

ZŁOTY PÓŁMARATON - 21 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-14
Miejsce: Lądek-Zdrój
Dystans: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	**GLAPIAK Damian**	**7679**	FUNDACJA BIEGANIE NA ŚNIEDANIE	Masters M - 40	1	00:00:00	00:00:03	00:50:09	**01:29:27.80**	**01:29:27.80**		4:15	14.1 (100%)
2	**SOBAS Jacek**	**21**	ON RUN CREW POLAND	Senior II M - 30	1	00:00:00	00:00:03	00:52:04	**01:31:41.20**	**01:31:41.20**	+00:02:13 (2.4%)	4:21	13.7 (97.2%)
3	**LAGNER Sebastian**	**7348**	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	Senior II M - 30	2	00:00:00	00:00:02	00:50:31	**01:31:52.80**	**01:31:52.80**	+00:02:25 (2.6%)	4:22	13.7 (97.2%)
4	**SOBCZAK Daniel**	**7452**	KB SOBÓTKA	Senior II M - 30	3	00:00:00	00:00:01	00:54:04	**01:36:12.50**	**01:36:12.50**	+00:06:44 (7.0%)	4:34	13.1 (92.9%)
5	**BARNAŚ Piotr**	**7506**		Senior I M - 20	1	00:00:00	00:00:03	00:56:05	**01:38:11.80**	**01:38:11.80**	+00:08:44 (8.9%)	4:40	12.8 (90.8%)
6	**KINAL Karol**	**7517**		Senior I M - 20	2	00:00:00	00:00:02	00:54:05	**01:38:22.85**	**01:38:22.85**	+00:08:55 (9.1%)	4:41	12.8 (90.8%)
7	**PIHIL Piotr**	**25**		Masters M - 40	2	00:00:00	00:00:04	00:56:09	**01:39:24.30**	**01:39:24.30**	+00:09:56 (10.0%)	4:44	12.7 (90.1%)
8	**NICPOŃ Sebastian**	**7998**	KARKONOSZ RUNNING TEAM	Senior I M - 20	3	00:00:00	00:00:03	00:54:54	**01:39:49.20**	**01:39:49.20**	+00:10:21 (10.4%)	4:45	12.6 (89.4%)
9	**TOMCZYK Piotr**	**7929**	#ZALINIAMETYTEAM	Senior II M - 30	4	00:00:00	00:00:02	00:55:34	**01:41:53.05**	**01:41:53.05**	+00:12:25 (12.2%)	4:51	12.4 (87.9%)
10	**TESLUK Kuba**	**7224**		Senior I M - 20	4	00:00:00	00:00:02	00:58:27	**01:42:56.45**	**01:42:56.45**	+00:13:28 (13.1%)	4:54	12.2 (86.5%)
11	**HARASIUK Adam**	**7882**	140MINUT.PL	Senior II M - 30	5	00:00:00	00:00:02	00:59:06	**01:43:33.40**	**01:43:33.40**	+00:14:05 (13.6%)	4:55	12.2 (86.5%)
12	**KOTLAREK Dawid**	**7087**	SOBAS TEAM / VEGE RUNNERS	Masters M - 40	3	00:00:00	00:00:06	00:59:21	**01:44:19.95**	**01:44:19.95**	+00:14:52 (14.3%)	4:58	12.1 (85.8%)
13	**STRASZAK Patryk**	**7891**	MOCNA GRUPA CEZARA	Senior I M - 20	5	00:00:00	00:00:06	00:58:08	**01:44:26.50**	**01:44:26.50**	+00:14:58 (14.3%)	4:58	12.1 (85.8%)
14	**BRZOZOWSKA Monika**	**7996**	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II K - 30	1	00:00:00	00:00:03	00:59:22	**01:44:29.90**	**01:44:29.90**	+00:15:02 (14.4%)	4:58	12.1 (85.8%)
15	**POŁUBOK Kajetan**	**7900**	KS KANDAHAR	Masters M - 40	4	00:00:00	00:00:03	00:58:14	**01:44:48.25**	**01:44:48.25**	+00:15:20 (14.6%)	4:59	12 (85.1%)
16	**MACIĄG Iwona**	**14**	TEAM BEROTU / 12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II K - 30	2	00:00:00	00:00:05	01:02:20	**01:46:23.65**	**01:46:23.65**	+00:16:55 (15.9%)	5:03	11.8 (83.7%)
17	**WOŹNIAK Grzegorz**	**13**	12WBOT/MŁODZIEŻOWY OŚRODEK SOCJOTERAPII W KRAJENCE	Senior II M - 30	6	00:00:00	00:00:03	00:59:30	**01:46:23.85**	**01:46:23.85**	+00:16:56 (15.9%)	5:03	11.8 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
18	**NOWACKI Mateusz**	**7962**	PRZEDWOJEWSKI TEAM	Senior II M - 30	7	00:00:00	00:00:01	00:59:14	**01:46:45.45**	**01:46:45.45**	+00:17:17 (16.2%)	5:05	11.8 (83.7%)
19	**KOS Adrian**	**7090**	DOTNI MANUFAKTURA	Senior II M - 30	8	00:00:00	00:00:02	00:59:21	**01:46:59.15**	**01:46:59.15**	+00:17:31 (16.4%)	5:05	11.8 (83.7%)
20	**TARGOSZ Michał**	**7690**	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	00:00:00	00:00:02	01:00:03	**01:47:53.25**	**01:47:53.25**	+00:18:25 (17.1%)	5:08	11.7 (83.0%)
21	**KOZIOŁ Kamil**	**7759**	G.O.A.T TEAM MICHAŁOWICE	Senior II M - 30	9	00:00:00	00:00:10	01:03:28	**01:48:36.85**	**01:48:36.85**	+00:19:09 (17.6%)	5:10	11.6 (82.3%)
22	**SZNUROWSKI Mariusz**	**7438**	KB SOBÓTKA	Senior I M - 20	6	00:00:00	00:00:02	01:01:24	**01:50:14.10**	**01:50:14.10**	+00:20:46 (18.8%)	5:14	11.4 (80.9%)
23	**OBSTÓJ Karolina**	**22**	ON RUN CREW POLAND	Senior II K - 30	3	00:00:00	00:00:03	01:01:34	**01:50:39.70**	**01:50:39.70**	+00:21:11 (19.2%)	5:16	11.4 (80.9%)
24	**SUDOLSKI Emil**	**7304**	GUSTAW TEŻ BIEGA	Masters M - 40	6	00:00:00	00:00:04	01:01:23	**01:50:51.70**	**01:50:51.70**	+00:21:23 (19.3%)	5:16	11.4 (80.9%)
25	**KURAŚ Szymon**	**7018**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	7	00:00:00	00:00:11	01:02:14	**01:51:44.20**	**01:51:44.20**	+00:22:16 (19.9%)	5:19	11.3 (80.1%)
26	**WOLSKI Marcin**	**7920**		Senior II M - 30	10	00:00:00	00:00:04	01:01:22	**01:52:00.55**	**01:52:00.55**	+00:22:32 (20.1%)	5:20	11.3 (80.1%)
27	**CHUDY Tobiasz**	**7185**	RUN TEAM RYDZYNA	Senior II M - 30	11	00:00:00	00:00:34	01:03:26	**01:52:01.00**	**01:52:01.00**	+00:22:33 (20.1%)	5:20	11.2 (79.4%)
28	**OWCZAREK Szymon**	**7457**		Masters M - 40	8	00:00:00	00:00:15	01:01:21	**01:52:11.90**	**01:52:11.90**	+00:22:44 (20.3%)	5:20	11.2 (79.4%)
29	**BOGACZ Krzysztof**	**7703**		Senior II M - 30	12	00:00:00	00:01:28	01:06:09	**01:52:18.80**	**01:52:18.80**	+00:22:51 (20.3%)	5:20	11.2 (79.4%)
30	**CHAJEC Michał**	**7992**		Senior II M - 30	13	00:00:00	00:00:02	01:03:39	**01:52:22.45**	**01:52:22.45**	+00:22:54 (20.4%)	5:21	11.2 (79.4%)
31	**KOWALIK Andrzej**	**7793**	ADRUNALINE	Masters M - 40	9	00:00:00	00:00:04	01:03:26	**01:52:42.90**	**01:52:42.90**	+00:23:15 (20.6%)	5:22	11.2 (79.4%)
32	**PODWÓJCI Michał**	**7416**	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	10	00:00:00	00:00:05	01:02:30	**01:53:09.55**	**01:53:09.55**	+00:23:41 (20.9%)	5:23	11.1 (78.7%)
33	**GOLONKA Paweł**	**7586**	KB WIKON NOWA SÓL	Senior II M - 30	14	00:00:00	00:00:03	01:01:59	**01:53:29.35**	**01:53:29.35**	+00:24:01 (21.2%)	5:24	11.1 (78.7%)
34	**KUBICZEK Andrzej**	**7938**	DRINKTEAM	Senior II M - 30	15	00:00:00	00:00:15	01:03:16	**01:53:39.65**	**01:53:39.65**	+00:24:11 (21.3%)	5:24	11.1 (78.7%)
35	**FUKS Jarosław**	**7894**		Masters M - 40	11	00:00:00	00:00:03	01:04:51	**01:54:36.45**	**01:54:36.45**	+00:25:08 (21.9%)	5:27	11 (78.0%)
36	**KOZAK Tomasz**	**7672**		Senior I M - 20	7	00:00:00	00:00:20	01:02:59	**01:54:47.00**	**01:54:47.00**	+00:25:19 (22.1%)	5:27	11 (78.0%)
37	**MARZEC Tomasz**	**7198**	RUNNERS TEAM NYSA	Masters M - 40	12	00:00:00	00:00:11	01:04:49	**01:55:00.00**	**01:55:00.00**	+00:25:32 (22.2%)	5:28	11 (78.0%)
38	**ZAPORA Marek**	**7066**	W POGONI ZA DUCHEM	Masters M - 40	13	00:00:00	00:00:18	01:03:58	**01:55:14.95**	**01:55:14.95**	+00:25:47 (22.4%)	5:29	10.9 (77.3%)
39	**STELMACH Dominika**	**26**		Masters K - 40	1	00:00:00	00:00:03	01:03:25	**01:55:27.35**	**01:55:27.35**	+00:25:59 (22.5%)	5:29	10.9 (77.3%)
40	**KOŁODZIEJ Roman**	**7546**	PERFEKTA KARŁOWICE	Masters M - 40	14	00:00:00	00:00:02	01:05:44	**01:55:34.15**	**01:55:34.15**	+00:26:06 (22.6%)	5:30	10.9 (77.3%)
41	**KAMIŃSKI Artur**	**7556**		Masters M - 40	15	00:00:00	00:00:04	01:04:51	**01:55:38.95**	**01:55:38.95**	+00:26:11 (22.6%)	5:30	10.9 (77.3%)

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42	**CHAMALA Krzysztof**	**7139**	WEEGREE	Senior II M - 30	16	00:00:00	00:00:20	01:07:09	**01:55:48.15**	**01:55:48.15**	+00:26:20 (22.7%)	5:30	10.9 (77.3%)
43	**MAKUCH Leszek**	**7864**		Senior II M - 30	17	00:00:00	00:00:28	01:06:05	**01:56:16.05**	**01:56:16.05**	+00:26:48 (23.1%)	5:32	10.8 (76.6%)
44	**ŻUREK Patryk**	**7982**		Senior I M - 20	8	00:00:00	00:00:06	01:02:20	**01:56:18.85**	**01:56:18.85**	+00:26:51 (23.1%)	5:32	10.8 (76.6%)
45	**ZANDECKI Maciej**	**7399**		Weteran I M - 50	1	00:00:00	00:00:12	01:04:50	**01:56:21.45**	**01:56:21.45**	+00:26:53 (23.1%)	5:32	10.8 (76.6%)
46	**FLOREK Paweł**	**7846**	RUNADDICTS	Senior II M - 30	18	00:00:00	00:00:18	01:05:16	**01:56:32.75**	**01:56:32.75**	+00:27:04 (23.2%)	5:32	10.8 (76.6%)
47	**SZAFRAŃSKI Jan**	**19**	KOMPANIA PIWOWARSKA SA	Masters M - 40	16	00:00:00	00:00:23	01:07:12	**01:56:56.70**	**01:56:56.70**	+00:27:28 (23.5%)	5:34	10.8 (76.6%)
48	**OSTASZEWSKI Michał**	**7075**		Senior II M - 30	19	00:00:00	00:00:26	01:07:14	**01:57:03.00**	**01:57:03.00**	+00:27:35 (23.6%)	5:34	10.8 (76.6%)
49	**NOWOTNY Piotr**	**7169**	DRINKTEAM	Senior II M - 30	20	00:00:00	00:00:12	01:04:16	**01:57:09.70**	**01:57:09.70**	+00:27:41 (23.6%)	5:34	10.8 (76.6%)
50	**KOLMAN Piotr**	**7823**	ENDORFINA WSCHOWA	Masters M - 40	17	00:00:00	00:00:45	01:06:31	**01:57:14.60**	**01:57:14.60**	+00:27:46 (23.7%)	5:34	10.7 (75.9%)
51	**LULIS Anna**	**7840**	#SOBASTEAM	Masters K - 40	2	00:00:00	00:00:04	01:06:13	**01:57:32.65**	**01:57:32.65**	+00:28:04 (23.9%)	5:35	10.7 (75.9%)
52	**BOSAKIEWICZ Tomasz**	**38**		Senior II M - 30	21	00:00:00	00:00:14	01:06:04	**01:57:50.25**	**01:57:50.25**	+00:28:22 (24.1%)	5:36	10.7 (75.9%)
53	**ŚLIWIŃSKI Paweł**	**7209**	PKO BANK POLSKI	Senior II M - 30	22	00:00:00	00:00:24	01:07:11	**01:58:13.50**	**01:58:13.50**	+00:28:45 (24.3%)	5:37	10.7 (75.9%)
54	**CIEPŁY Kamil**	**7282**	140MINUT.PL / GARMIN WROCŁAW	Senior II M - 30	23	00:00:00	00:00:08	01:08:48	**01:58:20.70**	**01:58:20.70**	+00:28:52 (24.4%)	5:38	10.6 (75.2%)
55	**MAJEWSKA Agata**	**7678**		Masters K - 40	3	00:00:00	00:00:10	01:06:54	**01:58:33.50**	**01:58:33.50**	+00:29:05 (24.5%)	5:38	10.6 (75.2%)
56	**KURASIK Tomasz Kurasik**	**7577**		Masters M - 40	18	00:00:00	00:00:11	01:06:29	**01:58:42.35**	**01:58:42.35**	+00:29:14 (24.6%)	5:39	10.6 (75.2%)
57	**BEDNAREK Bartłomiej**	**7116**	MKS SIECHNICE	Senior II M - 30	24	00:00:00	00:01:56	01:08:56	**01:59:17.85**	**01:59:17.85**	+00:29:50 (25.0%)	5:40	10.6 (75.2%)
58	**ROSKOSZ Michał**	**7161**	KAC RUNNING TEAM	Masters M - 40	19	00:00:00	00:00:14	01:07:13	**01:59:35.05**	**01:59:35.05**	+00:30:07 (25.2%)	5:41	10.5 (74.5%)
59	**BAŁYS Katarzyna**	**7912**	HERCOG RUNNING TEAM	Senior II K - 30	4	00:00:00	00:00:05	01:08:00	**01:59:44.10**	**01:59:44.10**	+00:30:16 (25.3%)	5:42	10.5 (74.5%)
60	**KUCHARSKI Robert**	**7693**	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	20	00:00:00	00:00:01	01:06:56	**01:59:49.90**	**01:59:49.90**	+00:30:22 (25.3%)	5:42	10.5 (74.5%)
61	**NOWORYTA Radosław**	**7031**	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	21	00:00:00	00:00:07	01:06:09	**02:00:15.90**	**02:00:15.90**	+00:30:48 (25.6%)	5:43	10.5 (74.5%)
62	**PAROL Piotr**	**7656**		Senior I M - 20	9	00:00:00	00:01:03	01:07:15	**02:00:25.50**	**02:00:25.50**	+00:30:57 (25.7%)	5:44	10.5 (74.5%)
63	**CHŁĄD Aleksander**	**7941**	EX TEAM	Senior II M - 30	25	00:00:00	00:00:13	01:09:33	**02:01:56.95**	**02:01:56.95**	+00:32:29 (26.6%)	5:48	10.3 (73.0%)
64	**SUTKOWY Paweł**	**7847**		Senior II M - 30	26	00:00:00	00:00:18	01:06:16	**02:02:16.30**	**02:02:16.30**	+00:32:48 (26.8%)	5:49	10.3 (73.0%)
65	**FORTUNA Marcin**	**7815**	ŚWISZCZĄCY ŁAŃCUCH/ANTOTEAM	Senior II M - 30	27	00:00:00	00:01:28	01:11:55	**02:02:36.65**	**02:02:36.65**	+00:33:08 (27.0%)	5:50	10.3 (73.0%)

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66	**GAJEWSKI Marek**	**7507**	ADIDAS RUNNERS WARSAW	Senior II M - 30	28	00:00:00	00:00:09	01:09:17	**02:02:57.65**	**02:02:57.65**	+00:33:29 (27.2%)	5:51	10.2 (72.3%)
67	**KORDALSKA Karolina**	**7424**	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	1	00:00:00	00:00:10	01:08:47	**02:03:16.85**	**02:03:16.85**	+00:33:49 (27.4%)	5:52	10.2 (72.3%)
68	**FARON Rafał**	**7954**		Senior I M - 20	10	00:00:00	00:00:10	01:08:47	**02:03:16.90**	**02:03:16.90**	+00:33:49 (27.4%)	5:52	10.2 (72.3%)
69	**WOSZEK Szymon**	**7811**	WOSZKI	Senior I M - 20	11	00:00:00	00:00:02	01:09:09	**02:03:20.10**	**02:03:20.10**	+00:33:52 (27.5%)	5:52	10.2 (72.3%)
70	**BRZESKI Szczepan**	**7567**		Masters M - 40	22	00:00:00	00:01:05	01:10:07	**02:03:27.35**	**02:03:27.35**	+00:33:59 (27.5%)	5:52	10.2 (72.3%)
71	**BAZYL Adam**	**7537**	BREMBO	Senior II M - 30	29	00:00:00	00:00:19	01:11:45	**02:03:33.40**	**02:03:33.40**	+00:34:05 (27.6%)	5:53	10.2 (72.3%)
72	**RĄCZKOWSKI Michał**	**7549**	SZLACHETNA PACZKA	Senior I M - 20	12	00:00:00	00:03:21	01:13:16	**02:03:52.00**	**02:03:52.00**	+00:34:24 (27.8%)	5:53	10.2 (72.3%)
73	**DORNIAK Jarosław**	**7322**	PZU SPORT TEAM	Weteran I M - 50	2	00:00:00	00:00:07	01:10:26	**02:04:52.50**	**02:04:52.50**	+00:35:24 (28.4%)	5:56	10.1 (71.6%)
74	**PAJOR Bartosz**	**7855**	GVT	Senior II M - 30	30	00:00:00	00:00:28	01:09:42	**02:04:54.80**	**02:04:54.80**	+00:35:27 (28.4%)	5:56	10.1 (71.6%)
75	**BROK Małgorzata**	**7364**	RUNPASSION.PL TEAM	Masters K - 40	4	00:00:00	00:00:05	01:10:41	**02:05:03.10**	**02:05:03.10**	+00:35:35 (28.5%)	5:57	10.1 (71.6%)
76	**KOŁECKA Patrycja**	**7501**	PIĄTKOWO NA BIEGOWO	Masters K - 40	5	00:00:00	00:00:06	01:12:10	**02:05:05.05**	**02:05:05.05**	+00:35:37 (28.5%)	5:57	10.1 (71.6%)
77	**BIERNAT Mateusz**	**7675**		Senior II M - 30	31	00:00:00	00:00:28	01:11:46	**02:05:08.85**	**02:05:08.85**	+00:35:41 (28.5%)	5:57	10.1 (71.6%)
78	**NOWIŃSKI Rafał**	**7013**	ENDORFINA WSCHOWA	Masters M - 40	23	00:00:00	00:00:51	01:09:32	**02:05:10.55**	**02:05:10.55**	+00:35:42 (28.5%)	5:57	10.1 (71.6%)
79	**BERGER Piotr**	**7561**	RUNNERS TEAM NYSA	Masters M - 40	24	00:00:00	00:01:32	01:12:13	**02:05:24.35**	**02:05:24.35**	+00:35:56 (28.7%)	5:58	10 (70.9%)
80	**DYKA Miłosz**	**7739**	MATNER RUNNING TEAM	Senior I M - 20	13	00:00:00	00:00:36	01:14:00	**02:05:27.45**	**02:05:27.45**	+00:35:59 (28.7%)	5:58	10 (70.9%)
81	**TOMASZKIEWICZ Wojciech**	**7434**	RUNFOREST	Senior II M - 30	32	00:00:00	00:00:18	01:10:33	**02:05:30.15**	**02:05:30.15**	+00:36:02 (28.7%)	5:58	10 (70.9%)
82	**LASEK Mikołaj**	**33**	PAN WUEFISTA	Senior II M - 30	33	00:00:00	00:00:06	01:12:37	**02:05:38.65**	**02:05:38.65**	+00:36:10 (28.8%)	5:58	10 (70.9%)
83	**OLESZOWSKI Marcin**	**7406**		Senior II M - 30	34	00:00:00	00:00:28	01:09:11	**02:05:43.75**	**02:05:43.75**	+00:36:15 (28.8%)	5:59	10 (70.9%)
84	**CHMIELEWSKI Tomasz**	**7461**		Weteran I M - 50	3	00:00:00	00:00:25	01:08:30	**02:06:17.55**	**02:06:17.55**	+00:36:49 (29.2%)	6:00	10 (70.9%)
85	**ŁABĘDŹ Mariusz**	**7218**		Masters M - 40	25	00:00:00	00:00:07	01:10:44	**02:06:19.75**	**02:06:19.75**	+00:36:51 (29.2%)	6:00	10 (70.9%)
86	**MÓLL Kacper**	**7291**		Senior I M - 20	14	00:00:00	00:00:07	01:10:42	**02:06:25.95**	**02:06:25.95**	+00:36:58 (29.2%)	6:01	10 (70.9%)
87	**SZAFRAŃSKI Dominik**	**7931**	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	35	00:00:00	00:00:07	01:11:40	**02:07:07.60**	**02:07:07.60**	+00:37:39 (29.6%)	6:03	9.9 (70.2%)
88	**ŁUSIAK Łukasz**	**7724**		Senior II M - 30	36	00:00:00	00:00:04	01:10:12	**02:07:13.95**	**02:07:13.95**	+00:37:46 (29.7%)	6:03	9.9 (70.2%)
89	**KĘDZIORA Norbert**	**45**		Senior II M - 30	37	00:00:00	00:02:04	01:14:00	**02:07:14.95**	**02:07:14.95**	+00:37:47 (29.7%)	6:03	9.9 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
90	**BAHRANOWSKA-KILIAN Maria**	**7927**	AZS AWF KRAKÓW MASTERS	Senior I K - 20	2	00:00:00	00:00:12	01:13:57	**02:07:23.95**	**02:07:23.95**	+00:37:56 (29.8%)	6:03	9.9 (70.2%)
91	**MACIASZCZYK Marek**	**15**		Masters M - 40	26	00:00:00	00:01:38	01:13:59	**02:07:29.05**	**02:07:29.05**	+00:38:01 (29.8%)	6:04	9.9 (70.2%)
92	**WILK Łukasz**	**7848**	RUNADDICTS	Senior II M - 30	38	00:00:00	00:00:19	01:11:14	**02:07:29.65**	**02:07:29.65**	+00:38:01 (29.8%)	6:04	9.9 (70.2%)
93	**BIELSKI Seweryn**	**7801**	MIRAZ RACE TEAM	Masters M - 40	27	00:00:00	00:00:22	01:11:04	**02:07:33.90**	**02:07:33.90**	+00:38:06 (29.9%)	6:04	9.9 (70.2%)
94	**GURGUL Mateusz**	**7276**	AROMAT NÓG	Senior II M - 30	39	00:00:00	00:00:08	01:11:54	**02:07:56.90**	**02:07:56.90**	+00:38:29 (30.1%)	6:05	9.8 (69.5%)
95	**PAPROCKI Krzysztof**	**7971**		Masters M - 40	28	00:00:00	00:01:00	01:14:53	**02:08:21.80**	**02:08:21.80**	+00:38:54 (30.3%)	6:06	9.8 (69.5%)
96	**GAŁĘZYKA Rafał**	**7750**	EUROVENT ATHLETICS	Masters M - 40	29	00:00:00	00:02:08	01:13:40	**02:09:01.95**	**02:09:01.95**	+00:39:34 (30.7%)	6:08	9.8 (69.5%)
97	**KRAJEWSKI Marcin**	**7754**	NOA	Senior II M - 30	40	00:00:00	00:00:06	01:13:41	**02:09:16.95**	**02:09:16.95**	+00:39:49 (30.8%)	6:09	9.7 (68.8%)
98	**TKACZYK-CAŁKA Anna**	**7083**	#ZALINIAMETYTEAM	Senior II K - 30	5	00:00:00	00:00:10	01:13:15	**02:09:32.25**	**02:09:32.25**	+00:40:04 (30.9%)	6:10	9.7 (68.8%)
99	**PETA Rafał**	**7355**		Masters M - 40	30	00:00:00	00:00:17	01:13:58	**02:09:32.70**	**02:09:32.70**	+00:40:04 (30.9%)	6:10	9.7 (68.8%)
100	**SASIN Dominika**	**7615**	ŻELAZNA ŚWIDNICA	Senior I K - 20	3	00:00:00	00:01:38	01:13:51	**02:09:33.60**	**02:09:33.60**	+00:40:05 (30.9%)	6:10	9.7 (68.8%)
101	**RUSZCZEWSKI Andrzej**	**7267**	VEGE RUNNERS / 140MINUT.PL	Senior II M - 30	41	00:00:00	00:01:57	01:18:57	**02:09:35.55**	**02:09:35.55**	+00:40:07 (31.0%)	6:10	9.7 (68.8%)
102	**BRUVELE Liene**	**7568**		Senior II K - 30	6	00:00:00	00:00:32	01:13:14	**02:09:43.95**	**02:09:43.95**	+00:40:16 (31.0%)	6:10	9.7 (68.8%)
103	**PAWLAK Daniel**	**7505**	LKS ISKRA JASZKOWA	Masters M - 40	31	00:00:00	00:00:37	01:12:49	**02:09:46.55**	**02:09:46.55**	+00:40:18 (31.1%)	6:10	9.7 (68.8%)
104	**MARIN Alberto**	**7357**		Senior II M - 30	42	00:00:00	00:02:11	01:17:12	**02:09:55.50**	**02:09:55.50**	+00:40:27 (31.1%)	6:11	9.7 (68.8%)
105	**KLIMEK Marek**	**7154**	ADIDAS RUNNERS WARSAW	Senior II M - 30	43	00:00:00	00:00:04	01:11:38	**02:10:05.90**	**02:10:05.90**	+00:40:38 (31.2%)	6:11	9.7 (68.8%)
106	**KOKOTT Agnieszka**	**7095**	140MINUT.PL	Senior II K - 30	7	00:00:00	00:00:24	01:14:01	**02:10:07.50**	**02:10:07.50**	+00:40:39 (31.2%)	6:11	9.7 (68.8%)
107	**KRZEŚNIAK Natalia**	**7869**	DREAM RUN	Senior I K - 20	4	00:00:00	00:00:15	01:15:17	**02:10:29.85**	**02:10:29.85**	+00:41:02 (31.4%)	6:12	9.7 (68.8%)
108	**ROŚLICKI Jarosław**	**7504**	DTR MARIO TEAM/UBEZPIECZENIA DLA AKTYWNYCH	Masters M - 40	32	00:00:00	00:00:14	01:14:53	**02:10:32.00**	**02:10:32.00**	+00:41:04 (31.5%)	6:12	9.7 (68.8%)
109	**PIETRZYK Tomasz**	**7727**	140MINUT.PL | LANIE NA ŚLĘŻY	Masters M - 40	33	00:00:00	00:00:05	01:13:58	**02:10:41.30**	**02:10:41.30**	+00:41:13 (31.5%)	6:13	9.6 (68.1%)
110	**KRZYSCIN Maciej**	**7854**	STRUŚ KĄKOLEWICE	Masters M - 40	34	00:00:00	00:00:08	01:11:44	**02:10:48.60**	**02:10:48.60**	+00:41:20 (31.6%)	6:13	9.6 (68.1%)
111	**KIERSKI Piotr**	**7820**	BLUSZCZA	Masters M - 40	35	00:00:00	00:00:15	01:14:02	**02:10:50.55**	**02:10:50.55**	+00:41:22 (31.6%)	6:13	9.6 (68.1%)
112	**HELMECKI Marcin**	**3**	PRO-RUN WROCŁAW	Senior I M - 20	15	00:00:00	00:00:53	01:18:58	**02:11:24.40**	**02:11:24.40**	+00:41:56 (31.9%)	6:15	9.6 (68.1%)
113	**KWIKERT Adrian**	**7942**		Senior II M - 30	44	00:00:00	00:00:27	01:12:45	**02:11:25.60**	**02:11:25.60**	+00:41:57 (31.9%)	6:15	9.6 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
114	**RUTA Dariusz**	**7919**		Weteran I M - 50	4	00:00:00	00:00:25	01:08:13	**02:11:32.20**	**02:11:32.20**	+00:42:04 (32.0%)	6:15	9.6 (68.1%)
115	**BABIŃSKA-POPIŁKA Ewelina**	**7943**		Senior II K - 30	8	00:00:00	00:00:07	01:13:13	**02:11:43.00**	**02:11:43.00**	+00:42:15 (32.1%)	6:16	9.6 (68.1%)
116	**ŻEHALUK Paweł**	**7630**		Senior II M - 30	45	00:00:00	00:04:01	01:18:46	**02:11:56.30**	**02:11:56.30**	+00:42:28 (32.2%)	6:16	9.6 (68.1%)
117	**KULCZYCKI Emanuel**	**7439**	#SOBASTEAM	Senior II M - 30	46	00:00:00	00:00:36	01:14:48	**02:12:11.35**	**02:12:11.35**	+00:42:43 (32.3%)	6:17	9.5 (67.4%)
118	**BOĆKO Ewa**	**7613**		Masters K - 40	6	00:00:00	00:00:57	01:16:06	**02:12:16.05**	**02:12:16.05**	+00:42:48 (32.4%)	6:17	9.5 (67.4%)
119	**MAZUR Jan**	**7682**		Senior I M - 20	16	00:00:00	00:00:52	01:11:19	**02:12:19.10**	**02:12:19.10**	+00:42:51 (32.4%)	6:18	9.5 (67.4%)
120	**PAŁAC Piotr**	**7684**		Weteran I M - 50	5	00:00:00	00:00:24	01:14:58	**02:12:21.05**	**02:12:21.05**	+00:42:53 (32.4%)	6:18	9.5 (67.4%)
121	**ISHCHUK Aliaksandr**	**7147**		Senior II M - 30	47	00:00:00	00:00:50	01:09:06	**02:12:32.55**	**02:12:32.55**	+00:43:04 (32.5%)	6:18	9.5 (67.4%)
122	**KOMAR Patryk**	**7871**	KOMAR TEAM	Senior II M - 30	48	00:00:00	00:01:54	01:14:03	**02:12:47.00**	**02:12:47.00**	+00:43:19 (32.6%)	6:19	9.5 (67.4%)
123	**HACUŚ Tomasz**	**7865**		Masters M - 40	36	00:00:00	00:00:17	01:14:52	**02:12:52.80**	**02:12:52.80**	+00:43:25 (32.7%)	6:19	9.5 (67.4%)
124	**ORDYŃSKA Anna**	**7818**		Senior II K - 30	9	00:00:00	00:01:12	01:18:45	**02:13:01.75**	**02:13:01.75**	+00:43:33 (32.7%)	6:20	9.5 (67.4%)
125	**SZLAMA Tomasz**	**7553**	POLISH RUNNERS CLUB IRELAND	Masters M - 40	37	00:00:00	00:01:14	01:18:46	**02:13:02.20**	**02:13:02.20**	+00:43:34 (32.8%)	6:20	9.5 (67.4%)
126	**MALCÁNKOVÁ Kateřina**	**7842**		Senior I K - 20	5	00:00:00	00:00:06	01:15:12	**02:13:02.50**	**02:13:02.50**	+00:43:34 (32.8%)	6:20	9.5 (67.4%)
127	**PĘKALA Kamila**	**7076**	#BIEGAJZESLAWKIEM	Senior I K - 20	6	00:00:00	00:00:12	01:16:41	**02:13:18.55**	**02:13:18.55**	+00:43:50 (32.9%)	6:20	9.5 (67.4%)
128	**MATYKIEWICZ Michał**	**7061**	FOXFONNA RUNNERS	Masters M - 40	38	00:00:00	00:01:16	01:16:58	**02:13:19.15**	**02:13:19.15**	+00:43:51 (32.9%)	6:20	9.5 (67.4%)
129	**GÓRNY Marcin**	**7351**	WYBIEGAĆ MARZENIA TEAM	Senior II M - 30	49	00:00:00	00:00:22	01:15:19	**02:13:24.70**	**02:13:24.70**	+00:43:56 (32.9%)	6:21	9.4 (66.7%)
130	**SZERMENT Eryk**	**7098**	MAZURTEAM	Masters M - 40	39	00:00:00	00:00:23	01:16:06	**02:13:27.25**	**02:13:27.25**	+00:43:59 (33.0%)	6:21	9.4 (66.7%)
131	**MÓLL Mateusz**	**7040**	#SOBASTEAM	Senior II M - 30	50	00:00:00	00:00:05	01:10:41	**02:13:53.35**	**02:13:53.35**	+00:44:25 (33.2%)	6:22	9.4 (66.7%)
132	**JÓŹWIAK Dorota**	**7800**	MIRAZ RACE TEAM	Masters K - 40	7	00:00:00	00:00:21	01:16:05	**02:14:28.45**	**02:14:28.45**	+00:45:00 (33.5%)	6:24	9.4 (66.7%)
133	**CZAPKA Norbert**	**7886**	EURODENT	Weteran I M - 50	6	00:00:00	00:00:10	01:04:49	**02:14:32.70**	**02:14:32.70**	+00:45:04 (33.5%)	6:24	9.4 (66.7%)
134	**IWANOW Hubert**	**7977**		Senior II M - 30	51	00:00:00	00:03:04	01:17:26	**02:14:37.55**	**02:14:37.55**	+00:45:09 (33.5%)	6:24	9.4 (66.7%)
135	**KOKOTT Marcin**	**7102**	140MINUT.PL	Senior II M - 30	52	00:00:00	00:00:24	01:13:55	**02:14:59.15**	**02:14:59.15**	+00:45:31 (33.7%)	6:25	9.3 (66.0%)
136	**BACHURSKI Tomasz**	**7064**	140MINUT.PL	Masters M - 40	40	00:00:00	00:00:51	01:17:45	**02:15:23.10**	**02:15:23.10**	+00:45:55 (33.9%)	6:26	9.3 (66.0%)
137	**SZYSZKO Stanisław**	**7995**	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II M - 30	53	00:00:00	00:00:19	01:19:18	**02:15:24.40**	**02:15:24.40**	+00:45:56 (33.9%)	6:26	9.3 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
138	**SZYMAŃSKA Agnieszka**	**7975**	BIEGOWY WARIAT RUNNING TEAM	Masters K - 40	8	00:00:00	00:01:04	01:20:08	**02:15:25.25**	**02:15:25.25**	+00:45:57 (33.9%)	6:26	9.3 (66.0%)
139	**MACHOWIAK Adam**	**7412**		Senior II M - 30	54	00:00:00	00:00:34	01:16:28	**02:15:25.95**	**02:15:25.95**	+00:45:58 (33.9%)	6:26	9.3 (66.0%)
140	**JAROSŁAWSKI Marcin**	**7845**		Masters M - 40	41	00:00:00	00:00:55	01:18:59	**02:15:26.80**	**02:15:26.80**	+00:45:59 (33.9%)	6:26	9.3 (66.0%)
141	**DAKUS Mykola**	**7944**		Masters M - 40	42	00:00:00	00:00:07	01:15:00	**02:15:38.60**	**02:15:38.60**	+00:46:10 (34.0%)	6:27	9.3 (66.0%)
142	**PAWŁOWSKI Mirosław**	**7904**	FIGHT-GYM STRONIE ŚLĄSKIE	Senior I M - 20	17	00:00:00	00:01:07	01:20:27	**02:15:51.25**	**02:15:51.25**	+00:46:23 (34.1%)	6:28	9.3 (66.0%)
143	**KAWCZYŃSKI Piotr**	**7640**	GUSTAW TEŻ BIEGA	Masters M - 40	43	00:00:00	00:00:05	01:18:16	**02:15:58.25**	**02:15:58.25**	+00:46:30 (34.2%)	6:28	9.3 (66.0%)
144	**HARETSKI Aleksander**	**7141**		Senior II M - 30	55	00:00:00	00:00:50	01:11:53	**02:16:01.65**	**02:16:01.65**	+00:46:33 (34.2%)	6:28	9.3 (66.0%)
145	**PIASKOWSKI Artur**	**7896**		Masters M - 40	44	00:00:00	00:00:24	01:17:11	**02:16:24.35**	**02:16:24.35**	+00:46:56 (34.4%)	6:29	9.2 (65.2%)
146	**DZIUBAŁKA Adrian**	**1**		Senior II M - 30	56	00:00:00	00:01:28	01:22:30	**02:16:28.00**	**02:16:28.00**	+00:47:00 (34.4%)	6:29	9.2 (65.2%)
147	**MAJEWSKA Ewa**	**7853**		Masters K - 40	9	00:00:00	00:00:18	01:17:57	**02:16:41.45**	**02:16:41.45**	+00:47:13 (34.6%)	6:30	9.2 (65.2%)
148	**SZKLARCZYK Piotr**	**7751**	BRACTWO BIEGOWE BGK	Senior II M - 30	57	00:00:00	00:01:02	01:16:56	**02:16:50.60**	**02:16:50.60**	+00:47:22 (34.6%)	6:30	9.2 (65.2%)
149	**MAJKA Eryk**	**7186**	SYNANDOJCIEC	Senior I M - 20	18	00:00:00	00:00:28	01:15:56	**02:16:51.75**	**02:16:51.75**	+00:47:23 (34.6%)	6:31	9.2 (65.2%)
150	**RZYHA Hubert**	**30**	RUNNER`S POWER	Senior II M - 30	58	00:00:00	00:00:11	01:16:40	**02:17:23.15**	**02:17:23.15**	+00:47:55 (34.9%)	6:32	9.2 (65.2%)
151	**HAWRYLAK Wojciech**	**7538**	KS DŁUGOŁĘKA 2000	Senior I M - 20	19	00:00:00	00:02:30	01:20:34	**02:17:34.95**	**02:17:34.95**	+00:48:07 (35.0%)	6:33	9.2 (65.2%)
152	**BUJAK Magdalena**	**7469**	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	10	00:00:00	00:00:10	01:16:28	**02:17:43.60**	**02:17:43.60**	+00:48:15 (35.0%)	6:33	9.1 (64.5%)
153	**KONIK Diana**	**7819**	G.O.A.T. TEAM MICHAŁOWICE	Senior I K - 20	7	00:00:00	00:00:16	01:20:00	**02:18:01.25**	**02:18:01.25**	+00:48:33 (35.2%)	6:34	9.1 (64.5%)
154	**MUSIAŁKOWSKI Bartosz**	**7202**		Masters M - 40	45	00:00:00	00:00:51	01:19:45	**02:18:08.20**	**02:18:08.20**	+00:48:40 (35.2%)	6:34	9.1 (64.5%)
155	**KUCZYŃSKI Michał**	**7964**	GT RAT	Senior II M - 30	59	00:00:00	00:01:12	01:16:52	**02:18:13.15**	**02:18:13.15**	+00:48:45 (35.3%)	6:34	9.1 (64.5%)
156	**ŁUCZAK Maciej**	**7875**	BANDA RYCHA	Masters M - 40	46	00:00:00	00:01:00	01:19:49	**02:18:15.85**	**02:18:15.85**	+00:48:48 (35.3%)	6:35	9.1 (64.5%)
157	**ZIĘBA Paweł**	**7677**		Senior I M - 20	20	00:00:00	00:00:11	01:16:40	**02:18:16.95**	**02:18:16.95**	+00:48:49 (35.3%)	6:35	9.1 (64.5%)
158	**ŚLIWIŃSKI Kamil**	**7476**	KLUCZBORSKA GRUPA SPACEROWA	Senior I M - 20	21	00:00:00	00:01:32	01:15:44	**02:18:26.80**	**02:18:26.80**	+00:48:59 (35.4%)	6:35	9.1 (64.5%)
159	**AUGUSTYNIAK Jakub**	**7548**	DTR BIEGA / MARIO TEAM	Masters M - 40	47	00:00:00	00:00:54	01:20:49	**02:18:41.80**	**02:18:41.80**	+00:49:14 (35.5%)	6:36	9.1 (64.5%)
160	**KĘDZIORA Magdalena**	**7163**		Senior I K - 20	8	00:00:00	00:00:10	01:19:47	**02:18:59.65**	**02:18:59.65**	+00:49:31 (35.6%)	6:37	9.1 (64.5%)
161	**BALCERZAK Tomasz**	**7333**		Masters M - 40	48	00:00:00	00:01:19	01:24:11	**02:19:22.75**	**02:19:22.75**	+00:49:54 (35.8%)	6:38	9 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
162	**BUINAUSKIENĖ Lina**	**17**	BĖGIMO KLUBAS	Masters K - 40	10	00:00:00	00:00:10	01:18:43	**02:19:27.40**	**02:19:27.40**	+00:49:59 (35.8%)	6:38	9 (63.8%)
163	**SZYMAŃSKI Hubert**	**7976**	BIEGOWY WARIAT RUNNING TEAM	Masters M - 40	49	00:00:00	00:01:05	01:21:17	**02:19:29.60**	**02:19:29.60**	+00:50:01 (35.9%)	6:38	9 (63.8%)
164	**KINASZCZUK Michał**	**7393**		Senior II M - 30	60	00:00:00	00:01:29	01:18:55	**02:19:31.70**	**02:19:31.70**	+00:50:03 (35.9%)	6:38	9 (63.8%)
165	**WÓJCIK Kamila**	**7999**	STRONIE BIEGA	Masters K - 40	11	00:00:00	00:00:08	01:18:55	**02:19:40.00**	**02:19:40.00**	+00:50:12 (35.9%)	6:39	9 (63.8%)
166	**WASILEWSKI Tomasz**	**7278**	AROMAT NÓG	Masters M - 40	50	00:00:00	00:00:07	01:17:50	**02:19:46.50**	**02:19:46.50**	+00:50:18 (36.0%)	6:39	9 (63.8%)
167	**KUNIK Iwona**	**7498**	DZIKIE DZIKI GORZÓW	Senior II K - 30	11	00:00:00	00:00:04	01:15:43	**02:19:46.90**	**02:19:46.90**	+00:50:19 (36.0%)	6:39	9 (63.8%)
167	**KUNIK Artur**	**7499**	DZIKIE DZIKI GORZÓW	Masters M - 40	51	00:00:00	00:00:04	01:15:43	**02:19:46.90**	**02:19:46.90**	+00:50:19 (36.0%)	6:39	9 (63.8%)
169	**MACIASZCZYK Sylwia**	**7358**		Senior II K - 30	12	00:00:00	00:01:38	01:21:45	**02:19:50.05**	**02:19:50.05**	+00:50:22 (36.0%)	6:39	9 (63.8%)
170	**KURZA Jakub**	**7371**	ADRIAN DANILEWICZ GROUP	Senior II M - 30	61	00:00:00	00:03:14	01:20:50	**02:19:56.15**	**02:19:56.15**	+00:50:28 (36.1%)	6:39	9 (63.8%)
171	**WOŹNIAK Janusz**	**7632**	PORMAT JEDLICZE BIEGA	Weteran I M - 50	7	00:00:00	00:00:32	01:18:42	**02:19:59.05**	**02:19:59.05**	+00:50:31 (36.1%)	6:39	9 (63.8%)
172	**BRYŃSKI Dariusz**	**7637**		Weteran I M - 50	8	00:00:00	00:01:16	01:19:52	**02:20:03.60**	**02:20:03.60**	+00:50:35 (36.1%)	6:40	9 (63.8%)
173	**BODNAR Paweł**	**7723**		Senior II M - 30	62	00:00:00	00:01:36	01:20:56	**02:20:05.15**	**02:20:05.15**	+00:50:37 (36.1%)	6:40	9 (63.8%)
174	**KORCZYŃSKI Łukasz**	**7492**	BIEGOWA POGORZAŁA	Masters M - 40	52	00:00:00	00:01:56	01:25:49	**02:20:09.65**	**02:20:09.65**	+00:50:41 (36.2%)	6:40	9 (63.8%)
175	**BIDAS Michał**	**7049**		Senior II M - 30	63	00:00:00	00:02:16	01:20:33	**02:20:10.35**	**02:20:10.35**	+00:50:42 (36.2%)	6:40	9 (63.8%)
176	**MRUK Paweł**	**7374**	140MINUT.PL | STARCON.COM.PL	Senior II M - 30	64	00:00:00	00:02:07	01:21:45	**02:20:14.45**	**02:20:14.45**	+00:50:46 (36.2%)	6:40	9 (63.8%)
177	**SZCZYGIEŁ-SOMMER Ola**	**7858**	GRUPA NOMAX	Senior II K - 30	13	00:00:00	00:00:05	01:17:10	**02:20:24.55**	**02:20:24.55**	+00:50:56 (36.3%)	6:41	9 (63.8%)
178	**WRÓBLEWSKI Wojciech**	**7136**		Senior II M - 30	65	00:00:00	00:01:35	01:18:56	**02:20:37.75**	**02:20:37.75**	+00:51:09 (36.4%)	6:41	9 (63.8%)
179	**MALIGRANDA Mariusz**	**7797**		Senior II M - 30	66	00:00:00	00:00:35	01:19:40	**02:20:39.80**	**02:20:39.80**	+00:51:12 (36.4%)	6:41	9 (63.8%)
180	**SARNA Tomasz**	**7879**		Masters M - 40	53	00:00:00	00:00:47	01:18:44	**02:20:40.25**	**02:20:40.25**	+00:51:12 (36.4%)	6:41	9 (63.8%)
181	**PIJANOWSKI Paweł**	**7422**		Masters M - 40	54	00:00:00	00:01:45	01:19:11	**02:20:43.00**	**02:20:43.00**	+00:51:15 (36.4%)	6:42	9 (63.8%)
182	**HADUŁA Justyna**	**7726**	CAŁA OLEŚNICA BIEGA	Masters K - 40	12	00:00:00	00:00:16	01:18:25	**02:20:53.45**	**02:20:53.45**	+00:51:25 (36.5%)	6:42	8.9 (63.1%)
183	**MACIASZEK Andrzej**	**7617**		Masters M - 40	55	00:00:00	00:00:52	01:22:02	**02:20:58.80**	**02:20:58.80**	+00:51:31 (36.5%)	6:42	8.9 (63.1%)
184	**KORCZYŃSKA Agata**	**7696**		Senior II K - 30	14	00:00:00	00:00:37	01:18:33	**02:21:03.05**	**02:21:03.05**	+00:51:35 (36.6%)	6:43	8.9 (63.1%)
185	**ROGOCZ Maciej**	**7807**	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	56	00:00:00	00:01:34	01:20:29	**02:21:05.55**	**02:21:05.55**	+00:51:37 (36.6%)	6:43	8.9 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
186	**PETROVA Katarina**	**7888**		Masters K - 40	13	00:00:00	00:00:06	01:16:27	**02:21:06.20**	**02:21:06.20**	+00:51:38 (36.6%)	6:43	8.9 (63.1%)
187	**SAJEWICZ Piotr**	**7034**	KASZANKA SPORTVEREIN	Senior II M - 30	67	00:00:00	00:00:29	01:18:58	**02:21:18.70**	**02:21:18.70**	+00:51:50 (36.7%)	6:43	8.9 (63.1%)
188	**ANDRZEJCZAK Anna**	**7182**	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	15	00:00:00	00:00:25	01:20:32	**02:21:28.20**	**02:21:28.20**	+00:52:00 (36.8%)	6:44	8.9 (63.1%)
189	**KACZMAREK Beata**	**12**		Senior II K - 30	16	00:00:00	00:02:07	01:24:44	**02:21:35.40**	**02:21:35.40**	+00:52:07 (36.8%)	6:44	8.9 (63.1%)
190	**CIEKAŃSKI Michał**	**7967**		Masters M - 40	57	00:00:00	00:01:05	01:20:27	**02:22:05.25**	**02:22:05.25**	+00:52:37 (37.0%)	6:45	8.9 (63.1%)
191	**WIELGOSZ-MATUŁA Maria**	**7688**		Senior I K - 20	9	00:00:00	00:00:44	01:19:39	**02:22:18.90**	**02:22:18.90**	+00:52:51 (37.1%)	6:46	8.9 (63.1%)
192	**LIPIŃSKI Hubert**	**7771**	KS KANAŁEK	Senior II M - 30	68	00:00:00	00:01:19	01:23:43	**02:22:19.55**	**02:22:19.55**	+00:52:51 (37.1%)	6:46	8.9 (63.1%)
193	**STASZEWSKI Dariusz**	**7339**	7.BKPOW	Senior II M - 30	69	00:00:00	00:00:20	01:20:06	**02:22:23.50**	**02:22:23.50**	+00:52:55 (37.2%)	6:46	8.8 (62.4%)
194	**ŻUK Marzena**	**39**		Senior II K - 30	17	00:00:00	00:00:12	01:20:20	**02:22:23.85**	**02:22:23.85**	+00:52:56 (37.2%)	6:46	8.8 (62.4%)
195	**FLIS Mirosław**	**7235**		Weteran I M - 50	9	00:00:00	00:02:06	01:19:54	**02:22:40.35**	**02:22:40.35**	+00:53:12 (37.3%)	6:47	8.8 (62.4%)
196	**PLEWA Katarzyna**	**7251**		Senior II K - 30	18	00:00:00	00:00:19	01:21:41	**02:22:47.75**	**02:22:47.75**	+00:53:19 (37.3%)	6:47	8.8 (62.4%)
197	**MICHALEWSKI Paweł**	**7667**		Senior II M - 30	70	00:00:00	00:00:22	01:22:30	**02:22:55.95**	**02:22:55.95**	+00:53:28 (37.4%)	6:48	8.8 (62.4%)
198	**FRERIKS Jeroen**	**7686**	LEIDEN ATLETIEK	Senior II M - 30	71	00:00:00	00:00:17	01:21:49	**02:23:15.50**	**02:23:15.50**	+00:53:47 (37.6%)	6:49	8.8 (62.4%)
199	**BEDNARZ Marcin**	**7889**	TEAM KURORT LĄDEK ZDRÓJ	Senior II M - 30	72	00:00:00	00:02:59	01:23:44	**02:23:18.60**	**02:23:18.60**	+00:53:50 (37.6%)	6:49	8.8 (62.4%)
200	**MALIK Agnieszka**	**23**	RNB TEAM POLANICA ZDRÓJ	Masters K - 40	14	00:00:00	00:00:08	01:21:15	**02:23:20.70**	**02:23:20.70**	+00:53:52 (37.6%)	6:49	8.8 (62.4%)
201	**KĘDZIERSKI Michał**	**31**		Senior II M - 30	73	00:00:00	00:00:24	01:21:46	**02:23:24.35**	**02:23:24.35**	+00:53:56 (37.6%)	6:49	8.8 (62.4%)
202	**KUBIK Jarosław**	**7671**	KOŁO BIEGA	Senior II M - 30	74	00:00:00	00:00:41	01:16:54	**02:23:25.75**	**02:23:25.75**	+00:53:57 (37.6%)	6:49	8.8 (62.4%)
203	**KORZEC Michal**	**7702**	MILHAUSE	Masters M - 40	58	00:00:00	00:02:26	01:24:51	**02:23:27.05**	**02:23:27.05**	+00:53:59 (37.6%)	6:49	8.8 (62.4%)
204	**MIŚ Piotr**	**7056**	DIEHL CONTROL RUNNING TEAM	Senior II M - 30	75	00:00:00	00:00:35	01:22:49	**02:23:27.60**	**02:23:27.60**	+00:53:59 (37.6%)	6:49	8.8 (62.4%)
205	**GONSIOR Tomasz**	**7442**		Senior II M - 30	76	00:00:00	00:03:20	01:23:24	**02:23:33.30**	**02:23:33.30**	+00:54:05 (37.7%)	6:50	8.8 (62.4%)
206	**PAWZUN Bartosz**	**7544**	ZRYW PARZYMIECHY	Senior II M - 30	77	00:00:00	00:00:58	01:21:57	**02:23:39.70**	**02:23:39.70**	+00:54:11 (37.7%)	6:50	8.8 (62.4%)
207	**FARION Marcin**	**7928**	THE FARIONS	Weteran I M - 50	10	00:00:00	00:00:14	01:19:59	**02:23:52.65**	**02:23:52.65**	+00:54:24 (37.8%)	6:51	8.8 (62.4%)
208	**SUPIŃSKI Paweł**	**7718**		Senior II M - 30	78	00:00:00	00:01:39	01:22:44	**02:23:53.30**	**02:23:53.30**	+00:54:25 (37.8%)	6:51	8.8 (62.4%)
209	**SOWIŃSKA Aleksandra**	**7861**		Senior I K - 20	10	00:00:00	00:01:57	01:24:06	**02:23:57.30**	**02:23:57.30**	+00:54:29 (37.9%)	6:51	8.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
210	**IZDEBSKI Tomasz**	**7747**		Masters M - 40	59	00:00:00	00:00:58	01:21:59	**02:23:58.80**	**02:23:58.80**	+00:54:31 (37.9%)	6:51	8.8 (62.4%)
211	**KWAŚNIOK Rafał**	**7135**	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	79	00:00:00	00:00:51	01:20:01	**02:24:09.25**	**02:24:09.25**	+00:54:41 (37.9%)	6:51	8.7 (61.7%)
212	**STRONIEWSKI Jacek**	**7449**	NR PYSKOWICE	Masters M - 40	60	00:00:00	00:00:42	01:19:41	**02:24:10.10**	**02:24:10.10**	+00:54:42 (37.9%)	6:51	8.7 (61.7%)
213	**KAWCZYŃSKA Monika**	**7638**	GUSTAW TEŻ BIEGA	Masters K - 40	15	00:00:00	00:00:18	01:20:47	**02:24:11.15**	**02:24:11.15**	+00:54:43 (38.0%)	6:51	8.7 (61.7%)
214	**HELMECKI Dariusz**	**2**	PRO-RUN WROCŁAW	Weteran I M - 50	11	00:00:00	00:02:24	01:28:30	**02:24:25.20**	**02:24:25.20**	+00:54:57 (38.1%)	6:52	8.7 (61.7%)
215	**BEDNAREK Marcin**	**7295**	MARATOŃCZYK POZNAŃ	Senior II M - 30	80	00:00:00	00:01:13	01:24:40	**02:24:36.85**	**02:24:36.85**	+00:55:09 (38.1%)	6:53	8.7 (61.7%)
216	**URBANIAK Jan**	**7787**	140MINUT.PL	Masters M - 40	61	00:00:00	00:01:36	01:23:21	**02:24:45.00**	**02:24:45.00**	+00:55:17 (38.2%)	6:53	8.7 (61.7%)
217	**POLIWOCZAK Patryk**	**7315**		Senior II M - 30	81	00:00:00	00:01:25	01:20:07	**02:25:27.00**	**02:25:27.00**	+00:55:59 (38.5%)	6:55	8.7 (61.7%)
218	**GOŁĄB Andrzej**	**7664**	CAŁA OLEŚNICA BIEGA	Weteran I M - 50	12	00:00:00	00:00:16	01:21:42	**02:25:38.40**	**02:25:38.40**	+00:56:10 (38.6%)	6:56	8.7 (61.7%)
219	**ŚWIĄTEK Łukasz**	**7644**	GVT	Senior II M - 30	82	00:00:00	00:02:17	01:25:54	**02:25:43.20**	**02:25:43.20**	+00:56:15 (38.6%)	6:56	8.6 (61.0%)
220	**SARNOT Szymon**	**46**	#ZALINIĄMETY	Senior II M - 30	83	00:00:00	00:01:17	01:26:06	**02:25:47.30**	**02:25:47.30**	+00:56:19 (38.6%)	6:56	8.6 (61.0%)
221	**ŚRODA Maciej**	**7396**		Senior II M - 30	84	00:00:00	00:00:11	01:20:26	**02:26:01.85**	**02:26:01.85**	+00:56:34 (38.7%)	6:57	8.6 (61.0%)
222	**GÓRSKI Michał**	**7532**	ZALINIAMETYTEAM	Senior II M - 30	85	00:00:00	00:02:49	01:24:39	**02:26:02.25**	**02:26:02.25**	+00:56:34 (38.7%)	6:57	8.6 (61.0%)
223	**GOŁĘBIEWICZ Wojciech**	**7329**	ŻARŁOKI	Senior I M - 20	22	00:00:00	00:02:54	01:27:51	**02:26:13.75**	**02:26:13.75**	+00:56:45 (38.8%)	6:57	8.6 (61.0%)
224	**RUTKOWSKA Izabela**	**7318**		Senior II K - 30	19	00:00:00	00:02:11	01:24:07	**02:26:15.85**	**02:26:15.85**	+00:56:48 (38.8%)	6:57	8.6 (61.0%)
225	**CHUDY Ariel**	**7176**	RUN TEAM RYDZYNA	Senior II M - 30	86	00:00:00	00:00:37	01:20:25	**02:26:33.75**	**02:26:33.75**	+00:57:05 (39.0%)	6:58	8.6 (61.0%)
226	**KRZESIMOWSKI Damian**	**7057**		Masters M - 40	62	00:00:00	00:00:40	01:23:04	**02:26:36.10**	**02:26:36.10**	+00:57:08 (39.0%)	6:58	8.6 (61.0%)
227	**PIOTROWIAK Angelika**	**7809**	GARMIN	Senior I K - 20	11	00:00:00	00:00:09	01:23:48	**02:26:46.00**	**02:26:46.00**	+00:57:18 (39.0%)	6:59	8.6 (61.0%)
228	**JASIŃSKI Paweł**	**7804**	APTENEO TEAM	Masters M - 40	63	00:00:00	00:01:40	01:23:02	**02:27:16.60**	**02:27:16.60**	+00:57:48 (39.3%)	7:00	8.6 (61.0%)
229	**KOREWO Marcin**	**7493**	WKURW_ TEAM	Masters M - 40	64	00:00:00	00:02:18	01:27:43	**02:27:21.10**	**02:27:21.10**	+00:57:53 (39.3%)	7:01	8.6 (61.0%)
230	**ŁUKASIK Joanna**	**7826**	MLKS ,,RAKOWICE"	Weteran K - 50	1	00:00:00	00:01:31	01:25:46	**02:27:33.25**	**02:27:33.25**	+00:58:05 (39.4%)	7:01	8.5 (60.3%)
231	**BUGAŃSKI Damian**	**7778**	CARBON SILESIA SPORT	Senior II M - 30	87	00:00:00	00:02:48	01:26:04	**02:27:35.80**	**02:27:35.80**	+00:58:08 (39.4%)	7:01	8.5 (60.3%)
232	**FERENC Stanislaw**	**7694**	ZRYW PARZYMIECHY	Senior II M - 30	88	00:00:00	00:00:58	01:21:18	**02:27:36.40**	**02:27:36.40**	+00:58:08 (39.4%)	7:01	8.5 (60.3%)
233	**SIWEK Grzegorz**	**7260**	LANRUNS	Masters M - 40	65	00:00:00	00:00:31	01:21:44	**02:27:45.10**	**02:27:45.10**	+00:58:17 (39.5%)	7:02	8.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
234	**MIELNIK Krzysztof**	**7055**	DC TRIATHLON TEAM	Senior II M - 30	89	00:00:00	00:00:35	01:25:07	**02:27:48.00**	**02:27:48.00**	+00:58:20 (39.5%)	7:02	8.5 (60.3%)
235	**BURNETKO Michał**	**7196**	HUTASY RUNNERS TEAM	Senior II M - 30	90	00:00:00	00:00:53	01:25:51	**02:27:48.65**	**02:27:48.65**	+00:58:20 (39.5%)	7:02	8.5 (60.3%)
236	**PARZONKA Michał**	**7816**	ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	91	00:00:00	00:01:29	01:26:26	**02:28:03.30**	**02:28:03.30**	+00:58:35 (39.6%)	7:03	8.5 (60.3%)
237	**GRZELAK Anna**	**7907**	MARMUROWE DZIKI	Senior II K - 30	20	00:00:00	00:00:11	01:24:09	**02:28:07.90**	**02:28:07.90**	+00:58:40 (39.6%)	7:03	8.5 (60.3%)
238	**RUSNARCZYK Michał**	**7349**	KGHM ZG RUN	Senior II M - 30	92	00:00:00	00:01:15	01:22:00	**02:28:09.85**	**02:28:09.85**	+00:58:42 (39.6%)	7:03	8.5 (60.3%)
239	**STACHOWIAK Kamil**	**7596**	GRUPA OLX TEAM	Senior II M - 30	93	00:00:00	00:00:56	01:21:11	**02:28:30.85**	**02:28:30.85**	+00:59:03 (39.8%)	7:04	8.5 (60.3%)
240	**STANULA Krzysztof**	**20**	DOLNY ŚLĄSK	Masters M - 40	66	00:00:00	00:03:03	01:26:08	**02:28:39.75**	**02:28:39.75**	+00:59:11 (39.8%)	7:04	8.5 (60.3%)
241	**PTASZEK Katarzyna**	**7305**	TRENUJZNAMI.PL	Weteran K - 50	2	00:00:00	00:00:31	01:24:32	**02:28:43.15**	**02:28:43.15**	+00:59:15 (39.8%)	7:04	8.5 (60.3%)
242	**NAKONECZNA Anna**	**7140**		Masters K - 40	16	00:00:00	00:00:31	01:24:30	**02:28:49.00**	**02:28:49.00**	+00:59:21 (39.9%)	7:05	8.5 (60.3%)
243	**SZYMAŃSKI Roman**	**7084**	BUKOWSKI KLUB BIEGACZA	Weteran I M - 50	13	00:00:00	00:00:43	01:24:05	**02:28:52.60**	**02:28:52.60**	+00:59:24 (39.9%)	7:05	8.5 (60.3%)
244	**DURCZEWSKA Daria**	**7828**	PRO-RUN	Masters K - 40	17	00:00:00	00:02:16	01:29:08	**02:28:53.55**	**02:28:53.55**	+00:59:25 (39.9%)	7:05	8.5 (60.3%)
245	**BOROWSKA-NAJDEREK Paulina**	**7917**		Masters K - 40	18	00:00:00	00:00:54	01:24:41	**02:28:57.10**	**02:28:57.10**	+00:59:29 (39.9%)	7:05	8.5 (60.3%)
246	**MADEJ Anna**	**7223**	VEGE RUNNERS	Masters K - 40	19	00:00:00	00:00:31	01:25:53	**02:28:59.15**	**02:28:59.15**	+00:59:31 (40.0%)	7:05	8.5 (60.3%)
247	**WILCZYŃSKA Beata**	**7280**	#ZALINIAMETYTEAM	Senior II K - 30	21	00:00:00	00:01:08	01:24:44	**02:29:00.65**	**02:29:00.65**	+00:59:32 (40.0%)	7:05	8.5 (60.3%)
248	**ŁUKASZEWSKI Michał**	**7279**	#ZALINIAMETYTEAM	Senior II M - 30	94	00:00:00	00:01:08	01:24:43	**02:29:00.80**	**02:29:00.80**	+00:59:33 (40.0%)	7:05	8.5 (60.3%)
249	**TOMKOWIAK Sławomir**	**7814**		Senior II M - 30	95	00:00:00	00:02:33	01:28:01	**02:29:01.40**	**02:29:01.40**	+00:59:33 (40.0%)	7:05	8.5 (60.3%)
250	**PYTA Adam**	**7990**		Masters M - 40	67	00:00:00	00:01:21	01:29:22	**02:29:12.10**	**02:29:12.10**	+00:59:44 (40.0%)	7:06	8.4 (59.6%)
251	**JAMROSZCZYK Przemysław**	**7127**	TEAM PLESZEW	Masters M - 40	68	00:00:00	00:01:06	01:26:04	**02:29:15.15**	**02:29:15.15**	+00:59:47 (40.1%)	7:06	8.4 (59.6%)
252	**OLEŚ-ZDECHLIK Beata**	**7953**	MIRAZ RACE TEAM	Senior II K - 30	22	00:00:00	00:01:19	01:30:56	**02:29:17.60**	**02:29:17.60**	+00:59:49 (40.1%)	7:06	8.4 (59.6%)
253	**ŁUSIAK Katarzyna**	**7725**		Senior II K - 30	23	00:00:00	00:00:05	01:21:43	**02:29:19.80**	**02:29:19.80**	+00:59:52 (40.1%)	7:06	8.4 (59.6%)
254	**BANACH Tomasz**	**7111**		Weteran II M - 60	1	00:00:00	00:00:54	01:21:10	**02:29:25.00**	**02:29:25.00**	+00:59:57 (40.1%)	7:06	8.4 (59.6%)
255	**OFFERT Eryk**	**7908**	PIAST PONIEC	Senior I M - 20	23	00:00:00	00:02:00	01:29:40	**02:29:25.55**	**02:29:25.55**	+00:59:57 (40.1%)	7:06	8.4 (59.6%)
256	**SKORUPSKI Szymon**	**7298**	KURACJUSZE	Senior II M - 30	96	00:00:00	00:00:30	01:22:22	**02:29:34.00**	**02:29:34.00**	+01:00:06 (40.2%)	7:07	8.4 (59.6%)
257	**RYCHLEWICZ Tomasz**	**7210**		Senior II M - 30	97	00:00:00	00:00:55	01:23:53	**02:29:40.95**	**02:29:40.95**	+01:00:13 (40.2%)	7:07	8.4 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
258	**MICHALAK Kamil**	**7426**	SZYNKARNIA	Senior II M - 30	98	00:00:00	00:01:21	01:21:49	**02:29:43.95**	**02:29:43.95**	+01:00:16 (40.3%)	7:07	8.4 (59.6%)
259	**JANKOWSKI Krzysztof**	**7922**		Senior II M - 30	99	00:00:00	00:01:36	01:25:50	**02:29:54.60**	**02:29:54.60**	+01:00:26 (40.3%)	7:08	8.4 (59.6%)
260	**KOCIUBA Katarzyna**	**7465**		Senior II K - 30	24	00:00:00	00:01:45	01:27:59	**02:30:05.15**	**02:30:05.15**	+01:00:37 (40.4%)	7:08	8.4 (59.6%)
261	**MICHALAK-KLIMCZAK Lucyna**	**7415**		Masters K - 40	20	00:00:00	00:01:20	01:25:48	**02:30:18.90**	**02:30:18.90**	+01:00:51 (40.5%)	7:09	8.4 (59.6%)
262	**RADZIKOWSKI Grzegorz**	**7123**		Masters M - 40	69	00:00:00	00:04:00	01:29:44	**02:30:19.45**	**02:30:19.45**	+01:00:51 (40.5%)	7:09	8.4 (59.6%)
263	**TOMYŚLAK Magdalena**	**7618**	TAKE CONTROL	Senior II K - 30	25	00:00:00	00:00:14	01:25:43	**02:30:33.85**	**02:30:33.85**	+01:01:06 (40.6%)	7:10	8.4 (59.6%)
264	**MICHALAK Jacek**	**7831**	OVIME RUN	Masters M - 40	70	00:00:00	00:03:38	01:28:03	**02:30:33.90**	**02:30:33.90**	+01:01:06 (40.6%)	7:10	8.4 (59.6%)
265	**WAWRZYNIAK Mariusz**	**7885**		Masters M - 40	71	00:00:00	00:01:35	01:24:56	**02:30:40.10**	**02:30:40.10**	+01:01:12 (40.6%)	7:10	8.4 (59.6%)
266	**LIPIŃSKI Bartosz**	**7769**		Senior II M - 30	100	00:00:00	00:01:21	01:29:10	**02:30:41.05**	**02:30:41.05**	+01:01:13 (40.6%)	7:10	8.4 (59.6%)
267	**NIKOLIN Przemyslaw**	**7895**	KS OCZKO	Masters M - 40	72	00:00:00	00:00:53	01:25:28	**02:30:55.75**	**02:30:55.75**	+01:01:27 (40.7%)	7:11	8.3 (58.9%)
268	**KRUPIŃSKI Zbigniew**	**7795**	KOŁO BIEGA	Masters M - 40	73	00:00:00	00:01:03	01:26:34	**02:30:56.15**	**02:30:56.15**	+01:01:28 (40.7%)	7:11	8.3 (58.9%)
269	**POPIEL Jan**	**7745**		Masters M - 40	74	00:00:00	00:01:47	01:25:14	**02:31:07.15**	**02:31:07.15**	+01:01:39 (40.8%)	7:11	8.3 (58.9%)
270	**MAKOWSKI Konrad**	**7627**		Senior I M - 20	24	00:00:00	00:02:34	01:28:09	**02:31:14.05**	**02:31:14.05**	+01:01:46 (40.8%)	7:12	8.3 (58.9%)
271	**JOPEK Tomasz**	**7579**		Masters M - 40	75	00:00:00	00:03:15	01:29:41	**02:31:22.75**	**02:31:22.75**	+01:01:54 (40.9%)	7:12	8.3 (58.9%)
272	**WAWRZYN Wiktor**	**7713**		Senior II M - 30	101	00:00:00	00:01:49	01:27:54	**02:31:34.25**	**02:31:34.25**	+01:02:06 (41.0%)	7:13	8.3 (58.9%)
273	**FÓRMAN Daniel**	**7277**	PCH_RUN	Masters M - 40	76	00:00:00	00:00:09	01:24:42	**02:31:34.35**	**02:31:34.35**	+01:02:06 (41.0%)	7:13	8.3 (58.9%)
274	**HENDEL Magda**	**7867**	AZS AWF KRAKÓW MASTERS	Senior I K - 20	12	00:00:00	00:00:55	01:25:02	**02:31:39.25**	**02:31:39.25**	+01:02:11 (41.0%)	7:13	8.3 (58.9%)
275	**JORDAN Robert**	**7290**	TARNOWO PODGÓRNE BIEGA	Masters M - 40	77	00:00:00	00:00:26	01:25:34	**02:31:40.75**	**02:31:40.75**	+01:02:12 (41.0%)	7:13	8.3 (58.9%)
276	**PRZYBYLAK Kasia**	**7281**	#ZALINIAMETYTEAM	Senior I K - 20	13	00:00:00	00:01:09	01:26:35	**02:31:42.15**	**02:31:42.15**	+01:02:14 (41.0%)	7:13	8.3 (58.9%)
277	**MĄCZYŃSKA Justyna**	**7772**	BOX88	Senior II K - 30	26	00:00:00	00:01:54	01:28:12	**02:31:44.20**	**02:31:44.20**	+01:02:16 (41.0%)	7:13	8.3 (58.9%)
278	**STRUCKA Aleksandra**	**7697**	DOMDATA RUN TEAM	Senior II K - 30	27	00:00:00	00:00:22	01:24:38	**02:31:54.85**	**02:31:54.85**	+01:02:27 (41.1%)	7:14	8.3 (58.9%)
279	**BUDZOWSKA Agnieszka**	**7337**	ROZBIEGANE DOBCZYCE	Senior II K - 30	28	00:00:00	00:02:07	01:30:59	**02:32:02.45**	**02:32:02.45**	+01:02:34 (41.2%)	7:14	8.3 (58.9%)
280	**SYNAK Katarzyna**	**7255**	TGV CLUB	Masters K - 40	21	00:00:00	00:01:19	01:26:33	**02:32:07.55**	**02:32:07.55**	+01:02:39 (41.2%)	7:14	8.3 (58.9%)
281	**KACZYŃSKI Tomasz**	**7002**		Masters M - 40	78	00:00:00	00:03:07	01:25:42	**02:32:18.55**	**02:32:18.55**	+01:02:50 (41.3%)	7:15	8.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
282	**BANDUROWSKA Agnieszka**	**7514**	KB WIKON NOWA SÓL	Masters K - 40	22	00:00:00	00:00:08	01:27:37	**02:32:29.55**	**02:32:29.55**	+01:03:01 (41.3%)	7:15	8.3 (58.9%)
283	**KRAWCZYK Oskar**	**7085**	KONKRET TEAM	Senior I M - 20	25	00:00:00	00:03:10	01:29:43	**02:32:54.00**	**02:32:54.00**	+01:03:26 (41.5%)	7:16	8.2 (58.2%)
284	**DROZD Michał**	**7458**	EXTREME CLUB RABKA-ZDROJ	Masters M - 40	79	00:00:00	00:00:20	01:19:10	**02:33:05.30**	**02:33:05.30**	+01:03:37 (41.6%)	7:17	8.2 (58.2%)
285	**KŁOSIŃSKI Jarosław**	**7714**		Weteran II M - 60	2	00:00:00	00:02:11	01:32:41	**02:33:08.35**	**02:33:08.35**	+01:03:40 (41.6%)	7:17	8.2 (58.2%)
286	**KLUZA Piotr**	**7405**	WKTJ	Weteran I M - 50	14	00:00:00	00:01:11	01:27:39	**02:33:11.80**	**02:33:11.80**	+01:03:44 (41.6%)	7:17	8.2 (58.2%)
287	**KAROLEWSKI Maciej**	**7033**	KROTOSZYŃSKA GRUPA BIEGOWA	Senior II M - 30	102	00:00:00	00:02:07	01:27:43	**02:33:13.15**	**02:33:13.15**	+01:03:45 (41.6%)	7:17	8.2 (58.2%)
288	**KOCOŁ Tomasz**	**7649**		Masters M - 40	80	00:00:00	00:01:41	01:29:41	**02:33:13.95**	**02:33:13.95**	+01:03:46 (41.6%)	7:17	8.2 (58.2%)
289	**NOWICKI Bartosz**	**7263**		Masters M - 40	81	00:00:00	00:01:06	01:26:02	**02:33:21.05**	**02:33:21.05**	+01:03:53 (41.7%)	7:18	8.2 (58.2%)
290	**SKROBAŃSKA Laura**	**7421**	KANTOR RUNNING TEAM, SKROBKITEAM	Senior I K - 20	14	00:00:00	00:00:31	01:28:07	**02:33:43.25**	**02:33:43.25**	+01:04:15 (41.8%)	7:19	8.2 (58.2%)
291	**PITERA Paweł**	**7783**		Senior II M - 30	103	00:00:00	00:00:56	01:26:17	**02:33:44.15**	**02:33:44.15**	+01:04:16 (41.8%)	7:19	8.2 (58.2%)
292	**PITERA Anna**	**7784**		Senior II K - 30	29	00:00:00	00:00:56	01:26:23	**02:33:44.50**	**02:33:44.50**	+01:04:16 (41.8%)	7:19	8.2 (58.2%)
293	**MALOTTA Konrad**	**7527**	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II M - 30	104	00:00:00	00:01:25	01:32:04	**02:33:45.65**	**02:33:45.65**	+01:04:17 (41.8%)	7:19	8.2 (58.2%)
294	**GRZYB Kazimierz**	**7487**	LOS PANTALONES ROJOS	Weteran I M - 50	15	00:00:00	00:02:05	01:36:21	**02:33:46.05**	**02:33:46.05**	+01:04:18 (41.8%)	7:19	8.2 (58.2%)
295	**PONIATOWSKI Krzysztof**	**7490**		Masters M - 40	82	00:00:00	00:01:46	01:29:03	**02:33:56.25**	**02:33:56.25**	+01:04:28 (41.9%)	7:19	8.2 (58.2%)
296	**ZALEWSKI Karol**	**7093**		Senior II M - 30	105	00:00:00	00:02:43	01:29:16	**02:34:02.60**	**02:34:02.60**	+01:04:34 (41.9%)	7:20	8.2 (58.2%)
297	**LUBELCZYK Grzegorz**	**7160**	SPELEOCLUB WROCŁAW	Weteran I M - 50	16	00:00:00	00:03:28	01:32:42	**02:34:02.95**	**02:34:02.95**	+01:04:35 (41.9%)	7:20	8.2 (58.2%)
298	**KOZŁEWSKA Beata**	**7089**	GÓRYLASY	Weteran K - 50	3	00:00:00	00:00:35	01:27:01	**02:34:07.25**	**02:34:07.25**	+01:04:39 (42.0%)	7:20	8.2 (58.2%)
299	**JAMRÓZ Karina**	**7776**	KARKONOSZ RUNNING TEAM	Masters K - 40	23	00:00:00	00:20:39	01:38:46	**02:34:10.85**	**02:34:10.85**	+01:04:43 (42.0%)	7:20	8.2 (58.2%)
300	**BRUSIŁOWICZ Dagmara**	**7225**		Masters K - 40	24	00:00:00	00:00:24	01:24:50	**02:34:15.75**	**02:34:15.75**	+01:04:47 (42.0%)	7:20	8.2 (58.2%)
301	**STASIAK Łukasz**	**7699**		Senior II M - 30	106	00:00:00	00:01:22	01:27:07	**02:34:34.45**	**02:34:34.45**	+01:05:06 (42.1%)	7:21	8.2 (58.2%)
302	**MORAWSKI Wojciech**	**7078**		Senior II M - 30	107	00:00:00	00:03:10	01:32:06	**02:34:35.55**	**02:34:35.55**	+01:05:07 (42.1%)	7:21	8.2 (58.2%)
303	**SKRZYPCZAK Hanna**	**7207**		Weteran K - 50	4	00:00:00	00:00:06	01:27:00	**02:34:36.45**	**02:34:36.45**	+01:05:08 (42.1%)	7:21	8.2 (58.2%)
304	**MIŁASZEWSKI Przemek**	**7734**	AMBRA PL	Senior II M - 30	108	00:00:00	00:00:08	01:27:52	**02:34:40.25**	**02:34:40.25**	+01:05:12 (42.2%)	7:21	8.1 (57.4%)
305	**SZÓSTAK Krzysztof**	**7382**	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	3	00:00:00	00:01:41	01:30:56	**02:34:49.15**	**02:34:49.15**	+01:05:21 (42.2%)	7:22	8.1 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
306	**REJEWSKA Eliza**	**7003**		Masters K - 40	25	00:00:00	00:03:14	01:30:20	**02:34:53.65**	**02:34:53.65**	+01:05:25 (42.2%)	7:22	8.1 (57.4%)
307	**KUCHCIŃSKI Bartosz**	**7118**	STRASZYN BIEGA	Masters M - 40	83	00:00:00	00:01:08	01:26:25	**02:34:57.00**	**02:34:57.00**	+01:05:29 (42.3%)	7:22	8.1 (57.4%)
308	**ZALEWSKI Radosław**	**7006**		Senior II M - 30	109	00:00:00	00:00:37	01:27:44	**02:35:00.25**	**02:35:00.25**	+01:05:32 (42.3%)	7:22	8.1 (57.4%)
309	**KRÓLEWICZ Ewa**	**7462**		Senior II K - 30	30	00:00:00	00:00:15	01:26:00	**02:35:25.00**	**02:35:25.00**	+01:05:57 (42.4%)	7:24	8.1 (57.4%)
310	**PATROŃSKA Magdalena**	**7091**	ŻARŁOKI	Senior I K - 20	15	00:00:00	00:02:54	01:33:22	**02:35:29.95**	**02:35:29.95**	+01:06:02 (42.5%)	7:24	8.1 (57.4%)
311	**RYBKOWSKA Ewa**	**7775**		Senior II K - 30	31	00:00:00	00:01:30	01:32:10	**02:35:32.95**	**02:35:32.95**	+01:06:05 (42.5%)	7:24	8.1 (57.4%)
312	**KOSTOWSKI Roman**	**7625**		Senior II M - 30	110	00:00:00	00:01:58	01:26:33	**02:35:35.15**	**02:35:35.15**	+01:06:07 (42.5%)	7:24	8.1 (57.4%)
313	**ABULEWICZ Wojciech**	**7753**	TRENING STUDIO 17	Weteran I M - 50	17	00:00:00	00:02:38	01:27:58	**02:35:38.45**	**02:35:38.45**	+01:06:10 (42.5%)	7:24	8.1 (57.4%)
314	**ZAPAŁA Katarzyna**	**7082**	KONKRET TEAM	Senior I K - 20	16	00:00:00	00:03:09	01:32:23	**02:35:41.10**	**02:35:41.10**	+01:06:13 (42.5%)	7:24	8.1 (57.4%)
315	**KAMIŃSKA Ewelina**	**7825**	BIEGAJĄCE KREJZOLE	Masters K - 40	26	00:00:00	00:00:37	01:27:50	**02:35:45.80**	**02:35:45.80**	+01:06:18 (42.6%)	7:25	8.1 (57.4%)
316	**GAJDA Maria**	**7887**		Senior II K - 30	32	00:00:00	00:00:12	01:27:53	**02:35:47.60**	**02:35:47.60**	+01:06:19 (42.6%)	7:25	8.1 (57.4%)
317	**BĄTRUK Hubert**	**7529**		Senior II M - 30	111	00:00:00	00:00:43	01:26:50	**02:35:51.65**	**02:35:51.65**	+01:06:23 (42.6%)	7:25	8.1 (57.4%)
318	**TROJNAR Daniel**	**7762**		Senior II M - 30	112	00:00:00	00:01:53	01:27:49	**02:35:54.95**	**02:35:54.95**	+01:06:27 (42.6%)	7:25	8.1 (57.4%)
319	**MILCZAREK Kinga**	**7836**		Senior II K - 30	33	00:00:00	00:01:30	01:26:07	**02:36:04.45**	**02:36:04.45**	+01:06:36 (42.7%)	7:25	8.1 (57.4%)
320	**SENFTLEBEN Mirosława**	**7386**		Senior II K - 30	34	00:00:00	00:01:07	01:28:08	**02:36:07.80**	**02:36:07.80**	+01:06:40 (42.7%)	7:26	8.1 (57.4%)
321	**MAJCHRZYCKI Sławomir**	**7916**	TKKF MPK POZNAŃ	Senior II M - 30	113	00:00:00	00:02:04	01:30:58	**02:36:11.85**	**02:36:11.85**	+01:06:44 (42.7%)	7:26	8.1 (57.4%)
322	**OCHEJ Joanna**	**7495**	APTENEO RUNNING TEAM	Senior II K - 30	35	00:00:00	00:01:40	01:29:38	**02:36:25.75**	**02:36:25.75**	+01:06:57 (42.8%)	7:26	8.1 (57.4%)
323	**HEYMANN Małgorzata**	**7600**	GRUPA BIEGOWA ENERGY KACZORY	Senior II K - 30	36	00:00:00	00:01:17	01:31:02	**02:36:27.45**	**02:36:27.45**	+01:06:59 (42.8%)	7:27	8.1 (57.4%)
324	**CHRAMĘGA Krystian**	**7612**	KONKRET TEAM	Senior I M - 20	26	00:00:00	00:03:08	01:25:51	**02:36:31.35**	**02:36:31.35**	+01:07:03 (42.8%)	7:27	8.1 (57.4%)
325	**SOWIŃSKI Konrad**	**7862**		Senior II M - 30	114	00:00:00	00:01:58	01:24:35	**02:36:36.60**	**02:36:36.60**	+01:07:08 (42.9%)	7:27	8 (56.7%)
326	**CIEMNY Wojciech**	**7441**	NIGHT RUNNERS PYSKOWICE	Masters M - 40	84	00:00:00	00:00:51	01:27:55	**02:36:40.80**	**02:36:40.80**	+01:07:13 (42.9%)	7:27	8 (56.7%)
327	**GRYGIEL Leszek**	**7222**	AWL WROCŁAW	Weteran I M - 50	18	00:00:00	00:00:26	01:21:31	**02:36:52.65**	**02:36:52.65**	+01:07:24 (43.0%)	7:28	8 (56.7%)
328	**TRZECIAK Tomasz**	**7271**		Masters M - 40	85	00:00:00	00:00:30	01:25:58	**02:36:56.10**	**02:36:56.10**	+01:07:28 (43.0%)	7:28	8 (56.7%)
329	**KLOZA Iwona**	**7453**	NIGHT RUNNERS PYSKOWICE	Masters K - 40	27	00:00:00	00:00:48	01:29:05	**02:36:58.75**	**02:36:58.75**	+01:07:30 (43.0%)	7:28	8 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
330	**KUTKA Krzysztof**	**7827**		Masters M - 40	86	00:00:00	00:00:09	01:25:40	**02:36:59.55**	**02:36:59.55**	+01:07:31 (43.0%)	7:28	8 (56.7%)
331	**SMALEC Dominika**	**7423**	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	17	00:00:00	00:01:02	01:30:18	**02:37:01.60**	**02:37:01.60**	+01:07:33 (43.0%)	7:28	8 (56.7%)
332	**TURAJ-KACZYŃSKA Małgorzata**	**7211**	GUSTAW TEŻ BIEGA	Masters K - 40	28	00:00:00	00:00:17	01:28:05	**02:37:15.35**	**02:37:15.35**	+01:07:47 (43.1%)	7:29	8 (56.7%)
333	**POŹNIAK Marcin**	**7107**	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	115	00:00:00	00:00:46	01:29:07	**02:37:28.50**	**02:37:28.50**	+01:08:00 (43.2%)	7:29	8 (56.7%)
334	**ZIOMBKA Kuba**	**7025**		Masters M - 40	87	00:00:00	00:01:09	01:27:38	**02:37:29.25**	**02:37:29.25**	+01:08:01 (43.2%)	7:29	8 (56.7%)
335	**HACZ Marta**	**7877**		Senior II K - 30	37	00:00:00	00:00:49	01:27:17	**02:37:34.70**	**02:37:34.70**	+01:08:06 (43.2%)	7:30	8 (56.7%)
336	**WÓJCICKI Adam**	**7863**		Senior II M - 30	116	00:00:00	00:01:22	01:31:08	**02:37:42.75**	**02:37:42.75**	+01:08:14 (43.3%)	7:30	8 (56.7%)
337	**WALKOWIAK Damian**	**7838**	#BIEGAJLESZNO	Senior II M - 30	117	00:00:00	00:00:45	01:30:34	**02:37:47.60**	**02:37:47.60**	+01:08:19 (43.3%)	7:30	8 (56.7%)
338	**WIŚNIEWSKA Anna**	**7560**		Senior II K - 30	38	00:00:00	00:01:39	01:30:44	**02:37:56.90**	**02:37:56.90**	+01:08:29 (43.4%)	7:31	8 (56.7%)
339	**CZELNY Tomasz**	**7014**	SMASHING PĄPKINS	Masters M - 40	88	00:00:00	00:01:13	01:27:41	**02:38:06.75**	**02:38:06.75**	+01:08:38 (43.4%)	7:31	8 (56.7%)
340	**SENDER Jakub**	**7833**	BW RUNNING TEAM	Senior II M - 30	118	00:00:00	00:01:09	01:33:09	**02:38:15.35**	**02:38:15.35**	+01:08:47 (43.5%)	7:32	8 (56.7%)
341	**PAWLIK Katarzyna**	**7874**		Masters K - 40	29	00:00:00	00:00:05	01:29:13	**02:38:15.75**	**02:38:15.75**	+01:08:47 (43.5%)	7:32	8 (56.7%)
342	**HEFFNER Jakub**	**7320**		Senior II M - 30	119	00:00:00	00:00:58	01:30:33	**02:38:18.50**	**02:38:18.50**	+01:08:50 (43.5%)	7:32	8 (56.7%)
343	**KOT Wojciech**	**7550**		Senior I M - 20	27	00:00:00	00:03:34	01:32:43	**02:38:22.35**	**02:38:22.35**	+01:08:54 (43.5%)	7:32	8 (56.7%)
344	**ŁUKASZEK Marek**	**7068**	ŁUKASZKI TEAM	Senior II M - 30	120	00:00:00	00:00:42	01:29:39	**02:38:41.60**	**02:38:41.60**	+01:09:13 (43.6%)	7:33	7.9 (56.0%)
345	**SZUMIŃSKI Artur**	**7915**		Masters M - 40	89	00:00:00	00:00:11	01:19:48	**02:38:44.30**	**02:38:44.30**	+01:09:16 (43.6%)	7:33	7.9 (56.0%)
346	**ANDRZEJCZAK Łukasz**	**7200**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	121	00:00:00	00:01:17	01:31:33	**02:38:52.25**	**02:38:52.25**	+01:09:24 (43.7%)	7:33	7.9 (56.0%)
347	**ZAWIDZKI Jarosław**	**7932**		Senior II M - 30	122	00:00:00	00:00:21	01:23:28	**02:39:08.15**	**02:39:08.15**	+01:09:40 (43.8%)	7:34	7.9 (56.0%)
348	**SYDORCZYK Magdalena**	**7447**	ENDORFINA WSCHOWA ŚLĘZAK TEAM	Masters K - 40	30	00:00:00	00:00:50	01:29:33	**02:39:14.70**	**02:39:14.70**	+01:09:46 (43.8%)	7:34	7.9 (56.0%)
349	**KRZYKWA Artur**	**7595**		Weteran I M - 50	19	00:00:00	00:02:37	01:33:30	**02:39:17.00**	**02:39:17.00**	+01:09:49 (43.8%)	7:35	7.9 (56.0%)
350	**PÖPKE Anna**	**7939**	RUNDOMSKO	Senior II K - 30	39	00:00:00	00:03:27	01:33:56	**02:39:24.95**	**02:39:24.95**	+01:09:57 (43.9%)	7:35	7.9 (56.0%)
351	**PILARSKA Olga**	**7635**	GUSTAW TEŻ BIEGA	Senior II K - 30	40	00:00:00	00:00:17	01:25:38	**02:39:25.70**	**02:39:25.70**	+01:09:57 (43.9%)	7:35	7.9 (56.0%)
352	**KOŁODKO Natalia**	**7420**	TP BIEGA	Masters K - 40	31	00:00:00	00:00:26	01:30:47	**02:39:29.60**	**02:39:29.60**	+01:10:01 (43.9%)	7:35	7.9 (56.0%)
353	**WALENCIAK Michał**	**7609**	TARNOWO PODGÓRNE BIEGA	Masters M - 40	90	00:00:00	00:00:27	01:30:47	**02:39:30.95**	**02:39:30.95**	+01:10:03 (43.9%)	7:35	7.9 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
354	**NOGANOWICZ Agata**	**7497**	PRO-RUN WROCŁAW	Weteran K - 50	5	00:00:00	00:02:20	01:33:16	**02:39:43.35**	**02:39:43.35**	+01:10:15 (44.0%)	7:36	7.9 (56.0%)
355	**PILICH-ZAREMBA Magdalena**	**47**		Masters K - 40	32	00:00:00	00:01:32	01:32:20	**02:40:00.10**	**02:40:00.10**	+01:10:32 (44.1%)	7:37	7.9 (56.0%)
356	**KRUPIŃSKI Mateusz**	**7361**		Senior II M - 30	123	00:00:00	00:01:21	01:26:02	**02:40:01.30**	**02:40:01.30**	+01:10:33 (44.1%)	7:37	7.9 (56.0%)
357	**WISZNIEWICZ Piotr**	**4**	BANA DZIEWIONA	Senior II M - 30	124	00:00:00	00:03:36	01:32:19	**02:40:12.70**	**02:40:12.70**	+01:10:44 (44.2%)	7:37	7.9 (56.0%)
358	**LUBAŃSKA Alicja**	**7526**		Weteran K - 50	6	00:00:00	00:00:42	01:29:15	**02:40:13.05**	**02:40:13.05**	+01:10:45 (44.2%)	7:37	7.9 (56.0%)
359	**ŁYCZEK Rafał**	**7376**	JA I MÓJ BRZUCH	Senior II M - 30	125	00:00:00	00:01:02	01:28:00	**02:40:19.85**	**02:40:19.85**	+01:10:52 (44.2%)	7:38	7.9 (56.0%)
360	**KUBACKA Irena**	**7666**	BEBS SPORT CLUB	Senior II K - 30	41	00:00:00	00:00:14	01:27:42	**02:40:20.95**	**02:40:20.95**	+01:10:53 (44.2%)	7:38	7.9 (56.0%)
361	**JAWORSKI Jarosław**	**7558**	BIEGOWY ZDRÓJ	Senior II M - 30	126	00:00:00	00:03:17	01:36:58	**02:40:28.95**	**02:40:28.95**	+01:11:01 (44.3%)	7:38	7.9 (56.0%)
362	**KOROŃSKI Tadeusz**	**7250**	PARKRUN POZNAŃ	Weteran I M - 50	20	00:00:00	00:03:39	01:36:20	**02:40:29.20**	**02:40:29.20**	+01:11:01 (44.3%)	7:38	7.9 (56.0%)
363	**MIELNIK Karol**	**7248**		Senior II M - 30	127	00:00:00	00:02:52	01:32:22	**02:40:42.60**	**02:40:42.60**	+01:11:14 (44.3%)	7:39	7.8 (55.3%)
364	**SZTUKA Monika**	**7046**	WIELUŃ BIEGA	Senior I K - 20	18	00:00:00	00:01:30	01:28:08	**02:40:47.50**	**02:40:47.50**	+01:11:19 (44.4%)	7:39	7.8 (55.3%)
365	**ŚLIWIŃSKI Paweł**	**7597**		Senior II M - 30	128	00:00:00	00:02:09	01:37:48	**02:41:07.95**	**02:41:07.95**	+01:11:40 (44.5%)	7:40	7.8 (55.3%)
366	**JANKOWIAK Paulina**	**7518**		Masters K - 40	33	00:00:00	00:01:15	01:32:39	**02:41:17.65**	**02:41:17.65**	+01:11:49 (44.5%)	7:40	7.8 (55.3%)
367	**GOŁOFIT Piotr**	**7720**	PRO-RUN WROCŁAW	Senior II M - 30	129	00:00:00	00:03:17	01:33:40	**02:41:17.75**	**02:41:17.75**	+01:11:49 (44.5%)	7:40	7.8 (55.3%)
368	**KOWAL Agata**	**7562**	WIELUŃ BIEGA	Masters K - 40	34	00:00:00	00:01:31	01:31:44	**02:41:26.60**	**02:41:26.60**	+01:11:58 (44.6%)	7:41	7.8 (55.3%)
369	**MOSKWA Martyna**	**7512**	MASZ PRZEBIEGANE	Senior I K - 20	19	00:00:00	00:00:36	01:33:13	**02:41:31.80**	**02:41:31.80**	+01:12:04 (44.6%)	7:41	7.8 (55.3%)
370	**TOMCZAK Tomasz**	**7918**	NARAMOWICE BIEGAJĄ	Masters M - 40	91	00:00:00	00:02:30	01:32:26	**02:41:38.95**	**02:41:38.95**	+01:12:11 (44.7%)	7:41	7.8 (55.3%)
371	**KĘDZIOR Bartłomiej**	**7653**		Masters M - 40	92	00:00:00	00:03:42	01:29:37	**02:41:41.45**	**02:41:41.45**	+01:12:13 (44.7%)	7:41	7.8 (55.3%)
372	**RADLAK Marcin**	**6**		Senior II M - 30	130	00:00:00	00:00:30	01:24:10	**02:41:46.50**	**02:41:46.50**	+01:12:18 (44.7%)	7:42	7.8 (55.3%)
373	**KROSZKA Krzysztof**	**7231**		Weteran I M - 50	21	00:00:00	00:00:39	01:31:30	**02:41:48.30**	**02:41:48.30**	+01:12:20 (44.7%)	7:42	7.8 (55.3%)
374	**PRZYBYLSKA Ewelina**	**7446**	ENDORFINA WSCHOWA	Masters K - 40	35	00:00:00	00:00:51	01:33:13	**02:41:52.45**	**02:41:52.45**	+01:12:24 (44.7%)	7:42	7.8 (55.3%)
375	**SMUSZ Grzegorz**	**7832**		Masters M - 40	93	00:00:00	00:01:09	01:25:59	**02:42:16.25**	**02:42:16.25**	+01:12:48 (44.9%)	7:43	7.8 (55.3%)
376	**ZABOROWSKI Kamil**	**7059**	ZALINIAMETY	Senior II M - 30	131	00:00:00	00:01:23	01:30:45	**02:42:17.25**	**02:42:17.25**	+01:12:49 (44.9%)	7:43	7.8 (55.3%)
377	**JASKÓLSKA Joanna**	**7391**	ZWIADOWCY	Masters K - 40	36	00:00:00	00:01:41	01:33:24	**02:42:24.40**	**02:42:24.40**	+01:12:56 (44.9%)	7:44	7.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
378	**ŁAGOWSKI Dariusz**	**7153**	TKKF MPK POZNAŃ	Masters M - 40	94	00:00:00	00:04:10	01:36:13	**02:42:28.75**	**02:42:28.75**	+01:13:00 (44.9%)	7:44	7.8 (55.3%)
379	**OWSIŃSKI Krzysztof**	**7530**		Senior II M - 30	132	00:00:00	00:03:11	01:41:04	**02:42:32.45**	**02:42:32.45**	+01:13:04 (45.0%)	7:44	7.8 (55.3%)
380	**RADCZAK Marcin**	**7563**		Masters M - 40	95	00:00:00	00:00:13	01:33:05	**02:42:41.80**	**02:42:41.80**	+01:13:14 (45.0%)	7:44	7.7 (54.6%)
381	**MICHAŁOWSKI Piotr**	**7010**		Senior II M - 30	133	00:00:00	00:03:33	01:37:51	**02:42:45.45**	**02:42:45.45**	+01:13:17 (45.0%)	7:45	7.7 (54.6%)
382	**ILNICKA Monika**	**7238**	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	42	00:00:00	00:02:53	01:38:53	**02:42:47.15**	**02:42:47.15**	+01:13:19 (45.0%)	7:45	7.7 (54.6%)
383	**ZAMIATOWSKA Kinga**	**7738**		Masters K - 40	37	00:00:00	00:00:20	01:29:22	**02:42:52.20**	**02:42:52.20**	+01:13:24 (45.1%)	7:45	7.7 (54.6%)
384	**SARNA Jolanta**	**7878**		Masters K - 40	38	00:00:00	00:00:48	01:30:13	**02:43:07.80**	**02:43:07.80**	+01:13:40 (45.2%)	7:46	7.7 (54.6%)
385	**DZIARNOWSKA Magda**	**7710**	MECHANIKA ZDROWIA	Senior II K - 30	43	00:00:00	00:00:16	01:32:03	**02:43:16.05**	**02:43:16.05**	+01:13:48 (45.2%)	7:46	7.7 (54.6%)
386	**ŁUĆ Łukasz**	**7921**		Masters M - 40	96	00:00:00	00:02:16	01:36:14	**02:43:20.15**	**02:43:20.15**	+01:13:52 (45.2%)	7:46	7.7 (54.6%)
387	**WODZYŃSKI Adam**	**7973**	BIEG DLA HANI	Senior II M - 30	134	00:00:00	00:03:23	01:39:45	**02:43:26.15**	**02:43:26.15**	+01:13:58 (45.3%)	7:46	7.7 (54.6%)
388	**KĘSY Ania**	**7038**	KĘSY TEAM	Weteran K - 50	7	00:00:00	00:00:41	01:36:57	**02:43:39.60**	**02:43:39.60**	+01:14:11 (45.3%)	7:47	7.7 (54.6%)
389	**MAŚLANKA Łukasz**	**7324**	ALOHA TRIATHLON TEAM WROCŁAW	Senior II M - 30	135	00:00:00	00:01:44	01:34:13	**02:43:50.15**	**02:43:50.15**	+01:14:22 (45.4%)	7:48	7.7 (54.6%)
390	**GLOWCZEWSKA Lucyna**	**7642**	RKS PILA-PODLASIE	Masters K - 40	39	00:00:00	00:01:33	01:38:24	**02:43:51.95**	**02:43:51.95**	+01:14:24 (45.4%)	7:48	7.7 (54.6%)
391	**KROPIAK Katarzyna**	**7331**	VEGE RUNNERS / TRAIL IS OUR WAY	Senior II K - 30	44	00:00:00	00:01:05	01:36:16	**02:43:54.95**	**02:43:54.95**	+01:14:27 (45.4%)	7:48	7.7 (54.6%)
392	**ŁAŻEWSKI Marcin**	**7070**		Masters M - 40	97	00:00:00	00:01:43	01:33:22	**02:43:57.15**	**02:43:57.15**	+01:14:29 (45.4%)	7:48	7.7 (54.6%)
393	**ŁAŻEWSKA Sylwia**	**7065**		Masters K - 40	40	00:00:00	00:01:43	01:33:26	**02:43:57.30**	**02:43:57.30**	+01:14:29 (45.4%)	7:48	7.7 (54.6%)
394	**SIP Mirosław**	**7323**		Weteran I M - 50	22	00:00:00	00:00:50	01:27:46	**02:44:08.45**	**02:44:08.45**	+01:14:40 (45.5%)	7:48	7.7 (54.6%)
395	**SIKOŃ Katarzyna**	**7824**	PRO-RUN WROCŁAW/FUNTRI	Masters K - 40	41	00:00:00	00:02:23	01:33:11	**02:44:08.70**	**02:44:08.70**	+01:14:40 (45.5%)	7:48	7.7 (54.6%)
396	**ANDRZEJCZAK Piotr**	**7531**		Masters M - 40	98	00:00:00	00:01:16	01:32:40	**02:44:09.60**	**02:44:09.60**	+01:14:41 (45.5%)	7:49	7.7 (54.6%)
397	**SZNOBER Dorota**	**7427**	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	45	00:00:00	00:00:25	01:30:49	**02:44:13.90**	**02:44:13.90**	+01:14:46 (45.5%)	7:49	7.7 (54.6%)
398	**MARTAN Iwona**	**7611**		Masters K - 40	42	00:00:00	00:00:20	01:33:12	**02:44:16.35**	**02:44:16.35**	+01:14:48 (45.5%)	7:49	7.7 (54.6%)
399	**BEKER Katarzyna**	**7007**		Senior II K - 30	46	00:00:00	00:03:13	01:37:00	**02:44:18.40**	**02:44:18.40**	+01:14:50 (45.6%)	7:49	7.7 (54.6%)
400	**WOLEK Jerzy**	**7913**		Weteran II M - 60	4	00:00:00	00:02:40	01:34:27	**02:44:24.95**	**02:44:24.95**	+01:14:57 (45.6%)	7:49	7.7 (54.6%)
401	**JAKSA Juliusz**	**7670**		Masters M - 40	99	00:00:00	00:01:51	01:33:32	**02:44:26.45**	**02:44:26.45**	+01:14:58 (45.6%)	7:49	7.7 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
402	**GWÓŹDŹ Szymon**	**7880**		Senior I M - 20	28	00:00:00	00:02:31	01:29:37	**02:44:29.10**	**02:44:29.10**	+01:15:01 (45.6%)	7:49	7.7 (54.6%)
403	**WALESZCZYK Krzysiek**	**7803**	KB ODRA OPOLE	Senior II M - 30	136	00:00:00	00:01:30	01:31:34	**02:44:30.45**	**02:44:30.45**	+01:15:02 (45.6%)	7:50	7.7 (54.6%)
404	**ANDRZEJCZAK Michał**	**7394**		Senior II M - 30	137	00:00:00	00:02:40	01:39:02	**02:44:34.45**	**02:44:34.45**	+01:15:06 (45.6%)	7:50	7.7 (54.6%)
405	**ANGOWSKI Andrzej**	**7164**		Senior II M - 30	138	00:00:00	00:03:19	01:33:39	**02:44:41.50**	**02:44:41.50**	+01:15:13 (45.7%)	7:50	7.7 (54.6%)
406	**BIZIEL Michał**	**7910**		Masters M - 40	100	00:00:00	00:02:17	01:36:17	**02:44:59.85**	**02:44:59.85**	+01:15:32 (45.8%)	7:51	7.6 (53.9%)
407	**JAROSZUK Ania**	**7012**		Masters K - 40	43	00:00:00	00:02:20	01:35:55	**02:45:01.00**	**02:45:01.00**	+01:15:33 (45.8%)	7:51	7.6 (53.9%)
408	**BEDNAREK Borys**	**7805**		Senior II M - 30	139	00:00:00	00:02:46	01:31:10	**02:45:03.95**	**02:45:03.95**	+01:15:36 (45.8%)	7:51	7.6 (53.9%)
409	**SIUDAK Anna**	**7581**		Masters K - 40	44	00:00:00	00:00:05	01:32:38	**02:45:11.60**	**02:45:11.60**	+01:15:43 (45.8%)	7:51	7.6 (53.9%)
410	**OLSZEWSKI Jacek**	**7736**		Masters M - 40	101	00:00:00	00:01:56	01:35:43	**02:45:12.25**	**02:45:12.25**	+01:15:44 (45.8%)	7:52	7.6 (53.9%)
411	**MAZUREK Piotr**	**7005**		Senior II M - 30	140	00:00:00	00:02:17	01:37:50	**02:45:12.65**	**02:45:12.65**	+01:15:44 (45.8%)	7:52	7.6 (53.9%)
412	**PONDEL Marzena**	**7859**		Masters K - 40	45	00:00:00	00:03:10	01:37:00	**02:45:13.25**	**02:45:13.25**	+01:15:45 (45.9%)	7:52	7.6 (53.9%)
413	**PASZT Łukasz**	**7368**	ROZBIEGANE DOBCZYCE	Senior I M - 20	29	00:00:00	00:02:15	01:31:32	**02:45:26.95**	**02:45:26.95**	+01:15:59 (45.9%)	7:52	7.6 (53.9%)
414	**BECHTA Damian**	**7715**		Senior I M - 20	30	00:00:00	00:01:25	01:33:07	**02:45:39.45**	**02:45:39.45**	+01:16:11 (46.0%)	7:53	7.6 (53.9%)
415	**TELEGA Radek**	**40**	ZAŁOGA GÓRSKA	Masters M - 40	102	00:00:00	00:00:04	01:26:45	**02:45:41.45**	**02:45:41.45**	+01:16:13 (46.0%)	7:53	7.6 (53.9%)
416	**SZYMAŃSKI Krzysztof**	**7650**	TTKF MPK POZNAŃ	Masters M - 40	103	00:00:00	00:04:06	01:46:09	**02:45:42.55**	**02:45:42.55**	+01:16:14 (46.0%)	7:53	7.6 (53.9%)
417	**WALCZAK Krzysztof**	**7109**		Masters M - 40	104	00:00:00	00:02:43	01:38:23	**02:45:43.80**	**02:45:43.80**	+01:16:16 (46.0%)	7:53	7.6 (53.9%)
418	**JOŃCZYK Tomasz**	**7314**		Senior II M - 30	141	00:00:00	00:02:13	01:35:19	**02:45:56.20**	**02:45:56.20**	+01:16:28 (46.1%)	7:54	7.6 (53.9%)
419	**REIJMERS Agnieszka**	**7689**	LEIDEN ATLETIEK	Masters K - 40	46	00:00:00	00:00:18	01:33:10	**02:46:08.75**	**02:46:08.75**	+01:16:40 (46.2%)	7:54	7.6 (53.9%)
420	**CHORĄŻEWICZ Patryk**	**7883**	KUNA W AGREŚCIE	Masters M - 40	105	00:00:00	00:02:25	01:36:18	**02:46:10.15**	**02:46:10.15**	+01:16:42 (46.2%)	7:54	7.6 (53.9%)
421	**TOL Kamil**	**43**	KUNA W AGREŚCIE	Senior II M - 30	142	00:00:00	00:02:27	01:36:19	**02:46:16.10**	**02:46:16.10**	+01:16:48 (46.2%)	7:55	7.6 (53.9%)
422	**BAŚ Tomasz**	**7004**	STOKOWCZYKI TEAM	Masters M - 40	106	00:00:00	00:00:08	01:30:44	**02:46:21.90**	**02:46:21.90**	+01:16:54 (46.2%)	7:55	7.6 (53.9%)
423	**GAWRYSIAK Marek**	**7705**	BIEGOSTACJA	Weteran I M - 50	23	00:00:00	00:03:50	01:34:18	**02:46:22.35**	**02:46:22.35**	+01:16:54 (46.2%)	7:55	7.6 (53.9%)
424	**WALCZAK Anna**	**7114**	ZABIEGANY SULECHÓW	Masters K - 40	47	00:00:00	00:00:40	01:34:08	**02:46:31.80**	**02:46:31.80**	+01:17:04 (46.3%)	7:55	7.6 (53.9%)
425	**PEPŁOŃSKI Grzegorz**	**7691**	SII RUNNING TEAM	Masters M - 40	107	00:00:00	00:04:11	01:36:57	**02:46:37.30**	**02:46:37.30**	+01:17:09 (46.3%)	7:56	7.6 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
426	**SZUMSKI Zbigniew**	**7735**		Weteran I M - 50	24	00:00:00	00:01:18	01:36:09	**02:46:43.60**	**02:46:43.60**	+01:17:15 (46.3%)	7:56	7.6 (53.9%)
427	**RÓŻAŃSKA Magdalena**	**7073**		Masters K - 40	48	00:00:00	00:00:47	01:36:54	**02:46:54.75**	**02:46:54.75**	+01:17:26 (46.4%)	7:56	7.5 (53.2%)
428	**OCHOCKI Marcin**	**7658**	WIR	Masters M - 40	108	00:00:00	00:01:52	01:40:38	**02:47:06.95**	**02:47:06.95**	+01:17:39 (46.5%)	7:57	7.5 (53.2%)
429	**ROSOLSKI Paweł**	**7195**		Masters M - 40	109	00:00:00	00:00:44	01:30:26	**02:47:15.70**	**02:47:15.70**	+01:17:47 (46.5%)	7:57	7.5 (53.2%)
430	**OLZACKA Agata Olzacka**	**7117**	#ZALINIĄMETYTEAM	Masters K - 40	49	00:00:00	00:02:49	01:36:56	**02:47:27.15**	**02:47:27.15**	+01:17:59 (46.6%)	7:58	7.5 (53.2%)
431	**MÓLL Janusz**	**7044**		Weteran I M - 50	25	00:00:00	00:00:06	01:27:22	**02:47:42.70**	**02:47:42.70**	+01:18:14 (46.7%)	7:59	7.5 (53.2%)
432	**OLSZEWSKI Andrzej**	**7081**		Weteran I M - 50	26	00:00:00	00:00:56	01:28:29	**02:47:45.95**	**02:47:45.95**	+01:18:18 (46.7%)	7:59	7.5 (53.2%)
433	**PTAK Dawid**	**7948**	BIEGAJĄCE KREJZOLE	Masters M - 40	110	00:00:00	00:00:37	01:30:06	**02:47:48.50**	**02:47:48.50**	+01:18:20 (46.7%)	7:59	7.5 (53.2%)
434	**ZIĘBA Grzegorz**	**7806**		Senior II M - 30	143	00:00:00	00:02:47	01:32:07	**02:47:51.85**	**02:47:51.85**	+01:18:24 (46.7%)	7:59	7.5 (53.2%)
435	**FRYSIAK Barbara**	**7389**	WIELUŃ	Weteran K - 50	8	00:00:00	00:00:16	01:34:12	**02:47:54.65**	**02:47:54.65**	+01:18:26 (46.7%)	7:59	7.5 (53.2%)
436	**ZAPOTOCZNY Mariusz**	**7610**		Masters M - 40	111	00:00:00	00:00:20	01:33:12	**02:47:58.05**	**02:47:58.05**	+01:18:30 (46.7%)	7:59	7.5 (53.2%)
437	**IDZIK Marcin**	**7378**		Senior II M - 30	144	00:00:00	00:03:30	01:39:27	**02:48:00.45**	**02:48:00.45**	+01:18:32 (46.8%)	8:00	7.5 (53.2%)
438	**NOWACZYŃSKA Katarzyna**	**7206**	TEAM ZABIEGANEDNI	Masters K - 40	50	00:00:00	00:02:33	01:39:42	**02:48:12.05**	**02:48:12.05**	+01:18:44 (46.8%)	8:00	7.5 (53.2%)
439	**PIELA Katarzyna**	**7411**		Senior II K - 30	47	00:00:00	00:03:37	01:39:01	**02:48:16.70**	**02:48:16.70**	+01:18:48 (46.8%)	8:00	7.5 (53.2%)
440	**MÓWIŃSKI Tomasz**	**7367**		Weteran I M - 50	27	00:00:00	00:01:34	01:38:58	**02:48:21.45**	**02:48:21.45**	+01:18:53 (46.9%)	8:01	7.5 (53.2%)
441	**KORCZYŃSKA Alicja**	**7275**	BIEGAM Z ROZUMEM	Masters K - 40	51	00:00:00	00:01:56	01:41:52	**02:48:23.55**	**02:48:23.55**	+01:18:55 (46.9%)	8:01	7.5 (53.2%)
442	**PAWŁOWSKI Łukasz**	**7712**		Senior II M - 30	145	00:00:00	00:01:50	01:36:18	**02:48:53.20**	**02:48:53.20**	+01:19:25 (47.0%)	8:02	7.5 (53.2%)
443	**APOLINARSKA Natalia**	**7957**	NULL	Senior II K - 30	48	00:00:00	00:02:29	01:39:23	**02:48:54.85**	**02:48:54.85**	+01:19:27 (47.0%)	8:02	7.5 (53.2%)
444	**STOLPE Maciej**	**34**	TKKF MPK POZNAŃ	Weteran I M - 50	28	00:00:00	00:04:07	01:46:30	**02:49:15.80**	**02:49:15.80**	+01:19:48 (47.1%)	8:03	7.4 (52.5%)
445	**DZIĘGIELEWSKA Dominika**	**7897**		Senior II K - 30	49	00:00:00	00:01:23	01:38:03	**02:49:40.10**	**02:49:40.10**	+01:20:12 (47.3%)	8:04	7.4 (52.5%)
446	**GAPSKI Adam**	**44**	KB AKTYWNI KONIN	Masters M - 40	112	00:00:00	00:01:27	01:39:05	**02:49:45.75**	**02:49:45.75**	+01:20:17 (47.3%)	8:05	7.4 (52.5%)
447	**NAKRASZEWICZ Dawid**	**7204**		Senior I M - 20	31	00:00:00	00:00:51	01:33:08	**02:49:58.15**	**02:49:58.15**	+01:20:30 (47.4%)	8:05	7.4 (52.5%)
448	**JEKA Piotr**	**7860**	JEKA TEAM	Weteran I M - 50	29	00:00:00	00:01:27	01:38:22	**02:50:07.75**	**02:50:07.75**	+01:20:39 (47.4%)	8:06	7.4 (52.5%)
449	**WOJCIECHOWSKI Maciej**	**7170**		Senior II M - 30	146	00:00:00	00:01:22	01:33:28	**02:50:09.80**	**02:50:09.80**	+01:20:42 (47.4%)	8:06	7.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
450	**SĄSIADEK Sławomir**	**7792**	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	30	00:00:00	00:02:58	01:40:37	**02:50:14.70**	**02:50:14.70**	+01:20:46 (47.5%)	8:06	7.4 (52.5%)
451	**KARCZEWSKI Tomasz**	**7924**		Masters M - 40	113	00:00:00	00:03:44	01:39:23	**02:50:18.25**	**02:50:18.25**	+01:20:50 (47.5%)	8:06	7.4 (52.5%)
452	**KUSZ Joanna**	**7035**	CROSS STRACEŃCÓW GŁOGÓW	Senior II K - 30	50	00:00:00	00:00:20	01:33:18	**02:50:19.55**	**02:50:19.55**	+01:20:51 (47.5%)	8:06	7.4 (52.5%)
453	**JAKÓBEK Piotr**	**7850**	RUNADDICTS	Senior II M - 30	147	00:00:00	00:00:27	01:32:34	**02:50:24.40**	**02:50:24.40**	+01:20:56 (47.5%)	8:06	7.4 (52.5%)
454	**PAPROCKA Natalia**	**7972**		Masters K - 40	52	00:00:00	00:01:01	01:39:08	**02:50:29.95**	**02:50:29.95**	+01:21:02 (47.5%)	8:07	7.4 (52.5%)
455	**BURZYŃSKA Emilia**	**7152**	MAMY-BIEGAMY / LOCO SPORT	Senior II K - 30	51	00:00:00	00:00:45	01:37:47	**02:50:37.45**	**02:50:37.45**	+01:21:09 (47.6%)	8:07	7.4 (52.5%)
455	**BAJER Anna**	**7184**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	53	00:00:00	00:00:52	01:36:02	**02:50:37.45**	**02:50:37.45**	+01:21:09 (47.6%)	8:07	7.4 (52.5%)
457	**JASKULSKI Darek**	**7951**		Masters M - 40	114	00:00:00	00:03:51	01:43:10	**02:50:40.50**	**02:50:40.50**	+01:21:12 (47.6%)	8:07	7.4 (52.5%)
458	**POCIĘGIEL Michał**	**7983**	SKAWINA BIEGA	Masters M - 40	115	00:00:00	00:03:32	01:43:24	**02:50:48.15**	**02:50:48.15**	+01:21:20 (47.6%)	8:08	7.4 (52.5%)
459	**RUP Krzysztof**	**7539**	BLUES BROTHERS	Masters M - 40	116	00:00:00	00:03:22	01:43:04	**02:50:54.55**	**02:50:54.55**	+01:21:26 (47.7%)	8:08	7.4 (52.5%)
460	**WÓJKOWSKI Kamil**	**7991**	ATLAS RUNNING TEAM	Masters M - 40	117	00:00:00	00:03:03	01:43:07	**02:50:56.55**	**02:50:56.55**	+01:21:28 (47.7%)	8:08	7.4 (52.5%)
461	**KORALEWSKA Edyta**	**7094**		Masters K - 40	54	00:00:00	00:00:52	01:38:54	**02:51:01.45**	**02:51:01.45**	+01:21:33 (47.7%)	8:08	7.4 (52.5%)
462	**MĄDRA Milena**	**7674**	BON ŻYWNOŚCIOWY	Senior I K - 20	20	00:00:00	00:00:44	01:33:21	**02:51:01.85**	**02:51:01.85**	+01:21:34 (47.7%)	8:08	7.4 (52.5%)
463	**ŁĘSKI Sławek**	**7788**		Senior II M - 30	148	00:00:00	00:03:29	01:43:25	**02:51:06.05**	**02:51:06.05**	+01:21:38 (47.7%)	8:08	7.4 (52.5%)
464	**ANTOSZCZUK Aneta**	**7220**		Masters K - 40	55	00:00:00	00:02:24	01:40:43	**02:51:12.25**	**02:51:12.25**	+01:21:44 (47.7%)	8:09	7.4 (52.5%)
465	**CHMIELEWSKA Karolina**	**7407**		Masters K - 40	56	00:00:00	00:00:28	01:36:08	**02:51:15.75**	**02:51:15.75**	+01:21:47 (47.8%)	8:09	7.4 (52.5%)
466	**DYLONG Andrea**	**11**	TRAIL IS OUR WAY TEAM	Senior I K - 20	21	00:00:00	00:01:04	01:39:06	**02:51:27.35**	**02:51:27.35**	+01:21:59 (47.8%)	8:09	7.3 (51.8%)
467	**RYBAK Paweł**	**7899**	HERBAK SPORT	Masters M - 40	118	00:00:00	00:00:51	01:39:32	**02:51:28.00**	**02:51:28.00**	+01:22:00 (47.8%)	8:09	7.3 (51.8%)
468	**SZERMENT Magdalena**	**7121**		Masters K - 40	57	00:00:00	00:01:18	01:40:53	**02:51:43.85**	**02:51:43.85**	+01:22:16 (47.9%)	8:10	7.3 (51.8%)
469	**WAJDA Andrzej**	**7958**		Senior II M - 30	149	00:00:00	00:02:03	01:40:54	**02:51:45.15**	**02:51:45.15**	+01:22:17 (47.9%)	8:10	7.3 (51.8%)
470	**CHMIELEWSKA Sylwia**	**7765**	BIEGACZKA GÓRSKA	Weteran K - 50	9	00:00:00	00:01:34	01:39:39	**02:51:45.90**	**02:51:45.90**	+01:22:18 (47.9%)	8:10	7.3 (51.8%)
471	**KRAWIEC Piotr**	**7336**		Weteran I M - 50	31	00:00:00	00:03:35	01:39:00	**02:51:51.10**	**02:51:51.10**	+01:22:23 (47.9%)	8:11	7.3 (51.8%)
472	**PAPRZYCKA Katarzyna**	**7460**	SZAKAL JEŻYCE	Senior II K - 30	52	00:00:00	00:00:41	01:35:02	**02:51:51.85**	**02:51:51.85**	+01:22:24 (47.9%)	8:11	7.3 (51.8%)
473	**FANAJŁO Wojciech**	**7755**		Senior II M - 30	150	00:00:00	00:01:36	01:42:12	**02:51:52.05**	**02:51:52.05**	+01:22:24 (47.9%)	8:11	7.3 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
474	**BALAS Tomasz Tomski**	**9**	NOLOGOCREW	Senior II M - 30	151	00:00:00	00:02:47	01:39:03	**02:51:53.25**	**02:51:53.25**	+01:22:25 (48.0%)	8:11	7.3 (51.8%)
475	**WYBRANIEC Tomasz**	**7940**		Senior II M - 30	152	00:00:00	00:03:36	01:39:38	**02:52:00.15**	**02:52:00.15**	+01:22:32 (48.0%)	8:11	7.3 (51.8%)
476	**KĘPSKI Grzegorz**	**7404**		Senior II M - 30	153	00:00:00	00:00:48	01:37:39	**02:52:03.45**	**02:52:03.45**	+01:22:35 (48.0%)	8:11	7.3 (51.8%)
477	**KLUSKA Rafał**	**7856**	KS DŁUGOŁĘKA 2000	Senior I M - 20	32	00:00:00	00:02:30	01:40:41	**02:52:14.05**	**02:52:14.05**	+01:22:46 (48.1%)	8:12	7.3 (51.8%)
478	**GÓRA Adam**	**7708**		Senior II M - 30	154	00:00:00	00:02:57	01:40:33	**02:52:15.85**	**02:52:15.85**	+01:22:48 (48.1%)	8:12	7.3 (51.8%)
479	**RYBUS Maciej**	**7986**		Masters M - 40	119	00:00:00	00:03:16	01:40:30	**02:52:20.30**	**02:52:20.30**	+01:22:52 (48.1%)	8:12	7.3 (51.8%)
480	**KŁOS Monika**	**7873**		Masters K - 40	58	00:00:00	00:02:15	01:42:44	**02:52:38.55**	**02:52:38.55**	+01:23:10 (48.2%)	8:13	7.3 (51.8%)
481	**IMIŃSKI Cezary**	**7321**		Weteran I M - 50	32	00:00:00	00:00:55	01:34:45	**02:52:42.75**	**02:52:42.75**	+01:23:14 (48.2%)	8:13	7.3 (51.8%)
482	**DOLECKA Elżbieta**	**7402**	NOWY TOMYŚL	Masters K - 40	59	00:00:00	00:01:17	01:38:47	**02:52:43.65**	**02:52:43.65**	+01:23:15 (48.2%)	8:13	7.3 (51.8%)
483	**WYRWICKI Przemek**	**7155**		Masters M - 40	120	00:00:00	00:01:30	01:37:47	**02:52:49.45**	**02:52:49.45**	+01:23:21 (48.2%)	8:13	7.3 (51.8%)
484	**BIEDA Piotr**	**7430**	RUNNERS TEAM NYSA	Senior II M - 30	155	00:00:00	00:01:37	01:36:07	**02:52:49.95**	**02:52:49.95**	+01:23:22 (48.2%)	8:13	7.3 (51.8%)
485	**GUTOWSKI Piotr**	**7578**		Senior II M - 30	156	00:00:00	00:01:03	01:36:03	**02:52:53.15**	**02:52:53.15**	+01:23:25 (48.3%)	8:13	7.3 (51.8%)
486	**TĘCZA Sara**	**7749**		Senior I K - 20	22	00:00:00	00:00:42	01:36:47	**02:52:53.80**	**02:52:53.80**	+01:23:26 (48.3%)	8:13	7.3 (51.8%)
487	**MIŚTA Grzegorz**	**7936**	DTR BIEGA / MARIO TEAM	Masters M - 40	121	00:00:00	00:02:35	01:43:26	**02:52:58.65**	**02:52:58.65**	+01:23:30 (48.3%)	8:14	7.3 (51.8%)
488	**KARCZEWSKI Sławomi**	**7665**		Senior II M - 30	157	00:00:00	00:01:55	01:42:42	**02:53:07.50**	**02:53:07.50**	+01:23:39 (48.3%)	8:14	7.3 (51.8%)
489	**MALINOWSKI Jakub**	**7790**	ZIELONOWO DRINKERS	Senior II M - 30	158	00:00:00	00:03:27	01:39:09	**02:53:11.15**	**02:53:11.15**	+01:23:43 (48.3%)	8:14	7.3 (51.8%)
490	**PENCONEK Agata**	**7732**		Senior II K - 30	53	00:00:00	00:03:25	01:46:11	**02:53:14.55**	**02:53:14.55**	+01:23:46 (48.4%)	8:14	7.3 (51.8%)
491	**DZIWIŃSKA Agata**	**7551**		Senior II K - 30	54	00:00:00	00:02:10	01:44:01	**02:53:24.05**	**02:53:24.05**	+01:23:56 (48.4%)	8:15	7.3 (51.8%)
492	**GAWRECKA Beata**	**7316**	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	60	00:00:00	00:00:37	01:40:40	**02:53:32.35**	**02:53:32.35**	+01:24:04 (48.4%)	8:15	7.3 (51.8%)
493	**WOJTYŚ Adam**	**7266**	JUTROSIŃSKI KLUB BIEGACZA	Masters M - 40	122	00:00:00	00:00:36	01:39:37	**02:53:32.65**	**02:53:32.65**	+01:24:04 (48.4%)	8:15	7.3 (51.8%)
494	**WOJTYŚ Monika**	**7257**	JUTROSIŃSKI KLUB BIEGACZA	Masters K - 40	61	00:00:00	00:00:36	01:39:40	**02:53:32.95**	**02:53:32.95**	+01:24:05 (48.5%)	8:15	7.3 (51.8%)
495	**SOBAŃSKA Paulina**	**7974**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	62	00:00:00	00:00:26	01:39:42	**02:53:47.45**	**02:53:47.45**	+01:24:19 (48.5%)	8:16	7.3 (51.8%)
496	**KRYCH Rafał**	**7433**		Masters M - 40	123	00:00:00	00:01:26	01:39:00	**02:53:51.05**	**02:53:51.05**	+01:24:23 (48.5%)	8:16	7.2 (51.1%)
497	**MACIEJEWSKI Robert**	**7994**	BOLUBIĘ	Masters M - 40	124	00:00:00	00:02:08	01:35:55	**02:53:53.05**	**02:53:53.05**	+01:24:25 (48.6%)	8:16	7.2 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
498	**CNOTALSKA Aneta**	**7400**		Masters K - 40	63	00:00:00	00:01:14	01:43:15	**02:53:54.15**	**02:53:54.15**	+01:24:26 (48.6%)	8:16	7.2 (51.1%)
499	**KORSAK Agata**	**7450**		Senior II K - 30	55	00:00:00	00:00:21	01:37:45	**02:53:57.40**	**02:53:57.40**	+01:24:29 (48.6%)	8:17	7.2 (51.1%)
500	**KROSZKA Beata**	**7130**		Weteran K - 50	10	00:00:00	00:00:38	01:40:44	**02:54:05.45**	**02:54:05.45**	+01:24:37 (48.6%)	8:17	7.2 (51.1%)
501	**SZPONAR Bartłomiej**	**7027**		Senior II M - 30	159	00:00:00	00:02:02	01:37:46	**02:54:14.50**	**02:54:14.50**	+01:24:46 (48.7%)	8:17	7.2 (51.1%)
501	**ŚMIETANKO Marek**	**7151**		Masters M - 40	125	00:00:00	00:00:34	01:40:32	**02:54:14.50**	**02:54:14.50**	+01:24:46 (48.7%)	8:17	7.2 (51.1%)
503	**SZYMURA Izabela**	**7362**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	64	00:00:00	00:01:13	01:42:13	**02:54:18.10**	**02:54:18.10**	+01:24:50 (48.7%)	8:18	7.2 (51.1%)
504	**BANDEL Aneta**	**7661**		Senior II K - 30	56	00:00:00	00:01:52	01:40:42	**02:54:18.15**	**02:54:18.15**	+01:24:50 (48.7%)	8:18	7.2 (51.1%)
505	**DANILUK Marta**	**7142**		Masters K - 40	65	00:00:00	00:00:35	01:40:31	**02:54:19.10**	**02:54:19.10**	+01:24:51 (48.7%)	8:18	7.2 (51.1%)
506	**CZARNECKI Piotr**	**7285**	BIEGNIEMY DLA HANI	Senior II M - 30	160	00:00:00	00:03:18	01:43:31	**02:54:34.30**	**02:54:34.30**	+01:25:06 (48.8%)	8:18	7.2 (51.1%)
507	**CHYLIŃSKI Radek**	**7950**	ANWILTEAM	Senior II M - 30	161	00:00:00	00:03:35	01:47:41	**02:54:37.75**	**02:54:37.75**	+01:25:09 (48.8%)	8:18	7.2 (51.1%)
508	**RUSECKA Agnieszka**	**7557**	BDB TEAM	Senior II K - 30	57	00:00:00	00:01:03	01:43:21	**02:54:58.35**	**02:54:58.35**	+01:25:30 (48.9%)	8:19	7.2 (51.1%)
508	**CHWASTEK Marcin**	**7261**	ALSTOM KATOWICE	Senior II M - 30	162	00:00:00	00:03:55	01:43:03	**02:54:58.35**	**02:54:58.35**	+01:25:30 (48.9%)	8:19	7.2 (51.1%)
510	**SZYMANEK Beata**	**7628**	APTENEO RUNNING TEAM	Masters K - 40	66	00:00:00	00:01:34	01:42:15	**02:55:05.00**	**02:55:05.00**	+01:25:37 (48.9%)	8:20	7.2 (51.1%)
511	**KOZANECKA Weronika**	**7097**	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	23	00:00:00	00:02:38	01:39:36	**02:55:06.60**	**02:55:06.60**	+01:25:38 (48.9%)	8:20	7.2 (51.1%)
512	**LUBOWIECKA Katarzyna**	**7945**		Weteran K - 50	11	00:00:00	00:03:15	01:46:20	**02:55:10.85**	**02:55:10.85**	+01:25:43 (48.9%)	8:20	7.2 (51.1%)
513	**GRZEGORZEWICZ Katarzyna**	**7023**		Senior II K - 30	58	00:00:00	00:03:14	01:43:24	**02:55:17.30**	**02:55:17.30**	+01:25:49 (49.0%)	8:20	7.2 (51.1%)
514	**KOPEĆ - MARCINKOWSKA Maria**	**7700**		Senior II K - 30	59	00:00:00	00:01:59	01:46:13	**02:55:24.55**	**02:55:24.55**	+01:25:56 (49.0%)	8:21	7.2 (51.1%)
515	**WAJER Marita**	**7477**		Senior I K - 20	24	00:00:00	00:02:56	01:43:58	**02:55:37.60**	**02:55:37.60**	+01:26:09 (49.1%)	8:21	7.2 (51.1%)
516	**LESIK Łukasz**	**7570**		Masters M - 40	126	00:00:00	00:01:51	01:39:43	**02:55:39.60**	**02:55:39.60**	+01:26:11 (49.1%)	8:21	7.2 (51.1%)
517	**ŁABUDA Dawid**	**7241**		Senior II M - 30	163	00:00:00	00:02:18	01:46:26	**02:55:55.15**	**02:55:55.15**	+01:26:27 (49.1%)	8:22	7.2 (51.1%)
518	**LUBAŃSKA Monika**	**7317**		Senior I K - 20	25	00:00:00	00:00:43	01:36:55	**02:56:03.95**	**02:56:03.95**	+01:26:36 (49.2%)	8:23	7.2 (51.1%)
519	**RUDA Kamila**	**7032**	KURACJUSZE	Senior II K - 30	60	00:00:00	00:03:47	01:39:22	**02:56:05.70**	**02:56:05.70**	+01:26:37 (49.2%)	8:23	7.2 (51.1%)
520	**STANKIEWICZ Łukasz**	**7448**		Senior II M - 30	164	00:00:00	00:01:53	01:39:01	**02:56:16.00**	**02:56:16.00**	+01:26:48 (49.2%)	8:23	7.1 (50.4%)
521	**ŻELAZOWSKA Ola**	**7575**	ATLAS RUNNING TEAM	Senior II K - 30	61	00:00:00	00:03:04	01:43:29	**02:56:20.15**	**02:56:20.15**	+01:26:52 (49.3%)	8:23	7.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
522	**FISZER Klaudia**	**7029**	PRZYJACIELETEAM	Senior II K - 30	62	00:00:00	00:03:00	01:46:14	**02:56:30.45**	**02:56:30.45**	+01:27:02 (49.3%)	8:24	7.1 (50.4%)
523	**ŚLUSARCZYK Tomasz**	**7821**	BIEGUSY CZAPLE	Masters M - 40	127	00:00:00	00:01:35	01:39:47	**02:56:37.80**	**02:56:37.80**	+01:27:10 (49.3%)	8:24	7.1 (50.4%)
524	**HOŁOWNIA Patrycja**	**7777**	BIEGUSY CZAPLE	Senior II K - 30	63	00:00:00	00:01:35	01:41:38	**02:56:45.05**	**02:56:45.05**	+01:27:17 (49.4%)	8:25	7.1 (50.4%)
525	**PAŃCZYSZYN Mariusz**	**7341**		Masters M - 40	128	00:00:00	00:02:42	01:42:40	**02:56:46.85**	**02:56:46.85**	+01:27:19 (49.4%)	8:25	7.1 (50.4%)
526	**GRUSZECKA Olga**	**42**		Senior I K - 20	26	00:00:00	00:02:29	01:41:01	**02:56:50.95**	**02:56:50.95**	+01:27:23 (49.4%)	8:25	7.1 (50.4%)
527	**DUBOWICZ Maciej**	**41**	TRITON KONIN	Senior I M - 20	33	00:00:00	00:02:30	01:41:02	**02:56:51.05**	**02:56:51.05**	+01:27:23 (49.4%)	8:25	7.1 (50.4%)
528	**ŁYSZCZAK Wojtek**	**7779**	REAL SALCESON	Masters M - 40	129	00:00:00	00:02:43	01:43:59	**02:56:52.15**	**02:56:52.15**	+01:27:24 (49.4%)	8:25	7.1 (50.4%)
529	**KACHNIARZ Tomasz**	**7748**	SPORT GENERATION	Senior II M - 30	165	00:00:00	00:00:59	01:40:36	**02:56:53.40**	**02:56:53.40**	+01:27:25 (49.4%)	8:25	7.1 (50.4%)
530	**KARCZMARCZYK Mirosław**	**7464**		Senior II M - 30	166	00:00:00	00:02:58	01:46:24	**02:56:54.60**	**02:56:54.60**	+01:27:26 (49.4%)	8:25	7.1 (50.4%)
531	**BELTER Agnieszka**	**7634**	RKS PIŁA PODLASIE	Masters K - 40	67	00:00:00	00:01:32	01:40:45	**02:56:57.45**	**02:56:57.45**	+01:27:29 (49.4%)	8:25	7.1 (50.4%)
532	**OLEJNIK Malgorzata**	**7752**		Masters K - 40	68	00:00:00	00:00:05	01:33:01	**02:57:11.15**	**02:57:11.15**	+01:27:43 (49.5%)	8:26	7.1 (50.4%)
533	**ORSZULSKA Magdalena**	**7216**	WIECZORNE BIEGANIE.W SZCZECINIE	Masters K - 40	69	00:00:00	00:00:29	01:39:20	**02:57:11.25**	**02:57:11.25**	+01:27:43 (49.5%)	8:26	7.1 (50.4%)
534	**BORKOWSKI Krzysztof**	**7695**		Masters M - 40	130	00:00:00	00:00:39	01:39:31	**02:57:12.35**	**02:57:12.35**	+01:27:44 (49.5%)	8:26	7.1 (50.4%)
535	**FRANEK Aneta**	**7884**		Masters K - 40	70	00:00:00	00:00:09	01:37:59	**02:57:22.40**	**02:57:22.40**	+01:27:54 (49.6%)	8:26	7.1 (50.4%)
536	**GALEWSKI Mariusz**	**7236**	KOTLIN	Weteran I M - 50	33	00:00:00	00:01:11	01:41:14	**02:57:22.75**	**02:57:22.75**	+01:27:54 (49.6%)	8:26	7.1 (50.4%)
537	**WOJCIECHOWSKA Anna**	**7069**	PIĄTKOWO NA BIEGOWO	Weteran K - 50	12	00:00:00	00:03:16	01:42:31	**02:57:29.95**	**02:57:29.95**	+01:28:02 (49.6%)	8:27	7.1 (50.4%)
538	**MACIEJEWSKI Piotr**	**7028**		Masters M - 40	131	00:00:00	00:00:23	01:37:02	**02:57:38.35**	**02:57:38.35**	+01:28:10 (49.6%)	8:27	7.1 (50.4%)
539	**BRZĘCZEK Izabela**	**7115**		Weteran K - 50	13	00:00:00	00:01:17	01:43:16	**02:57:48.40**	**02:57:48.40**	+01:28:20 (49.7%)	8:28	7.1 (50.4%)
540	**RUTKOVSKA Simona**	**7989**	SUPERVAROŅI	Senior I K - 20	27	00:00:00	00:01:16	01:40:22	**02:57:49.75**	**02:57:49.75**	+01:28:21 (49.7%)	8:28	7.1 (50.4%)
541	**WIDŁAK Krzysztof**	**7796**		Senior II M - 30	167	00:00:00	00:02:42	01:44:00	**02:57:49.80**	**02:57:49.80**	+01:28:22 (49.7%)	8:28	7.1 (50.4%)
542	**CZEKALSKI Tomasz**	**7988**	NARAMOWICE BIEGAJĄ	Masters M - 40	132	00:00:00	00:03:03	01:43:16	**02:58:04.05**	**02:58:04.05**	+01:28:36 (49.8%)	8:28	7.1 (50.4%)
543	**MORAWIEC Jarosław**	**7313**	GYPSY BROTHERS	Senior II M - 30	168	00:00:00	00:02:13	01:37:41	**02:58:04.30**	**02:58:04.30**	+01:28:36 (49.8%)	8:28	7.1 (50.4%)
544	**CZEKALSKA Magdalena**	**7987**	NARAMOWICE BIEGAJĄ	Masters K - 40	71	00:00:00	00:03:03	01:43:19	**02:58:04.50**	**02:58:04.50**	+01:28:36 (49.8%)	8:28	7.1 (50.4%)
545	**NATKANIEC Grazyna**	**7181**		Weteran K - 50	14	00:00:00	00:01:22	01:40:56	**02:58:05.30**	**02:58:05.30**	+01:28:37 (49.8%)	8:28	7.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
546	**KLOZA Mariusz**	**7455**	NIGHT RUNNERS PYSKOWICE	Masters M - 40	133	00:00:00	00:00:49	01:35:12	**02:58:21.10**	**02:58:21.10**	+01:28:53 (49.8%)	8:29	7.1 (50.4%)
547	**SKOWRONEK Tomasz**	**7108**		Senior II M - 30	169	00:00:00	00:01:06	01:31:24	**02:58:23.15**	**02:58:23.15**	+01:28:55 (49.8%)	8:29	7.1 (50.4%)
548	**WRÓBLEWSKI Borys**	**7741**		Senior II M - 30	170	00:00:00	00:03:15	01:41:23	**02:58:25.75**	**02:58:25.75**	+01:28:57 (49.9%)	8:29	7.1 (50.4%)
549	**FLIS Danuta**	**27**	10 CHOSZCZEŃSKA	Weteran K - 50	15	00:00:00	00:00:10	01:38:21	**02:58:27.85**	**02:58:27.85**	+01:29:00 (49.9%)	8:29	7.1 (50.4%)
549	**PIJANKA Mariusz**	**7381**		Weteran I M - 50	34	00:00:00	00:02:22	01:40:47	**02:58:27.85**	**02:58:27.85**	+01:29:00 (49.9%)	8:29	7.1 (50.4%)
551	**KRAJEWSKI Przemysław**	**7722**	12TRI.PL	Masters M - 40	134	00:00:00	00:03:38	01:44:35	**02:58:43.90**	**02:58:43.90**	+01:29:16 (49.9%)	8:30	7.1 (50.4%)
552	**TURCZYŃSKA Monika**	**7721**	12TRI.PL	Masters K - 40	72	00:00:00	00:03:39	01:46:12	**02:58:44.05**	**02:58:44.05**	+01:29:16 (49.9%)	8:30	7 (49.6%)
553	**STACIWO Justyna**	**7228**	KURACJUSZE	Senior II K - 30	64	00:00:00	00:03:47	01:44:32	**02:58:45.15**	**02:58:45.15**	+01:29:17 (50.0%)	8:30	7 (49.6%)
554	**KOŚNIEWSKA-NOWAK Joanna**	**7166**	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	73	00:00:00	00:02:52	01:43:57	**02:58:48.70**	**02:58:48.70**	+01:29:20 (50.0%)	8:30	7 (49.6%)
555	**NOWAK Łukasz**	**7077**	WIECZORNE BIEGANIE W OPOLU	Senior II M - 30	171	00:00:00	00:02:53	01:43:34	**02:58:48.80**	**02:58:48.80**	+01:29:21 (50.0%)	8:30	7 (49.6%)
556	**BOGUSZ Marek**	**7756**	WALKA KOSTRZYN	Weteran II M - 60	5	00:00:00	00:01:05	01:40:17	**02:58:52.35**	**02:58:52.35**	+01:29:24 (50.0%)	8:31	7 (49.6%)
557	**NAWROT Dawid**	**7810**	MIRAZ RACE TEAM	Senior II M - 30	172	00:00:00	00:01:48	01:43:11	**02:59:25.60**	**02:59:25.60**	+01:29:57 (50.1%)	8:32	7 (49.6%)
558	**STASIŃSKA-KOSTOWSKA Wiktoria**	**7657**		Senior I K - 20	28	00:00:00	00:01:58	01:46:01	**02:59:32.85**	**02:59:32.85**	+01:30:05 (50.2%)	8:32	7 (49.6%)
559	**WARWAS Katarzyna**	**7993**		Masters K - 40	74	00:00:00	00:03:04	01:43:28	**02:59:35.75**	**02:59:35.75**	+01:30:07 (50.2%)	8:33	7 (49.6%)
560	**ORDYNIEC Alicja**	**7074**	KĘSY TEAM	Masters K - 40	75	00:00:00	00:00:41	01:42:16	**02:59:41.40**	**02:59:41.40**	+01:30:13 (50.2%)	8:33	7 (49.6%)
561	**ŚWIDERSKI Wojciech**	**7817**		Senior I M - 20	34	00:00:00	00:03:31	01:44:14	**02:59:42.30**	**02:59:42.30**	+01:30:14 (50.2%)	8:33	7 (49.6%)
562	**GOŁEMBECKA Bogumiła**	**7191**		Masters K - 40	76	00:00:00	00:00:08	01:38:56	**02:59:52.20**	**02:59:52.20**	+01:30:24 (50.3%)	8:33	7 (49.6%)
562	**GOŁEMBECKI Jakub**	**7190**		Masters M - 40	135	00:00:00	00:00:08	01:38:57	**02:59:52.20**	**02:59:52.20**	+01:30:24 (50.3%)	8:33	7 (49.6%)
564	**GMAJ Karolina**	**7425**		Masters K - 40	77	00:00:00	00:02:34	01:46:04	**02:59:59.65**	**02:59:59.65**	+01:30:31 (50.3%)	8:34	7 (49.6%)
565	**JUREWICZ Agata**	**7486**	VEGE RUNNERS	Senior II K - 30	65	00:00:00	00:02:13	01:46:02	**03:00:08.70**	**03:00:08.70**	+01:30:40 (50.3%)	8:34	7 (49.6%)
565	**MŁYNARCZYK Magdalena**	**7536**		Senior II K - 30	65	00:00:00	00:02:14	01:45:55	**03:00:08.70**	**03:00:08.70**	+01:30:40 (50.3%)	8:34	7 (49.6%)
567	**KAROŃ Krzysztof**	**7969**		Weteran I M - 50	35	00:00:00	00:02:50	01:45:52	**03:00:16.85**	**03:00:16.85**	+01:30:49 (50.4%)	8:35	7 (49.6%)
568	**OLEJNICZAK Paulina**	**7043**		Senior II K - 30	67	00:00:00	00:00:42	01:40:51	**03:00:23.15**	**03:00:23.15**	+01:30:55 (50.4%)	8:35	7 (49.6%)
569	**JANKOWIAK Bartosz**	**7516**		Masters M - 40	136	00:00:00	00:01:15	01:40:33	**03:00:26.25**	**03:00:26.25**	+01:30:58 (50.4%)	8:35	7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
570	**PATYCKA Edyta**	**7125**	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	16	00:00:00	00:01:02	01:40:52	**03:00:32.35**	**03:00:32.35**	+01:31:04 (50.4%)	8:35	7 (49.6%)
571	**WRÓBEL Marzena**	**7334**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	78	00:00:00	00:00:28	01:37:38	**03:00:49.75**	**03:00:49.75**	+01:31:21 (50.5%)	8:36	7 (49.6%)
572	**WRÓBEL Zbigniew**	**7332**	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	36	00:00:00	00:00:28	01:32:22	**03:00:50.05**	**03:00:50.05**	+01:31:22 (50.5%)	8:36	7 (49.6%)
573	**FĄFARA Agnieszka**	**7300**	BIEGNIĘTE LASKI	Masters K - 40	79	00:00:00	00:02:33	01:52:12	**03:00:51.00**	**03:00:51.00**	+01:31:23 (50.5%)	8:36	7 (49.6%)
574	**STEPUCH Włodzimierz Tomasz**	**7651**		Masters M - 40	137	00:00:00	00:04:02	01:49:49	**03:00:51.50**	**03:00:51.50**	+01:31:23 (50.5%)	8:36	7 (49.6%)
575	**SKAWINA-POŁEĆ Anna**	**7338**	TOPOLICE TEAM	Senior II K - 30	68	00:00:00	00:01:20	01:38:00	**03:00:52.90**	**03:00:52.90**	+01:31:25 (50.5%)	8:36	7 (49.6%)
576	**NOLAS Jolanta**	**7698**	KB HARCOWNIK	Weteran K - 50	17	00:00:00	00:01:41	01:43:07	**03:01:08.65**	**03:01:08.65**	+01:31:40 (50.6%)	8:37	7 (49.6%)
577	**WIŚNIEWSKA Iwona**	**7360**	BIEGAMBOLUBIE	Senior II K - 30	69	00:00:00	00:01:24	01:43:13	**03:01:10.95**	**03:01:10.95**	+01:31:43 (50.6%)	8:37	7 (49.6%)
578	**WIŚNIEWSKI Rafał**	**7359**	KWP POZNAŃ	Senior II M - 30	173	00:00:00	00:01:23	01:43:12	**03:01:11.05**	**03:01:11.05**	+01:31:43 (50.6%)	8:37	7 (49.6%)
579	**KOTWICKI Mateusz**	**7978**	BRAK	Senior II M - 30	174	00:00:00	00:02:25	01:45:56	**03:01:18.25**	**03:01:18.25**	+01:31:50 (50.7%)	8:38	6.9 (48.9%)
580	**BERGA Madara**	**7966**		Masters K - 40	80	00:00:00	00:01:26	01:46:05	**03:01:22.15**	**03:01:22.15**	+01:31:54 (50.7%)	8:38	6.9 (48.9%)
581	**DATA Izabela**	**7037**	KUGUAR XTREME RUNNERS	Weteran K - 50	18	00:00:00	00:04:02	01:46:03	**03:01:23.45**	**03:01:23.45**	+01:31:55 (50.7%)	8:38	6.9 (48.9%)
582	**GOŁUCH Joanna**	**7934**		Masters K - 40	81	00:00:00	00:01:43	01:44:03	**03:01:23.75**	**03:01:23.75**	+01:31:55 (50.7%)	8:38	6.9 (48.9%)
583	**BINKOWSKA Marta**	**7763**	ŚWIERCZEWO RUN	Senior II K - 30	70	00:00:00	00:00:45	01:39:34	**03:01:31.65**	**03:01:31.65**	+01:32:03 (50.7%)	8:38	6.9 (48.9%)
584	**BARAŃSKA Agnieszka**	**7952**		Senior II K - 30	71	00:00:00	00:02:03	01:43:23	**03:01:33.85**	**03:01:33.85**	+01:32:06 (50.7%)	8:38	6.9 (48.9%)
585	**BIELECKI Grzegorz**	**7654**	HAPPY SCHOOL	Masters M - 40	138	00:00:00	00:01:50	01:45:53	**03:01:45.95**	**03:01:45.95**	+01:32:18 (50.8%)	8:39	6.9 (48.9%)
586	**KUCHCZYŃSKI Krzysztof**	**7592**		Masters M - 40	139	00:00:00	00:02:57	01:44:34	**03:01:47.20**	**03:01:47.20**	+01:32:19 (50.8%)	8:39	6.9 (48.9%)
587	**GIMZICKA Ewa**	**7345**		Masters K - 40	82	00:00:00	00:03:14	01:48:00	**03:01:51.85**	**03:01:51.85**	+01:32:24 (50.8%)	8:39	6.9 (48.9%)
588	**SOJKA Przemek**	**7343**	ORANGE POLSKA	Masters M - 40	140	00:00:00	00:00:59	01:43:09	**03:01:54.05**	**03:01:54.05**	+01:32:26 (50.8%)	8:39	6.9 (48.9%)
589	**KOMAR Agata**	**7737**	KOMARTEAM	Senior II K - 30	72	00:00:00	00:01:56	01:47:15	**03:01:54.30**	**03:01:54.30**	+01:32:26 (50.8%)	8:39	6.9 (48.9%)
590	**BARTKIEWICZ Ireneusz**	**7120**		Masters M - 40	141	00:00:00	00:02:16	01:39:22	**03:02:01.30**	**03:02:01.30**	+01:32:33 (50.9%)	8:40	6.9 (48.9%)
591	**DARGA Paulina**	**7949**	ANWILTEAM	Senior II K - 30	73	00:00:00	00:03:34	01:51:58	**03:02:05.45**	**03:02:05.45**	+01:32:37 (50.9%)	8:40	6.9 (48.9%)
592	**GIERSZEWSKA Grażyna**	**7781**		Weteran K - 50	19	00:00:00	00:00:21	01:41:21	**03:02:16.00**	**03:02:16.00**	+01:32:48 (50.9%)	8:40	6.9 (48.9%)
593	**MICHNIEWICZ-MRUK Dagmara**	**7307**	STARCON.COM.PL	Senior II K - 30	74	00:00:00	00:02:07	01:51:57	**03:02:40.60**	**03:02:40.60**	+01:33:12 (51.0%)	8:41	6.9 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
594	**SZCZEPANIAK Małgorzata**	**7641**	RKS PIŁA PODLASIE	Weteran K - 50	20	00:00:00	00:01:33	01:42:21	**03:02:52.95**	**03:02:52.95**	+01:33:25 (51.1%)	8:42	6.9 (48.9%)
595	**KIRCUŃ Paweł**	**7508**		Masters M - 40	142	00:00:00	00:01:50	01:45:54	**03:03:15.55**	**03:03:15.55**	+01:33:47 (51.2%)	8:43	6.9 (48.9%)
596	**HANUSIK-JERUZEL Zofia**	**7258**		Masters K - 40	83	00:00:00	00:00:06	01:42:28	**03:03:22.80**	**03:03:22.80**	+01:33:55 (51.2%)	8:43	6.9 (48.9%)
597	**PIĘTKA Wojciech**	**7489**		Senior I M - 20	35	00:00:00	00:03:11	01:53:35	**03:03:23.55**	**03:03:23.55**	+01:33:55 (51.2%)	8:43	6.9 (48.9%)
598	**KWAŚNIEWICZ Rafał**	**7158**		Senior II M - 30	175	00:00:00	00:03:50	01:42:17	**03:03:37.90**	**03:03:37.90**	+01:34:10 (51.3%)	8:44	6.9 (48.9%)
599	**BRZEZIŃSKI Andrzej**	**7192**	LANRUNS	Weteran II M - 60	6	00:00:00	00:00:11	01:33:06	**03:03:40.20**	**03:03:40.20**	+01:34:12 (51.3%)	8:44	6.9 (48.9%)
600	**TYLKA Gosia**	**7050**		Senior II K - 30	75	00:00:00	00:02:18	01:43:17	**03:03:46.35**	**03:03:46.35**	+01:34:18 (51.3%)	8:45	6.9 (48.9%)
601	**BRZEZIŃSKA Dorota**	**7680**		Masters K - 40	84	00:00:00	00:01:43	01:49:46	**03:03:52.85**	**03:03:52.85**	+01:34:25 (51.3%)	8:45	6.9 (48.9%)
602	**CNOTALSKI Adam**	**7766**		Senior II M - 30	176	00:00:00	00:01:14	01:43:56	**03:04:23.20**	**03:04:23.20**	+01:34:55 (51.5%)	8:46	6.8 (48.2%)
603	**ŚNIEGOSKA Sandra**	**7534**	KNEIPP TEAM	Senior II K - 30	76	00:00:00	00:01:38	01:43:40	**03:04:37.40**	**03:04:37.40**	+01:35:09 (51.5%)	8:47	6.8 (48.2%)
604	**ŚNIEGOSKI Sebastian**	**7535**	KNEIPP TEAM	Masters M - 40	143	00:00:00	00:01:38	01:43:50	**03:04:37.45**	**03:04:37.45**	+01:35:09 (51.5%)	8:47	6.8 (48.2%)
605	**NAPIERAŁA Agnieszka**	**7312**	MARATOŃCZYK POZNAŃ	Senior II K - 30	77	00:00:00	00:01:12	01:44:13	**03:04:40.85**	**03:04:40.85**	+01:35:13 (51.6%)	8:47	6.8 (48.2%)
606	**SŁOCIŃSKA Natasza**	**7909**	MARATOŃCZYK POZNAŃ	Senior II K - 30	78	00:00:00	00:01:11	01:44:15	**03:04:41.05**	**03:04:41.05**	+01:35:13 (51.6%)	8:47	6.8 (48.2%)
607	**SZWAGIERCZAK-STEFANIAK Magda**	**7311**	MARATOŃCZYK	Senior II K - 30	79	00:00:00	00:01:11	01:44:12	**03:04:41.55**	**03:04:41.55**	+01:35:13 (51.6%)	8:47	6.8 (48.2%)
608	**ZDYB Grzegorz**	**7016**		Masters M - 40	144	00:00:00	00:03:57	01:46:04	**03:04:50.80**	**03:04:50.80**	+01:35:23 (51.6%)	8:48	6.8 (48.2%)
609	**MATYNIAK Barbara**	**7398**	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	80	00:00:00	00:02:33	01:46:10	**03:04:54.25**	**03:04:54.25**	+01:35:26 (51.6%)	8:48	6.8 (48.2%)
610	**RYCHTER Maciej**	**7541**	ONE STEP	Senior II M - 30	177	00:00:00	00:03:27	01:53:50	**03:04:57.65**	**03:04:57.65**	+01:35:29 (51.6%)	8:48	6.8 (48.2%)
611	**OGIEGŁO Dominik**	**7799**		Senior II M - 30	178	00:00:00	00:01:39	01:42:43	**03:05:03.25**	**03:05:03.25**	+01:35:35 (51.7%)	8:48	6.8 (48.2%)
612	**SZYMAŃSKA Anna**	**7096**	ROZBIEGANY GOLENIÓW	Weteran II K - 60	1	00:00:00	00:01:07	01:40:29	**03:05:06.40**	**03:05:06.40**	+01:35:38 (51.7%)	8:48	6.8 (48.2%)
613	**PIECHOTA Remigiusz**	**7542**	ONE STEP / RYNNY.NET	Senior II M - 30	179	00:00:00	00:03:28	01:53:51	**03:05:07.10**	**03:05:07.10**	+01:35:39 (51.7%)	8:48	6.8 (48.2%)
614	**RATAJCZAK Grzegorz**	**7150**		Weteran I M - 50	37	00:00:00	00:01:10	01:40:19	**03:05:15.15**	**03:05:15.15**	+01:35:47 (51.7%)	8:49	6.8 (48.2%)
615	**NAWARA Paweł**	**7926**	BALERUNY	Senior II M - 30	180	00:00:00	00:03:02	01:46:22	**03:05:49.50**	**03:05:49.50**	+01:36:21 (51.9%)	8:50	6.8 (48.2%)
616	**WARYSZAK Joanna**	**7189**	DZIK KOMANDO	Senior II K - 30	81	00:00:00	00:01:29	01:46:50	**03:05:52.90**	**03:05:52.90**	+01:36:25 (51.9%)	8:51	6.8 (48.2%)
617	**KRYCH Joanna**	**7327**		Masters K - 40	85	00:00:00	00:01:27	01:41:00	**03:05:57.05**	**03:05:57.05**	+01:36:29 (51.9%)	8:51	6.8 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
618	**CIEKAŃSKA Joanna**	**7249**		Masters K - 40	86	00:00:00	00:02:58	01:47:39	**03:06:13.05**	**03:06:13.05**	+01:36:45 (52.0%)	8:52	6.8 (48.2%)
619	**HEJNE Agnieszka**	**7326**		Masters K - 40	87	00:00:00	00:00:16	01:36:52	**03:06:14.90**	**03:06:14.90**	+01:36:47 (52.0%)	8:52	6.8 (48.2%)
620	**KRZESZEWSKI Krzysztof**	**7475**		Masters M - 40	145	00:00:00	00:01:52	01:37:43	**03:06:19.65**	**03:06:19.65**	+01:36:51 (52.0%)	8:52	6.8 (48.2%)
621	**KOLENDA Mateusz**	**7483**	DRIN TEAM	Senior II M - 30	181	00:00:00	00:03:26	01:53:43	**03:06:22.85**	**03:06:22.85**	+01:36:55 (52.0%)	8:52	6.8 (48.2%)
622	**MALISZ Agnieszka**	**7179**		Senior II K - 30	82	00:00:00	00:01:20	01:39:35	**03:06:23.15**	**03:06:23.15**	+01:36:55 (52.0%)	8:52	6.8 (48.2%)
623	**CHARLES Xavier**	**7709**		Weteran I M - 50	38	00:00:00	00:00:56	01:40:17	**03:06:32.75**	**03:06:32.75**	+01:37:04 (52.0%)	8:52	6.8 (48.2%)
624	**DOLIŃSKA Marta**	**7437**		Senior I K - 20	29	00:00:00	00:00:07	01:42:30	**03:06:45.15**	**03:06:45.15**	+01:37:17 (52.1%)	8:53	6.7 (47.5%)
625	**LUBOWIECKA Paulina**	**7947**		Senior I K - 20	30	00:00:00	00:03:16	01:49:34	**03:06:51.55**	**03:06:51.55**	+01:37:23 (52.1%)	8:53	6.7 (47.5%)
626	**KILIAN Daniel**	**7743**	PWPW S.A.	Masters M - 40	146	00:00:00	00:03:34	01:53:41	**03:06:52.30**	**03:06:52.30**	+01:37:24 (52.1%)	8:53	6.7 (47.5%)
627	**KUKUCZKA Wioletta**	**7435**	KLUCZBORSKA GRUPA BIEGOWA	Weteran K - 50	21	00:00:00	00:01:24	01:46:25	**03:06:54.70**	**03:06:54.70**	+01:37:26 (52.1%)	8:54	6.7 (47.5%)
628	**ŚLIWIŃSKA Anna**	**7227**		Senior I K - 20	31	00:00:00	00:02:09	01:48:49	**03:06:55.55**	**03:06:55.55**	+01:37:27 (52.1%)	8:54	6.7 (47.5%)
629	**BARAN Przemysław**	**7286**	BIEGNIEMY DLA HANI	Senior II M - 30	182	00:00:00	00:03:24	01:47:40	**03:07:08.75**	**03:07:08.75**	+01:37:40 (52.2%)	8:54	6.7 (47.5%)
630	**KUCIŃSKI Andrzej**	**7193**	BAZA ZDROWIA FRESCO	Weteran II M - 60	7	00:00:00	00:03:07	01:48:42	**03:07:33.55**	**03:07:33.55**	+01:38:05 (52.3%)	8:55	6.7 (47.5%)
631	**JACKOWSKA Katarzyna**	**7683**		Masters K - 40	88	00:00:00	00:01:08	01:42:12	**03:07:34.15**	**03:07:34.15**	+01:38:06 (52.3%)	8:55	6.7 (47.5%)
632	**DOBOSZ Leszek**	**7960**		Masters M - 40	147	00:00:00	00:03:54	01:53:52	**03:07:35.95**	**03:07:35.95**	+01:38:08 (52.3%)	8:55	6.7 (47.5%)
633	**ANDRZEJCZAK Łukasz**	**7403**		Masters M - 40	148	00:00:00	00:02:35	01:43:14	**03:07:36.80**	**03:07:36.80**	+01:38:09 (52.3%)	8:56	6.7 (47.5%)
634	**CZECH Dominika**	**7234**		Senior II K - 30	83	00:00:00	00:00:40	01:42:20	**03:07:45.35**	**03:07:45.35**	+01:38:17 (52.4%)	8:56	6.7 (47.5%)
635	**MODZELEWSKA Anna**	**7761**		Senior I K - 20	32	00:00:00	00:01:46	01:49:37	**03:07:51.20**	**03:07:51.20**	+01:38:23 (52.4%)	8:56	6.7 (47.5%)
636	**GAWĘDZKA Aneta**	**7629**	OBORYGENI	Masters K - 40	89	00:00:00	00:02:22	01:54:57	**03:08:00.95**	**03:08:00.95**	+01:38:33 (52.4%)	8:57	6.7 (47.5%)
637	**TEKIELI Ewelina**	**8**	TEKIELI FAMILY	Masters K - 40	90	00:00:00	00:02:54	01:49:45	**03:08:14.55**	**03:08:14.55**	+01:38:46 (52.5%)	8:57	6.7 (47.5%)
638	**WIĘCKOWSKA Agata**	**7297**	ZAKOCHAJ SIĘ W BIEGANIU	Senior II K - 30	84	00:00:00	00:02:31	01:48:49	**03:08:15.95**	**03:08:15.95**	+01:38:48 (52.5%)	8:57	6.7 (47.5%)
639	**RÓŻYCKI Patryk**	**7205**		Senior I M - 20	36	00:00:00	00:01:46	01:43:30	**03:08:18.70**	**03:08:18.70**	+01:38:50 (52.5%)	8:58	6.7 (47.5%)
640	**MICHALIK Aleksandra**	**7370**		Senior I K - 20	33	00:00:00	00:01:46	01:43:37	**03:08:19.65**	**03:08:19.65**	+01:38:51 (52.5%)	8:58	6.7 (47.5%)
641	**GÓRNA Małgorzata**	**7350**		Senior II K - 30	85	00:00:00	00:03:02	01:48:48	**03:08:32.90**	**03:08:32.90**	+01:39:05 (52.6%)	8:58	6.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
642	**KORDYLEWSKA Marlena**	**7767**	KTÓRĘDYNADMORSKIEOKO	Senior II K - 30	86	00:00:00	00:01:31	01:52:45	**03:08:45.30**	**03:08:45.30**	+01:39:17 (52.6%)	8:59	6.7 (47.5%)
643	**WIECZOREK Artur**	**7843**		Masters M - 40	149	00:00:00	00:02:04	01:53:59	**03:08:46.20**	**03:08:46.20**	+01:39:18 (52.6%)	8:59	6.7 (47.5%)
644	**MACIEJEWSKI Paweł**	**7395**		Senior II M - 30	183	00:00:00	00:02:04	01:54:00	**03:08:52.45**	**03:08:52.45**	+01:39:24 (52.6%)	8:59	6.7 (47.5%)
645	**CYBULA Ewa**	**7283**		Masters K - 40	91	00:00:00	00:03:29	01:49:35	**03:09:02.00**	**03:09:02.00**	+01:39:34 (52.7%)	9:00	6.7 (47.5%)
646	**NOWAK Michał**	**7669**	DARŁOWO	Senior II M - 30	184	00:00:00	00:02:52	01:53:34	**03:09:05.15**	**03:09:05.15**	+01:39:37 (52.7%)	9:00	6.7 (47.5%)
647	**BLAJCHERT Adam**	**7328**		Masters M - 40	150	00:00:00	00:01:39	01:49:36	**03:09:07.75**	**03:09:07.75**	+01:39:39 (52.7%)	9:00	6.7 (47.5%)
648	**KODYM Anna**	**7607**	LASKI Z LASKU (MARCELIŃSKIEGO)	Senior II K - 30	87	00:00:00	00:03:23	01:53:37	**03:09:08.80**	**03:09:08.80**	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
648	**MATUSZEK Małgorzata**	**7608**	LASKI Z LASKU (MARCELIŃSKIEGO)	Senior I K - 20	34	00:00:00	00:03:23	01:53:37	**03:09:08.80**	**03:09:08.80**	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
650	**NOWICKA-BŁASZCZYK Izabela**	**7606**	LASKI Z LASKU (MARCELIŃSKIEGO)	Masters K - 40	92	00:00:00	00:03:22	01:53:36	**03:09:08.90**	**03:09:08.90**	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
651	**BONICH Magdalena**	**10**	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	88	00:00:00	00:02:53	01:45:57	**03:09:09.00**	**03:09:09.00**	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
652	**BARTŁOMIEJCZYK Sylwia**	**7866**	SOCIOS SILESIA	Masters K - 40	93	00:00:00	00:01:28	01:46:53	**03:09:09.45**	**03:09:09.45**	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
653	**KIEDROWSKI Łukasz**	**7590**		Senior II M - 30	185	00:00:00	00:02:46	01:52:04	**03:09:12.50**	**03:09:12.50**	+01:39:44 (52.7%)	9:00	6.7 (47.5%)
654	**WRĘCZYCKA Izabela**	**7901**	CIDRY LOTAJOM	Weteran K - 50	22	00:00:00	00:02:27	01:53:35	**03:09:15.75**	**03:09:15.75**	+01:39:47 (52.7%)	9:00	6.7 (47.5%)
655	**SZYMCZAK Katarzyna**	**7890**		Weteran K - 50	23	00:00:00	00:00:27	01:43:54	**03:09:22.45**	**03:09:22.45**	+01:39:54 (52.8%)	9:01	6.7 (47.5%)
656	**SZCZEPANIAK Sylwia**	**7851**		Senior II K - 30	89	00:00:00	00:02:20	01:46:00	**03:09:24.45**	**03:09:24.45**	+01:39:56 (52.8%)	9:01	6.7 (47.5%)
657	**GOGOLOK Patryk**	**7812**		Masters M - 40	151	00:00:00	00:03:06	01:51:35	**03:09:26.35**	**03:09:26.35**	+01:39:58 (52.8%)	9:01	6.7 (47.5%)
658	**KOLENDA Katarzyna**	**7484**	DRIN TEAM	Senior II K - 30	90	00:00:00	00:03:25	01:53:42	**03:09:40.90**	**03:09:40.90**	+01:40:13 (52.8%)	9:01	6.6 (46.8%)
659	**KACZMAREK Agata**	**7414**		Masters K - 40	94	00:00:00	00:00:41	01:49:39	**03:09:51.80**	**03:09:51.80**	+01:40:24 (52.9%)	9:02	6.6 (46.8%)
660	**WOSZCZYK Agnieszka**	**7478**		Senior II K - 30	91	00:00:00	00:02:55	01:46:28	**03:10:08.50**	**03:10:08.50**	+01:40:40 (52.9%)	9:03	6.6 (46.8%)
661	**GŁĄBICA Adam**	**7214**	AFK RAPORT WROCŁAW	Weteran I M - 50	39	00:00:00	00:01:44	01:47:35	**03:10:08.55**	**03:10:08.55**	+01:40:40 (52.9%)	9:03	6.6 (46.8%)
662	**KWIATKOWSKA Marta**	**7731**		Masters K - 40	95	00:00:00	00:01:13	01:43:02	**03:10:10.25**	**03:10:10.25**	+01:40:42 (53.0%)	9:03	6.6 (46.8%)
663	**PĘCZKOWSKA Magdalena**	**7432**		Masters K - 40	96	00:00:00	00:02:32	01:49:33	**03:10:17.15**	**03:10:17.15**	+01:40:49 (53.0%)	9:03	6.6 (46.8%)
664	**KUCHCINSKA Diana**	**7583**		Masters K - 40	97	00:00:00	00:02:58	01:47:40	**03:10:28.90**	**03:10:28.90**	+01:41:01 (53.0%)	9:04	6.6 (46.8%)
665	**KARPIŃSKI Grzegorz**	**7242**	SALCESON	Senior II M - 30	186	00:00:00	00:02:42	01:43:59	**03:10:29.70**	**03:10:29.70**	+01:41:01 (53.0%)	9:04	6.6 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
666	**LUBOWIECKI Tomek**	**7946**		Weteran I M - 50	40	00:00:00	00:03:14	01:51:36	**03:10:30.25**	**03:10:30.25**	+01:41:02 (53.0%)	9:04	6.6 (46.8%)
667	**ROBASZKIEWICZ Jan**	**7802**		Weteran I M - 50	41	00:00:00	00:01:01	01:38:55	**03:10:31.35**	**03:10:31.35**	+01:41:03 (53.0%)	9:04	6.6 (46.8%)
668	**KOPEĆ Julia**	**7701**		Senior I K - 20	35	00:00:00	00:01:59	01:51:34	**03:10:31.55**	**03:10:31.55**	+01:41:03 (53.0%)	9:04	6.6 (46.8%)
669	**ZIÓŁKOWSKI Krzysztof**	**7272**	PRO-RUN WROCŁAW	Weteran II M - 60	8	00:00:00	00:02:16	01:51:42	**03:10:32.60**	**03:10:32.60**	+01:41:04 (53.0%)	9:04	6.6 (46.8%)
670	**SOWIŃSKA Anetta**	**7903**		Masters K - 40	98	00:00:00	00:01:18	01:49:58	**03:10:52.50**	**03:10:52.50**	+01:41:24 (53.1%)	9:05	6.6 (46.8%)
671	**PERLAK Magdalena**	**7676**	TRAIL IS OUR WAY	Senior II K - 30	92	00:00:00	00:01:48	01:54:32	**03:10:57.95**	**03:10:57.95**	+01:41:30 (53.2%)	9:05	6.6 (46.8%)
672	**BANACH-SKOWRONEK Joanna**	**7110**		Senior II K - 30	93	00:00:00	00:01:07	01:46:15	**03:11:04.25**	**03:11:04.25**	+01:41:36 (53.2%)	9:05	6.6 (46.8%)
673	**KACZMAREK Monika**	**7122**	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	99	00:00:00	00:01:18	01:49:31	**03:11:18.00**	**03:11:18.00**	+01:41:50 (53.2%)	9:06	6.6 (46.8%)
674	**NIEMAS Anna**	**7655**		Masters K - 40	100	00:00:00	00:01:28	01:47:13	**03:11:25.55**	**03:11:25.55**	+01:41:57 (53.3%)	9:06	6.6 (46.8%)
675	**DRZEWIECKI-ZARZECZNY Grzegorz**	**7045**	MD RUN TRAINING	Weteran II M - 60	9	00:00:00	00:02:14	01:47:19	**03:11:26.75**	**03:11:26.75**	+01:41:58 (53.3%)	9:06	6.6 (46.8%)
676	**KARPIŃSKA Katarzyna**	**7488**	KLUCZBORSKA GRUPA BIEGOWA	Masters K - 40	101	00:00:00	00:01:24	01:47:22	**03:11:33.10**	**03:11:33.10**	+01:42:05 (53.3%)	9:07	6.6 (46.8%)
677	**MENDEL Martyna**	**7436**	KLUCZBORSKA GRUPA BIEGOWA	Senior II K - 30	94	00:00:00	00:01:24	01:47:21	**03:11:33.40**	**03:11:33.40**	+01:42:05 (53.3%)	9:07	6.6 (46.8%)
678	**ZAWIS Marek**	**7259**		Weteran I M - 50	42	00:00:00	00:01:42	01:51:55	**03:11:40.95**	**03:11:40.95**	+01:42:13 (53.3%)	9:07	6.6 (46.8%)
679	**BARAŃSKA Małgorzata**	**7254**	BBL OPOLE	Weteran K - 50	24	00:00:00	00:01:37	01:50:28	**03:12:09.90**	**03:12:09.90**	+01:42:42 (53.4%)	9:09	6.6 (46.8%)
680	**WICIŃSKI Grzegorz**	**7126**	G13	Weteran I M - 50	43	00:00:00	00:03:32	01:49:38	**03:12:16.20**	**03:12:16.20**	+01:42:48 (53.5%)	9:09	6.6 (46.8%)
681	**AUGUSTYNOWICZ Andrzej**	**7482**		Weteran I M - 50	44	00:00:00	00:00:05	01:45:47	**03:12:21.70**	**03:12:21.70**	+01:42:53 (53.5%)	9:09	6.6 (46.8%)
682	**AUGUSTYNOWICZ Aurelia**	**7481**		Masters K - 40	102	00:00:00	00:00:05	01:45:50	**03:12:23.25**	**03:12:23.25**	+01:42:55 (53.5%)	9:09	6.5 (46.1%)
683	**RODZIŃSKA Anita**	**7020**	PARKRUN GRUDZIĄDZ	Weteran K - 50	25	00:00:00	00:00:33	01:47:59	**03:12:26.90**	**03:12:26.90**	+01:42:59 (53.5%)	9:09	6.5 (46.1%)
684	**ZAWADZKI Piotr**	**7733**		Senior II M - 30	187	00:00:00	00:03:25	01:49:41	**03:13:08.90**	**03:13:08.90**	+01:43:41 (53.7%)	9:11	6.5 (46.1%)
685	**RATAJCZAK Jacek**	**7602**	ATLAS RUNNING TEAM	Masters M - 40	152	00:00:00	00:02:28	01:47:19	**03:13:22.75**	**03:13:22.75**	+01:43:54 (53.7%)	9:12	6.5 (46.1%)
686	**GAWEŁ Tomasz**	**7603**	ATLAS RUNNING TEAM	Masters M - 40	153	00:00:00	00:02:28	01:47:21	**03:13:22.85**	**03:13:22.85**	+01:43:55 (53.7%)	9:12	6.5 (46.1%)
687	**SOCZYŃSKA Małgorzata**	**28**	CZŁAPACZE	Weteran II K - 60	2	00:00:00	00:03:05	01:55:52	**03:13:55.55**	**03:13:55.55**	+01:44:27 (53.9%)	9:14	6.5 (46.1%)
688	**SZAŁ Monika**	**7785**	WALKA KOSTRZYN	Weteran K - 50	26	00:00:00	00:01:07	01:53:01	**03:14:16.40**	**03:14:16.40**	+01:44:48 (53.9%)	9:15	6.5 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
689	**GALUS Tomasz**	**16**		Masters M - 40	154	00:00:00	00:03:12	01:55:04	**03:14:17.25**	**03:14:17.25**	+01:44:49 (54.0%)	9:15	6.5 (46.1%)
690	**POSIŁA Joanna**	**7648**	EUROCASH/#MUZACZŁAPAKA	Masters K - 40	103	00:00:00	00:03:06	01:57:28	**03:14:20.00**	**03:14:20.00**	+01:44:52 (54.0%)	9:15	6.5 (46.1%)
691	**SAMULSKA Agata**	**7159**	BBLLASYBOGDANIEC	Weteran K - 50	27	00:00:00	00:00:40	01:49:30	**03:14:29.45**	**03:14:29.45**	+01:45:01 (54.0%)	9:15	6.5 (46.1%)
692	**IWANOWSKI Wojciech**	**7309**		Masters M - 40	155	00:00:00	00:02:41	01:56:14	**03:14:31.50**	**03:14:31.50**	+01:45:03 (54.0%)	9:15	6.5 (46.1%)
693	**WRÓBLEWSKI Witek**	**7132**		Senior II M - 30	188	00:00:00	00:02:02	01:46:19	**03:14:38.10**	**03:14:38.10**	+01:45:10 (54.0%)	9:16	6.5 (46.1%)
694	**SKORNOWICZ Paweł**	**7791**		Weteran I M - 50	45	00:00:00	00:02:45	01:55:33	**03:14:39.45**	**03:14:39.45**	+01:45:11 (54.0%)	9:16	6.5 (46.1%)
695	**SKORNOWICZ Agnieszka**	**7080**	SPORTOWY KAŹMIERZ	Weteran K - 50	28	00:00:00	00:02:45	01:55:34	**03:14:39.55**	**03:14:39.55**	+01:45:11 (54.0%)	9:16	6.5 (46.1%)
696	**FILIPOWICZ Katarzyna**	**7287**		Senior II K - 30	95	00:00:00	00:02:59	01:51:53	**03:14:40.15**	**03:14:40.15**	+01:45:12 (54.0%)	9:16	6.5 (46.1%)
697	**WRÓBLEWSKA Małgorzata**	**7543**	LOCO SPORT/SKANSEN CISOWNIK	Senior II K - 30	96	00:00:00	00:02:15	01:55:00	**03:14:44.25**	**03:14:44.25**	+01:45:16 (54.1%)	9:16	6.5 (46.1%)
698	**WOŹNIAK MACIEJEWSKA Edyta**	**7024**		Masters K - 40	104	00:00:00	00:00:23	01:51:29	**03:15:07.40**	**03:15:07.40**	+01:45:39 (54.2%)	9:17	6.5 (46.1%)
699	**GODYŃ Sylwiusz**	**7616**	DZIEWIĘĆSIŁ	Weteran I M - 50	46	00:00:00	00:02:02	01:47:06	**03:15:13.30**	**03:15:13.30**	+01:45:45 (54.2%)	9:17	6.5 (46.1%)
700	**SOBKÓW Katarzyna**	**7980**	MISIE BIEGAJĄ	Senior II K - 30	97	00:00:00	00:03:20	01:51:54	**03:15:16.15**	**03:15:16.15**	+01:45:48 (54.2%)	9:17	6.5 (46.1%)
701	**DRELINKIEWICZ Michał**	**7979**	MISIE BIEGAJĄ	Masters M - 40	156	00:00:00	00:03:21	01:51:54	**03:15:16.45**	**03:15:16.45**	+01:45:48 (54.2%)	9:17	6.5 (46.1%)
702	**LEWIKOWSKA Patrycja**	**7409**		Masters K - 40	105	00:00:00	00:03:01	01:52:00	**03:15:22.35**	**03:15:22.35**	+01:45:54 (54.2%)	9:18	6.4 (45.4%)
703	**GÓRECKI Mirosław**	**7408**		Masters M - 40	157	00:00:00	00:03:01	01:52:01	**03:15:22.45**	**03:15:22.45**	+01:45:54 (54.2%)	9:18	6.4 (45.4%)
704	**CENDROWICZ Magdalena**	**7707**	KNEIPP TEAM	Masters K - 40	106	00:00:00	00:00:33	01:47:26	**03:15:49.65**	**03:15:49.65**	+01:46:21 (54.3%)	9:19	6.4 (45.4%)
705	**DRÓŻDŻ Arkadiusz**	**7451**		Senior II M - 30	189	00:00:00	00:03:13	01:44:09	**03:15:54.15**	**03:15:54.15**	+01:46:26 (54.3%)	9:19	6.4 (45.4%)
706	**DRAIM Jacek**	**7857**		Weteran II M - 60	10	00:00:00	00:02:53	01:54:45	**03:15:54.75**	**03:15:54.75**	+01:46:26 (54.3%)	9:19	6.4 (45.4%)
707	**JASICKI Julian**	**7717**	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	11	00:00:00	00:00:46	01:42:44	**03:16:02.90**	**03:16:02.90**	+01:46:35 (54.4%)	9:20	6.4 (45.4%)
708	**BOCHNIAK Andrzej**	**7963**		Weteran II M - 60	12	00:00:00	00:02:06	01:57:29	**03:16:48.70**	**03:16:48.70**	+01:47:20 (54.5%)	9:22	6.4 (45.4%)
709	**KASZUBA Paweł**	**7301**	TKKF MPK POZNAŃ	Masters M - 40	158	00:00:00	00:04:08	01:54:33	**03:17:08.20**	**03:17:08.20**	+01:47:40 (54.6%)	9:23	6.4 (45.4%)
710	**BUDA Marek**	**7365**	VISEGRAD MARATON RYTRO NOWY SĄCZ	Weteran II M - 60	13	00:00:00	00:03:24	01:52:41	**03:17:14.35**	**03:17:14.35**	+01:47:46 (54.6%)	9:23	6.4 (45.4%)
711	**BOJARSKA Zuzanna**	**7173**	BW BIEGACZE WYMIATACZE	Senior I K - 20	36	00:00:00	00:02:05	02:00:05	**03:17:15.15**	**03:17:15.15**	+01:47:47 (54.6%)	9:23	6.4 (45.4%)
712	**PAWELCZYK Adriana**	**7852**	BIEGAM BO NIE LUBIE	Masters K - 40	107	00:00:00	00:00:46	01:48:18	**03:17:35.95**	**03:17:35.95**	+01:48:08 (54.7%)	9:24	6.4 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
713	**KAŹMIERCZAK Piotr**	**7626**		Senior II M - 30	190	00:00:00	00:02:56	01:49:48	**03:17:38.75**	**03:17:38.75**	+01:48:10 (54.7%)	9:24	6.4 (45.4%)
714	**GIENTKOWSKI Sławomir**	**7199**		Masters M - 40	159	00:00:00	00:01:46	01:51:41	**03:17:40.60**	**03:17:40.60**	+01:48:12 (54.7%)	9:24	6.4 (45.4%)
715	**PACIUCH Dorota**	**7547**		Senior II K - 30	98	00:00:00	00:02:10	01:55:02	**03:17:45.45**	**03:17:45.45**	+01:48:17 (54.8%)	9:25	6.4 (45.4%)
716	**OGRODNIK Anna**	**7072**	ZAKOCHAJ SIĘ W BIEGANIU	Senior II K - 30	99	00:00:00	00:02:35	01:53:48	**03:17:46.95**	**03:17:46.95**	+01:48:19 (54.8%)	9:25	6.4 (45.4%)
717	**BIELECKA Arleta**	**7585**	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	29	00:00:00	00:02:23	01:55:36	**03:17:53.55**	**03:17:53.55**	+01:48:25 (54.8%)	9:25	6.4 (45.4%)
718	**BAJERSKA Renata**	**7599**	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	30	00:00:00	00:02:24	01:55:32	**03:17:53.65**	**03:17:53.65**	+01:48:25 (54.8%)	9:25	6.4 (45.4%)
719	**KLOC Maciej**	**7704**	ORTHOS TEAM	Senior I M - 20	37	00:00:00	00:01:51	01:46:18	**03:18:02.85**	**03:18:02.85**	+01:48:35 (54.8%)	9:25	6.4 (45.4%)
720	**SULIGA Wioletta**	**7524**	AUGUSTEAM	Masters K - 40	108	00:00:00	00:00:31	01:51:32	**03:18:13.05**	**03:18:13.05**	+01:48:45 (54.9%)	9:26	6.4 (45.4%)
721	**KOZŁOWSKI Marcin**	**7143**	UKS DIAMENT GODÓW	Masters M - 40	160	00:00:00	00:01:59	01:51:40	**03:18:29.50**	**03:18:29.50**	+01:49:01 (54.9%)	9:27	6.3 (44.7%)
722	**KOZŁOWSKA Karolina**	**7144**	UKS DIAMENT GODÓW	Senior II K - 30	100	00:00:00	00:01:59	01:51:39	**03:18:29.55**	**03:18:29.55**	+01:49:01 (54.9%)	9:27	6.3 (44.7%)
723	**WISZNIEWICZ Agnieszka**	**7668**		Senior II K - 30	101	00:00:00	00:03:38	01:54:50	**03:18:32.05**	**03:18:32.05**	+01:49:04 (54.9%)	9:27	6.3 (44.7%)
724	**MULARCZYK Marta**	**7685**	WKURW_TEAM	Senior II K - 30	102	00:00:00	00:03:40	01:55:01	**03:18:39.05**	**03:18:39.05**	+01:49:11 (55.0%)	9:27	6.3 (44.7%)
725	**GRZELCZAK Tomasz**	**7984**		Weteran I M - 50	47	00:00:00	00:02:22	01:49:25	**03:18:52.35**	**03:18:52.35**	+01:49:24 (55.0%)	9:28	6.3 (44.7%)
726	**SKRZYPIŃSKA Agnieszka**	**7157**	PSI PATROL	Masters K - 40	109	00:00:00	00:01:58	01:55:31	**03:18:55.60**	**03:18:55.60**	+01:49:27 (55.0%)	9:28	6.3 (44.7%)
727	**MIELNIK Natalia**	**7247**		Senior II K - 30	103	00:00:00	00:02:51	01:54:54	**03:19:01.05**	**03:19:01.05**	+01:49:33 (55.0%)	9:28	6.3 (44.7%)
728	**STROMIDŁO Anna**	**7203**	BROWAR DOMOWY HATAK	Masters K - 40	110	00:00:00	00:00:30	01:46:20	**03:19:19.75**	**03:19:19.75**	+01:49:51 (55.1%)	9:29	6.3 (44.7%)
729	**PACHOLSKA Justyna**	**7103**	GOLENIÓW	Masters K - 40	111	00:00:00	00:01:58	01:53:40	**03:19:23.10**	**03:19:23.10**	+01:49:55 (55.1%)	9:29	6.3 (44.7%)
730	**MARCINKOWSKI Artur**	**7711**		Senior II M - 30	191	00:00:00	00:02:02	01:53:47	**03:19:29.65**	**03:19:29.65**	+01:50:01 (55.2%)	9:29	6.3 (44.7%)
731	**GÓRAL Jakub**	**7914**		Senior II M - 30	192	00:00:00	00:01:37	01:45:44	**03:19:38.55**	**03:19:38.55**	+01:50:10 (55.2%)	9:30	6.3 (44.7%)
732	**TOCZEK Hana**	**7881**		Senior II K - 30	104	00:00:00	00:03:32	01:57:43	**03:20:00.90**	**03:20:00.90**	+01:50:33 (55.3%)	9:31	6.3 (44.7%)
733	**JEZIERSKA Karina**	**7729**	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	112	00:00:00	00:03:40	01:56:18	**03:20:06.10**	**03:20:06.10**	+01:50:38 (55.3%)	9:31	6.3 (44.7%)
734	**WYPCHOŁ Piotr**	**7572**	BIEGAJ Z TRENERAMI	Weteran I M - 50	48	00:00:00	00:01:54	01:51:51	**03:20:15.50**	**03:20:15.50**	+01:50:47 (55.3%)	9:32	6.3 (44.7%)
735	**CIŚWICKI Jarosław**	**7870**		Masters M - 40	161	00:00:00	00:03:43	01:55:58	**03:20:40.15**	**03:20:40.15**	+01:51:12 (55.4%)	9:33	6.3 (44.7%)
736	**MILLER Edyta**	**7604**	FORMA FITNESS KLUB CZ-WA	Weteran K - 50	31	00:00:00	00:03:27	01:53:49	**03:20:40.30**	**03:20:40.30**	+01:51:12 (55.4%)	9:33	6.3 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
737	**KULA Damian**	**7194**		Senior II M - 30	193	00:00:00	00:03:25	01:54:48	**03:20:42.85**	**03:20:42.85**	+01:51:15 (55.4%)	9:33	6.3 (44.7%)
738	**ŁAWNICZAK Justyna**	**7390**	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	113	00:00:00	00:00:35	01:54:39	**03:20:45.55**	**03:20:45.55**	+01:51:17 (55.4%)	9:33	6.3 (44.7%)
739	**SOBCZYK-SPYT Agata**	**7621**		Masters K - 40	114	00:00:00	00:02:57	01:56:13	**03:21:01.15**	**03:21:01.15**	+01:51:33 (55.5%)	9:34	6.3 (44.7%)
740	**KACZMAREK Adam**	**7521**		Masters M - 40	162	00:00:00	00:01:56	01:57:05	**03:21:12.95**	**03:21:12.95**	+01:51:45 (55.5%)	9:34	6.3 (44.7%)
741	**KACZMAREK Anna**	**7523**		Senior II K - 30	105	00:00:00	00:01:55	01:57:04	**03:21:13.25**	**03:21:13.25**	+01:51:45 (55.5%)	9:34	6.3 (44.7%)
742	**MOŁODECKI Adam**	**7213**		Senior II M - 30	194	00:00:00	00:02:41	01:56:15	**03:22:04.30**	**03:22:04.30**	+01:52:36 (55.7%)	9:37	6.2 (44.0%)
743	**NARKUN Tomasz**	**7876**	WIG20 TO THE MOON	Masters M - 40	163	00:00:00	00:01:36	01:46:19	**03:22:28.15**	**03:22:28.15**	+01:53:00 (55.8%)	9:38	6.2 (44.0%)
744	**SIKORA Agnieszka**	**7149**		Senior II K - 30	106	00:00:00	00:03:37	01:54:38	**03:22:28.25**	**03:22:28.25**	+01:53:00 (55.8%)	9:38	6.2 (44.0%)
745	**GERMAN-GIENTKOWSKA Iwona**	**7197**		Masters K - 40	115	00:00:00	00:01:45	01:55:59	**03:22:32.75**	**03:22:32.75**	+01:53:04 (55.8%)	9:38	6.2 (44.0%)
746	**BUNIOWSKA Wiktoria**	**7**		Senior I K - 20	37	00:00:00	00:03:16	01:58:55	**03:22:40.35**	**03:22:40.35**	+01:53:12 (55.9%)	9:39	6.2 (44.0%)
747	**DUDA Wojciech**	**7730**	SKAWINA BIEGA	Weteran I M - 50	49	00:00:00	00:01:33	01:56:16	**03:22:49.60**	**03:22:49.60**	+01:53:21 (55.9%)	9:39	6.2 (44.0%)
748	**KASZYŃSKA Dorota**	**7397**		Weteran K - 50	32	00:00:00	00:02:37	01:56:01	**03:23:08.25**	**03:23:08.25**	+01:53:40 (56.0%)	9:40	6.2 (44.0%)
749	**GRZYB Beata**	**7770**	KOBIETY BIEGAJĄ	Masters K - 40	116	00:00:00	00:03:18	01:59:19	**03:23:12.75**	**03:23:12.75**	+01:53:44 (56.0%)	9:40	6.2 (44.0%)
750	**SZMATLOCH Karolina**	**7058**		Senior II K - 30	107	00:00:00	00:03:11	01:57:04	**03:23:30.85**	**03:23:30.85**	+01:54:03 (56.0%)	9:41	6.2 (44.0%)
751	**WOŹNIAK Lidia**	**7633**	PORMAT JEDLICZE BIEGA	Weteran K - 50	33	00:00:00	00:01:19	01:55:28	**03:23:39.05**	**03:23:39.05**	+01:54:11 (56.1%)	9:41	6.2 (44.0%)
752	**GONERA-BATOR Anna**	**7471**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	108	00:00:00	00:03:10	01:56:28	**03:23:45.05**	**03:23:45.05**	+01:54:17 (56.1%)	9:42	6.2 (44.0%)
753	**FRĄCKOWIAK Wojciech**	**7354**		Senior II M - 30	195	00:00:00	00:03:03	01:54:30	**03:23:46.40**	**03:23:46.40**	+01:54:18 (56.1%)	9:42	6.2 (44.0%)
754	**TOMCZAK Paulina**	**7933**		Masters K - 40	117	00:00:00	00:03:03	01:54:30	**03:23:47.30**	**03:23:47.30**	+01:54:19 (56.1%)	9:42	6.2 (44.0%)
755	**OCIEPA Ewa**	**7366**		Masters K - 40	118	00:00:00	00:02:14	01:56:21	**03:23:49.55**	**03:23:49.55**	+01:54:21 (56.1%)	9:42	6.2 (44.0%)
756	**NAJDEREK Robert**	**7937**		Masters M - 40	164	00:00:00	00:03:35	02:00:00	**03:24:15.30**	**03:24:15.30**	+01:54:47 (56.2%)	9:43	6.2 (44.0%)
757	**STĘPLEWSKA Małgorzata**	**7619**		Masters K - 40	119	00:00:00	00:02:41	01:56:01	**03:24:27.65**	**03:24:27.65**	+01:54:59 (56.2%)	9:44	6.2 (44.0%)
758	**CZYŻEWSKA Marlena**	**7589**		Weteran K - 50	34	00:00:00	00:02:41	01:57:41	**03:24:27.95**	**03:24:27.95**	+01:55:00 (56.2%)	9:44	6.2 (44.0%)
759	**KRZYKWA Agnieszka**	**7594**		Weteran K - 50	35	00:00:00	00:02:40	01:57:41	**03:24:28.25**	**03:24:28.25**	+01:55:00 (56.2%)	9:44	6.2 (44.0%)
760	**JAKRZEWSKA Karolina**	**7352**	LOCO BABKI/MAMY-BIEGAMY	Senior II K - 30	109	00:00:00	00:02:15	01:57:00	**03:24:57.90**	**03:24:57.90**	+01:55:30 (56.4%)	9:45	6.1 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
761	**KARAMON Magdalena**	**7148**		Masters K - 40	120	00:00:00	00:01:57	01:54:02	**03:25:14.10**	**03:25:14.10**	+01:55:46 (56.4%)	9:46	6.1 (43.3%)
762	**JURCZYK Robert**	**7808**	NULL	Weteran I M - 50	50	00:00:00	00:02:44	01:58:26	**03:25:31.15**	**03:25:31.15**	+01:56:03 (56.5%)	9:47	6.1 (43.3%)
763	**KOZŁOWSKI Piotr**	**7104**		Senior II M - 30	196	00:00:00	00:03:05	01:52:20	**03:25:52.85**	**03:25:52.85**	+01:56:25 (56.5%)	9:48	6.1 (43.3%)
764	**AUTH Kari**	**7026**		Senior II K - 30	110	00:00:00	00:03:46	01:57:03	**03:26:06.70**	**03:26:06.70**	+01:56:38 (56.6%)	9:48	6.1 (43.3%)
765	**SOKOŁOWSKI Artur**	**36**	TEAM ZABIEGANEDNI	Masters M - 40	165	00:00:00	00:01:08	01:50:18	**03:26:32.05**	**03:26:32.05**	+01:57:04 (56.7%)	9:50	6.1 (43.3%)
766	**WOLEK Marcin**	**7911**		Masters M - 40	166	00:00:00	00:02:41	01:51:38	**03:26:37.55**	**03:26:37.55**	+01:57:09 (56.7%)	9:50	6.1 (43.3%)
767	**DRZEWI Tola**	**7970**	MARATON LESZNO	Senior I K - 20	38	00:00:00	00:03:04	01:58:15	**03:26:37.65**	**03:26:37.65**	+01:57:09 (56.7%)	9:50	6.1 (43.3%)
768	**FILIPIAK Beata**	**5**	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	121	00:00:00	00:02:30	01:53:33	**03:26:55.90**	**03:26:55.90**	+01:57:28 (56.8%)	9:51	6.1 (43.3%)
769	**PLASZCZAK Bogumiła**	**7470**	PIEKIELNIE ZGRANI	Masters K - 40	122	00:00:00	00:02:56	01:57:02	**03:27:11.65**	**03:27:11.65**	+01:57:43 (56.8%)	9:51	6.1 (43.3%)
770	**KAMIŃSKA Paulina**	**7905**		Senior II K - 30	111	00:00:00	00:03:30	01:55:18	**03:27:58.70**	**03:27:58.70**	+01:58:30 (57.0%)	9:54	6.1 (43.3%)
771	**JANSON Marleen**	**7687**	LEIDEN ATLETIEK	Senior II K - 30	112	00:00:00	00:00:49	02:03:28	**03:28:07.20**	**03:28:07.20**	+01:58:39 (57.0%)	9:54	6.1 (43.3%)
772	**ABAKANOWICZ Michał**	**7786**	WALKA KOSTRZYN	Masters M - 40	167	00:00:00	00:01:10	01:51:57	**03:28:17.20**	**03:28:17.20**	+01:58:49 (57.0%)	9:55	6 (42.6%)
773	**LITKE Andżelika**	**7310**	EAZYMUT.PL	Senior I K - 20	39	00:00:00	00:01:49	01:52:44	**03:28:18.15**	**03:28:18.15**	+01:58:50 (57.1%)	9:55	6 (42.6%)
774	**KROMOLICKI Leszek**	**7377**	CHODZIEŻ	Weteran II M - 60	14	00:00:00	00:02:49	01:53:58	**03:28:24.75**	**03:28:24.75**	+01:58:56 (57.1%)	9:55	6 (42.6%)
775	**DUDA KRZEMIENIEWSKA Jadwiga**	**7145**	KB SZAMOTUŁY	Weteran II K - 60	3	00:00:00	00:01:27	02:00:21	**03:28:26.40**	**03:28:26.40**	+01:58:58 (57.1%)	9:55	6 (42.6%)
776	**SŁOMKA Mariusz**	**7459**		Senior II M - 30	197	00:00:00	00:02:18	01:55:22	**03:28:29.80**	**03:28:29.80**	+01:59:02 (57.1%)	9:55	6 (42.6%)
777	**KEMPISTY Anna**	**7062**	12TRI.PL	Weteran K - 50	36	00:00:00	00:03:39	02:02:12	**03:28:55.15**	**03:28:55.15**	+01:59:27 (57.2%)	9:56	6 (42.6%)
778	**SZCZAPA Karol**	**7868**	12TRI.PL	Senior II M - 30	198	00:00:00	00:03:40	01:56:23	**03:28:56.95**	**03:28:56.95**	+01:59:29 (57.2%)	9:56	6 (42.6%)
779	**GRYGIEL Agnieszka**	**7219**	PRO RUN WROCŁAW	Weteran K - 50	37	00:00:00	00:02:15	01:58:17	**03:29:23.95**	**03:29:23.95**	+01:59:56 (57.3%)	9:58	6 (42.6%)
780	**WACHEL Katarzyna**	**7528**		Masters K - 40	123	00:00:00	00:03:41	01:56:24	**03:29:34.85**	**03:29:34.85**	+02:00:07 (57.3%)	9:58	6 (42.6%)
781	**PIWOWARCZYK Weronika**	**7133**	ROZBIEGANE DOBCZYCE	Senior I K - 20	40	00:00:00	00:02:15	02:02:16	**03:30:31.45**	**03:30:31.45**	+02:01:03 (57.5%)	10:01	6 (42.6%)
782	**DOMAGAŁA Tomasz**	**7902**	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	168	00:00:00	00:02:19	01:53:20	**03:30:31.60**	**03:30:31.60**	+02:01:03 (57.5%)	10:01	6 (42.6%)
783	**SZYCA-ŚMIESZNIAK Marta**	**7138**		Senior I K - 20	41	00:00:00	00:03:37	02:00:06	**03:30:45.15**	**03:30:45.15**	+02:01:17 (57.6%)	10:02	6 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
784	**WOŹNA Marta**	**7319**	RUN TEAM RYDZYNA	Senior II K - 30	113	00:00:00	00:01:41	01:54:51	**03:30:58.90**	**03:30:58.90**	+02:01:31 (57.6%)	10:02	6 (42.6%)
785	**GISZCZYŃSKA Wanda**	**7212**	RUN TEAM RYDZYNA	Masters K - 40	124	00:00:00	00:01:43	01:54:54	**03:30:59.20**	**03:30:59.20**	+02:01:31 (57.6%)	10:02	6 (42.6%)
786	**MŁYNARCZYK Marta**	**7042**	HARD WORK BEATS TALENT	Senior II K - 30	114	00:00:00	00:02:30	01:59:41	**03:31:01.35**	**03:31:01.35**	+02:01:33 (57.6%)	10:02	6 (42.6%)
787	**PIETRUSIAK Agnieszka**	**7515**		Masters K - 40	125	00:00:00	00:03:36	01:59:28	**03:31:14.95**	**03:31:14.95**	+02:01:47 (57.7%)	10:03	6 (42.6%)
788	**WOJTYLAK-OSUCH Anna**	**7545**		Masters K - 40	126	00:00:00	00:03:36	01:59:30	**03:31:17.15**	**03:31:17.15**	+02:01:49 (57.7%)	10:03	6 (42.6%)
789	**MRACHACZ Dorota**	**7454**	MIECHOWICKA GRUPA BIEGOWA	Weteran K - 50	38	00:00:00	00:02:27	01:58:53	**03:31:24.65**	**03:31:24.65**	+02:01:56 (57.7%)	10:04	6 (42.6%)
790	**ADAMCZYK Rafał**	**7456**		Masters M - 40	169	00:00:00	00:02:28	01:58:47	**03:31:24.90**	**03:31:24.90**	+02:01:57 (57.7%)	10:04	6 (42.6%)
791	**URBAŃCZYK Krzysztof**	**7494**	IZBICKO W BIEGU	Senior I M - 20	38	00:00:00	00:03:31	01:57:01	**03:32:14.10**	**03:32:14.10**	+02:02:46 (57.8%)	10:06	5.9 (41.8%)
792	**BŁOCH Arleta**	**7384**	WRONIECKI KLUB BIEGACZA	Weteran K - 50	39	00:00:00	00:00:33	01:56:05	**03:32:28.95**	**03:32:28.95**	+02:03:01 (57.9%)	10:07	5.9 (41.8%)
793	**GARCZYK Przemek**	**7773**	GARCZYK TEAM	Senior II M - 30	199	00:00:00	00:00:53	01:56:43	**03:32:31.40**	**03:32:31.40**	+02:03:03 (57.9%)	10:07	5.9 (41.8%)
794	**GARCZYK Agnieszka**	**7774**	GARCZYK TEAM	Senior II K - 30	115	00:00:00	00:00:53	01:56:50	**03:32:31.80**	**03:32:31.80**	+02:03:04 (57.9%)	10:07	5.9 (41.8%)
795	**STASZEWSKA Aneta**	**48**	NIGHT RUNNERS PYSKOWICE	Masters K - 40	127	00:00:00	00:00:47	01:55:57	**03:32:33.65**	**03:32:33.65**	+02:03:05 (57.9%)	10:07	5.9 (41.8%)
796	**JAWOREK Henryk**	**7444**	NIGHT RUNNERS PYSKOWICE	Weteran I M - 50	51	00:00:00	00:00:53	01:54:31	**03:32:35.35**	**03:32:35.35**	+02:03:07 (57.9%)	10:07	5.9 (41.8%)
797	**DERES Julia**	**7681**		Senior I K - 20	42	00:00:00	00:00:56	01:51:45	**03:32:36.90**	**03:32:36.90**	+02:03:09 (57.9%)	10:07	5.9 (41.8%)
798	**SOBCZAK Aleksander**	**7849**	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	170	00:00:00	00:02:19	01:53:23	**03:32:40.45**	**03:32:40.45**	+02:03:12 (57.9%)	10:07	5.9 (41.8%)
799	**HOFFMANN Małgorzata**	**7385**	WRONIECKI KLUB BIEGACZA	Weteran K - 50	40	00:00:00	00:00:34	01:56:10	**03:32:52.90**	**03:32:52.90**	+02:03:25 (58.0%)	10:08	5.9 (41.8%)
800	**CIĄPAŁA Paulina**	**7392**		Senior II K - 30	116	00:00:00	00:03:45	01:58:24	**03:32:53.10**	**03:32:53.10**	+02:03:25 (58.0%)	10:08	5.9 (41.8%)
801	**SKWAREK Agnieszka**	**7417**		Senior II K - 30	117	00:00:00	00:03:45	01:58:25	**03:32:54.45**	**03:32:54.45**	+02:03:26 (58.0%)	10:08	5.9 (41.8%)
802	**BIENIECKA Anna**	**7230**	KLUB BIEGACZA SZAMOTUŁY	Masters K - 40	128	00:00:00	00:01:28	02:08:03	**03:32:54.80**	**03:32:54.80**	+02:03:27 (58.0%)	10:08	5.9 (41.8%)
803	**KARŁOWSKA Olga**	**7593**	NULL	Masters K - 40	129	00:00:00	00:02:48	01:56:57	**03:33:05.15**	**03:33:05.15**	+02:03:37 (58.0%)	10:08	5.9 (41.8%)
804	**WĄSOWICZ Irena**	**7131**		Weteran K - 50	41	00:00:00	00:01:48	01:57:53	**03:33:28.15**	**03:33:28.15**	+02:04:00 (58.1%)	10:09	5.9 (41.8%)
805	**LEMBICZ Agnieszka**	**7473**	DRIN TEAM	Senior II K - 30	118	00:00:00	00:03:26	02:03:31	**03:34:04.50**	**03:34:04.50**	+02:04:36 (58.2%)	10:11	5.9 (41.8%)
806	**LEMBICZ Dariusz**	**7474**	DRIN TEAM	Senior II M - 30	200	00:00:00	00:03:25	02:03:29	**03:34:05.45**	**03:34:05.45**	+02:04:37 (58.2%)	10:11	5.9 (41.8%)
807	**SZYMAŃSKI Paweł**	**7646**	MUAY RUNNING TEAM	Masters M - 40	171	00:00:00	00:02:50	02:02:14	**03:34:22.95**	**03:34:22.95**	+02:04:55 (58.3%)	10:12	5.9 (41.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
808	**SZEWCZYK Marlena**	**7623**		Senior II K - 30	119	00:00:00	00:03:42	02:04:09	**03:34:23.20**	**03:34:23.20**	+02:04:55 (58.3%)	10:12	5.9 (41.8%)
809	**BORECKA Ola**	**7588**		Masters K - 40	130	00:00:00	00:02:28	01:59:43	**03:34:51.35**	**03:34:51.35**	+02:05:23 (58.4%)	10:13	5.9 (41.8%)
810	**SZYMCZAK Jaroslaw**	**7587**		Weteran I M - 50	52	00:00:00	00:02:28	01:59:57	**03:34:51.55**	**03:34:51.55**	+02:05:23 (58.4%)	10:13	5.9 (41.8%)
811	**MICHALIK Aleksandra**	**7353**	PRECEL RACING TEAM	Senior II K - 30	120	00:00:00	00:03:51	02:05:46	**03:35:07.15**	**03:35:07.15**	+02:05:39 (58.4%)	10:14	5.9 (41.8%)
812	**CZAJA Agnieszka**	**7485**	VEGE RUNNERS	Senior II K - 30	121	00:00:00	00:02:14	02:02:26	**03:35:26.65**	**03:35:26.65**	+02:05:58 (58.5%)	10:15	5.8 (41.1%)
813	**ZALEWSKI Cezary**	**7744**	PĘDZĄCE LENIWCE	Masters M - 40	172	00:00:00	00:01:08	01:58:23	**03:36:11.80**	**03:36:11.80**	+02:06:44 (58.6%)	10:17	5.8 (41.1%)
814	**KOZACZUK Katarzyna**	**7742**	PĘDZĄCE LENIWCE	Masters K - 40	131	00:00:00	00:01:08	01:58:22	**03:36:12.60**	**03:36:12.60**	+02:06:44 (58.6%)	10:17	5.8 (41.1%)
815	**SPRIDZĀNE Aija**	**7663**	VSK NOSKRIEN	Masters K - 40	132	00:00:00	00:02:57	01:59:22	**03:36:13.15**	**03:36:13.15**	+02:06:45 (58.6%)	10:17	5.8 (41.1%)
816	**JASTRZĘBSKA-DEMCZAR Aneta**	**7146**		Masters K - 40	133	00:00:00	00:01:26	02:05:01	**03:36:37.15**	**03:36:37.15**	+02:07:09 (58.7%)	10:18	5.8 (41.1%)
817	**SEREK Adam**	**7935**	ZNAM KRZYSIA 15	Senior I M - 20	39	00:00:00	00:01:33	01:59:59	**03:36:49.80**	**03:36:49.80**	+02:07:22 (58.7%)	10:19	5.8 (41.1%)
818	**SZACHT Izabela**	**7245**		Masters K - 40	134	00:00:00	00:03:33	02:01:17	**03:37:07.55**	**03:37:07.55**	+02:07:39 (58.8%)	10:20	5.8 (41.1%)
818	**SZYMCZAK Marcin**	**7246**		Masters M - 40	173	00:00:00	00:03:33	02:01:41	**03:37:07.55**	**03:37:07.55**	+02:07:39 (58.8%)	10:20	5.8 (41.1%)
820	**GĘCA Małgorzata**	**7419**	UMCS BIEGA	Masters K - 40	135	00:00:00	00:00:55	02:10:31	**03:37:16.10**	**03:37:16.10**	+02:07:48 (58.8%)	10:20	5.8 (41.1%)
821	**SĘK Jarosław**	**7325**		Masters M - 40	174	00:00:00	00:04:03	01:59:32	**03:37:33.20**	**03:37:33.20**	+02:08:05 (58.9%)	10:21	5.8 (41.1%)
822	**BARASIŃSKA Marta**	**7965**		Senior II K - 30	122	00:00:00	00:01:14	02:03:33	**03:37:45.95**	**03:37:45.95**	+02:08:18 (58.9%)	10:22	5.8 (41.1%)
823	**ZIELIŃSKA Magdalena**	**7841**		Masters K - 40	136	00:00:00	00:01:47	01:56:54	**03:37:56.90**	**03:37:56.90**	+02:08:29 (59.0%)	10:22	5.8 (41.1%)
824	**STRZAŁKOWSKA Urszula**	**7510**		Senior II K - 30	123	00:00:00	00:02:51	01:55:56	**03:37:57.35**	**03:37:57.35**	+02:08:29 (59.0%)	10:22	5.8 (41.1%)
825	**PIEKAROWICZ Piotr**	**35**		Weteran I M - 50	53	00:00:00	00:02:55	02:02:06	**03:38:13.35**	**03:38:13.35**	+02:08:45 (59.0%)	10:23	5.8 (41.1%)
826	**SZOJDA Małgorzata**	**7379**	INŻYNIERIA BIEGANIA	Senior II K - 30	124	00:00:00	00:02:09	01:55:02	**03:38:20.60**	**03:38:20.60**	+02:08:52 (59.0%)	10:23	5.8 (41.1%)
827	**BERNAT Monika**	**7719**	KNEIPP TEAM	Masters K - 40	137	00:00:00	00:01:21	01:59:18	**03:39:11.00**	**03:39:11.00**	+02:09:43 (59.2%)	10:26	5.7 (40.4%)
828	**GRYDZIUSZKO Aneta**	**7270**		Weteran K - 50	42	00:00:00	00:01:21	01:59:17	**03:39:11.10**	**03:39:11.10**	+02:09:43 (59.2%)	10:26	5.7 (40.4%)
829	**COPIJA Jarosław**	**7930**	TKKF MPK POZNAŃ	Weteran I M - 50	54	00:00:00	00:02:06	02:05:02	**03:39:46.05**	**03:39:46.05**	+02:10:18 (59.3%)	10:27	5.7 (40.4%)
830	**OLCZYK Anna**	**7022**		Weteran K - 50	43	00:00:00	00:00:30	02:07:26	**03:40:08.55**	**03:40:08.55**	+02:10:40 (59.4%)	10:28	5.7 (40.4%)
831	**OZIMEK-MADEJ Milena**	**7340**	SPORTOWY KAŹMIERZ	Senior II K - 30	125	00:00:00	00:02:44	02:07:32	**03:40:28.65**	**03:40:28.65**	+02:11:00 (59.4%)	10:29	5.7 (40.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
831	**OZIMEK Jacek**	**7092**	SPORTOWY KAŹMIERZ	Weteran II M - 60	15	00:00:00	00:02:36	02:07:42	**03:40:28.65**	**03:40:28.65**	+02:11:00 (59.4%)	10:29	5.7 (40.4%)
833	**BANASZCZAK Dagmara**	**7119**	ŚWIDNICKA GRUPA BIEGOWA	Senior II K - 30	126	00:00:00	00:03:22	02:05:17	**03:40:58.50**	**03:40:58.50**	+02:11:30 (59.5%)	10:31	5.7 (40.4%)
834	**SOBOŃ Łukasz**	**7243**		Senior II M - 30	201	00:00:00	00:02:12	02:03:26	**03:41:12.50**	**03:41:12.50**	+02:11:44 (59.6%)	10:32	5.7 (40.4%)
835	**WIĘCKOWSKA Marta**	**7252**		Senior II K - 30	127	00:00:00	00:02:12	02:03:26	**03:41:12.80**	**03:41:12.80**	+02:11:45 (59.6%)	10:32	5.7 (40.4%)
836	**STRUG Agnieszka**	**7099**		Weteran K - 50	44	00:00:00	00:03:17	02:05:43	**03:41:16.80**	**03:41:16.80**	+02:11:49 (59.6%)	10:32	5.7 (40.4%)
837	**STRUG Dariusz**	**7100**		Weteran II M - 60	16	00:00:00	00:03:17	02:05:44	**03:41:16.85**	**03:41:16.85**	+02:11:49 (59.6%)	10:32	5.7 (40.4%)
838	**SZÓSTAK Marzena**	**7383**	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:00:00	00:01:59	02:06:28	**03:41:17.95**	**03:41:17.95**	+02:11:50 (59.6%)	10:32	5.7 (40.4%)
839	**MAGDA Natasza**	**7429**	NIGHT RUNNERS	Masters K - 40	138	00:00:00	00:01:02	01:54:29	**03:41:28.90**	**03:41:28.90**	+02:12:01 (59.6%)	10:32	5.7 (40.4%)
840	**POLOK Monika**	**7388**	MIRAZ RACE TEAM	Masters K - 40	139	00:00:00	00:01:53	02:07:17	**03:41:31.70**	**03:41:31.70**	+02:12:03 (59.6%)	10:32	5.7 (40.4%)
841	**SZLĘZAK Sławomir**	**7292**	MIRAZ RACE TEAM	Masters M - 40	175	00:00:00	00:01:53	02:07:16	**03:41:31.95**	**03:41:31.95**	+02:12:04 (59.6%)	10:32	5.7 (40.4%)
842	**MAZUR-ZYCH Aleksandra**	**7631**		Senior II K - 30	128	00:00:00	00:01:40	01:56:08	**03:42:36.65**	**03:42:36.65**	+02:13:08 (59.8%)	10:36	5.7 (40.4%)
843	**MATUSZAK Paula**	**7764**	KURACJUSZE	Senior II K - 30	129	00:00:00	00:03:46	02:01:42	**03:42:55.10**	**03:42:55.10**	+02:13:27 (59.9%)	10:36	5.7 (40.4%)
844	**POMIANOWSKA Romana**	**7178**		Senior II K - 30	130	00:00:00	00:03:47	02:01:37	**03:42:58.75**	**03:42:58.75**	+02:13:30 (59.9%)	10:37	5.7 (40.4%)
845	**PAŁASZYŃSKA Beata**	**18**	MUD FOXES	Senior II K - 30	131	00:00:00	00:00:32	02:06:27	**03:44:18.25**	**03:44:18.25**	+02:14:50 (60.1%)	10:40	5.6 (39.7%)
846	**SADOWSKI Andrzej**	**7660**		Weteran II M - 60	17	00:00:00	00:04:03	01:57:59	**03:46:34.35**	**03:46:34.35**	+02:17:06 (60.5%)	10:47	5.6 (39.7%)
847	**SZKUDLARZ Agata**	**7502**		Masters K - 40	140	00:00:00	00:02:09	02:07:07	**03:46:46.95**	**03:46:46.95**	+02:17:19 (60.6%)	10:47	5.6 (39.7%)
848	**SUTA Anna**	**7503**		Masters K - 40	141	00:00:00	00:02:09	02:07:02	**03:46:47.35**	**03:46:47.35**	+02:17:19 (60.6%)	10:47	5.6 (39.7%)
849	**PLEWIŃSKA Sylwia**	**7167**	MIRAZ RACE TEAM	Senior II K - 30	132	00:00:00	00:01:49	02:08:44	**03:47:48.05**	**03:47:48.05**	+02:18:20 (60.7%)	10:50	5.5 (39.0%)
850	**BARAŁKIEWICZ - SOKAL Karolina**	**7009**		Masters K - 40	142	00:00:00	00:02:57	02:08:58	**03:48:30.25**	**03:48:30.25**	+02:19:02 (60.8%)	10:52	5.5 (39.0%)
851	**OPŁOCZYŃSKA Gosia**	**7706**	NIGHT RUNNERS	Masters K - 40	143	00:00:00	00:00:39	02:00:25	**03:49:21.40**	**03:49:21.40**	+02:19:53 (61.0%)	10:55	5.5 (39.0%)
852	**BŁĄDEK-GRZELCZAK Katarzyna**	**7985**		Weteran K - 50	45	00:00:00	00:02:21	02:14:09	**03:50:03.00**	**03:50:03.00**	+02:20:35 (61.1%)	10:57	5.5 (39.0%)
853	**JUSZKO Aleksandra**	**7509**		Senior I K - 20	43	00:00:00	00:00:58	02:07:16	**03:50:40.60**	**03:50:40.60**	+02:21:12 (61.2%)	10:59	5.5 (39.0%)
854	**JUSZKO Monika**	**7500**		Masters K - 40	144	00:00:00	00:00:57	02:07:21	**03:50:40.75**	**03:50:40.75**	+02:21:12 (61.2%)	10:59	5.5 (39.0%)
855	**STAWSKA-KISIAŁA Natalia**	**7226**	MAMA WOJTUSIA <3	Senior II K - 30	133	00:00:00	00:02:02	02:12:35	**03:52:46.95**	**03:52:46.95**	+02:23:19 (61.6%)	11:05	5.4 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
856	**STAJER Edyta**	**7335**		Masters K - 40	145	00:00:00	00:02:59	02:07:31	**03:53:06.10**	**03:53:06.10**	+02:23:38 (61.6%)	11:06	5.4 (38.3%)
857	**WOJCIECHOWSKI Andrzej**	**7221**	NIGHT RUNNERS	Masters M - 40	176	00:00:00	00:00:39	02:00:27	**03:53:45.20**	**03:53:45.20**	+02:24:17 (61.7%)	11:07	5.4 (38.3%)
858	**WIETRZYŃSKA Agnieszka**	**7513**	MASZ PRZEBIEGANE	Senior II K - 30	134	00:00:00	00:02:51	02:08:26	**03:54:10.90**	**03:54:10.90**	+02:24:43 (61.8%)	11:09	5.4 (38.3%)
859	**KOSTULSKA Olga**	**7956**	WKURW_TEAM	Senior II K - 30	135	00:00:00	00:01:33	02:13:03	**03:54:48.35**	**03:54:48.35**	+02:25:20 (61.9%)	11:10	5.4 (38.3%)
860	**BIENIECKI Jacek**	**7229**	KLUB BIEGACZA SZAMOTUŁY	Weteran I M - 50	55	00:00:00	00:01:27	02:10:03	**03:55:12.05**	**03:55:12.05**	+02:25:44 (62.0%)	11:12	5.4 (38.3%)
861	**DOMINIAK Katarzyna**	**7872**	RGR ŁÓDŹ	Senior II K - 30	136	00:00:00	00:02:09	01:58:20	**03:56:08.85**	**03:56:08.85**	+02:26:41 (62.1%)	11:14	5.3 (37.6%)
862	**BIERNACKA Teresa**	**7168**	MIRAZ RACE TEAM	Senior II K - 30	137	00:00:00	00:01:49	02:07:23	**03:57:33.55**	**03:57:33.55**	+02:28:05 (62.3%)	11:18	5.3 (37.6%)
863	**CZERCZAK Andrzej**	**7342**		Weteran I M - 50	56	00:00:00	00:03:34	02:08:55	**03:57:44.25**	**03:57:44.25**	+02:28:16 (62.4%)	11:19	5.3 (37.6%)
864	**KOBYŁKA Małgorzata**	**7740**	SUPERMARATON KALISZ	Weteran K - 50	46	00:00:00	00:02:05	02:18:43	**03:58:19.80**	**03:58:19.80**	+02:28:52 (62.5%)	11:20	5.3 (37.6%)
865	**FABIANSKI Czeslaw**	**7574**	SUPERMARATON KALISZ	Weteran II M - 60	18	00:00:00	00:02:07	02:18:42	**03:58:20.00**	**03:58:20.00**	+02:28:52 (62.5%)	11:20	5.3 (37.6%)
866	**URBANIAK Agnieszka**	**7997**		Masters K - 40	146	00:00:00	00:03:38	02:18:21	**03:59:13.00**	**03:59:13.00**	+02:29:45 (62.6%)	11:23	5.3 (37.6%)
867	**GOLEBIOWSKA Malgorzata**	**7008**	RUN TEAM RYDZYNA	Masters K - 40	147	00:00:00	00:01:04	02:16:22	**03:59:32.85**	**03:59:32.85**	+02:30:05 (62.7%)	11:24	5.3 (37.6%)
868	**LESNIEWICZ Agnieszka**	**7039**		Senior II K - 30	138	00:00:00	00:01:04	02:16:24	**03:59:33.65**	**03:59:33.65**	+02:30:05 (62.7%)	11:24	5.3 (37.6%)
869	**SOSNOWSKA Justyna**	**7401**		Senior II K - 30	139	00:00:00	00:02:48	02:12:33	**03:59:35.50**	**03:59:35.50**	+02:30:07 (62.7%)	11:24	5.3 (37.6%)
870	**WRONKOWSKA Katarzyna**	**7369**		Masters K - 40	148	00:00:00	00:02:48	02:12:32	**03:59:35.55**	**03:59:35.55**	+02:30:07 (62.7%)	11:24	5.3 (37.6%)
871	**KRUCZEK Ewa**	**7113**	STAN UMYSŁU- LEWIN BIEGA	Masters K - 40	149	00:00:00	00:02:39	02:20:29	**03:59:41.15**	**03:59:41.15**	+02:30:13 (62.7%)	11:24	5.3 (37.6%)
872	**KARCZEWSKA Marta**	**7925**		Masters K - 40	150	00:00:00	00:03:44	02:18:19	**04:00:07.90**	**04:00:07.90**	+02:30:40 (62.7%)	11:26	5.2 (36.9%)
873	**REGULSKA Aneta**	**7052**	DRUŻYNA SZPIKU	Masters K - 40	151	00:00:00	00:03:31	02:14:19	**04:01:11.95**	**04:01:11.95**	+02:31:44 (62.9%)	11:29	5.2 (36.9%)
874	**PYTEL Anna**	**7162**	IZBICKO W BIEGU	Masters K - 40	152	00:00:00	00:01:00	02:17:36	**04:01:13.30**	**04:01:13.30**	+02:31:45 (62.9%)	11:29	5.2 (36.9%)
875	**RAJCZAKOWSKA Anna**	**7217**		Weteran II K - 60	5	00:00:00	00:03:31	02:14:18	**04:01:22.25**	**04:01:22.25**	+02:31:54 (62.9%)	11:29	5.2 (36.9%)
876	**RÓŻAŃSKI Robert**	**32**		Weteran I M - 50	57	00:00:00	00:00:49	02:15:50	**04:01:40.80**	**04:01:40.80**	+02:32:13 (63.0%)	11:30	5.2 (36.9%)
877	**SZYPULSKA Katarzyna**	**7183**	SKS CHMIELOWICE	Masters K - 40	153	00:00:00	00:01:00	02:17:48	**04:01:50.45**	**04:01:50.45**	+02:32:22 (63.0%)	11:30	5.2 (36.9%)
878	**ZIELIŃSKI Radosław**	**7760**	BASSET ROLLING TEAM	Masters M - 40	177	00:00:00	00:04:11	02:15:09	**04:01:54.95**	**04:01:54.95**	+02:32:27 (63.0%)	11:31	5.2 (36.9%)
879	**BARTNIK Michał**	**7746**	BASSET ROLLING TEAM	Masters M - 40	178	00:00:00	00:04:11	02:28:59	**04:01:56.40**	**04:01:56.40**	+02:32:28 (63.0%)	11:31	5.2 (36.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
880	**ALEKSANDROWICZ Urszula**	**7614**		Senior II K - 30	140	00:00:00	00:02:55	02:14:28	**04:04:50.60**	**04:04:50.60**	+02:35:22 (63.5%)	11:39	5.1 (36.2%)
881	**WOLNIEWICZ Joanna**	**7240**		Weteran K - 50	47	00:00:00	00:02:37	02:15:23	**04:05:54.65**	**04:05:54.65**	+02:36:26 (63.6%)	11:42	5.1 (36.2%)
882	**SKUBISZAK Andrzej**	**7239**		Weteran I M - 50	58	00:00:00	00:02:36	02:15:24	**04:05:54.70**	**04:05:54.70**	+02:36:26 (63.6%)	11:42	5.1 (36.2%)
883	**NGUYEN Long**	**7981**	OH MY GEARS	Senior II M - 30	202	00:00:00	00:03:29	02:17:00	**04:06:09.35**	**04:06:09.35**	+02:36:41 (63.7%)	11:43	5.1 (36.2%)
884	**ŚWISTUŃ Grzegorz**	**7156**		Masters M - 40	179	00:00:00	00:03:49	02:13:25	**04:07:36.35**	**04:07:36.35**	+02:38:08 (63.9%)	11:47	5.1 (36.2%)
885	**MIKOŁAJCZAK Magdalena**	**7294**	HRMAX ZORY	Masters K - 40	154	00:00:00	00:03:02	02:06:27	**04:07:48.90**	**04:07:48.90**	+02:38:21 (63.9%)	11:48	5.1 (36.2%)
886	**SMUG Ewelina**	**7418**		Masters K - 40	155	00:00:00	00:02:10	02:18:16	**04:11:47.45**	**04:11:47.45**	+02:42:19 (64.5%)	11:59	5 (35.5%)
887	**GĄSKA Sandra**	**7961**		Senior II K - 30	141	00:00:00	00:01:15	02:18:18	**04:11:54.95**	**04:11:54.95**	+02:42:27 (64.5%)	11:59	5 (35.5%)
888	**SZUMLAS Anna**	**7794**	#SZUMITEAM/ ULTRAWAY TEAM	Masters K - 40	156	00:00:00	00:03:30	02:22:03	**04:12:08.65**	**04:12:08.65**	+02:42:40 (64.5%)	12:00	5 (35.5%)
889	**CZYŻAK Justyna**	**7968**		Masters K - 40	157	00:00:00	00:02:26	02:21:01	**04:15:19.00**	**04:15:19.00**	+02:45:51 (65.0%)	12:09	4.9 (34.8%)
890	**CHROSTEK Dorota**	**7171**	FRANTA GROUP	Masters K - 40	158	00:00:00	00:02:26	02:21:00	**04:15:19.25**	**04:15:19.25**	+02:45:51 (65.0%)	12:09	4.9 (34.8%)
891	**KOLASA Barbara**	**7293**	KLUB J.SŁOWACKIEGO	Weteran II K - 60	6	00:00:00	00:00:32	02:21:39	**04:24:41.25**	**04:24:41.25**	+02:55:13 (66.2%)	12:36	4.8 (34.0%)
892	**JANICKA Barbara**	**7844**	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	159	00:00:00	00:02:38	02:31:37	**04:29:23.65**	**04:29:23.65**	+02:59:55 (66.8%)	12:49	4.7 (33.3%)
893	**LATA Robert**	**7036**	STAN UMYSŁU LEWIN BIEGA	Weteran I M - 50	59	00:00:00	00:02:41	02:31:50	**04:30:18.95**	**04:30:18.95**	+03:00:51 (66.9%)	12:52	4.7 (33.3%)
894	**LATA Violetta**	**7048**	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	48	00:00:00	00:02:40	02:31:49	**04:30:19.45**	**04:30:19.45**	+03:00:51 (66.9%)	12:52	4.7 (33.3%)
895	**WALCZAK Sławomir**	**7375**		Weteran I M - 50	60	00:00:00	00:02:12	02:33:08	**04:44:25.95**	**04:44:25.95**	+03:14:58 (68.5%)	13:32	4.4 (31.2%)
896	**MALEC Aleksandra**	**7440**	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	142	00:00:00	00:01:01	02:49:12	**04:46:12.35**	**04:46:12.35**	+03:16:44 (68.7%)	13:37	4.4 (31.2%)
897	**KISIEL Edyta**	**7001**		Masters K - 40	160	00:00:00	00:00:56	02:49:01	**04:46:14.85**	**04:46:14.85**	+03:16:47 (68.7%)	13:37	4.4 (31.2%)
898	**PODSIADŁY Robert**	**7180**		Weteran II M - 60	19	00:00:00	00:03:56	02:30:06	**04:47:59.60**	**04:47:59.60**	+03:18:31 (68.9%)	13:42	4.4 (31.2%)
Przekroczony limit czasu: 05:00:00													
899	**PIETRASZEK Ewa**	**7839**	KOBIETY WATAHY	Weteran K - 50	49	00:00:00	00:01:44	03:01:09	**05:08:10.35**	**05:08:10.35**	+03:38:42 (71.0%)	14:40	4.1 (29.1%)
900	**WOŹNIAK Anna**	**7837**	KOBIETY WATAHY	Masters K - 40	161	00:00:00	00:01:45	03:01:03	**05:08:14.90**	**05:08:14.90**	+03:38:47 (71.0%)	14:40	4.1 (29.1%)
	GOCLIK Marcin	**7923**	MIRAZ RACE TEAM	Senior II M - 30		DNF	00:01:19 DNF	01:39:04 DNF	**DNF**	**DNF**		-	- (0.0%)
	LASOCKI Marcin	**7647**	TEAM ZABIEGANEDNI / 12TRI.PL	Masters M - 40		DNF	00:02:11 DNF	01:39:41 DNF	**DNF**	**DNF**		-	- (0.0%)
	BARTOSZEWSKA Katarzyna	**7540**	TEAM RÓŻOWEJ PELERYNKI	Masters K - 40		DNF	00:02:24 DNF	01:54:44 DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
	SEMENIUK Marzena	**7692**	KOTWICA BRZEG	Senior II K - 30		DNF	00:01:14 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PĘKAŁA Dawid	**7822**	DZIKI Z AFRYKI	Masters M - 40		DNF	00:03:19 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 905 wynik(ów)