



IV ZIMOWY MARATON BIESZCZADZKI 2018 - 44,6KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2018
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-01-28
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
1	GORCZYCA Bartosz	13	SALCO GARMIN TEAM	M20	1	00:00:28	01:43:43	02:12:29	02:37:48	02:51:52.60	02:51:52.60		3:51	15.6 (100%)
2	GRZĄDZIEL Dominik	15	ATTIQ	M30	1	00:00:29	01:48:57	02:19:15	02:45:18	02:58:44.70	02:58:44.70	+00:06:52 (3.8%)	4:00	15 (96.2%)
3	KOCZWARA Tomasz	613		M40	1	00:00:33	01:49:07	02:19:36		03:01:31.10	03:01:31.10	+00:09:38 (5.3%)	4:04	14.7 (94.2%)
4	BABIS Piotr	797		M20	2	00:00:28	01:51:03	02:23:15	02:51:43	03:05:23.65	03:05:23.65	+00:13:31 (7.3%)	4:09	14.4 (92.3%)
5	FARON Robert	2	SALCO GARMIN SPORT	M40	2	00:00:28	01:54:13	02:25:52	02:52:42	03:07:01.00	03:07:01.00	+00:15:08 (8.1%)	4:11	14.3 (91.7%)
6	CEBERAK Bartosz	249		M30	2	00:00:57	01:52:08	02:26:58		03:12:58.00	03:12:58.00	+00:21:05 (10.9%)	4:19	13.9 (89.1%)
7	POLAŃSKI Tomasz	875	B4SPORT	M40	3	00:00:38	01:59:44	02:31:34		03:13:57.35	03:13:57.35	+00:22:04 (11.4%)	4:20	13.8 (88.5%)
8	WAŻNY Stanisław	473	BIEGOMANIA LUBACZÓW	M30	3	00:00:45	01:59:45	02:32:21		03:15:27.15	03:15:27.15	+00:23:34 (12.1%)	4:22	13.7 (87.8%)
9	WIERNUSZ Krzysztof	538	FINISZ RYMANÓW	M40	4	00:00:31	01:59:34	02:32:11		03:15:50.90	03:15:50.90	+00:23:58 (12.2%)	4:23	13.7 (87.8%)
10	KOCZAJA Artur	497		M30	4	00:00:31	01:57:11	02:31:35		03:16:10.00	03:16:10.00	+00:24:17 (12.4%)	4:23	13.6 (87.2%)
11	PAKUŁA Paweł	644	MKS 'ŻAK' BIAŁA PODLASKA	M40	5	00:00:43	02:02:38	02:35:47	03:05:22	03:20:25.55	03:20:25.55	+00:28:32 (14.2%)	4:29	13.4 (85.9%)
12	PLOCH Jakub	6	NIGHT RUNNERS ZABRZE	M20	3	00:00:30	02:02:01	02:37:33		03:24:18.20	03:24:18.20	+00:32:25 (15.9%)	4:34	13.1 (84.0%)
13	NOWAKOWSKI Tobiasz	291	RACE FIGHTER	M30	5	00:00:33	01:58:57	02:35:46		03:25:57.55	03:25:57.55	+00:34:04 (16.5%)	4:37	13 (83.3%)
14	CZYŻ Grzegorz	4	GRUPA AZOTY -AUTOMATYKA TARNÓW	M50	1	00:00:37	02:03:23	02:38:52	03:10:30	03:26:43.85	03:26:43.85	+00:34:51 (16.9%)	4:38	12.9 (82.7%)
15	KOBIERSKI Piotr	181	UKA ULTRAS RUNNERS	M40	6	00:00:51	02:07:17	02:41:50	03:12:33	03:27:54.65	03:27:54.65	+00:36:02 (17.3%)	4:39	12.9 (82.7%)
16	PASIECZNY Robert	264	FARTLEK GO	M40	7	00:00:32	02:04:51	02:41:29		03:28:36.85	03:28:36.85	+00:36:44 (17.6%)	4:40	12.8 (82.1%)
17	WYWŁOKA Paulina	5	WWW.TRENINGFIZJOTERAPIA.PL	K20	1	00:00:37	02:07:39	02:43:42	03:13:45	03:28:58.25	03:28:58.25	+00:37:05 (17.8%)	4:41	12.8 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
18	KOKOCIŃSKI Dariusz	502		M40	8	00:01:10	02:08:40	02:45:18	03:16:47	03:32:24.60	03:32:24.60	+00:40:32 (19.1%)	4:45	12.6 (80.8%)		
19	NIEMIEC Szczepan	772	WKURW_TEAM	M20	4	00:00:47	02:07:49	02:43:41	03:16:27	03:33:05.55	03:33:05.55	+00:41:12 (19.3%)	4:46	12.6 (80.8%)		
20	GAWRON Janusz	443	BRYGADA BESKIDÓW	M20	5	00:01:13	02:11:59	02:47:29	03:18:04	03:33:06.15	03:33:06.15	+00:41:13 (19.3%)	4:46	12.6 (80.8%)		
21	KORPALSKI Tomasz	650	BIEGAJ Z GŁOWĄ	M30	6	00:01:14	02:13:21	02:48:00	03:19:21	03:34:14.00	03:34:14.00	+00:42:21 (19.8%)	4:48	12.5 (80.1%)		
22	BUŁANOW Leszek	788		M40	9	00:00:35	02:07:04	02:45:01	03:20:31	03:36:58.50	03:36:58.50	+00:45:05 (20.8%)	4:51	12.3 (78.8%)		
23	SKIBINSKI Mikolaj	833	ADIDAS RUNNERS WARSAW	M30	7	00:00:34	02:17:13	02:51:55	03:22:44	03:37:58.70	03:37:58.70	+00:46:06 (21.1%)	4:53	12.3 (78.8%)		
24	ŻORNIAK Mateusz	317	MEGA FASON SIENIAWA	M20	6	00:01:13	02:12:20	02:48:44	03:20:32	03:38:04.55	03:38:04.55	+00:46:11 (21.2%)	4:53	12.3 (78.8%)		
25	BONDARA Sylwia	1	JACEKBIEGA RUNNING TEAM	K30	1	00:01:06	02:13:12	02:49:46	03:22:22	03:38:16.15	03:38:16.15	+00:46:23 (21.3%)	4:53	12.3 (78.8%)		
26	POMORSKI Marcin	738	KUKUI MONSTER -SZWLA	M30	8	00:00:39	02:07:19	02:44:36	03:20:59	03:38:27.75	03:38:27.75	+00:46:35 (21.3%)	4:53	12.2 (78.2%)		
27	GOTFRYD Adam	859		M40	10	00:00:41	02:15:14	02:51:49	03:23:12	03:38:31.20	03:38:31.20	+00:46:38 (21.3%)	4:53	12.2 (78.2%)		
28	ŚLĘCZKA Damian	204	BIOMEDYCYNĄ SP. Z O.O.	M30	9	00:00:44	02:08:54	02:48:34	03:22:33	03:38:41.00	03:38:41.00	+00:46:48 (21.4%)	4:54	12.2 (78.2%)		
29	WASYLÓW Jacek	806	ANTEK TEAM LIPOWICA-PRZEMYŚL	M30	10	00:01:06	02:11:05	02:49:30	03:22:20	03:38:43.35	03:38:43.35	+00:46:50 (21.4%)	4:54	12.2 (78.2%)		
30	WĘGIEL Marcin	488		M30	11	00:00:35	02:04:54	02:43:51	03:21:35	03:39:29.65	03:39:29.65	+00:47:37 (21.7%)	4:55	12.2 (78.2%)		
31	JANDZIŚ Wiesław	637	AKTYWNY DYNÓW	M40	11	00:00:59	02:16:05	02:53:05	03:24:41	03:40:10.80	03:40:10.80	+00:48:18 (21.9%)	4:56	12.2 (78.2%)		
32	LESZCZYŃSKI Andrzej	213	BODY CLUB	M50	2	00:00:45	02:13:17	02:50:26	03:24:23	03:41:30.10	03:41:30.10	+00:49:37 (22.4%)	4:57	12.1 (77.6%)		
33	ŻUCHOWSKI Daniel	100	NOWA HUTA TEAM	M30	12	00:00:42	02:10:54	02:50:05	03:24:36	03:41:55.45	03:41:55.45	+00:50:02 (22.6%)	4:58	12.1 (77.6%)		
34	KRZEMIŃSKI Marcin	439	SPRINT GORZYCE	M40	12	00:00:38	02:16:14	02:53:07	03:25:37	03:41:58.00	03:41:58.00	+00:50:05 (22.6%)	4:58	12.1 (77.6%)		
35	LEMAŃSKI Damian	561		M20	7	00:00:42	02:07:04	02:45:34	03:22:43	03:42:52.30	03:42:52.30	+00:50:59 (22.9%)	4:59	12 (76.9%)		
36	POŁATYŃSKI Daniel	389	SPARTANIE DZIECIOM	M20	8	00:01:39	02:12:23	02:50:09	03:25:42	03:43:12.25	03:43:12.25	+00:51:19 (23.0%)	5:00	12 (76.9%)		
37	MIERZLIKIN Natalia	674		K20	2	00:00:53	02:14:23	02:53:23	03:27:03	03:43:50.65	03:43:50.65	+00:51:58 (23.2%)	5:01	12 (76.9%)		
38	KUDŁAK Paweł	759	PORANNY PATROL	M30	13	00:01:01	02:16:09	02:54:19	03:27:55	03:44:19.40	03:44:19.40	+00:52:26 (23.4%)	5:01	11.9 (76.3%)		
39	DOMISZEWSKA Maria	8		K50	1	00:00:41	02:13:08	02:52:26	03:27:04	03:44:29.90	03:44:29.90	+00:52:37 (23.4%)	5:01	11.9 (76.3%)		
40	GOZDALSKI Jarosław	780	WITKOWO BIEGA	M40	13	00:01:04	02:18:58	02:56:49	03:29:02	03:44:30.45	03:44:30.45	+00:52:37 (23.4%)	5:02	11.9 (76.3%)		
41	DYREK Michał	575		M30	14	00:00:47	02:16:14	02:53:56	03:27:51	03:45:09.50	03:45:09.50	+00:53:16 (23.7%)	5:02	11.9 (76.3%)		
42	SUŁKOWSKI Maciej	220		M40	14	00:01:08	02:14:37	02:53:53	03:28:35	03:45:22.40	03:45:22.40	+00:53:29 (23.7%)	5:03	11.9 (76.3%)		
43	BARANOWSKI Jacek	849	JACEK BIEGA RUNNING TEAM	M30	15	00:01:07	02:17:27	02:56:28	03:28:56	03:45:45.90	03:45:45.90	+00:53:53 (23.9%)	5:03	11.9 (76.3%)		

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						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
44	LAMPARSKI Łukasz	391		M30	16	00:01:07	02:20:03	02:58:15	03:30:47	03:46:56.90	03:46:56.90	+00:55:04 (24.3%)	5:05	11.8 (75.6%)	
45	BĘTKOWSKI Wojciech	365		M50	3	00:00:37	02:15:02	02:54:50	03:29:46	03:47:14.45	03:47:14.45	+00:55:21 (24.4%)	5:05	11.8 (75.6%)	
46	DYDIO Piotr	742	PID-MILL TEAM	M50	4	00:01:00	02:13:05	02:54:28	03:29:50	03:47:42.40	03:47:42.40	+00:55:49 (24.5%)	5:06	11.8 (75.6%)	
47	DACYL Michał	641	NOWY STYL GROUP RUNNING TEAM	M40	15	00:01:00	02:17:36	02:57:48	03:32:38	03:49:18.45	03:49:18.45	+00:57:25 (25.0%)	5:08	11.7 (75.0%)	
48	CEKOWSKA Katarzyna	842		K40	1	00:00:36	02:16:26	02:56:48	03:31:47	03:49:54.20	03:49:54.20	+00:58:01 (25.2%)	5:09	11.6 (74.4%)	
49	AUGUSTYŃSKI Sylwester	161	LACHO TEAM	M30	17	00:00:49	02:14:39	02:56:18	03:32:12	03:50:03.75	03:50:03.75	+00:58:11 (25.3%)	5:09	11.6 (74.4%)	
50	SZAŁKOWSKI Dawid	519	EKOBIEGI	M40	16	00:01:07	02:16:19	02:58:28	03:32:56	03:50:32.80	03:50:32.80	+00:58:40 (25.4%)	5:10	11.6 (74.4%)	
51	ŚCIUBA Aneta	579	STAY INSANE	K30	2	00:01:07	02:22:31	03:01:35	03:35:04	03:50:38.80	03:50:38.80	+00:58:46 (25.5%)	5:10	11.6 (74.4%)	
52	ŻUREK Paweł	31	RUNTEAM PAWŁOWICE	M30	18	00:01:00	02:12:51	02:52:31	03:31:45	03:51:06.60	03:51:06.60	+00:59:14 (25.6%)	5:10	11.6 (74.4%)	
53	BROCKI Krzysztof	567	1973	M40	17	00:01:00	02:17:12	02:58:34	03:34:11	03:51:37.70	03:51:37.70	+00:59:45 (25.8%)	5:11	11.6 (74.4%)	
54	MASNYK Iryna	645	AGRO-NATURA	K30	3	00:00:43	02:06:43	03:02:01	03:35:06	03:51:52.55	03:51:52.55	+00:59:59 (25.9%)	5:11	11.5 (73.7%)	
55	SZAWAN Paweł	611	PRZEWORSKA GRUPA BIEGOWA	M40	18	00:00:52	02:17:44	02:58:26	03:34:21	03:52:20.00	03:52:20.00	+01:00:27 (26.0%)	5:12	11.5 (73.7%)	
56	MORAWA Mateusz	250	LACHO TEAM	M30	19	00:00:54	02:20:13	03:01:39	03:35:43	03:52:29.50	03:52:29.50	+01:00:36 (26.1%)	5:12	11.5 (73.7%)	
57	DUCKI Piotr	865	OTK RZEŹNIK	M30	20	00:01:13	02:23:34	03:02:00	03:35:40	03:53:08.05	03:53:08.05	+01:01:15 (26.3%)	5:13	11.5 (73.7%)	
58	ANDRES Kamil	448	KS JANUSZE	M30	21	00:01:47	02:19:55	03:01:59	03:36:55	03:53:14.10	03:53:14.10	+01:01:21 (26.3%)	5:13	11.5 (73.7%)	
59	WIŚNIEWSKI Michał	587	RODZINNY RELAX	M40	19	00:01:09	02:24:23	03:04:04	03:37:48	03:54:09.90	03:54:09.90	+01:02:17 (26.6%)	5:15	11.4 (73.1%)	
60	KRENZEL Regina	225		K30	4	00:00:58	02:22:32	03:01:49	03:36:55	03:54:14.65	03:54:14.65	+01:02:22 (26.6%)	5:15	11.4 (73.1%)	
61	GARCZYŃSKI Darek	47		M40	20	00:01:05	02:20:28	03:00:45	03:37:11	03:54:48.55	03:54:48.55	+01:02:55 (26.8%)	5:15	11.4 (73.1%)	
62	BRENDZOWSKI Adam	279	SOLINA TEAM	M30	22	00:00:49	02:18:16	02:59:16	03:36:25	03:54:52.75	03:54:52.75	+01:03:00 (26.8%)	5:15	11.4 (73.1%)	
63	BERGAŃSKI Michał	381	BRYGADA BESKIDÓW	M30	23	00:01:15	02:21:43	03:01:41	03:37:42	03:55:05.45	03:55:05.45	+01:03:12 (26.9%)	5:16	11.4 (73.1%)	
64	PACHO Sylwester	459	INFINITY RUNNERS TEAM GRYBÓW	M40	21	00:00:36	02:21:09	03:01:44	03:37:41	03:55:06.70	03:55:06.70	+01:03:14 (26.9%)	5:16	11.4 (73.1%)	
65	JACHYMEK Bartłomiej	605	JACEKBIEGA RUNNING TEAM	M40	22	00:01:07	02:21:29	03:01:38	03:37:39	03:55:51.90	03:55:51.90	+01:03:59 (27.1%)	5:17	11.3 (72.4%)	
66	GLEISNER Tomasz	108	TARNÓW	M40	23	00:00:56	02:22:29	03:04:08	03:39:35	03:56:49.35	03:56:49.35	+01:04:56 (27.4%)	5:18	11.3 (72.4%)	
67	MICHALAK Artur	474	PGB SPORTOWA PACZKA	M30	24	00:00:37	02:17:43	03:00:14	03:39:04	03:57:02.55	03:57:02.55	+01:05:09 (27.5%)	5:18	11.3 (72.4%)	
68	KMAK Sławek	476	PAPIKI	M40	24	00:00:37	02:21:09	03:01:45	03:38:30	03:57:27.60	03:57:27.60	+01:05:35 (27.6%)	5:19	11.3 (72.4%)	
69	GRZELAK Adrian	798	CHATA BIEGACZA K34 ZAKOPANE	M30	25	00:01:00	02:28:22	03:07:10	03:41:58	03:57:45.05	03:57:45.05	+01:05:52 (27.7%)	5:19	11.3 (72.4%)	

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						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
70	CHOJECKI Dariusz	501	KEREZA SQUAD	M40	25	00:01:15	02:20:15	03:02:36	03:39:39	03:57:47.70	03:57:47.70	+01:05:55 (27.7%)	5:19	11.3 (72.4%)
71	SIKOŃCZYK Miłosz	35		M20	9	00:00:43	02:23:32	03:03:26	03:40:39	03:57:55.70	03:57:55.70	+01:06:03 (27.8%)	5:20	11.2 (71.8%)
72	BORYS Andrzej	823		M40	26	00:00:42	02:14:24	03:01:42	03:39:34	03:58:00.95	03:58:00.95	+01:06:08 (27.8%)	5:20	11.2 (71.8%)
73	ŁĘPICKI Artur	441	MARKOWI BIEGACZE	M40	27	00:01:08	02:21:51	03:04:27	03:41:03	03:58:08.65	03:58:08.65	+01:06:16 (27.8%)	5:20	11.2 (71.8%)
74	ZIAJKA Karol	819		M20	10	00:02:12	02:23:22	03:04:12	03:40:29	03:58:22.00	03:58:22.00	+01:06:29 (27.9%)	5:20	11.2 (71.8%)
75	MACHUCKI Adrian	92		M30	26	00:01:35	02:27:05	03:06:31	03:41:12	03:58:27.60	03:58:27.60	+01:06:35 (27.9%)	5:20	11.2 (71.8%)
76	MAZUREK Robert	65	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	28	00:00:58	02:22:12	03:03:34	03:41:03	03:58:54.85	03:58:54.85	+01:07:02 (28.1%)	5:21	11.2 (71.8%)
77	ŁOWIECKI Dominik	305	NBR TEAM	M30	27	00:00:38	02:22:05	03:03:28	03:40:51	03:59:03.05	03:59:03.05	+01:07:10 (28.1%)	5:21	11.2 (71.8%)
78	NORBERT Michał	392		M30	28	00:02:23	02:28:29	03:06:44	03:41:34	03:59:39.75	03:59:39.75	+01:07:47 (28.3%)	5:22	11.2 (71.8%)
79	SZAPORÓW Łukasz	290	SRTG PROSZOWICE	M30	29	00:00:53	02:20:59	03:04:02	03:40:58	03:59:58.25	03:59:58.25	+01:08:05 (28.4%)	5:22	11.2 (71.8%)
80	BREŚ Arkadiusz	872		M30	30	00:00:32	02:20:31	03:06:11	03:43:55	04:00:07.80	04:00:07.80	+01:08:15 (28.4%)	5:23	11.1 (71.2%)
81	WOLSKI Marcin	530	WOLSCY BROTHERS TRIATHLON TEAM	M20	11	00:01:21	02:28:16	03:10:30	03:44:50	04:00:38.90	04:00:38.90	+01:08:46 (28.6%)	5:23	11.1 (71.2%)
82	WOLSKI Michał	677	WOLSCY BROTHERS TRIATHLON TEAM	M20	12	00:01:23	02:28:17	03:10:37	03:44:51	04:00:42.00	04:00:42.00	+01:08:49 (28.6%)	5:23	11.1 (71.2%)
83	CZAJKA Karol	384	INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE	M30	31	00:00:58	02:20:35	03:03:17	03:41:48	04:00:55.10	04:00:55.10	+01:09:02 (28.7%)	5:24	11.1 (71.2%)
84	WOJNO Arkadiusz	109	HUSARIA RACE TEAM	M30	32	00:00:40	02:24:03	03:06:37	03:44:07	04:00:58.30	04:00:58.30	+01:09:05 (28.7%)	5:24	11.1 (71.2%)
85	ŁUKASIK Michał	757	VELOBIKE	M30	33	00:01:04	02:23:26	03:06:16	03:44:38	04:01:31.95	04:01:31.95	+01:09:39 (28.8%)	5:24	11.1 (71.2%)
86	STANIEC Piotr	480	ŚLĘZAK TEAM	M40	29	00:01:53	02:26:32	03:06:51	03:44:14	04:01:41.60	04:01:41.60	+01:09:49 (28.9%)	5:25	11.1 (71.2%)
87	JASTRZĄB Piotr	425	DEKAN LESKO	M50	5	00:00:39	02:20:29	03:04:23	03:43:22	04:01:42.90	04:01:42.90	+01:09:50 (28.9%)	5:25	11.1 (71.2%)
88	KRÓTKI Alicja	799		K30	5	00:01:03	02:24:07	03:06:43	03:43:55	04:01:46.80	04:01:46.80	+01:09:54 (28.9%)	5:25	11.1 (71.2%)
89	URBASEK Łukasz	182		M30	34	00:00:44	02:12:46	02:54:35	03:36:58	04:01:47.15	04:01:47.15	+01:09:54 (28.9%)	5:25	11.1 (71.2%)
90	WĘGLARZ Czesław	393	NIEZRZESZONY	M50	6	00:01:06	02:25:17	03:07:21	03:44:41	04:02:02.05	04:02:02.05	+01:10:09 (29.0%)	5:25	11.1 (71.2%)
91	PIECUCH Marcin	258	LACHO TEAM	M30	35	00:01:12	02:26:05	03:08:46	03:46:09	04:02:57.75	04:02:57.75	+01:11:05 (29.3%)	5:26	11 (70.5%)
92	DOMIN Łukasz	671	AKTYWNY DYNÓW	M30	36	00:01:06	02:27:16	03:09:56	03:45:31	04:03:17.35	04:03:17.35	+01:11:24 (29.4%)	5:27	11 (70.5%)
93	BORUCKI Jakub	187	#KASZANIENAMOKA / NIGHT RUNNERS	M30	37	00:00:39	02:27:18	03:10:35	03:46:16	04:03:28.60	04:03:28.60	+01:11:36 (29.4%)	5:27	11 (70.5%)
94	GŁODOWSKA Kamila	9	MUAY RUNNING TEAM	K20	3	00:00:59	02:29:14	03:10:39	03:46:33	04:03:32.25	04:03:32.25	+01:11:39 (29.4%)	5:27	11 (70.5%)
95	KOŚCIAK Jan	712	DZIKIE MUSTANGI	M40	30	00:01:31	02:29:12	03:10:16	03:46:09	04:03:35.10	04:03:35.10	+01:11:42 (29.4%)	5:27	11 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km			
96	MIKOŁAJCZYK Marcin	526	HUSARIA RACE TEAM	M30	38	00:00:41	02:24:02	03:06:40	03:44:31	04:03:39.10	04:03:39.10	+01:11:46 (29.5%)	5:27	11 (70.5%)
97	WIŚNIEWSKI Janusz	600		M40	31	00:01:10	02:25:04	03:07:06	03:45:55	04:04:56.25	04:04:56.25	+01:13:03 (29.8%)	5:29	10.9 (69.9%)
98	WIĘCH Piotr	406		M30	39	00:01:07	02:17:39	03:12:13	03:47:55	04:05:10.75	04:05:10.75	+01:13:18 (29.9%)	5:29	10.9 (69.9%)
99	KAPUSTA Dawid	106	WKURW_TEAM	M20	13	00:01:56	02:25:15	03:07:32	03:46:38	04:05:44.55	04:05:44.55	+01:13:51 (30.1%)	5:30	10.9 (69.9%)
100	PLIŚ Mateusz	769		M30	40	00:01:15	02:30:50	03:12:18	03:48:10	04:06:09.10	04:06:09.10	+01:14:16 (30.2%)	5:31	10.9 (69.9%)
101	NIERADA Marcin	358		M30	41	00:01:15	02:26:27	03:10:03	03:48:14	04:06:14.70	04:06:14.70	+01:14:22 (30.2%)	5:31	10.9 (69.9%)
102	SOKALSKI Grzegorz	7		M40	32	00:01:27	02:27:17	03:11:05	03:48:49	04:08:25.60	04:08:25.60	+01:16:33 (30.8%)	5:34	10.8 (69.2%)
103	KUCIEL Paweł	368	KOPALNIA WAPIENIA CZATKOWICE	M20	14	00:01:12	02:29:02	03:15:07	03:49:49	04:08:33.60	04:08:33.60	+01:16:41 (30.9%)	5:34	10.8 (69.2%)
104	ŚCIEBURA Paweł	329		M40	33	00:01:14	02:29:44	03:11:21	03:49:32	04:09:19.15	04:09:19.15	+01:17:26 (31.1%)	5:35	10.7 (68.6%)
105	SUJAK Mirosław	163	MKB DREPTAK	M50	7	00:00:42	02:27:35	03:10:52	03:50:01	04:09:25.20	04:09:25.20	+01:17:32 (31.1%)	5:35	10.7 (68.6%)
106	GIERULA Robert	569	UBS KRAKOW RUNNING TEAM	M50	8	00:00:58	02:28:39	03:11:14	03:51:31	04:09:27.40	04:09:27.40	+01:17:34 (31.1%)	5:35	10.7 (68.6%)
107	ODRZYWÓŁ VEL NAWENTURA Wojciech	55	ŁÓDŹ KOCHA SPORT	M30	42	00:02:10	02:33:59	03:14:47	03:51:44	04:09:49.45	04:09:49.45	+01:17:56 (31.2%)	5:36	10.7 (68.6%)
108	WOLSKI Piotr	515	ŁUBUDUBU	M30	43	00:01:09	02:26:41	03:12:47	03:50:45	04:10:31.85	04:10:31.85	+01:18:39 (31.4%)	5:37	10.7 (68.6%)
109	FLĄDRO Daniel	121		M40	34	00:01:04	02:25:29	03:11:47	03:51:38	04:10:51.70	04:10:51.70	+01:18:59 (31.5%)	5:37	10.7 (68.6%)
110	NOWICKI Michael	900	NORAFSPORT	M40	35	00:00:53	02:23:51	03:08:00	03:49:36	04:11:07.00	04:11:07.00	+01:19:14 (31.6%)	5:37	10.7 (68.6%)
111	KRUPA Grzegorz	866	KB SOBOTKA	M40	36	00:01:13	02:33:06	03:14:06	03:52:33	04:11:39.00	04:11:39.00	+01:19:46 (31.7%)	5:38	10.6 (67.9%)
112	MAKOWSKA Olga	11	JACEKBIEGA RUNNING TEAM	K30	6	00:00:46	02:29:25	03:13:35	03:52:20	04:11:40.60	04:11:40.60	+01:19:48 (31.7%)	5:38	10.6 (67.9%)
113	EPA Karolina	419	PZU SPORT TEAM	K20	4	00:01:10	02:27:50	03:15:04	03:53:06	04:11:45.60	04:11:45.60	+01:19:53 (31.7%)	5:38	10.6 (67.9%)
114	WIERNEK Tomek	758	ENDURANCE TEAM	M40	37	00:01:49	02:38:58	03:20:40	03:54:33	04:11:45.80	04:11:45.80	+01:19:53 (31.7%)	5:38	10.6 (67.9%)
115	PASTUŁA Łukasz	16		M30	44	00:01:01	02:26:35	03:13:25	03:52:24	04:11:47.00	04:11:47.00	+01:19:54 (31.7%)	5:38	10.6 (67.9%)
116	WŁODARCZYK Piotr	478	KRAKÓW NOWA HUTA	M30	45	00:00:55	02:25:03	03:07:07	03:48:35	04:12:31.95	04:12:31.95	+01:20:39 (31.9%)	5:39	10.6 (67.9%)
117	NIŻNIK Marcin	702	NOWY STYL GROUP RUNNING TEAM	M40	38	00:01:01	02:28:57	03:12:17	03:52:48	04:12:59.70	04:12:59.70	+01:21:07 (32.1%)	5:40	10.6 (67.9%)
118	STAŃKO Paweł	444		M40	39	00:02:16	02:30:12	03:15:14	03:53:37	04:13:09.80	04:13:09.80	+01:21:17 (32.1%)	5:40	10.6 (67.9%)
119	BARTOSZEK Krzysztof	525	MRÓWKA JAROSŁAW	M40	40	00:01:28	02:32:35	03:16:12	03:54:07	04:13:13.30	04:13:13.30	+01:21:20 (32.1%)	5:40	10.6 (67.9%)
120	ŁUKASZCZYK Henryk	583		M50	9	00:00:38	02:18:06	03:06:42	03:50:46	04:13:16.95	04:13:16.95	+01:21:24 (32.1%)	5:40	10.6 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
121	GWIZDAK Justyna	599	WATER TEAM	K30	7	00:01:26	02:28:44	03:14:22	03:52:54	04:13:20.20	04:13:20.20	+01:21:27 (32.2%)	5:40	10.6 (67.9%)	
122	SIKORA Jacek	771	WATER TEAM	M40	41	00:01:26	02:28:43	03:14:23	03:52:53	04:13:20.90	04:13:20.90	+01:21:28 (32.2%)	5:40	10.6 (67.9%)	
123	SZOSTEK Michał	300	BEFIT24TEAM	M20	15	00:01:23	02:29:10	03:15:16	03:54:50	04:13:47.90	04:13:47.90	+01:21:55 (32.3%)	5:41	10.5 (67.3%)	
123	WYROBA Waldemar	301	BEFIT24TEAM	M40	42	00:01:23	02:29:10	03:15:16	03:54:51	04:13:47.90	04:13:47.90	+01:21:55 (32.3%)	5:41	10.5 (67.3%)	
125	KOT Łukasz	545	RZESZOWSKIE GAZELE I GEPARDY	M30	46	00:01:34	02:40:26	03:22:02	03:56:42	04:14:05.95	04:14:05.95	+01:22:13 (32.4%)	5:41	10.5 (67.3%)	
126	RUSZNICA Tomasz	832		M30	47	00:00:42	02:35:10	03:17:00	03:55:38	04:14:50.35	04:14:50.35	+01:22:57 (32.6%)	5:42	10.5 (67.3%)	
127	ŻMUDZIEJEWSKI Jakub	201		M20	16	00:01:37	02:30:41	03:15:23	03:54:59	04:14:57.90	04:14:57.90	+01:23:05 (32.6%)	5:42	10.5 (67.3%)	
128	JARUZEL Ewa	715	SZWLA STARGARD	K40	2	00:00:45	02:32:06	03:16:42	03:55:04	04:15:03.35	04:15:03.35	+01:23:10 (32.6%)	5:43	10.5 (67.3%)	
129	JARUZEL Robert	716	SZWLA STARGARD	M40	43	00:00:45	02:32:08	03:16:44	03:55:02	04:15:05.20	04:15:05.20	+01:23:12 (32.6%)	5:43	10.5 (67.3%)	
130	REJ Mirosław	482	M&T WYJADACZE PARÓWKÓW	M30	48	00:00:56	02:34:15	03:21:32	03:57:27	04:15:24.75	04:15:24.75	+01:23:32 (32.7%)	5:43	10.5 (67.3%)	
131	LONC Tomasz	481	M&T WYJADACZE PARÓWKÓW	M40	44	00:00:57	02:34:17	03:21:33	03:57:27	04:15:25.85	04:15:25.85	+01:23:33 (32.7%)	5:43	10.5 (67.3%)	
132	ZAJĄC Katarzyna	700	4K TEAM TARNÓW	K30	8	00:01:30	02:33:06	03:18:08	03:56:41	04:15:28.35	04:15:28.35	+01:23:35 (32.7%)	5:43	10.5 (67.3%)	
133	BRZOZOWSKI Łukasz	717	FARTLEKGO I-BS.PL SPORT TEAM	M30	49	00:01:14	02:26:01	03:13:12	03:54:40	04:15:33.50	04:15:33.50	+01:23:40 (32.7%)	5:43	10.5 (67.3%)	
134	GARCZYŃSKA-WĄS Bogusława	175		K40	3	00:01:29	02:36:51	03:20:01	03:56:39	04:15:45.90	04:15:45.90	+01:23:53 (32.8%)	5:44	10.5 (67.3%)	
135	TKACZEWSKI Piotr	112	MIECHÓW	M40	45	00:01:35	02:34:20	03:18:21	03:56:57	04:16:05.10	04:16:05.10	+01:24:12 (32.9%)	5:44	10.4 (66.7%)	
136	PYRKOSZ Damian	252	G.B.U.R.	M40	46	00:01:02	02:32:41	03:18:37	03:58:09	04:16:20.60	04:16:20.60	+01:24:28 (33.0%)	5:44	10.4 (66.7%)	
137	KOCOŃ Mariusz	830	10 OPOLSKA BRYGADA LOGISTYCZNA	M50	10	00:01:20	02:31:49	03:18:02	03:58:23	04:16:33.10	04:16:33.10	+01:24:40 (33.0%)	5:45	10.4 (66.7%)	
138	WILK Jacek	666		M40	47	00:00:56	02:30:18	03:16:40	03:56:48	04:17:01.25	04:17:01.25	+01:25:08 (33.1%)	5:45	10.4 (66.7%)	
139	JANIK Paweł	136		M40	48	00:01:11	02:27:57	03:16:31	03:56:49	04:17:04.30	04:17:04.30	+01:25:11 (33.1%)	5:45	10.4 (66.7%)	
140	KANIA Przemysław	785		M30	50	00:01:42	02:29:53	03:14:39	03:57:44	04:17:09.90	04:17:09.90	+01:25:17 (33.2%)	5:45	10.4 (66.7%)	
141	PRÜFER Paweł	696		M40	49	00:01:09	02:34:05	03:19:02	03:57:22	04:17:39.95	04:17:39.95	+01:25:47 (33.3%)	5:46	10.4 (66.7%)	
142	KOSIN Paweł	49	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	51	00:01:11	02:37:02	03:21:19	03:59:21	04:17:40.80	04:17:40.80	+01:25:48 (33.3%)	5:46	10.4 (66.7%)	
143	FALKOWSKI Piotr	69	KS PEGAZ PIASECZNO	M40	50	00:01:27	02:35:57	03:21:00	03:59:33	04:17:41.35	04:17:41.35	+01:25:48 (33.3%)	5:46	10.4 (66.7%)	
144	GESSLER Łukasz	332	POL-DACH ŁUKASZ GESSLER	M30	52	00:01:11	02:33:32	03:19:16	03:57:30	04:17:51.15	04:17:51.15	+01:25:58 (33.3%)	5:46	10.4 (66.7%)	
145	KULA Robert	152	EKIPA Z TARNOWA	M40	51	00:01:44	02:38:18	03:24:51	04:00:19	04:18:16.95	04:18:16.95	+01:26:24 (33.5%)	5:47	10.4 (66.7%)	
146	FUS Maciej	209		M30	53	00:00:59	02:37:57	03:21:01	03:58:22	04:18:27.00	04:18:27.00	+01:26:34 (33.5%)	5:47	10.4 (66.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
147	TWARDOWSKI Tomasz	465		M30	54	00:02:24	02:37:37	03:20:52	03:59:46	04:18:34.40	04:18:34.40	+01:26:41 (33.5%)	5:47	10.3 (66.0%)	
148	LANDA Maciej	450	KS JANUSZE	M30	55	00:01:48	02:31:12	03:20:07	03:59:41	04:18:43.05	04:18:43.05	+01:26:50 (33.6%)	5:48	10.3 (66.0%)	
149	PYRZAK Jacek	429		M30	56	00:02:37	02:42:53	03:26:30	04:02:01	04:19:34.10	04:19:34.10	+01:27:41 (33.8%)	5:49	10.3 (66.0%)	
150	PILARCZYK Marcin	615	ABOVE2000	M30	57	00:01:19	02:35:14	03:24:52	04:01:31	04:19:36.00	04:19:36.00	+01:27:43 (33.8%)	5:49	10.3 (66.0%)	
151	KUSTROŃ Adam	753		M50	11	00:00:50	02:37:27	03:22:26	03:59:48	04:19:44.30	04:19:44.30	+01:27:51 (33.8%)	5:49	10.3 (66.0%)	
152	KOŁACKA Martyna	355	APTIV RUNNING TEAM	K20	5	00:01:50	02:40:11	03:23:33	04:02:09	04:19:46.25	04:19:46.25	+01:27:53 (33.8%)	5:49	10.3 (66.0%)	
153	PISINGAS Mariusz	430	SEKCJA BIEGOWA FAMILIA	M40	52	00:02:22	02:38:30	03:23:47	04:01:43	04:19:51.25	04:19:51.25	+01:27:58 (33.9%)	5:49	10.3 (66.0%)	
154	JASNOWSKI Michał	847		M30	58	00:02:04	02:37:09	03:24:15	04:02:05	04:20:02.00	04:20:02.00	+01:28:09 (33.9%)	5:49	10.3 (66.0%)	
155	MAZUR Sławomir	507	CYKLOPEDIA.CC	M40	53	00:01:07	02:28:58	03:17:31	04:00:43	04:20:14.25	04:20:14.25	+01:28:21 (34.0%)	5:50	10.3 (66.0%)	
156	POTERA Maciej	660	FRYTKÓW!!!!	M30	59	00:01:09	02:35:51	03:20:02	04:00:27	04:20:19.90	04:20:19.90	+01:28:27 (34.0%)	5:50	10.3 (66.0%)	
157	KRAWCZAK Paulina	248	BIEGUSIEM.PL	K30	9	00:01:05	02:39:00	03:25:44	04:02:02	04:20:33.30	04:20:33.30	+01:28:40 (34.0%)	5:50	10.3 (66.0%)	
158	BARSZCZEWSKI Tadeusz	560	DWOT	M40	54	00:02:43	02:38:27	03:21:43	04:00:15	04:20:43.85	04:20:43.85	+01:28:51 (34.1%)	5:50	10.3 (66.0%)	
159	SERZYSKO Bartosz	414	APTIV RUNNING TEAM	M30	60	00:01:50	02:40:11	03:23:34	04:02:03	04:20:57.70	04:20:57.70	+01:29:05 (34.1%)	5:51	10.3 (66.0%)	
160	BEDNARZ Krzysztof	707	4K TEAM TARNÓW	M50	12	00:01:30	02:36:19	03:23:30	04:02:25	04:21:21.85	04:21:21.85	+01:29:29 (34.2%)	5:51	10.2 (65.4%)	
161	TERLECKI Krzysztof	840	CHEŁM BIEGA	M50	13	00:01:51	02:36:52	03:21:29	04:02:11	04:22:07.60	04:22:07.60	+01:30:15 (34.4%)	5:52	10.2 (65.4%)	
162	JANKOWSKI Janusz	855		M30	61	00:01:30	02:34:03	03:23:17	04:03:54	04:22:46.90	04:22:46.90	+01:30:54 (34.6%)	5:53	10.2 (65.4%)	
163	POROWSKI Łukasz	273		M30	62	00:01:22	02:37:44	03:24:50	04:03:02	04:22:51.20	04:22:51.20	+01:30:58 (34.6%)	5:53	10.2 (65.4%)	
164	KAMIŃSKI Krzysztof	311	ZABIERZÓW BIEGA	M30	63	00:01:01	02:38:36	03:25:33	04:04:25	04:23:03.85	04:23:03.85	+01:31:11 (34.7%)	5:53	10.2 (65.4%)	
165	KĘPA Justyna	491	1 BSP	K30	10	00:01:08	02:37:39	03:24:12	04:03:16	04:23:12.10	04:23:12.10	+01:31:19 (34.7%)	5:54	10.2 (65.4%)	
166	WALASEK Grzegorz	289	BIEGUSIEM.PL	M40	55	00:01:05	02:31:50	03:23:11	04:02:29	04:23:40.90	04:23:40.90	+01:31:48 (34.8%)	5:54	10.1 (64.7%)	
167	DĘBSKA Joanna	513	NIGHT RUNNERS GLIWICE	K40	4	00:02:26	02:38:10	03:20:44	04:04:58	04:23:43.95	04:23:43.95	+01:31:51 (34.8%)	5:54	10.1 (64.7%)	
168	GALICZ Karol	765	BKS WATAHA WARSZAWA	M30	64	00:00:31	02:23:03	03:19:01	04:01:16	04:23:50.95	04:23:50.95	+01:31:58 (34.9%)	5:54	10.1 (64.7%)	
169	MIĘKUS Hubert	539		M40	56	00:00:51	02:35:37	03:24:47	04:03:27	04:23:55.30	04:23:55.30	+01:32:02 (34.9%)	5:55	10.1 (64.7%)	
170	BIESZCZAD Mateusz	223	KKB MOSIR KROSNO	M30	65	00:02:28	02:52:20	03:33:32	04:06:24	04:23:55.50	04:23:55.50	+01:32:02 (34.9%)	5:55	10.1 (64.7%)	
171	WYBRANIEC Wojciech	754	OFIARY JEDZENIA KOTLETÓW	M40	57	00:02:14	02:40:46	03:25:49	04:03:59	04:23:59.50	04:23:59.50	+01:32:06 (34.9%)	5:55	10.1 (64.7%)	
172	WICHA Małgorzata	572	WKS WAWEL KRAKÓW	K20	6	00:00:50	02:36:24	03:22:59	04:03:53	04:24:11.90	04:24:11.90	+01:32:19 (34.9%)	5:55	10.1 (64.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
173	TOMAS Dariusz	212		M40	58	00:01:09	02:39:31	03:28:09	04:04:48	04:24:16.00	04:24:16.00	+01:32:23 (35.0%)	5:55	10.1 (64.7%)
174	LASKO Łukasz	388	BIESY	M30	66	00:01:12	02:39:38	03:25:39	04:04:51	04:24:23.50	04:24:23.50	+01:32:30 (35.0%)	5:55	10.1 (64.7%)
175	MIARA Fabian	610	PRZEWORSKA GRUPA BIEGOWA	M30	67	00:00:54	02:32:31	03:20:49	04:02:43	04:24:38.50	04:24:38.50	+01:32:45 (35.1%)	5:56	10.1 (64.7%)
176	SEKUŁA Mirek	293	INFINITY RUNNER'S TEAM GRYBÓW	M40	59	00:00:41	02:41:57	03:27:44	04:05:55	04:25:08.50	04:25:08.50	+01:33:15 (35.2%)	5:56	10.1 (64.7%)
177	DYNIA Krystian	793	RUNTEAM PAWŁOWICE	M30	68	00:01:10	02:29:43	03:16:48	04:02:49	04:25:10.00	04:25:10.00	+01:33:17 (35.2%)	5:56	10.1 (64.7%)
178	KAŃDUŁA Grzegorz	597	NEST.POZNAN.PL	M30	69	00:02:50	02:38:47	03:25:11	04:05:22	04:25:11.95	04:25:11.95	+01:33:19 (35.2%)	5:56	10.1 (64.7%)
179	MELNYK Ivan	729	KUKURUDZA	M30	70	00:00:50	02:37:05	03:25:56	04:04:57	04:25:32.50	04:25:32.50	+01:33:39 (35.3%)	5:57	10.1 (64.7%)
180	CHRUŚCIEL Michał	304	FARTLEK GO	M30	71	00:02:33	02:38:27	03:26:52	04:06:16	04:25:41.35	04:25:41.35	+01:33:48 (35.3%)	5:57	10.1 (64.7%)
181	GURGUL Sebastian	149	AROMAT NÓG	M30	72	00:01:35	02:43:51	03:29:45	04:06:46	04:25:47.20	04:25:47.20	+01:33:54 (35.3%)	5:57	10.1 (64.7%)
182	GURGUL Mateusz	158	AROMAT NÓG	M30	73	00:01:36	02:43:51	03:29:44	04:06:46	04:25:47.25	04:25:47.25	+01:33:54 (35.3%)	5:57	10.1 (64.7%)
183	KOCHAJ Wojciech	113		M40	60	00:01:14	02:37:46	03:25:51	04:06:39	04:25:58.20	04:25:58.20	+01:34:05 (35.4%)	5:57	10.1 (64.7%)
184	KASPRZYK Krzysztof	843		M40	61	00:01:09	02:21:51	03:11:47	03:57:45	04:26:04.90	04:26:04.90	+01:34:12 (35.4%)	5:57	10.1 (64.7%)
185	JURCZAK Roman	310		M60	1	00:00:31	02:31:25	03:21:38	04:06:09	04:26:11.25	04:26:11.25	+01:34:18 (35.4%)	5:58	10.1 (64.7%)
186	SIPIERA Tomasz	276	LACHO TEAM	M40	62	00:00:57	02:34:49	03:26:08	04:06:33	04:26:19.95	04:26:19.95	+01:34:27 (35.5%)	5:58	10 (64.1%)
187	POTONIEC Grzegorz	251		M30	74	00:02:27	02:36:05	03:21:59	04:03:42	04:26:42.55	04:26:42.55	+01:34:49 (35.6%)	5:58	10 (64.1%)
188	KLAMUT Ryszard	464		M60	2	00:00:53	02:37:11	03:24:44	04:06:08	04:27:04.00	04:27:04.00	+01:35:11 (35.6%)	5:59	10 (64.1%)
189	ZIĘBA Marcin	418	PORANNY PATROL	M40	63	00:01:03	02:39:00	03:29:04	04:08:34	04:27:20.10	04:27:20.10	+01:35:27 (35.7%)	5:59	10 (64.1%)
190	KALTENBERG Janusz	211		M50	14	00:01:11	02:38:04	03:25:24	04:07:32	04:27:33.70	04:27:33.70	+01:35:41 (35.8%)	5:59	10 (64.1%)
191	PASTERZ Piotr	396	BIEGAJĄCE URZĘDASY	M30	75	00:00:45	02:40:40	03:26:24	04:08:03	04:28:03.15	04:28:03.15	+01:36:10 (35.9%)	6:00	10 (64.1%)
192	STACHURSKI Paweł	571		M30	76	00:01:07	02:38:20	03:28:07	04:08:58	04:28:07.50	04:28:07.50	+01:36:14 (35.9%)	6:00	10 (64.1%)
193	KARUŚ Waldemar	382	14DAS JAROSLAW	M40	64	00:02:08	02:48:08	03:33:01	04:10:22	04:28:35.15	04:28:35.15	+01:36:42 (36.0%)	6:01	10 (64.1%)
194	KARPIŃSKI Tomasz	124		M40	65	00:00:59	02:36:14	03:24:53	04:06:45	04:28:43.80	04:28:43.80	+01:36:51 (36.0%)	6:01	10 (64.1%)
195	GOLEC Tomasz	180	BIT TEAM	M30	77	00:01:13	02:46:32	03:33:49	04:11:16	04:28:44.50	04:28:44.50	+01:36:51 (36.0%)	6:01	10 (64.1%)
196	MAKAREWICZ Wiktor	233		M30	78	00:01:01	02:36:14	03:25:17	04:07:48	04:29:04.10	04:29:04.10	+01:37:11 (36.1%)	6:01	9.9 (63.5%)
197	PAWŁOWSKI Piotr	416		M40	66	00:02:41	02:46:11	03:31:43	04:09:48	04:29:11.65	04:29:11.65	+01:37:19 (36.2%)	6:02	9.9 (63.5%)
198	BAJOREK Jan	851		M40	67	00:01:03	02:36:48	03:32:36	04:09:57	04:29:23.75	04:29:23.75	+01:37:31 (36.2%)	6:02	9.9 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
199	WŁOCH Sławomir	437		M40	68	00:00:59	02:35:21	03:24:00	04:08:25	04:29:43.30	04:29:43.30	+01:37:50 (36.3%)	6:02	9.9 (63.5%)
200	MACIAK Rafał	370	EKIPA Z TARNOWA	M30	79	00:01:47	02:38:02	03:27:24	04:08:18	04:29:45.90	04:29:45.90	+01:37:53 (36.3%)	6:02	9.9 (63.5%)
201	SIKORSKI Radosław	174		M40	69	00:02:21	02:39:39	03:28:50	04:09:28	04:29:47.40	04:29:47.40	+01:37:54 (36.3%)	6:02	9.9 (63.5%)
202	LEWANDOWSKI Marcin	216	HAPPY TRI FRIENDS	M40	70					04:30:03.70	04:30:03.70	+01:38:11 (36.4%)	6:03	9.9 (63.5%)
203	PANTOŁ Mirośław	123		M40	71	00:00:59	02:38:53	03:27:03	04:08:36	04:30:25.75	04:30:25.75	+01:38:33 (36.4%)	6:03	9.9 (63.5%)
204	STANIEK Anna	598	PIERDZĄCE ZAJĄCE	K30	11	00:02:40	02:45:40	03:33:51	04:11:46	04:30:43.45	04:30:43.45	+01:38:50 (36.5%)	6:04	9.9 (63.5%)
205	SMOROŃSKI Jacek	117		M20	17	00:02:33	02:43:05	03:27:46	04:08:49	04:31:09.35	04:31:09.35	+01:39:16 (36.6%)	6:04	9.9 (63.5%)
206	MYŚLIWIEC Robert	774	WILD & FREE	M30	80	00:02:26	02:35:32	03:27:20	04:11:18	04:31:11.80	04:31:11.80	+01:39:19 (36.6%)	6:04	9.9 (63.5%)
207	KOŁODZIEJ Mateusz	541		M30	81	00:01:07	02:38:36	03:28:19	04:10:50	04:31:25.90	04:31:25.90	+01:39:33 (36.7%)	6:05	9.9 (63.5%)
208	NAZIMEK Maciej	657		M30	82	00:02:20	02:46:17	03:33:18	04:11:27	04:31:26.80	04:31:26.80	+01:39:34 (36.7%)	6:05	9.9 (63.5%)
209	SZCZUR Wiesław	126		M40	72	00:02:04	02:44:53	03:31:39	04:11:13	04:31:35.05	04:31:35.05	+01:39:42 (36.7%)	6:05	9.9 (63.5%)
210	PIĄTEK Beata	651		K30	12	00:01:31	02:54:57	03:39:17	04:14:46	04:31:47.40	04:31:47.40	+01:39:54 (36.8%)	6:05	9.8 (62.8%)
211	SKOTNICKA Anna	75	TTC MPEC TARNÓW	K30	13	00:01:56	02:43:17	03:32:15	04:12:34	04:31:54.60	04:31:54.60	+01:40:02 (36.8%)	6:05	9.8 (62.8%)
212	SKOTNICKI Dariusz	74	TTC MPEC TARNÓW	M30	83	00:01:56	02:43:17	03:32:16	04:12:34	04:31:56.45	04:31:56.45	+01:40:03 (36.8%)	6:05	9.8 (62.8%)
213	WIERZCHOWIAK Jarosław	815		M20	18	00:01:03	02:43:47	03:32:42	04:12:51	04:32:15.40	04:32:15.40	+01:40:22 (36.9%)	6:06	9.8 (62.8%)
214	OCHYRA Konrad	327		M20	19	00:01:02	02:43:44	03:34:47	04:13:42	04:32:21.55	04:32:21.55	+01:40:28 (36.9%)	6:06	9.8 (62.8%)
215	WALASZKOWSKA Dominika	330	BIESY	K30	14	00:01:12	02:43:36	03:33:42	04:12:58	04:32:22.00	04:32:22.00	+01:40:29 (36.9%)	6:06	9.8 (62.8%)
216	POTRZESZCZ Tomasz	878		M40	73	00:02:57	02:42:57	03:32:34	04:11:48	04:32:25.90	04:32:25.90	+01:40:33 (36.9%)	6:06	9.8 (62.8%)
217	GAŚECKI Daniel	808	WKURW_TEAM	M40	74	00:02:40	02:43:29	03:33:55	04:12:59	04:32:32.40	04:32:32.40	+01:40:39 (36.9%)	6:06	9.8 (62.8%)
218	ASŁANOWICZ Marcin	93		M40	75	00:01:38	02:49:40	03:37:39	04:14:21	04:32:33.30	04:32:33.30	+01:40:40 (36.9%)	6:06	9.8 (62.8%)
219	GRABOŚ Nina	357		K40	5	00:01:39	02:49:40	03:37:40	04:14:22	04:32:33.50	04:32:33.50	+01:40:40 (36.9%)	6:06	9.8 (62.8%)
220	NIEWIECZERZAŁ Tomasz	359		M20	20	00:01:08	02:32:29	03:25:29	04:11:04	04:33:11.80	04:33:11.80	+01:41:19 (37.1%)	6:07	9.8 (62.8%)
221	BOGDANOWICZ Beata	202	BIEGOWY ŚWIAT	K40	6	00:01:21	02:46:49	03:34:19	04:13:33	04:33:12.70	04:33:12.70	+01:41:20 (37.1%)	6:07	9.8 (62.8%)
222	ALBIŃSKI Tomasz	593		M40	76	00:02:15	02:42:27	03:36:50	04:13:55	04:33:20.50	04:33:20.50	+01:41:27 (37.1%)	6:07	9.8 (62.8%)
223	ZYGMUNT Marcin	786	ZYGABIEGA	M40	77	00:01:12	02:38:16	03:29:19	04:12:30	04:33:40.70	04:33:40.70	+01:41:48 (37.2%)	6:08	9.8 (62.8%)
224	FOGEL Ewa	102	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	K40	7	00:01:16	02:38:43	03:33:11	04:13:57	04:33:43.75	04:33:43.75	+01:41:51 (37.2%)	6:08	9.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
225	GUZIK Łukasz	518	APTIV RUNNING TEAM	M30	84	00:02:38	02:51:29	03:38:34	04:14:27	04:34:07.10	04:34:07.10	+01:42:14 (37.3%)	6:08	9.8 (62.8%)		
226	KOSMĘDA Piotr Michał	107		M40	78	00:01:09	02:46:16	03:38:13	04:16:16	04:34:14.75	04:34:14.75	+01:42:22 (37.3%)	6:08	9.8 (62.8%)		
227	OCZOŚ Hubert	1136		M30	85	00:01:14	02:49:06	03:36:05	04:12:47	04:34:24.85	04:34:24.85	+01:42:32 (37.4%)	6:09	9.8 (62.8%)		
228	DZIUBAŁA Karolina	812	HUSARIA RACE TEAM	K20	7	00:01:13	02:43:45	03:32:42	04:14:21	04:34:34.80	04:34:34.80	+01:42:42 (37.4%)	6:09	9.7 (62.2%)		
229	SKRZYPEK Sylwia	744		K30	15	00:02:22	02:47:32	03:35:06	04:14:39	04:34:37.40	04:34:37.40	+01:42:44 (37.4%)	6:09	9.7 (62.2%)		
230	POWALISZ Dariusz	787		M40	79	00:01:12	02:38:33	03:29:21	04:12:44	04:34:39.70	04:34:39.70	+01:42:47 (37.4%)	6:09	9.7 (62.2%)		
231	MASZEWSKA Agata	134	KUŹNIA TRIATHLONU	K30	16	00:01:35	02:49:52	03:38:08	04:16:21	04:34:44.30	04:34:44.30	+01:42:51 (37.4%)	6:09	9.7 (62.2%)		
232	BUJALSKI Szymon	133	KUZNIA TRIATHLONU	M40	80	00:01:32	02:49:51	03:38:08	04:16:20	04:34:45.20	04:34:45.20	+01:42:52 (37.4%)	6:09	9.7 (62.2%)		
233	PELA Dariusz	369	TMT TORUŃ SKY-TRANS	M30	86	00:01:27	02:37:46	03:28:19	04:11:56	04:35:03.10	04:35:03.10	+01:43:10 (37.5%)	6:10	9.7 (62.2%)		
234	KAJA Gracjan	871	BYDGOŚCIE	M30	87	00:01:17	02:39:31	03:29:38	04:13:37	04:35:22.25	04:35:22.25	+01:43:29 (37.6%)	6:10	9.7 (62.2%)		
235	WOŹNIAK Michał	719	STAY INSANE	M30	88	00:01:07	02:42:12	03:35:24	04:16:58	04:37:03.40	04:37:03.40	+01:45:10 (38.0%)	6:12	9.7 (62.2%)		
236	SANNER Marcin	581		M30	89	00:01:02	02:34:28	03:28:35	04:11:47	04:37:17.45	04:37:17.45	+01:45:24 (38.0%)	6:13	9.7 (62.2%)		
237	CIUBA Paweł	333	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	81	00:02:24	02:50:29	03:40:01	04:17:48	04:37:22.70	04:37:22.70	+01:45:30 (38.0%)	6:13	9.6 (61.5%)		
238	WIERNASZ Grzegorz	426	KARCHER KROSNO CENTRUM SUCHODUŁ	M40	82	00:02:35	02:47:19	03:36:34	04:17:44	04:37:36.70	04:37:36.70	+01:45:44 (38.1%)	6:13	9.6 (61.5%)		
239	WĘGRZYN Krzysztof	438	RESZOWSKIE GAZELE I GEPARDY	M50	15	00:02:19	02:47:06	03:36:19	04:18:28	04:38:23.80	04:38:23.80	+01:46:31 (38.3%)	6:14	9.6 (61.5%)		
240	CHOMICZ Martyna	269		K20	8	00:01:13	02:46:54	03:35:12	04:16:40	04:38:41.65	04:38:41.65	+01:46:49 (38.3%)	6:14	9.6 (61.5%)		
241	TROJNAR Damian	446	KS JANUSZE	M30	90	00:01:47	02:43:14	03:37:12	04:18:34	04:38:47.75	04:38:47.75	+01:46:55 (38.4%)	6:15	9.6 (61.5%)		
242	PRYSZCZ Mirosław	295		M40	83	00:02:15	02:38:22	03:36:12	04:17:35	04:38:51.10	04:38:51.10	+01:46:58 (38.4%)	6:15	9.6 (61.5%)		
243	MAJEWICZ Grzegorz	557		M40	84	00:01:36	02:40:45	03:33:07	04:16:00	04:39:04.20	04:39:04.20	+01:47:11 (38.4%)	6:15	9.6 (61.5%)		
244	PRZEWŁOCKI Przemysław	732		M40	85	00:02:56	02:46:45	03:34:18	04:16:18	04:39:14.55	04:39:14.55	+01:47:21 (38.4%)	6:15	9.6 (61.5%)		
245	DONIEC Marek	493	WKURW_TEAM	M40	86	00:02:13	02:45:41	03:35:56	04:17:30	04:39:24.75	04:39:24.75	+01:47:32 (38.5%)	6:15	9.6 (61.5%)		
246	TUCHOŁKA Marta	858	POCO LOCO	K30	17	00:01:45	02:44:28	03:37:32	04:19:21	04:39:50.00	04:39:50.00	+01:47:57 (38.6%)	6:16	9.6 (61.5%)		
247	CZAJKOWSKI Rafał	288	EKOBIEGI/BBL WARSZAWA POLONEZ	M40	87	00:01:51	02:50:37	03:39:09	04:19:39	04:39:53.45	04:39:53.45	+01:48:00 (38.6%)	6:16	9.6 (61.5%)		
248	PORĘBA Eugeniusz	624	MIECHÓW	M50	16	00:01:34	02:40:54	03:32:38	04:17:11	04:40:29.95	04:40:29.95	+01:48:37 (38.7%)	6:17	9.5 (60.9%)		
249	ORLEWSKA Danuta	652	ULTRAMARATON PODKARPACKI	K40	8	00:02:20	02:49:48	03:39:27	04:19:41	04:40:31.05	04:40:31.05	+01:48:38 (38.7%)	6:17	9.5 (60.9%)		
250	MIĄSKO Piotrek	453		M20	21	00:00:40	02:43:16	03:34:22	04:19:09	04:40:48.85	04:40:48.85	+01:48:56 (38.8%)	6:17	9.5 (60.9%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
251	FILIPIAK Hieronim	421	MIECHOWICKA GRUPA BIEGOWA	M40	88	00:01:52	02:47:56	03:38:19	04:20:00	04:41:00.65	04:41:00.65	+01:49:08 (38.8%)	6:18	9.5 (60.9%)		
252	WOJTANOWSKA Karolina	633	DREMCHASER TEAM	K20	9	00:00:41	02:41:48	03:34:07	04:17:16	04:41:15.60	04:41:15.60	+01:49:23 (38.9%)	6:18	9.5 (60.9%)		
253	WILK Bartosz	151	WILKI NA SZLAKU	M30	91	00:01:01	02:28:52	03:31:49	04:17:24	04:41:30.00	04:41:30.00	+01:49:37 (38.9%)	6:18	9.5 (60.9%)		
254	MARCELA Marcin	188	FAT MAMA'S SPORT CLUB	M40	89	00:00:54	02:46:55	03:36:21	04:18:46	04:41:44.25	04:41:44.25	+01:49:51 (39.0%)	6:19	9.5 (60.9%)		
255	BAŁCHAN Krzysztof	64	CPR RZESZÓW	M30	92	00:00:58	02:38:30	03:31:53	04:18:06	04:41:59.70	04:41:59.70	+01:50:07 (39.0%)	6:19	9.5 (60.9%)		
256	NOWACKI Dawid	697		M30	93	00:03:03	02:48:11	03:37:21	04:20:38	04:42:16.05	04:42:16.05	+01:50:23 (39.1%)	6:19	9.5 (60.9%)		
257	PIECUCH Karolina	257	LACHO TEAM/SKLEP BIEGACZA	K30	18	00:01:12	02:47:11	03:38:43	04:19:21	04:42:24.10	04:42:24.10	+01:50:31 (39.1%)	6:19	9.5 (60.9%)		
258	MAJ-DZIUBAŃSKA Izabela	622	AKMB PĘDZIWIATR GLIWICE	K30	19	00:00:52	02:45:29	03:38:33	04:21:03	04:42:29.35	04:42:29.35	+01:50:36 (39.2%)	6:20	9.5 (60.9%)		
259	KONDZIOŁA Krzysztof	498	PERFECT RUNNER LUBLIN / STAY INSANE	M30	94	00:01:27	02:50:55	03:44:06	04:24:22	04:43:01.00	04:43:01.00	+01:51:08 (39.3%)	6:20	9.5 (60.9%)		
260	SZYMAŁA Marcin	362		M40	90	00:00:52	02:43:29	03:36:04	04:20:43	04:43:05.40	04:43:05.40	+01:51:12 (39.3%)	6:20	9.5 (60.9%)		
261	KOZERA Waldemar	724		M30	95	00:01:12	02:45:32	03:39:13	04:22:27	04:44:08.65	04:44:08.65	+01:52:16 (39.5%)	6:22	9.4 (60.3%)		
262	ZAWADZKI Dariusz	835	RADLINIOKI W BIEGU	M40	91	00:02:26	02:52:54	03:49:17	04:26:38	04:44:22.90	04:44:22.90	+01:52:30 (39.6%)	6:22	9.4 (60.3%)		
263	ZAWADZKI Karol	68	RADLINIOKI W BIEGU	M20	22	00:02:27	02:52:55	03:49:23	04:26:38	04:44:23.35	04:44:23.35	+01:52:30 (39.6%)	6:22	9.4 (60.3%)		
264	STĘPIEŃ Wojciech	506		M40	92	00:02:20	02:48:58	03:40:38	04:23:08	04:44:41.50	04:44:41.50	+01:52:48 (39.6%)	6:22	9.4 (60.3%)		
265	WĘGIEL Bogdan	621		M40	93	00:01:05	02:49:59	03:40:33	04:23:23	04:44:46.60	04:44:46.60	+01:52:54 (39.6%)	6:23	9.4 (60.3%)		
266	PĄŃTAK Sławomir	66	21DAPLOT JAROSŁAW	M40	94	00:02:08	02:48:08	03:38:30	04:22:23	04:45:00.95	04:45:00.95	+01:53:08 (39.7%)	6:23	9.4 (60.3%)		
267	ŻURAWSKI Sławomir	284	PGB SPORTOWA PACZKA	M30	96	00:01:49	02:57:34	03:44:40	04:25:18	04:45:05.30	04:45:05.30	+01:53:12 (39.7%)	6:23	9.4 (60.3%)		
268	ORŁOWSKI Jakub	870		M30	97	00:01:37	02:50:50	03:45:31	04:25:14	04:45:11.70	04:45:11.70	+01:53:19 (39.7%)	6:23	9.4 (60.3%)		
269	BUCZYŃSKI Radosław	731	NIGHT RUNNERS GLIWICE	M30	98	00:02:11	02:46:22	03:40:23	04:23:07	04:45:12.95	04:45:12.95	+01:53:20 (39.7%)	6:23	9.4 (60.3%)		
270	SARKOWICZ Adam	708		M50	17	00:01:48	02:51:49	03:41:40	04:22:53	04:45:31.60	04:45:31.60	+01:53:39 (39.8%)	6:24	9.4 (60.3%)		
271	CZAPLA Arkadiusz	190		M40	95	00:00:54	02:46:56	03:40:11	04:22:32	04:45:34.30	04:45:34.30	+01:53:41 (39.8%)	6:24	9.4 (60.3%)		
272	CHARKOT Sławomir	485	BIEGUSIEM.PL	M40	96	00:02:41	02:49:20	03:41:18	04:25:41	04:45:46.80	04:45:46.80	+01:53:54 (39.9%)	6:24	9.4 (60.3%)		
273	KALBARCZYK Wojciech	262	ADIDAS RUNNERS WARSZAWA	M30	99	00:01:31	02:51:59	03:47:05	04:25:38	04:46:03.10	04:46:03.10	+01:54:10 (39.9%)	6:24	9.4 (60.3%)		
273	MODRZEJEWSKI Adam	266	KLUB WYSOKOGÓRSKI WARSZAWA	M30	100	00:01:31	02:51:58	03:47:05	04:25:40	04:46:03.10	04:46:03.10	+01:54:10 (39.9%)	6:24	9.4 (60.3%)		
275	SURDACKI Mateusz	837		M30	101	00:00:55	02:52:23	03:43:44	04:26:24	04:46:36.05	04:46:36.05	+01:54:43 (40.0%)	6:25	9.3 (59.6%)		
276	WIĄCEK Krzysztof	791	DRUKARNIA MADAS	M50	18	00:01:33	02:54:01	03:45:14	04:26:55	04:46:49.50	04:46:49.50	+01:54:56 (40.1%)	6:25	9.3 (59.6%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
277	GÓRSKI Mateusz	773	BIG YELLOW FOOT ADVENTURE TEAM	M30	102	00:01:21	02:45:58	03:43:52	04:26:45	04:46:53.85	04:46:53.85	+01:55:01 (40.1%)	6:25	9.3 (59.6%)
278	SZOTA Robert	256	SMT SZCZECIN	M30	103	00:01:19	02:58:45	03:53:08	04:29:20	04:46:54.75	04:46:54.75	+01:55:02 (40.1%)	6:25	9.3 (59.6%)
279	KĘDZIOR Michał	524	DRUŻYNA SZPIKU	M30	104	00:02:22	02:56:55	03:44:39	04:26:40	04:47:02.40	04:47:02.40	+01:55:09 (40.1%)	6:26	9.3 (59.6%)
280	SERAFIN Paulina	508	RZESZOWSKIE GAZELE I GEPARDY	K30	20	00:01:14	02:51:42	03:42:31	04:27:01	04:47:22.50	04:47:22.50	+01:55:29 (40.2%)	6:26	9.3 (59.6%)
281	ĆWIAKAŁA Halina	563	SAMOTNI WĘDROWCY	K40	9	00:01:25	02:51:22	03:43:15	04:26:58	04:47:45.90	04:47:45.90	+01:55:53 (40.3%)	6:27	9.3 (59.6%)
282	LIK Marek	458	CHEŁM BIEGA	M50	19	00:01:11	02:45:33	03:44:04	04:26:10	04:47:51.30	04:47:51.30	+01:55:58 (40.3%)	6:27	9.3 (59.6%)
283	BOCHENEK Paweł	727	WKURW_TEAM	M30	105	00:01:28	02:45:29	03:40:08	04:25:10	04:48:00.20	04:48:00.20	+01:56:07 (40.3%)	6:27	9.3 (59.6%)
284	WICZUK Michał	283		M30	106	00:00:40	02:42:56	03:38:57	04:25:51	04:48:01.05	04:48:01.05	+01:56:08 (40.3%)	6:27	9.3 (59.6%)
285	OSTROWSKI Łukasz	683		M30	107	00:01:19	02:38:07	03:33:24	04:22:24	04:48:01.85	04:48:01.85	+01:56:09 (40.3%)	6:27	9.3 (59.6%)
286	PAWLIKOWSKI Bogusław	531	BRAK	M50	20	00:02:00	02:55:45	03:46:29	04:27:01	04:48:02.30	04:48:02.30	+01:56:09 (40.3%)	6:27	9.3 (59.6%)
287	KOCOT Sebastians	364		M30	108	00:02:05	02:55:48	03:47:06	04:27:17	04:48:05.00	04:48:05.00	+01:56:12 (40.3%)	6:27	9.3 (59.6%)
288	HOŁODY Grzegorz	658		M30	109	00:01:38	02:56:30	03:44:39	04:27:47	04:48:22.45	04:48:22.45	+01:56:29 (40.4%)	6:27	9.3 (59.6%)
289	ŚLIWIŃSKI Andrzej	324		M60	3	00:01:33	02:42:33	03:40:26	04:28:28	04:48:24.05	04:48:24.05	+01:56:31 (40.4%)	6:27	9.3 (59.6%)
290	DORSZ Beata	226		K40	10	00:01:26	02:55:19	03:47:49	04:28:26	04:48:29.45	04:48:29.45	+01:56:36 (40.4%)	6:28	9.3 (59.6%)
291	WÓJCIK Julian	709	SZWLA STARGARD	M60	4	00:00:55	02:56:54	03:46:05	04:28:29	04:48:32.40	04:48:32.40	+01:56:39 (40.4%)	6:28	9.3 (59.6%)
292	SIKORA Michał	17		M40	97	00:01:14	02:54:23	03:46:36	04:29:02	04:48:46.60	04:48:46.60	+01:56:54 (40.5%)	6:28	9.3 (59.6%)
293	KŁOS Paweł	725		M40	98	00:01:39	02:53:12	03:45:21	04:26:41	04:48:51.30	04:48:51.30	+01:56:58 (40.5%)	6:28	9.3 (59.6%)
294	PILICHOWSKI Wojciech	739	GRUPA SZALONYCH ROWERZYSTÓW	M40	99	00:02:31	02:50:15	03:46:47	04:29:00	04:49:14.70	04:49:14.70	+01:57:22 (40.6%)	6:29	9.3 (59.6%)
295	BOGUSZ Bartosz	387		M40	100	00:01:21	02:51:11	03:42:14	04:27:05	04:49:21.45	04:49:21.45	+01:57:28 (40.6%)	6:29	9.2 (59.0%)
296	LANGNER Maurycy	781		M40	101	00:01:52	02:49:49	03:46:32	04:29:16	04:49:40.15	04:49:40.15	+01:57:47 (40.7%)	6:29	9.2 (59.0%)
297	ZAJDEL Sławomir	489	MRÓWKA JAROSŁAW ACTIVE TEAM	M40	102	00:01:27	02:56:32	03:46:25	04:29:28	04:49:52.95	04:49:52.95	+01:58:00 (40.7%)	6:29	9.2 (59.0%)
298	TUROSZ Zbigniew	346		M50	21	00:01:18	02:51:23	03:44:58	04:28:33	04:50:11.40	04:50:11.40	+01:58:18 (40.8%)	6:30	9.2 (59.0%)
299	URBANOWICZ Andrzej	723	MS CONSULTING	M40	103	00:02:04	02:52:05	03:44:46	04:28:10	04:50:14.75	04:50:14.75	+01:58:22 (40.8%)	6:30	9.2 (59.0%)
300	RUTA Mikołaj	695		M40	104	00:02:10	02:52:20	03:44:47	04:28:13	04:50:16.35	04:50:16.35	+01:58:23 (40.8%)	6:30	9.2 (59.0%)
301	CHWALISZEWSKI Jarosław	839	NIGHT RUNNERS GLIWICE	M40	105	00:02:21	02:52:40	03:45:50	04:29:25	04:50:40.40	04:50:40.40	+01:58:47 (40.9%)	6:31	9.2 (59.0%)
302	JANICKI Tomasz	138	21DAPLOT JAROSŁAW	M30	110	00:02:09	02:54:03	03:47:03	04:29:24	04:50:47.35	04:50:47.35	+01:58:54 (40.9%)	6:31	9.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
303	NOWICKI Artur	564		M20	23	00:01:10	02:55:44	03:48:53	04:30:32	04:51:03.00	04:51:03.00	+01:59:10 (40.9%)	6:31	9.2 (59.0%)
304	BZDYRA Michał	342		M30	111	00:02:56	02:55:54	03:51:08	04:32:32	04:51:03.70	04:51:03.70	+01:59:11 (40.9%)	6:31	9.2 (59.0%)
305	STOJANOWSKI Dawid	556	RUNHOGS TYCHY	M30	112	00:01:29	03:03:56	03:51:12	04:31:23	04:51:06.05	04:51:06.05	+01:59:13 (41.0%)	6:31	9.2 (59.0%)
306	LEŚNIAK Dariusz	38		M50	22	00:00:59	02:48:09	03:46:30	04:29:12	04:51:21.40	04:51:21.40	+01:59:28 (41.0%)	6:31	9.2 (59.0%)
307	STRZELECKI Dawid	603	TEAM SPIRIT	M30	113	00:01:35	02:49:29	03:40:35	04:26:46	04:52:03.45	04:52:03.45	+02:00:10 (41.1%)	6:32	9.2 (59.0%)
308	WOJNAROWICZ Tomasz	259	SPARTANIEDIECIA/OBOZYBIEGOWE.PL	M30	114	00:02:09	02:38:20	03:46:34	04:29:48	04:52:11.40	04:52:11.40	+02:00:18 (41.2%)	6:33	9.2 (59.0%)
309	KRAWCZYK Łukasz	214	BUDAGO.PL	M30	115	00:01:26	02:57:56	03:47:15	04:30:26	04:52:21.20	04:52:21.20	+02:00:28 (41.2%)	6:33	9.2 (59.0%)
310	ZAJĄC Józef	856	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	106	00:02:24	02:50:31	03:46:14	04:31:01	04:52:36.20	04:52:36.20	+02:00:43 (41.3%)	6:33	9.1 (58.3%)
311	KRAWCZAK Kamil	669	BIEGUSIEM.PL	M30	116	00:02:39	03:01:48	03:52:47	04:33:06	04:52:40.80	04:52:40.80	+02:00:48 (41.3%)	6:33	9.1 (58.3%)
312	DULĘBA Tomasz	664		M40	107	00:01:42	02:54:57	03:49:02	04:32:01	04:52:51.25	04:52:51.25	+02:00:58 (41.3%)	6:33	9.1 (58.3%)
313	TOMIK Małgorzata	385	WWW.BERSERK-SKLEP.PL	K20	10	00:00:53	02:54:20	03:46:20	04:28:48	04:52:56.05	04:52:56.05	+02:01:03 (41.3%)	6:34	9.1 (58.3%)
314	NIENADOWSKA Beata	380	ELAKTYWNI	K50	2	00:01:14	02:59:03	03:51:22	04:32:09	04:52:58.90	04:52:58.90	+02:01:06 (41.3%)	6:34	9.1 (58.3%)
315	WYRZYKOWSKI Andrzej	537	BIEGOWYSWIAT.PL	M50	23	00:01:25	02:52:07	03:53:36	04:32:39	04:53:07.65	04:53:07.65	+02:01:15 (41.4%)	6:34	9.1 (58.3%)
316	FOGT-KLOCKOWSKA Monika	529	KLOCKI GDYNIA	K40	11	00:01:25	02:52:07	03:53:30	04:32:40	04:53:10.25	04:53:10.25	+02:01:17 (41.4%)	6:34	9.1 (58.3%)
317	SZANIECKI Piotr	494		M40	108	00:01:54	02:56:51	03:49:20	04:31:43	04:53:24.80	04:53:24.80	+02:01:32 (41.4%)	6:34	9.1 (58.3%)
318	MAŁECKI Tomasz	555	MAŁE CYCKI	M40	109	00:00:48	02:56:10	03:51:29	04:33:10	04:53:25.60	04:53:25.60	+02:01:33 (41.4%)	6:34	9.1 (58.3%)
319	MAŁECKA Anna	554	MAŁE CYCKI	K40	12	00:00:49	02:56:09	03:51:29	04:33:09	04:53:25.80	04:53:25.80	+02:01:33 (41.4%)	6:34	9.1 (58.3%)
320	KANDEFER Marcin	245	IDEO	M30	117	00:01:57	02:55:13	03:51:08	04:33:04	04:53:28.80	04:53:28.80	+02:01:36 (41.4%)	6:34	9.1 (58.3%)
321	SADY Sebastian	222		M40	110	00:01:51	02:55:31	03:48:59	04:33:01	04:53:29.40	04:53:29.40	+02:01:36 (41.4%)	6:34	9.1 (58.3%)
322	WAWRZAK Ryszard	238	NIGHT RUNNERS GLIWICE	M40	111	00:01:47	02:48:12	03:46:50	04:31:22	04:53:37.10	04:53:37.10	+02:01:44 (41.5%)	6:35	9.1 (58.3%)
323	KALANDYK Wojciech	654	TURLAM SIĘ DO METY	M30	118	00:02:55	03:00:34	03:52:35	04:32:53	04:53:43.15	04:53:43.15	+02:01:50 (41.5%)	6:35	9.1 (58.3%)
324	LIS Marek	88		M40	112	00:03:06	03:05:47	03:57:39	04:35:39	04:54:10.35	04:54:10.35	+02:02:17 (41.6%)	6:35	9.1 (58.3%)
325	ABRAHAMOWICZ Jakub	681		M30	119	00:02:45	02:54:59	03:47:29	04:32:10	04:54:15.40	04:54:15.40	+02:02:22 (41.6%)	6:35	9.1 (58.3%)
326	GAWLEWICZ Krystyna	281		K30	21	00:02:06	02:55:41	03:53:13	04:33:52	04:54:31.65	04:54:31.65	+02:02:39 (41.6%)	6:36	9.1 (58.3%)
327	GAWLEWICZ Tomasz	282		M40	113	00:02:06	02:55:44	03:53:12	04:33:52	04:54:31.90	04:54:31.90	+02:02:39 (41.6%)	6:36	9.1 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
328	MACIĄG Michał	372	BIEGUSIEM.PL	M40	114	00:02:41	03:01:49	03:52:48	04:33:54	04:54:44.20	04:54:44.20	+02:02:51 (41.7%)	6:36	9.1 (58.3%)
329	KOZIOŁ Weronika	585		K20	11	00:01:11	02:53:23	03:53:44	04:34:44	04:54:45.35	04:54:45.35	+02:02:52 (41.7%)	6:36	9.1 (58.3%)
330	KISIAŁA Filip	162	LACHO TEAM	M30	120	00:01:58	02:50:32	03:45:22	04:33:02	04:55:26.05	04:55:26.05	+02:03:33 (41.8%)	6:37	9.1 (58.3%)
331	MAKINIA Wawrzyniec	510	MOVE YOUR AZZ!!	M40	115	00:02:03	03:01:43	03:49:50	04:32:13	04:55:38.15	04:55:38.15	+02:03:45 (41.9%)	6:37	9.1 (58.3%)
332	TUTKA Maksymilian	447	KS JANUSZE	M30	121	00:01:47	02:50:24	03:47:00	04:32:46	04:55:54.60	04:55:54.60	+02:04:02 (41.9%)	6:38	9 (57.7%)
333	SEKUŁA Piotr	335		M30	122	00:02:55	02:56:03	03:49:21	04:32:58	04:56:02.00	04:56:02.00	+02:04:09 (41.9%)	6:38	9 (57.7%)
334	MALIK Grzegorz	390	PRZEMYŚL	M30	123	00:02:31	02:52:15	04:00:02	04:35:59	04:56:18.35	04:56:18.35	+02:04:25 (42.0%)	6:38	9 (57.7%)
335	CHMURKO Michał	479		M30	124	00:02:46	02:55:46	03:54:25	04:35:37	04:56:19.35	04:56:19.35	+02:04:26 (42.0%)	6:38	9 (57.7%)
336	WYROBA Wojciech	822		M30	125	00:01:24	02:38:20	03:38:54	04:27:09	04:56:33.95	04:56:33.95	+02:04:41 (42.0%)	6:38	9 (57.7%)
337	CZERWIENKO Mateusz	760		M20	24	00:01:52	02:42:58	03:49:44	04:34:01	04:56:43.40	04:56:43.40	+02:04:50 (42.1%)	6:39	9 (57.7%)
338	GAWRON Tomasz	375		M30	126	00:01:17	02:48:30	03:49:14	04:34:26	04:56:54.35	04:56:54.35	+02:05:01 (42.1%)	6:39	9 (57.7%)
339	KŁOSIŃSKI Rafał	148	RACE FIGHTER	M40	116	00:00:41	02:43:16	03:46:28	04:34:43	04:57:03.40	04:57:03.40	+02:05:10 (42.1%)	6:39	9 (57.7%)
340	PŁOMIŃSKI Marcin	718	WKURW TEAM/ŁÓDŹ RUNNING TEAM	M40	117	00:02:09	02:55:35	03:53:55	04:36:35	04:57:17.45	04:57:17.45	+02:05:24 (42.2%)	6:39	9 (57.7%)
341	KURZAJ Aleksandra	306	WGD RUN	K30	22	00:02:09	02:55:36	03:53:55	04:36:36	04:57:18.25	04:57:18.25	+02:05:25 (42.2%)	6:39	9 (57.7%)
342	MACKIEWICZ Roman	197	ŁÓDŹ RUNNING TEAM	M50	24	00:02:08	02:55:36	03:53:55	04:36:36	04:57:18.45	04:57:18.45	+02:05:25 (42.2%)	6:39	9 (57.7%)
343	MAŁECKI Michał	714	EDC RUNNERS	M40	118	00:01:06	02:52:32	03:51:09	04:34:55	04:57:30.40	04:57:30.40	+02:05:37 (42.2%)	6:40	9 (57.7%)
344	IWANEK Sebastian	728	BIEGUSIEM.PL	M30	127	00:01:08	02:51:43	03:45:13	04:30:12	04:58:16.60	04:58:16.60	+02:06:24 (42.4%)	6:41	9 (57.7%)
345	ZIEBURA Jacek	639	TOWAROWE.PL	M40	119	00:01:19	02:54:15	03:56:00	04:36:57	04:58:22.00	04:58:22.00	+02:06:29 (42.4%)	6:41	9 (57.7%)
346	ORŁOWSKI Radosław	160	#KASZANIENAMOKA BIEGAMYRAZEM.PL	M40	120	00:03:11	03:08:38	03:58:17	04:38:53	04:58:28.40	04:58:28.40	+02:06:35 (42.4%)	6:41	9 (57.7%)
347	JURKOWSKI Michał	484		M40	121	00:02:38	03:05:59	03:57:15	04:38:50	04:58:44.45	04:58:44.45	+02:06:51 (42.5%)	6:41	9 (57.7%)
348	DYLEWSKI Paweł	623	FIZJO-SPORT ŁĘCZNA	M40	122	00:01:16	02:55:57	03:50:15	04:36:31	04:58:53.45	04:58:53.45	+02:07:00 (42.5%)	6:42	9 (57.7%)
349	KOŁODZIEJCZYK Maciej	618	FIZJO-SPORT ŁĘCZNA	M40	123	00:01:17	02:50:27	03:47:38	04:36:32	04:58:55.10	04:58:55.10	+02:07:02 (42.5%)	6:42	9 (57.7%)
350	PIETRZAK Mariusz	325		M40	124	00:02:40	03:00:06	03:53:08	04:37:54	04:59:03.60	04:59:03.60	+02:07:11 (42.5%)	6:42	8.9 (57.1%)
351	SZCZUR Iwona	125		K40	13	00:02:15	03:05:47	03:57:58	04:39:22	04:59:37.60	04:59:37.60	+02:07:45 (42.6%)	6:43	8.9 (57.1%)
352	SZPULARZ Adam	776		M30	128	00:01:16	02:59:19	03:51:49	04:36:05	04:59:38.80	04:59:38.80	+02:07:46 (42.6%)	6:43	8.9 (57.1%)
353	GĘBKA Małgorzata	777		K30	23	00:01:18	02:58:51	03:51:48	04:36:05	04:59:38.90	04:59:38.90	+02:07:46 (42.6%)	6:43	8.9 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
354	KUSION Anna	61		K50	3	00:01:03	02:57:40	03:53:58	04:38:12	04:59:42.05	04:59:42.05	+02:07:49 (42.7%)	6:43	8.9 (57.1%)
355	WOJCIECHOWSKI Tomasz	146		M30	129	00:02:19	02:49:30	03:51:38	04:36:50	04:59:43.05	04:59:43.05	+02:07:50 (42.7%)	6:43	8.9 (57.1%)
356	KRÓLIKOWSKI Andrzej	483		M40	125	00:01:43	02:59:04	03:53:03	04:38:19	04:59:48.60	04:59:48.60	+02:07:56 (42.7%)	6:43	8.9 (57.1%)
357	DONIEC Sebastian	91	WWW.ADWOKATDONIEC.PL	M30	130	00:01:47	02:54:50	03:51:36	04:38:03	05:00:05.35	05:00:05.35	+02:08:12 (42.7%)	6:43	8.9 (57.1%)
358	NIEGOWSKI Tomasz	270		M20	25	00:01:13	02:59:25	03:57:54	04:40:34	05:00:05.40	05:00:05.40	+02:08:12 (42.7%)	6:43	8.9 (57.1%)
359	WAJCOWICZ Witold	45	POZYTYWNIIE ZABIEGANI SANOK	M40	126	00:02:03	02:55:40	03:53:09	04:36:49	05:00:09.55	05:00:09.55	+02:08:16 (42.7%)	6:43	8.9 (57.1%)
360	GAWORECKI Tomasz	36	RUN ENERGY CLUB	M30	131	00:02:05	02:55:46	03:53:11	04:36:49	05:00:10.55	05:00:10.55	+02:08:17 (42.7%)	6:43	8.9 (57.1%)
361	LEŚNIAK-POPIEL Marta	97	POZYTYWNIIE ZABIEGANI SANOK	K40	14	00:02:04	02:55:40	03:53:10	04:36:49	05:00:11.30	05:00:11.30	+02:08:18 (42.7%)	6:43	8.9 (57.1%)
362	KWIECIEN Krzysztof	805	4K TEAM TARNÓW	M40	127	00:02:57	03:06:04	03:57:18	04:38:18	05:00:14.95	05:00:14.95	+02:08:22 (42.8%)	6:43	8.9 (57.1%)
363	SROKA Zbigniew	552		M40	128	00:02:57	03:01:10	03:54:31	04:38:18	05:00:15.40	05:00:15.40	+02:08:22 (42.8%)	6:43	8.9 (57.1%)
364	SAMUŚ Dariusz	354	SPARTAN RACE TRAINING GROUP	M30	132	00:01:55	02:55:00	03:54:37	04:39:36	05:00:33.50	05:00:33.50	+02:08:40 (42.8%)	6:44	8.9 (57.1%)
365	URBANEK Małgorzata	844	WAPIENICKI TEAM	K40	15	00:02:44	02:59:10	03:55:30	04:39:34	05:00:51.00	05:00:51.00	+02:08:58 (42.9%)	6:44	8.9 (57.1%)
366	WOŁOSZYN Ryszard	845	PIZUNY ROZTOCZEWSCHODNIE	M50	25	00:02:44	02:59:04	03:55:29	04:39:32	05:00:51.35	05:00:51.35	+02:08:58 (42.9%)	6:44	8.9 (57.1%)
367	JEDLIŃSKI Bartosz	67	MARATOŃCZYK DĘBICA	M40	129	00:01:38	02:55:36	03:53:10	04:39:22	05:00:54.35	05:00:54.35	+02:09:01 (42.9%)	6:44	8.9 (57.1%)
368	KAWALEC Grzegorz	514		M30	133	00:01:57	02:55:14	03:51:11	04:35:44	05:01:24.30	05:01:24.30	+02:09:31 (43.0%)	6:45	8.9 (57.1%)
369	GAWRON Marcin	155	IDEO	M30	134	00:01:57	02:55:14	03:51:09	04:35:44	05:01:24.50	05:01:24.50	+02:09:31 (43.0%)	6:45	8.9 (57.1%)
370	NIEDZIELA Marcin	189		M40	130	00:00:57	02:54:50	03:49:22	04:37:22	05:01:30.60	05:01:30.60	+02:09:38 (43.0%)	6:45	8.9 (57.1%)
371	JAROSZ JARSZEWSKI Mateusz	195		M30	135	00:02:02	02:50:20	03:46:41	04:35:35	05:01:35.00	05:01:35.00	+02:09:42 (43.0%)	6:45	8.9 (57.1%)
372	FIECEK Paweł	268	ŚWINKI TRZY	M30	136	00:02:24	03:09:07	04:03:29	04:43:42	05:01:50.60	05:01:50.60	+02:09:58 (43.1%)	6:46	8.9 (57.1%)
373	RĘKAS Michał	277	RAPTOWNI	M30	137	00:02:23	03:09:08	04:03:27	04:43:42	05:01:50.80	05:01:50.80	+02:09:58 (43.1%)	6:46	8.9 (57.1%)
374	STASIEWICZ Jacek	178	WSCHODNIA SIŁA	M40	131	00:02:38	03:02:05	03:59:12	04:41:08	05:01:53.20	05:01:53.20	+02:10:00 (43.1%)	6:46	8.9 (57.1%)
375	MACHLARZ Mateusz	736	SRTG RZESZÓW	M20	26	00:01:58	02:55:00	03:54:37	04:39:36	05:02:05.45	05:02:05.45	+02:10:12 (43.1%)	6:46	8.9 (57.1%)
376	DOMIN Bartosz	512	COLLEGIUM MEDICUM UJ	M30	138	00:01:17	02:54:05	03:56:41	04:39:54	05:02:06.35	05:02:06.35	+02:10:13 (43.1%)	6:46	8.9 (57.1%)
377	KŁOSOWSKI Karol	63	LOS TREPOS COMPANIEROS	M30	139	00:01:48				05:02:17.00	05:02:17.00	+02:10:24 (43.1%)	6:46	8.9 (57.1%)
378	BLACHA Agata	445	BIŁGORAJ	K30	24	00:01:29	02:59:51	03:55:23	04:39:52	05:02:28.65	05:02:28.65	+02:10:36 (43.2%)	6:46	8.8 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
379	GONTARZ Aleksandra	566		K30	25	00:01:28	02:59:51	03:55:24	04:39:52	05:02:28.80	05:02:28.80	+02:10:36 (43.2%)	6:46	8.8 (56.4%)	
380	DĄBROWSKA Katarzyna	227	HUTNIK WARSZAWA	K30	26	00:02:36	03:03:37	04:02:09	04:42:01	05:02:42.10	05:02:42.10	+02:10:49 (43.2%)	6:47	8.8 (56.4%)	
381	GŁOWACKI Andrzej	631	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	132	00:02:45	03:04:19	03:55:42	04:39:25	05:02:48.90	05:02:48.90	+02:10:56 (43.2%)	6:47	8.8 (56.4%)	
382	ROBAK Jarosław	540		M40	133	00:01:54	02:56:52	03:49:24	04:37:57	05:02:55.00	05:02:55.00	+02:11:02 (43.3%)	6:47	8.8 (56.4%)	
383	WOJCIECHOWSKI Krzysztof	463		M40	134	00:01:34	02:56:39	03:53:40	04:39:26	05:03:26.30	05:03:26.30	+02:11:33 (43.4%)	6:48	8.8 (56.4%)	
384	PREISNER Remigiusz	351		M30	140	00:02:47	02:53:29	03:53:28	04:40:08	05:03:33.25	05:03:33.25	+02:11:40 (43.4%)	6:48	8.8 (56.4%)	
385	BABIJ Jakub	861	SPOKOJNA GŁOWA	M30	141	00:02:40	02:54:09	03:53:03	04:39:47	05:03:36.05	05:03:36.05	+02:11:43 (43.4%)	6:48	8.8 (56.4%)	
386	HOWIL Waldemar	176	WWW.BIEGOWEKAIZEN.PL	M40	135	00:02:31	02:57:33	03:56:31	04:41:12	05:03:39.15	05:03:39.15	+02:11:46 (43.4%)	6:48	8.8 (56.4%)	
387	JEŻOWSKI Jacek	436	WW TEAM	M40	136	00:01:14	02:59:09	03:52:32	04:40:30	05:04:02.85	05:04:02.85	+02:12:10 (43.5%)	6:49	8.8 (56.4%)	
388	LICHA Paulina	810		K20	12	00:01:13	02:49:35	03:52:21	04:40:53	05:04:06.50	05:04:06.50	+02:12:13 (43.5%)	6:49	8.8 (56.4%)	
389	DZIAMSKI Ryszard	462		M40	137	00:02:42	03:08:23	03:59:53	04:42:36	05:04:18.10	05:04:18.10	+02:12:25 (43.5%)	6:49	8.8 (56.4%)	
390	PROCHERA Damian	616	7	M30	142	00:02:39	02:59:01	04:04:30	04:46:01	05:04:19.40	05:04:19.40	+02:12:26 (43.5%)	6:49	8.8 (56.4%)	
391	STEC Iwona	487		K20	13	00:02:39	03:05:14	03:59:38	04:43:12	05:04:30.35	05:04:30.35	+02:12:37 (43.6%)	6:49	8.8 (56.4%)	
392	LEDWOLORZ Anna	309	KS KANAŁEK / VEGE RUNNERS	K30	27	00:01:31	03:02:15	03:59:23	04:42:51	05:05:11.65	05:05:11.65	+02:13:19 (43.7%)	6:50	8.8 (56.4%)	
393	NOWOMIEJSKI Marcin	343		M40	138	00:02:51	02:53:07	03:50:12	04:39:51	05:05:33.35	05:05:33.35	+02:13:40 (43.7%)	6:51	8.8 (56.4%)	
394	SMOLUCH Ryszard	625		M40	139	00:01:29	02:55:55	03:51:37	04:41:20	05:05:36.30	05:05:36.30	+02:13:43 (43.8%)	6:51	8.8 (56.4%)	
395	BANASZAK Maciej	648		M30	143	00:02:20	02:55:34	03:52:42	04:40:13	05:05:36.70	05:05:36.70	+02:13:44 (43.8%)	6:51	8.8 (56.4%)	
396	FIREK Rafał	167	LACHO TEAM	M40	140	00:02:03	03:00:42	03:59:05	04:42:35	05:05:37.80	05:05:37.80	+02:13:45 (43.8%)	6:51	8.8 (56.4%)	
397	SENDEROWSKI Jakub	653	FC REKIN	M30	144	00:02:23	02:56:01	03:52:42	04:34:41	05:05:42.60	05:05:42.60	+02:13:50 (43.8%)	6:51	8.8 (56.4%)	
398	STEFANSKI Pawel	638		M30	145	00:02:21	02:56:34	03:53:06	04:34:42	05:05:43.55	05:05:43.55	+02:13:50 (43.8%)	6:51	8.8 (56.4%)	
399	ZAKRZEWSKI Marek	471	ALEDOBRE.PL	M40	141	00:01:51	03:00:06	03:55:29	04:43:09	05:05:53.50	05:05:53.50	+02:14:00 (43.8%)	6:51	8.7 (55.8%)	
400	TRYNIECKI Krzysztof	469	LUBACZÓW	M40	142	00:00:57	02:44:01	03:46:06	04:35:03	05:06:10.80	05:06:10.80	+02:14:18 (43.9%)	6:51	8.7 (55.8%)	
401	OBROŚLAK Grzegorz	470	TRAPER-BIEGOMANIA LUBACZÓW	M40	143	00:00:57	02:44:01	03:46:04	04:38:20	05:06:10.95	05:06:10.95	+02:14:18 (43.9%)	6:51	8.7 (55.8%)	
402	APANOWICZ Angelika	318		K40	16	00:01:53	03:08:01	04:03:57	04:46:12	05:06:22.25	05:06:22.25	+02:14:29 (43.9%)	6:52	8.7 (55.8%)	
403	KOPEĆ Karol	505		M40	144	00:01:34	03:08:19	04:06:12	04:46:22	05:06:34.00	05:06:34.00	+02:14:41 (43.9%)	6:52	8.7 (55.8%)	
404	FOGEL Janusz	103	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	M40	145	00:01:47	03:02:21	03:59:15	04:43:31	05:06:40.30	05:06:40.30	+02:14:47 (44.0%)	6:52	8.7 (55.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km			
405	KORS Justyna	442		K30	28	00:01:59	03:14:24	04:07:24	04:47:43	05:06:44.60	05:06:44.60	+02:14:52 (44.0%)	6:52	8.7 (55.8%)
406	CISZYŃSKI Marek	405	START KATOWICE	M50	26	00:01:51	03:04:27	04:04:12	04:46:50	05:06:51.70	05:06:51.70	+02:14:59 (44.0%)	6:52	8.7 (55.8%)
407	MYGA Michał	254	HEARTLESS	M30	146	00:03:01	03:09:49	04:07:00	04:47:25	05:07:00.80	05:07:00.80	+02:15:08 (44.0%)	6:53	8.7 (55.8%)
408	MYGA Anna	255	HEARTLESS	K30	29	00:03:01	03:09:49	04:07:01	04:47:26	05:07:04.75	05:07:04.75	+02:15:12 (44.0%)	6:53	8.7 (55.8%)
409	BUCZKOWSKA Sylwia	838		K20	14	00:01:45	03:02:24	03:56:56	04:43:30	05:07:21.60	05:07:21.60	+02:15:29 (44.1%)	6:53	8.7 (55.8%)
410	MAZURKIEWICZ Bartłomiej	461	MARATON ZAPOROWY TEAM	M20	27	00:02:03	03:04:26	04:04:13	04:47:44	05:07:23.80	05:07:23.80	+02:15:31 (44.1%)	6:53	8.7 (55.8%)
411	WESTER Mieczysław	601	NIGHT RUNNERS GLIWICE	M40	146	00:02:26	03:07:40	04:01:56	04:45:49	05:07:27.25	05:07:27.25	+02:15:34 (44.1%)	6:53	8.7 (55.8%)
412	WĘGRZYŃSKI Paweł	263	ITMBW	M30	147	00:01:20	03:01:14	04:02:23	04:45:58	05:07:28.80	05:07:28.80	+02:15:36 (44.1%)	6:53	8.7 (55.8%)
413	MURAWICZ Grzegorz	768	PODLESIE	M50	27	00:02:25	03:14:22	04:02:51	04:45:31	05:07:45.30	05:07:45.30	+02:15:52 (44.2%)	6:54	8.7 (55.8%)
414	DRWIĘGA Beata	307	POZYTYWANIE ZABIEGANI SANOK	K40	17	00:02:02	03:04:28	04:04:13	04:46:50	05:07:48.80	05:07:48.80	+02:15:56 (44.2%)	6:54	8.7 (55.8%)
415	PORĘBSKI Zbigniew	413	QUATTRO	M50	28	00:01:04	03:01:50	04:00:15	04:46:48	05:07:55.70	05:07:55.70	+02:16:03 (44.2%)	6:54	8.7 (55.8%)
416	GĘBCZYŃSKI Paweł	628		M30	148	00:02:22	03:03:49	03:58:53	04:43:42	05:07:57.95	05:07:57.95	+02:16:05 (44.2%)	6:54	8.7 (55.8%)
417	MAREK Wojciech	748	CELUJ W ZDROWIE	M40	147	00:02:47	03:02:26	03:57:52	04:45:27	05:08:38.60	05:08:38.60	+02:16:46 (44.3%)	6:55	8.7 (55.8%)
418	HAJDO Robert	297	BKB VICTORIA	M40	148	00:02:41	03:01:56	04:00:32	04:47:27	05:08:49.60	05:08:49.60	+02:16:57 (44.3%)	6:55	8.7 (55.8%)
419	MOTYKA Artur	673		M40	149	00:01:15	03:05:51	03:59:08	04:46:09	05:09:05.90	05:09:05.90	+02:17:13 (44.4%)	6:55	8.7 (55.8%)
420	CHUDZICKI Łukasz	320		M30	149	00:02:44	03:07:54	04:02:52	04:46:44	05:10:04.05	05:10:04.05	+02:18:11 (44.6%)	6:57	8.6 (55.1%)
421	BARAŃSKI Michał	193		M40	150	00:01:11	03:01:22	04:00:44	04:46:25	05:10:24.70	05:10:24.70	+02:18:32 (44.6%)	6:57	8.6 (55.1%)
422	WOJTOWICZ-SANDER Sylwia	873	POŁUDNIOWA POLSKA BIEGA	K20	15	00:02:17	03:10:46	04:10:13	04:50:21	05:10:35.60	05:10:35.60	+02:18:43 (44.7%)	6:57	8.6 (55.1%)
423	SIKORA-KOŁODZIEJ Irmína	454	POŁUDNIOWA POLSKA TEAM	K30	30	00:02:17	03:10:46	04:10:15	04:50:21	05:10:35.85	05:10:35.85	+02:18:43 (44.7%)	6:57	8.6 (55.1%)
424	ŻELAZNY Judyta	490	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	18	00:01:28	03:05:15	04:04:26	04:49:02	05:11:03.25	05:11:03.25	+02:19:10 (44.7%)	6:58	8.6 (55.1%)
425	SEREDA Joanna	434		K20	16	00:01:58	03:14:24	04:07:21	04:49:18	05:11:10.15	05:11:10.15	+02:19:17 (44.8%)	6:58	8.6 (55.1%)
426	PUZIO Waldemaar	500	KB MARATOŃCZYK DĘBICA	M60	5	00:01:36	03:12:25	04:06:19	04:49:08	05:11:31.35	05:11:31.35	+02:19:38 (44.8%)	6:59	8.6 (55.1%)
427	MANTYCKI Rafał	737	HUSARIA RACE TEAM	M20	28	00:02:44	03:04:14	04:02:30	04:48:51	05:11:46.40	05:11:46.40	+02:19:53 (44.9%)	6:59	8.6 (55.1%)
428	ŻYNDA Jan	620	FUNDACJA KIERUNEK ULTRA	M40	151	00:01:18	03:08:47	04:01:51	04:48:25	05:11:48.25	05:11:48.25	+02:19:55 (44.9%)	6:59	8.6 (55.1%)
429	BRZOZOWSKA Anna	394	PKS GALOPUJĄCA SOCZEWICA / KRASNYSTAW BIEGA	K40	19	00:01:52	02:56:50	03:56:29	04:46:22	05:11:54.65	05:11:54.65	+02:20:02 (44.9%)	6:59	8.6 (55.1%)
429	BRZOZOWSKI Armand	395	PKS GALOPUJĄCA SOCZEWICA	M40	152	00:01:52	02:56:50	03:56:30	04:46:25	05:11:54.65	05:11:54.65	+02:20:02 (44.9%)	6:59	8.6 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km			
431	SOBEL Adrian	795	BIEGIEM PRZEZ GÓRY - RUNTEAM PAWŁOWICE	M30	150	00:01:10	02:53:57	04:00:42	04:46:07	05:11:56.75	05:11:56.75	+02:20:04 (44.9%)	6:59	8.6 (55.1%)
432	TESZNER Adrian	804	RUN TEAM PAWŁOWICE	M20	29	00:01:10	02:53:57	04:00:42	04:46:08	05:11:57.10	05:11:57.10	+02:20:04 (44.9%)	6:59	8.6 (55.1%)
433	WILKOS Marcin	582		M40	153	00:02:42	03:04:18	04:00:46	04:48:01	05:12:17.20	05:12:17.20	+02:20:24 (45.0%)	7:00	8.6 (55.1%)
434	ZARĘBA Anna	863		K20	17	00:02:09	03:01:28	04:01:51	04:49:06	05:12:25.35	05:12:25.35	+02:20:32 (45.0%)	7:00	8.6 (55.1%)
435	KORBUT Radosław	334	KONIUCHY	M30	151	00:02:35	03:03:39	04:02:09	04:48:32	05:12:26.90	05:12:26.90	+02:20:34 (45.0%)	7:00	8.6 (55.1%)
436	BIJOŚ Mirosław	431		M30	152	00:01:23	03:04:37	04:02:25	04:48:31	05:12:31.15	05:12:31.15	+02:20:38 (45.0%)	7:00	8.6 (55.1%)
437	SZUPOŁA Wojciech	846	RYSIANKA TEAM RACE	M40	154	00:01:30	03:05:49	04:02:54	04:48:59	05:13:00.20	05:13:00.20	+02:21:07 (45.1%)	7:01	8.5 (54.5%)
438	PAWLUS Paweł	298		M30	153	00:01:30	03:05:39	04:02:57	04:48:29	05:13:02.00	05:13:02.00	+02:21:09 (45.1%)	7:01	8.5 (54.5%)
439	SZYPUŁA Michał	191	OLZA CIESZYN	M30	154	00:01:30	03:05:48	04:02:55	04:48:59	05:13:05.20	05:13:05.20	+02:21:12 (45.1%)	7:01	8.5 (54.5%)
440	JAKUBOWSKI Leszek	629	NKB CHYŻY NOWY TOMYŚL	M40	155	00:02:29	03:03:35	04:05:35	04:50:04	05:13:08.90	05:13:08.90	+02:21:16 (45.1%)	7:01	8.5 (54.5%)
441	RAKOCZY Paweł	183		M40	156	00:01:34	02:55:06	03:59:11	04:45:46	05:13:18.05	05:13:18.05	+02:21:25 (45.1%)	7:01	8.5 (54.5%)
442	CHUDECKI Andrzej	417		M30	155	00:01:35	03:08:21	04:06:12	04:51:11	05:13:23.95	05:13:23.95	+02:21:31 (45.2%)	7:01	8.5 (54.5%)
443	ŚLEDZIOWSKI Andrzej	242	LACHO TEAM	M40	157	00:02:00	03:03:41	04:08:52	04:51:18	05:13:27.25	05:13:27.25	+02:21:34 (45.2%)	7:01	8.5 (54.5%)
444	GŁOWACKI Mateusz	632	WIELISZEW HERON TEAM	M20	30	00:02:48	03:18:07	04:11:14	04:53:10	05:13:39.85	05:13:39.85	+02:21:47 (45.2%)	7:01	8.5 (54.5%)
445	HONKISZ-GODLEWSKA Urszula	874	NOWY STYL GROUP RUNNING TEAM	K30	31	00:01:29	03:02:20	03:57:59	04:48:08	05:14:11.00	05:14:11.00	+02:22:18 (45.3%)	7:02	8.5 (54.5%)
445	KACZMARCZYK Piotr	643	KAMARAK GLOBERUNNERS	M30	156	00:01:18	02:59:34	04:03:16	04:49:31	05:14:11.00	05:14:11.00	+02:22:18 (45.3%)	7:02	8.5 (54.5%)
447	SŁOBODA Elżbieta	422	RUNSŁOBODAN	K30	32	00:02:35	03:09:11	04:08:24	04:52:06	05:14:40.90	05:14:40.90	+02:22:48 (45.4%)	7:03	8.5 (54.5%)
448	CZUBA Michał	361		M30	157	00:00:55	03:09:47	04:09:06	04:53:27	05:14:44.15	05:14:44.15	+02:22:51 (45.4%)	7:03	8.5 (54.5%)
449	NIEDZIELA Paweł	836	TIM TIRIM TEAM	M30	158	00:02:22	03:08:22	04:02:34	04:49:04	05:14:51.20	05:14:51.20	+02:22:58 (45.4%)	7:03	8.5 (54.5%)
450	SOKOŁOWSKA Agnieszka	86		K30	33	00:02:33	03:10:47	04:05:25	04:51:40	05:14:55.95	05:14:55.95	+02:23:03 (45.4%)	7:03	8.5 (54.5%)
451	MYŚLIŃSKA Anna	503	BIEGAM BO LUBIĘ POLONEZ	K40	20		03:17:46	04:11:47	04:54:19	05:15:11.65	05:15:11.65	+02:23:19 (45.5%)	7:04	8.5 (54.5%)
452	KOKOT Roman	701	MB AEROSPACE / AKTYWNY DYNÓW	M30	159	00:02:46	03:10:02	04:05:28	04:51:48	05:15:13.40	05:15:13.40	+02:23:20 (45.5%)	7:04	8.5 (54.5%)
453	PESZEK Bogdan	520	WKURW_TEAM	M40	158	00:02:44	03:10:02	04:05:34	04:51:48	05:15:13.60	05:15:13.60	+02:23:21 (45.5%)	7:04	8.5 (54.5%)
454	TWORZYDŁO Michał	646	WKURW_TEAM	M20	31	00:02:42	03:10:01	04:05:29	04:51:49	05:15:14.30	05:15:14.30	+02:23:21 (45.5%)	7:04	8.5 (54.5%)
455	GWIZDAK Bartosz	821	WATER TEAM	M30	160	00:01:24	03:04:15	04:03:31	04:51:02	05:15:19.75	05:15:19.75	+02:23:27 (45.5%)	7:04	8.5 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
456	HABA Konrad	868	KZB	M30	161	00:02:50	03:05:59	04:05:21	04:52:04	05:15:33.25	05:15:33.25	+02:23:40 (45.5%)	7:04	8.5 (54.5%)	
457	NIEMIEC-DRWIĘGA Bernadeta	231	POZYTYWNIENZABIEGANI SANOK	K40	21	00:02:03	03:09:11	04:06:55	04:53:58	05:15:35.20	05:15:35.20	+02:23:42 (45.5%)	7:04	8.5 (54.5%)	
458	DROBOT Piotr	348	POZYTYWNIENIE ZABIEGANI SANOK	M40	159	00:02:03	03:09:12	04:06:54	04:53:58	05:15:35.65	05:15:35.65	+02:23:43 (45.5%)	7:04	8.5 (54.5%)	
459	POLAŃSKI Paweł	573	#KASZANIENAMOKA	M30	162	00:03:12	03:08:39	04:07:26	04:52:12	05:15:37.15	05:15:37.15	+02:23:44 (45.5%)	7:04	8.5 (54.5%)	
460	WIĘCZKOWSKI Wojciech	57	OD_CIENIASA_DO_ULTRASA	M40	160	00:02:27	03:04:40	04:04:45	04:52:26	05:15:49.15	05:15:49.15	+02:23:56 (45.6%)	7:04	8.5 (54.5%)	
461	CYRAN Grzegorz	104	AILLERON	M40	161	00:02:53	03:03:45	04:02:32	04:52:08	05:17:10.60	05:17:10.60	+02:25:18 (45.8%)	7:06	8.4 (53.8%)	
462	KOWALCZYK Bartłomiej	592		M20	32		03:05:03	04:03:33	04:52:17	05:17:53.60	05:17:53.60	+02:26:01 (45.9%)	7:07	8.4 (53.8%)	
463	LENART-KŁOŚ Katarzyna	26		K30	34	00:01:54	03:09:33	04:12:42	04:56:46	05:17:54.55	05:17:54.55	+02:26:01 (45.9%)	7:07	8.4 (53.8%)	
464	KŁOŚ Artur	27	PKO BANK POLSKI	M30	163	00:01:53	03:09:34	04:12:44	04:56:47	05:17:57.40	05:17:57.40	+02:26:04 (45.9%)	7:07	8.4 (53.8%)	
465	GŁÓWKA Alfred	741	KARCZMA U FREDA	M50	29	00:01:50	03:06:24	04:08:28	04:55:02	05:18:00.90	05:18:00.90	+02:26:08 (46.0%)	7:07	8.4 (53.8%)	
466	GUMIELA Michał	809	WKURW_TEAM	M30	164		03:08:38	04:04:35	04:53:21	05:18:03.50	05:18:03.50	+02:26:10 (46.0%)	7:07	8.4 (53.8%)	
467	HANULAK Paweł	693	WKURW_TEAM	M20	33	00:02:25	03:08:35	04:03:19	04:53:22	05:18:04.20	05:18:04.20	+02:26:11 (46.0%)	7:07	8.4 (53.8%)	
468	BURANT Agnieszka	801		K30	35	00:01:06	03:11:52	04:12:55	04:56:28	05:18:26.90	05:18:26.90	+02:26:34 (46.0%)	7:08	8.4 (53.8%)	
469	GRODZKI Arkadiusz	682		M20	34	00:01:56	03:02:28	04:09:17	04:56:30	05:19:34.00	05:19:34.00	+02:27:41 (46.2%)	7:09	8.4 (53.8%)	
470	KOZICKI Marcin	95		M30	165	00:02:10	03:08:22	04:07:54	04:54:51	05:19:35.65	05:19:35.65	+02:27:43 (46.2%)	7:09	8.4 (53.8%)	
471	GRANDA Paweł	427	21 DAPLOT JAROSŁAW	M30	166	00:02:07	03:10:26	04:08:31	04:56:34	05:20:14.35	05:20:14.35	+02:28:21 (46.3%)	7:10	8.4 (53.8%)	
472	BARAŃSKI Piotr	794	BARANSKI MARATHON TEAM	M30	167	00:02:42	03:07:50	04:09:09	04:56:32	05:20:14.95	05:20:14.95	+02:28:22 (46.3%)	7:10	8.4 (53.8%)	
473	MORCINEK Marcin	89	BLUSZCZA	M40	162	00:02:30	03:08:01	04:10:53	04:58:55	05:20:48.15	05:20:48.15	+02:28:55 (46.4%)	7:11	8.3 (53.2%)	
474	ŚWIĄTEK Piotr	553		M30	168	00:02:25	03:15:56	04:15:22	04:58:57	05:21:05.55	05:21:05.55	+02:29:12 (46.5%)	7:11	8.3 (53.2%)	
475	DZIEKAN Krzysztof	401	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	163	00:02:45	03:17:55	04:15:01	04:59:36	05:21:20.80	05:21:20.80	+02:29:28 (46.5%)	7:12	8.3 (53.2%)	
476	MAKOWSKI Marek	403	WTP	M30	169	00:02:45	03:17:55	04:15:01	04:59:38	05:21:21.60	05:21:21.60	+02:29:29 (46.5%)	7:12	8.3 (53.2%)	
477	JANIK Paweł	784		M30	170	00:03:03	02:55:54	04:00:40	04:56:12	05:21:54.45	05:21:54.45	+02:30:01 (46.6%)	7:13	8.3 (53.2%)	
478	WARZYCHA Dawid	54	PKP INTERCITY	M20	35	00:02:46	03:03:43	04:13:28	05:00:03	05:22:11.25	05:22:11.25	+02:30:18 (46.7%)	7:13	8.3 (53.2%)	
479	FRĄC Dariusz	23	NIGHT RUNNERS GLIWICE	M40	164	00:02:28	03:09:06	04:12:47	04:57:37	05:22:18.40	05:22:18.40	+02:30:25 (46.7%)	7:13	8.3 (53.2%)	
480	ŚLIWIŃSKA Alicja	852	NIGHT RUNNERS GLIWICE	K30	36	00:02:28	03:09:06	04:12:47	04:57:38	05:22:18.50	05:22:18.50	+02:30:25 (46.7%)	7:13	8.3 (53.2%)	
481	ANDRZEJEWSKI Piotr	694	FND RUNNING TEAM	M30	171	00:02:53	03:05:52	04:09:44	04:58:02	05:22:29.10	05:22:29.10	+02:30:36 (46.7%)	7:13	8.3 (53.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
482	KUŚPIT Przemek	722		M30	172	00:01:39	03:09:29	04:11:32	04:59:06	05:22:32.20	05:22:32.20	+02:30:39 (46.7%)	7:13	8.3 (53.2%)		
483	ŚLĄCZKA Arkadiusz	356	FINISZ RYMANÓW	M30	173	00:02:34	03:02:23	04:05:00	04:57:40	05:22:55.35	05:22:55.35	+02:31:02 (46.8%)	7:14	8.3 (53.2%)		
484	KUNKEL Anna	246	PGB SPORTOWA PACZKA	K40	22	00:01:48	03:17:10	04:14:57	05:00:45	05:23:06.90	05:23:06.90	+02:31:14 (46.8%)	7:14	8.3 (53.2%)		
485	ZATORSKI Andrzej	90		M50	30	00:02:29	03:03:21	04:04:13	04:56:37	05:24:18.50	05:24:18.50	+02:32:25 (47.0%)	7:16	8.3 (53.2%)		
486	KOSNO Dorota	466		K40	23	00:01:25	03:10:51	04:11:16	04:59:32	05:24:38.90	05:24:38.90	+02:32:46 (47.1%)	7:16	8.2 (52.6%)		
487	FLIŚNIK Mirek	456	PKS GALOPUJĄCA SOCZEWICA	M30	174	00:01:48	03:01:15	04:09:27	04:56:49	05:24:52.05	05:24:52.05	+02:32:59 (47.1%)	7:17	8.2 (52.6%)		
488	SZYMAŃSKA Agnieszka	559	PKO BANK POLSKI	K40	24	00:01:37	03:03:56	04:10:49	04:59:38	05:24:54.95	05:24:54.95	+02:33:02 (47.1%)	7:17	8.2 (52.6%)		
489	SZYMAŃSKI Adam	558	PKO BANK POLSKI	M40	165	00:01:37	03:03:55	04:10:49	04:59:38	05:24:55.00	05:24:55.00	+02:33:02 (47.1%)	7:17	8.2 (52.6%)		
490	TREGUB Igor	743	KUKURUDZA	M30	175	00:00:52	03:17:05	04:13:52	05:00:52	05:25:20.00	05:25:20.00	+02:33:27 (47.2%)	7:17	8.2 (52.6%)		
491	WASYLISZYN Bernadetta	533	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K30	37	00:01:28	03:10:39	04:12:08	05:02:29	05:25:30.60	05:25:30.60	+02:33:38 (47.2%)	7:17	8.2 (52.6%)		
492	BIELECKI Filip	43		M30	176	00:02:55	03:10:15	04:12:24	05:02:33	05:25:52.30	05:25:52.30	+02:33:59 (47.3%)	7:18	8.2 (52.6%)		
493	SZYMANOWSKI Tomek	44		M30	177	00:02:55	03:10:15	04:12:25	05:02:34	05:25:52.60	05:25:52.60	+02:34:00 (47.3%)	7:18	8.2 (52.6%)		
494	ROCHOWIAK Janusz	783		M50	31	00:02:40	03:15:19	04:15:37	05:02:36	05:26:05.20	05:26:05.20	+02:34:12 (47.3%)	7:18	8.2 (52.6%)		
495	ŁUSZCZYC Anna	764	WKURW_TEAM	K30	38	00:02:44	03:13:43	04:15:35	05:04:47	05:26:13.60	05:26:13.60	+02:34:21 (47.3%)	7:18	8.2 (52.6%)		
496	ORLEWSKI Piotr	647	ULTRAMARATON PODKARPACKI	M50	32	00:02:18	03:02:56	04:16:37	05:03:02	05:26:26.00	05:26:26.00	+02:34:33 (47.3%)	7:19	8.2 (52.6%)		
497	BILSKI Mateusz	782		M20	36	00:01:52	03:09:03	04:16:49	05:03:33	05:26:44.90	05:26:44.90	+02:34:52 (47.4%)	7:19	8.2 (52.6%)		
498	PYZEL Agnieszka	303	KS PEGAZ	K50	4	00:02:11	03:19:45	04:25:25	05:07:00	05:26:49.60	05:26:49.60	+02:34:57 (47.4%)	7:19	8.2 (52.6%)		
499	WIELECHOWSKA Natalia	312	HUSARIA RACE TEAM	K20	18	00:01:15	03:13:14	04:17:56	05:03:24	05:26:58.85	05:26:58.85	+02:35:06 (47.4%)	7:19	8.2 (52.6%)		
500	GÓRSKI Emil	267	HUSARIA RACE TEAM	M20	37	00:01:18	03:13:14	04:17:56	05:03:25	05:26:59.00	05:26:59.00	+02:35:06 (47.4%)	7:19	8.2 (52.6%)		
501	BERNAŚ Dariusz	841	BSCZADY	M30	178	00:02:31	03:27:36	04:22:23	05:07:05	05:27:24.20	05:27:24.20	+02:35:31 (47.5%)	7:20	8.2 (52.6%)		
502	JAKUBOWSKI Daniel	546	CENTRUM ANIMACJI SPOŁECZNEJ	M40	166	00:02:44	03:13:43	04:15:35	05:03:30	05:27:35.85	05:27:35.85	+02:35:43 (47.5%)	7:20	8.2 (52.6%)		
503	DUKATA Grzegorz	240	MGW	M40	167	00:01:16	03:09:07	04:14:16	05:03:15	05:27:36.60	05:27:36.60	+02:35:44 (47.5%)	7:20	8.2 (52.6%)		
504	PIASNY Paweł	802		M40	168	00:01:15	03:09:10	04:14:18	05:03:18	05:27:37.35	05:27:37.35	+02:35:44 (47.5%)	7:20	8.2 (52.6%)		
505	WITKOWSKA Beata	186		K30	39	00:03:13	03:15:10	04:15:31	05:03:00	05:27:38.80	05:27:38.80	+02:35:46 (47.5%)	7:20	8.2 (52.6%)		
506	BURY Marek	127		M40	169	00:02:40	03:13:31	04:20:15	05:05:36	05:27:40.55	05:27:40.55	+02:35:47 (47.5%)	7:20	8.2 (52.6%)		
507	JURCZAK Daniel	609	MKB DREPTAK	M40	170	00:00:54	03:05:11	04:08:45	04:59:50	05:27:47.15	05:27:47.15	+02:35:54 (47.6%)	7:20	8.2 (52.6%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
508	PAROL Paweł	570		M40	171	00:01:26	03:04:47	04:11:08	05:01:55	05:28:01.40	05:28:01.40	+02:36:08 (47.6%)	7:21	8.2 (52.6%)
509	MAKOWSKA Maja	244	TEAM AKTYWNI Z CUKRZYCĄ	K20	19	00:02:04	03:24:01	04:18:42	05:06:58	05:28:09.95	05:28:09.95	+02:36:17 (47.6%)	7:21	8.2 (52.6%)
510	RUBIN Andrzej	42	KB MCKIS JAWORZNO	M40	172	00:01:44	03:17:49	04:21:26	05:05:01	05:28:10.25	05:28:10.25	+02:36:17 (47.6%)	7:21	8.2 (52.6%)
511	KUSZ Tomasz	340		M40	173	00:01:10	03:08:17	04:08:52	05:04:20	05:28:22.30	05:28:22.30	+02:36:29 (47.7%)	7:21	8.1 (51.9%)
512	STACHYRA Andrzej	619	LSB	M50	33	00:01:17	03:03:12	04:11:00	05:02:30	05:28:44.45	05:28:44.45	+02:36:51 (47.7%)	7:22	8.1 (51.9%)
513	MAZUR Jacek	735		M30	179	00:02:11	03:14:08	04:16:31	05:04:54	05:29:06.15	05:29:06.15	+02:37:13 (47.8%)	7:22	8.1 (51.9%)
514	DZWONKOWSKI Andrzej	532		M30	180	00:01:46	03:07:43	04:12:06	05:05:04	05:29:13.00	05:29:13.00	+02:37:20 (47.8%)	7:22	8.1 (51.9%)
515	GADAMSKA-KABATA Paulina	243		K30	40	00:01:32	03:15:17	04:21:56	05:07:04	05:29:18.20	05:29:18.20	+02:37:25 (47.8%)	7:23	8.1 (51.9%)
516	ZIENKIEWICZ Agata	241	PIASECZNO RUNNING	K30	41	00:02:16	03:19:41	04:22:34	05:07:05	05:29:23.65	05:29:23.65	+02:37:31 (47.8%)	7:23	8.1 (51.9%)
517	ŻAK Oliwia	198	PIASECZNO RUNNING	K30	42	00:02:16	03:19:42	04:22:32	05:07:01	05:29:40.85	05:29:40.85	+02:37:48 (47.9%)	7:23	8.1 (51.9%)
518	LUDWICZAK Stanisław	656		M40	174	00:02:21	03:03:10	04:07:05	05:03:16	05:30:07.30	05:30:07.30	+02:38:14 (47.9%)	7:24	8.1 (51.9%)
519	KROK Jacek	504		M40	175	00:01:43	03:09:05	04:20:01	05:07:53	05:30:26.65	05:30:26.65	+02:38:34 (48.0%)	7:24	8.1 (51.9%)
520	CHODOROWSKI Arkadiusz	129		M30	181	00:03:04	03:21:05	04:22:20	05:07:57	05:30:31.90	05:30:31.90	+02:38:39 (48.0%)	7:24	8.1 (51.9%)
521	GIBAŁA Marcin	200	FUNDACJAAUXILIUM BOCHNIA	M40	176	00:01:32	03:08:43	04:17:24	05:05:44	05:30:35.55	05:30:35.55	+02:38:42 (48.0%)	7:24	8.1 (51.9%)
522	GOEBEL Adam	659	KRK-KROWODRZA	M50	34	00:02:54	03:17:01	04:16:23	05:05:47	05:30:56.70	05:30:56.70	+02:39:04 (48.1%)	7:25	8.1 (51.9%)
523	PIĄTEK Rafał	816	BEFIT24TEAM	M30	182	00:01:29	03:14:39	04:18:51	05:07:36	05:31:04.50	05:31:04.50	+02:39:11 (48.1%)	7:25	8.1 (51.9%)
524	WRÓBEL Dominik	314	AZS PWSZ KROSNO	M40	177	00:02:33	03:16:34	04:16:25	05:04:19	05:31:11.40	05:31:11.40	+02:39:18 (48.1%)	7:25	8.1 (51.9%)
525	KOWALEWSKA Izabela	199	PIASECZNO RUNNING	K30	43	00:02:15	03:19:43	04:22:35	05:07:37	05:31:21.15	05:31:21.15	+02:39:28 (48.1%)	7:25	8.1 (51.9%)
526	GROCHOWSKI Paweł	130	BIEGAM BO LUBIĘ ZĄBKİ TEAM	M40	178	00:01:24	03:29:50	04:25:49	05:11:54	05:31:35.65	05:31:35.65	+02:39:43 (48.2%)	7:26	8.1 (51.9%)
527	ŚLUSARSKI Włodzimierz	495		M50	35	00:01:06	03:13:10	04:15:57	05:07:23	05:31:36.85	05:31:36.85	+02:39:44 (48.2%)	7:26	8.1 (51.9%)
528	SROKA Grzegorz	662		M40	179	00:02:25	03:15:56	04:15:22	05:04:55	05:31:48.50	05:31:48.50	+02:39:55 (48.2%)	7:26	8.1 (51.9%)
529	STOLARZ Paweł	60	ŻYWCEM ZABIEGANI	M50	36	00:01:44	03:14:39	04:18:51	05:07:36	05:31:59.10	05:31:59.10	+02:40:06 (48.2%)	7:26	8.1 (51.9%)
530	DZIERŻENSKA Monika	551		K40	25	00:01:23	03:20:11	04:22:04	05:08:35	05:32:09.40	05:32:09.40	+02:40:16 (48.3%)	7:26	8.1 (51.9%)
531	SIKORSKA Agnieszka	70		K40	26	00:01:56	03:18:29	04:18:44	05:07:49	05:32:14.20	05:32:14.20	+02:40:21 (48.3%)	7:26	8.1 (51.9%)
532	LITWINOWICZ Karolina	433	PARA-NIE-DO-PARY	K30	44	00:02:38	03:20:24	04:25:03	05:09:40	05:32:15.70	05:32:15.70	+02:40:23 (48.3%)	7:26	8.1 (51.9%)
533	SKOCZEK Jakub	680		M20	38	00:02:11	03:11:29	04:21:44	05:09:59	05:32:15.80	05:32:15.80	+02:40:23 (48.3%)	7:26	8.1 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
534	BAHIR Said	721		M40	180	00:02:29	03:06:29	04:11:26	05:09:29	05:32:26.25	05:32:26.25	+02:40:33 (48.3%)	7:27	8 (51.3%)		
535	STEFANOWICZ Paweł	679		M20	39	00:02:11	03:11:29	04:21:44	05:09:59	05:32:34.20	05:32:34.20	+02:40:41 (48.3%)	7:27	8 (51.3%)		
536	KRZEWIŃSKA Małgorzata	667	TKKF KOSZALIN	K50	5	00:02:23	03:25:15	04:25:18	05:09:50	05:32:38.20	05:32:38.20	+02:40:45 (48.3%)	7:27	8 (51.3%)		
537	WOLF Weronika	234	TKKF I ROZBIEGANY KOSZALIN	K40	27	00:02:23	03:25:15	04:25:17	05:09:50	05:32:38.65	05:32:38.65	+02:40:46 (48.3%)	7:27	8 (51.3%)		
538	WEŃCŁAWSKI Łukasz	331	LUWE	M30	183	00:02:45	03:21:07	04:18:37	05:08:14	05:32:47.40	05:32:47.40	+02:40:54 (48.4%)	7:27	8 (51.3%)		
539	CORREIA Andre	857		M30	184	00:01:49	03:08:59	04:13:31	05:05:26	05:32:53.00	05:32:53.00	+02:41:00 (48.4%)	7:27	8 (51.3%)		
540	KALIŃSKA Dorota Lidia	676	NIEMANIE	K30	45	00:03:05	03:17:21	04:22:51	05:09:46	05:33:30.40	05:33:30.40	+02:41:37 (48.5%)	7:28	8 (51.3%)		
541	WOJTOWICZ Daniel	699	WKURW_TEAM	M40	181	00:02:29	03:13:30	04:17:33	05:08:29	05:33:46.95	05:33:46.95	+02:41:54 (48.5%)	7:29	8 (51.3%)		
542	SAKOWSKA Aneta	827	WKURWTEAM	K40	28	00:01:33	03:20:57	04:23:07	05:10:15	05:33:59.65	05:33:59.65	+02:42:07 (48.5%)	7:29	8 (51.3%)		
543	MOSTOWSKA Joanna	740		K30	46	00:01:32	03:20:57	04:23:08	05:10:15	05:33:59.70	05:33:59.70	+02:42:07 (48.5%)	7:29	8 (51.3%)		
544	PAWLAK Monika	807		K50	6	00:02:10	03:12:16	04:16:46	05:08:56	05:34:15.40	05:34:15.40	+02:42:22 (48.6%)	7:29	8 (51.3%)		
545	GĄSZCZYK Grzegorz	56	NOWA HUTA TEAM	M40	182	00:01:42	03:12:31	04:22:09	05:10:13	05:34:32.65	05:34:32.65	+02:42:40 (48.6%)	7:30	8 (51.3%)		
546	GALUS Jacek	704		M40	183	00:01:26	03:19:19	04:25:07	05:13:08	05:35:03.30	05:35:03.30	+02:43:10 (48.7%)	7:30	8 (51.3%)		
547	ŁUKOWSKA Lidia	285	PKB ENDORFINA	K50	7	00:02:17	03:17:26	04:21:50	05:09:35	05:35:21.60	05:35:21.60	+02:43:29 (48.7%)	7:31	8 (51.3%)		
548	ADAMSKI Bartłomiej	451	RONCHE QCYKI	M40	184	00:02:32	03:24:51	04:22:49	05:10:03	05:35:26.35	05:35:26.35	+02:43:33 (48.8%)	7:31	8 (51.3%)		
549	SKROBISZ Anna	521		K20	20	00:02:03	03:28:46	04:25:51	05:12:11	05:35:33.35	05:35:33.35	+02:43:40 (48.8%)	7:31	8 (51.3%)		
550	BEDNARCZYK Jakub	239		M30	185	00:02:49	03:11:50	04:26:40	05:11:25	05:35:44.00	05:35:44.00	+02:43:51 (48.8%)	7:31	8 (51.3%)		
551	KOZAK Marcin	53	SAINT-GOBAIN SQUAD	M30	186	00:02:49	03:11:51	04:26:41	05:11:25	05:35:44.10	05:35:44.10	+02:43:51 (48.8%)	7:31	8 (51.3%)		
552	GUTKOWSKI Wojciech	594		M50	37	00:01:24	03:13:42	04:23:53	05:12:26	05:35:48.10	05:35:48.10	+02:43:55 (48.8%)	7:31	8 (51.3%)		
553	GAJDA Jacek	378		M30	187	00:01:21	03:07:52	04:15:53	05:06:45	05:36:14.80	05:36:14.80	+02:44:22 (48.9%)	7:32	8 (51.3%)		
554	CZARNIK Stanisław	853	MIECHOWICKA GRUPA BIEGOWA	M30	188	00:02:10	03:13:36	04:25:46	05:14:19	05:36:30.50	05:36:30.50	+02:44:37 (48.9%)	7:32	8 (51.3%)		
555	KUŁAKOWSKI Piotr	272	CZŁAPACZE	M60	6	00:02:39	03:21:59	04:27:11	05:13:32	05:36:30.80	05:36:30.80	+02:44:38 (48.9%)	7:32	8 (51.3%)		
556	WARZYCHA Krzysztof	37		M50	38	00:02:48	03:31:10	04:31:23	05:15:38	05:36:48.75	05:36:48.75	+02:44:56 (49.0%)	7:33	7.9 (50.6%)		
557	GARCZYŃSKA Ania	48		K40	29	00:02:48	03:31:10	04:31:23	05:15:38	05:36:49.05	05:36:49.05	+02:44:56 (49.0%)	7:33	7.9 (50.6%)		
558	BILSKI Marek	397		M40	185	00:01:08	03:14:45	04:15:09	05:08:55	05:36:58.70	05:36:58.70	+02:45:06 (49.0%)	7:33	7.9 (50.6%)		
559	WRÓBLEWSKA Katarzyna	296		K30	47	00:01:13	03:14:42	04:20:15	05:09:42	05:37:07.10	05:37:07.10	+02:45:14 (49.0%)	7:33	7.9 (50.6%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
560	SIÓDMIAK Cezary	294	SPARTANIE DZIECIOM	M40	186	00:02:56	03:15:13	04:22:12	05:12:57	05:37:23.15	05:37:23.15	+02:45:30 (49.1%)	7:33	7.9 (50.6%)		
561	RENKIEL Tomasz	173		M40	187	00:02:21	03:17:00	04:25:26	05:13:30	05:37:49.85	05:37:49.85	+02:45:57 (49.1%)	7:34	7.9 (50.6%)		
562	JANIK Janusz	423	NIGHT RUNNERS GLIWICE	M40	188	00:02:21	03:17:00	04:25:26	05:13:29	05:37:50.25	05:37:50.25	+02:45:57 (49.1%)	7:34	7.9 (50.6%)		
563	ADAMOWSKI Jacek	477	NIGHT RUNNERS GLIWICE	M40	189	00:02:15	03:24:23	04:24:54	05:13:30	05:37:50.90	05:37:50.90	+02:45:58 (49.1%)	7:34	7.9 (50.6%)		
563	KOŁODZIEJ Jacek	154	NIGHT RUNNERS GLIWICE	M40	190	00:02:24	03:17:01	04:25:24	05:13:30	05:37:50.90	05:37:50.90	+02:45:58 (49.1%)	7:34	7.9 (50.6%)		
565	KOPROWICZ Ewelina	612	JAROSŁAWSKA GRUPA BIEGOWA	K30	48	00:01:51	03:27:06	04:28:46	05:15:02	05:38:23.85	05:38:23.85	+02:46:31 (49.2%)	7:35	7.9 (50.6%)		
566	PIGAN Anna	542	BBL JAROSŁAW	K30	49	00:01:50	03:27:19	04:28:47	05:15:02	05:38:24.55	05:38:24.55	+02:46:31 (49.2%)	7:35	7.9 (50.6%)		
567	KĘPKA Andrzej	363	PRZEWORSKA GRUPA BIEGOWA	M50	39	00:01:47	03:27:17	04:25:49	05:15:03	05:38:25.45	05:38:25.45	+02:46:32 (49.2%)	7:35	7.9 (50.6%)		
568	CWOJDZIŃSKI Piotr	228	NIGHT RUNNERS	M40	191	00:02:33	03:05:57	04:33:37	05:18:08	05:38:49.75	05:38:49.75	+02:46:57 (49.3%)	7:35	7.9 (50.6%)		
569	BOGDAŁ Sebastian	32	NOWA HUTA TEAM	M40	192	00:01:43	03:12:30	04:16:03	05:10:45	05:38:51.40	05:38:51.40	+02:46:58 (49.3%)	7:35	7.9 (50.6%)		
570	WEREMJEWICZ Marcin Wiktor	580	RUNSOFUN	M40	193	00:01:20	03:19:33	04:22:03	05:12:44	05:38:55.90	05:38:55.90	+02:47:03 (49.3%)	7:35	7.9 (50.6%)		
571	ADAMCZEWSKI Jakub	139	NIGHT RUNNERS / NBR TEAM	M30	189	00:02:36	03:05:57	04:33:38	05:18:08	05:38:57.10	05:38:57.10	+02:47:04 (49.3%)	7:35	7.9 (50.6%)		
572	MAZAN Eliza	688		K30	50	00:02:08	03:09:01	04:26:36	05:15:13	05:39:22.55	05:39:22.55	+02:47:29 (49.4%)	7:36	7.9 (50.6%)		
573	BARTOSZEWICZ Marta	472		K30	51	00:01:44	03:26:30	04:27:35	05:16:12	05:40:09.70	05:40:09.70	+02:48:17 (49.5%)	7:37	7.9 (50.6%)		
574	SZCZEPAŃSKI Grzegorz	813	MAJSTER SPORT TEAM	M40	194	00:02:15	03:15:14	04:24:50	05:14:32	05:40:10.00	05:40:10.00	+02:48:17 (49.5%)	7:37	7.9 (50.6%)		
575	BŁĄŻOWSKI Wojciech	814	MAJSTER SPORT TEAM	M40	195	00:02:14	03:15:14	04:24:47	05:14:32	05:40:10.60	05:40:10.60	+02:48:18 (49.5%)	7:37	7.9 (50.6%)		
576	KOWALCZYK Jarek	475	WKURW_TEAM	M30	190	00:02:34	03:24:24	04:27:37	05:15:06	05:40:42.30	05:40:42.30	+02:48:49 (49.6%)	7:38	7.9 (50.6%)		
577	DĄBEK Paweł	588		M40	196	00:02:58	03:32:49	04:28:03	05:15:35	05:40:44.75	05:40:44.75	+02:48:52 (49.6%)	7:38	7.9 (50.6%)		
578	MATYSEK Ireneusz	792	SAMOTNY WILK	M60	7	00:01:22	03:22:08	04:26:28	05:16:27	05:40:48.60	05:40:48.60	+02:48:56 (49.6%)	7:38	7.9 (50.6%)		
579	AMBICKI Miłosz	398	WKURW_TEAM	M30	191	00:02:13	03:22:49	04:31:22	05:14:59	05:41:00.40	05:41:00.40	+02:49:07 (49.6%)	7:38	7.8 (50.0%)		
580	MARCINEK Wojciech	649	AMATOR	M40	197	00:02:19	03:14:29	04:20:03	05:12:59	05:41:12.25	05:41:12.25	+02:49:19 (49.6%)	7:39	7.8 (50.0%)		
581	CHUTKIEWICZ Jerzy	630		M60	8	00:02:26	03:23:20	04:28:25	05:17:18	05:41:22.80	05:41:22.80	+02:49:30 (49.7%)	7:39	7.8 (50.0%)		
582	ŁYDA Piotr	153		M30	192	00:02:32	03:20:51	04:25:29	05:15:11	05:41:27.85	05:41:27.85	+02:49:35 (49.7%)	7:39	7.8 (50.0%)		
583	CHMIEL Michał	221	RZESZOWSKIE GAZELE I GEPARDY	M30	193	00:02:19	03:23:50	04:22:44	05:17:28	05:41:58.20	05:41:58.20	+02:50:05 (49.7%)	7:40	7.8 (50.0%)		
584	SŁOWIKOWSKI Damian	574		M20	40	00:02:31	03:13:13	04:23:46	05:15:58	05:42:14.30	05:42:14.30	+02:50:21 (49.8%)	7:40	7.8 (50.0%)		
585	STARCZEWSKA Sylwia	860	SPOKOJNA GŁOWA	K40	30	00:02:40	03:23:22	04:30:09	05:17:45	05:42:14.75	05:42:14.75	+02:50:22 (49.8%)	7:40	7.8 (50.0%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
586	SMOTER Wojciech	51	SBRT GLIWICE	M40	198	00:02:30	03:13:17	04:23:46	05:15:58	05:42:24.15	05:42:24.15	+02:50:31 (49.8%)	7:40	7.8 (50.0%)	
587	PILCH Daniel	292	WWW.GOHARDORGOHOME.PL	M40	199	00:01:11	03:18:22	04:24:52	05:18:14	05:42:57.45	05:42:57.45	+02:51:04 (49.9%)	7:41	7.8 (50.0%)	
588	PAUL Viola	21	NIGHT RUNNERS GLIWICE	K40	31	00:01:42	03:29:38	04:35:36	05:23:07	05:43:40.70	05:43:40.70	+02:51:48 (50.0%)	7:42	7.8 (50.0%)	
589	KRÓL-KRAJEWSKA Agnieszka	265	NIGHT RUNNERS	K40	32	00:02:34	03:23:22	04:31:08	05:19:19	05:44:07.00	05:44:07.00	+02:52:14 (50.1%)	7:42	7.8 (50.0%)	
590	KOPYŚĆ Jarosław	323	PSZCZÓŁKOWSKI TEAM	M40	200	00:01:21	03:29:11	04:29:15	05:18:44	05:44:20.60	05:44:20.60	+02:52:28 (50.1%)	7:43	7.8 (50.0%)	
591	SUWAŁA Anna	80	BIEGUSIEM.PL	K30	52	00:02:49	03:24:32	04:35:38	05:21:29	05:45:03.50	05:45:03.50	+02:53:10 (50.2%)	7:44	7.8 (50.0%)	
592	DUDEK Michał	58	BIEGUSIEM.PL	M30	194	00:02:49	03:24:32	04:35:40	05:21:30	05:45:03.90	05:45:03.90	+02:53:11 (50.2%)	7:44	7.8 (50.0%)	
593	SZURMAN Jan	522		M30	195	00:02:49	03:24:33	04:35:42	05:21:29	05:45:04.00	05:45:04.00	+02:53:11 (50.2%)	7:44	7.8 (50.0%)	
594	WYŻYKOWSKA Agnieszka	120	NOWA HUTA TEAM	K30	53	00:02:07	03:28:47	04:30:09	05:19:51	05:46:08.10	05:46:08.10	+02:54:15 (50.3%)	7:45	7.7 (49.4%)	
595	TOMANEK Renata	87		K40	33	00:02:28	03:24:26	04:30:27	05:20:18	05:47:01.75	05:47:01.75	+02:55:09 (50.5%)	7:46	7.7 (49.4%)	
596	WASAŹNIK Marcin	143	DZIKIE GRUBASY SZATANA	M40	201	00:01:55	03:07:40	04:18:56	05:14:41	05:49:30.45	05:49:30.45	+02:57:37 (50.8%)	7:50	7.7 (49.4%)	
597	NOWAK Katarzyna	141	DZIKIE GRUBASY SZATANA	K30	54	00:02:02	03:18:19	04:32:39	05:22:39	05:49:31.00	05:49:31.00	+02:57:38 (50.8%)	7:50	7.7 (49.4%)	
598	BARTOSIEWICZ Daria	165	DZIKIE GRUBASY SZATANA	K30	55	00:02:01	03:09:05	04:24:56	05:14:41	05:49:32.15	05:49:32.15	+02:57:39 (50.8%)	7:50	7.7 (49.4%)	
599	SAWICKI Radek	142	DZIKIE GRUBASY SZATANA	M30	196	00:01:54	03:09:01	04:24:57	05:14:41	05:49:32.20	05:49:32.20	+02:57:39 (50.8%)	7:50	7.7 (49.4%)	
600	GAȚARCZYK Mariusz	144	DZIKIE GRUBASY SZATANA	M30	197	00:01:54	03:09:03	04:24:55	05:14:33	05:49:33.10	05:49:33.10	+02:57:40 (50.8%)	7:50	7.7 (49.4%)	
601	NIZIOŁ Marian	720		M60	9	00:01:47	03:22:46	04:28:08	05:21:50	05:50:40.45	05:50:40.45	+02:58:47 (51.0%)	7:51	7.6 (48.7%)	
602	PÓŁTORAK Nicole	828		K20	21	00:02:18	03:24:00	04:32:26	05:23:52	05:50:50.20	05:50:50.20	+02:58:57 (51.0%)	7:51	7.6 (48.7%)	
603	WIŚNIEWSKI Radosław	829		M40	202	00:02:18	03:23:54	04:32:24	05:23:51	05:50:50.55	05:50:50.55	+02:58:57 (51.0%)	7:51	7.6 (48.7%)	
604	BOROWSKI Tomasz	818	HAMER MIASTKO	M50	40	00:01:38	03:10:50	04:27:13	05:24:12	05:50:51.05	05:50:51.05	+02:58:58 (51.0%)	7:51	7.6 (48.7%)	
605	ARENTEWICZ Grzegorz	373	TORUŃ MULTISPORT TEAM	M30	198	00:01:33	03:10:50	04:27:18	05:24:12	05:50:51.10	05:50:51.10	+02:58:58 (51.0%)	7:51	7.6 (48.7%)	
606	PORTACHA Katarzyna	415		K40	34	00:02:41	03:30:25	04:33:25	05:25:50	05:51:21.35	05:51:21.35	+02:59:28 (51.1%)	7:52	7.6 (48.7%)	
607	NAZIMEK Lilianna	543	SUO TEMPORE	K40	35	00:01:00	03:20:07	04:31:20	05:24:47	05:51:25.90	05:51:25.90	+02:59:33 (51.1%)	7:52	7.6 (48.7%)	
608	POPIOŁEK Jacek	308	LOST IN SPORT\BIEGUSIEM.PL	M30	199	00:02:50	03:20:35	04:38:42	05:27:45	05:51:37.90	05:51:37.90	+02:59:45 (51.1%)	7:53	7.6 (48.7%)	
609	WAŚIK Kornelia	371	BIEGUSIEM.PL	K20	22	00:02:51	03:40:43	04:38:27	05:27:44	05:51:38.00	05:51:38.00	+02:59:45 (51.1%)	7:53	7.6 (48.7%)	
610	KĘPKA Robert	668	BIEGUSIEM.PL	M30	200	00:02:48	03:20:35	04:38:42	05:27:45	05:51:38.20	05:51:38.20	+02:59:45 (51.1%)	7:53	7.6 (48.7%)	
611	KOSTYRA Krzysztof	800	BIEGUSIEM.PL / SGGW RUNNERS	M50	41	00:02:53	03:32:06	04:38:31	05:27:45	05:51:38.80	05:51:38.80	+02:59:46 (51.1%)	7:53	7.6 (48.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
612	MAŃKOWSKI Leszek	867	KZB	M30	201	00:02:50	03:14:15	04:37:24	05:25:03	05:52:12.70	05:52:12.70	+03:00:20 (51.2%)	7:53	7.6 (48.7%)		
613	WIECZOREK Beata	876	DZIKIE GRUBASY SZATANA	K30	56	00:01:56	03:33:08	04:36:37	05:28:43	05:53:03.25	05:53:03.25	+03:01:10 (51.3%)	7:54	7.6 (48.7%)		
614	KACZKIEWICZ Damian	299	NIGHT RUNNERS GLIWICE	M40	203	00:02:29	03:29:38	04:35:38	05:27:12	05:53:17.20	05:53:17.20	+03:01:24 (51.3%)	7:55	7.6 (48.7%)		
614	CHRUŚCIŃSKA Justyna	229	NIGHT RUNNERS POZNAŃ	K30	57	00:02:35	03:32:03	04:35:45	05:27:12	05:53:17.20	05:53:17.20	+03:01:24 (51.3%)	7:55	7.6 (48.7%)		
616	MAĆZKA Krystyna	888	OTK RZEŹNIK	K60	1	00:01:51	03:28:38	04:38:03	05:28:54	05:53:27.00	05:53:27.00	+03:01:34 (51.4%)	7:55	7.6 (48.7%)		
617	RAKOCZY Dorota	184		K40	36	00:01:34	03:28:37	04:38:00	05:28:54	05:53:29.80	05:53:29.80	+03:01:37 (51.4%)	7:55	7.6 (48.7%)		
618	MATUŁA Przemysław	39	UMCS BIEGA	M50	42	00:02:13	03:24:19	04:44:56	05:30:38	05:53:31.85	05:53:31.85	+03:01:39 (51.4%)	7:55	7.6 (48.7%)		
619	MADZIARSKA Monika	578	KS PEGAZ	K40	37	00:02:54	03:33:19	04:35:55	05:27:58	05:53:48.35	05:53:48.35	+03:01:55 (51.4%)	7:55	7.6 (48.7%)		
620	KAŃDUŁA Klaudia	596		K30	58	00:02:50	03:34:16	04:37:48	05:29:27	05:54:09.85	05:54:09.85	+03:02:17 (51.5%)	7:56	7.6 (48.7%)		
621	DUBANIK Piotr	412	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M50	43	00:01:51	03:28:00	04:37:53	05:27:14	05:54:17.15	05:54:17.15	+03:02:24 (51.5%)	7:56	7.6 (48.7%)		
622	TOMASZEK-KOSOŃ Bernadeta	750	AZS AWF KRAKÓW MASTERS	K40	38	00:02:03	03:35:28	04:40:22	05:29:10	05:54:18.25	05:54:18.25	+03:02:25 (51.5%)	7:56	7.6 (48.7%)		
623	POŁEĆ Irenusz	686	POLSKA MARKA	M30	202	00:02:54	03:23:19	04:35:31	05:26:34	05:54:28.15	05:54:28.15	+03:02:35 (51.5%)	7:56	7.5 (48.1%)		
624	OPALIŃSKI Tomasz	274		M50	44	00:02:22	03:29:50	04:34:30	05:26:34	05:54:34.55	05:54:34.55	+03:02:41 (51.5%)	7:56	7.5 (48.1%)		
625	SOSZYŃSKA Gosia	271	CZŁAPACZE	K50	8	00:02:39	03:37:20	04:37:52	05:28:21	05:54:35.85	05:54:35.85	+03:02:43 (51.5%)	7:57	7.5 (48.1%)		
626	NASTAROWICZ Tomasz	345	DUCHPOSTEPU 2018	M20	41	00:01:29	03:34:20	04:37:45	05:30:13	05:54:37.60	05:54:37.60	+03:02:45 (51.5%)	7:57	7.5 (48.1%)		
627	GAWCZYŃSKA - BACZA Izabela	110		K40	39	00:02:30	03:29:00	04:40:37	05:30:39	05:54:40.20	05:54:40.20	+03:02:47 (51.5%)	7:57	7.5 (48.1%)		
628	WITRYK Lesław	509		M30	203	00:02:55	03:39:40	04:44:31	05:30:50	05:54:41.60	05:54:41.60	+03:02:49 (51.5%)	7:57	7.5 (48.1%)		
629	SEKUŁA Tomasz	511		M40	204	00:02:56	03:39:40	04:44:31	05:30:50	05:54:43.15	05:54:43.15	+03:02:50 (51.5%)	7:57	7.5 (48.1%)		
630	BACZA Piotr	111		M40	205	00:02:31	03:29:00	04:40:37	05:30:40	05:54:55.20	05:54:55.20	+03:03:02 (51.6%)	7:57	7.5 (48.1%)		
631	KAWALEC Małgorzata	420	DREAM TEAM	K30	59	00:01:48	03:36:36	04:41:05	05:30:11	05:55:16.30	05:55:16.30	+03:03:23 (51.6%)	7:57	7.5 (48.1%)		
632	GÓRCZYŃSKI Przemysław	440	DREAM TEAM	M40	206		03:36:41	04:41:05	05:30:07	05:55:18.90	05:55:18.90	+03:03:26 (51.6%)	7:57	7.5 (48.1%)		
633	LITWINEK Marek	18	WW TEAM	M30	204	00:01:59	03:11:50	04:40:34	05:33:52	05:55:26.10	05:55:26.10	+03:03:33 (51.6%)	7:58	7.5 (48.1%)		
634	CHUDIO Marcin	698		M20	42	00:02:45	03:18:22	04:30:24	05:28:19	05:55:32.85	05:55:32.85	+03:03:40 (51.7%)	7:58	7.5 (48.1%)		
635	MICHALSKA Klementyna	135		K30	60	00:01:53	03:22:26	04:37:13	05:27:51	05:55:36.35	05:55:36.35	+03:03:43 (51.7%)	7:58	7.5 (48.1%)		
636	DROZD Arkadiusz	217		M30	205	00:01:53	03:22:27	04:37:13	05:31:12	05:55:37.25	05:55:37.25	+03:03:44 (51.7%)	7:58	7.5 (48.1%)		
637	HYZIAK Joanna	516	JJ.RUNNERS	K40	40	00:01:46	03:22:17	04:41:13	05:30:45	05:55:47.65	05:55:47.65	+03:03:55 (51.7%)	7:58	7.5 (48.1%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
638	LEWANDOWSKI Paweł	260		M40	207	00:01:04	02:47:06	04:18:43	05:20:02	05:55:54.25	05:55:54.25	+03:04:01 (51.7%)	7:58	7.5 (48.1%)
639	BUCIOR Łukasz	752	NAJWIĘKSZA ARMIA ŚWIATA	M20	43		02:59:20	04:10:34	05:16:14	05:55:54.35	05:55:54.35	+03:04:01 (51.7%)	7:58	7.5 (48.1%)
640	HYZIAK Jakub	261	JJ.RUNNERS	M40	208	00:01:46	03:22:16	04:41:15	05:31:21	05:55:57.75	05:55:57.75	+03:04:05 (51.7%)	7:58	7.5 (48.1%)
641	JASIKOWSKI Łukasz	407	KONIUCHY	M20	44	00:02:21	03:28:57	04:38:12	05:29:07	05:56:39.40	05:56:39.40	+03:04:46 (51.8%)	7:59	7.5 (48.1%)
642	ŚLIWIŃSKI Paweł	40	BIEGAJĄCY ŚWIDNIK	M30	206	00:02:27	03:27:04	04:31:56	05:30:54	05:56:46.40	05:56:46.40	+03:04:53 (51.8%)	7:59	7.5 (48.1%)
643	CYBUŁKA Mariusz	207	STAŚ BIEGA	M30	207	00:01:39	03:30:05	04:40:24	05:33:07	05:57:14.80	05:57:14.80	+03:05:22 (51.9%)	8:00	7.5 (48.1%)
644	PARYS Michał	428		M30	208	00:01:08	03:16:08	04:33:05	05:32:07	05:57:45.40	05:57:45.40	+03:05:52 (52.0%)	8:01	7.5 (48.1%)
645	SZCZEPOCKI Andrzej	826	NIEPOŁOMICE BIEGAJĄ	M40	209	00:02:33	03:28:09	04:41:02	05:34:38	05:58:05.90	05:58:05.90	+03:06:13 (52.0%)	8:01	7.5 (48.1%)
646	LORENC Maciej	684	BIEGUSIEM.PL	M40	210	00:02:48	03:25:38	04:33:47	05:25:24	05:58:07.00	05:58:07.00	+03:06:14 (52.0%)	8:01	7.5 (48.1%)
647	WILECZEK Antoni	711		M20	45	00:02:25	03:33:06	04:44:40	05:34:00	05:58:40.25	05:58:40.25	+03:06:47 (52.1%)	8:02	7.5 (48.1%)
648	PEŁDIAK Bogdan	402		M50	45	00:02:46	03:30:41	04:38:21	05:33:47	05:59:13.45	05:59:13.45	+03:07:20 (52.2%)	8:03	7.4 (47.4%)
649	KOMAŃSKI Rafał	703	DRUŻYNA SZPIKU	M40	211	00:02:40	03:38:36	04:47:57	05:35:30	05:59:35.20	05:59:35.20	+03:07:42 (52.2%)	8:03	7.4 (47.4%)
650	PIECUCH Małgorzata	278	LACHO TEAM	K50	9	00:01:59	03:43:36	04:50:41	05:37:32	05:59:53.65	05:59:53.65	+03:08:01 (52.2%)	8:04	7.4 (47.4%)
651	LOSKA Michał	171	BARAN TRAIL RACE	M30	209	00:02:44	03:34:09	04:36:56	05:34:33	06:01:10.20	06:01:10.20	+03:09:17 (52.4%)	8:05	7.4 (47.4%)
652	CIECHOMSKI Bartłomiej	730		M30	210	00:00:59	03:30:28	04:32:31	05:29:26	06:01:28.90	06:01:28.90	+03:09:36 (52.5%)	8:06	7.4 (47.4%)
653	KOŻUCH Anna	534	BRAK	K30	61	00:01:34	03:28:52	04:42:14	05:34:48	06:02:03.50	06:02:03.50	+03:10:10 (52.5%)	8:07	7.4 (47.4%)
654	BAK Piotr	316	HUSARIA RACE TEAM	M30	211	00:01:53	03:42:17	04:46:28	05:36:45	06:02:12.90	06:02:12.90	+03:10:20 (52.5%)	8:07	7.4 (47.4%)
655	KIELISIAK Małgorzata	386	HUSARIA RACE TEAM	K20	23	00:01:53	03:42:18	04:46:25	05:36:24	06:02:13.80	06:02:13.80	+03:10:21 (52.6%)	8:07	7.4 (47.4%)
656	WĄSOWSKA Jagoda	96	PIASECZNO	K50	10	00:02:54	03:51:52	04:52:57	05:40:20	06:02:33.10	06:02:33.10	+03:10:40 (52.6%)	8:07	7.4 (47.4%)
657	ZAJĄC Wojciech	590	BEŁŻYCE I OKOLICE BIEGAJĄ	M20	46	00:01:59	03:23:18	04:40:28	05:33:01	06:02:35.65	06:02:35.65	+03:10:43 (52.6%)	8:07	7.4 (47.4%)
658	WIDOMSKA-MACIEJEWSKA Joanna	210	NAJWIĘKSZA ARMIA ŚWIATA/FEEL THE FREEDOM	K30	62	00:01:58	03:23:19	04:40:28	05:33:01	06:02:35.70	06:02:35.70	+03:10:43 (52.6%)	8:07	7.4 (47.4%)
659	HEJMAN Maciej	366	WKURW_TEAM	M40	212	00:03:03	03:31:30	04:44:22	05:36:34	06:02:46.80	06:02:46.80	+03:10:54 (52.6%)	8:08	7.4 (47.4%)
660	BANASIK Karolina	367	WKURW_TEAM	K30	63	00:03:05	03:31:31	04:41:49	05:36:34	06:02:46.95	06:02:46.95	+03:10:54 (52.6%)	8:08	7.4 (47.4%)
661	GÓRA Grzegorz	349	NIGHT RUNNERS WROCŁAW/ PARAFIT	M30	212	00:02:15	03:33:52	04:42:00	05:35:04	06:03:09.65	06:03:09.65	+03:11:17 (52.7%)	8:08	7.4 (47.4%)
662	TURZAŃSKA Iwona	350	NIGHT RUNNERS WROCŁAW/PARAFIT	K30	64	00:02:14	03:33:54	04:42:10	05:35:12	06:03:10.35	06:03:10.35	+03:11:17 (52.7%)	8:08	7.4 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
663	FUNKA Andrzej	640	NKB CHYŻY NOWY TOMYŚL	M50	46	00:02:28	03:34:24	04:42:12	05:35:57	06:03:41.55	06:03:41.55	+03:11:48 (52.7%)	8:09	7.4 (47.4%)	
664	KOSNO Weronika	137	NIGHT RUNNERS	K20	24	00:02:35	03:42:22	04:49:06	05:40:51	06:04:04.40	06:04:04.40	+03:12:11 (52.8%)	8:09	7.4 (47.4%)	
665	KLISZ Agnieszka	576	HUSARIA RACE TEAM	K30	65	00:01:59	03:43:19	04:44:23	05:37:48	06:04:07.35	06:04:07.35	+03:12:14 (52.8%)	8:09	7.3 (46.8%)	
666	DRABIK Jacek	602		M50	47	00:02:41	03:32:22	04:43:50	05:37:02	06:04:31.40	06:04:31.40	+03:12:38 (52.8%)	8:10	7.3 (46.8%)	
667	GŁUSZCZAK Jerzy	336		M60	10	00:02:35	03:34:25	04:46:12	05:39:08	06:04:59.00	06:04:59.00	+03:13:06 (52.9%)	8:11	7.3 (46.8%)	
668	MIKOŁAJCZYK Agnieszka	527	HUSARIA RACE TEAM	K30	66	00:00:47	03:32:19	04:41:38	05:36:46	06:05:02.85	06:05:02.85	+03:13:10 (52.9%)	8:11	7.3 (46.8%)	
669	GOGÓŁ IŻOWSKA Edyta	713	SMASHING PĄPKINS	K30	67	00:02:45	03:34:11	04:48:40	05:41:19	06:05:37.20	06:05:37.20	+03:13:44 (53.0%)	8:11	7.3 (46.8%)	
670	KOSOŃ Marcin	749	LACHO TEAM	M50	48	00:02:03	03:04:07	04:22:27	05:27:08	06:06:11.40	06:06:11.40	+03:14:18 (53.1%)	8:12	7.3 (46.8%)	
671	MISZCZYK Marcin	767		M40	213	00:02:32	03:33:07	04:46:01	05:40:53	06:06:21.00	06:06:21.00	+03:14:28 (53.1%)	8:12	7.3 (46.8%)	
672	KWAŚNIEWSKI Andrzej	803	RONCHE QCE	M40	214	00:02:32	03:33:07	04:46:01	05:40:53	06:06:21.25	06:06:21.25	+03:14:28 (53.1%)	8:12	7.3 (46.8%)	
673	HANDERMANDER Agnieszka	544		K30	68	00:02:35	03:37:53	04:47:55	05:40:41	06:06:31.85	06:06:31.85	+03:14:39 (53.1%)	8:13	7.3 (46.8%)	
674	SOLICH Patryk	83	NIGHT RUNNERS GLIWICE	M30	213	00:02:27	03:30:48	04:53:12	05:43:01	06:06:46.80	06:06:46.80	+03:14:54 (53.1%)	8:13	7.3 (46.8%)	
674	KULIK Katarzyna	82	NIGHT RUNNERS GLIWICE	K30	69	00:02:34	03:30:49	04:53:14	05:43:02	06:06:46.80	06:06:46.80	+03:14:54 (53.1%)	8:13	7.3 (46.8%)	
676	ZIELONKA Mariusz	150	CENTRUM SZKOLENIA WOJSK LĄDOWYCH POZNAŃ	M40	215	00:02:24	03:46:00	04:47:56	05:43:14	06:06:51.60	06:06:51.60	+03:14:59 (53.1%)	8:13	7.3 (46.8%)	
677	HANULAK Jakub	751	WKURW_TEAM	M20	47	00:02:26	03:41:24	04:43:55	05:40:42	06:07:37.10	06:07:37.10	+03:15:44 (53.2%)	8:14	7.3 (46.8%)	
678	SNARSKA Katarzyna	449	PFIZER POLSKA	K30	70	00:02:37	03:34:29	04:42:06	05:38:24	06:07:47.80	06:07:47.80	+03:15:55 (53.3%)	8:14	7.3 (46.8%)	
679	LEŚNIEWSKI Michał	562	SPARTANIE DZIECIOM	M40	216	00:02:17	03:45:11	04:45:28	05:38:24	06:07:49.80	06:07:49.80	+03:15:57 (53.3%)	8:14	7.3 (46.8%)	
680	RUDZKI Tomasz	253		M40	217	00:02:05	03:31:03	04:45:55	05:40:10	06:07:55.00	06:07:55.00	+03:16:02 (53.3%)	8:14	7.3 (46.8%)	
681	FLIS Piotr	168	DANIEL'S TEAM	M40	218	00:02:38	03:32:07	04:45:41	05:41:37	06:09:17.70	06:09:17.70	+03:17:25 (53.5%)	8:16	7.2 (46.2%)	
682	KMITA Gabriela	492	NOWA HUTA TEAM	K20	25	00:01:44	03:31:06	04:45:59	05:40:40	06:09:27.70	06:09:27.70	+03:17:35 (53.5%)	8:17	7.2 (46.2%)	
683	SOKOŁOWSKI Artur	46	WĘDRUJĄCE SOKOŁY	M50	49	00:01:19	03:38:24	04:47:20	05:41:57	06:09:36.65	06:09:36.65	+03:17:44 (53.5%)	8:17	7.2 (46.2%)	
684	SKORUPSKA Julia	607		K40	41	00:02:14	03:43:42	04:55:43	05:46:31	06:11:40.70	06:11:40.70	+03:19:48 (53.8%)	8:20	7.2 (46.2%)	
685	SARAT Ewa	862	GSB	K40	42	00:01:59	03:51:53	04:53:34	05:45:53	06:12:08.15	06:12:08.15	+03:20:15 (53.8%)	8:20	7.2 (46.2%)	
686	HORBACZEWSKI Marek	145		M50	50	00:02:14	03:43:42	04:55:44	05:46:42	06:12:09.80	06:12:09.80	+03:20:17 (53.8%)	8:20	7.2 (46.2%)	
687	WILIMSKI Tomasz	84	NIGHT RUNNERS	M40	219	00:02:28	03:31:04	04:53:13	05:45:01	06:12:14.30	06:12:14.30	+03:20:21 (53.8%)	8:20	7.2 (46.2%)	
688	SYGUŁA Katarzyna	62	KB MCKIS JAWORZNO	K40	43	00:01:44	03:42:49	04:53:48	05:47:19	06:12:20.15	06:12:20.15	+03:20:27 (53.8%)	8:20	7.2 (46.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
689	KORZENIOWSKA Joanna	24	UMCS BIEGA	K30	71	00:01:58	03:32:22	04:53:42	05:47:04	06:12:37.00	06:12:37.00	+03:20:44 (53.9%)	8:21	7.2 (46.2%)	
690	STANIEC Katarzyna	746	BIEGNE DLA MILI I MARIKI	K30	72	00:01:57	03:35:52	04:42:17	05:40:33	06:12:51.30	06:12:51.30	+03:20:58 (53.9%)	8:21	7.2 (46.2%)	
691	POJNAR Karol	517		M20	48	00:02:53	03:31:03	04:48:21	05:40:42	06:13:02.50	06:13:02.50	+03:21:09 (53.9%)	8:21	7.2 (46.2%)	
692	BATOR Marek	208		M40	220	00:02:29	03:34:22	04:44:25	05:44:50	06:13:04.50	06:13:04.50	+03:21:11 (53.9%)	8:21	7.2 (46.2%)	
693	MORAWSKA Anna	185		K60	2	00:01:39	03:37:52	04:46:09	05:46:04	06:14:01.80	06:14:01.80	+03:22:09 (54.0%)	8:23	7.2 (46.2%)	
694	PUZIO Hubert	766		M30	214	00:02:47	03:21:30	04:46:21	05:43:32	06:14:28.50	06:14:28.50	+03:22:35 (54.1%)	8:23	7.1 (45.5%)	
695	LATO Karolina	156	LUBLIN BIEGA	K30	73	00:02:12	03:55:23	04:57:41	05:49:50	06:15:49.55	06:15:49.55	+03:23:56 (54.3%)	8:25	7.1 (45.5%)	
696	FISHCHUK Oleh	831		M20	49	00:00:50	03:52:41	04:52:55	05:49:28	06:15:59.80	06:15:59.80	+03:24:07 (54.3%)	8:25	7.1 (45.5%)	
697	SOBOŃ Ewelina	230		K30	74	00:01:58	03:39:28	04:56:57	05:50:00	06:16:54.25	06:16:54.25	+03:25:01 (54.4%)	8:27	7.1 (45.5%)	
697	KANDEFER Urszula	232	IDEO.PL	K30	75	00:01:58	03:39:29	04:56:57	05:50:00	06:16:54.25	06:16:54.25	+03:25:01 (54.4%)	8:27	7.1 (45.5%)	
699	POTERA Krystyna	661	FRYTKÓW!!!!	K30	76	00:02:23	03:46:14	04:55:04	05:50:24	06:18:12.30	06:18:12.30	+03:26:19 (54.6%)	8:28	7.1 (45.5%)	
700	MAZUREK Monika	28	NOWA HUTA TEAM	K40	44	00:02:00	03:52:56	05:08:43	05:58:16	06:18:58.30	06:18:58.30	+03:27:05 (54.6%)	8:29	7.1 (45.5%)	
701	PRZYBYLSKI Łukasz	344	DUCHY POSTEPU	M20	50	00:01:30	03:41:50	04:46:29	05:48:44	06:19:01.25	06:19:01.25	+03:27:08 (54.7%)	8:29	7.1 (45.5%)	
702	KLUZA-HOWIL Lila	177	WWW.BIEGOWEKAIZEN.PL	K40	45	00:02:33	03:39:55	04:57:54	05:50:51	06:19:04.60	06:19:04.60	+03:27:12 (54.7%)	8:29	7.1 (45.5%)	
703	TOBIASZ Kamil	337	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ / WKURWTEAM	M30	215	00:02:19	03:41:10	05:02:33	05:54:25	06:20:17.95	06:20:17.95	+03:28:25 (54.8%)	8:31	7 (44.9%)	
704	MIĄDZEL Katarzyna	338	ZAGNAŃSK BIEGA	K30	77	00:02:19	03:41:14	05:02:35	05:54:23	06:20:18.10	06:20:18.10	+03:28:25 (54.8%)	8:31	7 (44.9%)	
705	PORĘBSKA Dorota	94	NOWA HUTA TEAM	K40	46	00:02:00	03:52:56	05:08:45	05:58:35	06:20:30.80	06:20:30.80	+03:28:38 (54.8%)	8:31	7 (44.9%)	
706	ŻERULIK Jarosław	626	ŹRÓDLANA	M30	216	00:03:04	03:42:38	04:56:21	05:52:21	06:20:36.45	06:20:36.45	+03:28:43 (54.8%)	8:32	7 (44.9%)	
707	WRÓBLEWSKA-GAWEŁ Agnieszka	105	NH TEAM	K40	47	00:02:00	03:52:49	05:08:46	05:58:20	06:20:56.85	06:20:56.85	+03:29:04 (54.9%)	8:32	7 (44.9%)	
708	MIKOŁAJCZYK Jarosław	614		M30	217	00:02:37	03:46:02	05:03:25	05:56:30	06:22:15.50	06:22:15.50	+03:30:22 (55.0%)	8:34	7 (44.9%)	
709	WRONA Tomek	33	KS PEGAZ	M30	218	00:02:54	03:40:41	04:54:18	05:51:30	06:22:34.40	06:22:34.40	+03:30:41 (55.1%)	8:34	7 (44.9%)	
710	DOMARADZKA Ewa	627	NIGHT RUNNERS PYSKOWICE	K40	48	00:02:15	03:39:04	04:54:19	05:51:33	06:22:34.50	06:22:34.50	+03:30:41 (55.1%)	8:34	7 (44.9%)	
711	ROMANOWSKA Ewa	159		K30	78	00:02:13	03:52:28	05:02:12	05:55:41	06:22:47.60	06:22:47.60	+03:30:55 (55.1%)	8:34	7 (44.9%)	
712	SZELER Joanna	122	BIEGAJĄCA Z PSAMI	K40	49		04:01:47	05:00:45	06:01:04	06:23:03.90	06:23:03.90	+03:31:11 (55.1%)	8:35	7 (44.9%)	
713	TYLKA Przemysław	789		M40	221	00:02:01	03:34:56	04:58:11	05:54:04	06:23:31.90	06:23:31.90	+03:31:39 (55.2%)	8:35	7 (44.9%)	
714	WENECKA-FLIS Anna	169	DANIEL'S TEAM	K30	79	00:02:40	03:52:50	05:08:33	05:59:25	06:23:48.50	06:23:48.50	+03:31:55 (55.2%)	8:36	7 (44.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
715	PTAK Patryk	689	WKURW_TEAM	M30	219	00:02:20	03:41:10	05:02:35	05:55:11	06:26:32.55	06:26:32.55	+03:34:39 (55.5%)	8:40	6.9 (44.2%)	
716	KONIECZNY Piotr	665	NKB CHYŻY NOWY TOMYŚL	M30	220	00:02:29	03:50:39	05:06:38	06:02:33	06:28:53.25	06:28:53.25	+03:37:00 (55.8%)	8:43	6.9 (44.2%)	
717	MAZUR Marek	115		M40	222	00:02:32	03:47:25	05:03:15	05:58:55	06:29:28.05	06:29:28.05	+03:37:35 (55.9%)	8:43	6.9 (44.2%)	
718	MAZUR Magdalena	114		K30	80	00:02:31	03:47:23	05:03:19	05:58:55	06:29:28.10	06:29:28.10	+03:37:35 (55.9%)	8:43	6.9 (44.2%)	
719	GORZKOWSKI Bartłomiej	196		M30	221	00:02:57	03:50:44	04:59:40	05:59:13	06:29:41.40	06:29:41.40	+03:37:48 (55.9%)	8:44	6.9 (44.2%)	
720	KOFIN GREEN OFFICE Maciej	353	TKKF UKLEJNA MYŚLENICE	M40	223	00:02:43	03:48:35	05:00:20	05:59:12	06:29:43.95	06:29:43.95	+03:37:51 (55.9%)	8:44	6.9 (44.2%)	
721	DRAPAŁA Jan	549	KROKODYLE KOLBUSZOWA	M40	224	00:03:02	03:42:07	05:00:12	05:58:57	06:30:03.80	06:30:03.80	+03:38:11 (55.9%)	8:44	6.9 (44.2%)	
722	ORZECH Artur	547	KROKODYLE KOLBUSZOWA	M40	225	00:03:03	03:43:18	05:00:10	05:58:57	06:30:03.95	06:30:03.95	+03:38:11 (55.9%)	8:44	6.9 (44.2%)	
723	ŻACZEK Anna	663	BIEGUSIEM.PL	K40	50	00:02:53	03:32:08	05:00:11	05:58:57	06:30:04.30	06:30:04.30	+03:38:11 (55.9%)	8:44	6.9 (44.2%)	
724	KOTELNICKA Renata	880		K40	51	00:02:30	03:47:28	05:03:20	05:59:07	06:30:25.65	06:30:25.65	+03:38:33 (56.0%)	8:45	6.9 (44.2%)	
725	ZABURKO Mateusz	119		M30	222	00:02:32	03:52:46	05:11:01	06:02:57	06:31:35.85	06:31:35.85	+03:39:43 (56.1%)	8:46	6.8 (43.6%)	
726	GRECH-BARAN Marta	77	ROGATE TORPEDY	K30	81	00:02:39	03:48:31	05:05:23	06:02:50	06:31:52.15	06:31:52.15	+03:39:59 (56.1%)	8:47	6.8 (43.6%)	
727	BARAN Jakub	78	ROGATE TORPEDY	M30	223	00:02:39	03:48:33	05:05:25	06:02:50	06:31:52.20	06:31:52.20	+03:39:59 (56.1%)	8:47	6.8 (43.6%)	
728	SPALIŃSKA-PIETRULIŃSKA Wiktoria	706	SPARTANIE DZIECIOM	K30	82	00:02:19	03:46:17	04:56:13	05:56:29	06:32:16.00	06:32:16.00	+03:40:23 (56.2%)	8:47	6.8 (43.6%)	
729	PIETRULIŃSKI Mateusz	705	SPARTANIE DZIECIOM	M30	224	00:02:18	03:46:17	04:56:15	05:56:33	06:32:16.05	06:32:16.05	+03:40:23 (56.2%)	8:47	6.8 (43.6%)	
730	DUDEK Dominik	778	MCG PROJECTS	M40	226	00:00:51	03:50:53	05:02:18	06:01:52	06:32:51.50	06:32:51.50	+03:40:58 (56.2%)	8:48	6.8 (43.6%)	
731	PAWELCZYK Anita	352	SPARTANIE DZIECIOM	K30	83	00:02:57	03:45:14	04:56:12	05:56:33	06:32:58.70	06:32:58.70	+03:41:06 (56.3%)	8:48	6.8 (43.6%)	
732	GLINIANY Adam	235	ZABIEGANA RODZINKA	M40	227	00:02:05	03:45:31	05:09:29	06:06:24	06:33:38.55	06:33:38.55	+03:41:45 (56.3%)	8:49	6.8 (43.6%)	
733	GLINIANY Małgorzata	236	ZABIEGANA RODZINKAQ	K40	52	00:02:05	03:45:32	05:09:28	06:06:23	06:33:38.85	06:33:38.85	+03:41:46 (56.3%)	8:49	6.8 (43.6%)	
734	MICHNO Anna	170	LACHO TEAM	K40	53	00:02:09	03:54:04	05:05:22	06:02:10	06:33:45.70	06:33:45.70	+03:41:53 (56.4%)	8:49	6.8 (43.6%)	
735	MICHNO Tomasz	224	LACHO TEAM	M40	228	00:02:09	03:54:04	05:05:21	06:02:10	06:33:47.70	06:33:47.70	+03:41:55 (56.4%)	8:49	6.8 (43.6%)	
736	WISZNIEWSKA Katarzyna	73	GRUPA SKROMNYCH BIEGACZY	K40	54	00:02:00	03:55:29	05:07:15	06:03:52	06:34:14.55	06:34:14.55	+03:42:21 (56.4%)	8:50	6.8 (43.6%)	
737	ŚWIĘTOCHOWSKA Beata	76	GRUPA SKROMNYCH BIEGACZY	K40	55	00:01:56	03:51:54	05:07:13	06:03:52	06:34:14.85	06:34:14.85	+03:42:22 (56.4%)	8:50	6.8 (43.6%)	
738	BOBOLA Maciej	848		M40	229	00:02:51	03:43:04	05:08:19	06:06:24	06:35:10.20	06:35:10.20	+03:43:17 (56.5%)	8:51	6.8 (43.6%)	
739	MYŚLIŃSKI Tomasz	81	BIEGUSIEM.PL	M40	230	00:02:49	03:49:07	05:02:32	06:06:40	06:36:35.20	06:36:35.20	+03:44:42 (56.7%)	8:53	6.7 (42.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km					
740	BZOWSKA Aleksandra	319	NIGHT RUNNERS GLIWICE	K30	84	00:02:24	03:52:20	05:17:13	06:11:13	06:37:10.65	06:37:10.65	+03:45:18 (56.7%)	8:54	6.7 (42.9%)		
741	SWOBODA Jarosław	20	NIGHT RUNNERS GLIWICE	M40	231	00:02:25	03:52:20	05:17:15	06:11:13	06:37:10.95	06:37:10.95	+03:45:18 (56.7%)	8:54	6.7 (42.9%)		
742	MALEC Basia	565		K50	11	00:02:04	03:44:15	05:05:24	06:07:19	06:37:19.40	06:37:19.40	+03:45:26 (56.7%)	8:54	6.7 (42.9%)		
743	MAREK Magdalena	747	CELUJ W ZDROWIE	K40	56	00:02:47	03:52:16	05:06:38	06:07:41	06:38:52.90	06:38:52.90	+03:47:00 (56.9%)	8:56	6.7 (42.9%)		
744	OBARSKI Norbert	99		M50	51	00:02:52	03:54:01	05:12:10	06:12:49	06:39:12.75	06:39:12.75	+03:47:20 (56.9%)	8:57	6.7 (42.9%)		
745	KOWALIK Anna	25	UMCS BIEGA	K30	85	00:01:58	03:32:22	04:53:43	06:00:14	06:40:24.60	06:40:24.60	+03:48:32 (57.1%)	8:58	6.7 (42.9%)		
745	WÓJTOWICZ Paweł	30	LUBLINBIEGA	M40	232	00:02:02	03:41:58	04:57:42	06:00:14	06:40:24.60	06:40:24.60	+03:48:32 (57.1%)	8:58	6.7 (42.9%)		
747	SZCZERBIŃSKI Marcin	755	DZIKIE GRUBASY SZATANA	M40	233	00:02:01	03:53:11	05:16:06	06:11:52	06:41:01.30	06:41:01.30	+03:49:08 (57.1%)	8:59	6.7 (42.9%)		
748	BRZEZIŃSKA Teresa	692	NIGHT RUNNERS GLIWICE	K40	57	00:02:35	03:54:17	05:25:40	06:14:09	06:41:11.25	06:41:11.25	+03:49:18 (57.2%)	8:59	6.7 (42.9%)		
749	POSTÓŁ Karolina	424	NIGHT RUNNERS GLIWICE	K30	86	00:02:35	03:54:17	05:25:39	06:14:08	06:41:14.15	06:41:14.15	+03:49:21 (57.2%)	8:59	6.7 (42.9%)		
750	HANGIEL Urszula	745		K30	87	00:02:39	03:54:14	05:17:00	06:13:54	06:41:19.70	06:41:19.70	+03:49:27 (57.2%)	8:59	6.7 (42.9%)		
751	PRZECH-FUS Agnieszka	22	WW TEAM	K50	12	00:02:01	03:44:35	05:12:15	06:13:34	06:43:42.90	06:43:42.90	+03:51:50 (57.4%)	9:03	6.6 (42.3%)		
752	OKARMA Wojtek	634	WWW.VIRTUTIMILITARI.PL	M30	225	00:02:51	03:52:28	05:10:59	06:14:44	06:44:08.65	06:44:08.65	+03:52:16 (57.5%)	9:03	6.6 (42.3%)		
753	ZIENKOWSKA Izabela	29	WW TEAM	K30	88	00:02:12	03:57:10	05:12:12	06:13:39	06:47:03.00	06:47:03.00	+03:55:10 (57.8%)	9:07	6.6 (42.3%)		
754	ALEKSANDROWICZ Łukasz	383	SPARTANIE DZIECIOM	M30	226	00:02:16	03:55:54	05:08:13	06:12:49	06:47:20.05	06:47:20.05	+03:55:27 (57.8%)	9:07	6.6 (42.3%)		
755	HORBACZ Hanna	218		K30	89	00:02:37	03:54:25	05:16:02	06:15:28	06:47:37.00	06:47:37.00	+03:55:44 (57.8%)	9:08	6.6 (42.3%)		
756	ROSA Aleksander	219		M30	227	00:02:37	03:54:25	05:16:03	06:15:27	06:47:38.20	06:47:38.20	+03:55:45 (57.8%)	9:08	6.6 (42.3%)		
757	WZOREK Ewa	404	WKURW_TEAM	K20	26	00:02:59	03:55:48	05:19:15	06:20:50	06:53:59.40	06:53:59.40	+04:02:06 (58.5%)	9:16	6.5 (41.7%)		
758	CZARNY Łukasz	690	WKURW_TEAM	M30	228	00:03:00	03:55:49	05:18:53	06:20:49	06:53:59.80	06:53:59.80	+04:02:07 (58.5%)	9:16	6.5 (41.7%)		
759	ŚWIĘCICKA Dagmara	399	WKURW_TEAM	K20	27	00:02:58	03:55:52	05:19:16	06:20:50	06:53:59.95	06:53:59.95	+04:02:07 (58.5%)	9:16	6.5 (41.7%)		
760	NIEDŹWIECKA Kasia	360	EKOBIEGI	K40	58	00:01:54	04:07:17	05:26:53	06:29:05	07:05:36.45	07:05:36.45	+04:13:43 (59.6%)	9:32	6.3 (40.4%)		
761	SOBICZEWSKA Iza	374	EKOBIEGI	K40	59	00:01:55	04:07:17	05:26:57	06:29:07	07:05:38.10	07:05:38.10	+04:13:45 (59.6%)	9:32	6.3 (40.4%)		
762	KUCHARZAK Norbert	820	JAZZANOVA	M20	51	00:01:49	03:25:37	05:27:28	06:32:49	07:13:23.70	07:13:23.70	+04:21:31 (60.3%)	9:43	6.2 (39.7%)		
	GŁUSZKO Przemysław	734	SOLINA TEAM	M30		00:02:02 DNF	02:43:44 DNF	03:45:57 DNF	DNF	DNF	DNF	-	-	- (0.0%)		
	GIŻA Grzegorz	824	1981	M30		00:00:38 DNF	02:28:04 DNF	DNF	06:33:27 DNF	DNF	DNF	-	-	- (0.0%)		
	MIKUŚKIEWICZ Piotr	205	RUN TEAM CHMIELNIK	M30		00:07:15 DNF	06:30:28 DNF	DNF	06:34:16 DNF	DNF	DNF	-	-	- (0.0%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo	Tempo
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km		min/km	km/h
	POTRZESZCZ Grzegorz	825		M40		DNF	02:42:58	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZYMAŃSKI Andrzej	408	WKOLANIEMISTRZYKA	M30		DNF	04:41:15	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CZUBA Jarek	691	ABOVE2000	M20		00:00:35 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MAJER Ewa	3	SOLGAR POLSKA	K30		00:00:35 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZMYSŁOWSKI Igor	589	LEPSZY ŻBIK	M20		00:01:14 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZCZEPANIAK Karol	726	CROSS STRACEŃCÓW TEAM	M40		00:01:40 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DRWIĘGA Maciej	247	POZYTYWNE ZABIEGANI SANOK	M40		00:02:08 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 772 wynik(ów)