



**SUPERMARATON  
GÓR  
STOŁOWYCH**

**Wydarzenie:** Supermaraton Gór Stołowych 2019  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2019-06-30  
**Miejsce:** Kartów  
**Dystans:** 21 km

## LIGHT SGS 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>293</b>		M-30	1	00:36:44	01:10:01	<b>01:45:29.50</b>	<b>01:45:31.55</b>		5:11	11.5 (100%)
2	<b>OLEKSIEWICZ Maurycy</b>	<b>502</b>	TRUCHT/SZAKALE BAŁUT	M-30	2	00:37:08	01:11:46	<b>01:47:46.40</b>	<b>01:47:48.60</b>	+00:02:17 (2.1%)	5:18	11.3 (98.3%)
3	<b>KITA Michał</b>	<b>234</b>	PĘDZĄCY W MIEJSCU	M-40	1	00:39:20	01:15:58	<b>01:54:50.50</b>	<b>01:54:52.70</b>	+00:09:21 (8.1%)	5:39	10.6 (92.2%)
4	<b>KLIMCZAK Mikołaj</b>	<b>512</b>	JUVENIA GŁUCHOŁAZY	M-20	1	00:38:42	01:17:35	<b>01:57:25.85</b>	<b>01:57:29.15</b>	+00:11:57 (10.2%)	5:47	10.4 (90.4%)
5	<b>KRUPA Marcin</b>	<b>201</b>	AKTYWNA NOWA RUDA	M-40	2	00:40:46	01:20:09	<b>02:02:04.20</b>	<b>02:02:05.95</b>	+00:16:34 (13.6%)	6:00	10 (87.0%)
6	<b>CHODOROWSKI Krzysztof</b>	<b>14</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	3	00:43:24	01:23:07	<b>02:06:45.35</b>	<b>02:06:49.45</b>	+00:21:17 (16.8%)	6:14	9.6 (83.5%)
7	<b>NOWAK Mariusz</b>	<b>528</b>		M-30	4	00:42:52	01:24:43	<b>02:08:25.65</b>	<b>02:08:28.30</b>	+00:22:56 (17.9%)	6:19	9.5 (82.6%)
8	<b>PRZYBYSZEWSKI Łukasz</b>	<b>561</b>	PCHSPORT COMPLEX	M-30	5	00:42:55	01:23:54	<b>02:08:29.40</b>	<b>02:08:38.70</b>	+00:23:07 (18.0%)	6:19	9.5 (82.6%)
9	<b>OLKIS Rafał</b>	<b>118</b>	RATEMYTRAIL.COM TEAM	M-30	6	00:43:11	01:25:23	<b>02:10:50.45</b>	<b>02:10:53.55</b>	+00:25:22 (19.4%)	6:26	9.3 (80.9%)
10	<b>KOZIEŁ Tomasz</b>	<b>55</b>	KUDOWIANKA RUN	M-40	3	00:45:34	01:28:18	<b>02:12:05.60</b>	<b>02:12:08.15</b>	+00:26:36 (20.1%)	6:30	9.2 (80.0%)
11	<b>BORKOWSKI Mariusz</b>	<b>84</b>	NAPRZÓD MŁOCINY	M-30	7	00:47:16		<b>02:12:19.85</b>	<b>02:12:27.70</b>	+00:26:56 (20.3%)	6:31	9.2 (80.0%)
12	<b>PIĄTEK Karolina</b>	<b>285</b>	NOGAMIDOGORY.PL	K-30	1	00:45:30	01:28:21	<b>02:12:35.00</b>	<b>02:12:40.10</b>	+00:27:08 (20.5%)	6:31	9.2 (80.0%)
13	<b>MAZIARZ Artur</b>	<b>39</b>	RUN FOR FUN	M-30	8	00:44:24	01:28:10	<b>02:13:10.55</b>	<b>02:13:14.95</b>	+00:27:43 (20.8%)	6:33	9.1 (79.1%)
14	<b>GUSTAW Łukasz</b>	<b>497</b>	KUDOWIANKA RUN	M-20	2	00:44:41	01:29:23	<b>02:16:27.85</b>	<b>02:16:30.50</b>	+00:30:58 (22.7%)	6:43	8.9 (77.4%)
15	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>36</b>	MLKS RADKÓW	M-50	1	00:45:25	01:29:16	<b>02:16:43.70</b>	<b>02:16:45.90</b>	+00:31:14 (22.8%)	6:44	8.9 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
16	<b>GORCZYŃSKI Norbert</b>	<b>535</b>		M-20	3	00:44:57	01:29:50	<b>02:17:22.25</b>	<b>02:17:24.75</b>	+00:31:53 (23.2%)	6:46	8.9 (77.4%)
17	<b>GŁÓD Mateusz</b>	<b>224</b>	RATEMYTRAIL.COM TEAM	M-40	4	00:45:04	01:30:25	<b>02:18:08.00</b>	<b>02:18:12.00</b>	+00:32:40 (23.6%)	6:48	8.8 (76.5%)
18	<b>SOBCZAK-PAŁASZEWSKA Karolina</b>	<b>4</b>		K-30	2	00:47:08	01:30:22	<b>02:18:12.35</b>	<b>02:18:16.60</b>	+00:32:45 (23.7%)	6:48	8.8 (76.5%)
19	<b>PIKUL Piotr</b>	<b>555</b>	ING RUNNING	M-30	9	00:48:05	01:33:32	<b>02:18:33.05</b>	<b>02:18:35.10</b>	+00:33:03 (23.9%)	6:49	8.8 (76.5%)
20	<b>DETTLAFF Mariusz</b>	<b>499</b>	AĘ TRI CLUB	M-30	10	00:47:32	01:32:13	<b>02:20:41.80</b>	<b>02:20:47.95</b>	+00:35:16 (25.1%)	6:55	8.7 (75.7%)
21	<b>HOŁYST Andrzej</b>	<b>81</b>	AKTYWNA NOWA RUDA	M-30	11	00:48:02	01:34:05	<b>02:20:50.80</b>	<b>02:20:53.60</b>	+00:35:22 (25.1%)	6:56	8.6 (74.8%)
22	<b>EWERT-KRZEMIENIEWSKI Adam</b>	<b>344</b>	DOBRE JUDO DUŻO BIEGAĆ	M-20	4	00:48:41	01:33:42	<b>02:21:10.05</b>	<b>02:21:15.85</b>	+00:35:44 (25.3%)	6:57	8.6 (74.8%)
23	<b>KORCZ Daniel</b>	<b>560</b>	KB MCKIS JAWORZNO	M-40	5	00:47:02	01:33:56	<b>02:22:19.15</b>	<b>02:22:22.45</b>	+00:36:50 (25.9%)	7:00	8.6 (74.8%)
24	<b>MARTOWSKI Maciej</b>	<b>185</b>	EUROPA UBEZPIECZENIA	M-40	6	00:47:24	01:33:59	<b>02:24:33.25</b>	<b>02:24:37.90</b>	+00:39:06 (27.0%)	7:07	8.4 (73.0%)
25	<b>MIKA Andrzej</b>	<b>416</b>		M-30	12	00:47:30	01:34:22	<b>02:25:00.60</b>	<b>02:25:06.10</b>	+00:39:34 (27.3%)	7:08	8.4 (73.0%)
26	<b>SWORNOWSKA Anna</b>	<b>120</b>		K-20	1	00:49:06	01:34:39	<b>02:25:30.85</b>	<b>02:25:35.80</b>	+00:40:04 (27.5%)	7:10	8.4 (73.0%)
27	<b>KAŁUŻNY Wojciech</b>	<b>386</b>	1977	M-40	7	00:55:04	01:39:39	<b>02:25:26.80</b>	<b>02:25:48.00</b>	+00:40:16 (27.6%)	7:09	8.4 (73.0%)
28	<b>ŁAŻNIOWSKI Dawid</b>	<b>63</b>	EBIEGI.PL	M-30	13	00:48:47	01:35:37	<b>02:25:57.95</b>	<b>02:26:01.85</b>	+00:40:30 (27.7%)	7:11	8.3 (72.2%)
29	<b>BIAŁOBŁOCKA Alicja</b>	<b>422</b>		K-30	3	00:53:02		<b>02:26:07.70</b>	<b>02:26:16.20</b>	+00:40:44 (27.9%)	7:11	8.3 (72.2%)
30	<b>BOSAKIEWICZ Tomasz</b>	<b>500</b>	OLAWS ZŁOTORYJA	M-30	14	00:48:42	01:34:36	<b>02:26:13.35</b>	<b>02:26:19.10</b>	+00:40:47 (27.9%)	7:12	8.3 (72.2%)
31	<b>TRZECIAKIEWICZ Marek</b>	<b>43</b>	MLKS RADKÓW	M-20	5	00:50:24	01:38:56	<b>02:26:53.20</b>	<b>02:26:56.50</b>	+00:41:24 (28.2%)	7:14	8.3 (72.2%)
32	<b>BRZAKAŁA Katarzyna</b>	<b>305</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	2	00:49:06	01:35:45	<b>02:26:54.65</b>	<b>02:26:59.50</b>	+00:41:27 (28.2%)	7:14	8.3 (72.2%)
33	<b>MALINOWSKI Adrian</b>	<b>221</b>	#CZELADZBIEGA	M-40	8	00:52:21	01:39:10	<b>02:27:39.30</b>	<b>02:27:56.40</b>	+00:42:24 (28.7%)	7:16	8.2 (71.3%)
34	<b>WIELOGÓRSKA Natalia</b>	<b>539</b>		K-30	4	00:49:26	01:36:20	<b>02:28:32.45</b>	<b>02:28:39.70</b>	+00:43:08 (29.0%)	7:19	8.2 (71.3%)
35	<b>PODOLAK Ula</b>	<b>531</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	3	00:49:57	01:39:32	<b>02:29:28.15</b>	<b>02:29:30.80</b>	+00:43:59 (29.4%)	7:21	8.1 (70.4%)
36	<b>MOCHEGIAHI Andrea</b>	<b>557</b>		M-50	2	00:52:34		<b>02:29:28.50</b>	<b>02:29:37.10</b>	+00:44:05 (29.5%)	7:21	8.1 (70.4%)
37	<b>KUBICKI Mariusz</b>	<b>207</b>	KLUCZBORSKA GRUPA BIEGOWA	M-40	9	00:48:48	01:37:15	<b>02:29:47.80</b>	<b>02:29:55.25</b>	+00:44:23 (29.6%)	7:22	8.1 (70.4%)
38	<b>URBANIAK Daniel</b>	<b>496</b>		M-40	10	00:54:24	01:39:42	<b>02:29:33.05</b>	<b>02:30:03.60</b>	+00:44:32 (29.7%)	7:22	8.1 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
39	<b>STĘPIEŃ Małgorzata</b>	<b>391</b>	STAJNIA BALONA	K-20	4	00:52:09	01:39:17	<b>02:30:09.40</b>	<b>02:30:16.15</b>	+00:44:44 (29.8%)	7:23	8.1 (70.4%)
40	<b>LIPCZAK Amadeusz</b>	<b>208</b>		M-40	11	00:51:07	01:38:47	<b>02:29:56.65</b>	<b>02:30:19.50</b>	+00:44:47 (29.8%)	7:23	8.1 (70.4%)
41	<b>GROCHOWSKA Aleksandra</b>	<b>538</b>		K-20	5	00:55:00	01:41:14	<b>02:29:57.30</b>	<b>02:30:20.80</b>	+00:44:49 (29.8%)	7:23	8.1 (70.4%)
42	<b>OPAŁKA Damian</b>	<b>489</b>	MYRACE	M-30	15	00:48:34	01:36:55	<b>02:30:53.10</b>	<b>02:30:58.55</b>	+00:45:27 (30.1%)	7:25	8.1 (70.4%)
43	<b>CHRZANOWSKI Paweł</b>	<b>145</b>		M-30	16	00:50:42	01:39:51	<b>02:31:40.00</b>	<b>02:31:50.90</b>	+00:46:19 (30.5%)	7:28	8 (69.6%)
44	<b>PETA Rafał</b>	<b>427</b>		M-40	12	00:52:45	01:40:22	<b>02:31:47.15</b>	<b>02:31:56.70</b>	+00:46:25 (30.5%)	7:28	8 (69.6%)
45	<b>KUŚNIERCZAK Wiesław</b>	<b>503</b>		M-40	13	00:49:01	01:35:17	<b>02:31:54.05</b>	<b>02:31:59.20</b>	+00:46:27 (30.6%)	7:28	8 (69.6%)
46	<b>PIKOS Patryk</b>	<b>353</b>		M-30	17	00:51:50	01:39:14	<b>02:31:32.55</b>	<b>02:32:04.95</b>	+00:46:33 (30.6%)	7:27	8 (69.6%)
47	<b>PRZYBYSZ Ryszard</b>	<b>423</b>		M-50	3	00:53:44	01:41:17	<b>02:31:36.50</b>	<b>02:32:11.45</b>	+00:46:39 (30.7%)	7:28	8 (69.6%)
48	<b>CITKO Maciej</b>	<b>530</b>	BIEG OPOLSKI	M-30	18	00:52:36	01:39:33	<b>02:32:29.05</b>	<b>02:32:40.65</b>	+00:47:09 (30.9%)	7:30	8 (69.6%)
49	<b>PIECUCH Karolina</b>	<b>559</b>	LACHO TEAM	K-30	5	00:52:00	01:41:25	<b>02:32:52.15</b>	<b>02:32:56.35</b>	+00:47:24 (31.0%)	7:31	8 (69.6%)
50	<b>SZYMANOWSKI Paweł</b>	<b>435</b>		M-30	19	00:52:30	01:41:01	<b>02:33:33.35</b>	<b>02:33:41.20</b>	+00:48:09 (31.3%)	7:33	7.9 (68.7%)
51	<b>CHOROSTKOWSKI Bartosz</b>	<b>177</b>	CHATA BIEGACZA K34 ZAKOPANE	M-30	20	00:55:09	01:43:26	<b>02:33:20.20</b>	<b>02:33:46.45</b>	+00:48:14 (31.4%)	7:33	7.9 (68.7%)
52	<b>DROBCZYŃSKI Bartosz</b>	<b>537</b>	PUSZCZYK BUKOWY	M-30	21	00:51:37	01:39:23	<b>02:33:21.35</b>	<b>02:33:53.30</b>	+00:48:21 (31.4%)	7:33	7.9 (68.7%)
53	<b>HETMAŃSKI Filip</b>	<b>452</b>	KUDOWSCY MIŁOSNYCY BIEGANIA	M-40	14	00:52:07	01:41:27	<b>02:33:52.65</b>	<b>02:33:57.35</b>	+00:48:25 (31.5%)	7:34	7.9 (68.7%)
54	<b>HERMAN Michał</b>	<b>313</b>		M-20	6	00:54:56	01:43:44	<b>02:33:36.35</b>	<b>02:34:03.20</b>	+00:48:31 (31.5%)	7:34	7.9 (68.7%)
55	<b>FERENC-SZMUC Edyta</b>	<b>526</b>	KUDOWIANKA RUN	K-30	6	00:49:09		<b>02:34:16.10</b>	<b>02:34:19.05</b>	+00:48:47 (31.6%)	7:36	7.9 (68.7%)
56	<b>GAJEWSKI Marek</b>	<b>556</b>		M-30	22	00:52:20	01:41:09	<b>02:33:25.35</b>	<b>02:34:20.00</b>	+00:48:48 (31.6%)	7:33	7.9 (68.7%)
57	<b>BEDNARZ Paweł</b>	<b>255</b>		M-40	15	00:50:36	01:39:51	<b>02:34:15.60</b>	<b>02:34:20.60</b>	+00:48:49 (31.6%)	7:35	7.9 (68.7%)
58	<b>SIWEK Piotr</b>	<b>132</b>		M-30	23	00:52:50	01:42:05	<b>02:34:13.85</b>	<b>02:34:39.00</b>	+00:49:07 (31.8%)	7:35	7.9 (68.7%)
59	<b>JAKUBOWSKI Marcin</b>	<b>437</b>	GRUNWALD TEAM POZNAŃ	M-30	24	00:51:03	01:40:23	<b>02:35:07.15</b>	<b>02:35:10.75</b>	+00:49:39 (32.0%)	7:38	7.9 (68.7%)
60	<b>PAWELEC Mariusz</b>	<b>450</b>	KUDOWIANKA RUN	M-30	25	00:56:14	01:44:56	<b>02:35:04.80</b>	<b>02:35:13.30</b>	+00:49:41 (32.0%)	7:38	7.9 (68.7%)
61	<b>RYCERSKI Rafał</b>	<b>169</b>		M-30	26	00:51:43	01:42:19	<b>02:35:38.55</b>	<b>02:35:43.20</b>	+00:50:11 (32.2%)	7:40	7.8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
62	<b>GRZEGORCZYK Wojciech</b>	<b>429</b>	TRIACTIV RIDLEY	M-30	27	00:53:22	01:43:30	<b>02:35:38.30</b>	<b>02:35:46.90</b>	+00:50:15 (32.3%)	7:40	7.8 (67.8%)
63	<b>KUSZELA Mateusz</b>	<b>562</b>		M-30	28	00:52:35	01:44:04	<b>02:36:36.60</b>	<b>02:36:45.25</b>	+00:51:13 (32.7%)	7:42	7.8 (67.8%)
64	<b>UCIEKLAK Dominik</b>	<b>554</b>		M-40	16	00:50:06	01:38:48	<b>02:36:58.15</b>	<b>02:37:08.05</b>	+00:51:36 (32.8%)	7:43	7.8 (67.8%)
65	<b>ROSOCHACZ Krzysztof</b>	<b>275</b>		M-40	17	00:53:38	01:43:56	<b>02:37:12.60</b>	<b>02:37:36.55</b>	+00:52:05 (33.0%)	7:44	7.7 (67.0%)
66	<b>JAWORSKA Magdalena</b>	<b>377</b>	GB WIELKOPOLSCY BIEGACZE	K-40	1	00:53:14	01:43:41	<b>02:37:34.20</b>	<b>02:37:37.95</b>	+00:52:06 (33.1%)	7:45	7.7 (67.0%)
67	<b>OSTROUCH Tymon</b>	<b>403</b>		M-30	29	01:01:04		<b>02:38:47.00</b>	<b>02:38:47.00</b>	+00:53:15 (33.5%)	7:49	7.7 (67.0%)
68	<b>FILIPEK Wojciech</b>	<b>543</b>		M-20	7	00:53:52	01:43:50	<b>02:38:49.95</b>	<b>02:38:57.20</b>	+00:53:25 (33.6%)	7:49	7.7 (67.0%)
69	<b>WYBRANOWSKI Sylwester</b>	<b>480</b>	DOM DEVELOPMENT ADVENTURE TEAM	M-40	18	00:56:46	01:47:05	<b>02:39:24.20</b>	<b>02:39:34.50</b>	+00:54:02 (33.9%)	7:51	7.6 (66.1%)
70	<b>WYWROT Grzegorz</b>	<b>188</b>		M-30	30	00:55:02	01:46:31	<b>02:39:05.20</b>	<b>02:39:35.00</b>	+00:54:03 (33.9%)	7:50	7.7 (67.0%)
71	<b>MROWIEC Michal</b>	<b>35</b>	KORDAKI	M-40	19	00:53:57	01:45:38	<b>02:39:38.65</b>	<b>02:39:47.75</b>	+00:54:16 (34.0%)	7:51	7.6 (66.1%)
72	<b>DZIUBA Piotr</b>	<b>166</b>		M-40	20	00:52:22	01:42:48	<b>02:39:28.75</b>	<b>02:39:52.35</b>	+00:54:20 (34.0%)	7:51	7.6 (66.1%)
73	<b>KOT Klaudia</b>	<b>548</b>		K-20	6	00:55:42	01:48:01	<b>02:39:54.20</b>	<b>02:40:05.25</b>	+00:54:33 (34.1%)	7:52	7.6 (66.1%)
74	<b>CHOJNOWSKA Magdalena</b>	<b>451</b>	ROGOŹNIK	K-20	7	00:59:31		<b>02:39:16.90</b>	<b>02:40:06.85</b>	+00:54:35 (34.1%)	7:50	7.6 (66.1%)
75	<b>BRODA Dominik</b>	<b>11</b>		M-30	31	00:56:21	01:47:09	<b>02:40:12.50</b>	<b>02:40:20.85</b>	+00:54:49 (34.2%)	7:53	7.6 (66.1%)
76	<b>POPIELA Sebastian</b>	<b>491</b>		M-30	32	00:54:31	01:45:08	<b>02:40:49.05</b>	<b>02:41:32.70</b>	+00:56:01 (34.7%)	7:55	7.6 (66.1%)
77	<b>BIERNACIK Piotr</b>	<b>328</b>		M-40	21	00:56:32	01:48:33	<b>02:43:37.10</b>	<b>02:43:45.90</b>	+00:58:14 (35.6%)	8:03	7.4 (64.3%)
78	<b>ŻURAWSKI Kamil</b>	<b>162</b>	ZURAWSKI_ULTRA	M-20	8	00:44:31	01:55:43	<b>02:43:47.85</b>	<b>02:43:50.90</b>	+00:58:19 (35.6%)	8:04	7.4 (64.3%)
79	<b>TRAWICKI Patryk</b>	<b>297</b>	PIEROGI ADAMUSA	M-20	9	01:00:20	01:49:38	<b>02:43:10.20</b>	<b>02:43:51.25</b>	+00:58:19 (35.6%)	8:02	7.5 (65.2%)
80	<b>JABŁOŃSKI Paweł</b>	<b>127</b>		M-40	22	00:51:46	01:44:05	<b>02:44:26.55</b>	<b>02:44:29.95</b>	+00:58:58 (35.9%)	8:06	7.4 (64.3%)
81	<b>RZESZOT Łukasz</b>	<b>475</b>	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	33			<b>02:44:14.85</b>	<b>02:44:37.10</b>	+00:59:05 (35.9%)	8:05	7.4 (64.3%)
82	<b>LEŚNIEWSKA Justyna</b>	<b>48</b>	AKTYWNA NOWA RUDA	K-30	7	00:53:49	01:47:40	<b>02:44:36.00</b>	<b>02:44:38.50</b>	+00:59:06 (35.9%)	8:06	7.4 (64.3%)
83	<b>KASZUBA Łukasz</b>	<b>202</b>	#CZELADZBIEGA	M-40	23	00:58:13	01:49:45	<b>02:44:49.00</b>	<b>02:45:06.35</b>	+00:59:34 (36.1%)	8:07	7.4 (64.3%)
84	<b>SROKA Marcin</b>	<b>520</b>		M-40	24	01:00:41	01:50:16	<b>02:45:07.95</b>	<b>02:45:22.55</b>	+00:59:51 (36.2%)	8:08	7.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
85	<b>GARCZYŃSKI Darek</b>	<b>199</b>		M-40	25	00:54:17	01:48:36	<b>02:45:41.80</b>	<b>02:45:49.35</b>	+01:00:17 (36.4%)	8:09	7.4 (64.3%)
86	<b>ŁASZCZYŃSKI Szymon</b>	<b>18</b>		M-30	34	00:58:50	01:51:27	<b>02:45:05.70</b>	<b>02:46:01.05</b>	+01:00:29 (36.4%)	8:07	7.4 (64.3%)
87	<b>SIPIERA Tomasz</b>	<b>104</b>		M-40	26	00:55:15	01:47:51	<b>02:46:07.25</b>	<b>02:46:11.15</b>	+01:00:39 (36.5%)	8:11	7.3 (63.5%)
88	<b>SKRZYPIŃSKA Olga</b>	<b>176</b>	CHATA BIEGACZA K34 ZAKOPANE	K-30	8	00:59:19	01:49:43	<b>02:46:00.25</b>	<b>02:46:26.80</b>	+01:00:55 (36.6%)	8:10	7.3 (63.5%)
89	<b>CAKAŁA Zuzanna</b>	<b>116</b>		K-20	8	00:58:00	01:49:45	<b>02:46:11.25</b>	<b>02:46:42.80</b>	+01:01:11 (36.7%)	8:11	7.3 (63.5%)
90	<b>LAR Bartosz</b>	<b>428</b>	LECYMY DURŚ	M-20	10	00:59:30		<b>02:46:23.70</b>	<b>02:47:13.35</b>	+01:01:41 (36.9%)	8:11	7.3 (63.5%)
91	<b>PIETRZYK Tomasz</b>	<b>312</b>		M-40	27	00:57:07	01:49:18	<b>02:47:08.55</b>	<b>02:47:29.10</b>	+01:01:57 (37.0%)	8:14	7.3 (63.5%)
92	<b>GÓRKA Piotr</b>	<b>332</b>		M-30	35	00:53:32	01:47:45	<b>02:47:22.90</b>	<b>02:47:34.20</b>	+01:02:02 (37.0%)	8:14	7.3 (63.5%)
93	<b>PIĄTKOWSKI Wojciech</b>	<b>304</b>		M-30	36	00:56:29	01:47:39	<b>02:46:57.05</b>	<b>02:47:38.00</b>	+01:02:06 (37.0%)	8:13	7.3 (63.5%)
94	<b>NARUCKI Wojciech</b>	<b>76</b>		M-40	28	00:58:38	01:50:04	<b>02:46:56.90</b>	<b>02:47:39.10</b>	+01:02:07 (37.1%)	8:13	7.3 (63.5%)
95	<b>KARCZYŃSKA Monika</b>	<b>498</b>	POWER TRAINING	K-30	9	01:00:11	01:52:24	<b>02:47:45.10</b>	<b>02:47:51.75</b>	+01:02:20 (37.1%)	8:15	7.3 (63.5%)
96	<b>STRAUCHOLD Anna</b>	<b>242</b>	PRO-RUN WROCŁAW	K-40	2	00:56:36	01:50:38	<b>02:48:02.40</b>	<b>02:48:07.95</b>	+01:02:36 (37.2%)	8:16	7.2 (62.6%)
97	<b>ANTKOWIAK Sebastian</b>	<b>546</b>	SUPERMARATON KALISZ	M-40	29	00:57:54	01:51:39	<b>02:48:11.40</b>	<b>02:48:17.55</b>	+01:02:46 (37.3%)	8:17	7.2 (62.6%)
98	<b>STANKOWIAK Maciej</b>	<b>289</b>	STS BIEGATON	M-40	30	00:57:40	01:51:34	<b>02:48:16.35</b>	<b>02:48:30.05</b>	+01:02:58 (37.4%)	8:17	7.2 (62.6%)
99	<b>KOLANKO Sylwia</b>	<b>521</b>	NYSA BIEGA	K-30	10	00:57:20	01:52:31	<b>02:48:38.00</b>	<b>02:48:45.25</b>	+01:03:13 (37.5%)	8:18	7.2 (62.6%)
100	<b>DUDA Monika</b>	<b>54</b>	RAZ SZCZECIN	K-40	3	01:00:44	01:53:02	<b>02:48:57.55</b>	<b>02:49:16.60</b>	+01:03:45 (37.7%)	8:19	7.2 (62.6%)
101	<b>CETNAROWSKI Kamil</b>	<b>379</b>	SZYBKIE STOPY	M-40	31	00:54:47	01:46:53	<b>02:49:34.00</b>	<b>02:49:43.10</b>	+01:04:11 (37.8%)	8:21	7.2 (62.6%)
102	<b>MARCINKOWSKI Maciej</b>	<b>473</b>	ULTIMA	M-40	32	01:02:27		<b>02:49:31.65</b>	<b>02:49:47.50</b>	+01:04:15 (37.8%)	8:21	7.2 (62.6%)
103	<b>NOWACKI Michał</b>	<b>190</b>	MORSY POZNAŃ	M-40	33	01:02:30		<b>02:49:37.15</b>	<b>02:49:52.85</b>	+01:04:21 (37.9%)	8:21	7.2 (62.6%)
104	<b>DOLATA Maciej</b>	<b>469</b>		M-40	34	00:59:04	01:51:27	<b>02:49:41.85</b>	<b>02:49:53.80</b>	+01:04:22 (37.9%)	8:21	7.2 (62.6%)
105	<b>GOS Piotr</b>	<b>310</b>	NARAMOWICE BIEGAJĄ	M-40	35	00:58:27	01:52:02	<b>02:49:54.30</b>	<b>02:50:03.70</b>	+01:04:32 (37.9%)	8:22	7.2 (62.6%)
106	<b>KUCZYŃSKI Szymon</b>	<b>381</b>	1978	M-40	36	00:58:10	01:53:18	<b>02:50:15.80</b>	<b>02:50:46.20</b>	+01:05:14 (38.2%)	8:23	7.2 (62.6%)
107	<b>DĄBROWSKA Natalia</b>	<b>173</b>	BIEG OPOLSKI	K-30	11	00:58:01	01:52:47	<b>02:50:33.80</b>	<b>02:50:49.90</b>	+01:05:18 (38.2%)	8:24	7.1 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
108	<b>GIEL Jarosław</b>	<b>393</b>		M-30	37	01:00:18	01:51:29	<b>02:50:47.20</b>	<b>02:51:22.30</b>	+01:05:50 (38.4%)	8:24	7.1 (61.7%)
109	<b>BARAN Grzegorz</b>	<b>167</b>	NAPRZÓD MŁOCINY	M-40	37	00:55:20	01:50:18	<b>02:51:13.45</b>	<b>02:51:23.05</b>	+01:05:51 (38.4%)	8:26	7.1 (61.7%)
110	<b>SKAŁECKI Przemysław Skatecki</b>	<b>3</b>	WIERZBICKI RUNNING PROJECT	M-30	38	01:00:57	01:56:44	<b>02:51:27.50</b>	<b>02:51:33.85</b>	+01:06:02 (38.5%)	8:26	7.1 (61.7%)
111	<b>TOMCZAK-CZUWAŁ Sylwia</b>	<b>93</b>	KARKONOSZ RUNNING TEAM	K-40	4	01:01:17	01:54:08	<b>02:51:36.30</b>	<b>02:51:52.80</b>	+01:06:21 (38.6%)	8:27	7.1 (61.7%)
112	<b>ZIEWIEC Marcin</b>	<b>541</b>		M-30	39	01:00:55	01:52:20	<b>02:51:15.05</b>	<b>02:51:53.80</b>	+01:06:22 (38.6%)	8:26	7.1 (61.7%)
113	<b>HOTAŁA Sylwia</b>	<b>517</b>	KUDOWIANKA RUN.	K-30	12	00:55:48	01:51:33	<b>02:52:09.80</b>	<b>02:52:12.85</b>	+01:06:41 (38.7%)	8:28	7.1 (61.7%)
114	<b>PANEK Kuba</b>	<b>364</b>		M-40	38	00:58:01	01:51:42	<b>02:52:09.25</b>	<b>02:52:21.85</b>	+01:06:50 (38.8%)	8:28	7.1 (61.7%)
115	<b>KONOPKA-LULEK Agnieszka</b>	<b>390</b>	RUN IS FUN	K-30	13	01:01:24	01:55:39	<b>02:52:33.25</b>	<b>02:52:43.45</b>	+01:07:11 (38.9%)	8:30	7.1 (61.7%)
116	<b>KLEJSZTA Grzegorz</b>	<b>463</b>	#CZELADZBIEGA	M-40	39	00:57:20	01:49:55	<b>02:52:55.80</b>	<b>02:53:12.60</b>	+01:07:41 (39.1%)	8:31	7 (60.9%)
117	<b>MURZYN Krysia</b>	<b>355</b>	DOBCZYCKI KLUB BIEGACZA	K-40	5	01:01:57	01:55:13	<b>02:52:51.15</b>	<b>02:53:18.80</b>	+01:07:47 (39.1%)	8:30	7 (60.9%)
118	<b>SZYMAŃSKA Agata</b>	<b>138</b>		K-30	14	01:06:10	01:58:42	<b>02:52:33.00</b>	<b>02:53:20.50</b>	+01:07:48 (39.1%)	8:30	7.1 (61.7%)
119	<b>BIEDRZYŃSKI Michał</b>	<b>97</b>		M-30	40	01:02:09	01:55:58	<b>02:53:06.85</b>	<b>02:53:38.15</b>	+01:08:06 (39.2%)	8:31	7 (60.9%)
120	<b>GUTOWSKI Dariusz</b>	<b>306</b>	BIEGAMDLAZDROWIA.PL	M-50	4	00:56:36	01:50:49	<b>02:53:12.65</b>	<b>02:53:40.60</b>	+01:08:09 (39.2%)	8:31	7 (60.9%)
121	<b>GAJDOWSKI Przemysław</b>	<b>536</b>		M-30	41	01:01:47	01:54:17	<b>02:53:01.55</b>	<b>02:53:41.85</b>	+01:08:10 (39.2%)	8:31	7 (60.9%)
122	<b>MICHALAK Sylwester</b>	<b>389</b>	DOGOŃ GRODZISK MAZOWIECKI	M-40	40	00:53:04	01:48:42	<b>02:54:58.05</b>	<b>02:55:07.50</b>	+01:09:35 (39.7%)	8:37	7 (60.9%)
123	<b>GŁOWACKA Edyta</b>	<b>424</b>	MATNER RUNNING TEAM	K-40	6	01:00:57	01:56:22	<b>02:55:25.75</b>	<b>02:55:29.45</b>	+01:09:57 (39.9%)	8:38	6.9 (60.0%)
124	<b>SANDRYK Adam</b>	<b>504</b>		M-40	41	00:58:45		<b>02:55:02.15</b>	<b>02:55:33.55</b>	+01:10:02 (39.9%)	8:37	7 (60.9%)
125	<b>DARIUSZ Hanas</b>	<b>251</b>	DRUŻYNA WILKA	M-40	42	00:56:18	01:51:10	<b>02:55:21.15</b>	<b>02:55:44.80</b>	+01:10:13 (40.0%)	8:38	6.9 (60.0%)
126	<b>JARZĘBSKI Grzegorz</b>	<b>184</b>		M-40	43	01:07:32	01:58:57	<b>02:56:08.50</b>	<b>02:57:04.85</b>	+01:11:33 (40.4%)	8:40	6.9 (60.0%)
127	<b>KORPUS-MIELCZARSKA Katarzyna</b>	<b>72</b>	SGB SAMO SIĘ NIE PRZEBIEGNIE	K-30	15	01:01:52	01:56:41	<b>02:56:46.60</b>	<b>02:57:20.85</b>	+01:11:49 (40.5%)	8:42	6.9 (60.0%)
128	<b>SIEJKOWSKI Krzysztof</b>	<b>342</b>		M-30	42	01:00:13	01:57:10	<b>02:56:53.55</b>	<b>02:57:31.90</b>	+01:12:00 (40.6%)	8:42	6.9 (60.0%)
129	<b>JASIŃSKI Marcin</b>	<b>67</b>		M-40	44	00:59:01	01:54:34	<b>02:57:15.70</b>	<b>02:57:34.05</b>	+01:12:02 (40.6%)	8:43	6.9 (60.0%)
130	<b>PYŚKIEWICZ Jan</b>	<b>321</b>	PIEROGI ADAMUSA	M-20	11	01:05:45	02:02:01	<b>02:58:07.90</b>	<b>02:58:49.70</b>	+01:13:18 (41.0%)	8:46	6.8 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
131	<b>CHUDY Ariel</b>	<b>79</b>	R-TEAM	M-30	43	01:04:15	01:58:42	<b>02:58:21.90</b>	<b>02:59:06.05</b>	+01:13:34 (41.1%)	8:47	6.8 (59.1%)
132	<b>KUBIAK Karolina</b>	<b>358</b>	EXCALIBUR	K-40	7	01:02:55	02:00:14	<b>02:59:05.80</b>	<b>02:59:30.40</b>	+01:13:58 (41.2%)	8:49	6.8 (59.1%)
133	<b>PIĄTKOWSKI Tomasz</b>	<b>273</b>	ST RUNNERS	M-40	45	01:02:18	01:58:07	<b>02:59:39.70</b>	<b>02:59:55.00</b>	+01:14:23 (41.3%)	8:51	6.8 (59.1%)
134	<b>DOBROCHOWSKI Marek</b>	<b>2</b>	STRZEGOMSKA DWUNASTKA	M-30	44	01:00:12	01:56:43	<b>02:59:56.60</b>	<b>03:00:49.95</b>	+01:15:18 (41.6%)	8:51	6.8 (59.1%)
135	<b>ADAMSKI Piotr</b>	<b>151</b>	PKBI TEAM	M-40	46	01:04:26	01:59:05	<b>03:00:00.30</b>	<b>03:00:56.65</b>	+01:15:25 (41.7%)	8:52	6.8 (59.1%)
136	<b>KEMPA Piotr</b>	<b>455</b>		M-40	47	01:06:23		<b>03:00:11.55</b>	<b>03:00:59.50</b>	+01:15:27 (41.7%)	8:52	6.8 (59.1%)
137	<b>GOLON Marlena</b>	<b>37</b>	RUN PASJA	K-40	8	01:05:04	02:02:12	<b>03:00:48.75</b>	<b>03:01:01.40</b>	+01:15:29 (41.7%)	8:54	6.7 (58.3%)
138	<b>FRAŃSKI Łukasz</b>	<b>399</b>	NIBY CHYŻY	M-40	48	01:04:38	02:00:32	<b>03:01:16.15</b>	<b>03:01:49.90</b>	+01:16:18 (42.0%)	8:55	6.7 (58.3%)
139	<b>WRONA Anna</b>	<b>278</b>		K-30	16	01:04:36	02:00:59	<b>03:01:52.15</b>	<b>03:02:06.90</b>	+01:16:35 (42.1%)	8:57	6.7 (58.3%)
140	<b>KRUBA-WRÓBLEWSKA Beata</b>	<b>29</b>	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-40	9	01:04:59	02:02:08	<b>03:02:12.85</b>	<b>03:02:33.90</b>	+01:17:02 (42.2%)	8:58	6.7 (58.3%)
141	<b>SEKLECKI Bogumił</b>	<b>9</b>		M-40	49	01:01:58	01:58:07	<b>03:02:04.90</b>	<b>03:02:46.80</b>	+01:17:15 (42.3%)	8:58	6.7 (58.3%)
142	<b>MARTOWSKA Barbara</b>	<b>186</b>		K-40	10	01:01:21	01:57:58	<b>03:02:45.95</b>	<b>03:02:58.90</b>	+01:17:27 (42.3%)	9:00	6.7 (58.3%)
143	<b>LATOS Bartłomiej</b>	<b>100</b>		M-40	50	00:59:33	01:55:20	<b>03:02:29.25</b>	<b>03:03:00.75</b>	+01:17:29 (42.3%)	8:59	6.7 (58.3%)
144	<b>PAŹDZIOR Wojciech</b>	<b>515</b>	ACTIVE STRATEGY	M-30	45	01:02:09	01:59:07	<b>03:02:26.25</b>	<b>03:03:08.80</b>	+01:17:37 (42.4%)	8:59	6.7 (58.3%)
145	<b>KLIMCZAK Pawel</b>	<b>407</b>		M-40	51	01:01:22	01:59:24	<b>03:02:59.25</b>	<b>03:03:10.20</b>	+01:17:38 (42.4%)	9:00	6.7 (58.3%)
146	<b>TYŃSKA SITEK Aleksandra</b>	<b>235</b>	DROGA DO ULTRA	K-30	17	01:06:42	02:04:53	<b>03:02:46.00</b>	<b>03:03:13.75</b>	+01:17:42 (42.4%)	9:00	6.7 (58.3%)
147	<b>BADOWSKI Artur</b>	<b>236</b>		M-40	52	01:06:44		<b>03:02:45.65</b>	<b>03:03:13.85</b>	+01:17:42 (42.4%)	9:00	6.7 (58.3%)
148	<b>WIŚNIEWSKI Rafał</b>	<b>372</b>		M-30	46	01:02:14	01:59:50	<b>03:03:12.90</b>	<b>03:03:34.55</b>	+01:18:03 (42.5%)	9:01	6.6 (57.4%)
149	<b>CZUBAK Marcin</b>	<b>146</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	M-50	5	00:59:20	01:54:10	<b>03:03:13.80</b>	<b>03:03:36.50</b>	+01:18:04 (42.5%)	9:01	6.6 (57.4%)
150	<b>OTRĘBA Maciej</b>	<b>311</b>	PIEROGI ADAMUSA	M-20	12	01:05:52	02:01:46	<b>03:03:09.50</b>	<b>03:03:50.25</b>	+01:18:18 (42.6%)	9:01	6.6 (57.4%)
151	<b>BUDNY Tomasz</b>	<b>564</b>		M-40	53	01:03:14	01:59:13	<b>03:03:06.85</b>	<b>03:03:51.55</b>	+01:18:20 (42.6%)	9:01	6.7 (58.3%)
152	<b>ŚWIATOWIEC Anna</b>	<b>445</b>	IMPERIUM SPORTU	K-40	11	01:06:54	02:04:18	<b>03:03:23.65</b>	<b>03:04:16.30</b>	+01:18:44 (42.7%)	9:02	6.6 (57.4%)
153	<b>GARCZYŃSKA Ania</b>	<b>200</b>		K-40	12	01:07:40		<b>03:03:49.25</b>	<b>03:04:23.25</b>	+01:18:51 (42.8%)	9:03	6.6 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
154	<b>PAPROCKA Natalia</b>	<b>294</b>	RUDA I ŁYSY	K-40	13	01:03:27	02:02:13	<b>03:04:14.20</b>	<b>03:05:05.50</b>	+01:19:33 (43.0%)	9:04	6.6 (57.4%)
155	<b>MAJER Maja</b>	<b>130</b>	BIEGAMDLAZDROWIA.PL	K-30	18	01:05:43	02:04:58	<b>03:04:44.20</b>	<b>03:05:14.10</b>	+01:19:42 (43.0%)	9:06	6.6 (57.4%)
156	<b>NOWAK Łukasz</b>	<b>60</b>	#CZELADZBIEGA	M-30	47	01:03:36	02:02:43	<b>03:05:17.55</b>	<b>03:05:43.50</b>	+01:20:11 (43.2%)	9:07	6.6 (57.4%)
157	<b>TKACZYK Mariusz</b>	<b>252</b>		M-40	54	01:08:23		<b>03:04:53.10</b>	<b>03:05:47.85</b>	+01:20:16 (43.2%)	9:06	6.6 (57.4%)
158	<b>BEDNARZ Małgorzata</b>	<b>61</b>	OTM.B	K-40	14	01:00:38	01:57:48	<b>03:05:46.10</b>	<b>03:05:58.25</b>	+01:20:26 (43.3%)	9:09	6.6 (57.4%)
159	<b>BOROWIK Bożena</b>	<b>42</b>	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-50	1	01:05:31	02:02:13	<b>03:05:39.05</b>	<b>03:05:59.60</b>	+01:20:28 (43.3%)	9:08	6.6 (57.4%)
160	<b>JAROSZUK Ania</b>	<b>172</b>		K-30	19	01:00:39	01:59:35	<b>03:05:45.50</b>	<b>03:06:11.10</b>	+01:20:39 (43.3%)	9:09	6.6 (57.4%)
161	<b>LACHOWICZ Marta</b>	<b>129</b>	NIGHT RUNNERS WROCŁAW	K-30	20	01:03:49	02:01:16	<b>03:06:05.00</b>	<b>03:06:29.70</b>	+01:20:58 (43.4%)	9:10	6.5 (56.5%)
162	<b>FURMANIAK Mateusz</b>	<b>248</b>	HUSARIA RACE TEAM	M-30	48	01:02:34	02:02:08	<b>03:06:22.10</b>	<b>03:06:32.70</b>	+01:21:01 (43.4%)	9:10	6.5 (56.5%)
163	<b>POCHWAŁA Justyna</b>	<b>53</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	21	01:05:33	02:03:44	<b>03:06:21.05</b>	<b>03:06:35.35</b>	+01:21:03 (43.4%)	9:10	6.5 (56.5%)
164	<b>KOSMALSKI Rafał</b>	<b>525</b>		M-40	55	01:08:50	02:06:32	<b>03:06:04.90</b>	<b>03:06:49.80</b>	+01:21:18 (43.5%)	9:10	6.5 (56.5%)
165	<b>SKRĘTEK Monika</b>	<b>103</b>	BIEGAMDLAZDROWIA. PL	K-40	15	01:06:48	02:05:52	<b>03:06:24.20</b>	<b>03:06:59.35</b>	+01:21:27 (43.6%)	9:10	6.5 (56.5%)
166	<b>MACKIEWICZ Magdalena</b>	<b>20</b>	DŁUGOBIEGANIE	K-40	16	01:04:22	02:03:16	<b>03:06:55.45</b>	<b>03:07:03.95</b>	+01:21:32 (43.6%)	9:12	6.5 (56.5%)
167	<b>BADOWSKI Sebastian</b>	<b>142</b>	ZAWONIA TEAM	M-40	56	00:58:44	01:58:57	<b>03:06:38.70</b>	<b>03:07:05.75</b>	+01:21:34 (43.6%)	9:11	6.5 (56.5%)
168	<b>ROKOSZ Robert</b>	<b>324</b>	BBKTS	M-30	49	01:05:12	02:02:49	<b>03:06:35.50</b>	<b>03:07:14.10</b>	+01:21:42 (43.6%)	9:11	6.5 (56.5%)
169	<b>WIENCIS Małgorzata</b>	<b>209</b>	RAZ SZCZECIN	K-40	17	01:06:45	02:04:14	<b>03:06:59.70</b>	<b>03:07:19.20</b>	+01:21:47 (43.7%)	9:12	6.5 (56.5%)
170	<b>IWANOWSKI Wojtek</b>	<b>249</b>	OPOLE G.R.U.	M-40	57	01:06:41	02:05:42	<b>03:06:47.95</b>	<b>03:07:22.15</b>	+01:21:50 (43.7%)	9:12	6.5 (56.5%)
171	<b>BELOWSKI Dariusz</b>	<b>241</b>		M-50	6	01:09:27	02:06:51	<b>03:07:10.90</b>	<b>03:07:41.40</b>	+01:22:09 (43.8%)	9:13	6.5 (56.5%)
172	<b>BŁOŃSKI Piotr</b>	<b>340</b>		M-50	7	01:01:30	02:03:14	<b>03:07:56.60</b>	<b>03:08:03.45</b>	+01:22:31 (43.9%)	9:15	6.5 (56.5%)
173	<b>BISKUPSKI Jakub</b>	<b>362</b>		M-40	58	01:09:10	02:06:39	<b>03:07:33.50</b>	<b>03:08:20.85</b>	+01:22:49 (44.0%)	9:14	6.5 (56.5%)
174	<b>SURGIEL Dariusz</b>	<b>464</b>		M-50	8	01:08:32		<b>03:07:32.85</b>	<b>03:08:21.15</b>	+01:22:49 (44.0%)	9:14	6.5 (56.5%)
175	<b>OGÓRKIEWICZ Michał</b>	<b>421</b>		M-40	59	01:10:06		<b>03:07:48.10</b>	<b>03:08:41.85</b>	+01:23:10 (44.1%)	9:15	6.5 (56.5%)
176	<b>SASIN Marek</b>	<b>148</b>		M-40	60	01:05:20	02:04:06	<b>03:08:25.90</b>	<b>03:08:58.60</b>	+01:23:27 (44.2%)	9:16	6.5 (56.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
177	<b>GĘSIAREK Grzegorz</b>	<b>74</b>		M-40	61	01:02:04	01:59:44	<b>03:08:40.30</b>	<b>03:09:00.60</b>	+01:23:29 (44.2%)	9:17	6.5 (56.5%)
178	<b>IWANIEC-KOPACZEWSKA Anna</b>	<b>456</b>	WITKOWO BIEGA	K-40	18	01:08:49	02:07:08	<b>03:09:20.85</b>	<b>03:09:37.50</b>	+01:24:05 (44.4%)	9:19	6.4 (55.7%)
179	<b>KALISZ Rafał</b>	<b>383</b>	SKURCZE ŁYDEK	M-40	62	01:09:36	02:07:36	<b>03:08:52.75</b>	<b>03:09:41.90</b>	+01:24:10 (44.4%)	9:18	6.4 (55.7%)
180	<b>SASIN Dariusz</b>	<b>153</b>		M-20	13	01:05:16	02:04:10	<b>03:09:36.65</b>	<b>03:10:08.90</b>	+01:24:37 (44.5%)	9:20	6.4 (55.7%)
181	<b>JAWORSKI Marcin</b>	<b>134</b>		M-40	63	01:03:36	02:03:07	<b>03:09:57.75</b>	<b>03:10:22.35</b>	+01:24:50 (44.6%)	9:21	6.4 (55.7%)
182	<b>ADAMCZYK Wojciech</b>	<b>144</b>	WEST COAST RUNNERS CYPRUS	M-50	9	01:01:59	02:00:32	<b>03:10:00.15</b>	<b>03:10:37.60</b>	+01:25:06 (44.6%)	9:21	6.4 (55.7%)
183	<b>MIKOŁAJCZYK Sławomir</b>	<b>139</b>		M-30	50	01:06:22	02:05:37	<b>03:10:14.90</b>	<b>03:10:47.75</b>	+01:25:16 (44.7%)	9:22	6.4 (55.7%)
184	<b>ROLIŃSKI Radosław</b>	<b>191</b>		M-40	64	01:03:37	02:03:12	<b>03:10:23.80</b>	<b>03:10:49.00</b>	+01:25:17 (44.7%)	9:22	6.4 (55.7%)
185	<b>KUCHARSKA Aleksandra</b>	<b>490</b>	DREAM RUN	K-30	22	01:09:59		<b>03:10:41.00</b>	<b>03:10:57.75</b>	+01:25:26 (44.7%)	9:23	6.4 (55.7%)
186	<b>WOŹNIAK Łukasz</b>	<b>363</b>	NIGHT RUNNERS	M-30	51	01:08:55	02:10:56	<b>03:10:32.05</b>	<b>03:11:06.55</b>	+01:25:35 (44.8%)	9:23	6.4 (55.7%)
187	<b>ULIKOWSKA Martyna</b>	<b>505</b>	ZAŁOGA GÓRSKA	K-20	9	01:04:26	02:04:34	<b>03:10:44.45</b>	<b>03:11:15.30</b>	+01:25:43 (44.8%)	9:23	6.4 (55.7%)
188	<b>SZKWAREK Anna</b>	<b>426</b>		K-40	19	01:06:19	02:07:44	<b>03:11:18.85</b>	<b>03:11:32.85</b>	+01:26:01 (44.9%)	9:25	6.4 (55.7%)
189	<b>WALA Patryk</b>	<b>506</b>	ZAŁOGA GÓRSKA	M-20	14	01:01:27		<b>03:11:18.00</b>	<b>03:11:34.45</b>	+01:26:02 (44.9%)	9:25	6.4 (55.7%)
190	<b>KAZIMIERCZAK Filip</b>	<b>458</b>		M-30	52	01:05:36	02:05:31	<b>03:11:45.90</b>	<b>03:11:57.50</b>	+01:26:25 (45.0%)	9:26	6.4 (55.7%)
191	<b>PIDANTY Grzegorz</b>	<b>96</b>	STRZEGOM	M-40	65	01:06:27	02:07:55	<b>03:11:47.80</b>	<b>03:12:42.35</b>	+01:27:10 (45.2%)	9:26	6.4 (55.7%)
192	<b>DYCZKA Jakub</b>	<b>256</b>		M-20	15	01:07:19	02:08:30	<b>03:11:49.85</b>	<b>03:12:47.30</b>	+01:27:15 (45.3%)	9:26	6.3 (54.8%)
193	<b>ZIELIŃSKA Mirona</b>	<b>49</b>	NIGHT RUNNERS WROCLAW	K-40	20	01:05:34	01:31:53	<b>03:12:29.55</b>	<b>03:12:52.70</b>	+01:27:21 (45.3%)	9:28	6.3 (54.8%)
194	<b>SUCHENIA Daniel</b>	<b>295</b>		M-40	66	01:12:37		<b>03:12:16.55</b>	<b>03:13:11.00</b>	+01:27:39 (45.4%)	9:28	6.3 (54.8%)
195	<b>LECH Marcin</b>	<b>308</b>		M-30	53	01:08:44	02:08:39	<b>03:12:31.45</b>	<b>03:13:13.90</b>	+01:27:42 (45.4%)	9:29	6.3 (54.8%)
196	<b>BARAŃSKA Aleksandra</b>	<b>518</b>		K-20	10	01:01:56		<b>03:13:14.20</b>	<b>03:13:24.95</b>	+01:27:53 (45.4%)	9:31	6.3 (54.8%)
197	<b>OLBRYCHOWSKA Małgorzata</b>	<b>87</b>		K-30	23	01:10:35	02:09:03	<b>03:12:56.05</b>	<b>03:13:25.05</b>	+01:27:53 (45.4%)	9:30	6.3 (54.8%)
198	<b>STEPANIUK Agneiszka</b>	<b>527</b>	ASICS FRONTRUNNER POLAND	K-30	24	01:02:57	02:05:30	<b>03:13:26.70</b>	<b>03:13:49.25</b>	+01:28:17 (45.6%)	9:31	6.3 (54.8%)
199	<b>FONFERKO Daria</b>	<b>404</b>	GRUPA BIEGOWA 'BEZ GRANIC'	K-30	25	01:06:40	02:06:45	<b>03:13:42.15</b>	<b>03:14:16.15</b>	+01:28:44 (45.7%)	9:32	6.3 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
200	<b>ABRAMCZYK Marta</b>	<b>323</b>	HUSARIA RACE TEAM	K-20	11	01:05:10	02:05:47	<b>03:14:02.65</b>	<b>03:14:20.40</b>	+01:28:48 (45.7%)	9:33	6.3 (54.8%)
201	<b>TAPEREK Mariusz</b>	<b>296</b>	HUSARIA RACE TEAM	M-40	67	01:05:10	02:05:38	<b>03:14:03.00</b>	<b>03:14:21.10</b>	+01:28:49 (45.7%)	9:33	6.3 (54.8%)
202	<b>STARUCH Sylwia</b>	<b>123</b>		K-30	26	01:09:22	02:09:25	<b>03:14:05.55</b>	<b>03:14:21.65</b>	+01:28:50 (45.7%)	9:33	6.3 (54.8%)
203	<b>STYCZEŃ Ewelina</b>	<b>239</b>	CK_BABCIEWOŻNIAKRUNNINGTEAM	K-30	27	01:09:35	02:10:13	<b>03:14:04.00</b>	<b>03:14:23.00</b>	+01:28:51 (45.7%)	9:33	6.3 (54.8%)
204	<b>KOŁODZIEJCZYK Adam</b>	<b>246</b>	#CZELADZBIEGA	M-30	54	01:01:25	02:01:04	<b>03:13:57.95</b>	<b>03:14:23.85</b>	+01:28:52 (45.7%)	9:33	6.3 (54.8%)
205	<b>GAŁĘSKA Katarzyna</b>	<b>300</b>	DZIKIE MAŁŻONY	K-30	28	01:13:37	02:12:54	<b>03:13:54.90</b>	<b>03:14:27.25</b>	+01:28:55 (45.7%)	9:33	6.3 (54.8%)
206	<b>ANTKOWIAK Monika</b>	<b>301</b>	DZIKIE MAŁŻONY	K-30	29	01:14:30		<b>03:13:55.30</b>	<b>03:14:27.65</b>	+01:28:56 (45.7%)	9:33	6.3 (54.8%)
207	<b>PARYSEK Arkadiusz</b>	<b>466</b>		M-40	68	01:08:00	02:07:41	<b>03:13:58.75</b>	<b>03:14:29.70</b>	+01:28:58 (45.7%)	9:33	6.3 (54.8%)
208	<b>KAŻMIERCZAK-MOLIK Anna</b>	<b>56</b>	MMA DEVIL MIĘDZYCHÓD / WKURW_TEAM	K-30	30	01:08:18	02:10:03	<b>03:13:58.00</b>	<b>03:14:30.95</b>	+01:28:59 (45.7%)	9:33	6.3 (54.8%)
209	<b>BIELECKI Mariusz</b>	<b>325</b>	#CZELADZBIEGA	M-50	10	01:05:32	02:03:58	<b>03:14:02.75</b>	<b>03:14:39.15</b>	+01:29:07 (45.8%)	9:33	6.3 (54.8%)
210	<b>KARCZYŃSKA Eliza</b>	<b>287</b>	MUD GOATS	K-30	31	01:01:24	01:52:27	<b>03:14:53.20</b>	<b>03:15:00.75</b>	+01:29:29 (45.9%)	9:36	6.2 (53.9%)
211	<b>POMIANOWSKI Szymon</b>	<b>95</b>	KURACJUSZE	M-30	55	01:08:17	02:09:54	<b>03:14:12.35</b>	<b>03:15:02.00</b>	+01:29:30 (45.9%)	9:34	6.3 (54.8%)
212	<b>PAWLACZYK Tomasz</b>	<b>231</b>		M-40	69	01:08:54	02:08:39	<b>03:14:26.20</b>	<b>03:15:16.70</b>	+01:29:45 (46.0%)	9:34	6.3 (54.8%)
213	<b>SKRZYPIŃSKI Arkadiusz</b>	<b>375</b>	PSI PATROL	M-40	70	01:08:24	02:09:19	<b>03:14:50.85</b>	<b>03:15:21.70</b>	+01:29:50 (46.0%)	9:35	6.3 (54.8%)
214	<b>NOWICKA Anna</b>	<b>157</b>	PKO BANK POLSKI S.A.	K-30	32	01:05:48	02:11:22	<b>03:15:25.80</b>	<b>03:15:32.35</b>	+01:30:00 (46.0%)	9:37	6.2 (53.9%)
215	<b>BUJAK Marek</b>	<b>453</b>	#CZELADZBIEGA	M-40	71	01:08:42	02:07:32	<b>03:14:52.50</b>	<b>03:15:34.10</b>	+01:30:02 (46.0%)	9:36	6.2 (53.9%)
216	<b>OKRASKA Grzegorz</b>	<b>258</b>		M-30	56	01:08:52		<b>03:14:51.70</b>	<b>03:15:34.85</b>	+01:30:03 (46.0%)	9:35	6.3 (54.8%)
217	<b>TELEŃCZUK Tomasz</b>	<b>384</b>	SZYBKIE STOPY	M-40	72	01:02:20	02:04:36	<b>03:16:17.10</b>	<b>03:16:25.90</b>	+01:30:54 (46.3%)	9:40	6.2 (53.9%)
218	<b>PYREK Iwona</b>	<b>23</b>		K-30	33	01:08:25	02:10:47	<b>03:16:10.45</b>	<b>03:16:32.40</b>	+01:31:00 (46.3%)	9:39	6.2 (53.9%)
219	<b>PYREK Krzysztof</b>	<b>1</b>	1 RBLOG	M-30	57	01:08:23	02:10:25	<b>03:16:11.25</b>	<b>03:16:32.70</b>	+01:31:01 (46.3%)	9:39	6.2 (53.9%)
220	<b>EWERT-KRZEMIENIEWSKA Katarzyna</b>	<b>302</b>		K-30	34	01:05:43	02:08:47	<b>03:16:23.15</b>	<b>03:16:41.45</b>	+01:31:09 (46.3%)	9:40	6.2 (53.9%)
221	<b>SMOCZEK Marlena</b>	<b>156</b>		K-40	21	01:06:48	02:08:10	<b>03:16:21.35</b>	<b>03:16:43.20</b>	+01:31:11 (46.4%)	9:40	6.2 (53.9%)
222	<b>KOMOROWSKA Monika</b>	<b>17</b>	DOBROMIEJSKI KLUB BIEGACZA ODCISK	K-40	22	01:07:22	02:09:01	<b>03:16:22.85</b>	<b>03:16:43.95</b>	+01:31:12 (46.4%)	9:40	6.2 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
223	<b>PASŁAWSKA Olga</b>	<b>119</b>	PRZEBIEGA.PL	K-30	35	01:08:15	02:08:39	<b>03:16:52.45</b>	<b>03:17:05.50</b>	+01:31:33 (46.5%)	9:41	6.2 (53.9%)
224	<b>MATYJA Grzegorz</b>	<b>370</b>		M-40	73	01:15:29	02:13:23	<b>03:16:08.65</b>	<b>03:17:06.25</b>	+01:31:34 (46.5%)	9:39	6.2 (53.9%)
225	<b>FIJAK Karolina</b>	<b>219</b>		K-30	36	01:10:34	02:11:39	<b>03:16:41.65</b>	<b>03:17:07.65</b>	+01:31:36 (46.5%)	9:41	6.2 (53.9%)
226	<b>DĘBICKI Adrian</b>	<b>122</b>	FENIKS LEGNICA	M-40	74	01:13:43		<b>03:16:13.85</b>	<b>03:17:11.10</b>	+01:31:39 (46.5%)	9:40	6.2 (53.9%)
227	<b>WINCZURA Leszek</b>	<b>158</b>		M-40	75	01:13:10	02:16:29	<b>03:17:01.35</b>	<b>03:17:43.20</b>	+01:32:11 (46.6%)	9:42	6.2 (53.9%)
228	<b>FRYDRYCKI Dariusz</b>	<b>159</b>		M-40	76	01:14:49	02:13:12	<b>03:16:52.85</b>	<b>03:17:48.80</b>	+01:32:17 (46.7%)	9:41	6.2 (53.9%)
229	<b>SZYMAŃSKA Jolanta</b>	<b>547</b>		K-30	37	01:08:34	02:11:06	<b>03:18:18.15</b>	<b>03:18:32.65</b>	+01:33:01 (46.9%)	9:46	6.1 (53.0%)
230	<b>DOŁASIŃSKI Jarek</b>	<b>154</b>	RUNATTACK CHOCIANÓW	M-30	58	01:08:27		<b>03:17:56.65</b>	<b>03:18:40.60</b>	+01:33:09 (46.9%)	9:45	6.2 (53.9%)
231	<b>ŁÓJ-KONIECZNA Edyta</b>	<b>339</b>	INFINITY GYM	K-40	23	01:08:47		<b>03:18:09.05</b>	<b>03:18:40.75</b>	+01:33:09 (46.9%)	9:45	6.1 (53.0%)
232	<b>KWIATKOWSKA Zuzanna</b>	<b>542</b>		K-40	24	01:07:37	02:09:55	<b>03:18:52.05</b>	<b>03:19:02.80</b>	+01:33:31 (47.0%)	9:47	6.1 (53.0%)
233	<b>GUSTA Dominik</b>	<b>412</b>		M-40	77	01:10:18	02:11:23	<b>03:18:18.90</b>	<b>03:19:07.35</b>	+01:33:35 (47.0%)	9:46	6.1 (53.0%)
234	<b>BUSS Jakub</b>	<b>31</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	M-40	78	01:08:51	02:10:01	<b>03:18:33.60</b>	<b>03:19:13.60</b>	+01:33:42 (47.0%)	9:46	6.1 (53.0%)
235	<b>SZYMCZAK Marcin</b>	<b>198</b>		M-40	79	01:09:54	02:10:45	<b>03:18:26.15</b>	<b>03:19:16.05</b>	+01:33:44 (47.0%)	9:46	6.1 (53.0%)
236	<b>WACHOWSKA Katarzyna</b>	<b>545</b>	SMOK TRÓJGŁOWY	K-30	38	01:12:35	02:15:47	<b>03:19:11.55</b>	<b>03:19:30.30</b>	+01:33:58 (47.1%)	9:48	6.1 (53.0%)
237	<b>PACIOREK Paweł</b>	<b>436</b>	BIEGAJ POD OKIEM TRENERA	M-30	59	01:04:27	02:07:50	<b>03:19:45.20</b>	<b>03:19:51.05</b>	+01:34:19 (47.2%)	9:50	6.1 (53.0%)
238	<b>FARION Marzena</b>	<b>117</b>	THE FARIONS	K-30	39	01:10:44	02:13:28	<b>03:19:24.20</b>	<b>03:20:19.50</b>	+01:34:47 (47.3%)	9:49	6.1 (53.0%)
239	<b>RADECKI Adam</b>	<b>430</b>		M-30	60	01:10:45	02:13:31	<b>03:19:25.05</b>	<b>03:20:19.70</b>	+01:34:48 (47.3%)	9:49	6.1 (53.0%)
240	<b>DURNOWSKI Paweł</b>	<b>329</b>		M-30	61	01:10:46	02:12:14	<b>03:19:37.40</b>	<b>03:20:24.00</b>	+01:34:52 (47.3%)	9:50	6.1 (53.0%)
241	<b>BABICKA Sylwia</b>	<b>149</b>		K-40	25	01:12:49	02:14:35	<b>03:20:51.85</b>	<b>03:21:11.35</b>	+01:35:39 (47.5%)	9:53	6.1 (53.0%)
242	<b>BORUTA Marcin</b>	<b>106</b>	#CZELADZBIEGA	M-40	80	01:07:23	02:10:10	<b>03:20:49.20</b>	<b>03:21:14.10</b>	+01:35:42 (47.6%)	9:53	6.1 (53.0%)
243	<b>KRAWIEC Piotr</b>	<b>263</b>	KOTWICA BRZEG	M-30	62	01:10:54		<b>03:20:50.90</b>	<b>03:21:27.05</b>	+01:35:55 (47.6%)	9:53	6.1 (53.0%)
244	<b>GRABOWICZ Paweł</b>	<b>196</b>		M-40	81	01:14:17	02:18:22	<b>03:20:34.05</b>	<b>03:21:29.40</b>	+01:35:57 (47.6%)	9:52	6.1 (53.0%)
245	<b>JASICKI Krzysztof</b>	<b>331</b>		M-30	63	01:08:47		<b>03:21:25.50</b>	<b>03:21:38.25</b>	+01:36:06 (47.7%)	9:55	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
246	<b>LIBERACKA-KOPYTEK Ewa</b>	<b>298</b>	DZIKIE MAŁŻONY	K-30	40	01:13:36		<b>03:21:25.05</b>	<b>03:21:58.30</b>	+01:36:26 (47.8%)	9:55	6 (52.2%)
247	<b>DUNAL Tomasz</b>	<b>343</b>	SZ JAK GEPARD	M-20	16	01:12:39	02:11:50	<b>03:21:09.60</b>	<b>03:21:59.40</b>	+01:36:27 (47.8%)	9:54	6.1 (53.0%)
248	<b>SZYCH Katarzyna</b>	<b>83</b>	RAZ-SZCZECIN	K-40	26	01:08:53	02:10:09	<b>03:21:44.30</b>	<b>03:22:04.40</b>	+01:36:32 (47.8%)	9:56	6 (52.2%)
249	<b>PUZICKI Tomasz</b>	<b>551</b>		M-40	82	01:02:29	02:06:33	<b>03:22:02.80</b>	<b>03:22:08.20</b>	+01:36:36 (47.8%)	9:57	6 (52.2%)
250	<b>ŁAŻEWSKA Sylwia</b>	<b>27</b>		K-40	27	01:06:14	02:11:17	<b>03:21:56.75</b>	<b>03:22:11.05</b>	+01:36:39 (47.8%)	9:56	6 (52.2%)
251	<b>CHROSTEK Dorota</b>	<b>415</b>		K-40	28	01:10:18	02:12:37	<b>03:21:25.00</b>	<b>03:22:18.35</b>	+01:36:46 (47.8%)	9:55	6 (52.2%)
252	<b>CHROSTEK Adam</b>	<b>417</b>		M-40	83	01:10:20	02:12:35	<b>03:21:26.70</b>	<b>03:22:20.85</b>	+01:36:49 (47.8%)	9:55	6 (52.2%)
253	<b>FIJAK Remigiusz</b>	<b>220</b>		M-30	64	01:12:14	02:13:24	<b>03:22:22.75</b>	<b>03:22:49.30</b>	+01:37:17 (48.0%)	9:58	6 (52.2%)
254	<b>CHOLEWIŃSKI Wojciech</b>	<b>66</b>	HERNIK TEAM	M-50	11	01:08:12	02:13:41	<b>03:22:41.45</b>	<b>03:22:54.20</b>	+01:37:22 (48.0%)	9:59	6 (52.2%)
255	<b>NAPIERAŁA Marcin</b>	<b>361</b>	PIĄTKOWO NA BIEGOWO	M-30	65	01:09:07	02:20:44	<b>03:22:36.70</b>	<b>03:22:58.65</b>	+01:37:27 (48.0%)	9:58	6 (52.2%)
256	<b>MAK Hubert</b>	<b>442</b>		M-40	84	01:10:04	02:12:21	<b>03:22:23.60</b>	<b>03:23:07.40</b>	+01:37:35 (48.0%)	9:58	6 (52.2%)
257	<b>LEWANDOWSKA Ewelina</b>	<b>204</b>	NIGHT RUNNERS WROCŁAW	K-30	41	01:14:01		<b>03:22:54.50</b>	<b>03:23:19.10</b>	+01:37:47 (48.1%)	9:59	6 (52.2%)
258	<b>NAJDEK Michał</b>	<b>192</b>	CAPGEMINI	M-20	17	01:06:58	02:12:09	<b>03:23:22.00</b>	<b>03:23:30.00</b>	+01:37:58 (48.1%)	10:01	6 (52.2%)
259	<b>GIEMZA Ewelina</b>	<b>254</b>	MIODOWICE.PL	K-30	42	01:10:10	02:12:31	<b>03:22:55.25</b>	<b>03:23:33.40</b>	+01:38:01 (48.2%)	9:59	6 (52.2%)
260	<b>MIERNICKI Tomasz</b>	<b>267</b>	GRUPA BIEGOWA CHTMO	M-50	12	01:12:03		<b>03:23:24.85</b>	<b>03:23:45.55</b>	+01:38:14 (48.2%)	10:01	6 (52.2%)
261	<b>BELOWSKA Anna</b>	<b>240</b>		K-40	29	01:13:22	02:17:10	<b>03:23:27.90</b>	<b>03:23:59.35</b>	+01:38:27 (48.3%)	10:01	6 (52.2%)
262	<b>GAPSKI Piotr</b>	<b>524</b>	LOFTTEAMEXTREME	M-30	66	01:14:30		<b>03:23:40.10</b>	<b>03:24:23.75</b>	+01:38:52 (48.4%)	10:01	6 (52.2%)
263	<b>NOWACZYK Dominika</b>	<b>485</b>	HUSARIA RACE TEAM	K-20	12	01:06:07		<b>03:24:18.25</b>	<b>03:24:27.50</b>	+01:38:55 (48.4%)	10:03	6 (52.2%)
264	<b>KOŚKA Aleksandra</b>	<b>226</b>	HUSARIA RACE TEAM	K-20	13	01:06:12	02:12:36	<b>03:24:17.95</b>	<b>03:24:27.70</b>	+01:38:56 (48.4%)	10:03	6 (52.2%)
265	<b>ŚWIĄTEK Agnieszka</b>	<b>432</b>		K-20	14	01:13:52	02:16:43	<b>03:23:39.20</b>	<b>03:24:30.65</b>	+01:38:59 (48.4%)	10:01	6 (52.2%)
265	<b>PURWIN Karolina</b>	<b>431</b>		K-20	15	01:13:50	02:16:46	<b>03:23:38.45</b>	<b>03:24:30.65</b>	+01:38:59 (48.4%)	10:01	6 (52.2%)
267	<b>SZYMAŃSKA Karolina</b>	<b>137</b>		K-30	43	01:13:18	02:17:20	<b>03:24:24.20</b>	<b>03:24:53.00</b>	+01:39:21 (48.5%)	10:04	6 (52.2%)
268	<b>MICHAŁOWSKI Marcin</b>	<b>19</b>		M-30	67	01:09:51	02:13:09	<b>03:24:10.65</b>	<b>03:25:02.45</b>	+01:39:30 (48.5%)	10:03	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
269	<b>BEDNAREK Dariusz</b>	<b>385</b>		M-40	85	01:13:18		<b>03:24:28.50</b>	<b>03:25:12.25</b>	+01:39:40 (48.6%)	10:04	6 (52.2%)
270	<b>NOWICKA Katarzyna</b>	<b>115</b>		K-40	30	01:08:47	02:13:14	<b>03:25:06.85</b>	<b>03:25:13.20</b>	+01:39:41 (48.6%)	10:06	5.9 (51.3%)
271	<b>NOWICKI Szymon</b>	<b>335</b>		M-20	18	01:10:28	02:12:19	<b>03:24:40.85</b>	<b>03:25:15.35</b>	+01:39:43 (48.6%)	10:04	6 (52.2%)
272	<b>CHOJECKA Agnieszka</b>	<b>108</b>		K-40	31	01:08:49	02:13:10	<b>03:25:09.15</b>	<b>03:25:17.00</b>	+01:39:45 (48.6%)	10:06	5.9 (51.3%)
273	<b>STRAMEK Łukasz</b>	<b>501</b>		M-30	68	01:09:17	02:13:52	<b>03:25:06.35</b>	<b>03:25:23.85</b>	+01:39:52 (48.6%)	10:06	5.9 (51.3%)
274	<b>BRZEZIŃSKA Marta</b>	<b>21</b>		K-40	32	01:12:49	02:13:46	<b>03:25:16.25</b>	<b>03:25:56.85</b>	+01:40:25 (48.8%)	10:06	5.9 (51.3%)
275	<b>LEŚNIEWSKI Sławomir</b>	<b>280</b>		M-50	13	01:05:35	02:08:02	<b>03:26:05.30</b>	<b>03:26:23.60</b>	+01:40:52 (48.9%)	10:09	5.9 (51.3%)
276	<b>MARCINKIEWICZ Jerzy</b>	<b>99</b>		M-50	14	01:07:31	02:11:37	<b>03:26:15.05</b>	<b>03:26:30.15</b>	+01:40:58 (48.9%)	10:09	5.9 (51.3%)
277	<b>PRZEMYSŁAW Żelobowski</b>	<b>441</b>		M-30	69	01:09:20	02:17:21	<b>03:26:02.70</b>	<b>03:26:42.10</b>	+01:41:10 (48.9%)	10:09	5.9 (51.3%)
278	<b>STEC Aneta</b>	<b>8</b>	FCMISIENIECHCE	K-30	44	01:13:34		<b>03:26:06.25</b>	<b>03:26:47.00</b>	+01:41:15 (49.0%)	10:09	5.9 (51.3%)
279	<b>BŁACHNIO Krzysztof</b>	<b>33</b>	RAZ SZCZECIN	M-50	15	01:06:46	02:10:12	<b>03:26:55.35</b>	<b>03:27:11.30</b>	+01:41:39 (49.1%)	10:11	5.9 (51.3%)
280	<b>ANTKOWIAK Katarzyna</b>	<b>484</b>		K-40	33	01:10:32	02:14:45	<b>03:27:22.25</b>	<b>03:27:28.60</b>	+01:41:57 (49.1%)	10:12	5.9 (51.3%)
281	<b>BRANIEWSKA Paulina</b>	<b>392</b>		K-20	16	01:06:55	02:13:13	<b>03:27:17.50</b>	<b>03:27:38.05</b>	+01:42:06 (49.2%)	10:12	5.9 (51.3%)
282	<b>KĘPSKI Grzegorz</b>	<b>62</b>		M-30	70	01:06:52	02:11:39	<b>03:27:28.65</b>	<b>03:27:58.10</b>	+01:42:26 (49.3%)	10:13	5.9 (51.3%)
283	<b>SIWIASZCZYK Tomasz</b>	<b>376</b>		M-40	86	01:14:19	02:16:22	<b>03:27:20.05</b>	<b>03:28:01.40</b>	+01:42:29 (49.3%)	10:12	5.9 (51.3%)
284	<b>DOJS Aleksandra</b>	<b>511</b>		K-30	45	01:17:06	02:20:31	<b>03:27:56.80</b>	<b>03:28:33.40</b>	+01:43:01 (49.4%)	10:14	5.9 (51.3%)
285	<b>KRUSZYNA Adam</b>	<b>354</b>	-	M-50	16	01:07:38	02:11:42	<b>03:28:19.95</b>	<b>03:28:35.05</b>	+01:43:03 (49.4%)	10:15	5.8 (50.4%)
286	<b>ODOLIŃSKA Agnieszka</b>	<b>34</b>	PSZCZÓŁKOWSKI TEAM	K-40	34	01:10:13	02:16:43	<b>03:28:04.50</b>	<b>03:28:41.50</b>	+01:43:09 (49.4%)	10:14	5.9 (51.3%)
287	<b>BUDNY Aleksandra</b>	<b>402</b>		K-40	35	01:13:41	02:18:38	<b>03:28:48.60</b>	<b>03:29:25.65</b>	+01:43:54 (49.6%)	10:17	5.8 (50.4%)
288	<b>STAŃCZYK Sławomir</b>	<b>367</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	71	01:17:12	02:22:25	<b>03:28:33.95</b>	<b>03:29:28.10</b>	+01:43:56 (49.6%)	10:16	5.8 (50.4%)
289	<b>OLESZEK Krzysztof</b>	<b>549</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-30	72	01:16:40	02:22:33	<b>03:28:32.95</b>	<b>03:29:28.70</b>	+01:43:57 (49.6%)	10:16	5.8 (50.4%)
290	<b>KRUPA Daniel</b>	<b>352</b>	STARGARD.JA SIĘ NIE ŚCIGAM.	M-40	87	01:16:41	02:22:28	<b>03:28:39.45</b>	<b>03:29:32.90</b>	+01:44:01 (49.6%)	10:16	5.8 (50.4%)
291	<b>SZCZEPAŃSKA Anna</b>	<b>277</b>	CZERWONAK BIEGA	K-40	36	01:11:54	02:18:26	<b>03:29:16.35</b>	<b>03:29:33.50</b>	+01:44:01 (49.6%)	10:18	5.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
292	<b>SIANKIEWICZ Marzena</b>	<b>495</b>	CZERWONAK BIEGA	K-40	37	01:08:52	02:12:44	<b>03:29:21.25</b>	<b>03:29:33.80</b>	+01:44:02 (49.6%)	10:18	5.8 (50.4%)
293	<b>ANUSZ Roksana</b>	<b>77</b>	ŻARÓW BIEGA	K-30	46	01:09:10	02:12:21	<b>03:29:14.80</b>	<b>03:29:36.75</b>	+01:44:05 (49.7%)	10:18	5.8 (50.4%)
294	<b>ŁADOŃSKI Ryszard</b>	<b>259</b>	PRO-RUN WROCŁAW	M-60	1	01:00:53	02:07:14	<b>03:29:32.70</b>	<b>03:29:37.55</b>	+01:44:06 (49.7%)	10:19	5.8 (50.4%)
295	<b>SKRZYPIEC Karol</b>	<b>80</b>	ŻARÓW BIEGA	M-30	73	01:09:11	02:12:13	<b>03:29:15.90</b>	<b>03:29:37.60</b>	+01:44:06 (49.7%)	10:18	5.8 (50.4%)
296	<b>BAJOŁEK Aleksandra</b>	<b>126</b>	NIGHT RUNNERS	K-50	2	01:09:19	02:17:06	<b>03:29:15.85</b>	<b>03:29:39.40</b>	+01:44:07 (49.7%)	10:18	5.8 (50.4%)
297	<b>MONASTYRSKYI Mykola</b>	<b>232</b>		M-30	74	01:13:18	02:17:22	<b>03:29:10.60</b>	<b>03:29:40.50</b>	+01:44:08 (49.7%)	10:18	5.8 (50.4%)
298	<b>BOROWCZYK Andrzej</b>	<b>124</b>		M-40	88	01:05:22	02:13:43	<b>03:29:45.60</b>	<b>03:29:59.30</b>	+01:44:27 (49.7%)	10:20	5.8 (50.4%)
299	<b>WRÓBLEWSKA Olga</b>	<b>349</b>	VEGE RUNNERS	K-40	38	01:14:22	02:19:34	<b>03:29:12.85</b>	<b>03:30:00.80</b>	+01:44:29 (49.8%)	10:18	5.8 (50.4%)
300	<b>MARCZEWSKI Marcin</b>	<b>326</b>	RESILIA BEMOWO	M-40	89	01:11:23	02:17:06	<b>03:29:14.10</b>	<b>03:30:06.40</b>	+01:44:34 (49.8%)	10:18	5.8 (50.4%)
301	<b>JANCZAK Piotr</b>	<b>315</b>		M-40	90	01:08:54	02:11:41	<b>03:30:34.05</b>	<b>03:30:55.25</b>	+01:45:23 (50.0%)	10:22	5.8 (50.4%)
302	<b>POKROP Agnieszka</b>	<b>68</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	47	01:16:14	02:20:14	<b>03:32:06.25</b>	<b>03:32:20.90</b>	+01:46:49 (50.3%)	10:26	5.7 (49.6%)
303	<b>PAWLAK Małgorzata</b>	<b>274</b>		K-40	39	01:12:21	02:18:36	<b>03:31:54.60</b>	<b>03:32:21.15</b>	+01:46:49 (50.3%)	10:26	5.7 (49.6%)
304	<b>ISASI Gorka</b>	<b>523</b>	BILBAO	M-40	91	01:09:57	02:16:29	<b>03:31:36.25</b>	<b>03:32:21.95</b>	+01:46:50 (50.3%)	10:25	5.8 (50.4%)
305	<b>ZYCHOWICZ Paweł</b>	<b>243</b>	OTM.B	M-40	92	01:09:15	02:15:24	<b>03:33:00.00</b>	<b>03:33:13.40</b>	+01:47:41 (50.5%)	10:29	5.7 (49.6%)
306	<b>TYRAŁA Gaweł</b>	<b>395</b>		M-30	75	01:14:45	02:19:35	<b>03:32:52.80</b>	<b>03:33:36.25</b>	+01:48:04 (50.6%)	10:29	5.7 (49.6%)
307	<b>RĘBECKA Violetta</b>	<b>52</b>	BIEGAMDLAZDROWIA.PL	K-40	40	01:11:50	02:19:17	<b>03:33:33.50</b>	<b>03:34:08.15</b>	+01:48:36 (50.7%)	10:31	5.7 (49.6%)
308	<b>KORZENIOWSKI Krzysztof</b>	<b>269</b>	MARATON LESZNO	M-40	93	01:08:49	02:11:41	<b>03:33:49.60</b>	<b>03:34:09.40</b>	+01:48:37 (50.7%)	10:32	5.7 (49.6%)
309	<b>WACHOWSKI Piotr</b>	<b>418</b>		M-40	94	01:09:09		<b>03:34:02.10</b>	<b>03:34:19.55</b>	+01:48:48 (50.8%)	10:32	5.7 (49.6%)
310	<b>SZYMCZAK Zbigniew</b>	<b>400</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-50	17	01:10:03	02:16:55	<b>03:34:09.05</b>	<b>03:34:47.10</b>	+01:49:15 (50.9%)	10:32	5.7 (49.6%)
311	<b>STASZAK Szymon</b>	<b>303</b>	ODLOTY KRUSZYN KRAJEŃSKI	M-30	76	01:15:26	02:19:48	<b>03:34:13.10</b>	<b>03:35:10.20</b>	+01:49:38 (51.0%)	10:33	5.7 (49.6%)
312	<b>STACHURSKI Daniel</b>	<b>28</b>	KOBYŁKI	M-40	95	01:18:45	02:26:43	<b>03:34:35.65</b>	<b>03:35:31.30</b>	+01:49:59 (51.0%)	10:34	5.7 (49.6%)
313	<b>PIĘTA Łukasz</b>	<b>225</b>		M-40	96	01:15:54	02:22:02	<b>03:34:40.90</b>	<b>03:35:36.50</b>	+01:50:04 (51.1%)	10:34	5.7 (49.6%)
314	<b>BRYKSA Iwona</b>	<b>165</b>		K-50	3	01:16:01	02:24:15	<b>03:35:25.90</b>	<b>03:35:39.70</b>	+01:50:08 (51.1%)	10:36	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
315	<b>PORADA Małgorzata</b>	<b>178</b>		K-40	41	01:16:05	02:24:26	<b>03:35:26.40</b>	<b>03:35:39.90</b>	+01:50:08 (51.1%)	10:36	5.7 (49.6%)
316	<b>SZPYT Dawid</b>	<b>414</b>	WKURW_TEAM	M-20	19	01:15:53	02:23:07	<b>03:34:54.65</b>	<b>03:35:40.45</b>	+01:50:08 (51.1%)	10:35	5.7 (49.6%)
317	<b>NITA Wiesław</b>	<b>212</b>	VILLAGE PUNK RUN	M-40	97	01:14:20	02:21:51	<b>03:35:15.75</b>	<b>03:35:50.40</b>	+01:50:18 (51.1%)	10:36	5.7 (49.6%)
318	<b>MACIAS Waldemar</b>	<b>419</b>		M-60	2	01:18:02	02:24:50	<b>03:35:43.80</b>	<b>03:36:35.30</b>	+01:51:03 (51.3%)	10:37	5.6 (48.7%)
319	<b>TYNIEC-TYRAŁA Helena</b>	<b>394</b>		K-20	17	01:15:52	02:19:55	<b>03:35:52.60</b>	<b>03:36:37.05</b>	+01:51:05 (51.3%)	10:38	5.6 (48.7%)
320	<b>BABICKI Adam</b>	<b>147</b>		M-30	77	01:15:05	02:21:33	<b>03:36:22.55</b>	<b>03:36:41.00</b>	+01:51:09 (51.3%)	10:39	5.6 (48.7%)
321	<b>POCHWAŁA Maciej</b>	<b>286</b>		M-20	20	01:05:18	02:13:26	<b>03:36:37.15</b>	<b>03:36:53.00</b>	+01:51:21 (51.3%)	10:40	5.6 (48.7%)
322	<b>SOBIŃSKI Waldemar</b>	<b>16</b>	BIEGAMDŁAZDROWIA.PL	M-50	18	01:11:14	02:19:34	<b>03:36:56.65</b>	<b>03:37:29.00</b>	+01:51:57 (51.5%)	10:41	5.6 (48.7%)
323	<b>ŁACHAN Patryk</b>	<b>210</b>	WKURW_TEAM	M-40	98	01:12:06	02:23:33	<b>03:36:52.85</b>	<b>03:37:31.95</b>	+01:52:00 (51.5%)	10:40	5.6 (48.7%)
324	<b>KWIATKOWSKA Marta</b>	<b>288</b>		K-30	48	01:14:02	02:20:37	<b>03:36:45.25</b>	<b>03:37:32.70</b>	+01:52:01 (51.5%)	10:40	5.6 (48.7%)
325	<b>CENDER Magdalena</b>	<b>406</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	42	01:16:03	02:24:03	<b>03:37:01.85</b>	<b>03:37:36.65</b>	+01:52:05 (51.5%)	10:41	5.6 (48.7%)
326	<b>WRÓBLEWSKI Jarosław</b>	<b>6</b>	RAZ SZCZECIN	M-40	99	01:15:30	02:21:52	<b>03:37:20.85</b>	<b>03:37:39.60</b>	+01:52:08 (51.5%)	10:42	5.6 (48.7%)
327	<b>SZCZYPEK Ola</b>	<b>113</b>	ADRENALINA TEAM	K-30	49	01:15:00	02:23:51	<b>03:37:32.60</b>	<b>03:37:40.80</b>	+01:52:09 (51.5%)	10:42	5.6 (48.7%)
328	<b>BĘC Dominika</b>	<b>279</b>	CB163	K-20	18	01:10:54	02:20:02	<b>03:37:23.30</b>	<b>03:38:12.00</b>	+01:52:40 (51.6%)	10:42	5.6 (48.7%)
329	<b>BŁAŻEJEWSKI Kacper</b>	<b>276</b>	CB163	M-30	78	01:13:54	02:20:23	<b>03:37:32.05</b>	<b>03:38:22.60</b>	+01:52:51 (51.7%)	10:42	5.6 (48.7%)
330	<b>FEDOROWICZ Jowita</b>	<b>73</b>	KOTWICA BRZEG	K-30	50	01:16:43	02:26:07	<b>03:37:48.35</b>	<b>03:38:24.05</b>	+01:52:52 (51.7%)	10:43	5.6 (48.7%)
331	<b>KOZDROJ Wioletta</b>	<b>309</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	43	01:17:06	02:26:13	<b>03:38:04.10</b>	<b>03:38:31.35</b>	+01:52:59 (51.7%)	10:44	5.6 (48.7%)
332	<b>NITA Katarzyna</b>	<b>213</b>	VILLAGE PUNK RUN	K-40	44	01:14:20	02:22:01	<b>03:38:37.05</b>	<b>03:39:10.80</b>	+01:53:39 (51.9%)	10:46	5.6 (48.7%)
333	<b>JUSZCZAK Natalia</b>	<b>228</b>	WRODZINIESIŁA	K-30	51	01:13:13		<b>03:39:04.95</b>	<b>03:39:22.00</b>	+01:53:50 (51.9%)	10:47	5.6 (48.7%)
334	<b>WYSZKOWSKA Marzena</b>	<b>253</b>	BANANA TEAM	K-30	52	01:17:38	02:25:13	<b>03:38:32.35</b>	<b>03:39:24.85</b>	+01:53:53 (51.9%)	10:45	5.6 (48.7%)
334	<b>BRODAWKA Olga</b>	<b>471</b>		K-30	53	01:17:47	02:26:20	<b>03:38:38.45</b>	<b>03:39:24.85</b>	+01:53:53 (51.9%)	10:46	5.6 (48.7%)
336	<b>RASZCZUK Martyna</b>	<b>476</b>	POMIDOROWA ALTERNATYWA	K-30	54		02:23:14	<b>03:39:25.00</b>	<b>03:39:25.00</b>	+01:53:53 (51.9%)	10:48	5.6 (48.7%)
337	<b>KRUSZKA Stanisław</b>	<b>374</b>		M-40	100	01:14:24	02:21:44	<b>03:39:03.95</b>	<b>03:39:37.10</b>	+01:54:05 (52.0%)	10:47	5.6 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
338	<b>DUDEK Mariola</b>	<b>69</b>	STRZEGOMSKA DWUNASTKA	K-40	45	01:17:30	02:26:51	<b>03:38:54.30</b>	<b>03:39:46.30</b>	+01:54:14 (52.0%)	10:46	5.6 (48.7%)
339	<b>ZABOROWSKA Aleksandra</b>	<b>440</b>		K-40	46	01:23:30	02:32:10	<b>03:39:35.35</b>	<b>03:40:08.30</b>	+01:54:36 (52.1%)	10:49	5.5 (47.8%)
340	<b>ADAMCZUK Piotr</b>	<b>470</b>		M-40	101	01:18:14	02:24:58	<b>03:39:50.55</b>	<b>03:40:47.80</b>	+01:55:16 (52.2%)	10:49	5.5 (47.8%)
341	<b>PISOWŁODZKA Dagmara</b>	<b>552</b>		K-40	47	01:19:46	02:28:17	<b>03:40:55.80</b>	<b>03:41:16.25</b>	+01:55:44 (52.3%)	10:53	5.5 (47.8%)
342	<b>WOJCIECHOWSKA Anna</b>	<b>348</b>	PIĄTKOWO NA BIEGOWO	K-40	48	01:11:07	02:22:22	<b>03:40:57.70</b>	<b>03:41:19.05</b>	+01:55:47 (52.3%)	10:53	5.5 (47.8%)
343	<b>WOJCIECHOWSKA Dorota</b>	<b>366</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	49	01:17:34	02:26:18	<b>03:41:39.70</b>	<b>03:42:08.25</b>	+01:56:36 (52.5%)	10:55	5.5 (47.8%)
344	<b>GŁUCHOWSKI Jacek</b>	<b>160</b>	BB RUNNERS	M-40	102	01:15:06	02:26:56	<b>03:42:14.50</b>	<b>03:42:19.50</b>	+01:56:47 (52.5%)	10:56	5.5 (47.8%)
345	<b>RAJCZAK Łukasz</b>	<b>214</b>		M-30	79	01:07:05	02:07:52	<b>03:42:13.75</b>	<b>03:42:27.60</b>	+01:56:56 (52.6%)	10:56	5.5 (47.8%)
346	<b>STASZCZUK Jarek</b>	<b>281</b>	WATAHA-ŁĄCZY NAS BIEGANIE	M-40	103	01:16:06	02:25:27	<b>03:42:19.40</b>	<b>03:42:46.85</b>	+01:57:15 (52.6%)	10:57	5.5 (47.8%)
347	<b>KRZESIMOWSKI Damian</b>	<b>454</b>		M-30	80	01:10:24	02:21:00	<b>03:42:43.15</b>	<b>03:43:11.00</b>	+01:57:39 (52.7%)	10:58	5.5 (47.8%)
348	<b>FABIAŃSKI Czesław</b>	<b>50</b>	SUPERMARATON KALISZ	M-60	3	01:14:34	02:23:09	<b>03:43:04.60</b>	<b>03:43:12.15</b>	+01:57:40 (52.7%)	10:59	5.5 (47.8%)
349	<b>BARTOSZEWSKA Justyna</b>	<b>533</b>		K-20	19	01:20:39	02:26:52	<b>03:42:41.30</b>	<b>03:43:32.00</b>	+01:58:00 (52.8%)	10:58	5.5 (47.8%)
350	<b>DRANKA-BOJAROWSKA Daria</b>	<b>350</b>		K-40	50	01:13:40	02:24:57	<b>03:43:20.50</b>	<b>03:43:51.00</b>	+01:58:19 (52.9%)	11:00	5.5 (47.8%)
351	<b>BOJAROWSKI Marcin</b>	<b>351</b>		M-40	104	01:13:29	02:25:00	<b>03:43:22.15</b>	<b>03:43:51.45</b>	+01:58:19 (52.9%)	11:00	5.5 (47.8%)
352	<b>OLEKSIEWICZ Beata</b>	<b>508</b>	SZAKALE BAŁUT ŁÓDŹ	K-30	55	01:20:56	02:30:36	<b>03:43:34.40</b>	<b>03:44:20.05</b>	+01:58:48 (53.0%)	11:00	5.4 (47.0%)
353	<b>LE FELIC Monika</b>	<b>411</b>	ADIDAS RUNNERS WARSAW	K-40	51		02:32:44	<b>03:44:20.85</b>	<b>03:44:20.85</b>	+01:58:49 (53.0%)	11:03	5.4 (47.0%)
354	<b>CHOJECKI Paweł</b>	<b>110</b>		M-40	105	01:07:20	02:23:19	<b>03:45:16.30</b>	<b>03:45:23.35</b>	+01:59:51 (53.2%)	11:05	5.4 (47.0%)
355	<b>SZYMCZAK Katarzyna</b>	<b>174</b>		K-50	4	01:16:23	02:27:24	<b>03:46:06.00</b>	<b>03:46:18.35</b>	+02:00:46 (53.4%)	11:08	5.4 (47.0%)
356	<b>MAJEWSKA Anna</b>	<b>114</b>	AKG ŁÓDŹ	K-20	20	01:15:34	02:26:57	<b>03:45:41.25</b>	<b>03:46:19.00</b>	+02:00:47 (53.4%)	11:07	5.4 (47.0%)
357	<b>ROSZYK Sylwia</b>	<b>41</b>	PARKRUN POZNAŃ	K-40	52	01:14:39	02:25:07	<b>03:46:47.65</b>	<b>03:47:00.80</b>	+02:01:29 (53.5%)	11:10	5.4 (47.0%)
358	<b>SIARKIEWICZ Jola</b>	<b>111</b>	BIEGAMDLAZDROWIA.PL	K-50	5	01:20:51	02:31:57	<b>03:47:06.35</b>	<b>03:47:37.50</b>	+02:02:05 (53.6%)	11:11	5.4 (47.0%)
359	<b>WRZESIŃSKI Piotr</b>	<b>553</b>	GAPPAG TEAM	M-40	106	01:10:13	02:20:08	<b>03:48:06.45</b>	<b>03:48:23.90</b>	+02:02:52 (53.8%)	11:14	5.3 (46.1%)
360	<b>WYSOCKI Marek</b>	<b>487</b>		M-30	81	01:17:13	02:28:27	<b>03:49:01.25</b>	<b>03:49:53.20</b>	+02:04:21 (54.1%)	11:16	5.3 (46.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
361	<b>KOPCZYŃSKI Michał</b>	<b>7</b>		M-30	82	01:16:44	02:26:28	<b>03:49:01.25</b>	<b>03:49:57.30</b>	+02:04:25 (54.1%)	11:16	5.3 (46.1%)
362	<b>PŁUCIENNIK Katarzyna</b>	<b>75</b>		K-40	53	01:21:32	02:31:57	<b>03:49:18.25</b>	<b>03:50:09.15</b>	+02:04:37 (54.1%)	11:17	5.3 (46.1%)
363	<b>BARTOSZEWSKA Katarzyna</b>	<b>534</b>		K-30	56	01:18:35	02:30:53	<b>03:49:43.75</b>	<b>03:50:09.50</b>	+02:04:37 (54.2%)	11:19	5.3 (46.1%)
364	<b>PERKA Barbara</b>	<b>135</b>	BIEG OPOLSKI	K-40	54	01:17:23	02:33:42	<b>03:50:20.50</b>	<b>03:50:35.40</b>	+02:05:03 (54.2%)	11:20	5.3 (46.1%)
365	<b>FILIK Anna</b>	<b>260</b>	#CZELADZBIEGA	K-20	21	01:20:34	02:31:22	<b>03:51:19.70</b>	<b>03:52:02.65</b>	+02:06:31 (54.5%)	11:23	5.3 (46.1%)
366	<b>SZCZEŚNIAK Małgorzata</b>	<b>334</b>	#CZELADZBIEGA	K-40	55	01:19:21	02:31:24	<b>03:51:20.60</b>	<b>03:52:03.15</b>	+02:06:31 (54.5%)	11:23	5.3 (46.1%)
367	<b>KĘPA Jakub</b>	<b>519</b>	DOGOŃ GRODZISK MAZOWIECKI	M-40	107	01:22:40	02:37:41	<b>03:51:27.90</b>	<b>03:52:03.65</b>	+02:06:32 (54.5%)	11:24	5.3 (46.1%)
368	<b>KACZMAREK Paulina</b>	<b>299</b>	DZIKIE MAŁŻONY	K-30	57	01:14:29	02:26:55	<b>03:51:37.50</b>	<b>03:52:11.70</b>	+02:06:40 (54.6%)	11:24	5.3 (46.1%)
369	<b>SZUDERA Kamila</b>	<b>90</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-30	58	01:21:53	02:36:13	<b>03:52:04.95</b>	<b>03:52:15.35</b>	+02:06:43 (54.6%)	11:25	5.2 (45.2%)
369	<b>KOPKA Tomasz</b>	<b>365</b>		M-30	83	01:21:44	02:41:58	<b>03:51:36.70</b>	<b>03:52:15.35</b>	+02:06:43 (54.6%)	11:24	5.3 (46.1%)
371	<b>SZYSZKA Konrad</b>	<b>82</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-30	84	01:21:53	02:36:10	<b>03:52:04.80</b>	<b>03:52:15.60</b>	+02:06:44 (54.6%)	11:25	5.2 (45.2%)
372	<b>JAMRÓZ Robert</b>	<b>45</b>	JAMERKI	M-40	108	01:20:04	02:36:56	<b>03:51:36.90</b>	<b>03:52:16.90</b>	+02:06:45 (54.6%)	11:24	5.3 (46.1%)
373	<b>ŻBEL Michał</b>	<b>218</b>	HRMAX ŻORY	M-40	109	01:19:18	02:34:01	<b>03:52:33.45</b>	<b>03:53:03.20</b>	+02:07:31 (54.7%)	11:27	5.2 (45.2%)
374	<b>GOLON Leszek</b>	<b>88</b>	KRAV MAGA	M-30	85	01:20:58	02:36:14	<b>03:52:36.05</b>	<b>03:53:13.90</b>	+02:07:42 (54.8%)	11:27	5.2 (45.2%)
375	<b>MACH Dawid</b>	<b>271</b>	ONE PERSON TEAM	M-30	86	01:21:32	02:34:35	<b>03:52:40.50</b>	<b>03:53:26.90</b>	+02:07:55 (54.8%)	11:27	5.2 (45.2%)
376	<b>JAMRÓZ Joanna</b>	<b>51</b>	JAMERKI	K-40	56	01:20:56	02:36:58	<b>03:52:49.40</b>	<b>03:53:29.70</b>	+02:07:58 (54.8%)	11:28	5.2 (45.2%)
377	<b>URBAŃSKA Agnieszka</b>	<b>266</b>		K-30	59	01:16:05	02:25:08	<b>03:53:49.90</b>	<b>03:54:06.40</b>	+02:08:34 (54.9%)	11:31	5.2 (45.2%)
378	<b>STACHURSKA Monika</b>	<b>13</b>	KOBYŁKI	K-40	57	01:21:17	02:34:05	<b>03:53:32.50</b>	<b>03:54:27.80</b>	+02:08:56 (55.0%)	11:30	5.2 (45.2%)
379	<b>WAŚIK Izabela</b>	<b>141</b>		K-40	58	01:21:26	02:33:22	<b>03:55:10.15</b>	<b>03:55:51.55</b>	+02:10:20 (55.3%)	11:35	5.2 (45.2%)
380	<b>LIPSKA Iwona</b>	<b>10</b>		K-40	59	01:21:27	02:34:03	<b>03:56:02.60</b>	<b>03:56:42.10</b>	+02:11:10 (55.4%)	11:37	5.2 (45.2%)
381	<b>ŻBEL Ania</b>	<b>217</b>	HRMAX ŻORY	K-30	60	01:19:19	02:34:11	<b>03:56:15.40</b>	<b>03:56:42.95</b>	+02:11:11 (55.4%)	11:38	5.2 (45.2%)
382	<b>IDZIK Angelika</b>	<b>341</b>	HUSARIA RACE TEAM	K-20	22	01:13:38	02:32:17	<b>03:57:29.35</b>	<b>03:57:39.45</b>	+02:12:07 (55.6%)	11:41	5.1 (44.3%)
383	<b>WTULICH Diana</b>	<b>24</b>		K-50	6	01:26:57	02:17:57	<b>03:57:09.60</b>	<b>03:57:51.70</b>	+02:12:20 (55.6%)	11:40	5.1 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
384	<b>SAWICKA Izabela</b>	<b>38</b>	PARKRUN	K-30	61	01:29:12	02:42:15	<b>03:57:57.90</b>	<b>03:58:47.35</b>	+02:13:15 (55.8%)	11:43	5.1 (44.3%)
385	<b>JACHYMSKA Zofia</b>	<b>479</b>		K-20	23	01:25:45	02:41:11	<b>03:58:46.15</b>	<b>03:59:25.85</b>	+02:13:54 (55.9%)	11:45	5.1 (44.3%)
386	<b>KAMIŃSKA Magdalena</b>	<b>223</b>		K-30	62	01:21:46	02:35:40	<b>03:58:48.65</b>	<b>03:59:35.65</b>	+02:14:04 (56.0%)	11:45	5.1 (44.3%)
387	<b>KAMIŃSKI Łukasz</b>	<b>222</b>		M-30	87	01:22:33	02:35:41	<b>03:58:48.40</b>	<b>03:59:35.70</b>	+02:14:04 (56.0%)	11:45	5.1 (44.3%)
388	<b>ŁAGOWSKA Agnieszka</b>	<b>513</b>		K-30	63	01:21:01	02:36:03	<b>03:59:25.15</b>	<b>03:59:44.50</b>	+02:14:12 (56.0%)	11:47	5.1 (44.3%)
389	<b>DANIELAK Radosław</b>	<b>558</b>	DANIELAK AND KRUSZYNA	M-40	110	01:22:04		<b>04:02:02.40</b>	<b>04:02:18.00</b>	+02:16:46 (56.4%)	11:55	5 (43.5%)
390	<b>ŚWIDER-KRÓLIKIEWICZ Joanna</b>	<b>244</b>	1982	K-30	64	01:27:17	02:40:54	<b>04:02:32.75</b>	<b>04:03:02.05</b>	+02:17:30 (56.6%)	11:56	5 (43.5%)
391	<b>SZEWENZENKO Agnieszka</b>	<b>563</b>		K-30	65	01:27:17	02:41:06	<b>04:02:32.40</b>	<b>04:03:02.15</b>	+02:17:30 (56.6%)	11:56	5 (43.5%)
392	<b>MIZGAJSKA-KĘPA Katarzyna</b>	<b>182</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	60	01:22:40	02:38:30	<b>04:02:29.10</b>	<b>04:03:05.40</b>	+02:17:33 (56.6%)	11:56	5 (43.5%)
393	<b>WITKOWSKA-KOPKA Kaja</b>	<b>187</b>		K-30	66	01:21:47	02:42:04	<b>04:02:28.25</b>	<b>04:03:05.70</b>	+02:17:34 (56.6%)	11:56	5 (43.5%)
394	<b>GAJOCHA Olga</b>	<b>516</b>	HARPAGAN SOSNOWIEC	K-30	67	01:24:41	02:37:51	<b>04:02:34.30</b>	<b>04:03:11.65</b>	+02:17:40 (56.6%)	11:56	5 (43.5%)
395	<b>KURIATA Andżelika</b>	<b>492</b>		K-30	68	01:25:05		<b>04:03:41.15</b>	<b>04:03:48.10</b>	+02:18:16 (56.7%)	12:00	5 (43.5%)
396	<b>WISZNIOWSKA Agata</b>	<b>32</b>	NIGHT RUNNERS WROCŁAW	K-30	69	01:24:41	02:38:40	<b>04:04:14.10</b>	<b>04:04:37.70</b>	+02:19:06 (56.9%)	12:01	5 (43.5%)
397	<b>SUDÓŁ Robert</b>	<b>483</b>	KOTWICA BRZEG	M-30	88	01:20:24	02:34:42	<b>04:04:04.85</b>	<b>04:04:40.55</b>	+02:19:09 (56.9%)	12:01	5 (43.5%)
398	<b>PULKOWSKI Dariusz</b>	<b>179</b>	OSTRÓDA RUNNERS	M-50	19	01:19:08	02:42:24	<b>04:04:48.95</b>	<b>04:05:24.80</b>	+02:19:53 (57.0%)	12:03	5 (43.5%)
399	<b>KRAWIEC Marcin</b>	<b>89</b>		M-30	89	01:16:01	02:36:33	<b>04:05:34.15</b>	<b>04:05:55.25</b>	+02:20:23 (57.1%)	12:05	5 (43.5%)
400	<b>ŁADOŃSKA Ewa</b>	<b>261</b>	PARKRUN WROCŁAW	K-60	1	01:23:55	02:43:06	<b>04:05:44.70</b>	<b>04:06:04.65</b>	+02:20:33 (57.1%)	12:06	5 (43.5%)
401	<b>PRZYŁUSKA Mirosława</b>	<b>136</b>	RAZ SZCZECIN	K-60	2	01:27:18	02:41:49	<b>04:05:52.25</b>	<b>04:06:10.35</b>	+02:20:38 (57.1%)	12:06	5 (43.5%)
402	<b>BROKOS Tomasz</b>	<b>510</b>	DCT DRUŻYNA BIEGOWA	M-30	90	01:21:42	02:36:43	<b>04:05:34.00</b>	<b>04:06:24.70</b>	+02:20:53 (57.2%)	12:05	5 (43.5%)
403	<b>MACHNACKI Michał</b>	<b>272</b>	GRUPA BIEGOWA CHTMO	M-40	111	01:21:36	02:38:25	<b>04:06:49.65</b>	<b>04:07:13.75</b>	+02:21:42 (57.3%)	12:09	4.9 (42.6%)
404	<b>PATEREK Anna</b>	<b>382</b>	SKURCZE ŁYDEK	K-30	70	01:22:07	02:34:15	<b>04:06:26.40</b>	<b>04:07:16.25</b>	+02:21:44 (57.3%)	12:08	4.9 (42.6%)
405	<b>SZENKIN Michał</b>	<b>509</b>	SKURCZE ŁYDEK	M-30	91	01:22:08	02:34:18	<b>04:06:27.45</b>	<b>04:07:17.25</b>	+02:21:45 (57.3%)	12:08	4.9 (42.6%)
406	<b>LIS-MONASTYRSKA Katarzyna</b>	<b>233</b>		K-30	71	01:24:44	02:44:04	<b>04:06:53.40</b>	<b>04:07:23.00</b>	+02:21:51 (57.3%)	12:09	4.9 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
407	<b>GÓRNIAK Joanna</b>	<b>205</b>		K-40	61	01:26:43	02:42:52	<b>04:08:29.90</b>	<b>04:09:07.95</b>	+02:23:36 (57.6%)	12:14	4.9 (42.6%)
408	<b>ORZECZOWSKA Karolina</b>	<b>152</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K-30	72	01:26:01	02:45:01	<b>04:08:55.55</b>	<b>04:09:18.85</b>	+02:23:47 (57.7%)	12:15	4.9 (42.6%)
409	<b>ZAŁUCKA Agnieszka</b>	<b>474</b>		K-30	73	01:25:55	02:45:11	<b>04:09:18.55</b>	<b>04:09:41.30</b>	+02:24:09 (57.7%)	12:16	4.9 (42.6%)
410	<b>KRZYWOKULSKI Krzysztof</b>	<b>180</b>		M-40	112	01:24:18	02:43:44	<b>04:09:17.10</b>	<b>04:10:01.20</b>	+02:24:29 (57.8%)	12:16	4.9 (42.6%)
411	<b>CISZOWSKI Łukasz</b>	<b>262</b>	#CZELADZBIEGA	M-30	92	01:25:51	02:48:07	<b>04:09:26.70</b>	<b>04:10:06.10</b>	+02:24:34 (57.8%)	12:17	4.9 (42.6%)
412	<b>MICHALSKI Karol</b>	<b>282</b>		M-20	21	01:29:52	02:55:28	<b>04:09:42.45</b>	<b>04:10:07.75</b>	+02:24:36 (57.8%)	12:18	4.9 (42.6%)
413	<b>KRAINSKI Piotr</b>	<b>245</b>	#CZELADZBIEGA	M-40	113	01:25:36	02:42:47	<b>04:09:25.00</b>	<b>04:10:10.30</b>	+02:24:38 (57.8%)	12:17	4.9 (42.6%)
414	<b>SZYLIŃSKI Katarzyna</b>	<b>292</b>	TWARDZIELE TEAM BOGATYNIA	K-40	62	01:26:08	02:47:38	<b>04:10:28.30</b>	<b>04:11:04.90</b>	+02:25:33 (58.0%)	12:20	4.9 (42.6%)
415	<b>WIECZYŃSKI Jerzy</b>	<b>319</b>	TWARDZIELE TEAM BOGATYNIA	M-50	20	01:26:05	02:47:40	<b>04:10:28.75</b>	<b>04:11:05.05</b>	+02:25:33 (58.0%)	12:20	4.9 (42.6%)
416	<b>NASTAWSKA Monika</b>	<b>85</b>		K-40	63	01:23:58	02:44:08	<b>04:12:12.50</b>	<b>04:12:27.10</b>	+02:26:55 (58.2%)	12:25	4.8 (41.7%)
417	<b>BERNAS-KUJAWIŃSKA Magdalena</b>	<b>30</b>	MAMA BIEGA	K-40	64	01:24:10	02:44:03	<b>04:12:11.40</b>	<b>04:12:27.35</b>	+02:26:55 (58.2%)	12:25	4.8 (41.7%)
418	<b>GODZISZ Ewa</b>	<b>150</b>	VEGE RUNNERS	K-30	74	01:29:27	02:42:45	<b>04:12:10.75</b>	<b>04:12:59.80</b>	+02:27:28 (58.3%)	12:25	4.8 (41.7%)
419	<b>KOCHMAN Iwona</b>	<b>522</b>	VEGE RUNNERS	K-50	7	01:25:46	02:41:28	<b>04:12:09.40</b>	<b>04:13:00.10</b>	+02:27:28 (58.3%)	12:25	4.8 (41.7%)
420	<b>OSZCZĘDA Marzena</b>	<b>105</b>	ZARAZIĆ PASJĄ	K-40	65	01:24:24	02:46:47	<b>04:15:16.15</b>	<b>04:15:49.50</b>	+02:30:17 (58.8%)	12:34	4.8 (41.7%)
421	<b>BARTOSIK Monika</b>	<b>465</b>	#CZELADZBIEGA	K-30	75	01:29:14	02:47:40	<b>04:16:35.55</b>	<b>04:17:20.20</b>	+02:31:48 (59.0%)	12:38	4.7 (40.9%)
421	<b>KUBACZKA-LIGENZA Sylwia</b>	<b>462</b>	#CZELADZBIEGA	K-30	76	01:29:06	02:47:48	<b>04:16:35.25</b>	<b>04:17:20.20</b>	+02:31:48 (59.0%)	12:38	4.7 (40.9%)
423	<b>BUJAK-KAPA Dorota</b>	<b>461</b>	#CZELADZBIEGA	K-30	77	01:29:18	02:47:47	<b>04:16:37.70</b>	<b>04:17:20.65</b>	+02:31:49 (59.0%)	12:38	4.7 (40.9%)
424	<b>SKWAREK Sylwia</b>	<b>112</b>		K-20	24	01:22:00	02:43:34	<b>04:17:53.15</b>	<b>04:18:11.25</b>	+02:32:39 (59.1%)	12:42	4.7 (40.9%)
424	<b>WISNIEWSKA Aldona</b>	<b>409</b>		K-40	66	01:22:04	02:53:53	<b>04:18:00.00</b>	<b>04:18:11.25</b>	+02:32:39 (59.1%)	12:42	4.7 (40.9%)
426	<b>ZIÓŁKOWSKI Krzysztof</b>	<b>58</b>	ZAKOCHAJ SIĘ W BIEGANIU	M-60	4	01:29:57	02:52:37	<b>04:19:17.40</b>	<b>04:19:36.95</b>	+02:34:05 (59.4%)	12:46	4.7 (40.9%)
427	<b>SIERANT Marian</b>	<b>155</b>	ŻÓŁTOKRÓLEWSCY	M-60	5	01:23:38	02:37:47	<b>04:19:02.65</b>	<b>04:19:39.60</b>	+02:34:08 (59.4%)	12:45	4.7 (40.9%)
428	<b>PIECUCH Małgorzata</b>	<b>15</b>	PRZEWORSKA GRUPA BIEGOWA	K-50	8	01:24:28	02:39:52	<b>04:18:58.25</b>	<b>04:19:46.80</b>	+02:34:15 (59.4%)	12:45	4.7 (40.9%)
429	<b>CHWIAŁKOWSKA Elżbieta</b>	<b>57</b>		K-50	9	01:27:10	02:50:07	<b>04:22:13.00</b>	<b>04:22:52.85</b>	+02:37:21 (59.9%)	12:55	4.6 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
430	<b>MACIEJEWSKI Piotr</b>	<b>161</b>	SUPERMARATON - KALISZ	M-60	6	01:25:16	02:49:31	<b>04:25:05.50</b>	<b>04:25:12.55</b>	+02:39:41 (60.2%)	13:03	4.6 (40.0%)
431	<b>WASZKIEWICZ Ewa</b>	<b>170</b>	GANG ANIELIC	K-40	67	01:28:54	02:53:29	<b>04:26:25.00</b>	<b>04:26:35.00</b>	+02:41:03 (60.4%)	13:07	4.6 (40.0%)
432	<b>WYSOCKA Edyta</b>	<b>163</b>	HUSARIA RACE TEAM	K-30	78	01:31:52	02:57:04	<b>04:27:53.90</b>	<b>04:28:19.20</b>	+02:42:47 (60.7%)	13:11	4.5 (39.1%)
433	<b>SAJDYK Justyna</b>	<b>540</b>		K-20	25	01:29:10	02:52:11	<b>04:28:28.50</b>	<b>04:29:23.60</b>	+02:43:52 (60.8%)	13:13	4.5 (39.1%)
434	<b>WIŚNIEWSKI Tomasz</b>	<b>229</b>		M-40	114	01:34:07	03:01:05	<b>04:29:03.95</b>	<b>04:29:32.95</b>	+02:44:01 (60.9%)	13:15	4.5 (39.1%)
435	<b>WIŚNIEWSKA Dorota</b>	<b>230</b>		K-40	68	01:34:46	03:01:35	<b>04:29:04.35</b>	<b>04:29:33.35</b>	+02:44:01 (60.9%)	13:15	4.5 (39.1%)
436	<b>KIERZKOWSKA Aniela</b>	<b>206</b>	BIAŁOSTOCKA SEKTA BIEGACZY	K-40	69	01:33:37	02:59:50	<b>04:29:17.55</b>	<b>04:30:11.50</b>	+02:44:39 (60.9%)	13:15	4.5 (39.1%)
437	<b>DULIASZ Cezary</b>	<b>59</b>		M-50	21	01:22:16	02:51:50	<b>04:29:50.90</b>	<b>04:30:16.70</b>	+02:44:45 (61.0%)	13:17	4.5 (39.1%)
438	<b>WIŚNIEWSKA Magdalena</b>	<b>378</b>	ZMASAKROWANI	K-30	79	01:33:33	02:56:11	<b>04:32:43.60</b>	<b>04:32:55.45</b>	+02:47:23 (61.3%)	13:26	4.5 (39.1%)
439	<b>PIETROWSKA Hallik</b>	<b>47</b>		K-50	10	01:28:22	02:54:25	<b>04:34:51.75</b>	<b>04:35:31.90</b>	+02:50:00 (61.7%)	13:32	4.4 (38.3%)
440	<b>WROTNIAK Sylwia</b>	<b>373</b>	BLIŹNIACY	K-40	70	01:33:42	03:00:03	<b>04:37:32.15</b>	<b>04:37:43.45</b>	+02:52:11 (62.0%)	13:40	4.4 (38.3%)
441	<b>MACKIEWICZ Katarzyna</b>	<b>65</b>		K-30	80	01:33:43	02:59:57	<b>04:40:45.30</b>	<b>04:41:34.35</b>	+02:56:02 (62.5%)	13:49	4.3 (37.4%)
442	<b>SOKOŁOWSKA Anna</b>	<b>457</b>	PARKRUN GORZÓW WIELKOPOLSKI	K-40	71	01:33:46	03:00:40	<b>04:40:46.15</b>	<b>04:41:34.60</b>	+02:56:03 (62.5%)	13:49	4.3 (37.4%)
443	<b>WITKOWSKA Ania</b>	<b>40</b>		K-30	81	01:33:45	03:00:33	<b>04:40:45.85</b>	<b>04:41:34.70</b>	+02:56:03 (62.5%)	13:49	4.3 (37.4%)
444	<b>PAWLIK Anna</b>	<b>216</b>	OSTRÓDA RUNNERS	K-40	72	01:17:51	02:53:14	<b>04:54:53.30</b>	<b>04:55:30.60</b>	+03:09:59 (64.3%)	14:31	4.1 (35.7%)
445	<b>OSSOWSKA Monika</b>	<b>327</b>	#TRILOSZKI	K-30	82	01:36:39	03:15:09	<b>04:55:07.00</b>	<b>04:55:43.35</b>	+03:10:11 (64.3%)	14:32	4.1 (35.7%)
<b>Przekroczony limit czasu: 05:00:00</b>												
446	<b>SZUMLAS Anna</b>	<b>337</b>	#SZUMITEAM	K-30	83	01:37:46	03:16:39	<b>05:05:05.75</b>	<b>05:05:43.00</b>	+03:20:11 (65.5%)	15:01	4 (34.8%)
447	<b>GŁOWACKI Maciej</b>	<b>425</b>	MATNER RUNNING TEAM	M-40	115	01:00:57	01:56:19			+00:46:20	8:43	6.9 (60.0%)
448	<b>KLIMZA Andrzej</b>	<b>211</b>		M-40	116		01:56:19			+00:46:16	8:43	6.9 (60.0%)
449	<b>BONIEC Radosław</b>	<b>314</b>		M-20	22		02:02:20			+00:52:17	9:10	6.5 (56.5%)
450	<b>URBANOWICZ Andrzej</b>	<b>193</b>		M-30	93		02:14:02			+01:03:59	10:03	6 (52.2%)
451	<b>KROPIDŁOWSKA Magdalena</b>	<b>107</b>	OCELOTY KRUSZYN KRAJEŃSKI	K-30	84		02:21:02			+01:10:59	10:34	5.7 (49.6%)
	<b>NOWICKI Kamil</b>	<b>143</b>		M-30		00:52:39 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
	<b>BAŁA Anna</b>	<b>345</b>	KLUB BIEGOWY KOPYTO OLSZTYN	K-20		00:56:43 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOSTERKIEWICZ Ryszard</b>	<b>320</b>		M-60		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NOWACKA-WOŁCZEK Jagoda</b>	<b>5</b>	GRUPA BIEGOWA 'BEZ GRANIC'	K-30		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STAMM Tomasz</b>	<b>330</b>		M-40		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CHORZĘPA Adam</b>	<b>507</b>		M-50		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 457 wynik(ów)