ZŁOTY PÓŁMARATON - 21 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Lądek-Zdrój
Dystans: 21 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	**ŻOCHOWSKI Daniel**	**7686**	ŻÓRAWSKI TEAM	Senior I M - 20	1	00:49:15	**01:28:27.30**		4:12	14.2 (100%)
2	**GLAPIAK Damian**	**7937**		Masters M - 40	1	00:53:09	**01:34:28.35**	+00:06:01 (6.4%)	4:29	13.3 (93.7%)
3	**LAGNER Sebastian**	**7047**	KB SOBÓTKA	Senior I M - 20	2	00:53:07	**01:36:59.15**	+00:08:31 (8.8%)	4:37	13 (91.5%)
4	**TOMCZYK Piotr**	**7122**	#ZALINIAMETYTEAM	Senior II M - 30	1	00:57:47	**01:41:11.45**	+00:12:44 (12.6%)	4:49	12.5 (88.0%)
5	**KOS Adrian**	**7075**	DOTI MANUFAKTURA	Senior I M - 20	3	00:59:02	**01:44:03.65**	+00:15:36 (15.0%)	4:57	12.1 (85.2%)
6	**ZAMIELSKI Pawel**	**7284**	PRZEDWOJEWSKI TEAM	Senior I M - 20	4	00:57:11	**01:44:48.65**	+00:16:21 (15.6%)	4:59	12 (84.5%)
7	**WOLAŃSKI Jan**	**7870**		Masters M - 40	2	01:01:07	**01:45:23.00**	+00:16:55 (16.1%)	5:01	12 (84.5%)
8	**TOMASIAK Dominik**	**7700**	AKUJO NO FUKA-NASAKE	Masters M - 40	3	00:58:20	**01:45:53.35**	+00:17:26 (16.5%)	5:02	11.9 (83.8%)
9	**PIHIL Piotr**	**7219**		Masters M - 40	4	00:59:21	**01:46:15.60**	+00:17:48 (16.8%)	5:03	11.9 (83.8%)
10	**ROSKOSZ Bartosz**	**7783**		Senior II M - 30	2	01:01:38	**01:47:08.25**	+00:18:40 (17.4%)	5:06	11.8 (83.1%)
11	**RÓŻAŃSKI Łukasz**	**7562**		Senior II M - 30	3	01:00:50	**01:48:41.05**	+00:20:13 (18.6%)	5:10	11.6 (81.7%)
12	**MAZEK Emilia**	**7513**	SBRT WARSZAWA / WILGA GARWOLIN	Senior I K - 20	1	01:03:15	**01:49:23.85**	+00:20:56 (19.1%)	5:12	11.5 (81.0%)
13	**MICHAŁ Targosz**	**7833**	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	01:02:14	**01:49:58.25**	+00:21:30 (19.6%)	5:14	11.5 (81.0%)
14	**GŁÓD Mateusz**	**7827**		Masters M - 40	6	01:01:53	**01:50:36.00**	+00:22:08 (20.0%)	5:16	11.4 (80.3%)
15	**FALANA Sebastian**	**7606**		Senior II M - 30	4	01:00:42	**01:50:37.60**	+00:22:10 (20.0%)	5:16	11.4 (80.3%)
16	**TOMASIAK Natalia**	**7883**	SALOMON TEAM	Senior II K - 30	1	01:02:41	**01:51:50.95**	+00:23:23 (20.9%)	5:19	11.3 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
17	**DUCZMAL Dominika**	**7896**		Senior I K - 20	2	01:03:33	**01:52:38.45**	+00:24:11 (21.5%)	5:21	11.2 (78.9%)
18	**SUDOLSKI Emil**	**7322**	GUSTAW TEŻ BIEGA	Masters M - 40	7	01:04:06	**01:52:39.75**	+00:24:12 (21.5%)	5:21	11.2 (78.9%)
19	**KOWALIK Andrzej**	**7928**	SALMING RUNNING POLSKA	Masters M - 40	8	01:04:07	**01:53:57.10**	+00:25:29 (22.4%)	5:25	11.1 (78.2%)
20	**SZKOŁA Wojciech**	**7196**	NATURAL BORN RUNNERS	Senior II M - 30	5	01:05:15	**01:54:28.75**	+00:26:01 (22.7%)	5:27	11 (77.5%)
21	**STREICH Tomasz**	**7908**		Senior I M - 20	5	01:03:16	**01:54:32.05**	+00:26:04 (22.8%)	5:27	11 (77.5%)
22	**KUSAL Tomasz**	**7074**		Senior I M - 20	6	01:06:04	**01:55:19.90**	+00:26:52 (23.3%)	5:29	10.9 (76.8%)
23	**NOWAK Paweł**	**7007**	LAND ROWER WROCŁAW	Senior II M - 30	6	01:04:50	**01:55:21.80**	+00:26:54 (23.3%)	5:29	10.9 (76.8%)
24	**KURZYŃSKI Piotr**	**7661**	TEAM BEROTU	Masters M - 40	9	01:06:14	**01:58:17.50**	+00:29:50 (25.2%)	5:37	10.7 (75.4%)
25	**KOTLAREK Dawid**	**7108**	VEGE RUNNERS / #SOBASTEAM	Masters M - 40	10	01:07:46	**01:58:31.55**	+00:30:04 (25.4%)	5:38	10.6 (74.6%)
26	**CZAPKA Norbert**	**7840**		Weteran I M - 50	1	01:06:09	**01:58:47.25**	+00:30:19 (25.5%)	5:39	10.6 (74.6%)
27	**KUBISZTAL Wojciech**	**7109**	KB PIONIER SZCZECIN	Senior II M - 30	7	01:05:04	**01:59:06.95**	+00:30:39 (25.7%)	5:40	10.6 (74.6%)
28	**ZIOBROWSKI Łukasz**	**7211**	SZTUKA RUCHU	Masters M - 40	11	01:08:02	**01:59:08.60**	+00:30:41 (25.8%)	5:40	10.6 (74.6%)
29	**JACHYMSKI Krzysztof**	**7628**	VEGE RUNNERS	Senior II M - 30	8	01:07:37	**01:59:21.65**	+00:30:54 (25.9%)	5:41	10.6 (74.6%)
30	**KACZMARCZYK Przemysław**	**7131**	140MINUT.PL	Senior I M - 20	7	01:06:29	**01:59:29.20**	+00:31:01 (26.0%)	5:41	10.5 (73.9%)
31	**ŻEBROWSKI Juliusz**	**7453**	BORN TO RUN	Senior II M - 30	9	01:10:43	**01:59:32.00**	+00:31:04 (26.0%)	5:41	10.5 (73.9%)
32	**MÓLL Mateusz**	**7009**	#SOBASTEAM	Senior II M - 30	10	01:05:58	**01:59:36.50**	+00:31:09 (26.0%)	5:41	10.5 (73.9%)
33	**TOMASIAK Adam**	**7012**	KB HARCOWNIK	Senior I M - 20	8	01:07:04	**01:59:48.30**	+00:31:21 (26.2%)	5:42	10.5 (73.9%)
34	**KRAWCZYK Adriana**	**7681**		Senior II K - 30	2	01:08:42	**02:00:15.85**	+00:31:48 (26.4%)	5:43	10.5 (73.9%)
35	**SŁOBODZIAN Jerzy**	**7667**	NYSA BIEGA	Weteran I M - 50	2	01:09:07	**02:00:25.10**	+00:31:57 (26.5%)	5:44	10.5 (73.9%)
36	**BAGIŃSKI Łukasz**	**7581**		Masters M - 40	12	01:08:19	**02:00:37.25**	+00:32:09 (26.7%)	5:44	10.4 (73.2%)
37	**ZAPORA Marek**	**7537**	W POGONI ZA DUCHEM	Masters M - 40	13	01:07:49	**02:00:40.55**	+00:32:13 (26.7%)	5:44	10.4 (73.2%)
38	**BAZUŁKA Aleksandra**	**7915**	SALCO GARMIN TEAM	Senior I K - 20	3	01:07:45	**02:00:52.60**	+00:32:25 (26.8%)	5:45	10.4 (73.2%)
39	**WAŚNIEWSKI Albert**	**7687**	IG BERT87PL	Senior II M - 30	11	01:12:28	**02:01:24.60**	+00:32:57 (27.1%)	5:46	10.4 (73.2%)

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40	**KOBUSZEWSKI Artur**	**7521**	SBRT WARSZAWA	Masters M - 40	14	01:09:51	**02:02:17.80**	+00:33:50 (27.7%)	5:49	10.3 (72.5%)
41	**SZNUROWSKI Mariusz**	**7020**	KB SOBÓTKA	Senior I M - 20	9	01:06:07	**02:03:16.70**	+00:34:49 (28.2%)	5:52	10.2 (71.8%)
42	**KURASIK Tomasz Kurasik**	**7145**		Masters M - 40	15	01:09:26	**02:03:20.15**	+00:34:52 (28.3%)	5:52	10.2 (71.8%)
43	**GOLONKA Paweł**	**7341**	KB WIKON NOWA SÓL	Senior II M - 30	12	01:10:54	**02:04:29.85**	+00:36:02 (29.0%)	5:55	10.1 (71.1%)
44	**WICHER Bartłomiej**	**7523**	SBRT WARSZAWA	Senior II M - 30	13	01:12:28	**02:04:39.65**	+00:36:12 (29.0%)	5:56	10.1 (71.1%)
45	**SKÓRA Anastazja**	**7741**	#SOBASTEAM	Senior I K - 20	4	01:09:53	**02:04:44.00**	+00:36:16 (29.1%)	5:56	10.1 (71.1%)
46	**CYTAWA Adrian**	**7529**	FIZJO -SPORT ŁĘCZNA/ OSP KSRG ŁĘCZNA	Senior I M - 20	10	01:11:26	**02:05:13.85**	+00:36:46 (29.4%)	5:57	10.1 (71.1%)
47	**PIKOS Patryk**	**7159**		Senior II M - 30	14	01:09:55	**02:05:53.05**	+00:37:25 (29.7%)	5:59	10 (70.4%)
48	**FORTUNA Marcin**	**7789**	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	15	01:12:16	**02:06:00.30**	+00:37:33 (29.8%)	6:00	10 (70.4%)
49	**NAPARTY Zbigniew**	**7875**	KĘSY TEAM	Weteran I M - 50	3		**02:06:06.00**	+00:37:38 (29.9%)	6:00	10 (70.4%)
50	**LUTY Mariusz**	**7050**	RUUKKI	Masters M - 40	16	01:11:56	**02:06:31.30**	+00:38:04 (30.1%)	6:01	10 (70.4%)
51	**DAUKSZO Maciej**	**7354**	SBRT WARSZAWA	Senior I M - 20	11	01:13:56	**02:06:35.90**	+00:38:08 (30.1%)	6:01	10 (70.4%)
52	**PIECHOWIAK Marek**	**7608**		Senior II M - 30	16	01:12:00	**02:06:44.10**	+00:38:16 (30.2%)	6:02	9.9 (69.7%)
53	**KOSIŃSKI Michał**	**7619**		Senior II M - 30	17	01:11:56	**02:07:11.35**	+00:38:44 (30.5%)	6:03	9.9 (69.7%)
54	**GLANOWSKI Marek**	**7178**		Senior II M - 30	18	01:12:12	**02:07:43.20**	+00:39:15 (30.7%)	6:04	9.9 (69.7%)
55	**KOWAL Tomasz**	**7607**	FIZJOBIEGACZE SZCZECIN	Masters M - 40	17	01:11:41	**02:07:51.65**	+00:39:24 (30.8%)	6:05	9.9 (69.7%)
56	**ŚNIERZYŃSKI Robert**	**7383**		Senior II M - 30	19	01:13:48	**02:08:20.10**	+00:39:52 (31.1%)	6:06	9.8 (69.0%)
57	**BEDNARCZYK Ewelina**	**7893**	MOCNA GRUPA CEZARA	Senior II K - 30	3	01:16:02	**02:08:27.30**	+00:40:00 (31.1%)	6:07	9.8 (69.0%)
58	**JUMA Maciej**	**7939**	KB LUPUS OLEŚNICA	Masters M - 40	18	01:13:34	**02:08:27.40**	+00:40:00 (31.1%)	6:07	9.8 (69.0%)
59	**HUCAŁ Tomasz**	**7475**		Masters M - 40	19	01:13:29	**02:08:30.60**	+00:40:03 (31.2%)	6:07	9.8 (69.0%)
60	**BOSAKIEWICZ Tomasz**	**7718**	OLAWS ZLOTORYJA	Senior II M - 30	20	01:11:41	**02:08:48.05**	+00:40:20 (31.3%)	6:08	9.8 (69.0%)
61	**SŁOWIŃSKI Michał**	**7538**	SKLEPBIEGACZA	Senior I M - 20	12	01:09:39	**02:09:15.75**	+00:40:48 (31.6%)	6:09	9.7 (68.3%)
62	**BUKAŁA Marcin**	**7151**	VEGE RUNNERS	Senior I M - 20	13	01:14:48	**02:09:27.15**	+00:40:59 (31.7%)	6:09	9.7 (68.3%)

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63	**KAWA Hubert**	**7841**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	21	01:16:10	**02:09:32.95**	+00:41:05 (31.7%)	6:10	9.7 (68.3%)
64	**STANISŁAWEK Mateusz**	**7861**	SPARTA ULTRA TEAM	Senior II M - 30	22	01:15:20	**02:09:41.85**	+00:41:14 (31.8%)	6:10	9.7 (68.3%)
65	**WOŹNICZKA Jolanta**	**7097**	ADAM DRACZYŃSKI RUNNING TEAM	Masters K - 40	1	01:15:46	**02:10:16.90**	+00:41:49 (32.1%)	6:12	9.7 (68.3%)
66	**PRZYBYLSKI Kamil**	**7589**	18 BATALION DOWODZENIA	Senior II M - 30	23	01:12:29	**02:10:45.70**	+00:42:18 (32.4%)	6:13	9.6 (67.6%)
67	**DURAJCZYK Michał**	**7905**	ASENAYEBALEM	Senior II M - 30	24	01:15:14	**02:10:55.05**	+00:42:27 (32.4%)	6:14	9.6 (67.6%)
68	**ZĄBEK Łukasz**	**7040**	140MINUT.PL	Masters M - 40	20	01:13:27	**02:11:05.90**	+00:42:38 (32.5%)	6:14	9.6 (67.6%)
69	**JEZUSEK Piotr**	**7460**		Masters M - 40	21	01:14:11	**02:11:09.65**	+00:42:42 (32.6%)	6:14	9.6 (67.6%)
70	**BUCHANIEC Katarzyna**	**7708**	MIRAZ RACE TEAM	Senior II K - 30	4	01:15:23	**02:11:32.60**	+00:43:05 (32.8%)	6:15	9.6 (67.6%)
71	**KOLANKO Sylwia**	**7740**	NYSA BIEGA	Senior II K - 30	5	01:15:33	**02:11:40.70**	+00:43:13 (32.8%)	6:16	9.6 (67.6%)
72	**ADAMSKI Krzysztof**	**7128**		Masters M - 40	22	01:10:47	**02:11:41.25**	+00:43:13 (32.8%)	6:16	9.6 (67.6%)
73	**KAYSIEWICZ Maciej**	**7340**	NATURAL BORN RUNNERS TEAM	Weteran I M - 50	4	01:15:32	**02:11:56.45**	+00:43:29 (33.0%)	6:16	9.6 (67.6%)
74	**ŚLIWIŃSKI Karol**	**7449**	KLUCZBORSKA GRUPA TRUCHCIKOWA	Senior I M - 20	14	01:11:08	**02:12:31.00**	+00:44:03 (33.2%)	6:18	9.5 (66.9%)
75	**ROSŁON Cezary**	**7324**	MAMERO	Senior II M - 30	25	01:13:22	**02:12:44.10**	+00:44:16 (33.4%)	6:19	9.5 (66.9%)
76	**GACHOWSKI Łukasz**	**7434**		Masters M - 40	23	01:18:23	**02:13:06.20**	+00:44:38 (33.5%)	6:20	9.5 (66.9%)
77	**ZIELIŃSKI Dominik**	**7885**		Senior II M - 30	26	01:16:46	**02:13:22.90**	+00:44:55 (33.7%)	6:21	9.4 (66.2%)
78	**OLESZOWSKI Marcin**	**7466**		Senior II M - 30	27	01:15:33	**02:13:33.90**	+00:45:06 (33.8%)	6:21	9.4 (66.2%)
79	**BROK Małgorzata**	**7204**		Masters K - 40	2	01:16:51	**02:13:37.50**	+00:45:10 (33.8%)	6:21	9.4 (66.2%)
80	**FERET Hubert**	**7073**		Senior II M - 30	28	01:15:08	**02:13:43.15**	+00:45:15 (33.9%)	6:22	9.4 (66.2%)
81	**MISIURKA Wiktor**	**7729**		Senior I M - 20	15	01:16:46	**02:13:49.05**	+00:45:21 (33.9%)	6:22	9.4 (66.2%)
82	**CIEPŁY Kamil**	**7916**		Senior I M - 20	16	01:17:47	**02:14:03.25**	+00:45:35 (34.0%)	6:23	9.4 (66.2%)
83	**KOT Klaudia**	**7662**		Senior II K - 30	6	01:15:28	**02:14:03.50**	+00:45:36 (34.0%)	6:23	9.4 (66.2%)
84	**KOZYRSKI Mariusz**	**7551**	SKSM	Senior II M - 30	29	01:14:23	**02:14:06.15**	+00:45:38 (34.0%)	6:23	9.4 (66.2%)
85	**BOĆKO Ewa**	**7126**		Masters K - 40	3	01:15:24	**02:14:06.60**	+00:45:39 (34.0%)	6:23	9.4 (66.2%)

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86	**TWARDOCHLEB Kamil**	**7725**		Senior I M - 20	17	01:18:07	**02:14:10.70**	+00:45:43 (34.1%)	6:23	9.4 (66.2%)
87	**BOROWIEC Bartek**	**7226**	PRO-RUN WROCŁAW	Senior II M - 30	30	01:15:42	**02:14:27.10**	+00:45:59 (34.2%)	6:24	9.4 (66.2%)
88	**ŚLIWIŃSKI Paweł**	**7221**		Senior II M - 30	31	01:16:30	**02:14:28.05**	+00:46:00 (34.2%)	6:24	9.4 (66.2%)
89	**MRUK Paweł**	**7769**	140MINUT.PL | STARCON.COM.PL	Senior II M - 30	32	01:16:36	**02:15:12.10**	+00:46:44 (34.6%)	6:26	9.3 (65.5%)
90	**KAWCZEPSKI Piotr**	**7922**	GUSTAW TEŻ BIEGA	Masters M - 40	24	01:17:51	**02:15:30.10**	+00:47:02 (34.7%)	6:27	9.3 (65.5%)
91	**SĘDZIK Kinga**	**7757**	MOK MSZANA DOLNA	Senior I K - 20	5	01:15:44	**02:16:22.75**	+00:47:55 (35.1%)	6:29	9.2 (64.8%)
92	**JESIONKOWSKI Paweł**	**7845**		Senior I M - 20	18	01:21:28	**02:16:45.45**	+00:48:18 (35.3%)	6:30	9.2 (64.8%)
93	**JANOWSKI Michał**	**7019**		Senior II M - 30	33	01:14:20	**02:17:18.40**	+00:48:51 (35.6%)	6:32	9.2 (64.8%)
94	**GROLEWSKI Karol**	**7476**	ISKRA TEAM	Masters M - 40	25	01:16:27	**02:18:03.50**	+00:49:36 (35.9%)	6:34	9.1 (64.1%)
95	**PANEK Damian**	**7857**	RAFFLES EUROPEJSKI WARSAW/MUKS JEDLICZE	Senior I M - 20	19	01:19:15	**02:19:07.50**	+00:50:40 (36.4%)	6:37	9.1 (64.1%)
96	**KOŁODZIEJ Roman**	**7694**		Masters M - 40	26	01:15:08	**02:19:16.85**	+00:50:49 (36.5%)	6:37	9 (63.4%)
97	**DUBAS Marek**	**7533**		Senior II M - 30	34	01:18:44	**02:19:27.25**	+00:50:59 (36.6%)	6:38	9 (63.4%)
98	**TYLKOWSKI Filip**	**7436**		Senior I M - 20	20	01:21:54	**02:19:42.15**	+00:51:14 (36.7%)	6:39	9 (63.4%)
99	**NIERADKA Anna**	**7733**		Senior II K - 30	7	01:17:50	**02:19:49.30**	+00:51:22 (36.7%)	6:39	9 (63.4%)
100	**GĘBKA Małgorzata**	**7880**		Senior II K - 30	8	01:21:35	**02:20:07.15**	+00:51:39 (36.9%)	6:40	9 (63.4%)
101	**CHAMALA Krzysztof**	**7162**	WEEGREE	Senior II M - 30	35	01:20:53	**02:20:07.90**	+00:51:40 (36.9%)	6:40	9 (63.4%)
102	**OGRODNIK Tomasz**	**7758**		Senior II M - 30	36	01:18:45	**02:20:25.60**	+00:51:58 (37.0%)	6:41	9 (63.4%)
103	**JANOSZ Paweł**	**7017**		Senior I M - 20	21	01:19:24	**02:20:31.35**	+00:52:04 (37.1%)	6:41	9 (63.4%)
104	**KANCERSKI Krzysztof**	**7197**		Weteran II M - 60	1	01:15:32	**02:20:39.00**	+00:52:11 (37.1%)	6:41	9 (63.4%)
105	**BOHAREWICZ Paweł**	**7096**	BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA	Masters M - 40	27	01:21:12	**02:20:46.75**	+00:52:19 (37.2%)	6:42	9 (63.4%)
106	**BANAŚ Łukasz**	**7852**		Senior II M - 30	37	01:16:54	**02:20:53.30**	+00:52:26 (37.2%)	6:42	8.9 (62.7%)
107	**FLASZEWSKI Adam**	**7161**	SPORTOWY KAŹMIERZ	Senior II M - 30	38	01:19:44	**02:20:56.95**	+00:52:29 (37.2%)	6:42	8.9 (62.7%)
108	**NIŻEWSKI Paweł**	**7909**	KRAKOWIAK ULTRA TEAM	Masters M - 40	28	01:20:22	**02:20:59.90**	+00:52:32 (37.3%)	6:42	8.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
109	**JANUSZEWSKI Maciej**	**7003**		Senior II M - 30	39	01:18:19	**02:21:05.70**	+00:52:38 (37.3%)	6:43	8.9 (62.7%)
110	**KUBIK Jarosław**	**7430**		Senior II M - 30	40	01:16:31	**02:21:13.70**	+00:52:46 (37.4%)	6:43	8.9 (62.7%)
111	**GÓRECKI Krzysztof**	**7278**		Senior I M - 20	22	01:20:13	**02:21:13.75**	+00:52:46 (37.4%)	6:43	8.9 (62.7%)
112	**KRÓL Darek**	**7063**	WYBIEGAĆ MARZENIA TEAM	Weteran I M - 50	5	01:18:26	**02:21:15.60**	+00:52:48 (37.4%)	6:43	8.9 (62.7%)
113	**ŁABĘDŹ Mariusz**	**7756**		Masters M - 40	29	01:16:22	**02:21:22.45**	+00:52:55 (37.4%)	6:43	8.9 (62.7%)
114	**JASIŃSKI Paweł**	**7281**	APTENEO RUNNING TEAM	Masters M - 40	30	01:20:45	**02:21:26.80**	+00:52:59 (37.5%)	6:44	8.9 (62.7%)
115	**STUDZIŃSKI Rafał**	**7621**	FOREST RUN	Senior II M - 30	41	01:20:28	**02:21:29.15**	+00:53:01 (37.5%)	6:44	8.9 (62.7%)
116	**MATYLA Michał**	**7605**		Senior II M - 30	42	01:20:12	**02:21:32.65**	+00:53:05 (37.5%)	6:44	8.9 (62.7%)
117	**KLIMEK Marek**	**7396**		Senior II M - 30	43	01:18:57	**02:21:34.05**	+00:53:06 (37.5%)	6:44	8.9 (62.7%)
118	**LIPCZAK Amadeusz**	**7651**	BIEG OPOLSKI	Masters M - 40	31	01:19:28	**02:21:46.80**	+00:53:19 (37.6%)	6:45	8.9 (62.7%)
119	**SOŁTYSIAK Karol**	**7734**		Masters M - 40	32	01:22:59	**02:22:06.00**	+00:53:38 (37.8%)	6:46	8.9 (62.7%)
120	**BRASEL Marcin**	**7780**	TRIGYM SZCZECIN	Weteran I M - 50	6	01:19:38	**02:22:40.40**	+00:54:13 (38.0%)	6:47	8.8 (62.0%)
121	**JAROSZEWSKI Arkadiusz**	**7495**	ISKRA TEAM	Senior II M - 30	44	01:20:47	**02:22:54.95**	+00:54:27 (38.1%)	6:48	8.8 (62.0%)
122	**WOJTKOWSKI Mateusz**	**7379**		Senior II M - 30	45	01:22:21	**02:23:10.00**	+00:54:42 (38.2%)	6:49	8.8 (62.0%)
123	**URBANIAK Krzysztof**	**7326**		Senior II M - 30	46	01:19:14	**02:23:32.90**	+00:55:05 (38.4%)	6:50	8.8 (62.0%)
124	**GROCHOT Edyta**	**7158**	#ADAMCZERWIŃSKITEAM	Masters K - 40	4	01:21:58	**02:23:46.95**	+00:55:19 (38.5%)	6:50	8.8 (62.0%)
125	**MIKUĆ Cezary**	**7502**	TEAM EUROCASH	Senior II M - 30	47	01:22:21	**02:23:52.75**	+00:55:25 (38.5%)	6:51	8.8 (62.0%)
126	**KRYSIAK Artur**	**7385**		Senior II M - 30	48	01:20:03	**02:23:55.90**	+00:55:28 (38.5%)	6:51	8.8 (62.0%)
127	**KĘDZIERSKI Michał**	**7918**	HTF LUDWIK SIKORSKI	Senior II M - 30	49	01:21:18	**02:24:00.45**	+00:55:33 (38.6%)	6:51	8.8 (62.0%)
128	**MAŁYSZKA Krzysztof**	**7186**	KRIS TRANS MAŁYSZKA	Weteran I M - 50	7	01:21:54	**02:24:06.05**	+00:55:38 (38.6%)	6:51	8.7 (61.3%)
129	**ZABOROWSKI Kamil**	**7720**	ZALINIAMETY	Senior II M - 30	50	01:23:43	**02:24:22.45**	+00:55:55 (38.7%)	6:52	8.7 (61.3%)
130	**BACHURSKI Tomasz**	**7785**		Masters M - 40	33	01:21:24	**02:24:23.25**	+00:55:55 (38.7%)	6:52	8.7 (61.3%)
131	**MATAK Paweł**	**7296**	MAMERO	Senior II M - 30	51	01:22:20	**02:24:31.70**	+00:56:04 (38.8%)	6:52	8.7 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
132	**KOKOTT Agnieszka**	**7882**	140MINUT.PL	Senior II K - 30	9	01:23:40	**02:24:48.05**	+00:56:20 (38.9%)	6:53	8.7 (61.3%)
133	**FLIS Mirosław**	**7421**		Weteran I M - 50	8	01:20:14	**02:24:55.30**	+00:56:28 (39.0%)	6:54	8.7 (61.3%)
134	**LEWANDOWSKI Waldemar**	**7707**	LEWANDOWSCY TEAM	Masters M - 40	34	01:18:43	**02:25:04.65**	+00:56:37 (39.0%)	6:54	8.7 (61.3%)
135	**GRZEBIELUCH Katarzyna**	**7938**	LEDWO ZIPA	Masters K - 40	5	01:19:18	**02:25:07.75**	+00:56:40 (39.1%)	6:54	8.7 (61.3%)
136	**DUDEK Marek**	**7270**		Senior II M - 30	52	01:22:50	**02:25:08.10**	+00:56:40 (39.1%)	6:54	8.7 (61.3%)
137	**RESZKA Marek**	**7781**	#BEERRUNNER	Senior II M - 30	53	01:26:32	**02:25:08.95**	+00:56:41 (39.1%)	6:54	8.7 (61.3%)
138	**STANULA Krzysztof**	**7836**	DOLNY ŚLĄSK	Masters M - 40	35	01:22:39	**02:25:14.30**	+00:56:47 (39.1%)	6:54	8.7 (61.3%)
139	**PALACZ Marcin**	**7807**		Masters M - 40	36	01:20:07	**02:25:23.05**	+00:56:55 (39.2%)	6:55	8.7 (61.3%)
140	**SYNOWIEC Dawid**	**7847**		Senior I M - 20	23	01:18:52	**02:25:28.05**	+00:57:00 (39.2%)	6:55	8.7 (61.3%)
141	**JAŚKOWIAK Michał**	**7900**		Senior II M - 30	54	01:24:17	**02:25:34.95**	+00:57:07 (39.2%)	6:55	8.7 (61.3%)
142	**ZALIŃSKI Leszek**	**7934**		Senior II M - 30	55	01:18:02	**02:25:41.35**	+00:57:14 (39.3%)	6:56	8.6 (60.6%)
143	**WOŹNIAK Przemysław**	**7382**	WIELISZEW HERON TEAM	Senior II M - 30	56	01:23:18	**02:26:01.35**	+00:57:34 (39.4%)	6:57	8.6 (60.6%)
144	**WALAS Andrzej**	**7349**	PRORUN WROCŁAW	Senior I M - 20	24	01:22:48	**02:26:16.90**	+00:57:49 (39.5%)	6:57	8.6 (60.6%)
145	**KAPROŃ Martyna**	**7152**	KB HARCOWNIK JELCZ-LASKOWICE	Senior I K - 20	6	01:25:09	**02:26:45.65**	+00:58:18 (39.7%)	6:59	8.6 (60.6%)
146	**JAKRZEWSKI Hubert**	**7808**		Senior II M - 30	57	01:27:39	**02:26:49.40**	+00:58:22 (39.8%)	6:59	8.6 (60.6%)
147	**LORENC Joanna**	**7786**	ENDORFINY WĄSOSZ	Senior II K - 30	10	01:25:06	**02:26:53.75**	+00:58:26 (39.8%)	6:59	8.6 (60.6%)
148	**WARAKSA Tomasz**	**7723**	VEGE RUNNERS	Senior II M - 30	58	01:25:54	**02:26:59.90**	+00:58:32 (39.8%)	6:59	8.6 (60.6%)
149	**MUSIALSKI Tomasz**	**7871**	TKM KANCELARIA	Masters M - 40	37	01:19:08	**02:27:00.00**	+00:58:32 (39.8%)	7:00	8.6 (60.6%)
150	**KUCHARSKI Adrian**	**7673**		Senior II M - 30	59	01:20:11	**02:27:06.45**	+00:58:39 (39.9%)	7:00	8.6 (60.6%)
151	**PIETRZAK Michał**	**7081**		Senior II M - 30	60	01:25:16	**02:27:08.30**	+00:58:41 (39.9%)	7:00	8.6 (60.6%)
152	**LEWIŃSKI Filip**	**7302**	OBORYGENI	Masters M - 40	38	01:21:58	**02:27:21.05**	+00:58:53 (40.0%)	7:01	8.6 (60.6%)
153	**CHLIPAŁA Marek**	**7365**		Senior II M - 30	61	01:22:33	**02:27:29.10**	+00:59:01 (40.0%)	7:01	8.5 (59.9%)
154	**SERAFIŃCZUK Krzysztof**	**7692**		Senior II M - 30	62	01:22:53	**02:27:59.70**	+00:59:32 (40.2%)	7:02	8.5 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
155	**GRABSKI Konrad**	**7924**	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	63	01:26:21	**02:28:15.35**	+00:59:48 (40.3%)	7:03	8.5 (59.9%)
156	**SMALEC Dominika**	**7866**	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	7	01:26:58	**02:28:20.95**	+00:59:53 (40.4%)	7:03	8.5 (59.9%)
157	**BRUSIŁOWICZ Dagmara**	**7572**		Masters K - 40	6	01:22:18	**02:28:29.50**	+01:00:02 (40.4%)	7:04	8.5 (59.9%)
158	**KOTOWICZ Tomasz**	**7111**		Masters M - 40	39	01:23:20	**02:28:30.15**	+01:00:02 (40.4%)	7:04	8.5 (59.9%)
159	**SANIUK Joanna**	**7427**		Senior II K - 30	11	01:25:08	**02:28:31.00**	+01:00:03 (40.4%)	7:04	8.5 (59.9%)
160	**KAJDAS Gosia**	**7049**	SŁAWA	Masters K - 40	7	01:27:40	**02:28:37.45**	+01:00:10 (40.5%)	7:04	8.5 (59.9%)
161	**FRAŃSKI Łukasz**	**7330**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	40	01:23:00	**02:28:58.95**	+01:00:31 (40.6%)	7:05	8.5 (59.9%)
162	**TOMCZYK Rafał**	**7714**		Senior II M - 30	64	01:21:41	**02:29:05.90**	+01:00:38 (40.7%)	7:05	8.5 (59.9%)
163	**SZCZESZEK Arkadiusz**	**7184**		Masters M - 40	41	01:26:54	**02:29:17.65**	+01:00:50 (40.8%)	7:06	8.4 (59.2%)
164	**PAŁAC Piotr**	**7573**		Weteran I M - 50	9	01:22:51	**02:29:40.35**	+01:01:13 (40.9%)	7:07	8.4 (59.2%)
165	**KOZYRA Dariusz**	**7544**	ADRIAN DANILEWICZ GROUP	Masters M - 40	42	01:27:57	**02:29:49.50**	+01:01:22 (41.0%)	7:08	8.4 (59.2%)
166	**RATAJCZAK Tomasz**	**7821**	PALETEAM	Masters M - 40	43	01:23:40	**02:29:51.60**	+01:01:24 (41.0%)	7:08	8.4 (59.2%)
167	**KURZA Jakub**	**7229**	BIEGAMY WE WROCŁAWIU	Senior II M - 30	65	01:21:38	**02:29:57.50**	+01:01:30 (41.0%)	7:08	8.4 (59.2%)
168	**OLEJNIK Agnieszka**	**7413**	ENDORFINY WĄSOSZ	Senior II K - 30	12	01:25:09	**02:30:05.00**	+01:01:37 (41.1%)	7:08	8.4 (59.2%)
169	**OLEJNIK Piotr**	**7660**		Senior II M - 30	66	01:23:32	**02:30:06.30**	+01:01:39 (41.1%)	7:08	8.4 (59.2%)
170	**PĘCZAR Aneta Pęczar**	**7188**		Senior I K - 20	8	01:25:15	**02:30:14.05**	+01:01:46 (41.1%)	7:09	8.4 (59.2%)
171	**KOROŃSKI Tadeusz**	**7835**	PARKRUN POZNAŃ	Weteran I M - 50	10	01:23:59	**02:30:23.20**	+01:01:55 (41.2%)	7:09	8.4 (59.2%)
172	**ZASŁONKA Hubert**	**7543**		Masters M - 40	44	01:23:38	**02:30:27.55**	+01:02:00 (41.2%)	7:09	8.4 (59.2%)
173	**KACZYŃSKI Tomasz**	**7067**		Masters M - 40	45	01:21:41	**02:30:40.90**	+01:02:13 (41.3%)	7:10	8.4 (59.2%)
174	**WASILEWSKI Michał**	**7691**		Masters M - 40	46	01:22:22	**02:30:45.45**	+01:02:18 (41.3%)	7:10	8.4 (59.2%)
175	**WOJTOWICZ Karolina**	**7483**		Senior II K - 30	13	01:25:35	**02:30:48.05**	+01:02:20 (41.3%)	7:10	8.4 (59.2%)
176	**PONITKA Paweł**	**7668**	DOCHODZIMY W 1:59	Senior II M - 30	67	01:25:27	**02:31:22.10**	+01:02:54 (41.6%)	7:12	8.3 (58.5%)
177	**DUDZIK Tomek**	**7471**		Senior II M - 30	68	01:26:33	**02:31:22.20**	+01:02:54 (41.6%)	7:12	8.3 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
178	**CYBULSKI Piotr**	**7669**		Masters M - 40	47	01:24:51	**02:31:31.70**	+01:03:04 (41.6%)	7:12	8.3 (58.5%)
179	**ANDRYSZCZUK Daniel**	**7206**		Masters M - 40	48	01:25:43	**02:31:34.95**	+01:03:07 (41.6%)	7:13	8.3 (58.5%)
180	**BUCZAK Jakub**	**7672**		Senior II M - 30	69	01:23:53	**02:31:38.65**	+01:03:11 (41.7%)	7:13	8.3 (58.5%)
181	**JAMROSZCZYK Przemysław**	**7201**	TEAM PLESZEW	Masters M - 40	49	01:26:19	**02:31:51.15**	+01:03:23 (41.7%)	7:13	8.3 (58.5%)
182	**NOWICKI Bartosz**	**7224**		Masters M - 40	50	01:26:17	**02:31:52.25**	+01:03:24 (41.8%)	7:13	8.3 (58.5%)
183	**MARCINIAK Magdalena**	**7577**		Masters K - 40	8	01:26:11	**02:32:05.50**	+01:03:38 (41.8%)	7:14	8.3 (58.5%)
184	**MARCINIAK Wojciech**	**7578**		Masters M - 40	51	01:24:38	**02:32:05.65**	+01:03:38 (41.8%)	7:14	8.3 (58.5%)
185	**KUMOR Dagmara**	**7517**		Senior II K - 30	14	01:27:02	**02:32:07.95**	+01:03:40 (41.9%)	7:14	8.3 (58.5%)
186	**KUMOR Tomasz**	**7822**		Senior II M - 30	70	01:26:16	**02:32:09.90**	+01:03:42 (41.9%)	7:14	8.3 (58.5%)
187	**MIŁOSZEWICZ Aleksandra**	**7778**	FIZJOBIEGACZE SZCZECIN	Senior I K - 20	9	01:29:05	**02:32:11.20**	+01:03:43 (41.9%)	7:14	8.3 (58.5%)
188	**JAZ Ernest**	**7825**	ENDORFINY WĄSOSZ	Senior II M - 30	71	01:24:42	**02:32:21.40**	+01:03:54 (41.9%)	7:15	8.3 (58.5%)
189	**KOŁAKOWSKA-FAŁKOWSKA Irena**	**7774**		Senior II K - 30	15	01:26:48	**02:32:23.15**	+01:03:55 (42.0%)	7:15	8.3 (58.5%)
190	**DEMUSZ Natalia**	**7721**		Senior II K - 30	16	01:25:11	**02:32:24.05**	+01:03:56 (42.0%)	7:15	8.3 (58.5%)
191	**LANDES Patrick**	**7575**		Senior II M - 30	72	01:25:15	**02:32:24.45**	+01:03:57 (42.0%)	7:15	8.3 (58.5%)
192	**KRUK Dariusz**	**7906**		Senior II M - 30	73	01:27:42	**02:32:26.30**	+01:03:59 (42.0%)	7:15	8.3 (58.5%)
193	**GUSAK Vladislav**	**7816**	MATNER RUNNING TEAM	Masters M - 40	52	01:24:02	**02:32:35.70**	+01:04:08 (42.0%)	7:15	8.3 (58.5%)
194	**KIJAS Maja**	**7886**		Senior II K - 30	17	01:23:37	**02:32:43.70**	+01:04:16 (42.1%)	7:16	8.3 (58.5%)
195	**OSĘKOWSKI Michał**	**7004**	MAMY MIÓD	Senior II M - 30	74	01:28:49	**02:32:46.90**	+01:04:19 (42.1%)	7:16	8.2 (57.7%)
196	**RUPIK Jakub**	**7463**		Senior II M - 30	75	01:27:11	**02:32:55.70**	+01:04:28 (42.2%)	7:16	8.2 (57.7%)
197	**RUPIK Maria**	**7629**		Senior II K - 30	18	01:26:41	**02:32:56.35**	+01:04:29 (42.2%)	7:16	8.2 (57.7%)
198	**KROSZKA Jan**	**7314**		Senior I M - 20	25	01:23:57	**02:33:08.90**	+01:04:41 (42.2%)	7:17	8.2 (57.7%)
199	**MOKRZYŃSKI Marcin**	**7214**	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	53	01:21:01	**02:33:11.85**	+01:04:44 (42.3%)	7:17	8.2 (57.7%)
200	**BEREZIUK Michał**	**7625**		Masters M - 40	54	01:28:58	**02:33:15.65**	+01:04:48 (42.3%)	7:17	8.2 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
201	**NOWAK Ireneusz**	**7053**		Masters M - 40	55	01:26:09	**02:33:17.30**	+01:04:50 (42.3%)	7:17	8.2 (57.7%)
202	**KOWALSKA Roma**	**7627**	ROKIETNICA BIEGA	Senior II K - 30	19	01:30:10	**02:33:21.20**	+01:04:53 (42.3%)	7:18	8.2 (57.7%)
203	**WIŚNIEWSKA Anna**	**7027**		Senior II K - 30	20	01:32:07	**02:33:27.50**	+01:05:00 (42.4%)	7:18	8.2 (57.7%)
204	**DOMAŃ Joanna**	**7054**	FEHLAU RUN TEAM	Masters K - 40	9	01:28:55	**02:33:29.45**	+01:05:02 (42.4%)	7:18	8.2 (57.7%)
205	**PIÓRKOWSKI Jarosław**	**7848**	KOŁO BIEGA	Masters M - 40	56	01:27:10	**02:33:40.35**	+01:05:13 (42.4%)	7:19	8.2 (57.7%)
206	**KINASZCZUK Michał**	**7234**		Senior II M - 30	76	01:24:24	**02:33:50.35**	+01:05:23 (42.5%)	7:19	8.2 (57.7%)
207	**BEDNAREK Jarosław**	**7574**		Senior II M - 30	77	01:23:11	**02:33:52.50**	+01:05:25 (42.5%)	7:19	8.2 (57.7%)
208	**KOWALSKI Artur**	**7805**		Masters M - 40	57	01:27:02	**02:33:53.85**	+01:05:26 (42.5%)	7:19	8.2 (57.7%)
209	**BAHR Marzena**	**7626**		Senior II K - 30	21	01:26:52	**02:34:02.45**	+01:05:35 (42.6%)	7:20	8.2 (57.7%)
210	**ŁESKE Jan**	**7137**	ZA LINIĄ METY TEAM	Masters M - 40	58	01:29:35	**02:34:26.15**	+01:05:58 (42.7%)	7:21	8.2 (57.7%)
211	**SZAFER Andrzej**	**7381**		Masters M - 40	59	01:28:38	**02:34:29.10**	+01:06:01 (42.7%)	7:21	8.2 (57.7%)
212	**MARKOWSKI Zbigniew**	**7222**	BIEGAMDLAZDROWIA.PL	Weteran I M - 50	11	01:26:45	**02:34:32.05**	+01:06:04 (42.8%)	7:21	8.2 (57.7%)
213	**HAWEŁKA Michał**	**7209**		Senior II M - 30	78	01:29:18	**02:34:38.45**	+01:06:11 (42.8%)	7:21	8.1 (57.0%)
214	**REPCZYŃSKI Mateusz**	**7664**		Senior I M - 20	26	01:23:53	**02:34:42.90**	+01:06:15 (42.8%)	7:22	8.1 (57.0%)
215	**SŁUGOCKI Mateusz**	**7498**		Senior II M - 30	79	01:28:22	**02:34:47.65**	+01:06:20 (42.9%)	7:22	8.1 (57.0%)
216	**BANASZAK Krzysztof**	**7503**		Senior II M - 30	80	01:26:52	**02:34:54.60**	+01:06:27 (42.9%)	7:22	8.1 (57.0%)
217	**BIRSKI Piotr**	**7904**		Senior II M - 30	81	01:26:29	**02:34:57.10**	+01:06:29 (42.9%)	7:22	8.1 (57.0%)
218	**KRZESIMOWSKI Damian**	**7689**		Senior II M - 30	82	01:28:19	**02:35:02.50**	+01:06:35 (42.9%)	7:22	8.1 (57.0%)
219	**PRZECHRZTA Michał**	**7451**		Masters M - 40	60	01:26:42	**02:35:09.90**	+01:06:42 (43.0%)	7:23	8.1 (57.0%)
220	**BOBROWSKI Michal**	**7541**		Masters M - 40	61	01:26:00	**02:35:13.30**	+01:06:46 (43.0%)	7:23	8.1 (57.0%)
221	**BUGAJ Alan**	**7474**		Senior II M - 30	83	01:26:52	**02:35:24.40**	+01:06:57 (43.1%)	7:24	8.1 (57.0%)
222	**HAWROT Marta**	**7518**		Masters K - 40	10	01:28:14	**02:35:25.85**	+01:06:58 (43.1%)	7:24	8.1 (57.0%)
223	**PATROŃSKA Magdalena**	**7558**	ŻARŁOKI	Senior I K - 20	10	01:30:19	**02:35:26.75**	+01:06:59 (43.1%)	7:24	8.1 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
224	**MJAKA Eryk**	**7753**	SYNANDOJCIEC	Senior I M - 20	27	01:26:21	**02:35:29.20**	+01:07:01 (43.1%)	7:24	8.1 (57.0%)
225	**SKWIERCZYŃSKI Sylwester**	**7443**		Senior I M - 20	28	01:26:38	**02:35:33.75**	+01:07:06 (43.1%)	7:24	8.1 (57.0%)
226	**ZERBST Jacek**	**7448**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	62	01:27:49	**02:35:35.40**	+01:07:08 (43.1%)	7:24	8.1 (57.0%)
227	**SPYCHAŁA Jacek**	**7029**	ROKIETNICA BIEGA	Masters M - 40	63	01:30:05	**02:35:36.95**	+01:07:09 (43.2%)	7:24	8.1 (57.0%)
228	**MAJKA Jarek**	**7754**	SYNANDOJCIEC	Masters M - 40	64	01:26:23	**02:35:41.70**	+01:07:14 (43.2%)	7:24	8.1 (57.0%)
229	**SZPINEK Marcin**	**7809**	TUTU TEAM	Masters M - 40	65	01:26:37	**02:35:42.50**	+01:07:15 (43.2%)	7:24	8.1 (57.0%)
230	**RADOMSKI Wojciech**	**7633**		Senior II M - 30	84	01:28:52	**02:35:46.55**	+01:07:19 (43.2%)	7:25	8.1 (57.0%)
231	**MATUSZEWSKI Mariusz**	**7076**		Masters M - 40	66	01:22:34	**02:36:04.40**	+01:07:37 (43.3%)	7:25	8.1 (57.0%)
232	**JURDZIAK Jakub**	**7739**		Senior II M - 30	85	01:27:47	**02:36:05.20**	+01:07:37 (43.3%)	7:25	8.1 (57.0%)
233	**PRZEDASZEK Łukasz**	**7112**		Senior II M - 30	86	01:28:46	**02:36:06.15**	+01:07:38 (43.3%)	7:26	8.1 (57.0%)
234	**BABKIEWICZ Szymon**	**7331**	LUBELSKI BIEGACZ TEAM	Senior II M - 30	87	01:27:28	**02:36:07.70**	+01:07:40 (43.3%)	7:26	8.1 (57.0%)
235	**GĄSIOROWSKA Sara**	**7763**		Senior I K - 20	11	01:27:31	**02:36:26.65**	+01:07:59 (43.5%)	7:26	8.1 (57.0%)
235	**DOMAŃ Leszek**	**7062**	FEHLAU RUN TEAM	Masters M - 40	67	01:28:55	**02:36:26.65**	+01:07:59 (43.5%)	7:26	8.1 (57.0%)
237	**KOZŁEWSKA Beata**	**7085**		Masters K - 40	11	01:29:08	**02:36:32.45**	+01:08:05 (43.5%)	7:27	8 (56.3%)
238	**KOCISZEWSKI Łukasz**	**7313**		Masters M - 40	68	01:29:27	**02:36:33.80**	+01:08:06 (43.5%)	7:27	8 (56.3%)
239	**ŁAŻEWSKI Marcin**	**7038**		Masters M - 40	69	01:29:34	**02:36:44.50**	+01:08:17 (43.6%)	7:27	8 (56.3%)
240	**ŁAŻEWSKA Sylwia**	**7011**		Masters K - 40	12	01:29:28	**02:36:45.40**	+01:08:18 (43.6%)	7:27	8 (56.3%)
241	**BOCZKOWSKA Marzena**	**7431**	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	22	01:33:29	**02:36:45.50**	+01:08:18 (43.6%)	7:27	8 (56.3%)
242	**BARYSKI Maciej**	**7791**		Senior II M - 30	88	01:24:58	**02:36:46.90**	+01:08:19 (43.6%)	7:27	8 (56.3%)
243	**BEDLA Anna**	**7362**	SKORUPA TRIATHLON	Masters K - 40	13	01:31:25	**02:36:59.80**	+01:08:32 (43.7%)	7:28	8 (56.3%)
244	**PILARSKA Olga**	**7799**	GUSTAW TEŻ BIEGA	Senior II K - 30	23	01:25:45	**02:37:05.55**	+01:08:38 (43.7%)	7:28	8 (56.3%)
245	**DZIETCZYK Kamil**	**7663**	AKTYWNE CHOSZCZNO	Senior II M - 30	89	01:25:22	**02:37:13.00**	+01:08:45 (43.7%)	7:29	8 (56.3%)
246	**SUCHOCKA Yana**	**7828**		Senior II K - 30	24	01:28:32	**02:37:22.75**	+01:08:55 (43.8%)	7:29	8 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
247	**ZEMBATY Marek**	**7442**		Masters M - 40	70	01:29:05	**02:37:57.30**	+01:09:30 (44.0%)	7:31	8 (56.3%)
248	**BAL Tomasz**	**7199**		Masters M - 40	71	01:26:51	**02:37:59.10**	+01:09:31 (44.0%)	7:31	8 (56.3%)
249	**PLOK Krzysztof**	**7470**	TEAMPLOK	Weteran I M - 50	12	01:30:50	**02:38:07.30**	+01:09:40 (44.1%)	7:31	8 (56.3%)
250	**LUBELCZYK Grzegorz**	**7210**	SPELEOCLUB WROCŁAW	Weteran I M - 50	13	01:26:24	**02:38:08.15**	+01:09:40 (44.1%)	7:31	8 (56.3%)
251	**KORZEC Michał**	**7842**	MILHAUSE	Masters M - 40	72	01:30:07	**02:38:16.90**	+01:09:49 (44.1%)	7:32	8 (56.3%)
252	**ZIAJA Wojciech**	**7248**		Masters M - 40	73	01:26:48	**02:38:17.30**	+01:09:50 (44.1%)	7:32	8 (56.3%)
253	**SZALENIEC Marcin**	**7408**	RUNNERS TEAM NYSA	Masters M - 40	74	01:32:47	**02:38:27.25**	+01:09:59 (44.2%)	7:32	8 (56.3%)
254	**SZALENIEC Joanna**	**7185**	RUNNERS TEAM NYSA	Masters K - 40	14	01:32:50	**02:38:28.10**	+01:10:00 (44.2%)	7:32	8 (56.3%)
255	**GRZEŚKOWIAK Rafał**	**7717**		Masters M - 40	75	01:28:07	**02:38:32.05**	+01:10:04 (44.2%)	7:32	7.9 (55.6%)
256	**MIKRUT Paweł**	**7839**	DOLNY ŚLĄSK	Senior II M - 30	90	01:25:13	**02:38:36.30**	+01:10:09 (44.2%)	7:33	7.9 (55.6%)
257	**KAROLCZAK Rafał**	**7561**	MARATOŃCZYK POZNAŃ	Senior II M - 30	91	01:29:41	**02:38:44.90**	+01:10:17 (44.3%)	7:33	7.9 (55.6%)
258	**GRONOWSKA-KAROLCZAK Agnieszka**	**7559**	MARATOŃCZYK POZNAŃ	Senior II K - 30	25	01:29:42	**02:38:46.15**	+01:10:18 (44.3%)	7:33	7.9 (55.6%)
259	**MORAWSKI Wojciech**	**7334**		Senior II M - 30	92	01:27:48	**02:38:59.80**	+01:10:32 (44.4%)	7:34	7.9 (55.6%)
260	**MOSKAL Izabela**	**7919**	TKKF MPK POZNAŃ	Masters K - 40	15	01:31:40	**02:39:02.20**	+01:10:34 (44.4%)	7:34	7.9 (55.6%)
261	**SZCZEPAŃSKA-BUDA Anna**	**7684**		Senior II K - 30	26	01:29:55	**02:39:07.00**	+01:10:39 (44.4%)	7:34	7.9 (55.6%)
262	**BERG Elwira**	**7445**		Senior II K - 30	27	01:30:03	**02:39:11.40**	+01:10:44 (44.4%)	7:34	7.9 (55.6%)
263	**ABULEWICZ Wojciech**	**7706**	TRENING STUDIO 17	Weteran I M - 50	14	01:29:53	**02:39:12.75**	+01:10:45 (44.4%)	7:34	7.9 (55.6%)
264	**DUBAS Anna**	**7705**	SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	28	01:30:51	**02:39:17.60**	+01:10:50 (44.5%)	7:35	7.9 (55.6%)
265	**BABIŃSKA-POPIŁKA Ewelina**	**7748**		Senior II K - 30	29	01:27:16	**02:39:21.95**	+01:10:54 (44.5%)	7:35	7.9 (55.6%)
266	**KLUSKA Rafał**	**7437**		Senior I M - 20	29	01:27:04	**02:39:22.30**	+01:10:55 (44.5%)	7:35	7.9 (55.6%)
267	**MARCIŃCZYK Patrycja**	**7796**		Senior I K - 20	12	01:27:55	**02:39:29.35**	+01:11:02 (44.5%)	7:35	7.9 (55.6%)
268	**WIŚNIEWSKI Piotr**	**7187**	GVT	Masters M - 40	76	01:33:52	**02:39:30.95**	+01:11:03 (44.5%)	7:35	7.9 (55.6%)
269	**TOMYŚLAK Magdalena**	**7539**		Senior II K - 30	30	01:31:05	**02:39:32.25**	+01:11:04 (44.6%)	7:35	7.9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
270	**TURAJ-KACZYŃSKA Małgorzata**	**7103**	GUSTAW TEŻ BIEGA	Masters K - 40	16	01:26:47	**02:39:33.10**	+01:11:05 (44.6%)	7:35	7.9 (55.6%)
271	**WÓJCIK Katarzyna**	**7207**	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	31	01:31:37	**02:39:33.35**	+01:11:06 (44.6%)	7:35	7.9 (55.6%)
272	**OWCZARCZYK Paweł**	**7344**		Masters M - 40	77	01:30:10	**02:39:35.70**	+01:11:08 (44.6%)	7:35	7.9 (55.6%)
273	**WIŚNIEWSKA Anna**	**7447**		Senior II K - 30	32	01:32:53	**02:39:47.80**	+01:11:20 (44.6%)	7:36	7.9 (55.6%)
274	**WENTYKIER Piotr**	**7091**	POMYŁKA TEAM	Masters M - 40	78	01:30:34	**02:39:48.55**	+01:11:21 (44.6%)	7:36	7.9 (55.6%)
275	**POPIEL Jan**	**7659**		Masters M - 40	79	01:27:56	**02:39:57.50**	+01:11:30 (44.7%)	7:37	7.9 (55.6%)
276	**KACZMAREK Katarzyna**	**7567**		Masters K - 40	17	01:31:20	**02:40:01.35**	+01:11:34 (44.7%)	7:37	7.9 (55.6%)
277	**PŁÓCIENNICZAK Jakub**	**7853**	DREAM RUN	Masters M - 40	80	01:24:25	**02:40:07.50**	+01:11:40 (44.8%)	7:37	7.9 (55.6%)
278	**GABRYEL Anna**	**7724**		Masters K - 40	18	01:28:23	**02:40:15.90**	+01:11:48 (44.8%)	7:37	7.9 (55.6%)
279	**CHABIŃSKA Paulina**	**7301**	AKADEMIA BIEGANIA	Senior I K - 20	13	01:33:25	**02:40:22.20**	+01:11:54 (44.8%)	7:38	7.9 (55.6%)
280	**MĄKOLSKA-FRANKOWSKA Iwona**	**7648**		Masters K - 40	19	01:30:15	**02:40:32.70**	+01:12:05 (44.9%)	7:38	7.8 (54.9%)
281	**JAKUB Nowaczyk**	**7133**	ROKIETNICA BIEGA	Senior II M - 30	93	01:31:04	**02:40:39.95**	+01:12:12 (44.9%)	7:39	7.8 (54.9%)
282	**KUZIEL Marcin**	**7457**	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	94	01:27:58	**02:40:40.45**	+01:12:13 (44.9%)	7:39	7.8 (54.9%)
283	**WAJDA Maciej**	**7881**	SPELOCLUB WROCŁAW	Senior II M - 30	95	01:24:36	**02:40:40.55**	+01:12:13 (44.9%)	7:39	7.8 (54.9%)
284	**LIPIŃSKA Martyna**	**7157**	ŚLĘZAK TEAM	Senior I K - 20	14	01:33:25	**02:40:43.30**	+01:12:16 (45.0%)	7:39	7.8 (54.9%)
285	**SZYMAŃSKA Magdalena**	**7339**		Senior II K - 30	33	01:32:23	**02:40:56.25**	+01:12:28 (45.0%)	7:39	7.8 (54.9%)
286	**DZIADOWICZ Anna**	**7750**		Masters K - 40	20	01:29:39	**02:41:00.60**	+01:12:33 (45.1%)	7:40	7.8 (54.9%)
287	**ELMOLA Hameda**	**7557**	ADIDAS RUNNERS WARSAW	Weteran I M - 50	15	01:34:51	**02:41:01.45**	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
288	**MÓLL Janusz**	**7055**		Weteran I M - 50	16	01:23:59	**02:41:01.75**	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
289	**SNOCHOWSKI Leszek**	**7488**	LESZEK TEAM	Weteran II M - 60	2	01:33:34	**02:41:02.25**	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
290	**TAMBORSKI Grzegorz**	**7429**		Senior II M - 30	96	01:32:38	**02:41:03.60**	+01:12:36 (45.1%)	7:40	7.8 (54.9%)
291	**SOJKA Przemek**	**7032**	ORANGE POLSKA	Masters M - 40	81	01:28:54	**02:41:03.85**	+01:12:36 (45.1%)	7:40	7.8 (54.9%)
292	**MIKŁUSZKA Dorota**	**7317**		Masters K - 40	21	01:30:17	**02:41:06.20**	+01:12:38 (45.1%)	7:40	7.8 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
293	**RUTKOWSKI Mateusz**	**7435**	WAKACYJNA DEMOLKA	Senior II M - 30	97	01:27:50	**02:41:10.90**	+01:12:43 (45.1%)	7:40	7.8 (54.9%)
294	**WENTYKIER Beata**	**7044**	POMYŁKA TEAM	Masters K - 40	22	01:30:34	**02:41:11.40**	+01:12:44 (45.1%)	7:40	7.8 (54.9%)
295	**MICHALAK Adrian**	**7397**		Senior II M - 30	98	01:32:20	**02:41:12.65**	+01:12:45 (45.1%)	7:40	7.8 (54.9%)
296	**OLZACKA Agata**	**7021**	ZA LINIĄ METY TEAM	Senior II K - 30	34	01:34:41	**02:41:12.75**	+01:12:45 (45.1%)	7:40	7.8 (54.9%)
297	**DRÓŻDŻ Arkadiusz**	**7401**		Senior II M - 30	99	01:32:41	**02:41:14.85**	+01:12:47 (45.1%)	7:40	7.8 (54.9%)
298	**KICIŃSKI Patryk**	**7583**		Senior I M - 20	30	01:29:17	**02:41:33.75**	+01:13:06 (45.3%)	7:41	7.8 (54.9%)
299	**KAWCZYNSKA Monika**	**7794**	GUSTAW TEŻ BIEGA	Masters K - 40	23	01:30:36	**02:41:36.85**	+01:13:09 (45.3%)	7:41	7.8 (54.9%)
300	**GIMZICKA Ewa**	**7361**		Masters K - 40	24	01:30:59	**02:41:37.70**	+01:13:10 (45.3%)	7:41	7.8 (54.9%)
301	**HORODYSKI Marek**	**7352**		Senior II M - 30	100	01:28:37	**02:41:49.15**	+01:13:21 (45.3%)	7:42	7.8 (54.9%)
302	**WILK Piotr**	**7343**	MSPORT TEAM	Masters M - 40	82	01:28:33	**02:42:30.10**	+01:14:02 (45.6%)	7:44	7.8 (54.9%)
303	**BIELAWSKI Paweł**	**7490**		Senior II M - 30	101	01:27:26	**02:42:41.70**	+01:14:14 (45.6%)	7:44	7.7 (54.2%)
304	**KAMIŃSKI Robert**	**7102**		Senior II M - 30	102	01:32:31	**02:42:42.35**	+01:14:15 (45.6%)	7:44	7.7 (54.2%)
305	**SZUBERT-WALENCZAK Magdalena**	**7588**	TEAM ZABIEGANE DNI	Masters K - 40	25	01:31:51	**02:42:42.55**	+01:14:15 (45.6%)	7:44	7.7 (54.2%)
306	**REDKIEWICZ Agnieszka**	**7587**	TEAM ZABIEGANE DNI	Senior II K - 30	35	01:31:51	**02:42:43.85**	+01:14:16 (45.6%)	7:44	7.7 (54.2%)
307	**BIENIAS Anna**	**7461**		Senior II K - 30	36	01:31:15	**02:42:45.20**	+01:14:17 (45.7%)	7:45	7.7 (54.2%)
308	**BLICHARSKI Ireneusz**	**7509**	25 BKPOW	Masters M - 40	83	01:31:46	**02:42:55.35**	+01:14:28 (45.7%)	7:45	7.7 (54.2%)
309	**DUTKOWIAK Aleksandra**	**7765**	PIĄTKOWO NA BIEGOWO	Masters K - 40	26	01:32:59	**02:42:59.80**	+01:14:32 (45.7%)	7:45	7.7 (54.2%)
310	**KSIEZKA Joanna**	**7261**	STRZEGOMSKA DWUNASTKA	Senior II K - 30	37	01:27:07	**02:43:02.05**	+01:14:34 (45.7%)	7:45	7.7 (54.2%)
311	**JARZĄBEK Michał**	**7304**	MRUNNERS	Senior II M - 30	103	01:32:34	**02:43:02.30**	+01:14:35 (45.7%)	7:45	7.7 (54.2%)
312	**TYMOSZEWSKI Waldemar**	**7935**		Weteran I M - 50	17	01:31:27	**02:43:03.20**	+01:14:35 (45.8%)	7:45	7.7 (54.2%)
313	**KRÓLAK-DUBLAGA Dorota**	**7713**	#BIEGIWLKP	Senior II K - 30	38	01:31:18	**02:43:18.85**	+01:14:51 (45.8%)	7:46	7.7 (54.2%)
314	**WOJCIECHOWSKI Maciej**	**7601**		Senior II M - 30	104	01:31:07	**02:43:24.10**	+01:14:56 (45.9%)	7:46	7.7 (54.2%)
315	**KOPYŚCIAŃSKI Aleksander**	**7124**	FITNESS PIEKARY	Masters M - 40	84	01:32:46	**02:43:29.00**	+01:15:01 (45.9%)	7:47	7.7 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
316	**SPÓLNY Robert**	**7872**		Weteran I M - 50	18	01:32:51	**02:43:34.90**	+01:15:07 (45.9%)	7:47	7.7 (54.2%)
317	**PIELA Katarzyna**	**7936**		Senior II K - 30	39	01:30:42	**02:43:36.05**	+01:15:08 (45.9%)	7:47	7.7 (54.2%)
318	**SOKULSKI Grzegorz**	**7391**		Senior II M - 30	105	01:27:40	**02:43:38.30**	+01:15:11 (45.9%)	7:47	7.7 (54.2%)
319	**PAWZUN Bartek**	**7592**	PRACOWNIA FIZJOTEKA	Senior II M - 30	106	01:25:57	**02:43:45.70**	+01:15:18 (46.0%)	7:47	7.7 (54.2%)
320	**SIWEK Grzegorz**	**7241**	LANRUNS	Masters M - 40	85	01:31:17	**02:43:47.90**	+01:15:20 (46.0%)	7:47	7.7 (54.2%)
321	**GOŁĄBEK Dariusz**	**7035**	BBL/BIEGATON MIKOŁÓW	Weteran I M - 50	19	01:31:45	**02:43:51.00**	+01:15:23 (46.0%)	7:48	7.7 (54.2%)
322	**ZGRAJ Katarzyna**	**7286**		Masters K - 40	27	01:31:47	**02:43:52.10**	+01:15:24 (46.0%)	7:48	7.7 (54.2%)
323	**KRZYŻYK Adam**	**7838**		Masters M - 40	86	01:33:59	**02:43:57.50**	+01:15:30 (46.1%)	7:48	7.7 (54.2%)
324	**NOWAK Łukasz**	**7656**		Masters M - 40	87	01:22:31	**02:44:01.00**	+01:15:33 (46.1%)	7:48	7.7 (54.2%)
325	**RABIEGA Marcin**	**7110**	ROKIETNICA BIEGA	Masters M - 40	88	01:34:26	**02:44:03.40**	+01:15:36 (46.1%)	7:48	7.7 (54.2%)
326	**MIERNIK Marzena**	**7620**		Masters K - 40	28	01:34:58	**02:44:03.65**	+01:15:36 (46.1%)	7:48	7.7 (54.2%)
327	**DZIARNOWSKA Magda**	**7100**	MECHANIKA ZDROWIA	Senior II K - 30	40	01:32:21	**02:44:06.20**	+01:15:38 (46.1%)	7:48	7.7 (54.2%)
328	**BABIARZ Jacek**	**7516**		Senior II M - 30	107	01:31:51	**02:44:08.80**	+01:15:41 (46.1%)	7:48	7.7 (54.2%)
329	**SAPIA Darek**	**7742**	TRYTON BIKE TEAM	Masters M - 40	89	01:31:52	**02:44:10.20**	+01:15:42 (46.1%)	7:49	7.7 (54.2%)
330	**CHOCIAJ Daniel**	**7414**	ENDORFINY WĄSOSZ	Masters M - 40	90	01:35:14	**02:44:24.90**	+01:15:57 (46.2%)	7:49	7.7 (54.2%)
331	**WOJCIECHOWSKI Roman**	**7703**		Weteran I M - 50	20	01:33:10	**02:44:25.05**	+01:15:57 (46.2%)	7:49	7.7 (54.2%)
332	**ZYDORCZAK Mateusz**	**7540**		Masters M - 40	91	01:26:54	**02:44:25.35**	+01:15:58 (46.2%)	7:49	7.7 (54.2%)
333	**GIEL Jarosław**	**7327**		Senior II M - 30	108	01:30:03	**02:44:29.70**	+01:16:02 (46.2%)	7:49	7.7 (54.2%)
334	**ŻABA Jacek**	**7876**		Weteran I M - 50	21	01:34:08	**02:44:39.05**	+01:16:11 (46.3%)	7:50	7.7 (54.2%)
335	**WÓJCIK Kamila**	**7616**	STRONIE BIEGA	Masters K - 40	29	01:29:34	**02:44:48.70**	+01:16:21 (46.3%)	7:50	7.6 (53.5%)
336	**BUJAK Magdalena**	**7844**	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	41	01:32:50	**02:44:53.25**	+01:16:25 (46.4%)	7:51	7.6 (53.5%)
337	**WOLANO Marcin**	**7907**	HATTON DARTS	Senior II M - 30	109	01:30:01	**02:44:57.05**	+01:16:29 (46.4%)	7:51	7.6 (53.5%)
338	**ROGOŹNICKI Paweł**	**7120**	#ZALINIAMETYTEAM	Masters M - 40	92	01:30:27	**02:44:57.10**	+01:16:29 (46.4%)	7:51	7.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
339	**KOCIUBA Katarzyna**	**7423**		Senior II K - 30	42	01:34:51	**02:44:57.80**	+01:16:30 (46.4%)	7:51	7.6 (53.5%)
340	**HERBEĆ-LABOCHA Magdalena**	**7868**		Masters K - 40	30	01:36:51	**02:44:57.90**	+01:16:30 (46.4%)	7:51	7.6 (53.5%)
341	**LABOCHA Aleksander**	**7869**		Masters M - 40	93	01:36:51	**02:44:58.30**	+01:16:31 (46.4%)	7:51	7.6 (53.5%)
342	**BARTKIEWICZ Ireneusz**	**7293**		Masters M - 40	94	01:27:49	**02:45:01.75**	+01:16:34 (46.4%)	7:51	7.6 (53.5%)
343	**ZAPALSKA Aleksandra**	**7069**		Senior I K - 20	15	01:35:59	**02:45:04.90**	+01:16:37 (46.4%)	7:51	7.6 (53.5%)
344	**ADAMSKA Karolina**	**7058**		Senior I K - 20	16	01:34:23	**02:45:15.45**	+01:16:48 (46.5%)	7:52	7.6 (53.5%)
345	**DUBLAGA Michał**	**7712**	#BIEGIWLKP	Senior II M - 30	110	01:31:20	**02:45:18.30**	+01:16:51 (46.5%)	7:52	7.6 (53.5%)
346	**BARAN Bogdan**	**7622**		Weteran II M - 60	3	01:34:07	**02:45:23.20**	+01:16:55 (46.5%)	7:52	7.6 (53.5%)
347	**BARTEK Łukasz**	**7931**	OTK RZEŹNIK	Masters M - 40	95	01:32:14	**02:45:25.95**	+01:16:58 (46.5%)	7:52	7.6 (53.5%)
348	**CABAJ Paweł**	**7154**		Senior II M - 30	111	01:25:43	**02:45:36.70**	+01:17:09 (46.6%)	7:53	7.6 (53.5%)
349	**DREKO Krzysztof**	**7802**	PROGRES	Masters M - 40	96	01:29:45	**02:45:45.70**	+01:17:18 (46.6%)	7:53	7.6 (53.5%)
350	**SIKORA Mateusz**	**7456**	BORN TO RUN	Senior I M - 20	31	01:33:40	**02:45:46.00**	+01:17:18 (46.6%)	7:53	7.6 (53.5%)
351	**MACHUL Ewa**	**7524**		Senior II K - 30	43	01:36:50	**02:45:46.25**	+01:17:18 (46.6%)	7:53	7.6 (53.5%)
352	**DREKO Anna**	**7800**	AD GROUP	Masters K - 40	31	01:29:47	**02:45:47.50**	+01:17:20 (46.6%)	7:53	7.6 (53.5%)
353	**GUZERA Tomasz**	**7450**		Senior II M - 30	112	01:26:26	**02:45:47.85**	+01:17:20 (46.6%)	7:53	7.6 (53.5%)
354	**JANCZAREK Łukasz**	**7770**	PATORUNNERS	Senior II M - 30	113	01:31:09	**02:45:51.95**	+01:17:24 (46.7%)	7:53	7.6 (53.5%)
355	**BILIŃSKI Rafał**	**7584**		Masters M - 40	97	01:30:43	**02:45:58.75**	+01:17:31 (46.7%)	7:54	7.6 (53.5%)
356	**MARYSZCZAK Maciej**	**7548**	ADIDAS RUNNERS WARSAW	Masters M - 40	98	01:34:38	**02:46:14.75**	+01:17:47 (46.8%)	7:54	7.6 (53.5%)
357	**KOZAK Paweł**	**7348**		Senior II M - 30	114	01:30:05	**02:46:14.80**	+01:17:47 (46.8%)	7:54	7.6 (53.5%)
358	**KOWAL Andrzej**	**7135**		Weteran I M - 50	22	01:37:27	**02:46:15.30**	+01:17:48 (46.8%)	7:55	7.6 (53.5%)
359	**JAKUBISIAK Renata**	**7065**	AEGONRUN	Masters K - 40	32	01:34:56	**02:46:20.30**	+01:17:53 (46.8%)	7:55	7.6 (53.5%)
360	**LISOWSKA Kamila**	**7913**	YNO ULTRA	Senior II K - 30	44	01:37:55	**02:46:43.70**	+01:18:16 (46.9%)	7:56	7.6 (53.5%)
361	**LEWALSKI Krzysztof**	**7585**		Masters M - 40	99	01:32:21	**02:46:44.50**	+01:18:17 (47.0%)	7:56	7.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
362	**ANDRZEJCZAK Michał**	**7479**		Senior II M - 30	115	01:27:27	**02:46:48.95**	+01:18:21 (47.0%)	7:56	7.6 (53.5%)
363	**KORCZYŃSKA Alicja**	**7360**	BIEGOWA POGORZAŁA	Masters K - 40	33	01:38:30	**02:47:11.85**	+01:18:44 (47.1%)	7:57	7.5 (52.8%)
364	**LEWICKA Magdalena**	**7417**	CAŁA OLEŚNICA BIEGA	Masters K - 40	34	01:38:11	**02:47:13.50**	+01:18:46 (47.1%)	7:57	7.5 (52.8%)
365	**JEKA Piotr**	**7744**		Weteran I M - 50	23	01:34:11	**02:47:21.60**	+01:18:54 (47.1%)	7:58	7.5 (52.8%)
366	**IMIŃSKI Cezary**	**7308**		Weteran I M - 50	24	01:32:28	**02:47:28.95**	+01:19:01 (47.2%)	7:58	7.5 (52.8%)
367	**ZAJĄCZKOWSKI Damian**	**7643**		Masters M - 40	100	01:36:56	**02:47:33.90**	+01:19:06 (47.2%)	7:58	7.5 (52.8%)
368	**ADAMCZYK Grzegorz**	**7452**	OŁAWSKA GRUPA BIEGOWA	Masters M - 40	101	01:31:55	**02:47:49.35**	+01:19:22 (47.3%)	7:59	7.5 (52.8%)
369	**KRZYŻANOWSKI Marcin**	**7105**	ŚWIAT MARATOŃCZYKA	Senior II M - 30	116	01:34:43	**02:47:55.40**	+01:19:28 (47.3%)	7:59	7.5 (52.8%)
370	**MODZELEWSKA Anna**	**7056**		Senior I K - 20	17	01:36:50	**02:47:55.85**	+01:19:28 (47.3%)	7:59	7.5 (52.8%)
371	**KIECOŃ Maria**	**7812**		Senior II K - 30	45	01:33:49	**02:48:08.90**	+01:19:41 (47.4%)	8:00	7.5 (52.8%)
372	**NIERADKO Arkadiusz**	**7482**		Masters M - 40	102	01:31:30	**02:48:09.35**	+01:19:42 (47.4%)	8:00	7.5 (52.8%)
373	**PODULKA Grzegorz**	**7795**		Masters M - 40	103	01:33:34	**02:48:15.15**	+01:19:47 (47.4%)	8:00	7.5 (52.8%)
374	**DANKOWSKA Ewelina**	**7418**	ENDORFINY WĄSOSZ	Masters K - 40	35	01:35:24	**02:48:15.80**	+01:19:48 (47.4%)	8:00	7.5 (52.8%)
375	**ALBERT Damian**	**7266**	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	117	01:33:09	**02:48:21.90**	+01:19:54 (47.5%)	8:01	7.5 (52.8%)
376	**WOJCIESZUK Anna**	**7350**		Senior I K - 20	18	01:38:17	**02:48:30.20**	+01:20:02 (47.5%)	8:01	7.5 (52.8%)
377	**NICOŚ Marcin**	**7245**		Senior II M - 30	118	01:38:17	**02:48:32.35**	+01:20:05 (47.5%)	8:01	7.5 (52.8%)
378	**MANNA Przemysław**	**7531**	RAZ SZCZECIN	Masters M - 40	104	01:36:45	**02:48:34.10**	+01:20:06 (47.5%)	8:01	7.5 (52.8%)
379	**PAMUŁA Marta**	**7546**		Senior I K - 20	19	01:35:21	**02:48:45.10**	+01:20:17 (47.6%)	8:02	7.5 (52.8%)
380	**SZCZERBA Katarzyna**	**7025**		Senior II K - 30	46	01:37:35	**02:48:55.00**	+01:20:27 (47.6%)	8:02	7.5 (52.8%)
381	**KONCA Aleksander**	**7030**	KB OŻARÓW MAZOWIECKI BIEGA	Senior I M - 20	32	01:38:22	**02:48:55.10**	+01:20:27 (47.6%)	8:02	7.5 (52.8%)
382	**REWIŃSKI Sławek**	**7428**		Masters M - 40	105	01:31:01	**02:48:57.80**	+01:20:30 (47.6%)	8:02	7.5 (52.8%)
383	**WIŚLIŃSKA Agnieszka**	**7863**		Senior II K - 30	47	01:36:01	**02:49:02.00**	+01:20:34 (47.7%)	8:02	7.5 (52.8%)
384	**MICHALAK Kamil**	**7506**	SZYNKARNIA	Senior II M - 30	119	01:30:24	**02:49:02.70**	+01:20:35 (47.7%)	8:02	7.5 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
385	**LACHOWSKI Karol**	**7036**	AEGONRUN	Senior II M - 30	120	01:34:58	**02:49:06.20**	+01:20:38 (47.7%)	8:03	7.5 (52.8%)
386	**GRUSZCZYŃSKI Paweł**	**7253**	GRUCHY DAJĄ CZADU !!!	Masters M - 40	106	01:41:13	**02:49:24.75**	+01:20:57 (47.8%)	8:04	7.4 (52.1%)
387	**MENDYKA Marcin**	**7856**	12TRI	Masters M - 40	107	01:33:48	**02:49:26.15**	+01:20:58 (47.8%)	8:04	7.4 (52.1%)
388	**FERENC Stanisław**	**7593**		Senior II M - 30	121	01:31:11	**02:49:37.20**	+01:21:09 (47.9%)	8:04	7.4 (52.1%)
389	**ZASADA Michał**	**7843**	PRO-RUN WROCŁAW	Masters M - 40	108	01:37:45	**02:49:38.00**	+01:21:10 (47.9%)	8:04	7.4 (52.1%)
390	**MATUKIN Aleksandra**	**7930**		Senior II K - 30	48	01:37:13	**02:49:41.15**	+01:21:13 (47.9%)	8:04	7.4 (52.1%)
391	**PONIATOWSKI Krzysztof**	**7903**		Masters M - 40	109	01:35:50	**02:49:43.00**	+01:21:15 (47.9%)	8:04	7.4 (52.1%)
392	**STOLPE Maciej**	**7046**	TKKF MPK POZNAŃ	Weteran I M - 50	25	01:38:37	**02:49:45.95**	+01:21:18 (47.9%)	8:05	7.4 (52.1%)
393	**ŁĘKAWA Sebastian**	**7510**	140MINUT.PL	Masters M - 40	110	01:33:32	**02:49:48.00**	+01:21:20 (47.9%)	8:05	7.4 (52.1%)
394	**SŁODKIEWICZ Piotr**	**7716**	KNEIPPTEAM	Senior II M - 30	122	01:35:40	**02:49:51.80**	+01:21:24 (47.9%)	8:05	7.4 (52.1%)
395	**SŁODKIEWICZ Dagmara**	**7715**	KNEIPPTEAM	Senior II K - 30	49	01:35:45	**02:49:51.85**	+01:21:24 (47.9%)	8:05	7.4 (52.1%)
396	**LACHOWICZ Marta**	**7140**	MAE KEAGE KYOKUSHIN TEAM	Senior II K - 30	50	01:34:29	**02:50:06.40**	+01:21:39 (48.0%)	8:06	7.4 (52.1%)
397	**OCHEJ Joanna**	**7280**	APTENEO RUNNING TEAM	Senior II K - 30	51	01:35:34	**02:50:14.10**	+01:21:46 (48.0%)	8:06	7.4 (52.1%)
398	**BRZOSTOWIECKA Angelika**	**7912**		Senior I K - 20	20	01:35:52	**02:50:19.90**	+01:21:52 (48.1%)	8:06	7.4 (52.1%)
399	**MIROWSKI Dominik**	**7265**		Senior II M - 30	123	01:35:23	**02:50:28.00**	+01:22:00 (48.1%)	8:07	7.4 (52.1%)
400	**SPYTEK Justyna**	**7675**		Masters K - 40	36	01:33:07	**02:50:33.85**	+01:22:06 (48.1%)	8:07	7.4 (52.1%)
401	**JAŚKOWIEC Michał**	**7497**		Senior I M - 20	33	01:36:59	**02:50:44.50**	+01:22:17 (48.2%)	8:07	7.4 (52.1%)
402	**GRZĄDZIEL Paweł**	**7555**	ADIDAS RUNNERS WARSAW	Weteran I M - 50	26	01:38:03	**02:51:05.05**	+01:22:37 (48.3%)	8:08	7.4 (52.1%)
403	**DERBICH Mariusz**	**7867**	KOWALEW RUNERS	Masters M - 40	111	01:35:00	**02:51:07.20**	+01:22:39 (48.3%)	8:08	7.4 (52.1%)
404	**PĘKAŁA Dawid**	**7193**	ŻARY RUNNERS TEAM	Masters M - 40	112	01:36:57	**02:51:09.20**	+01:22:41 (48.3%)	8:09	7.4 (52.1%)
404	**ORŁOWSKI Robert**	**7702**	BIEGNĘ NA PÓŁNOC	Senior II M - 30	124	01:35:14	**02:51:09.20**	+01:22:41 (48.3%)	8:09	7.4 (52.1%)
406	**POCZTAREK Ewelina**	**7743**		Senior II K - 30	52	01:38:50	**02:51:10.45**	+01:22:43 (48.3%)	8:09	7.4 (52.1%)
407	**BOMBA Tomasz**	**7683**		Masters M - 40	113	01:34:56	**02:51:20.50**	+01:22:53 (48.4%)	8:09	7.4 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
408	**PIÓRKOWSKA Jolanta**	**7849**	KOŁO BIEGA	Masters K - 40	37	01:38:07	**02:51:26.85**	+01:22:59 (48.4%)	8:09	7.3 (51.4%)
409	**ŻARSKA Ilona**	**7719**		Senior II K - 30	53	01:37:04	**02:51:28.70**	+01:23:01 (48.4%)	8:09	7.3 (51.4%)
410	**JASKÓŁKA Hubert**	**7271**	VENUS-BRUK	Weteran II M - 60	4	01:38:41	**02:51:39.70**	+01:23:12 (48.5%)	8:10	7.3 (51.4%)
411	**KRYCH Joanna**	**7291**		Masters K - 40	38	01:34:23	**02:52:06.00**	+01:23:38 (48.6%)	8:11	7.3 (51.4%)
412	**DOMAŃSKA Małgorzata**	**7318**	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	39	01:35:10	**02:52:09.90**	+01:23:42 (48.6%)	8:11	7.3 (51.4%)
413	**PYZIO Magdalena**	**7534**		Senior II K - 30	54	01:31:52	**02:52:11.90**	+01:23:44 (48.6%)	8:11	7.3 (51.4%)
414	**KOŚCIELNIAK Szymon**	**7762**	CZERWONACKIE KIJANKI / ZAŁOGA GÒRSKA	Masters M - 40	114	01:34:04	**02:52:22.30**	+01:23:55 (48.7%)	8:12	7.3 (51.4%)
415	**SIBIELAK Tomasz**	**7416**	BIEGOWA KUŹNIA	Masters M - 40	115	01:33:49	**02:52:24.60**	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
416	**BOSY Hubert**	**7926**		Masters M - 40	116	01:32:49	**02:52:25.00**	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
417	**BYRCZEK Daria**	**7823**		Senior II K - 30	55	01:32:52	**02:52:25.25**	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
418	**STASIAK Łukasz**	**7701**	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	117	01:33:18	**02:52:25.65**	+01:23:58 (48.7%)	8:12	7.3 (51.4%)
419	**SZERSZEŃ Agata**	**7277**	DTR BIEGA / MARIO TEAM	Senior II K - 30	56	01:39:57	**02:52:34.60**	+01:24:07 (48.7%)	8:13	7.3 (51.4%)
420	**JÓZEFIAK Grzegorz**	**7492**		Weteran I M - 50	27	01:35:14	**02:52:40.95**	+01:24:13 (48.8%)	8:13	7.3 (51.4%)
421	**KUŚWIK Beata**	**7373**		Senior II K - 30	57	01:38:26	**02:52:49.30**	+01:24:22 (48.8%)	8:13	7.3 (51.4%)
422	**MARCINKOWSKI Przemysław**	**7563**		Masters M - 40	118	01:35:17	**02:52:52.35**	+01:24:25 (48.8%)	8:13	7.3 (51.4%)
423	**KOWALEWSKA Anna**	**7132**		Senior II K - 30	58	01:36:05	**02:52:53.85**	+01:24:26 (48.8%)	8:13	7.3 (51.4%)
424	**NIEDZIELA Danuta**	**7136**	GOSTYŃ	Masters K - 40	40	01:35:26	**02:52:56.05**	+01:24:28 (48.9%)	8:14	7.3 (51.4%)
425	**HAREMZA Bartek**	**7493**		Senior II M - 30	125	01:32:57	**02:53:01.85**	+01:24:34 (48.9%)	8:14	7.3 (51.4%)
426	**KAŹMIERCZAK-MOLIK Anna**	**7026**		Senior II K - 30	59	01:39:56	**02:53:08.60**	+01:24:41 (48.9%)	8:14	7.3 (51.4%)
427	**ANGOWSKI Andrzej**	**7393**		Senior II M - 30	126	01:35:51	**02:53:22.25**	+01:24:54 (49.0%)	8:15	7.3 (51.4%)
428	**CIECHOMSKA Agata**	**7652**	HTF LUDWIK SIKORSKI	Senior II K - 30	60	01:31:49	**02:53:30.35**	+01:25:03 (49.0%)	8:15	7.3 (51.4%)
429	**WYBRANIEC Tomasz**	**7459**		Senior II M - 30	127	01:33:19	**02:53:33.30**	+01:25:06 (49.0%)	8:15	7.3 (51.4%)
430	**ANDRZEJEWSKI Marcin**	**7732**	ŁÓDZKI KLUB WYSOKOGÓRSKI	Senior I M - 20	34	01:28:13	**02:53:37.15**	+01:25:09 (49.1%)	8:16	7.3 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
431	**BURDUKIEWICZ Błażej**	**7731**		Senior I M - 20	35	01:28:13	**02:53:38.05**	+01:25:10 (49.1%)	8:16	7.3 (51.4%)
432	**WOJAS Justyna**	**7407**	NIEPOŁOMICE BIEGAJĄ	Senior II K - 30	61	01:38:45	**02:53:44.85**	+01:25:17 (49.1%)	8:16	7.3 (51.4%)
433	**KAPELSKI Michał**	**7771**		Masters M - 40	119	01:36:18	**02:53:50.60**	+01:25:23 (49.1%)	8:16	7.2 (50.7%)
434	**BUDA Marek**	**7850**	VISEGRAD MARATON RYTRO NOWY SĄCZ	Weteran II M - 60	5	01:34:11	**02:53:51.90**	+01:25:24 (49.1%)	8:16	7.2 (50.7%)
435	**KRYSIAK Dawid**	**7316**	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	120	01:36:57	**02:53:52.50**	+01:25:25 (49.1%)	8:16	7.2 (50.7%)
436	**SZARSKI Jacek**	**7005**	KAPCIOCHY	Senior I M - 20	36	01:30:29	**02:53:52.80**	+01:25:25 (49.1%)	8:16	7.2 (50.7%)
437	**DZIERGWA Agnieszka**	**7925**	PRZEDWOJEWSKI TEAM	Senior II K - 30	62	01:35:46	**02:53:54.30**	+01:25:27 (49.1%)	8:16	7.2 (50.7%)
438	**MARCINKOWSKA Anita**	**7191**	POMIOTY SZATANA	Senior II K - 30	63	01:40:18	**02:54:09.05**	+01:25:41 (49.2%)	8:17	7.2 (50.7%)
439	**OLSZAK Maciej**	**7260**	5 MBOT	Senior II M - 30	128	01:34:03	**02:54:21.25**	+01:25:53 (49.3%)	8:18	7.2 (50.7%)
440	**ROBAKOWSKA Joanna**	**7353**	NIGHT RUNNERS	Senior II K - 30	64	01:39:23	**02:54:27.40**	+01:26:00 (49.3%)	8:18	7.2 (50.7%)
441	**POŁCZYŃSKI Paweł**	**7697**	STALOWA ŁYDA	Senior II M - 30	129	01:32:03	**02:54:37.60**	+01:26:10 (49.3%)	8:18	7.2 (50.7%)
442	**JASKÓŁKA Rafał**	**7267**	VENUS-BRUK	Masters M - 40	121	01:38:45	**02:54:52.40**	+01:26:25 (49.4%)	8:19	7.2 (50.7%)
443	**BANASZYK Norbert**	**7425**		Masters M - 40	122	01:34:39	**02:55:18.95**	+01:26:51 (49.5%)	8:20	7.2 (50.7%)
444	**KOMADA Wojciech**	**7640**	PASTERKA PANY	Masters M - 40	123	01:38:01	**02:55:20.70**	+01:26:53 (49.6%)	8:20	7.2 (50.7%)
445	**DYCFELD Piotr**	**7647**	SZTUKA RUCHU	Senior II M - 30	130	01:33:03	**02:55:21.70**	+01:26:54 (49.6%)	8:21	7.2 (50.7%)
446	**SUDÓŁ Robert**	**7262**	RUN4FUN	Masters M - 40	124	01:33:02	**02:55:21.75**	+01:26:54 (49.6%)	8:21	7.2 (50.7%)
447	**STROJNY Łukasz**	**7693**		Masters M - 40	125	01:41:45	**02:55:25.20**	+01:26:57 (49.6%)	8:21	7.2 (50.7%)
448	**KOSZYKA Weronika**	**7095**	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	21	01:40:06	**02:55:28.65**	+01:27:01 (49.6%)	8:21	7.2 (50.7%)
449	**WOJCIECHOWSKI Tomasz**	**7644**		Masters M - 40	126	01:34:34	**02:55:29.10**	+01:27:01 (49.6%)	8:21	7.2 (50.7%)
450	**DANKOWSKI Bartosz**	**7412**	ENDORFINY WĄSOSZ	Senior II M - 30	131	01:35:55	**02:55:50.55**	+01:27:23 (49.7%)	8:22	7.2 (50.7%)
451	**LORENC Paweł**	**7623**	ENDROFINY WĄSOSZ	Senior II M - 30	132	01:35:56	**02:55:52.90**	+01:27:25 (49.7%)	8:22	7.2 (50.7%)
452	**BEDNORZ Monika**	**7249**		Senior II K - 30	65	01:38:26	**02:55:53.60**	+01:27:26 (49.7%)	8:22	7.2 (50.7%)
453	**NOWAK Filip**	**7830**		Senior II M - 30	133	01:39:43	**02:56:08.80**	+01:27:41 (49.8%)	8:23	7.2 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
454	**NOWAK Michał**	**7250**	WOJOWNICY WÓDY	Senior II M - 30	134	01:40:21	**02:56:14.70**	+01:27:47 (49.8%)	8:23	7.1 (50.0%)
455	**KŁOPOTEK Nina**	**7320**	EXTREME FAMILY	Senior I K - 20	22	01:40:19	**02:56:22.25**	+01:27:54 (49.8%)	8:23	7.1 (50.0%)
456	**NAJDEREK Robert**	**7099**	-	Masters M - 40	127	01:37:14	**02:56:28.65**	+01:28:01 (49.9%)	8:24	7.1 (50.0%)
457	**ZACHARIASZ Małgorzata**	**7897**		Senior II K - 30	66	01:41:29	**02:56:37.30**	+01:28:10 (49.9%)	8:24	7.1 (50.0%)
458	**PORADA Małgorzata**	**7440**		Masters K - 40	41	01:40:47	**02:56:38.55**	+01:28:11 (49.9%)	8:24	7.1 (50.0%)
459	**CZECH Dorota**	**7106**	ASICSFRONTRUNNER POLAND	Masters K - 40	42	01:41:46	**02:56:39.15**	+01:28:11 (49.9%)	8:24	7.1 (50.0%)
460	**KOSSOK-ZAWADA Marta**	**7141**	CAŁA OLEŚNICA BIEGA	Senior II K - 30	67	01:44:53	**02:56:39.90**	+01:28:12 (49.9%)	8:24	7.1 (50.0%)
461	**KLIMALA Angelika**	**7215**	CAŁA OLEŚNICA BIEGA	Masters K - 40	43	01:44:54	**02:56:41.60**	+01:28:14 (49.9%)	8:24	7.1 (50.0%)
462	**JÓZEF Dorota**	**7033**		Senior I K - 20	23	01:38:41	**02:56:41.75**	+01:28:14 (49.9%)	8:24	7.1 (50.0%)
463	**SIEMION Artur**	**7888**		Masters M - 40	128	01:38:08	**02:56:42.55**	+01:28:15 (49.9%)	8:24	7.1 (50.0%)
464	**LUBOWSKA-KUCHTA Małgorzata**	**7832**	RUNPROGRESSP	Senior II K - 30	68	01:39:56	**02:56:53.40**	+01:28:26 (50.0%)	8:25	7.1 (50.0%)
465	**MICHALAK Tomasz**	**7042**		Masters M - 40	129	01:36:16	**02:57:07.45**	+01:28:40 (50.1%)	8:26	7.1 (50.0%)
466	**KROGULECKI Michał**	**7273**	MIRAZ RACE TEAM	Senior II M - 30	135	01:37:55	**02:57:12.20**	+01:28:44 (50.1%)	8:26	7.1 (50.0%)
467	**PŁAŻYŃSKI Bartosz**	**7797**	W POGONI ZA DUCHEM	Masters M - 40	130	01:38:26	**02:57:29.65**	+01:29:02 (50.2%)	8:27	7.1 (50.0%)
468	**JÓZEF Marek**	**7014**		Masters M - 40	131	01:38:42	**02:57:37.95**	+01:29:10 (50.2%)	8:27	7.1 (50.0%)
469	**BRZEZIŃSKI Andrzej**	**7258**		Weteran II M - 60	6	01:34:56	**02:57:42.75**	+01:29:15 (50.2%)	8:27	7.1 (50.0%)
470	**KOZAK Ewa**	**7590**	KOZAKI	Masters K - 40	44	01:35:22	**02:57:43.55**	+01:29:16 (50.2%)	8:27	7.1 (50.0%)
471	**PERWENIS Krzysztof**	**7246**		Masters M - 40	132	01:40:55	**02:57:49.30**	+01:29:22 (50.3%)	8:28	7.1 (50.0%)
472	**MARCINKOWSKA Katarzyna**	**7860**		Masters K - 40	45	01:41:45	**02:57:50.10**	+01:29:22 (50.3%)	8:28	7.1 (50.0%)
473	**TCHÓRZEWSKA Monika**	**7455**		Masters K - 40	46	01:47:14	**02:57:53.20**	+01:29:25 (50.3%)	8:28	7.1 (50.0%)
474	**LEWICKA Katarzyna**	**7484**		Senior II K - 30	69	01:40:59	**02:57:53.30**	+01:29:26 (50.3%)	8:28	7.1 (50.0%)
475	**GRUŹLEWSKA Patrycja**	**7698**	BIEGAM U KOLESI	Senior I K - 20	24	01:40:58	**02:57:53.35**	+01:29:26 (50.3%)	8:28	7.1 (50.0%)
476	**SZCZAWIŃSKI Grzegorz**	**7554**	SBRT WARSZAWA	Masters M - 40	133	01:39:33	**02:57:57.10**	+01:29:29 (50.3%)	8:28	7.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
477	**ŁOBODZIEC Monika**	**7655**		Masters K - 40	47	01:40:07	**02:57:59.80**	+01:29:32 (50.3%)	8:28	7.1 (50.0%)
478	**STACHOWIAK Danuta**	**7150**	ROKIETNICA BIEGA	Masters K - 40	48	01:43:43	**02:58:03.50**	+01:29:36 (50.3%)	8:28	7.1 (50.0%)
479	**JANIEC Tomasz**	**7315**		Senior II M - 30	136	01:35:59	**02:58:07.75**	+01:29:40 (50.3%)	8:28	7.1 (50.0%)
480	**KOMAN Michał**	**7078**		Senior II M - 30	137	01:39:28	**02:58:16.45**	+01:29:49 (50.4%)	8:29	7.1 (50.0%)
481	**FILIPIŃSKI Paweł**	**7580**		Senior I M - 20	37	01:39:05	**02:58:18.45**	+01:29:51 (50.4%)	8:29	7.1 (50.0%)
482	**GRABOWSKI Adam**	**7121**		Masters M - 40	134	01:42:22	**02:58:32.40**	+01:30:05 (50.5%)	8:30	7.1 (50.0%)
483	**RÓŻAŃSKA Magdalena**	**7057**		Masters K - 40	49	01:40:25	**02:58:41.90**	+01:30:14 (50.5%)	8:30	7.1 (50.0%)
484	**BAJER Karol**	**7231**		Masters M - 40	135	01:37:04	**02:58:52.80**	+01:30:25 (50.6%)	8:31	7 (49.3%)
485	**CHOŁUJ Małgorzata**	**7115**		Weteran K - 50	1	01:40:00	**02:59:23.05**	+01:30:55 (50.7%)	8:32	7 (49.3%)
486	**MARCINIAK Grażyna**	**7364**		Senior II K - 30	70	01:42:05	**02:59:27.00**	+01:30:59 (50.7%)	8:32	7 (49.3%)
487	**STRZAŁKOWSKA Urszula**	**7688**	BBL OPOLE	Senior II K - 30	71	01:38:12	**02:59:50.70**	+01:31:23 (50.8%)	8:33	7 (49.3%)
488	**KOZAK Bartosz**	**7591**	KOZAKI	Masters M - 40	136	01:34:29	**02:59:59.25**	+01:31:31 (50.9%)	8:34	7 (49.3%)
489	**KUCHCZYŃSKI Krzysztof**	**7127**		Senior II M - 30	138	01:35:54	**03:00:01.05**	+01:31:33 (50.9%)	8:34	7 (49.3%)
490	**ROGÓŻ Rafał**	**7570**		Masters M - 40	137	01:30:15	**03:00:03.25**	+01:31:35 (50.9%)	8:34	7 (49.3%)
491	**MUSZYNSKI Andrzej**	**7824**		Senior II M - 30	139	01:32:45	**03:00:11.15**	+01:31:43 (50.9%)	8:34	7 (49.3%)
492	**SZPINEK Stella**	**7810**	TUTU TEAM	Senior II K - 30	72	01:40:40	**03:00:20.45**	+01:31:53 (51.0%)	8:35	7 (49.3%)
493	**FRANKIEWICZ Łukasz**	**7305**		Senior II M - 30	140	01:40:37	**03:00:24.50**	+01:31:57 (51.0%)	8:35	7 (49.3%)
494	**KRUK Anna**	**7751**		Senior I K - 20	25	01:41:32	**03:00:26.05**	+01:31:58 (51.0%)	8:35	7 (49.3%)
495	**PODBOROŻNY Karol**	**7600**		Senior II M - 30	141	01:47:59	**03:00:36.65**	+01:32:09 (51.0%)	8:36	7 (49.3%)
496	**KROSZKA Krzysztof**	**7311**		Weteran I M - 50	28	01:39:27	**03:00:42.30**	+01:32:15 (51.1%)	8:36	7 (49.3%)
497	**STASZYŃSKA Karolina**	**7820**		Masters K - 40	50	01:40:23	**03:00:42.95**	+01:32:15 (51.1%)	8:36	7 (49.3%)
498	**HALA Krzysztof**	**7902**		Masters M - 40	138	01:45:13	**03:01:10.75**	+01:32:43 (51.2%)	8:37	7 (49.3%)
499	**SKIBA-DZIADYK Dominika**	**7179**		Masters K - 40	51	01:41:01	**03:01:11.45**	+01:32:44 (51.2%)	8:37	7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
500	**KRZYŻYK Agnieszka**	**7086**	TRIO FORTIS	Masters K - 40	52	01:39:53	**03:01:13.55**	+01:32:46 (51.2%)	8:37	7 (49.3%)
501	**SIKORA Agnieszka**	**7395**		Senior II K - 30	73	01:36:54	**03:01:31.90**	+01:33:04 (51.3%)	8:38	6.9 (48.6%)
502	**KOSTECZKA Paulina**	**7309**	DRUŻYNA BIEGNĄCEGO ORIONA	Masters K - 40	53	01:39:30	**03:01:34.70**	+01:33:07 (51.3%)	8:38	6.9 (48.6%)
503	**KACHNIARZ Tomasz**	**7699**	NBS TEAM	Senior II M - 30	142	01:38:33	**03:01:41.15**	+01:33:13 (51.3%)	8:39	6.9 (48.6%)
504	**WOŹNY Krzysztof**	**7710**	SPORTOWY KAŹMIERZ	Senior II M - 30	143	01:45:45	**03:02:18.00**	+01:33:50 (51.5%)	8:40	6.9 (48.6%)
505	**ZIARNIAK Anna**	**7192**	POMIOTY SZATANA	Senior II K - 30	74	01:40:34	**03:02:21.45**	+01:33:54 (51.5%)	8:41	6.9 (48.6%)
506	**MOSKWA Martyna**	**7368**	MASZ PRZEBIEGANE	Senior I K - 20	26	01:44:50	**03:02:25.10**	+01:33:57 (51.5%)	8:41	6.9 (48.6%)
507	**JURASZ Aleksandra**	**7092**		Senior II K - 30	75	01:42:23	**03:02:53.60**	+01:34:26 (51.6%)	8:42	6.9 (48.6%)
508	**GALEWSKI Mariusz**	**7500**	KOTLIN	Weteran I M - 50	29	01:40:47	**03:02:57.80**	+01:34:30 (51.7%)	8:42	6.9 (48.6%)
509	**WŁODAREK Urszula**	**7854**	DENTALCARE	Weteran K - 50	2	01:40:20	**03:03:07.75**	+01:34:40 (51.7%)	8:43	6.9 (48.6%)
510	**DUCH Aleksandra**	**7022**		Senior I K - 20	27	01:45:36	**03:03:18.75**	+01:34:51 (51.7%)	8:43	6.9 (48.6%)
511	**KOZŁOWSKA Renata**	**7859**		Senior II K - 30	76	01:42:13	**03:03:24.45**	+01:34:57 (51.8%)	8:44	6.9 (48.6%)
512	**LINKIEWICZ-MANNA Eliza**	**7532**	RAZ SZCZECIN	Senior II K - 30	77	01:46:22	**03:03:32.50**	+01:35:05 (51.8%)	8:44	6.9 (48.6%)
513	**PIETRZAK Sylwia**	**7247**	12TRI.PL	Senior II K - 30	78	01:42:25	**03:03:32.80**	+01:35:05 (51.8%)	8:44	6.9 (48.6%)
514	**FIĄCEK Adam**	**7312**	HARTUJĘ CHARTA	Masters M - 40	139	01:38:18	**03:03:55.10**	+01:35:27 (51.9%)	8:45	6.9 (48.6%)
515	**LASKOWSKI Dariusz**	**7400**	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	30	01:40:51	**03:03:59.80**	+01:35:32 (51.9%)	8:45	6.8 (47.9%)
516	**KOZŁOWSKA Anna**	**7358**		Masters K - 40	54	01:44:48	**03:04:02.85**	+01:35:35 (51.9%)	8:45	6.8 (47.9%)
517	**WÓJCIK Justyna**	**7356**	W POGONI ZA DUCHEM	Masters K - 40	55	01:44:49	**03:04:02.95**	+01:35:35 (51.9%)	8:45	6.8 (47.9%)
518	**DIUWE Marzena**	**7638**	PASTERKA PANY	Senior II K - 30	79	01:43:54	**03:04:04.70**	+01:35:37 (51.9%)	8:45	6.8 (47.9%)
519	**WILKIN Miroslaw**	**7722**	FUNTRI	Weteran I M - 50	31	01:43:33	**03:04:07.65**	+01:35:40 (52.0%)	8:46	6.8 (47.9%)
520	**ZARANEK Barbara**	**7887**	KĘSY TEAM	Weteran K - 50	3	01:47:59	**03:04:17.15**	+01:35:49 (52.0%)	8:46	6.8 (47.9%)
521	**MAJCHRZYCKI Sławomir**	**7746**	TKKF MPK POZNAŃ	Senior II M - 30	144	01:42:35	**03:04:20.30**	+01:35:53 (52.0%)	8:46	6.8 (47.9%)
522	**KASZUBA Paweł**	**7609**		Masters M - 40	140	01:42:30	**03:04:20.65**	+01:35:53 (52.0%)	8:46	6.8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
523	**KLUZA Piotr**	**7553**	WKTJ	Weteran I M - 50	32	01:42:43	**03:04:21.55**	+01:35:54 (52.0%)	8:46	6.8 (47.9%)
524	**KNOBLOCH Tomasz**	**7346**	THE PINDOLS	Masters M - 40	141	01:42:38	**03:04:22.75**	+01:35:55 (52.0%)	8:46	6.8 (47.9%)
525	**WOŹNIAK Mirosław**	**7612**	TKKF MPK POZNAŃ	Weteran II M - 60	7	01:44:49	**03:04:24.60**	+01:35:57 (52.0%)	8:46	6.8 (47.9%)
526	**WINCZURA Joanna**	**7569**		Masters K - 40	56	01:41:35	**03:04:29.05**	+01:36:01 (52.1%)	8:47	6.8 (47.9%)
527	**PNIEWSKA Anna**	**7156**		Masters K - 40	57	01:40:40	**03:04:29.70**	+01:36:02 (52.1%)	8:47	6.8 (47.9%)
528	**APANOVA Ekaterina**	**7603**		Senior II K - 30	80	01:41:59	**03:04:31.30**	+01:36:04 (52.1%)	8:47	6.8 (47.9%)
529	**PYRAK Joanna**	**7104**	AEGON RUN	Senior II K - 30	81	01:46:38	**03:04:33.80**	+01:36:06 (52.1%)	8:47	6.8 (47.9%)
530	**PASZKIEWICZ-ŻAK Monika**	**7256**		Senior I K - 20	28	01:43:29	**03:04:46.55**	+01:36:19 (52.1%)	8:47	6.8 (47.9%)
531	**WALCZAK Tomasz**	**7788**	PCH_RUN	Masters M - 40	142	01:38:10	**03:04:53.20**	+01:36:25 (52.2%)	8:48	6.8 (47.9%)
532	**WALCZAK Michał**	**7238**		Masters M - 40	143	01:43:56	**03:04:53.50**	+01:36:26 (52.2%)	8:48	6.8 (47.9%)
533	**WALCZAK Małgorzata**	**7787**	PCH_RUN	Masters K - 40	58	01:38:11	**03:04:53.80**	+01:36:26 (52.2%)	8:48	6.8 (47.9%)
534	**SZMIGIEL Maciej**	**7070**		Senior II M - 30	145	01:45:59	**03:04:59.30**	+01:36:32 (52.2%)	8:48	6.8 (47.9%)
535	**ROGE Michał**	**7465**		Senior II M - 30	146	01:45:39	**03:05:00.00**	+01:36:32 (52.2%)	8:48	6.8 (47.9%)
536	**MARKOWSKA-GRUSZCZYŃSKA Hanna**	**7254**	GRUCHY DAJĄ CZADU !!!	Masters K - 40	59	01:41:22	**03:05:38.55**	+01:37:11 (52.4%)	8:50	6.8 (47.9%)
537	**LEWANDOWSKA Maria**	**7139**	BIEGAM BO NIE LUBIE	Senior II K - 30	82	01:44:54	**03:05:39.85**	+01:37:12 (52.4%)	8:50	6.8 (47.9%)
538	**BAŃKOWSKA Ewa**	**7347**		Senior II K - 30	83	01:41:32	**03:05:55.10**	+01:37:27 (52.4%)	8:51	6.8 (47.9%)
539	**JAWORSKA Magdalena**	**7183**	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	Masters K - 40	60	01:39:48	**03:05:56.45**	+01:37:29 (52.4%)	8:51	6.8 (47.9%)
540	**SIWIASZCZYK Tomasz**	**7202**		Masters M - 40	144	01:39:47	**03:05:57.65**	+01:37:30 (52.4%)	8:51	6.8 (47.9%)
541	**BOROWICZ Marcin**	**7911**		Masters M - 40	145	01:46:35	**03:05:57.80**	+01:37:30 (52.4%)	8:51	6.8 (47.9%)
542	**IGNASZEWSKA Marta**	**7052**	DRUŻYNA SZPIKU	Masters K - 40	61	01:44:12	**03:06:03.05**	+01:37:35 (52.5%)	8:51	6.8 (47.9%)
543	**TOPIŁKO Wojciech**	**7426**	SPEEDO POLSKA	Masters M - 40	146	01:43:41	**03:06:14.35**	+01:37:47 (52.5%)	8:52	6.8 (47.9%)
544	**PACYNA Marek**	**7489**	#BBKTS	Weteran I M - 50	33	01:43:48	**03:06:14.65**	+01:37:47 (52.5%)	8:52	6.8 (47.9%)
545	**KĘDZIA Edyta**	**7846**		Weteran K - 50	4	01:46:33	**03:06:21.85**	+01:37:54 (52.5%)	8:52	6.8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
546	**ANDRZEJCZAK Łukasz**	**7480**		Senior II M - 30	147	01:38:02	**03:06:23.40**	+01:37:56 (52.5%)	8:52	6.8 (47.9%)
547	**FLISEK Jakub**	**7468**	MNTW	Senior II M - 30	148	01:38:11	**03:06:33.20**	+01:38:05 (52.6%)	8:53	6.8 (47.9%)
548	**TOMAL Lidia**	**7858**		Masters K - 40	62	01:41:39	**03:06:40.55**	+01:38:13 (52.6%)	8:53	6.8 (47.9%)
549	**DERES Julia**	**7792**	BIEGOWA KUŹNIA	Senior I K - 20	29	01:39:35	**03:06:48.95**	+01:38:21 (52.7%)	8:53	6.7 (47.2%)
550	**PIÓRKOWSKI Marek**	**7194**	BIEGOWA KUŹNIA	Weteran I M - 50	34	01:39:36	**03:06:49.10**	+01:38:21 (52.7%)	8:53	6.7 (47.2%)
551	**OCHLIŃSKI Tomasz**	**7363**		Masters M - 40	147	01:44:24	**03:06:56.80**	+01:38:29 (52.7%)	8:54	6.7 (47.2%)
552	**SZCZAPA Karol**	**7790**	12TRI.PL	Senior II M - 30	149	01:39:17	**03:07:01.95**	+01:38:34 (52.7%)	8:54	6.7 (47.2%)
553	**KRYSIAK Joachim**	**7384**		Weteran II M - 60	8	01:40:34	**03:07:03.85**	+01:38:36 (52.7%)	8:54	6.7 (47.2%)
554	**BOROWICZ Paulina**	**7542**		Masters K - 40	63	01:46:38	**03:07:05.95**	+01:38:38 (52.7%)	8:54	6.7 (47.2%)
555	**GŁUCHOWSKA Ewelina**	**7389**		Senior II K - 30	84	01:40:01	**03:07:12.35**	+01:38:45 (52.7%)	8:54	6.7 (47.2%)
556	**MARTYNIAK Rafał**	**7342**		Masters M - 40	148	01:41:50	**03:07:12.90**	+01:38:45 (52.8%)	8:54	6.7 (47.2%)
557	**GŁÓWKA Barbara**	**7392**		Senior II K - 30	85	01:44:08	**03:07:14.00**	+01:38:46 (52.8%)	8:54	6.7 (47.2%)
558	**KORNACKA Monika**	**7526**		Masters K - 40	64	01:48:46	**03:07:17.20**	+01:38:49 (52.8%)	8:55	6.7 (47.2%)
559	**ROSZCZYK Tatiana**	**7367**		Masters K - 40	65	01:47:19	**03:07:19.30**	+01:38:52 (52.8%)	8:55	6.7 (47.2%)
560	**POSIŁA Joanna**	**7200**		Masters K - 40	66	01:49:00	**03:07:33.85**	+01:39:06 (52.8%)	8:55	6.7 (47.2%)
561	**KRUPA Ewa**	**7087**		Senior I K - 20	30	01:41:00	**03:07:47.00**	+01:39:19 (52.9%)	8:56	6.7 (47.2%)
562	**DROZDZ Dorota**	**7167**	#KĘSYTEAM	Masters K - 40	67	01:51:12	**03:07:55.70**	+01:39:28 (52.9%)	8:56	6.7 (47.2%)
563	**KASPRZYK Rafał**	**7508**	SPORTOWY KAŹMIERZ	Masters M - 40	149	01:45:48	**03:08:05.70**	+01:39:38 (53.0%)	8:57	6.7 (47.2%)
564	**GOŁĄBEK Damian**	**7268**		Senior II M - 30	150	01:37:42	**03:08:11.70**	+01:39:44 (53.0%)	8:57	6.7 (47.2%)
565	**NAWROCKI Jarosław**	**7499**		Weteran I M - 50	35	01:39:05	**03:08:29.30**	+01:40:02 (53.1%)	8:58	6.7 (47.2%)
566	**GMEREK Zuzanna**	**7008**		Senior I K - 20	31	01:42:43	**03:08:37.00**	+01:40:09 (53.1%)	8:58	6.7 (47.2%)
567	**JESIOŁOWSKI Robert**	**7337**		Weteran I M - 50	36	01:37:33	**03:08:37.95**	+01:40:10 (53.1%)	8:58	6.7 (47.2%)
568	**BORKOWSKI Marcel**	**7624**		Senior II M - 30	151	01:38:53	**03:08:40.05**	+01:40:12 (53.1%)	8:59	6.7 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
569	**ŁOŚ Krzysztof**	**7665**	SBRT WARSZAWA	Weteran II M - 60	9	01:49:37	**03:08:46.15**	+01:40:18 (53.1%)	8:59	6.7 (47.2%)
570	**MARCINIAK Paulina**	**7371**		Senior II K - 30	86	01:47:29	**03:08:46.85**	+01:40:19 (53.1%)	8:59	6.7 (47.2%)
571	**GONERA-BATOR Anna**	**7747**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	87	01:44:49	**03:08:53.05**	+01:40:25 (53.2%)	8:59	6.7 (47.2%)
572	**MOLSKI Andrzej**	**7933**		Weteran I M - 50	37	01:41:54	**03:08:59.60**	+01:40:32 (53.2%)	8:59	6.7 (47.2%)
573	**WISNIEWSKA Małgorzata**	**7332**	FFF	Masters K - 40	68	01:44:44	**03:09:10.50**	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
574	**SZUBARGA Tomasz**	**7170**	ROKIETNICA BIEGA	Senior II M - 30	152	01:40:44	**03:09:10.85**	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
575	**MATELSKI Karol**	**7171**	ROKIETNICA BIEGA	Masters M - 40	150	01:40:44	**03:09:11.15**	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
576	**WOJCIECHOWSKI Andrzej**	**7772**	NIGHT RUNNERS	Senior II M - 30	153	01:45:36	**03:09:17.60**	+01:40:50 (53.3%)	9:00	6.7 (47.2%)
577	**JARCZYŃSKI Piotr**	**7775**	NIGHT RUNNERS	Senior II M - 30	154	01:45:39	**03:09:20.40**	+01:40:53 (53.3%)	9:00	6.7 (47.2%)
578	**NOWAKOWSKI Karol**	**7514**	SBRT WARSZAWA	Senior II M - 30	155	01:37:37	**03:09:22.60**	+01:40:55 (53.3%)	9:01	6.7 (47.2%)
579	**RYBICKI Przemysław**	**7525**	SKLEP BIEGACZA	Masters M - 40	151	01:37:37	**03:09:23.65**	+01:40:56 (53.3%)	9:01	6.7 (47.2%)
580	**SZCZOTKA Katarzyna**	**7088**		Senior I K - 20	32	01:43:47	**03:09:38.90**	+01:41:11 (53.4%)	9:01	6.6 (46.5%)
581	**BARANOWSKI Szymon**	**7094**		Senior II M - 30	156	01:41:25	**03:09:39.50**	+01:41:12 (53.4%)	9:01	6.6 (46.5%)
582	**ZIELIŃSKA Mirona**	**7153**		Masters K - 40	69	01:42:32	**03:09:41.75**	+01:41:14 (53.4%)	9:01	6.6 (46.5%)
583	**ŻAK Piotr**	**7932**		Weteran I M - 50	38	01:45:03	**03:09:47.95**	+01:41:20 (53.4%)	9:02	6.6 (46.5%)
584	**WICIŃSKI Grzegorz**	**7232**	G13	Weteran I M - 50	39	01:35:14	**03:09:51.80**	+01:41:24 (53.4%)	9:02	6.6 (46.5%)
585	**MIKUTANIEC Sebastian**	**7300**		Masters M - 40	152	01:43:13	**03:10:06.15**	+01:41:38 (53.5%)	9:03	6.6 (46.5%)
586	**BRZĘCZEK Izabela**	**7768**		Weteran K - 50	5	01:44:41	**03:10:10.35**	+01:41:43 (53.5%)	9:03	6.6 (46.5%)
587	**SOKOLOWSKA Anna**	**7478**		Senior II K - 30	88	01:42:56	**03:10:12.70**	+01:41:45 (53.5%)	9:03	6.6 (46.5%)
588	**KALINOWSKA Patrycja**	**7879**		Senior II K - 30	89	01:45:54	**03:10:16.10**	+01:41:48 (53.5%)	9:03	6.6 (46.5%)
589	**FRUCZ Jacek**	**7272**		Weteran I M - 50	40	01:48:30	**03:10:38.30**	+01:42:11 (53.6%)	9:04	6.6 (46.5%)
590	**GWORYS Katarzyna**	**7125**	ZRYW PARZYMIECHY	Senior II K - 30	90	01:45:03	**03:10:59.85**	+01:42:32 (53.7%)	9:05	6.6 (46.5%)
591	**GWORYS Krzysztof**	**7130**	ZRYW PARZYMIECHY	Senior II M - 30	157	01:45:05	**03:11:00.60**	+01:42:33 (53.7%)	9:05	6.6 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
592	**JAGIEŁŁO Małgorzata**	**7307**	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	6	01:48:36	**03:11:13.75**	+01:42:46 (53.7%)	9:06	6.6 (46.5%)
593	**PLEWA Remigiusz**	**7464**		Masters M - 40	153	01:42:07	**03:11:42.65**	+01:43:15 (53.9%)	9:07	6.6 (46.5%)
594	**SOCHA Dorota**	**7477**		Senior II K - 30	91	01:42:59	**03:11:44.15**	+01:43:16 (53.9%)	9:07	6.6 (46.5%)
595	**KUGLARZ Tomasz**	**7072**	BIEGACZE ZJADACZE KM	Masters M - 40	154	01:40:26	**03:11:47.50**	+01:43:20 (53.9%)	9:07	6.6 (46.5%)
596	**STACIWO Justyna**	**7174**	KURACJUSZE	Senior II K - 30	92	01:43:40	**03:12:01.00**	+01:43:33 (53.9%)	9:08	6.6 (46.5%)
597	**PRZYBYŁ Tomasz**	**7759**	NIGHT RUNNERS	Masters M - 40	155	01:42:29	**03:12:16.10**	+01:43:48 (54.0%)	9:09	6.6 (46.5%)
598	**HYLIŃSKA Hanna**	**7064**	KOMU CZEMU	Senior II K - 30	93	01:44:22	**03:12:20.30**	+01:43:53 (54.0%)	9:09	6.6 (46.5%)
599	**DZIARNOWSKI Włodzimierz**	**7890**		Weteran II M - 60	10	01:39:26	**03:12:25.20**	+01:43:57 (54.0%)	9:09	6.5 (45.8%)
600	**NIZIOŁEK Aleksander**	**7604**		Masters M - 40	156	01:38:12	**03:12:27.50**	+01:44:00 (54.0%)	9:09	6.5 (45.8%)
601	**MARKOWSKA Lilianna**	**7223**	BIEGAMDLAZDROWIA.PL	Weteran K - 50	7	01:53:09	**03:12:48.10**	+01:44:20 (54.1%)	9:10	6.5 (45.8%)
602	**WOJCIECHOWSKI Paweł**	**7602**		Masters M - 40	157	01:40:12	**03:12:50.65**	+01:44:23 (54.1%)	9:10	6.5 (45.8%)
603	**FASZCZA Agnieszka**	**7148**	MARATOŃCZYK POZNAŃ	Senior II K - 30	94	01:48:20	**03:12:53.20**	+01:44:25 (54.1%)	9:11	6.5 (45.8%)
604	**TARKA Konrad**	**7819**	MARATOŃCZYK POZNAŃ	Senior II M - 30	158	01:48:19	**03:12:53.95**	+01:44:26 (54.1%)	9:11	6.5 (45.8%)
605	**POPOWICZ Justyna**	**7801**	KOBIETY WATAHY	Masters K - 40	70	01:41:15	**03:13:23.70**	+01:44:56 (54.3%)	9:12	6.5 (45.8%)
606	**KAMIŃSKA Katarzyna**	**7736**		Masters K - 40	71	01:48:31	**03:14:00.30**	+01:45:33 (54.4%)	9:14	6.5 (45.8%)
607	**SZWEJK Krzysztof**	**7752**		Masters M - 40	158	01:48:21	**03:14:37.30**	+01:46:10 (54.6%)	9:16	6.5 (45.8%)
608	**CHOJNACKI Jakub**	**7138**		Senior II M - 30	159	01:48:23	**03:14:38.20**	+01:46:10 (54.6%)	9:16	6.5 (45.8%)
609	**PIETRZAK Agnieszka**	**7666**	KB DĘBIEC	Masters K - 40	72	01:47:49	**03:14:46.60**	+01:46:19 (54.6%)	9:16	6.5 (45.8%)
610	**KORYBUT-BARSKA Anna**	**7240**		Masters K - 40	73	01:49:40	**03:15:00.90**	+01:46:33 (54.6%)	9:17	6.5 (45.8%)
611	**SZCZEPANIAK Marta**	**7357**		Masters K - 40	74	01:49:41	**03:15:01.65**	+01:46:34 (54.6%)	9:17	6.5 (45.8%)
612	**ŁUŻNY Agnieszka**	**7386**	MUAY RUNNING TEAM	Senior II K - 30	95	01:48:42	**03:15:04.35**	+01:46:37 (54.7%)	9:17	6.5 (45.8%)
613	**WICIŃSKA Izabela**	**7929**		Weteran K - 50	8	01:47:35	**03:15:44.60**	+01:47:17 (54.8%)	9:19	6.4 (45.1%)
614	**BOGUSZ Marek**	**7735**	WALKA KOSTRZYN	Weteran II M - 60	11	01:48:12	**03:16:01.65**	+01:47:34 (54.9%)	9:20	6.4 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
615	**NITSCHKE Karol**	**7738**	TKKF MPK POZNAŃ	Masters M - 40	159	01:47:57	**03:16:17.55**	+01:47:50 (54.9%)	9:20	6.4 (45.1%)
616	**NITSCHKE Grażyna**	**7598**	TKKF MPK POZNAŃ	Masters K - 40	75	01:47:57	**03:16:18.35**	+01:47:51 (54.9%)	9:20	6.4 (45.1%)
617	**BĄKOWSKA Magdalena**	**7599**	LOCO BABKI	Senior II K - 30	96	01:47:58	**03:16:19.85**	+01:47:52 (54.9%)	9:20	6.4 (45.1%)
618	**KRUPIŃSKI Mateusz**	**7761**		Senior II M - 30	160	01:46:45	**03:17:31.35**	+01:49:04 (55.2%)	9:24	6.4 (45.1%)
619	**KRUPIŃSKA Andżelika**	**7760**	CZERWONACKIE KIJANKI	Senior II K - 30	97	01:46:46	**03:17:32.00**	+01:49:04 (55.2%)	9:24	6.4 (45.1%)
620	**HUTNIK Wojciech**	**7282**	APTENEO RUNNING TEAM	Senior II M - 30	161	01:44:42	**03:17:39.45**	+01:49:12 (55.2%)	9:24	6.4 (45.1%)
621	**PIJANKA Monika**	**7399**		Masters K - 40	76	01:54:38	**03:17:44.20**	+01:49:16 (55.3%)	9:24	6.4 (45.1%)
622	**PACIUCH Dorota**	**7002**		Senior II K - 30	98	01:45:50	**03:18:00.20**	+01:49:32 (55.3%)	9:25	6.4 (45.1%)
623	**KALIŃSKA Dorota**	**7817**	NIEMANIE	Senior II K - 30	99	01:48:35	**03:18:07.80**	+01:49:40 (55.4%)	9:26	6.4 (45.1%)
624	**MILCARZ Andrzej**	**7737**	FESTINA LENTE	Weteran II M - 60	12	01:42:28	**03:18:15.50**	+01:49:48 (55.4%)	9:26	6.4 (45.1%)
625	**MICHALSKI Tomasz**	**7310**	WKURW_TEAM	Masters M - 40	160	01:44:48	**03:18:24.85**	+01:49:57 (55.4%)	9:26	6.4 (45.1%)
626	**MARKIEWICZ Joanna Zuza**	**7039**	TJ	Masters K - 40	77	01:50:06	**03:18:26.45**	+01:49:59 (55.4%)	9:26	6.3 (44.4%)
627	**JACHYMSKA Zofia**	**7653**		Senior I K - 20	33	01:50:10	**03:18:28.75**	+01:50:01 (55.4%)	9:27	6.3 (44.4%)
628	**LUBAŃSKA Alicja**	**7116**		Weteran K - 50	9	01:52:30	**03:18:30.55**	+01:50:03 (55.4%)	9:27	6.3 (44.4%)
629	**ZAKRZEWSKA Beata**	**7119**		Senior II K - 30	100	01:44:44	**03:18:43.95**	+01:50:16 (55.5%)	9:27	6.3 (44.4%)
630	**WACHEL Katarzyna**	**7149**		Masters K - 40	78	01:46:06	**03:18:58.70**	+01:50:31 (55.5%)	9:28	6.3 (44.4%)
631	**FILIPOWICZ Katarzyna**	**7422**		Senior II K - 30	101	01:47:32	**03:19:03.40**	+01:50:36 (55.6%)	9:28	6.3 (44.4%)
632	**PODULKA Małgorzata**	**7798**		Senior II K - 30	102	01:54:56	**03:19:18.15**	+01:50:50 (55.6%)	9:29	6.3 (44.4%)
633	**SZCZERBA Anna**	**7275**		Masters K - 40	79	01:51:24	**03:19:23.00**	+01:50:55 (55.6%)	9:29	6.3 (44.4%)
634	**BOSY Joanna**	**7239**		Senior II K - 30	103	01:47:41	**03:19:36.35**	+01:51:09 (55.7%)	9:30	6.3 (44.4%)
635	**SADOWSKA Paula**	**7420**	SADOSZCZAKI	Senior II K - 30	104	01:50:22	**03:19:52.80**	+01:51:25 (55.7%)	9:31	6.3 (44.4%)
636	**TUCHARZ Sebastian**	**7556**	SBRT WARSZAWA	Masters M - 40	161	01:50:28	**03:20:09.20**	+01:51:41 (55.8%)	9:31	6.3 (44.4%)
637	**ŻERKO Klaudia**	**7016**		Senior II K - 30	105	01:47:05	**03:20:34.80**	+01:52:07 (55.9%)	9:33	6.3 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
638	**LE FELIC Monika**	**7677**		Masters K - 40	80	01:44:51	**03:20:40.20**	+01:52:12 (55.9%)	9:33	6.3 (44.4%)
639	**PLASZCZAK Jarosław**	**7370**		Masters M - 40	162	01:49:01	**03:21:11.00**	+01:52:43 (56.0%)	9:34	6.3 (44.4%)
640	**WALIŃSKA Agata**	**7530**		Senior II K - 30	106	01:49:34	**03:21:12.55**	+01:52:45 (56.0%)	9:34	6.3 (44.4%)
641	**LICHEŃSKI Bartosz**	**7636**		Senior I M - 20	38	01:48:48	**03:21:33.20**	+01:53:05 (56.1%)	9:35	6.3 (44.4%)
642	**BARAŃSKA Małgorzata**	**7351**		Weteran K - 50	10	01:53:07	**03:21:41.55**	+01:53:14 (56.1%)	9:36	6.2 (43.7%)
643	**WOŹNICKA Marta**	**7155**		Masters K - 40	81	01:52:23	**03:22:00.55**	+01:53:33 (56.2%)	9:37	6.2 (43.7%)
643	**NIEWITECKI Krzysztof**	**7172**		Masters M - 40	163	01:52:09	**03:22:00.55**	+01:53:33 (56.2%)	9:37	6.2 (43.7%)
645	**BARTKIEWICZ Lech**	**7777**		Masters M - 40	164	01:39:19	**03:22:39.95**	+01:54:12 (56.4%)	9:39	6.2 (43.7%)
646	**KASPRZYK Marcin**	**7205**		Senior I M - 20	39	01:48:08	**03:22:48.25**	+01:54:20 (56.4%)	9:39	6.2 (43.7%)
647	**NOWACZYK Sylwia**	**7114**	DRUŻYNA SZPIKU	Masters K - 40	82	01:53:10	**03:22:49.25**	+01:54:21 (56.4%)	9:39	6.2 (43.7%)
648	**KMIECIKOWSKI Jakub**	**7203**		Senior I M - 20	40	01:48:08	**03:22:58.85**	+01:54:31 (56.4%)	9:39	6.2 (43.7%)
649	**GÓRNA Małgorzata**	**7511**		Senior II K - 30	107	01:55:26	**03:23:02.25**	+01:54:34 (56.4%)	9:40	6.2 (43.7%)
650	**TCHÓRZEWSKA-PIETRZYK Anna**	**7454**		Masters K - 40	83	01:54:35	**03:23:04.40**	+01:54:37 (56.4%)	9:40	6.2 (43.7%)
651	**NAWROT Katarzyna**	**7597**	MIRAZ RACE TEAM	Senior II K - 30	108	01:50:22	**03:23:06.75**	+01:54:39 (56.5%)	9:40	6.2 (43.7%)
652	**KULAKOWSKI Tomasz**	**7618**		Weteran I M - 50	41	01:50:22	**03:23:31.10**	+01:55:03 (56.5%)	9:41	6.2 (43.7%)
653	**NAGAŃSKA-PILAK Małgorzata**	**7263**		Weteran K - 50	11	01:58:30	**03:23:52.10**	+01:55:24 (56.6%)	9:42	6.2 (43.7%)
654	**WOŹNIAK MACIEJEWSKA Edyta**	**7182**		Masters K - 40	84	01:58:03	**03:24:08.70**	+01:55:41 (56.7%)	9:43	6.2 (43.7%)
655	**KOJDECKI Radosław**	**7107**		Masters M - 40	165	01:48:18	**03:24:18.75**	+01:55:51 (56.7%)	9:43	6.2 (43.7%)
656	**KOWALCZYK Tadeusz**	**7472**	LUX TORPEDA MAŁOPOLSKA	Weteran II M - 60	13	01:48:46	**03:24:23.85**	+01:55:56 (56.7%)	9:43	6.2 (43.7%)
657	**ŚWIĄTEK Agnieszka**	**7090**		Senior II K - 30	109	01:55:05	**03:24:48.30**	+01:56:21 (56.8%)	9:45	6.2 (43.7%)
658	**PURWIN Karolina**	**7083**		Senior I K - 20	34	01:55:05	**03:24:48.75**	+01:56:21 (56.8%)	9:45	6.2 (43.7%)
659	**GAJĘCKA Joanna**	**7093**	ONEONONE	Senior I K - 20	35		**03:25:00.00**	+01:56:32 (56.9%)	9:45	6.1 (43.0%)
660	**GADZINOWSKI Ignacy**	**7439**		Weteran II M - 60	14	01:53:24	**03:25:05.70**	+01:56:38 (56.9%)	9:45	6.1 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
661	**SITKO Grzegorz**	**7851**		Senior II M - 30	162	01:58:45	**03:25:18.95**	+01:56:51 (56.9%)	9:46	6.1 (43.0%)
662	**MOŃKA-PODGÓRNA Ola**	**7212**	WIECZORNE BIEGANIE W OPOLU	Senior I K - 20	36	01:57:28	**03:25:29.10**	+01:57:01 (57.0%)	9:47	6.1 (43.0%)
663	**SZYMAŃSKI Kamil**	**7066**		Senior II M - 30	163	01:44:16	**03:25:30.20**	+01:57:02 (57.0%)	9:47	6.1 (43.0%)
664	**JANKOWSKA Alicja**	**7639**	GANG SŁODZIAKÓW	Senior II K - 30	110	01:49:41	**03:25:35.35**	+01:57:08 (57.0%)	9:47	6.1 (43.0%)
665	**KUCZYŃSKA-LESZCZYŃSKA Joanna**	**7143**	PODLASIAKI TEAM	Masters K - 40	85	01:59:19	**03:26:06.20**	+01:57:38 (57.1%)	9:48	6.1 (43.0%)
666	**PERKA Barbara**	**7117**		Masters K - 40	86	01:53:59	**03:27:04.40**	+01:58:37 (57.3%)	9:51	6.1 (43.0%)
667	**ZARĘBCZAN Kamil**	**7560**	OSTATNICH GRYZĄ PSY	Senior II M - 30	164	01:56:07	**03:27:21.55**	+01:58:54 (57.3%)	9:52	6.1 (43.0%)
668	**SZYMURA Izabela**	**7252**		Masters K - 40	87	01:54:43	**03:27:24.95**	+01:58:57 (57.4%)	9:52	6.1 (43.0%)
669	**KUCZERA Łukasz**	**7815**		Senior II M - 30	165	01:54:43	**03:27:26.70**	+01:58:59 (57.4%)	9:52	6.1 (43.0%)
670	**PLINIEWICZ Joanna**	**7617**	STRONIE BIEGA	Senior II K - 30	111	01:47:19	**03:27:34.80**	+01:59:07 (57.4%)	9:53	6.1 (43.0%)
671	**DŁUGI Martyna**	**7274**	****** ***	Senior I K - 20	37	02:01:34	**03:27:54.75**	+01:59:27 (57.5%)	9:54	6.1 (43.0%)
672	**PATYCKA Edyta**	**7325**		Weteran K - 50	12	01:51:45	**03:29:54.15**	+02:01:26 (57.9%)	9:59	6 (42.3%)
673	**ZIELIŃSKA-CZERBNIAK Izabela**	**7899**	TARNOWO PODGÓRNE BIEGA.	Masters K - 40	88	01:57:50	**03:29:56.75**	+02:01:29 (57.9%)	9:59	6 (42.3%)
674	**WYPCHOŁ Piotr**	**7811**	BIEGAJ Z TRENERAMI	Weteran I M - 50	42	01:48:00	**03:30:17.25**	+02:01:49 (57.9%)	10:00	6 (42.3%)
675	**SWARŻEŃSKA - SOKOŁOWSKA Jagoda**	**7917**		Senior II K - 30	112		**03:30:26.90**	+02:01:59 (58.0%)	10:01	6 (42.3%)
676	**SZCZAWIŃSKA Małgorzata**	**7552**	SBRT WARSZAWA	Masters K - 40	89	02:00:35	**03:30:34.35**	+02:02:07 (58.0%)	10:01	6 (42.3%)
677	**MARYSZCZAK Magda**	**7549**	ADIDAS RUNNERS WARSAW	Masters K - 40	90	02:00:46	**03:30:37.00**	+02:02:09 (58.0%)	10:01	6 (42.3%)
678	**JĘDRUCHNIEWICZ Jolanta**	**7547**	ADIDAS RUNNERS WARSAW	Senior II K - 30	113	02:00:42	**03:30:37.75**	+02:02:10 (58.0%)	10:01	6 (42.3%)
679	**TUCHARZ Anna**	**7550**	ADIDAS RUNNERS WARSAW	Masters K - 40	91	02:00:38	**03:30:38.35**	+02:02:11 (58.0%)	10:01	6 (42.3%)
680	**ŁUCZAK Maciej**	**7680**	BANDA RYCHA	Masters M - 40	166	01:58:40	**03:30:38.40**	+02:02:11 (58.0%)	10:01	6 (42.3%)
681	**ŁUCZAK Roma**	**7678**		Masters K - 40	92	01:58:38	**03:30:38.75**	+02:02:11 (58.0%)	10:01	6 (42.3%)
682	**ŻARSKA-CYNK Patrycja**	**7242**	CAŁA OLEŚNICA BIEGA	Masters K - 40	93	01:52:57	**03:30:39.95**	+02:02:12 (58.0%)	10:01	6 (42.3%)
683	**KUŹNIAK Justyna**	**7335**	KB SZAMOTUŁY	Masters K - 40	94	01:56:16	**03:30:56.25**	+02:02:28 (58.1%)	10:02	6 (42.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
684	**KOTLIŃSKI Tomasz**	**7336**	KB SZAMOTUŁY	Weteran I M - 50	43	01:56:17	**03:30:57.15**	+02:02:29 (58.1%)	10:02	6 (42.3%)
685	**RYPUŁA Grażyna**	**7505**	ZENRUNNINGTEAM	Weteran II K - 60	1	01:56:07	**03:31:16.60**	+02:02:49 (58.1%)	10:03	6 (42.3%)
686	**SAMULSKA Agata Samulska**	**7098**		Weteran K - 50	13	01:57:25	**03:31:18.00**	+02:02:50 (58.1%)	10:03	6 (42.3%)
687	**BARTKIEWICZ Halina**	**7168**		Masters K - 40	95	01:50:57	**03:31:30.10**	+02:03:02 (58.2%)	10:04	6 (42.3%)
688	**PROZOROWSKA Lidia**	**7082**	MARATON LESZNO	Weteran K - 50	14	01:57:04	**03:31:45.10**	+02:03:17 (58.2%)	10:05	6 (42.3%)
689	**ŁASEK Dariusz**	**7878**	BEUT RUNNER TEAM	Weteran II M - 60	15	01:49:51	**03:31:58.10**	+02:03:30 (58.3%)	10:05	5.9 (41.5%)
690	**ŁASEK-PIETRZAK Agnieszka**	**7877**		Senior II K - 30	114	01:49:46	**03:31:58.45**	+02:03:31 (58.3%)	10:05	5.9 (41.5%)
691	**BOROWIK Agata**	**7160**	CAŁA OLEŚNICA BIEGA	Senior II K - 30	115	01:54:57	**03:32:14.70**	+02:03:47 (58.3%)	10:06	5.9 (41.5%)
692	**GIL Marta**	**7767**		Senior II K - 30	116	01:54:48	**03:32:21.60**	+02:03:54 (58.3%)	10:06	5.9 (41.5%)
693	**LESZKIEWICZ Katarzyna**	**7213**		Senior I K - 20	38	01:51:51	**03:32:28.00**	+02:04:00 (58.4%)	10:07	5.9 (41.5%)
694	**MIKUTANIEC Patrycja**	**7177**		Masters K - 40	96	01:56:10	**03:32:43.60**	+02:04:16 (58.4%)	10:07	5.9 (41.5%)
695	**KRAJEWSKA Magdalena**	**7424**		Masters K - 40	97	02:03:57	**03:33:00.25**	+02:04:32 (58.5%)	10:08	5.9 (41.5%)
696	**NESTOROWICZ Monika**	**7372**	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	98	02:01:38	**03:33:25.80**	+02:04:58 (58.6%)	10:09	5.9 (41.5%)
697	**TARASZEWSKA Paulina**	**7894**		Senior II K - 30	117	01:56:36	**03:34:00.90**	+02:05:33 (58.7%)	10:11	5.9 (41.5%)
698	**DANIELEK Ewa**	**7255**		Senior II K - 30	118	01:56:36	**03:34:04.10**	+02:05:36 (58.7%)	10:11	5.9 (41.5%)
699	**SOWIŃSKA Anna**	**7411**		Masters K - 40	99	01:54:08	**03:34:23.40**	+02:05:56 (58.7%)	10:12	5.9 (41.5%)
700	**WODAŁA Jolanta**	**7410**	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	119	01:54:07	**03:34:24.20**	+02:05:56 (58.7%)	10:12	5.9 (41.5%)
701	**WALKOWIAK Marek**	**7338**	PECNA TEAM	Masters M - 40	167	01:53:53	**03:34:55.05**	+02:06:27 (58.8%)	10:14	5.9 (41.5%)
702	**JANKOWIAK Kasia**	**7813**	ORANGE POLSKA	Masters K - 40	100	01:53:14	**03:35:20.65**	+02:06:53 (58.9%)	10:15	5.9 (41.5%)
703	**KANIEWSKI Michał**	**7814**	ORANGE POLSKA	Masters M - 40	168	01:53:16	**03:35:21.75**	+02:06:54 (58.9%)	10:15	5.9 (41.5%)
704	**GOLONKA Kinga**	**7726**		Senior I K - 20	39	02:02:21	**03:35:26.10**	+02:06:58 (58.9%)	10:15	5.8 (40.8%)
705	**NOWAK Magdalena**	**7028**		Senior II K - 30	120	02:03:32	**03:35:35.30**	+02:07:08 (59.0%)	10:15	5.8 (40.8%)
706	**HELWICH Agnieszka**	**7467**		Senior II K - 30	121	01:53:10	**03:35:56.15**	+02:07:28 (59.0%)	10:16	5.8 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
707	**STRZELCZYK Ilona**	**7048**	KĘSY TEAM	Weteran K - 50	15	01:56:59	**03:35:58.50**	+02:07:31 (59.0%)	10:17	5.8 (40.8%)
708	**ZIÓŁEK Teresa**	**7749**	STAY INSANE	Weteran II K - 60	2	02:02:07	**03:36:01.20**	+02:07:33 (59.1%)	10:17	5.8 (40.8%)
709	**MUSIALSKA Anna**	**7294**	PNB	Masters K - 40	101	02:02:33	**03:36:27.25**	+02:07:59 (59.1%)	10:18	5.8 (40.8%)
710	**URBANIAK Alina**	**7236**	KURACJUSZE	Senior II K - 30	122	01:49:21	**03:36:35.50**	+02:08:08 (59.2%)	10:18	5.8 (40.8%)
711	**OGRODNIK Anna**	**7195**	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	123	01:59:38	**03:36:56.65**	+02:08:29 (59.2%)	10:19	5.8 (40.8%)
712	**ROSLAN-KRASIŃSKA Barbara**	**7388**		Masters K - 40	102	02:02:29	**03:37:06.30**	+02:08:39 (59.3%)	10:20	5.8 (40.8%)
713	**SMARZYŃSKA Karolina**	**7366**		Masters K - 40	103	02:02:30	**03:37:07.10**	+02:08:39 (59.3%)	10:20	5.8 (40.8%)
714	**KĘDZIORA Alicja**	**7657**	GSK FIT PIORUNY	Senior II K - 30	124	01:58:22	**03:37:20.40**	+02:08:53 (59.3%)	10:20	5.8 (40.8%)
715	**DORDZIK Małgorzata**	**7487**		Weteran II K - 60	3	02:06:10	**03:37:43.65**	+02:09:16 (59.4%)	10:22	5.8 (40.8%)
716	**BRZEZIŃSKA Teresa**	**7895**		Masters K - 40	104	02:06:24	**03:38:29.30**	+02:10:02 (59.5%)	10:24	5.8 (40.8%)
717	**JAKRZEWSKA Karolina**	**7818**	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	125	01:58:39	**03:38:35.70**	+02:10:08 (59.5%)	10:24	5.8 (40.8%)
718	**SOSZYŃSKA Małgorzata**	**7927**	CZŁAPACZE	Weteran K - 50	16	01:58:07	**03:38:36.85**	+02:10:09 (59.5%)	10:24	5.8 (40.8%)
719	**KOSIOREK Anna**	**7855**		Senior II K - 30	126	02:02:53	**03:38:39.05**	+02:10:11 (59.5%)	10:24	5.8 (40.8%)
720	**KWIT Anna**	**7089**		Masters K - 40	105	01:54:44	**03:39:12.80**	+02:10:45 (59.6%)	10:26	5.7 (40.1%)
721	**SZNABEL Alina**	**7299**	RUNNING 5	Weteran II K - 60	4	01:58:15	**03:39:36.70**	+02:11:09 (59.7%)	10:27	5.7 (40.1%)
722	**JASICKI Julian**	**7288**	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	16	01:57:35	**03:40:01.40**	+02:11:34 (59.8%)	10:28	5.7 (40.1%)
723	**GARBACIAK Marcin**	**7018**	KRISPOL ACTIVE TEAM	Masters M - 40	169	01:59:04	**03:40:31.70**	+02:12:04 (59.9%)	10:30	5.7 (40.1%)
724	**KOZŁOWSKA-WOYCIECHOWSKA Hanna**	**7793**		Masters K - 40	106	01:59:33	**03:40:39.80**	+02:12:12 (59.9%)	10:30	5.7 (40.1%)
725	**JEZIERSKA Karina**	**7164**	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	107	01:59:35	**03:40:40.25**	+02:12:12 (59.9%)	10:30	5.7 (40.1%)
726	**WIŚNIEWSKA Dorota**	**7163**		Masters K - 40	108	02:03:49	**03:40:52.45**	+02:12:25 (60.0%)	10:31	5.7 (40.1%)
727	**BAJSAROWICZ Zuzanna**	**7375**		Senior II K - 30	127	01:55:53	**03:41:12.05**	+02:12:44 (60.0%)	10:32	5.7 (40.1%)
728	**PILAK Zbigniew**	**7264**		Weteran II M - 60	17	02:03:52	**03:42:03.65**	+02:13:36 (60.2%)	10:34	5.7 (40.1%)
729	**RAPACZ Danuta**	**7345**	AN-MAR	Weteran II K - 60	5	02:03:50	**03:42:13.05**	+02:13:45 (60.2%)	10:34	5.7 (40.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
730	**JAŚKIEWICZ Katarzyna**	**7834**		Masters K - 40	109	02:12:52	**03:42:38.25**	+02:14:10 (60.3%)	10:36	5.7 (40.1%)
731	**KULIK Dominika**	**7873**	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	110	02:00:34	**03:42:50.65**	+02:14:23 (60.3%)	10:36	5.7 (40.1%)
732	**CIARKOWSKA Maria**	**7611**		Senior I K - 20	40	01:58:19	**03:43:24.80**	+02:14:57 (60.4%)	10:38	5.6 (39.4%)
733	**ZELMANOWICZ - SZŁAPA Ewa**	**7169**	IZBICKO W BIEGU	Masters K - 40	111	02:06:06	**03:46:22.40**	+02:17:55 (60.9%)	10:46	5.6 (39.4%)
734	**SULIGA Wioletta**	**7755**		Senior II K - 30	128	02:05:09	**03:46:26.05**	+02:17:58 (60.9%)	10:46	5.6 (39.4%)
735	**MATEJCZUK Julia**	**7519**	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	41	01:59:03	**03:47:16.75**	+02:18:49 (61.1%)	10:49	5.5 (38.7%)
736	**NOSZCZYŃSKI Kamil**	**7776**	FUNDACJA BIALYSTOK BIEGA	Senior II M - 30	166	01:59:03	**03:47:16.85**	+02:18:49 (61.1%)	10:49	5.5 (38.7%)
737	**SZCZEPAŃSKI Wojciech**	**7779**	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	167	01:59:01	**03:47:21.30**	+02:18:54 (61.1%)	10:49	5.5 (38.7%)
738	**RUDA Kamila**	**7101**	KURACJUSZE	Senior II K - 30	129	01:59:01	**03:49:52.95**	+02:21:25 (61.5%)	10:56	5.5 (38.7%)
739	**SZCZEPANSKA Karolina**	**7458**	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	130	02:09:25	**03:51:17.20**	+02:22:49 (61.8%)	11:00	5.4 (38.0%)
740	**HETEL Beata**	**7727**		Senior II K - 30	131	02:09:31	**03:51:18.50**	+02:22:51 (61.8%)	11:00	5.4 (38.0%)
741	**WIETRZYŃSKA Agnieszka**	**7369**	MASZ PRZEBIEGANE	Senior II K - 30	132	01:58:10	**03:53:02.90**	+02:24:35 (62.0%)	11:05	5.4 (38.0%)
742	**RYPUŁA Zenon**	**7504**	ZEN RUNNING TEAM	Weteran II M - 60	18	02:11:44	**03:54:20.00**	+02:25:52 (62.3%)	11:09	5.4 (38.0%)
743	**SUCHOCKI Tomasz**	**7829**		Masters M - 40	170	01:51:32	**03:54:42.40**	+02:26:15 (62.3%)	11:10	5.4 (38.0%)
744	**MISZCZAK Katarzyna**	**7166**	MIRAZ RACE TEAM	Masters K - 40	112	02:13:30	**03:55:14.95**	+02:26:47 (62.4%)	11:12	5.4 (38.0%)
745	**KŁOPOTEK Aneta**	**7321**	EXTREME FAMILY	Weteran K - 50	17	02:11:23	**03:55:48.55**	+02:27:21 (62.5%)	11:13	5.3 (37.3%)
746	**SZYMAŃSKI Paweł**	**7259**		Masters M - 40	171	02:06:17	**03:56:26.80**	+02:27:59 (62.6%)	11:15	5.3 (37.3%)
747	**SADOWSKI Andrzej**	**7654**		Weteran II M - 60	19	02:00:12	**03:57:47.95**	+02:29:20 (62.8%)	11:19	5.3 (37.3%)
748	**PROZOROWSKI Wiesław**	**7077**	MARATON LESZNO	Weteran I M - 50	44	02:14:32	**03:58:05.60**	+02:29:38 (62.8%)	11:20	5.3 (37.3%)
749	**ŚWISTUŃ Grzegorz**	**7180**	WKURW_TEAM	Masters M - 40	172	02:05:14	**03:58:26.10**	+02:29:58 (62.9%)	11:21	5.3 (37.3%)
750	**BARTKOWIAK Ludmiła**	**7676**		Masters K - 40	113	02:09:35	**03:58:34.10**	+02:30:06 (62.9%)	11:21	5.3 (37.3%)
751	**WAWRZEŁA Arkadiusz**	**7630**		Masters M - 40	173	01:59:49	**03:58:34.95**	+02:30:07 (62.9%)	11:21	5.3 (37.3%)
752	**TRAJDOS Agata**	**7579**		Senior II K - 30	133	02:09:38	**03:58:38.00**	+02:30:10 (62.9%)	11:21	5.3 (37.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
753	**DOBROWOLSKI Robert**	**7650**	SPORTOWI EMERYCI JELENIA GÓRA	Weteran II M - 60	20	02:15:48	**03:59:31.80**	+02:31:04 (63.1%)	11:24	5.3 (37.3%)
754	**RÓŻAŃSKI Robert**	**7923**		Weteran I M - 50	45	02:08:32	**03:59:33.80**	+02:31:06 (63.1%)	11:24	5.3 (37.3%)
755	**ŻAK Artur**	**7586**		Senior I M - 20	41	02:06:03	**03:59:51.40**	+02:31:24 (63.1%)	11:25	5.3 (37.3%)
756	**ŻAK Renata**	**7446**		Masters K - 40	114	02:06:05	**03:59:52.50**	+02:31:25 (63.1%)	11:25	5.3 (37.3%)
757	**DOBROWOLSKA Bozena**	**7649**	SPORTOWI EMERYCI JELENIA GÓRA	Weteran II K - 60	6	02:15:48	**04:00:13.85**	+02:31:46 (63.2%)	11:26	5.2 (36.6%)
758	**JĘDROWSKA Emilia**	**7709**	ULTRA RZEPIN	Senior II K - 30	134	01:59:40	**04:02:51.00**	+02:34:23 (63.6%)	11:33	5.2 (36.6%)
759	**JUSZKO Monika**	**7303**		Masters K - 40	115	02:15:54	**04:04:00.25**	+02:35:32 (63.7%)	11:37	5.2 (36.6%)
760	**PERKOWSKI Tomasz**	**7920**		Masters M - 40	174	02:18:27	**04:04:02.75**	+02:35:35 (63.8%)	11:37	5.2 (36.6%)
761	**BIAŁOKOS Anna**	**7921**		Masters K - 40	116	02:18:28	**04:04:02.85**	+02:35:35 (63.8%)	11:37	5.2 (36.6%)
762	**SAWICKA Izabela**	**7118**	PARKRUN	Senior II K - 30	135	02:20:48	**04:05:10.25**	+02:36:42 (63.9%)	11:40	5.1 (35.9%)
763	**BARWICKA Marta**	**7402**		Masters K - 40	117	02:11:44	**04:05:27.65**	+02:37:00 (64.0%)	11:41	5.1 (35.9%)
764	**NOSKOWIAK-BAJNO Alicja**	**7766**		Masters K - 40	118	02:15:39	**04:05:29.35**	+02:37:02 (64.0%)	11:41	5.1 (35.9%)
765	**JACHIM-SZUBA Magdalena**	**7826**		Masters K - 40	119	02:13:35	**04:05:36.15**	+02:37:08 (64.0%)	11:41	5.1 (35.9%)
766	**BŁASZKIEWICZ Marzena**	**7129**	CHOŁE KŁÓLIKI	Masters K - 40	120	02:16:59	**04:05:37.55**	+02:37:10 (64.0%)	11:41	5.1 (35.9%)
767	**JUSZKO Aleksandra**	**7444**		Senior I K - 20	42	02:18:09	**04:08:16.75**	+02:39:49 (64.4%)	11:49	5.1 (35.9%)
768	**DZIAŁAK Marian**	**7501**	KB AKTYWNI KONIN	Weteran II M - 60	21	02:02:58	**04:09:10.30**	+02:40:43 (64.5%)	11:51	5.1 (35.9%)
769	**MACIASZEK Andrzej**	**7545**		Senior II M - 30	168	02:02:57	**04:09:10.40**	+02:40:43 (64.5%)	11:51	5.1 (35.9%)
770	**KONIECZNA Natalia**	**7615**		Senior I K - 20	43	02:12:43	**04:09:15.80**	+02:40:48 (64.5%)	11:52	5.1 (35.9%)
771	**CZERCZAK Andrzej**	**7378**		Weteran I M - 50	46	02:15:02	**04:09:37.80**	+02:41:10 (64.6%)	11:53	5 (35.2%)
772	**KRYSZTOFIAK Marta**	**7679**		Senior II K - 30	136	02:18:22	**04:09:56.90**	+02:41:29 (64.6%)	11:54	5 (35.2%)
773	**CIBOREK Ania**	**7674**		Senior II K - 30	137	02:18:22	**04:09:58.60**	+02:41:31 (64.6%)	11:54	5 (35.2%)
774	**MYSZYWODA Monika**	**7043**		Senior II K - 30	138	02:23:47	**04:11:08.65**	+02:42:41 (64.8%)	11:57	5 (35.2%)
775	**KARCZEWSKA Marta**	**7306**		Masters K - 40	121	02:22:30	**04:13:58.00**	+02:45:30 (65.2%)	12:05	5 (35.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
776	**SZOSTAKOWSKA-BALUKIN Dorota**	**7728**	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	122	02:21:21	**04:17:09.55**	+02:48:42 (65.6%)	12:14	4.9 (34.5%)
777	**SIECZKOWSKA Małgorzata**	**7704**	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	123	02:21:22	**04:17:10.65**	+02:48:43 (65.6%)	12:14	4.9 (34.5%)
778	**ZIELONKA Marek**	**7237**		Weteran I M - 50	47	02:17:04	**04:17:29.60**	+02:49:02 (65.6%)	12:15	4.9 (34.5%)
779	**WINIARCZYK Iwona**	**7910**	KORNELCIA TEAM	Senior II K - 30	139	02:25:35	**04:17:31.30**	+02:49:04 (65.7%)	12:15	4.9 (34.5%)
780	**SMUG Ewelina**	**7175**		Senior II K - 30	140	02:32:07	**04:20:10.30**	+02:51:43 (66.0%)	12:23	4.8 (33.8%)
781	**SZYMAŃSKI Jarosław**	**7037**	FUJITSU RUNNING TEAM	Senior II M - 30	169	02:17:05	**04:20:28.80**	+02:52:01 (66.0%)	12:24	4.8 (33.8%)
782	**BALCERZAK Bogdan**	**7419**		Weteran I M - 50	48	02:18:40	**04:22:08.00**	+02:53:40 (66.3%)	12:28	4.8 (33.8%)
783	**GRACZYK Dąbrówka**	**7217**		Senior I K - 20	44	02:32:28	**04:22:13.85**	+02:53:46 (66.3%)	12:29	4.8 (33.8%)
784	**MICHALIK Katarzyna**	**7031**	PRT - PRECEL RACING TEAM	Senior II K - 30	141	02:21:19	**04:22:35.55**	+02:54:08 (66.3%)	12:30	4.8 (33.8%)
785	**WITKOWSKA Ania**	**7134**		Masters K - 40	124	02:20:48	**04:26:50.60**	+02:58:23 (66.9%)	12:42	4.7 (33.1%)
786	**PAWŁOWSKA Danuta**	**7898**		Masters K - 40	125	02:25:52	**04:27:30.55**	+02:59:03 (66.9%)	12:44	4.7 (33.1%)
787	**DRZEWIECKI-ZARZECZNY Grzegorz**	**7080**	BIAŁYSTOK BIEGA TEAM	Weteran II M - 60	22	02:21:08	**04:29:47.95**	+03:01:20 (67.2%)	12:50	4.7 (33.1%)
788	**KRÓL Marek**	**7257**	BIEGAMBOLUBIĘ BIAŁYSTOK	Weteran I M - 50	49	02:21:08	**04:29:48.65**	+03:01:21 (67.2%)	12:50	4.7 (33.1%)
789	**JEZIOREK Jozi**	**7671**		Masters M - 40	175	02:25:19	**04:32:06.40**	+03:03:39 (67.5%)	12:57	4.6 (32.4%)
790	**OSTROWSKA Justyna**	**7251**	BZP	Senior II K - 30	142	02:25:44	**04:33:37.20**	+03:05:09 (67.7%)	13:01	4.6 (32.4%)
791	**GRUBE Bartosz**	**7013**	SUT - STRASZYN ULTRA TEAM	Senior II M - 30	170	02:30:49	**04:48:26.35**	+03:19:59 (69.3%)	13:44	4.4 (31.0%)
792	**PODSIADŁY Robert**	**7060**	CHATA BIEGACZA K34 ZAKOPANE	Weteran II M - 60	23	02:34:38	**04:48:39.60**	+03:20:12 (69.4%)	13:44	4.4 (31.0%)
793	**LEWANDOWSKA-JACKOWSKA Katarzyna**	**7208**		Masters K - 40	126	02:34:52	**04:52:00.70**	+03:23:33 (69.7%)	13:54	4.3 (30.3%)
794	**JANICKA Barbara**	**7390**	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	143	02:40:50	**04:56:58.05**	+03:28:30 (70.2%)	14:08	4.2 (29.6%)
795	**KRUCZEK Ewa**	**7233**	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	144	02:40:52	**04:56:58.15**	+03:28:30 (70.2%)	14:08	4.2 (29.6%)
796	**LATA Violetta**	**7228**	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	18	02:40:53	**04:56:58.65**	+03:28:31 (70.2%)	14:08	4.2 (29.6%)
797	**PIETRASZEK Ewa**	**7613**	KOBIETY WATAHY	Weteran K - 50	19	02:36:23	**04:58:12.80**	+03:29:45 (70.3%)	14:12	4.2 (29.6%)
Przekroczony limit czasu: 05:00:00										
798	**JACKOWSKI Dariusz**	**7220**		Senior II M - 30	171	02:34:59	**05:04:02.65**	+03:35:35 (70.9%)	14:28	4.1 (28.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
799	**KACZOROWSKA Anna**	**7319**	SLOW JOGGING SIEDLCE	Weteran K - 50	20	02:49:18	**05:05:12.60**	+03:36:45 (71.0%)	14:32	4.1 (28.9%)
800	**JAKUBEK Karina**	**7494**		Weteran K - 50	21	02:45:49	**05:18:11.85**	+03:49:44 (72.2%)	15:09	4 (28.2%)
801	**WOŹNIAK Anna**	**7614**		Masters K - 40	127	02:56:43	**05:20:19.15**	+03:51:51 (72.4%)	15:15	3.9 (27.5%)
802	**KOŚCIELNIAK Dagmara**	**7528**	CZERWONACKIE KIJANKI/ZAŁOGA GÓRSKA	Masters K - 40	128	02:54:11	**05:24:37.00**	+03:56:09 (72.8%)	15:27	3.9 (27.5%)
	SZPOCINSKA Sylwia	**7147**	GT RAT	Senior II K - 30		01:30:03 DNF	**DNF**		-	- (0.0%)
	NIEZGODA Miłosława	**7864**		Senior II K - 30		01:37:43 DNF	**DNF**		-	- (0.0%)
	WESOŁOWSKI Tomasz	**7637**		Masters M - 40		02:18:10 DNF	**DNF**		-	- (0.0%)
	KOLAKOWSKA Anna	**7889**	POLACY BIEGAJĄ W NL	Masters K - 40		02:58:08 DNF	**DNF**		-	- (0.0%)
	WĄSOWICZ Martyna	**7023**	36 MINUT WRZEŚNIA	Senior I K - 20		03:12:03 DNF	**DNF**		-	- (0.0%)
	DZIEWICKA Ewa	**7806**		Weteran II K - 60		03:30:46 DNF	**DNF**		-	- (0.0%)
	CICHY Roman	**7377**	MUAY RUNNING TEAM	Masters M - 40		DNF	**DNF**		-	- (0.0%)
	GAŁOSZ Łukasz	**7914**		Senior I M - 20		DNF	**DNF**		-	- (0.0%)

Znaleziono 810 wynik(ów)