



Event: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organiser: Fundacja Szczyt za Szczytem
Date: 2023-02-18
Place: Karpniki
Distance: 1 km

SEGMENT ULTRA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
1	CZERNIAK Paweł	529	BLACK HAT PRO				00:08:17.25		8:17	7.2 (100%)
2	LEŚNIAK Kami	579	HOKA GARMIN TEAM				00:08:28.65	+00:00:11 (2.2%)	8:28	7.1 (98.6%)
3	DUDA Karol	604	BLACK HAT PRO				00:08:43.20	+00:00:25 (5.0%)	8:43	6.9 (95.8%)
4	BONIEC Radosław	541	NADLEŚNICTWO LIPINKI/AW-SZYBCIEJ-TEAM				00:08:43.70	+00:00:26 (5.1%)	8:43	6.9 (95.8%)
5	BROJ Marcel	1057					00:08:43.95	+00:00:26 (5.1%)	8:43	6.9 (95.8%)
6	KARWACZYŃSKI Roger	573	AW-SZYBCIEJ-TEAM				00:08:58.45	+00:00:41 (7.7%)	8:58	6.7 (93.1%)
7	SMOLIŃSKI Marcin	455	STAJNIAK TEAM				00:09:12.00	+00:00:54 (9.9%)	9:12	6.5 (90.3%)
8	PAZDAN Piotr	1045	AW-SZYBCIEJ-TEAM				00:09:35.35	+00:01:18 (13.6%)	9:35	6.3 (87.5%)
9	FILIPEK Wojciech	603					00:09:43.70	+00:01:26 (14.8%)	9:43	6.2 (86.1%)
10	KRASULAK Daniel	563	WKS ŚLĄSK WROCŁAW				00:09:48.45	+00:01:31 (15.5%)	9:48	6.1 (84.7%)
11	SZCZEPANIAK Witold	447					00:09:53.05	+00:01:35 (16.2%)	9:53	6.1 (84.7%)
12	BIELECKI Tomasz	565					00:10:03.85	+00:01:46 (17.7%)	10:03	6 (83.3%)
13	TROJANOWSKI Artur	486	CARBON SILESIA SPORT				00:10:03.90	+00:01:46 (17.7%)	10:03	6 (83.3%)
14	KACZMARCZYK Łukasz	137	ELITE RUNNERS				00:10:04.40	+00:01:47 (17.7%)	10:04	6 (83.3%)
15	NIEPALA Jacek	332					00:10:04.55	+00:01:47 (17.7%)	10:04	6 (83.3%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
16	BUCZEK Bartłomiej	549	CHIHUAHUA TEAM	Prenumeratorzy - Mężczyźni	1	Tak	00:10:04.85	+00:01:47 (17.8%)	10:04	6 (83.3%)
17	STANKIEWICZ Tomasz	571	PLANYBIEGOWE.PL				00:10:10.20	+00:01:52 (18.5%)	10:10	5.9 (81.9%)
18	RABENDA Marcin	601	OŁAWA ZŁOTORYJA				00:10:12.55	+00:01:55 (18.8%)	10:12	5.9 (81.9%)
19		1056					00:10:17.70	+00:02:00 (19.5%)	10:17	5.8 (80.6%)
20	WIŚNIEWSKI Paweł	128	ULTRAKOTLINA TEAM				00:10:21.70	+00:02:04 (20.0%)	10:21	5.8 (80.6%)
21	MOCZULSKA Małgorzata	608					00:10:24.45	+00:02:07 (20.4%)	10:24	5.8 (80.6%)
22	SAJDUDA Adam	462	AW - SZYBCIEJ - TEAM	Prenumeratorki - Kobiety	1	Tak	00:10:26.15	+00:02:08 (20.6%)	10:26	5.8 (80.6%)
23	NOWORYTA Radosław	489	ULTRA DIABŁY TEAM LUBRZA				00:10:30.30	+00:02:13 (21.1%)	10:30	5.7 (79.2%)
24	BRÝDL Pavel	120	SALOMON/SUUNTO				00:10:31.25	+00:02:14 (21.2%)	10:31	5.7 (79.2%)
25	ADAMCZYK Maciej	144	SKS OBORNIKI				00:10:31.50	+00:02:14 (21.3%)	10:31	5.7 (79.2%)
26	RYSZAWY Mikołaj	376					00:10:32.80	+00:02:15 (21.4%)	10:32	5.7 (79.2%)
27	BIAŁOBŁOCKA A	1054					00:10:33.25	+00:02:16 (21.5%)	10:33	5.7 (79.2%)
28	RINK Jan	1003					00:10:38.75	+00:02:21 (22.2%)	10:38	5.6 (77.8%)
29	LIPNICKA Marta	117	ULTRAKOTLINA TEAM				00:10:39.50	+00:02:22 (22.2%)	10:39	5.6 (77.8%)
30	GRACZ Paweł	305	ULTRA DIABŁY TEAM LUBRZA				00:10:40.55	+00:02:23 (22.4%)	10:40	5.6 (77.8%)
31	RUTKOWSKI Maciej	459	ULTRA DIABŁY TEAM LUBRZA				00:10:41.85	+00:02:24 (22.5%)	10:41	5.6 (77.8%)
32	CIEMIEGA Roman	982	KOWARY BIEGAJA				00:10:58.40	+00:02:41 (24.5%)	10:58	5.5 (76.4%)
33	PILIPCZUK Jakub	434					00:11:05.60	+00:02:48 (25.3%)	11:05	5.4 (75.0%)
34	OBUCHOWICZ Artur	406					00:11:06.50	+00:02:49 (25.4%)	11:06	5.4 (75.0%)
35	CEPIELIK Wojciech	411					00:11:07.35	+00:02:50 (25.5%)	11:07	5.4 (75.0%)
36	SKUZA Krzysztof	1058					00:11:08.10	+00:02:50 (25.6%)	11:08	5.4 (75.0%)
37	LANDVOGT Christoph	366	LC 80 BAD KREUZNACH				00:11:14.15	+00:02:56 (26.2%)	11:14	5.3 (73.6%)
38	BIAŁOMYZY Urszula	594					00:11:15.15	+00:02:57 (26.3%)	11:15	5.3 (73.6%)

							Net time 1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Prenumerata		Gap		
39	ŁUKASIEWICZ Ewa	513	AW - SZYBCIEJ - TEAM				00:11:17.30	+00:03:00 (26.6%)	11:17	5.3 (73.6%)
40	ANANICZ Andrei	607	BIAŁ.TM				00:11:18.40	+00:03:01 (26.7%)	11:18	5.3 (73.6%)
41	ŁUKAWSKI Tomasz	578	OPTYKOKULAR-ALCHIMOWICZBIKE				00:11:18.45	+00:03:01 (26.7%)	11:18	5.3 (73.6%)
42	SZCZOTKA Łukasz	557					00:11:19.00	+00:03:01 (26.8%)	11:19	5.3 (73.6%)
43	MICHAŁKOWSKI Marek	476					00:11:19.65	+00:03:02 (26.8%)	11:19	5.3 (73.6%)
44	ZIENTARA Krzysztof	451					00:11:20.60	+00:03:03 (26.9%)	11:20	5.3 (73.6%)
45	CHUDY Tobiasz	352	RUN TEAM RYDZYNA				00:11:22.10	+00:03:04 (27.1%)	11:22	5.3 (73.6%)
46	WEGNER Adrian	530					00:11:23.65	+00:03:06 (27.3%)	11:23	5.3 (73.6%)
47	LAMEK Andrzej	591	AKTYWNY OSTRZESZÓW	Prenumeratorzy - Mężczyźni	2	Tak	00:11:24.80	+00:03:07 (27.4%)	11:24	5.3 (73.6%)
48	KRUŻOLEK Monika	1055		Prenumeratorki - Kobiety	2	Tak	00:11:25.25	+00:03:08 (27.4%)	11:25	5.3 (73.6%)
49	ZAGROBELNY Michał	954	KOWARY BIEGAJĄ				00:11:25.95	+00:03:08 (27.5%)	11:25	5.3 (73.6%)
50	NOWAK Paweł	441					00:11:26.10	+00:03:08 (27.5%)	11:26	5.2 (72.2%)
51	SZCZUCKI Przemysław	602	TEAM OPTYKOKULAR-ALCHIMOWICZBIKE				00:11:27.60	+00:03:10 (27.7%)	11:27	5.2 (72.2%)
52	KUBICKI Mariusz	479	DOBRA FORMA				00:11:31.90	+00:03:14 (28.1%)	11:31	5.2 (72.2%)
53	IDCZAK Piotr	526					00:11:32.50	+00:03:15 (28.2%)	11:32	5.2 (72.2%)
54	IWANOWSKI Przemysław	1048	TAEKWONDO CHOJNÓW				00:11:33.55	+00:03:16 (28.3%)	11:33	5.2 (72.2%)
55	GALEK Wojciech	306	ADIENT RUNNING TEAM				00:11:33.90	+00:03:16 (28.3%)	11:33	5.2 (72.2%)
56	STYK Marek	959					00:11:35.85	+00:03:18 (28.5%)	11:35	5.2 (72.2%)
57	WOŹNIAK Sebastian	357	INKA TEAM				00:11:38.25	+00:03:21 (28.8%)	11:38	5.2 (72.2%)
58	PARYSEK Tomasz	600					00:11:39.80	+00:03:22 (28.9%)	11:39	5.2 (72.2%)
59	BOROWSKA Karolina	1010	KGHM ZG RUN				00:11:41.30	+00:03:24 (29.1%)	11:41	5.1 (70.8%)
60	GAŁASZEWSKI Łukasz	1021					00:11:41.40	+00:03:24 (29.1%)	11:41	5.1 (70.8%)
61	KOSZEWSKI Michał	74					00:11:41.65	+00:03:24 (29.1%)	11:41	5.1 (70.8%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
62	DUBAS Marek	468	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL				00:11:44.35	+00:03:27 (29.4%)	11:44	5.1 (70.8%)
63	KOSIDŁO Bartosz	1011	KOSA				00:11:45.75	+00:03:28 (29.5%)	11:45	5.1 (70.8%)
64	ONISZCZUK Karol	953					00:11:48.70	+00:03:31 (29.8%)	11:48	5.1 (70.8%)
65	KOŁODZIEJ Roman	756					00:11:49.45	+00:03:32 (29.9%)	11:49	5.1 (70.8%)
66	PIECHOWIAK Bartosz	542	PIECHOWIAK-KRÓLIKOWSKI.PL				00:11:50.60	+00:03:33 (30.0%)	11:50	5.1 (70.8%)
67	PIETRUCHA Maciej	576					00:11:53.45	+00:03:36 (30.3%)	11:53	5 (69.4%)
68	NOWAKOWSKA Anna	385	ZAWISZA BYDGOSZCZ				00:11:53.60	+00:03:36 (30.3%)	11:53	5 (69.4%)
68	BOWSZYS Arkadiusz	559	KAMAR				00:11:53.60	+00:03:36 (30.3%)	11:53	5 (69.4%)
70	RAJKOWSKI Tomasz	588	WIDZEW FC EIRE DIVISION				00:11:54.15	+00:03:36 (30.4%)	11:54	5 (69.4%)
71	WINIARSKI Jarosław	104	S.C. REP ARVATO				00:11:54.25	+00:03:37 (30.4%)	11:54	5 (69.4%)
72	POSADOWSKI Szymon	450		Prenumeratorzy - Mężczyźni	3	Tak	00:11:56.40	+00:03:39 (30.6%)	11:56	5 (69.4%)
73	NIŻEWSKI Paweł	440	KRAKOWIAK ULTRA TEAM				00:11:59.25	+00:03:42 (30.9%)	11:59	5 (69.4%)
74	WANDEL Piotr	133	NOA				00:12:00.25	+00:03:43 (31.0%)	12:00	5 (69.4%)
75	DOMAGAŁA Krzysztof	114	PSARUS 87' WRZEŚNIA				00:12:00.85	+00:03:43 (31.0%)	12:00	5 (69.4%)
76	ZIĘTEK Krzysztof	963					00:12:01.45	+00:03:44 (31.1%)	12:01	5 (69.4%)
77	IDCZAK Agnieszka	343					00:12:03.30	+00:03:46 (31.3%)	12:03	5 (69.4%)
78	CIEŚLA Bartosz	148	MOCNOPRZYGODOWY.PL	Prenumeratorzy - Mężczyźni	4	Tak	00:12:03.95	+00:03:46 (31.3%)	12:03	5 (69.4%)
79	RATYMIRSKI Wojtek	449		Prenumeratorzy - Mężczyźni	5	Tak	00:12:05.90	+00:03:48 (31.5%)	12:05	5 (69.4%)
80	PIWOWOŃSKI Paweł	567					00:12:06.40	+00:03:49 (31.5%)	12:06	5 (69.4%)
81	KATARZYŃSKI Marek	537					00:12:06.70	+00:03:49 (31.6%)	12:06	5 (69.4%)
82	CHWALIŃSKI Michał	380					00:12:07.20	+00:03:49 (31.6%)	12:07	5 (69.4%)
83	BIL Grzegorz	463	TATRALAND				00:12:07.40	+00:03:50 (31.6%)	12:07	5 (69.4%)
84	WOJCIECHOWSKI Dariusz	539	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM				00:12:07.85	+00:03:50 (31.7%)	12:07	5 (69.4%)

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85	NOWAK Marcin	145					00:12:10.40	+00:03:53 (31.9%)	12:10	4.9 (68.1%)
86	CYRANOWICZ Szymon	599	BIEGAJĄCE KREJZOLE				00:12:13.15	+00:03:55 (32.2%)	12:13	4.9 (68.1%)
87	GAWROŃSKI Paweł	151					00:12:13.40	+00:03:56 (32.2%)	12:13	4.9 (68.1%)
88	NASKRĘT Piotr	325	KOWARY BIEGAJĄ				00:12:14.90	+00:03:57 (32.3%)	12:14	4.9 (68.1%)
89	PŁÓCIENNIK Krzysztof	1035	DZIKIE PUTKI				00:12:15.50	+00:03:58 (32.4%)	12:15	4.9 (68.1%)
90	SZUMIŃSKI Artur	307					00:12:16.05	+00:03:58 (32.4%)	12:16	4.9 (68.1%)
91	SUCHY Roland	396	POGOŃ BYDŁO				00:12:18.15	+00:04:00 (32.6%)	12:18	4.9 (68.1%)
92	MAJER Piotr	448	MITUTOYO AZS WRATISLAVIA WROCŁAW				00:12:18.20	+00:04:00 (32.6%)	12:18	4.9 (68.1%)
93	MARKOWSKI Artur	560					00:12:20.35	+00:04:03 (32.8%)	12:20	4.9 (68.1%)
93	DZIUB Marcin	71	SEVEN-PERCEPTUS TEAM				00:12:20.35	+00:04:03 (32.8%)	12:20	4.9 (68.1%)
95	FERET Kamila	421	TRAIL IS OUR WAY TEAM	Prenumeratorki - Kobiety	3	Yes	00:12:21.35	+00:04:04 (32.9%)	12:21	4.9 (68.1%)
96	ADAMSKI Andrzej	977	SZYNSZYLE GNIEZNO				00:12:21.50	+00:04:04 (32.9%)	12:21	4.9 (68.1%)
97	JĘDRASIAK Adrian	590	ALL OR NOTHING ZIELONA GÓRA				00:12:24.45	+00:04:07 (33.2%)	12:24	4.8 (66.7%)
98	NOWICKI Marcin	581					00:12:25.05	+00:04:07 (33.3%)	12:25	4.8 (66.7%)
99	POLIWO CZAK Patryk	330					00:12:25.70	+00:04:08 (33.3%)	12:25	4.8 (66.7%)
100	KAZUBOWSKA Aleksandra	365	VEGE RUNNERKA				00:12:28.05	+00:04:10 (33.5%)	12:28	4.8 (66.7%)
101	GALEK Zbigniew	304	ADIENT RUNNING TEAM				00:12:28.85	+00:04:11 (33.6%)	12:28	4.8 (66.7%)
102	MORAWSKI Filip	311	KRAKOWIAKULTRATEAM				00:12:28.95	+00:04:11 (33.6%)	12:28	4.8 (66.7%)
103	STROJEK Grzegorz	508					00:12:29.45	+00:04:12 (33.7%)	12:29	4.8 (66.7%)
104	PIĄTEK Dariusz	986					00:12:33.40	+00:04:16 (34.0%)	12:33	4.8 (66.7%)
105	JODŁOWSKI Marek	445	BIEGAMY BO CHCEMY				00:12:35.90	+00:04:18 (34.2%)	12:35	4.8 (66.7%)
106	ALGIERSKI Paweł	531					00:12:37.60	+00:04:20 (34.4%)	12:37	4.8 (66.7%)
107	SZARADOWSKI Piotr	487	140 MINUT / ORŁY JEZUSA				00:12:42.45	+00:04:25 (34.8%)	12:42	4.7 (65.3%)

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108	LEKI Krzysztof	130					00:12:43.15	+00:04:25 (34.8%)	12:43	4.7 (65.3%)
109	ROZDZYNSKA Patrycja	1043	STAJNIAK TEAM				00:12:47.90	+00:04:30 (35.2%)	12:47	4.7 (65.3%)
110	GAŁASZEWSKI Kamil	384					00:12:50.70	+00:04:33 (35.5%)	12:50	4.7 (65.3%)
111	WANDYCZ Marcin	82					00:12:51.25	+00:04:34 (35.5%)	12:51	4.7 (65.3%)
112	RĘKOSIEWICZ Jakub	415					00:12:51.80	+00:04:34 (35.6%)	12:51	4.7 (65.3%)
113	JAKŚ Grzegorz	39	ALPIMADE TEAM				00:12:52.15	+00:04:34 (35.6%)	12:52	4.7 (65.3%)
114	SĘK Maciej	27					00:12:53.10	+00:04:35 (35.7%)	12:53	4.7 (65.3%)
115	WYPYCH Bartosz	398					00:12:53.75	+00:04:36 (35.7%)	12:53	4.7 (65.3%)
116	STĘSIK Tomasz	314					00:12:55.15	+00:04:37 (35.9%)	12:55	4.6 (63.9%)
117	PIĄTEK Iwona	987	ŚWIDNICKA GRUPA BIEGOWA				00:12:55.20	+00:04:37 (35.9%)	12:55	4.6 (63.9%)
117	KOPCZYŃSKI Łukasz	322	K-TEAM				00:12:55.20	+00:04:37 (35.9%)	12:55	4.6 (63.9%)
119	NOWIK Kamil	321	SECO RUN				00:12:55.70	+00:04:38 (35.9%)	12:55	4.6 (63.9%)
120	ŻUROWSKA-SOPALA Iwona	570					00:12:56.60	+00:04:39 (36.0%)	12:56	4.6 (63.9%)
121	MAGIERA Bartłomiej	369					00:12:57.70	+00:04:40 (36.1%)	12:57	4.6 (63.9%)
122	POGÓRZ Piotr	159					00:12:59.65	+00:04:42 (36.2%)	12:59	4.6 (63.9%)
123	PURCZYŃSKI Grzegorz	465					00:12:59.95	+00:04:42 (36.2%)	12:59	4.6 (63.9%)
124	MARGOL Paweł	84					00:13:00.25	+00:04:43 (36.3%)	13:00	4.6 (63.9%)
125	JUNIK Łukasz	66	MOCNA DRUŻYNA CEZARA				00:13:00.55	+00:04:43 (36.3%)	13:00	4.6 (63.9%)
126	SZONDA Istvan	149					00:13:02.20	+00:04:44 (36.4%)	13:02	4.6 (63.9%)
127	POPKO Łukasz	2					00:13:03.30	+00:04:46 (36.5%)	13:03	4.6 (63.9%)
128	MATUSZEWSKI Marek	35	RUNNER'S POWER ŚREM				00:13:05.20	+00:04:47 (36.7%)	13:05	4.6 (63.9%)
129	DZIETCZYK Sylwia	51					00:13:05.85	+00:04:48 (36.7%)	13:05	4.6 (63.9%)
130	OSICA Łukasz	76					00:13:06.60	+00:04:49 (36.8%)	13:06	4.6 (63.9%)

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131	KACZOROWSKA Magdalena	140					00:13:09.40	+00:04:52 (37.0%)	13:09	4.6 (63.9%)
132	RADKOWSKA Małgorzata	538	TEAM PARSZCZYŃSKICH				00:13:09.70	+00:04:52 (37.0%)	13:09	4.6 (63.9%)
133	DREWNIAK Mariusz	98					00:13:09.80	+00:04:52 (37.0%)	13:09	4.6 (63.9%)
134	FERET Hubert	475	TRAIL IS OUR WAY				00:13:09.95	+00:04:52 (37.1%)	13:09	4.6 (63.9%)
135	MARCINIAK Daria	150	JEDZ I TRENUJ ŚWIEBODZIN				00:13:10.75	+00:04:53 (37.1%)	13:10	4.6 (63.9%)
136	RABIEJ-OLSZEWSKA Hanna	1047	SOBAS TEAM				00:13:11.40	+00:04:54 (37.2%)	13:11	4.6 (63.9%)
137	MADEJ Anna	72	VEGE RUNNERS	Prenumeratorki - Kobiety	4	Tak	00:13:11.70	+00:04:54 (37.2%)	13:11	4.6 (63.9%)
138	ŁAZEWSKI Oskar	595					00:13:12.20	+00:04:54 (37.2%)	13:12	4.5 (62.5%)
139	JAKUBOWSKI Andrzej	85					00:13:12.65	+00:04:55 (37.3%)	13:12	4.5 (62.5%)
140	WOCH Agnieszka	1027					00:13:14.95	+00:04:57 (37.4%)	13:14	4.5 (62.5%)
141	PAWŁUSIÓW Andrzej	416					00:13:19.45	+00:05:02 (37.8%)	13:19	4.5 (62.5%)
142	WAŁCZYK Mateusz	586					00:13:20.10	+00:05:02 (37.9%)	13:20	4.5 (62.5%)
143	MALEWICZ Grzegorz	97					00:13:22.75	+00:05:05 (38.1%)	13:22	4.5 (62.5%)
144	OLBERT Ireneusz	580					00:13:23.10	+00:05:05 (38.1%)	13:23	4.5 (62.5%)
145	DZIUBAŁKA Adrian	41	EASY RUNNERS				00:13:24.00	+00:05:06 (38.2%)	13:24	4.5 (62.5%)
146		919A					00:13:24.15	+00:05:06 (38.2%)	13:24	4.5 (62.5%)
147	TOMASIK Andrzej	989					00:13:24.45	+00:05:07 (38.2%)	13:24	4.5 (62.5%)
148	ŁUKASIK Marcin	719	BIEGNIJ OŁAWO				00:13:24.75	+00:05:07 (38.2%)	13:24	4.5 (62.5%)
149	MACYSZYN Łukasz	363					00:13:26.70	+00:05:09 (38.4%)	13:26	4.5 (62.5%)
150	OLEJNIK Egidiusz	598					00:13:27.60	+00:05:10 (38.4%)	13:27	4.5 (62.5%)
151	MOJEK Kajtek	918B					00:13:28.25	+00:05:11 (38.5%)	13:28	4.5 (62.5%)
152	GRACZYK Marcin	1026		Prenumeratory - Mężczyźni	6	Tak	00:13:29.95	+00:05:12 (38.6%)	13:29	4.4 (61.1%)
153		1052					00:13:31.80	+00:05:14 (38.7%)	13:31	4.4 (61.1%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
154	SAWCZYN Tomasz	139	DBS	Prenumeratorzy - Mężczyźni	7	Tak	00:13:32.65	+00:05:15 (38.8%)	13:32	4.4 (61.1%)
155	KURZAWSKI Dariusz	59	GK GOPR				00:13:33.30	+00:05:16 (38.9%)	13:33	4.4 (61.1%)
156	PATROŃSKA Magdalena	527	ŻARŁOKI				00:13:34.80	+00:05:17 (39.0%)	13:34	4.4 (61.1%)
157	WITLICKI Kacper	424	BBC				00:13:35.35	+00:05:18 (39.0%)	13:35	4.4 (61.1%)
158	SOBEL-ADAMSKA Dorota	997	STARA KOCIARA				00:13:35.65	+00:05:18 (39.0%)	13:35	4.4 (61.1%)
159	GOLA Henryk	512					00:13:35.75	+00:05:18 (39.0%)	13:35	4.4 (61.1%)
160	ŚWIERK Przemysław	312	ULTRA DIABŁY TEAM				00:13:36.15	+00:05:18 (39.1%)	13:36	4.4 (61.1%)
161	MALUNG Jarosław	562					00:13:37.65	+00:05:20 (39.2%)	13:37	4.4 (61.1%)
162	NOWAK Krzysztof	132					00:13:39.15	+00:05:21 (39.3%)	13:39	4.4 (61.1%)
163	OLSZEWSKI Artur	88					00:13:39.50	+00:05:22 (39.3%)	13:39	4.4 (61.1%)
164	ZBOROWSKI Marcin	316	ADIENT RUNNING TEAM				00:13:40.20	+00:05:22 (39.4%)	13:40	4.4 (61.1%)
165	CZUPKIEWICZ Michał	8	TRUCHT TEAM OPOLE				00:13:40.25	+00:05:23 (39.4%)	13:40	4.4 (61.1%)
166	GRANOPS Maciej	118					00:13:40.55	+00:05:23 (39.4%)	13:40	4.4 (61.1%)
167	MICHALAK Wojciech	491					00:13:42.00	+00:05:24 (39.5%)	13:42	4.4 (61.1%)
168	GMYREK Jacek	68					00:13:43.35	+00:05:26 (39.6%)	13:43	4.4 (61.1%)
169	GRAMALA Mateusz	469					00:13:44.05	+00:05:26 (39.7%)	13:44	4.4 (61.1%)
170	LIS Anna	614		Prenumeratorki - Kobiety	5	Tak	00:13:45.60	+00:05:28 (39.8%)	13:45	4.4 (61.1%)
171	BOJAŃSKI Zbigniew	115					00:13:45.90	+00:05:28 (39.8%)	13:45	4.4 (61.1%)
172	KOZAKIEWICZ Tomek	435	CAŁE ŻYCIE NA REDUKCJI				00:13:46.85	+00:05:29 (39.9%)	13:46	4.4 (61.1%)
173	BIAŁEK Marcin	711	SWEETTRAVEL				00:13:47.45	+00:05:30 (39.9%)	13:47	4.4 (61.1%)
174	ZIELIŃSKA Dorota	460	RUNNERS TEAM				00:13:48.10	+00:05:30 (40.0%)	13:48	4.3 (59.7%)
175	HAJNCE Lech	143					00:13:49.15	+00:05:31 (40.0%)	13:49	4.3 (59.7%)
176	SUCHY Aron	439	POGOŃ BYDŁO				00:13:49.25	+00:05:32 (40.0%)	13:49	4.3 (59.7%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
177	LIPSKI Dawid	507					00:13:49.45	+00:05:32 (40.1%)	13:49	4.3 (59.7%)
178	CHOJNACKA Marta	12	OWOCBIEGA TEAM				00:13:50.25	+00:05:33 (40.1%)	13:50	4.3 (59.7%)
179	WOJCIECHOWSKI Marek	473					00:13:51.65	+00:05:34 (40.2%)	13:51	4.3 (59.7%)
180	TYRALSKI Dominik	500	POLSAT BIEGA				00:13:52.30	+00:05:35 (40.3%)	13:52	4.3 (59.7%)
181	NOWAKOWSKI Łukasz	610					00:13:55.50	+00:05:38 (40.5%)	13:55	4.3 (59.7%)
182	NOWACKI Michał	90	MORSY POZNAŃ				00:13:55.70	+00:05:38 (40.5%)	13:55	4.3 (59.7%)
183	BYLINA Bartosz	533					00:13:57.35	+00:05:40 (40.6%)	13:57	4.3 (59.7%)
184	JURDZIAK Jakub	749		Prenumeratorzy - Mężczyźni	8	tak	00:13:57.80	+00:05:40 (40.6%)	13:57	4.3 (59.7%)
185	MARCINIAK Jakub	3	KOŹMIN BIEGA ULTRA RUNNERS				00:13:59.85	+00:05:42 (40.8%)	13:59	4.3 (59.7%)
186	STEFANIAK Łukasz	720					00:14:00.35	+00:05:43 (40.8%)	14:00	4.3 (59.7%)
187	ŁACNY Łukasz	612	FORZA CHYNÓW				00:14:01.75	+00:05:44 (40.9%)	14:01	4.3 (59.7%)
188	KURKA Adam	908A					00:14:02.00	+00:05:44 (40.9%)	14:02	4.3 (59.7%)
189	KOSTKA Gustaw	11					00:14:02.30	+00:05:45 (41.0%)	14:02	4.3 (59.7%)
189	ADAMSKI Krzysztof	758	JM				00:14:02.30	+00:05:45 (41.0%)	14:02	4.3 (59.7%)
191	LISIAKIEWICZ Bartosz	616					00:14:02.40	+00:05:45 (41.0%)	14:02	4.3 (59.7%)
192	CHUDY Ariel	361	RUN TEAM RYDZYNA				00:14:02.55	+00:05:45 (41.0%)	14:02	4.3 (59.7%)
193	NOWOSAD Piotrek	1041					00:14:03.70	+00:05:46 (41.1%)	14:03	4.3 (59.7%)
194	SYDORCZYK Magdalena	498	ENDORFINA WSCHOWA				00:14:04.00	+00:05:46 (41.1%)	14:04	4.3 (59.7%)
195	ZDEBSKA Magdalena	712					00:14:04.70	+00:05:47 (41.1%)	14:04	4.3 (59.7%)
196	PETRYKOWSKI Karol	40	SEKCJA GÓRSKA HASAJTO! PŁASKOZIEMCY				00:14:05.40	+00:05:48 (41.2%)	14:05	4.3 (59.7%)
197	BIAŁAS Filip	768					00:14:05.65	+00:05:48 (41.2%)	14:05	4.3 (59.7%)
198	AUGUSTYNIAK Grzegorz	127					00:14:06.05	+00:05:48 (41.2%)	14:06	4.3 (59.7%)
199	PIOTROWSKI Michał	707	#ŻEBERKATEAM				00:14:06.80	+00:05:49 (41.3%)	14:06	4.3 (59.7%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
200	TRZEPACZ Dorota	346	KB LUPUS OLEŚNICA				00:14:06.85	+00:05:49 (41.3%)	14:06	4.3 (59.7%)
201	WIŚNICKI Michał	501					00:14:07.05	+00:05:49 (41.3%)	14:07	4.3 (59.7%)
202	ZEMLEDUCH Tomasz	378	ZEMLEDUCHY				00:14:08.15	+00:05:50 (41.4%)	14:08	4.2 (58.3%)
203	KURKA Wiktoria	908B					00:14:09.45	+00:05:52 (41.5%)	14:09	4.2 (58.3%)
204	FURMANOWSKI Paweł	389					00:14:09.80	+00:05:52 (41.5%)	14:09	4.2 (58.3%)
205	GRABOŚ Nina	131					00:14:10.10	+00:05:52 (41.5%)	14:10	4.2 (58.3%)
206	WANDYCZ Mariusz	81	ANONIMOWY				00:14:10.95	+00:05:53 (41.6%)	14:10	4.2 (58.3%)
207	PLUCHA Michał	77	KOWARY BIEGAJĄ				00:14:12.25	+00:05:55 (41.7%)	14:12	4.2 (58.3%)
208	TENDAJ Marek	751					00:14:12.85	+00:05:55 (41.7%)	14:12	4.2 (58.3%)
209	TROSZCZYŃSKA Izabela	956					00:14:13.35	+00:05:56 (41.7%)	14:13	4.2 (58.3%)
210	KLIMEK Wojciech	393	ORTHOS TEAM				00:14:13.65	+00:05:56 (41.8%)	14:13	4.2 (58.3%)
211	BULAK Mateusz	957					00:14:14.70	+00:05:57 (41.8%)	14:14	4.2 (58.3%)
212	PRZYBYŁ Piotr	725	EASY RUNNERS				00:14:15.40	+00:05:58 (41.9%)	14:15	4.2 (58.3%)
213	LEŚNIAK Grzegorz	464					00:14:15.65	+00:05:58 (41.9%)	14:15	4.2 (58.3%)
214	ZIOMBKA Kuba	405	WAWRZYTEAM	Prenumeratorzy - Mężczyźni	9	Tak	00:14:16.05	+00:05:58 (41.9%)	14:16	4.2 (58.3%)
215	LUBINA Cezary	525					00:14:16.75	+00:05:59 (42.0%)	14:16	4.2 (58.3%)
216	MARCINIAK Maciej	25	JESTEM OD ROMKA				00:14:16.80	+00:05:59 (42.0%)	14:16	4.2 (58.3%)
217	KOTWICKI Mateusz	611					00:14:19.65	+00:06:02 (42.2%)	14:19	4.2 (58.3%)
218	GADZINA Sławomir	1005	MASTERSERVICE				00:14:20.20	+00:06:02 (42.2%)	14:20	4.2 (58.3%)
219	CHRUŚCIŃSKA Joanna	980	ADIENT RUNNING TEAM				00:14:20.45	+00:06:03 (42.2%)	14:20	4.2 (58.3%)
220	MUSIAŁ Piotr	75					00:14:21.40	+00:06:04 (42.3%)	14:21	4.2 (58.3%)
221	PŁÓCIENNIK Konrad	1036	DZIKIE PUTKI				00:14:21.85	+00:06:04 (42.3%)	14:21	4.2 (58.3%)
222	KARWACKI Grzegorz	123	KATCROS WAŁBRZYCH				00:14:22.75	+00:06:05 (42.4%)	14:22	4.2 (58.3%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
223	DUBAS Anna	428	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Prenumeratorzy - Mężczyźni	10	Tak	00:14:23.00	+00:06:05 (42.4%)	14:23	4.2 (58.3%)
224	KUREK Tomasz	135	OPALENICKI KLUB BIEGACZA				00:14:23.05	+00:06:05 (42.4%)	14:23	4.2 (58.3%)
225	WRÓBLEWSKI Wojciech	545					00:14:23.40	+00:06:06 (42.4%)	14:23	4.2 (58.3%)
226	WOLSKI Krzysztof	444					00:14:24.80	+00:06:07 (42.5%)	14:24	4.2 (58.3%)
227	KRAKOWIAK Rafał	146	KRAKOWIAK ULTRA TEAM				00:14:26.90	+00:06:09 (42.6%)	14:26	4.2 (58.3%)
228	POSPIESZNY Robert	993					00:14:27.25	+00:06:10 (42.7%)	14:27	4.2 (58.3%)
228	KIEDA Bartek	505					00:14:27.25	+00:06:10 (42.7%)	14:27	4.2 (58.3%)
230	POZNIAK Robert	38	OD JEZIORA DO JEZIORA				00:14:27.35	+00:06:10 (42.7%)	14:27	4.2 (58.3%)
231	DROBNIK Błażej	111	OPALENICKI KLUB BIEGACZA				00:14:27.70	+00:06:10 (42.7%)	14:27	4.2 (58.3%)
232	STASIAK Łukasz	547					00:14:27.80	+00:06:10 (42.7%)	14:27	4.2 (58.3%)
233	NOLKA Jakub	323					00:14:29.60	+00:06:12 (42.8%)	14:29	4.1 (56.9%)
234	PTAK Adam	79	PIĄTKOWO NA BIEGOWO				00:14:30.30	+00:06:13 (42.9%)	14:30	4.1 (56.9%)
235	BUGAJ Alan	375					00:14:31.30	+00:06:14 (42.9%)	14:31	4.1 (56.9%)
236	KOZUBSKI Maciej	105	S.C. REP				00:14:31.65	+00:06:14 (43.0%)	14:31	4.1 (56.9%)
237	NOWAKOWSKI Rafał	546	#BIEGIEMWLAS				00:14:32.20	+00:06:14 (43.0%)	14:32	4.1 (56.9%)
238	MROWCA Paweł	31					00:14:32.70	+00:06:15 (43.0%)	14:32	4.1 (56.9%)
239	GRONEK Magdalena	454	BIEGAMDLAZDROWIA. PL				00:14:33.75	+00:06:16 (43.1%)	14:33	4.1 (56.9%)
240	STASZAK Radosław	47					00:14:33.80	+00:06:16 (43.1%)	14:33	4.1 (56.9%)
241	ROMANIUK Bartosz	23					00:14:35.90	+00:06:18 (43.2%)	14:35	4.1 (56.9%)
242	STRAUCHOLD Anna	160					00:14:36.00	+00:06:18 (43.2%)	14:36	4.1 (56.9%)
243	BOBORYCKI Rafał	73	MOCNA GRUPA CEZARA				00:14:36.25	+00:06:19 (43.3%)	14:36	4.1 (56.9%)
244	SOŁTYSIAK Marta	368	SZAKALE BAŁUT ŁÓDŹ				00:14:37.80	+00:06:20 (43.4%)	14:37	4.1 (56.9%)
245	KUBIAK Karolina	87					00:14:38.55	+00:06:21 (43.4%)	14:38	4.1 (56.9%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
246	MICHALSKI Adam	116					00:14:38.60	+00:06:21 (43.4%)	14:38	4.1 (56.9%)
247	TOMYŚLAK Magdalena	427	TAKE CONTROL				00:14:39.95	+00:06:22 (43.5%)	14:39	4.1 (56.9%)
248	KANDULSKI Jakub	91	OPALENICKI KLUB BIEGACZA				00:14:40.05	+00:06:22 (43.5%)	14:40	4.1 (56.9%)
249	WIERZBIŃSKI Kamil	572					00:14:40.50	+00:06:23 (43.5%)	14:40	4.1 (56.9%)
250	KUTA Łukasz	515	ADDICTED TO MOUNTAINS OLSZYNA				00:14:41.70	+00:06:24 (43.6%)	14:41	4.1 (56.9%)
250	PYZIK Ewa	64	MATNER RUNNING TEAM				00:14:41.70	+00:06:24 (43.6%)	14:41	4.1 (56.9%)
252	KOZERAŃSKI Przemysław	78	WILD DOGS TEAM				00:14:42.70	+00:06:25 (43.7%)	14:42	4.1 (56.9%)
253	BŁĘDKOWSKA Katarzyna	597					00:14:43.40	+00:06:26 (43.7%)	14:43	4.1 (56.9%)
254	STĘPNOWSKI Jakub	34					00:14:44.25	+00:06:27 (43.8%)	14:44	4.1 (56.9%)
255	ADAMSKA Paulina	978	SZYNSZYLA GNIEZNO				00:14:44.40	+00:06:27 (43.8%)	14:44	4.1 (56.9%)
256	KAŃDUŁA Grzegorz	317					00:14:47.05	+00:06:29 (43.9%)	14:47	4.1 (56.9%)
257	GARBACZ Jan	510					00:14:48.20	+00:06:30 (44.0%)	14:48	4.1 (56.9%)
258	SYCHOWSKI Dawid	4					00:14:50.65	+00:06:33 (44.2%)	14:50	4 (55.6%)
259	ADAMCZYK Iweta	801					00:14:50.75	+00:06:33 (44.2%)	14:50	4 (55.6%)
260	SIEMIĘNCZUK Robert	136		Prenumeratorzy - Mężczyźni	11	Yes	00:14:52.85	+00:06:35 (44.3%)	14:52	4 (55.6%)
261	LUBELCZYK Grzegorz	24	SCW				00:14:55.40	+00:06:38 (44.5%)	14:55	4 (55.6%)
262	ŚWIERZOWSKA Magdalena	70	FIZJOTERAPIA BIEGACZA				00:14:57.20	+00:06:39 (44.6%)	14:57	4 (55.6%)
263	BOROWCZYK Marcin	86	ULTRASİ				00:15:02.15	+00:06:44 (44.9%)	15:02	4 (55.6%)
264	WYTYKOWSKA Joanna	488	ŁKW				00:15:03.55	+00:06:46 (45.0%)	15:03	4 (55.6%)
265	KRYŃSKI Grzegorz	506					00:15:03.65	+00:06:46 (45.0%)	15:03	4 (55.6%)
266	MACIEJEWSKI Łukasz	134					00:15:05.00	+00:06:47 (45.1%)	15:05	4 (55.6%)
267	ŚLIWKA Radosław	402					00:15:05.10	+00:06:47 (45.1%)	15:05	4 (55.6%)
268	PRZYBYLSKI Paweł	347					00:15:05.40	+00:06:48 (45.1%)	15:05	4 (55.6%)

							Net time 1km	Gap	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Prenumerata				
269	SZAJEK Arkadiusz	107	ARVATO S.C. REP				00:15:05.70	+00:06:48 (45.1%)	15:05	4 (55.6%)
270	SZEWCZENKO Agnieszka	740	KLUB BIEGACZA BOLESŁAWIEC				00:15:07.20	+00:06:49 (45.2%)	15:07	4 (55.6%)
271	SZCZĘSNY Paweł	1023					00:15:07.30	+00:06:50 (45.2%)	15:07	4 (55.6%)
272	BUSZEWSKI Zbyszek	302					00:15:07.40	+00:06:50 (45.2%)	15:07	4 (55.6%)
273	OBIDOWSKI Łukasz	112	ULTRASI				00:15:08.55	+00:06:51 (45.3%)	15:08	4 (55.6%)
274	SCHULZE Jörg	493	DAV ZITTAU				00:15:08.85	+00:06:51 (45.3%)	15:08	4 (55.6%)
275	SUPERSON Iwona	49	WAFLE				00:15:10.50	+00:06:53 (45.4%)	15:10	4 (55.6%)
276	KORZYCKI Tadeusz	138					00:15:10.80	+00:06:53 (45.4%)	15:10	4 (55.6%)
277	WOŹNIAK Karolina	358	INKA TEAM				00:15:11.85	+00:06:54 (45.5%)	15:11	4 (55.6%)
277	SMOROWIŃSKI Sebastian	773					00:15:11.85	+00:06:54 (45.5%)	15:11	4 (55.6%)
279	DOŁĘGOWSKI Marek	390	GMINA WOLIN				00:15:12.30	+00:06:55 (45.5%)	15:12	3.9 (54.2%)
280	SZAJOWSKI Marcin	50	WAFLE				00:15:12.60	+00:06:55 (45.5%)	15:12	3.9 (54.2%)
281	GÓRNA Amelia	477					00:15:12.75	+00:06:55 (45.5%)	15:12	3.9 (54.2%)
282	KŁACZYŃSKA Danuta	382	IDĘ DALEJ				00:15:13.30	+00:06:56 (45.6%)	15:13	3.9 (54.2%)
282	PACZUSKI Michał	762					00:15:13.30	+00:06:56 (45.6%)	15:13	3.9 (54.2%)
284	CHRZANOWSKA Agnieszka	364	IDĘ DALEJ				00:15:13.50	+00:06:56 (45.6%)	15:13	3.9 (54.2%)
285	CIEŚLAK Damian	157					00:15:13.75	+00:06:56 (45.6%)	15:13	3.9 (54.2%)
286	POLAK Bartosz	569					00:15:15.35	+00:06:58 (45.7%)	15:15	3.9 (54.2%)
287	SAMPIR Mariusz	381	WWW.ARNEON.COM				00:15:16.15	+00:06:58 (45.7%)	15:16	3.9 (54.2%)
288	KRZYKANOWSKI Marcin	56					00:15:16.40	+00:06:59 (45.7%)	15:16	3.9 (54.2%)
289	SUCHY Katarzyna	397	POGOŃ BYDŁO				00:15:17.05	+00:06:59 (45.8%)	15:17	3.9 (54.2%)
290	UPTAS Ewa	341	FITNESS & SGUASCH				00:15:17.45	+00:07:00 (45.8%)	15:17	3.9 (54.2%)
291	DOMINIAK Sławomir	67					00:15:17.80	+00:07:00 (45.8%)	15:17	3.9 (54.2%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
292	BARANOWSKI Adam	20					00:15:18.25	+00:07:01 (45.8%)	15:18	3.9 (54.2%)
293	MENDYKA Łukasz	752					00:15:19.15	+00:07:01 (45.9%)	15:19	3.9 (54.2%)
294	UPTAS Tomasz	327	CROSS STRACENĆÓW TEAM				00:15:19.25	+00:07:02 (45.9%)	15:19	3.9 (54.2%)
295	SZWARC Grzegorz	106	ARVATO S.C. REP				00:15:19.30	+00:07:02 (45.9%)	15:19	3.9 (54.2%)
296	SYCHOWIEC Adrian	17					00:15:19.90	+00:07:02 (45.9%)	15:19	3.9 (54.2%)
297	GÓRNY Robert	69	THE-SKY-IS-NO-LIMIT				00:15:23.65	+00:07:06 (46.2%)	15:23	3.9 (54.2%)
298	SUCHOLAS Mateusz	158					00:15:23.90	+00:07:06 (46.2%)	15:23	3.9 (54.2%)
299	CUKROWSKI Andrzej	349	OLAWS ZŁOTORYJA				00:15:24.60	+00:07:07 (46.2%)	15:24	3.9 (54.2%)
300	NOSKI Mariusz	718					00:15:24.75	+00:07:07 (46.2%)	15:24	3.9 (54.2%)
301	MAGIERA Alicja	906A					00:15:25.85	+00:07:08 (46.3%)	15:25	3.9 (54.2%)
302	SOJKOWSKI Piotr	83	4FUN TRIATHLON / NAJMOWICZ TRIATHLON				00:15:26.00	+00:07:08 (46.3%)	15:26	3.9 (54.2%)
303	MAGIERA Zuzanna	906B					00:15:27.70	+00:07:10 (46.4%)	15:27	3.9 (54.2%)
304	LIS Paweł	716					00:15:28.15	+00:07:10 (46.4%)	15:28	3.9 (54.2%)
305	PISKORSKI Łukasz	458					00:15:28.55	+00:07:11 (46.4%)	15:28	3.9 (54.2%)
306	KRAWCZYK Mateusz	618					00:15:31.75	+00:07:14 (46.6%)	15:31	3.9 (54.2%)
307	LEDNICKI Michał	110	ARVATO S.C. REP				00:15:35.15	+00:07:17 (46.8%)	15:35	3.9 (54.2%)
308	KOELNER Rafal	1015					00:15:37.65	+00:07:20 (47.0%)	15:37	3.8 (52.8%)
309	LENART Jakub	446					00:15:38.00	+00:07:20 (47.0%)	15:38	3.8 (52.8%)
310	DZIERGWA Agnieszka	609	PRZEDWOJEWSKI TEAM / RNB TEAM				00:15:38.25	+00:07:21 (47.0%)	15:38	3.8 (52.8%)
311	LIS Wojciech	356	WIERZBICKI RUNNING PROJECT				00:15:39.05	+00:07:21 (47.0%)	15:39	3.8 (52.8%)
312	QUIRINI Ewa	113					00:15:42.10	+00:07:24 (47.2%)	15:42	3.8 (52.8%)
313	BERNACKA Kinga	973					00:15:45.50	+00:07:28 (47.4%)	15:45	3.8 (52.8%)
314	LEBODA Katarzyna	13	WILD DOGS TEAM				00:15:45.55	+00:07:28 (47.4%)	15:45	3.8 (52.8%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
315	PISARCZYK Grzegorz	765					00:15:46.40	+00:07:29 (47.5%)	15:46	3.8 (52.8%)
316	KUSZ Joanna	344	CROSS STRACENĆÓW TEAM				00:15:51.40	+00:07:34 (47.7%)	15:51	3.8 (52.8%)
317	JUDKIEWICZ Piotr	377					00:15:51.50	+00:07:34 (47.7%)	15:51	3.8 (52.8%)
318	ORTYL Ewelina	370					00:15:52.20	+00:07:34 (47.8%)	15:52	3.8 (52.8%)
319	KOZŁOWSKI Wojciech	313					00:15:52.50	+00:07:35 (47.8%)	15:52	3.8 (52.8%)
320	PASTERNAK Marcin	589					00:15:55.10	+00:07:37 (47.9%)	15:55	3.8 (52.8%)
321	GRZELAK Łukasz	383	WWW.GRZELAK-KANCELARIA.PL				00:15:59.05	+00:07:41 (48.2%)	15:59	3.8 (52.8%)
322	PLIS Jordan	319					00:16:00.05	+00:07:42 (48.2%)	16:00	3.8 (52.8%)
323	DZICZEK Ireneusz	26	RAZ SZCZECIN				00:16:00.30	+00:07:43 (48.2%)	16:00	3.8 (52.8%)
324	BARTOSZAK Dorota	979	SZYNSZYLA GNIEZNO				00:16:02.45	+00:07:45 (48.3%)	16:02	3.7 (51.4%)
325	LEKI Adriana	1022					00:16:02.65	+00:07:45 (48.3%)	16:02	3.7 (51.4%)
326	CHLUDZIŃSKI Patryk	109	S.C. REP ARVATO				00:16:02.95	+00:07:45 (48.4%)	16:02	3.7 (51.4%)
327	SZUMSKI Zbigniew	419					00:16:03.25	+00:07:46 (48.4%)	16:03	3.7 (51.4%)
328	GAŁKA Grzegorz	721					00:16:04.60	+00:07:47 (48.5%)	16:04	3.7 (51.4%)
329	JURDZIAK Karolina	910A					00:16:05.30	+00:07:48 (48.5%)	16:05	3.7 (51.4%)
330	KRZYŻAŃSKI Jacek	103	S.C. REP				00:16:09.20	+00:07:51 (48.7%)	16:09	3.7 (51.4%)
331	JURDZIAK Jagna	910B					00:16:09.35	+00:07:52 (48.7%)	16:09	3.7 (51.4%)
332	SKRAJDA Piotr	1059					00:16:11.60	+00:07:54 (48.8%)	16:11	3.7 (51.4%)
333	JEKA Piotr	1009	JEKA TEAM				00:16:14.75	+00:07:57 (49.0%)	16:14	3.7 (51.4%)
334	SERAFIN Michał	497	HWBC				00:16:15.10	+00:07:57 (49.0%)	16:15	3.7 (51.4%)
335	POŁOMSKI Daniel	754					00:16:18.05	+00:08:00 (49.2%)	16:18	3.7 (51.4%)
336	MIŚTA Grzegorz	481	DTR BIEGA / MARIO TEAM				00:16:21.35	+00:08:04 (49.3%)	16:21	3.7 (51.4%)
337	GARCZYK Przemysław	350					00:16:21.60	+00:08:04 (49.3%)	16:21	3.7 (51.4%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
338	FILIPOWICZ Dominik	413					00:16:22.45	+00:08:05 (49.4%)	16:22	3.7 (51.4%)
339	WOCH Natalia	1028					00:16:22.65	+00:08:05 (49.4%)	16:22	3.7 (51.4%)
340	WOŹNIAK Sebastian	1					00:16:23.10	+00:08:05 (49.4%)	16:23	3.7 (51.4%)
341	GWOŹDZIK-BŁASZCZYK Karolina	1004					00:16:25.05	+00:08:07 (49.5%)	16:25	3.7 (51.4%)
342	JARUS Andrzej	708	POLISH_WINGS				00:16:25.85	+00:08:08 (49.6%)	16:25	3.7 (51.4%)
343	SIKORA Malwina	518					00:16:27.00	+00:08:09 (49.6%)	16:27	3.6 (50.0%)
344	KOZACZUK Grzegorz	1014					00:16:30.40	+00:08:13 (49.8%)	16:30	3.6 (50.0%)
345	STEFANIAK Marcin	760					00:16:30.50	+00:08:13 (49.8%)	16:30	3.6 (50.0%)
346	BEREŻAŃSKI Bartłomiej	757					00:16:30.85	+00:08:13 (49.8%)	16:30	3.6 (50.0%)
347	GAWROŃSKI Hubert	738	HUGO				00:16:31.70	+00:08:14 (49.9%)	16:31	3.6 (50.0%)
348	HEJMOWSKI Sylwester	1016					00:16:32.25	+00:08:15 (49.9%)	16:32	3.6 (50.0%)
349	PILIPCZUK Paweł	735	POLISH OFFICIAL DRINKING TEAM				00:16:35.15	+00:08:17 (50.0%)	16:35	3.6 (50.0%)
350	BORKOWSKI Krzysztof	329					00:16:35.75	+00:08:18 (50.1%)	16:35	3.6 (50.0%)
351	BARANOWSKI Szymon	353					00:16:37.35	+00:08:20 (50.1%)	16:37	3.6 (50.0%)
352	MORGIEWICZ Piotr	753	RUNGRYF GRYFICE				00:16:38.45	+00:08:21 (50.2%)	16:38	3.6 (50.0%)
353	SUMISŁAWSKI Sebastian	1050					00:16:38.80	+00:08:21 (50.2%)	16:38	3.6 (50.0%)
354	SAKRAJDA Jerzy	1018					00:16:39.45	+00:08:22 (50.2%)	16:39	3.6 (50.0%)
355	ZABIEREK Roland	1051					00:16:40.75	+00:08:23 (50.3%)	16:40	3.6 (50.0%)
356	DAWIDZIAK Arkadiusz	728	GARMIN WROCŁAW				00:16:41.10	+00:08:23 (50.3%)	16:41	3.6 (50.0%)
357	JAKUBOWSKI Łukasz	767					00:16:41.30	+00:08:24 (50.3%)	16:41	3.6 (50.0%)
358	GOŁĘBIEWSKI Marcin	999					00:16:45.15	+00:08:27 (50.5%)	16:45	3.6 (50.0%)
359	MARCINKIEWICZ Marek	520					00:16:45.50	+00:08:28 (50.5%)	16:45	3.6 (50.0%)
360	LIPIŃSKI Jacek	324					00:16:46.60	+00:08:29 (50.6%)	16:46	3.6 (50.0%)

						Net time 1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Prenumerata	Gap		
361	M-SKI Bartosz	726	SPWSZ W SZCZECINIE				+00:08:29 (50.6%)	16:47	3.6 (50.0%)
362	SOLARSKI Robert	29	NORTH.PL				+00:08:31 (50.7%)	16:49	3.6 (50.0%)
363	GODYŃ Sylwiusz	483	DZIEWIĘĆSIŁ				+00:08:33 (50.8%)	16:50	3.6 (50.0%)
364	SZCZOTKA Katarzyna	354					+00:08:34 (50.9%)	16:52	3.6 (50.0%)
365	GORCZYCA Jerzy	54					+00:08:35 (50.9%)	16:52	3.6 (50.0%)
366	FRĄCKOWIAK Ewelina	48					+00:08:35 (50.9%)	16:52	3.6 (50.0%)
367	MAZUR Katarzyna	422	UMLAUT				+00:08:35 (50.9%)	16:52	3.6 (50.0%)
368	PTAK Dorota	412					+00:08:36 (51.0%)	16:54	3.6 (50.0%)
369	ŁUPKOWSKI Paweł	543	VEGE RUNNERS				+00:08:37 (51.0%)	16:54	3.6 (50.0%)
370	BIENIEK Michał	152					+00:08:37 (51.0%)	16:54	3.6 (50.0%)
371	SIKORSKI Cezary	485	BBL GUBIN				+00:08:40 (51.1%)	16:57	3.5 (48.6%)
372	MARTAN Iwona	474	ORTHOS TEAM				+00:08:40 (51.2%)	16:58	3.5 (48.6%)
373	SURDACKI Piotr	18					+00:08:42 (51.2%)	16:59	3.5 (48.6%)
374	SZAMOCKA Paulina	394					+00:08:44 (51.3%)	17:01	3.5 (48.6%)
375	ŻYGIEŁO Monika	14	CH10				+00:08:45 (51.4%)	17:03	3.5 (48.6%)
376	WRZESIŃSKI Łukasz	759	POWER&PAKER				+00:08:46 (51.4%)	17:03	3.5 (48.6%)
377	TONDERSKI Maciej	524	FALCON V SYSTEMS				+00:08:46 (51.4%)	17:04	3.5 (48.6%)
378	NAJDEK Michał	1030					+00:08:47 (51.5%)	17:04	3.5 (48.6%)
379	DEINIUK Roman	715					+00:08:50 (51.6%)	17:07	3.5 (48.6%)
380	KOSTYK Grzegorz	410					+00:08:51 (51.6%)	17:08	3.5 (48.6%)
381	PŁUSA Aneta	564	BBC				+00:08:52 (51.7%)	17:09	3.5 (48.6%)
382	DACZKOWSKA Agata	1031					+00:08:52 (51.7%)	17:10	3.5 (48.6%)
383	KRÓLAK Katarzyna	1042	SLOW JOGGING WAŁBRZYCH				+00:08:53 (51.8%)	17:11	3.5 (48.6%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
384	BORECKI Michał	408					00:17:11.40	+00:08:54 (51.8%)	17:11	3.5 (48.6%)
385	JODŁOWSKA Ewa	423	BIEGAMY BO CHCEMY				00:17:11.60	+00:08:54 (51.8%)	17:11	3.5 (48.6%)
386	HOŁOWNIA Patrycja	484	BIEGUSY CZAPLE				00:17:11.80	+00:08:54 (51.8%)	17:11	3.5 (48.6%)
387	BENTKOWSKA Magdalena	442	DIRTY SPARROWS				00:17:15.50	+00:08:58 (52.0%)	17:15	3.5 (48.6%)
388	GRUDNIEWSKI Jakub	544					00:17:17.10	+00:08:59 (52.1%)	17:17	3.5 (48.6%)
389	JĘDROWSKI Ryszard	736	ULTRA RZEPIN				00:17:21.25	+00:09:04 (52.2%)	17:21	3.5 (48.6%)
390	MILEWICZ Daniel	713					00:17:22.90	+00:09:05 (52.3%)	17:22	3.5 (48.6%)
391	SZYNKAREK Tomasz	998					00:17:23.10	+00:09:05 (52.3%)	17:23	3.5 (48.6%)
392	SEMENIUK Konrad	747	RZEPIŃSCY BIEGACZE				00:17:24.15	+00:09:06 (52.4%)	17:24	3.4 (47.2%)
393	KROCZYŃSKI Sławomir	772	BIEGOLAS KOSZALIN-KOŁOBRZEG				00:17:25.65	+00:09:08 (52.4%)	17:25	3.4 (47.2%)
394	DWORNIKOWSKI Zbigniew	722					00:17:26.00	+00:09:08 (52.5%)	17:26	3.4 (47.2%)
395	KRZYWDZIŃSKI Bartłomiej	706					00:17:27.20	+00:09:09 (52.5%)	17:27	3.4 (47.2%)
396	LEŚNIAK Grzegorz	585	LUŻNE PIĄTKI				00:17:31.25	+00:09:14 (52.7%)	17:31	3.4 (47.2%)
397	KWAPISZ Paweł	129					00:17:32.35	+00:09:15 (52.7%)	17:32	3.4 (47.2%)
398	PYZIO Magda	430					00:17:32.65	+00:09:15 (52.8%)	17:32	3.4 (47.2%)
399	WALIŃSKA Agata	429	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL				00:17:32.70	+00:09:15 (52.8%)	17:32	3.4 (47.2%)
400	MISIAK Ula	613					00:17:33.00	+00:09:15 (52.8%)	17:33	3.4 (47.2%)
401	ZIELIŃSKI Karol	6					00:17:34.75	+00:09:17 (52.9%)	17:34	3.4 (47.2%)
402	SIEMIĄTKOWSKI Krzysztof	536	#BIEGAMWOLNOALEDOKŁADNIE				00:17:37.50	+00:09:20 (53.0%)	17:37	3.4 (47.2%)
403	KUBICKI Piotr	509	DZIKI ZGON KOŚCIAN				00:17:38.10	+00:09:20 (53.0%)	17:38	3.4 (47.2%)
404	KĘDZIORA Aleksandra	552					00:17:40.75	+00:09:23 (53.1%)	17:40	3.4 (47.2%)
405	KRASIŃSKI Gracjan	968	ADIENT TEAM				00:17:42.05	+00:09:24 (53.2%)	17:42	3.4 (47.2%)
406		800					00:17:42.50	+00:09:25 (53.2%)	17:42	3.4 (47.2%)

						Net time 1km	Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat Prenumerata	Gap		
407	MODZELEWSKA Agnieszka	502				+00:09:26 (53.2%)	17:43	3.4 (47.2%)
408	STAMM Tomasz	374				+00:09:26 (53.3%)	17:43	3.4 (47.2%)
409	ABRAMOWICZ Agata	717				+00:09:26 (53.3%)	17:44	3.4 (47.2%)
410	ZASOWSKI Rafał	409				+00:09:27 (53.3%)	17:44	3.4 (47.2%)
411	PAWLAK Gabriel	1007				+00:09:29 (53.4%)	17:47	3.4 (47.2%)
412	JĘSIEK Aleksander	95	CIESIÓŁKA TEAM / MARATON LESZNO			+00:09:31 (53.5%)	17:49	3.4 (47.2%)
413	WESOŁOWSKA Iwona	125				+00:09:32 (53.5%)	17:49	3.4 (47.2%)
414	STUDZIŃSKI Dawid	548				+00:09:32 (53.5%)	17:50	3.4 (47.2%)
415	MALCZEWSKA- CHAŁADAJ Karina	550				+00:09:33 (53.6%)	17:50	3.4 (47.2%)
416	DOMINIAK Iwona	431				+00:09:35 (53.6%)	17:52	3.4 (47.2%)
417	PRAGACZ Adam	379				+00:09:37 (53.7%)	17:54	3.4 (47.2%)
418	PAWLIKOWSKA Anna	966				+00:09:38 (53.8%)	17:55	3.3 (45.8%)
419	PIÓRKOWSKI Paweł	303				+00:09:38 (53.8%)	17:55	3.3 (45.8%)
420	RATAJCZAK Tomasz	141				+00:09:39 (53.8%)	17:56	3.3 (45.8%)
421	KUCHMECKI Maciej	703				+00:09:39 (53.8%)	17:57	3.3 (45.8%)
422	ŚWIERZYŃSKI Witold	761				+00:09:41 (53.9%)	17:58	3.3 (45.8%)
423	KRZECZKOWSKI Roman	482	CUDO KOMBUCHA			+00:09:41 (53.9%)	17:59	3.3 (45.8%)
424	KALIŃSKA Dorota	490				+00:09:42 (54.0%)	18:00	3.3 (45.8%)
425	GORZUCH Justyna	147				+00:09:43 (54.0%)	18:01	3.3 (45.8%)
426	KOZAKIEWICZ Beata	452	CAŁE ŻYCIE NA REDUKCJI			+00:09:45 (54.1%)	18:02	3.3 (45.8%)
427	KRZYSZTOF Grabowy	575				+00:09:45 (54.1%)	18:02	3.3 (45.8%)
428	ZIEMNIAK Marcin	741				+00:09:47 (54.1%)	18:04	3.3 (45.8%)
429	KĘDZIORA Alicja	438				+00:09:47 (54.2%)	18:05	3.3 (45.8%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
430	KAŃDUŁA Klaudia	315	LION GROUP				00:18:06.10	+00:09:48 (54.2%)	18:06	3.3 (45.8%)
431	KOJDER Grezgorz	574					00:18:06.70	+00:09:49 (54.2%)	18:06	3.3 (45.8%)
432	JĘDROWSKA Emilia	401					00:18:06.75	+00:09:49 (54.2%)	18:06	3.3 (45.8%)
433	ODWROT Hubert	32	3:33 TEAM				00:18:08.00	+00:09:50 (54.3%)	18:08	3.3 (45.8%)
434	SKOWRONEK Tomasz	540	OJ NIEFAJNIE				00:18:08.15	+00:09:50 (54.3%)	18:08	3.3 (45.8%)
435	BYLEWSKA Ewa	33	3:33 TEAM				00:18:10.70	+00:09:53 (54.4%)	18:10	3.3 (45.8%)
436	STODOLNY Krzysztof	743					00:18:12.10	+00:09:54 (54.5%)	18:12	3.3 (45.8%)
437	KOLAŚNIEWSKI Marek	57					00:18:13.50	+00:09:56 (54.5%)	18:13	3.3 (45.8%)
438	MICHAŁKIEWICZ Marek	61					00:18:14.20	+00:09:56 (54.6%)	18:14	3.3 (45.8%)
439	WITKOWSKI Marcin	10	ZASZYCI				00:18:15.30	+00:09:58 (54.6%)	18:15	3.3 (45.8%)
440	SZKURŁAT Adam	478					00:18:16.90	+00:09:59 (54.7%)	18:16	3.3 (45.8%)
441	JANIK Mateusz	28	ADIENT TEAM				00:18:17.15	+00:09:59 (54.7%)	18:17	3.3 (45.8%)
442	INOROWICZ Joanna	517					00:18:17.40	+00:10:00 (54.7%)	18:17	3.3 (45.8%)
443	NOWAK Marta	516		Prenumeratorki - Kobiety	6	Tak	00:18:17.85	+00:10:00 (54.7%)	18:17	3.3 (45.8%)
444	OLEŚ Ewa	1020					00:18:18.15	+00:10:00 (54.7%)	18:18	3.3 (45.8%)
445	BUSZKOWSKI Filip	122	SPORTOWY KAŻMIERZ				00:18:18.30	+00:10:01 (54.7%)	18:18	3.3 (45.8%)
446	MARCINIAK Anna	37	BBL LEGNICA				00:18:19.70	+00:10:02 (54.8%)	18:19	3.3 (45.8%)
447	WALIGÓRA Judyta	21					00:18:19.75	+00:10:02 (54.8%)	18:19	3.3 (45.8%)
448	AWIŻEŃ Łukasz	577					00:18:19.80	+00:10:02 (54.8%)	18:19	3.3 (45.8%)
449	STAL Waldemar	437	TOOPLOOX				00:18:21.30	+00:10:04 (54.8%)	18:21	3.3 (45.8%)
450	JĘDRZEJCZAK Anna	492					00:18:21.60	+00:10:04 (54.9%)	18:21	3.3 (45.8%)
451	KUCHARSKI Adam	494					00:18:21.70	+00:10:04 (54.9%)	18:21	3.3 (45.8%)
452	KWIASOWSKA Martyna	1012	BE AGGRESSIVE				00:18:21.85	+00:10:04 (54.9%)	18:21	3.3 (45.8%)

							Net time 1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Prenumerata		Gap		
453	DEC Mirosław	805	TRUCHT TEAM				00:18:22.05	+00:10:04 (54.9%)	18:22	3.3 (45.8%)
454	JARASZEK Sanjaya	774	JASNA STRONA MOCY				00:18:22.20	+00:10:04 (54.9%)	18:22	3.3 (45.8%)
455	BROŚ Bożena	359	KLUB BIEGACZA ORANGE POLSKA				00:18:22.40	+00:10:05 (54.9%)	18:22	3.3 (45.8%)
456	WASILEWSKA Joanna	360					00:18:23.10	+00:10:05 (54.9%)	18:23	3.3 (45.8%)
457	SOBKOWIAK Sławomir	7	WRONIECKI KLUB BIEGACZA				00:18:23.65	+00:10:06 (54.9%)	18:23	3.3 (45.8%)
458	LUBICKI Wojciech	566	DWÓJKA BEZ SERNIKA				00:18:23.80	+00:10:06 (55.0%)	18:23	3.3 (45.8%)
459	OKONIEWSKA Agnieszka	19					00:18:23.90	+00:10:06 (55.0%)	18:23	3.3 (45.8%)
460	GAJEWSKA Weronika	472	RYSIE				00:18:24.30	+00:10:07 (55.0%)	18:24	3.3 (45.8%)
461	GASIOR Paweł	1039	ROZBIEGANY SUSZ				00:18:24.90	+00:10:07 (55.0%)	18:24	3.3 (45.8%)
462	OLEKSIEWICZ Beata	499	SZAKALE BAŁUT ŁÓDŹ				00:18:28.45	+00:10:11 (55.1%)	18:28	3.2 (44.4%)
463	ANTKOWIAK Mirosław	555	BBC KROSNO ODRZAŃSKIE				00:18:30.50	+00:10:13 (55.2%)	18:30	3.2 (44.4%)
464	SLUSARCZYK Tomasz	995					00:18:31.50	+00:10:14 (55.3%)	18:31	3.2 (44.4%)
465	SKÓRZAŃSKA Agnieszka	124					00:18:31.75	+00:10:14 (55.3%)	18:31	3.2 (44.4%)
466	PAWLIKOWSKA Monika	532					00:18:32.05	+00:10:14 (55.3%)	18:32	3.2 (44.4%)
467	DZIĘGIELEWSKA Dominika	704					00:18:33.35	+00:10:16 (55.3%)	18:33	3.2 (44.4%)
468	WOJTCZAK Małgorzata	551					00:18:34.55	+00:10:17 (55.4%)	18:34	3.2 (44.4%)
469	SZMANIA Jakub	142	HKT AZYMUT				00:18:35.15	+00:10:17 (55.4%)	18:35	3.2 (44.4%)
470	NOWAK Michał	436	TOOPLOOX				00:18:36.45	+00:10:19 (55.5%)	18:36	3.2 (44.4%)
471	RAJTAR Robert	121	BRYGADA RR				00:18:37.05	+00:10:19 (55.5%)	18:37	3.2 (44.4%)
472	KACZMAREK Mirosław	63	RUNNER'S POWER ŚREM				00:18:38.10	+00:10:20 (55.5%)	18:38	3.2 (44.4%)
473	MATUSZEWSKA Małgorzata	36	RUNNER'S POWER ŚREM				00:18:38.35	+00:10:21 (55.5%)	18:38	3.2 (44.4%)
474	BOBER Dorota	766					00:18:38.50	+00:10:21 (55.5%)	18:38	3.2 (44.4%)
475	DUBOWIK Anna	42					00:18:39.05	+00:10:21 (55.6%)	18:39	3.2 (44.4%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
476	WIECZOREK Sławomir	15					00:18:40.05	+00:10:22 (55.6%)	18:40	3.2 (44.4%)
477	KOPCZYŃSKA Marta	55					00:18:40.25	+00:10:23 (55.6%)	18:40	3.2 (44.4%)
478	LIS Anna	964					00:18:40.50	+00:10:23 (55.6%)	18:40	3.2 (44.4%)
479	GAWORECKI Sławomir	93	KLUB SPORTOWY HUSARIA SZCZECINEK				00:18:41.90	+00:10:24 (55.7%)	18:41	3.2 (44.4%)
480	TALIKADZE Dawid	108	S.C.REP ARVATO ŻERNIKI				00:18:44.55	+00:10:27 (55.8%)	18:44	3.2 (44.4%)
481	BRONCZAK Tomasz	727	LUBIEPODGORKE				00:18:48.80	+00:10:31 (55.9%)	18:48	3.2 (44.4%)
482	ŚMIECHOWSKA Małgorzata	414					00:18:50.20	+00:10:32 (56.0%)	18:50	3.2 (44.4%)
483	STOŁOWSKI Robert	5					00:18:50.40	+00:10:33 (56.0%)	18:50	3.2 (44.4%)
484	SCHLOSSBERGER Lidia	504					00:18:50.75	+00:10:33 (56.0%)	18:50	3.2 (44.4%)
485	KOZŁOWSKI Piotr	92		Prenumeratorzy - Mężczyźni	12	Tak	00:18:53.15	+00:10:35 (56.1%)	18:53	3.2 (44.4%)
486	LESAK- JAŚKOWSKA Sylwia	1060					00:18:55.05	+00:10:37 (56.2%)	18:55	3.2 (44.4%)
487	SZYPURA Robert	554	OPALENICKI KLUB BIEGACZA				00:18:55.40	+00:10:38 (56.2%)	18:55	3.2 (44.4%)
488	WINNICKA Edyta	351	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	Prenumeratorki - Kobiety	7	Tak	00:18:59.50	+00:10:42 (56.4%)	18:59	3.2 (44.4%)
489	SZYPURA Katarzyna	553	OPALENICKI KLUB BIEGACZA				00:19:00.95	+00:10:43 (56.4%)	19:00	3.2 (44.4%)
490	KEREBKO Yuliia	994					00:19:03.30	+00:10:46 (56.5%)	19:03	3.1 (43.1%)
491	PRZYBYSZ Piotr	991					00:19:03.85	+00:10:46 (56.5%)	19:03	3.1 (43.1%)
492	WIECZOREK Monika	65	PGB LEŚNE DZIKI				00:19:04.80	+00:10:47 (56.6%)	19:04	3.1 (43.1%)
493	HAGEL Julita	432					00:19:06.15	+00:10:48 (56.6%)	19:06	3.1 (43.1%)
494	SŁOMKA Magda	988					00:19:10.30	+00:10:53 (56.8%)	19:10	3.1 (43.1%)
495	PTAK Ewa	587					00:19:11.55	+00:10:54 (56.8%)	19:11	3.1 (43.1%)
496	KUREK Weronika	903B					00:19:12.45	+00:10:55 (56.9%)	19:12	3.1 (43.1%)
497	KATA Wioletta	467	FIT STYLE ZONE				00:19:12.50	+00:10:55 (56.9%)	19:12	3.1 (43.1%)
498	KUREK Justyna	903A	OPALENICKI KLUB BIEGACZA				00:19:12.90	+00:10:55 (56.9%)	19:12	3.1 (43.1%)

						Net time 1km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Prenumerata	Gap		
499	BRELA Ewa	970	BRAK				+00:11:14 (57.6%)	19:31	3.1 (43.1%)
500	BANASIAK Jakub	905B					+00:11:16 (57.7%)	19:34	3.1 (43.1%)
501	DRELINKIEWICZ Michał	522	MISIE BIEGAJĄ				+00:11:17 (57.7%)	19:34	3.1 (43.1%)
502	GRACZYK Magdalena	1025					+00:11:18 (57.7%)	19:35	3.1 (43.1%)
503	FURMANOWSKA Magdalena	915A					+00:11:18 (57.7%)	19:35	3.1 (43.1%)
504	KOCZEWSKI Jan	915B					+00:11:18 (57.7%)	19:35	3.1 (43.1%)
505	SOBKÓW Katarzyna	521	MISIE BIEGAJĄ				+00:11:19 (57.7%)	19:36	3.1 (43.1%)
506	ŁUKOWIAK Krzysztof	1000	FLY OR DIE				+00:11:22 (57.8%)	19:39	3.1 (43.1%)
507	KLISOWSKA Weronika	1001	FLY OR DIE				+00:11:22 (57.8%)	19:39	3.1 (43.1%)
508	GUL Paweł	583					+00:11:23 (57.9%)	19:40	3.1 (43.1%)
509	ANIOŁEK Michał	1013	FLY OR DIE				+00:11:23 (57.9%)	19:40	3.1 (43.1%)
510	NIEWIADOMSKI Mateusz	523					+00:11:25 (58.0%)	19:43	3 (41.7%)
511	SOBCZAK Maciej	969	RAZEM TRENUJEMY SPORT				+00:11:29 (58.1%)	19:46	3 (41.7%)
512	KOCZEWSKI Paweł	905A					+00:11:29 (58.1%)	19:46	3 (41.7%)
513	KLOC Maciej	534	TEAM ORTHOS				+00:11:29 (58.1%)	19:47	3 (41.7%)
514	ZIELIŃSKI Tomasz	53	ULTRAPIOTRKÓW				+00:11:30 (58.1%)	19:47	3 (41.7%)
515	DUNOWSKA Ilona	342					+00:11:31 (58.2%)	19:48	3 (41.7%)
516	PĘKAŁA Dawid	457	DZIKI Z AFRYKI				+00:11:34 (58.3%)	19:51	3 (41.7%)
517	CHAJDYS Monika	592	SKOSZEWY RUNNERS				+00:11:35 (58.3%)	19:52	3 (41.7%)
518	CHAJDYS Maciej	593	SKOSZEWY RUNNERS				+00:11:38 (58.4%)	19:56	3 (41.7%)
519	ŚLIWKA Anna	981					+00:11:44 (58.6%)	20:01	3 (41.7%)
520	SIEKIERA Piotr	388					+00:11:44 (58.6%)	20:02	3 (41.7%)
521	DWORZAŃSKA Anna	584	MARATOŃCZYK POZNAŃ				+00:11:45 (58.6%)	20:02	3 (41.7%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
522	SIEKIERA Aleksandra	355					00:20:02.55	+00:11:45 (58.7%)	20:02	3 (41.7%)
523	DUNOWSKI Przemysław	340					00:20:03.25	+00:11:46 (58.7%)	20:03	3 (41.7%)
524	KMIECIK Malgorzata	972					00:20:09.85	+00:11:52 (58.9%)	20:09	3 (41.7%)
525	KARAŚ Anna	456					00:20:11.45	+00:11:54 (59.0%)	20:11	3 (41.7%)
526	STRONIKOWSKI Kamil	771	DRUŻYNA STASIA				00:20:11.85	+00:11:54 (59.0%)	20:11	3 (41.7%)
527	SOBIŁO Marek	734	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA				00:20:13.05	+00:11:55 (59.0%)	20:13	3 (41.7%)
528	MARKULAK Marcin	729					00:20:13.15	+00:11:55 (59.0%)	20:13	3 (41.7%)
529	BASTA Grzegorz	308	BASTA TEAM				00:20:13.50	+00:11:56 (59.0%)	20:13	3 (41.7%)
530	KAŁŁAUR Krzysztof	495					00:20:16.75	+00:11:59 (59.1%)	20:16	3 (41.7%)
531	PAWLAK Katarzyna	334					00:20:28.10	+00:12:10 (59.5%)	20:28	2.9 (40.3%)
532	JANKOWSKA Roksana	971	KAT CROSS				00:20:29.20	+00:12:11 (59.5%)	20:29	2.9 (40.3%)
533	SIWA Michał	310	ADIENT RUNNING TEAM				00:20:30.30	+00:12:13 (59.6%)	20:30	2.9 (40.3%)
534	KACZMAREK Mariusz	1006					00:20:32.20	+00:12:14 (59.6%)	20:32	2.9 (40.3%)
535	SĄDEL Krzysztof	770					00:20:45.05	+00:12:27 (60.1%)	20:45	2.9 (40.3%)
536	BASTA Joanna	950	BASTA TEAM				00:20:47.70	+00:12:30 (60.1%)	20:47	2.9 (40.3%)
537	STEFANIAK Jan	1061					00:20:51.15	+00:12:33 (60.3%)	20:51	2.9 (40.3%)
538	ZIAJA Aleksandra	339					00:20:53.40	+00:12:36 (60.3%)	20:53	2.9 (40.3%)
539	GAJ Bartosz	1034	ORTHOS TEAM				00:21:05.15	+00:12:47 (60.7%)	21:05	2.8 (38.9%)
540	SZYDŁOWSKA-JAROSZ Agnieszka	976	POBIEROWO BIEGA				00:21:13.95	+00:12:56 (61.0%)	21:13	2.8 (38.9%)
541	ZAKRZEWSKI Krzysztof	763	3:33 TEAM				00:21:18.80	+00:13:01 (61.1%)	21:18	2.8 (38.9%)
542	KUŁAKOWSKI Piotr	605					00:21:37.60	+00:13:20 (61.7%)	21:37	2.8 (38.9%)
543	PRUSIEWICZ Beata	701					00:21:38.45	+00:13:21 (61.7%)	21:38	2.8 (38.9%)
544	SIKORSKA Agnieszka	606					00:21:39.60	+00:13:22 (61.7%)	21:39	2.8 (38.9%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
545	WIŚNIEWSKI Adam	596	GR3MIASTO				00:21:40.20	+00:13:22 (61.8%)	21:40	2.8 (38.9%)
546	STĘPIEŃ Maria	331	OPALENICKI KLUB BIEGACZA				00:21:42.75	+00:13:25 (61.8%)	21:42	2.8 (38.9%)
547	ŁUKASZEWSKA Sylwia	1046					00:21:46.75	+00:13:29 (61.9%)	21:46	2.8 (38.9%)
548	PLUSKOTA Ewa	404					00:22:02.05	+00:13:44 (62.4%)	22:02	2.7 (37.5%)
549	SOBOCIŃSKI Karol	403					00:22:06.40	+00:13:49 (62.5%)	22:06	2.7 (37.5%)
550	BOROŃ Magda	912A					00:22:16.85	+00:13:59 (62.8%)	22:16	2.7 (37.5%)
551	KOSIK Kacper	912B					00:22:22.30	+00:14:05 (63.0%)	22:22	2.7 (37.5%)
552	KAZUBOWSKA Małgorzata	710					00:22:28.00	+00:14:10 (63.1%)	22:28	2.7 (37.5%)
553	RYCHLIK Tomasz	1033	FITNESS PIEKARY LEGNICA				00:22:36.55	+00:14:19 (63.3%)	22:36	2.7 (37.5%)
554	SKOWROŃSKI Bartosz	1032					00:22:37.05	+00:14:19 (63.4%)	22:37	2.7 (37.5%)
555	FELIKSIAK Michał	731					00:22:42.35	+00:14:25 (63.5%)	22:42	2.6 (36.1%)
556	NAJDEK Oskar	615					00:22:49.95	+00:14:32 (63.7%)	22:49	2.6 (36.1%)
557	LISOWSKI Dariusz	348	POBIEROWO BIEGA				00:22:50.05	+00:14:32 (63.7%)	22:50	2.6 (36.1%)
558	SREBRO Michał	400					00:22:56.10	+00:14:38 (63.9%)	22:56	2.6 (36.1%)
559	SOBKA Zbigniew	730	TLD WORLD TEAM				00:23:01.35	+00:14:44 (64.0%)	23:01	2.6 (36.1%)
560	SREBRO Kacper	466					00:23:22.45	+00:15:05 (64.5%)	23:22	2.6 (36.1%)
561	BIEŃKO Agnieszka	914B					00:23:39.70	+00:15:22 (65.0%)	23:39	2.5 (34.7%)
562	BIEŃKO Rafał	914A					00:23:41.35	+00:15:24 (65.0%)	23:41	2.5 (34.7%)
563	SYPKO-KUBICKA Katarzyna	911A	DOBRA FORMA				00:23:47.35	+00:15:30 (65.2%)	23:47	2.5 (34.7%)
564	KUBICKA Pola	911B					00:23:48.05	+00:15:30 (65.2%)	23:48	2.5 (34.7%)
565	TRĘBACZ Marianna	990					00:23:54.05	+00:15:36 (65.3%)	23:54	2.5 (34.7%)
566	BARYŁA Dorota	1002					00:24:01.95	+00:15:44 (65.5%)	24:01	2.5 (34.7%)
567	SOBAŃSKI Bartek	913A					00:25:05.30	+00:16:48 (67.0%)	25:05	2.4 (33.3%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
568	SOBAŃSKI Franek	913B					00:25:06.65	+00:16:49 (67.0%)	25:06	2.4 (33.3%)
569	MASZEWSKA-WACH Mariola	755					00:25:20.00	+00:17:02 (67.3%)	25:20	2.4 (33.3%)
570	DWORNIKOWSKA Beata	723					00:25:20.40	+00:17:03 (67.3%)	25:20	2.4 (33.3%)
571	GIENIECZKO Marcin	769	NO LIMITS SVALBARD EXTREME 2023				00:25:21.15	+00:17:03 (67.3%)	25:21	2.4 (33.3%)
572	ZBOROWSKA Joanna	951	ADIENT RUNNING TEAM				00:25:22.80	+00:17:05 (67.3%)	25:22	2.4 (33.3%)
573	CZERNATOWICZ Dominik	901B					00:25:32.20	+00:17:14 (67.5%)	25:32	2.3 (31.9%)
574	OCHNIO Ewa	901A	DALEKA DROGA				00:25:32.55	+00:17:15 (67.6%)	25:32	2.3 (31.9%)
575	BIELASZEWSKA Arleta	960	POBIEROWO BIEGA				00:25:38.05	+00:17:20 (67.7%)	25:38	2.3 (31.9%)
576	DZIECIELSKA Agnieszka	309					00:26:05.15	+00:17:47 (68.2%)	26:05	2.3 (31.9%)
577	LISON Aleksandra	1053		Prenumeratorki - Kobiety	8	Tak	00:26:10.40	+00:17:53 (68.3%)	26:10	2.3 (31.9%)
578	DENDRA Kacper	909B					00:26:27.50	+00:18:10 (68.7%)	26:27	2.3 (31.9%)
579	DENDRA Lidia	909A					00:26:32.45	+00:18:15 (68.8%)	26:32	2.3 (31.9%)
580	NOWAK Maciej	582	SPEED FEET 16				00:27:32.60	+00:19:15 (69.9%)	27:32	2.2 (30.6%)
581	MERKLINGHAUS-KOBER Monika	367	SPEED FEET '16				00:28:07.60	+00:19:50 (70.5%)	28:07	2.1 (29.2%)
582	WITKOWSKA Telimena	904B					00:29:00.20	+00:20:42 (71.4%)	29:00	2.1 (29.2%)
583	NOWAK Magda	904A	TELIMENKI				00:29:18.50	+00:21:01 (71.7%)	29:18	2 (27.8%)
584	GRABIŃSKA Angelika	996					00:29:24.45	+00:21:07 (71.8%)	29:24	2 (27.8%)
585	JUDKIEWICZ Halina	974					00:29:45.35	+00:21:28 (72.1%)	29:45	2 (27.8%)
586	GRABIŃSKA Wiktoria	1049	FUNDACJA „DZIĘKI TOBIE”				00:29:52.95	+00:21:35 (72.3%)	29:52	2 (27.8%)
587	PRZYBYŁ Jolanta	975	EASY RUNNERS				00:30:02.75	+00:21:45 (72.4%)	30:02	2 (27.8%)
588	SZCZEPANIAK Sławomir	1017	KS LENIWIEC				00:30:10.80	+00:21:53 (72.5%)	30:10	2 (27.8%)
589	STUDNIK Wojciech	917B					00:31:00.70	+00:22:43 (73.3%)	31:00	1.9 (26.4%)
590	STUDNIK Agu	917A	HURAGAN LIGOTA				00:31:01.00	+00:22:43 (73.3%)	31:01	1.9 (26.4%)

Place	Participant	Number	Club	Category	MCat	Prenumerata	Net time 1km	Gap	Pace min/km	Pace km/h
591	SZKÓDLIŃSKI Bartosz	318	NARAMOWICE BIEGAJĄ				05:33:39.10	+05:25:21 (97.5%)	333:39	0.2 (2.8%)
592	DUSZYŃSKA Ewa	336					05:34:49.70	+05:26:32 (97.5%)	334:49	0.2 (2.8%)
593	ZIELONKA Agnieszka	1029					06:37:55.40	+06:29:38 (97.9%)	397:55	0.2 (2.8%)
594	FRANKOWSKA Weronika	958					07:02:01.80	+06:53:44 (98.0%)	422:01	0.1 (1.4%)
595	MATKOWSKI Wiktor	418	RENA WYKROTY							(0.0%)
596	ADAMSKI Adam	333								(0.0%)
597	SADOWSKI Paweł	748								(0.0%)
598	FARGANUS Robert	724	ZABIEGANI Z LEŚNEJ							(0.0%)
599	JEKA Mateusz	514	JEKA TEAM							(0.0%)
	SOWIŃSKI Kamil	737	PRZEDWOJEWSKI TEAM				DNF		-	- (0.0%)
	ZAKRZEWSKI Paweł	764					DNF		-	- (0.0%)
	PRAŻANOWSKI Sergiusz	739					DNF		-	- (0.0%)
	CZECHOWICZ Jarosław	362					DNF		-	- (0.0%)

Total 603 results.