

# IX ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Wydarzenie:** IX ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-10-09  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>GUTT Piotr</b>	<b>1347</b>		M20	1	01:23:24	02:28:53	03:44:19	<b>04:53:38.65</b>	<b>04:53:41.70</b>		5:38	10.6 (100%)
2	<b>KLECHA Rafał</b>	<b>1363</b>	SALCO GARMIN TEAM	M30	1	01:25:15	02:33:59	03:49:45	<b>04:59:27.75</b>	<b>04:59:30.05</b>	+00:05:48 (1.9%)	5:45	10.4 (98.1%)
3	<b>DUDZIK Robert</b>	<b>1366</b>	LIMANOVA HOTEL	M30	2	01:23:36	02:34:10	03:58:19	<b>05:25:36.15</b>	<b>05:25:40.75</b>	+00:31:59 (9.8%)	6:15	9.6 (90.6%)
4	<b>JAŁOCHA Mieczysław</b>	<b>1080</b>	PRZEMYSKI KLUB BIEGACZA	M50	1	01:29:44	02:44:02	04:09:14	<b>05:31:27.55</b>	<b>05:31:31.25</b>	+00:37:49 (11.4%)	6:22	9.4 (88.7%)
5	<b>GRAJ Arkadiusz</b>	<b>1062</b>	BIEGAJĄCY ŚWIDNIK	M30	3	01:27:07	02:40:51	04:08:49	<b>05:32:19.50</b>	<b>05:32:22.55</b>	+00:38:40 (11.6%)	6:23	9.4 (88.7%)
6	<b>SZAPORÓW Łukasz</b>	<b>1279</b>	INFINITY-GYM	M40	1	01:26:57	02:41:04	04:12:12	<b>05:39:47.40</b>	<b>05:39:51.50</b>	+00:46:09 (13.6%)	6:32	9.2 (86.8%)
7	<b>KOPEL Rafał</b>	<b>1117</b>	7	M30	4	01:29:37	02:45:02	04:15:51	<b>05:43:38.30</b>	<b>05:43:43.40</b>	+00:50:01 (14.6%)	6:36	9.1 (85.8%)
8	<b>ŚCIESZKA Wojciech</b>	<b>1291</b>	13 ELT KRAKÓW-BALICE	M40	2	01:30:36	02:50:26	04:22:52	<b>05:43:45.70</b>	<b>05:43:50.10</b>	+00:50:08 (14.6%)	6:36	9.1 (85.8%)
9	<b>KRZYSZTOŃ Marcin</b>	<b>1131</b>	GMP LASZ	M30	5	01:28:58	02:44:57	04:19:06	<b>05:47:36.55</b>	<b>05:47:41.25</b>	+00:53:59 (15.5%)	6:41	9 (84.9%)
10	<b>KOPEL Andrzej</b>	<b>1118</b>	#7UPHILLBAND	M30	6	01:32:43	02:56:41	04:31:25	<b>05:53:58.65</b>	<b>05:54:03.70</b>	+01:00:22 (17.0%)	6:48	8.8 (83.0%)
11	<b>ANTOŃCZAK Damian</b>	<b>1005</b>	KRASNYSTAW BIEGA	M20	2	01:32:14	02:51:38	04:27:02	<b>05:56:20.95</b>	<b>05:56:26.60</b>	+01:02:44 (17.6%)	6:51	8.8 (83.0%)
12	<b>SENDEK Sylwia</b>	<b>1246</b>	INFINITY-GYM	K30	1	01:35:24	02:54:23	04:26:50	<b>05:59:44.70</b>	<b>05:59:49.75</b>	+01:06:08 (18.4%)	6:55	8.7 (82.1%)
13	<b>CHILICKA Marta</b>	<b>1019</b>	SOBASTEAM	K30	2	01:35:27	03:01:06	04:36:47	<b>05:59:49.95</b>	<b>05:59:53.45</b>	+01:06:11 (18.4%)	6:55	8.7 (82.1%)
14	<b>KAMIŃSKI Marek</b>	<b>1097</b>		M30	7	01:31:45	02:51:49	04:36:02	<b>06:00:50.25</b>	<b>06:01:01.40</b>	+01:07:19 (18.6%)	6:56	8.6 (81.1%)
15	<b>KOSTERKIEWICZ Marcin</b>	<b>1119</b>		M40	3	01:33:46	02:58:40	04:37:37	<b>06:01:41.40</b>	<b>06:01:44.30</b>	+01:08:02 (18.8%)	6:57	8.6 (81.1%)
16	<b>TATAREK-KONIK Agnieszka</b>	<b>1296</b>	ALPIN SPORT HOKA ONE ONE TEAM	K30	3	01:32:37	02:52:39	04:33:49	<b>06:02:00.55</b>	<b>06:02:04.50</b>	+01:08:22 (18.9%)	6:57	8.6 (81.1%)
17	<b>WIERTEK Henryk</b>	<b>1311</b>	WIERTKITEAM	M40	4	01:26:47	02:40:34	04:22:35	<b>06:02:16.85</b>	<b>06:02:38.70</b>	+01:08:57 (19.0%)	6:58	8.6 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
18	<b>MOĆKO Jacek</b>	<b>1185</b>		M30	8	01:34:14	02:57:11	04:34:17	<b>06:04:21.55</b>	<b>06:04:27.20</b>	+01:10:45 (19.4%)	7:00	8.6 (81.1%)
19	<b>WILMONT Krzysztof</b>	<b>1312</b>		M30	9	01:31:44	02:51:26	04:40:02	<b>06:10:51.20</b>	<b>06:10:55.50</b>	+01:17:13 (20.8%)	7:07	8.4 (79.2%)
20	<b>BORYCKI Łukasz</b>	<b>1014</b>	BIEGAJĄCE WŁÓCZYKIJE	M30	10	01:32:50	02:54:37	04:35:08	<b>06:10:58.25</b>	<b>06:11:01.45</b>	+01:17:19 (20.8%)	7:08	8.4 (79.2%)
21	<b>ZBORUCKI Jan</b>	<b>1336</b>	LATAJACY CYRK / PMT	M30	11	01:35:17	02:58:12	04:41:36	<b>06:10:59.45</b>	<b>06:11:04.50</b>	+01:17:22 (20.9%)	7:08	8.4 (79.2%)
22	<b>ZIĘBA Sabina</b>	<b>1368</b>	FOREVER TEAM	K30	4	01:36:17	03:01:11	04:41:38	<b>06:12:29.05</b>	<b>06:12:32.25</b>	+01:18:50 (21.2%)	7:09	8.4 (79.2%)
23	<b>BUJAK Paweł</b>	<b>1017</b>	CISOWIANKA TEAM PL	M30	12	01:31:53	02:53:55	04:37:22	<b>06:16:33.95</b>	<b>06:16:40.50</b>	+01:22:58 (22.0%)	7:14	8.3 (78.3%)
24	<b>ZYGMUNT Tomasz</b>	<b>1341</b>	OSP GIEDLAROWA	M20	3	01:31:45	02:51:40	04:38:04	<b>06:17:55.55</b>	<b>06:18:00.95</b>	+01:24:19 (22.3%)	7:16	8.3 (78.3%)
25	<b>SMOLIK Bartosz</b>	<b>1254</b>	TURASZÓWKA	M20	4	01:41:56	03:11:02	04:52:38	<b>06:22:29.95</b>	<b>06:22:35.00</b>	+01:28:53 (23.2%)	7:21	8.2 (77.4%)
26	<b>RYZHYNSKYI Vitalii</b>	<b>1242</b>	MARATON TEAM WIELICZKA	M30	13	01:32:31	03:03:54	04:47:17	<b>06:23:25.15</b>	<b>06:23:37.25</b>	+01:29:55 (23.4%)	7:22	8.1 (76.4%)
27	<b>KRAWCZYK Karolina</b>	<b>1358</b>	INOV-8 TEAM	K30	5	01:37:38	03:05:25	04:49:27	<b>06:23:38.00</b>	<b>06:23:42.20</b>	+01:30:00 (23.5%)	7:22	8.1 (76.4%)
28	<b>OLEKSIŃSKI Dariusz</b>	<b>1202</b>		M40	5	01:41:14	03:13:16	04:53:26	<b>06:24:18.05</b>	<b>06:24:24.00</b>	+01:30:42 (23.6%)	7:23	8.1 (76.4%)
29	<b>KOWALCZYK Mateusz</b>	<b>1121</b>	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	14	01:35:23	03:04:33	04:57:02	<b>06:25:02.30</b>	<b>06:25:06.70</b>	+01:31:25 (23.7%)	7:24	8.1 (76.4%)
30	<b>GRACZYK Karolina</b>	<b>1061</b>		K30	6	01:39:57	03:09:40	04:47:37	<b>06:24:51.50</b>	<b>06:25:12.45</b>	+01:31:30 (23.8%)	7:24	8.1 (76.4%)
31	<b>TROJNAR Damian</b>	<b>1302</b>	KS JANUSZE	M30	15	01:43:09	03:06:56	04:52:53	<b>06:25:13.90</b>	<b>06:25:25.35</b>	+01:31:43 (23.8%)	7:24	8.1 (76.4%)
32	<b>ŁUCJANEK Andrzej</b>	<b>1161</b>	KAJA TEAM	M40	6	01:34:21	03:00:27	04:53:22	<b>06:29:11.15</b>	<b>06:29:25.45</b>	+01:35:43 (24.6%)	7:29	8 (75.5%)
33	<b>KAROLKIEWICZ Daniel</b>	<b>1100</b>	ENTRE.PL TEAM	M30	16	01:30:16	02:56:13	04:47:57	<b>06:29:28.85</b>	<b>06:29:31.95</b>	+01:35:50 (24.6%)	7:29	8 (75.5%)
34	<b>KĘPOWICZ Marcin</b>	<b>1101</b>		M40	7	01:36:03	03:04:55	04:53:15	<b>06:29:41.05</b>	<b>06:29:48.55</b>	+01:36:06 (24.7%)	7:29	8 (75.5%)
35	<b>FILIPCZAK Dariusz</b>	<b>1044</b>	GMINA STRZELCE OPOLSKIE	M50	2	01:43:09	03:13:26	04:59:14	<b>06:30:06.00</b>	<b>06:30:16.35</b>	+01:36:34 (24.7%)	7:30	8 (75.5%)
36	<b>KOLANO Agnieszka</b>	<b>1110</b>	KUŹNIA TRIATHLONU	K40	1	01:42:09	03:10:05	04:55:02	<b>06:33:02.15</b>	<b>06:33:21.90</b>	+01:39:40 (25.3%)	7:33	7.9 (74.5%)
37	<b>STYPUŁKOWSKI Piotr</b>	<b>1272</b>		M30	17	01:42:13	03:08:21	04:58:23	<b>06:34:47.00</b>	<b>06:35:03.65</b>	+01:41:21 (25.7%)	7:35	7.9 (74.5%)
38	<b>BUJAK Kamil</b>	<b>1018</b>	CISOWIANKA TEAM PL	M30	18	01:39:13	03:10:08	05:02:17	<b>06:36:53.55</b>	<b>06:37:00.30</b>	+01:43:18 (26.0%)	7:37	7.9 (74.5%)
39	<b>KRAWCZYK Jan</b>	<b>1125</b>	KLUB POD WISIENKĄ	M30	19	01:37:25	03:10:48	04:57:50	<b>06:37:03.15</b>	<b>06:37:09.60</b>	+01:43:27 (26.1%)	7:38	7.9 (74.5%)
40	<b>EWERTOWSKI Marek</b>	<b>1041</b>		M20	5	01:41:43	03:11:00	04:58:24	<b>06:37:31.80</b>	<b>06:37:37.45</b>	+01:43:55 (26.1%)	7:38	7.8 (73.6%)
41	<b>WYRZYKOWSKI Marcin</b>	<b>1323</b>	SKAWINA BIEGA	M30	20	01:46:32	03:24:20	05:04:16	<b>06:38:46.45</b>	<b>06:39:40.90</b>	+01:45:59 (26.5%)	7:40	7.8 (73.6%)
42	<b>DUCKI Piotr</b>	<b>1375</b>	OTK	M30	21	01:42:37	03:13:12	05:03:13	<b>06:39:51.30</b>	<b>06:39:58.20</b>	+01:46:16 (26.6%)	7:41	7.8 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
43	<b>GRZEGORCZYK Michał</b>	<b>1069</b>		M30	22	01:44:50	03:16:26	05:01:21	<b>06:40:17.10</b>	<b>06:40:28.95</b>	+01:46:47 (26.7%)	7:41	7.8 (73.6%)
44	<b>GAWLEWICZ Krystyna</b>	<b>1054</b>	GAWŁĘKI TEAM	K40	2	01:44:17	03:18:26	05:07:57	<b>06:41:50.90</b>	<b>06:41:58.70</b>	+01:48:17 (26.9%)	7:43	7.8 (73.6%)
45	<b>KURCEWICZ Paweł</b>	<b>1141</b>		M30	23	01:41:41	03:12:53	05:06:34	<b>06:42:04.40</b>	<b>06:42:08.90</b>	+01:48:27 (27.0%)	7:43	7.8 (73.6%)
46	<b>KULTYS Artur</b>	<b>1138</b>		M50	3	01:41:07	03:10:22	04:58:01	<b>06:41:42.75</b>	<b>06:42:14.70</b>	+01:48:33 (27.0%)	7:43	7.8 (73.6%)
47	<b>KOWALSKI Marek</b>	<b>1122</b>		M30	24	01:28:27	02:56:33	04:56:41	<b>06:42:29.25</b>	<b>06:42:34.10</b>	+01:48:52 (27.0%)	7:44	7.8 (73.6%)
48	<b>NIEDŹWIEDŹ Tomasz</b>	<b>1196</b>		M40	8	01:40:55	03:10:53	05:05:11	<b>06:43:40.50</b>	<b>06:43:44.30</b>	+01:50:02 (27.3%)	7:45	7.7 (72.6%)
49	<b>MAKOWSKI Jerzy</b>	<b>1171</b>	KS LEMIESZ TEAM WARSZAWA	M50	4	01:48:48	03:20:43	05:09:54	<b>06:43:40.55</b>	<b>06:44:01.80</b>	+01:50:20 (27.3%)	7:45	7.7 (72.6%)
50	<b>MICHALAK Dawid</b>	<b>1180</b>	NIAGARA FITNESS KLUB	M30	25	01:45:29	03:19:49	05:04:07	<b>06:43:50.55</b>	<b>06:44:07.10</b>	+01:50:25 (27.3%)	7:45	7.7 (72.6%)
51	<b>DUKATA Grzegorz</b>	<b>1370</b>	MGGW	M40	9	01:52:27	03:27:28	05:11:00	<b>06:44:50.75</b>	<b>06:45:01.60</b>	+01:51:19 (27.5%)	7:47	7.7 (72.6%)
52	<b>PAPUGA Dariusz</b>	<b>1204</b>	ZADYSZKA OŚWIĘCIM	M50	5	01:42:12	03:13:59	05:05:03	<b>06:45:42.95</b>	<b>06:45:48.75</b>	+01:52:07 (27.6%)	7:48	7.7 (72.6%)
53	<b>GARSTECKA Joanna</b>	<b>1051</b>	EDYTA LEWANDOWSKA #PYZANAGIGANCIE TEAM, SKAWINA BIEGA	K40	3	01:46:47	03:24:20	05:08:30	<b>06:46:15.60</b>	<b>06:47:10.35</b>	+01:53:28 (27.9%)	7:48	7.7 (72.6%)
54	<b>SZAFRAŃSKA Aleksandra</b>	<b>1278</b>		K20	1	01:43:03	03:13:13	05:07:41	<b>06:47:53.80</b>	<b>06:47:58.30</b>	+01:54:16 (28.0%)	7:50	7.6 (71.7%)
55	<b>KOŚCIELSKI Patryk</b>	<b>1120</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	10	01:37:30	03:02:59	05:11:33	<b>06:48:46.90</b>	<b>06:48:52.15</b>	+01:55:10 (28.2%)	7:51	7.6 (71.7%)
56	<b>PILCH Piotr</b>	<b>1214</b>	BARANIA GÓRA	M40	11	01:44:11	03:16:35	05:07:03	<b>06:48:45.40</b>	<b>06:49:28.20</b>	+01:55:46 (28.3%)	7:51	7.6 (71.7%)
57	<b>SKIBA Maciek</b>	<b>1250</b>	GOR3CA TEAM/SKIBASPORT.PL	M20	6	01:35:33	02:59:05	04:44:04	<b>06:49:37.50</b>	<b>06:49:47.25</b>	+01:56:05 (28.3%)	7:52	7.6 (71.7%)
58	<b>PASZKOWSKA Marcelina</b>	<b>1206</b>		K30	7	01:36:23	03:08:14	05:04:34	<b>06:52:03.65</b>	<b>06:52:42.95</b>	+01:59:01 (28.8%)	7:55	7.6 (71.7%)
59	<b>KRZEMIŃSKI Marcin</b>	<b>1130</b>	SPRINT GORZYCE	M40	12	01:46:59	03:22:04	05:12:27	<b>06:54:21.70</b>	<b>06:54:48.65</b>	+02:01:06 (29.2%)	7:58	7.5 (70.8%)
60	<b>ZABRZEWSKI Patryk</b>	<b>1326</b>	KLUB BIEGACZA FARTLEK	M30	26	01:45:33	03:17:58	05:15:37	<b>06:56:06.75</b>	<b>06:56:23.85</b>	+02:02:42 (29.5%)	8:00	7.5 (70.8%)
61	<b>KAPELAN Anna</b>	<b>1099</b>	FITNESS Z PASJĄ ANNA KAPELAN	K30	8	01:44:16	03:18:07	05:16:33	<b>06:56:20.10</b>	<b>06:56:24.05</b>	+02:02:42 (29.5%)	8:00	7.5 (70.8%)
62	<b>ANTOŃCZAK Marek</b>	<b>1006</b>	KRASNYSTAW BIEGA	M30	27	01:42:14	03:12:07	05:05:06	<b>06:56:22.95</b>	<b>06:56:29.00</b>	+02:02:47 (29.5%)	8:00	7.5 (70.8%)
63	<b>KUBICKI Darek</b>	<b>1135</b>	JUCON	M40	13	01:35:13	03:06:12	05:10:06	<b>06:58:17.00</b>	<b>06:58:27.30</b>	+02:04:45 (29.8%)	8:02	7.5 (70.8%)
64	<b>PRZYCHODZKI Łukasz</b>	<b>1226</b>		M40	14	01:47:34	03:21:15	05:15:00	<b>06:59:08.85</b>	<b>06:59:16.05</b>	+02:05:34 (30.0%)	8:03	7.4 (69.8%)
65	<b>ROZPARA Karolina</b>	<b>1233</b>		K20	2	01:49:33	03:26:53	05:21:23	<b>07:00:35.90</b>	<b>07:01:18.05</b>	+02:07:36 (30.3%)	8:05	7.4 (69.8%)
66	<b>FEDAK Bohdan</b>	<b>1042</b>		M40	15	01:49:57	03:28:34	05:21:42	<b>07:01:14.45</b>	<b>07:01:20.90</b>	+02:07:39 (30.3%)	8:06	7.4 (69.8%)
67	<b>DEPERAS Aleksander</b>	<b>1032</b>	WWW.DOPIZZY.PL	M30	28	01:49:35	03:28:54	05:25:01	<b>07:01:00.55</b>	<b>07:01:33.75</b>	+02:07:52 (30.3%)	8:05	7.4 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
68	<b>SAMOJEDNY Dominik</b>	<b>1245</b>	PROSWIM	M40	16	01:43:01	03:17:54	05:10:05	<b>07:01:50.25</b>	<b>07:02:02.80</b>	+02:08:21 (30.4%)	8:06	7.4 (69.8%)
69	<b>PABIS Szymon</b>	<b>1203</b>		M30	29	01:48:56	03:26:39	05:22:29	<b>07:04:34.55</b>	<b>07:04:49.15</b>	+02:11:07 (30.9%)	8:09	7.3 (68.9%)
70	<b>TAUZ Andrzej</b>	<b>1297</b>		M40	17	01:47:06	03:21:46	05:20:56	<b>07:06:18.90</b>	<b>07:06:47.85</b>	+02:13:06 (31.2%)	8:11	7.3 (68.9%)
71	<b>KRZAK Szymon</b>	<b>1129</b>	BIS AGH	M20	7	01:44:07	03:24:25	05:19:24	<b>07:07:11.85</b>	<b>07:07:30.10</b>	+02:13:48 (31.3%)	8:12	7.3 (68.9%)
72	<b>CIEĆKIEWICZ Tomasz</b>	<b>1021</b>		M30	30	01:51:12	03:32:45	05:26:53	<b>07:07:30.15</b>	<b>07:07:50.40</b>	+02:14:08 (31.4%)	8:13	7.3 (68.9%)
73	<b>FRYCA Karolina</b>	<b>1046</b>		K20	3	01:47:01	03:24:20	05:26:12	<b>07:10:47.40</b>	<b>07:11:00.30</b>	+02:17:18 (31.9%)	8:17	7.2 (67.9%)
74	<b>LEKSY Robert</b>	<b>1152</b>	RL9 TBD	M40	18	01:48:36	03:25:00	05:25:58	<b>07:10:40.70</b>	<b>07:11:02.15</b>	+02:17:20 (31.9%)	8:16	7.2 (67.9%)
75	<b>TADEJA Jakub</b>	<b>1294</b>		M30	31	01:44:22	03:22:45	05:23:54	<b>07:11:41.40</b>	<b>07:11:54.55</b>	+02:18:12 (32.0%)	8:18	7.2 (67.9%)
76	<b>STANEK Michał</b>	<b>1261</b>		M30	32	01:50:07	03:23:35	05:26:58	<b>07:11:21.85</b>	<b>07:11:57.20</b>	+02:18:15 (32.0%)	8:17	7.2 (67.9%)
77	<b>KIJAŃSKA BEDNARZ Marta</b>	<b>1103</b>		K40	4	01:55:07	03:34:03	05:32:43	<b>07:12:01.80</b>	<b>07:12:10.85</b>	+02:18:29 (32.0%)	8:18	7.2 (67.9%)
78	<b>TAMBORSKA Agata</b>	<b>1295</b>	DZIK KOMANDO	K30	9	01:52:24	03:35:45	05:31:00	<b>07:14:16.05</b>	<b>07:14:44.10</b>	+02:21:02 (32.4%)	8:21	7.2 (67.9%)
79	<b>MINOROWSKI Maciej</b>	<b>1183</b>	KAWAŁ NIKOMU NIEPOTRZEBNEJ ROBOTY	M30	33	01:50:13	03:38:35	05:35:11	<b>07:14:13.50</b>	<b>07:14:44.85</b>	+02:21:03 (32.4%)	8:21	7.2 (67.9%)
80	<b>WALENDA Mateusz</b>	<b>1306</b>	KS KANAŁEK	M30	34	01:49:59	03:32:52	05:32:06	<b>07:16:12.75</b>	<b>07:16:25.30</b>	+02:22:43 (32.7%)	8:23	7.2 (67.9%)
81	<b>MAJEWSKI Andrzej</b>	<b>1169</b>	OPOLEREKLAMA.PL	M30	35	01:45:05	03:23:30	05:27:37	<b>07:16:29.10</b>	<b>07:16:39.10</b>	+02:22:57 (32.7%)	8:23	7.1 (67.0%)
82	<b>TELEJKO Łukasz</b>	<b>1299</b>	RUN BYDGOSZCZ	M20	8	01:42:11	03:16:19	05:26:33	<b>07:17:04.85</b>	<b>07:17:18.45</b>	+02:23:36 (32.8%)	8:24	7.1 (67.0%)
83	<b>ŚWIDZIŃSKI Tomasz</b>	<b>1359</b>	LOKOMOTIV MAJDAN	M40	19	01:54:31	03:38:36	05:34:44	<b>07:17:07.55</b>	<b>07:17:38.60</b>	+02:23:56 (32.9%)	8:24	7.1 (67.0%)
84	<b>JAREMA Maciej</b>	<b>1356</b>	LOKOMOTIV MAJDAN	M30	36	01:54:19	03:38:37	05:34:22	<b>07:18:42.85</b>	<b>07:19:13.00</b>	+02:25:31 (33.1%)	8:26	7.1 (67.0%)
85	<b>KUPIŃSKA Magdalena</b>	<b>1140</b>		K20	4	01:50:42	03:32:13	05:31:27	<b>07:19:06.75</b>	<b>07:19:13.70</b>	+02:25:32 (33.1%)	8:26	7.1 (67.0%)
86	<b>BRZEZIŃSKI Andrzej</b>	<b>1015</b>	RYKOWISKO TEAM	M40	20	01:50:34	03:32:13	05:31:28	<b>07:19:13.35</b>	<b>07:19:19.70</b>	+02:25:38 (33.1%)	8:26	7.1 (67.0%)
87	<b>POSTUPALSKI Michał</b>	<b>1223</b>	IHS MARKIT/ RUN-PASSION.PL TEAM	M40	21	01:56:20	03:42:32	05:28:49	<b>07:20:28.00</b>	<b>07:20:42.10</b>	+02:27:00 (33.4%)	8:28	7.1 (67.0%)
88	<b>KOPCZYŃSKI Paweł</b>	<b>1116</b>		M40	22	01:56:58	03:41:43	05:41:39	<b>07:20:13.35</b>	<b>07:21:04.85</b>	+02:27:23 (33.4%)	8:27	7.1 (67.0%)
89	<b>KRAWCZYK Karol</b>	<b>1354</b>	LENIWY INACZEJ	M30	37	01:40:50	03:23:03	05:30:11	<b>07:21:04.45</b>	<b>07:21:07.45</b>	+02:27:25 (33.4%)	8:28	7.1 (67.0%)
90	<b>GLAB Krzysztof</b>	<b>1057</b>	VEGE RABBITS	M50	6	01:37:29	03:15:44	05:20:39	<b>07:22:17.40</b>	<b>07:22:22.20</b>	+02:28:40 (33.6%)	8:30	7.1 (67.0%)
91	<b>SWIERK Seweryn</b>	<b>1276</b>		M40	23	01:50:16	03:29:51	05:36:21	<b>07:22:06.40</b>	<b>07:22:25.20</b>	+02:28:43 (33.6%)	8:30	7.1 (67.0%)
92	<b>SOFUL Tomasz</b>	<b>1257</b>		M40	24	01:51:01	03:25:46	05:25:26	<b>07:23:09.40</b>	<b>07:23:13.10</b>	+02:29:31 (33.7%)	8:31	7 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	P2_Solinka 28km	P3_Roztoki 41km					
93	<b>PRZYCHODZIEN Rafał</b>	<b>1225</b>	KUŹNIA TRIATHLONU	M40	25	01:42:13	03:17:45	05:25:28	<b>07:22:56.60</b>	<b>07:23:16.65</b>	+02:29:34 (33.7%)	8:31	7 (66.0%)
94	<b>NOCEK Paweł</b>	<b>1197</b>	GMINA PUŁAWY	M30	38	01:53:39	03:36:17	05:30:20	<b>07:24:00.50</b>	<b>07:24:31.45</b>	+02:30:49 (33.9%)	8:32	7 (66.0%)
95	<b>STAROBRAT Arkadiusz</b>	<b>1263</b>	ALETEMPO	M50	7	01:53:10	03:37:04	05:41:49	<b>07:24:22.35</b>	<b>07:24:52.80</b>	+02:31:11 (34.0%)	8:32	7 (66.0%)
96	<b>KOLEK Maciej</b>	<b>1111</b>	ŚLĘZAK TEAM	M40	26	01:49:49	03:31:56	05:32:46	<b>07:25:02.55</b>	<b>07:25:30.55</b>	+02:31:48 (34.1%)	8:33	7 (66.0%)
97	<b>PIWOŃSKI Adam</b>	<b>1348</b>		M40	27	01:43:49	03:27:06	05:30:45	<b>07:26:03.85</b>	<b>07:26:45.40</b>	+02:33:03 (34.3%)	8:34	7 (66.0%)
98	<b>ŚLAŃSKI Bartosz</b>	<b>1292</b>	DZIK KOMANDO	M20	9	01:53:08	03:35:49	05:38:04	<b>07:26:21.45</b>	<b>07:26:45.75</b>	+02:33:04 (34.3%)	8:35	7 (66.0%)
99	<b>KUDREJ Grzegorz</b>	<b>1137</b>	MOCNA GRUPA CEZARA/SBRT WROCŁAW	M30	39	02:01:56	03:44:08	05:40:36	<b>07:26:30.10</b>	<b>07:27:16.10</b>	+02:33:34 (34.3%)	8:35	7 (66.0%)
100	<b>KACPERSKI Olaf</b>	<b>1091</b>		M40	28	01:51:48	03:32:39	05:31:10	<b>07:28:01.00</b>	<b>07:28:17.35</b>	+02:34:35 (34.5%)	8:36	7 (66.0%)
101	<b>BIZOŃ Tomasz</b>	<b>1010</b>	ANDRYCHÓW RUNNING	M50	8	01:51:19		05:33:15	<b>07:29:48.95</b>	<b>07:30:00.70</b>	+02:36:19 (34.7%)	8:39	6.9 (65.1%)
102	<b>WAŃKOWICZ Adrian</b>	<b>1307</b>		M30	40	01:49:14	03:36:13	05:42:20	<b>07:30:00.75</b>	<b>07:30:07.40</b>	+02:36:25 (34.8%)	8:39	6.9 (65.1%)
103	<b>WAŚOWSKA Milena</b>	<b>1309</b>	BIEGAMBOLUBIĘ	K20	5	01:57:36	03:42:28	05:40:48	<b>07:29:44.30</b>	<b>07:30:20.85</b>	+02:36:39 (34.8%)	8:38	6.9 (65.1%)
104	<b>DORENDĄ Marta</b>	<b>1035</b>		K30	10	01:50:18	03:30:31	05:31:15	<b>07:30:15.20</b>	<b>07:30:28.95</b>	+02:36:47 (34.8%)	8:39	6.9 (65.1%)
105	<b>SZCZURKO Jarosław</b>	<b>1283</b>	CIŚ NA WIERCH ORNONTOWICE	M30	41	01:56:11	03:40:01	05:47:35	<b>07:31:25.50</b>	<b>07:32:00.10</b>	+02:38:18 (35.0%)	8:40	6.9 (65.1%)
106	<b>GAŚECKI Daniel</b>	<b>1056</b>	ULTRA PRZESILENIE	M40	29	01:54:38	03:41:38	05:48:32	<b>07:31:41.75</b>	<b>07:32:07.00</b>	+02:38:25 (35.0%)	8:41	6.9 (65.1%)
107	<b>KRUPA Grzegorz</b>	<b>1374</b>	KB SOBÓTKA	M40	30	01:50:39	03:36:45	05:44:22	<b>07:32:37.15</b>	<b>07:32:44.40</b>	+02:39:02 (35.1%)	8:42	6.9 (65.1%)
108	<b>ŻYLSKI Janusz</b>	<b>1345</b>		M50	9	01:53:32	03:42:45	05:42:09	<b>07:32:50.65</b>	<b>07:33:14.05</b>	+02:39:32 (35.2%)	8:42	6.9 (65.1%)
109	<b>ZAJAC Tomasz</b>	<b>1330</b>		M30	42	01:49:42	03:29:49	05:42:59	<b>07:32:24.70</b>	<b>07:33:19.90</b>	+02:39:38 (35.2%)	8:42	6.9 (65.1%)
110	<b>HŁASKO Anna</b>	<b>1075</b>		K20	6	01:54:26	03:46:15	05:48:12	<b>07:35:10.35</b>	<b>07:35:28.85</b>	+02:41:47 (35.5%)	8:45	6.9 (65.1%)
111	<b>LESIAK Filip</b>	<b>1153</b>	SKAWINA BIEGA	M40	31	01:53:14	03:38:18	05:41:28	<b>07:37:55.65</b>	<b>07:38:49.00</b>	+02:45:07 (36.0%)	8:48	6.8 (64.2%)
112	<b>DRÓŹDŹ Tomasz</b>	<b>1036</b>	CZEWARUN TIM	M30	43	01:56:01	03:44:12	05:56:15	<b>07:40:01.50</b>	<b>07:40:09.75</b>	+02:46:28 (36.2%)	8:50	6.8 (64.2%)
113	<b>KRUKAR Michał</b>	<b>1127</b>	FINISZ RYMANÓW	M40	32	01:53:42	03:32:45	05:43:06	<b>07:39:37.35</b>	<b>07:40:23.45</b>	+02:46:41 (36.2%)	8:50	6.8 (64.2%)
114	<b>DONIEC Sebastian</b>	<b>1034</b>	MARCIN ŚWIERC TEAM	M40	33	01:45:03	03:29:14	05:46:12	<b>07:41:02.30</b>	<b>07:41:11.45</b>	+02:47:29 (36.3%)	8:51	6.8 (64.2%)
115	<b>GAWLEWICZ Tomasz</b>	<b>1055</b>		M40	34	01:45:34	03:27:50	05:39:33	<b>07:41:07.10</b>	<b>07:41:15.25</b>	+02:47:33 (36.3%)	8:52	6.8 (64.2%)
116	<b>ANTKOWIAK Monika</b>	<b>1003</b>	MUAY RUNNING TEAM	K30	11	01:57:54	03:42:40	05:46:40	<b>07:41:31.50</b>	<b>07:41:47.30</b>	+02:48:05 (36.4%)	8:52	6.8 (64.2%)
117	<b>ANTKOWIAK Michał</b>	<b>1004</b>	MUAY RUNNING TEAM	M30	44	01:57:55	03:42:41	05:46:40	<b>07:41:32.25</b>	<b>07:41:47.60</b>	+02:48:05 (36.4%)	8:52	6.8 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
118	<b>SZYMKIEWICZ Robert</b>	<b>1289</b>		M50	10	01:53:35	03:36:59	05:47:32	<b>07:42:15.20</b>	<b>07:42:46.60</b>	+02:49:04 (36.5%)	8:53	6.7 (63.2%)
119	<b>SZEWczyk Monika</b>	<b>1284</b>	BRZYSKITRITeam	K30	12	01:57:36	03:43:06	05:47:48	<b>07:42:53.60</b>	<b>07:43:11.60</b>	+02:49:29 (36.6%)	8:54	6.7 (63.2%)
120	<b>MINIUR Jacek</b>	<b>1182</b>		M50	11	01:51:15	03:44:03	05:52:54	<b>07:43:06.95</b>	<b>07:43:14.80</b>	+02:49:33 (36.6%)	8:54	6.7 (63.2%)
121	<b>WOŁOSZYN Czesław</b>	<b>1322</b>	PIZUNY ROZTOCZE WSCHODNIE	M50	12	02:01:22	03:47:11	05:52:14	<b>07:43:08.60</b>	<b>07:43:31.20</b>	+02:49:49 (36.6%)	8:54	6.7 (63.2%)
122	<b>SIENKO Łukasz</b>	<b>1247</b>	AKTYWNY DYNÓW	M30	45	02:00:21	03:47:53	05:53:25	<b>07:43:48.45</b>	<b>07:44:14.60</b>	+02:50:32 (36.7%)	8:55	6.7 (63.2%)
123	<b>KRÓLEWICZ Piotr</b>	<b>1126</b>		M30	46	01:49:40	03:35:22	05:46:54	<b>07:44:24.55</b>	<b>07:44:49.15</b>	+02:51:07 (36.8%)	8:55	6.7 (63.2%)
124	<b>BURANDT Magdalena</b>	<b>1365</b>	DRUŻYNA WILKA	K40	5	01:51:32	03:37:30	05:43:40	<b>07:45:00.50</b>	<b>07:45:17.60</b>	+02:51:35 (36.9%)	8:56	6.7 (63.2%)
125	<b>WOLWOWICZ Zbigniew</b>	<b>1320</b>		M40	35	01:48:59	03:34:46	05:40:49	<b>07:45:08.15</b>	<b>07:45:17.90</b>	+02:51:36 (36.9%)	8:56	6.7 (63.2%)
126	<b>SZACHNA Piotr</b>	<b>1277</b>	EKOBIEGI	M40	36	02:00:51	03:41:11	05:45:23	<b>07:45:13.95</b>	<b>07:45:30.10</b>	+02:51:48 (36.9%)	8:56	6.7 (63.2%)
127	<b>TYLIBA Ireneusz</b>	<b>1304</b>	JURA TEAM	M40	37	01:53:01	03:38:41	05:54:16	<b>07:45:17.45</b>	<b>07:45:34.10</b>	+02:51:52 (36.9%)	8:56	6.7 (63.2%)
128	<b>WOJTKIEWICZ Jarosław</b>	<b>1373</b>		M50	13	02:05:14	03:54:50	05:58:54	<b>07:46:07.35</b>	<b>07:46:20.05</b>	+02:52:38 (37.0%)	8:57	6.7 (63.2%)
129	<b>GROCHAŁA Igor</b>	<b>1064</b>		M20	10	02:14:21	04:12:47	06:12:45	<b>07:46:08.65</b>	<b>07:46:23.20</b>	+02:52:41 (37.0%)	8:57	6.7 (63.2%)
130	<b>BAJOREK Norbert</b>	<b>1008</b>	FITNESS FREAKS	M40	38	02:01:00	03:48:26	05:48:54	<b>07:46:28.05</b>	<b>07:46:44.10</b>	+02:53:02 (37.1%)	8:58	6.7 (63.2%)
131	<b>STRZESAK Patrycja</b>	<b>1269</b>		K30	13	01:56:39	03:40:25	05:46:13	<b>07:46:36.75</b>	<b>07:47:19.80</b>	+02:53:38 (37.2%)	8:58	6.7 (63.2%)
132	<b>BRZUSTOWICZ Marek</b>	<b>1016</b>	KB GEOTERMIA UNIEJÓW	M60	1	01:55:11	03:41:00	05:48:41	<b>07:47:30.25</b>	<b>07:47:56.90</b>	+02:54:15 (37.2%)	8:59	6.7 (63.2%)
133	<b>ZMYŚŁOWSKI Igor</b>	<b>1339</b>		M30	47	01:44:48	03:22:13	05:37:17	<b>07:48:31.10</b>	<b>07:48:48.25</b>	+02:55:06 (37.4%)	9:00	6.7 (63.2%)
134	<b>SUCHANEK Dominik</b>	<b>1273</b>	ITMBW KRAKÓW	M20	11	01:55:21	03:49:58	05:52:21	<b>07:48:09.90</b>	<b>07:48:58.20</b>	+02:55:16 (37.4%)	9:00	6.7 (63.2%)
135	<b>SUCHANEK Agnieszka</b>	<b>1274</b>	ITMBW KRAKÓW	K30	14	01:55:15	03:49:52	05:52:21	<b>07:48:10.15</b>	<b>07:48:58.45</b>	+02:55:16 (37.4%)	9:00	6.7 (63.2%)
136	<b>SŁOWIK Radosław</b>	<b>1253</b>	KLUB BIEGACZA LEROY MERLIN	M40	39	02:04:47	03:55:19	06:03:19	<b>07:49:40.10</b>	<b>07:50:20.75</b>	+02:56:39 (37.6%)	9:01	6.6 (62.3%)
137	<b>JELENIOWSKI Paweł</b>	<b>1085</b>		M30	48	01:50:33	03:40:26	05:53:11	<b>07:50:46.15</b>	<b>07:50:54.55</b>	+02:57:12 (37.6%)	9:03	6.6 (62.3%)
138	<b>GRYSZKO Artur</b>	<b>1068</b>		M40	40	01:49:03	03:32:20	05:48:02	<b>07:51:44.85</b>	<b>07:52:14.80</b>	+02:58:33 (37.8%)	9:04	6.6 (62.3%)
139	<b>PIĘTA Łukasz</b>	<b>1213</b>	INFINITY GYM	M40	41	01:57:07	03:48:31	05:59:40	<b>07:53:31.50</b>	<b>07:53:50.95</b>	+03:00:09 (38.0%)	9:06	6.6 (62.3%)
140	<b>TOURDANOV Ingrid</b>	<b>1371</b>		K20	7	01:54:39	03:45:11	06:00:19	<b>07:53:17.45</b>	<b>07:53:58.40</b>	+03:00:16 (38.0%)	9:06	6.6 (62.3%)
141	<b>WOLF Weronika</b>	<b>1319</b>	W GÓRACH JEST WSZYSTKO CO KOCHAM ♥	K40	6	02:07:20	03:57:48	06:02:23	<b>07:53:29.10</b>	<b>07:54:05.70</b>	+03:00:24 (38.1%)	9:06	6.6 (62.3%)
142	<b>MARCINIAK Tomasz</b>	<b>1176</b>	RADOMNO BIEGA	M40	42	01:48:18	03:45:01	05:58:42	<b>07:54:43.65</b>	<b>07:55:11.10</b>	+03:01:29 (38.2%)	9:07	6.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	P2_Solinka 28km	P3_Roztoki 41km					
143	<b>LEŚNIEWSKI Tomek</b>	<b>1154</b>	BIESZCZADZKIE DESEROWE	M40	43	02:38:28		05:08:23	<b>07:58:21.30</b>	<b>07:59:13.80</b>	+03:05:32 (38.7%)	9:11	6.5 (61.3%)
144	<b>KONKIEWICZ Robert</b>	<b>1114</b>	GKB	M40	44	01:54:30	03:41:28	05:54:05	<b>08:00:33.60</b>	<b>08:01:19.90</b>	+03:07:38 (39.0%)	9:14	6.5 (61.3%)
145	<b>ZACHARYASZ Miłosz</b>	<b>1327</b>	KOCHAM MONICZKE	M20	12	01:50:19	03:36:44	05:54:18	<b>08:01:17.90</b>	<b>08:01:28.95</b>	+03:07:47 (39.0%)	9:15	6.5 (61.3%)
146	<b>CHILIŃSKI Karol</b>	<b>1020</b>		M30	49	01:58:14	03:44:26	05:56:35	<b>08:01:28.65</b>	<b>08:01:46.60</b>	+03:08:04 (39.0%)	9:15	6.5 (61.3%)
147	<b>ŻBIKOWSKI Tomasz</b>	<b>1344</b>	LECH FREE	M40	45	02:02:06	03:59:17	06:10:37	<b>08:01:22.75</b>	<b>08:02:05.30</b>	+03:08:23 (39.1%)	9:15	6.5 (61.3%)
148	<b>GRONIECKI Mikołaj</b>	<b>1066</b>		M40	46	02:00:01	03:53:57	06:11:01	<b>08:01:45.20</b>	<b>08:02:15.95</b>	+03:08:34 (39.1%)	9:15	6.5 (61.3%)
149	<b>SURDEL Dawid</b>	<b>1364</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	50	01:53:54	03:40:30	05:53:45	<b>08:01:52.80</b>	<b>08:02:19.40</b>	+03:08:37 (39.1%)	9:16	6.5 (61.3%)
150	<b>PYRKOSZ Damian</b>	<b>1227</b>		M50	14	02:02:17	03:58:35	06:13:15	<b>08:03:46.75</b>	<b>08:03:58.70</b>	+03:10:17 (39.3%)	9:18	6.4 (60.4%)
151	<b>PODKUL Konrad</b>	<b>1218</b>		M30	51	01:48:39	03:42:02	06:01:09	<b>08:04:03.00</b>	<b>08:04:47.95</b>	+03:11:06 (39.4%)	9:18	6.4 (60.4%)
152	<b>JĘKAŁSKI Tomasz</b>	<b>1087</b>		M40	47	01:48:11	03:42:00	05:59:37	<b>08:05:25.45</b>	<b>08:05:55.45</b>	+03:12:13 (39.6%)	9:20	6.4 (60.4%)
153	<b>LIZUREJ Sławek</b>	<b>1156</b>	LIZAKI TEAM	M40	48	01:52:34	03:41:48	06:00:14	<b>08:05:42.65</b>	<b>08:06:04.95</b>	+03:12:23 (39.6%)	9:20	6.4 (60.4%)
154	<b>MAJDAK Bartłomiej</b>	<b>1167</b>	PORĄBAŁKO	M40	49	01:55:15	03:48:46	06:13:25	<b>08:06:19.00</b>	<b>08:06:42.25</b>	+03:13:00 (39.7%)	9:21	6.4 (60.4%)
155	<b>DZIDECZEK Marcin</b>	<b>1038</b>	TEAM ZABIEGANEDNI	M40	50	02:00:07	03:56:11	06:11:11	<b>08:06:16.00</b>	<b>08:06:53.65</b>	+03:13:11 (39.7%)	9:21	6.4 (60.4%)
156	<b>MROWIEC Michał</b>	<b>1187</b>	LECH FREE	M50	15	02:02:17	03:59:17	06:10:38	<b>08:06:14.75</b>	<b>08:06:57.30</b>	+03:13:15 (39.7%)	9:21	6.4 (60.4%)
157	<b>MAJEWSKI Kajetan</b>	<b>1168</b>	WIELISZEW HERON TEAM	M20	13	02:01:30	03:46:33	06:01:51	<b>08:08:07.50</b>	<b>08:08:44.75</b>	+03:15:03 (39.9%)	9:23	6.4 (60.4%)
158	<b>GARCZYŃSKA Ania</b>	<b>1050</b>		K40	7	02:02:24	03:52:17	06:11:00	<b>08:08:38.50</b>	<b>08:08:53.55</b>	+03:15:11 (39.9%)	9:23	6.4 (60.4%)
159	<b>KACZMARCZYK Mariusz</b>	<b>1093</b>	REXER	M50	16	01:59:09	03:50:50	06:07:40	<b>08:08:32.10</b>	<b>08:08:59.30</b>	+03:15:17 (39.9%)	9:23	6.4 (60.4%)
160	<b>WYSOKIŃSKI Jerzy</b>	<b>1346</b>	ORANGE POLSKA	M50	17	02:12:11	04:16:27	06:24:01	<b>08:09:36.10</b>	<b>08:09:47.85</b>	+03:16:06 (40.0%)	9:24	6.4 (60.4%)
161	<b>TELEGUJ Michał</b>	<b>1298</b>		M30	52	01:53:56	03:54:18	06:08:05	<b>08:09:22.60</b>	<b>08:09:50.35</b>	+03:16:08 (40.0%)	9:24	6.4 (60.4%)
162	<b>WOJNAROWSKA Weronika</b>	<b>1318</b>		K30	15	02:11:20	04:06:52	06:16:50	<b>08:09:50.45</b>	<b>08:10:22.40</b>	+03:16:40 (40.1%)	9:25	6.4 (60.4%)
163	<b>ROŻYK Magdalena</b>	<b>1235</b>	BIEGAMYRAZEM	K40	8	02:11:21	04:06:52	06:16:52	<b>08:09:50.50</b>	<b>08:10:22.45</b>	+03:16:40 (40.1%)	9:25	6.4 (60.4%)
164	<b>PRZEBINDA Bogdan</b>	<b>1224</b>	BIEGAM NIE WIEM PO CO?	M50	18	01:56:42	03:52:31	06:10:47	<b>08:11:57.50</b>	<b>08:12:29.75</b>	+03:18:48 (40.4%)	9:27	6.3 (59.4%)
165	<b>SZYPULSKI Dariusz</b>	<b>1290</b>	SKS CHMIELOWICE	M40	51	02:11:24	04:09:59	06:18:35	<b>08:12:34.10</b>	<b>08:12:56.95</b>	+03:19:15 (40.4%)	9:28	6.3 (59.4%)
166	<b>HANDZEL Wioletta</b>	<b>1074</b>		K30	16	02:05:03	04:06:43	06:21:38	<b>08:13:17.50</b>	<b>08:13:50.85</b>	+03:20:09 (40.5%)	9:29	6.3 (59.4%)
167	<b>SACHARUK Michał</b>	<b>1243</b>		M40	52	01:57:39	03:53:30	06:11:16	<b>08:13:33.95</b>	<b>08:14:12.35</b>	+03:20:30 (40.6%)	9:29	6.3 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
168	<b>PIASNY Paweł</b>	<b>1210</b>		M40	53	01:56:34	03:53:44	06:12:06	<b>08:14:13.70</b>	<b>08:14:24.30</b>	+03:20:42 (40.6%)	9:30	6.3 (59.4%)
169	<b>STUDZIŃSKI Maciej</b>	<b>1270</b>		M20	14	06:27:02			<b>08:16:08.20</b>	<b>08:16:11.20</b>	+03:22:29 (40.8%)	9:32	6.3 (59.4%)
170	<b>ZAŁUŻNY Michał</b>	<b>1333</b>		M30	53	01:57:38	03:53:52	06:16:54	<b>08:15:37.05</b>	<b>08:16:19.50</b>	+03:22:37 (40.8%)	9:31	6.3 (59.4%)
171	<b>KOCHANIEC Waldemar</b>	<b>1105</b>	NOCNY BÓR SYLVECO TEAM	M50	19	01:56:37	03:50:25	06:16:38	<b>08:16:40.45</b>	<b>08:17:25.90</b>	+03:23:44 (41.0%)	9:33	6.3 (59.4%)
172	<b>ZAWADZKI Grzegorz</b>	<b>1335</b>	ZAWADZKA TEAM, NOCNY BÓR TEAM	M30	54	01:56:24	03:51:29	06:16:38	<b>08:16:41.10</b>	<b>08:17:26.10</b>	+03:23:44 (41.0%)	9:33	6.3 (59.4%)
173	<b>WAŚIK Izabela</b>	<b>1308</b>	BEMOWO BIEGA	K50	1	02:01:50	03:59:16	06:16:10	<b>08:17:54.60</b>	<b>08:18:12.60</b>	+03:24:30 (41.0%)	9:34	6.3 (59.4%)
174	<b>SALIŃSKI Bartosz</b>	<b>1244</b>	WKURW_TEAM	M30	55	02:08:17	04:05:08	06:17:03	<b>08:17:35.75</b>	<b>08:18:16.25</b>	+03:24:34 (41.1%)	9:34	6.3 (59.4%)
175	<b>KONARSKI Maciej</b>	<b>1112</b>	DOGOŃ GRODZISK MAZOWIECKI	M40	54	01:56:37	03:52:40	06:04:24	<b>08:18:28.30</b>	<b>08:18:51.10</b>	+03:25:09 (41.1%)	9:35	6.3 (59.4%)
176	<b>ADAMKIEWICZ Natalia</b>	<b>1000</b>	ŁÓDŹ RUN CREW	K30	17	02:03:39	03:58:49	06:10:05	<b>08:18:24.95</b>	<b>08:19:00.85</b>	+03:25:19 (41.1%)	9:35	6.3 (59.4%)
177	<b>SIKORA Michał</b>	<b>1248</b>		M40	55	01:57:21	03:50:19	06:01:33	<b>08:18:58.60</b>	<b>08:19:30.70</b>	+03:25:49 (41.2%)	9:35	6.3 (59.4%)
178	<b>OLEJNIK Krzysztof</b>	<b>1201</b>	PGB SPORTOWA PACZKA	M50	20	02:05:12	03:57:40	06:22:28	<b>08:19:36.00</b>	<b>08:20:10.30</b>	+03:26:28 (41.3%)	9:36	6.2 (58.5%)
179	<b>WLIZŁO Paweł</b>	<b>1315</b>		M30	56	01:47:09	03:33:31	05:50:39	<b>08:20:22.75</b>	<b>08:20:33.30</b>	+03:26:51 (41.3%)	9:37	6.2 (58.5%)
180	<b>NECZAJ-RACZYŃSKA Anna</b>	<b>1193</b>	ŁĘCZNA BIEGA	K40	9	01:54:39	03:56:09	06:16:19	<b>08:20:37.35</b>	<b>08:20:51.10</b>	+03:27:09 (41.4%)	9:37	6.2 (58.5%)
181	<b>NIEDZIAŁKOWSKI Jan</b>	<b>1351</b>		M30	57	01:52:22	03:54:32	06:17:50	<b>08:20:39.40</b>	<b>08:20:53.70</b>	+03:27:12 (41.4%)	9:37	6.2 (58.5%)
182	<b>BOBROWSKI Michał</b>	<b>1011</b>	BIEGAJACE KREJZOLE	M40	56	02:03:41	04:05:25	06:23:46	<b>08:20:52.70</b>	<b>08:20:59.95</b>	+03:27:18 (41.4%)	9:37	6.2 (58.5%)
183	<b>SMOLIŃSKI Mateusz</b>	<b>1255</b>		M30	58	01:53:21	03:57:18	06:19:49	<b>08:21:20.60</b>	<b>08:21:28.70</b>	+03:27:47 (41.4%)	9:38	6.2 (58.5%)
184	<b>RUSNAK Oleg</b>	<b>1241</b>		M30	59	01:53:24	03:57:18	06:27:18	<b>08:21:20.25</b>	<b>08:21:28.95</b>	+03:27:47 (41.4%)	9:38	6.2 (58.5%)
185	<b>JURCZAK Roman</b>	<b>1090</b>		M60	2	01:56:24	03:51:15	06:20:12	<b>08:21:51.10</b>	<b>08:21:57.35</b>	+03:28:15 (41.5%)	9:39	6.2 (58.5%)
186	<b>PIOTROWICZ Małgorzata</b>	<b>1215</b>	INFINITY-GYM	K30	18	02:05:18	04:01:34	06:18:54	<b>08:23:38.50</b>	<b>08:23:58.85</b>	+03:30:17 (41.7%)	9:41	6.2 (58.5%)
187	<b>BOCHENEK Michał</b>	<b>1012</b>	INFINITY-GYM	M30	60	02:02:12	04:01:34	06:18:56	<b>08:23:38.40</b>	<b>08:23:59.10</b>	+03:30:17 (41.7%)	9:41	6.2 (58.5%)
188	<b>KOCJAN Adam</b>	<b>1367</b>		M30	61	01:56:40	03:46:53	06:12:54	<b>08:23:48.25</b>	<b>08:24:27.85</b>	+03:30:46 (41.8%)	9:41	6.2 (58.5%)
189	<b>NOWAK Agnieszka</b>	<b>1200</b>		K40	10	02:01:34	04:14:25	06:30:28	<b>08:24:44.55</b>	<b>08:25:10.20</b>	+03:31:28 (41.9%)	9:42	6.2 (58.5%)
190	<b>SOBOLEWSKI Sebastian</b>	<b>1256</b>		M30	62	01:56:37	03:51:44	06:08:17	<b>08:25:27.40</b>	<b>08:25:56.05</b>	+03:32:14 (41.9%)	9:43	6.2 (58.5%)
191	<b>KSIĄDZ Karol</b>	<b>1133</b>		M30	63	02:12:41	04:11:14	06:16:50	<b>08:25:48.05</b>	<b>08:26:35.90</b>	+03:32:54 (42.0%)	9:43	6.2 (58.5%)
192	<b>MADEJ Magdalena</b>	<b>1166</b>	GŁOGOVIA	K40	11	02:00:38	03:53:26	06:12:33	<b>08:27:43.20</b>	<b>08:27:56.20</b>	+03:34:14 (42.2%)	9:45	6.1 (57.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	P2_Solinka 28km	P3_Roztoki 41km					
193	<b>AUGUSCIK Mariusz</b>	<b>1007</b>	NIEZRZESZONY	M50	21	01:57:39			<b>08:27:48.20</b>	<b>08:28:13.00</b>	+03:34:31 (42.2%)	9:45	6.1 (57.5%)
194	<b>JĘDRZEJCZYK Agnieszka</b>	<b>1086</b>	NIEZRZESZONA	K50	2	02:11:39	04:08:09	06:22:39	<b>08:27:49.05</b>	<b>08:28:13.35</b>	+03:34:31 (42.2%)	9:45	6.1 (57.5%)
195	<b>ŁUSZCZYNA Agata</b>	<b>1164</b>	GMINA STRZELCE OPOLSKIE	K40	12	02:01:09	03:59:10	06:25:19	<b>08:28:23.15</b>	<b>08:28:33.20</b>	+03:34:51 (42.2%)	9:46	6.1 (57.5%)
196	<b>BIELOV Yuriy</b>	<b>1369</b>		M20	15	02:03:45	03:59:16	06:25:02	<b>08:28:12.85</b>	<b>08:28:47.70</b>	+03:35:06 (42.3%)	9:46	6.1 (57.5%)
197	<b>GRONCZEWSKI Artur</b>	<b>1065</b>	NEW BALANCE RUN CLUB	M40	57	01:58:03	03:56:48	06:24:31	<b>08:29:49.80</b>	<b>08:29:59.00</b>	+03:36:17 (42.4%)	9:48	6.1 (57.5%)
198	<b>GLEBA Mariusz</b>	<b>1058</b>	PSZCZÓŁKOWSKI TEAM	M30	64	02:05:02	04:06:21	06:21:32	<b>08:30:18.35</b>	<b>08:30:40.50</b>	+03:36:58 (42.5%)	9:48	6.1 (57.5%)
199	<b>WOŁOSZYN Ryszard</b>	<b>1321</b>	PIZUNY ROZTOCZE WSCHODNIE	M50	22	02:09:51	04:09:44	06:32:36	<b>08:30:28.10</b>	<b>08:30:52.00</b>	+03:37:10 (42.5%)	9:49	6.1 (57.5%)
200	<b>NAMIOTA Urszula</b>	<b>1191</b>	MARATOŃCZYK 4	K60	1	02:10:54	04:10:37	06:26:29	<b>08:30:56.70</b>	<b>08:31:09.85</b>	+03:37:28 (42.5%)	9:49	6.1 (57.5%)
201	<b>CYWIŃSKA Joanna</b>	<b>1024</b>		K30	19	02:11:19	04:14:27	06:32:49	<b>08:32:05.25</b>	<b>08:32:47.10</b>	+03:39:05 (42.7%)	9:50	6.1 (57.5%)
202	<b>BOJDA Grzegorz</b>	<b>1013</b>		M40	58	02:00:16	03:49:10	06:24:47	<b>08:34:56.25</b>	<b>08:35:07.40</b>	+03:41:25 (43.0%)	9:54	6.1 (57.5%)
203	<b>ZADORA Dorota</b>	<b>1329</b>		K50	3	02:01:14	03:48:59	06:24:47	<b>08:34:56.45</b>	<b>08:35:07.60</b>	+03:41:25 (43.0%)	9:54	6.1 (57.5%)
204	<b>KIEWISZ Adam</b>	<b>1361</b>	ANOTHER FREE MAN WALKING/RUNNING	M40	59	01:58:47	03:58:21	06:21:10	<b>08:39:23.40</b>	<b>08:39:42.20</b>	+03:46:00 (43.5%)	9:59	6 (56.6%)
205	<b>PAWELEC Krystyna</b>	<b>1208</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	2	02:10:45	04:09:20	06:28:12	<b>08:40:26.60</b>	<b>08:41:04.05</b>	+03:47:22 (43.6%)	10:00	6 (56.6%)
206	<b>ZIĘTEK Krzysztof</b>	<b>1338</b>	ADIDAS RUNNERS WARSAW	M40	60	02:02:09	03:57:45	06:23:11	<b>08:42:12.15</b>	<b>08:42:44.80</b>	+03:49:03 (43.8%)	10:02	6 (56.6%)
207	<b>KOKOT Roman</b>	<b>1109</b>	AKTYWNY DYNÓW	M40	61	02:10:40	04:12:52	06:31:46	<b>08:42:29.30</b>	<b>08:42:55.05</b>	+03:49:13 (43.8%)	10:02	6 (56.6%)
208	<b>SULIK Agnieszka</b>	<b>1275</b>	WARSAW MASTERS TEAM	K30	20	01:52:07	03:27:39	05:32:48	<b>08:45:04.90</b>	<b>08:45:12.50</b>	+03:51:30 (44.1%)	10:05	5.9 (55.7%)
209	<b>ZAKRZEWSKI Marek</b>	<b>1332</b>	EKOBIEGI	M50	23	02:05:30	03:57:11	06:28:05	<b>08:45:54.35</b>	<b>08:46:09.80</b>	+03:52:28 (44.2%)	10:06	5.9 (55.7%)
210	<b>PATYK Maciej</b>	<b>1207</b>	KLINIKA TRIATHLONU	M30	65	02:00:31	04:00:44	06:45:02	<b>08:46:44.50</b>	<b>08:47:52.40</b>	+03:54:10 (44.4%)	10:07	5.9 (55.7%)
211	<b>WALAC Jacek</b>	<b>1305</b>	DOGOŃ GRODZISK MAZOWIECKI	M30	66	02:09:49	04:09:53	06:33:32	<b>08:48:54.40</b>	<b>08:49:34.15</b>	+03:55:52 (44.5%)	10:10	5.9 (55.7%)
212	<b>SZYMANIAK Paweł</b>	<b>1288</b>	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	M40	62	02:09:55	04:09:54	06:34:08	<b>08:48:54.25</b>	<b>08:49:34.35</b>	+03:55:52 (44.5%)	10:10	5.9 (55.7%)
213	<b>MUMOT Dariusz</b>	<b>1189</b>		M40	63	02:20:48	04:30:52	06:54:46	<b>08:49:42.35</b>	<b>08:50:18.05</b>	+03:56:36 (44.6%)	10:11	5.9 (55.7%)
214	<b>PYZIK Tomasz</b>	<b>1229</b>	DRUŻYNA MOJACUKRZYCA.PL	M40	64	02:02:33	04:05:57	06:33:13	<b>08:51:05.05</b>	<b>08:51:26.60</b>	+03:57:44 (44.7%)	10:12	5.9 (55.7%)
215	<b>ZACHEJA Jacek</b>	<b>1328</b>		M40	65	02:03:21	04:17:18	06:43:47	<b>08:51:01.45</b>	<b>08:51:29.20</b>	+03:57:47 (44.7%)	10:12	5.9 (55.7%)
216	<b>WIĄCKIEWICZ Piotr</b>	<b>1310</b>	DZIK KOMANDO	M30	67	01:54:09	03:51:21	06:29:23	<b>08:51:07.55</b>	<b>08:51:33.50</b>	+03:57:51 (44.7%)	10:12	5.9 (55.7%)
217	<b>KACZMAREK Łukasz</b>	<b>1094</b>	DZIK KOMANDO	M30	68	01:56:14	03:51:22	06:29:24	<b>08:51:11.10</b>	<b>08:51:35.90</b>	+03:57:54 (44.8%)	10:12	5.9 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
218	<b>PODSIADŁO Wojciech</b>	<b>1219</b>	SZYBKA GRUPA BUKOVINA	M50	24	02:17:10	04:30:28	06:56:50	<b>08:51:21.40</b>	<b>08:51:39.10</b>	+03:57:57 (44.8%)	10:13	5.9 (55.7%)
219	<b>POPCZYK Ewelina</b>	<b>1221</b>		K40	13	02:11:36	04:22:49	06:46:37	<b>08:51:10.40</b>	<b>08:51:40.30</b>	+03:57:58 (44.8%)	10:12	5.9 (55.7%)
220	<b>SŁABOŃ Mariusz</b>	<b>1252</b>	KIWK-A BIEGA	M40	66	02:11:35	04:22:50	06:46:36	<b>08:51:10.80</b>	<b>08:51:40.45</b>	+03:57:58 (44.8%)	10:12	5.9 (55.7%)
221	<b>ZAJĄC Paweł</b>	<b>1331</b>	ULTRAKICAK	M30	69	02:10:26	04:17:37	06:41:07	<b>08:51:16.15</b>	<b>08:51:53.90</b>	+03:58:12 (44.8%)	10:13	5.9 (55.7%)
222	<b>KANTOR Darek</b>	<b>1098</b>	POZIOMKI	M50	25	02:18:05	04:31:11	06:49:15	<b>08:51:37.80</b>	<b>08:52:08.30</b>	+03:58:26 (44.8%)	10:13	5.9 (55.7%)
223	<b>SZNEJDER Anita</b>	<b>1285</b>		K40	14	02:09:48	04:08:38	06:37:35	<b>08:52:04.50</b>	<b>08:52:19.45</b>	+03:58:37 (44.8%)	10:13	5.9 (55.7%)
224	<b>ŁUKASZEWSKI Jarosław</b>	<b>1163</b>	WŁOCŁAWEK	M30	70	02:07:36	04:05:04	06:38:02	<b>08:52:03.90</b>	<b>08:52:31.40</b>	+03:58:49 (44.8%)	10:13	5.9 (55.7%)
225	<b>STĘPIEŃ Magdalena</b>	<b>1266</b>	GRODZISKI KLUB BIEGACZA	K30	21	02:12:16	04:11:10	06:33:05	<b>08:51:48.65</b>	<b>08:52:34.45</b>	+03:58:52 (44.9%)	10:13	5.9 (55.7%)
226	<b>GUNERT Kuba</b>	<b>1072</b>		M40	67	02:07:40	04:19:55	06:40:35	<b>08:52:01.00</b>	<b>08:52:45.65</b>	+03:59:03 (44.9%)	10:13	5.9 (55.7%)
227	<b>LITYŃSKA Małgorzata</b>	<b>1155</b>	TEAM ZABIEGANEDNI	K30	22	02:12:50	04:20:11	06:41:39	<b>08:52:27.75</b>	<b>08:53:05.00</b>	+03:59:23 (44.9%)	10:14	5.9 (55.7%)
228	<b>LALEWICZ Wojciech</b>	<b>1147</b>	ASSECO ACTIVE TEAM	M40	68	02:07:16	04:20:44	06:49:29	<b>08:52:31.10</b>	<b>08:53:09.80</b>	+03:59:28 (44.9%)	10:14	5.9 (55.7%)
229	<b>ŚWIĆ Miłosz</b>	<b>1372</b>	DZIK KOMANDO	M30	71	01:53:24	03:41:47	06:29:20	<b>08:53:51.30</b>	<b>08:54:19.60</b>	+04:00:37 (45.0%)	10:15	5.8 (54.7%)
230	<b>SZPUNAR Daniel</b>	<b>1286</b>		M20	16	02:00:03	04:02:28	06:37:50	<b>08:54:48.75</b>	<b>08:55:28.50</b>	+04:01:46 (45.2%)	10:17	5.8 (54.7%)
231	<b>SZARYŃSKI Tomasz</b>	<b>1280</b>	SZARYTEAM	M40	69	02:06:24	04:15:50	06:49:35	<b>08:55:00.25</b>	<b>08:55:40.90</b>	+04:01:59 (45.2%)	10:17	5.8 (54.7%)
232	<b>LATAWIEC Jakub</b>	<b>1150</b>		M40	70	02:09:45	04:17:01	06:49:29	<b>08:55:42.00</b>	<b>08:56:06.00</b>	+04:02:24 (45.2%)	10:18	5.8 (54.7%)
233	<b>LATAWIEC Bartosz</b>	<b>1151</b>	SZAROTKA ROKICINY PODHALAŃSKIE	M30	72	02:09:42	04:17:01	06:49:29	<b>08:55:42.00</b>	<b>08:56:06.05</b>	+04:02:24 (45.2%)	10:18	5.8 (54.7%)
234	<b>GRUDZIŃSKA Aneta</b>	<b>1067</b>	SZYBKA GRUPA BUKOVINA	K40	15	02:17:17	04:30:28	06:56:48	<b>08:58:03.30</b>	<b>08:58:21.20</b>	+04:04:39 (45.4%)	10:20	5.8 (54.7%)
235	<b>SZARYŃSKI Dariusz</b>	<b>1281</b>		M40	71	02:06:24	04:15:50	06:49:34	<b>08:58:46.90</b>	<b>08:59:27.60</b>	+04:05:45 (45.6%)	10:21	5.8 (54.7%)
236	<b>KWIATKOWSKI Karol</b>	<b>1145</b>	TEAM BIEGAM BO CHCĘ	M40	72	02:11:09	04:14:42	06:44:54	<b>09:01:41.00</b>	<b>09:02:05.60</b>	+04:08:23 (45.8%)	10:25	5.8 (54.7%)
237	<b>COFALSKI Jakub</b>	<b>1349</b>		M30	73	02:14:17	04:23:25	06:50:17	<b>09:01:43.55</b>	<b>09:02:27.30</b>	+04:08:45 (45.9%)	10:25	5.8 (54.7%)
238	<b>SIKORSKA Agnieszka</b>	<b>1249</b>		K40	16	02:16:48	04:21:00	06:46:01	<b>09:02:20.20</b>	<b>09:02:36.00</b>	+04:08:54 (45.9%)	10:25	5.8 (54.7%)
239	<b>NOWAK Karol</b>	<b>1198</b>		M40	73	02:14:28	04:24:01	06:48:51	<b>09:02:11.80</b>	<b>09:02:59.65</b>	+04:09:17 (45.9%)	10:25	5.8 (54.7%)
240	<b>CZARNOGÓRSKI Dominik</b>	<b>1027</b>		M40	74	02:27:49	04:31:45	07:03:00	<b>09:02:07.65</b>	<b>09:03:02.00</b>	+04:09:20 (45.9%)	10:25	5.8 (54.7%)
241	<b>GOZDEK Anna</b>	<b>1355</b>		K30	23	02:20:25	04:36:58	07:03:05	<b>09:04:05.80</b>	<b>09:04:38.55</b>	+04:10:56 (46.1%)	10:27	5.7 (53.8%)
242	<b>GROT Tomasz</b>	<b>1362</b>		M40	75	02:20:24	04:36:58	07:03:05	<b>09:04:07.40</b>	<b>09:04:40.10</b>	+04:10:58 (46.1%)	10:27	5.7 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
243	<b>MAŁEK Wojciech</b>	<b>1173</b>	GRUPA BIEGOWA ZARSZYN	M40	76	02:18:25	04:34:04	06:59:17	<b>09:04:11.50</b>	<b>09:04:47.75</b>	+04:11:06 (46.1%)	10:27	5.7 (53.8%)
244	<b>KONS Katarzyna</b>	<b>1115</b>		K30	24	02:24:00	04:38:34	06:58:48	<b>09:04:00.75</b>	<b>09:04:47.90</b>	+04:11:06 (46.1%)	10:27	5.7 (53.8%)
245	<b>NIEDŹWIECKA Kasia</b>	<b>1195</b>	EKOBIEGI	K50	4	02:16:28	04:28:09	06:53:17	<b>09:04:39.35</b>	<b>09:04:55.10</b>	+04:11:13 (46.1%)	10:28	5.7 (53.8%)
246	<b>NATOŃSKI Piotr</b>	<b>1192</b>		M40	77	02:09:36	04:29:48	06:57:36	<b>09:04:17.15</b>	<b>09:05:06.85</b>	+04:11:25 (46.1%)	10:28	5.7 (53.8%)
247	<b>SOKOŁOWSKI Marcin</b>	<b>1258</b>		M30	74	02:09:36	04:29:50	06:57:40	<b>09:04:42.70</b>	<b>09:05:34.05</b>	+04:11:52 (46.2%)	10:28	5.7 (53.8%)
248	<b>PYTEL Roman</b>	<b>1228</b>	IZBICKO W BIEGU	M40	78	02:11:26	04:29:00	06:58:21	<b>09:05:50.50</b>	<b>09:06:13.40</b>	+04:12:31 (46.2%)	10:29	5.7 (53.8%)
249	<b>STANIKOWSKI Mariusz</b>	<b>1262</b>	ŚLĘZAK TEAM	M40	79	02:14:57	04:27:45	07:00:33	<b>09:05:55.80</b>	<b>09:06:15.35</b>	+04:12:33 (46.2%)	10:29	5.7 (53.8%)
250	<b>MARCHEWKA Grzegorz</b>	<b>1175</b>	SZYBKA GRUPA BUKOVINA	M40	80	02:17:01	04:30:27	06:56:49	<b>09:07:05.15</b>	<b>09:07:22.75</b>	+04:13:41 (46.3%)	10:31	5.7 (53.8%)
251	<b>MRYCZKO Roman</b>	<b>1188</b>	AKTYWNY DYNÓW	M50	26	02:12:16	04:17:08	06:52:23	<b>09:08:20.20</b>	<b>09:08:45.75</b>	+04:15:04 (46.5%)	10:32	5.7 (53.8%)
252	<b>KOTOMSKA Renata</b>	<b>1350</b>		K40	17	02:12:51	04:17:46	06:52:59	<b>09:08:24.10</b>	<b>09:08:49.50</b>	+04:15:07 (46.5%)	10:32	5.7 (53.8%)
253	<b>ROŻEK Michał</b>	<b>1234</b>	DRUŻYNA BIEGOWA LECHA POZNAŃ	M30	75	02:15:10	04:26:31	07:04:40	<b>09:08:43.25</b>	<b>09:08:52.40</b>	+04:15:10 (46.5%)	10:33	5.7 (53.8%)
254	<b>ZIELIŃSKI Michał</b>	<b>1337</b>	DZIKIE ŻYCIE RUN TEAM	M40	81	02:08:59	04:12:58	06:40:30	<b>09:10:16.55</b>	<b>09:10:51.30</b>	+04:17:09 (46.7%)	10:34	5.7 (53.8%)
255	<b>DZIDO Rafal</b>	<b>1357</b>		M40	82	02:08:40	04:08:55	06:49:10	<b>09:12:47.10</b>	<b>09:13:27.05</b>	+04:19:45 (46.9%)	10:37	5.6 (52.8%)
256	<b>GRANOS Sławomir</b>	<b>1063</b>	LAFIRYNDY I GAMONIE	M50	27	02:16:08	04:28:39	06:58:32	<b>09:13:15.80</b>	<b>09:14:09.30</b>	+04:20:27 (47.0%)	10:38	5.6 (52.8%)
257	<b>GAJEWSKI Paweł</b>	<b>1049</b>	BEAUTY SPORT	M50	28	02:15:46	04:28:37	06:58:27	<b>09:13:15.75</b>	<b>09:14:09.60</b>	+04:20:27 (47.0%)	10:38	5.6 (52.8%)
258	<b>SROKA Lucyna</b>	<b>1259</b>		K40	18	02:11:11	04:22:23	06:55:08	<b>09:13:56.70</b>	<b>09:14:36.05</b>	+04:20:54 (47.0%)	10:39	5.6 (52.8%)
259	<b>KIEŁBUS Mirosław</b>	<b>1102</b>		M50	29	02:11:15	04:22:23	06:55:15	<b>09:13:57.20</b>	<b>09:14:36.50</b>	+04:20:54 (47.0%)	10:39	5.6 (52.8%)
260	<b>ŁASTOWIECKI Radosław</b>	<b>1159</b>	KS BARAKUDA MIŃSK MAZOWIECKI	M40	83	02:00:55	04:00:13	06:35:22	<b>09:14:59.50</b>	<b>09:15:09.50</b>	+04:21:27 (47.1%)	10:40	5.6 (52.8%)
261	<b>LANGNER Maurycy</b>	<b>1148</b>		M40	84	02:08:56	04:19:38	06:59:36	<b>09:15:20.00</b>	<b>09:15:28.90</b>	+04:21:47 (47.1%)	10:40	5.6 (52.8%)
262	<b>KRAJEWSKI Konrad</b>	<b>1124</b>	MARKOWI BIEGACZ	M30	76	02:01:05	04:20:47	06:39:17	<b>09:16:45.70</b>	<b>09:17:04.90</b>	+04:23:23 (47.3%)	10:42	5.6 (52.8%)
263	<b>SZCZEPANEK Magdalena</b>	<b>1282</b>	STOKOWCZYKITEAM	K20	8	01:59:52	04:04:10	06:33:55	<b>09:17:52.55</b>	<b>09:17:55.20</b>	+04:24:13 (47.4%)	10:43	5.6 (52.8%)
264	<b>RACZYŃSKI Czesław</b>	<b>1230</b>	ŁĘCZNA BIEGA	M40	85	01:54:35	03:56:09	06:43:20	<b>09:19:35.40</b>	<b>09:19:49.70</b>	+04:26:08 (47.5%)	10:45	5.6 (52.8%)
265	<b>GNOT Katarzyna</b>	<b>1059</b>		K40	19	02:17:20	04:28:19	07:00:18	<b>09:19:55.85</b>	<b>09:20:46.95</b>	+04:27:05 (47.6%)	10:46	5.6 (52.8%)
266	<b>DĄBROWSKI Artur</b>	<b>1031</b>		M30	77	02:14:52	04:28:58	07:12:32	<b>09:21:50.55</b>	<b>09:21:58.65</b>	+04:28:16 (47.7%)	10:48	5.6 (52.8%)
267	<b>ANDRZEJEWSKI Maciej</b>	<b>1002</b>	KTÓRĘDY PO PIWO?	M30	78	02:17:09	04:24:27	06:59:35	<b>09:23:28.30</b>	<b>09:23:59.40</b>	+04:30:17 (47.9%)	10:50	5.5 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
268	<b>RUSIN Łukasz</b>	<b>1240</b>	RKS	M30	79	02:10:09	04:21:34	06:58:39	<b>09:23:43.65</b>	<b>09:24:22.70</b>	+04:30:41 (48.0%)	10:50	5.5 (51.9%)
269	<b>STANEK Katarzyna</b>	<b>1260</b>		K30	25	02:08:44	04:23:54	07:06:14	<b>09:24:54.70</b>	<b>09:25:28.05</b>	+04:31:46 (48.1%)	10:51	5.5 (51.9%)
270	<b>KONKIEWICZ Katarzyna</b>	<b>1113</b>	NIAGARA	K40	20	02:18:04	04:26:26	06:59:03	<b>09:28:25.15</b>	<b>09:29:11.75</b>	+04:35:30 (48.4%)	10:55	5.5 (51.9%)
271	<b>LULA Radosław</b>	<b>1157</b>		M40	86	02:20:16	04:35:11	07:12:41	<b>09:28:37.15</b>	<b>09:29:18.30</b>	+04:35:36 (48.4%)	10:56	5.5 (51.9%)
272	<b>WZOREK Ewa</b>	<b>1324</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ/WKURW_TEAM	K20	9	02:24:53	04:44:31	07:17:59	<b>09:29:20.60</b>	<b>09:29:47.20</b>	+04:36:05 (48.5%)	10:56	5.5 (51.9%)
273	<b>KURKUS Aleksander</b>	<b>1142</b>	DOGOŃ GRODZISK MAZOWIECKI	M50	30	02:18:13	04:24:54	06:57:50	<b>09:31:30.40</b>	<b>09:31:59.60</b>	+04:38:17 (48.7%)	10:59	5.5 (51.9%)
274	<b>PIEKARSKI Andrzej</b>	<b>1211</b>	SAMSUNG	M40	87	02:27:15	04:38:35	07:11:08	<b>09:31:22.90</b>	<b>09:32:05.85</b>	+04:38:24 (48.7%)	10:59	5.5 (51.9%)
275	<b>TUREK Paweł</b>	<b>1303</b>		M40	88	02:26:46	04:38:35	07:11:02	<b>09:32:18.15</b>	<b>09:33:01.40</b>	+04:39:19 (48.7%)	11:00	5.5 (51.9%)
276	<b>SZUMLAS Marcin</b>	<b>1287</b>	#SZUMITEAM	M40	89	02:20:01	04:34:57	07:07:07	<b>09:33:55.20</b>	<b>09:34:43.50</b>	+04:41:01 (48.9%)	11:02	5.4 (50.9%)
277	<b>ŚWIETLIK Paweł</b>	<b>1293</b>		M30	80	02:18:55	04:43:22	07:27:38	<b>09:35:42.10</b>	<b>09:36:04.45</b>	+04:42:22 (49.0%)	11:04	5.4 (50.9%)
278	<b>STRZELCZYK Hubert</b>	<b>1267</b>		M20	17	02:19:15	04:43:41	07:27:55	<b>09:36:01.75</b>	<b>09:36:04.75</b>	+04:42:23 (49.0%)	11:04	5.4 (50.9%)
279	<b>WOJCIESZAK Klaudia</b>	<b>1317</b>	BRAVEHEARTS LEGIONOWO	K40	21	02:35:41	04:48:34	07:26:20	<b>09:36:58.00</b>	<b>09:37:01.00</b>	+04:43:19 (49.1%)	11:05	5.4 (50.9%)
280	<b>MAKARENKOV Sergii</b>	<b>1170</b>	DOGON GRODZISK MAZOWIECKI	M30	81	02:35:11	04:48:35	07:26:23	<b>09:36:58.20</b>	<b>09:37:01.20</b>	+04:43:19 (49.1%)	11:05	5.4 (50.9%)
281	<b>CZOCHARA Robert</b>	<b>1030</b>	AMATOR GÓR	M40	90	02:15:51	04:29:51	07:13:52	<b>09:38:07.35</b>	<b>09:38:58.40</b>	+04:45:16 (49.3%)	11:07	5.4 (50.9%)
282	<b>GNOT Krzysztof</b>	<b>1060</b>		M40	91	02:20:08	04:41:46	07:22:00	<b>09:38:06.75</b>	<b>09:38:58.55</b>	+04:45:16 (49.3%)	11:07	5.4 (50.9%)
283	<b>MAZUREK Monika</b>	<b>1179</b>	NOWA HUTA TEAM	K40	22	02:27:03	04:38:27	07:18:22	<b>09:38:37.00</b>	<b>09:39:29.45</b>	+04:45:47 (49.3%)	11:07	5.4 (50.9%)
284	<b>PORĘBSKA Dorota</b>	<b>1222</b>	NOWA HUTA TEAM	K40	23	02:27:05	04:38:27	07:18:24	<b>09:38:37.35</b>	<b>09:39:29.80</b>	+04:45:48 (49.3%)	11:07	5.4 (50.9%)
285	<b>MICHALCZAK Jacek</b>	<b>1181</b>	ZŁAP KRÓLICZKA :-)	M30	82	02:15:07	04:40:03	07:22:29	<b>09:39:24.15</b>	<b>09:40:08.65</b>	+04:46:26 (49.4%)	11:08	5.4 (50.9%)
286	<b>FUS Wojciech</b>	<b>1047</b>	ASSECO ACTIVE TEAM	M40	92	02:25:28	04:39:14	07:24:32	<b>09:41:49.10</b>	<b>09:42:27.55</b>	+04:48:45 (49.6%)	11:11	5.4 (50.9%)
287	<b>WOJCIECHOWSKI Michał</b>	<b>1316</b>	SPARTANIE DZIECIOM	M40	93	02:14:40	04:25:46	07:10:17	<b>09:43:45.15</b>	<b>09:44:26.35</b>	+04:50:44 (49.7%)	11:13	5.3 (50.0%)
288	<b>MARKIEWICZ Mateusz</b>	<b>1177</b>		M40	94	02:15:01	04:25:45	07:10:16	<b>09:43:45.20</b>	<b>09:44:26.65</b>	+04:50:44 (49.7%)	11:13	5.3 (50.0%)
289	<b>ŻACZKIEWICZ Jacek</b>	<b>1343</b>		M50	31	02:20:48	04:39:09	07:19:24	<b>09:44:09.30</b>	<b>09:44:43.45</b>	+04:51:01 (49.8%)	11:14	5.3 (50.0%)
290	<b>ŻACZKIEWICZ Izabela</b>	<b>1342</b>		K50	5	02:20:30	04:39:08	07:19:24	<b>09:44:09.25</b>	<b>09:44:43.65</b>	+04:51:01 (49.8%)	11:14	5.3 (50.0%)
291	<b>PIETRUS Piotr</b>	<b>1212</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	95	02:10:17	04:16:20	07:04:33	<b>09:45:49.00</b>	<b>09:46:36.00</b>	+04:52:54 (49.9%)	11:15	5.3 (50.0%)
292	<b>JUNGHANNS Thomas</b>	<b>1089</b>	SV WESENITZTAL	M60	3	02:13:01	04:32:12	07:17:26	<b>09:46:53.05</b>	<b>09:47:16.65</b>	+04:53:34 (50.0%)	11:17	5.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
293	<b>GRZESZCZYK Michał</b>	<b>1071</b>	EKOBIEGI	M40	96	02:10:34	04:21:05	07:02:37	<b>09:47:03.85</b>	<b>09:47:20.30</b>	+04:53:38 (50.0%)	11:17	5.3 (50.0%)
294	<b>PASZKO Radosław</b>	<b>1205</b>		M30	83	02:16:40	04:32:47	07:14:17	<b>09:48:48.05</b>	<b>09:49:24.50</b>	+04:55:42 (50.2%)	11:19	5.3 (50.0%)
295	<b>DZIURBEJKO Tomasz</b>	<b>1039</b>		M40	97	02:13:36	04:22:12	07:06:05	<b>09:52:51.30</b>	<b>09:53:27.20</b>	+04:59:45 (50.5%)	11:24	5.3 (50.0%)
296	<b>ZABŁOCKI Wojciech</b>	<b>1325</b>		M40	98	02:04:58	04:10:21	07:07:29	<b>09:53:12.00</b>	<b>09:53:37.35</b>	+04:59:55 (50.5%)	11:24	5.3 (50.0%)
297	<b>MISIAK Anna</b>	<b>1352</b>	TEAM ZABIEGANEDNI	K30	26	02:22:13	04:50:32	07:36:23	<b>09:53:37.45</b>	<b>09:54:15.20</b>	+05:00:33 (50.6%)	11:24	5.3 (50.0%)
298	<b>HAŁASZYN Joanna</b>	<b>1073</b>		K30	27	02:14:26	04:32:17	07:21:56	<b>09:55:42.30</b>	<b>09:55:51.20</b>	+05:02:09 (50.7%)	11:27	5.2 (49.1%)
299	<b>LUTEREK Michał</b>	<b>1158</b>		M40	99	02:19:43	04:42:47	07:26:25	<b>09:55:48.75</b>	<b>09:56:22.70</b>	+05:02:41 (50.8%)	11:27	5.2 (49.1%)
300	<b>MIODEK Aleksandra</b>	<b>1184</b>		K30	28	02:18:42	04:42:47	07:26:25	<b>09:56:05.05</b>	<b>09:56:38.35</b>	+05:02:56 (50.8%)	11:27	5.2 (49.1%)
301	<b>PLEWKA Sylwia</b>	<b>1217</b>		K30	29	02:19:57	04:34:38	07:16:24	<b>09:56:25.85</b>	<b>09:57:10.35</b>	+05:03:28 (50.8%)	11:28	5.2 (49.1%)
302	<b>FYDA Piotr</b>	<b>1048</b>		M40	100	02:10:15	04:27:49	07:08:01	<b>09:56:55.00</b>	<b>09:57:40.40</b>	+05:03:58 (50.9%)	11:28	5.2 (49.1%)
303	<b>FIEDORCZUK Łukasz</b>	<b>1043</b>	HDD WINNICZKI	M40	101	02:11:35	04:27:00	07:21:29	<b>09:58:38.70</b>	<b>09:59:03.50</b>	+05:05:21 (51.0%)	11:30	5.2 (49.1%)
304	<b>KALINOWSKA Małgorzata</b>	<b>1095</b>		K40	24	02:24:04	04:38:33	07:21:59	<b>10:00:25.65</b>	<b>10:01:12.90</b>	+05:07:31 (51.1%)	11:32	5.2 (49.1%)
305	<b>KURPIEWSKA Ewa</b>	<b>1143</b>	TBD	K30	30	02:10:04	04:37:45	07:22:25	<b>10:00:52.55</b>	<b>10:01:13.50</b>	+05:07:31 (51.2%)	11:33	5.2 (49.1%)
306	<b>LACHCIK Iwona</b>	<b>1146</b>		K30	31	02:39:46	04:57:02	07:32:04	<b>10:01:12.85</b>	<b>10:01:56.75</b>	+05:08:15 (51.2%)	11:33	5.2 (49.1%)
307	<b>ZAWADZKA Agnieszka</b>	<b>1334</b>	ZAWADZKA TEAM, NOCNY BÓR TEAM	K30	32	02:39:47	04:57:03	07:32:04	<b>10:01:13.10</b>	<b>10:01:56.80</b>	+05:08:15 (51.2%)	11:33	5.2 (49.1%)
308	<b>JASIŃSKA Patrycja</b>	<b>1084</b>	BRACTWO BIEGOWE BGK	K40	25	02:25:52	04:40:18	07:26:31	<b>10:02:50.20</b>	<b>10:03:34.75</b>	+05:09:53 (51.3%)	11:35	5.2 (49.1%)
309	<b>KOCZOROWSKA Anna</b>	<b>1106</b>	TEAM ZABIEGANEDNI	K40	26	02:25:13	04:50:31	07:36:22	<b>10:12:05.15</b>	<b>10:12:43.35</b>	+05:19:01 (52.1%)	11:46	5.1 (48.1%)
309	<b>KOCZOROWSKI Marcin</b>	<b>1107</b>	TEAM ZABIEGANEDNI	M40	102	02:25:13	04:50:32	07:36:22	<b>10:12:05.40</b>	<b>10:12:43.35</b>	+05:19:01 (52.1%)	11:46	5.1 (48.1%)
311	<b>POMASKI Paweł</b>	<b>1220</b>	DOGOŃ GRODZISK MAZOWIECKI	M50	32	02:34:24	04:55:28	07:38:16	<b>10:12:40.40</b>	<b>10:13:09.60</b>	+05:19:27 (52.1%)	11:46	5.1 (48.1%)
312	<b>KRZYŻIŃSKA Sylwia</b>	<b>1132</b>	DOGOŃ GRODZISK MAZOWIECKI	K40	27	02:34:23	04:55:30	07:38:15	<b>10:12:40.70</b>	<b>10:13:09.75</b>	+05:19:28 (52.1%)	11:46	5.1 (48.1%)
313	<b>ŁUCZAK Krystian</b>	<b>1162</b>		M40	103	02:10:53	04:27:54	07:24:25	<b>10:22:24.30</b>	<b>10:22:55.05</b>	+05:29:13 (52.9%)	11:58	5 (47.2%)
314	<b>MACIĄG Damian</b>	<b>1165</b>		M30	84	02:29:08	04:53:11	07:37:20	<b>10:26:11.15</b>	<b>10:27:00.65</b>	+05:33:18 (53.2%)	12:02	5 (47.2%)
315	<b>CZOCHARA Marta</b>	<b>1029</b>	AMATOR	K40	28	02:39:26	05:08:22	07:46:35	<b>10:33:23.00</b>	<b>10:34:13.50</b>	+05:40:31 (53.7%)	12:10	4.9 (46.2%)
316	<b>MOREK Krzysztof</b>	<b>1186</b>		M50	33	02:16:39	04:39:19	07:50:22	<b>10:36:45.20</b>	<b>10:37:31.10</b>	+05:43:49 (53.9%)	12:14	4.9 (46.2%)
317	<b>ŁOKAS Andrzej</b>	<b>1160</b>		M50	34	02:27:12	04:51:43	07:40:33	<b>10:37:18.90</b>	<b>10:38:06.15</b>	+05:44:24 (54.0%)	12:15	4.9 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
318	<b>GAWLE Katarzyna</b>	<b>1053</b>	MARATOŃCZYK DĘBICA	K40	29	02:27:34	05:01:46	07:41:55	<b>10:42:14.15</b>	<b>10:42:27.20</b>	+05:48:45 (54.3%)	12:21	4.9 (46.2%)
319	<b>RUCIAK Magdalena</b>	<b>1238</b>	MARATOŃCZYK DĘBICA	K40	30	02:29:17	05:01:49	07:44:12	<b>10:42:15.40</b>	<b>10:42:27.50</b>	+05:48:45 (54.3%)	12:21	4.9 (46.2%)
320	<b>DOBROWOLSKA Grażyna</b>	<b>1033</b>	MARATOŃCZYK DĘBICA	K50	6	02:27:35	05:01:50	07:42:01	<b>10:42:14.60</b>	<b>10:42:28.40</b>	+05:48:46 (54.3%)	12:21	4.9 (46.2%)
321	<b>RUCIAK Szymon</b>	<b>1239</b>	MARATOŃCZYK DĘBICA	M40	104	02:29:10	05:02:08	07:44:11	<b>10:42:16.60</b>	<b>10:42:28.80</b>	+05:48:47 (54.3%)	12:21	4.9 (46.2%)
322	<b>GAWLE Mirosław</b>	<b>1052</b>	MARATOŃCZYK DĘBICA	M40	105	02:27:43	05:01:52	07:42:07	<b>10:42:17.10</b>	<b>10:42:29.00</b>	+05:48:47 (54.3%)	12:21	4.9 (46.2%)
323	<b>TOTKO Piotr</b>	<b>1300</b>	MARATOŃCZYK DĘBICA	M30	85	02:27:40	05:01:51	07:41:36	<b>10:42:15.90</b>	<b>10:42:29.10</b>	+05:48:47 (54.3%)	12:21	4.9 (46.2%)
324	<b>WEILAND Emila</b>	<b>1353</b>		K40	31	02:31:02	05:06:48	07:59:10	<b>10:46:39.20</b>	<b>10:47:05.45</b>	+05:53:23 (54.6%)	12:26	4.8 (45.3%)
325	<b>KUBALA Sylwester</b>	<b>1134</b>		M40	106	02:56:02	05:30:26	08:12:44	<b>10:49:10.20</b>	<b>10:49:13.20</b>	+05:55:31 (54.8%)	12:29	4.8 (45.3%)
326	<b>NIEDZIELSKI Michał</b>	<b>1194</b>		M30	86	02:16:37	05:04:55	07:49:34	<b>10:53:01.85</b>	<b>10:53:38.60</b>	+05:59:56 (55.1%)	12:33	4.8 (45.3%)
327	<b>KUMIEGA Józef</b>	<b>1139</b>	WILKI JODŁOWA	M50	35	02:29:19	05:04:29	07:49:39	<b>10:53:35.05</b>	<b>10:54:08.25</b>	+06:00:26 (55.1%)	12:34	4.8 (45.3%)
328	<b>WITEK Sylwia</b>	<b>1313</b>		K40	32	02:40:01	05:11:09	08:08:54	<b>10:56:00.20</b>	<b>10:56:33.75</b>	+06:02:52 (55.3%)	12:36	4.8 (45.3%)
329	<b>WITEK Adam</b>	<b>1314</b>		M40	107	02:40:06	05:11:09	08:08:56	<b>10:55:59.80</b>	<b>10:56:34.20</b>	+06:02:52 (55.3%)	12:36	4.8 (45.3%)
330	<b>GRZESZCZAK Małgorzata</b>	<b>1070</b>	BIEGAMYRAZEM.PL	K40	33	02:45:34	05:20:57		<b>10:57:40.40</b>	<b>10:58:34.35</b>	+06:04:52 (55.4%)	12:38	4.7 (44.3%)
331	<b>HOOG Wioleta</b>	<b>1077</b>		K30	33	02:31:23	05:08:34	07:50:47	<b>10:59:26.15</b>	<b>11:00:00.90</b>	+06:06:19 (55.5%)	12:40	4.7 (44.3%)
332	<b>CZAIŃSKA Monika</b>	<b>1026</b>		K30	34	02:28:53	04:50:20	07:47:02	<b>11:05:41.65</b>	<b>11:06:20.15</b>	+06:12:38 (55.9%)	12:48	4.7 (44.3%)
333	<b>SKURSKA Monika</b>	<b>1251</b>		K40	34	02:24:58	04:52:57	07:46:56	<b>11:05:36.55</b>	<b>11:06:20.25</b>	+06:12:38 (55.9%)	12:48	4.7 (44.3%)
334	<b>KACZKIEWICZ Damian</b>	<b>1092</b>	NIGHT RUNNERS GLIWICE	M40	108	02:40:13	05:11:16	08:09:04	<b>11:10:55.70</b>	<b>11:11:31.20</b>	+06:17:49 (56.3%)	12:54	4.7 (44.3%)
335	<b>PUSHKARUK Andrzej</b>	<b>1360</b>		M30	87	02:39:28	05:23:42		<b>11:16:51.75</b>	<b>11:17:50.90</b>	+06:24:09 (56.7%)	13:00	4.6 (43.4%)
336	<b>DYBA Adek</b>	<b>1037</b>	KOPEĆ TEAM	M60	4	02:41:04	05:27:48		<b>11:27:22.60</b>	<b>11:28:05.15</b>	+06:34:23 (57.3%)	13:13	4.5 (42.5%)
337	<b>ALEKSANDROWICZ Łukasz</b>	<b>1001</b>		M40	109	02:48:07	05:39:05		<b>11:48:03.60</b>	<b>11:48:47.50</b>	+06:55:05 (58.6%)	13:36	4.4 (41.5%)
<b>Przekroczony limit czasu: 12:00:00</b>													
338	<b>JABŁOŃSKI Kazimierz</b>	<b>1078</b>	SPRINTER PRĄDY	M60	5	02:49:54	05:40:53		<b>12:30:10.20</b>	<b>12:30:51.95</b>	+07:37:10 (60.9%)	14:25	4.2 (39.6%)
	<b>STRZELCZYK Mariusz</b>	<b>1268</b>		M40		02:35:42 DNF	05:16:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>PAWLAK Ewelina</b>	<b>1209</b>		K30		02:35:40 DNF	05:16:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STYŁA-STYLIŃSKI Norbert</b>	<b>1271</b>	TWOJA STARA	M30		02:36:01 DNF	05:28:08 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>HOLIK Iwona</b>	<b>1076</b>		K40		02:12:13 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	<b>JAROMIŃSKA Marta</b>	<b>1083</b>		K30		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 343 wynik(ów)