VIII HYUNDAI ULTRAMARATON BIESZCZADZKI - 52 KM

Wydarzenie: VIII HYUNDAI ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-10-09
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	**CZERNIAK Paweł**	**1400**	KARKONOSZ RUNNING TEAM	M30	1	03:33:46	01:21:35	02:29:36	03:47:13	**05:03:02.80**	**08:36:49.15**		5:49	10.3 (100%)
2	**ŻUCHOWSKI Daniel**	**1254**		M30	2	03:33:45	01:24:24	02:33:00	03:52:43	**05:09:05.85**	**08:42:51.70**	+00:06:03 (2.0%)	5:56	10.1 (98.1%)
3	**ŚWIERC Marcin**	**1506**		M30	3	03:04:25	01:23:43	02:36:01	03:55:11	**05:10:04.30**	**08:14:29.65**	+00:07:01 (2.3%)	5:57	10.1 (98.1%)
4	**CEBERAK Bartek**	**1022**		M30	4	03:33:47	01:27:41	02:38:11	04:02:08	**05:23:16.30**	**08:57:04.00**	+00:20:13 (6.3%)	6:13	9.7 (94.2%)
5	**GAWLIK Sławek**	**1508**	DYNAFIT TEAM POLAND	M30	5	02:30:30	01:29:43	02:42:48	04:06:26	**05:25:30.35**	**07:56:00.60**	+00:22:27 (6.9%)	6:15	9.6 (93.2%)
6	**ŻORNIAK Mateusz**	**1291**	MEGA FASON SIENIAWA	M30	6	03:04:26	01:26:34	02:35:59	04:00:35	**05:26:27.40**	**08:30:53.45**	+00:23:24 (7.2%)	6:16	9.6 (93.2%)
7	**PISZCZATOWSKI Wojciech**	**1401**	ORANGE POLSKA	M40	1	03:33:47	01:33:43	02:47:50	04:15:48	**05:42:11.30**	**09:15:58.35**	+00:39:08 (11.4%)	6:34	9.1 (88.3%)
8	**SZAPORÓW Łukasz**	**1451**	INFINITY-GYM ŁUKASZ SZAPORÓW	M30	7	03:33:46	01:33:59	02:48:39	04:19:44	**05:45:58.45**	**09:19:45.20**	+00:42:55 (12.4%)	6:39	9 (87.4%)
9	**WILK Katarzyna**	**1522**		K30	1	03:33:45	01:35:09	02:52:36	04:22:32	**05:47:11.95**	**09:20:57.80**	+00:44:09 (12.7%)	6:40	9 (87.4%)
10	**SZOPA Łukasz**	**1369**	KARKONOSZ RUNNING TEAM	M40	2	03:33:46	01:35:08	02:51:33	04:22:24	**05:49:32.70**	**09:23:19.35**	+00:46:29 (13.3%)	6:43	8.9 (86.4%)
11	**PAPROCKA Urszula**	**1255**	NOWA HUTA TEAM	K30	2	03:33:47	01:37:14	02:53:52	04:27:08	**05:49:35.70**	**09:23:23.45**	+00:46:32 (13.3%)	6:43	8.9 (86.4%)
12	**WYSOKINSKI Konrad**	**1418**	MESMERIK RUNNERS	M40	3	03:04:26	01:37:10	02:59:37	04:34:13	**06:01:32.70**	**09:05:58.95**	+00:58:29 (16.2%)	6:57	8.6 (83.5%)
13	**ŁACIAK Marcin**	**1416**	MESMERIK RUNNERS	M40	4	03:04:26	01:37:08	02:59:06	04:34:11	**06:03:50.70**	**09:08:17.45**	+01:00:47 (16.7%)	6:59	8.6 (83.5%)
14	**RUDZIŃSKI Jacek**	**1437**	KB HERMES GRYFINO	M50	1	03:33:47	01:42:50	03:04:02	04:34:44	**06:05:14.75**	**09:39:01.90**	+01:02:11 (17.0%)	7:01	8.5 (82.5%)
15	**STOŚ Paweł**	**1495**	LUCKY TEAM	M30	8	02:30:35	01:46:25	03:06:38	04:36:49	**06:09:40.70**	**08:40:16.45**	+01:06:37 (18.0%)	7:06	8.4 (81.6%)
16	**SZYMAŃSKI Paweł**	**1196**	FIZJOBIEGACZE SZCZECIN	M30	9	02:30:32	01:32:10	02:48:42	04:19:30	**06:16:09.65**	**08:46:42.60**	+01:13:06 (19.4%)	7:14	8.3 (80.6%)
17	**ARAK Tomasz**	**1415**	MESMERIK RUNNERS	M40	5	03:33:46	01:32:44	02:55:24	04:40:00	**06:16:41.80**	**09:50:28.40**	+01:13:39 (19.6%)	7:14	8.3 (80.6%)
18	**BRATEK Agnieszka**	**1524**		K40	1	03:33:46	01:43:52	03:07:00	04:43:48	**06:19:53.05**	**09:53:39.35**	+01:16:50 (20.2%)	7:18	8.2 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
19	**WENTA Marta**	**1484**	KASZUBSKA PONIEWIERKA	K20	1	03:04:27	01:49:31	03:16:29	04:53:15	**06:24:49.50**	**09:29:16.65**	+01:21:46 (21.3%)	7:24	8.1 (78.6%)
20	**SIUDEK Robert**	**1498**	MARCIN ŚWIERC TEAM	M30	10	03:33:46	01:46:18	03:08:08	04:50:53	**06:25:01.45**	**09:58:48.05**	+01:21:58 (21.3%)	7:24	8.1 (78.6%)
21	**KRZEMIŃSKI Marcin**	**1384**	SPRINT GORZYCE	M40	6	03:33:47	01:39:41	03:05:05	04:46:32	**06:26:41.45**	**10:00:28.60**	+01:23:38 (21.6%)	7:26	8.1 (78.6%)
22	**JAKIEŁA-RZADKOSZ Katarzyna**	**1518**		K30	3	03:33:46	01:40:27	03:04:09	04:47:41	**06:28:06.60**	**10:01:53.35**	+01:25:03 (21.9%)	7:27	8 (77.7%)
23	**KOWALIK Ewelina**	**1191**	FIZJOBIEGACZE SZCZECIN	K20	2	02:30:33	01:44:27	03:09:28	04:52:21	**06:30:25.50**	**09:00:58.75**	+01:27:22 (22.4%)	7:30	8 (77.7%)
24	**ŁABĘDZKA Agata**	**1514**	MARCIN ŚWIERC TEAM/ DYNAFIT POLSKA	K20	3	02:30:34	01:50:29	03:16:37	04:53:09	**06:30:34.45**	**09:01:08.90**	+01:27:31 (22.4%)	7:30	8 (77.7%)
25	**CHILICKA Marta**	**1394**	RED LION CLUB	K30	4	01:00:22	01:56:41	03:28:55	05:07:36	**06:37:48.20**	**07:38:10.75**	+01:34:45 (23.8%)	7:39	7.8 (75.7%)
26	**BUGNO Marcelina**	**1350**	SKAWINA BIEGA	K30	5	02:30:49	01:48:39	03:15:00	04:56:57	**06:38:11.75**	**09:09:01.60**	+01:35:08 (23.9%)	7:39	7.8 (75.7%)
27	**KACZMAREK Tomasz**	**1237**	NIEPOŁOMICE BIEGAJĄ	M40	7	03:33:47	01:40:16	03:10:57	05:00:55	**06:44:15.90**	**10:18:03.50**	+01:41:13 (25.0%)	7:46	7.7 (74.8%)
28	**KAMIŃSKI Marek**	**1335**		M30	11	03:33:47	01:49:29	03:18:44	05:04:42	**06:45:05.30**	**10:18:52.55**	+01:42:02 (25.2%)	7:47	7.7 (74.8%)
29	**GAZDA Paweł**	**1054**	BALTIC WOOD ACTIVE	M30	12	03:04:42	01:50:09	03:17:26	04:58:43	**06:45:52.10**	**09:50:34.35**	+01:42:49 (25.3%)	7:48	7.7 (74.8%)
30	**KAŹMIERCZAK Piotr**	**1260**		M30	13	03:33:49	01:47:52	03:14:33	05:05:00	**06:49:12.50**	**10:23:01.60**	+01:46:09 (25.9%)	7:52	7.6 (73.8%)
31	**MIKOŁAJCZYK Krzysztof**	**1432**		M40	8	03:04:26	01:50:20	03:23:39	05:10:03	**06:50:35.95**	**09:55:02.20**	+01:47:33 (26.2%)	7:53	7.6 (73.8%)
32	**OLEKSIŃSKI Dariusz**	**1322**		M30	14	03:33:51	01:52:38	03:26:42	05:11:28	**06:52:01.15**	**10:25:52.40**	+01:48:58 (26.4%)	7:55	7.6 (73.8%)
33	**JANKOWSKI Sebastian**	**1162**	WIELISZEW HERON TEAM	M40	9	03:33:50	01:49:00	03:22:58	05:14:48	**06:53:12.20**	**10:27:02.70**	+01:50:09 (26.7%)	7:56	7.6 (73.8%)
34	**KOWALCZYK Mateusz**	**1277**	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	15	03:33:48	02:02:01	03:34:58	05:18:38	**06:53:15.50**	**10:27:04.25**	+01:50:12 (26.7%)	7:56	7.5 (72.8%)
35	**PUDŁO Mateusz**	**1491**	TEAM KINGRUNNER ULTRA	M20	1	02:30:31	01:55:51	03:32:20	05:15:26	**06:54:49.05**	**09:25:20.05**	+01:51:46 (26.9%)	7:58	7.5 (72.8%)
36	**DZIRBA Tomasz**	**1355**	STAY INSANE / NIE MA LETKO	M30	16	03:04:38	01:53:36	03:21:39	05:10:43	**06:54:49.10**	**09:59:27.65**	+01:51:46 (26.9%)	7:58	7.5 (72.8%)
37	**WEREMKO Grzegorz**	**1357**	MULTIMEDIA RUNNERS PUŁAWY	M40	10	03:04:32	01:55:06	03:26:50	05:11:43	**06:54:59.55**	**09:59:31.80**	+01:51:56 (27.0%)	7:58	7.5 (72.8%)
38	**RACZYC Janusz**	**1252**	HIT THE TRAIL	M30	17	00:00:01	01:47:12	03:20:26	04:59:21	**06:56:59.05**	**06:57:00.75**	+01:53:56 (27.3%)	8:01	7.5 (72.8%)
39	**ZBORUCKI Jan**	**1157**	LATAJĄCY CYRK	M30	18	03:04:46	01:58:35	03:34:55	05:18:51	**06:57:40.25**	**10:02:26.50**	+01:54:37 (27.4%)	8:01	7.5 (72.8%)
40	**HOŁOWNIA Tomasz**	**1017**	GRUPA BIEGOWA "BEZ GRANIC"	M30	19	03:33:50	01:56:23	03:35:34	05:22:33	**06:58:41.85**	**10:32:32.30**	+01:55:39 (27.6%)	8:03	7.5 (72.8%)
41	**MALEC Artur**	**1433**		M40	11	03:04:26	01:50:21	03:23:40	05:16:18	**06:59:35.45**	**10:04:01.45**	+01:56:32 (27.8%)	8:04	7.4 (71.8%)
42	**SZCZEPKOWSKI Przemek**	**1294**		M30	20	03:33:51	01:51:33	03:26:26	05:14:57	**07:03:25.75**	**10:37:17.40**	+02:00:22 (28.4%)	8:08	7.4 (71.8%)
43	**POŻAROWSZCZYK Adam**	**1266**	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	21	03:04:39	01:50:40	03:17:27	05:12:13	**07:03:41.45**	**10:08:21.25**	+02:00:38 (28.5%)	8:08	7.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
44	**HORDEY Yaroslav**	**1475**	SPRINTER PRĄDY	M40	12	03:04:38	01:46:49	03:16:12	05:08:20	**07:03:45.85**	**10:08:24.00**	+02:00:43 (28.5%)	8:08	7.4 (71.8%)
45	**KOŚCIELSKI Patryk**	**1264**	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	13	03:04:40	01:50:43	03:17:27	05:12:14	**07:03:49.05**	**10:08:29.05**	+02:00:46 (28.5%)	8:09	7.4 (71.8%)
46	**SOBIESZEK Sylwia**	**1165**	ZWOLEŃNICY BIEGANIA	K30	6	03:04:28	01:55:08	03:26:53	05:20:26	**07:04:06.55**	**10:08:35.15**	+02:01:03 (28.5%)	8:09	7.4 (71.8%)
47	**TKACZEWSKI Piotr**	**1482**		M40	14	03:04:38	01:53:48	03:25:52	05:17:16	**07:04:08.90**	**10:08:47.25**	+02:01:06 (28.6%)	8:09	7.4 (71.8%)
48	**ZIĘBA Beata**	**1288**	ENDURE TEAM	K40	2	03:33:47	01:54:51	03:32:03	05:22:16	**07:05:51.60**	**10:39:39.20**	+02:02:48 (28.8%)	8:11	7.3 (70.9%)
49	**MIKUŚKIEWICZ Piotr**	**1446**	10 ŚBOT	M40	15	03:33:50	01:51:01	03:26:26	05:17:17	**07:06:02.25**	**10:39:52.40**	+02:02:59 (28.9%)	8:11	7.3 (70.9%)
50	**ZAJĄC Filip**	**1509**	OLA&TOSIA&TYMON&GAJA TEAM	M40	16	03:33:46	01:52:44	03:29:30	05:18:38	**07:06:14.85**	**10:40:01.75**	+02:03:12 (28.9%)	8:11	7.3 (70.9%)
51	**SZKÓŁKA Robert**	**1257**	WIELISZEW HERON TEAM	M40	17	03:33:50	01:49:31	03:22:57	05:14:50	**07:06:41.65**	**10:40:32.40**	+02:03:38 (29.0%)	8:12	7.3 (70.9%)
52	**SZCZUDRAWA Dariusz**	**1197**		M40	18	03:33:51	02:01:05	03:35:45	05:24:02	**07:09:26.45**	**10:43:18.25**	+02:06:23 (29.4%)	8:15	7.3 (70.9%)
53	**PODRAZA Klaudia**	**1320**	PĘDZĄCE ŚLIMAKI	K20	4	03:33:49	02:00:13	03:38:31	05:32:54	**07:12:43.50**	**10:46:32.70**	+02:09:40 (30.0%)	8:19	7.2 (69.9%)
54	**CZOSNOWSKI Krzysztof**	**1441**	KB HERMES GRYFINO	M40	19	03:33:47	01:41:59	03:16:30	05:14:31	**07:13:33.60**	**10:47:21.30**	+02:10:30 (30.1%)	8:20	7.2 (69.9%)
55	**BELKIEWICZ Rafał**	**1304**	KABATY ULTRA	M40	20	03:04:30	01:57:43	03:36:01	05:27:45	**07:15:16.05**	**10:19:46.65**	+02:12:13 (30.4%)	8:22	7.2 (69.9%)
56	**ZAŁUCKI Maciej**	**1224**		M50	2	03:33:52	02:03:07	03:31:11	05:27:17	**07:15:48.75**	**10:49:41.00**	+02:12:45 (30.5%)	8:22	7.2 (69.9%)
57	**SZARANIEC Sebastian**	**1144**	T-MOBILE SPORT	M40	21	03:34:03	01:55:03	03:32:34	05:27:20	**07:16:19.60**	**10:50:23.25**	+02:13:16 (30.5%)	8:23	7.2 (69.9%)
58	**SIKORA Michał**	**1153**		M40	22	03:04:32	01:58:41	03:36:58	05:33:41	**07:16:45.70**	**10:21:17.75**	+02:13:42 (30.6%)	8:23	7.1 (68.9%)
59	**STACHURSKI Paweł**	**1572**		M30	22	03:33:46	01:52:48	03:34:19	05:32:28	**07:16:53.65**	**10:50:39.85**	+02:13:50 (30.6%)	8:24	7.1 (68.9%)
60	**NIEDŹWIEDŹ Tomasz**	**1395**		M40	23	01:00:22	01:58:54	03:35:19	05:26:19	**07:18:00.40**	**08:18:23.05**	+02:14:57 (30.8%)	8:25	7.1 (68.9%)
61	**SZYDŁOWSKI Bartek**	**1381**	SKAWINA BIEGA	M30	23	02:30:50	01:48:40	03:30:34	05:29:25	**07:19:26.55**	**09:50:16.90**	+02:16:23 (31.0%)	8:27	7.1 (68.9%)
62	**KUBICA Krzysztof**	**1199**	KOTWICA BRZEG	M40	24	02:30:45	02:01:25	03:43:53	05:32:39	**07:19:53.10**	**09:50:38.75**	+02:16:50 (31.1%)	8:27	7.1 (68.9%)
63	**SZYBIAK Waldemar**	**1088**	AGONA W&M	M50	3	03:33:57	01:59:42	03:37:41	05:32:05	**07:20:08.10**	**10:54:05.45**	+02:17:05 (31.1%)	8:27	7.1 (68.9%)
64	**KOBAK Marcin**	**1301**		M40	25	03:33:55	02:03:59	03:42:06	05:34:54	**07:22:13.90**	**10:56:09.85**	+02:19:11 (31.5%)	8:30	7.1 (68.9%)
65	**JANUSZEWSKI Maciej**	**1051**	TEAM KOPEĆ	M30	24	03:33:58	01:55:48	03:41:01	05:37:59	**07:22:43.45**	**10:56:41.65**	+02:19:40 (31.5%)	8:30	7 (68.0%)
66	**SKWARA Dariusz**	**1055**	SZANSA 21 FUNDACJA NA RZECZ OSÓB Z ZESPOŁEM DOWNA	M30	25	02:30:37	01:55:03	03:22:52	05:21:53	**07:22:48.20**	**09:53:25.25**	+02:19:45 (31.6%)	8:30	7 (68.0%)
67	**GACEK Michał**	**1259**	THE STRYCHERS	M30	26	03:33:54	01:55:53	03:33:40	05:32:27	**07:23:02.40**	**10:56:57.25**	+02:19:59 (31.6%)	8:31	7 (68.0%)
68	**MOSIO Grzegorz**	**1047**		M40	26	03:04:42	01:46:55	03:16:36	05:29:44	**07:23:29.85**	**10:28:11.85**	+02:20:27 (31.7%)	8:31	7 (68.0%)
69	**GÓRYŃSKI Rafał**	**1466**		M20	2	03:04:28	01:50:06	03:29:34	05:38:38	**07:24:36.25**	**10:29:04.70**	+02:21:33 (31.8%)	8:33	7 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
70	**DARSKI Rafał**	**1502**		M40	27	03:34:10	02:03:11	03:47:49	05:40:04	**07:25:07.25**	**10:59:17.60**	+02:22:04 (31.9%)	8:33	7 (68.0%)
71	**FILIPEK Wojciech**	**1519**	OPTIM TRAVEL ULTRA	M50	4	03:34:16	01:55:45	03:37:22	05:32:28	**07:25:31.50**	**10:59:47.80**	+02:22:28 (32.0%)	8:34	7 (68.0%)
72	**SKWARA Marek**	**1007**	SZANSA 21 FUNDACJA NA RZECZ OSÓB Z ZESPOŁEM DOWNA	M30	27	02:30:36	01:57:39	03:49:33	05:46:04	**07:26:45.85**	**09:57:22.80**	+02:23:43 (32.2%)	8:35	7 (68.0%)
73	**LIPERTOWICZ Sebastian**	**1267**	WIECZORNE BIEGANIE W SZCZECINIE ❤	M30	28	03:33:53	01:55:56	03:39:20	05:34:10	**07:26:56.65**	**11:00:50.15**	+02:23:53 (32.2%)	8:35	7 (68.0%)
74	**KMIECIK Arkadiusz**	**1340**		M40	28	03:33:58	01:57:34	03:40:03	05:35:41	**07:27:55.25**	**11:01:54.05**	+02:24:52 (32.3%)	8:36	7 (68.0%)
75	**SUDOMIR Paweł**	**1473**	JACEKBIEGA RUNNING TEAM	M30	29	03:04:35	01:59:54	03:45:20	05:35:10	**07:28:04.65**	**10:32:40.55**	+02:25:01 (32.4%)	8:37	7 (68.0%)
76	**SKÓRA Anastazja**	**1471**	AKADEMIA BIEGANIA	K20	5	03:34:00	02:01:12	03:45:15	05:42:46	**07:31:48.95**	**11:05:49.85**	+02:28:46 (32.9%)	8:41	6.9 (67.0%)
77	**DYWAN Andrzej**	**1251**		M50	5	01:00:28	02:12:46	03:59:39	05:46:54	**07:33:16.40**	**08:33:45.05**	+02:30:13 (33.1%)	8:43	6.9 (67.0%)
78	**MILEWSKI Mateusz**	**1093**	TEAM KAŁDUN / BĘDZIE DOBRZE ALBO NIEDOBRZE	M30	30	03:33:46	02:04:47	03:44:45	05:41:02	**07:33:42.05**	**11:07:28.50**	+02:30:39 (33.2%)	8:43	6.9 (67.0%)
79	**BARTELA Edyta**	**1303**	DZIK KOMANDO	K30	7	03:33:48	02:00:34	03:38:14	05:35:50	**07:34:23.65**	**11:08:11.95**	+02:31:20 (33.3%)	8:44	6.9 (67.0%)
80	**BURDAS Klaudia**	**1483**	FOREVER BUSSINES TEAM	K20	6	03:33:48	02:03:43	03:43:57	05:42:18	**07:34:32.85**	**11:08:21.25**	+02:31:30 (33.3%)	8:44	6.9 (67.0%)
81	**SOBASZEK Marcin**	**1048**		M30	31	03:33:48	01:58:22	03:36:00	05:35:10	**07:35:26.45**	**11:09:14.75**	+02:32:23 (33.5%)	8:45	6.9 (67.0%)
82	**LELITO Piotr**	**1412**		M30	32	03:04:42	02:07:17	03:55:38	05:51:22	**07:35:41.70**	**10:40:23.90**	+02:32:38 (33.5%)	8:45	6.8 (66.0%)
83	**SULIMA Grzegorz**	**1021**	GRUPA BIEGOWA "BEZ GRANIC"	M50	6	03:33:50	01:57:13	03:38:55	05:45:10	**07:36:06.20**	**11:09:56.35**	+02:33:03 (33.6%)	8:46	6.8 (66.0%)
84	**SZEWCZUK Krzysztof**	**1012**	ZADYSZKA	M30	33	03:33:57	02:03:00	03:42:04	05:40:17	**07:36:19.40**	**11:10:16.70**	+02:33:16 (33.6%)	8:46	6.8 (66.0%)
85	**JAROCKA Agata**	**1041**		K30	8	03:04:41	02:02:20	03:43:52	05:44:50	**07:36:28.75**	**10:41:10.60**	+02:33:25 (33.6%)	8:46	6.8 (66.0%)
86	**MIELNIK Michał**	**1064**	MAXSTONE	M20	3	03:04:42	01:54:42	03:39:33	05:44:18	**07:36:56.60**	**10:41:39.20**	+02:33:53 (33.7%)	8:47	6.8 (66.0%)
87	**PAŃTAK Sławomir**	**1462**	21 DAPLOT JAROSŁAW	M40	29	03:04:27	01:54:40	03:37:37	05:41:13	**07:37:03.50**	**10:41:31.15**	+02:34:00 (33.7%)	8:47	6.8 (66.0%)
88	**STEFANIUK Roman**	**1193**	-	M50	7	03:33:58	01:59:55	03:38:21	05:42:49	**07:37:16.85**	**11:11:15.75**	+02:34:14 (33.7%)	8:47	6.8 (66.0%)
89	**PYRKOSZ Damian**	**1029**		M40	30	03:33:53	01:58:39	03:42:38	05:45:22	**07:37:48.40**	**11:11:41.65**	+02:34:45 (33.8%)	8:48	6.8 (66.0%)
90	**BRUDEREK Tomasz**	**1152**	PRIMUM CURRERE	M40	31	03:33:52	01:56:12	03:38:28	05:40:42	**07:38:14.45**	**11:12:07.00**	+02:35:11 (33.9%)	8:48	6.8 (66.0%)
91	**WRÓBLEWSKI Jacek**	**1513**	MAZOVIA PROACTIV	M30	34	03:34:03	01:57:22	03:34:23	05:36:48	**07:38:47.25**	**11:12:50.25**	+02:35:44 (33.9%)	8:49	6.8 (66.0%)
92	**NISZCZOT Dariusz**	**1430**		M20	4	03:04:28	02:01:31	03:37:02	05:31:34	**07:38:50.75**	**10:43:19.45**	+02:35:47 (34.0%)	8:49	6.8 (66.0%)
93	**SZEWC Wojciech**	**1356**		M20	5	03:04:27	01:58:37	03:35:15	05:30:25	**07:39:13.85**	**10:43:41.60**	+02:36:11 (34.0%)	8:49	6.8 (66.0%)
94	**KWAŚNIEWSKI Maciej**	**1155**		M30	35	03:04:37	02:22:06	04:36:39		**07:40:54.90**	**10:45:32.00**	+02:37:52 (34.3%)	8:51	6.8 (66.0%)
95	**TADEJA Jakub**	**1184**		M30	36	03:33:59	02:01:11	03:46:03	05:42:40	**07:41:13.05**	**11:15:12.65**	+02:38:10 (34.3%)	8:52	6.8 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
96	**TYLEK Krzysztof**	**1405**	SKAWINA BIEGA	M40	32	02:30:49	02:02:13	03:43:01	05:44:34	**07:41:22.40**	**10:12:11.55**	+02:38:19 (34.3%)	8:52	6.8 (66.0%)
97	**KWIATKOWSKA Renata**	**1243**	KB OŻARÓW MAZOWIECKI BIEGA	K50	1	03:33:50	02:05:12	03:41:57	05:44:42	**07:41:24.15**	**11:15:15.10**	+02:38:21 (34.3%)	8:52	6.8 (66.0%)
98	**ŚWIERCZYŃSKI Kacper**	**1216**	NIGHT RUNNERS	M30	37	03:33:47	02:01:12	03:46:11	05:47:08	**07:42:23.50**	**11:16:11.30**	+02:39:20 (34.5%)	8:53	6.7 (65.0%)
99	**MIKOLAJCZYK Lukasz**	**1370**		M30	38	02:32:06	02:04:07	03:49:04	05:46:39	**07:43:07.20**	**10:15:13.45**	+02:40:04 (34.6%)	8:54	6.7 (65.0%)
100	**ZARZEKA Marcin**	**1174**	VEGE RUNNERS	M40	33	02:30:47	02:01:51	03:43:11	05:44:59	**07:44:38.80**	**10:15:26.30**	+02:41:36 (34.8%)	8:56	6.7 (65.0%)
101	**ŻOŁNACZ Maciej**	**1286**		M30	39	02:30:39	02:11:20	03:51:10	05:46:18	**07:45:25.55**	**10:16:05.40**	+02:42:22 (34.9%)	8:57	6.7 (65.0%)
102	**WOJCIECHOWSKI Dariusz**	**1442**	KRAKOWIAK ULTRA TEAM	M40	34	03:33:53	02:01:26	03:47:20	05:50:58	**07:45:54.05**	**11:19:47.55**	+02:42:51 (35.0%)	8:57	6.7 (65.0%)
103	**PAŻUCHA Wojciech**	**1455**		M40	35	03:33:52	02:01:26	03:47:21	05:50:58	**07:45:54.50**	**11:19:47.45**	+02:42:51 (35.0%)	8:57	6.7 (65.0%)
104	**BOROWIEC Michał**	**1467**	TRUCHTACZ.PL	M40	36	03:04:28	02:01:53	03:42:08	05:41:50	**07:46:06.20**	**10:50:35.10**	+02:43:03 (35.0%)	8:57	6.7 (65.0%)
105	**DERLAGA Wojciech**	**1263**	STG TARNÓW	M30	40	01:00:25	02:08:48	03:57:39	05:58:36	**07:46:18.10**	**08:46:44.00**	+02:43:15 (35.0%)	8:58	6.7 (65.0%)
106	**GARCZYŃSKI Darek**	**1008**		M40	37	03:33:59	01:59:47	03:44:27	05:47:02	**07:46:38.95**	**11:20:37.95**	+02:43:36 (35.1%)	8:58	6.7 (65.0%)
107	**ŁODZIANA Dorota**	**1329**		K30	9	03:04:32	02:08:01	03:58:34	05:58:22	**07:46:59.80**	**10:51:32.60**	+02:43:57 (35.1%)	8:58	6.7 (65.0%)
108	**GESSLER Łukasz**	**1127**	BIESY	M30	41	03:04:31	02:06:01	03:46:51	05:51:25	**07:47:38.35**	**10:52:10.15**	+02:44:35 (35.2%)	8:59	6.7 (65.0%)
109	**DZIEWA Przemysław**	**1109**	ATS WHEELS	M40	38	01:00:27	02:15:26	04:08:46	06:01:29	**07:48:12.25**	**08:48:39.70**	+02:45:09 (35.3%)	9:00	6.7 (65.0%)
110	**SIWOŃ Ewa**	**1362**		K40	3	03:33:55	02:09:02	03:51:21	05:54:13	**07:48:47.75**	**11:22:43.50**	+02:45:44 (35.4%)	9:00	6.7 (65.0%)
111	**NOWAK Piotr**	**1173**		M30	42	03:04:40	02:00:47	03:46:12	05:53:27	**07:49:07.50**	**10:53:48.00**	+02:46:04 (35.4%)	9:01	6.7 (65.0%)
112	**KURCEWICZ Paweł**	**1354**		M30	43	01:00:23	02:08:53	03:57:58	05:48:05	**07:49:26.75**	**08:49:50.20**	+02:46:23 (35.4%)	9:01	6.6 (64.1%)
113	**KRZYŻANOWSKI Łukasz**	**1241**	NOWA HUTA TEAM	M30	44	01:00:28	02:12:45	03:59:41	05:56:43	**07:49:41.75**	**08:50:09.85**	+02:46:38 (35.5%)	9:01	6.6 (64.1%)
114	**TUTAJ Krzysztof**	**1221**		M50	8	01:00:26	02:08:48	03:57:39	05:58:37	**07:49:50.25**	**08:50:16.30**	+02:46:47 (35.5%)	9:02	6.6 (64.1%)
115	**FIRAZA Tomasz**	**1403**	DELOITTE ADVENTURE TEAM	M30	45	02:30:40	02:05:38	03:51:35	05:51:40	**07:50:05.00**	**10:20:45.60**	+02:47:02 (35.5%)	9:02	6.6 (64.1%)
116	**OSICKI Dawid**	**1050**	LUBAWA KOCHA BIEGAĆ	M20	6	03:33:52	02:11:38	04:00:08	05:57:12	**07:51:14.65**	**11:25:07.60**	+02:48:11 (35.7%)	9:03	6.6 (64.1%)
117	**GĄSECKI Daniel**	**1472**	AKTYWNY DYNÓW	M40	39	03:04:34	02:06:52	03:52:14	05:55:19	**07:52:40.15**	**10:57:14.25**	+02:49:37 (35.9%)	9:05	6.6 (64.1%)
118	**KALEMBKIEWICZ Piotr**	**1526**	MIROTRANS	M40	40	03:33:48	02:02:05	03:49:16	05:51:15	**07:52:56.25**	**11:26:44.35**	+02:49:53 (35.9%)	9:05	6.6 (64.1%)
119	**HŁASKO Anna**	**1269**		K20	7	03:04:32	02:08:34	03:47:33	05:45:28	**07:53:25.35**	**10:57:57.75**	+02:50:22 (36.0%)	9:06	6.6 (64.1%)
120	**BANASZYNSKA Paulina**	**1229**		K30	10	03:33:55	02:09:21	04:03:23	06:01:48	**07:53:32.35**	**11:27:27.75**	+02:50:29 (36.0%)	9:06	6.6 (64.1%)
121	**KAŹMIERCZAK Monika**	**1223**		K30	11	03:33:55	02:09:20	04:03:23	06:01:49	**07:53:32.75**	**11:27:27.80**	+02:50:29 (36.0%)	9:06	6.6 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
122	**JANKOWIAK Przemysław**	**1413**		M40	41	03:33:52	02:04:07	03:46:48	05:51:41	**07:53:42.30**	**11:27:34.45**	+02:50:39 (36.0%)	9:06	6.6 (64.1%)
123	**CIUPEK Jerzy**	**1042**		M50	9	03:04:42	02:11:16	03:53:53	05:50:39	**07:53:45.90**	**10:58:28.05**	+02:50:43 (36.0%)	9:06	6.6 (64.1%)
124	**RYBKA Sławek**	**1052**	PĘDZĄCE ŚLIMAKI	M30	46	03:33:49	02:00:14	03:48:33	05:57:15	**07:53:47.10**	**11:27:36.30**	+02:50:44 (36.0%)	9:06	6.6 (64.1%)
125	**LACHOWICZ Jerzy**	**1205**	PCTSPORT	M40	42	03:33:55	02:01:11	03:49:38	05:59:50	**07:53:52.65**	**11:27:48.30**	+02:50:49 (36.0%)	9:06	6.6 (64.1%)
126	**LESIAK Filip**	**1347**	SKAWINA BIEGA	M40	43	02:30:59	02:08:29	03:50:29	05:53:03	**07:55:01.90**	**10:26:01.10**	+02:51:59 (36.2%)	9:08	6.6 (64.1%)
127	**WENARSKI Grzegorz**	**1235**	STAY INSANE	M30	47	03:04:33	02:05:47	03:55:45	06:01:45	**07:56:18.10**	**11:00:51.50**	+02:53:15 (36.4%)	9:09	6.6 (64.1%)
128	**NOWAK Rafał**	**1300**	NIEPOŁOMICE BIEGAJĄ	M30	48	03:04:41	02:03:52	03:52:18	06:01:34	**07:56:23.70**	**11:01:04.80**	+02:53:20 (36.4%)	9:09	6.5 (63.1%)
129	**ZIĘBA Daria**	**1343**		K20	8	03:04:35	02:04:15	03:51:04	06:01:40	**07:56:26.35**	**11:01:02.15**	+02:53:23 (36.4%)	9:09	6.5 (63.1%)
130	**CHROBAK Paweł**	**1151**		M50	10	03:33:59	02:08:39	03:55:07	05:59:14	**07:56:50.85**	**11:30:49.85**	+02:53:48 (36.4%)	9:10	6.5 (63.1%)
131	**ROGACZEWSKI Kamil**	**1135**	1 BATALION KAWALERII POWIETRZNEJ	M20	7	03:04:31	02:10:09	04:05:33	06:13:44	**07:57:00.10**	**11:01:31.40**	+02:53:57 (36.5%)	9:10	6.5 (63.1%)
132	**BIAŁEK Adam**	**1244**	GEPARDY Z ŁODZI	M40	44	03:04:38	02:02:16	03:48:55	05:53:30	**07:57:34.45**	**11:02:12.45**	+02:54:31 (36.5%)	9:11	6.5 (63.1%)
133	**GARSTECKA Joanna**	**1324**	SKAWINA BIEGA	K40	4	02:30:50	02:13:31	04:05:22	06:06:57	**07:57:58.25**	**10:28:48.95**	+02:54:55 (36.6%)	9:11	6.5 (63.1%)
134	**KUŚPIT Przemek**	**1409**		M30	49	03:33:54	02:11:15	04:00:23	06:02:02	**07:58:47.95**	**11:32:42.65**	+02:55:45 (36.7%)	9:12	6.5 (63.1%)
135	**CHILIŃSKI Karol**	**1480**		M30	50	02:30:55	02:02:28	03:51:07	05:58:30	**07:59:23.60**	**10:30:18.70**	+02:56:20 (36.8%)	9:13	6.5 (63.1%)
136	**PISAREK Karol**	**1486**	JB WARSZAWA	M30	51	01:00:28	02:16:54	04:03:50	06:03:13	**08:00:00.85**	**09:00:29.60**	+02:56:58 (36.9%)	9:13	6.5 (63.1%)
137	**DUCH Emil**	**1487**	JB WARSAW	M30	52	01:00:28	02:16:54	04:03:49		**08:00:00.90**	**09:00:29.45**	+02:56:58 (36.9%)	9:13	6.5 (63.1%)
138	**GOŁĘBIEWSKA Katarzyna**	**1426**		K40	5	03:33:52	02:15:26	04:02:16	06:05:58	**08:00:40.10**	**11:34:32.25**	+02:57:37 (37.0%)	9:14	6.5 (63.1%)
139	**OSOWSKI Wojtek**	**1268**		M40	45	03:33:50	01:59:17	03:44:06	06:01:17	**08:01:05.50**	**11:34:55.95**	+02:58:02 (37.0%)	9:15	6.5 (63.1%)
140	**NOWOMIEJSKI Marcin**	**1494**	PROGRES	M40	46	03:34:00	02:12:55	04:01:16	06:07:33	**08:02:02.95**	**11:36:03.50**	+02:59:00 (37.1%)	9:16	6.5 (63.1%)
141	**CURZYDŁO Bogdan**	**1305**	POZYTYWNIE ZABIEGANI SANOK	M40	47	01:00:34	02:11:24	04:16:09	06:13:37	**08:02:11.70**	**09:02:46.65**	+02:59:08 (37.2%)	9:16	6.5 (63.1%)
142	**JACHIMOWSKI Jarosław**	**1338**	POZYTYWNIE ZABIEGANI SANOK	M30	53	01:00:34	02:11:25	04:16:15	06:13:37	**08:02:12.10**	**09:02:46.55**	+02:59:09 (37.2%)	9:16	6.5 (63.1%)
143	**LESZCZAK Grzegorz**	**1290**		M40	48	03:04:29	02:00:53	03:56:15	06:01:47	**08:03:03.75**	**11:07:33.55**	+03:00:00 (37.3%)	9:17	6.5 (63.1%)
144	**KUZIMSKI Aleksander**	**1124**	JEPPESEN	M30	54	02:30:45	02:10:56	03:58:58	06:02:41	**08:03:18.25**	**10:34:04.10**	+03:00:15 (37.3%)	9:17	6.5 (63.1%)
145	**KASPRZYK Adrianna**	**1131**	KASPRZYK RUNNING TEAM	K20	9	02:30:37	02:09:25	03:59:47	06:03:17	**08:03:23.45**	**10:34:00.70**	+03:00:20 (37.3%)	9:17	6.5 (63.1%)
146	**OSZCZĘDA Krzysztof**	**1068**	ZARAZIĆ PASJĄ	M40	49	03:04:44	02:11:17	04:03:21	06:07:59	**08:03:52.75**	**11:08:37.05**	+03:00:49 (37.4%)	9:18	6.4 (62.1%)
147	**KOŁEK Maciej**	**1504**	PZU SPORT TEAM	M40	50	03:04:44	02:03:41	03:47:36	05:51:41	**08:04:15.65**	**11:08:59.95**	+03:01:12 (37.4%)	9:18	6.4 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
148	**DZIADOSZ Jerzy**	**1496**	ONEMANTEAM	M50	11	03:33:49	02:01:43	03:48:32	05:53:37	**08:05:27.75**	**11:39:17.70**	+03:02:24 (37.6%)	9:20	6.4 (62.1%)
149	**BANDEL Adam**	**1521**		M30	55	03:33:50	02:11:49	04:05:25	06:13:19	**08:05:27.95**	**11:39:18.25**	+03:02:25 (37.6%)	9:20	6.4 (62.1%)
150	**SZMECHTIG-GAUDEN Ewa**	**1128**	PODGÓRZ TORUŃ	K40	6	03:04:28	02:17:06	04:02:55	06:05:36	**08:06:05.05**	**11:10:33.15**	+03:03:02 (37.7%)	9:20	6.4 (62.1%)
151	**LEWAK Dominik**	**1292**	BRAVEHEARTS LEGIONOWO	M30	56	03:34:01	02:04:17	03:49:44	05:52:59	**08:06:37.55**	**11:40:38.55**	+03:03:34 (37.7%)	9:21	6.4 (62.1%)
152	**WAŃKOWICZ Adrian**	**1036**		M30	57	03:33:57	02:01:56	03:59:13	06:06:58	**08:07:06.60**	**11:41:04.35**	+03:04:03 (37.8%)	9:22	6.4 (62.1%)
153	**KLINGER Adam**	**1281**		M20	8	03:33:54	01:59:09	03:48:51	06:00:14	**08:07:23.20**	**11:41:17.80**	+03:04:20 (37.8%)	9:22	6.4 (62.1%)
154	**CETLIN Maciej**	**1298**	DREAM RUN	M40	51	03:33:49	02:13:21	04:03:03	06:09:53	**08:07:35.40**	**11:41:24.80**	+03:04:32 (37.8%)	9:22	6.4 (62.1%)
155	**NOWAKOWSKI Wiesław**	**1170**	-	M60	1	03:04:42	02:14:13	04:05:09	06:08:06	**08:09:01.90**	**11:13:44.55**	+03:05:59 (38.0%)	9:24	6.4 (62.1%)
156	**BEZULSKI Łukasz**	**1434**	KTS DONKI	M30	58	03:04:48	02:02:51	03:52:38	06:03:44	**08:09:08.45**	**11:13:57.15**	+03:06:05 (38.0%)	9:24	6.4 (62.1%)
157	**WOLIŃSKI Ryszard**	**1083**	NOWY STYL RUNINNG TEAM	M30	59	03:33:58	02:03:58	03:53:00	06:06:56	**08:11:48.10**	**11:45:46.50**	+03:08:45 (38.4%)	9:27	6.3 (61.2%)
158	**GLEBA Mariusz**	**1089**		M30	60	03:04:38	02:01:47	03:41:33	05:56:03	**08:12:09.45**	**11:16:47.50**	+03:09:06 (38.4%)	9:27	6.3 (61.2%)
159	**GUT Mateusz**	**1225**	LEGIA WARSZAWA RUN CLUB	M30	61	03:04:37	02:15:24	04:02:35	06:10:20	**08:12:17.10**	**11:16:54.65**	+03:09:14 (38.4%)	9:28	6.3 (61.2%)
160	**CHORZĘPA-PASIK Agnieszka**	**1439**	KB HERMES GRYFINO	K40	7	03:04:45	02:11:22	04:00:00	06:11:34	**08:12:44.30**	**11:17:30.10**	+03:09:41 (38.5%)	9:28	6.3 (61.2%)
161	**KOZIOŁ Andrzej**	**1110**		M40	52	01:00:29	02:09:13	04:05:51	06:07:41	**08:12:48.25**	**09:13:18.10**	+03:09:45 (38.5%)	9:28	6.3 (61.2%)
162	**SZELC Monika**	**1111**		K40	8	01:00:29	02:09:15	04:05:58	06:08:11	**08:12:48.55**	**09:13:18.30**	+03:09:45 (38.5%)	9:28	6.3 (61.2%)
163	**SADKOWSKI Bartosz**	**1158**	HURAGAN ŁBISKA	M40	53	03:04:36	02:04:38	03:51:47	05:59:37	**08:12:50.90**	**11:17:27.65**	+03:09:48 (38.5%)	9:28	6.3 (61.2%)
164	**WOJDAT Katarzyna**	**1319**		K30	12	03:33:49	02:13:25	04:04:18	06:10:39	**08:13:40.25**	**11:47:30.10**	+03:10:37 (38.6%)	9:29	6.3 (61.2%)
165	**SAINTEMARIE Arnaud**	**1402**	MARCINSWIERCTEAM	M30	62	02:30:38	02:10:16	03:46:39	05:38:30	**08:13:48.65**	**10:44:26.90**	+03:10:45 (38.6%)	9:29	6.3 (61.2%)
166	**TUCZAPSKI Piotr**	**1074**	XRUNNERS	M20	9	02:30:36	02:16:40	04:02:21	06:20:33	**08:15:23.85**	**10:46:00.30**	+03:12:21 (38.8%)	9:31	6.3 (61.2%)
167	**GÓRNA Anita**	**1447**	LPP TEAM	K30	13	03:04:33	02:14:52	04:06:15	06:11:07	**08:15:25.45**	**11:19:58.50**	+03:12:22 (38.8%)	9:31	6.3 (61.2%)
168	**BOGUSZ Bartosz**	**1349**		M40	54	03:34:02	02:08:44	04:00:24	06:07:39	**08:15:51.30**	**11:49:53.55**	+03:12:48 (38.9%)	9:32	6.3 (61.2%)
169	**GIERULA Robert**	**1463**		M50	12	03:34:00	02:13:12	04:06:21	06:17:18	**08:16:15.15**	**11:50:15.55**	+03:13:12 (38.9%)	9:32	6.3 (61.2%)
170	**BUCZKOWSKI Krzysztof**	**1459**	BUCZI TEAM	M30	63	03:04:41	02:00:13	03:51:03	06:13:51	**08:16:50.00**	**11:21:31.05**	+03:13:47 (39.0%)	9:33	6.3 (61.2%)
171	**ZYGMUNT Marcin**	**1458**	ZYGABIEGA TEAM	M40	55	03:04:40	02:00:12	03:51:02	06:13:30	**08:16:50.45**	**11:21:31.15**	+03:13:47 (39.0%)	9:33	6.3 (61.2%)
172	**CHAŁADYN Sławek**	**1079**	INŻYNIERIA BIEGANIA TEAM	M30	64	03:33:58	02:00:52	03:46:54	06:03:09	**08:17:05.75**	**11:51:04.45**	+03:14:02 (39.0%)	9:33	6.3 (61.2%)
173	**DĘBSKA Joanna**	**1080**		K40	9	03:33:58	02:00:52	03:46:55	06:03:10	**08:17:05.95**	**11:51:04.45**	+03:14:03 (39.0%)	9:33	6.3 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
174	**SŁONINA Artur**	**1010**	BRODATY SŁOŃ	M40	56	03:04:41	02:10:42	04:03:34	06:12:54	**08:18:12.25**	**11:22:54.15**	+03:15:09 (39.2%)	9:34	6.3 (61.2%)
175	**JAGODZIŃSKI Hubert**	**1310**	DZIK KOMANDO	M20	10	03:33:49	02:08:22	04:02:57	06:16:32	**08:20:10.35**	**11:54:00.20**	+03:17:07 (39.4%)	9:37	6.2 (60.2%)
176	**KĘPARA Marcin**	**1140**	ADVA OPTICAL NETWORKING	M30	65	03:04:28	02:17:05	04:09:52	06:15:01	**08:20:19.90**	**11:24:48.15**	+03:17:17 (39.4%)	9:37	6.2 (60.2%)
177	**KĘPA Piotr**	**1230**		M30	66	03:34:00	02:02:58	03:49:37	06:17:22	**08:20:39.05**	**11:54:39.05**	+03:17:36 (39.5%)	9:37	6.2 (60.2%)
178	**KUCHARSKI Paweł**	**1215**	PLANETA NISKO	M40	57	02:30:36	02:16:31	04:10:07	06:17:58	**08:21:07.45**	**10:51:43.75**	+03:18:04 (39.5%)	9:38	6.2 (60.2%)
179	**DRZAZGA Tomasz**	**1365**		M40	58	03:04:33	02:16:10	04:12:59	06:18:50	**08:21:23.80**	**11:25:57.25**	+03:18:21 (39.6%)	9:38	6.2 (60.2%)
180	**STEPANIAK Grzegorz**	**1477**	SWOBODA	M40	59	02:30:36	02:12:03	04:05:43	06:15:44	**08:21:54.40**	**10:52:30.55**	+03:18:51 (39.6%)	9:39	6.2 (60.2%)
181	**PRZYGODZKI Mateusz**	**1353**		M40	60	02:30:34	02:23:36	04:11:36	06:18:24	**08:21:59.30**	**10:52:34.10**	+03:18:56 (39.6%)	9:39	6.2 (60.2%)
182	**STĘPKOWSKA Berta**	**1075**	UMCS BIEGA	K40	10	02:30:43	02:23:54	04:11:27	06:18:15	**08:21:59.60**	**10:52:42.75**	+03:18:56 (39.6%)	9:39	6.2 (60.2%)
183	**WALASZKOWSKA Dominika**	**1130**	BIESY	K30	14	03:04:31	02:14:30	04:09:14	06:17:20	**08:22:12.15**	**11:26:43.70**	+03:19:09 (39.7%)	9:39	6.2 (60.2%)
184	**ADAMOWICZ Agnieszka**	**1166**	ZWOLEŃNICY BIEGANIA	K40	11	03:04:28	02:12:35	04:07:50	06:17:21	**08:22:12.25**	**11:26:41.05**	+03:19:09 (39.7%)	9:39	6.2 (60.2%)
185	**SŁABOŃ Mariusz**	**1033**	KIWK-A BIEGA	M40	61	03:04:46	02:13:55	04:07:51	06:22:05	**08:22:14.60**	**11:27:00.80**	+03:19:11 (39.7%)	9:39	6.2 (60.2%)
186	**KOZIEŁŁO Bartosz**	**1137**	TUR	M40	62	03:33:59	01:57:54	03:43:04	06:17:20	**08:22:53.50**	**11:56:53.45**	+03:19:50 (39.7%)	9:40	6.2 (60.2%)
187	**MAZUR Mateusz**	**1417**	ORANGE POLSKA	M30	67	03:04:39	02:13:48	04:00:24	06:11:00	**08:22:55.45**	**11:27:34.75**	+03:19:52 (39.7%)	9:40	6.2 (60.2%)
188	**SOKALSKI Grzegorz**	**1464**	MOCNO W PRAWO	M40	63	03:33:56	02:23:40	04:16:11	06:20:08	**08:23:12.10**	**11:57:08.55**	+03:20:09 (39.8%)	9:40	6.2 (60.2%)
189	**KIRILENKO Marcin**	**1423**		M40	64	03:33:53	02:11:18	04:11:10	06:21:13	**08:23:34.75**	**11:57:28.55**	+03:20:31 (39.8%)	9:41	6.2 (60.2%)
189	**KIRILENKO Aneta**	**1422**		K40	12	03:33:53	02:11:18	04:11:10	06:21:13	**08:23:34.75**	**11:57:28.55**	+03:20:31 (39.8%)	9:41	6.2 (60.2%)
191	**KOPEĆ Marta**	**1247**	NOWA HUTA TEAM	K20	10	03:04:29	02:17:31	04:16:12	06:21:14	**08:24:38.80**	**11:29:08.20**	+03:21:36 (39.9%)	9:42	6.2 (60.2%)
192	**WOJTUNIK Grzegorz**	**1122**	CZOPEK W DUP.. I DO PRZODU	M30	68	03:34:01	02:12:26	04:04:27	06:21:07	**08:25:04.05**	**11:59:05.55**	+03:22:01 (40.0%)	9:42	6.2 (60.2%)
193	**STARZYŃSKI Tomasz**	**1011**	KRAKÓW AIRPORT RUNNING TEAM	M50	13	01:00:26	02:12:22	04:04:21	06:14:26	**08:28:42.95**	**09:29:09.45**	+03:25:40 (40.4%)	9:46	6.1 (59.2%)
194	**KOKOT Roman**	**1406**	BIEGAM BO LUBIĘ	M40	65	03:04:34	02:17:50	04:21:01	06:33:11	**08:29:57.30**	**11:34:32.10**	+03:26:54 (40.6%)	9:48	6.1 (59.2%)
194	**PESZEK Bogdan**	**1414**	ULTRA PRZESILENIE	M40	65	03:04:34	02:18:08	04:18:45	06:33:10	**08:29:57.30**	**11:34:32.10**	+03:26:54 (40.6%)	9:48	6.1 (59.2%)
196	**POLAK Andrzej**	**1261**		M40	67	03:04:44	02:13:51	04:13:19	06:23:50	**08:30:11.55**	**11:34:55.95**	+03:27:08 (40.6%)	9:48	6.1 (59.2%)
197	**STEC Damian**	**1265**	EXMSA	M30	69	03:04:39	02:13:48	04:08:27	06:22:11	**08:30:36.15**	**11:35:15.20**	+03:27:33 (40.6%)	9:49	6.1 (59.2%)
198	**PLEWIŃSKA Oliwia**	**1429**		K30	15	03:33:59	02:24:24	04:25:00	06:35:21	**08:31:48.90**	**12:05:48.05**	+03:28:46 (40.8%)	9:50	6.1 (59.2%)
199	**LEŚNIOWSKI Mariusz**	**1274**		M40	68	03:34:05	02:28:56	04:25:02	06:35:18	**08:33:28.15**	**12:07:33.75**	+03:30:25 (41.0%)	9:52	6.1 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
200	**SZARYŃSKI Tomasz**	**1271**	SZARYTEAM	M40	69	03:34:05	02:28:59	04:25:01	06:35:19	**08:33:28.30**	**12:07:33.75**	+03:30:25 (41.0%)	9:52	6.1 (59.2%)
201	**MAJKOWSKI Grzegorz**	**1505**		M30	70	03:33:53	02:10:44	04:08:24	06:22:14	**08:33:32.95**	**12:07:26.75**	+03:30:30 (41.0%)	9:52	6.1 (59.2%)
202	**MAJEWICZ Grzegorz**	**1316**		M40	70	03:04:38	02:10:07	04:06:19	06:16:35	**08:33:48.85**	**11:38:26.90**	+03:30:46 (41.0%)	9:52	6.1 (59.2%)
203	**GRONCZEWSKI Artur**	**1139**	NEW BALANCE RC	M40	71	03:33:51	02:13:30	04:09:30	06:29:05	**08:34:31.75**	**12:08:23.25**	+03:31:28 (41.1%)	9:53	6.1 (59.2%)
204	**ŻARNICKI Kamil**	**1169**	STAY INSANE / Z16	M30	71	03:34:04	02:22:26	04:20:12	06:32:24	**08:34:47.50**	**12:08:51.70**	+03:31:44 (41.1%)	9:53	6.1 (59.2%)
205	**SIEŃKO Łukasz**	**1470**	AKTYWNY DYNÓW	M30	72	02:33:41	02:22:22	04:16:22	06:30:40	**08:37:08.90**	**11:10:50.75**	+03:34:06 (41.4%)	9:56	6 (58.3%)
206	**DĄBROWSKI Artur**	**1359**		M30	73	03:34:06	02:13:28	04:12:02	06:24:17	**08:37:16.50**	**12:11:23.30**	+03:34:13 (41.4%)	9:56	6 (58.3%)
207	**DUBYNA Mariia**	**1212**	MIA	K30	16	03:04:37	02:20:12	04:17:42	06:28:19	**08:37:17.60**	**11:41:55.45**	+03:34:14 (41.4%)	9:56	6 (58.3%)
208	**MICHALSKI Jarosław**	**1039**	HETMAN TARNOWSKIE GÓRY	M30	74	03:34:02	02:13:52	04:07:33	06:19:22	**08:39:19.40**	**12:13:21.60**	+03:36:16 (41.6%)	9:59	6 (58.3%)
209	**BRZUSTOWICZ Marek**	**1018**	KB GEOTERMIA UNIEJÓW	M60	2	03:33:51	02:10:25	04:02:58	06:23:17	**08:39:44.35**	**12:13:35.70**	+03:36:41 (41.7%)	9:59	6 (58.3%)
210	**GARCZYŃSKA Ania**	**1009**		K40	13	03:33:59	02:13:29	04:10:56	06:35:35	**08:39:52.00**	**12:13:51.00**	+03:36:49 (41.7%)	9:59	6 (58.3%)
211	**KONIECZNY Mariusz**	**1087**	AGONA W&M	M50	14	03:33:57	02:08:51	04:12:58	06:27:21	**08:40:07.60**	**12:14:05.45**	+03:37:04 (41.7%)	10:00	6 (58.3%)
212	**GRONIECKI Mikołaj**	**1515**		M40	72	02:30:38	02:09:19	03:56:16	06:22:33	**08:41:04.15**	**11:11:42.90**	+03:38:01 (41.8%)	10:01	6 (58.3%)
213	**STAWIŃSKI Piotr**	**1293**	PRO PATRIA	M50	15	03:04:47	02:23:03	04:20:48	06:32:59	**08:41:49.35**	**11:46:36.80**	+03:38:46 (41.9%)	10:02	6 (58.3%)
214	**PIASNY Paweł**	**1452**		M40	73	02:30:37	02:27:23	04:26:16	06:37:25	**08:42:07.90**	**11:12:45.50**	+03:39:05 (42.0%)	10:02	6 (58.3%)
215	**DUKATA Grzegorz**	**1457**	MGGW	M40	74	02:30:37	02:27:23	04:26:17	06:37:21	**08:42:08.15**	**11:12:45.65**	+03:39:05 (42.0%)	10:02	6 (58.3%)
216	**FLOREK Tomasz**	**1352**		M40	75	02:30:36	02:10:37	04:01:48	06:20:00	**08:42:28.45**	**11:13:04.45**	+03:39:25 (42.0%)	10:02	6 (58.3%)
217	**STANIKOWSKI Mariusz**	**1200**		M30	75	03:33:57	02:21:46	04:29:51	06:42:58	**08:42:38.75**	**12:16:35.95**	+03:39:35 (42.0%)	10:03	6 (58.3%)
218	**STELMACH Krzysztof**	**1226**		M40	76	03:04:32	02:07:46	04:04:06	06:27:22	**08:43:04.40**	**11:47:37.25**	+03:40:01 (42.1%)	10:03	6 (58.3%)
219	**MROZOWSKI Paweł**	**1372**	ORANGE POLSKA	M40	77	03:04:37	02:20:08	04:28:44	06:37:20	**08:43:36.60**	**11:48:14.05**	+03:40:33 (42.1%)	10:04	6 (58.3%)
220	**MICHALIK Michał**	**1245**	NOWA HUTA TEAM	M20	11	03:34:02	02:00:35	03:46:38	06:11:10	**08:44:13.35**	**12:18:16.05**	+03:41:10 (42.2%)	10:04	6 (58.3%)
221	**BEŁKOT Arkadiusz**	**1481**		M40	78	03:34:01	02:17:51	04:22:06	06:37:59	**08:44:15.30**	**12:18:16.35**	+03:41:12 (42.2%)	10:04	6 (58.3%)
222	**KŁOSOK Adam**	**1100**	INŻYNIERIA BIEGANIA	M40	79	03:33:54	02:16:23	04:20:29	06:35:39	**08:44:26.20**	**12:18:20.60**	+03:41:23 (42.2%)	10:05	5.9 (57.3%)
223	**HABA Konrad**	**1476**		M30	76	03:33:51	02:12:32	04:19:52	06:36:11	**08:44:42.80**	**12:18:34.75**	+03:41:40 (42.2%)	10:05	5.9 (57.3%)
224	**BARĆ Piotr**	**1112**	PLANETA NISKO	M50	16	02:30:32	02:16:37	04:10:10	06:28:12	**08:45:05.30**	**11:15:37.30**	+03:42:02 (42.3%)	10:05	5.9 (57.3%)
225	**SPYRKA Adam**	**1246**		M50	17	01:00:29	02:12:54	04:19:17	06:34:00	**08:45:26.30**	**09:45:55.85**	+03:42:23 (42.3%)	10:06	5.9 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
226	**OSTATEK Łukasz**	**1262**		M40	80	03:04:43	02:13:48	04:13:16	06:23:52	**08:46:32.05**	**11:51:15.70**	+03:43:29 (42.4%)	10:07	5.9 (57.3%)
227	**WĘDRYCHOWICZ Grzegorz**	**1371**	RUN4FUN	M40	81	03:04:31	02:13:58	04:15:10	06:35:26	**08:47:14.25**	**11:51:45.50**	+03:44:11 (42.5%)	10:08	5.9 (57.3%)
228	**MECH Patryk**	**1299**		M40	82	03:34:06	02:31:09	04:44:13	06:46:55	**08:47:14.95**	**12:21:21.35**	+03:44:12 (42.5%)	10:08	5.9 (57.3%)
229	**TUROSZ Zbigniew**	**1240**		M60	3	03:33:57	02:17:08	04:20:34	06:41:13	**08:48:23.10**	**12:22:20.15**	+03:45:20 (42.6%)	10:09	5.9 (57.3%)
230	**TERLECKI Krzysztof**	**1499**		M50	18	03:33:56	02:28:55	04:23:32	06:43:47	**08:48:31.70**	**12:22:28.45**	+03:45:28 (42.7%)	10:09	5.9 (57.3%)
231	**SZMAJDOWICZ Paweł**	**1040**	FACHDOM TEAM	M40	83	03:04:41	02:11:15	04:11:45	06:30:25	**08:48:51.35**	**11:53:33.00**	+03:45:48 (42.7%)	10:10	5.9 (57.3%)
232	**KACZMARCZYK Mariusz**	**1154**		M50	19	01:00:24	02:33:14	04:29:36	06:46:54	**08:49:08.10**	**09:49:32.25**	+03:46:05 (42.7%)	10:10	5.9 (57.3%)
233	**PYRCZAK Paweł**	**1493**		M50	20	03:04:43	02:15:38	04:14:48	06:40:47	**08:49:08.30**	**11:53:51.65**	+03:46:05 (42.7%)	10:10	5.9 (57.3%)
234	**KACZMAREK Łukasz**	**1275**	DZIK KOMANDO	M30	77	03:04:39	02:06:45	04:06:47	06:26:30	**08:49:27.45**	**11:54:06.60**	+03:46:24 (42.8%)	10:10	5.9 (57.3%)
235	**GARSTECKI Michał**	**1325**	SKAWINABIEGA	M40	84	02:30:55	02:08:37	04:05:28	06:23:38	**08:49:35.45**	**11:20:31.20**	+03:46:32 (42.8%)	10:11	5.9 (57.3%)
236	**SPRAWKA Marta**	**1280**	SMMASHTEAM	K20	11	03:34:03	02:13:56	04:10:15	06:27:50	**08:50:02.55**	**12:24:05.90**	+03:46:59 (42.8%)	10:11	5.9 (57.3%)
237	**SPRAWKA Boleslaw**	**1147**	DZIKISQUAD	M50	21	03:34:03	02:13:55	04:10:16	06:27:51	**08:50:02.95**	**12:24:06.05**	+03:47:00 (42.8%)	10:11	5.9 (57.3%)
238	**MICHALAK Sławomir**	**1027**	INZYNIER.EU NOSI TRAILOWE BOTKI	M50	22	03:33:57	02:24:27	04:25:02	06:41:03	**08:51:42.05**	**12:25:39.50**	+03:48:39 (43.0%)	10:13	5.9 (57.3%)
239	**KUCZABO Małgorzata**	**1297**	BIEGACZA ORANGE	K40	14	03:04:39	02:25:02	04:28:46	06:42:21	**08:52:17.50**	**11:56:57.20**	+03:49:14 (43.1%)	10:14	5.9 (57.3%)
240	**GRABOWICZ Mirosław**	**1351**	SOKÓLSKA GRUPA BIEGOWA	M50	23	03:04:52	02:38:20	04:37:27	06:45:34	**08:52:18.35**	**11:57:11.00**	+03:49:15 (43.1%)	10:14	5.9 (57.3%)
241	**KWIATKOWSKI Kajetan**	**1419**	BUDUJEMY CISZĘ?	M30	78	03:33:55	02:22:18	04:27:30	06:41:28	**08:53:30.35**	**12:27:26.00**	+03:50:27 (43.2%)	10:15	5.8 (56.3%)
242	**LESZCZAK Mariusz**	**1398**		M40	85	03:04:29	02:10:52	04:12:20	06:39:12	**08:54:28.40**	**11:58:58.15**	+03:51:25 (43.3%)	10:16	5.8 (56.3%)
243	**GRZYWIŃSKI Wojtek**	**1092**		M30	79	03:04:27	02:17:06	04:11:43	06:32:33	**08:54:51.85**	**11:59:19.75**	+03:51:49 (43.3%)	10:17	5.8 (56.3%)
244	**POPŁAWSKA Katarzyna**	**1178**		K40	15	03:33:55	02:21:42	04:26:06	06:46:37	**08:55:04.15**	**12:28:59.25**	+03:52:01 (43.4%)	10:17	5.8 (56.3%)
245	**ADACH Dariusz**	**1081**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	86	03:04:50	02:28:28	04:27:58	06:46:17	**08:55:18.65**	**12:00:09.40**	+03:52:15 (43.4%)	10:17	5.8 (56.3%)
246	**MALIK Robert**	**1115**	NEWATER	M40	87	03:33:59	02:20:00	04:18:39	06:42:13	**08:55:45.80**	**12:29:45.55**	+03:52:43 (43.4%)	10:18	5.8 (56.3%)
247	**CZUBA Paweł**	**1378**	BIEGANIE ZBLIŻA	M40	88	02:30:47	02:47:21	04:48:54	06:51:49	**08:56:31.25**	**11:27:18.25**	+03:53:28 (43.5%)	10:19	5.8 (56.3%)
248	**JĘDRZEJCZYK Agnieszka**	**1501**		K50	2	03:04:43	02:25:50	04:30:42	06:42:55	**08:56:39.80**	**12:01:23.65**	+03:53:37 (43.5%)	10:19	5.8 (56.3%)
249	**ŁADNO Paweł**	**1341**	MIASTECZKO BIEGACZY	M30	80	01:00:25	02:17:44	04:19:30	06:38:49	**08:57:21.75**	**09:57:46.75**	+03:54:18 (43.6%)	10:20	5.8 (56.3%)
250	**LIBRONT Jakub**	**1311**	KLĘCZAŃSKA GRUPA BIEGOWA	M20	12	01:00:22	02:26:43	04:23:26	06:42:15	**08:57:48.35**	**09:58:11.25**	+03:54:45 (43.7%)	10:20	5.8 (56.3%)
251	**LIANA Tomasz**	**1314**	KLĘCZAŃSKA GRUPA BIEGOWA	M20	13	01:00:22	02:26:42	04:23:22	06:41:25	**08:57:48.40**	**09:58:11.30**	+03:54:45 (43.7%)	10:20	5.8 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
252	**WESOŁOWSKA Katarzyna**	**1279**	ORANGE POLSKA	K40	16	03:04:36	02:23:34	04:28:52	06:42:25	**08:58:41.95**	**12:03:18.60**	+03:55:39 (43.7%)	10:21	5.8 (56.3%)
253	**ŚWIERCZYŃSKI Tomasz**	**1391**		M40	89	03:34:02	02:16:19	04:17:52	06:35:19	**08:59:15.10**	**12:33:17.55**	+03:56:12 (43.8%)	10:22	5.8 (56.3%)
254	**ŚWIĘTONIOWSKA Justyna**	**1203**	STGRZ	K30	17	03:33:48	02:26:33	04:28:27	06:46:58	**08:59:16.25**	**12:33:04.85**	+03:56:13 (43.8%)	10:22	5.8 (56.3%)
255	**FORTUNA Michał**	**1071**		M30	81	03:04:43	02:18:50	04:24:47	06:48:36	**08:59:19.20**	**12:04:02.25**	+03:56:16 (43.8%)	10:22	5.8 (56.3%)
256	**MALETA Marcin**	**1407**	LPP TEAM	M30	82	01:00:26	02:34:25	04:32:27	06:52:02	**08:59:34.10**	**10:00:00.15**	+03:56:31 (43.8%)	10:22	5.8 (56.3%)
257	**LEWANDOWSKI Marcin**	**1222**	MSJ	M40	90	03:34:00	02:18:38	04:16:15	06:40:12	**09:00:01.60**	**12:34:02.20**	+03:56:58 (43.9%)	10:23	5.8 (56.3%)
258	**OSTASZEWSKI Ireneusz**	**1312**		M40	91	03:34:01	02:09:22	04:02:15	06:17:08	**09:01:20.65**	**12:35:21.80**	+03:58:17 (44.0%)	10:24	5.8 (56.3%)
259	**AUGUŚCIK Mariusz**	**1500**	NIEZRZESZONY	M50	24	03:04:43	02:25:51	04:30:43	06:46:52	**09:02:25.45**	**12:07:09.25**	+03:59:22 (44.1%)	10:25	5.8 (56.3%)
260	**JABŁOŃSKI Michał**	**1390**		M40	92	03:04:38	02:42:24	04:40:37	06:50:56	**09:02:32.85**	**12:07:11.45**	+03:59:30 (44.1%)	10:26	5.8 (56.3%)
261	**NORKOWSKA Aleksandra**	**1344**	ORANGE POLSKA	K40	17	03:04:35	02:42:26	04:40:40	06:50:57	**09:02:35.75**	**12:07:11.25**	+03:59:32 (44.1%)	10:26	5.8 (56.3%)
262	**ROKOSZ Rafał**	**1234**		M20	14	03:34:04	02:23:52	04:31:22	06:49:40	**09:03:19.75**	**12:37:24.45**	+04:00:16 (44.2%)	10:26	5.7 (55.3%)
263	**OLIŃSKI Paweł**	**1099**		M30	83	03:33:53	02:15:17	04:13:56	06:45:20	**09:04:19.65**	**12:38:13.35**	+04:01:16 (44.3%)	10:28	5.7 (55.3%)
264	**OPALA Krzysztof**	**1108**	AUTISM FATHER	M30	84	02:30:46	02:22:53	04:24:25	06:45:59	**09:04:48.05**	**11:35:34.75**	+04:01:45 (44.4%)	10:28	5.7 (55.3%)
265	**LASOŃ Krzysztof**	**1142**	RODZINA LASOŃ	M20	15	03:33:56	02:14:17	04:19:11	06:37:23	**09:04:52.75**	**12:38:49.30**	+04:01:49 (44.4%)	10:28	5.7 (55.3%)
266	**KULAKOWSKI Piotr**	**1189**	CZŁAPACZE	M60	4	03:34:08	02:28:15	04:35:07	06:55:12	**09:05:56.45**	**12:40:04.95**	+04:02:53 (44.5%)	10:29	5.7 (55.3%)
267	**FRYCA Karolina**	**1278**		K20	12	03:33:59	02:20:34	04:29:56	06:52:54	**09:06:20.85**	**12:40:20.45**	+04:03:18 (44.5%)	10:30	5.7 (55.3%)
268	**OLBORSKA Gabriela**	**1385**		K20	13	03:01:13	02:44:08	04:44:29	06:58:47	**09:06:31.50**	**12:07:44.60**	+04:03:28 (44.6%)	10:30	5.7 (55.3%)
269	**KOSZAŁKA Marcin**	**1105**		M20	16	02:30:47	02:26:48	04:20:21		**09:06:43.05**	**11:37:30.20**	+04:03:40 (44.6%)	10:30	5.7 (55.3%)
270	**BUGAŁA Robert**	**1410**	SOLID HOUSE LUBLIN	M50	25	02:30:48	02:33:02	04:34:46	06:53:57	**09:07:06.05**	**11:37:54.30**	+04:04:03 (44.6%)	10:31	5.7 (55.3%)
271	**JAROSZ Marcin**	**1488**		M30	85	03:33:55	02:20:01	04:22:57	06:49:24	**09:07:21.35**	**12:41:17.20**	+04:04:18 (44.6%)	10:31	5.7 (55.3%)
272	**RAKOWSKA Marta**	**1198**		K20	14	03:33:53	02:32:05	04:38:30	06:59:06	**09:07:47.40**	**12:41:41.20**	+04:04:44 (44.7%)	10:32	5.7 (55.3%)
273	**BOJAROWSKI Krzysztof**	**1164**		M30	86	01:00:27	02:25:53	04:19:55	06:48:04	**09:08:14.80**	**10:08:42.60**	+04:05:12 (44.7%)	10:32	5.7 (55.3%)
274	**MAJER Marzena**	**1006**	BP RUNNING TEAM GLIWICE	K50	3	01:00:25	02:33:06	04:37:17	06:50:31	**09:08:16.55**	**10:08:42.15**	+04:05:13 (44.7%)	10:32	5.7 (55.3%)
275	**GÓRKA Patryk**	**1270**	MONAR GRACZE	M30	87	02:30:50	02:28:15	04:21:27	06:34:06	**09:08:19.35**	**11:39:09.70**	+04:05:16 (44.7%)	10:32	5.7 (55.3%)
276	**WIEWIÓRA Michał**	**1194**		M20	17	02:30:50	02:28:15	04:21:28	06:34:06	**09:08:19.60**	**11:39:10.15**	+04:05:16 (44.7%)	10:32	5.7 (55.3%)
277	**GOŁĘBIOWSKI Piotrek**	**1227**	BĘDZIN TEAM	M40	93	03:04:46	02:26:36	04:40:02	06:55:43	**09:08:37.10**	**12:13:23.20**	+04:05:34 (44.8%)	10:33	5.7 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
278	**MAMLA Zbigniew**	**1114**	ULTRA PASTERZE	M50	26	02:30:48	03:00:43	05:40:23	07:23:57	**09:09:22.70**	**11:40:11.65**	+04:06:19 (44.8%)	10:33	5.7 (55.3%)
279	**LANGNER Maurycy**	**1107**		M40	94	03:34:01	02:28:27	04:32:53	06:55:22	**09:10:41.35**	**12:44:43.10**	+04:07:38 (45.0%)	10:35	5.7 (55.3%)
280	**PAJURA Marta**	**1273**		K30	18	03:04:50	02:26:59	04:36:24	06:57:06	**09:11:44.85**	**12:16:35.75**	+04:08:42 (45.1%)	10:36	5.7 (55.3%)
281	**KOCZUR Kamila**	**1272**		K30	19	01:00:23	02:49:49	04:47:06	07:03:20	**09:12:43.25**	**10:13:06.70**	+04:09:40 (45.2%)	10:37	5.6 (54.4%)
282	**ĆMIELIŃSKI Tomasz**	**1063**	KW KRAKÓW	M40	95	03:33:59	02:17:39	04:18:06	06:37:26	**09:12:59.25**	**12:46:58.45**	+04:09:56 (45.2%)	10:38	5.6 (54.4%)
283	**KOWALIK Marcin**	**1049**		M30	88	01:00:25	02:25:46	04:37:58	06:51:25	**09:13:24.75**	**10:13:50.20**	+04:10:21 (45.2%)	10:38	5.6 (54.4%)
284	**KOPEĆ Karol**	**1465**		M40	96	01:00:25	02:25:45	04:38:00	06:51:24	**09:13:24.85**	**10:13:50.30**	+04:10:22 (45.2%)	10:38	5.6 (54.4%)
285	**ZAJĄC Paweł**	**1101**	ULTRAZAJONC	M30	89	02:30:39	02:28:53	04:31:31	06:51:22	**09:13:29.60**	**11:44:08.75**	+04:10:26 (45.2%)	10:38	5.6 (54.4%)
286	**KWAŚNICKI Wojciech**	**1066**	GKS KASZUBI LUZINO	M40	97	02:30:38	02:28:54	04:31:31	06:51:22	**09:13:29.75**	**11:44:08.65**	+04:10:26 (45.2%)	10:38	5.6 (54.4%)
287	**WYSOKIŃSKI Jerzy**	**1382**	ORANGE POLSKA	M50	27	03:04:37	02:24:01	04:29:08	06:42:26	**09:13:37.00**	**12:18:14.55**	+04:10:34 (45.3%)	10:38	5.6 (54.4%)
288	**SZYMKOWSKI Dawid**	**1228**		M20	18	03:04:37	02:15:28	04:15:55	06:47:33	**09:13:37.55**	**12:18:14.95**	+04:10:34 (45.3%)	10:38	5.6 (54.4%)
289	**RÓŻOWICZ Eliza**	**1211**	SPARTANIE DZIECIOM	K40	18	03:33:55	02:21:07	04:19:52	06:41:24	**09:13:58.45**	**12:47:54.40**	+04:10:55 (45.3%)	10:39	5.6 (54.4%)
290	**PAŚNICKA Marta**	**1276**		K40	19	01:00:23	02:49:48	04:40:31	06:49:46	**09:14:36.85**	**10:15:00.30**	+04:11:34 (45.4%)	10:39	5.6 (54.4%)
291	**PATRZYK Jacek**	**1141**	J&Ł	M40	98	03:34:00	02:17:52	04:22:08	06:51:58	**09:14:45.40**	**12:48:46.30**	+04:11:42 (45.4%)	10:40	5.6 (54.4%)
292	**STASIŃSKI Paweł**	**1342**		M30	90	03:04:54	02:23:29	04:33:59	06:55:38	**09:15:49.10**	**12:20:43.35**	+04:12:46 (45.5%)	10:41	5.6 (54.4%)
293	**DĄBROWSKI Mateusz**	**1358**		M20	19	03:04:54	02:23:30	04:34:00	06:55:39	**09:15:49.30**	**12:20:43.35**	+04:12:46 (45.5%)	10:41	5.6 (54.4%)
294	**GRZEGORZEWSKA Aneta**	**1321**		K30	20	03:04:30	02:21:31	04:28:19	06:49:08	**09:16:29.80**	**12:21:00.30**	+04:13:27 (45.5%)	10:42	5.6 (54.4%)
295	**KRÓLIKOWSKA Emilia**	**1214**	GANG ŚWIETLIKÓW	K30	21	03:04:36	02:22:25	04:32:05	06:56:41	**09:17:21.20**	**12:21:57.35**	+04:14:18 (45.6%)	10:43	5.6 (54.4%)
296	**LESZCZYŃSKA Kamila**	**1213**	GANG ŚWIETLIKÓW	K20	15	03:04:36	02:22:26	04:32:05	06:56:42	**09:17:23.75**	**12:22:00.40**	+04:14:20 (45.6%)	10:43	5.6 (54.4%)
297	**POPŁAWSKI Arkadiusz**	**1163**	CZARNE OWCE HIPOLITÓW	M40	99	03:33:55	02:21:42	04:26:06	06:55:30	**09:18:07.25**	**12:52:02.40**	+04:15:04 (45.7%)	10:43	5.6 (54.4%)
298	**MAŁEK Wojciech**	**1380**	GRUPA BIEGOWA ZARSZYN	M40	100	02:33:43	02:43:51	04:52:46	07:10:33	**09:20:14.50**	**11:53:57.75**	+04:17:11 (45.9%)	10:46	5.6 (54.4%)
299	**BUJAK Krzysztof**	**1168**		M30	91	02:30:42	02:25:59	04:23:14	06:44:20	**09:20:16.50**	**11:50:59.30**	+04:17:13 (45.9%)	10:46	5.6 (54.4%)
300	**PAUSZEK Roman**	**1210**	LUCKY TEAM	M50	28	02:30:35	02:30:29	04:37:06	07:04:52	**09:22:48.15**	**11:53:23.55**	+04:19:45 (46.2%)	10:49	5.5 (53.4%)
301	**DZIEDZINA Tomasz**	**1399**	MUAY RUNNING TEAM	M40	101	01:00:29	02:35:47	04:48:51	07:10:39	**09:23:03.80**	**10:23:33.65**	+04:20:01 (46.2%)	10:49	5.5 (53.4%)
302	**SIEROŃ Jacek**	**1034**	TSA SANDOMIERZ	M50	29	03:04:31	02:29:23	04:39:21	06:58:01	**09:23:10.70**	**12:27:41.85**	+04:20:07 (46.2%)	10:49	5.5 (53.4%)
303	**OSICA Łukasz**	**1339**		M30	92	03:04:41	02:28:31	04:42:21	07:06:37	**09:23:21.25**	**12:28:02.85**	+04:20:18 (46.2%)	10:50	5.5 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
304	**FRANKOWSKI Piotr**	**1085**		M40	102	02:30:41	02:31:53	04:37:28	06:57:44	**09:23:58.60**	**11:54:39.65**	+04:20:55 (46.3%)	10:50	5.5 (53.4%)
305	**BAR Aleksandra**	**1327**	GMINA STRZELCE OPOLSKIE	K40	20	03:33:52	02:35:15	04:49:32	07:05:14	**09:24:36.05**	**12:58:28.05**	+04:21:33 (46.3%)	10:51	5.5 (53.4%)
306	**JOZEFIAK Marta**	**1449**		K20	16	01:00:23	02:49:13	04:56:27	07:14:25	**09:25:36.65**	**10:26:00.40**	+04:22:33 (46.4%)	10:52	5.5 (53.4%)
307	**PIEKARSKI Andrzej**	**1525**		M40	103	03:33:51	02:23:47	04:27:13	06:50:09	**09:26:32.00**	**13:00:23.20**	+04:23:29 (46.5%)	10:53	5.5 (53.4%)
308	**SZYMCZAK Wojciech**	**1520**	MOCNO W PRAWO	M40	104	03:33:51	02:23:47	04:27:13	06:50:12	**09:26:32.70**	**13:00:24.25**	+04:23:29 (46.5%)	10:53	5.5 (53.4%)
309	**KALICKI Irek**	**1195**	ZMORDOWANI ŻYCIEM	M40	105	03:34:06	02:31:03	04:44:13	07:02:58	**09:26:39.70**	**13:00:45.80**	+04:23:36 (46.5%)	10:53	5.5 (53.4%)
310	**WĘGRZYNKIEWICZ Maria**	**1148**		K20	17	03:33:58	02:22:01	04:22:39	06:52:53	**09:26:57.90**	**13:00:56.40**	+04:23:55 (46.5%)	10:54	5.5 (53.4%)
311	**PODGÓRNIAK Artur**	**1025**	ZADYSZKA	M30	93	03:33:56	02:21:49	04:46:19	07:25:39	**09:27:11.75**	**13:01:08.30**	+04:24:08 (46.6%)	10:54	5.5 (53.4%)
312	**MIKOŁAJCZYK Sebastian**	**1067**		M20	20	03:04:49	02:18:16	04:31:42	06:55:12	**09:27:14.50**	**12:32:04.05**	+04:24:11 (46.6%)	10:54	5.5 (53.4%)
313	**KOZICZAK Katarzyna**	**1171**		K30	22	03:34:01	02:33:48	04:46:53	07:12:46	**09:27:48.55**	**13:01:50.35**	+04:24:45 (46.6%)	10:55	5.5 (53.4%)
314	**ROGOWSKA Anna**	**1161**	DECARUN RZESZÓW	K30	23	03:33:54	02:23:08	04:28:21	07:09:21	**09:27:49.20**	**13:01:43.45**	+04:24:46 (46.6%)	10:55	5.5 (53.4%)
315	**KAWA Michał**	**1250**		M30	94	03:04:25	02:18:53	04:29:30	06:59:42	**09:28:01.40**	**12:32:27.10**	+04:24:58 (46.6%)	10:55	5.5 (53.4%)
316	**KIERENKO Paweł**	**1136**	SONSIEDZI	M40	106	03:34:02	02:20:56	04:24:23	06:56:04	**09:28:12.45**	**13:02:14.95**	+04:25:09 (46.7%)	10:55	5.5 (53.4%)
317	**GŁUCH Krzysztof**	**1204**		M40	107	00:00:03	02:27:13	04:33:16	06:59:11	**09:28:27.45**	**09:28:30.50**	+04:25:24 (46.7%)	10:55	5.5 (53.4%)
318	**ŚLĄSKI Bartosz**	**1334**	DZIK KOMANDO	M20	21	03:04:39	02:16:56	04:32:08	06:52:28	**09:29:26.75**	**12:34:06.15**	+04:26:23 (46.8%)	10:57	5.5 (53.4%)
319	**DWORAK Marcin**	**1202**	ŁÓDŹ KOCHA SPORT	M40	108	03:04:49	02:30:08	04:32:02	06:55:22	**09:29:47.50**	**12:34:37.05**	+04:26:44 (46.8%)	10:57	5.5 (53.4%)
320	**TYLEK Agata**	**1404**	SKAWINA BIEGA	K40	21	02:30:48	02:40:07	04:49:07	07:09:10	**09:30:03.85**	**12:00:52.75**	+04:27:01 (46.8%)	10:57	5.5 (53.4%)
321	**ZIELIŃSKI Grzegorz**	**1479**		M40	109	03:04:31	02:27:41	04:31:44	06:43:08	**09:30:50.35**	**12:35:22.15**	+04:27:47 (46.9%)	10:58	5.5 (53.4%)
322	**PĘKALA Anna**	**1231**	MIRAZ RACE TEAM	K40	22	03:34:03	02:35:23	04:44:47	07:10:23	**09:31:21.45**	**13:05:25.35**	+04:28:18 (47.0%)	10:59	5.5 (53.4%)
323	**PĘKALA Jarek**	**1232**	MIRAZ RACE TEAM	M50	30	03:34:03	02:34:37	04:44:45	07:10:22	**09:31:22.05**	**13:05:25.95**	+04:28:19 (47.0%)	10:59	5.5 (53.4%)
324	**KAPUŚCIŃSKI Michał**	**1058**		M40	110	03:04:39	02:23:51	04:29:42	07:05:03	**09:33:19.50**	**12:37:59.40**	+04:30:16 (47.1%)	11:01	5.4 (52.4%)
325	**LERCH Agnieszka**	**1183**		K40	23	01:00:23	02:31:44	04:40:26	07:01:15	**09:34:02.20**	**10:34:25.85**	+04:30:59 (47.2%)	11:02	5.4 (52.4%)
326	**TOMANEK Marek**	**1121**		M40	111	03:04:40	02:23:02	04:21:03	06:50:44	**09:34:27.80**	**12:39:08.25**	+04:31:25 (47.2%)	11:02	5.4 (52.4%)
327	**JAKUBOWSKI Wojciech**	**1523**	KB GEOTERMIA UNIEJÓW	M40	112	03:04:41	02:20:44	04:33:28	07:07:43	**09:35:05.20**	**12:39:46.90**	+04:32:02 (47.3%)	11:03	5.4 (52.4%)
328	**KADECKI Marek**	**1134**		M40	113	03:04:34	02:30:55	04:47:44	07:15:18	**09:36:19.60**	**12:40:54.40**	+04:33:16 (47.4%)	11:04	5.4 (52.4%)
329	**AUGUSTYN Mariusz**	**1256**	BRZYSKITRITEAM	M30	95	01:00:28	02:39:27	04:51:11	07:17:48	**09:36:21.65**	**10:36:49.70**	+04:33:18 (47.4%)	11:05	5.4 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
330	**BIELSKI Dawid**	**1167**		M30	96	01:00:27	02:25:53	04:39:30	07:13:52	**09:36:56.20**	**10:37:23.65**	+04:33:53 (47.5%)	11:05	5.4 (52.4%)
331	**GIENIEC-CZUBA Róża**	**1377**	BIEGANIE ZBLIŻA	K40	24	02:30:46	02:47:20	05:08:42	07:27:42	**09:37:38.80**	**12:08:25.70**	+04:34:36 (47.5%)	11:06	5.4 (52.4%)
332	**ZGÓRSKI Grzegorz**	**1445**		M40	114	03:04:40	02:39:09	04:41:29	07:03:43	**09:38:55.10**	**12:43:35.70**	+04:35:52 (47.7%)	11:07	5.4 (52.4%)
333	**STRUSKI Robert**	**1035**	ZADYSZKA	M30	97	03:33:58	02:18:59	04:34:31	07:09:05	**09:40:52.45**	**13:14:50.45**	+04:37:49 (47.8%)	11:10	5.4 (52.4%)
334	**NOWAK Agnieszka**	**1361**		K30	24	03:04:36	02:38:31	04:57:51	07:17:00	**09:41:03.50**	**12:45:39.95**	+04:38:00 (47.8%)	11:10	5.4 (52.4%)
335	**BORKOWSKI Michał**	**1420**	CB163	M30	98	03:04:35	02:38:30	04:57:51	07:16:57	**09:41:03.90**	**12:45:39.50**	+04:38:01 (47.8%)	11:10	5.4 (52.4%)
335	**PACZKOWSKI Mirosław**	**1363**		M50	31	03:04:36	02:38:31	04:57:52	07:16:58	**09:41:03.90**	**12:45:39.95**	+04:38:01 (47.8%)	11:10	5.4 (52.4%)
337	**ZACHEJA Jacek**	**1448**		M40	115	02:30:43	02:27:18	04:39:01	07:08:42	**09:41:20.50**	**12:12:04.35**	+04:38:17 (47.9%)	11:10	5.4 (52.4%)
337	**KALISZ Karolina**	**1282**	CAZZO CLUB	K20	18	03:34:00	02:26:05	04:34:02	07:09:57	**09:41:20.50**	**13:15:20.90**	+04:38:17 (47.9%)	11:10	5.4 (52.4%)
339	**BŁĘDKOWSKA Katarzyna**	**1283**		K30	25	02:30:44	02:37:09	04:48:33	07:18:19	**09:41:24.40**	**12:12:08.85**	+04:38:21 (47.9%)	11:10	5.4 (52.4%)
340	**KAJZEREK Arek**	**1461**		M40	116	01:09:00	02:38:39	04:42:08	07:13:23	**09:43:32.80**	**10:52:32.80**	+04:40:30 (48.1%)	11:13	5.3 (51.5%)
341	**BAJSON Grzegorz**	**1460**	GIEBUŁTÓW CIŚNIE	M40	117	01:08:58	02:38:41	04:42:18	07:13:26	**09:43:34.20**	**10:52:32.20**	+04:40:31 (48.1%)	11:13	5.3 (51.5%)
342	**CYWKA Tomek**	**1379**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	118	03:04:50	02:33:01	04:41:59	07:07:34	**09:45:14.95**	**12:50:05.15**	+04:42:12 (48.2%)	11:15	5.3 (51.5%)
343	**BOGACZYŃSKA-ADACH Bożena**	**1082**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K40	25	03:04:49	02:32:23	04:42:00	07:07:33	**09:45:15.60**	**12:50:05.25**	+04:42:12 (48.2%)	11:15	5.3 (51.5%)
344	**WRÓBLEWSKI Lech**	**1000**	WTORKOWY TRENING	M30	99	01:00:26	02:42:45	04:55:09	07:23:11	**09:45:46.30**	**10:46:12.80**	+04:42:43 (48.3%)	11:15	5.3 (51.5%)
345	**NIEDŹWIECKA Kasia**	**1454**	EKOBIEGI	K50	4	03:04:47	02:40:56	04:52:41	07:22:10	**09:46:08.50**	**12:50:56.20**	+04:43:05 (48.3%)	11:16	5.3 (51.5%)
346	**KALBARCZYK Beata**	**1345**	ORANGE POLSKA	K50	5	03:04:35	02:41:38	04:53:07	07:25:33	**09:49:10.05**	**12:53:45.25**	+04:46:07 (48.6%)	11:19	5.3 (51.5%)
347	**JEDLIŃSKI Bartosz**	**1302**	MARATOŃCZYK DĘBICA	M40	119	02:30:36	02:43:01	04:52:10	07:31:57	**09:50:24.60**	**12:21:00.60**	+04:47:21 (48.7%)	11:21	5.3 (51.5%)
348	**LALEWICZ Wojciech**	**1389**	ASSECO ACTIVE TEAM	M40	120	02:30:51	02:49:58	05:04:53	07:27:52	**09:51:13.10**	**12:22:04.40**	+04:48:10 (48.7%)	11:22	5.3 (51.5%)
349	**GWOŹDZIOWSKI Marcin**	**1396**		M40	121	03:04:34	02:39:14	04:52:17	07:24:08	**09:51:29.95**	**12:56:03.95**	+04:48:27 (48.8%)	11:22	5.3 (51.5%)
350	**SIKORSKA Agnieszka**	**1308**	EKOBIEGI WARSZAWA	K40	26	03:04:47	02:40:55	04:52:40	07:26:10	**09:51:55.15**	**12:56:42.80**	+04:48:52 (48.8%)	11:22	5.3 (51.5%)
351	**SARLEJ Piotr**	**1332**	MSJ	M40	122	03:34:01	02:22:01	04:47:19	07:22:24	**09:52:09.60**	**13:26:10.65**	+04:49:06 (48.8%)	11:23	5.3 (51.5%)
352	**SZEWC Grzegorz**	**1373**	MILENIUM BIELINY	M40	123	03:04:28	02:48:35	05:03:57	07:44:07	**09:54:12.70**	**12:58:40.90**	+04:51:09 (49.0%)	11:25	5.3 (51.5%)
353	**CUBER Aneta**	**1337**		K20	19	03:04:33	02:34:58	04:52:17	07:24:07	**09:56:17.10**	**13:00:50.80**	+04:53:14 (49.2%)	11:28	5.2 (50.5%)
354	**KUKLA Marcin**	**1427**	RYSIK RUNNERS	M50	32	03:34:01	02:22:56	04:34:29	07:21:00	**09:56:48.95**	**13:30:50.75**	+04:53:46 (49.2%)	11:28	5.2 (50.5%)
355	**PIETRZYKOWSKA Monika**	**1073**		K40	27	01:00:25	02:48:51	05:02:56	07:34:05	**09:57:06.00**	**10:57:31.75**	+04:54:03 (49.2%)	11:28	5.2 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
356	**PYTEL Roman**	**1424**	IZBICKO W BIEGU	M40	124	02:30:47	02:31:01	04:46:40	07:15:14	**10:02:47.80**	**12:33:35.60**	+04:59:45 (49.7%)	11:35	5.2 (50.5%)
357	**KUBALA Sylwester**	**1118**		M40	125	03:34:01	02:38:53	04:58:29	07:38:05	**10:05:28.25**	**13:39:30.00**	+05:02:25 (49.9%)	11:38	5.2 (50.5%)
358	**LASOŃ Jarosław**	**1138**	RODZINA LASOŃ	M40	126	03:33:56	02:34:10	04:55:44	07:31:53	**10:05:54.35**	**13:39:50.60**	+05:02:51 (50.0%)	11:39	5.1 (49.5%)
359	**SELIGA Krzysztof**	**1116**	OPATOWSCY BIEGACZE	M40	127	01:00:24	02:38:14	05:31:56	07:52:14	**10:07:55.60**	**11:08:20.45**	+05:04:52 (50.2%)	11:41	5.1 (49.5%)
360	**ARMATYS Grzegorz**	**1443**	ORANGE POLSKA	M50	33	03:04:40	02:41:34	04:54:22	07:28:28	**10:09:15.75**	**13:13:55.75**	+05:06:12 (50.3%)	11:42	5.1 (49.5%)
361	**ANDRZEJEWSKI Maciej**	**1516**		M30	100	02:30:38	02:36:51	05:02:08	07:39:34	**10:13:23.35**	**12:44:02.30**	+05:10:20 (50.6%)	11:47	5.1 (49.5%)
362	**LAMPART Marta**	**1392**	DZIKIE MUSTANGI	K30	26	03:33:49	02:33:54	04:51:04	07:26:21	**10:13:45.15**	**13:47:34.70**	+05:10:42 (50.6%)	11:48	5.1 (49.5%)
363	**MAZUR Mariola**	**1388**	DZIKIE MUSTANGI	K30	27	03:33:48	02:33:52	04:51:07	07:26:20	**10:13:45.65**	**13:47:34.55**	+05:10:42 (50.6%)	11:48	5.1 (49.5%)
364	**KAPUSTA Zuzanna**	**1393**	DZIKIE MUSTANGI	K40	28	03:33:48	02:33:54	04:51:04	07:26:20	**10:13:45.75**	**13:47:34.55**	+05:10:42 (50.6%)	11:48	5.1 (49.5%)
365	**LAMPART Dorota**	**1387**	DZIKIE MUSTANGI	K30	28	03:33:48	02:33:54	04:51:08	07:26:23	**10:13:46.25**	**13:47:34.85**	+05:10:43 (50.6%)	11:48	5.1 (49.5%)
366	**ŁOKAS Andrzej**	**1057**		M50	34	00:00:05	02:50:37	05:08:41	07:35:29	**10:13:51.95**	**10:13:57.40**	+05:10:49 (50.6%)	11:48	5.1 (49.5%)
367	**ADAMCZYK Ilona**	**1126**	KB BIAŁA BIEGA	K40	29	00:00:03	02:45:07	04:57:34	07:28:37	**10:14:28.50**	**10:14:32.35**	+05:11:25 (50.7%)	11:49	5.1 (49.5%)
368	**KUTNIK Mirosław**	**1129**	KB BIAŁA BIEGA	M40	128	00:00:03	02:45:10	04:57:34	07:28:38	**10:14:29.15**	**10:14:32.50**	+05:11:26 (50.7%)	11:49	5.1 (49.5%)
369	**PRYSZCZ Mirosław**	**1438**		M40	129	03:04:40	02:39:11	05:11:16	07:53:10	**10:16:45.00**	**13:21:25.80**	+05:13:42 (50.9%)	11:51	5.1 (49.5%)
370	**KOBIERSKI Szymon**	**1145**		M40	130	03:33:54	02:28:59	04:45:10	07:27:26	**10:18:07.20**	**13:52:01.45**	+05:15:04 (51.0%)	11:53	5 (48.5%)
371	**SZEWCZYK Katarzyna**	**1181**	MONKEYS' TEAM	K40	30	02:30:40	02:46:31	05:05:29	07:49:30	**10:20:31.15**	**12:51:11.50**	+05:17:28 (51.2%)	11:55	5 (48.5%)
372	**PĘCAK Agnieszka**	**1179**	MONKEYS'TEAM	K40	31	02:30:39	02:46:30	05:05:28	07:49:31	**10:20:31.45**	**12:51:11.40**	+05:17:28 (51.2%)	11:55	5 (48.5%)
373	**GODLEWSKI Paweł**	**1503**		M30	101	02:30:50	02:25:37	04:40:02	07:20:20	**10:20:51.10**	**12:51:41.15**	+05:17:48 (51.2%)	11:56	5 (48.5%)
374	**JUREK Zbigniew**	**1182**	ZWOLEŃNICY BIEGANIA	M60	5	03:04:29	02:41:29	05:05:52	07:48:54	**10:23:20.95**	**13:27:50.00**	+05:20:18 (51.4%)	11:59	5 (48.5%)
375	**WILKIEWICZ Dariusz**	**1208**	ZWOLEŃ ICH BIEGANIA	M40	131	03:04:29	02:41:30	05:05:52	07:48:55	**10:23:21.20**	**13:27:50.25**	+05:20:18 (51.4%)	11:59	5 (48.5%)
376	**PILCH Anna**	**1306**	PROBALANS	K30	29	02:30:39	02:44:17	05:07:44	07:46:00	**10:24:43.40**	**12:55:22.95**	+05:21:40 (51.5%)	12:00	5 (48.5%)
377	**LULA Radosław**	**1086**		M40	132	00:00:04	02:55:34	05:13:04	07:41:43	**10:25:00.90**	**10:25:05.35**	+05:21:58 (51.5%)	12:01	5 (48.5%)
378	**KWIATKOWSKA Aleksandra**	**1444**	WIECZORNE BIEGANIE W SZCZECINIE	K20	20	03:33:53	02:52:32	05:07:31	07:43:09	**10:25:25.80**	**13:59:18.90**	+05:22:23 (51.5%)	12:01	5 (48.5%)
379	**ABOU NADER Toufic**	**1326**		M30	102	03:04:45	02:44:56	05:16:03	08:02:29	**10:25:33.05**	**13:30:18.30**	+05:22:30 (51.6%)	12:01	5 (48.5%)
380	**SŁOMIAK Marian**	**1318**		M50	35	03:04:44	02:44:55	05:16:04	08:02:29	**10:25:33.60**	**13:30:18.25**	+05:22:30 (51.6%)	12:01	5 (48.5%)
381	**CICHOCKI Mariusz**	**1143**	SUUNTO RUN TEAM	M50	36	01:00:31	02:55:24	05:20:36	07:53:05	**10:26:41.55**	**11:27:13.15**	+05:23:38 (51.6%)	12:03	5 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
382	**MICHALSKA Klementyna**	**1098**		K30	30	00:00:06	03:11:48	05:30:14	07:55:02	**10:27:25.70**	**10:27:32.05**	+05:24:22 (51.7%)	12:03	5 (48.5%)
383	**BARAŃSKI Damian**	**1346**	GORZÓW BIEGA	M20	22	01:00:26	02:46:10	05:04:52	07:45:12	**10:27:32.70**	**11:27:59.55**	+05:24:29 (51.7%)	12:04	5 (48.5%)
384	**WÓJTOWICZ Paweł**	**1296**		M40	133	03:04:47	02:38:16	05:01:16	07:46:25	**10:28:34.90**	**13:33:22.35**	+05:25:32 (51.8%)	12:05	5 (48.5%)
385	**JANASZ Andrzej**	**1077**		M40	134	02:30:42	02:47:08	05:24:38	08:15:56	**10:29:25.65**	**13:00:07.75**	+05:26:22 (51.9%)	12:06	5 (48.5%)
386	**MARKOWSKI Krystian**	**1517**	SOKÓLSKA GRUPA BIEGOWA	M30	103	03:04:52	02:38:19	05:01:40	07:47:27	**10:30:41.00**	**13:35:33.10**	+05:27:38 (51.9%)	12:07	4.9 (47.6%)
387	**GRZYWACZ Krzysztof**	**1059**	ROCHE RUNNERS	M40	135	00:00:04	02:43:51	05:02:19	07:39:40	**10:31:37.20**	**10:31:41.65**	+05:28:34 (52.0%)	12:08	4.9 (47.6%)
388	**BARANOWSKI Łukasz**	**1176**		M30	104	02:32:07	02:37:54	05:06:12	07:55:52	**10:34:47.50**	**13:06:54.90**	+05:31:44 (52.3%)	12:12	4.9 (47.6%)
389	**JABŁONKA Radosław**	**1053**	DZIADY OCR	M40	136	02:32:07	02:37:54	05:06:13	07:55:51	**10:34:48.40**	**13:06:55.65**	+05:31:45 (52.3%)	12:12	4.9 (47.6%)
390	**CIEŚLAK Grzegorz**	**1233**	WKZ ULTRA GREEN TEAM	M50	37	03:04:29	02:27:30	05:03:14	07:36:37	**10:34:51.25**	**13:39:21.15**	+05:31:48 (52.3%)	12:12	4.9 (47.6%)
391	**PRZYBYLSKI Marcin**	**1103**		M40	137	02:30:42	02:47:06	05:16:24	07:55:56	**10:37:29.05**	**13:08:11.85**	+05:34:26 (52.5%)	12:15	4.9 (47.6%)
392	**WEILAND Emila**	**1004**		K40	32	02:30:44	02:51:55	05:30:49	08:07:36	**10:37:45.45**	**13:08:29.85**	+05:34:42 (52.5%)	12:15	4.9 (47.6%)
393	**KĄDZIOŁKA Łukasz**	**1425**	K2	M30	105	02:30:34	02:38:26	05:54:06	08:46:04	**10:41:49.30**	**13:12:23.45**	+05:38:46 (52.8%)	12:20	4.9 (47.6%)
394	**JUSZKIEWICZ Tomasz**	**1207**		M50	38	01:00:30	02:52:18	05:15:22	07:57:36	**10:43:47.85**	**11:44:18.20**	+05:40:45 (52.9%)	12:22	4.8 (46.6%)
395	**MROZOWSKA Magdalena**	**1411**	WARSAW RUN CLUB	K40	33	03:04:37	02:51:41	05:09:17	07:48:33	**10:45:29.10**	**13:50:06.80**	+05:42:26 (53.1%)	12:24	4.8 (46.6%)
396	**JANIK Tomasz**	**1348**	ORANGE POLSKA	M50	39	03:04:38	02:51:41	05:09:19	07:48:32	**10:45:29.15**	**13:50:07.90**	+05:42:26 (53.1%)	12:24	4.8 (46.6%)
397	**GŁUCHOWSKA Natalia**	**1026**		K20	21	01:00:24	02:49:12	05:05:51	07:58:51	**10:49:19.55**	**11:49:43.75**	+05:46:16 (53.3%)	12:29	4.8 (46.6%)
398	**HOŁODY Grzegorz**	**1019**	OPATOWSCY BIEGACZE	M30	106	01:00:25	02:38:17	05:31:53	08:12:19	**10:52:47.35**	**11:53:12.70**	+05:49:44 (53.6%)	12:33	4.8 (46.6%)
399	**ZAJĄC Piotr**	**1160**	OPATOWSCY BIEGACZE	M40	138	01:00:24	02:38:16	05:31:56	08:12:21	**10:52:48.00**	**11:53:12.70**	+05:49:45 (53.6%)	12:33	4.8 (46.6%)
400	**SZKAMRUK Alicja**	**1217**	EKSTREMALNE OTK NA RELAKSIE	K30	31	00:00:04	03:25:48	05:51:25	08:29:43	**10:55:34.10**	**10:55:39.00**	+05:52:31 (53.8%)	12:36	4.8 (46.6%)
401	**DREWNIK Robert**	**1469**		M40	139	01:00:26	02:34:28	04:59:45	07:52:21	**10:56:34.20**	**11:57:00.60**	+05:53:31 (53.8%)	12:37	4.8 (46.6%)
402	**LUDWINEK-ZARZEKA Iwona**	**1206**	VEGE RUNNERS	K30	32	02:30:47	02:41:05	05:06:12	07:57:12	**10:59:44.80**	**13:30:32.60**	+05:56:42 (54.1%)	12:41	4.7 (45.6%)
403	**PRZYBYLSKA Magdalena**	**1102**		K30	33	02:30:42	02:59:45	05:30:18	08:19:50	**11:02:48.95**	**13:33:31.75**	+05:59:46 (54.3%)	12:44	4.7 (45.6%)
404	**CIMOSZKO Katarzyna**	**1376**	WATAHA	K40	34	00:00:06	03:11:50	05:39:52	08:21:33	**11:09:18.50**	**11:09:24.85**	+06:06:15 (54.7%)	12:52	4.7 (45.6%)
405	**GÓRKA Bogusław**	**1044**		M40	140	01:00:24	02:59:16	05:37:02	08:26:48	**11:11:49.35**	**12:12:13.60**	+06:08:46 (54.9%)	12:55	4.6 (44.7%)
406	**GÓRKA Jolanta**	**1045**		K40	35	01:00:24	02:59:17	05:37:03	08:26:47	**11:11:49.50**	**12:12:13.75**	+06:08:46 (54.9%)	12:55	4.6 (44.7%)
407	**HALACZKIEWICZ Adam**	**1090**	EXTREMEWOLF	M40	141	03:04:35	02:47:25	05:16:48	08:08:02	**11:22:25.25**	**14:27:00.65**	+06:19:22 (55.6%)	13:07	4.6 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
408	**MAKSYMIAK Anna**	**1104**	WIECZORNE BIEGANIE W SZCZECINIE	K40	36	03:04:35	02:47:26	05:16:50	08:08:02	**11:22:25.35**	**14:27:00.55**	+06:19:22 (55.6%)	13:07	4.6 (44.7%)
409	**SITAREK Iwona**	**1030**	PKO BANK POLSKI	K50	6	02:30:42	02:47:08	05:24:35	08:19:51	**11:26:45.55**	**13:57:27.70**	+06:23:42 (55.9%)	13:12	4.5 (43.7%)
410	**WIĘSEK Ewelina**	**1002**	PKO BANK POLSKI	K40	37	02:30:42	02:52:25	05:25:04	08:32:01	**11:29:04.60**	**13:59:47.05**	+06:26:01 (56.0%)	13:15	4.5 (43.7%)
411	**JASNOWSKI Michal**	**1511**		M40	142	01:00:33	03:18:08	05:55:06	08:37:58	**11:32:45.45**	**12:33:19.20**	+06:29:42 (56.3%)	13:19	4.5 (43.7%)
412	**OSMOLA-JASNOWSKA Aleksandra**	**1510**		K30	34	01:00:34	03:18:06	05:55:08	08:37:59	**11:32:45.65**	**12:33:19.70**	+06:29:42 (56.3%)	13:19	4.5 (43.7%)
413	**GRZEGOREK Paweł**	**1456**	ULTRA	M40	143	00:00:00	05:25:04	07:33:21	09:47:43	**11:35:10.30**	**11:35:10.30**	+06:32:07 (56.4%)	13:22	4.5 (43.7%)
414	**SZKAMRUK Małgorzata**	**1239**	EXTREMALNE OTK NA RELAKSIE	K30	35	00:00:05	03:25:46	05:51:22	08:30:01	**11:37:02.80**	**11:37:08.00**	+06:34:00 (56.5%)	13:24	4.5 (43.7%)
415	**JÓŚK Joanna**	**1295**		K40	38	01:00:24	03:11:02	05:45:14	08:44:20	**11:45:18.70**	**12:45:43.05**	+06:42:15 (57.0%)	13:33	4.4 (42.7%)
416	**JABŁOŃSKI Kazimierz**	**1474**	SPRINTER PRĄDY	M60	6	01:00:33	03:14:48	05:46:20	08:52:59	**11:47:43.75**	**12:48:17.65**	+06:44:40 (57.2%)	13:36	4.4 (42.7%)
417	**WITEK Sylwia**	**1159**		K40	39	01:02:42	03:21:23	06:05:29	09:03:49	**11:48:03.05**	**12:50:45.05**	+06:45:00 (57.2%)	13:36	4.4 (42.7%)
418	**KACZKIEWICZ Damian**	**1156**	NIGHT RUNNERS GLIWICE	M40	144	01:02:36	03:21:31	06:05:36	09:03:55	**11:48:08.70**	**12:50:44.95**	+06:45:05 (57.2%)	13:37	4.4 (42.7%)
419	**WYSMOLIŃSKA Barbara**	**1248**		K40	40	00:00:05	03:29:35	06:06:09	08:59:27	**11:48:12.55**	**11:48:18.50**	+06:45:09 (57.2%)	13:37	4.4 (42.7%)
420	**WYSMOLIŃSKI Piotr**	**1249**		M40	145	00:00:05	03:29:36	06:06:11	08:59:29	**11:48:12.80**	**11:48:18.60**	+06:45:10 (57.2%)	13:37	4.4 (42.7%)
421	**PRAŻMOWSKI Piotr**	**1374**	SBG PODBIEG	M40	146	01:00:26	03:09:42	05:45:09	08:49:45	**11:55:14.05**	**12:55:40.90**	+06:52:11 (57.6%)	13:45	4.4 (42.7%)
422	**HOOG Wioleta**	**1186**		K30	36	01:02:42	03:21:22	06:13:13	09:08:04	**12:01:58.10**	**13:04:40.10**	+06:58:55 (58.0%)	13:53	4.3 (41.7%)
423	**SKURSKA Monika**	**1238**		K40	41	00:00:03	03:23:03	05:51:32	08:57:25	**12:13:43.85**	**12:13:47.20**	+07:10:41 (58.7%)	14:06	4.3 (41.7%)
424	**KRZYSZTOFOWICZ Andrzej**	**1368**		M40	147	01:00:30	03:32:36	06:25:55	09:35:19	**12:21:09.40**	**13:21:39.70**	+07:18:06 (59.1%)	14:15	4.2 (40.8%)
425	**SZYPULSKI Dariusz**	**1489**	SKS CHMIELOWICE	M40	148	00:00:00	09:44:23			**12:33:37.40**	**12:33:37.40**	+07:30:34 (59.8%)	14:29	4.1 (39.8%)
426	**KRZYSZTOFOWICZ Karolina**	**1367**		K40	42	01:00:28	03:32:39	06:25:55	09:36:19	**12:42:05.60**	**13:42:34.45**	+07:39:02 (60.2%)	14:39	4.1 (39.8%)
427	**WOŹNIAK Mariusz**	**1375**		M50	40	01:00:29	03:32:40	06:25:57	09:35:37	**12:50:34.40**	**13:51:03.65**	+07:47:31 (60.7%)	14:49	4 (38.8%)
428	**PIOTROWSKI Marek**	**1209**		M50	41	00:00:03	03:22:55	07:45:36	10:56:46	**14:02:10.95**	**14:02:14.80**	+08:59:08 (64.0%)	16:11	3.7 (35.9%)
429	**KORNAK Michał**	**1309**		M30	107	00:00:04	03:27:59	06:30:53	09:58:24	**14:50:47.35**	**14:50:52.00**	+09:47:44 (66.0%)	17:07	3.5 (34.0%)
	NOWICKI Jarosław	**1084**		M40		DNF	02:30:50 DNF	05:05:48 DNF	08:04:29 DNF	**DNF**	**DNF**		-	- (0.0%)
	WOŹNIAK Maria	**1284**	SKAWINA BIEGA	K30		DNF	02:01:55 DNF	03:51:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SZEWCZYK Artur	**1468**	DOKĄD TAK CIĄGLE BIEGNĘ?	M40		DNF	02:39:24 DNF	05:11:30 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	WILAMOWSKI Daniel	**1421**		M20		DNF	02:39:18 DNF	05:40:51 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DYBA Adek	**1307**	KOPEĆ TEAM	M60		DNF	02:59:32 DNF	05:42:45 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	LEN Mariusz	**1490**		M50		DNF	02:59:35 DNF	05:56:46 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	OCHYRA Konrad	**1336**	SOLINA TEAM	M30		DNF	02:08:02 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KACPERSKI Olaf	**1133**		M40		DNF	02:11:20 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KĄDZIOŁKA Jan	**1383**	K2	M50		DNF	02:38:26 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MICHALEWSKA Anna	**1120**	DRUŻYNA GRUBEGO MISIA	K40		DNF	02:50:04 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MAJONEK Artur	**1201**	ZMORDOWANI ŻYCIEM	M30		DNF	02:52:14 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOSEWSKA Dorota	**1132**	BIEGAM NA TARCHOMINIE/ULTRA PASTERZE	K50		DNF	03:00:25 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHABROS Jacek	**1097**	EXTREMEWOLF	M50		DNF	03:13:14 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WÓJCIK Michał	**1043**	STAY INSANE	M30		DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	LUBECKI Milosz	**1219**		M30		DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 444 wynik(ów)