin**	**4250**	WIR	Masters M - 40	79	00:01:07	01:27:03	03:54:51	05:33:54	07:48:38	09:55:09	**11:33:48.05**	**11:33:48.05**	+05:02:22 (43.6%)	10:12	5.9 (56.7%)
239	**IWASZKOWSKI Andrzej**	**4053**		Weteran I M - 50	21	00:00:52	01:21:13	03:24:51	05:04:54	07:38:05	09:42:05	**11:35:30.65**	**11:35:30.65**	+05:04:04 (43.7%)	10:13	5.9 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
240	**PODBIELSKA Gosia**	**4161**	OSPRO OCR TEAM	Senior II K - 30	31	00:01:16	01:35:29	04:07:30	05:43:00	07:55:08	09:58:07	**11:36:13.25**	**11:36:13.25**	+05:04:47 (43.8%)	10:14	5.9 (56.7%)
241	**POGORZELSKI Mariusz**	**4269**	HARDCOROWE WYCHYLYLYBYMY	Masters M - 40	80	00:00:34	01:21:26	03:38:35	05:13:31	07:21:33	09:40:10	**11:37:09.25**	**11:37:09.25**	+05:05:43 (43.9%)	10:15	5.9 (56.7%)
242	**BASIAK Michał**	**4265**		Senior II M - 30	71	00:00:34	01:21:27	03:38:35	05:13:30	07:21:33	09:39:09	**11:37:09.50**	**11:37:09.50**	+05:05:43 (43.9%)	10:15	5.9 (56.7%)
243	**CHOMICZ Andrzej**	**4261**	NADAKTYWNI NOWE MIASTECZKO	Senior II M - 30	72	00:01:00	01:36:18	04:13:22	05:46:02	07:55:52	09:50:19	**11:37:34.55**	**11:37:34.55**	+05:06:08 (43.9%)	10:15	5.8 (55.8%)
244	**RYŚNIK Błażej**	**4260**		Senior II M - 30	73	00:00:52	01:33:24	03:58:40	05:36:56	07:54:24	09:50:20	**11:38:33.55**	**11:38:33.55**	+05:07:07 (44.0%)	10:16	5.8 (55.8%)
245	**SZWARC Grzegorz**	**4196**	ARVATO S.C. REP	Senior II M - 30	74	00:01:09	01:34:28	04:00:11	05:31:26	07:52:45	09:49:26	**11:40:50.80**	**11:40:50.80**	+05:09:24 (44.1%)	10:18	5.8 (55.8%)
246	**KROCZYŃSKA Kinga**	**4320**		Masters K - 40	21	00:00:15	01:25:36	03:56:00	05:33:23	07:49:56	09:56:03	**11:42:07.05**	**11:42:07.05**	+05:10:41 (44.2%)	10:19	5.8 (55.8%)
247	**KUROWSKI Aleksander**	**4089**		Masters M - 40	81	00:00:19	01:18:44	03:40:05	05:16:40	07:43:21	09:48:41	**11:43:05.70**	**11:43:05.70**	+05:11:39 (44.3%)	10:20	5.8 (55.8%)
248	**RADWANSKI Tomasz**	**4267**	PIECHOTĄ PO SCHODACH	Masters M - 40	82	00:01:08	01:27:06	03:54:53	05:33:54	07:51:32	09:59:55	**11:43:50.20**	**11:43:50.20**	+05:12:24 (44.4%)	10:21	5.8 (55.8%)
249	**CHYLIŃSKI Łukasz**	**4004**	CLOCKWORK DRUID	Senior II M - 30	75	00:00:21	01:25:20	04:01:25	05:37:56	08:03:24	10:08:56	**11:45:02.35**	**11:45:02.35**	+05:13:36 (44.5%)	10:22	5.8 (55.8%)
250	**DWORNIK Małgorzata**	**4188**	WARCZĄCE SZPRYCHY	Senior II K - 30	32	00:00:23	01:27:00	03:50:29	05:26:05	07:57:19	10:09:04	**11:45:08.25**	**11:45:08.25**	+05:13:42 (44.5%)	10:22	5.8 (55.8%)
251	**CHOMISZCZAK Bogdan**	**4147**	POZYTYWNIE ZABIEGANI SANOK	Weteran I M - 50	22	00:00:36	01:28:45	03:57:02	05:34:33	08:01:14	10:09:51	**11:45:32.30**	**11:45:32.30**	+05:14:06 (44.5%)	10:22	5.8 (55.8%)
252	**GLINA-KRAWCZYK Małgorzata**	**4213**	GÓRYLASY	Masters K - 40	22	00:00:57	01:34:33	04:07:49	05:48:20	08:05:49	10:05:56	**11:46:44.20**	**11:46:44.20**	+05:15:18 (44.6%)	10:23	5.8 (55.8%)
253	**JAKUBIAK Anna**	**4070**	RAZ SZCZECIN	Weteran K - 50	2	00:00:39	01:34:51	04:09:48	05:46:48	08:05:43	10:03:43	**11:46:51.65**	**11:46:51.65**	+05:15:25 (44.6%)	10:23	5.8 (55.8%)
254	**WACHNIENKO Błażej**	**4021**	ŚLĘZAK TEAM	Senior II M - 30	76	00:00:32	01:27:33	03:49:01	05:22:58	07:43:32	09:55:19	**11:47:01.85**	**11:47:01.85**	+05:15:35 (44.6%)	10:23	5.8 (55.8%)
255	**BOMBA Alina**	**4363**		Senior II K - 30	33	00:00:15	01:23:46	03:51:04	05:30:22	07:55:15	10:01:13	**11:47:42.25**	**11:47:42.25**	+05:16:16 (44.7%)	10:24	5.8 (55.8%)
256	**MROZIK Mariusz**	**4146**		Masters M - 40	83	00:00:21	01:28:48	03:58:29	05:40:01	07:58:38	09:59:19	**11:48:04.85**	**11:48:04.85**	+05:16:38 (44.7%)	10:24	5.8 (55.8%)
257	**KOLEJ Monika**	**4120**	DZIKIE DZIKI GORZOW	Masters K - 40	23	00:00:20	01:28:47	03:58:29	05:39:56	07:58:38	09:59:18	**11:48:04.95**	**11:48:04.95**	+05:16:38 (44.7%)	10:24	5.8 (55.8%)
258	**TOMCZAK Rafał**	**4169**		Masters M - 40	84	00:00:25	01:27:32	03:59:27	05:37:14	08:00:54	10:02:43	**11:48:07.25**	**11:48:07.25**	+05:16:41 (44.7%)	10:24	5.8 (55.8%)
259	**WOJTYCZKA Katarzyna**	**4228**	GÓRAL Z MAZUR RUNNIG TEAM	Senior II K - 30	34	00:00:20	01:26:01	03:53:30	05:29:18	07:48:39	09:55:08	**11:49:49.35**	**11:49:49.35**	+05:18:23 (44.9%)	10:26	5.7 (54.8%)
260	**ANACZKOWSKI Mirosław**	**4295**	ZANTYR SZTUM	Weteran II M - 60	2	00:00:26	01:32:22	04:06:47	05:44:11	08:10:58	10:15:46	**11:49:53.95**	**11:49:53.95**	+05:18:27 (44.9%)	10:26	5.7 (54.8%)
261	**DANOWSKI Jakub**	**4273**		Senior II M - 30	77	00:00:45	01:37:24	04:14:57	05:48:53	08:10:52	10:12:25	**11:50:42.75**	**11:50:42.75**	+05:19:16 (44.9%)	10:27	5.7 (54.8%)
262	**KRAWIEC Dominik**	**4123**		Senior II M - 30	78	00:00:35	01:27:28	03:54:53	05:30:26	07:46:08	10:13:04	**11:51:20.15**	**11:51:20.15**	+05:19:54 (45.0%)	10:27	5.7 (54.8%)
263	**ROZNERSKI Łukasz**	**4153**	KB SOBÓTKA	Senior II M - 30	79	00:00:30	01:34:04	04:08:01	05:45:02	08:08:18	10:13:54	**11:52:21.10**	**11:52:21.10**	+05:20:55 (45.1%)	10:28	5.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
264	**MURASOVAITE Viktorija**	**4300**		Senior II K - 30	35	00:01:10	01:41:30	04:22:45	05:58:45	08:16:28	10:18:51	**11:54:38.40**	**11:54:38.40**	+05:23:12 (45.2%)	10:30	5.7 (54.8%)
265	**DA COSTA Kamila**	**4299**		Senior I K - 20	6	00:01:10	01:41:31	04:22:46	05:58:47	08:16:29	10:18:51	**11:54:40.15**	**11:54:40.15**	+05:23:14 (45.2%)	10:30	5.7 (54.8%)
266	**DOMINIAK Bartosz**	**4012**		Masters M - 40	85	00:00:53	01:30:48	03:57:22	05:32:41	08:01:35	10:17:14	**11:55:10.05**	**11:55:10.05**	+05:23:44 (45.3%)	10:31	5.7 (54.8%)
267	**KRECHOWIEC Marcin**	**4131**		Masters M - 40	86	00:00:50	01:27:37	03:51:18	05:30:20	07:55:27	10:04:56	**11:56:14.20**	**11:56:14.20**	+05:24:48 (45.3%)	10:31	5.7 (54.8%)
268	**BOSY Hubert**	**4417**	DRUŻYNA SZPIKU	Masters M - 40	87	00:00:09	01:16:18	03:56:07	05:34:06	08:00:33	10:04:56	**11:56:20.95**	**11:56:20.95**	+05:24:54 (45.4%)	10:32	5.7 (54.8%)
269	**JERCZYŃSKI Tomasz**	**4240**	NOWOCZESNA	Masters M - 40	88	00:00:40	01:37:34	04:10:30	05:40:02	08:00:53	10:04:53	**11:56:24.10**	**11:56:24.10**	+05:24:58 (45.4%)	10:32	5.7 (54.8%)
270	**DĄBROWSKI Artur**	**4400**		Senior II M - 30	80	00:00:47	01:47:45	04:20:48	05:55:12	08:13:38	10:08:24	**11:57:39.30**	**11:57:39.30**	+05:26:13 (45.5%)	10:33	5.7 (54.8%)
271	**LEDNICKI Michał**	**4384**	ARVATO S.C. REP	Masters M - 40	89	00:01:09	01:34:09	04:06:34	05:44:59	08:08:45	10:22:31	**12:01:35.75**	**12:01:35.75**	+05:30:09 (45.8%)	10:36	5.7 (54.8%)
272	**HELWICH Agnieszka**	**4085**		Masters K - 40	24	00:00:26	01:28:16	04:12:37	05:55:26	08:20:12	10:19:43	**12:02:11.85**	**12:02:11.85**	+05:30:45 (45.8%)	10:37	5.6 (53.8%)
273	**RUTKOWSKI Mateusz**	**4022**	WAKACYJNA DEMOLKA	Senior II M - 30	81	00:00:55	01:22:52	03:45:52	05:30:21	08:18:19	10:19:50	**12:02:44.85**	**12:02:44.85**	+05:31:18 (45.8%)	10:37	5.6 (53.8%)
274	**IWANEK Przemysław**	**4001**	BHU	Senior II M - 30	82	00:00:42	01:25:32	03:42:29	05:17:03	07:51:21	10:12:54	**12:03:02.10**	**12:03:02.10**	+05:31:36 (45.9%)	10:37	5.6 (53.8%)
275	**MUSIAŁ Paweł**	**4133**	BIEGAJĄCY WARIACI BEZ GACI	Masters M - 40	90	00:00:01	01:34:20	04:16:37	05:53:42	08:19:50	10:28:52	**12:04:29.15**	**12:04:29.15**	+05:33:03 (46.0%)	10:39	5.6 (53.8%)
276	**CYMBORSKA Jolanta**	**4134**		Masters K - 40	25	00:00:17	01:34:21	04:16:39	05:53:41	08:19:49	10:28:51	**12:04:29.25**	**12:04:29.25**	+05:33:03 (46.0%)	10:39	5.6 (53.8%)
277	**CISZEWSKI Maciej**	**4307**	SAINT-GOBAIN SQUAD	Weteran I M - 50	23	00:00:29	01:25:10	03:58:50	05:39:06	08:08:19	10:18:42	**12:04:34.75**	**12:04:34.75**	+05:33:08 (46.0%)	10:39	5.6 (53.8%)
278	**ZAŁUSKI Dominik**	**4176**	PECNA TEAM	Senior I M - 20	13	00:00:38	01:29:59	04:00:07	05:34:35	08:06:45	10:09:55	**12:05:12.20**	**12:05:12.20**	+05:33:46 (46.0%)	10:39	5.6 (53.8%)
279	**ANTKOWICZ Marcin**	**4088**	PROZAC TEAM NYSA	Masters M - 40	91	00:00:13	01:25:51	03:57:16	05:36:49	08:00:34	10:19:07	**12:05:24.85**	**12:05:24.85**	+05:33:58 (46.0%)	10:40	5.6 (53.8%)
280	**WIŚNIEWSKI Tomasz**	**4211**	METAL CHERRY	Masters M - 40	92	00:00:50	01:35:48	04:20:37	06:02:12	08:18:54	10:21:22	**12:06:39.60**	**12:06:39.60**	+05:35:13 (46.1%)	10:41	5.6 (53.8%)
281	**CZESNY Bartosz**	**4043**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	Senior I M - 20	14	00:00:18	01:22:49	03:46:20	05:16:44	07:55:24	10:09:05	**12:06:58.25**	**12:06:58.25**	+05:35:32 (46.2%)	10:41	5.6 (53.8%)
282	**POPRAWA Przemysław**	**4391**	PIOMAT TEAM	Masters M - 40	93	00:00:31	01:21:53	03:41:46	05:21:04	07:59:23	10:11:24	**12:08:59.35**	**12:08:59.35**	+05:37:33 (46.3%)	10:43	5.6 (53.8%)
283	**ZAWADA Maciej**	**4251**	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	94	00:00:54	01:34:23	04:06:59	05:48:41	08:26:15	10:28:10	**12:10:46.00**	**12:10:46.00**	+05:39:19 (46.4%)	10:44	5.6 (53.8%)
284	**SOLAREWICZ Andrzej**	**4216**	KGB KLUCZBORK	Masters M - 40	95	00:00:56	01:34:41	04:06:58	05:48:40	08:26:14	10:28:13	**12:10:48.85**	**12:10:48.85**	+05:39:22 (46.4%)	10:44	5.6 (53.8%)
285	**DEMBY Michał**	**4290**		Senior II M - 30	83	00:00:20	01:22:34	03:50:15	05:30:23	07:58:02	10:04:14	**12:12:16.95**	**12:12:16.95**	+05:40:50 (46.5%)	10:46	5.6 (53.8%)
286	**SERAFIN Michał**	**4087**	HWBC	Masters M - 40	96	00:00:19	01:30:18	04:05:30	05:45:24	08:20:48	10:24:02	**12:13:43.60**	**12:13:43.60**	+05:42:17 (46.7%)	10:47	5.6 (53.8%)
287	**KUSTRA Klaudia**	**4119**		Senior II K - 30	36	00:00:13	01:25:50	03:57:17	05:36:50	08:00:34	10:19:07	**12:15:34.15**	**12:15:34.15**	+05:44:08 (46.8%)	10:49	5.5 (52.9%)
288	**WOŹNIAK Andrzej**	**4010**		Weteran I M - 50	24	00:00:42	01:29:21	04:04:22	05:44:50	08:19:44	10:33:28	**12:15:51.05**	**12:15:51.05**	+05:44:25 (46.8%)	10:49	5.5 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
289	**SKWIERCZYŃSKI Sylwester**	**4224**		Senior I M - 20	15	00:00:46	01:36:38	04:09:41	05:47:00	08:14:30	10:25:56	**12:16:04.20**	**12:16:04.20**	+05:44:38 (46.8%)	10:49	5.5 (52.9%)
290	**ZDUNEK Mariusz**	**4283**	ROXY	Masters M - 40	97	00:00:58	01:34:40	04:07:06	05:41:51	08:13:13	10:26:33	**12:18:29.40**	**12:18:29.40**	+05:47:03 (47.0%)	10:51	5.5 (52.9%)
291	**OCIEPA Dariusz**	**4142**		Masters M - 40	98	00:01:10	01:41:19	04:18:03	05:58:40	08:27:46	10:37:09	**12:18:57.85**	**12:18:57.85**	+05:47:31 (47.0%)	10:52	5.5 (52.9%)
292	**STRONIKOWSKI Wojciech**	**4190**	DRUŻYNA STASIA	Senior II M - 30	84	00:01:03	01:38:22	04:21:35	06:04:48	08:35:48	10:38:51	**12:19:31.45**	**12:19:31.45**	+05:48:05 (47.1%)	10:52	5.5 (52.9%)
293	**GOSPODAREK Łukasz**	**4102**	DRUŻYNA STASIA	Masters M - 40	99	00:01:03	01:37:56	04:20:58	06:04:47	08:38:45	10:35:09	**12:19:32.75**	**12:19:32.75**	+05:48:06 (47.1%)	10:52	5.5 (52.9%)
294	**SOSZYŃSKA Katarzyna**	**4301**	ULTRA WAY TEAM	Masters K - 40	26	00:00:04	01:29:56	04:04:37	05:50:38	08:19:44	10:27:52	**12:20:42.95**	**12:20:42.95**	+05:49:16 (47.2%)	10:53	5.5 (52.9%)
295	**KACZMAREK Magdalena**	**4062**		Masters K - 40	27	00:00:54	01:34:07	04:13:38	06:00:13	08:36:17	10:27:34	**12:21:28.50**	**12:21:28.50**	+05:50:02 (47.2%)	10:54	5.5 (52.9%)
296	**HEJNA Łukasz**	**4389**		Masters M - 40	100	00:00:38	01:37:15	04:26:29	06:11:27	08:32:10	10:29:12	**12:23:14.70**	**12:23:14.70**	+05:51:48 (47.3%)	10:55	5.5 (52.9%)
297	**BUSS Jakub**	**4069**	KUDOWIANKA RUN	Weteran I M - 50	25	00:01:11	01:38:50	04:16:40	05:55:36	08:32:10	10:25:22	**12:23:21.10**	**12:23:21.10**	+05:51:55 (47.3%)	10:55	5.5 (52.9%)
298	**PLEWA Piotr**	**4356**	4 RUN TEAM PIŁA	Masters M - 40	101	00:00:25	01:25:23	03:55:08	05:33:56	08:14:30	10:27:50	**12:24:37.10**	**12:24:37.10**	+05:53:11 (47.4%)	10:57	5.5 (52.9%)
299	**KURZACZ Orfeusz**	**4304**	4RUN TEAM PIŁA	Weteran I M - 50	26	00:00:25	01:25:37	03:49:59	05:30:17	08:12:01	10:27:45	**12:24:37.25**	**12:24:37.25**	+05:53:11 (47.4%)	10:57	5.5 (52.9%)
300	**FROŃ Kamila**	**4008**		Senior II K - 30	37	00:00:28	01:34:32	04:17:29	06:04:11	08:32:49	10:29:06	**12:24:50.55**	**12:24:50.55**	+05:53:24 (47.4%)	10:57	5.5 (52.9%)
301	**PODHAJNY Piotr**	**4160**	ROZBIEGANI CHOJNÓW	Masters M - 40	102	00:00:38	01:29:10	04:12:20	05:53:10	08:32:04	10:35:21	**12:25:13.95**	**12:25:13.95**	+05:53:47 (47.5%)	10:57	5.5 (52.9%)
302	**DERSLEY Stephen**	**4305**		Weteran I M - 50	27	00:01:10	01:42:30	04:20:45	06:04:13	08:28:43	10:27:41	**12:25:16.35**	**12:25:16.35**	+05:53:50 (47.5%)	10:57	5.5 (52.9%)
303	**ALBIGOWSKA Magdalena**	**4388**	POZYTYWNIE_ROZBIEGANA	Senior II K - 30	38	00:00:17	01:27:27	03:59:59	05:48:16	08:26:10	10:31:15	**12:25:39.45**	**12:25:39.45**	+05:54:13 (47.5%)	10:57	5.5 (52.9%)
304	**LAJTER Jerzy**	**4172**	4 RUN TEAM PIŁA	Weteran II M - 60	3	00:01:04	01:41:30	04:20:58	06:07:58	08:36:18	10:41:39	**12:28:42.65**	**12:28:42.65**	+05:57:16 (47.7%)	11:00	5.4 (51.9%)
305	**KOS Wojciech**	**4124**	PARKRUN KALISZ	Weteran I M - 50	28	00:00:58	01:39:53	04:16:53	06:02:23	08:37:49	10:29:13	**12:29:33.60**	**12:29:33.60**	+05:58:07 (47.8%)	11:01	5.4 (51.9%)
306	**DUDA Marcin**	**4420**		Masters M - 40	103	00:00:56	01:27:40	04:01:08	05:34:12	08:06:46	10:29:12	**12:31:05.30**	**12:31:05.30**	+05:59:39 (47.9%)	11:02	5.4 (51.9%)
307	**HAUSMAN Magdalena**	**4009**	PARKRUN GRUDZIĄDZ	Masters K - 40	28	00:00:11	01:32:13	04:14:21	06:02:14	08:28:26	10:27:29	**12:31:08.20**	**12:31:08.20**	+05:59:42 (47.9%)	11:02	5.4 (51.9%)
308	**KOCHAŃSKI Tomasz**	**4033**	PARKRUN GRUDZIĄDZ	Senior II M - 30	85	00:00:11	01:32:12	04:16:41	06:02:15	08:26:36	10:27:28	**12:31:08.75**	**12:31:08.75**	+05:59:42 (47.9%)	11:02	5.4 (51.9%)
309	**ŁESKE Jan**	**4017**	ZA LINIĄ METY	Masters M - 40	104	00:00:08	01:22:28	03:50:29	05:39:53	08:29:04	10:39:30	**12:31:14.15**	**12:31:14.15**	+05:59:48 (47.9%)	11:02	5.4 (51.9%)
310	**BURLIGA Mariusz**	**4099**	STALLENTIS ACTIVE TEAM	Masters M - 40	105	00:00:12	01:35:46	04:27:57	06:11:22	08:47:14	10:30:32	**12:32:59.90**	**12:32:59.90**	+06:01:33 (48.0%)	11:04	5.4 (51.9%)
311	**BURLIGA Marzena**	**4038**	BP RUNNING TEAM GLIWICE	Masters K - 40	29	00:00:12	01:35:45	04:27:59	06:11:22	08:47:15	10:30:33	**12:33:00.25**	**12:33:00.25**	+06:01:34 (48.0%)	11:04	5.4 (51.9%)
312	**DOMAGAŁA Konrad**	**4219**	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	86	00:00:57	01:37:40	04:17:31	05:54:44	08:26:28	10:40:33	**12:33:37.30**	**12:33:37.30**	+06:02:11 (48.1%)	11:04	5.4 (51.9%)
313	**MISTUR Szymon**	**4023**		Senior II M - 30	87	00:00:23	01:30:28	04:06:53	05:51:04	08:22:18	10:28:28	**12:34:42.30**	**12:34:42.30**	+06:03:16 (48.1%)	11:05	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
314	**KOSTRZEWSKI Maciej**	**4003**	AAM RUNNING TEAM	Senior II M - 30	88	00:00:47	01:32:37	04:15:32	06:02:21	08:27:47	10:39:30	**12:34:56.65**	**12:34:56.65**	+06:03:30 (48.2%)	11:06	5.4 (51.9%)
315	**JANKOWSKI Tom**	**4083**	QCE	Masters M - 40	106	00:00:46	01:41:56	04:21:04	05:59:04	08:23:59	10:26:48	**12:35:16.05**	**12:35:16.05**	+06:03:50 (48.2%)	11:06	5.4 (51.9%)
316	**STONOGA Tomasz**	**4349**	KITE TEAM	Masters M - 40	107	00:00:44	01:28:50	04:13:24	05:55:30	08:31:59	10:26:56	**12:36:16.35**	**12:36:16.35**	+06:04:50 (48.2%)	11:07	5.4 (51.9%)
317	**SEREK Roman**	**4109**	SUPADUPAFLY	Masters M - 40	108	00:00:44	01:28:29	04:10:40	05:55:25	08:43:30	10:34:32	**12:36:29.15**	**12:36:29.15**	+06:05:03 (48.3%)	11:07	5.4 (51.9%)
318	**CHOLEWIŃSKI Rafał**	**4182**	SUPADUPAFLY	Senior II M - 30	89	00:00:43	01:31:37	04:10:44	05:55:28	08:43:36	10:43:57	**12:36:29.35**	**12:36:29.35**	+06:05:03 (48.3%)	11:07	5.4 (51.9%)
319	**PAKUŁA Włodzimierz**	**4151**		Masters M - 40	109	00:00:33	01:27:59	04:07:48	05:34:34	07:56:44	10:27:12	**12:36:55.70**	**12:36:55.70**	+06:05:29 (48.3%)	11:07	5.4 (51.9%)
320	**KOŚCIELNIAK Marek**	**4163**	MUAY RUNNING TEAM	Masters M - 40	110	00:00:53	01:39:43	04:27:00	06:09:52	08:34:51	10:28:28	**12:36:59.25**	**12:36:59.25**	+06:05:33 (48.3%)	11:07	5.4 (51.9%)
321	**HOJDA Mariusz**	**4419**	COOL GUYS CAPITAL	Masters M - 40	111	00:01:15	01:39:51	04:17:48	06:05:39	08:44:00	10:38:17	**12:37:09.75**	**12:37:09.75**	+06:05:43 (48.3%)	11:08	5.4 (51.9%)
322	**CZOSZYK-KAWALA Olga**	**4201**	ŚWIERCZEWO RUN	Masters K - 40	30	00:00:51	01:40:42	04:26:59	06:16:21	08:50:22	10:49:26	**12:38:55.10**	**12:38:55.10**	+06:07:29 (48.4%)	11:09	5.4 (51.9%)
323	**PRZYBYSZEWSKA Dominika**	**4199**	ŚWIERCZEWO RUN	Senior II K - 30	39	00:00:52	01:40:42	04:27:30	06:16:45	08:50:23	10:49:48	**12:38:57.05**	**12:38:57.05**	+06:07:31 (48.4%)	11:09	5.4 (51.9%)
324	**PALUSZKIEWICZ Rafał**	**4141**	SPP TEAM / ŚWIERCZEWO RUN	Masters M - 40	112	00:00:51	01:40:43	04:27:29	06:15:57	08:50:22	10:49:43	**12:38:58.55**	**12:38:58.55**	+06:07:32 (48.4%)	11:09	5.4 (51.9%)
325	**MITEK Dorota**	**4293**	KBSUKCES ŻMIGRÓD	Weteran K - 50	3	00:00:31	01:34:38	04:16:59	06:01:18	08:36:09	10:40:12	**12:40:59.70**	**12:40:59.70**	+06:09:33 (48.6%)	11:11	5.4 (51.9%)
326	**MITEK Andrzej**	**4247**	KB SUKCES ŻMIGRÓD	Weteran I M - 50	29	00:00:31	01:34:39	04:17:00	06:01:19	08:36:10	10:40:13	**12:41:01.35**	**12:41:01.35**	+06:09:35 (48.6%)	11:11	5.4 (51.9%)
327	**NEUMANN Beata**	**4115**	CENTRUM ŁĄKOWA 1	Weteran K - 50	4	00:00:23	01:35:12	04:23:07	06:12:07	08:44:11	10:43:54	**12:41:25.35**	**12:41:25.35**	+06:09:59 (48.6%)	11:11	5.4 (51.9%)
328	**WIELICZKO Dagmara**	**4068**	ZONE RUNNERS	Senior II K - 30	40	00:00:55	01:42:09	04:27:18	06:13:58	08:37:49	10:29:18	**12:41:36.65**	**12:41:36.65**	+06:10:10 (48.6%)	11:12	5.4 (51.9%)
329	**WIELICZKO Rafał**	**4067**	ZONE RUNNERS	Senior II M - 30	90	00:00:55	01:42:01	04:27:16	06:13:58	08:37:47	10:28:50	**12:41:36.80**	**12:41:36.80**	+06:10:10 (48.6%)	11:12	5.4 (51.9%)
330	**GORCZYCA Lukasz**	**4239**	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	113	00:00:59	01:36:18	04:13:21	05:46:04	08:21:55	10:32:11	**12:43:01.05**	**12:43:01.05**	+06:11:35 (48.7%)	11:13	5.3 (51.0%)
331	**SYNOWIEC Dawid**	**4218**		Senior I M - 20	16	00:00:47	01:26:19	03:46:24	05:20:21	08:09:11	10:20:57	**12:43:10.65**	**12:43:10.65**	+06:11:44 (48.7%)	11:13	5.3 (51.0%)
332	**NAJDUK Daniel**	**4034**	ROZBIEGANI CHOJNÓW	Senior II M - 30	91	00:00:39	01:29:11	04:12:18	05:53:11	08:32:04	10:45:54	**12:43:18.25**	**12:43:18.25**	+06:11:52 (48.7%)	11:13	5.3 (51.0%)
333	**RYNG Jakub**	**4195**	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	114	00:00:56	01:34:26	04:12:13	06:02:11	08:36:07	10:40:39	**12:43:24.85**	**12:43:24.85**	+06:11:58 (48.7%)	11:13	5.3 (51.0%)
334	**JERCZYŃSKI Radosław**	**4226**		Masters M - 40	115	00:00:41	01:38:55	04:30:35	06:25:26	08:54:24	10:52:38	**12:43:59.00**	**12:43:59.00**	+06:12:32 (48.8%)	11:14	5.3 (51.0%)
335	**JERCZYŃSKA Beata**	**4225**		Masters K - 40	31	00:00:40	01:38:51	04:30:34	06:25:23	08:54:23	10:52:38	**12:43:59.25**	**12:43:59.25**	+06:12:33 (48.8%)	11:14	5.3 (51.0%)
336	**KOLASA Andrzej**	**4154**	KLUB J.SŁOWACKIEGO	Weteran II M - 60	4	00:00:03	01:29:01	04:14:07	06:04:06	08:40:38	10:49:00	**12:44:55.95**	**12:44:55.95**	+06:13:29 (48.8%)	11:14	5.3 (51.0%)
337	**GWOŹDZIEWICZ Tomasz**	**4337**		Masters M - 40	116	00:00:23	01:28:31	04:15:40	06:02:03	08:37:14	10:53:46	**12:46:43.10**	**12:46:43.10**	+06:15:17 (48.9%)	11:16	5.3 (51.0%)
338	**SUCHOCKI Grzegorz**	**4238**	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	30	00:01:01	01:36:19	04:13:21	06:00:03	08:55:09	10:56:09	**12:47:12.75**	**12:47:12.75**	+06:15:46 (49.0%)	11:16	5.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
339	**GIŻEWSKI Grzegorz**	**4158**		Masters M - 40	117	00:00:32	01:34:48	04:26:18	06:11:40	08:46:39	10:54:27	**12:47:47.25**	**12:47:47.25**	+06:16:21 (49.0%)	11:17	5.3 (51.0%)
340	**PIOTROWSKA Anna**	**4108**		Masters K - 40	32	00:00:56	01:40:03	04:16:24	06:13:52	08:51:11	11:08:08	**12:51:23.45**	**12:51:23.45**	+06:19:57 (49.3%)	11:20	5.3 (51.0%)
340	**MILEWSKI Andrzej**	**4107**	#TEAMKALDUN/#SRO-BIKE-TEAM	Senior II M - 30	92	00:00:57	01:40:02	04:16:24	06:13:54	08:51:11	11:08:09	**12:51:23.45**	**12:51:23.45**	+06:19:57 (49.3%)	11:20	5.3 (51.0%)
342	**CHYLIŃSKI Sławomir**	**4237**	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	31	00:00:01				08:55:37		**12:52:18.00**	**12:52:18.00**	+06:20:51 (49.3%)	11:21	5.3 (51.0%)
343	**MASZKOWSKI Piotr**	**4215**	OBORYGENI	Masters M - 40	118	00:01:05	01:36:00	04:17:16	05:58:43	08:37:47	10:51:22	**12:52:53.25**	**12:52:53.25**	+06:21:27 (49.4%)	11:21	5.3 (51.0%)
344	**SKORNIAK Katarzyna**	**4413**	WOLNE ŚLIMAKI	Senior II K - 30	41	00:00:52	01:33:39	04:26:56	06:18:57	08:46:28	10:40:26	**12:53:36.05**	**12:53:36.05**	+06:22:10 (49.4%)	11:22	5.3 (51.0%)
345	**BOKSA Małgorzata**	**4351**	NIEZRZESZONA	Weteran II K - 60	1	00:00:24	01:36:06	04:23:36	06:20:24	08:54:47	11:02:00	**12:54:40.15**	**12:54:40.15**	+06:23:14 (49.5%)	11:23	5.3 (51.0%)
346	**KRAWCZYK Mirosław**	**4101**	MJ METAL OŚWIĘCIM	Weteran II M - 60	5	00:01:04	01:39:59	04:16:27	06:13:53	08:53:16	10:57:21	**12:56:59.45**	**12:56:59.45**	+06:25:33 (49.6%)	11:25	5.3 (51.0%)
347	**HERDZINA Wojciech**	**4057**	MIRAZ RACE TEAM	Masters M - 40	119	00:00:41	01:35:06	04:30:23	06:21:36	08:53:36	11:02:12	**12:57:26.65**	**12:57:26.65**	+06:26:00 (49.7%)	11:25	5.2 (50.0%)
348	**CEBO Agnieszka**	**4077**	MIRAZ RACE TEAM	Senior II K - 30	42	00:00:40	01:36:13	04:28:11	06:18:56	08:53:36	11:02:12	**12:57:43.25**	**12:57:43.25**	+06:26:17 (49.7%)	11:26	5.2 (50.0%)
349	**SADOWSKI Marek**	**4181**	MUKS SZOK BOJANOWO	Weteran I M - 50	32	00:01:01	01:28:07	03:56:08	05:40:52	08:32:41	10:50:05	**13:16:07.90**	**13:16:07.90**	+06:44:41 (50.8%)	11:42	5.1 (49.0%)
350	**SZCZERBICKI Bartłomiej**	**4197**		Masters M - 40	120	00:01:00	01:55:51	04:48:32	06:36:45	09:14:07	11:39:13	**13:35:17.40**	**13:35:17.40**	+07:03:51 (52.0%)	11:59	5 (48.1%)
351	**ŹRÓDLEWSKA Anna**	**4271**		Senior II K - 30	43	00:00:59	01:55:51	04:48:32	06:36:44	09:14:04	11:39:13	**13:35:17.70**	**13:35:17.70**	+07:03:51 (52.0%)	11:59	5 (48.1%)
352	**MAŁEK Paweł**	**4148**	PGB SPORTOWAPACZKA	Weteran I M - 50	33	00:00:51	01:34:14	04:25:02	06:11:07	09:05:11	12:05:07	**14:16:21.45**	**14:16:21.45**	+07:44:55 (54.3%)	12:35	4.8 (46.2%)
DNC	**CZACHOWSKI Michal**	**4353**	SEGMENT 25 M5	Weteran I M - 50		05:03:06			06:55:59			**08:13:54.90**	**08:13:54.90**		0:00	8.3 (79.8%)
DNC	**HANGIEL Urszula**	**4336**	ŻWAWE ŻÓŁWIE	Senior II K - 30		05:03:06			06:59:39			**08:24:08.30**	**08:24:08.30**		0:00	8.1 (77.9%)
	TERZONI Christian	**4117**	PRZEDWOJEWSKI TEAM	Masters M - 40		00:00:02 DNF	00:57:00 DNF	02:27:47 DNF	03:32:18 DNF	05:14:39 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GRUSZKA Aleksandra	**4291**		Senior II K - 30		00:00:07 DNF	01:08:59 DNF	02:57:00 DNF	04:10:55 DNF	06:05:51 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KLEINSCHMIDT Łukasz	**4086**	KRIS TRANS MAŁYSZKA	Masters M - 40		00:00:06 DNF	01:04:29 DNF	02:56:26 DNF	04:09:39 DNF	06:35:40 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PROSZAK Sebastian	**4245**	TEAM KURORT LĄDEK-ZDRÓJ	Weteran I M - 50		00:00:06 DNF	01:10:15 DNF	03:07:59 DNF	04:25:16 DNF	07:08:39 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KARAŚ Marek	**4242**	PODGÓRZ TORUŃ	Weteran II M - 60		00:00:48 DNF	01:26:41 DNF	03:38:07 DNF	05:15:14 DNF	07:56:56 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	RYCHŁOWSKI Ryszard	**4020**		Weteran I M - 50		00:00:25 DNF	01:29:24 DNF	04:29:09 DNF	06:23:41 DNF	08:58:51 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JAGODZIŃSKA Paulina	**4036**	ZABIEGANI MIELEC/ WKURW_TEAM	Masters K - 40		00:00:18 DNF	01:38:32 DNF	04:20:40 DNF	06:16:46 DNF	09:11:24 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	OWCZARZAK Daria	**4311**		Senior II K - 30		00:01:06 DNF	01:42:19 DNF	04:42:08 DNF	06:29:34 DNF	09:11:29 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GILEWSKI Bartlomiej	**4079**		Senior II M - 30		00:01:13 DNF	01:41:21 DNF	04:41:24 DNF	06:39:10 DNF	09:25:59 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
	MAŁGORZATA Modelska	**4341**	AZS AWF MASTERS	Senior II K - 30		00:00:21 DNF	01:51:01 DNF	04:44:14 DNF	06:43:05 DNF	09:26:41 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHOJNOWSKA Dominika	**4047**		Senior I K - 20		00:01:09 DNF	01:41:21 DNF	04:41:26 DNF	06:39:13 DNF	09:29:43 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GAJ-JURCZYK Renata	**4046**	STAN UMYSŁU LEWIN BIEGA	Masters K - 40		00:01:03 DNF	01:48:43 DNF	04:52:38 DNF	06:39:29 DNF	09:32:53 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PIETRZAK Anna	**4233**		Masters K - 40		00:00:39 DNF	01:41:20 DNF	04:38:23 DNF	06:39:18 DNF	09:35:01 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BRZĄKALSKI Krzysiek	**4052**	PRZEDWOJEWSKI TEAM	Senior II M - 30		DNF	00:57:28 DNF	02:33:27 DNF	03:54:52 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JERMAK Kamil	**4105**		Masters M - 40		00:00:07 DNF	01:09:25 DNF	03:05:03 DNF	04:28:18 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GARUS Łukasz	**4264**	EUROCASH	Masters M - 40		00:00:04 DNF	01:16:12 DNF	03:25:47 DNF	04:57:26 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WIERZBIŃSKA Karolina	**4366**	JACEKBIEGA RUNNING TEAM	Senior II K - 30		00:00:23 DNF	01:15:45 DNF	03:14:34 DNF	05:39:32 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PODSADNY Bartosz	**4203**		Senior II M - 30		00:00:33 DNF	01:30:25 DNF	04:23:54 DNF	06:18:09 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOZERA Kamil	**4103**	HARPAGAN SOSNOWIEC	Senior II M - 30		00:00:56 DNF	01:41:43 DNF	04:43:21 DNF	06:46:07 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHOJNOWSKA Barbara	**4075**		Weteran K - 50		00:01:09 DNF	01:53:14 DNF	05:01:50 DNF	07:00:50 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SZAŁAJSKA Monika	**4006**		Senior I K - 20		00:01:03 DNF	01:54:10 DNF	04:57:30 DNF	07:06:52 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	HRYCAJ Mariusz	**4065**	REBELLION OF FREE RUNNERS	Masters M - 40		00:00:47 DNF	01:35:02 DNF	04:17:58 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PODLECKI Wojciech	**4143**	ROKIETNICA BIEGA	Senior II M - 30		00:00:46 DNF	01:26:02 DNF	04:29:51 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PELC Tomasz	**4145**	DTR BIEGA / MARIO TEAM	Senior II M - 30		00:00:47 DNF	01:31:10 DNF	04:31:29 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WASILKOWSKI Jerzy	**4135**	CYSTIC FIBROSIS RUNNING TEAM	Weteran I M - 50		00:00:16 DNF	01:54:07 DNF	04:58:10 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	RURKA Grzegorz	**4138**	SAMBIEGAM	Weteran I M - 50		00:01:07 DNF	02:04:02 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	TOMASZEWSKI Mariusz	**4210**		Masters M - 40		00:00:01 DNF	02:06:45 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	RZECZYŃSKA Anna	**4121**	BBL GORZÓW WIELKOPOLSKI	Masters K - 40		00:00:09 DNF	02:06:46 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KLINOWSKI Mirosław	**4259**		Masters M - 40		00:01:01 DNF	02:06:46 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 383 wynik(ów)