



Wydarzenie: VI FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-06-06
Miejsce: Cisna
Dystans: 26 km

RZEŹNICZEK 2020

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
1	PAŁKA Piotr	2787	CKS BUDOWLANI CZĘSTOCHOWA	M30	1	02:15:39.60		5:13	11.5 (100%)
2	GRABOWSKI Karol	2789		M30	2	02:24:44.50	+00:09:04 (6.3%)	5:34	10.8 (93.9%)
3	CHRUŚCIEL Jacek	2854		M30	3	02:26:34.85	+00:10:55 (7.5%)	5:38	10.6 (92.2%)
4	KANTOR Martyna	2884	BUFF TEAM POLAND	K30	1	02:26:45.15	+00:11:05 (7.6%)	5:38	10.6 (92.2%)
5	ŻUBIŃSKI Piotr	2504	ACCELERATING POLAND	M40	1	02:33:28.20	+00:17:48 (11.6%)	5:54	10.2 (88.7%)
6	DIEBEL Krzysztof	2869	RYBNICKA GRUPA BIEGOWA	M40	2	02:34:54.60	+00:19:15 (12.4%)	5:57	10.1 (87.8%)
7	POŻAROWSZCZYK Adam	2185	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	4	02:45:22.25	+00:29:42 (18.0%)	6:21	9.4 (81.7%)
8	WINIARCZYK-JADACH Beata	2876	TG SOKÓŁ ZAKOPANE	K40	1	02:45:25.30	+00:29:45 (18.0%)	6:21	9.4 (81.7%)
9	CHYBOWSKI Rafał	2256	DZIKIE BORSUKI	M30	5	02:48:42.55	+00:33:02 (19.6%)	6:29	9.2 (80.0%)
10	RAKSZAWA Krzysztof	2868		M40	3	02:48:46.45	+00:33:06 (19.6%)	6:29	9.2 (80.0%)
11	CZYŻKOWSKI Rafał	2408	CHŁOPAKI Z NIZIN	M30	6	02:52:08.60	+00:36:29 (21.2%)	6:37	9.1 (79.1%)
12	SABAT Sebastian	2778		M20	1	02:54:07.40	+00:38:27 (22.1%)	6:41	9 (78.3%)
13	LASIKOWSKI Mateusz	2710	BIEGAJ POD OKIEM TRENERA	M20	2	02:57:01.30	+00:41:21 (23.4%)	6:48	8.8 (76.5%)
14	GARDENER Jacek	2779	JACEKBIEGA RUNNING TEAM	M50	1	02:57:46.75	+00:42:07 (23.7%)	6:50	8.8 (76.5%)
15	DESKA Leszek	2274	WWW.LESZEKBIEGA.PL	M40	4	03:00:08.95	+00:44:29 (24.7%)	6:55	8.7 (75.7%)
16	GACEK Michał	2740	THE STRYCHERS	M30	7	03:01:03.10	+00:45:23 (25.1%)	6:57	8.6 (74.8%)
17	WYSOKIŃSKI Marcin	2252	DZIKIE BORSUKI	M40	5	03:02:07.50	+00:46:27 (25.5%)	7:00	8.6 (74.8%)
18	RESZKA Marek	2201	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	8	03:02:20.15	+00:46:40 (25.6%)	7:00	8.6 (74.8%)
19	STĘPNIAK Michał	2035	STAY INSANE	M30	9	03:02:23.85	+00:46:44 (25.6%)	7:00	8.6 (74.8%)
20	OCHYRA Konrad	2352	SOLINA TEAM	M30	10	03:02:48.80	+00:47:09 (25.8%)	7:01	8.5 (73.9%)
21	WOŹNIAK Jacek	2520	PIXONET.PL	M40	6	03:03:24.35	+00:47:44 (26.0%)	7:03	8.5 (73.9%)
22	JEGER Rafał	2110		M30	11	03:03:47.15	+00:48:07 (26.2%)	7:04	8.5 (73.9%)
23	SOKOŁOWSKI Wojciech	2529		M30	12	03:05:41.40	+00:50:01 (26.9%)	7:08	8.4 (73.0%)
24	TRZECIAKIEWICZ Mieczysław	2607	MLKS RADKÓW	M50	2	03:06:12.40	+00:50:32 (27.1%)	7:09	8.4 (73.0%)
25	WOLSKA Katarzyna	2610	OLEJ RUNNING TEAM	K30	2	03:06:35.85	+00:50:56 (27.3%)	7:10	8.4 (73.0%)
26	HEJNAR Jakub	2822		M30	13	03:07:33.30	+00:51:53 (27.7%)	7:12	8.3 (72.2%)
27	ZĄBKIEWICZ Szymon	2555		M30	14	03:08:36.70	+00:52:57 (28.1%)	7:15	8.3 (72.2%)
28	TELEJKO Łukasz	2797	STUDIO ZDROWIA BYDGOSZCZ	M20	3	03:09:10.15	+00:53:30 (28.3%)	7:16	8.2 (71.3%)
29	STEFANIUK Roman	2120		M50	3	03:09:12.40	+00:53:32 (28.3%)	7:16	8.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
30	BODZIOCH Grzegorz	2149	GORLICKA GRUPA BIEGOWA	M40	7	03:09:16.20	+00:53:36 (28.3%)	7:16	8.2 (71.3%)
31	LATOSZEK Rafał	2827	CTS	M40	8	03:10:05.45	+00:54:25 (28.6%)	7:18	8.2 (71.3%)
32	MARCOL Mateusz	2890		M30	15	03:10:07.70	+00:54:28 (28.6%)	7:18	8.2 (71.3%)
33	KARGOL Marcin	2059		M30	16	03:10:29.50	+00:54:49 (28.8%)	7:19	8.2 (71.3%)
34	MĘŻYKOWSKI Michał	2482		M40	9	03:11:00.80	+00:55:21 (29.0%)	7:20	8.2 (71.3%)
35	SKORUPKA Leszek	2158		M40	10	03:11:02.25	+00:55:22 (29.0%)	7:20	8.2 (71.3%)
36	OSIŃSKA Monika	2242	DZIKIE BORSUKI	K40	2	03:11:20.75	+00:55:41 (29.1%)	7:21	8.2 (71.3%)
37	PRZYWARA Piotr	2300	MTU AERO ENGINES POLSKA	M30	17	03:11:53.85	+00:56:14 (29.3%)	7:22	8.1 (70.4%)
38	KURASIK Tomasz	2688		M40	11	03:12:54.25	+00:57:14 (29.7%)	7:25	8.1 (70.4%)
39	KOKOSZKA Wojciech	2455	SLOW JOGGING SIEDLCE	M40	12	03:13:56.35	+00:58:16 (30.1%)	7:27	8 (69.6%)
40	PAPROCKA Urszula	2239	NOWA HUTA TEAM	K30	3	03:13:56.60	+00:58:17 (30.1%)	7:27	8 (69.6%)
41	ROSIŃSKI Piotr	2264	DZIKIE BORSUKI	M30	18	03:14:43.20	+00:59:03 (30.3%)	7:29	8 (69.6%)
42	WASSER Michał	2311		M20	4	03:14:56.55	+00:59:16 (30.4%)	7:29	8 (69.6%)
43	PASZEK Jacek	2748	TEAM E DOKUMENTY	M40	13	03:15:43.90	+01:00:04 (30.7%)	7:31	8 (69.6%)
44	WOŁOSZYN Artur	2020		M30	19	03:16:54.15	+01:01:14 (31.1%)	7:34	7.9 (68.7%)
45	OCIEPKA Sebastian	2773	LATAJACY CYRK	M40	14	03:17:33.90	+01:01:54 (31.3%)	7:35	7.9 (68.7%)
46	KOŚCIELNY Aleksander	2485	MTU AERO ENGINES	M40	15	03:17:58.75	+01:02:19 (31.5%)	7:36	7.9 (68.7%)
47	MALINOWSKI Marek	2043		M40	16	03:18:12.85	+01:02:33 (31.6%)	7:37	7.9 (68.7%)
48	ASŁANOWICZ Marcin	2622		M40	17	03:18:45.05	+01:03:05 (31.7%)	7:38	7.8 (67.8%)
49	PERENC Michał	2493		M20	5	03:19:55.10	+01:04:15 (32.1%)	7:41	7.8 (67.8%)
50	SITEK Arkadiusz	2400	AKTYWNI WEGRÓW	M40	18	03:20:49.80	+01:05:10 (32.5%)	7:43	7.8 (67.8%)
51	KOSIERADZKI Łukasz	2167		M20	6	03:21:09.15	+01:05:29 (32.6%)	7:44	7.8 (67.8%)
52	KURCEWICZ Paweł	2702		M30	20	03:21:16.90	+01:05:37 (32.6%)	7:44	7.8 (67.8%)
53	KABALA Łukasz	2687		M30	21	03:21:47.35	+01:06:07 (32.8%)	7:45	7.7 (67.0%)
54	BEŚKA Sławomir	2365	OCHAJORUN & FRIENDS	M50	4	03:22:10.15	+01:06:30 (32.9%)	7:46	7.7 (67.0%)
55	PIŃKOSZ Wojciech	2089	PGE ENERGETIC RUNNING	M40	19	03:22:18.35	+01:06:38 (32.9%)	7:46	7.7 (67.0%)
56	WRÓBLEWSKI Radosław	2276	VELUX	M30	22	03:22:43.70	+01:07:04 (33.1%)	7:47	7.7 (67.0%)
57	LIANA Tomasz	2579	KLĘCZAŃSKA GRUPA BIEGOWA	M20	7	03:22:53.65	+01:07:14 (33.1%)	7:48	7.7 (67.0%)
58	HERMAN Paweł	2278		M40	20	03:22:56.00	+01:07:16 (33.2%)	7:48	7.7 (67.0%)
59	SZYBIAK Joanna	2114		K40	3	03:23:14.40	+01:07:34 (33.3%)	7:49	7.7 (67.0%)
60	KĘPARA Marcin	2813	ADVA OPTICAL NETWORKING	M30	23	03:24:39.05	+01:08:59 (33.7%)	7:52	7.6 (66.1%)
61	SZCZYGIEŁ Krzysztof	2690	HATI TEAM	M40	21	03:24:40.05	+01:09:00 (33.7%)	7:52	7.6 (66.1%)
62	KOMOSIŃSKI Łukasz	2417		M40	22	03:24:46.55	+01:09:06 (33.8%)	7:52	7.6 (66.1%)
63	CHOJKA-BARTOSZKO Karolina	2034		K30	4	03:25:06.75	+01:09:27 (33.9%)	7:53	7.6 (66.1%)
64	SMYKA Michał	2780		M20	8	03:25:10.85	+01:09:31 (33.9%)	7:53	7.6 (66.1%)
65	GÓRAK Grzegorz	2664	BIEGAM BO LUBIĘ WYZWANIA	M40	23	03:25:22.25	+01:09:42 (33.9%)	7:53	7.6 (66.1%)
66	KRYSZYLOWICZ Przemysław	2855		M30	24	03:26:37.95	+01:10:58 (34.3%)	7:56	7.6 (66.1%)
67	ŁĄTKOWSKI Sławomir	2823	ORKAMASTERS IŁAWA	M40	24	03:27:16.45	+01:11:36 (34.6%)	7:58	7.5 (65.2%)
68	MOLENDĄ Tomasz	2126		M30	25	03:27:26.35	+01:11:46 (34.6%)	7:58	7.5 (65.2%)
69	KOZAK Bartosz	2826		M20	9	03:27:37.80	+01:11:58 (34.7%)	7:59	7.5 (65.2%)
70	CHEŁCHOWSKI Norbert	2187		M30	26	03:27:56.50	+01:12:16 (34.8%)	7:59	7.5 (65.2%)
71	GORCZYCA Krzysztof	2269	MATNER RUNNING TEAM	M30	27	03:28:19.50	+01:12:39 (34.9%)	8:00	7.5 (65.2%)
72	SULIGA Piotr	2672	GO APTIV!	M20	10	03:29:00.65	+01:13:21 (35.1%)	8:02	7.5 (65.2%)
73	TADEJA Jakub	2046		M30	28	03:29:29.15	+01:13:49 (35.2%)	8:03	7.4 (64.3%)

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74	WINIARSKI Krystian	2665	WSD RZESZÓW	M30	29	03:29:35.95	+01:13:56 (35.3%)	8:03	7.4 (64.3%)
75	KOPEĆ Paweł	2460	RZESZOWSKIE GAZELE GEPARDY	M30	30	03:30:05.65	+01:14:26 (35.4%)	8:04	7.4 (64.3%)
76	ZARZEKA Marcin	2739	VEGE RUNNERS	M40	25	03:30:43.15	+01:15:03 (35.6%)	8:06	7.4 (64.3%)
77	KĘDZIOR Grzegorz	2499		M20	11	03:31:31.65	+01:15:52 (35.9%)	8:08	7.4 (64.3%)
78	JUREK Przemysław	2904	KS STASZEWSKY	M40	26	03:31:36.55	+01:15:56 (35.9%)	8:08	7.4 (64.3%)
79	PORĘBSKI Michał	2335		M30	31	03:31:37.10	+01:15:57 (35.9%)	8:08	7.4 (64.3%)
80	SZANIAWSKI Marcin	2204		M30	32	03:32:29.60	+01:16:50 (36.2%)	8:10	7.3 (63.5%)
81	OLENDER Marcin	2591		M40	27	03:32:56.90	+01:17:17 (36.3%)	8:11	7.3 (63.5%)
82	MOLTZAN-MAŁKOWSKA Liliana	2738	CROSSFIT TORUŃ	K20	1	03:33:20.05	+01:17:40 (36.4%)	8:12	7.3 (63.5%)
83	CHRABAŁOWSKI Jarosław	2704	WARSZAWIAKY	M30	33	03:33:38.50	+01:17:58 (36.5%)	8:13	7.3 (63.5%)
84	NOWAK Piotr	2106		M30	34	03:33:42.65	+01:18:03 (36.5%)	8:13	7.3 (63.5%)
85	PIEKARZ Mariusz	2786	SKB STALOWA WOLA	M40	28	03:34:11.15	+01:18:31 (36.7%)	8:14	7.3 (63.5%)
86	KARCZ Grzegorz	2517	BBB (BĘDUSKA BRYGADA BIEGOWA)	M30	35	03:34:31.75	+01:18:52 (36.8%)	8:15	7.3 (63.5%)
87	KUTA Rafał	2222		M40	29	03:34:32.15	+01:18:52 (36.8%)	8:15	7.3 (63.5%)
88	ŚCIBOR Adrian	2677		M30	36	03:34:39.70	+01:19:00 (36.8%)	8:15	7.3 (63.5%)
89	CZECZOTKA Paweł	2836		M30	37	03:34:46.60	+01:19:07 (36.8%)	8:15	7.3 (63.5%)
90	HRYCAJ Mariusz	2746		M40	30	03:34:48.60	+01:19:09 (36.8%)	8:15	7.3 (63.5%)
91	WOŹNIAK Janusz	2866	PORMAT JEDLICZE BIEGA	M50	5	03:35:11.65	+01:19:32 (37.0%)	8:16	7.2 (62.6%)
92	SZCZEPANIAK Michał	2250	RAZEM TRENUJEMY SPORT	M40	31	03:35:23.00	+01:19:43 (37.0%)	8:17	7.2 (62.6%)
93	SOBIESZEK Sylwia	2505	ZWOLEŃ BIEGA	K30	5	03:35:42.25	+01:20:02 (37.1%)	8:17	7.2 (62.6%)
94	STASZCZYK Michał	2824		M30	38	03:35:51.30	+01:20:11 (37.2%)	8:18	7.2 (62.6%)
95	GRZĄDKA Anna	2782		K30	6	03:36:39.05	+01:20:59 (37.4%)	8:19	7.2 (62.6%)
96	SKARŻYŃSKI Piotr	2112		M30	39	03:36:56.90	+01:21:17 (37.5%)	8:20	7.2 (62.6%)
97	SIOMAK Michał	2109		M40	32	03:37:10.05	+01:21:30 (37.5%)	8:21	7.2 (62.6%)
98	ŻUREK Kazimierz	2647	M.I.L.A.	M30	40	03:37:21.20	+01:21:41 (37.6%)	8:21	7.2 (62.6%)
99	SZPUNAR Daniel	2324		M20	12	03:37:22.65	+01:21:43 (37.6%)	8:21	7.2 (62.6%)
100	HAPUNOWICZ Tomasz	2350	ZBUCKI RUCH	M40	33	03:37:51.45	+01:22:11 (37.7%)	8:22	7.2 (62.6%)
101	WSZOŁEK Mirosław	2839		M30	41	03:37:58.35	+01:22:18 (37.8%)	8:23	7.2 (62.6%)
102	LIPIŃSKI Hubert	2522	KS KANAŁEK	M30	42	03:38:05.95	+01:22:26 (37.8%)	8:23	7.2 (62.6%)
103	SZARANIEC Sebastian	2415	T-MOBILE SPORT TEAM	M40	34	03:38:10.80	+01:22:31 (37.8%)	8:23	7.1 (61.7%)
104	RYBACZEK Rafał	2602	RUNEDA	M30	43	03:38:23.90	+01:22:44 (37.9%)	8:24	7.1 (61.7%)
105	WIELGOCKI Artur	2777		M30	44	03:38:27.10	+01:22:47 (37.9%)	8:24	7.1 (61.7%)
106	FLIŚ Łukasz	2065	FULFILL DREAMS TEAM PSZCZYNA	M20	13	03:39:09.45	+01:23:29 (38.1%)	8:25	7.1 (61.7%)
107	SADKOWSKI Bartosz	2888		M40	35	03:39:26.55	+01:23:46 (38.2%)	8:26	7.1 (61.7%)
107	KRAICZICZEK Krzysztof	2436	KELLER WILLIAMS POWER TEAM	M40	35	03:39:26.55	+01:23:46 (38.2%)	8:26	7.1 (61.7%)
109	ŁAJSZCZAK-GAJDA Dorota	2451		K40	4	03:39:26.90	+01:23:47 (38.2%)	8:26	7.1 (61.7%)
110	LIBRONT Jakub	2580	KŁĘCZAŃSKA GRUPA BIEGOWA	M20	14	03:39:47.35	+01:24:07 (38.3%)	8:27	7.1 (61.7%)
111	MICHALSKI Tomasz	2009		M30	45	03:39:54.60	+01:24:15 (38.3%)	8:27	7.1 (61.7%)
112	SZULC Kamila	2080		K30	7	03:40:01.95	+01:24:22 (38.3%)	8:27	7.1 (61.7%)
113	POPIEL Maurycy	2758	FLEXISTAVTEAM DYNAFIT	M30	46	03:40:12.65	+01:24:33 (38.4%)	8:28	7.1 (61.7%)
114	POPIEL Andrzej	2757	FLEXISTAVTEAM DYNAFIT	M30	47	03:40:13.25	+01:24:33 (38.4%)	8:28	7.1 (61.7%)
115	ZAWADZKI Mirosław	2206	TERNOLTEAM	M30	48	03:40:17.35	+01:24:37 (38.4%)	8:28	7.1 (61.7%)
116	KOCZUR Tamara	2147	MYSZKÓW BIEGA	K40	5	03:40:43.70	+01:25:04 (38.5%)	8:29	7.1 (61.7%)
117	GĘSIAREK Grzegorz	2331		M40	37	03:40:44.30	+01:25:04 (38.5%)	8:29	7.1 (61.7%)

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118	SYSKA Wojciech	2435	SEEKRAKOW	M30	49	03:41:09.15	+01:25:29 (38.7%)	8:30	7.1 (61.7%)
119	KODZIS Lesław	2432	ZALEW TEAM&GOBORZ RUNOUT	M40	38	03:41:40.00	+01:26:00 (38.8%)	8:31	7 (60.9%)
120	CICHOWICZ Łukasz	2050	WATAHA	M30	50	03:41:40.40	+01:26:00 (38.8%)	8:31	7 (60.9%)
121	GĄTKIEWICZ Paweł	2785	ESKADRA KRAKÓW	M40	39	03:42:00.60	+01:26:21 (38.9%)	8:32	7 (60.9%)
122	SELWANOWICZ Aleksander	2164	CROSSFIT SIEDLCE	M50	6	03:42:07.55	+01:26:27 (38.9%)	8:32	7 (60.9%)
123	KUKLA Łukasz	2358	CROSSFIT SIEDLCE	M30	51	03:42:15.05	+01:26:35 (39.0%)	8:32	7 (60.9%)
124	SUDOMIR Paweł	2703	JACEKBIEGA RUNNING TEAM	M30	52	03:42:17.25	+01:26:37 (39.0%)	8:32	7 (60.9%)
125	MISIURA Adam	2479		M30	53	03:42:35.90	+01:26:56 (39.1%)	8:33	7 (60.9%)
126	PASZEK Tomasz	2747	TEAM EDOKUMENTY	M40	40	03:42:44.25	+01:27:04 (39.1%)	8:34	7 (60.9%)
127	ZACHARYASZ Miłosz	2253	#KOCHAMMONICZKE	M20	15	03:42:54.25	+01:27:14 (39.1%)	8:34	7 (60.9%)
128	KĘPA Piotr	2768		M30	54	03:43:06.00	+01:27:26 (39.2%)	8:34	7 (60.9%)
129	PAWELEC Mariusz	2649	KB FORREST GUMP	M40	41	03:43:07.65	+01:27:28 (39.2%)	8:34	7 (60.9%)
130	PROKOPCZUK Łukasz	2549		M40	42	03:43:34.55	+01:27:54 (39.3%)	8:35	7 (60.9%)
131	MUCHA Aleksandra	2134		K20	2	03:43:56.50	+01:28:16 (39.4%)	8:36	7 (60.9%)
132	PATRO Bartłomiej	2195		M30	55	03:43:58.50	+01:28:18 (39.4%)	8:36	7 (60.9%)
133	BARADZIN Aliaksandr	2237		M20	16	03:44:05.35	+01:28:25 (39.5%)	8:37	7 (60.9%)
134	CHILICKA Marta	2022	RED LION CLUB	K30	8	03:44:13.55	+01:28:33 (39.5%)	8:37	7 (60.9%)
135	NIEDŹWIEDŹ Tomasz	2019		M40	43	03:44:21.80	+01:28:42 (39.5%)	8:37	7 (60.9%)
136	STAWIARZ Paweł	2583		M30	56	03:44:24.65	+01:28:45 (39.5%)	8:37	7 (60.9%)
137	SACZUK Andrzej	2319	BŁOTNE OGRY	M40	44	03:45:10.75	+01:29:31 (39.8%)	8:39	6.9 (60.0%)
138	LIBERKA Tomasz	2685		M40	45	03:45:17.40	+01:29:37 (39.8%)	8:39	6.9 (60.0%)
139	CZYŻOWICZ-GOTFRYD Agnieszka	2179	JSC	K40	6	03:45:30.15	+01:29:50 (39.8%)	8:40	6.9 (60.0%)
140	TISZBIEREK Marek	2582		M40	46	03:45:53.05	+01:30:13 (39.9%)	8:41	6.9 (60.0%)
141	KRYSTEK Łukasz	2581		M30	57	03:45:54.80	+01:30:15 (40.0%)	8:41	6.9 (60.0%)
142	FOSSAERT Sylwia	2457	JJFIT	K30	9	03:46:03.50	+01:30:23 (40.0%)	8:41	6.9 (60.0%)
143	ZYGO Karolina	2759	STAY INSANE	K20	3	03:46:11.45	+01:30:31 (40.0%)	8:42	6.9 (60.0%)
144	SOJKA Sławomir	2371	VIKING TRAINING CENTER	M30	58	03:46:36.75	+01:30:57 (40.1%)	8:42	6.9 (60.0%)
145	SZCZOT Andrzej	2829	KB SOBÓTKA	M40	47	03:46:56.10	+01:31:16 (40.2%)	8:43	6.9 (60.0%)
146	PAPUGA Iwona	2108	ZADYSZKA OSWIECIM	K50	1	03:47:22.10	+01:31:42 (40.3%)	8:44	6.9 (60.0%)
147	CHLIPAŁA Marek	2673		M30	59	03:47:25.50	+01:31:45 (40.3%)	8:44	6.9 (60.0%)
148	ZAMECKI Radosław	2760		M30	60	03:47:51.95	+01:32:12 (40.5%)	8:45	6.8 (59.1%)
149	OSZUST Marcin	2488	CHEŁMSKA GRUPA TRIATHLONU/24 BLP	M40	48	03:48:28.25	+01:32:48 (40.6%)	8:47	6.8 (59.1%)
150	GAJOS Łukasz	2832	TERNOLTEAM	M30	61	03:48:30.80	+01:32:51 (40.6%)	8:47	6.8 (59.1%)
151	KULIKOWSKI Adam	2330		M30	62	03:48:34.95	+01:32:55 (40.7%)	8:47	6.8 (59.1%)
152	SĄGOL Mateusz	2357		M20	17	03:48:59.25	+01:33:19 (40.8%)	8:48	6.8 (59.1%)
153	JÓZEFczyk Jacek	2370		M30	63	03:48:59.80	+01:33:20 (40.8%)	8:48	6.8 (59.1%)
154	WOJTAS Mateusz	2578		M20	18	03:49:21.35	+01:33:41 (40.9%)	8:49	6.8 (59.1%)
155	KUBIAK Dariusz	2492	KKKL LEGNICA	M50	7	03:49:33.55	+01:33:53 (40.9%)	8:49	6.8 (59.1%)
156	WYSOCKI Aleksander	2726	WATAHA	M30	64	03:49:35.85	+01:33:56 (40.9%)	8:49	6.8 (59.1%)
157	JANAS Marian	2840	DYNAMIC	M60	1	03:49:44.20	+01:34:04 (40.9%)	8:50	6.8 (59.1%)
158	PIECZYKOLAN Kamil	2015	OLIMPIJSKA AKADEMIA BIEGANIA	M30	65	03:50:13.00	+01:34:33 (41.1%)	8:51	6.8 (59.1%)
159	LANGNER Damian	2268		M20	19	03:50:41.90	+01:35:02 (41.2%)	8:52	6.8 (59.1%)
160	BARTOSZEK Tomasz	2569	SAINT-GOBAIN SQUAD	M30	66	03:50:51.20	+01:35:11 (41.2%)	8:52	6.8 (59.1%)
161	MIKULSKI Wojciech	2215	4F RUNNING TEAM	M40	49	03:51:05.55	+01:35:25 (41.3%)	8:53	6.8 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
162	TKACZ Przemysław	2044	ZIOMKI	M40	50	03:51:05.80	+01:35:26 (41.3%)	8:53	6.8 (59.1%)
163	ZAWADZKI Grzegorz	2098	KLUB SPORTOWY PRESTIGE	M30	67	03:51:09.20	+01:35:29 (41.3%)	8:53	6.7 (58.3%)
164	FRYCA Karolina	2038		K20	4	03:51:22.70	+01:35:43 (41.4%)	8:53	6.7 (58.3%)
165	WAROWNY Robert	2686	DZIKIE BORSUKI	M40	51	03:51:43.85	+01:36:04 (41.5%)	8:54	6.7 (58.3%)
166	SZUMNY Nina	2208	72D	K30	10	03:51:45.75	+01:36:06 (41.5%)	8:54	6.7 (58.3%)
167	GZARA Michał	2793	DZIKIE BORSUKI	M40	52	03:51:56.75	+01:36:17 (41.5%)	8:55	6.7 (58.3%)
168	DZIETCZYK Kamil	2734	AKTYWNE CHOSZCZNO	M30	68	03:52:11.35	+01:36:31 (41.6%)	8:55	6.7 (58.3%)
169	IWICKI Krzysztof	2633		M30	69	03:52:27.50	+01:36:47 (41.6%)	8:56	6.7 (58.3%)
170	PODLECKI Romuald	2138	LOKATOR NIERUCHOMOŚCI PIŁA	M60	2	03:52:49.80	+01:37:10 (41.7%)	8:57	6.7 (58.3%)
171	POLOCZEK Jarosław	2663		M30	70	03:53:21.80	+01:37:42 (41.9%)	8:58	6.7 (58.3%)
172	FAŁATOWICZ Radosław	2327	BRAVEHEARTS LEGIONOWO	M30	71	03:53:45.20	+01:38:05 (42.0%)	8:59	6.7 (58.3%)
173	WOJTKOWIAK Marta	2696		K30	11	03:53:46.20	+01:38:06 (42.0%)	8:59	6.7 (58.3%)
174	PIETRUSZEWSKI Bartłomiej	2571		M40	53	03:53:51.50	+01:38:11 (42.0%)	8:59	6.7 (58.3%)
175	SADOWSKI Paweł	2662		M30	72	03:53:56.80	+01:38:17 (42.0%)	8:59	6.7 (58.3%)
176	SZYMSKI Rafał	2194	CIDRY LOTAJOM	M40	54	03:54:23.05	+01:38:43 (42.1%)	9:00	6.7 (58.3%)
177	MARCINEK Marta	2557		K30	12	03:54:34.05	+01:38:54 (42.2%)	9:01	6.7 (58.3%)
178	PAJĄK Marcin	2770		M30	73	03:54:34.10	+01:38:54 (42.2%)	9:01	6.7 (58.3%)
179	SOLECKI Marcin	2399		M30	74	03:54:45.60	+01:39:06 (42.2%)	9:01	6.6 (57.4%)
180	STACHYRA Bartłomiej	2659		M20	20	03:54:49.55	+01:39:09 (42.2%)	9:01	6.6 (57.4%)
181	PAWELEC Piotr	2864		M50	8	03:54:52.75	+01:39:13 (42.2%)	9:02	6.6 (57.4%)
182	PUCHAŁA Mariusz	2540	TERNOLTEAM	M40	55	03:55:27.10	+01:39:47 (42.4%)	9:03	6.6 (57.4%)
183	HAJDZIONA Agata	2503		K30	13	03:55:30.55	+01:39:50 (42.4%)	9:03	6.6 (57.4%)
184	CHWAŁA Artur	2608		M40	56	03:55:33.60	+01:39:54 (42.4%)	9:03	6.6 (57.4%)
185	RZEPKA Aleksandra	2637	WKURW_TEAM	K20	5	03:55:41.70	+01:40:02 (42.4%)	9:03	6.6 (57.4%)
186	NAZIMEK Lilianna	2434		K40	7	03:55:51.30	+01:40:11 (42.5%)	9:04	6.6 (57.4%)
187	NOWAK Bartłomiej	2828		M20	21	03:56:00.00	+01:40:20 (42.5%)	9:04	6.6 (57.4%)
188	GUBERNIAK Renata	2326		K30	14	03:56:01.75	+01:40:22 (42.5%)	9:04	6.6 (57.4%)
189	KOCHANIAK Andrzej	2347	WŁÓCZYBIEGI	M30	75	03:56:03.05	+01:40:23 (42.5%)	9:04	6.6 (57.4%)
190	STASIAK Jakub	2456		M30	76	03:56:10.25	+01:40:30 (42.6%)	9:05	6.6 (57.4%)
191	NARLOCH Łukasz	2558	NAVA RUNNING TEAM	M30	77	03:56:10.35	+01:40:30 (42.6%)	9:05	6.6 (57.4%)
192	BIGAS Grzegorz	2814	ARENAMED	M30	78	03:57:05.55	+01:41:25 (42.8%)	9:07	6.6 (57.4%)
193	FIGURA Radosław	2816		M40	57	03:57:13.25	+01:41:33 (42.8%)	9:07	6.6 (57.4%)
194	PASZKIEL Sebastian	2817		M40	58	03:57:13.70	+01:41:34 (42.8%)	9:07	6.6 (57.4%)
195	ROSŁON Piotr	2681		M40	59	03:57:30.30	+01:41:50 (42.9%)	9:08	6.6 (57.4%)
196	CUDEK Bartłomiej	2176	WKURW_TEAM	M30	79	03:57:30.50	+01:41:50 (42.9%)	9:08	6.6 (57.4%)
197	RZYMKOWSKI Maciej	2027		M30	80	03:57:48.40	+01:42:08 (43.0%)	9:08	6.6 (57.4%)
198	ADAMSKA Marta	2113		K30	15	03:57:49.00	+01:42:09 (43.0%)	9:08	6.6 (57.4%)
199	MARCINIAK Rafał	2039		M30	81	03:57:52.30	+01:42:12 (43.0%)	9:08	6.6 (57.4%)
200	GAMROT Krzysztof	2037		M30	82	03:58:01.70	+01:42:22 (43.0%)	9:09	6.6 (57.4%)
201	KURKOWSKI Jarosław	2235	RUNNERB	M40	60	03:58:20.35	+01:42:40 (43.1%)	9:10	6.5 (56.5%)
202	PRASZAŁOWICZ Gustaw	2654	KOLIBER TEAM	M30	83	03:58:35.05	+01:42:55 (43.1%)	9:10	6.5 (56.5%)
203	WESÓŁ Tomasz	2281		M20	22	03:58:50.30	+01:43:10 (43.2%)	9:11	6.5 (56.5%)
204	GINALSKI Grzegorz	2438		M30	84	03:58:56.55	+01:43:16 (43.2%)	9:11	6.5 (56.5%)
205	GRZESIK Michał	2749		M30	85	03:59:00.70	+01:43:21 (43.2%)	9:11	6.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
206	BOSZKO Łukasz	2328		M30	86	03:59:32.80	+01:43:53 (43.4%)	9:12	6.5 (56.5%)
207	CHOLEWA Agnieszka	2317	MATNER RUNNING TEAM	K30	16	03:59:54.05	+01:44:14 (43.5%)	9:13	6.5 (56.5%)
208	HOŁUBIEC Agnieszka	2188	YULO RUN TEAM SIEDLCE	K40	8	04:00:04.90	+01:44:25 (43.5%)	9:14	6.5 (56.5%)
209	GAŁUSZKA Mariusz	2999	SKITUROWE BIESZCZADY-GOPR	M40	61	04:00:12.10	+01:44:32 (43.5%)	9:14	6.5 (56.5%)
210	DZIEWA Przemysław	2722	ATS WHEELS	M40	62	04:00:40.10	+01:45:00 (43.6%)	9:15	6.5 (56.5%)
211	KRUPA Jacek	2719	ATS WHEELS	M40	63	04:00:40.35	+01:45:00 (43.6%)	9:15	6.5 (56.5%)
212	BUGAŁA Robert	2645	SOLID HOUSE	M50	9	04:00:52.65	+01:45:13 (43.7%)	9:15	6.5 (56.5%)
213	GAŁKOWSKI Artur	2532		M40	64	04:01:00.30	+01:45:20 (43.7%)	9:16	6.5 (56.5%)
214	RYBAK Wojciech	2859	GOPR BIESZCZADY	M40	65	04:01:02.20	+01:45:22 (43.7%)	9:16	6.5 (56.5%)
215	MUSIOLIK Mariusz	2087		M30	87	04:01:28.85	+01:45:49 (43.8%)	9:17	6.5 (56.5%)
216	GAJEWIAK Adam	2189	CS GROUP RUNNERS TEAM	M40	66	04:01:31.85	+01:45:52 (43.8%)	9:17	6.5 (56.5%)
217	SUROWIEC Paweł	2721		M40	67	04:01:36.85	+01:45:57 (43.9%)	9:17	6.5 (56.5%)
218	SADOWSKI Mieczysław	2720	BIEGAJ RAZEM Z NAMI	M40	68	04:01:37.95	+01:45:58 (43.9%)	9:17	6.5 (56.5%)
219	SKŁADANOWSKA Beata	2190	EUROCASH	K30	17	04:02:34.85	+01:46:55 (44.1%)	9:19	6.4 (55.7%)
220	BACZYŃSKA Aneta	2431	ZALEW TEAM& GOŁOBORZ RUNOUT	K30	18	04:02:48.60	+01:47:09 (44.1%)	9:20	6.4 (55.7%)
221	BACZYŃSKI Robert	2732		M40	69	04:02:48.80	+01:47:09 (44.1%)	9:20	6.4 (55.7%)
222	KOZIEŁŁO Bartosz	2761	TUR	M40	70	04:03:06.95	+01:47:27 (44.2%)	9:21	6.4 (55.7%)
223	STASIŃSKI Paweł	2810		M30	88	04:03:18.55	+01:47:38 (44.2%)	9:21	6.4 (55.7%)
224	RUSINEK Piotr	2271		M30	89	04:03:21.75	+01:47:42 (44.3%)	9:21	6.4 (55.7%)
225	GŁAZOWSKA Anita	2002		K20	6	04:03:31.65	+01:47:52 (44.3%)	9:22	6.4 (55.7%)
226	PODLEŚ Rafał	2000		M20	23	04:03:31.90	+01:47:52 (44.3%)	9:22	6.4 (55.7%)
227	SOBOLEWSKI Grzegorz	2197		M40	71	04:03:52.45	+01:48:12 (44.4%)	9:22	6.4 (55.7%)
228	PODLEŚ Robert	2598	COBI	M50	10	04:04:23.30	+01:48:43 (44.5%)	9:23	6.4 (55.7%)
229	CZUMIEL Maciej	2808		M40	72	04:04:33.95	+01:48:54 (44.5%)	9:24	6.4 (55.7%)
230	PUDEŁKO Dariusz	2154	OPEL ACTIVE TEAM	M50	11	04:04:43.70	+01:49:04 (44.6%)	9:24	6.4 (55.7%)
231	WALENDA Mateusz	2448	KS KANAŁEK	M30	90	04:04:54.10	+01:49:14 (44.6%)	9:25	6.4 (55.7%)
232	PYRKOSZ Damian	2419		M40	73	04:04:56.30	+01:49:16 (44.6%)	9:25	6.4 (55.7%)
233	ADAMOWICZ Agnieszka	2510	ZWOLEŃ BIEGA	K40	9	04:05:41.15	+01:50:01 (44.8%)	9:26	6.3 (54.8%)
234	POKRYWKA Stefan	2998		M60	3	04:05:54.35	+01:50:14 (44.8%)	9:27	6.3 (54.8%)
235	WŁODARSKI Piotrek	2273		M30	91	04:06:06.95	+01:50:27 (44.9%)	9:27	6.3 (54.8%)
236	ZYBERT Mateusz	2323	DABEX-BOLT	M30	92	04:06:09.90	+01:50:30 (44.9%)	9:28	6.3 (54.8%)
237	FALKOWSKI Piotr	2899	KS PEGAZ PIASECZNO	M50	12	04:06:19.80	+01:50:40 (44.9%)	9:28	6.3 (54.8%)
238	STOPA Marcin	2570	WWW.RUNRZESZOW.PL	M40	74	04:06:28.20	+01:50:48 (45.0%)	9:28	6.3 (54.8%)
239	WEBER Agata	2843	JACEKBIEGA RUNNING TEAM	K40	10	04:06:29.75	+01:50:50 (45.0%)	9:28	6.3 (54.8%)
240	GOLBIAK Wojciech	2674		M40	75	04:06:43.10	+01:51:03 (45.0%)	9:29	6.3 (54.8%)
241	KACZMAREK Maciej	2689	POLEOHEL	M30	93	04:06:57.70	+01:51:18 (45.1%)	9:29	6.3 (54.8%)
242	PINDEL Piotr	2389	ŁOWCY PIEROŻKÓW	M30	94	04:06:59.00	+01:51:19 (45.1%)	9:29	6.3 (54.8%)
243	TOKARSKI Jacek	2509		M40	76	04:07:15.80	+01:51:36 (45.1%)	9:30	6.3 (54.8%)
244	KURZAWA Adam	2465		M20	24	04:07:47.30	+01:52:07 (45.3%)	9:31	6.3 (54.8%)
245	REDKIEWICZ Agnieszka	2115	REEBOK RUN CREW	K30	19	04:08:01.25	+01:52:21 (45.3%)	9:32	6.3 (54.8%)
246	SZUBERT-WALENCZAK Magdalena	2012	PSYCHORUN TEAM	K40	11	04:08:02.90	+01:52:23 (45.3%)	9:32	6.3 (54.8%)
247	MATYJASIAK Konrad	2670		M40	77	04:08:03.80	+01:52:24 (45.3%)	9:32	6.3 (54.8%)
248	SOBCZYŃSKI Paweł	2016		M40	78	04:08:13.15	+01:52:33 (45.3%)	9:32	6.3 (54.8%)
249	KACZMAREK Sandra	2697		K30	20	04:08:23.85	+01:52:44 (45.4%)	9:33	6.3 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
250	DĄBROWSKI Mateusz	2812		M20	25	04:09:24.70	+01:53:45 (45.6%)	9:35	6.3 (54.8%)
251	PARADA Marcin	2394	BIEGACZE W RADOMSKU	M40	79	04:09:25.85	+01:53:46 (45.6%)	9:35	6.3 (54.8%)
252	MIKULSKA Aneta	2635		K40	12	04:09:43.70	+01:54:04 (45.7%)	9:36	6.2 (53.9%)
253	BEDNARSKI Paweł	2386		M30	95	04:09:44.30	+01:54:04 (45.7%)	9:36	6.2 (53.9%)
254	GOLAS Marcin	2449	APLITT.PL	M40	80	04:09:54.30	+01:54:14 (45.7%)	9:36	6.2 (53.9%)
255	WIECZOREK Dariusz	2210	PRZEGLĄD SPORTOWY	M50	13	04:10:03.85	+01:54:24 (45.7%)	9:37	6.2 (53.9%)
256	GARDEŁA Justyna	2446	WOLBROM TEAM	K30	21	04:10:28.50	+01:54:48 (45.8%)	9:38	6.2 (53.9%)
257	SZYMAŃSKI Andrzej	2604		M30	96	04:10:29.00	+01:54:49 (45.8%)	9:38	6.2 (53.9%)
258	ZAKRZEWICZ Marcin	2825	KTB KUNY	M40	81	04:10:38.50	+01:54:58 (45.9%)	9:38	6.2 (53.9%)
259	ZANKO Rafał	2481		M30	97	04:11:35.80	+01:55:56 (46.1%)	9:40	6.2 (53.9%)
260	KARDASZ Marek	2363	SOLINA TEAM	M40	82	04:11:37.30	+01:55:57 (46.1%)	9:40	6.2 (53.9%)
261	KARDASZ Patryk	2807	SOLINA TEAM	M20	26	04:11:37.45	+01:55:57 (46.1%)	9:40	6.2 (53.9%)
262	WAŁACHOWSKA Urszula	2367	SOLINA TEAM	K30	22	04:11:37.60	+01:55:58 (46.1%)	9:40	6.2 (53.9%)
263	STYSIAŁ Dariusz	2519		M40	83	04:11:53.80	+01:56:14 (46.1%)	9:41	6.2 (53.9%)
264	KACZMARCZYK Mariusz	2611		M50	14	04:11:54.00	+01:56:14 (46.1%)	9:41	6.2 (53.9%)
265	ZAJKOWSKI Michal	2706	VEGE RUNNERS	M30	98	04:12:02.70	+01:56:23 (46.2%)	9:41	6.2 (53.9%)
266	ZAJKOWSKA Ewa	2708	VEGE RUNNERS	K30	23	04:12:03.00	+01:56:23 (46.2%)	9:41	6.2 (53.9%)
267	STACHYRA Andrzej	2658	LSB	M50	15	04:12:34.50	+01:56:54 (46.3%)	9:42	6.2 (53.9%)
268	CZYŻEWSKI Jakub	2567		M20	27	04:12:51.00	+01:57:11 (46.3%)	9:43	6.2 (53.9%)
269	MENDYKA Mariusz	2568		M20	28	04:12:51.55	+01:57:11 (46.3%)	9:43	6.2 (53.9%)
270	SANIAK Przemyslaw	2477		M30	99	04:12:55.95	+01:57:16 (46.4%)	9:43	6.2 (53.9%)
271	BARTASUN Patryk	2024		M30	100	04:13:07.60	+01:57:28 (46.4%)	9:44	6.2 (53.9%)
272	MICHALCZAK Paweł	2143		M40	84	04:13:35.90	+01:57:56 (46.5%)	9:45	6.2 (53.9%)
273	WÓJCIK Monika	2715		K40	13	04:13:49.90	+01:58:10 (46.6%)	9:45	6.1 (53.0%)
274	KONS Katarzyna	2447	POKA & HERKI TEAM	K20	7	04:14:02.50	+01:58:22 (46.6%)	9:46	6.1 (53.0%)
275	MADEYSKI Tomasz	2573		M30	101	04:14:05.60	+01:58:26 (46.6%)	9:46	6.1 (53.0%)
276	PROKOPIUK Grzegorz	2660	SZWAGRY DWA	M40	85	04:14:33.40	+01:58:53 (46.7%)	9:47	6.1 (53.0%)
277	KUMA Wojciech	2334		M30	102	04:15:02.15	+01:59:22 (46.8%)	9:48	6.1 (53.0%)
278	ŻUK Marcin	2241		M30	103	04:15:22.10	+01:59:42 (46.9%)	9:49	6.1 (53.0%)
279	BOROWIEC Arkadiusz	2198	CHEŁM BIEGA/24 BLP	M40	86	04:15:22.85	+01:59:43 (46.9%)	9:49	6.1 (53.0%)
280	TARAS Michał	2628		M20	29	04:15:23.05	+01:59:43 (46.9%)	9:49	6.1 (53.0%)
281	KUROWSKI Jacek	2314		M40	87	04:15:43.40	+02:00:03 (47.0%)	9:50	6.1 (53.0%)
282	STANKIEWICZ Piotr	2308		M30	104	04:15:45.00	+02:00:05 (47.0%)	9:50	6.1 (53.0%)
283	ZAKRZEWSKI Piotr	2392		M30	105	04:15:54.65	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
284	BARANOWSKI Mariusz	2806		M30	106	04:15:55.10	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
285	SIELICKI Krzysztof	2500		M30	107	04:15:55.55	+02:00:15 (47.0%)	9:50	6.1 (53.0%)
286	FAJER Marek	2211	ZWIK MYSZKÓW MYSZKÓW BIEGA 3	M60	4	04:16:28.00	+02:00:48 (47.1%)	9:51	6.1 (53.0%)
287	GRZYWIŃSKA Marta	2863	CB163	K20	8	04:16:33.35	+02:00:53 (47.1%)	9:52	6.1 (53.0%)
288	DĄBROWSKI Karol	2150		M40	88	04:16:52.20	+02:01:12 (47.2%)	9:52	6.1 (53.0%)
289	SIBIELAK Piotr	2588		M40	89	04:17:02.15	+02:01:22 (47.2%)	9:53	6.1 (53.0%)
290	RAINER Iwona	2857	ACS-STAL KRZYSZTOF RAINER	K40	14	04:17:04.70	+02:01:25 (47.2%)	9:53	6.1 (53.0%)
291	RAINER Krzysztof	2856	ACS-STAL	M40	90	04:17:07.75	+02:01:28 (47.2%)	9:53	6.1 (53.0%)
292	KITOWSKI Bartosz	2858	GŁOGOVI 1925 GŁOGÓW MAŁOPOLSKI	M40	91	04:17:46.20	+02:02:06 (47.4%)	9:54	6.1 (53.0%)
293	JĘDRZEJEK Marek	2821		M30	108	04:17:48.05	+02:02:08 (47.4%)	9:54	6.1 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
294	KOWALIK Krzysztof	2494		M40	92	04:17:52.15	+02:02:12 (47.4%)	9:55	6 (52.2%)
295	KAMIŃSKA Ewa	2872	SPRINTEX TEAM	K40	15	04:18:00.65	+02:02:21 (47.4%)	9:55	6 (52.2%)
296	GŁADYSZ Marcin	2625	RMF4RT GLADIATORS	M30	109	04:18:14.00	+02:02:34 (47.5%)	9:55	6 (52.2%)
297	HUDZIK Dominika	2709		K40	16	04:19:03.40	+02:03:23 (47.6%)	9:57	6 (52.2%)
298	HUDZIK Robert	2191		M40	93	04:19:11.50	+02:03:31 (47.7%)	9:58	6 (52.2%)
299	CIĘŻKI Paweł	2552	HEAVY TEAM	M20	30	04:19:19.05	+02:03:39 (47.7%)	9:58	6 (52.2%)
300	WÓJCICKI Kamil	2420		M20	31	04:19:35.35	+02:03:55 (47.7%)	9:59	6 (52.2%)
301	KUBACZYŃSKI Dariusz	2803		M50	16	04:19:35.75	+02:03:56 (47.7%)	9:59	6 (52.2%)
302	KARCZMARCZYK Mirosław	2349		M30	110	04:19:45.40	+02:04:05 (47.8%)	9:59	6 (52.2%)
303	PĘKALA Jarosław	2544		M50	17	04:19:47.05	+02:04:07 (47.8%)	9:59	6 (52.2%)
304	BARANSKI Piotr	2805		M30	111	04:20:19.30	+02:04:39 (47.9%)	10:00	6 (52.2%)
305	SIOCH Grzegorz	2061	DZIKIE SKRZYDŁO	M40	94	04:20:56.40	+02:05:16 (48.0%)	10:02	6 (52.2%)
306	ŁUCZKIEWICZ Dariusz	2325		M30	112	04:21:09.20	+02:05:29 (48.1%)	10:02	6 (52.2%)
307	BOROWSKA Teresa	2459		K50	2	04:21:23.35	+02:05:43 (48.1%)	10:03	6 (52.2%)
308	PELA Olga	2458	SKY-TRANS	K30	24	04:21:23.55	+02:05:43 (48.1%)	10:03	6 (52.2%)
309	UJMA Paweł	2122	INTER AUTO JAROSŁAW	M40	95	04:22:00.30	+02:06:20 (48.2%)	10:04	6 (52.2%)
310	KOSTRZEWSKA Natalia	2173		K30	25	04:22:05.45	+02:06:25 (48.2%)	10:04	6 (52.2%)
311	TURSKI Damian	2175		M30	113	04:22:12.25	+02:06:32 (48.3%)	10:05	5.9 (51.3%)
312	TWARDOWSKI Tomasz	2132		M40	96	04:22:13.20	+02:06:33 (48.3%)	10:05	5.9 (51.3%)
313	WYSMOLIŃSKA Karolina	2641		K40	17	04:22:21.75	+02:06:42 (48.3%)	10:05	5.9 (51.3%)
314	JAKUBOWSKA Katarzyna	2090		K20	9	04:22:28.50	+02:06:48 (48.3%)	10:05	5.9 (51.3%)
315	HOŁUBIEC Paweł	2193		M40	97	04:23:31.10	+02:07:51 (48.5%)	10:08	5.9 (51.3%)
316	HENDZLIK Monika	2462		K40	18	04:23:37.45	+02:07:57 (48.5%)	10:08	5.9 (51.3%)
317	BUTRYN Wojciech	2103	#BBKTS	M40	98	04:23:41.20	+02:08:01 (48.6%)	10:08	5.9 (51.3%)
318	KUC Anna	2752	BGK	K40	19	04:23:50.50	+02:08:10 (48.6%)	10:08	5.9 (51.3%)
319	HAJDUK Tomek	2313	YULO RUN TEAM SIEDLCE	M40	99	04:23:51.70	+02:08:12 (48.6%)	10:08	5.9 (51.3%)
320	KŁYŻ Janusz	2332		M30	114	04:23:55.05	+02:08:15 (48.6%)	10:09	5.9 (51.3%)
321	DŁUGOSZ Kasia	2127	STAY INSANE	K30	26	04:24:27.55	+02:08:47 (48.7%)	10:10	5.9 (51.3%)
322	MATHIAK Rafał	2490	KLEMBÓW BIEGA	M40	100	04:24:28.55	+02:08:48 (48.7%)	10:10	5.9 (51.3%)
323	SZYSZKA Marek	2846	STS BIEGATON MIKOŁÓW	M30	115	04:25:11.60	+02:09:32 (48.8%)	10:11	5.9 (51.3%)
324	SZCZEPANIAK Karol	2837		M40	101	04:25:26.05	+02:09:46 (48.9%)	10:12	5.9 (51.3%)
325	GODZIMIRSKA Eliza	2010	REEBOK RUN CREW	K30	27	04:25:37.45	+02:09:57 (48.9%)	10:13	5.9 (51.3%)
326	RYŃ-SOBALA Renata	2594	RMF4RT GLADIATORS	K40	20	04:26:18.60	+02:10:39 (49.1%)	10:14	5.9 (51.3%)
327	PODOLAK Rafał	2679	RMF4RT GLADIATORS	M20	32	04:26:21.30	+02:10:41 (49.1%)	10:14	5.9 (51.3%)
328	KOWALCZYK Włodzimierz	2296		M60	5	04:26:27.40	+02:10:47 (49.1%)	10:14	5.9 (51.3%)
329	STACHOWICZ Adam	2030		M30	116	04:27:15.20	+02:11:35 (49.2%)	10:16	5.8 (50.4%)
330	POTERA Krystyna	2745		K30	28	04:27:38.35	+02:11:58 (49.3%)	10:17	5.8 (50.4%)
331	KOTLARCZYK Katarzyna	2165		K30	29	04:28:01.80	+02:12:22 (49.4%)	10:18	5.8 (50.4%)
332	WICHLIŃSKA Karolina	2847	NIEWYCHOWANI FIZYCZNIE	K20	10	04:28:03.65	+02:12:24 (49.4%)	10:18	5.8 (50.4%)
333	KADŁUBOWSKI Piotr	2883	KOTWICA BRZEG	M40	102	04:28:09.65	+02:12:30 (49.4%)	10:18	5.8 (50.4%)
334	MIKOŁAJCZYK Agnieszka	2707		K30	30	04:28:09.95	+02:12:30 (49.4%)	10:18	5.8 (50.4%)
335	ANDRZEJEWSKI Maciej	2842		M30	117	04:28:23.75	+02:12:44 (49.5%)	10:19	5.8 (50.4%)
336	ANDRZEJEWSKA Monika	2841		K30	31	04:28:24.20	+02:12:44 (49.5%)	10:19	5.8 (50.4%)
337	OLSZEWSKI Jacek	2741	KACYK TIM	M40	103	04:28:44.50	+02:13:04 (49.5%)	10:20	5.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
338	OSTROWSKA Dorota	2081	YULO RUN TEAM SIEDLCE	K50	3	04:28:53.15	+02:13:13 (49.5%)	10:20	5.8 (50.4%)
339	LIPOWSKA Dorota	2342		K30	32	04:29:01.15	+02:13:21 (49.6%)	10:20	5.8 (50.4%)
340	KOSTRZEWSKI Mateusz	2472	MYSZKÓW BIEGA	M40	104	04:29:30.50	+02:13:50 (49.7%)	10:21	5.8 (50.4%)
341	BAR Aleksandra	2815	GMINA STRZELCE OPOLSKIE	K40	21	04:29:39.95	+02:14:00 (49.7%)	10:22	5.8 (50.4%)
342	MARASEK Adam	2512	MIX SPORT TEAM	M40	105	04:30:30.85	+02:14:51 (49.9%)	10:24	5.8 (50.4%)
343	BUSŁOWSKI Piotr	2878		M30	118	04:30:31.15	+02:14:51 (49.9%)	10:24	5.8 (50.4%)
344	DRAB Monika	2551	HEAVYTEAM	K30	33	04:31:09.30	+02:15:29 (50.0%)	10:25	5.8 (50.4%)
345	PROKOPCZUK Anna	2550	HEAVY TEAM	K30	34	04:31:12.80	+02:15:33 (50.0%)	10:25	5.8 (50.4%)
346	ROMANOWSKA Monika	2572	HEAVY TEAM	K30	35	04:31:12.85	+02:15:33 (50.0%)	10:25	5.8 (50.4%)
347	KLEJNOWSKA-KAMIŃSKA Ilona	2903		K30	36	04:31:21.20	+02:15:41 (50.0%)	10:26	5.7 (49.6%)
348	WAŃDOCH Piotr	2387	BBL	M40	106	04:32:01.80	+02:16:22 (50.1%)	10:27	5.7 (49.6%)
349	GRZYWACZ Krzysztof	2653		M40	107	04:32:06.05	+02:16:26 (50.1%)	10:27	5.7 (49.6%)
350	ISKRA Arkadiusz	2396	PORT LOTNICZY ŁÓDZ	M40	108	04:32:37.25	+02:16:57 (50.2%)	10:29	5.7 (49.6%)
351	SARAD Krzysiek	2728	SPARTAŃSKA DZICZ	M30	119	04:33:16.45	+02:17:36 (50.4%)	10:30	5.7 (49.6%)
352	WÓJCIK Monika	2397		K40	22	04:33:18.75	+02:17:39 (50.4%)	10:30	5.7 (49.6%)
353	CZARNIK Marek	2729	SPARTAŃSKA DZICZ	M30	120	04:33:28.05	+02:17:48 (50.4%)	10:31	5.7 (49.6%)
354	GŁUSZAK Katarzyna	2851	#BASIATEAM	K30	37	04:34:02.85	+02:18:23 (50.5%)	10:32	5.7 (49.6%)
355	KUCZBORSKI Jarosław	2036	HARPAGAN SOSNOWIEC	M40	109	04:34:15.30	+02:18:35 (50.5%)	10:32	5.7 (49.6%)
356	LUDWICZAK Mariusz	2383	#WKURW_TEAM	M40	110	04:34:21.50	+02:18:41 (50.6%)	10:33	5.7 (49.6%)
357	WRÓBEL Bartłomiej	2874	CISNA	M40	111	04:34:23.45	+02:18:43 (50.6%)	10:33	5.7 (49.6%)
358	WÓJCIK Radosław	2466		M30	121	04:34:31.10	+02:18:51 (50.6%)	10:33	5.7 (49.6%)
359	KĄDZIOŁKA Jan	2881	K2	M50	18	04:34:42.35	+02:19:02 (50.6%)	10:33	5.7 (49.6%)
360	BOCEK Sławomir	2756	WATAHA	M40	112	04:34:44.35	+02:19:04 (50.6%)	10:34	5.7 (49.6%)
361	BORCZ Marcin	2755		M30	122	04:34:45.80	+02:19:06 (50.6%)	10:34	5.7 (49.6%)
362	PODOLAK Zbigniew	2652	PRZEMYSKIE TOWARZYSTWO SZWEJKOWSKIE	M50	19	04:34:47.65	+02:19:08 (50.6%)	10:34	5.7 (49.6%)
363	LIBERKA Larysa	2153		K30	38	04:35:31.95	+02:19:52 (50.8%)	10:35	5.7 (49.6%)
364	CHRZANOWSKA Olga	2111	PSYCHORUN	K30	39	04:35:32.85	+02:19:53 (50.8%)	10:35	5.7 (49.6%)
365	WARZYCHA Dawid	2669	PKP INTERCITY	M20	33	04:35:36.30	+02:19:56 (50.8%)	10:36	5.7 (49.6%)
366	WARZYCHA Krzysztof	2668	MAXEL	M50	20	04:35:36.40	+02:19:56 (50.8%)	10:36	5.7 (49.6%)
367	KULIK Karol	2433	ZALEW TEAM&GOLOBORZ RUNOUT	M40	113	04:35:39.55	+02:19:59 (50.8%)	10:36	5.7 (49.6%)
368	KARCZ Joanna	2511	BBB (BĘDUSKA BRYGADA BIEGOWA)	K30	40	04:35:55.15	+02:20:15 (50.8%)	10:36	5.7 (49.6%)
369	SEREDOWSKA Ewa	2508		K40	23	04:36:08.70	+02:20:29 (50.9%)	10:37	5.6 (48.7%)
370	KRZEMIEŃ Bartosz	2355		M40	114	04:36:09.00	+02:20:29 (50.9%)	10:37	5.6 (48.7%)
371	JACHYMEK Robert	2506		M40	115	04:36:09.20	+02:20:29 (50.9%)	10:37	5.6 (48.7%)
372	PIOTROWSKI Mariusz	2366		M40	116	04:36:10.60	+02:20:31 (50.9%)	10:37	5.6 (48.7%)
373	KASZA Bartosz	2146		M30	123	04:36:27.40	+02:20:47 (50.9%)	10:37	5.6 (48.7%)
374	MOŹDŻYŃSKI Tomasz	2733	AKTYWNE CHOSZCZNO	M40	117	04:36:33.80	+02:20:54 (50.9%)	10:38	5.6 (48.7%)
375	BIEŃKOWSKI Jarosław	2693	BIEGAJ Z DYMKIEM	M40	118	04:36:53.00	+02:21:13 (51.0%)	10:38	5.6 (48.7%)
376	SIEMIŃSKI Michał	2018	ROZBIEGANY SULEJÓWEK	M30	124	04:37:35.75	+02:21:56 (51.1%)	10:40	5.6 (48.7%)
377	KUTNIK Mirosław	2771	KB BIAŁA BIEGA	M40	119	04:37:42.05	+02:22:02 (51.1%)	10:40	5.6 (48.7%)
378	ADAMCZYK Ilona	2766	KB BIAŁA BIEGA	K40	24	04:37:44.30	+02:22:04 (51.2%)	10:40	5.6 (48.7%)
379	LERCH Agnieszka	2656		K40	25	04:37:45.20	+02:22:05 (51.2%)	10:40	5.6 (48.7%)
380	PIWOWARSKI Dawid	2699		M30	125	04:37:56.80	+02:22:17 (51.2%)	10:41	5.6 (48.7%)
381	MĘTLAK Małgorzata	2712		K20	11	04:38:43.40	+02:23:03 (51.3%)	10:43	5.6 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
382	WRÓBLEWSKA Katarzyna	2711		K30	41	04:38:44.20	+02:23:04 (51.3%)	10:43	5.6 (48.7%)
383	LUTOBORSKI Tomasz	2182		M20	34	04:39:49.60	+02:24:10 (51.5%)	10:45	5.6 (48.7%)
384	SKIBA Krzysztof	2585	MAFIA TEAM LUBLINIEC	M20	35	04:40:11.60	+02:24:32 (51.6%)	10:46	5.6 (48.7%)
385	MASZTALSKA Joanna	2575		K20	12	04:40:11.95	+02:24:32 (51.6%)	10:46	5.6 (48.7%)
386	STASZCZUK Jarosław	2354	WATAHA-ŁĄCZY NAS BIEGANIE	M40	120	04:40:24.70	+02:24:45 (51.6%)	10:47	5.6 (48.7%)
387	ANGOWSKI Marcin	2616		M40	121	04:40:30.25	+02:24:50 (51.6%)	10:47	5.6 (48.7%)
388	NITSCH Joanna	2880	UNTS WARSZAWA	K40	26	04:40:39.35	+02:24:59 (51.7%)	10:47	5.6 (48.7%)
389	NITSCH Tomasz	2879	UNTS WARSZAWA	M40	122	04:40:40.10	+02:25:00 (51.7%)	10:47	5.6 (48.7%)
390	PAWLIK Katarzyna	2232	5F TEAM	K30	42	04:40:40.80	+02:25:01 (51.7%)	10:47	5.6 (48.7%)
391	STACHOWICZ Marcin	2233	5F TEAM	M30	126	04:40:41.00	+02:25:01 (51.7%)	10:47	5.6 (48.7%)
392	SADŁOWSKA Magda	2270	BIEGACZE SPECJALNEJ TROSKI	K40	27	04:40:51.95	+02:25:12 (51.7%)	10:48	5.6 (48.7%)
393	PIETRUSZEWSKA Katarzyna	2631	ORANGE POLSKA	K40	28	04:40:57.20	+02:25:17 (51.7%)	10:48	5.6 (48.7%)
394	SZTYLER Konrad	2084		M30	127	04:41:13.35	+02:25:33 (51.8%)	10:48	5.5 (47.8%)
395	ŚWIĘTEK Tomasz	2333		M40	123	04:41:23.95	+02:25:44 (51.8%)	10:49	5.5 (47.8%)
396	WASIAK Paulina	2381		K20	13	04:41:35.00	+02:25:55 (51.8%)	10:49	5.5 (47.8%)
397	PAWLIK Anna	2515	STARIS	K30	43	04:41:41.45	+02:26:01 (51.8%)	10:50	5.5 (47.8%)
398	PIEKIELNA Angelika	2316		K30	44	04:42:20.85	+02:26:41 (52.0%)	10:51	5.5 (47.8%)
399	DONIEC Katarzyna	2301		K40	29	04:42:21.35	+02:26:41 (52.0%)	10:51	5.5 (47.8%)
400	KOWARA Przemysław	2071	TRI AKTYWNY PIOTRKÓW	M40	124	04:42:24.75	+02:26:45 (52.0%)	10:51	5.5 (47.8%)
401	GÓRKA Bogusław	2095		M40	125	04:42:26.05	+02:26:46 (52.0%)	10:51	5.5 (47.8%)
402	GÓRKA Jolanta	2085		K40	30	04:42:26.60	+02:26:47 (52.0%)	10:51	5.5 (47.8%)
403	MASZKOWSKI Rafał	2439		M40	126	04:42:30.60	+02:26:51 (52.0%)	10:51	5.5 (47.8%)
403	MASZKOWSKA Anna	2538		K40	31	04:42:30.60	+02:26:51 (52.0%)	10:51	5.5 (47.8%)
405	MAĆZKA Krystyna	2852	OTK RZEŹNIK	K60	1	04:43:08.95	+02:27:29 (52.1%)	10:53	5.5 (47.8%)
406	SZMAGAJ Pawel	2601	KODOFIT	M30	128	04:43:18.65	+02:27:39 (52.1%)	10:53	5.5 (47.8%)
407	KOWALSKI Łukasz	2593	KODOFIT	M30	129	04:43:25.20	+02:27:45 (52.1%)	10:54	5.5 (47.8%)
408	PEKALA Anna	2501		K40	32	04:43:33.90	+02:27:54 (52.2%)	10:54	5.5 (47.8%)
409	MAJKA Wojciech	2135	TRENER24H.COM.PL	M40	127	04:43:58.85	+02:28:19 (52.2%)	10:55	5.5 (47.8%)
410	ŚWIDEREK Katarzyna	2393		K40	33	04:43:59.45	+02:28:19 (52.2%)	10:55	5.5 (47.8%)
411	BUDZIŃSKI Krzysztof	2623		M50	21	04:44:01.15	+02:28:21 (52.2%)	10:55	5.5 (47.8%)
412	GRUCHOT Małgorzata	2717	WBO	K40	34	04:44:01.50	+02:28:21 (52.2%)	10:55	5.5 (47.8%)
413	SZYMCZYSZYN Jerzy	2627		M50	22	04:44:02.65	+02:28:23 (52.2%)	10:55	5.5 (47.8%)
414	FIEDUCIK Mariusz	2636		M40	128	04:44:11.55	+02:28:31 (52.3%)	10:55	5.5 (47.8%)
415	PODGRUDNY Radosław	2217	RESCUE TEAM	M40	129	04:44:11.95	+02:28:32 (52.3%)	10:55	5.5 (47.8%)
416	RECZEK Sebastian	2231	KS ZIELONO-CZARNI	M40	130	04:44:13.85	+02:28:34 (52.3%)	10:55	5.5 (47.8%)
417	PUCUŁA Witold	2867		M50	23	04:44:14.90	+02:28:35 (52.3%)	10:55	5.5 (47.8%)
418	CIEBIĘŃ Krzysztof	2751		M40	131	04:44:27.30	+02:28:47 (52.3%)	10:56	5.5 (47.8%)
419	MATUKIN-SZUMLIŃSKA Aleksandra	2865		K30	45	04:44:36.25	+02:28:56 (52.3%)	10:56	5.5 (47.8%)
420	KRAWIEC Dominik	2624		M30	130	04:45:20.15	+02:29:40 (52.5%)	10:58	5.5 (47.8%)
421	ZUBA Rafał	2157	BLACK RIVER	M20	36	04:45:22.20	+02:29:42 (52.5%)	10:58	5.5 (47.8%)
422	CZESKA Karolina	2643	LAMPART TRENING	K30	46	04:45:23.15	+02:29:43 (52.5%)	10:58	5.5 (47.8%)
423	LATAŁA Wojciech	2013	LEŚNE GRUBASY	M40	132	04:45:34.55	+02:29:54 (52.5%)	10:59	5.5 (47.8%)
424	LASEK Piotr	2121		M40	133	04:45:48.35	+02:30:08 (52.5%)	10:59	5.5 (47.8%)
425	SZCZERBICKA Katarzyna	2404		K40	35	04:46:07.35	+02:30:27 (52.6%)	11:00	5.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
426	LEDER Michał	2497		M40	134	04:46:09.90	+02:30:30 (52.6%)	11:00	5.5 (47.8%)
427	ZALEWSKI Andrzej	2056	TEAM NUTRILITE	M60	6	04:46:23.70	+02:30:44 (52.6%)	11:00	5.4 (47.0%)
428	WĘZICKI Gabriel	2461	ZWOLEŃ BIEGA	M40	135	04:46:27.15	+02:30:47 (52.6%)	11:01	5.4 (47.0%)
429	JUREK Zbigniew	2514	ZWOLEŃ BIEGA	M60	7	04:46:27.90	+02:30:48 (52.6%)	11:01	5.4 (47.0%)
429	KOZAKIEWICZ Aneta	2530	ZWOLEŃ BIEGA	K40	36	04:46:27.90	+02:30:48 (52.6%)	11:01	5.4 (47.0%)
431	PEĆKA Beata	2445		K40	37	04:46:39.75	+02:31:00 (52.7%)	11:01	5.4 (47.0%)
432	GRZESZCZAK Małgorzata	2592	BIEGAMYRAZEM.PL	K40	38	04:47:02.50	+02:31:22 (52.7%)	11:02	5.4 (47.0%)
433	SUMIEC Krystyna	2527	ZABIEGANI MIELEC	K50	4	04:47:25.60	+02:31:46 (52.8%)	11:03	5.4 (47.0%)
434	SZUBEL Katarzyna	2262		K30	47	04:47:59.10	+02:32:19 (52.9%)	11:04	5.4 (47.0%)
435	HABA Konrad	2259		M30	131	04:47:59.25	+02:32:19 (52.9%)	11:04	5.4 (47.0%)
436	JABŁONKA Radosław	2388	DZIADY OCR	M40	136	04:48:09.55	+02:32:29 (52.9%)	11:05	5.4 (47.0%)
437	BARANOWSKI Łukasz	2390		M30	132	04:48:09.60	+02:32:30 (52.9%)	11:04	5.4 (47.0%)
438	JURAŚ-KMIEĆ Marzena	2299	BIEGAM SOBIE	K40	39	04:48:32.85	+02:32:53 (53.0%)	11:05	5.4 (47.0%)
439	JANASZ Andrzej	2049		M40	137	04:48:37.75	+02:32:58 (53.0%)	11:06	5.4 (47.0%)
440	SIEDLECKA Wiktoria	2495	VIKIN TRAINING CENTER	K20	14	04:48:42.40	+02:33:02 (53.0%)	11:06	5.4 (47.0%)
441	BULANDA Martyna	2379	VIKING TRAINING CENTER	K30	48	04:48:43.80	+02:33:04 (53.0%)	11:06	5.4 (47.0%)
442	GESS Magdalena	2385		K40	40	04:49:19.25	+02:33:39 (53.1%)	11:07	5.4 (47.0%)
443	KRUPIŃSKA Paulina	2384	ROZBIEGANY GOLENIÓW	K30	49	04:49:20.55	+02:33:40 (53.1%)	11:07	5.4 (47.0%)
444	PISZCZ Marek	2181	OPEL ACTIVE TEAM	M40	138	04:49:43.00	+02:34:03 (53.2%)	11:08	5.4 (47.0%)
445	CZECHOWICZ Magdalena	2192		K30	50	04:50:00.55	+02:34:20 (53.2%)	11:09	5.4 (47.0%)
446	SITAREK Iwona	2051		K50	5	04:50:12.60	+02:34:33 (53.3%)	11:09	5.4 (47.0%)
447	SIEROCIŃSKI Robert	2133	CROSSFIT SIEDLCE	M40	139	04:50:13.25	+02:34:33 (53.3%)	11:09	5.4 (47.0%)
448	SIEROCIŃSKA Monika	2139	CROSSFIT SIEDLCE	K40	41	04:50:15.10	+02:34:35 (53.3%)	11:09	5.4 (47.0%)
449	BAJOŁEK Aleksandra	2391	AZS AWF MASTERS	K50	6	04:50:22.65	+02:34:43 (53.3%)	11:10	5.4 (47.0%)
450	LEONARSKA Małgorzata	2790		K30	51	04:50:31.95	+02:34:52 (53.3%)	11:10	5.4 (47.0%)
451	GEWALD Danuta	2142	TRENER24H.COM.PL	K30	52	04:50:34.70	+02:34:55 (53.3%)	11:10	5.4 (47.0%)
452	SMUGA Łukasz	2791	SZEREGOWY BIEGACZ	M30	133	04:50:36.40	+02:34:56 (53.3%)	11:10	5.4 (47.0%)
453	KULAK Paweł	2776		M40	140	04:50:38.05	+02:34:58 (53.3%)	11:10	5.4 (47.0%)
454	HASZTO Zuzanna	2168		K30	53	04:50:39.55	+02:34:59 (53.3%)	11:10	5.4 (47.0%)
455	SZYMAŃSKI Piotr	2683		M40	141	04:50:47.50	+02:35:07 (53.3%)	11:11	5.4 (47.0%)
456	KIJEWSKA-RAJ Karolina	2587		K40	42	04:50:49.45	+02:35:09 (53.4%)	11:11	5.4 (47.0%)
457	WYSMOLIŃSKA Barbara	2566		K40	43	04:51:02.40	+02:35:22 (53.4%)	11:11	5.4 (47.0%)
458	KAMIŃSKA Maria	2375	BEZ FAULU	K30	54	04:51:07.00	+02:35:27 (53.4%)	11:11	5.4 (47.0%)
459	DĄBROWSKI Marcin	2373	BEZ FAULU	M30	134	04:51:07.10	+02:35:27 (53.4%)	11:11	5.4 (47.0%)
460	GÓRSKI Krzysztof	2537		M40	142	04:51:13.60	+02:35:34 (53.4%)	11:12	5.4 (47.0%)
461	PIĘTKA Piotr	2102		M40	143	04:51:13.65	+02:35:34 (53.4%)	11:12	5.4 (47.0%)
462	MACIEJAK Robert	2226		M40	144	04:52:03.10	+02:36:23 (53.5%)	11:14	5.3 (46.1%)
463	GUSTAW Agnieszka	2293	PZU SPORT TEAM	K30	55	04:52:05.00	+02:36:25 (53.6%)	11:14	5.3 (46.1%)
464	KARBOWSKA Beata	2609		K40	44	04:52:15.60	+02:36:36 (53.6%)	11:14	5.3 (46.1%)
465	ŁADA Michał	2902		M20	37	04:52:15.65	+02:36:36 (53.6%)	11:14	5.3 (46.1%)
466	KLEPACKA-GANCARZ Barbara	2885		K40	45	04:52:16.15	+02:36:36 (53.6%)	11:14	5.3 (46.1%)
467	ZDANOWSKA Ewelina	2288	CROSFIT SIEDLCE	K30	56	04:52:29.60	+02:36:50 (53.6%)	11:14	5.3 (46.1%)
468	KONCA Beata	2029	KB OŻARÓW MAZOWIECKI BIEGA	K40	46	04:52:30.80	+02:36:51 (53.6%)	11:15	5.3 (46.1%)
469	DEC Kamil	2901		M20	38	04:52:33.05	+02:36:53 (53.6%)	11:15	5.3 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
470	WIELGUS Kacper	2898		M20	39	04:52:34.10	+02:36:54 (53.6%)	11:15	5.3 (46.1%)
471	SOROCZYŃSKI Sylwester	2159	CROSSFIT SIEDLCE	M40	145	04:52:37.35	+02:36:57 (53.6%)	11:15	5.3 (46.1%)
472	KONCA Mariusz	2074	KB OŻARÓW MAZOWIECKI BIEGA	M40	146	04:52:53.75	+02:37:14 (53.7%)	11:15	5.3 (46.1%)
473	LECH Daniela	2895		K20	15	04:53:05.10	+02:37:25 (53.7%)	11:16	5.3 (46.1%)
474	BIELUŃ Adrian	2156	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M20	40	04:53:18.15	+02:37:38 (53.7%)	11:16	5.3 (46.1%)
475	PRUSZKOWSKA Katarzyna	2240	CROSSFITTER BOX CHEŁM	K40	47	04:53:21.10	+02:37:41 (53.8%)	11:16	5.3 (46.1%)
476	KUKLA Mańka	2356	CROSSFIT SIEDLCE	K30	57	04:53:37.10	+02:37:57 (53.8%)	11:17	5.3 (46.1%)
477	SOKULSKI Marcin	2315	KASZANKI	M30	135	04:53:38.80	+02:37:59 (53.8%)	11:17	5.3 (46.1%)
478	RĘKOSIEWICZ-TOKARZ Monika	2691	TKKF SOKÓŁ	K40	48	04:53:45.00	+02:38:05 (53.8%)	11:17	5.3 (46.1%)
479	KWIECIEŃ Robert	2184		M40	147	04:53:46.15	+02:38:06 (53.8%)	11:17	5.3 (46.1%)
480	SZCZEPKOWSKI Paweł	2661	ARTEQUIPMENT	M60	8	04:54:04.80	+02:38:25 (53.9%)	11:18	5.3 (46.1%)
481	OSMOLAK Agnieszka	2026	PRO RUN WROCŁAW	K30	58	04:54:23.85	+02:38:44 (53.9%)	11:19	5.3 (46.1%)
482	KEMPCZYŃSKI Piotr	2042	RUNEDA/SKLEP BIEGACZA GDAŃSK	M40	148	04:54:32.90	+02:38:53 (53.9%)	11:19	5.3 (46.1%)
483	BALON Marcin	2772	B&B RUNNERS	M40	149	04:54:54.30	+02:39:14 (54.0%)	11:20	5.3 (46.1%)
484	RUDZIŃSKI Bogdan	2053	BIAŁYSTOK BIEGA TEAM	M40	150	04:55:03.60	+02:39:24 (54.0%)	11:20	5.3 (46.1%)
485	WOJDALSKI Piotr	2682		M20	41	04:55:14.10	+02:39:34 (54.1%)	11:21	5.3 (46.1%)
486	LENART Rafał	2736	SRTG WARSZAWA	M30	136	04:55:19.20	+02:39:39 (54.1%)	11:21	5.3 (46.1%)
487	LENART Wioleta	2560		K30	59	04:55:19.45	+02:39:39 (54.1%)	11:21	5.3 (46.1%)
488	MARCINEK Krzysztof	2292	PZU SPORT TEAM	M40	151	04:55:20.30	+02:39:40 (54.1%)	11:21	5.3 (46.1%)
489	OKARMA Wojtek	2853	BESKID.TV	M30	137	04:55:35.95	+02:39:56 (54.1%)	11:22	5.3 (46.1%)
490	SAŁAMACHA Stanisław	2534	BIAŁA BIEGA	M60	9	04:55:40.40	+02:40:00 (54.1%)	11:22	5.3 (46.1%)
491	SAŁAMACHA Izabela	2414	ŻÓRAWSKI TEAM	K30	60	04:55:40.70	+02:40:01 (54.1%)	11:22	5.3 (46.1%)
492	WOŁYNIEC Paweł	2093	BIEGACZE SPECJALNEJ TROSKI	M40	152	04:56:20.00	+02:40:40 (54.2%)	11:23	5.3 (46.1%)
493	KSIĄŻEK-WOŁYNIEC Magdalena	2006	BIEGACZE SPECJALNEJ TROSKI	K40	49	04:56:22.10	+02:40:42 (54.2%)	11:23	5.3 (46.1%)
494	DALGIEWICZ Dariusz	2972		M60	10	04:56:25.40	+02:40:45 (54.2%)	11:24	5.3 (46.1%)
495	WIERZBICKA Ewa	2528		K50	7	04:56:36.90	+02:40:57 (54.3%)	11:24	5.3 (46.1%)
496	BOBER Grzegorz	2705		M30	138	04:56:48.65	+02:41:09 (54.3%)	11:24	5.3 (46.1%)
497	CIEPAK Krystian	2634	GIT EKIPA	M20	42	04:56:56.45	+02:41:16 (54.3%)	11:25	5.3 (46.1%)
498	TENDAJ Daniel	2023	STEPSTONE RUNNERS	M50	24	04:57:00.15	+02:41:20 (54.3%)	11:25	5.3 (46.1%)
499	PAWELEC Krystyna	2180	DOGOŃ GRODZISK MAZ	K60	2	04:57:04.85	+02:41:25 (54.3%)	11:25	5.3 (46.1%)
500	OLZACKI Piotr	2129	STEPSTONE RUNNERS	M30	139	04:57:05.15	+02:41:25 (54.3%)	11:25	5.3 (46.1%)
501	DYŚ Wojciech	2848		M30	140	04:57:05.55	+02:41:25 (54.3%)	11:25	5.3 (46.1%)
502	PASZEK Krystyna	2171	DOGOŃ GRODZISK MAZOWIECKI	K50	8	04:57:06.95	+02:41:27 (54.3%)	11:25	5.3 (46.1%)
503	SZNAJDER Joanna	2064		K30	61	04:57:31.05	+02:41:51 (54.4%)	11:26	5.2 (45.2%)
504	KONIECZNY Izabella	2565		K40	50	04:57:33.90	+02:41:54 (54.4%)	11:26	5.2 (45.2%)
505	TUSIŃSKI Seweryn	2382		M40	153	04:58:15.80	+02:42:36 (54.5%)	11:28	5.2 (45.2%)
506	FURMAŃCZUK Mateusz	2606	RMF4RT GLADIATORS	M30	141	04:58:19.10	+02:42:39 (54.5%)	11:28	5.2 (45.2%)
507	RUSIN Aleksander	2304		M30	142	04:58:26.55	+02:42:46 (54.5%)	11:28	5.2 (45.2%)
508	TOMASZEWSKI Piotr	2428	STEPSTONE	M30	143	04:58:29.40	+02:42:49 (54.6%)	11:28	5.2 (45.2%)
509	CIECHAROWSKA Justyna	2723	NIKO_TEAM	K30	62	04:58:32.50	+02:42:52 (54.6%)	11:28	5.2 (45.2%)
510	RADYK Joanna	2584	PRZEMYSKI KLUB BIEGACZA	K30	63	04:58:49.60	+02:43:10 (54.6%)	11:29	5.2 (45.2%)
511	RADYK Jakub	2724	PRZEMYSKI KLUB BIEGACZA	M30	144	04:58:50.60	+02:43:11 (54.6%)	11:29	5.2 (45.2%)
512	WÓJKOWSKI Kamil	2811	RAZEM TRENUJEMY SPORT	M40	154	04:59:04.30	+02:43:24 (54.6%)	11:30	5.2 (45.2%)
513	ŻMIJSKI Dariusz	2666		M50	25	04:59:14.45	+02:43:34 (54.7%)	11:30	5.2 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
514	GRZEŚKOWIAK Marek	2513		M40	155	04:59:50.40	+02:44:10 (54.8%)	11:31	5.2 (45.2%)
515	GRZEŚKOWIAK Agnieszka	2516		K40	51	04:59:52.60	+02:44:13 (54.8%)	11:32	5.2 (45.2%)
516	KAWECKI Dariusz	2063	ETISOFT RUNNING TEAM	M40	156	04:59:58.00	+02:44:18 (54.8%)	11:32	5.2 (45.2%)
517	SZYMOWSKA Sylwia	2695	DZIKIE BORSUKI	K30	64	05:00:23.55	+02:44:43 (54.8%)	11:33	5.2 (45.2%)
518	GAWŁOWICZ Robert	2694	DZIKIE BORSUKI	M50	26	05:00:24.15	+02:44:44 (54.8%)	11:33	5.2 (45.2%)
519	ROMANOWICZ Katarzyna	2698		K40	52	05:01:01.00	+02:45:21 (54.9%)	11:34	5.2 (45.2%)
520	SCHLAPPA Sebastian	2873	IZBICKO W BIEGU	M40	157	05:01:33.05	+02:45:53 (55.0%)	11:35	5.2 (45.2%)
521	STALMACH Jacek	2640	ELEKTRONY	M30	145	05:02:11.70	+02:46:32 (55.1%)	11:37	5.2 (45.2%)
522	FRYC Rafal	2644	#GRAZKA_PARSON	M30	146	05:02:29.95	+02:46:50 (55.2%)	11:38	5.2 (45.2%)
523	MYTYCH Mateusz	2648		M30	147	05:02:30.00	+02:46:50 (55.2%)	11:38	5.2 (45.2%)
524	TOKARSKI Rafał	2032		M40	158	05:02:36.80	+02:46:57 (55.2%)	11:38	5.2 (45.2%)
525	TOKARSKA Bożena	2003	#ADAMCZERWIŃSKITEAM	K40	53	05:02:39.60	+02:47:00 (55.2%)	11:38	5.2 (45.2%)
526	KRZYSZTOFOWICZ Karolina	2975		K40	54	05:02:42.75	+02:47:03 (55.2%)	11:38	5.2 (45.2%)
527	KRZYSZTOFOWICZ Andrzej	2974		M40	159	05:02:46.95	+02:47:07 (55.2%)	11:38	5.2 (45.2%)
528	PIETRUSZEWSKA Ewa	2284	RYSIOTEAM	K30	65	05:02:53.00	+02:47:13 (55.2%)	11:38	5.2 (45.2%)
529	MYNC Angelika	2286	RYIOTEAM	K20	16	05:02:53.10	+02:47:13 (55.2%)	11:38	5.2 (45.2%)
530	ZGÓRSKI Maciej	2177	WKURW TEAM BYDGOSZCZ	M40	160	05:03:12.05	+02:47:32 (55.3%)	11:39	5.1 (44.3%)
531	WILIŃSKA-ZYWERT Agnieszka	2714		K40	55	05:03:15.05	+02:47:35 (55.3%)	11:39	5.1 (44.3%)
532	GNOT Krzysztof	2718		M40	161	05:03:15.45	+02:47:35 (55.3%)	11:39	5.1 (44.3%)
533	MURASZEW - DĄBROWSKA Katarzyna	2070	DZIKIE SKRZYDŁO	K40	56	05:03:19.95	+02:47:40 (55.3%)	11:40	5.1 (44.3%)
534	KACZMAREK-BYZDRA Aleksandra	2247	KACZMAREK TEAM	K40	57	05:03:31.25	+02:47:51 (55.3%)	11:40	5.1 (44.3%)
535	BEDNAREK Michał	2248	KACZMAREK TEAM	M40	162	05:03:31.60	+02:47:52 (55.3%)	11:40	5.1 (44.3%)
536	TYPIŃSKI Paweł	2025	HIGHWAY	M20	43	05:03:59.05	+02:48:19 (55.4%)	11:41	5.1 (44.3%)
537	EWERTOWSKI Piotr	2219	MARKOWI BIEGACZE	M50	27	05:04:04.20	+02:48:24 (55.4%)	11:41	5.1 (44.3%)
538	KASIŃSKI Radosław	2548	HERNIK TEAM	M40	163	05:04:58.65	+02:49:19 (55.5%)	11:43	5.1 (44.3%)
539	STYKOWSKA Wioletta	2398		K40	58	05:05:11.30	+02:49:31 (55.5%)	11:44	5.1 (44.3%)
540	CZECH Dorota	2004	PRO-RUN WROCŁAW	K40	59	05:05:20.15	+02:49:40 (55.6%)	11:44	5.1 (44.3%)
541	SZWIEC Sandra	2339	ZABIEGANI NAUCZYCIELE	K30	66	05:06:12.80	+02:50:33 (55.7%)	11:46	5.1 (44.3%)
542	SZWIEC Łukasz	2340	ZABIEGANI NAUCZYCIELE	M30	148	05:06:15.30	+02:50:35 (55.7%)	11:46	5.1 (44.3%)
543	GIERLOTKA Rafał	2838		M40	164	05:06:22.90	+02:50:43 (55.7%)	11:47	5.1 (44.3%)
544	IWAŃSKI Grzegorz	2860	RUN N FUN	M40	165	05:07:17.20	+02:51:37 (55.9%)	11:49	5.1 (44.3%)
545	MISZCZAK Kamil	2556	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	149	05:07:19.80	+02:51:40 (55.9%)	11:49	5.1 (44.3%)
546	IWAŃSKA Diana	2861	RUN N FUN	K40	60	05:07:21.05	+02:51:41 (55.9%)	11:49	5.1 (44.3%)
547	ŚCISŁY Darek	2618		M40	166	05:07:22.05	+02:51:42 (55.9%)	11:49	5.1 (44.3%)
548	GASIEWICZ Anna	2730	KRÓL GÓR	K50	9	05:07:23.55	+02:51:43 (55.9%)	11:49	5.1 (44.3%)
549	GASIEWICZ Roman	2731	KRÓL GÓR	M50	28	05:07:26.40	+02:51:46 (55.9%)	11:49	5.1 (44.3%)
550	KORZENIOWSKA Katarzyna	2475	CHYBA NIE DAM RADY	K40	61	05:07:27.65	+02:51:48 (55.9%)	11:49	5.1 (44.3%)
551	HAJDUK Barbara	2589	W POGONI ZA DUCHEM	K30	67	05:07:28.55	+02:51:48 (55.9%)	11:49	5.1 (44.3%)
552	PAWLIK Tomasz	2800	JB WARSAW	M30	150	05:08:43.75	+02:53:04 (56.1%)	11:52	5.1 (44.3%)
553	MZYK Fabian	2820	BBL MIKOŁÓW	M40	167	05:08:51.85	+02:53:12 (56.1%)	11:52	5.1 (44.3%)
554	BERNAT Paweł	2491		M40	168	05:08:58.30	+02:53:18 (56.1%)	11:53	5 (43.5%)
555	PRUSZCZAK Dominika	2483		K30	68	05:09:14.20	+02:53:34 (56.1%)	11:53	5 (43.5%)
556	KUBECKA Anna	2380		K20	17	05:09:50.50	+02:54:10 (56.2%)	11:55	5 (43.5%)
557	CZAUDERNA Adrian	2535	OCHAJORUN & FRIENDS	M40	169	05:10:11.50	+02:54:31 (56.3%)	11:55	5 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
558	CZAUDERNA Klaudia	2536	OCHAJORUN @ FRIENDS	K40	62	05:10:11.80	+02:54:32 (56.3%)	11:55	5 (43.5%)
559	NOWICKI Jarosław	2615		M40	170	05:10:13.95	+02:54:34 (56.3%)	11:55	5 (43.5%)
560	BAK Bogdan	2655		M40	171	05:10:14.90	+02:54:35 (56.3%)	11:55	5 (43.5%)
561	LECH Lesław	2896		M40	172	05:10:27.50	+02:54:47 (56.3%)	11:56	5 (43.5%)
562	SOCIŃSKI Artur	2028	ARP RUN TEAM	M40	173	05:11:11.05	+02:55:31 (56.4%)	11:58	5 (43.5%)
563	WINICKA Daria	2141		K40	63	05:11:48.40	+02:56:08 (56.5%)	11:59	5 (43.5%)
564	KUSZ Janusz	2322		M40	174	05:11:48.55	+02:56:08 (56.5%)	11:59	5 (43.5%)
565	KUSZ Gosia	2321		K30	69	05:11:49.45	+02:56:09 (56.5%)	11:59	5 (43.5%)
566	LACHCIK Iwona	2119	7 BATALION KAWALERII POWIETRZNEJ	K30	70	05:12:22.65	+02:56:43 (56.6%)	12:00	5 (43.5%)
567	ZAWADZKA Agnieszka	2068	KLUB SPORTOWY PRESTIGE	K30	71	05:12:22.85	+02:56:43 (56.6%)	12:00	5 (43.5%)
568	TREJDER Maria	2735	BAJADERKI KOSZALIN	K40	64	05:12:30.15	+02:56:50 (56.6%)	12:01	5 (43.5%)
569	GÓRA Tomasz	2476		M40	175	05:12:45.85	+02:57:06 (56.6%)	12:01	5 (43.5%)
570	JANIKOWSKA Dorota	2617		K20	18	05:12:58.50	+02:57:18 (56.7%)	12:02	5 (43.5%)
571	PRYCIŃSKA Wiesława	2765		K40	65	05:13:07.15	+02:57:27 (56.7%)	12:02	5 (43.5%)
572	PRYCIŃSKI Krzysztof	2764		M40	176	05:13:10.90	+02:57:31 (56.7%)	12:02	5 (43.5%)
573	WAJMAN Katarzyna	2850	EKSTREMALNI OTK NA RELAKSIE	K30	72	05:14:11.20	+02:58:31 (56.8%)	12:05	5 (43.5%)
574	ANTOSZEWSKI Filip	2801	CROSSFIT TORUŃ	M20	44	05:14:45.45	+02:59:05 (56.9%)	12:06	5 (43.5%)
575	CISOWSKI Michal	2546		M40	177	05:16:06.25	+03:00:26 (57.1%)	12:09	4.9 (42.6%)
576	GRACZYK Magdalena	2289		K40	66	05:16:45.10	+03:01:05 (57.2%)	12:10	4.9 (42.6%)
577	PŁUCIENNICZAK Barbara	2421		K40	67	05:16:58.75	+03:01:19 (57.2%)	12:11	4.9 (42.6%)
578	CZEMPIEL Mateusz	2600	LECYMY DURŚ	M30	151	05:17:12.60	+03:01:33 (57.2%)	12:12	4.9 (42.6%)
579	KWIATKOWSKA Kinga	2369		K30	73	05:19:28.00	+03:03:48 (57.5%)	12:17	4.9 (42.6%)
580	GROMEK Mirosław	2272	TEAM BOMIKA	M60	11	05:19:33.80	+03:03:54 (57.5%)	12:17	4.9 (42.6%)
581	GROMEK Bożena	2266	TEAM BOMIKA	K50	10	05:19:34.85	+03:03:55 (57.6%)	12:17	4.9 (42.6%)
582	RYŻYŃSKI Tomasz	2170	CHEŁM BIEGA	M40	178	05:20:10.75	+03:04:31 (57.6%)	12:18	4.9 (42.6%)
583	RYŻYŃSKA Agnieszka	2174	CHEŁM BIEGA	K40	68	05:20:11.60	+03:04:32 (57.6%)	12:18	4.9 (42.6%)
584	PROKOPOWICZ Anna	2545		K30	74	05:20:15.15	+03:04:35 (57.6%)	12:19	4.9 (42.6%)
585	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	2137	WKURW_TEAM	K40	69	05:20:54.65	+03:05:15 (57.7%)	12:20	4.9 (42.6%)
586	DYKTYŃSKA Agnieszka	2894		K20	19	05:21:37.30	+03:05:57 (57.8%)	12:22	4.9 (42.6%)
587	WYPENDA Paweł	2559		M20	45	05:21:55.40	+03:06:15 (57.9%)	12:22	4.8 (41.7%)
588	MICHAŁOWSKI Radosław	2312	NOA	M40	179	05:23:13.75	+03:07:34 (58.0%)	12:25	4.8 (41.7%)
589	KOSIŃSKA Aleksandra	2834		K30	75	05:23:19.75	+03:07:40 (58.0%)	12:26	4.8 (41.7%)
590	LASZUK Anna	2470		K40	70	05:24:16.40	+03:08:36 (58.2%)	12:28	4.8 (41.7%)
591	CZARNOCKA Joanna	2263	ROZBIEGANY SULEJÓWEK	K40	71	05:24:38.95	+03:08:59 (58.2%)	12:29	4.8 (41.7%)
592	BUŁKA Piotr	2196	ROZBIEGANY SULEJÓWEK	M40	180	05:24:39.00	+03:08:59 (58.2%)	12:29	4.8 (41.7%)
593	KOWALCZYK Magdalena	2008	ROZBIEGANY SULEJÓWEK	K30	76	05:24:39.85	+03:09:00 (58.2%)	12:29	4.8 (41.7%)
594	KOZAK Beata	2523	WYBIEGAJ SIEBIE	K40	72	05:24:50.15	+03:09:10 (58.2%)	12:29	4.8 (41.7%)
595	SKROŃSKA Monika	2525	WYBIEGAJ SIEBIE	K40	73	05:24:51.05	+03:09:11 (58.2%)	12:29	4.8 (41.7%)
596	SOCHA Robert	2775		M40	181	05:25:02.70	+03:09:23 (58.3%)	12:30	4.8 (41.7%)
597	WASIEWICZ Michał	2774		M30	152	05:25:02.75	+03:09:23 (58.3%)	12:30	4.8 (41.7%)
598	CEMBRZYŃSKI Wojciech	2218		M50	29	05:25:25.65	+03:09:46 (58.3%)	12:30	4.8 (41.7%)
599	MILLER-GRONIECKA Ilona	2725		K30	77	05:26:15.65	+03:10:36 (58.4%)	12:32	4.8 (41.7%)
600	BUTURLA Sławomir	2378	VIKING TRAINING CENTER	M30	153	05:26:24.85	+03:10:45 (58.4%)	12:33	4.8 (41.7%)
601	MORAWSKA Anna	2310		K60	3	05:27:17.55	+03:11:37 (58.6%)	12:35	4.8 (41.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
602	PŁOCICA Anna	2562		K40	74	05:28:08.80	+03:12:29 (58.7%)	12:37	4.8 (41.7%)
603	PILECKA Joanna	2069		K40	75	05:28:39.10	+03:12:59 (58.7%)	12:38	4.7 (40.9%)
604	LEŚNIAKOWSKA Anna	2769	TUR	K40	76	05:28:44.50	+03:13:04 (58.7%)	12:38	4.7 (40.9%)
605	LIPIŃSKA Kinga	2870	BEZ FORMY TEAM	K30	78	05:28:44.90	+03:13:05 (58.7%)	12:38	4.7 (40.9%)
606	STANLEY Stasiu	2871		M40	182	05:28:45.20	+03:13:05 (58.7%)	12:38	4.7 (40.9%)
607	WTULICH Diana	2351		K50	11	05:29:13.75	+03:13:34 (58.8%)	12:39	4.7 (40.9%)
608	KOBUS Dorota	2362	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	77	05:29:14.85	+03:13:35 (58.8%)	12:39	4.7 (40.9%)
609	PRZYBYLSKI Witek	2849	OTK RZEŹNIK	M40	183	05:29:39.05	+03:13:59 (58.8%)	12:40	4.7 (40.9%)
610	PABISEK Anna	2430		K40	78	05:30:51.60	+03:15:12 (59.0%)	12:43	4.7 (40.9%)
611	LASEK Edyta	2464		K40	79	05:30:52.45	+03:15:12 (59.0%)	12:43	4.7 (40.9%)
612	MARCHEL Iwona	2533		K40	80	05:31:08.10	+03:15:28 (59.0%)	12:44	4.7 (40.9%)
613	KANIEWSKI Tomasz	2783	KB OŻARÓW MAZOWIECKI BIEGA	M30	154	05:32:33.55	+03:16:53 (59.2%)	12:47	4.7 (40.9%)
614	SZYDŁOWSKI Łukasz	2784	KB OŻARÓW MAZOWIECKI BIEGA	M30	155	05:32:35.05	+03:16:55 (59.2%)	12:47	4.7 (40.9%)
615	ŻOŁNA Jakub	2100	FULFILL DREAMS TEAM PSZCZYNA	M20	46	05:33:13.30	+03:17:33 (59.3%)	12:49	4.7 (40.9%)
616	ZISKA Maciej	2411	JESZCZE MOGĘ	M50	30	05:34:01.15	+03:18:21 (59.4%)	12:50	4.7 (40.9%)
617	CHRZANOWSKI Paweł	2117		M30	156	05:34:19.55	+03:18:39 (59.4%)	12:51	4.7 (40.9%)
618	GRABAREK Justyna	2052		K30	79	05:36:07.65	+03:20:28 (59.6%)	12:55	4.6 (40.0%)
619	SIKORSKI Łukasz	2092		M30	157	05:36:36.05	+03:20:56 (59.7%)	12:56	4.6 (40.0%)
620	GIEŁBAGA Anna	2763		K40	81	05:37:00.00	+03:21:20 (59.7%)	12:57	4.6 (40.0%)
621	SZELAĞ Iwona	2701		K30	80	05:37:04.45	+03:21:24 (59.8%)	12:57	4.6 (40.0%)
622	SIPIERA Tomasz	2700		M40	184	05:37:05.00	+03:21:25 (59.8%)	12:57	4.6 (40.0%)
623	TROĆ Karol	2444	SLOW JOGGING SIEDLCE	M40	185	05:37:19.75	+03:21:40 (59.8%)	12:58	4.6 (40.0%)
624	OBARSKI Norbert	2613		M50	31	05:37:29.40	+03:21:49 (59.8%)	12:58	4.6 (40.0%)
625	DEJA Andrzej	2597		M50	32	05:38:29.00	+03:22:49 (59.9%)	13:01	4.6 (40.0%)
626	PAWŁOWSKA-LIS Maria	2468		K40	82	05:38:40.95	+03:23:01 (59.9%)	13:01	4.6 (40.0%)
627	STASIAK Waldemar	2255		M50	33	05:38:52.20	+03:23:12 (60.0%)	13:02	4.6 (40.0%)
628	SZOJDA Paulina	2359	VIKING TRAINING CENTER	K30	81	05:41:13.65	+03:25:34 (60.2%)	13:07	4.6 (40.0%)
629	LESZCZYŃSKA Małgorzata	2205		K50	12	05:41:26.40	+03:25:46 (60.3%)	13:07	4.6 (40.0%)
630	ZIELAK Darek	2341		M40	186	05:42:09.45	+03:26:29 (60.4%)	13:09	4.6 (40.0%)
631	ZIELAK Aldona	2336		K40	83	05:42:10.40	+03:26:30 (60.4%)	13:09	4.6 (40.0%)
632	PERKOWSKI Tomasz	2680		M30	158	05:42:14.65	+03:26:35 (60.4%)	13:09	4.6 (40.0%)
632	BIAŁOKOS Anna	2267	EUROCASH	K30	82	05:42:14.65	+03:26:35 (60.4%)	13:09	4.6 (40.0%)
634	MIKRUT Artur	2524	WOODRUNERS	M40	187	05:42:22.30	+03:26:42 (60.4%)	13:10	4.6 (40.0%)
635	KOZA Sebastian	2667	SSW TEAM KROSZNICE	M20	47	05:42:48.55	+03:27:08 (60.4%)	13:11	4.6 (40.0%)
636	SKACZYNSKI Marcin	2547	ENERGOKONTRAKT	M40	188	05:43:26.95	+03:27:47 (60.5%)	13:12	4.5 (39.1%)
637	MUSIAŁ Bożena	2405		K40	84	05:46:08.65	+03:30:29 (60.8%)	13:18	4.5 (39.1%)
638	LESISZ Katarzyna	2409		K40	85	05:46:09.90	+03:30:30 (60.8%)	13:18	4.5 (39.1%)
639	KNEBEL Patrycja	2450		K30	83	05:46:10.15	+03:30:30 (60.8%)	13:18	4.5 (39.1%)
640	WRZECIONKO Bartosz	2845	SKITTELSÓWKI	M20	48	05:46:46.85	+03:31:07 (60.9%)	13:20	4.5 (39.1%)
641	BAUMANN-POPCZYK Anna	2802		K40	86	05:47:15.25	+03:31:35 (60.9%)	13:21	4.5 (39.1%)
642	FILAS Rafał	2877	4MOVE	M40	189	05:47:25.00	+03:31:45 (61.0%)	13:21	4.5 (39.1%)
643	BUDEK Weronika	2875	4MOVE	K20	20	05:47:25.80	+03:31:46 (61.0%)	13:21	4.5 (39.1%)
644	TATARSKI Michał	2844	SKITTELSÓWKI	M20	49	05:47:48.85	+03:32:09 (61.0%)	13:22	4.5 (39.1%)
645	GARGAS-DZIEDZINA Joanna	2440	CLICO TEAM	K40	87	05:48:44.80	+03:33:05 (61.1%)	13:24	4.5 (39.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
646	CIESZYŃSKA Jolanta	2297	KLUB BIEGOWY ORŁY Z KNUROWA	K50	13	05:49:01.80	+03:33:22 (61.1%)	13:25	4.5 (39.1%)
647	LASEK Krzysztof	2096		M30	159	05:49:38.25	+03:33:58 (61.2%)	13:26	4.5 (39.1%)
648	PARYS Andrzej	2716		M60	12	05:50:08.95	+03:34:29 (61.3%)	13:28	4.5 (39.1%)
649	JĘDRZEJCZYK Justyna	2474	CHYBA NIE DAM RADY	K30	84	05:50:11.60	+03:34:32 (61.3%)	13:28	4.5 (39.1%)
650	KOSSIŃSKI Przemysław	2835		M50	34	05:51:20.55	+03:35:40 (61.4%)	13:30	4.4 (38.3%)
651	WSZELAK Ilona	2298	ŁUBUDUBU	K40	88	05:51:49.75	+03:36:10 (61.4%)	13:31	4.4 (38.3%)
652	BIESZCZ Robert	2804	KRAŚNIK BIEGA	M40	190	05:52:14.20	+03:36:34 (61.5%)	13:32	4.4 (38.3%)
653	KRUZEL Rafał	2742		M40	191	05:52:31.00	+03:36:51 (61.5%)	13:33	4.4 (38.3%)
654	KRUZEL Małgorzata	2743	BIEGOWE MISIE	K20	21	05:52:31.90	+03:36:52 (61.5%)	13:33	4.4 (38.3%)
655	NIEMYJSKI Maciej	2744	BIEGOWE MISIE	M20	50	05:52:39.80	+03:37:00 (61.5%)	13:33	4.4 (38.3%)
656	BIEL Agnieszka	2788		K40	89	05:53:41.20	+03:38:01 (61.6%)	13:36	4.4 (38.3%)
657	OBARSKA Małgorzata	2612		K50	14	05:53:49.80	+03:38:10 (61.7%)	13:36	4.4 (38.3%)
658	ZŁOCH Izabela	2767	YULO RUN TEAM	K40	90	05:55:28.20	+03:39:48 (61.8%)	13:40	4.4 (38.3%)
659	MUSZYŃSKI Andrzej	2737		M40	192	05:55:28.75	+03:39:49 (61.8%)	13:40	4.4 (38.3%)
660	KOCZYK Artur	2040		M30	160	05:55:46.45	+03:40:06 (61.9%)	13:41	4.4 (38.3%)
661	MATYJEWICZ Klaudia	2033		K20	22	05:55:46.95	+03:40:07 (61.9%)	13:41	4.4 (38.3%)
662	PRZEWOSKA Anna	2163		K40	91	05:56:03.90	+03:40:24 (61.9%)	13:41	4.4 (38.3%)
663	ALBIGOWSKA POZYTYWNIE_ROZBIEGANA Magdalena	2762		K30	85	05:56:26.25	+03:40:46 (61.9%)	13:42	4.4 (38.3%)
664	BRATKO Zbigniew	2407	65+	M60	13	05:56:29.50	+03:40:49 (61.9%)	13:42	4.4 (38.3%)
665	BINEK Michał	2083	WKURW_TEAM	M30	161	05:56:29.65	+03:40:50 (61.9%)	13:42	4.4 (38.3%)
666	NIEDZIELA Wiktor	2345	GAGATKI	M40	193	05:56:31.20	+03:40:51 (61.9%)	13:42	4.4 (38.3%)
667	FABJANCZYK Agnieszka	2619	GRUPA JURA PL	K40	92	05:57:52.85	+03:42:13 (62.1%)	13:45	4.4 (38.3%)
668	SUCHORZEWSKI Norbert	2199		M40	194	05:58:00.05	+03:42:20 (62.1%)	13:46	4.4 (38.3%)
669	GRUCA-MACIĄŻEK Magdalena	2007	GRUPA JURA PL	K40	93	05:58:10.25	+03:42:30 (62.1%)	13:46	4.4 (38.3%)
670	BOGUCKI Arkadiusz	2128	AKADEMIA HOLISTYCZNA	M40	195	05:58:13.65	+03:42:34 (62.1%)	13:46	4.4 (38.3%)
671	SZCZEPAŃSKA Emilia	2082	AKADEMIA HOLISTYCZNA	K30	86	05:58:13.75	+03:42:34 (62.1%)	13:46	4.4 (38.3%)
672	WIERCHOŁA Joanna	2833		K60	4	05:58:38.45	+03:42:58 (62.2%)	13:47	4.3 (37.4%)
673	BIELECKA Iwona	2236	PRO-RUN WROCLAW	K30	87	05:58:54.50	+03:43:14 (62.2%)	13:48	4.3 (37.4%)
674	PIETRZYKOWSKA Katarzyna	2214		K30	88	05:58:56.25	+03:43:16 (62.2%)	13:48	4.3 (37.4%)
675	BORYSEWICZ Wiktor	2161	HARDKOROWE WYCHYLYLYBYM	M20	51	05:58:57.60	+03:43:18 (62.2%)	13:48	4.3 (37.4%)
676	KATA Aleksandra	2238		K30	89	05:58:58.10	+03:43:18 (62.2%)	13:48	4.3 (37.4%)
677	DZIERŻANOWSKA Martyna	2155		K20	23	05:58:58.20	+03:43:18 (62.2%)	13:48	4.3 (37.4%)
678	KOPEĆ Kamil	2882		M40	196	05:59:11.40	+03:43:31 (62.2%)	13:48	4.3 (37.4%)
679	GRABKA Małgorzata	2750	RMF4RT GLADIATORS	K30	90	05:59:11.55	+03:43:31 (62.2%)	13:48	4.3 (37.4%)
680	ŻÓŁW Hubert	2487	POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH	M40	197	06:00:23.30	+03:44:43 (62.4%)	13:51	4.3 (37.4%)
681	PATERSKI Dawid	2220	CHAOS I DESTRUKCJA	M30	162	06:00:48.00	+03:45:08 (62.4%)	13:52	4.3 (37.4%)
682	KAŁUSKI Jan	2079	CZERWONAK BIEGA	M30	163	06:01:35.15	+03:45:55 (62.5%)	13:54	4.3 (37.4%)
683	KRYSZCZYŃSKI Filip	2060	CZERWONA BIEGA	M40	198	06:01:36.85	+03:45:57 (62.5%)	13:54	4.3 (37.4%)
684	WEINER Aleksandra	2364	VIKING TRAINING CENTER	K40	94	06:02:38.10	+03:46:58 (62.6%)	13:56	4.3 (37.4%)
685	BANAŚ Katarzyna	2275	VIKING TRAINING CENTER	K40	95	06:02:38.65	+03:46:59 (62.6%)	13:56	4.3 (37.4%)
686	WOJCIECHOWSKA Jolanta	2131	YULO RUN TEAM SIEDLCE	K40	96	06:06:01.65	+03:50:22 (62.9%)	14:04	4.3 (37.4%)
687	LEN Mariusz	2062		M50	35	06:06:04.30	+03:50:24 (62.9%)	14:04	4.3 (37.4%)
688	SZOŁTYSEK Beata	2377	OCHAJORUN & FRIENDS	K40	97	06:06:24.65	+03:50:45 (63.0%)	14:05	4.3 (37.4%)
689	PISINGAS Mariusz	2809	BIEGANIE TO MÓJ TRZEŻWY WYBÓR	M40	199	06:06:25.00	+03:50:45 (63.0%)	14:05	4.3 (37.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
690	LAZAROWICZ Piotr	2541	WKURW_TEAM	M40	200	06:07:32.75	+03:51:53 (63.1%)	14:08	4.2 (36.5%)
691	TRZÓPEK Bartek	2889		M20	52	06:07:50.60	+03:52:11 (63.1%)	14:08	4.2 (36.5%)
692	KUBICA Bożena	2337	ZABIEGANI NAUCZYCIELE	K50	15	06:09:31.00	+03:53:51 (63.3%)	14:12	4.2 (36.5%)
693	NOWAK Marcin	2343	KB HERON	M40	201	06:09:47.25	+03:54:07 (63.3%)	14:13	4.2 (36.5%)
694	LIZAK Oriana	2892	DREAM TEAM	K20	24	06:10:10.05	+03:54:30 (63.4%)	14:14	4.2 (36.5%)
695	DIEBEL Monika	2893	DREAM TEAM	K30	91	06:10:10.40	+03:54:30 (63.4%)	14:14	4.2 (36.5%)
696	MARCOL Dominika	2891	DREAM TEAM	K20	25	06:10:10.65	+03:54:31 (63.4%)	14:14	4.2 (36.5%)
697	MACHULIK Zbigniew	2353	ZABIEGANI NAUCZYCIELE	M50	36	06:10:38.50	+03:54:58 (63.4%)	14:15	4.2 (36.5%)
698	FURMAN Michał	2048	OCHAJORUN & FRIENDS	M30	164	06:10:57.35	+03:55:17 (63.4%)	14:16	4.2 (36.5%)
699	FURMAN Agnieszka	2011	OCHAJORUN&FRIENDS	K30	92	06:11:02.20	+03:55:22 (63.4%)	14:16	4.2 (36.5%)
700	LEWICKA Bożena	2561	GONIMY	K60	5	06:12:33.05	+03:56:53 (63.6%)	14:19	4.2 (36.5%)
701	DANIELEWSKA Magdalena	2260	MOLKI	K40	98	06:20:04.60	+04:04:25 (64.3%)	14:37	4.1 (35.7%)
702	WITEK Sylwia	2244		K40	99	06:20:05.75	+04:04:26 (64.3%)	14:37	4.1 (35.7%)
703	HOOG Wioleta	2265	MOLKI	K30	93	06:20:06.30	+04:04:26 (64.3%)	14:37	4.1 (35.7%)
704	KACZKIEWICZ Damian	2209	NIGHT RUNNERS GLIWICE	M40	202	06:20:06.60	+04:04:27 (64.3%)	14:37	4.1 (35.7%)
705	CEMBRZYŃSKI Daniel	2223		M20	53	06:26:42.00	+04:11:02 (64.9%)	14:52	4 (34.8%)
706	CEMBRZYŃSKA Izabela	2212		K40	100	06:26:43.60	+04:11:04 (64.9%)	14:52	4 (34.8%)
707	KASPEREK Krzysztof	2518	RUNNERB	M50	37	06:26:48.80	+04:11:09 (64.9%)	14:52	4 (34.8%)
708	PAWLIK Agnieszka	2124	CAŁA OLESNICA BIEGA	K40	101	06:27:45.05	+04:12:05 (65.0%)	14:54	4 (34.8%)
709	SZANDAŁA Iza	2229	CAŁA OLEŚNICA BIEGA	K40	102	06:27:45.20	+04:12:05 (65.0%)	14:54	4 (34.8%)
710	JASIUL Mariola	2498		K40	103	06:27:53.40	+04:12:13 (65.0%)	14:55	4 (34.8%)
711	SIERECKA Dorota	2279	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	104	06:30:50.10	+04:15:10 (65.3%)	15:01	4 (34.8%)
712	SKORUPKA Anna	2148		K40	105	06:31:36.70	+04:15:57 (65.4%)	15:03	4 (34.8%)
713	OBIDZIŃSKA Katarzyna	2234		K30	94	06:37:34.40	+04:21:54 (65.9%)	15:17	3.9 (33.9%)
714	SIERECKI Zbigniew	2280	TEAM ZABIEGANEDNI	M40	203	06:37:35.40	+04:21:55 (65.9%)	15:17	3.9 (33.9%)
715	POŁAWSKI Krystian	2094	RMF4RT GLADIATORS	M30	165	06:37:55.70	+04:22:16 (65.9%)	15:18	3.9 (33.9%)
716	SZCZEKALA Katarzyna	2605	RMF4RT GLADIATORS	K20	26	06:37:56.05	+04:22:16 (65.9%)	15:18	3.9 (33.9%)
717	ZIELIŃSKA IGNASZAK Iwona	2306	HEROBOX	K40	106	06:39:26.90	+04:23:47 (66.0%)	15:21	3.9 (33.9%)
718	FILEWSKA Izabela	2305	HEROBOX	K40	107	06:39:27.00	+04:23:47 (66.0%)	15:21	3.9 (33.9%)
719	KILANOWSKA Agnieszka	2425	ROZBIEGAJMY RADOMSKO	K30	95	06:41:33.55	+04:25:53 (66.2%)	15:26	3.9 (33.9%)
720	PIEKARSKA Justyna	2424	ROZBIEGAJMY RADOMSKO	K30	96	06:41:35.20	+04:25:55 (66.2%)	15:26	3.9 (33.9%)
721	DENKOWSKI Wojciech	2066	NIGHT RUNNER GLIWICE	M50	38	06:42:16.25	+04:26:36 (66.3%)	15:28	3.9 (33.9%)
722	DADAŚ Elżbieta	2001	NIGHT RUNNERS GLIWICE	K40	108	06:42:17.35	+04:26:37 (66.3%)	15:28	3.9 (33.9%)
723	WALCZUK Katarzyna	2713		K20	27	06:45:00.85	+04:29:21 (66.5%)	15:34	3.9 (33.9%)
724	KULIGOWSKI Artur	2442		M40	204	06:49:28.30	+04:33:48 (66.9%)	15:44	3.8 (33.0%)
725	KULIGOWSKA Joanna	2441		K40	109	06:49:28.45	+04:33:48 (66.9%)	15:44	3.8 (33.0%)
726	FAFARA Agnieszka	2021		K40	110	06:52:04.40	+04:36:24 (67.1%)	15:50	3.8 (33.0%)
727	KALINOWSKI Janusz	2166		M60	14	06:52:08.80	+04:36:29 (67.1%)	15:51	3.8 (33.0%)
728	REY Andrzej	2463	REY RUNNING TEAM	M40	205	06:54:14.85	+04:38:35 (67.3%)	15:55	3.8 (33.0%)
729	KALUZNY Modest	2230		M60	15	06:54:54.55	+04:39:14 (67.3%)	15:57	3.8 (33.0%)
730	PARADOWSKI Paweł	2073	WKURW_TEAM	M50	39	06:55:50.00	+04:40:10 (67.4%)	15:59	3.8 (33.0%)
731	BURZ Jowita	2118	WKURW TEAM	K40	111	06:55:50.55	+04:40:10 (67.4%)	15:59	3.8 (33.0%)
732	OŻÓG Iwona	2862		K40	112	06:58:24.90	+04:42:45 (67.6%)	16:05	3.7 (32.2%)
733	KRZYWOKULSKI Krzysztof	2014		M40	206	06:58:56.50	+04:43:16 (67.6%)	16:06	3.7 (32.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 26km	Różn	Tempo min/km	Tempo km/h
734	JAKUBOWSKA Anna	2221		K40	113	07:02:18.45	+04:46:38 (67.9%)	16:14	3.7 (32.2%)
735	POSS Marcin	2216		M40	207	07:02:21.30	+04:46:41 (67.9%)	16:14	3.7 (32.2%)
736	BRZEZIŃSKA Teresa	2886		K40	114	07:06:27.90	+04:50:48 (68.2%)	16:24	3.7 (32.2%)
737	KOLAKOWSKA Anna	2887	POLACY BIEGAJĄ W NL	K40	115	07:06:28.00	+04:50:48 (68.2%)	16:24	3.7 (32.2%)
738	JEDRYKA-NYKIEL Roksana	2576		K30	97	07:06:29.75	+04:50:50 (68.2%)	16:24	3.7 (32.2%)
739	KUPCZAK Rafał	2151	MYSZKÓW BIEGA	M40	208	07:12:16.05	+04:56:36 (68.6%)	16:37	3.6 (31.3%)
740	PRĘDKA Magda	2101		K40	116	07:13:22.00	+04:57:42 (68.7%)	16:40	3.6 (31.3%)
741	MIŚKIEWICZ Wojciech	2799		M30	166	07:13:54.25	+04:58:14 (68.7%)	16:41	3.6 (31.3%)
742	TOMALAK Anna	2819		K30	98	07:13:56.55	+04:58:16 (68.7%)	16:41	3.6 (31.3%)
743	FORMELA Justyna	2798		K40	117	07:13:59.35	+04:58:19 (68.7%)	16:41	3.6 (31.3%)
744	DRZEWIECKI-ZARZECZNY Grzegorz	2078	BIĄŁYSTOK BIEGA TEAM	M50	40	07:14:39.70	+04:59:00 (68.8%)	16:43	3.6 (31.3%)
745	KRÓL Marek	2227	BIEGAMBOLUBIĘ BIAŁYSTOK	M50	41	07:14:40.00	+04:59:00 (68.8%)	16:43	3.6 (31.3%)
746	KWIATKOWSKA Alicja	2228	MAŁE LWY	K30	99	07:18:56.40	+05:03:16 (69.1%)	16:52	3.6 (31.3%)
747	ŁUKAWSKI Tomek	2905	B4SPORT	M20	54	07:21:33.75	+05:05:54 (69.3%)	16:59	3.5 (30.4%)
748	MIŚKIEWICZ Krzysztof	2907	B4SPORT	M50	42	07:21:34.50	+05:05:54 (69.3%)	16:59	3.5 (30.4%)
749	DOMARADZKA Violetta	2908	RUNVEGAN	K40	118	07:21:36.80	+05:05:57 (69.3%)	16:59	3.5 (30.4%)
750	MOŚ Rafał	2906	B4SPORT	M40	209	07:21:38.95	+05:05:59 (69.3%)	16:59	3.5 (30.4%)
751	SMOCZYŃSKA Agnieszka	2412		K50	16	07:31:22.00	+05:15:42 (69.9%)	17:21	3.5 (30.4%)
752	CIESIELSKA Iwona	2413	JESZCZE MOGĘ	K50	17	07:31:23.85	+05:15:44 (69.9%)	17:21	3.5 (30.4%)
753	HOŁYSZ Daniel	2831		M50	43	07:41:35.25	+05:25:55 (70.6%)	17:45	3.4 (29.6%)
754	PAWŁOWSKA Danuta	2213	WKURW_TEAM	K40	119	07:47:24.00	+05:31:44 (71.0%)	17:58	3.3 (28.7%)
755	ADAMCZYK Zbigniew	2614	KM TRUCHCIK ŁUBIANKA	M60	16	08:15:07.40	+05:59:27 (72.6%)	19:02	3.2 (27.8%)
756	KOLASA Andrzej	2754	KLUB J.SŁOWACKIEGO	M60	17	08:15:31.50	+05:59:51 (72.6%)	19:03	3.1 (27.0%)
757	KOLASA Barbara	2753	KLUB J.SŁOWACKIEGO	K60	6	08:15:34.20	+05:59:54 (72.6%)	19:03	3.1 (27.0%)
758	RUKSZAN Piotr	2344		M40	210	08:24:44.40	+06:09:04 (73.1%)	19:24	3.1 (27.0%)
759	WĄSOWSKA Jagoda	2900	KS PEGAZ PIASECZNO	K50	18	09:12:10.90	+06:56:31 (75.4%)	21:14	2.8 (24.3%)
	SMOCZYŃSKI Piotr	2410	JESZCZE MOGĘ	M50		DNF		-	-(0.0%)
	ŚWIERKOSZ-HOŁYSZ Małgorzata	2830		K40		DNF		-	-(0.0%)
	MAKOSA Konrad	2630		M40		DNF		-	-(0.0%)

Znaleziono 762 wynik(ów)