

IX ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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

B4SPORT
INTELEGENNE 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	GUTT Piotr	1347		M20	1	01:23:24	02:28:53	03:44:19	04:53:38.65	04:53:41.70		5:38	10.6 (100%)
2	KLECHA Rafał	1363	SALCO GARMIN TEAM	M30	1	01:25:15	02:33:59	03:49:45	04:59:27.75	04:59:30.05	+00:05:48 (1.9%)	5:45	10.4 (98.1%)
3	DUDZIK Robert	1366	LIMANOVA HOTEL	M30	2	01:23:36	02:34:10	03:58:19	05:25:36.15	05:25:40.75	+00:31:59 (9.8%)	6:15	9.6 (90.6%)
4	JAŁOCHA Mieczysław	1080	PRZEMYSKI KLUB BIEGACZA	M50	1	01:29:44	02:44:02	04:09:14	05:31:27.55	05:31:31.25	+00:37:49 (11.4%)	6:22	9.4 (88.7%)
5	GRAJ Arkadiusz	1062	BIEGAJĄCY ŚWIDNIK	M30	3	01:27:07	02:40:51	04:08:49	05:32:19.50	05:32:22.55	+00:38:40 (11.6%)	6:23	9.4 (88.7%)
6	SZAPORÓW Łukasz	1279	INFINITY-GYM	M40	1	01:26:57	02:41:04	04:12:12	05:39:47.40	05:39:51.50	+00:46:09 (13.6%)	6:32	9.2 (86.8%)
7	KOPEL Rafał	1117	7	M30	4	01:29:37	02:45:02	04:15:51	05:43:38.30	05:43:43.40	+00:50:01 (14.6%)	6:36	9.1 (85.8%)
8	ŚCIESZKA Wojciech	1291	13 ELT KRAKÓW-BALICE	M40	2	01:30:36	02:50:26	04:22:52	05:43:45.70	05:43:50.10	+00:50:08 (14.6%)	6:36	9.1 (85.8%)
9	KRZYSZTOŃ Marcin	1131	GMP LASZ	M30	5	01:28:58	02:44:57	04:19:06	05:47:36.55	05:47:41.25	+00:53:59 (15.5%)	6:41	9 (84.9%)
10	KOPEL Andrzej	1118	#7UPHILLBAND	M30	6	01:32:43	02:56:41	04:31:25	05:53:58.65	05:54:03.70	+01:00:22 (17.0%)	6:48	8.8 (83.0%)
11	ANTOŃCZAK Damian	1005	KRASNYSTAW BIEGA	M20	2	01:32:14	02:51:38	04:27:02	05:56:20.95	05:56:26.60	+01:02:44 (17.6%)	6:51	8.8 (83.0%)
12	SENDEK Sylwia	1246	INFINITY-GYM	K30	1	01:35:24	02:54:23	04:26:50	05:59:44.70	05:59:49.75	+01:06:08 (18.4%)	6:55	8.7 (82.1%)
13	CHILICKA Marta	1019	SOBASTEAM	K30	2	01:35:27	03:01:06	04:36:47	05:59:49.95	05:59:53.45	+01:06:11 (18.4%)	6:55	8.7 (82.1%)
14	KAMIŃSKI Marek	1097		M30	7	01:31:45	02:51:49	04:36:02	06:00:50.25	06:01:01.40	+01:07:19 (18.6%)	6:56	8.6 (81.1%)
15	KOSTERKIEWICZ Marcin	1119		M40	3	01:33:46	02:58:40	04:37:37	06:01:41.40	06:01:44.30	+01:08:02 (18.8%)	6:57	8.6 (81.1%)
16	TATAREK-KONIK Agnieszka	1296	ALPIN SPORT HOKA ONE ONE TEAM	K30	3	01:32:37	02:52:39	04:33:49	06:02:00.55	06:02:04.50	+01:08:22 (18.9%)	6:57	8.6 (81.1%)
17	WIERTEK Henryk	1311	WIERTKITEAM	M40	4	01:26:47	02:40:34	04:22:35	06:02:16.85	06:02:38.70	+01:08:57 (19.0%)	6:58	8.6 (81.1%)

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

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

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	52km	52km			
68	SAMOJEDNY Dominik	1245	PROSWIM	M40	16	01:43:01	03:17:54	05:10:05	07:01:50.25	07:02:02.80	+02:08:21 (30.4%)	8:06	7.4 (69.8%)
69	PABIS Szymon	1203		M30	29	01:48:56	03:26:39	05:22:29	07:04:34.55	07:04:49.15	+02:11:07 (30.9%)	8:09	7.3 (68.9%)
70	TAUZ Andrzej	1297		M40	17	01:47:06	03:21:46	05:20:56	07:06:18.90	07:06:47.85	+02:13:06 (31.2%)	8:11	7.3 (68.9%)
71	KRZAK Szymon	1129	BIS AGH	M20	7	01:44:07	03:24:25	05:19:24	07:07:11.85	07:07:30.10	+02:13:48 (31.3%)	8:12	7.3 (68.9%)
72	CIEĆKIEWICZ Tomasz	1021		M30	30	01:51:12	03:32:45	05:26:53	07:07:30.15	07:07:50.40	+02:14:08 (31.4%)	8:13	7.3 (68.9%)
73	FRYCA Karolina	1046		K20	3	01:47:01	03:24:20	05:26:12	07:10:47.40	07:11:00.30	+02:17:18 (31.9%)	8:17	7.2 (67.9%)
74	LEKSY Robert	1152	RL9 TBD	M40	18	01:48:36	03:25:00	05:25:58	07:10:40.70	07:11:02.15	+02:17:20 (31.9%)	8:16	7.2 (67.9%)
75	TADEJA Jakub	1294		M30	31	01:44:22	03:22:45	05:23:54	07:11:41.40	07:11:54.55	+02:18:12 (32.0%)	8:18	7.2 (67.9%)
76	STANEK Michał	1261		M30	32	01:50:07	03:23:35	05:26:58	07:11:21.85	07:11:57.20	+02:18:15 (32.0%)	8:17	7.2 (67.9%)
77	KIJAŃSKA BEDNARZ Marta	1103		K40	4	01:55:07	03:34:03	05:32:43	07:12:01.80	07:12:10.85	+02:18:29 (32.0%)	8:18	7.2 (67.9%)
78	TAMBORSKA Agata	1295	DZIK KOMANDO	K30	9	01:52:24	03:35:45	05:31:00	07:14:16.05	07:14:44.10	+02:21:02 (32.4%)	8:21	7.2 (67.9%)
79	MINOROWSKI Maciej	1183	KAWAŁ NIKOMU NIEPOTRZEBNEJ ROBOTY	M30	33	01:50:13	03:38:35	05:35:11	07:14:13.50	07:14:44.85	+02:21:03 (32.4%)	8:21	7.2 (67.9%)
80	WALENDA Mateusz	1306	KS KANAŁEK	M30	34	01:49:59	03:32:52	05:32:06	07:16:12.75	07:16:25.30	+02:22:43 (32.7%)	8:23	7.2 (67.9%)
81	MAJEWSKI Andrzej	1169	OPOLEREKLAMA.PL	M30	35	01:45:05	03:23:30	05:27:37	07:16:29.10	07:16:39.10	+02:22:57 (32.7%)	8:23	7.1 (67.0%)
82	TELEJKO Łukasz	1299	RUN BYDGOSZCZ	M20	8	01:42:11	03:16:19	05:26:33	07:17:04.85	07:17:18.45	+02:23:36 (32.8%)	8:24	7.1 (67.0%)
83	ŚWIDZIŃSKI Tomasz	1359	LOKOMOTIV MAJDAN	M40	19	01:54:31	03:38:36	05:34:44	07:17:07.55	07:17:38.60	+02:23:56 (32.9%)	8:24	7.1 (67.0%)
84	JAREMA Maciej	1356	LOKOMOTIV MAJDAN	M30	36	01:54:19	03:38:37	05:34:22	07:18:42.85	07:19:13.00	+02:25:31 (33.1%)	8:26	7.1 (67.0%)
85	KUPIŃSKA Magdalena	1140		K20	4	01:50:42	03:32:13	05:31:27	07:19:06.75	07:19:13.70	+02:25:32 (33.1%)	8:26	7.1 (67.0%)
86	BRZEZIŃSKI Andrzej	1015	RYKOWISKO TEAM	M40	20	01:50:34	03:32:13	05:31:28	07:19:13.35	07:19:19.70	+02:25:38 (33.1%)	8:26	7.1 (67.0%)
87	POSTUPALSKI Michał	1223	IHS MARKIT/ RUN-PASSION.PL TEAM	M40	21	01:56:20	03:42:32	05:28:49	07:20:28.00	07:20:42.10	+02:27:00 (33.4%)	8:28	7.1 (67.0%)
88	KOPCZYŃSKI Paweł	1116		M40	22	01:56:58	03:41:43	05:41:39	07:20:13.35	07:21:04.85	+02:27:23 (33.4%)	8:27	7.1 (67.0%)
89	KRAWCZYK Karol	1354	LENIWY INACZEJ	M30	37	01:40:50	03:23:03	05:30:11	07:21:04.45	07:21:07.45	+02:27:25 (33.4%)	8:28	7.1 (67.0%)
90	GLAB Krzysztof	1057	VEGE RABBITS	M50	6	01:37:29	03:15:44	05:20:39	07:22:17.40	07:22:22.20	+02:28:40 (33.6%)	8:30	7.1 (67.0%)
91	SWIERK Seweryn	1276		M40	23	01:50:16	03:29:51	05:36:21	07:22:06.40	07:22:25.20	+02:28:43 (33.6%)	8:30	7.1 (67.0%)
92	SOFUL Tomasz	1257		M40	24	01:51:01	03:25:46	05:25:26	07:23:09.40	07:23:13.10	+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	PRZYCHODZIEN Rafał	1225	KUŹNIA TRIATHLONU	M40	25	01:42:13	03:17:45	05:25:28	07:22:56.60	07:23:16.65	+02:29:34 (33.7%)	8:31	7 (66.0%)
94	NOCEK Paweł	1197	GMINA PUŁAWY	M30	38	01:53:39	03:36:17	05:30:20	07:24:00.50	07:24:31.45	+02:30:49 (33.9%)	8:32	7 (66.0%)
95	STAROBRAT Arkadiusz	1263	ALETEMPO	M50	7	01:53:10	03:37:04	05:41:49	07:24:22.35	07:24:52.80	+02:31:11 (34.0%)	8:32	7 (66.0%)
96	KOLEK Maciej	1111	ŚLĘZAK TEAM	M40	26	01:49:49	03:31:56	05:32:46	07:25:02.55	07:25:30.55	+02:31:48 (34.1%)	8:33	7 (66.0%)
97	PIWOŃSKI Adam	1348		M40	27	01:43:49	03:27:06	05:30:45	07:26:03.85	07:26:45.40	+02:33:03 (34.3%)	8:34	7 (66.0%)
98	ŚLAŃSKI Bartosz	1292	DZIK KOMANDO	M20	9	01:53:08	03:35:49	05:38:04	07:26:21.45	07:26:45.75	+02:33:04 (34.3%)	8:35	7 (66.0%)
99	KUDREJ Grzegorz	1137	MOCNA GRUPA CEZARA/SBRT WROCŁAW	M30	39	02:01:56	03:44:08	05:40:36	07:26:30.10	07:27:16.10	+02:33:34 (34.3%)	8:35	7 (66.0%)
100	KACPERSKI Olaf	1091		M40	28	01:51:48	03:32:39	05:31:10	07:28:01.00	07:28:17.35	+02:34:35 (34.5%)	8:36	7 (66.0%)
101	BIZOŃ Tomasz	1010	ANDRYCHÓW RUNNING	M50	8	01:51:19		05:33:15	07:29:48.95	07:30:00.70	+02:36:19 (34.7%)	8:39	6.9 (65.1%)
102	WAŃKOWICZ Adrian	1307		M30	40	01:49:14	03:36:13	05:42:20	07:30:00.75	07:30:07.40	+02:36:25 (34.8%)	8:39	6.9 (65.1%)
103	WAŚOWSKA Milena	1309	BIEGAMBOLUBIĘ	K20	5	01:57:36	03:42:28	05:40:48	07:29:44.30	07:30:20.85	+02:36:39 (34.8%)	8:38	6.9 (65.1%)
104	DORENDĄ Marta	1035		K30	10	01:50:18	03:30:31	05:31:15	07:30:15.20	07:30:28.95	+02:36:47 (34.8%)	8:39	6.9 (65.1%)
105	SZCZURKO Jarosław	1283	CIŚ NA WIERCH ORNONTOWICE	M30	41	01:56:11	03:40:01	05:47:35	07:31:25.50	07:32:00.10	+02:38:18 (35.0%)	8:40	6.9 (65.1%)
106	GAŚECKI Daniel	1056	ULTRA PRZESILENIE	M40	29	01:54:38	03:41:38	05:48:32	07:31:41.75	07:32:07.00	+02:38:25 (35.0%)	8:41	6.9 (65.1%)
107	KRUPA Grzegorz	1374	KB SOBÓTKA	M40	30	01:50:39	03:36:45	05:44:22	07:32:37.15	07:32:44.40	+02:39:02 (35.1%)	8:42	6.9 (65.1%)
108	ŻYLSKI Janusz	1345		M50	9	01:53:32	03:42:45	05:42:09	07:32:50.65	07:33:14.05	+02:39:32 (35.2%)	8:42	6.9 (65.1%)
109	ZAJAC Tomasz	1330		M30	42	01:49:42	03:29:49	05:42:59	07:32:24.70	07:33:19.90	+02:39:38 (35.2%)	8:42	6.9 (65.1%)
110	HŁASKO Anna	1075		K20	6	01:54:26	03:46:15	05:48:12	07:35:10.35	07:35:28.85	+02:41:47 (35.5%)	8:45	6.9 (65.1%)
111	LESIAK Filip	1153	SKAWINA BIEGA	M40	31	01:53:14	03:38:18	05:41:28	07:37:55.65	07:38:49.00	+02:45:07 (36.0%)	8:48	6.8 (64.2%)
112	DRÓŹDŹ Tomasz	1036	CZEWARUN TIM	M30	43	01:56:01	03:44:12	05:56:15	07:40:01.50	07:40:09.75	+02:46:28 (36.2%)	8:50	6.8 (64.2%)
113	KRUKAR Michał	1127	FINISZ RYMANÓW	M40	32	01:53:42	03:32:45	05:43:06	07:39:37.35	07:40:23.45	+02:46:41 (36.2%)	8:50	6.8 (64.2%)
114	DONIEC Sebastian	1034	MARCIN ŚWIERC TEAM	M40	33	01:45:03	03:29:14	05:46:12	07:41:02.30	07:41:11.45	+02:47:29 (36.3%)	8:51	6.8 (64.2%)
115	GAWLEWICZ Tomasz	1055		M40	34	01:45:34	03:27:50	05:39:33	07:41:07.10	07:41:15.25	+02:47:33 (36.3%)	8:52	6.8 (64.2%)
116	ANTKOWIAK Monika	1003	MUAY RUNNING TEAM	K30	11	01:57:54	03:42:40	05:46:40	07:41:31.50	07:41:47.30	+02:48:05 (36.4%)	8:52	6.8 (64.2%)
117	ANTKOWIAK Michał	1004	MUAY RUNNING TEAM	M30	44	01:57:55	03:42:41	05:46:40	07:41:32.25	07:41:47.60	+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	SZYMKIEWICZ Robert	1289		M50	10	01:53:35	03:36:59	05:47:32	07:42:15.20	07:42:46.60	+02:49:04 (36.5%)	8:53	6.7 (63.2%)
119	SZEWczyk Monika	1284	BRZYSKITRITeam	K30	12	01:57:36	03:43:06	05:47:48	07:42:53.60	07:43:11.60	+02:49:29 (36.6%)	8:54	6.7 (63.2%)
120	MINIUR Jacek	1182		M50	11	01:51:15	03:44:03	05:52:54	07:43:06.95	07:43:14.80	+02:49:33 (36.6%)	8:54	6.7 (63.2%)
121	WOŁOSZYN Czesław	1322	PIZUNY ROZTOCZE WSCHODNIE	M50	12	02:01:22	03:47:11	05:52:14	07:43:08.60	07:43:31.20	+02:49:49 (36.6%)	8:54	6.7 (63.2%)
122	SIENKO Łukasz	1247	AKTYWNY DYNÓW	M30	45	02:00:21	03:47:53	05:53:25	07:43:48.45	07:44:14.60	+02:50:32 (36.7%)	8:55	6.7 (63.2%)
123	KRÓLEWICZ Piotr	1126		M30	46	01:49:40	03:35:22	05:46:54	07:44:24.55	07:44:49.15	+02:51:07 (36.8%)	8:55	6.7 (63.2%)
124	BURANDT Magdalena	1365	DRUŻYNA WILKA	K40	5	01:51:32	03:37:30	05:43:40	07:45:00.50	07:45:17.60	+02:51:35 (36.9%)	8:56	6.7 (63.2%)
125	WOLWOWICZ Zbigniew	1320		M40	35	01:48:59	03:34:46	05:40:49	07:45:08.15	07:45:17.90	+02:51:36 (36.9%)	8:56	6.7 (63.2%)
126	SZACHNA Piotr	1277	EKOBIEGI	M40	36	02:00:51	03:41:11	05:45:23	07:45:13.95	07:45:30.10	+02:51:48 (36.9%)	8:56	6.7 (63.2%)
127	TYLIBA Ireneusz	1304	JURA TEAM	M40	37	01:53:01	03:38:41	05:54:16	07:45:17.45	07:45:34.10	+02:51:52 (36.9%)	8:56	6.7 (63.2%)
128	WOJTKIEWICZ Jarosław	1373		M50	13	02:05:14	03:54:50	05:58:54	07:46:07.35	07:46:20.05	+02:52:38 (37.0%)	8:57	6.7 (63.2%)
129	GROCHAŁA Igor	1064		M20	10	02:14:21	04:12:47	06:12:45	07:46:08.65	07:46:23.20	+02:52:41 (37.0%)	8:57	6.7 (63.2%)
130	BAJOREK Norbert	1008	FITNESS FREAKS	M40	38	02:01:00	03:48:26	05:48:54	07:46:28.05	07:46:44.10	+02:53:02 (37.1%)	8:58	6.7 (63.2%)
131	STRZESAK Patrycja	1269		K30	13	01:56:39	03:40:25	05:46:13	07:46:36.75	07:47:19.80	+02:53:38 (37.2%)	8:58	6.7 (63.2%)
132	BRZUSTOWICZ Marek	1016	KB GEOTERMIA UNIEJÓW	M60	1	01:55:11	03:41:00	05:48:41	07:47:30.25	07:47:56.90	+02:54:15 (37.2%)	8:59	6.7 (63.2%)
133	ZMYŚŁOWSKI Igor	1339		M30	47	01:44:48	03:22:13	05:37:17	07:48:31.10	07:48:48.25	+02:55:06 (37.4%)	9:00	6.7 (63.2%)
134	SUCHANEK Dominik	1273	ITMBW KRAKÓW	M20	11	01:55:21	03:49:58	05:52:21	07:48:09.90	07:48:58.20	+02:55:16 (37.4%)	9:00	6.7 (63.2%)
135	SUCHANEK Agnieszka	1274	ITMBW KRAKÓW	K30	14	01:55:15	03:49:52	05:52:21	07:48:10.15	07:48:58.45	+02:55:16 (37.4%)	9:00	6.7 (63.2%)
136	SŁOWIK Radosław	1253	KLUB BIEGACZA LEROY MERLIN	M40	39	02:04:47	03:55:19	06:03:19	07:49:40.10	07:50:20.75	+02:56:39 (37.6%)	9:01	6.6 (62.3%)
137	JELENIOWSKI Paweł	1085		M30	48	01:50:33	03:40:26	05:53:11	07:50:46.15	07:50:54.55	+02:57:12 (37.6%)	9:03	6.6 (62.3%)
138	GRYSZKO Artur	1068		M40	40	01:49:03	03:32:20	05:48:02	07:51:44.85	07:52:14.80	+02:58:33 (37.8%)	9:04	6.6 (62.3%)
139	PIĘTA Łukasz	1213	INFINITY GYM	M40	41	01:57:07	03:48:31	05:59:40	07:53:31.50	07:53:50.95	+03:00:09 (38.0%)	9:06	6.6 (62.3%)
140	TOURDANOV Ingrid	1371		K20	7	01:54:39	03:45:11	06:00:19	07:53:17.45	07:53:58.40	+03:00:16 (38.0%)	9:06	6.6 (62.3%)
141	WOLF Weronika	1319	W GÓRACH JEST WSZYSTKO CO KOCHAM ♥	K40	6	02:07:20	03:57:48	06:02:23	07:53:29.10	07:54:05.70	+03:00:24 (38.1%)	9:06	6.6 (62.3%)
142	MARCINIAK Tomasz	1176	RADOMNO BIEGA	M40	42	01:48:18	03:45:01	05:58:42	07:54:43.65	07:55:11.10	+03:01:29 (38.2%)	9:07	6.6 (62.3%)

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			
143	LEŚNIEWSKI Tomek	1154	BIESZCZADZKIE DESEROWE	M40	43	02:38:28		05:08:23	07:58:21.30	07:59:13.80	+03:05:32 (38.7%)	9:11	6.5 (61.3%)
144	KONKIEWICZ Robert	1114	GKB	M40	44	01:54:30	03:41:28	05:54:05	08:00:33.60	08:01:19.90	+03:07:38 (39.0%)	9:14	6.5 (61.3%)
145	ZACHARYASZ Miłosz	1327	KOCHAM MONICZKE	M20	12	01:50:19	03:36:44	05:54:18	08:01:17.90	08:01:28.95	+03:07:47 (39.0%)	9:15	6.5 (61.3%)
146	CHILIŃSKI Karol	1020		M30	49	01:58:14	03:44:26	05:56:35	08:01:28.65	08:01:46.60	+03:08:04 (39.0%)	9:15	6.5 (61.3%)
147	ŻBIKOWSKI Tomasz	1344	LECH FREE	M40	45	02:02:06	03:59:17	06:10:37	08:01:22.75	08:02:05.30	+03:08:23 (39.1%)	9:15	6.5 (61.3%)
148	GRONIECKI Mikołaj	1066		M40	46	02:00:01	03:53:57	06:11:01	08:01:45.20	08:02:15.95	+03:08:34 (39.1%)	9:15	6.5 (61.3%)
149	SURDEL Dawid	1364	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	50	01:53:54	03:40:30	05:53:45	08:01:52.80	08:02:19.40	+03:08:37 (39.1%)	9:16	6.5 (61.3%)
150	PYRKOSZ Damian	1227		M50	14	02:02:17	03:58:35	06:13:15	08:03:46.75	08:03:58.70	+03:10:17 (39.3%)	9:18	6.4 (60.4%)
151	PODKUL Konrad	1218		M30	51	01:48:39	03:42:02	06:01:09	08:04:03.00	08:04:47.95	+03:11:06 (39.4%)	9:18	6.4 (60.4%)
152	JĘKAŁSKI Tomasz	1087		M40	47	01:48:11	03:42:00	05:59:37	08:05:25.45	08:05:55.45	+03:12:13 (39.6%)	9:20	6.4 (60.4%)
153	LIZUREJ Sławek	1156	LIZAKI TEAM	M40	48	01:52:34	03:41:48	06:00:14	08:05:42.65	08:06:04.95	+03:12:23 (39.6%)	9:20	6.4 (60.4%)
154	MAJDAK Bartłomiej	1167	PORĄBAŁKO	M40	49	01:55:15	03:48:46	06:13:25	08:06:19.00	08:06:42.25	+03:13:00 (39.7%)	9:21	6.4 (60.4%)
155	DZIDECZEK Marcin	1038	TEAM ZABIEGANEDNI	M40	50	02:00:07	03:56:11	06:11:11	08:06:16.00	08:06:53.65	+03:13:11 (39.7%)	9:21	6.4 (60.4%)
156	MROWIEC Michał	1187	LECH FREE	M50	15	02:02:17	03:59:17	06:10:38	08:06:14.75	08:06:57.30	+03:13:15 (39.7%)	9:21	6.4 (60.4%)
157	MAJEWSKI Kajetan	1168	WIELISZEW HERON TEAM	M20	13	02:01:30	03:46:33	06:01:51	08:08:07.50	08:08:44.75	+03:15:03 (39.9%)	9:23	6.4 (60.4%)
158	GARCZYŃSKA Ania	1050		K40	7	02:02:24	03:52:17	06:11:00	08:08:38.50	08:08:53.55	+03:15:11 (39.9%)	9:23	6.4 (60.4%)
159	KACZMARCZYK Mariusz	1093	REXER	M50	16	01:59:09	03:50:50	06:07:40	08:08:32.10	08:08:59.30	+03:15:17 (39.9%)	9:23	6.4 (60.4%)
160	WYSOKIŃSKI Jerzy	1346	ORANGE POLSKA	M50	17	02:12:11	04:16:27	06:24:01	08:09:36.10	08:09:47.85	+03:16:06 (40.0%)	9:24	6.4 (60.4%)
161	TELEGUJ Michał	1298		M30	52	01:53:56	03:54:18	06:08:05	08:09:22.60	08:09:50.35	+03:16:08 (40.0%)	9:24	6.4 (60.4%)
162	WOJNAROWSKA Weronika	1318		K30	15	02:11:20	04:06:52	06:16:50	08:09:50.45	08:10:22.40	+03:16:40 (40.1%)	9:25	6.4 (60.4%)
163	ROŻYK Magdalena	1235	BIEGAMYRAZEM	K40	8	02:11:21	04:06:52	06:16:52	08:09:50.50	08:10:22.45	+03:16:40 (40.1%)	9:25	6.4 (60.4%)
164	PRZEBINDA Bogdan	1224	BIEGAM NIE WIEM PO CO?	M50	18	01:56:42	03:52:31	06:10:47	08:11:57.50	08:12:29.75	+03:18:48 (40.4%)	9:27	6.3 (59.4%)
165	SZYPULSKI Dariusz	1290	SKS CHMIELOWICE	M40	51	02:11:24	04:09:59	06:18:35	08:12:34.10	08:12:56.95	+03:19:15 (40.4%)	9:28	6.3 (59.4%)
166	HANDZEL Wioletta	1074		K30	16	02:05:03	04:06:43	06:21:38	08:13:17.50	08:13:50.85	+03:20:09 (40.5%)	9:29	6.3 (59.4%)
167	SACHARUK Michał	1243		M40	52	01:57:39	03:53:30	06:11:16	08:13:33.95	08:14:12.35	+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	PIASNY Paweł	1210		M40	53	01:56:34	03:53:44	06:12:06	08:14:13.70	08:14:24.30	+03:20:42 (40.6%)	9:30	6.3 (59.4%)
169	STUDZIŃSKI Maciej	1270		M20	14	06:27:02			08:16:08.20	08:16:11.20	+03:22:29 (40.8%)	9:32	6.3 (59.4%)
170	ZAŁUŻNY Michał	1333		M30	53	01:57:38	03:53:52	06:16:54	08:15:37.05	08:16:19.50	+03:22:37 (40.8%)	9:31	6.3 (59.4%)
171	KOCHANIEC Waldemar	1105	NOCNY BÓR SYLVECO TEAM	M50	19	01:56:37	03:50:25	06:16:38	08:16:40.45	08:17:25.90	+03:23:44 (41.0%)	9:33	6.3 (59.4%)
172	ZAWADZKI Grzegorz	1335	ZAWADZKA TEAM, NOCNY BÓR TEAM	M30	54	01:56:24	03:51:29	06:16:38	08:16:41.10	08:17:26.10	+03:23:44 (41.0%)	9:33	6.3 (59.4%)
173	WAŚIK Izabela	1308	BEMOWO BIEGA	K50	1	02:01:50	03:59:16	06:16:10	08:17:54.60	08:18:12.60	+03:24:30 (41.0%)	9:34	6.3 (59.4%)
174	SALIŃSKI Bartosz	1244	WKURW_TEAM	M30	55	02:08:17	04:05:08	06:17:03	08:17:35.75	08:18:16.25	+03:24:34 (41.1%)	9:34	6.3 (59.4%)
175	KONARSKI Maciej	1112	DOGOŃ GRODZISK MAZOWIECKI	M40	54	01:56:37	03:52:40	06:04:24	08:18:28.30	08:18:51.10	+03:25:09 (41.1%)	9:35	6.3 (59.4%)
176	ADAMKIEWICZ Natalia	1000	ŁÓDŹ RUN CREW	K30	17	02:03:39	03:58:49	06:10:05	08:18:24.95	08:19:00.85	+03:25:19 (41.1%)	9:35	6.3 (59.4%)
177	SIKORA Michał	1248		M40	55	01:57:21	03:50:19	06:01:33	08:18:58.60	08:19:30.70	+03:25:49 (41.2%)	9:35	6.3 (59.4%)
178	OLEJNIK Krzysztof	1201	PGB SPORTOWA PACZKA	M50	20	02:05:12	03:57:40	06:22:28	08:19:36.00	08:20:10.30	+03:26:28 (41.3%)	9:36	6.2 (58.5%)
179	WLIZŁO Paweł	1315		M30	56	01:47:09	03:33:31	05:50:39	08:20:22.75	08:20:33.30	+03:26:51 (41.3%)	9:37	6.2 (58.5%)
180	NECZAJ-RACZYŃSKA Anna	1193	ŁĘCZNA BIEGA	K40	9	01:54:39	03:56:09	06:16:19	08:20:37.35	08:20:51.10	+03:27:09 (41.4%)	9:37	6.2 (58.5%)
181	NIEDZIAŁKOWSKI Jan	1351		M30	57	01:52:22	03:54:32	06:17:50	08:20:39.40	08:20:53.70	+03:27:12 (41.4%)	9:37	6.2 (58.5%)
182	BOBROWSKI Michał	1011	BIEGAJACE KREJZOLE	M40	56	02:03:41	04:05:25	06:23:46	08:20:52.70	08:20:59.95	+03:27:18 (41.4%)	9:37	6.2 (58.5%)
183	SMOLIŃSKI Mateusz	1255		M30	58	01:53:21	03:57:18	06:19:49	08:21:20.60	08:21:28.70	+03:27:47 (41.4%)	9:38	6.2 (58.5%)
184	RUSNAK Oleg	1241		M30	59	01:53:24	03:57:18	06:27:18	08:21:20.25	08:21:28.95	+03:27:47 (41.4%)	9:38	6.2 (58.5%)
185	JURCZAK Roman	1090		M60	2	01:56:24	03:51:15	06:20:12	08:21:51.10	08:21:57.35	+03:28:15 (41.5%)	9:39	6.2 (58.5%)
186	PIOTROWICZ Małgorzata	1215	INFINITY-GYM	K30	18	02:05:18	04:01:34	06:18:54	08:23:38.50	08:23:58.85	+03:30:17 (41.7%)	9:41	6.2 (58.5%)
187	BOCHENEK Michał	1012	INFINITY-GYM	M30	60	02:02:12	04:01:34	06:18:56	08:23:38.40	08:23:59.10	+03:30:17 (41.7%)	9:41	6.2 (58.5%)
188	KOCJAN Adam	1367		M30	61	01:56:40	03:46:53	06:12:54	08:23:48.25	08:24:27.85	+03:30:46 (41.8%)	9:41	6.2 (58.5%)
189	NOWAK Agnieszka	1200		K40	10	02:01:34	04:14:25	06:30:28	08:24:44.55	08:25:10.20	+03:31:28 (41.9%)	9:42	6.2 (58.5%)
190	SOBOLEWSKI Sebastian	1256		M30	62	01:56:37	03:51:44	06:08:17	08:25:27.40	08:25:56.05	+03:32:14 (41.9%)	9:43	6.2 (58.5%)
191	KSIĄDZ Karol	1133		M30	63	02:12:41	04:11:14	06:16:50	08:25:48.05	08:26:35.90	+03:32:54 (42.0%)	9:43	6.2 (58.5%)
192	MADEJ Magdalena	1166	GŁOGOVIA	K40	11	02:00:38	03:53:26	06:12:33	08:27:43.20	08:27:56.20	+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	AUGUSCIK Mariusz	1007	NIEZRZESZONY	M50	21	01:57:39			08:27:48.20	08:28:13.00	+03:34:31 (42.2%)	9:45	6.1 (57.5%)
194	JĘDRZEJCZYK Agnieszka	1086	NIEZRZESZONA	K50	2	02:11:39	04:08:09	06:22:39	08:27:49.05	08:28:13.35	+03:34:31 (42.2%)	9:45	6.1 (57.5%)
195	ŁUSZCZYNA Agata	1164	GMINA STRZELCE OPOLSKIE	K40	12	02:01:09	03:59:10	06:25:19	08:28:23.15	08:28:33.20	+03:34:51 (42.2%)	9:46	6.1 (57.5%)
196	BIELOV Yuriy	1369		M20	15	02:03:45	03:59:16	06:25:02	08:28:12.85	08:28:47.70	+03:35:06 (42.3%)	9:46	6.1 (57.5%)
197	GRONCZEWSKI Artur	1065	NEW BALANCE RUN CLUB	M40	57	01:58:03	03:56:48	06:24:31	08:29:49.80	08:29:59.00	+03:36:17 (42.4%)	9:48	6.1 (57.5%)
198	GLEBA Mariusz	1058	PSZCZÓŁKOWSKI TEAM	M30	64	02:05:02	04:06:21	06:21:32	08:30:18.35	08:30:40.50	+03:36:58 (42.5%)	9:48	6.1 (57.5%)
199	WOŁOSZYN Ryszard	1321	PIZUNY ROZTOCZE WSCHODNIE	M50	22	02:09:51	04:09:44	06:32:36	08:30:28.10	08:30:52.00	+03:37:10 (42.5%)	9:49	6.1 (57.5%)
200	NAMIOTA Urszula	1191	MARATOŃCZYK 4	K60	1	02:10:54	04:10:37	06:26:29	08:30:56.70	08:31:09.85	+03:37:28 (42.5%)	9:49	6.1 (57.5%)
201	CYWIŃSKA Joanna	1024		K30	19	02:11:19	04:14:27	06:32:49	08:32:05.25	08:32:47.10	+03:39:05 (42.7%)	9:50	6.1 (57.5%)
202	BOJDA Grzegorz	1013		M40	58	02:00:16	03:49:10	06:24:47	08:34:56.25	08:35:07.40	+03:41:25 (43.0%)	9:54	6.1 (57.5%)
203	ZADORA Dorota	1329		K50	3	02:01:14	03:48:59	06:24:47	08:34:56.45	08:35:07.60	+03:41:25 (43.0%)	9:54	6.1 (57.5%)
204	KIEWISZ Adam	1361	ANOTHER FREE MAN WALKING/RUNNING	M40	59	01:58:47	03:58:21	06:21:10	08:39:23.40	08:39:42.20	+03:46:00 (43.5%)	9:59	6 (56.6%)
205	PAWELEC Krystyna	1208	DOGOŃ GRODZISK MAZOWIECKI	K60	2	02:10:45	04:09:20	06:28:12	08:40:26.60	08:41:04.05	+03:47:22 (43.6%)	10:00	6 (56.6%)
206	ZIĘTEK Krzysztof	1338	ADIDAS RUNNERS WARSAW	M40	60	02:02:09	03:57:45	06:23:11	08:42:12.15	08:42:44.80	+03:49:03 (43.8%)	10:02	6 (56.6%)
207	KOKOT Roman	1109	AKTYWNY DYNÓW	M40	61	02:10:40	04:12:52	06:31:46	08:42:29.30	08:42:55.05	+03:49:13 (43.8%)	10:02	6 (56.6%)
208	SULIK Agnieszka	1275	WARSAW MASTERS TEAM	K30	20	01:52:07	03:27:39	05:32:48	08:45:04.90	08:45:12.50	+03:51:30 (44.1%)	10:05	5.9 (55.7%)
209	ZAKRZEWSKI Marek	1332	EKOBIEGI	M50	23	02:05:30	03:57:11	06:28:05	08:45:54.35	08:46:09.80	+03:52:28 (44.2%)	10:06	5.9 (55.7%)
210	PATYK Maciej	1207	KLINIKA TRIATHLONU	M30	65	02:00:31	04:00:44	06:45:02	08:46:44.50	08:47:52.40	+03:54:10 (44.4%)	10:07	5.9 (55.7%)
211	WALAC Jacek	1305	DOGOŃ GRODZISK MAZOWIECKI	M30	66	02:09:49	04:09:53	06:33:32	08:48:54.40	08:49:34.15	+03:55:52 (44.5%)	10:10	5.9 (55.7%)
212	SZYMANIAK Paweł	1288	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	M40	62	02:09:55	04:09:54	06:34:08	08:48:54.25	08:49:34.35	+03:55:52 (44.5%)	10:10	5.9 (55.7%)
213	MUMOT Dariusz	1189		M40	63	02:20:48	04:30:52	06:54:46	08:49:42.35	08:50:18.05	+03:56:36 (44.6%)	10:11	5.9 (55.7%)
214	PYZIK Tomasz	1229	DRUŻYNA MOJACUKRZYCA.PL	M40	64	02:02:33	04:05:57	06:33:13	08:51:05.05	08:51:26.60	+03:57:44 (44.7%)	10:12	5.9 (55.7%)
215	ZACHEJA Jacek	1328		M40	65	02:03:21	04:17:18	06:43:47	08:51:01.45	08:51:29.20	+03:57:47 (44.7%)	10:12	5.9 (55.7%)
216	WIĄCKIEWICZ Piotr	1310	DZIK KOMANDO	M30	67	01:54:09	03:51:21	06:29:23	08:51:07.55	08:51:33.50	+03:57:51 (44.7%)	10:12	5.9 (55.7%)
217	KACZMAREK Łukasz	1094	DZIK KOMANDO	M30	68	01:56:14	03:51:22	06:29:24	08:51:11.10	08:51:35.90	+03:57:54 (44.8%)	10:12	5.9 (55.7%)

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

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					
243	MAŁEK Wojciech	1173	GRUPA BIEGOWA ZARSZYN	M40	76	02:18:25	04:34:04	06:59:17	09:04:11.50	09:04:47.75	+04:11:06 (46.1%)	10:27	5.7 (53.8%)
244	KONS Katarzyna	1115		K30	24	02:24:00	04:38:34	06:58:48	09:04:00.75	09:04:47.90	+04:11:06 (46.1%)	10:27	5.7 (53.8%)
245	NIEDŹWIECKA Kasia	1195	EKOBIEGI	K50	4	02:16:28	04:28:09	06:53:17	09:04:39.35	09:04:55.10	+04:11:13 (46.1%)	10:28	5.7 (53.8%)
246	NATOŃSKI Piotr	1192		M40	77	02:09:36	04:29:48	06:57:36	09:04:17.15	09:05:06.85	+04:11:25 (46.1%)	10:28	5.7 (53.8%)
247	SOKOŁOWSKI Marcin	1258		M30	74	02:09:36	04:29:50	06:57:40	09:04:42.70	09:05:34.05	+04:11:52 (46.2%)	10:28	5.7 (53.8%)
248	PYTEL Roman	1228	IZBICKO W BIEGU	M40	78	02:11:26	04:29:00	06:58:21	09:05:50.50	09:06:13.40	+04:12:31 (46.2%)	10:29	5.7 (53.8%)
249	STANIKOWSKI Mariusz	1262	ŚLĘZAK TEAM	M40	79	02:14:57	04:27:45	07:00:33	09:05:55.80	09:06:15.35	+04:12:33 (46.2%)	10:29	5.7 (53.8%)
250	MARCHEWKA Grzegorz	1175	SZYBKA GRUPA BUKOVINA	M40	80	02:17:01	04:30:27	06:56:49	09:07:05.15	09:07:22.75	+04:13:41 (46.3%)	10:31	5.7 (53.8%)
251	MRYCZKO Roman	1188	AKTYWNY DYNÓW	M50	26	02:12:16	04:17:08	06:52:23	09:08:20.20	09:08:45.75	+04:15:04 (46.5%)	10:32	5.7 (53.8%)
252	KOTOMSKA Renata	1350		K40	17	02:12:51	04:17:46	06:52:59	09:08:24.10	09:08:49.50	+04:15:07 (46.5%)	10:32	5.7 (53.8%)
253	ROŻEK Michał	1234	DRUŻYNA BIEGOWA LECHA POZNAŃ	M30	75	02:15:10	04:26:31	07:04:40	09:08:43.25	09:08:52.40	+04:15:10 (46.5%)	10:33	5.7 (53.8%)
254	ZIELIŃSKI Michał	1337	DZIKIE ŻYCIE RUN TEAM	M40	81	02:08:59	04:12:58	06:40:30	09:10:16.55	09:10:51.30	+04:17:09 (46.7%)	10:34	5.7 (53.8%)
255	DZIDO Rafal	1357		M40	82	02:08:40	04:08:55	06:49:10	09:12:47.10	09:13:27.05	+04:19:45 (46.9%)	10:37	5.6 (52.8%)
256	GRANOS Sławomir	1063	LAFIRYNDY I GAMONIE	M50	27	02:16:08	04:28:39	06:58:32	09:13:15.80	09:14:09.30	+04:20:27 (47.0%)	10:38	5.6 (52.8%)
257	GAJEWSKI Paweł	1049	BEAUTY SPORT	M50	28	02:15:46	04:28:37	06:58:27	09:13:15.75	09:14:09.60	+04:20:27 (47.0%)	10:38	5.6 (52.8%)
258	SROKA Lucyna	1259		K40	18	02:11:11	04:22:23	06:55:08	09:13:56.70	09:14:36.05	+04:20:54 (47.0%)	10:39	5.6 (52.8%)
259	KIEŁBUS Mirosław	1102		M50	29	02:11:15	04:22:23	06:55:15	09:13:57.20	09:14:36.50	+04:20:54 (47.0%)	10:39	5.6 (52.8%)
260	ŁASTOWIECKI Radosław	1159	KS BARAKUDA MIŃSK MAZOWIECKI	M40	83	02:00:55	04:00:13	06:35:22	09:14:59.50	09:15:09.50	+04:21:27 (47.1%)	10:40	5.6 (52.8%)
261	LANGNER Maurycy	1148		M40	84	02:08:56	04:19:38	06:59:36	09:15:20.00	09:15:28.90	+04:21:47 (47.1%)	10:40	5.6 (52.8%)
262	KRAJEWSKI Konrad	1124	MARKOWI BIEGACZ	M30	76	02:01:05	04:20:47	06:39:17	09:16:45.70	09:17:04.90	+04:23:23 (47.3%)	10:42	5.6 (52.8%)
263	SZCZEPANEK Magdalena	1282	STOKOWCZYKITEAM	K20	8	01:59:52	04:04:10	06:33:55	09:17:52.55	09:17:55.20	+04:24:13 (47.4%)	10:43	5.6 (52.8%)
264	RACZYŃSKI Czesław	1230	ŁĘCZNA BIEGA	M40	85	01:54:35	03:56:09	06:43:20	09:19:35.40	09:19:49.70	+04:26:08 (47.5%)	10:45	5.6 (52.8%)
265	GNOT Katarzyna	1059		K40	19	02:17:20	04:28:19	07:00:18	09:19:55.85	09:20:46.95	+04:27:05 (47.6%)	10:46	5.6 (52.8%)
266	DĄBROWSKI Artur	1031		M30	77	02:14:52	04:28:58	07:12:32	09:21:50.55	09:21:58.65	+04:28:16 (47.7%)	10:48	5.6 (52.8%)
267	ANDRZEJEWSKI Maciej	1002	KTÓRĘDY PO PIWO?	M30	78	02:17:09	04:24:27	06:59:35	09:23:28.30	09:23:59.40	+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	RUSIN Łukasz	1240	RKS	M30	79	02:10:09	04:21:34	06:58:39	09:23:43.65	09:24:22.70	+04:30:41 (48.0%)	10:50	5.5 (51.9%)
269	STANEK Katarzyna	1260		K30	25	02:08:44	04:23:54	07:06:14	09:24:54.70	09:25:28.05	+04:31:46 (48.1%)	10:51	5.5 (51.9%)
270	KONKIEWICZ Katarzyna	1113	NIAGARA	K40	20	02:18:04	04:26:26	06:59:03	09:28:25.15	09:29:11.75	+04:35:30 (48.4%)	10:55	5.5 (51.9%)
271	LULA Radosław	1157		M40	86	02:20:16	04:35:11	07:12:41	09:28:37.15	09:29:18.30	+04:35:36 (48.4%)	10:56	5.5 (51.9%)
272	WZOREK Ewa	1324	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ/WKURW_TEAM	K20	9	02:24:53	04:44:31	07:17:59	09:29:20.60	09:29:47.20	+04:36:05 (48.5%)	10:56	5.5 (51.9%)
273	KURKUS Aleksander	1142	DOGOŃ GRODZISK MAZOWIECKI	M50	30	02:18:13	04:24:54	06:57:50	09:31:30.40	09:31:59.60	+04:38:17 (48.7%)	10:59	5.5 (51.9%)
274	PIEKARSKI Andrzej	1211	SAMSUNG	M40	87	02:27:15	04:38:35	07:11:08	09:31:22.90	09:32:05.85	+04:38:24 (48.7%)	10:59	5.5 (51.9%)
275	TUREK Paweł	1303		M40	88	02:26:46	04:38:35	07:11:02	09:32:18.15	09:33:01.40	+04:39:19 (48.7%)	11:00	5.5 (51.9%)
276	SZUMLAS Marcin	1287	#SZUMITEAM	M40	89	02:20:01	04:34:57	07:07:07	09:33:55.20	09:34:43.50	+04:41:01 (48.9%)	11:02	5.4 (50.9%)
277	ŚWIETLIK Paweł	1293		M30	80	02:18:55	04:43:22	07:27:38	09:35:42.10	09:36:04.45	+04:42:22 (49.0%)	11:04	5.4 (50.9%)
278	STRZELCZYK Hubert	1267		M20	17	02:19:15	04:43:41	07:27:55	09:36:01.75	09:36:04.75	+04:42:23 (49.0%)	11:04	5.4 (50.9%)
279	WOJCIESZAK Klaudia	1317	BRAVEHEARTS LEGIONOWO	K40	21	02:35:41	04:48:34	07:26:20	09:36:58.00	09:37:01.00	+04:43:19 (49.1%)	11:05	5.4 (50.9%)
280	MAKARENKOV Sergii	1170	DOGON GRODZISK MAZOWIECKI	M30	81	02:35:11	04:48:35	07:26:23	09:36:58.20	09:37:01.20	+04:43:19 (49.1%)	11:05	5.4 (50.9%)
281	CZOCHARA Robert	1030	AMATOR GÓR	M40	90	02:15:51	04:29:51	07:13:52	09:38:07.35	09:38:58.40	+04:45:16 (49.3%)	11:07	5.4 (50.9%)
282	GNOT Krzysztof	1060		M40	91	02:20:08	04:41:46	07:22:00	09:38:06.75	09:38:58.55	+04:45:16 (49.3%)	11:07	5.4 (50.9%)
283	MAZUREK Monika	1179	NOWA HUTA TEAM	K40	22	02:27:03	04:38:27	07:18:22	09:38:37.00	09:39:29.45	+04:45:47 (49.3%)	11:07	5.4 (50.9%)
284	PORĘBSKA Dorota	1222	NOWA HUTA TEAM	K40	23	02:27:05	04:38:27	07:18:24	09:38:37.35	09:39:29.80	+04:45:48 (49.3%)	11:07	5.4 (50.9%)
285	MICHALCZAK Jacek	1181	ZŁAP KRÓLICZKA :-)	M30	82	02:15:07	04:40:03	07:22:29	09:39:24.15	09:40:08.65	+04:46:26 (49.4%)	11:08	5.4 (50.9%)
286	FUS Wojciech	1047	ASSECO ACTIVE TEAM	M40	92	02:25:28	04:39:14	07:24:32	09:41:49.10	09:42:27.55	+04:48:45 (49.6%)	11:11	5.4 (50.9%)
287	WOJCIECHOWSKI Michał	1316	SPARTANIE DZIECIOM	M40	93	02:14:40	04:25:46	07:10:17	09:43:45.15	09:44:26.35	+04:50:44 (49.7%)	11:13	5.3 (50.0%)
288	MARKIEWICZ Mateusz	1177		M40	94	02:15:01	04:25:45	07:10:16	09:43:45.20	09:44:26.65	+04:50:44 (49.7%)	11:13	5.3 (50.0%)
289	ŻACZKIEWICZ Jacek	1343		M50	31	02:20:48	04:39:09	07:19:24	09:44:09.30	09:44:43.45	+04:51:01 (49.8%)	11:14	5.3 (50.0%)
290	ŻACZKIEWICZ Izabela	1342		K50	5	02:20:30	04:39:08	07:19:24	09:44:09.25	09:44:43.65	+04:51:01 (49.8%)	11:14	5.3 (50.0%)
291	PIETRUS Piotr	1212	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	95	02:10:17	04:16:20	07:04:33	09:45:49.00	09:46:36.00	+04:52:54 (49.9%)	11:15	5.3 (50.0%)
292	JUNGHANNS Thomas	1089	SV WESENITZTAL	M60	3	02:13:01	04:32:12	07:17:26	09:46:53.05	09:47:16.65	+04:53:34 (50.0%)	11:17	5.3 (50.0%)

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			
293	GRZESZCZYK Michał	1071	EKOBIEGI	M40	96	02:10:34	04:21:05	07:02:37	09:47:03.85	09:47:20.30	+04:53:38 (50.0%)	11:17	5.3 (50.0%)
294	PASZKO Radosław	1205		M30	83	02:16:40	04:32:47	07:14:17	09:48:48.05	09:49:24.50	+04:55:42 (50.2%)	11:19	5.3 (50.0%)
295	DZIURBEJKO Tomasz	1039		M40	97	02:13:36	04:22:12	07:06:05	09:52:51.30	09:53:27.20	+04:59:45 (50.5%)	11:24	5.3 (50.0%)
296	ZABŁOCKI Wojciech	1325		M40	98	02:04:58	04:10:21	07:07:29	09:53:12.00	09:53:37.35	+04:59:55 (50.5%)	11:24	5.3 (50.0%)
297	MISIAK Anna	1352	TEAM ZABIEGANEDNI	K30	26	02:22:13	04:50:32	07:36:23	09:53:37.45	09:54:15.20	+05:00:33 (50.6%)	11:24	5.3 (50.0%)
298	HAŁASZYN Joanna	1073		K30	27	02:14:26	04:32:17	07:21:56	09:55:42.30	09:55:51.20	+05:02:09 (50.7%)	11:27	5.2 (49.1%)
299	LUTEREK Michał	1158		M40	99	02:19:43	04:42:47	07:26:25	09:55:48.75	09:56:22.70	+05:02:41 (50.8%)	11:27	5.2 (49.1%)
300	MIODEK Aleksandra	1184		K30	28	02:18:42	04:42:47	07:26:25	09:56:05.05	09:56:38.35	+05:02:56 (50.8%)	11:27	5.2 (49.1%)
301	PLEWKA Sylwia	1217		K30	29	02:19:57	04:34:38	07:16:24	09:56:25.85	09:57:10.35	+05:03:28 (50.8%)	11:28	5.2 (49.1%)
302	FYDA Piotr	1048		M40	100	02:10:15	04:27:49	07:08:01	09:56:55.00	09:57:40.40	+05:03:58 (50.9%)	11:28	5.2 (49.1%)
303	FIEDORCZUK Łukasz	1043	HDD WINNICZKI	M40	101	02:11:35	04:27:00	07:21:29	09:58:38.70	09:59:03.50	+05:05:21 (51.0%)	11:30	5.2 (49.1%)
304	KALINOWSKA Małgorzata	1095		K40	24	02:24:04	04:38:33	07:21:59	10:00:25.65	10:01:12.90	+05:07:31 (51.1%)	11:32	5.2 (49.1%)
305	KURPIEWSKA Ewa	1143	TBD	K30	30	02:10:04	04:37:45	07:22:25	10:00:52.55	10:01:13.50	+05:07:31 (51.2%)	11:33	5.2 (49.1%)
306	LACHCIK Iwona	1146		K30	31	02:39:46	04:57:02	07:32:04	10:01:12.85	10:01:56.75	+05:08:15 (51.2%)	11:33	5.2 (49.1%)
307	ZAWADZKA Agnieszka	1334	ZAWADZKA TEAM, NOCNY BÓR TEAM	K30	32	02:39:47	04:57:03	07:32:04	10:01:13.10	10:01:56.80	+05:08:15 (51.2%)	11:33	5.2 (49.1%)
308	JASIŃSKA Patrycja	1084	BRACTWO BIEGOWE BGK	K40	25	02:25:52	04:40:18	07:26:31	10:02:50.20	10:03:34.75	+05:09:53 (51.3%)	11:35	5.2 (49.1%)
309	KOCZOROWSKA Anna	1106	TEAM ZABIEGANEDNI	K40	26	02:25:13	04:50:31	07:36:22	10:12:05.15	10:12:43.35	+05:19:01 (52.1%)	11:46	5.1 (48.1%)
309	KOCZOROWSKI Marcin	1107	TEAM ZABIEGANEDNI	M40	102	02:25:13	04:50:32	07:36:22	10:12:05.40	10:12:43.35	+05:19:01 (52.1%)	11:46	5.1 (48.1%)
311	POMASKI Paweł	1220	DOGOŃ GRODZISK MAZOWIECKI	M50	32	02:34:24	04:55:28	07:38:16	10:12:40.40	10:13:09.60	+05:19:27 (52.1%)	11:46	5.1 (48.1%)
312	KRZYŻIŃSKA Sylwia	1132	DOGOŃ GRODZISK MAZOWIECKI	K40	27	02:34:23	04:55:30	07:38:15	10:12:40.70	10:13:09.75	+05:19:28 (52.1%)	11:46	5.1 (48.1%)
313	ŁUCZAK Krystian	1162		M40	103	02:10:53	04:27:54	07:24:25	10:22:24.30	10:22:55.05	+05:29:13 (52.9%)	11:58	5 (47.2%)
314	MACIĄG Damian	1165		M30	84	02:29:08	04:53:11	07:37:20	10:26:11.15	10:27:00.65	+05:33:18 (53.2%)	12:02	5 (47.2%)
315	CZOCHARA Marta	1029	AMATOR	K40	28	02:39:26	05:08:22	07:46:35	10:33:23.00	10:34:13.50	+05:40:31 (53.7%)	12:10	4.9 (46.2%)
316	MOREK Krzysztof	1186		M50	33	02:16:39	04:39:19	07:50:22	10:36:45.20	10:37:31.10	+05:43:49 (53.9%)	12:14	4.9 (46.2%)
317	ŁOKAS Andrzej	1160		M50	34	02:27:12	04:51:43	07:40:33	10:37:18.90	10:38:06.15	+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	GAWLE Katarzyna	1053	MARATOŃCZYK DĘBICA	K40	29	02:27:34	05:01:46	07:41:55	10:42:14.15	10:42:27.20	+05:48:45 (54.3%)	12:21	4.9 (46.2%)
319	RUCIAK Magdalena	1238	MARATOŃCZYK DĘBICA	K40	30	02:29:17	05:01:49	07:44:12	10:42:15.40	10:42:27.50	+05:48:45 (54.3%)	12:21	4.9 (46.2%)
320	DOBROWOLSKA Grażyna	1033	MARATOŃCZYK DĘBICA	K50	6	02:27:35	05:01:50	07:42:01	10:42:14.60	10:42:28.40	+05:48:46 (54.3%)	12:21	4.9 (46.2%)
321	RUCIAK Szymon	1239	MARATOŃCZYK DĘBICA	M40	104	02:29:10	05:02:08	07:44:11	10:42:16.60	10:42:28.80	+05:48:47 (54.3%)	12:21	4.9 (46.2%)
322	GAWLE Mirosław	1052	MARATOŃCZYK DĘBICA	M40	105	02:27:43	05:01:52	07:42:07	10:42:17.10	10:42:29.00	+05:48:47 (54.3%)	12:21	4.9 (46.2%)
323	TOTKO Piotr	1300	MARATOŃCZYK DĘBICA	M30	85	02:27:40	05:01:51	07:41:36	10:42:15.90	10:42:29.10	+05:48:47 (54.3%)	12:21	4.9 (46.2%)
324	WEILAND Emila	1353		K40	31	02:31:02	05:06:48	07:59:10	10:46:39.20	10:47:05.45	+05:53:23 (54.6%)	12:26	4.8 (45.3%)
325	KUBALA Sylwester	1134		M40	106	02:56:02	05:30:26	08:12:44	10:49:10.20	10:49:13.20	+05:55:31 (54.8%)	12:29	4.8 (45.3%)
326	NIEDZIELSKI Michał	1194		M30	86	02:16:37	05:04:55	07:49:34	10:53:01.85	10:53:38.60	+05:59:56 (55.1%)	12:33	4.8 (45.3%)
327	KUMIEGA Józef	1139	WILKI JODŁOWA	M50	35	02:29:19	05:04:29	07:49:39	10:53:35.05	10:54:08.25	+06:00:26 (55.1%)	12:34	4.8 (45.3%)
328	WITEK Sylwia	1313		K40	32	02:40:01	05:11:09	08:08:54	10:56:00.20	10:56:33.75	+06:02:52 (55.3%)	12:36	4.8 (45.3%)
329	WITEK Adam	1314		M40	107	02:40:06	05:11:09	08:08:56	10:55:59.80	10:56:34.20	+06:02:52 (55.3%)	12:36	4.8 (45.3%)
330	GRZESZCZAK Małgorzata	1070	BIEGAMYRAZEM.PL	K40	33	02:45:34	05:20:57		10:57:40.40	10:58:34.35	+06:04:52 (55.4%)	12:38	4.7 (44.3%)
331	HOOG Wioleta	1077		K30	33	02:31:23	05:08:34	07:50:47	10:59:26.15	11:00:00.90	+06:06:19 (55.5%)	12:40	4.7 (44.3%)
332	CZAIŃSKA Monika	1026		K30	34	02:28:53	04:50:20	07:47:02	11:05:41.65	11:06:20.15	+06:12:38 (55.9%)	12:48	4.7 (44.3%)
333	SKURSKA Monika	1251		K40	34	02:24:58	04:52:57	07:46:56	11:05:36.55	11:06:20.25	+06:12:38 (55.9%)	12:48	4.7 (44.3%)
334	KACZKIEWICZ Damian	1092	NIGHT RUNNERS GLIWICE	M40	108	02:40:13	05:11:16	08:09:04	11:10:55.70	11:11:31.20	+06:17:49 (56.3%)	12:54	4.7 (44.3%)
335	PUSHKARUK Andrzej	1360		M30	87	02:39:28	05:23:42		11:16:51.75	11:17:50.90	+06:24:09 (56.7%)	13:00	4.6 (43.4%)
336	DYBA Adek	1037	KOPEĆ TEAM	M60	4	02:41:04	05:27:48		11:27:22.60	11:28:05.15	+06:34:23 (57.3%)	13:13	4.5 (42.5%)
337	ALEKSANDROWICZ Łukasz	1001		M40	109	02:48:07	05:39:05		11:48:03.60	11:48:47.50	+06:55:05 (58.6%)	13:36	4.4 (41.5%)
Przekroczony limit czasu: 12:00:00													
338	JABŁOŃSKI Kazimierz	1078	SPRINTER PRĄDY	M60	5	02:49:54	05:40:53		12:30:10.20	12:30:51.95	+07:37:10 (60.9%)	14:25	4.2 (39.6%)
	STRZELCZYK Mariusz	1268		M40		02:35:42 DNF	05:16:37 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PAWLAK Ewelina	1209		K30		02:35:40 DNF	05:16:38 DNF	DNF	DNF	DNF	-	-	(0.0%)
	STYŁA-STYLIŃSKI Norbert	1271	TWOJA STARA	M30		02:36:01 DNF	05:28:08 DNF	DNF	DNF	DNF	-	-	(0.0%)
	HOLIK Iwona	1076		K40		02:12:13 DNF	DNF	DNF	DNF	DNF	-	-	(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
	JAROMIŃSKA Marta	1083		K30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 343 wynik(ów)