

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	POŻAROWSZCZYK Adam	5123	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	1	01:21:06	02:32:03.05	02:32:06.40		5:25	11 (100%)
2	ZDANOWSKI Łukasz	5023		M20	1	01:23:03	02:32:09.35	02:32:11.45	+00:00:05 (0.1%)	5:26	11 (100%)
3	SYCHOWICZ Daniel	5897	GRAZIA RUNNING	M30	2	01:23:35	02:34:29.30	02:34:31.85	+00:02:25 (1.6%)	5:31	10.9 (99.1%)
4	BAL Jakub	5667	LOS TREPOS COMPANIEROS	M20	2	01:25:31	02:39:08.15	02:39:09.95	+00:07:03 (4.4%)	5:41	10.6 (96.4%)
5	CHOJNACKI Szymon	5883	RAZEM TRENUJEMY SPORT	M30	3	01:25:38	02:39:51.50	02:39:57.60	+00:07:51 (4.9%)	5:42	10.5 (95.5%)
6	ŚWIERAD Dariusz	5050	ASICS FRONTRUNNER POLSKA	M30	4	01:24:21	02:40:28.25	02:40:31.80	+00:08:25 (5.2%)	5:43	10.5 (95.5%)
7	ŻUCHOWSKI Daniel	5776	NOWA HUTA TEAM	M30	5	01:29:01	02:40:43.85	02:40:47.70	+00:08:41 (5.4%)	5:44	10.5 (95.5%)
8	KANTOR Martyna	5923	BUFF TEAM POLSKA	K20	1	01:27:09	02:40:45.65	02:40:48.00	+00:08:41 (5.4%)	5:44	10.4 (94.5%)
9	KOZAK Krzysztof	5644	SPEED FEET 16	M20	3	01:28:26	02:42:26.80	02:42:34.10	+00:10:27 (6.4%)	5:48	10.3 (93.6%)
10	STOCHMALSKI Piotr	5840	ADIDAS RUNNERS WARSAW / SYGNAŁ CHODEL	M20	4	01:26:01	02:42:43.65	02:42:46.40	+00:10:40 (6.6%)	5:48	10.3 (93.6%)
11	TABER Konrad	5449	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M20	5	01:26:31	02:42:47.20	02:42:50.30	+00:10:43 (6.6%)	5:48	10.3 (93.6%)
12	GOMOŁYSEK Kinga	5855	MATNER RUNNING TEAM	K30	1	01:27:26	02:43:38.55	02:43:41.20	+00:11:34 (7.1%)	5:50	10.3 (93.6%)
13	BANASZEK Adam	5896	BIEGUSIEM.PL	M30	6	01:30:28	02:45:46.90	02:45:49.25	+00:13:42 (8.3%)	5:55	10.1 (91.8%)
14	KAPAON Aleksander	5452	CAZZO CLUB	M20	6	01:27:30	02:46:00.50	02:46:05.65	+00:13:59 (8.4%)	5:55	10.1 (91.8%)
15	MINDAK Paweł	5632		M40	1	01:29:25	02:48:05.00	02:48:05.00	+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	DOMBROWSKI Jakub	5295	KRAWAWE SUTY RUN8BIKE	M30	7	01:32:31	02:47:57.35	02:48:09.50	+00:16:03 (9.5%)	5:59	10 (90.9%)
17	KNYCHAS Darek	5815	PZU SPORT TEAM	M40	2	01:30:14	02:48:09.05	02:48:19.00	+00:16:12 (9.6%)	6:00	10 (90.9%)
18	STAWIARZ Paweł	5105		M30	8	01:29:43	02:49:32.95	02:49:36.95	+00:17:30 (10.3%)	6:03	9.9 (90.0%)
19	SARNA Kamil	5780		M30	9	01:31:40	02:52:32.45	02:52:36.55	+00:20:30 (11.9%)	6:09	9.7 (88.2%)
20	CICHY Mateusz	5656		M20	7	01:32:13	02:53:27.20	02:53:30.30	+00:21:23 (12.3%)	6:11	9.7 (88.2%)
21	SIEMBOR Karol	5563	ZIELONE ŻÓŁWIE	M20	8	01:29:38	02:53:50.20	02:53:58.15	+00:21:51 (12.6%)	6:12	9.7 (88.2%)
22	BRÓG Wojciech	5767		M30	10	01:31:02	02:54:39.20	02:54:41.75	+00:22:35 (12.9%)	6:14	9.6 (87.3%)
23	NOWAK Artur	5410	A&G CARP TEAM	M40	3	01:33:50	02:57:41.05	02:57:46.95	+00:25:40 (14.4%)	6:20	9.5 (86.4%)
24	ZIELAK Dariusz	5212		M40	4	01:34:10	02:57:45.85	02:57:51.75	+00:25:45 (14.5%)	6:20	9.5 (86.4%)
25	GOŁĄB Marek	5448	KW KOTŁOWNIA	M30	11	01:32:34	02:57:51.60	02:57:55.20	+00:25:48 (14.5%)	6:21	9.4 (85.5%)
26	GAŁKA Piotr	5439	CAZZO CLUB	M30	12	01:32:34	02:58:05.30	02:58:10.45	+00:26:04 (14.6%)	6:21	9.4 (85.5%)
27	BERTINO Francesco	5331	CAZZO CLUB	M20	9	01:34:48	02:58:13.10	02:58:22.40	+00:26:16 (14.7%)	6:21	9.4 (85.5%)
28	ZARĘBA Filip	5100	ZABIEGANI MIELEC	M20	10	01:33:27	02:59:25.15	02:59:33.75	+00:27:27 (15.3%)	6:24	9.4 (85.5%)
29	FILIPIŃSKI Bartosz	5658		M30	13	01:33:14	03:01:44.25	03:01:50.15	+00:29:43 (16.3%)	6:29	9.2 (83.6%)
30	DZIÓB Romuald	5833		M40	5	01:34:59	03:01:49.20	03:01:58.95	+00:29:52 (16.4%)	6:29	9.2 (83.6%)
31	ZAJĄCZKOWSKI Rafał	5615	NIEKONIECZNIE DOBIEGNIEMY	M40	6	01:39:29	03:02:21.95	03:02:21.95	+00:30:15 (16.6%)	6:30	9.2 (83.6%)
32	BIENIECKA Anna	5933	OTK RZEŹNIK	K30	2	01:36:44	03:02:54.45	03:02:56.80	+00:30:50 (16.9%)	6:31	9.2 (83.6%)
33	MORAWSKI Grzegorz	5327	TRENER24H.COM.PL	M30	14	01:39:52	03:03:02.60	03:03:06.25	+00:30:59 (16.9%)	6:32	9.2 (83.6%)
34	ŚWIERK Marek	5892		M40	7	01:37:01	03:04:26.70	03:04:29.45	+00:32:23 (17.6%)	6:35	9.1 (82.7%)
35	ROGALA Grzegorz	5250	KORAL TEAM	M40	8	01:33:30	03:04:30.35	03:04:33.10	+00:32:26 (17.6%)	6:35	9.1 (82.7%)
36	SOLWA Ewelina	5809	4RUNTEAM	K30	3	01:39:24	03:04:31.45	03:04:50.15	+00:32:43 (17.7%)	6:35	9.1 (82.7%)
37	JANOWSKI Tomasz	5611	ŁĘCZNA BIEGA	M30	15	01:37:54	03:05:45.80	03:05:53.75	+00:33:47 (18.2%)	6:38	9 (81.8%)
38	MAZURCZAK Łukasz	5573		M30	16	01:38:06	03:05:37.35	03:06:04.55	+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	MIKOŁAJCZYK Robert	5293	DRUŻYNA ORZECHA ŻYRARDÓW	M40	9	01:37:21	03:05:39.90	03:06:10.65	+00:34:04 (18.3%)	6:37	9 (81.8%)
40	AMANOWICZ Marek	5043	RUNNING POŁANIEC	M30	17	01:42:26	03:06:02.10	03:06:18.60	+00:34:12 (18.4%)	6:38	9 (81.8%)
41	TYRAŁA Łukasz	5200		M30	18	01:38:57	03:06:37.45	03:06:55.05	+00:34:48 (18.6%)	6:39	9 (81.8%)
42	KALINOWSKI Paweł	5224		M30	19	01:38:20	03:07:11.90	03:07:23.70	+00:35:17 (18.8%)	6:41	9 (81.8%)
43	GALIŃSKI Łukasz	5652		M30	20	01:36:54	03:07:59.10	03:08:06.25	+00:35:59 (19.1%)	6:42	8.9 (80.9%)
44	FILIPEK Wojciech	5253	OPTIM TRAVEL ULTRA	M50	1	01:42:20	03:07:49.65	03:08:10.10	+00:36:03 (19.2%)	6:42	8.9 (80.9%)
45	GACA Michał	5472	PZU SPORT TEAM	M40	10	01:37:29	03:07:52.30	03:08:12.55	+00:36:06 (19.2%)	6:42	8.9 (80.9%)
46	MROWCA Joanna	5173		K20	2	01:40:10	03:08:54.30	03:08:57.50	+00:36:51 (19.5%)	6:44	8.9 (80.9%)
47	LATAK Michał	5030	JACEKBIEGA RUNNING TEAM	M40	11	01:41:06	03:09:00.00	03:09:23.45	+00:37:17 (19.7%)	6:45	8.9 (80.9%)
48	KOZICKI Marcin	5304		M30	21	01:42:27	03:10:18.05	03:10:38.80	+00:38:32 (20.2%)	6:47	8.8 (80.0%)
49	GROCHOWSKI Krystian	5804	SKŁADAKI	M40	12	01:37:05	03:10:44.05	03:10:52.75	+00:38:46 (20.3%)	6:48	8.8 (80.0%)
50	RUPIŃSKI Krzysztof	5755		M20	11	01:38:50	03:11:07.10	03:11:20.70	+00:39:14 (20.5%)	6:49	8.8 (80.0%)
51	GARCZYŃSKI Darek	5594		M40	13	01:48:37	03:11:31.85	03:11:39.90	+00:39:33 (20.6%)	6:50	8.8 (80.0%)
52	FRISZ Jakub	5662	ŁÓDŹMY SIĘ	M30	22	01:40:31	03:11:50.75	03:11:56.55	+00:39:50 (20.8%)	6:51	8.8 (80.0%)
53	SZPINEK Marcin	5904	TUTU TEAM	M30	23	01:44:24	03:11:55.75	03:12:26.75	+00:40:20 (21.0%)	6:51	8.8 (80.0%)
54	WASZTYL Grzegorz	5783		M40	14	01:35:40	03:12:27.40	03:12:31.85	+00:40:25 (21.0%)	6:52	8.7 (79.1%)
55	STACHURSKI Piotr	5733		M30	24	01:31:12	03:12:31.80	03:12:34.70	+00:40:28 (21.0%)	6:52	8.7 (79.1%)
56	SURDACKI Mateusz	5179		M30	25	01:41:47	03:12:39.70	03:12:56.25	+00:40:49 (21.2%)	6:52	8.7 (79.1%)
57	KILIMNIK Tomasz	5277	HARDCOROWE WYCHYLYLYBYMY	M30	26	01:39:16	03:12:55.05	03:13:36.00	+00:41:29 (21.4%)	6:53	8.7 (79.1%)
58	STAN Jacek	5955		M40	15	01:45:59	03:13:03.95	03:14:02.00	+00:41:55 (21.6%)	6:53	8.7 (79.1%)
59	KWAŚNY Janusz	5280		M40	16	01:43:10	03:14:11.55	03:14:50.70	+00:42:44 (21.9%)	6:56	8.7 (79.1%)
60	LUTEREK Michał	5347		M30	27	01:43:52	03:13:08.90	03:14:56.95	+00:42:50 (22.0%)	6:53	8.7 (79.1%)
61	KOPYTOWSKA Anna	5428	ADIDAS RUNNERS WARSAW	K30	4	01:41:56	03:15:12.75	03:15:18.35	+00:43:11 (22.1%)	6:58	8.6 (78.2%)

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

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85	WILCZAK Janusz	5357		M40	25	01:43:45	03:22:55.35	03:22:58.85	+00:50:52 (25.1%)	7:14	8.3 (75.5%)
86	ŁUCZKÓW Szymon	5886		M30	36	01:44:19	03:22:57.40	03:23:07.75	+00:51:01 (25.1%)	7:14	8.3 (75.5%)
87	MAŁECKI Jacek	5663		M30	37	01:42:46	03:23:12.15	03:23:16.00	+00:51:09 (25.2%)	7:15	8.3 (75.5%)
88	JASIULEWICZ Anna	5743		K40	2	01:46:16	03:23:06.15	03:23:17.80	+00:51:11 (25.2%)	7:15	8.3 (75.5%)
89	NALAZEK Marcin	5178	PIASECZNO RUNNING	M30	38	01:48:10	03:23:11.90	03:23:18.15	+00:51:11 (25.2%)	7:15	8.3 (75.5%)
90	AGRES Paweł	5575	KW KOTŁOWNIA	M30	39	01:46:37	03:22:48.35	03:23:21.40	+00:51:15 (25.2%)	7:14	8.3 (75.5%)
91	DRZEWIECKI Michał	5283	SAP HYBRIS	M30	40	01:45:16	03:22:55.20	03:23:22.70	+00:51:16 (25.2%)	7:14	8.3 (75.5%)
92	ŁUŻYŃSKA Patrycja	5484	MKL SZCZECIN	K20	3	01:50:34	03:23:14.30	03:23:41.35	+00:51:34 (25.3%)	7:15	8.3 (75.5%)
93	OLCZAK Marta	5411	SZWLA STARGARD	K30	6	01:47:03	03:24:03.05	03:24:06.95	+00:52:00 (25.5%)	7:17	8.2 (74.5%)
94	GAJEWSKI Jacek	5493	DOGOŃ GRODZISK MAZOWIECKI	M40	26	01:50:41	03:23:49.55	03:24:16.45	+00:52:10 (25.5%)	7:16	8.2 (74.5%)
95	MODRZEJEWSKI Adam	5559	KLUB WYSOKOGÓRSKI WARSZAWA	M30	41	01:48:04	03:23:52.90	03:24:19.80	+00:52:13 (25.6%)	7:16	8.2 (74.5%)
96	SANKOWSKI Szymon	5056	ZABIEGANI MIELEC	M30	42	01:42:28	03:24:08.45	03:24:25.70	+00:52:19 (25.6%)	7:17	8.2 (74.5%)
97	ADAMIAK Marcin	5738	EVERRUN	M40	27	01:41:35	03:24:24.20	03:24:30.30	+00:52:23 (25.6%)	7:18	8.2 (74.5%)
98	MĘŻYKOWSKI Michał	5685		M40	28	01:43:51	03:24:19.50	03:24:41.05	+00:52:34 (25.7%)	7:17	8.2 (74.5%)
99	SZYSZKA Anna	5095		K20	4	01:51:00	03:24:00.25	03:24:41.60	+00:52:35 (25.7%)	7:17	8.2 (74.5%)
100	OSTROWSKI Zbyszek	5230		M50	4	01:46:45	03:24:30.25	03:24:44.20	+00:52:37 (25.7%)	7:18	8.2 (74.5%)
101	MAŃKA Krzysztof	5770	PZU SPORT TEAM	M30	43	01:54:01	03:24:21.65	03:25:08.85	+00:53:02 (25.9%)	7:17	8.2 (74.5%)
102	MADEJ Tomasz	5787	FIZJOPUNKT FIZJOTERAPIA	M40	29	01:43:37	03:25:11.60	03:25:21.55	+00:53:15 (25.9%)	7:19	8.2 (74.5%)
103	KOZŁOWSKI Przemysław	5455	VERA RUNNIGTEAM	M30	44	01:50:47	03:25:22.60	03:25:28.05	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
103	BANDEL Adam	5901		M30	45	01:50:51	03:25:22.90	03:25:28.05	+00:53:21 (26.0%)	7:20	8.2 (74.5%)
105	SZANIAWSKI Marcin	5038		M30	46	01:41:04	03:25:17.40	03:25:41.90	+00:53:35 (26.1%)	7:19	8.2 (74.5%)
106	JAKUBAS Paweł	5328	WPJ TEAM	M40	30	01:52:11	03:26:01.95	03:26:31.05	+00:54:24 (26.3%)	7:21	8.2 (74.5%)
107	GRYMUZA Zbigniew	5788	SKPB LUBLIN	M50	5	01:48:25	03:26:15.00	03:26:36.25	+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	TWORZYDŁO Paweł	5385	PIKUSIE RUNNING TEAM	M40	31	01:47:55	03:25:51.95	03:26:40.10	+00:54:33 (26.4%)	7:21	8.2 (74.5%)
109	GĄTARCZYK Mariusz	5395	DZIKIE GRUBASY SZATANA	M30	47	01:48:04	03:26:06.60	03:26:40.55	+00:54:34 (26.4%)	7:21	8.2 (74.5%)
110	RUKUSZEWICZ Wawrzyniec	5409	DZIKIE GRUBASY SZATANA	M30	48	01:50:30	03:27:22.95	03:27:55.95	+00:55:49 (26.8%)	7:24	8.1 (73.6%)
111	CIURKA-BASTER Karolina	5024	FUNDACJA TRENUJĘ-POMAGAM	K30	7	01:51:24	03:27:49.90	03:27:56.35	+00:55:49 (26.9%)	7:25	8.1 (73.6%)
112	ULICZNY Paweł	5737	REMBERTÓW TEAM	M40	32	01:46:35	03:27:54.35	03:28:03.75	+00:55:57 (26.9%)	7:25	8.1 (73.6%)
113	WÓJCIK Agnieszka	5153	DZIUBA TEAM	K30	8	01:46:50	03:28:08.50	03:28:13.75	+00:56:07 (27.0%)	7:26	8.1 (73.6%)
114	JUREK Przemysław	5686	KS STASZEWSKY	M40	33	01:46:49	03:27:54.55	03:28:17.00	+00:56:10 (27.0%)	7:25	8.1 (73.6%)
115	RUTYNA Dawid	5751	TRICLUB	M30	49	01:51:42	03:27:29.45	03:28:18.50	+00:56:12 (27.0%)	7:24	8.1 (73.6%)
116	HRYCIUK Maciej	5234		M20	15	01:47:58	03:28:22.85	03:28:30.90	+00:56:24 (27.1%)	7:26	8.1 (73.6%)
117	BINOWSKI Grzegorz	5261		M30	50	01:47:33	03:28:23.70	03:28:31.10	+00:56:24 (27.1%)	7:26	8.1 (73.6%)
118	DUTKIEWICZ Marcin	5958	BIEGNIJ DUDEK	M50	6	01:54:18	03:28:51.45	03:28:54.50	+00:56:48 (27.2%)	7:27	8 (72.7%)
119	PYTEL Waldek	5151	YULO RUN TEAM SIEDLCE	M50	7	01:46:42	03:28:40.75	03:28:55.05	+00:56:48 (27.2%)	7:27	8.1 (73.6%)
120	GARNYS Radek	5421	VERA RUNNING TEAM	M40	34	01:54:08	03:28:44.60	03:29:30.85	+00:57:24 (27.4%)	7:27	8 (72.7%)
121	WALASZCZYK Piotr	5680	ENDURANCE TEAM	M40	35	01:50:02	03:28:28.60	03:29:36.75	+00:57:30 (27.4%)	7:26	8.1 (73.6%)
122	ŁODZIANA Dorota	5286	PSZCZÓŁKOWSKI TEAM	K30	9	01:53:11	03:29:30.65	03:30:01.70	+00:57:55 (27.6%)	7:28	8 (72.7%)
123	OSTROWSKI Marcin	5458	PZU SPORT TEAM	M30	51	01:53:55	03:29:25.95	03:30:12.85	+00:58:06 (27.6%)	7:28	8 (72.7%)
124	SZCZEPAŃSKI Marcin	5744	EVERRUN	M40	36	01:41:57	03:30:19.70	03:30:25.65	+00:58:19 (27.7%)	7:30	8 (72.7%)
125	STĘPIEŃ Mirosław	5831	ROSSBIEGANI	M40	37	01:50:33	03:29:29.85	03:30:29.85	+00:58:23 (27.7%)	7:28	8 (72.7%)
126	CZECHOSKI Tomasz	5084	ENTRE.PL TEAM	M40	38	01:44:05	03:30:14.05	03:30:30.40	+00:58:24 (27.7%)	7:30	8 (72.7%)
127	BOSIANEK Kamila	5811	4RUNTEAM PIŁA	K40	3	01:53:56	03:30:13.80	03:30:33.95	+00:58:27 (27.8%)	7:30	8 (72.7%)
128	BOSIANEK Rafał	5944		M40	39	01:53:46	03:30:14.75	03:30:34.70	+00:58:28 (27.8%)	7:30	8 (72.7%)
129	WŁODARCZYK Mariusz	5566	RADLINIOKI W BIEGU	M30	52	01:50:17	03:29:50.10	03:30:35.50	+00:58:29 (27.8%)	7:29	8 (72.7%)
130	KARDASZ Marek	5790	SOLINA TEAM	M30	53	01:54:34	03:30:41.55	03:30:51.50	+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	SIERAKOWSKI Igor	5539		M40	40	01:53:58	03:30:34.80	03:31:35.30	+00:59:28 (28.1%)	7:31	8 (72.7%)
132	HERMAN Paweł	5465		M40	41	01:52:57	03:30:52.15	03:31:51.45	+00:59:45 (28.2%)	7:31	8 (72.7%)
133	ZAGDAŃSKA Małgorzata	5486		K30	10	01:51:09	03:32:33.05	03:32:39.75	+01:00:33 (28.5%)	7:35	7.9 (71.8%)
134	NAWROT Bartłomiej	5546	KAMIENIOŁOM	M30	54	01:50:23	03:33:01.70	03:33:23.25	+01:01:16 (28.7%)	7:36	7.9 (71.8%)
135	SZYMANEK Anna	5017	RKATHLETICS/NAPRZÓD MŁOCINY	K30	11	01:49:03	03:33:03.45	03:33:23.60	+01:01:17 (28.7%)	7:36	7.9 (71.8%)
136	STAWIŃSKI Piotr	5869		M50	8	01:53:26	03:32:17.40	03:33:26.30	+01:01:19 (28.7%)	7:34	7.9 (71.8%)
137	GRZĄDKA Anna	5875		K30	12	01:55:19	03:33:22.55	03:33:41.85	+01:01:35 (28.8%)	7:37	7.9 (71.8%)
138	PUCHAŁA Mariusz	5513	TERNOL TEAM	M30	55	01:48:39	03:33:41.90	03:34:14.40	+01:02:08 (29.0%)	7:37	7.9 (71.8%)
139	KWIATKOWSKI Kajetan	5956	BIG YELLOW FOOT ADVENTURE TEAM	M30	56	01:52:39	03:33:29.00	03:34:18.55	+01:02:12 (29.0%)	7:37	7.9 (71.8%)
140		5960				01:46:08	03:34:12.30	03:34:20.45	+01:02:14 (29.0%)	7:39	7.8 (70.9%)
141	STACHURSKI Daniel	5195		M40	42	01:57:38	03:33:55.15	03:34:25.20	+01:02:18 (29.1%)	7:38	7.9 (71.8%)
142	SIWIEC Stanisław	5299		M60	1	01:55:41	03:34:17.80	03:34:38.45	+01:02:32 (29.1%)	7:39	7.8 (70.9%)
143	RAPACZ Andrzej	5332		M30	57	01:47:25	03:34:36.25	03:34:49.20	+01:02:42 (29.2%)	7:39	7.8 (70.9%)
144	TOMKIEWICZ Przemysław	5154		M40	43	01:50:36	03:34:28.85	03:34:58.85	+01:02:52 (29.2%)	7:39	7.8 (70.9%)
145	BRUZDA Joanna	5419		K40	4	01:54:07	03:34:54.65	03:35:05.40	+01:02:59 (29.3%)	7:40	7.8 (70.9%)
146	KOWALCZYK Mateusz	5756		M30	58	01:50:50	03:35:11.65	03:35:20.70	+01:03:14 (29.4%)	7:41	7.8 (70.9%)
147	MROTEK Katarzyna	5344	ON THE MOVE	K30	13	01:52:49	03:34:58.35	03:35:31.35	+01:03:24 (29.4%)	7:40	7.8 (70.9%)
148	ZAWADZKI Krzysztof	5437	FUNDACJA LATARNIA	M20	16	01:47:41	03:35:25.05	03:35:32.80	+01:03:26 (29.4%)	7:41	7.8 (70.9%)
149	GÓRSKI Adam	5226		M30	59	01:42:24	03:36:16.75	03:36:23.95	+01:04:17 (29.7%)	7:43	7.8 (70.9%)
150	BIAŁAS Kamil	5001		M30	60	01:50:43	03:36:11.90	03:36:27.90	+01:04:21 (29.7%)	7:43	7.8 (70.9%)
151	PIĘTKA Radosław	5463		M30	61	01:57:48	03:35:35.95	03:36:42.00	+01:04:35 (29.8%)	7:42	7.8 (70.9%)
152	KĄDZIOŁKA Beata	5799		K30	14	01:53:41	03:37:04.45	03:37:34.35	+01:05:27 (30.1%)	7:45	7.7 (70.0%)
153	LECHOWSKI Bartłomiej	5353	WKURW_TEAM	M30	62	01:57:08	03:37:16.10	03:37:42.25	+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	KRZESIAK Łukasz	5528	MASAKRA KLUB SPORTOWY	M40	44	01:53:12	03:37:41.20	03:38:04.90	+01:05:58 (30.3%)	7:46	7.7 (70.0%)
155	KŁOSIEWICZ Wojciech	5291		M40	45	01:48:19	03:37:26.60	03:38:09.05	+01:06:02 (30.3%)	7:45	7.7 (70.0%)
156	JANOWSKA Kinga	5731		K30	15	02:00:49	03:37:16.60	03:38:09.30	+01:06:02 (30.3%)	7:45	7.7 (70.0%)
157	SKIBA Michał	5467	PZU SPORT TEAM	M20	17	01:53:48	03:37:32.05	03:38:11.80	+01:06:05 (30.3%)	7:46	7.7 (70.0%)
158	JANOWSKI Witek	5732		M30	63	02:00:48	03:37:21.05	03:38:13.90	+01:06:07 (30.3%)	7:45	7.7 (70.0%)
159	PROKOPCZUK Wiktor	5716		M30	64	02:01:31	03:37:55.95	03:38:14.95	+01:06:08 (30.3%)	7:46	7.7 (70.0%)
160	WIS Modesta	5372		K20	5	01:59:49	03:37:46.95	03:38:15.40	+01:06:09 (30.3%)	7:46	7.7 (70.0%)
161	ADAMCZYK Artur	5417		M20	18	01:59:50	03:37:47.00	03:38:15.75	+01:06:09 (30.3%)	7:46	7.7 (70.0%)
162	GAWROŃSKI Roman	5471	WKURW_TEAM	M30	65	01:53:14	03:37:01.25	03:38:23.50	+01:06:17 (30.4%)	7:45	7.7 (70.0%)
163	JAŻOWNIK Jacek	5184	WKURW_TEAM	M40	46	01:53:19	03:37:01.70	03:38:23.70	+01:06:17 (30.4%)	7:45	7.7 (70.0%)
164	MOLENDĄ Mateusz	5137	TRENER24H.COM.PL	M20	19	01:51:02	03:38:27.40	03:38:30.75	+01:06:24 (30.4%)	7:48	7.7 (70.0%)
165	KUCHARSKI Piotr	5861	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M40	47	01:59:46	03:37:59.30	03:39:14.80	+01:07:08 (30.6%)	7:47	7.7 (70.0%)
166	MARKOWSKA Karolina	5679	NOA/EUROPA UBEZPIECZENIA	K30	16	01:53:19	03:39:09.65	03:39:21.15	+01:07:14 (30.7%)	7:49	7.7 (70.0%)
167	SZWAŁEK Krzysztof	5258		M30	66	01:50:53	03:38:47.35	03:39:29.40	+01:07:23 (30.7%)	7:48	7.7 (70.0%)
168	RZEPECKI Rafał	5710		M20	20	01:50:27	03:39:19.80	03:39:31.35	+01:07:24 (30.7%)	7:50	7.7 (70.0%)
169	KAPAON Helena	5307	CAZO CLUB RUNNING TEAM	K20	6	01:53:57	03:39:15.80	03:39:33.10	+01:07:26 (30.7%)	7:49	7.7 (70.0%)
170	WAŚNIEWSKI Krzysztof	5905		M30	67	01:51:28	03:39:27.60	03:39:43.65	+01:07:37 (30.8%)	7:50	7.7 (70.0%)
171	ŁAWORSKI Adolf	5954		M60	2	01:55:55	03:39:50.20	03:40:00.80	+01:07:54 (30.9%)	7:51	7.6 (69.1%)
172	MIETŁA Łukasz	5665	MDMIW	M30	68	01:50:25	03:40:24.65	03:40:29.50	+01:08:23 (31.0%)	7:52	7.6 (69.1%)
173	KLEDZIK Jakub	5812		M30	69	01:53:32	03:40:20.85	03:40:45.10	+01:08:38 (31.1%)	7:52	7.6 (69.1%)
174	MIODUSZEWSKA Aleksandra	5795	CAZZO CLUB	K20	7	01:51:06	03:40:32.95	03:40:49.85	+01:08:43 (31.1%)	7:52	7.6 (69.1%)
175	GOŚCINIĄK Michał	5398		M20	21	01:54:17	03:40:15.05	03:40:54.70	+01:08:48 (31.1%)	7:51	7.6 (69.1%)
176	MIKOŁAJCZYK Paweł	5362		M30	70	01:50:28	03:40:25.75	03:40:58.35	+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	BOSIANEK Anna	5800	SKŁADAKI PIŁA	K30	17	01:58:07	03:40:44.25	03:41:04.95	+01:08:58 (31.2%)	7:53	7.6 (69.1%)
178	KONIECZNY Bartosz	5426		M30	71	01:53:31	03:40:53.35	03:41:17.90	+01:09:11 (31.3%)	7:53	7.6 (69.1%)
179	ZATORSKI Pawel	5642		M30	72	01:53:30	03:40:42.30	03:41:30.45	+01:09:24 (31.3%)	7:52	7.6 (69.1%)
180	NOWAKOWSKI Wojciech	5506	MASAKRA KLUB SPORTOWY	M30	73	02:00:22	03:41:12.95	03:41:36.05	+01:09:29 (31.4%)	7:54	7.6 (69.1%)
181	KACZKIEWICZ Damian	5806	NIGHT RUNNERS GLIWICE	M40	48	01:56:13	03:41:32.40	03:41:39.50	+01:09:33 (31.4%)	7:54	7.6 (69.1%)
182	BARTOSIEWICZ Daria	5403	DZIKIE GRUBASY SZATANA	K30	18	01:59:21	03:41:07.55	03:41:40.35	+01:09:33 (31.4%)	7:53	7.6 (69.1%)
183	PEŁDNIAK Bogdan	5952		M50	9	01:56:47	03:41:42.65	03:42:15.10	+01:10:08 (31.6%)	7:55	7.6 (69.1%)
184	BUDYCH Arek	5537		M30	74	01:57:22	03:41:27.05	03:42:16.90	+01:10:10 (31.6%)	7:54	7.6 (69.1%)
185	KOWALEWSKI Dominik	5278	SZAKALE BAŁUT ŁÓDŹ	M40	49	01:56:13	03:42:19.60	03:42:25.80	+01:10:19 (31.6%)	7:56	7.6 (69.1%)
186	UJMA Paweł	5857		M30	75	01:53:05	03:42:25.70	03:42:28.25	+01:10:21 (31.6%)	7:56	7.6 (69.1%)
187	BŁASZCZYK Marek	5132	OPEL ACTIV TEAM	M40	50	01:58:04	03:41:42.25	03:42:54.50	+01:10:48 (31.8%)	7:55	7.6 (69.1%)
188	KRZEMIŃSKI Leszek	5587	KS RAKIETY URSYNÓW	M40	51	01:56:29	03:42:21.85	03:43:09.80	+01:11:03 (31.8%)	7:56	7.6 (69.1%)
189	WAROWNY Piotr	5567	BIEGUSIEM.PL	M30	76	01:54:08	03:43:35.20	03:43:40.80	+01:11:34 (32.0%)	7:59	7.5 (68.2%)
190	RZECZKOWSKI Piotr	5342		M30	77		03:43:44.00	03:43:44.00	+01:11:37 (32.0%)	7:59	7.5 (68.2%)
191	ZAŁĘCKI Michał	5335	LOTOS RUNNING TEAM	M30	78	01:55:44	03:43:21.35	03:43:55.50	+01:11:49 (32.1%)	7:58	7.5 (68.2%)
192	WOJNAROWSKA Weronika	5367		K30	19	01:57:58	03:43:34.05	03:44:00.30	+01:11:53 (32.1%)	7:59	7.5 (68.2%)
193	CYMBORSKA Jolanta	5557	AKTYWNA FALA	K30	20	02:00:41	03:43:08.75	03:44:06.50	+01:12:00 (32.1%)	7:58	7.5 (68.2%)
194	GARCZYŃSKA Anna	5595		K40	5	02:02:13	03:44:00.85	03:44:08.80	+01:12:02 (32.1%)	8:00	7.5 (68.2%)
195	ZIELIŃSKI Piotr	5046		M20	22	01:51:06	03:43:41.85	03:44:11.25	+01:12:04 (32.2%)	7:59	7.5 (68.2%)
196	MARCHEWKA Grzegorz	5128		M40	52	01:51:14	03:43:45.55	03:44:11.65	+01:12:05 (32.2%)	7:59	7.5 (68.2%)
197	LASKOWSKI Sławomir	5577	PZU SPORT TEAM	M30	79	02:02:13	03:42:57.40	03:44:12.60	+01:12:06 (32.2%)	7:57	7.5 (68.2%)
198	POŁOZYŃSKI Andrzej	5591	ZACISZE NIGHT RUNNERS	M40	53	01:56:02	03:43:24.75	03:44:12.90	+01:12:06 (32.2%)	7:58	7.5 (68.2%)
199	GŁUSZAK Nicole	5867		K20	8	02:01:33	03:44:01.40	03:44:17.05	+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	RZEPECKI Zbigniew	5709		M50	10	01:51:09	03:44:15.85	03:44:26.10	+01:12:19 (32.2%)	8:00	7.5 (68.2%)
201	SOKALSKI Paweł	5583		M40	54	02:02:48	03:42:52.65	03:44:38.85	+01:12:32 (32.3%)	7:57	7.5 (68.2%)
202	PURGAL Magda	5605		K30	21	02:01:52	03:44:03.05	03:44:47.80	+01:12:41 (32.3%)	8:00	7.5 (68.2%)
203	WOŹNY Rafał	5820		M40	55	01:55:53	03:44:54.45	03:45:07.65	+01:13:01 (32.4%)	8:01	7.5 (68.2%)
204	NOWKKI Bartek	5938		M30	80	02:02:10	03:44:42.80	03:45:14.65	+01:13:08 (32.5%)	8:01	7.5 (68.2%)
205	MARKOWSKI Marcin	5217	BRAVEHEARTS LEGIONOWO	M30	81	01:50:36	03:44:52.25	03:45:20.00	+01:13:13 (32.5%)	8:01	7.5 (68.2%)
206	BARADZIEJ Bartek	5650	TERMINAL LOGISTYCZNY PROMONT	M30	82	02:01:28	03:44:57.05	03:45:20.95	+01:13:14 (32.5%)	8:02	7.5 (68.2%)
207	POPŁAWSKI Arkadiusz	5926	CZARNE OWCE HIPOLITÓW	M40	56	02:00:30	03:43:34.40	03:45:24.00	+01:13:17 (32.5%)	7:59	7.5 (68.2%)
208	TUREK Michał	5872		M30	83	01:53:19	03:44:34.80	03:45:27.05	+01:13:20 (32.5%)	8:01	7.5 (68.2%)
209	GODZISZ Mateusz	5571		M30	84	01:59:40	03:44:39.40	03:45:46.70	+01:13:40 (32.6%)	8:01	7.5 (68.2%)
210	ŁUKASZKIEWICZ Michał	5741	POŻERACZE KILOSÓW	M30	85	02:03:14	03:44:52.25	03:45:50.60	+01:13:44 (32.6%)	8:01	7.5 (68.2%)
211	DRUŻNY Artur	5853		M40	57	01:54:06	03:45:33.70	03:46:08.40	+01:14:02 (32.7%)	8:03	7.4 (67.3%)
212	LUTY Leszek	5447	PZU SPORT TEAM	M30	86	02:02:00	03:46:08.20	03:46:55.55	+01:14:49 (33.0%)	8:04	7.4 (67.3%)
213	NIEMOTKO Juliusz	5930		M40	58	01:58:13	03:46:50.50	03:47:01.30	+01:14:54 (33.0%)	8:06	7.4 (67.3%)
214	SZNAJDER Joanna	5042		K30	22	02:01:10	03:46:25.85	03:47:06.10	+01:14:59 (33.0%)	8:05	7.4 (67.3%)
215	IWANEK Sebastian	5368	BIEGUSIEM.PL	M30	87	01:54:13	03:46:47.20	03:47:12.30	+01:15:05 (33.1%)	8:05	7.4 (67.3%)
216	BUKSA Tomasz	5004	IPA	M30	88	02:02:16	03:47:06.65	03:47:15.40	+01:15:09 (33.1%)	8:06	7.4 (67.3%)
217	MAJCHRZAK Jakub	5503		M30	89	01:56:07	03:47:05.95	03:47:41.70	+01:15:35 (33.2%)	8:06	7.4 (67.3%)
218	CIURA Rafał	5420	AGDHOME.PL BIEGAMY	M40	59	02:02:04	03:47:15.65	03:47:42.35	+01:15:35 (33.2%)	8:07	7.4 (67.3%)
219	PES Magdalena	5219		K30	23	01:57:41	03:47:45.30	03:47:54.75	+01:15:48 (33.3%)	8:08	7.4 (67.3%)
220	BRUZDA Piotr	5424		M40	60	01:54:44	03:47:58.50	03:48:09.10	+01:16:02 (33.3%)	8:08	7.4 (67.3%)
221	MELLENTHIN Bartłomiej	5802	SKŁADAKI PIŁA	M20	23	02:01:09	03:47:08.20	03:48:17.65	+01:16:11 (33.4%)	8:06	7.4 (67.3%)
222	STARZYŃSKA Katarzyna	5801	SKŁADAKI PIŁA	K30	24	02:01:10	03:47:08.65	03:48:17.85	+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	BIERNACKA Marta	5380	YULO RUN TEAM SIEDLCE	K30	25	02:01:33	03:48:10.10	03:48:23.90	+01:16:17 (33.4%)	8:08	7.4 (67.3%)
224	CHOMA-GACA Agnieszka	5494	PZU SPORT TEAM	K40	6	02:03:21	03:48:02.55	03:48:30.70	+01:16:24 (33.4%)	8:08	7.4 (67.3%)
225	FAŁEK Krzysztof	5384		M40	61	01:57:10	03:48:28.20	03:48:50.35	+01:16:43 (33.5%)	8:09	7.4 (67.3%)
226	WÓJCIK Rafał	5550		M20	24	01:47:03	03:48:34.65	03:49:11.75	+01:17:05 (33.6%)	8:09	7.4 (67.3%)
227	WILK Katarzyna	5766	BEFIT24	K30	26	02:02:19	03:48:38.20	03:49:21.60	+01:17:15 (33.7%)	8:09	7.3 (66.4%)
228	BIENIAS Paulina	5116		K20	9	02:02:42	03:48:45.55	03:49:35.75	+01:17:29 (33.8%)	8:10	7.3 (66.4%)
229	KUJAWA Paweł	5072		M30	90	01:57:42	03:49:28.20	03:49:58.25	+01:17:51 (33.9%)	8:11	7.3 (66.4%)
230	FEDOROWICZ Adam	5880		M40	62	01:58:25	03:50:04.95	03:50:17.50	+01:18:11 (34.0%)	8:13	7.3 (66.4%)
231	DOBRZAŃSKI Karol	5028	POSMAKUJ RUN TEAM	M20	25	02:02:49	03:49:35.85	03:50:30.35	+01:18:23 (34.0%)	8:12	7.3 (66.4%)
232	KOŁAKOWSKI Bartosz	5425	CAZZO CLUB	M20	26	01:53:19	03:50:46.85	03:51:05.30	+01:18:58 (34.2%)	8:14	7.3 (66.4%)
233	NOWACKI Lukasz	5863		M30	91	02:08:58	03:50:22.25	03:51:18.40	+01:19:12 (34.2%)	8:13	7.3 (66.4%)
234	BOROWIEC Arkadiusz	5183	CHEŁM BIEGA	M40	63	01:57:58	03:50:59.15	03:51:19.00	+01:19:12 (34.2%)	8:15	7.3 (66.4%)
235	WYSOCKA Agnieszka	5446	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	K40	7	02:02:01	03:49:29.90	03:51:19.95	+01:19:13 (34.2%)	8:11	7.3 (66.4%)
236	PAWLIKOWSKI Norbert	5712		M30	92	02:02:56	03:50:18.75	03:51:20.75	+01:19:14 (34.3%)	8:13	7.3 (66.4%)
237	WYSOCKI Tomasz	5651	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40	64	02:02:03	03:49:30.90	03:51:21.15	+01:19:14 (34.3%)	8:11	7.3 (66.4%)
238	JEZIERSKA Justyna	5585	TRENERBIEGANIA.PL	K30	27	01:57:46	03:51:04.70	03:51:23.40	+01:19:17 (34.3%)	8:15	7.3 (66.4%)
239	CHOLEWIŃSKI Tomek	5501	PZU SPORT TEAM	M40	65	01:56:58	03:50:30.20	03:51:24.95	+01:19:18 (34.3%)	8:13	7.3 (66.4%)
240	PIEKARCZYK Michał	5935	KWAŚNE ŻELKI	M20	27	02:09:37	03:50:45.20	03:52:21.75	+01:20:15 (34.5%)	8:14	7.3 (66.4%)
241	SZTOMBER Daniel	5866	AXA RUNNING TEAM	M30	93	01:57:45	03:51:40.60	03:52:24.35	+01:20:17 (34.6%)	8:16	7.3 (66.4%)
242	STPICZYŃSKI Marcin	5629		M30	94	02:05:20	03:51:42.35	03:52:29.00	+01:20:22 (34.6%)	8:16	7.3 (66.4%)
243	LACH Agnieszka	5003	EKSPEDYCJA MRÓWKA	M40	66	02:01:58	03:52:23.30	03:52:29.85	+01:20:23 (34.6%)	8:17	7.2 (65.5%)
244	KOLWICZ Damian	5773	BIGYELLOWFOOT ADVENTURE TEAM	M30	95	01:58:42	03:51:28.35	03:52:38.00	+01:20:31 (34.6%)	8:16	7.3 (66.4%)
245	HERMANOWICZ Aneta	5856	PZU SPORT TEAM	K30	28	02:02:50	03:51:54.90	03:52:41.30	+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	POPŁAWSKA Katarzyna	5254	CZARNE OWCE HIPOLITÓW	K40	8	02:02:36	03:52:04.10	03:52:42.60	+01:20:36 (34.6%)	8:17	7.2 (65.5%)
247	MARKIEWICZ Tomasz	5765	TIGRES DEL PAPA	M20	28	01:50:49	03:52:33.75	03:52:49.40	+01:20:43 (34.7%)	8:18	7.2 (65.5%)
248	DYCKOWSKI Andrzej	5296	TYGRYSKI KUBUSIA PUCHATKA	M50	11	02:01:55	03:51:45.10	03:52:50.15	+01:20:43 (34.7%)	8:16	7.2 (65.5%)
249	SZNAJDER Joanna	5415		K40	9	02:04:14	03:51:50.90	03:53:04.80	+01:20:58 (34.7%)	8:16	7.2 (65.5%)
250	KOT Mateusz	5593		M20	29	02:15:23	03:51:42.20	03:53:13.35	+01:21:06 (34.8%)	8:16	7.3 (66.4%)
251	GRABOWSKI Emil	5066		M40	67	02:00:51	03:52:26.00	03:53:14.85	+01:21:08 (34.8%)	8:18	7.2 (65.5%)
252	KOWALEWSKI Mateusz	5389	CROSSFIT ŁUKÓW & CROSSFIT SIEDLCE	M20	30	01:54:34	03:52:56.55	03:53:23.45	+01:21:17 (34.8%)	8:19	7.2 (65.5%)
253	SZOSTAKOWSKI Zbigniew	5928	AGB	M50	12	02:06:48	03:52:52.85	03:53:31.00	+01:21:24 (34.9%)	8:19	7.2 (65.5%)
254	BLICHARZ Artur	5697	KS SPORTIVA	M30	96	02:07:52	03:52:02.75	03:53:32.75	+01:21:26 (34.9%)	8:17	7.2 (65.5%)
255	CUDNIK Agnieszka	5414	KTUKOL GŁUCHOŁĄZY	K40	10	02:04:17	03:52:25.00	03:53:38.35	+01:21:31 (34.9%)	8:18	7.2 (65.5%)
256	SOSIN Kamil	5902	SZWLA STARGARD	M40	68	02:02:51	03:53:51.25	03:53:55.50	+01:21:49 (35.0%)	8:21	7.2 (65.5%)
257	ŁOPUSIŃSKI Piotr	5275	CAZZO CLUB	M20	31	01:58:24	03:53:53.75	03:54:11.35	+01:22:04 (35.0%)	8:21	7.2 (65.5%)
258	KUDELSKI Ireneusz	5266	SONAC OSETNICA	M40	69	01:55:07	03:54:13.95	03:54:25.00	+01:22:18 (35.1%)	8:21	7.2 (65.5%)
259	NIEDZIELA Paweł	5354	TIM TIRIM TEAM	M30	97	02:01:58	03:54:22.90	03:54:38.40	+01:22:32 (35.2%)	8:22	7.2 (65.5%)
260	MARCINEK Krzysztof	5483	PZU SPORT TEAM	M30	98	02:02:31	03:54:30.30	03:54:52.95	+01:22:46 (35.2%)	8:22	7.2 (65.5%)
261	ŁYSIAK Bartosz	5547		M30	99	01:58:12	03:54:50.70	03:55:22.35	+01:23:15 (35.4%)	8:23	7.2 (65.5%)
262	SZYMAŃSKA Agata	5525		K30	29	02:04:55	03:54:13.10	03:55:37.05	+01:23:30 (35.4%)	8:21	7.2 (65.5%)
263	WARZYŃSKI Beniamin	5554		M40	70	01:57:58	03:55:22.70	03:55:45.55	+01:23:39 (35.5%)	8:24	7.1 (64.5%)
264	RATAJCZAK Milena	5312		K30	30	02:01:58	03:54:44.50	03:55:49.70	+01:23:43 (35.5%)	8:23	7.2 (65.5%)
265	STACHOWIAK Tytus	5929		M20	32	02:02:00	03:54:45.15	03:55:49.80	+01:23:43 (35.5%)	8:23	7.2 (65.5%)
266	KOSEWICZ Agnieszka	5849		K40	11	02:03:52	03:55:39.80	03:55:59.30	+01:23:52 (35.5%)	8:25	7.1 (64.5%)
267	SOBIESKI Jan	5233	KWAŚNE ŻELKI	M20	33	02:05:14	03:54:36.05	03:56:12.75	+01:24:06 (35.6%)	8:22	7.2 (65.5%)
268	DZIERŻAK Elżbieta	5199	HUSARIA RACE TEAM	K40	12	02:09:03	03:56:10.35	03:56:27.45	+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	KORUS Marek	5542		M40	71	01:54:34	03:56:12.10	03:56:28.40	+01:24:22 (35.7%)	8:26	7.1 (64.5%)
270	TABER Jerzy	5453	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M50	13	02:04:11	03:56:28.00	03:56:32.30	+01:24:25 (35.7%)	8:26	7.1 (64.5%)
271	WÓJCICKI Marcin	5369	ŁĘCZNA BIEGA	M40	72	02:03:05	03:56:21.00	03:56:34.90	+01:24:28 (35.7%)	8:26	7.1 (64.5%)
272	SUDZIŃSKA Inga	5006		M40	73	02:02:16	03:56:31.60	03:56:41.00	+01:24:34 (35.7%)	8:26	7.1 (64.5%)
273	STEFANOWICZ Piotr	5396	HARDCOROWE WYCHYLYBYMY	M30	100	01:58:56	03:55:47.85	03:56:42.85	+01:24:36 (35.7%)	8:25	7.1 (64.5%)
274	KUŚNIERZ Krzysztof	5005		M30	101	02:02:18	03:56:34.65	03:56:44.05	+01:24:37 (35.7%)	8:26	7.1 (64.5%)
275	RACZYŃSKA Magdalena	5631	VEGE RUNNERS	K20	10	02:01:48	03:56:39.65	03:56:46.90	+01:24:40 (35.8%)	8:27	7.1 (64.5%)
276	MILCZAREK Marcin	5313	DRUŻYNA ORZECHA ŻYRARDÓW	M30	102	02:02:12	03:56:00.30	03:56:47.20	+01:24:40 (35.8%)	8:25	7.1 (64.5%)
277	CZERNYSZ Grzegorz	5746		M40	74	02:01:39	03:56:42.35	03:57:17.40	+01:25:11 (35.9%)	8:27	7.1 (64.5%)
278	KRÓLIKOWSKI Andrzej	5176	WKURW_TEAM	M40	75	02:01:30	03:56:02.50	03:57:24.00	+01:25:17 (35.9%)	8:25	7.1 (64.5%)
279	ODYA Marcin	5920	EASY RUNNER	M40	76	02:02:18	03:57:06.70	03:57:45.55	+01:25:39 (36.0%)	8:28	7.1 (64.5%)
280	PRZETAKIEWICZ Maciej	5922		M30	103	02:01:56	03:56:22.35	03:57:59.45	+01:25:53 (36.1%)	8:26	7.1 (64.5%)
281	KITOWSKA Anna	5242		K40	13		03:58:09.00	03:58:09.00	+01:26:02 (36.1%)	8:30	7.1 (64.5%)
282	TOCZEWSKA Anna	5953		K40	14	02:01:57	03:58:25.90	03:58:33.45	+01:26:27 (36.2%)	8:30	7 (63.6%)
283	KĘPKA Andrzej	5495	PRZEWORSKA GRUPA BIEGOWA	M50	14	02:01:27	03:57:43.80	03:58:34.75	+01:26:28 (36.2%)	8:29	7.1 (64.5%)
284	SKELTON Sarah	5725	VEGE RUNNERS	K30	31	02:02:26	03:57:50.95	03:58:35.00	+01:26:28 (36.2%)	8:29	7.1 (64.5%)
285	ADAMCZAK Krzysztof	5021	SZWLA STARGARD	M60	3	01:56:41	03:58:31.60	03:58:35.75	+01:26:29 (36.2%)	8:31	7 (63.6%)
286	CYPRYŚ Joanna	5824		K20	11	02:04:22	03:57:16.45	03:58:38.30	+01:26:31 (36.3%)	8:28	7.1 (64.5%)
287	ŻUK Wiktoria	5871	#RUNFORMILE	K20	12	02:04:45	03:57:16.90	03:58:38.60	+01:26:32 (36.3%)	8:28	7.1 (64.5%)
288	POPIOŁEK Jacek	5569	LOST IN SPORT\BIEGUSIEM.PL	M30	104	02:06:53	03:58:17.05	03:58:39.90	+01:26:33 (36.3%)	8:30	7.1 (64.5%)
289	KORDEL Kamil	5186		M30	105	02:02:08	03:57:38.40	03:58:53.25	+01:26:46 (36.3%)	8:29	7.1 (64.5%)
290	GROCHOWSKA Joanna	5805	SKŁADAKI	K30	32	02:09:04	03:57:50.35	03:58:55.75	+01:26:49 (36.3%)	8:29	7.1 (64.5%)
291	KOŁODZIEJSKA Magdalena	5606		K30	33	02:03:39	03:58:31.40	03:59:04.75	+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	BRYŁA Krzysztof	5143	DRUŻYNA SZPIKU / BIEGNIJMY.PL KOSZALIN	M40	77	02:02:01	03:58:49.65	03:59:17.40	+01:27:11 (36.4%)	8:31	7 (63.6%)
293	SZANIAWSKA Agata	5032	RUNWOMAN.PL	K20	13	02:07:50	03:58:18.50	03:59:20.00	+01:27:13 (36.4%)	8:30	7 (63.6%)
294	CZELIŃSKI Leszek	5621		M50	15	02:02:21	03:59:03.30	03:59:29.15	+01:27:22 (36.5%)	8:32	7 (63.6%)
295	ŁUKASIK Bartłomiej	5723		M30	106	02:01:09	03:58:59.35	03:59:39.70	+01:27:33 (36.5%)	8:32	7 (63.6%)
296	ZAJĄCZKOWSKA Ewelina	5827		K30	34	01:58:20	03:59:17.00	03:59:42.05	+01:27:35 (36.5%)	8:32	7 (63.6%)
297	KAWAŁKO Patrycja	5626	TEAM KOPEĆ	K40	15	02:09:49	03:58:23.45	03:59:45.85	+01:27:39 (36.6%)	8:30	7 (63.6%)
297	BOROWSKI Robert	5627	TEAM KOPEĆ	M30	107	02:09:50	03:58:23.85	03:59:45.85	+01:27:39 (36.6%)	8:30	7 (63.6%)
299	DŁUBAŁA Marek	5512	MSPORT RCS TEAM LUBIN	M30	108	01:49:59	03:59:38.00	03:59:46.15	+01:27:39 (36.6%)	8:33	7 (63.6%)
300	SKÓRA Aneta	5198	NIGHT RUNNERS GLIWICE	K30	35	02:04:19	03:59:46.45	03:59:53.00	+01:27:46 (36.6%)	8:33	7 (63.6%)
301	TYMIŃSKI Szymon	5885		M20	34	02:15:47	03:58:04.15	03:59:53.85	+01:27:47 (36.6%)	8:30	7.1 (64.5%)
302	SMOŁA Grzegorz	5222		M30	109	02:05:02	03:59:33.35	03:59:54.30	+01:27:47 (36.6%)	8:33	7 (63.6%)
303	KAŁMUK Aneta	5309		K30	36	02:06:50	03:59:34.95	03:59:54.55	+01:27:48 (36.6%)	8:33	7 (63.6%)
304	BEZAK Magdalena	5934		K30	37	02:09:15	03:59:28.90	03:59:56.20	+01:27:49 (36.6%)	8:33	7 (63.6%)
305	JANIK Łukasz	5438		M30	110	01:56:00	03:59:49.85	03:59:57.65	+01:27:51 (36.6%)	8:33	7 (63.6%)
306	ULMA Dariusz	5727		M30	111	01:57:38	03:59:01.35	03:59:59.30	+01:27:52 (36.6%)	8:32	7 (63.6%)
307	GRUBKA Marcin	5616	TRUCK SHOW TEAM	M40	78	02:08:02	03:59:47.55	03:59:59.40	+01:27:53 (36.6%)	8:33	7 (63.6%)
308	ZAGOŃCZYK Andrzej	5188	PEGAZ	M50	16	01:58:28	03:59:00.45	04:00:14.10	+01:28:07 (36.7%)	8:32	7 (63.6%)
309	MICHAŁSKI Maciej	5373	CAZZO CLUB	M20	35	01:55:28	04:00:00.50	04:00:18.55	+01:28:12 (36.7%)	8:34	7 (63.6%)
310	ZAKRZEWSKA Monika	5349	SPORTOWE ŻULE	K30	38	02:07:31	03:59:40.70	04:00:23.55	+01:28:17 (36.7%)	8:33	7 (63.6%)
311	GASIK-POWAŁKA Małgorzata	5617	KB OŻARÓW MAZOWIECKI BIEGA	K30	39	02:10:44	03:59:35.90	04:00:37.40	+01:28:31 (36.8%)	8:33	7 (63.6%)
312	ROŹNIATA Iwona	5141	KS GŁOWNO W BIEGU	K40	16	02:10:09	04:00:33.05	04:01:07.75	+01:29:01 (36.9%)	8:35	7 (63.6%)
313	ŚWINIARSKI Michał	5169	KWAŚNE ŻELKI	M20	36	02:03:51	03:59:32.95	04:01:09.75	+01:29:03 (36.9%)	8:33	7 (63.6%)
314	RZECZKOWSKI Maciej	5850	WARSZAWSKI KLUB GORSKI	M50	17	01:58:11	04:00:58.45	04:01:13.25	+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	BANDEL Aneta	5748		K20	14	02:05:46	04:01:11.75	04:01:17.55	+01:29:11 (37.0%)	8:36	7 (63.6%)
316	BUKOWSKI Sebastian	5162	BIEGUSIEM.PL	M30	112	01:58:16	04:00:55.00	04:01:18.75	+01:29:12 (37.0%)	8:36	7 (63.6%)
317	OCHNIO Andrzej	5552		M40	79	02:01:40	04:00:57.40	04:01:22.75	+01:29:16 (37.0%)	8:36	7 (63.6%)
318	SUT Iwona	5531	KS GŁOWNO W BIEGU	K40	17	02:04:50	04:01:11.30	04:01:46.90	+01:29:40 (37.1%)	8:36	7 (63.6%)
319	CEBRAT Ewa	5694		K40	18	02:01:44	04:01:48.75	04:01:53.70	+01:29:47 (37.1%)	8:38	6.9 (62.7%)
320	CZARNOWSKI Patryk	5564	MASAKRA KLUB SPORTOWY	M40	80	02:02:09	04:02:18.55	04:02:36.10	+01:30:29 (37.3%)	8:39	6.9 (62.7%)
321	BOROWIEC Mariusz	5240	PZU SPORT TEAM	M40	81	01:57:48	04:02:31.70	04:02:53.65	+01:30:47 (37.4%)	8:39	6.9 (62.7%)
322	STELMASZYK Piotr	5536	PZU SPORT TEAM	M40	82	01:58:34	04:02:14.25	04:02:58.60	+01:30:52 (37.4%)	8:39	6.9 (62.7%)
323	DĄBROWSKI Łukasz	5337	SPORTOWE ŻULE	M30	113	02:01:52	04:02:24.40	04:03:07.05	+01:31:00 (37.4%)	8:39	6.9 (62.7%)
324	KOPECKI Michał	5037		M20	37	02:07:24	04:02:23.30	04:03:08.05	+01:31:01 (37.4%)	8:39	6.9 (62.7%)
325	SMACZNY Ireneusz	5302		M40	83	01:57:59	04:02:49.30	04:03:10.80	+01:31:04 (37.5%)	8:40	6.9 (62.7%)
326	SIBIELAK Piotr	5561		M40	84	02:00:43	04:02:20.05	04:03:11.75	+01:31:05 (37.5%)	8:39	6.9 (62.7%)
327	PERCHALUK Magdalena	5036		K30	40	02:02:37	04:02:57.55	04:03:14.95	+01:31:08 (37.5%)	8:40	6.9 (62.7%)
328	GĘSIARZ Michał	5274		M30	114	02:08:46	04:02:05.30	04:03:17.20	+01:31:10 (37.5%)	8:38	6.9 (62.7%)
329	TYRAŁA Anna	5210		K20	15	02:08:46	04:02:06.55	04:03:17.40	+01:31:11 (37.5%)	8:38	6.9 (62.7%)
330	BURCHARD Beata	5214		K40	19	02:11:29	04:03:09.05	04:03:21.45	+01:31:15 (37.5%)	8:41	6.9 (62.7%)
331	CHODZIŃSKI Piotr	5364		M40	85	02:01:33	04:02:35.70	04:03:24.90	+01:31:18 (37.5%)	8:39	6.9 (62.7%)
332	PAŁKA Stanisław	5504		M30	115	02:09:05	04:01:37.35	04:03:25.55	+01:31:19 (37.5%)	8:37	7 (63.6%)
333	WARZYCHA Krzysztof	5707		M50	18	02:11:22	04:02:12.75	04:03:32.20	+01:31:25 (37.5%)	8:39	6.9 (62.7%)
334	SAWICKI Radek	5431	DZIKIE GRUBASY SZATANA	M30	116	02:02:45	04:03:03.95	04:03:34.40	+01:31:28 (37.6%)	8:40	6.9 (62.7%)
335	BEKASIAK Mikołaj	5306	TAKŻE TEGO...	M20	38	02:04:47	04:02:02.50	04:03:37.10	+01:31:30 (37.6%)	8:38	6.9 (62.7%)
336	JÓŚ Damian	5346	TAKŻE TEGO...	M20	39	02:04:45	04:02:02.95	04:03:37.40	+01:31:31 (37.6%)	8:38	6.9 (62.7%)
337	WÓLKIEWICZ Dorota	5265	OX5	K40	20	02:06:11	04:02:45.60	04:03:39.10	+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	ŚLEPOWROŃSKI Bogdan	5640	TRUCK SHOW TEAM	M30	117	02:07:06	04:03:27.45	04:03:39.40	+01:31:33 (37.6%)	8:41	6.9 (62.7%)
338	GAJAK Anna	5829		K30	41	02:07:23	04:02:45.50	04:03:39.40	+01:31:33 (37.6%)	8:40	6.9 (62.7%)
340	SOBORSKA Sylwia	5129	SAINT GOBAIN SQUAD	K40	21	02:07:23	04:03:21.30	04:03:40.05	+01:31:33 (37.6%)	8:41	6.9 (62.7%)
341	SPYCHALSKI Radosław	5821		M30	118	02:04:50	04:03:12.80	04:03:41.35	+01:31:34 (37.6%)	8:41	6.9 (62.7%)
342	ŻOCHOWSKI Adrian	5774		M20	40	02:02:15	04:03:39.55	04:03:48.15	+01:31:41 (37.6%)	8:42	6.9 (62.7%)
343	GRZĘBSKA-BUJA Małgorzata	5890	GOSIA(SIĘ)BUJA	K30	42	02:12:03	04:03:16.45	04:03:53.25	+01:31:46 (37.6%)	8:41	6.9 (62.7%)
344	ZĘGOTA Izabela	5845	ROBIMY DZISIEJ CO?!	K20	16	02:11:47	04:02:34.60	04:03:55.45	+01:31:49 (37.6%)	8:39	6.9 (62.7%)
345	KOSIN Marcin	5659	BSB BARCZEWO BIEGA	M30	119	02:06:43	04:02:40.25	04:04:03.00	+01:31:56 (37.7%)	8:40	6.9 (62.7%)
346	SPUŁTOWSKA Joanna	5311		K40	22	02:02:24	04:03:41.95	04:04:03.75	+01:31:57 (37.7%)	8:42	6.9 (62.7%)
347	SPUŁTOWSKI Paweł	5282		M40	86	02:02:20	04:03:42.15	04:04:03.85	+01:31:57 (37.7%)	8:42	6.9 (62.7%)
348	PIASECKA Dominika	5572	TRENER24H.COM.PL	K30	43	02:06:23	04:04:08.95	04:04:17.65	+01:32:11 (37.7%)	8:43	6.9 (62.7%)
349	SUWINSKA Marzena	5068		K30	44	02:06:18	04:04:03.85	04:04:18.65	+01:32:12 (37.7%)	8:43	6.9 (62.7%)
350	GMAJ Daniel	5949		M30	120	02:09:50	04:03:20.40	04:04:24.85	+01:32:18 (37.8%)	8:41	6.9 (62.7%)
351	LITWORA Sebastian	5618		M40	87	01:57:44	04:04:00.45	04:04:49.10	+01:32:42 (37.9%)	8:42	6.9 (62.7%)
352	KARCZYŃSKA Monika	5873	POWER TRAINING	K30	45	02:07:58	04:03:31.15	04:04:52.65	+01:32:46 (37.9%)	8:41	6.9 (62.7%)
353	CZARNOCKI Paweł	5113	GRUPA BIEGACZY SKÓRZEC BIEGA	M30	121	02:01:43	04:04:42.10	04:04:57.55	+01:32:51 (37.9%)	8:44	6.9 (62.7%)
354	REGUŁA Katarzyna	5846		K30	46	02:09:19	04:04:32.40	04:05:06.35	+01:32:59 (37.9%)	8:44	6.9 (62.7%)
355	ŁYSY Andrzej	5706		M40	88	02:02:48	04:03:50.75	04:05:10.25	+01:33:03 (38.0%)	8:42	6.9 (62.7%)
356	ZYCH Herbert	5170		M40	89	02:07:55	04:04:14.75	04:05:14.80	+01:33:08 (38.0%)	8:43	6.9 (62.7%)
357	NAROŁOCH Piotr	5950		K-Open	1	02:07:00	04:04:14.55	04:05:26.00	+01:33:19 (38.0%)	8:43	6.9 (62.7%)
358	PRĘGOWSKI Grzegorz	5717	EKOBIEGI	M50	19	02:07:21	04:05:18.30	04:05:46.90	+01:33:40 (38.1%)	8:45	6.8 (61.8%)
359	KARCZYŃSKA Eliza	5874	MUD GOATS	K30	47	02:08:29	04:04:33.50	04:05:55.25	+01:33:48 (38.1%)	8:44	6.9 (62.7%)
360	BRZĘCZEK Izabela	5352		K40	23	02:09:44	04:05:00.65	04:06:14.80	+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 Irmína	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	SZYMKOWIAK Paweł	5358		M40	91	02:11:14	04:09:14.55	04:10:13.35	+01:38:06 (39.2%)	8:54	6.7 (60.9%)
385	WIĘCIELEWSKA Joanna	5772	BIGYELLOWFOOT ADVENTURE TEAM	K30	56	02:12:07	04:09:15.20	04:10:24.55	+01:38:18 (39.3%)	8:54	6.7 (60.9%)
386	POGORZELSKA Alina	5279	DB LESZCZYNY	K50	1	02:12:36	04:09:30.55	04:10:30.90	+01:38:24 (39.3%)	8:54	6.7 (60.9%)
387	JÓZEFOWICZ Dariusz	5822	PADŁ NA RYJ TEAM	M40	92	02:15:02	04:09:51.85	04:10:35.70	+01:38:29 (39.3%)	8:55	6.7 (60.9%)
388	SZCZEPANIAK Marcel	5568		M20	43	02:16:25	04:09:53.05	04:10:52.60	+01:38:46 (39.4%)	8:55	6.7 (60.9%)
389	GÓRECKA Aldona	5111	WRONIECKI KLUB BIEGACZA	K30	57	02:11:47	04:09:19.80	04:10:55.55	+01:38:49 (39.4%)	8:54	6.7 (60.9%)
390	MAZUREK Katarzyna	5319	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	26	02:10:51	04:09:41.20	04:10:55.65	+01:38:49 (39.4%)	8:55	6.7 (60.9%)
391	KMITA Gabriela	5798	NOWA HUTA TEAM	K20	20	02:14:02	04:10:09.35	04:11:00.70	+01:38:54 (39.4%)	8:56	6.7 (60.9%)
392	KALICKI Irek	5836	GCW	M40	93	02:08:30	04:10:18.35	04:11:02.70	+01:38:56 (39.4%)	8:56	6.7 (60.9%)
393	MAMCZYS Rafał	5609	COCO JAMBO	M30	128	02:07:34	04:11:24.25	04:11:43.35	+01:39:36 (39.6%)	8:58	6.7 (60.9%)
394	GRUSZKA Paweł	5553		M30	129	02:03:05	04:11:00.70	04:11:48.85	+01:39:42 (39.6%)	8:57	6.7 (60.9%)
395	URBANEK Małgorzata	5026	WAPIENICKITEAM	K40	27	02:12:14	04:10:41.80	04:11:52.95	+01:39:46 (39.6%)	8:57	6.7 (60.9%)
396	BOGDAŁ Ewelina	5243		K20	21	02:14:31	04:11:02.55	04:12:04.95	+01:39:58 (39.7%)	8:57	6.7 (60.9%)
397	BANASZEK Urszula	5498	NIGHT RUNNERS WROCŁAW	K30	58	02:12:24	04:10:40.15	04:12:05.25	+01:39:58 (39.7%)	8:57	6.7 (60.9%)
398	MATYSIAK Agnieszka	5879	KOPALNIA MOCY TARNOBRZE	K30	59	02:14:02	04:10:45.80	04:12:08.40	+01:40:02 (39.7%)	8:57	6.7 (60.9%)
399	PLACHA Piotr	5891	KOPALNIA MOCY	M40	94	02:14:04	04:10:48.60	04:12:11.30	+01:40:04 (39.7%)	8:57	6.7 (60.9%)
400	MOŚCICKI Łukasz	5636		M30	130	02:07:34	04:11:53.85	04:12:19.45	+01:40:13 (39.7%)	8:59	6.7 (60.9%)
401	GUTKOWSKI Wojciech	5851	BIEGAM SOBIE	M40	95	02:08:36	04:11:54.70	04:12:32.35	+01:40:25 (39.8%)	8:59	6.7 (60.9%)
402	BOROWIEC Renata	5159	MAMY-BIEGAMY KIELCE	K40	28	02:15:04	04:12:40.25	04:13:03.45	+01:40:57 (39.9%)	9:01	6.6 (60.0%)
403	DROSZCZ Krzysztof	5701	BIGYELLOWFOOT ADVENTURE TEAM	M30	131	02:11:48	04:12:04.45	04:13:11.50	+01:41:05 (39.9%)	9:00	6.7 (60.9%)
404	WIEDYSKA Jakub	5330		M30	132	02:15:29	04:11:27.45	04:13:14.05	+01:41:07 (39.9%)	8:58	6.7 (60.9%)
405	BEZKOROWAJNY Mateusz	5262		M20	44	01:57:50	04:12:40.55	04:13:31.30	+01:41:24 (40.0%)	9:01	6.6 (60.0%)
406	KACZMARSKI Wojciech	5499		M50	20	02:03:05	04:12:43.85	04:13:35.95	+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	DUBIŃSKI Przemysław	5535	ŻYCIE CZĘSTOCHOWY TEAM	M40	96	02:10:59	04:13:27.35	04:14:04.65	+01:41:58 (40.1%)	9:03	6.6 (60.0%)
408	BAZIUK Aneta Zuzanna	5810	SKŁADAKI	K40	29	02:11:53	04:12:57.75	04:14:08.30	+01:42:01 (40.1%)	9:02	6.6 (60.0%)
409	PODWYSOCKA Dominika	5370	PRUSZCZ BIEGA	K30	60	02:10:05	04:13:08.40	04:14:14.55	+01:42:08 (40.2%)	9:02	6.6 (60.0%)
410	ZAWADZKA Anna	5843		K30	61	02:12:49	04:12:48.70	04:14:23.15	+01:42:16 (40.2%)	9:01	6.6 (60.0%)
411	ŁUNIEWSKA Katarzyna	5288	HARDCOROWE WYCHYLYLYBYMY	K20	22	02:13:06	04:13:41.55	04:14:36.70	+01:42:30 (40.3%)	9:03	6.6 (60.0%)
412	MARCINKOWSKA Jadwiga	5470		K40	30	02:12:02	04:13:25.25	04:14:40.20	+01:42:33 (40.3%)	9:03	6.6 (60.0%)
413	BARSZCZ Marek	5062	BARANOWRUN	M30	133	02:05:48	04:14:11.05	04:15:17.50	+01:43:11 (40.4%)	9:04	6.6 (60.0%)
414	BLIŻNIEWSKA Katarzyna	5538	KS GŁOWNO W BIEGU	K40	31	02:10:48	04:15:23.20	04:15:59.70	+01:43:53 (40.6%)	9:07	6.6 (60.0%)
415	MIEDZINSKI Piotr	5768	MSD RUNNING CLUB	M40	97	02:04:50	04:15:46.70	04:16:00.20	+01:43:53 (40.6%)	9:08	6.6 (60.0%)
416	MICHNIK Dariusz	5545		M50	21	02:04:11	04:15:48.60	04:16:00.65	+01:43:54 (40.6%)	9:08	6.6 (60.0%)
417	BIEDRZYCKA Marta	5852	DZIKIE GRUBASY SZATANA	K30	62	02:13:50	04:15:56.65	04:16:31.85	+01:44:25 (40.7%)	9:08	6.6 (60.0%)
418	OBLIŃSKI Sławomir	5333		M40	98	02:04:50	04:15:13.40	04:16:46.65	+01:44:40 (40.8%)	9:06	6.6 (60.0%)
419	SIECZKA Renata	5578		K30	63	02:14:43	04:16:32.45	04:16:52.85	+01:44:46 (40.8%)	9:09	6.5 (59.1%)
420	KRUK Malgorzata	5317		K40	32	02:14:45	04:16:33.05	04:16:52.95	+01:44:46 (40.8%)	9:09	6.5 (59.1%)
421	LECHOWSKA Katarzyna	5157	MAMY BIEGAMY KIELCE	K40	33	02:13:25	04:16:38.25	04:17:01.10	+01:44:54 (40.8%)	9:09	6.5 (59.1%)
422	JĘSIEK-BARABASZ Agnieszka	5914	PSEUDOBIEGACZKI	K40	34	02:11:42	04:15:54.90	04:17:03.55	+01:44:57 (40.8%)	9:08	6.6 (60.0%)
423	RADECKA Alicja	5708		K30	64	02:14:47	04:16:31.50	04:17:06.70	+01:45:00 (40.8%)	9:09	6.5 (59.1%)
424	SOBICZEWSKA Iza	5436	EKOBIEGI	K40	35	02:13:51	04:16:39.40	04:17:19.25	+01:45:12 (40.9%)	9:10	6.5 (59.1%)
425	WENECKA-FLIS Anna	5477		K30	65	02:13:57	04:15:49.30	04:17:26.45	+01:45:20 (40.9%)	9:08	6.6 (60.0%)
426	WISZNIOWSKA Agata	5361		K30	66	02:12:24	04:16:08.50	04:17:33.50	+01:45:27 (40.9%)	9:08	6.6 (60.0%)
427	WIATR Wojciech	5834	ENDURANCE TEAM	M30	134	02:09:57	04:16:39.85	04:17:34.05	+01:45:27 (40.9%)	9:10	6.5 (59.1%)
428	SOŁKIEWICZ Marta	5918		K40	36	02:13:00	04:17:00.75	04:17:37.85	+01:45:31 (41.0%)	9:10	6.5 (59.1%)
429	TARTANUS Andrzej	5868	VEGE RUNNERS	M40	99	02:09:17	04:16:06.80	04:17:38.95	+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	WOJCIESZAK Klaudia	5739	BRAVEHEARTS LEGIONOWO	K30	67	02:09:16	04:16:07.10	04:17:39.25	+01:45:32 (41.0%)	9:08	6.6 (60.0%)
431	WOJTYCZKA Katarzyna	5002		K30	68	02:16:44	04:16:57.90	04:17:47.55	+01:45:41 (41.0%)	9:10	6.5 (59.1%)
432	GNIADK Goscia	5907	DABEX-BOLT	K40	37	02:12:20	04:17:25.10	04:18:22.30	+01:46:15 (41.1%)	9:11	6.5 (59.1%)
433	KOLCZYŃSKA Paulina	5661	EMOTIVO.COM.PL	K30	69	02:15:18	04:17:03.35	04:18:23.75	+01:46:17 (41.1%)	9:10	6.5 (59.1%)
434	KOLCZYŃSKI Jarosław	5660	EMOTIVO.COM.PL	M30	135	02:15:20	04:17:03.70	04:18:24.05	+01:46:17 (41.1%)	9:10	6.5 (59.1%)
435	GŁUSZKO Justyna	5931	SOLINA TEAM	K30	70	02:13:42	04:18:14.95	04:18:26.60	+01:46:20 (41.1%)	9:13	6.5 (59.1%)
436	PAWIAK-KUCHAREWICZ Gabriela	5246		K30	71	02:20:06	04:17:26.90	04:18:32.30	+01:46:25 (41.2%)	9:11	6.5 (59.1%)
437	DĄBROWSKA Edyta	5270		K30	72	02:11:54	04:17:42.05	04:19:01.90	+01:46:55 (41.3%)	9:12	6.5 (59.1%)
438	PABISEK Anna	5321		K30	73	02:12:48	04:18:21.35	04:19:04.80	+01:46:58 (41.3%)	9:13	6.5 (59.1%)
439	BALCERZAK Marcin	5191	WAKACJE TEAM MINI	M30	136	02:24:30	04:18:00.75	04:19:19.00	+01:47:12 (41.3%)	9:12	6.5 (59.1%)
440	KURKOWIAK Krzysztof	5305	WKURW_TEAM	M30	137	02:04:35	04:19:06.65	04:19:31.80	+01:47:25 (41.4%)	9:15	6.5 (59.1%)
441	ZUBRZYCKI Łukasz	5303		M30	138	02:11:14	04:18:20.40	04:19:32.35	+01:47:25 (41.4%)	9:13	6.5 (59.1%)
442	LIPIŃSKI Maciej	5363	CROSSFIT SIEDLCE	M20	45	02:17:35	04:19:07.25	04:19:36.15	+01:47:29 (41.4%)	9:15	6.5 (59.1%)
443	KOSTYRA Krzysztof	5391	BIEGUSIEM.PL	M50	22	02:04:46	04:19:17.75	04:19:40.65	+01:47:34 (41.4%)	9:15	6.5 (59.1%)
444	WIECZOREK Beata	5682	DZIKIE GRUBASY SZATANA	K30	74	02:14:08	04:19:10.65	04:19:44.40	+01:47:38 (41.4%)	9:15	6.5 (59.1%)
445	LORENZ Anna	5096	#ACTEAM ADAM CZERWIŃSKI TEAM	K30	75	02:18:36	04:19:14.25	04:19:44.90	+01:47:38 (41.4%)	9:15	6.5 (59.1%)
446	KACZMAREK Katarzyna	5090	NIEPOŁOMICE BIEGAJĄ	K40	38	02:18:36	04:19:13.45	04:19:45.20	+01:47:38 (41.4%)	9:15	6.5 (59.1%)
447	ŚWIĄTEK Łukasz	5190		M30	139	02:08:03	04:17:54.50	04:19:45.55	+01:47:39 (41.4%)	9:12	6.5 (59.1%)
448	ZARĘBA Agnieszka	5816		K40	39	02:17:33	04:18:36.20	04:20:15.30	+01:48:08 (41.6%)	9:14	6.5 (59.1%)
449	KONIK Marek	5719	DB LESZCZYNY	M50	23	02:18:11	04:19:21.05	04:20:21.70	+01:48:15 (41.6%)	9:15	6.5 (59.1%)
450	KRYSTEK Ewa	5118		K40	40	02:16:15	04:18:59.20	04:20:25.70	+01:48:19 (41.6%)	9:14	6.5 (59.1%)
451	SZAL Katarzyna	5031		K30	76	02:06:34	04:19:05.00	04:20:33.85	+01:48:27 (41.6%)	9:15	6.5 (59.1%)
452	MANIAK Łukasz	5917		M40	100	02:06:37	04:19:06.20	04:20:35.10	+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	KOWALEWSKA Kinga	5029		K30	77	02:20:30	04:20:16.05	04:20:39.95	+01:48:33 (41.6%)	9:17	6.5 (59.1%)
454	PUCHALSKA Olga	5752	PZU SPORT TEAM	K40	41	02:22:17	04:19:57.30	04:20:50.95	+01:48:44 (41.7%)	9:17	6.5 (59.1%)
455	MIKULSKA Aneta	5895	#GO PATI	K30	78	02:19:34	04:20:02.05	04:20:53.15	+01:48:46 (41.7%)	9:17	6.5 (59.1%)
456	REPLIŃSKA Edyta	5206	DOGOŃ GRODZISK MAZOWIECKI	K40	42	02:10:11	04:20:47.65	04:21:12.00	+01:49:05 (41.8%)	9:18	6.4 (58.2%)
457	POKROP Agnieszka	5548		K30	79	02:16:27	04:20:48.35	04:21:26.10	+01:49:19 (41.8%)	9:18	6.4 (58.2%)
458	ŚLIWIŃSKA Alicja	5742	NIGHT RUNNERS GLIWICE	K30	80	02:09:54	04:20:38.10	04:21:54.60	+01:49:48 (41.9%)	9:18	6.4 (58.2%)
459	MAZUR Grzegorz	5903	HONG KONG TRAIL RUNNERS	M30	140	02:08:23	04:22:05.90	04:22:13.30	+01:50:06 (42.0%)	9:21	6.4 (58.2%)
460	BOTKIEWICZ Agnieszka	5619	WKURW_TEAM / DRUŻYNA BARTKA	K40	43	02:14:45	04:21:36.60	04:22:13.45	+01:50:07 (42.0%)	9:20	6.4 (58.2%)
461	CIURA Jarosław	5432	AGDHOME.PL BIEGAMY !	M30	141	02:11:29	04:21:46.75	04:22:14.25	+01:50:07 (42.0%)	9:20	6.4 (58.2%)
462	ZIELIŃSKA Mirona	5379	NIGHT RUNNERS WROCŁAW	K40	44	02:12:23	04:20:51.25	04:22:16.35	+01:50:09 (42.0%)	9:18	6.4 (58.2%)
463	KĘCKA Adrianna	5225	WQRW TEAM	K20	23	02:10:16	04:22:08.60	04:22:44.65	+01:50:38 (42.1%)	9:21	6.4 (58.2%)
464	HAJDUK Tomek	5163	YULO RUN TEAM	M40	101	02:01:56	04:22:35.40	04:22:51.15	+01:50:44 (42.1%)	9:22	6.4 (58.2%)
465	MAĆZKA Krystyna	5932		K60	1	02:18:12	04:23:40.10	04:23:48.15	+01:51:41 (42.3%)	9:25	6.4 (58.2%)
466	JĘDRUSZCZAK Renata	5714		K40	45	02:15:41	04:23:23.10	04:23:50.40	+01:51:44 (42.3%)	9:24	6.4 (58.2%)
467	WIERZBA Jacek	5745	KB.SUKCES ŻMIGRÓD	M40	102	02:08:39	04:23:12.45	04:24:06.65	+01:52:00 (42.4%)	9:24	6.4 (58.2%)
468	GAŁKA Jacek	5160	VEGE RUNNERS / WKURW_TEAM	M30	142	02:09:00	04:23:14.95	04:24:06.90	+01:52:00 (42.4%)	9:24	6.4 (58.2%)
469	ZAWADZKI Mirosław	5514	TERNOL TEAM	M30	143	02:05:56	04:23:34.80	04:24:07.70	+01:52:01 (42.4%)	9:24	6.4 (58.2%)
470	PAWLIKOWSKA Agnieszka	5711		K30	81	02:21:59	04:23:06.35	04:24:08.40	+01:52:02 (42.4%)	9:23	6.4 (58.2%)
471	SMOŁA Ilona	5297		M30	144	02:11:06	04:23:49.25	04:24:08.60	+01:52:02 (42.4%)	9:25	6.4 (58.2%)
472	SKIBICKA Dorota	5451	PZU SPORT TEAM	K40	46	02:13:13	04:23:20.80	04:24:14.55	+01:52:08 (42.4%)	9:24	6.4 (58.2%)
473	RZEPECKA Ewa	5713		K50	2	02:20:03	04:24:05.90	04:24:17.00	+01:52:10 (42.4%)	9:25	6.4 (58.2%)
474	KOFIN Maciej	5164	TKKF UKLEJNA MYŚLENICE	M40	103	02:18:10	04:23:01.35	04:24:17.65	+01:52:11 (42.4%)	9:23	6.4 (58.2%)
475	KALINOWSKA Ewa	5847		K30	82	02:16:51	04:24:02.45	04:24:45.90	+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	GOMUŁKIEWICZ Monika	5818		K20	24	02:11:44	04:24:12.90	04:24:52.85	+01:52:46 (42.6%)	9:26	6.4 (58.2%)
477	ŚWIĄTEK Łukasz	5819		M30	145	02:11:40	04:24:09.40	04:24:53.25	+01:52:46 (42.6%)	9:26	6.4 (58.2%)
478	FIRAZA Łukasz	5383	NAPIERACZE.PL	M30	146	02:13:20	04:24:07.05	04:24:56.30	+01:52:49 (42.6%)	9:25	6.4 (58.2%)
479	SOSIŃSKI Tomasz	5622	NAPIERACZE.PL	M30	147	02:12:52	04:24:13.55	04:25:01.50	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
480	MAJONEK Artur	5832		M30	148	02:20:59	04:24:19.85	04:25:01.60	+01:52:55 (42.6%)	9:26	6.4 (58.2%)
481	PRUSS Kasia	5479	WKURW_TEAM	K40	47	02:16:13	04:23:40.45	04:25:04.65	+01:52:58 (42.6%)	9:25	6.4 (58.2%)
482	DOMARADZKA-KASZUBOWICZ Wiktoria	5641		K30	83	02:15:55	04:25:13.45	04:25:18.40	+01:53:12 (42.7%)	9:28	6.3 (57.3%)
483	NAWROCKA Natalia	5244		K40	48	02:19:15	04:24:49.25	04:25:27.30	+01:53:20 (42.7%)	9:27	6.3 (57.3%)
484	ŚWIĄTEK Arkadiusz	5016		M20	46	02:09:30	04:25:20.40	04:25:29.75	+01:53:23 (42.7%)	9:28	6.3 (57.3%)
485	MORAWSKA Anna	5374		K60	2	02:21:59	04:25:26.55	04:25:57.55	+01:53:51 (42.8%)	9:28	6.3 (57.3%)
486	ŁUKASIK Weronika	5740		K20	25	02:19:32	04:25:34.00	04:26:13.65	+01:54:07 (42.9%)	9:29	6.3 (57.3%)
487	WRONKOWSKA Katarzyna	5093		K40	49	02:19:41	04:25:26.00	04:26:39.15	+01:54:32 (43.0%)	9:28	6.3 (57.3%)
488	MARMUROWICZ Krystian	5807	NESSI TEAM	M40	104	02:18:21	04:26:30.35	04:26:41.45	+01:54:35 (43.0%)	9:31	6.3 (57.3%)
489	BINEK Katarzyna	5067	NIGHT RUNNERS	K20	26	02:21:13	04:25:55.95	04:27:16.50	+01:55:10 (43.1%)	9:29	6.3 (57.3%)
490	WARDA Justyna	5400	HARDCOROWE WYCHYLYLYBYMY	K20	27	02:17:57	04:26:25.65	04:27:21.05	+01:55:14 (43.1%)	9:30	6.3 (57.3%)
491	BAŁDA Ewelina	5308	ASICS FRONTRUNNER POLSKA	K30	84	02:11:00	04:27:21.15	04:28:02.10	+01:55:55 (43.3%)	9:32	6.3 (57.3%)
492	WIDERA Karolina	5541	BRAK	K40	50	02:17:42	04:27:20.90	04:28:17.45	+01:56:11 (43.3%)	9:32	6.3 (57.3%)
493	ŁUCZAK Olga	5540		K40	51	02:16:40	04:27:21.95	04:28:17.90	+01:56:11 (43.3%)	9:32	6.3 (57.3%)
494	HADRYSIAK Adam	5386	NAPIERACZE.PL	M30	149	02:13:22	04:27:38.05	04:28:27.55	+01:56:21 (43.3%)	9:33	6.3 (57.3%)
495	SYROCKI Arkadiusz	5624		M40	105	02:17:37	04:28:16.30	04:28:35.65	+01:56:29 (43.4%)	9:34	6.3 (57.3%)
496	KURAS-SMOLNIK Magdalena	5121		K30	85	02:18:36	04:27:43.40	04:28:41.60	+01:56:35 (43.4%)	9:33	6.3 (57.3%)
497	MATOGA Lucyna	5273		K50	3	02:21:43	04:28:01.35	04:28:54.55	+01:56:48 (43.4%)	9:34	6.3 (57.3%)
498	WÓJCIK Kamila	5878	LACHO TEAM	K40	52	02:23:40	04:27:30.40	04:28:57.35	+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	CHMIELEWSKA Emilia	5763		K30	86	02:18:31	04:27:20.40	04:29:11.70	+01:57:05 (43.5%)	9:32	6.3 (57.3%)
500	PISZCZOŁA Maria	5775	DIRTY SPARROWS	K20	28	02:20:57	04:27:56.05	04:29:12.80	+01:57:06 (43.5%)	9:34	6.3 (57.3%)
501	ZALECH Zbigniew	5676	MORSY PŁOCK	M40	106	02:24:46	04:27:32.80	04:29:24.60	+01:57:18 (43.5%)	9:33	6.3 (57.3%)
502	QUIRINI Aleksandra	5842		K30	87	02:19:59	04:29:17.75	04:30:05.50	+01:57:59 (43.7%)	9:37	6.2 (56.4%)
503	SOSNOWSKA Justyna	5365	POWER TRAINING	K30	88	02:19:41	04:29:08.15	04:30:22.20	+01:58:15 (43.7%)	9:36	6.2 (56.4%)
504	RZENNO Dagmara	5592	MIECHOWICKA GRUPA BIEGOWA	K40	53	02:20:49	04:29:38.60	04:30:24.65	+01:58:18 (43.7%)	9:37	6.2 (56.4%)
505	LUBAŃSKA Alicja	5489		K50	4	02:11:49	04:30:45.60	04:31:00.85	+01:58:54 (43.9%)	9:40	6.2 (56.4%)
506	SEREDA Joanna	5777	AR	K20	29	02:12:35	04:30:41.40	04:31:07.25	+01:59:00 (43.9%)	9:40	6.2 (56.4%)
507	ADAMCZYK Przemysław	5508	ADIDAS RUNNERS WARSAW	M40	107	02:12:39	04:30:41.20	04:31:07.55	+01:59:01 (43.9%)	9:40	6.2 (56.4%)
508	KOSIACKI Karol	5138	PZU SPORT TEAM	M30	150	02:15:55	04:30:12.50	04:31:08.80	+01:59:02 (43.9%)	9:39	6.2 (56.4%)
509	LATOS Joanna	5692		K40	54	02:17:53	04:29:45.25	04:31:14.15	+01:59:07 (43.9%)	9:38	6.2 (56.4%)
510	ADAMKIEWICZ Natalia	5086	K.S GŁOWNO W BIEGU	K20	30	02:16:45	04:31:31.20	04:32:46.60	+02:00:40 (44.2%)	9:41	6.2 (56.4%)
511	ADAMKIEWICZ Michał	5071	K.S GŁOWNO W BIEGU	M30	151	02:16:28	04:31:31.50	04:32:46.90	+02:00:40 (44.2%)	9:41	6.2 (56.4%)
512	TRELA Mirosław	5668	DB LESZCZYNY	M50	24	02:21:14	04:31:56.90	04:32:57.05	+02:00:50 (44.3%)	9:42	6.2 (56.4%)
513	TRELA Aniela	5669	DB LESZCZYNY	K40	55	02:21:28	04:31:56.45	04:32:57.30	+02:00:50 (44.3%)	9:42	6.2 (56.4%)
514	ŻUKOWSKI Grzegorz	5461	ENDURANCE TEAM	M40	108	02:13:47	04:32:16.80	04:33:09.80	+02:01:03 (44.3%)	9:43	6.2 (56.4%)
515	SKOŁUBON Marzenia	5945		K30	89	02:09:14	04:32:29.70	04:33:11.65	+02:01:05 (44.3%)	9:43	6.2 (56.4%)
516	GIURG Grzegorz	5407		M40	109	02:09:13	04:32:29.95	04:33:12.10	+02:01:05 (44.3%)	9:43	6.2 (56.4%)
517	ZARĘBA Julia	5785	NIE ZA DALEKO / VELOCITY	K20	31	02:19:16	04:32:21.05	04:33:15.55	+02:01:09 (44.3%)	9:43	6.2 (56.4%)
518	CHRZUSZCZ Anna	5862		K30	90	02:21:25	04:32:00.65	04:33:16.00	+02:01:09 (44.3%)	9:42	6.2 (56.4%)
519	STACHOWICZ Marcin	5781	5F TEAM	M30	152	02:20:44	04:32:19.40	04:33:16.25	+02:01:09 (44.3%)	9:43	6.2 (56.4%)
520	PAWLIK Katarzyna	5779	5F TEAM	K30	91	02:20:43	04:32:20.65	04:33:16.65	+02:01:10 (44.3%)	9:43	6.2 (56.4%)
521	JAWORSKA Katarzyna	5893		K30	92	02:23:50	04:31:41.30	04:33:19.00	+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	ZEMŁA Piotr	5298		M40	110	02:16:33	04:32:24.05	04:33:25.00	+02:01:18 (44.4%)	9:43	6.2 (56.4%)
523	BRZĘCZEK Roland	5356		M40	111	02:09:45	04:32:14.30	04:33:28.55	+02:01:22 (44.4%)	9:43	6.2 (56.4%)
524	LIMANOWSKA Olga	5136	TRENER24H.COM.PL	K20	32	02:12:07	04:33:22.35	04:33:31.65	+02:01:25 (44.4%)	9:45	6.1 (55.5%)
525	PLEŚNIAR Lucyna	5019	RK ATHLETICS	K40	56	02:20:56	04:32:55.30	04:33:36.30	+02:01:29 (44.4%)	9:44	6.2 (56.4%)
526	FRANKOWSKA Anna	5294	MIECHOWICKA GRUPA BIEGOWA	K50	5	02:20:46	04:33:15.90	04:34:02.30	+02:01:55 (44.5%)	9:45	6.1 (55.5%)
527	KUKAWSKA Joanna	5014	RK ATHLETICS	K50	6	02:12:55	04:32:59.15	04:34:14.05	+02:02:07 (44.5%)	9:45	6.2 (56.4%)
528	NIEDŹWIECKA Kasia	5119	EKOBIEGI	K40	57	02:15:32	04:33:37.20	04:34:16.50	+02:02:10 (44.5%)	9:46	6.1 (55.5%)
529	PARYS Marzena	5081	BIEGAJĄCE ŻABCIE	K30	93	02:17:43	04:33:03.80	04:34:17.40	+02:02:11 (44.5%)	9:45	6.2 (56.4%)
530	ŚLUSARSKI Włodzimierz	5936		M50	25	02:16:48	04:34:06.80	04:34:21.05	+02:02:14 (44.6%)	9:47	6.1 (55.5%)
531	JAKUBOWSKI Piotr	5502	CHEŁM BIEGA	M40	112	02:09:12	04:33:56.60	04:34:26.25	+02:02:19 (44.6%)	9:47	6.1 (55.5%)
532	KOBYŁECKI Emil	5122		M20	47	02:18:12	04:33:07.00	04:34:33.60	+02:02:27 (44.6%)	9:45	6.2 (56.4%)
533	CIEŚLAK Grzegorz	5797	GREEN TEAM	M40	113	02:18:30	04:33:11.80	04:34:36.15	+02:02:29 (44.6%)	9:45	6.1 (55.5%)
534	RYSZCZYK Adam	5040		M30	153	02:11:35	04:34:25.95	04:35:05.75	+02:02:59 (44.7%)	9:48	6.1 (55.5%)
535	GRUSZECKI Tomasz	5130		M30	154	02:14:29	04:34:27.20	04:35:19.15	+02:03:12 (44.8%)	9:48	6.1 (55.5%)
536	JAŚKIEWICZ Szymon	5247	SŁYNNI KENIJCZYCY	M20	48	02:23:29	04:33:50.95	04:35:20.65	+02:03:14 (44.8%)	9:46	6.1 (55.5%)
537	DOMINIAK Emilia	5092	SŁYNNI KENIJCZYCY	K40	58	02:23:30	04:33:51.10	04:35:20.85	+02:03:14 (44.8%)	9:46	6.1 (55.5%)
538	SERĘGA Anna	5860	WKURW_TEAM	K30	94	02:25:07	04:33:54.25	04:35:22.85	+02:03:16 (44.8%)	9:46	6.1 (55.5%)
539	NIEĆ Melania	5576		K30	95	02:24:17	04:34:06.40	04:35:24.55	+02:03:18 (44.8%)	9:47	6.1 (55.5%)
540	PRĘDKA Magdalena	5048	OLA TEAM	K40	59	02:24:17	04:34:06.70	04:35:24.75	+02:03:18 (44.8%)	9:47	6.1 (55.5%)
541	MARCOL Dominika	5946	OTK RZEŹNIK	K20	33	02:10:19	04:35:23.35	04:35:37.25	+02:03:30 (44.8%)	9:50	6.1 (55.5%)
542	MARCOL Grzegorz	5947		M50	26	02:10:21	04:35:24.00	04:35:37.60	+02:03:31 (44.8%)	9:50	6.1 (55.5%)
543	BARAŃSKI Damian	5057	GORZÓW BIEGA	M20	49	02:10:30	04:35:15.70	04:35:41.75	+02:03:35 (44.8%)	9:49	6.1 (55.5%)
544	OKORSKA-BOMBIŃSKA Basia	5715	PKO BP SA	K30	96	02:29:19	04:34:45.25	04:35:49.40	+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	WAJMAN-GRASZA Katarzyna	5182	STEP DANCE RUN	K30	97	02:23:23	04:34:41.80	04:36:09.05	+02:04:02 (44.9%)	9:48	6.1 (55.5%)
546	MARCINIAK Anna	5181		K40	60	02:18:19	04:35:00.45	04:36:29.80	+02:04:23 (45.0%)	9:49	6.1 (55.5%)
547	STYSIŃSKA Martyna	5784		K30	98	02:20:59	04:35:57.70	04:36:40.85	+02:04:34 (45.0%)	9:51	6.1 (55.5%)
548	BEDNARCZUK Joanna	5899		K40	61	02:21:57	04:36:08.75	04:36:44.20	+02:04:37 (45.0%)	9:51	6.1 (55.5%)
549	RECZEK Sebastian	5898	KS ZIELONO- CZARNI	M30	155	02:21:59	04:36:09.15	04:36:45.45	+02:04:39 (45.0%)	9:51	6.1 (55.5%)
550	MAZUR Mateusz	5300	MYSTICLIMB	M30	156	02:01:05	04:36:35.25	04:36:47.70	+02:04:41 (45.0%)	9:52	6.1 (55.5%)
551	TOKARSKA Bożena	5339		K40	62	02:24:24	04:35:53.70	04:37:03.15	+02:04:56 (45.1%)	9:51	6.1 (55.5%)
552	TOKARSKI Rafał	5345		M40	114	02:24:24	04:35:53.15	04:37:03.70	+02:04:57 (45.1%)	9:51	6.1 (55.5%)
553	SERĘGA Tomasz	5859	WKURW_TEAM	M40	115	02:23:44	04:35:55.10	04:37:24.25	+02:05:17 (45.2%)	9:51	6.1 (55.5%)
554	KOLIBABSKA Malwina	5229	HARDCOROWE WYCHYLYLYBYMY	K30	99	02:17:59	04:36:46.50	04:37:42.05	+02:05:35 (45.2%)	9:53	6.1 (55.5%)
555	NOSEK Damian	5120		M20	50	02:17:06	04:36:45.25	04:37:43.45	+02:05:37 (45.2%)	9:53	6.1 (55.5%)
556	RYBIENIK Lech	5208		M30	157	02:18:53	04:36:48.95	04:37:46.70	+02:05:40 (45.2%)	9:53	6.1 (55.5%)
557	KIJEWSKA- RAJ Karolina	5125		K30	100	02:18:54	04:36:49.40	04:37:46.85	+02:05:40 (45.2%)	9:53	6.1 (55.5%)
558	MOLAK Robert	5117		M30	158	02:18:19	04:36:35.05	04:37:53.85	+02:05:47 (45.3%)	9:52	6.1 (55.5%)
559	BROCKA Katarzyna	5655	GKT MUSTANGI	K30	101	02:25:11	04:36:38.30	04:38:05.15	+02:05:58 (45.3%)	9:52	6.1 (55.5%)
560	ŻYGADŁO Anna	5492	POWER TRAINING	K30	102	02:24:30	04:36:56.35	04:38:10.70	+02:06:04 (45.3%)	9:53	6.1 (55.5%)
561	STRUSZKIEWICZ Aleksandra	5887	POWER TRAINING	K20	34	02:24:08	04:36:57.40	04:38:11.35	+02:06:04 (45.3%)	9:53	6.1 (55.5%)
562	MICHALCZAK Paweł	5422	WKS WAWEL KRAKÓW	M40	116	02:18:14	04:36:45.20	04:38:26.25	+02:06:19 (45.4%)	9:53	6.1 (55.5%)
563	JANICKA Katarzyna	5035	4EVERFASTER.PL	K30	103	02:15:24	04:37:51.80	04:38:53.15	+02:06:46 (45.5%)	9:55	6 (54.5%)
564	WOŹNIAK Daniel	5158	CROSSFIT SIEDLCE	M30	159	02:14:54	04:38:30.60	04:38:59.70	+02:06:53 (45.5%)	9:56	6 (54.5%)
565	DĄBROWSKI Karol	5796	CROSSFIT SIEDLCE	M40	117	02:17:32	04:38:30.55	04:38:59.75	+02:06:53 (45.5%)	9:56	6 (54.5%)
566	ZYCH Anna	5340		K40	63	02:21:33	04:37:55.95	04:39:10.40	+02:07:04 (45.5%)	9:55	6 (54.5%)
567	KORDALEWSKI Łukasz	5753	NC+	M30	160	02:27:46	04:37:43.60	04:39:13.30	+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	WRONA Tomek	5351	KS PEGAZ	M30	161	02:23:24	04:37:50.95	04:39:17.15	+02:07:10 (45.5%)	9:55	6 (54.5%)
569	DANILUK Andrzej	5590	ZACISZE NIGHT RUNNERS	M40	118	02:22:23	04:38:53.80	04:39:43.00	+02:07:36 (45.6%)	9:57	6 (54.5%)
570	PAKULSKA Ewelina	5227	KONIUCHY	K30	104	02:18:01	04:38:51.10	04:39:44.40	+02:07:38 (45.6%)	9:57	6 (54.5%)
571	SZCZELINA Paweł	5462	PRESS GLASS BIEGAMY I WSPIERAMY	M40	119	02:18:36	04:39:51.50	04:40:11.15	+02:08:04 (45.7%)	9:59	6 (54.5%)
572	MROCHEM Mariusz	5507		M30	162	02:24:18	04:39:03.95	04:40:16.65	+02:08:10 (45.7%)	9:58	6 (54.5%)
573	CZERNIAK Artur	5581	MASAKRA KLUB SPORTOWY	M50	27	02:12:58	04:40:31.40	04:40:44.25	+02:08:37 (45.8%)	10:01	6 (54.5%)
574	OLEJNIK Urszula	5937		K30	105	02:29:21	04:39:41.00	04:41:16.05	+02:09:09 (45.9%)	9:59	6 (54.5%)
575	DZIERŻAK Arkadiusz	5202		M40	120	02:16:55	04:41:02.15	04:41:19.30	+02:09:12 (45.9%)	10:02	6 (54.5%)
576	BARCZYK Agnieszka	5476		K40	64	02:25:54	04:41:02.15	04:42:21.15	+02:10:14 (46.1%)	10:02	6 (54.5%)
577	KAMUT Hubert	5481	YULO RUN TEAM SIEDLCE	M40	121	02:09:21	04:42:11.70	04:42:26.00	+02:10:19 (46.1%)	10:04	6 (54.5%)
578	JĘDZURA Agnieszka	5760		K30	106	02:21:58	04:42:41.50	04:42:48.70	+02:10:42 (46.2%)	10:05	5.9 (53.6%)
579	BARAN Jakub	5910		M30	163	02:21:46	04:42:53.05	04:42:59.60	+02:10:53 (46.3%)	10:06	5.9 (53.6%)
580	GRECH-BARAN Marta	5909	ROGATE TORPEDY	K30	107	02:21:43	04:42:52.60	04:42:59.70	+02:10:53 (46.3%)	10:06	5.9 (53.6%)
581	CZECH Bogdan	5675	ŁĘCZNA BIEGA	M40	122	02:17:36	04:42:55.05	04:43:13.25	+02:11:06 (46.3%)	10:06	5.9 (53.6%)
582	MYSZKIEWICZ-KURKIEWICZ Agnieszka	5601	PZU SPORT TEAM	K30	108	02:30:26	04:42:57.75	04:43:52.15	+02:11:45 (46.4%)	10:06	5.9 (53.6%)
583	ROMANOWICZ Katarzyna	5201		K30	109	02:34:00	04:43:41.50	04:43:54.20	+02:11:47 (46.4%)	10:07	5.9 (53.6%)
584	BANASIAK Karolina	5995	WKURW_TEAM	K30	110	02:17:59	04:42:51.05	04:43:57.95	+02:11:51 (46.4%)	10:06	5.9 (53.6%)
585	DUKAŁA Arkadiusz	5468	PZU SPORT TEAM	M40	123	02:23:54	04:43:08.95	04:44:00.10	+02:11:53 (46.4%)	10:06	5.9 (53.6%)
586	BARYZA Robert	5394		M40	124	02:25:06	04:43:24.00	04:44:02.75	+02:11:56 (46.4%)	10:07	5.9 (53.6%)
587	DZIOPA Paweł	5336	WKURW_TEAM	M40	125	02:19:00	04:42:52.05	04:44:05.60	+02:11:59 (46.5%)	10:06	5.9 (53.6%)
588	KOZIŃSKI Dariusz	5633	PZU SPORT TEAM	M50	28	02:12:53	04:43:42.70	04:44:37.10	+02:12:30 (46.6%)	10:07	5.9 (53.6%)
589	OBARSKI Norbert	5268		M50	29	02:18:32	04:44:13.90	04:44:47.55	+02:12:41 (46.6%)	10:09	5.9 (53.6%)
590	WIĘSEK Ewelina	5865	PKO BANK POLSKI	K40	65	02:20:51	04:44:13.20	04:44:51.45	+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	TERZONI Karina	5888	ROZBIEGANI	K30	111	02:25:42	04:44:01.40	04:45:31.60	+02:13:25 (46.7%)	10:08	5.9 (53.6%)
592	JURAŚ-KMIEĆ Marzena	5884	BIEGAM SOBIE	K40	66	02:26:00	04:44:36.15	04:45:40.25	+02:13:33 (46.8%)	10:09	5.9 (53.6%)
593	SENDERECKA Dorota	5793	TERAPIA UZALEŻNIENI	K40	67	02:30:08	04:44:41.10	04:45:49.85	+02:13:43 (46.8%)	10:10	5.9 (53.6%)
594	KOPYŚĆ Jarosław	5091	PSZCZÓŁKOWSKI TEAM	M40	126	02:30:08	04:45:59.50	04:47:09.65	+02:15:03 (47.0%)	10:12	5.9 (53.6%)
595	LEYKO-PYZIK Paulina	5341	ZABIEGANI MIELEC	K30	112	02:24:03	04:46:58.30	04:47:11.30	+02:15:04 (47.0%)	10:14	5.9 (53.6%)
596	MAŁYSA Łukasz	5445		M30	164	02:25:38	04:46:08.35	04:47:16.50	+02:15:10 (47.1%)	10:13	5.9 (53.6%)
597	SIĘNCZYK Małgorzata	5648	BRATALBERT TEAM	K30	113	02:20:06	04:46:42.10	04:47:17.30	+02:15:10 (47.1%)	10:14	5.9 (53.6%)
598	PIELAK Agnieszka	5474	PZU SPORT TEAM	K30	114	02:22:48	04:46:32.30	04:47:19.20	+02:15:12 (47.1%)	10:14	5.9 (53.6%)
599	SIWEK Aleksandra	5589	COCA-COLA RUNNERS	K40	68	02:23:42	04:46:59.60	04:47:32.05	+02:15:25 (47.1%)	10:15	5.9 (53.6%)
600	KAPUSTA Anna	5124	TSA SANDOMIERZ	K20	35	02:23:47	04:46:26.90	04:47:45.50	+02:15:39 (47.1%)	10:13	5.9 (53.6%)
601	KWITEK Damian	5185		M20	51	02:21:06	04:46:26.75	04:47:45.55	+02:15:39 (47.1%)	10:13	5.9 (53.6%)
602	PIĘTKA Piotr	5103	AMERNET	M40	127	02:26:18	04:47:21.45	04:48:06.90	+02:16:00 (47.2%)	10:15	5.8 (52.7%)
603	DAMIĘCKI Jan	5399	MASAKRA KLUB SPORTOWY	M40	128	02:21:26	04:48:19.50	04:48:32.05	+02:16:25 (47.3%)	10:17	5.8 (52.7%)
604	KOBIERECKA Monika	5523	KS GŁOWNO W BIEGU	K40	69	02:20:58	04:47:57.35	04:48:33.95	+02:16:27 (47.3%)	10:17	5.8 (52.7%)
605	WNOROWSKA Magdalena	5207		K40	70	02:22:14	04:48:37.45	04:48:47.40	+02:16:41 (47.3%)	10:18	5.8 (52.7%)
606	CHUDZICKI Łukasz	5324		M30	165	02:22:14	04:48:37.20	04:48:47.50	+02:16:41 (47.3%)	10:18	5.8 (52.7%)
607	PILAK Zbigniew	5061		M50	30	02:30:18	04:48:14.45	04:49:54.25	+02:17:47 (47.5%)	10:17	5.8 (52.7%)
607	NAGAŃSKA-PILAK Małgorzata	5033		K50	7	02:30:22	04:48:14.75	04:49:54.25	+02:17:47 (47.5%)	10:17	5.8 (52.7%)
609	ŁAĆKA Ilona	5789	BIĄŁOŁĘKA JEST KOBIETĄ	K40	71	02:25:01	04:49:23.30	04:50:01.65	+02:17:55 (47.6%)	10:20	5.8 (52.7%)
610	ŻAK Bartłomiej	5427		M30	166	02:14:04	04:48:41.40	04:50:07.30	+02:18:00 (47.6%)	10:18	5.8 (52.7%)
611	KOZIOŁ Łukasz	5094		M30	167	02:16:30	04:49:59.30	04:50:18.45	+02:18:12 (47.6%)	10:21	5.8 (52.7%)
612	KOWALSKI Daniel	5287	JANUSZE SPORTU / BIEGAJĄCY ŚWIDNIK	M30	168	02:29:23	04:48:41.35	04:50:20.00	+02:18:13 (47.6%)	10:18	5.8 (52.7%)
613	KOWALSKA Gabriela	5264	BIEGAJĄCY ŚWIDNIK	K30	115	02:29:40	04:48:41.05	04:50:20.40	+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	KAWKA Damian	5526		M40	129	02:24:13	04:49:04.25	04:50:23.85	+02:18:17 (47.6%)	10:19	5.8 (52.7%)
615	PAJĄK Karolina	5322	PUSZCZYK BUKOWY	K40	72	02:24:47	04:50:03.70	04:50:32.45	+02:18:26 (47.6%)	10:21	5.8 (52.7%)
616	MATYJEWICZ Klaudia	5579		K20	36	02:34:45	04:49:04.00	04:50:35.15	+02:18:28 (47.7%)	10:19	5.8 (52.7%)
617	PIECIUL Jacek	5900	DZIKIE DZIKI GORZÓW	M30	169	02:19:23	04:50:03.95	04:50:48.00	+02:18:41 (47.7%)	10:21	5.8 (52.7%)
618	DE KRUIJF Teunis	5951		M20	52	02:25:05	04:49:42.20	04:50:53.65	+02:18:47 (47.7%)	10:20	5.8 (52.7%)
619	KORNILAK Edyta	5089	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	73	02:23:04	04:51:35.60	04:51:53.35	+02:19:46 (47.9%)	10:24	5.8 (52.7%)
620	PRZYBYLSKI Piotr	5596	GO SPORT AK-SPED TEAM	M30	170	02:17:52	04:50:18.05	04:51:59.75	+02:19:53 (47.9%)	10:22	5.8 (52.7%)
621	GADOMSKA Małgorzata	5556		K40	74	02:28:07	04:50:53.20	04:52:00.70	+02:19:54 (47.9%)	10:23	5.8 (52.7%)
622	PIOTRKOWSKA Magda	5894		K20	37	02:35:34	04:50:21.95	04:52:01.30	+02:19:54 (47.9%)	10:22	5.8 (52.7%)
623	ZIÓŁEK Teresa	5963	STAY INSANE	K50	8	02:29:23	04:50:42.15	04:52:10.25	+02:20:03 (47.9%)	10:22	5.8 (52.7%)
624	OLESIAK Małgorzata	5187	MAMY BIEGAMY KIELCE I OKOLICE	K40	75	02:25:03	04:52:04.00	04:52:27.95	+02:20:21 (48.0%)	10:25	5.8 (52.7%)
625	GÓRAL Marcelina	5858		K30	116	02:19:24	04:52:00.05	04:52:39.55	+02:20:33 (48.0%)	10:25	5.8 (52.7%)
626	SZEWCZYK Kamil	5837		M30	171	02:25:02	04:51:59.80	04:52:39.85	+02:20:33 (48.0%)	10:25	5.8 (52.7%)
627	JAGODA Mateusz	5473	FUCHS OIL TEAM	M20	53	02:18:20	04:51:00.90	04:52:46.05	+02:20:39 (48.0%)	10:23	5.8 (52.7%)
627	JAGODA Adam	5390	FUCHS OIL TEAM	M50	31	02:19:45	04:51:00.90	04:52:46.05	+02:20:39 (48.0%)	10:23	5.8 (52.7%)
629	CHOJNACKA-OZDOWSKA Izabela	5172	WAKACJE TEAM MINI	K30	117	02:25:12	04:51:50.10	04:53:07.00	+02:21:00 (48.1%)	10:25	5.8 (52.7%)
630	CHOJNACKI Łukasz	5166	WAKACJE TEAM MINI	M30	172	02:25:14	04:51:49.20	04:53:07.35	+02:21:00 (48.1%)	10:25	5.8 (52.7%)
631	KAYYALI Mira	5248		K30	118	02:26:01	04:52:35.40	04:53:18.95	+02:21:12 (48.1%)	10:26	5.7 (51.8%)
632	PRZYBYLSKA Sylwia	5272	KOLOROWA DRUŻYNA NESSI	K40	76	02:25:42	04:52:16.30	04:53:21.40	+02:21:15 (48.1%)	10:26	5.7 (51.8%)
633	SIWKA Monika	5276	KOLOROWA DRUŻYNA NESSI	K30	119	02:25:57	04:52:18.75	04:53:23.50	+02:21:17 (48.2%)	10:26	5.7 (51.8%)
634	POŹNIAK Aleksandra	5044	WIECZORNE BIEGANIE W SZCZECINIE	K30	120	02:32:59	04:52:32.95	04:53:35.05	+02:21:28 (48.2%)	10:26	5.7 (51.8%)
635	DYCKOWSKI Adam	5289		M20	54	02:20:45	04:52:42.35	04:54:06.20	+02:21:59 (48.3%)	10:27	5.7 (51.8%)
636	MODZELEWSKA Milena	5912	BIGYELLOWFOOT ADVENTURE TEAM	K20	38	02:23:13	04:53:36.00	04:54:42.40	+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	ŁYSY Aleksandra	5698	PZU SPORT TEAM	K40	77	02:25:50	04:54:25.30	04:55:17.05	+02:23:10 (48.5%)	10:30	5.7 (51.8%)
638	KRAKOWSKA Katarzyna	5382		K40	78	02:30:16	04:54:29.40	04:55:22.90	+02:23:16 (48.5%)	10:31	5.7 (51.8%)
639	ŻAROWSKI Adam	5838		M20	55	02:19:05	04:54:28.30	04:55:25.35	+02:23:18 (48.5%)	10:31	5.7 (51.8%)
640	SARNA Agata	5318		K30	121	02:32:43	04:55:07.80	04:55:26.60	+02:23:20 (48.5%)	10:32	5.7 (51.8%)
641	WCISEŁ Wojciech	5008	DOGONIĆ ŻÓŁWIA TEAM	M30	173	02:31:02	04:54:09.15	04:55:50.30	+02:23:43 (48.6%)	10:30	5.7 (51.8%)
642	SZYMANSKI Krzysztof	5761	BEFIT24 TEAM	M30	174	02:19:15	04:55:09.40	04:55:52.25	+02:23:45 (48.6%)	10:32	5.7 (51.8%)
643	POŁYS Katarzyna	5759	BEFIT24 TEAM	K30	122	02:19:22	04:55:09.85	04:55:52.40	+02:23:46 (48.6%)	10:32	5.7 (51.8%)
644	GRABAREK Justyna	5069		K30	123	02:26:01	04:55:14.40	04:55:56.05	+02:23:49 (48.6%)	10:32	5.7 (51.8%)
645	OLSZEWSKI Tomasz	5101		M40	130	02:30:27	04:54:11.85	04:56:04.60	+02:23:58 (48.6%)	10:30	5.7 (51.8%)
646	MITROFANIUK Agata	5505	YULO RUN TEAM SIEDLE	K30	124	02:32:50	04:55:55.20	04:56:12.65	+02:24:06 (48.6%)	10:34	5.7 (51.8%)
647	PIETRZAK Agnieszka	5634		M40	131	02:27:51	04:54:40.65	04:56:14.55	+02:24:08 (48.7%)	10:31	5.7 (51.8%)
648	SITAREK Iwona	5721	PKO BP	K40	79	02:25:57	04:55:55.35	04:56:58.70	+02:24:52 (48.8%)	10:34	5.7 (51.8%)
649	OTOROWSKA Aleksandra	5271		K30	125	02:33:27	04:55:55.85	04:57:01.55	+02:24:55 (48.8%)	10:34	5.7 (51.8%)
650	OZGA Malwina	5127	TONA SPRZĘTU ZERO TALENTU	K20	39	02:27:45	04:55:48.30	04:57:13.90	+02:25:07 (48.8%)	10:33	5.7 (51.8%)
651	KOZERA Marcin	5941	SKŁADAKI	M30	175	02:24:12	04:57:11.05	04:58:16.70	+02:26:10 (49.0%)	10:36	5.7 (51.8%)
652	RYMON Paweł	5942	SKŁADAKI PIŁA	M30	176	02:29:04	04:57:05.85	04:58:16.75	+02:26:10 (49.0%)	10:36	5.7 (51.8%)
653	BADZIĄGOWSKA Paulina	5677	#WPISZCOKOLWIEK	K20	40	02:34:47	04:56:38.90	04:58:18.10	+02:26:11 (49.0%)	10:35	5.7 (51.8%)
654	LEDWOŃ Aneta	5792	NIGHT RUNNERS GLIWICE	K40	80	02:32:38	04:57:10.35	04:58:27.40	+02:26:21 (49.0%)	10:36	5.7 (51.8%)
655	GRAJEK Tomasz	5063		M40	132	02:25:43	04:57:22.45	04:58:28.30	+02:26:21 (49.0%)	10:37	5.6 (50.9%)
656	RADYMSKA Małgorzata	5586		K20	41	02:31:06	04:58:12.60	04:58:28.95	+02:26:22 (49.0%)	10:39	5.6 (50.9%)
657	WITFER Jacek	5165	BIGYELLOWFOOT ADVENTURE TEAM	M40	133	02:15:17	04:57:37.90	04:58:36.85	+02:26:30 (49.1%)	10:37	5.6 (50.9%)
658	HYLIŃSKA Hanna	5064		K30	126	02:28:30	04:58:20.10	04:58:58.15	+02:26:51 (49.1%)	10:39	5.6 (50.9%)
659	WILKOS Leszek	5459		M30	177	02:25:05	04:58:22.50	04:58:59.30	+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	NIEWDZIĘCZNA Barbara	5377		K40	84	02:30:11	05:03:27.00	05:04:37.60	+02:32:31 (50.1%)	10:50	5.5 (50.0%)
684	CABAJ Rafał	5434		M30	183	02:18:45	05:04:34.95	05:04:53.35	+02:32:46 (50.1%)	10:52	5.5 (50.0%)
685	BEDNARCZYK Łukasz	5097	BIEGAJĄCE ŻABCIE	M40	137	02:33:07	05:03:40.20	05:04:54.65	+02:32:48 (50.1%)	10:50	5.5 (50.0%)
686	WARMOWSKA Monika	5175	WARMA TEAM	K30	134	02:26:26	05:04:01.20	05:05:08.20	+02:33:01 (50.2%)	10:51	5.5 (50.0%)
687	STUDZIŃSKA Sylwia	5735		K30	135	02:34:28	05:05:06.85	05:05:31.55	+02:33:25 (50.2%)	10:53	5.5 (50.0%)
688	HAJMON Maciej	5999	WKURW_TEAM	M40	138	02:23:56	05:04:59.15	05:06:06.35	+02:33:59 (50.3%)	10:53	5.5 (50.0%)
689	WOŁOWIEC Bożena	5533	KS GŁOWNO W BIEGU	K40	85	02:36:09	05:06:12.35	05:06:47.25	+02:34:40 (50.4%)	10:56	5.5 (50.0%)
690	PIASKOWSKI Sławomir	5511	PZU SPORT TEAM	M40	139	02:30:54	05:05:13.60	05:06:47.60	+02:34:41 (50.4%)	10:54	5.5 (50.0%)
691	TWARDOSZ Maja	5139		K40	86	02:37:04	05:06:18.35	05:06:55.95	+02:34:49 (50.4%)	10:56	5.5 (50.0%)
692	WOWK Alicja	5387	SZWLA STARGARD	K40	87	02:41:48	05:06:45.10	05:06:57.05	+02:34:50 (50.4%)	10:57	5.5 (50.0%)
693	ŻMUDKA Bartek	5959	RYBNICKA GRUPA BIEGOWA	M40	140	02:22:57	05:06:04.40	05:07:54.25	+02:35:47 (50.6%)	10:55	5.5 (50.0%)
694	CZECH Marcin	5334	OCHAJORUN&FRIENDS	M30	184	02:24:43	05:06:05.90	05:07:55.30	+02:35:48 (50.6%)	10:55	5.5 (50.0%)
695	CZECH Bożena	5927		K30	136	02:24:44	05:06:06.60	05:07:55.75	+02:35:49 (50.6%)	10:55	5.5 (50.0%)
696	WYSOCKI Tomasz	5350	OCHAJORUN & FRIENDS	M40	141	02:22:58	05:06:07.60	05:07:56.70	+02:35:50 (50.6%)	10:55	5.5 (50.0%)
697	NOWICKA Marzena	5570	PZU SPORT TEAM	K30	137	02:37:10	05:06:24.00	05:07:57.45	+02:35:51 (50.6%)	10:56	5.5 (50.0%)
698	SKUCIŃSKA Martyna	5726		K30	138	02:30:55	05:06:47.85	05:08:19.55	+02:36:13 (50.7%)	10:57	5.5 (50.0%)
699	KUMAŃSKA Monika	5565	POWERGIRL	K30	139	02:29:34	05:06:48.55	05:08:19.65	+02:36:13 (50.7%)	10:57	5.5 (50.0%)
700	MACIĄG Ewelina	5599	POWERGIRL	K20	44	02:29:36	05:06:49.20	05:08:20.20	+02:36:13 (50.7%)	10:57	5.5 (50.0%)
701	POSS Marcin	5099		M40	142	02:34:22	05:07:40.75	05:08:22.70	+02:36:16 (50.7%)	10:59	5.5 (50.0%)
702	MALSKA- WYROZUMSKA Małgorzata	5315		K30	140	02:31:11	05:08:44.30	05:08:50.45	+02:36:44 (50.7%)	11:01	5.4 (49.1%)
703	POLAK Robert	5690		M50	32	02:24:45	05:08:29.25	05:08:54.55	+02:36:48 (50.8%)	11:01	5.4 (49.1%)
704	ŻÓŁW Hubert	5750	POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH	M40	143	02:26:37	05:08:01.60	05:08:56.55	+02:36:50 (50.8%)	11:00	5.5 (50.0%)
705	ŻUK Agata	5870	#RUNFOR SMILE	K40	88	02:30:47	05:07:39.65	05:09:19.20	+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	WOŹNIAK Monika	5441	LUBLIN BIEGA	K40	89	02:30:46	05:07:50.85	05:09:30.50	+02:37:24 (50.9%)	10:59	5.5 (50.0%)
707	BĘDZIŃSKA Jolanta	5259		K40	90	02:33:37	05:08:58.35	05:09:30.80	+02:37:24 (50.9%)	11:02	5.4 (49.1%)
708	PIETRUSIAK Agnieszka	5696		K30	141	02:33:28	05:08:59.80	05:09:32.15	+02:37:25 (50.9%)	11:02	5.4 (49.1%)
709	WOŹNIAK Kasia	5700	ON THE MOVE	K40	91	02:33:40	05:09:05.10	05:09:36.80	+02:37:30 (50.9%)	11:02	5.4 (49.1%)
710	WOŁOWIEC Marcin	5530	KS GŁOWNO W BIEGU	M40	144	02:33:39	05:10:05.65	05:10:39.75	+02:38:33 (51.0%)	11:04	5.4 (49.1%)
711	PTAK Dorota	5464		K40	92	02:35:54	05:10:40.25	05:10:54.90	+02:38:48 (51.1%)	11:05	5.4 (49.1%)
712	RUDNICKA Agata	5359	AKTYWNA FALA	K40	93	02:28:10	05:11:16.80	05:12:19.75	+02:40:13 (51.3%)	11:07	5.4 (49.1%)
713	BAKA Elzbieta	5252		K40	94	02:39:57	05:11:08.75	05:12:21.70	+02:40:15 (51.3%)	11:06	5.4 (49.1%)
714	PAKUŁA Michał	5835		M30	185	02:27:41	05:11:48.20	05:12:51.05	+02:40:44 (51.4%)	11:08	5.4 (49.1%)
715	STOŃ Daniel	5215	BIEGUSIEM.PL / LOST IN SPORT	M40	145	02:39:52	05:12:53.80	05:13:17.70	+02:41:11 (51.4%)	11:10	5.4 (49.1%)
716	MIODUSZEWSKA-KORNIŁOW Agnieszka	5939	GARMIN POLSKA	K40	95	02:39:32	05:12:48.15	05:13:22.45	+02:41:16 (51.5%)	11:10	5.4 (49.1%)
717	GARGAS-DZIEDZINA Joanna	5645	MUAY RUNNING TEAM	K30	142	02:30:27	05:12:44.15	05:13:26.50	+02:41:20 (51.5%)	11:10	5.4 (49.1%)
718	BEDNAREK Roman	5639	NIGHT RUNNERS	M50	33	02:37:54	05:12:28.25	05:13:51.10	+02:41:44 (51.5%)	11:09	5.4 (49.1%)
719	KULIK Katarzyna	5612	NIGHT RUNNERS GLIWICE	K30	143	02:31:51	05:12:41.35	05:13:52.70	+02:41:46 (51.5%)	11:10	5.4 (49.1%)
720	TOMCZYK Małgorzata	5614	ROSSBIEGANI	K40	96	02:35:24	05:12:50.55	05:14:14.05	+02:42:07 (51.6%)	11:10	5.4 (49.1%)
721	MONTEWKA Renata	5109	YULO RUN TEAM SIEDLCE	K30	144	02:22:31	05:14:21.65	05:14:38.25	+02:42:31 (51.7%)	11:13	5.3 (48.2%)
722	ŚWIĘCICKA Dagmara	5194	WKURW_TEAM	K20	45	02:34:48	05:12:58.45	05:14:42.45	+02:42:36 (51.7%)	11:10	5.4 (49.1%)
723	BARAN Michał	5924		M30	186	02:28:52	05:14:27.35	05:14:52.80	+02:42:46 (51.7%)	11:13	5.3 (48.2%)
724	MARCINKOWSKI Piotr	5466		M50	34	02:37:41	05:14:03.00	05:15:20.05	+02:43:13 (51.8%)	11:12	5.3 (48.2%)
725	KNOBLOCH Ewa	5203		K40	97	02:33:40	05:14:04.05	05:15:54.60	+02:43:48 (51.9%)	11:13	5.3 (48.2%)
726	KNOBLOCH Tomasz	5478	ET TEAM	M40	146	02:33:42	05:14:04.55	05:15:54.85	+02:43:48 (51.9%)	11:13	5.3 (48.2%)
727	MIŁOSZ Maria	5135	KASZANKI	K20	46	02:37:11	05:15:43.55	05:17:21.00	+02:45:14 (52.1%)	11:16	5.3 (48.2%)
728	MIODUSZEWSKA Izabela	5149		K40	98	02:35:38	05:17:11.75	05:18:24.55	+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	DUKIEWICZ Grażyna	5654	GKT MUSTANGI	K40	99	02:41:09	05:17:08.30	05:18:36.50	+02:46:30 (52.3%)	11:19	5.3 (48.2%)
730	PRZECH-FUS Agnieszka	5142	WW TEAM	K50	11	02:37:33	05:17:59.60	05:19:41.30	+02:47:34 (52.4%)	11:21	5.3 (48.2%)
731	BARCZAK Sylwia	5025	STAY INSANE /PERFECT RUNNER LUBLIN	K30	145	02:46:58	05:19:05.85	05:19:48.45	+02:47:42 (52.4%)	11:23	5.3 (48.2%)
732	MORAWA Mateusz	5877	LACHO TEAM	M30	187	02:44:15	05:18:49.50	05:20:17.15	+02:48:10 (52.5%)	11:23	5.3 (48.2%)
733	AUGUSTYŃSKI Sylwester	5497	LACHO TEAM	M30	188	01:25:56	05:20:16.55	05:20:18.80	+02:48:12 (52.5%)	11:26	5.2 (47.3%)
733	AUGUSTYŃSKA Kinga	5496	LACHO TEAM	K40	100	02:44:16	05:18:51.00	05:20:18.80	+02:48:12 (52.5%)	11:23	5.3 (48.2%)
735	KOTLARCZYK Katarzyna	5348		K30	146	02:39:04	05:18:33.45	05:20:20.75	+02:48:14 (52.5%)	11:22	5.3 (48.2%)
736	HILLER Jerzy	5828	LUBELSKA GRUPA TRIATHLONU	M60	5	02:42:22	05:18:48.65	05:20:29.90	+02:48:23 (52.5%)	11:23	5.3 (48.2%)
737	FURMAN Agnieszka	5060	OCHAJORUN & FRIENDS	K30	147	02:35:49	05:18:49.70	05:20:38.60	+02:48:32 (52.6%)	11:23	5.3 (48.2%)
738	FURMAN Michał	5078	OCHAJORUN & FRIENDS	M30	189	02:35:53	05:18:51.25	05:20:39.15	+02:48:32 (52.6%)	11:23	5.3 (48.2%)
739	SZULC Dominika	5670	#WPISZCOKOLWIEK	K20	47	02:34:47	05:19:48.60	05:21:27.55	+02:49:21 (52.7%)	11:25	5.3 (48.2%)
740	PLEWKA Monika	5911		K30	148	02:36:50	05:19:57.00	05:21:48.65	+02:49:42 (52.7%)	11:25	5.3 (48.2%)
741	ROŻKO Ela	5608	4ROŻKI	K40	101	02:40:45	05:20:11.75	05:21:49.40	+02:49:43 (52.7%)	11:26	5.2 (47.3%)
742	PAPIERZ-RYKAŁA Aleksandra	5724		K30	149	02:45:20	05:20:24.70	05:22:09.10	+02:50:02 (52.8%)	11:26	5.2 (47.3%)
743	LESZCZYŃSKA Małgorzata	5314		K40	102	02:37:57	05:21:24.95	05:22:25.15	+02:50:18 (52.8%)	11:28	5.2 (47.3%)
744	RYBKA Anna	5664		K30	150	02:36:42	05:21:08.35	05:22:25.95	+02:50:19 (52.8%)	11:28	5.2 (47.3%)
745	KACZMAREK-SROKA Anna	5643		K40	103	02:34:15	05:21:08.80	05:22:26.55	+02:50:20 (52.8%)	11:28	5.2 (47.3%)
746	DRATWICKA Agnieszka	5223	12TRI.PL	K40	104	02:41:04	05:21:29.15	05:22:41.35	+02:50:34 (52.9%)	11:28	5.2 (47.3%)
747	OBARSKA Małgorzata	5245		K50	12	02:49:01	05:22:17.70	05:22:50.40	+02:50:44 (52.9%)	11:30	5.2 (47.3%)
748	GASIK Leszek	5500	SŁOŃCA JURY	M40	147	02:27:16	05:22:59.65	05:23:44.75	+02:51:38 (53.0%)	11:32	5.2 (47.3%)
748	GASIK Wiola	5603		K40	105	02:27:27	05:22:58.50	05:23:44.75	+02:51:38 (53.0%)	11:32	5.2 (47.3%)
750	ZAJĄCZKOWSKA Paulina	5134	POWER TRAINING	K30	151	02:42:20	05:22:45.85	05:24:00.30	+02:51:53 (53.1%)	11:31	5.2 (47.3%)
751	SZREITER Monika	5485		K40	106	02:33:38	05:24:23.30	05:24:54.10	+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	SOBCZAK Magdalena	5487		K40	107	02:33:48	05:24:43.65	05:25:16.45	+02:53:10 (53.2%)	11:35	5.2 (47.3%)
753	LUZAR Monika	5782	MIA	K40	108	02:44:34	05:25:03.75	05:25:38.05	+02:53:31 (53.3%)	11:36	5.2 (47.3%)
754	LUZAR Andrzej	5791	MIA	M40	148	02:44:36	05:25:04.90	05:25:38.65	+02:53:32 (53.3%)	11:36	5.2 (47.3%)
755	KONTEK Dariusz	5155		M30	190	02:36:28	05:25:19.35	05:26:19.40	+02:54:13 (53.4%)	11:37	5.2 (47.3%)
756	SKOŚKIEWICZ Krzysztof	5011		M40	149	02:31:17	05:25:47.45	05:26:43.00	+02:54:36 (53.4%)	11:38	5.2 (47.3%)
757	ZWIERZ Małgorzata	5197		K40	109	02:44:00	05:25:27.45	05:27:09.00	+02:55:02 (53.5%)	11:37	5.2 (47.3%)
758	UCHAŃSKA-STASIAK Justyna	5729	CKB	K40	110	02:40:29	05:25:59.80	05:27:23.10	+02:55:16 (53.5%)	11:38	5.2 (47.3%)
759	GÓRAJ Joanna	5728	CKB TARNOBRZEG	K40	111	02:40:31	05:25:59.25	05:27:23.20	+02:55:16 (53.5%)	11:38	5.2 (47.3%)
760	GRĘBOWIEC Marcin	5730	CKB	M40	150	02:40:26	05:25:59.85	05:27:23.25	+02:55:16 (53.5%)	11:38	5.2 (47.3%)
761	KRÓLIKOWSKA Katarzyna	5168	WKURW_TEAM	K40	112	02:45:40	05:25:43.60	05:27:24.65	+02:55:18 (53.5%)	11:37	5.2 (47.3%)
762	CZARNY Łukasz	5610	WKURW_TEAM	M30	191	02:29:14	05:26:36.25	05:28:04.65	+02:55:58 (53.6%)	11:39	5.1 (46.4%)
763	SADŁOWSKA Agnieszka	5355	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	113	02:43:23	05:26:43.60	05:28:22.10	+02:56:15 (53.7%)	11:40	5.1 (46.4%)
764	MYŚLIŃSKI Tomasz	5133	BIEGUSIEM.PL	M40	151	02:39:08	05:29:52.00	05:30:09.85	+02:58:03 (53.9%)	11:46	5.1 (46.4%)
765	STROŃSKA Agnieszka	5734	CKB TARNOBRZEG	K40	114	02:31:16	05:28:46.60	05:30:10.85	+02:58:04 (53.9%)	11:44	5.1 (46.4%)
766	KULITA Elżbieta	5769	BBL SANDOMIERZ	K40	115	02:31:10	05:28:46.50	05:30:10.95	+02:58:04 (53.9%)	11:44	5.1 (46.4%)
767	PRZYBYLSKA Magdalena	5718		K30	152	02:53:35	05:28:59.40	05:30:19.30	+02:58:12 (54.0%)	11:45	5.1 (46.4%)
768	SZCZOTKA Małgorzata	5649		K40	116	02:42:16	05:29:13.30	05:30:29.70	+02:58:23 (54.0%)	11:45	5.1 (46.4%)
769	SZCZOTKA Paweł	5647		M40	152	02:42:12	05:29:14.35	05:30:30.60	+02:58:24 (54.0%)	11:45	5.1 (46.4%)
770	BOROWIAK Patrycja	5343	WKURW_TEAM	K30	153	02:37:59	05:29:26.60	05:30:49.95	+02:58:43 (54.0%)	11:45	5.1 (46.4%)
771	GUT Leopold	5653	WKURW_TEAM	M20	56	02:37:56	05:29:27.05	05:30:50.05	+02:58:43 (54.0%)	11:45	5.1 (46.4%)
772	SZYMAŃSKA Anna	5562	12TRI.PL	K30	154	02:30:38	05:30:33.60	05:31:19.25	+02:59:12 (54.1%)	11:48	5.1 (46.4%)
773	SZCZAPA Karol	5320		M20	57	02:32:31	05:30:09.55	05:31:19.55	+02:59:13 (54.1%)	11:47	5.1 (46.4%)
774	KANTOR Tomasz	5371	TRENER24H.COM.PL	M30	192	02:44:30	05:33:47.35	05:33:57.40	+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	WRÓBLEWSKI Marek	5555		M30	193	02:37:25	05:33:56.00	05:35:32.00	+03:03:25 (54.7%)	11:55	5 (45.5%)
776	CZAJKOWSKA Barbara	5551		K30	155	02:37:24	05:33:56.00	05:35:32.30	+03:03:25 (54.7%)	11:55	5 (45.5%)
777	URBAŃCZYK Ewa	5232	MAMY RUSZAMY	K40	117	02:42:11	05:34:21.00	05:35:33.35	+03:03:26 (54.7%)	11:56	5 (45.5%)
778	KOPANIA Paweł	5703	IGT RUNNING TEAM	M30	194	02:43:44	05:34:41.95	05:35:53.00	+03:03:46 (54.7%)	11:57	5 (45.5%)
779	MŁYNARCZYK Ania	5055		K30	156	02:46:04	05:36:02.95	05:37:21.75	+03:05:15 (54.9%)	12:00	5 (45.5%)
780	JASTRZĄB Maciej	5074	DZIKA OSTOJA	M40	153	02:32:57	05:36:23.30	05:37:24.85	+03:05:18 (54.9%)	12:00	5 (45.5%)
781	ZARCZUK Dorota	5469	PZU SPORT TEAM	K30	157	02:44:25	05:36:28.90	05:37:25.55	+03:05:19 (54.9%)	12:01	5 (45.5%)
782	FUSZPANIAK Marcin	5237	SŁYNNI KENIJCZYCY	M30	195	02:47:18	05:38:55.05	05:40:25.55	+03:08:19 (55.3%)	12:06	5 (45.5%)
783	ZOCHNIAK Marek	5161		M50	35	02:33:24	05:41:48.65	05:42:11.00	+03:10:04 (55.5%)	12:12	4.9 (44.5%)
784	ZOCHNIAK Anna	5167		K50	13	02:33:42	05:41:47.10	05:42:11.25	+03:10:04 (55.5%)	12:12	4.9 (44.5%)
785	LATAŁA Wojciech	5418	LEŚNE GRUBASY	M40	154	02:45:20	05:41:27.75	05:43:08.10	+03:11:01 (55.7%)	12:11	4.9 (44.5%)
786	ŚCISŁY Darek	5285	ZWIERZAKI	M40	155	02:33:33	05:41:52.70	05:43:13.75	+03:11:07 (55.7%)	12:12	4.9 (44.5%)
787	SOWA Sylwia	5757	PZU SPORT TEAM	K40	118	02:37:07	05:42:20.50	05:43:55.80	+03:11:49 (55.8%)	12:13	4.9 (44.5%)
788	JÓŻWIK Artur	5841		M40	156	02:49:32	05:44:29.20	05:45:33.50	+03:13:27 (56.0%)	12:18	4.9 (44.5%)
789	STASIAK Waldemar	5256		M40	157	02:40:52	05:46:31.20	05:47:21.75	+03:15:15 (56.2%)	12:22	4.8 (43.6%)
790	DEJA Andrzej	5140		M50	36	02:40:51	05:46:31.95	05:47:22.15	+03:15:15 (56.2%)	12:22	4.8 (43.6%)
791	ROGIŃSKA Katarzyna	5204	WKURW_TEAM	K50	14	02:46:41	05:47:52.95	05:49:20.50	+03:17:14 (56.5%)	12:25	4.8 (43.6%)
792	CERANOWSKA Aga	5913	PSEUDOBIEGACZKI	K40	119	02:54:58	05:50:08.70	05:51:17.90	+03:19:11 (56.7%)	12:30	4.8 (43.6%)
793	CZAPLICKA Luiza	5673		K40	120	02:50:49	05:50:08.20	05:51:33.20	+03:19:26 (56.7%)	12:30	4.8 (43.6%)
794	FEHLER Piotr	5925		M20	58	02:41:26	05:50:09.30	05:51:33.80	+03:19:27 (56.7%)	12:30	4.8 (43.6%)
795	KOSTRZEWA Elwira	5620	PZU SPORT TEAM	K40	121	02:46:36	05:53:19.80	05:54:12.35	+03:22:05 (57.1%)	12:37	4.8 (43.6%)
796	SIERECKI Zbigniew	5574	WKURW_TEAM / PIĘKNI I BESTIE	M40	158	02:46:20	05:54:12.00	05:55:15.25	+03:23:08 (57.2%)	12:39	4.7 (42.7%)
797	SIERECKA Dorota	5144	WKURW_TEAM	K30	158	02:57:06	05:53:50.50	05:55:15.30	+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	KRZYŻANOWSKA Joanna	5241		K20	48	02:52:03	05:54:00.30	05:55:39.95	+03:23:33 (57.2%)	12:38	4.7 (42.7%)
799	RŻANY Monika	5039	ZABIEGANI MIELEC / WKURW_TEAM	K40	122	02:59:49	05:53:56.90	05:55:41.45	+03:23:35 (57.2%)	12:38	4.7 (42.7%)
800	KOPEĆ-KONTEK Monika	5148		K30	159	02:50:47	05:54:52.20	05:55:51.45	+03:23:45 (57.3%)	12:40	4.7 (42.7%)
801	MICHNO Anna	5882	LACHO TEAM	K40	123	03:06:53	05:54:10.60	05:55:53.55	+03:23:47 (57.3%)	12:38	4.7 (42.7%)
802	MICHNO Tomasz	5881	LACHO TEAM	M40	159	03:06:53	05:54:11.40	05:55:54.50	+03:23:48 (57.3%)	12:38	4.7 (42.7%)
803	PAWELEC Justyna	5402		K30	160	02:44:52	05:56:44.25	05:58:03.65	+03:25:57 (57.5%)	12:44	4.7 (42.7%)
804	WRZOSEK Justyna	5405		K30	161	02:44:54	05:56:44.45	05:58:03.95	+03:25:57 (57.5%)	12:44	4.7 (42.7%)
805	BORKOWSKA Ewa	5171	WKURW-TEAM	K60	3	03:03:46	05:58:28.25	05:59:08.85	+03:27:02 (57.6%)	12:48	4.7 (42.7%)
806	RACZYŃSKI Ireneusz	5126		M50	37	02:22:37	06:00:20.20	06:00:35.30	+03:28:28 (57.8%)	12:52	4.7 (42.7%)
807	RACZYŃSKA Anna	5115		K50	15	02:45:25	06:00:20.60	06:00:35.55	+03:28:29 (57.8%)	12:52	4.7 (42.7%)
808	JEZIOREK Józef	5213		M40	160	02:49:26	06:02:03.90	06:03:27.05	+03:31:20 (58.1%)	12:55	4.6 (41.8%)
809	RZEPECKI Marek	5488	BULBASY BIEGAJĄ	M50	38	02:47:41	06:01:52.25	06:03:45.85	+03:31:39 (58.2%)	12:55	4.6 (41.8%)
810	SMÓLKA Edyta	5657		K40	124	02:55:25	06:03:58.20	06:05:31.95	+03:33:25 (58.4%)	12:59	4.6 (41.8%)
810	SOSNOWSKI Marek	5082		M40	161	02:55:26	06:03:57.80	06:05:31.95	+03:33:25 (58.4%)	12:59	4.6 (41.8%)
812	CAI Hyaiying	5940		K20	49	03:00:12	06:08:31.00	06:09:48.35	+03:37:41 (58.9%)	13:09	4.6 (41.8%)
813	KOŚCIELSKI Patryk	5018	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	162	03:01:39	06:11:04.30	06:12:46.35	+03:40:39 (59.2%)	13:15	4.5 (40.9%)
814	KOŚCIELSKA Agnieszka	5323	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	125	03:02:31	06:11:04.25	06:12:46.60	+03:40:40 (59.2%)	13:15	4.5 (40.9%)
815	POPIELSKA- NEMŚ Dorota	5509		K40	126	02:59:25	06:11:01.80	06:12:56.05	+03:40:49 (59.2%)	13:15	4.5 (40.9%)
816	SOT Lucjan	5666	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	39	02:52:23	06:12:45.25	06:13:20.60	+03:41:14 (59.3%)	13:18	4.5 (40.9%)
817	KUNA Katarzyna	5065	KS ALASKA	K40	127	02:59:24	06:19:22.05	06:21:13.80	+03:49:07 (60.1%)	13:32	4.4 (40.0%)
818	ŚCISŁY Ola	5491	ZWIERZAKI	K40	128	03:11:57	06:20:01.65	06:21:22.40	+03:49:16 (60.1%)	13:34	4.4 (40.0%)
819	BARABASZ Piotr	5817		M30	196	03:13:32	06:23:42.20	06:24:50.80	+03:52:44 (60.5%)	13:42	4.4 (40.0%)
820	GAPIŃSKA Martyna	5290		K30	162	03:13:39	06:23:51.75	06:24:59.85	+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	PAWŁOWSKA Danuta	5397	WKURW_TEAM	K40	129	03:08:04	06:25:35.95	06:25:50.85	+03:53:44 (60.6%)	13:46	4.4 (40.0%)
822	GREGORCZYK Jadwiga	5177	WKURW_TEAM / ZABIEGANI MIELEC	K20	50	03:16:03	06:30:26.40	06:32:10.90	+04:00:04 (61.2%)	13:56	4.3 (39.1%)
823	WILK Anna	5114	ZABIEGANI MIELEC	K40	130	03:15:54	06:30:26.35	06:32:11.15	+04:00:04 (61.2%)	13:56	4.3 (39.1%)
824	NOWAK Joanna	5584		K40	131	02:54:55	06:38:17.85	06:40:10.75	+04:08:04 (62.0%)	14:13	4.2 (38.2%)
825	BĄDZIUL Dorota	5080		K30	163	03:25:51	06:42:53.50	06:43:24.25	+04:11:17 (62.3%)	14:23	4.2 (38.2%)
826	GAC Agata	5628	ORANGE	K30	164	03:07:18	06:48:16.65	06:48:57.95	+04:16:51 (62.8%)	14:34	4.1 (37.3%)
827	NOWIŃSKI Jakub	5073		M30	197	02:58:15	06:50:43.45	06:52:13.30	+04:20:06 (63.1%)	14:40	4.1 (37.3%)
828	KWIATKOWSKA Alicja	5174	BIGYELLOWFOOT ADVENTURE TEAM	K30	165	02:50:50	07:20:52.40	07:22:10.45	+04:50:04 (65.6%)	15:44	3.8 (34.5%)
	ODOLIŃSKA Agnieszka	5045	PSZCZÓŁKOWSKI TEAM	K40		01:58:14 DNF	DNF	DNF	-	-	- (0.0%)
	TERZONI Christian	5889	MARCIN ŚWIERC TEAM	M30		01:27:44 DNF	DNF	DNF	-	-	- (0.0%)
	ZIELIŃSKA Weronika	5281	12TRI.PL / ASICSFRONTRUNNER POLSKA	K30		01:43:27 DNF	DNF	DNF	-	-	- (0.0%)
	DZIĘCIOŁ Artur	5786		M30		02:37:36 DNF	DNF	DNF	-	-	- (0.0%)
	LOS Ania	5051	TULRAM SIĘ TEAM / WKURW_TEAM / ALBATROSY	K40		03:12:02 DNF	DNF	DNF	-	-	- (0.0%)
	SAMEK Artur	5520		M40		03:20:04 DNF	DNF	DNF	-	-	- (0.0%)
	GRUBE Bartosz	5049	BIGYELLOWFOOT ADVENTURE TEAM	M30		03:20:48 DNF	DNF	DNF	-	-	- (0.0%)
	SKRZYPCZAK Marta	5087	RUN EXPERT LEJDIS	K40		03:29:48 DNF	DNF	DNF	-	-	- (0.0%)
	SKRZYPCZAK Wiktoria	5076		K20		03:29:49 DNF	DNF	DNF	-	-	- (0.0%)
	ZDANOWSKA Anna	5375	RAZEM TRENUJEMY SPORT	K30		03:49:20 DNF	DNF	DNF	-	-	- (0.0%)
	OSIŃSKA Agata	5366		K40		03:54:51 DNF	DNF	DNF	-	-	- (0.0%)
	ZBIERAŃSKI Dariusz	5688		M30		DNF	DNF	DNF	-	-	- (0.0%)
	BEDNARCZYK Mariusz	5106	STRAŻ MIEJSKA WARSZAWA	M40		DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 841 wynik(ów)