



**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   | <b>PAŁKA Piotr</b>               | <b>2787</b> | CKS BUDOWLANI CZĘSTOCHOWA             | M30       | 1    | <b>02:15:39.60</b> |                   | 5:13         | 11.5 (100%)  |
| 2   | <b>GRABOWSKI Karol</b>           | <b>2789</b> |                                       | M30       | 2    | <b>02:24:44.50</b> | +00:09:04 (6.3%)  | 5:34         | 10.8 (93.9%) |
| 3   | <b>CHRUŚCIEL Jacek</b>           | <b>2854</b> |                                       | M30       | 3    | <b>02:26:34.85</b> | +00:10:55 (7.5%)  | 5:38         | 10.6 (92.2%) |
| 4   | <b>KANTOR Martyna</b>            | <b>2884</b> | BUFF TEAM POLAND                      | K30       | 1    | <b>02:26:45.15</b> | +00:11:05 (7.6%)  | 5:38         | 10.6 (92.2%) |
| 5   | <b>ŻUBIŃSKI Piotr</b>            | <b>2504</b> | ACCELERATING POLAND                   | M40       | 1    | <b>02:33:28.20</b> | +00:17:48 (11.6%) | 5:54         | 10.2 (88.7%) |
| 6   | <b>DIEBEL Krzysztof</b>          | <b>2869</b> | RYBNICKA GRUPA BIEGOWA                | M40       | 2    | <b>02:34:54.60</b> | +00:19:15 (12.4%) | 5:57         | 10.1 (87.8%) |
| 7   | <b>POŻAROWSZCZYK Adam</b>        | <b>2185</b> | MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO | M30       | 4    | <b>02:45:22.25</b> | +00:29:42 (18.0%) | 6:21         | 9.4 (81.7%)  |
| 8   | <b>WINIARCZYK-JADACH Beata</b>   | <b>2876</b> | TG SOKÓŁ ZAKOPANE                     | K40       | 1    | <b>02:45:25.30</b> | +00:29:45 (18.0%) | 6:21         | 9.4 (81.7%)  |
| 9   | <b>CHYBOWSKI Rafał</b>           | <b>2256</b> | DZIKIE BORSUKI                        | M30       | 5    | <b>02:48:42.55</b> | +00:33:02 (19.6%) | 6:29         | 9.2 (80.0%)  |
| 10  | <b>RAKSZAWA Krzysztof</b>        | <b>2868</b> |                                       | M40       | 3    | <b>02:48:46.45</b> | +00:33:06 (19.6%) | 6:29         | 9.2 (80.0%)  |
| 11  | <b>CZYŻKOWSKI Rafał</b>          | <b>2408</b> | CHŁOPAKI Z NIZIN                      | M30       | 6    | <b>02:52:08.60</b> | +00:36:29 (21.2%) | 6:37         | 9.1 (79.1%)  |
| 12  | <b>SABAT Sebastian</b>           | <b>2778</b> |                                       | M20       | 1    | <b>02:54:07.40</b> | +00:38:27 (22.1%) | 6:41         | 9 (78.3%)    |
| 13  | <b>LASIKOWSKI Mateusz</b>        | <b>2710</b> | BIEGAJ POD OKIEM TRENERA              | M20       | 2    | <b>02:57:01.30</b> | +00:41:21 (23.4%) | 6:48         | 8.8 (76.5%)  |
| 14  | <b>GARDENER Jacek</b>            | <b>2779</b> | JACEKBIEGA RUNNING TEAM               | M50       | 1    | <b>02:57:46.75</b> | +00:42:07 (23.7%) | 6:50         | 8.8 (76.5%)  |
| 15  | <b>DESKA Leszek</b>              | <b>2274</b> | WWW.LESZEKBIEGA.PL                    | M40       | 4    | <b>03:00:08.95</b> | +00:44:29 (24.7%) | 6:55         | 8.7 (75.7%)  |
| 16  | <b>GACEK Michał</b>              | <b>2740</b> | THE STRYCHERS                         | M30       | 7    | <b>03:01:03.10</b> | +00:45:23 (25.1%) | 6:57         | 8.6 (74.8%)  |
| 17  | <b>WYSOKIŃSKI Marcin</b>         | <b>2252</b> | DZIKIE BORSUKI                        | M40       | 5    | <b>03:02:07.50</b> | +00:46:27 (25.5%) | 7:00         | 8.6 (74.8%)  |
| 18  | <b>RESZKA Marek</b>              | <b>2201</b> | PRZEDWOJEWSKI MOUNTAIN TEAM           | M30       | 8    | <b>03:02:20.15</b> | +00:46:40 (25.6%) | 7:00         | 8.6 (74.8%)  |
| 19  | <b>STĘPNIAK Michał</b>           | <b>2035</b> | STAY INSANE                           | M30       | 9    | <b>03:02:23.85</b> | +00:46:44 (25.6%) | 7:00         | 8.6 (74.8%)  |
| 20  | <b>OCHYRA Konrad</b>             | <b>2352</b> | SOLINA TEAM                           | M30       | 10   | <b>03:02:48.80</b> | +00:47:09 (25.8%) | 7:01         | 8.5 (73.9%)  |
| 21  | <b>WOŹNIAK Jacek</b>             | <b>2520</b> | PIXONET.PL                            | M40       | 6    | <b>03:03:24.35</b> | +00:47:44 (26.0%) | 7:03         | 8.5 (73.9%)  |
| 22  | <b>JEGER Rafał</b>               | <b>2110</b> |                                       | M30       | 11   | <b>03:03:47.15</b> | +00:48:07 (26.2%) | 7:04         | 8.5 (73.9%)  |
| 23  | <b>SOKOŁOWSKI Wojciech</b>       | <b>2529</b> |                                       | M30       | 12   | <b>03:05:41.40</b> | +00:50:01 (26.9%) | 7:08         | 8.4 (73.0%)  |
| 24  | <b>TRZECIAKIEWICZ Mieczysław</b> | <b>2607</b> | MLKS RADKÓW                           | M50       | 2    | <b>03:06:12.40</b> | +00:50:32 (27.1%) | 7:09         | 8.4 (73.0%)  |
| 25  | <b>WOLSKA Katarzyna</b>          | <b>2610</b> | OLEJ RUNNING TEAM                     | K30       | 2    | <b>03:06:35.85</b> | +00:50:56 (27.3%) | 7:10         | 8.4 (73.0%)  |
| 26  | <b>HEJNAR Jakub</b>              | <b>2822</b> |                                       | M30       | 13   | <b>03:07:33.30</b> | +00:51:53 (27.7%) | 7:12         | 8.3 (72.2%)  |
| 27  | <b>ZĄBKIEWICZ Szymon</b>         | <b>2555</b> |                                       | M30       | 14   | <b>03:08:36.70</b> | +00:52:57 (28.1%) | 7:15         | 8.3 (72.2%)  |
| 28  | <b>TELEJKO Łukasz</b>            | <b>2797</b> | STUDIO ZDROWIA BYDGOSZCZ              | M20       | 3    | <b>03:09:10.15</b> | +00:53:30 (28.3%) | 7:16         | 8.2 (71.3%)  |
| 29  | <b>STEFANIUK Roman</b>           | <b>2120</b> |                                       | M50       | 3    | <b>03:09:12.40</b> | +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  | <b>BODZIOCH Grzegorz</b>         | <b>2149</b> | GORLICKA GRUPA BIEGOWA   | M40       | 7    | <b>03:09:16.20</b> | +00:53:36 (28.3%) | 7:16         | 8.2 (71.3%) |
| 31  | <b>LATOSZEK Rafał</b>            | <b>2827</b> | CTS                      | M40       | 8    | <b>03:10:05.45</b> | +00:54:25 (28.6%) | 7:18         | 8.2 (71.3%) |
| 32  | <b>MARCOL Mateusz</b>            | <b>2890</b> |                          | M30       | 15   | <b>03:10:07.70</b> | +00:54:28 (28.6%) | 7:18         | 8.2 (71.3%) |
| 33  | <b>KARGOL Marcin</b>             | <b>2059</b> |                          | M30       | 16   | <b>03:10:29.50</b> | +00:54:49 (28.8%) | 7:19         | 8.2 (71.3%) |
| 34  | <b>MĘŻYKOWSKI Michał</b>         | <b>2482</b> |                          | M40       | 9    | <b>03:11:00.80</b> | +00:55:21 (29.0%) | 7:20         | 8.2 (71.3%) |
| 35  | <b>SKORUPKA Leszek</b>           | <b>2158</b> |                          | M40       | 10   | <b>03:11:02.25</b> | +00:55:22 (29.0%) | 7:20         | 8.2 (71.3%) |
| 36  | <b>OSIŃSKA Monika</b>            | <b>2242</b> | DZIKIE BORSUKI           | K40       | 2    | <b>03:11:20.75</b> | +00:55:41 (29.1%) | 7:21         | 8.2 (71.3%) |
| 37  | <b>PRZYWARA Piotr</b>            | <b>2300</b> | MTU AERO ENGINES POLSKA  | M30       | 17   | <b>03:11:53.85</b> | +00:56:14 (29.3%) | 7:22         | 8.1 (70.4%) |
| 38  | <b>KURASIK Tomasz</b>            | <b>2688</b> |                          | M40       | 11   | <b>03:12:54.25</b> | +00:57:14 (29.7%) | 7:25         | 8.1 (70.4%) |
| 39  | <b>KOKOSZKA Wojciech</b>         | <b>2455</b> | SLOW JOGGING SIEDLCE     | M40       | 12   | <b>03:13:56.35</b> | +00:58:16 (30.1%) | 7:27         | 8 (69.6%)   |
| 40  | <b>PAPROCKA Urszula</b>          | <b>2239</b> | NOWA HUTA TEAM           | K30       | 3    | <b>03:13:56.60</b> | +00:58:17 (30.1%) | 7:27         | 8 (69.6%)   |
| 41  | <b>ROSIŃSKI Piotr</b>            | <b>2264</b> | DZIKIE BORSUKI           | M30       | 18   | <b>03:14:43.20</b> | +00:59:03 (30.3%) | 7:29         | 8 (69.6%)   |
| 42  | <b>WASSER Michał</b>             | <b>2311</b> |                          | M20       | 4    | <b>03:14:56.55</b> | +00:59:16 (30.4%) | 7:29         | 8 (69.6%)   |
| 43  | <b>PASZEK Jacek</b>              | <b>2748</b> | TEAM E DOKUMENTY         | M40       | 13   | <b>03:15:43.90</b> | +01:00:04 (30.7%) | 7:31         | 8 (69.6%)   |
| 44  | <b>WOŁOSZYN Artur</b>            | <b>2020</b> |                          | M30       | 19   | <b>03:16:54.15</b> | +01:01:14 (31.1%) | 7:34         | 7.9 (68.7%) |
| 45  | <b>OCIEPKA Sebastian</b>         | <b>2773</b> | LATAJACY CYRK            | M40       | 14   | <b>03:17:33.90</b> | +01:01:54 (31.3%) | 7:35         | 7.9 (68.7%) |
| 46  | <b>KOŚCIELNY Aleksander</b>      | <b>2485</b> | MTU AERO ENGINES         | M40       | 15   | <b>03:17:58.75</b> | +01:02:19 (31.5%) | 7:36         | 7.9 (68.7%) |
| 47  | <b>MALINOWSKI Marek</b>          | <b>2043</b> |                          | M40       | 16   | <b>03:18:12.85</b> | +01:02:33 (31.6%) | 7:37         | 7.9 (68.7%) |
| 48  | <b>ASŁANOWICZ Marcin</b>         | <b>2622</b> |                          | M40       | 17   | <b>03:18:45.05</b> | +01:03:05 (31.7%) | 7:38         | 7.8 (67.8%) |
| 49  | <b>PERENC Michał</b>             | <b>2493</b> |                          | M20       | 5    | <b>03:19:55.10</b> | +01:04:15 (32.1%) | 7:41         | 7.8 (67.8%) |
| 50  | <b>SITEK Arkadiusz</b>           | <b>2400</b> | AKTYWNI WEGRÓW           | M40       | 18   | <b>03:20:49.80</b> | +01:05:10 (32.5%) | 7:43         | 7.8 (67.8%) |
| 51  | <b>KOSIERADZKI Łukasz</b>        | <b>2167</b> |                          | M20       | 6    | <b>03:21:09.15</b> | +01:05:29 (32.6%) | 7:44         | 7.8 (67.8%) |
| 52  | <b>KURCEWICZ Paweł</b>           | <b>2702</b> |                          | M30       | 20   | <b>03:21:16.90</b> | +01:05:37 (32.6%) | 7:44         | 7.8 (67.8%) |
| 53  | <b>KABALA Łukasz</b>             | <b>2687</b> |                          | M30       | 21   | <b>03:21:47.35</b> | +01:06:07 (32.8%) | 7:45         | 7.7 (67.0%) |
| 54  | <b>BEŚKA Sławomir</b>            | <b>2365</b> | OCHAJORUN & FRIENDS      | M50       | 4    | <b>03:22:10.15</b> | +01:06:30 (32.9%) | 7:46         | 7.7 (67.0%) |
| 55  | <b>PIŃKOSZ Wojciech</b>          | <b>2089</b> | PGE ENERGETIC RUNNING    | M40       | 19   | <b>03:22:18.35</b> | +01:06:38 (32.9%) | 7:46         | 7.7 (67.0%) |
| 56  | <b>WRÓBLEWSKI Radosław</b>       | <b>2276</b> | VELUX                    | M30       | 22   | <b>03:22:43.70</b> | +01:07:04 (33.1%) | 7:47         | 7.7 (67.0%) |
| 57  | <b>LIANA Tomasz</b>              | <b>2579</b> | KLĘCZAŃSKA GRUPA BIEGOWA | M20       | 7    | <b>03:22:53.65</b> | +01:07:14 (33.1%) | 7:48         | 7.7 (67.0%) |
| 58  | <b>HERMAN Paweł</b>              | <b>2278</b> |                          | M40       | 20   | <b>03:22:56.00</b> | +01:07:16 (33.2%) | 7:48         | 7.7 (67.0%) |
| 59  | <b>SZYBIAK Joanna</b>            | <b>2114</b> |                          | K40       | 3    | <b>03:23:14.40</b> | +01:07:34 (33.3%) | 7:49         | 7.7 (67.0%) |
| 60  | <b>KĘPARA Marcin</b>             | <b>2813</b> | ADVA OPTICAL NETWORKING  | M30       | 23   | <b>03:24:39.05</b> | +01:08:59 (33.7%) | 7:52         | 7.6 (66.1%) |
| 61  | <b>SZCZYGIEŁ Krzysztof</b>       | <b>2690</b> | HATI TEAM                | M40       | 21   | <b>03:24:40.05</b> | +01:09:00 (33.7%) | 7:52         | 7.6 (66.1%) |
| 62  | <b>KOMOSIŃSKI Łukasz</b>         | <b>2417</b> |                          | M40       | 22   | <b>03:24:46.55</b> | +01:09:06 (33.8%) | 7:52         | 7.6 (66.1%) |
| 63  | <b>CHOJKA-BARTOSZKO Karolina</b> | <b>2034</b> |                          | K30       | 4    | <b>03:25:06.75</b> | +01:09:27 (33.9%) | 7:53         | 7.6 (66.1%) |
| 64  | <b>SMYKA Michał</b>              | <b>2780</b> |                          | M20       | 8    | <b>03:25:10.85</b> | +01:09:31 (33.9%) | 7:53         | 7.6 (66.1%) |
| 65  | <b>GÓRAK Grzegorz</b>            | <b>2664</b> | BIEGAM BO LUBIĘ WYZWANIA | M40       | 23   | <b>03:25:22.25</b> | +01:09:42 (33.9%) | 7:53         | 7.6 (66.1%) |
| 66  | <b>KRYSZYLOWICZ Przemysław</b>   | <b>2855</b> |                          | M30       | 24   | <b>03:26:37.95</b> | +01:10:58 (34.3%) | 7:56         | 7.6 (66.1%) |
| 67  | <b>ŁĄTKOWSKI Sławomir</b>        | <b>2823</b> | ORKAMASTERS IŁAWA        | M40       | 24   | <b>03:27:16.45</b> | +01:11:36 (34.6%) | 7:58         | 7.5 (65.2%) |
| 68  | <b>MOLENDĄ Tomasz</b>            | <b>2126</b> |                          | M30       | 25   | <b>03:27:26.35</b> | +01:11:46 (34.6%) | 7:58         | 7.5 (65.2%) |
| 69  | <b>KOZAK Bartosz</b>             | <b>2826</b> |                          | M20       | 9    | <b>03:27:37.80</b> | +01:11:58 (34.7%) | 7:59         | 7.5 (65.2%) |
| 70  | <b>CHEŁCHOWSKI Norbert</b>       | <b>2187</b> |                          | M30       | 26   | <b>03:27:56.50</b> | +01:12:16 (34.8%) | 7:59         | 7.5 (65.2%) |
| 71  | <b>GORCZYCA Krzysztof</b>        | <b>2269</b> | MATNER RUNNING TEAM      | M30       | 27   | <b>03:28:19.50</b> | +01:12:39 (34.9%) | 8:00         | 7.5 (65.2%) |
| 72  | <b>SULIGA Piotr</b>              | <b>2672</b> | GO APTIV!                | M20       | 10   | <b>03:29:00.65</b> | +01:13:21 (35.1%) | 8:02         | 7.5 (65.2%) |
| 73  | <b>TADEJA Jakub</b>              | <b>2046</b> |                          | M30       | 28   | <b>03:29:29.15</b> | +01:13:49 (35.2%) | 8:03         | 7.4 (64.3%) |

| Msc | Zawodnik                  | Numer | Klub                           | Kategoria | Mkat | Czas netto 26km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|--------------------------------|-----------|------|-----------------|-------------------|--------------|-------------|
| 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%) |

| Msc | Zawodnik                           | Numer       | Klub                             | Kategoria | Mkat | Czas netto 26km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------------|-------------|----------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 118 | <b>SYSKA Wojciech</b>              | <b>2435</b> | SEEKRAKOW                        | M30       | 49   | <b>03:41:09.15</b> | +01:25:29 (38.7%) | 8:30         | 7.1 (61.7%) |
| 119 | <b>KODZIS Lesław</b>               | <b>2432</b> | ZALEW TEAM&GOBORZ RUNOUT         | M40       | 38   | <b>03:41:40.00</b> | +01:26:00 (38.8%) | 8:31         | 7 (60.9%)   |
| 120 | <b>CICHOWICZ Łukasz</b>            | <b>2050</b> | WATAHA                           | M30       | 50   | <b>03:41:40.40</b> | +01:26:00 (38.8%) | 8:31         | 7 (60.9%)   |
| 121 | <b>GĄTKIEWICZ Paweł</b>            | <b>2785</b> | ESKADRA KRAKÓW                   | M40       | 39   | <b>03:42:00.60</b> | +01:26:21 (38.9%) | 8:32         | 7 (60.9%)   |
| 122 | <b>SELWANOWICZ Aleksander</b>      | <b>2164</b> | CROSSFIT SIEDLCE                 | M50       | 6    | <b>03:42:07.55</b> | +01:26:27 (38.9%) | 8:32         | 7 (60.9%)   |
| 123 | <b>KUKLA Łukasz</b>                | <b>2358</b> | CROSSFIT SIEDLCE                 | M30       | 51   | <b>03:42:15.05</b> | +01:26:35 (39.0%) | 8:32         | 7 (60.9%)   |
| 124 | <b>SUDOMIR Paweł</b>               | <b>2703</b> | JACEKBIEGA RUNNING TEAM          | M30       | 52   | <b>03:42:17.25</b> | +01:26:37 (39.0%) | 8:32         | 7 (60.9%)   |
| 125 | <b>MISIURA Adam</b>                | <b>2479</b> |                                  | M30       | 53   | <b>03:42:35.90</b> | +01:26:56 (39.1%) | 8:33         | 7 (60.9%)   |
| 126 | <b>PASZEK Tomasz</b>               | <b>2747</b> | TEAM EDOKUMENTY                  | M40       | 40   | <b>03:42:44.25</b> | +01:27:04 (39.1%) | 8:34         | 7 (60.9%)   |
| 127 | <b>ZACHARYASZ Miłosz</b>           | <b>2253</b> | #KOCHAMMONICZKE                  | M20       | 15   | <b>03:42:54.25</b> | +01:27:14 (39.1%) | 8:34         | 7 (60.9%)   |
| 128 | <b>KĘPA Piotr</b>                  | <b>2768</b> |                                  | M30       | 54   | <b>03:43:06.00</b> | +01:27:26 (39.2%) | 8:34         | 7 (60.9%)   |
| 129 | <b>PAWELEC Mariusz</b>             | <b>2649</b> | KB FORREST GUMP                  | M40       | 41   | <b>03:43:07.65</b> | +01:27:28 (39.2%) | 8:34         | 7 (60.9%)   |
| 130 | <b>PROKOPCZUK Łukasz</b>           | <b>2549</b> |                                  | M40       | 42   | <b>03:43:34.55</b> | +01:27:54 (39.3%) | 8:35         | 7 (60.9%)   |
| 131 | <b>MUCHA Aleksandra</b>            | <b>2134</b> |                                  | K20       | 2    | <b>03:43:56.50</b> | +01:28:16 (39.4%) | 8:36         | 7 (60.9%)   |
| 132 | <b>PATRO Bartłomiej</b>            | <b>2195</b> |                                  | M30       | 55   | <b>03:43:58.50</b> | +01:28:18 (39.4%) | 8:36         | 7 (60.9%)   |
| 133 | <b>BARADZIN Aliaksandr</b>         | <b>2237</b> |                                  | M20       | 16   | <b>03:44:05.35</b> | +01:28:25 (39.5%) | 8:37         | 7 (60.9%)   |
| 134 | <b>CHILICKA Marta</b>              | <b>2022</b> | RED LION CLUB                    | K30       | 8    | <b>03:44:13.55</b> | +01:28:33 (39.5%) | 8:37         | 7 (60.9%)   |
| 135 | <b>NIEDŹWIEDŹ Tomasz</b>           | <b>2019</b> |                                  | M40       | 43   | <b>03:44:21.80</b> | +01:28:42 (39.5%) | 8:37         | 7 (60.9%)   |
| 136 | <b>STAWIARZ Paweł</b>              | <b>2583</b> |                                  | M30       | 56   | <b>03:44:24.65</b> | +01:28:45 (39.5%) | 8:37         | 7 (60.9%)   |
| 137 | <b>SACZUK Andrzej</b>              | <b>2319</b> | BŁOTNE OGRY                      | M40       | 44   | <b>03:45:10.75</b> | +01:29:31 (39.8%) | 8:39         | 6.9 (60.0%) |
| 138 | <b>LIBERKA Tomasz</b>              | <b>2685</b> |                                  | M40       | 45   | <b>03:45:17.40</b> | +01:29:37 (39.8%) | 8:39         | 6.9 (60.0%) |
| 139 | <b>CZYŻOWICZ-GOTFRYD Agnieszka</b> | <b>2179</b> | JSC                              | K40       | 6    | <b>03:45:30.15</b> | +01:29:50 (39.8%) | 8:40         | 6.9 (60.0%) |
| 140 | <b>TISZBIEREK Marek</b>            | <b>2582</b> |                                  | M40       | 46   | <b>03:45:53.05</b> | +01:30:13 (39.9%) | 8:41         | 6.9 (60.0%) |
| 141 | <b>KRYSTEK Łukasz</b>              | <b>2581</b> |                                  | M30       | 57   | <b>03:45:54.80</b> | +01:30:15 (40.0%) | 8:41         | 6.9 (60.0%) |
| 142 | <b>FOSSAERT Sylwia</b>             | <b>2457</b> | JJFIT                            | K30       | 9    | <b>03:46:03.50</b> | +01:30:23 (40.0%) | 8:41         | 6.9 (60.0%) |
| 143 | <b>ZYGO Karolina</b>               | <b>2759</b> | STAY INSANE                      | K20       | 3    | <b>03:46:11.45</b> | +01:30:31 (40.0%) | 8:42         | 6.9 (60.0%) |
| 144 | <b>SOJKA Sławomir</b>              | <b>2371</b> | VIKING TRAINING CENTER           | M30       | 58   | <b>03:46:36.75</b> | +01:30:57 (40.1%) | 8:42         | 6.9 (60.0%) |
| 145 | <b>SZCZOT Andrzej</b>              | <b>2829</b> | KB SOBÓTKA                       | M40       | 47   | <b>03:46:56.10</b> | +01:31:16 (40.2%) | 8:43         | 6.9 (60.0%) |
| 146 | <b>PAPUGA Iwona</b>                | <b>2108</b> | ZADYSZKA OSWIECIM                | K50       | 1    | <b>03:47:22.10</b> | +01:31:42 (40.3%) | 8:44         | 6.9 (60.0%) |
| 147 | <b>CHLIPAŁA Marek</b>              | <b>2673</b> |                                  | M30       | 59   | <b>03:47:25.50</b> | +01:31:45 (40.3%) | 8:44         | 6.9 (60.0%) |
| 148 | <b>ZAMECKI Radosław</b>            | <b>2760</b> |                                  | M30       | 60   | <b>03:47:51.95</b> | +01:32:12 (40.5%) | 8:45         | 6.8 (59.1%) |
| 149 | <b>OSZUST Marcin</b>               | <b>2488</b> | CHEŁMSKA GRUPA TRIATHLONU/24 BLP | M40       | 48   | <b>03:48:28.25</b> | +01:32:48 (40.6%) | 8:47         | 6.8 (59.1%) |
| 150 | <b>GAJOS Łukasz</b>                | <b>2832</b> | TERNOLTEAM                       | M30       | 61   | <b>03:48:30.80</b> | +01:32:51 (40.6%) | 8:47         | 6.8 (59.1%) |
| 151 | <b>KULIKOWSKI Adam</b>             | <b>2330</b> |                                  | M30       | 62   | <b>03:48:34.95</b> | +01:32:55 (40.7%) | 8:47         | 6.8 (59.1%) |
| 152 | <b>SĄGOL Mateusz</b>               | <b>2357</b> |                                  | M20       | 17   | <b>03:48:59.25</b> | +01:33:19 (40.8%) | 8:48         | 6.8 (59.1%) |
| 153 | <b>JÓZEFczyk Jacek</b>             | <b>2370</b> |                                  | M30       | 63   | <b>03:48:59.80</b> | +01:33:20 (40.8%) | 8:48         | 6.8 (59.1%) |
| 154 | <b>WOJTAS Mateusz</b>              | <b>2578</b> |                                  | M20       | 18   | <b>03:49:21.35</b> | +01:33:41 (40.9%) | 8:49         | 6.8 (59.1%) |
| 155 | <b>KUBIAK Dariusz</b>              | <b>2492</b> | KKKL LEGNICA                     | M50       | 7    | <b>03:49:33.55</b> | +01:33:53 (40.9%) | 8:49         | 6.8 (59.1%) |
| 156 | <b>WYSOCKI Aleksander</b>          | <b>2726</b> | WATAHA                           | M30       | 64   | <b>03:49:35.85</b> | +01:33:56 (40.9%) | 8:49         | 6.8 (59.1%) |
| 157 | <b>JANAS Marian</b>                | <b>2840</b> | DYNAMIC                          | M60       | 1    | <b>03:49:44.20</b> | +01:34:04 (40.9%) | 8:50         | 6.8 (59.1%) |
| 158 | <b>PIECZYKOLAN Kamil</b>           | <b>2015</b> | OLIMPIJSKA AKADEMIA BIEGANIA     | M30       | 65   | <b>03:50:13.00</b> | +01:34:33 (41.1%) | 8:51         | 6.8 (59.1%) |
| 159 | <b>LANGNER Damian</b>              | <b>2268</b> |                                  | M20       | 19   | <b>03:50:41.90</b> | +01:35:02 (41.2%) | 8:52         | 6.8 (59.1%) |
| 160 | <b>BARTOSZEK Tomasz</b>            | <b>2569</b> | SAINT-GOBAIN SQUAD               | M30       | 66   | <b>03:50:51.20</b> | +01:35:11 (41.2%) | 8:52         | 6.8 (59.1%) |
| 161 | <b>MIKULSKI Wojciech</b>           | <b>2215</b> | 4F RUNNING TEAM                  | M40       | 49   | <b>03:51:05.55</b> | +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 | <b>TKACZ Przemysław</b>         | <b>2044</b> | ZIOMKI                     | M40       | 50   | <b>03:51:05.80</b> | +01:35:26 (41.3%) | 8:53         | 6.8 (59.1%) |
| 163 | <b>ZAWADZKI Grzegorz</b>        | <b>2098</b> | KLUB SPORTOWY PRESTIGE     | M30       | 67   | <b>03:51:09.20</b> | +01:35:29 (41.3%) | 8:53         | 6.7 (58.3%) |
| 164 | <b>FRYCA Karolina</b>           | <b>2038</b> |                            | K20       | 4    | <b>03:51:22.70</b> | +01:35:43 (41.4%) | 8:53         | 6.7 (58.3%) |
| 165 | <b>WAROWNY Robert</b>           | <b>2686</b> | DZIKIE BORSUKI             | M40       | 51   | <b>03:51:43.85</b> | +01:36:04 (41.5%) | 8:54         | 6.7 (58.3%) |
| 166 | <b>SZUMNY Nina</b>              | <b>2208</b> | 72D                        | K30       | 10   | <b>03:51:45.75</b> | +01:36:06 (41.5%) | 8:54         | 6.7 (58.3%) |
| 167 | <b>GZARA Michał</b>             | <b>2793</b> | DZIKIE BORSUKI             | M40       | 52   | <b>03:51:56.75</b> | +01:36:17 (41.5%) | 8:55         | 6.7 (58.3%) |
| 168 | <b>DZIETCZYK Kamil</b>          | <b>2734</b> | AKTYWNE CHOSZCZNO          | M30       | 68   | <b>03:52:11.35</b> | +01:36:31 (41.6%) | 8:55         | 6.7 (58.3%) |
| 169 | <b>IWICKI Krzysztof</b>         | <b>2633</b> |                            | M30       | 69   | <b>03:52:27.50</b> | +01:36:47 (41.6%) | 8:56         | 6.7 (58.3%) |
| 170 | <b>PODLECKI Romuald</b>         | <b>2138</b> | LOKATOR NIERUCHOMOŚCI PIŁA | M60       | 2    | <b>03:52:49.80</b> | +01:37:10 (41.7%) | 8:57         | 6.7 (58.3%) |
| 171 | <b>POLOCZEK Jarosław</b>        | <b>2663</b> |                            | M30       | 70   | <b>03:53:21.80</b> | +01:37:42 (41.9%) | 8:58         | 6.7 (58.3%) |
| 172 | <b>FAŁATOWICZ Radosław</b>      | <b>2327</b> | BRAVEHEARTS LEGIONOWO      | M30       | 71   | <b>03:53:45.20</b> | +01:38:05 (42.0%) | 8:59         | 6.7 (58.3%) |
| 173 | <b>WOJTKOWIAK Marta</b>         | <b>2696</b> |                            | K30       | 11   | <b>03:53:46.20</b> | +01:38:06 (42.0%) | 8:59         | 6.7 (58.3%) |
| 174 | <b>PIETRUSZEWSKI Bartłomiej</b> | <b>2571</b> |                            | M40       | 53   | <b>03:53:51.50</b> | +01:38:11 (42.0%) | 8:59         | 6.7 (58.3%) |
| 175 | <b>SADOWSKI Paweł</b>           | <b>2662</b> |                            | M30       | 72   | <b>03:53:56.80</b> | +01:38:17 (42.0%) | 8:59         | 6.7 (58.3%) |
| 176 | <b>SZYMSKI Rafał</b>            | <b>2194</b> | CIDRY LOTAJOM              | M40       | 54   | <b>03:54:23.05</b> | +01:38:43 (42.1%) | 9:00         | 6.7 (58.3%) |
| 177 | <b>MARCINEK Marta</b>           | <b>2557</b> |                            | K30       | 12   | <b>03:54:34.05</b> | +01:38:54 (42.2%) | 9:01         | 6.7 (58.3%) |
| 178 | <b>PAJĄK Marcin</b>             | <b>2770</b> |                            | M30       | 73   | <b>03:54:34.10</b> | +01:38:54 (42.2%) | 9:01         | 6.7 (58.3%) |
| 179 | <b>SOLECKI Marcin</b>           | <b>2399</b> |                            | M30       | 74   | <b>03:54:45.60</b> | +01:39:06 (42.2%) | 9:01         | 6.6 (57.4%) |
| 180 | <b>STACHYRA Bartłomiej</b>      | <b>2659</b> |                            | M20       | 20   | <b>03:54:49.55</b> | +01:39:09 (42.2%) | 9:01         | 6.6 (57.4%) |
| 181 | <b>PAWELEC Piotr</b>            | <b>2864</b> |                            | M50       | 8    | <b>03:54:52.75</b> | +01:39:13 (42.2%) | 9:02         | 6.6 (57.4%) |
| 182 | <b>PUCHAŁA Mariusz</b>          | <b>2540</b> | TERNOLTEAM                 | M40       | 55   | <b>03:55:27.10</b> | +01:39:47 (42.4%) | 9:03         | 6.6 (57.4%) |
| 183 | <b>HAJDZIONA Agata</b>          | <b>2503</b> |                            | K30       | 13   | <b>03:55:30.55</b> | +01:39:50 (42.4%) | 9:03         | 6.6 (57.4%) |
| 184 | <b>CHWAŁA Artur</b>             | <b>2608</b> |                            | M40       | 56   | <b>03:55:33.60</b> | +01:39:54 (42.4%) | 9:03         | 6.6 (57.4%) |
| 185 | <b>RZEPKA Aleksandra</b>        | <b>2637</b> | WKURW_TEAM                 | K20       | 5    | <b>03:55:41.70</b> | +01:40:02 (42.4%) | 9:03         | 6.6 (57.4%) |
| 186 | <b>NAZIMEK Lilianna</b>         | <b>2434</b> |                            | K40       | 7    | <b>03:55:51.30</b> | +01:40:11 (42.5%) | 9:04         | 6.6 (57.4%) |
| 187 | <b>NOWAK Bartłomiej</b>         | <b>2828</b> |                            | M20       | 21   | <b>03:56:00.00</b> | +01:40:20 (42.5%) | 9:04         | 6.6 (57.4%) |
| 188 | <b>GUBERNIAK Renata</b>         | <b>2326</b> |                            | K30       | 14   | <b>03:56:01.75</b> | +01:40:22 (42.5%) | 9:04         | 6.6 (57.4%) |
| 189 | <b>KOCHANIAK Andrzej</b>        | <b>2347</b> | WŁÓCZYBIEGI                | M30       | 75   | <b>03:56:03.05</b> | +01:40:23 (42.5%) | 9:04         | 6.6 (57.4%) |
| 190 | <b>STASIAK Jakub</b>            | <b>2456</b> |                            | M30       | 76   | <b>03:56:10.25</b> | +01:40:30 (42.6%) | 9:05         | 6.6 (57.4%) |
| 191 | <b>NARLOCH Łukasz</b>           | <b>2558</b> | NAVA RUNNING TEAM          | M30       | 77   | <b>03:56:10.35</b> | +01:40:30 (42.6%) | 9:05         | 6.6 (57.4%) |
| 192 | <b>BIGAS Grzegorz</b>           | <b>2814</b> | ARENAMED                   | M30       | 78   | <b>03:57:05.55</b> | +01:41:25 (42.8%) | 9:07         | 6.6 (57.4%) |
| 193 | <b>FIGURA Radosław</b>          | <b>2816</b> |                            | M40       | 57   | <b>03:57:13.25</b> | +01:41:33 (42.8%) | 9:07         | 6.6 (57.4%) |
| 194 | <b>PASZKIEL Sebastian</b>       | <b>2817</b> |                            | M40       | 58   | <b>03:57:13.70</b> | +01:41:34 (42.8%) | 9:07         | 6.6 (57.4%) |
| 195 | <b>ROSŁON Piotr</b>             | <b>2681</b> |                            | M40       | 59   | <b>03:57:30.30</b> | +01:41:50 (42.9%) | 9:08         | 6.6 (57.4%) |
| 196 | <b>CUDEK Bartłomiej</b>         | <b>2176</b> | WKURW_TEAM                 | M30       | 79   | <b>03:57:30.50</b> | +01:41:50 (42.9%) | 9:08         | 6.6 (57.4%) |
| 197 | <b>RZYMKOWSKI Maciej</b>        | <b>2027</b> |                            | M30       | 80   | <b>03:57:48.40</b> | +01:42:08 (43.0%) | 9:08         | 6.6 (57.4%) |
| 198 | <b>ADAMSKA Marta</b>            | <b>2113</b> |                            | K30       | 15   | <b>03:57:49.00</b> | +01:42:09 (43.0%) | 9:08         | 6.6 (57.4%) |
| 199 | <b>MARCINIAK Rafał</b>          | <b>2039</b> |                            | M30       | 81   | <b>03:57:52.30</b> | +01:42:12 (43.0%) | 9:08         | 6.6 (57.4%) |
| 200 | <b>GAMROT Krzysztof</b>         | <b>2037</b> |                            | M30       | 82   | <b>03:58:01.70</b> | +01:42:22 (43.0%) | 9:09         | 6.6 (57.4%) |
| 201 | <b>KURKOWSKI Jarosław</b>       | <b>2235</b> | RUNNERB                    | M40       | 60   | <b>03:58:20.35</b> | +01:42:40 (43.1%) | 9:10         | 6.5 (56.5%) |
| 202 | <b>PRASZAŁOWICZ Gustaw</b>      | <b>2654</b> | KOLIBER TEAM               | M30       | 83   | <b>03:58:35.05</b> | +01:42:55 (43.1%) | 9:10         | 6.5 (56.5%) |
| 203 | <b>WESÓŁ Tomasz</b>             | <b>2281</b> |                            | M20       | 22   | <b>03:58:50.30</b> | +01:43:10 (43.2%) | 9:11         | 6.5 (56.5%) |
| 204 | <b>GINALSKI Grzegorz</b>        | <b>2438</b> |                            | M30       | 84   | <b>03:58:56.55</b> | +01:43:16 (43.2%) | 9:11         | 6.5 (56.5%) |
| 205 | <b>GRZESIK Michał</b>           | <b>2749</b> |                            | M30       | 85   | <b>03:59:00.70</b> | +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 | <b>BOSZKO Łukasz</b>               | <b>2328</b> |                             | M30       | 86   | <b>03:59:32.80</b> | +01:43:53 (43.4%) | 9:12         | 6.5 (56.5%) |
| 207 | <b>CHOLEWA Agnieszka</b>           | <b>2317</b> | MATNER RUNNING TEAM         | K30       | 16   | <b>03:59:54.05</b> | +01:44:14 (43.5%) | 9:13         | 6.5 (56.5%) |
| 208 | <b>HOŁUBIEC Agnieszka</b>          | <b>2188</b> | YULO RUN TEAM SIEDLCE       | K40       | 8    | <b>04:00:04.90</b> | +01:44:25 (43.5%) | 9:14         | 6.5 (56.5%) |
| 209 | <b>GAŁUSZKA Mariusz</b>            | <b>2999</b> | SKITUROWE BIESZCZADY-GOPR   | M40       | 61   | <b>04:00:12.10</b> | +01:44:32 (43.5%) | 9:14         | 6.5 (56.5%) |
| 210 | <b>DZIEWA Przemysław</b>           | <b>2722</b> | ATS WHEELS                  | M40       | 62   | <b>04:00:40.10</b> | +01:45:00 (43.6%) | 9:15         | 6.5 (56.5%) |
| 211 | <b>KRUPA Jacek</b>                 | <b>2719</b> | ATS WHEELS                  | M40       | 63   | <b>04:00:40.35</b> | +01:45:00 (43.6%) | 9:15         | 6.5 (56.5%) |
| 212 | <b>BUGAŁA Robert</b>               | <b>2645</b> | SOLID HOUSE                 | M50       | 9    | <b>04:00:52.65</b> | +01:45:13 (43.7%) | 9:15         | 6.5 (56.5%) |
| 213 | <b>GAŁKOWSKI Artur</b>             | <b>2532</b> |                             | M40       | 64   | <b>04:01:00.30</b> | +01:45:20 (43.7%) | 9:16         | 6.5 (56.5%) |
| 214 | <b>RYBAK Wojciech</b>              | <b>2859</b> | GOPR BIESZCZADY             | M40       | 65   | <b>04:01:02.20</b> | +01:45:22 (43.7%) | 9:16         | 6.5 (56.5%) |
| 215 | <b>MUSIOLIK Mariusz</b>            | <b>2087</b> |                             | M30       | 87   | <b>04:01:28.85</b> | +01:45:49 (43.8%) | 9:17         | 6.5 (56.5%) |
| 216 | <b>GAJEWIAK Adam</b>               | <b>2189</b> | CS GROUP RUNNERS TEAM       | M40       | 66   | <b>04:01:31.85</b> | +01:45:52 (43.8%) | 9:17         | 6.5 (56.5%) |
| 217 | <b>SUROWIEC Paweł</b>              | <b>2721</b> |                             | M40       | 67   | <b>04:01:36.85</b> | +01:45:57 (43.9%) | 9:17         | 6.5 (56.5%) |
| 218 | <b>SADOWSKI Mieczysław</b>         | <b>2720</b> | BIEGAJ RAZEM Z NAMI         | M40       | 68   | <b>04:01:37.95</b> | +01:45:58 (43.9%) | 9:17         | 6.5 (56.5%) |
| 219 | <b>SKŁADANOWSKA Beata</b>          | <b>2190</b> | EUROCASH                    | K30       | 17   | <b>04:02:34.85</b> | +01:46:55 (44.1%) | 9:19         | 6.4 (55.7%) |
| 220 | <b>BACZYŃSKA Aneta</b>             | <b>2431</b> | ZALEW TEAM& GOŁOBORZ RUNOUT | K30       | 18   | <b>04:02:48.60</b> | +01:47:09 (44.1%) | 9:20         | 6.4 (55.7%) |
| 221 | <b>BACZYŃSKI Robert</b>            | <b>2732</b> |                             | M40       | 69   | <b>04:02:48.80</b> | +01:47:09 (44.1%) | 9:20         | 6.4 (55.7%) |
| 222 | <b>KOZIEŁŁO Bartosz</b>            | <b>2761</b> | TUR                         | M40       | 70   | <b>04:03:06.95</b> | +01:47:27 (44.2%) | 9:21         | 6.4 (55.7%) |
| 223 | <b>STASIŃSKI Paweł</b>             | <b>2810</b> |                             | M30       | 88   | <b>04:03:18.55</b> | +01:47:38 (44.2%) | 9:21         | 6.4 (55.7%) |
| 224 | <b>RUSINEK Piotr</b>               | <b>2271</b> |                             | M30       | 89   | <b>04:03:21.75</b> | +01:47:42 (44.3%) | 9:21         | 6.4 (55.7%) |
| 225 | <b>GŁAZOWSKA Anita</b>             | <b>2002</b> |                             | K20       | 6    | <b>04:03:31.65</b> | +01:47:52 (44.3%) | 9:22         | 6.4 (55.7%) |
| 226 | <b>PODLEŚ Rafał</b>                | <b>2000</b> |                             | M20       | 23   | <b>04:03:31.90</b> | +01:47:52 (44.3%) | 9:22         | 6.4 (55.7%) |
| 227 | <b>SOBOLEWSKI Grzegorz</b>         | <b>2197</b> |                             | M40       | 71   | <b>04:03:52.45</b> | +01:48:12 (44.4%) | 9:22         | 6.4 (55.7%) |
| 228 | <b>PODLEŚ Robert</b>               | <b>2598</b> | COBI                        | M50       | 10   | <b>04:04:23.30</b> | +01:48:43 (44.5%) | 9:23         | 6.4 (55.7%) |
| 229 | <b>CZUMIEL Maciej</b>              | <b>2808</b> |                             | M40       | 72   | <b>04:04:33.95</b> | +01:48:54 (44.5%) | 9:24         | 6.4 (55.7%) |
| 230 | <b>PUDEŁKO Dariusz</b>             | <b>2154</b> | OPEL ACTIVE TEAM            | M50       | 11   | <b>04:04:43.70</b> | +01:49:04 (44.6%) | 9:24         | 6.4 (55.7%) |
| 231 | <b>WALENDA Mateusz</b>             | <b>2448</b> | KS KANAŁEK                  | M30       | 90   | <b>04:04:54.10</b> | +01:49:14 (44.6%) | 9:25         | 6.4 (55.7%) |
| 232 | <b>PYRKOSZ Damian</b>              | <b>2419</b> |                             | M40       | 73   | <b>04:04:56.30</b> | +01:49:16 (44.6%) | 9:25         | 6.4 (55.7%) |
| 233 | <b>ADAMOWICZ Agnieszka</b>         | <b>2510</b> | ZWOLEŃ BIEGA                | K40       | 9    | <b>04:05:41.15</b> | +01:50:01 (44.8%) | 9:26         | 6.3 (54.8%) |
| 234 | <b>POKRYWKA Stefan</b>             | <b>2998</b> |                             | M60       | 3    | <b>04:05:54.35</b> | +01:50:14 (44.8%) | 9:27         | 6.3 (54.8%) |
| 235 | <b>WŁODARSKI Piotrek</b>           | <b>2273</b> |                             | M30       | 91   | <b>04:06:06.95</b> | +01:50:27 (44.9%) | 9:27         | 6.3 (54.8%) |
| 236 | <b>ZYBERT Mateusz</b>              | <b>2323</b> | DABEX-BOLT                  | M30       | 92   | <b>04:06:09.90</b> | +01:50:30 (44.9%) | 9:28         | 6.3 (54.8%) |
| 237 | <b>FALKOWSKI Piotr</b>             | <b>2899</b> | KS PEGAZ PIASECZNO          | M50       | 12   | <b>04:06:19.80</b> | +01:50:40 (44.9%) | 9:28         | 6.3 (54.8%) |
| 238 | <b>STOPA Marcin</b>                | <b>2570</b> | WWW.RUNRZESZOW.PL           | M40       | 74   | <b>04:06:28.20</b> | +01:50:48 (45.0%) | 9:28         | 6.3 (54.8%) |
| 239 | <b>WEBER Agata</b>                 | <b>2843</b> | JACEKBIEGA RUNNING TEAM     | K40       | 10   | <b>04:06:29.75</b> | +01:50:50 (45.0%) | 9:28         | 6.3 (54.8%) |
| 240 | <b>GOLBIAK Wojciech</b>            | <b>2674</b> |                             | M40       | 75   | <b>04:06:43.10</b> | +01:51:03 (45.0%) | 9:29         | 6.3 (54.8%) |
| 241 | <b>KACZMAREK Maciej</b>            | <b>2689</b> | POLEOHEL                    | M30       | 93   | <b>04:06:57.70</b> | +01:51:18 (45.1%) | 9:29         | 6.3 (54.8%) |
| 242 | <b>PINDEL Piotr</b>                | <b>2389</b> | ŁOWCY PIEROŻKÓW             | M30       | 94   | <b>04:06:59.00</b> | +01:51:19 (45.1%) | 9:29         | 6.3 (54.8%) |
| 243 | <b>TOKARSKI Jacek</b>              | <b>2509</b> |                             | M40       | 76   | <b>04:07:15.80</b> | +01:51:36 (45.1%) | 9:30         | 6.3 (54.8%) |
| 244 | <b>KURZAWA Adam</b>                | <b>2465</b> |                             | M20       | 24   | <b>04:07:47.30</b> | +01:52:07 (45.3%) | 9:31         | 6.3 (54.8%) |
| 245 | <b>REDKIEWICZ Agnieszka</b>        | <b>2115</b> | REEBOK RUN CREW             | K30       | 19   | <b>04:08:01.25</b> | +01:52:21 (45.3%) | 9:32         | 6.3 (54.8%) |
| 246 | <b>SZUBERT-WALENCZAK Magdalena</b> | <b>2012</b> | PSYCHORUN TEAM              | K40       | 11   | <b>04:08:02.90</b> | +01:52:23 (45.3%) | 9:32         | 6.3 (54.8%) |
| 247 | <b>MATYJASIAK Konrad</b>           | <b>2670</b> |                             | M40       | 77   | <b>04:08:03.80</b> | +01:52:24 (45.3%) | 9:32         | 6.3 (54.8%) |
| 248 | <b>SOBCZYŃSKI Paweł</b>            | <b>2016</b> |                             | M40       | 78   | <b>04:08:13.15</b> | +01:52:33 (45.3%) | 9:32         | 6.3 (54.8%) |
| 249 | <b>KACZMAREK Sandra</b>            | <b>2697</b> |                             | K30       | 20   | <b>04:08:23.85</b> | +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 | <b>DĄBROWSKI Mateusz</b>   | <b>2812</b> |                                | M20       | 25   | <b>04:09:24.70</b> | +01:53:45 (45.6%) | 9:35         | 6.3 (54.8%) |
| 251 | <b>PARADA Marcin</b>       | <b>2394</b> | BIEGACZE W RADOMSKU            | M40       | 79   | <b>04:09:25.85</b> | +01:53:46 (45.6%) | 9:35         | 6.3 (54.8%) |
| 252 | <b>MIKULSKA Aneta</b>      | <b>2635</b> |                                | K40       | 12   | <b>04:09:43.70</b> | +01:54:04 (45.7%) | 9:36         | 6.2 (53.9%) |
| 253 | <b>BEDNARSKI Paweł</b>     | <b>2386</b> |                                | M30       | 95   | <b>04:09:44.30</b> | +01:54:04 (45.7%) | 9:36         | 6.2 (53.9%) |
| 254 | <b>GOLAS Marcin</b>        | <b>2449</b> | APLITT.PL                      | M40       | 80   | <b>04:09:54.30</b> | +01:54:14 (45.7%) | 9:36         | 6.2 (53.9%) |
| 255 | <b>WIECZOREK Dariusz</b>   | <b>2210</b> | PRZEGLĄD SPORTOWY              | M50       | 13   | <b>04:10:03.85</b> | +01:54:24 (45.7%) | 9:37         | 6.2 (53.9%) |
| 256 | <b>GARDEŁA Justyna</b>     | <b>2446</b> | WOLBROM TEAM                   | K30       | 21   | <b>04:10:28.50</b> | +01:54:48 (45.8%) | 9:38         | 6.2 (53.9%) |
| 257 | <b>SZYMAŃSKI Andrzej</b>   | <b>2604</b> |                                | M30       | 96   | <b>04:10:29.00</b> | +01:54:49 (45.8%) | 9:38         | 6.2 (53.9%) |
| 258 | <b>ZAKRZEWICZ Marcin</b>   | <b>2825</b> | KTB KUNY                       | M40       | 81   | <b>04:10:38.50</b> | +01:54:58 (45.9%) | 9:38         | 6.2 (53.9%) |
| 259 | <b>ZANKO Rafał</b>         | <b>2481</b> |                                | M30       | 97   | <b>04:11:35.80</b> | +01:55:56 (46.1%) | 9:40         | 6.2 (53.9%) |
| 260 | <b>KARDASZ Marek</b>       | <b>2363</b> | SOLINA TEAM                    | M40       | 82   | <b>04:11:37.30</b> | +01:55:57 (46.1%) | 9:40         | 6.2 (53.9%) |
| 261 | <b>KARDASZ Patryk</b>      | <b>2807</b> | SOLINA TEAM                    | M20       | 26   | <b>04:11:37.45</b> | +01:55:57 (46.1%) | 9:40         | 6.2 (53.9%) |
| 262 | <b>WAŁACHOWSKA Urszula</b> | <b>2367</b> | SOLINA TEAM                    | K30       | 22   | <b>04:11:37.60</b> | +01:55:58 (46.1%) | 9:40         | 6.2 (53.9%) |
| 263 | <b>STYSIAŁ Dariusz</b>     | <b>2519</b> |                                | M40       | 83   | <b>04:11:53.80</b> | +01:56:14 (46.1%) | 9:41         | 6.2 (53.9%) |
| 264 | <b>KACZMARCZYK Mariusz</b> | <b>2611</b> |                                | M50       | 14   | <b>04:11:54.00</b> | +01:56:14 (46.1%) | 9:41         | 6.2 (53.9%) |
| 265 | <b>ZAJKOWSKI Michal</b>    | <b>2706</b> | VEGE RUNNERS                   | M30       | 98   | <b>04:12:02.70</b> | +01:56:23 (46.2%) | 9:41         | 6.2 (53.9%) |
| 266 | <b>ZAJKOWSKA Ewa</b>       | <b>2708</b> | VEGE RUNNERS                   | K30       | 23   | <b>04:12:03.00</b> | +01:56:23 (46.2%) | 9:41         | 6.2 (53.9%) |
| 267 | <b>STACHYRA Andrzej</b>    | <b>2658</b> | LSB                            | M50       | 15   | <b>04:12:34.50</b> | +01:56:54 (46.3%) | 9:42         | 6.2 (53.9%) |
| 268 | <b>CZYŻEWSKI Jakub</b>     | <b>2567</b> |                                | M20       | 27   | <b>04:12:51.00</b> | +01:57:11 (46.3%) | 9:43         | 6.2 (53.9%) |
| 269 | <b>MENDYKA Mariusz</b>     | <b>2568</b> |                                | M20       | 28   | <b>04:12:51.55</b> | +01:57:11 (46.3%) | 9:43         | 6.2 (53.9%) |
| 270 | <b>SANIAK Przemyslaw</b>   | <b>2477</b> |                                | M30       | 99   | <b>04:12:55.95</b> | +01:57:16 (46.4%) | 9:43         | 6.2 (53.9%) |
| 271 | <b>BARTASUN Patryk</b>     | <b>2024</b> |                                | M30       | 100  | <b>04:13:07.60</b> | +01:57:28 (46.4%) | 9:44         | 6.2 (53.9%) |
| 272 | <b>MICHALCZAK Paweł</b>    | <b>2143</b> |                                | M40       | 84   | <b>04:13:35.90</b> | +01:57:56 (46.5%) | 9:45         | 6.2 (53.9%) |
| 273 | <b>WÓJCIK Monika</b>       | <b>2715</b> |                                | K40       | 13   | <b>04:13:49.90</b> | +01:58:10 (46.6%) | 9:45         | 6.1 (53.0%) |
| 274 | <b>KONS Katarzyna</b>      | <b>2447</b> | POKA & HERKI TEAM              | K20       | 7    | <b>04:14:02.50</b> | +01:58:22 (46.6%) | 9:46         | 6.1 (53.0%) |
| 275 | <b>MADEYSKI Tomasz</b>     | <b>2573</b> |                                | M30       | 101  | <b>04:14:05.60</b> | +01:58:26 (46.6%) | 9:46         | 6.1 (53.0%) |
| 276 | <b>PROKOPIUK Grzegorz</b>  | <b>2660</b> | SZWAGRY DWA                    | M40       | 85   | <b>04:14:33.40</b> | +01:58:53 (46.7%) | 9:47         | 6.1 (53.0%) |
| 277 | <b>KUMA Wojciech</b>       | <b>2334</b> |                                | M30       | 102  | <b>04:15:02.15</b> | +01:59:22 (46.8%) | 9:48         | 6.1 (53.0%) |
| 278 | <b>ŻUK Marcin</b>          | <b>2241</b> |                                | M30       | 103  | <b>04:15:22.10</b> | +01:59:42 (46.9%) | 9:49         | 6.1 (53.0%) |
| 279 | <b>BOROWIEC Arkadiusz</b>  | <b>2198</b> | CHEŁM BIEGA/24 BLP             | M40       | 86   | <b>04:15:22.85</b> | +01:59:43 (46.9%) | 9:49         | 6.1 (53.0%) |
| 280 | <b>TARAS Michał</b>        | <b>2628</b> |                                | M20       | 29   | <b>04:15:23.05</b> | +01:59:43 (46.9%) | 9:49         | 6.1 (53.0%) |
| 281 | <b>KUROWSKI Jacek</b>      | <b>2314</b> |                                | M40       | 87   | <b>04:15:43.40</b> | +02:00:03 (47.0%) | 9:50         | 6.1 (53.0%) |
| 282 | <b>STANKIEWICZ Piotr</b>   | <b>2308</b> |                                | M30       | 104  | <b>04:15:45.00</b> | +02:00:05 (47.0%) | 9:50         | 6.1 (53.0%) |
| 283 | <b>ZAKRZEWSKI Piotr</b>    | <b>2392</b> |                                | M30       | 105  | <b>04:15:54.65</b> | +02:00:15 (47.0%) | 9:50         | 6.1 (53.0%) |
| 284 | <b>BARANOWSKI Mariusz</b>  | <b>2806</b> |                                | M30       | 106  | <b>04:15:55.10</b> | +02:00:15 (47.0%) | 9:50         | 6.1 (53.0%) |
| 285 | <b>SIELICKI Krzysztof</b>  | <b>2500</b> |                                | M30       | 107  | <b>04:15:55.55</b> | +02:00:15 (47.0%) | 9:50         | 6.1 (53.0%) |
| 286 | <b>FAJER Marek</b>         | <b>2211</b> | ZWIK MYSZKÓW MYSZKÓW BIEGA 3   | M60       | 4    | <b>04:16:28.00</b> | +02:00:48 (47.1%) | 9:51         | 6.1 (53.0%) |
| 287 | <b>GRZYWIŃSKA Marta</b>    | <b>2863</b> | CB163                          | K20       | 8    | <b>04:16:33.35</b> | +02:00:53 (47.1%) | 9:52         | 6.1 (53.0%) |
| 288 | <b>DĄBROWSKI Karol</b>     | <b>2150</b> |                                | M40       | 88   | <b>04:16:52.20</b> | +02:01:12 (47.2%) | 9:52         | 6.1 (53.0%) |
| 289 | <b>SIBIELAK Piotr</b>      | <b>2588</b> |                                | M40       | 89   | <b>04:17:02.15</b> | +02:01:22 (47.2%) | 9:53         | 6.1 (53.0%) |
| 290 | <b>RAINER Iwona</b>        | <b>2857</b> | ACS-STAL KRZYSZTOF RAINER      | K40       | 14   | <b>04:17:04.70</b> | +02:01:25 (47.2%) | 9:53         | 6.1 (53.0%) |
| 291 | <b>RAINER Krzysztof</b>    | <b>2856</b> | ACS-STAL                       | M40       | 90   | <b>04:17:07.75</b> | +02:01:28 (47.2%) | 9:53         | 6.1 (53.0%) |
| 292 | <b>KITOWSKI Bartosz</b>    | <b>2858</b> | GŁOGOVI 1925 GŁOGÓW MAŁOPOLSKI | M40       | 91   | <b>04:17:46.20</b> | +02:02:06 (47.4%) | 9:54         | 6.1 (53.0%) |
| 293 | <b>JĘDRZEJEK Marek</b>     | <b>2821</b> |                                | M30       | 108  | <b>04:17:48.05</b> | +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 | <b>KOWALIK Krzysztof</b>     | <b>2494</b> |                        | M40       | 92   | <b>04:17:52.15</b> | +02:02:12 (47.4%) | 9:55         | 6 (52.2%)   |
| 295 | <b>KAMIŃSKA Ewa</b>          | <b>2872</b> | SPRINTEX TEAM          | K40       | 15   | <b>04:18:00.65</b> | +02:02:21 (47.4%) | 9:55         | 6 (52.2%)   |
| 296 | <b>GŁADYSZ Marcin</b>        | <b>2625</b> | RMF4RT GLADIATORS      | M30       | 109  | <b>04:18:14.00</b> | +02:02:34 (47.5%) | 9:55         | 6 (52.2%)   |
| 297 | <b>HUDZIK Dominika</b>       | <b>2709</b> |                        | K40       | 16   | <b>04:19:03.40</b> | +02:03:23 (47.6%) | 9:57         | 6 (52.2%)   |
| 298 | <b>HUDZIK Robert</b>         | <b>2191</b> |                        | M40       | 93   | <b>04:19:11.50</b> | +02:03:31 (47.7%) | 9:58         | 6 (52.2%)   |
| 299 | <b>CIĘŻKI Paweł</b>          | <b>2552</b> | HEAVY TEAM             | M20       | 30   | <b>04:19:19.05</b> | +02:03:39 (47.7%) | 9:58         | 6 (52.2%)   |
| 300 | <b>WÓJCICKI Kamil</b>        | <b>2420</b> |                        | M20       | 31   | <b>04:19:35.35</b> | +02:03:55 (47.7%) | 9:59         | 6 (52.2%)   |
| 301 | <b>KUBACZYŃSKI Dariusz</b>   | <b>2803</b> |                        | M50       | 16   | <b>04:19:35.75</b> | +02:03:56 (47.7%) | 9:59         | 6 (52.2%)   |
| 302 | <b>KARCZMARCZYK Mirosław</b> | <b>2349</b> |                        | M30       | 110  | <b>04:19:45.40</b> | +02:04:05 (47.8%) | 9:59         | 6 (52.2%)   |
| 303 | <b>PĘKALA Jarosław</b>       | <b>2544</b> |                        | M50       | 17   | <b>04:19:47.05</b> | +02:04:07 (47.8%) | 9:59         | 6 (52.2%)   |
| 304 | <b>BARANSKI Piotr</b>        | <b>2805</b> |                        | M30       | 111  | <b>04:20:19.30</b> | +02:04:39 (47.9%) | 10:00        | 6 (52.2%)   |
| 305 | <b>SIOCH Grzegorz</b>        | <b>2061</b> | DZIKIE SKRZYDŁO        | M40       | 94   | <b>04:20:56.40</b> | +02:05:16 (48.0%) | 10:02        | 6 (52.2%)   |
| 306 | <b>ŁUCZKIEWICZ Dariusz</b>   | <b>2325</b> |                        | M30       | 112  | <b>04:21:09.20</b> | +02:05:29 (48.1%) | 10:02        | 6 (52.2%)   |
| 307 | <b>BOROWSKA Teresa</b>       | <b>2459</b> |                        | K50       | 2    | <b>04:21:23.35</b> | +02:05:43 (48.1%) | 10:03        | 6 (52.2%)   |
| 308 | <b>PELA Olga</b>             | <b>2458</b> | SKY-TRANS              | K30       | 24   | <b>04:21:23.55</b> | +02:05:43 (48.1%) | 10:03        | 6 (52.2%)   |
| 309 | <b>UJMA Paweł</b>            | <b>2122</b> | INTER AUTO JAROSŁAW    | M40       | 95   | <b>04:22:00.30</b> | +02:06:20 (48.2%) | 10:04        | 6 (52.2%)   |
| 310 | <b>KOSTRZEWSKA Natalia</b>   | <b>2173</b> |                        | K30       | 25   | <b>04:22:05.45</b> | +02:06:25 (48.2%) | 10:04        | 6 (52.2%)   |
| 311 | <b>TURSKI Damian</b>         | <b>2175</b> |                        | M30       | 113  | <b>04:22:12.25</b> | +02:06:32 (48.3%) | 10:05        | 5.9 (51.3%) |
| 312 | <b>TWARDOWSKI Tomasz</b>     | <b>2132</b> |                        | M40       | 96   | <b>04:22:13.20</b> | +02:06:33 (48.3%) | 10:05        | 5.9 (51.3%) |
| 313 | <b>WYSMOLIŃSKA Karolina</b>  | <b>2641</b> |                        | K40       | 17   | <b>04:22:21.75</b> | +02:06:42 (48.3%) | 10:05        | 5.9 (51.3%) |
| 314 | <b>JAKUBOWSKA Katarzyna</b>  | <b>2090</b> |                        | K20       | 9    | <b>04:22:28.50</b> | +02:06:48 (48.3%) | 10:05        | 5.9 (51.3%) |
| 315 | <b>HOŁUBIEC Paweł</b>        | <b>2193</b> |                        | M40       | 97   | <b>04:23:31.10</b> | +02:07:51 (48.5%) | 10:08        | 5.9 (51.3%) |
| 316 | <b>HENDZLIK Monika</b>       | <b>2462</b> |                        | K40       | 18   | <b>04:23:37.45</b> | +02:07:57 (48.5%) | 10:08        | 5.9 (51.3%) |
| 317 | <b>BUTRYN Wojciech</b>       | <b>2103</b> | #BBKTS                 | M40       | 98   | <b>04:23:41.20</b> | +02:08:01 (48.6%) | 10:08        | 5.9 (51.3%) |
| 318 | <b>KUC Anna</b>              | <b>2752</b> | BGK                    | K40       | 19   | <b>04:23:50.50</b> | +02:08:10 (48.6%) | 10:08        | 5.9 (51.3%) |
| 319 | <b>HAJDUK Tomek</b>          | <b>2313</b> | YULO RUN TEAM SIEDLCE  | M40       | 99   | <b>04:23:51.70</b> | +02:08:12 (48.6%) | 10:08        | 5.9 (51.3%) |
| 320 | <b>KŁYŻ Janusz</b>           | <b>2332</b> |                        | M30       | 114  | <b>04:23:55.05</b> | +02:08:15 (48.6%) | 10:09        | 5.9 (51.3%) |
| 321 | <b>DŁUGOSZ Kasia</b>         | <b>2127</b> | STAY INSANE            | K30       | 26   | <b>04:24:27.55</b> | +02:08:47 (48.7%) | 10:10        | 5.9 (51.3%) |
| 322 | <b>MATHIAK Rafał</b>         | <b>2490</b> | KLEMBÓW BIEGA          | M40       | 100  | <b>04:24:28.55</b> | +02:08:48 (48.7%) | 10:10        | 5.9 (51.3%) |
| 323 | <b>SZYSZKA Marek</b>         | <b>2846</b> | STS BIEGATON MIKOŁÓW   | M30       | 115  | <b>04:25:11.60</b> | +02:09:32 (48.8%) | 10:11        | 5.9 (51.3%) |
| 324 | <b>SZCZEPANIAK Karol</b>     | <b>2837</b> |                        | M40       | 101  | <b>04:25:26.05</b> | +02:09:46 (48.9%) | 10:12        | 5.9 (51.3%) |
| 325 | <b>GODZIMIRSKA Eliza</b>     | <b>2010</b> | REEBOK RUN CREW        | K30       | 27   | <b>04:25:37.45</b> | +02:09:57 (48.9%) | 10:13        | 5.9 (51.3%) |
| 326 | <b>RYŃ-SOBALA Renata</b>     | <b>2594</b> | RMF4RT GLADIATORS      | K40       | 20   | <b>04:26:18.60</b> | +02:10:39 (49.1%) | 10:14        | 5.9 (51.3%) |
| 327 | <b>PODOLAK Rafał</b>         | <b>2679</b> | RMF4RT GLADIATORS      | M20       | 32   | <b>04:26:21.30</b> | +02:10:41 (49.1%) | 10:14        | 5.9 (51.3%) |
| 328 | <b>KOWALCZYK Włodzimierz</b> | <b>2296</b> |                        | M60       | 5    | <b>04:26:27.40</b> | +02:10:47 (49.1%) | 10:14        | 5.9 (51.3%) |
| 329 | <b>STACHOWICZ Adam</b>       | <b>2030</b> |                        | M30       | 116  | <b>04:27:15.20</b> | +02:11:35 (49.2%) | 10:16        | 5.8 (50.4%) |
| 330 | <b>POTERA Krystyna</b>       | <b>2745</b> |                        | K30       | 28   | <b>04:27:38.35</b> | +02:11:58 (49.3%) | 10:17        | 5.8 (50.4%) |
| 331 | <b>KOTLARCZYK Katarzyna</b>  | <b>2165</b> |                        | K30       | 29   | <b>04:28:01.80</b> | +02:12:22 (49.4%) | 10:18        | 5.8 (50.4%) |
| 332 | <b>WICHLIŃSKA Karolina</b>   | <b>2847</b> | NIEWYCHOWANI FIZYCZNIE | K20       | 10   | <b>04:28:03.65</b> | +02:12:24 (49.4%) | 10:18        | 5.8 (50.4%) |
| 333 | <b>KADŁUBOWSKI Piotr</b>     | <b>2883</b> | KOTWICA BRZEG          | M40       | 102  | <b>04:28:09.65</b> | +02:12:30 (49.4%) | 10:18        | 5.8 (50.4%) |
| 334 | <b>MIKOŁAJCZYK Agnieszka</b> | <b>2707</b> |                        | K30       | 30   | <b>04:28:09.95</b> | +02:12:30 (49.4%) | 10:18        | 5.8 (50.4%) |
| 335 | <b>ANDRZEJEWSKI Maciej</b>   | <b>2842</b> |                        | M30       | 117  | <b>04:28:23.75</b> | +02:12:44 (49.5%) | 10:19        | 5.8 (50.4%) |
| 336 | <b>ANDRZEJEWSKA Monika</b>   | <b>2841</b> |                        | K30       | 31   | <b>04:28:24.20</b> | +02:12:44 (49.5%) | 10:19        | 5.8 (50.4%) |
| 337 | <b>OLSZEWSKI Jacek</b>       | <b>2741</b> | KACYK TIM              | M40       | 103  | <b>04:28:44.50</b> | +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 | <b>OSTROWSKA Dorota</b>          | <b>2081</b> | YULO RUN TEAM SIEDLCE               | K50       | 3    | <b>04:28:53.15</b> | +02:13:13 (49.5%) | 10:20        | 5.8 (50.4%) |
| 339 | <b>LIPOWSKA Dorota</b>           | <b>2342</b> |                                     | K30       | 32   | <b>04:29:01.15</b> | +02:13:21 (49.6%) | 10:20        | 5.8 (50.4%) |
| 340 | <b>KOSTRZEWSKI Mateusz</b>       | <b>2472</b> | MYSZKÓW BIEGA                       | M40       | 104  | <b>04:29:30.50</b> | +02:13:50 (49.7%) | 10:21        | 5.8 (50.4%) |
| 341 | <b>BAR Aleksandra</b>            | <b>2815</b> | GMINA STRZELCE OPOLSKIE             | K40       | 21   | <b>04:29:39.95</b> | +02:14:00 (49.7%) | 10:22        | 5.8 (50.4%) |
| 342 | <b>MARASEK Adam</b>              | <b>2512</b> | MIX SPORT TEAM                      | M40       | 105  | <b>04:30:30.85</b> | +02:14:51 (49.9%) | 10:24        | 5.8 (50.4%) |
| 343 | <b>BUSŁOWSKI Piotr</b>           | <b>2878</b> |                                     | M30       | 118  | <b>04:30:31.15</b> | +02:14:51 (49.9%) | 10:24        | 5.8 (50.4%) |
| 344 | <b>DRAB Monika</b>               | <b>2551</b> | HEAVYTEAM                           | K30       | 33   | <b>04:31:09.30</b> | +02:15:29 (50.0%) | 10:25        | 5.8 (50.4%) |
| 345 | <b>PROKOPCZUK Anna</b>           | <b>2550</b> | HEAVY TEAM                          | K30       | 34   | <b>04:31:12.80</b> | +02:15:33 (50.0%) | 10:25        | 5.8 (50.4%) |
| 346 | <b>ROMANOWSKA Monika</b>         | <b>2572</b> | HEAVY TEAM                          | K30       | 35   | <b>04:31:12.85</b> | +02:15:33 (50.0%) | 10:25        | 5.8 (50.4%) |
| 347 | <b>KLEJNOWSKA-KAMIŃSKA Ilona</b> | <b>2903</b> |                                     | K30       | 36   | <b>04:31:21.20</b> | +02:15:41 (50.0%) | 10:26        | 5.7 (49.6%) |
| 348 | <b>WAŃDOCH Piotr</b>             | <b>2387</b> | BBL                                 | M40       | 106  | <b>04:32:01.80</b> | +02:16:22 (50.1%) | 10:27        | 5.7 (49.6%) |
| 349 | <b>GRZYWACZ Krzysztof</b>        | <b>2653</b> |                                     | M40       | 107  | <b>04:32:06.05</b> | +02:16:26 (50.1%) | 10:27        | 5.7 (49.6%) |
| 350 | <b>ISKRA Arkadiusz</b>           | <b>2396</b> | PORT LOTNICZY ŁÓDZ                  | M40       | 108  | <b>04:32:37.25</b> | +02:16:57 (50.2%) | 10:29        | 5.7 (49.6%) |
| 351 | <b>SARAD Krzysiek</b>            | <b>2728</b> | SPARTAŃSKA DZICZ                    | M30       | 119  | <b>04:33:16.45</b> | +02:17:36 (50.4%) | 10:30        | 5.7 (49.6%) |
| 352 | <b>WÓJCIK Monika</b>             | <b>2397</b> |                                     | K40       | 22   | <b>04:33:18.75</b> | +02:17:39 (50.4%) | 10:30        | 5.7 (49.6%) |
| 353 | <b>CZARNIK Marek</b>             | <b>2729</b> | SPARTAŃSKA DZICZ                    | M30       | 120  | <b>04:33:28.05</b> | +02:17:48 (50.4%) | 10:31        | 5.7 (49.6%) |
| 354 | <b>GŁUSZAK Katarzyna</b>         | <b>2851</b> | #BASIASTEAM                         | K30       | 37   | <b>04:34:02.85</b> | +02:18:23 (50.5%) | 10:32        | 5.7 (49.6%) |
| 355 | <b>KUCZBORSKI Jarosław</b>       | <b>2036</b> | HARPAGAN SOSNOWIEC                  | M40       | 109  | <b>04:34:15.30</b> | +02:18:35 (50.5%) | 10:32        | 5.7 (49.6%) |
| 356 | <b>LUDWICZAK Mariusz</b>         | <b>2383</b> | #WKURW_TEAM                         | M40       | 110  | <b>04:34:21.50</b> | +02:18:41 (50.6%) | 10:33        | 5.7 (49.6%) |
| 357 | <b>WRÓBEL Bartłomiej</b>         | <b>2874</b> | CISNA                               | M40       | 111  | <b>04:34:23.45</b> | +02:18:43 (50.6%) | 10:33        | 5.7 (49.6%) |
| 358 | <b>WÓJCIK Radosław</b>           | <b>2466</b> |                                     | M30       | 121  | <b>04:34:31.10</b> | +02:18:51 (50.6%) | 10:33        | 5.7 (49.6%) |
| 359 | <b>KĄDZIOŁKA Jan</b>             | <b>2881</b> | K2                                  | M50       | 18   | <b>04:34:42.35</b> | +02:19:02 (50.6%) | 10:33        | 5.7 (49.6%) |
| 360 | <b>BOCEK Sławomir</b>            | <b>2756</b> | WATAHA                              | M40       | 112  | <b>04:34:44.35</b> | +02:19:04 (50.6%) | 10:34        | 5.7 (49.6%) |
| 361 | <b>BORCZ Marcin</b>              | <b>2755</b> |                                     | M30       | 122  | <b>04:34:45.80</b> | +02:19:06 (50.6%) | 10:34        | 5.7 (49.6%) |
| 362 | <b>PODOLAK Zbigniew</b>          | <b>2652</b> | PRZEMYSKIE TOWARZYSTWO SZWEJKOWSKIE | M50       | 19   | <b>04:34:47.65</b> | +02:19:08 (50.6%) | 10:34        | 5.7 (49.6%) |
| 363 | <b>LIBERKA Larysa</b>            | <b>2153</b> |                                     | K30       | 38   | <b>04:35:31.95</b> | +02:19:52 (50.8%) | 10:35        | 5.7 (49.6%) |
| 364 | <b>CHRZANOWSKA Olga</b>          | <b>2111</b> | PSYCHORUN                           | K30       | 39   | <b>04:35:32.85</b> | +02:19:53 (50.8%) | 10:35        | 5.7 (49.6%) |
| 365 | <b>WARZYCHA Dawid</b>            | <b>2669</b> | PKP INTERCITY                       | M20       | 33   | <b>04:35:36.30</b> | +02:19:56 (50.8%) | 10:36        | 5.7 (49.6%) |
| 366 | <b>WARZYCHA Krzysztof</b>        | <b>2668</b> | MAXEL                               | M50       | 20   | <b>04:35:36.40</b> | +02:19:56 (50.8%) | 10:36        | 5.7 (49.6%) |
| 367 | <b>KULIK Karol</b>               | <b>2433</b> | ZALEW TEAM&GOLOBORZ RUNOUT          | M40       | 113  | <b>04:35:39.55</b> | +02:19:59 (50.8%) | 10:36        | 5.7 (49.6%) |
| 368 | <b>KARCZ Joanna</b>              | <b>2511</b> | BBB (BĘDUSKA BRYGADA BIEGOWA)       | K30       | 40   | <b>04:35:55.15</b> | +02:20:15 (50.8%) | 10:36        | 5.7 (49.6%) |
| 369 | <b>SEREDOWSKA Ewa</b>            | <b>2508</b> |                                     | K40       | 23   | <b>04:36:08.70</b> | +02:20:29 (50.9%) | 10:37        | 5.6 (48.7%) |
| 370 | <b>KRZEMIEN Bartosz</b>          | <b>2355</b> |                                     | M40       | 114  | <b>04:36:09.00</b> | +02:20:29 (50.9%) | 10:37        | 5.6 (48.7%) |
| 371 | <b>JACHYMEK Robert</b>           | <b>2506</b> |                                     | M40       | 115  | <b>04:36:09.20</b> | +02:20:29 (50.9%) | 10:37        | 5.6 (48.7%) |
| 372 | <b>PIOTROWSKI Mariusz</b>        | <b>2366</b> |                                     | M40       | 116  | <b>04:36:10.60</b> | +02:20:31 (50.9%) | 10:37        | 5.6 (48.7%) |
| 373 | <b>KASZA Bartosz</b>             | <b>2146</b> |                                     | M30       | 123  | <b>04:36:27.40</b> | +02:20:47 (50.9%) | 10:37        | 5.6 (48.7%) |
| 374 | <b>MOŹDŻYŃSKI Tomasz</b>         | <b>2733</b> | AKTYWNE CHOSZCZNO                   | M40       | 117  | <b>04:36:33.80</b> | +02:20:54 (50.9%) | 10:38        | 5.6 (48.7%) |
| 375 | <b>BIEŃKOWSKI Jarosław</b>       | <b>2693</b> | BIEGAJ Z DYMKIEM                    | M40       | 118  | <b>04:36:53.00</b> | +02:21:13 (51.0%) | 10:38        | 5.6 (48.7%) |
| 376 | <b>SIEMIŃSKI Michał</b>          | <b>2018</b> | ROZBIEGANY SULEJÓWEK                | M30       | 124  | <b>04:37:35.75</b> | +02:21:56 (51.1%) | 10:40        | 5.6 (48.7%) |
| 377 | <b>KUTNIK Mirosław</b>           | <b>2771</b> | KB BIAŁA BIEGA                      | M40       | 119  | <b>04:37:42.05</b> | +02:22:02 (51.1%) | 10:40        | 5.6 (48.7%) |
| 378 | <b>ADAMCZYK Ilona</b>            | <b>2766</b> | KB BIAŁA BIEGA                      | K40       | 24   | <b>04:37:44.30</b> | +02:22:04 (51.2%) | 10:40        | 5.6 (48.7%) |
| 379 | <b>LERCH Agnieszka</b>           | <b>2656</b> |                                     | K40       | 25   | <b>04:37:45.20</b> | +02:22:05 (51.2%) | 10:40        | 5.6 (48.7%) |
| 380 | <b>PIWOWARSKI Dawid</b>          | <b>2699</b> |                                     | M30       | 125  | <b>04:37:56.80</b> | +02:22:17 (51.2%) | 10:41        | 5.6 (48.7%) |
| 381 | <b>MĘTLAK Małgorzata</b>         | <b>2712</b> |                                     | K20       | 11   | <b>04:38:43.40</b> | +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 | <b>LEDER Michał</b>             | <b>2497</b> |                            | M40       | 134  | <b>04:46:09.90</b> | +02:30:30 (52.6%) | 11:00        | 5.5 (47.8%) |
| 427 | <b>ZALEWSKI Andrzej</b>         | <b>2056</b> | TEAM NUTRILITE             | M60       | 6    | <b>04:46:23.70</b> | +02:30:44 (52.6%) | 11:00        | 5.4 (47.0%) |
| 428 | <b>WĘZICKI Gabriel</b>          | <b>2461</b> | ZWOLEŃ BIEGA               | M40       | 135  | <b>04:46:27.15</b> | +02:30:47 (52.6%) | 11:01        | 5.4 (47.0%) |
| 429 | <b>JUREK Zbigniew</b>           | <b>2514</b> | ZWOLEŃ BIEGA               | M60       | 7    | <b>04:46:27.90</b> | +02:30:48 (52.6%) | 11:01        | 5.4 (47.0%) |
| 429 | <b>KOZAKIEWICZ Aneta</b>        | <b>2530</b> | ZWOLEŃ BIEGA               | K40       | 36   | <b>04:46:27.90</b> | +02:30:48 (52.6%) | 11:01        | 5.4 (47.0%) |
| 431 | <b>PEĆKA Beata</b>              | <b>2445</b> |                            | K40       | 37   | <b>04:46:39.75</b> | +02:31:00 (52.7%) | 11:01        | 5.4 (47.0%) |
| 432 | <b>GRZESZCZAK Małgorzata</b>    | <b>2592</b> | BIEGAMYRAZEM.PL            | K40       | 38   | <b>04:47:02.50</b> | +02:31:22 (52.7%) | 11:02        | 5.4 (47.0%) |
| 433 | <b>SUMIEC Krystyna</b>          | <b>2527</b> | ZABIEGANI MIELEC           | K50       | 4    | <b>04:47:25.60</b> | +02:31:46 (52.8%) | 11:03        | 5.4 (47.0%) |
| 434 | <b>SZUBEL Katarzyna</b>         | <b>2262</b> |                            | K30       | 47   | <b>04:47:59.10</b> | +02:32:19 (52.9%) | 11:04        | 5.4 (47.0%) |
| 435 | <b>HABA Konrad</b>              | <b>2259</b> |                            | M30       | 131  | <b>04:47:59.25</b> | +02:32:19 (52.9%) | 11:04        | 5.4 (47.0%) |
| 436 | <b>JABŁONKA Radosław</b>        | <b>2388</b> | DZIADY OCR                 | M40       | 136  | <b>04:48:09.55</b> | +02:32:29 (52.9%) | 11:05        | 5.4 (47.0%) |
| 437 | <b>BARANOWSKI Łukasz</b>        | <b>2390</b> |                            | M30       | 132  | <b>04:48:09.60</b> | +02:32:30 (52.9%) | 11:04        | 5.4 (47.0%) |
| 438 | <b>JURAŚ-KMIEĆ Marzena</b>      | <b>2299</b> | BIEGAM SOBIE               | K40       | 39   | <b>04:48:32.85</b> | +02:32:53 (53.0%) | 11:05        | 5.4 (47.0%) |
| 439 | <b>JANASZ Andrzej</b>           | <b>2049</b> |                            | M40       | 137  | <b>04:48:37.75</b> | +02:32:58 (53.0%) | 11:06        | 5.4 (47.0%) |
| 440 | <b>SIEDLECKA Wiktoria</b>       | <b>2495</b> | VIKIN TRAINING CENTER      | K20       | 14   | <b>04:48:42.40</b> | +02:33:02 (53.0%) | 11:06        | 5.4 (47.0%) |
| 441 | <b>BULANDA Martyna</b>          | <b>2379</b> | VIKING TRAINING CENTER     | K30       | 48   | <b>04:48:43.80</b> | +02:33:04 (53.0%) | 11:06        | 5.4 (47.0%) |
| 442 | <b>GESS Magdalena</b>           | <b>2385</b> |                            | K40       | 40   | <b>04:49:19.25</b> | +02:33:39 (53.1%) | 11:07        | 5.4 (47.0%) |
| 443 | <b>KRUPIŃSKA Paulina</b>        | <b>2384</b> | ROZBIEGANY GOLENIÓW        | K30       | 49   | <b>04:49:20.55</b> | +02:33:40 (53.1%) | 11:07        | 5.4 (47.0%) |
| 444 | <b>PISZCZ Marek</b>             | <b>2181</b> | OPEL ACTIVE TEAM           | M40       | 138  | <b>04:49:43.00</b> | +02:34:03 (53.2%) | 11:08        | 5.4 (47.0%) |
| 445 | <b>CZECHOWICZ Magdalena</b>     | <b>2192</b> |                            | K30       | 50   | <b>04:50:00.55</b> | +02:34:20 (53.2%) | 11:09        | 5.4 (47.0%) |
| 446 | <b>SITAREK Iwona</b>            | <b>2051</b> |                            | K50       | 5    | <b>04:50:12.60</b> | +02:34:33 (53.3%) | 11:09        | 5.4 (47.0%) |
| 447 | <b>SIEROCIŃSKI Robert</b>       | <b>2133</b> | CROSSFIT SIEDLCE           | M40       | 139  | <b>04:50:13.25</b> | +02:34:33 (53.3%) | 11:09        | 5.4 (47.0%) |
| 448 | <b>SIEROCIŃSKA Monika</b>       | <b>2139</b> | CROSSFIT SIEDLCE           | K40       | 41   | <b>04:50:15.10</b> | +02:34:35 (53.3%) | 11:09        | 5.4 (47.0%) |
| 449 | <b>BAJOŁEK Aleksandra</b>       | <b>2391</b> | AZS AWF MASTERS            | K50       | 6    | <b>04:50:22.65</b> | +02:34:43 (53.3%) | 11:10        | 5.4 (47.0%) |
| 450 | <b>LEONARSKA Małgorzata</b>     | <b>2790</b> |                            | K30       | 51   | <b>04:50:31.95</b> | +02:34:52 (53.3%) | 11:10        | 5.4 (47.0%) |
| 451 | <b>GEWALD Danuta</b>            | <b>2142</b> | TRENER24H.COM.PL           | K30       | 52   | <b>04:50:34.70</b> | +02:34:55 (53.3%) | 11:10        | 5.4 (47.0%) |
| 452 | <b>SMUGA Łukasz</b>             | <b>2791</b> | SZEREGOWY BIEGACZ          | M30       | 133  | <b>04:50:36.40</b> | +02:34:56 (53.3%) | 11:10        | 5.4 (47.0%) |
| 453 | <b>KULAK Paweł</b>              | <b>2776</b> |                            | M40       | 140  | <b>04:50:38.05</b> | +02:34:58 (53.3%) | 11:10        | 5.4 (47.0%) |
| 454 | <b>HASZTO Zuzanna</b>           | <b>2168</b> |                            | K30       | 53   | <b>04:50:39.55</b> | +02:34:59 (53.3%) | 11:10        | 5.4 (47.0%) |
| 455 | <b>SZYMAŃSKI Piotr</b>          | <b>2683</b> |                            | M40       | 141  | <b>04:50:47.50</b> | +02:35:07 (53.3%) | 11:11        | 5.4 (47.0%) |
| 456 | <b>KIJEWSKA-RAJ Karolina</b>    | <b>2587</b> |                            | K40       | 42   | <b>04:50:49.45</b> | +02:35:09 (53.4%) | 11:11        | 5.4 (47.0%) |
| 457 | <b>WYSMOLIŃSKA Barbara</b>      | <b>2566</b> |                            | K40       | 43   | <b>04:51:02.40</b> | +02:35:22 (53.4%) | 11:11        | 5.4 (47.0%) |
| 458 | <b>KAMIŃSKA Maria</b>           | <b>2375</b> | BEZ FAULU                  | K30       | 54   | <b>04:51:07.00</b> | +02:35:27 (53.4%) | 11:11        | 5.4 (47.0%) |
| 459 | <b>DĄBROWSKI Marcin</b>         | <b>2373</b> | BEZ FAULU                  | M30       | 134  | <b>04:51:07.10</b> | +02:35:27 (53.4%) | 11:11        | 5.4 (47.0%) |
| 460 | <b>GÓRSKI Krzysztof</b>         | <b>2537</b> |                            | M40       | 142  | <b>04:51:13.60</b> | +02:35:34 (53.4%) | 11:12        | 5.4 (47.0%) |
| 461 | <b>PIĘTKA Piotr</b>             | <b>2102</b> |                            | M40       | 143  | <b>04:51:13.65</b> | +02:35:34 (53.4%) | 11:12        | 5.4 (47.0%) |
| 462 | <b>MACIEJAK Robert</b>          | <b>2226</b> |                            | M40       | 144  | <b>04:52:03.10</b> | +02:36:23 (53.5%) | 11:14        | 5.3 (46.1%) |
| 463 | <b>GUSTAW Agnieszka</b>         | <b>2293</b> | PZU SPORT TEAM             | K30       | 55   | <b>04:52:05.00</b> | +02:36:25 (53.6%) | 11:14        | 5.3 (46.1%) |
| 464 | <b>KARBOWSKA Beata</b>          | <b>2609</b> |                            | K40       | 44   | <b>04:52:15.60</b> | +02:36:36 (53.6%) | 11:14        | 5.3 (46.1%) |
| 465 | <b>ŁADA Michał</b>              | <b>2902</b> |                            | M20       | 37   | <b>04:52:15.65</b> | +02:36:36 (53.6%) | 11:14        | 5.3 (46.1%) |
| 466 | <b>KLEPACKA-GANCARZ Barbara</b> | <b>2885</b> |                            | K40       | 45   | <b>04:52:16.15</b> | +02:36:36 (53.6%) | 11:14        | 5.3 (46.1%) |
| 467 | <b>ZDANOWSKA Ewelina</b>        | <b>2288</b> | CROSFIT SIEDLCE            | K30       | 56   | <b>04:52:29.60</b> | +02:36:50 (53.6%) | 11:14        | 5.3 (46.1%) |
| 468 | <b>KONCA Beata</b>              | <b>2029</b> | KB OŻARÓW MAZOWIECKI BIEGA | K40       | 46   | <b>04:52:30.80</b> | +02:36:51 (53.6%) | 11:15        | 5.3 (46.1%) |
| 469 | <b>DEC Kamil</b>                | <b>2901</b> |                            | M20       | 38   | <b>04:52:33.05</b> | +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 | <b>WIELGUS Kacper</b>             | <b>2898</b> |                                 | M20       | 39   | <b>04:52:34.10</b> | +02:36:54 (53.6%) | 11:15        | 5.3 (46.1%) |
| 471 | <b>SOROCZYŃSKI Sylwester</b>      | <b>2159</b> | CROSSFIT SIEDLCE                | M40       | 145  | <b>04:52:37.35</b> | +02:36:57 (53.6%) | 11:15        | 5.3 (46.1%) |
| 472 | <b>KONCA Mariusz</b>              | <b>2074</b> | KB OŻARÓW MAZOWIECKI BIEGA      | M40       | 146  | <b>04:52:53.75</b> | +02:37:14 (53.7%) | 11:15        | 5.3 (46.1%) |
| 473 | <b>LECH Daniela</b>               | <b>2895</b> |                                 | K20       | 15   | <b>04:53:05.10</b> | +02:37:25 (53.7%) | 11:16        | 5.3 (46.1%) |
| 474 | <b>BIELUŃ Adrian</b>              | <b>2156</b> | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | M20       | 40   | <b>04:53:18.15</b> | +02:37:38 (53.7%) | 11:16        | 5.3 (46.1%) |
| 475 | <b>PRUSZKOWSKA Katarzyna</b>      | <b>2240</b> | CROSSFITTER BOX CHEŁM           | K40       | 47   | <b>04:53:21.10</b> | +02:37:41 (53.8%) | 11:16        | 5.3 (46.1%) |
| 476 | <b>KUKLA Mańka</b>                | <b>2356</b> | CROSSFIT SIEDLCE                | K30       | 57   | <b>04:53:37.10</b> | +02:37:57 (53.8%) | 11:17        | 5.3 (46.1%) |
| 477 | <b>SOKULSKI Marcin</b>            | <b>2315</b> | KASZANKI                        | M30       | 135  | <b>04:53:38.80</b> | +02:37:59 (53.8%) | 11:17        | 5.3 (46.1%) |
| 478 | <b>RĘKOSIEWICZ-TOKARZ Monika</b>  | <b>2691</b> | TKKF SOKÓŁ                      | K40       | 48   | <b>04:53:45.00</b> | +02:38:05 (53.8%) | 11:17        | 5.3 (46.1%) |
| 479 | <b>KWIECIEŃ Robert</b>            | <b>2184</b> |                                 | M40       | 147  | <b>04:53:46.15</b> | +02:38:06 (53.8%) | 11:17        | 5.3 (46.1%) |
| 480 | <b>SZCZEPKOWSKI Paweł</b>         | <b>2661</b> | ARTEQUIPMENT                    | M60       | 8    | <b>04:54:04.80</b> | +02:38:25 (53.9%) | 11:18        | 5.3 (46.1%) |
| 481 | <b>OSMOLAK Agnieszka</b>          | <b>2026</b> | PRO RUN WROCŁAW                 | K30       | 58   | <b>04:54:23.85</b> | +02:38:44 (53.9%) | 11:19        | 5.3 (46.1%) |
| 482 | <b>KEMPCZYŃSKI Piotr</b>          | <b>2042</b> | RUNEDA/SKLEP BIEGACZA GDAŃSK    | M40       | 148  | <b>04:54:32.90</b> | +02:38:53 (53.9%) | 11:19        | 5.3 (46.1%) |
| 483 | <b>BALON Marcin</b>               | <b>2772</b> | B&B RUNNERS                     | M40       | 149  | <b>04:54:54.30</b> | +02:39:14 (54.0%) | 11:20        | 5.3 (46.1%) |
| 484 | <b>RUDZIŃSKI Bogdan</b>           | <b>2053</b> | BIAŁYSTOK BIEGA TEAM            | M40       | 150  | <b>04:55:03.60</b> | +02:39:24 (54.0%) | 11:20        | 5.3 (46.1%) |
| 485 | <b>WOJDALSKI Piotr</b>            | <b>2682</b> |                                 | M20       | 41   | <b>04:55:14.10</b> | +02:39:34 (54.1%) | 11:21        | 5.3 (46.1%) |
| 486 | <b>LENART Rafał</b>               | <b>2736</b> | SRTG WARSZAWA                   | M30       | 136  | <b>04:55:19.20</b> | +02:39:39 (54.1%) | 11:21        | 5.3 (46.1%) |
| 487 | <b>LENART Wioleta</b>             | <b>2560</b> |                                 | K30       | 59   | <b>04:55:19.45</b> | +02:39:39 (54.1%) | 11:21        | 5.3 (46.1%) |
| 488 | <b>MARCINEK Krzysztof</b>         | <b>2292</b> | PZU SPORT TEAM                  | M40       | 151  | <b>04:55:20.30</b> | +02:39:40 (54.1%) | 11:21        | 5.3 (46.1%) |
| 489 | <b>OKARMA Wojtek</b>              | <b>2853</b> | BESKID.TV                       | M30       | 137  | <b>04:55:35.95</b> | +02:39:56 (54.1%) | 11:22        | 5.3 (46.1%) |
| 490 | <b>SAŁAMACHA Stanisław</b>        | <b>2534</b> | BIAŁA BIEGA                     | M60       | 9    | <b>04:55:40.40</b> | +02:40:00 (54.1%) | 11:22        | 5.3 (46.1%) |
| 491 | <b>SAŁAMACHA Izabela</b>          | <b>2414</b> | ŻÓRAWSKI TEAM                   | K30       | 60   | <b>04:55:40.70</b> | +02:40:01 (54.1%) | 11:22        | 5.3 (46.1%) |
| 492 | <b>WOŁYNIEC Paweł</b>             | <b>2093</b> | BIEGACZE SPECJALNEJ TROSKI      | M40       | 152  | <b>04:56:20.00</b> | +02:40:40 (54.2%) | 11:23        | 5.3 (46.1%) |
| 493 | <b>KSIĄŻEK-WOŁYNIEC Magdalena</b> | <b>2006</b> | BIEGACZE SPECJALNEJ TROSKI      | K40       | 49   | <b>04:56:22.10</b> | +02:40:42 (54.2%) | 11:23        | 5.3 (46.1%) |
| 494 | <b>DALGIEWICZ Dariusz</b>         | <b>2972</b> |                                 | M60       | 10   | <b>04:56:25.40</b> | +02:40:45 (54.2%) | 11:24        | 5.3 (46.1%) |
| 495 | <b>WIERZBICKA Ewa</b>             | <b>2528</b> |                                 | K50       | 7    | <b>04:56:36.90</b> | +02:40:57 (54.3%) | 11:24        | 5.3 (46.1%) |
| 496 | <b>BOBER Grzegorz</b>             | <b>2705</b> |                                 | M30       | 138  | <b>04:56:48.65</b> | +02:41:09 (54.3%) | 11:24        | 5.3 (46.1%) |
| 497 | <b>CIEPAK Krystian</b>            | <b>2634</b> | GIT EKIPA                       | M20       | 42   | <b>04:56:56.45</b> | +02:41:16 (54.3%) | 11:25        | 5.3 (46.1%) |
| 498 | <b>TENDAJ Daniel</b>              | <b>2023</b> | STEPSTONE RUNNERS               | M50       | 24   | <b>04:57:00.15</b> | +02:41:20 (54.3%) | 11:25        | 5.3 (46.1%) |
| 499 | <b>PAWELEC Krystyna</b>           | <b>2180</b> | DOGOŃ GRODZISK MAZ              | K60       | 2    | <b>04:57:04.85</b> | +02:41:25 (54.3%) | 11:25        | 5.3 (46.1%) |
| 500 | <b>OLZACKI Piotr</b>              | <b>2129</b> | STEPSTONE RUNNERS               | M30       | 139  | <b>04:57:05.15</b> | +02:41:25 (54.3%) | 11:25        | 5.3 (46.1%) |
| 501 | <b>DYŚ Wojciech</b>               | <b>2848</b> |                                 | M30       | 140  | <b>04:57:05.55</b> | +02:41:25 (54.3%) | 11:25        | 5.3 (46.1%) |
| 502 | <b>PASZEK Krystyna</b>            | <b>2171</b> | DOGOŃ GRODZISK MAZOWIECKI       | K50       | 8    | <b>04:57:06.95</b> | +02:41:27 (54.3%) | 11:25        | 5.3 (46.1%) |
| 503 | <b>SZNAJDER Joanna</b>            | <b>2064</b> |                                 | K30       | 61   | <b>04:57:31.05</b> | +02:41:51 (54.4%) | 11:26        | 5.2 (45.2%) |
| 504 | <b>KONIECZNY Izabella</b>         | <b>2565</b> |                                 | K40       | 50   | <b>04:57:33.90</b> | +02:41:54 (54.4%) | 11:26        | 5.2 (45.2%) |
| 505 | <b>TUSIŃSKI Seweryn</b>           | <b>2382</b> |                                 | M40       | 153  | <b>04:58:15.80</b> | +02:42:36 (54.5%) | 11:28        | 5.2 (45.2%) |
| 506 | <b>FURMAŃCZUK Mateusz</b>         | <b>2606</b> | RMF4RT GLADIATORS               | M30       | 141  | <b>04:58:19.10</b> | +02:42:39 (54.5%) | 11:28        | 5.2 (45.2%) |
| 507 | <b>RUSIN Aleksander</b>           | <b>2304</b> |                                 | M30       | 142  | <b>04:58:26.55</b> | +02:42:46 (54.5%) | 11:28        | 5.2 (45.2%) |
| 508 | <b>TOMASZEWSKI Piotr</b>          | <b>2428</b> | STEPSTONE                       | M30       | 143  | <b>04:58:29.40</b> | +02:42:49 (54.6%) | 11:28        | 5.2 (45.2%) |
| 509 | <b>CIECHAROWSKA Justyna</b>       | <b>2723</b> | NIKO_TEAM                       | K30       | 62   | <b>04:58:32.50</b> | +02:42:52 (54.6%) | 11:28        | 5.2 (45.2%) |
| 510 | <b>RADYK Joanna</b>               | <b>2584</b> | PRZEMYSKI KLUB BIEGACZA         | K30       | 63   | <b>04:58:49.60</b> | +02:43:10 (54.6%) | 11:29        | 5.2 (45.2%) |
| 511 | <b>RADYK Jakub</b>                | <b>2724</b> | PRZEMYSKI KLUB BIEGACZA         | M30       | 144  | <b>04:58:50.60</b> | +02:43:11 (54.6%) | 11:29        | 5.2 (45.2%) |
| 512 | <b>WÓJKOWSKI Kamil</b>            | <b>2811</b> | RAZEM TRENUJEMY SPORT           | M40       | 154  | <b>04:59:04.30</b> | +02:43:24 (54.6%) | 11:30        | 5.2 (45.2%) |
| 513 | <b>ŻMIJSKI Dariusz</b>            | <b>2666</b> |                                 | M50       | 25   | <b>04:59:14.45</b> | +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 | <b>GRZEŚKOWIAK Marek</b>              | <b>2513</b> |                                 | M40       | 155  | <b>04:59:50.40</b> | +02:44:10 (54.8%) | 11:31        | 5.2 (45.2%) |
| 515 | <b>GRZEŚKOWIAK Agnieszka</b>          | <b>2516</b> |                                 | K40       | 51   | <b>04:59:52.60</b> | +02:44:13 (54.8%) | 11:32        | 5.2 (45.2%) |
| 516 | <b>KAWECKI Dariusz</b>                | <b>2063</b> | ETISOFT RUNNING TEAM            | M40       | 156  | <b>04:59:58.00</b> | +02:44:18 (54.8%) | 11:32        | 5.2 (45.2%) |
| 517 | <b>SZYMOWSKA Sylwia</b>               | <b>2695</b> | DZIKIE BORSUKI                  | K30       | 64   | <b>05:00:23.55</b> | +02:44:43 (54.8%) | 11:33        | 5.2 (45.2%) |
| 518 | <b>GAWŁOWICZ Robert</b>               | <b>2694</b> | DZIKIE BORSUKI                  | M50       | 26   | <b>05:00:24.15</b> | +02:44:44 (54.8%) | 11:33        | 5.2 (45.2%) |
| 519 | <b>ROMANOWICZ Katarzyna</b>           | <b>2698</b> |                                 | K40       | 52   | <b>05:01:01.00</b> | +02:45:21 (54.9%) | 11:34        | 5.2 (45.2%) |
| 520 | <b>SCHLAPPA Sebastian</b>             | <b>2873</b> | IZBICKO W BIEGU                 | M40       | 157  | <b>05:01:33.05</b> | +02:45:53 (55.0%) | 11:35        | 5.2 (45.2%) |
| 521 | <b>STALMACH Jacek</b>                 | <b>2640</b> | ELEKTRONY                       | M30       | 145  | <b>05:02:11.70</b> | +02:46:32 (55.1%) | 11:37        | 5.2 (45.2%) |
| 522 | <b>FRYC Rafal</b>                     | <b>2644</b> | #GRAZKA_PARSON                  | M30       | 146  | <b>05:02:29.95</b> | +02:46:50 (55.2%) | 11:38        | 5.2 (45.2%) |
| 523 | <b>MYTYCH Mateusz</b>                 | <b>2648</b> |                                 | M30       | 147  | <b>05:02:30.00</b> | +02:46:50 (55.2%) | 11:38        | 5.2 (45.2%) |
| 524 | <b>TOKARSKI Rafał</b>                 | <b>2032</b> |                                 | M40       | 158  | <b>05:02:36.80</b> | +02:46:57 (55.2%) | 11:38        | 5.2 (45.2%) |
| 525 | <b>TOKARSKA Bożena</b>                | <b>2003</b> | #ADAMCZERWIŃSKITEAM             | K40       | 53   | <b>05:02:39.60</b> | +02:47:00 (55.2%) | 11:38        | 5.2 (45.2%) |
| 526 | <b>KRZYSZTOFOWICZ Karolina</b>        | <b>2975</b> |                                 | K40       | 54   | <b>05:02:42.75</b> | +02:47:03 (55.2%) | 11:38        | 5.2 (45.2%) |
| 527 | <b>KRZYSZTOFOWICZ Andrzej</b>         | <b>2974</b> |                                 | M40       | 159  | <b>05:02:46.95</b> | +02:47:07 (55.2%) | 11:38        | 5.2 (45.2%) |
| 528 | <b>PIETRUSZEWSKA Ewa</b>              | <b>2284</b> | RYSIOTEAM                       | K30       | 65   | <b>05:02:53.00</b> | +02:47:13 (55.2%) | 11:38        | 5.2 (45.2%) |
| 529 | <b>MYNC Angelika</b>                  | <b>2286</b> | RYIOTEAM                        | K20       | 16   | <b>05:02:53.10</b> | +02:47:13 (55.2%) | 11:38        | 5.2 (45.2%) |
| 530 | <b>ZGÓRSKI Maciej</b>                 | <b>2177</b> | WKURW TEAM BYDGOSZCZ            | M40       | 160  | <b>05:03:12.05</b> | +02:47:32 (55.3%) | 11:39        | 5.1 (44.3%) |
| 531 | <b>WILIŃSKA-ZYWERT Agnieszka</b>      | <b>2714</b> |                                 | K40       | 55   | <b>05:03:15.05</b> | +02:47:35 (55.3%) | 11:39        | 5.1 (44.3%) |
| 532 | <b>GNOT Krzysztof</b>                 | <b>2718</b> |                                 | M40       | 161  | <b>05:03:15.45</b> | +02:47:35 (55.3%) | 11:39        | 5.1 (44.3%) |
| 533 | <b>MURASZEW - DĄBROWSKA Katarzyna</b> | <b>2070</b> | DZIKIE SKRZYDŁO                 | K40       | 56   | <b>05:03:19.95</b> | +02:47:40 (55.3%) | 11:40        | 5.1 (44.3%) |
| 534 | <b>KACZMAREK-BYZDRA Aleksandra</b>    | <b>2247</b> | KACZMAREK TEAM                  | K40       | 57   | <b>05:03:31.25</b> | +02:47:51 (55.3%) | 11:40        | 5.1 (44.3%) |
| 535 | <b>BEDNAREK Michał</b>                | <b>2248</b> | KACZMAREK TEAM                  | M40       | 162  | <b>05:03:31.60</b> | +02:47:52 (55.3%) | 11:40        | 5.1 (44.3%) |
| 536 | <b>TYPIŃSKI Paweł</b>                 | <b>2025</b> | HIGHWAY                         | M20       | 43   | <b>05:03:59.05</b> | +02:48:19 (55.4%) | 11:41        | 5.1 (44.3%) |
| 537 | <b>EWERTOWSKI Piotr</b>               | <b>2219</b> | MARKOWI BIEGACZE                | M50       | 27   | <b>05:04:04.20</b> | +02:48:24 (55.4%) | 11:41        | 5.1 (44.3%) |
| 538 | <b>KASIŃSKI Radosław</b>              | <b>2548</b> | HERNIK TEAM                     | M40       | 163  | <b>05:04:58.65</b> | +02:49:19 (55.5%) | 11:43        | 5.1 (44.3%) |
| 539 | <b>STYKOWSKA Wioletta</b>             | <b>2398</b> |                                 | K40       | 58   | <b>05:05:11.30</b> | +02:49:31 (55.5%) | 11:44        | 5.1 (44.3%) |
| 540 | <b>CZECH Dorota</b>                   | <b>2004</b> | PRO-RUN WROCŁAW                 | K40       | 59   | <b>05:05:20.15</b> | +02:49:40 (55.6%) | 11:44        | 5.1 (44.3%) |
| 541 | <b>SZWIEC Sandra</b>                  | <b>2339</b> | ZABIEGANI NAUCZYCIELE           | K30       | 66   | <b>05:06:12.80</b> | +02:50:33 (55.7%) | 11:46        | 5.1 (44.3%) |
| 542 | <b>SZWIEC Łukasz</b>                  | <b>2340</b> | ZABIEGANI NAUCZYCIELE           | M30       | 148  | <b>05:06:15.30</b> | +02:50:35 (55.7%) | 11:46        | 5.1 (44.3%) |
| 543 | <b>GIERLOTKA Rafał</b>                | <b>2838</b> |                                 | M40       | 164  | <b>05:06:22.90</b> | +02:50:43 (55.7%) | 11:47        | 5.1 (44.3%) |
| 544 | <b>IWAŃSKI Grzegorz</b>               | <b>2860</b> | RUN N FUN                       | M40       | 165  | <b>05:07:17.20</b> | +02:51:37 (55.9%) | 11:49        | 5.1 (44.3%) |
| 545 | <b>MISZCZAK Kamil</b>                 | <b>2556</b> | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | M30       | 149  | <b>05:07:19.80</b> | +02:51:40 (55.9%) | 11:49        | 5.1 (44.3%) |
| 546 | <b>IWAŃSKA Diana</b>                  | <b>2861</b> | RUN N FUN                       | K40       | 60   | <b>05:07:21.05</b> | +02:51:41 (55.9%) | 11:49        | 5.1 (44.3%) |
| 547 | <b>ŚCISŁY Darek</b>                   | <b>2618</b> |                                 | M40       | 166  | <b>05:07:22.05</b> | +02:51:42 (55.9%) | 11:49        | 5.1 (44.3%) |
| 548 | <b>GASIEWICZ Anna</b>                 | <b>2730</b> | KRÓL GÓR                        | K50       | 9    | <b>05:07:23.55</b> | +02:51:43 (55.9%) | 11:49        | 5.1 (44.3%) |
| 549 | <b>GASIEWICZ Roman</b>                | <b>2731</b> | KRÓL GÓR                        | M50       | 28   | <b>05:07:26.40</b> | +02:51:46 (55.9%) | 11:49        | 5.1 (44.3%) |
| 550 | <b>KORZENIOWSKA Katarzyna</b>         | <b>2475</b> | CHYBA NIE DAM RADY              | K40       | 61   | <b>05:07:27.65</b> | +02:51:48 (55.9%) | 11:49        | 5.1 (44.3%) |
| 551 | <b>HAJDUK Barbara</b>                 | <b>2589</b> | W POGONI ZA DUCHEM              | K30       | 67   | <b>05:07:28.55</b> | +02:51:48 (55.9%) | 11:49        | 5.1 (44.3%) |
| 552 | <b>PAWLIK Tomasz</b>                  | <b>2800</b> | JB WARSAW                       | M30       | 150  | <b>05:08:43.75</b> | +02:53:04 (56.1%) | 11:52        | 5.1 (44.3%) |
| 553 | <b>MZYK Fabian</b>                    | <b>2820</b> | BBL MIKOŁÓW                     | M40       | 167  | <b>05:08:51.85</b> | +02:53:12 (56.1%) | 11:52        | 5.1 (44.3%) |
| 554 | <b>BERNAT Paweł</b>                   | <b>2491</b> |                                 | M40       | 168  | <b>05:08:58.30</b> | +02:53:18 (56.1%) | 11:53        | 5 (43.5%)   |
| 555 | <b>PRUSZCZAK Dominika</b>             | <b>2483</b> |                                 | K30       | 68   | <b>05:09:14.20</b> | +02:53:34 (56.1%) | 11:53        | 5 (43.5%)   |
| 556 | <b>KUBECKA Anna</b>                   | <b>2380</b> |                                 | K20       | 17   | <b>05:09:50.50</b> | +02:54:10 (56.2%) | 11:55        | 5 (43.5%)   |
| 557 | <b>CZAUADERNA Adrian</b>              | <b>2535</b> | OCHAJORUN & FRIENDS             | M40       | 169  | <b>05:10:11.50</b> | +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 | <b>CZAUDERNA Klaudia</b>                 | <b>2536</b> | OCHAJORUN @ FRIENDS              | K40       | 62   | <b>05:10:11.80</b> | +02:54:32 (56.3%) | 11:55        | 5 (43.5%)   |
| 559 | <b>NOWICKI Jarosław</b>                  | <b>2615</b> |                                  | M40       | 170  | <b>05:10:13.95</b> | +02:54:34 (56.3%) | 11:55        | 5 (43.5%)   |
| 560 | <b>BAK Bogdan</b>                        | <b>2655</b> |                                  | M40       | 171  | <b>05:10:14.90</b> | +02:54:35 (56.3%) | 11:55        | 5 (43.5%)   |
| 561 | <b>LECH Lesław</b>                       | <b>2896</b> |                                  | M40       | 172  | <b>05:10:27.50</b> | +02:54:47 (56.3%) | 11:56        | 5 (43.5%)   |
| 562 | <b>SOCIŃSKI Artur</b>                    | <b>2028</b> | ARP RUN TEAM                     | M40       | 173  | <b>05:11:11.05</b> | +02:55:31 (56.4%) | 11:58        | 5 (43.5%)   |
| 563 | <b>WINICKA Daria</b>                     | <b>2141</b> |                                  | K40       | 63   | <b>05:11:48.40</b> | +02:56:08 (56.5%) | 11:59        | 5 (43.5%)   |
| 564 | <b>KUSZ Janusz</b>                       | <b>2322</b> |                                  | M40       | 174  | <b>05:11:48.55</b> | +02:56:08 (56.5%) | 11:59        | 5 (43.5%)   |
| 565 | <b>KUSZ Gosia</b>                        | <b>2321</b> |                                  | K30       | 69   | <b>05:11:49.45</b> | +02:56:09 (56.5%) | 11:59        | 5 (43.5%)   |
| 566 | <b>LACHCIK Iwona</b>                     | <b>2119</b> | 7 BATALION KAWALERII POWIETRZNEJ | K30       | 70   | <b>05:12:22.65</b> | +02:56:43 (56.6%) | 12:00        | 5 (43.5%)   |
| 567 | <b>ZAWADZKA Agnieszka</b>                | <b>2068</b> | KLUB SPORTOWY PRESTIGE           | K30       | 71   | <b>05:12:22.85</b> | +02:56:43 (56.6%) | 12:00        | 5 (43.5%)   |
| 568 | <b>TREJDER Maria</b>                     | <b>2735</b> | BAJADERKI KOSZALIN               | K40       | 64   | <b>05:12:30.15</b> | +02:56:50 (56.6%) | 12:01        | 5 (43.5%)   |
| 569 | <b>GÓRA Tomasz</b>                       | <b>2476</b> |                                  | M40       | 175  | <b>05:12:45.85</b> | +02:57:06 (56.6%) | 12:01        | 5 (43.5%)   |
| 570 | <b>JANIKOWSKA Dorota</b>                 | <b>2617</b> |                                  | K20       | 18   | <b>05:12:58.50</b> | +02:57:18 (56.7%) | 12:02        | 5 (43.5%)   |
| 571 | <b>PRYCIŃSKA Wiesława</b>                | <b>2765</b> |                                  | K40       | 65   | <b>05:13:07.15</b> | +02:57:27 (56.7%) | 12:02        | 5 (43.5%)   |
| 572 | <b>PRYCIŃSKI Krzysztof</b>               | <b>2764</b> |                                  | M40       | 176  | <b>05:13:10.90</b> | +02:57:31 (56.7%) | 12:02        | 5 (43.5%)   |
| 573 | <b>WAJMAN Katarzyna</b>                  | <b>2850</b> | EKSTREMALNI OTK NA RELAKSIE      | K30       | 72   | <b>05:14:11.20</b> | +02:58:31 (56.8%) | 12:05        | 5 (43.5%)   |
| 574 | <b>ANTOSZEWSKI Filip</b>                 | <b>2801</b> | CROSSFIT TORUŃ                   | M20       | 44   | <b>05:14:45.45</b> | +02:59:05 (56.9%) | 12:06        | 5 (43.5%)   |
| 575 | <b>CISOWSKI Michal</b>                   | <b>2546</b> |                                  | M40       | 177  | <b>05:16:06.25</b> | +03:00:26 (57.1%) | 12:09        | 4.9 (42.6%) |
| 576 | <b>GRACZYK Magdalena</b>                 | <b>2289</b> |                                  | K40       | 66   | <b>05:16:45.10</b> | +03:01:05 (57.2%) | 12:10        | 4.9 (42.6%) |
| 577 | <b>PŁUCIENNICZAK Barbara</b>             | <b>2421</b> |                                  | K40       | 67   | <b>05:16:58.75</b> | +03:01:19 (57.2%) | 12:11        | 4.9 (42.6%) |
| 578 | <b>CZEMPIEL Mateusz</b>                  | <b>2600</b> | LECYMY DURŚ                      | M30       | 151  | <b>05:17:12.60</b> | +03:01:33 (57.2%) | 12:12        | 4.9 (42.6%) |
| 579 | <b>KWIATKOWSKA Kinga</b>                 | <b>2369</b> |                                  | K30       | 73   | <b>05:19:28.00</b> | +03:03:48 (57.5%) | 12:17        | 4.9 (42.6%) |
| 580 | <b>GROMEK Mirosław</b>                   | <b>2272</b> | TEAM BOMIKA                      | M60       | 11   | <b>05:19:33.80</b> | +03:03:54 (57.5%) | 12:17        | 4.9 (42.6%) |
| 581 | <b>GROMEK Bożena</b>                     | <b>2266</b> | TEAM BOMIKA                      | K50       | 10   | <b>05:19:34.85</b> | +03:03:55 (57.6%) | 12:17        | 4.9 (42.6%) |
| 582 | <b>RYŻYŃSKI Tomasz</b>                   | <b>2170</b> | CHEŁM BIEGA                      | M40       | 178  | <b>05:20:10.75</b> | +03:04:31 (57.6%) | 12:18        | 4.9 (42.6%) |
| 583 | <b>RYŻYŃSKA Agnieszka</b>                | <b>2174</b> | CHEŁM BIEGA                      | K40       | 68   | <b>05:20:11.60</b> | +03:04:32 (57.6%) | 12:18        | 4.9 (42.6%) |
| 584 | <b>PROKOPOWICZ Anna</b>                  | <b>2545</b> |                                  | K30       | 74   | <b>05:20:15.15</b> | +03:04:35 (57.6%) | 12:19        | 4.9 (42.6%) |
| 585 | <b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b> | <b>2137</b> | WKURW_TEAM                       | K40       | 69   | <b>05:20:54.65</b> | +03:05:15 (57.7%) | 12:20        | 4.9 (42.6%) |
| 586 | <b>DYKTYŃSKA Agnieszka</b>               | <b>2894</b> |                                  | K20       | 19   | <b>05:21:37.30</b> | +03:05:57 (57.8%) | 12:22        | 4.9 (42.6%) |
| 587 | <b>WYPENDA Paweł</b>                     | <b>2559</b> |                                  | M20       | 45   | <b>05:21:55.40</b> | +03:06:15 (57.9%) | 12:22        | 4.8 (41.7%) |
| 588 | <b>MICHAŁOWSKI Radosław</b>              | <b>2312</b> | NOA                              | M40       | 179  | <b>05:23:13.75</b> | +03:07:34 (58.0%) | 12:25        | 4.8 (41.7%) |
| 589 | <b>KOSIŃSKA Aleksandra</b>               | <b>2834</b> |                                  | K30       | 75   | <b>05:23:19.75</b> | +03:07:40 (58.0%) | 12:26        | 4.8 (41.7%) |
| 590 | <b>LASZUK Anna</b>                       | <b>2470</b> |                                  | K40       | 70   | <b>05:24:16.40</b> | +03:08:36 (58.2%) | 12:28        | 4.8 (41.7%) |
| 591 | <b>CZARNOCKA Joanna</b>                  | <b>2263</b> | ROZBIEGANY SULEJÓWEK             | K40       | 71   | <b>05:24:38.95</b> | +03:08:59 (58.2%) | 12:29        | 4.8 (41.7%) |
| 592 | <b>BUŁKA Piotr</b>                       | <b>2196</b> | ROZBIEGANY SULEJÓWEK             | M40       | 180  | <b>05:24:39.00</b> | +03:08:59 (58.2%) | 12:29        | 4.8 (41.7%) |
| 593 | <b>KOWALCZYK Magdalena</b>               | <b>2008</b> | ROZBIEGANY SULEJÓWEK             | K30       | 76   | <b>05:24:39.85</b> | +03:09:00 (58.2%) | 12:29        | 4.8 (41.7%) |
| 594 | <b>KOZAK Beata</b>                       | <b>2523</b> | WYBIEGAJ SIEBIE                  | K40       | 72   | <b>05:24:50.15</b> | +03:09:10 (58.2%) | 12:29        | 4.8 (41.7%) |
| 595 | <b>SKROŃSKA Monika</b>                   | <b>2525</b> | WYBIEGAJ SIEBIE                  | K40       | 73   | <b>05:24:51.05</b> | +03:09:11 (58.2%) | 12:29        | 4.8 (41.7%) |
| 596 | <b>SOCHA Robert</b>                      | <b>2775</b> |                                  | M40       | 181  | <b>05:25:02.70</b> | +03:09:23 (58.3%) | 12:30        | 4.8 (41.7%) |
| 597 | <b>WASIEWICZ Michał</b>                  | <b>2774</b> |                                  | M30       | 152  | <b>05:25:02.75</b> | +03:09:23 (58.3%) | 12:30        | 4.8 (41.7%) |
| 598 | <b>CEMBRZYŃSKI Wojciech</b>              | <b>2218</b> |                                  | M50       | 29   | <b>05:25:25.65</b> | +03:09:46 (58.3%) | 12:30        | 4.8 (41.7%) |
| 599 | <b>MILLER-GRONIECKA Ilona</b>            | <b>2725</b> |                                  | K30       | 77   | <b>05:26:15.65</b> | +03:10:36 (58.4%) | 12:32        | 4.8 (41.7%) |
| 600 | <b>BUTURLA Sławomir</b>                  | <b>2378</b> | VIKING TRAINING CENTER           | M30       | 153  | <b>05:26:24.85</b> | +03:10:45 (58.4%) | 12:33        | 4.8 (41.7%) |
| 601 | <b>MORAWSKA Anna</b>                     | <b>2310</b> |                                  | K60       | 3    | <b>05:27:17.55</b> | +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 | <b>PŁOCICA Anna</b>            | <b>2562</b> |                              | K40       | 74   | <b>05:28:08.80</b> | +03:12:29 (58.7%) | 12:37        | 4.8 (41.7%) |
| 603 | <b>PILECKA Joanna</b>          | <b>2069</b> |                              | K40       | 75   | <b>05:28:39.10</b> | +03:12:59 (58.7%) | 12:38        | 4.7 (40.9%) |
| 604 | <b>LEŚNIAKOWSKA Anna</b>       | <b>2769</b> | TUR                          | K40       | 76   | <b>05:28:44.50</b> | +03:13:04 (58.7%) | 12:38        | 4.7 (40.9%) |
| 605 | <b>LIPIŃSKA Kinga</b>          | <b>2870</b> | BEZ FORMY TEAM               | K30       | 78   | <b>05:28:44.90</b> | +03:13:05 (58.7%) | 12:38        | 4.7 (40.9%) |
| 606 | <b>STANLEY Stasiu</b>          | <b>2871</b> |                              | M40       | 182  | <b>05:28:45.20</b> | +03:13:05 (58.7%) | 12:38        | 4.7 (40.9%) |
| 607 | <b>WTULICH Diana</b>           | <b>2351</b> |                              | K50       | 11   | <b>05:29:13.75</b> | +03:13:34 (58.8%) | 12:39        | 4.7 (40.9%) |
| 608 | <b>KOBUS Dorota</b>            | <b>2362</b> | BIEGAM BO LUBIĘ OSTROŁĘKA    | K40       | 77   | <b>05:29:14.85</b> | +03:13:35 (58.8%) | 12:39        | 4.7 (40.9%) |
| 609 | <b>PRZYBYLSKI Witek</b>        | <b>2849</b> | OTK RZEŹNIK                  | M40       | 183  | <b>05:29:39.05</b> | +03:13:59 (58.8%) | 12:40        | 4.7 (40.9%) |
| 610 | <b>PABISEK Anna</b>            | <b>2430</b> |                              | K40       | 78   | <b>05:30:51.60</b> | +03:15:12 (59.0%) | 12:43        | 4.7 (40.9%) |
| 611 | <b>LASEK Edyta</b>             | <b>2464</b> |                              | K40       | 79   | <b>05:30:52.45</b> | +03:15:12 (59.0%) | 12:43        | 4.7 (40.9%) |
| 612 | <b>MARCHEL Iwona</b>           | <b>2533</b> |                              | K40       | 80   | <b>05:31:08.10</b> | +03:15:28 (59.0%) | 12:44        | 4.7 (40.9%) |
| 613 | <b>KANIEWSKI Tomasz</b>        | <b>2783</b> | KB OŻARÓW MAZOWIECKI BIEGA   | M30       | 154  | <b>05:32:33.55</b> | +03:16:53 (59.2%) | 12:47        | 4.7 (40.9%) |
| 614 | <b>SZYDŁOWSKI Łukasz</b>       | <b>2784</b> | KB OŻARÓW MAZOWIECKI BIEGA   | M30       | 155  | <b>05:32:35.05</b> | +03:16:55 (59.2%) | 12:47        | 4.7 (40.9%) |
| 615 | <b>ŻOŁNA Jakub</b>             | <b>2100</b> | FULFILL DREAMS TEAM PSZCZYNA | M20       | 46   | <b>05:33:13.30</b> | +03:17:33 (59.3%) | 12:49        | 4.7 (40.9%) |
| 616 | <b>ZISKA Maciej</b>            | <b>2411</b> | JESZCZE MOGĘ                 | M50       | 30   | <b>05:34:01.15</b> | +03:18:21 (59.4%) | 12:50        | 4.7 (40.9%) |
| 617 | <b>CHRZANOWSKI Paweł</b>       | <b>2117</b> |                              | M30       | 156  | <b>05:34:19.55</b> | +03:18:39 (59.4%) | 12:51        | 4.7 (40.9%) |
| 618 | <b>GRABAREK Justyna</b>        | <b>2052</b> |                              | K30       | 79   | <b>05:36:07.65</b> | +03:20:28 (59.6%) | 12:55        | 4.6 (40.0%) |
| 619 | <b>SIKORSKI Łukasz</b>         | <b>2092</b> |                              | M30       | 157  | <b>05:36:36.05</b> | +03:20:56 (59.7%) | 12:56        | 4.6 (40.0%) |
| 620 | <b>GIEŁBAGA Anna</b>           | <b>2763</b> |                              | K40       | 81   | <b>05:37:00.00</b> | +03:21:20 (59.7%) | 12:57        | 4.6 (40.0%) |
| 621 | <b>SZELAĞ Iwona</b>            | <b>2701</b> |                              | K30       | 80   | <b>05:37:04.45</b> | +03:21:24 (59.8%) | 12:57        | 4.6 (40.0%) |
| 622 | <b>SIPIERA Tomasz</b>          | <b>2700</b> |                              | M40       | 184  | <b>05:37:05.00</b> | +03:21:25 (59.8%) | 12:57        | 4.6 (40.0%) |
| 623 | <b>TROĆ Karol</b>              | <b>2444</b> | SLOW JOGGING SIEDLCE         | M40       | 185  | <b>05:37:19.75</b> | +03:21:40 (59.8%) | 12:58        | 4.6 (40.0%) |
| 624 | <b>OBARSKI Norbert</b>         | <b>2613</b> |                              | M50       | 31   | <b>05:37:29.40</b> | +03:21:49 (59.8%) | 12:58        | 4.6 (40.0%) |
| 625 | <b>DEJA Andrzej</b>            | <b>2597</b> |                              | M50       | 32   | <b>05:38:29.00</b> | +03:22:49 (59.9%) | 13:01        | 4.6 (40.0%) |
| 626 | <b>PAWŁOWSKA-LIS Maria</b>     | <b>2468</b> |                              | K40       | 82   | <b>05:38:40.95</b> | +03:23:01 (59.9%) | 13:01        | 4.6 (40.0%) |
| 627 | <b>STASIAK Waldemar</b>        | <b>2255</b> |                              | M50       | 33   | <b>05:38:52.20</b> | +03:23:12 (60.0%) | 13:02        | 4.6 (40.0%) |
| 628 | <b>SZOJDA Paulina</b>          | <b>2359</b> | VIKING TRAINING CENTER       | K30       | 81   | <b>05:41:13.65</b> | +03:25:34 (60.2%) | 13:07        | 4.6 (40.0%) |
| 629 | <b>LESZCZYŃSKA Małgorzata</b>  | <b>2205</b> |                              | K50       | 12   | <b>05:41:26.40</b> | +03:25:46 (60.3%) | 13:07        | 4.6 (40.0%) |
| 630 | <b>ZIELAK Darek</b>            | <b>2341</b> |                              | M40       | 186  | <b>05:42:09.45</b> | +03:26:29 (60.4%) | 13:09        | 4.6 (40.0%) |
| 631 | <b>ZIELAK Aldona</b>           | <b>2336</b> |                              | K40       | 83   | <b>05:42:10.40</b> | +03:26:30 (60.4%) | 13:09        | 4.6 (40.0%) |
| 632 | <b>PERKOWSKI Tomasz</b>        | <b>2680</b> |                              | M30       | 158  | <b>05:42:14.65</b> | +03:26:35 (60.4%) | 13:09        | 4.6 (40.0%) |
| 632 | <b>BIAŁOKOS Anna</b>           | <b>2267</b> | EUROCASH                     | K30       | 82   | <b>05:42:14.65</b> | +03:26:35 (60.4%) | 13:09        | 4.6 (40.0%) |
| 634 | <b>MIKRUT Artur</b>            | <b>2524</b> | WOODRUNERS                   | M40       | 187  | <b>05:42:22.30</b> | +03:26:42 (60.4%) | 13:10        | 4.6 (40.0%) |
| 635 | <b>KOZA Sebastian</b>          | <b>2667</b> | SSW TEAM KROSZNICE           | M20       | 47   | <b>05:42:48.55</b> | +03:27:08 (60.4%) | 13:11        | 4.6 (40.0%) |
| 636 | <b>SKACZYNSKI Marcin</b>       | <b>2547</b> | ENERGOKONTRAKT               | M40       | 188  | <b>05:43:26.95</b> | +03:27:47 (60.5%) | 13:12        | 4.5 (39.1%) |
| 637 | <b>MUSIAŁ Bożena</b>           | <b>2405</b> |                              | K40       | 84   | <b>05:46:08.65</b> | +03:30:29 (60.8%) | 13:18        | 4.5 (39.1%) |
| 638 | <b>LESISZ Katarzyna</b>        | <b>2409</b> |                              | K40       | 85   | <b>05:46:09.90</b> | +03:30:30 (60.8%) | 13:18        | 4.5 (39.1%) |
| 639 | <b>KNEBEL Patrycja</b>         | <b>2450</b> |                              | K30       | 83   | <b>05:46:10.15</b> | +03:30:30 (60.8%) | 13:18        | 4.5 (39.1%) |
| 640 | <b>WRZECIONKO Bartosz</b>      | <b>2845</b> | SKITTELSÓWKI                 | M20       | 48   | <b>05:46:46.85</b> | +03:31:07 (60.9%) | 13:20        | 4.5 (39.1%) |
| 641 | <b>BAUMANN-POPCZYK Anna</b>    | <b>2802</b> |                              | K40       | 86   | <b>05:47:15.25</b> | +03:31:35 (60.9%) | 13:21        | 4.5 (39.1%) |
| 642 | <b>FILAS Rafał</b>             | <b>2877</b> | 4MOVE                        | M40       | 189  | <b>05:47:25.00</b> | +03:31:45 (61.0%) | 13:21        | 4.5 (39.1%) |
| 643 | <b>BUDEK Weronika</b>          | <b>2875</b> | 4MOVE                        | K20       | 20   | <b>05:47:25.80</b> | +03:31:46 (61.0%) | 13:21        | 4.5 (39.1%) |
| 644 | <b>TATARSKI Michał</b>         | <b>2844</b> | SKITTELSÓWKI                 | M20       | 49   | <b>05:47:48.85</b> | +03:32:09 (61.0%) | 13:22        | 4.5 (39.1%) |
| 645 | <b>GARGAS-DZIEDZINA Joanna</b> | <b>2440</b> | CLICO TEAM                   | K40       | 87   | <b>05:48:44.80</b> | +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 | <b>CIESZYŃSKA</b> Jolanta                         | <b>2297</b> | KLUB BIEGOWY ORŁY Z KNUROWA            | K50       | 13   | <b>05:49:01.80</b> | +03:33:22 (61.1%) | 13:25        | 4.5 (39.1%) |
| 647 | <b>LASEK</b> Krzysztof                            | <b>2096</b> |  | M30       | 159  | <b>05:49:38.25</b> | +03:33:58 (61.2%) | 13:26        | 4.5 (39.1%) |
| 648 | <b>PARYS</b> Andrzej                              | <b>2716</b> |  | M60       | 12   | <b>05:50:08.95</b> | +03:34:29 (61.3%) | 13:28        | 4.5 (39.1%) |
| 649 | <b>JĘDRZEJCZYK</b> Justyna                        | <b>2474</b> | CHYBA NIE DAM RADY                     | K30       | 84   | <b>05:50:11.60</b> | +03:34:32 (61.3%) | 13:28        | 4.5 (39.1%) |
| 650 | <b>KOSSIŃSKI</b> Przemysław                       | <b>2835</b> |  | M50       | 34   | <b>05:51:20.55</b> | +03:35:40 (61.4%) | 13:30        | 4.4 (38.3%) |
| 651 | <b>WSZELAK</b> Ilona                              | <b>2298</b> | ŁUBUDUBU                               | K40       | 88   | <b>05:51:49.75</b> | +03:36:10 (61.4%) | 13:31        | 4.4 (38.3%) |
| 652 | <b>BIESZCZ</b> Robert                             | <b>2804</b> | KRAŚNIK BIEGA                          | M40       | 190  | <b>05:52:14.20</b> | +03:36:34 (61.5%) | 13:32        | 4.4 (38.3%) |
| 653 | <b>KRUZEL</b> Rafał                               | <b>2742</b> |  | M40       | 191  | <b>05:52:31.00</b> | +03:36:51 (61.5%) | 13:33        | 4.4 (38.3%) |
| 654 | <b>KRUZEL</b> Małgorzata                          | <b>2743</b> | BIEGOWE MISIE                          | K20       | 21   | <b>05:52:31.90</b> | +03:36:52 (61.5%) | 13:33        | 4.4 (38.3%) |
| 655 | <b>NIEMYJSKI</b> Maciej                           | <b>2744</b> | BIEGOWE MISIE                          | M20       | 50   | <b>05:52:39.80</b> | +03:37:00 (61.5%) | 13:33        | 4.4 (38.3%) |
| 656 | <b>BIEL</b> Agnieszka                             | <b>2788</b> |  | K40       | 89   | <b>05:53:41.20</b> | +03:38:01 (61.6%) | 13:36        | 4.4 (38.3%) |
| 657 | <b>OBARSKA</b> Małgorzata                         | <b>2612</b> |  | K50       | 14   | <b>05:53:49.80</b> | +03:38:10 (61.7%) | 13:36        | 4.4 (38.3%) |
| 658 | <b>ZŁOCH</b> Izabela                              | <b>2767</b> | YULO RUN TEAM                          | K40       | 90   | <b>05:55:28.20</b> | +03:39:48 (61.8%) | 13:40        | 4.4 (38.3%) |
| 659 | <b>MUSZYŃSKI</b> Andrzej                          | <b>2737</b> |  | M40       | 192  | <b>05:55:28.75</b> | +03:39:49 (61.8%) | 13:40        | 4.4 (38.3%) |
| 660 | <b>KOCZYK</b> Artur                               | <b>2040</b> |  | M30       | 160  | <b>05:55:46.45</b> | +03:40:06 (61.9%) | 13:41        | 4.4 (38.3%) |
| 661 | <b>MATYJEWICZ</b> Klaudia                         | <b>2033</b> |  | K20       | 22   | <b>05:55:46.95</b> | +03:40:07 (61.9%) | 13:41        | 4.4 (38.3%) |
| 662 | <b>PRZEWOSKA</b> Anna                             | <b>2163</b> |  | K40       | 91   | <b>05:56:03.90</b> | +03:40:24 (61.9%) | 13:41        | 4.4 (38.3%) |
| 663 | <b>ALBIGOWSKA POZYTYWNIE_ROZBIEGANA</b> Magdalena | <b>2762</b> |  | K30       | 85   | <b>05:56:26.25</b> | +03:40:46 (61.9%) | 13:42        | 4.4 (38.3%) |
| 664 | <b>BRATKO</b> Zbigniew                            | <b>2407</b> | 65+                                    | M60       | 13   | <b>05:56:29.50</b> | +03:40:49 (61.9%) | 13:42        | 4.4 (38.3%) |
| 665 | <b>BINEK</b> Michał                               | <b>2083</b> | WKURW_TEAM                             | M30       | 161  | <b>05:56:29.65</b> | +03:40:50 (61.9%) | 13:42        | 4.4 (38.3%) |
| 666 | <b>NIEDZIELA</b> Wiktor                           | <b>2345</b> | GAGATKI                                | M40       | 193  | <b>05:56:31.20</b> | +03:40:51 (61.9%) | 13:42        | 4.4 (38.3%) |
| 667 | <b>FABJANCZYK</b> Agnieszka                       | <b>2619</b> | GRUPA JURA PL                          | K40       | 92   | <b>05:57:52.85</b> | +03:42:13 (62.1%) | 13:45        | 4.4 (38.3%) |
| 668 | <b>SUCHORZEWSKI</b> Norbert                       | <b>2199</b> |  | M40       | 194  | <b>05:58:00.05</b> | +03:42:20 (62.1%) | 13:46        | 4.4 (38.3%) |
| 669 | <b>GRUCA-MACIĄŻEK</b> Magdalena                   | <b>2007</b> | GRUPA JURA PL                          | K40       | 93   | <b>05:58:10.25</b> | +03:42:30 (62.1%) | 13:46        | 4.4 (38.3%) |
| 670 | <b>BOGUCKI</b> Arkadiusz                          | <b>2128</b> | AKADEMIA HOLISTYCZNA                   | M40       | 195  | <b>05:58:13.65</b> | +03:42:34 (62.1%) | 13:46        | 4.4 (38.3%) |
| 671 | <b>SZCZEPAŃSKA</b> Emilia                         | <b>2082</b> | AKADEMIA HOLISTYCZNA                   | K30       | 86   | <b>05:58:13.75</b> | +03:42:34 (62.1%) | 13:46        | 4.4 (38.3%) |
| 672 | <b>WIERCHOŁA</b> Joanna                           | <b>2833</b> |  | K60       | 4    | <b>05:58:38.45</b> | +03:42:58 (62.2%) | 13:47        | 4.3 (37.4%) |
| 673 | <b>BIELECKA</b> Iwona                             | <b>2236</b> | PRO-RUN WROCLAW                        | K30       | 87   | <b>05:58:54.50</b> | +03:43:14 (62.2%) | 13:48        | 4.3 (37.4%) |
| 674 | <b>PIETRZYKOWSKA</b> Katarzyna                    | <b>2214</b> |  | K30       | 88   | <b>05:58:56.25</b> | +03:43:16 (62.2%) | 13:48        | 4.3 (37.4%) |
| 675 | <b>BORYSEWICZ</b> Wiktor                          | <b>2161</b> | HARDKOROWE WYCHYLYLYBYM                | M20       | 51   | <b>05:58:57.60</b> | +03:43:18 (62.2%) | 13:48        | 4.3 (37.4%) |
| 676 | <b>KATA</b> Aleksandra                            | <b>2238</b> |  | K30       | 89   | <b>05:58:58.10</b> | +03:43:18 (62.2%) | 13:48        | 4.3 (37.4%) |
| 677 | <b>DZIERŻANOWSKA</b> Martyna                      | <b>2155</b> |  | K20       | 23   | <b>05:58:58.20</b> | +03:43:18 (62.2%) | 13:48        | 4.3 (37.4%) |
| 678 | <b>KOPEĆ</b> Kamil                                | <b>2882</b> |  | M40       | 196  | <b>05:59:11.40</b> | +03:43:31 (62.2%) | 13:48        | 4.3 (37.4%) |
| 679 | <b>GRABKA</b> Małgorzata                          | <b>2750</b> | RMF4RT GLADIATORS                      | K30       | 90   | <b>05:59:11.55</b> | +03:43:31 (62.2%) | 13:48        | 4.3 (37.4%) |
| 680 | <b>ŻÓŁW</b> Hubert                                | <b>2487</b> | POLSKI ZWIĄZEK SPORTÓW FIZJOLOGICZNYCH | M40       | 197  | <b>06:00:23.30</b> | +03:44:43 (62.4%) | 13:51        | 4.3 (37.4%) |
| 681 | <b>PATERSKI</b> Dawid                             | <b>2220</b> | CHAOS I DESTRUKCJA                     | M30       | 162  | <b>06:00:48.00</b> | +03:45:08 (62.4%) | 13:52        | 4.3 (37.4%) |
| 682 | <b>KAŁUSKI</b> Jan                                | <b>2079</b> | CZERWONAK BIEGA                        | M30       | 163  | <b>06:01:35.15</b> | +03:45:55 (62.5%) | 13:54        | 4.3 (37.4%) |
| 683 | <b>KRYSZCZYŃSKI</b> Filip                         | <b>2060</b> | CZERWONA BIEGA                         | M40       | 198  | <b>06:01:36.85</b> | +03:45:57 (62.5%) | 13:54        | 4.3 (37.4%) |
| 684 | <b>WEINER</b> Aleksandra                          | <b>2364</b> | VIKING TRAINING CENTER                 | K40       | 94   | <b>06:02:38.10</b> | +03:46:58 (62.6%) | 13:56        | 4.3 (37.4%) |
| 685 | <b>BANAŚ</b> Katarzyna                            | <b>2275</b> | VIKING TRAINING CENTER                 | K40       | 95   | <b>06:02:38.65</b> | +03:46:59 (62.6%) | 13:56        | 4.3 (37.4%) |
| 686 | <b>WOJCIECHOWSKA</b> Jolanta                      | <b>2131</b> | YULO RUN TEAM SIEDLCE                  | K40       | 96   | <b>06:06:01.65</b> | +03:50:22 (62.9%) | 14:04        | 4.3 (37.4%) |
| 687 | <b>LEN</b> Mariusz                                | <b>2062</b> |  | M50       | 35   | <b>06:06:04.30</b> | +03:50:24 (62.9%) | 14:04        | 4.3 (37.4%) |
| 688 | <b>SZOŁTYSEK</b> Beata                            | <b>2377</b> | OCHAJORUN & FRIENDS                    | K40       | 97   | <b>06:06:24.65</b> | +03:50:45 (63.0%) | 14:05        | 4.3 (37.4%) |
| 689 | <b>PISINGAS</b> Mariusz                           | <b>2809</b> | BIEGANIE TO MÓJ TRZEŻWY WYBÓR          | M40       | 199  | <b>06:06:25.00</b> | +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 | <b>LAZAROWICZ Piotr</b>         | <b>2541</b> | WKURW_TEAM                      | M40       | 200  | <b>06:07:32.75</b> | +03:51:53 (63.1%) | 14:08        | 4.2 (36.5%) |
| 691 | <b>TRZÓPEK Bartek</b>           | <b>2889</b> |                                 | M20       | 52   | <b>06:07:50.60</b> | +03:52:11 (63.1%) | 14:08        | 4.2 (36.5%) |
| 692 | <b>KUBICA Bożena</b>            | <b>2337</b> | ZABIEGANI NAUCZYCIELE           | K50       | 15   | <b>06:09:31.00</b> | +03:53:51 (63.3%) | 14:12        | 4.2 (36.5%) |
| 693 | <b>NOWAK Marcin</b>             | <b>2343</b> | KB HERON                        | M40       | 201  | <b>06:09:47.25</b> | +03:54:07 (63.3%) | 14:13        | 4.2 (36.5%) |
| 694 | <b>LIZAK Oriana</b>             | <b>2892</b> | DREAM TEAM                      | K20       | 24   | <b>06:10:10.05</b> | +03:54:30 (63.4%) | 14:14        | 4.2 (36.5%) |
| 695 | <b>DIEBEL Monika</b>            | <b>2893</b> | DREAM TEAM                      | K30       | 91   | <b>06:10:10.40</b> | +03:54:30 (63.4%) | 14:14        | 4.2 (36.5%) |
| 696 | <b>MARCOL Dominika</b>          | <b>2891</b> | DREAM TEAM                      | K20       | 25   | <b>06:10:10.65</b> | +03:54:31 (63.4%) | 14:14        | 4.2 (36.5%) |
| 697 | <b>MACHULIK Zbigniew</b>        | <b>2353</b> | ZABIEGANI NAUCZYCIELE           | M50       | 36   | <b>06:10:38.50</b> | +03:54:58 (63.4%) | 14:15        | 4.2 (36.5%) |
| 698 | <b>FURMAN Michał</b>            | <b>2048</b> | OCHAJORUN & FRIENDS             | M30       | 164  | <b>06:10:57.35</b> | +03:55:17 (63.4%) | 14:16        | 4.2 (36.5%) |
| 699 | <b>FURMAN Agnieszka</b>         | <b>2011</b> | OCHAJORUN&FRIENDS               | K30       | 92   | <b>06:11:02.20</b> | +03:55:22 (63.4%) | 14:16        | 4.2 (36.5%) |
| 700 | <b>LEWICKA Bożena</b>           | <b>2561</b> | GONIMY                          | K60       | 5    | <b>06:12:33.05</b> | +03:56:53 (63.6%) | 14:19        | 4.2 (36.5%) |
| 701 | <b>DANIELEWSKA Magdalena</b>    | <b>2260</b> | MOLKI                           | K40       | 98   | <b>06:20:04.60</b> | +04:04:25 (64.3%) | 14:37        | 4.1 (35.7%) |
| 702 | <b>WITEK Sylwia</b>             | <b>2244</b> |                                 | K40       | 99   | <b>06:20:05.75</b> | +04:04:26 (64.3%) | 14:37        | 4.1 (35.7%) |
| 703 | <b>HOOG Wioleta</b>             | <b>2265</b> | MOLKI                           | K30       | 93   | <b>06:20:06.30</b> | +04:04:26 (64.3%) | 14:37        | 4.1 (35.7%) |
| 704 | <b>KACZKIEWICZ Damian</b>       | <b>2209</b> | NIGHT RUNNERS GLIWICE           | M40       | 202  | <b>06:20:06.60</b> | +04:04:27 (64.3%) | 14:37        | 4.1 (35.7%) |
| 705 | <b>CEMBRZYŃSKI Daniel</b>       | <b>2223</b> |                                 | M20       | 53   | <b>06:26:42.00</b> | +04:11:02 (64.9%) | 14:52        | 4 (34.8%)   |
| 706 | <b>CEMBRZYŃSKA Izabela</b>      | <b>2212</b> |                                 | K40       | 100  | <b>06:26:43.60</b> | +04:11:04 (64.9%) | 14:52        | 4 (34.8%)   |
| 707 | <b>KASPEREK Krzysztof</b>       | <b>2518</b> | RUNNERB                         | M50       | 37   | <b>06:26:48.80</b> | +04:11:09 (64.9%) | 14:52        | 4 (34.8%)   |
| 708 | <b>PAWLIK Agnieszka</b>         | <b>2124</b> | CAŁA OLESNICA BIEGA             | K40       | 101  | <b>06:27:45.05</b> | +04:12:05 (65.0%) | 14:54        | 4 (34.8%)   |
| 709 | <b>SZANDAŁA Iza</b>             | <b>2229</b> | CAŁA OLEŚNICA BIEGA             | K40       | 102  | <b>06:27:45.20</b> | +04:12:05 (65.0%) | 14:54        | 4 (34.8%)   |
| 710 | <b>JASIUL Mariola</b>           | <b>2498</b> |                                 | K40       | 103  | <b>06:27:53.40</b> | +04:12:13 (65.0%) | 14:55        | 4 (34.8%)   |
| 711 | <b>SIERECKA Dorota</b>          | <b>2279</b> | TEAM ZABIEGANEDNI // WKURW_TEAM | K40       | 104  | <b>06:30:50.10</b> | +04:15:10 (65.3%) | 15:01        | 4 (34.8%)   |
| 712 | <b>SKORUPKA Anna</b>            | <b>2148</b> |                                 | K40       | 105  | <b>06:31:36.70</b> | +04:15:57 (65.4%) | 15:03        | 4 (34.8%)   |
| 713 | <b>OBIDZIŃSKA Katarzyna</b>     | <b>2234</b> |                                 | K30       | 94   | <b>06:37:34.40</b> | +04:21:54 (65.9%) | 15:17        | 3.9 (33.9%) |
| 714 | <b>SIERECKI Zbigniew</b>        | <b>2280</b> | TEAM ZABIEGANEDNI               | M40       | 203  | <b>06:37:35.40</b> | +04:21:55 (65.9%) | 15:17        | 3.9 (33.9%) |
| 715 | <b>POPŁAWSKI Krystian</b>       | <b>2094</b> | RMF4RT GLADIATORS               | M30       | 165  | <b>06:37:55.70</b> | +04:22:16 (65.9%) | 15:18        | 3.9 (33.9%) |
| 716 | <b>SZCZEKALA Katarzyna</b>      | <b>2605</b> | RMF4RT GLADIATORS               | K20       | 26   | <b>06:37:56.05</b> | +04:22:16 (65.9%) | 15:18        | 3.9 (33.9%) |
| 717 | <b>ZIELIŃSKA IGNASZAK Iwona</b> | <b>2306</b> | HEROBOX                         | K40       | 106  | <b>06:39:26.90</b> | +04:23:47 (66.0%) | 15:21        | 3.9 (33.9%) |
| 718 | <b>FILEWSKA Izabela</b>         | <b>2305</b> | HEROBOX                         | K40       | 107  | <b>06:39:27.00</b> | +04:23:47 (66.0%) | 15:21        | 3.9 (33.9%) |
| 719 | <b>KILANOWSKA Agnieszka</b>     | <b>2425</b> | ROZBIEGAJMY RADOMSKO            | K30       | 95   | <b>06:41:33.55</b> | +04:25:53 (66.2%) | 15:26        | 3.9 (33.9%) |
| 720 | <b>PIEKARSKA Justyna</b>        | <b>2424</b> | ROZBIEGAJMY RADOMSKO            | K30       | 96   | <b>06:41:35.20</b> | +04:25:55 (66.2%) | 15:26        | 3.9 (33.9%) |
| 721 | <b>DENKOWSKI Wojciech</b>       | <b>2066</b> | NIGHT RUNNER GLIWICE            | M50       | 38   | <b>06:42:16.25</b> | +04:26:36 (66.3%) | 15:28        | 3.9 (33.9%) |
| 722 | <b>DADAŚ Elżbieta</b>           | <b>2001</b> | NIGHT RUNNERS GLIWICE           | K40       | 108  | <b>06:42:17.35</b> | +04:26:37 (66.3%) | 15:28        | 3.9 (33.9%) |
| 723 | <b>WALCZUK Katarzyna</b>        | <b>2713</b> |                                 | K20       | 27   | <b>06:45:00.85</b> | +04:29:21 (66.5%) | 15:34        | 3.9 (33.9%) |
| 724 | <b>KULIGOWSKI Artur</b>         | <b>2442</b> |                                 | M40       | 204  | <b>06:49:28.30</b> | +04:33:48 (66.9%) | 15:44        | 3.8 (33.0%) |
| 725 | <b>KULIGOWSKA Joanna</b>        | <b>2441</b> |                                 | K40       | 109  | <b>06:49:28.45</b> | +04:33:48 (66.9%) | 15:44        | 3.8 (33.0%) |
| 726 | <b>FAFARA Agnieszka</b>         | <b>2021</b> |                                 | K40       | 110  | <b>06:52:04.40</b> | +04:36:24 (67.1%) | 15:50        | 3.8 (33.0%) |
| 727 | <b>KALINOWSKI Janusz</b>        | <b>2166</b> |                                 | M60       | 14   | <b>06:52:08.80</b> | +04:36:29 (67.1%) | 15:51        | 3.8 (33.0%) |
| 728 | <b>REY Andrzej</b>              | <b>2463</b> | REY RUNNING TEAM                | M40       | 205  | <b>06:54:14.85</b> | +04:38:35 (67.3%) | 15:55        | 3.8 (33.0%) |
| 729 | <b>KALUZNY Modest</b>           | <b>2230</b> |                                 | M60       | 15   | <b>06:54:54.55</b> | +04:39:14 (67.3%) | 15:57        | 3.8 (33.0%) |
| 730 | <b>PARADOWSKI Paweł</b>         | <b>2073</b> | WKURW_TEAM                      | M50       | 39   | <b>06:55:50.00</b> | +04:40:10 (67.4%) | 15:59        | 3.8 (33.0%) |
| 731 | <b>BURZ Jowita</b>              | <b>2118</b> | WKURW TEAM                      | K40       | 111  | <b>06:55:50.55</b> | +04:40:10 (67.4%) | 15:59        | 3.8 (33.0%) |
| 732 | <b>OŻÓG Iwona</b>               | <b>2862</b> |                                 | K40       | 112  | <b>06:58:24.90</b> | +04:42:45 (67.6%) | 16:05        | 3.7 (32.2%) |
| 733 | <b>KRZYWOKULSKI Krzysztof</b>   | <b>2014</b> |                                 | M40       | 206  | <b>06:58:56.50</b> | +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)