



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

## IV ZIMOWY MARATON BIESZCZADZKI 2018 - 44,6KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas	Czas	Różn	Tempo	Tempo
						0.1km	26.5km	34.2km	40.7km	netto 44.6km	brutto 44.6km		min/km	km/h
1	<b>GORCZYCA Bartosz</b>	<b>13</b>	SALCO GARMIN TEAM	M20	1	00:00:28	01:43:43	02:12:29	02:37:48	<b>02:51:52.60</b>	<b>02:51:52.60</b>		3:51	15.6
2	<b>GRZĄDZIEL Dominik</b>	<b>15</b>	ATTIQ	M30	1	00:00:29	01:48:57	02:19:15	02:45:18	<b>02:58:44.70</b>	<b>02:58:44.70</b>	+00:06:52	4:00	15
3	<b>KOCZWARA Tomasz</b>	<b>613</b>		M40	1	00:00:33	01:49:07	02:19:36		<b>03:01:31.10</b>	<b>03:01:31.10</b>	+00:09:38	4:04	14.7
4	<b>BABIS Piotr</b>	<b>797</b>		M20	2	00:00:28	01:51:03	02:23:15	02:51:43	<b>03:05:23.65</b>	<b>03:05:23.65</b>	+00:13:31	4:09	14.4
5	<b>FARON Robert</b>	<b>2</b>	SALCO GARMIN SPORT	M40	2	00:00:28	01:54:13	02:25:52	02:52:42	<b>03:07:01.00</b>	<b>03:07:01.00</b>	+00:15:08	4:11	14.3
6	<b>CEBERAK Bartosz</b>	<b>249</b>		M30	2	00:00:57	01:52:08	02:26:58		<b>03:12:58.00</b>	<b>03:12:58.00</b>	+00:21:05	4:19	13.9
7	<b>POLAŃSKI Tomasz</b>	<b>875</b>	B4SPORT	M40	3	00:00:38	01:59:44	02:31:34		<b>03:13:57.35</b>	<b>03:13:57.35</b>	+00:22:04	4:20	13.8
8	<b>WAŻNY Stanisław</b>	<b>473</b>	BIEGOMANIA LUBACZÓW	M30	3	00:00:45	01:59:45	02:32:21		<b>03:15:27.15</b>	<b>03:15:27.15</b>	+00:23:34	4:22	13.7
9	<b>WIERNUSZ Krzysztof</b>	<b>538</b>	FINISZ RYMANÓW	M40	4	00:00:31	01:59:34	02:32:11		<b>03:15:50.90</b>	<b>03:15:50.90</b>	+00:23:58	4:23	13.7
10	<b>KOCZAJA Artur</b>	<b>497</b>		M30	4	00:00:31	01:57:11	02:31:35		<b>03:16:10.00</b>	<b>03:16:10.00</b>	+00:24:17	4:23	13.6
11	<b>PAKUŁA Paweł</b>	<b>644</b>	MKS 'ŻAK' BIAŁA PODLASKA	M40	5	00:00:43	02:02:38	02:35:47	03:05:22	<b>03:20:25.55</b>	<b>03:20:25.55</b>	+00:28:32	4:29	13.4
12	<b>PLOCH Jakub</b>	<b>6</b>	NIGHT RUNNERS ZABRZE	M20	3	00:00:30	02:02:01	02:37:33		<b>03:24:18.20</b>	<b>03:24:18.20</b>	+00:32:25	4:34	13.1
13	<b>NOWAKOWSKI Tobiasz</b>	<b>291</b>	RACE FIGHTER	M30	5	00:00:33	01:58:57	02:35:46		<b>03:25:57.55</b>	<b>03:25:57.55</b>	+00:34:04	4:37	13
14	<b>CZYŻ Grzegorz</b>	<b>4</b>	GRUPA AZOTY -AUTOMATYKA TARNÓW	M50	1	00:00:37	02:03:23	02:38:52	03:10:30	<b>03:26:43.85</b>	<b>03:26:43.85</b>	+00:34:51	4:38	12.9
15	<b>KOBIERSKI Piotr</b>	<b>181</b>	UKA ULTRAS RUNNERS	M40	6	00:00:51	02:07:17	02:41:50	03:12:33	<b>03:27:54.65</b>	<b>03:27:54.65</b>	+00:36:02	4:39	12.9
16	<b>PASIECZNY Robert</b>	<b>264</b>	FARTLEK GO	M40	7	00:00:32	02:04:51	02:41:29		<b>03:28:36.85</b>	<b>03:28:36.85</b>	+00:36:44	4:40	12.8
17	<b>WYWŁOKA Paulina</b>	<b>5</b>	WWW.TRENINGFIZJOTERAPIA.PL	K20	1	00:00:37	02:07:39	02:43:42	03:13:45	<b>03:28:58.25</b>	<b>03:28:58.25</b>	+00:37:05	4:41	12.8
18	<b>KOKOCIŃSKI Dariusz</b>	<b>502</b>		M40	8	00:01:10	02:08:40	02:45:18	03:16:47	<b>03:32:24.60</b>	<b>03:32:24.60</b>	+00:40:32	4:45	12.6
19	<b>NIEMIEC Szczepan</b>	<b>772</b>	WKURW_TEAM	M20	4	00:00:47	02:07:49	02:43:41	03:16:27	<b>03:33:05.55</b>	<b>03:33:05.55</b>	+00:41:12	4:46	12.6
20	<b>GAWRON Janusz</b>	<b>443</b>	BRYGADA BESKIDÓW	M20	5	00:01:13	02:11:59	02:47:29	03:18:04	<b>03:33:06.15</b>	<b>03:33:06.15</b>	+00:41:13	4:46	12.6
21	<b>KORPAŁSKI Tomasz</b>	<b>650</b>	BIEGAJ Z GŁOWĄ	M30	6	00:01:14	02:13:21	02:48:00	03:19:21	<b>03:34:14.00</b>	<b>03:34:14.00</b>	+00:42:21	4:48	12.5
22	<b>BUŁANOW Leszek</b>	<b>788</b>		M40	9	00:00:35	02:07:04	02:45:01	03:20:31	<b>03:36:58.50</b>	<b>03:36:58.50</b>	+00:45:05	4:51	12.3
23	<b>SKIBINSKI Mikołaj</b>	<b>833</b>	ADIDAS RUNNERS WARSAW	M30	7	00:00:34	02:17:13	02:51:55	03:22:44	<b>03:37:58.70</b>	<b>03:37:58.70</b>	+00:46:06	4:53	12.3
24	<b>ŻORNIAK Mateusz</b>	<b>317</b>	MEGA FASON SIENIAWA	M20	6	00:01:13	02:12:20	02:48:44	03:20:32	<b>03:38:04.55</b>	<b>03:38:04.55</b>	+00:46:11	4:53	12.3
25	<b>BONDARA Sylwia</b>	<b>1</b>	JACEKBIEGA RUNNING TEAM	K30	1	00:01:06	02:13:12	02:49:46	03:22:22	<b>03:38:16.15</b>	<b>03:38:16.15</b>	+00:46:23	4:53	12.3

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					
26	<b>POMORSKI Marcin</b>	<b>738</b>	KUKUI MONSTER -SZWLA	M30	8	00:00:39	02:07:19	02:44:36	03:20:59	<b>03:38:27.75</b>	<b>03:38:27.75</b>	+00:46:35	4:53	12.2		
27	<b>GOTFRYD Adam</b>	<b>859</b>		M40	10	00:00:41	02:15:14	02:51:49	03:23:12	<b>03:38:31.20</b>	<b>03:38:31.20</b>	+00:46:38	4:53	12.2		
28	<b>ŚLĘCZKA Damian</b>	<b>204</b>	BIOMEDYCYNĄ SP. Z O.O.	M30	9	00:00:44	02:08:54	02:48:34	03:22:33	<b>03:38:41.00</b>	<b>03:38:41.00</b>	+00:46:48	4:54	12.2		
29	<b>WASYLÓW Jacek</b>	<b>806</b>	ANTEK TEAM LIPOWCA-PRZEMYŚL	M30	10	00:01:06	02:11:05	02:49:30	03:22:20	<b>03:38:43.35</b>	<b>03:38:43.35</b>	+00:46:50	4:54	12.2		
30	<b>WĘGIEL Marcin</b>	<b>488</b>		M30	11	00:00:35	02:04:54	02:43:51	03:21:35	<b>03:39:29.65</b>	<b>03:39:29.65</b>	+00:47:37	4:55	12.2		
31	<b>JANDZIŚ Wiesław</b>	<b>637</b>	AKTYWNY DYNÓW	M40	11	00:00:59	02:16:05	02:53:05	03:24:41	<b>03:40:10.80</b>	<b>03:40:10.80</b>	+00:48:18	4:56	12.2		
32	<b>LESZCZYŃSKI Andrzej</b>	<b>213</b>	BODY CLUB	M50	2	00:00:45	02:13:17	02:50:26	03:24:23	<b>03:41:30.10</b>	<b>03:41:30.10</b>	+00:49:37	4:57	12.1		
33	<b>ŻUCHOWSKI Daniel</b>	<b>100</b>	NOWA HUTA TEAM	M30	12	00:00:42	02:10:54	02:50:05	03:24:36	<b>03:41:55.45</b>	<b>03:41:55.45</b>	+00:50:02	4:58	12.1		
34	<b>KRZEMIŃSKI Marcin</b>	<b>439</b>	SPRINT GORZYCE	M40	12	00:00:38	02:16:14	02:53:07	03:25:37	<b>03:41:58.00</b>	<b>03:41:58.00</b>	+00:50:05	4:58	12.1		
35	<b>LEMAŃSKI Damian</b>	<b>561</b>		M20	7	00:00:42	02:07:04	02:45:34	03:22:43	<b>03:42:52.30</b>	<b>03:42:52.30</b>	+00:50:59	4:59	12		
36	<b>POŁATYŃSKI Daniel</b>	<b>389</b>	SPARTANIE DZIECIOM	M20	8	00:01:39	02:12:23	02:50:09	03:25:42	<b>03:43:12.25</b>	<b>03:43:12.25</b>	+00:51:19	5:00	12		
37	<b>MIERZLIKIN Natalia</b>	<b>674</b>		K20	2	00:00:53	02:14:23	02:53:23	03:27:03	<b>03:43:50.65</b>	<b>03:43:50.65</b>	+00:51:58	5:01	12		
38	<b>KUDŁAK Paweł</b>	<b>759</b>	PORANNY PATROL	M30	13	00:01:01	02:16:09	02:54:19	03:27:55	<b>03:44:19.40</b>	<b>03:44:19.40</b>	+00:52:26	5:01	11.9		
39	<b>DOMISZEWSKA Maria</b>	<b>8</b>		K50	1	00:00:41	02:13:08	02:52:26	03:27:04	<b>03:44:29.90</b>	<b>03:44:29.90</b>	+00:52:37	5:01	11.9		
40	<b>GOZDALSKI Jarosław</b>	<b>780</b>	WITKOWO BIEGA	M40	13	00:01:04	02:18:58	02:56:49	03:29:02	<b>03:44:30.45</b>	<b>03:44:30.45</b>	+00:52:37	5:02	11.9		
41	<b>DYREK Michał</b>	<b>575</b>		M30	14	00:00:47	02:16:14	02:53:56	03:27:51	<b>03:45:09.50</b>	<b>03:45:09.50</b>	+00:53:16	5:02	11.9		
42	<b>SUŁKOWSKI Maciej</b>	<b>220</b>		M40	14	00:01:08	02:14:37	02:53:53	03:28:35	<b>03:45:22.40</b>	<b>03:45:22.40</b>	+00:53:29	5:03	11.9		
43	<b>BARANOWSKI Jacek</b>	<b>849</b>	JACEK BIEGA RUNNING TEAM	M30	15	00:01:07	02:17:27	02:56:28	03:28:56	<b>03:45:45.90</b>	<b>03:45:45.90</b>	+00:53:53	5:03	11.9		
44	<b>LAMPARSKI Łukasz</b>	<b>391</b>		M30	16	00:01:07	02:20:03	02:58:15	03:30:47	<b>03:46:56.90</b>	<b>03:46:56.90</b>	+00:55:04	5:05	11.8		
45	<b>BĘTKOWSKI Wojciech</b>	<b>365</b>		M50	3	00:00:37	02:15:02	02:54:50	03:29:46	<b>03:47:14.45</b>	<b>03:47:14.45</b>	+00:55:21	5:05	11.8		
46	<b>DYDIO Piotr</b>	<b>742</b>	PID-MILL TEAM	M50	4	00:01:00	02:13:05	02:54:28	03:29:50	<b>03:47:42.40</b>	<b>03:47:42.40</b>	+00:55:49	5:06	11.8		
47	<b>DACYL Michał</b>	<b>641</b>	NOWY STYL GROUP RUNNING TEAM	M40	15	00:01:00	02:17:36	02:57:48	03:32:38	<b>03:49:18.45</b>	<b>03:49:18.45</b>	+00:57:25	5:08	11.7		
48	<b>CEKOWSKA Katarzyna</b>	<b>842</b>		K40	1	00:00:36	02:16:26	02:56:48	03:31:47	<b>03:49:54.20</b>	<b>03:49:54.20</b>	+00:58:01	5:09	11.6		
49	<b>AUGUSTYŃSKI Sylwester</b>	<b>161</b>	LACHO TEAM	M30	17	00:00:49	02:14:39	02:56:18	03:32:12	<b>03:50:03.75</b>	<b>03:50:03.75</b>	+00:58:11	5:09	11.6		
50	<b>SZAŁKOWSKI Dawid</b>	<b>519</b>	EKOBIEGI	M40	16	00:01:07	02:16:19	02:58:28	03:32:56	<b>03:50:32.80</b>	<b>03:50:32.80</b>	+00:58:40	5:10	11.6		
51	<b>ŚCIUBA Aneta</b>	<b>579</b>	STAY INSANE	K30	2	00:01:07	02:22:31	03:01:35	03:35:04	<b>03:50:38.80</b>	<b>03:50:38.80</b>	+00:58:46	5:10	11.6		
52	<b>ŻUREK Paweł</b>	<b>31</b>	RUNTEAM PAWŁOWICE	M30	18	00:01:00	02:12:51	02:52:31	03:31:45	<b>03:51:06.60</b>	<b>03:51:06.60</b>	+00:59:14	5:10	11.6		
53	<b>BROCKI Krzysztof</b>	<b>567</b>	1973	M40	17	00:01:00	02:17:12	02:58:34	03:34:11	<b>03:51:37.70</b>	<b>03:51:37.70</b>	+00:59:45	5:11	11.6		
54	<b>MASNYK Iryna</b>	<b>645</b>	AGRO-NATURA	K30	3	00:00:43	02:06:43	03:02:01	03:35:06	<b>03:51:52.55</b>	<b>03:51:52.55</b>	+00:59:59	5:11	11.5		
55	<b>SZAWAN Paweł</b>	<b>611</b>	PRZEWORSKA GRUPA BIEGOWA	M40	18	00:00:52	02:17:44	02:58:26	03:34:21	<b>03:52:20.00</b>	<b>03:52:20.00</b>	+01:00:27	5:12	11.5		
56	<b>MORAWA Mateusz</b>	<b>250</b>	LACHO TEAM	M30	19	00:00:54	02:20:13	03:01:39	03:35:43	<b>03:52:29.50</b>	<b>03:52:29.50</b>	+01:00:36	5:12	11.5		
57	<b>DUCKI Piotr</b>	<b>865</b>	OTK RZEŹNIK	M30	20	00:01:13	02:23:34	03:02:00	03:35:40	<b>03:53:08.05</b>	<b>03:53:08.05</b>	+01:01:15	5:13	11.5		
58	<b>ANDRES Kamil</b>	<b>448</b>	KS JANUSZE	M30	21	00:01:47	02:19:55	03:01:59	03:36:55	<b>03:53:14.10</b>	<b>03:53:14.10</b>	+01:01:21	5:13	11.5		
59	<b>WIŚNIEWSKI Michał</b>	<b>587</b>	RODZINNY RELAX	M40	19	00:01:09	02:24:23	03:04:04	03:37:48	<b>03:54:09.90</b>	<b>03:54:09.90</b>	+01:02:17	5:15	11.4		
60	<b>KRENZEL Regina</b>	<b>225</b>		K30	4	00:00:58	02:22:32	03:01:49	03:36:55	<b>03:54:14.65</b>	<b>03:54:14.65</b>	+01:02:22	5:15	11.4		

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			
61	<b>GARCZYŃSKI Darek</b>	<b>47</b>		M40	20	00:01:05	02:20:28	03:00:45	03:37:11	<b>03:54:48.55</b>	<b>03:54:48.55</b>	+01:02:55	5:15	11.4	
62	<b>BRENDZOWSKI Adam</b>	<b>279</b>	SOLINA TEAM	M30	22	00:00:49	02:18:16	02:59:16	03:36:25	<b>03:54:52.75</b>	<b>03:54:52.75</b>	+01:03:00	5:15	11.4	
63	<b>BERGAŃSKI Michał</b>	<b>381</b>	BRYGADA BESKIDÓW	M30	23	00:01:15	02:21:43	03:01:41	03:37:42	<b>03:55:05.45</b>	<b>03:55:05.45</b>	+01:03:12	5:16	11.4	
64	<b>PACHO Sylwester</b>	<b>459</b>	INFINITY RUNNERS TEAM GRYBÓW	M40	21	00:00:36	02:21:09	03:01:44	03:37:41	<b>03:55:06.70</b>	<b>03:55:06.70</b>	+01:03:14	5:16	11.4	
65	<b>JACHYMEK Bartłomiej</b>	<b>605</b>	JACEKBIEGA RUNNING TEAM	M40	22	00:01:07	02:21:29	03:01:38	03:37:39	<b>03:55:51.90</b>	<b>03:55:51.90</b>	+01:03:59	5:17	11.3	
66	<b>GLEISNER Tomasz</b>	<b>108</b>	TARNÓW	M40	23	00:00:56	02:22:29	03:04:08	03:39:35	<b>03:56:49.35</b>	<b>03:56:49.35</b>	+01:04:56	5:18	11.3	
67	<b>MICHALAK Artur</b>	<b>474</b>	PGB SPORTOWA PACZKA	M30	24	00:00:37	02:17:43	03:00:14	03:39:04	<b>03:57:02.55</b>	<b>03:57:02.55</b>	+01:05:09	5:18	11.3	
68	<b>KMAK Sławek</b>	<b>476</b>	PAPIKI	M40	24	00:00:37	02:21:09	03:01:45	03:38:30	<b>03:57:27.60</b>	<b>03:57:27.60</b>	+01:05:35	5:19	11.3	
69	<b>GRZELAK Adrian</b>	<b>798</b>	CHATA BIEGACZA K34 ZAKOPANE	M30	25	00:01:00	02:28:22	03:07:10	03:41:58	<b>03:57:45.05</b>	<b>03:57:45.05</b>	+01:05:52	5:19	11.3	
70	<b>CHOJECKI Dariusz</b>	<b>501</b>	KEREZA SQUAD	M40	25	00:01:15	02:20:15	03:02:36	03:39:39	<b>03:57:47.70</b>	<b>03:57:47.70</b>	+01:05:55	5:19	11.3	
71	<b>SIKOŃCZYK Miłosz</b>	<b>35</b>		M20	9	00:00:43	02:23:32	03:03:26	03:40:39	<b>03:57:55.70</b>	<b>03:57:55.70</b>	+01:06:03	5:20	11.2	
72	<b>BORYS Andrzej</b>	<b>823</b>		M40	26	00:00:42	02:14:24	03:01:42	03:39:34	<b>03:58:00.95</b>	<b>03:58:00.95</b>	+01:06:08	5:20	11.2	
73	<b>ŁĘPICKI Artur</b>	<b>441</b>	MARKOW BIEGACZE	M40	27	00:01:08	02:21:51	03:04:27	03:41:03	<b>03:58:08.65</b>	<b>03:58:08.65</b>	+01:06:16	5:20	11.2	
74	<b>ZIAJKA Karol</b>	<b>819</b>		M20	10	00:02:12	02:23:22	03:04:12	03:40:29	<b>03:58:22.00</b>	<b>03:58:22.00</b>	+01:06:29	5:20	11.2	
75	<b>MACHUCKI Adrian</b>	<b>92</b>		M30	26	00:01:35	02:27:05	03:06:31	03:41:12	<b>03:58:27.60</b>	<b>03:58:27.60</b>	+01:06:35	5:20	11.2	
76	<b>MAZUREK Robert</b>	<b>65</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	28	00:00:58	02:22:12	03:03:34	03:41:03	<b>03:58:54.85</b>	<b>03:58:54.85</b>	+01:07:02	5:21	11.2	
77	<b>ŁOWIECKI Dominik</b>	<b>305</b>	NBR TEAM	M30	27	00:00:38	02:22:05	03:03:28	03:40:51	<b>03:59:03.05</b>	<b>03:59:03.05</b>	+01:07:10	5:21	11.2	
78	<b>NORBERT Michał</b>	<b>392</b>		M30	28	00:02:23	02:28:29	03:06:44	03:41:34	<b>03:59:39.75</b>	<b>03:59:39.75</b>	+01:07:47	5:22	11.2	
79	<b>SZAPORÓW Łukasz</b>	<b>290</b>	SRTG PROSZOWCE	M30	29	00:00:53	02:20:59	03:04:02	03:40:58	<b>03:59:58.25</b>	<b>03:59:58.25</b>	+01:08:05	5:22	11.2	
80	<b>BREŚ Arkadiusz</b>	<b>872</b>		M30	30	00:00:32	02:20:31	03:06:11	03:43:55	<b>04:00:07.80</b>	<b>04:00:07.80</b>	+01:08:15	5:23	11.1	
81	<b>WOLSKI Marcin</b>	<b>530</b>	WOLSCY BROTHERS TRIATHLON TEAM	M20	11	00:01:21	02:28:16	03:10:30	03:44:50	<b>04:00:38.90</b>	<b>04:00:38.90</b>	+01:08:46	5:23	11.1	
82	<b>WOLSKI Michał</b>	<b>677</b>	WOLSCY BROTHERS TRIATHLON TEAM	M20	12	00:01:23	02:28:17	03:10:37	03:44:51	<b>04:00:42.00</b>	<b>04:00:42.00</b>	+01:08:49	5:23	11.1	
83	<b>CZAJKA Karol</b>	<b>384</b>	INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE	M30	31	00:00:58	02:20:35	03:03:17	03:41:48	<b>04:00:55.10</b>	<b>04:00:55.10</b>	+01:09:02	5:24	11.1	
84	<b>WOJNO Arkadiusz</b>	<b>109</b>	HUSARIA RACE TEAM	M30	32	00:00:40	02:24:03	03:06:37	03:44:07	<b>04:00:58.30</b>	<b>04:00:58.30</b>	+01:09:05	5:24	11.1	
85	<b>ŁUKASIK Michał</b>	<b>757</b>	VELOBIKE	M30	33	00:01:04	02:23:26	03:06:16	03:44:38	<b>04:01:31.95</b>	<b>04:01:31.95</b>	+01:09:39	5:24	11.1	
86	<b>STANIEC Piotr</b>	<b>480</b>	ŚLĘZAK TEAM	M40	29	00:01:53	02:26:32	03:06:51	03:44:14	<b>04:01:41.60</b>	<b>04:01:41.60</b>	+01:09:49	5:25	11.1	
87	<b>JASTRZĄB Piotr</b>	<b>425</b>	DEKAN LESKO	M50	5	00:00:39	02:20:29	03:04:23	03:43:22	<b>04:01:42.90</b>	<b>04:01:42.90</b>	+01:09:50	5:25	11.1	
88	<b>KRÓTKI Alicja</b>	<b>799</b>		K30	5	00:01:03	02:24:07	03:06:43	03:43:55	<b>04:01:46.80</b>	<b>04:01:46.80</b>	+01:09:54	5:25	11.1	
89	<b>URBASEK Łukasz</b>	<b>182</b>		M30	34	00:00:44	02:12:46	02:54:35	03:36:58	<b>04:01:47.15</b>	<b>04:01:47.15</b>	+01:09:54	5:25	11.1	
90	<b>WĘGLARZ Czesław</b>	<b>393</b>	NIEZRZESZONY	M50	6	00:01:06	02:25:17	03:07:21	03:44:41	<b>04:02:02.05</b>	<b>04:02:02.05</b>	+01:10:09	5:25	11.1	
91	<b>PIECUCH Marcin</b>	<b>258</b>	LACHO TEAM	M30	35	00:01:12	02:26:05	03:08:46	03:46:09	<b>04:02:57.75</b>	<b>04:02:57.75</b>	+01:11:05	5:26	11	
92	<b>DOMIN Łukasz</b>	<b>671</b>	AKTYWNY DYNÓW	M30	36	00:01:06	02:27:16	03:09:56	03:45:31	<b>04:03:17.35</b>	<b>04:03:17.35</b>	+01:11:24	5:27	11	
93	<b>BORUCKI Jakub</b>	<b>187</b>	#KASZANIENAMOKA / NIGHT RUNNERS	M30	37	00:00:39	02:27:18	03:10:35	03:46:16	<b>04:03:28.60</b>	<b>04:03:28.60</b>	+01:11:36	5:27	11	
94	<b>GŁODOWSKA Kamila</b>	<b>9</b>	MUAY RUNNING TEAM	K20	3	00:00:59	02:29:14	03:10:39	03:46:33	<b>04:03:32.25</b>	<b>04:03:32.25</b>	+01:11:39	5:27	11	
95	<b>KOŚCIAK Jan</b>	<b>712</b>	DZIKIE MUSTANGI	M40	30	00:01:31	02:29:12	03:10:16	03:46:09	<b>04:03:35.10</b>	<b>04:03:35.10</b>	+01:11:42	5:27	11	
96	<b>MIKOŁAJCZYK Marcin</b>	<b>526</b>	HUSARIA RACE TEAM	M30	38	00:00:41	02:24:02	03:06:40	03:44:31	<b>04:03:39.10</b>	<b>04:03:39.10</b>	+01:11:46	5:27	11	
97	<b>WIŚNIEWSKI Janusz</b>	<b>600</b>		M40	31	00:01:10	02:25:04	03:07:06	03:45:55	<b>04:04:56.25</b>	<b>04:04:56.25</b>	+01:13:03	5:29	10.9	
98	<b>WIĘCH Piotr</b>	<b>406</b>		M30	39	00:01:07	02:17:39	03:12:13	03:47:55	<b>04:05:10.75</b>	<b>04:05:10.75</b>	+01:13:18	5:29	10.9	
99	<b>KAPUSTA Dawid</b>	<b>106</b>	WKURW_TEAM	M20	13	00:01:56	02:25:15	03:07:32	03:46:38	<b>04:05:44.55</b>	<b>04:05:44.55</b>	+01:13:51	5:30	10.9	
100	<b>PLIŚ Mateusz</b>	<b>769</b>		M30	40	00:01:15	02:30:50	03:12:18	03:48:10	<b>04:06:09.10</b>	<b>04:06:09.10</b>	+01:14:16	5:31	10.9	
101	<b>NIERADA Marcin</b>	<b>358</b>		M30	41	00:01:15	02:26:27	03:10:03	03:48:14	<b>04:06:14.70</b>	<b>04:06:14.70</b>	+01:14:22	5:31	10.9	

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			
102	<b>SOKALSKI Grzegorz</b>	<b>7</b>		M40	32	00:01:27	02:27:17	03:11:05	03:48:49	<b>04:08:25.60</b>	<b>04:08:25.60</b>	+01:16:33	5:34	10.8	
103	<b>KUCIEL Paweł</b>	<b>368</b>	KOPALNIA WAPIENIA CZATKOWICE	M20	14	00:01:12	02:29:02	03:15:07	03:49:49	<b>04:08:33.60</b>	<b>04:08:33.60</b>	+01:16:41	5:34	10.8	
104	<b>ŚCIEBURA Paweł</b>	<b>329</b>		M40	33	00:01:14	02:29:44	03:11:21	03:49:32	<b>04:09:19.15</b>	<b>04:09:19.15</b>	+01:17:26	5:35	10.7	
105	<b>SUJAK Mirosław</b>	<b>163</b>	MKB DREPTAK	M50	7	00:00:42	02:27:35	03:10:52	03:50:01	<b>04:09:25.20</b>	<b>04:09:25.20</b>	+01:17:32	5:35	10.7	
106	<b>GIERUŁA Robert</b>	<b>569</b>	UBS KRAKOW RUNNING TEAM	M50	8	00:00:58	02:28:39	03:11:14	03:51:31	<b>04:09:27.40</b>	<b>04:09:27.40</b>	+01:17:34	5:35	10.7	
107	<b>ODRZYWÓŁ VEL NAWENTURA Wojciech</b>	<b>55</b>	ŁÓDŹ KOCHA SPORT	M30	42	00:02:10	02:33:59	03:14:47	03:51:44	<b>04:09:49.45</b>	<b>04:09:49.45</b>	+01:17:56	5:36	10.7	
108	<b>WOLSKI Piotr</b>	<b>515</b>	ŁUBUDUBU	M30	43	00:01:09	02:26:41	03:12:47	03:50:45	<b>04:10:31.85</b>	<b>04:10:31.85</b>	+01:18:39	5:37	10.7	
109	<b>FLĄDRO Daniel</b>	<b>121</b>		M40	34	00:01:04	02:25:29	03:11:47	03:51:38	<b>04:10:51.70</b>	<b>04:10:51.70</b>	+01:18:59	5:37	10.7	
110	<b>NOWICKI Michael</b>	<b>900</b>	NORAFSPORT	M40	35	00:00:53	02:23:51	03:08:00	03:49:36	<b>04:11:07.00</b>	<b>04:11:07.00</b>	+01:19:14	5:37	10.7	
111	<b>KRUPA Grzegorz</b>	<b>866</b>	KB SOBOTKA	M40	36	00:01:13	02:33:06	03:14:06	03:52:33	<b>04:11:39.00</b>	<b>04:11:39.00</b>	+01:19:46	5:38	10.6	
112	<b>MAKOWSKA Olga</b>	<b>11</b>	JACEKBIEGA RUNNING TEAM	K30	6	00:00:46	02:29:25	03:13:35	03:52:20	<b>04:11:40.60</b>	<b>04:11:40.60</b>	+01:19:48	5:38	10.6	
113	<b>EPA Karolina</b>	<b>419</b>	PZU SPORT TEAM	K20	4	00:01:10	02:27:50	03:15:04	03:53:06	<b>04:11:45.60</b>	<b>04:11:45.60</b>	+01:19:53	5:38	10.6	
114	<b>WIERNEK Tomek</b>	<b>758</b>	ENDURANCE TEAM	M40	37	00:01:49	02:38:58	03:20:40	03:54:33	<b>04:11:45.80</b>	<b>04:11:45.80</b>	+01:19:53	5:38	10.6	
115	<b>PASTUŁA Łukasz</b>	<b>16</b>		M30	44	00:01:01	02:26:35	03:13:25	03:52:24	<b>04:11:47.00</b>	<b>04:11:47.00</b>	+01:19:54	5:38	10.6	
116	<b>WŁODARCZYK Piotr</b>	<b>478</b>	KRAKÓW NOWA HUTA	M30	45	00:00:55	02:25:03	03:07:07	03:48:35	<b>04:12:31.95</b>	<b>04:12:31.95</b>	+01:20:39	5:39	10.6	
117	<b>NIŹNIK Marcin</b>	<b>702</b>	NOWY STYL GROUP RUNNING TEAM	M40	38	00:01:01	02:28:57	03:12:17	03:52:48	<b>04:12:59.70</b>	<b>04:12:59.70</b>	+01:21:07	5:40	10.6	
118	<b>STANKO Paweł</b>	<b>444</b>		M40	39	00:02:16	02:30:12	03:15:14	03:53:37	<b>04:13:09.80</b>	<b>04:13:09.80</b>	+01:21:17	5:40	10.6	
119	<b>BARTOSZEK Krzysztof</b>	<b>525</b>	MRÓWKA JAROSŁAW	M40	40	00:01:28	02:32:35	03:16:12	03:54:07	<b>04:13:13.30</b>	<b>04:13:13.30</b>	+01:21:20	5:40	10.6	
120	<b>ŁUKASZCZYK Henryk</b>	<b>583</b>		M50	9	00:00:38	02:18:06	03:06:42	03:50:46	<b>04:13:16.95</b>	<b>04:13:16.95</b>	+01:21:24	5:40	10.6	
121	<b>GWIZDAK Justyna</b>	<b>599</b>	WATER TEAM	K30	7	00:01:26	02:28:44	03:14:22	03:52:54	<b>04:13:20.20</b>	<b>04:13:20.20</b>	+01:21:27	5:40	10.6	
122	<b>SIKORA Jacek</b>	<b>771</b>	WATER TEAM	M40	41	00:01:26	02:28:43	03:14:23	03:52:53	<b>04:13:20.90</b>	<b>04:13:20.90</b>	+01:21:28	5:40	10.6	
123	<b>SZOSTEK Michał</b>	<b>300</b>	BEFIT24TEAM	M20	15	00:01:23	02:29:10	03:15:16	03:54:50	<b>04:13:47.90</b>	<b>04:13:47.90</b>	+01:21:55	5:41	10.5	
123	<b>WYROBA Waldemar</b>	<b>301</b>	BEFIT24TEAM	M40	42	00:01:23	02:29:10	03:15:16	03:54:51	<b>04:13:47.90</b>	<b>04:13:47.90</b>	+01:21:55	5:41	10.5	
125	<b>KOT Łukasz</b>	<b>545</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	46	00:01:34	02:40:26	03:22:02	03:56:42	<b>04:14:05.95</b>	<b>04:14:05.95</b>	+01:22:13	5:41	10.5	
126	<b>RUSZNICA Tomasz</b>	<b>832</b>		M30	47	00:00:42	02:35:10	03:17:00	03:55:38	<b>04:14:50.35</b>	<b>04:14:50.35</b>	+01:22:57	5:42	10.5	
127	<b>ŻMUDZIEJEWSKI Jakub</b>	<b>201</b>		M20	16	00:01:37	02:30:41	03:15:23	03:54:59	<b>04:14:57.90</b>	<b>04:14:57.90</b>	+01:23:05	5:42	10.5	
128	<b>JARUZEL Ewa</b>	<b>715</b>	SZWLA STARGARD	K40	2	00:00:45	02:32:06	03:16:42	03:55:04	<b>04:15:03.35</b>	<b>04:15:03.35</b>	+01:23:10	5:43	10.5	
129	<b>JARUZEL Robert</b>	<b>716</b>	SZWLA STARGARD	M40	43	00:00:45	02:32:08	03:16:44	03:55:02	<b>04:15:05.20</b>	<b>04:15:05.20</b>	+01:23:12	5:43	10.5	
130	<b>REJ Mirosław</b>	<b>482</b>	M&T WYJADACZE PARÓWKÓW	M30	48	00:00:56	02:34:15	03:21:32	03:57:27	<b>04:15:24.75</b>	<b>04:15:24.75</b>	+01:23:32	5:43	10.5	
131	<b>LONC Tomasz</b>	<b>481</b>	M&T WYJADACZE PARÓWKÓW	M40	44	00:00:57	02:34:17	03:21:33	03:57:27	<b>04:15:25.85</b>	<b>04:15:25.85</b>	+01:23:33	5:43	10.5	
132	<b>ZAJĄC Katarzyna</b>	<b>700</b>	4K TEAM TARNÓW	K30	8	00:01:30	02:33:06	03:18:08	03:56:41	<b>04:15:28.35</b>	<b>04:15:28.35</b>	+01:23:35	5:43	10.5	
133	<b>BRZOZOWSKI Łukasz</b>	<b>717</b>	FARTLEKGO I-BS.PL SPORT TEAM	M30	49	00:01:14	02:26:01	03:13:12	03:54:40	<b>04:15:33.50</b>	<b>04:15:33.50</b>	+01:23:40	5:43	10.5	
134	<b>GARCZYŃSKA-WĄS Bogusława</b>	<b>175</b>		K40	3	00:01:29	02:36:51	03:20:01	03:56:39	<b>04:15:45.90</b>	<b>04:15:45.90</b>	+01:23:53	5:44	10.5	
135	<b>TKACZEWSKI Piotr</b>	<b>112</b>	MIECHÓW	M40	45	00:01:35	02:34:20	03:18:21	03:56:57	<b>04:16:05.10</b>	<b>04:16:05.10</b>	+01:24:12	5:44	10.4	
136	<b>PYRKOSZ Damian</b>	<b>252</b>	G.B.U.R.	M40	46	00:01:02	02:32:41	03:18:37	03:58:09	<b>04:16:20.60</b>	<b>04:16:20.60</b>	+01:24:28	5:44	10.4	
137	<b>KOCOŃ Mariusz</b>	<b>830</b>	10 OPOLSKA BRYGADA LOGISTYCZNA	M50	10	00:01:20	02:31:49	03:18:02	03:58:23	<b>04:16:33.10</b>	<b>04:16:33.10</b>	+01:24:40	5:45	10.4	
138	<b>WILK Jacek</b>	<b>666</b>		M40	47	00:00:56	02:30:18	03:16:40	03:56:48	<b>04:17:01.25</b>	<b>04:17:01.25</b>	+01:25:08	5:45	10.4	
139	<b>JANIK Paweł</b>	<b>136</b>		M40	48	00:01:11	02:27:57	03:16:31	03:56:49	<b>04:17:04.30</b>	<b>04:17:04.30</b>	+01:25:11	5:45	10.4	
140	<b>KANIA Przemysław</b>	<b>785</b>		M30	50	00:01:42	02:29:53	03:14:39	03:57:44	<b>04:17:09.90</b>	<b>04:17:09.90</b>	+01:25:17	5:45	10.4	

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			
141	<b>PRÜFER Paweł</b>	<b>696</b>		M40	49	00:01:09	02:34:05	03:19:02	03:57:22	<b>04:17:39.95</b>	<b>04:17:39.95</b>	+01:25:47	5:46	10.4	
142	<b>KOSIN Paweł</b>	<b>49</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	51	00:01:11	02:37:02	03:21:19	03:59:21	<b>04:17:40.80</b>	<b>04:17:40.80</b>	+01:25:48	5:46	10.4	
143	<b>FALKOWSKI Piotr</b>	<b>69</b>	KS PEGAZ PIASECZNO	M40	50	00:01:27	02:35:57	03:21:00	03:59:33	<b>04:17:41.35</b>	<b>04:17:41.35</b>	+01:25:48	5:46	10.4	
144	<b>GESLER Łukasz</b>	<b>332</b>	POL-DACH ŁUKASZ GESSLER	M30	52	00:01:11	02:33:32	03:19:16	03:57:30	<b>04:17:51.15</b>	<b>04:17:51.15</b>	+01:25:58	5:46	10.4	
145	<b>KULA Robert</b>	<b>152</b>	EKIPA Z TARNOWA	M40	51	00:01:44	02:38:18	03:24:51	04:00:19	<b>04:18:16.95</b>	<b>04:18:16.95</b>	+01:26:24	5:47	10.4	
146	<b>FUS Maciej</b>	<b>209</b>		M30	53	00:00:59	02:37:57	03:21:01	03:58:22	<b>04:18:27.00</b>	<b>04:18:27.00</b>	+01:26:34	5:47	10.4	
147	<b>TWARDOWSKI Tomasz</b>	<b>465</b>		M30	54	00:02:24	02:37:37	03:20:52	03:59:46	<b>04:18:34.40</b>	<b>04:18:34.40</b>	+01:26:41	5:47	10.3	
148	<b>LANDA Maciej</b>	<b>450</b>	KS JANUSZE	M30	55	00:01:48	02:31:12	03:20:07	03:59:41	<b>04:18:43.05</b>	<b>04:18:43.05</b>	+01:26:50	5:48	10.3	
149	<b>PYRZAK Jacek</b>	<b>429</b>		M30	56	00:02:37	02:42:53	03:26:30	04:02:01	<b>04:19:34.10</b>	<b>04:19:34.10</b>	+01:27:41	5:49	10.3	
150	<b>PILARCZYK Marcin</b>	<b>615</b>	ABOVE2000	M30	57	00:01:19	02:35:14	03:24:52	04:01:31	<b>04:19:36.00</b>	<b>04:19:36.00</b>	+01:27:43	5:49	10.3	
151	<b>KUSTROŃ Adam</b>	<b>753</b>		M50	11	00:00:50	02:37:27	03:22:26	03:59:48	<b>04:19:44.30</b>	<b>04:19:44.30</b>	+01:27:51	5:49	10.3	
152	<b>KOŁACKA Martyna</b>	<b>355</b>	APTIV RUNNING TEAM	K20	5	00:01:50	02:40:11	03:23:33	04:02:09	<b>04:19:46.25</b>	<b>04:19:46.25</b>	+01:27:53	5:49	10.3	
153	<b>PISINGAS Mariusz</b>	<b>430</b>	SEKCJA BIEGOWA FAMILIA	M40	52	00:02:22	02:38:30	03:23:47	04:01:43	<b>04:19:51.25</b>	<b>04:19:51.25</b>	+01:27:58	5:49	10.3	
154	<b>JASNOWSKI Michał</b>	<b>847</b>		M30	58	00:02:04	02:37:09	03:24:15	04:02:05	<b>04:20:02.00</b>	<b>04:20:02.00</b>	+01:28:09	5:49	10.3	
155	<b>MAZUR Sławomir</b>	<b>507</b>	CYKLOPEDIA.CC	M40	53	00:01:07	02:28:58	03:17:31	04:00:43	<b>04:20:14.25</b>	<b>04:20:14.25</b>	+01:28:21	5:50	10.3	
156	<b>POTERA Maciej</b>	<b>660</b>	FRYTKÓW!!!	M30	59	00:01:09	02:35:51	03:20:02	04:00:27	<b>04:20:19.90</b>	<b>04:20:19.90</b>	+01:28:27	5:50	10.3	
157	<b>KRAWCZAK Paulina</b>	<b>248</b>	BIEGUSIEM.PL	K30	9	00:01:05	02:39:00	03:25:44	04:02:02	<b>04:20:33.30</b>	<b>04:20:33.30</b>	+01:28:40	5:50	10.3	
158	<b>BARSZCZEWSKI Tadeusz</b>	<b>560</b>	DWOT	M40	54	00:02:43	02:38:27	03:21:43	04:00:15	<b>04:20:43.85</b>	<b>04:20:43.85</b>	+01:28:51	5:50	10.3	
159	<b>SERZYSKO Bartosz</b>	<b>414</b>	APTIV RUNNING TEAM	M30	60	00:01:50	02:40:11	03:23:34	04:02:03	<b>04:20:57.70</b>	<b>04:20:57.70</b>	+01:29:05	5:51	10.3	
160	<b>BEDNARZ Krzysztof</b>	<b>707</b>	4K TEAM TARNÓW	M50	12	00:01:30	02:36:19	03:23:30	04:02:25	<b>04:21:21.85</b>	<b>04:21:21.85</b>	+01:29:29	5:51	10.2	
161	<b>TERLECKI Krzysztof</b>	<b>840</b>	CHEŁM BIEGA	M50	13	00:01:51	02:36:52	03:21:29	04:02:11	<b>04:22:07.60</b>	<b>04:22:07.60</b>	+01:30:15	5:52	10.2	
162	<b>JANKOWSKI Janusz</b>	<b>855</b>		M30	61	00:01:30	02:34:03	03:23:17	04:03:54	<b>04:22:46.90</b>	<b>04:22:46.90</b>	+01:30:54	5:53	10.2	
163	<b>POROWSKI Łukasz</b>	<b>273</b>		M30	62	00:01:22	02:37:44	03:24:50	04:03:02	<b>04:22:51.20</b>	<b>04:22:51.20</b>	+01:30:58	5:53	10.2	
164	<b>KAMIŃSKI Krzysztof</b>	<b>311</b>	ZABIERZÓW BIEGA	M30	63	00:01:01	02:38:36	03:25:33	04:04:25	<b>04:23:03.85</b>	<b>04:23:03.85</b>	+01:31:11	5:53	10.2	
165	<b>KĘPA Justyna</b>	<b>491</b>	1 BSP	K30	10	00:01:08	02:37:39	03:24:12	04:03:16	<b>04:23:12.10</b>	<b>04:23:12.10</b>	+01:31:19	5:54	10.2	
166	<b>WALASEK Grzegorz</b>	<b>289</b>	BIEGUSIEM.PL	M40	55	00:01:05	02:31:50	03:23:11	04:02:29	<b>04:23:40.90</b>	<b>04:23:40.90</b>	+01:31:48	5:54	10.1	
167	<b>DĘBSKA Joanna</b>	<b>513</b>	NIGHT RUNNERS GLIWICE	K40	4	00:02:26	02:38:10	03:20:44	04:04:58	<b>04:23:43.95</b>	<b>04:23:43.95</b>	+01:31:51	5:54	10.1	
168	<b>GALICZ Karol</b>	<b>765</b>	BKS WATAHA WARSZAWA	M30	64	00:00:31	02:23:03	03:19:01	04:01:16	<b>04:23:50.95</b>	<b>04:23:50.95</b>	+01:31:58	5:54	10.1	
169	<b>MIĘKUS Hubert</b>	<b>539</b>		M40	56	00:00:51	02:35:37	03:24:47	04:03:27	<b>04:23:55.30</b>	<b>04:23:55.30</b>	+01:32:02	5:55	10.1	
170	<b>BIESZCZAD Mateusz</b>	<b>223</b>	KKB MOSIR KROSNO	M30	65	00:02:28	02:52:20	03:33:32	04:06:24	<b>04:23:55.50</b>	<b>04:23:55.50</b>	+01:32:02	5:55	10.1	
171	<b>WYBRANIEC Wojciech</b>	<b>754</b>	OFIARY JEDZENIA KOTLETÓW	M40	57	00:02:14	02:40:46	03:25:49	04:03:59	<b>04:23:59.50</b>	<b>04:23:59.50</b>	+01:32:06	5:55	10.1	
172	<b>WICHA Małgorzata</b>	<b>572</b>	WKS WAWEL KRAKÓW	K20	6	00:00:50	02:36:24	03:22:59	04:03:53	<b>04:24:11.90</b>	<b>04:24:11.90</b>	+01:32:19	5:55	10.1	
173	<b>TOMAS Dariusz</b>	<b>212</b>		M40	58	00:01:09	02:39:31	03:28:09	04:04:48	<b>04:24:16.00</b>	<b>04:24:16.00</b>	+01:32:23	5:55	10.1	
174	<b>LASKO Łukasz</b>	<b>388</b>	BIESY	M30	66	00:01:12	02:39:38	03:25:39	04:04:51	<b>04:24:23.50</b>	<b>04:24:23.50</b>	+01:32:30	5:55	10.1	
175	<b>MIARA Fabian</b>	<b>610</b>	PRZEWORSKA GRUPA BIEGOWA	M30	67	00:00:54	02:32:31	03:20:49	04:02:43	<b>04:24:38.50</b>	<b>04:24:38.50</b>	+01:32:45	5:56	10.1	
176	<b>SEKUŁA Mirek</b>	<b>293</b>	INFINITY RUNNER'S TEAM GRYBÓW	M40	59	00:00:41	02:41:57	03:27:44	04:05:55	<b>04:25:08.50</b>	<b>04:25:08.50</b>	+01:33:15	5:56	10.1	
177	<b>DYNIA Krystian</b>	<b>793</b>	RUNTEAM PAWŁOWICE	M30	68	00:01:10	02:29:43	03:16:48	04:02:49	<b>04:25:10.00</b>	<b>04:25:10.00</b>	+01:33:17	5:56	10.1	
178	<b>KAŃDUŁA Grzegorz</b>	<b>597</b>	NEST.POZNAN.PL	M30	69	00:02:50	02:38:47	03:25:11	04:05:22	<b>04:25:11.95</b>	<b>04:25:11.95</b>	+01:33:19	5:56	10.1	
179	<b>MELNYK Ivan</b>	<b>729</b>	KUKURUDZA	M30	70	00:00:50	02:37:05	03:25:56	04:04:57	<b>04:25:32.50</b>	<b>04:25:32.50</b>	+01:33:39	5:57	10.1	

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					
180	<b>CHRUŚCIEL Michał</b>	<b>304</b>	FARTLEK GO	M30	71	00:02:33	02:38:27	03:26:52	04:06:16	<b>04:25:41.35</b>	<b>04:25:41.35</b>	+01:33:48	5:57	10.1		
181	<b>GURGUL Sebastian</b>	<b>149</b>	AROMAT NÓG	M30	72	00:01:35	02:43:51	03:29:45	04:06:46	<b>04:25:47.20</b>	<b>04:25:47.20</b>	+01:33:54	5:57	10.1		
182	<b>GURGUL Mateusz</b>	<b>158</b>	AROMAT NÓG	M30	73	00:01:36	02:43:51	03:29:44	04:06:46	<b>04:25:47.25</b>	<b>04:25:47.25</b>	+01:33:54	5:57	10.1		
183	<b>KOCHAJ Wojciech</b>	<b>113</b>		M40	60	00:01:14	02:37:46	03:25:51	04:06:39	<b>04:25:58.20</b>	<b>04:25:58.20</b>	+01:34:05	5:57	10.1		
184	<b>KASPRZYK Krzysztof</b>	<b>843</b>		M40	61	00:01:09	02:21:51	03:11:47	03:57:45	<b>04:26:04.90</b>	<b>04:26:04.90</b>	+01:34:12	5:57	10.1		
185	<b>JURCZAK Roman</b>	<b>310</b>		M60	1	00:00:31	02:31:25	03:21:38	04:06:09	<b>04:26:11.25</b>	<b>04:26:11.25</b>	+01:34:18	5:58	10.1		
186	<b>SIPIERA Tomasz</b>	<b>276</b>	LACHO TEAM	M40	62	00:00:57	02:34:49	03:26:08	04:06:33	<b>04:26:19.95</b>	<b>04:26:19.95</b>	+01:34:27	5:58	10		
187	<b>POTONIEC Grzegorz</b>	<b>251</b>		M30	74	00:02:27	02:36:05	03:21:59	04:03:42	<b>04:26:42.55</b>	<b>04:26:42.55</b>	+01:34:49	5:58	10		
188	<b>KLAMUT Ryszard</b>	<b>464</b>		M60	2	00:00:53	02:37:11	03:24:44	04:06:08	<b>04:27:04.00</b>	<b>04:27:04.00</b>	+01:35:11	5:59	10		
189	<b>ZIĘBA Marcin</b>	<b>418</b>	PORANNY PATROL	M40	63	00:01:03	02:39:00	03:29:04	04:08:34	<b>04:27:20.10</b>	<b>04:27:20.10</b>	+01:35:27	5:59	10		
190	<b>KALTENBERG Janusz</b>	<b>211</b>		M50	14	00:01:11	02:38:04	03:25:24	04:07:32	<b>04:27:33.70</b>	<b>04:27:33.70</b>	+01:35:41	5:59	10		
191	<b>PASTERZ Piotr</b>	<b>396</b>	BIEGAJĄCE URZĘDASY	M30	75	00:00:45	02:40:40	03:26:24	04:08:03	<b>04:28:03.15</b>	<b>04:28:03.15</b>	+01:36:10	6:00	10		
192	<b>STACHURSKI Paweł</b>	<b>571</b>		M30	76	00:01:07	02:38:20	03:28:07	04:08:58	<b>04:28:07.50</b>	<b>04:28:07.50</b>	+01:36:14	6:00	10		
193	<b>KARUŚ Waldemar</b>	<b>382</b>	14DAS JAROSLAW	M40	64	00:02:08	02:48:08	03:33:01	04:10:22	<b>04:28:35.15</b>	<b>04:28:35.15</b>	+01:36:42	6:01	10		
194	<b>KARPIŃSKI Tomasz</b>	<b>124</b>		M40	65	00:00:59	02:36:14	03:24:53	04:06:45	<b>04:28:43.80</b>	<b>04:28:43.80</b>	+01:36:51	6:01	10		
195	<b>GOLEC Tomasz</b>	<b>180</b>	BIT TEAM	M30	77	00:01:13	02:46:32	03:33:49	04:11:16	<b>04:28:44.50</b>	<b>04:28:44.50</b>	+01:36:51	6:01	10		
196	<b>MAKAREWICZ Wiktor</b>	<b>233</b>		M30	78	00:01:01	02:36:14	03:25:17	04:07:48	<b>04:29:04.10</b>	<b>04:29:04.10</b>	+01:37:11	6:01	9.9		
197	<b>PAWŁOWSKI Piotr</b>	<b>416</b>		M40	66	00:02:41	02:46:11	03:31:43	04:09:48	<b>04:29:11.65</b>	<b>04:29:11.65</b>	+01:37:19	6:02	9.9		
198	<b>BAJOREK Jan</b>	<b>851</b>		M40	67	00:01:03	02:36:48	03:32:36	04:09:57	<b>04:29:23.75</b>	<b>04:29:23.75</b>	+01:37:31	6:02	9.9		
199	<b>WŁOCH Sławomir</b>	<b>437</b>		M40	68	00:00:59	02:35:21	03:24:00	04:08:25	<b>04:29:43.30</b>	<b>04:29:43.30</b>	+01:37:50	6:02	9.9		
200	<b>MACIAK Rafał</b>	<b>370</b>	EKIPA Z TARNOWA	M30	79	00:01:47	02:38:02	03:27:24	04:08:18	<b>04:29:45.90</b>	<b>04:29:45.90</b>	+01:37:53	6:02	9.9		
201	<b>SIKORSKI Radosław</b>	<b>174</b>		M40	69	00:02:21	02:39:39	03:28:50	04:09:28	<b>04:29:47.40</b>	<b>04:29:47.40</b>	+01:37:54	6:02	9.9		
202	<b>LEWANDOWSKI Marcin</b>	<b>216</b>	HAPPY TRI FRIENDS	M40	70					<b>04:30:03.70</b>	<b>04:30:03.70</b>	+01:38:11	6:03	9.9		
203	<b>PANTOŁ Mirośław</b>	<b>123</b>		M40	71	00:00:59	02:38:53	03:27:03	04:08:36	<b>04:30:25.75</b>	<b>04:30:25.75</b>	+01:38:33	6:03	9.9		
204	<b>STANIEK Anna</b>	<b>598</b>	PIERDZĄCE ZAJĄCE	K30	11	00:02:40	02:45:40	03:33:51	04:11:46	<b>04:30:43.45</b>	<b>04:30:43.45</b>	+01:38:50	6:04	9.9		
205	<b>SMOROŃSKI Jacek</b>	<b>117</b>		M20	17	00:02:33	02:43:05	03:27:46	04:08:49	<b>04:31:09.35</b>	<b>04:31:09.35</b>	+01:39:16	6:04	9.9		
206	<b>MYŚLIWIEC Robert</b>	<b>774</b>	WILD & FREE	M30	80	00:02:26	02:35:32	03:27:20	04:11:18	<b>04:31:11.80</b>	<b>04:31:11.80</b>	+01:39:19	6:04	9.9		
207	<b>KOŁODZIEJ Mateusz</b>	<b>541</b>		M30	81	00:01:07	02:38:36	03:28:19	04:10:50	<b>04:31:25.90</b>	<b>04:31:25.90</b>	+01:39:33	6:05	9.9		
208	<b>NAZIMEK Maciej</b>	<b>657</b>		M30	82	00:02:20	02:46:17	03:33:18	04:11:27	<b>04:31:26.80</b>	<b>04:31:26.80</b>	+01:39:34	6:05	9.9		
209	<b>SZCZUR Wiesław</b>	<b>126</b>		M40	72	00:02:04	02:44:53	03:31:39	04:11:13	<b>04:31:35.05</b>	<b>04:31:35.05</b>	+01:39:42	6:05	9.9		
210	<b>PIĄTEK Beata</b>	<b>651</b>		K30	12	00:01:31	02:54:57	03:39:17	04:14:46	<b>04:31:47.40</b>	<b>04:31:47.40</b>	+01:39:54	6:05	9.8		
211	<b>SKOTNICKA Anna</b>	<b>75</b>	TTC MPEC TARNÓW	K30	13	00:01:56	02:43:17	03:32:15	04:12:34	<b>04:31:54.60</b>	<b>04:31:54.60</b>	+01:40:02	6:05	9.8		
212	<b>SKOTNICKI Dariusz</b>	<b>74</b>	TTC MPEC TARNÓW	M30	83	00:01:56	02:43:17	03:32:16	04:12:34	<b>04:31:56.45</b>	<b>04:31:56.45</b>	+01:40:03	6:05	9.8		
213	<b>WIERZCHOWIAK Jarosław</b>	<b>815</b>		M20	18	00:01:03	02:43:47	03:32:42	04:12:51	<b>04:32:15.40</b>	<b>04:32:15.40</b>	+01:40:22	6:06	9.8		
214	<b>OCHYRA Konrad</b>	<b>327</b>		M20	19	00:01:02	02:43:44	03:34:47	04:13:42	<b>04:32:21.55</b>	<b>04:32:21.55</b>	+01:40:28	6:06	9.8		
215	<b>WALASZKOWSKA Dominika</b>	<b>330</b>	BIESY	K30	14	00:01:12	02:43:36	03:33:42	04:12:58	<b>04:32:22.00</b>	<b>04:32:22.00</b>	+01:40:29	6:06	9.8		
216	<b>POTRZESZCZ Tomasz</b>	<b>878</b>		M40	73	00:02:57	02:42:57	03:32:34	04:11:48	<b>04:32:25.90</b>	<b>04:32:25.90</b>	+01:40:33	6:06	9.8		

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					
217	<b>GAŚECKI Daniel</b>	<b>808</b>	WKURW_TEAM	M40	74	00:02:40	02:43:29	03:33:55	04:12:59	<b>04:32:32.40</b>	<b>04:32:32.40</b>	+01:40:39	6:06	9.8		
218	<b>ASŁANOWICZ Marcin</b>	<b>93</b>		M40	75	00:01:38	02:49:40	03:37:39	04:14:21	<b>04:32:33.30</b>	<b>04:32:33.30</b>	+01:40:40	6:06	9.8		
219	<b>GRABOŚ Nina</b>	<b>357</b>		K40	5	00:01:39	02:49:40	03:37:40	04:14:22	<b>04:32:33.50</b>	<b>04:32:33.50</b>	+01:40:40	6:06	9.8		
220	<b>NIEWIECZERZAŁ Tomasz</b>	<b>359</b>		M20	20	00:01:08	02:32:29	03:25:29	04:11:04	<b>04:33:11.80</b>	<b>04:33:11.80</b>	+01:41:19	6:07	9.8		
221	<b>BOGDANOWICZ Beata</b>	<b>202</b>	BIEGOWY ŚWIAT	K40	6	00:01:21	02:46:49	03:34:19	04:13:33	<b>04:33:12.70</b>	<b>04:33:12.70</b>	+01:41:20	6:07	9.8		
222	<b>ALBIŃSKI Tomasz</b>	<b>593</b>		M40	76	00:02:15	02:42:27	03:36:50	04:13:55	<b>04:33:20.50</b>	<b>04:33:20.50</b>	+01:41:27	6:07	9.8		
223	<b>ZYGMUNT Marcin</b>	<b>786</b>	ZYGABIEGA	M40	77	00:01:12	02:38:16	03:29:19	04:12:30	<b>04:33:40.70</b>	<b>04:33:40.70</b>	+01:41:48	6:08	9.8		
224	<b>FOGEL Ewa</b>	<b>102</b>	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	K40	7	00:01:16	02:38:43	03:33:11	04:13:57	<b>04:33:43.75</b>	<b>04:33:43.75</b>	+01:41:51	6:08	9.8		
225	<b>GUZIK Łukasz</b>	<b>518</b>	APTIV RUNNING TEAM	M30	84	00:02:38	02:51:29	03:38:34	04:14:27	<b>04:34:07.10</b>	<b>04:34:07.10</b>	+01:42:14	6:08	9.8		
226	<b>KOSMĘDA Piotr Michał</b>	<b>107</b>		M40	78	00:01:09	02:46:16	03:38:13	04:16:16	<b>04:34:14.75</b>	<b>04:34:14.75</b>	+01:42:22	6:08	9.8		
227	<b>OCZOŚ Hubert</b>	<b>1136</b>		M30	85	00:01:14	02:49:06	03:36:05	04:12:47	<b>04:34:24.85</b>	<b>04:34:24.85</b>	+01:42:32	6:09	9.8		
228	<b>DZIUBAŁA Karolina</b>	<b>812</b>	HUSARIA RACE TEAM	K20	7	00:01:13	02:43:45	03:32:42	04:14:21	<b>04:34:34.80</b>	<b>04:34:34.80</b>	+01:42:42	6:09	9.7		
229	<b>SKRZYPEK Sylwia</b>	<b>744</b>		K30	15	00:02:22	02:47:32	03:35:06	04:14:39	<b>04:34:37.40</b>	<b>04:34:37.40</b>	+01:42:44	6:09	9.7		
230	<b>POWALISZ Dariusz</b>	<b>787</b>		M40	79	00:01:12	02:38:33	03:29:21	04:12:44	<b>04:34:39.70</b>	<b>04:34:39.70</b>	+01:42:47	6:09	9.7		
231	<b>MASZEWSKA Agata</b>	<b>134</b>	KUŹNIA TRIATHLONU	K30	16	00:01:35	02:49:52	03:38:08	04:16:21	<b>04:34:44.30</b>	<b>04:34:44.30</b>	+01:42:51	6:09	9.7		
232	<b>BUJALSKI Szymon</b>	<b>133</b>	KUŹNIA TRIATHLONU	M40	80	00:01:32	02:49:51	03:38:08	04:16:20	<b>04:34:45.20</b>	<b>04:34:45.20</b>	+01:42:52	6:09	9.7		
233	<b>PELA Dariusz</b>	<b>369</b>	TMT TORUŃ SKY-TRANS	M30	86	00:01:27	02:37:46	03:28:19	04:11:56	<b>04:35:03.10</b>	<b>04:35:03.10</b>	+01:43:10	6:10	9.7		
234	<b>KAJA Gracjan</b>	<b>871</b>	BYDGOŚCIE	M30	87	00:01:17	02:39:31	03:29:38	04:13:37	<b>04:35:22.25</b>	<b>04:35:22.25</b>	+01:43:29	6:10	9.7		
235	<b>WOŹNIAK Michał</b>	<b>719</b>	STAY INSANE	M30	88	00:01:07	02:42:12	03:35:24	04:16:58	<b>04:37:03.40</b>	<b>04:37:03.40</b>	+01:45:10	6:12	9.7		
236	<b>SANNER Marcin</b>	<b>581</b>		M30	89	00:01:02	02:34:28	03:28:35	04:11:47	<b>04:37:17.45</b>	<b>04:37:17.45</b>	+01:45:24	6:13	9.7		
237	<b>CIUBA Paweł</b>	<b>333</b>	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	81	00:02:24	02:50:29	03:40:01	04:17:48	<b>04:37:22.70</b>	<b>04:37:22.70</b>	+01:45:30	6:13	9.6		
238	<b>WIERNASZ Grzegorz</b>	<b>426</b>	KARCHER KROSNO CENTRUM SUCHODUŁ	M40	82	00:02:35	02:47:19	03:36:34	04:17:44	<b>04:37:36.70</b>	<b>04:37:36.70</b>	+01:45:44	6:13	9.6		
239	<b>WĘGRZYN Krzysztof</b>	<b>438</b>	RESZOWSKIE GAZELE I GEPARDY	M50	15	00:02:19	02:47:06	03:36:19	04:18:28	<b>04:38:23.80</b>	<b>04:38:23.80</b>	+01:46:31	6:14	9.6		
240	<b>CHOMICZ Martyna</b>	<b>269</b>		K20	8	00:01:13	02:46:54	03:35:12	04:16:40	<b>04:38:41.65</b>	<b>04:38:41.65</b>	+01:46:49	6:14	9.6		
241	<b>TROJNAR Damian</b>	<b>446</b>	KS JANUSZE	M30	90	00:01:47	02:43:14	03:37:12	04:18:34	<b>04:38:47.75</b>	<b>04:38:47.75</b>	+01:46:55	6:15	9.6		
242	<b>PRYSZCZ Mirosław</b>	<b>295</b>		M40	83	00:02:15	02:38:22	03:36:12	04:17:35	<b>04:38:51.10</b>	<b>04:38:51.10</b>	+01:46:58	6:15	9.6		
243	<b>MAJEWICZ Grzegorz</b>	<b>557</b>		M40	84	00:01:36	02:40:45	03:33:07	04:16:00	<b>04:39:04.20</b>	<b>04:39:04.20</b>	+01:47:11	6:15	9.6		
244	<b>PRZEWŁOCKI Przemysław</b>	<b>732</b>		M40	85	00:02:56	02:46:45	03:34:18	04:16:18	<b>04:39:14.55</b>	<b>04:39:14.55</b>	+01:47:21	6:15	9.6		
245	<b>DONIEC Marek</b>	<b>493</b>	WKURW_TEAM	M40	86	00:02:13	02:45:41	03:35:56	04:17:30	<b>04:39:24.75</b>	<b>04:39:24.75</b>	+01:47:32	6:15	9.6		
246	<b>TUCHOŁKA Marta</b>	<b>858</b>	POCO LOCO	K30	17	00:01:45	02:44:28	03:37:32	04:19:21	<b>04:39:50.00</b>	<b>04:39:50.00</b>	+01:47:57	6:16	9.6		
247	<b>CZAJKOWSKI Rafał</b>	<b>288</b>	EKOBIEGI/BBL WARSZAWA POLONEZ	M40	87	00:01:51	02:50:37	03:39:09	04:19:39	<b>04:39:53.45</b>	<b>04:39:53.45</b>	+01:48:00	6:16	9.6		
248	<b>PORĘBA Eugeniusz</b>	<b>624</b>	MIECHÓW	M50	16	00:01:34	02:40:54	03:32:38	04:17:11	<b>04:40:29.95</b>	<b>04:40:29.95</b>	+01:48:37	6:17	9.5		
249	<b>ORLEWSKA Danuta</b>	<b>652</b>	ULTRAMARATON PODKARPACKI	K40	8	00:02:20	02:49:48	03:39:27	04:19:41	<b>04:40:31.05</b>	<b>04:40:31.05</b>	+01:48:38	6:17	9.5		
250	<b>MIĄSKO Piotrek</b>	<b>453</b>		M20	21	00:00:40	02:43:16	03:34:22	04:19:09	<b>04:40:48.85</b>	<b>04:40:48.85</b>	+01:48:56	6:17	9.5		
251	<b>FILIPIAK Hieronim</b>	<b>421</b>	MIECHOWICKA GRUPA BIEGOWA	M40	88	00:01:52	02:47:56	03:38:19	04:20:00	<b>04:41:00.65</b>	<b>04:41:00.65</b>	+01:49:08	6:18	9.5		
252	<b>WOJTANOWSKA Karolina</b>	<b>633</b>	DREMCHASER TEAM	K20	9	00:00:41	02:41:48	03:34:07	04:17:16	<b>04:41:15.60</b>	<b>04:41:15.60</b>	+01:49:23	6:18	9.5		

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					
253	<b>WILK Bartosz</b>	<b>151</b>	WILKI NA SZLAKU	M30	91	00:01:01	02:28:52	03:31:49	04:17:24	<b>04:41:30.00</b>	<b>04:41:30.00</b>	+01:49:37	6:18	9.5		
254	<b>MARCELA Marcin</b>	<b>188</b>	FAT MAMA'S SPORT CLUB	M40	89	00:00:54	02:46:55	03:36:21	04:18:46	<b>04:41:44.25</b>	<b>04:41:44.25</b>	+01:49:51	6:19	9.5		
255	<b>BAŁCHAN Krzysztof</b>	<b>64</b>	CPR RZESZÓW	M30	92	00:00:58	02:38:30	03:31:53	04:18:06	<b>04:41:59.70</b>	<b>04:41:59.70</b>	+01:50:07	6:19	9.5		
256	<b>NOWACKI Dawid</b>	<b>697</b>		M30	93	00:03:03	02:48:11	03:37:21	04:20:38	<b>04:42:16.05</b>	<b>04:42:16.05</b>	+01:50:23	6:19	9.5		
257	<b>PIECUCH Karolina</b>	<b>257</b>	LACHO TEAM/SKLEP BIEGACZA	K30	18	00:01:12	02:47:11	03:38:43	04:19:21	<b>04:42:24.10</b>	<b>04:42:24.10</b>	+01:50:31	6:19	9.5		
258	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>622</b>	AKMB PĘDZIMATR GLIWICE	K30	19	00:00:52	02:45:29	03:38:33	04:21:03	<b>04:42:29.35</b>	<b>04:42:29.35</b>	+01:50:36	6:20	9.5		
259	<b>KONDZIOŁA Krzysztof</b>	<b>498</b>	PERFECT RUNNER LUBLIN / STAY INSANE	M30	94	00:01:27	02:50:55	03:44:06	04:24:22	<b>04:43:01.00</b>	<b>04:43:01.00</b>	+01:51:08	6:20	9.5		
260	<b>SZYMAŁA Marcin</b>	<b>362</b>		M40	90	00:00:52	02:43:29	03:36:04	04:20:43	<b>04:43:05.40</b>	<b>04:43:05.40</b>	+01:51:12	6:20	9.5		
261	<b>KOZERA Waldemar</b>	<b>724</b>		M30	95	00:01:12	02:45:32	03:39:13	04:22:27	<b>04:44:08.65</b>	<b>04:44:08.65</b>	+01:52:16	6:22	9.4		
262	<b>ZAWADZKI Dariusz</b>	<b>835</b>	RADLINIOKI W BIEGU	M40	91	00:02:26	02:52:54	03:49:17	04:26:38	<b>04:44:22.90</b>	<b>04:44:22.90</b>	+01:52:30	6:22	9.4		
263	<b>ZAWADZKI Karol</b>	<b>68</b>	RADLINIOKI W BIEGU	M20	22	00:02:27	02:52:55	03:49:23	04:26:38	<b>04:44:23.35</b>	<b>04:44:23.35</b>	+01:52:30	6:22	9.4		
264	<b>STĘPIEŃ Wojciech</b>	<b>506</b>		M40	92	00:02:20	02:48:58	03:40:38	04:23:08	<b>04:44:41.50</b>	<b>04:44:41.50</b>	+01:52:48	6:22	9.4		
265	<b>WĘGIEL Bogdan</b>	<b>621</b>		M40	93	00:01:05	02:49:59	03:40:33	04:23:23	<b>04:44:46.60</b>	<b>04:44:46.60</b>	+01:52:54	6:23	9.4		
266	<b>PAŃTAK Sławomir</b>	<b>66</b>	21DAPLOT JAROSŁAW	M40	94	00:02:08	02:48:08	03:38:30	04:22:23	<b>04:45:00.95</b>	<b>04:45:00.95</b>	+01:53:08	6:23	9.4		
267	<b>ŻURAWSKI Sławomir</b>	<b>284</b>	PGB SPORTOWA PACZKA	M30	96	00:01:49	02:57:34	03:44:40	04:25:18	<b>04:45:05.30</b>	<b>04:45:05.30</b>	+01:53:12	6:23	9.4		
268	<b>ORŁOWSKI Jakub</b>	<b>870</b>		M30	97	00:01:37	02:50:50	03:45:31	04:25:14	<b>04:45:11.70</b>	<b>04:45:11.70</b>	+01:53:19	6:23	9.4		
269	<b>BUCZYŃSKI Radosław</b>	<b>731</b>	NIGHT RUNNERS GLIWICE	M30	98	00:02:11	02:46:22	03:40:23	04:23:07	<b>04:45:12.95</b>	<b>04:45:12.95</b>	+01:53:20	6:23	9.4		
270	<b>SARKOWICZ Adam</b>	<b>708</b>		M50	17	00:01:48	02:51:49	03:41:40	04:22:53	<b>04:45:31.60</b>	<b>04:45:31.60</b>	+01:53:39	6:24	9.4		
271	<b>CZAPLA Arkadiusz</b>	<b>190</b>		M40	95	00:00:54	02:46:56	03:40:11	04:22:32	<b>04:45:34.30</b>	<b>04:45:34.30</b>	+01:53:41	6:24	9.4		
272	<b>CHARKOT Sławomir</b>	<b>485</b>	BIEGUSIEM.PL	M40	96	00:02:41	02:49:20	03:41:18	04:25:41	<b>04:45:46.80</b>	<b>04:45:46.80</b>	+01:53:54	6:24	9.4		
273	<b>KALBARCZYK Wojciech</b>	<b>262</b>	ADIDAS RUNNERS WARSZAWA	M30	99	00:01:31	02:51:59	03:47:05	04:25:38	<b>04:46:03.10</b>	<b>04:46:03.10</b>	+01:54:10	6:24	9.4		
273	<b>MODRZEJEWSKI Adam</b>	<b>266</b>	KLUB WYSOKOGÓRSKI WARSZAWA	M30	100	00:01:31	02:51:58	03:47:05	04:25:40	<b>04:46:03.10</b>	<b>04:46:03.10</b>	+01:54:10	6:24	9.4		
275	<b>SURDACKI Mateusz</b>	<b>837</b>		M30	101	00:00:55	02:52:23	03:43:44	04:26:24	<b>04:46:36.05</b>	<b>04:46:36.05</b>	+01:54:43	6:25	9.3		
276	<b>WIĄCEK Krzysztof</b>	<b>791</b>	DRUKARNIA MADAS	M50	18	00:01:33	02:54:01	03:45:14	04:26:55	<b>04:46:49.50</b>	<b>04:46:49.50</b>	+01:54:56	6:25	9.3		
277	<b>GÓRSKI Mateusz</b>	<b>773</b>	BIG YELLOW FOOT ADVENTURE TEAM	M30	102	00:01:21	02:45:58	03:43:52	04:26:45	<b>04:46:53.85</b>	<b>04:46:53.85</b>	+01:55:01	6:25	9.3		
278	<b>SZOTA Robert</b>	<b>256</b>	SMT SZCZECIN	M30	103	00:01:19	02:58:45	03:53:08	04:29:20	<b>04:46:54.75</b>	<b>04:46:54.75</b>	+01:55:02	6:25	9.3		
279	<b>KĘDZIOR Michał</b>	<b>524</b>	DRUŻYNA SZPIKU	M30	104	00:02:22	02:56:55	03:44:39	04:26:40	<b>04:47:02.40</b>	<b>04:47:02.40</b>	+01:55:09	6:26	9.3		
280	<b>SERAFIN Paulina</b>	<b>508</b>	RZESZOWSKIE GAZELE I GEPARDY	K30	20	00:01:14	02:51:42	03:42:31	04:27:01	<b>04:47:22.50</b>	<b>04:47:22.50</b>	+01:55:29	6:26	9.3		
281	<b>ĆWIAKAŁA Halina</b>	<b>563</b>	SAMOTNI WĘDROWCY	K40	9	00:01:25	02:51:22	03:43:15	04:26:58	<b>04:47:45.90</b>	<b>04:47:45.90</b>	+01:55:53	6:27	9.3		
282	<b>LIK Marek</b>	<b>458</b>	CHEŁM BIEGA	M50	19	00:01:11	02:45:33	03:44:04	04:26:10	<b>04:47:51.30</b>	<b>04:47:51.30</b>	+01:55:58	6:27	9.3		
283	<b>BOCHENEK Paweł</b>	<b>727</b>	WKURW_TEAM	M30	105	00:01:28	02:45:29	03:40:08	04:25:10	<b>04:48:00.20</b>	<b>04:48:00.20</b>	+01:56:07	6:27	9.3		
284	<b>WICZUK Michał</b>	<b>283</b>		M30	106	00:00:40	02:42:56	03:38:57	04:25:51	<b>04:48:01.05</b>	<b>04:48:01.05</b>	+01:56:08	6:27	9.3		
285	<b>OSTROWSKI Łukasz</b>	<b>683</b>		M30	107	00:01:19	02:38:07	03:33:24	04:22:24	<b>04:48:01.85</b>	<b>04:48:01.85</b>	+01:56:09	6:27	9.3		
286	<b>PAWLIKOWSKI Bogusław</b>	<b>531</b>	BRAK	M50	20	00:02:00	02:55:45	03:46:29	04:27:01	<b>04:48:02.30</b>	<b>04:48:02.30</b>	+01:56:09	6:27	9.3		
287	<b>KOCOT Sebastians</b>	<b>364</b>		M30	108	00:02:05	02:55:48	03:47:06	04:27:17	<b>04:48:05.00</b>	<b>04:48:05.00</b>	+01:56:12	6:27	9.3		
288	<b>HOŁODY Grzegorz</b>	<b>658</b>		M30	109	00:01:38	02:56:30	03:44:39	04:27:47	<b>04:48:22.45</b>	<b>04:48:22.45</b>	+01:56:29	6:27	9.3		
289	<b>ŚLIWIŃSKI Andrzej</b>	<b>324</b>		M60	3	00:01:33	02:42:33	03:40:26	04:28:28	<b>04:48:24.05</b>	<b>04:48:24.05</b>	+01:56:31	6:27	9.3		



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					
290	<b>DORSZ Beata</b>	<b>226</b>		K40	10	00:01:26	02:55:19	03:47:49	04:28:26	<b>04:48:29.45</b>	<b>04:48:29.45</b>	+01:56:36	6:28	9.3		
291	<b>WÓJCIK Julian</b>	<b>709</b>	SZWLA STARGARD	M60	4	00:00:55	02:56:54	03:46:05	04:28:29	<b>04:48:32.40</b>	<b>04:48:32.40</b>	+01:56:39	6:28	9.3		
292	<b>SIKORA Michał</b>	<b>17</b>		M40	97	00:01:14	02:54:23	03:46:36	04:29:02	<b>04:48:46.60</b>	<b>04:48:46.60</b>	+01:56:54	6:28	9.3		
293	<b>KŁOS Paweł</b>	<b>725</b>		M40	98	00:01:39	02:53:12	03:45:21	04:26:41	<b>04:48:51.30</b>	<b>04:48:51.30</b>	+01:56:58	6:28	9.3		
294	<b>PILICHOWSKI Wojciech</b>	<b>739</b>	GRUPA SZALONYCH ROWERZYSTÓW	M40	99	00:02:31	02:50:15	03:46:47	04:29:00	<b>04:49:14.70</b>	<b>04:49:14.70</b>	+01:57:22	6:29	9.3		
295	<b>BOGUSZ Bartosz</b>	<b>387</b>		M40	100	00:01:21	02:51:11	03:42:14	04:27:05	<b>04:49:21.45</b>	<b>04:49:21.45</b>	+01:57:28	6:29	9.2		
296	<b>LANGNER Maurycy</b>	<b>781</b>		M40	101	00:01:52	02:49:49	03:46:32	04:29:16	<b>04:49:40.15</b>	<b>04:49:40.15</b>	+01:57:47	6:29	9.2		
297	<b>ZAJDEL Sławomir</b>	<b>489</b>	MRÓWKA JAROSŁAW ACTIVE TEAM	M40	102	00:01:27	02:56:32	03:46:25	04:29:28	<b>04:49:52.95</b>	<b>04:49:52.95</b>	+01:58:00	6:29	9.2		
298	<b>TUROSZ Zbigniew</b>	<b>346</b>		M50	21	00:01:18	02:51:23	03:44:58	04:28:33	<b>04:50:11.40</b>	<b>04:50:11.40</b>	+01:58:18	6:30	9.2		
299	<b>URBANOWICZ Andrzej</b>	<b>723</b>	MS CONSULTING	M40	103	00:02:04	02:52:05	03:44:46	04:28:10	<b>04:50:14.75</b>	<b>04:50:14.75</b>	+01:58:22	6:30	9.2		
300	<b>RUTA Mikołaj</b>	<b>695</b>		M40	104	00:02:10	02:52:20	03:44:47	04:28:13	<b>04:50:16.35</b>	<b>04:50:16.35</b>	+01:58:23	6:30	9.2		
301	<b>CHWALISZEWSKI Jarosław</b>	<b>839</b>	NIGHT RUNNERS GLIWICE	M40	105	00:02:21	02:52:40	03:45:50	04:29:25	<b>04:50:40.40</b>	<b>04:50:40.40</b>	+01:58:47	6:31	9.2		
302	<b>JANICKI Tomasz</b>	<b>138</b>	21DAPLOT JAROSŁAW	M30	110	00:02:09	02:54:03	03:47:03	04:29:24	<b>04:50:47.35</b>	<b>04:50:47.35</b>	+01:58:54	6:31	9.2		
303	<b>NOWICKI Artur</b>	<b>564</b>		M20	23	00:01:10	02:55:44	03:48:53	04:30:32	<b>04:51:03.00</b>	<b>04:51:03.00</b>	+01:59:10	6:31	9.2		
304	<b>BZDYRA Michał</b>	<b>342</b>		M30	111	00:02:56	02:55:54	03:51:08	04:32:32	<b>04:51:03.70</b>	<b>04:51:03.70</b>	+01:59:11	6:31	9.2		
305	<b>STOJANOWSKI Dawid</b>	<b>556</b>	RUNHOGS TYCHY	M30	112	00:01:29	03:03:56	03:51:12	04:31:23	<b>04:51:06.05</b>	<b>04:51:06.05</b>	+01:59:13	6:31	9.2		
306	<b>LEŚNIAK Dariusz</b>	<b>38</b>		M50	22	00:00:59	02:48:09	03:46:30	04:29:12	<b>04:51:21.40</b>	<b>04:51:21.40</b>	+01:59:28	6:31	9.2		
307	<b>STRZELECKI Dawid</b>	<b>603</b>	TEAM SPIRIT	M30	113	00:01:35	02:49:29	03:40:35	04:26:46	<b>04:52:03.45</b>	<b>04:52:03.45</b>	+02:00:10	6:32	9.2		
308	<b>WOJNAROWICZ Tomasz</b>	<b>259</b>	SPARTANIEDIECIA/OBOZYBIEGOWE.PL	M30	114	00:02:09	02:38:20	03:46:34	04:29:48	<b>04:52:11.40</b>	<b>04:52:11.40</b>	+02:00:18	6:33	9.2		
309	<b>KRAWCZYK Łukasz</b>	<b>214</b>	BUDAGO.PL	M30	115	00:01:26	02:57:56	03:47:15	04:30:26	<b>04:52:21.20</b>	<b>04:52:21.20</b>	+02:00:28	6:33	9.2		
310	<b>ZAJĄC Józef</b>	<b>856</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	106	00:02:24	02:50:31	03:46:14	04:31:01	<b>04:52:36.20</b>	<b>04:52:36.20</b>	+02:00:43	6:33	9.1		
311	<b>KRAWCZAK Kamil</b>	<b>669</b>	BIEGUSIEM.PL	M30	116	00:02:39	03:01:48	03:52:47	04:33:06	<b>04:52:40.80</b>	<b>04:52:40.80</b>	+02:00:48	6:33	9.1		
312	<b>DULĘBA Tomasz</b>	<b>664</b>		M40	107	00:01:42	02:54:57	03:49:02	04:32:01	<b>04:52:51.25</b>	<b>04:52:51.25</b>	+02:00:58	6:33	9.1		
313	<b>TOMIK Małgorzata</b>	<b>385</b>	WWW.BERSERK-SKLEP.PL	K20	10	00:00:53	02:54:20	03:46:20	04:28:48	<b>04:52:56.05</b>	<b>04:52:56.05</b>	+02:01:03	6:34	9.1		
314	<b>NIENADOWSKA Beata</b>	<b>380</b>	ELAKTYWNI	K50	2	00:01:14	02:59:03	03:51:22	04:32:09	<b>04:52:58.90</b>	<b>04:52:58.90</b>	+02:01:06	6:34	9.1		
315	<b>WYRZYKOWSKI Andrzej</b>	<b>537</b>	BIEGOWYSWAT.PL	M50	23	00:01:25	02:52:07	03:53:36	04:32:39	<b>04:53:07.65</b>	<b>04:53:07.65</b>	+02:01:15	6:34	9.1		
316	<b>FOGT-KLOCKOWSKA Monika</b>	<b>529</b>	KLOCKI GDYNIA	K40	11	00:01:25	02:52:07	03:53:30	04:32:40	<b>04:53:10.25</b>	<b>04:53:10.25</b>	+02:01:17	6:34	9.1		
317	<b>SZANIECKI Piotr</b>	<b>494</b>		M40	108	00:01:54	02:56:51	03:49:20	04:31:43	<b>04:53:24.80</b>	<b>04:53:24.80</b>	+02:01:32	6:34	9.1		
318	<b>MAŁECKI Tomasz</b>	<b>555</b>	MAŁE CYCKI	M40	109	00:00:48	02:56:10	03:51:29	04:33:10	<b>04:53:25.60</b>	<b>04:53:25.60</b>	+02:01:33	6:34	9.1		
319	<b>MAŁECKA Anna</b>	<b>554</b>	MAŁE CYCKI	K40	12	00:00:49	02:56:09	03:51:29	04:33:09	<b>04:53:25.80</b>	<b>04:53:25.80</b>	+02:01:33	6:34	9.1		
320	<b>KANDEFER Marcin</b>	<b>245</b>	IDEO	M30	117	00:01:57	02:55:13	03:51:08	04:33:04	<b>04:53:28.80</b>	<b>04:53:28.80</b>	+02:01:36	6:34	9.1		
321	<b>SADY Sebastian</b>	<b>222</b>		M40	110	00:01:51	02:55:31	03:48:59	04:33:01	<b>04:53:29.40</b>	<b>04:53:29.40</b>	+02:01:36	6:34	9.1		
322	<b>WAWRZAK Ryszard</b>	<b>238</b>	NIGHT RUNNERS GLIWICE	M40	111	00:01:47	02:48:12	03:46:50	04:31:22	<b>04:53:37.10</b>	<b>04:53:37.10</b>	+02:01:44	6:35	9.1		
323	<b>KALANDYK Wojciech</b>	<b>654</b>	TURLAM SIĘ DO METY	M30	118	00:02:55	03:00:34	03:52:35	04:32:53	<b>04:53:43.15</b>	<b>04:53:43.15</b>	+02:01:50	6:35	9.1		
324	<b>LIS Marek</b>	<b>88</b>		M40	112	00:03:06	03:05:47	03:57:39	04:35:39	<b>04:54:10.35</b>	<b>04:54:10.35</b>	+02:02:17	6:35	9.1		
325	<b>ABRAHAMOWICZ Jakub</b>	<b>681</b>		M30	119	00:02:45	02:54:59	03:47:29	04:32:10	<b>04:54:15.40</b>	<b>04:54:15.40</b>	+02:02:22	6:35	9.1		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
326	<b>GAWLEWICZ Krystyna</b>	<b>281</b>		K30	21	00:02:06	02:55:41	03:53:13	04:33:52	<b>04:54:31.65</b>	<b>04:54:31.65</b>	+02:02:39	6:36	9.1
327	<b>GAWLEWICZ Tomasz</b>	<b>282</b>		M40	113	00:02:06	02:55:44	03:53:12	04:33:52	<b>04:54:31.90</b>	<b>04:54:31.90</b>	+02:02:39	6:36	9.1
328	<b>MACIĄG Michał</b>	<b>372</b>	BIEGUSIEM.PL	M40	114	00:02:41	03:01:49	03:52:48	04:33:54	<b>04:54:44.20</b>	<b>04:54:44.20</b>	+02:02:51	6:36	9.1
329	<b>KOZIOŁ Weronika</b>	<b>585</b>		K20	11	00:01:11	02:53:23	03:53:44	04:34:44	<b>04:54:45.35</b>	<b>04:54:45.35</b>	+02:02:52	6:36	9.1
330	<b>KISIAŁA Filip</b>	<b>162</b>	LACHO TEAM	M30	120	00:01:58	02:50:32	03:45:22	04:33:02	<b>04:55:26.05</b>	<b>04:55:26.05</b>	+02:03:33	6:37	9.1
331	<b>MAKINIA Wawrzyniec</b>	<b>510</b>	MOVE YOUR AZZ!!	M40	115	00:02:03	03:01:43	03:49:50	04:32:13	<b>04:55:38.15</b>	<b>04:55:38.15</b>	+02:03:45	6:37	9.1
332	<b>TUTKA Maksymilian</b>	<b>447</b>	KS JANUSZE	M30	121	00:01:47	02:50:24	03:47:00	04:32:46	<b>04:55:54.60</b>	<b>04:55:54.60</b>	+02:04:02	6:38	9
333	<b>SEKUŁA Piotr</b>	<b>335</b>		M30	122	00:02:55	02:56:03	03:49:21	04:32:58	<b>04:56:02.00</b>	<b>04:56:02.00</b>	+02:04:09	6:38	9
334	<b>MALIK Grzegorz</b>	<b>390</b>	PRZEMYSŁ	M30	123	00:02:31	02:52:15	04:00:02	04:35:59	<b>04:56:18.35</b>	<b>04:56:18.35</b>	+02:04:25	6:38	9
335	<b>CHMURKO Michał</b>	<b>479</b>		M30	124	00:02:46	02:55:46	03:54:25	04:35:37	<b>04:56:19.35</b>	<b>04:56:19.35</b>	+02:04:26	6:38	9
336	<b>WYROBA Wojciech</b>	<b>822</b>		M30	125	00:01:24	02:38:20	03:38:54	04:27:09	<b>04:56:33.95</b>	<b>04:56:33.95</b>	+02:04:41	6:38	9
337	<b>CZERWIENKO Mateusz</b>	<b>760</b>		M20	24	00:01:52	02:42:58	03:49:44	04:34:01	<b>04:56:43.40</b>	<b>04:56:43.40</b>	+02:04:50	6:39	9
338	<b>GAWRON Tomasz</b>	<b>375</b>		M30	126	00:01:17	02:48:30	03:49:14	04:34:26	<b>04:56:54.35</b>	<b>04:56:54.35</b>	+02:05:01	6:39	9
339	<b>KŁOSIŃSKI Rafał</b>	<b>148</b>	RACE FIGHTER	M40	116	00:00:41	02:43:16	03:46:28	04:34:43	<b>04:57:03.40</b>	<b>04:57:03.40</b>	+02:05:10	6:39	9
340	<b>PŁOMIŃSKI Marcin</b>	<b>718</b>	WKURW TEAM/ŁÓDŹ RUNNING TEAM	M40	117	00:02:09	02:55:35	03:53:55	04:36:35	<b>04:57:17.45</b>	<b>04:57:17.45</b>	+02:05:24	6:39	9
341	<b>KURZAJ Aleksandra</b>	<b>306</b>	WGD RUN	K30	22	00:02:09	02:55:36	03:53:55	04:36:36	<b>04:57:18.25</b>	<b>04:57:18.25</b>	+02:05:25	6:39	9
342	<b>MACKIEWICZ Roman</b>	<b>197</b>	ŁÓDŹ RUNNING TEAM	M50	24	00:02:08	02:55:36	03:53:55	04:36:36	<b>04:57:18.45</b>	<b>04:57:18.45</b>	+02:05:25	6:39	9
343	<b>MAŁECKI Michał</b>	<b>714</b>	EDC RUNNERS	M40	118	00:01:06	02:52:32	03:51:09	04:34:55	<b>04:57:30.40</b>	<b>04:57:30.40</b>	+02:05:37	6:40	9
344	<b>IWANIEK Sebastian</b>	<b>728</b>	BIEGUSIEM.PL	M30	127	00:01:08	02:51:43	03:45:13	04:30:12	<b>04:58:16.60</b>	<b>04:58:16.60</b>	+02:06:24	6:41	9
345	<b>ZIEBURA Jacek</b>	<b>639</b>	TOWAROWE.PL	M40	119	00:01:19	02:54:15	03:56:00	04:36:57	<b>04:58:22.00</b>	<b>04:58:22.00</b>	+02:06:29	6:41	9
346	<b>ORŁOWSKI Radosław</b>	<b>160</b>	#KASZANIENAMOKA BIEGAMYRAZEM.PL	M40	120	00:03:11	03:08:38	03:58:17	04:38:53	<b>04:58:28.40</b>	<b>04:58:28.40</b>	+02:06:35	6:41	9
347	<b>JURKOWSKI Michał</b>	<b>484</b>		M40	121	00:02:38	03:05:59	03:57:15	04:38:50	<b>04:58:44.45</b>	<b>04:58:44.45</b>	+02:06:51	6:41	9
348	<b>DYLEWSKI Paweł</b>	<b>623</b>	FIZJO-SPORT ŁĘCZNA	M40	122	00:01:16	02:55:57	03:50:15	04:36:31	<b>04:58:53.45</b>	<b>04:58:53.45</b>	+02:07:00	6:42	9
349	<b>KOŁODZIEJCZYK Maciej</b>	<b>618</b>	FIZJO-SPORT ŁĘCZNA	M40	123	00:01:17	02:50:27	03:47:38	04:36:32	<b>04:58:55.10</b>	<b>04:58:55.10</b>	+02:07:02	6:42	9
350	<b>PIETRZAK Mariusz</b>	<b>325</b>		M40	124	00:02:40	03:00:06	03:53:08	04:37:54	<b>04:59:03.60</b>	<b>04:59:03.60</b>	+02:07:11	6:42	8.9
351	<b>SZCZUR Iwona</b>	<b>125</b>		K40	13	00:02:15	03:05:47	03:57:58	04:39:22	<b>04:59:37.60</b>	<b>04:59:37.60</b>	+02:07:45	6:43	8.9
352	<b>SZPULARZ Adam</b>	<b>776</b>		M30	128	00:01:16	02:59:19	03:51:49	04:36:05	<b>04:59:38.80</b>	<b>04:59:38.80</b>	+02:07:46	6:43	8.9
353	<b>GĘBKA Małgorzata</b>	<b>777</b>		K30	23	00:01:18	02:58:51	03:51:48	04:36:05	<b>04:59:38.90</b>	<b>04:59:38.90</b>	+02:07:46	6:43	8.9
354	<b>KUSION Anna</b>	<b>61</b>		K50	3	00:01:03	02:57:40	03:53:58	04:38:12	<b>04:59:42.05</b>	<b>04:59:42.05</b>	+02:07:49	6:43	8.9
355	<b>WOJCIECHOWSKI Tomasz</b>	<b>146</b>		M30	129	00:02:19	02:49:30	03:51:38	04:36:50	<b>04:59:43.05</b>	<b>04:59:43.05</b>	+02:07:50	6:43	8.9
356	<b>KRÓLIKOWSKI Andrzej</b>	<b>483</b>		M40	125	00:01:43	02:59:04	03:53:03	04:38:19	<b>04:59:48.60</b>	<b>04:59:48.60</b>	+02:07:56	6:43	8.9
357	<b>DONIEC Sebastian</b>	<b>91</b>	WWW.ADWOKATDONIEC.PL	M30	130	00:01:47	02:54:50	03:51:36	04:38:03	<b>05:00:05.35</b>	<b>05:00:05.35</b>	+02:08:12	6:43	8.9
358	<b>NIEGOWSKI Tomasz</b>	<b>270</b>		M20	25	00:01:13	02:59:25	03:57:54	04:40:34	<b>05:00:05.40</b>	<b>05:00:05.40</b>	+02:08:12	6:43	8.9
359	<b>WAJCOWICZ Witold</b>	<b>45</b>	POZYTYWNE ZABIEGANI SANOK	M40	126	00:02:03	02:55:40	03:53:09	04:36:49	<b>05:00:09.55</b>	<b>05:00:09.55</b>	+02:08:16	6:43	8.9
360	<b>GAWORECKI Tomasz</b>	<b>36</b>	RUN ENERGY CLUB	M30	131	00:02:05	02:55:46	03:53:11	04:36:49	<b>05:00:10.55</b>	<b>05:00:10.55</b>	+02:08:17	6:43	8.9

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					
361	<b>LEŚNIAK-POPIEL Marta</b>	<b>97</b>	POZYTYWNE ZABIEGANI SANOK	K40	14	00:02:04	02:55:40	03:53:10	04:36:49	<b>05:00:11.30</b>	<b>05:00:11.30</b>	+02:08:18	6:43	8.9		
362	<b>KWIECIEN Krzysztof</b>	<b>805</b>	4K TEAM TARNÓW	M40	127	00:02:57	03:06:04	03:57:18	04:38:18	<b>05:00:14.95</b>	<b>05:00:14.95</b>	+02:08:22	6:43	8.9		
363	<b>SROKA Zbigniew</b>	<b>552</b>		M40	128	00:02:57	03:01:10	03:54:31	04:38:18	<b>05:00:15.40</b>	<b>05:00:15.40</b>	+02:08:22	6:43	8.9		
364	<b>SAMUŚ Dariusz</b>	<b>354</b>	SPARTAN RACE TRAINING GROUP	M30	132	00:01:55	02:55:00	03:54:37	04:39:36	<b>05:00:33.50</b>	<b>05:00:33.50</b>	+02:08:40	6:44	8.9		
365	<b>URBANEK Małgorzata</b>	<b>844</b>	WAPIENICKI TEAM	K40	15	00:02:44	02:59:10	03:55:30	04:39:34	<b>05:00:51.00</b>	<b>05:00:51.00</b>	+02:08:58	6:44	8.9		
366	<b>WOŁOSZYN Ryszard</b>	<b>845</b>	PIZUNY ROZTOCZEWSCHODNIE	M50	25	00:02:44	02:59:04	03:55:29	04:39:32	<b>05:00:51.35</b>	<b>05:00:51.35</b>	+02:08:58	6:44	8.9		
367	<b>JEDLIŃSKI Bartosz</b>	<b>67</b>	MARATOŃCZYK DĘBICA	M40	129	00:01:38	02:55:36	03:53:10	04:39:22	<b>05:00:54.35</b>	<b>05:00:54.35</b>	+02:09:01	6:44	8.9		
368	<b>KAWALEC Grzegorz</b>	<b>514</b>		M30	133	00:01:57	02:55:14	03:51:11	04:35:44	<b>05:01:24.30</b>	<b>05:01:24.30</b>	+02:09:31	6:45	8.9		
369	<b>GAWRON Marcin</b>	<b>155</b>	IDEO	M30	134	00:01:57	02:55:14	03:51:09	04:35:44	<b>05:01:24.50</b>	<b>05:01:24.50</b>	+02:09:31	6:45	8.9		
370	<b>NIEDZIELA Marcin</b>	<b>189</b>		M40	130	00:00:57	02:54:50	03:49:22	04:37:22	<b>05:01:30.60</b>	<b>05:01:30.60</b>	+02:09:38	6:45	8.9		
371	<b>JAROSZ JARZEWSKI Mateusz</b>	<b>195</b>		M30	135	00:02:02	02:50:20	03:46:41	04:35:35	<b>05:01:35.00</b>	<b>05:01:35.00</b>	+02:09:42	6:45	8.9		
372	<b>FIECEK Paweł</b>	<b>268</b>	ŚWINKI TRZY	M30	136	00:02:24	03:09:07	04:03:29	04:43:42	<b>05:01:50.60</b>	<b>05:01:50.60</b>	+02:09:58	6:46	8.9		
373	<b>RĘKAS Michał</b>	<b>277</b>	RAPTOWNI	M30	137	00:02:23	03:09:08	04:03:27	04:43:42	<b>05:01:50.80</b>	<b>05:01:50.80</b>	+02:09:58	6:46	8.9		
374	<b>STASIEWICZ Jacek</b>	<b>178</b>	WSCHODNIA SIŁA	M40	131	00:02:38	03:02:05	03:59:12	04:41:08	<b>05:01:53.20</b>	<b>05:01:53.20</b>	+02:10:00	6:46	8.9		
375	<b>MACHLARZ Mateusz</b>	<b>736</b>	SRTG RZESZÓW	M20	26	00:01:58	02:55:00	03:54:37	04:39:36	<b>05:02:05.45</b>	<b>05:02:05.45</b>	+02:10:12	6:46	8.9		
376	<b>DOMIN Bartosz</b>	<b>512</b>	COLLEGIUM MEDICUM UJ	M30	138	00:01:17	02:54:05	03:56:41	04:39:54	<b>05:02:06.35</b>	<b>05:02:06.35</b>	+02:10:13	6:46	8.9		
377	<b>KŁOSOWSKI Karol</b>	<b>63</b>	LOS TREPOS COMPANIEROS	M30	139	00:01:48				<b>05:02:17.00</b>	<b>05:02:17.00</b>	+02:10:24	6:46	8.9		
378	<b>BLACHA Agata</b>	<b>445</b>	BIŁGORAJ	K30	24	00:01:29	02:59:51	03:55:23	04:39:52	<b>05:02:28.65</b>	<b>05:02:28.65</b>	+02:10:36	6:46	8.8		
379	<b>GONTARZ Aleksandra</b>	<b>566</b>		K30	25	00:01:28	02:59:51	03:55:24	04:39:52	<b>05:02:28.80</b>	<b>05:02:28.80</b>	+02:10:36	6:46	8.8		
380	<b>DĄBROWSKA Katarzyna</b>	<b>227</b>	HUTNIK WARSZAWA	K30	26	00:02:36	03:03:37	04:02:09	04:42:01	<b>05:02:42.10</b>	<b>05:02:42.10</b>	+02:10:49	6:47	8.8		
381	<b>GŁOWACKI Andrzej</b>	<b>631</b>	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	132	00:02:45	03:04:19	03:55:42	04:39:25	<b>05:02:48.90</b>	<b>05:02:48.90</b>	+02:10:56	6:47	8.8		
382	<b>ROBAK Jarosław</b>	<b>540</b>		M40	133	00:01:54	02:56:52	03:49:24	04:37:57	<b>05:02:55.00</b>	<b>05:02:55.00</b>	+02:11:02	6:47	8.8		
383	<b>WOJCIECHOWSKI Krzysztof</b>	<b>463</b>		M40	134	00:01:34	02:56:39	03:53:40	04:39:26	<b>05:03:26.30</b>	<b>05:03:26.30</b>	+02:11:33	6:48	8.8		
384	<b>PREISNER Remigiusz</b>	<b>351</b>		M30	140	00:02:47	02:53:29	03:53:28	04:40:08	<b>05:03:33.25</b>	<b>05:03:33.25</b>	+02:11:40	6:48	8.8		
385	<b>BABIJ Jakub</b>	<b>861</b>	SPOKOJNA GŁOWA	M30	141	00:02:40	02:54:09	03:53:03	04:39:47	<b>05:03:36.05</b>	<b>05:03:36.05</b>	+02:11:43	6:48	8.8		
386	<b>HOWIL Waldemar</b>	<b>176</b>	WWW.BIEGOWEKAIZEN.PL	M40	135	00:02:31	02:57:33	03:56:31	04:41:12	<b>05:03:39.15</b>	<b>05:03:39.15</b>	+02:11:46	6:48	8.8		
387	<b>JEŻOWSKI Jacek</b>	<b>436</b>	VV TEAM	M40	136	00:01:14	02:59:09	03:52:32	04:40:30	<b>05:04:02.85</b>	<b>05:04:02.85</b>	+02:12:10	6:49	8.8		
388	<b>LICHA Paulina</b>	<b>810</b>		K20	12	00:01:13	02:49:35	03:52:21	04:40:53	<b>05:04:06.50</b>	<b>05:04:06.50</b>	+02:12:13	6:49	8.8		
389	<b>DZIAMSKI Ryszard</b>	<b>462</b>		M40	137	00:02:42	03:08:23	03:59:53	04:42:36	<b>05:04:18.10</b>	<b>05:04:18.10</b>	+02:12:25	6:49	8.8		
390	<b>PROCHERA Damian</b>	<b>616</b>	7	M30	142	00:02:39	02:59:01	04:04:30	04:46:01	<b>05:04:19.40</b>	<b>05:04:19.40</b>	+02:12:26	6:49	8.8		
391	<b>STEC Iwona</b>	<b>487</b>		K20	13	00:02:39	03:05:14	03:59:38	04:43:12	<b>05:04:30.35</b>	<b>05:04:30.35</b>	+02:12:37	6:49	8.8		
392	<b>LEDWOLORZ Anna</b>	<b>309</b>	KS KANAŁEK / VEGE RUNNERS	K30	27	00:01:31	03:02:15	03:59:23	04:42:51	<b>05:05:11.65</b>	<b>05:05:11.65</b>	+02:13:19	6:50	8.8		
393	<b>NOWOMIEJSKI Marcin</b>	<b>343</b>		M40	138	00:02:51	02:53:07	03:50:12	04:39:51	<b>05:05:33.35</b>	<b>05:05:33.35</b>	+02:13:40	6:51	8.8		
394	<b>SMOLUCH Ryszard</b>	<b>625</b>		M40	139	00:01:29	02:55:55	03:51:37	04:41:20	<b>05:05:36.30</b>	<b>05:05:36.30</b>	+02:13:43	6:51	8.8		
395	<b>BANASZAK Maciej</b>	<b>648</b>		M30	143	00:02:20	02:55:34	03:52:42	04:40:13	<b>05:05:36.70</b>	<b>05:05:36.70</b>	+02:13:44	6:51	8.8		

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					
396	<b>FIREK Rafał</b>	<b>167</b>	LACHO TEAM	M40	140	00:02:03	03:00:42	03:59:05	04:42:35	<b>05:05:37.80</b>	<b>05:05:37.80</b>	+02:13:45	6:51	8.8		
397	<b>SENDEROWSKI Jakub</b>	<b>653</b>	FC REKIN	M30	144	00:02:23	02:56:01	03:52:42	04:34:41	<b>05:05:42.60</b>	<b>05:05:42.60</b>	+02:13:50	6:51	8.8		
398	<b>STEFANSKI Pawel</b>	<b>638</b>		M30	145	00:02:21	02:56:34	03:53:06	04:34:42	<b>05:05:43.55</b>	<b>05:05:43.55</b>	+02:13:50	6:51	8.8		
399	<b>ZAKRZEWSKI Marek</b>	<b>471</b>	ALEDOBRE.PL	M40	141	00:01:51	03:00:06	03:55:29	04:43:09	<b>05:05:53.50</b>	<b>05:05:53.50</b>	+02:14:00	6:51	8.7		
400	<b>TRYNIECKI Krzysztof</b>	<b>469</b>	LUBACZÓW	M40	142	00:00:57	02:44:01	03:46:06	04:35:03	<b>05:06:10.80</b>	<b>05:06:10.80</b>	+02:14:18	6:51	8.7		
401	<b>OBROŚLAK Grzegorz</b>	<b>470</b>	TRAPER-BIEGOMANIA LUBACZÓW	M40	143	00:00:57	02:44:01	03:46:04	04:38:20	<b>05:06:10.95</b>	<b>05:06:10.95</b>	+02:14:18	6:51	8.7		
402	<b>APANOWICZ Angelika</b>	<b>318</b>		K40	16	00:01:53	03:08:01	04:03:57	04:46:12	<b>05:06:22.25</b>	<b>05:06:22.25</b>	+02:14:29	6:52	8.7		
403	<b>KOPEĆ Karol</b>	<b>505</b>		M40	144	00:01:34	03:08:19	04:06:12	04:46:22	<b>05:06:34.00</b>	<b>05:06:34.00</b>	+02:14:41	6:52	8.7		
404	<b>FOGEL Janusz</b>	<b>103</b>	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	M40	145	00:01:47	03:02:21	03:59:15	04:43:31	<b>05:06:40.30</b>	<b>05:06:40.30</b>	+02:14:47	6:52	8.7		
405	<b>KORS Justyna</b>	<b>442</b>		K30	28	00:01:59	03:14:24	04:07:24	04:47:43	<b>05:06:44.60</b>	<b>05:06:44.60</b>	+02:14:52	6:52	8.7		
406	<b>CISZYŃSKI Marek</b>	<b>405</b>	START KATOWICE	M50	26	00:01:51	03:04:27	04:04:12	04:46:50	<b>05:06:51.70</b>	<b>05:06:51.70</b>	+02:14:59	6:52	8.7		
407	<b>MYGA Michał</b>	<b>254</b>	HEARTLESS	M30	146	00:03:01	03:09:49	04:07:00	04:47:25	<b>05:07:00.80</b>	<b>05:07:00.80</b>	+02:15:08	6:53	8.7		
408	<b>MYGA Anna</b>	<b>255</b>	HEARTLESS	K30	29	00:03:01	03:09:49	04:07:01	04:47:26	<b>05:07:04.75</b>	<b>05:07:04.75</b>	+02:15:12	6:53	8.7		
409	<b>BUCZKOWSKA Sylwia</b>	<b>838</b>		K20	14	00:01:45	03:02:24	03:56:56	04:43:30	<b>05:07:21.60</b>	<b>05:07:21.60</b>	+02:15:29	6:53	8.7		
410	<b>MAZURKIEWICZ Bartłomiej</b>	<b>461</b>	MARATON ZAPOROWY TEAM	M20	27	00:02:03	03:04:26	04:04:13	04:47:44	<b>05:07:23.80</b>	<b>05:07:23.80</b>	+02:15:31	6:53	8.7		
411	<b>WESTER Mieczysław</b>	<b>601</b>	NIGHT RUNNERS GLIWICE	M40	146	00:02:26	03:07:40	04:01:56	04:45:49	<b>05:07:27.25</b>	<b>05:07:27.25</b>	+02:15:34	6:53	8.7		
412	<b>WĘGRZYŃSKI Paweł</b>	<b>263</b>	ITMBW	M30	147	00:01:20	03:01:14	04:02:23	04:45:58	<b>05:07:28.80</b>	<b>05:07:28.80</b>	+02:15:36	6:53	8.7		
413	<b>MURAWICZ Grzegorz</b>	<b>768</b>	PODLESIE	M50	27	00:02:25	03:14:22	04:02:51	04:45:31	<b>05:07:45.30</b>	<b>05:07:45.30</b>	+02:15:52	6:54	8.7		
414	<b>DRWIĘGA Beata</b>	<b>307</b>	POZYTYWANIE ZABIEGANI SANOK	K40	17	00:02:02	03:04:28	04:04:13	04:46:50	<b>05:07:48.80</b>	<b>05:07:48.80</b>	+02:15:56	6:54	8.7		
415	<b>PORĘBSKI Zbigniew</b>	<b>413</b>	QUATTRO	M50	28	00:01:04	03:01:50	04:00:15	04:46:48	<b>05:07:55.70</b>	<b>05:07:55.70</b>	+02:16:03	6:54	8.7		
416	<b>GĘBCZYŃSKI Paweł</b>	<b>628</b>		M30	148	00:02:22	03:03:49	03:58:53	04:43:42	<b>05:07:57.95</b>	<b>05:07:57.95</b>	+02:16:05	6:54	8.7		
417	<b>MAREK Wojciech</b>	<b>748</b>	CELUJ W ZDROWIE	M40	147	00:02:47	03:02:26	03:57:52	04:45:27	<b>05:08:38.60</b>	<b>05:08:38.60</b>	+02:16:46	6:55	8.7		
418	<b>HAJDO Robert</b>	<b>297</b>	BKB VICTORIA	M40	148	00:02:41	03:01:56	04:00:32	04:47:27	<b>05:08:49.60</b>	<b>05:08:49.60</b>	+02:16:57	6:55	8.7		
419	<b>MOTYKA Artur</b>	<b>673</b>		M40	149	00:01:15	03:05:51	03:59:08	04:46:09	<b>05:09:05.90</b>	<b>05:09:05.90</b>	+02:17:13	6:55	8.7		
420	<b>CHUDZICKI Łukasz</b>	<b>320</b>		M30	149	00:02:44	03:07:54	04:02:52	04:46:44	<b>05:10:04.05</b>	<b>05:10:04.05</b>	+02:18:11	6:57	8.6		
421	<b>BARAŃSKI Michał</b>	<b>193</b>		M40	150	00:01:11	03:01:22	04:00:44	04:46:25	<b>05:10:24.70</b>	<b>05:10:24.70</b>	+02:18:32	6:57	8.6		
422	<b>WOJTOWICZ-SANDER Sylwia</b>	<b>873</b>	POŁUDNIOWA POLSKA BIEGA	K20	15	00:02:17	03:10:46	04:10:13	04:50:21	<b>05:10:35.60</b>	<b>05:10:35.60</b>	+02:18:43	6:57	8.6		
423	<b>SIKORA-KOŁODZIEJ Irmína</b>	<b>454</b>	POŁUDNIOWA POLSKA TEAM	K30	30	00:02:17	03:10:46	04:10:15	04:50:21	<b>05:10:35.85</b>	<b>05:10:35.85</b>	+02:18:43	6:57	8.6		
424	<b>ŻELAZNY Judyta</b>	<b>490</b>	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	18	00:01:28	03:05:15	04:04:26	04:49:02	<b>05:11:03.25</b>	<b>05:11:03.25</b>	+02:19:10	6:58	8.6		
425	<b>SEREDA Joanna</b>	<b>434</b>		K20	16	00:01:58	03:14:24	04:07:21	04:49:18	<b>05:11:10.15</b>	<b>05:11:10.15</b>	+02:19:17	6:58	8.6		
426	<b>PUZIO Waldemaar</b>	<b>500</b>	KB MARATOŃCZYK DĘBICA	M60	5	00:01:36	03:12:25	04:06:19	04:49:08	<b>05:11:31.35</b>	<b>05:11:31.35</b>	+02:19:38	6:59	8.6		
427	<b>MANTYCKI Rafał</b>	<b>737</b>	HUSARIA RACE TEAM	M20	28	00:02:44	03:04:14	04:02:30	04:48:51	<b>05:11:46.40</b>	<b>05:11:46.40</b>	+02:19:53	6:59	8.6		
428	<b>ŻYŃDA Jan</b>	<b>620</b>	FUNDACJA KIERUNEK ULTRA	M40	151	00:01:18	03:08:47	04:01:51	04:48:25	<b>05:11:48.25</b>	<b>05:11:48.25</b>	+02:19:55	6:59	8.6		
429	<b>BRZOWSKA Anna</b>	<b>394</b>	PKS GALOPUJĄCA SOCZEWCA / KRASNYSTAW BIEGA	K40	19	00:01:52	02:56:50	03:56:29	04:46:22	<b>05:11:54.65</b>	<b>05:11:54.65</b>	+02:20:02	6:59	8.6		
429	<b>BRZOWSKI Armand</b>	<b>395</b>	PKS GALOPUJĄCA SOCZEWCA	M40	152	00:01:52	02:56:50	03:56:30	04:46:25	<b>05:11:54.65</b>	<b>05:11:54.65</b>	+02:20:02	6:59	8.6		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo	Tempo
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km		min/km	km/h
431	<b>SOBEL Adrian</b>	<b>795</b>	BIEGIEM PRZEZ GÓRY - RUNTEAM PAWŁOWICE	M30	150	00:01:10	02:53:57	04:00:42	04:46:07	<b>05:11:56.75</b>	<b>05:11:56.75</b>	+02:20:04	6:59	8.6
432	<b>TESZNER Adrian</b>	<b>804</b>	RUN TEAM PAWŁOWICE	M20	29	00:01:10	02:53:57	04:00:42	04:46:08	<b>05:11:57.10</b>	<b>05:11:57.10</b>	+02:20:04	6:59	8.6
433	<b>WILKOS Marcin</b>	<b>582</b>		M40	153	00:02:42	03:04:18	04:00:46	04:48:01	<b>05:12:17.20</b>	<b>05:12:17.20</b>	+02:20:24	7:00	8.6
434	<b>ZARĘBA Anna</b>	<b>863</b>		K20	17	00:02:09	03:01:28	04:01:51	04:49:06	<b>05:12:25.35</b>	<b>05:12:25.35</b>	+02:20:32	7:00	8.6
435	<b>KORBUT Radosław</b>	<b>334</b>	KONIUCHY	M30	151	00:02:35	03:03:39	04:02:09	04:48:32	<b>05:12:26.90</b>	<b>05:12:26.90</b>	+02:20:34	7:00	8.6
436	<b>BIJOŚ Mirosław</b>	<b>431</b>		M30	152	00:01:23	03:04:37	04:02:25	04:48:31	<b>05:12:31.15</b>	<b>05:12:31.15</b>	+02:20:38	7:00	8.6
437	<b>SZUPOŁA Wojciech</b>	<b>846</b>	RYSIANKA TEAM RACE	M40	154	00:01:30	03:05:49	04:02:54	04:48:59	<b>05:13:00.20</b>	<b>05:13:00.20</b>	+02:21:07	7:01	8.5
438	<b>PAWLUS Paweł</b>	<b>298</b>		M30	153	00:01:30	03:05:39	04:02:57	04:48:29	<b>05:13:02.00</b>	<b>05:13:02.00</b>	+02:21:09	7:01	8.5
439	<b>SZYPUŁA Michał</b>	<b>191</b>	OLZA CIESZYN	M30	154	00:01:30	03:05:48	04:02:55	04:48:59	<b>05:13:05.20</b>	<b>05:13:05.20</b>	+02:21:12	7:01	8.5
440	<b>JAKUBOWSKI Leszek</b>	<b>629</b>	NKB CHYŻY NOWY TOMYŚL	M40	155	00:02:29	03:03:35	04:05:35	04:50:04	<b>05:13:08.90</b>	<b>05:13:08.90</b>	+02:21:16	7:01	8.5
441	<b>RAKOCZY Paweł</b>	<b>183</b>		M40	156	00:01:34	02:55:06	03:59:11	04:45:46	<b>05:13:18.05</b>	<b>05:13:18.05</b>	+02:21:25	7:01	8.5
442	<b>CHUDECKI Andrzej</b>	<b>417</b>		M30	155	00:01:35	03:08:21	04:06:12	04:51:11	<b>05:13:23.95</b>	<b>05:13:23.95</b>	+02:21:31	7:01	8.5
443	<b>ŚLEDZIOWSKI Andrzej</b>	<b>242</b>	LACHO TEAM	M40	157	00:02:00	03:03:41	04:08:52	04:51:18	<b>05:13:27.25</b>	<b>05:13:27.25</b>	+02:21:34	7:01	8.5
444	<b>GŁOWACKI Mateusz</b>	<b>632</b>	WELISZEW HERON TEAM	M20	30	00:02:48	03:18:07	04:11:14	04:53:10	<b>05:13:39.85</b>	<b>05:13:39.85</b>	+02:21:47	7:01	8.5
445	<b>HONKISZ-GODLEWSKA Urszula</b>	<b>874</b>	NOWY STYL GROUP RUNNING TEAM	K30	31	00:01:29	03:02:20	03:57:59	04:48:08	<b>05:14:11.00</b>	<b>05:14:11.00</b>	+02:22:18	7:02	8.5
445	<b>KACZMARCZYK Piotr</b>	<b>643</b>	KAMARAK GLOBERUNNERS	M30	156	00:01:18	02:59:34	04:03:16	04:49:31	<b>05:14:11.00</b>	<b>05:14:11.00</b>	+02:22:18	7:02	8.5
447	<b>SŁOBODA Elżbieta</b>	<b>422</b>	RUNSŁOBODAN	K30	32	00:02:35	03:09:11	04:08:24	04:52:06	<b>05:14:40.90</b>	<b>05:14:40.90</b>	+02:22:48	7:03	8.5
448	<b>CZUBA Michał</b>	<b>361</b>		M30	157	00:00:55	03:09:47	04:09:06	04:53:27	<b>05:14:44.15</b>	<b>05:14:44.15</b>	+02:22:51	7:03	8.5
449	<b>NIEDZIELA Paweł</b>	<b>836</b>	TIM TIRIM TEAM	M30	158	00:02:22	03:08:22	04:02:34	04:49:04	<b>05:14:51.20</b>	<b>05:14:51.20</b>	+02:22:58	7:03	8.5
450	<b>SOKOŁOWSKA Agnieszka</b>	<b>86</b>		K30	33	00:02:33	03:10:47	04:05:25	04:51:40	<b>05:14:55.95</b>	<b>05:14:55.95</b>	+02:23:03	7:03	8.5
451	<b>MYŚLIŃSKA Anna</b>	<b>503</b>	BIEGAM BO LUBIĘ POLONEZ	K40	20		03:17:46	04:11:47	04:54:19	<b>05:15:11.65</b>	<b>05:15:11.65</b>	+02:23:19	7:04	8.5
452	<b>KOKOT Roman</b>	<b>701</b>	MB AEROSPACE / AKTYWNY DYNÓW	M30	159	00:02:46	03:10:02	04:05:28	04:51:48	<b>05:15:13.40</b>	<b>05:15:13.40</b>	+02:23:20	7:04	8.5
453	<b>PESZEK Bogdan</b>	<b>520</b>	WKURW_TEAM	M40	158	00:02:44	03:10:02	04:05:34	04:51:48	<b>05:15:13.60</b>	<b>05:15:13.60</b>	+02:23:21	7:04	8.5
454	<b>TWORZYDŁO Michał</b>	<b>646</b>	WKURW_TEAM	M20	31	00:02:42	03:10:01	04:05:29	04:51:49	<b>05:15:14.30</b>	<b>05:15:14.30</b>	+02:23:21	7:04	8.5
455	<b>GWIZDAK Bartosz</b>	<b>821</b>	WATER TEAM	M30	160	00:01:24	03:04:15	04:03:31	04:51:02	<b>05:15:19.75</b>	<b>05:15:19.75</b>	+02:23:27	7:04	8.5
456	<b>HABA Konrad</b>	<b>868</b>	KZB	M30	161	00:02:50	03:05:59	04:05:21	04:52:04	<b>05:15:33.25</b>	<b>05:15:33.25</b>	+02:23:40	7:04	8.5
457	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>231</b>	POZYTYWNIENZABIEGANI SANOK	K40	21	00:02:03	03:09:11	04:06:55	04:53:58	<b>05:15:35.20</b>	<b>05:15:35.20</b>	+02:23:42	7:04	8.5
458	<b>DROBOT Piotr</b>	<b>348</b>	POZYTYWNIENIE ZABIEGANI SANOK	M40	159	00:02:03	03:09:12	04:06:54	04:53:58	<b>05:15:35.65</b>	<b>05:15:35.65</b>	+02:23:43	7:04	8.5
459	<b>POLAŃSKI Paweł</b>	<b>573</b>	#KASZANIENAMOKA	M30	162	00:03:12	03:08:39	04:07:26	04:52:12	<b>05:15:37.15</b>	<b>05:15:37.15</b>	+02:23:44	7:04	8.5
460	<b>WIĘCZKOWSKI Wojciech</b>	<b>57</b>	OD_CIENIASA_DO_ULTRASA	M40	160	00:02:27	03:04:40	04:04:45	04:52:26	<b>05:15:49.15</b>	<b>05:15:49.15</b>	+02:23:56	7:04	8.5
461	<b>CYRAN Grzegorz</b>	<b>104</b>	AILLERON	M40	161	00:02:53	03:03:45	04:02:32	04:52:08	<b>05:17:10.60</b>	<b>05:17:10.60</b>	+02:25:18	7:06	8.4
462	<b>KOWALCZYK Bartłomiej</b>	<b>592</b>		M20	32		03:05:03	04:03:33	04:52:17	<b>05:17:53.60</b>	<b>05:17:53.60</b>	+02:26:01	7:07	8.4
463	<b>LENART-KŁOŚ Katarzyna</b>	<b>26</b>		K30	34	00:01:54	03:09:33	04:12:42	04:56:46	<b>05:17:54.55</b>	<b>05:17:54.55</b>	+02:26:01	7:07	8.4
464	<b>KŁOŚ Artur</b>	<b>27</b>	PKO BANK POLSKI	M30	163	00:01:53	03:09:34	04:12:44	04:56:47	<b>05:17:57.40</b>	<b>05:17:57.40</b>	+02:26:04	7:07	8.4
465	<b>GŁÓWKA Alfred</b>	<b>741</b>	KARCZMA U FREDA	M50	29	00:01:50	03:06:24	04:08:28	04:55:02	<b>05:18:00.90</b>	<b>05:18:00.90</b>	+02:26:08	7:07	8.4
466	<b>GUMIELA Michał</b>	<b>809</b>	WKURW_TEAM	M30	164		03:08:38	04:04:35	04:53:21	<b>05:18:03.50</b>	<b>05:18:03.50</b>	+02:26:10	7:07	8.4
467	<b>HANULAK Paweł</b>	<b>693</b>	WKURW_TEAM	M20	33	00:02:25	03:08:35	04:03:19	04:53:22	<b>05:18:04.20</b>	<b>05:18:04.20</b>	+02:26:11	7:07	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas			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	Różn		
468	<b>BURANT Agnieszka</b>	<b>801</b>		K30	35	00:01:06	03:11:52	04:12:55	04:56:28	<b>05:18:26.90</b>	<b>05:18:26.90</b>	+02:26:34	7:08	8.4
469	<b>GRODZKI Arkadiusz</b>	<b>682</b>		M20	34	00:01:56	03:02:28	04:09:17	04:56:30	<b>05:19:34.00</b>	<b>05:19:34.00</b>	+02:27:41	7:09	8.4
470	<b>KOZICKI Marcin</b>	<b>95</b>		M30	165	00:02:10	03:08:22	04:07:54	04:54:51	<b>05:19:35.65</b>	<b>05:19:35.65</b>	+02:27:43	7:09	8.4
471	<b>GRANDA Paweł</b>	<b>427</b>	21 DAPLOT JAROSŁAW	M30	166	00:02:07	03:10:26	04:08:31	04:56:34	<b>05:20:14.35</b>	<b>05:20:14.35</b>	+02:28:21	7:10	8.4
472	<b>BARAŃSKI Piotr</b>	<b>794</b>	BARANSKI MARATHON TEAM	M30	167	00:02:42	03:07:50	04:09:09	04:56:32	<b>05:20:14.95</b>	<b>05:20:14.95</b>	+02:28:22	7:10	8.4
473	<b>MORCINEK Marcin</b>	<b>89</b>	BLUSZCZA	M40	162	00:02:30	03:08:01	04:10:53	04:58:55	<b>05:20:48.15</b>	<b>05:20:48.15</b>	+02:28:55	7:11	8.3
474	<b>ŚWIĄTEK Piotr</b>	<b>553</b>		M30	168	00:02:25	03:15:56	04:15:22	04:58:57	<b>05:21:05.55</b>	<b>05:21:05.55</b>	+02:29:12	7:11	8.3
475	<b>DZIEKAN Krzysztof</b>	<b>401</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	163	00:02:45	03:17:55	04:15:01	04:59:36	<b>05:21:20.80</b>	<b>05:21:20.80</b>	+02:29:28	7:12	8.3
476	<b>MAKOWSKI Marek</b>	<b>403</b>	WTP	M30	169	00:02:45	03:17:55	04:15:01	04:59:38	<b>05:21:21.60</b>	<b>05:21:21.60</b>	+02:29:29	7:12	8.3
477	<b>JANIK Paweł</b>	<b>784</b>		M30	170	00:03:03	02:55:54	04:00:40	04:56:12	<b>05:21:54.45</b>	<b>05:21:54.45</b>	+02:30:01	7:13	8.3
478	<b>WARZYCHA Dawid</b>	<b>54</b>	PKP INTERCITY	M20	35	00:02:46	03:03:43	04:13:28	05:00:03	<b>05:22:11.25</b>	<b>05:22:11.25</b>	+02:30:18	7:13	8.3
479	<b>FRĄC Dariusz</b>	<b>23</b>	NIGHT RUNNERS GLIWICE	M40	164	00:02:28	03:09:06	04:12:47	04:57:37	<b>05:22:18.40</b>	<b>05:22:18.40</b>	+02:30:25	7:13	8.3
480	<b>ŚLIWIŃSKA Alicja</b>	<b>852</b>	NIGHT RUNNERS GLIWICE	K30	36	00:02:28	03:09:06	04:12:47	04:57:38	<b>05:22:18.50</b>	<b>05:22:18.50</b>	+02:30:25	7:13	8.3
481	<b>ANDRZEJEWSKI Piotr</b>	<b>694</b>	FND RUNNING TEAM	M30	171	00:02:53	03:05:52	04:09:44	04:58:02	<b>05:22:29.10</b>	<b>05:22:29.10</b>	+02:30:36	7:13	8.3
482	<b>KUŚPIT Przemek</b>	<b>722</b>		M30	172	00:01:39	03:09:29	04:11:32	04:59:06	<b>05:22:32.20</b>	<b>05:22:32.20</b>	+02:30:39	7:13	8.3
483	<b>ŚLĄCZKA Arkadiusz</b>	<b>356</b>	FINISZ RYMANÓW	M30	173	00:02:34	03:02:23	04:05:00	04:57:40	<b>05:22:55.35</b>	<b>05:22:55.35</b>	+02:31:02	7:14	8.3
484	<b>KUNKEL Anna</b>	<b>246</b>	PGB SPORTOWA PACZKA	K40	22	00:01:48	03:17:10	04:14:57	05:00:45	<b>05:23:06.90</b>	<b>05:23:06.90</b>	+02:31:14	7:14	8.3
485	<b>ZATORSKI Andrzej</b>	<b>90</b>		M50	30	00:02:29	03:03:21	04:04:13	04:56:37	<b>05:24:18.50</b>	<b>05:24:18.50</b>	+02:32:25	7:16	8.3
486	<b>KOSNO Dorota</b>	<b>466</b>		K40	23	00:01:25	03:10:51	04:11:16	04:59:32	<b>05:24:38.90</b>	<b>05:24:38.90</b>	+02:32:46	7:16	8.2
487	<b>FLIŚNIK Mirek</b>	<b>456</b>	PKS GALOPUJĄCA SOCZEWCA	M30	174	00:01:48	03:01:15	04:09:27	04:56:49	<b>05:24:52.05</b>	<b>05:24:52.05</b>	+02:32:59	7:17	8.2
488	<b>SZYMAŃSKA Agnieszka</b>	<b>559</b>	PKO BANK POLSKI	K40	24	00:01:37	03:03:56	04:10:49	04:59:38	<b>05:24:54.95</b>	<b>05:24:54.95</b>	+02:33:02	7:17	8.2
489	<b>SZYMAŃSKI Adam</b>	<b>558</b>	PKO BANK POLSKI	M40	165	00:01:37	03:03:55	04:10:49	04:59:38	<b>05:24:55.00</b>	<b>05:24:55.00</b>	+02:33:02	7:17	8.2
490	<b>TREGUB Igor</b>	<b>743</b>	KUKURUDZA	M30	175	00:00:52	03:17:05	04:13:52	05:00:52	<b>05:25:20.00</b>	<b>05:25:20.00</b>	+02:33:27	7:17	8.2
491	<b>WASYLISZYB Bernadetta</b>	<b>533</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K30	37	00:01:28	03:10:39	04:12:08	05:02:29	<b>05:25:30.60</b>	<b>05:25:30.60</b>	+02:33:38	7:17	8.2
492	<b>BIELECKI Filip</b>	<b>43</b>		M30	176	00:02:55	03:10:15	04:12:24	05:02:33	<b>05:25:52.30</b>	<b>05:25:52.30</b>	+02:33:59	7:18	8.2
493	<b>SZYMANOWSKI Tomek</b>	<b>44</b>		M30	177	00:02:55	03:10:15	04:12:25	05:02:34	<b>05:25:52.60</b>	<b>05:25:52.60</b>	+02:34:00	7:18	8.2
494	<b>ROCHOWIAK Janusz</b>	<b>783</b>		M50	31	00:02:40	03:15:19	04:15:37	05:02:36	<b>05:26:05.20</b>	<b>05:26:05.20</b>	+02:34:12	7:18	8.2
495	<b>ŁUSZCZYC Anna</b>	<b>764</b>	WKURW_TEAM	K30	38	00:02:44	03:13:43	04:15:35	05:04:47	<b>05:26:13.60</b>	<b>05:26:13.60</b>	+02:34:21	7:18	8.2
496	<b>ORLEWSKI Piotr</b>	<b>647</b>	ULTRAMARATON PODKARPACKI	M50	32	00:02:18	03:02:56	04:16:37	05:03:02	<b>05:26:26.00</b>	<b>05:26:26.00</b>	+02:34:33	7:19	8.2
497	<b>BILSKI Mateusz</b>	<b>782</b>		M20	36	00:01:52	03:09:03	04:16:49	05:03:33	<b>05:26:44.90</b>	<b>05:26:44.90</b>	+02:34:52	7:19	8.2
498	<b>PYZEL Agnieszka</b>	<b>303</b>	KS PEGAZ	K50	4	00:02:11	03:19:45	04:25:25	05:07:00	<b>05:26:49.60</b>	<b>05:26:49.60</b>	+02:34:57	7:19	8.2
499	<b>WIELECHOWSKA Natalia</b>	<b>312</b>	HUSARIA RACE TEAM	K20	18	00:01:15	03:13:14	04:17:56	05:03:24	<b>05:26:58.85</b>	<b>05:26:58.85</b>	+02:35:06	7:19	8.2
500	<b>GÓRSKI Emil</b>	<b>267</b>	HUSARIA RACE TEAM	M20	37	00:01:18	03:13:14	04:17:56	05:03:25	<b>05:26:59.00</b>	<b>05:26:59.00</b>	+02:35:06	7:19	8.2
501	<b>BERNAŚ Dariusz</b>	<b>841</b>	BSCZADY	M30	178	00:02:31	03:27:36	04:22:23	05:07:05	<b>05:27:24.20</b>	<b>05:27:24.20</b>	+02:35:31	7:20	8.2
502	<b>JAKUBOWSKI Daniel</b>	<b>546</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M40	166	00:02:44	03:13:43	04:15:35	05:03:30	<b>05:27:35.85</b>	<b>05:27:35.85</b>	+02:35:43	7:20	8.2
503	<b>DUKATA Grzegorz</b>	<b>240</b>	MGW	M40	167	00:01:16	03:09:07	04:14:16	05:03:15	<b>05:27:36.60</b>	<b>05:27:36.60</b>	+02:35:44	7:20	8.2
504	<b>PIASNY Paweł</b>	<b>802</b>		M40	168	00:01:15	03:09:10	04:14:18	05:03:18	<b>05:27:37.35</b>	<b>05:27:37.35</b>	+02:35:44	7:20	8.2
505	<b>WITKOWSKA Beata</b>	<b>186</b>		K30	39	00:03:13	03:15:10	04:15:31	05:03:00	<b>05:27:38.80</b>	<b>05:27:38.80</b>	+02:35:46	7:20	8.2

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					
506	BURY Marek	127		M40	169	00:02:40	03:13:31	04:20:15	05:05:36	<b>05:27:40.55</b>	<b>05:27:40.55</b>	+02:35:47	7:20	8.2		
507	JURCZAK Daniel	609	MKB DREPTAK	M40	170	00:00:54	03:05:11	04:08:45	04:59:50	<b>05:27:47.15</b>	<b>05:27:47.15</b>	+02:35:54	7:20	8.2		
508	PAROL Paweł	570		M40	171	00:01:26	03:04:47	04:11:08	05:01:55	<b>05:28:01.40</b>	<b>05:28:01.40</b>	+02:36:08	7:21	8.2		
509	MAKOWSKA Maja	244	TEAM AKTYWNI Z CUKRZYCĄ	K20	19	00:02:04	03:24:01	04:18:42	05:06:58	<b>05:28:09.95</b>	<b>05:28:09.95</b>	+02:36:17	7:21	8.2		
510	RUBIN Andrzej	42	KB MCKIS JAWORZNO	M40	172	00:01:44	03:17:49	04:21:26	05:05:01	<b>05:28:10.25</b>	<b>05:28:10.25</b>	+02:36:17	7:21	8.2		
511	KUSZ Tomasz	340		M40	173	00:01:10	03:08:17	04:08:52	05:04:20	<b>05:28:22.30</b>	<b>05:28:22.30</b>	+02:36:29	7:21	8.1		
512	STACHYRA Andrzej	619	LSB	M50	33	00:01:17	03:03:12	04:11:00	05:02:30	<b>05:28:44.45</b>	<b>05:28:44.45</b>	+02:36:51	7:22	8.1		
513	MAZUR Jacek	735		M30	179	00:02:11	03:14:08	04:16:31	05:04:54	<b>05:29:06.15</b>	<b>05:29:06.15</b>	+02:37:13	7:22	8.1		
514	DZWONKOWSKI Andrzej	532		M30	180	00:01:46	03:07:43	04:12:06	05:05:04	<b>05:29:13.00</b>	<b>05:29:13.00</b>	+02:37:20	7:22	8.1		
515	GADAMSKA-KABATA Paulina	243		K30	40	00:01:32	03:15:17	04:21:56	05:07:04	<b>05:29:18.20</b>	<b>05:29:18.20</b>	+02:37:25	7:23	8.1		
516	ZIENKIEWICZ Agata	241	PIASECZNO RUNNING	K30	41	00:02:16	03:19:41	04:22:34	05:07:05	<b>05:29:23.65</b>	<b>05:29:23.65</b>	+02:37:31	7:23	8.1		
517	ŻAK Oliwia	198	PIASECZNO RUNNING	K30	42	00:02:16	03:19:42	04:22:32	05:07:01	<b>05:29:40.85</b>	<b>05:29:40.85</b>	+02:37:48	7:23	8.1		
518	LUDWICZAK Stanisław	656		M40	174	00:02:21	03:03:10	04:07:05	05:03:16	<b>05:30:07.30</b>	<b>05:30:07.30</b>	+02:38:14	7:24	8.1		
519	KROK Jacek	504		M40	175	00:01:43	03:09:05	04:20:01	05:07:53	<b>05:30:26.65</b>	<b>05:30:26.65</b>	+02:38:34	7:24	8.1		
520	CHODOROWSKI Arkadiusz	129		M30	181	00:03:04	03:21:05	04:22:20	05:07:57	<b>05:30:31.90</b>	<b>05:30:31.90</b>	+02:38:39	7:24	8.1		
521	GIBAŁA Marcin	200	FUNDACJAAUXILIUM BOCHNIA	M40	176	00:01:32	03:08:43	04:17:24	05:05:44	<b>05:30:35.55</b>	<b>05:30:35.55</b>	+02:38:42	7:24	8.1		
522	GOEBEL Adam	659	KRK-KROWDRZA	M50	34	00:02:54	03:17:01	04:16:23	05:05:47	<b>05:30:56.70</b>	<b>05:30:56.70</b>	+02:39:04	7:25	8.1		
523	PIĄTEK Rafał	816	BEFIT24TEAM	M30	182	00:01:29	03:14:39	04:18:51	05:07:36	<b>05:31:04.50</b>	<b>05:31:04.50</b>	+02:39:11	7:25	8.1		
524	WRÓBEL Dominik	314	AZS PWSZ KROSNO	M40	177	00:02:33	03:16:34	04:16:25	05:04:19	<b>05:31:11.40</b>	<b>05:31:11.40</b>	+02:39:18	7:25	8.1		
525	KOWALEWSKA Izabela	199	PIASECZNO RUNNING	K30	43	00:02:15	03:19:43	04:22:35	05:07:37	<b>05:31:21.15</b>	<b>05:31:21.15</b>	+02:39:28	7:25	8.1		
526	GROCHOWSKI Paweł	130	BIEGAM BO LUBIĘ ZĄBKİ TEAM	M40	178	00:01:24	03:29:50	04:25:49	05:11:54	<b>05:31:35.65</b>	<b>05:31:35.65</b>	+02:39:43	7:26	8.1		
527	ŚLUSARSKI Włodzimierz	495		M50	35	00:01:06	03:13:10	04:15:57	05:07:23	<b>05:31:36.85</b>	<b>05:31:36.85</b>	+02:39:44	7:26	8.1		
528	SROKA Grzegorz	662		M40	179	00:02:25	03:15:56	04:15:22	05:04:55	<b>05:31:48.50</b>	<b>05:31:48.50</b>	+02:39:55	7:26	8.1		
529	STOLARZ Paweł	60	ŻYWCEM ZABIEGANI	M50	36	00:01:44	03:14:39	04:18:51	05:07:36	<b>05:31:59.10</b>	<b>05:31:59.10</b>	+02:40:06	7:26	8.1		
530	DZIERŻEŃSKA Monika	551		K40	25	00:01:23	03:20:11	04:22:04	05:08:35	<b>05:32:09.40</b>	<b>05:32:09.40</b>	+02:40:16	7:26	8.1		
531	SIKORSKA Agnieszka	70		K40	26	00:01:56	03:18:29	04:18:44	05:07:49	<b>05:32:14.20</b>	<b>05:32:14.20</b>	+02:40:21	7:26	8.1		
532	LITWINOWICZ Karolina	433	PARA-NIE-DO-PARY	K30	44	00:02:38	03:20:24	04:25:03	05:09:40	<b>05:32:15.70</b>	<b>05:32:15.70</b>	+02:40:23	7:26	8.1		
533	SKOCZEK Jakub	680		M20	38	00:02:11	03:11:29	04:21:44	05:09:59	<b>05:32:15.80</b>	<b>05:32:15.80</b>	+02:40:23	7:26	8.1		
534	BAHIR Said	721		M40	180	00:02:29	03:06:29	04:11:26	05:09:29	<b>05:32:26.25</b>	<b>05:32:26.25</b>	+02:40:33	7:27	8		
535	STEFANOWICZ Paweł	679		M20	39	00:02:11	03:11:29	04:21:44	05:09:59	<b>05:32:34.20</b>	<b>05:32:34.20</b>	+02:40:41	7:27	8		
536	KRZEWIŃSKA Małgorzata	667	TKKF KOSZALIN	K50	5	00:02:23	03:25:15	04:25:18	05:09:50	<b>05:32:38.20</b>	<b>05:32:38.20</b>	+02:40:45	7:27	8		
537	WOLF Weronika	234	TKKF I ROZBIEGANY KOSZALIN	K40	27	00:02:23	03:25:15	04:25:17	05:09:50	<b>05:32:38.65</b>	<b>05:32:38.65</b>	+02:40:46	7:27	8		
538	WĘCŁAWSKI Łukasz	331	LUWE	M30	183	00:02:45	03:21:07	04:18:37	05:08:14	<b>05:32:47.40</b>	<b>05:32:47.40</b>	+02:40:54	7:27	8		
539	CORREIA Andre	857		M30	184	00:01:49	03:08:59	04:13:31	05:05:26	<b>05:32:53.00</b>	<b>05:32:53.00</b>	+02:41:00	7:27	8		
540	KALIŃSKA Dorota Lidia	676	NIEMANIE	K30	45	00:03:05	03:17:21	04:22:51	05:09:46	<b>05:33:30.40</b>	<b>05:33:30.40</b>	+02:41:37	7:28	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					
541	WOJTOWICZ Daniel	699	WKURW_TEAM	M40	181	00:02:29	03:13:30	04:17:33	05:08:29	<b>05:33:46.95</b>	<b>05:33:46.95</b>	+02:41:54	7:29	8		
542	SAKOWSKA Aneta	827	WKURWTEAM	K40	28	00:01:33	03:20:57	04:23:07	05:10:15	<b>05:33:59.65</b>	<b>05:33:59.65</b>	+02:42:07	7:29	8		
543	MOSTOWSKA Joanna	740		K30	46	00:01:32	03:20:57	04:23:08	05:10:15	<b>05:33:59.70</b>	<b>05:33:59.70</b>	+02:42:07	7:29	8		
544	PAWLAK Monika	807		K50	6	00:02:10	03:12:16	04:16:46	05:08:56	<b>05:34:15.40</b>	<b>05:34:15.40</b>	+02:42:22	7:29	8		
545	GĄSZCZYK Grzegorz	56	NOWA HUTA TEAM	M40	182	00:01:42	03:12:31	04:22:09	05:10:13	<b>05:34:32.65</b>	<b>05:34:32.65</b>	+02:42:40	7:30	8		
546	GALUS Jacek	704		M40	183	00:01:26	03:19:19	04:25:07	05:13:08	<b>05:35:03.30</b>	<b>05:35:03.30</b>	+02:43:10	7:30	8		
547	ŁUKOWSKA Lidia	285	PKB ENDORFINA	K50	7	00:02:17	03:17:26	04:21:50	05:09:35	<b>05:35:21.60</b>	<b>05:35:21.60</b>	+02:43:29	7:31	8		
548	ADAMSKI Bartłomiej	451	RONCHE QCYKI	M40	184	00:02:32	03:24:51	04:22:49	05:10:03	<b>05:35:26.35</b>	<b>05:35:26.35</b>	+02:43:33	7:31	8		
549	SKROBISZ Anna	521		K20	20	00:02:03	03:28:46	04:25:51	05:12:11	<b>05:35:33.35</b>	<b>05:35:33.35</b>	+02:43:40	7:31	8		
550	BEDNARCZYK Jakub	239		M30	185	00:02:49	03:11:50	04:26:40	05:11:25	<b>05:35:44.00</b>	<b>05:35:44.00</b>	+02:43:51	7:31	8		
551	KOZAK Marcin	53	SAINT-GOBAIN SQUAD	M30	186	00:02:49	03:11:51	04:26:41	05:11:25	<b>05:35:44.10</b>	<b>05:35:44.10</b>	+02:43:51	7:31	8		
552	GUTKOWSKI Wojciech	594		M50	37	00:01:24	03:13:42	04:23:53	05:12:26	<b>05:35:48.10</b>	<b>05:35:48.10</b>	+02:43:55	7:31	8		
553	GAJDA Jacek	378		M30	187	00:01:21	03:07:52	04:15:53	05:06:45	<b>05:36:14.80</b>	<b>05:36:14.80</b>	+02:44:22	7:32	8		
554	CZARNIK Stanisław	853	MIECHOWCKA GRUPA BIEGOWA	M30	188	00:02:10	03:13:36	04:25:46	05:14:19	<b>05:36:30.50</b>	<b>05:36:30.50</b>	+02:44:37	7:32	8		
555	KUŁAKOWSKI Piotr	272	CZŁAPACZE	M60	6	00:02:39	03:21:59	04:27:11	05:13:32	<b>05:36:30.80</b>	<b>05:36:30.80</b>	+02:44:38	7:32	8		
556	WARZYCHA Krzysztof	37		M50	38	00:02:48	03:31:10	04:31:23	05:15:38	<b>05:36:48.75</b>	<b>05:36:48.75</b>	+02:44:56	7:33	7.9		
557	GARCZYŃSKA Ania	48		K40	29	00:02:48	03:31:10	04:31:23	05:15:38	<b>05:36:49.05</b>	<b>05:36:49.05</b>	+02:44:56	7:33	7.9		
558	BILSKI Marek	397		M40	185	00:01:08	03:14:45	04:15:09	05:08:55	<b>05:36:58.70</b>	<b>05:36:58.70</b>	+02:45:06	7:33	7.9		
559	WRÓBLEWSKA Katarzyna	296		K30	47	00:01:13	03:14:42	04:20:15	05:09:42	<b>05:37:07.10</b>	<b>05:37:07.10</b>	+02:45:14	7:33	7.9		
560	SIÓDMIĄK Cezary	294	SPARTANIE DZIECIOM	M40	186	00:02:56	03:15:13	04:22:12	05:12:57	<b>05:37:23.15</b>	<b>05:37:23.15</b>	+02:45:30	7:33	7.9		
561	RENKIEL Tomasz	173		M40	187	00:02:21	03:17:00	04:25:26	05:13:30	<b>05:37:49.85</b>	<b>05:37:49.85</b>	+02:45:57	7:34	7.9		
562	JANIK Janusz	423	NIGHT RUNNERS GLIWICE	M40	188	00:02:21	03:17:00	04:25:26	05:13:29	<b>05:37:50.25</b>	<b>05:37:50.25</b>	+02:45:57	7:34	7.9		
563	ADAMOWSKI Jacek	477	NIGHT RUNNERS GLIWICE	M40	189	00:02:15	03:24:23	04:24:54	05:13:30	<b>05:37:50.90</b>	<b>05:37:50.90</b>	+02:45:58	7:34	7.9		
563	KOŁODZIEJ Jacek	154	NIGHT RUNNERS GLIWICE	M40	190	00:02:24	03:17:01	04:25:24	05:13:30	<b>05:37:50.90</b>	<b>05:37:50.90</b>	+02:45:58	7:34	7.9		
565	KOPROWICZ Ewelina	612	JAROSŁAWSKA GRUPA BIEGOWA	K30	48	00:01:51	03:27:06	04:28:46	05:15:02	<b>05:38:23.85</b>	<b>05:38:23.85</b>	+02:46:31	7:35	7.9		
566	PIGAN Anna	542	BBL JAROSŁAW	K30	49	00:01:50	03:27:19	04:28:47	05:15:02	<b>05:38:24.55</b>	<b>05:38:24.55</b>	+02:46:31	7:35	7.9		
567	KĘPKA Andrzej	363	PRZEWORSKA GRUPA BIEGOWA	M50	39	00:01:47	03:27:17	04:25:49	05:15:03	<b>05:38:25.45</b>	<b>05:38:25.45</b>	+02:46:32	7:35	7.9		
568	CWOJDZIŃSKI Piotr	228	NIGHT RUNNERS	M40	191	00:02:33	03:05:57	04:33:37	05:18:08	<b>05:38:49.75</b>	<b>05:38:49.75</b>	+02:46:57	7:35	7.9		
569	BOGDAŁ Sebastian	32	NOWA HUTA TEAM	M40	192	00:01:43	03:12:30	04:16:03	05:10:45	<b>05:38:51.40</b>	<b>05:38:51.40</b>	+02:46:58	7:35	7.9		
570	WEREMJEWICZ Marcin Wiktor	580	RUNSOFUN	M40	193	00:01:20	03:19:33	04:22:03	05:12:44	<b>05:38:55.90</b>	<b>05:38:55.90</b>	+02:47:03	7:35	7.9		
571	ADAMCZEWSKI Jakub	139	NIGHT RUNNERS / NBR TEAM	M30	189	00:02:36	03:05:57	04:33:38	05:18:08	<b>05:38:57.10</b>	<b>05:38:57.10</b>	+02:47:04	7:35	7.9		
572	MAZAN Eliza	688		K30	50	00:02:08	03:09:01	04:26:36	05:15:13	<b>05:39:22.55</b>	<b>05:39:22.55</b>	+02:47:29	7:36	7.9		
573	BARTOSZEWICZ Marta	472		K30	51	00:01:44	03:26:30	04:27:35	05:16:12	<b>05:40:09.70</b>	<b>05:40:09.70</b>	+02:48:17	7:37	7.9		
574	SZCZEPAŃSKI Grzegorz	813	MAJSTER SPORT TEAM	M40	194	00:02:15	03:15:14	04:24:50	05:14:32	<b>05:40:10.00</b>	<b>05:40:10.00</b>	+02:48:17	7:37	7.9		



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				
575	<b>BŁAŻOWSKI Wojciech</b>	<b>814</b>	MAJSTER SPORT TEAM	M40	195	00:02:14	03:15:14	04:24:47	05:14:32	<b>05:40:10.60</b>	<b>05:40:10.60</b>	+02:48:18	7:37	7.9		
576	<b>KOWALCZYK Jarek</b>	<b>475</b>	WKURW_TEAM	M30	190	00:02:34	03:24:24	04:27:37	05:15:06	<b>05:40:42.30</b>	<b>05:40:42.30</b>	+02:48:49	7:38	7.9		
577	<b>DĄBEK Paweł</b>	<b>588</b>		M40	196	00:02:58	03:32:49	04:28:03	05:15:35	<b>05:40:44.75</b>	<b>05:40:44.75</b>	+02:48:52	7:38	7.9		
578	<b>MATYSEK Ireneusz</b>	<b>792</b>	SAMOTNY WLK	M60	7	00:01:22	03:22:08	04:26:28	05:16:27	<b>05:40:48.60</b>	<b>05:40:48.60</b>	+02:48:56	7:38	7.9		
579	<b>AMBICKI Miłosz</b>	<b>398</b>	WKURW_TEAM	M30	191	00:02:13	03:22:49	04:31:22	05:14:59	<b>05:41:00.40</b>	<b>05:41:00.40</b>	+02:49:07	7:38	7.8		
580	<b>MARCINEK Wojciech</b>	<b>649</b>	AMATOR	M40	197	00:02:19	03:14:29	04:20:03	05:12:59	<b>05:41:12.25</b>	<b>05:41:12.25</b>	+02:49:19	7:39	7.8		
581	<b>CHUTKIEWICZ Jerzy</b>	<b>630</b>		M60	8	00:02:26	03:23:20	04:28:25	05:17:18	<b>05:41:22.80</b>	<b>05:41:22.80</b>	+02:49:30	7:39	7.8		
582	<b>ŁYDA Piotr</b>	<b>153</b>		M30	192	00:02:32	03:20:51	04:25:29	05:15:11	<b>05:41:27.85</b>	<b>05:41:27.85</b>	+02:49:35	7:39	7.8		
583	<b>CHMIEL Michał</b>	<b>221</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	193	00:02:19	03:23:50	04:22:44	05:17:28	<b>05:41:58.20</b>	<b>05:41:58.20</b>	+02:50:05	7:40	7.8		
584	<b>SŁOWIKOWSKI Damian</b>	<b>574</b>		M20	40	00:02:31	03:13:13	04:23:46	05:15:58	<b>05:42:14.30</b>	<b>05:42:14.30</b>	+02:50:21	7:40	7.8		
585	<b>STARCZEWSKA Sylwia</b>	<b>860</b>	SPOKOJNA GŁOWA	K40	30	00:02:40	03:23:22	04:30:09	05:17:45	<b>05:42:14.75</b>	<b>05:42:14.75</b>	+02:50:22	7:40	7.8		
586	<b>SMOTER Wojciech</b>	<b>51</b>	SBRT GLIMCE	M40	198	00:02:30	03:13:17	04:23:46	05:15:58	<b>05:42:24.15</b>	<b>05:42:24.15</b>	+02:50:31	7:40	7.8		
587	<b>PILCH Daniel</b>	<b>292</b>	WWW.GOHARDORGOHOME.PL	M40	199	00:01:11	03:18:22	04:24:52	05:18:14	<b>05:42:57.45</b>	<b>05:42:57.45</b>	+02:51:04	7:41	7.8		
588	<b>PAUL Viola</b>	<b>21</b>	NIGHT RUNNERS GLIWICE	K40	31	00:01:42	03:29:38	04:35:36	05:23:07	<b>05:43:40.70</b>	<b>05:43:40.70</b>	+02:51:48	7:42	7.8		
589	<b>KRÓL-KRAJEWSKA Agnieszka</b>	<b>265</b>	NIGHT RUNNERS	K40	32	00:02:34	03:23:22	04:31:08	05:19:19	<b>05:44:07.00</b>	<b>05:44:07.00</b>	+02:52:14	7:42	7.8		
590	<b>KOPYŚĆ Jarosław</b>	<b>323</b>	PSZCZÓŁKOWSKI TEAM	M40	200	00:01:21	03:29:11	04:29:15	05:18:44	<b>05:44:20.60</b>	<b>05:44:20.60</b>	+02:52:28	7:43	7.8		
591	<b>SUWAŁA Anna</b>	<b>80</b>	BIEGUSIEM.PL	K30	52	00:02:49	03:24:32	04:35:38	05:21:29	<b>05:45:03.50</b>	<b>05:45:03.50</b>	+02:53:10	7:44	7.8		
592	<b>DUDEK Michał</b>	<b>58</b>	BIEGUSIEM.PL	M30	194	00:02:49	03:24:32	04:35:40	05:21:30	<b>05:45:03.90</b>	<b>05:45:03.90</b>	+02:53:11	7:44	7.8		
593	<b>SZURMAN Jan</b>	<b>522</b>		M30	195	00:02:49	03:24:33	04:35:42	05:21:29	<b>05:45:04.00</b>	<b>05:45:04.00</b>	+02:53:11	7:44	7.8		
594	<b>WYŻYKOWSKA Agnieszka</b>	<b>120</b>	NOWA HUTA TEAM	K30	53	00:02:07	03:28:47	04:30:09	05:19:51	<b>05:46:08.10</b>	<b>05:46:08.10</b>	+02:54:15	7:45	7.7		
595	<b>TOMANEK Renata</b>	<b>87</b>		K40	33	00:02:28	03:24:26	04:30:27	05:20:18	<b>05:47:01.75</b>	<b>05:47:01.75</b>	+02:55:09	7:46	7.7		
596	<b>WASAŹNIK Marcin</b>	<b>143</b>	DZIKIE GRUBASY SZATANA	M40	201	00:01:55	03:07:40	04:18:56	05:14:41	<b>05:49:30.45</b>	<b>05:49:30.45</b>	+02:57:37	7:50	7.7		
597	<b>NOWAK Katarzyna</b>	<b>141</b>	DZIKIE GRUBASY SZATANA	K30	54	00:02:02	03:18:19	04:32:39	05:22:39	<b>05:49:31.00</b>	<b>05:49:31.00</b>	+02:57:38	7:50	7.7		
598	<b>BARTOSIEWICZ Daria</b>	<b>165</b>	DZIKIE GRUBASY SZATANA	K30	55	00:02:01	03:09:05	04:24:56	05:14:41	<b>05:49:32.15</b>	<b>05:49:32.15</b>	+02:57:39	7:50	7.7		
599	<b>SAWICKI Radek</b>	<b>142</b>	DZIKIE GRUBASY SZATANA	M30	196	00:01:54	03:09:01	04:24:57	05:14:41	<b>05:49:32.20</b>	<b>05:49:32.20</b>	+02:57:39	7:50	7.7		
600	<b>GAȚARCZYK Mariusz</b>	<b>144</b>	DZIKIE GRUBASY SZATANA	M30	197	00:01:54	03:09:03	04:24:55	05:14:33	<b>05:49:33.10</b>	<b>05:49:33.10</b>	+02:57:40	7:50	7.7		
601	<b>NIZIOŁ Marian</b>	<b>720</b>		M60	9	00:01:47	03:22:46	04:28:08	05:21:50	<b>05:50:40.45</b>	<b>05:50:40.45</b>	+02:58:47	7:51	7.6		
602	<b>PÓŁTORAK Nicole</b>	<b>828</b>		K20	21	00:02:18	03:24:00	04:32:26	05:23:52	<b>05:50:50.20</b>	<b>05:50:50.20</b>	+02:58:57	7:51	7.6		
603	<b>WIŚNIEWSKI Radosław</b>	<b>829</b>		M40	202	00:02:18	03:23:54	04:32:24	05:23:51	<b>05:50:50.55</b>	<b>05:50:50.55</b>	+02:58:57	7:51	7.6		
604	<b>BOROWSKI Tomasz</b>	<b>818</b>	HAMER MIASTKO	M50	40	00:01:38	03:10:50	04:27:13	05:24:12	<b>05:50:51.05</b>	<b>05:50:51.05</b>	+02:58:58	7:51	7.6		
605	<b>ARENTEWICZ Grzegorz</b>	<b>373</b>	TORUŃ MULTISPORT TEAM	M30	198	00:01:33	03:10:50	04:27:18	05:24:12	<b>05:50:51.10</b>	<b>05:50:51.10</b>	+02:58:58	7:51	7.6		
606	<b>PORTACHA Katarzyna</b>	<b>415</b>		K40	34	00:02:41	03:30:25	04:33:25	05:25:50	<b>05:51:21.35</b>	<b>05:51:21.35</b>	+02:59:28	7:52	7.6		
607	<b>NAZIMEK Lilianna</b>	<b>543</b>	SUO TEMPORE	K40	35	00:01:00	03:20:07	04:31:20	05:24:47	<b>05:51:25.90</b>	<b>05:51:25.90</b>	+02:59:33	7:52	7.6		
608	<b>POPIOŁEK Jacek</b>	<b>308</b>	LOST IN SPORT\BIEGUSIEM.PL	M30	199	00:02:50	03:20:35	04:38:42	05:27:45	<b>05:51:37.90</b>	<b>05:51:37.90</b>	+02:59:45	7:53	7.6		
609	<b>WAŚIK Kornelia</b>	<b>371</b>	BIEGUSIEM.PL	K20	22	00:02:51	03:40:43	04:38:27	05:27:44	<b>05:51:38.00</b>	<b>05:51:38.00</b>	+02:59:45	7:53	7.6		
610	<b>KĘPKA Robert</b>	<b>668</b>	BIEGUSIEM.PL	M30	200	00:02:48	03:20:35	04:38:42	05:27:45	<b>05:51:38.20</b>	<b>05:51:38.20</b>	+02:59:45	7:53	7.6		

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					
611	<b>KOSTYRA Krzysztof</b>	<b>800</b>	BIEGUSIEM.PL / SGGW RUNNERS	M50	41	00:02:53	03:32:06	04:38:31	05:27:45	<b>05:51:38.80</b>	<b>05:51:38.80</b>	+02:59:46	7:53	7.6		
612	<b>MAŃKOWSKI Leszek</b>	<b>867</b>	KZB	M30	201	00:02:50	03:14:15	04:37:24	05:25:03	<b>05:52:12.70</b>	<b>05:52:12.70</b>	+03:00:20	7:53	7.6		
613	<b>WIECZOREK Beata</b>	<b>876</b>	DZIKIE GRUBASY SZATANA	K30	56	00:01:56	03:33:08	04:36:37	05:28:43	<b>05:53:03.25</b>	<b>05:53:03.25</b>	+03:01:10	7:54	7.6		
614	<b>KACZKIEWICZ Damian</b>	<b>299</b>	NIGHT RUNNERS GLIWICE	M40	203	00:02:29	03:29:38	04:35:38	05:27:12	<b>05:53:17.20</b>	<b>05:53:17.20</b>	+03:01:24	7:55	7.6		
614	<b>CHRUŚCIŃSKA Justyna</b>	<b>229</b>	NIGHT RUNNERS POZNAŃ	K30	57	00:02:35	03:32:03	04:35:45	05:27:12	<b>05:53:17.20</b>	<b>05:53:17.20</b>	+03:01:24	7:55	7.6		
616	<b>MAĆZKA Krystyna</b>	<b>888</b>	OTK RZEŻNIK	K60	1	00:01:51	03:28:38	04:38:03	05:28:54	<b>05:53:27.00</b>	<b>05:53:27.00</b>	+03:01:34	7:55	7.6		
617	<b>RAKOCZY Dorota</b>	<b>184</b>		K40	36	00:01:34	03:28:37	04:38:00	05:28:54	<b>05:53:29.80</b>	<b>05:53:29.80</b>	+03:01:37	7:55	7.6		
618	<b>MATUŁA Przemysław</b>	<b>39</b>	UMCS BIEGA	M50	42	00:02:13	03:24:19	04:44:56	05:30:38	<b>05:53:31.85</b>	<b>05:53:31.85</b>	+03:01:39	7:55	7.6		
619	<b>MADZIARSKA Monika</b>	<b>578</b>	KS PEGAZ	K40	37	00:02:54	03:33:19	04:35:55	05:27:58	<b>05:53:48.35</b>	<b>05:53:48.35</b>	+03:01:55	7:55	7.6		
620	<b>KAŃDUŁA Klaudia</b>	<b>596</b>		K30	58	00:02:50	03:34:16	04:37:48	05:29:27	<b>05:54:09.85</b>	<b>05:54:09.85</b>	+03:02:17	7:56	7.6		
621	<b>DUBANIK Piotr</b>	<b>412</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M50	43	00:01:51	03:28:00	04:37:53	05:27:14	<b>05:54:17.15</b>	<b>05:54:17.15</b>	+03:02:24	7:56	7.6		
622	<b>TOMASZEK-KOŚOŃ Bernadeta</b>	<b>750</b>	AZS AWF KRAKÓW MASTERS	K40	38	00:02:03	03:35:28	04:40:22	05:29:10	<b>05:54:18.25</b>	<b>05:54:18.25</b>	+03:02:25	7:56	7.6		
623	<b>POŁĘC Irenusz</b>	<b>686</b>	POLSKA MARKA	M30	202	00:02:54	03:23:19	04:35:31	05:26:34	<b>05:54:28.15</b>	<b>05:54:28.15</b>	+03:02:35	7:56	7.5		
624	<b>OPALIŃSKI Tomasz</b>	<b>274</b>		M50	44	00:02:22	03:29:50	04:34:30	05:26:34	<b>05:54:34.55</b>	<b>05:54:34.55</b>	+03:02:41	7:56	7.5		
625	<b>SOSZYŃSKA Gosia</b>	<b>271</b>	CZŁAPACZE	K50	8	00:02:39	03:37:20	04:37:52	05:28:21	<b>05:54:35.85</b>	<b>05:54:35.85</b>	+03:02:43	7:57	7.5		
626	<b>NASTAROWICZ Tomasz</b>	<b>345</b>	DUCHPOSTEPU 2018	M20	41	00:01:29	03:34:20	04:37:45	05:30:13	<b>05:54:37.60</b>	<b>05:54:37.60</b>	+03:02:45	7:57	7.5		
627	<b>GAWCZYŃSKA - BACZA Izabela</b>	<b>110</b>		K40	39	00:02:30	03:29:00	04:40:37	05:30:39	<b>05:54:40.20</b>	<b>05:54:40.20</b>	+03:02:47	7:57	7.5		
628	<b>WITRYK Lesław</b>	<b>509</b>		M30	203	00:02:55	03:39:40	04:44:31	05:30:50	<b>05:54:41.60</b>	<b>05:54:41.60</b>	+03:02:49	7:57	7.5		
629	<b>SEKUŁA Tomasz</b>	<b>511</b>		M40	204	00:02:56	03:39:40	04:44:31	05:30:50	<b>05:54:43.15</b>	<b>05:54:43.15</b>	+03:02:50	7:57	7.5		
630	<b>BACZA Piotr</b>	<b>111</b>		M40	205	00:02:31	03:29:00	04:40:37	05:30:40	<b>05:54:55.20</b>	<b>05:54:55.20</b>	+03:03:02	7:57	7.5		
631	<b>KAWALEC Małgorzata</b>	<b>420</b>	DREAM TEAM	K30	59	00:01:48	03:36:36	04:41:05	05:30:11	<b>05:55:16.30</b>	<b>05:55:16.30</b>	+03:03:23	7:57	7.5		
632	<b>GÓRCZYŃSKI Przemysław</b>	<b>440</b>	DREAM TEAM	M40	206		03:36:41	04:41:05	05:30:07	<b>05:55:18.90</b>	<b>05:55:18.90</b>	+03:03:26	7:57	7.5		
633	<b>LITWINEK Marek</b>	<b>18</b>	VV TEAM	M30	204	00:01:59	03:11:50	04:40:34	05:33:52	<b>05:55:26.10</b>	<b>05:55:26.10</b>	+03:03:33	7:58	7.5		
634	<b>CHUDIO Marcin</b>	<b>698</b>		M20	42	00:02:45	03:18:22	04:30:24	05:28:19	<b>05:55:32.85</b>	<b>05:55:32.85</b>	+03:03:40	7:58	7.5		
635	<b>MICHALSKA Klementyna</b>	<b>135</b>		K30	60	00:01:53	03:22:26	04:37:13	05:27:51	<b>05:55:36.35</b>	<b>05:55:36.35</b>	+03:03:43	7:58	7.5		
636	<b>DROZD Arkadiusz</b>	<b>217</b>		M30	205	00:01:53	03:22:27	04:37:13	05:31:12	<b>05:55:37.25</b>	<b>05:55:37.25</b>	+03:03:44	7:58	7.5		
637	<b>HYZIAK Joanna</b>	<b>516</b>	JJ.RUNNERS	K40	40	00:01:46	03:22:17	04:41:13	05:30:45	<b>05:55:47.65</b>	<b>05:55:47.65</b>	+03:03:55	7:58	7.5		
638	<b>LEWANDOWSKI Paweł</b>	<b>260</b>		M40	207	00:01:04	02:47:06	04:18:43	05:20:02	<b>05:55:54.25</b>	<b>05:55:54.25</b>	+03:04:01	7:58	7.5		
639	<b>BUCIOR Łukasz</b>	<b>752</b>	NAJWIĘKSZA ARMIA ŚWATA	M20	43		02:59:20	04:10:34	05:16:14	<b>05:55:54.35</b>	<b>05:55:54.35</b>	+03:04:01	7:58	7.5		
640	<b>HYZIAK Jakub</b>	<b>261</b>	JJ.RUNNERS	M40	208	00:01:46	03:22:16	04:41:15	05:31:21	<b>05:55:57.75</b>	<b>05:55:57.75</b>	+03:04:05	7:58	7.5		
641	<b>JASIKOWSKI Łukasz</b>	<b>407</b>	KONIUCHY	M20	44	00:02:21	03:28:57	04:38:12	05:29:07	<b>05:56:39.40</b>	<b>05:56:39.40</b>	+03:04:46	7:59	7.5		
642	<b>ŚLIWIŃSKI Paweł</b>	<b>40</b>	BIEGAJĄCY ŚWMDNIK	M30	206	00:02:27	03:27:04	04:31:56	05:30:54	<b>05:56:46.40</b>	<b>05:56:46.40</b>	+03:04:53	7:59	7.5		
643	<b>CYBUŁKA Mariusz</b>	<b>207</b>	STAŚ BIEGA	M30	207	00:01:39	03:30:05	04:40:24	05:33:07	<b>05:57:14.80</b>	<b>05:57:14.80</b>	+03:05:22	8:00	7.5		
644	<b>PARYS Michał</b>	<b>428</b>		M30	208	00:01:08	03:16:08	04:33:05	05:32:07	<b>05:57:45.40</b>	<b>05:57:45.40</b>	+03:05:52	8:01	7.5		
645	<b>SZCZEPOCKI Andrzej</b>	<b>826</b>	NIEPOŁOMICE BIEGAJĄ	M40	209	00:02:33	03:28:09	04:41:02	05:34:38	<b>05:58:05.90</b>	<b>05:58:05.90</b>	+03:06:13	8:01	7.5		

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			
646	LORENC Maciej	684	BIEGUSIEM.PL	M40	210	00:02:48	03:25:38	04:33:47	05:25:24	<b>05:58:07.00</b>	<b>05:58:07.00</b>	+03:06:14	8:01	7.5	
647	WILECZEK Antoni	711		M20	45	00:02:25	03:33:06	04:44:40	05:34:00	<b>05:58:40.25</b>	<b>05:58:40.25</b>	+03:06:47	8:02	7.5	
648	PEŁDIAK Bogdan	402		M50	45	00:02:46	03:30:41	04:38:21	05:33:47	<b>05:59:13.45</b>	<b>05:59:13.45</b>	+03:07:20	8:03	7.4	
649	KOMAŃSKI Rafał	703	DRUŻYNA SZPIKU	M40	211	00:02:40	03:38:36	04:47:57	05:35:30	<b>05:59:35.20</b>	<b>05:59:35.20</b>	+03:07:42	8:03	7.4	
650	PIECUCH Małgorzata	278	LACHO TEAM	K50	9	00:01:59	03:43:36	04:50:41	05:37:32	<b>05:59:53.65</b>	<b>05:59:53.65</b>	+03:08:01	8:04	7.4	
651	LOSKA Michał	171	BARAN TRAIL RACE	M30	209	00:02:44	03:34:09	04:36:56	05:34:33	<b>06:01:10.20</b>	<b>06:01:10.20</b>	+03:09:17	8:05	7.4	
652	CIECHOMSKI Bartłomiej	730		M30	210	00:00:59	03:30:28	04:32:31	05:29:26	<b>06:01:28.90</b>	<b>06:01:28.90</b>	+03:09:36	8:06	7.4	
653	KOŻUCH Anna	534	BRAK	K30	61	00:01:34	03:28:52	04:42:14	05:34:48	<b>06:02:03.50</b>	<b>06:02:03.50</b>	+03:10:10	8:07	7.4	
654	BĄK Piotr	316	HUSARIA RACE TEAM	M30	211	00:01:53	03:42:17	04:46:28	05:36:45	<b>06:02:12.90</b>	<b>06:02:12.90</b>	+03:10:20	8:07	7.4	
655	KIELISIAK Małgorzata	386	HUSARIA RACE TEAM	K20	23	00:01:53	03:42:18	04:46:25	05:36:24	<b>06:02:13.80</b>	<b>06:02:13.80</b>	+03:10:21	8:07	7.4	
656	WAŚOWSKA Jagoda	96	PIASECZNO	K50	10	00:02:54	03:51:52	04:52:57	05:40:20	<b>06:02:33.10</b>	<b>06:02:33.10</b>	+03:10:40	8:07	7.4	
657	ZAJĄC Wojciech	590	BELŻYCE I OKOLICE BIEGAJĄ	M20	46	00:01:59	03:23:18	04:40:28	05:33:01	<b>06:02:35.65</b>	<b>06:02:35.65</b>	+03:10:43	8:07	7.4	
658	WIDOMSKA-MACIEJEWSKA Joanna	210	NAJWIĘKSZA ARMIA ŚWATA/FEEL THE FREEDOM	K30	62	00:01:58	03:23:19	04:40:28	05:33:01	<b>06:02:35.70</b>	<b>06:02:35.70</b>	+03:10:43	8:07	7.4	
659	HEJMAN Maciej	366	WKURW_TEAM	M40	212	00:03:03	03:31:30	04:44:22	05:36:34	<b>06:02:46.80</b>	<b>06:02:46.80</b>	+03:10:54	8:08	7.4	
660	BANASIK Karolina	367	WKURW_TEAM	K30	63	00:03:05	03:31:31	04:41:49	05:36:34	<b>06:02:46.95</b>	<b>06:02:46.95</b>	+03:10:54	8:08	7.4	
661	GÓRA Grzegorz	349	NIGHT RUNNERS WROCŁAW/ PARAFIT	M30	212	00:02:15	03:33:52	04:42:00	05:35:04	<b>06:03:09.65</b>	<b>06:03:09.65</b>	+03:11:17	8:08	7.4	
662	TURZAŃSKA Iwona	350	NIGHT RUNNERS WROCŁAW/PARAFIT	K30	64	00:02:14	03:33:54	04:42:10	05:35:12	<b>06:03:10.35</b>	<b>06:03:10.35</b>	+03:11:17	8:08	7.4	
663	FUNKA Andrzej	640	NKB CHYŻY NOWY TOMYŚL	M50	46	00:02:28	03:34:24	04:42:12	05:35:57	<b>06:03:41.55</b>	<b>06:03:41.55</b>	+03:11:48	8:09	7.4	
664	KOSNO Weronika	137	NIGHT RUNNERS	K20	24	00:02:35	03:42:22	04:49:06	05:40:51	<b>06:04:04.40</b>	<b>06:04:04.40</b>	+03:12:11	8:09	7.4	
665	KLISZ Agnieszka	576	HUSARIA RACE TEAM	K30	65	00:01:59	03:43:19	04:44:23	05:37:48	<b>06:04:07.35</b>	<b>06:04:07.35</b>	+03:12:14	8:09	7.3	
666	DRABIK Jacek	602		M50	47	00:02:41	03:32:22	04:43:50	05:37:02	<b>06:04:31.40</b>	<b>06:04:31.40</b>	+03:12:38	8:10	7.3	
667	GŁUSZCZAK Jerzy	336		M60	10	00:02:35	03:34:25	04:46:12	05:39:08	<b>06:04:59.00</b>	<b>06:04:59.00</b>	+03:13:06	8:11	7.3	
668	MIKOŁAJCZYK Agnieszka	527	HUSARIA RACE TEAM	K30	66	00:00:47	03:32:19	04:41:38	05:36:46	<b>06:05:02.85</b>	<b>06:05:02.85</b>	+03:13:10	8:11	7.3	
669	GOGÓŁ IŻOWSKA Edyta	713	SMASHING PĄPKINS	K30	67	00:02:45	03:34:11	04:48:40	05:41:19	<b>06:05:37.20</b>	<b>06:05:37.20</b>	+03:13:44	8:11	7.3	
670	KOSOŃ Marcin	749	LACHO TEAM	M50	48	00:02:03	03:04:07	04:22:27	05:27:08	<b>06:06:11.40</b>	<b>06:06:11.40</b>	+03:14:18	8:12	7.3	
671	MISZCZYK Marcin	767		M40	213	00:02:32	03:33:07	04:46:01	05:40:53	<b>06:06:21.00</b>	<b>06:06:21.00</b>	+03:14:28	8:12	7.3	
672	KWAŚNIEWSKI Andrzej	803	RONCHE QCE	M40	214	00:02:32	03:33:07	04:46:01	05:40:53	<b>06:06:21.25</b>	<b>06:06:21.25</b>	+03:14:28	8:12	7.3	
673	HANDERMANDER Agnieszka	544		K30	68	00:02:35	03:37:53	04:47:55	05:40:41	<b>06:06:31.85</b>	<b>06:06:31.85</b>	+03:14:39	8:13	7.3	
674	SOLICH Patryk	83	NIGHT RUNNERS GLIWICE	M30	213	00:02:27	03:30:48	04:53:12	05:43:01	<b>06:06:46.80</b>	<b>06:06:46.80</b>	+03:14:54	8:13	7.3	
674	KULIK Katarzyna	82	NIGHT RUNNERS GLIWICE	K30	69	00:02:34	03:30:49	04:53:14	05:43:02	<b>06:06:46.80</b>	<b>06:06:46.80</b>	+03:14:54	8:13	7.3	
676	ZIELONKA Mariusz	150	CENTRUM SZKOLENIA WOJSK LĄDOWYCH POZNAŃ	M40	215	00:02:24	03:46:00	04:47:56	05:43:14	<b>06:06:51.60</b>	<b>06:06:51.60</b>	+03:14:59	8:13	7.3	
677	HANULAK Jakub	751	WKURW_TEAM	M20	47	00:02:26	03:41:24	04:43:55	05:40:42	<b>06:07:37.10</b>	<b>06:07:37.10</b>	+03:15:44	8:14	7.3	
678	SNARSKA Katarzyna	449	PFIZER POLSKA	K30	70	00:02:37	03:34:29	04:42:06	05:38:24	<b>06:07:47.80</b>	<b>06:07:47.80</b>	+03:15:55	8:14	7.3	
679	LEŚNIEWSKI Michał	562	SPARTANIE DZIECIOM	M40	216	00:02:17	03:45:11	04:45:28	05:38:24	<b>06:07:49.80</b>	<b>06:07:49.80</b>	+03:15:57	8:14	7.3	
680	RUDZKI Tomasz	253		M40	217	00:02:05	03:31:03	04:45:55	05:40:10	<b>06:07:55.00</b>	<b>06:07:55.00</b>	+03:16:02	8:14	7.3	
681	FLIS Piotr	168	DANIEL'S TEAM	M40	218	00:02:38	03:32:07	04:45:41	05:41:37	<b>06:09:17.70</b>	<b>06:09:17.70</b>	+03:17:25	8:16	7.2	
682	KMITA Gabriela	492	NOWA HUTA TEAM	K20	25	00:01:44	03:31:06	04:45:59	05:40:40	<b>06:09:27.70</b>	<b>06:09:27.70</b>	+03:17:35	8:17	7.2	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas			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	Różn		
683	<b>SOKOŁOWSKI Artur</b>	<b>46</b>	WĘDRUJĄCE SOKOŁY	M50	49	00:01:19	03:38:24	04:47:20	05:41:57	<b>06:09:36.65</b>	<b>06:09:36.65</b>	+03:17:44	8:17	7.2
684	<b>SKORUPSKA Julia</b>	<b>607</b>		K40	41	00:02:14	03:43:42	04:55:43	05:46:31	<b>06:11:40.70</b>	<b>06:11:40.70</b>	+03:19:48	8:20	7.2
685	<b>SARAT Ewa</b>	<b>862</b>	GSB	K40	42	00:01:59	03:51:53	04:53:34	05:45:53	<b>06:12:08.15</b>	<b>06:12:08.15</b>	+03:20:15	8:20	7.2
686	<b>HORBACZEWSKI Marek</b>	<b>145</b>		M50	50	00:02:14	03:43:42	04:55:44	05:46:42	<b>06:12:09.80</b>	<b>06:12:09.80</b>	+03:20:17	8:20	7.2
687	<b>WILIMSKI Tomasz</b>	<b>84</b>	NIGHT RUNNERS	M40	219	00:02:28	03:31:04	04:53:13	05:45:01	<b>06:12:14.30</b>	<b>06:12:14.30</b>	+03:20:21	8:20	7.2
688	<b>SYGUŁA Katarzyna</b>	<b>62</b>	KB MCKIS JAWORZNO	K40	43	00:01:44	03:42:49	04:53:48	05:47:19	<b>06:12:20.15</b>	<b>06:12:20.15</b>	+03:20:27	8:20	7.2
689	<b>KORZENIOWSKA Joanna</b>	<b>24</b>	UMCS BIEGA	K30	71	00:01:58	03:32:22	04:53:42	05:47:04	<b>06:12:37.00</b>	<b>06:12:37.00</b>	+03:20:44	8:21	7.2
690	<b>STANIEC Katarzyna</b>	<b>746</b>	BIEGNE DLA MILI I MARIKI	K30	72	00:01:57	03:35:52	04:42:17	05:40:33	<b>06:12:51.30</b>	<b>06:12:51.30</b>	+03:20:58	8:21	7.2
691	<b>POJNAR Karol</b>	<b>517</b>		M20	48	00:02:53	03:31:03	04:48:21	05:40:42	<b>06:13:02.50</b>	<b>06:13:02.50</b>	+03:21:09	8:21	7.2
692	<b>BATOR Marek</b>	<b>208</b>		M40	220	00:02:29	03:34:22	04:44:25	05:44:50	<b>06:13:04.50</b>	<b>06:13:04.50</b>	+03:21:11	8:21	7.2
693	<b>MORAWSKA Anna</b>	<b>185</b>		K60	2	00:01:39	03:37:52	04:46:09	05:46:04	<b>06:14:01.80</b>	<b>06:14:01.80</b>	+03:22:09	8:23	7.2
694	<b>PUZIO Hubert</b>	<b>766</b>		M30	214	00:02:47	03:21:30	04:46:21	05:43:32	<b>06:14:28.50</b>	<b>06:14:28.50</b>	+03:22:35	8:23	7.1
695	<b>LATO Karolina</b>	<b>156</b>	LUBLIN BIEGA	K30	73	00:02:12	03:55:23	04:57:41	05:49:50	<b>06:15:49.55</b>	<b>06:15:49.55</b>	+03:23:56	8:25	7.1
696	<b>FISHCHUK Oleh</b>	<b>831</b>		M20	49	00:00:50	03:52:41	04:52:55	05:49:28	<b>06:15:59.80</b>	<b>06:15:59.80</b>	+03:24:07	8:25	7.1
697	<b>SOBOŃ Ewelina</b>	<b>230</b>		K30	74	00:01:58	03:39:28	04:56:57	05:50:00	<b>06:16:54.25</b>	<b>06:16:54.25</b>	+03:25:01	8:27	7.1
697	<b>KANDEFER Urszula</b>	<b>232</b>	IDEO.PL	K30	75	00:01:58	03:39:29	04:56:57	05:50:00	<b>06:16:54.25</b>	<b>06:16:54.25</b>	+03:25:01	8:27	7.1
699	<b>POTERA Krystyna</b>	<b>661</b>	FRYTKÓW!!!!	K30	76	00:02:23	03:46:14	04:55:04	05:50:24	<b>06:18:12.30</b>	<b>06:18:12.30</b>	+03:26:19	8:28	7.1
700	<b>MAZUREK Monika</b>	<b>28</b>	NOWA HUTA TEAM	K40	44	00:02:00	03:52:56	05:08:43	05:58:16	<b>06:18:58.30</b>	<b>06:18:58.30</b>	+03:27:05	8:29	7.1
701	<b>PRZYBYLSKI Łukasz</b>	<b>344</b>	DUCHY POSTEPU	M20	50	00:01:30	03:41:50	04:46:29	05:48:44	<b>06:19:01.25</b>	<b>06:19:01.25</b>	+03:27:08	8:29	7.1
702	<b>KLUZA-HOWIL Lila</b>	<b>177</b>	WWW.BIEGOWEKAIZEN.PL	K40	45	00:02:33	03:39:55	04:57:54	05:50:51	<b>06:19:04.60</b>	<b>06:19:04.60</b>	+03:27:12	8:29	7.1
703	<b>TOBIASZ Kamil</b>	<b>337</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ / WKURWTEAM	M30	215	00:02:19	03:41:10	05:02:33	05:54:25	<b>06:20:17.95</b>	<b>06:20:17.95</b>	+03:28:25	8:31	7
704	<b>MIĄDZEL Katarzyna</b>	<b>338</b>	ZAGNAŃSK BIEGA	K30	77	00:02:19	03:41:14	05:02:35	05:54:23	<b>06:20:18.10</b>	<b>06:20:18.10</b>	+03:28:25	8:31	7
705	<b>PORĘBSKA Dorota</b>	<b>94</b>	NOWA HUTA TEAM	K40	46	00:02:00	03:52:56	05:08:45	05:58:35	<b>06:20:30.80</b>	<b>06:20:30.80</b>	+03:28:38	8:31	7
706	<b>ŻERULIK Jarosław</b>	<b>626</b>	ŻRÓDLANA	M30	216	00:03:04	03:42:38	04:56:21	05:52:21	<b>06:20:36.45</b>	<b>06:20:36.45</b>	+03:28:43	8:32	7
707	<b>WRÓBLEWSKA-GAWEŁ Agnieszka</b>	<b>105</b>	NH TEAM	K40	47	00:02:00	03:52:49	05:08:46	05:58:20	<b>06:20:56.85</b>	<b>06:20:56.85</b>	+03:29:04	8:32	7
708	<b>MIKOŁAJCZYK Jarosław</b>	<b>614</b>		M30	217	00:02:37	03:46:02	05:03:25	05:56:30	<b>06:22:15.50</b>	<b>06:22:15.50</b>	+03:30:22	8:34	7
709	<b>WRONA Tomek</b>	<b>33</b>	KS PEGAZ	M30	218	00:02:54	03:40:41	04:54:18	05:51:30	<b>06:22:34.40</b>	<b>06:22:34.40</b>	+03:30:41	8:34	7
710	<b>DOMARADZKA Ewa</b>	<b>627</b>	NIGHT RUNNERS PYSKOWICE	K40	48	00:02:15	03:39:04	04:54:19	05:51:33	<b>06:22:34.50</b>	<b>06:22:34.50</b>	+03:30:41	8:34	7
711	<b>ROMANOWSKA Ewa</b>	<b>159</b>		K30	78	00:02:13	03:52:28	05:02:12	05:55:41	<b>06:22:47.60</b>	<b>06:22:47.60</b>	+03:30:55	8:34	7
712	<b>SZELER Joanna</b>	<b>122</b>	BIEGAJĄCA Z PSAMI	K40	49		04:01:47	05:00:45	06:01:04	<b>06:23:03.90</b>	<b>06:23:03.90</b>	+03:31:11	8:35	7
713	<b>TYLKA Przemysław</b>	<b>789</b>		M40	221	00:02:01	03:34:56	04:58:11	05:54:04	<b>06:23:31.90</b>	<b>06:23:31.90</b>	+03:31:39	8:35	7
714	<b>WENECKA-FLIS Anna</b>	<b>169</b>	DANIEL'S TEAM	K30	79	00:02:40	03:52:50	05:08:33	05:59:25	<b>06:23:48.50</b>	<b>06:23:48.50</b>	+03:31:55	8:36	7
715	<b>PTAK Patryk</b>	<b>689</b>	WKURW_TEAM	M30	219	00:02:20	03:41:10	05:02:35	05:55:11	<b>06:26:32.55</b>	<b>06:26:32.55</b>	+03:34:39	8:40	6.9
716	<b>KONIECZNY Piotr</b>	<b>665</b>	NKB CHYŻY NOWY TOMYŚL	M30	220	00:02:29	03:50:39	05:06:38	06:02:33	<b>06:28:53.25</b>	<b>06:28:53.25</b>	+03:37:00	8:43	6.9
717	<b>MAZUR Marek</b>	<b>115</b>		M40	222	00:02:32	03:47:25	05:03:15	05:58:55	<b>06:29:28.05</b>	<b>06:29:28.05</b>	+03:37:35	8:43	6.9
718	<b>MAZUR Magdalena</b>	<b>114</b>		K30	80	00:02:31	03:47:23	05:03:19	05:58:55	<b>06:29:28.10</b>	<b>06:29:28.10</b>	+03:37:35	8:43	6.9

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					
719	<b>GORZKOWSKI Bartłomiej</b>	<b>196</b>		M30	221	00:02:57	03:50:44	04:59:40	05:59:13	<b>06:29:41.40</b>	<b>06:29:41.40</b>	+03:37:48	8:44	6.9		
720	<b>KOFIN GREEN OFFICE Maciej</b>	<b>353</b>	TKKF UKLEJNA MYŚLENICE	M40	223	00:02:43	03:48:35	05:00:20	05:59:12	<b>06:29:43.95</b>	<b>06:29:43.95</b>	+03:37:51	8:44	6.9		
721	<b>DRAPAŁA Jan</b>	<b>549</b>	KROKODYLE KOLBUSZOWA	M40	224	00:03:02	03:42:07	05:00:12	05:58:57	<b>06:30:03.80</b>	<b>06:30:03.80</b>	+03:38:11	8:44	6.9		
722	<b>ORZECH Artur</b>	<b>547</b>	KROKODYLE KOLBUSZOWA	M40	225	00:03:03	03:43:18	05:00:10	05:58:57	<b>06:30:03.95</b>	<b>06:30:03.95</b>	+03:38:11	8:44	6.9		
723	<b>ŻACZEK Anna</b>	<b>663</b>	BIEGUSIEM.PL	K40	50	00:02:53	03:32:08	05:00:11	05:58:57	<b>06:30:04.30</b>	<b>06:30:04.30</b>	+03:38:11	8:44	6.9		
724	<b>KOTELNICKA Renata</b>	<b>880</b>		K40	51	00:02:30	03:47:28	05:03:20	05:59:07	<b>06:30:25.65</b>	<b>06:30:25.65</b>	+03:38:33	8:45	6.9		
725	<b>ZABURKO Mateusz</b>	<b>119</b>		M30	222	00:02:32	03:52:46	05:11:01	06:02:57	<b>06:31:35.85</b>	<b>06:31:35.85</b>	+03:39:43	8:46	6.8		
726	<b>GRECH-BARAN Marta</b>	<b>77</b>	ROGATE TORPEDY	K30	81	00:02:39	03:48:31	05:05:23	06:02:50	<b>06:31:52.15</b>	<b>06:31:52.15</b>	+03:39:59	8:47	6.8		
727	<b>BARAN Jakub</b>	<b>78</b>	ROGATE TORPEDY	M30	223	00:02:39	03:48:33	05:05:25	06:02:50	<b>06:31:52.20</b>	<b>06:31:52.20</b>	+03:39:59	8:47	6.8		
728	<b>SPALIŃSKA-PIETRULIŃSKA Wiktoria</b>	<b>706</b>	SPARTANIE DZIECIOM	K30	82	00:02:19	03:46:17	04:56:13	05:56:29	<b>06:32:16.00</b>	<b>06:32:16.00</b>	+03:40:23	8:47	6.8		
729	<b>PIETRULIŃSKI Mateusz</b>	<b>705</b>	SPARTANIE DZIECIOM	M30	224	00:02:18	03:46:17	04:56:15	05:56:33	<b>06:32:16.05</b>	<b>06:32:16.05</b>	+03:40:23	8:47	6.8		
730	<b>DUDEK Dominik</b>	<b>778</b>	MCG PROJECTS	M40	226	00:00:51	03:50:53	05:02:18	06:01:52	<b>06:32:51.50</b>	<b>06:32:51.50</b>	+03:40:58	8:48	6.8		
731	<b>PAWELCZYK Anita</b>	<b>352</b>	SPARTANIE DZIECIOM	K30	83	00:02:57	03:45:14	04:56:12	05:56:33	<b>06:32:58.70</b>	<b>06:32:58.70</b>	+03:41:06	8:48	6.8		
732	<b>GLINIANY Adam</b>	<b>235</b>	ZABIEGANA RODZINKA	M40	227	00:02:05	03:45:31	05:09:29	06:06:24	<b>06:33:38.55</b>	<b>06:33:38.55</b>	+03:41:45	8:49	6.8		
733	<b>GLINIANY Małgorzata</b>	<b>236</b>	ZABIEGANA RODZINKAQ	K40	52	00:02:05	03:45:32	05:09:28	06:06:23	<b>06:33:38.85</b>	<b>06:33:38.85</b>	+03:41:46	8:49	6.8		
734	<b>MICHNO Anna</b>	<b>170</b>	LACHO TEAM	K40	53	00:02:09	03:54:04	05:05:22	06:02:10	<b>06:33:45.70</b>	<b>06:33:45.70</b>	+03:41:53	8:49	6.8		
735	<b>MICHNO Tomasz</b>	<b>224</b>	LACHO TEAM	M40	228	00:02:09	03:54:04	05:05:21	06:02:10	<b>06:33:47.70</b>	<b>06:33:47.70</b>	+03:41:55	8:49	6.8		
736	<b>WISZNIEWSKA Katarzyna</b>	<b>73</b>	GRUPA SKROMNYCH BIEGACZY	K40	54	00:02:00	03:55:29	05:07:15	06:03:52	<b>06:34:14.55</b>	<b>06:34:14.55</b>	+03:42:21	8:50	6.8		
737	<b>ŚWIĘTOCHOWSKA Beata</b>	<b>76</b>	GRUPA SKROMNYCH BIEGACZY	K40	55	00:01:56	03:51:54	05:07:13	06:03:52	<b>06:34:14.85</b>	<b>06:34:14.85</b>	+03:42:22	8:50	6.8		
738	<b>BOBOLA Maciej</b>	<b>848</b>		M40	229	00:02:51	03:43:04	05:08:19	06:06:24	<b>06:35:10.20</b>	<b>06:35:10.20</b>	+03:43:17	8:51	6.8		
739	<b>MYŚLIŃSKI Tomasz</b>	<b>81</b>	BIEGUSIEM.PL	M40	230	00:02:49	03:49:07	05:02:32	06:06:40	<b>06:36:35.20</b>	<b>06:36:35.20</b>	+03:44:42	8:53	6.7		
740	<b>BZOWSKA Aleksandra</b>	<b>319</b>	NIGHT RUNNERS GLIWICE	K30	84	00:02:24	03:52:20	05:17:13	06:11:13	<b>06:37:10.65</b>	<b>06:37:10.65</b>	+03:45:18	8:54	6.7		
741	<b>SWOBODA Jarosław</b>	<b>20</b>	NIGHT RUNNERS GLIWICE	M40	231	00:02:25	03:52:20	05:17:15	06:11:13	<b>06:37:10.95</b>	<b>06:37:10.95</b>	+03:45:18	8:54	6.7		
742	<b>MALEC Basia</b>	<b>565</b>		K50	11	00:02:04	03:44:15	05:05:24	06:07:19	<b>06:37:19.40</b>	<b>06:37:19.40</b>	+03:45:26	8:54	6.7		
743	<b>MAREK Magdalena</b>	<b>747</b>	CELUJ W ZDROWIE	K40	56	00:02:47	03:52:16	05:06:38	06:07:41	<b>06:38:52.90</b>	<b>06:38:52.90</b>	+03:47:00	8:56	6.7		
744	<b>OBARSKI Norbert</b>	<b>99</b>		M50	51	00:02:52	03:54:01	05:12:10	06:12:49	<b>06:39:12.75</b>	<b>06:39:12.75</b>	+03:47:20	8:57	6.7		
745	<b>KOWALIK Anna</b>	<b>25</b>	UMCS BIEGA	K30	85	00:01:58	03:32:22	04:53:43	06:00:14	<b>06:40:24.60</b>	<b>06:40:24.60</b>	+03:48:32	8:58	6.7		
745	<b>WÓJTOWICZ Paweł</b>	<b>30</b>	LUBLINBIEGA	M40	232	00:02:02	03:41:58	04:57:42	06:00:14	<b>06:40:24.60</b>	<b>06:40:24.60</b>	+03:48:32	8:58	6.7		
747	<b>SZCZERBIŃSKI Marcin</b>	<b>755</b>	DZIKIE GRUBASY SZATANA	M40	233	00:02:01	03:53:11	05:16:06	06:11:52	<b>06:41:01.30</b>	<b>06:41:01.30</b>	+03:49:08	8:59	6.7		
748	<b>BRZEZIŃSKA Teresa</b>	<b>692</b>	NIGHT RUNNERS GLIWICE	K40	57	00:02:35	03:54:17	05:25:40	06:14:09	<b>06:41:11.25</b>	<b>06:41:11.25</b>	+03:49:18	8:59	6.7		
749	<b>POSTOŁ Karolina</b>	<b>424</b>	NIGHT RUNNERS GLIWICE	K30	86	00:02:35	03:54:17	05:25:39	06:14:08	<b>06:41:14.15</b>	<b>06:41:14.15</b>	+03:49:21	8:59	6.7		
750	<b>HANGIEL Urszula</b>	<b>745</b>		K30	87	00:02:39	03:54:14	05:17:00	06:13:54	<b>06:41:19.70</b>	<b>06:41:19.70</b>	+03:49:27	8:59	6.7		
751	<b>PRZECH-FUS Agnieszka</b>	<b>22</b>	WW TEAM	K50	12	00:02:01	03:44:35	05:12:15	06:13:34	<b>06:43:42.90</b>	<b>06:43:42.90</b>	+03:51:50	9:03	6.6		

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	44.6km	44.6km			
752	<b>OKARMA Wojtek</b>	<b>634</b>	WWW.VIRTUTIMILITARI.PL	M30	225	00:02:51	03:52:28	05:10:59	06:14:44	<b>06:44:08.65</b>	<b>06:44:08.65</b>	+03:52:16	9:03	6.6
753	<b>ZIEŃKOWSKA Izabela</b>	<b>29</b>	WW TEAM	K30	88	00:02:12	03:57:10	05:12:12	06:13:39	<b>06:47:03.00</b>	<b>06:47:03.00</b>	+03:55:10	9:07	6.6
754	<b>ALEKSANDROWICZ Łukasz</b>	<b>383</b>	SPARTANIE DZIECIOM	M30	226	00:02:16	03:55:54	05:08:13	06:12:49	<b>06:47:20.05</b>	<b>06:47:20.05</b>	+03:55:27	9:07	6.6
755	<b>HORBACZ Hanna</b>	<b>218</b>		K30	89	00:02:37	03:54:25	05:16:02	06:15:28	<b>06:47:37.00</b>	<b>06:47:37.00</b>	+03:55:44	9:08	6.6
756	<b>ROSA Aleksander</b>	<b>219</b>		M30	227	00:02:37	03:54:25	05:16:03	06:15:27	<b>06:47:38.20</b>	<b>06:47:38.20</b>	+03:55:45	9:08	6.6
757	<b>WZOREK Ewa</b>	<b>404</b>	WKURW_TEAM	K20	26	00:02:59	03:55:48	05:19:15	06:20:50	<b>06:53:59.40</b>	<b>06:53:59.40</b>	+04:02:06	9:16	6.5
758	<b>CZARNY Łukasz</b>	<b>690</b>	WKURW_TEAM	M30	228	00:03:00	03:55:49	05:18:53	06:20:49	<b>06:53:59.80</b>	<b>06:53:59.80</b>	+04:02:07	9:16	6.5
759	<b>ŚWIĘCICKA Dagmara</b>	<b>399</b>	WKURW_TEAM	K20	27	00:02:58	03:55:52	05:19:16	06:20:50	<b>06:53:59.95</b>	<b>06:53:59.95</b>	+04:02:07	9:16	6.5
760	<b>NIEDŹWIECKA Kasia</b>	<b>360</b>	EKOBIEGI	K40	58	00:01:54	04:07:17	05:26:53	06:29:05	<b>07:05:36.45</b>	<b>07:05:36.45</b>	+04:13:43	9:32	6.3
761	<b>SOBICZEWSKA Iza</b>	<b>374</b>	EKOBIEGI	K40	59	00:01:55	04:07:17	05:26:57	06:29:07	<b>07:05:38.10</b>	<b>07:05:38.10</b>	+04:13:45	9:32	6.3
762	<b>KUCHARZAK Norbert</b>	<b>820</b>	JAZZANOVA	M20	51	00:01:49	03:25:37	05:27:28	06:32:49	<b>07:13:23.70</b>	<b>07:13:23.70</b>	+04:21:31	9:43	6.2
	<b>GŁUSZKO Przemysław</b>	<b>734</b>	SOLINA TEAM	M30		00:02:02 DNF	02:43:44 DNF	03:45:57 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>GIŻA Grzegorz</b>	<b>824</b>	1981	M30		00:00:38 DNF	02:28:04 DNF	DNF	06:33:27 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MIKUŚKIEWICZ Piotr</b>	<b>205</b>	RUN TEAM CHMIELNIK	M30		00:07:15 DNF	06:30:28 DNF	DNF	06:34:16 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>POTRZESZCZ Grzegorz</b>	<b>825</b>		M40		DNF	02:42:58 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>SZYMAŃSKI Andrzej</b>	<b>408</b>	WKOLANIEMISTRZYKA	M30		DNF	04:41:15 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>CZUBA Jarek</b>	<b>691</b>	ABOVE2000	M20		00:00:35 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MAJER Ewa</b>	<b>3</b>	SOLGAR POLSKA	K30		00:00:35 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>ZMYSŁOWSKI Igor</b>	<b>589</b>	LEPSZY ŻBIK	M20		00:01:14 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>SZCZEPANIAK Karol</b>	<b>726</b>	CROSS STRACIEŃCÓW TEAM	M40		00:01:40 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>DRWIĘGA Maciej</b>	<b>247</b>	POZYTYWNE ZABIEGANI SANOK	M40		00:02:08 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-

Znaleziono 772 wynik(ów)