

VIII HYUNDAI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

Wydarzenie: VIII HYUNDAI ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-10-09
Miejsce: Cisna
Dystans: 26 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	SOBAS Jacek	2384	ASICSFRONTRUNNERPOLAND	M30	1	00:01:03	01:06:06	02:08:19.80	02:09:22.80		4:56	12.2 (100%)
2	FARON Robert	2547	SALCO GARMIN TEAM	M40	1	00:01:03	01:05:36	02:09:51.20	02:10:55.00	+00:01:31 (1.2%)	4:59	12 (98.4%)
3	ZEBATKA Lary	2200	WWW.LARYZEBATKA.COM	M30	2	00:01:04	01:07:38	02:14:57.35	02:16:01.35	+00:06:37 (4.9%)	5:11	11.6 (95.1%)
4	KOŚCIELNIAK Kacper	2548	SALCO GARMIN TEAM	M20	1	00:01:04	01:08:59	02:17:35.60	02:18:40.00	+00:09:15 (6.7%)	5:17	11.3 (92.6%)
5	KAPAON Aleksander	2484	CAZZO CLUB RUNNING TEAM	M20	2	00:01:04	01:08:58	02:18:13.45	02:19:18.40	+00:09:53 (7.2%)	5:18	11.3 (92.6%)
6	KIPER Maciej	2105	JAROSLAWSKI BIEGACZ	M40	2	00:01:03	01:07:55	02:20:54.85	02:21:58.35	+00:12:35 (8.9%)	5:25	11.1 (91.0%)
7	MORAWA Mateusz	2555	LACHO TEAM	M40	3	00:01:05	01:11:41	02:21:53.80	02:22:59.10	+00:13:34 (9.6%)	5:27	11 (90.2%)
8	ZDANOWSKI Łukasz	2545	ZDANOWSKITEAM	M30	3	00:01:04	01:09:24	02:23:24.85	02:24:29.80	+00:15:05 (10.5%)	5:30	10.9 (89.3%)
9	BRZĄKAŁSKI Krzysiek	2490	EAZYMUT.PL	M20	3	00:01:04	01:11:41	02:25:01.55	02:26:06.50	+00:16:41 (11.5%)	5:34	10.8 (88.5%)
10	SIERADZKI Krzysztof	2216	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	4	00:01:04	01:13:03	02:25:52.50	02:26:56.55	+00:17:32 (12.0%)	5:36	10.7 (87.7%)
11	TRACZ Łukasz	2400	WWW.TRENINGFIZJOTERAPIA.PL	M30	5	00:17:24	01:14:36	02:27:00.10	02:44:24.55	+00:18:40 (12.7%)	5:39	10.6 (86.9%)
12	KARAŚ Marcin	2486	BUFF	M30	6	00:01:03	01:13:12	02:27:26.90	02:28:30.20	+00:19:07 (13.0%)	5:40	10.6 (86.9%)
13	LIPA Piotr	2269	OCR TEAM DĘBICA	M30	7	00:01:10	01:14:51	02:27:29.00	02:28:39.25	+00:19:09 (13.0%)	5:40	10.6 (86.9%)
14	TRACZ Paulina	2402	SALCOGARMINTEAM	K30	1	00:17:24	01:15:54	02:29:05.10	02:46:29.75	+00:20:45 (13.9%)	5:44	10.5 (86.1%)
15	PAJĄK Bartłomiej	2263	SMSKLIMA	M30	8	00:01:03	01:14:52	02:31:14.15	02:32:17.30	+00:22:54 (15.1%)	5:49	10.3 (84.4%)

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16	KOCIOŁEK Witold	2259	INŻYNIERIA BIEGANIA TEAM	M40	4	00:01:04	01:14:07	02:32:05.40	02:33:09.95	+00:23:45 (15.6%)	5:50	10.3 (84.4%)
17	WETHACZ Dariusz	2477	LOKOMOTIV MAJDAN	M30	9	00:24:49	01:20:52	02:35:25.65	03:00:15.50	+00:27:05 (17.4%)	5:58	10 (82.0%)
18	OBSTÓJ Karolina	2351	MUAY RUNNING TEAM	K30	2	00:01:03	01:16:30	02:35:31.40	02:36:34.50	+00:27:11 (17.5%)	5:58	10 (82.0%)
19	DYŚ Paweł	2318	STAY INSANE	M30	10	00:17:24	01:15:51	02:36:30.10	02:53:55.05	+00:28:10 (18.0%)	6:01	10 (82.0%)
20	KAPAON Andrzej	2145	CAZZO CLUB RUNNING TEAM	M20	4	00:01:04	01:17:52	02:38:23.45	02:39:28.15	+00:30:03 (19.0%)	6:05	9.8 (80.3%)
21	KWIATKOWSKI Michael	2488	FLEXISTAVTEAM	M30	11	00:01:03	01:20:24	02:41:28.55	02:42:32.05	+00:33:08 (20.5%)	6:12	9.7 (79.5%)
22	WĘGLIŃSKI Mikołaj	2223		M30	12	00:17:36	01:18:08	02:41:35.60	02:59:11.85	+00:33:15 (20.6%)	6:12	9.7 (79.5%)
23	MAZAN Beata	2023	FINISZ RYMANÓW	K30	3	00:01:03	01:17:52	02:41:56.50	02:43:00.20	+00:33:36 (20.8%)	6:13	9.6 (78.7%)
24	POPIEL Andrzej	2489	#FLEXISTAVTEAM	M30	13	00:01:04	01:20:43	02:42:36.70	02:43:41.55	+00:34:16 (21.1%)	6:15	9.6 (78.7%)
25	PORADA Kacper	2440		M20	5	00:01:04	01:16:37	02:43:27.90	02:44:32.30	+00:35:08 (21.5%)	6:17	9.5 (77.9%)
26	HALSKA Ania	2235	ENDURE TEAM	K30	4	00:17:26	01:21:22	02:43:29.25	03:00:55.70	+00:35:09 (21.5%)	6:17	9.5 (77.9%)
27	THIER Dominik	2423	KS KANDAHAR / TATRACAMP	M40	5	00:01:03	01:20:05	02:45:10.15	02:46:13.70	+00:36:50 (22.3%)	6:21	9.4 (77.0%)
28	MISZTAL Kamil	2424		M30	14	00:01:08	01:25:17	02:45:15.65	02:46:23.65	+00:36:55 (22.3%)	6:21	9.4 (77.0%)
29	KORGUL Marcin	2228	LUBELSKIBIEGACZ.PL TEAM	M30	15	00:01:03	01:19:18	02:45:27.70	02:46:31.45	+00:37:07 (22.4%)	6:21	9.4 (77.0%)
30	CYPRYAŃSKI Piotr	2218	RUN FOLLOW ME	M30	16	00:17:25	01:23:53	02:46:23.90	03:03:49.75	+00:38:04 (22.9%)	6:23	9.4 (77.0%)
31	KAPAON Łazarz	2170	CAZZO CLUB RUNNING TEAM	M20	6	00:01:03	01:18:36	02:46:24.60	02:47:28.50	+00:38:04 (22.9%)	6:24	9.4 (77.0%)
32	TATARA Mateusz	2438	RUN-G	M30	17	00:17:27	01:22:35	02:48:19.75	03:05:46.95	+00:39:59 (23.8%)	6:28	9.3 (76.2%)
33	HEJNAR Jakub	2123		M30	18	00:21:32	01:23:54	02:49:02.40	03:10:35.35	+00:40:42 (24.1%)	6:30	9.2 (75.4%)
34	RACZYŃSKI Rafał	2417		M30	19	00:01:04	01:21:56	02:49:32.30	02:50:36.40	+00:41:12 (24.3%)	6:31	9.2 (75.4%)
35	WETHACZ Mariusz	2494	POD BRZÓZKĄ CISNA	M30	20	00:24:49	01:27:02	02:49:49.00	03:14:38.55	+00:41:29 (24.4%)	6:31	9.2 (75.4%)
36	GAŁKA Piotr	2219	CAZZO CLUB RUNNING TEAM	M30	21	00:01:04	01:25:17	02:50:46.25	02:51:50.45	+00:42:26 (24.9%)	6:34	9.1 (74.6%)
37	ZUBA Adam	2466		M30	22	00:17:34	01:28:59	02:52:36.50	03:10:11.10	+00:44:16 (25.7%)	6:38	9 (73.8%)
38	MACIEJEWSKI Daniel	2372	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	23	00:17:25	01:25:39	02:52:59.45	03:10:25.30	+00:44:39 (25.8%)	6:39	9 (73.8%)

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39	FETISOVA Ekaterina	2288	ADIDAS RUNNERS	K30	5	00:02:20	01:27:17	02:53:50.90	02:56:11.45	+00:45:31 (26.2%)	6:41	9 (73.8%)
40	SMYKA Michał	2122		M20	7	00:17:29	01:29:38	02:54:23.65	03:11:53.50	+00:46:03 (26.4%)	6:42	8.9 (73.0%)
41	DĄBROWSKI Michał	2240	CINCLUS	M50	1	00:01:37	01:28:23	02:55:12.75	02:56:50.20	+00:46:52 (26.8%)	6:44	8.9 (73.0%)
42	MAJEWSKI Andrzej	2371	KRONOSPAN STRZELCE OPOLSKIE	M30	24	00:01:31	01:28:07	02:56:14.75	02:57:46.00	+00:47:54 (27.2%)	6:46	8.9 (73.0%)
43	GADOMSKI Radosław	2031	ŻÓRAWSKI TEAM	M30	25	00:01:33	01:26:16	02:56:29.60	02:58:03.05	+00:48:09 (27.3%)	6:47	8.8 (72.1%)
44	SABEŁ Łukasz	2368	KRAŚNIK BIEGA	M40	6	00:01:14	01:29:08	02:57:13.95	02:58:28.55	+00:48:54 (27.6%)	6:48	8.8 (72.1%)
45	MALECKA-LEŃ Patrycja	2356	BIEGAMBOLUBIĘ/ STAJNIA BALONA	K30	6	00:17:25	01:29:42	02:57:32.50	03:14:57.75	+00:49:12 (27.7%)	6:49	8.8 (72.1%)
46	ZIELIŃSKI Piotr	2030		M20	8	00:01:10	01:28:38	02:57:34.95	02:58:45.80	+00:49:15 (27.7%)	6:49	8.8 (72.1%)
47	BARAN Bernard	2293	OCR TEAM DĘBICA	M40	7	00:01:08	01:27:32	02:58:43.95	02:59:52.25	+00:50:24 (28.2%)	6:52	8.7 (71.3%)
48	STARZYK Sebastian	2277	OCR TEAM DĘBICA	M30	26	00:01:10	01:27:46	02:59:02.15	03:00:12.30	+00:50:42 (28.3%)	6:53	8.7 (71.3%)
49	PISAREWICZ Karol	2014		M30	27	00:01:32	01:30:33	02:59:14.70	03:00:47.05	+00:50:54 (28.4%)	6:53	8.7 (71.3%)
50	NOWICKI Łukasz	2459	SUNMAKE	M40	8	00:17:31	01:28:40	03:00:20.35	03:17:51.70	+00:52:00 (28.8%)	6:56	8.7 (71.3%)
51	ZAJĄC Grzegorz	2104	LW BOGDANKA	M40	9	00:00:00	01:32:14	03:00:39.70	03:00:39.70	+00:52:19 (29.0%)	6:56	8.6 (70.5%)
52	MATUSZEWSKI Arkadiusz	2236		M40	10	00:01:06	01:32:37	03:02:23.65	03:03:29.80	+00:54:03 (29.6%)	7:00	8.6 (70.5%)
53	MIROSZEWSKI Bogdan	2312	ESKADRA KRAKÓW	M60	1	00:17:44	01:33:36	03:02:39.10	03:20:23.30	+00:54:19 (29.7%)	7:01	8.5 (69.7%)
54	RYBARCZYK Kamil	2435		M30	28	00:01:05	01:32:55	03:02:41.50	03:03:46.75	+00:54:21 (29.8%)	7:01	8.5 (69.7%)
55	WOLAK Rafał	2433		M30	29	00:01:09	01:34:11	03:02:47.20	03:03:57.10	+00:54:27 (29.8%)	7:01	8.5 (69.7%)
56	ZIOBROWSKI Łukasz	2135	SZTUKA RUCHU	M40	11	00:17:25	01:34:14	03:02:48.10	03:20:13.95	+00:54:28 (29.8%)	7:01	8.5 (69.7%)
57	KLYSZCZ Michał	2264	IZBICKO W BIEGU	M20	9	00:01:19	01:29:50	03:03:09.90	03:04:29.55	+00:54:50 (29.9%)	7:02	8.5 (69.7%)
58	PIASECZNY Marcin	2436	RUN-G	M40	12	00:17:27	01:31:04	03:04:10.95	03:21:38.80	+00:55:51 (30.3%)	7:05	8.5 (69.7%)
59	KRAWCZYK Michał	2327	ARW	M30	30	00:17:38	01:35:30	03:04:37.25	03:22:15.65	+00:56:17 (30.5%)	7:06	8.4 (68.9%)
60	GROCHAL Marcin	2158	PORANNY PAW	M40	13	00:17:32	01:34:12	03:04:42.40	03:22:14.45	+00:56:22 (30.5%)	7:06	8.4 (68.9%)
61	FIGLEWICZ Piotr	2412		M30	31	00:01:09	01:33:35	03:05:21.30	03:06:30.50	+00:57:01 (30.8%)	7:07	8.4 (68.9%)

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62	KWIECIEŃ Paweł	2143		M30	32	00:01:11	01:33:27	03:05:46.75	03:06:58.10	+00:57:26 (30.9%)	7:08	8.4 (68.9%)
63	TRZCIONKOWSKI Mariusz	2373	OSV TEAM OLKUSZ	M40	14	00:17:27	01:29:35	03:05:57.65	03:23:24.85	+00:57:37 (31.0%)	7:09	8.4 (68.9%)
64	MIELNICZUK Mirosław	2242	BRAK	M40	15	00:01:07	01:31:40	03:06:29.40	03:07:36.55	+00:58:09 (31.2%)	7:10	8.4 (68.9%)
65	GRACZYK Karolina	2203		K30	7	00:17:33	01:35:01	03:07:24.50	03:24:57.70	+00:59:04 (31.5%)	7:12	8.3 (68.0%)
66	SZYBIAK Joanna	2059	AGONA W&M	K40	1	00:01:08	01:34:44	03:09:48.65	03:10:56.95	+01:01:28 (32.4%)	7:18	8.2 (67.2%)
67	SALDANA Cristian	2275		M20	10	00:17:39	01:30:55	03:09:49.55	03:27:29.25	+01:01:29 (32.4%)	7:18	8.2 (67.2%)
68	MACHTAŁOWICZ Szymon	2037		M30	33	00:01:11	01:34:55	03:11:15.20	03:12:26.55	+01:02:55 (32.9%)	7:21	8.2 (67.2%)
69	MATERSKA Marta	2434	ADIDAS RUNNERS WARSAW	K30	8	00:17:38	01:35:31	03:11:42.30	03:29:20.70	+01:03:22 (33.1%)	7:22	8.1 (66.4%)
70	RAK Wojciech	2474	SII RUNNING TEAM	M30	34	00:17:28	01:36:22	03:12:50.20	03:30:18.55	+01:04:30 (33.5%)	7:25	8.1 (66.4%)
71	WALESIAK Wojciech	2485	REMBERTÓW TEAM	M30	35	00:01:43	01:37:35	03:12:58.95	03:14:42.10	+01:04:39 (33.5%)	7:25	8.1 (66.4%)
72	MUCHA Łukasz	2063	DUSZPASTERSTWO AKADEMICKIE RADOM	M20	11	00:17:30	01:33:25	03:13:19.05	03:30:49.50	+01:04:59 (33.6%)	7:26	8.1 (66.4%)
73	KOLASIŃSKI Kamil	2355	SMSKLIMA	M30	36	00:01:11	01:35:19	03:13:58.40	03:15:09.45	+01:05:38 (33.8%)	7:27	8 (65.6%)
74	KRAWCZYK Mateusz	2137	MARCUS TEAM	M30	37	00:01:27	01:35:55	03:14:14.15	03:15:41.85	+01:05:54 (33.9%)	7:28	8 (65.6%)
75	PIOTROWSKI Przemysław	2191	NOWA HUTA TEAM	M30	38	00:17:43	01:38:44	03:14:16.15	03:31:59.20	+01:05:56 (33.9%)	7:28	8 (65.6%)
76	STACH Paweł	2055	SIWEJKA	M50	2	00:17:33	01:34:27	03:14:23.20	03:31:56.30	+01:06:03 (34.0%)	7:28	8 (65.6%)
77	ŁĄCZNY Marcin	2375		M30	39	00:01:44	01:35:42	03:15:50.40	03:17:35.20	+01:07:30 (34.5%)	7:31	8 (65.6%)
78	LEWANDOWSKI Janusz	2496	BIEGAM DLA KUBUSIA HANI I ANI	M30	40	00:01:15	01:36:08	03:16:08.90	03:17:23.95	+01:07:49 (34.6%)	7:32	8 (65.6%)
79	STANISZEWSKI Marcin	2267	MOVE FACTORY	M40	16	00:28:26	01:38:20	03:16:41.85	03:45:08.30	+01:08:22 (34.8%)	7:33	7.9 (64.8%)
80	ZWOLIŃSKI Mariusz	2410		M40	17	00:01:17	01:41:59	03:17:08.10	03:18:25.25	+01:08:48 (34.9%)	7:34	7.9 (64.8%)
81	WILK Paweł	2376		M40	18	00:01:05	01:39:58	03:17:14.10	03:18:19.75	+01:08:54 (34.9%)	7:35	7.9 (64.8%)
82	OCIEPKA Sebastian	2468	LATAJACY CYRK	M40	19	00:21:10	01:35:53	03:17:25.75	03:38:35.75	+01:09:05 (35.0%)	7:35	7.9 (64.8%)
83	SZPAK Damian	2273	TEAM DAMEK	M50	3	00:17:32	01:41:58	03:17:36.55	03:35:08.60	+01:09:16 (35.1%)	7:36	7.9 (64.8%)
84	WIĄCKIEWICZ Piotr	2252	DZIK KOMANDO	M30	41	00:01:13	01:35:18	03:17:40.25	03:18:53.75	+01:09:20 (35.1%)	7:36	7.9 (64.8%)

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85	TWARDOCHLEB Marcin	2028		M40	20	00:17:29	01:37:27	03:17:41.80	03:35:11.75	+01:09:22 (35.1%)	7:36	7.9 (64.8%)
86	LUBECKI Bartłomiej	2404		M30	42	00:17:40	01:39:22	03:17:45.45	03:35:26.10	+01:09:25 (35.1%)	7:36	7.9 (64.8%)
87	CIEŚLA Krzysztof	2305		M30	43	00:17:41	01:39:12	03:17:50.60	03:35:31.95	+01:09:30 (35.1%)	7:36	7.9 (64.8%)
88	JURECZKO Agnieszka	2285	DZIK KOMANDO	K30	9	00:01:12	01:36:35	03:17:55.55	03:19:07.55	+01:09:35 (35.2%)	7:36	7.9 (64.8%)
89	ŚLIWIŃSKI Andrzej	2353		M60	2	00:17:26	01:41:22	03:18:55.95	03:36:22.40	+01:10:36 (35.5%)	7:39	7.8 (63.9%)
90	LEWANDOWSKI Przemek	2425	TALENT42	M30	44	00:01:06	01:39:24	03:19:29.45	03:20:36.25	+01:11:09 (35.7%)	7:40	7.8 (63.9%)
91	KIJAŃSKA BEDNARZ Marta	2415		K40	2	00:17:38	01:39:59	03:19:47.70	03:37:26.60	+01:11:27 (35.8%)	7:41	7.8 (63.9%)
92	IZDEBSKI Mariusz	2279	OSV TEAM	M50	4	00:17:27	01:38:04	03:19:56.50	03:37:24.35	+01:11:36 (35.8%)	7:41	7.8 (63.9%)
93	GRUDNIEWSKI Tomasz	2043		M40	21	00:17:33	01:39:00	03:20:24.65	03:37:58.30	+01:12:04 (36.0%)	7:42	7.8 (63.9%)
94	KOŁODZIEJCZYK Krzysztof	2003	WATAHA	M40	22	00:17:32	01:39:59	03:21:57.05	03:39:29.10	+01:13:37 (36.5%)	7:46	7.7 (63.1%)
95	CYBA Anna	2427	LATAJĄCY CYRK	K30	10	00:21:08	01:36:49	03:22:15.65	03:43:24.00	+01:13:55 (36.6%)	7:46	7.7 (63.1%)
96	HENSZKE Waldemar	2405		M30	45	00:17:35	01:39:37	03:23:06.55	03:40:41.90	+01:14:46 (36.8%)	7:48	7.7 (63.1%)
97	KRUPA Grzegorz	2558	KB SOBÓTKA	M40	23	00:01:10	01:41:39	03:23:44.00	03:24:54.35	+01:15:24 (37.0%)	7:50	7.7 (63.1%)
98	ŁUSZCZYC Anna	2359		K30	11	00:01:19	01:43:12	03:23:48.60	03:25:07.75	+01:15:28 (37.0%)	7:50	7.7 (63.1%)
99	JAKUBOWSKI Łukasz	2395		M20	12	00:01:10	01:39:39	03:24:19.75	03:25:30.20	+01:15:59 (37.2%)	7:51	7.6 (62.3%)
100	ZABOROWSKA Renata	2243	BIEGUSIEM.PL	K40	3	00:01:07	01:41:39	03:24:26.95	03:25:34.80	+01:16:07 (37.2%)	7:51	7.6 (62.3%)
101	CHOJNACKI Mikołaj	2546	WARSAW RUN CLUB	M40	24	00:17:34	01:42:04	03:25:07.55	03:42:41.70	+01:16:47 (37.4%)	7:53	7.6 (62.3%)
102	WALENDA Mateusz	2344	KS KANAŁEK	M30	46	00:17:26	01:45:23	03:25:27.90	03:42:54.20	+01:17:08 (37.5%)	7:54	7.6 (62.3%)
103	ZAWADZKI Grzegorz	2454	KLUB SPORTOWY PRESTIGE	M30	47	00:17:29	01:39:07	03:25:35.75	03:43:05.35	+01:17:15 (37.6%)	7:54	7.6 (62.3%)
104	WILK Mariusz	2315	STOWARZYSZENIE BIEGIEM RADOM	M40	25	00:17:32	01:37:38	03:25:49.75	03:43:21.75	+01:17:29 (37.7%)	7:54	7.6 (62.3%)
105	SZYMANIAK Jakub	2502		M20	13	00:01:25	01:37:43	03:26:10.70	03:27:35.85	+01:17:50 (37.8%)	7:55	7.6 (62.3%)
106	BOGDAŁ Mikołaj	2407		M30	48	00:01:09	01:38:20	03:26:17.05	03:27:26.75	+01:17:57 (37.8%)	7:56	7.6 (62.3%)
107	BANCERZ Grzegorz	2420		M40	26	00:01:14	01:41:25	03:27:00.75	03:28:14.75	+01:18:40 (38.0%)	7:57	7.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
108	BORYCKI Artur	2162	TGR	M40	27	00:17:26	01:41:43	03:27:10.35	03:44:37.25	+01:18:50 (38.1%)	7:58	7.5 (61.5%)
109	KRUPA Roman	2187		M30	49	00:01:09	01:47:21	03:27:18.80	03:28:28.65	+01:18:59 (38.1%)	7:58	7.5 (61.5%)
110	WALUS Bartłomiej	2473	AKTYWNY DYNÓW (WUŚKI)	M30	50	00:17:36	01:48:56	03:27:20.00	03:44:56.40	+01:19:00 (38.1%)	7:58	7.5 (61.5%)
111	KOZIOŁ Dariusz	2231		M30	51	00:01:06	01:38:52	03:27:20.40	03:28:26.45	+01:19:00 (38.1%)	7:58	7.5 (61.5%)
112	WALUS Patrycja	2338	AKTYWNY DYNÓW	K20	1	00:17:35	01:48:57	03:27:20.60	03:44:56.25	+01:19:00 (38.1%)	7:58	7.5 (61.5%)
113	GIERZ Bartłomiej	2387		M30	52	00:01:04	01:37:38	03:28:02.85	03:29:06.85	+01:19:43 (38.3%)	8:00	7.5 (61.5%)
114	KORNOBIS Monika	2386	GO APTIV!	K20	2	00:01:03	01:37:41	03:28:03.75	03:29:07.05	+01:19:43 (38.3%)	8:00	7.5 (61.5%)
115	GRYCZKA Andrzej	2004	DKB	M30	53	00:01:28	01:45:48	03:29:10.35	03:30:38.70	+01:20:50 (38.6%)	8:02	7.5 (61.5%)
116	STOPYRA Urszula	2210		K20	3	00:01:05	01:42:05	03:29:46.80	03:30:52.35	+01:21:27 (38.8%)	8:04	7.4 (60.7%)
117	GAŁUSZKA Tomasz	2132	SKITUROWE BIESZCZADY	M40	28	00:01:06	01:34:07	03:29:51.80	03:30:58.25	+01:21:32 (38.9%)	8:04	7.4 (60.7%)
118	KANTOREK Piotr	2147		M40	29	00:17:37	01:49:29	03:29:55.40	03:47:32.40	+01:21:35 (38.9%)	8:04	7.4 (60.7%)
119	PERLIŃSKI Mirosław	2289	ASSECO ACTIVE TEAM	M40	30	00:01:12	01:46:15	03:30:04.75	03:31:16.90	+01:21:44 (38.9%)	8:04	7.4 (60.7%)
120	TOMCZYK Grzegorz	2549	PALARNIA KAWY GREGORIO	M30	54	00:17:43	01:45:03	03:30:50.20	03:48:33.25	+01:22:30 (39.1%)	8:06	7.4 (60.7%)
121	WOJCIECHOWSKI Marcin	2079		M50	5	00:01:08	01:39:44	03:31:01.25	03:32:09.25	+01:22:41 (39.2%)	8:06	7.4 (60.7%)
122	KOTLIŃSKI Łukasz	2149		M30	55	00:17:33	01:40:01	03:31:03.90	03:48:37.25	+01:22:44 (39.2%)	8:07	7.4 (60.7%)
123	SOBCZYŃSKI Paweł	2111	PEES	M40	31	00:17:29	01:44:34	03:31:57.75	03:49:27.25	+01:23:37 (39.5%)	8:09	7.4 (60.7%)
124	SCHECHTEL Marek	2343	KS ESKADRA KRAKÓW	M50	6	00:17:44	01:46:14	03:32:18.70	03:50:02.90	+01:23:58 (39.6%)	8:09	7.3 (59.8%)
125	KOWALIK Piotr	2419		M30	56	00:01:14	01:41:40	03:32:22.75	03:33:36.95	+01:24:02 (39.6%)	8:10	7.3 (59.8%)
126	PIECUCH Michał	2394		M30	57	00:17:30	01:43:37	03:32:45.45	03:50:15.65	+01:24:25 (39.7%)	8:10	7.3 (59.8%)
127	DRAŻEK Sławomir	2287		M40	32	00:17:25	01:34:21	03:32:53.50	03:50:18.85	+01:24:33 (39.7%)	8:11	7.3 (59.8%)
128	BIGAS Grzegorz	2083		M30	58	00:01:18	01:41:58	03:33:59.60	03:35:18.20	+01:25:39 (40.0%)	8:13	7.3 (59.8%)
129	CIEŚLICKI Mateusz	2396		M30	59	00:17:51	01:47:35	03:34:00.90	03:51:51.95	+01:25:41 (40.0%)	8:13	7.3 (59.8%)
130	SOCHA Jan	2253		M60	3	00:01:19	01:46:40	03:34:44.70	03:36:04.40	+01:26:24 (40.2%)	8:15	7.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
131	KARWOWSKI Maciej	2056		M40	33	00:01:16	01:38:48	03:35:08.25	03:36:24.30	+01:26:48 (40.3%)	8:16	7.3 (59.8%)
132	MCGUIRE Conall	2464		M40	34	00:01:06	01:44:25	03:35:24.50	03:36:30.55	+01:27:04 (40.4%)	8:17	7.2 (59.0%)
133	WARAKSA Tomasz	2119	VEGE RUNNERS	M30	60	00:17:42	01:49:04	03:35:43.10	03:53:25.60	+01:27:23 (40.5%)	8:17	7.2 (59.0%)
134	OWSKA Justyna	2426	DELOITTE ADVENTURE TEAM	K20	4	00:01:06	01:42:52	03:35:58.85	03:37:05.40	+01:27:39 (40.6%)	8:18	7.2 (59.0%)
135	ŁYKO Marcin	2462		M30	61	00:01:10	01:47:18	03:36:08.75	03:37:19.65	+01:27:48 (40.6%)	8:18	7.2 (59.0%)
136	ROŚŁON Piotr	2146		M40	35	00:01:24	01:42:18	03:36:10.00	03:37:34.80	+01:27:50 (40.6%)	8:18	7.2 (59.0%)
137	FALKOWSKI Piotr	2557	KS PEGAZ PIASECZNO	M50	7	00:01:41	01:50:32	03:36:43.10	03:38:25.05	+01:28:23 (40.8%)	8:20	7.2 (59.0%)
138	WIERNASZ Grzegorz	2501	KARCHER KROSNO SUCHODÓŁ	M40	36	00:01:06	01:46:50	03:36:55.65	03:38:01.65	+01:28:35 (40.8%)	8:20	7.2 (59.0%)
139	LASZCZYK Anna	2319		K30	12	00:17:30	01:47:27	03:37:03.90	03:54:34.05	+01:28:44 (40.9%)	8:20	7.2 (59.0%)
140	ADAMCZAK Michał	2476	BIEGAJ BEZ KOŃCA	M30	62	00:17:30	01:51:53	03:38:18.10	03:55:48.60	+01:29:58 (41.2%)	8:23	7.1 (58.2%)
141	RUCIŃSKI Adam	2408		M40	37	00:17:36	01:49:02	03:38:35.95	03:56:12.20	+01:30:16 (41.3%)	8:24	7.1 (58.2%)
142	LOKAJEWSKA Justyna	2301	ESKADRA KRAKÓW	K40	4	00:01:11	01:50:00	03:39:01.90	03:40:13.40	+01:30:42 (41.4%)	8:25	7.1 (58.2%)
143	STAŃCZUK Leszek	2268	YULO RUN TEAM SIEDLCE	M50	8	00:01:16	01:53:47	03:39:59.10	03:41:15.55	+01:31:39 (41.7%)	8:27	7.1 (58.2%)
144	GREGA Władysław	2367	PIJEBIMBERNONSTOP	M20	14	00:17:40	01:51:42	03:40:42.90	03:58:23.85	+01:32:23 (41.9%)	8:29	7.1 (58.2%)
145	WIŚNIEWSKA Dorota	2249	BBL ZDUŃSKA WOLA	K40	5	00:01:10	01:48:01	03:40:56.45	03:42:06.90	+01:32:36 (41.9%)	8:29	7.1 (58.2%)
146	CHMIELOWSKI Tomasz	2365		M20	15	00:17:44	01:35:17	03:41:00.60	03:58:44.65	+01:32:40 (41.9%)	8:30	7.1 (58.2%)
147	BLADY Bogdan	2458		M50	9	00:17:34	01:44:23	03:41:06.55	03:58:40.55	+01:32:46 (42.0%)	8:30	7.1 (58.2%)
148	GORNIAK Malgorzata	2134		K30	13	00:21:08	01:49:19	03:41:08.30	04:02:17.10	+01:32:48 (42.0%)	8:30	7.1 (58.2%)
149	GUZ Marcin	2069		M40	38	00:17:36	01:48:50	03:41:31.20	03:59:07.35	+01:33:11 (42.1%)	8:31	7 (57.4%)
150	KUC Adam	2309	THE STRYCHERS	M40	39	00:17:34	01:49:41	03:41:52.85	03:59:26.95	+01:33:33 (42.2%)	8:32	7 (57.4%)
151	PAKIEŁA Alicja	2553	417	K20	5	00:17:35	01:53:59	03:43:42.70	04:01:18.10	+01:35:22 (42.6%)	8:36	7 (57.4%)
152	NOWAKOWSKI Dariusz	2009		M30	63	00:17:37	01:47:46	03:44:03.70	04:01:41.00	+01:35:43 (42.7%)	8:37	7 (57.4%)
153	ORZECHOWSKI Marek	2390	TAK LUBIĘ SANDOMIERZ	M50	10	00:17:30	01:52:48	03:44:10.50	04:01:40.55	+01:35:50 (42.8%)	8:37	7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
154	DAMIĘCKA Katarzyna	2497		K30	14	00:00:00	01:51:35	03:44:23.60	03:44:23.60	+01:36:03 (42.8%)	8:37	7 (57.4%)
155	ŻMIJEWSKA Dominika	2008	KLUB BIEGOWY TSK ORZEŁ OSIEK	K30	15	00:17:28	01:45:21	03:44:24.75	04:01:53.25	+01:36:04 (42.8%)	8:37	7 (57.4%)
156	SZCZEPKOWSKA Marta	2475		K30	16	00:01:20	01:50:35	03:44:57.75	03:46:17.95	+01:36:37 (43.0%)	8:39	6.9 (56.6%)
157	SKUBISZ Aleksandra	2227	AKTYWNY DYNÓW	K20	6	00:17:36	01:52:09	03:45:14.25	04:02:50.40	+01:36:54 (43.0%)	8:39	6.9 (56.6%)
158	SOSZYŃSKA Katarzyna	2214		K40	6	00:01:20	01:53:00	03:45:34.45	03:46:55.40	+01:37:14 (43.1%)	8:40	6.9 (56.6%)
159	BACZA Agnieszka	2377	ŁĘCZNA BIEGA	K30	17	00:01:46	01:53:01	03:45:57.60	03:47:43.90	+01:37:37 (43.2%)	8:41	6.9 (56.6%)
160	MURAK Robert	2378	LW BOGDANKA	M40	40	00:01:45	01:53:02	03:46:00.40	03:47:46.15	+01:37:40 (43.2%)	8:41	6.9 (56.6%)
161	ŁUSZCZYNA Agata	2366	GMINA STRZELCE OPOLSKIE	K40	7	00:01:31	01:50:34	03:46:04.05	03:47:35.20	+01:37:44 (43.2%)	8:41	6.9 (56.6%)
162	WÓJCIK Kamila	2556	LACHO TEAM	K40	8	00:01:11	01:52:41	03:46:52.25	03:48:03.90	+01:38:32 (43.4%)	8:43	6.9 (56.6%)
163	ZAJĄC Marzena	2352		K40	9	00:01:21	01:51:37	03:46:52.95	03:48:14.10	+01:38:33 (43.4%)	8:43	6.9 (56.6%)
164	SKÓRA Leszek	2237	IZBICKO W BIEGU	M40	41	00:01:20	01:52:18	03:47:04.95	03:48:25.30	+01:38:45 (43.5%)	8:44	6.9 (56.6%)
165	SAWULSKI Bartek	2213		M30	64	00:17:25	01:49:23	03:47:41.70	04:05:06.95	+01:39:21 (43.6%)	8:45	6.9 (56.6%)
166	SITEK Arkadiusz	2096	DKB	M40	42	00:01:28	01:56:20	03:47:45.15	03:49:13.65	+01:39:25 (43.7%)	8:45	6.8 (55.7%)
167	SIKORA Andrzej	2552		M50	11	00:17:32	01:49:36	03:48:28.00	04:06:00.70	+01:40:08 (43.8%)	8:47	6.8 (55.7%)
168	KRUPA Jacek	2084	ATS WHEELS	M40	43	00:01:06	01:45:51	03:48:44.15	03:49:50.95	+01:40:24 (43.9%)	8:47	6.8 (55.7%)
169	TARNOWSKI Tomasz	2481		M40	44	00:01:24	01:56:04	03:50:01.00	03:51:25.95	+01:41:41 (44.2%)	8:50	6.8 (55.7%)
170	KURZYDŁO Radosław	2222		M40	45	00:17:34	01:54:50	03:50:03.40	04:07:37.50	+01:41:43 (44.2%)	8:50	6.8 (55.7%)
171	TARNAWSKI Marcin	2103		M40	46	00:17:31	01:48:28	03:50:30.20	04:08:01.75	+01:42:10 (44.3%)	8:51	6.8 (55.7%)
172	BELOWSKI Dariusz	2067		M50	12	00:17:32	01:51:38	03:50:33.95	04:08:06.60	+01:42:14 (44.3%)	8:52	6.8 (55.7%)
173	KOBLHIRT Maria	2286	DZIK KOMANDO	K30	18	00:01:13	01:50:25	03:50:41.75	03:51:55.00	+01:42:21 (44.4%)	8:52	6.8 (55.7%)
174	GĘBCZYK Andrzej	2302		M20	16	00:01:17	01:53:13	03:51:23.80	03:52:41.60	+01:43:04 (44.5%)	8:53	6.7 (54.9%)
175	CHAROWSKI Marcin	2116		M40	47	00:01:23	01:53:01	03:51:42.15	03:53:05.45	+01:43:22 (44.6%)	8:54	6.7 (54.9%)
176	GŁUSZYK Joanna	2049	SMT SZCZECIN	K40	10	00:01:22	01:53:02	03:51:42.65	03:53:05.20	+01:43:22 (44.6%)	8:54	6.7 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
177	FALKIEWICZ Jacek	2090		M40	48	00:17:38	01:50:16	03:51:47.45	04:09:25.55	+01:43:27 (44.6%)	8:54	6.7 (54.9%)
178	HERBEĆ-LABOCHA Magdalena	2189		K40	11	00:17:46	01:56:50	03:51:58.25	04:09:44.50	+01:43:38 (44.7%)	8:55	6.7 (54.9%)
179	LABOCHA Aleksander	2190		M40	49	00:17:46	01:56:51	03:51:58.60	04:09:44.65	+01:43:38 (44.7%)	8:55	6.7 (54.9%)
180	BURZYŃSKI Łukasz	2038	GRASSPUNX POZNAŃ	M40	50	00:17:39	01:53:04	03:52:22.80	04:10:02.75	+01:44:03 (44.8%)	8:56	6.7 (54.9%)
181	SOWA Michał	2452		M30	65	00:17:27	01:56:08	03:53:22.80	04:10:49.90	+01:45:03 (45.0%)	8:58	6.7 (54.9%)
182	KITOWSKI Bartosz	2393	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	51	00:01:10	01:51:49	03:53:57.35	03:55:08.25	+01:45:37 (45.1%)	8:59	6.7 (54.9%)
183	ZEMŁA Piotr	2153		M50	13	00:17:45	01:57:14	03:54:44.65	04:12:29.75	+01:46:24 (45.3%)	9:01	6.6 (54.1%)
184	NAFALSKI Hubert	2265		M40	52	00:17:29	01:48:16	03:54:51.65	04:12:20.70	+01:46:31 (45.4%)	9:01	6.6 (54.1%)
185	MARCHEWICZ Marek	2303		M30	66	00:01:06	01:46:17	03:54:51.90	03:55:58.70	+01:46:32 (45.4%)	9:01	6.6 (54.1%)
186	ORŁOWSKA Beata	2391	STALOWOWOLSKI KLUB BIEGACZA	K50	1	00:01:11	01:52:27	03:54:59.20	03:56:10.85	+01:46:39 (45.4%)	9:02	6.6 (54.1%)
187	STOLARZ Andrzej	2294		M30	67	00:17:50	01:55:11	03:54:59.85	04:12:49.95	+01:46:40 (45.4%)	9:02	6.6 (54.1%)
188	SZAREK Michał	2167		M30	68	00:17:28	01:44:10	03:55:19.75	04:12:48.70	+01:46:59 (45.5%)	9:03	6.6 (54.1%)
189	HANULA Marcin	2308		M20	17	00:17:28	01:50:32	03:55:31.95	04:13:00.85	+01:47:12 (45.5%)	9:03	6.6 (54.1%)
190	GOLAS Marcin	2027	EXILE	M40	53	00:01:19	01:49:51	03:55:59.50	03:57:18.50	+01:47:39 (45.6%)	9:04	6.6 (54.1%)
191	PIETRUS Piotr	2139	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	54	00:17:39	01:52:17	03:56:02.00	04:13:41.80	+01:47:42 (45.6%)	9:04	6.6 (54.1%)
192	PIASECZNA Liliana	2437	RUN-G	K30	19	00:17:50	01:49:26	03:56:18.65	04:14:08.80	+01:47:58 (45.7%)	9:05	6.6 (54.1%)
193	CHODZIŃSKI Daniel	2040		M40	55	00:01:07	01:52:09	03:56:23.55	03:57:30.65	+01:48:03 (45.7%)	9:05	6.6 (54.1%)
194	CIEŚLA Maksymilian	2304	CZAS NIE GONI NAS ,)	M30	69	00:17:41	01:49:31	03:56:31.25	04:14:13.00	+01:48:11 (45.7%)	9:05	6.6 (54.1%)
195	HEILMAN Maciej	2383		M40	56	00:01:26	01:55:59	03:56:48.10	03:58:14.20	+01:48:28 (45.8%)	9:06	6.6 (54.1%)
196	BLICHARZ Stanisław	2320	NIE MA LETKO	M50	14	00:01:13	02:01:00	03:56:50.80	03:58:04.30	+01:48:31 (45.8%)	9:06	6.6 (54.1%)
197	GLAZER Marcin	2469	PKO BANK POLSKI	M30	70	00:01:33	02:00:46	03:57:09.00	03:58:42.20	+01:48:49 (45.9%)	9:07	6.6 (54.1%)
198	KUJAWSKI Jakub	2460	GRASSPUNX POZNAŃ	M40	57	00:17:40	01:52:57	03:57:12.95	04:14:53.05	+01:48:53 (45.9%)	9:07	6.6 (54.1%)
199	KOTLIŃSKI Janusz	2150		M50	15	00:17:32	01:50:41	03:57:13.10	04:14:45.85	+01:48:53 (45.9%)	9:07	6.6 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
200	WOLAŃSKI Witosław	2019	KASZUBSKA PONIEWIERKA	M50	16	00:01:44	01:58:28	03:57:23.70	03:59:08.50	+01:49:03 (45.9%)	9:07	6.6 (54.1%)
201	PAJURA Magda	2292	NESSI TEAM	K30	20	00:01:19	01:55:25	03:57:49.95	03:59:09.40	+01:49:30 (46.0%)	9:08	6.6 (54.1%)
202	BROCIEK Damian	2431	TURYSTA	M30	71	00:01:07	01:57:24	03:57:54.05	03:59:01.45	+01:49:34 (46.1%)	9:09	6.6 (54.1%)
203	MAJCHERSKI Piotr	2498		M40	58	00:01:23	01:58:05	03:58:58.35	04:00:22.15	+01:50:38 (46.3%)	9:11	6.5 (53.3%)
204	KRAMZA Wojciech	2345		M40	59	00:17:32	01:44:29	03:59:02.45	04:16:34.45	+01:50:42 (46.3%)	9:11	6.5 (53.3%)
205	COFALSKI Jakub	2296		M30	72	00:01:22	01:55:19	03:59:30.00	04:00:52.85	+01:51:10 (46.4%)	9:12	6.5 (53.3%)
206	LUBAŃSKA Alicja	2005		K50	2	00:01:07	01:55:16	03:59:41.35	04:00:49.25	+01:51:21 (46.5%)	9:13	6.5 (53.3%)
207	TRUSZKOWSKA Marta	2340		K30	21	00:17:36	01:55:31	03:59:52.00	04:17:28.95	+01:51:32 (46.5%)	9:13	6.5 (53.3%)
208	JAWORSKI Grzegorz	2250		M40	60	00:01:18	01:56:52	03:59:53.75	04:01:12.30	+01:51:33 (46.5%)	9:13	6.5 (53.3%)
209	GORCZYCA Dorota	2182		K40	12	00:01:20	01:59:29	04:00:17.85	04:01:38.05	+01:51:58 (46.6%)	9:14	6.5 (53.3%)
210	PASTERNAK Stanisław	2282	OLKUSZBIEGA.PL	M50	17	00:17:28	01:57:26	04:01:43.40	04:19:11.75	+01:53:23 (46.9%)	9:17	6.5 (53.3%)
211	RUSIN Łukasz	2278	RKS CHEŁMIANKA	M30	73	00:17:29	01:59:06	04:02:04.45	04:19:33.80	+01:53:44 (47.0%)	9:18	6.4 (52.5%)
212	BURY Marek	2184		M50	18	00:17:28	02:02:45	04:02:09.95	04:19:37.95	+01:53:50 (47.0%)	9:18	6.4 (52.5%)
213	CZYŻOWICZ-GOTFRYD Agnieszka	2015	JASIELSKIE PIORUNY	K40	13	00:01:14	02:01:00	04:02:18.45	04:03:32.90	+01:53:58 (47.0%)	9:19	6.4 (52.5%)
214	WARZYCHA Krzysztof	2066	MAXEL	M50	19	00:17:36	01:57:25	04:02:38.15	04:20:14.80	+01:54:18 (47.1%)	9:19	6.4 (52.5%)
215	BINEK Katarzyna	2328	NIGHT RUNNERS	K30	22	00:01:22	01:55:25	04:03:46.75	04:05:09.10	+01:55:26 (47.4%)	9:22	6.4 (52.5%)
216	GIEMZA Ewelina	2057		K40	14	00:01:16	01:58:43	04:04:11.50	04:05:27.65	+01:55:51 (47.4%)	9:23	6.4 (52.5%)
217	PAUSZEK Marlena	2461	LUCKY TEAM	K50	3	00:01:20	02:05:32	04:04:39.90	04:06:00.75	+01:56:20 (47.5%)	9:24	6.4 (52.5%)
218	MAJKA Andrzej	2198		M40	61	00:01:15	01:50:29	04:04:53.80	04:06:09.45	+01:56:34 (47.6%)	9:25	6.4 (52.5%)
219	BRODZIUK Anna	2322		K40	15	00:01:12	02:00:55	04:04:55.25	04:06:07.60	+01:56:35 (47.6%)	9:25	6.4 (52.5%)
220	MIKULSKI Wojciech	2455	4F RUNNING TEAM	M40	62	00:01:07	02:04:38	04:04:56.70	04:06:03.85	+01:56:36 (47.6%)	9:25	6.4 (52.5%)
221	MIKULSKA Magdalena	2456		K40	16	00:01:06	02:04:41	04:04:57.70	04:06:04.00	+01:56:37 (47.6%)	9:25	6.4 (52.5%)
222	GRANECKA Monika	2295	DZIK KOMANDO	K40	17	00:01:13	01:55:29	04:05:22.65	04:06:36.05	+01:57:02 (47.7%)	9:26	6.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
223	- -	2330		M40	63	00:01:12	02:00:59	04:05:59.10	04:07:11.25	+01:57:39 (47.8%)	9:27	6.3 (51.6%)
224	SOBOTA Rafał	2439		M30	74	00:17:32	01:52:45	04:06:13.05	04:23:45.10	+01:57:53 (47.9%)	9:28	6.3 (51.6%)
225	ŻELEŚKIEWICZ Arkadiusz	2321	GEOTERMIA UNIEJÓW	M30	75	00:01:14	01:49:41	04:06:15.60	04:07:30.15	+01:57:55 (47.9%)	9:28	6.3 (51.6%)
226	GRACZYK Piotr	2169	TORUŃ	M30	76	00:01:04	02:00:05	04:06:26.70	04:07:30.75	+01:58:06 (47.9%)	9:28	6.3 (51.6%)
227	NIEDBAŁ Maja	2099		K20	7	00:01:12	01:57:55	04:08:37.70	04:09:49.70	+02:00:17 (48.4%)	9:33	6.3 (51.6%)
228	KLAJBERT Paweł	2100		M20	18	00:01:11	01:57:54	04:08:38.10	04:09:49.75	+02:00:18 (48.4%)	9:33	6.3 (51.6%)
229	KASKA Krzysztof	2225		M50	20	00:17:34	01:58:10	04:09:30.50	04:27:04.70	+02:01:10 (48.6%)	9:35	6.3 (51.6%)
230	KOWALCZUK Paweł	2260		M30	77	00:17:35	02:03:46	04:10:40.15	04:28:16.00	+02:02:20 (48.8%)	9:38	6.2 (50.8%)
231	MATUSZEWSKI Szymon	2332		M30	78	00:17:34	02:01:31	04:10:47.55	04:28:22.10	+02:02:27 (48.8%)	9:38	6.2 (50.8%)
232	BRZozowski Mariusz	2092	ROZTRUCHTANI GOMUNICE	M40	64	00:17:35	02:00:36	04:10:58.25	04:28:33.95	+02:02:38 (48.9%)	9:39	6.2 (50.8%)
233	BELOWSKA Anna	2068		K40	18	00:17:35	02:05:40	04:11:25.95	04:29:01.00	+02:03:06 (49.0%)	9:40	6.2 (50.8%)
234	SIEKLUCKI Piotr	2142		M30	79	00:01:09	01:53:26	04:11:55.20	04:13:04.90	+02:03:35 (49.1%)	9:41	6.2 (50.8%)
235	MATUSZEWSKI Maksymilian	2112		M40	65	00:17:36	01:54:47	04:13:02.30	04:30:39.15	+02:04:42 (49.3%)	9:43	6.2 (50.8%)
236	SAINTEMARIE Agnieszka	2324		K30	23	00:17:34	02:03:39	04:13:30.70	04:31:05.65	+02:05:10 (49.4%)	9:45	6.2 (50.8%)
237	ALBIGOWSKA Magdalena	2472		K30	24	00:17:37	02:01:45	04:14:01.10	04:31:38.15	+02:05:41 (49.5%)	9:46	6.1 (50.0%)
238	FURMAŃCZUK Mateusz	2270	GLADIATORS BY RMF4RT	M30	80	00:01:29	02:09:28	04:14:21.50	04:15:50.65	+02:06:01 (49.5%)	9:46	6.1 (50.0%)
239	DZIAMENTSJEVA Viyaleta	2554	JACEKBIEGA RUNNING TEAM	K30	25	00:17:31	02:04:32	04:14:29.65	04:32:00.70	+02:06:09 (49.6%)	9:47	6.1 (50.0%)
240	MASZKOWSKA Anna	2311		K40	19	00:01:33	02:03:08	04:14:33.20	04:16:06.40	+02:06:13 (49.6%)	9:47	6.1 (50.0%)
241	MASZKOWSKI Rafał	2310		M40	66	00:01:32	02:03:08	04:14:33.55	04:16:06.40	+02:06:13 (49.6%)	9:47	6.1 (50.0%)
242	BOROWSKI Robert	2451		M30	81	00:01:21	01:55:04	04:14:38.90	04:16:00.10	+02:06:19 (49.6%)	9:47	6.1 (50.0%)
243	PAWEŁOSZEK Tomasz	2444	JACEKBIEGA RUNNING TEAM	M40	67	00:01:07	01:57:05	04:14:54.40	04:16:01.60	+02:06:34 (49.7%)	9:48	6.1 (50.0%)
244	FĄFARA Agnieszka	2064		K40	20	00:17:41	02:08:53	04:15:10.25	04:32:51.70	+02:06:50 (49.7%)	9:48	6.1 (50.0%)
245	KIELASIŃSKI Krzysztof	2272	GANG ŚWIETLIKÓW	M40	68	00:01:17	02:06:53	04:15:29.60	04:16:46.65	+02:07:09 (49.8%)	9:49	6.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
246	GREGIER Krzysztof	2161		M40	69	00:17:28	01:55:47	04:15:43.70	04:33:11.90	+02:07:23 (49.8%)	9:50	6.1 (50.0%)
247	ŁUKASIEWICZ Michał	2144	INV MEDIA	M30	82	00:01:10	01:57:15	04:16:21.90	04:17:31.95	+02:08:02 (49.9%)	9:51	6.1 (50.0%)
248	GÓRNIAK Bartek	2453	MONKEYS TEAM'	M30	83	00:01:30	02:05:21	04:16:25.40	04:17:55.85	+02:08:05 (50.0%)	9:51	6.1 (50.0%)
249	MIEDZINSKI Piotr	2082	MSD RUNNING CLUB	M50	21	00:17:39	01:55:23	04:17:11.85	04:34:51.20	+02:08:52 (50.1%)	9:53	6.1 (50.0%)
250	GRZELIŃSKA Dorota	2284	DZIK KOMANDO	K20	8	00:01:14	02:00:28	04:17:13.65	04:18:28.05	+02:08:53 (50.1%)	9:53	6.1 (50.0%)
251	RAKOWSKI Mateusz	2140		M30	84	00:01:08	02:01:02	04:17:40.55	04:18:49.15	+02:09:20 (50.2%)	9:54	6.1 (50.0%)
252	JANKOWSKI Michał	2280		M40	70	00:17:28	02:01:00	04:17:58.50	04:35:27.25	+02:09:38 (50.3%)	9:55	6 (49.2%)
252	GAIK Joanna	2202		K40	21	00:01:23	02:09:43	04:17:58.50	04:19:22.45	+02:09:38 (50.3%)	9:55	6 (49.2%)
254	MOSKWA Monika	2300		K20	9	00:01:19	01:55:48	04:17:59.00	04:19:18.00	+02:09:39 (50.3%)	9:55	6 (49.2%)
255	GAJDA Mateusz	2266	SPRÓCHNIALI HERKULESI	M30	85	00:01:14	01:55:29	04:18:16.80	04:19:30.90	+02:09:57 (50.3%)	9:56	6 (49.2%)
256	WESENBERG-KASZUBOWSKA Joanna	2034		K30	26	00:01:05	02:06:44	04:19:12.65	04:20:17.70	+02:10:52 (50.5%)	9:58	6 (49.2%)
257	SIKORSKA Agnieszka	2165		K30	27	00:17:39	02:07:22	04:19:17.00	04:36:56.40	+02:10:57 (50.5%)	9:58	6 (49.2%)
258	LASKA Anna	2416	OCR TEAM DĘBICA	K40	22	00:01:09	01:55:29	04:19:31.00	04:20:40.95	+02:11:11 (50.6%)	9:58	6 (49.2%)
259	BZDUŁA Bogumiła	2109		K30	28	00:01:12	01:56:55	04:20:07.95	04:21:20.85	+02:11:48 (50.7%)	10:00	6 (49.2%)
260	KUKLA Elzbieta	2281	PWC TUNNING TEAM	K50	4	00:01:18	02:04:47	04:20:22.85	04:21:41.25	+02:12:03 (50.7%)	10:00	6 (49.2%)
261	SASAL Monika	2061		K40	23	00:01:14	02:08:18	04:20:27.10	04:21:42.00	+02:12:07 (50.7%)	10:01	6 (49.2%)
262	SCHWITALLA Katarzyna	2110	MKS SIECHNICE	K40	24	00:01:20	02:05:11	04:20:33.50	04:21:53.55	+02:12:13 (50.7%)	10:01	6 (49.2%)
263	DARSKI Michał	2544		M20	19	00:18:08	02:07:43	04:20:49.75	04:38:58.40	+02:12:29 (50.8%)	10:01	6 (49.2%)
264	WIŚNIEWSKA Bożena	2156		K40	25	00:17:44	02:10:31	04:21:12.85	04:38:57.75	+02:12:53 (50.9%)	10:02	6 (49.2%)
265	BUJAKOWSKI Patryk	2221		M40	71	00:01:05	02:04:52	04:21:22.10	04:22:27.95	+02:13:02 (50.9%)	10:03	6 (49.2%)
266	GAŁUSZKA Mariusz	2108	SKITUROWE BIESZCZADY/GOPR	M40	72	00:01:06	01:46:08	04:21:36.50	04:22:43.40	+02:13:16 (50.9%)	10:03	6 (49.2%)
267	WOJDALSKI Piotr	2185		M20	20	00:01:25	02:06:19	04:21:55.35	04:23:20.45	+02:13:35 (51.0%)	10:04	6 (49.2%)
268	KRZYŻEWSKI Roger	2445		M30	86	00:01:15	01:56:57	04:23:11.60	04:24:27.05	+02:14:51 (51.2%)	10:07	5.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
269	KOWALCZYK Magda	2172	DROGA DO ULTRA	K30	29	00:01:23	02:05:05	04:23:21.65	04:24:44.70	+02:15:01 (51.3%)	10:07	5.9 (48.4%)
270	SZCZERBICKA Katarzyna	2255		K40	26	00:17:28	02:12:50	04:23:26.30	04:40:54.75	+02:15:06 (51.3%)	10:07	5.9 (48.4%)
271	WĄGRODZKA Małgorzata	2106	KLUB BIEGACZA BIAŁA BIEGA	K30	30	00:01:18	02:05:50	04:23:29.50	04:24:47.90	+02:15:09 (51.3%)	10:08	5.9 (48.4%)
272	KROTOS Krzysztof	2042	OQS	M40	73	00:17:43	02:09:28	04:23:43.20	04:41:26.30	+02:15:23 (51.3%)	10:08	5.9 (48.4%)
273	WAŁCZYK Wojciech	2429		M40	74	00:01:04	02:01:49	04:23:48.40	04:24:52.85	+02:15:28 (51.4%)	10:08	5.9 (48.4%)
274	TUREK Paweł	2487		M40	75	00:01:11	02:10:22	04:23:48.60	04:25:00.35	+02:15:28 (51.4%)	10:08	5.9 (48.4%)
275	ZAJDEL Wojciech	2406	KS STASZEWSKY	M40	76	00:01:27	02:03:05	04:24:00.45	04:25:28.40	+02:15:40 (51.4%)	10:09	5.9 (48.4%)
276	KUBIŚ Klaudia	2382		K40	27	00:01:26	02:09:43	04:24:27.25	04:25:53.65	+02:16:07 (51.5%)	10:10	5.9 (48.4%)
277	SZCZEPKOWSKI Paweł	2115	ARTEQUIPMENT	M60	4	00:17:27	02:08:59	04:24:29.25	04:41:56.75	+02:16:09 (51.5%)	10:10	5.9 (48.4%)
278	ŻEBROWSKA Dorota	2050		K40	28	00:01:05	02:06:43	04:24:30.80	04:25:36.25	+02:16:11 (51.5%)	10:10	5.9 (48.4%)
279	MADEJ Weronika	2071		K20	10	00:01:15	01:57:26	04:24:40.10	04:25:55.75	+02:16:20 (51.5%)	10:10	5.9 (48.4%)
280	STOSZ Bartosz	2044		M40	77	00:17:43	02:12:05	04:24:47.05	04:42:30.10	+02:16:27 (51.5%)	10:11	5.9 (48.4%)
281	KOZIBRODA Marcin	2361	TEAM BIEGOWY SZCZECINEK	M40	78	00:01:08	02:02:35	04:25:39.30	04:26:47.30	+02:17:19 (51.7%)	10:13	5.9 (48.4%)
282	TYLUŚ Sylwia	2362	TEAM BIEGOWY SZCZECINEK	K40	29	00:01:07	02:02:36	04:25:39.45	04:26:47.15	+02:17:19 (51.7%)	10:13	5.9 (48.4%)
283	MIZURA Jacek	2421		M30	87	00:01:28	02:03:06	04:25:52.65	04:27:20.95	+02:17:32 (51.7%)	10:13	5.9 (48.4%)
284	ANTONOWICZ Maciej	2120	DEAFRUNNING	M30	88	00:01:31	02:04:52	04:25:57.20	04:27:28.85	+02:17:37 (51.7%)	10:13	5.9 (48.4%)
285	OKRÓJ Dawid	2127		M30	89	00:01:30	02:04:51	04:25:58.50	04:27:29.00	+02:17:38 (51.8%)	10:13	5.9 (48.4%)
286	WŁODARCZYK Grzegorz	2271	GANG ŚWIEŚLIKÓW	M30	90	00:01:15	02:06:52	04:28:44.35	04:30:00.30	+02:20:24 (52.2%)	10:20	5.8 (47.5%)
287	BAKAŁA Sebastian	2326		M20	21	00:01:17		04:29:03.70	04:30:21.00	+02:20:43 (52.3%)	10:20	5.8 (47.5%)
288	WARA-WĄSOWSKI Maciej	2048		M50	22	00:01:21	02:00:14	04:29:29.30	04:30:51.20	+02:21:09 (52.4%)	10:21	5.8 (47.5%)
289	GRABOWSKA Zuzanna	2450	IZBICKO W BIEGU	K20	11	00:01:32	02:14:53	04:29:44.75	04:31:16.90	+02:21:24 (52.4%)	10:22	5.8 (47.5%)
290	RAJCHEL Katarzyna	2357		K30	31	00:22:31	02:09:26	04:30:05.55	04:52:36.70	+02:21:45 (52.5%)	10:23	5.8 (47.5%)
291	ŁUSZCZ Paweł	2232		M30	91	00:01:09	02:04:30	04:30:17.35	04:31:26.65	+02:21:57 (52.5%)	10:23	5.8 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
292	BECHTA Damian	2430	ADIDAS RUNNERS WARSAW	M20	22	00:17:29	02:06:01	04:30:22.50	04:47:51.55	+02:22:02 (52.5%)	10:23	5.8 (47.5%)
293	KAŁOWSKI Irek	2283	K-ŁOSIE	M40	79	00:17:30	01:55:14	04:30:59.85	04:48:30.80	+02:22:40 (52.6%)	10:25	5.8 (47.5%)
294	RYŻYŃSKA Agnieszka	2124	CHEŁM BIEGA	K40	30	00:17:40	02:14:05	04:31:15.40	04:48:56.25	+02:22:55 (52.7%)	10:25	5.8 (47.5%)
295	BEIL Dawid	2186	3DVSN	M40	80	00:01:12	02:14:25	04:31:16.45	04:32:29.35	+02:22:56 (52.7%)	10:26	5.8 (47.5%)
296	KOZIOŁ Dorota	2077		K40	31	00:01:31	02:14:54	04:31:39.45	04:33:11.30	+02:23:19 (52.8%)	10:26	5.7 (46.7%)
297	GAŁKA Tomasz	2257	DZIK KOMANDO	M40	81	00:17:37	02:05:29	04:31:54.90	04:49:32.70	+02:23:35 (52.8%)	10:27	5.7 (46.7%)
298	KUMIEGA Józef	2448	WILKI JODŁOWA	M50	23	00:01:08	01:57:50	04:32:24.85	04:33:33.00	+02:24:05 (52.9%)	10:28	5.7 (46.7%)
299	ZAWADZKA Agnieszka	2480	KLUB SPORTOWY PRESTIGE	K30	32	00:17:31	02:09:58	04:32:25.80	04:49:57.30	+02:24:06 (52.9%)	10:28	5.7 (46.7%)
300	FONS Aleksandra	2500	WKURW_TEAM	K30	33	00:01:24	02:12:11	04:32:47.55	04:34:11.75	+02:24:27 (53.0%)	10:29	5.7 (46.7%)
301	KRAKOWSKI Daniel	2174	PĘDZĄCE LENIWCE	M40	82	00:17:28	02:11:02	04:33:59.60	04:51:27.60	+02:25:39 (53.2%)	10:32	5.7 (46.7%)
302	KRAKOWSKI Karol	2246	PĘDZĄCE LENIWCE	M40	83	00:17:28	02:11:05	04:33:59.75	04:51:27.75	+02:25:39 (53.2%)	10:32	5.7 (46.7%)
303	KRAKOWSKA Małgorzata	2204	PĘDZĄCE LENIWCE	K40	32	00:17:27	02:11:05	04:33:59.85	04:51:27.45	+02:25:40 (53.2%)	10:32	5.7 (46.7%)
304	CUPAK Łukasz	2208		M30	92	00:17:29	02:04:21	04:34:25.95	04:51:55.90	+02:26:06 (53.2%)	10:33	5.7 (46.7%)
305	KAWECKI Dariusz	2432	ETISOFT RUNNING TEAM	M40	84	00:01:09	02:05:36	04:35:11.85	04:36:21.25	+02:26:52 (53.4%)	10:35	5.7 (46.7%)
306	ZABŁOTNY Kamil	2021	TFP SPORT TEAM	M20	23	00:17:32	02:01:25	04:35:27.65	04:53:00.40	+02:27:07 (53.4%)	10:35	5.7 (46.7%)
307	CHOŁODY Łukasz	2348	SPRINT GORZYCE	M30	93	00:17:39	02:08:13	04:35:28.85	04:53:07.85	+02:27:09 (53.4%)	10:35	5.7 (46.7%)
308	SOSZYŃSKA Gosia	2136	CZŁAPACZE	K50	5	00:17:39	02:13:17	04:35:31.75	04:53:10.95	+02:27:11 (53.4%)	10:35	5.7 (46.7%)
309	CHROMIK Krzysztof	2207		M40	85	00:17:28	01:58:16	04:36:54.20	04:54:22.95	+02:28:34 (53.7%)	10:39	5.6 (45.9%)
310	DUDEK Dorota Paulina	2256	DZIK KOMANDO	K40	33	00:17:37	02:09:41	04:36:59.50	04:54:37.00	+02:28:39 (53.7%)	10:39	5.6 (45.9%)
311	BĄK Bogdan	2058		M40	86	00:01:20	02:11:16	04:37:03.45	04:38:23.65	+02:28:43 (53.7%)	10:39	5.6 (45.9%)
312	DAGIEL Janusz	2307	WESOŁE PULPETY	M30	94	00:01:26	02:06:22	04:37:04.45	04:38:31.10	+02:28:44 (53.7%)	10:39	5.6 (45.9%)
313	OCHNIK Monika	2217		K30	34	00:17:31	02:09:44	04:38:00.85	04:55:32.65	+02:29:41 (53.8%)	10:41	5.6 (45.9%)
314	BURAK Ewelina	2317	MONKEYS'TEAM	K30	35	00:01:30	02:09:27	04:38:48.40	04:40:18.75	+02:30:28 (54.0%)	10:43	5.6 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
315	ROPEL Mirosław	2422	KIS TRANSPORT	M60	5	00:17:29	02:05:46	04:38:50.40	04:56:19.70	+02:30:30 (54.0%)	10:43	5.6 (45.9%)
316	SZYMANOWSKA Małgorzata	2097		K30	36	00:01:27	02:10:25	04:39:31.30	04:40:58.70	+02:31:11 (54.1%)	10:45	5.6 (45.9%)
317	MARKOWSKA Anna	2138	MARCUS TEAM	K30	37	00:01:27	02:10:25	04:39:31.40	04:40:58.65	+02:31:11 (54.1%)	10:45	5.6 (45.9%)
318	PIETRUSZEWSKI Bartłomiej	2482		M40	87	00:01:09	02:09:33	04:40:41.85	04:41:50.95	+02:32:22 (54.3%)	10:47	5.6 (45.9%)
319	URBAŃCZYK Marcin	2463		M40	88	00:01:27	02:13:15	04:40:47.90	04:42:15.15	+02:32:28 (54.3%)	10:47	5.6 (45.9%)
320	LE FELIC Monika	2409		K40	34	00:17:35	02:07:27	04:42:05.05	04:59:40.70	+02:33:45 (54.5%)	10:50	5.5 (45.1%)
321	LACHCIK Iwona	2052	7 BATALION KAWALERII POWIETRZNEJ	K30	38	00:17:30	02:09:45	04:42:13.05	04:59:43.20	+02:33:53 (54.5%)	10:51	5.5 (45.1%)
322	BRZEZIŃSKA Joanna	2411		K30	39	00:01:13	02:04:02	04:42:21.65	04:43:35.35	+02:34:01 (54.6%)	10:51	5.5 (45.1%)
323	GURBIEL Mateusz	2148		M20	24	00:01:17	02:06:29	04:42:27.05	04:43:44.95	+02:34:07 (54.6%)	10:51	5.5 (45.1%)
324	KLAJA Agnieszka	2087		K30	40	00:01:28	02:12:03	04:44:20.25	04:45:49.05	+02:36:00 (54.9%)	10:56	5.5 (45.1%)
325	DRZYZGA Dominika	2499		K20	12	00:01:21	02:11:26	04:44:23.10	04:45:44.85	+02:36:03 (54.9%)	10:56	5.5 (45.1%)
326	KOŁAKOWSKI Bartosz	2206	CAZZO CLUB RUNNING TEAM	M20	25	00:01:04	02:07:51	04:44:34.95	04:45:39.35	+02:36:15 (54.9%)	10:56	5.5 (45.1%)
327	KOSTRZON Maciej	2313	SFORA-BMK	M40	89	00:17:41	02:07:29	04:44:35.45	05:02:17.20	+02:36:15 (54.9%)	10:56	5.5 (45.1%)
328	JANIKOWSKA Dorota	2114		K20	13	00:01:05	02:13:45	04:44:55.85	04:46:01.00	+02:36:36 (55.0%)	10:57	5.5 (45.1%)
329	KRÓL Artur	2388	WOJSKOWA AKADEMIA TECHNICZNA	M40	90	00:01:28	02:15:29	04:45:06.10	04:46:34.45	+02:36:46 (55.0%)	10:57	5.5 (45.1%)
330	RAPACZ Marcin	2062		M50	24	00:01:14	02:08:23	04:45:16.70	04:46:31.15	+02:36:56 (55.0%)	10:58	5.5 (45.1%)
331	KUŁACZKOWSKI Konrad	2183		M30	95	00:17:46	02:14:37	04:45:16.85	05:03:03.00	+02:36:57 (55.0%)	10:58	5.5 (45.1%)
332	LEŚNIAKOWSKA Anna	2151	TUR	K40	35	00:01:21	02:21:30	04:45:39.55	04:47:00.75	+02:37:19 (55.1%)	10:59	5.5 (45.1%)
333	PARADOWSKI Paweł	2000	BYLEDOMETY	M50	25	00:19:35	02:17:04	04:45:45.00	05:05:20.40	+02:37:25 (55.1%)	10:59	5.5 (45.1%)
334	BURZ Jowita	2002	BYLEDOMETY / WKURW_TEAM	K40	36	00:19:34	02:17:04	04:45:45.75	05:05:20.50	+02:37:25 (55.1%)	10:59	5.5 (45.1%)
335	SZYSZŁO Tomasz	2026	POZYTYWNIIE ZABIEGANI SANOK	M30	96	00:17:39	01:44:01	04:45:58.35	05:03:37.35	+02:37:38 (55.1%)	10:59	5.5 (45.1%)
336	ORŁOWSKI Wojciech	2392	STALOWOWOLSKI KLUB BIEGACZA	M40	91	00:01:12	02:00:41	04:46:19.95	04:47:32.70	+02:38:00 (55.2%)	11:00	5.4 (44.3%)
337	KASZUBA Katarzyna	2175		K30	41	00:01:23	02:16:24	04:46:52.35	04:48:15.35	+02:38:32 (55.3%)	11:02	5.4 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
338	MORDZIŃSKI Marcin	2199		M40	92	00:17:38	02:18:12	04:47:35.15	05:05:13.25	+02:39:15 (55.4%)	11:03	5.4 (44.3%)
339	PAWLAK Wojciech	2093	TRUCHTAMSOBIETRAILOWO	M40	93	00:17:40	02:12:42	04:48:14.80	05:05:55.65	+02:39:55 (55.5%)	11:05	5.4 (44.3%)
340	SAGANOWSKI Adam	2094	AZS GDAŃSK	M40	94	00:17:40	02:12:41	04:48:16.50	05:05:56.55	+02:39:56 (55.5%)	11:05	5.4 (44.3%)
341	SZELAĞ Iwona	2086		K30	42	00:01:06	02:20:37	04:49:14.45	04:50:20.50	+02:40:54 (55.6%)	11:07	5.4 (44.3%)
342	SIPIERA Tomasz	2085	GRUPALUKTRANS.PL	M40	95	00:01:06	02:20:39	04:49:14.60	04:50:20.85	+02:40:54 (55.6%)	11:07	5.4 (44.3%)
343	RYŻYŃSKI Tomasz	2125	CHEŁM BIEGA	M40	96	00:17:40	02:13:23	04:49:14.90	05:06:55.25	+02:40:55 (55.6%)	11:07	5.4 (44.3%)
344	MIELNICZEK Jerzy	2047		M30	97	00:01:07	02:04:17	04:49:33.10	04:50:40.50	+02:41:13 (55.7%)	11:08	5.4 (44.3%)
345	ŁADAK Marcin	2088		M50	26	00:01:15	02:16:53	04:49:36.50	04:50:52.20	+02:41:16 (55.7%)	11:08	5.4 (44.3%)
346	MICHALSKI Robert	2370	HETMAN TARNOWSKIE GÓRY	M40	97	00:01:14	02:06:13	04:50:06.45	04:51:21.05	+02:41:46 (55.8%)	11:09	5.4 (44.3%)
347	ZELMANOWICZ - SZŁAPA Ewa	2039	IZBICKO W BIEGU	K40	37	00:01:34	02:21:38	04:51:10.95	04:52:45.00	+02:42:51 (55.9%)	11:11	5.4 (44.3%)
348	KALINOWSKA Małgorzata	2374		K40	38	00:01:22	02:17:17	04:52:00.45	04:53:22.50	+02:43:40 (56.1%)	11:13	5.3 (43.4%)
349	PAWŁOWSKA-LIS Maria	2306		K40	39	00:01:20	02:17:18	04:52:02.20	04:53:22.30	+02:43:42 (56.1%)	11:13	5.3 (43.4%)
350	OSOWSKA Katarzyna	2492		K40	40	00:01:24	02:20:36	04:53:57.30	04:55:22.00	+02:45:37 (56.3%)	11:18	5.3 (43.4%)
351	KOWALEWSKA Kinga	2550		K30	43	00:01:20	02:18:32	04:54:00.35	04:55:20.70	+02:45:40 (56.4%)	11:18	5.3 (43.4%)
352	WIERCHOŁA Joanna	2035		K60	1	00:01:22	02:24:27	04:55:54.65	04:57:17.20	+02:47:34 (56.6%)	11:22	5.3 (43.4%)
353	CHRÓŚCIAK Paweł	2164		M30	98	00:17:42	02:17:16	04:56:36.00	05:14:18.70	+02:48:16 (56.7%)	11:24	5.3 (43.4%)
354	JANIK Paweł	2398	PRASKIE ULTRAŁOSIE	M40	98	00:01:23	02:12:33	04:56:41.05	04:58:04.95	+02:48:21 (56.7%)	11:24	5.3 (43.4%)
355	BLICHERT Ania	2053	I DON'T KURWA CARE	K30	44	00:17:37	02:20:08	04:57:15.50	05:14:53.15	+02:48:55 (56.8%)	11:25	5.2 (42.6%)
356	LASEK Piotr	2117		M40	99	00:17:33	02:10:02	04:57:49.60	05:15:22.85	+02:49:29 (56.9%)	11:27	5.2 (42.6%)
357	LASEK Agnieszka	2118		K30	45	00:17:32	02:11:27	04:57:49.65	05:15:22.40	+02:49:29 (56.9%)	11:27	5.2 (42.6%)
358	KOBUSZEWSKI Maciej	2457		M40	100	00:01:42	02:21:22	04:58:14.00	04:59:56.55	+02:49:54 (57.0%)	11:28	5.2 (42.6%)
359	GARGAS-DZIEDZINA Joanna	2342	CLICO TEAM	K40	41	00:17:35		04:58:23.70	05:15:59.10	+02:50:03 (57.0%)	11:28	5.2 (42.6%)
360	MERESTA Konrad	2241	LW BOGDANKA	M30	99	00:17:33	02:24:42	04:58:47.30	05:16:21.10	+02:50:27 (57.0%)	11:29	5.2 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
361	JUSZCZYK Jarosław	2389		M40	101	00:17:46	02:11:47	04:59:34.75	05:17:21.10	+02:51:14 (57.2%)	11:31	5.2 (42.6%)
362	NIEWIADOMSKA Ewa	2403	BBL ZDUŃSKA WOLA	K50	6	00:01:08	02:26:35	05:00:02.70	05:01:11.35	+02:51:42 (57.2%)	11:32	5.2 (42.6%)
363	WOŹNIAK Bartłomiej	2339		M40	102	00:01:25	02:14:00	05:00:37.65	05:02:03.40	+02:52:17 (57.3%)	11:33	5.2 (42.6%)
364	PIETRUSZEWSKA Katarzyna	2483	ORANGE POLSKA	K40	42	00:01:09	02:34:11	05:01:19.80	05:02:29.00	+02:53:00 (57.4%)	11:35	5.2 (42.6%)
365	MILEWSKI Konrad	2070	KODA	M30	100	00:01:12	02:12:50	05:02:06.65	05:03:18.95	+02:53:46 (57.5%)	11:37	5.2 (42.6%)
366	KOSOWSKA Irena	2551		K30	46	00:01:21	02:24:32	05:02:41.20	05:04:02.35	+02:54:21 (57.6%)	11:38	5.2 (42.6%)
367	DĄBEK Paweł	2470		M50	27	00:17:43	02:12:26	05:02:41.90	05:20:25.80	+02:54:22 (57.6%)	11:38	5.2 (42.6%)
368	WIŚNIEWSKA Kornelia	2333	ZABIEGANE DWIE	K40	43	00:22:12	02:30:40	05:03:18.05	05:25:30.50	+02:54:58 (57.7%)	11:39	5.1 (41.8%)
369	DALKE Jowita	2334	ZABIEGANE DWIE	K30	47	00:22:12	02:30:44	05:03:18.20	05:25:30.65	+02:54:58 (57.7%)	11:39	5.1 (41.8%)
370	DADAŚ Elżbieta	2220	BP RUNNING TEAM GLIWICE	K40	44	00:01:25	02:21:49	05:03:43.95	05:05:09.05	+02:55:24 (57.7%)	11:40	5.1 (41.8%)
371	SCHLAPPA Sebastian	2428	IZBICKO W BIEGU	M40	103	00:01:20	02:19:58	05:04:20.95	05:05:41.80	+02:56:01 (57.8%)	11:42	5.1 (41.8%)
372	DAMPS Maria	2233		K30	48	00:01:17	02:23:58	05:04:45.70	05:06:03.60	+02:56:25 (57.9%)	11:43	5.1 (41.8%)
373	KUTKOWSKI Jan	2316	STOWARZYSZENIE BIEGIEM RADOM	M30	101	00:17:30	02:12:04	05:07:06.40	05:24:37.35	+02:58:46 (58.2%)	11:48	5.1 (41.8%)
374	KOZA Sebastian	2171	SSW TEAM KROŚNICE	M20	26	00:01:07	02:18:01	05:07:47.35	05:08:54.60	+02:59:27 (58.3%)	11:50	5.1 (41.8%)
375	KUBASIK Marcin	2247		M30	102	00:01:34	02:21:13	05:09:00.55	05:10:35.45	+03:00:40 (58.5%)	11:53	5 (41.0%)
376	DZIAŁO Łukasz	2192		M20	27	00:01:35	02:21:11	05:09:15.80	05:10:50.90	+03:00:56 (58.5%)	11:53	5 (41.0%)
377	JAROCKA Wioleta	2364		K30	49	00:17:42	02:14:24	05:09:34.15	05:27:16.40	+03:01:14 (58.5%)	11:54	5 (41.0%)
378	LEWAK-JAŚKOWSKA Sylwia	2234		K40	45	00:17:42	02:14:26	05:09:34.60	05:27:16.75	+03:01:14 (58.5%)	11:54	5 (41.0%)
379	CZOSTEK Joanna	2493		K50	7	00:01:07	02:24:02	05:10:04.15	05:11:11.70	+03:01:44 (58.6%)	11:55	5 (41.0%)
380	BERNAT Paweł	2397		M40	104	00:01:26	02:10:45	05:11:22.90	05:12:48.95	+03:03:03 (58.8%)	11:58	5 (41.0%)
381	WÓJCIK Bartosz	2212		M40	105	00:17:31	02:18:36	05:12:46.90	05:30:18.35	+03:04:27 (59.0%)	12:01	5 (41.0%)
382	BANACH Igor	2211		M40	106	00:17:29	02:30:41	05:14:08.15	05:31:37.45	+03:05:48 (59.1%)	12:04	5 (41.0%)
383	MARCOL Mateusz	2560		M30	103	00:01:17	02:44:29	05:14:16.05	05:15:33.85	+03:05:56 (59.2%)	12:05	5 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
384	MARCOL Oriana	2561		K20	14	00:01:17	02:44:32	05:14:16.75	05:15:34.10	+03:05:56 (59.2%)	12:05	5 (41.0%)
385	MARCOL Dominika	2559		K20	15	00:01:16	02:20:12	05:15:01.10	05:16:18.05	+03:06:41 (59.3%)	12:06	5 (41.0%)
386	KORNAS Szymon	2562		M20	28	00:01:16	02:16:08	05:15:02.00	05:16:18.35	+03:06:42 (59.3%)	12:07	5 (41.0%)
387	PAWŁOWSKA Agnieszka	2080	PRZEMYSKI KLUB BIEGACZA	K40	46	00:01:18	02:37:43	05:16:13.00	05:17:31.45	+03:07:53 (59.4%)	12:09	4.9 (40.2%)
388	IWANOWICZ Zuzanna	2226		K40	47	00:17:33	02:28:12	05:16:46.95	05:34:20.15	+03:08:27 (59.5%)	12:11	4.9 (40.2%)
389	RADYK Joanna	2245	PRZEMYSKI KLUB BIEGACZA	K30	50	00:01:18	02:37:35	05:18:33.05	05:19:51.65	+03:10:13 (59.7%)	12:15	4.9 (40.2%)
390	LAZAROWICZ Piotr	2335	WKURW_TEAM	M40	107	00:17:48	02:19:39	05:18:58.70	05:36:47.20	+03:10:38 (59.8%)	12:16	4.9 (40.2%)
391	UNIOWSKI Tomasz	2065	ĆMY BAROWE	M30	104	00:17:32	02:24:47	05:22:33.15	05:40:05.80	+03:14:13 (60.2%)	12:24	4.8 (39.3%)
392	JAWORSKA Agnieszka	2325		K40	48	00:17:31	02:44:08	05:23:45.85	05:41:17.10	+03:15:26 (60.4%)	12:27	4.8 (39.3%)
393	TWARDUŚ Leszek	2160		M30	105	00:17:29	02:32:14	05:23:55.25	05:41:24.30	+03:15:35 (60.4%)	12:27	4.8 (39.3%)
394	MAKOSA Konrad	2188		M40	108	00:17:38	02:30:57	05:24:43.40	05:42:21.85	+03:16:23 (60.5%)	12:29	4.8 (39.3%)
395	BAKA Marcin	2229	GTS TRADYCJA	M50	28	00:01:27	02:30:54	05:30:38.35	05:32:05.45	+03:22:18 (61.2%)	12:43	4.7 (38.5%)
396	GMITER Agnieszka	2230	GTS TRADYCJA	K40	49	00:01:26	02:30:55	05:30:39.30	05:32:05.65	+03:22:19 (61.2%)	12:43	4.7 (38.5%)
397	PERKOWSKI Tomasz	2465	BIĄŁOŁĘCKIE CZŁAPANIE&DZIADY BOROWE	M30	106	00:17:26	02:45:20	05:33:20.30	05:50:46.85	+03:25:00 (61.5%)	12:49	4.7 (38.5%)
398	BIĄŁOKOS Anna	2467	BIĄŁOŁĘCKIE CZŁAPANIE & DZIADY BOROWE	K30	51	00:17:26	02:45:19	05:33:20.40	05:50:46.85	+03:25:00 (61.5%)	12:49	4.7 (38.5%)
399	OSZCZĘDA Marzena	2016		K40	50	00:01:21	02:33:57	05:33:37.40	05:34:59.25	+03:25:17 (61.5%)	12:49	4.7 (38.5%)
400	SZYMCZYŃSKI Błażej	2159		M30	107	00:01:16	02:03:35	05:34:02.35	05:35:19.00	+03:25:42 (61.6%)	12:50	4.7 (38.5%)
401	KŁOS Dariusz	2130	KLUB MARATOŃSKI UMK/ZDROWO ZABIEGANI TORUŃ	M50	29	00:01:03	02:32:43	05:34:13.50	05:35:17.25	+03:25:53 (61.6%)	12:51	4.7 (38.5%)
402	GROCHOWSKI Karol	2152	ĆMY BAROWE	M30	108	00:00:00	02:42:19	05:40:08.25	05:40:08.25	+03:31:48 (62.3%)	13:04	4.6 (37.7%)
403	OLECHOWSKI Marcin	2291	TINNAR.EU	M40	109	00:01:08	02:38:20	05:43:32.45	05:44:41.20	+03:35:12 (62.6%)	13:12	4.5 (36.9%)
404	ADAMCZYK Zbigniew	2126	KM TRUCHCIK ŁUBIANKA	M60	6	00:01:04	02:35:27	05:43:56.20	05:45:00.85	+03:35:36 (62.7%)	13:13	4.5 (36.9%)
405	WESOŁOWSKI Łukasz	2046	MASAKRA KLUB SPORTOWY	M30	109	00:17:45	02:32:13	05:45:02.75	06:02:48.25	+03:36:42 (62.8%)	13:16	4.5 (36.9%)
406	SOBOLEWSKI Grzegorz	2020	MASAKRA KLUB SPORTOWY	M40	110	00:17:45	02:32:01	05:45:04.30	06:02:49.75	+03:36:44 (62.8%)	13:16	4.5 (36.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
407	DAMIĘCKI Jan	2010	MASAKRA KLUB SPORTOWY	M40	111	00:17:44	02:32:12	05:45:05.20	06:02:49.85	+03:36:45 (62.8%)	13:16	4.5 (36.9%)
408	CZERNIAK Artur	2013	MASAKRA KLUB SPORTOWY	M50	30	00:17:45	02:32:05	05:45:05.45	06:02:50.45	+03:36:45 (62.8%)	13:16	4.5 (36.9%)
409	BRATKO Zbigniew	2081	65+	M60	7	00:18:03	02:45:22	05:51:59.80	06:10:03.60	+03:43:40 (63.5%)	13:32	4.4 (36.1%)
410	MARTOWICZ Justyna	2074		K20	16	00:01:18	02:47:41	05:56:49.35	05:58:07.75	+03:48:29 (64.0%)	13:43	4.4 (36.1%)
411	GANCARSKI Marcin	2060	NOWY STYL GROUP RUNNING TEAM	M30	110	00:01:16	02:47:39	05:56:49.65	05:58:05.90	+03:48:29 (64.0%)	13:43	4.4 (36.1%)
412	SURDAcki Łukasz	2329	MONKEYS' TEAM	M30	111	00:01:30	02:35:28	06:03:58.20	06:05:28.50	+03:55:38 (64.7%)	13:59	4.3 (35.2%)
413	SURDAcka Edyta	2443	MONKEYS'TEAM	K30	52	00:01:29	02:35:26	06:03:58.40	06:05:28.25	+03:55:38 (64.7%)	13:59	4.3 (35.2%)
414	CZERWONKA Żaneta	2337	MONKEYS' TEAM	K30	53	00:01:29	02:28:44	06:03:59.10	06:05:28.80	+03:55:39 (64.7%)	13:59	4.3 (35.2%)
415	STEC Dawid	2347	MONKEYS'TEAM	M30	112	00:01:29	02:33:16	06:03:59.25	06:05:29.15	+03:55:39 (64.7%)	13:59	4.3 (35.2%)
416	BOBROWICZ Tomasz	2350		M40	112	00:01:16	02:38:23	06:05:38.75	06:06:55.70	+03:57:18 (64.9%)	14:03	4.3 (35.2%)
417	KNIAZIAK - BOBROWICZ Magdalena	2349	ORANGE	K40	51	00:01:17	02:38:23	06:05:40.00	06:06:57.60	+03:57:20 (64.9%)	14:03	4.3 (35.2%)
418	KWIATKOWSKA Tatiana	2358	HELLO KITTY	K20	17	00:01:23	02:55:56	06:20:29.80	06:21:53.10	+04:12:10 (66.3%)	14:38	4.1 (33.6%)
419	KWIATKOWSKA Alicja	2045	MAŁE LWY	K30	54	00:01:23	02:55:56	06:20:30.10	06:21:53.20	+04:12:10 (66.3%)	14:38	4.1 (33.6%)
420	BARAŃSKA Marta	2354	GORZÓW BIEGA	K20	18	00:01:38	03:00:10	06:28:08.10	06:29:47.05	+04:19:48 (66.9%)	14:55	4 (32.8%)
421	LASEK Krzysztof	2121		M30	113	00:17:36	02:50:09	06:32:17.95	06:49:54.65	+04:23:58 (67.3%)	15:05	4 (32.8%)
422	ORZECHowSKI Mieczysław	2017	KBP PASJA WARSZAWA	M60	8	00:02:28	03:07:48	06:32:34.30	06:35:03.05	+04:24:14 (67.3%)	15:05	4 (32.8%)
423	ORZECHowSKA Danuta	2018	KBP PASJA WARSZAWA	K60	2	00:02:27	03:07:44	06:32:34.80	06:35:02.60	+04:24:15 (67.3%)	15:05	4 (32.8%)
424	KARAMON Patryk	2369		M20	29	00:01:30	03:01:48	06:36:14.40	06:37:45.10	+04:27:54 (67.6%)	15:14	3.9 (32.0%)
425	SIKORA Paulina	2331		K20	19	00:01:30	03:01:49	06:36:14.45	06:37:44.90	+04:27:54 (67.6%)	15:14	3.9 (32.0%)
426	BORKOWSKA Ewa	2381	WKURW-TEAM	K60	3	00:01:23	03:14:22	06:38:19.45	06:39:42.60	+04:29:59 (67.8%)	15:19	3.9 (32.0%)
427	GRUBE Bartosz	2131	SUT - STRASZYN ULTRA TEAM	M30	114	00:01:22	03:02:12	06:41:20.40	06:42:43.15	+04:33:00 (68.0%)	15:26	3.9 (32.0%)
428	CZECHowSKI Filip	2098	DEKABRYŚCI	M40	113	00:01:29	03:07:07	07:15:34.50	07:17:03.65	+05:07:14 (70.5%)	16:45	3.6 (29.5%)
429	OŻÓG Iwona	2478		K40	52	00:17:35	03:23:49	07:40:52.60	07:58:28.15	+05:32:32 (72.2%)	17:43	3.4 (27.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
	GOŹDZIEWSKI Adam	2276		M40		DNF	01:59:08 DNF	DNF	DNF		-	- (0.0%)
	REY Andrzej	2073	REY RUNNING TEAM	M40		DNF	03:48:40 DNF	DNF	DNF		-	- (0.0%)
	REY Patryk	2441	REY RUNNING TEAM	M20		DNF	03:48:40 DNF	DNF	DNF		-	- (0.0%)
	MACHTAŁOWICZ Beata	2036		K30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 433 wynik(ów)