

OCHOTNICA CHALLENGE 20 KM

B4SPORT

Event: Gorze Ultra-Trail
Organiser: Fundacja Run Vegan - GUT
Date: 2018-08-12
Place: Gorze
Distance: 20 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
1	MAREK Dariusz	838	ALPIN SPORT	M 33-44	1	01:26:55.10	01:26:57.00		4:20	13.8 (100%)
2	NOWOCIN Radosław	740		M 32	1	01:31:51.00	01:31:53.00	+00:04:56 (5.4%)	4:35	13.1 (94.9%)
3	UZNAŃSKI Piotr	804	EUROCLEAR RUNNING TEAM	M 32	2	01:32:46.75	01:32:46.75	+00:05:49 (6.3%)	4:38	12.9 (93.5%)
4	BELOWSKI Mateusz	857		M 32	3	01:33:52.40	01:33:54.30	+00:06:57 (7.4%)	4:41	12.8 (92.8%)
5	GUROŚ Dawid	852		M 33-44	2	01:39:49.25	01:39:50.60	+00:12:53 (12.9%)	4:59	12 (87.0%)
6	APPLETON Sam	604	WINCHESTER & DISTRICT AC	M 32	4	01:39:55.00	01:39:59.55	+00:13:02 (13.0%)	4:59	12 (87.0%)
7	TOKARZ Andrzej	862		M 33-44	3	01:40:34.60	01:40:36.95	+00:13:39 (13.6%)	5:01	11.9 (86.2%)
8	KOSTELA Piotr	695		M 32	5	01:40:56.80	01:40:59.35	+00:14:02 (13.9%)	5:02	11.9 (86.2%)
9	FORMELA Łukasz	651		M 33-44	4	01:46:17.50	01:46:21.00	+00:19:24 (18.2%)	5:18	11.3 (81.9%)
10	KOWALCZYK Tomasz	696		M 33-44	5	01:48:40.45	01:48:48.05	+00:21:51 (20.1%)	5:26	11 (79.7%)
11	KUREK Jacek	703	ŚWIETLIKOWO	M 45+	1	01:50:01.00	01:50:06.00	+00:23:09 (21.0%)	5:30	10.9 (79.0%)
12	BIRCH-MACHIN Samuel	615	BARTS AND THE LONDON RUNNING CLUB	M 32	6	01:50:34.00	01:50:38.40	+00:23:41 (21.4%)	5:31	10.9 (79.0%)
13	MIKA Andrzej	730		M 33-44	6	01:51:30.10	01:51:32.80	+00:24:35 (22.1%)	5:34	10.8 (78.3%)
14	CAŁKA Bartłomiej	619	NATIONALE NEDERLANDEN	M 33-44	7	01:51:34.25	01:51:38.00	+00:24:41 (22.1%)	5:34	10.8 (78.3%)
15	KOZA Jan	698	LOKOMOTIV MAJDAN	M 32	7	01:51:36.70	01:51:40.15	+00:24:43 (22.1%)	5:34	10.8 (78.3%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
16	DZIEDZIC Witold	644	SEKCJA BIEGOWA OKRĘGOWEJ IZBY RADCÓW PRAWNYCH W RZESZOWIE	M 33-44	8	01:51:43.10	01:51:46.65	+00:24:49 (22.2%)	5:35	10.7 (77.5%)
17	SZLACHTOWSKI Andrzej	790		M 45+	2	01:52:07.30	01:52:09.50	+00:25:12 (22.5%)	5:36	10.7 (77.5%)
18	MÜLDNER Rafał	735	PGB SPORTOWA PACZKA	M 33-44	9	01:52:43.40	01:53:01.85	+00:26:04 (23.1%)	5:38	10.6 (76.8%)
19	BIELA Łukasz	614	GÓRSKI STYL TEAM	M 32	8	01:53:03.90	01:53:10.70	+00:26:13 (23.2%)	5:39	10.6 (76.8%)
20	ŚCIESZKA Wojciech	792	13 ELT KRAKÓW - BALICE	M 45+	3	01:53:09.70	01:53:12.60	+00:26:15 (23.2%)	5:39	10.6 (76.8%)
21	DĄBROWICZ Jakub	634		M 33-44	10	01:53:17.80	01:53:20.00	+00:26:23 (23.3%)	5:39	10.6 (76.8%)
22	FRANCUZ Konrad	652	VEGE RUNNERS	M 45+	4	01:54:32.45	01:54:35.05	+00:27:38 (24.1%)	5:43	10.5 (76.1%)
23	ZAWIŁO Bartłomiej	822	NOWA HUTA TEAM	M 32	9	01:56:17.30	01:56:23.70	+00:29:26 (25.3%)	5:48	10.3 (74.6%)
24	ŻYŁA Sebastian	835	SCI GÓRSCY ENTUZJAŚCI	M 32	10	01:56:51.80	01:56:54.35	+00:29:57 (25.6%)	5:50	10.3 (74.6%)
25	ALEKSANDER Szczepaniak	600	JULKATEAM STARY SĄCZ	M 33-44	11	01:56:53.90	01:57:05.30	+00:30:08 (25.7%)	5:50	10.3 (74.6%)
26	ZIGNANI Nicola	830	DINAMO SPORT BELLARIA IGEA MARINA	M 33-44	12	01:58:21.90	01:58:25.05	+00:31:28 (26.6%)	5:55	10.1 (73.2%)
27	BARTOSZ Marek	608		M 33-44	13	01:58:42.35	01:58:48.85	+00:31:51 (26.8%)	5:56	10.1 (73.2%)
28	CYRKLER Rafał	627	ALA TEAM	M 33-44	14	01:59:58.30	02:00:03.05	+00:33:06 (27.6%)	5:59	10 (72.5%)
29	MIZERA Krzysztof	733		M 33-44	15	02:00:44.35	02:00:53.80	+00:33:56 (28.1%)	6:02	9.9 (71.7%)
30	FLORYS Jakub	649	MORSKI KOŃ	M 33-44	16	02:00:50.40	02:00:59.80	+00:34:02 (28.1%)	6:02	9.9 (71.7%)
31	CHLIPAŁA Paweł	622		M 32	11	02:01:36.05	02:01:40.60	+00:34:43 (28.5%)	6:04	9.9 (71.7%)
32	CHMIEL Przemysław	863	ALBATROSY	M 33-44	17	02:01:54.25	02:01:58.45	+00:35:01 (28.7%)	6:05	9.8 (71.0%)
33	DZIEDZIC Krzysztof	642		M 33-44	18	02:02:15.95	02:02:21.85	+00:35:24 (28.9%)	6:06	9.8 (71.0%)
34	OSYSZKO Izabela	743		K 32	1	02:04:50.60	02:05:01.70	+00:38:04 (30.5%)	6:14	9.6 (69.6%)
35	SZCZEPANIAK Sławomir	787		M 33-44	19	02:06:37.95	02:06:50.85	+00:39:53 (31.5%)	6:19	9.5 (68.8%)
36	PLATA Piotr	750	JULKATEAM STARY SĄCZ	M 33-44	20	02:07:10.00	02:07:21.40	+00:40:24 (31.7%)	6:21	9.4 (68.1%)
37	JASIURKOWSKI Daniel	672	IGEKA	M 33-44	21	02:07:07.05	02:07:24.25	+00:40:27 (31.8%)	6:21	9.4 (68.1%)
38	DUDA Anna	640		K 32	2	02:07:20.25	02:07:24.65	+00:40:27 (31.8%)	6:22	9.4 (68.1%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
39	DUCZYŃSKI Maciej	637	VEGE RUNNERS	M 32	12	02:07:22.70	02:07:26.90	+00:40:29 (31.8%)	6:22	9.4 (68.1%)
40	BOHDANOWICZ Krystian	228	RAZEM TRENUJEMY SPORT	M 33-44	22	02:07:46.80	02:07:53.50	+00:40:56 (32.0%)	6:23	9.4 (68.1%)
41	SKORUPKA Leszek	777	M3 SIEDLCE	M 33-44	23	02:07:53.95	02:07:58.30	+00:41:01 (32.1%)	6:23	9.4 (68.1%)
42	SZLACHTOWSKI Łukasz	789	GOPR PODHALE	M 32	13	02:08:25.50	02:08:28.05	+00:41:31 (32.3%)	6:25	9.3 (67.4%)
43	JAKUBOWSKI Piotr	669		M 32	14	02:08:24.15	02:08:34.20	+00:41:37 (32.4%)	6:25	9.3 (67.4%)
44	HANARZ Jacek	837		M 33-44	24	02:08:19.85	02:08:34.30	+00:41:37 (32.4%)	6:25	9.4 (68.1%)
45	KOTLARZ Dawid	836	KS LIMANOWA FORREST	M 32	15	02:08:58.70	02:09:03.55	+00:42:06 (32.6%)	6:26	9.3 (67.4%)
46	KAPAON Andrzej	679	CAZZO CLUB RUNNING TEAM	M 32	16	02:09:05.00	02:09:10.00	+00:42:13 (32.7%)	6:27	9.3 (67.4%)
47	FARON Marcin	646	RUN_OCHOTNICA	M 32	17	02:09:15.10	02:09:18.25	+00:42:21 (32.8%)	6:27	9.3 (67.4%)
48	LESIEWICZ Jarosław	709		M 45+	5	02:09:21.95	02:09:32.55	+00:42:35 (32.9%)	6:28	9.3 (67.4%)
49	ŻUK Marzena	834	ALBATROSY	K 32	3	02:09:34.80	02:09:38.55	+00:42:41 (32.9%)	6:28	9.3 (67.4%)
50	GOC Paweł	859		M 33-44	25	02:10:03.55	02:10:12.80	+00:43:15 (33.2%)	6:30	9.2 (66.7%)
51	ŚWIĄDER Andrzej	794		M 33-44	26	02:10:18.85	02:10:27.05	+00:43:30 (33.3%)	6:30	9.2 (66.7%)
52	CZYCZ Mateusz	632	HUSARIA RACE TEAM	M 32	18	02:10:32.80	02:10:40.85	+00:43:43 (33.5%)	6:31	9.2 (66.7%)
53	CEMPEL Piotr	621	-	M 33-44	27	02:10:31.70	02:10:47.75	+00:43:50 (33.5%)	6:31	9.2 (66.7%)
54	BRZESKI Szczepan	617		M 33-44	28	02:10:49.50	02:11:00.80	+00:44:03 (33.6%)	6:32	9.2 (66.7%)
55	BEM Jakub	611	NOWA HUTA TEAM	M 32	19	02:11:24.40	02:11:30.65	+00:44:33 (33.9%)	6:34	9.1 (65.9%)
56	ZAWADA Michał	821		M 33-44	29	02:11:20.25	02:11:36.55	+00:44:39 (33.9%)	6:34	9.1 (65.9%)
57	KOMAR Izabela	692		K 45+	1	02:11:22.40	02:11:37.90	+00:44:40 (33.9%)	6:34	9.1 (65.9%)
58	BERTINO Francesco	612	CAZZO CLUB RUNNING TEAM	M 32	20	02:12:02.35	02:12:08.45	+00:45:11 (34.2%)	6:36	9.1 (65.9%)
59	IWAŃSKI Bogusław	667		M 33-44	30	02:12:03.40	02:12:16.10	+00:45:19 (34.3%)	6:36	9.1 (65.9%)
60	WILK Katarzyna	812		K 33-44	1	02:12:21.95	02:12:24.15	+00:45:27 (34.3%)	6:37	9.1 (65.9%)
61	MIODUSZEWSKA Aleksandra	732	CAZZO CLUB	K 32	4	02:12:24.75	02:12:31.75	+00:45:34 (34.4%)	6:37	9.1 (65.9%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
62	ZYGMUNT Paweł	832		M 45+	6	02:13:16.55	02:13:25.20	+00:46:28 (34.8%)	6:39	9 (65.2%)
63	POLAK Andrzej	756	KW KRAKÓW	M 33-44	31	02:13:25.95	02:13:41.10	+00:46:44 (35.0%)	6:40	9 (65.2%)
64	JURCZAK Kacper	674		M 32	21	02:13:49.45	02:13:55.45	+00:46:58 (35.1%)	6:41	9 (65.2%)
65	FIJAŁKOWSKA Ewa	647	NOWA HUTA TEAM	K 32	5	02:14:22.15	02:14:27.70	+00:47:30 (35.3%)	6:43	8.9 (64.5%)
66	KOŁAKOWSKI Bartosz	691	CAZZO CLUB RUNNING TEAM	M 32	22	02:14:40.10	02:14:40.10	+00:47:43 (35.4%)	6:44	8.9 (64.5%)
67	ZIELAK Dariusz	825		M 33-44	32	02:14:33.15	02:14:40.40	+00:47:43 (35.4%)	6:43	8.9 (64.5%)
68	ANDRZEJEWSKI Tomasz	601		M 33-44	33	02:14:37.70	02:14:47.40	+00:47:50 (35.5%)	6:43	8.9 (64.5%)
69	WÓJCICKI Tomasz	814	ITMBW KRAKÓW	M 32	23	02:14:43.10	02:14:48.15	+00:47:51 (35.5%)	6:44	8.9 (64.5%)
70	URBAŃSKI Mariusz	803		M 33-44	34	02:14:39.40	02:14:50.20	+00:47:53 (35.5%)	6:44	8.9 (64.5%)
71	WULCZYŃSKI Rafał	817		M 33-44	35	02:14:43.35	02:14:54.15	+00:47:57 (35.5%)	6:44	8.9 (64.5%)
72	LEŚNIEWSKI Andrzej	711	FOR RUN TEAM	M 33-44	36	02:14:56.80	02:15:15.85	+00:48:18 (35.7%)	6:44	8.9 (64.5%)
73	ANTOLAK Maciej	602	NOWY TARG RUNNERS/NOWOTARSKI KLUB KOLARSKI	M 33-44	37	02:15:16.10	02:15:18.30	+00:48:21 (35.7%)	6:45	8.9 (64.5%)
74	GWÓZDŹ Michał	866	CZELADŹ BIEGA	M 33-44	38	02:16:19.60	02:16:28.05	+00:49:31 (36.3%)	6:49	8.8 (63.8%)
75	LECH Judyta	708	ITMBW KRAKÓW	K 32	6	02:19:24.25	02:19:29.05	+00:52:32 (37.7%)	6:58	8.6 (62.3%)
76	KAPAŁKA Adrian	678	NATALIA TOMASIAK GÓRSKI STYL	M 33-44	39	02:19:29.85	02:19:36.65	+00:52:39 (37.7%)	6:58	8.6 (62.3%)
77	MAŚLANKIEWICZ Bartłomiej	727	PRZYSTAŃ LEŚNIOŹ	M 32	24	02:19:25.20	02:19:41.05	+00:52:44 (37.8%)	6:58	8.6 (62.3%)
78	SAJDA Igor	769		M 32	25	02:20:19.30	02:20:22.55	+00:53:25 (38.1%)	7:00	8.6 (62.3%)
79	LACHERA Kamila	705	W POGONI ZA DUCHEM	K 33-44	2	02:21:39.75	02:21:48.40	+00:54:51 (38.7%)	7:05	8.5 (61.6%)
80	WASZAK Łukasz	808		M 32	26	02:21:59.15	02:22:02.65	+00:55:05 (38.8%)	7:05	8.5 (61.6%)
81	PUTAJ Rafał	759	PGB SPORTOWA PACZKA	M 33-44	40	02:21:45.50	02:22:11.95	+00:55:14 (38.9%)	7:05	8.5 (61.6%)
82	STELMACH Anna	781		K 32	7	02:23:36.45	02:23:40.80	+00:56:43 (39.5%)	7:10	8.4 (60.9%)
83	CHODKOWSKI Krzysztof	623		M 33-44	41	02:24:03.95	02:24:08.45	+00:57:11 (39.7%)	7:12	8.3 (60.1%)
84	ŁOPATOWSKI Michał	716	KANAPOWI PIWOSZE KRAKÓW	M 32	27	02:24:11.05	02:24:15.15	+00:57:18 (39.7%)	7:12	8.3 (60.1%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
85	ŁOPATOWSKI Tomasz	717	ZAKWAS RUNNING TEAM KRAKÓW	M 32	28	02:24:11.10	02:24:15.45	+00:57:18 (39.7%)	7:12	8.3 (60.1%)
86	MICHALSKA Małgorzata	853		K 32	8	02:24:12.60	02:24:23.25	+00:57:26 (39.8%)	7:12	8.3 (60.1%)
87	ZIELIŃSKI Grzegorz	829		M 33-44	42	02:24:07.15	02:24:24.35	+00:57:27 (39.8%)	7:12	8.3 (60.1%)
88	ROZDZYNSKA Patrycja	764		K 32	9	02:24:25.95	02:24:32.90	+00:57:35 (39.8%)	7:13	8.3 (60.1%)
89	SMOLIŃSKI Marcin	779		M 32	29	02:24:26.90	02:24:33.20	+00:57:36 (39.8%)	7:13	8.3 (60.1%)
90	CYRULEWSKA Małgorzata	628	MPK ŁÓDŹ	K 45+	2	02:24:25.60	02:24:39.00	+00:57:42 (39.9%)	7:13	8.3 (60.1%)
91	WALERJAN-RUSEK Agnieszka	805		K 33-44	3	02:25:51.10	02:25:58.50	+00:59:01 (40.4%)	7:17	8.2 (59.4%)
92	BABICZ Grzegorz	605		M 33-44	43	02:25:54.50	02:26:02.95	+00:59:05 (40.5%)	7:17	8.2 (59.4%)
93	MATEJAK Filip	851	WTS DESKI	M 32	30	02:26:05.85	02:26:12.05	+00:59:15 (40.5%)	7:18	8.2 (59.4%)
94	TRZASKOWSKI Cezary	798		M 32	31	02:26:06.90	02:26:12.85	+00:59:15 (40.5%)	7:18	8.2 (59.4%)
95	DZIEDZIC Julia	645	JULKATEAM STARY SĄCZ	K 45+	3	02:26:01.70	02:26:15.75	+00:59:18 (40.6%)	7:18	8.2 (59.4%)
96	GADOMSKI Bartosz	656	CAZZO CLUB RUNNING TEAM	M 32	32	02:26:09.90	02:26:16.50	+00:59:19 (40.6%)	7:18	8.2 (59.4%)
97	WĘGRZYN Katarzyna	809		K 33-44	4	02:26:17.20	02:26:20.35	+00:59:23 (40.6%)	7:18	8.2 (59.4%)
98	TOMECKA Aleksandra	868		K 32	10	02:26:14.60	02:26:21.80	+00:59:24 (40.6%)	7:18	8.2 (59.4%)
99	GAC Karolina	653		K 33-44	5	02:26:09.95	02:26:23.05	+00:59:26 (40.6%)	7:18	8.2 (59.4%)
100	FORJASZ Przemysław	650		M 33-44	44	02:26:17.90	02:26:30.30	+00:59:33 (40.7%)	7:18	8.2 (59.4%)
101	PIWOŃSKI Adam	855		M 33-44	45	02:26:20.10	02:26:34.25	+00:59:37 (40.7%)	7:19	8.2 (59.4%)
102	POCHWAŁA Justyna	752	GÓRSKI STYL TEAM	K 33-44	6	02:28:06.20	02:28:17.50	+01:01:20 (41.4%)	7:24	8.1 (58.7%)
103	GÓRSKI Rafał	849		M 33-44	46	02:27:56.15	02:28:20.55	+01:01:23 (41.4%)	7:23	8.1 (58.7%)
104	SOBOL Marzena	861	BIEGAM RADOM	K 33-44	7	02:28:08.35	02:28:25.85	+01:01:28 (41.4%)	7:24	8.1 (58.7%)
105	POCHWAŁA Maciej	753		M 32	33	02:28:37.50	02:28:59.80	+01:02:02 (41.6%)	7:25	8.1 (58.7%)
106	PATEREK Agata	745	WKURW_TEAM	K 33-44	8	02:28:54.50	02:29:03.15	+01:02:06 (41.7%)	7:26	8.1 (58.7%)
107	PATEREK Grzegorz	746	WKURW_TEAM	M 33-44	47	02:28:56.15	02:29:03.75	+01:02:06 (41.7%)	7:26	8.1 (58.7%)

Place	Participant	Number	Club	Category	MCat	Net	Czas	Gap	Pace	Pace
						time	brutto			
						20km	20km			
108	RUSNARCZYK Wojciech	765	ZDROWIE	M 33-44	48	02:29:11.20	02:29:13.10	+01:02:16 (41.7%)	7:27	8 (58.0%)
109	LANGOWSKI Roman	707	VADAIN RUNNING CLUB	M 33-44	49	02:28:59.55	02:29:27.95	+01:02:30 (41.8%)	7:26	8.1 (58.7%)
110	LANGOWSKA Anna	706	VADAIN RUNNING CLUB	K 33-44	9	02:28:52.55	02:29:53.25	+01:02:56 (42.0%)	7:26	8.1 (58.7%)
111	FALKOWSKI Piotr	888	KS PEGAZ PIASECZNO	M 45+	7	02:30:44.10	02:30:44.10	+01:03:47 (42.3%)	7:32	8 (58.0%)
112	KERZKOWSKI Marcin	858	BIAŁOSTOCKA SEKTA BIEGOWA	M 33-44	50	02:30:50.90	02:31:00.20	+01:04:03 (42.4%)	7:32	8 (58.0%)
113	GAJDA Piotr	657	ORANGE POLSKA	M 45+	8	02:30:57.10	02:31:10.35	+01:04:13 (42.5%)	7:32	7.9 (57.2%)
114	FRYBES Agnieszka	864	FUNDACJA KIERUNEK ULTRA	K 33-44	10	02:31:02.75	02:31:11.25	+01:04:14 (42.5%)	7:33	7.9 (57.2%)
115	PILARSKA Magdalena	867		K 33-44	11	02:30:56.45	02:31:11.90	+01:04:14 (42.5%)	7:32	8 (58.0%)
116	SIERZPUTOWSKI Jan	774		M 32	34	02:31:09.85	02:31:34.15	+01:04:37 (42.6%)	7:33	7.9 (57.2%)
117	STRĘK Joanna	784	GÓRSKI STYL TEAM	K 33-44	12	02:32:02.25	02:32:13.15	+01:05:16 (42.9%)	7:36	7.9 (57.2%)
118	ZYGMUNT Małgorzata	833		K 33-44	13	02:32:19.85	02:32:27.55	+01:05:30 (43.0%)	7:37	7.9 (57.2%)
119	WŁODARSKA Magdalena	813		K 33-44	14	02:32:34.70	02:32:46.30	+01:05:49 (43.1%)	7:37	7.9 (57.2%)
120	PRZYGODZKI Roman	758	NOWY TARG RUNNERS	M 33-44	51	02:32:42.50	02:32:47.85	+01:05:50 (43.1%)	7:38	7.9 (57.2%)
121	ŁOPUSIŃSKI Piotr	718	CAZZO CLUB RUNNING TEAM	M 32	35	02:33:08.50	02:33:15.20	+01:06:18 (43.3%)	7:39	7.8 (56.5%)
122	MALIHIN Dragos	722		M 33-44	52	02:33:20.35	02:33:27.45	+01:06:30 (43.3%)	7:40	7.8 (56.5%)
123	CASAÑA Fran	620	INDEPENDENT	M 33-44	53	02:33:34.35	02:33:43.60	+01:06:46 (43.4%)	7:40	7.8 (56.5%)
124	NOWAK Natalia	739	EKIPA Z TARNOWA	K 32	11	02:34:19.55	02:34:36.45	+01:07:39 (43.8%)	7:43	7.8 (56.5%)
125	GACKA Katarzyna	654	MEWA GDYNIA	K 33-44	15	02:34:45.00	02:35:10.05	+01:08:13 (44.0%)	7:44	7.8 (56.5%)
126	WRÓBLEWSKA Olga	816	VEGE RUNNERS	K 33-44	16	02:36:20.85	02:36:28.15	+01:09:31 (44.4%)	7:49	7.7 (55.8%)
127	ORNATOWSKA Maria	742	BIEGACZ ŚWIETOKRZYSKI	K 45+	4	02:36:21.85	02:36:30.80	+01:09:33 (44.4%)	7:49	7.7 (55.8%)
128	MATUSZAK Piotr	728		M 45+	9	02:36:58.85	02:37:15.75	+01:10:18 (44.7%)	7:50	7.6 (55.1%)
129	SZEWCZYK Mariusz	788		M 45+	10	02:37:06.45	02:37:28.25	+01:10:31 (44.8%)	7:51	7.6 (55.1%)
130	MASZCZYK Andrzej	726		M 45+	11	02:37:44.25	02:38:02.45	+01:11:05 (45.0%)	7:53	7.6 (55.1%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
131	MASZCZYK Dorota	725		K 33-44	17	02:37:49.90	02:38:07.70	+01:11:10 (45.0%)	7:53	7.6 (55.1%)
132	GMAJ Karolina	662		K 33-44	18	02:38:36.00	02:38:51.65	+01:11:54 (45.3%)	7:55	7.6 (55.1%)
133	PŁATEK Paweł	751	PGB SPORTOWA PACZKA	M 33-44	54	02:38:48.80	02:39:07.95	+01:12:10 (45.4%)	7:56	7.6 (55.1%)
134	GONCERZEWICZ Anna	664	STARE BABICE BIEGAJĄ	K 33-44	19	02:39:05.10	02:39:08.90	+01:12:11 (45.4%)	7:57	7.5 (54.3%)
135	KACZMAREK Jan	675		M 45+	12	02:39:02.75	02:39:25.90	+01:12:28 (45.5%)	7:57	7.5 (54.3%)
136	GAZDA Artur	841		M 32	36	02:40:16.70	02:40:19.55	+01:13:22 (45.8%)	8:00	7.5 (54.3%)
137	ZIELIŃSKA Beata	827	ROZBIEGANY PIASTÓW	K 33-44	20	02:39:59.85	02:40:20.10	+01:13:23 (45.8%)	8:00	7.5 (54.3%)
138	GARNCARZ Piotr	659		M 33-44	55	02:40:24.05	02:40:37.15	+01:13:40 (45.9%)	8:01	7.5 (54.3%)
139	MACIASZ Sylwia	719		K 32	12	02:42:39.45	02:42:46.40	+01:15:49 (46.6%)	8:08	7.4 (53.6%)
140	BALCEWICZ Alfred	606	BIEGNIJ Z PROSERVICE	M 32	37	02:42:26.25	02:42:47.40	+01:15:50 (46.6%)	8:07	7.4 (53.6%)
141	DZIEDZIC Joanna	643		K 33-44	21	02:42:42.75	02:42:52.45	+01:15:55 (46.6%)	8:08	7.4 (53.6%)
142	GADOMSKA Anna	655	CAZZO CLUB RUNNING TEAM	K 32	13	02:43:37.85	02:43:43.15	+01:16:46 (46.9%)	8:10	7.3 (52.9%)
143	SZYMKOWIAK Paweł	791		M 33-44	56	02:45:07.45	02:45:27.40	+01:18:30 (47.4%)	8:15	7.3 (52.9%)
144	WÓJCIK Radosław	815		M 32	38	02:45:08.10	02:45:28.20	+01:18:31 (47.5%)	8:15	7.3 (52.9%)
145	BEDNAREK Sylwia	869		K 33-44	22	02:45:26.85	02:45:36.25	+01:18:39 (47.5%)	8:16	7.3 (52.9%)
146	SZARLEJ Anna	786	FUDU&CO. SPORT TEAM	K 32	14	02:45:46.65	02:45:57.95	+01:19:00 (47.6%)	8:17	7.2 (52.2%)
147	ZYCH Herbert	831		M 45+	13	02:45:45.05	02:45:59.20	+01:19:02 (47.6%)	8:17	7.2 (52.2%)
148	SERĘGA Tomasz	772	WKURW-TEAM	M 33-44	57	02:46:56.50	02:47:04.20	+01:20:07 (48.0%)	8:20	7.2 (52.2%)
149	DUDA Piotr	639		M 32	39	02:49:09.15	02:49:23.60	+01:22:26 (48.7%)	8:27	7.1 (51.4%)
150	DUDA Karolina	638		K 32	15	02:49:10.00	02:49:24.15	+01:22:27 (48.7%)	8:27	7.1 (51.4%)
151	KOŁAKOWSKA Olga	690	CAZZO CLUB	K 32	16	02:49:43.40	02:49:49.65	+01:22:52 (48.8%)	8:29	7.1 (51.4%)
152	JAGIEŁA Monika	839		K 33-44	23	02:51:10.65	02:51:12.35	+01:24:15 (49.2%)	8:33	7 (50.7%)
153	DUDUŚ Aleksandra	840		K 32	17	02:51:11.20	02:51:13.10	+01:24:16 (49.2%)	8:33	7 (50.7%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
154	ŚLUSARSKI Włodzimierz	793	OBOZY BIEGOWE	M 45+	14	02:51:15.35	02:51:18.90	+01:24:21 (49.2%)	8:33	7 (50.7%)
155	GOŁDYN Marek	860		M 33-44	58	02:51:43.70	02:51:46.90	+01:24:49 (49.4%)	8:35	7 (50.7%)
156	SIOŁA Franciszek	776		M 45+	15	02:51:50.65	02:52:00.55	+01:25:03 (49.5%)	8:35	7 (50.7%)
157	MIELCZAREK Anna	368		K 33-44	24	02:52:05.00	02:52:05.00	+01:25:08 (49.5%)	8:36	7 (50.7%)
158	JAROSZ Artur	856		M 45+	16	02:52:39.30	02:52:49.65	+01:25:52 (49.7%)	8:37	7 (50.7%)
159	RAPACZ Mariusz	761	MPK-ŁÓDŹ	M 45+	17	02:52:54.10	02:53:08.25	+01:26:11 (49.8%)	8:38	6.9 (50.0%)
160	PABIAŃCZYK Małgorzata	744		K 33-44	25	03:04:58.80	03:05:18.35	+01:38:21 (53.1%)	9:14	6.5 (47.1%)
161	UCHAL Ewa	802	GRUPA BIEGOWA CHTMO	K 33-44	26	03:05:12.50	03:05:27.65	+01:38:30 (53.1%)	9:15	6.5 (47.1%)
162	WOJCIECHOWSKI Gaurahari	871		M 32	40	03:09:26.95	03:09:48.00	+01:42:51 (54.2%)	9:28	6.3 (45.7%)
163	ZEMŁA Krzysztof	823	RUNBERRIES	M 45+	18	03:09:30.40	03:09:49.80	+01:42:52 (54.2%)	9:28	6.3 (45.7%)
164	BRZEZOWSKA Beata	874		K 45+	5	03:11:01.00	03:11:12.10	+01:44:15 (54.5%)	9:33	6.3 (45.7%)
165	SOWIŃSKA Agata	780		K 32	18	03:13:11.55	03:13:34.25	+01:46:37 (55.1%)	9:39	6.2 (44.9%)
166	KRZYŻEWSKI Roger	701		M 32	41	03:14:49.95	03:15:09.90	+01:48:12 (55.4%)	9:44	6.2 (44.9%)
167	ZARYCKA Julia	819		K 33-44	27	03:15:02.20	03:15:18.80	+01:48:21 (55.5%)	9:45	6.2 (44.9%)
168	ZIELIŃSKI Jacek	828	ROZBIEGANY PIASTÓW	M 33-44	59	03:16:35.30	03:16:55.45	+01:49:58 (55.8%)	9:49	6.1 (44.2%)
169	PIĄTEK Waldemar	749		M 45+	19	03:16:54.40	03:16:59.85	+01:50:02 (55.9%)	9:50	6.1 (44.2%)
170	CHOJNACKA Monika	624	'KROKUS' PRZYSZOWA	K 33-44	28	03:17:13.20	03:17:25.35	+01:50:28 (56.0%)	9:51	6.1 (44.2%)
171	KOKOSZKA Larysa	689	NORAFSPORT	K 32	19	03:17:16.35	03:17:28.55	+01:50:31 (56.0%)	9:51	6.1 (44.2%)
172	ROGATKO Adam	763	SYNERIC ENGINEERS	M 33-44	60	03:17:13.10	03:17:31.95	+01:50:34 (56.0%)	9:51	6.1 (44.2%)
173	TOKARSKA Bożena	797		K 33-44	29	03:17:13.65	03:17:34.20	+01:50:37 (56.0%)	9:51	6.1 (44.2%)
174	MIŁOSZEWSKI Paweł	731		M 45+	20	03:17:16.60	03:17:35.70	+01:50:38 (56.0%)	9:51	6.1 (44.2%)
175	SADOWIŃSKA Adriana	768	NOWA HUTA TEAM/WKURW_TEAM	K 45+	6	03:18:02.20	03:18:16.40	+01:51:19 (56.1%)	9:54	6.1 (44.2%)
176	SIKORSKA Mariola	775		K 33-44	30	03:18:29.95	03:18:37.65	+01:51:40 (56.2%)	9:55	6 (43.5%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
177	KWIATKOWSKI Wiktor	872		M 33-44	61	03:18:53.35	03:19:14.60	+01:52:17 (56.4%)	9:56	6 (43.5%)
178	GRUDZIEŃ Monika	778		K 33-44	31	03:18:52.55	03:19:22.00	+01:52:25 (56.4%)	9:56	6 (43.5%)
179	KROENKE Barbara	699	OBOZYBIEGOWE.PL	K 45+	7	03:21:10.25	03:21:23.35	+01:54:26 (56.8%)	10:03	6 (43.5%)
180	GRUDZIEŃ Paweł	710	VADAIN RUNNING CLUB	M 33-44	62	03:20:55.30	03:21:26.00	+01:54:29 (56.8%)	10:02	6 (43.5%)
181	NIESIOBĘDZKA-ROGATKO Karolina	738	SYNERIC ENGINEERS	K 33-44	32	03:21:08.30	03:21:26.60	+01:54:29 (56.8%)	10:03	6 (43.5%)
182	TERZONI Karina	796		K 33-44	33	03:21:24.65	03:21:30.20	+01:54:33 (56.8%)	10:04	6 (43.5%)
183	GARNCARZ Lucyna	658		K 33-44	34	03:21:16.25	03:21:33.05	+01:54:36 (56.9%)	10:03	6 (43.5%)
184	SAMOJLUK-ŚLUSARSKA Bożena	771		K 45+	8	03:21:28.40	03:21:43.45	+01:54:46 (56.9%)	10:04	6 (43.5%)
185	GAUR Vineet	660		M 33-44	63	03:23:04.45	03:23:13.55	+01:56:16 (57.2%)	10:09	5.9 (42.8%)
186	KONDRAK Iwona	694		K 33-44	35	03:23:20.90	03:23:27.00	+01:56:30 (57.3%)	10:10	5.9 (42.8%)
187	KONDRAK Piotr	693	VEGE RUNNERS	M 33-44	64	03:23:20.85	03:23:27.65	+01:56:30 (57.3%)	10:10	5.9 (42.8%)
188	ZIELAK Aldona	826		K 33-44	36	03:23:45.75	03:24:06.15	+01:57:09 (57.4%)	10:11	5.9 (42.8%)
189	WOJCIECHOWSKA Ewa	870		K 45+	9	03:24:32.25	03:24:53.95	+01:57:56 (57.6%)	10:13	5.9 (42.8%)
190	LIDUK Wioletta	712		K 45+	10	03:24:29.45	03:24:54.75	+01:57:57 (57.6%)	10:13	5.9 (42.8%)
191	POPŁAWSKI Piotr	757	PGB SPORTOWA PACZKA	M 33-44	65	03:24:30.30	03:24:56.10	+01:57:59 (57.6%)	10:13	5.9 (42.8%)
192	STRĘCIWILK Justyna	783	VADAIN RUNNING CLUB	K 33-44	37	03:24:57.00	03:25:24.10	+01:58:27 (57.7%)	10:14	5.9 (42.8%)
193	STOŁOWSKA Natalia	782		K 33-44	38	03:25:58.65	03:26:15.65	+01:59:18 (57.8%)	10:17	5.8 (42.0%)
194	DUDA Krzysztof	641	WATAHA - ŁĄCZY NAS BIEGANIE	M 33-44	66	03:26:32.80	03:26:46.40	+01:59:49 (57.9%)	10:19	5.8 (42.0%)
195	GĄSIOREK Kamila	661		K 32	20	03:28:50.95	03:28:55.00	+02:01:58 (58.4%)	10:26	5.7 (41.3%)
196	KASIŃSKA Marta	683		K 32	21	03:28:41.50	03:28:59.60	+02:02:02 (58.4%)	10:26	5.8 (42.0%)
197	TYRKA-KACZMAREK Karolina	801	KACZMAREK TEAM	K 33-44	39	03:28:49.90	03:29:10.35	+02:02:13 (58.4%)	10:26	5.7 (41.3%)
198	JAWORSKA-NIZIOŁ Magdalena	673	AKADEMIA BIEGANIA GRUDZIĄDZ	K 33-44	40	03:29:33.05	03:29:45.15	+02:02:48 (58.5%)	10:28	5.7 (41.3%)
198	LIPIŃSKA Żanetka	713	BIEGAJĄCE BABCIE	K 45+	11	03:29:32.55	03:29:45.15	+02:02:48 (58.5%)	10:28	5.7 (41.3%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
200	ZAORSKA Marta	818		K 32	22	03:29:23.95	03:29:50.05	+02:02:53 (58.6%)	10:28	5.7 (41.3%)
201	KASIŃSKI Jakub	684		M 32	42	03:30:14.45	03:30:32.15	+02:03:35 (58.7%)	10:30	5.7 (41.3%)
202	POCHWAŁA Piotr	754		M 45+	21	03:32:05.70	03:32:29.40	+02:05:32 (59.1%)	10:36	5.7 (41.3%)
203	ANTONIEWICZ Nataliya	603		K 33-44	41	03:32:23.30	03:32:31.35	+02:05:34 (59.1%)	10:37	5.7 (41.3%)
204	KUŻMA Maciej	704	YULO RUN TEAM	M 45+	22	03:32:27.95	03:32:53.15	+02:05:56 (59.2%)	10:37	5.6 (40.6%)
205	BARANOWSKA-KUŻMA Monika	607	YULO RUN TEAM	K 45+	12	03:32:28.10	03:32:53.25	+02:05:56 (59.2%)	10:37	5.6 (40.6%)
206	KOTOCZEK Agata	850		K 33-44	42	03:32:53.70	03:33:00.80	+02:06:03 (59.2%)	10:38	5.6 (40.6%)
207	ZATOŃ Bożena	820	RUN PASJA	K 45+	13	03:33:22.55	03:33:45.35	+02:06:48 (59.3%)	10:40	5.6 (40.6%)
208	DROBNIAK Katarzyna	636	Z BIEGANIEM MI DO TWARZY	K 33-44	43	03:37:01.05	03:37:06.35	+02:10:09 (60.0%)	10:51	5.5 (39.9%)
209	BARON Jarek	865		M 32	43	03:38:29.10	03:38:58.25	+02:12:01 (60.3%)	10:55	5.5 (39.9%)
210	POKROP Agnieszka	755	GÓRSKI STYL TEAM	K 32	23	03:38:55.40	03:39:07.40	+02:12:10 (60.3%)	10:56	5.5 (39.9%)
211	WALKOWIAK Iwona	806		K 33-44	44	03:39:04.70	03:39:07.70	+02:12:10 (60.3%)	10:57	5.5 (39.9%)
212	PAWEŁCZUK Piotr	747		M 33-44	67	03:39:04.70	03:39:26.55	+02:12:29 (60.4%)	10:57	5.5 (39.9%)
213	PAWEŁCZUK Katarzyna	748		K 33-44	45	03:39:05.15	03:39:26.95	+02:12:29 (60.4%)	10:57	5.5 (39.9%)
214	KNOSOWSKI Sławomir	687	HEKI TEAM	M 45+	23	03:41:38.20	03:41:53.10	+02:14:56 (60.8%)	11:04	5.4 (39.1%)
215	TRZCINSKA Jolanta	799	AKADEMIA BIEGANIA GRUDZIĄDZ	K 32	24	03:41:58.35	03:42:13.10	+02:15:16 (60.9%)	11:05	5.4 (39.1%)
216	KNOSOWSKA Sylwia	686		K 45+	14	03:41:58.70	03:42:13.30	+02:15:16 (60.9%)	11:05	5.4 (39.1%)
217	DRATWICKA Agnieszka	635	12TRI.PL	K 45+	15	03:46:48.70	03:47:10.50	+02:20:13 (61.7%)	11:20	5.3 (38.4%)
218	KOWALIK Grzegorz	697	RUNOWO RANGERS	M 45+	24	03:46:49.60	03:47:11.90	+02:20:14 (61.7%)	11:20	5.3 (38.4%)
219	BEDNAREK Grażyna	610	RUN PASJA	K 45+	16	03:47:30.20	03:47:53.65	+02:20:56 (61.8%)	11:22	5.3 (38.4%)
220	CZECHOWSKI Jerzy	631	MZA - WARSZAWA	M 45+	25	03:47:53.25	03:48:04.85	+02:21:07 (61.9%)	11:23	5.3 (38.4%)
221	KACZYNSKI Piotr	676		M 33-44	68	03:51:52.55	03:52:01.80	+02:25:04 (62.5%)	11:35	5.2 (37.7%)
222	KULITA Elżbieta	702	TAK LUBIĘ SANDOMIERZ	K 45+	17	03:51:57.40	03:52:07.55	+02:25:10 (62.5%)	11:35	5.2 (37.7%)

Place	Participant	Number	Club	Category	MCat	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
223	STROŃSKA Agnieszka	785	KOPALNIA MOCY TARNOBRZEG	K 45+	18	03:51:58.90	03:52:08.90	+02:25:11 (62.5%)	11:35	5.2 (37.7%)
224	KAPCIA Tomasz	681		M 32	44	03:54:48.60	03:55:04.05	+02:28:07 (63.0%)	11:44	5.1 (37.0%)
225	KARCZ Michał	682		M 32	45	03:54:48.90	03:55:04.90	+02:28:07 (63.0%)	11:44	5.1 (37.0%)
226	MICHALSKA Małgorzata	729	FUDU & CO. SPORT TEAM	K 33-44	46	03:57:15.65	03:57:28.25	+02:30:31 (63.4%)	11:51	5.1 (37.0%)
	SOCHNOWSKA Justyna	873		K 33-44		DNF	DNF		-	- (0.0%)

Total 227 results.