

# OCHOTNICA CHALLENGE 20 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Event:** Gorce Ultra-Trail 2019  
**Organiser:** Fundacja Run Vegan - GUT  
**Date:** 2019-08-04  
**Place:** Ochotnica Dolna  
**Distance:** 20 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Klasyfikacja Gmin	Pow NT	Pow Limanowski	Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
1	<b>MAREK Dariusz</b>	<b>1161</b>	MONK SANDALS TEAM	M 33-44	1	Nie dotyczy			00:54:41	00:57:01	<b>01:32:55.05</b>	<b>01:32:56.75</b>		4:38	12.9 (100%)
2	<b>BOROWICZ Piotr</b>	<b>1259</b>	MAXX SPORT NOWY TARG	M 32	1	Nowy Targ	1		00:59:44	01:02:11	<b>01:35:10.50</b>	<b>01:35:13.55</b>	+00:02:16 (2.4%)	4:45	12.6 (97.7%)
3	<b>KUREK Jacek</b>	<b>1100</b>	FUNDACJA ŚLĄSKIE HOSPICJUM DLA DZIECI ŚWIETLIKOWO	M 45+	1	Nie dotyczy			01:00:05	01:03:33	<b>01:39:53.70</b>	<b>01:39:55.75</b>	+00:06:59 (7.0%)	4:59	12 (93.0%)
4	<b>KOSTELA Piotr</b>	<b>1241</b>	WATAHA	M 32	2	Nowy Targ	1		01:00:49	01:03:45	<b>01:41:35.30</b>	<b>01:41:37.45</b>	+00:08:40 (8.5%)	5:04	11.8 (91.5%)
5	<b>TABIŚ Przemysław</b>	<b>1141</b>		M 32	3	Nie dotyczy			01:05:51	01:08:36	<b>01:41:36.80</b>	<b>01:41:41.00</b>	+00:08:44 (8.6%)	5:04	11.8 (91.5%)
6	<b>TARASEK Wojciech</b>	<b>1207</b>	ELEMENO.PL	M 32	4	Nie dotyczy			00:57:11	01:10:39	<b>01:42:10.45</b>	<b>01:42:12.45</b>	+00:09:15 (9.1%)	5:06	11.7 (90.7%)
7	<b>TRACZ Paulina</b>	<b>1136</b>	SALCO GARMIN TEAM	K 32	1	Nie dotyczy			01:05:51	01:08:37	<b>01:43:50.35</b>	<b>01:43:52.20</b>	+00:10:55 (10.5%)	5:11	11.6 (89.9%)
8	<b>SIKOŃ Marek</b>	<b>1292</b>	PFEIFER.PL	M 33-44	2	Nie dotyczy			01:06:43	01:09:46	<b>01:44:55.55</b>	<b>01:44:57.25</b>	+00:12:00 (11.4%)	5:14	11.4 (88.4%)
9	<b>MILKOWSKI Rafał</b>	<b>1322</b>	OTK RZEŹNIK	M 33-44	3				01:03:59	01:06:59	<b>01:45:39.20</b>	<b>01:45:41.95</b>	+00:12:45 (12.1%)	5:16	11.4 (88.4%)
10	<b>ZYCH Marcin</b>	<b>1110</b>	#SOBASTEAM	M 33-44	4	Nie dotyczy			01:07:45	01:10:46	<b>01:48:00.85</b>	<b>01:48:03.30</b>	+00:15:06 (14.0%)	5:24	11.1 (86.0%)
11	<b>SKOTNICZNY Michał</b>	<b>1087</b>	EUROCLEAR RUNNING TEAM	M 32	5	Nie dotyczy			01:07:09	01:10:31	<b>01:49:00.55</b>	<b>01:49:05.90</b>	+00:16:09 (14.8%)	5:27	11 (85.3%)
12	<b>KOWALIK Marcin</b>	<b>1080</b>	PGE RUN OBRÓT	M 33-44	5	Nie dotyczy			01:09:29	01:12:44	<b>01:49:53.05</b>	<b>01:49:56.00</b>	+00:16:59 (15.5%)	5:29	10.9 (84.5%)
13	<b>GASPARSKI Bartek</b>	<b>1069</b>		M 33-44	6	Nie dotyczy			01:04:22	01:07:38	<b>01:50:04.60</b>	<b>01:50:08.00</b>	+00:17:11 (15.6%)	5:30	10.9 (84.5%)
14	<b>ŁABUZ Małgorzata</b>	<b>1218</b>		K 33-44	1	Nie dotyczy			01:07:25	01:10:51	<b>01:50:30.80</b>	<b>01:50:33.30</b>	+00:17:36 (15.9%)	5:31	10.9 (84.5%)
15	<b>HEBDA Adrian</b>	<b>1090</b>		M 32	6	Not applicable			01:10:33	01:13:50	<b>01:54:29.70</b>	<b>01:54:33.85</b>	+00:21:37 (18.9%)	5:43	10.5 (81.4%)
16	<b>KRAWCZYK Sebastian</b>	<b>1252</b>	MOVE FOR HEALTH	M 33-44	7	Nie dotyczy			01:11:22	01:15:04	<b>01:54:39.85</b>	<b>01:54:42.50</b>	+00:21:45 (19.0%)	5:44	10.5 (81.4%)
17	<b>OPAŁKA Damian</b>	<b>1233</b>	MYRACE	M 32	7	Nie dotyczy			01:10:56	01:14:28	<b>01:54:47.60</b>	<b>01:54:55.25</b>	+00:21:58 (19.1%)	5:44	10.5 (81.4%)
18	<b>SZELEŻYŃSKI Kamil</b>	<b>1168</b>	JATRENUJE	M 32	8	Nie dotyczy			01:12:37	01:16:22	<b>01:56:11.45</b>	<b>01:56:19.10</b>	+00:23:22 (20.1%)	5:48	10.3 (79.8%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja Gmin	Pow NT	Pow Limanowski	Wieża 10km	Gorc 11km	Net	Czas	Pace min/km	Pace km/h	
											time 20km	brutto 20km			Gap
19	<b>MIKA Andrzej</b>	<b>1245</b>		M 33-44	8	Nie dotyczy			01:07:03	01:10:00	<b>01:56:33.85</b>	<b>01:56:38.30</b>	+00:23:41 (20.3%)	5:49	10.3 (79.8%)
20	<b>PYREK Przemysław</b>	<b>1251</b>	TRAINING BY PP	M 32	9	Nie dotyczy			01:11:18	01:14:36	<b>01:56:55.00</b>	<b>01:56:57.30</b>	+00:24:00 (20.5%)	5:50	10.3 (79.8%)
21	<b>KOS Lucjan</b>	<b>1172</b>		M 33-44	9	Nie dotyczy			01:09:33	01:12:43	<b>01:57:37.55</b>	<b>01:57:42.00</b>	+00:24:45 (21.0%)	5:52	10.2 (79.1%)
22	<b>ZAJĄC Andrzej</b>	<b>1065</b>	MUAY RUNNING TEAM	M 33-44	10	Nie dotyczy			01:13:06	01:17:08	<b>01:57:37.35</b>	<b>01:58:05.55</b>	+00:25:08 (21.3%)	5:52	10.2 (79.1%)
23	<b>SOBOLEWSKI Mikołaj</b>	<b>1283</b>	SZYMANOWSKI TRIATHLON TEAM	M 32	10	Nie dotyczy			01:12:54	01:16:42	<b>01:58:02.10</b>	<b>01:58:10.35</b>	+00:25:13 (21.3%)	5:54	10.2 (79.1%)
24	<b>SIWAK Ryszard</b>	<b>1274</b>	TEAMRYS SKI	M 33-44	11	Nie dotyczy			01:06:49	01:10:07	<b>01:58:21.90</b>	<b>01:58:28.20</b>	+00:25:31 (21.5%)	5:55	10.1 (78.3%)
25	<b>BARNAŚ Karol</b>	<b>1316</b>		M 32	11	Ochotnica Dolna	1		01:16:00	01:19:08	<b>01:58:37.60</b>	<b>01:58:49.60</b>	+00:25:52 (21.8%)	5:55	10.1 (78.3%)
26	<b>LATOS Marcin</b>	<b>1130</b>	EUROCLEAR RUNNING TEAM	M 32	12	Nie dotyczy			01:14:19	01:17:55	<b>01:59:02.00</b>	<b>01:59:08.45</b>	+00:26:11 (22.0%)	5:57	10.1 (78.3%)
27	<b>ZAJĄC Katarzyna</b>	<b>1227</b>	4K TEAM TARNÓW	K 33-44	2	Nie dotyczy			01:14:13	01:17:42	<b>01:59:11.40</b>	<b>01:59:16.25</b>	+00:26:19 (22.1%)	5:57	10.1 (78.3%)
28	<b>STRZELCZYK Mariusz</b>	<b>1066</b>	KONTENER FORMY	M 33-44	12	Nie dotyczy			01:11:35	01:14:54	<b>01:58:47.45</b>	<b>01:59:42.10</b>	+00:26:45 (22.4%)	5:56	10.1 (78.3%)
29	<b>GOŁDYN Piotr</b>	<b>1085</b>	KROKODYLE NA WOLNOŚCI	M 33-44	13	Ochotnica Dolna	1		01:11:24	01:14:55	<b>01:58:57.05</b>	<b>01:59:50.90</b>	+00:26:54 (22.4%)	5:56	10.1 (78.3%)
30	<b>KUBIESA Jakub</b>	<b>1296</b>	HUSARIA RACE TEAM	M 33-44	14	Nie dotyczy			01:17:35	01:21:13	<b>02:00:45.00</b>	<b>02:00:47.30</b>	+00:27:50 (23.1%)	6:02	9.9 (76.7%)
31	<b>TURPEL Marc</b>	<b>1314</b>		M 45+	2				01:12:06	01:16:00	<b>02:00:40.35</b>	<b>02:01:07.15</b>	+00:28:10 (23.3%)	6:02	9.9 (76.7%)
32	<b>KOCAK Konrad</b>	<b>1317</b>		M 33-44	15				01:15:38	01:18:42	<b>02:01:11.55</b>	<b>02:01:15.90</b>	+00:28:19 (23.4%)	6:03	9.9 (76.7%)
33	<b>MIZERA Krzysztof</b>	<b>1026</b>		M 33-44	16	Nie dotyczy			01:12:30	01:16:24	<b>02:01:33.65</b>	<b>02:01:42.40</b>	+00:28:45 (23.6%)	6:04	9.9 (76.7%)
34	<b>PLEWA Rafał</b>	<b>1211</b>		M 33-44	17	Nie dotyczy			01:13:48	01:17:48	<b>02:02:17.85</b>	<b>02:02:26.55</b>	+00:29:29 (24.1%)	6:06	9.8 (76.0%)
35	<b>ZAWADZKI Piotr</b>	<b>1220</b>	-	M 33-44	18	Nie dotyczy			01:14:25	01:18:13	<b>02:02:51.65</b>	<b>02:02:56.50</b>	+00:29:59 (24.4%)	6:08	9.8 (76.0%)
36	<b>BUCHLA Marcin</b>	<b>1101</b>	GT RAT	M 45+	3	Nie dotyczy			01:17:38	01:21:11	<b>02:03:15.25</b>	<b>02:03:18.50</b>	+00:30:21 (24.6%)	6:09	9.7 (75.2%)
37	<b>GALUSKIN Alexey</b>	<b>1201</b>	GRUPA NOMAX	M 33-44	19	Nie dotyczy			01:20:27	01:24:10	<b>02:03:48.20</b>	<b>02:03:52.95</b>	+00:30:56 (25.0%)	6:11	9.7 (75.2%)
38	<b>PERKOWSKI Jarosław</b>	<b>1327</b>		M 45+	4				01:14:44	01:19:41	<b>02:04:51.25</b>	<b>02:05:05.85</b>	+00:32:09 (25.7%)	6:14	9.6 (74.4%)
39	<b>GĘDŁEK Tomasz</b>	<b>1120</b>		M 45+	5	Nie dotyczy			01:17:26	01:21:21	<b>02:05:52.55</b>	<b>02:05:58.70</b>	+00:33:01 (26.2%)	6:17	9.5 (73.6%)
40	<b>JAROCH Kamil</b>	<b>1145</b>		M 32	13	Nie dotyczy			01:15:36	01:19:43	<b>02:05:46.65</b>	<b>02:05:59.75</b>	+00:33:03 (26.2%)	6:17	9.5 (73.6%)
41	<b>PARWA Michał</b>	<b>1222</b>	BIEGIEM NA ROWER	M 33-44	20	Nie dotyczy			01:16:03	01:19:55	<b>02:06:02.05</b>	<b>02:06:07.75</b>	+00:33:11 (26.3%)	6:18	9.5 (73.6%)
42	<b>PERENC Michał</b>	<b>1081</b>	HUSARIA RACE TEAM	M 32	14	Nie dotyczy			01:20:57	01:24:18	<b>02:06:34.90</b>	<b>02:06:38.30</b>	+00:33:41 (26.6%)	6:19	9.5 (73.6%)
43	<b>TARANTA Daniel</b>	<b>1217</b>	TANTAN-MEN Z PODWÓJNYMI DODATKAMI	M 32	15	Nie dotyczy			01:16:31	01:20:21	<b>02:05:36.25</b>	<b>02:07:28.95</b>	+00:34:32 (27.1%)	6:16	9.6 (74.4%)
44	<b>MUCHA Agnieszka</b>	<b>1188</b>		K 33-44	3	Nie dotyczy			01:18:48	01:22:48	<b>02:07:14.15</b>	<b>02:07:41.90</b>	+00:34:45 (27.2%)	6:21	9.4 (72.9%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja			Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
						Pow Gmin	Pow NT	Pow Limanowski							
45	<b>STARZYK Sebastian</b>	<b>1226</b>	OCR TEAM DĘBICA	M 33-44	21	Nie dotyczy			01:20:14	01:24:08	<b>02:08:11.75</b>	<b>02:08:22.30</b>	+00:35:25 (27.6%)	6:24	9.4 (72.9%)
46	<b>SOBSTEŁ Przemek</b>	<b>1177</b>		M 33-44	22	Nie dotyczy			01:17:58	01:21:21	<b>02:08:23.25</b>	<b>02:08:31.75</b>	+00:35:35 (27.7%)	6:25	9.3 (72.1%)
47	<b>DEMBECKI Marcin</b>	<b>1240</b>	ŁEMKO STAFF	M 33-44	23	Nie dotyczy			01:15:41	01:19:32	<b>02:08:22.95</b>	<b>02:08:39.95</b>	+00:35:43 (27.8%)	6:25	9.3 (72.1%)
48	<b>NIEMCZYK Dominik</b>	<b>1131</b>	EUROCLEAR RUNNING TEAM	M 33-44	24	Nie dotyczy			01:21:36	01:25:08	<b>02:09:14.30</b>	<b>02:09:20.30</b>	+00:36:23 (28.1%)	6:27	9.3 (72.1%)
49	<b>KRAJKA Jarosław</b>	<b>1187</b>	UMCS BIEGA	M 33-44	25	Nie dotyczy			01:17:54	01:22:06	<b>02:09:30.80</b>	<b>02:09:38.05</b>	+00:36:41 (28.3%)	6:28	9.3 (72.1%)
50	<b>PARZONKA Michał</b>	<b>1175</b>	ŚWISZCZĄCY ŁAŃCUCH	M 33-44	26	Nie dotyczy			01:21:01	01:25:02	<b>02:10:17.85</b>	<b>02:10:37.60</b>	+00:37:40 (28.8%)	6:30	9.2 (71.3%)
51	<b>FALKOWSKI Piotr</b>	<b>891</b>	KS PEGAZ PIASECZNO	M 45+	6				01:21:00	01:25:46	<b>02:10:30.55</b>	<b>02:10:46.15</b>	+00:37:49 (28.9%)	6:31	9.2 (71.3%)
52	<b>KAWA Rafał</b>	<b>1236</b>	OCR TEAM DĘBICA	M 33-44	27	Nie dotyczy			01:22:06	01:25:58	<b>02:10:36.20</b>	<b>02:10:47.05</b>	+00:37:50 (28.9%)	6:31	9.2 (71.3%)
53	<b>WOJCIESZAK Bartłomiej</b>	<b>1282</b>	WILK ULTRA TEAM	M 32	16	Nie dotyczy			01:21:55	01:26:42	<b>02:10:53.00</b>	<b>02:11:05.10</b>	+00:38:08 (29.1%)	6:32	9.2 (71.3%)
54	<b>DERWICH Karol</b>	<b>1034</b>		M 33-44	28	Nie dotyczy			01:21:34	01:25:37	<b>02:11:17.70</b>	<b>02:11:30.40</b>	+00:38:33 (29.3%)	6:33	9.1 (70.5%)
55	<b>GÓŻAŃSKI Jarosław</b>	<b>1248</b>	ŁÓDŹ KOCHA SPORT	M 45+	7	Nie dotyczy			01:19:05	01:23:06	<b>02:11:31.45</b>	<b>02:11:35.20</b>	+00:38:38 (29.4%)	6:34	9.1 (70.5%)
56	<b>BEDNARZ Krzysztof</b>	<b>1228</b>	4K TEAM TARNÓW	M 45+	8	Nie dotyczy			01:21:47	01:25:47	<b>02:11:34.05</b>	<b>02:11:41.00</b>	+00:38:44 (29.4%)	6:34	9.1 (70.5%)
57	<b>MAJEWSKA Joanna</b>	<b>1079</b>	PGE RUN OBRÓT	K 45+	1	Nie dotyczy			01:20:01	01:24:07	<b>02:11:45.95</b>	<b>02:11:47.65</b>	+00:38:50 (29.5%)	6:35	9.1 (70.5%)
58	<b>DUDA Anna</b>	<b>1281</b>		K 32	2	Nowy Targ	1		01:22:48	01:26:37	<b>02:12:00.60</b>	<b>02:12:04.55</b>	+00:39:07 (29.6%)	6:36	9.1 (70.5%)
59	<b>CHOJNACKI Mikołaj</b>	<b>1280</b>	WARSAW RUN CLUB	M 33-44	29	Nie dotyczy			01:19:45	01:24:01	<b>02:11:49.35</b>	<b>02:12:12.00</b>	+00:39:15 (29.7%)	6:35	9.1 (70.5%)
60	<b>FORTUNA Marcin</b>	<b>1176</b>	ŚWISZCZĄCY ŁAŃCUCH	M 33-44	30	Nie dotyczy			01:21:32	01:25:35	<b>02:11:57.05</b>	<b>02:12:16.15</b>	+00:39:19 (29.7%)	6:35	9.1 (70.5%)
61	<b>GOŁASZEWSKA Karolina</b>	<b>525</b>		K 32	3	Nie dotyczy			01:22:33	01:26:38	<b>02:12:10.60</b>	<b>02:12:24.30</b>	+00:39:27 (29.8%)	6:36	9.1 (70.5%)
62	<b>BARSKI Łukasz</b>	<b>1124</b>		M 33-44	31	Nie dotyczy			01:20:58	01:25:07	<b>02:11:47.15</b>	<b>02:12:27.35</b>	+00:39:30 (29.8%)	6:35	9.1 (70.5%)
63	<b>DŁUGOSZ Marek</b>	<b>1186</b>	KB GEOTERMIA UNIEJÓW	M 45+	9	Nie dotyczy			01:23:14	01:26:52	<b>02:12:38.35</b>	<b>02:12:44.10</b>	+00:39:47 (30.0%)	6:37	9 (69.8%)
64	<b>PIECHNIK Antoni</b>	<b>1171</b>		M 32	17	Not applicable			01:21:55		<b>02:13:01.75</b>	<b>02:13:10.05</b>	+00:40:13 (30.2%)	6:39	9 (69.8%)
65	<b>INDEO Simone</b>	<b>1288</b>		M 33-44	32	Nie dotyczy			01:25:59	01:31:00	<b>02:13:33.45</b>	<b>02:13:43.70</b>	+00:40:46 (30.5%)	6:40	9 (69.8%)
66	<b>PACIOREK Piotr</b>	<b>1180</b>	HUSARIA RACE TEAM	M 32	18	Nie dotyczy			01:22:14	01:25:47	<b>02:13:41.10</b>	<b>02:13:51.05</b>	+00:40:54 (30.6%)	6:41	9 (69.8%)
67	<b>WARDA Paweł</b>	<b>1075</b>	MED SPORT	M 33-44	33	Nie dotyczy			01:23:06	01:27:19	<b>02:13:56.80</b>	<b>02:14:18.70</b>	+00:41:21 (30.8%)	6:41	9 (69.8%)
68	<b>KRZYŻOWSKI Hubert</b>	<b>1261</b>		M 33-44	34	Mszana Dolna	1		01:25:46	01:29:07	<b>02:15:34.90</b>	<b>02:15:42.60</b>	+00:42:45 (31.5%)	6:46	8.9 (69.0%)
69	<b>ZAJACZKOWSKA Ewelina</b>	<b>1102</b>	GRUPA BIEGOWA UM W-WA	K 33-44	4	Nie dotyczy			01:23:30	01:27:38	<b>02:15:45.25</b>	<b>02:15:49.20</b>	+00:42:52 (31.6%)	6:47	8.8 (68.2%)
70	<b>ROSTWOROWSKI Jerzy</b>	<b>1182</b>	KW WARSZAWA	M 32	19	Not applicable			01:23:45	01:27:48	<b>02:15:47.10</b>	<b>02:16:07.20</b>	+00:43:10 (31.7%)	6:47	8.8 (68.2%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja Gmin	Pow NT	Pow Limanowski	Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
71	<b>BOREK- GAŹKOWSKA Agata</b>	<b>1275</b>		K 32	4	Nie dotyczy			01:23:05	01:27:21	<b>02:16:43.85</b>	<b>02:17:01.95</b>	+00:44:05 (32.2%)	6:50	8.8 (68.2%)
72	<b>TEMPIŃSKI Bartosz</b>	<b>1265</b>	GORLICKA GRUPA BIEGOWA	M 32	20	Nie dotyczy			01:25:26	01:30:10	<b>02:16:39.55</b>	<b>02:17:09.60</b>	+00:44:12 (32.2%)	6:49	8.8 (68.2%)
73	<b>DZIEDZIC Grzegorz</b>	<b>1067</b>		M 33-44	35	Nowy Targ	1		01:26:21	01:30:03	<b>02:16:54.35</b>	<b>02:17:21.75</b>	+00:44:25 (32.3%)	6:50	8.8 (68.2%)
74	<b>PODRAZA Barbara</b>	<b>1049</b>		K 33-44	5	Nie dotyczy			01:25:05	01:29:07	<b>02:17:30.30</b>	<b>02:17:35.15</b>	+00:44:38 (32.4%)	6:52	8.7 (67.4%)
75	<b>HOROWSKI Tomasz</b>	<b>1238</b>	RUNHOGS TYCHY	M 45+	10	Nie dotyczy			01:26:56	01:31:22	<b>02:17:08.95</b>	<b>02:17:46.90</b>	+00:44:50 (32.5%)	6:51	8.7 (67.4%)
76	<b>BRZOZOWSKA Joanna</b>	<b>1179</b>	ZADYSZKA	K 32	5	Nie dotyczy			01:25:57	01:30:20	<b>02:18:10.40</b>	<b>02:18:34.20</b>	+00:45:37 (32.9%)	6:54	8.7 (67.4%)
77	<b>YAKOVLEV Andrey</b>	<b>1264</b>		M 33-44	36	Not applicable			01:21:19	01:25:25	<b>02:17:54.20</b>	<b>02:18:35.05</b>	+00:45:38 (32.9%)	6:53	8.7 (67.4%)
78	<b>PODGÓRSKA Anna</b>	<b>1323</b>		K 32	6	Ochotnica Dolna	1		01:26:39	01:30:15	<b>02:18:22.40</b>	<b>02:18:41.50</b>	+00:45:44 (33.0%)	6:55	8.7 (67.4%)
79	<b>POCHWAŁA Adam</b>	<b>1224</b>		M 32	21	Nie dotyczy			01:24:02	01:28:20	<b>02:18:20.00</b>	<b>02:18:46.25</b>	+00:45:49 (33.0%)	6:55	8.7 (67.4%)
80	<b>ROGÓŻ Elżbieta</b>	<b>1302</b>	PRORUNNING PROMOTION	K 33-44	6				01:24:13	01:28:39	<b>02:19:28.95</b>	<b>02:19:35.65</b>	+00:46:38 (33.4%)	6:58	8.6 (66.7%)
81	<b>GWÓZDŹ Michał</b>	<b>1270</b>	#CZELADZBIEGA	M 33-44	37	Nie dotyczy			01:25:28	01:30:07	<b>02:20:11.30</b>	<b>02:20:28.90</b>	+00:47:32 (33.8%)	7:00	8.6 (66.7%)
82	<b>DUCH Rafał</b>	<b>1198</b>		M 32	22	Nie dotyczy			01:28:17	01:32:41	<b>02:20:41.60</b>	<b>02:21:01.25</b>	+00:48:04 (34.1%)	7:02	8.5 (65.9%)
83	<b>ANDRUSZKIEWICZ Szymon</b>	<b>1326</b>		M 33-44	38				01:26:10	01:31:21	<b>02:21:33.45</b>	<b>02:21:47.50</b>	+00:48:50 (34.4%)	7:04	8.5 (65.9%)
84	<b>DOKUPIL Kinga</b>	<b>1083</b>		K 32	7	Nie dotyczy			01:28:05	01:31:52	<b>02:21:36.00</b>	<b>02:21:58.20</b>	+00:49:01 (34.5%)	7:04	8.5 (65.9%)
85	<b>ADAMCZYK Wojciech</b>	<b>1021</b>	WEST COAST RUNNERS CYPRUS	M 45+	11	Nie dotyczy			01:27:44	01:32:27	<b>02:21:57.55</b>	<b>02:22:11.00</b>	+00:49:14 (34.6%)	7:05	8.5 (65.9%)
86	<b>MĘDRALA Ireneusz</b>	<b>1073</b>		M 33-44	39	Nie dotyczy			01:27:43	01:32:26	<b>02:22:01.30</b>	<b>02:22:18.80</b>	+00:49:22 (34.7%)	7:06	8.4 (65.1%)
87	<b>GAŁĄZKA Andrzej</b>	<b>1257</b>		M 45+	12	Nie dotyczy			01:27:26	01:31:48	<b>02:22:22.10</b>	<b>02:22:38.50</b>	+00:49:41 (34.8%)	7:07	8.4 (65.1%)
88	<b>KMIECIAK Marlena</b>	<b>1144</b>		K 32	8	Nie dotyczy			01:25:27	01:31:48	<b>02:22:19.90</b>	<b>02:22:43.20</b>	+00:49:46 (34.9%)	7:07	8.4 (65.1%)
89	<b>FRANKOWSKI Piotr</b>	<b>1290</b>		M 33-44	40	Nie dotyczy			01:28:24	01:32:36	<b>02:22:18.55</b>	<b>02:22:49.30</b>	+00:49:52 (34.9%)	7:06	8.4 (65.1%)
90	<b>LADRA Tomasz</b>	<b>1237</b>	RE/MAX POLSKA	M 33-44	41	Nie dotyczy			01:28:05	01:32:24	<b>02:22:09.35</b>	<b>02:22:51.50</b>	+00:49:54 (34.9%)	7:06	8.4 (65.1%)
91	<b>WALNIK Rafał</b>	<b>1250</b>		M 45+	13	Nie dotyczy			01:28:36	01:33:12	<b>02:22:50.25</b>	<b>02:22:53.60</b>	+00:49:56 (35.0%)	7:08	8.4 (65.1%)
92	<b>WIŚNIEWSKI Mariusz</b>	<b>1121</b>		M 33-44	42	Nie dotyczy			01:26:28	01:31:14	<b>02:22:41.70</b>	<b>02:22:57.25</b>	+00:50:00 (35.0%)	7:08	8.4 (65.1%)
93	<b>BIJATOWSKI Adrian</b>	<b>1260</b>		M 33-44	43	Mszana Dolna			01:29:27	01:33:54	<b>02:22:53.40</b>	<b>02:23:01.90</b>	+00:50:05 (35.0%)	7:08	8.4 (65.1%)
94	<b>FRYBES Agnieszka</b>	<b>1324</b>		K 33-44	7				01:29:16	01:33:26	<b>02:22:55.70</b>	<b>02:23:10.55</b>	+00:50:13 (35.1%)	7:08	8.4 (65.1%)
95	<b>ZAWADZKI Grzegorz</b>	<b>1018</b>	KLUB SPORTOWY PRESTIGE	M 33-44	44	Nie dotyczy			01:31:36	01:36:39	<b>02:23:49.40</b>	<b>02:24:07.95</b>	+00:51:11 (35.5%)	7:11	8.3 (64.3%)
96	<b>PELA Oliwia</b>	<b>1286</b>	MKL TORUŃ	K 32	9	Nie dotyczy			01:26:23	01:31:18	<b>02:24:22.35</b>	<b>02:24:27.50</b>	+00:51:30 (35.7%)	7:13	8.3 (64.3%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja Gmin	Pow NT	Pow Limanowski	Wieża 10km	Gorc 11km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											20km	20km			
97	<b>NOWAK Paweł</b>	<b>1279</b>		M 32	23	Nie dotyczy			01:27:55	01:32:21	<b>02:24:24.45</b>	<b>02:24:42.05</b>	+00:51:45 (35.8%)	7:13	8.3 (64.3%)
98	<b>SZELA Łukasz</b>	<b>1231</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M 33-44	45	Nie dotyczy			01:31:18	01:35:24	<b>02:24:48.00</b>	<b>02:25:17.90</b>	+00:52:21 (36.0%)	7:14	8.3 (64.3%)
99	<b>PASTWA Janusz</b>	<b>1242</b>		M 45+	14	Nie dotyczy			01:28:38	01:33:11	<b>02:25:21.45</b>	<b>02:25:26.70</b>	+00:52:29 (36.1%)	7:16	8.3 (64.3%)
100	<b>WALERJAN-RUSEK Agnieszka</b>	<b>1298</b>		K 33-44	8	Nie dotyczy			01:31:02	01:35:41	<b>02:25:30.25</b>	<b>02:25:39.90</b>	+00:52:43 (36.2%)	7:16	8.2 (63.6%)
101	<b>BUCZEK Mirosław</b>	<b>1273</b>		M 32	24	Ochotnica Dolna	1		01:24:09	01:28:33	<b>02:26:01.00</b>	<b>02:26:04.00</b>	+00:53:07 (36.4%)	7:18	8.2 (63.6%)
102	<b>DZIECIUCHOWICZ Adam</b>	<b>1203</b>	EST TEAM	M 32	25	Nie dotyczy			01:27:57	01:32:28	<b>02:25:53.65</b>	<b>02:26:13.00</b>	+00:53:16 (36.4%)	7:17	8.2 (63.6%)
103	<b>PELA Hanna</b>	<b>1244</b>		K 33-44	9	Nie dotyczy			01:28:51	01:34:06	<b>02:26:05.25</b>	<b>02:26:19.50</b>	+00:53:22 (36.5%)	7:18	8.2 (63.6%)
104	<b>WASILEWSKI Piotr</b>	<b>1192</b>		M 32	26	Nie dotyczy			01:27:25	01:31:51	<b>02:26:17.25</b>	<b>02:26:40.75</b>	+00:53:44 (36.6%)	7:18	8.2 (63.6%)
105	<b>DREWNIK Robert</b>	<b>1234</b>		M 33-44	46	Nie dotyczy			01:26:14	01:31:34	<b>02:26:04.90</b>	<b>02:26:45.10</b>	+00:53:48 (36.7%)	7:18	8.2 (63.6%)
106	<b>RUMIŃSKI Piotr</b>	<b>1115</b>	POLKRYST TEAM	M 45+	15	Nie dotyczy			01:30:35	01:36:09	<b>02:26:26.30</b>	<b>02:26:46.80</b>	+00:53:50 (36.7%)	7:19	8.2 (63.6%)
107	<b>GAŁKA Marcin</b>	<b>1157</b>	#SOBASTEAM	M 33-44	47	Nie dotyczy			01:27:55	01:32:43	<b>02:26:38.00</b>	<b>02:26:47.65</b>	+00:53:50 (36.7%)	7:19	8.2 (63.6%)
108	<b>ZAJĄC Monika</b>	<b>1103</b>	ELECTROLUX	K 32	10	Nie dotyczy			01:30:29	01:34:44	<b>02:26:16.90</b>	<b>02:26:55.50</b>	+00:53:58 (36.7%)	7:18	8.2 (63.6%)
109	<b>DRUCH Piotr</b>	<b>1262</b>		M 32	27	Nie dotyczy			01:30:42	01:35:55	<b>02:26:40.20</b>	<b>02:27:13.70</b>	+00:54:16 (36.9%)	7:20	8.2 (63.6%)
110	<b>BATKO Zofia</b>	<b>1258</b>		K 33-44	10	Ochotnica Dolna	1		01:30:43	01:35:04	<b>02:27:42.35</b>	<b>02:28:01.45</b>	+00:55:04 (37.2%)	7:23	8.1 (62.8%)
111	<b>KAMYK Dariusz</b>	<b>1214</b>		M 33-44	48	Nie dotyczy			01:30:47	01:35:55	<b>02:27:36.15</b>	<b>02:28:11.25</b>	+00:55:14 (37.3%)	7:22	8.1 (62.8%)
112	<b>LECH Marcin</b>	<b>1156</b>	NOA	M 33-44	49	Nie dotyczy			01:28:48	01:32:54	<b>02:29:06.05</b>	<b>02:29:15.00</b>	+00:56:18 (37.7%)	7:27	8 (62.0%)
113	<b>LIS Karolina</b>	<b>1089</b>	BBKTS	K 32	11	Nie dotyczy			01:34:00	01:37:48	<b>02:29:18.85</b>	<b>02:29:26.65</b>	+00:56:29 (37.8%)	7:27	8 (62.0%)
114	<b>POCHWAŁA Maciej</b>	<b>1051</b>		M 32	28	Nie dotyczy			01:31:38	01:36:08	<b>02:29:02.65</b>	<b>02:29:29.45</b>	+00:56:32 (37.8%)	7:27	8.1 (62.8%)
115	<b>CIURASZKIEWICZ Kamil</b>	<b>1500</b>	KAMIL CIURASZKIEWICZ '86	M 33-44	50				01:31:26	01:36:14	<b>02:29:16.25</b>	<b>02:29:33.40</b>	+00:56:36 (37.9%)	7:27	8 (62.0%)
116	<b>PAWLIKOWSKI Bogusław</b>	<b>1024</b>	DZIKIE ŻYCIE RUN TEAM	M 45+	16	Nie dotyczy			01:30:55	01:36:09	<b>02:29:02.50</b>	<b>02:29:35.20</b>	+00:56:38 (37.9%)	7:27	8.1 (62.8%)
117	<b>KACZMAREK-BYZDRA Aleksandra</b>	<b>1076</b>	KACZMAREK TEAM	K 45+	2	Nie dotyczy			01:31:47	01:37:06	<b>02:29:11.50</b>	<b>02:29:41.00</b>	+00:56:44 (37.9%)	7:27	8 (62.0%)
118	<b>KWIECIEŃ Robert</b>	<b>1253</b>		M 33-44	51	Nie dotyczy			01:28:16	01:32:43	<b>02:29:46.85</b>	<b>02:30:03.10</b>	+00:57:06 (38.1%)	7:29	8 (62.0%)
119	<b>JAGLARZ Jarosław</b>	<b>1229</b>	VELLOP	M 45+	17	Nie dotyczy			01:24:01	01:28:27	<b>02:30:09.75</b>	<b>02:30:51.00</b>	+00:57:54 (38.4%)	7:30	8 (62.0%)
120	<b>BIEL Mariusz</b>	<b>1213</b>		M 45+	18	Nie dotyczy			01:30:41		<b>02:30:13.50</b>	<b>02:30:51.35</b>	+00:57:54 (38.4%)	7:30	8 (62.0%)
121	<b>WALKOWIAK Iwona</b>	<b>1008</b>		K 33-44	11	Nie dotyczy			01:31:37	01:36:51	<b>02:31:12.70</b>	<b>02:31:15.95</b>	+00:58:19 (38.6%)	7:33	7.9 (61.2%)
122	<b>ZAJĄC Rafał</b>	<b>1266</b>		M 33-44	52	Nie dotyczy			01:27:27	01:32:19	<b>02:30:58.75</b>	<b>02:31:24.80</b>	+00:58:28 (38.6%)	7:32	7.9 (61.2%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja Gmin	Pow NT	Pow Limanowski	Wieża 10km	Gorc 11km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											20km	20km			
123	<b>WIELECHOWSKI Jan</b>	<b>1320</b>		M 32	29				01:28:45	01:33:33	<b>02:31:02.40</b>	<b>02:31:41.25</b>	+00:58:44 (38.7%)	7:33	7.9 (61.2%)
124	<b>SALWA Justyna</b>	<b>1114</b>	POLKRYŚ TEAM	K 32	12	Nie dotyczy			01:33:04	01:38:01	<b>02:31:24.95</b>	<b>02:31:45.40</b>	+00:58:48 (38.8%)	7:34	7.9 (61.2%)
125	<b>GUT Marcin</b>	<b>1170</b>		M 33-44	53	Nie dotyczy			01:33:36	01:38:28	<b>02:31:40.45</b>	<b>02:31:56.55</b>	+00:58:59 (38.8%)	7:35	7.9 (61.2%)
126	<b>KUPIEC Marcin</b>	<b>1254</b>		M 33-44	54	Nie dotyczy			01:35:40	01:40:50	<b>02:34:35.15</b>	<b>02:35:21.70</b>	+01:02:24 (40.2%)	7:43	7.8 (60.5%)
127	<b>SIKORA Dawid</b>	<b>1099</b>		M 32	30	Nie dotyczy			01:31:58	01:37:04	<b>02:35:04.00</b>	<b>02:35:30.25</b>	+01:02:33 (40.2%)	7:45	7.7 (59.7%)
128	<b>WRÓBLEWSKA Olga</b>	<b>1297</b>	VEGE RUNNERS	K 33-44	12	Nie dotyczy			01:40:42	01:44:44	<b>02:35:21.40</b>	<b>02:35:30.50</b>	+01:02:33 (40.2%)	7:46	7.7 (59.7%)
129	<b>PODSADECKI Witold</b>	<b>1000</b>	JUSTFEELFIT	M 45+	19	Nie dotyczy			01:33:54	01:39:37	<b>02:34:57.65</b>	<b>02:35:34.10</b>	+01:02:37 (40.3%)	7:44	7.7 (59.7%)
130	<b>PELA Olga</b>	<b>1146</b>	SKY-TRANS	K 32	13	Nie dotyczy			01:30:41	01:36:23	<b>02:35:36.30</b>	<b>02:35:41.15</b>	+01:02:44 (40.3%)	7:46	7.7 (59.7%)
131	<b>LENARCZYK Katarzyna</b>	<b>1096</b>		K 33-44	13	Not applicable			01:33:53	01:39:11	<b>02:35:24.90</b>	<b>02:35:48.65</b>	+01:02:51 (40.3%)	7:46	7.7 (59.7%)
132	<b>SZURA Piotr</b>	<b>1077</b>	SZKOŁA MISTRZOSTWA SPORTOWEGO RESOVIA	M 45+	20	Nie dotyczy			01:30:35	01:35:34	<b>02:35:34.10</b>	<b>02:35:52.00</b>	+01:02:55 (40.4%)	7:46	7.7 (59.7%)
133	<b>MANN Michał</b>	<b>1263</b>		M 32	31	Nie dotyczy			01:32:56	01:37:49	<b>02:35:41.30</b>	<b>02:36:15.10</b>	+01:03:18 (40.5%)	7:47	7.7 (59.7%)
134	<b>SIOŁA Franciszek</b>	<b>1029</b>		M 45+	21	Ochotnica Dolna			01:34:10	01:38:57	<b>02:36:07.15</b>	<b>02:36:18.20</b>	+01:03:21 (40.5%)	7:48	7.7 (59.7%)
135	<b>KASKA Krzysztof</b>	<b>1223</b>		M 45+	22	Nie dotyczy			01:34:21	01:39:05	<b>02:36:16.35</b>	<b>02:36:23.30</b>	+01:03:26 (40.6%)	7:48	7.7 (59.7%)
136	<b>TOKARSKI Rafał</b>	<b>1109</b>		M 33-44	55	Nie dotyczy			01:36:30	01:41:49	<b>02:36:48.00</b>	<b>02:37:19.20</b>	+01:04:22 (40.9%)	7:50	7.7 (59.7%)
137	<b>RUSNARCZYK Wojciech</b>	<b>1308</b>		M 33-44	56	Ochotnica Dolna	1		01:37:44	01:42:02	<b>02:37:23.15</b>	<b>02:37:26.20</b>	+01:04:29 (41.0%)	7:52	7.6 (58.9%)
138	<b>NOWAK Agnieszka</b>	<b>1039</b>	ASSECO ACTIVE TEAM	K 33-44	14	Nie dotyczy			01:38:45	01:44:10	<b>02:37:01.95</b>	<b>02:37:29.70</b>	+01:04:32 (41.0%)	7:51	7.6 (58.9%)
139	<b>PILCH Anna</b>	<b>1106</b>	PROBALANS	K 32	14	Nie dotyczy			01:37:12	01:42:36	<b>02:36:59.50</b>	<b>02:37:38.70</b>	+01:04:41 (41.0%)	7:50	7.6 (58.9%)
140	<b>SOBOTKA Monika</b>	<b>1072</b>	DZIKIE SKRZYDŁO/ WARSAW RUN CLUB	K 45+	3	Nie dotyczy			01:33:38	01:39:55	<b>02:37:19.65</b>	<b>02:37:41.60</b>	+01:04:44 (41.1%)	7:52	7.6 (58.9%)
141	<b>PYZEL Agnieszka</b>	<b>1305</b>	KS PEGAZ	K 45+	4				01:40:58	01:46:05	<b>02:37:42.35</b>	<b>02:37:58.75</b>	+01:05:02 (41.2%)	7:53	7.6 (58.9%)
142	<b>KAMINSKA Karolina</b>	<b>1194</b>		K 33-44	15	Not applicable			01:34:45	01:40:04	<b>02:37:34.60</b>	<b>02:38:03.60</b>	+01:05:06 (41.2%)	7:52	7.6 (58.9%)
143	<b>WANDAS Grzegorz</b>	<b>1255</b>		M 33-44	57	Nie dotyczy			01:35:20	01:40:46	<b>02:37:45.60</b>	<b>02:38:31.95</b>	+01:05:35 (41.4%)	7:53	7.6 (58.9%)
144	<b>SZEWczyk Mariusz</b>	<b>1104</b>		M 45+	23	Nie dotyczy			01:38:29	01:42:51	<b>02:37:53.40</b>	<b>02:38:39.45</b>	+01:05:42 (41.4%)	7:53	7.6 (58.9%)
145	<b>SZAŁAŃSKA Agata</b>	<b>1025</b>		K 33-44	16	Nie dotyczy			01:34:42	01:39:34	<b>02:38:12.50</b>	<b>02:39:00.40</b>	+01:06:03 (41.5%)	7:54	7.6 (58.9%)
146	<b>STĘPIEŃ Dorota</b>	<b>1050</b>		K 33-44	17	Nie dotyczy			01:39:09	01:43:30	<b>02:38:56.55</b>	<b>02:39:09.85</b>	+01:06:13 (41.6%)	7:56	7.6 (58.9%)
147	<b>ZAWADZKA Agnieszka</b>	<b>1064</b>	KLUB SPORTOWY PRESTIGE	K 33-44	18	Nie dotyczy			01:35:18	01:40:42	<b>02:39:25.80</b>	<b>02:39:44.30</b>	+01:06:47 (41.8%)	7:58	7.5 (58.1%)
148	<b>OSTROWSKI Paweł</b>	<b>1169</b>		M 33-44	58	Nie dotyczy			01:35:46	01:41:12	<b>02:40:38.85</b>	<b>02:40:55.00</b>	+01:07:58 (42.2%)	8:01	7.5 (58.1%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja			Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
						Pow Gmin	Pow NT	Pow Limanowski							
149	<b>WIELIŃSKA-JACHYMIAK Olga</b>	<b>1135</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K 33-44	19	Nowy Targ	1		01:35:15	01:40:31	<b>02:41:30.75</b>	<b>02:41:34.15</b>	+01:08:37 (42.5%)	8:04	7.4 (57.4%)
150	<b>MILKOWSKA Justyna</b>	<b>1246</b>		K 33-44	20	Nie dotyczy			01:41:12	01:46:00	<b>02:41:33.40</b>	<b>02:41:51.70</b>	+01:08:54 (42.6%)	8:04	7.4 (57.4%)
151	<b>KOZŁOWSKI Norbert</b>	<b>1117</b>	POLKRYŚ TEAM	M 33-44	59	Nie dotyczy			01:43:46	01:51:45	<b>02:41:24.25</b>	<b>02:41:56.35</b>	+01:08:59 (42.6%)	8:04	7.4 (57.4%)
152	<b>BRYŚ Magdalena</b>	<b>1164</b>	ZADYSZKA	K 32	15	Nie dotyczy			01:38:40	01:43:20	<b>02:41:33.15</b>	<b>02:41:57.20</b>	+01:09:00 (42.6%)	8:04	7.4 (57.4%)
153	<b>SKRZYPEK Patrycja</b>	<b>1235</b>		K 32	16	Nie dotyczy			01:38:59	01:43:54	<b>02:41:48.25</b>	<b>02:41:57.95</b>	+01:09:01 (42.6%)	8:05	7.4 (57.4%)
154	<b>SUCHORSKA-DZIEDZIC Ewa</b>	<b>1142</b>	RZESZOWSKIE GAZELE I GEPARDY	K 33-44	21	Nie dotyczy			01:39:16	01:44:19	<b>02:42:47.60</b>	<b>02:42:51.15</b>	+01:09:54 (42.9%)	8:08	7.4 (57.4%)
155	<b>MITROFANIUK Agata</b>	<b>1267</b>		K 33-44	22	Nie dotyczy			01:34:52	01:40:51	<b>02:42:50.65</b>	<b>02:42:57.85</b>	+01:10:01 (43.0%)	8:08	7.4 (57.4%)
156	<b>NASARZEWSKA Joanna</b>	<b>1033</b>	WEST COAST RUNNERS CYPRUS	K 33-44	23	Nie dotyczy			01:38:19	01:44:38	<b>02:42:46.00</b>	<b>02:42:59.65</b>	+01:10:02 (43.0%)	8:08	7.4 (57.4%)
157	<b>KŁUCIŃSKA Małgorzata</b>	<b>1055</b>		K 32	17	Nie dotyczy			01:34:39	01:40:31	<b>02:42:23.05</b>	<b>02:43:10.95</b>	+01:10:14 (43.0%)	8:07	7.4 (57.4%)
158	<b>KOBYŁKIEWICZ Artur</b>	<b>1054</b>		M 33-44	60	Nie dotyczy			01:34:36	01:40:29	<b>02:42:23.15</b>	<b>02:43:11.20</b>	+01:10:14 (43.0%)	8:07	7.4 (57.4%)
159	<b>KRAWIEC Marcin</b>	<b>1230</b>		M 33-44	61	Nie dotyczy			01:39:25	01:45:12	<b>02:42:46.50</b>	<b>02:43:16.10</b>	+01:10:19 (43.1%)	8:08	7.4 (57.4%)
160	<b>OKOPIŃSKA Hanna</b>	<b>1289</b>		K 33-44	24				01:39:51	01:45:34	<b>02:43:21.60</b>	<b>02:43:31.65</b>	+01:10:34 (43.2%)	8:10	7.3 (56.6%)
161	<b>PASEK Monika</b>	<b>1163</b>	I-SPORT	K 33-44	25	Nie dotyczy			01:40:33	01:45:28	<b>02:43:11.40</b>	<b>02:43:34.50</b>	+01:10:37 (43.2%)	8:09	7.4 (57.4%)
162	<b>JANOWSKA Katarzyna</b>	<b>1278</b>	FIZJOZDROWIE	K 33-44	26	Nie dotyczy			01:37:51	01:43:52	<b>02:43:08.30</b>	<b>02:43:37.05</b>	+01:10:40 (43.2%)	8:09	7.4 (57.4%)
163	<b>PELCZAR Jakub</b>	<b>1225</b>		M 32	32	Nie dotyczy			01:42:57	01:48:12	<b>02:43:20.25</b>	<b>02:43:45.50</b>	+01:10:48 (43.2%)	8:10	7.3 (56.6%)
164	<b>HABA Konrad</b>	<b>1151</b>		M 33-44	62	Nie dotyczy			01:34:47	01:40:12	<b>02:43:46.40</b>	<b>02:44:01.65</b>	+01:11:04 (43.3%)	8:11	7.3 (56.6%)
165	<b>SZUBEL Katarzyna</b>	<b>1150</b>		K 33-44	27	Nie dotyczy			01:35:05	01:39:57	<b>02:43:47.10</b>	<b>02:44:02.55</b>	+01:11:05 (43.3%)	8:11	7.3 (56.6%)
166	<b>MICHALEWSKI Mateusz</b>	<b>1200</b>	DRUŻYNA GRUBEGO MISIA	M 33-44	63	Nie dotyczy			01:38:55	01:45:02	<b>02:44:30.05</b>	<b>02:44:36.05</b>	+01:11:39 (43.5%)	8:13	7.3 (56.6%)
167	<b>BRZOZOWSKA Alicja</b>	<b>1210</b>	PKS GALOPUJĄCA SOCZEWICA	K 32	18	Nie dotyczy			01:39:40	01:45:17	<b>02:44:34.15</b>	<b>02:44:59.80</b>	+01:12:03 (43.7%)	8:13	7.3 (56.6%)
168	<b>WIŚNIEWSKI Tomasz</b>	<b>1138</b>		M 33-44	64	Nie dotyczy			01:40:52	01:45:54	<b>02:44:30.10</b>	<b>02:45:00.75</b>	+01:12:04 (43.7%)	8:13	7.3 (56.6%)
169	<b>ŁOBASIUK Iwona</b>	<b>1325</b>		K 45+	5				01:43:34	01:48:16	<b>02:44:58.80</b>	<b>02:45:13.65</b>	+01:12:16 (43.7%)	8:14	7.3 (56.6%)
170	<b>KOSMAŁSKI Arkadiusz</b>	<b>1113</b>		M 45+	24	Nie dotyczy			01:37:07	01:43:17	<b>02:45:06.15</b>	<b>02:45:24.80</b>	+01:12:28 (43.8%)	8:15	7.3 (56.6%)
171	<b>WRÓBLEWSKI Roman</b>	<b>1162</b>	POLKRYŚ TEAM	M 45+	25	Nie dotyczy			01:43:39	01:51:55	<b>02:45:20.35</b>	<b>02:45:53.25</b>	+01:12:56 (44.0%)	8:16	7.3 (56.6%)
172	<b>HEBDA Leszek</b>	<b>1315</b>	DĘBICKIE GEPARDY	M 45+	26				01:41:16	01:47:38	<b>02:45:13.50</b>	<b>02:45:57.25</b>	+01:13:00 (44.0%)	8:15	7.3 (56.6%)
173	<b>WRÓBLEWSKA Dorota</b>	<b>1277</b>	BBL GDAŃSK	K 45+	6	Nie dotyczy			01:40:01	01:45:29	<b>02:46:00.15</b>	<b>02:46:09.20</b>	+01:13:12 (44.1%)	8:18	7.2 (55.8%)
174	<b>SZCZEPANIK Marta</b>	<b>1149</b>		K 45+	7	Nie dotyczy			01:40:39	01:45:58	<b>02:46:41.65</b>	<b>02:46:45.60</b>	+01:13:48 (44.3%)	8:20	7.2 (55.8%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja			Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
						Pow Gmin	Pow NT	Pow Limanowski							
175	ZAWALSKA Izabela	1004		K 32	19	Nie dotyczy			01:40:56	01:46:35	<b>02:46:28.55</b>	<b>02:46:57.60</b>	+01:14:00 (44.3%)	8:19	7.2 (55.8%)
176	TATARA Dariusz	1137		M 45+	27	Nie dotyczy			01:36:38	01:44:17	<b>02:48:12.75</b>	<b>02:48:32.50</b>	+01:15:35 (44.9%)	8:24	7.1 (55.0%)
177	WĄSOWSKA Jagoda	1285	KS PEGAZ PIASECZNO	K 45+	8	Nie dotyczy			01:45:59	01:51:39	<b>02:48:15.00</b>	<b>02:48:45.50</b>	+01:15:48 (44.9%)	8:24	7.1 (55.0%)
178	KULIG Marcin	1271	QQRYP	M 33-44	65	Kamienica		1	01:40:42	01:45:56	<b>02:48:46.00</b>	<b>02:48:58.40</b>	+01:16:01 (45.0%)	8:26	7.1 (55.0%)
179	KAMIONEK Patryk	1318		M 32	33				01:41:36	01:48:37	<b>02:48:23.05</b>	<b>02:48:59.70</b>	+01:16:02 (45.0%)	8:25	7.1 (55.0%)
180	TOMCZYK Kinga	1249		K 32	20	Nie dotyczy			01:42:06	01:49:29	<b>02:48:32.70</b>	<b>02:49:09.40</b>	+01:16:12 (45.1%)	8:25	7.1 (55.0%)
181	KONCA Mariusz	1011	KB OŻARÓW MAZOWIECKI BIEGA	M 45+	28	Nie dotyczy			01:42:53	01:49:41	<b>02:48:49.70</b>	<b>02:49:15.45</b>	+01:16:18 (45.1%)	8:26	7.1 (55.0%)
182	GRABARZ Emilia	1181		K 33-44	28	Nie dotyczy			01:40:54	01:46:38	<b>02:49:09.65</b>	<b>02:49:34.70</b>	+01:16:37 (45.2%)	8:27	7.1 (55.0%)
183	MAĆZKA Krystian	1037	TEAM URODZENI BIEGACZE	M 33-44	66	Not applicable			01:41:50	01:47:10	<b>02:49:36.55</b>	<b>02:50:16.50</b>	+01:17:19 (45.4%)	8:28	7.1 (55.0%)
184	ŻARSKA Izabela	1052	FUDU&CO SPORT TEAM	K 33-44	29	Nie dotyczy			01:45:42	01:51:11	<b>02:50:03.90</b>	<b>02:50:20.90</b>	+01:17:24 (45.4%)	8:30	7.1 (55.0%)
185	MIERCZYK Agnieszka	1122		K 33-44	30	Nie dotyczy			01:43:06	01:49:49	<b>02:50:23.30</b>	<b>02:50:32.95</b>	+01:17:36 (45.5%)	8:31	7 (54.3%)
186	BRATKO-SETKOWICZ Alina	1196		K 32	21	Nie dotyczy			01:45:46	01:50:05	<b>02:50:19.40</b>	<b>02:50:43.85</b>	+01:17:47 (45.6%)	8:30	7 (54.3%)
187	WAŁCERZ Iwona	1174	PGB SPORTOWA PACZKA	K 33-44	31	Nie dotyczy			01:42:09	01:49:22	<b>02:50:44.40</b>	<b>02:50:52.55</b>	+01:17:55 (45.6%)	8:32	7 (54.3%)
188	WASIK Marta	1001	EDC RUNNERS	K 33-44	32	Not applicable			01:36:36	01:42:52	<b>02:50:12.95</b>	<b>02:50:53.80</b>	+01:17:57 (45.6%)	8:30	7 (54.3%)
189	WASIK Michał	1002	EDC RUNNERS	M 32	34	Nie dotyczy			01:36:28	01:42:46	<b>02:50:12.85</b>	<b>02:50:53.90</b>	+01:17:57 (45.6%)	8:30	7.1 (55.0%)
190	TOKARSKA Bożena	1108		K 33-44	33	Nie dotyczy			01:45:55	01:51:01	<b>02:50:25.15</b>	<b>02:50:55.90</b>	+01:17:59 (45.6%)	8:31	7 (54.3%)
191	MATUSZAK Piotr	1074		M 45+	29	Nie dotyczy			01:38:16	01:45:48	<b>02:51:04.80</b>	<b>02:51:16.40</b>	+01:18:19 (45.7%)	8:33	7 (54.3%)
192	WAŁĘGA Monika	1269		K 33-44	34	Nie dotyczy			01:48:55	01:54:22	<b>02:51:15.40</b>	<b>02:51:35.45</b>	+01:18:38 (45.8%)	8:33	7 (54.3%)
193	KOBIĄŁKA Irek	1268		M 45+	30	Nie dotyczy			01:49:52	01:54:22	<b>02:51:15.30</b>	<b>02:51:35.95</b>	+01:18:39 (45.8%)	8:33	7 (54.3%)
194	WÓJCIK-PYRĆ Katarzyna	1291	JJ TEAM	K 33-44	35	Nie dotyczy			01:45:52	01:51:41	<b>02:51:27.30</b>	<b>02:51:41.95</b>	+01:18:45 (45.9%)	8:34	7 (54.3%)
195	GRYGORIUK Marek	1304	VEGE RUNNERS	M 45+	31				01:42:05	01:47:37	<b>02:51:55.75</b>	<b>02:52:10.80</b>	+01:19:14 (46.0%)	8:35	7 (54.3%)
196	PASTWA Monika	1243		K 33-44	36	Nie dotyczy			01:39:23	01:46:11	<b>02:52:12.65</b>	<b>02:52:18.15</b>	+01:19:21 (46.1%)	8:36	7 (54.3%)
197	ZYGMUNT Monika	1053		K 45+	9	Nie dotyczy			01:45:34	01:53:47	<b>02:52:48.40</b>	<b>02:53:09.80</b>	+01:20:13 (46.3%)	8:38	6.9 (53.5%)
198	KOBUS Ewelina	1009		K 32	22	Nie dotyczy			01:42:16	01:48:00	<b>02:53:15.75</b>	<b>02:53:36.40</b>	+01:20:39 (46.5%)	8:39	6.9 (53.5%)
199	DZIANO Łukasz	1010	MK TEAM	M 33-44	67	Nie dotyczy			01:42:18	01:47:58	<b>02:53:15.65</b>	<b>02:53:36.75</b>	+01:20:40 (46.5%)	8:39	6.9 (53.5%)
200	POBIEDZIŃSKA Karolina	1035		K 32	23	Nie dotyczy			01:45:58	01:51:47	<b>02:53:00.20</b>	<b>02:53:39.80</b>	+01:20:43 (46.5%)	8:39	6.9 (53.5%)



Place	Participant	Number	Club	Category	MCat	Klasyfikacja			Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h		
						Pow Gmin	Pow NT	Pow Limanowski									
201	<b>OCHREMIAK Aleksandra</b>	<b>1143</b>	MOKOBIEGACZE	K 32	24	Nie dotyczy			01:47:46	01:52:22	<b>02:53:22.70</b>	<b>02:53:54.55</b>	+01:20:57 (46.6%)	8:40	6.9 (53.5%)		
202	<b>PALCZEWSKA Milena</b>	<b>1166</b>		K 33-44	37	Nie dotyczy			01:41:46	01:47:46	<b>02:53:30.25</b>	<b>02:54:17.35</b>	+01:21:20 (46.7%)	8:40	6.9 (53.5%)		
203	<b>ŁUCZAK Paweł</b>	<b>1159</b>		M 32	35	Nie dotyczy			01:49:58	01:55:25	<b>02:54:49.85</b>	<b>02:55:00.60</b>	+01:22:03 (46.9%)	8:44	6.9 (53.5%)		
204	<b>KRÓLIKOWSKA Anna</b>	<b>1082</b>	HUSARIA RACE TEAM	K 32	25	Nie dotyczy			01:49:55	01:55:24	<b>02:55:01.65</b>	<b>02:55:12.10</b>	+01:22:15 (46.9%)	8:45	6.9 (53.5%)		
205	<b>KUTKIEWICZ Piotr</b>	<b>1105</b>	VADAIN RUNNING CLUB	M 45+	32	Nie dotyczy			01:45:12	01:50:39	<b>02:55:20.20</b>	<b>02:55:30.45</b>	+01:22:33 (47.0%)	8:46	6.8 (52.7%)		
206	<b>LANGOWSKI Roman</b>	<b>1095</b>	VADAIN RUNNING CLUB	M 45+	33	Nie dotyczy			01:45:08	01:50:33	<b>02:55:20.50</b>	<b>02:55:30.90</b>	+01:22:34 (47.0%)	8:46	6.8 (52.7%)		
207	<b>NOWICKA Magdalena</b>	<b>1070</b>	3B	K 33-44	38	Nie dotyczy			01:43:49	01:48:45	<b>02:55:11.40</b>	<b>02:55:44.80</b>	+01:22:48 (47.1%)	8:45	6.8 (52.7%)		
208	<b>MICHALEWSKA Anna</b>	<b>1199</b>	DRUŻYNA GRUBEGO MISIA	K 33-44	39	Nie dotyczy			01:41:02	01:46:29	<b>02:55:57.55</b>	<b>02:56:04.20</b>	+01:23:07 (47.2%)	8:47	6.8 (52.7%)		
209	<b>STALMACH Krzysztof</b>	<b>1295</b>		M 33-44	68	Nie dotyczy			01:42:49	01:50:14	<b>02:56:07.40</b>	<b>02:56:28.55</b>	+01:23:31 (47.3%)	8:48	6.8 (52.7%)		
210	<b>ŻACZEK Anna</b>	<b>1119</b>	BIRGUSIEM.PL	K 45+	10	Nie dotyczy			01:45:44	01:51:38	<b>02:56:17.85</b>	<b>02:56:50.75</b>	+01:23:54 (47.4%)	8:48	6.8 (52.7%)		
211	<b>KĘPKA-WAROWNA Weronika</b>	<b>1118</b>	BIEGUSIEM.PL	K 33-44	40	Nie dotyczy			01:45:49	01:51:43	<b>02:56:17.80</b>	<b>02:56:51.05</b>	+01:23:54 (47.4%)	8:48	6.8 (52.7%)		
212	<b>PRZETACZNIK Jerzy</b>	<b>1126</b>	DĘBICKIE GEPARDY	M 45+	34	Nie dotyczy			01:41:05	01:47:58	<b>02:56:11.65</b>	<b>02:56:55.45</b>	+01:23:58 (47.5%)	8:48	6.8 (52.7%)		
213	<b>LEWCZUK Norbert</b>	<b>1309</b>	BIEGACZE POMAGACZE	M 33-44	69	Nie dotyczy			01:45:40	01:53:05	<b>02:57:19.50</b>	<b>02:57:42.35</b>	+01:24:45 (47.7%)	8:52	6.8 (52.7%)		
214	<b>TYRKA-KACZMAREK Karolina</b>	<b>1112</b>	KACZMAREK TEAM	K 33-44	41	Nie dotyczy			01:44:59	01:52:11	<b>02:57:27.10</b>	<b>02:57:56.70</b>	+01:24:59 (47.8%)	8:52	6.8 (52.7%)		
215	<b>SMYK Rafał</b>	<b>1084</b>	3B	M 45+	35	Nie dotyczy			01:42:54	01:50:44	<b>02:57:48.95</b>	<b>02:58:23.10</b>	+01:25:26 (47.9%)	8:53	6.7 (51.9%)		
216	<b>FRANCZYK Maria</b>	<b>1311</b>		K 33-44	42	Ochotnica Dolna	1	Nie dotyczy			01:49:00	01:53:52	<b>02:58:04.80</b>	<b>02:58:23.70</b>	+01:25:26 (47.9%)	8:54	6.7 (51.9%)
217	<b>ASHER Sue</b>	<b>1057</b>	DARWEN DASHERS	K 45+	11	Not applicable			01:46:33	01:53:36	<b>02:57:57.90</b>	<b>02:58:29.65</b>	+01:25:32 (47.9%)	8:53	6.7 (51.9%)		
218	<b>FREEMAN Joel</b>	<b>1056</b>	DARWEN DASHERS	M 33-44	70	Not applicable			01:46:22	01:53:36	<b>02:57:58.50</b>	<b>02:58:29.95</b>	+01:25:33 (47.9%)	8:53	6.7 (51.9%)		
219	<b>CHORBIŃSKA Paulina</b>	<b>1205</b>		K 32	26	Nie dotyczy			01:45:55	01:52:18	<b>02:58:05.20</b>	<b>02:58:30.05</b>	+01:25:33 (47.9%)	8:54	6.7 (51.9%)		
220	<b>TOMASZUK Ewelina</b>	<b>1031</b>		K 32	27	Nie dotyczy			01:42:22	01:50:11	<b>02:57:54.90</b>	<b>02:58:30.35</b>	+01:25:33 (47.9%)	8:53	6.7 (51.9%)		
221	<b>KRUSZYŃSKA-ZIAJA Agnieszka</b>	<b>1023</b>	AKS POLONIA WARSZAWA	K 33-44	43	Nie dotyczy			01:47:20	01:55:02	<b>02:59:41.85</b>	<b>02:59:54.95</b>	+01:26:58 (48.3%)	8:59	6.7 (51.9%)		
222	<b>PAWELCZUK Katarzyna</b>	<b>1301</b>		K 33-44	44	Nie dotyczy			01:47:41	01:53:04	<b>02:59:22.75</b>	<b>02:59:57.15</b>	+01:27:00 (48.3%)	8:58	6.7 (51.9%)		
223	<b>MAŁEK Paweł</b>	<b>1128</b>	PGB SPORTOWA PACZKA	M 45+	36	Nie dotyczy			01:42:15	01:48:31	<b>03:00:42.15</b>	<b>03:00:50.55</b>	+01:27:53 (48.6%)	9:02	6.6 (51.2%)		
224	<b>GRABARSKA Lidia</b>	<b>1219</b>	UCIEKAM WIĘC BIEGNĘ	K 33-44	45	Nie dotyczy			01:49:35	01:55:45	<b>03:00:43.60</b>	<b>03:01:07.70</b>	+01:28:10 (48.7%)	9:02	6.6 (51.2%)		
225	<b>WALCZYŃSKA Karolina</b>	<b>1247</b>	RUNHOGS TYCHY	K 33-44	46	Nie dotyczy			01:44:54	01:50:24	<b>03:00:39.15</b>	<b>03:01:16.95</b>	+01:28:20 (48.7%)	9:01	6.6 (51.2%)		

Place	Participant	Number	Club	Category	MCat	Klasyfikacja			Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
						Pow Gmin	Pow NT	Pow Limanowski							
226	<b>LEWANDOWSKA Maria</b>	<b>1022</b>	BIEGAM BO NIE LUBIE	K 33-44	47	Nie dotyczy			01:54:22	01:59:57	<b>03:01:14.35</b>	<b>03:02:03.35</b>	+01:29:06 (48.9%)	9:03	6.6 (51.2%)
227	<b>LEWANDOWSKI Rafał</b>	<b>450</b>	BIEGAM BO NIE LUBIE	M 33-44	71	Nie dotyczy			01:54:18	02:00:04	<b>03:01:14.90</b>	<b>03:02:03.70</b>	+01:29:06 (48.9%)	9:03	6.6 (51.2%)
228	<b>JABŁOŃSKI Kazimierz</b>	<b>1300</b>	SPRINTER PRĄDY	M 45+	37	Nie dotyczy			01:52:19	01:57:45	<b>03:01:26.00</b>	<b>03:02:19.25</b>	+01:29:22 (49.0%)	9:04	6.6 (51.2%)
229	<b>MADEJAK Monika</b>	<b>706</b>	GOLDENTEAM	K 33-44	48	Nie dotyczy			01:49:19	01:55:44	<b>03:02:40.45</b>	<b>03:03:09.35</b>	+01:30:12 (49.3%)	9:08	6.6 (51.2%)
230	<b>SAINTEMARIE Agnieszka</b>	<b>1060</b>		K 33-44	49	Not applicable			01:52:12	01:58:15	<b>03:04:28.90</b>	<b>03:04:53.95</b>	+01:31:57 (49.7%)	9:13	6.5 (50.4%)
231	<b>STAWECKI Arkadiusz</b>	<b>1116</b>	POLKRYŚ TEAM	M 45+	38	Nie dotyczy			01:43:42	01:52:05	<b>03:04:35.80</b>	<b>03:05:08.20</b>	+01:32:11 (49.8%)	9:13	6.5 (50.4%)
232	<b>JAROSZ-PIWOŃSKA Aldona</b>	<b>1306</b>	KS PEGAZ + PIES	K 33-44	50	Nie dotyczy			01:47:09	01:54:46	<b>03:04:45.45</b>	<b>03:05:35.65</b>	+01:32:38 (49.9%)	9:14	6.5 (50.4%)
233	<b>HYRLIK Kasia</b>	<b>1152</b>	POKONAJ GRANICE GRUPA BIEGOWA ŚWIEBODZICE	K 45+	12	Nie dotyczy			01:49:57	01:58:05	<b>03:05:55.50</b>	<b>03:06:30.35</b>	+01:33:33 (50.2%)	9:17	6.5 (50.4%)
234	<b>HYRLIK Damian</b>	<b>1153</b>	POKONAJ GRANICE-GRUPA BIEGOWA ŚWIEBODZICE	M 45+	39	Nie dotyczy			01:49:48	01:57:58	<b>03:05:55.60</b>	<b>03:06:30.40</b>	+01:33:33 (50.2%)	9:17	6.5 (50.4%)
235	<b>MIĘTKA Krzysztof</b>	<b>1088</b>		M 33-44	72	Nie dotyczy			01:51:16	01:59:19	<b>03:06:19.80</b>	<b>03:06:54.10</b>	+01:33:57 (50.3%)	9:19	6.4 (49.6%)
236	<b>DERMAŃSKA Marta</b>	<b>1063</b>		K 33-44	51	Nie dotyczy			01:54:30	02:02:43	<b>03:11:12.10</b>	<b>03:11:25.50</b>	+01:38:28 (51.4%)	9:33	6.3 (48.8%)
237	<b>KONCA Beata</b>	<b>1017</b>	KB OŻARÓW MAZOWIECKI BIEGA	K 45+	13	Nie dotyczy			01:53:39	02:01:02	<b>03:12:12.80</b>	<b>03:12:38.50</b>	+01:39:41 (51.8%)	9:36	6.2 (48.1%)
238	<b>JARANOWSKI Xawery</b>	<b>1197</b>		M 33-44	73	Nie dotyczy			01:54:08	02:00:41	<b>03:12:24.75</b>	<b>03:12:46.05</b>	+01:39:49 (51.8%)	9:37	6.2 (48.1%)
239	<b>WIDALSKA Marta</b>	<b>1003</b>	BIEGI GRODZISK MAZOWIECKI	K 33-44	52	Nie dotyczy			01:53:21	02:01:00	<b>03:12:25.70</b>	<b>03:12:54.05</b>	+01:39:57 (51.8%)	9:37	6.2 (48.1%)
240	<b>POCHWAŁA Piotr</b>	<b>1046</b>		M 45+	40	Nie dotyczy			01:53:11	02:00:13	<b>03:13:54.25</b>	<b>03:14:21.50</b>	+01:41:24 (52.2%)	9:41	6.2 (48.1%)
241	<b>JEŻEWSKA Angelika</b>	<b>1190</b>		K 33-44	53	Nie dotyczy			01:52:25	01:59:02	<b>03:14:28.80</b>	<b>03:14:52.40</b>	+01:41:55 (52.3%)	9:43	6.2 (48.1%)
242	<b>WASILEWSKA Małgorzata</b>	<b>1191</b>		K 32	28	Nie dotyczy			01:52:29	01:59:02	<b>03:14:29.30</b>	<b>03:14:53.00</b>	+01:41:56 (52.3%)	9:43	6.2 (48.1%)
243	<b>DZIK Piotr</b>	<b>1299</b>		M 32	36	Nie dotyczy			01:52:02	02:00:17	<b>03:15:30.70</b>	<b>03:16:11.25</b>	+01:43:14 (52.6%)	9:46	6.1 (47.3%)
244	<b>MERTA Ewelina</b>	<b>1048</b>	RUNORDIE	K 33-44	54	Nowy Targ	1		01:58:42	02:04:45	<b>03:16:35.75</b>	<b>03:16:37.75</b>	+01:43:41 (52.7%)	9:49	6.1 (47.3%)
245	<b>GIERASIMIUK Andrzej</b>	<b>1047</b>	RUNORDIE	M 45+	41	Nie dotyczy			01:58:45	02:04:45	<b>03:16:39.95</b>	<b>03:16:42.75</b>	+01:43:46 (52.8%)	9:50	6.1 (47.3%)
246	<b>KOTULA Jakub</b>	<b>1208</b>		M 33-44	74	Nie dotyczy			01:52:32	01:59:46	<b>03:18:20.80</b>	<b>03:18:34.85</b>	+01:45:38 (53.2%)	9:55	6.1 (47.3%)
247	<b>KRZYCZKOWSKI Karol</b>	<b>1284</b>	VEGE RUNNERS	M 33-44	75	Nie dotyczy			01:56:36	02:04:23	<b>03:18:17.45</b>	<b>03:19:07.35</b>	+01:46:10 (53.3%)	9:54	6.1 (47.3%)
248	<b>ŻYLIŃSKA Urszula</b>	<b>1216</b>		K 45+	14	Nie dotyczy			01:53:08	02:00:33	<b>03:19:00.30</b>	<b>03:19:38.15</b>	+01:46:41 (53.4%)	9:57	6 (46.5%)
249	<b>SARNECKI Maciej</b>	<b>1310</b>		M 33-44	76	Nie dotyczy			01:49:07	01:57:31	<b>03:19:11.70</b>	<b>03:19:58.95</b>	+01:47:02 (53.5%)	9:57	6 (46.5%)
250	<b>BOBKOWSKA Kinga</b>	<b>1272</b>		K 33-44	55	Nie dotyczy			02:03:37	02:10:32	<b>03:22:12.15</b>	<b>03:22:55.30</b>	+01:49:58 (54.2%)	10:06	5.9 (45.7%)
251	<b>BARON Kasia</b>	<b>705</b>	VADAIN RUNNING CLUB	K 33-44	56	Nie dotyczy			02:02:18	02:10:41	<b>03:22:12.65</b>	<b>03:22:56.40</b>	+01:49:59 (54.2%)	10:06	5.9 (45.7%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja Gmin	Pow NT	Pow Limanowski	Wieża 10km	Gorc 11km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											20km	20km			
252	<b>FALKOWSKI</b> Lukasz	<b>704</b>		M 33-44	77	Ochotnica Dolna			02:02:02	02:10:33	<b>03:22:15.45</b>	<b>03:22:58.75</b>	+01:50:02 (54.2%)	10:06	5.9 (45.7%)
253	<b>FALKOWSKA</b> Marianna	<b>1313</b>		K 33-44	57				02:04:20	02:10:37	<b>03:22:15.95</b>	<b>03:22:58.80</b>	+01:50:02 (54.2%)	10:06	5.9 (45.7%)
254	<b>BÜTTNER</b> Anna	<b>1148</b>		K 33-44	58	Not applicable			02:02:50	02:09:50	<b>03:25:28.20</b>	<b>03:26:07.20</b>	+01:53:10 (54.9%)	10:16	5.8 (45.0%)
255	<b>PAAR</b> Annina	<b>1154</b>		K 33-44	59	Not applicable			02:01:45	02:09:46	<b>03:25:28.35</b>	<b>03:26:07.40</b>	+01:53:10 (54.9%)	10:16	5.8 (45.0%)
256	<b>BOREK</b> Jadwiga	<b>1206</b>	ACTIVE EAGLES PRO	K 33-44	60	Nie dotyczy			02:06:41	02:14:04	<b>03:28:35.30</b>	<b>03:28:43.00</b>	+01:55:46 (55.5%)	10:25	5.8 (45.0%)
257	<b>ALBRECHT</b> Dariusz	<b>1173</b>	ACTIVE EAGLES PRO	M 45+	42	Nie dotyczy			02:06:47	02:14:03	<b>03:28:35.70</b>	<b>03:28:43.20</b>	+01:55:46 (55.5%)	10:25	5.8 (45.0%)
258	<b>CZEKA</b> Danuta	<b>1209</b>		K 45+	15	Nie dotyczy			02:05:05	02:11:44	<b>03:28:15.35</b>	<b>03:28:55.60</b>	+01:55:58 (55.5%)	10:24	5.8 (45.0%)
259	<b>KULLA</b> Milan	<b>1036</b>	LK METROPOL KOŠICE	M 45+	43	Nie dotyczy			01:54:14	02:02:53	<b>03:30:05.75</b>	<b>03:30:14.90</b>	+01:57:18 (55.8%)	10:30	5.7 (44.2%)
260	<b>KELLER</b> Tomasz	<b>1294</b>	WIELUŃ BIEGA	M 45+	44	Nie dotyczy			01:59:55	02:07:14	<b>03:30:35.45</b>	<b>03:31:02.40</b>	+01:58:05 (56.0%)	10:31	5.7 (44.2%)
261	<b>KELLER</b> Izabela	<b>1293</b>	WIELUŃ BIEGA	K 33-44	61	Nie dotyczy			01:59:46	02:07:07	<b>03:30:35.40</b>	<b>03:31:02.55</b>	+01:58:05 (56.0%)	10:31	5.7 (44.2%)
262	<b>MAZUREK</b> Anita	<b>1015</b>		K 33-44	62	Nie dotyczy			01:56:38	02:04:30	<b>03:30:47.65</b>	<b>03:31:29.10</b>	+01:58:32 (56.1%)	10:32	5.7 (44.2%)
263	<b>MIRECKI</b> Zbigniew	<b>1107</b>	PARKRUN BRÓDNO	M 45+	45	Nie dotyczy			01:51:53	01:59:28	<b>03:32:11.25</b>	<b>03:32:50.95</b>	+01:59:54 (56.3%)	10:36	5.7 (44.2%)
264	<b>WOJCIECHOWSKA</b> Ewa	<b>1321</b>		K 45+	16				01:53:19	02:01:30	<b>03:32:21.45</b>	<b>03:33:00.75</b>	+02:00:04 (56.4%)	10:37	5.7 (44.2%)
265	<b>CZECHOWSKI</b> Jerzy	<b>1016</b>	MZA - WARSZAWA	M 45+	46	Nie dotyczy			02:10:05	02:16:10	<b>03:33:07.25</b>	<b>03:33:52.80</b>	+02:00:56 (56.5%)	10:39	5.6 (43.4%)
266	<b>GERLE-KOTULA</b> Anna	<b>1212</b>		K 33-44	63	Nie dotyczy			02:12:00	02:17:01	<b>03:33:22.80</b>	<b>03:33:58.65</b>	+02:01:01 (56.6%)	10:40	5.6 (43.4%)
267	<b>OSZCZĘDA</b> Marzena	<b>1111</b>		K 33-44	64	Nie dotyczy			02:08:23	02:16:06	<b>03:35:08.25</b>	<b>03:35:13.45</b>	+02:02:16 (56.8%)	10:45	5.6 (43.4%)
268	<b>WIŚNIEWSKA</b> Dorota	<b>1139</b>		K 33-44	65	Nie dotyczy			02:08:32	02:15:04	<b>03:34:51.65</b>	<b>03:35:22.40</b>	+02:02:25 (56.8%)	10:44	5.6 (43.4%)
269	<b>PRZETACZNIK</b> Monika	<b>1127</b>	DĘBICKIE GEPARDY	K 33-44	66	Nie dotyczy			02:07:50	02:16:12	<b>03:34:57.95</b>	<b>03:35:43.20</b>	+02:02:46 (56.9%)	10:44	5.6 (43.4%)
270	<b>STRĘCIWILK</b> Justyna	<b>1092</b>	VADAIN RUNNING CLUB	K 33-44	67	Nie dotyczy			02:00:26	02:09:24	<b>03:35:06.95</b>	<b>03:35:49.20</b>	+02:02:52 (56.9%)	10:45	5.6 (43.4%)
271	<b>HEBDA</b> Małgorzata	<b>1125</b>	DĘBICKIE GEPARDY	K 45+	17	Nie dotyczy			02:12:16	02:18:24	<b>03:35:41.25</b>	<b>03:36:26.70</b>	+02:03:29 (57.1%)	10:47	5.6 (43.4%)
272	<b>KAMIŃSKA</b> Małgorzata	<b>1303</b>		K 33-44	68				02:12:08	02:16:45	<b>03:36:04.60</b>	<b>03:36:36.25</b>	+02:03:39 (57.1%)	10:48	5.6 (43.4%)
273	<b>BARAŃSKA</b> Danuta	<b>1059</b>		K 45+	18	Not applicable			02:13:47	02:21:32	<b>03:39:48.70</b>	<b>03:40:24.05</b>	+02:07:27 (57.8%)	10:59	5.5 (42.6%)
274	<b>URBAŃCZYK</b> Ewa	<b>1005</b>		K 45+	19	Nie dotyczy			02:03:05	02:17:52	<b>03:41:39.05</b>	<b>03:41:50.85</b>	+02:08:54 (58.1%)	11:04	5.4 (41.9%)
275	<b>RATAJCZAK</b> Anna	<b>1195</b>	HERNIK TEAM	K 33-44	69	Nie dotyczy			02:13:30	02:25:00	<b>03:41:20.70</b>	<b>03:41:56.75</b>	+02:09:00 (58.1%)	11:04	5.4 (41.9%)
276	<b>KIEŁBIK</b> Agnieszka	<b>1129</b>	SBRT	K 33-44	70	Nie dotyczy			02:08:34	02:16:30	<b>03:47:05.25</b>	<b>03:47:27.90</b>	+02:14:31 (59.1%)	11:21	5.3 (41.1%)
277	<b>BARAŃSKA</b> Marta	<b>1014</b>	GORZÓW BIEGA	K 32	29	Nie dotyczy			02:15:28	02:25:58	<b>03:52:51.60</b>	<b>03:53:20.20</b>	+02:20:23 (60.2%)	11:38	5.2 (40.3%)

Place	Participant	Number	Club	Category	MCat	Klasyfikacja Gmin	Pow NT	Pow Limanowski	Wieża 10km	Gorc 11km	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
278	<b>STANASZEK Anna</b>	<b>1044</b>		K 45+	20	Nie dotyczy			02:13:52	02:21:34	<b>03:53:21.15</b>	<b>03:53:56.90</b>	+02:21:00 (60.3%)	11:40	5.1 (39.5%)
279	<b>PISKORSKA Sylwia</b>	<b>1098</b>		K 33-44	71	Nie dotyczy			02:11:21	02:17:47	<b>03:57:08.95</b>	<b>03:57:21.55</b>	+02:24:24 (60.8%)	11:51	5.1 (39.5%)
280	<b>GRZEŚKOWIAK Agnieszka</b>	<b>1012</b>		K 33-44	72	Nie dotyczy			02:08:03	02:17:49	<b>03:57:09.15</b>	<b>03:57:21.70</b>	+02:24:24 (60.8%)	11:51	5.1 (39.5%)
281	<b>PISKORSKI Krzysztof</b>	<b>1097</b>		M 33-44	78	Nie dotyczy			02:11:15	02:17:39	<b>03:57:11.15</b>	<b>03:57:22.45</b>	+02:24:25 (60.8%)	11:51	5.1 (39.5%)
282	<b>GRZEŚKOWIAK Marek</b>	<b>1013</b>		M 33-44	79	Nie dotyczy			02:07:38	02:17:30	<b>03:57:10.85</b>	<b>03:57:22.80</b>	+02:24:26 (60.8%)	11:51	5.1 (39.5%)
283	<b>GRZESIK Renata</b>	<b>1020</b>		K 32	30	Nie dotyczy			02:25:40	02:36:21	<b>03:58:29.70</b>	<b>03:59:18.85</b>	+02:26:22 (61.2%)	11:55	5 (38.8%)
284	<b>MICHALSKA Małgorzata</b>	<b>1094</b>	FUDU&CO SPORT TEAM	K 33-44	73	Nie dotyczy			02:19:52	02:31:28	<b>04:02:22.70</b>	<b>04:02:40.20</b>	+02:29:43 (61.7%)	12:07	5 (38.8%)
285	<b>ERENBERG Małgorzata</b>	<b>1215</b>	FUDU&CO. SPORT TEAM	K 33-44	74	Nie dotyczy			02:19:44	02:31:28	<b>04:02:23.65</b>	<b>04:02:40.50</b>	+02:29:43 (61.7%)	12:07	5 (38.8%)
	<b>KWIATKOWSKI Wiktor</b>	<b>1319</b>		M 32					01:48:34 DNF	01:57:53 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Total 286 results.