

# RZEŹNICZEK 2018

B4SPORT

**Wydarzenie:** IV FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-06-01  
**Miejsce:** Bieszczady  
**Dystans:** 28 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>POŻAROWSZCZYK Adam</b>	<b>5123</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	1	01:21:06	<b>02:32:03.05</b>	<b>02:32:06.40</b>		5:25	11 (100%)
2	<b>ZDANOWSKI Łukasz</b>	<b>5023</b>		M20	1	01:23:03	<b>02:32:09.35</b>	<b>02:32:11.45</b>	+00:00:05 (0.1%)	5:26	11 (100%)
3	<b>SYCHOWICZ Daniel</b>	<b>5897</b>	GRAZIA RUNNING	M30	2	01:23:35	<b>02:34:29.30</b>	<b>02:34:31.85</b>	+00:02:25 (1.6%)	5:31	10.9 (99.1%)
4	<b>BAL Jakub</b>	<b>5667</b>	LOS TREPOS COMPANIEROS	M20	2	01:25:31	<b>02:39:08.15</b>	<b>02:39:09.95</b>	+00:07:03 (4.4%)	5:41	10.6 (96.4%)
5	<b>CHOJNACKI Szymon</b>	<b>5883</b>	RAZEM TRENUJEMY SPORT	M30	3	01:25:38	<b>02:39:51.50</b>	<b>02:39:57.60</b>	+00:07:51 (4.9%)	5:42	10.5 (95.5%)
6	<b>ŚWIERAD Dariusz</b>	<b>5050</b>	ASICS FRONTRUNNER POLSKA	M30	4	01:24:21	<b>02:40:28.25</b>	<b>02:40:31.80</b>	+00:08:25 (5.2%)	5:43	10.5 (95.5%)
7	<b>ŻUCHOWSKI Daniel</b>	<b>5776</b>	NOWA HUTA TEAM	M30	5	01:29:01	<b>02:40:43.85</b>	<b>02:40:47.70</b>	+00:08:41 (5.4%)	5:44	10.5 (95.5%)
8	<b>KANTOR Martyna</b>	<b>5923</b>	BUFF TEAM POLSKA	K20	1	01:27:09	<b>02:40:45.65</b>	<b>02:40:48.00</b>	+00:08:41 (5.4%)	5:44	10.4 (94.5%)
9	<b>KOZAK Krzysztof</b>	<b>5644</b>	SPEED FEET 16	M20	3	01:28:26	<b>02:42:26.80</b>	<b>02:42:34.10</b>	+00:10:27 (6.4%)	5:48	10.3 (93.6%)
10	<b>STOCHMALSKI Piotr</b>	<b>5840</b>	ADIDAS RUNNERS WARSAW / SYGNAŁ CHODEL	M20	4	01:26:01	<b>02:42:43.65</b>	<b>02:42:46.40</b>	+00:10:40 (6.6%)	5:48	10.3 (93.6%)
11	<b>TABER Konrad</b>	<b>5449</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M20	5	01:26:31	<b>02:42:47.20</b>	<b>02:42:50.30</b>	+00:10:43 (6.6%)	5:48	10.3 (93.6%)
12	<b>GOMOŁYSEK Kinga</b>	<b>5855</b>	MATNER RUNNING TEAM	K30	1	01:27:26	<b>02:43:38.55</b>	<b>02:43:41.20</b>	+00:11:34 (7.1%)	5:50	10.3 (93.6%)
13	<b>BANASZEK Adam</b>	<b>5896</b>	BIEGUSIEM.PL	M30	6	01:30:28	<b>02:45:46.90</b>	<b>02:45:49.25</b>	+00:13:42 (8.3%)	5:55	10.1 (91.8%)
14	<b>KAPAON Aleksander</b>	<b>5452</b>	CAZZO CLUB	M20	6	01:27:30	<b>02:46:00.50</b>	<b>02:46:05.65</b>	+00:13:59 (8.4%)	5:55	10.1 (91.8%)
15	<b>MINDAK Paweł</b>	<b>5632</b>		M40	1	01:29:25	<b>02:48:05.00</b>	<b>02:48:05.00</b>	+00:15:58 (9.5%)	6:00	10 (90.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>DOMBROWSKI Jakub</b>	<b>5295</b>	KRAWAWE SUTY RUN8BIKE	M30	7	01:32:31	<b>02:47:57.35</b>	<b>02:48:09.50</b>	+00:16:03 (9.5%)	5:59	10 (90.9%)
17	<b>KNYCHAS Darek</b>	<b>5815</b>	PZU SPORT TEAM	M40	2	01:30:14	<b>02:48:09.05</b>	<b>02:48:19.00</b>	+00:16:12 (9.6%)	6:00	10 (90.9%)
18	<b>STAWIARZ Paweł</b>	<b>5105</b>		M30	8	01:29:43	<b>02:49:32.95</b>	<b>02:49:36.95</b>	+00:17:30 (10.3%)	6:03	9.9 (90.0%)
19	<b>SARNA Kamil</b>	<b>5780</b>		M30	9	01:31:40	<b>02:52:32.45</b>	<b>02:52:36.55</b>	+00:20:30 (11.9%)	6:09	9.7 (88.2%)
20	<b>CICHY Mateusz</b>	<b>5656</b>		M20	7	01:32:13	<b>02:53:27.20</b>	<b>02:53:30.30</b>	+00:21:23 (12.3%)	6:11	9.7 (88.2%)
21	<b>SIEMBOR Karol</b>	<b>5563</b>	ZIELONE ŻÓŁWIE	M20	8	01:29:38	<b>02:53:50.20</b>	<b>02:53:58.15</b>	+00:21:51 (12.6%)	6:12	9.7 (88.2%)
22	<b>BRÓG Wojciech</b>	<b>5767</b>		M30	10	01:31:02	<b>02:54:39.20</b>	<b>02:54:41.75</b>	+00:22:35 (12.9%)	6:14	9.6 (87.3%)
23	<b>NOWAK Artur</b>	<b>5410</b>	A&G CARP TEAM	M40	3	01:33:50	<b>02:57:41.05</b>	<b>02:57:46.95</b>	+00:25:40 (14.4%)	6:20	9.5 (86.4%)
24	<b>ZIELAK Dariusz</b>	<b>5212</b>		M40	4	01:34:10	<b>02:57:45.85</b>	<b>02:57:51.75</b>	+00:25:45 (14.5%)	6:20	9.5 (86.4%)
25	<b>GOŁĄB Marek</b>	<b>5448</b>	KW KOTŁOWNIA	M30	11	01:32:34	<b>02:57:51.60</b>	<b>02:57:55.20</b>	+00:25:48 (14.5%)	6:21	9.4 (85.5%)
26	<b>GAŁKA Piotr</b>	<b>5439</b>	CAZZO CLUB	M30	12	01:32:34	<b>02:58:05.30</b>	<b>02:58:10.45</b>	+00:26:04 (14.6%)	6:21	9.4 (85.5%)
27	<b>BERTINO Francesco</b>	<b>5331</b>	CAZZO CLUB	M20	9	01:34:48	<b>02:58:13.10</b>	<b>02:58:22.40</b>	+00:26:16 (14.7%)	6:21	9.4 (85.5%)
28	<b>ZARĘBA Filip</b>	<b>5100</b>	ZABIEGANI MIELEC	M20	10	01:33:27	<b>02:59:25.15</b>	<b>02:59:33.75</b>	+00:27:27 (15.3%)	6:24	9.4 (85.5%)
29	<b>FILIPPIŃSKI Bartosz</b>	<b>5658</b>		M30	13	01:33:14	<b>03:01:44.25</b>	<b>03:01:50.15</b>	+00:29:43 (16.3%)	6:29	9.2 (83.6%)
30	<b>DZIÓB Romuald</b>	<b>5833</b>		M40	5	01:34:59	<b>03:01:49.20</b>	<b>03:01:58.95</b>	+00:29:52 (16.4%)	6:29	9.2 (83.6%)
31	<b>ZAJĄCZKOWSKI Rafał</b>	<b>5615</b>	NIEKONIECZNIE DOBIEGNIEMY	M40	6	01:39:29	<b>03:02:21.95</b>	<b>03:02:21.95</b>	+00:30:15 (16.6%)	6:30	9.2 (83.6%)
32	<b>BIENIECKA Anna</b>	<b>5933</b>	OTK RZEŹNIK	K30	2	01:36:44	<b>03:02:54.45</b>	<b>03:02:56.80</b>	+00:30:50 (16.9%)	6:31	9.2 (83.6%)
33	<b>MORAWSKI Grzegorz</b>	<b>5327</b>	TRENER24H.COM.PL	M30	14	01:39:52	<b>03:03:02.60</b>	<b>03:03:06.25</b>	+00:30:59 (16.9%)	6:32	9.2 (83.6%)
34	<b>ŚWIERK Marek</b>	<b>5892</b>		M40	7	01:37:01	<b>03:04:26.70</b>	<b>03:04:29.45</b>	+00:32:23 (17.6%)	6:35	9.1 (82.7%)
35	<b>ROGAŁA Grzegorz</b>	<b>5250</b>	KORAL TEAM	M40	8	01:33:30	<b>03:04:30.35</b>	<b>03:04:33.10</b>	+00:32:26 (17.6%)	6:35	9.1 (82.7%)
36	<b>SOLWA Ewelina</b>	<b>5809</b>	4RUNTEAM	K30	3	01:39:24	<b>03:04:31.45</b>	<b>03:04:50.15</b>	+00:32:43 (17.7%)	6:35	9.1 (82.7%)
37	<b>JANOWSKI Tomasz</b>	<b>5611</b>	ŁĘCZNA BIEGA	M30	15	01:37:54	<b>03:05:45.80</b>	<b>03:05:53.75</b>	+00:33:47 (18.2%)	6:38	9 (81.8%)
38	<b>MAZURCZAK Łukasz</b>	<b>5573</b>		M30	16	01:38:06	<b>03:05:37.35</b>	<b>03:06:04.55</b>	+00:33:58 (18.3%)	6:37	9.1 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
39	<b>MIKOŁAJCZYK Robert</b>	<b>5293</b>	DRUŻYNA ORZECHA ŻYRARDÓW	M40	9	01:37:21	<b>03:05:39.90</b>	<b>03:06:10.65</b>	+00:34:04 (18.3%)	6:37	9 (81.8%)
40	<b>AMANOWICZ Marek</b>	<b>5043</b>	RUNNING POŁANIEC	M30	17	01:42:26	<b>03:06:02.10</b>	<b>03:06:18.60</b>	+00:34:12 (18.4%)	6:38	9 (81.8%)
41	<b>TYRAŁA Łukasz</b>	<b>5200</b>		M30	18	01:38:57	<b>03:06:37.45</b>	<b>03:06:55.05</b>	+00:34:48 (18.6%)	6:39	9 (81.8%)
42	<b>KALINOWSKI Paweł</b>	<b>5224</b>		M30	19	01:38:20	<b>03:07:11.90</b>	<b>03:07:23.70</b>	+00:35:17 (18.8%)	6:41	9 (81.8%)
43	<b>GALIŃSKI Łukasz</b>	<b>5652</b>		M30	20	01:36:54	<b>03:07:59.10</b>	<b>03:08:06.25</b>	+00:35:59 (19.1%)	6:42	8.9 (80.9%)
44	<b>FILIPEK Wojciech</b>	<b>5253</b>	OPTIM TRAVEL ULTRA	M50	1	01:42:20	<b>03:07:49.65</b>	<b>03:08:10.10</b>	+00:36:03 (19.2%)	6:42	8.9 (80.9%)
45	<b>GACA Michał</b>	<b>5472</b>	PZU SPORT TEAM	M40	10	01:37:29	<b>03:07:52.30</b>	<b>03:08:12.55</b>	+00:36:06 (19.2%)	6:42	8.9 (80.9%)
46	<b>MROWCA Joanna</b>	<b>5173</b>		K20	2	01:40:10	<b>03:08:54.30</b>	<b>03:08:57.50</b>	+00:36:51 (19.5%)	6:44	8.9 (80.9%)
47	<b>LATAK Michał</b>	<b>5030</b>	JACEKBIEGA RUNNING TEAM	M40	11	01:41:06	<b>03:09:00.00</b>	<b>03:09:23.45</b>	+00:37:17 (19.7%)	6:45	8.9 (80.9%)
48	<b>KOZICKI Marcin</b>	<b>5304</b>		M30	21	01:42:27	<b>03:10:18.05</b>	<b>03:10:38.80</b>	+00:38:32 (20.2%)	6:47	8.8 (80.0%)
49	<b>GROCHOWSKI Krystian</b>	<b>5804</b>	SKŁADAKI	M40	12	01:37:05	<b>03:10:44.05</b>	<b>03:10:52.75</b>	+00:38:46 (20.3%)	6:48	8.8 (80.0%)
50	<b>RUPIŃSKI Krzysztof</b>	<b>5755</b>		M20	11	01:38:50	<b>03:11:07.10</b>	<b>03:11:20.70</b>	+00:39:14 (20.5%)	6:49	8.8 (80.0%)
51	<b>GARCZYŃSKI Darek</b>	<b>5594</b>		M40	13	01:48:37	<b>03:11:31.85</b>	<b>03:11:39.90</b>	+00:39:33 (20.6%)	6:50	8.8 (80.0%)
52	<b>FRISZ Jakub</b>	<b>5662</b>	ŁÓDŹMY SIĘ	M30	22	01:40:31	<b>03:11:50.75</b>	<b>03:11:56.55</b>	+00:39:50 (20.8%)	6:51	8.8 (80.0%)
53	<b>SZPINEK Marcin</b>	<b>5904</b>	TUTU TEAM	M30	23	01:44:24	<b>03:11:55.75</b>	<b>03:12:26.75</b>	+00:40:20 (21.0%)	6:51	8.8 (80.0%)
54	<b>WASZTYL Grzegorz</b>	<b>5783</b>		M40	14	01:35:40	<b>03:12:27.40</b>	<b>03:12:31.85</b>	+00:40:25 (21.0%)	6:52	8.7 (79.1%)
55	<b>STACHURSKI Piotr</b>	<b>5733</b>		M30	24	01:31:12	<b>03:12:31.80</b>	<b>03:12:34.70</b>	+00:40:28 (21.0%)	6:52	8.7 (79.1%)
56	<b>SURDACKI Mateusz</b>	<b>5179</b>		M30	25	01:41:47	<b>03:12:39.70</b>	<b>03:12:56.25</b>	+00:40:49 (21.2%)	6:52	8.7 (79.1%)
57	<b>KILIMNIK Tomasz</b>	<b>5277</b>	HARDCOROWE WYCHYLYLYBYMY	M30	26	01:39:16	<b>03:12:55.05</b>	<b>03:13:36.00</b>	+00:41:29 (21.4%)	6:53	8.7 (79.1%)
58	<b>STAN Jacek</b>	<b>5955</b>		M40	15	01:45:59	<b>03:13:03.95</b>	<b>03:14:02.00</b>	+00:41:55 (21.6%)	6:53	8.7 (79.1%)
59	<b>KWAŚNY Janusz</b>	<b>5280</b>		M40	16	01:43:10	<b>03:14:11.55</b>	<b>03:14:50.70</b>	+00:42:44 (21.9%)	6:56	8.7 (79.1%)
60	<b>LUTEREK Michał</b>	<b>5347</b>		M30	27	01:43:52	<b>03:13:08.90</b>	<b>03:14:56.95</b>	+00:42:50 (22.0%)	6:53	8.7 (79.1%)
61	<b>KOPYTOWSKA Anna</b>	<b>5428</b>	ADIDAS RUNNERS WARSAW	K30	4	01:41:56	<b>03:15:12.75</b>	<b>03:15:18.35</b>	+00:43:11 (22.1%)	6:58	8.6 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
62	<b>BODZIOCH Grzegorz</b>	<b>5326</b>	GORLICKA GRUPA BIEGOWA	M40	17	01:43:56	<b>03:15:30.85</b>	<b>03:15:36.20</b>	+00:43:29 (22.2%)	6:58	8.6 (78.2%)
63	<b>JĘDZURA Daniel</b>	<b>5762</b>		M30	28	01:48:15	<b>03:15:48.50</b>	<b>03:15:55.20</b>	+00:43:48 (22.4%)	6:59	8.6 (78.2%)
64	<b>GRZESIUK Michał</b>	<b>5674</b>	ŁĘCZNA BIEGA	M40	18	01:38:02	<b>03:16:04.95</b>	<b>03:16:12.55</b>	+00:44:06 (22.5%)	7:00	8.6 (78.2%)
65	<b>LIPIŃSKI Hubert</b>	<b>5260</b>	KS KANAŁEK	M30	29	01:42:11	<b>03:16:31.00</b>	<b>03:16:34.55</b>	+00:44:28 (22.6%)	7:01	8.5 (77.3%)
66	<b>GAWLEWICZ Tomasz</b>	<b>5211</b>	GAWEŁKI TEAM	M40	19	01:43:46	<b>03:17:01.00</b>	<b>03:17:05.65</b>	+00:44:59 (22.8%)	7:02	8.5 (77.3%)
67	<b>GAWLEWICZ Krystyna</b>	<b>5235</b>	GAWEŁKI TEAM	K30	5	01:43:49	<b>03:17:01.15</b>	<b>03:17:05.85</b>	+00:44:59 (22.8%)	7:02	8.5 (77.3%)
68	<b>JASNOWSKI Michał</b>	<b>5221</b>		M30	30	01:40:15	<b>03:16:55.75</b>	<b>03:17:18.05</b>	+00:45:11 (22.9%)	7:02	8.5 (77.3%)
69	<b>KRYPSKI Bartosz</b>	<b>5231</b>	CROSSFIT SIEDLCE	M20	12	01:44:20	<b>03:17:01.45</b>	<b>03:17:26.15</b>	+00:45:19 (23.0%)	7:02	8.5 (77.3%)
70	<b>RESZKA Marek</b>	<b>5013</b>	NOVEMBER	M30	31	01:34:35	<b>03:17:25.20</b>	<b>03:17:28.40</b>	+00:45:22 (23.0%)	7:03	8.5 (77.3%)
71	<b>STANGRECIAK Adam</b>	<b>5764</b>	TIGRES DEL PAPA	M20	13	01:42:55	<b>03:17:14.10</b>	<b>03:17:29.65</b>	+00:45:23 (23.0%)	7:02	8.5 (77.3%)
72	<b>ULMA Mirosław</b>	<b>5681</b>		M40	20	01:45:54	<b>03:18:47.65</b>	<b>03:19:46.45</b>	+00:47:40 (23.9%)	7:06	8.5 (77.3%)
73	<b>BELKIEWICZ Rafał</b>	<b>5623</b>		M30	32	01:41:19	<b>03:19:58.55</b>	<b>03:20:02.15</b>	+00:47:55 (24.0%)	7:08	8.4 (76.4%)
74	<b>ANIOŁ Mateusz</b>	<b>5517</b>	TERNOL TEAM	M30	33	01:47:56	<b>03:20:04.70</b>	<b>03:20:36.40</b>	+00:48:30 (24.2%)	7:08	8.4 (76.4%)
75	<b>KOLANKO Paweł</b>	<b>5527</b>		M40	21	01:42:19	<b>03:20:34.60</b>	<b>03:20:44.85</b>	+00:48:38 (24.2%)	7:09	8.4 (76.4%)
76	<b>WNUK Tomasz</b>	<b>5292</b>	ADIDAS RUNNERS WARSAW	M30	34	01:43:26	<b>03:20:25.85</b>	<b>03:20:46.55</b>	+00:48:40 (24.2%)	7:09	8.4 (76.4%)
77	<b>BĄK Marcin</b>	<b>5267</b>	LUBLIN BIEGA	M30	35	01:41:33	<b>03:20:43.15</b>	<b>03:20:49.95</b>	+00:48:43 (24.3%)	7:10	8.4 (76.4%)
78	<b>KORUS Konrad</b>	<b>5529</b>		M40	22	01:48:32	<b>03:20:42.10</b>	<b>03:20:58.25</b>	+00:48:51 (24.3%)	7:10	8.4 (76.4%)
79	<b>ODOLIŃSKI Jacek</b>	<b>5070</b>	PSZCZÓŁKOWSKI TEAM	M50	2	01:46:50	<b>03:20:56.70</b>	<b>03:21:06.40</b>	+00:49:00 (24.4%)	7:10	8.4 (76.4%)
80	<b>SZYBIAK Joanna</b>	<b>5228</b>	AGONA W&M	K40	1	01:47:22	<b>03:21:04.10</b>	<b>03:21:21.70</b>	+00:49:15 (24.5%)	7:10	8.4 (76.4%)
81	<b>KOWALCZYK Tomasz</b>	<b>5704</b>	TRICLUB	M40	23	01:50:09	<b>03:20:41.20</b>	<b>03:21:29.45</b>	+00:49:23 (24.5%)	7:10	8.4 (76.4%)
82	<b>MARKOWSKI Artur</b>	<b>5684</b>		M50	3	01:48:28	<b>03:21:59.15</b>	<b>03:22:11.00</b>	+00:50:04 (24.8%)	7:12	8.3 (75.5%)
83	<b>KOKSA Mateusz</b>	<b>5058</b>	SKLEP BIEGACZA	M20	14	01:51:06	<b>03:22:06.80</b>	<b>03:22:36.95</b>	+00:50:30 (24.9%)	7:13	8.3 (75.5%)
84	<b>NOWAK Mirosław</b>	<b>5098</b>		M40	24	01:51:17	<b>03:22:49.70</b>	<b>03:22:51.65</b>	+00:50:45 (25.0%)	7:14	8.3 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	<b>WILCZAK Janusz</b>	<b>5357</b>		M40	25	01:43:45	<b>03:22:55.35</b>	<b>03:22:58.85</b>	+00:50:52 (25.1%)	7:14	8.3 (75.5%)
86	<b>ŁUCZKÓW Szymon</b>	<b>5886</b>		M30	36	01:44:19	<b>03:22:57.40</b>	<b>03:23:07.75</b>	+00:51:01 (25.1%)	7:14	8.3 (75.5%)
87	<b>MAŁECKI Jacek</b>	<b>5663</b>		M30	37	01:42:46	<b>03:23:12.15</b>	<b>03:23:16.00</b>	+00:51:09 (25.2%)	7:15	8.3 (75.5%)
88	<b>JASIULEWICZ Anna</b>	<b>5743</b>		K40	2	01:46:16	<b>03:23:06.15</b>	<b>03:23:17.80</b>	+00:51:11 (25.2%)	7:15	8.3 (75.5%)
89	<b>NALAZEK Marcin</b>	<b>5178</b>	PIASECZNO RUNNING	M30	38	01:48:10	<b>03:23:11.90</b>	<b>03:23:18.15</b>	+00:51:11 (25.2%)	7:15	8.3 (75.5%)
90	<b>AGRES Paweł</b>	<b>5575</b>	KW KOTŁOWNIA	M30	39	01:46:37	<b>03:22:48.35</b>	<b>03:23:21.40</b>	+00:51:15 (25.2%)	7:14	8.3 (75.5%)
91	<b>DRZEWIECKI Michał</b>	<b>5283</b>	SAP HYBRIS	M30	40	01:45:16	<b>03:22:55.20</b>	<b>03:23:22.70</b>	+00:51:16 (25.2%)	7:14	8.3 (75.5%)
92	<b>ŁUŻYŃSKA Patrycja</b>	<b>5484</b>	MKL SZCZECIN	K20	3	01:50:34	<b>03:23:14.30</b>	<b>03:23:41.35</b>	+00:51:34 (25.3%)	7:15	8.3 (75.5%)
93	<b>OLCZAK Marta</b>	<b>5411</b>	SZWLA STARGARD	K30	6	01:47:03	<b>03:24:03.05</b>	<b>03:24:06.95</b>	+00:52:00 (25.5%)	7:17	8.2 (74.5%)
94	<b>GAJEWSKI Jacek</b>	<b>5493</b>	DOGOŃ GRODZISK MAZOWIECKI	M40	26	01:50:41	<b>03:23:49.55</b>	<b>03:24:16.45</b>	+00:52:10 (25.5%)	7:16	8.2 (74.5%)
95	<b>MODRZEJEWSKI Adam</b>	<b>5559</b>	KLUB WYSOKOGÓRSKI WARSZAWA	M30	41	01:48:04	<b>03:23:52.90</b>	<b>03:24:19.80</b>	+00:52:13 (25.6%)	7:16	8.2 (74.5%)
96	<b>SANKOWSKI Szymon</b>	<b>5056</b>	ZABIEGANI MIELEC	M30	42	01:42:28	<b>03:24:08.45</b>	<b>03:24:25.70</b>	+00:52:19 (25.6%)	7:17	8.2 (74.5%)
97	<b>ADAMIAK Marcin</b>	<b>5738</b>	EVERRUN	M40	27	01:41:35	<b>03:24:24.20</b>	<b>03:24:30.30</b>	+00:52:23 (25.6%)	7:18	8.2 (74.5%)
98	<b>MĘŻYKOWSKI Michał</b>	<b>5685</b>		M40	28	01:43:51	<b>03:24:19.50</b>	<b>03:24:41.05</b>	+00:52:34 (25.7%)	7:17	8.2 (74.5%)
99	<b>SZYSZKA Anna</b>	<b>5095</b>		K20	4	01:51:00	<b>03:24:00.25</b>	<b>03:24:41.60</b>	+00:52:35 (25.7%)	7:17	8.2 (74.5%)
100	<b>OSTROWSKI Zbyszek</b>	<b>5230</b>		M50	4	01:46:45	<b>03:24:30.25</b>	<b>03:24:44.20</b>	+00:52:37 (25.7%)	7:18	8.2 (74.5%)
101	<b>MAŃKA Krzysztof</b>	<b>5770</b>	PZU SPORT TEAM	M30	43	01:54:01	<b>03:24:21.65</b>	<b>03:25:08.85</b>	+00:53:02 (25.9%)	7:17	8.2 (74.5%)
102	<b>MADEJ Tomasz</b>	<b>5787</b>	FIZJOPUNKT FIZJOTERAPIA	M40	29	01:43:37	<b>03:25:11.60</b>	<b>03:25:21.55</b>	+00:53:15 (25.9%)	7:19	8.2 (74.5%)
103	<b>KOZŁOWSKI Przemysław</b>	<b>5455</b>	VERA RUNNIGTEAM	M30	44	01:50:47	<b>03:25:22.60</b>	<b>03:25:28.05</b>	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
103	<b>BANDEL Adam</b>	<b>5901</b>		M30	45	01:50:51	<b>03:25:22.90</b>	<b>03:25:28.05</b>	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
105	<b>SZANIAWSKI Marcin</b>	<b>5038</b>		M30	46	01:41:04	<b>03:25:17.40</b>	<b>03:25:41.90</b>	+00:53:35 (26.1%)	7:19	8.2 (74.5%)
106	<b>JAKUBAS Paweł</b>	<b>5328</b>	WPJ TEAM	M40	30	01:52:11	<b>03:26:01.95</b>	<b>03:26:31.05</b>	+00:54:24 (26.3%)	7:21	8.2 (74.5%)
107	<b>GRYMUZA Zbigniew</b>	<b>5788</b>	SKPB LUBLIN	M50	5	01:48:25	<b>03:26:15.00</b>	<b>03:26:36.25</b>	+00:54:29 (26.4%)	7:21	8.1 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>TWORZYDŁO Paweł</b>	<b>5385</b>	PIKUSIE RUNNING TEAM	M40	31	01:47:55	<b>03:25:51.95</b>	<b>03:26:40.10</b>	+00:54:33 (26.4%)	7:21	8.2 (74.5%)
109	<b>GĄTARCZYK Mariusz</b>	<b>5395</b>	DZIKIE GRUBASY SZATANA	M30	47	01:48:04	<b>03:26:06.60</b>	<b>03:26:40.55</b>	+00:54:34 (26.4%)	7:21	8.2 (74.5%)
110	<b>RUKUSZEWICZ Wawrzyniec</b>	<b>5409</b>	DZIKIE GRUBASY SZATANA	M30	48	01:50:30	<b>03:27:22.95</b>	<b>03:27:55.95</b>	+00:55:49 (26.8%)	7:24	8.1 (73.6%)
111	<b>CIURKA-BASTER Karolina</b>	<b>5024</b>	FUNDACJA TRENUJĘ-POMAGAM	K30	7	01:51:24	<b>03:27:49.90</b>	<b>03:27:56.35</b>	+00:55:49 (26.9%)	7:25	8.1 (73.6%)
112	<b>ULICZNY Paweł</b>	<b>5737</b>	REMBERTÓW TEAM	M40	32	01:46:35	<b>03:27:54.35</b>	<b>03:28:03.75</b>	+00:55:57 (26.9%)	7:25	8.1 (73.6%)
113	<b>WÓJCIK Agnieszka</b>	<b>5153</b>	DZIUBA TEAM	K30	8	01:46:50	<b>03:28:08.50</b>	<b>03:28:13.75</b>	+00:56:07 (27.0%)	7:26	8.1 (73.6%)
114	<b>JUREK Przemysław</b>	<b>5686</b>	KS STASZEWSKY	M40	33	01:46:49	<b>03:27:54.55</b>	<b>03:28:17.00</b>	+00:56:10 (27.0%)	7:25	8.1 (73.6%)
115	<b>RUTYNA Dawid</b>	<b>5751</b>	TRICLUB	M30	49	01:51:42	<b>03:27:29.45</b>	<b>03:28:18.50</b>	+00:56:12 (27.0%)	7:24	8.1 (73.6%)
116	<b>HRYCIUK Maciej</b>	<b>5234</b>		M20	15	01:47:58	<b>03:28:22.85</b>	<b>03:28:30.90</b>	+00:56:24 (27.1%)	7:26	8.1 (73.6%)
117	<b>BINOWSKI Grzegorz</b>	<b>5261</b>		M30	50	01:47:33	<b>03:28:23.70</b>	<b>03:28:31.10</b>	+00:56:24 (27.1%)	7:26	8.1 (73.6%)
118	<b>DUTKIEWICZ Marcin</b>	<b>5958</b>	BIEGNIJ DUDEK	M50	6	01:54:18	<b>03:28:51.45</b>	<b>03:28:54.50</b>	+00:56:48 (27.2%)	7:27	8 (72.7%)
119	<b>PYTEL Waldek</b>	<b>5151</b>	YULO RUN TEAM SIEDLCE	M50	7	01:46:42	<b>03:28:40.75</b>	<b>03:28:55.05</b>	+00:56:48 (27.2%)	7:27	8.1 (73.6%)
120	<b>GARNYS Radek</b>	<b>5421</b>	VERA RUNNING TEAM	M40	34	01:54:08	<b>03:28:44.60</b>	<b>03:29:30.85</b>	+00:57:24 (27.4%)	7:27	8 (72.7%)
121	<b>WALASZCZYK Piotr</b>	<b>5680</b>	ENDURANCE TEAM	M40	35	01:50:02	<b>03:28:28.60</b>	<b>03:29:36.75</b>	+00:57:30 (27.4%)	7:26	8.1 (73.6%)
122	<b>ŁODZIANA Dorota</b>	<b>5286</b>	PSZCZÓŁKOWSKI TEAM	K30	9	01:53:11	<b>03:29:30.65</b>	<b>03:30:01.70</b>	+00:57:55 (27.6%)	7:28	8 (72.7%)
123	<b>OSTROWSKI Marcin</b>	<b>5458</b>	PZU SPORT TEAM	M30	51	01:53:55	<b>03:29:25.95</b>	<b>03:30:12.85</b>	+00:58:06 (27.6%)	7:28	8 (72.7%)
124	<b>SZCZEPAŃSKI Marcin</b>	<b>5744</b>	EVERRUN	M40	36	01:41:57	<b>03:30:19.70</b>	<b>03:30:25.65</b>	+00:58:19 (27.7%)	7:30	8 (72.7%)
125	<b>STĘPIEŃ Mirosław</b>	<b>5831</b>	ROSSBIEGANI	M40	37	01:50:33	<b>03:29:29.85</b>	<b>03:30:29.85</b>	+00:58:23 (27.7%)	7:28	8 (72.7%)
126	<b>CZECHOSKI Tomasz</b>	<b>5084</b>	ENTRE.PL TEAM	M40	38	01:44:05	<b>03:30:14.05</b>	<b>03:30:30.40</b>	+00:58:24 (27.7%)	7:30	8 (72.7%)
127	<b>BOSIANEK Kamila</b>	<b>5811</b>	4RUNTEAM PIŁA	K40	3	01:53:56	<b>03:30:13.80</b>	<b>03:30:33.95</b>	+00:58:27 (27.8%)	7:30	8 (72.7%)
128	<b>BOSIANEK Rafał</b>	<b>5944</b>		M40	39	01:53:46	<b>03:30:14.75</b>	<b>03:30:34.70</b>	+00:58:28 (27.8%)	7:30	8 (72.7%)
129	<b>WŁODARCZYK Mariusz</b>	<b>5566</b>	RADLINIOKI W BIEGU	M30	52	01:50:17	<b>03:29:50.10</b>	<b>03:30:35.50</b>	+00:58:29 (27.8%)	7:29	8 (72.7%)
130	<b>KARDASZ Marek</b>	<b>5790</b>	SOLINA TEAM	M30	53	01:54:34	<b>03:30:41.55</b>	<b>03:30:51.50</b>	+00:58:45 (27.9%)	7:31	8 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	<b>SIERAKOWSKI Igor</b>	<b>5539</b>		M40	40	01:53:58	<b>03:30:34.80</b>	<b>03:31:35.30</b>	+00:59:28 (28.1%)	7:31	8 (72.7%)
132	<b>HERMAN Paweł</b>	<b>5465</b>		M40	41	01:52:57	<b>03:30:52.15</b>	<b>03:31:51.45</b>	+00:59:45 (28.2%)	7:31	8 (72.7%)
133	<b>ZAGDAŃSKA Małgorzata</b>	<b>5486</b>		K30	10	01:51:09	<b>03:32:33.05</b>	<b>03:32:39.75</b>	+01:00:33 (28.5%)	7:35	7.9 (71.8%)
134	<b>NAWROT Bartłomiej</b>	<b>5546</b>	KAMIENIOŁOM	M30	54	01:50:23	<b>03:33:01.70</b>	<b>03:33:23.25</b>	+01:01:16 (28.7%)	7:36	7.9 (71.8%)
135	<b>SZYMANEK Anna</b>	<b>5017</b>	RKATHLETICS/NAPRZÓD MŁOCINY	K30	11	01:49:03	<b>03:33:03.45</b>	<b>03:33:23.60</b>	+01:01:17 (28.7%)	7:36	7.9 (71.8%)
136	<b>STAWIŃSKI Piotr</b>	<b>5869</b>		M50	8	01:53:26	<b>03:32:17.40</b>	<b>03:33:26.30</b>	+01:01:19 (28.7%)	7:34	7.9 (71.8%)
137	<b>GRZĄDKA Anna</b>	<b>5875</b>		K30	12	01:55:19	<b>03:33:22.55</b>	<b>03:33:41.85</b>	+01:01:35 (28.8%)	7:37	7.9 (71.8%)
138	<b>PUCHAŁA Mariusz</b>	<b>5513</b>	TERNOL TEAM	M30	55	01:48:39	<b>03:33:41.90</b>	<b>03:34:14.40</b>	+01:02:08 (29.0%)	7:37	7.9 (71.8%)
139	<b>KWIATKOWSKI Kajetan</b>	<b>5956</b>	BIG YELLOW FOOT ADVENTURE TEAM	M30	56	01:52:39	<b>03:33:29.00</b>	<b>03:34:18.55</b>	+01:02:12 (29.0%)	7:37	7.9 (71.8%)
140		<b>5960</b>				01:46:08	<b>03:34:12.30</b>	<b>03:34:20.45</b>	+01:02:14 (29.0%)	7:39	7.8 (70.9%)
141	<b>STACHURSKI Daniel</b>	<b>5195</b>		M40	42	01:57:38	<b>03:33:55.15</b>	<b>03:34:25.20</b>	+01:02:18 (29.1%)	7:38	7.9 (71.8%)
142	<b>SIWIEC Stanisław</b>	<b>5299</b>		M60	1	01:55:41	<b>03:34:17.80</b>	<b>03:34:38.45</b>	+01:02:32 (29.1%)	7:39	7.8 (70.9%)
143	<b>RAPACZ Andrzej</b>	<b>5332</b>		M30	57	01:47:25	<b>03:34:36.25</b>	<b>03:34:49.20</b>	+01:02:42 (29.2%)	7:39	7.8 (70.9%)
144	<b>TOMKIEWICZ Przemysław</b>	<b>5154</b>		M40	43	01:50:36	<b>03:34:28.85</b>	<b>03:34:58.85</b>	+01:02:52 (29.2%)	7:39	7.8 (70.9%)
145	<b>BRUZDA Joanna</b>	<b>5419</b>		K40	4	01:54:07	<b>03:34:54.65</b>	<b>03:35:05.40</b>	+01:02:59 (29.3%)	7:40	7.8 (70.9%)
146	<b>KOWALCZYK Mateusz</b>	<b>5756</b>		M30	58	01:50:50	<b>03:35:11.65</b>	<b>03:35:20.70</b>	+01:03:14 (29.4%)	7:41	7.8 (70.9%)
147	<b>MROTEK Katarzyna</b>	<b>5344</b>	ON THE MOVE	K30	13	01:52:49	<b>03:34:58.35</b>	<b>03:35:31.35</b>	+01:03:24 (29.4%)	7:40	7.8 (70.9%)
148	<b>ZAWADZKI Krzysztof</b>	<b>5437</b>	FUNDACJA LATARNIA	M20	16	01:47:41	<b>03:35:25.05</b>	<b>03:35:32.80</b>	+01:03:26 (29.4%)	7:41	7.8 (70.9%)
149	<b>GÓRSKI Adam</b>	<b>5226</b>		M30	59	01:42:24	<b>03:36:16.75</b>	<b>03:36:23.95</b>	+01:04:17 (29.7%)	7:43	7.8 (70.9%)
150	<b>BIAŁAS Kamil</b>	<b>5001</b>		M30	60	01:50:43	<b>03:36:11.90</b>	<b>03:36:27.90</b>	+01:04:21 (29.7%)	7:43	7.8 (70.9%)
151	<b>PIĘTKA Radosław</b>	<b>5463</b>		M30	61	01:57:48	<b>03:35:35.95</b>	<b>03:36:42.00</b>	+01:04:35 (29.8%)	7:42	7.8 (70.9%)
152	<b>KĄDZIOŁKA Beata</b>	<b>5799</b>		K30	14	01:53:41	<b>03:37:04.45</b>	<b>03:37:34.35</b>	+01:05:27 (30.1%)	7:45	7.7 (70.0%)
153	<b>LECHOWSKI Bartłomiej</b>	<b>5353</b>	WKURW_TEAM	M30	62	01:57:08	<b>03:37:16.10</b>	<b>03:37:42.25</b>	+01:05:35 (30.1%)	7:45	7.7 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	<b>KRZESIAK Łukasz</b>	<b>5528</b>	MASAKRA KLUB SPORTOWY	M40	44	01:53:12	<b>03:37:41.20</b>	<b>03:38:04.90</b>	+01:05:58 (30.3%)	7:46	7.7 (70.0%)
155	<b>KŁOSIEWICZ Wojciech</b>	<b>5291</b>		M40	45	01:48:19	<b>03:37:26.60</b>	<b>03:38:09.05</b>	+01:06:02 (30.3%)	7:45	7.7 (70.0%)
156	<b>JANOWSKA Kinga</b>	<b>5731</b>		K30	15	02:00:49	<b>03:37:16.60</b>	<b>03:38:09.30</b>	+01:06:02 (30.3%)	7:45	7.7 (70.0%)
157	<b>SKIBA Michał</b>	<b>5467</b>	PZU SPORT TEAM	M20	17	01:53:48	<b>03:37:32.05</b>	<b>03:38:11.80</b>	+01:06:05 (30.3%)	7:46	7.7 (70.0%)
158	<b>JANOWSKI Witek</b>	<b>5732</b>		M30	63	02:00:48	<b>03:37:21.05</b>	<b>03:38:13.90</b>	+01:06:07 (30.3%)	7:45	7.7 (70.0%)
159	<b>PROKOPCZUK Wiktor</b>	<b>5716</b>		M30	64	02:01:31	<b>03:37:55.95</b>	<b>03:38:14.95</b>	+01:06:08 (30.3%)	7:46	7.7 (70.0%)
160	<b>WIS Modesta</b>	<b>5372</b>		K20	5	01:59:49	<b>03:37:46.95</b>	<b>03:38:15.40</b>	+01:06:09 (30.3%)	7:46	7.7 (70.0%)
161	<b>ADAMCZYK Artur</b>	<b>5417</b>		M20	18	01:59:50	<b>03:37:47.00</b>	<b>03:38:15.75</b>	+01:06:09 (30.3%)	7:46	7.7 (70.0%)
162	<b>GAWROŃSKI Roman</b>	<b>5471</b>	WKURW_TEAM	M30	65	01:53:14	<b>03:37:01.25</b>	<b>03:38:23.50</b>	+01:06:17 (30.4%)	7:45	7.7 (70.0%)
163	<b>JAŻOWNIK Jacek</b>	<b>5184</b>	WKURW_TEAM	M40	46	01:53:19	<b>03:37:01.70</b>	<b>03:38:23.70</b>	+01:06:17 (30.4%)	7:45	7.7 (70.0%)
164	<b>MOLENDĄ Mateusz</b>	<b>5137</b>	TRENER24H.COM.PL	M20	19	01:51:02	<b>03:38:27.40</b>	<b>03:38:30.75</b>	+01:06:24 (30.4%)	7:48	7.7 (70.0%)
165	<b>KUCHARSKI Piotr</b>	<b>5861</b>	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M40	47	01:59:46	<b>03:37:59.30</b>	<b>03:39:14.80</b>	+01:07:08 (30.6%)	7:47	7.7 (70.0%)
166	<b>MARKOWSKA Karolina</b>	<b>5679</b>	NOA/EUROPA UBEZPIECZENIA	K30	16	01:53:19	<b>03:39:09.65</b>	<b>03:39:21.15</b>	+01:07:14 (30.7%)	7:49	7.7 (70.0%)
167	<b>SZWAŁEK Krzysztof</b>	<b>5258</b>		M30	66	01:50:53	<b>03:38:47.35</b>	<b>03:39:29.40</b>	+01:07:23 (30.7%)	7:48	7.7 (70.0%)
168	<b>RZEPECKI Rafał</b>	<b>5710</b>		M20	20	01:50:27	<b>03:39:19.80</b>	<b>03:39:31.35</b>	+01:07:24 (30.7%)	7:50	7.7 (70.0%)
169	<b>KAPAON Helena</b>	<b>5307</b>	CAZO CLUB RUNNING TEAM	K20	6	01:53:57	<b>03:39:15.80</b>	<b>03:39:33.10</b>	+01:07:26 (30.7%)	7:49	7.7 (70.0%)
170	<b>WAŚNIEWSKI Krzysztof</b>	<b>5905</b>		M30	67	01:51:28	<b>03:39:27.60</b>	<b>03:39:43.65</b>	+01:07:37 (30.8%)	7:50	7.7 (70.0%)
171	<b>ŁAWORSKI Adolf</b>	<b>5954</b>		M60	2	01:55:55	<b>03:39:50.20</b>	<b>03:40:00.80</b>	+01:07:54 (30.9%)	7:51	7.6 (69.1%)
172	<b>MIETŁA Łukasz</b>	<b>5665</b>	MDMIW	M30	68	01:50:25	<b>03:40:24.65</b>	<b>03:40:29.50</b>	+01:08:23 (31.0%)	7:52	7.6 (69.1%)
173	<b>KLEDZIK Jakub</b>	<b>5812</b>		M30	69	01:53:32	<b>03:40:20.85</b>	<b>03:40:45.10</b>	+01:08:38 (31.1%)	7:52	7.6 (69.1%)
174	<b>MIODUSZEWSKA Aleksandra</b>	<b>5795</b>	CAZZO CLUB	K20	7	01:51:06	<b>03:40:32.95</b>	<b>03:40:49.85</b>	+01:08:43 (31.1%)	7:52	7.6 (69.1%)
175	<b>GOŚCINIĄK Michał</b>	<b>5398</b>		M20	21	01:54:17	<b>03:40:15.05</b>	<b>03:40:54.70</b>	+01:08:48 (31.1%)	7:51	7.6 (69.1%)
176	<b>MIKOŁAJCZYK Paweł</b>	<b>5362</b>		M30	70	01:50:28	<b>03:40:25.75</b>	<b>03:40:58.35</b>	+01:08:51 (31.2%)	7:52	7.6 (69.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	<b>BOSIANEK Anna</b>	<b>5800</b>	SKŁADAKI PIŁA	K30	17	01:58:07	<b>03:40:44.25</b>	<b>03:41:04.95</b>	+01:08:58 (31.2%)	7:53	7.6 (69.1%)
178	<b>KONIECZNY Bartosz</b>	<b>5426</b>		M30	71	01:53:31	<b>03:40:53.35</b>	<b>03:41:17.90</b>	+01:09:11 (31.3%)	7:53	7.6 (69.1%)
179	<b>ZATORSKI Pawel</b>	<b>5642</b>		M30	72	01:53:30	<b>03:40:42.30</b>	<b>03:41:30.45</b>	+01:09:24 (31.3%)	7:52	7.6 (69.1%)
180	<b>NOWAKOWSKI Wojciech</b>	<b>5506</b>	MASAKRA KLUB SPORTOWY	M30	73	02:00:22	<b>03:41:12.95</b>	<b>03:41:36.05</b>	+01:09:29 (31.4%)	7:54	7.6 (69.1%)
181	<b>KACZKIEWICZ Damian</b>	<b>5806</b>	NIGHT RUNNERS GLIWICE	M40	48	01:56:13	<b>03:41:32.40</b>	<b>03:41:39.50</b>	+01:09:33 (31.4%)	7:54	7.6 (69.1%)
182	<b>BARTOSIEWICZ Daria</b>	<b>5403</b>	DZIKIE GRUBASY SZATANA	K30	18	01:59:21	<b>03:41:07.55</b>	<b>03:41:40.35</b>	+01:09:33 (31.4%)	7:53	7.6 (69.1%)
183	<b>PEŁDNIAK Bogdan</b>	<b>5952</b>		M50	9	01:56:47	<b>03:41:42.65</b>	<b>03:42:15.10</b>	+01:10:08 (31.6%)	7:55	7.6 (69.1%)
184	<b>BUDYCH Arek</b>	<b>5537</b>		M30	74	01:57:22	<b>03:41:27.05</b>	<b>03:42:16.90</b>	+01:10:10 (31.6%)	7:54	7.6 (69.1%)
185	<b>KOWALEWSKI Dominik</b>	<b>5278</b>	SZAKALE BAŁUT ŁÓDŹ	M40	49	01:56:13	<b>03:42:19.60</b>	<b>03:42:25.80</b>	+01:10:19 (31.6%)	7:56	7.6 (69.1%)
186	<b>UJMA Paweł</b>	<b>5857</b>		M30	75	01:53:05	<b>03:42:25.70</b>	<b>03:42:28.25</b>	+01:10:21 (31.6%)	7:56	7.6 (69.1%)
187	<b>BŁASZCZYK Marek</b>	<b>5132</b>	OPEL ACTIV TEAM	M40	50	01:58:04	<b>03:41:42.25</b>	<b>03:42:54.50</b>	+01:10:48 (31.8%)	7:55	7.6 (69.1%)
188	<b>KRZEMIŃSKI Leszek</b>	<b>5587</b>	KS RAKIETY URSYNÓW	M40	51	01:56:29	<b>03:42:21.85</b>	<b>03:43:09.80</b>	+01:11:03 (31.8%)	7:56	7.6 (69.1%)
189	<b>WAROWNY Piotr</b>	<b>5567</b>	BIEGUSIEM.PL	M30	76	01:54:08	<b>03:43:35.20</b>	<b>03:43:40.80</b>	+01:11:34 (32.0%)	7:59	7.5 (68.2%)
190	<b>RZECZKOWSKI Piotr</b>	<b>5342</b>		M30	77		<b>03:43:44.00</b>	<b>03:43:44.00</b>	+01:11:37 (32.0%)	7:59	7.5 (68.2%)
191	<b>ZAŁĘCKI Michał</b>	<b>5335</b>	LOTOS RUNNING TEAM	M30	78	01:55:44	<b>03:43:21.35</b>	<b>03:43:55.50</b>	+01:11:49 (32.1%)	7:58	7.5 (68.2%)
192	<b>WOJNAROWSKA Weronika</b>	<b>5367</b>		K30	19	01:57:58	<b>03:43:34.05</b>	<b>03:44:00.30</b>	+01:11:53 (32.1%)	7:59	7.5 (68.2%)
193	<b>CYMBORSKA Jolanta</b>	<b>5557</b>	AKTYWNA FALA	K30	20	02:00:41	<b>03:43:08.75</b>	<b>03:44:06.50</b>	+01:12:00 (32.1%)	7:58	7.5 (68.2%)
194	<b>GARCZYŃSKA Anna</b>	<b>5595</b>		K40	5	02:02:13	<b>03:44:00.85</b>	<b>03:44:08.80</b>	+01:12:02 (32.1%)	8:00	7.5 (68.2%)
195	<b>ZIELIŃSKI Piotr</b>	<b>5046</b>		M20	22	01:51:06	<b>03:43:41.85</b>	<b>03:44:11.25</b>	+01:12:04 (32.2%)	7:59	7.5 (68.2%)
196	<b>MARCHEWKA Grzegorz</b>	<b>5128</b>		M40	52	01:51:14	<b>03:43:45.55</b>	<b>03:44:11.65</b>	+01:12:05 (32.2%)	7:59	7.5 (68.2%)
197	<b>LASKOWSKI Sławomir</b>	<b>5577</b>	PZU SPORT TEAM	M30	79	02:02:13	<b>03:42:57.40</b>	<b>03:44:12.60</b>	+01:12:06 (32.2%)	7:57	7.5 (68.2%)
198	<b>POŁOZYŃSKI Andrzej</b>	<b>5591</b>	ZACISZE NIGHT RUNNERS	M40	53	01:56:02	<b>03:43:24.75</b>	<b>03:44:12.90</b>	+01:12:06 (32.2%)	7:58	7.5 (68.2%)
199	<b>GŁUSZAK Nicole</b>	<b>5867</b>		K20	8	02:01:33	<b>03:44:01.40</b>	<b>03:44:17.05</b>	+01:12:10 (32.2%)	8:00	7.5 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	<b>RZEPECKI Zbigniew</b>	<b>5709</b>		M50	10	01:51:09	<b>03:44:15.85</b>	<b>03:44:26.10</b>	+01:12:19 (32.2%)	8:00	7.5 (68.2%)
201	<b>SOKALSKI Paweł</b>	<b>5583</b>		M40	54	02:02:48	<b>03:42:52.65</b>	<b>03:44:38.85</b>	+01:12:32 (32.3%)	7:57	7.5 (68.2%)
202	<b>PURGAL Magda</b>	<b>5605</b>		K30	21	02:01:52	<b>03:44:03.05</b>	<b>03:44:47.80</b>	+01:12:41 (32.3%)	8:00	7.5 (68.2%)
203	<b>WOŹNY Rafał</b>	<b>5820</b>		M40	55	01:55:53	<b>03:44:54.45</b>	<b>03:45:07.65</b>	+01:13:01 (32.4%)	8:01	7.5 (68.2%)
204	<b>NOWKKI Bartek</b>	<b>5938</b>		M30	80	02:02:10	<b>03:44:42.80</b>	<b>03:45:14.65</b>	+01:13:08 (32.5%)	8:01	7.5 (68.2%)
205	<b>MARKOWSKI Marcin</b>	<b>5217</b>	BRAVEHEARTS LEGIONOWO	M30	81	01:50:36	<b>03:44:52.25</b>	<b>03:45:20.00</b>	+01:13:13 (32.5%)	8:01	7.5 (68.2%)
206	<b>BARADZIEJ Bartek</b>	<b>5650</b>	TERMINAL LOGISTYCZNY PROMONT	M30	82	02:01:28	<b>03:44:57.05</b>	<b>03:45:20.95</b>	+01:13:14 (32.5%)	8:02	7.5 (68.2%)
207	<b>POPŁAWSKI Arkadiusz</b>	<b>5926</b>	CZARNE OWCE HIPOLITÓW	M40	56	02:00:30	<b>03:43:34.40</b>	<b>03:45:24.00</b>	+01:13:17 (32.5%)	7:59	7.5 (68.2%)
208	<b>TUREK Michał</b>	<b>5872</b>		M30	83	01:53:19	<b>03:44:34.80</b>	<b>03:45:27.05</b>	+01:13:20 (32.5%)	8:01	7.5 (68.2%)
209	<b>GODZISZ Mateusz</b>	<b>5571</b>		M30	84	01:59:40	<b>03:44:39.40</b>	<b>03:45:46.70</b>	+01:13:40 (32.6%)	8:01	7.5 (68.2%)
210	<b>ŁUKASZKIEWICZ Michał</b>	<b>5741</b>	POŻERACZE KILOSÓW	M30	85	02:03:14	<b>03:44:52.25</b>	<b>03:45:50.60</b>	+01:13:44 (32.6%)	8:01	7.5 (68.2%)
211	<b>DRUŻNY Artur</b>	<b>5853</b>		M40	57	01:54:06	<b>03:45:33.70</b>	<b>03:46:08.40</b>	+01:14:02 (32.7%)	8:03	7.4 (67.3%)
212	<b>LUTY Leszek</b>	<b>5447</b>	PZU SPORT TEAM	M30	86	02:02:00	<b>03:46:08.20</b>	<b>03:46:55.55</b>	+01:14:49 (33.0%)	8:04	7.4 (67.3%)
213	<b>NIEMOTKO Juliusz</b>	<b>5930</b>		M40	58	01:58:13	<b>03:46:50.50</b>	<b>03:47:01.30</b>	+01:14:54 (33.0%)	8:06	7.4 (67.3%)
214	<b>SZNAJDER Joanna</b>	<b>5042</b>		K30	22	02:01:10	<b>03:46:25.85</b>	<b>03:47:06.10</b>	+01:14:59 (33.0%)	8:05	7.4 (67.3%)
215	<b>IWANEK Sebastian</b>	<b>5368</b>	BIEGUSIEM.PL	M30	87	01:54:13	<b>03:46:47.20</b>	<b>03:47:12.30</b>	+01:15:05 (33.1%)	8:05	7.4 (67.3%)
216	<b>BUKSA Tomasz</b>	<b>5004</b>	IPA	M30	88	02:02:16	<b>03:47:06.65</b>	<b>03:47:15.40</b>	+01:15:09 (33.1%)	8:06	7.4 (67.3%)
217	<b>MAJCHRZAK Jakub</b>	<b>5503</b>		M30	89	01:56:07	<b>03:47:05.95</b>	<b>03:47:41.70</b>	+01:15:35 (33.2%)	8:06	7.4 (67.3%)
218	<b>CIURA Rafał</b>	<b>5420</b>	AGDHOME.PL BIEGAMY	M40	59	02:02:04	<b>03:47:15.65</b>	<b>03:47:42.35</b>	+01:15:35 (33.2%)	8:07	7.4 (67.3%)
219	<b>PES Magdalena</b>	<b>5219</b>		K30	23	01:57:41	<b>03:47:45.30</b>	<b>03:47:54.75</b>	+01:15:48 (33.3%)	8:08	7.4 (67.3%)
220	<b>BRUZDA Piotr</b>	<b>5424</b>		M40	60	01:54:44	<b>03:47:58.50</b>	<b>03:48:09.10</b>	+01:16:02 (33.3%)	8:08	7.4 (67.3%)
221	<b>MELLENTHIN Bartłomiej</b>	<b>5802</b>	SKŁADAKI PIŁA	M20	23	02:01:09	<b>03:47:08.20</b>	<b>03:48:17.65</b>	+01:16:11 (33.4%)	8:06	7.4 (67.3%)
222	<b>STARZYŃSKA Katarzyna</b>	<b>5801</b>	SKŁADAKI PIŁA	K30	24	02:01:10	<b>03:47:08.65</b>	<b>03:48:17.85</b>	+01:16:11 (33.4%)	8:06	7.4 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	<b>BIERNACKA Marta</b>	<b>5380</b>	YULO RUN TEAM SIEDLCE	K30	25	02:01:33	<b>03:48:10.10</b>	<b>03:48:23.90</b>	+01:16:17 (33.4%)	8:08	7.4 (67.3%)
224	<b>CHOMA-GACA Agnieszka</b>	<b>5494</b>	PZU SPORT TEAM	K40	6	02:03:21	<b>03:48:02.55</b>	<b>03:48:30.70</b>	+01:16:24 (33.4%)	8:08	7.4 (67.3%)
225	<b>FAŁEK Krzysztof</b>	<b>5384</b>		M40	61	01:57:10	<b>03:48:28.20</b>	<b>03:48:50.35</b>	+01:16:43 (33.5%)	8:09	7.4 (67.3%)
226	<b>WÓJCIK Rafał</b>	<b>5550</b>		M20	24	01:47:03	<b>03:48:34.65</b>	<b>03:49:11.75</b>	+01:17:05 (33.6%)	8:09	7.4 (67.3%)
227	<b>WILK Katarzyna</b>	<b>5766</b>	BEFIT24	K30	26	02:02:19	<b>03:48:38.20</b>	<b>03:49:21.60</b>	+01:17:15 (33.7%)	8:09	7.3 (66.4%)
228	<b>BIENIAS Paulina</b>	<b>5116</b>		K20	9	02:02:42	<b>03:48:45.55</b>	<b>03:49:35.75</b>	+01:17:29 (33.8%)	8:10	7.3 (66.4%)
229	<b>KUJAWA Paweł</b>	<b>5072</b>		M30	90	01:57:42	<b>03:49:28.20</b>	<b>03:49:58.25</b>	+01:17:51 (33.9%)	8:11	7.3 (66.4%)
230	<b>FEDOROWICZ Adam</b>	<b>5880</b>		M40	62	01:58:25	<b>03:50:04.95</b>	<b>03:50:17.50</b>	+01:18:11 (34.0%)	8:13	7.3 (66.4%)
231	<b>DOBRZAŃSKI Karol</b>	<b>5028</b>	POSMAKUJ RUN TEAM	M20	25	02:02:49	<b>03:49:35.85</b>	<b>03:50:30.35</b>	+01:18:23 (34.0%)	8:12	7.3 (66.4%)
232	<b>KOŁAKOWSKI Bartosz</b>	<b>5425</b>	CAZZO CLUB	M20	26	01:53:19	<b>03:50:46.85</b>	<b>03:51:05.30</b>	+01:18:58 (34.2%)	8:14	7.3 (66.4%)
233	<b>NOWACKI Lukasz</b>	<b>5863</b>		M30	91	02:08:58	<b>03:50:22.25</b>	<b>03:51:18.40</b>	+01:19:12 (34.2%)	8:13	7.3 (66.4%)
234	<b>BOROWIEC Arkadiusz</b>	<b>5183</b>	CHEŁM BIEGA	M40	63	01:57:58	<b>03:50:59.15</b>	<b>03:51:19.00</b>	+01:19:12 (34.2%)	8:15	7.3 (66.4%)
235	<b>WYSOCKA Agnieszka</b>	<b>5446</b>	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	K40	7	02:02:01	<b>03:49:29.90</b>	<b>03:51:19.95</b>	+01:19:13 (34.2%)	8:11	7.3 (66.4%)
236	<b>PAWLIKOWSKI Norbert</b>	<b>5712</b>		M30	92	02:02:56	<b>03:50:18.75</b>	<b>03:51:20.75</b>	+01:19:14 (34.3%)	8:13	7.3 (66.4%)
237	<b>WYSOCKI Tomasz</b>	<b>5651</b>	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40	64	02:02:03	<b>03:49:30.90</b>	<b>03:51:21.15</b>	+01:19:14 (34.3%)	8:11	7.3 (66.4%)
238	<b>JEZIERSKA Justyna</b>	<b>5585</b>	TRENERBIEGANIA.PL	K30	27	01:57:46	<b>03:51:04.70</b>	<b>03:51:23.40</b>	+01:19:17 (34.3%)	8:15	7.3 (66.4%)
239	<b>CHOLEWIŃSKI Tomek</b>	<b>5501</b>	PZU SPORT TEAM	M40	65	01:56:58	<b>03:50:30.20</b>	<b>03:51:24.95</b>	+01:19:18 (34.3%)	8:13	7.3 (66.4%)
240	<b>PIEKARCZYK Michał</b>	<b>5935</b>	KWAŚNE ŻELKI	M20	27	02:09:37	<b>03:50:45.20</b>	<b>03:52:21.75</b>	+01:20:15 (34.5%)	8:14	7.3 (66.4%)
241	<b>SZTOMBER Daniel</b>	<b>5866</b>	AXA RUNNING TEAM	M30	93	01:57:45	<b>03:51:40.60</b>	<b>03:52:24.35</b>	+01:20:17 (34.6%)	8:16	7.3 (66.4%)
242	<b>STPICZYŃSKI Marcin</b>	<b>5629</b>		M30	94	02:05:20	<b>03:51:42.35</b>	<b>03:52:29.00</b>	+01:20:22 (34.6%)	8:16	7.3 (66.4%)
243	<b>LACH Agnieszka</b>	<b>5003</b>	EKSPEDYCJA MRÓWKA	M40	66	02:01:58	<b>03:52:23.30</b>	<b>03:52:29.85</b>	+01:20:23 (34.6%)	8:17	7.2 (65.5%)
244	<b>KOLWICZ Damian</b>	<b>5773</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	95	01:58:42	<b>03:51:28.35</b>	<b>03:52:38.00</b>	+01:20:31 (34.6%)	8:16	7.3 (66.4%)
245	<b>HERMANOWICZ Aneta</b>	<b>5856</b>	PZU SPORT TEAM	K30	28	02:02:50	<b>03:51:54.90</b>	<b>03:52:41.30</b>	+01:20:34 (34.6%)	8:16	7.2 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	<b>POPŁAWSKA Katarzyna</b>	<b>5254</b>	CZARNE OWCE HIPOLITÓW	K40	8	02:02:36	<b>03:52:04.10</b>	<b>03:52:42.60</b>	+01:20:36 (34.6%)	8:17	7.2 (65.5%)
247	<b>MARKIEWICZ Tomasz</b>	<b>5765</b>	TIGRES DEL PAPA	M20	28	01:50:49	<b>03:52:33.75</b>	<b>03:52:49.40</b>	+01:20:43 (34.7%)	8:18	7.2 (65.5%)
248	<b>DYCKOWSKI Andrzej</b>	<b>5296</b>	TYGRYSKI KUBUSIA PUCHATKA	M50	11	02:01:55	<b>03:51:45.10</b>	<b>03:52:50.15</b>	+01:20:43 (34.7%)	8:16	7.2 (65.5%)
249	<b>SZNAJDER Joanna</b>	<b>5415</b>		K40	9	02:04:14	<b>03:51:50.90</b>	<b>03:53:04.80</b>	+01:20:58 (34.7%)	8:16	7.2 (65.5%)
250	<b>KOT Mateusz</b>	<b>5593</b>		M20	29	02:15:23	<b>03:51:42.20</b>	<b>03:53:13.35</b>	+01:21:06 (34.8%)	8:16	7.3 (66.4%)
251	<b>GRABOWSKI Emil</b>	<b>5066</b>		M40	67	02:00:51	<b>03:52:26.00</b>	<b>03:53:14.85</b>	+01:21:08 (34.8%)	8:18	7.2 (65.5%)
252	<b>KOWALEWSKI Mateusz</b>	<b>5389</b>	CROSSFIT ŁUKÓW & CROSSFIT SIEDLCE	M20	30	01:54:34	<b>03:52:56.55</b>	<b>03:53:23.45</b>	+01:21:17 (34.8%)	8:19	7.2 (65.5%)
253	<b>SZOSTAKOWSKI Zbigniew</b>	<b>5928</b>	AGB	M50	12	02:06:48	<b>03:52:52.85</b>	<b>03:53:31.00</b>	+01:21:24 (34.9%)	8:19	7.2 (65.5%)
254	<b>BLICHARZ Artur</b>	<b>5697</b>	KS SPORTIVA	M30	96	02:07:52	<b>03:52:02.75</b>	<b>03:53:32.75</b>	+01:21:26 (34.9%)	8:17	7.2 (65.5%)
255	<b>CUDNIK Agnieszka</b>	<b>5414</b>	KTUKOL GŁUCHOŁĄZY	K40	10	02:04:17	<b>03:52:25.00</b>	<b>03:53:38.35</b>	+01:21:31 (34.9%)	8:18	7.2 (65.5%)
256	<b>SOSIN Kamil</b>	<b>5902</b>	SZWLA STARGARD	M40	68	02:02:51	<b>03:53:51.25</b>	<b>03:53:55.50</b>	+01:21:49 (35.0%)	8:21	7.2 (65.5%)
257	<b>ŁOPUSIŃSKI Piotr</b>	<b>5275</b>	CAZZO CLUB	M20	31	01:58:24	<b>03:53:53.75</b>	<b>03:54:11.35</b>	+01:22:04 (35.0%)	8:21	7.2 (65.5%)
258	<b>KUDELSKI Ireneusz</b>	<b>5266</b>	SONAC OSETNICA	M40	69	01:55:07	<b>03:54:13.95</b>	<b>03:54:25.00</b>	+01:22:18 (35.1%)	8:21	7.2 (65.5%)
259	<b>NIEDZIELA Paweł</b>	<b>5354</b>	TIM TIRIM TEAM	M30	97	02:01:58	<b>03:54:22.90</b>	<b>03:54:38.40</b>	+01:22:32 (35.2%)	8:22	7.2 (65.5%)
260	<b>MARCINEK Krzysztof</b>	<b>5483</b>	PZU SPORT TEAM	M30	98	02:02:31	<b>03:54:30.30</b>	<b>03:54:52.95</b>	+01:22:46 (35.2%)	8:22	7.2 (65.5%)
261	<b>ŁYSIAK Bartosz</b>	<b>5547</b>		M30	99	01:58:12	<b>03:54:50.70</b>	<b>03:55:22.35</b>	+01:23:15 (35.4%)	8:23	7.2 (65.5%)
262	<b>SZYMAŃSKA Agata</b>	<b>5525</b>		K30	29	02:04:55	<b>03:54:13.10</b>	<b>03:55:37.05</b>	+01:23:30 (35.4%)	8:21	7.2 (65.5%)
263	<b>WARZYŃSKI Beniamin</b>	<b>5554</b>		M40	70	01:57:58	<b>03:55:22.70</b>	<b>03:55:45.55</b>	+01:23:39 (35.5%)	8:24	7.1 (64.5%)
264	<b>RATAJCZAK Milena</b>	<b>5312</b>		K30	30	02:01:58	<b>03:54:44.50</b>	<b>03:55:49.70</b>	+01:23:43 (35.5%)	8:23	7.2 (65.5%)
265	<b>STACHOWIAK Tytus</b>	<b>5929</b>		M20	32	02:02:00	<b>03:54:45.15</b>	<b>03:55:49.80</b>	+01:23:43 (35.5%)	8:23	7.2 (65.5%)
266	<b>KOSEWICZ Agnieszka</b>	<b>5849</b>		K40	11	02:03:52	<b>03:55:39.80</b>	<b>03:55:59.30</b>	+01:23:52 (35.5%)	8:25	7.1 (64.5%)
267	<b>SOBIESKI Jan</b>	<b>5233</b>	KWAŚNE ŻELKI	M20	33	02:05:14	<b>03:54:36.05</b>	<b>03:56:12.75</b>	+01:24:06 (35.6%)	8:22	7.2 (65.5%)
268	<b>DZIERŻAK Elżbieta</b>	<b>5199</b>	HUSARIA RACE TEAM	K40	12	02:09:03	<b>03:56:10.35</b>	<b>03:56:27.45</b>	+01:24:21 (35.7%)	8:26	7.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	<b>KORUS Marek</b>	<b>5542</b>		M40	71	01:54:34	<b>03:56:12.10</b>	<b>03:56:28.40</b>	+01:24:22 (35.7%)	8:26	7.1 (64.5%)
270	<b>TABER Jerzy</b>	<b>5453</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M50	13	02:04:11	<b>03:56:28.00</b>	<b>03:56:32.30</b>	+01:24:25 (35.7%)	8:26	7.1 (64.5%)
271	<b>WÓJCICKI Marcin</b>	<b>5369</b>	ŁĘCZNA BIEGA	M40	72	02:03:05	<b>03:56:21.00</b>	<b>03:56:34.90</b>	+01:24:28 (35.7%)	8:26	7.1 (64.5%)
272	<b>SUDZIŃSKA Inga</b>	<b>5006</b>		M40	73	02:02:16	<b>03:56:31.60</b>	<b>03:56:41.00</b>	+01:24:34 (35.7%)	8:26	7.1 (64.5%)
273	<b>STEFANOWICZ Piotr</b>	<b>5396</b>	HARDCOROWE WYCHYLYLYBYMY	M30	100	01:58:56	<b>03:55:47.85</b>	<b>03:56:42.85</b>	+01:24:36 (35.7%)	8:25	7.1 (64.5%)
274	<b>KUŚNIERZ Krzysztof</b>	<b>5005</b>		M30	101	02:02:18	<b>03:56:34.65</b>	<b>03:56:44.05</b>	+01:24:37 (35.7%)	8:26	7.1 (64.5%)
275	<b>RACZYŃSKA Magdalena</b>	<b>5631</b>	VEGE RUNNERS	K20	10	02:01:48	<b>03:56:39.65</b>	<b>03:56:46.90</b>	+01:24:40 (35.8%)	8:27	7.1 (64.5%)
276	<b>MILCZAREK Marcin</b>	<b>5313</b>	DRUŻYNA ORZECHA ŻYRARDÓW	M30	102	02:02:12	<b>03:56:00.30</b>	<b>03:56:47.20</b>	+01:24:40 (35.8%)	8:25	7.1 (64.5%)
277	<b>CZERNYSZ Grzegorz</b>	<b>5746</b>		M40	74	02:01:39	<b>03:56:42.35</b>	<b>03:57:17.40</b>	+01:25:11 (35.9%)	8:27	7.1 (64.5%)
278	<b>KRÓLIKOWSKI Andrzej</b>	<b>5176</b>	WKURW_TEAM	M40	75	02:01:30	<b>03:56:02.50</b>	<b>03:57:24.00</b>	+01:25:17 (35.9%)	8:25	7.1 (64.5%)
279	<b>ODYA Marcin</b>	<b>5920</b>	EASY RUNNER	M40	76	02:02:18	<b>03:57:06.70</b>	<b>03:57:45.55</b>	+01:25:39 (36.0%)	8:28	7.1 (64.5%)
280	<b>PRZETAKIEWICZ Maciej</b>	<b>5922</b>		M30	103	02:01:56	<b>03:56:22.35</b>	<b>03:57:59.45</b>	+01:25:53 (36.1%)	8:26	7.1 (64.5%)
281	<b>KITOWSKA Anna</b>	<b>5242</b>		K40	13		<b>03:58:09.00</b>	<b>03:58:09.00</b>	+01:26:02 (36.1%)	8:30	7.1 (64.5%)
282	<b>TOCZEWSKA Anna</b>	<b>5953</b>		K40	14	02:01:57	<b>03:58:25.90</b>	<b>03:58:33.45</b>	+01:26:27 (36.2%)	8:30	7 (63.6%)
283	<b>KĘPKA Andrzej</b>	<b>5495</b>	PRZEWORSKA GRUPA BIEGOWA	M50	14	02:01:27	<b>03:57:43.80</b>	<b>03:58:34.75</b>	+01:26:28 (36.2%)	8:29	7.1 (64.5%)
284	<b>SKELTON Sarah</b>	<b>5725</b>	VEGE RUNNERS	K30	31	02:02:26	<b>03:57:50.95</b>	<b>03:58:35.00</b>	+01:26:28 (36.2%)	8:29	7.1 (64.5%)
285	<b>ADAMCZAK Krzysztof</b>	<b>5021</b>	SZWLA STARGARD	M60	3	01:56:41	<b>03:58:31.60</b>	<b>03:58:35.75</b>	+01:26:29 (36.2%)	8:31	7 (63.6%)
286	<b>CYPRYŚ Joanna</b>	<b>5824</b>		K20	11	02:04:22	<b>03:57:16.45</b>	<b>03:58:38.30</b>	+01:26:31 (36.3%)	8:28	7.1 (64.5%)
287	<b>ŻUK Wiktoria</b>	<b>5871</b>	#RUNFORSMILE	K20	12	02:04:45	<b>03:57:16.90</b>	<b>03:58:38.60</b>	+01:26:32 (36.3%)	8:28	7.1 (64.5%)
288	<b>POPIOŁEK Jacek</b>	<b>5569</b>	LOST IN SPORT\BIEGUSIEM.PL	M30	104	02:06:53	<b>03:58:17.05</b>	<b>03:58:39.90</b>	+01:26:33 (36.3%)	8:30	7.1 (64.5%)
289	<b>KORDEL Kamil</b>	<b>5186</b>		M30	105	02:02:08	<b>03:57:38.40</b>	<b>03:58:53.25</b>	+01:26:46 (36.3%)	8:29	7.1 (64.5%)
290	<b>GROCHOWSKA Joanna</b>	<b>5805</b>	SKŁADAKI	K30	32	02:09:04	<b>03:57:50.35</b>	<b>03:58:55.75</b>	+01:26:49 (36.3%)	8:29	7.1 (64.5%)
291	<b>KOŁODZIEJSKA Magdalena</b>	<b>5606</b>		K30	33	02:03:39	<b>03:58:31.40</b>	<b>03:59:04.75</b>	+01:26:58 (36.4%)	8:31	7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	<b>BRYŁA Krzysztof</b>	<b>5143</b>	DRUŻYNA SZPIKU / BIEGNIJMY.PL KOSZALIN	M40	77	02:02:01	<b>03:58:49.65</b>	<b>03:59:17.40</b>	+01:27:11 (36.4%)	8:31	7 (63.6%)
293	<b>SZANIAWSKA Agata</b>	<b>5032</b>	RUNWOMAN.PL	K20	13	02:07:50	<b>03:58:18.50</b>	<b>03:59:20.00</b>	+01:27:13 (36.4%)	8:30	7 (63.6%)
294	<b>CZELIŃSKI Leszek</b>	<b>5621</b>		M50	15	02:02:21	<b>03:59:03.30</b>	<b>03:59:29.15</b>	+01:27:22 (36.5%)	8:32	7 (63.6%)
295	<b>ŁUKASIK Bartłomiej</b>	<b>5723</b>		M30	106	02:01:09	<b>03:58:59.35</b>	<b>03:59:39.70</b>	+01:27:33 (36.5%)	8:32	7 (63.6%)
296	<b>ZAJĄCZKOWSKA Ewelina</b>	<b>5827</b>		K30	34	01:58:20	<b>03:59:17.00</b>	<b>03:59:42.05</b>	+01:27:35 (36.5%)	8:32	7 (63.6%)
297	<b>KAWAŁKO Patrycja</b>	<b>5626</b>	TEAM KOPEĆ	K40	15	02:09:49	<b>03:58:23.45</b>	<b>03:59:45.85</b>	+01:27:39 (36.6%)	8:30	7 (63.6%)
297	<b>BOROWSKI Robert</b>	<b>5627</b>	TEAM KOPEĆ	M30	107	02:09:50	<b>03:58:23.85</b>	<b>03:59:45.85</b>	+01:27:39 (36.6%)	8:30	7 (63.6%)
299	<b>DŁUBAŁA Marek</b>	<b>5512</b>	MSPORT RCS TEAM LUBIN	M30	108	01:49:59	<b>03:59:38.00</b>	<b>03:59:46.15</b>	+01:27:39 (36.6%)	8:33	7 (63.6%)
300	<b>SKÓRA Aneta</b>	<b>5198</b>	NIGHT RUNNERS GLIWICE	K30	35	02:04:19	<b>03:59:46.45</b>	<b>03:59:53.00</b>	+01:27:46 (36.6%)	8:33	7 (63.6%)
301	<b>TYMIŃSKI Szymon</b>	<b>5885</b>		M20	34	02:15:47	<b>03:58:04.15</b>	<b>03:59:53.85</b>	+01:27:47 (36.6%)	8:30	7.1 (64.5%)
302	<b>SMOŁA Grzegorz</b>	<b>5222</b>		M30	109	02:05:02	<b>03:59:33.35</b>	<b>03:59:54.30</b>	+01:27:47 (36.6%)	8:33	7 (63.6%)
303	<b>KAŁMUK Aneta</b>	<b>5309</b>		K30	36	02:06:50	<b>03:59:34.95</b>	<b>03:59:54.55</b>	+01:27:48 (36.6%)	8:33	7 (63.6%)
304	<b>BEZAK Magdalena</b>	<b>5934</b>		K30	37	02:09:15	<b>03:59:28.90</b>	<b>03:59:56.20</b>	+01:27:49 (36.6%)	8:33	7 (63.6%)
305	<b>JANIK Łukasz</b>	<b>5438</b>		M30	110	01:56:00	<b>03:59:49.85</b>	<b>03:59:57.65</b>	+01:27:51 (36.6%)	8:33	7 (63.6%)
306	<b>ULMA Dariusz</b>	<b>5727</b>		M30	111	01:57:38	<b>03:59:01.35</b>	<b>03:59:59.30</b>	+01:27:52 (36.6%)	8:32	7 (63.6%)
307	<b>GRUBKA Marcin</b>	<b>5616</b>	TRUCK SHOW TEAM	M40	78	02:08:02	<b>03:59:47.55</b>	<b>03:59:59.40</b>	+01:27:53 (36.6%)	8:33	7 (63.6%)
308	<b>ZAGOŃCZYK Andrzej</b>	<b>5188</b>	PEGAZ	M50	16	01:58:28	<b>03:59:00.45</b>	<b>04:00:14.10</b>	+01:28:07 (36.7%)	8:32	7 (63.6%)
309	<b>MICHAŁSKI Maciej</b>	<b>5373</b>	CAZZO CLUB	M20	35	01:55:28	<b>04:00:00.50</b>	<b>04:00:18.55</b>	+01:28:12 (36.7%)	8:34	7 (63.6%)
310	<b>ZAKRZEWSKA Monika</b>	<b>5349</b>	SPORTOWE ŻULE	K30	38	02:07:31	<b>03:59:40.70</b>	<b>04:00:23.55</b>	+01:28:17 (36.7%)	8:33	7 (63.6%)
311	<b>GASIK-POWAŁKA Małgorzata</b>	<b>5617</b>	KB OŻARÓW MAZOWIECKI BIEGA	K30	39	02:10:44	<b>03:59:35.90</b>	<b>04:00:37.40</b>	+01:28:31 (36.8%)	8:33	7 (63.6%)
312	<b>ROŹNIATA Iwona</b>	<b>5141</b>	KS GŁOWNO W BIEGU	K40	16	02:10:09	<b>04:00:33.05</b>	<b>04:01:07.75</b>	+01:29:01 (36.9%)	8:35	7 (63.6%)
313	<b>ŚWINIARSKI Michał</b>	<b>5169</b>	KWAŚNE ŻELKI	M20	36	02:03:51	<b>03:59:32.95</b>	<b>04:01:09.75</b>	+01:29:03 (36.9%)	8:33	7 (63.6%)
314	<b>RZECZKOWSKI Maciej</b>	<b>5850</b>	WARSZAWSKI KLUB GORSKI	M50	17	01:58:11	<b>04:00:58.45</b>	<b>04:01:13.25</b>	+01:29:06 (36.9%)	8:36	7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	<b>BANDEL Aneta</b>	<b>5748</b>		K20	14	02:05:46	<b>04:01:11.75</b>	<b>04:01:17.55</b>	+01:29:11 (37.0%)	8:36	7 (63.6%)
316	<b>BUKOWSKI Sebastian</b>	<b>5162</b>	BIEGUSIEM.PL	M30	112	01:58:16	<b>04:00:55.00</b>	<b>04:01:18.75</b>	+01:29:12 (37.0%)	8:36	7 (63.6%)
317	<b>OCHNIO Andrzej</b>	<b>5552</b>		M40	79	02:01:40	<b>04:00:57.40</b>	<b>04:01:22.75</b>	+01:29:16 (37.0%)	8:36	7 (63.6%)
318	<b>SUT Iwona</b>	<b>5531</b>	KS GŁOWNO W BIEGU	K40	17	02:04:50	<b>04:01:11.30</b>	<b>04:01:46.90</b>	+01:29:40 (37.1%)	8:36	7 (63.6%)
319	<b>CEBRAT Ewa</b>	<b>5694</b>		K40	18	02:01:44	<b>04:01:48.75</b>	<b>04:01:53.70</b>	+01:29:47 (37.1%)	8:38	6.9 (62.7%)
320	<b>CZARNOWSKI Patryk</b>	<b>5564</b>	MASAKRA KLUB SPORTOWY	M40	80	02:02:09	<b>04:02:18.55</b>	<b>04:02:36.10</b>	+01:30:29 (37.3%)	8:39	6.9 (62.7%)
321	<b>BOROWIEC Mariusz</b>	<b>5240</b>	PZU SPORT TEAM	M40	81	01:57:48	<b>04:02:31.70</b>	<b>04:02:53.65</b>	+01:30:47 (37.4%)	8:39	6.9 (62.7%)
322	<b>STELMASZYK Piotr</b>	<b>5536</b>	PZU SPORT TEAM	M40	82	01:58:34	<b>04:02:14.25</b>	<b>04:02:58.60</b>	+01:30:52 (37.4%)	8:39	6.9 (62.7%)
323	<b>DĄBROWSKI Łukasz</b>	<b>5337</b>	SPORTOWE ŻULE	M30	113	02:01:52	<b>04:02:24.40</b>	<b>04:03:07.05</b>	+01:31:00 (37.4%)	8:39	6.9 (62.7%)
324	<b>KOPECKI Michał</b>	<b>5037</b>		M20	37	02:07:24	<b>04:02:23.30</b>	<b>04:03:08.05</b>	+01:31:01 (37.4%)	8:39	6.9 (62.7%)
325	<b>SMACZNY Ireneusz</b>	<b>5302</b>		M40	83	01:57:59	<b>04:02:49.30</b>	<b>04:03:10.80</b>	+01:31:04 (37.5%)	8:40	6.9 (62.7%)
326	<b>SIBIELAK Piotr</b>	<b>5561</b>		M40	84	02:00:43	<b>04:02:20.05</b>	<b>04:03:11.75</b>	+01:31:05 (37.5%)	8:39	6.9 (62.7%)
327	<b>PERCHALUK Magdalena</b>	<b>5036</b>		K30	40	02:02:37	<b>04:02:57.55</b>	<b>04:03:14.95</b>	+01:31:08 (37.5%)	8:40	6.9 (62.7%)
328	<b>GĘSIARZ Michał</b>	<b>5274</b>		M30	114	02:08:46	<b>04:02:05.30</b>	<b>04:03:17.20</b>	+01:31:10 (37.5%)	8:38	6.9 (62.7%)
329	<b>TYRAŁA Anna</b>	<b>5210</b>		K20	15	02:08:46	<b>04:02:06.55</b>	<b>04:03:17.40</b>	+01:31:11 (37.5%)	8:38	6.9 (62.7%)
330	<b>BURCHARD Beata</b>	<b>5214</b>		K40	19	02:11:29	<b>04:03:09.05</b>	<b>04:03:21.45</b>	+01:31:15 (37.5%)	8:41	6.9 (62.7%)
331	<b>CHODZIŃSKI Piotr</b>	<b>5364</b>		M40	85	02:01:33	<b>04:02:35.70</b>	<b>04:03:24.90</b>	+01:31:18 (37.5%)	8:39	6.9 (62.7%)
332	<b>PAŁKA Stanisław</b>	<b>5504</b>		M30	115	02:09:05	<b>04:01:37.35</b>	<b>04:03:25.55</b>	+01:31:19 (37.5%)	8:37	7 (63.6%)
333	<b>WARZYCHA Krzysztof</b>	<b>5707</b>		M50	18	02:11:22	<b>04:02:12.75</b>	<b>04:03:32.20</b>	+01:31:25 (37.5%)	8:39	6.9 (62.7%)
334	<b>SAWICKI Radek</b>	<b>5431</b>	DZIKIE GRUBASY SZATANA	M30	116	02:02:45	<b>04:03:03.95</b>	<b>04:03:34.40</b>	+01:31:28 (37.6%)	8:40	6.9 (62.7%)
335	<b>BEKASIAK Mikołaj</b>	<b>5306</b>	TAKŻE TEGO...	M20	38	02:04:47	<b>04:02:02.50</b>	<b>04:03:37.10</b>	+01:31:30 (37.6%)	8:38	6.9 (62.7%)
336	<b>JÓŚ Damian</b>	<b>5346</b>	TAKŻE TEGO...	M20	39	02:04:45	<b>04:02:02.95</b>	<b>04:03:37.40</b>	+01:31:31 (37.6%)	8:38	6.9 (62.7%)
337	<b>WÓLKIEWICZ Dorota</b>	<b>5265</b>	OX5	K40	20	02:06:11	<b>04:02:45.60</b>	<b>04:03:39.10</b>	+01:31:32 (37.6%)	8:40	6.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	<b>ŚLEPOWROŃSKI Bogdan</b>	<b>5640</b>	TRUCK SHOW TEAM	M30	117	02:07:06	<b>04:03:27.45</b>	<b>04:03:39.40</b>	+01:31:33 (37.6%)	8:41	6.9 (62.7%)
338	<b>GAJAK Anna</b>	<b>5829</b>		K30	41	02:07:23	<b>04:02:45.50</b>	<b>04:03:39.40</b>	+01:31:33 (37.6%)	8:40	6.9 (62.7%)
340	<b>SOBORSKA Sylwia</b>	<b>5129</b>	SAINT GOBAIN SQUAD	K40	21	02:07:23	<b>04:03:21.30</b>	<b>04:03:40.05</b>	+01:31:33 (37.6%)	8:41	6.9 (62.7%)
341	<b>SPYCHALSKI Radosław</b>	<b>5821</b>		M30	118	02:04:50	<b>04:03:12.80</b>	<b>04:03:41.35</b>	+01:31:34 (37.6%)	8:41	6.9 (62.7%)
342	<b>ŻOCHOWSKI Adrian</b>	<b>5774</b>		M20	40	02:02:15	<b>04:03:39.55</b>	<b>04:03:48.15</b>	+01:31:41 (37.6%)	8:42	6.9 (62.7%)
343	<b>GRZĘBSKA-BUJA Małgorzata</b>	<b>5890</b>	GOSIA(SIĘ)BUJA	K30	42	02:12:03	<b>04:03:16.45</b>	<b>04:03:53.25</b>	+01:31:46 (37.6%)	8:41	6.9 (62.7%)
344	<b>ZĘGOTA Izabela</b>	<b>5845</b>	ROBIMY DZISIEJ CO?!	K20	16	02:11:47	<b>04:02:34.60</b>	<b>04:03:55.45</b>	+01:31:49 (37.6%)	8:39	6.9 (62.7%)
345	<b>KOSIN Marcin</b>	<b>5659</b>	BSB BARCZEWO BIEGA	M30	119	02:06:43	<b>04:02:40.25</b>	<b>04:04:03.00</b>	+01:31:56 (37.7%)	8:40	6.9 (62.7%)
346	<b>SPUŁTOWSKA Joanna</b>	<b>5311</b>		K40	22	02:02:24	<b>04:03:41.95</b>	<b>04:04:03.75</b>	+01:31:57 (37.7%)	8:42	6.9 (62.7%)
347	<b>SPUŁTOWSKI Paweł</b>	<b>5282</b>		M40	86	02:02:20	<b>04:03:42.15</b>	<b>04:04:03.85</b>	+01:31:57 (37.7%)	8:42	6.9 (62.7%)
348	<b>PIASECKA Dominika</b>	<b>5572</b>	TRENER24H.COM.PL	K30	43	02:06:23	<b>04:04:08.95</b>	<b>04:04:17.65</b>	+01:32:11 (37.7%)	8:43	6.9 (62.7%)
349	<b>SUWINSKA Marzena</b>	<b>5068</b>		K30	44	02:06:18	<b>04:04:03.85</b>	<b>04:04:18.65</b>	+01:32:12 (37.7%)	8:43	6.9 (62.7%)
350	<b>GMAJ Daniel</b>	<b>5949</b>		M30	120	02:09:50	<b>04:03:20.40</b>	<b>04:04:24.85</b>	+01:32:18 (37.8%)	8:41	6.9 (62.7%)
351	<b>LITWORA Sebastian</b>	<b>5618</b>		M40	87	01:57:44	<b>04:04:00.45</b>	<b>04:04:49.10</b>	+01:32:42 (37.9%)	8:42	6.9 (62.7%)
352	<b>KARCZYŃSKA Monika</b>	<b>5873</b>	POWER TRAINING	K30	45	02:07:58	<b>04:03:31.15</b>	<b>04:04:52.65</b>	+01:32:46 (37.9%)	8:41	6.9 (62.7%)
353	<b>CZARNOCKI Paweł</b>	<b>5113</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M30	121	02:01:43	<b>04:04:42.10</b>	<b>04:04:57.55</b>	+01:32:51 (37.9%)	8:44	6.9 (62.7%)
354	<b>REGUŁA Katarzyna</b>	<b>5846</b>		K30	46	02:09:19	<b>04:04:32.40</b>	<b>04:05:06.35</b>	+01:32:59 (37.9%)	8:44	6.9 (62.7%)
355	<b>ŁYSY Andrzej</b>	<b>5706</b>		M40	88	02:02:48	<b>04:03:50.75</b>	<b>04:05:10.25</b>	+01:33:03 (38.0%)	8:42	6.9 (62.7%)
356	<b>ZYCH Herbert</b>	<b>5170</b>		M40	89	02:07:55	<b>04:04:14.75</b>	<b>04:05:14.80</b>	+01:33:08 (38.0%)	8:43	6.9 (62.7%)
357	<b>NAROŁOCH Piotr</b>	<b>5950</b>		K-Open	1	02:07:00	<b>04:04:14.55</b>	<b>04:05:26.00</b>	+01:33:19 (38.0%)	8:43	6.9 (62.7%)
358	<b>PRĘGOWSKI Grzegorz</b>	<b>5717</b>	EKOBIEGI	M50	19	02:07:21	<b>04:05:18.30</b>	<b>04:05:46.90</b>	+01:33:40 (38.1%)	8:45	6.8 (61.8%)
359	<b>KARCZYŃSKA Eliza</b>	<b>5874</b>	MUD GOATS	K30	47	02:08:29	<b>04:04:33.50</b>	<b>04:05:55.25</b>	+01:33:48 (38.1%)	8:44	6.9 (62.7%)
360	<b>BRZĘCZEK Izabela</b>	<b>5352</b>		K40	23	02:09:44	<b>04:05:00.65</b>	<b>04:06:14.80</b>	+01:34:08 (38.2%)	8:45	6.9 (62.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	ŚWIDEREK Michał	5906		M30	122	02:02:27	04:06:26.70	04:06:33.55	+01:34:27 (38.3%)	8:48	6.8 (61.8%)
362	ARCISZ Przemysław	5450		M20	41	01:55:34	04:06:17.15	04:06:37.80	+01:34:31 (38.3%)	8:47	6.8 (61.8%)
363	ROGOLSKI Artur	5482	PZU SPORT TEAM	M40	90	02:00:39	04:06:00.20	04:06:57.25	+01:34:50 (38.4%)	8:47	6.8 (61.8%)
364	GZULA Beata	5376	ADIDAS RUNNERS WARSAW	K40	24	02:05:46	04:06:38.30	04:07:05.55	+01:34:59 (38.4%)	8:48	6.8 (61.8%)
365	ŁACHACZ Irmina	5823	ARTVENRUTA	K30	48	02:02:33	04:07:30.30	04:07:41.55	+01:35:35 (38.6%)	8:50	6.8 (61.8%)
366	ROGOYSKA-WIECZOREK Marta	5689		K30	49	02:12:14	04:06:50.10	04:07:48.90	+01:35:42 (38.6%)	8:48	6.8 (61.8%)
367	WIECZOREK Jakub	5687		M30	123	02:12:07	04:06:50.20	04:07:49.20	+01:35:42 (38.6%)	8:48	6.8 (61.8%)
368	KAPAON Katarzyna	5429	CAZZO CLUB	K20	17	02:01:39	04:07:34.35	04:07:52.05	+01:35:45 (38.6%)	8:50	6.8 (61.8%)
369	KOŁAKOWSKA Olga	5957	LEZZO CLUB	K20	18	02:03:20	04:07:34.15	04:07:52.35	+01:35:45 (38.6%)	8:50	6.8 (61.8%)
370	LIPCZYŃSKI Olaf	5238	LUBLIN BIEGA	M30	124	02:04:05	04:06:35.45	04:07:56.30	+01:35:49 (38.7%)	8:48	6.8 (61.8%)
371	BARANIAK Izabela	5908		K30	50	02:12:07	04:06:53.15	04:08:00.50	+01:35:54 (38.7%)	8:49	6.8 (61.8%)
372	POKRYWKA Stefan	5919		M60	4	02:09:46	04:07:29.60	04:08:01.20	+01:35:54 (38.7%)	8:50	6.8 (61.8%)
373	STUDZIŃSKI Jakub	5736		M30	125	02:01:12	04:07:48.60	04:08:14.00	+01:36:07 (38.7%)	8:51	6.8 (61.8%)
374	KOJDER Iwona	5516		K20	19	02:07:23	04:08:20.45	04:08:48.25	+01:36:41 (38.9%)	8:52	6.8 (61.8%)
375	WÓJCIK Magdalena	5104		K30	51	02:01:59	04:09:06.45	04:09:22.80	+01:37:16 (39.0%)	8:53	6.7 (60.9%)
376	ZAPIÓR Maciej	5205	ZET	M20	42	02:16:55	04:08:15.80	04:09:26.15	+01:37:19 (39.0%)	8:52	6.8 (61.8%)
377	KOWALSKA Joanna	5671		K30	52	01:53:18	04:09:17.50	04:09:31.05	+01:37:24 (39.0%)	8:54	6.7 (60.9%)
378	KOWALSKI Sylwester	5672		M30	126	01:53:19	04:09:17.80	04:09:31.30	+01:37:24 (39.0%)	8:54	6.7 (60.9%)
379	RACZYŃSKA Gosia	5588	COCA COLA RUNNERS	K40	25	02:06:23	04:09:34.65	04:10:05.30	+01:37:58 (39.2%)	8:54	6.7 (60.9%)
380	POCHWAŁA Justyna	5549		K30	53	02:09:54	04:09:28.45	04:10:05.85	+01:37:59 (39.2%)	8:54	6.7 (60.9%)
381	GOŁĄB Anna	5848	TRENER24H.COM	K30	54	02:11:51	04:10:07.45	04:10:07.45	+01:38:01 (39.2%)	8:55	6.7 (60.9%)
382	MILCZAREK Magdalena	5316	DRUŻYNA ORZECHA ŻYRARDÓW	K30	55	02:04:10	04:09:22.00	04:10:09.30	+01:38:02 (39.2%)	8:54	6.7 (60.9%)
383	ORZESZYNA Łukasz	5510	DRUŻYNA ORZECHA ŻYRARDÓW	M30	127	02:02:03	04:09:22.65	04:10:10.10	+01:38:03 (39.2%)	8:54	6.7 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
384	<b>SZYMKOWIAK Paweł</b>	<b>5358</b>		M40	91	02:11:14	<b>04:09:14.55</b>	<b>04:10:13.35</b>	+01:38:06 (39.2%)	8:54	6.7 (60.9%)
385	<b>WIĘCIELEWSKA Joanna</b>	<b>5772</b>	BIGYELLOWFOOT ADVENTURE TEAM	K30	56	02:12:07	<b>04:09:15.20</b>	<b>04:10:24.55</b>	+01:38:18 (39.3%)	8:54	6.7 (60.9%)
386	<b>POGORZELSKA Alina</b>	<b>5279</b>	DB LESZCZYNY	K50	1	02:12:36	<b>04:09:30.55</b>	<b>04:10:30.90</b>	+01:38:24 (39.3%)	8:54	6.7 (60.9%)
387	<b>JÓZEFOWICZ Dariusz</b>	<b>5822</b>	PADŁ NA RYJ TEAM	M40	92	02:15:02	<b>04:09:51.85</b>	<b>04:10:35.70</b>	+01:38:29 (39.3%)	8:55	6.7 (60.9%)
388	<b>SZCZEPANIAK Marcel</b>	<b>5568</b>		M20	43	02:16:25	<b>04:09:53.05</b>	<b>04:10:52.60</b>	+01:38:46 (39.4%)	8:55	6.7 (60.9%)
389	<b>GÓRECKA Aldona</b>	<b>5111</b>	WRONIECKI KLUB BIEGACZA	K30	57	02:11:47	<b>04:09:19.80</b>	<b>04:10:55.55</b>	+01:38:49 (39.4%)	8:54	6.7 (60.9%)
390	<b>MAZUREK Katarzyna</b>	<b>5319</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	26	02:10:51	<b>04:09:41.20</b>	<b>04:10:55.65</b>	+01:38:49 (39.4%)	8:55	6.7 (60.9%)
391	<b>KMITA Gabriela</b>	<b>5798</b>	NOWA HUTA TEAM	K20	20	02:14:02	<b>04:10:09.35</b>	<b>04:11:00.70</b>	+01:38:54 (39.4%)	8:56	6.7 (60.9%)
392	<b>KALICKI Irek</b>	<b>5836</b>	GCW	M40	93	02:08:30	<b>04:10:18.35</b>	<b>04:11:02.70</b>	+01:38:56 (39.4%)	8:56	6.7 (60.9%)
393	<b>MAMCZYS Rafał</b>	<b>5609</b>	COCO JAMBO	M30	128	02:07:34	<b>04:11:24.25</b>	<b>04:11:43.35</b>	+01:39:36 (39.6%)	8:58	6.7 (60.9%)
394	<b>GRUSZKA Paweł</b>	<b>5553</b>		M30	129	02:03:05	<b>04:11:00.70</b>	<b>04:11:48.85</b>	+01:39:42 (39.6%)	8:57	6.7 (60.9%)
395	<b>URBANEK Małgorzata</b>	<b>5026</b>	WAPIENICKITEAM	K40	27	02:12:14	<b>04:10:41.80</b>	<b>04:11:52.95</b>	+01:39:46 (39.6%)	8:57	6.7 (60.9%)
396	<b>BOGDAŁ Ewelina</b>	<b>5243</b>		K20	21	02:14:31	<b>04:11:02.55</b>	<b>04:12:04.95</b>	+01:39:58 (39.7%)	8:57	6.7 (60.9%)
397	<b>BANASZEK Urszula</b>	<b>5498</b>	NIGHT RUNNERS WROCŁAW	K30	58	02:12:24	<b>04:10:40.15</b>	<b>04:12:05.25</b>	+01:39:58 (39.7%)	8:57	6.7 (60.9%)
398	<b>MATYSIAK Agnieszka</b>	<b>5879</b>	KOPALNIA MOCY TARNOBRZE	K30	59	02:14:02	<b>04:10:45.80</b>	<b>04:12:08.40</b>	+01:40:02 (39.7%)	8:57	6.7 (60.9%)
399	<b>PLACHA Piotr</b>	<b>5891</b>	KOPALNIA MOCY	M40	94	02:14:04	<b>04:10:48.60</b>	<b>04:12:11.30</b>	+01:40:04 (39.7%)	8:57	6.7 (60.9%)
400	<b>MOŚCICKI Łukasz</b>	<b>5636</b>		M30	130	02:07:34	<b>04:11:53.85</b>	<b>04:12:19.45</b>	+01:40:13 (39.7%)	8:59	6.7 (60.9%)
401	<b>GUTKOWSKI Wojciech</b>	<b>5851</b>	BIEGAM SOBIE	M40	95	02:08:36	<b>04:11:54.70</b>	<b>04:12:32.35</b>	+01:40:25 (39.8%)	8:59	6.7 (60.9%)
402	<b>BOROWIEC Renata</b>	<b>5159</b>	MAMY-BIEGAMY KIELCE	K40	28	02:15:04	<b>04:12:40.25</b>	<b>04:13:03.45</b>	+01:40:57 (39.9%)	9:01	6.6 (60.0%)
403	<b>DROSZCZ Krzysztof</b>	<b>5701</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	131	02:11:48	<b>04:12:04.45</b>	<b>04:13:11.50</b>	+01:41:05 (39.9%)	9:00	6.7 (60.9%)
404	<b>WIEDYSKA Jakub</b>	<b>5330</b>		M30	132	02:15:29	<b>04:11:27.45</b>	<b>04:13:14.05</b>	+01:41:07 (39.9%)	8:58	6.7 (60.9%)
405	<b>BEZKOROWAJNY Mateusz</b>	<b>5262</b>		M20	44	01:57:50	<b>04:12:40.55</b>	<b>04:13:31.30</b>	+01:41:24 (40.0%)	9:01	6.6 (60.0%)
406	<b>KACZMARSKI Wojciech</b>	<b>5499</b>		M50	20	02:03:05	<b>04:12:43.85</b>	<b>04:13:35.95</b>	+01:41:29 (40.0%)	9:01	6.6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
407	<b>DUBIŃSKI Przemysław</b>	<b>5535</b>	ŻYCIE CZĘSTOCHOWY TEAM	M40	96	02:10:59	<b>04:13:27.35</b>	<b>04:14:04.65</b>	+01:41:58 (40.1%)	9:03	6.6 (60.0%)
408	<b>BAZIUK Aneta Zuzanna</b>	<b>5810</b>	SKŁADAKI	K40	29	02:11:53	<b>04:12:57.75</b>	<b>04:14:08.30</b>	+01:42:01 (40.1%)	9:02	6.6 (60.0%)
409	<b>PODWYSOCKA Dominika</b>	<b>5370</b>	PRUSZCZ BIEGA	K30	60	02:10:05	<b>04:13:08.40</b>	<b>04:14:14.55</b>	+01:42:08 (40.2%)	9:02	6.6 (60.0%)
410	<b>ZAWADZKA Anna</b>	<b>5843</b>		K30	61	02:12:49	<b>04:12:48.70</b>	<b>04:14:23.15</b>	+01:42:16 (40.2%)	9:01	6.6 (60.0%)
411	<b>ŁUNIEWSKA Katarzyna</b>	<b>5288</b>	HARDCOROWE WYCHYLYLYBYMY	K20	22	02:13:06	<b>04:13:41.55</b>	<b>04:14:36.70</b>	+01:42:30 (40.3%)	9:03	6.6 (60.0%)
412	<b>MARCINKOWSKA Jadwiga</b>	<b>5470</b>		K40	30	02:12:02	<b>04:13:25.25</b>	<b>04:14:40.20</b>	+01:42:33 (40.3%)	9:03	6.6 (60.0%)
413	<b>BARSZCZ Marek</b>	<b>5062</b>	BARANOWRUN	M30	133	02:05:48	<b>04:14:11.05</b>	<b>04:15:17.50</b>	+01:43:11 (40.4%)	9:04	6.6 (60.0%)
414	<b>BLIŻNIEWSKA Katarzyna</b>	<b>5538</b>	KS GŁOWNO W BIEGU	K40	31	02:10:48	<b>04:15:23.20</b>	<b>04:15:59.70</b>	+01:43:53 (40.6%)	9:07	6.6 (60.0%)
415	<b>MIEDZINSKI Piotr</b>	<b>5768</b>	MSD RUNNING CLUB	M40	97	02:04:50	<b>04:15:46.70</b>	<b>04:16:00.20</b>	+01:43:53 (40.6%)	9:08	6.6 (60.0%)
416	<b>MICHNIK Dariusz</b>	<b>5545</b>		M50	21	02:04:11	<b>04:15:48.60</b>	<b>04:16:00.65</b>	+01:43:54 (40.6%)	9:08	6.6 (60.0%)
417	<b>BIEDRZYCKA Marta</b>	<b>5852</b>	DZIKIE GRUBASY SZATANA	K30	62	02:13:50	<b>04:15:56.65</b>	<b>04:16:31.85</b>	+01:44:25 (40.7%)	9:08	6.6 (60.0%)
418	<b>OBLIŃSKI Sławomir</b>	<b>5333</b>		M40	98	02:04:50	<b>04:15:13.40</b>	<b>04:16:46.65</b>	+01:44:40 (40.8%)	9:06	6.6 (60.0%)
419	<b>SIECZKA Renata</b>	<b>5578</b>		K30	63	02:14:43	<b>04:16:32.45</b>	<b>04:16:52.85</b>	+01:44:46 (40.8%)	9:09	6.5 (59.1%)
420	<b>KRUK Malgorzata</b>	<b>5317</b>		K40	32	02:14:45	<b>04:16:33.05</b>	<b>04:16:52.95</b>	+01:44:46 (40.8%)	9:09	6.5 (59.1%)
421	<b>LECHOWSKA Katarzyna</b>	<b>5157</b>	MAMY BIEGAMY KIELCE	K40	33	02:13:25	<b>04:16:38.25</b>	<b>04:17:01.10</b>	+01:44:54 (40.8%)	9:09	6.5 (59.1%)
422	<b>JĘSIEK-BARABASZ Agnieszka</b>	<b>5914</b>	PSEUDOBIEGACZKI	K40	34	02:11:42	<b>04:15:54.90</b>	<b>04:17:03.55</b>	+01:44:57 (40.8%)	9:08	6.6 (60.0%)
423	<b>RADECKA Alicja</b>	<b>5708</b>		K30	64	02:14:47	<b>04:16:31.50</b>	<b>04:17:06.70</b>	+01:45:00 (40.8%)	9:09	6.5 (59.1%)
424	<b>SOBICZEWSKA Iza</b>	<b>5436</b>	EKOBIEGI	K40	35	02:13:51	<b>04:16:39.40</b>	<b>04:17:19.25</b>	+01:45:12 (40.9%)	9:10	6.5 (59.1%)
425	<b>WENECKA-FLIS Anna</b>	<b>5477</b>		K30	65	02:13:57	<b>04:15:49.30</b>	<b>04:17:26.45</b>	+01:45:20 (40.9%)	9:08	6.6 (60.0%)
426	<b>WISZNIOWSKA Agata</b>	<b>5361</b>		K30	66	02:12:24	<b>04:16:08.50</b>	<b>04:17:33.50</b>	+01:45:27 (40.9%)	9:08	6.6 (60.0%)
427	<b>WIATR Wojciech</b>	<b>5834</b>	ENDURANCE TEAM	M30	134	02:09:57	<b>04:16:39.85</b>	<b>04:17:34.05</b>	+01:45:27 (40.9%)	9:10	6.5 (59.1%)
428	<b>SOŁKIEWICZ Marta</b>	<b>5918</b>		K40	36	02:13:00	<b>04:17:00.75</b>	<b>04:17:37.85</b>	+01:45:31 (41.0%)	9:10	6.5 (59.1%)
429	<b>TARTANUS Andrzej</b>	<b>5868</b>	VEGE RUNNERS	M40	99	02:09:17	<b>04:16:06.80</b>	<b>04:17:38.95</b>	+01:45:32 (41.0%)	9:08	6.6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
430	<b>WOJCIESZAK Klaudia</b>	<b>5739</b>	BRAVEHEARTS LEGIONOWO	K30	67	02:09:16	<b>04:16:07.10</b>	<b>04:17:39.25</b>	+01:45:32 (41.0%)	9:08	6.6 (60.0%)
431	<b>WOJTYCZKA Katarzyna</b>	<b>5002</b>		K30	68	02:16:44	<b>04:16:57.90</b>	<b>04:17:47.55</b>	+01:45:41 (41.0%)	9:10	6.5 (59.1%)
432	<b>GNIADK Goscia</b>	<b>5907</b>	DABEX-BOLT	K40	37	02:12:20	<b>04:17:25.10</b>	<b>04:18:22.30</b>	+01:46:15 (41.1%)	9:11	6.5 (59.1%)
433	<b>KOLCZYŃSKA Paulina</b>	<b>5661</b>	EMOTIVO.COM.PL	K30	69	02:15:18	<b>04:17:03.35</b>	<b>04:18:23.75</b>	+01:46:17 (41.1%)	9:10	6.5 (59.1%)
434	<b>KOLCZYŃSKI Jarosław</b>	<b>5660</b>	EMOTIVO.COM.PL	M30	135	02:15:20	<b>04:17:03.70</b>	<b>04:18:24.05</b>	+01:46:17 (41.1%)	9:10	6.5 (59.1%)
435	<b>GŁUSZKO Justyna</b>	<b>5931</b>	SOLINA TEAM	K30	70	02:13:42	<b>04:18:14.95</b>	<b>04:18:26.60</b>	+01:46:20 (41.1%)	9:13	6.5 (59.1%)
436	<b>PAWIAK-KUCHAREWICZ Gabriela</b>	<b>5246</b>		K30	71	02:20:06	<b>04:17:26.90</b>	<b>04:18:32.30</b>	+01:46:25 (41.2%)	9:11	6.5 (59.1%)
437	<b>DĄBROWSKA Edyta</b>	<b>5270</b>		K30	72	02:11:54	<b>04:17:42.05</b>	<b>04:19:01.90</b>	+01:46:55 (41.3%)	9:12	6.5 (59.1%)
438	<b>PABISEK Anna</b>	<b>5321</b>		K30	73	02:12:48	<b>04:18:21.35</b>	<b>04:19:04.80</b>	+01:46:58 (41.3%)	9:13	6.5 (59.1%)
439	<b>BALCERZAK Marcin</b>	<b>5191</b>	WAKACJE TEAM MINI	M30	136	02:24:30	<b>04:18:00.75</b>	<b>04:19:19.00</b>	+01:47:12 (41.3%)	9:12	6.5 (59.1%)
440	<b>KURKOWIAK Krzysztof</b>	<b>5305</b>	WKURW_TEAM	M30	137	02:04:35	<b>04:19:06.65</b>	<b>04:19:31.80</b>	+01:47:25 (41.4%)	9:15	6.5 (59.1%)
441	<b>ZUBRZYCKI Łukasz</b>	<b>5303</b>		M30	138	02:11:14	<b>04:18:20.40</b>	<b>04:19:32.35</b>	+01:47:25 (41.4%)	9:13	6.5 (59.1%)
442	<b>LIPIŃSKI Maciej</b>	<b>5363</b>	CROSSFIT SIEDLCE	M20	45	02:17:35	<b>04:19:07.25</b>	<b>04:19:36.15</b>	+01:47:29 (41.4%)	9:15	6.5 (59.1%)
443	<b>KOSTYRA Krzysztof</b>	<b>5391</b>	BIEGUSIEM.PL	M50	22	02:04:46	<b>04:19:17.75</b>	<b>04:19:40.65</b>	+01:47:34 (41.4%)	9:15	6.5 (59.1%)
444	<b>WIECZOREK Beata</b>	<b>5682</b>	DZIKIE GRUBASY SZATANA	K30	74	02:14:08	<b>04:19:10.65</b>	<b>04:19:44.40</b>	+01:47:38 (41.4%)	9:15	6.5 (59.1%)
445	<b>LORENZ Anna</b>	<b>5096</b>	#ACTEAM ADAM CZERWIŃSKI TEAM	K30	75	02:18:36	<b>04:19:14.25</b>	<b>04:19:44.90</b>	+01:47:38 (41.4%)	9:15	6.5 (59.1%)
446	<b>KACZMAREK Katarzyna</b>	<b>5090</b>	NIEPOŁOMICE BIEGAJĄ	K40	38	02:18:36	<b>04:19:13.45</b>	<b>04:19:45.20</b>	+01:47:38 (41.4%)	9:15	6.5 (59.1%)
447	<b>ŚWIĄTEK Łukasz</b>	<b>5190</b>		M30	139	02:08:03	<b>04:17:54.50</b>	<b>04:19:45.55</b>	+01:47:39 (41.4%)	9:12	6.5 (59.1%)
448	<b>ZARĘBA Agnieszka</b>	<b>5816</b>		K40	39	02:17:33	<b>04:18:36.20</b>	<b>04:20:15.30</b>	+01:48:08 (41.6%)	9:14	6.5 (59.1%)
449	<b>KONIK Marek</b>	<b>5719</b>	DB LESZCZYNY	M50	23	02:18:11	<b>04:19:21.05</b>	<b>04:20:21.70</b>	+01:48:15 (41.6%)	9:15	6.5 (59.1%)
450	<b>KRYSTEK Ewa</b>	<b>5118</b>		K40	40	02:16:15	<b>04:18:59.20</b>	<b>04:20:25.70</b>	+01:48:19 (41.6%)	9:14	6.5 (59.1%)
451	<b>SZAL Katarzyna</b>	<b>5031</b>		K30	76	02:06:34	<b>04:19:05.00</b>	<b>04:20:33.85</b>	+01:48:27 (41.6%)	9:15	6.5 (59.1%)
452	<b>MANIAK Łukasz</b>	<b>5917</b>		M40	100	02:06:37	<b>04:19:06.20</b>	<b>04:20:35.10</b>	+01:48:28 (41.6%)	9:15	6.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
453	<b>KOWALEWSKA Kinga</b>	<b>5029</b>		K30	77	02:20:30	<b>04:20:16.05</b>	<b>04:20:39.95</b>	+01:48:33 (41.6%)	9:17	6.5 (59.1%)
454	<b>PUCHALSKA Olga</b>	<b>5752</b>	PZU SPORT TEAM	K40	41	02:22:17	<b>04:19:57.30</b>	<b>04:20:50.95</b>	+01:48:44 (41.7%)	9:17	6.5 (59.1%)
455	<b>MIKULSKA Aneta</b>	<b>5895</b>	#GO PATI	K30	78	02:19:34	<b>04:20:02.05</b>	<b>04:20:53.15</b>	+01:48:46 (41.7%)	9:17	6.5 (59.1%)
456	<b>REPLIŃSKA Edyta</b>	<b>5206</b>	DOGOŃ GRODZISK MAZOWIECKI	K40	42	02:10:11	<b>04:20:47.65</b>	<b>04:21:12.00</b>	+01:49:05 (41.8%)	9:18	6.4 (58.2%)
457	<b>POKROP Agnieszka</b>	<b>5548</b>		K30	79	02:16:27	<b>04:20:48.35</b>	<b>04:21:26.10</b>	+01:49:19 (41.8%)	9:18	6.4 (58.2%)
458	<b>ŚLIWIŃSKA Alicja</b>	<b>5742</b>	NIGHT RUNNERS GLIWICE	K30	80	02:09:54	<b>04:20:38.10</b>	<b>04:21:54.60</b>	+01:49:48 (41.9%)	9:18	6.4 (58.2%)
459	<b>MAZUR Grzegorz</b>	<b>5903</b>	HONG KONG TRAIL RUNNERS	M30	140	02:08:23	<b>04:22:05.90</b>	<b>04:22:13.30</b>	+01:50:06 (42.0%)	9:21	6.4 (58.2%)
460	<b>BOTKIEWICZ Agnieszka</b>	<b>5619</b>	WKURW_TEAM / DRUŻYNA BARTKA	K40	43	02:14:45	<b>04:21:36.60</b>	<b>04:22:13.45</b>	+01:50:07 (42.0%)	9:20	6.4 (58.2%)
461	<b>CIURA Jarosław</b>	<b>5432</b>	AGDHOME.PL BIEGAMY !	M30	141	02:11:29	<b>04:21:46.75</b>	<b>04:22:14.25</b>	+01:50:07 (42.0%)	9:20	6.4 (58.2%)
462	<b>ZIELIŃSKA Mirona</b>	<b>5379</b>	NIGHT RUNNERS WROCŁAW	K40	44	02:12:23	<b>04:20:51.25</b>	<b>04:22:16.35</b>	+01:50:09 (42.0%)	9:18	6.4 (58.2%)
463	<b>KĘCKA Adrianna</b>	<b>5225</b>	WQRW TEAM	K20	23	02:10:16	<b>04:22:08.60</b>	<b>04:22:44.65</b>	+01:50:38 (42.1%)	9:21	6.4 (58.2%)
464	<b>HAJDUK Tomek</b>	<b>5163</b>	YULO RUN TEAM	M40	101	02:01:56	<b>04:22:35.40</b>	<b>04:22:51.15</b>	+01:50:44 (42.1%)	9:22	6.4 (58.2%)
465	<b>MAĆZKA Krystyna</b>	<b>5932</b>		K60	1	02:18:12	<b>04:23:40.10</b>	<b>04:23:48.15</b>	+01:51:41 (42.3%)	9:25	6.4 (58.2%)
466	<b>JĘDRUSZCZAK Renata</b>	<b>5714</b>		K40	45	02:15:41	<b>04:23:23.10</b>	<b>04:23:50.40</b>	+01:51:44 (42.3%)	9:24	6.4 (58.2%)
467	<b>WIERZBA Jacek</b>	<b>5745</b>	KB.SUKCES ŻMIGRÓD	M40	102	02:08:39	<b>04:23:12.45</b>	<b>04:24:06.65</b>	+01:52:00 (42.4%)	9:24	6.4 (58.2%)
468	<b>GAŁKA Jacek</b>	<b>5160</b>	VEGE RUNNERS / WKURW_TEAM	M30	142	02:09:00	<b>04:23:14.95</b>	<b>04:24:06.90</b>	+01:52:00 (42.4%)	9:24	6.4 (58.2%)
469	<b>ZAWADZKI Mirosław</b>	<b>5514</b>	TERNOL TEAM	M30	143	02:05:56	<b>04:23:34.80</b>	<b>04:24:07.70</b>	+01:52:01 (42.4%)	9:24	6.4 (58.2%)
470	<b>PAWLIKOWSKA Agnieszka</b>	<b>5711</b>		K30	81	02:21:59	<b>04:23:06.35</b>	<b>04:24:08.40</b>	+01:52:02 (42.4%)	9:23	6.4 (58.2%)
471	<b>SMOŁA Ilona</b>	<b>5297</b>		M30	144	02:11:06	<b>04:23:49.25</b>	<b>04:24:08.60</b>	+01:52:02 (42.4%)	9:25	6.4 (58.2%)
472	<b>SKIBICKA Dorota</b>	<b>5451</b>	PZU SPORT TEAM	K40	46	02:13:13	<b>04:23:20.80</b>	<b>04:24:14.55</b>	+01:52:08 (42.4%)	9:24	6.4 (58.2%)
473	<b>RZEPECKA Ewa</b>	<b>5713</b>		K50	2	02:20:03	<b>04:24:05.90</b>	<b>04:24:17.00</b>	+01:52:10 (42.4%)	9:25	6.4 (58.2%)
474	<b>KOFIN Maciej</b>	<b>5164</b>	TKKF UKLEJNA MYŚLENICE	M40	103	02:18:10	<b>04:23:01.35</b>	<b>04:24:17.65</b>	+01:52:11 (42.4%)	9:23	6.4 (58.2%)
475	<b>KALINOWSKA Ewa</b>	<b>5847</b>		K30	82	02:16:51	<b>04:24:02.45</b>	<b>04:24:45.90</b>	+01:52:39 (42.6%)	9:25	6.4 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
476	<b>GOMUŁKIEWICZ Monika</b>	<b>5818</b>		K20	24	02:11:44	<b>04:24:12.90</b>	<b>04:24:52.85</b>	+01:52:46 (42.6%)	9:26	6.4 (58.2%)
477	<b>ŚWIĄTEK Łukasz</b>	<b>5819</b>		M30	145	02:11:40	<b>04:24:09.40</b>	<b>04:24:53.25</b>	+01:52:46 (42.6%)	9:26	6.4 (58.2%)
478	<b>FIRAZA Łukasz</b>	<b>5383</b>	NAPIERACZE.PL	M30	146	02:13:20	<b>04:24:07.05</b>	<b>04:24:56.30</b>	+01:52:49 (42.6%)	9:25	6.4 (58.2%)
479	<b>SOSIŃSKI Tomasz</b>	<b>5622</b>	NAPIERACZE.PL	M30	147	02:12:52	<b>04:24:13.55</b>	<b>04:25:01.50</b>	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
480	<b>MAJONEK Artur</b>	<b>5832</b>		M30	148	02:20:59	<b>04:24:19.85</b>	<b>04:25:01.60</b>	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
481	<b>PRUSS Kasia</b>	<b>5479</b>	WKURW_TEAM	K40	47	02:16:13	<b>04:23:40.45</b>	<b>04:25:04.65</b>	+01:52:58 (42.6%)	9:25	6.4 (58.2%)
482	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>5641</b>		K30	83	02:15:55	<b>04:25:13.45</b>	<b>04:25:18.40</b>	+01:53:12 (42.7%)	9:28	6.3 (57.3%)
483	<b>NAWROCKA Natalia</b>	<b>5244</b>		K40	48	02:19:15	<b>04:24:49.25</b>	<b>04:25:27.30</b>	+01:53:20 (42.7%)	9:27	6.3 (57.3%)
484	<b>ŚWIĄTEK Arkadiusz</b>	<b>5016</b>		M20	46	02:09:30	<b>04:25:20.40</b>	<b>04:25:29.75</b>	+01:53:23 (42.7%)	9:28	6.3 (57.3%)
485	<b>MORAWSKA Anna</b>	<b>5374</b>		K60	2	02:21:59	<b>04:25:26.55</b>	<b>04:25:57.55</b>	+01:53:51 (42.8%)	9:28	6.3 (57.3%)
486	<b>ŁUKASIK Weronika</b>	<b>5740</b>		K20	25	02:19:32	<b>04:25:34.00</b>	<b>04:26:13.65</b>	+01:54:07 (42.9%)	9:29	6.3 (57.3%)
487	<b>WRONKOWSKA Katarzyna</b>	<b>5093</b>		K40	49	02:19:41	<b>04:25:26.00</b>	<b>04:26:39.15</b>	+01:54:32 (43.0%)	9:28	6.3 (57.3%)
488	<b>MARMUROWICZ Krystian</b>	<b>5807</b>	NESSI TEAM	M40	104	02:18:21	<b>04:26:30.35</b>	<b>04:26:41.45</b>	+01:54:35 (43.0%)	9:31	6.3 (57.3%)
489	<b>BINEK Katarzyna</b>	<b>5067</b>	NIGHT RUNNERS	K20	26	02:21:13	<b>04:25:55.95</b>	<b>04:27:16.50</b>	+01:55:10 (43.1%)	9:29	6.3 (57.3%)
490	<b>WARDA Justyna</b>	<b>5400</b>	HARDCOROWE WYCHYLYLYBYMY	K20	27	02:17:57	<b>04:26:25.65</b>	<b>04:27:21.05</b>	+01:55:14 (43.1%)	9:30	6.3 (57.3%)
491	<b>BAŁDA Ewelina</b>	<b>5308</b>	ASICS FRONTRUNNER POLSKA	K30	84	02:11:00	<b>04:27:21.15</b>	<b>04:28:02.10</b>	+01:55:55 (43.3%)	9:32	6.3 (57.3%)
492	<b>WIDERA Karolina</b>	<b>5541</b>	BRAK	K40	50	02:17:42	<b>04:27:20.90</b>	<b>04:28:17.45</b>	+01:56:11 (43.3%)	9:32	6.3 (57.3%)
493	<b>ŁUCZAK Olga</b>	<b>5540</b>		K40	51	02:16:40	<b>04:27:21.95</b>	<b>04:28:17.90</b>	+01:56:11 (43.3%)	9:32	6.3 (57.3%)
494	<b>HADRYSIAK Adam</b>	<b>5386</b>	NAPIERACZE.PL	M30	149	02:13:22	<b>04:27:38.05</b>	<b>04:28:27.55</b>	+01:56:21 (43.3%)	9:33	6.3 (57.3%)
495	<b>SYROCKI Arkadiusz</b>	<b>5624</b>		M40	105	02:17:37	<b>04:28:16.30</b>	<b>04:28:35.65</b>	+01:56:29 (43.4%)	9:34	6.3 (57.3%)
496	<b>KURAS-SMOLNIK Magdalena</b>	<b>5121</b>		K30	85	02:18:36	<b>04:27:43.40</b>	<b>04:28:41.60</b>	+01:56:35 (43.4%)	9:33	6.3 (57.3%)
497	<b>MATOGA Lucyna</b>	<b>5273</b>		K50	3	02:21:43	<b>04:28:01.35</b>	<b>04:28:54.55</b>	+01:56:48 (43.4%)	9:34	6.3 (57.3%)
498	<b>WÓJCIK Kamila</b>	<b>5878</b>	LACHO TEAM	K40	52	02:23:40	<b>04:27:30.40</b>	<b>04:28:57.35</b>	+01:56:50 (43.4%)	9:33	6.3 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
499	<b>CHMIELEWSKA Emilia</b>	<b>5763</b>		K30	86	02:18:31	<b>04:27:20.40</b>	<b>04:29:11.70</b>	+01:57:05 (43.5%)	9:32	6.3 (57.3%)
500	<b>PISZCZOŁA Maria</b>	<b>5775</b>	DIRTY SPARROWS	K20	28	02:20:57	<b>04:27:56.05</b>	<b>04:29:12.80</b>	+01:57:06 (43.5%)	9:34	6.3 (57.3%)
501	<b>ZALECH Zbigniew</b>	<b>5676</b>	MORSY PŁOCK	M40	106	02:24:46	<b>04:27:32.80</b>	<b>04:29:24.60</b>	+01:57:18 (43.5%)	9:33	6.3 (57.3%)
502	<b>QUIRINI Aleksandra</b>	<b>5842</b>		K30	87	02:19:59	<b>04:29:17.75</b>	<b>04:30:05.50</b>	+01:57:59 (43.7%)	9:37	6.2 (56.4%)
503	<b>SOSNOWSKA Justyna</b>	<b>5365</b>	POWER TRAINING	K30	88	02:19:41	<b>04:29:08.15</b>	<b>04:30:22.20</b>	+01:58:15 (43.7%)	9:36	6.2 (56.4%)
504	<b>RZENNO Dagmara</b>	<b>5592</b>	MIECHOWICKA GRUPA BIEGOWA	K40	53	02:20:49	<b>04:29:38.60</b>	<b>04:30:24.65</b>	+01:58:18 (43.7%)	9:37	6.2 (56.4%)
505	<b>LUBAŃSKA Alicja</b>	<b>5489</b>		K50	4	02:11:49	<b>04:30:45.60</b>	<b>04:31:00.85</b>	+01:58:54 (43.9%)	9:40	6.2 (56.4%)
506	<b>SEREDA Joanna</b>	<b>5777</b>	AR	K20	29	02:12:35	<b>04:30:41.40</b>	<b>04:31:07.25</b>	+01:59:00 (43.9%)	9:40	6.2 (56.4%)
507	<b>ADAMCZYK Przemysław</b>	<b>5508</b>	ADIDAS RUNNERS WARSAW	M40	107	02:12:39	<b>04:30:41.20</b>	<b>04:31:07.55</b>	+01:59:01 (43.9%)	9:40	6.2 (56.4%)
508	<b>KOSIACKI Karol</b>	<b>5138</b>	PZU SPORT TEAM	M30	150	02:15:55	<b>04:30:12.50</b>	<b>04:31:08.80</b>	+01:59:02 (43.9%)	9:39	6.2 (56.4%)
509	<b>LATOS Joanna</b>	<b>5692</b>		K40	54	02:17:53	<b>04:29:45.25</b>	<b>04:31:14.15</b>	+01:59:07 (43.9%)	9:38	6.2 (56.4%)
510	<b>ADAMKIEWICZ Natalia</b>	<b>5086</b>	K.S GŁOWNO W BIEGU	K20	30	02:16:45	<b>04:31:31.20</b>	<b>04:32:46.60</b>	+02:00:40 (44.2%)	9:41	6.2 (56.4%)
511	<b>ADAMKIEWICZ Michał</b>	<b>5071</b>	K.S GŁOWNO W BIEGU	M30	151	02:16:28	<b>04:31:31.50</b>	<b>04:32:46.90</b>	+02:00:40 (44.2%)	9:41	6.2 (56.4%)
512	<b>TRELA Mirosław</b>	<b>5668</b>	DB LESZCZYNY	M50	24	02:21:14	<b>04:31:56.90</b>	<b>04:32:57.05</b>	+02:00:50 (44.3%)	9:42	6.2 (56.4%)
513	<b>TRELA Aniela</b>	<b>5669</b>	DB LESZCZYNY	K40	55	02:21:28	<b>04:31:56.45</b>	<b>04:32:57.30</b>	+02:00:50 (44.3%)	9:42	6.2 (56.4%)
514	<b>ŻUKOWSKI Grzegorz</b>	<b>5461</b>	ENDURANCE TEAM	M40	108	02:13:47	<b>04:32:16.80</b>	<b>04:33:09.80</b>	+02:01:03 (44.3%)	9:43	6.2 (56.4%)
515	<b>SKOŁUBON Marzenia</b>	<b>5945</b>		K30	89	02:09:14	<b>04:32:29.70</b>	<b>04:33:11.65</b>	+02:01:05 (44.3%)	9:43	6.2 (56.4%)
516	<b>GIURG Grzegorz</b>	<b>5407</b>		M40	109	02:09:13	<b>04:32:29.95</b>	<b>04:33:12.10</b>	+02:01:05 (44.3%)	9:43	6.2 (56.4%)
517	<b>ZARĘBA Julia</b>	<b>5785</b>	NIE ZA DALEKO / VELOCITY	K20	31	02:19:16	<b>04:32:21.05</b>	<b>04:33:15.55</b>	+02:01:09 (44.3%)	9:43	6.2 (56.4%)
518	<b>CHRZUSZCZ Anna</b>	<b>5862</b>		K30	90	02:21:25	<b>04:32:00.65</b>	<b>04:33:16.00</b>	+02:01:09 (44.3%)	9:42	6.2 (56.4%)
519	<b>STACHOWICZ Marcin</b>	<b>5781</b>	5F TEAM	M30	152	02:20:44	<b>04:32:19.40</b>	<b>04:33:16.25</b>	+02:01:09 (44.3%)	9:43	6.2 (56.4%)
520	<b>PAWLIK Katarzyna</b>	<b>5779</b>	5F TEAM	K30	91	02:20:43	<b>04:32:20.65</b>	<b>04:33:16.65</b>	+02:01:10 (44.3%)	9:43	6.2 (56.4%)
521	<b>JAWORSKA Katarzyna</b>	<b>5893</b>		K30	92	02:23:50	<b>04:31:41.30</b>	<b>04:33:19.00</b>	+02:01:12 (44.3%)	9:42	6.2 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
522	<b>ZEMŁA Piotr</b>	<b>5298</b>		M40	110	02:16:33	<b>04:32:24.05</b>	<b>04:33:25.00</b>	+02:01:18 (44.4%)	9:43	6.2 (56.4%)
523	<b>BRZĘCZEK Roland</b>	<b>5356</b>		M40	111	02:09:45	<b>04:32:14.30</b>	<b>04:33:28.55</b>	+02:01:22 (44.4%)	9:43	6.2 (56.4%)
524	<b>LIMANOWSKA Olga</b>	<b>5136</b>	TRENER24H.COM.PL	K20	32	02:12:07	<b>04:33:22.35</b>	<b>04:33:31.65</b>	+02:01:25 (44.4%)	9:45	6.1 (55.5%)
525	<b>PLEŚNIAR Lucyna</b>	<b>5019</b>	RK ATHLETICS	K40	56	02:20:56	<b>04:32:55.30</b>	<b>04:33:36.30</b>	+02:01:29 (44.4%)	9:44	6.2 (56.4%)
526	<b>FRANKOWSKA Anna</b>	<b>5294</b>	MIECHOWICKA GRUPA BIEGOWA	K50	5	02:20:46	<b>04:33:15.90</b>	<b>04:34:02.30</b>	+02:01:55 (44.5%)	9:45	6.1 (55.5%)
527	<b>KUKAWSKA Joanna</b>	<b>5014</b>	RK ATHLETICS	K50	6	02:12:55	<b>04:32:59.15</b>	<b>04:34:14.05</b>	+02:02:07 (44.5%)	9:45	6.2 (56.4%)
528	<b>NIEDŹWIECKA Kasia</b>	<b>5119</b>	EKOBIEGI	K40	57	02:15:32	<b>04:33:37.20</b>	<b>04:34:16.50</b>	+02:02:10 (44.5%)	9:46	6.1 (55.5%)
529	<b>PARYS Marzena</b>	<b>5081</b>	BIEGAJĄCE ŻABCIE	K30	93	02:17:43	<b>04:33:03.80</b>	<b>04:34:17.40</b>	+02:02:11 (44.5%)	9:45	6.2 (56.4%)
530	<b>ŚLUSARSKI Włodzimierz</b>	<b>5936</b>		M50	25	02:16:48	<b>04:34:06.80</b>	<b>04:34:21.05</b>	+02:02:14 (44.6%)	9:47	6.1 (55.5%)
531	<b>JAKUBOWSKI Piotr</b>	<b>5502</b>	CHEŁM BIEGA	M40	112	02:09:12	<b>04:33:56.60</b>	<b>04:34:26.25</b>	+02:02:19 (44.6%)	9:47	6.1 (55.5%)
532	<b>KOBYŁECKI Emil</b>	<b>5122</b>		M20	47	02:18:12	<b>04:33:07.00</b>	<b>04:34:33.60</b>	+02:02:27 (44.6%)	9:45	6.2 (56.4%)
533	<b>CIEŚLAK Grzegorz</b>	<b>5797</b>	GREEN TEAM	M40	113	02:18:30	<b>04:33:11.80</b>	<b>04:34:36.15</b>	+02:02:29 (44.6%)	9:45	6.1 (55.5%)
534	<b>RYSZCZYK Adam</b>	<b>5040</b>		M30	153	02:11:35	<b>04:34:25.95</b>	<b>04:35:05.75</b>	+02:02:59 (44.7%)	9:48	6.1 (55.5%)
535	<b>GRUSZECKI Tomasz</b>	<b>5130</b>		M30	154	02:14:29	<b>04:34:27.20</b>	<b>04:35:19.15</b>	+02:03:12 (44.8%)	9:48	6.1 (55.5%)
536	<b>JAŚKIEWICZ Szymon</b>	<b>5247</b>	SŁYNNI KENIJCZYCY	M20	48	02:23:29	<b>04:33:50.95</b>	<b>04:35:20.65</b>	+02:03:14 (44.8%)	9:46	6.1 (55.5%)
537	<b>DOMINIAK Emilia</b>	<b>5092</b>	SŁYNNI KENIJCZYCY	K40	58	02:23:30	<b>04:33:51.10</b>	<b>04:35:20.85</b>	+02:03:14 (44.8%)	9:46	6.1 (55.5%)
538	<b>SERĘGA Anna</b>	<b>5860</b>	WKURW_TEAM	K30	94	02:25:07	<b>04:33:54.25</b>	<b>04:35:22.85</b>	+02:03:16 (44.8%)	9:46	6.1 (55.5%)
539	<b>NIEĆ Melania</b>	<b>5576</b>		K30	95	02:24:17	<b>04:34:06.40</b>	<b>04:35:24.55</b>	+02:03:18 (44.8%)	9:47	6.1 (55.5%)
540	<b>PRĘDKA Magdalena</b>	<b>5048</b>	OLA TEAM	K40	59	02:24:17	<b>04:34:06.70</b>	<b>04:35:24.75</b>	+02:03:18 (44.8%)	9:47	6.1 (55.5%)
541	<b>MARCOL Dominika</b>	<b>5946</b>	OTK RZEŹNIK	K20	33	02:10:19	<b>04:35:23.35</b>	<b>04:35:37.25</b>	+02:03:30 (44.8%)	9:50	6.1 (55.5%)
542	<b>MARCOL Grzegorz</b>	<b>5947</b>		M50	26	02:10:21	<b>04:35:24.00</b>	<b>04:35:37.60</b>	+02:03:31 (44.8%)	9:50	6.1 (55.5%)
543	<b>BARAŃSKI Damian</b>	<b>5057</b>	GORZÓW BIEGA	M20	49	02:10:30	<b>04:35:15.70</b>	<b>04:35:41.75</b>	+02:03:35 (44.8%)	9:49	6.1 (55.5%)
544	<b>OKORSKA-BOMBIŃSKA Basia</b>	<b>5715</b>	PKO BP SA	K30	96	02:29:19	<b>04:34:45.25</b>	<b>04:35:49.40</b>	+02:03:43 (44.9%)	9:48	6.1 (55.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
545	<b>WAJMAN-GRASZA Katarzyna</b>	<b>5182</b>	STEP DANCE RUN	K30	97	02:23:23	<b>04:34:41.80</b>	<b>04:36:09.05</b>	+02:04:02 (44.9%)	9:48	6.1 (55.5%)
546	<b>MARCINIAK Anna</b>	<b>5181</b>		K40	60	02:18:19	<b>04:35:00.45</b>	<b>04:36:29.80</b>	+02:04:23 (45.0%)	9:49	6.1 (55.5%)
547	<b>STYSIŃSKA Martyna</b>	<b>5784</b>		K30	98	02:20:59	<b>04:35:57.70</b>	<b>04:36:40.85</b>	+02:04:34 (45.0%)	9:51	6.1 (55.5%)
548	<b>BEDNARCZUK Joanna</b>	<b>5899</b>		K40	61	02:21:57	<b>04:36:08.75</b>	<b>04:36:44.20</b>	+02:04:37 (45.0%)	9:51	6.1 (55.5%)
549	<b>RECZEK Sebastian</b>	<b>5898</b>	KS ZIELONO- CZARNI	M30	155	02:21:59	<b>04:36:09.15</b>	<b>04:36:45.45</b>	+02:04:39 (45.0%)	9:51	6.1 (55.5%)
550	<b>MAZUR Mateusz</b>	<b>5300</b>	MYSTICLIMB	M30	156	02:01:05	<b>04:36:35.25</b>	<b>04:36:47.70</b>	+02:04:41 (45.0%)	9:52	6.1 (55.5%)
551	<b>TOKARSKA Bożena</b>	<b>5339</b>		K40	62	02:24:24	<b>04:35:53.70</b>	<b>04:37:03.15</b>	+02:04:56 (45.1%)	9:51	6.1 (55.5%)
552	<b>TOKARSKI Rafał</b>	<b>5345</b>		M40	114	02:24:24	<b>04:35:53.15</b>	<b>04:37:03.70</b>	+02:04:57 (45.1%)	9:51	6.1 (55.5%)
553	<b>SERĘGA Tomasz</b>	<b>5859</b>	WKURW_TEAM	M40	115	02:23:44	<b>04:35:55.10</b>	<b>04:37:24.25</b>	+02:05:17 (45.2%)	9:51	6.1 (55.5%)
554	<b>KOLIBABSKA Malwina</b>	<b>5229</b>	HARDCOROWE WYCHYLYLYBYMY	K30	99	02:17:59	<b>04:36:46.50</b>	<b>04:37:42.05</b>	+02:05:35 (45.2%)	9:53	6.1 (55.5%)
555	<b>NOSEK Damian</b>	<b>5120</b>		M20	50	02:17:06	<b>04:36:45.25</b>	<b>04:37:43.45</b>	+02:05:37 (45.2%)	9:53	6.1 (55.5%)
556	<b>RYBIENIK Lech</b>	<b>5208</b>		M30	157	02:18:53	<b>04:36:48.95</b>	<b>04:37:46.70</b>	+02:05:40 (45.2%)	9:53	6.1 (55.5%)
557	<b>KIJEWSKA- RAJ Karolina</b>	<b>5125</b>		K30	100	02:18:54	<b>04:36:49.40</b>	<b>04:37:46.85</b>	+02:05:40 (45.2%)	9:53	6.1 (55.5%)
558	<b>MOLAK Robert</b>	<b>5117</b>		M30	158	02:18:19	<b>04:36:35.05</b>	<b>04:37:53.85</b>	+02:05:47 (45.3%)	9:52	6.1 (55.5%)
559	<b>BROCKA Katarzyna</b>	<b>5655</b>	GKT MUSTANGI	K30	101	02:25:11	<b>04:36:38.30</b>	<b>04:38:05.15</b>	+02:05:58 (45.3%)	9:52	6.1 (55.5%)
560	<b>ŻYGADŁO Anna</b>	<b>5492</b>	POWER TRAINING	K30	102	02:24:30	<b>04:36:56.35</b>	<b>04:38:10.70</b>	+02:06:04 (45.3%)	9:53	6.1 (55.5%)
561	<b>STRUSZKIEWICZ Aleksandra</b>	<b>5887</b>	POWER TRAINING	K20	34	02:24:08	<b>04:36:57.40</b>	<b>04:38:11.35</b>	+02:06:04 (45.3%)	9:53	6.1 (55.5%)
562	<b>MICHALCZAK Paweł</b>	<b>5422</b>	WKS WAWEL KRAKÓW	M40	116	02:18:14	<b>04:36:45.20</b>	<b>04:38:26.25</b>	+02:06:19 (45.4%)	9:53	6.1 (55.5%)
563	<b>JANICKA Katarzyna</b>	<b>5035</b>	4EVERFASTER.PL	K30	103	02:15:24	<b>04:37:51.80</b>	<b>04:38:53.15</b>	+02:06:46 (45.5%)	9:55	6 (54.5%)
564	<b>WOŹNIAK Daniel</b>	<b>5158</b>	CROSSFIT SIEDLCE	M30	159	02:14:54	<b>04:38:30.60</b>	<b>04:38:59.70</b>	+02:06:53 (45.5%)	9:56	6 (54.5%)
565	<b>DĄBROWSKI Karol</b>	<b>5796</b>	CROSSFIT SIEDLCE	M40	117	02:17:32	<b>04:38:30.55</b>	<b>04:38:59.75</b>	+02:06:53 (45.5%)	9:56	6 (54.5%)
566	<b>ZYCH Anna</b>	<b>5340</b>		K40	63	02:21:33	<b>04:37:55.95</b>	<b>04:39:10.40</b>	+02:07:04 (45.5%)	9:55	6 (54.5%)
567	<b>KORDALEWSKI Łukasz</b>	<b>5753</b>	NC+	M30	160	02:27:46	<b>04:37:43.60</b>	<b>04:39:13.30</b>	+02:07:06 (45.5%)	9:55	6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
568	<b>WRONA Tomek</b>	<b>5351</b>	KS PEGAZ	M30	161	02:23:24	<b>04:37:50.95</b>	<b>04:39:17.15</b>	+02:07:10 (45.5%)	9:55	6 (54.5%)
569	<b>DANILUK Andrzej</b>	<b>5590</b>	ZACISZE NIGHT RUNNERS	M40	118	02:22:23	<b>04:38:53.80</b>	<b>04:39:43.00</b>	+02:07:36 (45.6%)	9:57	6 (54.5%)
570	<b>PAKULSKA Ewelina</b>	<b>5227</b>	KONIUCHY	K30	104	02:18:01	<b>04:38:51.10</b>	<b>04:39:44.40</b>	+02:07:38 (45.6%)	9:57	6 (54.5%)
571	<b>SZCZELINA Paweł</b>	<b>5462</b>	PRESS GLASS BIEGAMY I WSPIERAMY	M40	119	02:18:36	<b>04:39:51.50</b>	<b>04:40:11.15</b>	+02:08:04 (45.7%)	9:59	6 (54.5%)
572	<b>MROCHEM Mariusz</b>	<b>5507</b>		M30	162	02:24:18	<b>04:39:03.95</b>	<b>04:40:16.65</b>	+02:08:10 (45.7%)	9:58	6 (54.5%)
573	<b>CZERNIAK Artur</b>	<b>5581</b>	MASAKRA KLUB SPORTOWY	M50	27	02:12:58	<b>04:40:31.40</b>	<b>04:40:44.25</b>	+02:08:37 (45.8%)	10:01	6 (54.5%)
574	<b>OLEJNIK Urszula</b>	<b>5937</b>		K30	105	02:29:21	<b>04:39:41.00</b>	<b>04:41:16.05</b>	+02:09:09 (45.9%)	9:59	6 (54.5%)
575	<b>DZIERŻAK Arkadiusz</b>	<b>5202</b>		M40	120	02:16:55	<b>04:41:02.15</b>	<b>04:41:19.30</b>	+02:09:12 (45.9%)	10:02	6 (54.5%)
576	<b>BARCZYK Agnieszka</b>	<b>5476</b>		K40	64	02:25:54	<b>04:41:02.15</b>	<b>04:42:21.15</b>	+02:10:14 (46.1%)	10:02	6 (54.5%)
577	<b>KAMUT Hubert</b>	<b>5481</b>	YULO RUN TEAM SIEDLCE	M40	121	02:09:21	<b>04:42:11.70</b>	<b>04:42:26.00</b>	+02:10:19 (46.1%)	10:04	6 (54.5%)
578	<b>JĘDZURA Agnieszka</b>	<b>5760</b>		K30	106	02:21:58	<b>04:42:41.50</b>	<b>04:42:48.70</b>	+02:10:42 (46.2%)	10:05	5.9 (53.6%)
579	<b>BARAN Jakub</b>	<b>5910</b>		M30	163	02:21:46	<b>04:42:53.05</b>	<b>04:42:59.60</b>	+02:10:53 (46.3%)	10:06	5.9 (53.6%)
580	<b>GRECH-BARAN Marta</b>	<b>5909</b>	ROGATE TORPEDY	K30	107	02:21:43	<b>04:42:52.60</b>	<b>04:42:59.70</b>	+02:10:53 (46.3%)	10:06	5.9 (53.6%)
581	<b>CZECH Bogdan</b>	<b>5675</b>	ŁĘCZNA BIEGA	M40	122	02:17:36	<b>04:42:55.05</b>	<b>04:43:13.25</b>	+02:11:06 (46.3%)	10:06	5.9 (53.6%)
582	<b>MYSZKIEWICZ-KURKIEWICZ Agnieszka</b>	<b>5601</b>	PZU SPORT TEAM	K30	108	02:30:26	<b>04:42:57.75</b>	<b>04:43:52.15</b>	+02:11:45 (46.4%)	10:06	5.9 (53.6%)
583	<b>ROMANOWICZ Katarzyna</b>	<b>5201</b>		K30	109	02:34:00	<b>04:43:41.50</b>	<b>04:43:54.20</b>	+02:11:47 (46.4%)	10:07	5.9 (53.6%)
584	<b>BANASIAK Karolina</b>	<b>5995</b>	WKURW_TEAM	K30	110	02:17:59	<b>04:42:51.05</b>	<b>04:43:57.95</b>	+02:11:51 (46.4%)	10:06	5.9 (53.6%)
585	<b>DUKAŁA Arkadiusz</b>	<b>5468</b>	PZU SPORT TEAM	M40	123	02:23:54	<b>04:43:08.95</b>	<b>04:44:00.10</b>	+02:11:53 (46.4%)	10:06	5.9 (53.6%)
586	<b>BARYZA Robert</b>	<b>5394</b>		M40	124	02:25:06	<b>04:43:24.00</b>	<b>04:44:02.75</b>	+02:11:56 (46.4%)	10:07	5.9 (53.6%)
587	<b>DZIOPA Paweł</b>	<b>5336</b>	WKURW_TEAM	M40	125	02:19:00	<b>04:42:52.05</b>	<b>04:44:05.60</b>	+02:11:59 (46.5%)	10:06	5.9 (53.6%)
588	<b>KOZIŃSKI Dariusz</b>	<b>5633</b>	PZU SPORT TEAM	M50	28	02:12:53	<b>04:43:42.70</b>	<b>04:44:37.10</b>	+02:12:30 (46.6%)	10:07	5.9 (53.6%)
589	<b>OBARSKI Norbert</b>	<b>5268</b>		M50	29	02:18:32	<b>04:44:13.90</b>	<b>04:44:47.55</b>	+02:12:41 (46.6%)	10:09	5.9 (53.6%)
590	<b>WIĘSEK Ewelina</b>	<b>5865</b>	PKO BANK POLSKI	K40	65	02:20:51	<b>04:44:13.20</b>	<b>04:44:51.45</b>	+02:12:45 (46.6%)	10:09	5.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
591	<b>TERZONI Karina</b>	<b>5888</b>	ROZBIEGANI	K30	111	02:25:42	<b>04:44:01.40</b>	<b>04:45:31.60</b>	+02:13:25 (46.7%)	10:08	5.9 (53.6%)
592	<b>JURAŚ-KMIEĆ Marzena</b>	<b>5884</b>	BIEGAM SOBIE	K40	66	02:26:00	<b>04:44:36.15</b>	<b>04:45:40.25</b>	+02:13:33 (46.8%)	10:09	5.9 (53.6%)
593	<b>SENDERECKA Dorota</b>	<b>5793</b>	TERAPIA UZALEŻNIENI	K40	67	02:30:08	<b>04:44:41.10</b>	<b>04:45:49.85</b>	+02:13:43 (46.8%)	10:10	5.9 (53.6%)
594	<b>KOPYŚĆ Jarosław</b>	<b>5091</b>	PSZCZÓŁKOWSKI TEAM	M40	126	02:30:08	<b>04:45:59.50</b>	<b>04:47:09.65</b>	+02:15:03 (47.0%)	10:12	5.9 (53.6%)
595	<b>LEYKO-PYZIK Paulina</b>	<b>5341</b>	ZABIEGANI MIELEC	K30	112	02:24:03	<b>04:46:58.30</b>	<b>04:47:11.30</b>	+02:15:04 (47.0%)	10:14	5.9 (53.6%)
596	<b>MAŁYSA Łukasz</b>	<b>5445</b>		M30	164	02:25:38	<b>04:46:08.35</b>	<b>04:47:16.50</b>	+02:15:10 (47.1%)	10:13	5.9 (53.6%)
597	<b>SIĘNCZYK Małgorzata</b>	<b>5648</b>	BRATALBERT TEAM	K30	113	02:20:06	<b>04:46:42.10</b>	<b>04:47:17.30</b>	+02:15:10 (47.1%)	10:14	5.9 (53.6%)
598	<b>PIELAK Agnieszka</b>	<b>5474</b>	PZU SPORT TEAM	K30	114	02:22:48	<b>04:46:32.30</b>	<b>04:47:19.20</b>	+02:15:12 (47.1%)	10:14	5.9 (53.6%)
599	<b>SIWEK Aleksandra</b>	<b>5589</b>	COCA-COLA RUNNERS	K40	68	02:23:42	<b>04:46:59.60</b>	<b>04:47:32.05</b>	+02:15:25 (47.1%)	10:15	5.9 (53.6%)
600	<b>KAPUSTA Anna</b>	<b>5124</b>	TSA SANDOMIERZ	K20	35	02:23:47	<b>04:46:26.90</b>	<b>04:47:45.50</b>	+02:15:39 (47.1%)	10:13	5.9 (53.6%)
601	<b>KWITEK Damian</b>	<b>5185</b>		M20	51	02:21:06	<b>04:46:26.75</b>	<b>04:47:45.55</b>	+02:15:39 (47.1%)	10:13	5.9 (53.6%)
602	<b>PIĘTKA Piotr</b>	<b>5103</b>	AMERNET	M40	127	02:26:18	<b>04:47:21.45</b>	<b>04:48:06.90</b>	+02:16:00 (47.2%)	10:15	5.8 (52.7%)
603	<b>DAMIĘCKI Jan</b>	<b>5399</b>	MASAKRA KLUB SPORTOWY	M40	128	02:21:26	<b>04:48:19.50</b>	<b>04:48:32.05</b>	+02:16:25 (47.3%)	10:17	5.8 (52.7%)
604	<b>KOBIERECKA Monika</b>	<b>5523</b>	KS GŁOWNO W BIEGU	K40	69	02:20:58	<b>04:47:57.35</b>	<b>04:48:33.95</b>	+02:16:27 (47.3%)	10:17	5.8 (52.7%)
605	<b>WNOROWSKA Magdalena</b>	<b>5207</b>		K40	70	02:22:14	<b>04:48:37.45</b>	<b>04:48:47.40</b>	+02:16:41 (47.3%)	10:18	5.8 (52.7%)
606	<b>CHUDZICKI Łukasz</b>	<b>5324</b>		M30	165	02:22:14	<b>04:48:37.20</b>	<b>04:48:47.50</b>	+02:16:41 (47.3%)	10:18	5.8 (52.7%)
607	<b>PILAK Zbigniew</b>	<b>5061</b>		M50	30	02:30:18	<b>04:48:14.45</b>	<b>04:49:54.25</b>	+02:17:47 (47.5%)	10:17	5.8 (52.7%)
607	<b>NAGAŃSKA-PILAK Małgorzata</b>	<b>5033</b>		K50	7	02:30:22	<b>04:48:14.75</b>	<b>04:49:54.25</b>	+02:17:47 (47.5%)	10:17	5.8 (52.7%)
609	<b>ŁAĆKA Ilona</b>	<b>5789</b>	BIĄŁOŁĘKA JEST KOBIETĄ	K40	71	02:25:01	<b>04:49:23.30</b>	<b>04:50:01.65</b>	+02:17:55 (47.6%)	10:20	5.8 (52.7%)
610	<b>ŻAK Bartłomiej</b>	<b>5427</b>		M30	166	02:14:04	<b>04:48:41.40</b>	<b>04:50:07.30</b>	+02:18:00 (47.6%)	10:18	5.8 (52.7%)
611	<b>KOZIOŁ Łukasz</b>	<b>5094</b>		M30	167	02:16:30	<b>04:49:59.30</b>	<b>04:50:18.45</b>	+02:18:12 (47.6%)	10:21	5.8 (52.7%)
612	<b>KOWALSKI Daniel</b>	<b>5287</b>	JANUSZE SPORTU / BIEGAJĄCY ŚWIDNIK	M30	168	02:29:23	<b>04:48:41.35</b>	<b>04:50:20.00</b>	+02:18:13 (47.6%)	10:18	5.8 (52.7%)
613	<b>KOWALSKA Gabriela</b>	<b>5264</b>	BIEGAJĄCY ŚWIDNIK	K30	115	02:29:40	<b>04:48:41.05</b>	<b>04:50:20.40</b>	+02:18:14 (47.6%)	10:18	5.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
614	<b>KAWKA Damian</b>	<b>5526</b>		M40	129	02:24:13	<b>04:49:04.25</b>	<b>04:50:23.85</b>	+02:18:17 (47.6%)	10:19	5.8 (52.7%)
615	<b>PAJAŁ Karolina</b>	<b>5322</b>	PUSZCZYK BUKOWY	K40	72	02:24:47	<b>04:50:03.70</b>	<b>04:50:32.45</b>	+02:18:26 (47.6%)	10:21	5.8 (52.7%)
616	<b>MATYJEWICZ Klaudia</b>	<b>5579</b>		K20	36	02:34:45	<b>04:49:04.00</b>	<b>04:50:35.15</b>	+02:18:28 (47.7%)	10:19	5.8 (52.7%)
617	<b>PIECIUL Jacek</b>	<b>5900</b>	DZIKIE DZIKI GORZÓW	M30	169	02:19:23	<b>04:50:03.95</b>	<b>04:50:48.00</b>	+02:18:41 (47.7%)	10:21	5.8 (52.7%)
618	<b>DE KRUIJF Teunis</b>	<b>5951</b>		M20	52	02:25:05	<b>04:49:42.20</b>	<b>04:50:53.65</b>	+02:18:47 (47.7%)	10:20	5.8 (52.7%)
619	<b>KORNILAK Edyta</b>	<b>5089</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	73	02:23:04	<b>04:51:35.60</b>	<b>04:51:53.35</b>	+02:19:46 (47.9%)	10:24	5.8 (52.7%)
620	<b>PRZYBYLSKI Piotr</b>	<b>5596</b>	GO SPORT AK-SPED TEAM	M30	170	02:17:52	<b>04:50:18.05</b>	<b>04:51:59.75</b>	+02:19:53 (47.9%)	10:22	5.8 (52.7%)
621	<b>GADOMSKA Małgorzata</b>	<b>5556</b>		K40	74	02:28:07	<b>04:50:53.20</b>	<b>04:52:00.70</b>	+02:19:54 (47.9%)	10:23	5.8 (52.7%)
622	<b>PIOTRKOWSKA Magda</b>	<b>5894</b>		K20	37	02:35:34	<b>04:50:21.95</b>	<b>04:52:01.30</b>	+02:19:54 (47.9%)	10:22	5.8 (52.7%)
623	<b>ZIÓŁEK Teresa</b>	<b>5963</b>	STAY INSANE	K50	8	02:29:23	<b>04:50:42.15</b>	<b>04:52:10.25</b>	+02:20:03 (47.9%)	10:22	5.8 (52.7%)
624	<b>OLESIAK Małgorzata</b>	<b>5187</b>	MAMY BIEGAMY KIELCE I OKOLICE	K40	75	02:25:03	<b>04:52:04.00</b>	<b>04:52:27.95</b>	+02:20:21 (48.0%)	10:25	5.8 (52.7%)
625	<b>GÓRAL Marcelina</b>	<b>5858</b>		K30	116	02:19:24	<b>04:52:00.05</b>	<b>04:52:39.55</b>	+02:20:33 (48.0%)	10:25	5.8 (52.7%)
626	<b>SZEWCZYK Kamil</b>	<b>5837</b>		M30	171	02:25:02	<b>04:51:59.80</b>	<b>04:52:39.85</b>	+02:20:33 (48.0%)	10:25	5.8 (52.7%)
627	<b>JAGODA Mateusz</b>	<b>5473</b>	FUCHS OIL TEAM	M20	53	02:18:20	<b>04:51:00.90</b>	<b>04:52:46.05</b>	+02:20:39 (48.0%)	10:23	5.8 (52.7%)
627	<b>JAGODA Adam</b>	<b>5390</b>	FUCHS OIL TEAM	M50	31	02:19:45	<b>04:51:00.90</b>	<b>04:52:46.05</b>	+02:20:39 (48.0%)	10:23	5.8 (52.7%)
629	<b>CHOJNACKA-OZDOWSKA Izabela</b>	<b>5172</b>	WAKACJE TEAM MINI	K30	117	02:25:12	<b>04:51:50.10</b>	<b>04:53:07.00</b>	+02:21:00 (48.1%)	10:25	5.8 (52.7%)
630	<b>CHOJNACKI Łukasz</b>	<b>5166</b>	WAKACJE TEAM MINI	M30	172	02:25:14	<b>04:51:49.20</b>	<b>04:53:07.35</b>	+02:21:00 (48.1%)	10:25	5.8 (52.7%)
631	<b>KAYYALI Mira</b>	<b>5248</b>		K30	118	02:26:01	<b>04:52:35.40</b>	<b>04:53:18.95</b>	+02:21:12 (48.1%)	10:26	5.7 (51.8%)
632	<b>PRZYBYLSKA Sylwia</b>	<b>5272</b>	KOLOROWA DRUŻYNA NESSI	K40	76	02:25:42	<b>04:52:16.30</b>	<b>04:53:21.40</b>	+02:21:15 (48.1%)	10:26	5.7 (51.8%)
633	<b>SIWKA Monika</b>	<b>5276</b>	KOLOROWA DRUŻYNA NESSI	K30	119	02:25:57	<b>04:52:18.75</b>	<b>04:53:23.50</b>	+02:21:17 (48.2%)	10:26	5.7 (51.8%)
634	<b>POŹNIAK Aleksandra</b>	<b>5044</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	120	02:32:59	<b>04:52:32.95</b>	<b>04:53:35.05</b>	+02:21:28 (48.2%)	10:26	5.7 (51.8%)
635	<b>DYCKOWSKI Adam</b>	<b>5289</b>		M20	54	02:20:45	<b>04:52:42.35</b>	<b>04:54:06.20</b>	+02:21:59 (48.3%)	10:27	5.7 (51.8%)
636	<b>MODZELEWSKA Milena</b>	<b>5912</b>	BIGYELLOWFOOT ADVENTURE TEAM	K20	38	02:23:13	<b>04:53:36.00</b>	<b>04:54:42.40</b>	+02:22:36 (48.4%)	10:29	5.7 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
637	<b>ŁYSY Aleksandra</b>	<b>5698</b>	PZU SPORT TEAM	K40	77	02:25:50	<b>04:54:25.30</b>	<b>04:55:17.05</b>	+02:23:10 (48.5%)	10:30	5.7 (51.8%)
638	<b>KRAKOWSKA Katarzyna</b>	<b>5382</b>		K40	78	02:30:16	<b>04:54:29.40</b>	<b>04:55:22.90</b>	+02:23:16 (48.5%)	10:31	5.7 (51.8%)
639	<b>ŻAROWSKI Adam</b>	<b>5838</b>		M20	55	02:19:05	<b>04:54:28.30</b>	<b>04:55:25.35</b>	+02:23:18 (48.5%)	10:31	5.7 (51.8%)
640	<b>SARNA Agata</b>	<b>5318</b>		K30	121	02:32:43	<b>04:55:07.80</b>	<b>04:55:26.60</b>	+02:23:20 (48.5%)	10:32	5.7 (51.8%)
641	<b>WCISEŁ Wojciech</b>	<b>5008</b>	DOGONIĆ ŻÓŁWIA TEAM	M30	173	02:31:02	<b>04:54:09.15</b>	<b>04:55:50.30</b>	+02:23:43 (48.6%)	10:30	5.7 (51.8%)
642	<b>SZYMANSKI Krzysztof</b>	<b>5761</b>	BEFIT24 TEAM	M30	174	02:19:15	<b>04:55:09.40</b>	<b>04:55:52.25</b>	+02:23:45 (48.6%)	10:32	5.7 (51.8%)
643	<b>POŁYS Katarzyna</b>	<b>5759</b>	BEFIT24 TEAM	K30	122	02:19:22	<b>04:55:09.85</b>	<b>04:55:52.40</b>	+02:23:46 (48.6%)	10:32	5.7 (51.8%)
644	<b>GRABAREK Justyna</b>	<b>5069</b>		K30	123	02:26:01	<b>04:55:14.40</b>	<b>04:55:56.05</b>	+02:23:49 (48.6%)	10:32	5.7 (51.8%)
645	<b>OLSZEWSKI Tomasz</b>	<b>5101</b>		M40	130	02:30:27	<b>04:54:11.85</b>	<b>04:56:04.60</b>	+02:23:58 (48.6%)	10:30	5.7 (51.8%)
646	<b>MITROFANIUK Agata</b>	<b>5505</b>	YULO RUN TEAM SIEDLE	K30	124	02:32:50	<b>04:55:55.20</b>	<b>04:56:12.65</b>	+02:24:06 (48.6%)	10:34	5.7 (51.8%)
647	<b>PIETRZAK Agnieszka</b>	<b>5634</b>		M40	131	02:27:51	<b>04:54:40.65</b>	<b>04:56:14.55</b>	+02:24:08 (48.7%)	10:31	5.7 (51.8%)
648	<b>SITAREK Iwona</b>	<b>5721</b>	PKO BP	K40	79	02:25:57	<b>04:55:55.35</b>	<b>04:56:58.70</b>	+02:24:52 (48.8%)	10:34	5.7 (51.8%)
649	<b>OTOROWSKA Aleksandra</b>	<b>5271</b>		K30	125	02:33:27	<b>04:55:55.85</b>	<b>04:57:01.55</b>	+02:24:55 (48.8%)	10:34	5.7 (51.8%)
650	<b>OZGA Malwina</b>	<b>5127</b>	TONA SPRZĘTU ZERO TALENTU	K20	39	02:27:45	<b>04:55:48.30</b>	<b>04:57:13.90</b>	+02:25:07 (48.8%)	10:33	5.7 (51.8%)
651	<b>KOZERA Marcin</b>	<b>5941</b>	SKŁADAKI	M30	175	02:24:12	<b>04:57:11.05</b>	<b>04:58:16.70</b>	+02:26:10 (49.0%)	10:36	5.7 (51.8%)
652	<b>RYMON Paweł</b>	<b>5942</b>	SKŁADAKI PIŁA	M30	176	02:29:04	<b>04:57:05.85</b>	<b>04:58:16.75</b>	+02:26:10 (49.0%)	10:36	5.7 (51.8%)
653	<b>BADZIĄGOWSKA Paulina</b>	<b>5677</b>	#WPISZCOKOLWIEK	K20	40	02:34:47	<b>04:56:38.90</b>	<b>04:58:18.10</b>	+02:26:11 (49.0%)	10:35	5.7 (51.8%)
654	<b>LEDWOŃ Aneta</b>	<b>5792</b>	NIGHT RUNNERS GLIWICE	K40	80	02:32:38	<b>04:57:10.35</b>	<b>04:58:27.40</b>	+02:26:21 (49.0%)	10:36	5.7 (51.8%)
655	<b>GRAJEK Tomasz</b>	<b>5063</b>		M40	132	02:25:43	<b>04:57:22.45</b>	<b>04:58:28.30</b>	+02:26:21 (49.0%)	10:37	5.6 (50.9%)
656	<b>RADYMSKA Małgorzata</b>	<b>5586</b>		K20	41	02:31:06	<b>04:58:12.60</b>	<b>04:58:28.95</b>	+02:26:22 (49.0%)	10:39	5.6 (50.9%)
657	<b>WITFER Jacek</b>	<b>5165</b>	BIGYELLOWFOOT ADVENTURE TEAM	M40	133	02:15:17	<b>04:57:37.90</b>	<b>04:58:36.85</b>	+02:26:30 (49.1%)	10:37	5.6 (50.9%)
658	<b>HYLIŃSKA Hanna</b>	<b>5064</b>		K30	126	02:28:30	<b>04:58:20.10</b>	<b>04:58:58.15</b>	+02:26:51 (49.1%)	10:39	5.6 (50.9%)
659	<b>WILKOS Leszek</b>	<b>5459</b>		M30	177	02:25:05	<b>04:58:22.50</b>	<b>04:58:59.30</b>	+02:26:52 (49.1%)	10:39	5.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
660	CHAMCZYK Hanna	5524		K50	9	02:29:28	04:58:07.80	04:59:40.60	+02:27:34 (49.2%)	10:38	5.6 (50.9%)
661	CHAMCZYK Aleksandra	5423		K20	42	02:29:36	04:58:08.20	04:59:40.75	+02:27:34 (49.2%)	10:38	5.6 (50.9%)
662	SZOPIŃSKI Józef	5009	DOGONIĆ ŻÓŁWIA TEAM	M30	178	02:31:00	04:58:17.30	04:59:57.95	+02:27:51 (49.3%)	10:39	5.6 (50.9%)
663	KRZYŻANOWSKA Beata	5010	DOGONIĆ ŻÓŁWIA TEAM	K30	127	02:31:01	04:58:17.90	04:59:58.35	+02:27:51 (49.3%)	10:39	5.6 (50.9%)
664	KONOPKA Grzegorz	5440	DZIKIE GRUBASY SZATANA	M30	179	02:22:14	04:59:42.15	05:00:16.75	+02:28:10 (49.3%)	10:42	5.6 (50.9%)
665	KAŻMIERCZAK Malwina	5490	DZIKIE GRUBASY SZATANA	K30	128	02:28:41	04:59:42.25	05:00:16.85	+02:28:10 (49.3%)	10:42	5.6 (50.9%)
666	ŻAK Agnieszka	5325		K30	129	02:30:40	04:59:38.65	05:01:04.30	+02:28:57 (49.5%)	10:42	5.6 (50.9%)
667	DZWONNIK Bartosz	5519		M30	180	02:30:41	04:59:38.55	05:01:04.45	+02:28:58 (49.5%)	10:42	5.6 (50.9%)
668	KASZTELAN-HUNIA Ewa	5388	WKURW_TEAM	K40	81	02:31:01	04:59:41.95	05:01:26.15	+02:29:19 (49.5%)	10:42	5.6 (50.9%)
669	SANECKA Katarzyna	5771	BEFIT24TEAM	K50	10	02:27:36	05:00:44.30	05:01:26.25	+02:29:19 (49.5%)	10:44	5.6 (50.9%)
670	CEDRO Katarzyna	5778		K30	130	02:24:19	05:00:32.15	05:01:28.10	+02:29:21 (49.5%)	10:44	5.6 (50.9%)
671	DONIEC Katarzyna	5406		K30	131	02:37:42	05:00:45.30	05:02:22.20	+02:30:15 (49.7%)	10:44	5.6 (50.9%)
672	LOSOR Andrzej	5864		M40	134	02:21:10	05:02:01.25	05:02:37.20	+02:30:30 (49.7%)	10:47	5.6 (50.9%)
673	ZIMNY Edyta	5435		K30	132	02:31:30	05:01:43.65	05:02:43.35	+02:30:36 (49.8%)	10:46	5.6 (50.9%)
674	SMOGORZEWSKI Michał	5269	WKURW_TEAM	M30	181	02:20:29	05:01:18.40	05:02:46.95	+02:30:40 (49.8%)	10:45	5.6 (50.9%)
675	RZEPECKA Justyna	5257		K20	43	02:29:35	05:01:25.45	05:03:14.90	+02:31:08 (49.8%)	10:45	5.6 (50.9%)
675	ROSZKOWSKI Tomek	5263		M30	182	02:29:36	05:01:24.65	05:03:14.90	+02:31:08 (49.8%)	10:45	5.6 (50.9%)
677	ZALEWSKA Katarzyna	5108		K40	82	02:29:55	05:02:39.15	05:03:20.05	+02:31:13 (49.9%)	10:48	5.6 (50.9%)
678	LEW Elżbieta	5613		K40	83	02:27:18	05:03:12.60	05:03:58.55	+02:31:52 (50.0%)	10:49	5.5 (50.0%)
678	LEW Artur	5604		M40	135	02:27:19	05:03:12.75	05:03:58.55	+02:31:52 (50.0%)	10:49	5.5 (50.0%)
680		5961				02:25:01	05:03:47.00	05:04:15.45	+02:32:09 (50.0%)	10:50	5.5 (50.0%)
681	SMORAĞIEWICZ Marcin	5475	AKTYWNA FALA	M40	136	02:26:53	05:03:24.65	05:04:27.30	+02:32:20 (50.0%)	10:50	5.5 (50.0%)
682	IWANIEC Ewa	5413		K30	133	02:27:25	05:03:25.25	05:04:27.60	+02:32:21 (50.0%)	10:50	5.5 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
683	<b>NIEWDZIĘCZNA Barbara</b>	<b>5377</b>		K40	84	02:30:11	<b>05:03:27.00</b>	<b>05:04:37.60</b>	+02:32:31 (50.1%)	10:50	5.5 (50.0%)
684	<b>CABAJ Rafał</b>	<b>5434</b>		M30	183	02:18:45	<b>05:04:34.95</b>	<b>05:04:53.35</b>	+02:32:46 (50.1%)	10:52	5.5 (50.0%)
685	<b>BEDNARCZYK Łukasz</b>	<b>5097</b>	BIEGAJĄCE ŻABCIE	M40	137	02:33:07	<b>05:03:40.20</b>	<b>05:04:54.65</b>	+02:32:48 (50.1%)	10:50	5.5 (50.0%)
686	<b>WARMOWSKA Monika</b>	<b>5175</b>	WARMA TEAM	K30	134	02:26:26	<b>05:04:01.20</b>	<b>05:05:08.20</b>	+02:33:01 (50.2%)	10:51	5.5 (50.0%)
687	<b>STUDZIŃSKA Sylwia</b>	<b>5735</b>		K30	135	02:34:28	<b>05:05:06.85</b>	<b>05:05:31.55</b>	+02:33:25 (50.2%)	10:53	5.5 (50.0%)
688	<b>HAJMON Maciej</b>	<b>5999</b>	WKURW_TEAM	M40	138	02:23:56	<b>05:04:59.15</b>	<b>05:06:06.35</b>	+02:33:59 (50.3%)	10:53	5.5 (50.0%)
689	<b>WOŁOWIEC Bożena</b>	<b>5533</b>	KS GŁOWNO W BIEGU	K40	85	02:36:09	<b>05:06:12.35</b>	<b>05:06:47.25</b>	+02:34:40 (50.4%)	10:56	5.5 (50.0%)
690	<b>PIASKOWSKI Sławomir</b>	<b>5511</b>	PZU SPORT TEAM	M40	139	02:30:54	<b>05:05:13.60</b>	<b>05:06:47.60</b>	+02:34:41 (50.4%)	10:54	5.5 (50.0%)
691	<b>TWARDOSZ Maja</b>	<b>5139</b>		K40	86	02:37:04	<b>05:06:18.35</b>	<b>05:06:55.95</b>	+02:34:49 (50.4%)	10:56	5.5 (50.0%)
692	<b>WOWK Alicja</b>	<b>5387</b>	SZWLA STARGARD	K40	87	02:41:48	<b>05:06:45.10</b>	<b>05:06:57.05</b>	+02:34:50 (50.4%)	10:57	5.5 (50.0%)
693	<b>ŻMUDKA Bartek</b>	<b>5959</b>	RYBNICKA GRUPA BIEGOWA	M40	140	02:22:57	<b>05:06:04.40</b>	<b>05:07:54.25</b>	+02:35:47 (50.6%)	10:55	5.5 (50.0%)
694	<b>CZECH Marcin</b>	<b>5334</b>	OCHAJORUN&FRIENDS	M30	184	02:24:43	<b>05:06:05.90</b>	<b>05:07:55.30</b>	+02:35:48 (50.6%)	10:55	5.5 (50.0%)
695	<b>CZECH Bożena</b>	<b>5927</b>		K30	136	02:24:44	<b>05:06:06.60</b>	<b>05:07:55.75</b>	+02:35:49 (50.6%)	10:55	5.5 (50.0%)
696	<b>WYSOCKI Tomasz</b>	<b>5350</b>	OCHAJORUN & FRIENDS	M40	141	02:22:58	<b>05:06:07.60</b>	<b>05:07:56.70</b>	+02:35:50 (50.6%)	10:55	5.5 (50.0%)
697	<b>NOWICKA Marzena</b>	<b>5570</b>	PZU SPORT TEAM	K30	137	02:37:10	<b>05:06:24.00</b>	<b>05:07:57.45</b>	+02:35:51 (50.6%)	10:56	5.5 (50.0%)
698	<b>SKUCIŃSKA Martyna</b>	<b>5726</b>		K30	138	02:30:55	<b>05:06:47.85</b>	<b>05:08:19.55</b>	+02:36:13 (50.7%)	10:57	5.5 (50.0%)
699	<b>KUMAŃSKA Monika</b>	<b>5565</b>	POWERGIRL	K30	139	02:29:34	<b>05:06:48.55</b>	<b>05:08:19.65</b>	+02:36:13 (50.7%)	10:57	5.5 (50.0%)
700	<b>MACIĄG Ewelina</b>	<b>5599</b>	POWERGIRL	K20	44	02:29:36	<b>05:06:49.20</b>	<b>05:08:20.20</b>	+02:36:13 (50.7%)	10:57	5.5 (50.0%)
701	<b>POSS Marcin</b>	<b>5099</b>		M40	142	02:34:22	<b>05:07:40.75</b>	<b>05:08:22.70</b>	+02:36:16 (50.7%)	10:59	5.5 (50.0%)
702	<b>MALSKA- WYROZUMSKA Małgorzata</b>	<b>5315</b>		K30	140	02:31:11	<b>05:08:44.30</b>	<b>05:08:50.45</b>	+02:36:44 (50.7%)	11:01	5.4 (49.1%)
703	<b>POLAK Robert</b>	<b>5690</b>		M50	32	02:24:45	<b>05:08:29.25</b>	<b>05:08:54.55</b>	+02:36:48 (50.8%)	11:01	5.4 (49.1%)
704	<b>ŻÓŁW Hubert</b>	<b>5750</b>	POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH	M40	143	02:26:37	<b>05:08:01.60</b>	<b>05:08:56.55</b>	+02:36:50 (50.8%)	11:00	5.5 (50.0%)
705	<b>ŻUK Agata</b>	<b>5870</b>	#RUNFOR SMILE	K40	88	02:30:47	<b>05:07:39.65</b>	<b>05:09:19.20</b>	+02:37:12 (50.8%)	10:59	5.5 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
706	<b>WOŹNIAK Monika</b>	<b>5441</b>	LUBLIN BIEGA	K40	89	02:30:46	<b>05:07:50.85</b>	<b>05:09:30.50</b>	+02:37:24 (50.9%)	10:59	5.5 (50.0%)
707	<b>BĘDZIŃSKA Jolanta</b>	<b>5259</b>		K40	90	02:33:37	<b>05:08:58.35</b>	<b>05:09:30.80</b>	+02:37:24 (50.9%)	11:02	5.4 (49.1%)
708	<b>PIETRUSIAK Agnieszka</b>	<b>5696</b>		K30	141	02:33:28	<b>05:08:59.80</b>	<b>05:09:32.15</b>	+02:37:25 (50.9%)	11:02	5.4 (49.1%)
709	<b>WOŹNIAK Kasia</b>	<b>5700</b>	ON THE MOVE	K40	91	02:33:40	<b>05:09:05.10</b>	<b>05:09:36.80</b>	+02:37:30 (50.9%)	11:02	5.4 (49.1%)
710	<b>WOŁOWIEC Marcin</b>	<b>5530</b>	KS GŁOWNO W BIEGU	M40	144	02:33:39	<b>05:10:05.65</b>	<b>05:10:39.75</b>	+02:38:33 (51.0%)	11:04	5.4 (49.1%)
711	<b>PTAK Dorota</b>	<b>5464</b>		K40	92	02:35:54	<b>05:10:40.25</b>	<b>05:10:54.90</b>	+02:38:48 (51.1%)	11:05	5.4 (49.1%)
712	<b>RUDNICKA Agata</b>	<b>5359</b>	AKTYWNA FALA	K40	93	02:28:10	<b>05:11:16.80</b>	<b>05:12:19.75</b>	+02:40:13 (51.3%)	11:07	5.4 (49.1%)
713	<b>BAKA Elzbieta</b>	<b>5252</b>		K40	94	02:39:57	<b>05:11:08.75</b>	<b>05:12:21.70</b>	+02:40:15 (51.3%)	11:06	5.4 (49.1%)
714	<b>PAKUŁA Michał</b>	<b>5835</b>		M30	185	02:27:41	<b>05:11:48.20</b>	<b>05:12:51.05</b>	+02:40:44 (51.4%)	11:08	5.4 (49.1%)
715	<b>STOŃ Daniel</b>	<b>5215</b>	BIEGUSIEM.PL / LOST IN SPORT	M40	145	02:39:52	<b>05:12:53.80</b>	<b>05:13:17.70</b>	+02:41:11 (51.4%)	11:10	5.4 (49.1%)
716	<b>MIODUSZEWSKA-KORNIŁOW Agnieszka</b>	<b>5939</b>	GARMIN POLSKA	K40	95	02:39:32	<b>05:12:48.15</b>	<b>05:13:22.45</b>	+02:41:16 (51.5%)	11:10	5.4 (49.1%)
717	<b>GARGAS-DZIEDZINA Joanna</b>	<b>5645</b>	MUAY RUNNING TEAM	K30	142	02:30:27	<b>05:12:44.15</b>	<b>05:13:26.50</b>	+02:41:20 (51.5%)	11:10	5.4 (49.1%)
718	<b>BEDNAREK Roman</b>	<b>5639</b>	NIGHT RUNNERS	M50	33	02:37:54	<b>05:12:28.25</b>	<b>05:13:51.10</b>	+02:41:44 (51.5%)	11:09	5.4 (49.1%)
719	<b>KULIK Katarzyna</b>	<b>5612</b>	NIGHT RUNNERS GLIWICE	K30	143	02:31:51	<b>05:12:41.35</b>	<b>05:13:52.70</b>	+02:41:46 (51.5%)	11:10	5.4 (49.1%)
720	<b>TOMCZYK Małgorzata</b>	<b>5614</b>	ROSSBIEGANI	K40	96	02:35:24	<b>05:12:50.55</b>	<b>05:14:14.05</b>	+02:42:07 (51.6%)	11:10	5.4 (49.1%)
721	<b>MONTEWKA Renata</b>	<b>5109</b>	YULO RUN TEAM SIEDLCE	K30	144	02:22:31	<b>05:14:21.65</b>	<b>05:14:38.25</b>	+02:42:31 (51.7%)	11:13	5.3 (48.2%)
722	<b>ŚWIĘCICKA Dagmara</b>	<b>5194</b>	WKURW_TEAM	K20	45	02:34:48	<b>05:12:58.45</b>	<b>05:14:42.45</b>	+02:42:36 (51.7%)	11:10	5.4 (49.1%)
723	<b>BARAN Michał</b>	<b>5924</b>		M30	186	02:28:52	<b>05:14:27.35</b>	<b>05:14:52.80</b>	+02:42:46 (51.7%)	11:13	5.3 (48.2%)
724	<b>MARCINKOWSKI Piotr</b>	<b>5466</b>		M50	34	02:37:41	<b>05:14:03.00</b>	<b>05:15:20.05</b>	+02:43:13 (51.8%)	11:12	5.3 (48.2%)
725	<b>KNOBLOCH Ewa</b>	<b>5203</b>		K40	97	02:33:40	<b>05:14:04.05</b>	<b>05:15:54.60</b>	+02:43:48 (51.9%)	11:13	5.3 (48.2%)
726	<b>KNOBLOCH Tomasz</b>	<b>5478</b>	ET TEAM	M40	146	02:33:42	<b>05:14:04.55</b>	<b>05:15:54.85</b>	+02:43:48 (51.9%)	11:13	5.3 (48.2%)
727	<b>MIŁOSZ Maria</b>	<b>5135</b>	KASZANKI	K20	46	02:37:11	<b>05:15:43.55</b>	<b>05:17:21.00</b>	+02:45:14 (52.1%)	11:16	5.3 (48.2%)
728	<b>MIODUSZEWSKA Izabela</b>	<b>5149</b>		K40	98	02:35:38	<b>05:17:11.75</b>	<b>05:18:24.55</b>	+02:46:18 (52.2%)	11:19	5.3 (48.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
729	<b>DUKIEWICZ Grażyna</b>	<b>5654</b>	GKT MUSTANGI	K40	99	02:41:09	<b>05:17:08.30</b>	<b>05:18:36.50</b>	+02:46:30 (52.3%)	11:19	5.3 (48.2%)
730	<b>PRZECH-FUS Agnieszka</b>	<b>5142</b>	WW TEAM	K50	11	02:37:33	<b>05:17:59.60</b>	<b>05:19:41.30</b>	+02:47:34 (52.4%)	11:21	5.3 (48.2%)
731	<b>BARCZAK Sylwia</b>	<b>5025</b>	STAY INSANE /PERFECT RUNNER LUBLIN	K30	145	02:46:58	<b>05:19:05.85</b>	<b>05:19:48.45</b>	+02:47:42 (52.4%)	11:23	5.3 (48.2%)
732	<b>MORAWA Mateusz</b>	<b>5877</b>	LACHO TEAM	M30	187	02:44:15	<b>05:18:49.50</b>	<b>05:20:17.15</b>	+02:48:10 (52.5%)	11:23	5.3 (48.2%)
733	<b>AUGUSTYŃSKI Sylwester</b>	<b>5497</b>	LACHO TEAM	M30	188	01:25:56	<b>05:20:16.55</b>	<b>05:20:18.80</b>	+02:48:12 (52.5%)	11:26	5.2 (47.3%)
733	<b>AUGUSTYŃSKA Kinga</b>	<b>5496</b>	LACHO TEAM	K40	100	02:44:16	<b>05:18:51.00</b>	<b>05:20:18.80</b>	+02:48:12 (52.5%)	11:23	5.3 (48.2%)
735	<b>KOTLARCZYK Katarzyna</b>	<b>5348</b>		K30	146	02:39:04	<b>05:18:33.45</b>	<b>05:20:20.75</b>	+02:48:14 (52.5%)	11:22	5.3 (48.2%)
736	<b>HILLER Jerzy</b>	<b>5828</b>	LUBELSKA GRUPA TRIATHLONU	M60	5	02:42:22	<b>05:18:48.65</b>	<b>05:20:29.90</b>	+02:48:23 (52.5%)	11:23	5.3 (48.2%)
737	<b>FURMAN Agnieszka</b>	<b>5060</b>	OCHAJORUN & FRIENDS	K30	147	02:35:49	<b>05:18:49.70</b>	<b>05:20:38.60</b>	+02:48:32 (52.6%)	11:23	5.3 (48.2%)
738	<b>FURMAN Michał</b>	<b>5078</b>	OCHAJORUN & FRIENDS	M30	189	02:35:53	<b>05:18:51.25</b>	<b>05:20:39.15</b>	+02:48:32 (52.6%)	11:23	5.3 (48.2%)
739	<b>SZULC Dominika</b>	<b>5670</b>	#WPISZCOKOLWIEK	K20	47	02:34:47	<b>05:19:48.60</b>	<b>05:21:27.55</b>	+02:49:21 (52.7%)	11:25	5.3 (48.2%)
740	<b>PLEWKA Monika</b>	<b>5911</b>		K30	148	02:36:50	<b>05:19:57.00</b>	<b>05:21:48.65</b>	+02:49:42 (52.7%)	11:25	5.3 (48.2%)
741	<b>ROŹKO Ela</b>	<b>5608</b>	4ROŹKI	K40	101	02:40:45	<b>05:20:11.75</b>	<b>05:21:49.40</b>	+02:49:43 (52.7%)	11:26	5.2 (47.3%)
742	<b>PAPIERZ-RYKAŁA Aleksandra</b>	<b>5724</b>		K30	149	02:45:20	<b>05:20:24.70</b>	<b>05:22:09.10</b>	+02:50:02 (52.8%)	11:26	5.2 (47.3%)
743	<b>LESZCZYŃSKA Małgorzata</b>	<b>5314</b>		K40	102	02:37:57	<b>05:21:24.95</b>	<b>05:22:25.15</b>	+02:50:18 (52.8%)	11:28	5.2 (47.3%)
744	<b>RYBKA Anna</b>	<b>5664</b>		K30	150	02:36:42	<b>05:21:08.35</b>	<b>05:22:25.95</b>	+02:50:19 (52.8%)	11:28	5.2 (47.3%)
745	<b>KACZMAREK-SROKA Anna</b>	<b>5643</b>		K40	103	02:34:15	<b>05:21:08.80</b>	<b>05:22:26.55</b>	+02:50:20 (52.8%)	11:28	5.2 (47.3%)
746	<b>DRATWICKA Agnieszka</b>	<b>5223</b>	12TRI.PL	K40	104	02:41:04	<b>05:21:29.15</b>	<b>05:22:41.35</b>	+02:50:34 (52.9%)	11:28	5.2 (47.3%)
747	<b>OBARSKA Małgorzata</b>	<b>5245</b>		K50	12	02:49:01	<b>05:22:17.70</b>	<b>05:22:50.40</b>	+02:50:44 (52.9%)	11:30	5.2 (47.3%)
748	<b>GASIK Leszek</b>	<b>5500</b>	SŁOŃCA JURY	M40	147	02:27:16	<b>05:22:59.65</b>	<b>05:23:44.75</b>	+02:51:38 (53.0%)	11:32	5.2 (47.3%)
748	<b>GASIK Wiola</b>	<b>5603</b>		K40	105	02:27:27	<b>05:22:58.50</b>	<b>05:23:44.75</b>	+02:51:38 (53.0%)	11:32	5.2 (47.3%)
750	<b>ZAJĄCZKOWSKA Paulina</b>	<b>5134</b>	POWER TRAINING	K30	151	02:42:20	<b>05:22:45.85</b>	<b>05:24:00.30</b>	+02:51:53 (53.1%)	11:31	5.2 (47.3%)
751	<b>SZREITER Monika</b>	<b>5485</b>		K40	106	02:33:38	<b>05:24:23.30</b>	<b>05:24:54.10</b>	+02:52:47 (53.2%)	11:35	5.2 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
752	<b>SOBCZAK Magdalena</b>	<b>5487</b>		K40	107	02:33:48	<b>05:24:43.65</b>	<b>05:25:16.45</b>	+02:53:10 (53.2%)	11:35	5.2 (47.3%)
753	<b>LUZAR Monika</b>	<b>5782</b>	MIA	K40	108	02:44:34	<b>05:25:03.75</b>	<b>05:25:38.05</b>	+02:53:31 (53.3%)	11:36	5.2 (47.3%)
754	<b>LUZAR Andrzej</b>	<b>5791</b>	MIA	M40	148	02:44:36	<b>05:25:04.90</b>	<b>05:25:38.65</b>	+02:53:32 (53.3%)	11:36	5.2 (47.3%)
755	<b>KONTEK Dariusz</b>	<b>5155</b>		M30	190	02:36:28	<b>05:25:19.35</b>	<b>05:26:19.40</b>	+02:54:13 (53.4%)	11:37	5.2 (47.3%)
756	<b>SKOŚKIEWICZ Krzysztof</b>	<b>5011</b>		M40	149	02:31:17	<b>05:25:47.45</b>	<b>05:26:43.00</b>	+02:54:36 (53.4%)	11:38	5.2 (47.3%)
757	<b>ZWIERZ Małgorzata</b>	<b>5197</b>		K40	109	02:44:00	<b>05:25:27.45</b>	<b>05:27:09.00</b>	+02:55:02 (53.5%)	11:37	5.2 (47.3%)
758	<b>UCHAŃSKA-STASIAK Justyna</b>	<b>5729</b>	CKB	K40	110	02:40:29	<b>05:25:59.80</b>	<b>05:27:23.10</b>	+02:55:16 (53.5%)	11:38	5.2 (47.3%)
759	<b>GÓRAJ Joanna</b>	<b>5728</b>	CKB TARNOBRZEG	K40	111	02:40:31	<b>05:25:59.25</b>	<b>05:27:23.20</b>	+02:55:16 (53.5%)	11:38	5.2 (47.3%)
760	<b>GRĘBOWIEC Marcin</b>	<b>5730</b>	CKB	M40	150	02:40:26	<b>05:25:59.85</b>	<b>05:27:23.25</b>	+02:55:16 (53.5%)	11:38	5.2 (47.3%)
761	<b>KRÓLIKOWSKA Katarzyna</b>	<b>5168</b>	WKURW_TEAM	K40	112	02:45:40	<b>05:25:43.60</b>	<b>05:27:24.65</b>	+02:55:18 (53.5%)	11:37	5.2 (47.3%)
762	<b>CZARNY Łukasz</b>	<b>5610</b>	WKURW_TEAM	M30	191	02:29:14	<b>05:26:36.25</b>	<b>05:28:04.65</b>	+02:55:58 (53.6%)	11:39	5.1 (46.4%)
763	<b>SADŁOWSKA Agnieszka</b>	<b>5355</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	113	02:43:23	<b>05:26:43.60</b>	<b>05:28:22.10</b>	+02:56:15 (53.7%)	11:40	5.1 (46.4%)
764	<b>MYŚLIŃSKI Tomasz</b>	<b>5133</b>	BIEGUSIEM.PL	M40	151	02:39:08	<b>05:29:52.00</b>	<b>05:30:09.85</b>	+02:58:03 (53.9%)	11:46	5.1 (46.4%)
765	<b>STROŃSKA Agnieszka</b>	<b>5734</b>	CKB TARNOBRZEG	K40	114	02:31:16	<b>05:28:46.60</b>	<b>05:30:10.85</b>	+02:58:04 (53.9%)	11:44	5.1 (46.4%)
766	<b>KULITA Elżbieta</b>	<b>5769</b>	BBL SANDOMIERZ	K40	115	02:31:10	<b>05:28:46.50</b>	<b>05:30:10.95</b>	+02:58:04 (53.9%)	11:44	5.1 (46.4%)
767	<b>PRZYBYLSKA Magdalena</b>	<b>5718</b>		K30	152	02:53:35	<b>05:28:59.40</b>	<b>05:30:19.30</b>	+02:58:12 (54.0%)	11:45	5.1 (46.4%)
768	<b>SZCZOTKA Małgorzata</b>	<b>5649</b>		K40	116	02:42:16	<b>05:29:13.30</b>	<b>05:30:29.70</b>	+02:58:23 (54.0%)	11:45	5.1 (46.4%)
769	<b>SZCZOTKA Paweł</b>	<b>5647</b>		M40	152	02:42:12	<b>05:29:14.35</b>	<b>05:30:30.60</b>	+02:58:24 (54.0%)	11:45	5.1 (46.4%)
770	<b>BOROWIAK Patrycja</b>	<b>5343</b>	WKURW_TEAM	K30	153	02:37:59	<b>05:29:26.60</b>	<b>05:30:49.95</b>	+02:58:43 (54.0%)	11:45	5.1 (46.4%)
771	<b>GUT Leopold</b>	<b>5653</b>	WKURW_TEAM	M20	56	02:37:56	<b>05:29:27.05</b>	<b>05:30:50.05</b>	+02:58:43 (54.0%)	11:45	5.1 (46.4%)
772	<b>SZYMAŃSKA Anna</b>	<b>5562</b>	12TRI.PL	K30	154	02:30:38	<b>05:30:33.60</b>	<b>05:31:19.25</b>	+02:59:12 (54.1%)	11:48	5.1 (46.4%)
773	<b>SZCZAPA Karol</b>	<b>5320</b>		M20	57	02:32:31	<b>05:30:09.55</b>	<b>05:31:19.55</b>	+02:59:13 (54.1%)	11:47	5.1 (46.4%)
774	<b>KANTOR Tomasz</b>	<b>5371</b>	TRENER24H.COM.PL	M30	192	02:44:30	<b>05:33:47.35</b>	<b>05:33:57.40</b>	+03:01:51 (54.5%)	11:55	5 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
775	<b>WRÓBLEWSKI Marek</b>	<b>5555</b>		M30	193	02:37:25	<b>05:33:56.00</b>	<b>05:35:32.00</b>	+03:03:25 (54.7%)	11:55	5 (45.5%)
776	<b>CZAJKOWSKA Barbara</b>	<b>5551</b>		K30	155	02:37:24	<b>05:33:56.00</b>	<b>05:35:32.30</b>	+03:03:25 (54.7%)	11:55	5 (45.5%)
777	<b>URBAŃCZYK Ewa</b>	<b>5232</b>	MAMY RUSZAMY	K40	117	02:42:11	<b>05:34:21.00</b>	<b>05:35:33.35</b>	+03:03:26 (54.7%)	11:56	5 (45.5%)
778	<b>KOPANIA Paweł</b>	<b>5703</b>	IGT RUNNING TEAM	M30	194	02:43:44	<b>05:34:41.95</b>	<b>05:35:53.00</b>	+03:03:46 (54.7%)	11:57	5 (45.5%)
779	<b>MŁYNARCZYK Ania</b>	<b>5055</b>		K30	156	02:46:04	<b>05:36:02.95</b>	<b>05:37:21.75</b>	+03:05:15 (54.9%)	12:00	5 (45.5%)
780	<b>JASTRZĄB Maciej</b>	<b>5074</b>	DZIKA OSTOJA	M40	153	02:32:57	<b>05:36:23.30</b>	<b>05:37:24.85</b>	+03:05:18 (54.9%)	12:00	5 (45.5%)
781	<b>ZARCZUK Dorota</b>	<b>5469</b>	PZU SPORT TEAM	K30	157	02:44:25	<b>05:36:28.90</b>	<b>05:37:25.55</b>	+03:05:19 (54.9%)	12:01	5 (45.5%)
782	<b>FUSZPANIAK Marcin</b>	<b>5237</b>	SŁYNNI KENIJCZYCY	M30	195	02:47:18	<b>05:38:55.05</b>	<b>05:40:25.55</b>	+03:08:19 (55.3%)	12:06	5 (45.5%)
783	<b>ZOCHNIAK Marek</b>	<b>5161</b>		M50	35	02:33:24	<b>05:41:48.65</b>	<b>05:42:11.00</b>	+03:10:04 (55.5%)	12:12	4.9 (44.5%)
784	<b>ZOCHNIAK Anna</b>	<b>5167</b>		K50	13	02:33:42	<b>05:41:47.10</b>	<b>05:42:11.25</b>	+03:10:04 (55.5%)	12:12	4.9 (44.5%)
785	<b>LATAŁA Wojciech</b>	<b>5418</b>	LEŚNE GRUBASY	M40	154	02:45:20	<b>05:41:27.75</b>	<b>05:43:08.10</b>	+03:11:01 (55.7%)	12:11	4.9 (44.5%)
786	<b>ŚCISŁY Darek</b>	<b>5285</b>	ZWIERZAKI	M40	155	02:33:33	<b>05:41:52.70</b>	<b>05:43:13.75</b>	+03:11:07 (55.7%)	12:12	4.9 (44.5%)
787	<b>SOWA Sylwia</b>	<b>5757</b>	PZU SPORT TEAM	K40	118	02:37:07	<b>05:42:20.50</b>	<b>05:43:55.80</b>	+03:11:49 (55.8%)	12:13	4.9 (44.5%)
788	<b>JÓŻWIK Artur</b>	<b>5841</b>		M40	156	02:49:32	<b>05:44:29.20</b>	<b>05:45:33.50</b>	+03:13:27 (56.0%)	12:18	4.9 (44.5%)
789	<b>STASIAK Waldemar</b>	<b>5256</b>		M40	157	02:40:52	<b>05:46:31.20</b>	<b>05:47:21.75</b>	+03:15:15 (56.2%)	12:22	4.8 (43.6%)
790	<b>DEJA Andrzej</b>	<b>5140</b>		M50	36	02:40:51	<b>05:46:31.95</b>	<b>05:47:22.15</b>	+03:15:15 (56.2%)	12:22	4.8 (43.6%)
791	<b>ROGIŃSKA Katarzyna</b>	<b>5204</b>	WKURW_TEAM	K50	14	02:46:41	<b>05:47:52.95</b>	<b>05:49:20.50</b>	+03:17:14 (56.5%)	12:25	4.8 (43.6%)
792	<b>CERANOWSKA Aga</b>	<b>5913</b>	PSEUDOBIEGACZKI	K40	119	02:54:58	<b>05:50:08.70</b>	<b>05:51:17.90</b>	+03:19:11 (56.7%)	12:30	4.8 (43.6%)
793	<b>CZAPLICKA Luiza</b>	<b>5673</b>		K40	120	02:50:49	<b>05:50:08.20</b>	<b>05:51:33.20</b>	+03:19:26 (56.7%)	12:30	4.8 (43.6%)
794	<b>FEHLER Piotr</b>	<b>5925</b>		M20	58	02:41:26	<b>05:50:09.30</b>	<b>05:51:33.80</b>	+03:19:27 (56.7%)	12:30	4.8 (43.6%)
795	<b>KOSTRZEWA Elwira</b>	<b>5620</b>	PZU SPORT TEAM	K40	121	02:46:36	<b>05:53:19.80</b>	<b>05:54:12.35</b>	+03:22:05 (57.1%)	12:37	4.8 (43.6%)
796	<b>SIERECKI Zbigniew</b>	<b>5574</b>	WKURW_TEAM / PIĘKNI I BESTIE	M40	158	02:46:20	<b>05:54:12.00</b>	<b>05:55:15.25</b>	+03:23:08 (57.2%)	12:39	4.7 (42.7%)
797	<b>SIERECKA Dorota</b>	<b>5144</b>	WKURW_TEAM	K30	158	02:57:06	<b>05:53:50.50</b>	<b>05:55:15.30</b>	+03:23:08 (57.2%)	12:38	4.7 (42.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
798	<b>KRZYŻANOWSKA Joanna</b>	<b>5241</b>		K20	48	02:52:03	<b>05:54:00.30</b>	<b>05:55:39.95</b>	+03:23:33 (57.2%)	12:38	4.7 (42.7%)
799	<b>RŻANY Monika</b>	<b>5039</b>	ZABIEGANI MIELEC / WKURW_TEAM	K40	122	02:59:49	<b>05:53:56.90</b>	<b>05:55:41.45</b>	+03:23:35 (57.2%)	12:38	4.7 (42.7%)
800	<b>KOPEĆ-KONTEK Monika</b>	<b>5148</b>		K30	159	02:50:47	<b>05:54:52.20</b>	<b>05:55:51.45</b>	+03:23:45 (57.3%)	12:40	4.7 (42.7%)
801	<b>MICHNO Anna</b>	<b>5882</b>	LACHO TEAM	K40	123	03:06:53	<b>05:54:10.60</b>	<b>05:55:53.55</b>	+03:23:47 (57.3%)	12:38	4.7 (42.7%)
802	<b>MICHNO Tomasz</b>	<b>5881</b>	LACHO TEAM	M40	159	03:06:53	<b>05:54:11.40</b>	<b>05:55:54.50</b>	+03:23:48 (57.3%)	12:38	4.7 (42.7%)
803	<b>PAWELEC Justyna</b>	<b>5402</b>		K30	160	02:44:52	<b>05:56:44.25</b>	<b>05:58:03.65</b>	+03:25:57 (57.5%)	12:44	4.7 (42.7%)
804	<b>WRZOSEK Justyna</b>	<b>5405</b>		K30	161	02:44:54	<b>05:56:44.45</b>	<b>05:58:03.95</b>	+03:25:57 (57.5%)	12:44	4.7 (42.7%)
805	<b>BORKOWSKA Ewa</b>	<b>5171</b>	WKURW-TEAM	K60	3	03:03:46	<b>05:58:28.25</b>	<b>05:59:08.85</b>	+03:27:02 (57.6%)	12:48	4.7 (42.7%)
806	<b>RACZYŃSKI Ireneusz</b>	<b>5126</b>		M50	37	02:22:37	<b>06:00:20.20</b>	<b>06:00:35.30</b>	+03:28:28 (57.8%)	12:52	4.7 (42.7%)
807	<b>RACZYŃSKA Anna</b>	<b>5115</b>		K50	15	02:45:25	<b>06:00:20.60</b>	<b>06:00:35.55</b>	+03:28:29 (57.8%)	12:52	4.7 (42.7%)
808	<b>JEZIOREK Józef</b>	<b>5213</b>		M40	160	02:49:26	<b>06:02:03.90</b>	<b>06:03:27.05</b>	+03:31:20 (58.1%)	12:55	4.6 (41.8%)
809	<b>RZEPECKI Marek</b>	<b>5488</b>	BULBASY BIEGAJĄ	M50	38	02:47:41	<b>06:01:52.25</b>	<b>06:03:45.85</b>	+03:31:39 (58.2%)	12:55	4.6 (41.8%)
810	<b>SMÓLKA Edyta</b>	<b>5657</b>		K40	124	02:55:25	<b>06:03:58.20</b>	<b>06:05:31.95</b>	+03:33:25 (58.4%)	12:59	4.6 (41.8%)
810	<b>SOSNOWSKI Marek</b>	<b>5082</b>		M40	161	02:55:26	<b>06:03:57.80</b>	<b>06:05:31.95</b>	+03:33:25 (58.4%)	12:59	4.6 (41.8%)
812	<b>CAI Hyaiying</b>	<b>5940</b>		K20	49	03:00:12	<b>06:08:31.00</b>	<b>06:09:48.35</b>	+03:37:41 (58.9%)	13:09	4.6 (41.8%)
813	<b>KOŚCIELSKI Patryk</b>	<b>5018</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	162	03:01:39	<b>06:11:04.30</b>	<b>06:12:46.35</b>	+03:40:39 (59.2%)	13:15	4.5 (40.9%)
814	<b>KOŚCIELSKA Agnieszka</b>	<b>5323</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	125	03:02:31	<b>06:11:04.25</b>	<b>06:12:46.60</b>	+03:40:40 (59.2%)	13:15	4.5 (40.9%)
815	<b>POPIELSKA- NEMŚ Dorota</b>	<b>5509</b>		K40	126	02:59:25	<b>06:11:01.80</b>	<b>06:12:56.05</b>	+03:40:49 (59.2%)	13:15	4.5 (40.9%)
816	<b>SOT Lucjan</b>	<b>5666</b>	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	39	02:52:23	<b>06:12:45.25</b>	<b>06:13:20.60</b>	+03:41:14 (59.3%)	13:18	4.5 (40.9%)
817	<b>KUNA Katarzyna</b>	<b>5065</b>	KS ALASKA	K40	127	02:59:24	<b>06:19:22.05</b>	<b>06:21:13.80</b>	+03:49:07 (60.1%)	13:32	4.4 (40.0%)
818	<b>ŚCISŁY Ola</b>	<b>5491</b>	ZWIERZAKI	K40	128	03:11:57	<b>06:20:01.65</b>	<b>06:21:22.40</b>	+03:49:16 (60.1%)	13:34	4.4 (40.0%)
819	<b>BARABASZ Piotr</b>	<b>5817</b>		M30	196	03:13:32	<b>06:23:42.20</b>	<b>06:24:50.80</b>	+03:52:44 (60.5%)	13:42	4.4 (40.0%)
820	<b>GAPIŃSKA Martyna</b>	<b>5290</b>		K30	162	03:13:39	<b>06:23:51.75</b>	<b>06:24:59.85</b>	+03:52:53 (60.5%)	13:42	4.4 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
821	<b>PAWŁOWSKA Danuta</b>	<b>5397</b>	WKURW_TEAM	K40	129	03:08:04	<b>06:25:35.95</b>	<b>06:25:50.85</b>	+03:53:44 (60.6%)	13:46	4.4 (40.0%)
822	<b>GREGORCZYK Jadwiga</b>	<b>5177</b>	WKURW_TEAM / ZABIEGANI MIELEC	K20	50	03:16:03	<b>06:30:26.40</b>	<b>06:32:10.90</b>	+04:00:04 (61.2%)	13:56	4.3 (39.1%)
823	<b>WILK Anna</b>	<b>5114</b>	ZABIEGANI MIELEC	K40	130	03:15:54	<b>06:30:26.35</b>	<b>06:32:11.15</b>	+04:00:04 (61.2%)	13:56	4.3 (39.1%)
824	<b>NOWAK Joanna</b>	<b>5584</b>		K40	131	02:54:55	<b>06:38:17.85</b>	<b>06:40:10.75</b>	+04:08:04 (62.0%)	14:13	4.2 (38.2%)
825	<b>BĄDZIUL Dorota</b>	<b>5080</b>		K30	163	03:25:51	<b>06:42:53.50</b>	<b>06:43:24.25</b>	+04:11:17 (62.3%)	14:23	4.2 (38.2%)
826	<b>GAC Agata</b>	<b>5628</b>	ORANGE	K30	164	03:07:18	<b>06:48:16.65</b>	<b>06:48:57.95</b>	+04:16:51 (62.8%)	14:34	4.1 (37.3%)
827	<b>NOWIŃSKI Jakub</b>	<b>5073</b>		M30	197	02:58:15	<b>06:50:43.45</b>	<b>06:52:13.30</b>	+04:20:06 (63.1%)	14:40	4.1 (37.3%)
828	<b>KWIATKOWSKA Alicja</b>	<b>5174</b>	BIGYELLOWFOOT ADVENTURE TEAM	K30	165	02:50:50	<b>07:20:52.40</b>	<b>07:22:10.45</b>	+04:50:04 (65.6%)	15:44	3.8 (34.5%)
	<b>ODOLIŃSKA Agnieszka</b>	<b>5045</b>	PSZCZÓŁKOWSKI TEAM	K40		01:58:14 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>TERZONI Christian</b>	<b>5889</b>	MARCIN ŚWIERC TEAM	M30		01:27:44 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ZIELIŃSKA Weronika</b>	<b>5281</b>	12TRI.PL / ASICSFRONTRUNNER POLSKA	K30		01:43:27 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DZIĘCIOŁ Artur</b>	<b>5786</b>		M30		02:37:36 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>LOS Ania</b>	<b>5051</b>	TULRAM SIĘ TEAM / WKURW_TEAM / ALBATROSY	K40		03:12:02 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SAMEK Artur</b>	<b>5520</b>		M40		03:20:04 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GRUBE Bartosz</b>	<b>5049</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30		03:20:48 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SKRZYPCZAK Marta</b>	<b>5087</b>	RUN EXPERT LEJDIS	K40		03:29:48 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SKRZYPCZAK Wiktoria</b>	<b>5076</b>		K20		03:29:49 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ZDANOWSKA Anna</b>	<b>5375</b>	RAZEM TRENUJEMY SPORT	K30		03:49:20 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>OSIŃSKA Agata</b>	<b>5366</b>		K40		03:54:51 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ZBIERAŃSKI Dariusz</b>	<b>5688</b>		M30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BEDNARCZYK Mariusz</b>	<b>5106</b>	STRAŻ MIEJSKA WARSZAWA	M40		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 841 wynik(ów)