

RZEŹNICZEK INTRO 2017

B4SPORT

Wydarzenie: Festiwal Biegu Rzeźnika
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-06-11
Miejsce: Cisna
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Tomasz	1617		M30	1	02:53:34.70	02:53:46.25		5:47	10.4 (100%)
2	SNARSKI Bogdan	1871	ALBATROSY	M30	2	02:55:20.65	02:55:34.10	+00:01:47 (1.0%)	5:50	10.3 (99.0%)
3	BIELAK Mateusz	1661		M20	1	02:55:46.15	02:55:58.65	+00:02:12 (1.3%)	5:51	10.2 (98.1%)
4	KĄKOL Zbigniew	1885	WETERTEAM	M30	3	03:00:17.75	03:00:28.15	+00:06:41 (3.7%)	6:00	10 (96.2%)
5	KŁOPOCKI Jan	1836	#WPISZCOKOLWIEK	M20	2	03:02:09.00	03:02:24.85	+00:08:38 (4.7%)	6:04	9.9 (95.2%)
6	DOLATA Łukasz	1551	POWIATOWE CENTRUM SPORTU W BEŁCHATOWIE	M30	4	03:04:54.00	03:05:05.55	+00:11:19 (6.1%)	6:09	9.7 (93.3%)
7	SZAŁ Tomasz	1704	NIE ZA DALEKO	M30	5	03:07:36.35	03:08:14.95	+00:14:28 (7.7%)	6:15	9.6 (92.3%)
8	MIKOŁAJCZYK Krzysztof	1562		M40	1	03:11:59.85	03:12:14.60	+00:18:28 (9.6%)	6:24	9.4 (90.4%)
9	KRZYSZŁOWSKI Rafał	1799		M40	2	03:13:11.00	03:13:28.85	+00:19:42 (10.2%)	6:26	9.3 (89.4%)
10	SIKOŃCZYK Miłosz	1868		M20	3	03:14:28.70	03:14:51.45	+00:21:05 (10.8%)	6:28	9.3 (89.4%)
11	GONIWIECHA Rafał	1876	ENDURANCE TEAM	M30	6	03:15:22.15	03:15:44.20	+00:21:57 (11.2%)	6:30	9.2 (88.5%)
12	KAŃDUŁA Grzegorz	1875	NEST.POZNAN.PL	M30	7	03:17:24.25	03:17:41.30	+00:23:55 (12.1%)	6:34	9.1 (87.5%)
13	WYRĘBEK Maciej	1837		M30	8	03:18:44.55	03:19:20.65	+00:25:34 (12.8%)	6:37	9.1 (87.5%)
14	DRZAZGA Tomasz	1884		M30	9	03:20:59.30	03:21:36.65	+00:27:50 (13.8%)	6:41	9 (86.5%)
15	MICHALSKI Marcin	1750	FUNFLY	M30	10	03:21:26.40	03:21:43.55	+00:27:57 (13.9%)	6:42	8.9 (85.6%)
16	SIWIELA Mateusz	1833	RUNEDA/CIAGNIEWILKADOLASU.PL	M20	4	03:21:35.60	03:22:00.60	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
17	WĄS Grzegorz	1812		M40	3	03:21:34.15	03:22:00.70	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
18	KURZYDŁO Michał	1816		M20	5	03:21:38.60	03:22:00.75	+00:28:14 (14.0%)	6:43	8.9 (85.6%)
19	SIEMIĄTKOWSKA Katarzyna	1808		K30	1	03:21:37.60	03:22:07.05	+00:28:20 (14.0%)	6:43	8.9 (85.6%)
20	JARMOLIŃSKI Piotr	1813	WIECZORNE BIEGANIE W SZCZECINIE	M40	4	03:24:19.10	03:24:41.35	+00:30:55 (15.1%)	6:48	8.8 (84.6%)
21	WETHACZ Dariusz	1510		M30	11	03:24:27.90	03:24:44.15	+00:30:57 (15.1%)	6:48	8.8 (84.6%)
22	KROTLA Piotr	1804		M30	12	03:24:03.35	03:24:44.25	+00:30:58 (15.1%)	6:48	8.8 (84.6%)
23	BRYL Marcin	1552		M30	13	03:24:49.75	03:25:03.45	+00:31:17 (15.3%)	6:49	8.8 (84.6%)
24	MALCZEWSKI Piotr	1758	MTB MOSIR DUKLA	M30	14	03:25:47.40	03:26:18.05	+00:32:31 (15.8%)	6:51	8.7 (83.7%)
25	KURZYDŁO Krzysztof	1815		M30	15	03:26:07.35	03:26:29.00	+00:32:42 (15.8%)	6:52	8.7 (83.7%)
26	WIERNEK Tomek	1878	ENDURANCE TEAM	M40	5	03:26:07.75	03:26:29.70	+00:32:43 (15.8%)	6:52	8.7 (83.7%)
27	ŻOŁNACZ Maciej	1817		M30	16	03:26:03.35	03:26:30.55	+00:32:44 (15.9%)	6:52	8.7 (83.7%)
28	LISICKI Marek	1506	KB ARTURÓWEK ŁÓDŹ	M60	1	03:26:46.65	03:27:06.35	+00:33:20 (16.1%)	6:53	8.7 (83.7%)
29	GOŚCIŃSKI Sławomir	1707	IZERSKA GRUPA BIEGOWA	M30	17	03:27:21.10	03:27:35.40	+00:33:49 (16.3%)	6:54	8.7 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
30	GROMADA Piotr	1659	TSA SANDOMIERZ	M30	18	03:28:11.70	03:28:42.85	+00:34:56 (16.7%)	6:56	8.6 (82.7%)
31	WOJNAROWCZ Tomasz	1872	OBOZYBIEGOWE.PL/SPARTANIEDZIECIĄ	M30	19	03:30:19.20	03:30:36.10	+00:36:49 (17.5%)	7:00	8.6 (82.7%)
32	POSADOWSKI Cyprian	1741		M30	20	03:31:22.50	03:31:49.45	+00:38:03 (18.0%)	7:02	8.5 (81.7%)
33	OCHAŁEK Piotr	1580		M30	21	03:31:45.20	03:32:03.90	+00:38:17 (18.1%)	7:03	8.5 (81.7%)
34	FRISZ Jakub	1547		M30	22	03:32:07.45	03:32:37.35	+00:38:51 (18.3%)	7:04	8.5 (81.7%)
35	KASPEREK Piotr	1756		M30	23	03:33:51.60	03:34:09.90	+00:40:23 (18.9%)	7:07	8.4 (80.8%)
36	SZUFNARA Adrian	1887		M20	6	03:33:52.35	03:34:10.20	+00:40:23 (18.9%)	7:07	8.4 (80.8%)
37	PIĄTEK Beata	1717		K30	2	03:35:11.45	03:35:31.25	+00:41:45 (19.4%)	7:10	8.4 (80.8%)
38	SOWIŃSKI Marcin	1678		M30	24	03:35:01.20	03:35:49.20	+00:42:02 (19.5%)	7:10	8.4 (80.8%)
39	CHORABIK Armand	1874	ZABIEGANI MIELEC	M20	7	03:37:19.25	03:37:28.35	+00:43:42 (20.1%)	7:14	8.3 (79.8%)
40	KRAMER Rafał	1742	BIEGIEMRADOM	M50	1	03:37:21.00	03:37:38.35	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
41	DZIERGIEWICZ Andrzej	1576		M20	8	03:37:07.15	03:37:38.95	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
42	DZIECIĄTKO Karol	1746		M20	9	03:37:02.20	03:37:39.15	+00:43:52 (20.2%)	7:14	8.3 (79.8%)
43	KUCHARSKI Waldemar	1793		M40	6	03:36:58.90	03:37:41.35	+00:43:55 (20.2%)	7:13	8.3 (79.8%)
44	LEŚNIAK-POPIEL Marta	1564	POZYTYWNIE ZABIEGANI SANOK	K40	1	03:37:24.15	03:37:48.25	+00:44:02 (20.2%)	7:14	8.3 (79.8%)
45	MAJCHROWSKI Jacek	1674	BBL TARNOBRZEG	M40	7	03:38:11.50	03:38:27.75	+00:44:41 (20.5%)	7:16	8.2 (78.8%)
46	MIKUŚKIEWICZ Piotr	1854	RUN TEAM CHMIELNIK	M30	25	03:37:52.15	03:38:28.65	+00:44:42 (20.5%)	7:15	8.3 (79.8%)
47	MIERZWIŃSKI Adam	1775		M30	26	03:37:58.95	03:38:29.60	+00:44:43 (20.5%)	7:15	8.3 (79.8%)
48	KOTUŁA Rafał	1640		M30	27	03:39:47.65	03:40:00.20	+00:46:13 (21.0%)	7:19	8.2 (78.8%)
49	SZABLA Marcin	1602	SAINT GOBAIN SQUAD	M40	8	03:40:45.70	03:40:55.30	+00:47:09 (21.3%)	7:21	8.2 (78.8%)
50	ARMACIŃSKI Filip	1722	WOJAK TEAM***	M20	10	03:41:16.30	03:41:53.60	+00:48:07 (21.7%)	7:22	8.1 (77.9%)
51	WAŁACH-BIŚTA Zuza	1615		K30	3	03:41:41.00	03:42:19.90	+00:48:33 (21.8%)	7:23	8.1 (77.9%)
52	KASZYCKA Renata	1522		K40	2	03:42:00.70	03:42:33.65	+00:48:47 (21.9%)	7:24	8.1 (77.9%)
53	GÓRSKI Adam	1818		M30	28	03:43:08.55	03:43:35.75	+00:49:49 (22.3%)	7:26	8.1 (77.9%)
54	NOWICKI Piotr	1863	HARDKOROWA TURYSTYKA JOGGINGOWA	M30	29	03:43:32.95	03:44:20.60	+00:50:34 (22.5%)	7:27	8.1 (77.9%)
55	JAROMIRSKA Elżbieta	1882		K30	4	03:44:14.45	03:44:28.80	+00:50:42 (22.6%)	7:28	8 (76.9%)
56	PIĄTEK Bartosz	1820		M20	11	03:43:55.25	03:44:40.55	+00:50:54 (22.7%)	7:27	8 (76.9%)
57	PACIA Sebastian	1780		M30	30	03:45:02.55	03:45:28.30	+00:51:42 (22.9%)	7:30	8 (76.9%)
58	KUŹMICZ Wojciech	1795		M30	31	03:45:02.30	03:45:28.50	+00:51:42 (22.9%)	7:30	8 (76.9%)
59	HAERTEL Benedikt	1759		M30	32	03:45:10.50	03:45:43.95	+00:51:57 (23.0%)	7:30	8 (76.9%)
60	KRUKAR Jakub	1660		M30	33	03:45:10.05	03:45:44.10	+00:51:57 (23.0%)	7:30	8 (76.9%)
61	PITAS Andrzej	1883	ZAPIERDALACZE	M40	9	03:45:02.75	03:45:52.60	+00:52:06 (23.1%)	7:30	8 (76.9%)
62	WALASZCZYK Piotr	1642	ENDURANCE TEAM	M30	34	03:46:44.10	03:47:06.65	+00:53:20 (23.5%)	7:33	7.9 (76.0%)
63	ŚLEZIAK Tomek	1856		M30	35	03:47:30.25	03:47:49.50	+00:54:03 (23.7%)	7:35	7.9 (76.0%)
64	MUCHA Aleksandra	1537		K20	1	03:47:37.80	03:48:18.70	+00:54:32 (23.9%)	7:35	7.9 (76.0%)
65	MAZUR Bartosz	1645		M30	36	03:48:18.65	03:48:34.30	+00:54:48 (24.0%)	7:36	7.9 (76.0%)
66	JAKUBECKI Michał	1577		M20	12	03:49:05.40	03:49:47.90	+00:56:01 (24.4%)	7:38	7.9 (76.0%)
67	GIBAŁA Marcin	1695		M40	10	03:50:30.40	03:50:57.85	+00:57:11 (24.8%)	7:41	7.8 (75.0%)
68	SZMIDT Karol	1683	SZMIDT I SYN	M30	37	03:50:28.85	03:50:58.60	+00:57:12 (24.8%)	7:40	7.8 (75.0%)
69	ZIELIŃSKI Dariusz	1680	FUZJO-SPORT ŁĘCZNA	M30	38	03:50:43.00	03:51:09.35	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
70	DYLEWSKI Paweł	1668	FIZJO-SPORT	M30	39	03:50:42.00	03:51:09.45	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
71	KOŁODZIEJCZYK Maciej	1667		M30	40	03:50:42.80	03:51:09.65	+00:57:23 (24.8%)	7:41	7.8 (75.0%)
72	GRZANECKA Mirosława	1826		K40	3	03:51:15.20	03:51:40.60	+00:57:54 (25.0%)	7:42	7.8 (75.0%)
72	KASPRZYKOWSKI Zbigniew	1829	ORNIS SIEDLCE	M40	11	03:51:14.90	03:51:40.60	+00:57:54 (25.0%)	7:42	7.8 (75.0%)

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74	WOŹNIAK Janusz	1561	PORMAT JEDLICZE BIEGA	M50	2	03:51:36.30	03:51:59.00	+00:58:12 (25.1%)	7:43	7.8 (75.0%)
75	KOWALICKI Marcin	1858	Z BUTA WJEŹDZAM	M20	13	03:53:20.00	03:53:45.75	+00:59:59 (25.7%)	7:46	7.7 (74.0%)
76	PATRO Jacek	1789	BIŁGORAJ BIEGA	M30	41	03:53:28.30	03:53:46.60	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
77	NOWAKOWSKI Leszek	1803		M30	42	03:53:07.15	03:53:46.70	+01:00:00 (25.7%)	7:46	7.7 (74.0%)
78	KRUKAR Adam	1646		M40	12	03:53:17.70	03:53:48.20	+01:00:01 (25.7%)	7:46	7.7 (74.0%)
79	MILEWSKI Łukasz	1656		M30	43	03:53:22.70	03:53:51.15	+01:00:04 (25.7%)	7:46	7.7 (74.0%)
80	LEWANDOWSKA Ewa	1666	KBARTURÓWEK ŁÓDŹ	K50	1	03:53:33.70	03:53:53.20	+01:00:06 (25.7%)	7:47	7.7 (74.0%)
81	ŚLUSARCZYK Maciej	1559		M30	44	03:53:57.15	03:54:12.55	+01:00:26 (25.8%)	7:47	7.7 (74.0%)
82	SZAŁAS Ewa	1753		K30	5	03:54:55.90	03:55:13.55	+01:01:27 (26.1%)	7:49	7.7 (74.0%)
83	SĘKOWSKA Agata	1850		K20	2	03:55:00.85	03:55:22.25	+01:01:36 (26.2%)	7:50	7.7 (74.0%)
84	KĘDREK Emil	1810	HABYS	M40	13	03:55:01.20	03:55:22.90	+01:01:36 (26.2%)	7:50	7.7 (74.0%)
85	MILEWSKI Konrad	1655		M20	14	03:54:54.95	03:55:23.50	+01:01:37 (26.2%)	7:49	7.7 (74.0%)
86	ZIELONKA Maksymilian	1859	Z BUTA WJEŹDZAM	M30	45	03:55:10.50	03:55:36.30	+01:01:50 (26.2%)	7:50	7.7 (74.0%)
87	WIERZBA Piotr	1643	DEADLIFT	M30	46	03:56:01.50	03:56:31.00	+01:02:44 (26.5%)	7:52	7.6 (73.1%)
88	POMORSKI Marcin	1555		M40	14	03:58:27.30	03:58:42.10	+01:04:55 (27.2%)	7:56	7.5 (72.1%)
89	APANOWICZ Piotr	1736		M40	15	03:58:18.45	03:58:53.45	+01:05:07 (27.3%)	7:56	7.6 (73.1%)
90	PILECKI Paweł	1729	ACCENTURE - ACCELERATE	M30	47	03:58:44.10	03:59:32.55	+01:05:46 (27.5%)	7:57	7.5 (72.1%)
91	GLINKA Jakub	1557		M20	15	03:59:02.10	03:59:42.25	+01:05:56 (27.5%)	7:58	7.5 (72.1%)
92	KARASEK Grzegorz	1600		M30	48	04:00:04.70	04:00:19.05	+01:06:32 (27.7%)	8:00	7.5 (72.1%)
93	QUIRINI Ewa	1769		K30	6	03:59:43.15	04:00:19.80	+01:06:33 (27.7%)	7:59	7.5 (72.1%)
94	JAŚLARZ Jarek	1845	IRONMAN CS SZCZECIN	M50	3	04:00:48.95	04:01:05.50	+01:07:19 (27.9%)	8:01	7.5 (72.1%)
95	SKRZYPEK Krzysztof	1676	KLICZ BANDA	M30	49	04:01:41.95	04:01:56.25	+01:08:10 (28.2%)	8:03	7.4 (71.2%)
96	ŁYSZCZARZ Błażej	1755		M30	50	04:01:34.45	04:02:01.60	+01:08:15 (28.2%)	8:03	7.5 (72.1%)
97	GRABOWSKI Sebastian	1633	ENDORŚWINKI	M30	51	04:02:14.65	04:02:51.60	+01:09:05 (28.4%)	8:04	7.4 (71.2%)
98	WILCZYŃSKI Witold	1651	KLUB MATIEGO JEŹOWE	M30	52	04:02:59.20	04:03:32.75	+01:09:46 (28.6%)	8:05	7.4 (71.2%)
99	ANTOSZ Bogdan	1834		M40	16	04:04:48.00	04:05:11.95	+01:11:25 (29.1%)	8:09	7.4 (71.2%)
100	CEGIEŁKO Paweł	1542		M40	17	04:05:26.05	04:06:15.00	+01:12:28 (29.4%)	8:10	7.3 (70.2%)
101	HEJNAR Jerzy	1802		M30	53	04:07:12.55	04:07:38.90	+01:13:52 (29.8%)	8:14	7.3 (70.2%)
102	RYZIŃSKI Ryszard	1621		M40	18	04:08:19.90	04:09:02.70	+01:15:16 (30.2%)	8:16	7.2 (69.2%)
103	GRABOWSKA Kamila	1627		K20	3	04:08:18.45	04:09:03.65	+01:15:17 (30.2%)	8:16	7.2 (69.2%)
104	ZIELASKOWSKI Michał	1628		M40	19	04:08:18.85	04:09:04.35	+01:15:18 (30.2%)	8:16	7.2 (69.2%)
105	WOJCIECHOWSKI Krzysztof	1718		M40	20	04:08:45.85	04:09:05.50	+01:15:19 (30.2%)	8:17	7.2 (69.2%)
106	CORA Krzychu	1866	ENDURANCE TEAM	M40	21	04:08:51.70	04:09:13.45	+01:15:27 (30.3%)	8:17	7.2 (69.2%)
107	PASIAK Przemysław	1693		M30	54	04:08:55.15	04:09:21.20	+01:15:34 (30.3%)	8:17	7.2 (69.2%)
108	CZARNIK Stanisław	1503	MIECHOWICKA GRUPA BIEGOWA	M30	55	04:09:11.05	04:09:55.70	+01:16:09 (30.5%)	8:18	7.2 (69.2%)
109	BARSZCZ Marek	1630	BARANOWRUN	M30	56	04:09:30.75	04:10:04.15	+01:16:17 (30.5%)	8:19	7.2 (69.2%)
110	TRYGAR Martyna	1611	FINISZ RYMANÓW	K20	4	04:09:39.75	04:10:06.20	+01:16:19 (30.5%)	8:19	7.2 (69.2%)
111	WARZYŃSKI Beniamin	1575		M30	57	04:13:01.35	04:13:30.20	+01:19:43 (31.5%)	8:26	7.1 (68.3%)
112	KAWA Paweł	1649	WWW.WTEMAGENCJA.PL	M30	58	04:12:58.90	04:13:38.90	+01:19:52 (31.5%)	8:25	7.1 (68.3%)
113	SZWAŁEK Krzysztof	1839		M30	59	04:13:15.75	04:13:57.90	+01:20:11 (31.6%)	8:26	7.1 (68.3%)
114	KRYGIER Rafał	1625	NZOZ PRZYCHODNIA SPECJALISTYCZNA GEMINI	M40	22	04:13:35.60	04:14:04.90	+01:20:18 (31.6%)	8:27	7.1 (68.3%)
115	CEBRAT Ewa	1565		K40	4	04:13:43.90	04:14:08.15	+01:20:21 (31.6%)	8:27	7.1 (68.3%)
116	KRYSIŃSKI Witold	1524		M30	60	04:14:49.55	04:15:29.35	+01:21:43 (32.0%)	8:29	7.1 (68.3%)
117	AMBICKI Miłosz	1809		M20	16	04:15:10.85	04:15:54.20	+01:22:07 (32.1%)	8:30	7.1 (68.3%)

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118	FASZCZEWSKI Adam	1694		M30	61	04:15:55.45	04:16:16.70	+01:22:30 (32.2%)	8:31	7 (67.3%)
119	KSIAZEK Leszek	1835	MELIORANT	M40	23	04:15:59.70	04:16:36.70	+01:22:50 (32.3%)	8:31	7 (67.3%)
120	KUBISIAK Marta	1514		K20	5	04:16:05.20	04:16:37.85	+01:22:51 (32.3%)	8:32	7 (67.3%)
121	KUBISIAK Dariusz	1521		M50	4	04:16:05.60	04:16:38.05	+01:22:51 (32.3%)	8:32	7 (67.3%)
122	MATYJA Paweł	1785	GSK RUNNERS TEAM	M30	62	04:16:07.65	04:16:43.05	+01:22:56 (32.3%)	8:32	7 (67.3%)
123	KNOLL Leszek	1529		M30	63	04:16:38.05	04:17:16.35	+01:23:30 (32.5%)	8:33	7 (67.3%)
124	SZTERN Łukasz	1535	JACEGBIEGA / 2H2S	M30	64	04:17:00.70	04:17:31.50	+01:23:45 (32.5%)	8:34	7 (67.3%)
125	SKORUPIŃSKA Katarzyna	1644	KLUB BIEGACZA BOLESŁAWIEC	K30	7	04:17:06.25	04:17:34.30	+01:23:48 (32.5%)	8:34	7 (67.3%)
126	KŁOŚ Artur	1761	PKO BANK POLSKI	M30	65	04:17:00.40	04:17:35.00	+01:23:48 (32.5%)	8:34	7 (67.3%)
127	LENART-KŁOŚ Katarzyna	1760	PKO BANK POLSKI	K30	8	04:17:01.10	04:17:35.15	+01:23:48 (32.5%)	8:34	7 (67.3%)
128	STUZIŃSKI Jakub	1612		M30	66	04:18:06.65	04:18:30.15	+01:24:43 (32.8%)	8:36	7 (67.3%)
129	MŁOŃ Aleksandra	1873	SYLVECO	K20	6	04:18:25.70	04:18:51.30	+01:25:05 (32.9%)	8:36	7 (67.3%)
130	PISARCZYK Jakub	1865		M40	24	04:18:20.30	04:18:51.60	+01:25:05 (32.9%)	8:36	7 (67.3%)
131	WALENTOWSKI Maciej	1517	2H2S	M30	67	04:18:21.60	04:18:52.50	+01:25:06 (32.9%)	8:36	7 (67.3%)
132	BRĄGOSZEWSKI Paweł	1682		M40	25	04:18:14.10	04:18:52.65	+01:25:06 (32.9%)	8:36	7 (67.3%)
133	MIĄDZEL Katarzyna	1828	ZAGNAŃSK BIEGA	K30	9	04:18:20.30	04:18:59.20	+01:25:12 (32.9%)	8:36	7 (67.3%)
134	GADAMSKA-KABATA Paulina	1598		K30	10	04:18:43.85	04:19:19.75	+01:25:33 (33.0%)	8:37	7 (67.3%)
135	KALANDYK Aga	1733		K40	5	04:19:33.45	04:20:01.40	+01:26:15 (33.2%)	8:39	6.9 (66.3%)
136	GMAJ Karolina	1507		K30	11	04:20:11.05	04:20:38.40	+01:26:52 (33.3%)	8:40	6.9 (66.3%)
137	LACH Agnieszka	1843	EKSPEDYCJA MRÓWKA	K40	6	04:20:33.35	04:20:56.55	+01:27:10 (33.4%)	8:41	6.9 (66.3%)
138	GRZYB Sławek	1842	EKSPEDYCJA MRÓWKA	M40	26	04:20:34.20	04:20:56.75	+01:27:10 (33.4%)	8:41	6.9 (66.3%)
139	MALCZEWSKI Konrad	1764	MTB MOSIR DUKLA	M30	68	04:23:02.25	04:23:34.70	+01:29:48 (34.1%)	8:46	6.8 (65.4%)
140	WIERCIAŃSKI Łukasz	1786	GSK RUNNERS TEAM	M30	69	04:23:10.75	04:23:46.80	+01:30:00 (34.1%)	8:46	6.8 (65.4%)
141	ROŚŁON Tomasz	1679	NEW BALANCE ESKA TEAM	M40	27	04:23:09.40	04:23:47.00	+01:30:00 (34.1%)	8:46	6.8 (65.4%)
142	KAWALEC Bartłomiej	1549	WWW.WEDKI.PL	M40	28	04:23:21.50	04:23:53.90	+01:30:07 (34.2%)	8:46	6.8 (65.4%)
143	BIAŁEK Mariusz	1639	ENDURANCE TEAM	M30	70	04:23:39.10	04:24:00.15	+01:30:13 (34.2%)	8:47	6.8 (65.4%)
144	WRÓBEL Bartłomiej	1500	CISNA	M40	29	04:25:15.75	04:25:31.95	+01:31:45 (34.6%)	8:50	6.8 (65.4%)
145	SZYMELFENIG Gabriela	1544		K30	12	04:25:11.05	04:25:40.95	+01:31:54 (34.6%)	8:50	6.8 (65.4%)
146	ŻUKOWSKI Grzegorz	1641	ENDURANCE TEAM	M40	30	04:25:21.60	04:25:42.45	+01:31:56 (34.6%)	8:50	6.8 (65.4%)
147	LISOWSKA Kamila	1635	CROSSFIT ZABRZE	K30	13	04:26:07.70	04:26:27.95	+01:32:41 (34.8%)	8:52	6.8 (65.4%)
148	KRUK Krzysztof	1636	CROSSFIT ZABRZE	M30	71	04:26:07.45	04:26:28.05	+01:32:41 (34.8%)	8:52	6.8 (65.4%)
149	MAZAN Eliza	1844		K30	14	04:26:29.85	04:27:03.40	+01:33:17 (34.9%)	8:53	6.8 (65.4%)
150	PLEŚNIAR Lucyna	1822		K40	7	04:26:36.90	04:27:19.45	+01:33:33 (35.0%)	8:53	6.8 (65.4%)
151	GIEC Piotr	1740		M30	72	04:26:44.15	04:27:23.60	+01:33:37 (35.0%)	8:53	6.7 (64.4%)
152	SZYMAŃSKI Piotr	1862		M40	31	04:27:03.35	04:27:30.80	+01:33:44 (35.0%)	8:54	6.7 (64.4%)
153	SZYMAŃSKI Artur	1579		M40	32	04:27:05.35	04:27:32.00	+01:33:45 (35.0%)	8:54	6.7 (64.4%)
154	FLIS Piotr	1744	DANIEL'S TEAM	M30	73	04:27:35.15	04:28:05.55	+01:34:19 (35.2%)	8:55	6.7 (64.4%)
155	NAPIERALSKA Milena	1787		K20	7	04:28:21.45	04:29:06.95	+01:35:20 (35.4%)	8:56	6.7 (64.4%)
156	BLAUT Marcin	1855	NIGHT RUNNERS	M40	33	04:28:42.15	04:29:13.60	+01:35:27 (35.5%)	8:57	6.7 (64.4%)
157	ŚLIWA Justyna	1523		K20	8	04:28:29.90	04:29:14.35	+01:35:28 (35.5%)	8:57	6.7 (64.4%)
158	GAJDECKI Tomek	1531	ACCENTURE	M30	74	04:28:28.95	04:29:15.35	+01:35:29 (35.5%)	8:56	6.7 (64.4%)
159	WRÓBLEWSKA Joanna	1618		K40	8	04:28:32.80	04:29:16.35	+01:35:30 (35.5%)	8:57	6.7 (64.4%)
160	KOLCZYŃSKI Jarosław	1823	EMOTIVO.COM.PL	M30	75	04:28:30.30	04:29:16.60	+01:35:30 (35.5%)	8:57	6.7 (64.4%)
161	WILK Monika	1726		K30	15	04:28:31.15	04:29:17.70	+01:35:31 (35.5%)	8:57	6.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
162	KOWALEWSKA Izabela	1840	PIASECZNO RUNNING	K30	16	04:29:15.85	04:29:55.00	+01:36:08 (35.6%)	8:58	6.7 (64.4%)
163	WOJTYCZKA Katarzyna	1648	AMCSS	K30	17	04:29:34.05	04:29:55.40	+01:36:09 (35.6%)	8:59	6.7 (64.4%)
164	WOJCIECHOWSKI Konrad	1702		M30	76	04:29:33.35	04:29:56.10	+01:36:09 (35.6%)	8:59	6.7 (64.4%)
165	WRÓBLEWSKI Łukasz	1607	NOWA HUTA	M20	17	04:29:39.80	04:30:01.75	+01:36:15 (35.6%)	8:59	6.7 (64.4%)
166	URBANEK Małgorzata	1830	WAPIENICKITEAM	K40	9	04:29:22.00	04:30:05.10	+01:36:18 (35.7%)	8:58	6.7 (64.4%)
167	ĆWIEK Paweł	1593		M30	77	04:29:42.95	04:30:09.05	+01:36:22 (35.7%)	8:59	6.7 (64.4%)
168	BAK Katarzyna	1870		K20	9	04:29:47.45	04:30:17.80	+01:36:31 (35.7%)	8:59	6.7 (64.4%)
169	CYGAN Sylwia	1788		K30	18	04:29:48.00	04:30:17.90	+01:36:31 (35.7%)	8:59	6.7 (64.4%)
170	KRZYŻAK Łukasz	1701		M30	78	04:30:18.20	04:30:41.45	+01:36:55 (35.8%)	9:00	6.7 (64.4%)
171	CZAJKOWSKI Łukasz	1838		M30	79	04:29:59.75	04:30:42.80	+01:36:56 (35.8%)	8:59	6.7 (64.4%)
172	WARZOCHA Ryszard	1857		M50	5	04:31:05.95	04:31:34.00	+01:37:47 (36.0%)	9:02	6.6 (63.5%)
173	SPYCHALSKI Radosław	1563		M30	80	04:31:09.25	04:31:47.55	+01:38:01 (36.1%)	9:02	6.6 (63.5%)
174	ŚLUSARSKI Włodzimierz	1781	OBOZYBIEGOWE.PL	M50	6	04:31:42.85	04:31:59.70	+01:38:13 (36.1%)	9:03	6.6 (63.5%)
175	ROSÓŁ Rafał	1665	EXTREME HDK BYTOM	M30	81	04:32:10.20	04:32:24.50	+01:38:38 (36.2%)	9:04	6.6 (63.5%)
176	KOLKA Peter	1658		M20	18	04:32:25.45	04:32:46.50	+01:39:00 (36.3%)	9:04	6.6 (63.5%)
177	WUJDA Magdalena	1712		K30	19	04:33:44.60	04:34:18.50	+01:40:32 (36.7%)	9:07	6.6 (63.5%)
178	NAWROT Waldek	1713		M40	34	04:33:45.45	04:34:18.90	+01:40:32 (36.7%)	9:07	6.6 (63.5%)
179	KOSTERA Katarzyna	1614	VEGE RUNNERS	K30	20	04:33:54.40	04:34:33.35	+01:40:47 (36.7%)	9:07	6.6 (63.5%)
179	BRZOZOWSKA Magdalena	1613	TRENERBIEGANIA.PL	K30	21	04:33:54.60	04:34:33.35	+01:40:47 (36.7%)	9:07	6.6 (63.5%)
181	STARCZEWSKA Sylwia	1797		K40	10	04:34:19.80	04:34:56.80	+01:41:10 (36.8%)	9:08	6.6 (63.5%)
182	KUKAWSKA Joanna	1879	COCA-COLA RUNNERS	K50	2	04:35:08.55	04:35:36.40	+01:41:50 (36.9%)	9:10	6.5 (62.5%)
183	GONCERZEWICZ Anna	1582	STARE BABICE BIEGAJĄ	K30	22	04:35:57.60	04:36:25.50	+01:42:39 (37.1%)	9:11	6.5 (62.5%)
184	SAWA Anna	1508	ANNA.SAWA@ME.COM	K40	11	04:36:20.40	04:36:49.45	+01:43:03 (37.2%)	9:12	6.5 (62.5%)
185	SZABLA Magdalena	1603	BIEGAJ Z BANANEM	K30	23	04:36:59.55	04:37:14.50	+01:43:28 (37.3%)	9:14	6.5 (62.5%)
186	KARASEK Magdalena	1601	BIEGAJ Z BANANEM	K30	24	04:36:59.15	04:37:14.65	+01:43:28 (37.3%)	9:13	6.5 (62.5%)
187	KAWALEC Kamil	1550	7 PIWEK GÓRNIK LUBLIN	M30	82	04:36:46.95	04:37:19.30	+01:43:33 (37.3%)	9:13	6.5 (62.5%)
188	TERZONI Karina	1616	SLOW SPORT	K30	25	04:37:03.20	04:37:31.95	+01:43:45 (37.4%)	9:14	6.5 (62.5%)
189	TERZONI Christian	1620		M30	83	04:37:02.90	04:37:32.50	+01:43:46 (37.4%)	9:14	6.5 (62.5%)
190	CZYKALSKI Grzegorz	1846		M40	35	04:37:30.90	04:37:55.00	+01:44:08 (37.5%)	9:15	6.5 (62.5%)
191	KRASOWSKA Matylda	1516		K30	26	04:37:21.00	04:38:00.10	+01:44:13 (37.5%)	9:14	6.5 (62.5%)
192	BILSKI Marek	1754		M40	36	04:38:03.05	04:38:53.45	+01:45:07 (37.7%)	9:16	6.5 (62.5%)
193	MALAROWSKA Elżbieta	1783	GSK RUUNERS TEAM	K20	10	04:39:25.65	04:40:00.50	+01:46:14 (37.9%)	9:18	6.4 (61.5%)
194	MOCZYDŁOWSKI Łukasz	1792	NSZ	M40	37	04:40:34.10	04:40:59.10	+01:47:12 (38.2%)	9:21	6.4 (61.5%)
195	BARANIAK Izabela	1654		K30	27	04:40:26.65	04:41:08.20	+01:47:21 (38.2%)	9:20	6.4 (61.5%)
196	WARZYBOK Marcin	1589		M30	84	04:40:40.60	04:41:09.60	+01:47:23 (38.2%)	9:21	6.4 (61.5%)
197	CZYŻEWSKI Przemysław	1791	NSZ	M30	85	04:41:01.15	04:41:28.75	+01:47:42 (38.3%)	9:22	6.4 (61.5%)
198	DEMKO Anna	1763	GSK RUNNERS TEAM	K20	11	04:40:55.95	04:41:31.35	+01:47:45 (38.3%)	9:21	6.4 (61.5%)
199	WIERZBICKI Paweł	1634	TSA SANDOMIERZ	M40	38	04:42:57.95	04:43:29.70	+01:49:43 (38.7%)	9:25	6.4 (61.5%)
200	JANIK Dominika	1861	NIGHT RUNNERS	K20	12	04:42:59.20	04:43:32.15	+01:49:45 (38.7%)	9:26	6.4 (61.5%)
201	HORGAN Tara	1723		K30	28	04:43:16.55	04:43:48.30	+01:50:02 (38.8%)	9:26	6.4 (61.5%)
202	OPALIŃSKI Bartłomiej	1724		M30	86	04:43:16.40	04:43:48.75	+01:50:02 (38.8%)	9:26	6.4 (61.5%)
203	SŁOTA Małgorzata	1568		K30	29	04:43:19.90	04:43:51.40	+01:50:05 (38.8%)	9:26	6.4 (61.5%)
204	ORLON Edyta	1502		K20	13	04:44:08.50	04:44:33.10	+01:50:46 (38.9%)	9:28	6.3 (60.6%)
205	BAUTECKI Piotr	1505		M30	87	04:44:11.15	04:44:35.85	+01:50:49 (38.9%)	9:28	6.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
206	ZEMŁA Piotr	1800		M40	39	04:43:54.40	04:44:41.15	+01:50:54 (39.0%)	9:27	6.3 (60.6%)
207	UJMA Paweł	1773		M30	88	04:44:34.60	04:44:59.75	+01:51:13 (39.0%)	9:29	6.3 (60.6%)
208	DRONKA Dominik	1590		M30	89	04:44:32.25	04:45:00.95	+01:51:14 (39.0%)	9:29	6.3 (60.6%)
209	KALANDYK Robert	1732	WŁÓCZYBIEGI	M40	40	04:44:37.85	04:45:05.90	+01:51:19 (39.0%)	9:29	6.3 (60.6%)
210	RYCHLIK Tomasz	1731		M40	41	04:44:44.65	04:45:28.45	+01:51:42 (39.1%)	9:29	6.3 (60.6%)
211	LUTOBORSKI Tomasz	1569		M20	19	04:45:22.10	04:45:57.35	+01:52:11 (39.2%)	9:30	6.3 (60.6%)
212	MAJER Andrzej	1798		M30	90	04:46:34.00	04:46:51.50	+01:53:05 (39.4%)	9:33	6.3 (60.6%)
212	SIECZKOWSKI Artur	1533	NATURAL BORN RUNNERS	M40	42	04:46:17.00	04:46:51.50	+01:53:05 (39.4%)	9:32	6.3 (60.6%)
214	OLSZANKA Anna	1520		K40	12	04:46:24.40	04:46:51.60	+01:53:05 (39.4%)	9:32	6.3 (60.6%)
215	WOŹNIAK Katarzyna	1545		K30	30	04:46:56.45	04:47:26.10	+01:53:39 (39.5%)	9:33	6.3 (60.6%)
216	KURAS-SMOLNIK Magdalena	1669	SIERADZBIEGA.PL	K30	31	04:46:50.10	04:47:35.65	+01:53:49 (39.6%)	9:33	6.3 (60.6%)
217	BRYSIAK Ziemowit	1567		M40	43	04:48:06.65	04:48:38.20	+01:54:51 (39.8%)	9:36	6.2 (59.6%)
218	DĘBOWSKI Błażej	1632	1986	M30	91	04:48:21.35	04:49:01.35	+01:55:15 (39.9%)	9:36	6.2 (59.6%)
219	DRABIK Jacek	1824		M50	7	04:48:43.50	04:49:08.50	+01:55:22 (39.9%)	9:37	6.2 (59.6%)
220	MIEDZINSKI Piotr	1657	MSD RUNNING CLUB	M40	44	04:48:45.35	04:49:11.90	+01:55:25 (39.9%)	9:37	6.2 (59.6%)
221	PABISEK Anna	1588		K30	32	04:49:33.20	04:50:16.70	+01:56:30 (40.1%)	9:39	6.2 (59.6%)
222	ABRAMCZYK Eliza	1821		K40	13	04:49:33.60	04:50:17.95	+01:56:31 (40.1%)	9:39	6.2 (59.6%)
223	BRZEZIŃSKI Mateusz	1509		M40	45	04:49:47.85	04:50:29.45	+01:56:43 (40.2%)	9:39	6.2 (59.6%)
224	ROSZKOWSKA Sylwia	1546		K30	33	04:50:15.45	04:50:45.65	+01:56:59 (40.2%)	9:40	6.2 (59.6%)
225	CZEPIEC Agata	1832	NIGHT RUNNERS	K30	34	04:50:32.80	04:51:03.90	+01:57:17 (40.3%)	9:41	6.2 (59.6%)
226	OLESZAK Małgorzata	1538		K40	14	04:51:39.30	04:52:15.65	+01:58:29 (40.5%)	9:43	6.2 (59.6%)
227	HOJSZYK Maciej	1629		M30	92	04:51:38.95	04:52:18.65	+01:58:32 (40.6%)	9:43	6.2 (59.6%)
228	GAWRON Bartłomiej	1586	CALLTECH BARTŁOMIEJ GAWRON	M40	46	04:54:00.15	04:54:22.10	+02:00:35 (41.0%)	9:48	6.1 (58.7%)
228	GRĘZEL-GAWRON Jolanta	1587		K40	15	04:54:00.15	04:54:22.10	+02:00:35 (41.0%)	9:48	6.1 (58.7%)
230	ZARĘBA Julia	1749	NIE ZA DALEKO	K20	14	04:54:38.10	04:55:16.15	+02:01:29 (41.1%)	9:49	6.1 (58.7%)
231	KRAWCZYK Sylwia	1685	BIEGAJĄCE SMS-KI	K30	35	04:54:41.95	04:55:19.30	+02:01:33 (41.2%)	9:49	6.1 (58.7%)
232	ALEKSANDER Sylwia	1688	32 BLT	K30	36	04:54:41.50	04:55:19.35	+02:01:33 (41.2%)	9:49	6.1 (58.7%)
233	WOLSKI Kamil	1540	BIEGAM NA TARCHOMINIE	M30	93	04:55:15.10	04:56:00.75	+02:02:14 (41.3%)	9:50	6.1 (58.7%)
234	WOLSKA Milena	1541	BIEGAM NA TARCHOMINIE	K30	37	04:55:15.60	04:56:00.80	+02:02:14 (41.3%)	9:50	6.1 (58.7%)
235	SZMYD Kamil	1752	WOJAK TEAM***	M20	20	04:56:31.50	04:57:09.25	+02:03:23 (41.5%)	9:53	6.1 (58.7%)
236	DZIOPA Paweł	1527	WKURW_TEAM	M40	47	04:58:03.50	04:58:45.05	+02:04:58 (41.8%)	9:56	6 (57.7%)
237	ROBAK Marlena	1700	ALBATROSY	K20	15	04:58:29.55	04:58:50.70	+02:05:04 (41.9%)	9:56	6 (57.7%)
238	SMOLIŃSKI Jakub	1610	TS OUR TEAM	M20	21	04:58:37.70	04:59:00.10	+02:05:13 (41.9%)	9:57	6 (57.7%)
239	ŁOWIECKI Mariusz	1766		M50	8	05:01:45.20	05:02:17.55	+02:08:31 (42.5%)	10:03	6 (57.7%)
240	ROGAŁA Magdalena	1619		K30	38	05:02:23.55	05:02:38.75	+02:08:52 (42.6%)	10:04	6 (57.7%)
241	STUDZIŃSKA Sylwia	1847	HUSARIA RACE TEAM	K30	39	05:02:36.20	05:02:56.65	+02:09:10 (42.6%)	10:05	5.9 (56.7%)
242	TULEJKO Paula	1539	HUSARIA RACE TEAM	K20	16	05:02:36.20	05:02:56.70	+02:09:10 (42.6%)	10:05	5.9 (56.7%)
243	NOWIK Tomasz	1852		M30	94	05:03:17.55	05:03:40.10	+02:09:53 (42.8%)	10:06	5.9 (56.7%)
244	MAŁYSA Łukasz	1543		M30	95	05:03:15.40	05:03:47.45	+02:10:01 (42.8%)	10:06	5.9 (56.7%)
245	KRZTOŃ Krzysztof	1831		M20	22	05:04:43.20	05:05:29.30	+02:11:43 (43.1%)	10:09	5.9 (56.7%)
245	ŁUKASIAK Ksenia	1622		K20	17	05:04:43.05	05:05:29.30	+02:11:43 (43.1%)	10:09	5.9 (56.7%)
247	PAWŁOWSKA Anna	1720		K30	40	05:05:21.15	05:05:41.55	+02:11:55 (43.2%)	10:10	5.9 (56.7%)
248	KARDACH Marcin	1609		M20	23	05:05:35.25	05:05:58.50	+02:12:12 (43.2%)	10:11	5.9 (56.7%)
249	DAWID Mirosław	1534		M50	9	05:06:09.55	05:06:34.45	+02:12:48 (43.3%)	10:12	5.9 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
249	GANCARCZYK Bartek	1819		M20	24	05:05:47.00	05:06:34.45	+02:12:48 (43.3%)	10:11	5.9 (56.7%)
251	DAWID Honorata	1532		K40	16	05:06:10.10	05:06:34.85	+02:12:48 (43.3%)	10:12	5.9 (56.7%)
252	WRÓBEL Ewelina	1662		K20	18	05:06:19.25	05:06:53.25	+02:13:07 (43.4%)	10:12	5.9 (56.7%)
253	TOMKIEWICZ Bożena	1663		K40	17	05:06:30.00	05:07:04.20	+02:13:17 (43.4%)	10:13	5.9 (56.7%)
254	KOWALCZYK Mariusz	1566		M40	48	05:06:33.80	05:07:17.95	+02:13:31 (43.5%)	10:13	5.9 (56.7%)
255	LAMM Magdalena	1794	GYM BOX OPOLE	K30	41	05:09:16.95	05:09:36.75	+02:15:50 (43.9%)	10:18	5.8 (55.8%)
256	PIETRZYKOWSKA Monika	1777		K40	18	05:09:29.15	05:09:47.45	+02:16:01 (43.9%)	10:18	5.8 (55.8%)
257	KŁUDKIEWICZ Antonina	1548	STARE BABICE BIEGAJĄ	K20	19	05:11:15.00	05:11:42.65	+02:17:56 (44.3%)	10:22	5.8 (55.8%)
258	MACIEJEWSKI Karol	1779	BIEGIEM RADOM!	M40	49	05:12:05.15	05:12:22.70	+02:18:36 (44.4%)	10:24	5.8 (55.8%)
258	WASILEWSKA Marzena	1778	BIEGIEM RADOM!	K40	19	05:12:03.65	05:12:22.70	+02:18:36 (44.4%)	10:24	5.8 (55.8%)
260	DREWNIK Robert	1881		M30	96	05:12:53.60	05:13:42.35	+02:19:56 (44.6%)	10:25	5.8 (55.8%)
261	KRZYWICKI Tomasz	1715	SCADOR.COM	M40	50	05:14:05.40	05:14:43.05	+02:20:56 (44.8%)	10:28	5.7 (54.8%)
262	GADAJ Magdalena	1703		K30	42	05:17:12.80	05:17:36.10	+02:23:49 (45.3%)	10:34	5.7 (54.8%)
263	STELMASZCZYK Konrad	1827		M40	51	05:21:22.35	05:21:41.25	+02:27:55 (46.0%)	10:42	5.6 (53.8%)
263	RAFALSKI Marcin	1825		M40	52	05:21:22.15	05:21:41.25	+02:27:55 (46.0%)	10:42	5.6 (53.8%)
265	ZIEMKOWSKA Monika	1853	BIEGOLUDKI	K40	20	05:21:32.55	05:21:50.20	+02:28:03 (46.0%)	10:43	5.6 (53.8%)
266	RZECZKOWSKI Maciej	1711		M40	53	05:21:28.20	05:22:15.55	+02:28:29 (46.1%)	10:42	5.6 (53.8%)
267	KUŚMIERSKI Krzysztof	1721	WKG IM WALEREGO GOETLA	M40	54	05:21:27.90	05:22:15.85	+02:28:29 (46.1%)	10:42	5.6 (53.8%)
268	MITURA Marek	1790		M40	55	05:22:35.05	05:22:56.50	+02:29:10 (46.2%)	10:45	5.6 (53.8%)
269	BARYZA Robert	1560		M40	56	05:22:39.40	05:23:17.70	+02:29:31 (46.3%)	10:45	5.6 (53.8%)
270	SADOWIŃSKA Adriana	1525	NOWA HUTA TEAM	K40	21	05:22:37.90	05:23:18.25	+02:29:32 (46.3%)	10:45	5.6 (53.8%)
271	MAŚLANKA Ireneusz	1584	NIGHT RUNERS GLIWICE	M50	10	05:23:03.65	05:23:37.55	+02:29:51 (46.3%)	10:46	5.6 (53.8%)
272	ŚWIECZKOWSKI Wiesław	1504	WIESIU BIEGA	M30	97	05:23:10.00	05:23:45.00	+02:29:58 (46.3%)	10:46	5.6 (53.8%)
273	GAGAS Aleksandra	1686	KITA TEAM/CELIRONMAN	K30	43	05:26:23.65	05:27:00.30	+02:33:14 (46.9%)	10:52	5.5 (52.9%)
274	BISKUPSKI Błażej	1848	ŁÓDŹ RUNNING TEAM	M40	57	05:26:31.05	05:27:06.05	+02:33:19 (46.9%)	10:53	5.5 (52.9%)
275	KACZMAREK Emilia	1725	ŁÓDŹ RUNNING TEAM	K40	22	05:26:30.90	05:27:06.30	+02:33:20 (46.9%)	10:53	5.5 (52.9%)
276	PRZYBYLSKA Magdalena	1774		K30	44	05:26:37.30	05:27:08.45	+02:33:22 (46.9%)	10:53	5.5 (52.9%)
277	FURMAN Michał	1512	OCHAJO RUN & FRIENDS	M30	98	05:26:39.00	05:27:14.55	+02:33:28 (46.9%)	10:53	5.5 (52.9%)
278	BEŁKOT Dariusz	1697		M50	11	05:26:46.35	05:27:28.35	+02:33:42 (46.9%)	10:53	5.5 (52.9%)
279	MITKOWSKI Paweł	1672		M20	25	05:26:49.60	05:27:30.50	+02:33:44 (46.9%)	10:53	5.5 (52.9%)
280	GAJDA Ewa	1528	OBOZYBIEGOWE.PL	K30	45	05:26:52.00	05:27:31.40	+02:33:45 (46.9%)	10:53	5.5 (52.9%)
281	DRATWICKA Agnieszka	1692	12TRI	K40	23	05:37:14.25	05:37:58.20	+02:44:11 (48.6%)	11:14	5.3 (51.0%)
282	SALUDA Anna	1581	STARE BABICE BIEGAJĄ	K40	24	05:37:49.35	05:38:17.60	+02:44:31 (48.6%)	11:15	5.3 (51.0%)
283	KIJEWSKA- RAJ Karolina	1670		K30	46	05:37:59.75	05:38:44.75	+02:44:58 (48.7%)	11:15	5.3 (51.0%)
284	RYBIENIK Anna	1727		K30	47	05:38:00.10	05:38:45.00	+02:44:58 (48.7%)	11:16	5.3 (51.0%)
285	BIŚ Rafał	1594		M50	12	05:40:46.85	05:41:29.95	+02:47:43 (49.1%)	11:21	5.3 (51.0%)
286	FRITSCH Iwona	1606	NA PEWNO SZCZECIN	K40	25	05:43:43.05	05:44:06.60	+02:50:20 (49.5%)	11:27	5.2 (50.0%)
287	BLOK Barbara	1869		K20	20	05:46:23.90	05:47:00.20	+02:53:13 (49.9%)	11:32	5.2 (50.0%)
288	JEŻEWSKA Sylwia	1737	DRUŻYNA SZPIKU	K40	26	05:46:22.00	05:47:00.30	+02:53:14 (49.9%)	11:32	5.2 (50.0%)
289	CZYŻEWSKA Ewelina	1604		K20	21	05:46:53.15	05:47:17.40	+02:53:31 (50.0%)	11:33	5.2 (50.0%)
290	MAŁŹ Daniel	1605		M20	26	05:46:54.00	05:47:17.60	+02:53:31 (50.0%)	11:33	5.2 (50.0%)
291	BOCHENEK Janusz	1591	WKURW_TEAM	M60	2	05:49:00.20	05:49:44.30	+02:55:58 (50.3%)	11:38	5.2 (50.0%)
292	OTOROWSKA Aleksandra	1631	WKURW_TEAM	K30	48	05:50:47.55	05:51:21.60	+02:57:35 (50.5%)	11:41	5.1 (49.0%)
293	GONCERZEWICZ Marek	1583	STARE BABICE BIEGAJĄ	M30	99	05:52:48.20	05:53:16.90	+02:59:30 (50.8%)	11:45	5.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
294	PANCZENKO Kamil	1511	OWM LUBLIN	M20	27	05:57:20.00	05:58:01.80	+03:04:15 (51.5%)	11:54	5 (48.1%)
295	SEREWA Paulina	1518	OWM LUBLIN	K20	22	05:57:20.85	05:58:02.15	+03:04:15 (51.5%)	11:54	5 (48.1%)
296	JAREMCZUK-SADKOWSKA Agata	1677	HURAGAN ŁBISKA	K40	27	05:57:33.30	05:58:16.65	+03:04:30 (51.5%)	11:55	5 (48.1%)
	MIRECKI Jan	1841		M40		DNF	DNF		-	- (0.0%)
	KOCYŁA Marzena	1719		K40		DNF	DNF		-	- (0.0%)
	PIASECKA Paulina	1671		K20		DNF	DNF		-	- (0.0%)
	ŚWIĘCICKA Dagmara	1767	WKURW_TEAM	K20		DNF	DNF		-	- (0.0%)
	GARGAS-DZIEDZINA Joanna	1513	NIGHT RUNNERS	K30		DNF	DNF		-	- (0.0%)
	NOWOTARSKA Anita	1526		K40		DNF	DNF		-	- (0.0%)
	TOMAS Beata	1706		K40		DNF	DNF		-	- (0.0%)

Znaleziono 303 wynik(ów)